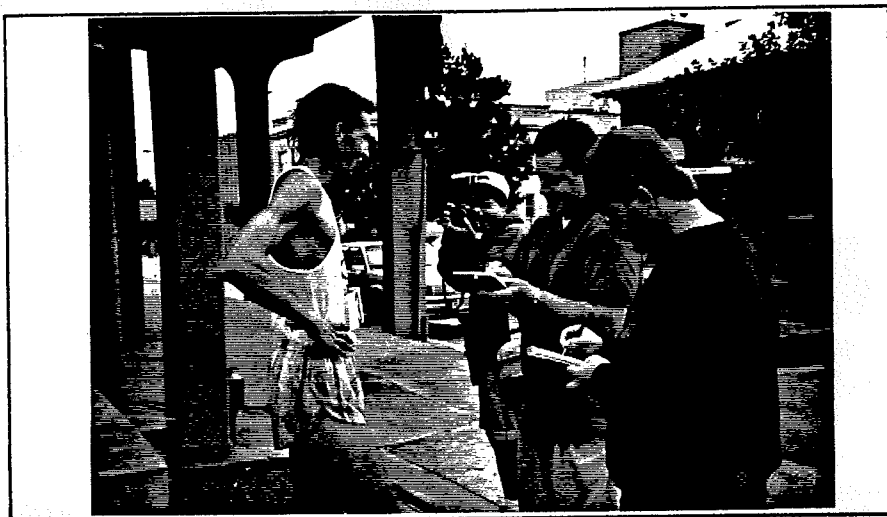


Kansan romps to victory

By Joe Duncan
Race Director

Eric Peters of Prairie Village, Kan., handily won his Heart of America Marathon debut on Monday, Sept. 6. Peters, an EPA worker, former University of Illinois runner and 1996 Olympic Trials hopeful, was in the lead from the outset and cruised to victory in 2 hours, 38 minutes, 24 seconds.

After leading by more than a minute as early as the third mile, Peters had remarkably even splits for each of the three-mile segments. He was 16:52 seconds from three to six miles, with 18:56 from 21 to 24 being his slowest split. He was 18:52 from 12 to 15, which includes the Easley Hill section and the somewhat treacherous portions of the river road and Katy Trail that had recently been freed from the ravages of the Great Flood of '93. No runner had any three-mile split faster



Eric Peters meets the press after his marathon victory. (Joe Marks photo)

than Peters' slowest, so his lead steadily lengthened.

Tom Nichols, the 1992 winner, ran in second until shortly after the 21-mile mark, when he was overtaken by Mike Kelty of Columbia. Nichols faded to fifth place, and Kelty held onto sec-

ond in 2:52:06. Kelty previously ran the Heart of America in 1981, turning in a 2:58:41, and in 1991, when he did a leisurely workout in 3:41:48.

Mike English and John McEhan had a nice battle for third

Continued on next page

On Your Marks

By Joe Marks
CTC President

This is our Marathon issue. Hope you like the look. We are aiming for a slicker-looking newsletter in the months ahead. We aim to get out another newsletter before our annual meeting.

Congratulations to all who participated in the Marathon, and thanks to all those who helped. Special thanks to the weatheman.



The CTC annual meeting will be Wednesday, Oct. 20, in the basement of Farm & Homes

Savings, 725 E. Broadway. The CTC board meets at 6:30 p.m., and the general meeting begins at 7 p.m. This is our only meeting of the year. We will have refreshments and socializing.

At the annual meeting, we'll discuss raising dues to \$15 but eliminating race fees for all CTC-sponsored events. Tom Allen will explain further in the next newsletter.

We'll also discuss the race schedule, changes in officers and board members, a monthly compensation for the newsletter editor, and what we can do to increase participation in races (including the possibility of offering cash prizes in a couple of

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Marathon

Continued from previous page

place. English had run in fourth through 18 miles while Meehan was dawdling along in eighth. Meehan had moved to sixth by 18 miles, and just before 21 he went by English into fourth. By 24 miles, this duo was still over a minute behind Nichols, who was fading fast. At 24, Meehan was 17 seconds ahead of English, but he turned in a blistering final 2 miles, 385 yards to claim third.

The push gave Meehan an improvement of 14:13 over his previous H of A performance -- the best improvement of the day -- so he won the Dave Schulte Award for improved performance. Meehan also had the finest negative split of the day, with a 1:24:48 second half to go with his 1:29:52 for the first.

