

# COLUMBIA TRACK CLUB

## Notes & News



Volume LV No. 4 October 2022

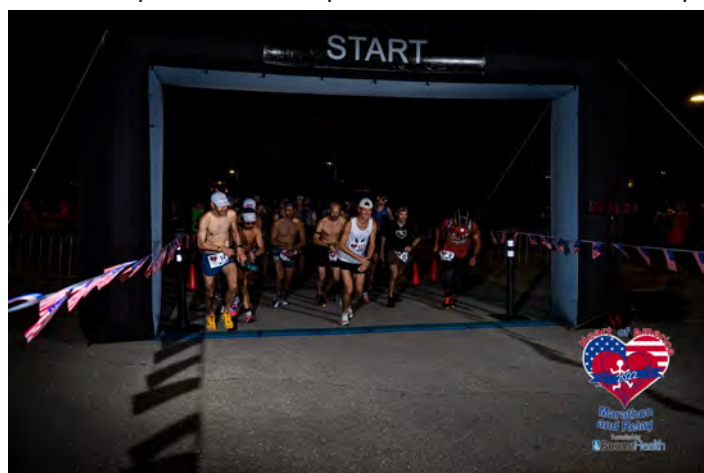
### 63<sup>rd</sup> Annual Heart of America Marathon and 3<sup>rd</sup> Annual Fun Team Relay Labor Day – Sept 5<sup>th</sup>, 2022

By Kathy Lee



The 63<sup>rd</sup> Annual Heart of America Marathon and 3<sup>rd</sup> Annual Fun Team relay went off like a shot! Well, not really, and fortunately too. Every HOA has something which becomes a "Remember When. . . ?" discussion and 2022 was no exception. In the past there have been floods, trains, a rain delay, the starting pistol not firing (causing a "Well, ok, just GO!" moment), MU Security delaying the start for 10 minutes because of the "unruly?" mob gathering on Stadium Blvd at 6:00 a.m. and more.

The 2022 HOA was no exception. This time there was a six-minute start delay. As anxious runners waited and wondered, law enforcement officers already on scene responded to a report of a disturbance in the parking lot of a business



just south of the Start line. After receiving the "All Clear" from law enforcement Thom Allen, Columbia Track Club Board Member, fired the starting pistol and the field was off!

Always of note for HOA is the weather and we were in for a treat this year! A mild for HOA

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### Heart of America—Volunteer Coordinator Needed

The Heart of America Marathon and Fun Team Relay is seeking a volunteer coordinator for our 2023 event to be held on September 4. The position will be responsible for making sure all volunteer positions are filled. They will need to be available on September 3<sup>rd</sup> and 4<sup>th</sup> (race day) and for a several meetings preceding the race. We have a list of volunteer contacts, potential contacts and this position is encouraged to seek other prospects to volunteer. If you are interested in this volunteer position, please email [comoheart1960@gmail.com](mailto:comoheart1960@gmail.com).

## Upcoming Events

See Page 26 and the [CTC website](#) for more event info:

**Bear Creek Trail Half  
Marathon**  
October 29, 2022

**Flat Branch 50K**  
November 5, 2022

**Fleet Feet Turkey Trax 5K**  
November 24, 2022

**Thanksgiving Day Pie Run  
5K/10K**  
November 24, 2022

**Cheese & Sauerkraut 10 mi**  
December 3, 2022

**Three Creeks Torrent Trail  
Runs (10 mi, 20 mi, 30 mi)**  
March 11, 2023

**Heart of America Marathon &  
Fun Team Relay**  
September 4, 2023

[Heart of America Results](#)

[Mile 90 Photography Photos](#)

[Updated Race Statistics](#)

[Spreadsheet Race Statistics](#)

[Fall Colts Facebook Photos](#)



## Thoughts from the President

By Nancy Taube

In the fall, nothing lasts long enough. Not the daylight. Not the bright colors. Not the bonfires. Not the magical trail runs. It is a season of transition. The trees which shaded us from the summer sun, have now shed their leaves to form a soft carpet underfoot.

What had been a welcome breeze when days stretched endless has now become a bracing gust, warning us of what winter has in store. For me, fall is a time of reflection; a reminder to spend time outdoors, and to be grateful for each passing day, no matter the weather. I hope you are also able to get outside and make the most of every moment Mother Nature offers during this all-too-brief season.

-Nancy T

### Flat Branch 50K on November 5 seeking volunteers

We're looking for aid station captains, aid station volunteers, sweepers, packet pickup help (Friday night from 5PM to 7PM and race day morning), and other logistical help. If you can volunteer to help us launch the inaugural [Flat Branch 50K](#), email us at [HaHaRacingEvents@gmail.com](mailto:HaHaRacingEvents@gmail.com). Thank you! Registration is still underway, [UltraSignup](#). Look for Flat Branch Ultra.

### Volunteers needed for NCAA Midwest Cross Country Regional Championships

On November 11th, 2022, the Columbia Sports Commission/Convention and Visitor's Bureau will partner with Mizzou Athletics to host the 2022 NCAA Midwest Cross Country Regional Championships at Gans Creek Cross Country Course. We are currently looking for individuals to assist with set-up, clean-up, and other duties over the course of the two days teams will be on site. Teams will be at the course on Thursday, November 10th and Friday November 11th. For questions, email Adam Ziervogel at [adam.ziervogel@como.gov](mailto:adam.ziervogel@como.gov)

## Looking Back —

By Joe Duncan

### 25 YEARS AGO

The **September 1997 Newsletter's** lead was a "Letter from China": sent by Peter Hessler. This letter is the finest piece ever to appear in the 54 years of CTC Newsletters. Peter was a keen observer of Chinese culture during his time there, several years, as a teacher, scholar, writer, and especially as a runner absorbed by the Chinese running scene. His letter is a must read in the CTC archives, 1997, September. His writings have appeared in many publications such as *New Yorker*, *National Geographic* and several books about China.

