

COLUMBIA TRACK CLUB

NEWS

Volume XXIX No. 7

November 1996



The few, the proud ...

... the attendees of the CTC annual meeting

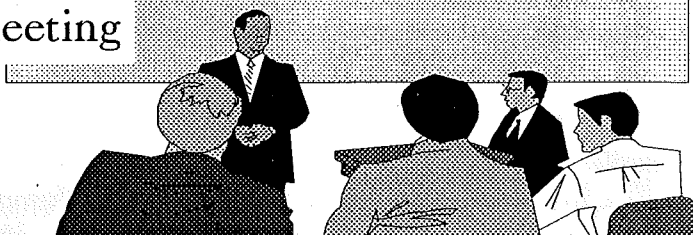
When you can count the number of people at your annual meeting on two hands (plus one toe), it doesn't say much for participatory democracy. But meet we did, Oct. 28 at the public library.

The bulk of our time was spent working out a 1997 schedule. A few days after the annual meeting, the CTC board met and tied up some of the loose ends on the schedule and in other areas. You can see the tentative preliminary schedule inside this newsletter. Here are some of the other items discussed and decided:

- ✓ CTC is in the process of working out a written agreement with M.U. on the use of the track facility for CTC events and for member use.

- ✓ The Big Brothers/Big Sisters Stadium Run has changed its format from a 10-K to a 5-K and 1-mile run. The change was made for two main reasons: to attract more runners and to raise more money for BB/BS. The 5-K will still have the staggered start, running on the streets of Columbia, and the mile run will be on Rock Bridge track.

- ✓ With the requests the track club gets to put on



races for organizations or to provide equipment, we decided NOT to rent our road-race equipment. CTC will provide a policy statement so everyone knows everyone's position entering an event.

- ✓ Any race club, individual or organization will be charged \$25 to place a full-page ad in CTC's newsletter. No exceptions.

- ✓ The entry fee for the Heart of America Marathon will rise from \$10 to \$15.

- ✓ Rick Rother, who had asked to step down from the board of directors, was replaced by Dan Kelly.

- ✓ Race directors are needed for the St. Patrick's Day 5-K and other races. Interested parties are urged to contact club president Curt Kempf (446-2878).

- ✓ Joe Duncan made a pitch for the M.U. Track and Field Officials Association. See below.

Here's your chance

- 1 to attend meets at the new M.U. track;
- 2 learn new skills such as raking a sand pit;
- 3 get out of the house for long periods.

CTC members Dick Hessler and Joe Duncan are among the driving forces behind the University of Missouri Track and Field Officials Association. And they are looking for more than a few good men and women.

With M.U.'s new outdoor track up and operating in the spring, there will be a need for dozens of officials

to help run meets. No experience or prior training is necessary.

The association is seeking 100 percent redundancy, meaning it hopes to have at least two people for every task. That way, nobody would have to

work at every meet or for the entire duration of any individual meet. Among the roles officials will undertake are as timers, recorders, announcers, field-event judges and many more.

If you are interested, contact Dick (874-2906) or Joe (445-2684).

65203

2509 Lloyd Ave

25 years ago

Back to the beginning

By Joe Duncan

Oct. 3, 1971

Larry Young wins the USA vs. Canada 50-K walk in Lake Placid, N.Y., a scant two weeks after his spectacular 100-mile performance. His time: 4:28:58.

Oct. 10, 17, 23, 1971

Bob Brouillet wins three 2-mile cross country races. Ben Londeree is third twice, Whitney Hicks is right behind Ben twice and Mike Chippendale keeps improving.

Oct. 30, 1971

Larry Young wins the MVAAU 30-K walk championship on Hickman Track in 2:39:43. Rob Spier is fifth in 3:39:31.

