

# COLUMBIA TRACK CLUB NEWS

Volume XXVI No. 9

November 1993

## Trophy trail

### *CTC defeats SLTC in cross country dual*

The Columbia Track Club invited its counterparts from the St. Louis Track Club for a day in the park. But it was no picnic Sunday, Nov. 7, at Albert-Oakland Park.

In cold, windy weather, CTC claimed the dual-competition cross country trophy from SLTC for the first time in several years. With Rob Jensen winning the men's 8-K and Michele McFadden winning the women's 5-K, CTC led the way in both races and won two of the three team competitions.

The team scores were CTC 21, SLTC 38 in Open Men; SLTC 7,



Larry Henze helped CTC to the Open Men's victory. (Joe Marks photo)

CTC 15 in Masters Men; and CTC 10, SLTC 11 in Open Women.

Jensen finished in 27 minutes, 10.4 seconds, comfortably ahead of unattached second-place finisher Kent Lang (28:20.9). CTC's other scorers were Steve Stonecipher-Fisher (fourth overall), Larry Henze (fifth), Tony Mayfield (ninth) and Jim Heady (11th).

For complete results, see Page 4 of this newsletter.



Michele McFadden heads to victory in the women's race. (Dan Kelly photo)

### On Your Marks

By Joe Marks

CTC President

Let's see . . . We mail this newsletter to 217 CTC members. Eighteen showed up for the annual meeting. Average race (outside big races like St. Pat's Day 5K and Human Race) attracts about 20. How can we increase participation?

Well, we will start awarding participation points in our races, starting with the Cheese and Sauerkraut Run. Ten points for every race you finish, plus a point for every person you finish ahead of in your age category. We'll have these categories (male and female): 15 and under, Open,

30-39, 40-49, 50-59 and 60 and over. Prizes to winners will be presented at the next annual meeting.

We'll also honor a Volunteer of the Month, with prizes going to the Volunteer of the Year at the annual meeting.



Rick Rother has joined the CTC Board (term to expire in 1996). Welcome, Rick. Other board members are Tom Allen, Mike Kaylen and Roger Turnbough (terms expire in '95); Curt Kempf, Joe Marks and Michele McFadden ('94); Dick Hessler and Linda Price ('96). Tom Allen continues as secretary-treasurer, Joe Marks as president.

Continued on Page 2

## CTC briefs

### *It's beginning to feel a lot like . . .*

What better way to spend a Saturday morning in December than running in a race -- for a good cause, of course.

The Jingle Bell Run for Arthritis, a 5-kilometer race presented by University Hospital, will begin at 8:30 a.m., Saturday, Dec. 4 at the hospital. The entry fee is \$7 through Dec. 1; \$10 thereafter.

Participants can raise pledges that will benefit the Arthritis Foundation, with prizes going to those who raise at least \$25. For more information, see the entry form included in this newsletter.

### *It's all in the genes*

Another Speedy Duncan has appeared on the running scene. On a cold, windy Oct. 31, Joe Duncan's grandson, John, age 5, won a 50-yard race in his hometown of Joplin.

John broke free from a pack of runners at 25 yards to finish first among the 40 5-year-olds by a full second. His time of 10.3 earned him a gold medal in his first competition.

## **Welcome new CTC members**

Steve Banning, Columbia  
Robert Calaluce, Columbia  
Robing Cordia, Columbia  
Bobbie Fuhlage, Fayette  
Joey Kavanaugh, Columbia  
Jim O'Dell, Fayette  
Mark Wood, Columbia

Dean Brown, Columbia  
Doron Claiborne, Columbia  
Pliquet Cyril, Columbia  
John Harwick, Marshall  
Dan Meenehan, Columbia  
Dave Williams, Columbia

## **CTC Board of Directors**

Joe Marks, president	Tom Allen, secretary-treasurer
Rick Rother	Mike Kaylen
Roger Turnbough	Curt Kempf
Michele McFadden	Dick Hessler
Linda Price	

The Columbia Track Club Newsletter is published monthly as a service to CTC members. Submissions are welcome. Articles, notices, results or any other information of interest to Columbia's running community may be mailed to:

Dan Kelly, CTC Newsletter editor  
Route 6, Box 238  
Columbia, Mo., 65202

## On Your Marks

Continued from Page 1



Yes, we will start offering CTC singlets, T-shirts and sweatshirts for sale and as prizes. I'll negotiate a deal with local distributors and let you know details in the next newsletter. Race directors will bring these shirts to races. They will also bring CTC membership forms.



