

The Columbia Track Club News

Volume XXI No.

Nov. 10, 1989

Miller, Hanley Set Pace in Helmick Memorial Run

With the sun shining and the temperature pushing 70 degrees , 38 runners competed in Sunday's Steve Helmick Memorial Run in Columbia . Battling high winds , Peg Miller , Columbia , took first place overall in the womens division with a time of 43:48 . Michael Hanley , Columbia , took first place overall in the mens division with a time of 35:01.

Miller also took first place in the womens age bracket 30-39 . Second place went to Janet Lilley , Columbia , with a 44:24 and third place to Anne Kaylen , Columbia , with a 45:37 .

Hanley took first place in the mens age bracket 20-29 . Second place went to Tracy Smith , Columbia , with a 39:13 and third place to Dan Edwards , Columbia , with 46:19 .

In womens 20-29 age group first place was won by Lori Smith , Columbia , in 46:27 . Second place went to Karla Arthur , Columbia , who finished in 51:30.

In the womens 40-49 age group first place was won by Linda Price , Columbia , with a time of 52:28 . Second place went to Jan Farr , Leawood , Kansas , with a time of 57:18 and third place was won by Jeanne Michael , Kansas City , MO , who came in with a 59:12.

Women 50-59 was won by Nancy Fritsch , Columbia , in a time of 54:22.

First place in the 60 and over age bracket went to Elizabeth "Boots" Gerhardt , who finished in 1:03:05 .

In the mens division age 30-39 , first place went to Al Bako , Columbia , in 36:15 . Second place was won by Roger Turnbough , Columbia , in 39:24 . Third place to Steve Branstetter , Columbia , in 39:33.

Mens age 40-49 was won by Tom La Fontaine Columbia , who finished in 37:00 . Second went to Tom Allen , Columbia , in 41:04. Third place went to Dan Schuppan , Columbia , in 44:55 .

Mens age 50-59 was won by Mike Robbins in a time of 42:08. Dean Baxter , Columbia , took second in 45:12 and Joe Marks , Columbia , came in third with a time of 46:58.

The 60 plus mens bracket was won by Don Johnson , Centralia , in a time of 46:15 . Second place was taken by Joe Cragin , Columbia , with 1:06:15.

Race directors were Bob Humphreys , and Fred and Nancy Fritsch .

The race was co-sponsored by the Columbia Track Club and the Columbia Missourian . The 10K race began at 2 p.m. Sunday , November 5th , on I-70 Drive southwest near the Holiday Inn Executive Center , running west and north to Broadway and returning.

Gift certificates from D's Sport were awarded to overall winners and to first place winners in each age bracket . Medals were awarded to first and second place winners in their respective age groups .

Men's Division

Michael Hanley	22	35:01
Al Bako	31	36:15
Tom LaFontaine	42	37:00
Tracy Smith	20	39:13
Roger Turnbough	32	39:24
Steve Ranstetter	30	39:33
Tom Allen	47	41:04
Doug Sonheim	31	41:29
Mike Robbins	50	42:08
Mike Walther	32	43:12
Dan Schuppan	44	44:55
Dean Baxter	53	45:12
Jamie Mondello	34	45:28
Mark Lammy	34	46:01
Don Johnson	61	46:15
Dan Edwards	28	46:19
Joe Marks	52	46:58
Doug Wallace	42	47:41
Don Price	46	51:28
Ken Hirlinger	39	53:17
Terry Robb	35	57:09
Eric Niewoehner	34	1:00:14
Joe Cragin	61	1:06:15

Womens Division

Peg Miller	37	43:48
Janet Lilley	31	44:24
Anne Kaylen	33	45:37
Lori Smith	28	46:27
Barbara Gruner	31	48:38
Karla Arthur	21	51:30
Linda Price	45	52:28
Joanie Arthur	30	53:30
Debbie Heifner	32	54:17
Nancy Fritsch	50	54:22
Ginny Graves	30	55:49
Jan Farr	41	57:18
Jeanne Michael	43	59:12
Boots Gerhardt	69	1:03:05

Jogging burns more calories than walking

If you're walking to stay healthy and lose weight, maybe you should take another lap around the block.

Lately, many experts have been saying that walking is just as good exercise as jogging. But health researchers at Mizzou have found out that while both are good exercise, jogging still burns more calories than walking. And they uncovered an even more interesting fact for dieters: more fat calories are burned by your body if you jog instead of walk.

