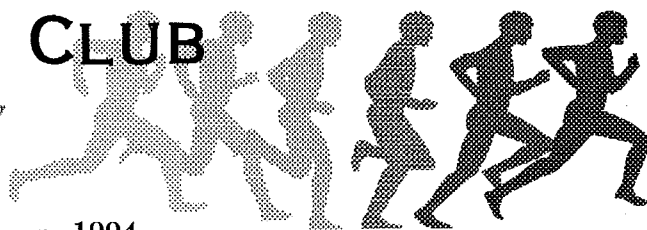


COLUMBIA TRACK CLUB **NEWS**

Volume XXVII No. 2

February 1994



THE HUMAN RACE ...

It's an
endangered
species, Page 4

Also inside:

Masters nationals
CTC 25 years ago
Point standings



The 36 runners take off at the start of the 5-K Nut Race on Feb. 5 on a sunny, 30-degree day at Reactor Park.

NUT RACE

More photos and results, Page 3

ST. PATRICK'S DAY 5-K
Race info, entry form inside

On Your Marks

By Joe Marks
CTC President

After the Nut Run, 10 of us gathered at Hardee's for nourishment and story-swapping. There were Nancy and Fred Fritsche, Joe Duncan, Herb and Julie Mittelhauser, Margaret and Don Johnson, Ben and Darlene Londeree, and me.

We congratulated Julie and Nancy for their award-winning runs ... learned that Ben was recovering fine from his prostate cancer surgery and was already planning to go after 60-year age group records in early summer ... shook our heads in wonderment when Don told how he played 65 holes of golf on his 65th birthday last fall ... were surprised to learn that Joe Duncan will also be 60 this year ... and expressed warm feelings about long friendships.

This socializing is fun. Let's do more after races. Maybe I'll buy your coffee (or you'll buy mine).



Bonnard Moseley, who holds every CTC record from age 65 and above and who will be 75 on April 25, says, "If all the benefits of exercise would be put in a pill, we'd all take 'em." Bonnard started running as a kid (age 62). He thinks goals and races keep him going. He's now going after a certificate for running the equivalent of from coast to coast (2,810 miles). Doesn't know how long that will take him but he'll keep going until he does it, then he'll set another goal.

During bad weather he gets on a LifeCycle and does five 12-minute cycles, peaking at level 8 and holding rpms at at least 80 (on one cycle, he keeps

Continued on Page 2

CTC 1993-94 Point Standings

(After three events)		Mike Kaylen	13	Don Waltman	21	Julie Mittelhauser	12	
Open Men		Rick McAllister	12	Dick Madsen	15	Karen Derrick	11	
Larry Henze	23	Eric Geyer	10	Elmer Schlemper	14	Michelle McFadden	10	
Caleb O'Dell	20	40-49 Men		Bob Clemons	10	40-49 Women		
David Kowalski	11	Bob O'Connell	28	Fred Fritsch	10	Linda Robbins	23	
David Bray	10	Tom LaFontaine	24	60-and-Over Men		Patty Powers	12	
16-and-Under Boys		John Patton	23	George Maginnis	21	Linda Price	10	
Chris Patton	12	Mike Little	22	Herb Mittelhauser	10	Patty Ross	10	
Ben Patton	11	Keith Gangidino	20	Carl Myers	10	50-59 Women		
Tim O'Connell	10	Ed White	14			Linda Price	22	
30-39 Men		David Johnson	13	Open Women		Nancy Fritsch	21	
Roger Turnbough	37	David Fowler	12	Sarah Casanova	11	Darlene Londeree	10	
Steve Stone.-Fisher	32	Bill Ulrich	11	Julie Bergfeld	10	60-and-Over Women		
Mark Volek	28	50-59 Men		Holly Kutscher	10	Boots Gerhardt	10	
Jim Thorne	25	Joe Duncan	32	Stacy Reed	10	Points awarded as follows: 10 for participation; one for each age-group competitor a runner finishes ahead of.		
Bruce Neff	21	Tom Allen	29	16-and-Under Girls				
Mike Walther	21	Joe Marks	25	Birgitta Hessler				10
Mike Kelty	16	Dick Hessler	24	30-39 Women				
Mark Wood	14	Jim O'Dell	24	Kathleen Lawrence	20			

Correction

The January newsletter included incorrect information in the results of the Couples Run/Walk. They should have read:

3. Larry Henze-Kathleen Lawrence;
4. Nancy Fritsch-Fred Fritsch.

Welcome new CTC members

Paul Beuselinck, Columbia Kenneth Hammann, Columbia
 Connie Dunn, Columbia Charles Hinson, Fulton
 Keith Gangidino, Columbia Mark Konya, Columbia

CTC Board of Directors

Joe Marks, president Tom Allen, secretary-treasurer
 Rick Rother Mike Kaylen
 Roger Turnbough Curt Kempf
 Michele McFadden Dick Hessler
 Linda Price

The Columbia Track Club Newsletter is published monthly as a service to CTC members. Submissions are welcome. Articles, notices, results or any other information of interest to Columbia's running community may be mailed to:

Dan Kelly, CTC Newsletter editor
 Route 6, Box 238
 Columbia, Mo., 65202

On Your Marks

Continued from Page 1

it at 100 rpm. "I use races to give me incentive for training," he says. "They keep me on the ball."



