

# Columbia Track Club News

Volume XXII No. 7

August 20, 1990

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**The Heart of America Marathon starts 6 a.m., Labor Day** (Mon., Sept. 3), near the Campus Inn. Yes, 6 a.m. Yes, Monday, Sept. 3. If you want to run but haven't registered by then, be at Campus Inn race headquarters by 5:30 a.m. that day or 3-7 p.m. the previous day...or call Joe Duncan or Joe Marks for entry forms ASAP.

**Duncan still needs volunteers to help with the marathon.** And you know how much he appreciates it if you call him (Home: 445-2684; work, 874-4328).

**Here's a change in the schedule:** The cross-country run is still 8 a.m., Sept. 15, but it will be at Bethel Park, and it will be two miles. (We can't run on the A.L. Gustin Course, because it won't be marked that day.) We'll have awards and refreshments. Race director: Linda Price (443-8081).

**The 'Runner's Choice' event will be something special.** This one is a 10, 20 or 30K (your choice...and you don't have to declare until after you've finished), 7 a.m., Sat., Oct. 6, start at Holiday Inn Executive Center. Awards in open, master's, age divisions. Refreshments. RD: Joe Marks (445-1919 or 882-6546).

**Our bike-run biathlon** will still be 8 a.m., Oct. 13. But it looks like it will be a 5K run, 35K bike, 5K run with team and individual entries. You'll get a detailed report soon. Plans now call for T-shirts, a pancake dinner and all kinds of goodies to participants. We'll be teaming with the Columbia Bicycle Club and Cycle Sports for this one. Probably will hold in northeast Columbia (Route B, etc.; Hallsville loop).

**The CTC Board will meet soon** to elect officers, tentatively plan next year's schedule, discuss the biathlon and deal with other topics. If you have any comments or business you'd like discussed, here are the board members: Marks, Price, Duncan, Anne & Mike Kaylen, Dick Hessler, Don Johnson, Rob Spier and Steve Stonecipher-Fisher.

**Bob Dolphin numbers:** 14-mile run, 1:42:26, 7:26 pace, first over age 60; one-mile, 5:51, first over age 60; biathlon (5K run, 17 mile bike, 5k run), 1:59:02, second over 60.

**Father O'Sullivan 5K Twilight Picnic Run** is 5:30 p.m., Sun. Aug. 26, in Eldon. Entry fee is \$8. Starts at Sacred Heart Church. Ten age divisions from 11 and under to over 60. All entrants get a T-Shirt. Pre-registration deadline is Aug. 20, but late registration permitted day of race at church picnic grounds, 4:30- 5 p.m. Race director: Dennis McDevitt, Eldon (I don't have a phone no.).

**The Coach Miller Classic 10K** is 6:30 a.m., Ft. Leonard Wood, Gerlach Stadium. RD: Bob Miller (314) 596-4171. Better call him soon if you want to run this one.

**Attn: Jefferson City Road Runners.** Have you set a time, date, location for Turkey Trot? We have this listed for Oct. 28, but I haven't heard anything definite. Please call or write me (Joe Marks, 509 Defoe Dr., Columbia, Mo. 65203). Likewise, if you're planning your 1991 schedule, let's talk so we don't have CTC races conflicting with your dates.

**Cole Camp Fair 5K is Sept. 8.** Starts at 7:30 a.m. Fluorescent T-shirts, 4 trophies, 90 medallions awarded to 15 age groups (male and female). Entry form enclosed. Race director: Harry Goosen (816) 668-3627.

**We literally had a Crackerjack GREAT SANDBAGGER RACE** Aug. 11. We all got Crackerjack prizes and were rated according to our ability to move kilotons per meter. Read more about this inside. Thanks to RD Roger Turnbough and volunteers Becky Turnbough, Mike Mings and Francis Butel.

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***Annual CTC meeting will be held in October.*** Watch for announcement in the next CTC newsletter.



**DAVE SCHULTE AWARD for  
IMPROVED PERFORMANCE in the  
HEART OF AMERICA MARATHON**

The only award of its kind, an original bronze sculpture of a Marathon Runner, created by Larry Young, Bronze Medalist in the 1968 Mexico City Olympic Games and the 1972 Munich Games, in the 50 Kilometer Walk.

This award is given to the runner who shows the most improvement over his previous best Heart of America Marathon time under 5 hours. To date there have been fifteen winners of this prestigious award. Dick Carr from Pittsburg, Kansas won the first one, and says that "It is the most meaningful award I have ever won and it has inspired me to continue running to this day."

