

Columbia Track Club News

Volume XXII No. 5

June, 1990

Couples Run was a nice warm-up for the CTC picnic that followed. More than 40 people participated in each -- even though this was a cloudy day in the middle of the Memorial Day weekend. Congratulations to our CTC newlyweds, Janet (Lilly) and Dan Edwards, and to all the other teams.

Show Me Games Torch Run Volunteers Needed for Friday afternoon, July 27. Each leg will be 1/2 mile to two miles (or more). Call Mike Little at 886-8686, so he can get our relay team organized.

Bob Dolphin ran the Boston Marathon in 3:14:40 (7:26 pace; 2147 out of 7966); Vancouver Marathon in 3:10:18 (144 out of 1142 finishers); and 10Ks in 41:02, 41:40, and 41:10 in March, April and May. Bob is 60.

Myrtle Parsons is a national class runner. This CTC member from Mexico won the gold in Missouri Senior Olympics (65-69 age division) 5K earlier this year in a time of 28:07. Last year, she placed 5th **nationally** in the 5,000 meters in the Senior Olympics. Myrtle holds the CTC mile record for women age 60 and over -- 7:54!

Myrtle's spouse, Tom, reminds us that this year's **Soybean Run** should be put on your calendar now. The four-mile event in Mexico features trophies and medals in these male and female age divisions: 9 and under, 10-11, 12-13, 14-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. The run is Oct 7. Watch for time and location in future newsletters.

Super swimmer is Kurt Gerhardt, son of Boots Gerhardt. He is the 1990 National Masters YMCA swim champion in the 100-yard butterfly. Kurt won the 35-39 title in Milwaukee this spring in a time of 56.4 seconds. Kurt, who will be 40 in October, also helped his team win the Gold in the 200-yard medly by swimming the 50-yard fly in 24 seconds!

Columbia police thank us (CTC, Shelter Insurance and GTE) for our \$200 contribution to the department. Our way of thanking them for their help with Human Race and other events. Chief Barbee says the money will go to the Police Reserve Unit, which is open to people like us who want to help with community events. Chief Barbee and I have details, if you want to know more.

See schedules, race details inside...

Couples' Run, 2 p.m., 5/27/90

The team of Liz Bulman and Mark Volek had the fastest time in this popular male-female, five-mile event. Here are the winners and the team times.

53-64 Division (combined ages of team members):

*Pam Creech (27) and Larry Henze (26).....1:03:16
Linda Kretlow (28) and Joe Graves (34).....1:09:25
Janet (32) and Dan Edwards (29).....1:12:59
Joan (27) and Bob Gambogi (27).....1:13:51

65 70 Division

*Liz Bulman (31) and Mark Volek (34).....1:01:48
Anne (33) and Mike Kaylen (35).....1:06:07
Dorothy Pino (33) and Jamie Mondello (35).....1:12:41

71 85 Division

*Camille Consolvo (35) and Bob Tbarra (39).....1:07:10
Jane Williams (35) and Phil Schaefer (36).....1:09:46
Ann Beasley (32) and Jerry Kennett (42).....1:40:10
Gwenna Peters (32,DNF) and Dave Bradley (46)

86-95 Division

*Peg Miller (38) and Elmer Schlemper (51).....1:07:10
Barbara Pinney-Plummer(47) and David Plummer(45)..1:14:41
Betty Gerzen (32) and Don Lewis (54).....1:31:51

Individual Times

1. Larry Henze.....27:52	18. David Plummer.....33:45
2. Mark Volek.....28:08	19. Byron Tenney.....33:52
3. Dan Sebben.....28:12	20. Peg Miller.....34:34
4. Mike Kaylen.....29:55	21. Pam Creech.....35:24
5. Roger Turnbough.....30:11	22. Janet Edwards.....35:33
6. Bob Gambogi.....30:39	23. Anne Kaylen.....36:12
7. Bob Ybarra.....30:46	24. Camille Consolvo.....36:24
8. Tim Borchers.....31:08	25. Linda Kretlow.....36:54
9. Don Lewis.....31:19	26. Dan Edwards.....37:26
10. Phil Schaefer.....31:20	27. Jane Williams.....38:26
11. Mike Walther.....32:05	28. Jerry Kennett.....39:10
12. Joe Graves.....32:31	29. Dorothy Pino.....39:51
13. Elmer Schlemper.....32:36	30. Barbara Pinney-Plummer...40:56
14. Jamie Mondello.....32:50	31. David Bradley.....42:13
15. Liz Bulman.....33:40	32. Joan Gambogi.....43:12
16. Blake Brooks.....33:41	33. Betty Gerzen.....1:00:42
17. David Parker.....33:43	34. Ann Beasley.....1:01:00

*Team winners won dinners at Madison's Cafe.

