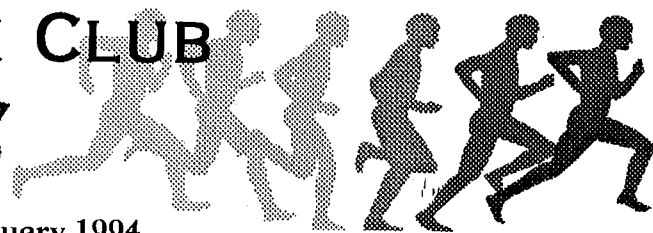


COLUMBIA TRACK CLUB **NEWS**

Volume XXVII No. 1

January 1994



On Your Marks

By Joe Marks
CTC President

I've been reading "Galloway's Book on Running," and I've got to give Jeff credit for some good, common-sense training ideas. Had I followed his ideas, I might not have ended up with foot surgeries, bad knees and whatever.

One of the parts of the book I like best is where he describes the five stages of the runner: the beginner, the jogger, the competitor, the athlete and, finally, the runner. I've been through all of these -- from being naive to downright boorish about this activity called running.

I'm in the last phase now, and I like it best. Galloway describes this "final stage" this way: "The runner balances the elements of fitness, competition, training and social life and blends running with the rest of his or her life. There may be times when the runner reverts to earlier stages -- mature people in any field have this problem -- but these are only passing bouts that are assimilated into the overall harmony. The runner is a happy person."

A happy person. I like that.

It's this matter of balance that for me has been a bit elusive, and I may never totally achieve it. But it's a worthwhile goal.

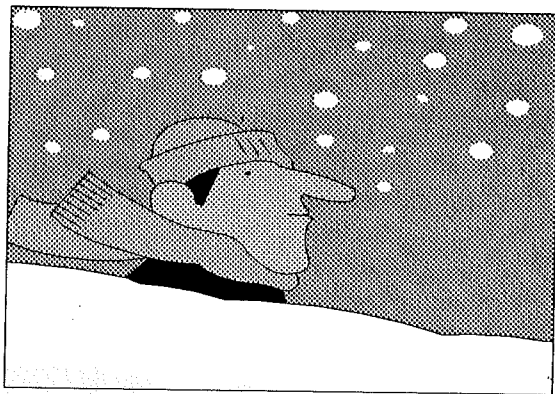
While I'm philosophizing, I want to touch upon one running/walking plus we often forget -- camaraderie. I've had the great pleasure of sharing many hours and miles with some terrific people. Those bonds of friendship will last a lot longer than my Nikes!

I thought about that recently when Dick Madsen, Elmer Schlemper and I visited Ben Londeree, who was in the hospital for prostate cancer surgery. We wished Ben well, and we were downright sincere when we said we could hardly wait until he was back on the road, outrunning us as usual.

When I left Ben that day, I recalled how much better my life was because I'd chosen a healthy lifestyle and had the good fortune of enjoying lifelong friends in CTC. (Sure,

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So it's cold . . . you can still run



One nice thing about living in Missouri is that you've always got an excuse not to exercise. It seems as if it's too hot, or too wet, or too windy ... or too cold. Of course, some runners insist it is never too cold -- although the weather we've had this month would test anybody's mettle.

For those who want to enjoy a brisk run on these bitterly cold days, a few precautions are in order:

- * Warm up inside before bundling up.
- * Dress in layers of thin clothing for greater warmth and flexibility, rather than in single heavy garments.
- * Provide extra protection against frostbite for hands, face, ears and genitalia.
- * Start running into the wind and finish with the wind, otherwise you'll heat up on the way out and your sweat turns to ice when you turn around.
- * Consider the 20-degree rule: The temperature climbs 20 degrees during a run. Therefore, a 30-degree day feels like 50. Take that into account when dressing.

CTC 1993-94 Point Standings

(After two events)		Eric Geyer	10	Joe Marks	12	40-49 Women	
Open Men		Mike Walther	10	Jim O'Dell	12	Linda Robbins	23
Larry Henze	11	40-49 Men		Joe Duncan	11	Patty Powers	12
David Bray	10	Tom LaFontaine	24	Fred Fritsch	10	Linda Price	10
Caleb O'Dell	10	Mike Little	22	60-and-Over Men		Patty Ross	10
30-39 Men		Bob O'Connell	13	George Maginnis	10	50-59 Women	
Mark Volek	28	David Fowler	12	Carl Myers	10	Nancy Fritsch	10
Roger Turnbough	25	John Patton	11	Open Women		60-and-Over Women	
Jim Thorne	25	Keith Gangidino	10	Julie Bergfeld	10	Boots Gerhardt	10
Steve Stone.-Fisher	17	50-59 Men		Stacy Reed	10	Points awarded as	
Mike Kely	16	Don Waltman	21	30-39 Women		follows: 10 for	
Rick McAllister	12	Dick Hessler	14	Michelle McFadden	10	participation; one for each	
Bruce Neff	11	Tom Allen	13	Kathleen Lawrence	10	age-group competitor a	
						runner finishes ahead of.	

