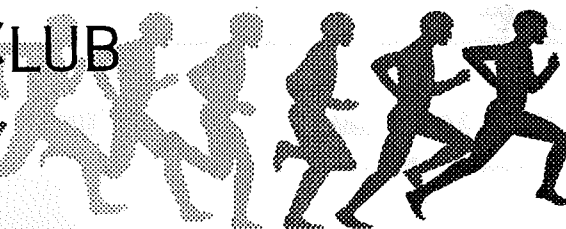


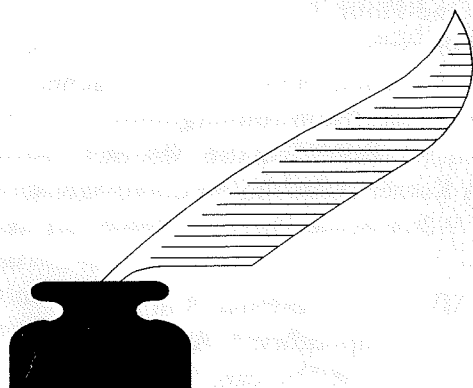
COLUMBIA TRACK CLUB

NEWS



Volume XXVII No. 6

June 1994



Letters to CTC

From PAUL PETERMAN

Dear Track Club Members:

Thank you to all who assisted me on Sunday, May 15, during the CTC's 4-mile Spring Couples Run. After 3 miles, I sensed myself wavering in the road but don't remember anything until I was revived two hours later at University Hospital's emergency room.

Continued on Page 3

From DEAN BROWN

Dear Columba Track Club:

I am extremely pleased to have been chosen as this year's recipient of the Columbia Track Club youth scholarship. I am also excited, and a little nervous, about my forthcoming year at the U.S. Military Academy.

I would like to thank Dr. Hessler, Mr. Allen, Ms. McFadden and the entire track club for their support of young runners in the community.

Continued on Page 3

Heat, traffic take toll during Couples Run

The time and site of the spring Blue Cactus Cafe Couples Run caused problems when the race was held at 2 p.m. on May 15 at Bethel Park.

The temperature was in the mid-70s, and, as was the case last year, the park was in fairly heavy use, presumably because of the graduation and family gatherings common in May. In an effort to prevent street crossings and to reduce the effect of the heat, the course was shortened from five miles to a two-mile loop which the runners ran twice.

Even with these precautions, one runner experienced heat effects. (See letter in this newsletter.) Debbie Heifner assisted him out of the road and alerted race officials. Georgina Gonzalez stayed with him until an ambulance arrived, and Julie Smith, a nurse, also assisted.

Although the run was enjoyable, race director Don Lewis questions the choice of time of day and location because of the heat and traffic.

Twenty-two runners registered, all but one a track club member, and seven couples competed. One couple included a third runner -- a golden retriever that ran with Linda and Chip Price. Another dog, belonging to Jim Heady, entered the race but was disqualified because of a false start. Two dogs belonging to Don and Margaret Johnson provided a lively cheering section.

Fred and Nancy Fritsch were cheered by two grandchildren as they won the 100-plus category in 75 minutes, 50 seconds. They and all winners received gift certificates to the Blue Cactus Cafe.

Top couples in the other age groups: Tom and Julie Smith, 50-59, 70:29; Debbie Hefner and Jim Heady, 60-79, 57:44; and Linda Robbins and Tom LaFontaine, 80-99, 53:22. Mike Walther won a drawing for a \$15 gift certificate.

Special thanks to Kathleen Cain, Darlene Londerce, Michele McFadden and Tom Sullivan for their help.

Complete results are on Page 2 of this newsletter.

