

Columbia Track Club News

Volume XXIII No.11

November 14, 1991

From The Top...

Heart of Missouri Biathlon -
The biathlon was a success. A small, but enthusiastic band of athletes assembled to test themselves over a 3.3m run/14.3m bike/3.3m run course. Many thanks to the many volunteers! See "Results" for more information.

Turkey Trot -

On November 10, 32 runners took part on the slushy, slick surface over the approximate (slightly short because of "green" repairs) 3 mile cross country course at the Lake of the Woods Golf Course. Kent Lang of Boonville/K.C./Sedalia led the field. Runners from Sedalia, St. Louis, Jeff City and CTC participated. A special thanks to Parks & Rec for allowing the use of the Golf Course and facilities and to I.B. Nuts & Fruits, Too for helping subsidize the awards. Thanks also to Dick and Anne Hessler, Tom Allen, Margaret Johnson, Curt Kempf, Julie Cordia and Kim S-F!! See "Results" for more info.

Steve's Training?? Tip - Winter Running

With fewer daylight hours it is harder to maintain motivation for our running. This is the time of year to rest and recover from the hard Spring/Summer/Fall training and racing. If you miss a day, don't worry about it! Train for enjoyment for 6 or 8 weeks (for the most part I think you should anyway). Give yourself a rest from intensity. Rejuvenate and look forward to the Spring when conditions will be more suitable for harder efforts.

Welcome New Future Runners!!

Dale and Susan Broadway have a new baby daughter, Sarah Janet! Born October 8th at 11:40. Weighing in at 7pounds, 2 ounces and she was 20 inches long. Congratulations Dale & Susan!!!

Former CTC President Tom Coon and his wife Rhonda have a new son, Robert George! Born on September 13th. He weighed 7 pounds, 1 ounce and he was 20 inches long. Congratulations Tom & Rhonda!!!

Other Notable News...

ANNUAL DUES!!! - IF YOUR LABEL SAYS 1991 UNDER YOUR NAME YOU NEED TO PAY YOUR DUES FOR 1992 AS SOON AS POSSIBLE. IF YOUR LABEL SAYS 1992 UNDER YOUR NAME - OUR THANKS FOR BEING A FRONT RUNNER!

Bon Voyage Party & CTC Meeting - On December 5th we will have a CTC meeting in the basement of Farm & Home Savings on Broadway at 6:00pm. Immediately after the meeting there will be a farewell party for Joe Marks at the home of Mike & Ann Kaylen, 10 Westwood Drive. This is a Pot Luck - bring a dish and the club will provide the drink. Be there or be square!!

Thanksgiving Day Race - a 5K at 8:00a.m. on November 28th (reported wrong date in last newsletter) Contact Chris Becker (816)269-3060 for more information. Entry blanks available at d Sport Shop & Triathletics.

St. Louis Marathon/Deaconess

4M - slated for November 24th, entry forms available at Tryathletics.

Newsletter News - please have all information for the newsletter in by the 25th of the month.

5 Mile Resolution Run - January 1, 1992 at 10:30a.m. at the St. Clair City Park (N. Main & Evergreen in St. Louis) for more information call Jon Delano (314)739-2201.

Bob Dolphin's Tales from the Marathon/Ultra Side - several more marathons/ultras under his belt. "If the next 100 marathons equal the fun and adventure of the first 100. I have many interesting experiences to look forward to." Is Bob for real or is he telling "Tales from the Darkside".

Las Vegas Marathon sound interesting?? - Mike Walther is heading for the Las Vegas Marathon on December 21st. His airfare was \$229 and Mike is looking for someone to go with him. Your only expense will be airfare and meals, Mike is picking up the hotel expense! If you are interested please call (H)874-0318 or (W)875-5399.

Have you Moved?? Do you know of a CTC member who has moved? If so they are probably not receiving their newsletter please tell them to call Steve 443-8875 with their new address!

RESULTS

St. John's 12th Annual Sunshine Run 10K -

Held on October 5th CTC finishers - CONGRATS!
Mike Robbins - 38:33 68th
Byron Tenney - 39:17 83rd
Curt Kempf - 40:02 96th
great finishing places in a field of over 750 runners!!

