

Columbia Track Club News

Volume XXIV No. 7

October 1992

CTC BRIEFS

Marathon triumphs

Tom Nichols of St. Louis won the Heart of America Marathon for the second time on Sept. 7 (results and notes enclosed). Nichols, who also won in 1989, recorded a time of 2 hours, 46 minutes, 13 seconds. Dmitry Voldman of Lenexa, Kan., was second in 2:46:39.

Julie Bergfeld of Columbia was the top female finisher in 3:23:39. She placed 11th overall among the 56 finishers, who came from 10 states. Chuck McFerren, 75 years old from Salem, Ore., was the oldest finisher.

FROM THE TOP

By Steve Stonecipher-Fisher
CTC President

The Heart of America Marathon went well, thanks to Joe Duncan and his volunteers. (Results enclosed.)

I have a general feeling that more people are participating in events this year. No "gang-buster" numbers, but each event seems to be on the upswing. I think it may be because running is one of the more measurable activities.

There are many good events over the next few months, 5Ks to marathons -- and cross country, to boot. Something for everyone.

Scholarship proposal

A proposal is in the works to expand the CTC scholarship. (Note: We have a three-person committee assigned to this project. Dr. Ben Londeree administers the scholarship.)

Currently, it is set up to assist a UMC exercise physiology graduate student who meets the CTC criteria. The proposal is to also assist area high school runners who meet the requirements. I'm in favor because the club would get greater recognition and expand our community-service aspect. It would mean we would need to do some fund-raising to support this. If you have feedback or just want to pledge financial support, give me a call (443-8875, work; 446-1707, home) or write to CTC, P.O. Box 1872, Columbia, Mo., 65205.

Steve's training tip

At times, I have found myself in a training rut where day after day or week after week I'm doing the same runs in the same times over the same courses, and it gets difficult to motivate myself. This happens to all of us, no matter what level we are.

A simple solution is to abruptly change the pattern of your running, and the best method seems to be to slow down (a minute or more per mile) for several days. I have always found this a great help. By slowing down, I feel rested after a few days. I cover the same distance, so my volume stays up and I realize just how hard my daily efforts have been.

The mental satisfaction intensifies, and after several days, I'm ready to put in another good block of training. Try this the

Warmup victories

Steve Stonecipher-Fisher and Tara Flynn warmed up for the Twin Cities Marathon with victories in the second Boone Baby 5K on Saturday, Sept. 26 (results enclosed). Steve's winning time of 15 minutes, 46 seconds was more than 30 seconds faster than second-place Chris Wagner among the 334 finishers. Tara was the top female finisher in 18:03.

On Oct. 4, Steve placed 30th in the men's field at the Twin Cities Marathon in 2:31:37 and Tara placed 15th among the women in 2:50:34.

next time staleness sets in. It's a good way to take a Type-A training program into the saner Type-B range.

Introductory Topic

We now have a very knowledgeable coach available to us: Dr. Wayne Armbrust. At some point, we need to find a solution to our track-facility problem. I've had conversations with several others concerning all-weather facilities, costs, possibilities, impossibilities, etc., and welcome other input.

Special notes

The CTC-SLTC cross-country meet will be at 1 p.m. Nov. 8 in Blackburn Park, St. Louis (actually, Webster Groves; map is enclosed).

Dick Hessler is lining up a bus for us. Contact him to reserve a spot at 874-2906.

For future reference, we have met with the SLTC folks and will plan the annual cross-country race for the first weekend in November each year.

The Jingle Bell Run will be coming along soon. We need 15+ volunteers. Please call and let me put your name on the list if you are not running. (443-8874, work; 446-1707, home)

Bob Dolphin has bagged another marathon -- the Crater Lake Rim Marathon (6,000-8,000 feet in elevation) that he was determined NOT to do right up to the very end. Of course, he did it, and finished 36th of 85 overall and second in the 60-69 male category.

CTC BRIEFS**Deadline nears**

The entry deadline for the second Little Planet Run (entry form enclosed), a 6K race that starts and ends in downtown Columbia and incorporates the Katy Trail in its course, is Oct. 16. The race begins at 8:30 a.m., Oct. 17. Entry fee is \$10 until Oct. 10, \$12 thereafter.

Biathlon canceled

The CTC/CBC biathlon scheduled for Oct. 11 has been canceled. Interest in the event was slight last year, and feedback has indicated there are too many conflicting events.

OPEN ATHLETES REPORT**By Coach Wayne Armbrust**

At the annual meeting of the club last November, the membership graciously appointed me coach of the Columbia Track Club. In the ensuing months, I have tried to encourage and recruit athletes to compete in open competition under the CTC banner. This is a report on progress made to date.