4-Mile Blue Cactus Couples Run

May 15, 1994

1. Jim Heady	30	23:55
2. Tom LaFontaine	47	24:30
3. Roger Turnbough	37	26:56
4. Paul Beuselinck	43	28:02
5. Tom Smith	30	28:12
6. Linda Robbins	43	28:52
7. Mike Walther	36	28:57
8. Jim O'Dell	50	30:51
9. Joe Marks	56	31:28
10. Carl Myers	60	32:34
11. Dennis Miller		32:41
12. Debbie Heifner	36	33:49*
13. Linda Price Clemons	50	36:46
14. Chip Price	26	36:46
15. Fred Fritsch	58	37:26
16. Nancy Fritsch	55	38:24
17. Julie Smith	29	42:17*
18. Georgina Gonzalez	55	50:00*
19. Jim Pinkerton		51:00
20. Margaret Johnson	64	65:00
21. Don Johnson	65	65:00

* Interrupted run to assist runner in distress

Welcome new CTC members

Josh Johnson, Columbia Wes Kindred, Slater
John Rea, Jefferson City

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

25 YEARS AGO:**Back to the beginning**

By Joe Duncan

June 21, 1969

MVAAU One-Hour Run: 1. Carl Owczarzak, 10 miles, 1,748 yards (an MVAAU record at the time) (Carl, a Shawnee Mission, Kan., teacher and coach, is still active in running administration.); 2. Bill Wirtz (SE Mo. St.) 10-1,251; 3. Ken Katzer (Lincoln, Neb.) 10-828; 4. Sal Citarella, 9-263; 8. Joe Duncan, 8-847; and six others.

The first MVAAU One-Hour Run was in 1968, with three competitors: 1. Arne Richards; 2. Bob Whitman; 3. Joe Duncan.

June 29, 1969

12-Mile Run: 1. Sal Citarella, 1:32:17; 2. Larry Carpenter, 1:49:13; 3. Joel Dickinson, 1:50:04; 4. Joe Duncan, 1:56:03; 5. Murrel Jackson, 1:58:45.

Slow times? It was low 90s, sunshine and high humidity late on a Saturday afternoon.

LaFontaine makes Run for the Border

It was a good day for the 40-and-over set at the Run for the Border on May 14 in Mexico. Tom LaFontaine led a top-three sweep for masters runners, winning the 5-K easily in 17 minutes, 26.4 seconds.

Finishing behind LaFontaine, 47, were Dan Kelly, 40, and Ray Glendening, 42, who completed the flat course in 17:48.9 and 17:58.6, respectively.

All of the top three are from Columbia; LaFontaine and Kelly are CTC members.

Jane Downing of Columbia was the first female finisher with a time of 19:07.9.

Among the other CTC runners who competed: Steven Wright, seventh overall; Linda Robbins, first 40-44 F; Carl Myers, first 60-64 M; and Jim O'Dell, first 50-54 M.

Letters from Page 1

Peterman:

My problem was heat stroke due to a lack of fluids, which allowed my body temperature to exceed 104 degrees! The night before, I had played volleyball and softball with friends, had several beers and must have lost some fluids.

With occasional heartburn due to excess stomach acid, I avoided drinking much water before the race to avoid feeling nauseous during the race. It was warm and windy during the race, but I typically jog during late afternoons so I didn't feel too bad. I had just had a physical a few weeks ago and everything was fine.

I wanted to make the race more competitive than any jog. I went out fast, felt good about holding my place and forgot about other problems such as my divorce.

I felt no apparent warning sign of heat stroke, other than losing some clarity of thought just before I don't remember anything. It is shocking to realize that had I been running alone in a remote area, I likely would have died!

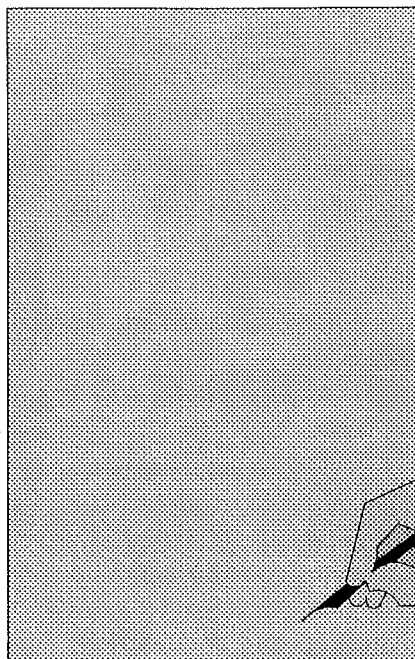
Special thanks to Debbie Heifner, who caught up to me, steered me out of the middle of Nifong and (somehow) convinced me to stop running. Special thanks to the unknown motorist who called 911 with his cellular phone. Special thanks also to Julie Smith and Georgina Gonzalez, who kept me in some kind of consciousness until I was ambulated away. Thanks also to Mike Walther and any others who assisted me without my awareness.

