

The Columbia Track Club News

Volume XX No. 5

September 19, 1988

CTC ANNUAL MEETING SET FOR NOVEMBER 3

The CTC annual meeting will be held on Thursday, November 3 at 7:30 pm. It will be held at the Community Center in the basement of the Farm and Home Savings and Loan building. The agenda will include several important items, the most important of which is the election of the Board of Directors. Eleven people have been placed in nomination for the nine positions on the Board of Directors: Tom Allen, Tom Coon, Joe Duncan, Dick Hessler, Don Johnson, Tom LaFontaine, Carolyn Little, Linda Price, Chris Ruble, Rob Spier, and Steve Stonecipher-Fisher. More nominations will be taken from the floor at the annual meeting. If you want to become involved in determining how the CTC works, please place your name in nomination. Nine board members will be elected, three for a three-year term, three for a two-year term and three for a one-year term. According to the CTC bylaws, the officers will be selected from and by this board.

The annual meeting is also the time when we plan events for the next year, including the schedule of races, youth programs, scholarships and fund-raising efforts. If you want to see a change in your club, or if you like it as it is, plan to attend! We will have a variety of refreshments available after the meeting.

CTC COLTS PROVIDE BABY- SITTING SERVICE DURING MIZZOU FOOTBALL GAMES

In an effort to raise funds for the CTC COLTS track & field program, members of the COLTS and their parents are providing a babysitting service during home Mizzou football games. Children of all ages can be left at St. Andrew's Lutheran Church at 914 West Boulevard South at any time after 12:00 noon on Sept. 24, Oct. 15, Nov. 5 and Nov. 12. COLTS members and at least one adult will be volunteering their time to babysit until after the game. The cost is \$5.00 per child with reservations or \$7.50 per child on a drop-in basis. Please call Alice Cronin at 445-1190 with questions or to make reservations. Please help the COLTS by promoting this service!

CTC Receives Gift from GTE

The GTE Company has given the Columbia Track Club a gift in the amount of \$300 in support of our Junior Olympics programs. GTE has been a tremendous supporter of the CTC in the past, recently helping as a major sponsor of the Human Race and other CTC events. Next time you make a telephone call in Columbia, thank GTE for their assistance!

HE'S BAA-AACK!!! Bob Dolphin will be returning to Columbia to run in the Heart of America Marathon on October 9. Even if you won't be running, you **MUST** come out to see this legend do what he does every week of the year: race. Welcome home, BOB!

CTC Sponsoring Sales of Gift Coupon Books

The CTC has joined with Beneficial Advertising Company as sponsor for the sales of gift coupon books in the Columbia area. All of the details of the gift book sales, including solicitation of coupon sponsors, telephone solicitation and delivery are carried out by the Beneficial. They will provide some of the proceeds from book sales to the CTC COLTS program and will provide public exposure for the activities of the club. If you receive a call from someone selling CTC Gift Books in the next few months, you may be interested in purchasing one of the books (\$29.95), not only to support CTC, but to benefit from the coupons in the book!

Bako Wins First CTC Event: 5 km Cross-Country at Gustin

Alan Bako took home his first CTC victory with an 18:19 performance in a 5K cross-country run on the rugged Gustin Course on Saturday, September 17. The meet had been moved from Friday to Saturday to allow use of the course set up for the MU Invitational meet on Saturday. The weather was warm and muggy (low 80's), and the course was hard despite the few showers we had on Friday.

The complete results are given below. Thanks to Rhonda Coon and Margaret Johnson for helping race director Tom Coon.

A.L. Gustin Course 5K Cross-Country Race

1. Alan Bako	18:19
2. Simon Rose	19:15
3. Scott Mittelstadt	19:47
4. Dale Broadway	21:36

5. Whitney Hicks	21:53
6. Joe Marks	24:29
7. Don Johnson	24:40
8. Mark Lammy	26:14
9. Don Price	28:52
10. Georgina Gonzalez	29:54
11. Boots Gerhardt	32:23

A MESSAGE ON THE MISSOURI HEART INSTITUTE 8-K RACE: EVERYONE IS A WINNER WITH 85 WAYS TO EARN AN AWARD!

TOMLAFONTAINE

The Missouri Heart Institute at Boone Hospital Center is sponsoring an 8-K run/walk event to be held on Sep. 25 at 7:30 AM. This event was not conceived until mid-July, and therefore the publicity regarding the race was late in coming out. However, ads have been in The Missourian, on KFRU Radio and on Channel 8 TV. There are several major sponsors for this event, including the Missouri Heart Institute at Boone Hospital Center, Boone County National Bank, Tryathletics, The Missourian, KFRU, Channel 8, Pepsi, TCBY, Stephens, Fitness Underground and the Columbia Track Club. In addition, several local corporations, companies and downtown restaurants and businesses are sponsoring special awards categories. There are cash prizes for the overall Open and Masters winners in both the female and male divisions, as well as running shoes, watches, and running apparel for age division winners. Entry blanks are available at The Missourian, KFRU, Channel 8, Tryathletics and at Boone Hospital Center's Outpatient Cardiac Rehab/Physical Therapy Department in the ground floor of Stephens Medical Building. For more information, you can call 875-3870 or 875-3876. *cont. on next page*

Heart Institute 8K, cont.

