

COLUMBIA TRACK CLUB **NEWS**



Volume XXVII No. 7

July-August 1994

Youth track a success

Volunteers carry load

The CTC summer track program attracted 112 participants over seven weeks. The youth program began June 15 and continued for seven weeks (extended from the traditional six because of rain) on Wednesday evenings at the Hickman track.

Tanya Brooks set a record at 400 meters for 12-13-year-old girls with her time of 1:05.9, breaking Kris Pudenz mark of 1:06.0 in 1984. Oche Mbah's 1:09.8 broke Brandon Biessenherz's 8-9 boys 400 record of 1:12.8.

The program, which CTC President Emeritus Joe Duncan began in 1974, costs \$1 for the six weeks, making it the only proletarian sports program in Columbia.

CTC relies on volunteer help, and this year we had a superb crew



Some of the 112 participants in the CTC youth track program sprint toward the finish line at the Hickman track. (Eric Adams photo)

whose patience and coaching made the program a delightful experience for all. In no particular order, the stalwarts were: Jean Williams, Jeannine Pagan, Anne Hessler (ribbons/results), Bill Williams, Curt Kempf, Julie Bergfeld, David Bray, Tom Allen, Birgitta Hessler and Michele McFadden (events).

On July 2, four CTC Colts ran in the Tipton 5-K and won two gold and two silver medals. Matt Tanner was first in 11-14 boys in 21:18, Christy Williams first in the under-10 girls in 29:41, Rachel Williams second in 11-14 girls in 25:47 and Ben Patton second in the under-10 boys in 26:32.

— Dick Hessler

Torch relay thanks

Tom Allen sends his thanks to all the runners who participated in the torch run for the Show-Me State Games. The cross country runners from Hickman and Rock Bridge and other younger runners did an outstanding job.

Tom gives special thanks to Gloria Smith, who helped coordinate transportation of the runners to KOMU, where CTC runners started.

Sandbagger note

There might be some confusion over the date of the Great Sandbagger 10-K. It was pushed back from Aug. 6 to Aug. 20, but the earlier date appeared in the previous CTC News as well as in the Tribune.

Again, the correct date is Aug. 20. Call Race Director Roger Turnbough at 445-1225 for details.

Inside

CTC member Gayle Johnson competed at the Olympic Festival in June. For more details see Coach's Corner on Page 4.



First Big Brothers/Big Sisters Stadium Run

Date: Oct. 29, 1994

Time: 8 a.m.

Where: Faurot Field
(pending confirmation)

THE EVENT. The Big Brothers/Big Sisters Stadium Run is a 10K (6.21 miles) run or walk to benefit Big Brothers/Big Sisters of Boone County.

Today, one of every five children in Missouri live in one-parent families. A lot of these kids are considered "at risk." Many are referred by families, schools, social service agencies and others. To provide the help, we need your help. All you have to do is run or walk 10K, and/or simply make a donation..

With the money from the BB/BS Stadium Run, Big Brothers/Big Sisters of Boone County can recruit,

screen and match BB/BSs with kids on the waiting list. The more runners/walkers and sponsors obtained, the more children can be served.

HANDICAP START. The key to this race is a handicap start. Everyone is given a starting time handicap based on the 1993 USATF individual age/sex records for 10K. The advantage to the handicap is that you have the chance to cross the finish line first no matter your age or sex. That is why this race has the potential to be very exciting.

If anyone has questions or you would like to volunteer, please call Curt Kempf at 446-2878 (evenings) or 874-7212 (day). Look for entry forms soon. It will include a handicap chart to show you your starting handicap.

25 years ago

Back to the beginning

By Joe Duncan

July 12, 1969

MVAU 15-kilometer Run, Hickman Track, 6 p.m., 85 degrees, hot sun. 1. Carl Owczarzak, 54:16; 2. Ted Senadenos, 1:02:03. Modest times, but exceptional considering the conditions. There were 10 other starters but only six other finishers, all of whom did a lot of walking. Their names and times are best forgotten.

