

# Columbia Track Club News

Volume XXII No. 8

September, 1990

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**Whatta marathon!** The big stories include: A terrific come-from-behind effort by the overall winner; a first-ever tie (and good times) among the women; the worst-ever weather; the nearly 25 percent attrition; and the incredible effort by all the survivors -- runners and helpers. Kudos to Joe Duncan & Co.

**You said you wanted a biathlon. Well, you've got two.** They'll be back to back Oct. 13 and 21. CTC and Columbia Bicycle Club will host the first; Cycle Sports, the second. The first is a 5K run, 20 K bike for individuals and teams. The second is a 5K run, 35K bike, 5k run. Details of both events are inside (see entry forms).

**Our only cross country run of the year** is Saturday, Sept. 15, 8 a.m. at Bethel Park. Two miles. Linda Price is race director (443-8081). We might still have a Turkey Trot in late Oct. Still waiting to hear from our friends in Jefferson City.

**Runner's Choice (10, 20 or 30K) is 7 a.m., Sat., Oct. 6.** This event is for those who have trouble making up their minds. You can renegotiate your distance any time during the run. We'll have a bunch of novel prizes for winners in male and female, open and masters, and we'll have some drawings for good stuff. No entry fee if you're a track club member. If you're not a member but want to be eligible for the drawings, we suggest a generous contribution...say \$3. For details, call me at 882-6546 or 445-1919.

**Our annual meeting is Wednesday, Oct. 17, 7:30 p.m., basement, Farm and Home Savings, 7th and Broadway.** Subjects: Election of officers, schedule of events, biathlons, possible contributions to charitable organizations, etc. We will have refreshments.

**Ever wonder what it's like to be in a big race?** Ask the Johnsons. Don finished 3,567 in the Bolder Boulder 10K Road Race, but he beat more than 21,000! Don, just 61 then, finished 3rd in his age group out of 36.(time: 43:03). Margaret finished 8,918 out of nearly 11,000 women, "a few minutes behind" the elite woman winner, marathon champion Rosa Mota.

## SOME RANDOM NOTES FROM THE 31st ANNUAL HEART OF AMERICA MARATHON

After eight years of having the race on a relatively cool October day and finishing on Faurot Field, we went back to the traditional Labor Day date and back to the traditional course with the finish on Broadway in downtown Columbia.

After four tries DAVE DOBKOWSKI came up a winner by coming from way back (at 12 miles he was 10:44 behind the leader) to catch Dmitry Voldman, a native of Kiev, Russia, just before the 25 mile marker on College Ave. Dobkowski's performance was quite remarkable. First of all he ran a H of A PB, albeit by only 23 seconds. But consider that his four previous races were on those cool October days--this time he had to contend with mid 70 temperatures, 90% humidity and a bright sun with no cloud cover. Dobkowski is most consistent in H of A: his four previous times are 2:55:34 in '84, 2:52:10 in '85, 2:55:41 in '88 and 2:55:09 in '89. These were good for 14th, 2nd, 6th and 5th place finishes. Also, he has always had negative splits, running the second half faster than the first. This year he was 1:31:3 for the first half and a remarkable 1:20:10 over the second! Further, each of his 3 mile splits were faster than the previous one, except for the last, to wit: 22:25, 21:01, 21:05, 19:21, 19:03, 18:53, 18:05 and 18:32.

DMITRY VOLDMAN led for the first 25 miles with a lead of 5:43 as late as 18 miles. At that point Dobkowski was still 8:28 behind, but cut 3:13 over the next 3 miles and almost 4 minutes over the next 3. The heat was obviously taking its toll. Voldman had a habit of running down the middle of the road, not realizing that this is not like your big city marathons where the streets are closed off. We were constantly hollering at the Russian trying to get him to run on the left, but he didn't seem to understand and afterwards said that this constant harassment affected his performance. No doubt it did, but in reality he finished second because there was too much sun and too much Dobkowski. MIANNE UNDERWOOD became the first women winner of the Dave Schulte Award with her improvement of 3.14% over last year--a modest improvement (the smallest winning improvement in the 18 year history of the award) but again, the comparison is with a cool October day and she did better than anyone else.