Five athletes represented CTC in open competition in 1992. Of the five, the biggest name by far was former M.U. star Victor Edet, who ran for Nigeria in the 4X100-meter relay at the Seoul Olympics. Victor competed in the Cyclone Invitational, the Washington University Twilight Open, the SEMotion Relays and the Kansas Relays before being sidelined by injury. He was making steady progress toward his goal of making the Nigerian Olympic team in the 100 and 200 when he was forced to end his season. I hope he will be back with us next year to attempt to qualify for the Nigerian world championship team.

The CTC athlete who competed most frequently in 1992 was racewalker Gayle Johnson, a faculty member at the M.U. College of Veterinary Medicine. Gayle competed in the National Invitational in Washington, D.C. (ninth), the Mortland Invitational in Columbus (second), the Penn Relays (DQ, injury), the Parkside, Wisc., Athletics Women's 10K (second), the National TAC 10K Championships in Niagara Falls, N.Y. (11th) and the Show-Me State Games (first in both the track 1,500 and the road 5,000).

Gayle set PRs of 50:55 for the 10,000 at the National Invitational and 24:52 for the 5,000 at the Show-Me Games. Her injury at the Penn Relays cost her any chance of achieving her goal for the year of qualifying for the Olympic Trials. Gayle, 43, also competed in the U.S. Masters Championships in Spokane, Wash., where she was second in the 5,000 and first in the 10,000. In the 10,000, she dealt many-time national masters champion Viisha Sedlak her first and only loss in masters competition, although she also beat Sedlak at the National Invitational.

The find of the year for me personally was Michelle McFadden, who has been a CTC member for several years and has a good record locally as a road racer. I noticed

Racewalk planned

Racewalkers in Xenia, Ohio, are planning a 100-mile walk in the fall of 1993. Details will follow when available.

Show-Me medalist

Matthew Tanner, a new CTC member who turned 10 in March, won the silver medal in the 12-and-under boys' 1,500-meter race at the Show-Me State Games. His time was 5:28. Matthew also placed fourth in the 800 in 2:42.

her running one day in late spring at the Stankowski track and encouraged her to enter the Show-Me State Games 3,000. She made good progress in her workouts despite having a limited base after missing training earlier in the year with back problems. Michelle ran 10:37.9 in her first track race ever at the Show-Me Games Festival on the Jefferson City High School dirt track. She then ran 10:06.0 in the finals on the polyurethane track at Lincoln University. Although these times will not frighten the country's elite runners, they are excellent first efforts, especially considering her lack of a proper base. I am expecting great things for Michelle in the coming months and years. She has a great deal of talent and an excellent attitude.

Club president Steve Stonecipher-Fisher was third in the 5,000 at the M.U. All-Comers indoor meet with a time of 15:42.60. In addition, Steve won the Show-Me Games 5,000 road race with a time of 15:29. Hopefully, Steve's busy schedule will allow him more time in the future to train for open competition. He definitely has the talent, as he has amply demonstrated over the years.

Abdulahi Ramoni was the fifth athlete to represent CTC in open competition this year. Abdulahi, a native of Nigeria and a former member of the Missouri Valley track team, competes in the sprints. Personal problems limited his participation to the Cyclone Invitational, the M.U. All-Comers and the Washington University Twilight Open. Hopefully, he will return next year.

Club members can do several things to help our open-athlete program. No. 1, please bring to my attention anyone in the area who you think is capable of competing in open competition. No. 2, wear your CTC singlets (get one from Steve at his store for \$6 if you don't have one) in all races you enter. This will help publicize our club and could get inquiries about our program from open athletes. Finally, I can always use help at workouts and at meets with timing, recording splits, videotaping, driving, etc.

With your help, our open program can become a national force, attracting and retaining the best athletes in the state and receiving corporate support.

MUSINGS FROM THE MIDDLE OF THE PACK

The following was submitted anonymously:

I've been running for 15 years and doing a little racing along the way. I have no tangible evidence of this racing, such as trophies or medals, but have generally enjoyed the experiences nonetheless. Anyway, during these years I've mentally made notes of the things that really tick off us middle-of-the-packers (sounds like a football team). For example:

This gripe isn't limited to us MOTPs, but how about those kids and slow runners who always line up in the front at the start of a race. They run like a bat out of hell for the first 100 yards and then stop for a breather. It's hard enough for us MOTPs to run a good race, much less have to run the first quarter mile like we're playing dodgeball.

Or how about this: You come home from a good race (another middle-of-the-pack finish, but a good effort nonetheless), and your kids excitedly ask if you won. When you say no, they say, "Well, what place did you get?" When you tell them you finished 132nd, their excitement ends immediately. I used to try to explain that I got 10th in my age group and that I ran a personal best, but their eyes glaze over and I might as well be talking to a tree stump.

I saved my best gripe for last. How about the fast runners, the trophy winners, who always warm down after a race by running back out onto the race course. Here we are, us MOTPs, struggling to finish that last mile while our legs feel like someone filled them with bags of nickels, and along they come. They spritely jog by, looking like they've barely extended themselves, and patronizingly encourage us to "keep up the good work" or tell us that "we're looking good." That last comment proves these people are not to be trusted because I know damn well I don't look good during that last mile.