Race Director: Don Lewis

COLUMBIA TRACK CLUB 3 - 2 - 1

It was a dark and stormy night. Well, it was a dark and stormy dawn on Saturday May 12. An early morning thundershower left the Hickman track looking more like the Hickman pool. The annual 3-2-1 race appeared to be in jeopardy and no doubt many CTC members believed that the race would be cancelled and decided to stay at home rather than risk the elements. A switch of the site to Stankowski field and its all-weather surface saved the day for the few who came out to enjoy the run. The weather cleared and the track was relatively dry ... that is until the automatic sprinkling system started, leaving the track a bit damper in a few places. (Some runners got a light sprinkling in the process, but no one complained.) For the second year running, donuts were available as prizes. The rules were simple: the first ones to finish the race got the first choice of the donuts. Thanks to Carole and Dick Madsen for directing the race and to Joe Marks for assisting. As can be seen from the results below, Joe participated and had a personal best for 1 mile runs held on the Stankowski track in May after a thunderstorm. We would be remiss in not mentioning a mystery runner who did her workout on the track while the race was in progress. We congratulate her for finishing on Saturday.

<u>Name</u>	<u>Age</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>Total</u>
Mark Volek	34	16:47	11:13	5:20	33:20
Tom LaFontaine	43	17:13	11:27	5:35	34:15
Don Lewis	50+	18:15	12:47	5:50	36:52
Elmer Schlemper	51	19:05	12:46	5:57	37:48
Eric Hedges	44	21:11	13:45	6:15	41:11
Don Johnson	61	21:20	13:52	6:27	41:39
Joe Duncan	55	21:53	14:52	7:02	43:47
Eric Niewoehner	35	24:30	16:03	7:27	48:00
Dave Parker	43	19:55	13:27	----	-----
Alex Hedges	9	-----	17:17	7:43	-----
Joe Marks	--	-----	-----	7:13	-----

!!! ENDURANCE ATHLETES !!!

**OPTIMIZE YOUR TRAINING AND ENHANCE YOUR PERFORMANCE
WITH AN INDIVIDUALIZED PROGRAM
BASED ON YOUR**

LACTATE THRESHHOLD---BODY COMPOSITION---BIOMECHANICS

Studies show that the best predictor of performance in endurance events is the pace one can sustain before accumulation of lactic acid in the blood occurs. Optimal performance results when a significant proportion of the training volume is at or above the lactate threshold. In addition, it is important to optimize your body composition and biomechanics for maximal performance enhancement.

**THE CARDIOVASCULAR HEALTH CLINIC OF THE MISSOURI HEART INSTITUTE AT
BOONE HOSPITAL CENTER IS OFFERING A UNIQUE PERFORMANCE ORIENTED
HEALTH AND FITNESS EVALUATION WHICH INCLUDES:**

1. Lactate Threshold/Transition Measurement (Treadmill or Bike)\$60.00
2. Body Composition: Ideal Performance Body Weight and Body Fat\$10.00
3. Postural, Biomechanics, Musculoskeletal Balance\$15.00
4. Cholesterol and HDL Measurement\$20.00
5. Nutritional Assessment Focusing on Protein, Total Fat, Saturated Fat, and Carbohydrate Intake\$20.00
6. Max Heart Rate, Blood Pressure, Perceived Exertion\$ 0.00
7. Heart Rate, Perceived Exertion, and Intensity at Lactate Threshold\$ 0.00
8. Resting Blood Pressure, Non-Fasting Blood Sugar\$ 0.00
9. Cardiovascular Risk Assessment\$ 0.00
10. Performance/Health Prescription with Specific Recommendations for Optimizing Running, Biathlon, or Triathlon Performance\$ 0.00
TOTAL\$125.00

TESTS ADMINISTERED BY:

TOM LAFONTAINE, PHD, EXERCISE PHYSIOLOGIST, RUNNER & BIATHLETE

1987,88 *TRIATHLON TODAY* Biathlete Masters All-American; 1987 Mid-American Masters Series Winner; 1987 Winner of Desert Princess Masters Competition; 2nd by 3 seconds to John Howard (Bicyclist of the Decade 1970's) in 1987 New York City National Masters Biathlon; National and International Competitor and Former World Record Holder in Olympic Weightlifting/Powerlifting.

