

TRACK CLUB

NEWSLETTER Vol. XIX, No. 6 July-August, 1987

JEFFERSON CITY RUNNERS SET THE 4-MILE RELAY PACE
WHILE VALBRACHT TAKES 3-MILE WALK - JULY 18, 1987

	Splits	Team Time
1. Marc Romine	4:34	4:34
John Howland	4:53	9:27
Steve Englebrecht	4:55	14:22
Bob Hull	4:34	18:50
2. Dave Parker	5:08	5:08
Mike Walther	5:25	10:33
Tom Allen	5:36	16:09
Vern Darling	4:31	20:40
3. Elmer Schlemper	5:38	5:38
Steve Baurichter	5:19	10:57
Drew Elmore	5:33	16:30
Rob Carney	4:43	21:13
4. Don Lewis (51)	5:03	5:03
Joe Duncan (53)	5:54	10:57
Bill Gerling (43)	5:57	16:54
Don Lewis	6:16	23:10
5. Rich Harness	5:10	5:10
Shawn Harness	7:11	12:21
Heather Harness	7:51	20:12
Rich Harness	5:27	25:39
6. Rick Mumford (17)	5:03	5:03
Darius Husain (9)	8:53	13:56
BJ Mumford	7:10	21:06
Keary Husain (14)	7:18	28:24

3-Mile Walk

	1 Mile	2 Miles	3 Miles
Kathy Valbracht	10:27	21:39	33:03
Bill Taft	13:06	26:10	39:13
John McCrory	13:06	27:03	42:26

The events took place at the Research Park 1 mile loop at 8:00 a.m. No records were established. Many thanks to the helpers: Whitney Hicks, Darlene Londeree, Eric and Judy Mumford, and Jennifer Husain. Ben Londeree was race director.

ONE MILE RUN HICKMAN TRACK July 4, 1987

1. Tom Coon	32	5:01	16. Bill Gerling	43	6:01.1
2. Gary Johanning	36	5:07	17. John Racine	10	6:25
3. Mike Forbis	14	5:10	18. Tommy Allen	10	6:33
4. Richard Harness	36	5:11	19. Roger Hanson	55	6:44
5. Balarzs Liposits	14	5:16	20. Reka Liposits	11	6:49
6t. Dick Hessler	45	5:25	21. Joe Marks	49	6:55
6t. Scott Bruner	16	5:25	22. Carole Madsen	44	6:56
8t. Dan Clinkinbeard	38	5:34	23. Shawn Harness	10	7:10
8t. Dick Madsen	45	5:34	24. Stephanie Saldana	10	7:16
10. Tom Allen	45	5:40	25. B. J. Mumford	10	7:18
11. Dean Baxter	51	5:49	26. Heather Harness	14	7:32
12. Michael Lee	53	5:52	27. Birgitta Hessler	9	7:51
13t. Joe Duncan	53	5:59	28. Sandra Fritz	41	8:04
13t. Angela Hessler f	14	5:59	29. Erica Springer	12	8:09
15. Don Johnson	58	6:01	30. Barbara martin		8:18

Mid 70's, high humidity, fairly strong SE wind were factors in performances which were a little slower than might have been expected but everybody had a good time and made off with a Dairy Queen treat.

Prior to the above 5 walkers had a 10k walk which went like this:

1. Rob Spier	64	1:10:05 (10k)	35:18 (5k)
2. Sandra Fritz	41	1:13:12	37:36
3. Bill Taft	71	1:22:48	40:50
4. Alma Scott	60	1:28:35	42:51
5. Robert Scott	63	(1:25:08) 24 laps	40:53

RESEARCH SUBJECTS NEEDED

Subjects are needed for running in the heat research to determine relative value of no shirt, knit T-shirt and mesh T-shirt. Subjects will run on a treadmill at a moderate pace for one hour on five occasions about one week apart (two times to get used to the conditions and once for each experimental condition). The temperature will be maintained at 90 degrees F in an environmental chamber. We will monitor heart rate, rectal and four skin temperatures, and weight loss. We would like male subjects who run an hour fairly regularly under these conditions and whose training will remain stable for about five weeks during August and/or September. Please contact Ben Londeree if interested and/or you have questions: home phone, 445-2550; office phone, 882-4021 (with answering machine).