Dr. Tom Thomas, professor of health and physical education, researched how the body burns calories during exercise by studying two groups of young men. They exercised at the same heart rate and for the same length of time, but one group jogged while the other

group walked. Thomas found that joggers used up more calories and a higher percentage were fat calories.

But that doesn't mean you should give up walking for jogging, Thomas cautions. "I will continue to promote walking as a particularly good exercise for certain populations and for those who find the jarring during jogging uncomfortable," he says. "More people are comfortable with walking. More people can do it and enjoy it more than other exercise."

If walkers want to burn about the same number of calories as joggers, there's an easy formula to remember. At a relaxed pace, just walk about twice as far. In other words, a two-mile walk would burn about as many calories as a one-mile jog.

Jefferson City Wins "Turkey Trot" Oct. 29

1. Steve Stonecipher-Fisher (CTC) ..15:30	14. Tom Allen (CTC)19:01
2. Dan Bryant (JCRR)15:43	15. Ben Londeree (CTC)19:09
3. Scott Mittelstadt (CTC)15:55	16. Irene Clements (JCRR) .20:36
4. Bob Hull (JCRR)16:21	17. Anne Kaylen (CTC)21:56
5. Marc Romine (JCRR)16:24	18. Marlin Guest (CTC)22:29
6. Jim Marshall (JCRR)16:48	19. Justin Quick (CTC)24:37
7. Steve Engelbrecht (JCRR)17:11	20. Nancy Fritsch (CTC) ...25:18
8. Dick Hessler (CTC)17:26	21. Kelly Quick (CTC)25:23
9. Pete Jones (SLTC)18:25	22. Jenny Cordia (CTC)28:06
10. Steve Branstetter (CTC)18:42	23. Brigitta Hessler(CTC) .28:08
11. Dave Parker (CTC)18:46	24. Boots Gerhardt (CTC) ..29:52
12. Mike Kaylen (CTC)18:47	25. Dawn Westveer (CTC) ...31:35
13. Doug Sonheim (CTC)18:48	26. Randy Westveer (CTC) ..31:36

AGE DIVISIONS:

Female

<u>13 and under</u>	<u>14-19</u>	<u>20-29</u>	<u>30-39</u>	<u>50+</u>
Brigitta Hessler Dawn Westveer	Jenny Cordia	Irene Clements	Anne Kaylen	Nancy Fritsch Boots Gerhardt

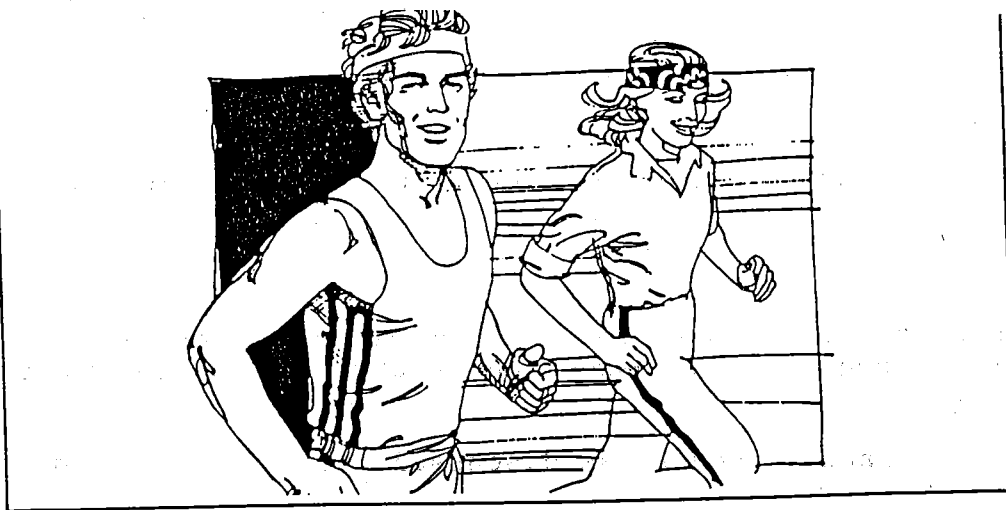
Male

<u>13 and under</u>	<u>14-19</u>	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50+</u>
Justin Quick	Marlin Guest	Dan Bryant S. Mittlestadt Bob Hull S. Engelbrecht	Steve S-F M. Romine J. Marshall Branstetter M. Kaylen D. Sonheim	D. Hessler P. Jones D. Parker T. Allen K. Quick	B. Londeree

Jefferson City Road Runners' brought just six people but made the most of them. Their only female runner, Irene Clements, won the women's division, and the five male runners took five of the top seven spots in the men's division. Columbia Track Club claimed the Master's Division title and had the oldest and youngest finishers.