SIMON ROSE was the leading CTC performer. His intent was to run a 15 or so mile relaxed workout, but he never could figure out when to bring his "workout" to a halt. In fact, he too, flew over the second half faster than the first: 1:47:49 to 1:43:31.

MICHELLE McFADDEN and ANNETTE CRAIGHEAD ran together the entire race finishing in a tie for first, becoming women's co-champions, with the 5th best time ever for women. They, too, had negative splits: 1:38:51 and 1:36:29.

RAUL FLORES ran in second place for the first 16 miles then began to feel the effects of the 100 mile race (the Leadville 100) he had completed two weeks previously in the mountains of Colorado.

LOU FRITZ finally broke his string of consecutive H of As, and he did it in style, driving all the way from Verdon, Nebraska to become a spectator, and a worker since we recruited him to take care of the manual scoring. Lou first ran H of A in 1965 at age 22, finishing in 3:00:37. Lou ran 25 in a row with only two of them being over 3:00 (1970's heat bath in 3:01:14 and '78 in 3:01:03 with an injured thigh). Lou's average time over those 25 marathons? 2:50:39!! His PB is 2:41:2 and he had 12 other times in the 2:40's.

THE WEATHER: Hot and Humid, no cloud cover, winds out of the east at 7 MPH, all reminiscent of that steamy 1970 Labor Day. In fact, conditions in 1990 were a little worse--just a little warmer (71 at 6:00 AM up to 80 at 10) and more humid (around 90% throughout).

THE 31st HEART OF AMERICA MARATHON

PLACE	NAME		HOMETOWN	1/2way	Pace/Mi.	Final Time
1st	DAVID DOBKOWSKI	32	CLAYTON,MO	1:31:37	6:31	2:51:47
2nd	Dimitry Voldman	37	Lenexa,Ks	1:21:24	6:38	2:54:40
3rd	Dennis Gournic	31	Winchester,Mo	1:26:28	6:51	2:59:48
4th	Warren Lambert	21	Marshall,Mo	1:29:30	6:56	3:02:15
5th	Raul Flores	34	Overland Park,Ks	1:24:00	7:05	3:06:45
6th	Frank Murphy	37	Kansas City,Mo	1:38:47	7:07	3:07:32
7th	Steven Hamilton	33	Parkville,Mo	1:31:03	7:19	3:12:46
8th	Gary Shearer	35	Gladstone,Mo	1:39:02	7:21	3:13:29
9th	Bill Woolsey	38	Kansas City,MO	1:39:02	7:21	3:13:30
10th	C.J. Mueller	24	Columbia,Mo	1:31:01	7:23	3:14:30
11	Michele McFadden	30	Kansas City,Mo	1:38:55	7:26	3:15:24
11t	Annette Craighead	29	Ft. Collins,Co	1:38:51	7:26	3:15:24
13	John Carstens	37	Kansas City,MO	1:29:21	7:42	3:12:49
14	Kevin Sigrist	29	Jefferson City,Mo	1:41:15	8:02	3:31:11
15	Jerry Enyart	46	Springfield	1:42:23	8:02	3:31:12
16	Simon Rose	25	Columbia,Mo	1:47:49	8:02	3:31:20
17	Dale Channel	50	Rossville,Ks	1:42:18	8:05	3:31:50
18	Jeff Perry	30	Roeland Park,Ks	1:46:43	8:05	3:32:39
19	Dwight Marshall	41	Lenexa, Ks.	1:45:55	8:07	3:32:48
20	Thomas Malloy	34	Columbia,Mo	1:31:07	8:09	3:33:53
21	Kathleen Johnson	34	Overland Park,Ks	1:47:12	8:12	3:34:45
22	Jim Kraft	25	Moberly, Mo	1:47:49	8:14	3:35:40
23	David Sechrest	37	Overland Park,Ks	1:42:03	8:16	3:37:07
24	Mark Stone	36	Springfield,Mo	1:54:54	8:16	3:37:13
25	David Oldfield	45	Columbia,Mo	1:40:06	8:21	3:31:21
26	Eric Verslues	18	Columbia, Mo.	1:36:30	8:28	3:42:26
27	Terry Engler	32	Kansas City,MO	1:43:13	8:49	3:49:02
28	Paul Tuke	25	Columbia,Mo.	1:46:43	8:49	3:51:54
29	Beth Darnell	19	Columbia,MO	1:57:05	8:51	3:52:30
30	Mark Wilson	40	Hillsboro,Mo	1:41:55	8:57	3:55:00
31	Steve Collady	48	Lee's Summit,MO	1:49:20	9:11	4:01:24
32	Mianne Underwood	26	Kansas City,MO	2:06:00	9:23	4:06:25
33	D.Scott Simmons	21	Florissant,MO	1:54:16	9:32	4:10:33
34	Delbert Land	30	Huntsville,MO	1:53:58	9:34	4:10:56
35	Duane Iles	44	Blue Rapids,KS	1:53:54	9:34	4:10:57
36	Mark Lidman	42	Blue Springs,Mo	2:03:14	9:41	4:14:39
37	Greg Kuhl	36	Kansas City,MO	1:55:42	9:50	4:18:22
38	Jack Hudson	45	Mexico,MO	1:53:11	10:01	4:23:47
39	William Casey	35	Columbia,MO	1:53:58	10:11	4:27:02
40	Don Johnson	62	Centralia, Mo	2:08:38		4:38:38
41	Don Price	47	Auxvasse,MO	2:01:46		4:46:25
42	Cyndi Shields	36	Blue Springs, MO			5:22:31
42t.	Bonita Ford	47	Prairie Village, Ks			5:22:31

