

# COLUMBIA TRACK CLUB

## NEWS



Volume XXX No. 1

January 1997

## Jingle Bell Run turns out short and fast

As usual, the Jingle Bell Run had several unexpected surprises. Due to some communication problems, many of the runners were directed down a wrong street. Some ran the new, "shorter" course, while others realized what was going on and doubled back. Therefore, the times overall are very fast. This will be the fastest 5-K some of you CTCers will ever run.

Seriously, I am sorry for the confusion and take ownership. Call me (474-9104) if there are still issues.

Next year, we will go back to the old course with Hitt Street being re-opened, and the maps will be published ahead of time.

We did have 121 runners, walkers and dogs show up on a beautiful Dec. 7, 1996, day.

A big thanks to Don Johnson, Rick McCallister, Curt Kempf, Joe Marks, Marc Keys, Bob O'Connell, the entire staff at Tryathletics and others who helped me.

— Race Director Randy Gay  
Complete results on Page 4



### **Congratulations ...**

On behalf of all the members of CTC, I would like to thank Dan Kelly for his five years as CTC's newsletter editor. Dan has added a touch of professionalism to the newsletter and made it look very attractive. He recently accepted a job in Louisville with the Courier-Journal as a sports copy editor.

Although we will hate to see Dan leave, this is an opportunity he couldn't pass up. Congratulations and farewell Dan!

— CTC President Curt Kempf

### **... and help!**

In addition to now needing a newsletter editor, the club could use help in other areas.

Club treasurer Tom Allen is seeking a CPA to assist him in updating our tax-exempt status. Contact Tom at 449-5655.

Curt is looking for someone with HTML experience to help create a World Wide Web page on the Heart of America Marathon. Contact him at 446-2878.

Also contact Curt if you can help with the newsletter. Desktop-publishing experience would be helpful.

## High schoolers show their stuff at cross-country race

The CTC can thank Hickman High School runners for a victory in the club's annual cross-country meet with the St. Louis and Sedalia track clubs. The race was held Nov. 10 at Bethel Park, although only Columbia runners showed up.

With or without competition from the outside, the Hickman runners put on an impressive show. Jimmy Rambur, one day after placing fourth in the high school state championships, won the 5-K race in 16:29:52. He was followed by Marc Keys, who was designated winner of the +20 age group.

Other runners:

Tyson Stockglausner, 18:13:12

Luke McMillen, 18:27:01

Matt Tanner, 18:35:07

Quentin Malloy, 19:11:32

Paul Lightner, 19:30:04

Steve Tanner, 20:05:53 (+40 winner)

Melissa Pagan, 23:42:15 (women's winner)

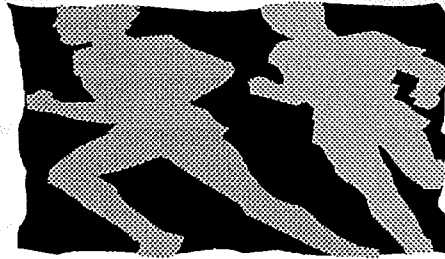
Helping out with the race were Erin Keys, official timer; Jeanine Pagan, official starter; and Debbie McMillen, course marshal.

# Local youngsters excel at national meet

Matt Turner and Jimmy Rambur competed in the AAU Junior National Cross Country Championships, and both ran on championship teams.

Matt and Jimmy ran with a club from Kansas that took more than 150 youngsters to the meet Dec. 7 in Cleveland. They paid their own way at a cost of \$140.

Matt competed in the 13-14 age



group. He finished third on his team and 12th overall among 350 runners.

Jimmy was second overall in

16:23. He took the lead after two miles and held it until the last 150 meters, when another runner barely outkicked him. Their coach took a wheel to the course after the races, and his suspicions were confirmed. The course was 163 meters too long.

Congratulations to Matt and Jimmy on their national championship accomplishments.

