

The Columbia Track Club News

Volume XXI No. 8

October 14, 1989

Inside

Nichols, Bohon win Heart of America

Price wins 100-mile walk

Annual meeting is Thursday (Oct. 19)

PLUS...

Dues are due

Signup for Turkey Trot

Signup for Helmick 10K

Coming events

Easley does it again as Nichols, Bohon win 30th Heart of America

It was a million dollar fall day in America's heart, but it took a Nichols' worth to win our gut-wrenching marathon.

A Nichols' worth, indeed. Charles Nichols of St. Louis was worth his weight in endurance as he powered through the infamous hills to win going away in 2 hours, 42 minutes flat. He finished nearly four minutes ahead of Raul Flores; 8:20 ahead of Randy Johnson.

When they came up Easley Hill, Nichols had only a few seconds lead. But that hill and those that followed (especially the one at Rock Bridge State Park) took their toll. At 23 miles, Nichols had a 2-minute lead over Johnson (Flores was even farther back in third), and the race was over as Nichols cruised into the Mizzou stadium for a big win.

Meanwhile, the women were having their own stalwart battle. Chris Ruble led early, but a mix of dehydration, hills and a bulging disk took her out at 13 miles. Betty Bohon had already moved into first by then and was never challenged. Her winning time was 3:31:34 and, as Billy Crystal would say, "She looked mahvelous."

When the awards were presented there was more than one catch in the throat. There they were: 48 survivors of the 51 who started — winners every one.

Lou Fritz was choked up when Joe Duncan presented him a special award as Lou finished his 25 straight H of A. (Note: Lou ran 2:57:34 to win the Masters division by a mile.)

Tom Malloy of Columbia also won big. His 21 percent improvement in performance earned him the Dave Schulte Award, presented this year by Dave's oldest son, Carl.

Elmer Schlemper won the 50+ division, and Don Johnson (60+) was this year's oldest finisher.

Mike Kaylan ran an amazing 3:09:37 in his first-ever marathon.

Oh, there are other stories — but space won't allow them all. Anyway, most can't really be shared — just felt...from the Heart.

For the record, the "million dollar" fall day registered 41 degrees and 97 percent relative humidity at the 7 a.m. start; 51° and 97% RH at 11 a.m. The sun made the trees look pretty and the runners took salty and definitely contributed to some fading paces.

The gold stars go to race director Duncan and all the many who helped. Runner after runner remarked they had never been in a better handled race, and they greatly appreciated the encouragement and support.

So hats off to those who ran and those who helped make this a 30th annual Heart of America Marathon to remember!