I am sorry that I disrupted your friendly, informal CTC race and made such an impression. I look forward to runs with your club and possibly will join in the future.

-- Paul Peterman

Brown:

I know in the future the youth of Columbia will benefit from this scholarship. I believe it is an investment in Columbia distance running that will bring recognition to



the club and spawn more interest in the sport. My only regret about running for the past six years is that I did not begin earlier. I simply did not have the exposure to running that the club provides aspiring young runners. In fact, I didn't know the club existed until last summer. To change this, I think it would be a good idea to remain in contact with the high school athletes during their seasons.

Since they are forbidden to run in events such as the Human Race and St.

Patrick's Day 5-K, they may become alienated from the club. Why not have a column in the newsletter about results from area meets? The local papers do a poor job at best when it comes to recognizing the efforts of track athletes.

This year, my teammate, Mike Schneider, and I ran the mile at state for Rock Bridge High School. I am extremely proud of our accomplishments (Mike was second and I was fifth), including our first and second finishes at conference, district and sectional. With young athletes like Nick Smith and Corey Parks at Hickman, and Schneider returning next year as a senior, the future is bright. Columbia athletes swept the 800m, 1,600m and 3,200 at conference and district.

The season ended with everyone talking about the runners from Columbia, but the only press we received was from out of town. Not a single feature was done in either paper or on either TV station. However . . . Channel 13 from Jeff City did segments and reported on us after every meet. With a cooperative effort between CTC and the high school track programs, I believe we can bolster interest in running and in the club's membership.

Thanks again for supporting my higher education. I look forward to communicating with everyone when I return in December.

-- Dean Brown

Coach's Corner

By Coach Wayne Armbrust

Since I haven't written for several issues, I thought I'd bring the members up to date on the activities of our open athletes. Before I do, however, I'd like to report the performances of two of our athletes in the National Masters Indoor Championships held at the Hearn Center on March 18-20.

Eric Hedges was sixth in the 3,000-meter walk in the 45-49 age group with a time of 17:55.0, and Tom LaFontaine was fourth in the same age group in the 3,000 run in 10:05.93. Congratulations Eric and Tom!

On March 26, Michele McFadden traveled to Springfield to compete in the 5,000 at the Southwest Missouri State Invitational. In heavy rain, with standing water on the track and temperatures in the low 40s, she finished second in 17:44.14.

The next day, Gayle Johnson competed in the National Invitational Racewalk in Washington, D.C. This is one of the two biggest racewalk events on the circuit other than the National Championships. She finished 10th in 55:41, well off her best but under cold and rainy conditions, with mud on part of the course. She was also slowed by having recently adjusted her technique, which was rewarded by her receiving no warnings from the judges. Because of the importance of the Washington race, Gayle did not compete in the National Masters Indoor Championships the same weekend.

April 2 saw Michele in Manhattan, Kan., for the KSU Invitational. On

a wet track with temperatures in the low 40s, she was second in the 3,000 in 10:10.8, a season best.

On April 10, four local men journeyed to suburban Kansas City for the Ekiden Relays, a road relay. Unable to enter the five-man marathon relay because of the absence of injured Rob Jensen, a team of Steve Stonecipher-Fisher (7.5-K in 25:23), Jim Giveans (5-K in 16:38), Toby Freeborn (10-K in 31:45) and Larry Henze (2-K in 7:36) finished second in the four-man 25-K event behind an all-star team. About 500 runners competed.