RICK ROTHER, PHYSICAL THERAPIST, RUNNER & TRIATHLETE

1988,89 Ironman Finisher; 1988 3rd National Masters Long Course Triathlon Championships, 1988,89 Missouri State Masters Triathlon Champion; Former Member of National Collegiate Mile Relay Team and Collegiate 440 Intermediate Hurdler.

FOR APPOINTMENT OR INFORMATION CALL

TOM LAFONTAINE 314-875-3876

OR

**BECKY LORENZ, RN, BSN, COORDINATOR CARDIOVASCULAR HEALTH CLINIC
314-875-6211**

MISSOURI HEART INSTITUTE AT BOONE HOSPITAL CENTER

STEPHENS PARK MEDICAL BLDG

1701 EAST BROADWAY

1ST FLOOR, SUITE 101

COLUMBIA, MISSOURI 65201

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
06/02	Sat	7:30 am	Taco Bell 5K/1M	Farmington, MO	2
06/03	Sat	8:00 am	Founder's Day 10K	Union, MO	3
06/03	Sun	7:00 am	Hospital Hill Half Marathon/7.7M	Kansas City, MO	4
06/03	Sun	8:00 am	Lake St. Louis Triathlon	Lake St. Louis, MO	5
06/08	Fri	7:30 pm	Kohlfeld Riverfest Run 5.25M/1M	Cape Girardeau, MO	6A
06/09	Sat	7:45 am	Truman Dam 1 Mile Fun Run	Warsaw, MO	7
06/09	Sat	8:00 am	St. Clair Festival Days 5M	St. Clair, MO	8
06/09	Sat	8:00 am	9th Annual Run for Youth 4M/1M	St. Louis, MO	9
06/09	Sat	8:00 am	5th Annual Run for Good Health 4M	Sullivan, MO	10
06/10	Sun	8:00 am	Run for the Apes 5K/1M	St. Louis, MO	11
06/16	Sat	8:00 am	Maryville College-Kellwood 5K/1M	St. Louis, MO	12
06/16	Sat	8:00 am	Scoops of Fun 5K/1M	St. Louis, MO	13
06/17	Sun	7:00 am	Platt County BPA 8K	Kansas City, MO	14
06/17	Sun	7:30 am	7th Ann. Carondelet Classic 5K/1M	St. Louis, MO	15
06/23	Sat	7:30 am	Bethany Medical Center 5K	Kansas City, KS	16
06/23	Sat	7:30 am	Paul Revere 10K/2M Runs	Oak Grove, MO	17
06/23	Sat	8:00 am	Summer Classic 5K	Jefferson City, MO	18
06/24	Sun	8:00 am	Schnucks Salmon Run 5K/1M	St. Louis, MO	19
06/24	Sun	8:00 am	7th Annual Old Appleton Triathlons	Old Appleton, MO	20A
07/01	Sun	7:30 am	Veiled Prophet Fair 10K/3K	St. Louis, MO	1A
07/04	Wed	7:30 am	Firecracker 5K/1M Run	O'Fallon, MO	21
07/04	Wed	7:30 am	Firecracker 4M/2M Run on the 4th	Fredericktown, MO	22
07/04	Wed	8:00 am	Firecracker 1 Mile Run	Sedalia, MO	23A
07/07	Sat	8:00 am	Bolivar Coke Beat the Heat 10K/1M	Bolivar, MO	24
07/08	Sun	7:00 am	South County YMCA Sprint Triathlon	St. Louis, MO	25
07/08	Sun	7:20 am	The Riverfront Mile	St. Louis, MO	1
07/15	Sun	7:00 am	Missouri River 8K/1M	Chesterfield, MO	26
07/15	Sun	7:30 am	Mid-Summer Morning 5K	Overland Park, KS	27
07/15	Sun	6:30 pm	Goodwill Games 10K	Cape Girardeau, MO	6B
07/21	Sat	7:30 am	Alton RRC Women's 5K	Alton, IL	28
07/21	Sat	8:00 am	Capaha 5000 Meter Classic	Cape Girardeau, MO	29
07/28	Sat	8:00 am	Quad-City Times Bix 7	Davenport, IA	30
08/04	Sat	7:00 am	Sedalia Stride 10K and Ride 30K	Sedalia, MO	23B
08/05	Sun		SLTC Cross Country Kickoff 5K	St. Louis, MO	1
08/19	Sun		SLTC Dog Day Duo 2-Person Team	St. Louis, MO	1B
08/26	Sun	8:00 am	7th Annual Old Appleton Triathlons	Old Appleton, MO	18B