There you have it. It's finally off my chest. I can resume my running without carrying the weight of that mental baggage anymore. Until next time ...

RESULTS**July 4****At Hickman Track**

Bob Hook, who happened to be doing a track workout and decided to compete, won the one-mile run in 4:47 on a day when several club members were competing in a 5K in Moberly. Gayle Johnson averaged 8:05 per mile to win the 5K walk. Thanks to Darlene Londeree, Dorinda Landrum and Sarah Blunk for help timing; to Grandad's for discount coupons; and to race director Ben Londeree.

One-mile run

	400m	800m	1,200m	Mile
Bob Hook	1:12	2:26	3:37	4:47
Ken McClure	1:23	2:51	4:18	5:41
Don Lewis	1:24	2:54	4:22	5:48
Mike Little	1:22	2:50	4:23	5:53
Joe Duncan	1:30	3:04	4:43	6:26

5K walk

Gayle Johnson	1:52	3:47	5:43	7:42
	9:44	11:50	13:56	15:59
	18:04	20:03	22:13	24:15
Dorinda Landrum	3:54	7:44	11:35	15:26
	19:18	23:09	26:53	30:42
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25:24

Sept. 12**at Bethel Park****Two-mile cross country**

Bob Hook made it two for two with his victory in 10:36 on a sunny day in the mid-60s. Thanks to Linda Price and Georgina Gonzales, and to TCBY for providing waffle cone discounts certificates.

Bob Hook (21)	10:36	Dale Broadway (38)	13:52
John Delano (32)	10:51	Doug Smith (32)	18:04
Daryl Wagner (24)	11:06	Patty Powers (41)	18:04.5
Brent Woodcock (21)	11:23	Andrea Wood (46)	18:05
Mark Wilson (30)	12:50	John Cruse (24)	18:58
Gary Honey (22)	13:28	Boots Gerhard (72)	21:17

TOM NICHOLS AND JULIE BERGFELD ARE THE WINNERS IN THE 33rd ANNUAL
HEART OF AMERICA MARATHON September 7, 1992

PLACE	NAME	AGE	TOWN	STATE	1/2 Way	FINAL	PACE
1	Tom Nichols	33	St. Louis	MO	1:26:50	2:46:13	6:19
2	Dmitry Voldman	39	Lenexa	Ks	1:26:30	2:46:39	6:19.5
3	Raul Flores	36	Overland Park	KS	1:26:45	2:55:57	6:40
4	Todd Beaverson	28	Moberly	MO	1:31:38	2:57:55	6:45
5	David Dobkowski	34	Clayton	MO	1:31:37	3:04:08	7:01
6	John Meehan	38	Sedalia	MO	1:37:07	3:08:53	7:10
7	Dennis Simmons	48	Florissant	MO	1:35:31	3:13:45	7:21
8	James Penn Maxwell	38	San Diego	CA	1:28:41	3:15:03	7:26
9	David Oldfield	47	Columbia	MO	1:39:23	3:19:35	7:35
10	David Bray	28	Columbia	MO	1:37:07	3:22:23	7:42
11	Julie Bergfeld f	25	Columbia	MO	1:38:53	3:23:39	7:44
12	Bill Woolsey	40	Kansas City	MO	1:46:29	3:25:22	7:49
13	Peter Sprengelmeyer	26	Columbia	MO	1:38:36	3:25:37	7:49.5
14	Tom Malloy	36	Columbia	MO	1:37:15	3:30:48	8:00
15	Cameron Berg	41	Dallas	TX	1:42:25	3:33:13	8:07
16	Steven Groll	35	St. Louis	MO	1:53:44	3:34:17*	8:09
17	David Friesner	41	Ballwin	MO	1:39:00	3:35:35	8:12
18	Dale Broadway	38	Columbia	MO	1:44:45	3:37:27	8:16
19	Gary Green	38	Kirkwood	MO	1:50:22	3:41:11	8:26
20	Jeff Perry	32	Roeland Park	KS	1:47:40	3:42:18	8:28
21	David Runyon	35	Belleville	IL	1:47:28	3:42:37	8:28.5
22	Mark Wilson	42	Hillsboro	MO	1:57:25	3:43:36	8:30
23	Mark Lidman	44	Blue Springs	MO	1:47:40	3:44:46	8:32
24	Don Zirbel	50	Sioux City	IA	1:45:41	3:45:46	8:37
25	Gary Gribble	53	Kansas City	MO	1:47:41	3:51:54	8:48
26	Carl Peak	48	Ava	MO	1:50:43	3:52:31	8:50
27	Brian Butcher	32	Blue Springs	MO	1:41:40	3:55:21	8:57
28	Mianne Underwood ♀	28	Kansas City	MO	1:57:25	3:56:44	9:00
29	Dennis Long	45	Desoto	TX	1:48:47	3:57:27	9:02
30	Bert Brown	48	Kansas City	MO	1:58:21	4:02:28	9:13
31	William Drennan	32	St. Louis	MO	2:06:20	4:08:24	9:27
32	Glen Zirbel	61	Ankeny	IA	1:59:16	4:09:59	9:29
33	Bill Buckland	40	Olathe	KS	1:59:05	4:10:53	9:32
34	John Patton	40	Columbia	MO	2:09:05	4:12:30	9:36
35	Ed Goss	41	Columbia	MO	1:54:15	4:12:49	9:36.5
36	Emilio Duque	37	Ft. Leonard Wood	MO	2:06:35	4:13:26	9:39
37	Christopher Rampacek	40	Houston	TX	2:06:05	4:13:28	9:39
38	Rick Fagan	33	Waynesville	MO	1:55:51	4:15:25	9:43
39	Jim Perry	43	Enid	OK	1:55:48	4:15:49	9:43.5
40	Joe Necola	31	Omaha	NE	2:06:05	4:16:25	9:45
41	Karen Derrick ♀	31	Columbia	MO	2:07:35	4:28:10	
41t	Becky Lorenz ♀	33	St. Charles	MO	2:07:35	4:28:10	
43	Jamie Mondello	37	Columbia	MO	2:05:39	4:28:10	
44	Don Whitener	49	Columbia	MO	2:02:25	4:30:55	
45	Walt Morton	47	Springfield	MO	1:59:40	4:31:31	
46	Ian Durie	30	Cottage Hills	IL	2:01:58	4:32:24	
47	Philip Bischof	60	Houston	TX	2:08:45	4:34:55	
48	Dan Jackson	38	Waynesville	MO	2:04:28	4:37:58	
49	Craig Sikes	29	Springfield	MO	2:01:57	4:40:50	
50	Cheryl Simmons ♀	48	Florissant	MO	2:14:22	4:47:54	
51	Richard Stevermer	38	Edgerton	KS	2:33:05	5:00:21	
51t	Mark Stevermer	39	Shawnee	KS	2:33:05	5:00:21	
53	Lee Staab	35	Ft. Leavenworth	KS	2:03:59	5:14:03	
54	Jose Garcia	58	Wilmington	DE	2:02:31	5:15:27	
55	Creighton Larson	31	Waynesville	MO	2:09:33	5:17:51	
56	Chuck McFerran	75	Salem	OR	2:54:33	6:24:05	

