

# TRACK CLUB

NEWSLETTER Vol. XVII, No. 11 November 25, 1985

## LIZ PLACES SECOND IN THE HAWAII IRONMAN

by

Tom LaFontaine

Over the years, the CTC has had some outstanding national and international athletes as members. A few performances that come to mind include; Larry Young's bronze medal performance in the 1972 Olympics; Don Lewis's and Ben Londeree's 2nd and 3rd place performances, respectively, in the 1977 Kansas Relays; Charlie McMullen's first place performance in the 1978 Drake Relays marathon in still record time of 2:15; and Steve Stonecipher-Fisher's performance in the 1984 Olympic marathon trials. Several other CTC members have distinguished themselves in the past in regional and national competition. On October 26th, 1985, Liz Bulman, a three year CTC member, competed in and eventually placed second amongst women and 56th overall in the original Hawaii and Bud Light Ironman in Kona on the "Big Island" of Hawaii.

The Ironman began in 1978 with 15 competitors. This year, there were 1018 starters. The event is a triathlon consisting of a 2.4 mile ocean swim, a 112 mile bike ride over rolling coastal terrain through "lava" fields, and finally a marathon for a total distance of 140.6 miles. The event can be extremely grueling due to the often high winds (gusts can be up to 55 mph), heat (85-90 degrees), and humidity. The Ironman also is a very prestigious event and is annually covered by ABC's Wide World of Sports. I was there and had the opportunity to witness this year's event and, in particular, Liz's truly outstanding performance.

As many CTC members are aware, Liz had just completed her first full season as a professional triathlete. She finished 5th in the 1985 Bud Light short course computer standings. This is a series of triathlons held in major US cities consisting of a 1.5 Km swim, a 40 Km bike ride, and a 10 Km run. Liz also placed 6th in the Championship of the Bud Light series in Hilton Head, South Carolina on September 28th, 1985. An unfortunate situation occurred in the swim portion which kept Liz from a 1st or 2nd place finish in this event. However, she did place ahead of two of the top three females at short distances (Gaylene Clews and Joann Ernst). The major outcome of Liz's Hilton Head performance was the confidence she gained in her abilities and in her potential to be a World Class Triathlete.

Since late August, Liz had laid off competitive events and focused her training towards Hilton Head and the prestigious Hawaii Ironman. On October, Liz left Columbia for Kona with the financial support of several Columbia businesses, organizations, and citizens including the CTC and the moral support of her friends here. Her plan was to spend ten days training in the heat and humidity prevalent in Hawaii.

The day of the event was calm, overcast, and relatively cool (low 70's with moderate humidity). Over 20 countries were represented including the USA, Canada, Australia, Sweden, West Germany, Japan, and New Zealand. Several of the world's best female triathletes were present including Joann Ernst, Julie Olson, Julie Moss, Julie Brening, and Liz (of course) of the US, Carolina Heins of Canada, Robin Black of New Zealand, and Sarah Springman of England. The swim began promptly at 7:00 am and the 1985 Hawaii Ironman began. Approximately, one hour and four minutes later, Liz was climbing the hill leaving the city of Kona in 12th place amongst the women. Liz had expected to be 2-3 minutes faster as she usually is one of the better swimmers. I could tell by the look on her face that there had been problems in the water. Later she was able to tell me of the pushing, shoving, and kicking that hindered her in the swim. But now she was on her way to Hawaii about 52-54 miles away where the competitors made the bike turnaround and headed back to Kona. Liz had a carefully planned strategy, particularly for the bike ride.

COLUMBIA

Five hours and 58 minutes later she arrived at the Kona Surf hotel for the end of the bike portion in 11th place. She had planned for a six hour ride and was right on schedule. The "fun" part for me listening to the crowd reaction (over 15,000 spectators watched the event) was that Liz and I knew that all was well after the bike portion. At this point she was 24-25 minutes behind the leader, Julie Moss. Joan Ernst was a close second by 2-3 minutes.

For the run, I positioned myself near the four mile mark. Nine women passed me ahead of Liz. Joan Ernst had passed Julie Moss and was now leading. Joan appeared pretty strong and in control. The other eight women who passed before Liz appeared fatigued and "beat". Liz was now in 10th place and 22-23 minutes behind Joan. Liz looked strong and confident. She commented to me that "I feel great and am doing close to 7:00 minute miles". I simply reminded her to keep her arms low, relax, and to monitor her perceived exertion closely. Personally, I felt confident that she was going to "run down" most of the women ahead of her and finish at least 2nd or 3rd. I spent the next two hours watching the World Series in Don Drysdale's restaurant in Kona and vicariously running Liz's race for her. I then positioned myself where I could watch the leaders come down the hill leading back into Kona about a mile from the finish.