# Heart of Missouri Biathlon

(Sponsored by Columbia Track Club & Columbia Bicycle Club)

Oct. 13, 1990, 8 a.m.

Starts at Route B and north Brown Station  
Road (near start of weekly CBC time  
trials)

## 5 kilometer run, 20 kilometer bike

**The course:** Run out and back Make exchange near start. Flat to rolling course.

**Bicyclists must wear protective helmets. Athletes must observe all traffic rules. No drafting. No assistance of any kind is allowed during the ride or transitions. Race director reserves the right to modify the distance or the course if conditions require.**

**TEAM & INDIVIDUAL COMPETION.** Individuals must complete both the run and bike portions of the biathlons to be eligible for awards. Teams consist of two people. One runs the 5K, then hands off to the other who cycles 20K.

**Field limit:** The field will be restricted to the first 100 individuals and teams. Racks will hold about 50 bikes.

**Entry fee and deadline:** The non-refundable entry fee, if received by Oct. 10, 1990, is \$10 per person; \$15 for teams. You may also enter on race day, but then the entry fees are \$15 for individuals and \$20 for teams.

### **AWARDS: T-shirts to all participants.**

Awards, including merchandise, will be given as follows:

Individuals, both male and female, in these age categories -- three each in 19 and under, 20-29, 30-39, 40-49, 50 and over.

Teams -- Members of the top four teams will receive an award, as will members of the top male-female and female-female teams.

**Packet pickup.** Entrants may pick up packets or register at 6:30-7:30 a.m. You may also register by mail. See form below.

**For additional information,** call Joe Marks at 314-882-6546 (or 445-1919) or Marvin Odneal (875-2174).

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Please print or type.

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_ DOB: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ SHIRT SIZE: M L XL

RUNNER: \_\_\_\_\_ CYCLIST \_\_\_\_\_

Enclose \$10 for individual entry, \$20 for team. Make checks payable to Columbia Track Club and mail entry form to CTC, Box 1872, Columbia Mo 65205.

**Waiver:** In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge any and all sponsors and participants from all damages, demands, actions and abuses of action whatsoever in any manner arising or growing out of participations in said event. I certify that I have trained for this distance or longer regularly in weeks just prior to the event.