This was a three-mile run at Lake of the Woods Golf Course. Weather was balmy: cloudy, windy, 60s. This was supposed to have been a triangular meet, but St. Louis Track Club didn't show (except for Pete Jones who was in town for an MU football game). As we understand it, SLTC discussed this race at a meeting and decided not to come because of the early start time. Apparently, they thought the race started at 8 a.m., even though we had cleared the 10 a.m. start with them in August. Also, they have carried the Turkey Trot form in their newsletter with the correct time). Anyway, they decided not to come but failed to call anyone at CTC. Well, shucks, their loss was our gain. This way we had nifty prizes and plenty of refreshments for all participants. You should have been there! Thanks to those who helped. Y'all were terrific!

-- Race Directors: Anne & Mike Kaylen and Joe Marks



A Runner's Journal

by Michael Jay Gottfried, D.C.

I must have been crazy when I decided to run the Boston Marathon—cabin fever or something! It was a balmy day in January, the winter had so far been pretty mild. I had just read that the Foundation for Chiropractic Education and Research (FCER) was sponsoring a Boston Marathon team to raise money for research. On that day, I was trying to figure out what to do to get some regular exercise and get out of the mid-winter blahs. What a great idea! Set a goal to run the Marathon, raise some money for research, get regular exercise, and get support to do it!

On the first day I set out to practice run, my body let me know that it wasn't in agreement with this decision. About a mile into the run my knee started "killing" me. I had to stop running. An old hyperextension injury had come back to haunt me. What to do?

I tried "RICE": Rest, Ice, Compress and Elevate. The next day I was out there again, and the same thing happened. I started wondering if my body was trying to tell me something. It probably was, but I wasn't ready to listen. The next step was to try some chiropractic care, two to three times for a couple of weeks. I was able to run a few miles without pain; couple that with some regular muscle therapy and I was slowly on my way.

What really made a difference for me was taking my pair of Foot Levelers orthotics out of my closet and putting them into my running shoes. I was now able to start pouring on the distance without pain.

MUSCLE PAIN AND SPASM
JOINT STRAINS/SPRAINS
RUNNERS KNEE
"SHIN SPLINT"
LOCKED KNEE
TORN CARTILAGE
"CHARLEY HORSE"
SPRINTER SPUR
HIP PAIN
KNEE PAIN
ANKLE/FOOT PAIN
LOW BACK PAIN
NECK PAIN
BACK PAIN

Chiropractic is...

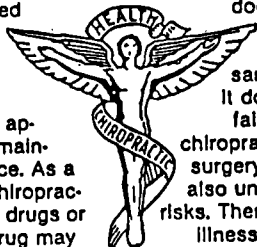
...an approach to health which utilizes the body's inherent and natural recuperative powers.

...a healing science which places emphasis on maintaining the structural integrity of the body.

...a method of health care which is conservative and which does not utilize drugs or surgery.

The chiropractic profession, which was established in 1895, derived its name from the Greek words "cheir" and "praktikis," meaning "done by hand."

Chiropractic is a conservative approach to health restoration, maintenance and disease resistance. As a natural health-care method, chiropractic, by choice, does not utilize drugs or surgical procedure. While a drug may



be helpful in alleviating symptoms, it does not necessarily address the cause of those symptoms.

While surgery may be necessary to remove a diseased organ, it does not address why the organ failed to function normally. While chiropractic recognizes that drugs and surgery may be necessary at times, it also understands their limitations and risks. Therefore, chiropractic approaches illness from a non-invasive viewpoint.

These and many other conditions are helped everyday in Chiropractic offices. For a free consultation, please call:

DR. LOTTA R. TIMBERLAKE
CHIROPRACTIC PHYSICIAN

307 Locust St. • Columbia, Missouri 65201

(314) 875-5101

Columbia Track Club Annual Meeting Minutes
October 19, 1989

President Joe Marks called the meeting to order at 7:30 pm. The meeting began with harmonica entertainment provided by Don Patterson.

The 1990 race schedule was discussed. Comments included:

✓ A suggestion was made to eliminate some fall cross-country meets.

✓ Rob Spier's comments on race walking were read. The interest in race walking seems to be dwindling. Perhaps too many resources are going into this program. A discussion on race walking followed. It was suggested that race walking be included in regular road races but with an abbreviated course. Race walking clinics were suggested as a means to encourage more people to participate in road races.

