

# COLUMBIA TRACK CLUB **NEWS**

Volume XXVIII No. 4

June 1995



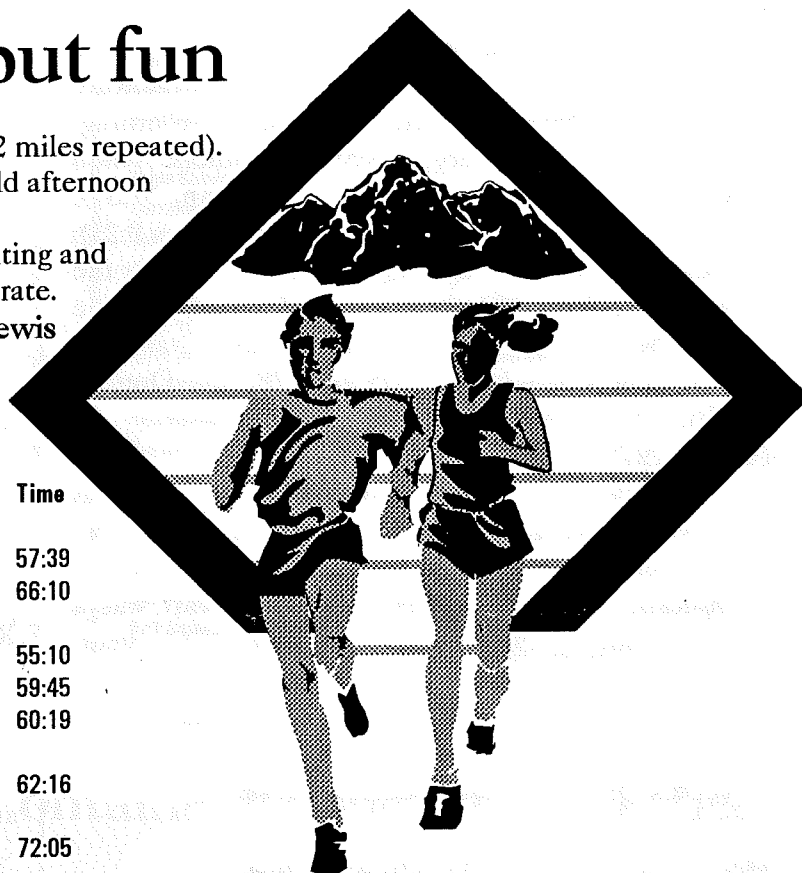
## Couples Run hot but fun

This was a good run, with a nice, rolling loop (2 miles repeated). It was hot and humid, but much better than the old afternoon start.

Many thanks to Bambino's for dinner underwriting and to Mike Little for keeping me organized and accurate.

— Race Director Don Lewis

4 Miles, Bethel Park  
May 13, 1995  
Couples Results



### 67-and-under

1. Irene Clements-Kevin Stock
2. Julie Smith-Tom Smith

Age	Time
66	57:39
61	66:10

### 67-79

1. Stacey Reed-Mark Volek
2. Mike Walther-Karen Derrick
3. Cammy Ronchetto-Joe Eth

70	55:10
71	59:45
68	60:19

### 80-99

1. Debbie Heifner-Jim O'Dell

88	62:16
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### 100-and-over

1. Boots Gerhardt-Rick Rother

120	72:05
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### Individual Results

1. Mark Keys
2. Willy Heinrich
3. Mark Volek
4. Rick Rother
5. Roger Turnbough
6. Mike Walther
7. Kevin Stock

Age	Time
32	24:00
27	24:06
39	24:22
46	25:57
38	27:18
37	28:12
33	28:13

8. Tom Smith
9. Joe Eth
10. Irene Clements
11. Larry Peterborg
12. David Gay
13. Jim O'Dell
14. Jay Hasheider
15. Stacey Reed
16. Cammy Ronchetto

31	28:46
33	29:22
33	29:26
—	29:26
14	30:03
51	30:11
46	30:43
31	30:48
35	30:57

17. Randy Gay
18. Karen Derrick
19. Carl Myers
20. Debbie Heifner
21. Joe Duncan
22. Ben Patton
23. John Patton
24. Julie Smith
25. Boots Gerhardt

40	31:28
34	31:33
61	31:57
37	32:05
60	33:27
8	35:27
43	35:41
30	37:24
74	46:08

## Senior Games come to town

Running will be a big part of the Missouri Senior Games to be held for the first time July 14-16 in mid-Missouri.

