

# Columbia Track Club News

Volume XXIII No. 1

January 11, 1991

**Last chance.** If you have a checkmark on the front of your newsletter, this will be your last newsletter until you pay dues for '91.

Thanks to all who have paid their dues. At the time of this writing, 24 of you have sent \$25 sustaining membership checks...and we have more than 150 total members. Our high total last year was almost 240 individual and family memberships. Let's shoot for a new record this year!

We will print a CTC directory next month of dues paid members. Will include names, addresses and phone numbers (unless you said you didn't want that info published).

**Couples Run or Walk was Jan. 6. Results enclosed.**

**1991 race schedule is enclosed. Especially note these upcoming events:**

Feb. 2, Sat., 9 a.m., NUT RACE (5K). Run or walk. Research Reactor Park. AWARDS (usually edible prizes). \$3 fee for non members. Race director: Dick Hessler (874-2906).

March 16, Sat., 8 a.m. ST. PAT'S DAY 5K. Downtown Columbia. MANY AWARDS. Race director: Joe Marks.

March 30, Sat., 9 a.m., 15K RUN OR WALK (walkers start at 8:30). Start at Holiday Inn Executive Center. Race director: Joe Duncan (445-2684).

BIATHLON set for 8 a.m., Feb. 10. 5K trail run, 12K Mt. bike. Individual and team (one bikes, the other runs) competition. We'll try to fold an entry form into this newsletter. If you don't find one, pick one up from Steve or Gordy at Cycle Sports. If you need a mountain bike, they will have them to rent for \$5 each. Check with them several days in advance of the competition.

**YOUTH FUND ESTABLISHED.** We received \$275 from the Arthritis Foundation for helping with the Jingle Bell Run Dec. 1. The money will be seed for a CTC Youth Fund. I've talked with other CTC members (most notably Dick Hessler who is in charge of our summer youth program and Ben Londeree who is in charge of our scholarship program) about expanding the fund to do good things for club members and the community. Here is our proposal. If I hear no objections by the end of January, we'll go ahead with the plan.

### The proposal for a CTC Youth Fund

1. A CTC Youth Fund will be established to promote and encourage youth running, walking and other fitness activities. The money will also be used to assist financially disadvantaged youth who participate in out-of-town events (such as Junior Olympics). Dick Hessler and the CTC president and treasurer will oversee the fund and expenditures from it.

Money for the fund will come from CTC races and from company and individual donations. If you wish to contribute, write the check payable to CTC with a note "for CTC Youth Fund."

In 1991, the proposal is for CTC to match the \$275.00 from the Arthritis Foundation from existing CTC reserves. Added to the fund will be a portion of the proceeds from the St. Patrick's Day Run or Walk and the Jingle Bell Run or Walk. (The portion will be set by the CTC Board after we have determined the revenues from these events.)

*The club is in good financial shape at present. Our aim is to maintain our Scholarship Fund and build our Youth Fund to levels that we can annually just use the interest on the money to fund these programs. Please let me know if you have any suggestions for accomplishing these goals...and please feel free to donate to these good causes.*

**Affair of the heart.** Just wanted to include this personal note about possible effects of many years of distance running or other endurance sports. With me that has resulted in three incidences of atrial fibrillation (irregular heartbeat), one in Jan. '85; others in Sept. and Dec. 1990. This is not life-threatening in my case, but it can be cause for anxiety by patient and doctor. In the worst case scenario, it would mean wearing a pacemaker (but that's no big deal these days...you can still exercise, etc., without concern).

After my last incidence of atrial fib, Dr. Leland Pfefer easily "converted" me with quinidine and digitalis. So, no harm, no foul. I now have a stash of the medicine and will convert myself if this happens again. By the way, Dr. Pfefer has atrial fib himself, and he has at least a dozen patients with the same condition. Dr. Pfefer and I have normal, strong hearts; they just get out of sync from time to time. When that happens, you feel easily tired and cannot sustain exercise.

So, as I say, no big problem -- just a nuisance. But I want to relate what happened to me, because incidences of atrial fib are quite common among long-term endurance "athletes" with low resting heart rates.

During a routine physical with Dr. Pfefer, the doc and I had some interesting moments. Here's Dr. Pfefer's comment:

"On Oct. 23, I found no abnormalities, except when we were doing a treadmill exercise tolerance test on you. You developed marked sinus arrhythmia with a rate dropping down into the 15 to 20 range (from 130 heartbeats per minute after exercise) with dropped beats"

(My heartrate went to 130 to 18 to 130 to 25, skipped some beats and went back to 130.)

