

# Columbia Track Club News

Volume XXVI No. 8

October 1993

## Cross country course change

We have changed the site of the Nov. 7 cross country race from Lake of the Woods Golf Course to Albert-Oakland Park because of restrictions placed by the Parks and Recreation Department.

There will be separate races for men and women, with men running 8K and women 5K. The men's race will start at 10 a.m. and the women's at 10:45 a.m.

This race will be our annual dual with the St. Louis Track Club, so it is important to get a good turnout. Last year, our open men's team won for the first time ever. This year, we will be trying to sweep all three divisions of dual competition -- open men, masters men and open women.

Entries will be accepted on race day, but because the race will be scored by computer, registration by Nov. 3 would be appreciated. An entry form is included inside this newsletter.



The field gathers for the Runner's Choice race Oct. 4. Results on Page 2. (Joe Marks photo)

## On Your Marks

By Joe Marks  
CTC President

The annual meeting is 7:30 p.m., Wednesday, Oct. 20, in the basement of Farm and Home Savings, 725 E. Broadway. We'll have refreshments and socializing, and we'll discuss our race schedule, dues, race participation points, upcoming events, the newsletter and our financial situation.



Dues are due. If you want to get paid up for 1994, fill out the enclosed membership form. We've opted to keep the dues at \$10 and offer free entry fees to CTC members in CTC-only-sponsored races. We want to increase participation. You can be as competitive or non-competitive as you like.



Race directors, check the schedule

and your calendars. We will ask you to direct the same race(s) again in 1994, and we'll hold them at nearly the same dates.



Participation points planned. We are considering instituting a point system for CTC races, offering 10 points per race to those who participate. One hundred points would earn you a fabulous prize (like an official CTC T-shirt or singlet). We want people to participate. Yes, I know, I said that already.



We've got pictures. Some are in the newsletter; others will be brought to the annual meeting and given to the subjects or their friends.



Please participate in the cross country run. See the item in this newsletter.



See you at the annual meeting.

## Runners make most of Runner's Choice option

By Joe Marks  
Race Director

Only 16 runners participated in the Runner's Choice event Oct. 4, but they managed to run every option suggested -- plus a couple more. Seven ran 10K, Joe Duncan ran 15 K, six ran 20K and two ran 30K. We had a 45-year spread between the oldest and youngest, participants from as far away as Joplin and great weather (low 50s, high overcast skies, light wind).

Below are the results. Linda Robbins won the 10K because she was smart enough to quit then. Mike Kely won the 20K. Joe Duncan won his own 15K Gary Fogelbach and Steve Young ran the 30K and were still running neck and neck when I left the scene. We assume they finished in a tie.

Kathleen McGuire represented the Joplin Road Runners and promised to return, maybe bringing other members of her club. So this note to the Joplin club president, Leon Noland: "Share your schedule with us. We might send a CTC contingent to your part of the country for a Southwest Missouri challenge. Or we could join forces and take on Kansas.

We had a drawing for prizes (running gloves) before the race. Winners were John Patton, Rick McAllister, J.D. Hatter and Linda Robbins. Linda said she already had a pair of gloves and donated them for presentation to the youngest participant, Chris Patton.

We managed to recruit three new members at this event: J.D. Hatter, Charlie Slivinsky and Doron Claiborne. Doron and Al Jannett have a marathon in mind soon.

Well, I've mentioned everyone except Dick Madsen, who ran an incredibly even-paced 20K (44:00 and 44:04 splits) in a marathon training run; Dave Oldfield, who barely made it to the race on time; and Roger Turnbough, who did all the race director's work when I decided to run.