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### CTC BOARD OF DIRECTORS/TERM EXPIRES:

Karen Hodges (10-2024), *vice president*  
 Ryan King (10-2023), *treasurer*  
 Allan Benjamin (10-2025)  
 Greg Blomquist (10-2024)  
 Andy Emerson (10-2023)  
 Larry Flynn (10-2023)  
 Becky Hennessy (10-2025)  
 Jim Lootens-White (10-2024)  
 Nancy Yaeger (10-2025)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: [columbiatrackclub.com](http://columbiatrackclub.com)

FACEBOOK:

[facebook.com/columbiatrackclub](https://facebook.com/columbiatrackclub)

CTC NEWSLETTER EDITOR:

Andy Emerson:

[columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com)

CTC publishes a newsletter 4 - 5 times per year.

The next issue will be sent in December. The deadline for submissions will be December 16.

25 YEARS AGO - continued

**September 1, 1997**, 38th Annual Heart of America Marathon:

1. David Dobkowski 2:45:17, 2. Andrea Fischer 2:54:48, 3. Chris Cook 3:00:52, 4. Tom Nichols, St. Louis 3:04:43, . . . . . Jamie Mondello, 43, 3:10:22, Gerald Glass, Springfield, 59, 3:18:21, Peter Madsen 3:23:11, Dann Fisher, Manhattan, KS 3:26:51, Lou Joline, 65, 3:31:08, Richard Madsen, 3:40:34, Steve Young, Jeff City 50, 3:54:24, Lisa Burger 4:08:58, John Schulz 4:13:25, Tom Detore 4:34:47, Gary Stamper 4:35:11

This was Dobkowski's 12th HOA. He ultimately put away his HOA running shoes after his 30th HOA in 2017, at age 59.

Andrea Fischer and Michele McFadden ran together in 1996 finishing in 2:54 10. tied for third overall. Fischer with her second place overall finish in '97 is the closest any woman has come to winning. The whole thing.

50 YEARS AGO

**September 8, 1972**, 13th Annual Heart of America Marathon:

1. Tim Hendricks Peru, NE 2:46:15, 2. Lou Fritz, Verdon, NE 2:48:32 3. Jim McFadden, Ft. Madison, IA 2:51:12, 4. Ken Katzer, Lincoln, NE 2:51:21, 5. Augie Hirt, McPherson KS 2:52:14 . . . . . Alex Ratelle, 48, Minneapolis 2:57:24, CTC **runners:** Don Granberg 3:06:37, Ben Londeree 3:09:42, Art Fleming 3:15:22, Dick Hessler and John Wilson 3:33:03, Joe Duncan 3:40:57, Steve Beck 3:42:49, Dave Leuthold 4:02:14, Leland Pfefer 3:04:30, Tom Kilburn 4:14:45, Rob Spier, 50, 5:03:32 walking at a c.11:15 pace! --a warmup for the forthcoming 100 Miler 48 finishers, all Male, Great weather--upper 50's to 61, low humidity, cloudy.

Tim Hendricks has finished HOA 12 times, all sub-3:00, winning five of them, more than anyone. His PB is 2:38:42 and he did that twice. He was always in the top 10--except once--in his last HOA, 1979, he finished in 15th place--however he still had an excellent 2:49:10 performance. The competition was pretty fierce back then.

Alex Ratelle, the Minneapolis MD, has 8 HOA finishes taking home a First-Place trophy every time, 7 in the 40-49 group and one as a 50-year-old. His PB of 2; 53:33, 1969, age 44, was the age 44 record until 1978 when Ben Londeree lowered it to 2:49:55, then along came Joe Marks in 1981 with 2:42:10 replacing Londeree at the top of the list, pushing Ratelle to third. Londeree at one time had the age 47 record, 2:57:12. In 1988 Donald Groton, Springdale, AR, replaced that at 2:55:02 and that was toppled by Dann Fisher, Manhattan, KS 22 years later, 2010, with a 2:54:11, That 2:49:55 by Londeree was his PB of six HOAs, three of them being sub 3:00.

Dick Hessler ran his first marathon 50 years ago at age 31. That first was the 1972 HOA with a time of 3:33:03, which. by foresight, proved to be a rather pedestrian performance for him. He and John Wilson, running in tandem, despite being marathon neophytes, knew about the importance of negative splits. They dawdled along during the first half, then turned on the rockets to blast the second half flying over the top of Mt. Easley passed 17 runners, finishing the final 13.1 miles 12 minutes faster than the first 13.1.

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## 50 YEARS AGO - continued

Hessler ran HOA 11 times. Eight were sub-3:00 while two were sub-2:40, a 2:39:43 in 1975 and 2 seconds slower in '76., Even with two 2:39s he has no age records. He is #2 at ages 35, 37 and 40. Thus, **35**: 2:39:45, 1. Ron Chisolm 2:30:43; **37**: 2:46:54, 1. Hal Higdon 2:41:45; **40**: 2:44:09, 1. Bill Fox 2:43:36. He is in the top 5 for six different ages.