"It appeared that you had a sick sinus syndrome. I talked with Dr. Lenard Politte (cardiologist), and he recommended that you be brought into the hospital for coronary angiograms. The angiograms were done on Nov. 3, 1990, and the findings were completely within normal limits, except when Dr. Politte went to inject the left coronary artery, you developed intermittent complete heart block, but it was only transient. A holter monitor was then done (four days later) which basically was within normal limits except for a few PVCs and a few PACs. It was felt that you probably have a thing called a sick sinus syndrome, which may in the future need pacemaker placement. However, since you are so fit and active at this time, probably that would not need to be done."

My summary and conclusions: (A) My exercise habit over the years has made me a pretty good self-monitor (I knew when I had arrhythmia and went to the doctor.); and (B) These irregularities among long-time "athletes" with slow heart rates are not uncommon. "We'll see many more as those who started jogging during the running boom reach middle age," Dr. Politte said.; (C) I'm going to die some day, but betcha it won't be from a heart attack (The ol' heart is strong and the arteries are big and clear.); and (D) Even if some day I should wear a pacemaker, I have no regrets about my exercise lifestyle (My quality of life has been excellent.) But I did want you to know about all of the above, in case something like this happens to you.

--Joe Marks

Got an old card table you'd like to donate to CTC? If so, call Joe Marks.

**Sedalia Half Marathon** (13.1 mi.), 9 a.m., March 24, Convention Hall in Liberty Park. Contact Jeff or Milene Mittelhauser (816) 826-0147.

**RAILS TO TRAILS HALF MARATHON (13.1 mi.).** Set for April 6, 8 a.m., this event will run on the Missouri River Trail from Rocheport toward McBaine and back. DNR promises to close the trail except to participants and those helping with the race, probably for at least two hours. Race directors Linda Price and Anne and Mike Kaylen are making plans that should make this a premiere annual event. We are talking awards, prizes, and post-race refreshments. We hope to really involve the Rocheport community in the event. Watch for details in upcoming newsletters.

#### **CTC Board of Directors**

Joe Marks, Pres.; Anne Kaylen, Sec.-Treas; Tom Allen; Joe Duncan, Dick Hessler, Don Johnson, Michael Kaylen, Linda Price, Steve Stonecipher-Fisher, Roger Turnbough

## COUPLES RUN (5 miles)

2 p.m., Sun., Jan. 6, 1991

### Winning Teams:

Larry Henze & Pam Creech  
Mark Hope & Angela Hessler  
Tom LaFontaine & Linda Robbins  
Elmer Schlemper & Peg Miller  
Tom Allen & Nancy Fritsch

### Individuals in order of finish:

Steve Stonecipher-Fisher.....	27:11
Larry Henze.....	28:05
Tom LaFontaine.....	29:27
Mark Hope.....	31:12
Mike Walther.....	31:25
Dick Hessler.....	31:31
Tom Allen.....	32:03
Elmer Schlemper.....	33:06
Scott Hope.....	33:41
Rick McAllister.....	33:42
Peg Miller.....	33:45
Pam Creech.....	33:53
Angela Hessler.....	33:55
Michelle McFadden.....	34:18
Dale Broadway.....	34:50
Linda Robbins.....	37:16
Linda Price.....	40:40
Nancy Fritsch.....	44:13
Judy Muller.....	45:19
Roger Turnbough.....	48:10
Christy Rutliff.....	49:19
Boots Gehrhardt.....	50:32
Eric Hedges (walker).....	51:32

Dinners for two at Dos Hombres (new Mexican restaurant on Broadway) went to winning team members plus two other teams who won in the post-race drawing. The team categories were based on combined ages of the members (34-44, 45-54, 55-64, 65-74, 75-84, 85-94, 95-104). There were two teams per category.

Temperature at race time 23 degrees. Northerly winds.

Race Director: Geogina Gonzales. Assistants: Joe Duncan, John McCrory & Joe Marks.

### 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 equitalency 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 Blathlon.** 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).

