

# The Columbia Track Club News

Volume XXI, No. 1

January 27, 1989

## UPCOMING EVENTS

Are you ready for some serious winter road racing? You will have your chance at several events in the next month. First, the 5K Nut Race will be held this Saturday, Feb. 4 at the Reactor Park at 9:00 am. Nutty awards will go out to the top three finishers in each age group and to the top three walkers of each sex. Call Simon Rose, race director, if you want to assist. The Columbia Regional Hospital 5 Mile Run For Your Life will be held at 2:00pm on Sunday, Feb. 26. The entry forms for this race will be mailed to all CTC members under separate cover. Check at D-Sports or Tryathletics if you need more blanks. If you do not plan to run in the Run For Your Life, please offer to help conduct the race. You will find a signup form on page 5; please complete it and send it in to the CTC mail box so we know who will help!

In March, you can run the 15km RRCA state Championship on the 25th (Doug Sonheim, race director; 9:00 am at Holiday Inn Exec. Center) and walk the Missouri State One-hour Walk Championship (Veva Spier, RD; 2:00pm at Hickman Track). If you want to get away from Columbia, the Jeff City Road Runners are hosting their Luck of the Irish 10K on Sat. Mar. 18, and the Sedalia Road Runners host their half marathon on the 19th. See the complete Mid-Missouri Schedule for 1989, compiled by Craig Christians, JCRC, on p. 3.

**DUES ARE DUE!** If you have not paid your dues for 1989, please send them in soon! The next newsletter will be your last freebie! See page 6.

## BRIEF REPORTS FROM EXERCISE SCIENCE RESEARCH

BY TOM LAFONTAINE

Two recent articles published in the prestigious medical journal, The New England Journal of Medicine, provide substantial support for the importance of physical fitness and reduction of body fat to optimal health. I would like to summarize these two reports for the members of the CTC.

The first study is entitled "Changes in Plasma Lipids and Lipoproteins in Overweight Men During Weight Loss Through Dieting as Compared with Exercise". This investigation was conducted at Stanford University by Dr. Peter Wood and colleagues. The study involved

*cont. on p. 4*

\*\*\*\*\*

## THANKS!

"Thank you for the rubber plant at the time of David's death. The gift from the Club has a special significance for us. Thank you for your support at this difficult time."

Whitney & Marge Hicks

COUPLES RUN FOR DINNER (2 p.m., Jan. 8, 1989)

The fastest couple this blustery day was Pam Creech (35:03) and Larry Henze (27:20) whose combined time of 1:02:23 was fastest of the 14 competing male-female teams. With temperatures in the 20s and winds to match, there were some terrific efforts. Each couple who won a combined-age division won a dinner-for-two at the Pasta Factory.

0-44 -- Angela Hessler (32:53) & Dan Hiskin (32:11).....	<u>1:05:04</u>
45-59 -- Pam Creech (35:03) & Larry Henze (27:20).....	<u>1:02:23</u>
Marsha Perkins (35:39) & Steve Kissane (31:30)...	<u>1:07:09</u>
Joni Sharp (34:08) & Sandy Sharp (34:08).....	<u>1:08:16</u>
60-74 -- Marybeth Lawson (39:48) & Dan Lawson (24:29).....	<u>1:04:17</u>
Patti Ross (37:17) & Mark Volek (29:14).....	<u>1:06:31</u>
Anne Kaylen (35:38) & Mike Kaylen (33:30).....	<u>1:09:08</u>
75-84 -- Janet Lilley (36:09) & Elmer Schlemper (32:20)...	<u>1:08:29</u>
85-99 -- Linda Price (39:26) & Dick Hessler (30:42).....	<u>1:10:08</u>
100± -- Georgina Gonzalez (42:15) & Joe Marks (35:12)....	<u>1:17:27</u>
Nancy Fritsch (41:23) & Fred Fritsch (36:24).....	<u>1:17:47</u>
Boots Gerhardt (48:59) & Tom Allen (31:18).....	<u>1:20:17</u>
Walkers -- Amy & Doug Sonheim (each in 59:58).....	<u>1:59:56</u>
Sue and Dale Broadway (each in 1:10:35).....	<u>2:21:10</u>