✓ On March 17, 1990 Columbia Regional Hospital will sponsor a 5K race. They hope to encourage more people to enter this race than the 5 mile race they have sponsored in the past. Their goal is 2000 participants. It was suggested this may be a good event at which to stage a race walking clinic.

✓ It was noted that the Couples Race is very successful and others may be added in the Spring and Fall.

Carolyn Little read last year's minutes and they were accepted as read.

It was noted the CTC has saved a lot of money this year thanks to free xeroxing courtesy of Rich Huse and free collating by Randy Westveer.

It was moved (Whitney Hicks) and seconded (Tom Lafontaine) that the dues structure be changed to:

- sustaining membership ----- \$25.00
- family (all individuals at a single address) --- \$10.00

The motion passed.

Tom Allen reported the Junior Olympics was very successful this year.

The Heart of America Marathon was discussed. The following points were made:

- Joe Duncan (race director) reported traffic concerns. Suggested solutions included: heavy usage of caution signs, more police, more television and radio publicity, inclusion of a race route map in the newspaper, change the course.
- A lot of discussion centered on increasing participation in the HOA. Inclusion of a half-marathon was discussed. Steve Stonecipher-Fisher noted that Tim Barksdale of the Missouri Bird Observatory has expressed interest in a half-marathon to publicize his organization.
- The Board of Directors will discuss the HOA at its next meeting.

The CTC Scholarship Fund awarded \$500 to Scott Mittelstadt.

Joe Duncan (chair of the Nominating Committee) reported Joe Marks volunteered to serve the remaining two years of Tom Coon's term as a member of the Board of Directors. Tom Allen, Rob Spier, and Carolyn Little's transitional one year terms have expired. The Nominating Committee nominated Tom Allen, Rob Spier, and Michael Kaylen for new three year terms. All of the nominations were approved. The current Board members and number of years remaining in their terms are:

- Tom Allen (3)
- Michael Kaylen (3)
- Rob Spier (3)
- Joe Duncan (2)
- Joe Marks (2)
- Steve Stonecipher-Fisher (2)
- Dick Hessler (1)
- Don Johnson (1)
- Linda Price (1)

Since a quorum of Board members was present, the Board appointed Joe Marks as President of the Columbia Track Club and Anne and Michael Kaylen as Secretary/Treasurer.

Carolyn Little presented the 1988 Treasurer's report. It was noted that the Heart of America Marathon was in the red because Shelter Insurance had not yet been billed for t-shirts. A bill will be sent in the near future.

Joyce Schulte noted that leftover race shirts are taken to the Juvenile Justice Center. Simon Rose suggested JJC may want old running shoes. Steve Stonecipher-Fisher offered to serve as a conduit for any donations.

Mike Little noted that some proceeds from the Human Race are donated to the Police Reserves. He suggested setting up a special fund so that the CTC can make such a donation on an annual basis. A motion was made, seconded, and passed to this effect.

Ben Londeree reported the Scholarship Fund has \$7000, \$500 of which is committed to the General Fund for reimbursement of the Scott Mittelstadt check, leaving a balance of \$6500.

Door prizes were awarded. Refreshments were provided by Betty Bohon.

The meeting adjourned at 9:05.

Delano, CTC win dual meet with Jeff City

Columbia Track Club defeated the Jefferson City Road Runners Oct. 21 in a five-kilometer dual meet at Oakland Park. Jon Delano, Bridgeton, who we assume was tuning up for the Turkey Trot, won the event.

1. Jon Delano (Un/At).....16:40	9. Dan Clinkinbeard (CTC)...21:28
2. Scott Mittelstadt (CTC)...17:09	10. Don Johnson (CTC).....21:24
3. Kevin O'Bannon (CTC).....17:44	11. Tim Rooney (CTC).....22:01
4. Bob Hull, Jr. (JC).....17:55	12. Campbell Neel (Un/At)....26:15
5. Steve Englebrecht (JC)....18:25	13. Jon Kruse (CTC).....31:14
6. Simon Rose (CTC).....19:56	14. Boots Gerhardt (CTC)....31:41
7. Tracy Smith (CTC).....20:09	(Tie)Rod Parker (Un/At).....31:41
8. Mike Walther (CTC).....20:29	

Now, some comments about the race: Campbell Neel, 69, is from Huntington, W. Va. He was visiting his son, Philip. Rod Parker, 70, Glenwood, Ark., was visiting Boots Gerhardt, 69, who won the women's division of this meet. Don Johnson, the Centralia flash, is a mere 61. Delano is a mere 29.

