

Columbia Track Club News

Volume XXII No. 10

November 10, 1990

Dues are due. If you want to be included in our directory, please pay your dues by Dec. 20. Form is enclosed.

Jingle Bell Run is Dec. 1. Lots of fun. Entry form enclosed. In case it falls out before it arrives in your mail, you can pick one up at most sporting good stores.

Cheese and Sauerkraut 10 Mile Run or Walk is Dec. 8 (Sat., 9 a.m. Walkers start at 8:30). Meet at cinder pile on Strawn Road. Edible prizes. \$5 fee for non-CTC members. Race Director: Bob Humphreys (874-7185).

Again, I'm enclosing the 1991 schedule. Please file or post. I don't plan to send out again...unless there are major changes. There are unlikely to be any changes.

Churchill Ups and Downs Race is March 23. Starts at 9 a.m. 10K run, 5K walk, 1 mile children's race. Details from SFC Marty Qualkenbush, Westminster ROTC, 501 Westminster Ave., Fulton, MO 65251-1299 (314/642-3361).

Our biathlon (run 5K, bike 20K) was a big success. First ever joint effort of CTC and Columbia Bicycle Club. We'll do more. Have sent \$100 of the \$113 profits to Ross Brownson Fund.

At our annual meeting Oct. 17, several important items were discussed. Details are in the enclosed report from Sec.-Treas. Anne Kaylen. Good news is that we are well in the black and won't have to raise dues (the bike club just raised theirs).

About Janelle Twillman...On Oct. 6 at the Versailles Apple Festival 10K she was first in 50-59 age group and was also given the Super Trophy for being the oldest woman running in the 10K. On Oct. 13 she won first in her age division at the Eldon Turkey Trot. She ran 25:24 for 5K. Way to go, Janelle! (Let me know *your* results if you race out of town.)

COLUMBIA TRACK CLUB

Membership Application
(thru 1991)

Name: _____ **Birthdate:** _____

Address: _____

Phone No. _____

Members of family at this address and their birthdates:

Note: We plan to list CTC members names, addresses and phone number in our newsletter. Check here ☐ if you DON'T want to be listed. Or indicate above if you don't want your phone number or address listed.

DUES: Annual dues are \$10. Covers 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