Dues will remain the same for the next year. That's \$10 per individual or family at the same address, or \$25 for a sustaining membership (for those who simply want to contribute extra to CTC). Also, we appreciate donations for our youth and scholarship programs (tax deductible).



Limited travel money is available for those who wish to participate in out-of-town events. In the past, we have awarded money on the basis of need if the individual was participating in a major competition. Contact Tom Allen or me if you wish to apply for a travel award (\$200 limit).



Scholarship award(s) from CTC to local high school students who are CTC members and who are deemed worthy will be presented at the end of this school year. The scholarship selection committee consists of Dick Hessler, Mike Little and Ben Londeree.



Our summer youth program helps make CTC one of the best track clubs in the world, claims Dick Hessler, who spent several months on study leave in Sweden. We will make a special effort to publicize the program and increase participation in '94.



Should we offer cash prizes in our big races (say, the Heart of America Marathon) to attract more high-quality participants? We discussed this topic at the annual meeting. Some agreed. Some thought the money would be better spent on advertising our races and/or on our summer youth program. What do you think?



Who has the CTC race records? We want to update them. Call me (445-1919).

## Coach's Corner

By Coach Wayne Armbrust

I would like to thank everyone who contributed to the success of the cross country meet on Nov. 7. I would especially like to thank Joe Marks, George Maginnis, Joe Duncan, Ben Londeree, Rob and Veva Spier and Gene Bard. We had good competition, and I think the athletes enjoyed the race. I know I enjoyed putting it on. Sorry for the delay in printing the results. The old printer I used works fine indoors, but it didn't like the cold very well.

CTC gained control of the coveted "Turkey Trot" trophy for the first time in several years, winning the men's and women's open duals against the St. Louis Track Club and losing only the men's masters dual. I was proud of the fine performances by Rob Jensen and Michele McFadden in winning the men's and women's competitions, respectively. Our next cross country competition is the Missouri Valley USATF Championships on Nov. 20 at Johnson County (Kan.) Community College near Kansas City.

As you may be aware, CTC is now a member of USA Track and Field (USATF), the national governing body of track and field, long-distance running, cross country and race walking. Our membership will give the club a

voice in governing the sport on the local level, through the Missouri Valley Association of USATF, as well as nationally. USATF membership will also serve as an important source of information concerning association and national competitions, clinics, etc., of interest to our members.

On Oct. 17, I attended the fall meeting of the Missouri Valley Association. At the meeting, I was appointed a delegate to the National USATF Convention being held in Las Vegas Nov. 30-Dec. 4. Contact me if you have any concerns you would like me to raise at the convention. Also at the meeting, the present Race Walk Chairman, Bari Garner-Holman, announced his pending resignation. It is possible I may be named his replacement.

In other news from this meeting, Association President Dave McCalley announced he will hold a Level I Coaching Education School at Johnson County C.C. Jan. 7-9. This school is part of USATF's Coaching Education Program. I have been through the Level II School (currently the highest level) plus one Alumni School, and I highly recommend the program. Several members, including Dick Hessler, Michele McFadden, Curt Kempf and Gayle Johnson have expressed interest in attending this school as a means of upgrading our summer youth program. I will provide more information about this school as it becomes available.

## An idea whose time has (almost) come

An athletic training center, complete with a track suitable for international competition, will be in operation by the year 2000 — if Marquis Landrum has his way.

Landrum has proposed the center to city officials and civic leaders. The center would include an Olympic quality pool, facilities for serious weight and physical training, an ice rink for racing, figure skating and hockey training, and a velodrome.

"The advantages to such a concentrated, coordinated effort

are substantial," Landrum says. "Columbia will develop an international reputation, enhancing efforts to attract other industries. These facilities will attract thousands of motivated new residents. We can use them ourselves, and training events will provide new recreational opportunities for us. . . . By a coordinated joint-use effort, additional financial commitment by all of the institutions and us will be limited, while the rewards will be many-fold."

