

Columbia Track Club News

Volume XXIII No. 12

December 18, 1991

From The Top...

Jingle Bell Run -

This 5K Run for Arthritis was well attended (350) on a perfect December day. Linda Price, involved with CTC and the Arthritis Research Group at UMC, deserves thanks as do a whole committee of others. Race results included for those who registered by December 4. Race date next year December 5th. Register Early!

Steve's Training Tip - "Speed" Running

Introducing "speed" running into your program after a period of "distance" work should be done gradually. Once a week add 4 or 5 1-3 minute pickups into your workout. Run just a little faster than your normal race pace. After 3 or 4 weeks move to 2 pickup workouts a week and adjust to this schedule for a few weeks. At this point you should be able to run more structured "speed work" and will have much less injury risk. Special Note: Real severe speed work should be done for only 4-6 weeks and then stopped as you reach the important competitions. Beyond this time frame little performance improvement is likely and the potential for injury rises sharply.

Welcome New CTC Members Columbia

Michael J. Kelty
Don Whitner
Silvia Jorison
Shelly Ossana
Randy Gay
Terry Muller
Victoria Richardson
Gayle Johnson
Tim Barksdale
Tom Macy

Other Notable News...

Bon Voyage Party & CTC

Meeting - CTC has a new board member Curt Kempf. Curt will be in charge of race directors. Contact him at 442-4823 if you need help with any aspect of your race other than equipment pickup, i.e. volunteers, awards, or permits. Many thanks to Anne & Mike Kaylen for opening their home for Joe's Down Under Going Away Party. Everyone had a great time doing what runners do best beside running - EATING!

A Helpful Note from Dr. Wayne Armbrust - "For thirty-five of my forty-eight years I have been involved with the sport of track and field as either an athlete or a coach. Beginning in April 1971 I was involved in coaching on the national and international level with the Ohio Track Club. As the sport is very much in my blood, I would like to remain involved on the same level in a similar capacity as I take up residence in Columbia. Since the Columbia Track Club is an established organization locally, it would seem that my track and field involvement goals could best be realized through that organization. The Columbia Track Club presently has a fine program of road racing, fitness running and age group track. I would like to offer my services to complement these existing programs in the area of open competition." If interested in improvement in running, jumping, throwing, etc. give Dr. Armbrust a call. His resume of athletes coached and knowledge is outstanding. His number is 445-6675.

RESULTS

Alton 10 Mile Run

Mike Little 1:03:34, Bruce Neff 1:17:52 CONGRATS!

Cheese & Sauerkraut Race

A total of 15 runners turned out December 14th for the annual Cheese and Sauerkraut race sponsored by CTC.

First place for runners in this predicted-time contest went to **Steve Stonecipher-Fisher** who came within 10 second of his predicted time. Second place went to **Tod Beaverson** who was within 13 second of his predicted time. Third place winner was **Roger Turnbough**; fourth place, **Patti Ross**; fifth place went to **Mike Little** and sixth place to **Mike Kaylen**.

<u>Name</u>	<u>Predicted Time</u>	<u>Actual Time</u>
Steve Stonecipher-Fisher, Columbia	55:45	55:55
John Delano, St. Louis	63:08	60:10
Todd Beaverson, Moberly	65:30	65:17
Mike Kaylen, Columbia	67:00	65:21
Roger Turnbough, Columbia	65:00	65:21
Jamie Mondello, Columbia	70:00	65:38
Mike Little, Columbia	68:34	66:58
Tod Moser, Columbia	80:00	76:58
Bruce Neff, Columbia	85:00	80:15
Joe Duncan, Columbia	80:00	82:40
Anne Kaylen, Columbia	75:00	83:27
Patti Ross, Columbia	85:00	83:27
Derek Green, Jefferson City	73:00	86:28
Pat O'Donnell, Labadie	70:00	No finish
Linda Price, Columbia	95:00	No finish

Bob Humphreys acted as race director assisted by Joe Marks, Steve Stonecipher-Fisher and Joe Duncan.