**Dave Schulte Award**

		Improvement
1974	DICK CARR Pittsburg, KS	13.89%
1975	FRED MORGAN, JR. Columbia, MO	13.23%
1976	LARRY CORBIN Barnhart, MO	21.80%
1977	PETER EWERS Kirksville, MO	19.30%
1978	KEN ATWELL Overland Park, KS	21.14%
1979	KEN BEACH Raytown, MO	15.80%
1980	DAVE BERRY Bartonville, IL	24.84%
1981	RICHARD MILLER Springfield, MO	25.42%
1982	DAN HOXWORTH Columbia, MO	21.50%
1983	JOHN OSTROOT Columbia, MO	17.14%
1984	STEPHAN MINECK Vinton, IA	30.09%
1985	TIM GIBSON Columbia, MO	9.10%
1986	MICHAEL VEIT Jefferson City, MO	20.18%
1987	ROGER TURNBOUGH Columbia, MO	19.62%
1988	BOB DOLPHIN Yakima, WA	18.45%
1989	Tom Malloy Columbia, MO	21.00%

**NUMBER OF FINISHERS--HEART OF AMERICA MARATHON**

1960	2	1970	53	1980	154
61	5	71	24	81	141
62	12	72	48	82	118*
63	17	73	48	83	93
64	18	74	67	84	108
65	26	75	78	85	46
66	48	76	121	86	40
67	41	77	129	87	39
68	37	78	178	88	64
69	41	79	156	89	48

\*New date, new course (through 1989).

With the 31st annual Heart of America Marathon we are going back to our roots--from the beginning in 1960 to 1981 H of A was a traditional Labor Day event in Columbia. However, in 1982 it was decided that we should get away from the heat and humidity of Labor Day (and the summer training months) and go to a cool weekend in October. Further, it was decided to change the course back to the "traditional" course as it has been for 19 of those first 22 years (the first 3 years the course was from Columbia to Fulton on Route WW). This means that, once again, the finish will be a run down downtown Broadway instead of a finish on Faurot Field. Also we now reclaim the Providence Rd. hill at the Stadium leading to the 24 mile mark, so that we now are back to six major hills instead of five. Back to our roots, back to the three "H's"--heat hills, humidity. Some include an all-encompassing fourth "H"--"Hellish." Easley Hill is back at ½ way now instead of being at 15 miles

PREVIOUS WINNERS

HEART OF AMERICA MARATHON

1960	JOE SCHROEDER Columbia, MO	3:57:00
1961	BILL SILVERBERG Overland Park, KS	3:09:15
1962	BILL SILVERBERG Overland Park, KS	3:09:31
1963	JOHN ROSE LaCrosse, KS	2:56:27
1964	RON DAWS Minneapolis, MN	2:47:27
1965	RON DAWS Minneapolis, MN	2:37:17
1966	BARRY CRAWFORD Boulder, CO	2:34:07
1967	THOMAS HOFFMAN Ft. Atkinson, WI	2:41:52
1968	HAL HIGDON Michigan City, IN	2:41:45
1969	TIM HENDRICKS Omaha, NE	2:45:45
1970	GREG CARLBERG Lincoln, NE	2:47:10
1971	TIM HENDRICKS Peru, NE	2:47:42
1972	TIM HENDRICKS Peru, NE	2:46:15
1973	TIM HENDRICKS Peru, NE	2:43:40
1974	LYNN LEE Exira, IA	2:41:47
1975	TIM HENDRICKS Peru, NE	2:38:42
1976	TONY RODIEZ Milwaukee, WI	2:34:07
1977	DENNIS HINKAMP Columbia, MO	2:29:15*
1978	DENTON CHILDS Springfield, MO	2:33:04
1979	JEFF MITTELHAUSER Sedalia, MO	2:34:08
1980	STEVE FISHER Columbia, MO	2:35:32
1981	JON HERBERT Springfield, MO	2:30:26
1982	JON HERBERT Springfield, MO	2:34:10
1983	JON HERBERT Springfield, MO	2:35:31
1984	FRANK CUROTTO Kirkwood, MO	2:36:42
1985	DUSTY MORRIS St. Charles, MO	2:52:01
1986	FRANK CUROTTO Kirkwood, MO	2:40:07
1987	FRANK CUROTTO Kirkwood, MO	2:37:45
1988	STEVE STONECIPHER-FISHER Columbia, MO	2:33:38

