

# The Columbia Track Club News

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VOLUME XXI. No. 6

Sept. 2, 1989

Notice

## **Annual Meeting Columbia Track Club**

7:30 - 8:30 p.m., Oct. 19, 1989

Basement, Farm & Home Savings Assn.  
725 E. Broadway, Columbia

*Please don't park in their west side lot.*

### **Business**

Running/walking schedule for 1990  
election of officers  
possible dues change  
budget status  
other business

**Refreshments • Door prizes • Entertainment**

### TO YOUR MARKS

A COUPLE OF FUN EVENTS are coming up fast: Linda's 2-mile and Georgina's 5K cross-country run/jog/walk. See CTC schedule. Both events have drawings for prizes and other surprizes. Georgina will also have folks over for donuts, coffee and cider. Her place is only a couple miles from her event. She'll provide a map to participants.

(more)

NOTE CHANGES IN CTC SCHEDULE...e.g., location for 100-mile walk and starting time for Turkey Trot. By the way, fill out the Turkey Trot entry blanks and send them in.

ANNUAL MEETING SET. It's 7:30 p.m., Thursday, Oct. 19, in the basement of Farm & Home Savings Assn., 725 E. Broadway, Columbia. See ad on page 1. Sure, it will probably last beyond an hour. But be there on time for...well, this is our only meeting of the year...so we plan to make it a fun event. And we need to deal with some important business. So, y'all come...to elect officers, help plan the 1990 running/walking schedule, plan other CTC fun events like picnics or whatever, enjoy refreshments and entertainment (?)... Oh, yes, I'm looking for entertainment ideas and volunteers. Singers, musicians, stand-up comics are welcome. Call me at 445-1919 or 882-6546.

ELECTION OF OFFICERS. --Joe Duncan heads CTC nomination committee. He's to find candidates for president or treasurer. His phone no. is 445-2684.

HELP JOE & ROB...with Marathon and 100-Mile National Championship Walk. Both need timers and gophers. See our schedule. Their phone numbers are there. They want you to call soon!

PLEASE, RACE DIRECTORS, get results to me ASAP after an event. Also, take results to Columbia Tribune and other media FAST. (They don't like old news.)

ON BOB DOLPHIN. He ran a 3:08:25 (7:10 pace) in World Veteran Championship Games Marathon Aug. 6 in Eugene, Ore., 11th out of 101 in the 55-59 M division and was the fourth USA finisher of his five-man team that won gold medals for the age class team competition. On Aug. 19, he ran his "cool down" -- the Sizzler 5K in 19:53 (6:25 pace), good for first in the 50-59 division.

SOMETHING TO SAY? Call (314) 445-1919 or 882-6546...or write to Joe Marks, 509 Defoe Dr., Columbia MO 65203...or 1-98 Ag. Bldg., Columbia MO 65211.

## Body Composition Analysis

I am looking for active adults who are 50 years old or older who would be interested in having their body composition measured. I am trying to gather some data about body composition and activity levels in older adults in order to begin to understand how aging and activity affect body composition and to develop some standards for body composition in this age group. I will measure body composition with skinfolds and bioimpedance. Both techniques are simple, easy and fast. The entire process, including completion of the activity questionnaire, will take only about 30 minutes. If you think you might be interested give me a call:

Randall L. Smith, Ph.D.  
UMC Physical Therapy Program  
120 Lewis Hall  
882-8401.

## GREAT SANDBAGGER RACE 8/26/89

### Michelle Makes History

Note: Michelle McFadden won this 30 kilometer (18.6-mile) race, and so became the first woman to be the overall winner of this event or, we believe, any other CTC event in our 27-year history. Congratulations, Michelle. And now...the rest of the story...