NOTES--HEART OF AMERICA MARATHON 1992, the 33rd Annual:

The weather: Not too bad at the start. 64 degrees, 97% humidity (that's bad), light SE wind at 6 knots, 30% cloud cover. The temperature worked up to 70 by 9am and 78 by 10, while the humidity stayed about the same for 2½ hours and then dropped a little. There was never a bright sun with clear skies, so that helped.

TOM NICHOLS was here for the second time having also won this race in 1989 (he was entered then as Charles) with a time of 2:42:00. In that race Nichols was dogged by Raul Flores for some 21 miles before pulling away to win by almost 4 minutes. This year Nichols lagged along behind DMITRY VOLDMAN and the same RAUL FLORES, but by only 20 seconds or so before pulling even with them coming up to the 12 mile mark. These three ran together until Flores was dropped on the 17 mile hill. It was then Nichols and Voldman until Nichols began pulling away on the downhill stretches after 22 miles. "He was too fast going downhill," said Voldman who racked up his third straight second place finish, yet establishing a PB for H of A by 8 minutes. Both Nichols and Voldman ran negative splits, the second half going some six minutes faster than the first. A leisurely 6:40 pace for the first several miles set up the hammering over the final ½ marathon after Easley Hill.

JULIE BERGFELD had the women's portion of the race all to herself in her H of A debut getting her desired sub 3:30 by almost 7 minutes.

TODD BEAVERSON with his 4th place finish was the leading CTC runner bettering his 3:03:55 of last year and making up a lot of ground on Flores over the last few miles. Todd's 2nd½ was 6 minutes better than his first.

GARY GRIBBLE was in his 82nd marathon--he has run at least one in every state and DC. JIM MAXWELL completed his 11th H of A; the last several years he has come all the way from San Diego to run (but he does have relatives in Missouri). DENNIS SIMMONS in his 3rd H of A got the 40-49 1st place award with a PB by over 10 minutes. Wife CHERYL equalled that first place performance for female 40+.

*Steven Groll missed the turn to go up Easley Hill and ran an extra two miles. He was running 4th at the time and we apologize to him for allowing that to happen.

JOHN PATTON, a Columbia lawyer, won the Dave Schulte Award for Improved Performance improving 14.57% over his previous best H of A time. CHUCK McFERREN, at age 75 is the oldest person ever to run H of A.

