

TRACK CLUB

NEWSLETTER Vol. XVII, No. 12 December 20, 1985

CHEESE AND SOUERKRAUT RUN

Ten Mile--Designated Time 9:00 AM December 14, 1985
Temp 10 F Wind SW 5-8 mph

NAME	Designated Time	5 Miles	10 Miles	Difference
1. Joe Marks	1:05	32:20	1:05:04	:04
2. Dick Madsen	1:06:10	32:36	1:05:53	:17
3. Elmer Schlemper	1:12	35:10	1:12:22	:22
4. Don Johnson	1:15	36:26	1:14:29	:31
5. Tom LaFontaine	1:02	31:25	1:02:55	:55
6. Jim Marshall	0:58:30	28:23	0:57:19	1:11
7. Tom Allen	1:10	34:12	1:08:17	1:43
8. Bob O'Connell	1:10	34:18	1:07:54	2:06
9. Buffy Sprick	1:15	38:00	1:18:05	3:05
10. Randy Smith	1:10	32:42	1:06:29	3:31
11. Mark Volek	1:07	32:12	1:04:24	3:36
12. Joe Kurth	1:07	33:56	1:10:46	3:46
13. Bernadette Gerke	1:17	36:23	1:13:08	3:52
14. Tim Rooney	1:20	38:10	1:15:55	4:05
15. Liz Bulman	1:08	32:09	1:04:34	4:26
16. Debbie Hoxworth	1:13	34:12	1:08:08	4:52
17. Rob Spier *	2:05	56:41	1:53:58	11:02
18. Norm Stebbins	1:20	34:18	1:07:54	12:06
19. Simon Rose	1:15	36:53	Dropped Out	7 Miles
20. J. Mannion	1:20	35:31	Dropped Out	5 Miles

*Racewalker

The above is in order of predicted time, with the top 6 winning the cheese awards and Norm Stebbins getting the sauerkraut. The actual order of finish was like this: Marshall, LaFontaine, Volek, Bulman, Marks, Madsen, Smith, O'Connell & Stebbins tie, Hoxworth, Allen, Kurth, Schlemper, Gerke, Johnson, Rooney, and Sprick and Rob Spier won the 10 mile walk.

THANKS to Turk Storvick who served as Race Director and to Veva Spier and anyone else who helped out.

COLUMBIA TRACK CLUB DUES ARE PAYABLE NOW!!! \$10.00 for families, \$6.00 for single students, \$5.00 for new members. If you don't pay by the middle of January, then the word "EXPIRED" will appear on your January newsletter and if you still don't pay then you will be dropped from the rolls, thereby losing all the privileges and benefits appertaining to CTC membership. Also, we need the money.

DON'T FORGET TO CONTRIBUTE TO THE CTC SCHOLARSHIP FUND if you are so inclined.

DICK & CAROLE MADSEN are our new Secretary-treasurer. Congratulations! to them--or Thanks! to them for their willingness to do this.

The 1986 Schedule is attached. Not many changes, but we will mention two: The 100 Mile Walk is dropped for 1986. The idea is to have this event every two years, instead of every year. The 30 kilo run has been moved back to Labor Day weekend. The idea here is to have the 30k serve as a premarathon race.

30 Kilometer Run:

						FINAL
1. Steve Stonecipher-Fisher	29					
5K splits:	17:01	35:08	52:25	1:11:00	1:28:38	1:46:28
2. Joe Marks	48					
	19:18	40:11	1:00:32	1:22:00	1:43:00	2:04:13
3. Richard Harness						
	19:08	40:55--10K				
4. Ai Yoshimura	42					
	20:47	42:57--10K				

10,000 Meter Run:

1. Leanne Teerlinck	17	23:54	49:14
2. Sherry Teerlinck	14	24:42	52:35

Mid 30's, cloudy, deceptively strong NE winds, sloppy footing, the smallest field we have ever had for a CTC race. Obviously it was not a good idea to have this race on a holiday weekend. But the people who came had fun and a good workout. Marks recorded his highest finish in a CTC race although it was also the first time he had ever finished last--but it took a pretty good runner to beat him.