As I stood on the corner, spectators were discussing which woman would be coming first; Joan, Julie Moss, Julie Olson, Carolina Heins, etc.. I felt rather "smug" as I casually stated that I felt that Liz Bulman might be here any minute. Well, I was a little disappointed when I saw Joan Ernst come down the hill in first place, but then she had been 22-23 minutes ahead of Liz with 22 miles to go and had had 2-3 years experience in this event including a 2nd place finish in 1984. Joan had held on and with less than a mile to go she was going to be the women's winner in 10:25:22 (nine seconds off the women's record). I now waited anxiously listening to the conversations among the spectators, but still confident that Liz would be coming soon. About two minutes after Joan had passed, Liz came down the hill physically looking "damn" good considering what had been behind her. Liz appeared very intense and was pushing hard to catch Joan. Liz was in 2nd place, had passed eight women, and had closed the gap between her and Joan at the rate of almost one minute per mile. The thrill was tremendous for me! I began shouting, jumping up and down, and screaming words of encouragement and congratulations to Liz.

The ABC camera crew had followed Liz's <sup>PROFESSION</sup> during the marathon closely and were surrounding her as she headed towards the finish. Later, I figured that I probably looked quite foolish on camera! In the last mile, Liz closed a little more on Joan and finished in 10:26:55. This was the third fastest time ever by a woman in this event and by far the fastest time for a woman doing the event for the first time. Liz had accomplished a goal which she had begun focusing on about two months. Her training had gone nearly perfect and her performance was almost exactly as planned. On hindsight, if a couple of things had gone a little better (the 2-3 minutes lost in the swim and if she had worn a tri-suit instead of changed clothes at each transition), Liz could have won the event. However, triathlons involve a lot of planning and some breaks, and the perfect triathlon is not likely to happen. Joan Ernst may have had a few things not go as planned also. Overall Liz's strategy worked excellently. Her performance was one of the most remarkable and impressive I have ever witnessed. Liz is a world class triathlete whose potential has not been reached! With further training and experience, Liz will continue to be one of the World's best and possibly will set some women's records. The CTC salutes Liz and offers encouragement and support in her future efforts. CONTRAGU-LATIONS LIZ AND GOOD LUCK IN ACHIEVING FUTURE GOALS!



ST LOUIS TRACK CLUB WINS OPEN MALE & FEMALE RACES, CTC WINS MALE 40  
& OVER, 3 MILE CROSS COUNTRY TURKEY TROT October 27, 1985