Nov. 7, 1971

4-mile cross country at A.L. Gustin: 1. Kerry Hogan, 20:45; 2. Dennis Stewart, 22:07; 3. Ben Londeree, 23:28; 5. Whitney Hicks, 24:18; 6. Don Granberg, 24:43; 7. Mike Chippendale, 24:53. Dick Hessler in his first CTC event was a DNF.

Nov. 14, 1971

MVAAU 50-K walk at Renz Prison Farm in Jefferson City: 1. Larry Young, 4:30:59; 5. Rob Spier, 6:15:20.

Nov. 20, 1971

Two-person, 6-Mile Relay: 1. Doug Williamson (our British visitor)-Mike Chippendale, 33:31; 2. Art Fleming-Joe Duncan, 34:14; 3. Ben Londeree-Dave Schulte, 37:15. Dennis Stewart went 4:41, 5:02, 4:54 alternating with three kids.

CTC Board of Directors

Curt Kempf, president	Tom Allen, secretary-treasurer
Joe Marks	Mark Wilson
Randy Gay	Dan Kelly
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
8137 N. Rt. Z Fax: 696-3565
Columbia, Mo., 65202 E-mail: ddkkdd@aol.com

CTC needs you

CTC desperately needs individuals to work our timing devices (chronomix and laptop) and to use our race director software that works/talks with the chronomix. It is actually fun seeing how everything works.

Most of the events CTC puts on are for a good cause. However, these events need CTC volunteers to make them successful.

Therefore, we will be holding a training session at 1 p.m. on Saturday, Nov. 23, at my house (2509 Lloyd). Call (446-2878) for directions or if you questions.

If you can't make that date but would still like to learn these items, please give me a call. The session should last 1-1½ hours.

— CTC President Curt Kempf

CTC briefs

Jingle on down

Entry forms for the seventh annual University Hospital Jingle Bell Run for Arthritis are now available. You can pick one up at Tryathletics, or you can have one mailed to you by calling the Regional Arthritis Center at 882-8097.

The 5-K run and 1-mile fun walk begin at 8:30 a.m. on Saturday, Dec. 7, at University Hospital. Race-day registration begins at 7:30 a.m.

Race Director Randy Gay also says he could use some volunteers to help run the race. If you're available, contact him at 474-9104.

Making it big in California

Several CTC members competed in the Ozark Ham & Turkey Festival 5-K in California, Mo., on Sept. 21. Among them were Lisa Wells, who was the first female finisher and was 14th overall in 21:19.

Others who placed in their age groups:

Andrea Woods, 1st, 50-59 females;

Don Waltman, 1st, 60-69 males;

Carl Meyers, 2nd, 60-69 males.

