

The Columbia Track Club News

Volume XX, No. 7

November 28, 1988

COLUMBIA TRACK CLUB ANNUAL MEETING MINUTES

NOVEMBER 3, 1988

President Tom Coon called the meeting to order and summarized the minutes from the 1987 annual meeting.

A review of the Treasurer's report revealed a net loss of \$1,286.00 for the 1987/88 fiscal year, due primarily to Kinko's copy costs. The club is seeking new ways to defray expenses (e.g. copy costs, Junior Olympics, selling ad space in the newsletter, etc.). It was suggested that race directors consider the establishment of an entry fee for all races that have award trophies/plaques/prizes.

A motion was made, and approved, to retain the present dues structure.

Tom Coon expressed his gratitude for the assistance he is receiving on the newsletter and also expressed concern that the newsletter is extremely time consuming and is seeking volunteers to take it over. To cover the publication costs, it was recommended that the club sell ads at \$25.00/full page and \$15.00/half page.

Steve Stonecipher-Fisher volunteered to provide storage space at Tryathletics for the Club equipment.

Dick Hessler provided a report on the Colts program, indicating 50 kids stayed in the program. Approximately 70 kids participated in the summer program which ran from April through August (6 consecutive Wednesdays). Tom Allen assisted Dick with this program and gave a report on the Junior Olympics, highlighting that some of the kids qualified for the National meet in Kansas. We have a good supply of uniforms. The Colts raised \$600.00 by providing babysitting service for the football games and a carwash in the Spring. Additional volunteers and fund-raising ideas for Junior Olympics are needed.

Kenna Walker was cited as Athlete of the Year in her AAU age group. She was honored at a recent award banquet in Kansas City.

Tom reviewed the 1988 Race Program as follows:

- We try to coordinate events with other area races.
- The new Boone Hospital Center 8K was a success.
- The new all-comers track meet was not successful.
- The members unanimously decided that Friday night races are not popular.
- During 1989 we have the potential for four cross-country meets with other track clubs.
- A suggestion was made to hold a half-marathon with the Heart of American marathon or two weeks prior. The race directors will decide these and other issues relative to the races.

A new Board of Directors was elected as follows:

- 3 year term - Tom Coon, Joe Duncan, Steve Stonecipher-Fisher
- 2 year term - Dick Hessler, Don Johnson, Linda Price
- 1 year term - Tom Allen, Rob Spier, Carolyn Little

Ben Londereg gave a report of the CTC Scholarship Fund Activities and presented a \$500.00 scholarship to Scott Mittelstadt and a \$150.00 scholarship to Steve Linsenhardt, students at the University of Missouri. These individuals were the first applicants to the fund. The fund balance is approximately \$6,500.00.

Joe Duncan announced that CTC T-shirts and singlets are available for \$8.00 each. He'll allow a quantity discount.

Rob Spier provided an update on the Katy Trail legislation stating that it is showing a positive trend.

**Summary of Treasurer's Report - Columbia Track Club
Fiscal Year 10-1-87 through 9-30-88**

10-1-87	Beginning Balance	\$ 3,124.57
	Deposits (10-1-87 through 9-30-88)	\$14,963.10
	Payments (10-1-87 through 9-30-88)	\$15,349.52
9-30-88	Ending balance	\$ 2,738.15
FY 86/87 Net Income (Loss)		\$ 302.45
FY 87/88 Net Income (Loss)		(\$ 386.42)
Less Scholarship Fund		(\$ 900.00)
Net Loss		(\$1,286.42)

-Submitted by Carolyn Little, Secretary-Treasurer

Runners Contend With Tiresome Winds in Steve Helmick Memorial 5 & 10K

The winds were blasting over 25 mph at times, but 27 hearty souls pushed through it all to compete in the Helmick Memorial 5K & 10K on a chilling Sunday afternoon. The November 6 race was moved to an afternoon time to entice more runners and to the Route ZZ course to avoid downtown traffic. Steve Linsenbardt (18:37) and Steve Stonecipher-Fisher (18:18) led the way for the men in the 5K and 10K races, respectively. Jeanelle Twillman finished first (and last; 27:21) for the women in the 5K, while Janet Lilley finished first in the 10K (43:48).