RISK REWARD JINGLE BELL 5K RUN FOR ARTHRITIS

DECEMBER 5, 1991
FEMALE FINISHERS

PLACE	NAME	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
1	JANE DOWNING	169	27 F	18:11	5:52
2	ANNE KAYLEN	42	35 F	20:37	6:39
3	STACY REED	289	27 F	21:31	6:56
4	NOELLE KOCH	286	23 F	22:05	7:07
5	KAREN DERRICK	58	30 F	22:41	7:19
6	CONNIE SWETZ	3	40 F	22:45	7:20
7	PATTI KOSS	229	38 F	23:06	7:27
8	PHYLLIS KOEPP	255	36 F	23:24	7:33
9	LISA WHELAN	13	21 F	23:57	7:44
10	DEBBIE HEIFNER	160	34 F	24:06	7:46
11	DANIELLE ESS	136	19 F	24:10	7:48
12	LINDA PRICE	46	47 F	24:30	7:54
13	DOROTHY PINDO	263	34 F	24:45	7:59
14	MELINDA COLEMAN	262	29 F	24:47	8:00
15	SHELLIA BAI	34	36 F	24:50	8:01
16	JESSICA STEFFEN	209	15 F	24:56	8:03
17	SUSAN WESSLER	173	39 F	24:59	8:04
18	ANNETTE ESTEVEZ	261	28 F	25:02	8:05
19	SHARON LOCKWOOD	89	35 F	25:24	8:12
20	RONICA EISEN	112	40 F	25:29	8:13
21	CAMILLE WISE	152	13 F	25:37	8:16
22	CHRISTINE RATLIFF	166	21 F	25:39	8:16
23	VICKI TOLBERT	9	45 F	25:51	8:20
24	JEANNE WEINERT	139	31 F	25:53	8:21
25	MARY WILSON	70	37 F	26:09	8:24
26	MARSHA COLEMAN	36	38 F	26:25	8:31
27	KRISTI HONEYWELL	90	26 F	26:38	8:35
28	CHRIS HOFT	60	28 F	26:40	8:36
29	MARY MOORE	120	27 F	26:45	8:38
30	ROBIN COLVIN	265	13 F	26:46	8:38
31	BIRGITTA HESSLER	195	13 F	26:56	8:41
32	JANE COCHRAN	103	32 F	26:59	8:42
33	KATHERINE KELLER	312	26 F	27:22	8:50
34	BARBARA LAFERNEY	76	22 F	27:26	8:51
35	DARLENE LONDEREE	74	54 F	27:33	8:53
36	PATTI HODDINOTT	24	55 F	27:46	8:57
37	JEWELLE TWILLMAN	12	59 F	28:30	9:12
38	PATRICIA HALFERTY	224	26 F	29:08	9:24
39	CAROLE BELVIA	86	46 F	29:18	9:27
40	PATTI COFFELT	95	34 F	29:27	9:30
41	ERICA TURNER	248	15 F	29:31	9:31
42	MARY NISPLAY	260	33 F	29:32	9:32
43	REBECCA FENNWALD	35	29 F	29:38	9:34
44	MARCIA SMITH	94	50 F	29:47	9:36
45	SUE DABNEY	106	32 F	31:01	10:00
46	JUANN FORTNEY	69	29 F	31:13	10:04