Welcome new CTC members

Jeff Bowers, Columbia
Eleanor Coffey, Mexico
Leslie Levy, Columbia

Jane Cochran, Columbia
Larry Kay, Boonville

Paws & Stripes Forever 5-K Run/Walk

Oct. 26, 1996

Men

Name	Age	Time
Matthey Peters	20	15:33
Andy Compton	19	15:44
Welch Suggs	24	16:13
Willy Heinrich	28	16:14
Aaron Aaker	25	16:19
Hideki Watanabe	22	16:21
Bob Elliot	27	16:22
Stephen Greaney	34	16:48
Martin Meyer	35	17:02
Joey Kavanaugh	29	17:04
Gerret Beamster	33	17:14
Michael Dwyer	18	17:16
Randy Thomas	41	17:21
Matthew D Miller	19	17:25
John Wetz	41	17:30
Tom Davis	44	17:37
Johnny Kelly	15	17:44
Lou Tedeschi	49	18:01
Michael J. Wuncsh	19	18:07
Joe Buechter	20	18:10
Brian Janous	20	18:14
Jeff Augustine	18	18:15
Gary Chester	38	18:17
Jeff Bowers	25	18:21
Donald Gramberg	54	18:22
Roger Hoehn	50	18:28
William Stockglausner	45	18:33
Dustin Hirner	16	18:34
Robbie Freels	15	18:34
Derek Menke	20	18:40
Mike Eggerding	28	18:41
Kevin Stock	35	18:49
Kerry Peveler	37	18:56
Rick Hanley	35	18:59
Murphy Whitsitt	18	19:01
Andy Shirkey	27	19:06
Kenny Bopp	28	19:08
Rob Lopez	19	19:14
James Robertson	42	19:23
Jay Hasheider	47	19:23
Richard Nistendirk	56	19:24
Tim Koski	37	19:29
Greg Wozniak	23	19:32
Mark Balas	19	19:37
Chris Moore	14	19:47
Tony Hirner	24	19:51
Nathan Smith	11	19:53
Greg Atkinson	20	19:55
Al Petroff	55	19:58
Jay Wood	38	19:58
Odell Newkirk	40	19:59
Rex Hodge	33	20:09
Tim Gamboa	20	20:11
Adam Randolph	19	20:11
Auberto D'andrea	32	20:31
Hugh Emerson	39	20:34
Bill Bockoven	32	20:43
Brendon Reineke	25	20:45
Denis Meadows	50	20:48
Michael T. Beckett	41	20:51
Mark Horvit	32	20:56
Gary Gundy	33	20:56
Adam Hewerton	19	21:01

Joshua Braun	20	21:23
Richard Strinni	62	21:25
Ryland Rodes	37	21:26
Don Waltman	61	21:27
Ric Bush	44	21:35
Joe Goldfarb	56	21:37
Joe Duncan	62	21:51
Neal Miller	52	21:54
Todd Boyer	20	21:55
Allen Samson	27	22:36
Joe Marks	50	22:43
Dan Davis	40	22:56
Gary Fennewald	45	23:02
Jim Peregoy	31	23:05
Dick Young	40	23:06
Andy Zollers	19	23:16
Mike Natarrella	24	23:27
Kevin Presley	20	23:30
Tony Muyco	22	23:50
Kevin Tyler	40	23:59
Ben Bradley	21	24:06
Ryan Silvius	28	24:12
Kyle Bauman	22	24:13
Matt Krause	23	24:29
Mike Schlichtman	33	24:35
James Barnes	41	24:59
Joel Peiffer	35	25:07
Aaron Harris	18	25:13
Duane Feldmann	48	25:14
Richard Otto	47	25:15
Jason Cunningham	14	25:20
Joe Forsee	61	25:35
Jamie Stephens	20	26:06
Mark Edwards	39	26:12
Danny Brown	43	26:18
Andrew Raedeke	29	26:25
Chad Bruton	19	26:43
Gary Siddens	00	26:44
Rick Innex	30	26:49
Curt Vangeison	00	26:50
Keith Smith	42	26:54
Lee Meyers	49	26:57
Lou Moeller	21	27:05
John Kruse	00	27:09
Marvin Van Leer	59	27:09
Douglas Pierce	30	27:13
Tom Shepherd	21	27:19
Parag Vipani	21	27:32
Mike Steinbery	30	27:32
Zac Prewitt	14	28:03
Michael Prewitt	46	28:04
Gene Schlichtman	00	28:13
Perapong Tekasakul	31	28:18
Andy Hunt	15	32:05
Paul Corson	47	32:37
Brian Portell	18	32:50
Carl Cunningham	8	35:12
Richard Pedrolej	36	35:24
Lloyd Reed	50	37:11
Joe Faber	56	38:37
Kim Rettenmaier	42	38:53
Daniel White	14	41:27
Dick Webber	54	44:40
Stephen Sassenick	63	45:46
Thomas Esparza	19	46:34
Harold Cunningham	38	50:21

