

Columbia Track Club News

Volume XXVI Number 4

June 1993

Heart of America

Now is the time to come to the aid of Joe Duncan.

Joe needs volunteers to help with the 34th annual Heart of America Marathon, which will be run in its traditional Labor Day time slot. That's Monday, Sept. 6 if you don't have a calendar handy.

The race will begin at 6 a.m. and the course will tour the hills south of Columbia, with a downtown finish. Aid stations will be situated about every two miles.

Awards will go to the first six male finishers and first three female finishers, as well as to the first three male finishers 40-49, the first two male finishers over 50 and the first female finisher over 40.

One of the oldest and most difficult marathons in the nation, the Heart of America will attract a relatively small but serious field of runners. If you're not planning on running it, consider working at it.

Joe also needs help for the Show-Me State Games 5K road race, to be held at 8 a.m., Sunday, Aug. 1.

To volunteer to work at either race, contact Joe at 445-2684.

Keep on runnin'

Just because it's getting hot doesn't mean it's time to quit running. You might want to slow down a bit during your training, of course, but if you want to race there are still several upcoming chances.

The CTC's biggie is the Heart of America Marathon, which will be Monday, Sept. 6 (see story on this page).

If a hot-weather marathon is more than you want to bite off, the CTC also has the Great Sandbagger 10K on Saturday, Aug. 7. Race director Roger Turnbough puts in this plug for that race:

``Have you always wanted to win a race, but your ability leaves you behind? Have you been passed by everyone except the race director? Have you arrived at the finish line only to find that your time was calculated using a calendar? Have I got the race for you.

``... This is the second-oldest race in Columbia. There have been more than 22 champions. The event is a 10K race with a staggered start. . . .

``Pre-registration (July 15 through Aug. 1) is as simple as calling 445-1225 and leaving your name on my answering machine. Race-day signup is also available."

Non-CTC summer races include the Show-Me State Games 5K and track events, the Independence Day 5K in Moberly and, if you also can ride a bike, the Capital City Biathlon in Jefferson City.

The Show-Me Games road race and racewalk is Aug. 1, but runners must qualify at districts. The local qualifying is June 26 in Jefferson City. That also is the day of the Show-Me Games track qualifying at Jefferson City High School. The finals are July 23-24 (sub-masters) and July 25 (masters) at Lincoln University in Jefferson City. Call 882-2101 for more information.

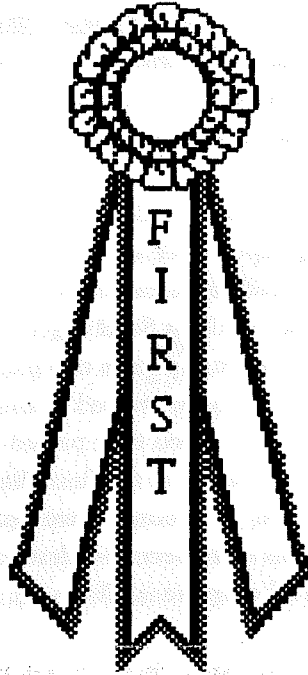
The Independence Day 5K actually will be held Saturday, July 3, beginning at 8 a.m. It has an \$8.50 entry fee. The entry blank is enclosed.

The Capital City Biathlon, a charity event to benefit the March of Dimes, will begin at 8 a.m., Sunday, Aug. 22 at McClung Park in Jefferson City. It will consist of a 3-mile run, 20-mile bike and 3-mile run. For more information, contact John Thompson at 1-634-3395 or send a self-addressed, stamped envelope to Capital City Cycling Club, Attention: Biathlon, P.O. Box 105151, Jefferson City, MO 65110.

