

The Columbia Track Club News

Volume XX, No. 4

August 20, 1988

COLTS SHINE AT NATIONAL JR. OLYMPICS MEETS

Four members of the CTC COLTS competed in the National Junior Olympics Track and Field meets held in Kansas earlier this month. Harold Cronin led the COLT contingent, claiming the National Championship in the Junior Boys Division, and placing fourth in the shot put. His discus toss of 157'11" was good enough to win, but he has thrown it even farther. At the Santa Fe Gold Trail Classic T&F Meet held in Raytown on July 23, Harold broke the meet record with a 163'8" toss. He also won the shot put in the Raytown meet, with a put of 51'9". His fourth place put in the National J.O. meet measured 48'11". CONGRATULATIONS, HAROLD!

All of the other COLTS competitors came in tenth in their respective events. Robyn Colvin placed tenth in two Bantam Girls events: the 400 m dash (1:13.5) and the long jump (11'10"). Brandon Beissenherz was clocked at 1:04.5 for a tenth place finish in the Midget Boys 400 m dash. Angela Hessler ran an 11:50 3000 m in the Intermediate Girls Division. Bantam, Midget and Junior Division participants competed in Wichita on August 4-6, while Intermediate and Senior Divisions competed in Lawrence on August 11-13.

This was the first time that Robyn and Harold competed at the National Championships. Angela and Brandon are veterans of national competition. All four represented the COLTS in fine fashion. Congratulations to all of you!

COLUMBIA TRACK CLUB NEWS

Great Sandbagger Lives!

Sandbaggers unite! The 30 km Road Run scheduled for this Saturday, August 27 has become the Great Sandbagger in modified form. Racers have the option of running the 30K or an alternate 10K or walking 20K. With this mix of distances, we will not be able to use the normal handicap start. Instead, runners/walkers will compete against their designated time. The difference between each competitor's predicted time and actual time will be standardized as a percent of their predicted time. The competitor who has the fastest standardized time will win the coveted G.S. Trophy. Mike Walther has rented a trailer to deliver it to the new Great Sandbagger.

C. Little Replaces M. Roberts as Treasurer

The CTC has lost a Treasurer and gained a new one. Michelle Roberts has moved to St. Louis for bigger and better opportunities. Michelle began as club treasurer last fall and has served us well during her term of office. Thanks for your help, Michelle, and good luck! Carolyn Little has volunteered to take over as club treasurer immediately. THANK YOU, CAROLYN!!!

Newsletter Changes

The President's plea for help last month found some responsive listeners. Dale and Sue Broadway, Debbie Karwoski, Gary Johanning, Richard Huse, Diana Brandt, John McCrory and Joe Marks have volunteered their help.

continued on next page — >

Newsletter Schedule Set

We plan to publish a newsletter on the third week of every month. Send race results to Dale & Sue, race schedule information to Gary, and feature articles to Debbie by the 15th of the month. Send all other material to Tom Coon at the Club's P.O. Box 10237, Columbia, MO 65205. Other volunteers are invited to meet with the newsletter committee on Monday, September 19 at Tom Coon's house (2211 High Oaks Ct.) at 7:30 pm. Call Tom at 442-2891 for directions.

Ads For Sale

Another change to the newsletter will begin next month. We will publish advertisements in the newsletter for any business or organization interested. All ads must be provided camera-ready, and must fit in an area of 8" x 10" (full page) or 8" x 5" (half page). Rates are \$20.00 for a full-page ad and \$12.00 for a half-page ad. These rates also apply to race entry forms, unless the forms are for an event sponsored by a reciprocating track club. We will continue to include non-CTC events in our schedule of events at no charge, but we can no longer afford to devote an entire page for an entry form without compensation.

CTC COLTS Call it a Season

The Summer Youth Program of Wednesday evening track meets came to an end on July 20. The group got together for a picnic on August 16, in part to celebrate the end of the youth program and the Junior Olympics, and in part to celebrate Dick and Anne Hessler's 25th Wedding Anniversary. Members of the Colts are planning some fund-raising events over the next few months to establish a fund for equipment and travel. Watch for notices of bake sales, car washes and other events and help in any way that you can to keep the COLTS running!