The Games, which are for athletes 55 and older, feature competition in 18 sports. Most events will be in Columbia, but the track and field, 10-K road race and racewalk will be in Mexico.

The other sports: archery, badmin-

ton, three-on-three basketball, around-the-world basketball, free-throw basketball, bowling, cycling, golf, horse-shoes, racquetball, shuffleboard, softball, swimming, table tennis, tennis, triathlon and volleyball.

Age groups are in five-year intervals, starting at 55-59. For more information, call 882-1462.

25 years ago

## Back to the beginning

By Joe Duncan

May 9, 1970

Walk-Run Pentathlon: 1. Mark Achen, 1,705 points (decathlon-type scoring); 2. Joe Duncan, 1,544; 3. Whitney Hicks, 1,327; 4. Art Fleming, 1,101; 5. Don Granberg, 1,005; eight others. Achen won the 2-mile walk with 17:09 (Duncan, 17:37); Duncan won the 1-mile walk with 8:20 (Achen 8:23); Hicks won all three running events with 2:16 for the 880 (Granberg, 2:29), 11:14 for the 2-mile (Granberg, 11:29) and :28 for the 220 (Granberg, :30). Achen had 2:29, 13:05 and :28, and Duncan 2:36, 12:57 and :29.

May 23, 1970

Six-Mile Run: 1. Don Davidson, 33:28; 2. Dennis Stewart, 35:07; 3. Bob Brouillet, 36:15; 4. Don Granberg, 37:39; 5. Whitney Hicks, 38:39; 6. Joe Duncan, 40:11; 11 others. Dennis Stewart was a K.U. student, and this was his first CTC event. Even though Dennis (an 800-meter runner for K.U.) complained about the hills, he kept coming back fairly regularly for 15 years. Many of his CTC records for the shorter distances still stand.

## Welcome new CTC members

Jim Balmer, Columbia  
Jason Burchfield, Columbia  
Scott Dressel, Columbia  
Steve Hemmann, Columbia  
Hannah Hassemmer, Columbia  
Bill Stoecklein, Pilot Grove

Joel Bautista, Moberly  
Chris Davis, Columbia  
John Wetz, Columbia  
Stan Keicher, Columbia  
Dan Schuppan, Columbia  
Linda Vogt, Fayette

### 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

## CTC briefs

### Help needed for Show-Me Games

A couple of CTC members are commissioners for events at the Show-Me State Games, and both could use some help.

Steve Stonecipher-Fisher is in charge of the triathlon on July 23, and Joe Duncan is directing the road race and racewalk on July 30. To help as a volunteer, contact Steve at 443-8875 (work) or 446-1707 (home) and Joe at 874-4328 (work) or 445-2684 (home).

### Run to celebrate the Fourth

Area runners have their choice of unique events on the Fourth of July.

The Sedalia Democrat's Firecracker Mile will be held at the Missouri State Fairgrounds in Sedalia beginning at 8 a.m. Contact Jeff Mittelhauser at 816-826-7430.

The Independence Day 5-K Off Road Trail Run, billed as "The toughest race you'll love to run," will be held at Rothwell Park in Moberly. It also begins at 8 a.m. Contact Todd Beaverson at 816-263-2557.

The Celebration Mile will begin at 6:30 p.m. at Capital and Monroe streets in Jefferson City. Contact Darrell Dunafon at 634-2434.

## New race draws 37

Thirty-seven runners, 30 male and seven female, competed in the first Walk, Roll and Run for the Kids on June 3 in Columbia. The 5-K run and 10-K wheelchair race benefited the Children's Miracle Network.

### Male Results

#### Top 15

1. Marc Keys	17:19
2. John Hour	19:43
3. Richard Garrad	19:59
4. Hugh Murrell	20:10
5. Mike Walther	20:21
6. Kent Runyan	20:24
7. Richard Nistendirk	21:04
8. Jim O'Dell	21:11
9. Larry Peterborg	21:19
10. Glenn Claxton	22:02