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Lou Fritz, finishing second, ran his usual leisurely race, ranging along in 8th place for 15 miles then gradually moving up, catching McFadden who had the lead for 24 miles, until Hendrick passed him going up the hill leading to Stadium Blvd. Fritz ran the final two miles five minutes faster than McFadden but couldn't catch Hendricks. This was Fritz's 8th consecutive HOA and, of course, we all know he didn't stop that streak until he had 25 in a row.

**September 10, 1972:** Larry Young captured the bronze medal at the Munich Olympic Games matching the 50K Race Walk bronze he brought home from the Mexico City Olympics four years earlier.

The Munich medalists:	<b>GOLD</b>	Bernd Kannenberg, West Germany	3:56:11
	<b>SILVER</b>	Venjamin Soldatenko, Russia	3:58:26
	<b>BRONZE</b>	Larry Young, USA	4:00:46

### Larry Young – 1972 Munich Olympics and 50 years later!

As I look back after 50 years since the Munich 1972 olympics, a flood of memories come to mind. The fact I won the bronze medal in the 50K Race Walking event certainly is at the top of the list. But the fact it is one of the most historically important Olympic Games ever brings back many memories other than my competition.

About the 50K race first: I was trying a new training method given to me by Ben Londeree called "The Overcompensation Theory." The theory was, to do an all out race 3 days before the 50K, in order to deplete the glycogen in my muscles, then rest for 3 days so the glycogen would "overcompensate" providing more reserve for the long haul. I had already tried the method at the Olympic trials where I won both the 20K and 50K. I figured why not try this in Munich, The only downside was that I knocked one guy off the 20K team.

The day of the race I was still feeling somewhat stiff during my warmup, maybe due to the glycogen storage. I think I was close to last going out of the stadium and it took a while to loosen up, but by 20K I was moving through the field with ease. At 25K I walked right past Christopher Honhe who won the 50K Gold medal in the 1968 Mexico City Games. [ed: Larry got a Bronze in Mexico].

According to my dad who was on the course, I was consistently gaining on the two leaders. Shortly thereafter I caught the Russian (Gregorey) who was in 3rd place. As I passed him, I could see he was clearly creeping which is breaking the rules. The head Russian judge came out with the DQ flag, disqualifying him. I have to admit I was a little concerned, but I had no cautions. After the race that same head judge told me I had the best technique in the field.

I continued to gain on the leaders until I reached for my drink at the 35k aid station. Whoever was pushing out the drinks with our numbers on the bottles, gave me something that almost



## 50 YEARS AGO - continued

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made me puke. I had to go the whole next 5k without a drink, which was defizzed Pepsi.. I started getting tingles in my fingers and lips and figured I was hitting the "wall." I made it back to the aid station, got my drink and from then on managed to hang onto 3rd place. I have no proof it was intentional, but I have always been suspicious. A lot of inappropriate things were being done against our Olympic team by the West German Olympic committee.

The Awards Ceremony was the next day so they could have a full stadium to celebrate Bernd Kannenberg's victory. At the podium each of the three medalists stepped onto our respective platform; and the medals were placed around our necks. After the gold medal was placed around Kannenberg's neck, he reached down and shook Saldatanko's hand, pulling him up onto the gold medal platform. Then he shook my hand and pulled me up also, after which the German National anthem was played. After we walked off the podium the press asked Kannenberg why we were on the gold medal platform with him. He said because he thought our 2nd and 3rd place performances were so great we deserved to be there with him. I felt a little strange, but it was a cool gesture of sportsmanship!

The next morning I was on my way out for a stroll. As I walked out the door, I was told that the Israelis were being held hostage in their dorm by the PLO. In disbelief, I looked up at the dorm and saw the masked man with a gun looking right at me! I left the village and soon thereafter they evacuated everyone. Kannwenberg was nice enough to invite all the walkers to his castle where he trained. I was blown away by all the coaches and nurses who were there. The rest is bad history, as everyone knows, which changed the Olympics forever.

JD: I recently asked Larry, now 50 years later, at age 79, as to what he is up to nowadays.

With his permission, here is his response:  
"I had just finished creating two monumental sculptures for the Springfield sculpture Walk in April. Shortly thereafter I started having some strange body rushes and shortness of breath. I went to my doctor; he put me through a series of tests which revealed I had a "mitral valve regurgitation." 50% of my blood was flowing in the wrong direction! It was caught early before there was any additional damage to my heart which was repaired rather than replaced. I was only in ICU for four days. Now I have to mind the doctors, and Candy!, to allow my body to heal. Candy is still teaching at Truman, but they gave her three weeks off to care for me and be sure I do nothing stupid!"

JD again: Larry's cardiologist is Takashi Murashita (both pictured on right), the third place finisher of this year's HOA at 3:15:48. So, Larry was under the care of a good surgeon and good runner.



## 63<sup>rd</sup> Annual Heart of America Marathon and 3<sup>rd</sup> Annual Fun Team Relay

-continued from page 1

start of 70 degrees warmed up to just 74 degrees by noon.

This break in the weather was welcome news to runners. **Joffroi Holcombe**, 36, of Ballwin, MO took advantage of the weather and was the first to cross the finish line in 2:50:57! Second place went to **Gregory Blomquist**, 44, Columbia, MO with 3:00:02, and **Takashi Murashita**, 43, Columbia MO rounded out the top three finishers with his 3:15:47. More on Takashi later. You'll want to read on to hear of this amazing HOA story.

The leaderboard for the women showed first place winner **Mariana Morales Quinones**, 39, Columbia MO, with 3:46:19, second place to **Angela Matlock**, 37, Bowling Green MO in 3:54:25, and third place to Megan Schulte, 27, Columbia MO with a close **3:54:38**.