Landrum sent the letter to George Russell, president of the

University of Missouri; Charles Kiesler, M.U. chancellor; Dan Devine, M.U. athletic director; Don Stamper, Boone County presiding commissioner; Russell Thompson, superintendent of Columbia Public Schools; Patsy Sampson, president of Stephens College; Donald Ruthenberg, president of Columbia College; Mary Anne McCollum, mayor of Columbia; and Bob Hammer-schmidt, president of the Columbia Chamber of Commerce.

If you support the idea, write to the folks listed above.



Melissa Sapa, a 12-year-old from the St. Louis Track Club, leads the charge from the starting line during the women's 5-K cross country race Nov. 7 at Albert-Oakland Park. Melissa finished second behind Michele McFadden of the CTC. (Dan Kelly photo)

### Men's Results

#### 8-K

NAME	TEAM	TIME
1. Rob Jenson	CTC	27:10.4
2. Kent Lang	Unatt.	28:20.9
3. Bobby Williams	SLM	28:29.4
4. Steve Stonecipher-F.	CTC	28:37.6
5. Larry Henze	CTC	28:47.5
6. Joe Delano	SLTC	28:59.3
7. Doug Pohlmann	SLTC	29:13.7
8. Joe Henze	SLTC	29:26.2
9. Tony Mayfield	CTC	29:34.5
10. Brent Woodcock	Unatt.	30:04.4
11. Jim Heady	CTC	30:11.6
12. Pat Williams	CTC	30:22.8
13. Dave Talburtt	SLM	30:26.8
14. Tom LaFontaine	CTCM	30:47.1
15. Brandon Beissenherz	CTC	31:20.0
16. Bob Bellora	SLM	31:23.2
17. Jeff Pauls	Unatt.	31:30.6
18. Ronald Molteni	Unatt.	31:49.4
19. Dick Hessler	CTCM	31:56.3
20. Mike Kelty	CTC	32:06.4
21. Ronald Ryan	Unatt.	32:24.3
22. Dave DeJean	SLTC	32:36.9
23. Bob Knowles	SLM	33:10.7
24. Dave Schneider	SLTC	34:01.4
25. John Dickey	SLTC	34:06.6
26. Cyril Pliquet	CTC	34:20.4
27. Dan Kelly	CTCM	34:27.2
28. Jim Thorne	CTC	34:36.0

29. Mike Little	CTCM	35:11.8
30. Tom Allen	CTCM	37:18.1
31. Richard Nistenbirk	Unatt.	38:34.1
32. Eric McGeorge	Unatt.	39:34.0
33. Jim O'Dell	Un.M.	42:01.5
34. Joe Lenzini	Unatt.	45:40.8
35. Don Waltman	CTCM	47:23.2
36. Robert Lee	CTCM	54:19.2

### Women's Results

#### 5-K

NAME	TEAM	TIME
1. Michele McFadden	CTC	19:25.8
2. Melissa Sapa	SLTC	20:07.4
3. Susan Lopez	JCRR	21:35.0
4. Gayle Johnson	CTC	22:00.4
5. Jean Michalak	SLTC	22:19.1
6. Carol Bellora	SLTC	22:24.5
7. Irene Clements	JCRR	23:38.5
8. Linda Robbins	CTC	24:05.0
9. Auburn Payne	JCRR	24:34.2
10. Becca Weinstein	CTC	24:53.0
11. Melissa Pagan	Unatt.	25:12.2
12. Beth Wehdehauser	JCRR	26:05.1
13. Tammy Laughlin	JCRR	27:18.5
14. Amy Peterson	Unatt.	27:42.9
15. Chris Kelly	JCRR	27:49.7

CTC = Columbia Track Club; SLTC = St. Louis Track Club; CTCM = Columbia Track Club Masters; SLM = St. Louis Track Club Masters; JCRR = Jefferson City Road Runners; Unatt. = Unattached; Un.M. = Unattached Masters.

## Schedule updates

A preliminary version of the club's 1994 schedule appears on Page 5 of this newsletter. We will be updating information as soon as possible.

A few things worth mentioning:

■ The Human Race might become extinct. As of now, there is no sponsor and no date scheduled for the 10-K, one of Columbia's oldest races.