* For more information call or send a stamped self addressed envelope to the following persons or corporations:

- 1 St. Louis Track Club 6611 Clayton Rd. Suite 200 St. Louis, MO 63117
314-862-7582 A. Downtown start Kiener Plaza B. Wilmore Park
- 2 Mike Sullivan 3 West Liberty St. Farmington, MO 63640 314-756-4290
St. Joseph's Gym 314-756-4290
- 3 Linda Schneider P.O. Box 168 Union, MO 63084 314-583-8979 City Park
- 4 Rich Ayers 2440 Pershing Rd Suite 500 Kansas City, MO 64108
816-274-3196 or Hospital Hill Run 2405 Grand Ave. Suite 200 Kansas
City, MO 64108

- 5 Steve Henry Touring Cyclist 11816 St. Charles Rock Road Bridgeton, MO 63044 314-739-5180 St. Joseph's Health Center start 3/4 mile swim 26M bike 10K run
- 6 Joy Gilbert/Cape Road Runners 2823 Hilldale Circle Cape Girardeau, MO 63701 314-335-3617 A. ? B. West Park Mall
- 7 "Dam Run" Earlene Knight Box 1531 Warsaw, MO 65355 816-438-7313
- 8 St. Clair Festival Run 920D St. Clair Plaza Dr. St. Clair, MO 63077 St. Clair Chamber of Commerce 314-629-1889 or Donna Simcox 314-629-0444 8-4:30pm or after 5 pm 314-629-4908
- 9 Progressive Youth Center 2842 N. Ballas Road St. Louis, MO 63131 Ann Warden 314-569-1277 Races begin and end at Parkway United Church Ballas and Clayton Roads
- 10 Missouri Baptist Hospital of Sullivan, Attn: Fun Run 751 Sappington Bridge Road Sullivan, MO 63080 314-468-4186 Ext. 267 or 283.
- 11 St. Louis Zoo-Run Forest Park St. Louis, MO 63110 Sandy Starr 314-647-8210 ext. 242
- 12 David Pierce 314-576-9313 Starts at Maryville College Simon Center
- 13 Scoops of Fun 7140 Waterman Avenue St. Louis, MO 63130
- 14 Jerry Morrison 5617 NW Adrain Kansas City, MO 64151 816-741-2314
- 15 C.C.B.F. 6408 Michigan St. Louis, MO 63111 314-752-6339 or Rich Hughes 921 Bellrive St. Louis, MO 63111 314-352-9065 Runs are in Carondelet Park
- 16 Linda Barker 51 N. 12th St. Kansas City, KS 66102 913-281-8400
- 17 Audrey Griffen 810 East 13th Oak Grove, MO 64075 816-625-4310
- 18 Marc Romine Jefferson City Road Runners P.O. Box 7042 Jefferson City, MO 65201 314-896-4186
- 19 Schnucks/KSHE-95 Salmon Run 6838 Ardale St. Louis, MO 63123 314-344-9742 or 314-344-9768
- 20 Start is 4 miles from I-55 Appleton exit Bob Schnurbusch Box 85 Old Appleton, MO 63770 314-788-2208 A. 1/4 mile swim, 22 mile bike, 5 mile cross country run B. 1/2M swim, 30M bike, 6M cross country run
- 21 O'Fallon Chamber of Commerce P.O. Box 9645 O'Fallon, MO 63366 Race begins near Civic Park on Woodlawn 314-281-3050
- 22 Maurice Graham P.O. Box 151 Fredericktown, MO 62645 314-783-7212 Memorial Park
- 23 Sedalia Runner's Club Attn. Jeff or Milene Mittelhauser 905 West 28th Sedalia, MO 65301 816-826-0147 A. State fairgrounds B. Centennial Park
- 24 John Sellars 912 W. Broadway Box 522 Bolivar, MO 65613 417-326-4412 417-532-7131
- 25 South County YMCA ATTN: TRIATHLON 12736 South Fork Road St. Louis, MO 63128 314-843-6703 Starts and finish in South County Recreation Complex 1/4 mile swim 12 mile bike 3 mile run.
- 26 Jerry Kokesh Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017 314-434-9577
- 27 Midsummer Morning 5K c/o Fritz Hazelrigg 1718 North Pearl Independence, MO 64050 816-252-9183 Race is run entirely in Corporate Woods Overland Park, KS
- 28 Karen Massalone 1616 Warden Alton, IL 62002 618-465-1359 Starts at Gordon Moore Park
- 29 Scott Williams Park & Recreation Arena Building Cape Girardeau, MO 63701 314-335-5421 Starts at Capaha Park
- 30 Quad-City Times Bix 7 P.O. Box 3774 Davenport, IA 52808-3774 elite runners: Ed Froelich 2685 Kimberly Rd. Bettendorf, IA 52722 319-359-9197 Starts at 3rd & Brady St. Davenport, IA
- 31 Kansas City Track Club 620 W. 26th Street Kansas City, MO 816-471-2314