\_\_\_\_\_  
Signature(s) of participant(s). Parent or guardian must sign if entrant is under a 18.

Midwest Cycle Sports  
1020 E. Broadway  
Columbia, MO 65201

5K - 35K - 5K  
RUN - BIKE - RUN

October, 21 1990  
8:00 a.m.  
Columbia, Missouri



## *The First Annual* **HEART OF AMERICA BIATHLON**

**WHAT:** 5K Run, 35K Bike, 5K Run

**WHERE:** Woodward Distributing  
6000 Paris Road  
Columbia, Missouri

**WHEN:** 8:00 a.m., Sunday  
October 21, 1990

**WHO:** Male or Female, 15 years of age or older;  
included in race is team competition  
consisting of 2 people either male,  
female or mixed.

**COURSE:** Flat, out and back 5K run followed by  
rolling 35K loop bike course and ending  
with repeat of first run.

**ENTRY FEE:** \$20 for individuals  
\$30 for teams  
*Includes:*

- T-Shirt
- Race Packet
- Free Water Bottle
- Results
- Post Race Party

Any entries received after October 12, are  
assessed \$5.00 late fee.

**CHECK IN:** Race Packet Distribution will take place 9 a.m.  
- 6 p.m. Friday and Saturday at Midwest Cycle  
Sports, 1020 E. Broadway, Columbia, MO.

**AWARDS:** Given to top 3 overall men and women as well  
as top 2 in each team division.

ALL ATHLETES READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING

**ACKNOWLEDGMENT, WAIVER & RELEASE FROM LIABILITY (AWRL)**

I acknowledge that a biathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN BIATHLONS. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical person.

I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to this event. THE FOLLOWING PERSONS OR ENTITIES: Midwest Cycle Sports, Inc., Event Sponsors, Race Director, Event Producers, Event Volunteers, and the City of Columbia, the County of Boone, and the State of Missouri and their officers, directors, employees, representatives and agents and volunteers; b) IDENTIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I hereby consent to receive treatment in the event of my injury, accident and/or illness during this event.

I HEREBY CERTIFY THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER; I HAVE READ THIS DOCUMENT; AND, I UNDERSTAND IT'S CONTENTS.

I am under the age of eighteen (18) years - my parent/guardian has read and completed the waiver below.

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARENT/GUARDIAN WAIVER-FOR MINOR**

If applicant is under 18 years of age, the parents or guardians must execute, in addition to the standard waiver above, the following waiver and consent.

The undersigned, \_\_\_\_\_ (parent/guardian name)  
referred to as the parent and natural guardian of \_\_\_\_\_ (minor's name) does  
hereby represent that he/she is, in fact acting in such capacity and agrees to save and hold harmless and identify each and all of the parties herein named on front of this form as releases from all liability, loss, cost, claim or damage whatsoever that may be imposed upon said releases because of any defect in or lack of such capacity to so act and release said releases on behalf of the undersigned.

**CONSENT TO MEDICAL TREATMENT OF MINOR**

I hereby authorize any duly authorized doctor, emergency medical technician, hospital or other medical facility to treat said minor for the purpose of attempting to treat or relieve any injuries received by said minor while he/she was a participant or observer at this event.

I authorize any licensed physician to perform any procedure which he/she deems advisable in attempting to treat or relieve any injuries or any related unhealthy conditions of said minor that he/she may encounter during any necessary operation.

I consent to the administration of anesthesia as deemed advisable by any licensed physician.

I realize and appreciate that there is a possibility of complications and unforeseen consequences in any medical treatment, and I assume any such risk on the behalf of myself and said minor. I acknowledge that no warranty is being made as to the results of any treatment.

