

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXII No. 1

January - February 1999



### Joe Marks 1937-1999



Joe Marks was a long distance runner. He was a competitor, a race director, a track and field official, and a track club President. Joe was always willing to help with any running or track & field event whenever possible.

To say Joe was a distance runner is to say he recognized the worth of a challenge and a strong body. He knew the pleasure and loneliness of intense individual effort, yet was more at ease in a crowd than most distance runners.

Joe first appeared on the CTC scene in April, 1974 in a walk-run pentathlon. Although he didn't do the walks, he ran 2:40 for the 880, 13:16 for the two mile and a 31.1 220, with virtually no running background. Thereafter, he participated in almost all our events, and improved rapidly; if he wasn't running he would be on hand to help with race administration. Over the last five years or so Joe was plagued with foot injuries which drastically reduced his competitive running—so he cycled, and cycled well.

Joe ran eight Heart of America Marathons, with a personal best of 2:48:32 (7th best ever for 40+)—at age 42! That was the year (1979) Roger Rouiller ran his 2:36, preventing Joe from being the 40+ winner. Joe ran many marathons around the Midwest; his favorite probably was Grandma's in Minnesota.

It is frequently noted that one seldom sees a runner smiling while running. The runner usually has sort of an uncomfortable, intense expression. Joe Marks was the exception—it was as if he had been born without any frown muscles. Joe was always upbeat and entertaining. The races he directed were characterized by their low-keyed relaxed nature. They were fun. Define exuberance and you get Joe Marks. As son Bryan said in the funeral tribute to his Dad: "Dad didn't walk through life, he ran."

Have a good race, Joe!

—Joe Duncan



Dear Members of the Columbia Track Club,

Thank you for the lovely basket of flowers that was sent to Our Lady of Lourdes Church for Joe's funeral.

Mary Marks and family

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

**January 5, 1974** Five mile run: 1. Dean Neal 29:10, 2. Dick Hessler 29:20, 3. Ben Londeree 30:30, 4. Tom Kilburn 30:42, 5. Rex Frazer 31:20, 6. Joe Duncan 35:58, 7. Dave Leuthold 37:43. A chilly 12 degrees.

**January 19, 1974** 20 kilo run: 1. Dennis Stewart 1:13:47, 2. Hessler 1:14:26, 3. Londeree 1:15:52, 4. Neal 1:16:55. . . 7. Frazer 1:20:57, 8. Don Granberg 1:22:38, 9. Mike Chippendale, 10. Duncan 1:35:42.

**February 2, 1974** Six Mile Run: 1. Dennis Stewart 32:58, 2. Dean Neal 34:00, 3. Dick Hessler 34:17, 4. Tom Kilburn 34:31, 5. Ben Londeree 34:45, 6. Sandy Lawrence 34:59, 7. Mike Chippendale 35:19, 8. Don Granberg 35:56, 9. Tom Hinckley 36:12. . . 14. John Leuthold, 9, 65:13.

Augie Hirt and Larry Young walked in 51:44, Dave Leuthold 59:40, Rob Spier 63:01, and William Taft, 58, 78:15.

**February 16, 1974** 15 Kilometer Run: 1. Stewart 53:25, 2. Hessler 54:35, 3. Kilburn 54:44, 4. Neal 55:00, 5. Londeree 55:11, 6. Granberg 56:40, 7. Hinckley 57:10, 8. Rex Frazer 57:27. . . 11. Turk Storvick 1:02:46. . . 14. Joe Duncan 1:09:46.

**February 23, 1974** 3,2,1 Triathlon: 1. Stewart 15:58 (3 mile), 10:41 (2 mile), 5:05 (mile); 2. Neal 16:26, 10:56, 5:17. . . 6. Granberg 17:19, 11:44, 5:38. . . 9. Storvick 18:37, 12:16, 5:49; 10. Joe Duncan 20:14, 13:40, 6:38; 11. Doug Duncan, 13, 23:28, 16:33, 7:33.

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary-treasurer
Mark Wilson	Georgina Gonzalez
Randy Gay	Mark Volek
Michele McFadden	Curt Kempf

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:

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411 Maplewood Dr., Columbia, MO 65203  
Ph: (573) 874-2407  
e-mail: gundy@tranquility.net

**A message from our president. . .**

Dear CTC Members,

I will be on research leave in Sweden from January, 1999 through August, 1999. I am grateful that Amy Gundy was willing to hold down the fort during my absence. She knows the course as well as anyone, and we are in excellent hands with Amy and the Board members.