1990

9th Annual Soybean Run

NAME	AGE	SEX	TIME			
1 Dennis Stewart	41	M	22.19	70 Carol Kuhlman	46	F 32.59
2 James Sarino	21	M	22.30	71 Jesse Northweather	57	M 32.59
3 Tom LaFontaine	43	M	22.36	72 Karen Derrick	29	F 33.03
4 Tracy Smith	21	M	22.38	73 Mike Heaston	14	M 33.07
5 Bob O'Connell	41	M	22.47	74 Paul Strange	15	M 33.16
6 Terry Yeater	38	M	24.17	75 Bill Weldon	46	M 33.16
7 Mike Kaylen	36	M	24.19	76 Kristen Pettit	27	F 33.20
8 Richard Huse	45	M	24.55	77 Rita Jackson	32	F 33.21
9 Jim Kraft	25	M	24.59	78 Richard Sporleder	51	M 33.33
10 Mike Robbins	51	M	25.11	79 Michael Miller	10	M 33.41
11 Kirby Finders	35	M	25.12	80 Mike Hosokawa	50	M 33.42
12 Michael Schneider	13	M	25.19	81 Tony DiBlasi	40	M 33.53
13 Doug Edwards	24	M	22.24	82 D.J. Snow	14	M 34.03
14 Mark Wilson	28	M	25.46	83 Dean Dickherber	11	M 34.09
15 Chuck Carl	45	M	25.53	84 Larry Patterson	75	M 34.17
16 Mike Bunge	35	M	26.00	85 Jon Harpert	51	M 34.49
17 Terry Richardson	42	M	26.02	86 Matt Kohly	22	M 34.51
18 Jon Holbrook	18	M	26.20	87 Roberta Boes	27	F 35.06
19 Kirk Schreiber	31	M	26.23	88 Les Meine	58	M 35.23
20 Jon Tenney	35	M	26.28	89 Regina Brown	34	F 35.25
21 Cthweh Johanningmeier	18	M	26.37	90 Steve Casteel	15	M 36.40
22 Jose Franco	38	M	26.43	91 Charlie Sutter	37	M 36.59
23 Joe Schneider	27	M	26.51	92 Tom Parsons	62	M 37.04
24 David Plummer	45	M	26.52	93 Scott Kraeger	24	M 37.10
25 Luther Viel	27	M	27.03	94 Cathy Hight	31	F 37.18
26 Gary Volmert	27	M	27.09	95 Dolly Jesse	30	F 37.28
27 Randy Harris	35	M	27.12	96 Joyce Wellman	45	F 37.51
28 Gus Lewton	34	M	27.47	97 Dave Doelger	53	M 38.03
29 Dennis Deering	40	M	28.07	98 Kristen Finders	9	F 38.05
30 Eric McGeorge	34	M	28.10	99 Myrtle Parsons	66	F 38.06
31 Julie Schmidt	30	F	28.17	100 Clint Harlan	13	M 39.04
32 Dennis Barts	38	M	28.37	101 Sharon Shaefer	37	F 39.14
33 Gene Owen	39	M	28.43	102 Carolyn Northweathe	46	F 40.02
34 Anne Kaylen	34	F	28.46	103 Judy Miller	43	F 40.32
35 Christian Johanningmeier	23	M	28.54	104 Kathy Klemme	29	F 40.52
36 Don Johnson	62	M	28.59	105 Lee Ellfott	60	M 41.15
37 Larry Ault	39	M	29.05	106 Kennie Honna	40	M 41.21
38 J.W. Bearden	13	M	29.06	107 Roslyn Dail	51	F 41.53
39 Gary Fennwald	39	M	29.08	108 Krissy Forster	12	F 42.23
40 Jack Hudson	45	M	29.09	109 Paul Brandy	8	M 42.33
41 Joe Lenzine	30	M	29.20	110 Linda Rogers	43	F 43.10
42 Travis Hudson	12	M	29.31	111 Lisa Hulse	29	F 43.10
43 Pinhard Fish	39	M	30.09	112 Bob Gurthrie	70	M 43.15
44 Art Sanders	37	M	30.13	113 Chris Shafer	10	M 43.17
45 Don Price	47	M	30.19	114 Margaret Johnson	61	F 59.19
46 Jim Brady	43	M	30.22	115 Lillie Smith	61	F 1:07.06
47 Lisa Whelan	20	F	30.30	116 Flo Cline	65	F 1:07.23
48 Barbara Pinney Plummer	47	F	30.40	117 Helen Pugh	64	F 1:10.30
49 Charles Lind	43	M	30.44			
50 Joe Marks	53	M	30.47			
51 Tod Moser	31	M	30.49			
52 Ron Sumners	33	M	31.03			
53 Greg Olson	31	M	31.09			
54 Joey Whelan	22	M	31.14			
55 Laura Zimmer	29	F	31.14			
56 Gilbert Partick	50	M	31.15			
57 Martin Morford	50	M	31.23			
58 Brian Duffner	13	M	31.24			
59 Brian McGeorge	13	M	31.29			
60 Bob Shaw	62	M	31.35			
61 Matt Stevens	13	M	31.49			
62 Helen Shrehon	31	F	32.09			
63 Ken Bryant	42	M	32.19			
64 Michael Sutter	10	M	32.28			
65 Jackie Greenplate	38	F	32.31			
66 David Whelan	45	M	32.48			
67 Jerry Aldin	34	M	32.49			
68			32.54			
69			32.55			

