

The Columbia Track Club News

VOLUME XXI, No. 5

AUG. 11, 1989

PETER HESSLER WINS 1 MILE RUN; RICHARD HARNESS WINS 3 MILE WALK

Road construction and rain forced movement of the one mile run and three mile walk races from the UMC Research Park to the Rock Bridge High School Track on Saturday morning, July 15. The Hessler family placed three members in the top five places. A steady, moderate rain produced a slow track but a cool change from recent hot weather. Thanks to Grandad's for tokens for frozen custard cones. Ben Londerree was race director.

One mile run

Peter Hessler	4:50
Roger Turnbuhl	5:24
Chris Cronhart	5:42
Dick Hessler	5:44
Angela Hessler	6:07
Joe Duncan	6:35
Don Johnson	6:36
Don Price	6:52
Eric Niewoehner	7:36
Matthew Foster	9:37

Three mile walk

Richard Harness	11:34	23:15	34:11
Shawn Harness	12:58	26:27	38:47
John McCrory	13:25	29:00	45:03

Although Harness won the race he lost his car keys and was stranded for about an hour.

ST. LOUIS TRACK CLUB CROSS COUNTRY KICKOFF (5K) AUGUST 6, FOREST PARK

WOMEN: CTC Team...3rd Place*

(MICHELLE McFADDEN, 19:10; ANGELA HESSLER, 21:24; KAREN CAMILLE, 24:43)

*Note: Michelle, 29, placed 2nd overall, less than 1 second behind M.U. runner Sarah Bliss. This was Michelle's first ever XC race. Angela and Karen finished first in their age divisions.

MEN: CTC Team...5th (or sixth)

(WALTER DAVIS, 16th overall, 16:30; PETER HESSLER, 25th overall, 16:55; ANDY JONES, 1st 17 year olds, 17:13; BOB HOOK, 17:30; DICK HESSLER, 1st 45-49, 18:53; STEVE KISSANE, 20:++)

CTC 1989 SCHEDULE

Aug. 26. Sat. 6 a.m. Great Sandbagger 30 km Road Run/ 20 Km walk.
Holiday Inn (Stadium Blvd. & I-70 Dr. SW). Race Directors: Roger
Turnbough (314) 445-1225 & Sue Broadway.

Sept. 9. Sat. 8 a.m. 2-mile Cross-Country Run. Bethel Park. RD: Linda
Price (314) 443-8081.

Sept. 16. Sat., 8 a.m. 5 Km Cross-Country Run. A.L. Gustin Golf Course
(on Stadium Blvd. near MU Alumni Center). RD: Georgina Gonzales (314)
449-8350.

Sept. 24. Sunday, 9:30 a.m. Missouri Heart Institute/Boone Hospital
Center 8K. Tentative date. Watch newsletter for update. RDs: Tom
LaFontaine, Linda Robbins, Don Lewis (314) 874-1034.

Sept. 30. Sat. 1 p.m. to Sun. 1 p.m. CENTURIAN 100-mile walk. Hickman
Track. TROPHIES \$5.00 entry fee. RDs: Rob and Veva Spier (314)
442-2126.

Oct. 8. Sun. 7 a.m. 30TH ANNUAL HEART OF AMERICA MARATHON. TROPHIES.
\$5 fee. Meet at Campus Inn parking lot, Stadium Blvd. and College
Ave. RD: Joe Duncan (314) 445-2684.

Oct. 21. Sat. 9 a.m. 5 Km Dual Cross-Country Meet vs. Jefferson City
Road Runners. Oakland Park. RD: Whitney Hicks (314) 445-7230.

Oct. 29. Sun. 1 p.m. 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.

Nov. 5. Sun. 2 p.m. 5 Km and 10 Km Steve Helmick Memorial Road Run and
Walk. AWARDS. \$5 fee. Holiday Inn (Stadium Blvd. & I-70 Dr. SW).
RDs: Bob Humphreys (314) 874-7185; Fred & Nancy Fritsch 449-3307.

Dec. 9. Sat. 9 a.m. Cheese & Sauerkraut 10-Mile Road Run & Walk. Cinder
Pile on Route ZZ (1.5 mi. W of Holiday Inn on I-70 Dr. SW). Edible
prizes. RDs: Richard & Anne Hessler (314) 874-2906.