The Teerlinck sisters made their CTC debut coming off a period of relaxation after a strong cross country season.

RUN FOR THE THIRD 8K

The 8th running of the Run for the Third saw 80 runners participate in this 8K sponsored by Third National Bank. Misty, 35 degree weather may have kept some at home, but those who ran felt the conditions weren't all that bad. Those who worked at the race may have had another opinion. As usual, the bank had about 10 volunteers who worked at the race. Also, club members Helyn Strickland, Leonard Butler, Mark Thomas, Ebby Norman and Bob Buehn worked, manning the finish chute.

The age distribution at this race was a bit unusual. Normally, the 30-39 age group is clearly the largest. However, this race had 25 runners in their 20s, 13 in their teens, and 15 in their 30s. The age group competition was keen, but a close examination shows that it is about to get even tougher. The winners in the 30-39 and 40-49 age groups ran excellent times, and next year they will ascend a group. The overall winner will become an age group runner by next year's race.

1. Jeff Mittelhauser, 29	25:18	41. Howard Martinez, 23	34:45
2. Joe Kirby, 17	25:30	42. Ernie Buso, 50	34:50
3. Nat Tiggs, 27	25:40	43. Jim Lovercamp, 29	35:30
4. Kent Lang, 23	25:53	44. Herb Mittelhauser, 55	36:01
5. Kent Rader, 26	26:07	45. Dan Page, 33	36:08
6. Larry Hennier, 19	26:12	46. Jonnie Rupp, 26F	36:11
7. John Lewis, 17	27:24	47. David Fowler, 32	37:30
8. Tom May, 19	27:39	48. Scott Johnson, 21	37:59
9. Kirk Sudheimer, 20	27:51	49. Ken Cordry, 61	38:10
10. Tom LaFontaine, 39	28:08	50. Kevin Kean, 27	38:47
11. Chris Turner, 19	28:15	51. Gerald Jenkins, 44	38:53
12. David Robbins, 30	28:17	52. Robert Collins, 16	38:56
13. Don Lewis, 49	28:18	53. Duston Burnett, 15	39:02
14. Chris Zinselmeier, 23	28:28	54. Emmett Thorne, 34	39:06
15. Willy Heinrich, 18	28:45	55. Markus Kippen, 30	39:29
16. John Foster, 17	28:57	56. Max Dawson, 40	39:31
17. Keith Carraghan, 26	29:04	57. Tim Ricker, 32	39:56
18. Mike Alexiov, 16	29:23	58. John Sudduth, 14	40:39
19. Mark Volek, 30	29:35	59. Neil Bys, 42	40:55
20. Larry Bechtel, 36	29:39	60. Roger Shelton, 41	41:01
21. Jeff Schultz, 17	29:43	61. Steven Mullinix, 11	41:20
22. Bernie Billesbach, 25	29:48	62. John Kelly, 43	41:21
23. Ken Boyce, 39	29:55	63. Lorraine Unlauf, 21F	41:29
24. Terry Harms, 39	29:59	64. Mark Hood, 28	41:30
25. Paul Mell, 27	30:04	65. Jack Harriman, 44	41:33
26. Jim Bielinski, 16	30:26	66. James Hughes, 53	41:34
27. Jake Amberson, 44	30:36	67. Terry Wilensky, 42	41:41
28. Lou Joline, 53	30:37	68. Susan Mueller, 24F	41:42
29. John Ingram, 25	30:39	69. Dan Pilliard, 34	41:55
30. Andy Cravens, 24	31:02	70. Barbara Smith, 42F	42:01
31. Jack Robinson, 44	31:33	71. Earl Rahter, 62	42:08
32. Don Nail, 53	31:54	72. Harold Finke, 45	43:02
33. Simon Rose, 20	32:01	73. Christine Wilensky, 28F	43:21
34. Milene Mittelhauser, 26F	32:20	74. Dori Mueller, 31F	43:24
35. Newell Kitchen, 26	32:26	75. Herman Gieringer, 65	43:54
36. John Meehan, 31	32:38	76. Floyd Case, 59	46:11
37. Robert Norton, 44	32:50	77. Chris Goodman, 27	46:17
38. Terry Harris, 38	33:02	78. Sydney Kempf, 25F	48:11
39. Alan Billesbach, 23	33:17	79. Clifford Gouge, 70	48:15
40. Dan Wolff, 19	34:15	80. Rosalie Wyss, 51F	49:44