47	TRICIA HILLIARD	121	29 F	31:19	10:06
48	MARGARET HOGAN	142	39 F	31:21	10:07
49	TERSIA BOLEY	25	40 F	31:21	10:07
50	ANDREA WOODS	39	45 F	31:22	10:07
51	WENDY SWETZ	4	15 F	31:36	10:12
52	LORI TEBBE	144	28 F	32:21	10:26
53	ANDREA WISE	158	16 F	33:00	10:39
54	JULIE RIDDER	129	21 F	33:07	10:41
55	SHANDRA HENTHORN	79	31 F	33:29	10:48
56	LISA DILLARD	78	30 F	33:29	10:48
57	SHEN WARREN	115	34 F	34:05	11:00
58	PATTY POWERS	154	40 F	34:06	11:00
59	BONNIE PAVLICEK	219	38 F	34:07	11:00
60	RUTH ANDERSON	130	45 F	35:42	11:31
61	EVELYN RITCHELL	27	53 F	35:44	11:32
62	LISA HEAD	53	25 F	35:57	11:36
63	KATHLEEN MAKARENITZ	288	10 F	36:02	11:37
64	HEBAN MAKARENITZ	201	8 F	36:09	11:40
65	NIKKI POWERS	153	15 F	36:45	11:51
66	CHERYL ELLSWORTH	188	11 F	37:40	12:09
67	ELLY SWETZ	5	8 F	39:43	12:49
68	MELISSA TAPLEY	222	34 F	40:36	13:06
69	RACHAEL ALKHAIS	114	23 F	40:49	13:10
70	CAROL MENA	113	24 F	40:49	13:10
71	JENNIFER JONES	18	18 F	41:04	13:15
72	NANCY JEFFRIES	149	33 F	41:08	13:16
73	NANCY PALMER	104	38 F	41:09	13:16
74	MELBA HALL	105	48 F	41:14	13:18
75	JUDIE NEEDY	215	57 F	41:33	13:24
76	SUSAN CESSAC	217	25 F	41:34	13:25
77	MARGARET JOHNSON	2	62 F	41:37	13:25
78	KATHLEEN ELLSWORTH	187	36 F	41:40	13:26
79	JESSICA HILL	116	8 F	43:16	13:57
80	BETH ELLSWORTH	189	14 F	43:26	14:01
81	ANNE ORAZZO	44	33 F	43:57	14:11
82	KIMBERLIE HOUSTON	15	24 F	43:59	14:11
83	JULIE WALTERS	233	28 F	44:34	14:23
84	LISA WELLS	241	28 F	44:41	14:25
85	CHARLENE ROBERTS	266	38 F	44:46	14:26
86	JOANN PHELPS	64	43 F	44:49	14:27
87	SUSAN POWELL	62	33 F	44:50	14:28
88	LINDA COX	61	42 F	44:58	14:30
89	JANET ELLIOTT	119	27 F	44:59	14:31
90	CATHERINE REYNOLDS	85	25 F	44:59	14:31
91	ANNIE GREEN	83	61 F	46:07	14:53
92	BERNICE FAULKNER	264	32 F	46:08	14:53
93	CAROL PIPES	82	48 F	46:08	14:53
94	SHARON FIEKER	99	30 F	46:09	14:53

