

# Columbia Track Club News

Volume XXVI Number 1

February 1993

## CTC briefs

### **Lots o' runners**

Columbia's most popular race of the year, the St. Patrick's Day 5K, will be held Saturday, March 13.

The event, which is sponsored by Columbia Regional Hospital in cooperation with the Columbia Parks and Recreation Department and the Columbia Track Club, will be limited to 1,500 entries. The entry deadline is March 8. (An entry blank is included in this newsletter.)

Race director Curt Kempf said he needs more volunteers than ever because there will be separate finish lines for men and women. Volunteers will receive long-sleeve T-shirts. Contact Curt at 442-4823.

### **Masters are coming**

The University of Missouri has won its bid to hold the national masters indoor track championships in 1994 at the Hearnes Center. Club members might want to consider officiating or participating.

More on that later.

## On your Marks

By Joe Marks

CTC President

At the CTC's annual meeting Jan. 20, some things happened that deserve further comment.

First, two of our most important officers (well, we only have two) stepped down. Steve Stoneciper-Fisher relinquished his throne as CTC president. And Anne (Kaylen) Dannerbeck decided that her nearly three years as secretary-treasurer were enough, what with motherhood, studenthood, etc. Well, shucks, Anne and Steve, you've been terrific. Thank you.

I agreed to be president again (after a year's hiatus Down Under). Trustworthy Tom Allen will be secretary-treasurer.

With Steve going off the board, we've added Michelle McFadden to fill out the Super 8 CTC Board. Others are: Linda Price, Don Johnson, Dick Hessler, Tom Allen, Roger Turnbough and Mike Kaylen.

Dan Kelly is CTC News editor. Contact him with newsletter submissions, including ads, at 696-2353. We will try to get out a newsletter each month. Race directors should get results to Dan and the media immediately after each race.

Also discussed at the annual meeting was a club membership to USA Track and Field (formerly The Athletics Congress). I want to talk personally before we sign up for a club membership. We had some trouble with this group when it was TAC, and I'll want to make sure we have an understanding this time.

Finally, it was again mentioned that M.U. has an all-weather track near the top of its list of priorities -- where it has been for years. The club might organize a community push to help make a track a reality.



## **Bulletin Board**

■ Think it's a good idea to have track club T-shirts for adults and children? We could make them available at club races and through Tryathletics. Contact me or Steve with your opinion.

■ The budget report at the annual meeting was brief but bright. Anne Dannerbeck said we made money again in 1992 and can afford to spend more on scholarships, for example.

**REGISTRATION****St. Patrick's Day 5K**

COLUMBIA REGIONAL HOSPITAL

NAME (Please print) \_\_\_\_\_  
Last First Middle

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ T-SHIRT SIZE: S M L XL

AGE ON MARCH 13, 1993 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX: ☐ M ☐ F

CRH EMPLOYMENT/IMMEDIATE FAMILY: YES NO

COLUMBIA PUBLIC SCHOOL STUDENT/STAFF: YES NO IF YES, WHICH SCHOOL: \_\_\_\_\_

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, American Medical International, KCMQ, Central Columbia Association, Columbia Track Club, the City of Columbia, 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, March 13, 1993.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health.

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's Signature (if under 18) \_\_\_\_\_

Mail or deliver with entry fee by  
5 p.m., March 8, 1993  
Run Coordinator  
Columbia Regional Hospital  
404 Keene Street  
Columbia, MO 65201