On a warm sultry morning, twenty-eight die hard runners embarked on the annual Great Sandbagger Race. The rain held off until the last few minutes. The pace was set by the perennial leader Steve Stonecipher-Fisher, who called it a day after completing 20 K. The pace was then shifted to Michelle McFadden who completed the 30 K event at a 6:42 pace. Michelle maintained a good even pace throughout and is improving with each race. The first place walker was to win a car. Gayle Johnson has won this award. Gayle left before the presentation (guess she has one). The car will be donated to next years race. The Sandbagger Trophy was won by Kevin Pudeen. Due to a calculating error he was not notified until later. I'm sure he thought he slipped by unnoticed. I would like to thank Tanya Sigrist and Dale Broadway for doing the "dirty work" in keeping all the times straight. Without the volunteers none of our races could come off. If you have the inclination I would encourage you to help.

--Roger Turnbough, Race Director

#### Order of finish:

- |                       |                     |                  |
|-----------------------|---------------------|------------------|
| 1. Michelle McFadden  | 5. Mike Kaylen      | 9. Mike Little   |
| 2. Roger W. Turnbough | 6. Dick Madsen      | 10. Ron Morgan   |
| 3. Kevin Sigrist      | 7. Elmer Schlemper  | 11. Kevin Rudeen |
| 4. Fred Fritsch       | 8. Larry Petterborg | 12. Don Johnson  |
|                       |                     | 13. Don Price    |

(See next page for predictions, etc.)

SANDBAGGER 89

RUNNER	5K	10K	15K	20K	25K	30K	PREDICT	RACE TIME	PRED TIME	PERCENT
GERHERDT, ELIZ.	28:53	1:01:04	1:22:24	1:52:05	2:11:00	2:05:07	2:11:00	125.1	131.0	4.5
PRICE, LINDA	26:35	54:51	1:13:40	1:40:55	2:05:00	2:12:52	2:05:00	132.9	125.0	-6.3
BARKSDALE, TIM	23:29	49:09	1:13:40	1:40:55	2:05:00	2:12:52	2:05:00	132.9	125.0	-6.3
DUNCAN, JOE	26:36	54:15	1:20:20	1:45:39	2:16:24	2:15:18	2:20:00	135.3	140.0	3.4
FISHER, STEVE	17:56	38:00	56:02	1:15:14	2:02:35	2:22:32	2:25:00	142.5	145.0	1.7
WALTHER, MIKE	20:32	42:02	1:03:07	1:25:06	1:59:05	2:23:00	2:30:00	143.0	150.0	4.7
ROSE, SIMON	21:24	43:30	1:06:33	1:30:01	2:03:08	2:24:36	2:22:22	144.6	142.4	-1.6
PRICE, TONI	29:50	1:04:26	1:40:00	2:21:46	3:00:00	2:29:09	2:30:00	149.2	150.0	0.6
SMITH, RANDY	21:24	43:30	1:06:33	1:30:01	2:02:35	2:22:32	2:30:00	149.2	150.0	0.6
WAMPLER, RON	25:44	50:48	1:14:43	1:39:19	2:16:24	2:30:00	2:30:00	150.0	150.0	0.0
O'BANNON, KEVIN	19:46	40:19	1:00:42	1:22:50	2:02:35	2:22:32	2:30:00	169.2	180.0	6.0
BAXTER, DEAN	24:46	50:00	1:15:09	1:40:39	2:21:54	2:53:55	3:00:00	173.9	140.0	-24.2
JOHNSON, GAYLE	29:50	1:00:49	1:31:24	2:03:17	2:27:05	3:03:54	2:20:00	173.9	140.0	-24.2
MALLOY, TOM	19:47	40:40	1:01:33	1:23:08	2:03:08	2:24:36	2:28:00	147.0	148.0	0.7
EATON, MEL	25:44	50:53	1:15:52	1:43:36	2:11:00	2:05:07	2:11:00	125.1	131.0	4.5
MCFADDEN, MICHELE	19:46	40:31	1:01:20	1:22:23	1:48:03	2:12:52	2:05:00	132.9	125.0	-6.3
TURNBOUGH, ROGER	20:46	42:01	1:03:07	1:25:13	1:51:16	2:15:18	2:20:00	135.3	140.0	3.4
SIGRIST, KEVIN	21:56	44:30	1:06:34	1:29:10	1:56:37	2:22:32	2:25:00	142.5	145.0	1.7
FRITSCH, FRED	22:05	45:31	1:08:12	1:32:18	1:59:05	2:23:00	2:30:00	143.0	150.0	4.7
KAYLEN, MIKE	22:49	48:43	1:11:52	1:35:43	2:03:08	2:24:36	2:22:22	144.6	142.4	-1.6
MADSEN, DICK	24:46	48:28	1:11:44	1:35:02	2:03:08	2:26:58	2:28:00	147.0	148.0	0.7
SCHLEMPER, ELMER	24:46	50:00	1:15:09	1:39:50	2:03:08	2:26:58	2:28:00	147.0	148.0	0.7
PETTERBORG, LARRY	22:28	46:37	1:12:59	1:37:14	2:02:44	2:29:09	2:30:00	149.2	150.0	0.6
LITTLE, MIKE	22:48	47:32	1:11:30	1:37:35	2:02:44	2:29:09	2:30:00	149.2	150.0	0.6
MORGAN, RON	23:25	48:46	1:12:34	1:37:54	2:02:35	2:30:00	2:30:00	150.0	150.0	0.0
RUDEEN, KEVIN	26:36	54:04	1:20:25	1:48:13	2:16:24	2:49:12	3:00:00	169.2	180.0	6.0
JOHNSON, DON	28:28	57:03	1:24:34	1:53:44	2:21:54	2:53:55	2:20:00	173.9	140.0	-24.2
PRICE, DON	26:36	55:09	1:23:12	1:54:08	2:27:05	3:03:54	2:20:00	173.9	140.0	-24.2