In the Masters Class we had more outstanding performances. Starting with the women, we had **Dina Haskamp-Polson**, 56, of Glasgow MO bringing in first with 4:11:16.61, followed by **Mary Ellen Bradshaw**, 50, Columbia MO 4:20:20 in second. **Heather Cox**, 44, Columbia MO rounded out the Masters winners with her 4:27:39 for a strong third place finish. For the men, we saw **Kameron Shahid**, 40, all the way from Guilford, CT take home the prize with his 3:24:37. Second place went to **Todd Thompson**, 57, Columbia MO 3:25:08 and third to **Jaume Padilla**, 42, Columbia MO 42 in 3:34:13

Other notable performances included **Bill Smith**, 74, from Liberty Missouri. He broke the age record for 70+ with his outstanding 5:22:01 finish!

We had both our current HOA streak runners with us again this year. **Andy Emerson**, 53, completed his 19<sup>th</sup> consecutive HOA in 3:39:28 and **Mary Ellen Bradshaw**, 50, completed her 18<sup>th</sup> consecutive HOA in 4:20:30! Lou Fritz holds the record for 25 continuous HOA performances, but Andy and Mary Ellen are gaining on him!

We promised you a story about our 3<sup>rd</sup> place overall winner, Takashi Murashita. Shortly before Takashi was to finish, none other than **Larry Young** was spotted sitting in a chair near the finish line watching the finish line closely. HOA historians will remember that Larry Young has a strong HOA connection. Larry is an HOA veteran and much more! In addition to winning the Munich 1972 Olympics, bronze medal in the 50K Racewalking event, being a noted artist with many amazing sculptures to his credit to include the "Marathoners" at the park behind the Chamber of Commerce in Columbia, Larry also designed and made the original awards for the Schulte Award – HOA's first specialty award which honors Dave Schulte who always emphasized your own personal improvement over winning a first prize. Race officials were happy to see Larry there and asked him why he was so intently watching the finish line. As it turns out, Larry had recently created two monumental sculptures for the Springfield Sculpture Walk in April and shortly thereafter started having some shortness of breath. Doctors found he needed heart surgery. Enter our 3<sup>rd</sup> place overall marathon finisher . . . Dr Takashi Murashita, a cardiac surgeon! Dr. Murashita had performed heart surgery on Larry Young just three weeks prior to HOA. Larry showed the race director a picture taken on the course. As Takashi ran by, Larry lifted up his shirt to



Takashi Murashita & Larry Young



display his scar so the doctor could check it out, and Larry was at the finish line to welcome his surgeon in.

Speaking of specialty awards . . . this is one of those areas that makes HOA, well, special. The winner of the **Dave Schulte Award** this year went to **Matt Landis**, 33, of Columbia, Mo with his 3:44:19 performance – a 5.73% improvement over his previous HOA time. Dave Schulte was the first Secretary-Treasurer of CTC (1968-1973) until his untimely death from melanoma cancer at age 36. Dave always believed that a person should try to improve their own performance. Personal improvement was what he emphasized rather than being in first place. Normally, Dave Schulte's widow, Joyce is present to present the award. This year, Joyce was very ill and has since passed. One of Dave and Joyce's sons, Dennis, was on hand to present to award this year, showing once again the commitment that family and tradition has with HOA.

Next we have the **Schroeder Award** – named in honor of Joe Schroeder who was the first HOA winner back in 1960. This award is given to the runner who finishes first out of the field of people who are running HOA as their first marathon. This year **Clinton Stacy**, 29, took the honor with his 4:05:57 finish. Jay Schroeder was on hand to present this award in honor of his father. The Schroeder family has continued to be involved with HOA both with running the marathon and the relay! This is another great historic connection.

HOA's newest specialty Award is the **Average Joe Award** and is in honor of Joe Duncan who served as HOA race director for 47 years in addition to being a long time CTC member and mentor. In his 80s now he still mentors the current race directors. Joe was always a very loyal and faithful runner, but his running performance was usually average. He would often come in in the middle of the pack. Therefore, this award is given to the runner who comes in closest to the middle of the pack! Just think of trying to train to win this award! Impossible. The winner of this award receives a beat-up old lunch pail with a variety of average items inside. It could be a pair of socks, some batteries, a toothbrush, a crumpled \$20 bill and so forth. This year, **Liz Harris**, 36, Columbia, MO took home the prize with her time of 4:35:04. This year, all three specialty award winners received a handcrafted glass heart made by HOA veteran and glass artisan, **Dan Heaviland**.



**On to the 3<sup>rd</sup> Annual Fun Team Relay!** Marathoners have said having the relay teams add a lot of good energy and support to the marathon. Relay teams love the camaraderie of sharing the experience with friends and family and being able to be a part of this historic community event. This is an event we hope will continue to grow and foster more community and fun! It also is helping some realize that maybe they *can* run a marathon . . . or a half.

Although this is a fun relay event, don't think there isn't still plenty of strong competition! The winners of the 2022 HOA Fun Team relay are below.

**Dad Bod Squad** - Columbia MO 2:48:16.38  
Kermit Summerall, Ryan Hauser, Chris Lunn, Andrew Pelikan

**This is Happening** - Sedalia MO 3:36:07 –  
Millie Cavanagh, Skyler Rupard, Kim Ream, Karissa Logan



Paul Schoenlaub, St Joseph Missouri —9 time finisher. HOA has many runners with multiple finishes and several streak finishers.