Amy has plans to call a Board meeting (see below) to discuss a memorial to Joe Marks. If you have ideas for a memorial, please contact Amy or any Board member. Also, we need help filling the race director positions open due to Joe's death. Please contact Amy (874-2407) if you can help. Finally, the Summer Youth Track Program starts on the second Wednesday in June. If you can help with that program, please call Tom Allen (449-5655).

See you in September,

Dick Hessler,  
CTC President

**CTC Meeting Planned**

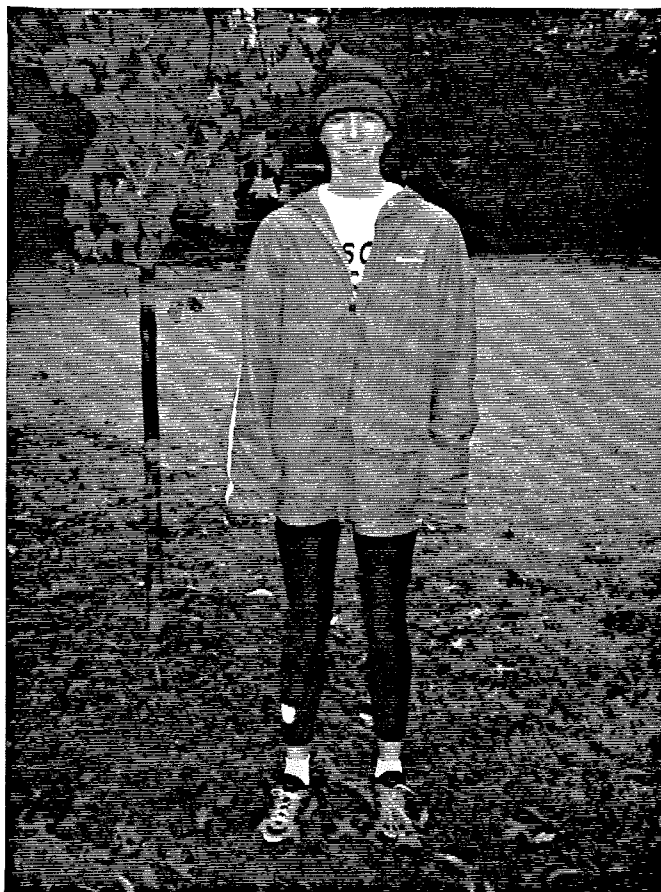
All Columbia Track Club Board of Directors and CTC members are invited to G & D Pizza at Crossroads Shopping Center on **Feb. 21, 1999 at 6:00 pm**. We will discuss plans for a memorial to Joe Marks and the upcoming races that are needing race directors. If you are willing to help with a race, or just want more information, please join us on Sunday. We need race directors for the following races:

April 3	Max 5k Run/Walk
April 17	Human Race
April 24	Show-Me Stampede 5k
May 8	Spring Couples Run/Walk 5 miles
Nov. 6	Runner's Choice 10k/20k

**Welcome New CTC Members**

Bill Frame	Fulton
Brad Hegemann	Fulton
James Jorgenson	Macon
Matt Lucy	Columbia
Jennifer Marrero	Columbia
Debbie Rodgers	Columbia
Amy Waters	Columbia
Susie Watkins	Columbia

# CTC Runner Profile



## Angela Hessler

Age: 25

### PERSONAL RECORDS:

Mile- 5:15, 5k—19:46, 10k—41:00, marathon—3:27

**WEEKLY MILEAGE:** 35-40

### WHEN DID YOU START RUNNING?

I started running at the Summer Program when I was 7. Technically my first race was a cross country race at Gustin—I ended up running about a mile, hiding behind a tree, and finishing in world-record time.

### WHO IS YOUR RUNNING ROLE MODEL/ WHO HAS INFLUENCED YOU THE MOST?

Definitely my entire family. Some of my earliest memories are of eating donuts and watching Dad run the Heart of America marathon, and I loved seeing Amy and Peter run in the summer program. Mom always provided a more rational perspective on running, and it has been fun to see Burger become a great college runner. I've learned a lot from my family!