Individual Results:

1. Dan Lawson.....	24:49	24. Pam Creech.....	35:03
2. Steve Stonecipher-Fisher	25:35	25. Joe Marks.....	35:12
3. Jack Defreitas.....	26:20	26. Anne Kaylen.....	35:38
4. Larry Henze.....	27:20	27. Marcia Perkins...	35:39
5. Scott Mittelstadt.....	28:23	28. Don Johnson.....	36:06
6. Mark Volek.....	29:14	29. Janet Lilley.....	36:09
7. Tom Coon.....	30:24	30. Fred Fritsch.....	36:34
8. Dick Hessler.....	30:42	31. Patti Ross.....	39:17
9. Dave Parker.....	31:17	32. Linda Price.....	39:26
10. Tom Allen.....	31:18	33. Marybeth Lawson..	39:48
11. Steve Kissane.....	31:30	34. Nancy Fritsch....	41:25
12. Kevin Sigrist.....	31:39	35. Georgina Gonzalez	42:15
13. Dan Hiskin.....	32:11	36. Boots Gerhardt...	48:59
14. Elmer Schlemper.....	32:20	37. Amy Sonheim.....	59:58
15. Mike Walther.....	32:26	Doug Sonheim.....	59:58
16. Tom LaFontaine.....	32:44	39. Sue Broadway...	1:10:35
17. Angela Hessler.....	32:53	Dale Broadway..	1:10:35
18. Mike Kaylen.....	33:30		
19. Don Lewis.....	33:31		
(tie) Ben Londeree.....	33:31		
21. Larry Peterborg.....	33:57		
22. Joni Sharp.....	34:08		
(tie) Sandy Sharp.....	34:08		

\*We needed a dozen more women to make this an all-couples race. Start spreading the word for '90!

Thanks for all the help from Darlene Londeree, Kim Stonecipher-Fisher, Linda Robbins, Dan Edwards, and Roger Turnbough! -- Joe Marks, Race Director

COLUMBIA/SEDALIA/JEFF CITY AREA 1989 RUNNING EVENTS  
(CTC) (SRC) (JCRC)

Date	Time	Event	Location
Jan 8	Sun, 2:00 pm	PASTA FACTORY 5M TWOSOME	CTC, Strawn Road Cinder Pile
Feb 4	Sat, 9:00 am	5K NUT RACE	CTC, Research Reactor Park, \$2 non-members
Feb 26	Sun, 2:00 pm	COLUMBIA REGIONAL HOSPITAL 5M	CTC, Trophies, \$10.00 fee
Mar 18	Sat, 9:00 am	LUCK OF THE IRISH 5K	JCRC, Jeff City YMCA/Jeff City High School
Mar 19	Sun, 9:00 am	SEDALIA HALF MARATHON	SRC, Liberty Park
Mar 25	Sat, 9:00 am	CTC 15K ROAD RUN	CTC, Trophies, \$2.00 fee, Holiday Inn Exec. Center
Mar 25	Sat, 2:00 pm	MISSOURI STATE ONE-HOUR WALK CHAMPIONSHIP	CTC, Hickman Track, \$2.00 fee
Apr 22	Sat, 8:00 am	HUMAN RACE XI 10K	CTC, Faurot Field, UMC, \$8
Apr 22	Sat, 9:00 am	SPRING FLING 5K	JCRC, Jeff City Parks, McClung Park
May 13	Sat, 9:00 am	MOTHER'S DAY 5K (Women only)	JCRC, Jeff City Airport
May 13	Sat, 8:00 am	DISTANCE TRIATHLON (2M, 1M, 800m)	CTC, Hickman Track
May 27	Sat, 8:00 am	FUN RUN BIATHLON	SRC, Run 5K, Bike 15K
June 3	Sat, 9:00 am	SUMMER CLASSIC 5K	JCRC, Jeff City H.S.
June 3	Sat, 9:00 am	MISSOURI STATE 15K WALK CHAMPIONSHIP	CTC, Hickman Track, \$2.00 fee
June 10	Sat, 8:00 am	SPRINT TRIATHLON (400m, 800m, 1500m)	CTC, Hickman Track
July 1	Sat, 7:30 am	TWO PERSON 5K RELAY (alternate 400's)	CTC, Hickman Track, \$2
July 4	Mon, 8:00 am	FIRECRACKER MILE	SRC, State Fairgrounds Race Track
July 4	Mon, 7:00 pm	CELEBRATION MILE	JCRC, Jeff City Parks, State Capitol
July 15	Sat, 8:00 am	ONE MILE ROAD RUN, 3M walk	CTC, Research Reactor Park
July 15	Sat, TBA	WOMEN'S DISTANCE FESTIVAL COUPLES CLASSIC	SRC, 5K each
Aug 6	Sun, 7:00 am	STRIDE AND RIDE BIATHLON (10K run, 30K bike)	SRC, Brooking Park
Aug 12	Sat, 8:00 pm	TWILITE 5000	JCRC, Jeff City Capital Mall