RISK REWARD JINGLE BELL 5K RUN FOR ARTHRITIS

DECEMBER 5, 1991
FEMALE FINISHERS

PLACE	NAME	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
95	BEVERLY CLARK	235	50 F	46:51	15:07
96	JEAN BOGART	211	40 F	47:16	15:15
97	SHARON MITCHELL	50	46 F	47:17	15:15
98	KAREN MARCH	207	31 F	47:33	15:20
99	JENNIFER BLASBERG	138	25 F	47:33	15:20
100	MARJORIE HANBELS	150	43 F	47:34	15:21
101	B.J. BROOKS	148	29 F	47:34	15:21
102	MAGGY DANLEY	165	44 F	49:04	15:50
103	LISA STEVENSON	244	27 F	49:12	15:52
104	PAULA HEAVLAND	14	31 F	49:15	15:53
105	CRYSTAL HESS	73	25 F	49:15	15:53
106	SHARON BOLAND	33	27 F	49:16	15:54
107	TRICIA SCHLECHTE	108	39 F	49:26	15:57
108	MARY SUE MAGSTNITS	52	54 F	49:26	15:57
109	KARA WINBERG	96	41 F	50:46	16:23
110	LINDA BITTLE	97	34 F	50:47	16:23
111	KRIS EGGEMEYER	218	12 F	51:48	16:43
112	KIMBERLY STONERUPHER	203	32 F	51:48	16:43
113	KIM HAREK	240	22 F	52:06	16:48
114	SHARON BAKER	227	22 F	52:21	16:53
115	TINA LITPCKE	226	22 F	52:23	16:54
116	JILL ROBINSON	281	12 F	52:23	16:54
117	JUNE ROBINSON	283	59 F	52:28	16:55
118	KELLY BREENLOWE	167	27 F	52:28	16:55
119	CATHY TURNER	250	40 F	52:29	16:54
120	CYRILIA OLIVER	135	20 F	52:36	16:56
121	VEE BAKER	56	36 F	52:33	16:57
122	DEBORAH SHOWERS	87	38 F	52:44	17:01
123	BONNIE BLACK	256	39 F	52:45	17:01
124	KIRAN SRIVASTAVA	271	31 F	52:46	17:01
125	MINATI DHAR	238	33 F	52:48	17:02
126	ROSHMI SHUKLA	275	18 F	52:48	17:02
127	ILSA ROVIRA	272	28 F	52:49	17:02
128	CHARLOTTE WEINGARTNER	230	26 F	52:49	17:02
129	MARION HINDR	231	48 F	52:50	17:03
130	JANE UTSE	159	37 F	52:51	17:03
131	MARTHA BOWMAN	239	46 F	53:13	17:10
132	MARILYN SANFORD	126	48 F	53:24	17:14
133	BETTY AULABOUGH	65	42 F	53:25	17:14
134	CATHERINE PEER	246	8 F	53:28	17:15
135	ELIZABETH PEER	247	5 F	53:47	17:21
136	KITTY PEER	243	38 F	53:48	17:21

Weather - NICE- VERY, VERY NICE

TOTAL FEMALE FINISHERS 136

RUSK REHAB JINGLE BELL 5K RUN FOR ARTHRITIS

DECEMBER 5, 1991
MALE FINISHERS

PLACE	NAME	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
1	DAVE HARRIS	30	31 M	15:37	5:02
2	TOBY FREEBOURN	208	23 M	15:38	5:03
3	STEVE STONECIPHER-F	200	35 M	16:00	5:10
4	LARRY HENZE	93	27 M	16:12	5:14
5	BOB O'CONNELL	252	42 M	17:15	5:34
6	TOM LAFONTAINE	287	45 M	17:21	5:36
7	DAVID PATTERSON	259	23 M	17:35	5:40
8	CRAIG CRANDALL	128	27 M	17:58	5:48
9	DICK HESSELER	196	50 M	18:01	5:49
10	MIKE KAYLEN	41	37 M	18:19	5:55
11	RANDALL SMITH	131	35 M	18:23	5:56
12	CHRISTIAN CHERNITH	162	16 M	18:26	5:57
13	BOZO WILSON	335	29 M	18:26	5:57
14	ROGER TURNBOUGH	10	34 M	18:39	6:01
15	MIKE LITTLE	81	44 M	18:46	6:03
16	UNIEWIE MONDELLO	194	37 M	18:50	6:05
17	MARK COLLIER	19	14 M	19:28	6:17
18	CHRIS WOOD	122	31 M	19:30	6:17
19	MARK WOOD	21	30 M	19:40	6:21
20	MIKE HOEFERKAMP	66	32 M	19:48	6:23
21	JIM DIENERICH	123	15 M	19:54	6:25
22	JOHN FRENCH	92	32 M	19:56	6:26
23	TOD MOSE	6	27 M	20:01	6:27
24	CURT KEMP	257	36 M	20:06	6:29
25	PAUL HOFFMAN	117	41 M	20:10	6:30
26	STEVE BAURICHTER	101	32 M	20:26	6:35
27	DALE FITCH	43	44 M	20:43	6:41
28	KENNETH HANNAH	258	32 M	20:44	6:41
29	PAUL LAROSE	168	20 M	20:49	6:43
30	RON NELSON	221	32 M	20:51	6:44
31	KERRY PEVELER	220	33 M	21:10	6:50
32	RON HEIN	20	40 M	21:15	6:51
33	TOM COLLIER	47	51 M	21:21	6:53
34	JOE GOLDFARB	48	25 M	21:24	6:54
35	TIM GARVEY	88	18 M	21:37	6:58
36	TOM LOCKWOOD	91	38 M	21:39	6:59
37	BILL KASHMAN	72	40 M	21:49	7:02
38	GARY FENNEWALD	1	63 M	21:49	7:02
39	DOON JOHNSON	102	32 M	22:11	7:09
40	BRUCE NEFF	11	37 M	22:12	7:10
41	RANDY GAY	143	41 M	22:14	7:10
42	RICHARD FISH	127	43 M	22:23	7:13
43	CHUCK STIERINGER	38	36 M	22:27	7:15
44	MIKE KRAMER	212	25 M	22:28	7:15
45	J.D. MATTER	37	30 M	22:30	7:15
46	PETER SOMMERVILLE	71	40 M	22:32	7:16
47	JOHN SEARS				