It was the July 1969 newsletter that it was announced with great reluctance that CTC was going to charge an entry fee for the Heart of America Marathon. After nine years of free entry, we decided to charge the princely sum of \$2 — and we apologized for doing that.

Cross country? You missed it

If you are planning to run in CTC's cross-country dual meet with the St. Louis Track Club, you're too late.

SLTC officials decided the dual would be part of their annual kickoff meet on Aug. 7. Their letter to CTC notifying us of that fact arrived barely a week beforehand, however, so we had no time to put together a team.

Could the fact that CTC keeps beating SLTC's runners be a factor in their decision?

CTC Board of Directors

Joe Marks, president
Rick Rother
Roger Turnbough
Michele McFadden

Tom Allen, secretary-treasurer
Mike Kaylen
Curt Kempf
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

Welcome new CTC members

Don Ballenger
Rob Harl
Melissa Pagan
Paul Taylor
Denny Schrock
Gene Thomas
Audrain Medical Center

Marathon day approaches

The countdown has begun.

The 35th annual Heart of America Marathon is less than a month away. It will begin at 6 a.m. on Labor Day, Sept. 5.

Race Director Joe Duncan asks that volunteers check in with him as soon as possible so he doesn't have to call you. His phone number is 445-2684.

For those of you running, numbers will be distributed from 3 to 7 p.m. on Sunday, Sept. 4, at the race headquarters in the Campus Inn and from 5 to 5:45 a.m. on race day.

Heart of America Marathon winners

1960	Joe Schroeder Columbia	3:57:00	1977	Dennis Hinkamp Columbia	2:29:15
1961	Bill Silverberg Overland Park, Kan.	3:09:15	1978	Denton Childs Springfield, Mo.	2:33:04
1962	Bill Silverberg Overland Park, Kan.	3:09:31	1979	Jeff Mittelhauser Sedalia	2:34:08
1963	John Rose LaCrosse, Kan.	2:56:27	1980	Steve Fisher Columbia	2:35:32
1964	Ron Daws Minneapolis, Minn.	2:47:27	1981	Jon Herbert Springfield, Mo.	2:30:26
1965	Ron Daws Minneapolis, Minn.	2:37:17	1982	Jon Herbert Springfield, Mo.	2:34:10
1966	Barry Crawford Boulder, Colo.	2:34:07	1983	Jon Herbert Springfield, Mo.	2:35:31
1967	Thomas Hoffman Fort Atkinson, Wisc.	2:41:52	1984	Frank Curotto Kirkwood, Mo.	2:36:42
1968	Hal Higdon Omaha, Neb.	2:41:45	1985	Dusty Morris St. Charles, Mo.	2:52:01
1969	Tim Hendricks Omaha, Neb.	2:45:45	1986	Frank Curotto Kirkwood, Mo.	2:40:07
1970	Greg Carlberg Lincoln, Neb.	2:47:10	1987	Frank Curotto Kirkwood, Mo.	2:37:45
1971	Tim Hendricks Peru, Neb.	2:47:42	1988	Steve Stonecipher-Fisher Columbia	2:33:38
1972	Tim Hendricks Peru, Neb.	2:46:15	1989	Charles Tom Nichols St. Louis	2:42:00
1973	Tim Hendricks Peru, Neb.	2:43:40	1990	David Dobkowski Clayton, Mo.	2:51:47
1974	Lynn Lee Exira, Iowa	2:41:47	1991	Steve Stonecipher-Fisher Columbia	2:54:09
1975	Tim Hendricks Peru, Neb.	2:38:42	1992	Charles Tom Nichols St. Louis	2:46:13
1976	Tony Rodiez Milwaukee, Wisc.	2:34:07	1993	Eric Peters Prairie Village, Kan.	2:38:24