April 17 saw Gayle in Columbus, Ohio, for the Mortland Invitational, named for 1964 Olympian Jack Mortland, who got Gayle interested in racewalking. Under good but chilly conditions, she finished second in 53:43.

Michele ran the 10,000 at the Kansas Relays on April 21. Under windy conditions on a wet track, she finished third with a time of 36:25.84. Unfortunately, after the race, her legs hurt to the extent that she had to miss some practices and the Drake Relays the next week.

On April 24, Gayle competed in the North Regional 3-K Racewalk Championships in Clayton. Under good conditions, she finished second in 14:57.6, good for a F45 national age group record. The next week, illness (later determined to be infected teeth) forced Gayle to drop out of the Penn Relays with 800 meters to go.

On May 7, Michele traveled to Indianapolis for the National

Invitational to compete in the 5,000. Under windy conditions with temperatures in the high 40s, and running with a sore peroneal tendon, she finish fifth with a season best of 17:32.58.

Unfortunately, this race effectively ended her track season, because her legs were so sore afterward that she could hardly walk. Attempting to continue training would have been futile and foolish. It was especially disappointing because she was responding well to training and ready for a major breakthrough.

May 15 found Gayle in Yellow Springs, Ohio, for the North Regional 5-K Championships. Although still weak from her illness, she finished second in 27:11. Her latest workouts indicated she is nearly back to 100 percent.

Upcoming for Gayle is the USATF National Championships in Knoxville, Tenn., on June 16 and the National Masters Championships in Eugene, Ore., on Aug. 11-14.

In August, I will attend the USATF Lead Instructor School in Muncie, Ind. This school will qualify me to be an instructor at Level I Coaching Instruction Schools. Curt Kempf and I attended a Level I School early this year and found it rewarding. I am exploring the possibility of conducting a Level I School in Columbia this winter. Perhaps other club members, particularly those involved in our summer youth program, will be interested in attending.

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>
Wed, 6-15 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 coss country run	**	Wayne Armbrust, 445-6675	St. Louis	Team competition
Sat, 12-3 8:30 a.m.	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.

Summer youth program runs each Wednesday through July 20. 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 from final information on races.

Other selected events:

Sun, 6-12 7 a.m.	Riverfront Mile, St. Louis	1-781-3926	Mon, 7-4 7 a.m.	Firecracker 5-K/1-M, O'Fallon	1-281-2112
Sun, 6-12 8 a.m.	St. Louis Roller Rally 10-K/5K	1-535-2771	Sat, 7-16 10 p.m.	Jeff. Co. Moonlight 10-K, Crystal City	1-789-5334
Tue, 6-14 6:30 p.m.	SLTC Track Series 1,500-m, St. Louis	1-781-3926	Sun, 7-17 7 a.m.	Missouri River 8-K/1-M, Chesterfield	1-434-9577
Sat, 6-18 8:30 a.m.	Father's Day 5-K, Jefferson City	1-635-4181	Thu, 7-21 7 p.m.	TCC/YMCA Twilight 5-K, Kirksville	1-816-626-2213
Sat, 6-18 8 a.m.	Kellwood Marriot 5-K/1-M, St. Louis	1-576-9313	Sun, 7-24 8 a.m.	MoCo Fa 5-K/2-K, Montgomery City	Mont. Cty. Fair
Sat, 6-18 8 a.m.	WCBW Family Fun Run 4-M, St. Louis	1-849-3040	Sun, 7-31 8 a.m.	Show-Me State Games 5-K, Columbia	882-2101
Tue, 6-21 6:30 p.m.	SLTC Track Series 800-m, St. Louis	1-781-3926	Sun, 7-31 7:30 a.m.	Gateway Summer Classic 15-K/3-K, St. Louis	1-434-9577
Sat, 6-25 8 a.m.	Places for People 4-M/2-M, St. Louis	1-535-5600	Looking ahead:		
Sat, 6-25 8 a.m.	Progressive Youth 4-M/1-M, Town & Country	1-569-1277	Sept. 10	Soybean Run 4-M, Mexico	
Sun, 6-26 7:30 a.m.	YMCA Connection 5-K, Kirkwood	1-962-9622	Oct. 1	Multi Bran Chex 5-M, St. Louis	
Tue, 6-28 6:30 p.m.	SLTC Track Series 400-m, St. Louis	1-781-3926	Oct. 16	St. Louis Marathon/5-K	
Sun, 7-3 7:30 a.m.	VP Fair 10-K/3-K, St. Louis	1-781-3926			

