

# COLUMBIA TRACK CLUB **NEWS**

Volume XXIX No. 5

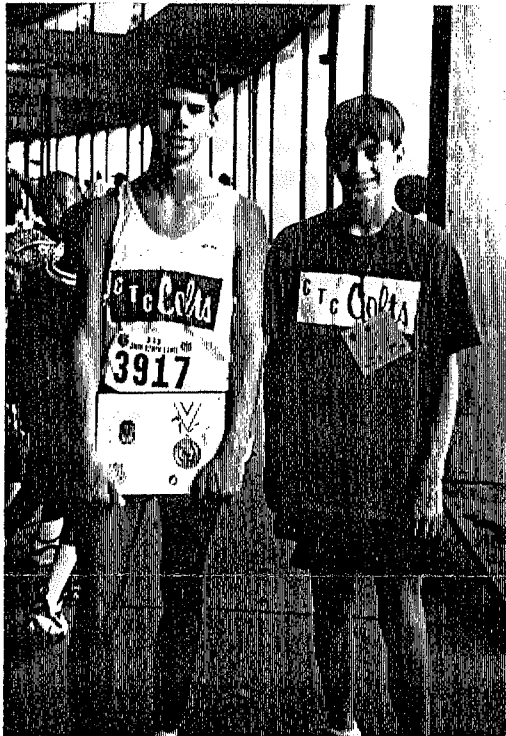
August 1996



## Summer a hot time for CTC, youths

The Colts youth track team sponsored by the Columbia Track Club was coached by Pete Hessler, Angela Hessler, Birgitta Hessler, Nick Smith and Dick Hessler, with systematic help from Tom Emmel, Jim Marshall, Bob Hook, Cory Parks, Keith Smith and Bill Williams.

It was a very good season with the following 13 CTC youth members competing in Junior Olympics and the Show-Me State Games: Brendan Emmel, Hannah Hassemer, Britany Marshall, Nathan Smith, Christy and Rachel



Jimmy Rambur and Matt Turner

Williams, Ellen Pagan, Missy Doll, Colleen Kleithermes, Jennifer Tyler, Matt Tanner, Jonathan Richert and Jimmy Rambur.

Three runners advanced from local and state qualifying to the regional Junior Olympics meet in Collinsville, Ill., which was the qualifier for the national championships in New Orleans. Jimmy Rambur (young men's division 17-18 years) qualified for nationals by running second in the 3,000 at Collinsville in 9:15. Matt Tanner was second in the boys' youth division (14-15) in 9:46, and Rachel Williams ran a personal best 3,000 in the girls' youth division of 11:43.

At nationals, Rambur was sixth of 32 runners in the 3,000 and Matt Tanner came up with an injury in his race and had to take a DNF. Rambur ran 9:08 and received a medal. Tanner and Rambur are pictured above in New Orleans.

This was an excellent group of runners, all of whom made it through the state meet in Kansas City. All of the Colts posted personal best after personal best throughout the summer, and we of the coaching staff are very proud of every one of them.

— Dick Hessler

The CTC Summer Program completed its 26th year with 150 kids participating over six Wednesday evenings this past summer.

CTC has been blessed with many dedicated and gifted individuals who participate as volunteer meet officials during the six weeks. The following individuals made the program the success that it was: Anne Hessler (administration and awards); Jean-nine Pagan (awards); Jean Williams (awards); Bill Williams (finish line, long jump); Birgitta Hessler (head, finish line), Melissa Pagan, Nick Smith, Angela Hessler, Pete Hessler, Jeffrey Strong, Corey Parks, Steve Pagan, Angie Stobie and Katy Bihr, all high school, college and ex-college runners.

Tom Allen and Michele McFadden coordinated the starting duties, and Linda Lafontaine coordinated the long jump with her husband, Tom, assisting. Scott Dressel coordinated the shot put, and Keith Smith assisted. Gloria Smith helped with awards and posting results. I hope I haven't left anyone off the list of helpers. As you can see, we had lots of superb help.

For those of you who don't know what the program is about, briefly it is a series of age-group track meets. CTC's awards include ribbons for first through fifth, a personal-improvement ribbon and trophy night on the last meet. By the way, if you have trophies that you want to recycle, please bring them to Tryathletics and I'll pick them up and use them next summer. Also, next summer we hope to be on the new track at M.U., which will enable us to run the 400s and 200s in a normal fashion, that is, in lanes all the way.