NEWSLETTER RELEASE

This notice is to give you preliminary information regarding the 6th Annual 4 Mile Soybean Run to be held in Mexico, Missouri.

The run will be held Sunday, September 20, 1987 at the Mexico YMCA with a starting time of 8 a.m. There will be a 4 mile run and a one mile fun run or walk. The entry fee is \$5. After September 17, 1987 the entry fee will be \$7. The first 150 entries received for the 4 mile run will receive a t-shirt. The first 30 entries received for the fun run and walk will receive sun visors.

All proceeds from the run will go to the Audrain Medical Center Cancer Control Program.

Please publish this in your newsletter. Thanks for your help. For more information regarding the run you can contact me at the address listed below.

Richard Duffner
1987 Soybean Run Chairman
Prudential Life Insurance Company
522 S. Jefferson
Mexico, MO 65265
(314) 581-0515

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GREAT SANDBAGGER 10K

AUGUST 1, 1987

PLACE	NAME	AGE	DT	ACTUAL TIME	Difference	ACTUAL TIME-PLACE
1.	Mike Walther	29	44:00	42:51	- 1:09	8
2.	Elmer Schlemper	48	44:00	42:53	- 1:07	9
3.	Tom Allen	45	44:00	43:31	- :29	10
4.	Elizabeth Gehardt	67	1:00:00	59:36	- :24	15
5.	Steve Stonecipher-Fisher	30	35:40	35:18	- :22	1
6.	Rob Spier (walker)	65	1:13:00	1:02:49	- :11	17
7.	Simon Rose	22	40:00	40:19	+ :19	4
8.	Tony Mayfield	19	35:40	36:03	+ :23	2
9.	Roger Turnbough	30	41:00	41:26	+ :26	6
10.	Tom LaFontaine	40	37:00	37:42	+ :42	3
11.	Linda Robbins	36	49:00	50:00	+ 1:00	14
12.	Shawn Harness	11	59:00	1:00:10	+ 1:10	16
13.	Lynn Allen	39	44:00	45:17	+ 1:17	11
14.	Richard Harness	36	39:00	40:28	+ 1:28	5
15.(T)	Joe Duncan	53	45:00	47:48	+ 2:48	12
16.(T)	Norris Kruse	51	45:00	47:48	+ 2:48	12
17.	Mike Hosokawa	21	39:00	41:56	+ 2:56	7
18.	Heather Harness	14	59:00	1:15:13	+ 16:13	19
19.	John McCoy (walker)		1:40:00	1:04:49	+ 35:11	18

HOT & HUMID - Mike Walther was presented
 "THE GREAT SAND BAGGER TROPHY" in an appropriate
 ceremony ~~at the finish~~

Thanks to Joe Marks for timing and
 Mike Hosokawa for handing out sticks.
 (Dean Baxter, Race Director)

Our sympathy to Bob Dolphin because of the death of his wife, Edna.
 Edna died of cancer on August 14 in Yakima, WA. She was very supportive
 of Bob in his running "craziness," going with him to most of his races.

A STRANGER FROM KENTUCKY RUNS AWAY FROM SMALL CROWD 5,000
METER RUN August 15, 1987

1. Rick Roberts	32	17:07	Low 80's, must have been
2. Tom LaFontaine	40	17:14	110% humidity, cloudy.
3. Tom Coon	32	17:36	Rick Roberts ran for Eastern
4. Richard Harness	36	18:18	Kentucky a few years ago
5. Mark Volek	31	18:20	and was passing through
6. Don Lewis	51	18:44	Missouri on his way to run
7. Corey Bard	23	18:55	the Pike's Peak Marathon.
8. Mike Walther	29	19:25	In this race on Hickman
9. Joe Duncan	53	21:12	Track he was out to a huge
10. B. J. Mumford	10	23:40	early lead, but LaFontaine
11. Shawn Harness	11	25:55	reeled him at at about the
12. John McCrory	35	28:00	2½ mile point, but saw himself
13. Heather Harness	14	28:17	get blasted away over the
			final 200 meters.