RESULTS

13 OCT 1990

HEART OF MISSOURI BIATHLON

COLUMBIA TRACK CLUB / COLUMBIA BICYCLE CLUB
5 K RUN-20 K BIKE

	<u>RUN SPLIT</u>	<u>TOTAL TIME</u>	<u>AGE</u>
EBBY NORMAN (SEDALIA)	19.38:14	49.18:27	25
BRIAN BRADLEY/CHRIS HOGARTY	20.14:67	49.26:11	20,s
SCOTT RUBINSTEIN	18.41:93	49.43:64	23
JEFF MITTLEHAUSER	17.55:76	51.37:62	33
MARK VOLEK	19.20:15	52.19:06	35
JIM MCDONALD	20.18:59	53.09:40	39
ANDY WERTH	18.40:61	53.09:74	20
BEN NELMS	21.07:46	54.04:35	20
STEVE STONECIPHER-FISHER	17.53:03	54.06:45	33
DON LEWIS	20.30:61	54.40:96	54
SAM VANMAANAN	21.35:17	55.16:76	28
MARVIN ODNEAL	21.33:61	55.20:46	47
DAN CLINKENBEARD	21.56.31	56.15:41	41
ARJUNA FLENNER	22.23:92	56.17:17	16
PHIL SCHAEFER	20.06:76	56.36:63	37
STEVE WADE	23.16:67	56.55:75	22
MIKE HOEFERKAMP	22.21:62	57.12:11	28
DAVIDMCLAUGHLIN/C.J. MOELLER	19.07:09	58.10:69	20,s
RYAN IRISH	24.06.69	58.14:87	14
SANDI SHARP	23.24:27	58.41:37	28
PAM CREACH	22.24:48	58.56:66	28
JOEY WHELAN	20.58:05	59.10:91	22
HERB SWANSON	23.40:34	59.28:08	51
CHRISTY BARTON	22.42:48	1:00.05:41	43
JULI SCHMIDT/LUTHER VIEL	22.35:97	1:00.48:35	30/27
JOE MARKS	24.01:86	1:00.50:34	53
TIM ROONEY	23.09:30	1:00.53:30	40
ANN KAYLEN	23.34:43	1:01.03:43	34
BILL KASMANN	23.25:23	1:01.07:95	37
ROGER WHITE	22.41:16	1:02.22:72	30
KEN PETERS	22.13:19	1:02.49:11	24
PAUL GOLD	22.43:26	1:02.52:59	31
HERB MITTLEHAUSER	26.08:46	1:05.10:54	61
MARK BOURNE	23.52"59	1:06.31:22	27
LISA WHELAN	24.57:13	1:08.37:38	20
DON JOHNSON	23.34:85	1:09:26.96	62
TERRY FLANAGAN	29.57:84	1:12.37:33	39
MICHELE PORTER	28.31:90	1:13.16:94	26
CHRIS WESTERFIELD	28.32:62	1:13.33:77	31
PAT/PETE MCDONALD	25.05:09	1:13.41:56	40/42
BRAD ALLARD	29.22:43	1:22.55:94	44
PAM ALLARD	29.52:54	1:23.21:52	39
HILDA CHASKI	36.58:14	1:26.11:54	39
SUSAN BROADWAY	43.53:88	1:34.06:09	27

sedalia

RUNNER'S CLUB

H.W. HARRIS MEMORIAL RACE

3RD

Third National Bank

8 KILOMETER ROADRACE
NOVEMBER 17, 1990 9 A.M.
JENNIE JAYNES STADIUM
SEDALIA, MISSOURI
(formerly Run For The Third)

WHERE The race starts and finishes at the Jennie Jaynes Stadium, Hwy 65 in Sedalia. The stadium is on the west end of Liberty Park.

COURSE The course is paved except for the first and final 550 yards on the track. Measured according to TAC standards, the course is moderately flat with hills at 1 1/2 and 4 1/2 miles.

ENTRY FEE The entry fee is \$6 before November 10. After that date, including race day, the fee is \$8. All entrants will receive a colorful long-sleeve t-shirt. Entry fee is not refundable. Race day registration begins at 8 am.

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

14 and under 15 - 19 20 - 29 30 - 39
40 - 49 50 - 59 60 - 69 70 and over

HEAVY WEIGHT DIVISION Awards will also be given 3 deep in the following divisions: Men 175 to 199 lbs (cruiserweight); Men 200 lbs and over (heavyweight); Women 140 lbs and over. You must circle the appropriate category on entry form below, and if you enter a weight division, you are not eligible for age group awards.

