

The Columbia Track Club News

Volume XX, No. 8

December 28, 1988

Madsen Misses By Two Seconds in Cheese & 'Kraut 10-Miler

Dick Madsen predicted that he would run 10 miles in 1:06:55 before the Cheese and Sauerkraut 10 Mile road race on December 10. He was off by two seconds, finishing in 1:06:53 without the aid of a watch. Dick perennially wins the cheese for coming closest to his predicted time in this event. His trick is simple: he predicts a time that he knows will be difficult for him and then runs accordingly. It still seems like magic to the rest of us. Joe Marks came in second to Madsen in meeting his predicted time, missing by 48 seconds, and Doug Sonheim was third, with a 56 second error. Dan Lawson and Steve Stonecipher-Fisher finished the course first, but missed their predicted time by 2:54 and 2:55, respectively. Linda Price led the women in matching her predicted time, missing by 1:17. Patti Ross finished the course first for the women, but missed her time by 2:46. Georgina Gonzalez finished the race third, missing her time by 2:10. Georgina was one of only three who ran slower than their designated time. The other 15 runners found the course to be faster than they expected.

HAPPY NEW YEAR!! See the 1989 schedule on p. 3-4. **WE NEED RACE DIRECTORS!** Please offer to direct a race: call T.Coon (442-2891).

THE RESULTS:

NAME	TIME	DIFFERENCE
1. D. Lawson & S. Stonecipher-Fisher	54:36	+2:54
2. S. Stonecipher-Fisher	54:36	+2:55
3. R. Turnbough	1:03:36	+3:34
4. J. Meehan	1:05:10	+4:50
5. M. Walther	1:06:07	+2:53
6. D. Madsen & T. Allen	1:06:53	+0:02
7. T. Allen	1:06:53	+1:07
8. D. Sonheim	1:07:57	+0:56
9. E. Schlemper	1:08:04	+1:51
10. J. Marks	1:10:12	+0:48
11. D. Clinkinbeard	1:13:31	+6:29
12. D. Johnson	1:17:24	+2:36
13. T. Powell	1:21:38	-1:38
14. C. Becker	1:21:39	-1:39
15. P. Ross (F)	1:22:14	+2:46
16. L. Price (F)	1:25:43	+1:17
17. G. Gonzalez (F)	1:34:41	-2:10
WALKERS:		
1. R. Spier	1:56:22	+3:38

COUPLES RACE SET FOR JANUARY 8

Joe Marks has 7 gift certificates for age group winners in the Pasta Factory 5 Mile couples road race. Race time is at 2:00 pm on SUNDAY, Jan. 8, at the cinder pile on I-70 Dr. SW (1.5 mi. W of Holiday Inn). Age groups are determined by adding the ages of both members of each couple (all couples MUST be male & female). Age divisions are: 0-44, 45-59, 60-74, 75-84, 85-99, 100 & over, and one WALKERS division. Entry fee of \$5 helps pay for the prizes. COME JOIN IN THE FUN!!!

CONGRATULATIONS, GEORGINA!

by Linda Price

There is at least one other time and place to report on a finisher in the St. Louis Marathon held November 20, 1988. Georgina Gonzalez - 5:08:30. This was Georgina's first marathon and she deserves recognition for that accomplishment. True, as runners, we are in awe of marathoners who streak to the finish in 2, 3 and, yes, even 4 hours....and they deserve credit. But we've got to admire runners like Georgina, too, who, enduring numerous obstacles during training, and miserable weather conditions on race day, stick with it to the end. Those of us "at the back of the pack" may not possess the physical talent of younger, faster runners, but surely the same amount of dedication is there - perhaps a little more so? It never entered her mind to quit that day, although it would have been understandable if she had.

She had been preparing for this event for a long time. Three and a half years ago, when I first met Georgina, we talked about distances we had run and our running goals for the future. She shared with me that she wanted to run a marathon when she turned 50. The three years passed quickly.

Georgina decided to run St. Louis for her first marathon. I gave her a dog-eared copy of "How to Run Your First Marathon," and she was off, following the schedule religiously. While I had the luxury of running in the morning before work, Georgina had to put in most of her training miles after work and in the dark. We ran together whenever our schedules allowed, but that wasn't often.

Medical problems intervened. Still, she continued with her training. I was impressed. Two weeks before St. Louis, she bruised her left great toe, and the nail had to be removed. A visit to Steve S-F to consult on the shoe..."do we cut a hole in the top of the new shoe? Yes!" She continued training. The week of the race, she received a worn-out sock from her 7-month old grandson with a note from her daughter-in-law, with this note: "Here's hoping some of Spenser's energy will be with you in St. Louis." On November 20th, the baby sock was pinned to her running tights and the toe was bandaged.

She was nervous at the start. Could she do it? She had run 18 in training and could not imagine running 8 more on top of that. She was concerned about the 1:00 pm course closing. Earlier, she had written to the St. Louis Track Club about traffic control after 1pm. She thought she could finish in 5 hours, but wasn't positive.

She feels confident now that if road conditions had been better, she would have finished in under 5 hours. Due to weather conditions and my own physical condition, I was not at the finish line for her, and I regret that. Even the professional photographer had packed it in. Nevertheless, she completed in 5:08:30, and placed third in her age group.

