

COLUMBIA TRACK CLUB

NEWS

Volume XXXVI No. 3

May 2003



Joe Marks Memorial Human Race XXV

The Joe Marks Memorial Human Race XXV had another successful year. Dave and I want to thank all the volunteers because without them the event would not be so great. Thank you: Carol Rhodes, Richard Wieman, Anne Hessler, Tom Allen, Linda LaFontaine, Joe Cragin, Bonnard Mosely, Joe Duncan, Mary Marks, Pat Fowler, Tina Bridges, Richard King, James Rowden, Kurt Kennett, Kala and Juanita Jennings, LeAnn Renn, Pam Lewondowski, Jim Keown, Scott Rubinstein, Bob Humphreys, Steve Stonecipher-Fischer, and Randy Gay. We are also so thankful to our sponsors who help to promote our event and provide an assortment of goodies after the race. Please patronize our sponsors - Columbia Daily Tribune, HyVee, J. Lewis Crum, Premier Marketing, Mayor's Council on Physical Fitness, Tryathletics and Wellaware.

Race day had great racing temperatures. We were grateful to have such a wide array of abilities. Our winner, Karl Gilpin, averaged 5:06 per mile pace and the Human Race's favorite racer, Boots Gerhardt, returned from Kansas to compete. The atmosphere provided by the volunteers and racers was wonderful.

Thanks to Dick Hessler this was the first year the Human Race had a one mile fun run for kids. Dick did a great job promoting the race and several kids showed up to show their stuff.

Thanks for another successful Human Race!

—Race Director Angela Passanise
(for results, see page 4)

Summer Youth Track Program

The Summer Youth Track Program will begin June 11 at 6 pm, and continue for six consecutive Wednesday nights. The events will be held at Hickman Track. The registration form is included in this month's newsletter on page 5. Participants are encouraged to pre-register and avoid long lines the first evening. Some events will be available every other week. Thanks to **Boone Hospital Center** for their generous donation in keeping this successful program alive. **WE NEED VOLUNTEERS**—even if you can come only one out of the six nights, we could use the help. Please call Tom Allen (449-5655) or Linda LaFontaine (442-2581) with any questions. We're looking forward to a great summer!

Upcoming Events

- Wellaware 5k, May 26, 2003
- Jeff Shikles 8k, June 1, 2003
- Summer All-Comers track events, every Tues. in June
- Summer Youth Program, June 11 for six Wed. nights
- Saturday morning group runs

Every Saturday morning at the courthouse or MKT trail. Choose either 3, 6, or 10 miles. Lots of fun and camaraderie for all running levels.



Quote of the Month

"If you have a bad workout or run a bad race, allow yourself exactly one hour to stew about it—then move on."

—Steve Scott, coach
and U.S. record holder
in the mile

25 years ago**Looking Back****By Joe Duncan**

April 1, 1978 10,000 meter run, Hickman track, 50 runners, 2 sections: 1. Bob Becker 31:38 2. Tim McMullen 32:10 3. Dennis Stewart 32:10.5 4. Dave Harris 32:28 5. Dean Neal 32:30 6. Charlie McMullen 31:34 (had the fastest time, but was one minute late) 7. Jon Herbert 32:58. .11. Dick Hessler 34:43 (would win most 10k's today). .13. Tom LaFontaine 35:30. .Whitney Hicks 1st 40+ 36:43. .Ben Londeree 37:13. .etc.

One Hour Walk, also April 1: 1. Randy Mimm 7 miles, 657 yards, 2. Jerry Young 7 miles, 316 yards, and 9 others

April 15, 1978 3, 2, 1 mile triathlon: 1. Steve Renner 15:37, 10:05, 4:46 2. C. Evans 15:33, 10:07, 4:56 3. Jerry Yunker 15:25, 10:21, 4:58. .5. B Londeree 16:43, 10:55, 5:09 6. LaFontaine 16:48, 10:55, 5:09 7. Hicks 16:55, 11:19, 5:24. .Wesley Paul, 9, 19:38, 12:34, 6:11. .Joe Duncan 19:58, 13:24, 6:14

In April, 1978 Mark Landrum ran a 2:45:45 in the Boston Marathon.

CTC Board of Directors

Dick Hessler, president	Mark Wilson
Tom Allen, secretary-treasurer	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Scott Rubinstein
Amy Gundy	Jay Hasheider
Marc Keys	Linda LaFontaine
Angela Passanise	

The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

Amy Hessler Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203
Ph: (573) 874-2407 e-mail: agundy@mchsi.com

CTC web site: <http://ctc.coin.org/>

From our president...