On Your Marks

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some of those "friends" have beat me to death in so-called "fun runs," but what the heck?)

I also remembered how many times running has helped me cure anxieties and depressions. And then I thought of Charlie McMullen. Charlie, who ran for Mizzou and hung around with some good CTC runners, broke four minutes in the mile and, in only his second marathon, ran 2:15 at the Drake Relays. Charlie was asked why long-distance runners were so relaxed and easy-going when they weren't running. He thought less than a second. "That's because they're too tired to be anything else."

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

CTC briefs*It's not too late to renew*

We are still accepting club membership renewals for 1994. If you aren't certain whether you are paid up through this year, look at the mailing label on this newsletter. If it has "1993" on it, you still need to pay for 1994.

Use the form on the back cover to send in your dues.

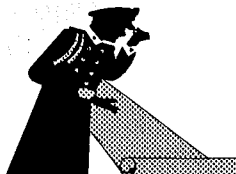
If it's too cold outside, race inside

The University of Missouri-Columbia is holding an All-Comers Track Meet on Saturday, Feb. 19, at the Hearn Center.

The meet will have competition in four field events and 12 running events, with four age divisions -- pre-high school, high school, college/open and masters (40+). For a \$5 entry fee, you can enter as many events as you wish. This would be a great tuneup for the masters national championships that will be held at the Hearn Center a few weeks later.

Welcome new CTC members

Danny Brown, Columbia
Scott Crader, Columbia
Terry Richardson, Moberly



Second places good for first place

Two seconds added up to a first for Stacy Reed and Mark Volek.

Volek and Reed teamed up to win the CTC Couples Run/Walk on Sunday, Jan. 9. Volek placed second among the men, and Reed was second among the women over a 5-mile-plus course that began and ended outside Bethel Park.

The course was a bit more than 5 miles because the runners went out too far on Highland Parkway for the turnaround. Volek's time of 30 minutes, 7 seconds put him behind Larry Henze (29:33) in the overall competition. Reed's 37:00 was second to Linda Robbins' 36:29 among the women.

Each of the four teams that competed received a \$15 gift certificate to Johnny's Beanery.

Race director Joe Duncan thanks helpers Patti Ross, Karen Derrick, Boots Gerhardt, Joe Marks and Karen Henze.

Couples run/walk results

Jan. 9, 1994

5+ miles

Team awards

1. Mark Volek-Stacy Reed	1:07:07
2. Linda Robbins-Tom LaFontaine	1:12:58
3. Larry Henze-Nancy Fritsch	1:30:09

Overall

Name	Age	Time
1. Larry Henze	29	29:33
2. Mark Volek	38	30:07
3. Jim Thorne	32	31:29
4. Roger Turnbough	36	35:09
5. David Fowler	41	35:46
6. Tom LaFontaine	47	36:29
7. Linda Robbins	42	36:29
8. Mike Little	46	37:00
9. Stacy Reed	29	37:00
10. Jim O'Dell	50	38:29
11. Don Waltman	58	40:57
12. Carl Myers	60	42:25
13. Mike Walther (and dog)	36 (1)	44:44
14. Kathleen Lawrence	31	44:45
15. Nancy Fritsch	54	45:03
16. Fred Fritsch	57	45:06
17. Caleb O'Dell	19	1:02:04

St. Louis runners unhappy visitors

It seems not all the members of the St. Louis Track Club who participated in the annual dual cross-country meet Nov. 7 in Columbia enjoyed their visit.

In the club's newsletter, one of the runners -- a certain Bob Bellora -- complained about the course, the race director and the computer, among other things.

We provide some examples of Bellora's bemoanings.

On the course: "... The women ran a ... 5-K course which left out a poorly marked quarter-mile loop in the woods from which the men had adventitiously exited in different places."

On the women's race: "Jean and Carol (two St. Louis runners), with a half mile to go, closed within five seconds of the second CTC woman who was allegedly 'cutting huge chunks off the course' and subsequently opened a questionable 30-second lead when she emerged from the woods with a quarter-mile to go in the race."

On the efforts to generate results on a portable computer: "Electronic tabulation reached a new low and overproduction a new high ..."

You kind of wonder whether Bellora would have been so bellicose if his team had won, don't you?

THE IMPORTANCE of youth

By Curt Kempf

I recently attended a USA Track and Field Level 1 coaching school in Kansas City. It was a very informative schooling taught by four college track and field coaches.

Yes, we went into detail on all the specifics of each and every track and field event. However, what stood out to me that relates to our track club is the importance of our youths.

We were all youths at one time or another, and there was always someone there to teach us our skills and techniques. Our very own Summer Youth Program allows youths to get involved in running at an early age.