11. Mark Trusty

22:20

12. Carl Myers

22:23

13. B. Robinson

22:45

14. Steven Fair

23:25

15. Scott Dressel

24:04

### Female Results

#### Top 5

1. Ramona Bradley

24:02

2. Lisa Burger

24:34

3. Karen Balkman

25:47

4. Virginia Gardner

27:36

5. Janet Welshons

28:06

## CTC participation points

<b>16-and-under females</b>		<b>40-49 females</b>		<b>30-39 males</b>		<b>50-59 males</b>	
Melissa Pagan	24	Linda Robbins	51	Phillip Wise	10	Larry Petterborg	24
Morgan Lambrecht	20	Bonnie Henneckt	10	Mitch Anthamatten	10	Tom Collier	15
Angie Stobie	13					Mike Kaylen	14
Lauren Mountjoy	12	<b>50-59 females</b>				Jay Hasheider	12
Maria Kaylen	11	Nancy Fritsch	21	Mark Volek	67	Randy Thomas	12
Heather McLeod	10	Georgina Gonzales	10	Jim Heady	52	Keith Gangidino	10
Camile Wise	10	Nancy Sanfry	10	Roger Turnbough	49	Brad Wright	10
				Kevin Stock	48		
<b>17-29 females</b>		<b>60-and-over females</b>		Marc Keys	48		
Heather Farrell	21	Boots Gerhardt	50	Joe Eth	31		
Birgitta Hessler	21			Steve Stonecipher-Fisher	27		
Tammy Laughlin	12	<b>16-and-under males</b>		Curt Kempf	25		
Alicia Weaver	10	David Gay	22	Tom Smith	22		
Jill Johnson	10	Tim O'Connell	15	Pat Williams	16		
Sharon Boles	10	Reid Mountjoy	14	John Hour	15		
		Chris Patton	13	Mark Wilson	15		
<b>30-39 females</b>		Cody Roberts	12	Mark Wood	13		
Cammy Ronchetto	48	Ben Patton	10	Mike Walther	13		
Karen Derrick	44	Joseph Kaylen	10	Rick McAllister	12		
Stacy Reed	40	Nathan Meclin	10	Tim Koski	10		
Debbie Heifner	32						
Michele McFadden	16	<b>17-29 males</b>		<b>40-49 males</b>			
Julie Mittelhauser	15	Thomas Bueffel	33	Tom LaFontaine	53		
Sue Bruenderman	11	Jon Kruse	31	John Patton	42		
Sue Thomas	10	Willy Heinrich	22	Bob O'Connell	40		
Ann Dannerbeck	10	Nick Smith	21	Rick Rother	37		
Julie Smith	10	Pete Hessler	11	Mike Little	34		
		Chris Heinrich	10	Randy Gay	33		
				Tom Johnson	24		
						<b>60-and-over males</b>	
						Joe Duncan	50
						Carl Myers	32
						Ben Londeree	11
						George Maginnis	10

## Stonecipher-Fisher, LaFontaine, Robbins top 5-K field

CTC members Steve Stonecipher-Fisher and Tom LaFontaine finished 1-2 in the Torch Run for Special Olympics 5-K in Columbia. CTC's Linda Robbins was the first female finisher and placed sixth overall.

The race was put on by the Columbia Police Department, with the assistance of CTC members Larry Petterborg, Amy Petterborg and Rob Spier.

### Torch Run for Special Olympics

#### 5-K

May 6, 1995

#### Results

1. Steve Stonecipher-Fisher	15:38
2. Tom LaFontaine	16:42
3. Bruce Rewertz	17:27

4. Kevin Tyler	17:30	26. Tracy Gonzalez	25:16
5. Sean Highland	19:27	27. Jim Balmer	25:33
6. Linda Robbins	19:38	28. Josh Boehm	25:39
7. Thomas Highland	19:57	29. Michelle Waschak	25:39
8. Glenn Claxton	20:22	30. Kim Leys	25:42
9. Mark Trusty	20:47	31. Daniel Harrington	25:43
10. Casey Highland	20:47	32. Randy Boehm	25:43
11. Cammy Ronchetto	20:55	33. Eric Hedges	25:57
12. Carl Myers	21:15	34. Janet Welshons	26:32
13. Paul Cohle	21:23	35. Patti Hoddinott	26:36
14. Anthony Gonzalez	21:55	36. Tyler Laughlin	27:08
15. Debbie Heifner	22:02	37. Lynn Woolford	27:14
16. Mark Brotemarkle	22:13	38. Mary Newby	27:35
17. Lisa Wells	22:16	39. Dennis Veach	30:24
18. Nicholas Laughlin	22:46	40. Kim Brotemarkle	34:31
19. Richard Otto	22:57	41. Patricia Reed	35:08
20. Don Waltman	22:57	42. Lloyd Reed	35:08
21. Steve Lake	23:57	43. Terry Miller	55:58
22. Tamera Adams	24:27	44. Laura Clow	56:03
23. Tim Schwartz	24:36	45. Dale Ambrose	56:06
24. Steve Stockham	24:42		
25. Jennifer Rewertz	24:57	<b>Wheelchair</b>	
		Greg Gray, Susan Boyle	