SHOW-ME GAMES 5K ROAD RACE

August 4, 1988

(Complete listing not available)

AGE 12 & UNDER FEMALE 5000 METER

- 1 Angel Akabane, St. Joseph 026:18.00
- 2 Stevany Lamphear, Columbia 028:01.00
- 3 Julie Riley, Union 028:44.00

AGE 12 & UNDER MALE 5000 METER

- 1 Bobby Hoffman, Festus 021:08.00
- 2 Adam McKay, Union 021:43.00
- 3 B.J. Mumford, Columbia 021:45.00

AGE 13 - 14 FEMALE 5000 METER

- 1 Jodi Swyers, Festus 021:42.00
- 2 Betsy Kress, St Joseph 022:44.00
- 3 Melinda Allen, Viburnum 027:20.00

AGE 13 - 14 MALE 5000 METER

- 1 Michael Tighe, De Soto 018:20.00
- 2 Terry Tschappler, Linn 018:55.00
- 3 Ted Heater, 019:00.00

AGE 15 - 16 FEMALE 5000 METER

- 1 Melissa Kropf, 020:29.00
- 2 Kathlene McKinley, Kansas City 021:46.00
- 3 Trisha Rowold, Chesterfield 023:12.00

AGE 15 - 16 MALE 5000 METER

- 1 Ryun Middleton, Kansas City 016:33.00
- 2 Bryan Quick, Columbia 017:19.00
- 3 Kevin Kilgore, Lees Summit 020:41.00

AGE 17 - 18 FEMALE 5000 METER

- 1 Kenna Walker, New Bloomfield 022:35.00
- 2 Kelci Whitener, 022:56.00
- 3 Christine Ratliff, Columbia 028:24.00

AGE 17 - 18 MALE 5000 METER

- 1 Bill McFarnan, 016:39.00
- 2 Dirk Frisbee, 016:49.00
- 3 Robbie Vanderwall, Rolla 016:54.00

AGE 19 - 29 FEMALE 5000 METER

- 1 Jean Reuter, 019:48.00
- 2 Mary Wulff, 021:33.00
- 3 Tracy Cox, Columbia 024:30.00

AGE 19 - 29 MALE 5000 METER

- 1 Dave Harris, Gladstone 015:49.00
- 2 Kevin Obannon, Columbia 016:01.00
- 3 Larry Henze, 016:04.00

AGE 30 - 39 FEMALE 5000 METER

- 1 Betty Bohon, Columbia 020:16.00
- 2 Marilyn Nolan, Jefferson City 021:38.00
- 3 Debe Jajko, 023:18.00

AGE 30 - 39 MALE 5000 METER

- 1 Dave Daum, 016:21.00
- 2 John Dickey, Brentwood 018:00.00
- 3 Michael Walther, Columbia 018:29.00

AGE 40 - 49 FEMALE 5000 METER

- 1 Susan Wilson, 020:16.00
- 2 Barbara Pinney, Jefferson City 024:44.00
- 3 Nancy Fritsch, Columbia 025:02.00

AGE 40 - 49 MALE 5000 METER

- 1 Marvin Odneal, 018:36.00
- 2 Tony Evanoski, Centralia 018:48.00
- 3 Richard Madsen, Columbia 019:08.00

AGE 50 - 59 MALE 5000 METER

- 1 Paul Adams, University City 019:57.00
- 2 Dean Baxter, Columbia 020:02.00
- 3 Bob Baxter, Warrenton 020:25.00

AGE 60 & OVER MALE 5000 METER

- 1 George Quinn, Springfield 021:29.00
- 2 Raymond Simmons, Fulton 022:09.00
- 3 Bob Humphreys, Columbia 023:13.00

