

COLUMBIA TRACK CLUB

NEWS

Volume XXVIII No. 5

July-August 1995



Marc finds Keys to victory

Marc Keys ran the fastest 10-K, but he came in second in the 25th annual Great Sandbagger Race. He was sandbagged by Randy Gay, who gleefully took home the trophy.

The historic trophy was located after having been missing the past three years. Previous winners didn't want to give it up. Randy has promised to bring it to next year's race and pass it on.

All participants received candy bars and water guns to cool themselves. The weather provided a cool sprinkle with very humid conditions, but more than half the runners still ran below their predicted times.

A special thanks to Anne Hessler for helping at the finish line. Race times are not official because of a mechanical malfunction.

— Race Director Roger Turnbough

Great Sandbagger 10-K Aug. 5, 1995

	Pred.	Actual	Diff.
1. Randy Gay	55:00	53:31	-1:29
2. Marc Keys	38:30	37:05	-1:25
3. Michele McFadden	40:00	38:40	-1:20
4. Mike Flynn	53:00	51:53	-1:07
5. Linda Robbins	47:00	45:03	- :57
6. Tom Davis	46:00	45:13	- :47
7. Kevin Stock	45:00	45:47	- :47
8. Tom LaFontaine	42:00	41:25	- :35
9. Carl Myers	58:00	57:34	- :26
10. Karen Derrick	53:30	53:14	- :16
11. Tom Collier	43:30	43:19	- :11
12. Tom Smith	47:00	46:53	- :07
13. Joe Duncan	50:00	49:53	- :07
14. Wade Wittmer	41:00	41:02	+ :02
15. Dick Madsen	44:00	44:13	+ :13
16. Carol Madsen	62:33	63:03	+ :33
17. Chuck Sattler	44:00	44:35	+ :35
18. Todd Schapira	42:30	43:06	+ :36
19. Birgitta Hessler	45:00	45:47	+ :47
20. Dick Hessler	40:00	40:48	+ :48
21. Willie Heinrich	38:30	39:33	+1:03
22. David Gay	50:00	51:37	+1:37
23. Susan Schapira	43:00	44:40	+1:40
24. Curt Kempf	39:30	41:50	+2:20
25. Deb Diller	54:00	57:57	+3:57
26. Joe Marks	52:00	55:57	+3:57

A Labor Day tradition

Heart of America Marathon

6 a.m., Monday, Sept. 4

Contact Joe Duncan (445-2684) to help out as a volunteer.

Boone race canceled

The Boone Baby Run 5-K, originally scheduled for Sept. 23, will not be held this year. The hospital cites expense for the cancellation, but Race Director Mark Volek says he hopes the race can be resurrected in the future.

If you were pointing for that race and still want to run, you might try the Soybean Run 5-K in Mexico on Sept. 16 or the Love Lake Challenge 15-K/5-K in LaPlata on Sept. 30.

LaPlata has another fun race, the Run Through the Jungle 5-K, which combines road racing with cross country, on Sept. 2.

For more information, see the entry forms enclosed in this newsletter.

Sloan home in Hannibal

Former Columbia high school runner and CTC participant Kirk Sloan will be coaching the Hannibal High School cross country team this fall. He will coach distance runners during the track season.

Kirk and his wife, Shelley, have lived in Hannibal for four years. He has recently joined CTC and says he plans to bring team members to some of our races.

CTC participation points

16-and-under females

Melissa Pagan	24
Morgan Lambrecht	20
Angie Stobie	13
Lauren Mountjoy	12
Maria Kaylen	11
Heather McLeod	10
Camile Wise	10

17-29 females

Birgitta Hessler	31
Heather Farrell	21
Tammy Laughlin	12
Susan Schapira	11
Alicia Weaver	10
Jill Johnson	10
Sharon Boles	10

30-39 females

Karen Derrick	55
Cammy Ronchetto	48
Stacy Reed	40
Debbie Heifner	32
Michele McFadden	28
Julie Mittelhauser	15
Deb Diller	12
Sue Bruenderman	11
Sue Thomas	10
Ann Dannerbeck	10
Julie Smith	10

40-49 females

Linda Robbins	61
Bonnie Henneck	10

50-59 females

Nancy Fritsch	21
Georgina Gonzales	10
Nancy Sanfry	10
Carol Madsen	10

60-and-over females

Boots Gerhardt	50
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16-and-under males

David Gay	32
Tim O'Connell	15
Reid Mountjoy	14
Chris Patton	13
Cody Roberts	12
Ben Patton	10
Joseph Kaylen	10
Nathan Meclin	10