Race Results

**Five-Mile Couples Run
May 16
at Cosmo-Bethel Park**

1. S. Stonecipher-Fisher 25:40
2. Tom LaFontaine 28:50
3. Scott Wilson 28:58
4. Mark Volek 29:31
5. Tracey Smith 29:38
6. Mike Kelty 31:06
7. Mike Little 31:10
8. Nick Mercer 31:50
9. Mike Walther 32:45
10. Michele McFadden 33:04
11. Elmer Schlemper 34:27
12. Todd Shapira 35:43
13. Susan Snider 35:43
14. Peg Miller 36:29
15. Erik Durbrow 36:49
16. Stacey Reed 37:39
17. Joe Marks 38:16
18. Rick Bush 39:34
19. Linda Robbins 39:56
20. Julie Miller 42:29
21. George Maginnis 43:05
22. Linda Price 43:13
23. Tammy Bush 48:08
24. Mary Maginnis 1:13:48



**Combined ages
0-59**

- | | |
|---|-------|
| 1. Todd Schapira (25)-Susan Snider (27) | 71:26 |
| 2. Tracey Smith (24)-Julie Miller (24) | 72:07 |

60-79

- | | |
|--|-------|
| 1. Scott Wilson (30)-Michele McFadden (33) | 62:02 |
| 2. Mark Volek (37)-Stacey Reed (29) | 67:10 |
| 3. Rich Bush (40)-Tammy Bush (30) | 87:42 |

80-99

- | | |
|---|-------|
| 1. Tom LaFontaine (46)-Linda Robbins (42) | 68:46 |
| 2. Elmer Schlemper (54)-Peg Miller (41) | 70:56 |

100-plus

- | | |
|--|--------|
| 1. Nick Mercer (51)-Linda Price (49) | 75:03 |
| 2. George Maginnis (60)-Mary Maginnis (57) | 116:53 |

Race director Don Lewis offers thanks to helpers Kathleen Cain, Tom Allen, Mike Allen and several last-minute draftees.

Summer Youth Program

June 9

at Hickman Track

The first weekly CTC youth meet attracted seven runners. The events are held at 6 p.m. Wednesdays (June 16, June 23, July 7, July 14 and July 21 are the remaining dates).

Tom Allen is running the program, with assistance from Michele McFadden, Julie Bergfeld and David Bray. Tom says they could use more help. Contact him at 876-0231 (work) or 449-5655 (home).

Results from June 9:

Mile:

Paul Smith, 5:04

800:

Paul Smith, 2:35
Nathan Harris, 3:39
Comrie Harris, 4:07
Kayla Turner, 4:08

400:

Nathan Harris, 1:20
Jermaine Adams, 1:31
Comrie Harris, 1:51
Kayla Turner, 1:59
Tyler Turner, 4:48

200:

Nathan Harris, 34.7
Comrie Harris, 44.2
Molly O'Connell, 45.4
Kayla Turner, 1:38.2
Tyler Turner, 2:03.5

Ages of all the competitors weren't available, but Michele reported that Paul Smith was the oldest at 15 and Tyler Turner was the youngest at 4.

15K Racewalk
May 29
at Hickman Track

This race turned into a time trial/training walk for Gayle Johnson, the lone entrant. Her time was 1:26:13 (5K at 27:55; 10K at 56:50). Race director Rob Spier thanks Veva Spier, Joe Marks and Wayne Armbrust for their assistance.

Gayle travels to the USA Track and Field national championships June 17 in Eugene, Ore. She will compete in the 10K walk (the only walking event for women) after qualifying with a time of 50:49.2 on May 15.

Alternate Quarters Relay
April 3
at Hickman Track

- | | |
|----------------------------------|---------|
| 1. Wally Heinrich-Chris Boldt | 26:33.4 |
| 2. Joe Marks-Tom LaFontaine | 29:04.5 |
| 3. Greg Thackery-Tom Smith | 32:14.3 |
| 4. Judi Barkema-Alan Barkema | 33:42.9 |
| 5. Ben Londeree-Darlene Londeree | 37:04.2 |

Hospital Hill
June 6
Kansas City

Steve Stonecipher-Fisher wasn't pleased with his performance, but he still placed 13th in the Hospital Hill Run half-marathon, finishing with a time of 1 hour, 12 minutes, 9 seconds. Steve said he never really got going as he wanted to.

Several other CTC runners competed in either the half-marathon or the 7.7-mile run. Mark Volek ran the half-marathon in 1:27:05 and Mike Little in 1:27:37. Elmer Schlemper also ran the half-marathon.