SCHEDULE OF EVENTS

COLUMBIA RACE CALENDAR

- August 27 Saturday, 6:00 am. GREAT SANDBAGGER! 30 km Road Run (10 km alternate); 20 km Walk. Honorable Trophy to the best Sandbagger. Holiday Inn (I-70 Dr. S.W.). RD: Roger Turnbough
- September 16 Friday, 6:30 pm. This is a tentative time. Watch Columbia newspapers for a final update. 5 km Cross-Country Run. Gustin Golf Course. RD: ?
- September 25 Sunday, 7:30 am. 8K RUN/WALK FOR A HEALTHY HEART: Missouri Heart Institute and CTC. Start at Boone Hospital Center; RD: Tom Lafontaine.
- October 9 Sunday, 7:00 am. 29th ANNUAL HEART OF AMERICA MARATHON. TROPHIES. \$5 fee. Meet at Campus Inn. RD: Joe Duncan. SEE ENTRY BLANK AND OTHER RELATED INFORMATION ELSEWHERE IN THIS NEWSLETTER.
- October 23 Sunday, 2:00 pm. Dual Cross-Country Meet with Jefferson City Track Club in Jefferson City at Binder Park. Approx 3.5 mi.
- August 28 Sunday, 5:30 pm. Eldon, MO. FATHER O'SULLIVAN 5K TWILIGHT PICNIC RUN. SEE ENTRY FORM ELSEWHERE IN THIS NEWSLETTER.
- August 28 Sunday, 8:00 am. Appleton, MO. OLD APPLETON TRIATHLON. Half mile swim, 30 mile bike, 6 mile cross country run.
- August 28 Sunday, 7:30 am. Lexington, MO. 4 Mile River Run 8:16-259-3485 or 259-3082
- August 28 Sunday. Baptist Medical Center Triathlon-KC MO. Comm. Dept., BMC, 6601 Rockhill Rd. K.C., MO 64135.
- September 3 Saturday, 9:00 am. St. Louis. 4-Mile Cross-Country Run. Tilles Park. (314) 862-SLTC.
- September 5 Monday, 7:00 am. JCCA Labor Day Run. 10 K and 5 K. (314) 432-5700.
- September 10 Sat. 9:00 am. Mexico Area YMCA Bash. 40k 8:16 10k Run 581-1540
- September 25 Sunday, 8:00 am. Mexico, MO. 4-Mile SOYBEAN RUN. SEE ENTRY FORM IN JULY NEWSLETTER.
- October 1 Saturday, 9:00 am. 4-mile Road Race Harvest Moon Run, Park. Memorial
- October 22 Saturday. St. Louis. McDonnell Douglas Corporate Jefferson City Run. 10 K and 5 K. (314) 862-SLTC.

- October 30 Sunday. Prime Health Kansas City Marathon and 10 K. Call or write Betsy Titterington, 2018 West 48th Street, Westwood, KS 66205.
- October 30 Sunday. Omaha Riverfront Marathon + 10k. 402-558-9076 (913) 362-7723
- November 20 Sunday. St. Louis Marathon. St. Louis Track Club, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117; (314) 862-SLTC.

NATIONAL EVENTS

MARATHONS

- September 25 Sunday, 8:00 am. Portland Marathon. P.O. Box D, Beaverton, OR 97075; (503) 226-1111.
- October 9 Sunday, 8:00 am. Twin Cities Marathon. P.O. Box 24193, Minneapolis, MN 55424; (612) 929-8646.
- October 16 Sunday, 8:00 am. Detroit Free Press Marathon. 321 W. Lafayette, Detroit, MI 48231; (313) 222-6676.
- November 6 Sunday, 10:30 am. New York City Marathon. 8 E. 89th St., New York, NY 10128; (212) 860-4455.
- November 6 Sunday, 9:00 am. Marine Corps Marathon. P.O. Box 188, Quantico, VA 22134; (703) 640-2225 or 2720.
- December 4 Sunday, 8:00 am. White Rock Marathon. P.O. Box 74335, Dallas, TX 75374-3335; (214) 526-5318.
- December 10 Saturday, 9:00 am. Rocket City Marathon. 8811 Edgehill Dr., Huntsville, AL 35802; (205) 881-9077.
- December 11 Sunday, 6:00 am. Honolulu Marathon. 3435 Waialae St., Room 208, Honolulu, HI 98616; (808) 734-7200.
- January Charlotte Observer Marathon. P.O. Box 30294, Charlotte, NC 28230; (704) 379-6896.
- January Houston Marathon. P.O. Box 56682, Houston, TX 77027; (713) 757-2700.

OTHER RACES

- September 17 Saturday, 1:00 pm (MDT): NATIONAL 100-MILE WALK and 50-MILE WALK CHAMPIONSHIPS. RD: CARL MCCOUN, Box 576, Columbus, MT 59019.

REGIONAL EVENTS

Cross-country Season Starts in the Rough

If Saturday was any indication of what lies ahead for this year's cross-country season, plan on it being a rough one. Ten runners arrived in lightweight racing shoes for the Bethel Park 2-mile cross-country race. They should have worn 12" army boots. The year's drought has left the Bethel course even rougher than usual, with uneven grass and weed growth, pavement-hard bare spots and petrified tire ruts from last year's road construction. In other words, it was perfect conditions for a cross-country race! The weather was accomodating, with temperatures in the high 70's and a sun weakened by intervening clouds and humidity. Evenso, the times were a bit slow, which all runners were eager to blame on the hummocky terrain. Linda Price served as race director, assisted by husband Mark and Joe Duncan. Thanks to all for a fun and refreshingly short race.