RUSK REHAB JINGLE BELL 5K RUN FOR ARTHRITIS

DECEMBER 5, 1991
MALE FINISHERS

PLACE	NAME	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
48	JOE DUNCAN	63	57 M	22:37	7:18
49	JOHN OLLAC	170	47 M	22:38	7:18
50	PETER McDONALD	31	43 M	22:43	7:20
51	MIKE COLVIN	276	43 M	22:49	7:22
52	TED SCHECKE	171	57 M	23:06	7:27
53	NICHOL HALFERY	223	33 M	23:23	7:33
54	JEFFERY BROWN	75	28 M	23:32	7:35
55	J.D. KEMPER	199	38 M	23:32	7:35
56	JACK E. NEEDY	214	28 M	23:35	7:36
57	CHRISTOPHER PATTON	8	9 M	23:43	7:39
58	JOHN PATTON	7	39 M	23:44	7:39
59	WILLIAM HECHT	210	34 M	23:49	7:41
60	ANTHONY MOULTON	111	47 M	24:03	7:45
61	ROBERT MILLER	137	21 M	24:11	7:48
62	JAY RONALD	110	37 M	24:12	7:48
63	MATT HELMERT	140	32 M	24:20	7:51
64	GREG OLSON	67	32 M	24:37	7:56
65	CHRIS HERRERA	84	28 M	24:43	7:58
66	PHILLIP WISE	151	37 M	24:46	7:59
67	RICHARD ELLSWORTH	190	35 M	24:59	8:04
68	VICTOR PACE	57	26 M	25:15	8:09
69	JACK W. NEEDY	216	59 M	26:00	8:23
70	BONNARD ROSELEY	206	72 M	26:28	8:32
71	JERRY WILLIAMS	280	46 M	26:36	8:35
72	KEN HIRLINGER	161	41 M	26:39	8:36
73	BARRON WALLACE	249	21 M	26:46	8:38
74	LARRY WALTERS	232	32 M	26:56	8:41
75	BOB WHITLOCK	184	44 M	26:59	8:42
76	DANIEL KELLER	178	29 M	27:22	8:50
77	GEORGE MAGNINIS	51	59 M	28:16	9:07
78	DENNIS HAUBEIN	28	47 M	29:03	9:22
79	JAN MCCRAY	270	25 M	29:06	9:23
80	MARK WRIGHT	267	21 M	29:20	9:28
81	KURT DODDADY	192	24 M	29:29	9:31
82	BRIAN STRONG	182	19 M	29:32	9:32
83	TIM VONENBELM	186	41 M	29:50	9:37
84	DAVID FOX	29	55 M	29:55	9:39
85	SCOTT WILSON	282	22 M	30:07	9:43
86	TIM O'CONNELL	251	10 M	30:14	9:45
87	DANIEL THEBORGE	278	24 M	30:23	9:48
88	TOM DUNN	279	27 M	30:41	9:54
89	RANDY WYATT	253	36 M	30:47	9:56
90	SCOTT OLSEN	183	34 M	31:31	10:10
91	JOE CRAGIN	156	63 M	32:19	10:25
92	VANCE SHERARD	277	21 M	33:04	10:40
93	SUNNY SHUKLA	273	13 M	33:38	10:51
94	ERIC GERDING	145	11 M	33:39	10:51

