

COLUMBIA TRACK CLUB

NEWS



Volume XXVIII No. 1

January-February 1995

A BIG MONTH FOR RACES

So, it's really more than a month. But Columbia's two biggest races — and CTC's two biggest — are just around the corner and just more than a month apart.

First is the St. Patrick's Day 5-K, which will be held Saturday, March 18, beginning and ending in downtown Columbia. Five weeks later, on Saturday, April 22, is the Human Race, which like last year will be a 5-miler in the south part of town.

CTC members should receive entry forms for both races in the mail. If you don't get an entry form or if you have a question about either race, contact the CTC Runner's Hotline at 446-2877. Just leave a message on the hotline.

If the two big races aren't enough running for you, there are two CTC races between them — a 15-K on March 25 and a two-person 5-mile relay on April 1.

80-year-old team wins Couples Run

The team of Julie Mittelhauser and Steve Stonecipher-Fisher had more hyphems, but Michele McFadden and Rick Rother combined for first place in the Couples Run on Jan 15.

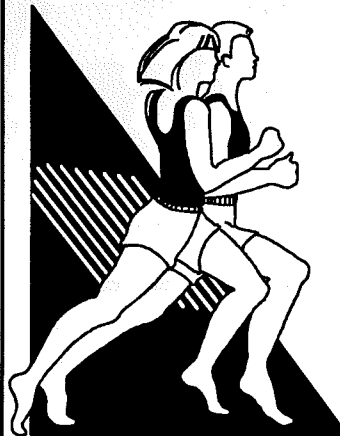
McFadden-Rother, with a combined age of 80, finished the 4-mile race at Bethel Park with a two-person time of 47:08. Mittelhauser-Stonecipher-Fisher, combined age 70, teamed for 48:24.

McFadden was the first female finisher in 22:54 and was fourth overall. Jim Heady was first overall in 21:03.

First-place teams in four age groups won dinners at the Cornerstone Cafe. The team of Norris Kruse and Debbie Heifner won a drawing for dinner for two.

For complete results, see Page 4 of this newsletter.

NUTTY RUNNERS



Forty-six brave souls toed the starting line and 46 crossed the finish line at the 5-K Nut Race on Feb. 4 at Reactor Park. The 20-degree temperature with 15 mph winds made it tough on the runners and race officials alike.

Nut prizes went to the top three runners in each of seven age categories. The overall winner was Jim Heady with a time of 16:53, and the female winner was

Linda Robbins with 21:42.

Race Director Dick Hessler gives a special thanks to Anne Hessler, Pete Hessler, Jeanne Pagan and Mark Wilson for their help.

For complete results, see Page 2 of this newsletter.

25 years ago**Back to the beginning**

By Joe Duncan

Jan. 4, 1970

10-mile walk won by Joe Duncan (1:32:26) over Fred Young (1:33:30). There was also a run — Sal Citarella covered the 10 miles in 1:07:26 and won only because Tom Logan and Larry Carpenter failed to turn at Broadway and ran two or more miles extra.

Jan. 10, 1970

Five-Mile Run: Logan didn't get lost this time, winning in 26:27. Loren Moes had 26:39. Logan and Moes were Northeast Missouri State runners.

Jan. 17, 1970

Our first handicap race, the forerunner to the Great Sandbagger. Five miles, five runners. Dave

Schulte started first with a 10-minute head start and led all the way. Don Granberg had the fastest time at 32:51, then Duncan (34:00), Joel Dickinson (35:55), his brother Steve (41:14) and Schulte at 42:40, which was a PB for him.

Jan. 31, 1970

The only time we had this event — a Devil-Take-The-Hindmost race. All 11 runners first ran a mile; with each succeeding lap, the last-place runner dropped out, until one person remained. Fine in theory, but it got confusing when runners were lapped, with some dropping out sooner or later than they were supposed to. When it was sorted out, Whitney Hicks was declared the winner. He did 3 miles in 19:47. This race marked the debut of the Leuthold family to CTC competition; all four ran — David, Carolyn, Janet and John.