30TH HEART OF AMERICA MARATHON
FINISHERS

PLACE	NAME	CITY	AGE	1/2 Way	PACE	FINAL TIME
1.	CHARLES NICHOLS	St. Louis, MO	29	1:19:56	6:10	2:42:00
2.	RAUL FLORES	Overland Park, KS	33	1:19:56	6:18	2:45:49
3.	RANDY JOHNSON	DeSoto, Ks.	31	1:20:08	6:29	2:50:20
4.	TOM MALLOY	Columbia, MO	33	1:25:41	6:32	2:51:53
5.	DAVID DOBKOWSKI	St. Louis, Mo	31	1:27:57	6:40	2:55:09
6.	LOU FRITZ	Verdon, NE.	46	1:26:41	6:45	2:57:34
7.	ALAN BAKO	Columbia, MO	31	1:24:40	6:54	3:01:13
8.	CHARLES KRATOCHVIL	Columbia, MO	36	1:27:37	6:56	3:02:36
9.	RICKY WARREN	Springdale, AR	36	1:26:43	6:58	3:03:23
10.	MIKE SIMPSON	Bartlett, TN	43	1:28:37	7:01	3:04:32
11.	JAMES PENN MAXWELL	San Diego, Ca.	35	1:30:02	7:06	3:06:57
12.	SCOTT MITTELSTADT	Columbia, MO	26	1:34:36	7:07	3:07:11
13.	TRACY SMITH	Columbia, MO	20	1:34:36	7:07	3:07:11
14.	ERIC ANDERSON	Columbia, MO	27	1:34:36	7:07	3:07:11
15.	RANDALL SMITH	Columbia, MO	32	1:34:36	7:12	3:09:07
16.	MIKE KAYLEN	Columbia, MO	34	1:34:49	7:12	3:09:37
17.	JERRY ENYART	Springfield, MO	45	1:33:02	7:14	3:10:34
18.	DAVID MOUNTJOY	Columbia, MO	35	1:32:08	7:20	3:12:40
19.	MIKE LITTLE	Columbia, MO	42	1:33:53	7:26	3:15:30
20.	KEVIN SIGRIST	Columbia, MO	28	1:38:06	7:28	3:16:00
21.	DICK MADSEN	Columbia, MO	47	1:38:06	7:29	3:16:43
22.	ELMER SCHLEMPER	Columbia, MO	50	1:38:55	7:31	3:17:45
23.	DWIGHT MARSHALL	Lenaxa, KS	40	1:41:06	7:35	3:19:07
24.	DAVID BIERSMITH	Kansas City, MO	52	1:36:20	7:39	3:21:00
25.	RON MORGAN	Columbia, MO	30	1:42:28	7:44	3:23:10
26.	DENNIS SIMMONS	Florissant, MO	45	1:36:45	7:45	3:23:50
27.	SCOTT SUMMERS	Columbia, MO	22	1:42:26	7:51	3:26:17
28.	LARRY PETTERBORG	Columbia, MO	40	1:43:04	7:52	3:26:46
29.	DAN CLINKINBEARD	Columbia, MO	40	1:41:06	7:52	3:26:51
30.	MARK RODABAUGH	Kansas City, MO	44	1:36:16	8:01	3:30:41
31.	SIMON ROSE	Columbia, MO	24	1:42:26	8:01	3:30:45
32.	BETTY BOHON	Columbia, MO	38	1:42:58	8:05	3:31:24
33.	PAT O'LAUGHLIN	Columbia, MO	28	1:33:06	8:09	3:34:16
34.	ROBERT RISSE	Cameron, MO	49	1:51:42	8:17	3:37:34
35.	FRED FRITSCH	Columbia, MO	53	1:30:54	8:23	3:40:22
36.	Ed McCay	Kansas City, MO	41	1:51:06	8:50	3:52:33
37.	Don Johnson	Centralia, Mo	61	1:55:18	9:00	3:56:29
38.	Kevin Rudeen	Columbia, MO	39	1:50:49	9:04	3:58:15
39.	Jerry Fraszler	Florissant, MO	35	1:45:22	9:04	3:58:26
40.	Jack Hudson	Mexico, MO	44	1:53:43	9:27	4:08:30
41.	Annie Sears	Columbia, MO	27	1:58:32	9:34	4:11:23
42.	Sara Risser	Columbia, MO	49	2:02:06	9:36	4:12:41
43.	Mianne Underwood	Kansas City, MO	25	2:02:13	9:41	4:14:24
44.	Dan Reed	Troy, MO	41	1:55:17	9:57	4:21:23
45.	Walt Morton	Springfield MO	44	1:46:59	10:01	4:22:50
46.	Ed Bordeleau	Paris MO	33	1:50:16	10:13	4:28:48
47.	Leah Christopher	St. Charles MO	27	2:08:08		4:36:47
48.	Don Price	Columbia MO	46			4:45:42

100-MILE WALK: PRICE DOES IT AGAIN; 3 NEW CENTURIONS.

Alan Price, of Washington, DC, showed again that speed and stamina win the race. Only once did he fall to second place, shortly after 50 miles, but Dale Sutton was hot on his heels until the last 10 miles. Sutton profited from the pace by walking a probable PB for the Hundred.

Three new recruits to the Centurion Club of America were Ray Franks (Lakewood, CO), Dave Thorpe (Newport Beach, CA), and Veda Roubideaux (San Diego, CA). Ms. Roubideaux joins four other women Centurions in a distinguished group.

The three Southern Californians swept three of the first five places to show their mettle. They might have presented an even stronger front had not the Braniff Airline collapse kept another strong walker at home.

Returning Centurions - Etherton, Blackburn, and Chapin - walked modest (for them!) distances while Steve Pinto (aided by Phil Sigler, Centurion 37, again) did not equal his 1987 distance of 95.25 miles. He, and we, had great hopes for this year, but ^{as} Alan Price says you can't tell what will happen until you are out on that track.

Columbia Track Club's only representative was veteran Bill Taft who, by now, must have walked in more than twenty Hundred Milers.