— Dick Hessler

## 25 years ago

# Back to the beginning

By Joe Duncan

Dec. 4, 1971

3, 2, 1 Triathlon: 1. Ben Londeree, 33:41 (17:06, 11:22, 5:13); 2. Whitney Hicks, 35:12 (17:51, 11:58, 5:23); 4. Mike Chippendale, 36:55 (18:32, 12:26, 5:57); 5. Joe Duncan, 37:08 (18:36, 12:29, 6:03).

Dec. 18, 1971

5,000-Meter Run, Hickman Track: 1. Dennis Stewart, 16:08; 2. Bill Wirtz, 16:41; 3. Ben Londeree, 17:26; 4. Whitney Hicks, 17:46; 5. Mike Chippendale, 18:38; 6. Joe Duncan, 19:12; 7. Don Granberg, 19:38; 8. Dick Hessler, 21:43.

You will recall our reference in the last newsletter to Dick Hessler's DNF in his first CTC event 25 years ago. This 5,000-meter run was Dick's second CTC event; he finished and we made the following comment: "... Hessler made up for his DNF. ... He has just started a running program and, being young, he will make rapid improvement." How prophetic that was! And check his performance in our recent 10-miler, at age 55.

### CTC Board of Directors

Curt Kempf, president	Tom Allen, secretary-treasurer
Joe Marks	Mark Wilson
Randy Gay	Georgina Gonzalez
Michele McFadden	Dick Hessler

The Columbia Track Club Newsletter is published monthly as a service to CTC members. Submissions are welcome.

## CTC briefs

### *Special deal on the Web*

Former Columbia resident Jim Clevenger now owns World Wide Running, a technical mail-order running store. He is offering a 5 percent discount to CTC members; just mention the CTC discount on e-mail, fax or telephone orders.

The store's Web address is <http://wwrunning.com> and Jim's e-mail address is [clev@wwrunning.com](mailto:clev@wwrunning.com).

### *Making it big in Moberly*

Several CTC members were winners at the Thanksgiving Day Run in Moberly. There were 112 entrants in the 5-K event.

Birgitta Hessler finished second overall among women in 20:52. CTC members who were first in their age groups:

Cammy Ronchetto, 30-39 women, 23:32  
 Andrea Woods, 50-59 women, 27:55  
 Chris Cook, 19-24 men, 17:59  
 Mark Wilson, 30-39 men, 17:40  
 Mark Volek, 40-49 men, 18:40  
 Dick Hessler, 50-59 men, 19:10  
 Don Lewis, 60-plus men, 21:25

### *Letter of thanks*

Dear CTC:

Thank you for the use of your race clock, Igloo coolers and course vests for the high school cross country sectional race hosted by Hickman High at Bethel Park Nov. 2. Your club provides an invaluable service to the community.