**REGISTRATION DEADLINE — 5 p.m., Monday, March 8, 1993.****NO LATE ENTRIES**

## 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>
Sat/3-13 8 a.m.	Col. Reg. Hosp. St. Pat's 5K	5-K	\$10	Curt Kempf	442-4823	Broadway & 7th	Long sleeve Tee, awards
Sat/3-27 8:30 a.m. 9 a.m.	15K run or walk	15-K	\$3	Joe Duncan	445-2684	Holiday Inn Executive Center	Walkers 8:30 a.m., runners 9 a.m.
Sat/4-3 9 a.m.	2-person relay altern. qtrs. (male, female, co-ed teams)	5-M	\$3	Mark Volek	874-0278 443-8081	Hickman track	Age grouped, awards
Sat/4-24 8 a.m.	GTE Human Race	10-K	\$10	Joe Duncan, Carolyn-Mike Little	445-2684 886-8686	Faurot Field	Tees, age grouped, team awards
Sat/5-1 8 a.m.	Law Enforcement Run 5-K		\$13	Sgt. Eric Meyer	874-7422	East side of Memorial Stad.	
Sun/5-16 2 p.m.	Spg. Cples. run/walk 5-M (individuals welcome)	5-M	\$3	Don Lewis	874-1034	Bethel Park	Co-ed team dinner, awards #
Sat/5-29 9 a.m.	15-K walk	15-K	None	Don Johnson	682-3583	Hickman track	
Wed/6-9 6 p.m.	Summer youth program		None	Tom Allen	449-5655	Hickman track	##
Sat/8-7 7 a.m.	Great Sandbagger	10-K	\$3	Roger Turnbough	445-1225	West Broadway Swim Club	Awards, staggered start
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.

# The CTC annual picnic will immediately follow this event. For details, see forthcoming CTC newsletters.

## Summer youth program participants meet each Wednesday at 6 p.m., from mid-June through July. Running events, high jump, long jump, 1-mile fun run and competitive walks are included for youth program alumni, parents and others.

### Other selected events:

- Sun/2-21 St. Louis (downtown) -- 3rd Olympiad Memorial Marathon/10K. Contact: 434-9577.
- Sat/2-27 St. Louis -- St. Louis Track Club Frostbite Series 15K/3M. Contact: 781-3926.
- Sat/3-6 St. Louis (Forest Park) -- Hibernian Shamrock 10K/3K. Contact: 863-1924, 645-8183, 838-3464.
- Sun/3-7 Columbia (M.U. campus), 9 a.m. -- Run for Justice 5K (Law school fund-raiser). Entry fee, \$10. Contact: Art Hinshaw.
- Sat/3-13 St. Louis (9th and Market) -- St. Patrick's Day 5M. Contact: 231-2598.
- Sun/3-21 St. Louis -- St. Louis Track Club Road Series 10K. Contact: 781-3926.
- Sun/3-28 Clayton -- St. Louis Track Club Half Marathon/3K. Contact: 781-3926.
- Sun/3-28 Overland Park, Kan. -- Kansas City Ekiden Marathon/25K Relays. Contact: 913-451-8094 (day), 913-681-8171 (eve.)
- Sat/4-17 Columbia (MKT Trail), 8:30 a.m. -- McNair House Run for the Gold, 5K. Entry fee, \$9. Contact: Doug Hurt, 884-0451.

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

## Couples Run

Jan. 10

On the day after the biggest snowfall of the winter, 18 runners braved eight inches of snow and five miles of running to compete for dinners at Trotter's. Jim Heady and Michele McFadden teamed to win the couples competition. Jim was the overall winner, and Michelle was the women's winner.

Race director Georgina Gonzales was assisted by Darryl, Steve and Joe.

### Division I (Total ages 52-65)

1. Michele McFadden and Jim Heady
2. Stacy Reed and Mark Volek
3. Susan Snider and Todd Shapira

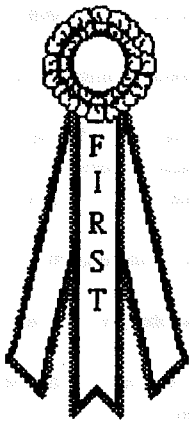
### Division II (Total ages 87-93)