15 AND 5 YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

December 5, 1970: 3, 2, 1 Mile Triathlon: 1. Paul Redhage 17:12, 11:17, 5:21; 2. Whitney Hicks 17:25, 11:19, 5:18; 3. Mark Achen 17:25, 11:32, 5:29. . .5. Joe Duncan 18:24, 12:15, 5:56; . . .6. Don Granberg 19:04, 12:12, 5:54

December 19, 1970 5,000 meter run 1. Bob Brouillet 16:25, 2. Dennis Stewart 16:34, 3. Whitney Hicks 18:12. . .5. Don Granberg 18:47 6. Joe Duncan 18:58

FIVE YEARS AGO:

December 6, 1980: 30 kilo Run: 1. Steve Fisher 1:43:11 2. Jon Herbert 1:45:52. . .4. Tom LaFontaine 1:53:27, 5. Dick Hessler 1:54:24 . . .7. Wesley Paul, 11, 1:57:36. . .10. Joe Marks 2:03:20. . . 21. Milene Hollon 2:23:48, 21. Mike Walther 2:38:48

Peter Fritsch did 10k in 41:17 and Tim Gibson did 10 in 42:27.

Rob Spier walked 20k in 2:20:13 while Bill Taft did it in 2:39:11.
December 20, 1980: CHEESE & SAUERKRAUT TEN MILE RACE: 1. John Weston 55:44. . .4. Dennis Stewart 57:57, 5. Bob O'Connell 58:01, 6. Bob Goodrich 58:03. . .9. Don Lewis 58:58, . . .11. Dick Hessler 59:13, 12. Joe Marks 59:58. . .24. Turk Storvick 1:07:57 25. Charlie Slivinsky 1:08:30 and 15 others who braved 8 degree cold and a stiff north wind.

AND A LOOK AT TODAY'S HEROES AND HEROINES:

JILL MACKEY, a CTC member from Jeff City made the St. Louis Marathon her marathon debut, finishing the course in 4:35:33. Congratulations, Jill!

Another overlooked result from St. Louis was the personal best performance of NICK PECKHAM--3:14. So, kudos to you, also, Nick!

KENT LANG, now living in Kansas City, ran a marathon PB in the Omaha Marathon, Nov. 3, a fine time of 2:26:39, good for 4th place only 44 seconds behind the winner.

BOB DOLPHIN ran ten miles in 1:05:36 in the Columbia River Classic Richland, Washington, Nov. 16. That performance was not only a ten mile PB, but Bob had a PB for every split beyond 10K. Bob was 35th of 156, 2nd in the 50-59 age group.

Here's a note from LIZ BULMAN:

To Columbia Track Club Members:

I would like to take this opportunity to thank the members of the Columbia Track Club for their support during my three years in Columbia. I am especially grateful to Tom LaFontaine and Mark Volek, both of whom have contributed greatly to my success. Without their encouragement and help in pulling me through many hard runs and bike rides I would not be where I am today. I would also like to thank Jill Murphey and Gerry Heisler for their advice and support in my career decisions.

In January I will be moving to San Marcos, California. I have been selected to participate in the newly established United States Triathlon Training Center. Although I am reluctant to leave Columbia, this is an excellent opportunity for me to develop my triathlon skills. Columbia is a unique community in that it has such strong support for runners. I hope to return to Columbia in April, for I have found this to be an ideal training site during the fair weather months.

Sincerely, Liz

And here's a note to Liz: Congratulations! for your selection to the training center and for all your fine performances (and records) as a member of the Columbia Track Club. We wish you the best of luck in all your future endeavors. We will be following your career and look forward to having you back occasionally.

