

COLUMBIA TRACK CLUB

NEWS

Volume XXIX No. 1

February 1996



A FROZEN NUT RACE ...

Rarely has a race been more appropriately named.

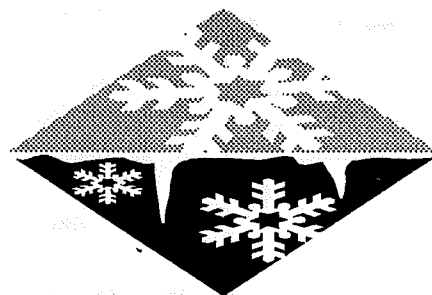
The temperature was minus-15. The wind chill was minus-50. But the Nut Race went on.

Race Director Dick Hessler provides this account:

This was the coldest Nut Race in the history of the event. Fortunately, the wind died down right before the start of the race.

Seventeen nuts ran and survived long enough to receive awards. Everyone got something other than frostbite.

Special thanks to Mrs. Twenter, who recorded the names and places of the finishers, and to Jimmy Ram-



bur, who handed out the sticks at the finish line.

I don't have all the times because the 100-lap split watch froze along with my fingers. I got home only to discover that the watch had blanked out and then had cleared itself when it came back to life. Memory and a few phone calls produced the times posted here.

Nut Race 5,000 meters Feb. 3, 1996 Males

1. Matt Peters	16:31
2. Pete Hessler	16:35
3. Barry Twenter	17:22
4. Steve Stonecipher-Fisher	17:25
5. Mark Keys	17:42
6. Tom LaFontaine	?
7. Tim O'Connell	21:07
8. Bob O'Connell	21:36
9. Jim O'Dell	22:58
10. Joe Duncan	24:27
11. Randy Gay	25:05
12. Don Walthman	26:12
13. Ken Burres	?

Females

1. Birgitta Hessler	22:28
2. Linda LaFontaine	22:51
3. Karen Derrick	22:58
4. Cammy Ronchetto	?

... TOASTY WARM COUPLES

It was the middle of January. So, naturally, it was sunny with the temperature in the 60s for the Couples Run.

Forty-two runners competed in the 4-mile race, with 12 couples vying for prizes. The overall winners were Scott and Paula Rubenstein, with a time of 47:16. They were followed by teens Nick Smith and Birgitta Hessler.

The race director was Georgina Gonzalez, who thanks helpers Joe Duncan, Randy Gay and Steve Stonecipher-Fisher.

Couples Run 4 miles

Jan. 13, 1996

Age 30-35 (combined)

1. Nick Smith (17)	21:14
Birgitta Hessler (18)	27:18
	48:32
2. Jim Cook (17)	23:47
Melissa Pagen (16)	23:47
	51:56
3. Lucas McMillan (15)	24:06
Kristi Reams (15)	28:14
	52:20

Age 55-69

1. Scott Rubenstein (29)	22:30
Paula Rubenstein (26)	24:26
	47:16
2. Dianne Lottman (23)	26:10
Tom Smith (32)	27:48
	53:58

3. Joe Eth (34)	28:35
Cammy Ronchetto (35)	29:24
	57:59

Age 79-85

1. Karen Derrick (34)	28:55
Bennett Rushkoff (37)	29:35
	58:30

2. Steve S.-Fisher (39)	21:35
Diane Priest (40)	37:06
	58:41

Age 86-129

1. Tom LaFontaine (49)	23:10
Linda LaFontaine (44)	28:11
	51:21

2. Dick Hessler (54)	23:40
Boots Gerhardt (75)	42:36
	76:16

Walkers

Gloria and Keith Smith	
Stephanie and Al Vargesco	

Others

Barry Twenter	21:12
Marc Keys	21:20
Mark Wilson	23:01
Mark Volek	23:02
Darrin Young	23:52
Steve Tanner	24:53
R. Turnbough	25:03
Phil Schaefer	25:13
Mike Walther	26:01
Larry Patterborg	27:51
Jim O'Dell	27:53
Chuck Ewin	28:17
Carl Myers	30:22
Nathan Smith	30:33
Jayson Holly	30:36
David Webber	30:48
Rick Taffe	31:07
Devon Thomas	31:49
Ken Burres	33:06
Jim Balmer	35:54
Marvin VanLeer	36:05

CTC briefs**Marathon updates**

CTC President Curt Kempf has suggested we institute a new feature in the newsletter to get members more involved and more exposure.

The idea is for anybody who runs a marathon to let us know. It's that simple. You tell us when, where and how fast, and we'll tell the rest of the club members.

For example, Kevin Stock informs us that he ran in the Tulsa Marathon on Nov. 18. He finished in a time of 3:48. He said another CTC member (he thinks it was Marc Keys) ran and did well, but he didn't have specifics.

Obviously, your help is needed to make this feature work. Just let us know by phone, mail, fax or e-mail, and we'll publish the information.

Mountain camp

We've gotten a notice about two multisport camps this summer in Colorado Springs, Colo., that sound kind of interesting.

For \$500, you get lodging, food, training and instruction in areas such as aero positioning (whatever that is), swimming, stretching and massage therapy. These camps are for adults.