Steve Helmick 10K - with a temperature of 19F and a stiff wind! The last few runners were even fortunate enough to experience snow!! Thanks to race director Larry Petterborg with helpers Mary, Amy & Steve Petterborg and Joe Marks. Great job to the frozen volunteers!!!

- 1 Bob Hook 34:05
- 2 Kevin O'Bannon 37:26
- 3 Mike Baker 37:26
- 4 Mike Little 38:17
- 5 Roger Turnbough 38:31
- 6 Tom LaFontaine 39:21
- 7 Jamie Mondello 40:26
- 8 Bruce Neff 47:42
- 9 Nancy Fritsch 54:32
- 10 Andrea Woods 1:02:00



1991 Heart of Missouri Biathlon

Name	Total Time	Total Time	Total Time	Final
	Run	Bike	Run	Time
Individual Male				
LaFontaine	00:19:29	00:39:42	00:20:49	01:20:00
Rasoumoff	00:19:06	00:41:04	00:20:24	01:20:34
Rubenstein	00:19:06	00:40:48	00:21:22	01:21:16
Smith	00:21:15	00:43:40	00:22:19	01:27:14
Kassman	00:23:07	00:48:57	00:25:48	01:37:52
VanMaanen	00:21:50	00:42:36	00:25:31	01:29:57
White	00:21:15	00:46:50	00:23:09	01:31:14
Guyer	00:21:35	00:47:47	00:23:32	01:32:54
Nashelsky	00:24:45	00:50:18	00:29:09	01:44:12
Johnson	00:26:01	00:55:26	00:26:30	01:47:57
Lammy	00:26:21	00:59:46	00:28:02	01:54:09
Individual Female				
Kaylen	00:22:51	00:44:03	00:25:16	01:32:10
Swetz	00:25:13	00:59:18	00:28:21	01:52:52
Teams Male-Male				
O'Bannon/Smith	00:18:10	00:38:11	00:17:56	01:14:17
Stonecipher-Fisher/Iris	00:17:40	00:39:32	00:17:40	01:14:52
Pigg/Goodwin	00:16:45	00:47:01	*****	00:00:00
Teams Female-Male				
H d/Volek	00:24:07	00:39:41	00:25:40	01:29:28
Whelan/Whelan	00:25:05	00:47:55	00:25:25	01:38:25
Eischen/Moulton	00:27:55	00:49:54	00:29:15	01:47:04

1991 Columbia/St. Louis/Sedalia/Jefferson City TURKEY TROT

Name	Place	Age	Team	Scoring
Kent Lang	1	29	Sedalia	
Larry Henze	2	27	CTC	Open
Tony Mayfield	3	24	Open	SLTC - 34
Jon Delano	4	31	SLTC	CTC - 41
Steve Stonecipher-Fishe	5	34	CTC	Sed - 45
Dwayne Jenkins	6	27	SLTC	JC - not enough people
Jeff Mittelhauser	7	35	Sedalia	
Jeff Roth	8	26	SLTC	Masters
Shannon Blakey	9	17	CTC	SLTC - 10
David Talburtt	10	38	SLTC	CTC - 12
Doug Burus	11	42	SLTC	Sed - not enough people
Mark Hessler	12	50	CTC	JC - not enough people
John Meehan	13	37	Sedalia	
Bob Bellora	14	41	SLTC	Women
Larry Helling	15	45	SLTC	Not enough
Jerry Williams	16	42	SLTC	women to score
Scott Hope	17	15	CTC	
John Dean	18	44	SLTC	
Mark Wood	19	31	Sedalia	
Peter Sprengelmeyer	20	25	Sedalia	Yes, once again SLTC
Bob Wilkinson	21	41	SLTC	kept the trophy!!!
Gutdayske	22	50	SLTC	
Tom Allen	23	49	CTC	
Harold Dix	25	56	SLTC	
Hank Kiesel	26	62	SLTC	
Joe Lenzini	27	31	JC	
Don Johnson	28	63	CTC	
Randy Gay	29	37	CTC	
Gayle Johnson	F24	42	open	
Jenni Cordia	F30	16	CTC	
Sharon Winfrey	F31	24	JC	
Boots Gerhardt	F32	71	CTC	

Columbia Track Club News

P.O. Box 1872
Columbia, MO 65205

Non-profit Organization
U. S. Postage Paid
Columbia, MO
Permit #226

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203

1971



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.