THANKS! to Eric Mumford who handled the administration of this event all by himself.

SOME NOTABLE PERFORMANCES;

DON JOHNSON "survived" the Topeka Tinman Triathlon (5/8 mile swim 20 mile bike, 7 mile run) and the Mexico Triathlon (3/4, 23 & 10k). SIMON ROSE, DAN CLINKINBEARD & HERB SWANSON were also in the latter

The Wayne Schneider family of Mexico, Mo. are CTC members. HEIDI & MICHAEL competed in the state finals for the Hershey T & F championship, Michael getting a 1st place in the 9-10 400 meters & Heidi a 3rd in the 11-12 800 meters. Michael holds the course record for 9 & under in the Columbia Regional Hospital run at 38:22.

BRANDON BIESSENHERZ was 2nd in the National JO Meet in Los Angeles in the 400 meters at 1:06:51 while RICH CATLETT was 5th in the High Jump with a jump of 4 feet. These were both in 10 & under.

STEVE STONECIPHER-FISHER was 1st 30-39 in the Show Me State Games 5k run at 15:56 and 1st 30-34 in the VP Fair 10k, St. Louis at 32:44.

CHRIS RUBLE did the same: 1st 30-39, Show Me State Games 5k in 21:05 but was 2nd 30-34 in the VP Fair 3,000 meters at 11:51.

DAVE PARKER won the 40 & over 1500 meters in the Show Me Games at 4:43.7

SANDY FRITZ, our Fulton walker, was 2nd, 40 & over in both the 1500 meter walk (9:27) and the 5k walk (32:53) in the Show Me Games.

DON LEWIS 1st, 50-59, Spirit Mile, Kansas City, 5:11.

TOM LAFONTAINE 1st, 40-49, Swensen's 10k, Kansas City, 34:27.

Sedalia Stride & Ride: 3. Tom LaFontaine 1:26:33 (36:27 10k run, 50:06 30k bike), 10. Simon Rose 1:32:20 (39:46, 52:34), 25. Don Lewis 1:38:23 (40:45, 57:38), 45. Herb Mittelhauser 1:50:52 (48:37, 1:01:15) Don Johnson 1:57:33 (46:41, 1:10:52). As a team Milene Mittelhauser did the run in 39:30 and Jeff did the bike in 53:43 to finish 3rd in the team competition.

Smithton 5k run: 1. Vern Darling 15:40, 6. Jeff Mittelhauser 18:34, 10. Milene Mittelhauser 19:47, 16. Herb Mittelhauser 22:59.

BOB DOLPHIN: May 25: Coeur d'Alene Marathon: 3:16:55; June 28: Cascade Run-off, 15k: 1:03:49, 1336th of 6643, 8th of 86 55-59M; July 11: a 10k in 39:41.5 (short course he says) 1st 50 & over; July 25: Capital City Marathon: 3:18:43, 128th of 500, 2nd of 12 55-59. For the year Bob has 6 marathons and 2 marathon splits ranging from 3:12:49 to 3:18:54 all with pretty minimal training mileage. Other than marathons his longest run was the Cascade 15

The Annual Meeting of CTC will be October 8, Thursday, 7:00 PM at the Guitar Community Center (the basement of the Farm & Home building, 8th & Broadway). THIS IS AN IMPORTANT MEETING since a new President will be elected and the future course of CTC's program will be set. A nominating committee is at work (Steve Stonecipher-Fisher, Chairman, Ben Londeree & Chris Ruble) and it will be making its report. In the meantime we need to know how you are willing to help:

Yes, as a member of CTC I am willing to do my part in assuring the success of CTC's program. I want to assist with the following areas or committees (no more than two per person):

Membership Committee

Program Committee (Schedule of Events)

Newsletter Committee (Vice-President is chairman)
Editor, Printing, Assembly & Mailing

Scholarship Fund Committee (already full)

Equipment Committee

Race Directors Committee (Each Race Director is a member of this Committee)

Aid Station Committee

Awards Committee

Records and Statistics Elapsed Time Standings

Liaison with Parks & Recreation Department

Publicity

Youth Programs
CTC Colts, Junior Olympics, Summer age group program

Race-walking Committee

Travel Committee

Course Measurement and Certification Committee

Fund-raising Committee

Social Committee

CTC shirts concession

NAME _____ Phone No. _____

Please indicate the areas in which you are willing to help and return the form to Joe Duncan or one of the members of the nominating committee.