Weather - MICE- VERY, VERY MICE

TOTAL MALE FINISHERS 120

RUSK REHAB JINGLE BELL 5K RUN FOR ARTHRITIS

DECEMBER 5, 1991
MALE FINISHERS

PLACE	NAME	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
95	ROCKY SADLIN	80	22 M	33:41	10:52
96	DOUG SHITH	155	31 M	34:07	11:00
97	GEORGE HUMBERT	284	41 M	40:05	12:56
98	E. ROBERT JONES	17	44 M	41:05	13:15
99	TODD BURKE	193	29 M	43:45	14:07
100	JERRY JENKINS	179	24 M	43:46	14:07
101	CARL ORAZIO	45	35 M	44:00	14:12
102	WALTER PFEFFER	197	36 M	44:06	14:14
103	DAVID CLARK	236	52 M	44:29	14:21
104	JAMES NERO	180	40 M	44:35	14:23
105	BLINI SHUKLA	237	9 M	45:36	14:43
106	GARY VOETBERS	100	30 M	46:10	14:54
107	JOHN HAWKINS	234	40 M	46:51	15:07
108	JOHN BURKE	248	30 M	47:17	15:15
109	WILLIAM MITCHELL	49	41 M	48:28	15:38
110	JAPNET JOHNSTONE	132	11 M	49:06	15:50
111	DAN DANLEY	164	44 M	49:11	15:52
112	MARK PARTINGTON	242	23 M	49:27	15:57
113	DALE POWERS	22	28 M	50:47	16:23
114	CHUCK BOERGE	245	46 M	50:50	16:24
115	RYAN STONECIPHER	202	7 M	51:49	16:43
116	TREVOR WISE	157	9 M	52:32	16:57
117	JOSHUA BOEHR	55	8 M	52:33	16:57
118	RANDALL BOEHR	54	38 M	54:16	17:30
119	ROBERT MESSLER	172	11 M	54:24	17:33
120	ALAN MESSLER	174	39 M		

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
12/07	Sat	7:30 am	GA Snowball Series 20K/3M	St. Louis, MO	2A
12/14	Sat	8:00 am	Jingle Bell 5K Run for Arthritis	St. Louis, MO	3
12/14	Sat	10:00 am	Pere Marquette Endurance Trailrun	Grafton, IL	4
12/15	Sun	8:00 am	SLTC Marathon Relay	St. Louis, MO	1A
12/21	Sat	7:30 am	Las Vegas 1/2 Marathon and Relay	Las Vegas, NV	5
12/22	Sun	7:30 am	GA Snowball Series 1/2 Marathon/4M	Chesterfield, MO	2B
12/28	Sat	9:00 am	SLTC Frostbite Series 12K/3K	St. Louis, MO	1B
01/01	Wed	10:30 am	New Year's Day Resolution 5M Run	St. Clair, MO	6
01/05	Sun	7:30 am	GA Snowball Series 25K/3M	Chesterfield, MO	2B
01/11	Sat	9:00 am	SLTC Frostbite Series 10M/2M	St. Louis, MO	1B
01/19	Sun	7:30 am	GA Snowball Series 30K/5M	Chesterfield, MO	2B
01/25	Sat	9:00 am	SLTC Frostbite Series 20K/5K	St. Louis, MO	1B
02/08	Sat	9:00 am	SLTC Frostbite Series 1/2Marat/4M	St. Louis, MO	1B
02/29	Sat	9:00 am	SLTC Frostbite Series 15K/5K	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 2385 Hampton Ave. Suite 101 St. Louis, MO 63139
314-781-3926 Raceline 781-3726 A. Forest Park Fieldhouse start
B. Series of 5 long (12K and longer) or 5 short (4M and shorter) races
starting at Forest Park Fieldhouse
- 2 Gateway Athletics Marathon Sports 13453 Chesterfield Plaza
Chesterfield, MO 63017 314-434-9577 Series of 5 long (20K and longer)
or short (5M and shorter) races scored by age groups A. Meramec Community
College start B. Start at Marathon Sports
- 3 Arthritis Foundation 7315 Manchester St. Louis, MO 63143 Start at
6th street in front of St. Louis Centre
- 4 Metro Tri Club P.O. Box 42 Roxana, IL 62084 618-462-8632 7.3M
- 5 Bill Callanan/LVTC 6252 Clarice Ave. Las Vegas, NV 89107 702-870-8269
- 6 New Year's Day Resolution Run Jon Delano 12800 Primghar St. Louis, MO
63044 314-739-2201
- 7 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

