

# TRACK CLUB

NEWSLETTER Vol. XVIII, No. 8 August 25, 1986

## Great Sandbagger 10K Handicap Run

August 2, 1986

		AGE	DT	ACTUAL TIME	DIFFERENCE	ACTUAL TIME PLACE
1.	Elmer Schlemper	47	46:30	40:53	-5:37	5
2.	Kenna Walker F	15	50:00	45:39	-4:21	14
3.	Deborah Hurley F	24	50:00	46:35	-3:25	16
4.	Barbara Martin F	35	60:00	56:42	-3:18	21
5.	Harry Pendergraft	45	49:00	45:46	-3:14	15
6.	Olen Brown	50	49:45	46:40	-3:05	17
7.	Tom Allen	44	42:00	38:57	-3:03	3
8.	Debbie Hoxworth F	28	43:00	40:08	-2:52	4
9.	Mike Hosokawa	20	44:00	41:21	-2:39	6
10.	Jim Pinkerton	53	58:00	55:52	-2:08	20
11.	Dave Parker	40	39:00	36:54	-2:06	1
12.	Norris Kruse	50	49:45	47:41	-2:04	18
13.	Tim Rooney	35	44:30	42:30	-2:00	7
14.	Mike Hosokawa	45	50:00	48:21	-1:39	19
15.	Larry Petterborg	37	46:00	44:27	-1:33	10
16.	Ivan Zabilka	46	44:00	42:34	-1:26	8
17.	Eric Hedges	40	44:00	43:03	-0:57	9
18.	Richard Harness	35	39:00	38:11	-0:49	2
19.	Turk Storvick	58	45:00	44:30	-0:30	12
20.	Mike Koonse	35	45:00	44:42	-0:18	13
21.	Mike Byrant	-	42:00	44:38	+2:38	11

Upper 60's, light north winds high humidity

The course was 0.2 mile short, making the race a 6 mile instead of a 10K. Running in his first race since May, Elmer Schlemper was hungry for a win and finished 5:37 ahead of his designated time and eagerly accepted the Great Sandbagger Monster to be placed in a suitable place worthy of this most treasured trophy.

Thanks go to a wobbly Joe Marks and John McCrory for helping out.

Race Director: Mike Walther

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CONGRATULATIONS to the CTC youngsters who competed in the National Junior Olympics Meet in Pomona, Calif. the first weekend in August. SCOTT BRAUDIS won a gold medal in the 1500 meter walk with a time of 8:47.1, a whopping 51 seconds better than his previous best. This was in the 10 & under group. CHRIS BRAUDIS, 11-12 group was second at 8:17.1 and this was 18 seconds better than his previous best. BRYAN QUICK, SHAWN MCDONALD, DARREN WELLS and MIKE FORBIS took a 4th place in the junior division 3200 meter relay in 9:17. Quick was 9th in the 3,000 meter run at 10:05, while McDonald was 9th in the 1500 at 4:42. ANGELA HESSLER, also in the Junior Division was 5th in the 3,00 in 11:11. In the Bantam Division, PAUL TAYLOR was 4th in the long jump with a leap of 13', 4" while JOAN PAULY was 7th in the 3,000 at 12:31. Coach Dick Hessler should be proud of these kids!

TOM LAFONTAINE won the 35-39 division of the VP Fair run in St. Louis with a 10k time of 35:14. One of Tom's last hurrahs as a 39 year old.

CONGRATULATIONS to Chris Ruble (and Mike) upon the birth of their 7 pound 2 ounce son born on August 15, less than two weeks after Chris had competed in the Great Sandbagger Race, not quite going all the way. She has now shed her handicap.

### BIATHLON CANCELLED

We regret to inform you that the Heart of Missouri Biathlon, scheduled for Sept. 21, has been cancelled due to unexpected circumstances that cannot be resolved. We're sorry for any inconvenience we may have caused those of you training for the event. We do plan to organize a similar event in 1987. Our aim is to continue to promote health, fitness, preventive medicine and aerobic exercise.

--Tom LaFontaine, Chm.  
Rick Rother, Sec.-Treas  
FITNESS UNDERGROUND

## ROB CARNEY EASES TO WIN IN 5,000 METER RUN HICKMAN TRACK August 16, 1986:

1600 meter splits:		1600	3200	4800	5000
1. Rob Carney	25	4:58	9:56	15:02	15:34
2. Vernon Darling	29	4:58	10:03	15:34	16:10
3. Scott Foster	29	5:22	10:59	16:41	17:20
4. Mike Bryant	16	5:34	11:38	17:41	18:15
5. Tim Gibson	15	5:42	11:57	17:48	18:26
6. Marvin Odneal	41	5:42	11:44	17:57	18:41
7. Rick Mumford	17	5:44	11:53	18:00	18:46
8. Mike Walther	28	5:47	11:55	18:08	18:47
9. Tom Allen	44	5:52	12:07	18:26	19:09
10. Richard Harness	35	5:34	11:44	18:40	19:21
11. Bob Hook	15	5:52	12:15	18:42	19:27
13. David Fowler		5:45	12:02	18:45	19:31
12. Whitney Hicks	51	5:51	12:07	18:40	19:28
14. Scott Bruner	15	5:50	12:16	19:02	19:51
15. Don Johnson	57	6:26	13:05	19:25	20:06
16. Joe Duncan	52	6:26	13:05	19:39	20:28
17. John Whiteside	36	6:37	13:23	20:04	20:51
18. Eric Hedges	40	6:21	13:09	20:19	21:06
19. Lynn Allen	38	6:43	13:43	20:42	21:31
20. Leanne Teerlinck	18	6:43	13:51	21:00	21:39
21. Norris Kruse	50	6:53	13:53	20:54	21:41
22. Turk Storvick	58	6:53	14:05	21:42	22:34
23. Vickie Madison	24	6:59	14:26	22:11	23:09
24. Paul Schroeder	22	7:50	16:00	24:36	25:30
25. Debbie Karwoski	32	8:12	16:36	24:56	25:51

Upper 60's, 100% humidity, foggy, little wind. Thanks to Eric Mumford for being Race Director and to Jim Gibson, Sherry Teerlinck and the other runners who helped out when not competing.

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## RESULTS OF TWILITE 5000 meter run, Jefferson City August 9, light rain:

1 ROB CARNEY	25 COLUMBIA	15:06	56 TELLUS BASTOP	28 JEFF CITY	20:53
2 JOE KIRBY	18 JEFF CITY	15:38	57 MIKE HUTH	18 JEFF CITY	20:58
3 CRAIG CHRISTIANS	25 JEFF CITY	15:59	58 DEEDEE YOUNG	20 PT. LOOKOUT	20:58
4 BOB HULL	20 HOLTS SUMMIT	16:06	59 BILL HEBERLE	42 JEFF CITY	21:18
5 TONY MAYFIELD	18 JEFF CITY	16:28	60 PAUL SCHUBRING	30 ROLLA	21:19
6 PETER KRAFT	18 PT. LOOKOUT	16:38	61 FRED LUETKEMEIER	26 JEFF CITY	21:21
7 TOM HILL	17 LINN	16:41	62 JAMES O'BRIEN	17 HOLTS SUMMIT	21:26
8 MARVIN COCHRAN	18 PT. LOOKOUT	16:55	63 JOHN BORST	39 JEFF CITY	21:26
9 KEITH RACKERS	18 JEFF CITY	17:11	64 JOE STOCKBAUER	41 JEFF CITY	21:29
10 DAVID ROSS	19 COLUMBIA	17:15	65 JAMIE FITZMAURICE	12 JEFF CITY	21:32
11 ALLEN HENTGES	16 JEFF CITY	17:19	66 KENNA WALKER	15 NEW BLOOMFIELD	21:35
12 JIM BIELINSKI	16 VERSAILLES	17:24	67 JOHN LAKE	39 JEFF CITY	21:43
13 KEITH SCHOB	16 CALIFORNIA	17:25	68 ARTHUR ALLEN	42 HOLTS SUMMIT	22:09
14 STEVE ENGELBRECHT	20 JEFF CITY	17:28	69 LEANNE TEERLINCK	18 COLUMBIA	22:19
15 CHUCK VERMETTE	18 KINGDOM CITY	17:45	70 RAYMOND KINNAMON	42 JEFF CITY	22:31
16 KEVIN O'BANNON	18 COLUMBIA	17:46	71 RAYMOND SIMMONS	60 FULTON	22:40
17 ROY LONGNECKER	19 PT. LOOKOUT	17:47	72 RICHARD THORPE	31 JEFF CITY	22:41
18 CHRIS RACKERS	17 JEFF CITY	17:58	73 PAUL SCHEPERLE	14 JEFF CITY	22:42
19 PAUL GELVEN	19 LINN	18:02	74 WILL DAHL	27 JEFF CITY	22:45
20 MIKE BRYANT	16 COLUMBIA	18:04	75 JEFF WACKER	16 JEFF CITY	22:46
21 MARK LECURE	33 JEFF CITY	18:04	76 STEVE SCHEULER	15 LINN	22:53
22 DALE PARKER	17 JEFF CITY	18:05	77 MARY MARTIN	27 JEFF CITY	22:54
23 BRYAN QUICK	14 COLUMBIA	18:17	78 KEVIN SCHERR	29 JEFF CITY	23:00
24 STEVEN PATTERSEN	16 LINN	18:27	79 ROBIN YEOMAN	19 PT. LOOKOUT	23:02
25 RICHARD HUSE	40 COLUMBIA	18:32	80 BEVERLY MATTHEWS	25 COLUMBIA	23:09
26 GLENN ROUSSET	32 JEFF CITY	18:46	81 STEVEN HANNA	36 JEFF CITY	23:16
27 CHRIS HENRY	14 JEFF CITY	18:53	82 JAMES MARCANTONIO	50 JEFF CITY	23:20
28 DON ARCHER	18 HOLTS SUMMIT	18:55	83 DEBE JAKO	31 JEFF CITY	23:21
29 DICK BOWER	14 LINN	19:11	84 JIM JOHNSON	47 HOLTS SUMMIT	23:22
30 GERALD WITTEN	57 EMPORIA, KS	19:16	85 RICHARD LOGSDON	32 JEFF CITY	23:23
31 MIKE HOSOKAWA	20 COLUMBIA	19:27	86 HUGH WILSON	49 JEFF CITY	23:27
32 RUSSELL BOCKLAGE	18 WESTPHALIA	19:28	87 CARLA BRENNKE	16 JEFF CITY	23:27
33 LUKE REINKEMEYER	18 WESTPHALIA	19:30	88 LISA HUDSPETH	15 JEFF CITY	23:27
34 MICHAEL RACKERS	20 JEFF CITY	19:36	89 DEANNE FISHER	14 JEFF CITY	23:33
35 LOU TEDESCHI	38 JEFF CITY	19:38	90 CRAIG JOHNSON	32 JEFF CITY	23:34
36 ED MULHOLLAND	29 JEFF CITY	19:45	91 JEANNE VANDERFELTZ	32 CALIFORNIA	23:53
37 MARK CHERRY	29 JEFF CITY	19:45	92 DENIS DOWD	38 JEFF CITY	23:55
38 MIKE BAKER	20 JEFF CITY	19:52	93 MATT BRENNKE	9 JEFF CITY	24:14
39 DON JOHNSON	57 CENTRALIA	20:03	94 MICHAEL HOSOKAWA	45 COLUMBIA	24:19
40 DEREK WOLF	15 JEFF CITY	20:05	95 AMY WUNDERLICH	16 JEFF CITY	24:22
41 JACK LYDON	39 COLUMBIA	20:12	96 STEWART CURLIGHT	20 HOLTS SUMMIT	24:35
42 TIM SMITH	32 JEFF CITY	20:13	97 TIFFANIE LAKE	16 JEFF CITY	24:36
43 DOLAN HOWREN	15 JEFF CITY	20:15	98 JENNIFER HASLER	10 JEFF CITY	24:46
44 ROGER ITTNER	33 JEFF CITY	20:16	99 NANCY FRITSCH	47 COLUMBIA	25:09
45 BEN BABCOCK	42 CENTERTOWN	20:18	100 DEBBIE KARWOSKI	32 COLUMBIA	25:11
46 BRIAN HAKINS	14 JEFF CITY	20:19	101 JOYCE TOOMBS	20 PT. LOOKOUT	25:13
47 ELMER SCHLEMPER	47 COLUMBIA	20:27	102 PATTIE LAKE	39 JEFF CITY	25:18
48 DON ITTNER	31 JEFF CITY	20:29	103 BARBARA PINNEY	42 JEFF CITY	25:30
49 STEPHAN WALKER	20 JEFF CITY	20:32	104 RICHARD WATSON	50 JEFF CITY	25:31
50 PERRY KLOUZEK	14 LINN	20:33	105 VERLEE HITZHUSEN	34 JEFF CITY	26:15
51 BILL BRENNAN	30 JEFF CITY	20:35	106 BANDIT		26:30
52 CLYDE MAXEY	29 JEFF CITY	20:38	107 SUSAN MUELLER	25 JEFF CITY	26:35
53 JAMES JOHNSON	35 WILLIAMSBURG	20:40	108 LYN MONTBLEAU	33 LA JOLLA, CA	26:36
54 CATHY ROMINE	28 JEFF CITY	20:43	109 THOMAS SEAVER	24 JEFF CITY	26:59
55 JOHN REA	47 JEFF CITY	20:47	110 MICHAEL LAIR	18 JEFF CITY	27:00
			111 BILL WARD	56 JEFF CITY	27:05

## 3,000 METERS

Men's (12 and younger) — 1. Shawn Blackman, Green City, 12:56.08; 2. Bobby Hyde, Springfield, 13:33.00.

Men's (13-14) — 1. DeWayne Miner, Bolivar, 9:36.4; 2. Ryan Middleton, Kansas City, 9:40.9; 3. Jim Toone, Grandview, 10:31.3; 4. Steve Poskin, St. James, 12:00.2; 5. Jason Van Dyne, Springfield, 12:55.8.

Men's (15-16) — 1. Elizabeth Bauer, Lebanon, 13:29.1; 2. Dale Brown, Maryville, 14:46.8; 3. Shawn Smith, Kansas City, 10:03.5; 4. Mike Hicks, Viburnum, 10:10.5; 4. Dirk Frisbee, Lecombe, 10:50.9; 5. Charles Claassen, Unionville, 11:04.9; 6. Eric Frisbee, Lecombe, 13:01.5.

Women's (15-16) — 1. Helen Tammen, 14:18.7.

Men's (17-18) — 1. Jeff Davison, Hopkins, 10:27.3.

Women's (17-18) — 1. Kim Mathews, Ellsville, 11:45.9.

Men's (19-20) — 1. Nathaniel Triggs, Springfield, 9:08.4; 2. Brian Kirk, Maryville, 9:35.9; 3. Craig Scott, Rolla, 9:45.0; 4. Norman Clark, Columbia, 9:51.9; 5. Andy Coyle, Farmington, 10:15.4; 6. Mike Lampe, Parkville, 10:35.3.

Men's (30-39) — 1. Charles Brandon, Kansas City, 9:01.2; 2. Mark Kimball, Eureka, 9:28.6; 3. Kevin Van Dyne, Springfield, 9:44.2; 4. John C. Dickey, Brentwood, 10:03.8.

Men's (40 and older) — 1. Paul L. Adams, University City, 10:19.7; 2. Jim Hyde, Springfield, 10:19.8; 3. Larry Davison, Hopkins, 10:22.1; 4. Severin Blenkush, Whiteman AFB, 11:26.4.

Women's (40 and older) — 1. Bonnie Minatra, Mexico, 14:47.0.

## HIGH JUMP

Women's (12 and younger) — 1. Cindy Schaeffer, St. Charles, 4-2; 2. Jennifer Coates, St. Joseph, 3-8; 3. Sara Thompson, Marshall, 3-8; 4. Tracy Hedspeth, Puxico, 3-2.

Women's (13-14) — 1. Eva Gerhardt, St. Charles, 4-10; 2. Carrie Schroeder, University City, 4-10; 2. Michelle A. Harrison, Lebanon, 4-10; 4. Delisa Hedspeth, Puxico, 4-8; 5. Kelly O'Brien, Ellsville, 4-4; 5. Jennie Hawkins, Lebanon, 4-4.

Women's (15-16) — 1. Renee Wortham, Camdenton, 4-10; 2. Kerry McFarland, Crystal City, 4-10.

Women's (17-18) — 1. Angela James, Cape Girardeau, 5-2; 2. Becki Borg, Columbia, 5-2.

## 400 METERS

Men's (12 and younger) — 1. Jason O'Dell, Battlefield, 1:02.9; 2. Tommy Corp, West Plains, 1:08.7; 3. Nate Kiehne, Macon, 1:08.7; 4. Ricky Lockette, Kansas City, 1:11.5; 5. Dustin Fanning, Winigan, 1:11.5; 6. Zach Kramer, Liberty, 1:13.8; 7. Chance Thurman, Branson, 1:14.7; 8. William A. Markell, Columbia, 1:14.7; 9. Brady Owen, Rock Port, 1:14.7; 10. Paul Frisbee, Lecombe, 1:14.8.

Women's (12 and under) — 1. Casey L. Vit, Sedalia, 1:06.4; 2. Kate Williams, Kirkwood, 1:07.8; 3. Xavier N. Roberts, Pagedale, 1:08.3; 4. Joanna McLaughlin, Kansas City, 1:08.4; 5. Angela Fellers, Green Castle, 1:15.7; 6. Kamala Clendenin, Warrensburg, 1:20.9; 7. Erin Frisbee, Lecombe, 1:23.7; 8. Katara Minatra, Mexico, 1:28.3; 9. Michelle Gephart, Festus, 1:34.1.

Men's (13-14) — 1. Marquis Walker, St. Louis, 58.3; 2. John Porter, Nixa, 58.5; 3. Eason O. Simon, Manchester, 59.2; 4. Ryan Hunter, Paris, 59.8; 5. Shaun Kramer, Liberty, 59.8; 6. Scott Hetherington, Kansas City, 1:00.8; 7. Ralph Gray, Branson, 1:02.0; 8. Kevin Rice, Sedalia, 1:06.5; 9. Chad Thompson, Kirksville, 1:24.9.

Women's (13-14) — 1. Debbie Trainor, Sante Fe, 1:06.6; 2. Chrissie G. Carl, Columbia, 1:08.1; 3. Jennifer Doran, Ridgedale, 1:09.0; 4. Susan Buttry, Bernie, 1:09.7; 5. Soraya Hamid, Marshall, 1:12.3.

