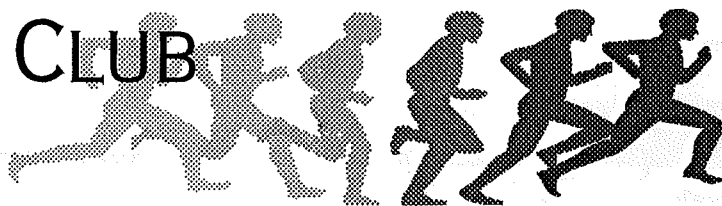


COLUMBIA TRACK CLUB

NEWS



Volume XXVIII No. 7

October-November 1995

Christian Reed wins Big Brothers 10-K

With Faurot Field going to natural grass, our Big Brothers/Big Sisters Stadium Run 10-K had to be moved to Rock Bridge High School track. We decided to keep the original date, but because there was another event at the high school that morning the second annual BB/BS Stadium Run was held at 3 p.m. on Oct. 14.

The great news is we raised about 60 percent more money (about \$635) for BB/BS of Boone County. The bad news is that registered runners went down 45 percent.

One of the most memorable things about the race was the wind. I don't know exactly how hard it was blowing, but runners tell me it added about 40 seconds to their times.

Anyway, Christian Reed won with a time of 32:53.

This race is unique in that runners have a staggered start based on their age and sex. Christian is 25, with a zero handicap, so he passed everyone in the field. Congratulations to Christian and all the runners/walkers.

Most important, a big thank you to all the volunteers. Without them, the race would not have been held.

Please note that next year's BB/BS Stadium Run has been moved to May 18, at 8 a.m.

As a side note, CTC now has at least five members who are also Bigs in Big Brothers/Big Sisters of Boone County. There is usually a waiting list of Littles in the program.

Anyone interested in volunteering, or if you have questions, call Nan at 874-3677.

For complete race results, turn to Page 3 of this newsletter.

— Race Director Curt Kempf

Annual meeting

Say what you will about Joe Marks, but the guy knows how to get a meeting finished in a hurry.

As has become his custom, Joe managed to get the club's annual meeting over with in about an hour. If we met twice a year, could he get it down to 30 minutes?

Anyway, it was Joe's last meeting as CTC president, and the club is in good shape as he turns it over to Curt Kempf. Highlights from the meeting:

- The schedule has a couple new events (see inside);
- Finances, as reported by Tom Allen, are in good shape;
- The club takes full credit for the long-awaited groundbreaking of the new M.U. track;
- Randy Gay and Mark Wilson move onto the CTC board of directors in place of Mike Kaylen and Roger Turnbough.

New guy at the CTC helm

For those of you who weren't able to make our annual meeting Oct. 5, Joe Marks announced he wasn't able to continue as CTC president because of his upcoming schedule/travel.

Joe asked me if I would be willing to take over the position, and I told him "Well, uhhhh, yes." I told him I just wanted to serve the club anyway I could, and if there was a need for presidency then I could do that.

Anyway, if you have any questions, comments or concerns, I can be reached at 446-2878 (evening) or 874-7212 (day). I look forward to serving the club.

As you can see from the 1996 CTC schedule in this newsletter, we have a full slate of events. Among the highlights is that the one-hour run returns (at Hickman).

With all these races, volunteers are always needed. If you know you aren't going to run in a particular race, please call the race director and volunteer.



Curt Kempf

Thanks,
Curt Kempf

25 years ago

Back to the beginning

By Joe Duncan

Sept. 7, 1970

Heart of America Marathon: 1. Greg Carlberg, 2:47:10; 2. Henry Shawnee, 2:59:02; 3. Tim Hendricks, 2:59:49. The heat and humidity were the worst we have ever had. First CTC finisher was Don Granberg, 16th, in 3:33:52. Alex Ratelle was first over 40 in 3:26:28. There were fifty-three finishers, including Fred Phelps Sr. of Topeka, Kan., and all 10 of his children, ranging from age 7 to 17.