17-29 males

Thomas Bueffel	33
Willy Heinrich	33
Jon Kruse	31
Nick Smith	21
Pete Hessler	11
Chris Heinrich	10

Phillip Wise	10
Mitch Anthamatten	10
Todd Schapira	10

30-39 males

Mark Volek	67
Marc Keys	62
Kevin Stock	59
Jim Heady	52
Roger Turnbough	49
Curt Kempf	38
Tom Smith	32
Joe Eth	31
Steve Stonecipher-Fisher	27
Pat Williams	16
John Hour	15
Mark Wilson	15
Mark Wood	13
Mike Walther	13
Rick McAllister	12
Chuck Sattler	12
Tim Koski	10

40-49 males

Tom LaFontaine	65
Randy Gay	43
John Patton	42
Bob O'Connell	40
Rick Rother	37

Mike Little	34
Tom Collier	26
Tom Johnson	24
Larry Petterborg	24
Mike Kaylen	14
Jay Hasheider	12
Randy Thomas	12
Keith Gangidino	10
Brad Wright	10

50-59 males

Joe Marks	68
Dick Hessler	63
Jim O'Dell	56
Tom Allen	41
Don Lewis	24
Marvin VanLeer	21
Dick Madsen	21
Norris Kruse	13
Jim Sanfry	12
Craig Roberts	12
Fred Fritsch	11

60-and-over males

Joe Duncan	61
Carl Myers	42
Ben Londeree	11
George Maginnis	10
Don Waltman	10

Show-Me Games run, walk

The Show-Me State Games 5,000-meter road race attracted 107 runners and the 5-K race walk drew 14 competitors, both on July 30.

Few top runners competed. The winning time, by 20-year-old Mike Fussner, was 16:19; Stephanie Knapp, 15, was the first female in 19:38.

Dave Coutts, 39, won the 5-K race walk in 25:40, with Maurine Lia, 63, placing first among women in 32:21.

The CTC's Joe Duncan was race director.

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 Columba 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 6, 1970

The first Great Sandbagger Handicap Run was held. 1. Joel Dickinson, 3:04 faster than predicted, 43:56 actual time. Bob Brouillet at 35:53 had the fastest time among the 10 runners over a 6-mile course starting in Cosmo Park. Whitney Hicks was second in 38:39.

June 20, 1970

MVAU One-Hour Run: 1. Carl Owczarzak, 11 miles, 354 yards (MCAAU record at the time); 5. Paul Ide (normally a walker), 9-736; 6. Don Granberg, 9-439; 7. Whitney Hicks, 9-305; 10. Joe Duncan, 8-1,500; 16 runners.

Welcome new CTC members

Charity LeGrand, Columbia	Kirk Sloan, Hannibal
Malaika Gallimore, Columbia	Dean Stover, Columbia
Salama Gallimore, Columbia	Deb Diller, Columbia
Julie Gerstenberger, Hallsville	Lucas McMillen, Columbia

