

Columbia Track Club News

VOLUME XXII No. 2

FEBRUARY 15, 1990

More nuts than you can imagine showed up the the Nut Run (story inside).

Tune up for the St. Pat's Day 5K. This could be the biggest run of the year (maybe the biggest in Columbia history). Should appeal to hard core competitors and fun runners (and it's only 3.1 miles). Oh, yes, Joe Duncan and I need a lot of help...so if you don't plan to run or walk, please call one of us and volunteer to help.

Special CTC meeting set for 2 p.m., March 25, basement of Farm & Home Savings on Broadway. Topics: Plans for upcoming events, especially the Heart of America Marathon.

Schedule change: Drop Katy 20 from Labor Day; replace with Heart of America Marathon. We'll try to add Katy 20 at another time (seems like a good idea for a course).

More kudos...to Dave Parker, who keeps the club's records; Mike Walther, who keeps track of all out of town events; and Rob Spier, who we depend upon to keep our race walking program going.

Bob Dolphin is going like sixty (which he now is). Ran Seattle Marathon in 3:07:13 (7:08 pace); 138th out of 885 and first in 60-64 category. Then he ran a 50K in January (31.1 miles in 4:04:40...under 8 min. pace). Finished 13th overall and beat everyone 50 and over. Gotta find out what this guy eats!

This is your last free newsletter if you haven't paid your 1990 dues. (A red X on your newsletter means you haven't paid...or I misplaced the check.)

Churchill Ups and Downs has such a neat name, I couldn't resist giving it special note. The 10K starts at 9 a.m., March 10, Westminster College, Fulton. Also includes a 5K walk and a 1 mile run for kids. I don't know entry fee. (Call 1-642-3361, Ext. 242.)

More, more, more...keep reading...

Columbia Track Club 5K Nut Race
Reactor Park
Feb. 3, 1990

Plenty of nuts showed up to run and race walk , 41 hearty souls who dismissed the 38 degree misty weather as a minor impediment to their pursuit of the edible. Those of us timing observed excellent running by all and some outstanding race walking by Gayle Johnson. Milene Mittelhauser served notice that she is in racing form again by turning in an outstanding 18:47 to win the women's 30-39 division and capture first female overall with Jane Downing, coming off an injury, second. Her husband, Jeff, was all alone in winning overall with a 16:54, followed by the amazing Tom LaFontaine who was second overall and first 40-49 in 17:35. Randy Smith outdueled Roger Turnbough for third place overall and Ben Londeree had an outstanding race, winning the 50-59 division and finishing 5th overall in 18:27. Ben brought along Darlene who nailed 3rd in the 50-59 group but he almost got nailed by Alan Barkema, a guest of Ben and Darlene's, who finished right behind Ben in 18:33 after matching him stride-for-stride for most of the race. Tom Allen gave blood a couple of weeks before the race but managed to hold off Dick Madsen for second in the always tough 40-49. Joe Cragin ran an excellent 31:21 to finish second behind Don Johnson with an astonishing 22:05 in the 60-69 division. Joe not only had to contend with Johnson but had to fight for his time. It seems that Hessler, the head timer, had confused Cragin with George Mummert, 21 years his junior. It was not that Mummert looked 60 but that Cragin looked 40. Nancy Fritsch turned in another great performance (25:45) to win the 50-59 and Georgina Gonzalez finished second in 27:12. Darlene Londeree was third all the while pulling Boots Gerhardt to victory in the 60-69 with an awesome 30:24 for both runners. Nine women under 25 minutes.

Special thanks to Anne Hessler, Joe Marks, Judy Londeree, and Mike Walther for helping with the race administration.

