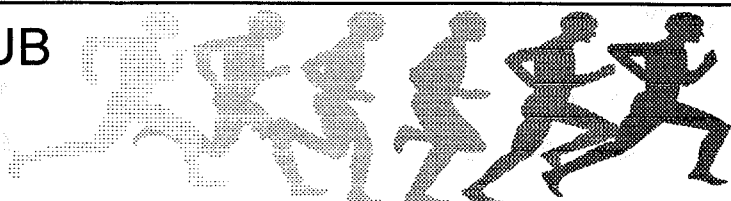


COLUMBIA TRACK CLUB

NEWS

Volume XXXI No. 6

September 1998



The Trophy That Got Away

August 8, 1998



The Great Sandbagger celebrated its 28th year by returning to the original distance of 6 miles on a new course. Sinclair Road was utilized as a strong test of the hill climbing ability of the runners.

Nineteen runners and one canine started the course in the humid cool morning hours. One runner came upon a wounded deer so he elected to run a humanitarian run and take the deer for treatment. The rest of the crowd chased the pace leader Elizabeth "Boots" Gerhardt. Ben Robinson preparing for the upcoming cross-country season completed the course with plenty of sandbagging. The rest of the field fell in behind with some completing the course with only 3-4 seconds off their prediction. These were honest folk.

The majority of the runners were challenged by the course and the scenic valleys and fields. Most everyone enjoyed the new terrain.

The infamous trophy is being sought for this year's winner. It will of course be delivered with fanfare when we wrestle it away from last year's winner.

—Race Director Roger Turnbough

Race Results:

	Time: Under/Over	Actual
1. Ben Robinson	-4:54	50:06
2. Jon Kruse	-4:02	55:58
3. Drew Hensley	-2:23	54:13
4. Jeff Wells	-1:50	51:30
5. Lisa Wells	-1:45	47:15
6. Karen Derrick	-1:43	52:17
7. Lisa Burger	-1:25	47:35
8. J.B. Waggoner	:-49	53:11
9. Jim Pereguy	:-05	56:25
10. Antoinette Marsh	:-04	42:56
11. Willy Heinrich	:-04	38:41
12. Tom Davis	:-03	41:57
13. Marie Marchbank	+1:11	43:29
14. Jim O'Dell	+4:40	49:40
15. Sko Grimes	+4:45	45:40
16. Joe Duncan	+2:04	52:04
17. Emma Foley	+4:10	62:10
18. Boots Gerhardt	+5:25	80:15

Show-Me State Games 6,000 Meter Run

Low 70's, 100% cloud cover, 100% rain, quite forceful at times. The big story, however, was how the 5k course turned out to be about a 6k since the runners missed the turn at 6th and Conley, just past the one mile mark. This mishap occurred when the turn monitors for that point were late in getting there. They did not realize the lead runners would be there in five minutes or so. The Race Director assumes complete responsibility for not making certain all course monitors were in place before the 8:00 AM start. We apologize; we are upset this happened and we only ask you to give us another chance next year. The walkers, except for Dave Coutts, who did the same course as the runners, did not miss the 6th St. turn, yet they still did not do the correct course. We still do not know what happened there. Three of the walkers never did finish.

Fortunately, all runners ran the same course, very close to 6,000 meters. To get a 5k time you can multiply your 6k time by a factor of .83. For example, the winning time of 18:38 for 6k converts to 15:27 for 5k ($18:38 = 1118 \text{ seconds} \times .83 = 927 \text{ seconds} = 15:27$). The winning female time of 24:11 converts to 20:04 ($1451 \times .83 = 1204 = 20:04$). Those converted times might be a tad fast, but they would be close.

(For complete results, see page 4)

CTC Picnic

On October 11, 1998 from 12-2 pm at Oakland Park, the Columbia Track Club will have a picnic of fellowship and fun. Please bring salad, a vegetable, or a dessert. Meat and drinks will be provided.