Joe Duncan and Don Johnson helped Tom Coon direct the race. Dick Helmick, Steve's father, joined in the fun for 5 kilometers.

5K RESULTS:

1. Steve Linsenbardt	25	18:37
2. Tracy Smith	19	19:53
3. Richard Harness	37	21:14
4. John Whiteside	38	22:38
5. Roger White	28	23:38
6. Don Price	46	25:24
7. Jeanelle Twillman (F)	56	27:21
8. Dick Helmick	49	27:43

AGE GROUP WINNERS:

MALE:

< 19	20-29	30-39	40-49
1. T. Smith	S. Linsenbardt	R. Harness	D. Price
2.	R. White	J. Whiteside	D. Helmick

FEMALE: 50-59: J. Twillman

10K RESULTS:

1. S. Stonecipher-Fisher	31	33:18
2. Bob Hook	17	35:44
3. Scott Brunner	18	37:53
4. Steve George	23	38:32
5. Roger Turnbough	31	39:37
6. Doug Sonheim	30	40:48
7. Elmer Schlemper	49	41:07
8. Dan Clinkinbeard	39	42:25
9. Janet Lilley (F)	30	43:48
10. John McCormick	45	43:52
11. Joe Marks	51	44:00
12. Daniel Edwards	27	44:08
13. Norris Kruse	53	47:47
14. Linda Price (F)	44	50:39
15. Gary Volmert	25	52:15
16. Gayle Schneider (F)	25	53:50
17. Nancy Fritsch (F)	49	53:54
18. Georgina Gonzalez(F)	50	56:52
19. John Kruse	20	1:04:04

AGE GROUP WINNERS:

FEMALE:

20-29	30-39	40-49	50-59
1. G. Schneider	J. Lilley	L. Price	G. Gonzalez
2.		N. Fritsch	

MALE:

< 19	20-29	30-39	40-49	50-59
1. B. Hook	S. George	S. S-Fisher	E. Schlemper	J. Marks
2. S. Bruner		R. Turnbough	J. McCormick	N. Kruse
3.		D. Sonheim		

Another Mittelhauser joined the running world on November 18. According to his parents (Milene & Jeff), Davis Hollon Mittelhauser (8 lb. 13 oz.) will be a good predictor: he arrived 14 minutes into his due date.

CONGRATULATIONS, Mom, Dad & Son!

Bob Dolphin Reflects on the 29th Heart of American Marathon

[The following is an excerpt from Bob Dolphin's running log for October 9, 1988, when he returned to Columbia to run the Heart of America. Bob has lived in Tacoma, Washington for about 5 or 6 years, having moved there from Columbia. Bob's running has changed considerably from his Columbia days. He now races virtually every weekend and completes 10 or so marathons each year. His comments are both insightful, given his unique perspective on the Heart, and reminiscent of feelings common to anyone who has run in the Heart. Oh yes, he ran the Portland Marathon (3:03:37) two weeks before the Heart and the Twin Cities Marathon (3:06:20) one week before the Heart! No one exhibits the spirit of the Schulte Award more than Bob.]

Heart of America Marathon
Bob Dolphin

It was to be my Homecoming. On October 9, 1988, I was back in Columbia, Missouri, my former home area, running in the 29th annual Heart of America Marathon. It was my euphoric first marathon in 1981, but in that year and the two that followed, I performed badly. The 1980 and 1988 winner, Steve Stonecipher-Fisher had this to say in a newspaper account, "It's the third most difficult marathon in the country and there's nothing easy about it. Only a little bit of the course is perfectly flat. Most of the time you're running either up or down hill. (The course has 5 major hills with the steepest in the Missouri River bluff in the 15th mile at the end of the 4 mile run on gravel roads). Even for the fairly talented runners, this course is difficult. I've run in 27 marathons, and this one is very tough for me. Sometimes it seems like the hills will never end."