— Dick Hessler

25 years ago**Back to the beginning**

By Joe Duncan

July 10, 1971

12-Mile Run: 1. Louis Naeger (Ste. Genevieve), 1:08:40; 2. Bill Wirtz, 1:10:19; 3. Roman Sage, 1:12:56; 5. Don Granberg, 1:22:36; 6. Joe Duncan, 1:23:44.

July 17, 1971

MVAAU 15-K Run (90 degrees, at Hickman track): 1. Carl Owczarzak, 51:45; 2. Elzy Miller (School of the Ozarks), 53:18; 3. Kerry Hogan (M.U.), 53:45; 4. Richard Miller, 54:42; 5. Bill Wirtz, 56:03; 6. Dennis Stewart, 56:37; 7. Roman Sage, 58:18; 12. Don Granberg, 1:04:34; six others.

July 30, 1971

2-Mile Run: 1. Bob Brouillet, 9:21; 2. Bill Wirtz, 9:25; 3. Fred Benggeli, 9:34; 4. Dennis Stewart, 9:59; 7. Whitney Hicks, 11:10; 8. Don Granberg, 11:12; 10. Mike Chippendale, 12:08.

Aug. 7, 1971

30-K Run: 1. Bob Pelikan, 1:57:30; 2. Roman Sage, 2:09:00; 3. Don Granberg, 2:09:18; 4. Whitney Hicks, 2:23:03; 6. Joe Duncan, 2:24:06.

Aug. 14, 1971

3-Mile Run: 1. Bill Wirtz, 15:22; 2. Ken Ellingwood, 16:33; 3. Don Granberg, 18:05; 4. Mike Chippendale, 18:43.

Aug. 28, 1971

Second Half of Marathon Course: 1. Charles McMullen (M.U. runner, now competing successfully in masters races in New York), 1:17:46; 2. Don Hoelting, 1:18:58; 3. Don Todaro, 1:20:20; 5. Fred Binggeli, 1:26:42; 14. Rob Spier (walking), 2:51:03.

**CTC Board of Directors**

Curt Kempf, president	Tom Allen, secretary-treasurer
Rick Rother	Mark Wilson
Randy Gay	Joe Marks
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 sent to:

Dan Kelly, CTC Newsletter editor	
Route 6, Box 238	Fax: 696-3565
Columbia, Mo., 65202	E-mail: ddkkdd@aol.com

**Great Sandbagger 10-K**

The Sandbagger arrived on its 26th running with the notorious trophy awaiting the winner. The 1995 winner, Randy Gay, was unable to present the trophy because he was attending the Olympics in Atlanta. Or it could be he was guaranteeing the trophy would be passed on.

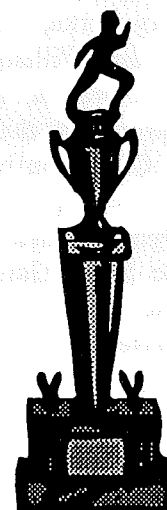
Fifteen intrepid souls vied for the coveted trophy on a cool, dry morning. Boots Gerhardt led the race, with eventual winner Karen Derrick setting a self-confessed personal best to take home the prize. Joe Duncan was the most honest runner, bettering his predicted time by only 8 seconds.

All the runners received a hefty "Payday" for their participation. Thanks for coming.

— Race Director Roger Turnbough

**Great Sandbagger 10-K**  
**Aug. 3, 1996**

Name	Time	Diff.
Karen Derrick	47:42	-5:18
Tom Smith	47:42	-1:18
Jim O'Dell	49:18	-1:12
Boots Gerhardt	68:58	-1:02
Scott Mantooth	35:48	- :12
Lisa Burger	49:51	- :09
Joe Duncan	49:52	- :08
Tom Collier	45:07	+1:07
Angela Hessler	45:15	+1:15
Birgitta Hessler	47:46	+1:16
Dick Hessler	41:24	+1:24
Don Waltman	53:57	+2:27
Brian Walsh	38:27	+2:27
Cammy Ronchetto	57:40	+5:40
John Patton	57:40	+5:40

**Show-Me State Games 5-K**

Three teenagers led the way in the 5-K road race at the Show-Me State Games. Jimmy Rambur, 17, won the race on July 28 in 16:10, followed by 17-year-old Jake Beeman and 15-year-old Scott Smith. Steve Stonecipher-Fisher, the 39-year-old former CTC president, was fourth in 16:47.

