

On your Marks

Sure, the Heart of America Marathon is 6 a.m. on Labor Day But ... if you're not going to run it, you could help Joe Duncan make sure all goes well for the participants. You can always take a nap later that day. Joe's hotline is 445-2684.



The Sandbagger 10K (see results inside this newsletter) was not "flooded" with participants despite temperatures in the low 60s.

This year's "Great Sandbagger" left me holding the bag -- the sandbag. He said he would rather have the legendary trophy, which has somehow disappeared with last year's winner (at least temporarily). Meanwhile, I have two souvenir sandbags. They'll come in handy in the back of my pickup on snowy days.



I continue to be amazed at some of the more mature members of our club. Bernard Moseley easily won his age division in the Show-Me State Games, and Elizabeth "Boots" Gerhardt averaged 10:15 a mile in the Sandbagger 10K. Both are older than 70. I bet they are among the fastest in the country in their age groups. Certainly they are among the nicest.



Thanks for all the help in the Sandbagger 10K from Dave Bray, Julie Bergfeld, Steve Banning and Todd Swan. As it turns out, our "gate" for this race was enough to buy the four award T-shirts (proceeds go to flood victims) and a country breakfast for Julie, Dave and me. Steve and Todd, I owe you one.

Continued on next page

Marathon day almost here

It's the fifth-oldest marathon in the United States. It's been called the most difficult non-mountain marathon in America. It's one of the few old-fashioned, small-town, slice-of-Americana marathons still around.

And it's ours.

The Columbia Track Club will put on the 34th annual Heart of America Marathon on Labor Day, Sept. 6. It starts at 6 a.m., and, as usual, it probably will be hot. But all club members who aren't running -- and that's most of you -- should come out to help or to watch. Race director Joe Duncan says he still needs volunteers; call him at 445-2684 (home) or 874-4328 (work).

Runners probably won't get a break this year, despite the Flood of '93. Joe expects the Katy Trail portion of the course along the Missouri River to be usable, so the alternate course likely won't be needed. That detour would bypass Easley Hill, the toughest part of the course.

Last year, there were 56 finishers, with Charles Tom Nichols of St. Louis winning in 2 hours, 46 minutes, 13 seconds. The women's winner was Julie Bergfeld of Columbia in 3:23:39. Dennis Simmons of Florissant was first in the 40-and-over division in 3:13:45, and John Patton of Columbia earned the Dave Schulte Award with a 14.7 percent improvement over his time of the previous year.

RECORDS

Overall: Dennis Hinkamp, Columbia, 2:29:15 (1977)

Women: Liz Bulman, Columbia, 3:00:07 (1982)

40-and-over: Roger Rouiller, Chicago, 2:36:07 (1979)

**Heart
of America
Marathon**

**6 a.m., Monday
Sept. 6, 1993**

On your Marks

Continued from previous page



Dan Kelly has been doing a super job with this newsletter. Now he has made a proposal that would make this even better and more timely.

We are talking about a monthly (always coming out the third week of the month, or as soon as possible after our last race in the month). Dan aims to include photos and maybe colored paper. I think CTC deserves a good-looking newsletter. Dan and I are working on details and will submit to the board for approval.



Novelty is the key word in the three CTC events coming up after the marathon. The Cross-country Run for the Ducks is a 2-miler Sept. 11; the Boone Hospital Boone Baby 5K is Sept. 18; and Runner's Choice is a 10K or 20K (you decide) on Oct. 2.

Sounds like the perfect series for a split-personality baby boomer who runs like a duck.



Finally, thanks to everyone who has helped and continues to help those victimized by the Great Flood of '93. The weather here may not be the greatest, but it's hard to beat the good people. As they say in Australia, "Good on ya, mates."

Sandbagger 10K

From this most aptly named race during the Great Flood of '93 come these headlines:

- Sebelka is the "Great Sandbagger"
- Madsens abound; Carole best predictor
- Schneider wins on cool (for August) day

Mike Schneider was the fastest runner, but Paul Sabelka came across the finish line first. Schneider ran the course in 35 minutes, 44 seconds. Sabelka finished first because he ran 2:50 faster than he predicted, thus earning the Great Sandbagger Award -- a used sandbag from a levee in the Country Hill subdivision.

Carole Madsen did what she was supposed to -- within one second. She predicted 57:00 and ran 56:59, a last-second surge costing her a perfect zero discrepancy.

The Madsens were everywhere, accounting for one-fourth of the participants (not counting Joe Marks, who ran unofficially because he carried his watch). Good job to Rick, Pete and ol' Dick.

The winners of "Riding out the Great Flood of '93" T-shirts for their accurate predictions were Carole Madsen, Brad Hageman, Schneider and Tom Collier.