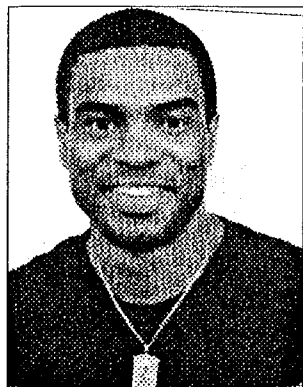
There is more to running than getting to the finish line first. In several ways, the sport is greater than the sum of its parts. Some people turn miserable personal lives into success stories because of running while there are others who transform brilliant running careers into personal disasters. Some folks make a good living competing in big track meets around the globe. I, on the other hand, have found running to be a means of meeting unique characters.

One guy, a Native-American, sat by himself in the lobby of the old Stephenson Hotel in Fall City, Nebraska, staring at me and my burned-out family as we checked out after the Tri-States Marathon. I had run in the low 2:30s and wasn't feeling very good about the 5 hour drive back to Columbia. My kids had milked every ounce of pleasure from sitting around in the cold late October morning under the grain elevator on the White Cloud Indian Reservation waiting for the 8 a.m. start and they were dragging, too. Mainly, I was dreading the physical gymnastics required of me to keep our battered AMC Hornet moving in the right direction home.

I noticed the man in the lobby, mainly because he was the only person other than us and the clerk and he was staring. As we started to leave, the guy staring picked up my bag and wordlessly carried it to the car. I pulled a dollar bill out and handed it to him. In stead of taking the money that he looked like he could have used, the man smiled, reached in his pocket, and pulled out a glazed white 3" ceramic arrowhead with a black dot in the center. He asked me if I had run the marathon and responded to the affirmative with, "This (arrowhead) is powerful for runners." I accepted the gift at which point he pulled out a handful of money, mostly loose change, and tossed it through the open window onto the backseat where the kids were sitting. Before I could react, he was gone. The kids spent at least 10 miles finding and dividing the money up and I spent the entire trip back trying to puzzle out what this all meant.

Another character was Arne Richards, an impossibly thin bachelor librarian at Kansas State University in Manhattan, Kansas. Arne was a solid master's distance runner who had started a small newsletter about Midwest runners. Eventually, the newsletter morphed into Runner's World, but that's another story. Arne didn't have a car, so he hitchhiked or took Greyhound to the many out-of-town races that he ran every year. When he came to the Heart of America Marathon, he always stayed in the flop house hotel called the Ben Bolt (Boone Tavern now) and never failed to greet the small knot of HOM spectators at Easley with, "Welcome sport fans!" Arne showed up late for a 5-mile cross country Missouri Valley Open and Master's Championship race on A.L. Gustin golf course. He had had trouble hitching a good ride and arrived just minutes after the last runner had finished the race. Joe Duncan, like everyone else, loved Arne, so Joe organized a second race just for Arne. The course was complicated and very hilly which meant that someone who knew the course would have to run with Arne. I was pretty fast in those days and figured that I could easily keep up with the 45-year old Arne even though I had just run hard. Well it wasn't quite like I thought it would be. Arne was out fast and I had trouble staying with him. I'd catch him on the down hills and he'd pull away going up. If you've ever run on Gustin, you know that the course is 90% up, at least it seems like that's the case. It evolved to be a shouting match, with me trailing 20 yards back yelling at Arne to turn right around the next dead tree. Arne won his age group that day due to hard running and an amazing display of sportsmanship on the part of the guy who really won the official race. Arne is in the Missouri State record book published by the Kansas City Runners. He is listed with a 58:39 10 mile road time (7th fastest 45-49 age group) in 1978 and a 2:59:16 HOM in 1978. I had heard that Arne was developing a new training method with 5 or 6 short (3 miles) runs a day. It wasn't long after I had heard about this new training method that Arne was found dead along his favorite training road in Manhattan, KS. He was in his running clothes and didn't have a mark on him. They never figured out what caused his death.

CTC Runner Profile



Derek E. Shelton

Age: 44

PERSONAL RECORDS:

Long jump	26' 6 1/2"
Triple jump	51' 4"
High jump	6' 7 1/2"
100 yd. dash	10.20 (electronic)
	10.0 (hand)

WHEN DID YOU START COMPETING? I started long and high jumping and running the 50 yard dash in 7th grade. I started triple jumping in college.

WHAT ARE SOME OF YOUR ACCOMPLISHMENTS?