Dick Hessler
Race Director

Men

1. Jeff Mittelhauser (33) 16:54
2. Tom LaFontaine (43) 17:35
3. Randy Smith (33) 18:12
4. Roger Turnbough (32) 18:21
5. Ben Londeree (55) 18:27
6. Alan Barkema (38) 18:33
7. Lewis Preddy (22) 18:38

Women

1. Milene Mittelhauser (30) 18:47
2. Jane Downing (25) 19:10
3. Peg Miller (37) 20:45
4. Janet Lilly (31) 21:19
5. Anne Kaylen (33) 21:41
6. Linda Robbins (38) 23:07
7. Anne Beasley (33) 23:58

8. Tom Allen (47) 19:26
9. Dick Madsen (48) 19:38
10. Doug Sonheim (31) 19:43
11. Elmer Schlemper (50) 19:47
12. Kirby Finders (36) 19:51
13. Jordan Metzl (23) 20:00
14. Larry Peterborg (41) 20:12
15. Terry Richardson (41) 20:20
16. Dean Baxter (54) 21:19
17. Doug Wallace (42) 21:39
18. Fred Fritsch (53) 21:56
19. Don Johnson (61) 22:00
20. Dan Edwards (28) 22:05
21. Eric Hedges (44) 22:12
22. Joe Duncan (55) 22:41
23. Don Price (46) 22:46
24. Joe Cragin (62) 31:21
25. George Mummert (40) 33:20
26. John McCrory (38) 39:38

8. Patti Ross (37) 23:59
9. Linda Price (46) 24:30
10. Anne Zleit (22) 25:28
- Gayle Johnson (41) RW 25:35
11. Nancy Fritsch (51) 25:45
12. Georgina Gonzalez (51) 27:12
13. Boots Gerhardt (69) 30:24
14. Darlene Londeree (52) 30:24

Age Group Winners

Male 20-29

1. Louis Preddy
2. Jordan Metzl
3. Dan Edwards

Male 30-39

1. Jeff Mittelhauser
2. Randy Smith
3. Roger Turnbough

Male 40-49

1. Tom LaFontaine
2. Tom Allen
3. Dick Madsen

Male 50-59

1. Ben Londeree
2. Elmer Schlemper
3. Dean Baxter

Male 60-69

1. Don Johnson
2. Joe Cragin

Female 20-29

1. Jane Downing
2. Anne Zleit

Female 30-39

1. Milene Mittelhauser
2. Peg Miller
3. Janet Lilly

Female 40-49

1. Linda Price
1. Gayle Johnson RW

Female 50-59

1. Nancy Fritsch
2. Georgina Gonzalez
3. Darlene Londeree

Female 60-69

1. Boots Gerhardt

Our Marathon Lives!

I could tell Bill Clark was upset. His letter said in capital letters, "DON'T LET THE MARATHON DIE!"

I had no more than put Bill's letter into the frig to cool off, when Joyce Schulte called.

"Who's idea was it to kill the marathon?" she asked.

She sounded threatening.

"Well...I...ah..." I answered bravely.

After she finally hung up, I did some more checking. Several other CTC folks were determined to keep the Heart of America tradition going. After all, as H of A founder Bill Clark pointed out, our marathon is the fifth oldest marathon in the country. Only Boston, Yonkers (NY), Culver City (CA) and Pike's Peak are older, and I'm not sure all of those are still going.

But there will be some changes. Shelter Insurance has dropped their sponsorship. They have given a great deal of support over the years, and have expressed concern over safety.

We will move the event back to Labor Day and move the starting time back to 6 a.m. Clark says he will patrol the course during the race to help insure safety of runners. We'll try to enlist the help of Columbia Police and the Sheriff's department.

We will reserve the right to remove from the course any runners who suffer from heat stress or are in anyway endangering themselves or others.

We'll give T-shirts to all finishers and present Open, Masters and Seniors awards (male and female) plus the Dave Schulte Award for Improved Performance. We are raising the entry fee to \$10, because CTC will be footing more of the bill.

We will get insurance through The Athletic Congress, and we will remind participants at every opportunity to "be careful out there!"

Joe Duncan has agreed to be race director with staunch support from Clark, Schulte and yours truly.

There is no marathon like the Heart of America.

It's scenic. It's challenging. And it's ours!