**Alaska Auntie - Missouri - Fairbanks AK - 3:41:44** – Jane Lanford and Sadie Smith – Of note, Jane Lanford was our first marathoner from Alaska when she ran HOA in 2016. Jane also held the age 61 record at 4:18:53 until 2019. Sadie Smith won the women's division in the HOA marathon in 2020!

Speaking of participants from afar, up until this year, HOA had 48 of the 50 states represented. We were missing only Vermont and North Dakota. We are now proud to say that **Annaliese Baumer**, 45, of Winooski, Vermont is the first person to represent Vermont at HOA! Annaliese made Vermont proud with her 4:39:36 finish. Now, who knows someone in North Dakota to round us out in 2023?

None of this would be possible without our volunteers. As this event continues to grow, and the news spreads about this historic even right here in Columbia, MO we continue to expand our volunteer base and organizational structure. There are volunteer positions for all.

We also are so grateful to our community sponsors who help support all our runners and volunteers. More sponsors are coming on-line each year, and runners are enjoying all the many benefits. Please check out our sponsor page and let them know how grateful you are!

Once again, we partnered with the Mid-Missouri Fisher House. They provide outstanding volunteer support, and a portion of HOA proceeds goes to the building of the brand-new Mid-Missouri Fisher House in Columbia, MO! A Fisher House is like a Ronald McDonald House for military families with loved ones seeking care at a VA Hospital. You can find Fisher Houses nationwide, overseas and one being built next to the Truman VA Hospital.

HOA has history, stories, quirks and long-standing (some would say long-suffering) traditions (Hello Easley Hill)! Come be a part of it all in 2023 – run the marathon, form a team and run a leg, volunteer or come out to cheer!

## Heart of America Marathon—Friends of Mid-Mo Fisher House Fund established

The Heart of America Marathon-Friends of Mid-Mo Fisher House fund has been established through the [Central Missouri Community Foundation](#). A link will be established through CMCF's website where additional donations will be accepted online. We will have more information in the next newsletter.

The return on the investment will provide operating cost funds to the [Mid-Missouri Fisher House](#) which is currently being built on the VA Hospital Campus. The Mid-Missouri Fisher House will provide free temporary lodging for families of veterans receiving hospital care. Check out their [construction progress](#)!

**Look for more information on donating in our next newsletter!**







[More Photos at Mile 90 Photography](#)







[More Photos at Mile 90 Photography](#)













## Remembering long-time CTC member/supporter, Joyce Schulte

I was a high school cross country and track distance runner who retired from running in 1959, after graduation, never to lace up the spikes again until joining Columbia Track Club (CTC) in 1971. I trained for my first race, a 3-mile out-and-back cross country challenge in September and showed up at A.L. Gustin golf course. Joe Duncan told me, "Just stay with Dave Schulte. He has the slowest pace of any of the runners in the race this morning and you can't go wrong as this is your first race." Joe took me over to Dave and introduced me. I did what Joe suggested until the top of the first hill where I stopped and threw up. I was so winded that I just turned around and walked back to the finish line. Dave passed me as I was walking back and gave me encouraging advice when I arrived at the finish. My wife, Anne and I, became friends with Dave and his wife, Joyce, and watched their young children during Dave's treatments for the melanoma that eventually killed him. Our friendship with Joyce lasted the 47 years that she lived after Dave's death.

Joyce raised those two then little boys and managed to get a couple of advanced degrees in the process. She taught at William Woods, Columbia College, and at Moberly Area Community College. I spoke at several of her classes over the years and was in awe of the content of her courses and the skill with which she organized and taught the material.

In the 1970s, Joyce was a key part of CTC's internationally known race walking program, both as a competitor and organizer. She rubbed shoulders with the best of them, including Paul Ide, Augie Hirt, Shaul Ladany (Israel), Larry O'Neil, Dave Leuthold, Rob Spier, Joe Duncan, Leonard Busen, Darrell Palmer, Olen Brown, Darwin Hindman, Al Price, Chuck Hunter, Bob Clegg, William Taft and Olympic medalist and holder of many national records, including the 100 mile walk, Larry Young. Joyce helped organize the U.S. 100-mile walk (24 hours to walk 100-miles on a 440 yard track) that was held in collaboration with the San Diego Track Club, one year there, the next year at Hickman High School track in Columbia, Missouri.

I imagine that others will fill Joyce's shoes as mother, teacher, friend, and athlete, but it will not be easy.

Dick Hessler

Columbia Tribune [Obituary](#).



Kathy Lee with Joyce Schulte preparing to present the Dave Schulte award at the 2021 Heart of America Marathon. Joyce volunteered at many CTC events over the years.

## CTC membership meeting notes - Nancy Taube

Columbia Track Club held their annual meeting on Saturday, October 15 at Ficklin Shelter at Bethel Park. Board members in attendance were Thom Allen, Allan Benjamin, Greg Blomquist, Larry Flynn, and myself. I am happy to report that Becky Hennessy and Nancy Yeager stepped up to join the board and were unanimously approved by CTC membership present. Allan Benjamin indicated he would be willing to serve another term as board member if needed. My term, and that of Thom Allen, have now expired, and we are exiting the board.

In accordance with the [CTC Bylaws](#), the new board will need to call an organizing meeting within 30 days of the annual meeting to choose officers to serve as president, vice-president, secretary and treasurer. Ryan King has already agreed to serve as treasurer.

There was one vacant position on the board due to an early departure over the summer that was filled after the meeting. We had several inquiries into this position and the board selected Jim Lootens-White to fill this position. [Current board members](#) are listed on page 2 of this newsletter. Thanks to those that offered and we will be contacting you regarding future openings on the board. The board will hold a meeting on November 15 to reorganize and elect open officer positions.