The formidable and somewhat amazing Boots Gerhardt says her foot surgery is only a temporary setback.

Boots, who holds every 60- and 70-year age group record in CTC, already has April 14 marked on her calendar -- 12 weeks to the day after the surgery. That's enough time to recuperate, she figures. "Anyway, it's the day before a dance."

An orthopedic surgeon put a pin in her toe Jan. 20 to correct a problem that occurred when she fractured her fifth metatarsal 10 years ago. "The toe was out of line and hurt when I ran," Boots says. "Dr. Quinn straightened it out."

So you'll be faster than ever, Boots?

"Oh, don't say that. Just tell everybody I'll be back."

Good turnout for Nut Race

On a sunny, brisk day at Reactor Park, 36 runners competed in the CTC's Nut Race on Feb. 5.

Steve Stonecipher-Fisher and Julie Mittelhauser won the men's and women's divisions, respectively. Julie's father, Herb, placed second in the 60-and-over division.

Steve and Larry Henze, who finished second, covered the first mile in 5:06 before Steve pulled away to win in 16:18. Karen Derrick finished second in the women's race.

The masters winners were Linda Price and Bob O'Connell, who placed third overall.

Race director Dick Hessler thanks helpers Don Granberg, Anne Hessler, Don Johnson and Margaret Johnson.



Winner Steve Stonecipher-Fisher and second-place finisher Larry Henze.

Nut Race results

Feb. 5, 1994

5-K

Men

1. Steve Stonecipher-Fisher (35-39)	16:18
2. Larry Henze (20-29)	16:32
3. Bob O'Connell (40-44)	18:09
4. Ed White (45-49)	18:24
5. Mark Wood (30-34)	19:00
6. Mike Kaylen (35-39)	19:08
7. Roger Turnbough (35-39)	19:44
8. Mike Walther	19:55
9. Tom Allen (50-54)	20:28
10. Dick Madsen (50-54)	20:40
11. Elmer Schlemper (50-54)	20:47
12. David Kowalski (20-29)	21:17
13. David Johnson (40-44)	21:17
14. John Patton (40-44)	21:57
15. Bill Ulrich	22:27
16. Joe Marks (55-59)	22:53
17. Jim O'Dell	24:41
18. Joe Duncan (55-59)	23:24
19. Chis Patton (15 and under)	23:30
20. Bruce Neff	23:31
21. Caleb O'Dell (16-19)	24:41
22. George Maginnis (60 and over)	25:13

23. Bob Clemens	25:16
24. Ben Patton (15 and under)	25:17
25. Herbert Mittelhauser (60 and over)	25:46
26. Tim O'Connell (15 and under)	26:57
27. Keith Gangidino	27:18

Women

1. Julie Mittelhauser (30-34)	21:06
2. Karen Derrick (30-34)	22:38
3. Sarah Casanova (20-29)	22:51
4. Holly Kutscher (20-29)	23:31
5. Birgitta Hessler (16-19)	23:55
6. Kathleen Lawrence (30-34)	24:53
7. Linda Price (50-54)	25:59
8. Nancy Fritsch (55-59)	26:59
9. Darlene Londerce (55-59)	29:52



Julie Mittelhauser, left, finished first among women in the Nut Race on Feb. 5.

25 YEARS AGO

Back to the beginning

By Joe Duncan

For about 13 years, we ran "A Look at Yesterday's Heroes" column, which discussed what happened five and 15 years earlier. By popular demand (well, one person did mention it several months ago), we have revived that column with a different name. We will be going back 25 years -- to the beginning.

Nov. 15, 1968

The first issue of the Columbia Track Club Newsletter came out, written by Bill Clark, the recreation director for the Parks and Recreation Department and former sports editor of the Columbia Daily Tribune.

Clark was the fellow who started it all. He organized and promoted the Heart of America Marathon in 1960, promoted several other running and walking events and decided there was enough interest to organize a track club in the fall of 1968.