25 years ago**Looking Back****By Joe Duncan**

August 4, 1973: Sprint Triathlon (mile, 880, 440): 1. Dennis Stewart 7:23.8 (4:29.2, 2:01, 53:69), 2. Al Brown, School of the Ozarks, 7:34.4. . . 4. Ben Londeree 8:12 (4:56, 2:17, 58.6). . . 9. Dick Hessler 8:34 (5:05, 2:27, 62.0), 10. Joe Duncan 9:21.9 (5:38, 2:36, 67.6). . . 12. Don Johnson, 44, (5:43, 2:40, 68.4).

August 11, 1973: 3 mile track run: 1. Stewart 14:54, 2. Charlie Evans 15:59, 3. Londeree 16:17, 4. Dean Neal 16:56, 5. Mike Chippendale 16:58, 6. Tom Kilburn 17:03. . . 10. Tom Hinckley 18:28, 11. Duncan 18:31. . . 13. Johnson 19:25. . . 21. Doug Duncan, 12, 22:34.

August 18, 1973: Half-marathon, 90 degrees 1. Rex Frazier, 41, 1:33:51, 2. Neal 1:36:05. . . 6. Jean Madden 1:51:05.

September 3, 1973: Heart of America Marathon 1. Tim Hendricks (His 3rd in a row) 2:43:40, 2. Robert Rosales 2:43:59. . . 6. Alex Ratelle, 48, 6th 40+ in a row, 2:55:44. . . 11. Arne Richards 3:02:50, 12. Dick Hessler 3:03:55, a PB & the best CTC ever to that date. . . 15. Londeree 3:08:47 PB. . . 17. Jerry Kokesh 3:11:15. . . 19. Don Granberg 3:13:20. . . 28. Duncan 3:32:51. . . 34. Augie Hirt walked in 3:59:33 after having run in 2:52:14 in '72.

September 15, 1973: One Mile Run: 1. Stewart 4:27.1, 2. Londeree 4:47.9. . . 5. Hessler 4:57.1. . . 9. Johnson, 45, 5:17. . . 20. Dave Schulte 7:09, 21. John Leuthold, 9, 7:12.

September 23, 1973: Two Mile Run: 1. Stewart 9:44.2, 2. C. Evans 9:53.3 (Charlie was the reigning State Class S Mile and 2 Mile Champion. . . 28. AMY HESSLER, age 7, (her CTC debut!), 20:53, beating 3 others.

The same day we had a 6 mile walk, on the track, with 22 walkers. 1. Hirt 51:11, 2. Jim Breitenbucher 57:09, 3. Dave Leuthold 57:26, 4. Charles Geiss 59:10. . . 16. Joyce Schulte 1:13:01, 17. DON LEWIS! (yes, walking. He had dropped out of the two mile run after a 5:45 mile, so this was his first CTC finish) 1:13:04, 19. William Taft 1:18:30

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary-treasurer
Joe Marks	Mark Wilson
Randy Gay	Mark Volek
Michele McFadden	Curt Kempf
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:

Gary and Amy Gundy, CTC Newsletter editors
411 Maplewood Dr., Col., MO 65203
Ph: (573) 874-2407
e-mail: agundy@mail.coin.missouri.edu

**Race Schedule Changes****September 26, 1998: One Hour Run**

The race, now scheduled for a Saturday instead of a Monday, will take place at Hickman Track. Please note the new date and location. Plus, there are edible awards. Call John Patton, 443-1636 for more information.

September 26, 1998: Run for Life-5K walk/10K run

Sponsored by MU senior physical therapy class

Time: 8:00 a.m.

Location: Start and finish at Lewis Hall (University of Missouri)

Entry Fee: \$10 by Sept. 22

\$14 race day

T-shirt included

Entry Blanks: available at 106 Lewis Hall, D-Sport, Try-athletics, AO22 Brady Commons, and MU Rec Center. For questions, contact Carmen Abbot at 882-7103

October 10, 1998: MU Homecoming Stadium Run

The race will be a 5k staggered start, beginning at Faurot Field. This combines the two races previously scheduled for Oct. 10 and Oct. 17. In addition, a 1 mile fun run will be held. See enclosed flyer for registration form.