■ The date for the Jingle Bell Run has not been set. It traditionally has been the first Saturday in December. The CTC/SLTC cross country run also remains to be scheduled.

■ The club is trying to organize a cross country race to be run in the fall in conjunction with a high school meet. Michele McFadden is trying to set up the event as a benefit the scholarship fund. More details later.

■ Another race in the works for the fall is a 10-K, which would be handicapped according to age and sex. It would be similar to the Stadium Run in St. Louis. Curt Kempf is trying to put it together.

### 1994 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/Distance</u>	<u>Fee</u>	<u>Race director(s)/Phone</u>	<u>Start location</u>	<u>Misc. information</u>
Sun, 1-9 2 p.m.	Couples run/walk, 4-M (individuals welcome)	**	Georgina Gonzales, 449-8350	Bethel Park	Co-ed team dinner, awards
Sat, 2-5 9 a.m.	Nut Race, 5-K	**	Dick Hassler, 874-2906	Reactor Park	Edible awards
Sat, 3-12 8 a.m.	Columbia Regional Hospital St. Pat's 5K	\$10	Curt Kempf, 442-4823	Broadway & 7th	Long-sleeve Tees, awards
Sat, 3-26 8:30 a.m.	15K run or walk	**	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, 5-M alternate quarters (male, female, co-ed teams)	**	Mark Volek, 874-0278 443-8081	Hickman Track	Age grouped, awards
???	Human Race, 10K				
Sun, 5-15 2 p.m.	Spring Couples run/walk, 5-M (individuals welcome)	**	Don Lewis, 874-1034	Bethel Park	Co-ed team dinner, awards
Wed, 6-8 6 p.m.	Summer youth program	None	Tom Allen, 449-5655	Hickman Track	##
Sat/8-6 7 a.m.	Great Sandbagger, 10-K	**	Roger Turnbough, 445-1225	W. Broadway Swim Club	Awards, staggered start
Mon, 9-5 6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 445-2684	Near Campus Inn	35th annual, Tees, awards
Sat, 9-17 4:15 p.m.	Boone Baby Run, 5-K	\$10	Mark Volek, 875-3876	Boone Hospital	Long-sleeve Tees, awards
Sat, 10-1 7:30 a.m.	Runner's Choice, 10/20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Equiv. formula, awards
???	CTC/SLTC cross country run	**	Wayne Armbrust, 445-6675	St. Louis	Team competition
???	Jingle Bell Run, 5-K	\$6	Linda Price, 443-8081	University Hospital	Awards
Sat, 12-11 8:30 a.m.	Cheese and Sauerkraut, 10-M	**	Sam Van Maanen, 449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

\*\* CTC members pay no entry fee; \$3 for others

## Summer youth program runs each Wednesday from mid-June through July. Running events, high jump, long jump and competitive walks are included.

NOTE: This schedule is preliminary and subject to change. Be sure to check upcoming newsletters for final information on races. Also, as of now, the Human Race has no sponsor and is NOT scheduled. The Jingle Bell Run and the CTC/SLTC cross country run will be held, but the dates are not set.

### Other selected events:

Sat, 11-20 9 a.m.	H.W. Harris Memorial 8-K, Sedalia	816-826-0147	Sat, 12-4 7:30 a.m.	Snowball Series 20-K/3-K, Chesterfield	1-434-9577
Sun, 11-21 8 a.m.	St. Louis Marathon/5-K	1-781-3926	Sun, 12-5 8 a.m.	Reindeer Run for Reading 5-K, Clayton	1-436-1177
Sun, 11-21 1 p.m.	Thanksgiving 5-K/1-M runs, Cape Girardeau	1-651-2105	Sun, 12-5 9 a.m.	Jingle Bell 5-K, Overland Park, Kan.	816-842-0335
Thu, 11-25 8 a.m.	Thanksgiving Day 5-K Classic, Moberly	816-263-3600	Sun, 12-5 1 p.m.	Jingle Bell 5-K/1-M, Cape Girardeau	1-339-6175
Thu, 11-25 8 a.m.	Turkey Trot 5-K/8-M Fun Runs, Sedalia	816-826-0147	Sat, 12-12 8 a.m.	SLTC Marathon Relay, St. Louis	1-781-3926
Thu, 11-25 9 a.m.	Parkville Turkey Trot 5-K, Parkville	816-842-8990	Sun, 12-19 7:30 a.m.	Snowball Series half-marathon/4-M, Chesterfield	1-434-9577
Thu, 11-25 8:30 a.m.	Turkey Day 3-M/6-M, Webster Groves	1-434-9577	Sun, 12-26 9 a.m.	Frostbite Series 12-K, 3-K, St. Louis	1-781-3926
Thu, 11-25 8:30 a.m.	Gobble Wobble 4-M, Chesterfield	1-434-9577			
Sat, 11-27 10 a.m.	Great River Road 10-M/2-M, Alton, Ill.	1-800-258-6645			

### CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Check if you DON'T want your name, address and phone number listed in our newsletter.  
Or, indicate above if you don't want your phone number or address listed.

Annual dues are \$10, which covers all family members living in the same household. A sustaining membership (tax deductible) is \$25.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC  
P.O. Box 1872  
Columbia, MO 65205

## Columbia Track Club News

P.O. Box 1872  
Columbia, MO 65205

Non-profit Organization  
U.S. Postage Paid  
Columbia, MO  
Permit #226

1993

Joe Duncan  
2980 Maple Bluff Drive  
Columbia, MO 65203

The Arthritis Foundation  
7315 Manchester  
St. Louis, MO 63143-3178



## A Fun and Unique 5K Run & Walk

December 4, 1993  
8:30 a.m.

University Hospital  
Start/Finish



OH what fun  
it is to run!



### The Event

The Jingle Bell Run for Arthritis is a fun 5K run or walk. Whether you are a serious runner or a leisurely walker, you can participate and feel good about helping the more than 83,000 mid-Missourians who suffer from Arthritis.

### Pre-Registration

Fill out the attached registration form and send it in today with your registration fee:

\$7 on or before December 1

\$10 race day (**ALL ENTRIES RECEIVED  
AFTER DEC. 1 WILL NOT BE ELIGIBLE  
FOR TIMED AWARDS**)

**Team Registration:** Each team member must complete an entry form with your team name and pay a registration fee. **Please return all team member registration forms together.**

### Participation Packet Pick-Up

Each participant will receive a packet which includes a pair of Jingle Bell Run gloves and a race/walk number. To make the event festive, jingle bells and shoelaces will be available to tie on your shoes to ring in the spirit of the holiday season!

Packet Pick-up and \$10 registration:

Friday, December 3  
4:00 p.m. - 6:00 p.m.  
Tryathletics  
1 S. 4th Street

Saturday, December 4 (Event Day)  
7:30 a.m. until start  
University Hospital Lobby

### Raise Pledges

Help find a cure for arthritis, ask friends, family, and co-workers to make a donation and keep track of their pledges on the attached sponsor form. Bring your sponsor money with you to packet pick-up and receive your prize, or send in your money and your prize will be mailed. To be eligible for the grand prize and team prizes, all pledge money must be returned to the Arthritis Foundation by January 5, 1994.

### Incentive Prizes

Prizes will be awarded to participants based on the amount of money turned in. Team challenge participants are also eligible for incentive prizes based on the amount raised individually.

RAISE	WIN
\$1,000	Sweatshirt & \$100 Gift Certificate from Tryathletics
\$ 700	Sweatshirt & \$75 Gift Certificate from Tryathletics
\$ 400	Sweatshirt & \$40 Gift Certificate from Tryathletics
\$ 200	Jingle Bell Run Sweatshirt and Sweatpants
\$ 75	Jingle Bell Run Sweatshirt
\$ 25	Long-Sleeve Jingle Bell Run T-Shirt

### Grand Prize

A Grand Surprise Package will be awarded to the person collecting the most money.

### Team Challenge

A group of four or more people can become a team and compete for great prizes in the Team Challenge Contest. Friends, family, co-workers, clubs and organizations all make great challenge teams.

### Team Challenge Prize Categories

Largest Team  
Team Raising the Most Money  
Team With the Highest Average Raised  
Best Team Holiday Costume

### Team Challenge Prizes

Each winning team will receive a team trophy as well as a gift certificate for a free TCBY waffle cone for each team member. To qualify for any of the team prizes, **each team member** must turn in a minimum of \$25 in sponsor money by January 5, 1994.