Don Lewis, Linda Robbins and I designed this race after a race which Linda and I competed in last year in Pittsfield, Illinois, in which there were several amusing and unique ways a participant of any capacity could win a cash award or other prize. It was one of the most enjoyable events in which I have participated. The race we are conducting came about as a result of a need to kick off a week of heart related events which will culminate with the ten year reunion for patients with heart disease who have been treated at Boone Hospital Center. Linda, Don and I have worked hard to make this an event for everyone. We wanted to focus both those who are highly competitive and the middle of the pack participants. In addition, we desired to draw attention to several special groups on whom we all depend, such as teachers, police officers, fire fighters, etc.

We feel that we have created a fun, interesting and stimulating event. The course we have outlined resembles the Channel 8-K run, but starts at Boone Hospital Center (corner of William and Broadway) and finishes in the Stephens Park Medical Building parking lot. We feel that the course will be fast for those who wish to test themselves and will attempt to break their personal best, but safe and enjoyable for those who choose not to challenge themselves to the limits. As a health professional dedicated to promoting the health and fitness of our populus, I encourage all of you in the CTC to participate in this local event and support those of us who are attempting to provide a fun event for EVERYONE! Don, Linda and I look forward to your participation in this event. In the event that you choose not to participate in this race, we will have a need for volunteers. PLEASE CALL ME AT 875-3876 OR CALL LINDA AT 442-2581 IN THE EVENINGS IF YOU CAN VOLUNTEER TO HELP WITH THE ADMINISTRATION OF THIS EVENT. PLEASE LEAVE A MESSAGE WITH YOUR PHONE NUMBERS IF WE ARE NOT THERE!

MORE JUNIOR OLYMPICS STARS SHINE!

The August article on the success of CTC COLTS at the National Jr. Olympics T & F Championships failed to mention the fetes of two more CTC members: Scott and Chris Braudis. Scott placed 6th in the Midget Boys 1500 m walk, and brother Chris finished second in the Junior Boys 3000 m walk.

CONGRATULATIONS, GUYS! Sorry we missed you in the earlier article!

HEART OF AMERICA MARATHON SET FOR 29th RUNNING ON OCTOBER 9

Joe Duncan is at it again. He is directing the 29th running of the Heart of America Marathon, truly one of running America's classic road races. If you do not plan to be one of the truly dedicated runners out on the course on October 9, try to get to the race to help Joe and to enjoy the spectacle. The Heart has developed a personality all of its own, and just being a part of it can give you a taste for how beautiful and challenging the Missouri landscape can be on an October morning.

Call Joe Duncan at 445-2684 if you can help with the race! See last month's newsletter for an entry form if you plan to run in the race.

CROSS-COUNTRY SEASON FEATURES 2 TEAM EVENTS

As this month's schedule of events indicates, the CTC will be competing in two team x-country events. The Jeff. City Striders have challenged us to a dual on Oct. 23 at Binder Park, Jeff. City at 2:00 pm. The 3-mile Turkey Trot with the St. Louis Club and the Jeff. City Striders will be one week later on Oct. 30 in Shaw Park, St. Louis. Call Tom Coon (442-2891) if you need help finding a ride to either event. We need runners!!!

GREAT SANDBAGGER 30K RUN
COLUMBIA TRACK CLUB
August 27 6:00 am

Race Directors: Roger Turnbough, Susan Broadway

A stormy Saturday greeted the runner as they embarked on the 30k race. The race was designated this year as the Great Sandbagger Race so that Mike Walther could pass along his prestigious award. The runners got a little wet but luckily no one was lightning struck. The best time for the race was Dan Lawson's effort of 1:44. This was a phenomenal time considering the weather conditions. The sandbagger trophy was won by Diana Brandt of Columbia who bettered her estimated time by 10.6% narrowly beating Fred Fritsch (10.0%) for the honor.

10-K RUNNERS						EST	S.B.
	5K	10K				TIME	% EST
Whitney Hicks, 53	21:22	43:12				47:30	9.1
Dale Broadway, 34	21:25	43:35				---	---
Nancy Fritsch, 49	25:42	53:04				53:00	-0.1
Joe Marks, 51	25:42	53:06				53:00	-0.2

20-K RUNNERS					EST	S.B.
	5K	10K	15K	20K	TIME	% EST
Tom Allen, 46	21:22	43:40	1:06	1:29	1:30	1.1
Fred Fritsch, 52	22:15	44:49	1:07	1:30	1:40	10.0
Joe Duncan, 54	25:42	51:32	1:15	1:40	1:40	0.0
Joe Schultz, 23	27:03	55:45	1:23	1:54	2:05	8.8