CTC Members please note: The registration fee for CTC members will only be \$10.00, not \$15.00 as indicated. Furthermore the staggered start information was inadvertently left out of the race flyer. Please see **page 3** for the times and ages. In addition, the pickup for entry packets is scheduled for **Oct. 9** at the Alumni Center, not Oct. 15 as indicated in the flyer. For more information or to volunteer to help, please call Curt Kempf, 446-2878 or Scott Dressel, 696-3384.

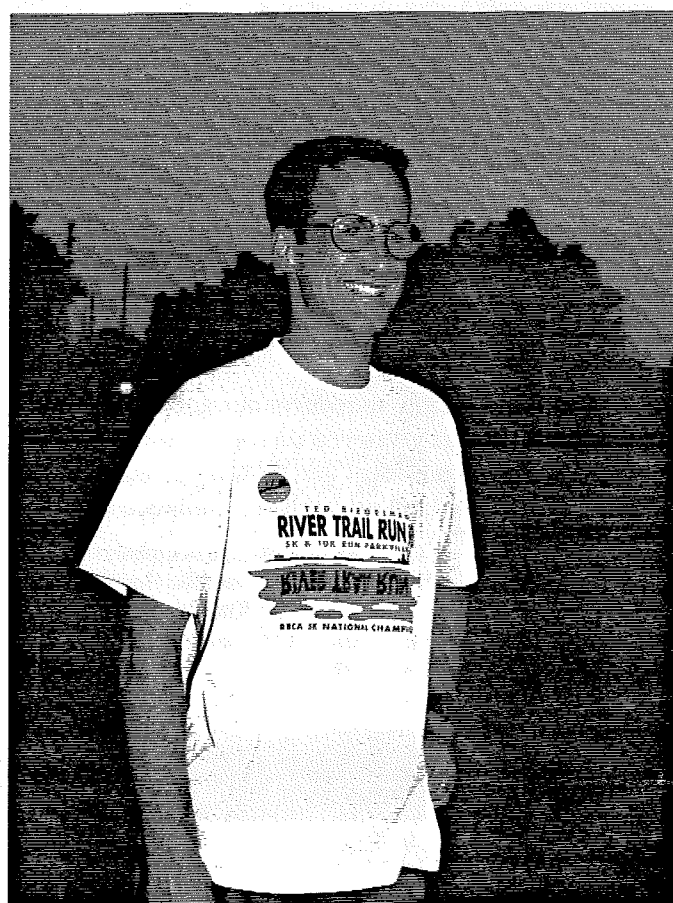
October 24, 1998: Run for Justice

The MO Equal Justice Foundation will be sponsoring a 5k run/walk/rollerblade to raise money for their program. T-shirts and prizes will be available. Call Kay Perry, 814-2093 for more information.

Welcome New CTC Members

Jimmy Keown	Columbia
Peg Miller	Columbia
Gina Muzzy	Columbia
Ann Parrington	Columbia
Jim Rothwell	Columbia

CTC Runner Profile



Marc Keys

Age: 35

PERSONAL RECORDS:

5k: 15:07 10k 31:38

WEEKLY MILEAGE: 35 miles a week now

WHEN DID YOU START RUNNING?

sophomore year of high school (1977)

FAVORITE RUNNING MEMORIES/INFLUENCES:

—High school cross country preseason camps in Colorado with my teammates.

—My hard working high school coach who encouraged us all to run well. Thank you Ray Wade.

—As a sophomore in high school racing my first mile in 5:07 and getting my name in the paper.

—Helping coach the Blair Oaks High school girls to the 2A State Track and Field Championship.

DID YOU RUN IN HIGH SCHOOL OR COLLEGE?

I ran at Kansas State: 5000 meters, had the honor of being lapped by future 10,000 meter world record holder Yobes Ondieki.

WHAT IS YOUR FAVORITE WORKOUT?

4 X 400's with 60 sec. rest (1500m race pace)

4-6 X 800's with 90 sec. rest (3000m race pace)

WHAT IS YOUR FAVORITE TRAINING ROUTE? Start at Tryathletics then run up West Blvd. to Stewart to the MKT trail and back to Tryathletics.