Thanks to UMC's Dept. of Health and Physical Education whose sponsorship, arranged through Ben Londeree, gave access to the Stankowski track when Hickman High School's facility was not available. The Department also offered shower and dressing spaces in the UMC Natatorium. Timers included: Ben Londeree, Marge and Whitney Hicks, Joe Duncan, Linda Price, Sandra and

Ron Fritz, Tom Allen (with his kerosene heater), Margaret and Don Johnson, Joe Marks, Sam Stout, Roger Turnbough, Charlie Geiss, Joyce Schulte, Chris Ruble, John Wilke, Ann and Dick Hessler, Joni O'Connor - some worked several shifts. Other aid from Marc Price, John O'Connor, Bonnie Carter, Phil Sigler, Barbara Mandal, and other competitors' family members. Veva Spier did yeoman duty on the phone and at the track.

Rob Spier, Race Director

Results of 22nd Annual 100-Mile Walk, Columbia, MO Sept 30-Oct 1, 1989

		5	10	15	20
		25	30	35	40
5-Mile Splits		45	50	55	60
		65	70	75	80
		85	90	95	100
1. Alan Price	42	51:26	1:43:22	2:38:19	3:31:48
Washington, DC		4:28:08	5:25:46	6:23:30	7:26:57
		8:25:01	9:28:19	10:31:19	11:34:24
		12:38:14	13:38:29	14:43:19	15:49:22
		16:55:07	17:57:44	18:58:10	19:54:11
2. Dale Sutton	50	54:20	1:48:04	2:42:18	3:35:21
San Diego, CA		4:31:35	5:29:12	6:28:48	7:27:20
		8:26:54	9:28:30	10:29:06	11:36:04
		12:42:34	13:44:41	14:49:58	15:53:24
		17:02:10	18:06:15	19:10:22	20:21:43
3. Ray Franks	56	59:03	1:56:54	2:56:34	4:02:04
Lakewood, CO		5:13:36	6:20:16	7:29:35	8:39:11
		9:44:29	10:54:29	12:12:08	13:19:51
		14:31:42	15:39:54	16:53:38	18:01:18
		19:10:18	20:21:42	21:30:11	22:46:19
4. Dave Thorpe	45	1:05:00	2:10:38	3:12:32	4:12:23
Newport Beach, CA		5:15:24	6:27:00	7:31:52	8:39:21
		9:47:43	11:04:54	12:23:23	13:28:05
		14:43:31	16:00:48	17:08:26	18:28:51
		19:43:49	20:47:00	22:03:13	23:14:48
5. Veda Roubideaux	43	1:04:45	2:08:33	3:11:22	4:17:14
San Diego, CA		5:26:50	6:34:52	7:41:12	8:52:44
		10:03:15	11:14:18	12:22:41	13:53:38
		15:03:43	16:21:41	17:32:44	18:41:40
		19:48:39	20:57:40	22:10:15	23:21:06
6. Steve Pinto	29	55:33	2:05:28	3:07:17	4:13:59
Fanwood, NJ		5:20:56	6:32:38	7:42:38	8:55:57
		10:22:56	11:38:29	13:26:48	19:08:46
		20:12:53	21:17:24	22:35:40	23:48:40
		80.75 miles 23:58:30			
7. Doug Brown	46	55:06	2:17:50	3:27:55	4:41:59
Tampa, FL		6:00:05	7:03:40	8:37:07	9:44:21
		11:12:52	12:38:13	15:52:21	17:54:16
		19:31:13	21:36:39	23:20:28	
		77.75 miles 23:57:58			
8. Bruce Etherton	49	1:01:34	2:06:12	3:22:04	4:36:49
Independence, MO		5:55:38	7:09:01	8:25:37	9:51:20
		11:14:51	12:39:05	18:16:53	19:42:06
		21:03:50	22:33:19		
		70 miles 22:33:19			

9. Jack Blackburn	53	58:12	1:57:52	2:59:21	4:02:43
Xenia, OH		5:08:29	6:19:28	7:30:29	8:40:16
		9:47:08	10:59:14	12:20:28	15:06:35
		16:32:10			

68 miles 17:40:00

10. Niall Mandal	46	1:07:09	2:14:08	3:20:59	4:29:51
New Providence, NJ		5:37:53	6:46:55	7:56:51	9:09:45
		10:21:46	11:33:40	12:47:42	14:06:36
		23:50:07			

65.5 miles 23:58:17

11. Tim Phillips	39	56:43	1:53:00	2:53:00	3:57:00
Hiawatha, IA		5:02:30	6:10:47	7:20:44	8:33:50
		14:32:03	16:00:08	19:35:00	21:13:06