With that as a backdrop, there I was, a flat course specialist who doesn't run well in heat or uphill, trying to make a good impression on my original running

friends. At 7 am in the dark and at 40 degrees, the field of 72 took off, upgrade, towards the University of Missouri campus and downtown Columbia. The first mile was an easy 7 minutes and I was in the 12th position, but a few miles and hills later, I had dropped back to 16th position. By the 10th mile at the top of the second major hill in a rustic setting, the legs were getting tired, but I passed a runner and that helped my morale.

At the halfway mark, a split of 1:30:22 was encouraging, but the hard part of the course was to come. Leaving the river behind, I climbed Easley Hill with a mixture of walking and jogging, but still felt slow and inefficient when I started running and chasing again. The 20 year old runner I was reeling in ran faster than I did, but walked a lot. The caller at the 18th mile mark said, "You're in 14th position and 1:45:28." Since the trophies went 12 deep, there was added incentive to pass a few in the small, strung-out field. I caught the walker-runner in the next mile and would then run 3 more miles before I caught sight of another runner. After we negotiated the last major hill, I could see that I was closing in on him. I caught him in the 23rd mile and then started to overtake another who beat me to the university track and finish line with a minute and a half lead.

At the awards ceremony, I received accolades, a trophy for being 12th overall with a 3:09:31, a trophy for being 1st 50+ finisher and a bronze statuette of a runner for improved performance (10%): the "Dave Schulte Award for Improved Performance in the Heart of America Marathon". It had been a great homecoming day for me and the kids and grandkids that were on hand. Thankfully the temperatures were in the 40's and it was overcast so I could be competitive with some of the younger runners.

SCHEDULE OF EVENTS

COLUMBIA RACE CALENDAR

Dec. 10, Sat. 9:00 am. Cheese and Sauerkraut 10-mile Road Run. ^{+walk} Route ZZ course; Start at Cinder pile on Route 22. AWARDS. RACE
DIRECTOR: ?

REGIONAL CALENDAR

Dec. 3, Sat. 7 am. Snowball 20K/3 Mi. Meramec College. (314) 434-9577.

Dec. 3, Sat. 8:30 am. Last Chance 10K, Forest Park Fieldhouse.

Dec. 4, Sun. 1:00 pm. Hardrock Trail Run. 5K and 10K European style trail run through Rockwoods Range. Meet at Muckerman Shelter, Greensfelder County Park, North of Six Flags. Dorothy Collett (314) 428-9971.

Dec. 10, Sat. 10:00 am. Christmas Chili 6.5 and 1.0-mile Fun Runs, and Mid-America Masters Annual Meeting. Wyandotte County Lake, 91st & Leavenworth Rd., KC, Kansas.

Dec. 11, Sun. 9:00 am. SLTC Marathon Relay, Forest Park, St. Louis. 862-SLTC.

Dec. 17, Sat. 7 am. Snowball Series Half Marathon/4 Mi. Meramec College (314) 434-9577.

Dec. 18, Sun. 7:00 am. SLTC ULTRA 50K/60K. Forest Park, St. Louis. 862-SLTC.

Jan. 8, Sun. 7:00 am. Snowball Series 25K/3 Mi. Marathon Sports (314) 434-9577.

Jan. 8, Sun. 12 Noon. Siberian Express 7.6 Mi. XC. Danville, IL (217) 431-4243.

Jan. 21, Sat. Snowball Series 30K/5 Mi. Marathon Sports. (314) 434-9577.

Jan. 29, Sun. 11:00 am. The Groundhog Run. A 10K Run Underground at Hunt Midwest Underground, 8300 N.E. Underground Drive, KC, MO (Route 210, 3/4 mile east of I-435). \$10 before Jan. 20, \$15 after. Directed by Mid-America Masters, 12645 W. 82nd St., Lenexa, KS 66215

MARATHONS

Dec. 4, Sun. 8:00 am. White Rock Marathon. P.O. Box 74335, Dallas, TX 75374-3335; (214) 526-5318.

Dec. 10, Sat. 9:00 am. Rocket City Marathon. Registration Deadline Dec 1; (205) 881-9077. Harold Tinsley, 8811 Edgehill Drive, Huntsville, AL 35802.