1998 Homecoming Stadium Run

Oct. 10, 1998

Staggered (Handicap) Start:

The key to the 5k is that it has a staggered/handicap start. Everyone is given a starting time base on the 1996 USATF individual age/sex record for the 5k. The advantage to the handicap is that you have a chance to cross the finish line **FIRST**, *no matter what you age or sex*. And that is what makes the race so very exciting. See the handicap chart below for your starting handicap.

(Minutes)

5k only

HANDICAP	16.5	16	15.5	15	14.5	13.5	13	12.5	12	11.5	11	10.5	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
MEN (Age)											78+				5 77	6 76	7 75	8 74	9 73	10 72	11 71	12 70	13 69	14 68	15 67	16 66	17 65	18 64	19 63	20 62	21 61	22 60	23 59
WOMEN (Age)	78+	77	76	75	74	73	72	71	70	69	68	67	66	65	64	63	62	61	60	59	58	57	56	55	54	53	52	51	50	49	48	47	46

Feature of the Month

"A Competitive Spirit"
by Amy Hessler Gundy, editor

I have been waiting with great anticipation for my name to be mentioned in Joe Duncan's "Looking Back" column. Finally, this month, my name is there in my CTC debut at seven years old. I remember that race, mostly because I couldn't feel my legs during the last lap. I also remember beating some boys, which at that time was very important to me.

I admit, I have a competitive spirit. In the twenty-five years that I have been running, I have enjoyed the thrill and excitement of many a good-natured contest. In running cross country for Hickman in the early 1980's when the lady Kewps had a dynasty as state champions, there was no doubt in any of our minds that if we did not pass a Jeff City Jay during a meet, we would pay in practice the next day. It is with this in mind that I am notifying you in advance of an upcoming cross country race between Columbia Track Club, Jeff City Track Club, and Sedalia Track Club. Due to some unfortunate miscommunication last year, only four CTC runners showed up. Needless to say, you can't do very well in cross country with only four runners.

So, mark your calendars, we need you, the runners of the Columbia Track Club, to redeem our good name and run to a victory on **NOVEMBER 15, 1998 AT 1:30 PM AT BETHEL PARK**. This gives you plenty of time to train and be prepared for a fun competition. And I did hear it from the Sedalia Track Club president that he was disappointed in our showing last year. We've got the home advantage, and we've got loads of talent; all we need is a competitive spirit.

