

The Columbia Track Club News

Volume XXI No. 7

Sept. 22, 1989

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

TO YOUR MARKS

ANNUAL MEETING SET. It's 7:30 p.m., Thursday, Oct. 19, in the basement of Farm & Home Savings Assn., 725 E. Broadway, Columbia. See ad for details. This is our only meeting of the year...so we plan to make it a fun event. And we need to deal with some important business: Election of officers, planning 1990 running/walking schedule and social events, to discuss dues structure, and to enjoy refreshments and entertainment. Oh, yes, I'm looking for enter-tainment ideas and volunteers. Singers, musicians, stand-up comics are welcome. Call me at 445-1919 or 882-6546. *NOTE: We will have a new P.O. Box 1872 as of Oct 1.*

ELECTION OF OFFICERS. Joe Duncan heads CTC nomination committee. He's to find candidates for president and treasurer. His phone no. is 445-2684.

OUR TWO PREMIERE EVENTS, the Marathon and the 100-Mile National Championship Walk are coming up. Race directors Joe Duncan and Rob Spier need help with timing, aid stations and the like. Please volunteer to help them. Their phone numbers are (Joe) 445-2684 and (Rob) 442-2126. They want you to call soon!

Looking for other runners interested in running from Rotherwell gym weekday mornings at 6:30 for approximately 30 mins. I run about a 10 minute mile. If interested call Nan Unklesbay at 882-4113 during working hours.

Engelbrecht wins 5K cross country run

Sept. 16, 1989, A.L. Gustin Golf Course
(Cloudy, upper 50s, light wind)

- | | |
|-----------------------------------|----------------------------------|
| 1. Steve Engelbrecht (23)...18:15 | 9. Mike Imhoff (39).....28:35 |
| 2. Scott Summers (22)19:46 | 10. Sharon Winfrey (22)....28:36 |
| 3. Roger Turnbough (32).....19:59 | 11. Bridget Rockers (26)...28:39 |
| 4. Dave Parker (43).....20:08 | 12. Destiny Thomas (12)....30:45 |
| 5. Steve Branstetter (30)...20:40 | 13. Jenny Cordia (13).....30:45 |
| 6. Ben Londeree (55).....21:04 | 14. Boots Gerhardt (69)....31:48 |
| 7. Don Johnson (61).....23:09 | 15. Darlene Londeree (52)..32:25 |
| 8. Irene Clements (27).....23:59 | |

Not a bad day for a run! Summers, Parker & Branstetter won drawings for surprise gifts...Don Johnson won a golf ball. And race director Georgina Gonzalez invited runners and race helpers to her house for donuts, cider and coffee. Thank you, Georgina, for making this such a nice event. And thanks to those who helped: "Lonesome John" McCrory (stationed at the furthest outpost to keep runners on line), Linda Price, Larry Peterborg and Susan Harley.

BETHEL PARK 2 MILE CROSS-COUNTRY RUN
September 9, 1989

LARRY HENZE was the first of eleven runners to cross the finish line at Bethal Park Saturday, September 9. A downpour earlier in the morning left the course with water standing and more than a little mud! Names and times in order of finish were:

Larry Henze	11:05
Tracy Smith	12:08
Mark Volek	12:12
Mark Hosler	12:25
Randy Smith	12:38
Dave Parker	12:52
Doug Sonheim	12:58
Steve Brandstetter	13:06
Mike Little	14:17
Don Price	15:46
John McCrory	22:57

All runners received ceramic coffee mugs donated by UNIVERSITY HOSPITAL & CLINICS. Five participants also received a wooden nickel good for a free frozen custard from GRANDAD'S FROZEN CUSTARD. Randy Smith won the drawing for a surprise gift from A TOUCH OF DUTCH.

Thanks to John Hamilton and Mike and Carolyn Little for pre-race help. Volunteers Saturday morning were Joe Duncan (thanks for your quality control), Joe Marks and his briefcase, and Boots Gerhardt who braved raindrops and chiggers to help. Lastly, I'd like to thank Raffles, who in his own dog way, marked the course while I measured it-WOOF!

Linda Price
Race Director

Cole Camp Fair 5K (Sept. 10)

Great turnout: 140 starters; 138 finishers.

Fastest Male Runner: Peter Ceceres, Pleasant Hill, 30, 15:38

Fastest Female Runner: Theresa Craig, Cole Camp, 14, 22:19

Oldest Finisher: Clifford Gouge, Springfield, 73, 31:51

Youngest Finisher: Sabrina Denny, Sedalia, 6, 36:30

1. Peter Ceceres	15:38
2. Randy Starr	15:57
3. Kent Lang	16:01
4. Jeff Middlehauser	16:29
5. Ed Lunsford	16:53
6. Rod Williams	16:55
7. Jack Sesler	17:10
8. William Joyce	17:26
9. Fritz Barlag (44)	17:51
10. Greg Watson	17:55

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. 1372
Columbia MO 63201

Columbia Track Club

The Columbia Track Club membership includes 240 families and individuals. The goals of CTC are:

- To promote physical and mental health and fitness
- To help people have fun and enjoy an enhanced quality of life

We do that by sponsoring more than two dozen running and walking events each year.

Several of these events are directed toward area youth. This year, we sponsored a Junior Olympics Practice Track Meet and the AREA IV Junior Olympics Track & Field Meet. Our members have also held a Summer Youth Running & Walking Program for the past several years.