Largest Team and Best Team Holiday Costume will be judged and announced at the Jingle Bell Run, awards will be presented only after all team members have returned \$25 in sponsor money.

Always dreamed of dressing up as Santa Claus or Rudolph the Red Nosed Reindeer? Well, here's your chance! All runners and walkers are encouraged to participate in the holiday costume contest. Judging for the contest will begin after run/walk at approximately 9:30 a.m. Costumes will be judged on originality, holiday theme and humor. A special prize will be awarded to the individual with the best costume.

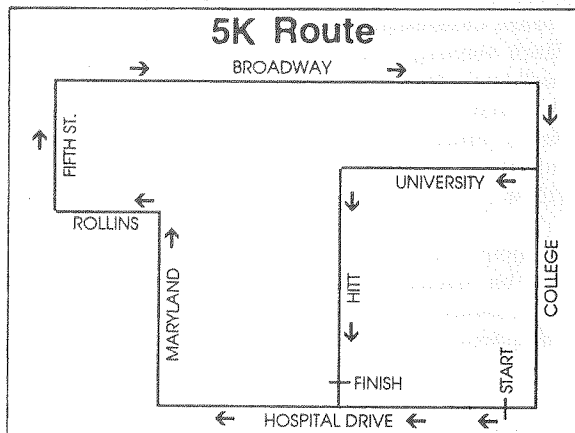
In the 5K race, awards will be presented after the run/walk at approximately 10:00 a.m. Awards will be presented in the following age categories to the top three male and female finishers:

9 & under	20-24	35-39	50-54
10-14	25-29	40-44	55-59
15-19	30-34	45-49	60 +

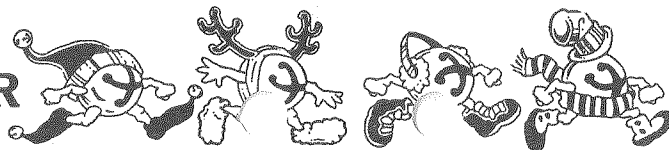
Awards will also be presented to the top overall male and female finishers. Team Challenge members are also eligible for individual awards.

Arthritis is America's #1 crippling disease. The Arthritis Foundation's top national priority is funding research into the cause and cure of over 100 types of arthritis. The Arthritis Foundation also offers numerous patient service programs, and public and professional education. The Arthritis Foundation Eastern Missouri Chapter and the Regional Arthritis Center in Columbia are working as partners in arthritis outreach and education. For free arthritis information contact the UMC Regional Arthritis Center at 882-8097.

Race day registration, packet pick-up, refreshments, and post-race awards ceremony will be in the lobby of University Hospital.



**SPONSOR**



# FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone (wk) \_\_\_\_\_ (hm) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Name of team if participating in Team Challenge \_\_\_\_\_

[illegible]

Make checks payable to:  
Arthritis Foundation

TOTAL RAISED	\$
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T-Shirt Size  L   XL

**NewsTALK 1400/AM**  
**KFRU**



University  
Hospital & Clinics  
*The Staff for life*

*Triathletics*

# Registration Form

PLEASE PRINT

**REGISTRATION FEE:** \$7 up to Dec. 1, \$10 after Dec. 1. Send to: Jingle Bell Run, University of Missouri Hospitals & Clinics, Public Relations, DC079, One Hospital Drive, Columbia, MO 65212 or register at Tryathletics, One S. 4th St., Columbia.

**MUST REGISTER BY DEC. 1 TO BE ELIGIBLE FOR TINED AWARDS.**

22

WAIVER: In submitting this entry, I, intended to be legally bound for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which I may hereafter accrue to me against the University Hospital, the Arthritis Foundation, Eastern Missouri Chapter, The City of Columbia, all sponsors of this event, event volunteers, and their officers, directors, agents, successors and/or assigns for any and all injuries suffered by me at this event, while traveling to and from the Jingle Bell Run or while participating in the event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event.

X

Signature or signature of parent if under 18

TEAM CHALLENGE REGISTRATION

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

Team Captain:

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

If the race is cancelled because of undue weather conditions... Thank you for your contribution to the Arthritis Foundation!