Sept. 26-27, 1970

100 Mile Walk: 1. Larry O'Neil, Kalispell, Mont., 20:42:42 (his third title); 2. John Argo, Canada. 23:22:50.

Oct. 3, 1970

One-Mile Run: 1. Whitney Hicks, 5:05.8; 2. Art Fleming, 5:08; 3. Don Granberg, 5:12; 4. Dave Leuthold, 5:44; 6. Mike Chippendale, 5:53.

Oct. 18, 1970

MVAAU 30-Kilo Walk, Leawood Subdivision: 1. Larry Young, 2:40:38 (MVAAU record by 19 minutes); 2. Mark Achen, 2:46:21; 3. Darrell Palmer, 2:55:33; 4. Paul Ide, 2:57:15.

Oct. 23, 1970

Two Mile Cross Country, Municipal Golf Course: 1. Bob Brouillet, 9:40; 2. Dennis Stewart, 9:48; 3. Linley Lipper, 9:54; 10. Whitney Hicks, 11:08; 14. Dave Leuthold, 12:34; 23 runners.

CTC Board of Directors

Curt Kempf, president
Rick Rother
Randy Gay
Michele McFadden

Tom Allen, secretary-treasurer
Mark Wilson
Joe Marks
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 sent to:

Dan Kelly, CTC Newsletter editor

Route 6, Box 238
Columbia, Mo., 65202

Fax: 696-3565
E-mail: ddkkdd@aol.com

Cross country meet set

The annual CTC cross country meet will be at 1 p.m., Sunday, Nov. 12 at Bethel Park. The meet features team competition, but individuals are welcome to participate.

Scoring in the open/masters men's and women's team categories will be based on the smallest team entered. The minimum qualifications for registering as a team are five participants for men and four participants for women.

Teams have been invited from St. Louis, Kansas City, Sedalia and Jefferson City, but if you know someone who might be interested, please have them call Race Director Michele McFadden at 882-9223. The entry fee is \$5 per non-CTC member. Chili and cider will be served while the race results are being tallied.

If you're interested in running on one of the CTC teams or would like to help, please call Michele.

Local triathletes prove to be true Ironmen

Nick Ranson, Mike Little and Rick Rother of Columbia participated in the Ironman Triathlon on Oct. 7 in Hawaii. The Ironman field is limited to 1,500 competitors from the nearly 20,000 who attempt to qualify.

Ranson finished in 10 hours, 25 minutes. Little was 16th in the 45-49 men's category with a time of 11:32. Rother, who was hampered by a piece of glass in his foot, was 28th in the same age group in 11:56.

Little previously competed in five triathlons in 1995, placing first in his age group twice (Whiskey Dick in Ellensburg, Wash., and Pigman in Cedar Rapids, Iowa), third twice (Iron Horse in Springfield, Ill., and Memphis in May in Memphis, Tenn.) and fifth once (Muncie Endurathon in Muncie, Ind.).

Rother competed in four other triathlons, winning his age group three times (Iron Horse, Muncie Endurathon and Kirksville, Mo.) and finishing second once (Memphis in May).

Welcome new CTC members

Chuck Sattler, Columbia Michael Smith, Columbia
Scott and Paula Rubinstein, Columbia