I took 6th place in the long jump at state in high school. I was a three-time Big Sky Conference Champion ('79 Indoor triple jump and '81 Indoor and Outdoor long jump) at Northern Arizona University. In 1985, I ranked as high as #6 on the U.S. list and #8 on the World List in the long jump. I have won six National Masters titles in the long and triple jumps. I have led the world in my age group in the long jump in Masters Competition, and have won 19 golds and one silver in the Sunflower and Show-Me State Games. I am also a 29-time Masters All-American in the long and triple jump.

WHO HAS INFLUENCED YOU MOST IN YOUR CAREER?

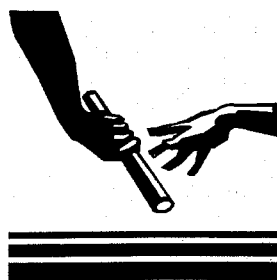
Bob Beamon. I was 9 when he jumped 29'2" in 1968. I admired him as a person and athlete and tried to live my life based on his modest and humble outlook on life. I decided I wanted to become a great long jumper as well as a nice human being. *(Editor's note: He IS a nice person—every time I see him he has a great, big smile!)*

PERSONAL INFO AND INTERESTS:

I transferred from Flagstaff, Arizona to Independence, Missouri in 1982 with Ramada Inn to manage a hotel. Once in the K.C. area I joined the Kansas City Track Club and competed as an elite jumper. I also became a model, appearing on the covers of seven Hallmark Greeting Cards. I met my wife, Andrea, in K.C. in 1992, and we moved to Columbia in 1994. I'm presently employed by the Columbia School District where I've worked with special needs children since 1995. I'm a vintage auto collector and help officiate track meets at MU. I also give tips to MU jumpers, and I am a personal horizontal jump coach. Andrea and I have two wonderful daughters, Amina, 9, and Alexa, 6, who are sprinters and jumpers on the CTC Colts team.

Two-Person Relay

April 5, 2003



This was a year for the students, as MU students Kyle Rogers and Douglas Dodson teamed up and came in first overall. Lange Middle School runner Dane Wilson had a good run with teammate Scott Mantooth, while Mike Henry and Jordan Alexander got the "Top Three" finish they were looking for.

The weather started off a little chilly, but it wasn't long before the sun came out, and the runners started peeling off the layers. By the end of the race it was a pretty good day for a run.

Thanks to Tina Bridges and Dick Hessler, for help with timing the event.

—Race director Kurt Kennett

Human Race

1	Karl	Gilpin	24	25:31
2	Patrick	Steward	34	28:13
3	Kevin	Tyler	47	31:27
4	Philip	Schaefer	49	33:08
5	Rudy	Kelley	56	33:12
6	Allan	Benjamin	47	33:17
7	Deanna	Roberts	21	33:36
8	Gary	Fogelbach	51	33:36
9	Brad	Hegemann	38	34:13
10	Dean	Stover	42	36:01
11	Kent	Runyan	53	36:05
12	Krista	Loughran	19	36:43
13	Michelle	Struemp	36	36:57
14	Rebecca	Miller	29	37:26
15	Brenda	Leuenberger	39	37:57
16	Johnny	Robey	28	37:58
17	Sue	Earnest	33	38:27
18	Mevin	Hooten	26	38:31
19	Jennifer	Polniak	36	38:37
20	Lisa	Wells	39	38:48
21	Richard	Nistendirk	63	38:51
22	Kenny	Seifert	39	38:55
23	Chris	McCord	18	39:02
24	Andrew	McCarney	11	39:11
25	Rob	Perkins	42	39:12
26	David	Stepanek	41	39:20
27	Joe	Bartley	27	40:09
28	Jennifer	Anderson	28	40:14
29	Jim	O'Dell	59	40:15
30	Philip	Stitzer	40	40:39
31	Chrissy	Nooner	25	41:13
32	Seth	Fife	30	41:28
33	Greg	Luebbert	42	41:35
34	Jeff	Wells	44	41:50
35	Kenneth	Bartley	46	42:27
36	Mark	Manary	32	42:37
37	Joe	Love	41	43:16
38	Patrick	Wheeler	46	43:29
39	Joe	Duncan	68	43:40
40	Margaret	Neubauer	34	43:48