1992 COLUMBIA TRACK CLUB SCHEDULE OF EVENTS
(NOTE: ALL EVENTS OF 10K OR LESS ARE WALKING AS WELL AS RUNNING EVENTS)

DAY/DATE	START	EVENT	DIST	FEE \$	RACE DIRECTOR(S)	PHONE	START LOCATION	MISC INFO
SUN/1-5	2:00 PM	COUPLES RUN/WALK (INDIVIDUALS WELCOME)	5-M	3.00	GEORGINA GONZALES	449-8350	STRAWN RD CINDER PILE	COED TEAM DINNER AWARDS.
SAT/2-1	9:00 AM	NUT RACE	5-K	3.00	DICK HESSLER	874-2906	RESEARCH REACTOR PARK	EDIBLE AWARDS
SAT/3-14	8:00 AM	COLUMBIA REG HOSPITAL ST. PAT'S 5K	5-K	10.00	CURT KEMPF	442-4823	BROADWAY & 7TH ST	TEES, AWARDS
SAT/3-28	8:30 AM 9:00 AM	15K RUN OR WALK	15-K	3.00	JOE DUNCAN	445-2684	HOLIDAY INN EXEC CTR	WALKERS ST 8:30 AM RUNNERS ST 9:00 AM
SAT/4-4	8:00 AM	MISSOURI RIVER RUN	13.1M	10.00	ANNE & MIKE KAYLEN LINDA PRICE	443-2604 443-8081	KATY TRAIL-ROCHEPORT	LONG SLEEVE TEE, AWARDS
SAT/4-25	8:00 AM	SHELTER/GTE HUMAN RACE	10-K	10.00	JOE DUNCAN/ CAROLYN/MIKE LITTLE	445-2684 886-8686	FAUROT FIELD	T'S,ANDS,TEAM COMP ATTEND PRIZES,
SAT/5-17	2:00 PM	SPRING COUPLES' RUN/WALK (INDIVIDUALS WELCOME)	5-M	3.00	DON LEWIS	874-1034	BETHEL PARK	COED TEAM DINN AWARDS-PICNIC TU FOLLOW RUN.
(CTC ANNUAL PICNIC WILL IMMEDIATELY FOLLOW THIS EVENT-DETAILS FORTHCOMING IN CTC NEWSLETTERS.)								
SAT/5-30	9:00 AM	15-K WALK	15-K	NONE	DON JOHNSON	682-3583	HICKMAN HS TRACK	NO ENTRY FEE
WED/6-10	6:00 PM	SUMMER YOUTH PROGRAM	VAR.	NONE	DICK HESSLER	874-2906	HICKMAN HS TRACK	(SUMMER YOUTH PROGRAM PARTICIPANTS MEET EACH WEDNESDAY AT 6:00 PM, MID-JUNE THRU JULY. RUNNING EVENTS, HIGH JUMP, LONG JUMP, 1 MILE FUN & COMPETITIVE WALKS ARE INCLUDED FOR YOUTH PROGRAM ALUMNI, PARENTS, AND OTHERS.)
SAT/7-4	8:00 AM	1 MI RUN, 3 MI WALK	1&3-M	3.00	BEN LONDEREE	445-2550	HICKMAN HS TRACK	PRIZES
SAT/8-8	7:00 AM	GREAT SANDBAGGER 10K	10-K	3.00	ROGER TURNBOUGH	445-1225	W BDMY SWIM CLUB	AWARDS, STAGGERED START
MON/9-7	6:00 AM	HEART OF AMERICA MARATHON	26.2M	10.00	JOE DUNCAN	445-2684	NEAR CAMPUS INN	33RD ANNUAL, TEES
SAT/9-12	8:00 AM	X-COUNTRY RUN FOR THE DUCKS	2-M XC	3.00	JOE DUNCAN	445-2684	BETHEL PARK	PRIZES
SAT/9-26	5:00 PM	BOONE HOSPITAL-BOONE BABY RUN	5-K	10.00	RICK ROTHER/ MARK VOLEK	875-3876	BOONE HOSPITAL	LONG SLEEVE TEES, AWARDS, ENTERTAIN'T
SAT/10-3	7:00 AM	RUNNER'S CHOICE	10/20K	3.00	ROGER TURNBOUGH	445-1225	HOLIDAY INN EXEC CTR	EQUIV FORMULA AWDS
SUN/10-11	8:00 AM	RUN/BIKE/RUN BIATHLON	3.3/14 /3.3M	10.00	S STONECIPHER-FISHER	443-8875	ROUTE B NEAR BROWN STATION ROAD	INDIV/TEAM AWARDS
SAT/10-17	8:00 AM	LITTLE PLANET RUN/WALK	7-K	9.00	TIM BARKSDALE/ DON LEWIS	449-2475 874-1034	4TH & CHERRY STREET	LONG SLEEVE TEES, AWARDS
SUN/11-1	2:00 PM	STEVE HELMICK RUN/WALK	10-K	3.00	LARRY PETERBORG	874-2482 882-8915	HOLIDAY INN EXEC CTR	PRIZES
SAT/12-5	8:30 AM	JINGLE BELL RUN	5-K	6.00	LINDA PRICE	443-8081	UNIVERSITY HOSPITAL	AWARDS
SAT/12-12	8:30 AM 9:00 AM	CHEEZE & SAUERKRAUT RUN/WALK	10-M	3.00	STEVE STONECIPHER-F/ MIKE LITTLE	443-8875 886-8686	STRAWN RD CINDER PILE	EDIBLE PRIZES, MLKRS-8:30, RNRS-9:00