TURKEY TROT  
(3-Mile Cross Country Event)  
COLUMBIA, MISSOURI  
Sunday, Oct. 29, 10 a.m.

**WHERE:** Lake of the Woods Golf Course, Columbia, Mo., on St. Charles Road, North side of I-70, East of Lake of the Woods exit.

**COURSE:** Golf course with short cut grass. Spikes may be worn.

**ELIGIBILITY:** Open to all runners. However, for Columbia Track Club, St. Louis Track Club, and Jefferson City Road Runners, this race will also be scored as a triangular meet. Scoring will be on a mass basis in three categories: OPEN, 40 & OVER, WOMEN.

**ENTRY FEE:** \$2.00 before Oct. 25; \$3 on race day and for all late entries received by mail after Oct. 25.

**AGE DIVISIONS:** Women: 13 & under, 14-19, 20-29, 30-39, 40-49, 50+  
Men: (same age divisions)

**AWARDS:** To at least the top five finishers in each age division. Turkeys and other fowl will be among the awards.

**REGISTRATION:** By mail before Oct. 25...or race day from 9 - 9:30. Mail entries to Joe Marks, 509 Defoe Dr., Columbia MO 65203. Please use one entry for each person being registered. Include fee.

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THREE-MILE TURKEY TROT  
Sun., Oct. 29, 1989

**NAME:** \_\_\_\_\_ **AGE at 10/29/89** \_\_\_\_\_ **M / F**  
(please print)

**STREET ADDRESS:** \_\_\_\_\_ **CITY/State/zip** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Club affiliation** \_\_\_\_\_ **Unattached**

In consideration for my entry, I and my heirs do hereby release Columbia Track Club, St. Louis Track Club, Jefferson City Road Runners and the City of Columbia from all injuries and damages that might result from my participating in this race on Oct. 29, 1989. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such an event.

**Entrant's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Signature of parent if entrant is under 18 years of age)

COLUMBIA AREA RUNNING AND WALKING EVENTS

1989 Schedule  
COLUMBIA TRACK CLUB

Sept. 9. Sat. 8 a.m. 2-mile Cross-Country Run. Bethel Park. RD: Linda Price (314) 443-8081.

Sept. 16. Sat., 8 a.m. 5 Km Cross-Country Run. A.L. Gustin Golf Course (on Stadium Blvd...meet south of University Hall...the MU central administration building about a ½ mile west of Providence). RD: Georgina Gonzales (314) 449-8350.