	10K	20K	J.D. Hatter	48:54	
Mike Kely	40:18	1:20:19	Doron Claiborne	50:14	1:38:00
Dick Madsen	44:00	1:28:04	Al Jannett	50:14	1:44:24
Gary Fogelbach	45:56	1:30:43	Charles Slivinsky	50:16	
Steve Young	45:56	1:30:43	Joe Duncan	51:16	1:17:52*
Dave Oldfield	46:32	1:35:31	John Patton	53:01	
Rick McAllister	47:44	1:34:06	Chris Patton	53:02	
Linda Robbins	47:44		Kathleen McGuire	1:09:02	
Joe Marks	47:53				

\* - Time is for 15K



CTC member Steve Stonecipher-Fisher won the Boone Baby Run 5K on Sept. 18. See results on Page 3 and story below. (Boone Hospital Center photo)

## Boone Baby Run

Steve Stonecipher-Fisher, a CTC member and former club president, won the Boone Baby Run 5K for the second consecutive year, rolling to victory in a time of 16 minutes, 5 seconds on Saturday, Sept. 18. The race was conducted by the Boone Hospital Center.

Stonecipher-Fisher finished 17 seconds ahead of 18-year-old Lance Sulzen. Tom LaFontaine, 46, won the masters competition and finished third overall in 17:57. Susan Lopez was the women's winner in 20:12.

## Bud Light Stadium Run

Several CTC runners were among the 1,700 who competed in the 15th annual Bud Light Stadium Run 10K Oct. 2 in St. Louis. At least five CTC runners finished in the top 150 and won trophies -- Mark Hosler, Dick Hessler, Ed White, Tom Allen and Steve Kissane.