For information, contact Philip Hackbarth at 719-450-0606 or P.O. Box 38254, Colorado Springs, CO, 80937 or phack@cris.com.

Welcome new CTC members

Jim Cook, Columbia
Andrea Fischer, Columbia
Jared Finley, Columbia
Nathan Mechlin, Columbia
Ann Rosenkoetter, Columbia
Chuck Ewing, Jefferson City
Bill and Dolores Clark, Columbia

Devon Thomas, Columbia
Mark Gisi, Columbia
Mario Mayes, Columbia
Kristi Reams, Columbia
John Schultz, Columbia
Margaret Tonnies, Columbia

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

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Columbia, Mo., 65202

Fax: 696-3565

E-mail: ddkkdd@aol.com

25 years ago**Back to the beginning**

By Joe Duncan

Jan. 3, 1971

5-Mile Run: 1. Dennis Stewart, 29:22; 2. Bill Wirtz (SE Mo. State), 31:01; 3. Don Granberg, 32:33; 4. Roman Sage, 33:46. Walkers: Mark Achen, 41:32; Dave Leuthold, 49:25.

Jan. 16, 1971

5-Mile Handicap Race: 1. Bill Wirtz, 28:37; 2. Dennis Stewart, 28:37; 3. John Houle, 30:20; 5. Whitney Hicks, 30:58; 6. Don Granberg. Walkers: Mark Achen, 40:48; Dave Leuthold, 47:25.

Jan. 30, 1971

Devil Take The Hindmost, Hickman Track: Everyone ran a mile, then the person in last place at the end of each lap dropped out, until there was one runner left — Bill Wirtz, who finished three miles in 16:09.

Feb. 7, 1971

6-Mile Run: 1. Loren Moes, 33:12; 2. Bill Wirtz, 34:00; 4. Whitney Hicks, 37:14; 5. Don Granberg, 37:27; 7. Roman Sage, 40:01; 8. Joe Duncan, 40:59. Walkers: Larry Young, 45:16; Mark Achen, 48:29; Paul Ide, 49:50.

This was Larry Young's first appearance in a CTC event. Larry's presence catapulted CTC into considerable prominence in U.S. racewalking circles for the next 10 years. Many regional and national championships were held here during that period. Larry, who had won a bronze medal at the 1968 Olympics, repeated the feat at the 1972 Olympics. He is the only American to win an Olympic racewalking medal.

Feb. 20, 1971

3, 2, 1 Mile Triathlon: 1. Dennis Stewart, 31:49 (16:10, 10:43, 4:56); 2. John Houle, 33:16; 3. Whitney Hicks, 34:19; 5. Don Granberg, 35:42.

Feb. 27, 1971

10-Mile Run: 1. Bill Wirtz, 57:55; 2. Bob Hunerdosse, 1:00:53; 3. Dennis Stewart, 1:01:44; 4. Whitney Hicks, 1:05:06.

CTC survey

We ask that all CTC members take a few minutes to complete this informal survey. The club needs feedback to serve its membership effectively. Just fill it out and mail it to the address at the bottom of the page. Thanks.

1. What do you like most about CTC?

2. What do you like least about CTC?

3. Would you like to see a monthly section about marathons run by CTC members, with their stories/reports?

☐ Yes ☐ No

4. Were you aware that CTC has a runner's hotline (446-2877)?

☐ Yes ☐ No

If YES, how often do you call it?

☐ Frequently
☐ Occasionally
☐ Rarely
☐ Never

5. Do you have a Internet e-mail address where we could contact you with club news?

☐ Yes ☐ No

If so, please send it to ckempf@mail.coin.missouri.edu

6. How many organized races did you participate in last year?

7. How many CTC club events did you participate in last year (club events are those sponsored solely by the track club, including the Nut Race 5-K, the Runner's Choice 10-K/20-K and the Cheese & Kraut)?

8. Would you participate in club events if they were held during the weekdays in the late afternoon or early evening?

☐ Yes ☐ No

9. Did members of your family participate in last year's summer youth program?

☐ Yes ☐ No

10. Would you be interested in helping direct a club event?

☐ Yes ☐ No

11. Would you be interested in volunteering for a club event?

☐ Yes ☐ No

12. How old were you when you started running?

13. If organized workouts were scheduled on a track or golf course (cross country) would you be interested in participating?

☐ Yes ☐ No

14. Are you interested in officiating youth or collegiate track meets?

☐ Yes ☐ No

15. Are you interested in coaching or volunteering with youth track?

☐ Yes ☐ No

16. How many annual meetings of the track club have you attended?

☐ None
☐ 1-2
☐ More than 2

17. If you have not attended the meeting was it because:

☐ You were unaware of the meeting time and place
☐ Not interested in the agenda
☐ The meeting was scheduled at an inconvenient time for you

18. If you have access to the World Wide Web (WWW-Internet), and if a CTC Web site were available, would you use it to obtain information about upcoming club events, other Missouri club events, race results, etc.?