Women

Paula Rubinstein	27	17:34
Jen Treiber	22	18:01
Mandi McCoy	21	18:20
Jennifer Wilmes	20	18:22
Elizabeth Ashbrook	19	18:23
Natalie Wesselschmidt	18	19:37
Cary Skelton	21	19:44
Lisa Wells	33	19:47
Cristine Heaps	30	20:23
Elizabeth Johnston	18	20:32
Anne Powell	19	20:34
Erin Webber	25	20:44
Polly Meadows	20	20:48
Rebecca Smith	20	21:17
Nikki Raedeke	30	21:30
Janine Musick	36	21:36
Mary Jo Hancock	19	21:43
Liz Straatman	36	21:46
Debbie Heifner	39	21:49
Meagan Hiles	18	22:04
Jamie Reynolds	22	22:05
Tracey Haynes	18	22:07
Elizabeth Moore	13	22:08
Erin Blonde	18	22:25
Sally Northcutt	22	22:28
Amy Garb	18	23:22
Carrie Voss	18	23:32
A Moorhead	19	23:37
Natalis Smith	14	23:41
Sûporn Wonguatunyu	31	23:41
Donna Romans	49	23:42
Kelly Lewis	18	23:43
Sandra Rice	24	23:56
Jennifer Tyler	11	23:58
Kathleen Silvius	27	24:12
Danielle Ess	22	24:13
Stephanie Schwieterman	25	24:20
Debbie Wells	39	24:21
Sue Thomas	35	24:25
Christina Samples	29	24:29
Sarah Ashworth	19	24:32
Krissie Labancauskas	00	24:33
Katie Ferguson	23	24:34
Julie Dougherty	30	24:47
Rosemary Wood	41	24:50
Jeanne Abbott	52	24:54
Andrea Woods	50	25:10
Nicole Hurley	19	25:16
Charlea Freels	10	25:17
Becky Turner	18	25:22
Jennifer Boyle	19	25:23
Rhonda Mossengren	49	25:32
Jocklyn Smith	50	25:33
Christy Mcallister	22	25:35
Lesley McCloskey	18	25:44
Elise Beyer	19	25:53
Kyoko Koga	31	25:56
Dianne Priest	41	25:59
Kim Kaup	19	26:12
Susie Cook	18	26:21
Cathy Rupard	41	26:31
Darcy Ames	24	26:34
Regina Brown	40	26:37

Amanda Hoehn	19	26:38
Dana Fritz	30	26:42
Barbara Schlichtman	29	26:44
Melinda Powell	22	26:51
Marla Powell	18	28:54
Mary Newby	49	27:06
Dawn Miller	20	27:07
Carrie Gassaway	14	27:51
Sara Stone	35	28:17
Kristina Garrett	28	28:26
Jill Stuart	28	28:27
Karah Rempe	19	28:40
Molly Martin	18	28:41
Amy Biggs	20	28:50
Julie Bentz	32	29:20
Amy Parrino	21	29:22
Linda Vogt	48	29:23
Linda Pedrolej	33	29:43
Jennifer Sahakian	18	30:05
Judy Schlichtman	00	30:37
Michelle Dunlap	34	31:55
Tamera Wilcoxson	32	31:55
Sarah Corson	18	32:36
Wanda Cunningham	36	35:12
Jennifer Caldwell	16	35:12
Ginger Wilson	29	36:35
Patricia Reed	50	37:11
Danielle Otey	19	37:40
Mary Patton	55	37:50
Kathy Siddens	00	37:50
Meredith Meadows	20	38:36
Janet Rettenmaier	39	38:49
Debbie Cressman	18	39:09
Tina Sphar	18	39:10
Jane Hipke	36	39:47
Stacie Williams	27	39:47
Marla Quinney	25	39:47
Peggy Webber	50	39:53
Kim Petty	19	39:58
Gina Dennis	18	39:58
Cecilia White	44	41:26
Michelle Weil	23	41:40
Heather Stack	20	41:40
Wendy Sheer	18	41:41
Dee Hartley	18	41:41
Kristen Temple	32	42:39
Margreet De Boe	32	44:02
Sharon Bremer	24	44:28
Stacy St. Clair	23	44:29
Ann O'connell	57	44:36
Valerie Ward	41	44:59
T.J. Moore	33	44:59
Pat Sassenick	63	45:45
Elaine Roth	18	46:26
Amy Hemmann	18	46:33
Lindsey Shillito	18	46:34
Amanda Curry	20	46:34
Elaina Cockerham	22	46:38
Patti Barnett	18	46:45
Karen Wilkinson	18	46:45
Carin Huffman	19	47:02
Elizabeth Stapleton	18	47:02
Margaret Griffin	65	50:20
Yolanda Hood	25	51:31