Stacey Reed completed the 7.7 in 59:15.

Other local competitors included Scott Wilson, Nancy Fritsch and Bruce Neff.

Any CTC runners who compete in out-of-town races are encouraged to call their results to either Joe Marks (445-1919) or Dan Kelly (696-2353).

RACING DISTANCE CONVERSIONS

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

1993 CTC Schedule of Events

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

Day/Date/Time	Event	Dist.	Fee	Race director(s)	Phone	Start location	Misc. info
Wed/6-23 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/6-20 St. Louis (Laclede's Landing), 7 a.m. -- Riverfront Mile. Contact: 781-3926.
- Sat/7-3 Moberly, 8 a.m. -- Independence Day 5K. Contact: (816) 263-2557.
- Sun/7-4 O'Fallon, 7:30 a.m. -- Firecracker 5K Run and 1-Mile Fun Run/Walk. Contact: 281-2112.
- Sun/7-4 St. Louis (downtown), 7:30 a.m. -- St. Louis VP Fair 10K and 3K. Contact: 781-3926.
- 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.

Congratulations

Swedish message

Dick Hessler of the CTC was among 35,000 runners who competed in the Goteborg Varvet, a half-marathon in Goteberg, Sweden, on May 15. Hessler said he nearly collapsed after 12K on a 70-degree day, but he still finished 460th, which was the top 1.5 percent. His time was 1 hour, 23 minutes, 59 seconds after he had gone through 5K in 18:00 and 10K in 36:30. Dick reports that each runner got a commemorative medal and a bag of cookies at the finish line.

Centralia winner

Todd Beaverson, a CTC member from Moberly, was an easy winner in the Anchorfest 5K on June 5 in Centralia. The 5K turned out to be more like 3 1/2 miles in this small, community race that started and ended in downtown Centralia. The race was part of the town's annual Anchor Festival.

Coach published

Wayne Armbrust, coach for the CTC, will have an article published in the summer edition of Track Techniques. His article is titled "Energy Conservation in Pole Vaulting." Track Techniques is the official technical publication of USA Track and Field.



INDEPENDENCE DAY 5K

Run or Walk



SPONSORED BY TABOR & BEAVERSON ROOFING COMPANY

WHEN?

Saturday, July 3, 1993 • Race to start at 8:00 A.M. sharp

WHERE?

Race will run entirely in Rothwell Park located on the west side of Moberly starting near the Riley pavilion. Showers and restrooms are available at Douglas Youth Building next to the Riley pavilion. The Downtown Athletic Club is also making their facilities available after the race.

AWARDS:

Plaques and jackets will be given to overall male and female winners. Plaques will also be given to first place in each of the following age groups, with medals going to 2nd & 3rd,

18 & Under	30-39	50-59
19-29	40-49	60 and Over

ENTRY FEE:

\$8.50 entry fee includes a free T-shirt guaranteed to all pre-registered runners. T-Shirts to late entries will be first come, first served. Late entry fee after June 30 will be \$10.00. Make checks payable to Tabor & Beaverson Roofing and mail to:

Race Director
Tabor & Beaverson Roofing co.
127 Kirby Street
Moberly, Missouri 65270

PACKET PICKUP:

Race packets may be picked up beginning at 7:00 A.M. at the start/finish line located on the west side of the park.

WEATHER:

Race will be held regardless of weather conditions. Following the run there will be beverages (soda, Gatorade, water) and fruit provided for all participants.

(For any additional information please call Todd Beaverson at (816) 263-2557.)

ENTRY FORM

Name _____ Sex _____ Age _____
Address _____ City _____
State _____ Zip _____ Phone (____) _____ T-Shirt Size M L XL

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge Tabor & Beaverson Roofing Company, its Owners and Partners, the City of Moberly, the Department of Parks and Recreation, 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, July 3, 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 personnel, my continuing would endanger my health.

SIGNED _____ DATE _____

(Must be signed by parent or guardian if under 18 years of age)



Columbia Track Club News

P.O. Box 1872
Columbia, MO 65205

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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.