I would like to express my thanks and appreciation to everyone for your help and guidance over this past year, and I look forward to seeing where the new board takes CTC (currently 283 members) in the future!

With all best wishes,

Nancy Taube

## Columbia Track Club & Blue Thunder Track Club Scholarship Fund

The Columbia Track Club & Blue Thunder Track Club Scholarship Fund has been established through the [Central Missouri Community Foundation](#). A link will be established through CMCF's website where additional donations will be accepted online. Your donation will be a tax deductible charitable contribution. We will have more information in the next newsletter and on our website in the near future.

The Foundation (CFCM) manages the funds, makes investments, issues statements, sends applications to the schools and disburses the scholarship money to recipients. Contact [CFCM](#) for more information. \$1,000 scholarships will be awarded to up to ten students starting in the 2023-2024 academic year.





## Columbia Track Club & Blue Thunder Track Club Scholarship Fund—continued

The eligibility requirements are as follows:

### 1. Student Eligibility

The students eligible for assistance will have participated in sanctioned school track and field or cross-country programs as either an athlete or trainer. Preference will be given to students showing evidence of financial need and who participated in more than one year of track and field or cross-country. Preference will also be given to applicants who have participated in the Columbia Track Club Summer Youth Program or worked as a volunteer for the Heart of America Marathon.

### 2. Type and Amount of Aid

The type and amount of aid shall be at the discretion of the Board of Directors of the Community Foundation and may include, but is not necessarily limited to, annual scholarships in the amount of one-thousand dollars (\$1,000.00). Scholarships will be awarded to graduating high school seniors, to be distributed for the immediately following academic year. Assuming sufficient applicants and assets available, the Fund will award two scholarships per school to students of different genders.

The scholarships are \$1,000 each and will be awarded annually to two students of different genders at Hickman, Rock Bridge, Battle, Douglass, and Tolton high schools.

## Rock Bridge Revenge draws 140 runners

The 2022 Rock Bridge Revenge trail runs (Shawn Goertz, race director) was a success with 140 runners registered this year. Sidney Noble is the new 50K race record holder. 3:44'13!! Sidney broke Cody Jones's record that was set in 2020. The previous time was 3:59'12.

67 runners finished the 25K and 38 runners finished the 50K. The very talented Avery Abbott has some photos for your viewing pleasure. Thank you Avery!

[Avery Abbott Photos](#)

[UltraSignup Results](#)







[Click here for more Avery Abbott photos](#)







[Click here for more Avery Abbott photos](#)







[Click here for more Avery Abbott photos](#)





## The Great Sandbagger 5 miler - Tony Taube, Race Director

The 2022 Great Sandbagger 5 miler was held on August 6. With 15 runners in attendance, 2021 winner Phil Schaefer returned to run and passed on the trophy to “winner” Michael McCulloch. Runners predicted their finishing time and started based on their predicted times. Theoretically, everyone would finish together, but this race tends to attract some good liars. The first person to cross the finish line wins the title and gets to put his/her name on the 3-foot-tall traveling trophy.

### 2022 Results



2022 winner - Michael McCullough



2021 winner - Phil Schaefer



## The Great Sandbagger 5 miler - photos continued



## Thursday Night Trail Races

The Thursday Night Trail Races were directed this year by Heather and Robbie Corcoran. The races took place over 5 weeks with the last race ending on October 13. Congratulations to winners Oliver Koenig and Sally Heil. Thanks to FleetFeet for donating shoes to the overall male and female winner of the series. More information on the race series and results can be found on the [Thursday Night Trail Races](#) Facebook page.



Thursday Night Trail Races Photos—Heather Corcoran





Thursday Night Trail Races Photos—Heather Corcoran





Thursday Night Trail Races Photos—Heather Corcoran





## Congratulations to Robbie Corcoran on his fastest known time (supported) on the Ozark Trail!



**Robert Corcoran**

October 13, 2022 at 5:59 AM · Mark Twain National Forest, Missouri

### Ozark Trail Supported FKT

Still trying to process what I just accomplish. Huge thanks goes out to my crew that helped me along the way.

Distance

232.96 mi

Elev Gain

30,049 ft

Achievements

🏆🥈🥉 23



This activity is Robert's longest run on Strava!



### FKTs

Standard route

Male

Supported

Robert Corcoran	3d 13h 7m 4s	2022-10-16
Joe Miller	3d 16h 17m 42s	2020-11-19
Rik Denicke	4d 11h 8m 0s	2019-03-30

Self-supported

Nick Fowler	3d 14h 15m 0s	2022-04-03
David Stores, Brandon Vaughn	5d 11h 44m 15s	2019-05-28