Men's (15-16) — 1. Jay Watkins, West Plains, 55.3; 2. Michael L. McCarty, Novinger, 58.2; 3. Stephan Scott, Boonville, 58.2; 4. Joey Desmond, Slater, 59.5; 5. Philip Neff, Maitland, 59.8.

Women's (15-16) — 1. Heather Jones, Albany, 1:00.7;

2. Elaine Vanderfelz, Jefferson City, 1:01.6; 3. Amy Vanderfelz, Jefferson City, 1:02.4; 4. Debra Dew, Lee's Summit, 1:05.3; 5. Carla Brenneke, Jefferson City, 1:05.7; 6. Kris Koeduetz, Rolla, 1:10.2; 7. Kamala A. Minatra, Mexico, 1:15.2; 8. Kae Minatra, Mexico, 1:33.2.

Men's (17-18) — 1. Mike Birk, Sedalia, 54.3; 2. Jeff Ferkol, Rolla, 1:00.0; 3. Jeff Davison, Hopkins, 1:03.4.

Women's (17-18) — 1. Sandra Gatewood, University City, 1:00.6; 2. Shelly Brenneke, Jefferson City, 1:02.8; 3. Leslie Relford, Kirksville, 1:07.1; 4. Brenda Moncrief, Kirksville, 1:11.8.

Men's (19-20) — 1. Tom Williams, St. Louis, 54.3; 2. Todd King, Blue Springs, 56.8; 3. Stephen Foster, Eldon, 1:14.6.

Men's (30-39) — 1. John Adams, Raytown, 53.7; 2. Hershell R. Cox, Kansas City, 56.2; 3. Clark Allen, Jefferson City, 57.8; 4. Tony Harris, Columbia, 1:00.5; 5. Rich Harnesse, Fulton, 1:01.2; 6. Mike Baker, independence, 1:04.8; 7. Richard Bishop, St. Louis, 1:07.1.

Women's (30-39) — 1. Audrey Hitch, Ballwin, 1:12.9.

Men's (40 and older) — 1. Gordon Reiter, Ballwin, 54.9; 2. Gary Collins, Conception Junction, 55.3; 3. Jim Irwin, Ballwin, 1:01.1; 4. Jim Hyde, Springfield, 1:04.8; 5. Dan Halloran, Webster Groves, 1:07.0; 6. Larry Davison, Hopkins, 1:07.0.

## JAVELIN

Women's (15-16) — 1. Jennifer Sollars, Bolkow, 102-2.

Women's (17-18) — 1. Stacey Sheldon, Moberly, 88-8;

2. Angela James, Cape Girardeau, 53-8.

Women's (19-20) — 1. Melanie Heitman, Fulton, 125-5; 2. Susie Hentges, Jefferson City, 94-0; 3. Pam Luckenotto, Jefferson City, 92-6.

Women's (40 and older) — 1. Linda Dawson, Bernie, 60-0; 2. Doris Hedspeth, Puxico, 60-0.

## LONG JUMP

Men's 12 and younger — 1. Jason O'Dell, Battlefield, 14-6.50; 2. Nate Kiehne, Macon, 12-2.50; 3. Jeremy Fahrmeier, Wellington, 12-0.50; 4. Pat Frisbee, Lecombe, 11-8.75; 5. Damon Alsop, Maryville, 11-3.25; 6. Brady Owen, Rock Port, 10-7.75; 7. Chris Dawson, Bernie, 9-8.50; 8. Nathan Van Dyne, Springfield, 8-7.

Men's 13-14 — 1. John Porter, Nixa, 19-6.25; 2. Steve McDonald, Eldon, 19-3.25; 3. Scott Holmes, Eureka, 18-8.75; 4. Scott T. Coates, St. Joseph, 18-4.25; 5. Ross Short, Plate City, 15-5.50; 6. Eric Bechner, Odessa, 14-10.50; 7. Matt Kiehne, Macon, 14-9.

Men's 15-16 — 1. Aaron Quarles, St. Louis, 20-8; 2. Sean Irwin, O'Fallon, 19-5.25; 3. Shannon Jones, Hannibal, 19-0.75; 4. Jamie Green, St. Joseph, 17-11; 5. Kevin Kerns, St. Joseph, 17-5; 6. Chris Essick, Ozark, 17-3.50; 7. Charlie Basham, Barnard, 16-9.25; 8. Matt Williams, Rolla, 16-2.75.

Men's 17-18 — 1. George Mimms, St. Louis, 22-1.75; 2. Rich Schwepker, Cape Girardeau, 21-8; 3. Jason Linhart, Boonville, 20-5.75; 4. Chad McElwee, Braymer, 20-0.50; 5. Marcellus Jones, Columbia, 19-9; 6. Philip Martin, Novinger, 19-4; 7. Stephen Van Gundy, Maryville, 19-1; 8. Matt Candri, Rolla, 19-0.50; 9. Mike Rowles, Boonville, 18-5.50; 10. John Steinke, Ballwin, 17-2.

Men's 19-20 — 1. John Schwepker, Cape Girardeau, 22-5; 2. Charles Schwepker, Cape Girardeau, 21-9.50; 3. Jerry C. Wyatt, Sedalia, 21-7; 4. Brian Meny, Paris, 21-3.25; 5. Joe Day, Skidmore, 21-1.50; 6. Douglas Stevenson, Kansas City, 21-0.25; 7. Alan Sheehy, Chesterfield, 20-9.50; 8. Scott Boyer, Maryville, 19-0.

## 110-METER HURDLES

Men's 13-14 — 1. Chris Stockman, Marshall, 17-8; 2. Ross Short, Plate City, 19-2; 3. Matt Kiehne, Macon, 20-0.

Men's 15-16 — 1. Rick Tyndall, Ozark, 15-3; 2. Mark Benjamin, St. Louis, 18-0; 3. Shannon Jones, Hannibal, 16-4; 4. Chris Essick, Ozark, 18-6; 5. David Weiss, Maitland, 19-3.

Men's (12 and younger) — 1. Thad Lincoln, Smithville, 19-2; 2. Lamar T. Johnson, University City, 19-3; 3. Augusta Simmons, Green City, 20-7; 4. Aaron Byrd, Kansas City, 20-7; 5. Aron Burke, Rock Port, 21-3; 6. Brian Toone, Grandview, 22-0.

Men's (17-18) — 1. Rich Schwepker, Cape Girardeau, 15-2; 2. Eddie Costin, Grant City, 17-4; 3. Jeff Ferkol, Rolla, 18-5; 4. Jeff Putnam, Ozark, 19-8.

## LONG JUMP

Men's (30-39) — 1. Don Knapp, Rolla, 17-8.75; 2.

Clark Allen, Jefferson City, 17-5.5; 3. Gary Pirsch, Cape Girardeau, 17-5.5; 4. Jim Kiehne, Macon, 17-3.25.

Men's (40 and older) — 1. Gordon Reiter, Ballwin, 18-10.50; 2. James Foster, St. Joseph, 17-4.25; 3. Tom Glaub, St. Louis, 16-3.25.

## 100 METER HURDLES

Women's (12 and younger) — 1. Dionne Drummond, Green City, 19-3; 2. Angela Fellers, Green Castle, 20-3; 3. Sara Thompson, Marshall, 20-7; 4. Andra J. May, Milan, 21-0; 5. Jacques Desmond, Slater, 22-2.

Women's (13-14) — 1. Amy Hughes, Tarkio, 18-0; 2. Micki Van Gundy, Tarkio, 18-3.

Women's (15-16) — 1. Amy Vanderfelz, Jefferson City, 16-2; 2. Tammy L. Perry, LaPlata, 17-8.

Women's (17-18) — 1. Becki Borg, Columbia, 17-9.

## JAVELIN

Men's (15-16) — 1. Allen Casteel, Rolla, 119-8; 2. Jamie Green, St. Joseph, 117-11; 3. Charles Atwell, Columbia, 105-1; 4. Shawn Smith, Kansas City, 102-9; 5. Jeff Smith, Perryville, 100-11; 6. John Atwell, Columbia, 80-8; 7. Buddy Cox, 59-8.

Men's (17-18) — 1. Vince Leeth, Grant City, 146-10; 2. Rich Schwepker, Cape Girardeau, 146-0; 3. Donnie Wheeler, Kirksville, 134-7; 4. Marr Candri, Rolla, 125-10.

Men's (19-20) — 1. Mark S. Swift, Kansas City, 178-4; 2. Kevin Veit, Florissant, 165-9; 3. John Schwepker, Cape Girardeau, 164-3; 4. Dan Tarpey, St. Louis, 158-11; 5. Curt Brand, Springfield, 156-11; 6. Danny Butterfield, St. Joseph, 146-11; 7. Ed A. Hart, Spickard, 146-3; 8. Douglas S. Gabbert, Grant City, 128-3.

## 200 METERS

Men's (12 and younger) — 1. Jason O'Dell, Battlefield, 27-4; 2. Thad Lincoln, Smithville, 28-7; 3. Nate Kiehne, Macon, 29-5; 4. Tommy Corp, West Plains, 31-3; 5. Aron Burke, Rock Port, 31-8; 6. Jeff Lowman, Sedalia, 31-7; 7. Dustin Fanning, Winigan, 31-8.