Big Brothers/Big Sisters Stadium Run results

Oct. 14, 1995									
Place	Name	Age/Sex	City	Hdcp.	Time				
1.	Christian Reed	25 M	Columbia	0.0	32:53	30.	Camille Ronchetto	35 F	Columbia 4.5 45:13
2.	S. Stonecipher-Fisher	38 M	Columbia	1.5	33:11	31.	Donna Romans	48 F	Jefferson City 8.5 45:45
3.	Pete Hessler	28 M	Columbia	0.0	33:44	32.	Karen Derrick	34 F	Columbia 4.5 46:17
4.	Dick Hessler	54 M	Columbia	5.0	34:40	33.	Nicholas Jenkins	22 M	Columbia 0.5 46:55
5.	Marc Keys	33 M	Columbia	0.5	35:24	34.	Lisa Wells	32 F	Columbia 4.0 47:09
6.	Jack Unrig	41 M	Marshall	2.0	36:37	35.	Victoria Houston	50 F	Columbia 9.0 47:24
7.	Tim Craig	20 M	Columbia	1.0	36:54	36.	Scott Dressel	46 M	Columbia 3.5 47:25
8.	John Dickey	41 M	Brentwood	2.0	37:31	37.	Don Ballenger	53 M	Columbia 4.5 47:32
9.	Peter Pastorat	42 M	Columbia	2.5	37:41	38.	David Wax	14 M	Columbia 4.0 48:09
10.	Kevin Tyler	39 M	Centralia	1.5	38:36	39.	Rex Hodge	35 M	Columbia 1.0 48:34
11.	Herschel Turpin	45 M	Union	3.0	38:40	40.	Philip Johnson	37 M	Columbia 1.0 49:45
12.	Brian Maples	17 M	Macon	2.0	38:54	41.	Gary Fennewald	44 M	Columbia 3.0 50:01
13.	Aaron Aversman	17 M	Macon	2.0	39:08	42.	Douglas Hurt	23 M	Columbia 0.5 50:05
14.	Mike Walther	38 M	Columbia	1.5	40:01	43.	Emilee Skipper	22 F	Columbia 4.0 50:17
15.	Tom Collier	44 M	Columbia	3.0	40:38	44.	Carrie Mitchell	33 F	Centralia 4.5 50:47
16.	Joe Duncan	61 M	Columbia	8.0	41:10	45.	Jonathan Tag	23 M	Columbia 0.5 51:01
17.	Debbie Heifner	38 F	Columbia	5.5	41:12	46.	Kevin Woodland	31 M	Columbia 0.0 51:30
18.	Jay Hasheider	46 M	Columbia	3.5	42:26	47.	Lee Pitts	26 M	Moberly 4.5 52:05
19.	Michael Eggerding	26 M	Columbia	0.0	42:31	49.	Richard Otto	46 M	Columbia 3.5 52:34
20.	Carl Myers	62 M	Mexico	8.5	42:49	50.	Andrea Woods	49 F	Columbia 8.5 52:48
21.	Chad Schroeder	20 M	Columbia	1.0	42:58	51.	Terry Johnson	15 M	Columbia 3.0 53:09
22.	Kerry Peveler	36 M	Columbia	1.0	43:13	52.	Darrin Young	28 M	Columbia 0.0 53:10
23.	Don Waltman	60 M	Columbia	7.5	43:19	53.	Marvin VanLeer	58 M	Beaufort 6.5 53:56
24.	Sam Meyers	53 M	Columbia	4.5	43:49	54.	Barbara Cook	50 F	Ballwin 9.0 54:06
25.	Elizabeth Gerhardt	75 F	Columbia	25.0	43:52	55.	John Johnson	13 M	Columbia 5.0 54:44
26.	Charles Sattler	32 M	Columbia	0.5	43:55	56.	Jim Balmer	57 M	Columbia 6.0 54:58
27.	George Maginnis	63 M	Columbia	8.5	44:05	57.	Brian Price	38 M	Fulton 1.5 55:38
28.	Peter Sommerville	34 M	Columbia	0.5	44:47	58.	Patty Powers	44 F	Columbia 7.0 56:42
29.	Joel Bantista	33 M	Moberly	0.5	44:54	59.	Vernon Pumm	53 M	Ballwin 4.5 59:27
						60.	Lindy Kempft	34 F	Columbia 4.5 1:01:28
						61.	Debora Primm	37 F	Columbia 5.0 1:01:29

Runner's Choice 10K or 20K

7:30 a.m., Saturday, Oct. 7, 1995

Marc Keys and Linda Robbins won the 10-K, and Bob Elliott and Cam Ronchetto topped the 20-K on this beautiful running day — temperatures in the upper 40s to low 50s. The 23 participants ranged in age from 23 to 75.