For information send a self-addressed stamped envelope to:

Columbia Track Club  
P. O. Box 10237  
Columbia, MO 65205

Sedalia Runners Club  
500 W. Fifth  
Sedalia, MO 65301

Jeff City Roadrunners  
P. O. Box 7042  
Jefferson City, MO 65102

## EXERCISE SCIENCE REPORTS,

*cont. from p. 1*

131 men who were randomly assigned to an exercise group (47 men), a diet group (42) or a control group (42).

The study lasted one year. The purpose of the study was to investigate the independent effect of two methods of losing fat weight (diet vs. exercise) on the plasma lipid levels in overweight and previously sedentary men. Some of the findings included:

1. the diet group lost 17 lbs. of bodyweight, 12 lbs. of fat and 5 lbs. of lean bodyweight
2. the exercise group lost 10 lbs. of bodyweight, 8.5 lbs. of fat and 1.5 lbs. of lean bodyweight.
3. the amount of fat weight lost was not significantly different amongst the two groups.
4. both groups had significant increases in HDL's and decreases in triglycerides (blood fats)
5. there were no differences amongst the two groups in changes in plasma lipids.
6. no significant changes occurred in the control group.

The results of this study indicated that the most important lifestyle factor for improvement in lipids is the loss of bodyfat. It would be beneficial to follow up this study with a third group which also significantly modified the amount of saturated fat in their diet in addition to exercise to produce a similar weight loss. A final point to be made is that this study demonstrated a slow, but steady weight loss over a one year period was effective in altering blood lipids, particularly the HDL's, in a positive manner. Thus, be patient, make your lifestyle changes permanent and the benefits will come! I believe the study also points to the possibility that exercise may indirectly benefit us through the associated decreases in body fat which usually occur. Personally, I also am convinced that it is most important to alter the composition of the diet; decrease the intake of saturated fats and cholesterol while increasing the consumption of complex carbohydrates. In this study, the subjects were asked not to change their diet in terms of its composition, although there

was a slight decrease in the saturated fat intake in both groups. This investigation appeared in the New England Journal of Medicine (Volume 319:1173, 1988).

The second study which I would like to summarize here also recently appeared in the NEJM (319:1379, 1988). The title of this investigation was "Physical Fitness as a Predictor of Cardiovascular Mortality in Asymptomatic North American Men". It was conducted by Lars-Goran Ekkelund and several colleagues involved with the Lipid Research Clinics Primary Prevention Trial which was completed in 1984 and demonstrated a significant reduction in risk of cardiovascular disease associated with a significant decrease in blood cholesterol in middle-aged men with initially high cholesterol levels (mean of 265 mg/dl).

This study involved 3106 men who were administered a submaximal treadmill test (the same one we administer in our program), several times over an 8.5 year follow-up period. The findings indicated quite clearly that a lower level of physical fitness was associated with a higher risk of cardiovascular death and manifestations of heart disease. This association remained strong even after adjustment for other risk factors (smoking, high blood pressure, high cholesterol, etc.). The risk of death from cardiovascular disease was 2.7 fold greater in men whose heart rate (on walking at 2.5 and 12% on the treadmill increased 35 beats per minute over the 8.5 year average follow-up. It was three times as great in men who had a decrement of 4.4 minutes in the exercise time spent on the treadmill. This well controlled study confirmed the findings from several other studies over the last 40 years that a lower level of fitness is associated with a higher risk of death from coronary heart disease and other cardiovascular diseases in apparently healthy men. The most important finding of this study was that this increased risk in lower fit men was independent of other cardiovascular disease risk factors.