M I D W E S T  
*CycleSports*

**Bianchi**



**FINGER LAKES MT. BIATHLON**

**5K Trail Run    12K Mt. Bike**  
**COLUMBIA, MISSOURI**  
**FEBRUARY 10, 1991**

**BIATHLON HOTLINE: (314) 875-2700**

# *The First Annual*

## **FINGER LAKES MOUNTAIN BIATHLON**

**Sunday, February 10, 1991**

**8:00 a.m.**

**Columbia, Missouri**

### **FELLOW MULTI-SPORT ATHLETE:**

We welcome your application for entry in the first annual Finger Lakes Mountain Biathlon. You will enjoy a fun-filled race over a safe and scenic course.

### **Finger Lakes Mountain Biathlon Race Committee**

**WHAT:** 5K Trail Run  
12K Mountain Bike  
**WHERE:** Finger Lakes State Park  
Columbia, Missouri  
**WHEN:** 8:00 a.m. Sunday  
February 10, 1991  
**WHO:** Individuals, 15 years  
or older, plus teams  
**COURSE:** The run and bike courses  
consist of wooded trails  
within Finger Lakes State  
Park. Be prepared to have  
some fun!

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

**Includes:** • Race Packet  
• T-shirt  
• Water Bottle  
• Mailed Results

Entries postmarked after Feb. 3, 1991 will be assessed a \$5 late fee.

Confirmation letter / map will be sent out to all entries received before Feb. 1, 1991.

Packet pick-up / mandatory bike check times:

9 am - 6 pm Friday, Feb. 8  
9 am - 5 pm Saturday Feb. 9

at Midwest  
Cycle Sports  
1020 E. Broadway

Race day check-in begins at 6 am at Finger Lakes State Park.

Enter Early!!! The race field is limited to the first 100 entries (including teams).

Midwest Cycle Sports will provide rental mountain bikes for \$5 for those athletes in need of a bike (Just add \$5 to your entry fee and include the frame size you need on the entry form). Call the biathlon hotline at (314) 875-2700 to arrange your bike pick-up.

### **RACE HEADQUARTERS**

- Special rates: 2 persons \$45.95
- Early check-in / Late check-out
- Complimentary Breakfast buffet (6-10 am)
- Race registration in the hotel Saturday 5-8 pm with complimentary social hour.

**(314) 449-2401**

**University  
Inn**

**1111 East Broadway, Columbia, MO**



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 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) I DEMNIFY 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 my actions during this event.

I hereby consent to receive treatment in the event of my injury 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 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 the 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 radical 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 Name \_\_\_\_\_ Middle \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (as of 2/10/91) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Frame size if renting \_\_\_\_\_

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

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  
\_\_\_\_\_ \$25 Individual Entry Fee with Mountain Bike rental  
\_\_\_\_\_ \$35 Team Entry Fee with Mountain Bike rental

(Entries received after February 3 will be assessed a \$5.00 late fee)

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

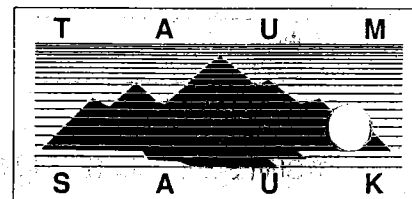
Biathlon Hotline: (314) 875-2700

Midwest Cycle Sports  
1020 East Broadway  
Columbia, MO 65201

## FINGER LAKES MOUNTAIN BIATHLON BENEFIT

FINGER LAKES  
STATE PARK

Part of the proceeds from the FLMB will be donated to local athlete Ross Brownson who, on July 24, 1990, was involved in a cycling accident that left him partially paralyzed.



### AGE GROUPS

Male and Female

15 - 19	30 - 39	50 - 59
20 - 29	40 - 49	60 +

### AWARDS

- ☆ \$100 cash to the top male and female overall
- ☆ \$50 cash to the top team in each division
- ☆ Special Plaques to the top three males and females overall
- ☆ Plaques to the top three in each age group

**PowerBar**  
ATHLETIC ENERGY FOOD  
Fuel for Optimum Performance •

### TEAM DIVISIONS

Male      Female      Mixed

**Culligan**

Bottled Water  
OF COLUMBIA

**Road Runner Sports**

Comments from Kokesh (on the Road Runners Club of America).

Early last fall, the CTC Board agreed our club should drop out of RRCA, believing our members were getting little for our RRCA dues. The following reaction is from Jerry Kokesh, St. Louis, RRCA programs director, who has been active in promoting running events for many years and who has participated in the Heart of America Marathon.

Dear Joe:

I was very disappointed to read that CTC was dropping out of RRCA. You are misinformed about dues. RRCA dues are 75 cents per member as they have been for over 10 years. We are contemplating raising to \$1 in Jan. 1992 -- but this has to be passed at the 1991 convention first.