HOA Marathon age records

Male	Time	Year	Age	Female	Time	Year	Male	Time	Year	Age	Female	Time	Year
Wesley Paul	4:04:08	1976	7				Bill Fox	2:43:36	1982	40	Gerardette Groll	4:02:01	1993
Tim Gibson	4:12:11	1979	8				Robert Rouiller	2:36:07	1979	41	Gerardette Groll	3:51:59	1994
Peter Ewers	4:26:09	1975	11	Gabriele Warrington	4:53:04	1976	Bill Fox	2:47:57	1984	42	Sherry March	3:54:51	1982
Wesley Paul	3:02:19	1981	12				Joe Marks	2:55:01	1980	43			
Peter Ewers	3:04:09	1977	13				Ben Londeree	2:49:55	1978	44	Carolyn Wilson	3:47:59	1982
Matt Gibson	3:30:10	1979	14				Joe Marks	2:52:09	1982	45	Janice Pescetto	4:27:46	1986
Mark Gibson	3:05:05	1976	15	Kathy Phelps	4:45:38	1970	Joe Marks	2:56:04	1983	46	Carole Schottman	4:11:16	1991
Darrell Steinhoff	2:55:52	1974	16	Kenna Walker	4:31:17	1987	Donald Gorton	2:55:02	1988	47	Cheryl Simmons	4:53:23	1991
Al Steinbach	3:16:29	1975	17	Tracy Cox	4:05:04	1983	Alex Ratelle	2:55:44	1973	48	Cheryl Simmons	4:47:54	1992
Danny Fisher	2:49:10	1981	18	Mary Gaye Flentge	4:54:45	1979	Don Newton	2:57:21	1981	49	Sarah Risser	4:12:41	1989
Tom Hoffman	2:41:52	1967	19	Diane Busenbark	3:51:51	1980	Alex Ratelle	2:54:40	1975	50	Cheryl Simmons	4:55:58	1994
Tony Rodiez	2:34:07	1976	20	Paige Butler	3:45:47	1979	Don Johnson	3:22:14	1979	51	Sarah Risser	4:44:53	1991
Dennis Hinkamp	<u>2:29:15</u>	<u>1979</u>	21	Mary Elsea	4:12:04	1983	Fred Fritsch	3:18:27	1988	52			
Jeff Mittelhauser	2:34:08	1979	22	Debbie Hoxworth	3:32:44	1980	Hal Higdon	3:14:39	1984	53			
Steve Fisher	2:35:32	1980	23	<u>Liz Bulman</u>	<u>3:00:07</u>	<u>1982</u>	R.H. Mahoney	3:07:07	1981	54			
Robert Steven Cline	2:35:36	1979	24	Joan Hirt	3:08:21	1977	Don Johnson	3:27:17	1983	55			
Lynn Lee	2:41:47	1974	25	Debbie Hoxworth	3:05:05	1983	William Andberg	3:27:06	1967	56			
Robert Steven Cline	2:35:33	1981	26	Debbie Hoxworth	3:25:45	1984	William Andberg	3:17:32	1968	57			
Denton Childs	2:37:18	1977	27	Angela Cook	3:34:28	1985	Don Johnson	3:30:55	1986	58			
Denton Childs	2:33:04	1978	28	Chris Ruble	3:34:47	1982	Bob Dolphin	3:09:31	1988	59			
Barry Crawford	2:34:07	1966	29	Wendy Thomas	3:07:17	1981	Don Johnson	3:37:27	1988	60			
Frank Curotto	2:36:42	1984	30	Michele McFadden	3:15:24	1990	Louis Joline	3:24:55	1993	61			
Jon Herbert	2:30:26	1981	31	Carol Spielman	3:43:15	1981	Don Johnson	4:12:18	1991	62			
Bob O'Connell	2:32:29	1981	32				Mickey Owen	5:22:36	1979	63			
Jon Herbert	2:35:31	1983	33	Susan Spevak	3:44:43	1978	Leslie Hill	5:54:36	1979	65			
Robert Steven Cline	2:38:30	1989	34	Laura Luckert	3:23:00	1991	Rob Spier	5:33:54	1988	66			
Dick Hessler	2:38:45	1976	35	Penny Gallogly	3:43:50	1982	Bonnard Moseley	4:06:19	1988	69			
Bill Fox	2:41:14	1978	36	Betty Bohon	3:28:27	1987	Howard Calkin	4:30:58	1981	70			
Dick Hessler	2:46:54	1978	37	Kathleen Johnson	3:24:05	1993	Howard Calkin	4:23:13	1982	71			
Bill Fox	2:45:11	1980	38	Betty Bohon	3:31:24	1989	Howard Calkin	4:24:37	1983	72			
Lou Fritz	2:44:21	1982	39	Mary Ann Slivinsky	4:07:49	1980	Howard Calkin	5:05:20	1984	73			
							Chuck McFerren	6:24:05	1992	75			

Underlined entries are the overall men's and women's record holders.

HOA Marathon notes:

1994 winners: David Dobkowski, Clayton, Mo., 2:53:06, and Gerardette Groll, St. Louis, 3:51:59
 Most victories: Tim Hendricks, Peru, Neb., 5 (1969, 1971-73, 1975)
 Most age group records: Don Johnson, 5 (51, 55, 58, 60, 62)
 Longest-standing age group record: Barry Crawford, 29 (since 1966)
 Most masters (40 and over) victories: Alex Ratelle, Minneapolis, 8 (1967-73, 1975)

"RUN THROUGH THE JUNGLE"

5000 METER RUN & 1.2 MILE WALK

SPONSORED BY LA PLATA STATE BANK



UNIQUE
COURSE

DATE: Saturday, September 2, 1995 - race to start at 9:00 a.m.

LOCATION: Southwest corner of the park, downtown La Plata.
Rest rooms will be available at the bandstand in the park.
Showers will be available after the race at the high school.



ENTRY FEE & REGISTRATION:

Pre-registration - Must be received on or by August 26th
Late registration - After August 26th until race time
All entrants receive a tee-shirt. Pre-registered entrants receive their shirt the day of the race. Late registrants will have their shirts mailed to them.