1997 Columbia Track Club Schedule (preliminary)

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
1/11	2 p.m.	Couples Run/Walk 4-M, individuals welcome	**	Georgina Gonzalez, 449-8350	Bethel Park	Male-female teams, dinner awards
2/1	9 a.m.	Nut Race 5-K	**	Dick Hassler, 874-2908	Reactor Park	Edible awards
3/15	8 a.m.	St. Patrick's Day 5-K	\$10	???	Seventh & Broadway	Long-sleeve T-shirts, awards
3/22	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.
3/29	9 a.m.	Two-Person Relay 5-M, alternate 400s	**	Mike Kaylen, 442-9449	Hickman Track	Age-grouped, awards
4/19	8 a.m.	Human Race 5-M	\$10	Larry Patterborg, 874-2482	Rock Bridge H.S.	T-shirts, awards
4/26	10 a.m.	Show-Me Stampede 5-K	\$10	Greg Logsdon, 882-2101	Reactor Park	T-shirts, barbeque
5/17	8 a.m.	Law Enforcement Run for Special Olympics 5K	\$15	Police dept., 874-7422	East side of Faurot Field	T-shirts, awards
5/3	8 a.m.	Big Brothers/Big Sisters Stadium Run 5-K/1-M	\$10	Curt Kempf, 446-2878 Scott Dressel, 874-8927	Rock Bridge Track	Staggered start based on age/sex; T-shirts; awards
5/10	8 a.m.	Spring Couples Run/Walk 5-M, individuals welcome	**	Tom Smith, 875-6899	Bethel Park	Male-female teams, dinner awards
5/26	10 a.m.	WellAware 5-K	??	Mark Volek, 815-6899	WellAware on Peachtree	
6/11	6 p.m.	Summer Youth Program #	\$1	Tom Allen, 449-5655	Hickman Track (or M.U.)	Awards
7/14	6:30 p.m.	Distance Medley 3,000, 1,500, 800	**	Michelle McFadden, 882-9223	Hickman Track (or M.U.)	Awards
7/29	??	Show-Me State Games 5-K	\$15	Joe Duncan, 445-2684		No qualifying required
8/2	7 a.m.	Great Sandbaggar 10-K	**	Roger Turnbough, 445-1225	West Broadway Swim Club	Staggered start based on predicted time; awards
9/1	6 a.m.	Heart of America Marathon	\$15	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center	38th annual, T-shirts, awards
9/20	??	Fall Classic 5-K	**	Rick Rother, 874-5899	Boone Hospital	Long-sleeve T-shirts, awards
10/4	7:30 a.m.	M.U. Homecoming Run 5-K	\$8	M.U. Alumni Assoc., 800-372-6822	Memorial Union	T-shirts, awards
10/11	8 a.m.	One-Hour Run	**	Steve Stonecipher-Fisher, 443-8875	Hickman Track (or M.U.)	Awards
11/1	7:30 a.m.	Runner's Choice 10-K or 20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
11/9 ?	??	CTC/SLTC/Sedalia/J.C. Cross Country	**	??	TBA	Team and individual competition
12/6	8:30 a.m.	Jingle Bell Run for Arthritis 5-K run/1-M walk	\$25@	Randy Gay, 474-9104	University Hospital	@ \$25 in pledges required; awards
12/13	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Steve Stonecipher-Fisher, 443-8875	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.