1989 Charles Nichols  
St. Louis, MO 2:42:00

**Women**

1970	KATHY PHELPS Topeka, KS	4:45:38
1974	MARSHA WEISS Columbia, MO	4:34:28
1975	CATHY RUSSELL West Plains, MO	4:40:21
1976	GABRIELLE WARRINGTON Kansas City, MO	4:53:04
1977	JOAN HIRT Columbia, MO	3:09:21
1978	NORMA COUSIN Grinnell, IA	3:37:31
1979	PAIGE BUTLER Columbia, MO	3:45:47
1980	DEBBIE HOXWORTH Columbia, MO	3:23:44
1981	WENDY THOMAS Evansville, IN	3:07:17
1982	LIZ BULMAN Columbia, MO	3:00:07*
1983	DEBBIE HOXWORTH Columbia, MO	3:05:05
1984	DEBBIE HOXWORTH Boulder, CO	3:25:45
1985	ANGELA ZOOK Fortuna, MO	3:34:28
1986	ROBIN KOKJOHN Farmington, IA	3:35:24
1987	LISA HARRISON Columbia, MO	3:32:42
1988	CHRIS RUBLE Columbia, MO	3:34:22

1989 Betty Bohon 3:31:24

**Age 40 & Over**

1963	DICK KING Chicago, IL	4:02:35
1967	ALEX RATELLE Minneapolis, MN	3:20:09
1968	ALEX RATELLE Minneapolis, MN	2:57:27
1969	ALEX RATELLE Minneapolis, MN	2:53:33
1970	ALEX RATELLE Minneapolis, MN	3:26:28
1971	ALEX RATELLE Minneapolis, MN	3:03:46
1972	ALEX RATELLE Minneapolis, MN	2:57:24
1973	ALEX RATELLE Minneapolis, MN	2:55:44
1974	REX FRAZER Ft. Leonard Wood, MO	2:53:12
1975	ALEX RATELLE Minneapolis, MN	2:54:40
1976	JOEL RABDAU Creve Coeur, MO	2:55:46
1977	JOEL RABDAU Creve Coeur, MO	2:59:31
1978	BEN LONDEREE Columbia, MO	2:49:55
1979	ROGER ROUILLER Chicago, IL	2:36:07*
1980	JOE MARKS Columbia, MO	2:55:01
1981	DICK HESSLER Columbia, MO	2:44:09
1982	BILL FOX Tarkio, MO	2:43:36
1983	BILL FOX Tarkio, MO	2:42:46
1984	BILL FOX Tarkio, MO	2:47:57
1985	LOU FRITZ Verdon, NE	2:54:09
1986	LOU FRITZ Verdon, NE	2:55:31
1987	BILL FOX Higginsville, MO	2:54:54
1988	LOU FRITZ Verdon, NE	2:58:03

1989 Lou Fritz  
Verdon, Ne 2:57:34

8-11-90

### Great Sandbagger Race

On a cool Saturday Morning, seventeen runners participated in the revised Great Sandbagger Race. The course this year was shorten to 10 Kilometers. With the handicapped start the field was equalized for all. The "rabbits" of Dorothy Pino and Linda Price held on strong to win.

Race Results:	10k time	Time Difference from prediction
1. Dorothy Pino	49:09	-2:31
2. Linda Price	51:18	-2:27
3. Gary Stamper	45:48	-:39
4. Joe Marks	47:39	-:21
5. J.B. Oliver	42:40	-:20
6. Rob Spier	1:12:44	-:16
7. Tom Allen	40:50	-:10
8. Joe Shultz	48:29	-:01
9. Julie Schmidt	48:12	+:12
10. Peg Miller	43:52	+:22
11. Elmer Schlemper	42:28	+:28
12. Joe Duncan	48:38	+:38
13. Christopher Butel	38:21	+1:21
14. Don Johnson	50:29	+1:29
15. Jose Ramos	46:40	+1:40
16. Mark Volek	36:13	+1:43
17. Randy Smith	39:49	+2:37

The race also included a "kiloton rating". This rating is based on the time required to move a thousand tons of the runners weight one meter. The formula for the 10K is:

$$\frac{1000 \times 2000 \text{ lbs}}{10,000 \text{ meters}} \times \text{runner's wt.} \times 10\text{K time} = \text{Kiloton rating}$$

Based on the kiloton rating, Randy Smith moved the thousand tons the fastest.