MISCELLANEOUS Alcoholic beverages are not allowed at the stadium. No headphones or 4 legged critters allowed. For additional information call Jeff or Milene at 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 _____

SEX M F

STREET ADDRESS _____

AGE _____

CITY _____

STATE ZIP

PHONE NUMBER _____

DATE OF BIRTH _____

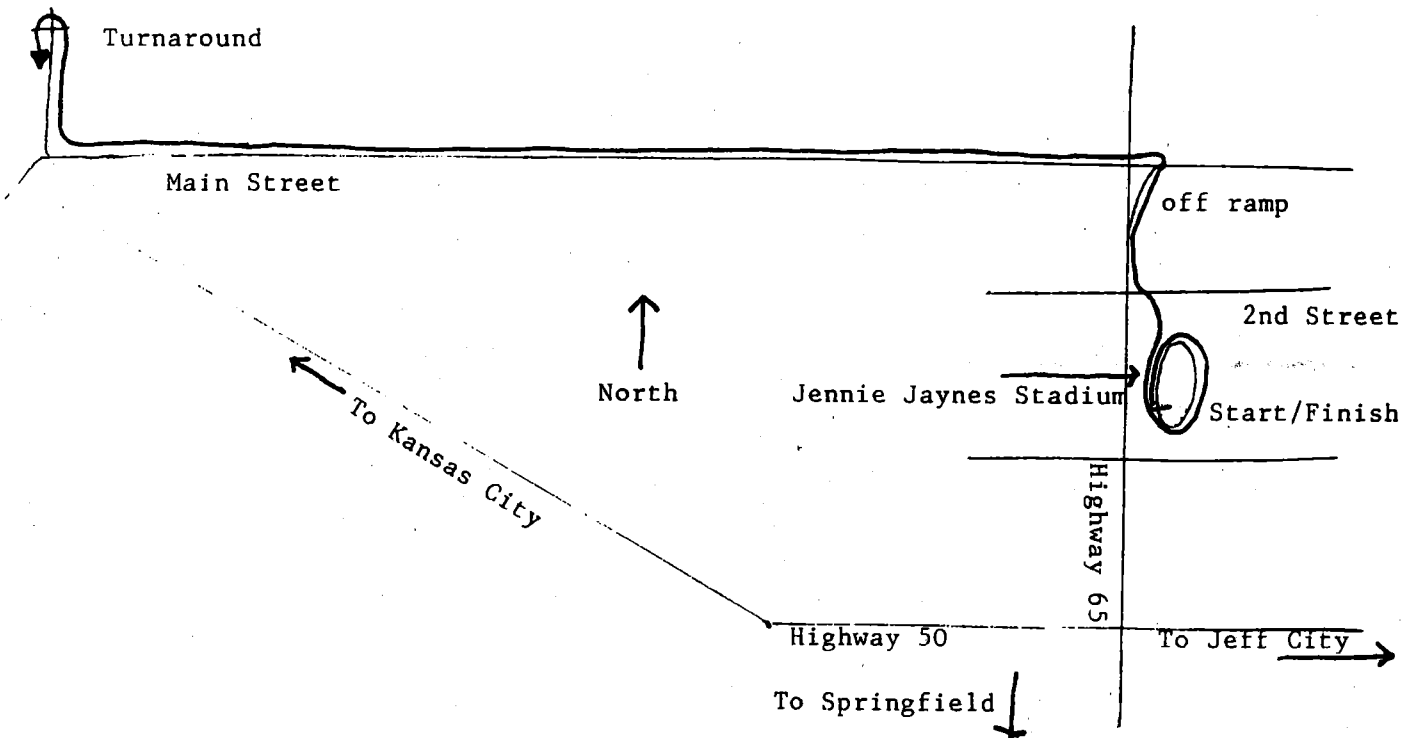
WEIGHT DIV. M 175 - 199 M 200+ W 140+
(Circle one if entering a weight division)

SHIRT SIZE S M L XL (Shirts are 50-50 cotton-poly blend)

Mail completed entry form and fee to SEDALIA RUNNERS CLUB, 905 W. 28th, SEDALIA, MO 65301.
Entry fee is \$6 until November 10; \$8 thereafter. Make check payable to SRC.