--Joe Marks, CTC Pres.

1990 Columbia Track Club Running & Walking Events

- | | | |
|----------|--------------|---|
| March 17 | Sat., 8 a.m. | ST. PAT'S DAY 5K. Downtown Columbia. Replaces Columbia Regional Hospital's 5-miler. AWARDS. \$7 entry fee. Race director: Joe Marks (314) 445-1919 or 882-6546. |
| March 31 | Sat., 9 a.m. | 15 Kilometer Run (9.3 miles). Also, 15K walk (walkers start at 8:30). Start at Holiday Inn Executive Center (I-70 Dr. SW). Race Director: Joe Duncan (314/445-2684) |
| April 14 | Sat., 7 a.m. | Missouri Cup Competition 50K WALK. Hickman Track. Race Director: Rob Spier (314/442-2126) |
| April 21 | Sat., 8 a.m. | HUMAN RACE XII. 10K run or walk. \$8 fee. Sponsored by GTE and Shelter Insurance. Race Directors: Mike & Carolyn Little (314/886-8686) and Joe Duncan. |

BUSCH/MIZZOU

LIGHT BEER RUN

10,000 Meter Run


3,000 Meter Run/Walk

All Proceeds Benefit The Missouri Alumni Scholarship Fund

Date/Time: Sunday, April 22, 1990. Starting Time 9:00AM


Location: Kiener Plaza, Broadway & Market, St. Louis, Missouri

Sponsored By: Busch Light / Avia / St. Louis Track Club / University of Missouri Alumni Association

Attendance Prizes: St. Louis Cardinals Baseball Tickets  Running Shoes University of Missouri Football Tickets
All finishers in both races are eligible for drawing for attendance prizes following the races

Shirts: Gold & Black T-Shirts to all entrants.

Course: 10,000 Meter (6.2 miles) and 3,000 Meter (1.86 miles) TAC Certified and RRCA sanctioned courses on scenic Downtown St. Louis streets starting at Kiener Plaza, Broadway & Market.

Awards:  Shoes to male and female winners in each race.
FOR ATHLETIC USE ONLY. Avia products to age group winners in each race.

10,000 Meter				3000 Meter		
13 (-)	25-29	40-44	55-59	10 (-)	15-19	40-49
14-19	30-34	45-49	60-64	11-12	20-29	50-59
20-24	35-39	50-54	65 (+)	13-14	30-39	60 (+)

Plaques to top finishers in each age group. Number of awards proportional to entrants.

Packet Pick-Up: April 21 from 10:00AM to 2:00PM, Marriott Pavilion Hotel, Broadway & Market Streets. Please pick up packets on Saturday. Out-of-towners may pick up packets on the north side of the Marriott Pavilion Hotel facing Kiener Plaza on Race Day, April 22 from 7:30AM to 8:30AM.

Registration: Pre-register by this form. Entry fee is \$6.00 if postmarked by April 14, 1990. Additional T-shirts \$5.00 each. Late entry fee, April 15 to April 21 is \$8.00 per person. In person at packet pick-up on Saturday, April 21 between 10:00AM and 2:00PM (shirts in sizes available). \$10.00 Race Day Entry. No Refunds.

Make Checks payable to: UMC Alumni Association.

BUSCH LIGHT/MIZZOU 10,000 METER RUN & 3,000 METER RUN/WALK

Mail this form to BUSCH LIGHT/MIZZOU RUN, c/o St. Louis Track Club, 6611 Clayton Road, Suite 200, St. Louis, Mo. 63117

Name _____ Phone (evenings) _____

Address _____ Age _____ Male _____ Female _____

City _____ State _____ Zip _____ Birthdate: Mo. _____ Day _____ Year _____

Race Entered: Circle T-Shirt Size S M L XL
 Mizzou Alumnus
 Wheelchair Participant
 Please send me information on joining the St. Louis Track Club