It was a bright, sunny day, temperatures in the 50s, light breeze.

Helpers were: Marge Hicks, Linda Price and Steve Stonecipher-Fisher. Race director: Whitney Hicks.

###

It's in the book...

I have received two books from The Athletics Congress (TAC): 1989 Directory (includes officers, committees, by-laws) and 1989-90 Competition Rules for Athletics. The latter includes records and rules for track and field, long distance running, race walking and for individuals with disabilities. There's even a conversion table from 50 meters to 10,000. If you want to borrow the books or need information from them, call me (882-6546 or 445-1919).

Bob Dolphin -- the saga continues...

Bob, who now lives in Yakima, Wash., continues to amaze me -- and his competitors. Now that he has entered the 60+ division, he'll probably bring home even more trophies. "I'm running about 12 marathons a year now and will probably continue doing that for a few years," Bob says. Here are some of his 1989 accomplishments:

100-Year-Birthday-Run, White Swan, Wash. (7.2 mi) -- 48:21 (6:42 pace), first in 50+ division. "This is the longest 10K I've found."

World Veterans Championship Marathon, Eugene, Ore. -- 3:08:25 (7:10 pace). This was his 69th marathon (or ultra...there have been 7 of those) and his best time of the year.

Sizzler Fleet 5K at Kennewick, Wash. -- 19:53 (6:25), 1st in 50-59 div. (Notice the pace...only 35 sec. per mile difference between a 5K and a marathon...and the marathon was on a warm day.)

Hood to Coast Relay, largest relay in North America. Seven hundred 12-person teams. Bob ran the 5-mile legs on Mt. Hood and in the Central Mountains. "I ran a 5:45 pace in the dark down the steep mountain road...my quads paid the price."

Racewalker Bob did a mile and a half in 15 minutes (10-minute pace!) to win State's Day Walk, Prosser, Wash, in Sept. "There isn't any competition in the Yakima area," he claims. He was the first of 15 persons in the event. Second place was 21:05.

Indian Summer Half Marathon, Sept. -- 1:30:19 (6:53 pace). 1st 50-59. A week later ran his fifth Portland Marathon (3:10:31), good for second of the 49 competitors in 50-59 div. This was his 70th marathon in eight years. At age 59 and 11 months, it was his last marathon as a 50-year-old. He placed 401 out of 2967 starters of all ages.

Fun in the Sun 5K, 9/30. 20:02, first 50+.
Royal Victoria Marathon, 10/8, 3:12:59; first 60+.
Sun City Halfathon (13.1 mi.), 10/15, 1:31:78 (7:00 pace). Oldest competitor. Finished in front of first 50-year-old.

Oh, there's more. Bob plans several other events before the end of the year. "I do have a chance at being one of the fastest 60-year-olds in the Northwest for awhile, if I stay healthy and keep my mileage around 30 miles per week." Way to go, Bob!

sedalia RUNNER'S CLUB

H.W. HARRIS MEMORIAL RACE

(formerly the Run For The Third)

8 KILOMETER ROADRACE

NOVEMBER 18, 1989 9 A.M.

JENNIE JAYNES STADIUM

SEDALIA, MISSOURI

3RD *Third* *Nation* *Bank*

WHERE--The event starts and finishes at the Jennie Jaynes Stadium on Highway 65 in Sedalia. The Stadium is located at the west end of Liberty Park.

COURSE--The course is paved except for the final 550 yards which is on the track. The course is measured according to TAC requirements, and all miles are marked. The course is moderately flat with hills at about 1½ and 4½ miles.

ENTRY FEE--The entry fee for the race is \$6 for those who register by November 11. The entry fee after that date, and on the morning of the race, is \$8. All entrants will receive a colorful long-sleeve t-shirt. The entry fee is not refundable. Race day registration begins at 8 a.m.

AWARDS--The top three male and the top three female finishers in each of the following age groups will receive Christmas ornaments as awards:

10 and under	25 - 29	45 - 49	70 and over
11 - 14	30 - 34	50 - 54	
15 - 19	35 - 39	55 - 59	
20 - 24	40 - 44	60 - 69	

MISCELLANEOUS--Alcoholic beverages may not be consumed at Jennie Jaynes Stadium or in Liberty Park. No personal stereos, headphones or 4-legged critters allowed.

In completing the entry form below, please remember to sign the Waiver and Release on the back. Make your check payable to Sedalia Runners Club. Enclose an extra 50¢ if you wish to receive complete results.