SUMMARY OF TRAINING NEEDS

Race Distance	Category	Aerobic Needs	Anaerobic Needs	Training Emphasis
100y/100m	Short sprints	less than 5%	more than 95%	"Short sprint speed" gained through sprint intervals (30 seconds or less, all-out) or high-speed fartlek.
220y/200m	Short sprints	5%	95%	Same as 100, but perhaps adding some sub-maximal pace intervals or fartlek because these races border on the long sprints.
440y/400m	Long sprints	25%	75%	"Long sprint speed" gained through pace intervals (close to racing pace, but at shorter distances) or fartlek and fast distance runs.
880y/800m	Middle distances	50%	50%	"Middle distance endurance" gained through pace intervals, fartlek, or fast distance runs (paces related to one's racing ability).
Mile/1500m	Middle distances	70%	30%	Same as 880/800, but with adjustments for racing distance and pace.
2 miles/3000m	Middle distances	85%	15%	Same as 880/800, but with adjustments for racing distance and pace.
3 miles/5000m	Middle distances	90%	10%	Same as 880/800, but with adjustments for racing distance and pace.
6 miles/10,000m	Middle distances	95%	5%	Similar to the other middle distances, but perhaps adding slow distance runs or endurance intervals because these races border on long distances.
Over 10,000m	Long distances	more than 95%	less than 5%	"Long distance endurance" gained through slow distance runs, fast distance runs, or endurance intervals-fartlek.

Columbia Track Club News

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Columbia, MO 65205

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2980 Maple Bluff Drive
Columbia, MO 65203

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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 in an area of 8 x 10 (full page) or 8 x 5 (half page). Rates are \$25.00 for a full page and \$15.00 for a half page. These rates also apply to race entry forms, unless they are from a reciprocating club. Any submitted item must be typewritten and turned in by the 5th of the month.