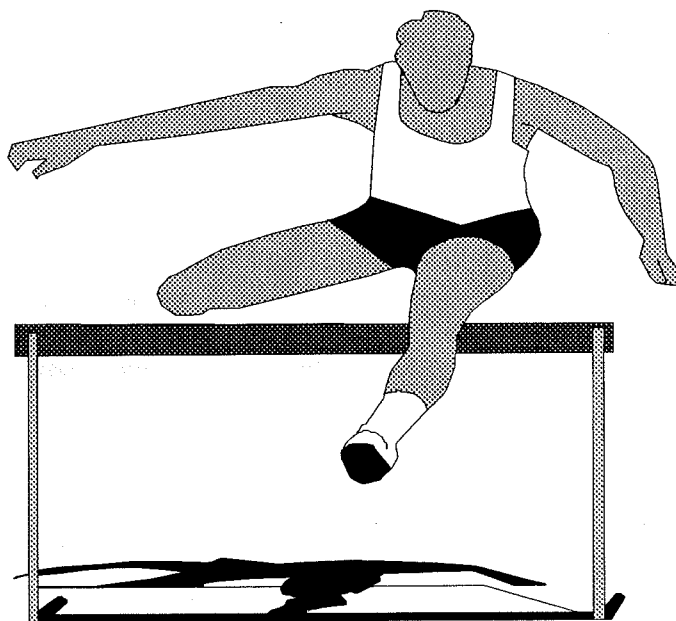
Listed below are the four stages of training, which are determined by the age of the athlete.

A. 6-10 years

1. Awaken athlete's interest.
2. Have fun.
3. Learn basic skills.

B. 11-14 years

1. Versatility.



2. Proper technique.

3. Preparation for increased training.

C. 15-18 years.

1. Increased training.
2. Special training, e.g. weight training.
3. More competition.

D. Adult -- top performances

Note that the "skill hungry" years are 8-13 for boys and 8-11 for girls.

Please take note that the Summer Youth Program will begin June 8. There will be more information about it in upcoming newsletters. If you have any questions, you can call Dick Hessler at 874-2906.

Now is the time to come to the aid of your track club

With the holidays behind us, it is about time again for the St. Patrick's Day 5-K.

In our planning for the race, we need volunteers, especially from members of the Columbia Track Club. This year's race is at 8 a.m., Saturday, March

12. If you are not running or walking in the race, we would appreciate your help.

Call co-race directors Curt Kempf (442-4823) or Mark Wilson (474-2732).

Five percent of the people do 95 percent of the work: **MAKE A DIFFERENCE.**

This is Columbia's largest road race, and we hope you can be a part of it. All volunteers will receive long-sleeve T-shirts.

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>
Sat, 2-5 9 a.m.	Nut Race, 5-K				
**	Dick Hessler, 874-2906				
	Reactor Park				
	Edible awards				
Sat, 3-12 8 a.m.	Columbia Regional Hospital St. Pat's 5-K	\$10	Curt Kempf, 442-4823	Broadway & 7th	Long-sleeve Tees,
	awards				
Sat, 3-26 8:30 a.m.	15-K run or walk	**	Joe Duncan, 445-2684	Holiday Inn Executive Center	Walkers 8:30 a.m., runners 9 a.m.
Sat, 4-2 9 a.m.	2-person relay, 5-M	**	Mark Volek, 874-0278	Hickman Track	Age grouped,
	alternate quarters (male, female, co-ed teams)		443-8081		
	awards				
???	Human Race, 10-K				
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
Sat, 12-3	Jingle Bell Run, 5-K	\$6	%%	University Hospital	Awards
Sat, 12-10 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.

%% Race director needed; contact Joe Marks (445-1919) if interested.

Other selected events:

Sat, 1-22 9 a.m.	Frostbite Series 20-K/5-K, St. Louis	1-781-3926
Sat, 1-29 9 a.m.	Frostbite Series half-marathon/4-M, St. Louis	1-781-3926
Sun, 2-6 7:30 a.m.	Snowball Series 20-M/4-M, Chesterfield	1-434-9577
Sun, 2-6 10 a.m.	Groundhog Run 10-K, Kansas City	1-434-9577
Sat, 2-19 9 a.m.	Frostbite Series 15-K/3-M, St. Louis	1-781-3926
Sun, 2-27 8 a.m.	Third Olympiad Marathon/10-K, St. Louis	1-434-9577

Looking ahead:

March 27	River Trail Run 5-K, Parkville, Mo.
April 10	Diet Pepsi Half Marathon, St. Louis; Ekiden Relay, Kansas City
May 15	Children's Mercy 5-K/10-K, Kansas City
June 19	Riverfront Mile, St. Louis
July 3	VP Fair 10-K/3-K, St. Louis
Oct. 1	Multi Bran Chex 5-M, St. Louis
Oct. 16	St. Louis Marathon/5-K

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) costs \$25, with the additional \$15 going to the CTC scholarship fund.

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

CTC
P.O. Box 1872
Columbia, MO 65205

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