1. Peg Miller and Elmer Schlemper
2. Jill Murphy and Mike Little
3. Linda Robbins and Tom LaFontaine

### Division III (Total ages 100-109)

1. Linda Price and Nick Mercer
2. Nancy Fitsche and Bill Schneider

#### Individual order of finish:

1. Jim Heady	27:05	
2. Larry Henze	27:24	
3. Michele McFadden	30:40	
4. Mark Volek	30:44	
5. Mike Little	31:53	
6. Nick Mercer	32:17	
7. Tom LaFontaine	32:57	
8. David Oldfield	34:08	
9. Elmer Schlemper	34:38	
10. Peg Miller	35:24	
11. Susan Snider	35:36	
Todd Shapira	35:36	
13. Stacy Reed	37:10	
14. Bill Schneider	40:01	
15. Linda Price	41:55	
16. Nancy Fritsche	44:27	
17. Jill Murphy	45:21	
Linda Robbins	45:21	

The CTC Newsletter produced  
courtesy of

## ExpertEditing



- ❖ Newsletters, brochures, fliers
- ❖ Writing, editing, proofreading, typing
- ❖ 18 years of professional experience

Contact:

**DAN KELLY**

**696-2353**



## Nut Race

Feb. 6

Jim Heady finished comfortably ahead of 22 other runners and one walker in the Nut Race 5K, which was held in 30-degree weather and dense fog. His winning time was 15 minutes, 33 seconds.

Larry Henze placed second among the men. Julie Bergfeld was the women's winner in 20:12.

Race director Tom Allen said participation was down from last winter's Nut Race. Tom was assisted by Steve Stonecipher-Fisther, Michele McFadden and Wayne Armbrust.

Individual order of finish:

1. Jim Heady (29)	15:33	14. Larry Peterborg (44)	21:20
2. Larry Henze (28)	15:50	15. Milene Mittelhauser (33)	23:18
3. Jeff Mittelhauser (36)	16:38	16. Don Waltman (57)	23:38
4. Troy McAdams (19)	16:49	17. Phil Wood (52)	23:59
5. Bob O'Connell (43)	17:45	18. Joe Duncan (58)	24:14
6. Mark Volek (37)	17:53	19. Debbie Heifner (35)	24:21
7. David Bray (28)	18:36	20. Gayle Johnson (44) (walker)	25:37
8. Tom Collier (41)	19:29	21. Andrea Woods (46)	25:46
9. Mike Walther (35)	19:46	22. George Maginnis (60)	26:21
10. Julie Bergfeld (26)	20:12	23. Boots Gerhard (72)	31:30
11. Dave Oldfield (47)	20:18	24. Joe Cragin (65)	32:36
12. Elmer Schlemper (53)	20:39		
13. Tim Krebs (16)	20:47		

**RACING DISTANCE CONVERSIONS**

<b>Race</b>	<b>Conversion</b>	<b>Race</b>	<b>Conversion</b>
<b>1 mile</b>	<b>1,609 meters</b>	<b>1,500 meters</b>	<b>0.93 miles</b>
<b>2 miles</b>	<b>3,219 meters</b>	<b>3,000 meters</b>	<b>1.86 miles</b>
<b>3 miles</b>	<b>4,828 meters</b>	<b>5,000 meters</b>	<b>3.11 miles</b>
<b>5 miles</b>	<b>8,047 meters</b>	<b>8,000 meters</b>	<b>4.97 miles</b>
<b>6 miles</b>	<b>9,656 meters</b>	<b>10,000 meters</b>	<b>6.21 miles</b>
<b>10 miles</b>	<b>16,193 meters</b>	<b>15,000 meters</b>	<b>9.32 miles</b>
<b>Half mara.</b>	<b>21,098 meters</b>	<b>20,000 meters</b>	<b>12.43 miles</b>
<b>15 miles</b>	<b>24,140 meters</b>	<b>25,000 meters</b>	<b>15.53 miles</b>
<b>20 miles</b>	<b>32,187 meters</b>	<b>30,000 meters</b>	<b>18.64 miles</b>
<b>Marathon</b>	<b>42,195 meters</b>	<b>Marathon</b>	<b>26.22 miles</b>
<b>30 miles</b>	<b>48,280 meters</b>	<b>50,000 meters</b>	<b>31.07 miles</b>
<b>50 miles</b>	<b>80,467 meters</b>	<b>100,000 meters</b>	<b>62.14 miles</b>

## Membership dues now due

Membership payments for 1993 are now due. The dues are \$10 per household.