1. Tom Becker	23	S	15:16	
2. Steve Stonecipher-Fisher	28	C	15:21	
3. Gary Fancher	23	U	15:25	70 degrees, mostly sunny, little wind.
4. Michael Davies	26	S	15:27	
5. Charlie Lutz	32	S	15:33	TEAM SCORING:
6. Peter Jude	25	S	15:46	Open, Male (39 & under)
7. David Dobkowski	27	S	15:52	
8. Jon Delano	25	S	15:57	SLTC 259 18 score
9. John Lysell	18	S	16:21	CTC 407
10. Jim Snowden	28	U	16:29	
11. Jim Guinn	23	C	16:34	Open, Female (All ages)
12. Bob Bellora	35	S	16:39	
13. Rick Fernandez	29	S	16:41	SLTC 79 9 from each
14. Robert Hull	19	C	16:46	CTC 92 team score
15. Don Lewis	49	C	17:00	40 & over Male:
16. Jim Faulkner	36	S	17:02	
17. Larry Helling	39	S	17:07	CTC 30
18. Mark Volek	30	C	17:17	SLTC 48 6 score
19. John Dickey	31	S	17:18	
20. David Weinstein	31	S	17:18	Therefore, SLTC retains the traveling trophy
21. Marvin Odneal	42	C	17:20	
22. Dick Hessler	44	C	17:26	
23. Dave Parker	39	C	17:55	The most important part of this event, however, is the social aspects afterwards-- the fellowship, feasting and bantering.
24. Tim Gibson	14	C	18:01	
25. Gutdayzka	44	S	18:02	
26. Rick Jaudes	42	S	18:03	
27. Mike Baker	35	U	18:14	
28. Richard Harness	34	C	18:18	THANKS TO SHORTY'S FOR THE FRIED CHICKEN--it was good and there was plenty of it.
29. Steve Engelbrecht	19	U	18:20	
30. Mike Bryant	15	C	18:22	
31. John Munch	47	S	18:34	
32. Don Williams	36	C	18:42	Also THANKS! to Ben Londeree, Dick Hessler & Bob O'Connell for measuring and laying out the course, again to Dick Hessler & Jim Guinn for placing the course markers on Sunday and Thanks to all those who helped on race day: Anne Hessler, Barbara Williams, Dawn Williams, Tom Coon, Mike Brower, Jim Gibson, Joanne Gibson, Kathy Bryant, Joe Marks and to Carol Weston who arranged for use of the Lake of the Woods Golf Course and clubhouse.
33. Mike Walther	28	C	18:45	
34. Lynn DeNinno F	23	S	18:47	
35. James Johnson	35	C	19:12	
36. Tom Allen	43	C	19:14	
37. Gerry Heisler	38	C	19:18	
38. Dean Baxter	49	C	19:23	
39. Nick Peckham	45	C	19:28	
40. Chris Ruble F	31	C	19:32	
41. Tim Butler	26	C	19:32	
42. Bernadette Gerke F	26	C	19:45	
43. Don Johnson	57	C	19:47	
44. Craig Delano	22	S	19:47	
45. Dmetrius Pashos	28	S	19:48	
46. Jackie Corn F	42	S	20:40	
47. Martha Lutz F	29	S	20:49	
48. Ted Allen	34	S	20:59	
49. Larry Petterborg	36	C	21:18	
50. Angela Hessler F	12	C	21:23	
51. Turk Storvick	57	C	21:50	
52. Marie Seper F	27	S	21:56	
53. Laurie Grandcolis F	31	S	22:12	
54. Sandi Saurers F	21	C	22:29	
55. Renee Faulkner F	15	S	22:55	74. Kristen Henzel F11 C 27:00
56. Carol Peluso F	44	S	23:09	75. Georgina Gonzales F 47 C 27:00
57. Roger Hanson	53	C	23:14	76. Shawn Harness 9 C 27:30
58. John Racine	9	C	23:29	77. Jenny Cordia F 10 C 28:10
59. Marlin Guest	10	C	23:36	78. Stephanie Saldana F 8 C 28:10
60. Carl Specking	55	S	23:44	79. Elizabeth Gerhardt F 65 C 28:10
61. Jack Frohlichstein	56	S	23:50	80. Heather Harness F 12 C 32:00
62. George Perry	69	S	24:16	81. Dessie Pashos F 47 S 32:50
63. Dan Kleypas	37	S	24:39	82. Margaret Johnson F 56 C 34:00
64. Maggie Burns F	28	C	25:07	
65. Luther Solomon	10	C	25:10	
66. Rebecca Hayes F	26	C	25:11	
67. Cinny Gardner F	42	C	25:12	
68. Stevie Saldana	10	C	25:15	
69. Joan Fromme F	34	S	25:18	
70. Bob Gerhardt	67	C	25:24	
71. Gary Moll	34	S	25:31	
72. Mary Specking F	55	S	26:08	
73. Linda Price F	41	C	26:19	
74. Cheryl Odneal F	37	C	26:32	

STEVE STONECIPHER-FISHER & CHRIS RUBLE ARE WINNERS IN STEVE HELMICK  
MEMORIAL 10K RUN

November 10, 1985

1. Steve Stonecipher-Fisher	28	32:31	20. Elmer Schlemper	46	41:46
2. Gary Fancher	23	32:57	21. James Johnson	35	42:04
3. Kevin O'Bannon	17	35:29	22. Steve Mudrick	40	42:25
4. Tom LaFontaine	38	35:41	23. Mike Bryant	15	43:14
5. Dave Parker	39	37:15	24. Bobby Hook	14	43:26
6. Ron Belyea	42	37:30	25. Larry Petterborg	36	43:51
7. Wayne Wells	15	37:39	26. Pat Groshong	16	43:53
8. Bob O'Connell	36	38:06	27. Chris Ruble f	31	43:55
9. Marvin Odneal	42	38:25	28. Norris Kruse	50	43:58
10. Mike Baker	35	39:07	29. Dennis Holleran	41	44:00
11. Winston Reid	22	39:15	30. Betty Bohon f	34	44:14
12. Mike Walther	28	39:19	31. Linda Price f	41	50:49
13. Larry Thornburg	38	39:25	32. Joe Giacchi	40	51:59
14. Joe Marks	48	39:50	33. Maggie Burns f	28	55:17
15. Tom Allen	43	40:12	34. Richard Harness	34	55:17
16. Gerald Jorgenson	26	40:18	35. Russ Meyer	45	56:38
17. Park Miller	33	40:19	36. Galahad Phillips	8	57:03
18. Jerry Heisler	38	40:39	37. Kaaren Sloan f	41	57:03
19. Jamie Mannion	28	41:33	38. Collen Phillips	30	62:42

Low 40's, strong NW wind, cloudy. Every finisher got a small medallion and the CTC Scholarship Fund got \$100.