Nut Race 5-K			Women 40-49			Men 40-49		
Feb. 4								
at Reactor Park								
Individual Results			Women 50-59					
Name	Overall Place	Time						
Women 15 and under			Men 15 and under			Men 40-49		
1. Melissa Pagan	27	23:57	1. Linda Robbins	16	21:42	4. Curt Kempf	4	19:23
2. Angie Stobie	37	27:05	2. Bonnie Henneckt	44	32:46	5. Mark Wood	5	19:52
3. Lauren Mountjoy	43	32:46				6. Craig Roberts	8	20:09
4. Maria Kaylen	45	38:55				7. Kevin Stock	15	21:24
5. Morgan Lambrecht	46	38:55				8. Joe Eth	21	22:43
Women 20-29						Men 40-49		
1. Tammy Laughlin	28	23:59				1. Tom Collier	7	19:58
2. Heather Farrell	36	26:56				2. Mike Kaylen	9	20:13
3. Alicia Weaver	41	30:57				3. Bob O'Connell	13	21:13
Women 30-39						4. Randy Gay	24	23:41
1. Stacy Reed	19	21:55				5. John Patton	33	25:04
2. Sue Bruenderman	20	22:27				6. Keith Gangianno	40	29:33
3. Anne Dannerbeck	22	23:18				Men 50-59		
						1. Don Lewis	14	21:19
						2. Tom Allen	17	21:44
						3. Joe Marks	23	23:30
						4. Jim O'Dell	25	23:48
						5. Don Waltman	34	25:17
						Men 60+		
						1. Ben Londeree	11	20:30
						2. Joe Duncan	30	24:08

CTC Board of Directors

Joe Marks, president	Tom Allen, secretary-treasurer
Rick Rother	Mike Kaylen
Roger Turnbough	Curt Kempf
Michele McFadden	Dick Hessler
	Georgina Gonzalez

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

Mitch Anthamatten, Columbia	Kelly Quick family, Columbia
R. Randall Bolles, Kansas City	Carol Rava, Columbia
Ramona Bradley, Columbia	Craig Roberts, Columbia
Thomas Bueffel, Columbia	James Sandfry, Columbia
Casey Childers, Columbia	Todd Schapira, Rocheport
Jenny Clark, Columbia	Joe Schultz, Baldwin
Ann Dannerbeck, Columbia	Nick Smith, Rocheport
Willy Heinrich, Columbia	Patrick A. Smith, Columbia
Douglas Hurt, Columbia	Kevin Stock, Jefferson City
Marc Keys, Columbia	Randy Thomas, Columbia
Julie Mills, Sedalia	Jerry Williams, Parkville

1995 Columbia Track Club Schedule

Date	Time	Event/ Distance	Fee	Race Director/ Phone	Start Location	Miscellaneous Information
3/18	8 a.m.	St. Patrick's Day 5-K	\$10	Steve Stonecipher-Fisher 443-8875	Seventh & Broadway	Long-sleeve T-shirts, awards
3/25	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.
4/1	9 a.m.	Two-Person Relay 5-M, alternate quarters	**	Mike Kaylen 442-9449	Hickman Track	Male, female, co-ed teams; age-grouped, awards
4/22	8 a.m.	Human Race 5-M	\$10	Joe Marks 445-1919	Rock Bridge H.S.	T-shirts, awards
5/13	8 a.m.	Spring Couples Run/Walk 5-M, individuals welcome	**	Don Lewis 874-1034	Bothel Park	Co-ed teams, dinner awards
6/7	6 p.m.	Summer Youth Program ##	\$1	Tom Allen 449-5655	Hickman Track	Awards
8/5	7 a.m.	Great Sandbagger 10-K	**	Roger Turnbough 445-1225	West Broadway Swim Club	Awards, staggered start based on predicted time
9/4	6 a.m.	Heart of America Marathon	\$10	Joe Duncan 445-2684	Stadium Boulevard, by Hearnis Center	36th annual, T-shirts, awards
9/23	4:15 p.m.	Boone Baby Run 5-K	\$10	Mark Volek 875-3876	Boone Hospital	Long-sleeve T-shirts, awards
10/7	7:30 a.m.	Runner's Choice 10-K or 20-K	**	Joe Marks 445-1919	Holiday Inn Executive Center	Drawing for prizes
10/14	8 a.m.	Big Brothers/Big Sisters Stadium Run 10-K	\$10	Curt Kempf 446-2878	Faurot Field	Handicaps based on age/sex, long-sleeve T-shirts, awards
11/12	11 a.m.	CTC/SLTC/Sedalia TC/ Jefferson City R.R. Cross Country	**	Michele McFadden 882-9223	Columbia	Team and individual competition
12/2	8:30 a.m.	Jingle Bell Run for Arthritis 5-K run/1-M walk	\$8	Joe Marks 445-1919	University Hospital	Awards
12/9	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Sam Van Maanen 449-7832	Strawn Road	Edible prizes; walkers, 8:30 a.m.; runners, 9 a.m.