1996 Columbia Track Club Schedule

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	**	Steve Stonecipher-Fisher, 443-8875	Strawn Road	Walkers, 8:30 a.m.; runners, 9 a.m.

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

Other selected events

11-23	9 a.m.	H.W. Harris Memorial 8-K	Sedalia 816-827-0274
11-28	8 a.m.	Turkey Trot 5-K/5-M Fun Run	Sedalia 816-827-0274
12-7	10 a.m.	Reindeer Romp 4-M	Kirksville 816-626-2213

St. Louis Marathon

This was advertised as the 25th anniversary of the St. Louis Marathon. The weather was quite nice (from a runner's point of view), starting in the 40s and rising to the low 50s during the race.

According to the Post-Dispatch, there were 556 male finishers, 165 female finishers and 114 walkers. The overall winner was 23-year-old Carlos Paradello who, in his first marathon, finished in 2:20:11. The female winner was Roxi Erickson, 33, in 2:43:54.

The following is a list of some Columbia area individuals, with apologies to anyone who was missed.

Oct. 20, 1996

Columbia Males

	Time	Place
Jamie Mondello	2:59:38	53
Michael Westerheide	3:19:21	142
Daniel Mattson	3:22:45	170
Peter Madsen	3:25:11	184
Paul Beuselinck	3:25:35	189
Dick Madsen	3:26:53	199
Chris Wilson	3:41:45	312
Tom Malloy	3:43:19	315
Brad Eiffert	3:43:45	321
Mark Lettang	3:45:08	328
Herb Higgins	3:50:40	365
Dan Hake	3:51:01	368
John Boggs	4:06:18	471

Columbia Females

Karen Kim	3:33:58	27
Heather Hradel	3:39:11	34
Patricia Devine	4:39:35	34

CTC One-Hour Run

The weather was almost perfect — 57 degrees, sunny with a light breeze — but only six runners showed up for the One-Hour Run on Oct. 12 at the Hickman Track.

Curt Kempf finished more than two laps ahead of Chuck Sattler to take first place. Christian Reed was the race director, with assistance from Joe Duncan.

Oct. 12, 1996

Name	Age	Distance
1. Curt Kempf	32	8 miles, 1,733 yards
2. Chuck Sattler	33	8 miles, 775 yards
3. Lisa Burger	34	7 miles, 1,113 yards
4. Joe Marks	59	7 miles, 530 yards
5. Jim Peregoy	30	6 miles, 1,251 yards
6. John Kruse	29	5 miles, 803 yards

Runner's Choice

Given a choice, two-thirds of CTC runners would opt for a 10-K over a 20-K. Or something like that. In the Runner's Choice Oct. 5 on the Highway ZZ course starting at the Holiday Inn Select,

Oct. 5, 1996

10-K

11 runners completed the 10-K and six runners did the 20-K.

Steve Stonecipher-Fisher led the way by completing 20-K in 1:14:10. Jeff Jasperse won the 10-K in 38:00.

1. Jeff Jasperse	38:00
2. Gary Chester	40:45
3. Lisa Wells	45:45
4. Jim O'Dell	48:44
5. Dean Stover	49:26
6. Emilee Raymond	50:01
7. Judy Muller	55:10
8. Sally Northcutt	55:43
9. Jeff Bowers	55:43
10. Carole Madsen	1:03:48
11. Boots Gerhardt	1:06:52

Race directors

were Joe Marks and Tom Allen; the temperature was in the 50s with a slight breeze.

20-K

1. Steve Stonecipher-Fisher	1:14:10
2. Paul Hoffman	1:23:49
3. Gary Fogelbach	1:25:56
4. Dick Madsen	1:35:56
5. Dan Wright	1:40:47
6. Lisa Burger	1:43:07

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
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Columbia, MO
Permit #226

12/96

Joyce Schulte
1102 E. Broadway
Aubudon, IA 50025