THANKS! for all the help and support we got: Steve, Kim and Ryan Stonecipher-Fisher, Steve Kissane & Andrea Woods who directed the Aid Station with the help of Hickman's Cross Country team, the timers: Margaret Halliburton, Don Granberg, Curt Kempf, Todd Swan, Susie Mathern, Wayne Armbrust, Gayle Johnson, Mike Nichols, Gene Bard, Rich Harris & Barbara, Tom Collier, Keith Carastino, Erick Niewoehner, Ben Londeree, Joyce Schulte & Dennis, Marion Harlan & Dr. Bob Stoy in the pickup truck, Jull Murphey and her Boone Hospital 2 man ambulance crew giving us the best medical support we have ever had, Jim Crosby, Larry Henke, Dick Hessler, Simon Rose & Paul Tuke who did a great job through KFRU in advising the public to watch for the runners on Rts K & N, NOWELL'S provided the fruit, JOE MACHENS FORD the truck--if we have ommitted any names, that has been done unintentionally.

[illegible]

95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
Paul E. King	Charles D. Rogers	Theresa K. Shivers	Debra K. Miller	Valerie E. Miller	Yvonne L. G. Miller	Kathleen F. Barton	Rocky Bell	Edith Kent	Dorothy Null	Jamie L. Kistner	Jamie D. Kistner	Monica Vassos-Finch	Ladonna Helbreder	Janice C. Crutchfield	Leanne C. Blackmore	Carolanne J. Harris	Lori E. Houghton	Deanna G. Vassan	Joan V. Burke	Catherine Simmons	Heather L. Robb	Jan M. Arnold	Terri H. Knoch	Andrea M. Enock	Elizabeth Selby	D. Paige Allen	Robyn A. Gordon	Phyllis Corbett	Michelle Russell	Richard R. Fleeter	Earl L. Carpenter	Arduy E. Corneliison	Heath R. Bass	Angie Brown	Angie Brown	Yvonne R. Schmidt	Vand S. Schultz	Ruth A. Boes	Sharr L. Stump	Terrea A. Striwell	Boyd L. Smith	Kathleen B. Sharp	Debbie J. Dixon	Jenny J. Convey	Jane A. McConvey	Kathleen M. Carpenter	Marta L. Sharp	Megan N. Porter	Darlene E. Carpenter																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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Louis	Millersburg	Columbia	Columbia	Columbia	Columbia	Columbia	Centerville	Columbia	Columbia	Columbia	Belleville	Columbia	Ashland	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	Columbia	C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Mid-Missouri's Second Annual Little Planet Run

It's just a little Planet...6k (3.72 mile) Run/ Walk

COLUMBIA'S Most Beautiful Run / Walk

October 17, 1992- 8:30 a.m.

Sponsorship and support:

The Little Planet Run is sponsored by:

Boone Clinic, Columbia Track Club, Powell Distributing, Tryathletics, Murry's, Planned Parenthood, TCBY, Universi-T's, & Word of Mouth Cafe . Also supporting this event are the following businesses and organizations:

Katy Station & D-Sports.

We gratefully acknowledge the essential support of our volunteers and our sponsors.

Thanks very much, from Race director: Don Lewis & Assistant: Tim Barksdale

Entry/ Registration:

Early: \$10.00

Late: \$12.00 (entry when received October 10-15)

Make checks payable to:

the Little Planet Run

NO Registrations will be accepted after October 15th.

Completed registration forms can be mailed to the following address:

The Little Planet Run
711 N. Providence Rd.
Columbia, MO. 65203

Completed registration forms can be delivered in person to one of the following Columbia Locations:

Tryathletics	D-Sports
1 South 4th.	1034 E. Walnut

Race Packet Pick-up

Advance Day Pick-up:

Tryathletics

Race Day Pick-up:

Katy Station parking lot (S. End)

* If possible please help us by picking up your race packet before race day. Packets will contain information on special prizes and special entry categories.

T-Shirts:

High quality 100% cotton long-sleeved T-shirts will be provided to all registered participants.

Restrooms:

Located along the south end of Fourth Street.

Safety:

Limited traffic control will be provided by the Columbia City Police and the U.M.C. Police.

However, there will be traffic on the course during the run, so take precautions for your own **safety.**

Aid Stations

Water and Ice will be available at: the 1.5 mile mark on the course.

Wearing of head-phones on the course is prohibited. Pets will not be allowed to accompany runners. Please, no bikes should accompany runners at any time on the course during the race.

The Course: 6 K (3.72 miles)

Start at the base of Cherry, run uphill to Fifth St; turn right (S) on Fifth St. and run south to Stewart Rd. Turn Right (W) and cross Providence Rd; continue on (W) Stewart Rd; run along the south shoulder (facing traffic) and proceed uphill to Greenwood Ave. Go left (S.) on Greenwood, Water stop is ahead. Turn right on to Rollins Rd. and proceed west. Turn left(S) on West Blvd., turn left (E.) on Stadium Blvd. At bottom of the hill: enter the Katy Trail; Go .8 mile; Cross Providence Rd. turning north but continue on new portion of Katy Trail. Go north to Locust to Finish line a little more than one block South of Tryathletics..

