

From The Top...

There are times that the world spins faster than we can - Steve and I are suffering from this now and we are just thankful to produce a newsletter this month. Cross your fingers for a normal format next month - Kim

Upcoming events...

The Missouri Equal Justice Foundation (UMC Law Student Group) will sponsor a 5K Fun Run Sunday, March 8th at 9:00a.m. Called "Frolic and Detour" it will start at Jesse Hall by the Alumni Center and follow a course over the campus. The entry fee is \$7.50 and will include a T-Shirt. For more information contact Jim Berger (314)442-5602.

SEDALIA HALF-MARATHON DATE CHANGE!!!!!! The race will be on Sunday, March 22nd 9:00a.m. at the Convention Hall in Liberty Park. For further information contact: Jeff Mittelhauser, 905 W. 28th, Sedalia, MO 65301 (816)826-0147.

MISSOURI RIVER RUN
HALF MARATHON - 13.1 MILES
8 a.m., Saturday April 4, 1992

Starts in Rocheport, MO at the Missouri River Trail. Scenic, flat course out and back on the Trail. Awards. Specially designed long-sleeved shirts to all registered participants. Post-race refreshments and award ceremony. Registration: \$10. Day-of-race registration allowed - but pre-registration is encouraged!!

Missouri River Run 4/4/92

Name _____
Address _____
City _____ State _____ Zip _____ Shirt size: S M L XL Age on 4/4/92: _____
Birthdate: _____ Sex: M F Telephone: _____

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances or who refuse to be tested will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1-800-233-0393.

In Consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge TAC/USA, TAC/Missouri Valley Association, the Columbia Track Club, the Missouri Department of Natural Resources, the City of Rocheport, Missouri, the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, April 4, 1992.

Signature _____

Parent or guardian signature is under 18

Checks payable to Columbia Track Club, P.O. Box 1872, Columbia, MO 65205

General Endurance Training Considerations
Wayne T. Armbrust, Ph.D.
The Ohio Track Club
November 13, 1990

The following is a compendium of material distilled from various sources, much of it from the work of Dr. Jack Daniels and Fred Wilt. It is hoped that it will be helpful as a brief guide to current thinking in endurance training methods.

Basic to all endurance training is the determination of the running or walking velocity at which VO_2max occurs. An endurance athlete can expend energy at the rate corresponding to VO_2max for only about 15 minutes. Thus for a runner, velocity VO_2max ($v\text{VO}_2\text{max}$) can be approximated by 5000 meter race pace and for a walker, by 3000 meter race pace. Therefore, for a 14:30 5000 runner, $v\text{VO}_2\text{max}$ corresponds to approximately 345 meters/min. This is the intensity at which VO_2max interval work is done and will be referred to as I intensity. All other types of training will be related to I intensity. E intensity is the pace at which long runs or walks are performed and at which running or walking is done on easy days, which should be approximately 75% of $v\text{VO}_2\text{max}$, or in the case of the hypothetical 14:30 5000 runner, about 259 meters/min. Examples of this for the same hypothetical runner might be 20 k in 1:17:15 for a long run or 5000 in 19:18 for an easy run. T intensity is the pace at which threshold workouts are performed. T intensity is the pace at which blood lactate accumulates at a rate disproportionate to increases in speed. These workouts are important to increase the percentage of VO_2max which can be sustained for a long period of time. T intensity is usually taken to be approximately 88% of $v\text{VO}_2\text{max}$. (5 k in 16:30 or 1500 intervals in 4:57 for our hypothetical runner) R intensity is the speed at which fast intervals are performed and should be about 3 to 5 seconds per 400 meters faster than I intensity for the runner and about 5 to 8 seconds per 400 faster for the walker. (400s in 64.5-66.5 sec for our hypothetical runner) With these ideas in mind, the following are types of workouts which should be considered:

1. Easy runs or walks at E pace from 5 to 10 k in length. Sometimes this will be the only training session on an easy day, at other times it might be the morning session of a two workout day.
2. Long runs or walks at E pace, covering 20 k or more or up to 25 or 30% of weekly distance.
3. Tempo runs or walks of about 20 minutes duration at T intensity.
4. Cruise Intervals. These are another form of threshold workout consisting of intervals of 800 to 3000 meters in length at T pace with a short rest between intervals.
5. VO_2max Intervals. Intervals performed at I intensity covering from 200 to 1500 meters with a rest equal to or slightly shorter than the preceding interval. This type of workout is said to most efficiently develop the aerobic energy system. Total distance covered per session for this type of workout should not exceed approximately 8% of weekly distance, or not over 10,000 meters, whichever is less.
6. Fast intervals. Intervals of from 100 to 400 meters performed at R intensity. Nearly complete recovery is allowed the athlete before beginning the next interval. Workouts of this type are said to improve running or walking economy and speed. No more than 5% of weekly total distance per session for this type workout.



