

COLUMBIA TRACK CLUB

Notes & News



Volume XLVIII No. 6 September 2015

Heart of America Marathon September 7, 2015



Upcoming Events

See Page 19 and the CTC website for more event info:

Roots n Blues Marathon/ 10k
September 26, 7am
Stephen's Lake

Rock Bridge Revenge
October 3, 8am
Rock Bridge State Park

Bear Creek Run
October 17, 8am
Albert-Oakland Park

Crop Hunger 5k
October 17, 9am
Twin Lakes

#No1left behind 5k
October 24, 9am
Cosmo Nickell Shelter

Annual Meeting
November 9, 7pm
Daniel Boone Library

Hunger Run 5k/10k
CANCELLED

Cheese & Sauerkraut 10k
December 5, 8:30am
Katy Trail

Columbia Eve Fest 5k
December 31, 4pm
CycleExtreme

Place	Name	City	Age	Time
1	Jonathan Yoch	Collinsville IL	27	3:06:11
2	Aaron Norman	Oak Grove MO	34	3:09:30
3	Tom May	Columbia MO	49	3:13:55
4	Andy Emerson	Columbia MO	46	3:16:14
5	Richard Stoutner	Oaxaca MEXICO	46	3:17:32
6	Randell Hansen	Gold River CA	36	3:19:11
7	Bill Kotaska	Saint Louis MO	53	3:19:31
8	Natalie Runkle	Saint Louis MO	20	3:19:48
9	Andrew Marshall	Kansas City MO	33	3:21:48
10	Sankalp Shiva	Columbia MO	29	3:25:09

President's Letter

By Beth Luebbering

September was a busy month for the Track Club. To start off the month we had our annual Heart of America Marathon. Once again we had a stellar volunteer turnout for our runners. The weather was a challenge again this year though thankfully we didn't have to worry about delays due to lightening like we did last year. This year the humidity proved to be the biggest challenge. Thankfully we had the benefit of cloud cover and a few scattered showers to keep the temperatures down slightly but the humidity proved to be quite the monster. Despite this our runners ran an impressive race over one of the hardest marathon courses in the United States. It was a great Labor Day weekend getting to cheer on all the participants especially those repeat HOA finishers (which seems to grow each and every year). I'm always amazed by how many runners find me at Shakespeare's at the awards ceremony to tell me how much they enjoyed the race (even though it was one of the hardest they've ever done) and who say "they'll be back next year." This is a testament to how well the marathon is run which is in thanks to Joe Duncan our amazing race director and all the wonderful volunteers he finds to help make this event so successful that people keep coming back each and every year. Following up the marathon this year was a new event to the Track Club Calendar, the Malted Mile. This is a race that I have been trying to get started for several years and with the help of Scott Macpherson this year we made it happen. It was a great first year for the event, the weather was perfect and the times were hard to beat! We had amazing Elite divisions, Open divisions, and a fun Family Fun Walk/Kids mile. Our sponsor support this year was incredible, and we had the Mizzou Gymnastic's Team as volunteers and unofficial cheerleaders on the course. The day started with great running and ended with an after party at 9th Street Public House. All in all it was a pretty fun day. We plan to make this event a yearly event so if you missed out this year, don't worry you can get your pint glass and t-shirt next year (and if you're lucky maybe a Harold's Doughnut). Now it's time to get ready for



Rock Bridge
Revenge which is
the next CTC event
on the calendar.
With the Track Club
you never have to
worry about there
not being a perfect
distance or race just
for you. Happy
Running!!!

CTC BOARD OF DIRECTORS:

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Thom Allen, <i>secretary/treasurer</i>	Nancy Taube
Steve Stonecipher-Fisher	Nancy Rezabek
Lisa Wells	

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- Joe Duncan (Nov. 1968 to Oct. 1987)
- Tom Coon (Nov. 1987 to June 1989)
- Joe Marks (July 1989 to June 1991)
- Steve Stonecipher-Fisher (July 1991 to Dec. 1992)
- Joe Marks (Jan. 1993 to Nov. 1995)
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- Dick Hessler (Nov. 1997 to Nov. 2004)
- Linda LaFontaine (Dec. 2004 to Dec. 2009)
- Bill Stolz (Jan. 2010 to Dec. 2012)
- Matt Dreier (Jan. 2012)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: www.columbiatrackclub.com

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CTC publishes a newsletter eight times per year.