While all this was going on, Kathleen Johnson, another Kansan, was dominating the women's race, also with some even pacing. Her first three miles were her slowest at 24:42, with her other splits ranging from 22:41 to 24:18 (Easley Hill). She, too, had negative splits: 1:43:40 and 1:40:35. And she set an age-37 female record, lowering the record time of 4:12:40 by Susan Peters in 1980.

Other records: Gerardette Groll's 4:02:01 was better than the 4:06:40 set by Mary Ann Slivinsky for age 40; Louis Joline at 3:24:55 was faster than any previous 60-or-over. (Don Johnson's 3:27:27 of 1988 was the prior mark.) Two years ago, Joline came in at 3:38:48 as a 59-year-old kid, so he certainly improves with age. The same can also be said of Kathleen Johnson, who was almost 11 minutes faster than three years ago.

Here's a list of the people who



From left, Janice Minner, Ian Durie, Martin Foster and Bob Loyd enjoy one of the more scenic portions of the Marathon course. (Joe Marks photo)

made H of A such a success, with apologies to those who have been unintentionally left off:

The timing station personnel: Joe Marks, David Bray, Keith Carastino, Tom Collier, Mike Nichols, Gene Bard, Curt Kempf, Susie, Rich Harris, Ken Toler, Doug and Maria Duncan, Roger Turnbough, Tom Highland, Larry Petterborg, Don Waltman, Jack Lydon and Don Granberg.

The aid station people: Steve Kissane, Chris Ruble and some 50 Hickman High School cross country runners; Nowell's for giving \$50 worth of fruit; and Sam's; the finish administration: Wayne Armbrust, Gayle Johnson and her computer, Joyce Schulte, Anne Hessler, Ben Londeree and Rob and Veva Spier;

the course monitors: Dick Hessler, Dennis Schulte, Randy Gay, Don Johnson and the Columbia Police Department.

Joe Machens Ford, for loaning us the pickup truck; Jill Murphey and two Boone medical people, who looked after the runners at the finish line; Dr. Bob Stoy, who monitored the conditions of the runners on the course, and Eric Mumford, who chauffeured him; Jim Crosby, who as always did the computations for the Schulte Award; Dan Kelly, for informing the media; and to Steve and Kim Stonecipher-Fisher, who did so much before leaving town for some much-needed R&R. Wow, more volunteers than runners. Great support from all of you.

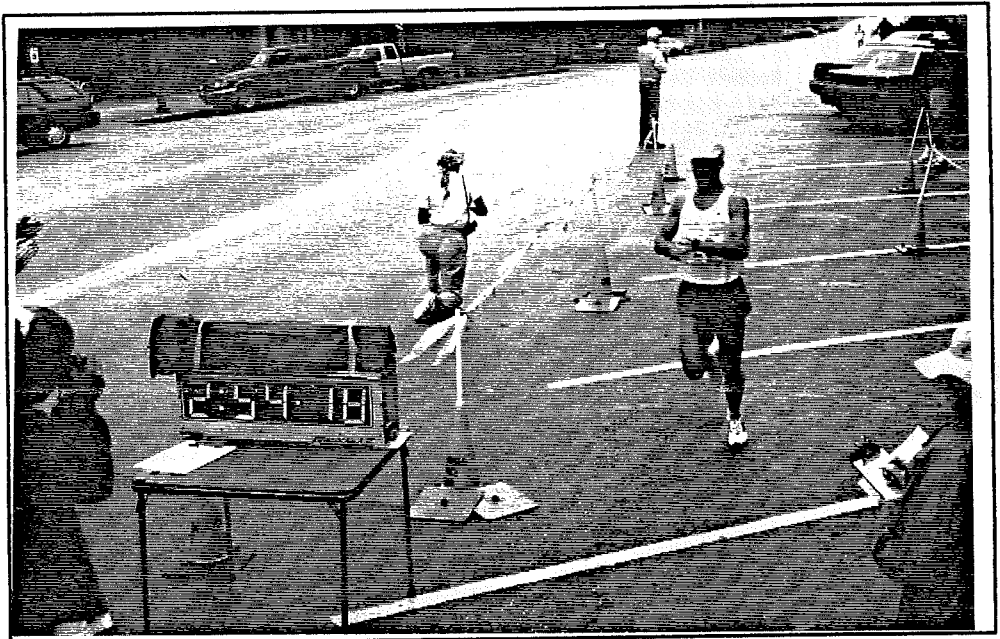
A DAY

AT THE RACES



Taking a break at the finish line are, from left, Joyce Schulte, Don Johnson and race director Joe Duncan.