The "Marathon of The Month" Man

After 52 years, Bob Dolphin finally worked up to the point of finishing a marathon. But that finish was simply the start.

This year's Seattle Marathon found the Yakima runner, now 62, completing his 106th race of 26.2 miles or longer. Those numbers break down into 89 marathons and 17 ultramarathons, the latter ranging in distance from 50 kilometers to 75 miles in a 24-hour walk.

Just as those numbers are a matter of fact, so is his approach to his accomplishments.

"Once I got started, I did them fairly routinely," says Dolphin.

Number 106—at the 1991 Seattle Marathon—went routinely enough as he finished in 3:19:38, good for first in the 60-64 age group on the cloudy and cool day.

"To me it was a good race. The weather was ideal as far as I was concerned," he says.

He covered the first 10 kilometers in 46:30, the last 10K in 48:30. "My splits came out fairly even," he says again matter-of-factly. His best time on the Redmond-to-Seattle route is 3:09:57 in 1987.

His routine has found him competing against as few as 24 racers in Canton, Missouri and as many as 21,000 in New York City. Dolphin has run in sultry summers and winter snowstorms in 12 states and British Columbia. His strides have

carried him from sea level in Oregon, to the top of 14,110 foot Pikes Peak in Colorado.

The routine also found him finishing #100 exactly 10 years to the day and at the same spot where he finished #1: the Heart of America Marathon in Columbia, Missouri on Labor Day this year (1991).

DOLPHIN KEEPS GOING simply because he likes it.

"It's my sport, my adventure and challenge," he says. "I cultivate a lot of friendships. I like the fact that you can be at the same event with elite athletes, even if you're at the back of the pack, and instead of being a spectator, you're a participant."

As PR's of 39:38 in the 10K and 3:00:12 in the marathon can attest, Dolphin's not that far back in the pack. He has won his age category 21 times in marathons, including the Goodwill Games Marathon in 1990 in Seattle, and 11 times in ultramarathons.

Older men have gained notoriety in running circles for their agegroup competitiveness. Dolphin doesn't just stop there.

"I compete with all runners," he maintains. "Usually at any one time in a marathon, I'll key on all run-

ners, irrespective of age."

The fastest of his marathon times—in 1988 at Seattle's Emerald City Marathon—is an agonizing 12 seconds over that magic three-hour mark. Even about that, Dolphin remains matter-of-fact.

"If I had tried to push some more," he says, "I would have had a hamstring pull. At the time, I was pleased just to go that fast."

His first steps toward going that fast came after two years of training and one year of racing in his former hometown of Columbia, Missouri. He started running because everybody else seemed to be.

"I was in a college town where there were a lot of runners and walkers. My superior was running. He encouraged me and gave me some running books," he recalls.

Dolphin's running direction took him west to Yakima in 1984 when he was transferred to a job at the U.S. Department of Agriculture (insect research laboratory).

HIS RETIREMENT from work three years ago allowed him to be even less retiring about his running. "It gives you more time to train and more flexibility on weekends to go to marathons. It makes a difference."

Also making a difference, particularly in ultramarathoning where water and food support are crucial, are members of Yakima's Hard Core Runners Club—as in apple cores

Frank Purdy

that constitute the club's logo. "J. R. Phillips and Dick Bergstrom have helped me out quite a few times," says Dolphin. "Dave Fowler's family."

Dolphin averages about a dozen marathons or ultras a year. In 1991 he accelerated that schedule to 19 so that he could hit number 100 in Columbia. With that schedule, his racing essentially serves as his training.

"I average a little over a thousand miles a year," he says, "and a little over half of that will be racing miles."

He includes racewalking in his routine (five miles a day, five days a week) and throws in 400-meter speed work on the track. This time of year he also takes a long hike with the Yakima-based Cascadians outdoor group every week.