The FIRST ANNUAL DAVE SCHULTE SERVICE AWARD has been awarded to VEVA SPIER. There is no question but that Veva would be the unanimous choice to be the recipient of this award--the first recipient. Over the years, no one has contributed more to race administration, on the spot in all kinds of weather.

SCHEDULE OF EVENTS:

JANUARY 4 Saturday 9:00 AM BOBBY BUFORD'S FIVE MILE TWOSOME RACE Male-female teams (open to individual runners also). Meet at Strawn Road cinder pile. AWARDS: 8 \$25.00 Dinner-for-two certificates in the following categories: Combined Ages: 0-44, 45-59, 60-74, 75-84, 85-99, 100 & over, one for predicted time (seconds off added together, e.g., a +10 seconds off and a -10 off equals a total of 20 off and not 0 off), and one to be given away by way of a drawing. The awards (and hot chocolate and donuts) will be at Bobby Buford's at 10:00 AM. RACE DIRECTOR: Don Lewis 874-1034

18 Saturday 9:00 AM FROSTY 20K a 20 kilo run and a 20 kilo walk (the walk starts at 8:30 AM) with a 10K for female and those age 15 & under unless they wish to go 20. RACE DIRECTOR: Joe Marks 445-1919 and here's an additional note from Joe:

COME TO 'FROSTY 20 (OR 10)' POST-RACE 'WARMING'

We'll have a post-race "warming" (doughnuts and hot chocolate) in the Foyer Room, Hilton Inn, Jan. 18. The room will be open from 9 a.m. to 11 a.m. The room and refreshments are courtesy of the Hilton Inn and Pat Barnes.

FEBRUARY 8 Saturday 9:00 AM 5,000 METER NUT RACE Run or Walk Research Park Awards of a nutty variety RACE DIRECTOR: Tom Coon

23 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL FIVE MILE WINTER ROAD RACE RACE DIRECTOR: Joe Kurth

SUBJECT: SCHEDULE OF ROAD RACES AND FUN RUNS IN JEFFERSON CITY FOR 1986.

MARCH 15 Saturday 9:00 A.M. Jefferson City St. Patrick's Day 5K Run start and finish at Jefferson City Senior High Track. Register at the YMCA. Sponsored by Memorial Hospital.

APRIL 19 Saturday 9:00 A.M. Jefferson City Spring Fling 5K Run Register at the Jefferson City Parks & Recreation Dept., 320 East McCarty Street, Jefferson City, MO 65101.

May 3 Mother's Day 5K Run - 3.1 miles Women Only!! Contact St. Mary's Health Center in Jefferson City.

May 24 Saturday 9:00 A.M. Memorial Day 5K - 3.1 miles Start and Finish at Jefferson City Senior High Track. Register at the YMCA. Sponsored by Still Hospital.

June 21 Saturday 9:00 A.M. Jefferson City Triathlon 1/2 Mile Swim, 16.5 Mile Bike, and 4 Mile Run Register at the YMCA in Jefferson City.

July 4 Friday 9:00 A.M. Missouri Boulevard Mile Start at Dairy Queen in Jefferson City Register at Jefferson City Parks & Recreation Dept., 320 East McCarty Street, Jefferson City, MO 65101

Aug. 15 Friday 6:00 P.M. Twilite 5,000 Meter Run - 3.1 Miles Register at Capital Mall or Contact Jim Marshall - 636-2294.

Aug. 23 Saturday 9:00 A.M. YMCA Fitness Run - 5 miles Start and Finish Jefferson City Senior High Track. Register at YMCA in Jefferson City. Sponsored by St. Mary's Health Center.

Nov. 8 Saturday 2:30 P.M. Harvest 5K Cross Country Run Hough Park Golf Course - This Run will begin immediately following the State Cross Country meet. Contact Harvest Run Jefferson City Parks and Recreation Department, 320 East McCarty Street, Jefferson City, MO 65101

Run For Your Life 5K Run
Memorial Park in Jefferson City
Contact the YMCA for information and dates

If you have any questions concerning dates, times, or location of races in the Jefferson City area please contact Ed Mulholland - YMCA - 635-9136.