BE SURE TO ATTEND THE ANNUAL MEETING: THURSDAY, OCTOBER 8.

SCHEDULE OF EVENTS:

AUGUST 29 Saturday 6:00 AM 30,000 Meter Run (10k for women and age 15 & under unless they want to go farther) 20k walk
Meet at Holiday Inn Executive Center parking lot.
Race Director: Chirs Ruble

SEPTEMBER 12 Saturday 9:00 AM Two Mile Cross Country Run Bethel Park
Race Director; Linda Price

19 Saturday 9:00 AM 5,000 Meter Cross Country Run
Gustin Golf Course Race Director: Marvin Odneal
Note the change in dates--this is NOT the 26th.

26th & 27th 1:00 PM to 1:00PM Saturday & Sunday 20th
National 100 Mile Walk Hickman Track WE NEED LOTS
OF HELP!! We have 3 hour shifts and we need at least 6
people for each shift. Please tell Joe Duncan which
shift you can work.

OCTOBER 18 Sunday 7:00 AM 28th ANNUAL HEART OF AMERICA MARATHON
We are not certain yet whether or not we will have an
8,000 meter run--more on that in the September Newsletter.

THREE IMPORTANT ITEMS TO REMEMBER:

1. The 5,000 Meter Cross Country Run on the Gustin Golf Course is September 19 NOT September '26 as shown on the 1987 Schedule. Our race will be before the UMC meet of that day. We have promised Lou Duesing that we will then help him with the administration of his races. Please be prepared to do that.
2. The Annual Meeting of CTC will be October 8. Be sure to attend this important meeting.
3. Be sure to tell Joe Duncan that you can help with the 100 Mile Walk.

Here's a note from Julie Stewart (Dennis' wife) announcing a run in Warrensburg:

We will be having a "Wellpower" 5 K Run at 8:30 a.m. with a mile fun run/walk following at 9:15 a.m. on Saturday, October 10. Entry fee for the run will be \$8 with t-shirts given to all entries and first place awards given to 10 year age brackets. (There is no entry fee for fun run/walk & no awards will be given for the fun run.) The races will start and finish at Western Missouri Medical Center, Burkarth Road.

For more information people can call me at (816) 747-2426.

Julie Stewart
Wellness Director

ELAPSED STANDINGS (not including the Sandbagger Run or the 5,000 meter run):

File: MALE 15U
Report: CTCRESULTS

NAME	POINTS
BJ MUMFORD	45
SHAWN HARNESS	34
J. RACINE	14
T. ALLEN	13
B. QUICK	11
J QUICK	11

File: MALE 1629
Report: CTCRESULTS

NAME	POINTS
MIKE WALTHER	124
JIM MARSHALL	42
O'BANNON	38
STONECIP-FISHER	32
DON ARCHER	25
RICK MUMFORD	25
SIMON ROSE	22
KENT RADER	14
SCOTT HINTON	13
P GROSHONG	12
THURMAN GLEB	11
G MEYER	11

File: MALE 3039
Report: CTCRESULTS

NAME	POINTS
RICHARD HARNESS	134
TOM COON	114*
MARK VOLEK	112
S STONE-FISHER	100.5
MIKE LITTLE	76
BOB OCONNELL	74.5
J MITTELHAUSER	67.5
V. DARLING	57.5
MARK VOLEK	53
MARC LAMMY	38
BOB MCGRATH	35
MARC ROMINE	34
RANDY SMITH	27
G HEISLER	25*
TIM ROONEY	22
CLINKENBEARD	22
GARY JOHANNING	16
LAFONTAINE	12
RICHARDSON	12
BAURICHTER	11
L PETTERBORG	11

