

# TRACK CLUB

NEWSLETTER Vol. XIX, No. 3 March-April, 1987

|                             |    | 5k    | 10k     | 15k     |
|-----------------------------|----|-------|---------|---------|
| 1. Steve Stonecipher-Fisher | 30 | 16:10 | 33:09   | 49:47   |
| 2. Gary Johanning           | 36 | 16:55 | 34:36   | 52:06   |
| 3. Kevin O'Bannon           | 18 | 17:43 | 36:07   | 53:49   |
| 4. Tom LaFontaine           | 40 | 18:01 | 36:21   | 54:29   |
| 4t. Bob O'Connell           | 38 | 18:02 | 36:20   | 54:29   |
| 6. Mark Volek               | 30 | 18:18 | 37:18   | 55:45   |
| 7. Bruce Schlager           | 24 | 17:56 | 37:08   | 56:16   |
| 8. Norm Stebbins            | 40 | 18:44 | 38:02   | 57:21   |
| 9. Marvin Odneal            | 43 | 18:44 | 38:08   | 57:58   |
| 10. Stan McQuinn            | 33 | 19:46 | 37:18   | 58:07   |
| 11. Dick Madsen             | 45 | 19:33 | 39:59   | 1:00:00 |
| 13. Mike Walther            | 29 | 19:53 | 40:39   | 1:00:54 |
| 12. Richard Harness         | 36 | 18:59 | 39:49   | 1:00:16 |
| 14. Tom Allen               | 44 | 19:28 | 40:20   | 1:00:56 |
| 15. Randy Smith             | 30 | 19:54 | 42:02   | 1:02:15 |
| 16. Elmer Schlemper         | 47 | 20:34 | 42:04   | 1:04:02 |
| 17. Mike Little             | 39 | 21:03 | 43:26   | 1:04:21 |
| 18. Don Johnson             | 58 | 20:38 | 42:50   | 1:05:18 |
| 19. Mike Baker              | 37 | 19:19 | 40:36   | 1:05:31 |
| 20. Logan McGinnes          | 61 | 21:39 | 44:05   | 1:06:03 |
| 21. Dean Baxter             | 51 | 21:56 | 44:51   | 1:07:40 |
| 22. Liz Epple               | 29 | 22:39 | 45:41   | 1:08:48 |
| 23. Joe Duncan              | 52 | 22:30 | 46:01   | 1:09:47 |
| 24. Turk Storvick           | 58 | 22:24 | 46:12   | 1:09:54 |
| 25. Tim Rooney              | 36 | 23:00 | 46:45   | 1:10:46 |
| 26. Marilyn Snell           | 43 | 23:58 | 50:41   | 1:17:15 |
| 27. Linda Price             | 43 | 24:52 | 51:40   | 1:18:35 |
| walkers                     |    |       |         |         |
| 1. Rob Spier                | 64 | 33:47 | 1:10:11 | 1:45:30 |
| 2. Sandra Fritz             |    | 33:50 | 1:10:28 | 1:46:42 |

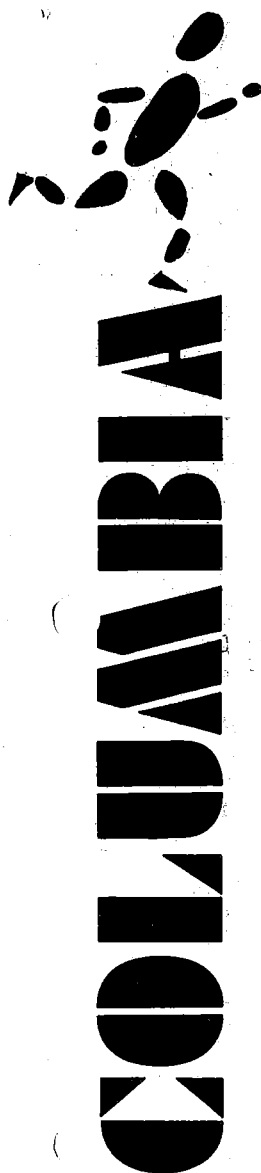
This was the annual 15 kilometer championship held on March 7. Despite excellent weather for running (low 50's, partially cloudy, moderate south winds) the turnout was about half what we have had in recent years. THANKS to Tom LaFontaine who was Race Director and who also ran a fine race. Tom was ably assisted by Don Lewis, Linda Robbins, Barb Leslie, Joe Marks, Veva Spier and Robin Armbruster.