Despite high humidity (97 percent at the start), the weather for the H of A was almost ideal. The temperature was in the low 60s, with cloud cover throughout and north-northeast winds of 7 to 10 mph. A few light showers during the first two hours gave the runners a refreshing boost.



Michael English of Prairie Village, Kan., crosses the finish line in third place.



Rich Harris, left, and Ken Toler keep track of the runners' times.



The first female finisher, Kathleen Johnson.



The finish line crew vigilantly waits at Eighth and Broadway for the next of the 59 finishers.

Photos by
Joe Marks

Heart of America Marathon

MALE OVERALL RESULTS

PLACE	NAME	AGE/SEX	HOMETOWN	TIME	HALF-WAY SPLIT
1	Eric Peters	24M	Prairie Village KS	2:38:24	1:17:48
2	Michael Kelty	35M	Columbia MO	2:52:06	1:22:56
3	Michael English	26M	Prairie Village KS	2:54:20	1:27:48
4	John Meehan	39M	Sedalia MO	2:54:40	1:29:52
5	Tom Nichols	34M	St. Louis MO	2:57:32	1:21:50
6	David Dobkowski	35M	Clayton MO	2:58:48	1:28:12
7	Raul Flores	37M	Overland Park KS	3:02:30	1:28:02
8	Dennis Simmons	49M	Florissant MO	3:06:50	1:32:15
9	George Burr	53M	Fenton MO	3:16:52	1:36:02
10	Tom Malloy	37M	Columbia MO	3:19:29	1:35:54
11	Steven Bell	27M	Fulton MO	3:22:14	1:28:08
12	P. Sprengelmeyer	27M	Columbia MO	3:23:00	1:38:40
13	Robert Calaluce	39M	Columbia MO	3:24:27	1:40:25
14	Jeff Mikesell	32M	Altus OK	3:24:43	1:35:59
15	Louis Joline	61M	Lake Lotawana MO	3:24:55	1:43:20
16	Michael Tygart	48M	Sigourney IA	3:26:11	1:44:04
17	W. Zackary VanBlack	26M	Austin TX	3:28:05	1:40:45
18	Timothy Bond	38M	Kansas City MO	3:28:54	1:35:56
19	Paul Hughes	30M	Geneseo IL	3:30:06	1:43:59
20	Ronald Dupler	45M	Houston TX	3:30:26	1:43:23
21	Don Zirbel	51M	Sioux City IO	3:30:47	1:46:25
22	Brian Butcher	33M	Blue Springs MO	3:35:53	1:45:38
23	David Runyon	36M	Belleville FL	3:38:29	1:46:25
24	Bill Woolsey	41M	Kansas City MO	3:39:58	1:54:24
25	Mark Lidman	45M	Blue Springs MO	3:40:15	1:49:33
26	Wayne Davies	52M	Oak Grove MO	3:41:45	1:54:56
27	Wayne McReynolds	54M	Marshall MO	3:43:54	1:50:38
28	Garry Gribble	54M	Kansas City MO	3:52:40	1:48:03
29	Robert Risser	53M	Cameron MO	3:53:23	2:00:12
30	John Patton	41M	Columbia MO	3:56:31	1:58:05
31	Jack Hudson	48M	Mexico MO	4:01:51	1:53:08
32	Steven Groll	36M	St. Louis MO	4:02:00	1:56:30
33	Bryan Norton	31M	Columbia MO	4:08:29	1:53:38
34	Parrish Barton	18M	Montgomery City MO	4:16:08	1:57:32
35	Bill Drennan	33M	St. Louis MO	4:16:47	2:06:44
36	Ed Goss	42M	Columbia MO	4:20:18	1:55:00
37	Byron Tracy	57M	Robinson IL	4:23:40	2:10:22
38	George Herina	38M	O'Fallon MO	4:33:43	2:00:40
39	Bob Loyd	41M	Columbia MO	4:33:44	2:18:38
40	Martin Foster	41M	Vinita OK	4:33:50	2:17:45
41	Aubrey Woodfolk	34M	Florissant MO	4:33:50	2:01:30
42	Brett Scheer	33M	Jonesburg MO	4:33:51	1:50:40
43	Walt Morton	48M	Springfield MO	4:34:52	1:53:47
44	William Seibert	49M	Evansville IN	4:38:45	2:23:26
45	Bill Alexy	39M	Bridgeton MO	4:42:10	2:24:19
46	David Hughes	47M	Kokomo IN	4:42:13	2:24:29
47	Ian Durie	31M	Cottage Hills IL	4:53:13	2:20:10
48	Mark Stevermer	40M	Shawnee KS	4:54:42	2:33:07
49	Richard Stevermer	39M	Edgerton MO	4:56:54	2:33:07
50	Larry Walters	34M	Columbia MO	5:11:06	2:19:47
51	Michael P. Christenson	42M	Rogers AR	5:29:54	2:36:45
52	Robert Lee	60M	Columbia MO	5:41:25	---