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 any 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.

WALVER AND RELEASE



SEDALIA RUNNERS CLUB
 905 W. 28TH
 SEDALIA, MO 65301

1991 Columbia Track Club Events

(Starting times may be changed. Check current newsletter.)

Jan. 6, Sun., 2 p.m. COUPLES RUN OR WALK. 5-mile road race, male-female teams (open to individuals also). Meet at Strawn Road cinder pile. Entry fee \$3 per individual. AWARDS to teams only. Dinners to winners. Race Director: Georgina Gonzales (314/449-8350).

Feb. 2, Sat., 9 a.m. NUT RACE (5 km). Run or walk. Research Reactor Park. AWARDS. \$3 fee non-members. RD: Dick Hessler (874-2906).

Mar. 16, Sat., 8 a.m. ST. PAT'S DAY 5K. Downtown Columbia. AWARDS for males, females in many age divisions. Sponsored by CTC and Columbia Regional Hospital. RD: Joe Marks (882-6546 or 445-1919).

Mar. 30, Sat., 9 a.m., 15K Run or Walk. (walkers start at 8:30). Start at Holiday Inn Executive Center. RD: Joe Duncan (445-2684).

April 6, Sat., 8 a.m., Rails to Trails Half Marathon. (Still waiting approval from DNR as of early October, 1989. Watch CTC newsletters.) Race to start on Missouri River Trail, Rocheport, then toward McBaine and back. AWARDS. \$3 fee per individual. RD: Linda Price (443-8081) or Anne or Mike Kaylen (443-2604).

April 20, Sat., 8 a.m., HUMAN RACE XIII. 10K run or walk. \$8 fee. Sponsored by GTE and Shelter Insurance. RDs: Mike & Carolyn Little (886-8686) and Joe Duncan (445-2684).

May 4, Sat., 8 a.m. Law Enforcement Run for Special Olympics. This 3-mile event is open to anyone. It's aim is to raise money for the Special Olympics. Many awards will be presented to participants in the event. Race fee and further details of the run, to be held in downtown Columbia, will be announced in CTC newsletters and distributed in flyers. RD: Doug Schwandt (work: 874-7652; home, 445-2263).

May 11, Sat., 8 a.m., Distance Triathlon (3-mile, 2-mile, 1-mile). Run any or all events. 10K walk (7 a.m.). Hickman Track. Race will be moved to Stankowski Track on MU campus if weather (heavy rain) so dictates. RD: Dick Madsen (443-0372).

May 19, Sun., 2 p.m. COUPLES' SPRING RUN OR WALK. 5-mile road race, male-female teams (open to individuals also). Start at Strawn Road cinder pile. Entry fee: \$3 per person. Awards to teams only. RD: Don Lewis (874-1034)

ANNUAL PICNIC...COSMOS PARK...FOLLOWING COUPLES' SPRING RUN OR WALK (3-5 p.m., Sun.) Free to CTC members and their families; \$3 each to others..

June 1, Sat., 9 a.m., 15K Walk. Hickman Track. No fee. RD: Don Johnson (314/682-3583).

June 12, Wed., 6 p.m., start of SUMMER YOUTH PROGRAM (MID-JUNE THROUGH JULY) HICKMAN TRACK. Includes running events, plus long jump, high jump and mile walk (fun walk and competitive walk). A running event for Youth Program alumni, parents and others will also be included each Wednesday.

Details available in CTC newsletters or by calling Dick Hessler (874-2906).

June 15, Sat., 8 a.m., Sprint Triathlon (1500, 800, 400 meters). Hickman Track. RD: Steve Stonecipher-Fisher (447-1707 or 443-8875).

July 6, Sat., 8 a.m., One-Mile Run; Three-Mile walk. (Do one or both.) Hickman Track. PRIZES. RD: Ben Londeree (445-2550).