\*\*\*\*\*

MARVIN ODNEAL was first 40-49 in the Churchill Ups & Downs, Fulton, 10,000 meters with a time of 36:59. DEAN BAXTER was first 50-59 but we don't have a time for him.

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SEDALIA HALF MARATHON, March 29: 1. Steve Stonecipher-Fisher 1:11:00, 2. Craig Christians 1:11:39. . .28. Milene Mittelhauser, 1:27:13. . .31. Simon Rose 1:27:35. . .43. Don Johnson 1:35:58. . .52. Herb Mittelhauser 1:42:21. Strong west wind, 30 degrees Rolling, hills.



STONECIPHER-FISHER & DARLING SHARE VICTORY IN D SPORT SHOP 8,000  
METER RUN; LAFONTAINE SETS A RECORD April 5, 1987

|                             |    |         |                         |     |         |
|-----------------------------|----|---------|-------------------------|-----|---------|
| 1. Steve Stonecipher-Fisher | 30 | 26:38   | 22. Ray Simmons         | 61  | 35:13   |
| 1t. Vernon Darling          | 30 | 26:38   | 23. Angela Hessler f    | 13  | 35:13.5 |
| 3. Tom LaFontaine           | 40 | 27:56   | 24. Tim Rooney          | 36  | 35:39   |
| 4. Mark Volek               | 30 | 28:29   | 25. herb Swanson        | 48  | 35:42   |
| 5. Norm Stebbins            | 40 | 29:12   | 26. Turk Storvick       | 58  | 36:01   |
| 6. Marvin Odneal            | 43 | 29:37   | 27. Betty Bohon f       | 35  | 36:26   |
| 7. Dick Hessler             | 45 | 29:46   | 28. Unregistered        |     | 36:52   |
| 8. Mike Baker               | 37 | 30:12   | 29. Eric Hanson         | 11  | 39:28   |
| 9. Don Lewis                | 51 | 30:26   | 30. Don Williams        | 37  | 39:35   |
| 10. Ben Londeree            | 52 | 30:26.5 | 31. Linda Price f       | 43  | 39:51   |
| 11. Mike Coit               | 23 | 30:48   | 32. Nancy Fritsch f     | 48  | 40:55   |
| 12. Keith Hanson            | 35 | 31:03   | 33. Jeanelle Twillman f | 54  | 41:20   |
| 13. Mike Walther            | 29 | 31:03.5 | 34. Cynthia Schreen f   | 32  | 43:49   |
| 14. Tom Allen               | 44 | 31:12   | 35. Mike Beck           | 36  | 44:05   |
| 15. Roger Turnbough         | 30 | 31:44   | 36. Carrie Paden f      | 28  | 44:16   |
| 16. Bryan Quick             | 15 | 31:48   | 37. Debbie Karwoski f   | 33  | 44:35   |
| 17. Troy Krei               | 22 | 31:56   | 38. Barbara Leslie f    | 46  | 45:14   |
| 18. Elmer Schlemper         | 47 | 32:26   | 39. Birgitta Hessler f  | 9   | 46:27   |
| 19. Harry Pendergraft       | 45 | 34:31   | 40. Unknown             |     | 46:55   |
| 20. Chris Kelly             | 39 | 34:37   | 41. Mike Sloan          | 43  | 49:35   |
| 21. Chris Ruble f           | 32 | 34:44   | 42. Joe Cragin          | 59½ | 57:04   |

Mid 50's, sunshine, strong north winds. Don Lewis' 8,000 meter record set at 28:17, for age 40-49, on October 13, 1985 fell to Tom LaFontaine who threatens a wholesale revision of the age 40 records.

THANKS to all these people who assisted with the administration of this event: d Sport Shop for furnishing the gift certificates and books-- everyone got an award, Eric Mumford, Don & Margaret Johnson, Darlene Londeree, Bruce Schlager, Gary Johanning, Rob Carney, Mona, Mike Hosowaka and Fred Fritsch.