FEMALE OVERALL RESULTS

PLACE	NAME	AGE/SEX	HOMETOWN	TIME	
1	Kathleen A. Johnson	37F	Overland Park KS	3:24:05	1:43:30
2	Candy Williams	29F	Grain Valley MO	3:41:49	1:54:56
3	Gerardette Groll	40F	St. Louis MO	4:02:01	1:56:34
4	Connie Swetz	42F	Columbia MO	4:19:05	1:58:50
5	Janice Minner	36F	Cottage Hills IL	4:54:42	2:20:10
6	J. Clark Walters	30F	Columbia MO	4:56:54	2:19:47
7	Becky Nix	40F	Rogers AR	5:11:06	2:36:45

Coach's Report

By Wayne Armbrust

I'll start with an update concerning the activities of club members and others in the local track community in major out-of-town competitions.

Michele McFadden was the hard-luck kid this season. Between injuries to her foot and posterior tibial tendon, plus an attack of allergy, she was able to be in only one meet, the qualifier for the Show-Me State Games, which she ran as a workout. She is healthy now and we intend to keep her that way. I am not sure what Michele's best event is, but there is no question she is very talented.

Gayle Johnson had an up-and-down season racewalking. She suffered a disqualification in her first outdoor meet of the year at the National Invitational in Washington, D.C. After two unsuccessful attempts, she qualified for the outdoor nationals with a personal record of 50:49.2 for 10K in a race at Kenosha, Wisc. At the nationals in Eugene, Ore., she did not walk well technically and finished 17th in 54:05. At the National Masters Championship in Provo, Utah, she finished second in the 40-44 age group in 53:45, again not a good race technically. However, on Aug. 29 in Tower Grove Park in St. Louis, she put it all together. In a technically sound race, she set a national masters record for 5K with a time of 24:14. Between the Eugene and Provo races, she won the Show-Me State Games 1,500 track and 5K

road walks. She has one final race this year, the Alongi International Invitational in Detroit on Sept. 26.

Also competing at the Masters Championship at Provo was new CTC member Gene Bard, who was third in the 40-44 pole vault with a leap of 4.20 meters (13 feet, 9 1/4 inches). I worked with Gene some this year and plan to work more with him next year. Gene just needs to refine his technique a bit to become the best masters vaulter in the U.S.

It was my pleasure this year to work with two Nigerian athletes, former M.U. star John Okoye and his wife, Beatrice Utundu. John, who runs the 400, unfortunately was slowed by a chronic hamstring problem that has bothered him for several years and he was unable to compete in his country's national championships. Beatrice was second in the 100 in the Nigerian championships and was first in the same event at the African Championships. She was also third in the 100 at the World University Games in Buffalo. Last year at the Barcelona Olympics, Beatrice won a bronze medal as part of Nigeria's 4x100 relay.

Jim Heady competed in one outdoor meet, the 5,000 meters at the SEMotion Relays at Southeast Missouri State in April. Although his performance there was a disappointment to both him and me, I hope he will return to competition soon.

In July, I attended the U.S.A. Track & Field Level II Coaching Education Alumni School in Champaign, Ill. Level II is the highest certification level offered by U.S.A. Track & Field, the national governing body of track and field. The Alumni School is for people already certified Level II to obtain certification in other event areas. I am certified in the throws and sprint/hurdles event areas. Recently, I received word that I had been accepted into next year's Lead Instructors School. Graduates are certified to organize and be lead instructors at Level I Schools.

I have been working to promote the competitive aspect of the club, but I need the help of the membership. First, there is the Lake of the Woods cross country race Nov. 7. Last year, our men's open team beat the St. Louis T.C. for the first time, and on St. Louis' home course. This year, I would not only like to repeat that performance, but would also like to beat their women's and masters men's teams. We need more bodies. You don't have to be an Olympian to help the cause. If you don't want to run, please help officiate.