### DID YOU RUN IN HIGH SCHOOL OR COLLEGE?

I ran cross country and track through high



school and college. I got to run in the MO State Cross Country Meet twice with the Hickman team. I was 7th in the state mile in track. I ran middle distance at Notre Dame—no outstanding performances but had a great time and earned a letter for "persistence."

**WHAT IS YOUR FAVORITE WORKOUT?** I love doing 400m intervals on the track, and on the roads or grass I like 2-5 minute fartleks without much rest.

**WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA?** Westmount Ave.—MKT—Gustin—MU President's House—Capen Park—Vet School—Home = "The President's Loop"

**PERSONAL INFO AND INTERESTS:** I'm a graduate student in Geology at Stanford University in California.

**YEARS IN CTC:** 25 years—a lifetime member!!

  
**Welcome New Runner. . .**  
 CTC members **Marc and Erin Keys** have a new CTC member at their house!  
 Baby girl, **Shannon**, was born Dec. 31, 1998. We'll look forward to seeing  
 her in the summer program in a few years.  
 Congrats, Marc and Erin!  


## Couples Run 4 Mile

January 9, 1999

This year the couples run turned out to be one couple and eight other hardy souls who ventured out on a clear 8 degree (-10 windchill) January day.

The run went on after some debate. Joe Marks, our co-director of this event had passed away a week before the run, and it was difficult to think about this event without him. We concluded that he would want us to carry on, and we had the run.

The roads were slick and sloppy, and no doubt hindered the times; but the 9 participants, plus myself and Randy Gay enjoyed the event anyway.

The "winning couple" was "Empress" Amy Gundy 33:37 and Dick Hessler 27:03 (daughter/father).

The other runners finished as follows:

Chris Neal	26:18
Jay Hasheider	30:37
Jim O'Dell	31:56
Jimmy Keown (12 years old)	34:03
Charles Lockwood	38:08
Don Waltman	38:18
Jon Kruse	42:37

For those who need the encouragement—start getting ready for the spring races! We have a full slate.

—Steve Stonecipher-Fisher

## Nut Race

January 30, 1999



Good running weather greeted 50 runners to this years Nut Race at the Reactor Park Loop. The predicted rain held off until mid-afternoon. The temperature was 35 degrees, with a light wind out of the North-East.

Less than 5 seconds separated the first three finishers in the men's division. Dwayne Johnson took first with a time of 16:51. Marc Keys was second with 16:55, and Scott Mantooth was third at 16:55. For the women, Jessica Amidei was the first finisher in 22:13. Lisa Wells was second in 22:41, and Susie Watkins was third in 22:59. Special thanks to Randy Gay, Jeanine Pagan, and Steve Pagan for their help in managing the race. Dick Hessler, you missed a good race.

—Race Director Tom Allen

Men 19& under	Time	Overall	Men 40-49	Time	Overall
William Romine	17:54	8	Marc Romine	17:04	4
Nathan Smith	19:58	15	John Waghorst	17:50	7
Jerod Turner	20:34	17	Steve S-Fisher	18:02	9
Russell Untiedt	20:34	18	Paul Robinson	25:20	38
Joshua Mantooth	28:53	49	Matt Peters	25:22	39
<b>Men 20-29</b>			Larry Bechtel	26:33	44
Chris Neal	19:13	13	<b>Men 50-59</b>		
Todd Herrman	21:43	21	Jay Hasheider	22:08	22
Rusty Crawford	22:14	24	Jim O'Dell	23:11	32
Kenneth Watkins	22:59	29	Don Ballenger	24:39	36
<b>Men 30-39</b>			<b>Men 60-69</b>		
Dwayne Johnson	16:51	1	Bill Wilson	25:57	40
Marc Keys	16:52	2	Don Waltman	27:17	48
Scott Mantooth	16:55	3	<b>Women 19 &amp; under</b>		
Phil Wahlbrink	17:12	5	Jessica Amidei	22:13	23
Mark Wilson	17:43	6	Ellen Pagan	31:44	50
Don Archer	18:53	10	<b>Women 20-29</b>		
Stephen Bourgeois	18:44	11	Susie Watkins	22:59	28
Darrin Young	19:01	12	Jennifer Marrero	26:10	41
Eric Walker	19:41	14	Rebekah Brown	26:39	45
Brad Hegemann	20:02	16	<b>Women 30-39</b>		
James Jargenson	20:41	19	Lisa Wells	22:41	26
Clay Farris	21:10	20	Karen Derrick	23:41	33
Ken Nobles	22:31	25	Angela Woodland	26:16	42
Ryland Rodes	22:51	27	<b>Women 40-49</b>		
Todd Fuller	23:08	30	Elaine Foster	24:22	34
Phil Marsh	23:09	31	<b>Women 50-59</b>		
Rob McGowan	24:23	35	Donna Romans	24:55	37
David Mitaun	27:00	46	<b>Women 60-69</b>		
David Dula	27:06	47	Carolyn Wilson	26:31	43