Women's (12 and younger) — 1. Casey L. Vit, Sedalia, 29-9; 2. Mary A. Salvador, Springfield, 30-0; 3. Amy West, Milan, 30-2; 4. Corey Minor, St. Joseph, 30-7; 5. Kimberly Sowers, Rolla, 31-8; Jennifer Bowman, Blue Springs, 33-4; 7. Theresa Walberg, Kansas City, 34-4.

Men's (13-14) — 1. Guy Kirk, Plate City, 24-5; 2. Steve McDonald, Eldon, 24-8; 3. Jeff Clevenger, no time available; 4. John Porter, NTA; 5. Scott Hetherington, Kansas City, NTA; 6. Eric Bechner, Odessa, 29-2.

Women's (13-14) — 1. Becky S. Robinson, Vienna, 27-8; 2. Toni Dawson, Bernie, 28-3; 3. Melissa Schauler, Springfield, 28-8; 4. Carrie Schroeder, University City, 29-1; 5. Delisa Hedspeth, Puxico, 29-5; 6. Susan Buttry, Bernie, 30-3; 7. Tami J. Wilson, Mexico, 31-4; 8. Edith Gieringer, Marshall, 35-7.

Men's (15-16) — 1. Heath Watz, 24-0; 2. Paul Williams, Sedalia, 24-4; 3. Mark Benjamin, St. Louis, 25-8; 4. Carl Cook, Mansfield, 25-8; 5. Eddie Scroggins, Sedalia, 28-1; 6. Matt Williams, Rolla, 27-3.

Women's (15-16) — 1. Heather Jones, Albany, 26-2; 2. Carmen Hairston, Fenton, 27-2; 3. Amy Vanderfelz, Jefferson City, 27-7; 4. Erika Jenkins, Sedalia, 27-6; 5. Elaine Vanderfelz, Jefferson City, 28-0; 6. Kim McCrory, Ballwin, 28-7; 7. Kris Koeduetz, Rolla, 28-6.

Men's (17-18) — 1. Ron Walton, St. Peters, 22-8; 2. Alonzo C. Byrd, Sedalia, 23-6; 3. Brian Ferguson, St. Louis, 23-9; 4. Mike Gish, DeSoto, 24-1; 5. Jeremy Zimmer, Kirksville, 24-6; 6. Marcus Jones, 24-8; 7. Ron Williams, Sedalia, 25-4; 8. Matt Candri, Rolla, 25-9.

Women's (17-18) — 1. Sandra Gatewood, University City, 27-2; 2. Angelica L. Walker, Ft. Leonard Wood, 27-3; 3. Shelly Brenneke, Jefferson City, 28-3; 4. Kathy Lewis, Gibbs, 29-5; 5. Brenda Moncrief, Kirksville, 30-1; 6. Tina Lowe, Gibbs, 30-5; 7. Valerie Gann, Sullivan, 30-5.

Men's (19-20) — 1. James Nunnally, Kansas City, 22-3; 2. Lloyd Anderson, St. Louis, 22-7; 3. Bert Lawrence, St. Louis, 22-8; 4. Jerry C. Wyatt, Sedalia, 23-9; 5. Rodney E. Scott, Clarksville, 24-3; 6. Steve Watkins, Salem, 25-7; 7. Stephen Foster, Eldon, 28-8.

Women's (19-20) — 1. Daranda Ruble, Kirksville, 29-1.

Men's (30-39) — 1. John Adams, Raytown, 24-5; 2. Hershell R. Cox, Kansas City, 24-8; 3. Clark Allen, Jefferson City, 25-3; 4. Tony Harris, Columbia, 25-8; 5. Bob Gonzalez, Wentzville, 25-8; 6. Jim Kiehne, Macon, 26-7.

Men's (40 and older) — 1. Gary Collins, Conception Junction, 25-2; 2. Gary Schmidgall, Rolla, 27-4; 3. Tom Glaub, St. Louis, 28-2; 4. Charles Hedspeth, Puxico, 31-7.

Women's (40 and older) — 1. Pamela Calvert, Ballwin, 29-0; 2. Bonnie Minatra, Mexico, 37-0.

## JAVELIN

Men's (30-39) — 1. Ed Kuntz, St. Louis, 161-3; 2. Ray Barrow, Kirksville, 134-1; 3. James St. Louis, Kansas City, 125-2.

Men's (40 and older) — 1. Joey Haines, Cape Girardeau, 167-2; 2. Jack Crawford, Rolla, 118-8; 3. Dave McFarland, Crystal City, 108-4; 4. James Young, Warrensburg, 91-5; 5. Anthony J. Penico, Rolla, 68-8.

## TRIPLE JUMP

Men's (13-14) — 1. Scott T. Coates, St. Joseph, 36-7.25; 2. Scott Holmes, Eureka, 37-1; 3. Ross Short, Plate City, 31-3.50.

Men's (15-16) — 1. Aaron Quarles, St. Louis, 42-2; 2. Jamie Green, St. Joseph, 35-8.

Men's (17-18) — 1. Lee Sturgis, Manchester, 42-2.75; 2. Paul Donaldson, Ballwin, 41-0.50; 3. Chad McElwee, Braymer, 39-11.50; 4. Mike Rowles, Boonville, 39-1; 5. Ed Costin, 38-1.25; 6. Vince Leeth, 37-9.25; 7. Matt Candri, Rolla, 37-2.25; 8. John Steinke, Ballwin, 36-1.50.

Men's (19-20) — 1. Brian Meny, Paris, 42-11.25; 2. Scott Boyer, Maryville, 42-0; 3. Charles A. Mahone, Kansas City, 41-4; 4. Charles Schwepker, Cape Girardeau, 41-0.25; 5. Joe Day, Skidmore, 40-9.75.

Men's (30-39) — 1. Clark Allen, Jefferson City, 36-8.50; 2. Don Knapp, Rolla, 35-3; 3. Gary Pirsch, Cape Girardeau, 33-9.75.

## 110 METER HURDLES

Men's (19-20) — 1. Joseph Gresham, St. Louis, 15-5; 2. Todd King, Blue Springs, 18-4; 3. Joe Day, Skidmore, 16-5; 4. John Schwepker, Cape Girardeau, 16-5.

Women's (19-20) — 1. Ramona Riley, Kansas City, 12-2; 2. Tammy Hutt, St. Louis, 13-4; 3. Lateisa Alford, St. Louis, 13-8.

Men's (30-39) — 1. M. Carter, Kansas City, 12-0; 2. John Adams, Raytown, 12-2; 3. Tony Harris, Columbia, 12-3.

Men's (40 and older) — 1. Gary Collins, Conception Junction, 12-4; 2. Murray Key, New Cambria, 13-5; 3. Tom Glaub, St. Louis, 13-5.

Women's (40 and older) — 1. Pamela Calvert, Ballwin, 13-8; 2. Linda Dawson, Bernie, 17-0; 3. Doris Hedspeth, Puxico, 15-0.

## 400-METER HURDLES

Men's (13-14) — 1. Chris Stockman, Marshall, 1:06.8.

Men's (15-16) — 1. Mark Benjamin, St. Louis, 1:04.7; 2. Mike Hicks, Viburnum, 1:07.4; 3. Chris Essick, Ozark, 1:07.7.

Women's (15-16) — 1. Amy Vanderfelz, Jefferson City, 1:11.5; 2. Stephanie Crockett, Columbia, 1:14.5; 3. Tammy L. Perry, LaPlata, 1:17.9.

Men's (17-18) — 1. Mike Vail, Hannibal, 1:00.1; 2. Jeff Ferkol, Rolla, 1:06.7.

Men's (19-20) — 1. Todd King, Blue Springs, 1:00.8; 2. Todd Schaefer, Kahoka, 1:01.2; 3. Earlen Brown, Kansas City, 1:04.7.

Men's (30-39) — 1. Tim Nixon, Liberty, 1:00.2; 2. Hershell R. Cox, Kansas City, 1:04.3; 3. Bill Thompson, Kansas City, 1:11.2.

Men's (40 and older) — 1. Jerry Mayhew, Kirksville, 1:05.9.

## SHOT PUT

Men's (12 and younger) — 1. Dan W. Sinkhorn, Fairfax, 33-10.5; 2. Chris Dawson, Bernie, 21-11; 3. Tommy Pearce, Springfield, 19-4.

Women's (12 and younger) — 1. Lauren Mitchell, St. Louis, 29-7; 2. Sarah Young, Marshall, 27-1.5; 3. Phaedra Reese, Clayton, 25-10.5.

Women's (13-14) — 1. Stacy Popowchak, Kirkwood, 31-5.5; 2. Christina D'Alessandro, Hollister, 29-9.5; 3. Kim Kepchar, Kirkwood, 28-2.

Women's (15-16) — 1. Kelli McCrory, Florissant, 38-10; 2. Kelli Lowman, Sedalia, 32-3.5; 3. Tammy Putnam, Ozark, 30-1.

Men's (17-18) — 1. Vince Leeth, Grant City, 48-11.5.

Women's (17-18) — 1. Kim Fisher, 33-2.5; 2. Stacy Sheldon, Moberly, 32-8.

Men's (19-20) — 1. Patrick T. O'Conner, Warrensburg, 53-0; 2. Kerry Tarr, Warrensburg, 52-11; 3. Derrick Meers, Warrensburg, 50-1.50.