While we are pleased with our youth program, our primary aim is lifelong fitness for everyone. We sponsor and encourage "Fun Runs" and various other running and walking events.

We sponsor events that attract nationwide attention to the community. Examples are the National Championship 100-Mile Walk, one of the few in the world, and our annual Heart of America Marathon, one of the oldest and most challenging marathons in America.

Our club and its members are also involved in major community events, especially in providing volunteers, administrative expertise and equipment. These events include the Human Race, the Columbia Regional Hospital Winter Road Race, and the Show-Me State Games.

1989 Schedule
COLUMBIA TRACK CLUB

Sept. 30. Sat. 1 p.m. to Sun. 1 p.m. CENTURIAN 100-mile walk. Stankowski Track (behind University of Missouri's Natatorium, corner of Rollins Rd. and Maryland St., MU Campus). TROPHIES. \$10 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. 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. 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.

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)

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	INFO
09/16	Sat	7:00 am	Fall Fun Run 10K	Blue Springs, MO	1
09/16	Sat	8:00 am	Fallfest 10K	Springfield, MO	2
09/16	Sat	8:00 am	Jesse James 5K and 10K	Kearney, MO	3
09/16	Sat	8:00 am	Autumn Gold Chase 5K	Kansas City, KS	4
09/17	Sun	?	Los Americas Run	Kansas City, MO	5
09/23	Sat	8:00 am	Liberty Fall Festival 8K	Liberty, MO	6
09/23	Sat	?	Pony Express 5K, 10K 13.1M	St. Joseph, MO	7
09/24	Sun	8:00 am	Bud Light 10K Stadium Run	St. Louis, MO	8
09/24	Sun	1:00 pm	Sunflower Open Cross Country 5K	Overland Park, KS	9
09/30	Sat	8:00 am	Olathe Northgate 8K Run	Olathe, KS	10
09/30	Sat	9:00 am	Harvest Moon 4 Mile Run	Jefferson City, MO	11A
10/01	Sun	8:00 am	Mexico 4 Mile Soybean Run	Mexico, MO	12
10/01	Sun	?	Cliffhanger 5K/10K Road Race	Kansas City, MO	5
10/08	Sun		Twin Cities Marathon	Minneapolis, MN	13
10/14	Sat	10:00am	Eldon Turkey Festival 5K Turkey Trot	Jefferson City, MO	11B
10/22	Sun	?	Sneak Preview 5K	Kansas City, MO	14
10/29	Sun	8:00 am	Prime Health Marathon and 10K	Kansas City, MO	15
10/29	Sun	9:00 am	Old Style Marathon	Chicago, IL	16
11/18	Sat	9:00 am	H.W. Harris Memorial 8K	Sedalia, MO	17
11/19	Sun		St. Louis Marathon	St. Louis, MO	8
11/23	Thu	7:00 am	Turkey Trot Fun Run 5K or 8M	Sedalia, MO	17
11/23	Thu	9:00 am	Parkville 5K Turkey Trot	Parkville, MO	18
11/25	Sat		Alton 10 Mile River Road Run	Alton, IL	
12/09	Sat	10:00 am	15th Annual Chili Run	Kansas City, KS	19

- 1 Blue Springs Chamber of Commerce 202 S. 10th Blue Springs, MO 64105
816-229-8558
- 2 Ridge Runner Sports 1771 S. Fremont Springfield, MO 65804
- 3 Carl Ledberrer P.O. Box 536 Kearney, MO 64060 816-635-4409
- 4 Mike Berry 2211 N. 44th Kansas City, MO 66104 816-741-7551
- 5 Jerry Morrison 5617 NW Adrian Kansas City, MO 64151 816-741-2314
- 6 Joyce Oyen 338 S. 291 Hwy. Liberty, MO 64068 816-792-1115
- 7 St. Joseph YMCA 315 S. 6th St. Joseph, MO 64501 816-232-3344
- 8 St. Louis Track Club 6611 Clayton Rd. Suite 200 St. Louis, MO 63117
314-862-7582
- 9 Dave Burgess 12345 College & Quivira Overland Park, KS 66210
913-469-3820
- 10 Olathe Parks and Rec Olathe, MO 913-764-6163
- 11 Jefferson City Roadrunners P.O. Box 7042 Jefferson City, MO 65102
A. Memorial Park B. Eldon High School
- 12 Tom Parsons 5 Bougainville Dr. Mexico, MO 65265 or
Richard Duffner 522 S. Jefferson Mexico, MO 65265
612-881-3863
- 13 Kansas City Track Club 816-471-2314
- 15 Prime Health Marathon 2018 W. 48th Westwood, KS 66205 913-362-7223
- 16 The Old Style Marathon/Chicago 223 W. Erie Street Chicago, IL 60610
- 17 Jeff or Milene Mittelhauser Sedalia Runner's Club 500 W. 5th Sedalia,
MO 65301 816-826-0147
- 18 Sharon Arnoldi 6517 Platte Hills Rd. Parkville, MO 64152 816-741-7551
- 19 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.

COLUMBIA TRACK CLUB
P.O. Box 10237
Columbia MO 65205



Joe Duncan
2980 Maple Bluff Dr.
Columbia, MO 65203