Bethel Park 2 mile Cross-Country Race

August 20, 1988 7:30 am

Linda Price, Race Director

MEN

1. Tom Coon 12:09
2. Dave Parker 12:49
3. Randy Smith 13:07
4. Roger Turnbough 13:17
5. Richard Harness 14:05
6. Paul DuPuis 18:13
7. Don Price 18:31
8. Shawn Harness 18:35

WOMEN

1. Chris Ruble 15:33
2. Kenna Walker 18:14

VP FAIR 10K RESULTS

Several CTC members faired well at the VP Fair in St. Louis on July 3. The only results available are for the top ten in each division, and they follow: **Men:** 25-29: 4. Craig Christians 32:30; 30-34: 1. Dan Lawson 31:05 2. Steve Stonecipher-Fisher 32:03 8. Jim Marshall 34:35; 35-39: 3. Gary Johanning 33:40; 45-49: 6. Dick Hessler 38:28; **Women:** 20-24: 2. Jill Kingsbury 35:48.

Craig Crandall and Liz Bulman Win One Mile Road Run

July 16, 1988 8:00 am

University Research Park Road Course

It was hot already at 8:00 am for this new format for the one-mile run. This used to be a relay format. Winners: Males 15 & under - Tommy Allen; 16-29 - Craig Crandall; 30-39 Randy Smith; 40 & over - Tom Allen; Females: Liz Bulman.

- | | | | |
|----------------------|------|------------------------|------|
| 1. Craig Crandall | 4:38 | 13. Dick Madsen | 5:37 |
| 2. Scott Mittelstadt | 4:42 | 14. Richard Harness | 5:39 |
| 3. Kevin O'Bannon | 4:45 | 15. Liz Bulman | 5:40 |
| 4. Larry Henze | 4:47 | 16. Dean Baxter | 5:53 |
| 5. Bob Hook | 5:08 | 17. Dale Broadway | 6:00 |
| 6. Randy Smith | 5:10 | 18. Joe Duncan | 6:06 |
| 7. Mike Walthers | 5:12 | 19. John Whitesides | 6:08 |
| 8. Bruce Maxey | 5:15 | 20. Janet Lilley | 6:10 |
| 9. Roger Turnbough | 5:28 | 21. Tommy Allen | 6:11 |
| 10. Tom Allen | 5:32 | 22. B.J. Mumford | 6:11 |
| 11. Tom LaFontaine | 5:35 | 23. Shawn Harness | 8:10 |
| 12. Marvin Odneal | 5:36 | 24. Melody Mittelstadt | 8:17 |

A Three-mile walk was held at the same time as (mile run:

- | | <u>1 mile</u> | <u>2 mile</u> | <u>3 mile</u> |
|-------------------|---------------|---------------|---------------|
| 1. Rob Spier | 11:16 | 22:43 | 34:19 |
| 2. Susan Broadway | 13:52 | 28:01 | 42:17 |

Thanks to MacDonald's for gift certificates and to Eric Mumford and Darlene Londeree for timing help. Ben Londeree was race director. THANKS, BEN!

MOVING? If you have moved or plan to move or if your address has changed, please send your new address information to the Columbia Track Club, P.O. Box 10237, Columbia, MO 65205. Our newsletter is mailed at a third-class rate, which means it will not be forwarded to your new address. Please help us get the news to you!

New Race in Ashland Offers a Change of Pace

Mid-Missouri runners discovered a new and challenging course with the Blue Tower Run held in Ashland on July 23rd. The 6 mile race, held for the first time this year, was run through the rolling hills south of Ashland. Steve Stonecipher-Fischer finished first setting a course record of 30:49. The overall winner in the women's division was Susan Wilson of Jeff City with a time of 40:00. A complete list of finishers and times are given below.

Special thanks goes to the Ashland Police Department and Southern Boone Fire District for volunteering their services. Also, thanks to the Southern Boone Jaycees for sponsoring the event.