10-K

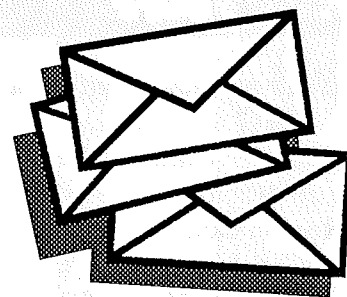
Marc Keys (32)	36:07
John Hourie (31)	39:16
Curt Kempf (31)	39:20
Roger Turnbough (38)	41:01
Mike Walther (38)	41:11
Linda Robbins (44)	47:01
Tom LaFontaine (48)	47:02
Joe Duncan (61)	48:15
Jim O'Dell (51)	48:18
Karen Derrick (34)	49:22
Randy Gay (41)	50:55
Mike Smith (44)	51:12
Kevin Woodland (31)	51:19
Boots Gerhardt (75)	65:04

20-K

(Finish time and 10-K split)

Bob Elliott (26)	1:12:27 (36:19)
Steve Stonecipher-Fisher (38)	1:14:39 (37:04)
Pat Williams (33)	1:15:51 (36:24)
Welch Suggs (23)	1:16:17 (37:04)
Jeff Jaspers (35)	1:27:58 (42:37)
Dick Madsen (53)	1:30:04 (44:39)
Kevin Stock (33)	1:36:01 (47:23)
Cam Ronchetto (35)	1:56:29 (56:19)
Joe Eth (35)	1:56:30 (56:20)

Race director: Joe Marks. Special thanks to Tom Allen and "Lyle" (Kevin Stock's father-in-law) for helping with this event.



Letter of thanks

Dear CTC Board Members:

I would like to thank you very much for selecting me as a recipient of a CTC scholarship in Exercise Science. It is a pleasure to be associated with the CTC and its ongoing service to the Columbia running community.

Christian Reed

1995 Columbia Track Club Schedule

Date	Time	Event/ Distance	Fee	Race Director/ Phone	Start Location	Miscellaneous Information
11/12	1 p.m.	CTC/SLTC/Sedalia TC/ Jefferson City R.R. Cross Country	**	Michele McFadden 882-9223	Bethel Park	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

11-18	9 a.m.	H.W. Harris Memorial 8-K	Sedalia 816-827-0274
11-23	9 a.m.	Parkville Turkey 5-K	Parkville 816-741-7551
11-23	8:30 a.m.	Kirkwood/Webster 3-M/6-M	Kirkwood 963-5325
12-9	8 a.m.	Jingle Bell 5-K/1-M	St. Louis 991-9333

CTC briefs***Club members place in Versailles***

CTC member Don Waltman, 60, of Columbia, placed second in the Super Seniors 10-K at the Fellowship of Christian Athletes Apple Festival Run on Oct. 7 in Versailles. His time was 48:07.

Carl Myers, a CTC member from Mexico, was third in 49:07. Don and Carl placed 15th and 16th overall in the run.

Dolphin active in the Northwest

For those of you who don't know, Bob Dolphin is a former CTC member who now lives in Washington state. He keeps us posted on his racing, which knows no bound.

In the last month or so, he has run the Royal Victoria Marathon, the Portland Marathon, the Tri-Cities Marathon and the Autumn Leaves 50-Miler. At last count, he had run 136 marathons and 36 ultra-marathons.

Area participants in St. Louis Marathon Oct. 15, 1995

Males

35. Michael Westerheide, Columbia	2:58:05
37. Mark Wilson, Columbia	2:58:16
42. Donald Ittner, Jefferson City	2:58:46
107. Thomas Malloy, Columbia	3:12:02
114. Breck Burgess, Jefferson City	3:12:27
118. Ronald Molteni, Jefferson City	3:13:20
153. Stephen Young, Jefferson City	3:19:15
175. Richard Madsen, Columbia	3:22:25
181. Ron Gresham, Jefferson City	3:23:12
186. Joseph Genovese, Mexico	3:23:41
195. Robert Calaluze, Columbia	3:25:16
203. Steven Baughman, Columbia	3:25:58
320. Michael Veit, Jefferson City	3:39:04
335. William Casey, Columbia	3:41:24
387. Mike Bunge, Mexico	3:47:47
395. Jay Wood, Columbia	3:48:16
410. Kelly Arnold, Columbia	3:50:58
416. Thomas Welsh, Mexico	3:52:13
450. Gene Owen, Mexico	3:56:23
537. Steven Meyer, Columbia	4:13:20
565. Charles Imboden, Columbia	4:18:18
595. Bradley Wright, Columbia	4:25:06
600. Lou Tedeschi, Jefferson City	4:26:13
604. Chuck Ewing, Jefferson City	4:27:08
688. Gary Grant, Columbia	5:52:06