Entry forms may be picked up and left at La Plata State Bank or mailed to:

Dennis Hendren
218 West Clark Street
La Plata, MO 63549

Checks should be made payable to "Run Through The Jungle"

PACKET PICKUP: Race packets may be picked up beginning at 8:00 a.m. race day at the registration table.

AWARDS:

The overall top male and female finishers in the 5000M race will each receive \$100 U.S. Savings Bonds. The top three male & female finishers in each age division in the 5000M race will receive medals. All registered entrants except the overall male and female winners in the 5000M race will be eligible for drawings of over \$600 of cash and prizes, plus two \$100 Savings Bonds. Must be present at drawing to win.

AGE DIVISIONS, MALE & FEMALE FOR 5000M RACE:

14 & under
15 - 19

20-29
30-39

40-49
50 and over

COURSE:

The 5000M race will be a mix of 1.2 miles of city streets and 1.9 miles on the La Plata Golf Course. The 1.9 miles on the golf course will consist of rolling hills and will cross over bridges through wooded areas. You will find this not only an unusual course, but a beautiful one as well. The 1.2 mile walk will be over city streets.

WEATHER:

The race will be held regardless of weather conditions.

ENTRY FORM

Check One:

☐ 1.2 Mile Walk (pre-registration) \$6.50
☐ 1.2 Mile Walk (late registration) \$8.00

☐ 5000M Run (pre-registration) \$7.00
☐ 5000M Run (late registration) \$8.50

Name _____ Age _____ Sex _____
Address _____ City _____
State _____ Zip _____ Phone _____ Tee Shirt Size: S M L XL

In consideration of the foregoing, I, for myself, my executors, administrators, and assigns, do hereby release and discharge La Plata State Bank, its owners and shareholders, all sponsors, the City of La Plata, its employees, City of La Plata Park Board, the race director, and all volunteers from all damages, demands, action, and causes of action whatsoever, in any manner arising or growing out of participation in said run or walk.

SIGNED:

DATE: _____

(Must be signed by a parent or guardian if under 18 years of age.)

1995 Columbia Track Club Schedule

Date	Time	Event/ Distance	Fee	Race Director/ Phone	Start Location	Miscellaneous Information
9/4	6 a.m.	Heart of America Marathon	\$10	Joe Duncan 445-2684	Stadium Boulevard, by Hearnes Center	36th annual, 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

Other selected events

8-27	8 a.m.	Father O'Sullivan 5-K	Eldon 392-7800
8-27	7:30 a.m.	Firefighters Run 10-K/3-K	St. Louis 781-3926
9-2	9 a.m.	Run Through the Jungle 5-K	LaPlata 816-332-7664
9-3	8 a.m.	Larry Mattonen Memorial 5-K	Blue Springs 816-228-3412
9-9	7:30 a.m.	Cole Camp Fair 5-K	Cole Camp 816-668-3923
9-9	7 a.m.	Quivering Quads Trail Runs 10-K/13.1-M/50-K/50-M	Troy 939-0161
9-10	8 a.m.	Northeast Mo. Triathlon .75-M swim, 18-M bike, 5-M run	Kirkville 816-626-2213
9-17	8 a.m.	Soybean Run 5-K	Mexico 581-1540
9-17	9 a.m.	Jesse James 10-K/5-K	Liberty 816-628-6050

9-17		St. Louis Stadium Run Handicap 10-K	St. Louis 781-3926
9-24	8 a.m.	Cliffhanger 5-K/10-K	Kansas City 816-741-2314
9-30	10 a.m.	Love Lake Challenge 15-K/5-K	LaPlata 816-332-7664
10-1	7:30 a.m.	St. Luke's Women's Run 10-K/5-K	Kansas City 816-932-2010
10-7	9 a.m.	Harvest Moon	Jefferson City 635-4299
10-7	9 a.m.	Founders Day Cardura Crawl 3-M/5-M	Kirkville 816-626-2213
10-14	9 a.m.	Dollars for Scholars	Jefferson City 896-4186
10-15	8 a.m.	St. Louis Marathon	St. Louis 781-3926
10-29	7:15 a.m.	Kansas City Marathon	Kansas City 816-531-2387

THIRD ANNUAL
"LOVE LAKE CHALLENGE"
15,000 & 5,000 METER RUN



Sponsored by
MACON FAMILY CHIROPRACTIC — LAPLATA STATE BANK

DATE: Saturday, September 30, 1995 — race to start at 10:00 am

ENTRY FEE & REGISTRATION:

Pre-registration — Entry must be postmarked on or by September 23rd.

Late registration — After September 23rd and until race time September 30th.