Clark ran a notice in the Tribune for "those interested." About a dozen people attended a preliminary meeting in October, and in November the first formal meeting was held. Eleven people attended that meeting, with nine of them constituting the first Board of Directors, namely, Joe Duncan, president (a post he was to hold for 19 years); Dave Schulte, secretary; Murrel Jackson, treasurer; Joel Dickinson; Dave Carlson; Myrtle Taft; Faye Mantle; Bill Wickersham; and Sid Larson. Also at that meeting were Bill Taft, Joyce Schulte and Clark. By-laws were agreed upon, and Duncan saw to the incorporation of the club as a not-for-profit corporation.

That first issue of the newsletter reviewed race results from the previous several months: the Heart of America Marathon, won by Hal Higdon; the Senior National AAU 30-Kilometer Walk, won by Larry Young; a 3-mile run; a 5-mile run; and a 3-2-1-mile triathlon (all running events back then), won by Larry Carpenter, a Lincoln U. runner, with times of 16:04, 10:41 and 5:06. Joe Duncan had 18:31, 12:05 and 5:49 at age 34.

Dec. 14, 1968

A 10,000-meter run was held on Hickman track, with only three runners (Larry Carpenter, 34:42; Joe Duncan, 41:04; Bob Mabry, 50:48). But the next day we had a 5-mile walk on the track, with 11 walkers and one runner (who, strangely enough, was William Taft, who later became one of CTC's most notable walkers). Darrell Palmer, Columbia's first true racewalker, won the race in 45:55. Joe Duncan was second in 47:31, with three of his sons also participating. Joyce Schulte led the women in 1:08:26.

CTC briefs

Saving the Human Race

GTE has backed out as the sponsor of the Human Race, but CTC has come to the rescue.

The race, Columbia's oldest 10-K, will be held April 23. Other details -- such as time and course -- have yet to be determined. CTC President Joe Marks says he will serve as race director -- unless someone else volunteers.

Running for green

The St. Patrick's Day 5-K will actually be five days before the holiday, on Saturday, March 12.

The entry fee is \$10 for age 15 and over, \$5 for 14 and under. Entry deadline is March 7. An entry form is included in this newsletter.

Say good-bye to '93

This will be the final newsletter for 1993 club members who have not paid dues for 1994. Those who have not paid have "1993" on their mailing label.

You can use the form on the back cover to renew.

The masters are coming

Entries are open for the 1994 USATF National Masters Indoor Track and Field Championships, which will be March 25-27 at the Hearn Center. There is a full complement of events, including relays.

To compete, you need only be a 1994 USATF member; there is no qualifying.

For more information, contact 882-4087.

1994 CTC Schedule of Events

(Note: All events of 10K or less are walking as well as running events)

<u>Day/Date/Time</u>	<u>Event/Distance</u>	<u>Fee</u>	<u>Race director(s)/Phone</u>	<u>Start location</u>	<u>Misc. information</u>
Sat, 3-12 8 a.m.	Columbia Regional Hospital St. Pat's 5-K	\$10	Curt Kempf, 442-4823	Broadway & 7th	Long-sleeve Tees, awards
Sat, 3-26 8:30 a.m.	15-K run or walk	**	Joe Duncan, 445-2684	Holiday Inn Executive Center	Walkers 8:30 a.m., runners 9 a.m.
Sat, 4-2 9 a.m.	2-person relay, 5-M alternate quarters (male, female, co-ed teams)	**	Mark Volek, 874-0278 443-8081	Hickman Track	Age grouped, awards
Sat, 4-23	Human Race, 10-K				
Sun, 5-15 2 p.m.	Spring Couples run/walk, 5-M (individuals welcome)	**	Don Lewis, 874-1034	Bethel Park	Co-ed team dinner, awards
Wed, 6-8 6 p.m.	Summer youth program	None	Tom Allen, 449-5655	Hickman Track	##
Sat/8-6 7 a.m.	Great Sandbagger, 10-K	**	Roger Turnbough, 445-1225	W. Broadway Swim Club	Awards, staggered start
Mon, 9-5 6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 445-2684	Near Campus Inn	35th annual, Tees, awards
Sat, 9-17 4:15 p.m.	Boone Baby Run, 5-K	\$10	Mark Volek, 875-3876	Boone Hospital	Long-sleeve Tees, awards
Sat, 10-1 7:30 a.m.	Runner's Choice, 10/20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Equiv. formula, awards
???	CTC/SLTC cross country run	**	Wayne Armbrust, 445-6675	St. Louis	Team competition
Sat, 12-3	Jingle Bell Run, 5-K	\$6	%%	University Hospital	Awards
Sat, 12-10 8:30 a.m.	Cheese and Sauerkraut, 10-M	**	Sam Van Maanen, 449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

** CTC members pay no entry fee; \$3 for others.

%% Race director needed; contact Joe Marks (445-1919) if interested.