# Boone Baby Run

MALE FINISHERS			FEMALE FINISHERS		
NAME	AGE	TIME	NAME	AGE	TIME
Steve Stonecipher-Fisher	36	16:05	Susan M. Lopez	33	20:12
Lance M. Sutzon	16	16:22	Michelle R. Trembaly	26	21:32
Tom P. LaFontaine	46	17:57	Kathleen A. Vogt	28	21:35
Robert A. Harner	20	18:01	Philip D. Wood	53	25:30
Edward E. Harner	20	18:04	David C. Roberts	46	25:31
Zack Weber	19	18:14	Phil Wyatt	44	25:33
Ray Glendering	42	18:29	Ken Hirlinger	43	25:49
Jack R. Uhrig	39	18:46	John E. Humpf	42	25:51
Scott Foster	36	18:51	Norb Gieseman	41	26:09
Steven D. Bell	27	18:52	Burton L. Heller, Jr.	22	26:17
Nick Mercer	52	18:58	Trevor Kigore	10	26:18
John C. Wetz	38	19:02	Bob Kigore	32	26:18
Benjamin F. Davis	20	19:08	David Gay	12	26:23
S. Gregory Stufflebaum	20	19:11	Richard J. Otto	44	26:26
Randy S. Thomas	38	19:28	Ted Cox	51	26:38
Hugh R. Murrell	28	19:36	Jim R. Peregoy	27	26:41
Steven D. Wright	34	19:47	Kevin Kemper	35	26:43
Mark A. Wilson	31	19:50	Terry M. Stidham	40	26:47
Matthew W. Tanner	11	20:34	Jonathan Tanner	10	26:53
Chuck Sattler	30	20:37	John C. Meyer	48	26:54
Thomas D. Hackar	23	20:58	Charles Hinson	47	27:14
Ken A. Thompson	28	21:00	Denver B. Lionberger	38	27:17
Larry C. Gates	46	21:04	Tom King	44	27:20
Simon E.J. Rose	28	21:04	Nicolas A. Pino	12	27:23
David P. Johnson	44	21:04	Jon Kruse	25	27:24
Donald C. Lewis	57	21:08	Daniel W. Abshear	27	27:24
Kerry A. Peveler	34	21:08	Joseph D. Cook	34	27:26
Thomas D. Smith	29	21:14	Jim Balmer	55	27:27
Elmer O. Schlemper	54	21:19	James M. Nichols	44	27:27
Jeffery Brown	30	21:20	John R. Ollar	49	27:28
Doug Tanner	40	21:34	John H. Hanzel	49	27:35
Richard E. Fish	42	21:37	Keith A. Gangidino	41	27:41
Jerry D. Williams	49	21:44	Nathan C. Kent	13	27:44
Peter W. Sommerville	32	21:52	Matt S. Foster	10	27:49
Marshall Robb	33	22:01	Arthur J. Krohn	31	27:56
Brad Jacobson	38	22:06	Michael Bietsch	37	28:02
Daniel J. Sandbothe	40	22:07	Ron J. Dunn	43	28:04
William D. Lewis	24	22:09	Kevin L. Price	28	28:27
Charles B. Burk	47	22:10	Dennis C. Kent	45	28:36
Thomas Highland	25	22:11	Danny E. Brown	40	28:39
L. Dale Wade	36	22:13	Vernon J. Purnm	51	28:49
Jason D. Jones	24	22:15	Joseph M. Hoferlin	48	28:51
Aaron J. Casteel	15	22:28	A. Bruce Carpenter	42	28:52
Gary Wright	34	22:31	Scott H. Jensen	36	28:57
Kenneth R. Hammann	46	22:31	Terry L. Ray	45	29:01
Terry M. Phillis	27	22:32	Robert W. Whitloc	46	29:12
Kenny C. Bopp	25	22:32	John O'Shaughnessy	49	30:16
Eric R. Metcalf	20	22:33	Matt Arthur	13	30:28
Jeffery Markowski	33	22:40	Gerald L. Arthur	50	30:29
Conor McClure	09	22:41	Ben P. Patton	07	30:59
Ken McClure	41	22:42	Lyn Woodford	30	31:19
Mark R. Rauschuber	23	22:46	James R. Barnes	36	31:59
Chuck J. Gieringer	45	22:48	Michael Thomas	36	32:24
Charles C. Highland	12	23:07	William S. Robinson	41	32:29
Dale Sanson	31	23:10	Brad M. Gaines	41	32:36
Tom D. Heckett	25	23:16	Ronald Pugh	62	34:21
Bryan A. Lewis	18	23:26	James B. Ludwig	08	34:27
Gary A. Rackers	29	23:29	Donald R. Ludwig	55	34:28
Brad Todd	23	23:31	Daniel P. Harrington	27	34:43
Larry L. Walters	34	23:35	Mathew R. Hampton	13	36:57
Ed C. Graham	47	23:37	Larry E. Kaylor	43	37:00
Austin C. Estabrooks	09	23:42	Jeff A. Cornett	10	37:00
Douglas A. Hurt	21	23:44	Richard E. Pedrolej	33	38:11
Christopher Kehr	33	23:45	Jerry Price	44	38:35
Byron W. Wohlecke	24	23:48	Tony A. Stone	26	39:38
Michael T. Becktel	38	23:53	Stephen M. Britt	09	42:39
Gary J. Fennwald	42	23:58	Ryan Stonecipher-Fisher	09	43:11
Don Waltman	58	23:59	Chris C. Jenku	41	43:28
David J. Webber	42	24:06	Lloyd W. Reed	47	43:39
Richard L. Seever	34	24:15	Terry Robb	38	45:00
Dennis R. Miller	36	24:23	Christopher Carpenter	10	45:28
Michael R. Smith	42	24:27	Ben Tanner	08	45:30
Charles Slivinsky	52	24:28	James M. Gertzsch	47	46:28
William H. Thornton	34	24:37	Ronald E. Faerber	41	46:35
Richard B. Bush	41	24:41	James J. Stanley	43	46:49
Patrick A. Tabbe	24	24:42	Matthew S. Milner	23	47:12
John L. Patton	41	24:49	Greg H. Cooper	34	48:17
Sean J. Highland	16	25:01	Kolin B. King	05	51:01