Katie Singleton, 16, was the women's winner. Alex Major won the 5-K race walk in 23:36.

**Welcome new CTC members**

Anita Chancey, Columbia	Seth Hunziker, Columbia
Gary Jones, Mexico	Daniel Kliethermes, Columbia
Scott Mantooth, Columbia	Bob Reibold, Columbia

# FOURTH ANNUAL

## "LOVE LAKE CHALLENGE"

15,000 & 5,000 METER RUN

Sponsored by

MACON FAMILY CHIROPRACTIC--LAPLATA STATE BANK

DATE: Saturday, September 28 1996

TIME: race to start at 10:00 am

### ENTRY FEE & REGISTRATION:

Pre-registration--Entry must be postmarked on or by September 21.

Late registration--After September 21 until race time.

Entrants receive a specially designed commemorative polo shirt with race logo.

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 (816-332-7664)

Jeff Jordan

316 West Aaron

Atlanta Mo 63530

Checks made payable to "Love Lake Challenge."

### PACKET PICKUP:

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

### AWARDS:

The overall top male and female finishers in the 15000M race will receive a \$100. U.S. Savings Bond. The overall top male and female finishers in the 5000M race, and the top three male and female finishers in each age division in each race will receive medals.

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

19 and under

30-39

50 and over

20-29

40-49

### PLEDGES:

Runners may collect pledges for miles run. Pledges will benefit the American Diabetes Association. Moneys must be collected by the runner.

### COURSE:

The race course will be on mixed surfaces over gentle 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 race 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.

### PANCAKE DINNER

A pancake dinner provided following the race results: Compliments of Berney Belfield, Belfield Insurance and Realty.

### ENTRY FORM

Check One

15000 Meter Run

5000 Meter Run

☐ Pre-registration \$10.50

☐ Pre-registration \$10.50

☐ Late registration \$12.50

☐ Late registration \$12.50

☐ Check if you intend to attend the complementary pancake dinner.

NAME

AGE SEX

ADDRESS

STATE

ZIP

PHONE

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, the American Diabetes Association, Missouri Affiliate, 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.)

 an event of  
**American Diabetes Association.**

## *Love Lake Challenge*

### *Sponsorship Form*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Employer Name \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

My Total Sponsor Goal \$ \_\_\_\_\_

*Thank you for your support! Your pledges will benefit people with diabetes in the Northeast Missouri Area!*

Sponsor Name	Address	City	Phone	Amount Sponsored	Total Amount

Make checks payable to the American Diabetes Association, 1316 Parkade Blvd., Columbia, MO 65205, 1(800) 404-2873

## 1996 Columbia Track Club Schedule

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 Stonacipher-Fisher, 443-8875	Hickman Track (M.U.?)	Awards
11/10 ?	11 a.m.	CTC/SLTC/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.

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

## The Summer Youth Program runs every Wednesday starting June 12.

### Other selected events

9-14	6 p.m.	Magic City Twilight 5-K Run/Walk	Moberly 816-263-7694
9-21	9 a.m.	KCOM Cardura Crawl 5-M	Kirksville 816-626-2213
9-28	10 a.m.	Love Lake Challenge 15-K/5-K	LaPlata 816-332-7664
9-7	8 a.m.	Soybean Run	Mexico 573-581-1540
9-7	7:30 a.m.	Cole Camp 5-K	Cole Camp 816-668-3885
9-14	Noon	M.U. Cross-Country Open 5,000 meters	A.L. Gustin G.C.
9-14	8 a.m.	Katy Trail 5-K	Sedalia 816-826-0956
10-5		Apple Festival 10-K	Versailles 573-378-4697
10-5		Harvest Moon Run	Jefferson City 573-896-4186
10-12	8 a.m.	Fayette Apple Festival 5-K Walk/Run	Fayette 816-248-3987
10-12	9 a.m.	Dollars for Scholars 5-K	Jefferson City 573-896-4186

## Distance Triathlon

It was no surprise that the heat on the evening of July 13 didn't affect the Columbia Colt members who showed up to run the distance triathlon. They'd been competing in similar conditions for many weeks as participants in the 1996 CTC Summer Youth Program. Their hard work and dedication really showed.

Unaware of any club traditions, the race director chose a sequence of 3,200M, 800M

and 1,600M.

Of all the competitors, Rick McAllister came the closest to having even splits for all three events. Boots Gerhardt wrapped up the evening's competition by inspiring us all to keep going and have fun, no matter how hot and humid.