Speaking of the CTC Scholarship Fund, now is the time to make any donations you care to make. The Fund is now in excess of \$2500, so we will, eventually, be able to make a worthwhile contribution to someone's education. The Fund committee is working on an application and a specific set of guidelines. Ben Londeree is Chairman of that committee and Lee Pfefer and Joyce Schulte are members. Send your check to Joe Duncan and tell him it is for the Scholarship Fund. Your contribution is tax-deductible as are all contributions to CTC.

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Below is a letter critical of our use of golf courses for cross country meets and on the following page is Joe Duncan's somewhat rambling reply:

To: Dick Green  
From: Rich Cole  
Date: 10-29-85  
Re: Cross Country

We currently have a situation at L. A. Nickell and Lake of the Woods golf courses concerning the running of cross country events on the courses. On Saturday, Oct. 26th, L.A. Nickell was the site of a high school district meet, and Sunday, Oct. 27th, Lake of the Woods was the site of a cross country run sponsored by Columbia Track Club. Both of these events were the cause of numerous complaints from golfers. The complaints ranged from two runners playing soccer with a golf ball on the 18th green at L.O.W. on Sunday, to running in front of golfers who were hitting, spectators on the courses, and generally showing no respect or acknowledgment of golfers.

We have had cross country meets for several years from both the high schools and Columbia Track Club, and the complaints have generally been the same. For that period we have simply lived with that fact, but as cross country running is becoming more popular, and the golf courses more crowded, complaints more vocal and infractions more serious, I believe the time has come to take a serious look at the situation.

I am recommending that any cross country events in the future be denied access to either of our golf courses for running. As we have discussed, there are several other locations where these events can be held so the runners will have no worries except running. Also, I think we can point out to these people if cross country is a competitive event, and golf is a competitive event, that this is the only instance where you have two completely different competitive events played on the same playing area. In the best interest of all parties involved I believe it is time to separate the two.

TO: DICK GREEN

CC: Carol West, Rich Cole, Steve Kissane

This is in response to Rich's letter of October 29, re the use of the Golf courses for running. These are my personal views and are not, necessarily, those of the Columbia Track Club or the High Schools.

I agree that the two activities of golfing and running should not take place at the same time on a golf course. However, I do not think the publicly-owned courses are required to be used exclusively for golf. Cross country running is a separate, distinct sport, different from road racing or track. Cross country, by its very nature requires a woody, hilly, grassy course. A golf course is ideal.

CTC (and probably the High Schools) has always given plenty of advance notice to the golf course managers as to our scheduled events. The purpose of the notice, we thought, was to enable the manager to tell the golfers that the course would be closed for an hour or so during the scheduled activity. However, each time, we have been dismayed to see golfers on the course at the scheduled start of the races. Therefore, we just assumed that the golfers would rather have their play interrupted for the mere two or three minutes it would take the runners to run by a given spot on the course rather than give up an hour of play with a closed course. The runners understood that and have always been appreciative of the golfers who had the courtesy of not hitting a ball while the runners went by. Many golfers, in fact, seemed to enjoy seeing a race in progress and often shouted encouraging words to the runners. Then, of course, there have always been those few discourteous golfers (as there are discourteous runners) who seemed to delight in slugging away, knowing that a runner could easily be hit. Some of those runners are children. And now we learn that these golfers are unwilling to give up even two to three minutes of their time. Unbelievable! Shoot, they probably spend more time than that, per hole, looking for their ball.

The obvious solution is to close the courses whenever a running activity is scheduled. Runners should be given a very small allotment of time, per year, for use of a golf course. Outside of those allotted times, running on a golf course should be prohibited.

My suggestion: Allot no more than 1% of the open hours of a given golf course to scheduled cross country meets. I don't know how many hours per year a course is open, but let's say it is 60 hours per week for 30 weeks. That's 1800 hours. Give 18 hours, per year, to scheduled cross country meets. Over the years CTC has used the Nickell course for one hour each year, 8:30 AM to 9:30 AM on the third Saturday in September for a two mile race. This year we changed the course so that only one mile was on the golf course. That would be ten minutes, at the most, we had anyone on the course.

As for the Lake of the Woods course, we ask for one hour EVERY TWO YEARS. That's usually the third Sunday in November, 12:30 PM to 1:30 PM, although we had to move up to Oct. 27 this year. I don't think LOW has ever been used for running any other time by anyone.

The High Schools have four or five meets each fall on the Nickell course. They probably need a couple of hours per meet, so it is obvious we don't even need 18 hours. Any reasonable golfer (or even any unreasonable golfer) must agree that this would be a fair solution.