Females

6. Tara Flynn, Columbia	2:59:15
31. Melanie Boock, Columbia	3:35:22
56. Boni Wagers, Jefferson City	3:46:49
70. Julie Miller, Jefferson City	3:52:33
136. Linda Hodges, Jefferson City	4:26:05
137. Holly Arnold, Columbia	4:26:07
138. Debbie Wells, Jefferson City	4:26:09
171. Bridget Hug, Jefferson City	5:01:31

1996 Columbia Track Club Schedule

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
1/13	2 p.m.	Couples Run/Walk 4-M, individuals welcome	**	Georgina Gonzales, 449-8350	Bethel Park	Male-female teams, dinner awards
2/2	9 a.m.	Nut Race 5-K	**	Dick Hessler, 874-2906	Reactor Park	Edible awards
3/16	8 a.m.	St. Patrick's Day 5-K	\$10	Mark Wilson, 474-2732	Saventh & Broadway	Long-sleeve T-shirts, awards
3/23	8:30 a.m.	CTC 15-K Run or Walk	\$8	Joe Duncan, 445-2684	Holiday Inn Executive Center	Walkers, 8:30 a.m.; runners, 9 a.m.
3/30	9 a.m.	Two-Person Relay 5-M, alternate quarters	**	Mike Kaylen, 442-9449	Hickman Track	Age-grouped, awards
4/20	8 a.m.	Human Race 5-M	\$10	Larry Patterborg, 874-2482	Rock Bridge H.S.	T-shirts, awards
4/27	10 a.m.	Show-Me Stampede 5-K	\$10	Greg Logsdon, 882-2101	Reactor Park	T-shirts, barbecue
5/4	8 a.m.	Law Enforcement Run for Special Olympics 5K	\$15	Moon McCrary, 874-7422	East side of Faurot Field	T-shirts, awards
5/11	8 a.m.	Spring Couples Run/Walk 5-M, individuals welcome	**	Tom Smith, 875-5899	Bethel Park	Male-female teams, dinner awards
5/18	8 a.m.	Big Brothers/Big Sisters Stadium Run 10-K	\$12	Curt Kempf, 446-2878	Rock Bridge Track	Staggered start based on age/sex; T-shirts; awards
5/5	6 p.m.	Summer Youth Program #1	\$1	Tom Allen, 449-5655	Hickman Track	Awards
7/13	6:30 p.m.	Distance Medley 3,000, 1,500, 800	**	Michele McFadden, 882-9223	Hickman Track (M.U.?)	Awards
8/3	7 a.m.	Great Sandbaggers 10-K	**	Roger Turnbough, 445-1225	West Broadway Swim Club	Staggered start based on predicted time; awards
9/2	6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center	37th annual, T-shirts, awards
9/21	4:15 p.m.	Fall Classic 5-K	\$10	Rick Rother, 874-5899	Boone Hospital	Long-sleeve T-shirts, awards
10/5	7:30 a.m.	Runner's Choice 10-K or 20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
10/12	8 a.m.	One-Hour Run	**	Steve Stonscipher-Fisher, 443-8875	Hickman Track (M.U.?)	Awards
11/10 ?	11 a.m.	CTC/SLC/Sedalia/J.C. Cross Country	**	Kent Lang, 816-827-0274	TBA	Team and individual competition
12/7	8:30 a.m.	Jingle Bell Run for Arthritis 5-K run/1-M walk	\$8	Randy Gay, 474-9104	University Hospital	Awards
12/14	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Sam Van Maanen, 449-7832	Strawn Road	Walkers, 8:30 a.m.; runners, 9 a.m.

**RUNNER'S
HOTLINE
446-2877**

** Track club members pay no entry fee; \$3 for non-members.
The Summer Youth Program runs every Wednesday starting June 5.
Running events, high jump, long jump and competitive walks are included.

CTC NEWS
Fax: 696-3565
E-mail: ddkkdd@aol.com

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**

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