File: MALE 4049
Report: CTCRESULTS

NAME	POINTS
TOM ALLEN	160
TOM LAFONTAINE	106
MARVIN ODNEAL	80
NORM STEBBINS	72
ELMER SCHLEMPER	70
J MARKS	69*
DICK MADSEN	63
DICK HESSLER	58
DAVE PARKER	28
H PENDERGRAFT	23
J MCCORMICK	13
D GOLDSTEIN	12
S HALLIBURTON	11
RUSS MEYER	11
MIKE HOSAKAWA	11

File: MALE 5059
Report: CTCRESULTS

NAME	POINTS
DON JOHNSON	135*
JOE DUNCAN	125
BEN LONDEREE	75
DEAN BAXTER	74
TURK STORVICK	70
NORRIS KRUSE	60
FRED FRITSCH	36
H MITTELHAUSER	36
JOHN O'CONNOR	12
ROGER HANSON	11
DAVID MCDONALD	11

File: WALKERS
Report: CTCRESULTS

NAME	POINTS
SPIER	71
WILLIAMS	41
BILL TAFT	33
S. FRITZ	24
EVANS	11

File: FEMALE 15U
Report: CTCRESULTS

NAME	POINTS
ANGELA HESSLER	69
HEATHER HARNESS	35
B. HESSLER	23
ERICA SPRINGER	11

File: FEMALE 1634
Report: CTCRESULTS

NAME	POINT
CHRIS RUBLE	90
M MITTELHAUSER	62
LIZ EPPL	40
J MITTELHAUSER	26
SIEFERT-WADE	24
AMY HESSLER	23
JULI SCHMIDT	22
D. HOXWORTH	17
LINDA ROBBINS	16
KENNA WALKER	15
H. O'CONNOR	14
B. BOHON	13
C. PADEN	12
LIZ BULMAN	12
D. KARWOWSKI	11
L. TEERLINK	11

File: FEMALE 350VER
Report: CTCRESULTS

NAME	POINTS
LINDA PRICE	107
NANCY FRITSCH	67.5
D LONDEREE	59.5
LINDA ROBBINS	48
M JOHNSON	45
CAROLE MADSEN	38.5
G GONZALEZ	37
BARBARA MARTIN	22
JONI O'CONNOR	13.5
GERHARDT	11

October 17 - Sixth Annual COLORFEST RUN, 1/2 mile fun run,

3-K run and walk, 10-K run. Downtown

Louisiana, Mo. Contact Ann S. Woods-Laird

c/o 311 Mary's Drive, Louisiana, Mo. 63353

314-754-6379.

TWENTIETH NATIONAL 100 MILE WALKING CHAMPIONSHIP

- TIME and PLACE:** 1:00 p.m., Saturday, September 26, 1987 at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24-hour time period; therefore, the walk will end at 1:00p.m., Sunday, September 27, 1987
- ENTRY FEES:** \$5.00. Entries MUST be received by 10:00p.m., Friday, September 25. Make checks payable to Columbia Track Club.
- QUALIFICATIONS:** No one under the age of 14 will be allowed to enter.
- AID:** There will be plenty of water, ice, Gatorade, Pepsi, etc. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to assure proper care. Columbia Track Club will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing, shower, and restroom facilities are available at the track. PACING BY NON-COMPETITORS WILL NOT BE ALLOWED.
- AWARDS:** The Larry O'Neal Trophy for the winner, then trophies for second through tenth, based on the distances walked. Plaques for those who complete at least 50 miles.
- CENTURION CLUB:** All who complete 100 miles within 24 hours will become members of the Centurion Club of America--perhaps the most exclusive club in the Western Hemisphere.
- PRE-RACE GET-TOGETHER:** A pre-race buffet and get-together of all entrants and families will be held at the Heritage House, 1010 I-70 Drive S.W. Cost will be about \$7.00 per person--all you can eat and drink. We need some idea as to how many will attend, so please let us know. This will be Friday evening, September 25, at 7:00p.m.