ONE HOUR RACE WALK CHAMPIONSHIPS

March 28, 1987

Hickman track

Don & Margaret J.  
Veva Spier  
Ray Braudis  
John Collins

Results:

|                  | <u>Age</u> | <u>Total distance</u>                          |
|------------------|------------|--|
| 1- Elmer Becker  | 18         | 7 miles 299 yards                              |
| 2- Don Williams  | 37         | 6 miles 1390 yards (70 yds. less than in '85)  |
| 3- Chris Braudis | 12         | 5 miles 1302 yards (196 yds. more than in '85) |
| 4- Frank Levy    | 40         | 5 miles 1285 yards (1st over 40 yr.)           |
| 5- Sandra Fritz  | 41         | 5 miles 1091 yards (1st female)                |
| 6- Rob Spier     | 64         | 5 miles 898 yards (264 yds more than in '85)   |
| 7- Ken Evans     | 44         | 4 miles 1584 yards                             |
| 8- Bill Taft     | 71         | 4 miles 950 yards                              |

Rain, rain .... more near the hr. end; terrible during measurement;

Track didn't get too bad till near the end.

## SCHEDULE OF EVENTS

- APRIL 18 Saturday 6:00 AM Missouri Cup Competition A 50 Mile Walk Hickman Track \$5.00 entry fee We have no Race Director, we need one. We need at least two people to take care of 4 3 hour shifts, that is, 2 people for each shift. PLEASE tell Joe Duncan (445-2684) wich shift you want.
- APRIL 25 Saturday 8:00 AM HUMAN RACE IX A 10,000 meter run no fee. And we really need the help for this one--Again, if you are not running in this race, then PLEASE, call Joe Duncan and offer to help--WE NEED YOU!!
- MAY 16 Saturday 8:00 AM 3, 2, 1 mile triathlon Hickman Track We need a Race Director
- MAY 23 Saturday All Day Boone County Junior Olympics Rock Bridge track Race Directors: Tom Coon & Tom Allen
- MAY 29 Friday 6:00 PM Sprint Triathlon: 1500, 800, 400 Hickman Track Race Director: Dick Madsen
- MAY 29 Friday 7:30 PM 10,000 Meter Walk
- JUNE 6 Saturday all day Eastern Area Junior Olympics Rock Bridge Track Race Directors: Coon & Allen
- JUNE 6 Saturday 9:00 AM State 15,000 meter walk Hickman Track \$2.00 entry fee. We need a Race Director

COLUMBIA, MO — The Physical Therapy department at University of Missouri-Columbia Hospital and Clinics is sponsoring a 12-mile run/walk/bike event on Sunday, May 3. The event is being organized as a memorial to Christopher Griffith, a former physical therapist at the hospital's Rusk Rehabilitation Center.

Because of Christopher Griffith's commitment to helping children, all proceeds will go to the Children's Miracle Network Telethon in the name of the Christopher Griffith Memorial Fund.

The event will start at 8 a.m. Beginning at Easley Store in Easley, Mo., the course follows the last 12 miles of the Heart of America Marathon course and finishes in front of University Hospital. A shuttle service to the starting line will leave the hospital at 7 a.m.

There is no entry fee for the event, but participants are asked to obtain sponsors. Sponsor sheets are available by calling the Physical Therapy department at 314-882-6996. T-shirts will be available for a \$5 donation.

-30-

For more information, please contact the Public Relations department, 1W-46, University Hospital and Clinics, (314) 882-1081.

## ELAPSED TIME STANDINGS (not including dSport 8k):

These will be considered official unless Jim Gibson is notified of any corrections within 30 days

File: MALE 15U

Report: CTCRESULTS

NAME POINTS

|            |    |
|------------|----|
| BJ MUMFORD | 12 |
| J QUICK    | 11 |

File: MALE 1629

Report: CTCRESULTS

NAME POINTS

|                 |    |
|-----------------|----|
| MIKE WALTHER    | 80 |
| JIM MARSHALL    | 42 |
| O'BANNON        | 38 |
| STONECIP-FISHER | 32 |
| DON ARCHER      | 25 |
| SIMON ROSE      | 22 |
| KENT RADER      | 14 |
| SCOTT HINTON    | 13 |
| RICK MUMFORD    | 13 |
| P GROSHONG      | 12 |
| THURMAN GLEB    | 11 |
| G MEYER         | 11 |