Chris J. Patton	11	25:02	Alex Goodrick	07	53:06
Gary E. Gundy	30	25:05	James U. Weaver	58	53:32
Gary D. Weesner	31	25:06	Ryan Kressig	05	54:26
Adam M. Guy	09	25:21	Shane J. Smith	13	58:09
Tom M. Guy	34	25:22	David Thomas	14	58:10
Christopher Fink	23	25:27	Stacy A. Reed	29	22:06
			Lisa K. Needy	25	22:14
			Linda S. Robbins	42	22:24
			Karla S. Lang	25	22:50
			Annette J. Biedermann	30	22:53
			Donna L. Pavlick	41	22:55
			Nichole M. Hackett	25	22:55
			Phyllis M. Koopp	38	22:57
			Karen E. Derrick	32	23:21
			Holly R. Kutscher	20	23:32
			Tracy I. Lanes	27	23:43
			Cathy S. Fuemmeler	29	23:47
			Laurie A. Seever	31	23:49
			Danielle Ress	21	23:52
			Connie L. Swetz	42	24:15
			Anna C. McKie	22	24:19
			Deanna G. Wasman	25	24:19
			Debbie L. Heifne	35	24:27
			Jeanne M. Smith	29	24:28
			Melinda A. Bond	20	24:46
			Belinda R. Fender	39	24:51
			Gretchen L. Everett	23	24:52
			Amy Neiner	20	24:57
			Barbara A. Burnett	46	24:58
			Amy E. Easley	25	25:02
			Lisa M. Wei	30	25:04
			Erin M. Allen	22	25:38
			Pamela K. Thome	30	25:50
			Juliette A. Wilson	24	25:53
			Andrea DeiKecamp	34	25:56
			Meghan M. Holleran	26	25:58
			Kim A. Schreck	24	25:59
			Patricia Klenken	28	26:0
			Susan Perkins	29	26:14
			Nina A. Rust	22	26:16
			Linda G. Price	49	26:25
			Ruth MacDonald	36	26:27
			Amy M. Atwood	20	26:29
			Jennifer Belmore	21	26:29
			Kathy Neine	45	26:31
			Nikki A. Darling	27	26:45
			Lana L. Wong	29	26:48
			Christina Morlan	32	27:06
			Britt Benjamin	21	27:16
			Barbara J. Almora	30	27:28
			Jeanne M. Mettner	23	27:28
			Tamara A. Bush	32	27:28
			Dorothy A. Pino	36	27:34
			Julie A. Willet	28	27:43
			Susan J. Wharton	22	27:54
			April Dunn	16	28:04
			Andrea Woods	47	28:05
			Annette O. Estevez	30	28:09
			Elizabeth Tanner	08	28:12
			Sharon E. O'Shaughnessy	18	28:21
			Sheila L. Blackwell	25	28:21
			Elizabeth Skibba	28	28:23
			Julie ClarWalters	30	28:24
			Christy Weber	24	28:25
			Ragina Brown	37	28:30
			Kathy B. Sharp	33	28:37
			Alexius A. Stockhorst	11	28:51
			Connie L. Delph	36	28:51
			Denise C. Siegle	28	29:10
			Karen S. Garrison	39	29:14
			Ann R. Beasley	36	29:15
			Jill A. Vanderwerken	28	29:23
			Jill R. Coombs	21	29:27
			Kelly Bredlove	29	29:44
			Margaret Chogan	41	29:48
			Stephanie Price	10	30:11
			Cathleen P. Cloherty	21	30:11
			Mary Kohrs	29	30:14
			Julie M. Smith	29	30:19
			Elizabeth Geden	50	30:46
			Sara D. M. Stone	32	30:49
			E. Elaine Kent	45	30:59
			Cindy M. Phillis	29	31:03
			April Wilkerson	26	31:05
			Hannah P. Johnson	10	31:12
			Terri A. Hutchison	25	31:31
			Patricia A. Smith	28	31:37
			Connie S. Ess	45	31:46
			Dixie Wyatt	42	31:46
			Jeannie M. Stockhorst	32	31:51
			Jessie AliReinhold	10	32:05
			Karen Rose Cox	36	32:10
			Elizabeth Gerhardt	73	32:15
			Melinda G. Powel	19	32:17
			Shari Moore	20	32:23
			Angel K. Surdin	22	32:34
			Amanda L. Bruckerhoff	09	32:40
			JoAnn Fortney	31	33:24
			Sonia L. Roberts	26	34:43
			Linda Rogers	46	34:47
			Kathleen Makarewicz	11	35:02
			Rachel King	13	35:05
			Calah B. Lionberger	12	35:24
			Ellen Pagan	09	35:31
			Casey B. Lionberger	13	35:57
			Linda S. Vogt	45	36:04
			Charla D. Boggs	30	36:32
			Martha D. Patton	40	36:37
			Janel Weaver	35	37:09
			Lisa M. Trent	35	37:13
			Megan Makarewicz	10	37:15
			Heather L. Carpenter	14	37:27
			Lori E. Houghton	25	37:34
			Linda A. Padroley	30	38:12
			Megan Price	9	38:35
			Debbie A. Bietsch	36	38:58
			Elizabeth Roberts	8	39:18
			Susan A. Roberts	42	39:18
			Kay A. Lewis	34	39:28
			Paula J. Robinson	23	39:38
			Dawn M. McDowel	40	39:43
			Gwen A. Dorn	18	40:58
			Lisa Ann Smith	24	41:27
			Tracey L. Schabbing	24	41:28
			Barbara A. Becktel	36	42:04
			Iona L. Smith	37	42:11
			Mary M. Patton	52	42:12
			Bobbi K. Hutchison	27	42:23
			Rochelle Sherman	41	42:34
			Carol Britt	41	42:39
			Lavanya Ganjam	22	43:02
			Robin Lynn Gertzsch	15	43:16
			Patricia L. Reed	47	43:40
			D. Paige Klein	33	43:54
			Andrea M. Enochs	10	43:54
			Sherry C. Snoddy		