Second, please wear your CTC singlets in all races. Help spread the word that we have an active program. If you don't have a singlet, they are available at nominal cost at Tryathletics.

Finally, I can always use help at workouts and meets with timing, etc. Any help in this regard would be appreciated.

Run for the Ducks

With seven runners, there were seven individual age-group winners in the two-mile cross country run Sept. 11 at Bethel Park. The overall winner was Tom LaFontaine, who won comfortably in 12 minutes, 8 seconds. Complete results:

Name	Age	Time
Tom LaFontaine	46	12:08
Linda Robbins	42	14:28
George Maginnis	61	15:19
Joe Marks	56	15:24
Tammy Laughlin	24	15:54
Linda Hodges	44	16:18
Katie Whitener	36	16:19

Call for records

We'd like to update the list of Columbia Track Club records, but we need your help.

The most recent CTC listing of records was in 1989. If anyone has set a CTC record since then (or knows of any other club member who has set a record), please contact club president Joe Marks (445-1919) or newsletter editor Dan Kelly (696-2353).

The club keeps records in six age groups for both males and females -- 15 years & under, 16-29, 30-39, 40-49, 50-59 and 60-and over.

On Your Marks

Continued from Page 1

events). Years ago, we kept point totals for those who participated and gave awards at the end of the year. Should we try that again?



Please read Coach Wayne Armbrust's column in this issue. It's full of news.



Congratulations to Gayle Johnson, who set a

national masters record for 5K, racewalking the distance in 24 minutes, 14 seconds. Most of us can't run that fast.



M.U. is playing host to the Big Eight Cross Country Championships on Oct. 30 at A.L. Gustin Golf Course and the National Masters Indoor Championships in March at the Hearnes Center. CTC members are encouraged to participate in the latter and to help with the former. Spectators are appreciated, too.

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/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/9-18 St. Joseph, 8:30 a.m. -- Pony Express Run-Walk (5K, 10K, half-marathon).
- 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.
- Sat/10-9 Jefferson City, 9 a.m. -- Harvest Moon Four-Mile. Contact: 1-635-4299.

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



DO THE MOON!

HARVEST MOON FOUR MILER.

OVER \$1000 CASH & PRIZES

OCTOBER 9, 1993

Male and Female Overall Winners each win a weekend package for two at the Inn at Grand Glaize, valued at \$325.00 plus \$150, \$50 for 2nd overall.

Special Awards for top three men and women National Guard members.

Breakfast will be served in the pavilion after the race. Free!!

Place: Memorial Park, 2218 W. Main, Jefferson City, MO 65109

Starts at 9:00 a.m., plenty of parking.

Start: Entrance to park, finish is at the pavilion.

Course: Flat and fast for 3 miles, rolling hills last mile. Accurately measured. Splits will be read and water will be available on the course.

Entry Fee: \$8.00 if received by 10-1-93, \$10.00 after 10-1-93, and on race day till 8:45 a.m. Early registration is appreciated.

Awards: Top male and female finishers each win a two night weekend stay at the Inn at Grand Glaize, one of the premier resorts at Lake of the Ozarks, Plus, \$150 spending money. Second overall male and female wins \$50. The National Guard has a special awards category, in which the top 3 men and women National Guard members will receive awards. Top three male and female in each age category will receive awards, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 plus.

Shirts: First 150 entrants will receive T-shirt on race day. Other entrant's shirts may have to be mailed. T-shirt design same as above.

Post-race: Refreshments, awards, Free breakfast, music, and drawing for fun stuff.

For more information or to help contact Randy Starr at 635-4299.

Make checks payable to J.C. Roadrunners. Checks and Entry Forms to Randy Starr, 612 Belridge Ct., Jefferson City, MO 65109.

Race Entry Form

Last name _____ First Name _____ M.I. _____

Address _____ City, State, Zip _____

Phone _____ Male _____ Female _____ Age on 10-9-93 _____

Date of birth ____/____/____ T-shirt size: XL/L/M/S

National Guard Member: Yes / No

WAIVER: I assume full responsibility for running in traffic on the course during this event, as well as any and all other risks associated with competing in this event, including falls, body contact, road conditions and weather.

In consideration of these facts, I hereby for myself, my heirs, executors, administrators or anyone else who might release, and discharge the Jefferson City Roadrunners Club and all sponsors and their agents from any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event.

SIGNATURE _____ DATE _____

PARENT'S SIGN. (IF UNDER 18 YEARS OLD)

Columbia Track Club News

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Columbia, MO 65205

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1993

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203

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.