Runners certainly want to peacefully co-exist with the golfers and I should think the golfers would feel likewise, especially if the requests of the runners are so reasonable. That way we all feel good about ourselves.

As it happens, CTC has created a committee (of which Bruce Murray is a member) to explore the possibility of developing a permanent cross country course in Cosmos Park or Bethel Park, not involving any part of a golf course. We hope this can be done. If so, then the golfers can have the golf courses to themselves 100% of the time, even though I still wonder who says a publicly-owned golf course must be solely used for golfing purposes. I'm not a P & R person, but surely part of the philosophy of P & R people must include the concept of maximum, multiple, legitimate use of various facilities in a scheduled, orderly manner, involving as many citizens, both sexes, all ages, as possible.

As for the two runners playing soccer with a golf ball, if the ball being used belonged to a golfer, then, of course, such behavior is not to be condoned. The runners should have been summarily drawn and quartered on the spot. BUT--"soccer golf?"--what a great idea for another use of a golf course! Someone should go to work on that and develop some rules and regulations. This would be another outlet for the hundreds of youngsters now involved in soccer.

Seriously, there is no reason why we cannot share facilities on a reasonable, scheduled basis, as proposed above.

Joe Duncan

## Why Cross Training?

by

Tom LaFontaine &amp; Liz Bulman

There are several ways in which cross training - blending running with biking and swimming - might enhance your training and overall fitness. The following is a list of some possible benefits of cross training. Some of these benefits have a sound scientific bases while others are based upon theoretical hypotheses, educated reasoning, personal experiences with cross training, and the experiences of top level triathletes.

1. In runners, cross training probably reduces the risk of overuse injuries by allowing the runner to do less miles while providing similar cardiovascular training. The lessened risk of injury may be the most important benefit of cross training for runners.
2. Cross training allows for a greater volume of central circulatory (the heart and lungs) training without overuse of specific muscle groups and muscle fibers.
3. Cross training (running and swimming, for example) provides for total aerobic fitness by including training for both the upper and lower body.
4. Cross training allows for a greater daily intensity of training since the same muscle groups are not utilized each day. Some studies suggest that intensity is the most critical factor in the response to training. Also higher intensity training may induce greater improvement in how the heart functions as a pump. Personally we have found that by alternating running with cycling we can train quite intensely three to four days consecutively.
5. The caloric cost of cross training is very high which can be helpful in achieving and maintaining an optimal body fat %.
6. Swimming promotes an increase in lung capacities. Swim training may also enhance the oxygen diffusing capacity of the lungs. This possibly could have some carryover to running and cycling.
7. Cross training may enhance muscle balance by developing opposing muscle groups more uniformly.
8. Cross training promotes total body flexibility possibly reducing the risk of sport specific muscle tightness which predisposes to injuries.
9. Cycling significantly develops the endurance and strength of the quadriceps. Since running uphill involves the quadriceps to a large extent, cycling may enhance one's ability to run uphill.
10. Cycling increases leg speed since trained cyclists ride consistently at 80 to 110 rpms. This may enhance overall muscular efficiency.
11. Cross training may promote improved physiological efficiency since the total body becomes fit and less oxygen may therefore be used to perform a given pace.
12. Swim training increases the strength and endurance of the respiratory muscles. Perhaps, this may allow for more efficient breathing during cycling and running although no scientific evidence supports this conclusion.
13. Cross training provides variety to your regimen helping to avoid boredom. This variety may enhance the desire to train and help you to avoid staleness and overtraining. The variety also increases the enjoyment and satisfaction. This will help to keep you stimulated and motivated to stay fit throughout your life which is the ultimate purpose for training anyway.
14. Cross training possibly helps promote recovery. For example, 36-72 hours are needed for repletion of glycogen stores following a prolonged, intense workout. Cycling or swimming following a hard run allows for continued training while the muscle groups involved in running are resting. Personally we have noticed a remarkable improvement in recovery time since we began cross training. We frequently are able to do four or five intense workouts each week by alternating activities. Cycling the day after a hard run, for example, gives you 48 hours rest; at least, there is reduced utilization and impact stress of the joints and muscle groups involved in running. It also is possible though not scientifically demonstrated that cycling or swimming the day of a marathon may promote recovery. Running involves eccentric or lengthening contractions - contraction where a muscle is trying to shorten but actually is being lengthened and stretched - which result in connective tissue damage related to muscle soreness and injury and swimming and cycling do not, this benefit applies mostly to running. The concentric or shortening contractions involved in swimming and cycling provide continued cardiovascular training without further muscle damage associated with eccentric contractions.