— Jeanine Pagan, cross country sponsor

## 1997 Columbia Track Club Schedule

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
1/11	2 p.m.	<b>Couples Run/Walk</b> 4-M, individuals welcome	**	Georgina Gonzalez, 449-8350	Bethel Park	Male-female teams, dinner awards
2/1	9 a.m.	<b>Nut Race 5-K</b>	**	Dick Hessler, 874-2906	Reactor Park	Edible awards
3/15	8 a.m.	<b>St. Patrick's Day 5-K</b>	\$10	???	Seventh & Broadway	Long-sleeve T-shirts, awards
3/22	8:30 a.m.	<b>CTC 15-K Run or Walk</b>	**	Joe Duncan, 445-2684	Holiday Inn Exec. Center	Walkers, 8:30 a.m.; runners, 9 a.m.
3/29	9 a.m.	<b>Two-Person Relay 5-M, alternate 400s</b>	**	Mike Kaylen, 442-9449	Hickman Track (or M.U.)	Age-grouped, awards
4/19	8 a.m.	<b>Human Race 5-M</b>	\$10	Larry Petterborg, 874-2482	Rock Bridge H.S.	T-shirts, awards
4/26	10 a.m.	<b>Show-Me Stampede 5-K</b>	\$10	Tom Smith, 815-6899	Reactor Park	T-shirts, barbeque
5/3	8 a.m.	<b>Big Brothers/Big Sisters Stadium Run</b> 5-K/1-Mile Fun Run	\$10	Curt Kempf, 446-2878 Scott Dressel, 874-8927	Rock Bridge Track	Staggered start based on age/sex; T-shirts; awards
5/17	8 a.m.	<b>Law Enforcement Run for Special Olympics 5K</b>	\$15	Tom Dresner, 874-7422	East side of Faurot Field	T-shirts, awards
5/10	8 a.m.	<b>Spring Couples Run/Walk</b> 5-M, individuals welcome	**	Tom Smith, 875-6899	Bethel Park	Male-female teams, dinner awards
5/26	10 a.m.	<b>WellAware 5-K</b>	\$10	Mark Volek, 815-6899	WellAware on Peachtree	
6/11	6 p.m.	<b>Summer Youth Program ##</b>	\$1	Tom Allen, 449-5655	Hickman Track (or M.U.)	Awards
7/14	6:30 p.m.	<b>Distance Medley 3,000, 1,500, 800</b>	**	Michele McFadden, 882-9223	Hickman Track (or M.U.)	Awards
7/29	??	<b>Show-Me State Games 5-K</b>	\$15	Joe Duncan, 445-2684		No qualifying required
8/2	7 a.m.	<b>Great Sandbagger 10-K</b>	**	Roger Turnbough, 445-1225	West Broadway Swim Club	Staggered start based on predicted time; awards
9/1	6 a.m.	<b>Heart of America Marathon</b>	\$15	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center	38th annual, T-shirts, awards
9/20	??	<b>Fall Classic 5-K</b>	**	Rick Rother, 874-5899	Anthony Street	Long-sleeve T-shirts, awards
10/4	7:30 a.m.	<b>M.U. Homecoming Run 5-K</b>	\$8	M.U. Alumni Assoc., 800-372-6822	Memorial Union	T-shirts, awards
10/11	8 a.m.	<b>One-Hour Run</b>	**	Steve Stonecipher-Fisher, 443-8875	Hickman Track (or M.U.)	Awards
11/1	7:30 a.m.	<b>Runner's Choice 10-K or 20-K</b>	**	Joe Marks, 445-1919	Holiday Inn Exec. Center	Drawing for prizes
11/?	??	<b>CTC/SLTC/Sedalia/J.C. Cross Country</b>	**	??	TBA	Team and individual competition
12/6	8:30 a.m.	<b>Jingle Bell Run for Arthritis</b> 5-K run/1-M walk	TBA	Randy Gay, 474-9104	University Hospital	Awards
12/13	8:30 a.m.	<b>Cheese &amp; Sauerkraut 10-M</b>	**	Steve Stonecipher-Fisher, 443-8875	Strawn Road	Walkers, 8:30 a.m.; runners, 9 a.m.