☐ Yes ☐ No

19. Are you familiar with HTML (how Web pages are created), or do you know anybody who is familiar with HTML? If so, please forward your name or their name to ckempf@mail.coin.missouri.edu

Name: _____

Phone: _____

Return to:

Curt Kempf, CTC president
2509 Lloyd Drive
Columbia, MO 65203

**The Groundhog Run
Children's Therapeutic Learning Center Benefit
10K Cave Race
Midwest SubTropolis
Kansas City, MO
Feb. 4, 1996**

CTC took a van full of members while other CTC runners got there by different means. These results are probably not for all CTC participants, but it's pretty close to everyone, I think. As readers can see, CTC did very well, inspiring the awards announcer to comment at one point, "Columbia Track Club brought some ringers." I believe that we would have won the team competition had we entered. Maybe next year.

Outside temperature was minus 10 while inside it ranged from 45 near the entrance to probably 65 degrees at the turnaround back in the cave. The race started 100 yards in from the entrance on a two lane asphalt road, went out a mile or so, turned around a limestone pillar, came back against the slower runners separated by hundreds of cones marking the middle of the road. Then it was down another long tunnel, turnaround, and head back to the start and 5K for another loop. Most of the time you couldn't see the slower runners, but with 1700 plus in the field, there was always someone to work on. There were literally dozens of passages branching off the race course, but cones and officials made it easy to stay on course. The lighting was decent throughout the course and the start/finish area was very well lit. No wind, no hills, lots of turns, lots of very fast people.

Mark Curp went 28:50 something to win the male division and Andrea Fischer broke her own course record, running 34:31 to win the female division. That's not all she won. TWA gave her a round-trip ticket to anyplace in the continental USA. We thought she might want to go to Bixby, Oklahoma, to visit the sod farms and the Kleenex factory. Christian Reed was 3rd overall with the outstanding time of 30:40. Nathan Mechlin won the 20-24 age division (he's only 18), Matt Tanner got second place 14 and under, and Dick Hessler squeaked out second in 50-54. Barry Twenter, in his first 10K ever, ran 34:05!! He and Birgitta had to compete in the 15-19 age group which is pretty ridiculous with the caliber of 19 year old college runners in a big race like this one. Kind of like Dick Hessler and Boots Gerhardt going up against the Lafontains in the couples' race. Barry is only 15 and he ran a 17:00 5K in minus 15 degree temperature the day before at the Nut Race. Likewise, Birgitta Hessler ran 22:28 the day before and then came back with a solid 44:21 in the cave. Jimmy Rambur went out with Mechlin and Twenter then hung on to a 38:10 in spite of serious breathing difficulties caused by the dust in the air. Lucas McMillan was right behind Jimmy with a 38:20, another amazing effort by a very young runner. Mark Wilson felt that he had an off day, but still managed a solid 38:28 to finish right behind Lucas. Mario Mayes is a triathlete who is getting back into racing form. Steve Tanner gave his son Matt a run for his money. The Tanners and Birgitta were quite far back from the starting line when the gun went off and it took a mile for them to get clear and running well. Nick Smith is coming off a serious leg injury and his 36:31 was remarkable given his low weekly mileage and gentle workouts. Charlie Gray won the masters with a 31 and change!! The post-race party was very nice with bagels, sport drinks, coffee, yogurt, and power bars. Definitely a race you might want to run sometime.

CTC Runner	Time	Place
Andrea Fischer	34:31	1st female
Birgitta Hessler*	44:21	7th 15-19 female
Dick Hessler	37:05	2nd 50-54 male
Mario Mayes	43:27	?
Lucas McMillan*	38:20	?
Nathan Mechlin*	35:37	1st 20-24
Jimmy Rambur*	38:10	?
Christian Reed	30:40	3rd male
Nick Smith*	36:31	?
Matt Tanner*	40:40	2nd 14 and under male
Steve Tanner	41:07	?
Barry Twenter*	34:05	?
Mark Wilson	38:28	?

* Hickman High School distance runners

1996 Columbia Track Club Schedule

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
3/16	8 a.m.	St. Patrick's Day 5-K	\$10	Mark Wilson, 474-2732	Seventh & Broadway	Long-sleeve T-shirts, awards
3/23	8:30 a.m.	CTC 15-K Run or Walk	**	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 Kaylan, 442-9449	Hickman Track	Age-grouped, awards
4/20	8 a.m.	Human Race 5-M	\$10	Larry Petterborg, 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, barbeque
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, 875-8899	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
6/5	6 p.m.	Summer Youth Program ##	\$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 Sandhagger 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 Hearnese 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 Stonecipher-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 5.

Other selected events

3-16	9 a.m.	Luck of the Irish 5-K	Jefferson City 314-751-9000
3-16	9:30 a.m.	St. Patrick's Day 5-M	St. Louis 314-721-0819
3-9	8:30 a.m.	Hiberian Shamrock 10-K/3-K	St. Louis 314-721-0819
3-24	9 a.m.	Sedalia Half Marathon	Sedalia 816-827-0274

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

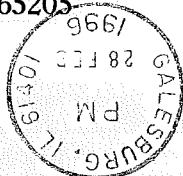
CITY: _____ STATE: _____ ZIP: _____

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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