Parent/Guardian Signature \_\_\_\_\_ Relationship to Minor \_\_\_\_\_ Date \_\_\_\_\_

**ENTRY**

(Please Print)

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Age (as of 10/21/90) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL Sex: ☐ Male ☐ Female

(If entering as a team please fill out this portion)

Team Name \_\_\_\_\_ Category: ☐ Men ☐ Women ☐ Coed

Team Name

Name of team member who will: Run \_\_\_\_\_ Bike \_\_\_\_\_

**Note: Each member must complete form and send together**

FEE: \_\_\_\_\_ \$20 Individual Entry Fee

\_\_\_\_\_ \$30 Team Entry Fee

**Entries received after October 12 will assessed \$5.00 late fee.**

\_\_\_\_\_ \$25 Late Individual Entry Fee

\_\_\_\_\_ \$35 Late Team Entry Fee

After completing entry form, make sure you sign the waiver form. Unsigned waivers **WILL NOT** be accepted. Make checks payable to Heart of America Biathlon and mail to Midwest Cycle Sports, 1020 E. Broadway, Columbia, MO 65201.

Any Questions? Call Gordy at (314) 875-2700

Columbia, Missouri  
August 10, 1990

Dear Columbia Track Club:

It was a very enjoyable track & field session this year. William had a lot of fun and we got to know more folks in Columbia. We also got to go new places and experience new things.

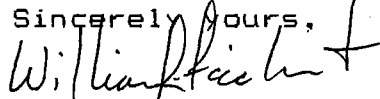
Much of this was because of the Columbia Track Club. We really appreciate all the Club has done for William. Thank you so much! The CTC helped by providing the use of a javelin, which helped William to a six place finish in the AAU JO Regions last year; and gave him a six place medal this year in the TAC National Junior Olympics. Having the use of the javelin made a big difference to his performance.

CTC also was the major influence in William's track practices. The advice, encouragement, understanding, toleration, time and then more encouragement from Coach Dick Hessler, will always be cherished by us. Thanks Dick! And thanks also to his family who participated in the practices and meets.

Wednesday's track meets are a great time. All those people enjoying themselves: it was a highlight that we looked forward to every week.

Moreover; we thank you for the financial support you gave us in helping to cover the cost of motel rooms. Without this support we may not have been able to participate in the multi-events.

If the Feickert family can help support the Club in anyway possible, please let us know. We would like to enhance and promote the Club that others might be benefited from your support of us.

Sincerely yours,  
  
William J. Feickert

E. JOYCE SCHULTE, Ed.S.

814 Oak Lawn Drive

Columbia, Missouri 65203

September 3, 1990

Shelter Insurance Companies  
1817 W. Broadway  
Columbia, MO. 65201

Dear Shelter Insurance Employees,

For 17 years Shelter Insurance has honored the participant in the Heart of America Marathon who has, by comparison of their finishing times, been THE MOST IMPROVED RUNNER for each marathon. Larry Young, artist and Olympian, sculpted the bronze trophy, worth approximately \$2500.00 in the artistic world, and worth uncountable amounts to the winners.

Shelter Ins. Co. honored their employee and Columbia Track Club treasurer/runner by naming the trophy The Dave Schulte Trophy. 1990 is the last year for this award; 17 marvelous runners ran their hearts and souls (not to mention perspiration) into the hills of Boone County and improved over their previous best runs to win the trophy.

There is a sense of THANKS and PRIDE in our family to know that Shelter Insurance recognizes self-improvement and self-competition in this manner. Each member of our family is grateful to Shelter and their employees, especially Joe Duncan and Jean Madden and Jim Crosby, for extending the philosophy that Dave lived and ran.

On behalf of the entire family, I thank you, and suggest that even without a trophy, we can, each of us, continue "running" with self-improvement and self-competition as our motivator.