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TWO-PERSON, FIVE-MILE RELAY BRINGS OUT THE BEST (July 1, 1989)

<u>Name</u>	<u>Total time</u>	<u>Ave./lap</u>	
Angela Hessler (16)	14:21	86.1	
Peter Hessler (20)	11:21	68.1	Team Time: 25:42 (beats old brother-sister record of 25:56 set in 6/86)
Anne Kaylen (32)	15:02	90.2	
Mike Kaylen (34)	13:26	80.6	Team Time: 28:28
Dick Hessler (47)	12:57	77.7	
Karla Pudend (13)	16:16	97.1	Team Time: 29:08
Boots Gerhardt (60+)	21:09	126.9	
Dave Parker (40+)	13:09	78.9	Team Time: 34:18
Don Price (46)	15:55	95.5	
Toni Price (39)	20:16	121.6	Team Time: 36:11
Brigitta Hessler (11)	18:37	111.7	
Jill O'Connell (12)	17:34	105.4	Team Time: 36:11
Judi Londeree (28)	20:07	120.9	
Darlene Londeree (51)	20:07	120.7	Team Time: 40:16

O.K., number fans, some stuff regarding these "odd couples" who each ran ten 400-meter laps: Note the tie between Price-Price and B.Hessler-O'Connell; and the almost identical times of mother-daughter, Judi and Darlene. Note, also, temp in upper 70s and high humidity -- even with 7:30 starting time. And, finally, the super help. I think we had more help than runners, thanks to some last-minute phone calls by Kim Stonecipher-Fisher. Special thanks to Joe Duncan who did all the math on the above. -- Joe Marks, R.D. (race director)

STRIDE AND RIDE, Aug. 5, Sedalia (10K run; 30K bike)

On a hot, windy day, here are some selected results:

Males

- | | |
|-------------------------|------------------------------|
| 1. Brian Franke 1:21:12 | 25. Dan Clinkenbeard 1:39:29 |
| 18. Simon Rose 1:34:16 | 32. Mike Little 1:46:27 |
| 22. Tracy Smith 1:37:00 | 47. Marv Patterson 1:57:48 |

Females

1. Rochelle Schleicher 1:33:02 (new record)
8. Linda Robbins 2:01:00

Masters (40+)

1. Tom LaFontaine 1:27:33

50+ Male

1. J. Gattermeier

Fastest team

1. Steve Stonecipher-Fisher & Tracy Nichols (Steve ran)
3. Jeff Mittelhauser & Doug Novi (Jeff ran)

Fastest Female-Male Team

1. Milene Mittlehauser & Bob Buehn (Milene ran)

TO YOUR MARKS

(Stuff sent and said to CTC Pres. Joe Marks)

Great Sandbagger is our next CTC race. It's billed as a 30K run (18.6 mi.) or 20K walk (12.4 mi.), but you can go less if you like. (See list of upcoming events.) The race gets its name because a huge, unique trophy with a character all its own goes to the person who "sandbags" the most -- the one who runs or walks the most faster (?) than he/she predicts. It's a novel, fun event that may also be used as a tune-up for our upcoming marathon and Centurian walk.

Cole Camp Run Sept. 9 Jerry Goosen called to tell me about a fun race on a flat course, 8 a.m., Sat., Sept. 9. It's the annual 5 kilometer (3.2-mi) Cole Camp Fair Run. Cole Camp is about 15 miles south of Sedalia. Early entry fee is \$6; day of race \$8. All participants get nice T-Shirts that commemorate the 150th anniversary year. Awards presented in 28 age groups (M/F, 5-year intervals, including 70+). Also awards to oldest, youngest, fastest male and female. For more information, call Jerry at (816) 668-3627. Or fill out the entry form in this newsletter and mail it in.

Our two biggest events -- The Centurian 100-mile Walk, Sept. 30, and the Heart of America Marathon, Oct. 8 are coming up fast. We need help. Rob Spier and Joe Duncan are race directors. See details in other articles and call Rob and Joe to offer help (timers, aid stations, etc.).

Run for Arthritis. We'll help hold this "Jingle Bell Fun Run" in Columbia in December (a 3K...1.8 mi). I'm telling you now, because we are especially looking for caring people to help with the fun run and to help the Arthritis Foundation raise funds. No, CTC does not take on all charitable groups. The idea is to announce them in the newsletters and let individuals help if they want. Contact will be Linda Sherwin (314) 644-3488. More information in subsequent newsletters.

Something to say? You can call me at (314) 445-1919 or drop a note to 509 Defoe Drive, Columbia, MO 65203...or to me at my office, 1-98 Ag. Bldg., UMC, Columbia, MO 65211. We also have a box number (see newsletter, back page).

Want to know where runners and walkers meet? John McCrory has been trying to find out when and where you gather to run. Here's one response to his request:

Time(s): 11 a.m. & noon, Mon. - Fri.