The next issue will be sent in October please submit anything to publish by October 23rd.

CTC Colts Update



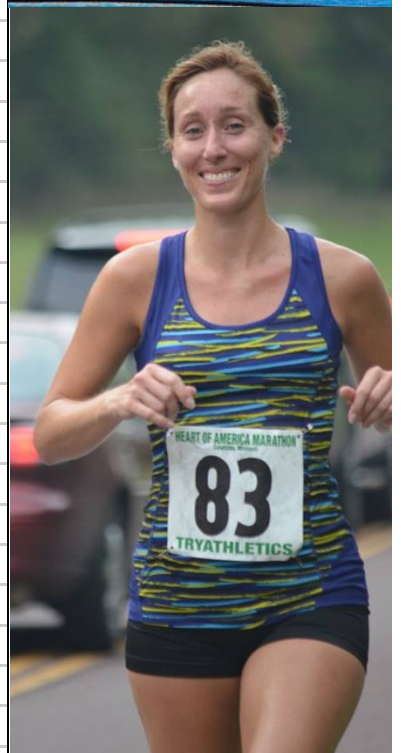
The CTC Colt's Cross Country Team Season is in full swing. We have several of our talented runners from last year back to compete again this year as well as some new faces to balance out our team. Our veteran runners are Avery Franklin, Josiah Korte, James Loudenslager, and Lily Breitweiser all competing in the 11-12 year old division. Each of these runners has grown considerably since last season and have had an excellent start this season at our first two meets. Our new runners include Josh Mosteller (competing in the 13-14 division), Chelsea Mosteller (11-12 division), RJ Bechtold (9-10 division) and Ryder Bechtold (6-8 division). Our newcomers have caught on fast to the sport of cross country and all ran

very well in their inaugural cross country races. This is our second season competing with CMAC (Central Missouri Athletics Circuits) and this division brings great competition for our athletes. Our first meet was in Fulton on September 20. All of our athletes ran a 3K at this meet. In the 11-12 year old boys race, Avery came in 13th with a time of 14:03 and Josiah finished 16th with a time of 15:05. In the 13-14 division Josh ran his first race as a CTC Colt and finished 4th with a time of 15:58. Chelsea ran her first race as a Colt as well and finished 16th with a time of 20:54 in the 11-12 year old girls race. They each ran a very competitive race, pushing through to finish strong. Our second meet took place in Hallsville on September 27. The Hallsville course was more technical than the Fulton course with varying terrain and a lot of turns over the entire course. Ryder made his Colt's debut in the 6-8 year old race running the 2K course in a time of 13:25. RJ Bechtold also made his Colt's debut competing in the 9-10 year old division where he ran the 3K course in 18:10. Chelsea improved her time from the week before running a 20:33 over the 3K course. Josh too improved his time running a 15:50. Lily competed in her first race of the season and ran the 3K course in a time of 23:20. Our 11-12 year old boys ran a great race as well, running as a pack the majority of the race. Avery led the group with a time of 14:14, followed closely by Josiah with a time of 14:24 and James with a time of 15:23. Each of our runners have run incredible races so far this season. Our next meet is in Mexico on October 10.