** Track club members pay no entry fee; \$3 for non-members

The Summer Youth Program runs every Wednesday starting June 7. Running events, high jump, long jump and competitive walks are included.

Other selected events

3-4	8:30 a.m.	Hibernian Shamrock 3-K and 10-K	St. Louis 863-1924	4-8	8:30 a.m.	McNair House 5-K	M.U. campus 884-0462 or 884-0461
3-11	9:30 a.m.	St. Patrick's Day Parade Run 5-M	St. Louis 231-2598	4-8	8:30 a.m.	Setting the Pace 5-K	Rock Bridge H.S. 875-0199
3-18	9 a.m.	Luck of the Irish, 5-K	Jefferson City 761-9000	4-15		5-K Tax Run	Mexico, Mo. 581-1540
4-1	9 a.m.	Spring Fling	Jefferson City 896-8976	5-6	9 a.m.	Mother's Day 5-K	Jefferson City 896-4186
4-2	8 a.m.	All Sport Half-Marathon and 3,000-meter	Clayton, Mo. 781-3926	5-7	2 p.m.	Central Mo. Humane Society Dog Walk	Rocheport 442-3116

**Couples Run 4 miles
Jan. 15 at Bethel Park**

Individual Results

Name	Time		Time
1. Jim Heady	21:03	21. Larry Petterborg	27:26
2. Nick Smith	21:10	22. Tom Allen	27:47
3. Steve S.-Fisher	21:45	23. Birgitta Hessler	29:02
4. Mark Keys	22:31	24. John Patton	29:10
5. Michele McFadden	22:54	25. Camille Ronchetto	29:16
6. Mark Wilson	23:04	26. Karen Derrick	29:41
7. Tom LaFontaine	23:14	27. Joe Marks	29:59
8. Kevin Stock	23:40	28. Debbie Heifner	32:05
9. Mark Volek	23:48	29. Jim O'Dell	32:08
10. Bob O'Connell	23:55	30. Norris Kruse	32:09
11. Dick Hessler	23:58	31. Carl Meyers	32:10
12. Randy Thomas	24:01	32. George Maginnis	32:38
13. Rick Rother	24:14	33. Jim Sanfrey	32:42
14. Mike Little	24:22	34. Heather Farrell	34:45
15. Curt Kempf	24:36	35. Sue Thomas	35:20
16. Thomas Bueffel	24:58	36. Nancy Fritsche	36:17
17. Roger Turnbough	25:22	37. Fred Fritsche	36:17
18. Julie Mittelhauser	26:39	38. Marvin Van Leer	37:06
19. Linda Robbins	26:54	39. Jon Kruse	37:46
20. Stacy Reed	27:16	40. Nancy Sandfry	42:07
		41. Boots Gerhardt	45:36

Couples Results

Team (age)	Combined time
33-36 age group	
1. B. Hessler-Smith (33)	50:12
2. Ranchetto-Heady (66)	50:19
3. Derrick-Stock (66)	53:21
4. Farrell-Patton (66)	63:55
70-72 age group	
1. Mittelhauser-S.-Fisher (70)	48:24
2. Reed-Volek (70)	51:04
3. Thomas-Thomas (72)	59:21
80-96 age group	
1. McFadden-Rother (80)	47:08
2. Robbins-LaFontaine (91)	50:08
3. Heifner-Kruse (96)	64:15
100+ age group	
1. Gerhardt-D. Hessler (127)	69:34
2. N. Fritsche-F. Fritsche (113)	72:34

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1995