Show-Me Games Results

1. John Jura	19 18:38	40. Dennis Baggett	33 24:05	80. Arnold Mueller	67 26:45	120. Bob Humphreys	71 30:39
2. Kent Lang	35 18:57	41. Daniel Stubblefield	12 24:10	81. Larry Woolf	50 27:02	121. Michelle Herzog f	17 30:40
3. Ryan Constable	20 19:28	42. Antoinette Marsh f	33 24:11	82. Lisa Wells f	34 27:03	122. Kim Kritzer f	21 30:40.5
4. Marc Keys	35 19:42	43. Darin Smith	14 24:18	83. Mike Wilson	38 27:06	123. Hannah Hassemerf11	30:41
5. Dale Richardson	37 19:46	44. Charles Stoecker	18 24:31	84. Rae Mohrmannf	50 27:09	124. Mark Hassemer	44 30:42
6. Greg Jackson	20 20:07	45. Lee Stubblefield	42 24:32	85. Dennis Hill	13 27:11	125. Audrey Geringerf	14 31:26
7. Ron Bouchard	32 20:43	46. Ray Kopek	38 24:35	86. Tanner Smith	12 27:15	126. Karen Guercia f	42 31:31
8. Mark Munzlinger	15 20:50	47. Kim Travella f	34 24:37	87. Gregory Anderson	43 27:16	127. Wendell Wilson	57 31:32
9. Tommy Neal	15 20:55	48. Cole Holloway	15 24:38	88. Tonia Neumann f	17 27:19	128. Kathryn Kester f	28 31:50
10. Jeff Neumann	19 21:05	49. Drew Helms	16 24:40	89. Sarah Hill f	15 27:23	129. Ashley Yoder f	15 31:59
11. Jeff Rybold	16 21:11	50. Rusty Ruble	17 24:40	90. Jeff Wells	40 27:35	130. Lou Harris	39 32:04
12. Gerald Holtmeyer	39 21:15	51. Kris Woolf f	15 24:47	91. Jim O'Dell	54 27:48	131. Jon Kruse	30 32:06
13. Bill Woolsey	46 21:31	52. Tom Dresser	54 24:52	92. Emily Nelson f	18 27:51	132. Carol Kuhlmann f	54 32:10
14. Kyle Graham	16 21:34	53. Tara Burnett f	16 24:56	93. JB Waggoner	30 27:58	133. Jeremiah Nixon	9 32:25
15. Jason Riley	20 21:37	54. Dan Bohannon	42 25:01	94. Tim Lafzer	13 27:59	134. Janice Vansciver f	51 32:47
16. Pete Mannisi	51 21:41	55. Jamie Helms f	16 25:03	95.	28:07	135. Jamie Clevenger f	21 32:55
17. Dustin Hirner	17 21:51	56. Christa Manse f	14 25:13	96. Dennis Williams	56 28:08	136. Sarah Jarvis f	10 33:35
18. Josh Johnson	23 22:00	57. David Munns	23 25:17	97. Chris Hammond f	39 28:11	137. Hannah Jarvis f	12 33:43
19. Ronnie Gomez	23 22:01	58. Casey Collins	14 25:21	98. Fred Nelson	59 28:20	138. Mark Flanegin	43 34:15
20. John Cook	18 22:05	59. Ian Trout	12 25:22	99.	28:32	139. Molly Nichols f	48 34:17
21. Nate Hurley	15 22:21	60. Richard Nistendirk	58 25:26	100. Julie Huffman f	42 28:48	140. Nancy Winner f	32 34:18
22. Daniel Bailey	17 22:30	61. Melanie Hill f	17 25:32	101. Ken Hirlinger	47 28:48.2	141. Lauren Trout f	8 34:19
23. Adam Brill	36 22:31	62. Van Stoecker	52 25:33	102. Sharon Engelbrecht	29 28:56	142. Laura Fick f	51 35:12
24. Paul Lightner	18 22:33	63. Wayne Atwood	18 25:34	103. Connie Roblezf	33 29:03	143. Andrea Woods f	51 35:34
25. Zach LeGrand	17 22:35	64. Kevin Schroeder	28 25:34.5	104. Lindsey Davis f	17 29:11	144. Susan Currier f	47 36:00
26. Darren Kritzer	15 22:35.5	65. Daniel Toosley	13 25:39	105. Rick Davis	44 29:11.5	145. Ed Burnham	78 36:21
27. John Dickey	44 22:38	66. Mary Jesaitis f	16 25:46	106.	29:22	146. Nancy Fritsch f	59 37:10
28. Travis Holtmeyer	14 22:40	67. Colleen Burke f	15 25:50	107. Carolyn Wilson f	59 29:37	147. Jeanelle Twillmanf	66 37:18
29. Matt Smith	14 22:45	68. Jennifer Woods f	12 25:53	108. Brian Duncan	14 29:38	148. Tiffany Harris f	9 37:46
30. Mark Gandy	37 22:49	69. Jay Hasheider	49 25:57	109. Jeff Lakritz	38 29:39	149. Dottie Gray f	73 37:46.5
31. Curt Kempf	34 23:12	70. Tracy Walker f	26 26:03	110. Corey Duncan	11 29:13	150. Caitlin Trout f	10 38:05
32. Nick Willett	19 23:15	71. Dean Stover	38 26:11	111. Christopher Harris	7 29:49	151. Jane Smith f	51 38:08
33. Lindel Morris	39 23:27	72. Bridget Fitzpatrickf	20 26:12	112. Donna Romans f	51 29:55	152. Barney Sword	67 38:22
34. Anthony Lampe	15 23:29	73. Joshua Bird	11 26:15	113. Gina Muzzy f	37 29:56	153. Eric Wallace	12 40:05
35. Luke Robinson	14 23:41	74. Ward Merrell	50 26:18	114. Bill Wilson	60 29:57	154. Keith Gangidino	45 44:11
36. Edwin Rowold	23 23:45	75. Michael Perkins	12 26:29	115. Carl Myers	64 30:07	155. Joe Cragin	70 44:56
37. John Hill	45 23:54	76. Rusty Crawford	29 26:30	116. Nicholas Hamilton	15 30:14	156. Boots Gerhardt f	78 46:15
38. Travis Jarvis	34 23:55	77. Michael Lampe	14 26:35	117. Ed Vansciver	51 30:14.5		
39. Spencer Dudley	14 24:00	78. Kent Munzlinger	40 26:42	118. Glenda Yound f	45 30:33		
		79. Melissa Pagan f	19 26:43	119. Don Waltman	63 30:35		