# INDEPENDENCE DAY 5K OFF ROAD TRAIL RUN

"THE TOUGHEST RACE YOU'LL LOVE TO RUN"

## SPONSORED BY:

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FOOD 4 LESS

DOWNTOWN ATHLETIC CLUB

All proceeds from this event will go to the Moberly High School Cross Country Team

**WHEN:** Tuesday, July 4, 1995 ♦ Race to start at 8:00 A.M. sharp

**WHERE:** Race will be run in Rothwell Park (located on the NW side of Moberly) starting near the James Youth Cabin (look for totem pole) entire race will be run on unpaved surfaces.

**RACE DIRECTORS NOTE:** If you want a fast, easy, no sweat P.R. course, THIS AIN'T IT! No whining allowed. It's fun, scenic and definitely not your average 5K.

**AWARDS:** Plaques will be given to the overall male & female winners, plus first place in each age group. Second & third place in each age group will receive medals.  
Age groups are: 18 & under 30 - 39 50 - 59  
19 - 29 40 - 49 60 & over

**ENTRY FEE:** \$8.50 entry fee includes a free t-shirt guaranteed to all pre-registered runners. T-shirts to late entries will be on a first come, first served basis. Late entry fee after June 30 will be \$10.00. Make checks payable to Moberly Cross Country and mail to:

RACE DIRECTOR  
C/O BEAVERSON FLAT ROOFING  
127 KIRBY ST.  
MOBERLY, MO 65270-1608

**PACKET PICKUP:** Race packets may be picked up beginning at 7:00 A.M. at the start/finish line located on the west side of the park. Late entries accepted until the race starts.

**WEATHER:** Race will be held regardless of weather conditions.

Following the run there will be beverages and fruit provided for all participants. There will also be a drawing for attendance prizes. You must be present to win. The Downtown Athletic Club will provide shower facilities on the morning of the race from 9:00-10:00 A.M. for all race participants.

## ENTRY FORM

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ T-shirt Size: M L XL

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge any and all persons, companies and individuals affiliated with said race from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Tuesday, July 4, 1995.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run personnel, my continuing would endanger my health.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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

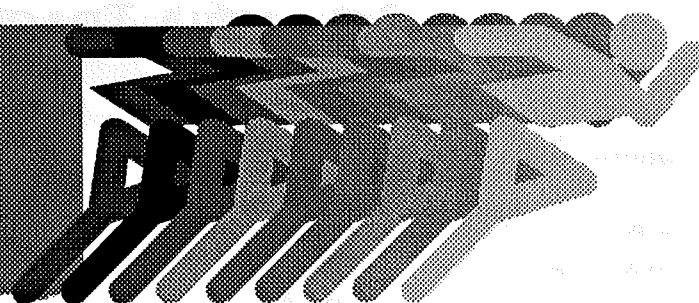
**1995 Columbia Track Club Schedule**

Date	Time	Event/ Distance	Fee	Race Director/ Phone	Start Location	Miscellaneous Information
6/7	6 p.m.	Summer Youth Program ##	\$1	Tom Allen 449-5655	Hickman Track	Awards
8/5	7 a.m.	Great Sandbaggar 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 Hearnes 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



6-17	8 a.m.	Father's Day 5-K	Jefferson City 761-9000
6-24		Community Outreach 10-K	Nevada 417-667-4339
6-25	7:30 a.m.	Kirkwood-Webster YMCA 5-K/Mile	St. Louis 314-962-YMCA
7-2	7 a.m.	V.P. Fair 10-K/3-K	St. Louis 781-3926
7-4	8 a.m.	Firecracker Mile Pee Wee 100; Junior 300	Sedalia 816-826-7430

7-4	8 a.m.	Independence Day 5-K Off Road Trail Run	Moberly 816-263-2557
7-4	6:30 p.m.	Celebration Mile	Jefferson City 634-2434
7-15	8 a.m.	Summer Classic	Jefferson City 635-4299
7-16		Riverfront Mile	St. Louis 781-3926
7-20	7 p.m.	Twilight 5,000-Meter	Kirkville 816-626-2213

## CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

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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

1995

Joe Duncan  
2980 Maple Bluff Drive  
Columbia, MO 65203