\*\* Track club members pay no entry fee; \$3 for non-members

## The Summer Youth Program runs every Wednesday starting June 12.

# Jingle Bell Run 5-K

Dec. 7, 1996						Age Groups		
Name	Time					Males	Females	
1. Scott Foster	15:37	30. Marie Marchbank	18:52	62. Rosemary Wood	23:31	10-14	Nathan Smith	Jennifer Tyler
2. Lucas McMillen	15:21	31. Carl Myers	19:55	63. Jennifer Tyler	23:36		Matt Foster	Lindsay Macle
3. Quentin Malloy	15:21	32. Liz Straatman	20:04	64. Kevin Tyler	23:37		Tyson Klenne	Sara Harper
4. Tyson Stockglausner	15:32	33. Don Waltman	20:05	65. Cathy Rupard	23:43	15-19	Lucas McMilen	Courtney Armor
5. Brian Patton	15:36	34. Elaine Foster	20:19	66. Keith Smith	23:45		Quinton Malloy	Jennifer Caldwell
6. Gerrit Bemmer	18:06	35. J.D. Hatter	20:21	67. Laura Fick	23:51	20-24	Tyson Stockglausner	
7. Scott Rubinstein	16:14	36. Neal Miller	20:29	68. Dick Foster	23:52			Kary Shelton
8. Mike Hoeferkangs	16:40	37. Sam Meyer	20:30	69. J.K. West	24:11			Julie Tolbert
9. Paula Rubenstein	17:01	38. Wendell Wilson	20:40	70. Peggy Foster	24:15	25-29	Scott Rubenstein	Sharon Bremer
10. Michael Halferty	17:10	39. Fred Loesing	20:42	71. Vicki Tolbert	24:51		Jeff Bowers	Paula Rubenstein
11. Lou Tedeschi	17:28	40. Tim Ferguson	20:48	72. Brian Haroldson	25:14		Michael Snell	Marie Marchbank
12. Jeff Bowers	17:32	41. Wandie Weller	20:49	73. Tyrone Nix	25:18	30-34	Garret Beamster	Wendie Weiler
13. Hugh Murrel	17:37	42. Vicki Pigg	20:50	74. Jennifer Rewerts	25:23		Hugh Murrel	Lisa Wells
14. Simon Rose	17:41	43. Mike Becktell	20:51	75. Christina Morian	25:25		Simon Rose	Lisa Burger
15. Wm. Stockglausner	18:06	44. Debbie Wells	20:53	76. Unknown		35-39	Scott Foster	Sandy Angus
16. Jim Robertson	18:13	45. Kris Hagglund	21:18	77. Lisie Forbes	25:36		Mike Hoefrkanys	Liz Straatman
17. Cary Skelton	18:20	46. James Klahn	21:19	78. H.C. Russell	25:40		Micheal Halferty	Debbie Wells
18. Nathen Smith	18:29	47. Richard Shanke	21:35	79. Tyson Klemme	25:41	40-44	Jim Robertson	Shari Fisher
19. Lisa Wells	18:55	48. Shari Fisher	21:52	80. R. Mack	25:56		Bill Gable	Elaine Foster
20. Lisa Burger	18:57	49. Matt Foster	21:53	81. Jeanelle Twillman	25:80		Fred Loesing	Rosemary Wood
21. Casey Highland	19:00	50. Pete McDonald	21:55	82. Linda Vogt	26:56	45-49	W. Stockglausner	Cathy Rupard
22. Bill Gable	19:12	51. Douglas Smith	22:05	83. Eve Gilstnep	26:57		Tom Highland	Linda Vogt
23. Matt Waterman	19:17	52. Andrea Woods	22:21	84. Marvin Mack	26:59			
24. I. Wood	19:23	53. Sandy Angus	22:23	85. Lindsay Mack	27:39	50-54	Dan Schuppan	Andrea Woods
25. Howard Hutton	19:37	54. W.R. Dressell	22:25	86. Janice Pulley	28:00		Neil Miller	Laura Fick
26. Julie Tolbert	19:39	55. Pat Halferty	22:37	87. Unknown			Sam Myer	Vicki Tolbert
27. Micheal Snell	19:47	56. Courtney Armour	22:37	88. Unknown		55-59	Wendell Wilson	Mary Patton
28. Dan Schuppan	19:51	57. Dick Otto	22:39	89. Jennifer Caldwell	36:55		Carl Myers	Peggy Foster
29. Thomas Highland	19:52	58. Paul Robinson	22:59	90. Sharon Bremer	37:03	60-64	Don Walton	Jeanelle Twillman
		59. Lana Wong	23:03	91. Sara Harper	37:04		Dick Foster	
		60. Dennis Kent	23:24	92. Deana Harper	37:06			
		61. Paul Peterman	23:30					

## COLUMBIA TRACK CLUB NEWS

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Columbia, MO 65205

ADDRESS CORRECTION  
REQUESTED

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12/96

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