

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXI No. 1

February 1998



### Couples Run/Walk 4 mile January 10, 1998

1. Willy Heinrich 24:44
2. Dick Hessler 25:47
3. Dan Billington 29:21
4. Julie Huffman 30:40
5. Carl Myers 30:42
6. Jim O'Dell 30:45
7. David Webber 31:26
8. Karen Derrick 31:47
9. Amy Gundy 32:26
10. Chris Heinrich 32:38
11. Kevin Stock 32:51
12. Wendell Wilson 34:13
13. Don Waltman 35:49
14. Jon Kruse 37:40
15. Marvin VanLeer 37:53
16. Nancy Fritsch 37:58
17. Jon Esterlin 41:42
18. Erin Kleffner 45:54
19. Lisa Esterlin 45:54
20. Boots Gerhardt 48:28
21. Dick Hoft 48:29

Ages and times were combined for each couple, and \$20.00 gift certificates were awarded to the winner of each age group.

#### Combined Age

1. 58 Willy and Chris Heinrich
2. 36 Jon Esterlin and Erin Kleffner
1. 88 Dick Hessler and Amy Gundy
2. 90 Jim O'Dell and Karen Derrick
3. 85 Marvin VanLeer and Lisa Esterlin
1. 105 Carl Myers and Julie Huffman
2. 120 Don Waltman and Nancy Fritsch
3. 149 Dick Hoft and Boots Gerhardt

Don Waltman was the drawing winner of a \$10.00 gift certificate.

Thanks to helpers Joe Duncan, Tom Allen, and Fred Fritsch for their finish line support.

—Race Director Georgina Gonzalez



### FREE PIZZA!!!

The Columbia Track Club would like to acknowledge and thank all of the race directors for their time and efforts in organizing and "running" CTC races. All race directors are invited to G & D Pizza at Crossroads Shopping Center on February 14, 1998 at 12:00 noon, for pizza and fun. See you there!



Couples Race participants enjoy hot cider after the run.

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

**February 4, 1973:** Six Mile Run 1. Dennis Stewart 33:18 2. Jules deCoster 35:40 3. Ben Londeree 36:00 4. Mike Chippendale 36:01 5. Dick Hessler 36:49 and six others.

Six Mile Walk 1. Art Fleming 56:27 2. Dave Leuthold 59:13 3. Rob Spier 1:03:16 4. Leonard Busen 1:04:18 5. Don Johnson 1:12:28 and three others.

**February 17, 1973:** Ten Mile Run 1. Stewart 56:59. . 4. Dick Hessler 1:02:36. . . 6. Londeree 1:03:49 7. Don Granberg 1:04:22 8. Joe Duncan 1:10:43  
14 degrees

**February 24, 1973:** 3-2-1 Triathlon 1. Londeree 34:09 (17:29, 11:29, 5:11) 2. Chippendale 34:33 (17:30, 11:30, 5:33). . . 4. Duncan 38:36 (19:28, 13:00, 6:08). . . 6. Busen 40:56. . . 8. Johnson 43:38 9. Dave Schulte 46:57

The Walk 1. Fleming 55:08 (27:49, 18:21, 8:58) 2. Spier 1:04:16 3. Bill Taft 1:16:49

**ATTENTION:**

This will be the last newsletter for those with an expiration date of **December 1997** on their mailing labels. Please send renewals to CTC, P.O. Box 1872, Columbia, MO 65205. Hurry—you don't want to miss any CTC events, nor one single exciting issue of the newsletter.

**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 **by the 20th of each month** 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

**Dear Race Walkers:**

I'm a 64-year old graduate student in health science at Armstrong Atlantic State University (AASU) here in Savannah, and a middle-of-the-pack racewalker. As a topic for my master's thesis, I'm investigating age-related performance decline in male and female veteran racewalkers. I'm especially interested in trying to determine how much of performance decline (if any) is due to the aging process itself, and how much is due to environmental factors such as changes in training habits, onset of chronic diseases, changes in body composition, etc. In put would be in the form of a short questionnaire currently being developed. I anticipate that thirty minutes or less will be required to answer the questions. The questionnaires will be number-coded to keep information as confidential as possible. I would be happy to furnish a synopsis of results of the study to those responding with completed questionnaires. Any data your members can provide would be appreciated.