Aug. 10, Sat., 7 a.m., GREAT SANDBAGGER 10K. AWARDS. Staggered start based on your pre-race prediction. Meet at West Broadway Swim Club. \$5 fee for nonmembers. RD: Roger Turnbough (445-1225).

Sept. 2, Mon., 6 a.m., 32nd annual HEART OF AMERICA MARATHON. Starts near Campus Inn. Fee: \$10. RD: Joe Duncan (445-2684).

Sept. 14 (tentative...check CTC newsletter for update), Sat., 8 a.m., 5K Cross Country Run. A.L. Gustin Golf Course. RD: Linda Price (443-8081).

Sept. 21-22, noon to noon, NATIONAL CHAMPIONSHIP 100-MILE WALK. Stankowski Track (On Rollins near Maryland on MU campus.) AWARDS. RD: Rob Spier(314/442-2126).

Oct. 5, Sat., 7 a.m. Runner's Choice. 10,20 or 30K. Test your mettle with an all-out run, or make it a marathon tune-up. AWARDS.(based on equilateral formulas...plus drawings for prizes). Start at Holiday Inn Executive Center. RD: Joe Marks (445-1919).

Oct. 13, Sun., 8 a.m. Run-Bike-Run Biathlon. Route B near north Brown Station Road. Run 4 miles, bike 20 miles, run 4 miles. Individual and Team Awards. Fee: \$10 per individual. RD: Joe Marks (445-1919).

Nov. 3, Sun., 2 p.m., Steve Helmick Memorial Run or Walk. 10K. AWARDS. \$5 fee. Holiday Inn Executive Center. Details in CTC newsletters. RD: Larry Petterborg (874-2482 or 882-8915) or call 882-6546.

Nov. 10, Sun., 2 p.m. Turkey Trot. Lake of the Woods Golf Course. Individual and Team Competitions with area running clubs. AWARDS. \$5 fees per individual. 3-mile cross country run. RD: Dick Hessler (874-2906).

Dec. 7, Sat., 8 a.m., Jingle Bell Run for Arthritis, 5K runs through downtown Columbia. Many awards. RD: Linda Price (443-8081).

Dec. 14, Sat., 9 a.m., Cheese & Sauerkraut 10-Mile Run or Walk. Walkers start at 8:30. Meet at cinder pile on Strawn Road. Edible prizes. \$5 fee for non-CTC members. RD: Bob Humphreys (874-7185).

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
11/03	Sat	8:00 am	Jog for Justice 10K/1M	St. Louis, MO	2
11/03	Sat	9:00 am	Parks College 5M/1M Runs	Cahokia, IL	3
11/04	Sun	8:30 am	Take Steps for NF 10K/3K	St. Louis, MO	4
11/10	Sat	8:30 am	Red Cross 5K/1M	Cape Girardeau, MO	5
11/10	Sat		Cohick Half Marathon/5K	Springfield, MO	6
11/11	Sun	8:00 am	St. Anthony's Rotary 5K/1M Runs	St. Louis, MO	7
11/11	Sun	8:00 am	DeSoto High School 5K/1M Runs	St. Louis, MO	8
11/11	Sun	8:30 am	Grandpa's Toys for Tots Run	St. Louis, MO	9
11/11	Sun		Colnells 5K Cross Country Run	Kansas City, MO	10
11/17	Sat	8:00 am	Touchdown Turkey Trot 5K/10K	Kansas City, MO	11
11/17	Sat	9:00 am	H.W. Harris 8K Run	Sedalia, MO	12
11/18	Sun	8:00 am	St. Louis Marathon & Deaconess 4M	St. Louis, MO	1A
11/22	Thu	7:00 am	Turkey Trot Fun Run 5K or 8M	Sedalia, MO	12
11/22	Thu	8:30 am	Gobble-Wobble 4M	Chesterfield, MO	13
11/22	Thu	9:00 am	State Line Thanksgiving Day 10K/4M	Kansas City, MO	14
11/22	Thu	9:00 am	Parkville Turkey Trot	Parkville, MO	15
11/24	Sat	10:00 am	Coors Light Great River Road 10M	Alton, IL	16
12/01	Sat	7:00 am	Gateway Athletics 20K/3M	St. Louis, MO	17A
12/02	Sun	9:00 am	Jingle Bell 5K Run for Arthritis	Overland Park, KS	18
12/08	Sat	9:00 am	Jingle Bell 5K run for Arthritis	St. Louis, MO	19
12/09	Sun	9:00 am	Reindeer 5K Run	St. Louis, MO	17B
12/15	Sat	10:00 am	Mid America Master Chili Run	Kansas City, KS	20
12/16	Sun	7:30 am	Gateway Athletics 13.1M/4M	Chesterfield, MO	17C
12/16	Sun		Kris Krinkle 5K Cross Country Run	Kansas City, MO	21
12/23	Sun	8:00 am	St. Louis TC Marathon Relay	St. Louis, MO	1B
12/29	Sat	9:00 am	St. L. TC Frostbite Series 12K/3K	St. Louis, MO	1B