"The racing can be hard on the body," says Dolphin, "and the walking lets me recover. One reason I don't run more is I'm usually recovering from small aches," he says. But with his walking routine, "I haven't had a major injury in three years."

Dolphin's accomplishments have landed him a place in a group called Marathon Achievers, a primarily Northwest group of 40-odd runners who have completed 30 or more marathons. Ron Nicholl of Gig Harbor keeps track of them.

Being a Northwesterner, Dolphin annually tries to hit the marathon circuit in Washington, Oregon, Idaho, and British Columbia. He has run the Seattle Marathon the most often, this year's effort being his eighth.

Ask Dolphin about his favorite marathon, and he quickly replies, "Well...none, really. I've always enjoyed the Boston Marathon. I've done it four times. Crowds, prestige, and the course. It's so well-organized."

But not in warm weather. "The toughest ones have been where it was really hot and humid. Boston and New York can be quite difficult. I'd much rather run when it's cool,



BOB DOLPHIN

windy, and raining, and you can put on extra clothing."

One of his most difficult marathons is cool, windy, and also very high up: Crater Lake at 7,000 hilly feet. "The altitude really slows you down," he says.

Whatever the altitude, he intends to keep the same attitude about

his sport. "If the next 100 marathons equal the fun and adventure of the first 100, I have many interesting experiences to look forward to."

AMR

Frank Purdy is a copy editor and writer at the Yakima Herald-Republic.

CTC 5K Nut Race

Sat., Feb. 1, 1992

The weather was perfect for the race, 40 degrees, dry pavement, and a slight wind out of the East. Good turnout with 38 finishers. Chris Naumann, former Jeff City High School star distance runner and recent graduate of Lawrence University, Appleton, WI, showed up to run. He ran track and cross country for Lawrence. There were several winners of nuts, indicated in the results by an * after their names. Special thanks to Anne Hessler, Steve Stonecipher-Fisher, Kurt Kempf, and Shella (I did not get your last name, unfortunately).

- | | |
|------------------------------------|---------------------------------|
| 1. Larry Henze *(27) 16:11 | 30. Nancy Fritsch*(53) 26:00 |
| 2. Chris Naumann *(22) 16:13 | 31. Scott Anders(26) 26:18 |
| 3. Jeff Mittelhauser *(35) 16:14 | 32. Debbie Dube*(43) 28:26 |
| 4. Jim Heady (Unofficial) 16:18 | 33. Birgitta Hessler*(14) 28:30 |
| 5. Brett Phillips *(19) 17:05 | 34. Boots Gerhardt*(71) 28:44 |
| 6. Randy Smith *(35) 18:23 | 35. Andrea Woods*(42) 28:45 |
| 7. Tom LaFontaine*(45) 18:30 | 36. Brian Johnstone(43) 31:45 |
| 8. David Bray*(27) 18:48 | 37. George Mummert(42) 32:54 |
| 9. Roger Turnbough*(34) 18:55 | 38. Joe Cragin*(64) 33:36 |
| 10. Michelle McFadden*(32) 18:56 | |
| 11. Rick Rother*(43) 18:59 | |
| 12. Don Lewis*(56) 19:33 | |
| 13. Steve Baurichter*(41) 19:48 | |
| 14. Mike Walther*(34) 20:21 | |
| 15. Nick Mercer*(50) 20:27 | |
| 16. Elmer Schlemper*(52) 20:28 | |
| 17. David Olmsted*(40) 20:39 | |
| 18. Anne Kaylen*(35) 21:26 | |
| 19. Dean Baxter*(56) 21:54 | |
| 20. Milene Mittelhauser*(32) 22:01 | |
| 21. Linda Robbins*(40) 22:30 | |
| 22. Bruce Neff*(33) 22:57 | |
| 23. Joe Duncan*(57) 23:16 | |
| 24. Gary Gundy*(28) 24:05 | |
| 25. Amy Gundy*(26) 24:05 tie | |
| 26. Linda Price*(48) 24:10 | |
| 27. Don Johnson*(63) 24:14 | |
| 28. David Webber(40) 24:17 | |
| 29. Gayle Johnson ,RW*(43) 25:40 | |

Peter Hessler has been honored as a Rhodes Scholar. Only 32 per year in the U.S. receive this out of roughly 1500 applicants. CONGRATULATIONS! Peter also recently ran 15:11 for the 5K indoors.