Sincerely,

Al Clowser  
Savannah, GA

Any interested race walkers 55 years or older who have been racewalking for at least five years should contact Dick Hessler (874-2906) for a postage-paid postcard to request a questionnaire. Dick also has racewalking information about the Ultrawalk 200, a 200 or 100 mile group racewalking event this September in Fort Collins, Colorado.



Becky Lebowitz, a new CTC member, is training for the April 20th Boston Marathon. She is looking for weekend running partners and she runs 9-10 minute miles. If interested call Becky at 771-0661

**Welcome New CTC Members**

Mike Flynn	Columbia
Kevin Johns	Williamsburg
Becky Lebowitz	Columbia
Paul & Ben Robinson	Columbia

# CTC Runner Profile



## RANDY GAY

Age: 43

### PERSONAL RECORDS:

**5K:** 20:29

**Marathon:** 3:45

**WEEKLY MILEAGE:** 5-10 miles depending on mix of cross tracking and whether my "knee" doctor is watching.

**WHEN DID YOU START RUNNING?** Junior high. I grew up on a farm so I had been chasing animals anyway; thought this was a great way to get out of evening chores.

**DID YOU RUN IN HIGH SCHOOL OR COLLEGE?** High School—My high school "880" relay team made it to State Indoor Finals back in 1971. (We ran inside old Brewer.)

**WHAT IS YOUR FAVORITE WORKOUT?** Lots of stretching before and after a run—had knee "scoped" in 1996. Add 45 minutes in the pool and then a bike ride or a five mile run. HEAVEN!

**WHAT IS YOUR FAVORITE TRAINING ROUTE?** Richland Road between St. Charles and

Rangeline east of Columbia. Combination of pavement and gravel with great hills. Lots of wildlife and wild drivers. Great area to see falling stars at night.

**PERSONAL INFO; FAMILY, YEARS IN CTC, OR ANYTHING ELSE YOU WOULD LIKE TO TELL US ABOUT YOURSELF.** CTC member since 1991

**OTHER INTERESTS:** Certified "weather spotter" for National Weather Bureau; automobile/truck consulting; working with young boys at church; Board of Directors of American Red Cross.



Erik Stockham with Matt and Steve Tanner

## Columbians Successful Despite Hazardous Footing

On December 13, 1997, three CTC members and 396 others raced at Pere Marquette State Park, 20 miles northeast of Alton, Illinois. This was the ninth annual running of this 7.3 mile trail race and the second time for this Columbia contingent. The course is located in the river bluffs along the Illinois River and includes four long, steep climbs. Patches of snow and mud caused the footing to be uncertain, with the result that few escaped falling. Despite this hazard, the morning sun, brisk temperatures, and a lovely winter woodscape made for a memorable run. The overall winner ran the course in 47:58. Matthew Tanner was 8th overall and won the 14-19 age group with a time of 50:45. Steven Tanner (1:00:56, 47th overall) edged Erik Stockham (1:01:06, 48th overall). We plan on continuing this annual tradition and invite other Columbians to join us next year.

—Submitted by Steven Tanner

## Coaches' Corner



## Preparing for Track Season

by Rock Bridge Coach Rick Baer

Pre-season preparation for track involves several aspects. Probably, the single most important item is the need to have a physical. An initial assessment of the athlete by a physician can ensure a productive, safe and enjoyable activity.

Setting a goal or goals can aide in a sense of accomplishment and enjoyment from your sport. It should be stressed that goals should be both obtainable and changeable depending on a variety of circumstances that may come the way of the athlete.

Selecting the proper equipment, shoes for example, should be a top priority. A reputable athletic equipment store should have someone on staff to assist an athlete in the proper selection and fit of training shoes and spikes. According to Paul Grace, M.S., A.T.C. of MIT, a proper fitting shoe should do three things that will aide in the prevention of injuries such as shin splints.

1. The shoe should provide adequate support for the arch.
2. The shoe should provide adequate heel control.
3. The shoe should provide adequate shock absorbing qualities.

There are several shoes on the market that fill the bill for around \$70 to \$85. My personal recommendation is that as hard as it may be financially, this is not the place to cut corners. Buy a really good pair of shoes. Your feet will thank you and so will the rest of your body, especially the legs.