—Race Director Joe Duncan

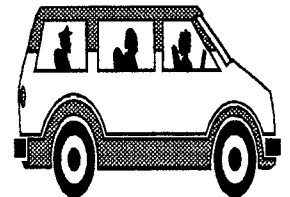
1998 Columbia Track Club Schedule

9/26	8 a.m.	One Hour Run	**	John Patton, 443-1636	Hickman Track	Edible awards
10/10	8 a.m.	Homecoming Stadium Run 5k/1-mile fun run	\$10	Curt Kempf, 446-2878 Scott Dressel, 696-3384 Alumni Center 1-888-292-6842	Faurot Field	Staggered start, t-shirts, awards to top 40 finishers (proceeds to benefit Big Brothers/Big Sisters)
11/7	7:30 a.m.	Runner's Choice 10k or 20k	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
11/15	1:30 p.m.	CTC/Sedalia/Jeff City Cross Country 5k	**	Michele McFadden, 449-1760 Marc Keys, 445-2635	Bethel Park	Team and individual prizes
12/12	8:30 a.m.	Cheese and Sauerkraut 10-miles	**	Jay Hasheider, 449-7009	Strawn Road	Walkers, 8:30 a.m. Runners, 9:00 a.m.

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

Out-of-Town Events

- September 12 Women's Distance Festival, Cape Girardeau, 8 am, (573) 243-2211
Cole Camp Fair 5k, Cole Camp, 7:30 am, (660) 668-3885
- 13 Bagel & Bagel 5k/10k, KCMO, 8:00 am, (913) 648-2062
- 19 St. Joseph Pony Express 5k/10k/1/2 marathon, St. Joe, 8 am, (816) 232-3344
Magic City Run 5k, Moberly, 5 pm, (573) 626-2213
Coors Pure Water Triathlon, Cape Girardeau, 9 am, (573) 335-5421
Summer Biathlon, Blue Springs, 8 am, (913) 362-5670
- 20 Quad Cities Marathon, Davenport, IA, 7:30 am, (309) 757-1000
- 26 KCOM Founders Day 5 miler, Kirksville, 9 am, (660) 626-2213
- 27 Cliffhanger 5k/8k, KCMO, 9 am, (816) 741-2314



Show-Me Games Walk

- | | | |
|--------------------|----|-------|
| 1. Dave Coutts | 42 | 32:01 |
| 2. Maureen Lia f | 65 | 36:09 |
| 3. Gayle Johnson f | 49 | 36:27 |
| 4. Mary Lampe f | 17 | 37:50 |
| 5. Fred Adams | 65 | 39:01 |
| 6. Alan Lampe | 42 | 39:14 |
| 7. Ana Schnizer f | 52 | 42:48 |



Dear Columbia Track Club,
I want to thank you for choosing me as the recipient of the track scholarship. The money I received will be used well towards continuing my education at Central Missouri State this fall. Running is one of my favorite past times. It's great because I get to meet people with the same passion as me, and in turn, creating close friendships that last forever. Thanks again, Kristi Reams

**Heart of America Marathon
results will be in the Oct. issue**

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. For \$30.00 you can become a member of CTC and subscribe to *Missouri Runner*, Missouri's premier running magazine. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
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COLUMBIA TRACK CLUB **NEWS**

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