5 MILE COUPLES RUN - JANUARY 5, 1992

Individual Results:

Place	Name	Time
1.	Jeff Mittelhauser	26:50
2.	Jim Heady	27:04
3.	Larry Henze	27:28
4.	Mark Volek	30:18
5.	Randy Smith	30:21
6.	Mike Kaylen	30:49
7.	Roger Turnbough	31:45
8.	David Bray	32:01
9.	Mike Walther	33:14
10.	Julie Bergfeld	33:22
11.	Milene Mittelhauser	33:37
12.	Anne Kaylen	34:39
13.	Linda Robbins	37:01
14.	Stacey Reed	37:02
15.	Don Johnson	37:39
16.	Dean Baxter	38:28
17.	Fred Fritch	42:56
18.	Nancy Fritch	43:34
19.	Karen Derrick	45:37
20.	Elizabeth Gerhardt	48:04
21.	Ann Smith	49:51
22.	Sheila Adams	49:51

Team Results:

Team	Combined # Age	Time
* Bray/Bergfeld	52	1:05:27
Henze/Adams	55	1:17:19
* Volek/Reed	63	1:07:20
Walther/Derrick	64	1:18:51
* Mittelhauser/Mittlehauser	67	1:00:27
Heady/Robbins	68	1:04:05
Smith/Smith	70	1:20:12
* Kaylen/Kaylen	72	1:05:28
Fritch/Fritch	107	1:26:30
* Johnson/Gerhardt	134	1:25:43

* Age Division Winners

NEW MEMBERS: Columbia\ George Mummert, Robert Shoemaker, Dale Eberhard, Daniel Kelly, Nancie Aulger, & David Oldfield,
Boonville\Frank Gray
Silver Springs, TX.\Don & Toni Price

LAST CALL FOR DUES! If you still have a "1991" printed on your mailing label then either dues have not been paid or a slip up has occurred. A Membership Directory will be coming out in March. If you do not want to be included, call Mike @ 886-8686 or Steve @ 443-8875/446-1707, and let us know.

*Curt Kempf would like to hear from any volunteers for the St. Pat's 5K. Call him ASAP. 442-4823

Joe Marks is running 30-65 minutes regular and says, "My goal is to run and finish a 10K in late March. Several thousand will participate. The other goal is to continue to play in the ocean (and my pool), enjoy the miles and miles of bike paths and maybe to work on my tan (that's easy)."

Greetings from Oz (Australia).

You'd really like this place. So far temps have ranged from 60 to 90 degrees with low humidity. We have no need for air conditioning -- not even a fan. Temps will hit 110 before the end of our summer (March 21), so I may resort to buying a "swamp cooler" by then.

Speaking of costs, many are higher here, but not terribly bad when you convert them to American \$. For example, petrol (gasoline) is 67 cents a liter or \$2.68 per gallon in Australian money; \$2.05 American. Food and clothes are probably 10-15 percent higher. We have a huge mail just a few blocks from our house. In the mail are competing grocery stores, banks and whatever.

I live about 5 miles from the city's center (Perth has about 1.2 million people). Just a half mile (3 1/2 minutes jogging downhill) is the Swan River, which is about a mile wide here. A few blocks in the opposite direction is a park filled with acres and acres of wild plants.

This morning I awoke about 5 a.m. Even though we are 15 hours ahead of you, I'm getting back to my old habits (I also fall asleep before 10 p.m.). Wrote a long letter to my Mom, jogged about 40 minutes, then jumped in my pool. Tough life!

I went to work today just to use the computer (I wrote the letter to Mom by hand and nearly got writer's cramp).

Let me tell you about my trip here and about New Zealand. Spent a day and a half traveling (actual car and air time was about 24 hours). Managed to stay up until 8 p.m. the first day in Christchurch NZ, then crashed for about 11 hours and got "unlugged." Then drove to Mt. Cook (12,500 feet). Stayed in an alpine lodge at about 2,000 feet, so was literally brought to tears with wonderment at seeing the mountain loom 2 miles above me as I trekked the flower laden trails in the valley below.

Next day drove south to Queenstown about two thirds the way down NZ's south island. Stopped near the town to watch bungee jumping. Those guys (and girls) are nuts. People tied bungee cords to their feet and they dove 125 feet into a raging river below, getting yanked upwards just before plunging into the water (some actually got about half their bodies wet before being jerked about half way back up before plunging down again.) I shot some great videos. If I can figure a way to edit and duplicate, I'll send you a copy.