62 miles 21:44:55

12. Bob Chapin	58	1:07:52	2:16:07	3:26:08	4:40:12
Independence, MO		5:49:27	9:32:32	10:47:35	12:01:52
		20:56:42	22:23:16	23:40:31	

56.25 miles 23:58:06

13. Don Kinney	50	1:07:53	2:11:08	3:19:43	4:23:05
Lakewood, CO		5:37:20	7:42:25	9:07:42	10:23:42
		11:50:16	13:05:29		

50.25 miles 13:09:37

14. Bill Taft	73	1:17:26	2:38:19	4:04:56	5:36:43
Columbia, MO			23 miles	6:44:17	

15. Judy Blackburn	27	1:07:58	5:29:34	8:38:10	
Xenia, OH			19.75 miles	17:24:29	

Dave Coutts	34	54:20	1:53:42	2:55:18	4:03:05
Peculiar, MO		Disqualified at 24.75 miles 5:05:48			

Notice

Annual Meeting Columbia Track Club

7:30 - 8:30 p.m., Oct. 19, 1989

Basement, Farm & Home Savings Assn.
725 E. Broadway, Columbia

Please don't park in their west side lot.

Business

Running/walking schedule for 1990

election of officers

possible dues change

budget status

other business

Refreshments • Door prizes • Entertainment

DUES ARE DUE

Your 1990 track club dues are due by Nov. 1. They are \$10 for regular membership which covers all family members at the same address. We also offer a \$25 sustaining membership (tax deductible) for those who would like to contribute a bit more to our non profit effort.

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 63201

TURKEY TROT
(3-Mile Cross Country Event)
COLUMBIA, MISSOURI
Sunday, Oct. 29, 10 a.m.

WHERE: Lake of the Woods Golf Course, Columbia, Mo., on St. Charles Road, North side of I-70, East of Lake of the Woods exit.

COURSE: Golf course with short cut grass. Spikes may be worn.

ELIGIBILITY: Open to all runners. However, for Columbia Track Club, St. Louis Track Club, and Jefferson City Road Runners, this race will also be scored as a triangular meet. Scoring will be on a mass basis in three categories: OPEN, 40 & OVER, WOMEN.

ENTRY FEE: \$2.00 before Oct. 25; \$3 on race day and for all late entries received by mail after Oct. 25.

AGE DIVISIONS: Women: 13 & under, 14-19, 20-29, 30-39, 40-49, 50+
Men: (same age divisions)

AWARDS: To at least the top five finishers in each age division. Turkeys and other fowl will be among the awards.

REGISTRATION: By mail before Oct. 25...or race day from 9 - 9:30. Mail entries to Joe Marks, 509 Defoe Dr., Columbia MO 65203. Please use one entry for each person being registered. Include fee.

THREE-MILE TURKEY TROT
Sun., Oct. 29, 1989

NAME: _____ AGE at 10/29/89 _____ M / F
(please print)

STREET ADDRESS: _____ CITY/State/zip _____

Date of Birth: _____ Club affiliation _____ Unattached

In consideration for my entry, I and my heirs do hereby release Columbia Track Club, St. Louis Track Club, Jefferson City Road Runners and the City of Columbia from all injuries and damages that might result from my participating in this race on Oct. 29, 1989. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such an event.

Entrant's signature: _____ Date: _____
(Signature of parent or guardian if entrant is under 18 years of age)

****STEVE HELMICK MEMORIAL RUN****

10 K

Columbia , Missouri

2 p.m. Sunday , November 5, 1989

- Where:** Holiday Inn Executive Center ,
Stadium Boulevard and I-70 Drive SW
- Course :** I-70 Drive SW to Broadway and return
- Elegible :** Open to all runners
- Entry Fee :** \$5 before October 25th . \$6 on race day and for all late
entries received by mail after October 25th .
Make checks payable to **Columbia Track Club .**
- Age Divisions :**
Women : 13 & under , 14-19 , 20-29 , 30-39 , 40-49 ,
50-59 , 60 + Men : same age divisions
- Awards:** Gift certificates for over-all winners , male and female .
Gift certificates for 1st place in each age category .
Medals for 2nd and 3rd place in all age categories .
- Registration :** By mail before October 25th , or race day
from 1 to 1:45 p.m. . Mail entries to Columbia Missourian -
Helmick Memorial , P. O. Box 917 , Columbia , MO 65205
Use one entry for each person being registered . Include
fee .
-

Steve Helmick 10 K Memorial Race Sunday , November 5, 1989

Name _____ **Age at 10/25/89** _____ **M / F**
(please print)
Street Address _____
City / State / Zip _____

In consideration for my entry , I and my heirs do hereby release Columbia Track Club and all co-sponsors from liability for any and all injuries and damages that might result from my participation in the Steve Helmick Memorial Race , November 5, 1989 . I further warrant that I have trained for a race of this distance and weather conditions , and that I am physically fit to participate in such an event .