In conclusion, there are many and varied possible benefits and advantages of cross training. Probably the major advantages of cross training lie in the total health benefits derived and not in the optimization of performance in any single sport. Cross training creates more diversity, interest, and enjoyment from aerobic activity. These factors provide more motivation and stimulation for continuing a fit and active lifestyle.

## SCHEDULE OF EVENTS:

- NOVEMBER 30 Saturday 9:00 AM 30,000 meter run (10,000 meters for women and age 15 & under, unless they want to go farther)  
2,000 meter walk Meet at Hilton Inn RACE DIRECTOR:  
Chris Ruble 874-7703
- DECEMBER 14 Saturday 9:00 AM Cheese & Sauerkraut Ten Mile Run, Ten Mile Walk (starts at 8:30) Meet at Strawn Road cinder pile. Awards of various kinds of cheese to the six participants who come closest to their predicted times and a can of sauerkraut to the one who misses the most.  
RACE DIRECTOR: Turk Storvick 445-4038
- 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. RACE DIRECTOR: Don Lewis
- 18 Saturday 9:00 AM FROSTY 20 A 20,000 meter run (10,000 meters for women & age 15 & under, unless they wish to go farther), 20,000 meter walk starts at 8:30  
Hilton Inn RACE DIRECTOR: Joe Marks
- \*\*\*\*\*
- December 14 Saturday 9:00 AM 5k run, 9:30 AM Maynard Cohick Half Marathon Springfield, Mo. CONTACT: Ozark Racing Systems  
1771 S. Fremont Springfield, Mo. 65804
- 21 Saturday 9:00 AM Marathon Relay Forest Park Field House  
CONTACT: SLTC 6611 Clayton Rd. St. Louis, Mo. 63117

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**ROADRUNNER 8K**  
October 19, 1985

Sedalia		
1. Jeff Mittelhauser, 28	25:08	26. Richard Johns, 36 35:55
2. Kent Rader, 26	25:18	27. David Plummer, 40 35:05
3. John Case, 29,	27:01	28. John Strawn, 26 35:31
4. Jack Sesler, 27	27:33	29. Herb Mittelhauser, 56 35:52
5. Terry Sandwith, 28	28:17	30. Dean Homan, 34 36:37
6. Jack Uhrig, 32	28:34	31. Douglas Culver, 30 36:44
7. Keith Carraghan, 26	28:42	32. Adam Cormican, 15 36:49
8. Jim Bielinski, 15	29:04	33. Denny Huffman, 12 37:12
9. Terry Harms, 39	29:54	34. Larry Huffman, 35 37:13
10. Bill Brands, 49	29:58	35. Neil Bys, 42 37:35
11. Bill Frede, 36	30:11	36. Linda Lemon, 38F 38:07
12. Mark Thomas, 27	30:16	37. M. V. Whitehead, 36 38:38
13. John Ball, 33	30:31	38. Ken Cordry, 61 39:35
14. Andy Cravens, 24	31:00	39. Joe Sportsman, 52 39:57
15. John Meehan, 31	31:01	40. Beth Bales, 33F 40:30
16. Simon Rose, 20	31:40	41. Dan Pilliard, 34 41:17
17. Lee Harms, 28	32:33	42. Barbara Smith, 42F 41:30
18. Robert Norton, 44	32:39	43. Kathy Kempton, 29F 41:45
19. Mark Kelchner, 25	32:45	44. Mark Schwickrath, 21 41:46
20. Katherine Jones, 29F	33:34	45. David Fowler, 32 41:52
21. Jimmie Upton, 17	33:45	46. Susan Mueller, 24F 42:05
22. Gerald Priesinger, 30	33:53	47. Peggy Huffman, 35F 43:46
23. Don Page, 33	34:23	48. Martha Bowden, 42F 44:49
24. Ian McCracken, 15	34:25	49. Herman Bieringer, 65 45:31
25. Angela Zook, 27F	34:46	50. Helyn Strickland, 29F 46:06
		51. Lester Harrell, Jr., 56 46:21

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ST. LOUIS MARATHON Nov. 17: Bob O'Connell and Norm Stebbins, both at 2:41:50, Jon Herbert was 2:41:00, Gary Oringerderrf 2:47, Marvin Odneal 2:55:28, Joe Marks 2:56:59, Stan McQuin 2:56, John Whiteside a 2:55:19 PB, Dick Madsen finally got that elusive 3 hour marathon-- 2:59:10, Debbie Hoxworth, 6th female, 3:13:52, Don Johnson, 2nd 55-59, 3:25:45, Liz Eppele 3:34, Joe Duncan, a mediocre 3:49:50. Mike Green 3:02:10. From Jeff City: Terry Rackers 3:07:28, Tom Rackers 3:27:30, Mark Johnson 2:53, Mary Haskamp 4:11:29, David Plummer, not sure, but close to 3:30.  
Perfect conditions: Low 40's to low 50's, mostly cloudy, little wind.