**COLUMBIA TRACK CLUB CROSS COUNTRY RACE**

**ALBERT-OAKLAND PARK**

**NOV. 7, 1993**

**STARTING TIMES:** 8K men, 10 a.m.; 5K women, 10:45 a.m.

**ELIGIBILITY:** Open to all athletes.

**ENTRY FEE:** \$3 per person. Make checks payable to Columbia Track Club.

**ENTRY DEADLINE:** Post entries accepted, but please send entries by Wednesday, Nov. 3

**AWARDS:** Five places in open men, open women and masters, plus team awards.

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**ENTRY FORM  
COLUMBIA TRACK CLUB CROSS COUNTRY RACE**

**RETURN TO:** Wayne T. Armbrust, 3604 Grant Ct., Columbia MO 65203-5800

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages which I might have against the University of Missouri - Columbia [City of Columbia], or the Columbia Track Club for any and all injuries suffered by me as a result of this event.

**Name (please print)** \_\_\_\_\_ **Age** \_\_\_\_ **Sex:** M \_\_\_ F \_\_\_

**Signature** \_\_\_\_\_

**Signature of parent or guardian if entrant is under 18** \_\_\_\_\_

**Address** \_\_\_\_\_  
Street or P.O. Box \_\_\_\_\_ City, State, & Zip Code \_\_\_\_\_

**TEAM ENTRY FORM**

**TEAM:** \_\_\_\_\_ **COACH:** \_\_\_\_\_

**Address** \_\_\_\_\_  
Street or P.O. Box \_\_\_\_\_ City, State, & Zip Code \_\_\_\_\_

**Coach's Signature** \_\_\_\_\_ **Daytime Phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_

**ROSTER (PLEASE PRINT, CONTINUE ON REVERSE IF NECESSARY)**

**MEN**

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**WOMEN**

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## 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
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	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 (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 Tumbough	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 Hoep.	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.

### CTC board member marries

Congratulations to Linda Price, who married Bob Clemons on Sept. 25.

Linda has been one of our best masters runners and terrific help with CTC events, including the Jingle Bell Run. She says Bob is a budding runner. He ran in the Human Race and trains about 20 miles a week.

Bob lives in Sacramento, Calif., so Linda will be leaving us ... but not until mid-1994. That gives us plenty of time to wish her all the best.

CTC Membership Application

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

Members of family at this address and their birthdates:

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

\_\_\_\_\_ Check if you DONT 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