ELAPSED TIME STANDINGS (not including 10 mile Cheese Race)

File: MALE15U
Report: CTC RESULTS

NAME	POINTS
BRYANT	26
GIBSON	16
RACINE	14
GUEST	13
SALDANA	12
HARNESS	11

File: FEMALE15U
Report: CTC RESULTS

NAME	POINTS
HESSLER	15
HENZEL	14
CORDIA	13
SALDANA	12
HARNESS	11

File: MALE1629
Report: CTC RESULTS

NAME	POINTS
STONE-FISCHE	37
WALTHER	24
O'BANNON	12
BUTLER	11

File: FEMALE1634
Report: CTC RESULTS

NAME:	POINTS:
RUBLE	24
GERKE	11
BOHON	11

File: MALE 3039
Report: CTC RESULTS

NAME	POINTS
PARKER	35
BAKER	31
HEISLER	26
JOHNSON	26
PETTERBORG	23
LAFONTAINE	20
O'CONNELL	18
VOLEK	17
THORNBURG	16
MILLER	15
WILLIAMS	14
HARNESS	11

File: FEMALE 350VER
Report: CTC RESULTS

NAME	POINTS
PRICE	15
ODNEAL	14
GONZALEZ	13
GERHARDT	12
JOHNSON	11

File: MALE 4049
Report: CTC RESULTS

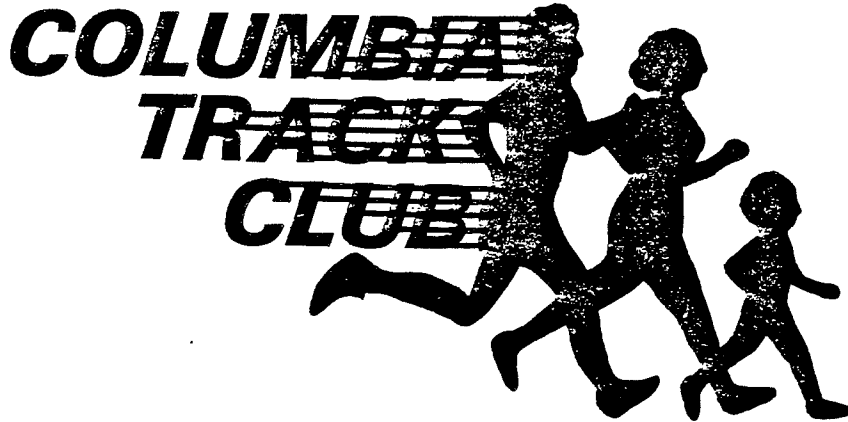
NAME	POINTS
ALLEN	26
MARKS	25
BELYEA	16
LEWIS	16
HESSLER	14
SCHLEMPER	12
BAXTER	12
HOLLERAN	11
PECKHAM	11

File: MALE 5059
Report: CTC RESULTS

NAME	POINTS
JOHNSON	13
STORVICK	12
KRUSE	11
HANSON	11

File: MALE 600VER
Report: CTC RESULTS

NAME	POINTS
GERHARDT	11



COLUMBIA TRACK CLUB: Annual Dues: Families: \$10.00
 Single Students: \$6.00
 New Members: \$5.00
 Newsletter Subscription to non-members: \$3.00
 DONATIONS ARE TAX-DEDUCTIBLE

The CTC Newsletter is an open forum to anyone. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless fairly short. Deadline is the third Saturday of each month.

CTC singlets, both male and female, are available from Don Patterson at \$8.00 each. Don's office number: 874-3066, Home: 445-7268.

Be sure to pass on to Joe Duncan your out-of-town race results so we can all know what CTC people have been up to.

Please offer to help with the administration of any race in which you will not be a participant--Remember, these events don't just happen.

This Newsletter has been printed by the COLUMBIA PARKS & RECREATION DEPT.

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