41	Glenda	Young	50	43:56
42	Deb	Harrington	45	43:58
43	Bill	Kasmann	50	44:17
44	Amber	Kendall	11	44:38
45	Allen	Swisher	11	44:39
46	Peggy	Horner	45	45:01
47	Nathan	Brummel	25	45:18
48	Laura	Vandiver	25	45:31
49	Darrell	Rhodes		45:39
50	Rebecca	Llorens	46	45:45
51	Diane	Mountjoy	48	46:04
52	Laura	Wells	62	46:45
53	Debbie	Karwoski	49	47:00
54	Sandra	Rice	31	47:03
55	Renee	Alvarez	29	47:22
56	Susan R.	Eckerle	26	48:00
57	Kara	Kaylor	23	48:10
58	Tony	Spaedy	40	48:26
59	Becky	Goodloe	32	48:27
60	John	Prost	12	48:33
61	Caitlyn	Beck	11	48:42
62	Van	Beasley	58	48:55
63	Jordan	Alexander	37	49:02
64	Joshua	Gaskins	10	49:11
65	Shauntel	Heskett	38	49:13
66	Janet	Brandt	51	49:27
67	Adam	Morrison	9	49:41
68	Elaine	Kent	54	50:30
69	Janet	Russell	48	50:42
70	Richard	Boggs	75	52:19
71	Karolyn	Cannata-Winge	36	53:15
72	Andrea	Allen	56	53:16
73	Maggie	Holland	11	53:21
74	Bill	Everhart	42	53:27
75	Don	Waltman	67	55:13
76	Tom	Moe	58	56:04
77	Chris	Beck	41	56:29
78	Susan	McClintic	41	57:33
79	Meg	Gray	41	57:34
80	Art	Gray	69	58:44
81	Jeanelle	Twillman	70	1:00:41
82	Linda	Vogt	55	1:00:42
83	Max	Beeler	54	1:04:15
84	Erin	Swisher	12	1:06:21
85	Tazma	Whitney	11	1:06:24
86	Rose	Ward	55	1:09:05
87	Donna	McArter	62	1:09:06
88	Timothy	McCord	12	1:09:07
89	Tom	McCord	51	1:09:08
90	Elizabeth	Gerhardt	82	1:21:27
	Boots			



Show-Me Stampede 5k April 26, 2003

The weather was upper 50's, a beautiful sunny day, a perfect day for running. This was run on the Reactor Course (home of the Nut Race). THANKS! To the Missouri Beef Council (Steve Naylor) for their sponsorship—for the medals and the great BarBQ. All participants got their Show-Me State Games t-shirt and are automatically entered in the Show-Me Games race set for July 27. And THANKS to Tom Allen, Randy Gay, and Ron for their fine help with race administration.

—Race director Joe Duncan

1. Tim Thorn	32 18:06	19. Glenda Young	50 26:44
2. Kevin Tyler	47 18:52	20. Jasper Grant	52 26:46
3. Andy Shirkey	34 19:15	21. Clint Muzzy	12 26:59
4. Rudy Kelley	56 19:39	22. Dan Schoenleber	47 27:05
5. Alan Benjamin	47 20:10	23. Rebecca Highland	37 27:13
6. Terry Schumann	47 20:10	24. Gina Muzzy	41 28:00
7. Rebecca Miller	28 22:50	25. Leslie Guerin	32 28:08
8. Mike Walther	45 23:09	26. Tom Highland	55 28:29
9. Brad Wright	53 23:12	27. Laura Wells	62 28:58
10. R. Nistendirk	63 23:29	28. Barney Sword	71 29:58
11. Hugh Emerson	45 23:38	29. Janet Russell	47 31:23
12. Joe Bartlett	26 24:16	30. Andrea Allen	56 31:40
13. John Schulz	45 24:24	31. Don Waltman	67 32:00
14. Rod Stevens	37 24:43	32. Meg Gray	41 32:16
15. Bill Morgan	52 24:54	33. Lindsay Thurston	21 35:17
16. Mark Manary	32 25:21	34. Linda Vogt	55 36:19
17. Dwight Akins	53 25:22	35. Colleen Dowd	32 36:34
18. Kenneth Bartley	46 25:59	36. Jeanelle Twillman	70 36:36

Did you know that an Iron Deficiency may make it harder to work out?

The Department of Nutritional Sciences is looking for *women and men 18-40 years of age* to participate in a Research Study investigating how iron deficiency affects exercise performance

Participants will receive:

- Measurement of:
 - ☒ iron status
 - ☒ fitness level - including VO₂max
 - ☒ body composition
- Monetary compensation for completing the study

Interested?