NAME	WEIGHT	TIME	KILOTON RATING
Linda Price	118	51.3	86.9491525424
Gary Stamper	165	45.8	55.5151515152
Joe Marks	150	47.65	63.5333333333
J.B. Oliver	175	42.66	48.7542857143
Rob Spier	120	72.73	121.2166666667
Tom Allen	133	40.83	61.3984962406
Joe Schultz	160	48.5	60.625
Julie Schmidt	135	48.2	71.4074074074
Peg Miller	120	43.86	73.1
Elmer Schlemper	140	42.46	60.6571428571
Joe Duncan	140	48.63	69.4714285714
Christopher Butel	100	38.35	76.7
Don Johnson	140	50.5	72.1428571429
Jose Ramos	165	46.66	56.5575757576
Mark Volek	152	36.22	47.6578947368
Randy Smith	185	39.81	43.0378378378

7th ANNUAL COLE CAMP FAIR 5,000 METER RUN  
(3.1 MILES)

7:30 A.M., Saturday of the Fair, September 8, 1990.

A pinkfluorescent T-shirt will be provided to the runners by the sponsors, who are:

W-K Chevrolet  
Der Essen Platz Restaurant  
Melville's Antiques and Restorations  
Borchers and Heimsoth Construction Company

Entry forms are available at all four of these Cole Camp Sponsors or from Harry Goosen. Pre-registration fees to be sent as Checks payable to "The Cole Camp Fair", c/o Mr. Harry Goosen, Rt. #3, Box 74, Cole Camp, Mo. 65325-telephone 816-668-3627. Entry Fee: \$8.00 for advance registration, \$10.00 after September 3rd.

Awards: Over-all winners (male and female) will receive trophies. Medallions of gold, brnze, & silver will be awarded to the first three finishers in each age group (male and female). In addition, trophies will go to the youngest and the oldest finisher. Age groups for males and females are as follows:

10 and under	30 to 34	55 to 59
11 to 14	35 to 39	60 to 64
15 to 19	40 to 44	65 to 69
20 to 24	45 to 49	70 to 74
to 29	50 to 54	75 and over

All runners are to meet at the bandstand in downtown Cole Camp, Mo., no later than 7:00 A.M., September 8, 1990. The all blacktop out and back course was accurately measured with a surveyor's wheel. Official timing will be performed by the Sedalia Runners' Club. Times will be announced at 1 mile & 2500 meters along race route.

Packets may be picked up on the day of the race on September 8, 1990 from 6:30 A.M. to 7:00 A.M.

Soft drinks will be furnished to all participants by Pepsi Cola of Sedalia. Cold water is also provided.

A 2-mile walk will be enjoyed by those interested along the same route. There will be no awards for walkers.

If anyone wishes to stay for the Cole Camp Fair, showers will be provided. Bring your own towel and soap, and enjoy the Fair.

ENTRY FORM - DETACH AND RETURN

NAME (last name first) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Telephone \_\_\_\_\_ Age (as of 9-8-90) \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_ T-shirt Size: S M L XL (circle one)

WAIVER: MUST BE SIGNED

In consideration of acceptance of this entry, I waiver any and all claims for myself and for my heirs against officials or sponsors of the 1990 Cole Camp Fair Race in Cole Camp, Mo. to be held Saturday, September 8, 1990, for injury, illness, or personal property damage of any kind which may result directly or indirectly from my participation. I further state I am in proper physical condition to participate in the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(IF UNDER 18 YEARS OF AGE) PARENT OR GUARDIAN SIGNATURE Date \_\_\_\_\_

COLUMBIA TRACK CLUB  
P.O. BOX 1872  
COLUMBIA, MO 65205

NO. PROFIT ORG.  
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Joe Duncan  
2980 Maple Bluff Dr.  
Columbia, MO 65203

ANNUAL DUES, COLUMBIA TRACK CLUB: \$10.00\*  
SUSTAINING MEMBERSHIP: \$25.00

\*Covers all members of family residing in same household.

--All donations to CTC are tax deductible.

The CTC Newsletter is an open forum to anyone and is published monthly. We solicit articles, race results, comments and suggestions.

Advertisements are welcome. 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; \$12.00, 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, 509 Defoe Dr., Columbia MO 65203 (314)445-1919 or 882-6546.

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