Thanks go to Joe Duncan and Bill Williams for recording splits and Anne Hessler for recording final results.

—Race Director Michele McFadden

### Distance Triathlon July 13, 1996

Name	Age	800	1600	3200
Jordan Cox	9	3:17	7:20	14:12
Hannah Hassemer	9	3:37	7:42	16:20
Jennifer Tyler	10	4:05	8:16	16:12
Lucas Hassemer	13	3:08	7:09	14:26
Rachel Williams	13	2:59	6:45	14:17
Matt Tanner	14	2:26	5:25	11:23
John Rauschenberger	16	2:52	9:21	15:14
Nolan White	16	2:21	5:38	15:13
Angela Hessler	23	2:35	6:09	12:14
Aaron Aaker	25	2:25	5:24	11:30
Mark Keys	?	2:09	5:23	15:37
Rick McAllister	40	3:06	6:25	13:15
Dick Hessler	54	2:38	5:41	11:46
Boots Gerhardt	76	5:04	10:30	21:23

# MAGIC CITY TWILIGHT 5K RUN/WALK

Sponsored by: Moberly Area  
BRW (Bike/Run/Walk) Club



**PROCEEDS FROM THE RACE WILL BE DONATED TO SUPPORT THE MOBERLY HIGH SCHOOL  
SPARTAN FACILITIES IMPROVEMENT PROJECT**

\*\*\*\*\*

**WHEN:** Saturday, Sept. 14th 6:00 pm Walkers start 6:30 pm Runners start

**WHERE:** Race begins at Moberly Senior High School..

**AWARDS:** Awards will be given to the overall male and female winners in the walker and runner categories. Awards will also be given for the top three finishers in the 5K run to each of the following age groups: 12& under, 13-18, 19-29, 30-39, 40-49, 50-59, 60 and over.

**ENTRY FEE:** \$10.00 fee if postmarked on or before Sept. 9th. Early registrants guaranteed race t-shirt and eligible for special prize drawing!  
\$15.00 fee after Sept. 9th and race t-shirt will be mailed later.

Race packets may be picked up beginning at 4:30 pm and registration accepted until gun goes off. Race will be held regardless of weather conditions. Race course is fairly flat with one hill. (See map on back of this form.) Any questions, please call Regina Brown at (816) 263-7694.



## MAGIC CITY TWILIGHT 5K RUN/WALK ENTRY FORM

**NAME:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**Send to:**  
Moberly Area BRW  
Rt. 1 Box 111  
Cairo, MO 65239

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

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**T-SHIRT SIZE (Circle one):** 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 Saturday, September 14, 1996. I agree to follow all rules of the run/walk and to permit myself to be removed from competition if, in the opinion of race personnel, my continuing would endanger my health. (Must be signed by parent or guardian if under the age of 18)

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



# Fayette Apple Festival 5K Walk & Run

**Saturday, October 12, 1996, 8:00 a.m.**

**EXPERIENCE A NEW COURSE**

**Location:** Packet Pick-up, Corner of Church and Davis Streets

**Registration:** \$10.00 Entry received by Oct. 4th  
\$4.00 on day of Race - NO T-shirt  
Late registration on Oct. 12th from 7:00 am to race time

**Prizes & Awards:** Each early entrant will receive a T-shirt.

1st, 2nd and 3rd place awards to male and female winners in the Walk and Run,  
in the following age groups: 0-10;11-15;16-19;20-29;30-39;40-49;50-over.  
Overall Winner to Runner and Walker.

Walk & Run will be held regardless of weather.



## ENTRY FORM

Make checks payable to Fayette Apple Festival

Complete and return to: Jim O'Dell, 881 State Rt. O, Fayette, MO 65248 816-248-3987

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS \_\_\_\_\_ 5K RUN \_\_\_\_\_ 5K WALK \_\_\_\_\_

TOWN/STATE \_\_\_\_\_ SHIRT SIZE: S M L XL

ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

By my signature, I (for myself/representatives) declare full responsibility for myself during my participation in the Fayette Apple Festival Walk-Run. Furthermore, I waive, release any and all claims for the damages against the Fayette Apple Festival/Fayette Chamber of Commerce and any of their representatives for any injury I may sustain in connection with this event.

\_\_\_\_\_  
Signature (parent or guardian's signature if entrant is under 18 years of age).



## 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

12/96

Joyce Schulte  
1102 E. Broadway  
Aubudon, IA 50025