Women's (19-20) — 1. Le Ann Powers, Cape Girardeau, 46-0.5; 2. Cyndie Ryan, Columbia, 39-10; 3. Mary Otto, Rolla, 38-9.5.

Men's (30-39) — 1. Rusty Hodge, Blue Springs, 48-3.5; 2. Mike Baker, Boonville, 26-4.

Women's (30-39) — 1. Lynn Mitchell, St. Louis, 31-9.

Men's (40 and older) — 1. Phil Brusca, Maryland Heights, 42-5.5; 2. Virgil Johnson, Jennings, 41-8; 3. Dave McFarland, Crystal City, 40-7.5.

Women's (40 and older) — 1. Linda Dawson, Bernie, 32-5; 2. Doris Hedspeth, Puxico, 31-3.

## TRIPLE JUMP

Women's (13-14) — 1. Toni Dawson, Bernie, 32-5; 2. Delisa Hedspeth, Puxico, 31-3; 3. Sonya Sweeney, Dexter, 31-2.25.

Women's (15-16) — 1. Renee Wortham, Camdenton, 35-3; 2. Stephanie Crockett, Columbia, 33-0; 3. Tara Thompson, Marshall, 32-8.5.

Women's (17-18) — 1. Becki Borg, Columbia, 35-8.75; 2. Angelica L. Walker, Ft. Leonard Wood, 34-3.5; 3. Julie Geiger, Boonville, 33-11.

## DISCUS

Men's (13-14) — 1. Bart Harris, Amsterdam, 163-10; 2. Kiley Alloway, 118-9; 3. Loren Wright, Braymer, 108-4.

Women's (13-14) — 1. Stacy Popowchak, Kirkwood, 78-3; 2. Suzy Iverson, Springfield, 76-3; 3. Chris Eaton, Lebanon, 68-5.

Men's (15-16) — 1. Matt Pearce, Springfield, 128-8; 2. Brian Hermanson, Sedalia, 111-3; 3. Brad Meers, Neosho, 107-1.

Women's (15-16) — 1. Kelli Lowman, 124-10; 2. Kelly McCrory, 116-8; 3. Jennifer Sollars, 99-8.

Men's (17-18) — 1. Jon Noble, Kirksville, 159-8; 2. Jeff

# 100 METERS

**Men's (12 and younger)** — 1. Jason O'Dell, Battlefield, 13.1; 2. Thad Lincoln, Smithville, 13.9; 3. Nate Kiehne, Macon, 14.4.  
**Women's (12 and younger)** — 1. Samantha Potter, Columbia, 13.1; 2. Dionne D. Drummond, Green City, 14.7; 3. Mary A. Salvador, Springfield, 14.7.  
**Men's (13-14)** — 1. William Hayes, Columbia, 11.9; 2. Guy Kirk, Platte City, 12.0; 3. Steve McDonald, Eldon, 12.2.  
**Women's (13-14)** — 1. Becky S. Robinson, Vienna, 13.8; 2. Melissa Schahuber, Springfield, 14.0; 3. Toni Dawson, Bernie, 14.2.  
**Men's (15-16)** — 1. Paul Williams, Sedalia, 11.9; 2. Aron Quarles, St. Louis, 12.2; 3. Sean Irwin, O'Fallon, 12.2.  
**Women's (15-16)** — 1. Heather Jones, Albany, 12.8; 2. Carmen Hairston, Fenton, 13.3; 3. Erika Jenkins, Sedalia, 13.5.  
**Men's (17-18)** — 1. Ron Walton, St. Peters, 11.3; 2. Mike McGuire, O'Fallon, 11.6; 3. Willie Jenkins, Sedalia, 11.6.  
**Women's (17-18)** — 1. Stacey Hendree, St. Louis, 13.2; 2. Angelica L. Walker, Ft. Leonard Wood, 13.8; 3. Valerie Gann, Sullivan, 13.9.  
**Men's (19-20)** — 1. James Nunnally, Kansas City, 11.0; 2. Lloyd Anderson, St. Louis, 11.3; 3. L. Badam, 11.5.

# 5000 METER ROAD RACE

**WOMEN'S (12 and under)** — 1. Madelin Kerr, Hollister, 31:56; 2. Katherine R. Young, Columbia, 34:08.  
**Men's (12 and under)** — 1. Zach Kramer, Kansas City, 20:38; 2. Paul Kerr, Hollister, 21:32; 3. Fred Collins, Kansas City, 23:57.  
**Women's (13-14)** — 1. Steve Mercer, Hollister, 17:57; 2. Chris Henry, Jefferson City, 18:43; 3. Shawn Kramer, Kansas City, 19:48.  
**Men's (13-14)** — 1. Deanne Fischer, Jefferson City, 24:05.  
**Women's (15-16)** — 1. Allen L. Hentges, Jefferson City, 17:01; 2. Charles Claassen, Unionville, 18:24; 3. Mike A. Bryant, Columbia, 18:39.  
**Men's (15-16)** — 1. Kanna Walker, New Bloomfield, 21:43; 2. Julia Hyde, Springfield, 22:17; 3. Shawna Busser, Jefferson City, 22:49.  
**Men's (17-18)** — 1. Chuck Vermette, Kingdom City, 18:20; 2. Bob Miller, Liberty, 17:16; 3. Jeff Davison, Hopkins, 18:00.  
**Women's (17-18)** — 1. Tammy S. Boley, Marceline, 23:14.  
**Men's (19-20)** — 1. Jim Heady, Columbia, 15:00; 2. Nat. Tigges, Springfield, 15:45; 3. Royce Hardesty, Columbia, 15:46.  
**Women's (19-20)** — 1. Debbie Hoxworth, Columbia, 19:12.  
**Men's (30-39)** — 1. John C. Dickey, Brentwood, 17:19; 2. Mike Baker, Independence, 17:54; 3. Terry Davison, Hopkins, 18:06.  
**Women's (30-39)** — 1. Brenda Goodwin, Springfield, 21:33; 2. Vicki Elnore, Liberty, 22:54; 3. Maryanne, Moberly, 27:06.  
**Men's (40 and over)** — 1. John C. Dickey, Brentwood, 17:19; 2. Mike Baker, Independence, 17:54; 3. Terry Davison, Hopkins, 18:06.  
**Women's (40 and over)** — 1. Brenda Goodwin, Springfield, 21:33; 2. Vicki Elnore, Liberty, 22:54; 3. Maryanne, Moberly, 27:06.  
**Men's (40 and over)** — 1. Edward A. Schneider, Kirkville, 17:18; 2. Larry Davison, Hopkins, 17:43.  
**Women's (40 and over)** — 1. Barbara L. Martin, Columbia, 27:23.  
**5000 METER DISABLED RACE**  
**Men's (17-18)** — 1. Steve Hoover, Columbia, 32:48.

# 1500-METER WALK

**Women's (12 and younger)** — 1. Mary Dykas, Florissant, 9:23.3; 2. Aneith L. Brinkely, St. Louis, 9:54.8; 3. Jennifer Luecke, Kirkwood, 10:02.0.  
**Men's (13-14)** — 1. Kim Kapchar, Kirkwood, 11:48.8.  
**Women's (15-16)** — 1. John F. Schaefer, Kansas City, 7:17.4; 2. Chris Main, Macon, 8:31.0; 3. John J. Farmer, Mansfield, 8:55.4.  
**Men's (15-16)** — 1. Kae Minatra, Mexico, 11:38.1.  
**Women's (17-18)** — 1. Tony Adams, Jefferson City, 8:43.8; 2. Craig T. Scott, Rolla, 10:07.9.  
**Men's (30-39)** — 1. Kelley Kesterson, Florissant, 8:45.1.  
**Women's (40 and older)** — 1. Ruth E. Eberle, Florissant, 8:05.9; 2. Sue Hoch, St. Louis, 9:12.1; 3. Sharon Ruble, Kikaville, 9:21.3.  
**800 METERS**  
**Men's (12 and younger)** — 1. Christopher Brack, Florissant, 2:31.4; 2. Kevin Johnson, St. Joseph, 2:36.5; 3. Paul Kerr, Hollister, 2:41.3.  
**Women's (12 and younger)** — 1. Kate Williams, Kirkwood, 2:37.3; 2. Joanna McLaughlin, Kansas City, 2:37.7; 3. Krista Fox, Mehlville, 2:38.2.  
**Men's (13-14)** — 1. Ryan Middleton, Kansas City, 2:07.6; 2. Travis Boley, Lexington, 2:15.8; 3. William Cathedral, St. Joseph, 2:18.9.  
**Women's (13-14)** — 1. Leah Bower, Clayton, 2:28.7; 2. Lisa Luecke, Kirkwood, 2:30.0; 3. Angie Baumgartner, St. Louis, 2:34.7.  
**Men's (15-16)** — 1. Stephen Wirkus, Kansas City, 2:09.2; 2. Mike Hicks, Viburnum, 2:10.0; 3. Kenton Roth, Wittenburg, 2:10.3.  
**Women's (15-16)** — 1. Janel Humphries, St. Louis, 2:28.8; 2. Rachelle Mehmer, Perryville, 2:35.7; 3. Carla Brenneke, Jefferson City, 2:37.2.  
**Men's (17-18)** — 1. Jim Derry, Versailles, 2:04.2; 2. Scott Faubion, Warrensburg, 2:07.2; 3. Martin Appold, Kirksville, 2:07.9.  
**Women's (17-18)** — 1. Tricia Blasbas, Manchester, 2:25.3; 2. Holly Miller, King City, 2:28.1; 3. Kim O'Riley, St. Joseph, 2:31.0.  
**Men's (19-20)** — 1. Wendell Skinner, Berkeley, 2:04.8; 2. Craig T. Scott, Rolla, 2:05.9; 3. Nathaniel Tigges, Springfield, 2:08.5.  
**Women's (30-39)** — 1. Mark Kimball, Eureka, 2:05.1; 2. John Adams, Raytown, 2:08.3; 3. Hershel R. Cox, Kansas City, 2:10.2.  
**Men's (40 and older)** — 1. Larry Davison, Hopkins, 2:23.8; 2. Bill Brands, Kansas City, 2:24.2.