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

- 1 St. Louis Track Club 4910 West Pine Blvd-Suite 218 St. Louis, MO 63108 314-367-6577 Raceline 367-6579 A. Kiener Plaza start B Forest Park Field House start
- 2 BREM Catholic Social Ministry 1371 Hamilton Ave. St. Louis, MO 63112 314-383-4666 or 314-383-5366 Forest Park start
- 3 Parks College Run Business Office Cahokia, IL 62206 Jerry Kurfman day 618-337-7500 ext 238 night 618-337-7502
- 4 MO Chapter NF Foundation 14753 Dovershire Court Chesterfield, MO 63017 314-391-7872 Start in front of Muny Opera Forest Park
- 5 314-335-9471
- 6 417-882-5590
- 7 St. Anthony's Medical Center c/o Don Kalicak 10010 Kennerly Road St. Louis, MO 63128 314-525-1042
- 8 314-586-3934
- 9 314-739-8300 Forest Park start
- 10 Gabriel Fonseca 5605 E. 63rd Kansas City, MO 64130 816-444-3113
- 11 Touchdown Trot/Kansas City Chiefs One Arrowhead Drive Kansas City, MO 64129 816-924-9300 Ext 595 \$22 entry fee for T-shirt and free football ticket additional tickets \$14

- 12 Jeff or Milene Mittelhauser/Sedalia Runners Club 905 W. 28th Street
Sedalia, MO 65301 816-826-0147
- 13 314-434-1058
- 14 Greater Kansas City Sports Commission 800 Westport Road Kansas City,
MO 64111 816-888-1191
- 15 816-714-7551
- 16 River Road Run 457 Sullivan East Alton, IL 62024 618-465-9094
- 17 Gateway Athletics Track Club Marathon Sports 13453 Chesterfield Plaza
Chesterfield, MO 63017 314-434-9577 A.Merimec Community College start
B. Downtown Sheraton Hotel start 7th Street & Convention Plaza
C. Start at Marathon Sports
- 18 Arthritis Foundation 8301 State Line Road Suite 200 Kansas City, MO
64114 816-361-7002
- 19 The Arthritis Foundation 7315 Manchester St. Louis, MO 63143
314-644-3488
- 20 Rich Ayers 6815 Garfield Drive Kansas City, KS 66102
- 21 Gab Fonseca/KC Parks and Recreation 5605 E 63rd Kansas City, MO 64130
816-444-3113
- 22 Kansas City Track Club 620 W. 26th Street Kansas City, MO 816-471-2314
816-471-KCTC for recorded message of upcoming races
816-341-PHID Runner's Raceline

Columbia Track Club
Steve Helmick Memorial Runs
 (Sun., Nov. 4, 1990, 2 p.m.)