Entry Form: October 17, 1992 - Little Planet Run /Walk - 6k

No. _____

Name _____
last first M.I.

Address _____

City _____ State _____ Zip _____

Phone (____)____-____-____ Age on 10/19/91 _____

Birthday ____/____/____ Sex ____ T-Shirt Size ☐ S ☐ M ☐ L ☐ XL

Best 10k in past 12 months _____ : _____ ☐ Race/Walk Entry

Waiver : I know that running a road race is a potentially hazardous activity. I know I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather including heat and /or high humidity, and the conditions of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree to not wear headsets during the race.

Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors; administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Columbia Track Club, The City of Columbia, The County of Boone, The State of Missouri, Race Officials, Volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

The undersigned further grants full permission to Columbia Track Club and or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

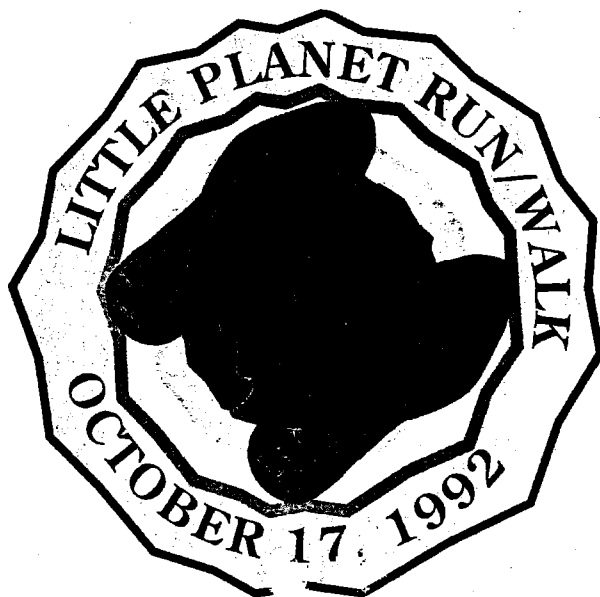
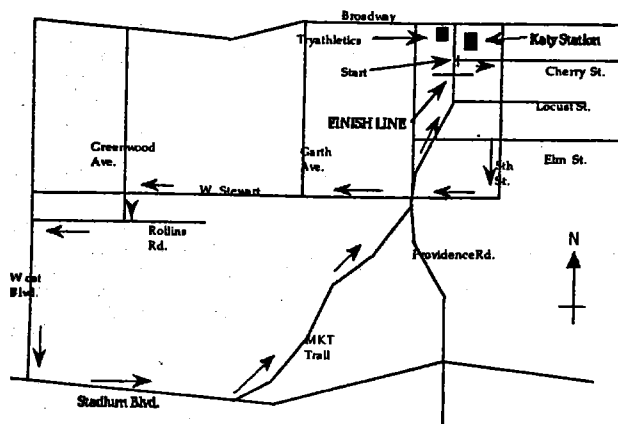
Applications for minors will be accepted only with a parents' signature.

signature

Make checks payable to: The Little Planet Run

NO Registrations will be accepted after October 16th. Completed forms can be mailed to the following address: The Little Planet Run, 711 N. Providence Rd., Columbia, MO. 65203 or delivered in person to: Tryathletics or D-Sports.

Other Instructions : Race course had been shortened to accomodate the increase in participants. Course is marked by Green and Blue Arrows. Follow arrows on roads and try to avoid sidewalks. Pay attention to race and course officials at all times. You may be removed from the race if your health is in question. Times will be called out at 1 mile mark. If there are any Wheel chair participants, they will start 5 minutes ahead.



COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

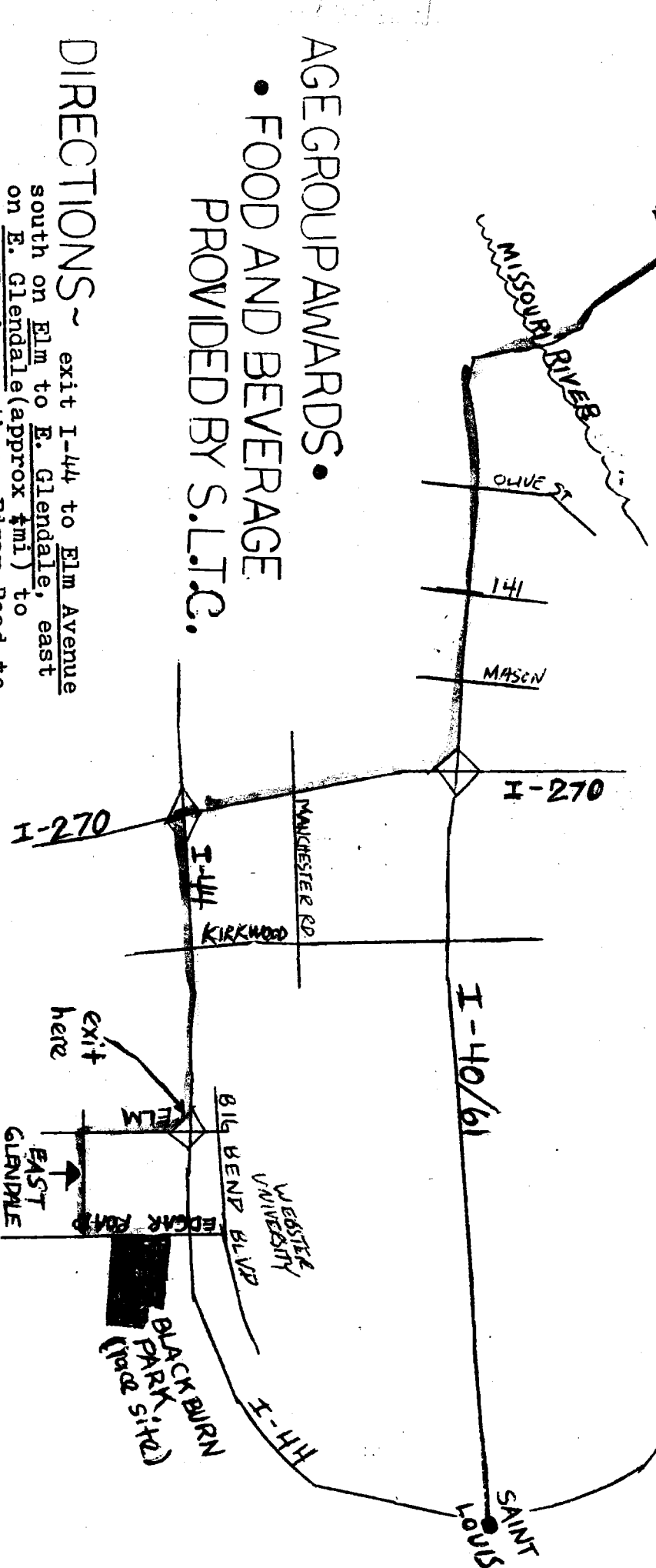
DATE	DAY	TIME	NAME	CITY, STATE	* INFO
09/06	Sun	8:00 am	Bud Light Stadium 10K Run	St. Louis, MO	1A
09/06	Sun	8:00 am	Lake St. Louis Triathlon	St. Louis, MO	3
09/07	Mon	8:00 am	Desloge Labor Day Picnic 5K/1M	Desloge, MO	4
09/13	Sun	8:30 am	Fenton 5K/1M Fitness Runs	Fenton, MO	5
09/19	Sat	8:00 am	Clayton Classic 5K & Strollerthon	Clayton, MO	6
09/19	Sat	8:00 am	Hazelwood Harvestfest 5K Run	St. Louis, MO	7
09/19	Sat	8:30 am	RRCA Women's Distance Festival 5K	Cape Girardeau, MO	8
09/19	Sat		Liberty Fall Festival 8K Run	Liberty, MO	9
09/19	Sat		Pony Express Half Marathon/10K/5K	St. Joseph, MO	10
09/20	Sun	7:30 am	The Parkmoor 8K/5K Runs	St. Louis, MO	2A
09/26	Sat	8:00 am	Maryland Heights Days 5K/1M Runs	St. Louis, MO	11
09/26	Sat	8:30 am	Smart 5K Classic	Balwin, MO	12
09/26	Sat		Northgate 8K	Olathe, KS	13
09/27	Sun		Cliffhanger 5K/10K	Kansas City, MO	14
09/27	Sun	8:00 am	Overland Trails 5K/1M Runs	Overland, MO	15
/27	Sun	8:00 am	West County Fall Foot 4M/3K Races	St. Louis, MO	2B
10/03	Sat		TJ's Sport Center 5K/10K	Warrensburg, MO	16
10/03	Sat	9:00 am	Soybean Festival 5K Run	Portageville, MO	17
10/04	Sun		St. Luke's Hospital Women's 10K/5K	Kansas City, MO	18
10/10	Sat	8:00 am	Osteopathic 10K/3K Runs	Farmington, MO	19
10/11	Sun	7:30 am	Cape Girardeau Half Marathon/5K/1M	Cape Girardeau, MO	20
10/11	Sun	8:00 am	West County Neat Feet 8K/1M Runs	Manchester, MO	21
10/17	Sat	8:00 am	Multi-Bran Chex 5M/1M Runs	St. Louis, MO	1B
10/18	Sun	1:00 pm	Fitness Fest 10K/5K Runs	Cape Girardeau, MO	22
10/25	Sun	8:00 am	Humana-Prime Heath Marathon/10K	Kansas City, MO	23
11/01	Sun	8:30 am	Take Steps for NF 10K/3K Runs	St. Louis, MO	24
11/08	Sun	8:00 am	Rotary 5K/1M Runs	St. Louis, MO	25
11/14	Sat	8:00 am	DeSoto 5K/1M Dragon Classic	De Soto, MO	26
11/22	Sun	8:00 am	St. Louis Marathon/5K	St. Louis, MO	1C
11/22	Sun	1:00 pm	Thanksgiving 5K/3K/1M Runs	Cape Girardeau, MO	27
11/28	Sat	10:00 am	Great River Road 10M/2M Runs	Alton, IL	28