Unsupported

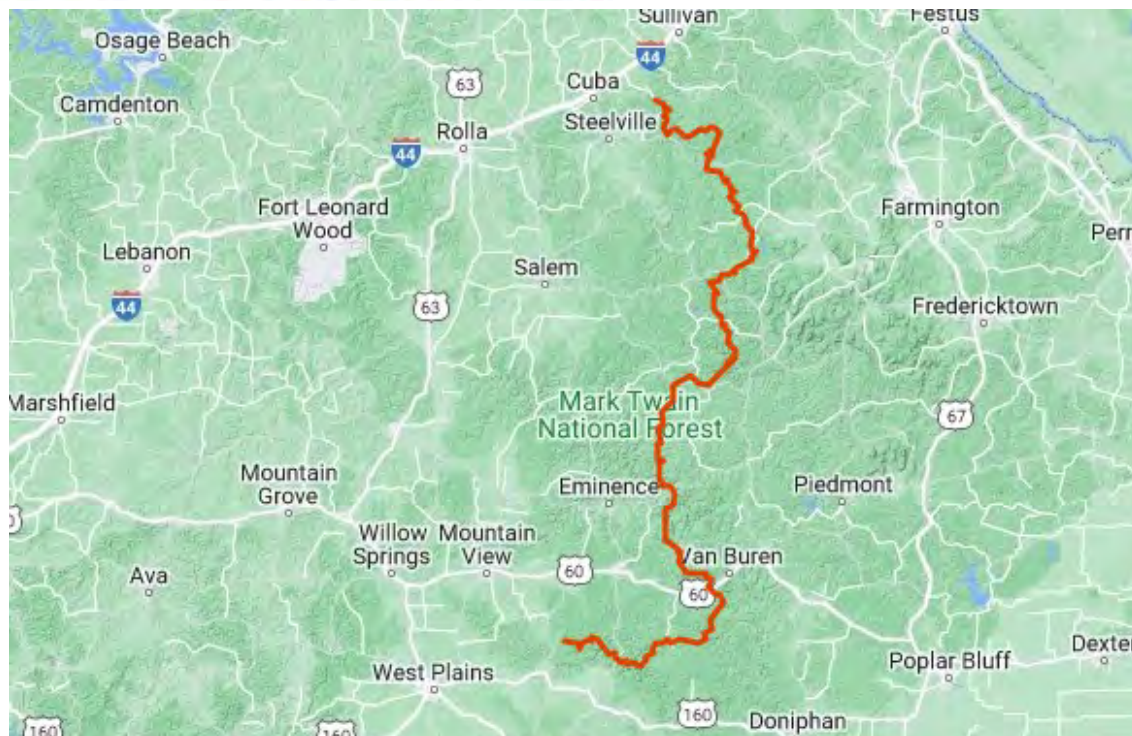
Kevin Kotur	4d 11h 28m 30s	2022-10-01
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Female

Unsupported

Sarah Bradley	9d 6h 45m 0s	2022-05-24
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[FKT - Ozark Trail website](#)  
[FKT - Race Report](#)





FKT - Ozark Trail - photos from crew



## Three Creeks Torrent Trail Runs - March 11, 2023 (NEW CTC EVENT)

**HISTORY:** Three Creeks Torrent Trail Runs is a race sponsored by Columbia Track Club that takes place at Three Creeks Conservation Area, about ten minutes south of Columbia, Missouri. The land was originally largely owned and worked in 40 and 80 acre parcels purchased by freed slaves following the Civil War. Some former homesteads are still visible today.

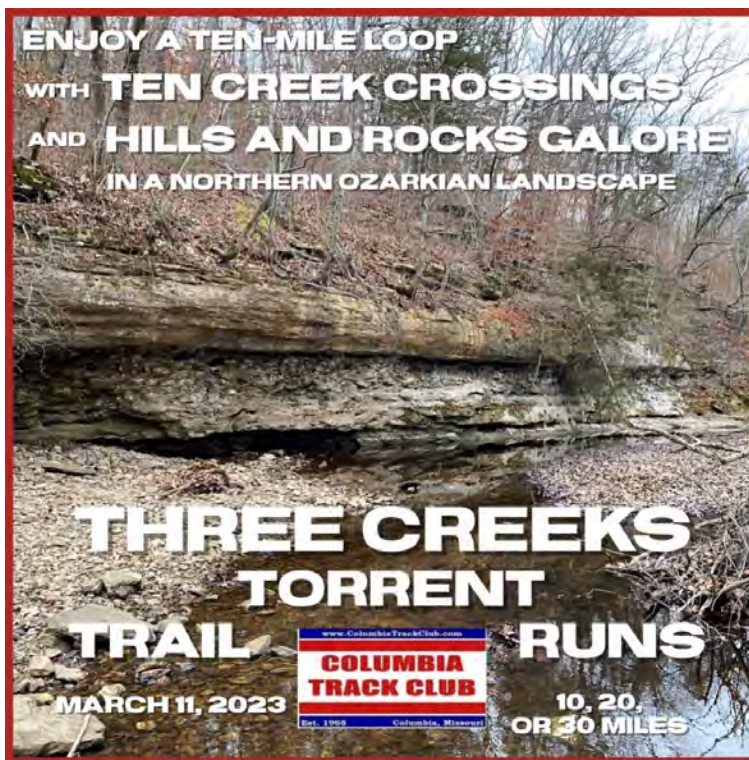
**COURSE:** The course is an approximate 10 mile loop. It is about 80% single track trail and 20% jeep/gravel road, with a variety of terrain. There are approximately ten creek crossings per loop, so you will get wet. There is about 850 feet of elevation gain per loop.