Think Marathon:

If you aren't planning to run in the Heart of America Marathon, consider helping as a volunteer.

Call Race Director Joe Duncan at 445-2684.

35th Annual Heart of America Marathon

Labor Day, Sept. 5, 1994

Columbia Track Club

Columbia, Mo.

- Starting time:** 6 a.m. CDT
- Eligibility:** Race is open to anyone.
- Entry fee:** \$10. Make checks payable to Columbia Track Club.
- Entry deadline:** Entries by Sept. 4 would be appreciated, although post entries will be accepted.
- Medical certificate:** No formal medical certificate will be required. However, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by a course physician.
- Pre-race meeting:** Sunday, Sept. 4. Numbers will be handed out between 3 p.m. and 7 p.m. at the Campus Inn and between 5 a.m. and 5:45 a.m. on race day.
- Aid stations:** Aid cars tour the course continuously. Aid stations are about every two miles and remain open until the last person is past.
- Headquarters:** Race headquarters will be at Campus Inn, 1112 Stadium Blvd. Call 314-449-2731 for reservations. Rates: \$38 for one to four people.
- Awards:** Awards to the first six male finishers and first three female finishers.
Awards to the first three male finishers in 40-49 age group and to first woman 40 or over. Awards to the first two over-50 finishers.
Marathon T-shirts and participant medals to all finishers.
Dave Schulte Memorial Award for Improved Performance to the runner with the greatest percentage personal best improvement when the previous best (any year) is less than 5 hours.
Awards will be presented at the Guitar Community Center, Eighth & Broadway, as near 10 a.m. as possible.
- Certification:** Course has been certified by the Columbia Track Club.

Entry form

(Return to: Joe Duncan, 2980 Maple Bluff Drive, Columbia MO 65203)

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 that I might have against the City of Columbia, Missouri, or the Columbia Track Club for any and all injuries suffered by me as a result of this event.

Print name: _____ Birthdate: _____ Age: _____

Signature: _____

Address: _____ State: _____ Zip: _____

Street

City

If entrant is under 18, parent or guardian must sign below:

Signature: _____

How many marathons have you completed?

When and where was your most recent?