Once again, CONGRATULATIONS, GEORGINA....from ALL of us!

COLUMBIA TRACK CLUB
1989 EVENTS

- January 8 Sunday, 2:00 pm PASTA FACTORY 5-mile Twosome Road Race, male-female teams (open to individual runners also) Meet at Strawn Road cinder pile. AWARDS to teams only. \$5.00 fee. RD: Joe Marks
- February 4 Saturday, 9:00 am 5 km NUT RACE, Run or Walk. Research Reactor Park. AWARDS. \$2 fee non-members. RD: _____
- February 26 Sunday, 2:00 pm COLUMBIA REGIONAL HOSPITAL 5-mile Winter Road Race. TROPHIES. \$10.00 fee. RD: T. Coon
- March 25 Saturday, 9:00 am 15 km Road Run. Meet at Holiday Inn (Stadium Blvd. & I-70 Dr. SW). AWARDS. \$2.00 fee non-members. RD: _____
- March 25 Saturday, 2:00 pm Missouri State One-hour Walk Championship. Hickman Track. TROPHIES. \$2 fee. RD: V. Spier
- April 15 Saturday, 6:00 am Missouri Cup Competition 50 mile walk. Hickman Track. TROPHIES. \$5 fee. RD: V. Spier
- April 22 Saturday, 8:00 am HUMAN RACE XI 10 km Road Race. \$8 fee. RD: Mike and Carolyn Little
- May 13 Saturday, 8:00 am Distance Triathlon: 3 mile, 2 mile, 1 mile. Run 1, 2 or all 3 events. 10 km Walk (7:30 am). Hickman Track RD: Dick Madsen
- May 20 Saturday, 8:00 am Junior Olympics Practice Track Meet. Rock Bridge High School Track. Meet will end by NOON. No field events will be held. RD: Tom Allen & _____
- June 3 Saturday, all day Area IV Jr. Olympics Sub-State Track & Field Meet. Rock Bridge High School Track. RD: Tom Allen and Tom Coon
- June 3 Saturday, 9:00 am Missouri State 15 km Walk Championship. Hickman Track. TROPHIES. \$2 fee. RD: Don Johnson
- June 10 Saturday, 8:00 pm Sprint Triathlon. 400, 800 and 1500 meter races. Hickman Track. RD: W. Hicks & S. S. Fisher

CTC 1989 SCHEDULE, Second Half

- July 1 Saturday, 7:30 am 2-person, 5 km Relay (alternate 400's). A team of male runners must have one runner age 15 or under. Hickman Track. AWARDS. \$2 fee non-members. RD: _____
- July 15 Saturday, 8:00 am One-mile Road Run; 3-mile Walk. Research Reactor Park. RD: Ben Londeree.
- August 26 Saturday, 6:00 am Great Sandbagger 30 km Road Run / 20 km Walk. Holiday Inn (Stadium Blvd. & I-70 Dr. SW). RD: R. Turnbough & Sue Broadway
- Sept. 9 Saturday, 8:00 am 2-mile Cross-Country Run. Bethel Park. RD: Linda Price.
- Sept. 16 Saturday, 8:00 am 5 km Cross-Country Run. Gustin Golf Course. TENTATIVE DATE: WATCH NEWSLETTER FOR UPDATE!! RD: _____
- Sept. 24 Sunday, 7:30 am Missouri Heart Institute / Boone Hospital Center 8K. TENTATIVE DATE: WATCH NEWSLETTER FOR UPDATE!! RD: Tom Lafontaine, L. Robbins & D. Lewis
- Sept. 30 Sat., 1:00 pm CENTURION National 100 mile walk. Hickman Track. TROPHIES \$5.00 fee.
-Oct. 1 - Sun. 1:00 pm RD: R. & V. Spier
- October 8 Sunday, 7:00 am 30th ANNUAL HEART OF AMERICA MARATHON. TROPHIES. \$5.00 fee. Meet at Campus Inn parking lot, Stadium Blvd. & College Avenue. RD: Joe Duncan
- October 21 Saturday, 9:00 pm 5 km Dual Cross-Country Meet vs. Jefferson City Road Runners. Oakland Park. RD: _____
- October 29 Sunday, 1:00 pm Missouri Turkey Trot, 3-mile Cross-Country Run. Triangular meet with St. Louis and Jefferson City Track Clubs. Lake of the Woods Course, Columbia. TENTATIVE DATE: WATCH NEWSLETTER FOR UPDATE!!
- November 5 Sunday, 2:00 pm 5 km and 10km Steve Helmick Memorial Road Run. AWARDS. \$5 fee. Holiday Inn {Stadium Blvd. & I-70 Dr. SW}. RD: _____
- December 9 Saturday, 9:00 am Cheese & Sauerkraut 10-mile Road Run. Cinder pile on Route ZZ (1.5 mi W of Holiday Inn on I-70 Dr. SW) RD: _____

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. Advertisements are welcome in the CTC Newsletter. Camera-ready ads must fit in an area of 8"x10" (full page) or 8"x5" (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 CTC or a reciprocating track club. Any submitted item must be typewritten and turned in by the 15th of the month. Send article or news on your out-of-town race results 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

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COLUMBIA, MO

TO:

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2980 Maple Bluff Drive
Columbia, MO 65203