Ashland Blue Tower Run Race Results

Males---Blue Tower Run

Place	First Name	Last Name	Age	Time
1	Steve	Stonecipher-Fischer	31	30:49.00
2	Kevin	O'Bannon	20	32:15.30
3	Lafontaine	Tom	41	34:47.46
4	Rubenstein	Scott	21	34:59.71
5	Steve	Linsenbardt	25	35:25.96
6	Doug	Rosen	24	35:56.24
7	Simon	Rose	23	36:07.44
8	Tracy	Smith	19	38:58.19
9	Charles	Dodson	31	39:22.06
10	John	Lawerence	30	39:44.85
11	David	McNeil	28	40:10.14
12	Marc	Scholes	37	40:11.04
13	Dan	Schupun	43	41:05.34
14	Mike	Kaylen	33	41:29.63
15	Dennis	McDevitt	45	42:06.39
16	Joe	Duncan	54	43:29.63
17	Jim	Scott	34	43:40.85
18	David	Plummer	43	44:06.38
19	Dave	Schiefer	26	45:37.81
20	Bob	Humphreys	61	45:57.25
21	Tim	Barksdale	36	46:25.78
22	Ed	Bordeleau	32	47:25.68
23	Tony	Rhinehart	28	56:19.30

Females -----Ashland Blue Tower Run

1	Susan	Wilson	40	40:00.96
2	Pam	Creech	26	42:09.87
3	Diane	Siefert-Wade		45:39.39
4	Anne	Kaylen	32	47:35.34
5	Cindy	Brown	15	48:18.12
6	Christy	Kruse	35	49:53.07
7	Heather	Mahiu		59:34.59

Date of Race: July 23, 1988
Distance: 6 Miles

**Missouri State Championship 15Km Walk
Hickman Track (400 m)
June 4, 1988 9:00am Columbia, MO**

The weather for the state 15Km Walk Championship was ideal, with temperatures in the 60's, sun, no wind and a dry track. Thanks to Don Johnson for serving as race director.

	<u>Roger Turnbough, 31 Columbia, MO</u>	<u>Sandra Fritz, 42 Fulton, MO</u>	<u>Kenneth Evans, 46 Jefferson City, MO</u>
2 km	12:45	15:06	15:16
4 km	26:03	29:53	30:15
6 km	38:46	44:36	44:58
8 km	52:17	59:22	59:41
10 km	1:05:09	1:13:40	1:14:51
12 km	1:18:32	1:28:47	1:29:44
14 km	1:32:30	1:43:39	1:44:55
15 km	1:38:50	1:50:49	1:52:24
	Winner, Men's Open	Winner, Women's Masters	Winner, Men's Masters

SHOW-ME STATE GAMES TORCH RUN (July 29, 1988)

The weather was clear, even though there was a thunderstorm that morning, 94 degrees with a stiff southerly wind as we waited under the overpass on Highway 63 at Ashland for the runners of the Jefferson City Track Club to arrive with the Torch. They had estimated they would be there at 2:00 pm, but they didn't get there until 2:35 pm. It looked like there were a hundred of them compared to the six of us representing the Columbia Track Club when they passed the Torch to Shawn McDonald of the Hickman X-C team and Elmer Schlemper. We ran two runners at a time for safety, visibility, and support with my wife and Mike Walther following in the support vehicles. Our little group picked up more runners, Tom Coon, Tom Allen and his daughter, on the highway and by the time we arrived on Broadway we had a real parade of runners all the way to Stephens College.

The following were the runners who were involved in carrying the Torch this year:

Dale Broadway
Susan Broadway
Jennifer Runowski
Elmer Schlemper
Amy Allen
Arshad Husain
Darius Husian
Justin Quick
Devon Altomari
B.J. Mumford

Christy Ratliff
Shawn McDonald
Mike Walther
Tom Allen
Jennifer Husain
Keary Husain
Tom Coon
Paul Altomari
Susan Altomari
John Kramb

I would like to thank them all for their participation in this event. I hope we will see them next year.