Coach's Corner

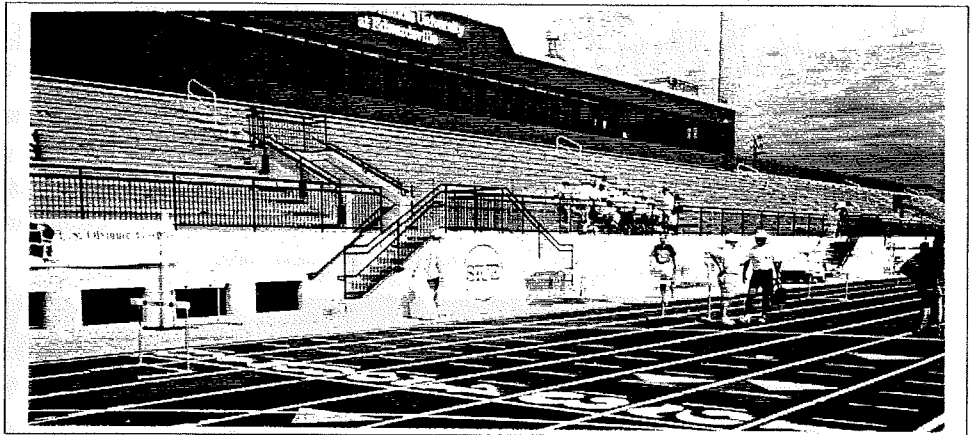
By Coach Wayne Armbrust

On June 16, Gayle Johnson competed in the USA/Mobile Championships (the U.S. Track and Field national championships) in Knoxville, Tenn. She was unhappy with the way she was walking the race, and dropped out just past the halfway point.

Since the national championships served as the qualifying meet for the Olympic Festival, held this year at Edwardsville, Ill., it was somewhat of a surprise that she was selected for the West team. Team selection is on the basis of the location of the high school the athlete attended. (Gayle is from Livermore, Calif.)

In most events, two athletes are selected per event from each of the four regions. In several events, including the racewalks, three are selected but only two can score. Gayle scored two points for the winning West team with her 10th-place (seventh team) finish. Her time was a rather slow 54:28.68, but red disks were going up on the DQ board like ornaments on a Christmas tree, and Gayle walked very conservatively, not wanting to meet the same fate as 1992 Olympian Victoria Herazo, who was disqualified. Another casualty was national champion Teresa Vaill, who dropped out complaining of a cramp in her leg.

Gayle has accomplished a great deal in racewalking considering she didn't take up the event until she was 39. She has participated in two open indoor nationals and four open outdoor nationals, in addition to the Festival. At age 45, she is believed to be the oldest female



CTC's Gayle Johnson race-walked in the Olympic Festival track competition June 16 at Southern Illinois-Edwardsville.

Athletics participant in Festival history.

I was the surprise recipient of a scholarship to attend the USATF Coaching Education Level II Alumni School at Edwardsville, held in conjunction with the Festival. I am now Level II certified in three event groups: throws, sprints and hurdles, and now endurance.

One of the instructors was Fred Wilt, perhaps the best known and most knowledgeable person in the United States on the topic of distance running. Fred's initial comment was one that I thought worth passing on to members: "Endurance is specific to the speed of the race being trained for." In other words, a significant amount of your training should be done at the speed you are planning to run in your race.

Later this month, I will attend the USATF Lead Instructor School at Ball State University in Muncie, Ind. This will qualify me to be an instructor at Level I Coaching Instruction schools.

On the weekend of July 30-31, Gayle and Michele McFadden traveled to Indianapolis for the

USATF North Region Championships. This meet, which was nominally for the championship of one-fourth of the country, featured some novel ideas. The most interesting was assigning to each performance a point value, using the Hungarian Tables. Everyone in the meet, men and women, competed against each other. The winner received \$1,000, with \$100 going to 10th place.

There were many Olympians and World Championships competitors in the meet, but many events had shallow fields. Unfortunately, this was true for Gayle's and Michele's events. Gayle finished second to fellow Olympic Festival participant Lisa Sonntag in a time of 41:24 for the 8-K. Michele, running alone for the last 3,000 meters of her 5-K, won with a time of 17:43.2.