For additional information, contact Jeff Mittelhauser at 816-826-0147.

H. W. Harris instituted the Run For The Third in 1978. He was Chairman of the Board of Third National Bank and a long-time supporter of area running and walking.

NAME (please print or type)

SEX M F
(Choose one)

STREET ADDRESS

AGE (as of race date)

CITY

STATE

ZIP

PHONE NUMBER

BIRTHDATE

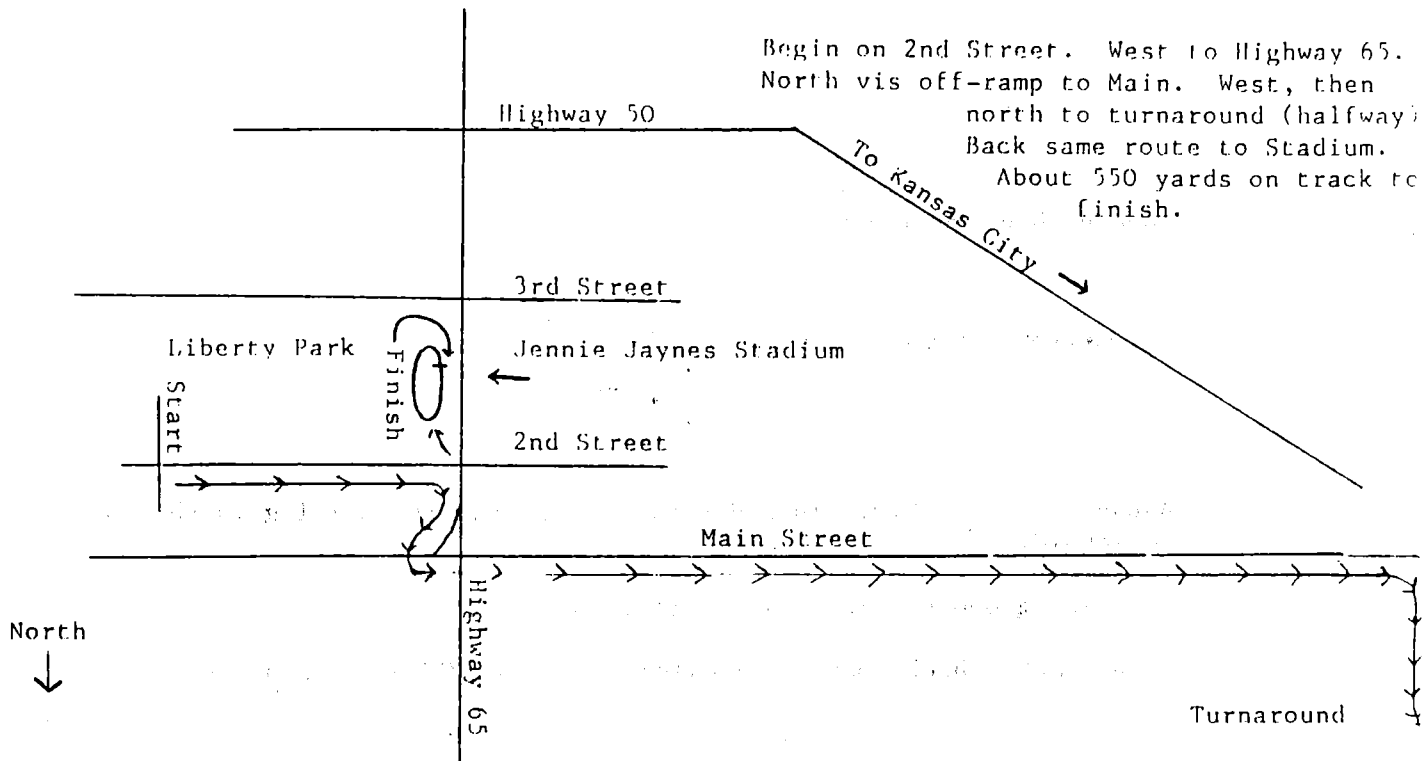
SHIRT SIZE S M L XL
(shirts are 50/50 cotton-poly)

Mail completed entry form and entry fee to SEDALIA RUNNERS CLUB, 905 W.28th, SEDALIA, MO 65301. Enclose additional 50¢ for results. Entry fee is \$6 before November 11, \$8 thereafter.

RACE ENTRY FORM

Sedalia MO 65301
Permit No. 390
U.S. Postage Pd.
Non profit org.