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. Handicapped race based on age and sex
starts at Busch Stadium downtown B. Starts at Ralston Purina Company
headquarters downtown 9th and Chouteau C. Starts at Kiener Plaza
- 2 Gateway Athletics Marathon Sports 13453 Chesterfield Plaza
Chesterfield, MO 63017 314-434-9577 A. Starts at Parkmoor Restaurant
Clayton & Big Bend Roads B. Starts at West County Sports Fitness &
Rehabilitation Center 11628 Old Ballas Rd
- 3 St. Louis Triathlon Box 472 St. Peter's, MO 63376 314-928-5970 or
407-647-4222 1.5K swim 40K bike 10K run
- 4 Rick Augustine Rt. 1 Box 409A Bonne Terre, MO 63628 314-358-3627
- 5 St. Joseph Hospital Public Relations Dept 525 Couch Ave Kirkwood, MO
63122 314-966-1666
- 6 Clayton Classic c/o Clayton Child Center, Inc. #1 Oak Knoll Clayton,
MO 63105 314-726-0440

- 7 Hazelwood Community Center 1186 Teson Road Hazelwood, MO 63042
314-731-0980
- 8 Southeast Missouri Hospital/Debbie Leoni 1701 Lacey St. Cape Girardeau
, MO 63701 314-651-5820 or 314-334-9355
- 9 David Stocksdales Box 257 Liberty, MO 64068 816-781-4200
- 10 Randy Nelson 315 S. Sixth St. St. Joseph, MO 64501 816-232-3344
- 11 Maryland Heights City Hall Attn: Bill Houston 212 Millwell Maryland
Heights, MO 63043 314-291-6550
- 12 Mimi Zielinski 4 Wayfarer Ct. Ballwin, MO 63021 314-394-1482
- 13 Sue Elliot/Olathe Parks & Rec. Dept. 200 W. Santa Fe Olathe, MO 66061
913-764-6163
- 14 Cliffhanger 5K/10K 5617 N. Adrian Ave. Kansas City, MO 64151
816-741-2314
- 15 Overland City Hall 9119 Lackland Rd. Overland, MO 63114
- 16 Tom or Peggy 505B North Maguire Warrensburg, MO 64093 816-741-9411
- 17 Fred Alexander 510 West 6th St. Portageville, MO 63873 314-379-3429
- 18 Sharon Polk Community Relations St. Luke Hospital 4400 Wornall Rd.
Kansas City, MO 64111 816-932-2258
- 19 Osteopathic Run c/o MARMC 1212 Weber Road Farmington, MO 63640
314-756-4581 or 314-431-46661
- 20 Joy Gilbert 2823 Hildale Cir. Cape Girardeau, MO 63701 314-335-3617
- 21 West County 8K UFCW Local 655 300 Weidman Road Manchester, MO 63011
- 22 Bill Logan 1818 Northbridge Cape Girardeau, MO 63701 314-334-9414
- 23 Humana-Prime Health Kansas City Marathon & 10K Run P.O. Box 836
Shawnee Mission, KS 66201 913-432-3926
- 24 MO Chapter NF Foundation 9769 St. Charles Rock Road St. Louis, MO
63114 314-428-1520
- 25 St. Anthony's Medical Center c/o Bill Gielow 10010 Kennerly Road
St. Louis, MO 63128 314-525-4047 8-4:30 M-F
- 26 Arnett Sullivan 408 S. 5th Street DeSoto, MO 63020 314-586-3316
- 27 SEMO State Univ. Student Rec. Center Cape Girardeau, MO 63701
314-586-3316
- 28 River Road Run 457 Sullivan East Alton, IL 62024 618-466-8915
- 29 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

ST. LOUIS TRACK CLUB
 5 KM. CROSS COUNTRY INVITATIONAL
 SUNDAY NOVEMBER 8TH 11P.M.
 BLACKBURN PARK, WEBSTER GROVES, MO.



AGE GROUP AWARDS.

- FOOD AND BEVERAGE PROVIDED BY S.L.T.C.

DIRECTIONS ~ exit I-44 to Elm Avenue south on Elm to E. Glendale, east on E. Glendale (approx 4mi) to Edgar Road, north on Edgar Road to Blackburn Park (located on your right)

CONTACT: S.L.T.C. 314-781-3926 or JON DELANO 739-2201

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.