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COLUMBIA TRACK CLUB DUES ARE PAYABLE NOW!: \$10.00 for families,  
\$6.00 for single students, \$5.00 for new membs.



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

- November 1, 1970: 4 Mile Cross Country, Gustin Course--1. Jim McFadden Kirksville 21:42; 2. Dennis Stewart 22:06. . . .5. Whitney Hicks 24:33; 6. Don Granberg 24:44. . . .8. Joe Duncan 26:36; 9. Dave Leuthold 27:18
- November 7, 1970: 2 Mile Cross Country, Municipal Course: 1. Dennis Stewart 9:59--the first Stewart CTC victory ever; . . . .5. Whitney Hicks 10:57; . . .8. Joe Duncan 11:59; 9. Mike Chippendale 12:36--the last time Duncan ever beat Mike. Now you can better understand why Duncan insists in having this 15 years ago bit.
- November 15, 1970: The first and only Run-Swim Biathlon. First a 3 mile run on Hickman Track, then, an hour later, an 880 yard swim in Hickman pool. 1. Lucas Kleyn, CTC 29:41 (17:10 for the run, 12:04 for the swim); 2. Leonard Wulff, CSC 32:34 (21:26, 11:08); 3. Dennis Stewart CTC 32:48 (15:43--fastest for the run, 17:05);. . .7. Janet Leuthold CTC, age 10, 34:14 (21:09, 13:05); 8. Dan Chapel CSC 35:09 (24:04, 11:05--fastest swim);. . .18. Dave Leuthold CTC 43:56 (18:48, 25:08). This was really a fun event on a dual meet scoring basis with CTC winning 25-30 over Columbia Swim Club with placings being based on total times for the run & swim.

5 YEARS AGO;

- November 2, 1980: 3 Mile Turkey Trot, St. Louis: SLTC won the open categorie both male & female, while CTC won the male, 40+ category, led by Don Lewis' 17:30. Leading CTC runner, overall, was Dave Parker at 17:24. Then we had Dick Hessler at 17:27, Bruce Maxey at 18:27, Dick Schottman, 18:33, Joe Marks, 18:5 Jim Gibson 19:10, Matt Gibson 20:56. Don Johnson & Turk Storvick dueled--Don at 19:58 & Turk at 20:03. Chris Ruble was 22:29.
- November 15, 1980: 20 kilo run: 1. Steve Fisher 1:06:07, 2. Norm Stebbins & Tom LaFontaine 1:12:01, 3. Bob Goodrich 1:13:42, 5. Dick Hessler 1:14:18, 6. Don Lewis 1:15:12. . .9. Joe Marks 1:17:03 12. Jim Gibson 1:18:46. . .27. Chris Ruble 1:41:29
- 10k run: 1. Peter Fritsch 39:35. . .3. Tim Gibson 43:28
- 20k walk: 1. Rob Spier 2:18:01 2. Bill Taft 2:37:56

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A LOOK AT TODAY'S HEROES AND HEROINES:

- CHRIS RUBLE got a PB by 3 minutes in the America's Marathon, Chicago, on October 20. Chris had a final time of 3:22:58, but was 1:35 at Halfway and kept 7:12 miles until about 15 miles.
- STEVE STONECIPHER-FISHER was 5th in the Fall Classic 10k, Lawrence, Kansas on Sept. 28 at 31:25. JEFF MITTELHAUSER was 13th with 32:00. Then Jeff was 2nd in the St. John's Sunshine Run, Springfield, October 12, 10k, with 31:14. That race was won by Kent Rader, 31:09.
- MILENE MITTELHAUSER was first woman in the St. John's race at 37:33 and was also first woman in the Fit Her 10k, Kansas City, Oct. 20, 37:49. In that St. John's race, Denton Childs was 3rd, 31:51, Gary Fancher 6th, 31:58 Jim Heady 9th, 32:41, Jon Herbert 11th, 33:02
- THE BOB DOLPHIN REPORT: Bob ran 3 marathons and a half marathon within a four week span, getting a ½ marathon PB and two marathon PBs. And this with his usual modest training. Sept. 28: The Portland (Oregon) Marathon, 3:20:08, 665th of 2700 runners, 6th, 55-59; Oct. 6th: Sun City Halfathon, 1:30:40PB, 21st of 94, 1st of 5 in age group; Seattle Marathon, Oct. 13: 3:09:42PB, 114th of 539, 4th of 38 in age group; Oct. 26: Three Rivers Marathon in 3:06:41PB, 32nd of 131, 1st in age group. Prior to all this Bob had an 8.5 mile race in 56:03 and a 10k in 41:32.
- Bob comments that the Seattle Marathon was close to the perfect marathon--ideal 48-52 degrees, overcast, moderate winds, 90% flat, the hills short and easy.
- In the 3 rivers marathon, Bob got his first first place age group award, ever, in a marathon, and for the first time beat all the women in a marathon.



## WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB

David Boggeman  
607 N. William  
Columbia, Mo. 65201

Jerry Meeks  
Rt.1, Box 626A  
Eldon, MO 65026

Keith Boyd  
1614 Anthony Apt. A  
Columbia, MO 65201

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2309 W. Broadway Apt 322  
Columbia, MO 65203

Sue Fritz  
111 A N. Stadium Blvd. Apt. 256  
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Randall Smith  
RR 11, Box 1  
Columbia, MO 65203

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2627 B Summit Rd.  
Columbia, MO 65203

Vicki Thon  
305 Ridgeway  
Columbia, MO 65203

Evan Goldstein  
1500 Fellows Pl. Apt 1A  
Columbia, MO 65201

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Here's a comment from Donna Haley as to KOMU-TV's not showing the New York Marathon in its entirety. KOMU has contractual obligations and they are entirely correct in respecting the sanctity of whatever contracts they have. The obvious solution, of course, is for them to insert language in any such contract to the effect that once a year (or more) they can substitute whatever programming they wish.


General Manager  
KOMU TV  
Highway 63 South  
Columbia, MO 65201

Dear General Manager,

I would like to make a formal complaint regarding programming for the 1984 and 1985 New York City Marathon television coverage. Both yesterday and last year you did not televise the entire marathon even though this was provided by ABC network coverage. Showing the last part of a marathon is like showing the last 3 innings of a baseball game or less than the final half of a football game. I realize that there are many people who depend upon the Sunday morning religious programming. For those people, the two other local stations were airing religious programs. There are many people in the mid-Missouri area wanting full coverage of running events which are provided by the networks. Please consider the interests of these people when planning your programs.

Coverage of the NYC Marathon will now be a mute point with your station since you will be affiliating with NBC in the near future. However, when a popular and national running event is covered by NBC, please consider Mid-Missouri runners and others interested in the sport.

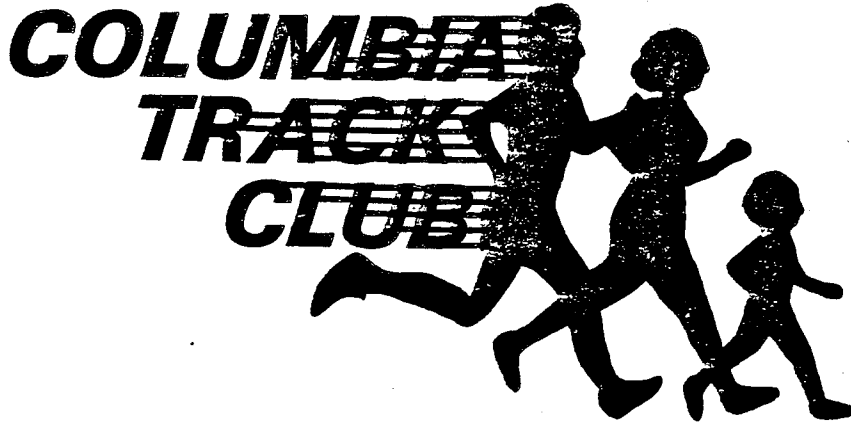
Sincerely,

  
Donna Haley

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Columbia Mall had a short notice 2 mile (probably shorter) run at 9:30 PM, Halloween night. A few people appeared in costume, some gave fake names, it rained, but everyone had a good time. The refreshments afterwards were great. This, most likely will be an annual event and promises to be the highlight of the fall season. Thanks to Joe Marks for handling the administration and to Winnie Long and Columbia Mall. The results:

1. Steve Kissane	9:40	10. Gerry "Gretta" Heisler	11:57
2. Mike Lairmore	9:42	11. Eric Mumford	12:34
3. Mark Thomas	9:50	12. ?	13:03
4. Randy Smith	9:56	13. Lewis Garrotto	13:04
5. Don "Marci" Lewis	9:57	14. Mariley Nein???	14:31
6. Ben "Tina" Londeree	9:58	15. Kim Martin	15:43
7. Rick Rother	10:00	16. Barbara Martin	16:20
8. Bill Kohrs	10:33	17. Justine Reed	16:22
9. Greg ?	11:20	18. Kristine Jenkins & Val Reed	17:15



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.

COLUMBIA TRACK CLUB  
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Columbia, MO 65203

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