Best marathon time? _____

Where? _____ When? _____

15-May-94

Columbia Track Club - Participation Points - 1993-94

Name	Birth Date	Age	Sex	Age Group	Total Points	1st Race Cheese	2nd Race Couple 4M	3rd Race Nut	4th Race 15K	5th Race 2-Person	6th Race Couple 4M	7th Race Sandbag
Chris Patton	08-May-82	12	M	16-	12			12				
Ben Patton	22-Aug-88	7	M	16-	11			11				
Tim O'Connell		18	M	16-	10			10				
Justin Myers	30-Oct-83	10	M	16-	10					10		
Caleb O'Dell		19	M	17-29	40		10	10	10	10		
Larry Henze	19-Oct-64	29	M	17-29	23		11	12				
David Kowalski		23	M	17-29	11			11				
Chip Price		28	M	17-29	10						10	
Piquet Cyril	19-Jul-71	22	M	17-29	10				10			
Roger Turnbough		37	M	30-39	50	14	11	12			13	
Mark Volek	14-Sep-55	38	M	30-39	38	15	13			10		
Jim Thorne	14-Mar-61	33	M	30-39	38	13	12			11		
Steve Stonedpher-Fisher	24-Nov-56	37	M	30-39	32	17		15				
Mike Wallter		36	M	30-39	32		10	11				11
Rick McAllister	13-May-56	38	M	30-39	24	12				12		
Bruce Neff		35	M	30-39	21	11		10				
Mike Kelly	02-Feb-58	36	M	30-39	18	16						
Jim Heady		30	M	30-39	14						14	
Mark Wood	05-May-80	34	M	30-39	14			14				
Mike Kaylen	26-Oct-54	39	M	30-39	13			13				
Tom Smith	10-Nov-63	30	M	30-39	12						12	
Jeff Jasperse	08-May-60	34	M	30-39	12					12		
David Bray	06-Feb-64	30	M	30-39	10	10						
Eric Geyer			M	30-39	10	10						
Greg Thackery	25-Aug-63	30	M	30-39	10					10		
Dennis Miller	01-Apr-57	37	M	30-39	10						10	
Tom LaFontaine		47	M	40-49	44	13	11			10	10	
Bob O'Connell			M	40-49	28	13		15				
John Patton	14-Jan-52	42	M	40-49	23	11		12				
Mike Little		48	M	40-49	22	12	10					
Bill Ulrich		43	M	40-49	21			11	10			
Keith Gangidino	31-Jul-52	41	M	40-49	20	10		10				
Ed White		46	M	40-49	14			14				
David Johnson		44	M	40-49	13			13				
David Fowler		41	M	40-49	12		12					
Dan Kelly	28-Sep-53	40	M	40-49	11				11			
Jim O'Dell		50	M	50-59	60		12	12	10	14	12	
Joe Marks		56	M	50-59	56	12		13	11	11	11	
Joe Duncan		59	M	50-59	55	11	10	11	10	13		
Dick Hessler	25-Aug-41	52	M	50-59	38	14		10		14		
Don Valtman		58	M	50-59	32	10	11			11		
Tom Allen	12-May-42	52	M	50-59	29	13		16				
Fred Fritsch	06-Feb-36	58	M	50-59	20		10				10	
Dick Madsen	24-Nov-41	52	M	50-59	15			15				
Phil Wood		53	M	50-59	10					10		
Bob Clemens		50	M	50-59	10			10				
Don Lewis		58	M	50-59	10						10	
Carl Myers	07-Oct-33	60	M	60+	41		10		10	10	11	
George Magnin's	09-Aug-32	61	M	60+	32	10		11	11			
Herb Mittelhauser	05-Apr-29	65	M	60+	10			10				
Don Johnson		65	M	60+	10						10	
Jim Pinkerton	01-Dec-32	61	M	60+	10						10	
Birgitta Hessler	14-Dec-77	16	F	16-	10			10				
Sarah Casanova		18	F	17-29	11			11				
Julie Bergfeld	29-Nov-66	27	F	17-29	10	10						
Noelle Marchand-Kooh		25	F	17-29	10					10		
Stacy Reed		28	F	17-29	10		10					
Holly Kutscher		20	F	17-29	10			10				
Julie Smith	22-May-64	29	F	17-29	10						10	
Kathleen Lawrence	11-Jul-59	34	F	30-39	20		10	10				
Julie Mittelhauser		31	F	30-39	12			12				
Karen Derrick		32	F	30-39	11			11				
Debbie Hefner	13-Oct-57	36	F	30-39	10						10	
Michelle McFadden	31-Jan-60	34	F	30-39	10	10						
Linda Robbins	14-Apr-51	43	F	40-49	53	13	10		10	10	10	
Patty Powers		42	F	40-49	12	12						
Patty Ross	16-Dec-52	41	F	40-49	10	10						
Linda Price Clemens		50	F	50-59	34	10		12			12	
Nancy Fritsch	16-Jan-39	55	F	50-59	32		10	11			11	
Georgina Gonzales	27-Aug-38	55	F	50-59	10						10	
Darlene Londree		56	F	50-59	10			10				
Margaret Johnson		64	F	60+	10						10	
Boots Gerhardt	29-May-20	73	F	60+	10	10						

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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