# HIGH JUMP

**Men's (12 and under)** — 1. Matt Housh, Polo, 4-0; 2. Jamie James, Wellington, 3-6; 3. Chris Dawson, Bernie, 3-2.  
**Men's (13-14)** — 1. Scott T. Coates, St. Joseph, 5-6; 2. William Cathedral, St. Joseph, 5-4; 3. Esan O. Simon, Manchester, 5-2.  
**Men's (15-16)** — 1. Ryley Spurlock, 8-0; 2. Kevin Schroeder, Columbia, 5-8; 3. Jason Wiedmier, Braymer, 5-8.  
**Men's (17-18)** — 1. Mark Elder, Perryville, 5-6.  
**Men's (19-20)** — 1. Curt Brand, Springfield, 6-10; 2. Wade J. Sornenson, Kirksville, 6-8; 3. Paul Shouse, Napoleon, 6-4.  
**Men's (30-39)** — 1. Neal Brownfield, Lee's Summit, 5-10; 2. Garry Pirch, Cape Girardeau, 5-8; 3. Jim Kiehne, Macon, 5-0.  
**Men's (40 and older)** — 1. Ralph Jackson, St. Louis, 5-2; 2. Gary Schmidgall, Rolla, 5-0.  
**LONG JUMP**  
**Women's (12 and younger)** — 1. Samantha Potter, Columbia, 16-2.50; 2. Rella Embray, St. Joseph, 11-5; 3. Jennifer Coates, St. Joseph, 9-11.25.  
**Men's (13-14)** — 1. Toni Dawson, Bernie, 15-3; 2. Carrie Schroeder, University City, 14-8.75; 3. Delisa Hedspeith, Puxico, 14-4.25.  
**LONG JUMP**  
**Women's (15-16)** — 1. Renee Wortham, Camdenton, 16-7; 2. Stephanie Crockett, Columbia, 15-2.5; 3. Kamala A. Minatra, Mexico, 13-6.  
**Men's (17-18)** — 1. Angelica L. Walker, Ft. Leonard Wood, 16-4.25; 2. Becki Borg, Columbia, 16-3; 3. Julie Geiger, Boonville, 15-11.  
**Women's (40 and older)** — 1. Pamela Calvert, Ballwin, 14-8.25.

THANKS so much to all those who helped make the Show Me State Games a success--this is just a beginning--what we look forward to, some day, are thousands of competitors competing on an all-weather track. The Torch Relay was a fun thing to do, although all those who carried the torch agreed that carrying that thing around was no easy task. Anyway, the Jefferson City Road Runners brought the torch to Ashland (after a few dignitaries trotted around Jeff City with it) where it was taken by CTC and brought into Columbia, through downtown, then to the site of the Opening Ceremonies where the torch was handed off to Helen Stephens for her triumphal entry and the lighting of the flame. CTC torch bearers, in order, were: Joe Duncan, Eric Mumford, Doris Brower, Mike Brower, B. J. Mumford, Stephanie

Saldana, Tom Allen, Olen Brown, Rich Harness, John McCrory, Justin Quick, Ken Jacobs (actually he was representing politics), Scott Hinton, Barbara Martin, Ken Hawkins and Mike Brower for a second go at it. Also, thanks to those who helped Joe Duncan with the 5,000 meter run & walk: Eric Mumford Doris & Mike Brower, Ben & Darlene Londeree, Richar Harris, Peter Hessler, Dick Hessler, Joe Marks, Mark Kimball, Larry Petterborg, Fred Kolkhorst, Marvin Patterson and especially to Larry Young and Jim Gibson for their work in judging the walk. It was good to have Larry Young on hand to give out the awards.

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

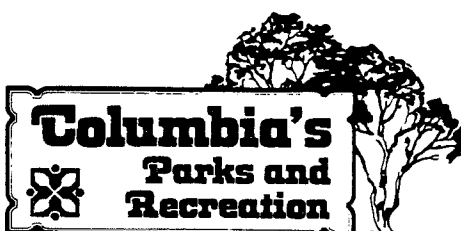
Lynn Allen  
 2005 Garden Dr.  
 Columbia, MO 65202

Sandra Fritz  
 3 Arrow St.  
 Fulton, MO 65251

Dale Broadway  
 1011-5 Queen Ann Dr.  
 Columbia, MO 65201

Gina & Alicia Lampkin  
 4304 Brookview CT.  
 Columbia, MO 65203

Cox Family  
 911 Plymouth Dr.  
 Columbia, MO 65203



## SCHEDULE OF EVENTS:

- SEPTEMBER 13 Saturday 9:00 AM 2 Mile Cross Country Run BETHEL PARK  
 NOTE: This race will be at Bethel Park, NOT the Municipal Golf Course. Bethel Park is on the east side of Bethel Road  
 RACE DIRECTOR: Linda Price south of Nifong Blvd.
- 27 Saturday 9:00 AM 5,000 Meter Cross Country Run Gustin Golf Course  
 RACE DIRECTOR: Marvin Odneal
- OCTOBER 5 Sunday 7:00 AM 27th ANNUAL HEART OF AMERICA MARATHON
- 5 Sunday 8:00 AM 3rd ANNUAL CHANNEL 8K RUN RACE DIRECTOR: Don Lewis, HOWEVER, Don cannot be day-of-the-race Director--he will do all the pre-race duties, but he needs someone to handle race day administration--Any volunteers? If so, please let Don know.
- 18 Saturday 9:00 AM Katy Trail 1-6 mile fun run or walk
- NOVEMBER 2 Sunday 1:00 PM Missouri Turkey Trot, 3 mile cross country run, dual meet with St. Louis Track Club. Also plans are to include the Jefferson City Road Runners in the scoring. Shaw Park, St. Louis

NOTE THE CHANGE OF LOCATION OF THE TWO MILE CROSS COUNTRY RUN September 13, from the Municipal Golf Course to Bethel Park. Some High School cross country meets will be at Bethel Park, so we should have a course already marked out. The start will be delayed a little bit because we will have to intercept those runners who are bound to show up at Municipal. Hopefully this will solve our perennial problem with the golfers.

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REMEMBER BOB GOODRICH?

**BOB GOODRICH - MASTERS CHAMPION**

He wears "bib" overalls for a warm-up suit. He says that he's not a "fashion jogger". When he comes to a race, he comes to compete. That's Bob Goodrich, a 41 year old masters champion from Belleville, Illinois.

Twelve years ago, Bob took up running to shed a few pounds. Not only has he succeeded in keeping trim, but his weight reduction program has produced some outstanding racing times.

This year, for example, in the SLTC long distance championship series, he set new SLTC age records for the 15k, 20k, and 30k distances with times of 52:08, 1:10:46 and 1:48:50. He also ran the St. Pat's 5 miler in 26:52, the Cougar 10k Run for Pride in 34:12, and the Stroh's 8k Run for Liberty III in 27:19. These times were not only the best of the over age-40 runners, but also good enough to place well in the open races.



*Bob Goodrich*

Bob trains about 45 miles per week. Typically, he runs 15 miles on Monday, 5 miles on Tuesday, 10 miles on Wednesday (including 8 x 880 yds at 2:37 each), and 5 miles on Thursday. Then he either runs 10 miles on Friday and takes the weekend off or rests on Friday, races on Saturday and takes Sunday off. Although he races from the mile to the marathon, he feels his best distance is about 10 miles.

During weekday's when Bob's not training, you can find him with his family or at the Post-Dispatch. He presently reports East St. Louis news for the paper. He also manages to find time to assist in a Scouting program. He is a Varsity Scout Coach for boys, ages 14 to 16.

A few years ago he lived in Jefferson City while covering Missouri State news for the Post-Dispatch. While there he was a member of the Columbia Track Club. Bob says that he really enjoys trying to keep up with the faster runners.

FIFTEEN & FIVE YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

- August 7, 1971: 30 Kilometer Run: 1. Bob Pelikan 19 1:57:30; 2. Roman Sage 2:09:00; 3. Don Granberg 2:09:18; 4. Whitney Hicks 2:23:03. . .6.(last again) Joe Duncan 2:24:06
- August 14, 1971: 3 Mile Run moved to Cosmo Park because Hickman Track was flooded: 1. Bill Wirtz 15:22; 2. Ken Ellingwood 16:33; 3. Don Granberg 18:05; 4. Mike Chippendale 18:43  
The course was a little short.
- August 21, 1971: First  $\frac{1}{2}$  of the marathon course: 1. Ben Knoppe 1:53:25--the only runner! Darrell Palmer walked 11 miles while Steve Spier, Janet Leuthold & Joyce Schulte walked just short of 13 in 2:55+.
- August 28, 1971: Second  $\frac{1}{2}$  of the marathon course: 19 turned out this time. 1. Charles McMullen 1:17:46; 2. Don Hoelting 1:18:58; 3. Don Todaro 1:20:20; . . .5. Fred Binggeli 1:26:42. . .11. Ben Knoppe 1:53:25 (the same time as above!); 12 & 13. Paul Ide & Mark Achen walked in 2:17:59; 14. Rob Spier walked in 2:51:03, his first ever CTC race.