Dale Broadway, Organizer

UPPER BODY ATTIRE WHEN RUNNING IN THE HEAT
by Ben R. Londeree and Scott W. Mittelstadt
Human Performance Lab, University of Missouri-Columbia

We recently completed a study to compare the physiological effects of three different types of upper body attire while running in the heat. Six runners ran on a treadmill on three occasions for one hour in an environmental chamber that was maintained at 90°F and a relative humidity of 60%. Three heat lamps were directed at the runners to simulate the sun. Fans were used to simulate normal air movement while running. An appropriate speed was selected for each runner during five preliminary trials used to acclimate him to the conditions. The subjects were exposed to three different conditions of upper body attire in random order: knit shirt, mesh shirt, and no shirt. We monitored the following variables during each trial: four skin temperatures, rectal temperature, heart rate, sweat loss, and a rating of perceived exertion. The average skin temperature was lowest for the no shirt condition (34.36°C), next lowest for the mesh shirt condition (34.57°C), and worst for the knit shirt condition (34.79°C). Rectal temperature was lowest for the mesh shirt condition (38.48°C) while the no shirt (38.61°C) and knit shirt (38.57°C) conditions were not significantly different from each other. Average heart rates were not significantly different (no shirt = 150.8, mesh = 148.9, and knit = 148.5 bpm). Sweat loss was greatest for the knit shirt condition (1923 milliliters) while the sweat loss for the no shirt condition and mesh shirt conditions (1769 and 1837 milliliters, respectively) were not significantly different. Ratings of perceived exertion were not significantly different. Ratings of perceived exertion were not significantly different among the conditions (skin = 5.8, mesh = 5.5, and knit = 6.2). When considering all variables the knit shirt condition was concluded to be the most stressful, while the no shirt and mesh shirt conditions probably would produce about equal amounts of heat stress when running for one hour in hot sunny weather.

Aside from the experiment several other recommendations will be presented.

- 1) Run during the cooler parts of the day. Early morning is coolest but the humidity is highest. Late evening is somewhat cooler than during the day, the humidity is lower than early morning, but is difficult if you have eaten a large evening meal.
- 2) Avoid the sun as much as possible. (The sun raises the effective temperature about 15°F and the radiation increases the risk of skin cancer). The MKT Trail provides some shade except at midday.
- 3) Drink plenty of fluids. Generally water is best as long as you eat a well-balanced diet. Mineral replacement at meals can be supplemented with tomato or V-8 juice. Drink water before and after your run. Also plan your run so that you can obtain water frequently during the run.
- 4) Get used to the heat gradually during late Spring. After an illness or a trip to a cooler climate, remember to reacclimate yourself to the heat gradually.
- 5) Recognize symptoms of heat stress and react accordingly. Heat exhaustion generally is due to dehydration and can be avoided by drinking plenty of fluids. Muscle cramps signify mineral deficiencies, especially calcium, potassium, and magnesium, and can be prevented by including appropriate foods in your diet, e.g., milk and tomato juice. Heat stroke occurs when the heat regulating mechanisms fail to keep up with the heat load; body temperature is very high and the skin becomes hot and dry. Heat stroke is a life threatening condition that requires emergency procedures to lower body temperature.

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4th Annual Father O'Sullivan 5-K Twilight Picnic Run

SPONSORED BY

Sacred Heart Church

Mergelkamp Printing

Henley Jewelers

WALK OR RUN

(3.1 Miles)
held in conjunction with

SACRED HEART PARISH PICNIC

- PLACE:** Picnic Grounds
Sacred Heart Church
540 North Mill Street
Eldon, Missouri 65026
- START:** 5:30 p.m. - Sunday - August 28, 1988
- COURSE:** 3.1 Miles (5 Kilometers); Starts and ends on picnic grounds **Sacred Heart Church**
- ENTRY FEE:** \$7.00 Pre-Registration or \$8.00 on Day of Race
- RACE PACKETS:** Your race materials (t-shirt, race number, etc.) will be available at the Church picnic grounds from 4:30 p.m. through 5:15 p.m. on Race Day.
- AWARDS:** Special awards to Top Male and Female finishers. Plaques will be awarded to the Top Three Finishers in each Division. (Overall Male and Female Winners will not receive the Age Group Award.)
- POST RACE:** Awards Ceremony 7:00 p.m. picnic grounds: enjoy the festivities and the delicious meal served at the **Sacred Heart Picnic.**
- ATTENDANCE PRIZES:** Drawings will be held for attendance prizes, after the Awards Ceremony.
- T-SHIRTS:** To each entrant (The first 120 entrants will receive the shirt on race day; Others may have to wait, but will still receive one.)
- LATE REGISTRATION:** Permitted the day of race at picnic grounds from 4:30 p.m. to 5:15 p.m.
- CAUTION:** It could be hot and humid! Be prepared to walk or run under these adverse conditions.
- AGE DIVISION:** (Male and Female Divisions for each age group) 14 and Under ★ 15-19 ★ 20-29
30-34 ★ 35-39 ★ 40-44 ★ 45-50 ★ 51 and Over
(Guess who turned 45 this year?!!)
- SPECIAL NOTE:** **DINNER TICKETS** are numbered - if you wish to eat soon after the race, be sure to purchase your Dinner Ticket before the race. Numbers are called throughout the day, and you may eat any time after your number has been called, so be sure to purchase your ticket a couple of hours before you wish to eat.