As for services, Footnotes still comes to you four times a year and costs us more than the \$1 by itself. We have an excellent no hassle, lowest liability program, a Nike children's running program and pamphlet, women's distance festival, and our national volunteer awards to name a few. Many of these have evolved in the last 10 years. Plus we have a national office to service our clubs better than ever before. So don't say that we haven't increased services. We have and will continue to do so. But we need the support and membership of all our clubs to be able to add programs and services.

If we raise dues, dropping out over 25 cents is hardly justified. What hasn't gone up in 10 years?

I hope that you will reconsider.

Regards,  
Jerry

P.S: Since you dropped out of RRCA, you are no longer tax exempt!!

Well, we do say this newsletter is an open forum. I'd like your reaction by phone or mail (to Joe Marks, 509 Defoe Dr., Columbia MO 65203....445-1919). In the meantime, I'll check out some things, such as tax exempt status.

**Marathon Relay  
St. Louis Track Club  
Forest Park, St. Louis  
Sunday, Dec. 23, 1990**

A cold 5 degrees F, snowing on top of 5" from the previous night, all of which hampered times. A team consisted of 4 runners, each of whom ran two 3.3 mile loops. There was roughly an hour delay between legs for the CTC team of Bob O'Connell, Dick Hessler, Don Lewis, and Tom LaFontaine. Thank goodness for the heated shelter next to the exchange zone!

The CTC team's combined age placed it in the masters (160 - 199) division and after the first exchange it was apparent that this was the division to beat. The younger teams really took a back seat in this race. Bob O'Connell ran the first leg and moved up from around 9th place to 4th when he handed off to Hessler. CTC was in 3rd when Lewis got the hand off and he and LaFontaine held. On the second leg, O'Connell ran 20:19 to keep CTC close to second place, Hessler moved into 2nd a mile into his leg, Lewis held, and LaFontaine ran 20:17 to put away the 3rd place team and to gain 11 seconds on first place. The first place team was 162 years old versus CTC which was 187. If Peter Hessler had run in place of Dick Hessler, the team still would have made the masters cut off and certainly would have won. Next year we need to have two teams with two younger and two older runners per team. Also, we should enter female teams.

**Results**

Bob O'Connell	20:47	1:44:03 (20:19)
Dick Hessler	42:03 (21:16)	2:05:52 (21:49)
Don Lewis	63:21 (21:18)	2:27:40 (21:48)
Tom LaFontaine	1:23:44 (20:23)	2:47:57 (20:17)

1. 2:45:22
2. 2:47:57
3. 2:51:10

Tom LaFontaine, Don Lewis, Dick Hessler, Bob O'Connell

*For those four brave souls who drove to St. Louis for the Marathon Relay (and then drove back). Thanks for showing up. Without you all and working volunteers, there would be no racing. See ya in 1991.*

-- Hank Kiesel, SLTC



## JEFF SETS 'EM STRAIGHT

Jeff Mittelhauser, long a stalwart runner and good guy with Sedalia Runners Club, sent me this note:

*In a recent Running Commentary I saw a list of the ten oldest marathons. The article noted that Heart of America was defunct. Perhaps other CTC members saw the article and responded to correct Joe Henderson, but I wrote to him, and a copy of the letter is enclosed.*

Dec. 31, 1990

Joe Henderson  
441 Brookside Dr.  
Eugene OR 97405

Dear Joe:

It's not often that I take issue with the statistics mentioned in your Running Commentary, but your report of the demise of the Heart of America Marathon was dead wrong. The 31st annual Heart of America Marathon was held in Columbia, Missouri on a hot Labor Day. Forty-three runners finished the race. It is true that the race was marked off the calendar, but a sufficient number of would-be entrants complained so the Columbia Track Club resurrected it. The 32nd running of the event is scheduled for September 2, 1991. It will surely be hot and hilly and the field will be small, but those who run the race will know what road racing is all about.

Please put the race back into its rightful position of 5th on the list of ancient marathons.

Cordially,  
Jeff Mittelhauser

**COLUMBIA TRACK CLUB  
Membership Application**

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

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# Columbia Track Club

P.O. Box 1872  
Columbia MO 65205

No Profit Org.  
U.S. Postage  
Paid  
Columbia MO  
Permit #226

Joe Duncan  
2980 Maple Bluff Drive  
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 for a 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 races 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.