EDALIA RUNNERS CLUB
05 W. 28th
edalia, MO 65301



WAIVER AND RELEASE

I know that competing in the H.W. Harris Memorial Run road race is a potentially hazardous activity. Running in such a footrace entails the risk of injury from collision from motor vehicles and other participants, from physically exerting myself, and from a number of unforeseen incidents. I understand and assume all these risks, both foreseen and unforeseen. I hereby certify that I have properly trained myself to participate in this event, and that I have no medical condition which makes it dangerous for me to run. In consideration of the opportunity to participate in the H.W. Harris Memorial Run, and for other valuable consideration which I have received, I do hereby, for myself, my heirs assigns and personal representatives, waive and release and promise not to sue the Third National Bank, Sedalia Runners Club, Sedalia School District #200, and the Sedalia Parks and Recreation Department, and their heirs, assigns, personal representatives, employees agents and officers, from and for any liability for damages which I may suffer as a result of my participation in the H.W. Harris Memorial Run.

Signature of entrant

Signature of parent if entrant is under 18

PLEASE PAY YOUR DUES BEFORE THE END
OF THE YEAR. SEE ADDRESS AT BOTTOM OF PAGE

COLUMBIA TRACK CLUB

APPLICATION FOR MEMBERSHIP

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

PHONE #: _____

OCCUPATION(S): _____

Members of family at this address and dates of birth of each (optional):

Running background(s): (Optional)

Annual dues are \$10. Includes all of the family residing in the same household.

Sustaining membership (tax deductible) is \$25.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC

P.O. Box 1872

Columbia MO 65205

1989

8th Annual Soybean Run

	NAME	AGE	SEX	TIME
	-----	-----	-----	-----
1	Jack Defreitas	30	M	20.07
2	Scott Robinstein	22	M	20.55
3	Dennis Stewart	40	M	21.45
4	Kevin O'Bannon	21	M	22.16
5	Tom LaFontaine	42	M	23.16
6	Tracy Smith	20	M	23.32
7	Terry Yeater	37	M	23.44
8	John Williams	21	M	24.04
9	Steve Branstetter	30	M	24.13
10	Jeff Reed	18	M	24.28
11	Mike Kaylen	34	M	24.32
12	Tony Evanoski	48	M	25.26
13	Greg Conte	25	M	25.34
14	Ed Wise	30	M	25.35
15	Mike Bunge	34	M	25.35
16	Joe Graves	33	M	25.36
17	Delbert Land	29	M	25.40
18	Jim Kraft	24	M	25.46
19	Mike Robbins	50	M	25.49
20	Terry Richardson	41	M	25.50
21	William Haws	42	M	26.09
22	Mike Green	45	M	26.11
23	Lynn Russell	27	F	26.13
24	Gus Lewton	33	M	26.25
25	Randy Boehm	36	M	26.34
26	Jose Franco	37	M	26.46
27	Koich Takahashi	53	M	27.13
28	Doug DeYoung	37	M	27.15
29	Keith Putnam	28	M	27.22
30	Don Johnson	61	M	27.23
31	David Plummer	44	M	27.24
32	Larry Jackson	42	M	27.30
33	Tim Page	35	M	27.37
34	Bruce Boyes	34	M	28.11
35	James S. Johnson	38	M	28.12
36	Ann Kaylen	33	F	28.26
37	Michael Schneider	12	M	28.27
38	Alan McCune	29	M	28.49
39	Raymond Simmons	63	M	28.51
40	Bill Frazee	36	M	28.54
41	Jack Hudson	44	M	29.14
42	Ed Bordeleau	33	M	29.20
43	Steve Wright	36	M	29.21
44	Ken Bryant	41	M	29.32
45	Don Price	46	M	29.36
46	Laura Zimmer	28	F	29.37