Columbians Flock to St. Louis Marathon Like Snowbirds

Over 33 Columbians, many members of the CTC, entered the St. Louis Marathon, held November 20, 1988. The weather turned nasty before morning broke and stayed that way throughout the race. Temperatures were in the mid 30's, with snow, wind, and slush on the roads. In the words of a certain President-for-Life, "the conditions were miserable."

Joe Duncan has provided a partial list of finishers from Columbia. If anyone has more times and/or places to report, please send them to the CTC, PO Box 10237, Columbia, 65205:

Bob O'Connell	2:55:05
Norm Stebbins	2:57:48
Gary Johanning	2:57:54
Alan Bako	3:01:04
Dick Madsen	3:11:29
Elmer Schlemper	3:12:50
Michelle McFadden(8th)	3:13:40
Roger Turnbough	3:16:37
Simon Rose	3:30 (approx.)
Janet Lilley(13th)	3:32:12
Pamela Creech (20th)	3:42:53
Betty Bohon	3:46:07
Diana Brandt	3:51:46
Don Johnson	4:00 (approx.)
Kirk Sloan	4:00:21
Larry Want	4:00:21
Linda Price	4:31:00
Joe Duncan	DNF
Mike Walther	DNF
Steve Stonecipher-Fisher	DNF
Others???	

Few CTC Runners Compete in Dual with Jeff City Roadrunners

Binder Park, Oct. 23, 1988

From the JCR Running News:

"As if the course did not provide enough challenge already, strong winds also hindered the hearty group of runners who turned out for the Binder Lake 5K [approximate] Cross Country Run. However, after stopping to catch their collective breaths, all runners agreed that the event provided a refreshing break from the usual racing done on the road.... The race was also a dual meet with the Columbia Track Club, with the Roadrunners prevailing easily (they captured the top five spots.)"

1. Craig Christians	27	17:45 JCR
2. Jim Marshall	30	18:20 JCR
3. Breck Burgess	26	18:30 JCR
4. John Howland	39	18:42 JCR
5. Steve Engelbrecht	22	18:50 JCR
6. Tom Lafontaine	41	19:10 CTC
7. Doug Sonheim	30	20:29 CTC
8. Larry Grecian	34	20:37 JCR
9. Tom Stow	37	20:39 JCR
10. Ted Rackers	36	20:44 JCR
11. Jim Bliss	48	21:03 JCR
12. Doug Sims	37	21:18 JCR
13. Sandy Dunafon (F)	42	23:00 JCR
14. Cathy Romine (F)	30	23:01 JCR
15. John Rea	50	23:09 JCR
16. John Borst	42	23:14 JCR
17. Daryl Hylton	24	23:44 JCR
18. Jim Johnson	49	24:45 JCR
19. Hugh Wilson	51	25:50 JCR
20. Beth Bales	36	25:51 JCR
21. Don Price	45	26:22 CTC
22. Sharon Voss	39	27:12
23. George Faulconer	59	28:12 JCR
24. Wesley Voss	11	31:27
25. Amy Sonheim	27	31:29 CTC
26. Shawna Pooler	26	32:22 JCR

DSport

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IT'S TIME TO PAY YOUR DUES FOR 1989!

If you were a member of the CTC **BEFORE** July 1, 1988, and if you have **not** already paid your dues for 1989, now is a good time to send in your dues payment. Make your check payable to the Columbia Track Club and send it along with this form to: **CTC, PO Box 10237, Columbia, MO 65205.**

NAME _____ Telephone No. _____

ADDRESS CHANGES: _____	DUES:	STUDENT	\$6.00
_____		FAMILY	\$10.00
_____		SUSTAINING	\$25.00

While you're at it, why not complete the form below and send it in with your dues payment. We can always use more help!!

Columbia Track Club Committee Sign-up 1988-89

NAME _____ Telephone No. _____

Please indicate the committees on which you are willing to help and return the form to Tom Coon.

_____ Awards Committee	_____ Race-walking Committee
_____ Course Measurement & Certification Committee	
_____ Equipment Committee	_____ Records & Statistics Committee
_____ Fund-raising Committee	_____ Scholarship Committee
_____ Membership Committee	_____ Social Committee
_____ Publicity Committee	_____ Youth Programs Committee
_____ Race Directors Committee	_____ Travel Committee

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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