File: MALE 3039

Report: CTCRESULTS

NAME POINTS

|                 |      |
|-----------------|------|
| RICHARD HARNESS | 85   |
| MIKE LITTLE     | 76   |
| BOB OCONNELL    | 74.5 |
| MARK VOLEK      | 74   |
| TOM COON        | 73*  |
| J MITTELHAUSER  | 67.5 |
| S STONE-FISHER  | 55   |
| MARC LAMMY      | 38   |
| BOB MCGRATH     | 35   |
| MARC ROMINE     | 34   |
| RANDY SMITH     | 27   |
| G HEISLER       | 25*  |
| GARY JOHANNING  | 16   |
| MARK VOLEK      | 15   |
| LAFONTAINE      | 12   |
| RICHARDSON      | 12   |
| TIM ROONEY      | 11   |
| L PETERBERG     | 11   |
| CLINKENBEARD    | 11   |

File: MALE 4049

Report: CTCRESULTS

NAME POINTS

|                 |     |
|-----------------|-----|
| TOM ALLEN       | 99  |
| TOM LAFONTAINE  | 75  |
| NORM STEBBINS   | 56  |
| MARVIN ODNEAL   | 50  |
| DICK MADSEN     | 50  |
| J MARKS         | 47* |
| ELMER SCHLEMPER | 35  |
| DICK HESSLER    | 30  |
| DAVE PARKER     | 15  |
| J MCCORMICK     | 13  |
| H PENDERGRAFT   | 12  |
| D GOLDSTEIN     | 12  |
| S HALLIBURTON   | 11  |
| RUSS MEYER      | 11  |
| MIKE HOSAKAWA   | 11  |

File: MALE 5059

Report: CTCRESULTS

NAME POINTS

|                |      |
|----------------|------|
| DON JOHNSON    | 110* |
| JOE DUNCAN     | 77   |
| BEN LONDEREE   | 63   |
| DEAN BAXTER    | 60   |
| TURK STORVICK  | 59   |
| NORRIS KRUSE   | 49   |
| FRED FRITSCH   | 36   |
| H MITTELHAUSER | 36   |
| JOHN O'CONNOR  | 12   |
| DAVID MCDONALD | 11   |

File: WALKERS

Report: CTCRESULTS

NAME POINTS

|           |    |
|-----------|----|
| SPIER     | 59 |
| WILLIAMS  | 28 |
| S. FRITZ  | 24 |
| EVANS     | 11 |
| BILL TAFT | 11 |

File: FEMALE15U

Report: CTCRESULTS

NAME POINTS

|                |     |
|----------------|-----|
| ANGELA HESSLER | -33 |
|----------------|-----|

File: FEMALE 1634

Report: CTCRESULTS

NAME POINTS

|                |    |
|----------------|----|
| CHRIS RUBLE    | 62 |
| M MITTELHAUSER | 62 |
| LIZ EPPLE      | 40 |
| J MITTELHAUSER | 26 |
| SIEFERT-WADE   | 24 |
| AMY HESSLER    | 23 |
| JULI SCHMIDT   | 22 |
| D. HOXWORTH    | 17 |
| LINDA ROBBINS  | 16 |
| KENNA WALKER   | 15 |
| H. O'CONNOR    | 14 |
| LIZ BULMAN     | 12 |
| L. TEERLINK    | 11 |

File: FEMALE 35OVER

Report: CTCRESULTS

NAME POINTS

|                |      |
|----------------|------|
| LINDA PRICE    | 95   |
| D LONDEREE     | 59.5 |
| NANCY FRITSCH  | 56.5 |
| LINDA ROBBINS  | 48   |
| M JOHNSON      | 45   |
| G GONZALEZ     | 37   |
| CAROLE MADSEN  | 26.5 |
| JONI O'CONNOR  | 13.5 |
| GERHARDT       | 11   |
| BARBARA MARTIN | 11   |

THE BOB DOLPHIN REPORT: February 28: 18th Annual Trail's End Marathon, Seaside, Oregon, 3:12:25, 99th of 523, 3rd of 36, 50-59, 5th best of 40 marathons. March 7: Snake River Marathon, 3:14:27, 10th of 38. March 14: Zonta Run, 5 miles, 33:31, No that was the 15th, on the 14th Bob did a 5k in 19:32, a PB by one second. March 21: 3 5 mile legs in a 90 mile relay from Richland to Yakima 34:26, 33:00 & 33:41. March 28: 5 mile run, 31:43, a PB by 30 seconds.

1st Annual Anchor Festival, Three-mile Run (walkers welcome) and Fun-Run.

DATE: May 30, 1987 - Saturday

PLACE: City Park - Centralia, Missouri

Time: 8:00 a.m.