5 Kilometer Run

1. Dwight Twillman.....16:21
2. Mike Kaylen.....18:15
3. Don Lewis.....19:06
4. Kurt Kempf.....21:34
5. Herb Swanson.....21:38
6. Margaret Miller.....22:04*
7. Jose Ramos.....22:04.5
8. Janelle Twillman.....27:41

*first female

10 Kilometer Run

1. Tom LaFontaine.....36:13
2. Dale Broadway.....41:00
3. Byron Tenney.....41:25
4. Mike Little.....41:57
5. Richard Fish.....48:23
6. Don Price.....48:24
7. Linda Price.....51:28
8. Nancy Fritsch.....56:40
9. Boots Gerhardt.....1:07:00

Conditions: Rain, 38 degrees
 Course: I-70 Dr. SW and ZZ
 (Start/finish near Holiday Inn Executive Center)

Race Directors: Nancy & Fred Fritsch
 Volunteers: Anne & Dick Hessler, Joe Duncan, Tom Allen,
 Mark Volek, Joe Marks

Minutes from the Annual Meeting of the Columbia Track Club
October 17, 1990

President Joe Marks called the meeting to order at 7:30 p.m.

The 1991 race schedule was discussed. Comments included:

- Steve Stonecipher-Fisher is coordinating C.T.C.'s role in two upcoming cross-country meets. He is looking for more runners.
- Rob Spier may have to change the date of the 100 mile walk championship to coordinate the track, locker room facilities, etc.
- The C.T.C. will help University Hospital with the Jingle Bell Run. In return the hospital will make a donation to the Scholarship Fund.
- Another biathlon is being considered for the spring, possibly in May.

The Heart of Missouri Biathlon was a fantastic success! No problems occurred (and it was our first biathlon and our first joint venture with the Columbia Bike Club). We made \$113.98 on the race. One hundred dollars will be donated to the Ross Brownson Fund. Forty-nine people finished the race. Linda Price was the only C.T.C. volunteer to work during the race. The rest of the course was manned by Columbia Bicycle Club members and they did a fantastic job.

Door prizes were awarded. The lucky winners received polypropylene running gloves.

Anne Kaylen presented the treasurer's report. We ended the year with almost \$2000 than we had last September. The balance is about \$5000. This is a healthy amount to have. It allows us to put on some big events like the St. Patrick's Day Race and the Human Race and keep our expenses covered until sponsors submit their contributions.

Allen Tom, head of the Search Committee for new board members, reported that all old members whose terms expired this year agreed to be considered for re-election. Roger Turnbough was added as a new member. Rob Spier resigned as a board member.

Other business:

- Joe Marks raised the issue of having more meetings. It was decided to add more only if a need arose.
- Anne Kaylen suggested having pasta parties before big races. We will work with the Bicycle Club and possibly do some joint ventures. The C.T.C. will sponsor a pasta party before the Apple Cup Race if the C.B.C will sponsor one before the Human Race.
- Mike Little began a discussion of race course alternatives.

The Steve Helmick Race course is very busy. However nothing can be done to change it.

According to the Dept. of Conservation the Katy trail cannot be closed off for races. It is not comfortably wide enough to allow passage for walkers, bikers and racers going in two directions at once. Races will have to start early and probably go point to point.

- We discussed changing race fees to include reduced rates for seniors, families, etc. The only complaints regarding fees have been about the Show-Me-State Games road race(\$15). A consensus was reached. Fees will remain as they are.

- The C.T.C. has a policy that if a group approaches us asking for help to put on a race, they must contribute some money to us.

- The chronomix does not work. It will be fixed.

- Our membership in the Road Runners Club of America was dropped because they raised their fees to \$1 per person without increasing their benefits.

Joe Marks acknowledged the following contributors to the club:

- Rick Huse for copying the newsletter for free.
- Mike Little for keeping track of the mailing list.
- Anne Kaylen for keeping the books.
- Everyone for their help in and support of our races.
- Randy Westveer for distribution of newsletter.

The meetings adjourned at 8:40.

CTC Board of Directors

(as of Oct. 17, 1990)

Joe Marks, Pres.
509 Defoe Dr.
Columbia, MO 65203
(1 more year)

Anne Kaylen, Sec.-Treas.
10 Westwood Ave.
Columbia, MO 65203
(1 more year)

Tom Allen
1800 Parklawn Dr.
Columbia, MO 65202
(1 more year)

Dick Hessler
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(2 more years)

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***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.