Signature _____ **date** _____
(signature of parent giving consent if entrant is under 18 years of age)

COLUMBIA AREA RUNNING AND WALKING EVENTS

1989 Schedule
COLUMBIA TRACK CLUB

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. 10 a.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. RD: Joe Marks (314) 882-6546 or 445-1919...and Michael and Anne Kaylan.

Nov. 5. Sun. 12 p.m. 10 Km (6.2 mi.) Steve Helmick Memorial Road Run and Walk. AWARDS. \$5 fee. Holiday Inn (Statium 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 File 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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COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	INFO
10/14	Sat	8:30 am	Harvest Hurry-Scurry 4 Mile Run	Webster Groves, MO	1
10/14	Sat	10:00 am	Eldon Turkey Festival 5K Turkey Trot	Jefferson City, MO	2
10/15	Sun	8:00 am	Neat Feat West County 8K Run (1M)	Manchester, MO	3
10/21	Sat	7:30 am	10th Annual Depot 10K & 2K Runs	Mascoutah, IL	4
10/21	Sat	8:00 am	5 Mile Bran Chex Cereal Race (1M)	St. Louis, MO	5
10/22	Sun	8:00 am	Jamestown Mall Halloween 5K Run	Florissant, MO	6
10/22	Sun	?	Sneak Preview 5K	Kansas City, MO	7
10/29	Sun	8:00 am	Prime Health Marathon and 10K	Kansas City, MO	8
10/29	Sun	8:00 am	Keefer's Sporting Foot 10K & 2.2M	Webster Groves, MO	9
10/29	Sun	9:00 am	Old Style Marathon/Chicago	Chicago, IL	10
11/04	Sat	9:00 am	Parks College Run 5M & 1M	Cahokia, IL	11
11/05	Sun	8:30 am	Take Steps for NF 10K & 3K	St. Louis, MO	12
11/18	Sat	9:00 am	H.W. Harris Memorial 8K	Sedalia, MO	13
11/19	Sun		St. Louis Marathon	St. Louis, MO	5
11/23	Thu	7:00 am	Turkey Trot Fun Run 5K or 8M	Sedalia, MO	13
11/23	Thu	9:00 am	Parkville 5K Turkey Trot	Parkville, MO	14
11/25	Sat	10:00 am	Alton 10 Mile River Road Run	Alton, IL	15
12/09	Sat	10:00 am	15th Annual Chili Run	Kansas City, KS	16

- 1 Epworth Children's Home 110 N. Elm Webster Groves, MO 63119
- 2 Jefferson City Roadrunners P.O. Box 7042 Jefferson City, MO 65102
- 3 West County 8K UFCW Local 655 300 Weidman Road Manchester, MO 63011
Terry Bowman 314-394-6500
- 4 Depot Run P.O. Box 179 Mascoutah, IL 62258
- 5 St. Louis Track Club Ralston Purina Run 6611 Clayton Rd. Suite 200
St. Louis, MO 63117 314-862-7582
- 6 Jamestown Mall Merchants Association 175 Jamestown Mall Florissant, MO
63034 314-355-3500
- 7 Kansas City Track Club 816-471-2314
- 8 Prime Health Marathon & 10K Run P.O. Box 836 Shawnee Mission, KS 66201
913-362-7223
- 9 Keefer's Sporting Foot 8136 Big Bend Webster Groves, MO 63119
314-961-7001
- 10 The Old Style Marathon/Chicago 223 W. Erie Street Chicago, IL 60610
- 11 Parks College Run Business Office Cahokia, IL 62206 Jerry Kurfman
Day 618-337-7500 Ext. 238 Night 618-337-7502
- 12 MO Chapter NF Foundation 14753 Dovershire Court Chesterfield, MO 63017
- 13 Jeff or Milene Mittelhauser Sedalia Runner's Club 500 W. 5th Sedalia,
MO 65301 816-826-0147
- 14 Sharon Arnoldi 6517 Platte Hills Rd. Parkville, MO 64152 816-741-7551
- 15 River Road Run 457 Sullivan, East Alton, IL 62024
- 16 Rich Ayers 816-741-7551

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

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