FUN RUN - For ages 12 & Under - Registration Fee \$1.00

3-Mile Run - Ages 13 & Up - Registration Fee \$3.00

To pre-register, please contact the Centralia Chamber of Commerce no later than May 12, 1987.

682-2272

Fun-Run Divisions

Under 10

10-12

3-Mile Divisions

Female & Male

13-15

16-18

19-25

26-35

36-45

46-55

Over 55

WELCOME TO THE FOLLWOING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB

Deborah Andrews  
400 College Ave.  
Columbia, MO 65201

Larry Jones 608 St. Eunice Rd.  
Fulton, MO 65251

Andy Jones  
2504 Oakland Gravel Rd  
Columbia, MO 65202

Wayne Schneider  
Rt 3, Box 72-A  
Mexico, MO 65265

DeWayne Mason  
5604 Pinehurst Lane  
Columbia, MO 65202

Marilyn Snell  
325 Lakebend Dr.  
Brandon, Ms. 39042

Brent O'Connor  
3707 Greeley Dr.  
Columbia, MO 65202

Jack Welch  
8140 Toddy  
St. Louis, MO 63114

Thomas Family  
3202 Greenridge Rd.  
Columbia, MO 65201

MORE SUSTAINING MEMBERS:

Jim Zajicek  
304 Sanford Ave.  
Columbia, MO 65203

Bob Humphreys  
Jean Madden  
John & Joni O'Connor  
Dan Schuppan  
Peggy & Frika Springer  
Dennis Stewart

Here is the entry form for HUMAN RACE IX. Once again there is no entry fee, thanks to the sponsorship of GTE. However, for \$5.00 you can buy a Human Race T-shirt at the CTC booth at the Funfest, following the race. A new course this year, we think an improvement over last years course--the start is closer to the stadium, no cobblestones and a more scenic course. Hopefully this will be the final word on the Human Race course. There is one gut-wrenching hill, however, it is not too long and it comes at about the 1½ mile point.

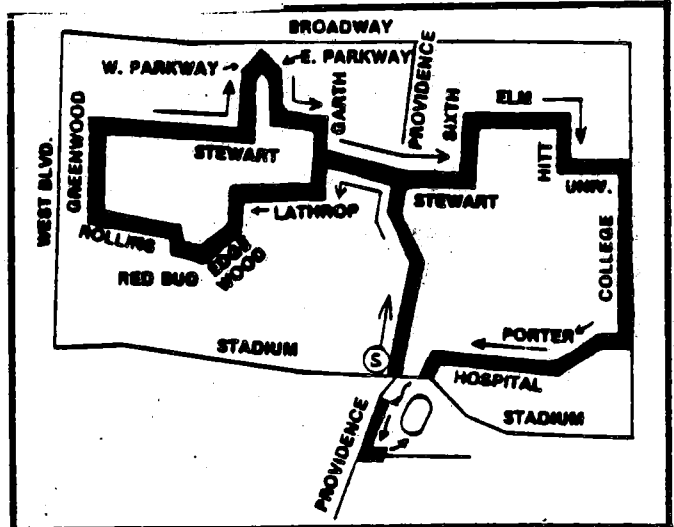
DON'T FORGET TO TELL JOE DUNCAN THAT YOU CAN ASSIST WITH THE ADMINISTRATION OF THIS RACE IF YOU ARE NOT RUNNING.

## 10K RUN & WALK

**Saturday,  
April 25**

**7:55 a.m. Wheelchair Division**  
**8:00 a.m. Walkers/Runners**

**Race begins at Faurot Field, University of Missouri. Registration Required. No Entry Fee.**



### REGISTRATION HUMAN RACE IX

NAME \_\_\_\_\_  
Last First Middle

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

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON 4-25-87

BIRTHDAY \_\_\_\_\_ SEX M F  
Mo. Date Year

In consideration of the foregoing, I, for myself, my Executors, Administrators and Assigns, do hereby release and discharge the Curators of the University of Missouri, The City of Columbia, The County of Boone, The State of Missouri, Tryathletics, GTE, Boone Hospital Center, Columbia Track Club, Columbia Regional Hospital, Columbia Daily Tribune, Pepsi Cola, Fitness Underground, or D Sport from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said event. 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, April 25, 1987.