## RACE DIRECTORS NEEDED!

We only need five more race directors to complete the list for the 1989 schedule!! If you are willing to direct or co-direct one of the CTC races for this year, please complete and send in the form given below. We only ask that you direct one race, but you may want to check several races on the form so that we can find the best match of directors to races. IF YOU VOLUNTEER TO DIRECT A RACE, WE WILL NOT ASSIGN YOU TO MORE THAN ONE RACE!!!

Remember that CTC events are only as good as you make them. Make your race the best of all, with interesting prizes, intriguing course layout or dazzling weather! Thanks for your help!!!

\_\_\_\_\_ cut here \_\_\_\_\_

\_\_\_\_\_ 2 person 5 km relay (alternate 400's) - Hickman Track, Sat. July 1, 7:30 am.

\_\_\_\_\_ 5 km Cross-country Run. Gustin Course. TENTATIVE DATE: Sat. Sept. 16, 8:00 am.

\_\_\_\_\_ 5 km CC dual vs. Jeff City Club. Oakland Park, Sat. Oct. 21, 9:00 am.

\_\_\_\_\_ 3-mile CC triangular vs. JCRC & SLTC. Lake of the Woods Course, Sun. Oct. 29, 1:00 pm.

\_\_\_\_\_ 5 km & 10 km Steve Helmick Memorial Road Race (run & walk). Route ZZ course. Sun. Nov. 5, 2:00 pm.

\_\_\_\_\_ 10-mile Cheese & Sauerkraut Road Run & Walk. Route ZZ course. Sat. Dec. 9, 9:00 am.

NAME: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

MAIL TO: CTC  
PO Box 10237  
Columbia, MO 65205

OR CALL: Tom Coon, 442-2891

## MEMBERS REQUEST INFORMATION

Several new members of the CTC have requested information on running in, around and beyond Columbia. George Mummert is looking for a marathon that will be held on Dec. 30 or 31, 1989. If you are aware of any end-of-year marathons, please call George (445-3895). [ED: Sounds like a justifiable excuse for a headache on Jan. 1!] Beth Wallace describes herself as a "recreational runner who runs a 9:30 mile pace & is looking for other women to do long (6 - 10 miles) runs with once a week." Please call her if you are interested (875-8147). Finally, Jack Defreitas is looking for groups of runners in Columbia or Moberly who work out together on a regular basis (not necessarily daily). Jack is 29, lives in Moberly and has a PR in the 5k of 15:18, 30:57 in the 10k and 1:08:57 in the half marathon. Call him at 816-263-8394.

## HELPERS NEEDED FOR RUN FOR YOUR LIFE

Once again, we need help for the 8th Annual Run For Your Life. Columbia Regional Hospital staff do much of the work to administer this race. CTC is in charge of conducting the race itself, and we need help to do our job well. If you are not feeling up to running this race, or are waiting for another race, PLEASE offer to help. You don't want to miss this highlight of the Columbia Social Calendar! We need help with the following:

- \_\_\_\_\_ Timers at finish line (2 needed)
- \_\_\_\_\_ Split callers at mile marks (4 needed)
- \_\_\_\_\_ Chute monitors (direct runners through chutes & hand out finish place sticks) 6 needed
- \_\_\_\_\_ Time/place recorders (2 needed)
- \_\_\_\_\_ Finish time & place data entry (4 needed)
- \_\_\_\_\_ Course monitor & starter

SEND RESPONSES TO CTC, PO BOX 10237, Columbia, MO 65205 BY Feb. 15 OR CALL Tom Coon at 442-2891. THANKS!

**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

**NO PROFIT ORG.**  
**U.S. POSTAGE PAID**  
**PERMIT NO. 226**  
**COLUMBIA, MO**

**TO:**

Joe Duncan  
2980 Maple Bluff Drive  
Columbia, MO 65203