Sept. 30. Sat. 1 p.m. to Sun. 1 p.m. CENTURIAN 100-mile walk. Stankowski Track (behind University of Missouri's Natatorium, corner of Rollins Rd. and Maryland St., MU Campus). TROPHIES. \$10 entry fee. RDs: Rob and Veva Spier (314) 442-2126.

Oct. 8. Sun. 7 a.m. 30TH ANNUAL HEART OF AMERICA MARATHON. TROPHIES. \$5 fee. Meet at Campus Inn parking lot, Stadium Blvd. and College Ave. RD: Joe Duncan (314) 445-2684.

Oct. 21. Sat. 9 a.m. 5 Km Dual Cross-Country Meet vs. Jefferson City Road Runners. Oakland Park. RD: Whitney Hicks (314) 445-7230.

Oct. 29. Sun. 10 a.m. Missouri Turkey Trot. 3-mile Cross-Country Run. Triangular meet with St. Louis and Jefferson City track clubs. Lake of the Woods Course, Columbia. RD: Joe Marks (314) 882-6546 or 445-1919...and Michael and Anne Kaylan.

Nov. 5. Sun. 2 p.m. 5 Km and 10 Km Steve Helmick Memorial Road Run and Walk. AWARDS. \$5 fee. Holiday Inn (Stadium Blvd. & I-70 Dr. SW). RDs: Bob Humphreys (314) 874-7185; Fred & Nancy Fritsch 449-3307.

Dec. 9. Sat. 9 a.m. Cheese & Sauerkraut 10-Mile Road Run & Walk. Cinder Pile on Route ZZ (1.5 mi. W of Holiday Inn on I-70 Dr. SW). Edible prizes. RDs: Richard & Anne Hessler (314) 874-2906.

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#### OTHER AREA EVENTS

Note: Hickman has 14 cross country events set for fall (9/5 - Nov. 4).  
Details from Steve Kissane (314) 657-4231.

Sat., Sept. 16, Run-Bike-Run, 8 a.m., Binder Park, Mefferson City.  
Entry fee is \$10 for individuals; \$20 for teams. Awards. Call (314)  
634-6482.

Sept. 24, Bud Light Stadium Run, St. Louis. 8 a.m. Everyone given a  
starting time handicap. Dick Hessler loves this one. Ask him for  
details. Joe Marks has entry form.

Sun., Oct. 29, 8 a.m., Prime Health Kansas City Marathon & 10K Run.  
Entry fees before Sept. 30 are \$17 for the Marathon; \$10 for the 10K.  
Joe Marks has entry form.

Sat., Sept. 30, Olathe's Northgate 8K, Olathe, KS. Details from Joe  
Marks.

Sun., Oct. 1 Soybean Run, Mexico. Details in next newsletter or from  
Tom Parsons, 5 Bougainville Dr., Mexico, MO 65265.

Oct. 14, 8:30 a.m., Wellpower Run, Warrensburg, 10K. Joe Marks has  
details...or call Julie Stewart (816) 747-2426.

Nov. 18, 9 a.m. H.W. Harris Memorial 8K, Sedalia. Contact Jeff or  
Milene Mittelhauser, Sedalia Runners' Club, 500 W. 5th, Sedalia MO 65301  
(816) 826-0147.

Nov. 23, 7 a.m., Turkey Trot Fun Run 5K or 8 miles. Predict your time  
run. Contact Mittlehausers (see above).

Newsletter back page...

ANNUAL DUES

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

All donanations to CTC are tax deductible

The CTC newsletter is an open forum to nyone, published monthly. We solicit articles, race results, comments, suggestions, etc. Advertisements are welcome in the CTC Newsletter. Camera-ready ads must fit an area of 8 X 10" (full page) or 8 X 5K" (half page). Rates are \$20.00 for a full-page ad and \$12 for a half-page. These rates also apply to race entry forms, unless the forms are for an event sponsored by CTC or a reciprocating track club. Any submitted item must be typewritten and turned in by the 10th of the month. Send articles of news on your out-of-town race results to Joe Marks (314) 445-1919 or 882-6546, 509 Defoe Dr., Columbia MO 65203.

PLEASE offer to help with any race in which you are not a participant. Thank you.

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

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