In consideration of your acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____

SIGNATURE _____ BIRTHDATE ____ / ____ / ____ HEIGHT ____ WEIGHT ____

ADRESS _____ street _____ city _____ state _____ zip _____

Names of "Handlers" _____

Return this form to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65203
phone number: 314-445-2684

My plans for the pre-race buffet:

____ I definitely will attend. How many? ____

____ I'm not sure yet

____ I definitely will not attend.

28th Annual HEART OF AMERICA MARATHON

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AWARDS

Marathon Headquarters:

Campus Inn, 1112 Stadium Boulevard
Call (314) 449-2731 for room reservations
\$41.00 for single, \$48.00 for double

Head Timer:

Ben Londeree

Columbia, Missouri

Director of Medical Aid:

Leland Pfefer

October 18, 1987

7:00 a.m.

Director of Publicity:

Joe Marks

Director of Results:

Joyce Schulte

Director of Aid Stations:

Kim Stonecipher-Fisher

Awards:

Jean Madden

Race Director:

Joe Duncan

Trophies to be awarded at 11:00 a.m. Trophies to first 12 finishers, and plaques to next 88 finishers. Trophies to the first six women, first three finishers ages 40-49, first female finisher age 40 or over, first finisher age 19 or under, and first finisher age 50 or over. Also, the Dave Schulte Award for Improved Performance will be presented.

Long sleeve shirts to all participants. Certificates to all finishers.

STARTING TIME AND PLACE: 7:00 a.m., CDT. The starting line is on College Ave., just south of Stadium Boulevard.

ENTRY FEE: \$5.00. Make checks payable to the Columbia Track Club.

ENTRY DEADLINE: 6:00 p.m., Saturday, October 17, 1987. **NO ENTRIES WILL BE ACCEPTED THE DAY OF THE RACE.**

Contributing Organizations

- Joe Machens Ford
- Nowell's
- Pepsi-Cola Bottling Company of Columbia, Inc.
- D Sport Shop
- Gerbes

RACE COURSE

Race starts just south of College Avenue-Stadium Boulevard intersection. The course goes north on College, then west on Locust to Providence Road, south on Providence Road (163) to Route K, south on Route K to the Smith Feed Mill Road then to Easley, back on "N" to 163, then to the finish in Memorial Stadium. The course is certified by the National Standards Committee of TAC and the RRCA.

MEDICAL REQUIREMENTS: No formal medical certificate will be required; however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.

PACKET PICKUP: Saturday, October 17; numbers will be handed out between noon and 6:00 p.m. at the Campus Inn. Numbers may also be picked up between 5:30 a.m. and 6:15 a.m. October 18 at the Campus Inn.

The principal sponsor of the Heart of America Marathon is the Shelter Insurance Companies, providing full insurance services for the people of thirteen midwestern states — the Heart of America.

To be returned to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65203

ENTRY BLANK

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the City of Columbia, Missouri, the Columbia Track Club or Shelter Insurance Companies for any and all injuries suffered by me at said race. I certify that I am physically fit to run a marathon.

Print Name _____ Male ☐ Female ☐

Signature _____ Birthdate _____

Address _____ Age _____

City _____ State _____ Zip _____ (As of 10/18/87)

How many marathons have you completed? _____ Where and when was your most recent marathon? _____

Your best marathon time? _____ Where? _____ When? _____

ANNUAL DUES

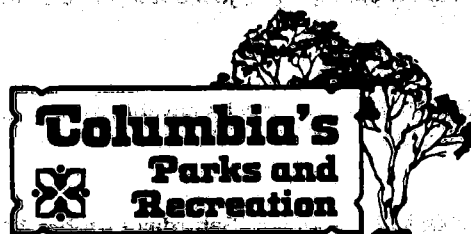
COLUMBIA TRACK CLUB: Families: \$10.00
 Sustaining Members: 25.00
 Single Students: 6.00
 New Members: 5.00
 Newsletter only: 3.00

ALL DONATIONS TO CTC 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. 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
 2980 Maple Bluff Dr.
 Columbia, MO 65203

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