_____ 10,000 Meters -- Best 10K Time Past Year _____ Minutes _____ Seconds
 _____ 3,000 Meters -- Best 3K Time Past Year _____ Minutes _____ Seconds

Waiver of Liability: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, demands, actions and causes of actions against Anheuser-Busch, Inc., The University of Missouri/ University of Missouri Alumni Association, the St. Louis Track Club, or the City of St. Louis, their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this run. Further, I hereby grant full permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____

Parent (if runner is under 18) _____

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
02/10	Sat	9:00 am	SLTC/Slice Frostbite 1/2 Marath/4M	St. Louis, MO	1A
02/25	Sun	8:00 am	Third Olympiad Marathon/10K	St. Louis, MO	2
03/04	Sun	9:00 am	SLTC/Slice Frostbite 15K/5K	St. Louis, MO	1A
03/10	Sat		Hibernian 10K/3K	St. Louis, MO	1
03/17	Sat		St. Patrick's Day 5M Run	St. Louis, MO	1C
03/25	Sun	9:00 am	Sedalia Half Marathon	Sedalia, MO	3
03/25	Sun		Running Center	St. Louis, MO	1
04/01	Sun		Slice Half Marathon/3K	Clayton, MO	1B
04/01	Sun	9:00 am	The River Trail 5K Run	Parkville, MO	4
04/08	Sun		The Ekiden Relay	Overland Park KS	5
04/14	Sat		Children's Hospital 5K/1M	St. Louis, MO	1
04/21	Sat		Earth Day Run	St. Louis, MO	1
04/29	Sun		St. Charles YMCA Biathlon 2M/28M	St. Charles, MO	6

* For more information call or send a stamped self addressed envelope to the following persons or corporations:

- 1 St. Louis Track Club 6611 Clayton Rd. Suite 200 St. Louis, MO 63117
314-862-7582 A. Forest Park Field House 5 Frostbite race series for
5 year age group awards \$15 for all 5 races \$3 single race on race day
B. Shaw Park start C. Downtown start
- 2 St. Louis Sheraton 314-434-9577
- 3 Sedalia Runner's Club Attn: Jeff or Milene Mittelhauser 905 West 28th
Sedalia, MO 65301 816-826-0147
- 4 Jerry Morrison P.O. Box 14187 Parkville, MO 64152
- 5 4 person relay with legs of 10-7.5-5-2.5K Kansas City Road Runners
P.O. Box 7111 Overland Park, KS 66207 913-681-8171
- 6 314-928-1928 2 mile run 28 mile bike
- 8 Kansas City Track Club 620 W. 26th Street Kansas City, MO 816-471-2314
816-471-KCTC for recorded message of upcoming races
816-341-PHID Runner's Raceline

COLUMBIA TRACK CLUB
APPLICATION FOR MEMBERSHIP

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

PHONE #: _____

OCCUPATION(S): _____

Members of family at this address and dates of birth of each (optional):

Running background(s): (Optional)

Annual dues are \$10. Includes all of the family residing in the same household.

Sustaining membership (tax deductible) is \$25.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia MO 65205

COLUMBIA TRACK CLUB
P.O. Box 1872
Columbia, MO 65205

NO. PROFIT ORG.
U.S. POSTAGE
PAID
COLUMBIA, MO
PERMIT NO.226

Joe Duncan
2980 Maple Bluff Dr.
Columbia, MO 65203

ANNUAL DUES, COLUMBIA TRACK CLUB: \$10.00*
Sustaining Membership: \$25.00

*Covers all members of family residing in the same household.

All donations to CTC are tax deductible.

The CTC newsletter is an open forum to anyone and is published monthly. We solicit articles, race results, comments, suggestions, etc.

Advertisements are welcome. Camera-ready ads must fit an area of 8 X 10" (full page) or 8 X 5" (half page). Rates are \$20.00 for a full page; \$12.00, 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 5th of the month.

Send articles of news on your out-of-town race results to Joe Marks, 509 Defoe Dr., Columbia MO 65203 (314/882-6546 or 445-1919).

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