47 Ken McSwain	48	M	29.44
48 Greg Olson	30	M	29.51
49 Wayne Schneider	45	M	29.56
50 Ron Welschneyer	40	M	30.25
51 Travis Tharp	16	M	30.41
52 J.W. Smith	35	M	31.05
53 Bob Smith	54	M	31.11
54 Barbara Pinney	46	F	31.13
55 Charles Lind	42	M	31.20
56 Shelley Henderson	24	F	31.31
57 Virginia Gardner	46	F	31.58
58 Nancy Sublette	31	F	32.00
59 Brian Duffner	12	M	32.13
60 Kenneth Miller	31	M	32.23
61 Nick Karellas	11	M	32.24
62 Richard Sporleder	50	M	32.41
63 Athen Conte	25	F	32.47
64 Les Meine	56	M	32.53
65 John Mueller	46	M	33.28
66 Debbie Heckman	30	F	33.37
67 Leslie Schneider	34	F	33.40
68 Martin Morford	49	M	33.47
69 Butch Langsteiner	34	M	34.02
70 Randy Harris	35	M	34.03
71 Gil Patrick	48	M	34.03
72 Mark Price	29	M	34.07
73 Steve Tharp	39	M	34.15
74 Peter Erdel	11	M	34.32
75 Susan Ault	34	F	34.36
76 Carl Parrack	35	M	34.41
77 Regina Brown	33	F	34.46
78 Rich Duffner	41	M	34.47
79 James Denham	32	M	34.53
80 Billie Sue Raboin	32	F	35.17
81 Susan Sterner	24	F	35.28
82 Rita Jackson	31	F	35.35
83 Dolly Jesse	29	F	35.41
84 Kurt Lamb	41	M	35.54
85 Toni Price	39	F	36.10
86 Patty Putnam	26	F	36.11
87 Janet Buschjost	36	F	36.12
88 Myrtle Parsons	65	F	36.15
89 Della Green	38	F	36.33
90 Judy Miller	42	F	37.48
91 Ben Cederburg	44	M	37.51
92 Franklin Brown	53	M	37.52
93 Bob Marty	55	M	39.31
94 Jason Hanna	14	M	39.35
95 Andra Ogden	20	F	39.36
96 Sharon Shaefer	36	F	40.25
97 Linda Rogers	42	F	42.39
98 Lisa Hulse	28	F	42.40
99 Ken Hanna	39	M	43.57
100 Trent Tharp	10	M	44.30
101 Molly Tharp	12	F	44.33
102 Nick Jolly	6	M	45.52

103 Jessica Jolly	9	F	47.25
104 Loretta Tsikalas	50	F	53.39
105 Ray Muehring	46	M	58.41
106 Heather LaBrun	10	F	59.34
107 J.R. LaBrun	9	M	1.05.20
108 Nancy LaBrun	39	F	1.05.23
109 Sue Priest	42	F	1.06.00
110 Florence Cline	65	F	1.07.00
111 Shirley Ferguson	55	F	1.07.01

HEALTH AND PHYSICAL EDUCATION STUDENT WINS SCHOLARSHIP

Columbia, MO - - - Scott Mittelstadt, a student at the University of Missouri-Columbia was a recipient of a \$500.00 Columbia Track Club scholarship.

The award was made at the annual meeting of the Track Club on October 19, 1989.

Mittelstadt, a doctoral student in exercise physiology within the Department of Health and Physical Education, is from Cedar Falls, Iowa. His research has centered on physiology of running.

A recipient must be an active member of the Columbia Track Club and a student in exercise science at the University of Missouri-Columbia. The candidate must have given service to the running community and be recommended by his/her academic adviser.

For additional information call Dr. Ben R. Londeree at (314) 882-4021.

Parents:
William and Dee Mittelstadt
5018 University Avenue
Cedar Falls, IA 50613

Walkers like our 100-miler

The 1989 Hundred Mile Walk, held here in late September, met with enthusiastic response, especially from the Southern California contingent. We had two thankyou letters from Dale Sutton (San Diego) for himself and others. Several long phone calls from Dave Thorpe (Newport Beach) seconded the motion. They liked Stankowski track, its setting, and the student activity in the area. "Made it less boring." (Half the field had previously walked at Hickman track.) The pre-race dinner met with acceptance. Motel accommodations seemed adequate. And the work of the CTC volunteers was much appreciated. (I should add that the competitors and their "handlers," and several spectators, pitched in too.) Dave Thorpe has twice asked about logistics, etc. with an eye to promoting the 1990 race somewhere in his area. Some measure of our success was that three of the five finishers were new Centurions, a proportion never before achieved. We must be doing something right.

Rob Spier 5 Nov 89

Newsletter back page...

ANNUAL DUES, COLUMBIA TRACK CLUB: \$10.00*

Sustaining Members: \$25.00

*Includes all members of family residing in the same household.

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 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 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 5th 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.

C O L U M B I A T R A C K C L U B

P.O. Box 1872

Columbia MO 65205

NO PROFIT ORG.

U.S. POSTAGE

PAID

PERMIT NO. 226

COLUMBIA, MO

Joe Duncan
2980 Maple Bluff Dr.
Columbia, MO 65203