I did see a kiwi bird in Queenstown (in a bird sanctuary in the dark). The bird is the only animal exclusive to NZ. It's nocturnal. A big bird, about the size of a large chicken.

Saw one heck of a lot of sheep. There are 58 million in NZ.

In Queenstown, stayed at Lake Wakatipu. The second morning there I went for a 4-mile run along the shore. I didn't plan to run around the lake. It's the largest on the south island -- 58 miles long, 3 miles wide and 1,000 feet deep on the centerline.

From Queenstown took a bus tour of Milford Sound -- one of the highlights of the NZ visit. We drove through mountains, jungle-like rainforests, past giant waterfalls to Milford Sound then took a boatride through the fiord. NZ fiords, like those in Norway, are rough cut bays formed by glaciers. One of the waterfalls we saw there was ten times as big as Niagara falls. Many other falls were nearly as spectacular. When it rains hard, a mountain wall will be one solid waterfall, shooting water more than 60 feet away from the wall. Our skipper drove us under one of the falls so we could feel the water in our faces. Guess who stood furthest under the spray?! It's pretty cool, even in summer. Wore a sweatshirt and windbreaker. Remember the next country to the south of NZ is Antarctica.

After the Milford Sound tour drove back north about five hours to a farm stay on the shores of Lake Tekapo. Fed the baby sheep, got a four-wheel drive tour around the farm over hill and through bog, and watched a border collie round up cattle and sheep, separate them and shift them to another paddock (pasture). Whatia show! These dogs are so amazing, this farmer and his neighbors erected a huge brass statue of the sheep dog "we couldn't live without." This farm was about 2,500 acres and raised three sheep an acre.

This is considered intensified sheep production. Neighbors raise only one sheep on every five acres, but some of those neighbors own 65,000 acres. The farm on which we stayed was on the shores of Lake Tekapo whose waters are an incredible turquoise blue because of the rock flour (powder from mountain rocks grinding together). In the distance and pretty as a postcard is Mt. Cook. What a sight to see every morning!

Christmas Day was back in Christchurch. Ate a 9 course meal (typical English fare...crabmeat, turkey, ham, plum pudding, tarts, etc.). The Victorian mansion we stayed in had 9 feet tall ceilings, no TV or phones in the rooms, and virtually no electrical outlets. It was at least 80 years old. I guess you could call this quaint.

Mary was ill the day after Christmas so urged me to join other tourists on a trip to Akaroa, a town originally settled by the French (about 1 1/2 hours south of Christchurch on the coast). The trip there was much like traveling through the best of the Ozarks -- hills, hairpin turns, gorgeous views of farms and lakes. On the boat tour saw several dolphins -- three at one time and four another -- who enjoyed frolicking near our boat. Got them on video, too.

On the way back, stopped at another sheep farm where the owner demonstrated his two dogs. One operated like the border collie I described earlier; the other controlled sheep with his eyes. Once he rounded them up, he could hold them for hours just by staring at the sheep. The owner also gave us a wool shearing demonstration. He sheared the full-aged ewe in less than two minutes -- then threw the fleece on the floor and it fell as one piece...like a big rug. He said the world recordholder for shearing rams and ewes (649 in a 12-hour day) was coming to his farm to go for the world record for shearing lambs (800 in a 12-hour day...45 second per lamb). Whatia barber this guy would make!

After leaving NZ, spent 7 hours in Melbourne...about 4 of one of the finest zoos in the world. More than 2,500 animals, including, of course, kangaroos, emus, ostriches and the really cute wallabys.

Probably my biggest headache is getting used to driving on the wrong side of the road. First day in NZ I hit a curb, lost the hubcap. The rental place said that was not uncommon among Americans and that I was wise to have taken out the insurance to cover such mishaps.

A couple times, I've turned into the right lane by habit -- only to find cars coming straight at me. Note: The gestures of Down Under drivers gave me looked very familiar!

As I said, the folks here are terrific. The day after New Year's, my boss has invited me to his beach house about an hour south of here (and 200 meters from the ocean). Later in the year, I will travel most of this state including one of its most northernmost points, almost 2,000 miles away.

Oh, I do have quite a bit of work to do, but the sheer adventure of it all makes work fun.

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

1992

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.