Sincerely,



E. Joyce Schulte

*Joe Thanks to you & for making  
all the runners  
this a reality*



# COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
09/01	Sat		SMSU Alumni 5K Run	Springfield, MO	2
09/02	Sun	8:00 am	Maddenfest 5K/1M Runs	Brentwood, MO	3
09/03	Mon	7:00 am	Labor Day Classic 10K/5K/1M	St. Louis, MO	4
09/03	Mon	8:00 am	National Guard Labor Day 5M/2M Run	Maryville, MO	5
09/08	Sat	7:30 am	Alton RRCA Women's 5K	Alton, IL	6
09/08	Sat	8:00 am	Cole Camp Fair 5K	Cole Camp, MO	7
09/08	Sat		RRCA Women's Distance Festival 5K	Cape Girardeau, MO	8
09/09	Sun	8:00 am	Run for Life 5K/1M	Troy, IL	9
09/15	Sat	8:00 am	Good Neighbor 4 Mile Walk & Run	St. Louis, MO	10A
09/15	Sat	8:00 am	Collinsville Italian Fest 10K/1.6M	Collinsville, IL	11
09/16	Sun	7:30 am	The Women's 5K/10K Runs	Kansas City, MO	12
09/16	Sun	8:00 am	Fenton Fitness 5K/1M Runs	Fenton, MO	13
9/23	Sun	7:30 am	Parkmoor 8K/5K	Clayton, MO	10B
9/29	Sat	8:00 am	Bud Light Stadium 10K Run	St. Louis, MO	1A
9/29	Sat	8:00 am	Harvest Moon 4 Mile	Jefferson City, MO	14
09/30	Sun	8:00 am	Cliffhanger 5K/10K	Kansas City, MO	15
10/07	Sun	7:30 am	Canon Half Marathon & 5K	Cape Girardeau, MO	16
10/07	Sun	8:00 am	Mexico 4M Soybean Run	Mexico, MO	17
10/20	Sat		Ralston Purina 5 Miler & 1M	St. Louis, MO	1B
10/28	Sun	8:00 am	Prime Health KC Marathon & 10K	Kansas City, MO	18

\* 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 314-862-7582 A. Starts and finishes at Busch Stadium B.
- 2 RD Richard Clark 417-836-5242
- 3 Mid-County YMCA 1900 Urban Drive Brentwood, MO 63144 314-962-9450
- 4 JCCA Labor Day Classic 2 Millstone Campus Drive St. Louis, MO 63146 314-432-5700
- 5 Virgil Albertini RR 3 Maryville, MO 64468 816-582-2676
- 6 618-465-1359 Starts at Gordon Moore Park
- 7 Terry Harnes 3305 Drumm Independence, MO 64055 816-373-2837
- 8 Cape Road Runners/Debbie Leoni Southeast Missouri Hospital 1701 Lacey Street Cape Girardeau, MO 63701
- 9 618-644-5657
- 10 Jerry Kokesh Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017 A. Starts at St. Luke's Hospital B. Starts at Parkmoor Restaurant at the intersection of Clayton and Big Bend roads.
- 11 April Boeger 629 Lillian Collinsville, IL 62234 Starts at Panama Jax #17 Eastport Dr. Collinsville, IL
- 12 St. Luke's Hospital/Community Relations c/o Kerry O'Connor 44th & Wornall Road Kansas City, MO 64111 816-932-2010
- 13 St. Joseph's Hospital Public Relations Department 525 Couch Avenue Kirkwood, MO 63122 314-966-1666 Starts at Fenton Park
- 14 American Diabetes Association P.O. Box 1674 Jefferson City, MO 65102 Race Director John Howland 314-635-0305

- 15 Cliffhanger 5K/10K 5617 N. Adrian Avenue Kansas City, MO 64151  
816-741-2314
- 16 Cape Road Runners/Joy Gilbert 2823 Hildale Circle Cape Girardeau, MO  
63701 314-335-3617
- 17 Rich Duffner Box 44 Mexico, MO 65265 314-581-0239 or 314-581-0121  
Starts at Mexico YMCA
- 18 Besty Titterington P.O. Box 836 Shawnee Mission, KS 66201  
913-362-7223
- 19 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

# !!! 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 Threshhold/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  
P.O. BOX 1872  
COLUMBIA, MO 65205

NO. PROFIT ORG.  
U.S. POSTAGE  
PAID  
COLUMBIA, MO.  
PERMIT NO. 226

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.