# St. Patrick's Day 5K

COLUMBIA REGIONAL HOSPITAL  
COLUMBIA TRACK CLUB

## When:

8 a.m., Saturday, March 13, 1999

## 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 5, 1999

LATE ENTRIES WILL NOT BE ACCEPT-  
ED. 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 12.  
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.mis-souri.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, ROLLER-BLADES  
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 13, 1999 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX: ☐ M ☐ F

Regional Health System/Columbia Regional Hospital Employee: YES NO

Senior Class Member: 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 13, 1999.

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 5, 1999.

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

or return to:  
Tryathletics  
1605 Chapel Hill Rd.

Questions?? Please call (573) 447-2453

**REGISTRATION DEADLINE – 5 P.M., FRIDAY, MARCH 5, 1999. NO LATE ENTRIES**



## 1998 Columbia Track Club Schedule

3/13	8 am	St. Patrick's Day 5-k	\$10	Steve Stonecipher-Fisher, 447-2453	Seventh & Broadway	Long-sleeve t-shirts, awards
3/20	8:30 am	CTC 15-k Run or Walk	**	Joe Duncan, 445-2684	Holiday Exec. Center	Walkers, 8:30 a.m., Runners, 9:00 a.m.
3/27	9 am	Two-Person Relay 5 miles, alternate 400's	**	Chuck Sattler, 446-4816	Hickman Track	Age-grouped awards
4/3	8:30 am	Max 5k Run/Walk/Roll for Disability Awareness	\$10	We need a race director!!	Stankowski Field, MU	T-shirts, awards

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

## Out-of-Town Events

February	13	MU All-Comers Track Meet, Hearnes Center, Columbia
	20	Winter 5k, 4 pm, Sedalia, (660) 827-0274
	21	3rd Olympiad Marathon/10k, St. Louis, (314) 434-9577
March	6	Liberty Run 5k, KCMO, 9 am, (816) 218-6071
	13	Luck of the Irish 5k, Jefferson City, 9 am, (573) 761-9021
	14	St. Pat's 4 miler, KCMO, 8:30 am, (816) 474-4652
	20	Spring Fun Run 5 mile/5k, Sedalia, 8 am, (660) 826-5045
	28	Sedalia Half Marathon, 9 am, (660) 827-0274



As part of Joe Duncan's *25 Years Ago* column this month, Joe writes: This appeared in the January, 1974 newsletter, from Dick Hessler, the Bard of Westmount:

### *O Toothless One*

With rue my soul is laden  
for days when bees do swarm  
and many a tee-shirted maiden  
to run when days are warm.

Londeree lad and I run far  
On ZZ's frozen expanse  
Twelve degrees, landscape bizarre  
Good grief, did I remember my pants?

Stride out and run in loops  
Breathe shallow less lungs retire.  
O toothless one complains in poops  
We'll set the old road on fire.

To stave untimely demise  
Freezing to long distance rocks  
Londeree, ever so wise,  
Sports baggy electrified socks.

Tomorrow after new swift fools  
Old Man Winter pursues with his life  
But I shall not move an inch  
For my mustache is frozen to dear wife.  
(We assume Anne approved of this.)

Check out CTC's new web page: [ctc.columbia.missouri.org](http://ctc.columbia.missouri.org)

## 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  
P.O. Box 1872  
Columbia, MO 65205

## COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872  
Columbia, MO 65205

FORWARDING SERVICE  
REQUESTED

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