Every workout should always begin with a light jog (we use an 800) then a good stretching routine. One that encompasses all parts of the body. This is all important in the prevention of injuries. Stretching activities could be another article for the news letter. Early on in the development of a training program the coach or athlete should consider a program that focuses on a gradual build up of speed and endurance while trying to keep muscle soreness at a minimum. The current thinking regarding muscle soreness is that the muscle has been damaged and needs time to rest. According to P.M. Clarkson Ph D. Exercise Physiology University of Massachusetts, little of the traditional remedies (stretching, balms, creams, heat, etc.) for soreness have any long lasting effect. The muscle needs rest and should get it. The athlete and coach should tailor workouts to minimize soreness and give rest when soreness occurs. Those workouts should not include plyometrics or activities that include eccentric muscle contractions. For the layman that means no bounding, jumping or running down hill. Those activities can come later in the training, not sooner.

Workouts in the cold should take care to prevent frostbite by covering exposed body parts with appropriate clothing. Be sure to gauge the wind and take extra precautions on those windy days. Always begin with a proper warm-up and always add clothing after a workout in low temperatures and move to a warm area to stretch. The reason for this activity is to prevent post exercise hypothermia. A condition that can be deadly and is caused when heat production has decreased while the heat loss remains high.

In considering workouts in the heat one should avoid the sun and heat by doing race or workout preparation in the shade. Keeping the body cool must be done by regular intake of liquids at the rate of 1 to 2 cups of liquid (water) every ten to fifteen minutes during the activity and 12 to 20 oz. of liquid (water) 15 to 20 minutes prior to exercise. Running through a shower or spraying the athlete with water will do little to lower the core body temperature, you need water.... to drink. Sport drinks seem to provide relief but add controversy about hypoglycemia and leaving minerals behind after the water evaporates. Sounds like water is the key for exercise under an hour in duration. If you do drink sport drinks during, make sure the carbohydrate level is between 5 and 8%. Wear loose fitting light colored clothing and above all, keep in mind it can take 5 to 15 days of heat related workouts to prepare an athlete to practice or compete in the heat.

Finally, most of the research I have seen recommends a 70% carbohydrate diet for athletes in training. That means fruits, vegetables, grains and even sport drinks. Protein consumption should be in the neighborhood of .8g per 2.2 lbs. of body weight daily. Female endurance athletes should probably take some sort of iron supplement. You see why seeing the doctor is so important? Many exercise people recommend a general, daily multi-vitamin along with a meal. It is also recommended that all bouts of physical activity be followed by consumption of carbohydrates and other nutrients as soon as 30 minutes after and no later than 2 hours after the activity. This allows for optimal replacement of muscle glycogen which is the fuel for the muscle.

I hope this helps and good luck with your training.

*Coach Baer has been Head Coach of Cross Country and Track at Rock Bridge High School for 9 years.*

# The 5K Nut Race

## January 31, 1998

I've been running for almost 30 years and I've yet to see better weather for a 5K race than the sunny, windless, 35 degree morning we had for the umpteenth Nut Race. Two years ago the race earned its name with a -18 degree F wind-chill. This year you had to be nuts not to race.

Thirty-three runners competed on the Reactor Park loop. It's an interesting course in that half the race is uphill and the other half down. You would think that this would make for a slow course, but over the years surprisingly fast times have occurred. This year's running was no exception. For the women, Michele McFadden was the first finisher in 17:46. Lisa Wells was second in 21:33, and Amy Gundy was third in 24:11. Just for reference, a 6:00/mile pace over 5k is 18:39. Randy Starr won the men's division in 15:38. Marc Romine, second overall, ran 16:47 competing in the 40-49 age group! Dwayne Johnson was third in 16:55. We were glad to host our colleagues from Jefferson City and appreciate their effort both in coming to the race and in their running as well. Special thanks to Tom Allen, Jeanine Pagan, and Birgitta Hessler for their assistance in managing the race.