Summer youth program runs each Wednesday from mid-June through July. Running events, high jump, long jump and competitive walks are included.

NOTE: This schedule is preliminary and subject to change. Be sure to check upcoming newsletters from final information on races.

Other selected events:

Sun, 2-27 8 a.m.	Third Olympiad Marathon/10-K, St. Louis	1-434-9577
Sat, 3-5 8:30 a.m.	Hiberian Shamrock 10-K/3-K, St. Louis	1-863-1924
Sat, 3-12 9:30 a.m.	St. Patrick's Day 5-M, St. Louis	1-231-2598
Sat, 3-26 8:30 a.m.	SLTC Road Series 10-K, St. Louis	1-434-9577
Sun, 3-27 9 a.m.	Sedalia Half Marathon	1-816-827-4990
Sun, 3-27	River Trail Run 5-K, Parkville, Mo.	1-816-741-2314

Looking ahead:

April 10	Diet Pepsi Half Marathon, St. Louis; Ekiden Relay, Kansas City
May 15	Children's Mercy 5-K/10-K, Kansas City
June 19	Riverfront Mile, St. Louis
July 3	VP Fair 10-K/3-K, St. Louis
Oct. 1	Multi Bran Chex 5-M, St. Louis
Oct. 16	St. Louis Marathon/5-K

REGISTRATION

COLUMBIA REGIONAL HOSPITAL

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ T-SHIRT SIZE: S M L XL

AGE ON MARCH 12, 1994 _____ BIRTHDATE _____ SEX: ☐ M ☐ F

CRH EMPLOYMENT/IMMEDIATE FAMILY: YES NO

COLUMBIA PUBLIC SCHOOL STUDENT/STAFF: YES NO IF YES, WHICH SCHOOL:

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, American Medical International, K102, Central Columbia Association, Columbia Track Club, the City of Columbia, Missouri, the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. 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, March 12, 1994.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my 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 _____

Parent or Guardian's Signature (if under 18)

Mail or deliver with entry fee by
5 p.m., March 7, 1994.

Run Coordinator
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201

REGISTRATION DEADLINE — 5 p.m., Monday, March 7, 1994.

NO LATE ENTRIES

Registration Form**USATF National Masters Indoor Track and Field Championships****March 25-27, 1994, University of Missouri, Columbia, Missouri**

Name _____ Address _____

City _____ State _____ Zip _____

Phone (____) _____ Age _____ ☐ Male ☐ Female**Events Entered:**

First Event _____	Performance _____
Second Event _____	Performance _____
Third Event _____	Performance _____
Fourth Event _____	Performance _____
Fifth Event _____	Performance _____
Sixth Event _____	Performance _____
Seventh Event _____	Performance _____
Eighth Event _____	Performance _____

Relay Entry: ☐ Two-Mile Relay ☐ Mile Relay**Relay Members:**

1. _____	2. _____	3. _____	4. _____
5. _____	6. _____	7. _____	8. _____

USATF Assoc. _____ 1994 USATF Card Number _____

Club _____

Regular Entry Fees are as follows:**First Event - \$25.00; Second and subsequent events - \$15.00 each; Relays - \$45.00 per team****Additional Late Fees are as follows:** (post-marked or FAXED after 3/10/94)

\$10.00 per individual event; \$40.00 per relay

Total Individual Entry Fees \$ _____

Total Relay Fees \$ _____

Total Additional Late Fees \$ _____

Total Fee Due \$ _____**All Fees are Due and Payable at time of Entry. No telephone entries will be accepted.**Make check to: **UNIVERSITY OF MISSOURI****For credit card payment:**Charge \$ _____ to: ☐ Mastercard ☐ Visa ☐ Discover

Credit Card # _____ Exp. Date _____

Name of Cardholder _____ Signature _____

Mail completed form and payment (or fax with credit card only) to:

USATF Masters

%University Extension Conference Office

348 Hearn Center

Columbia, MO 65211

Fax 314 882-1953

For Office Use Only _____ C3110 _____

cc pc mo cash mc visa disc po ctc Date _____ Amt Rcvd \$ _____ Receipt# _____

CTC Membership Application

NAME: _____ BIRTHDATE: _____
ADDRESS: _____
CITY: _____ STATE: _____
ZIP: _____ PHONE: _____

Members of family at this address and their birthdates:

_____ Check if you DON'T want your name, address and phone number listed in our newsletter.
Or, indicate above if you don't want your phone number or address listed.

Annual dues are \$10, which covers all family members living in the same household. A sustaining membership (tax deductible) costs \$25, with the additional \$15 going to the CTC scholarship fund.

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

CTC
P.O. Box 1872
Columbia, MO 65205

COLUMBIA TRACK CLUB **NEWS**

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