Name	Time	Off prd.		Time	Off prd.
Rick Madsen	45:16	-0:44			
Mike Schneider	35:44	-0:16	Victor Hageman	46:10	+2:40
Curt Kempf	39:25	+0:25	Paul Sabelka	47:10	-2:50
Tom Flynn	39:31	+1:46	Randy Gay	47:21	-0:39
Mike Walther	40:16	-0:41	Joe Duncan	48:36	+0:36
Brad Hagemann	40:55	-0:05	Eric Durbow	49:03	+1:03
Pete Madsen	42:28	-2:32	Joe Marks	49:36	-0:24
Dick Madsen	43:37	-0:53	Carole Madsen	56:59	-0:01
Tom Collier	44:16	+0:16	Boots Gerhardt	1:03:47	-1:13

A busy day at the races

The Boone Baby 5K, one of the most popular Columbia races of the fall, will begin at 4:15 p.m., Saturday, Sept. 18, at the Boone Hospital Center. The entry fee is \$10 by Sept. 12 and \$15 if received Sept. 13-15. No entries will be accepted after Sept. 15.

The event also features a non-competitive Kids Dash, which features a Scoot for children 1 and under, a Scurry for ages 1-3 and a sprint for ages 3-5. Contact the hospital at 875-3392 for more information.

On the same day, the 11th annual 4-Mile Soybean Run will be held in Mexico. The race, which begins at the Mexico Area Family YMCA, starts at 8 a.m. Contact 1-581-1540 for more information.



ENTRY FORMS

Individual Registration

Name _____
last first m.i.
Address _____
City _____ State _____ Zip _____
Sex M F Age on September 18, 1993 _____ T-shirt size S M L XL
Are you a Boone Baby? Yes No BHC Physician? Yes No BHC employee? Yes No
Birthdate _____ Day Phone # _____

NOTE: Entrants are only eligible to receive either team prizes or individual prizes. You must indicate above in order to be eligible for a special individual prize. (e.g. Boone Baby or Boone Doctor).

Team Registration

Team category being entered (see list) _____
(teams must submit entry forms together)

Other team members 1. _____ 2. _____

Waiver: (participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware that I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks which are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his judgment will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the Boone Baby 5K, I hereby, for myself, heirs, personal representatives, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Boone Hospital Center, the Christian Health System, the Columbia Track Club, the City of Columbia, Gerbes Supermarkets, TCBY, Pepsi, G.T.E., KOMU-TV, KFRU Radio including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures recordings, or any other record of this event for any purpose whatsoever.

Signature _____
Parent or guardian signature if under 18.

Mail with entry fee to be received by 5 p.m., September 15, 1993, to: Boone Baby 5K, 1600 E. Broadway, Columbia, MO 65201.

Entrants in the Kids Dash must fill out this special entry form, sign the above waiver and mail to Run Headquarters to be eligible.

KIDS DASH

A special non-competitive event for all kids

The Kids Dash is a non-competitive fun event to be held immediately following the Boone Baby 5K in the Stephens Park Medical Building parking lot during the Boone Baby Bash. All entrants will receive a special premium.

► Scoot: Designed for children age 1 and under. ► Scurry: Designed for children ages 1-3. ► Sprint: Designed for children ages 3-5.

Name _____
Address _____
City _____ State _____ Zip _____
Age on September 18, 1993 _____ Birthdate _____
Entering which category: (check one) Scoot Scurry Sprint Parents signature (required) _____

Detach and mail by 5 p.m., September 15, 1993. The Kids Dash will be cancelled if weather is inclement.

1993 CTC Schedule of Events

(Note: All events of 10K or less are walking as well as running events)

<u>Day/Date/Time</u>	<u>Event</u>	<u>Dist.</u>	<u>Fee</u>	<u>Race director(s)</u>	<u>Phone</u>	<u>Start location</u>	<u>Misc. info</u>
Mon/9-6 6 a.m.	Heart of America Marathon	26.2-M	\$10	Joe Duncan	445-2684	Near Campus Inn	34th annual, Tees, awards
Sat/9-11 8 a.m.	X-Country Run for the Ducks	2-M	\$3	Joe Duncan	445-2684	Bethel Park	Prizes
Sat/9-18 5 p.m.	Boone Hospital Boone Baby Run	5-K	\$10	Rick Rother, Mark Volek	875-3876	Boone Hospital	Long-sleeve Tees, awards, entertainmt
Sat/10-2 7 a.m.	Runner's Choice	10/20-K	\$3	Joe Marks	445-1919	Holiday Inn Executive Center	Equiv. formula awards
Sun/11-7	CTC/SLTC/JCTC? Cross-country Run	3-M XC	\$3	Wayne Armbrust	445-6675	Lake of Woods Golf Course	Cross country team competition
Sat/12-4 8:30 a.m.	Jingle Bell Run	5-K	\$6	Linda Price Joe Marks	443-8081 445-1919	University Hosp.	Awards
Sat/12-11 8:30 a.m. 9 a.m.	Cheese & Srkraut run/walk	10-M	\$3	Sam Van Maanen	449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

Other selected events:

Sat/9-11 Cole Camp, 7:30 a.m. -- Cole Camp Fair 5,000-Meter Run. Contact: (816) 668-3923.

Sat/9-18 Mexico, 8 a.m. -- 4-Mile Soybean Run. Contact: 1-581-1540.

Sat/9-25 Columbia, 8:30 a.m. -- Run Away With Wesley 5K run/walk. Contact: 449-4325.

NOTE: Anyone with information on any other events of interest should feel free to submit them for inclusion on this list.

Columbia Track Club News

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