—Race Director Dick Hessler

### Complete Results

#### Women

##### 15 and under

1. Ellen Pagan 33:41 (13th place overall)

##### 20-29

1. Maggie Johnston 25:29 (7)

2. Suzanne Fey 29:06 (8)

##### 30-39

1. Michele McFadden 17:46 (1)

2. Lisa Wells 21:33 (2)

3. Amy Gundy 24:11 (3)

4. Karen Derrick 24:15 (4)

5. Jane Rackus 24:43 (5)

6. Karen Blurns 29:06 (9)

#### Men

##### 15-19

1. William Romine 19:34 (10)

2. Steve Pagan 20:49 (12)

##### 20-29

1. Chris Neal 20:09 (11)

##### 30-39

1. Randy Starr 15:38 (1)

2. Dwayne Johnson 16:55 (3)

3. Ronald Molteni 18:41 (6)

4. Rob McGowan 25:31 (17)

5. David McGowan 25:32 (18)

6. Jon Kruse 27:03 (20)

##### 40-49

1. Marc Romine 16:47 (2)

2. Steve S-Fisher 17:29 (4)

3. John Weghorst 18:07 (5)

4. Mark Volek 18:42 (7)

5. Kevin Tyler 18:49 (9)

6. Craig Johnston 21:24 (13)

7. Roger Turnbough 21:31 (14)

##### 50-59

1. Jim O'Dell 22:58 (15)

2. Neal Miller 24:14 (16)

3. Wendell Wilson 26:13 (19)

##### 60-69

1. Joe Marks 27:49 (21)



Nut Race winner Randy Starr with his jar of peanuts.

# **Human Race**

5-mile Run (or Walk)

**Saturday, April 18, 1998**

**Columbia, Mo.**

**Start: 8 a.m. at Rock Bridge High School**

**Awards to the top three male and female finishers in these age categories: Under 19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-70; 70+**

**Entry fee: \$10.00**

**Entry deadline: Tuesday, April 14, 1998.**

**Race packet pickup: Friday, noon to 6 p.m. at Tryathletics, 1605 Chapel Hill Road, OR on race day, 7-7:30 a.m., at Rock Bridge track.**

***T-Shirts to all participants***

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## **Human Race – Entry Form**

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages that I might have against the Columbia Track Club for any and all injuries suffered by me as a result of this event.

Name (Please print) \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: M\_\_\_\_ F\_\_\_\_

T-shirt size: XL\_\_\_\_ L\_\_\_\_ M\_\_\_\_ S\_\_\_\_

Signature: \_\_\_\_\_

Signature of parent of guardian if entrant is under 18: \_\_\_\_\_

Address: (Include street or P.O. Box, city, state and zip code)

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**Entry Fee: \$10. Deadline: April 14, 1998. No late entries.**

**Mail to: Columbia Track Club, P.O. Box 1872, Columbia MO 65205...**

**or take to Tryathletics, 1605 Chapel Hill Road, Columbia.**

**Make checks payable to Columbia Track Club.**

# St. Patrick's Day 5K

COLUMBIA REGIONAL HOSPITAL  
COLUMBIA TRACK CLUB

## When:

8 a.m., Saturday, March 14, 1998

## Sponsors:

Columbia Regional Hospital and  
Columbia Track Club.

## Weather:

The run will be held regardless of  
weather conditions.

## Where:

Run Headquarters is located at 6th and  
Broadway. Map course is outlined on the  
back of this page.

## Entry Fee:

\$12 age 15 and over; \$7 age 14 and  
under. **Make checks payable to  
Columbia Track Club.** Mail entry fee  
with registration to:  
Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205

(Note: For an additional \$15 you can  
receive membership in the Columbia  
Track Club for you and all members of  
your family residing at the same  
address.)

## Registration Deadline:

5 p.m., Friday, March 6, 1998

LATE ENTRIES WILL NOT BE ACCEPTED.  
REGISTRATION IS LIMITED.

## Run Packets:

Run packets may be picked up at  
Tryathletics, 1605 Chapel Hill Rd.,  
noon to 7:00 p.m. on Friday, March 13.  
Runners unable to pick up their packets  
may do so on the day of the run from  
7:00 a.m. to 7:30 a.m. at Run  
Headquarters.

Participants will forfeit their t-shirts if  
they do not pick up packets during this  
time or Saturday prior to the event.

## Results:

Run times will be recorded with elec-  
tronic chronomix timers. A two-sided  
digital clock will be on display at the fin-  
ish line. Results will be on display at  
Tryathletics or on [HTTP://www.coin.mis-  
souri.edu/community/rec-center/track/](http://www.coin.missouri.edu/community/rec-center/track/)

## Run Procedures:

Please be at the starting line no later  
than 7:45 a.m. Individuals who plan to  
walk the course are asked to start near  
the back of the group. NO PETS, BICY-  
CLES, STROLLERS, OR HEADPHONES,  
will be allowed on the course.