Limerick of the month, August, 1971, with Duncan's name substituted, in honor of his last place finishes:

Duncan was a man who ran a race.  
Moving his body with style and grace.  
But he ran so slowly,  
The folks whispered lowly,  
"Why he's only running in place."

In the original limerick I used Stewart's name--he has never yet figured out why I picked on him--The only time he ever moved in place was when he walked 50 miles in the 100 mile walk--he even caught up on his reading in that race.

FIVE YEARS AGO:

- August 1, 1981 30 Kilo Run: 1. Bob O'Connell 1:45:07 (30-39 record which still stands), 2. Bob Goodrich 1:52:08. . .4. Joe Marks 2:02:31. . .8. Steve Helmick, age 12, 2:08:01, 9. Mike Koonse 2:09:11. . .12. Dick Madsen 2:17:04. . .15. Don Johnson 2:18:50. . .17. Dean Baxter 2:19:43. . .26. Mary Ann Slivinsky 2:45:55
- 10,000 meter run: Tim Gibson, 10, 42:13, Chris Ruble 45:31
- 20,000 meter walk: 1. Rob Spier 2:20:16, 2. Bill Taft 2:40:59

- August 15, 1981 Great Sandbagger 10,000: The winner of the big monster was Joe Kurth; fast time of the day was posted by Dick Hessler with 36:29, Ben Londeree had 37:35--this was the year that Ben set a national record for 46 year old men at 10,000 meters with his time of 34:39 in the Pepsi race. Mike Koonse was at 39:14, Joe Marks 39:29.

In August 1981 Jeff Mittlehauser and Milene Hollon got married as did Steve Fisher and Kim Stonecipher.

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THE BOB DOLPHIN REPORT:

- July 12: the Not Over the Hill 5 Mile Run, Issiquah, WA. For over age 50 runners, a challenging, scenic course. Bob was in at 33:01, 13th of 174 runners, 3rd of 39, 55-59. A fine gathering of the old guys, with some great performances, viz., Jim Ellis, age 50, 28:28, Jim O'Neil, 61, 29:47, Clive Davies, 70, 32:57. Nancy Hellyer, 50, 34:06.
- July 26: The Capital City Marathon, following a week of no running, which in turn was preceded by an 11 mile week, which had been preceded by two weeks of 20 miles. Not expecting much, Bob started slow (7:47, 7:08, 6:55), but then go carried away and finished at 3:08:19 his 2nd best of 35 marathons, finishing 1st in 55-59.
- July 20: Whistling Jack 10K: 40:06, 23rd, 2nd of 4 50-59.
- August 2: The Countdown 10k: 41:37, 20th, 1st of 3, 50-59, still no training.
- August 9: Vinifera Run, 10k, sponsored by a winery, with the start being signalled by the popping of a wine bottle cork (must have been a loud pop). 42:02, 12th of 91, 2nd, 50-59.



How Aerobic Exercise Affects Cholesterol  
by  
Tom LaFontaine

There is much confusion in the lay (and scientific for that matter) literature regarding cholesterol and exercise. Most of us are aware that we eat cholesterol and the body also manufactures it. But just what cholesterol is and the significance of high levels can be quite confusing. Basically cholesterol is a steroid molecule which serves as the backbone for certain hormones, as a component of bile acids, and as part of the structure of cell membranes. Cholesterol is insoluble in water and, therefore, plasma. Thus, cholesterol is transported in the blood in the form of lipoproteins (a fat and a protein). When you have your total cholesterol measured, the result represents the sum of three lipoprotein subfractions. These subfractions are called VLDL-very low density lipoproteins, LDL-low density lipoproteins, and HDL-high density lipoproteins. On the average, about 10% of total cholesterol is transported as part of VLDL, 70% as LDL, and 20% as HDL. HDL is believed to play a major role in what is termed "reverse cholesterol transport" -- removal of cholesterol from arterial deposit sites and transport to the liver for degradation or to be used in synthesis of bile, etc. Thus HDL's are "anti-atherogenic"! Studies clearly show that the higher your level of HDL, the better your chance of avoiding or reducing the severity of atherosclerosis. The bottom line is that we want to enhance HDL levels in our blood.

Several factors have been shown to increase HDL. First, low cholesterol and relatively low saturated and high polyunsaturated fat diets will decrease total cholesterol while maintaining HDL levels. Or the HDL will decrease less than the total cholesterol. In either case, their diets improve the total cholesterol/HDL ratio which optimally should be less than 4.0.

Secondly, weight loss in combination with diet and exercise can increase HDL.

Third, smoking suppresses HDL; thus, quitting will increase HDL.

Fourth, aerobic exercise can have a very powerful effect on HDL levels.

Finally, women naturally have high HDL levels. (Sorry, guys, a sex change won't result in an increase in HDLs nor will taking female hormones.)

Now I'd like to concentrate on the role of aerobic exercise and HDL cholesterol. First, comparative studies of sedentary and active populations clearly demonstrate that HDL levels are higher in endurance athletes. Virtually every member of CTC who has had his or her HDL measured has had levels over 60mg/100mls and total cholesterol/HDL ratios less than 4.0. Several members have been as high as 75-85mgs/100 mls and ratios as low as 2.0 or below. These individuals are at very low risk of atherosclerosis. In reviewing several studies on endurance athletes versus sedentary or non-endurance athletes, it is quite apparent that endurance athletes consistently are 25-35% higher on HDLs.

A study reported in 1982 indicates that there is a threshold for increase in HDL. This threshold appears to be at greater than 1000-1200 K-calories of aerobic exercise or the equivalent of 10-12 miles of running per week. It also appears that the increase in HDL may not be measurable until after 9-12 months of consistent training.

A couple of recent studies indicate there not only is a minimal threshold of exercise, but there is a dose-response relationship between aerobic exercise and increase in HDL; the greater the weekly amount of aerobic exercise, the better the effect on HDL. Both studies are reported in the Journal of Cardiac Rehabilitation.

The first study was done with men. There were 19 experienced runners and 19 non-runners. There was a significant relationship between weekly running mileage and HDL; the more miles run each week, the greater were HDL levels. This was true even when the authors adjusted their data for age, alcohol intake, and percent body fat. This indicated that exercise exerted an independent effect on HDLs.

The authors then divided the subjects into four groups: 1. non-runners, 2. low mileage runners (10-19mi/wk), 3. intermediate mileage runners (20-39mi/wk), and 4. high mileage runners (40+mi/wk). The results showed a stepwise increase in HDL from the non-runners up to the high mileage group. The HDL levels in the four groups were as follows:

1. Non-runners	34±7	milligrams/100	msl	blood
2. Low mileage runners	47±7	"	"	"
3. Intermediate mileage runners	53±9	"	"	"
4. High mileage runners	60±	"	"	"

Interestingly, there was no difference among groups on total cholesterol.

A second study by the same authors with women subjects demonstrated similar interesting results. In this study, subjects initially were running 15.1 mi/week and their HDL levels were 59.6. Total cholesterol was 185. Subjects then increased their weekly mileage to 47 over the 7.6 months. HDL levels increased to 63.7. Over the next 7.2 months (a total of 14.8 months since entering the study), the subjects increased their mileage to 63.4 mi/week. HDL levels now had increased to 69.4. As with the previous study, no change in total cholesterol occurred.

These findings demonstrate that, although some aerobic exercise is better than none, more will result in optimal benefit in regards to HDL levels at least. These studies looked at runners, but there is no reason to expect the results to be different with other endurance activities such as biking and swimming. The equivalent of 60 miles per week achieved by cross training (swim, run, bike), for example, should result in similar benefit. In conclusion, we have another reason to justify our "obsessive-compulsive" behavior.

The Latest on Liz  
by  
Tom LaFontaine

Liz Bulman has continued to progress and succeed in triathlons this summer. As of August 3rd, her season record was as follows:

Date	Where	What?			Bud Light Series	Place
		Swim	Bike	Run		
4-20-86	Houston, TX	1.5K	40K	10K	Yes	10th
	(this was not the best start, but Liz had bike trouble and things were to soon start getting better!)					
5-3-86	Ft. Lauderdale, FL	1.5K	40K	10K	Yes	1st*
	(this was a major event and Liz beat a high quality field)					
5-10-86	Panama City	1.5mi	58mi	13.1mi	No	5th
5-26-86	Memphis, TN	1.5K	40K	10K	No	2nd
6-1-86	Dallas, TX	1.2mi	41mi	10mi	No	2nd
6-8-86	Oxford, MD	2.4mi	45mi	18.6mi	No	1st*
6-22-86	Columbus, OH	1.5K	40K	10K	Yes	1st*
6-29-86	Baltimore, MD	1.5K	40K	10K	Yes	10th
	(this was a <u>very</u> flat race for Liz; probably racing too often and mentally "burned out"; it even happens to the best of us!!)					
7-20-86	Detroit, MI	1.5K	40K	10K	Yes	1st*
8-3-86	Chicago, IL	1.5K	40K	10K	Yes	1st*

\*This was a course record; Liz on two occasions has been under 2 hours and two minutes in the International distance events (1.5K, 40K, 10K). Of course, times are difficult to compare in these events because of course differences, environment differences, etc., but rarely has any woman triathlete broken 2:02:00.