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ENTRY FORM

Name _____ Age (as of 8/28/88) _____
Address _____ Sex _____ Shirt Size S M L XL
City _____ State _____ Zip _____

WARNING: Due to possible extreme heat, drink plenty of fluids prior to and during the race and do not over exert.

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 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 any of the sponsors, directors, and promoters of this event including their employees and agents from any and 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.

Signature _____ Date _____

Parents must also sign if participant is under the age of Eighteen (18)

RETURN SIGNED FORM WITH \$7.00 TO:

DENNIS McDEVITT, P.O. BOX 381, ELDON, MISSOURI 65026

29th Annual Heart of America Marathon

Marathon Headquarters:

Campus Inn, 1112 Stadium Boulevard
Call (314) 449-2731 for room reservations
\$40.00 for single, \$48.00 for double

Head Timer:

Ben Londerec

Director of Medical Aid:

Leland Pfeifer

Director of Publicity:

Joe Marks

Director of Results:

Joyce Schulte

Director of Aid Stations:

Kim Stonecipher-Fisher

Awards:

Jean Madden

Race Director:

Joe Duncan

Contributing Organizations

- Joe Machens Ford
- Nowell's
- Pepsi-Cola Bottling Company of Columbia, Inc.
- Tryathletics
- 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.

AWARDS

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 8, 1988. **NO ENTRIES WILL BE ACCEPTED THE DAY OF THE RACE.**

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 8, 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 9 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.

HISTORY AND HIGHLIGHTS

The Heart of America Marathon is the sixth oldest in America, and is considered to be one of the toughest courses in the nation.

The Heart of America race started in 1960, with five runners. Two of them finished the race, which was run from Columbia to Fulton. The present course was adopted for the fourth race, in 1963, but was changed in 1982, eliminating one major hill and providing for a finish in Memorial Stadium.

In its 28 years, over 1,000 runners have completed the Heart of America Marathon. Dennis Hinkamp, Columbia Track Club, holds the record, 2:29:15 set in 1977.

Other milestones in the race include William Andberg's 3:17:32 finish in 1968, making the Anoka, MN, veterinarian, at age 57, the oldest competitor to finish the race, until Mickey Owen, 63, Springfield, MO came across at 5:22:36 in 1979. Then, Dr. Howard Calkin, 71, Oregon, MO became the oldest finisher when he finished in 4:23:13 in 1982.

On the other side of the scale, 7-year-old Wesley Paul of Columbia and Tim Phelps, Topeka, are the youngest to finish. Phelps crossed the line in 6:48:35 in 1970, one place ahead of his 8-year-old sister, Liz. Nine others in the Phelps family finished that same race. Paul had a remarkable 4:04:08 in 1976.

Liz Bulman, Columbia (while a graduate student at UMC) holds the women's record of 3:00:07, set in 1982.

Tim Hendricks, Peru, NE, has the most outstanding record for the race, completing 12, with five first, one second and two third place finishes, ranging in time from 2:38:42 to 2:59:49. Lou Fritz, Verdon, NE, has finished 23 consecutive races, including two second-place finishes. Roger Rouiller, Chicago, IL has the best time for over 40-years-old, 2:36:07 set in 1969 at age 40; while Alex Ratelle has won 7 age 40-49 titles. Dick Hessler has the best mark for the age 40 Columbia group with 2:44:09.



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 University of 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 _____
(As of 10/9/88)

City _____ State _____ Zip _____

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

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

If entrant is under 18, parent or guardian must sign below.

Name _____

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, published monthly. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten and turned in by the 15th of the month. Send articles or news on your out-of-town race results to Be sure to pass on to Tom Coon (442-2891), PO Box 10237, Columbia, MO 65205.

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.

COLUMBIA TRACK CLUB
P.O. Box 10237
Columbia, MO 65205

NO PROFIT ORG.
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COLUMBIA, MO

TO: Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203