Entrants receive a specially designed commemorative long sleeve tee-shirt with a multi-colored design.

Pre-registered entrants will receive their shirt the day of the race.

Late registrants will have their shirts mailed to them.

Entry forms may be mailed to:

Dennis Hendren
 218 West Clark
 LaPlata, MO 63549

Jeff Jordan
 316 West Aaron St.
 Atlanta, MO 63530

Checks should be made payable to "Love Lake Challenge."



PACKET PICKUP:

Race packets may be picked up from 8:30 a.m. to 9:30 a.m. race day at the registration table.

AWARDS:

The overall top male and female finishers in the 15000M and 5000M races will each receive a \$50 U.S. Savings Bond. The top three male & female finishers in each age division will receive medals.

DIVISIONS, MALE & FEMALE FOR 15,000M & 5000M RACES:

19 and under	30 - 39	50 and over
20 - 29	40 - 49	

COURSE:

The race course will be on mixed surfaces over gently rolling terrain through scenic countryside between Atlanta and LaPlata. The 15000M course will begin in Atlanta and end in LaPlata. The 5000M course will begin 3 miles south of LaPlata. Transportation will be provided from LaPlata to the start of the races for as many of the runners as possible. There will be two aid stations on the 15K route with water. The awards ceremony will be held in the park in LaPlata. We feel this is an event that offers something for not only the serious competitive runner, but the more casual runner as well. The race will be held regardless of weather. Showers will be available at LaPlata High School immediately following the races.

ENTRY FORM

Check One:

15000 Meter Run

5000 Meter Run

_____ Pre-registration \$9.50

_____ Pre-registration \$9.50 / per person

_____ Late registration \$11.50

_____ Late registration \$11.50 / per person

Name: _____ Age: _____ Sex: _____

Address: _____

State: _____ ZIP _____ Phone: _____ Tee-Shirt Size S M L XL

In consideration of the foregoing, I, for myself, my executors, administrators, and assigns, do hereby release and discharge LaPlata State Bank, its owners and shareholders, Macon Family Chiropractic, its owners, all sponsors, the City of LaPlata, the City of Atlanta, the race directors, all volunteers, and all those providing assistance or support from all damages, demands, action or causes of action whatsoever, in any manner arising or growing out of participation in said races.

SIGNED _____

DATE _____

(Must be signed by a parent or guardian if under 18 years of age.)

Join in the fun of Soybean Days,
sponsored by the Mexico Jaycees
Downtown Mexico following the Run.

SOYBEAN RUN

SPONSORED BY:

MEXICO LIFE UNDERWRITERS, FIRST NATIONAL BANK OF MEXICO,
ARCHER DANIELS MIDLAND, AND MISSOURI SOYBEAN
MERCHANDISING COUNCIL

DATE: SATURDAY, SEPTEMBER 16, 1995 - RAIN OR SHINE

STARTING TIME AND PLACE: 8:00AM AT THE MEXICO AREA FAMILY YMCA
SHOWERS AND LOCKERS WILL BE AVAILABLE.

COURSE: 5 K MEASURED COURSE AND 1 MILE WALK OR RUN.
BOTH RUN AND WALK WILL START FROM SAME POINT - WALK FOLLOWS.

5 K

AGE DIVISIONS - MEN AND WOMEN

10 & Under	40 - 44
11 - 15	45 - 49
16 - 19	50 - 54
20 - 24	55 - 59
25 - 29	60 - 64
30 - 34	65 - 69
35 - 39	70+

TROPHIES AND MEDALS
TO FIRST 3 PLACES
IN SOME AGE GROUPS

TEE SHIRTS TO ALL
WALKERS AND RUNNERS

FOR INFORMATION
CALL

(314) 581-1540

ENTRY FEE: \$10.00
(After Sept. 15 - \$12)

Mail entries to:
Mexico Area Family
YMCA
1127 Adams
Mexico, MO 65265

(Tee shirts may be mailed to
registrants after 9/16)

ENTRY FORM

NAME _____ Address _____
City _____ State _____ Zip _____ Phone # () _____

Age on 9/16/95 _____ ☐ Male ☐ Female Shirt Sizes: S M L XL Youth Sizes M L
Fee enclosed: \$ _____ ☐ 5K ☐ 1 MILE RUN OR WALK

RELEASE: In consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge the Mexico Area Family YMCA and all other sponsors for all claims of damages, demands and actions, whatsoever arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 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**

P.O. Box 1872
Columbia, MO 65205

ADDRESS CORRECTION
REQUESTED

Non-profit organization
U.S. Postage
PAID
Columbia, MO
Permit #226

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203

11/95