I was in Chicago with Liz and had the pleasure of witnessing her performance. Chicago was the largest triathlon ever with nearly 3500 participants. This is a Bud Light Series event at the Standard International Distances of 1.5K swim, 40K bike, and 10K run. There were 18 professional women entered. The field included Kirsten Hansen (this year's ATT point leader), Sylviane and Patricia Puntous, Julie Moss, Julie Olsen, Linda Buchanan (1985 International distance national champion at Hilton Head), Colleen Cannon, Beth Mitchell, Julie Brening and Allison Roe. The athletes swim in Lake Michigan, ride along Lake Shore Drive, then run along a bike path near the lake shore. It is a spectacular event with a tremendous amount of excitement. Chicago was the major event of this year!

After last week's training sessions with Liz, I felt she was ready for an outstanding performance. Her workouts had been excellent and I personally was "near death" trying to keep up with her. Well Liz didn't let me nor most importantly, herself, down! She won the Chicago triathlon by 50 seconds over Kirsten Hansen with a course record time of 2 hours, 1 minute, and 33 seconds. This was a major victory and clearly establishes Liz as one of the top three women triathletes in the world.

In Chicago, Liz was about 1:15 minutes behind after the swim, passed everyone on the bike and was leading by 50 seconds as she went onto the run.. She maintained this lead to the finish. Liz also clearly established herself as one of the top cyclists among the women triathletes (her bike split was the fastest). It is interesting that now Liz is possibly a better cyclist than runner!

What does the next 10-12 weeks hold in store for Liz? Her schedule looks like this: August 23rd, Boston; September 28th, Hilton Head national championships at the International Distance; and Oct. 18th, THE IRONMAN on the Big Island in Kona!

Liz has had a successful season thus far and is a fine representative of Columbia and the CTC. She now has major sponsorship from Tel Plus, her present team. She also receives some sponsorship from Nike, Shimano, and Bud Light. If all goes as planned, Liz should have continued success.

Liz continues to do her training in the Missouri heat and humidity and among the rolling, hilly terrain of Boone and surrounding counties. She usually flies to each event, does it, then immediately returns to "hometown" Columbia to reinstitute her training on the following Monday. Liz generally spaces her competitions out, because she has learned that she burns out if she competes too often. We all need to get behind Liz and give her our support for the upcoming Nationals in Hilton Head and the Ironman. Liz has a very good chance of winning both of these major events. However, regardless of the outcomes, Liz will give it her best!!

Liz is very good at focusing on her personal performance and not on the time, place or competitors. I feel that this is very important; we all should "strive to be the best we can be" and avoid comparing ourselves to others. We each need to concentrate on reaching our own personal limits then extending ourselves just a little beyond. If you see Liz, wish her luck as she approaches and prepares for the upcoming major competitions.



# RACE REGISTRATION

Date \_\_\_\_\_



# Brooking Park

## 10K RUN and MILE FUN WALK

SEPTEMBER 20, 1986

8:00 A.M.

Brooking Park of Sedalia and the Sedalia Runners Club present the  
BROOKING PARK 10K RUN AND MILE FUN WALK

WHEN--September 20, 1986. Heats of the 10K begin at 8:00 a.m. Mile Fun Walk begins at 8:20 a.m. Awards at 9:30 a.m.

WHERE--Both events begin and end at Brooking Park Village. To reach Brooking Park Village, go east of Sedalia on Highway 50 to Route TT, which is about 2 miles out of the city limits. Take Route TT south about ½ mile to Brooking Park.

ENTRY FEE--The entry fee for the 10K or the fun walk is \$5. All entrants receive a specially designed T-shirt. The entry fee is not refundable. Entries will be accepted by using the entry form below, and race day entries will be accepted the morning of the race beginning at 7:00 a.m. Packet pick-up and race day registration will be in the Library of the Brooking Park Garden Apartments.

SPECIAL FEATURE--Each participant in the 10K run is given a starting time handicap, determined by 1986 National Running Data Center Standards for age and sex. This means that everyone has the chance to cross the finish line first, regardless of age or sex. See the chart below for your starting handicap.

Running Number Code	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	BB	CC	DD	EE	FF	GG	HH	II		
Handicap (In Minutes)	17	16½	16	15½	15	14½	14	13½	13	12½	12	11½	11	10½	10	9½	9	8½	8	7½	7	6½	6	5½	5	4½	4	3½	3	2½	2	1½	1	½	0		
Men (Age)	73 +	72		71		70	69	68	67	66	65	64	63	62	9(-) 61	60	58 59	10 57	55 56	11 53 54	51 52	12 50	48 49	13 46 47	44 45	14 42 43	40 41	15 38 39	16 36 37	17 34 35	18 32 33	19 30 31	20 21 28 29	22 23 26 27	24 25		
Women (Age)	60 +		59	58	57	56	55	54	53	52	51	50	9(-) 49	48	10 46 47	11 44 45	12 42 43	13 41	14 40	15 38 39	16 36 37	17 34 35	18 32 33	19 30 31	20 21 28 29	22 23 26 27	24 25										

MORE INFORMATION ON BACK

-----entry form-----

NOTE! WAIVER on back must be read signed for entry to be accepted. Please print or type.

NAME \_\_\_\_\_

DATE OF BIRTH (mo/da/yr) \_\_\_\_\_

ADDRESS (street address, city, state, zip) \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

EVENT            10K                    MILE FUN WALK            SEX            M            F            SHIRT SIZE            S            M            L            XL  
(Please circle your selections above.)

Mail completed entry form to SRC, 500 W. 5th, Sedalia, Missouri, 65301. Enclose \$5, and make checks payable to Sedalia Runners Club. Enclose additional 50¢ to receive complete race results, mailed within one week of race. For more info, call Jeff M., 816 826-0147

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Another Race: The 4 Mile Soybean Run in Mexico, Sept. 28, 8:00 AM  
The July Newsletter had an entry blank.

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JEFF MITTELHAUSER won the Sedalia Biathlon with a 10k time of 32:54 for the run and 52:35 for the 30k bike, total 1:25:29. HERB MITTELHAUSER edged DON JOHNSON, 1:45:43 to 1:45:55. Don was 42:19 for the run & Herb was 46:30, but Herb gained the total edge by going 59:13 for the bike ride while Don had 1:03:36.

# CALIFORNIA GOLD RUSH

## 5-K RACE & RELAY (3.1 Miles)



# SEPTEMBER 13, 1986

held in conjunction with the  
**CAL-MO ARTS & CRAFTS FESTIVAL**

PLACE	Moniteau County Fairgrounds - E. South Street, California, MO (Note: Due to repairs at Park, race starts at different location than last year)
START	9:00 a.m. Saturday, September, 13, 1986
DISTANCE	3.1 miles (5 kilometers) WALKERS welcome!
COURSE	Flat with gentle hills. Starts and ends at Fairgrounds; goes through historic downtown California
SPONSORS	California Kiwanis Club and California Park Department
RELAY	Teams composed of three members with each running approximately one mile. Any team with a male member will be competing in male division
ENTRY FEE	\$7.00 (Make checks payable to California Gold Rush) \$8.00 on race day - \$20.00 per team
RACE PACKETS	Your race materials (T-shirts, race number, etc.) will be available at the fairgrounds from 7:45 a.m. on race day
AWARDS	Each entrant will receive T-shirt. Awards will be given to overall male and female, age group winners and top male and female team
POST RACE	Awards ceremony 10:30 a.m. at fairgrounds; enjoy the festivities at the Cal-Mo Arts & Crafts Festival
LATE REGISTRATION	Permitted on race day at fairgrounds from 7:45 a.m.

### ENTRY FORM

Name \_\_\_\_\_ Age (as of 9/13/86) \_\_\_\_\_  
 Address \_\_\_\_\_ Sex \_\_\_\_\_ Shirt Size S M L XL  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
☐ Individual ☐ Team Names and shirt sizes of team members \_\_\_\_\_

In consideration of your acceptance of this entry, I, intending to be legally bound hereby for myself, my heirs and assigns waive any and all claims for any damages which I may have against the City of California, MO and the sponsors, directors, and promoters of this event and their employees for any injuries and illness suffered by me in this event including those which may be attributed to weather conditions. In consideration of your accepting this entry I release, discharge and covenant NOT TO SUE the City of California, MO or any of the sponsors, directors, and promoters of this event including their employees and agents from any and all claims or liabilities for death or for damages for any and all injuries to me or my property including without limitation all claims or liabilities which may arise in this event. This release and waiver extends to all claims of any kind or nature, whether foreseen or unforeseen, known or unknown. I further grant full permission to the promoters and sponsors of this event to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Parents must also sign if participant is under the age of Eighteen (18)  
 RETURN SIGNED FORM WITH CHECK TO:  
 HERB STRICKFADEN, RT. 3, CALIFORNIA, MISSOURI 65018