30-K RUNNERS							EST	S.B.
	5K	10K	15K	20K	25K	30K	TIME	% EST
Dan Lawson, 32	18:13	35:30	52:40	1:10	1:26	1:44	---	---
Gerald Glass, 50	19:43	40:30	1:01	1:22	1:43	2:04	2:10	4.6
Scott Middlestadt, 25	22:06	44:02	1:05	1:26	1:47	2:09	2:20	7.9
Eric Anderson, 26	22:06	44:02	1:05	1:26	1:47	2:09	2:20	7.9
Kevin Sigrist, 27	23:25	49:36	1:11	1:33	1:55	2:17	2:20	2.1
Michael Walther, 30	21:25	43:40	1:06	1:29	1:52	2:20	2:20	0.0
Diana Brant, 24	23:29	50:20	1:14	1:38	2:01	2:23	2:40	10.6
Mel Eaton*	29:19	52:00	1:14	1:37	2:00	2:23	---	---
David McNeel, 28	23:29	50:20	1:15	1:38	2:04	2:30	2:40	6.2
Leo Griffard, 36	25:42	51:32	1:15	1:41	2:06	2:31	2:30	-0.7
Jim Thorne, 51	25:42	51:59	1:17	1:44	2:11	2:37	2:35	-1.3
Don Johnson, 59	26:22	53:35	1:20	1:48	2:15	2:43	2:30	-8.7
Patty Baungartner, 47	25:22	52:21	1:19	1:47	2:15	2:45	3:00	8.3

* Late starter

** A negative percent represents an estimate lower than actual time run.

Ads For Sale

The Columbia Track Club News will publish advertisements in the newsletter for any business or organization interested. All ads must be provided camera-ready, and must fit in an area of 8" x 10" (full page) or 8" x 5" (half page). Rates are \$20.00 for a full-page ad and \$12.00 for a half-page ad. These rates also apply to race entry forms, unless the forms are for an event sponsored by a reciprocating track club. We will continue to include non-CTC events in our schedule of events at no charge, but we can no longer afford to devote an entire page for an entry form without compensation.

All ads are due to the Newsletter Editor by the 15th of each month for the newsletter to be sent out by the 20th of each month.

SCHEDULE OF EVENTS**COLUMBIA RACE CALENDAR**

September 25, Sunday, 7:30 am. 8K RUN/WALK FOR A HEALTHY HEART: Missouri Heart Institute and CTC. \$8 before Sept. 20, \$12 Late registration. Start at Boone Hospital Center; RD: Tom Lafontaine, (314) 875-3876.

October 9, Sunday, 7:00 am. 29th ANNUAL HEART OF AMERICA MARATHON. TROPHIES. \$5 fee. Meet at Campus Inn. RD: Joe Duncan.

October 23, Sunday, 2:00 pm. Dual Cross-Country Meet with Jefferson City Track Club in Jefferson City at Binder Park. Approx. 3.5 mi.

October 30, Sunday, 1:00 pm. Missouri Turkey Trot, 3-mile Cross-Country Run. Triangular meet with St. Louis and Jefferson City Track Clubs. Shaw Park, St. Louis.

REGIONAL EVENTS

September 25, Sunday, 8:00 am. Mexico, MO. 4-Mile SOYBEAN RUN. SEE ENTRY FORM IN JULY NEWSLETTER.

October 1, Saturday, 9:00 am. 4-Mile Road Race. Harvest Moon Run. Memorial Park, Jefferson City.

October 1, Saturday, 8:30 am. Wellpower Run 10 K. Warrensburg, MO. (816) 747-2426.

October 9, Sunday, 8:00 am. West County 8 K. Manchester, MO. (314) 394-6500

October 15, Saturday, 8:00 am. Bran Chex 5-Mile Road Race. Ralston Purina Headquarters, St. Louis. Entry Deadline Oct. 12. (314) 862-7582.

October 22, Saturday, 8:30 am. St. Louis McDonnell Douglas Corporate Challenge 10 K and 5 K. Forest Park. (314) 862-SLTC.

October 29, Saturday, 12:00 noon. Washington U. Open 8 K Cross Country Meet. Forest Park, St. Louis. (314) 968-2080.

October 30, Sunday. Prime Health Kansas City Marathon and 10 K. Call or write Betsy Titterington, 2018 West 48 Street, Westwood, KS 66205. (913) 362-7723.

November 5, Saturday. Whiteman AFB 10 K. Knob Noster State Park, MO. (816) 747-2426.

November 20, Sunday. St. Louis Marathon. St. Louis Track Club, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117; (314) 862-SLTC.

NATIONAL EVENTS

September 17, Saturday, 1:00 pm (MDT): NATIONAL 100-MILE WALK and 50-MILE WALK CHAMPIONSHIPS, RD: CARL McCOUN, Box 576, Columbus, MT 59019.

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, published monthly. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten and turned in by the 15th of the month. Send articles or news on your out-of-town race results to Be sure to pass on to Tom Coon (442-2891), PO Box 10237, Columbia, MO 65205.

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.

COLUMBIA TRACK CLUB
P.O. Box 10237
Columbia, MO 65205

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