I agree to follow all rules of this event and to permit myself to be removed from participation if in the opinion of the Medical Personnel by 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 \_\_\_\_\_ DATE \_\_\_\_\_

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

Date \_\_\_\_\_

Deliver registration in person to one of the following Columbia locations:

- |  |   |  |   |
|--|---|--|---|
| 1) GTE Phone Mart<br>625 East Cherry Street<br>8:30 a.m.-5 p.m., Mon.-Fri. | 2) University of Missouri<br>Athletic Dept. Front Desk<br>3rd Floor-Hearnes Bldg.<br>8 a.m. - 5 p.m., Mon. - Fri. | 3) D Sport<br>1034 E. Walnut<br>9 a.m. - 7 p.m., Mon. - Fri.<br>9 a.m. - 6 p.m., Sat.<br>Noon - 5 p.m., Sun. | 4) Tryathletics<br>1 South 4th Street<br>9 a.m. - 7 p.m., Mon. - Fri.<br>9 a.m. - 6 p.m., Sat.<br>1 p.m. - 5 p.m., Sun. |
|--|---|--|---|



# MOTHER'S DAY 5K

5,000 Meter Run for Women Only  
Saturday, May 9, 1987  
Jefferson City Memorial Airport  
9:00 a.m.



EXCHANGE  
NATIONAL BANK



Sponsored by: St. Mary's Health Center, Exchange National Bank, McHenry's, Doctor's Park Pharmacy, Coca-Cola Bottling Company and KTXY.

**STARTING TIME/PLACE:** 9:00 a.m., rain or shine. Jefferson City Memorial Airport north of Jefferson City (in Cedar City). Restrooms available at start and finish. No locker or shower facilities. Come dressed to run. Tremain's Airport Cafe will be open to the public.

**COURSE:** 5,000 meters (3.1 miles) - flat course, all paved, out and back. Race will start and finish in area of airport parking lot.

**REGISTRATION:** \$6.00 entry fee must be postmarked by Saturday, May 2. Entries postmarked after that date and until 8:30 a.m. on race day must be accompanied by a \$7.00 fee. Early entries are appreciated. Register in person inside the airport at the registration table on race day from 7:00 until 8:30 a.m. Entry form below must be completed and signed. Only one entry per form. Entry fee is not refundable.

**RACE PACKETS:** T-shirts, numbers, and other race materials will be given at the registration table from 7:00 - 8:30 a.m. on race day.

**AWARDS:** T-shirts to the first 120 registered entrants. Ribbons to every finisher. Medals to the top 3 finishers in each age division. Trophy to top finisher. We would like to recognize the mother and daughter runners on race day. Please indicate on entry form if this applies to you.

**AGE DIVISIONS:** 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

**RACE DIRECTORS:** Mary Haskamp and the Jefferson City Roadrunners Club.  
For more information, call 634-7191.

RETURN COMPLETED FORM TO: Mary Haskamp, 1011 Laurel Dr., Jefferson City, MO 65101. Make checks payable to Mother's Day 5K. \$6.00 entry fee if postmarked by May 2, \$7.00 thereafter.

PLEASE PRINT

Runner's Name \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size: YM YL AS AM AL  
(on 5/9/87) (circle one)

Street Address \_\_\_\_\_ Telephone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

names of other family members entered (if any) \_\_\_\_\_

**RELEASE:** In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge St. Mary's Health Center, Exchange National Bank, McHenry's, Doctor's Park Pharmacy, Coca-Cola Bottling Company, KTXY, and other sponsors and directors from all claims or damages, demands, actions, whatsoever in any manner or growing out of my participating in said athletic event. Further, I hereby grant full permission for the free use of my name and/or picture in any broadcast, telecast, or other account of this event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parents signature required if under 18 years of age.)

ANNUAL DUES

COLUMBIA TRACK CLUB: Families: \$10.00  
Sustaining Members: 25.00  
Single Students: 6.00  
New Members: 5.00  
Newsletter only: 3.00

ALL DONATIONS TO CTC ARE TAX-DEDUCTIBLE

The CTC Newsletter is an open forum to anyone. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless fairly short. Deadline is the third Saturday of each month. Be sure to pass on to Joe Duncan your out-of-town race results so we can all know what CTC people have been up to.

PLEASE offer to help with the administration of any race in which you will not be a participant. Remember--these events don't just happen.

This Newsletter has been printed by the COLUMBIA PARKS & RECREATION DEPT.



P. O. BOX N COLUMBIA, MISSOURI 65205 (314) 874-7460

COLUMBIA TRACK CLUB  
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