Contact: Dr. Pam Hinton or Lisa Sinclair
882-8191/882-6892 or
hintonp@missouri.edu

*****Please cut and mail with entry fee to address below*****

Columbia Track Club Summer Youth Program

PLEASE PRINT

Athlete's last name First name Age Sex

Address Phone

I, _____ (signed by parent/guardian of athlete)
consent to _____ 's (athlete's name) participation in the Summer Youth Track Program, and I hereby waive any and all claims for damages which I might have against the Columbia Public Schools and the Columbia Track Club for any injuries suffered by my athlete as a result of or during this program. *I have read and agree to comply with the rules as outlined on the CTC Youth Program information sheet.*

Please mail with entry fee (\$1.00 per athlete) to:

Amy Gundy
411 Maplewood Drive
Columbia, MO 65203





Family Fitness Run

May 10, 2003

Not even 2 1/2 inches of rain could stop these kids and their parents from running a cross country mile at Bethel Park. This free event was designed to encourage families to exercise together. Each participant was awarded a ribbon. Parents were awarded magnets for their efforts. Thanks to the Mayor's Council on Physical Fitness and Health for their sponsorship and to Wellaware for their door-prize donations.

—Race directors Jay Hasheider and Amy Gundy

Participants:

Benjamin Pace
Nathan Keown
Brienne Abramovitz
August LaBrunerie
Heidi Gundy
Grady Harrington
Kelsey Harrington
Laura Pace

Luke Harrington
Michael McCoy
Alejandro Chavez
Jacob Keener
Hailey King
Connor Gundy
Ben Keown
Maggie Pace
Lauren Coudron

Kids' Korner

Upcoming events for kids:

Kid's Mile
Summer Youth Program
Cross Country Series

May 26, 2002 (with Wellaware 5k)
June 11 (for six consecutive Wednesdays)
October and November

The CTC Colts, a competitive youth track team has begun practice Sundays at 4 pm at Hickman track. The Colts compete in the Show-Me State Games and in cross country in the fall.

2003 Columbia Track Club Schedule

Check out our complete schedule at: <http://ctc.coin.org/>

5/26	10 am	Wellaware 5k 1 mile kids' run (no charge)	\$15	Mark Volek, 874-0278	103 Corporate Lake Drive
6/1	8 am	Jeff Shikles Memorial 8k run/ walk	\$15	Tom Kulowiec, 449-0352	Gentry Middle School
6/3-6/24	7 pm	Summer All-Comers Track (every Tuesday in June)	**	Marc Keys, 256-2635	Hickman Track
6/11	6 pm	Summer Youth Program (every Wed. for six weeks)	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581	Hickman Track
6/21	7:30 am	Show-Me State Senior Games 5k (10k June 22)	\$15	Joe Duncan, 445-2684	5k—Bethel Park 10k—Walton Stadium

** Track club members pay no entry fee; \$3 for non-members

Out-of-Town Events



May	17	5k Run/walk Spring Festival, Fulton, 8:15 am, (573) 642-1065
		Spartan Scholarship 5k, Moberly, 1:30 pm, (660) 263-1846
		Pattonville Wellness 5k/1M, Pattonville, 8:30, (314) 213-8010
	24	Berryman Trail 50 mile and marathon, Potosi, 7 am, (573) 763-5704
	31	Hillsboro Homecoming and Festival 5k, Hillsboro, MO, 8am, (636) 789-2034
June	7	Country Days 5 miler, Farmington, (573) 756-8284
	14	Chamber Country Classic Marathon and Half-marathon, Maryville, (660) 582-8643

For other out-of-town races see: <http://ctc.coin.org/>

Welcome New CTC Members

Susie Adams	Columbia
George Batek	Columbia
Christopher DeMoss	Columbia
Steve Harrington	Columbia
Rudy Kelley	Columbia
Steven Kullman	Columbia
Tim Mulford	Columbia
Thomas Ratermann	Columbia
Matthew Vesecky	Columbia
Debbie Wright	Columbia

Running Shorts. . .

- Columbia will be hosting the Special Olympics Summer Games May 29, 30 and 31. If you would like to volunteer a morning or an afternoon during the games please call 884-2443 or log onto www.somo.org for more information
- Friend 5K**
Saturday, May 17th @ 8 a.m. Woodcrest Chapel (across from Mill Creek Elementary School)
\$15 includes an Awesome "Friend" t-shirt (\$18 after May 15th, 5 p.m.)
Kids are welcome, but they will get a small adult t-shirt.
To register email Teri Walden at teriw@woodcrest.org or call her at 445-1131
All money earned helps the Woodcrest Youth purchase a van to transport them to camps and retreats.
F.Y.I. Also on this date at Woodcrest will be a huge garage sale, car wash, dog wash and Krispee Cream Donut sale.

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

Annual fees are \$15, which covers all family members living in the same household. Additional donations will go toward the CTC Scholarship fund.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC _____ \$15.00 dues
P.O. Box 1872
Columbia, MO 65205

COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872
Columbia, MO 65205

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Columbia, MO
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12/03

Joe Duncan
2605 Chapel Wood Terrace
Columbia, MO 65203-5714