Place: MU's Rothwell Gym; Pace: 7-9 min/mi; Distance: 3-8 mi.

Contacts: Dick Madsen (882-4075); Joe Marks (882-6546) Help John.

Tell him when and where you run and walk. Contact him at 230B Apple Tree Court, Columbia 65203 (875-2149 or 875-5341). We'll put the note in this newsletter.

Bob Dolphin is everywhere. CTC's western connection "struggled" to a fourth place finish (41:33) in the Toppenish Rodeo and Powwow Run on July 1. Then he finished 3rd (just behind a 17-year-old) in the KWTV 13 K endurance run (56:30...a 7 min. pace on rough terrain) on July 4. He

topped off his July diet with a 3:09:18 marathon (U.S. West Marathon, Seattle, July 23), finishing 111 out of 800. Not bad for a retired ag. science administrator. Bob, are you still following that crazy racing/no training schedule? Send me a couple short paragraphs.

You're first class this issue. We're mailing this newsletter first class to help us check on address accuracy. We hope post office will kick back newsletters that don't find their way to you. But it's up to you to let us know if you've moved or are not getting the newsletter. Please give changes of address to Randy Westveer, 5700 N. Maple Ct., Columbia MO 65202 (home Phone is 314/449-7405; work, 449-6246 or 443-8316). Randy has volunteered to copy and distribute the newsletter. Whatta guy! Thanks, Randy.

So, in trade for Randy's help, he'd like a favor from us. He needs volunteers to come to army drills and give personnel lectures on fitness. He says 40% fail the two-mile run test...and he needs some of you exercise physiologists, doctors and pavement-pounding persons to help him tell these guys how to get in shape. Call Randy at one of the above numbers.

Another key person in CTC is our treasurer Carolyn Little. If you need money for a CTC function or, better yet, if you'd like to give us some, call Carolyn at (314) 886-8686. Neat number, huh? Guess who has connections with the telephone company.

Race directors have been assigned to all our races. They are urged to give their race a personal touch. They can make it as low-key as they like and can work out whatever they want in the way of awards, prizes, drawings, etc. I urge them to give me a note on their special event several weeks in advance so I can put this in the newsletter. Also, I have prepared a sheet on RD responsibilities to help y'all remember what to do. That includes delivering race results to media ASAP and hard copy or computer disk to me for newsletter.

Please volunteer to help race directors. I've listed many of their phone numbers.

Deadline for next newsletter is Sept. 10. Get information to me well ahead of that if you can. Naturally, I prefer hard copy or computer disk.

'Bye, Tom. Tom Coon and wife Rhonda are now off to Michigan. They live in Okemos (next to East Lansing) with Tom working at Michigan State University. Tom was a terrific president and did much for the Junior Olympics program here. Besides, the Coons are darn nice folks. They're at 2350 Kewanee Way, Okemos MI 48864 (517) 349-8187. Tom's work No. is (517) 353-3373.

30th 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 Londeree

Director of Medical Aid:

Leland Pfefer

Director of Publicity:

Joe Marks

Director of Results:

Joyce Schulte

Directors of Aid Stations:

Steve Kissane, Eric Mumford

Awards:

Jean Madden

Race Director:

Joe Duncan

Contributing Organizations

- Shelter Insurance Companies
(Primary Sponsor)
- 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.

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 _____

City _____ State _____ Zip _____ (As of 10/8/89)

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 _____

AWARDS

Trophies to be awarded at 11:00 a.m. Trophies to first 12 finishers, and plaques to next 38 finishers. Trophies to the first six women, first three finishers ages 40-49, 50 & over, first female finisher age 40 or over, first finisher age 19 or under. Dave Schulte Award for Improved Performance.

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 7, 1989. **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 7; 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 8 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.

Newsletter back page...

ANNUAL DUES

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

All donanations to CTC are tax deductible

The CTC newsletter is an open forum to nyone, published monthly. We solicit articles, race results, comments, suggestions, etc. Advertisements are welcome in the CTC Newsletter. Camera-ready ads must fit an area of 8 X 10" (full page) or 8 X 5K" (half page). Rates are \$20.00 for a full-page ad and \$12 for a half-page. 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 10th of the month. Send articles of news on your out-of-town race results to Joe Marks (314) 445-1919 or 882-6546, 509 Defoe Dr., Columbia MO 65203.

PLEASE offer to help with any race in which you are not a participant. Thank you.

COLUMBIA TRACK CLUB
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Columbia MO 65205

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