If you are unsure whether you have paid your 1993 dues, check the lower left corner of the mailing label of the current CTC News. If it says "1993," your dues have been paid. If not, no further issues will be sent.

However, if you believe you have paid and the label indicates otherwise, please contact Mike Little at 886-8686.

Also, the 1993 membership list will be published soon. Your listing will appear as indicated on the mailing label. Your phone number, if we have it, also will appear. If the label is incorrect, contact Mike at the number above.

Those who have indicated they do not want to appear in the directory will remain unpublished. Your publishing status can be verified on the mailing label. If an asterisk (\*) precedes your name, you will not appear in the directory. Again, contact Mike for changes or corrections.

## THIS SPACE FOR SALE

**IF YOU HAVE ANYTHING TO SELL,  
OR A SERVICE TO OFFER,  
OR A BIRTHDAY GREETING TO SEND,  
OR A MESSAGE TO GET OUT,  
OR RACE TO PROMOTE,  
OR ANYTHING ELSE . . .**

**BUY AN AD IN THE CTC NEWS**

**ADS ARE \$25 FOR A FULL PAGE  
AND \$15 FOR A HALF PAGE.**

**CONTACT:**

**DAN KELLY (696-2353)  
OR JOE MARKS (445-1919)**

## Masters races at all-comers track meet Event to be held at Hearn Center

The University of Missouri will hold an all-comers track meet beginning at 11 a.m. Saturday, Feb. 20, at the Hearn Center Fieldhouse. The meet will feature competition in four age categories, including masters (40 and over).

The other divisions will be pre-high school, high school and college/open. Registration begins at 10 a.m.; the entry fee is \$5 per person for unlimited entries.

Field events will begin at 11 a.m. with the pole vault. Other field events will be long jump, high jump, shot put and triple jump.

Running events, with females racing first, will start at 12:45 p.m. with the 5,000-meter run. The two-mile relay is scheduled to begin at 1:30 p.m., followed by 55 hurdles, 55 dash, mile run, 600 run, 400 dash, 1,000 run, 800 run, 200 dash, 3,000 run and mile relay.

## Still going strong

Bob Dolphin, former Columbia Track Club runner, writes from the state of Washington that he completed 16 marathons or ultra-marathons in 1992. That gave him a total of 123 as of Jan. 2.

Among other highlights, Bob ran five marathons in a seven-week period and won the 60-64-year-old men's division in the Seattle Marathon on Nov. 28 with a time of 3:17:02. He was 264th overall among 1,298 runners.

Bob also ran in the Portland Marathon, one week after competing in the 24-hour Megan's Run in Portland. He completed 77 miles in that one.

He won his age group in several other marathons, including the Royal Victoria.

## CTC briefs

### No walk in the works

The club will not hold a 100-mile walk in the fall. The race was discontinued in 1992 because of lack of participation.

However, Club President Joe Marks says it is possible the 100-miler could be revived at another site with another club's backing.

### Other news ...

# Joe Marks got the screws out of his hip, the result of a bike accident, and expects to return to competition soon.

# The Missouri River Half Marathon has been dropped, but the two-person relay will be brought back.



One South Fourth Street  
Columbia, MO 65201  
(314) 443-8875

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Free pair of  
Wigwam socks with  
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Chevron, Advantage,  
Advantage Low,  
LoCut, Pacesetter,  
625, CT Marathon,  
Racer, Racer Lite)

### COUPON

(Expires March 12)

**15% off: Running shorts and tops**

**15% off: Lycra exercise shorts**

Fill in and return for an extra 5% off:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

(Street)

(City)

(State)

(Zip)

Phone: \_\_\_\_\_

(Area code)

**All winter running suits 35% off**

# 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

1993

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 fifth of the month.