Upcoming for Gayle is the National Masters Championships Aug. 11-14 in Eugene, Ore., and the Alongi International Oct. 1 in Dearborn, Mich. Michele will train easily, working on increasing her distance base in preparation for cross country this fall.

1994 CTC Schedule of Events

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

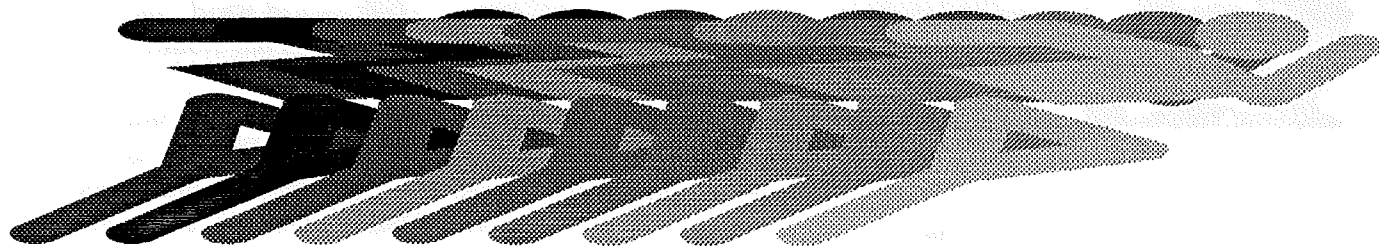
<u>Day/Date/Time</u>	<u>Event/Distance</u>	<u>Fee</u>	<u>Race director(s)/Phone</u>	<u>Start location</u>	<u>Misc. information</u>
Sat/8-20 7 a.m.	Great Sandbagger, 10-K	**	Roger Turnbough, 445-1225	W. Broadway Swim Club	Awards, staggered start
Mon, 9-5 6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 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, 445-1819	Holiday Inn Executive Center	Equiv. formula, awards
Sat, 12-3 8:30 a.m.	Jingle Bell Run, 5-K	\$8	%%	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 (445-1819) if interested.

Other selected events

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Phone</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Phone</u>
8/13	8 a.m.	Jour De Fete Festival 5-K/1/M Ste. Genevieve, Mo.	1-543-2580	9/17		Pony Express Half Marathon/5-K St. Joseph	
8/13	8 a.m.	Capital Mall 5,000 Jefferson City		9/17	8 a.m.	Ozark Ham and Turkey 5-K California, Mo.	1-796-3558
8/14		Bud Light Stadium Run 10-K St. Louis		9/18		Plaza Classic Run Kansas City, Mo.	1-816-361- 7143
8/27	7:30 a.m.	SLTC Firefighters Rally 10-K/3-K St. Louis Union Station	1-781-3926	9/18	8 a.m.	West County 4-M/1-M Creve Coeur, Mo.	1-567-1105
8/28	7:30 a.m.	Ballwin Days 5-M/1-M Ballwin, Mo.	1-227-8580	9/24	8 a.m.	Jefferson Mem. Hospital 5-K Crystal City, Mo.	1-933-1249
9/3	9 a.m.	Run Through the Jungle 5-K LaPlata, Mo.	1-816-626- 2213	9/25	7:30 a.m.	Parkmoor 8-K/5-K Clayton, Mo.	1-434-9577
9/5	8 a.m.	JCCA Labor Day 10-K/5-K St. Louis Jewish Comm. Center	1-432-5700	9/25		Cliffhanger 5-K/10-K Kansas City, Mo.	1-816-741- 2314
9/10		Cole Camp 5-K Cole Camp, Mo.	1-816-668- 3885	10/16		St. Louis Marathon St. Louis	1-781-3726
9/10	8 a.m.	Soybean Run 4-M Mexico, Mo.	1-581-1540	10/30		Humana Marathon/10-K Kansas City, Mo.	1-816-531- 2387



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

COLUMBIA TRACK CLUB **NEWS**

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