Secure your number to the front of your  
shirt with the safety pins enclosed in  
your run packet. **Do not pin below  
the perforated tab or tear the per-  
forated tab from your number.**

## Parking:

Parking is available in the downtown  
area public parking lots.

## Certified Course:

Columbia Track Club certified the 3.1  
mile course. Start 10th and Broadway,  
move east to College, south to Hospital  
Drive, west to Virginia, north to Rollins,  
west to 5th, north to Conley, east to  
9th, north to Elm, east to Hitt, north to  
Broadway, west to finish line at 7th  
Street.

## Awards:

The Awards Ceremony will be held at  
Run Headquarters following the run.  
Awards will be presented to first, second  
and third place finishers in each division  
age category.



– Long-sleeved T-shirts to all registered runners –

## REGISTRATION

NAME (Please print) \_\_\_\_\_,  
Last First Middle

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ T-SHIRT SIZE: S M L XL

AGE ON MARCH 14, 1998 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX: ☐ M ☐ F

Regional Health System/Columbia Regional Hospital Employee: YES NO

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, Tenet HealthSystem, KPLA, Central Columbia Association, Columbia Track Club, the City of Columbia, Missouri, the County of Boone, or the State of Missouri, 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, March 14, 1998.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health.

Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE \_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian's Signature (if under 18)

Mail with entry fee by  
5 p.m., March 6, 1998.

Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205

or return to:  
Tryathletics  
1605 Chapel Hill Rd.

**REGISTRATION DEADLINE – 5 P.M., FRIDAY, MARCH 6, 1998. NO LATE ENTRIES**



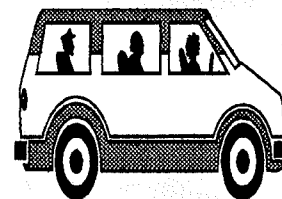
## 1998 Columbia Track Club Schedule Upcoming Events

3/14	8 a.m.	St. Patrick's Day 5-K	\$10	Steve Stonecipher-Fisher, 447-2453	Seventh and Broadway	Long-sleeve t-shirts, awards
3/21	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.
3/28	9 a.m.	Two-Person Relay 5 miles, alternate 400's	**	Chuck Sattler, 446-4816	MU Track	Age-grouped, awards
4/18	8 a.m.	Human Race 5 mile	\$10	Larry Petterborg, 875-2585	Rock Bridge H.S.	T-shirts, awards
4/25	10 a.m.	Show-Me Stampede 5-K	\$10	Tom Smith, 875-6899	Reactor Park	T-shirts, barbecue
5/9	8 a.m.	Spring Couples Run/Walk 5 miles, individuals welcome	**	Tom Smith, 8706899	Bethel Park	Male-Female Teams, dinner awards

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

## Out-of-town Events

- Feb. 21 All-Comers Indoor Track Meet, MU Hearnese Center  
Polar Bear Run 10K/5K, Bolivar, 11 am, (417) 326-3054
- 22 Third Olympiad Memorial Marathon/10K, St. Louis, (314) 434-9577
- March 1 Tom Dowling Run, Kansas City, 8:30 am, (913) 649-7433
- 7 Hibernian Shamrock 10K/3K, Forest Park, 8:30/9:00am, (314) 863-1924
- 8 Brew - Brew 42 Mile Relay, Kansas City, (816) 333-RACE
- 14 St. Patrick's 5M, St. Louis, 9:30 am, (314) 231-2598
- 21 Campus to Campus 10K, Blue Springs, 8 am, (816) 655-6149  
Tom McDonald 5K, Springfield, (417) 883-1893
- 22 Sedalia Half Marathon, 9 am, Skyline Elementary School, (660) 827-0274



## Web Sites of Interest

**CTC home page:**

**Check out the race results at:**

<http://www.coin.missouri.edu/community/rec-center/track/>

**Runner's World:**

<http://www.runnersworld.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**

P.O. Box 1872  
Columbia, MO 65205

FORWARDING SERVICE  
REQUESTED

Non-profit organization  
U.S. Postage  
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Columbia, MO  
Permit #226

12/99

Joyce Schulte  
1102 Broadway Street  
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