**RACE HEADQUARTERS:** Three Creeks Conservation Area trailhead at the end of Deer Park Road (Three Creeks Parking [https://maps.app.goo.gl/CxzqGaJbF8ZU3h359?g\\_st=ic](https://maps.app.goo.gl/CxzqGaJbF8ZU3h359?g_st=ic))

Register on [UltraSignup](#)

[Facebook](#)

[Race website](#)



# 2022 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Feb 19	9:00 am	<b>Nut Race 5K (46th annual)</b>	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Reactor Park
Mar 5	9:00 am	<a href="#"><u>Runner's Choice Trail Run 10K/20K</u></a>	\$10 (beanie cap included)	Lisa Wells, 446-0717, <a href="mailto:lisawells@aol.com">lisawells@aol.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Mar 17 to Apr 14	TBD	<b>Thursday Night Trail Races</b> <a href="https://www.facebook.com/groups/thursdaynighttrailraces/events"><u>facebook.com/groups/thursdaynighttrailraces/events</u></a>	\$0	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Various locations—Rock Bridge State Park, Three Creeks
Jun 8, 15, 22, 29	5:45 pm	<a href="#"><u>Summer Youth Program (48th annual)</u></a> (five Wednesdays)	\$5 for all 4 weeks \$10 per family	Dick Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Rock Bridge High School Track
July 4	7:30 am	<a href="#"><u>Memorial Freedom Run 4-Mile (28th annual)</u></a> <a href="https://www.facebook.com/pppfreedomrun"><u>www.facebook.com/pppfreedomrun</u></a>	Shirt fee	Newell Kitchen, 228-0879, <a href="mailto:kitchenn@missouri.edu">kitchenn@missouri.edu</a>	Boone County Government Center
Aug 6	7:00 am	<a href="#"><u>Great Sandbagger 5 mi (51st annual)</u></a>	\$0	Tony Taube, 239-6920, <a href="mailto:taubetony@gmail.com">taubetony@gmail.com</a>	Katy Trail at McBaine
Aug 18 to late Oct	5:15 pm	<a href="https://www.facebook.com/CTCColtsCC"><u>CTC Colts Cross Country facebook.com/CTCColtsCC</u></a>	\$20 CTC membership	Rachel & Greg Blomquist, <a href="mailto:CTC.ColtsXC@gmail.com">CTC.ColtsXC@gmail.com</a>	Cosmo or Stephens Lake Park on Mon & Thurs evenings
Sept 5	6:00 am	<a href="#"><u>Heart of America Marathon &amp; Relay (63nd annual)</u></a> <a href="https://www.facebook.com/heartofamericamarathon"><u>facebook.com/heartofamericamarathon</u></a>	Marathon— \$TBD until 7/4 \$TBD after 7/4 \$TBD after 7/31  Relay— \$TBD until 7/4 \$TBD after 7/4	Kathy Lee, <a href="mailto:comoheart1960@gmail.com">comoheart1960@gmail.com</a> Larry Flynn <a href="mailto:flynnlj10@gmail.com">flynnlj10@gmail.com</a>	Boone County History and Culture Center/Nifong Park
Oct 8	50K— 7:00 am  25K— 8:00 am	<a href="https://www.facebook.com/rockbridgerevenge"><u>Rock Bridge Revenge 25K/50K www.facebook.com/rockbridgerevenge</u></a>	\$50	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Oct 15	1:00 pm	<a href="#"><u>CTC Annual Meeting and Member Appreciation Party</u></a>		<a href="mailto:taubenancy@gmail.com">taubenancy@gmail.com</a>	Bethel Park, Ficklin Shelter
Dec 3	8:30 a.m.	<a href="#"><u>Cheese &amp; Sauerkraut 10-Mile (47th annual)</u></a>	\$0	Dick Hessler, Randy Gay, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Katy Trail at McBaine

## Renew Membership and Register for CTC races



Columbia Track Club uses [RunSignUp.com](https://RunSignUp.com) for both individual and family memberships and online race registrations. If you have a CTC family membership, your family members living in the same household are connected to your RunSignUp account. Memberships and renewals run 1 year from the date you last renewed or signed up. RunSignUp should send you a reminder before your membership expires so you won't miss out on our newsletters and other CTC benefits. You can renew your membership and donate to CTC through RunSignUp by visiting [ColumbiaTrackClub.com](https://ColumbiaTrackClub.com) and clicking on Join Us!

To register for races on RunSignUp, there is a schedule with registration links at [ColumbiaTrackClub.com](https://ColumbiaTrackClub.com). When registering for a race on RunSignUp for more than one person (friends or family) at a time, you will save on processing fees.

Join our Facebook page— [facebook.com/columbiatrackclub](https://facebook.com/columbiatrackclub)



# COLUMBIA TRACK CLUB

## Membership information

*If you run, jog or walk, CTC is for you!*

CTC offers events for people of all ages and abilities.

### What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ♦ **Summer Youth Program:** This five-week program stresses personal improvement for kids ages 3 to 18. From June to July, more than 100 youth compete in running and walking events (ranging from 50-yard dash to 1-mile run) and field events.
- ♦ **CTC Colts:** The Colts are a competitive running team for kids ages 6 to 14. This program, part of the Central Missouri Athletics Circuit, promotes healthy activity and opportunities through running for boys and girls. The team practices together once a week in the fall and runs cross-country.
- ♦ **Scholarships:** CTC/Blue Thunder Track Club annually awards \$1,000 scholarships to one male and female from each local high school through the Columbia Community Foundation of Central Missouri. The scholarships are funded by private donations as well as CTC donations to the fund.
- ♦ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations.

### What's in it for you:

- ♦ As a member you'll receive an email newsletter highlighting the activities of the club, race results and area running and walking events.
- ♦ Individual or family can run Nut Race 5K, Great Sandbagger 5 miler, Cheese and Sauerkraut 10 miler and the Thursday Night Trail Races at no charge. (Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.

### The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

### Information:

Want to know more? Contact [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) or visit [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or join us on Facebook—[facebook.com/columbiatrackclub](https://facebook.com/columbiatrackclub)

**To join:** Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs 1 year from date of renewal.

Renew online at [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or send your name, birthdate, address, phone number, email and a list of all family members/birthdates/emails at this address, with your check to:

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