- June 2 Sat., 9 a.m. 15K WALK. Hickman Track. No fee. Race Director: Don Johnson (314/682-3583).
- June 9 Sat., 8 a.m. SPRINT TRIATHLON (1500, 800, 400 meters). Hickman Track. Race director: Steve Stonecipher-Fisher (314/449-3245 or 443-8825).
- July 14 Sat., 8 a.m. ONE-MILE RUN; THREE-MILE WALK. (Do one or both.) Hickman H.S. Track. Race Director: Ben Londeree (314/445-2550)
- Aug. 11 Sat., 7 a.m. GREAT SANDBAGGER 10K. Awards to those closest to predicted times. Meet at West Broadway Swim Club. \$5 fee for nonmembers. Race Director: Roger Turnbough (314/445-1225)
- Sept. 3 Mon., 6 a.m. 31st ANNUAL HEART OF AMERICA MARATHON (26.2 miles). Starts near Campus Inn. Fee: \$10. (This is change in original schedule) Race Director: Joe Duncan (314) 445-2684.
- Sept. 15 Sat., 8 a.m. 5K CROSS-COUNTRY RUN. A.L. Gustin Golf Course. TENTATIVE DATE: WATCH CTC NEWSLETTER FOR UPDATE. Race Director: Linda Price (314/443-8081).
- Oct. 6, Sat., 7 a.m. RUNNERS' CHOICE. 10, 20 or 30K. Test your mettle with an all-out run...or just make it a workout or a marathon tune-up. Start at Holiday Inn Executive Center. Race Director: Joe Marks (314-445-1919).
- Oct. 28 Sun., 2 p.m. TURKEY TROT (and STATE CHAMPIONSHIP CROSS COUNTRY RUN). Also, running team competition (CTC, St. Louis Track Club, Jefferson City Road Runners and others...). Jefferson City. \$5 fee. Specific location to be announced. Date is tentative. Race Director: Marc Romine, Jefferson City.
- Nov. 4 Sun., 2 p.m. STEVE HELMICK MEMORIAL RUN OR WALK. 5K or 10K options. AWARDS. \$5 fee. Holiday Inn Executive Center. Race Directors: Fred & Nancy Fritsch (314/449-3307)

VOLUNTEERS NEEDED to help Joe Duncan with Show Me State Games 5,000 Meter run and walk, 8 a.m., Sun., July 29. Call Joe at 445-2684 (eve.) or 874-4328.

I'VE BEEN THINKING of putting all CTC members names and addresses in the next newsletter. If you object, let me know (Joe Marks, 882-6546).

COLUMBIA TRACK CLUB
P.O. Box 1872
Columbia, MO 65205

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ANNUAL DUES, COLUMBIA TRACK CLUB: \$10.00*

Sustaining Membership: \$25.00

*Covers 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 and is published monthly.
We solicit articles, race results, comments, suggestions, etc.

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 (314/882-6546 or 445-1919).

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