11	Alex Keneipp	Columbia MO	18	3:26:16
12	Theodore Kardis	Olathe KS	45	3:31:16
13	Alex Johnson	Rolla MO	26	3:31:40
14	Curtis Turner	Kingwood TX	32	3:34:53
15	Philip Schaefer	Columbia MO	62	3:36:54
16	Charisse Winter	Apopka FL	33	3:39:08
17	Thomas Lamoreux	Kansas City MO	34	3:39:29
18	Paul Schoenlaub	Saint Joseph MO	56	3:39:52
19	Neal Wise	Columbia MO	40	3:39:56
20	Jeff Foes	Alton MO	49	3:42:17
21	Barry Morton	Toronto CANADA	50	3:44:58
22	Grace Chiles	Columbia MO	42	3:45:47
23	Steve Dullard	Ashland MO	30	3:46:36
24	Gary Mundhenke	Kansas City MO	53	3:49:11
25	Rob Toonkel	Hilliard OH	40	3:49:14
26	Tim Mahler	Springfield IL	55	3:50:48
27	David Dobkowski	Saint Louis MO	57	3:51:47
28	Mitch Neuhaus	Saint Louis MO	55	3:51:49
29	Wael Sammur	Raymore MO	53	3:54:27
30	Randy Eckhoff	Park Hills MO	59	3:54:55
31	Jim Behrens	Saint Louis MO	53	3:58:18
32	Chris Benjamin	Harrisonville MO	39	3:57:11
33	Leslie Hodges	Columbia MO	31	3:59:24
34	Joe Company	Bloomington IL	41	4:00:14
35	Tom Moore	Greenwood MO	57	4:01:53
36	Travis Connelly	Fenton MO	21	4:02:56
37	Sean McGroarty	Saint Louis MO	41	4:03:44
38	Dina Haskamp-Polson	Glasgow MO	41	4:05:02
39	Erin Smith	Greenwood SC	31	4:06:57
40	Melissa Martinez	Crocker MO	44	4:07:31
41	Jenny Massanelli	Little Rock AR	32	4:08:45
42	Eileen Bjornstrom	Columbia MO	42	4:09:07
43	Greg Massanelli	Little Rock AR	54	4:09:27
44	Scooby Olson	Scott Air Force Base IL	42	4:10:10
45	Jordann Dhuse	Columbia MO	21	4:10:35
46	Jennifer Reisdorf	Columbia MO	43	4:12:51
47	Beth Werling	Sandusky OH	37	4:13:13
48	Masahiro Nambara	Brookline MO	37	4:13:18
49	Anne Sievers	Columbia MO	40	4:13:23
50	Nicholas Benner	Columbia MO	34	4:13:36
51	Haley Schwarz	Columbia MO	35	4:13:22
52	Matthew Thomas	Maryland Heights MO	50	4:14:30
53	Timothy Hazlett	Lees Summit MO	50	4:15:07
54	Mindy Coolman	Missouri Valley IA	33	4:15:08
55	Heather Cox	Columbia MO	37	4:15:27
56	Brooke Sloss	Saint Louis MO	43	4:16:30
57	Ryan Blansett	Columbia MO	21	4:16:33

Heart of America Marathon Continued

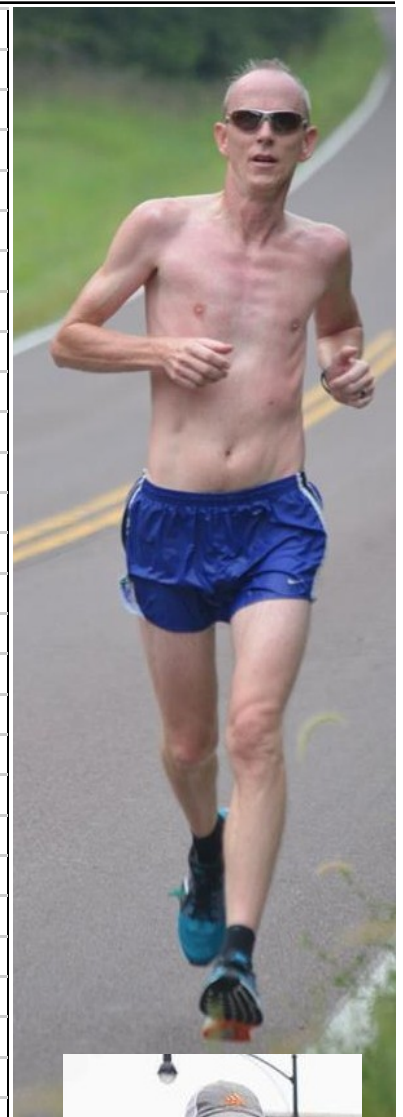


**COLUMBIA
TRACK CLUB**

HOA Continued

58	Kyle Pryor	Macon MO	37	4:17:28
59	August Nielsen	Columbia MO	42	4:17:31
60	Tiffany Ayulo	Saint Louis MO	38	4:19:27
61	Geoff Custer	Columbia MO	39	4:19:17
62	Elizabeth Palmieri	Columbia MO	24	4:19:36
63	Laird Malamed	Pacific Palisades CA	48	4:20:27
64	Jim Gunderson	Saint Charles MO	62	4:21:44
65	Janiece Leigh	Columbia MO	39	4:21:47
66	Becky Nielsen	Columbia MO	42	4:21:47
67	Eren Poe	Columbia MO	36	4:23:02
68	Mike Conroy	Columbia MO	22	4:23:46
69	Tom Gazda	Saint Louis MO	42	4:23:48
70	Jacob White	Ashland MO	25	4:24:19
71	Mike Brown	Kansas City MO	48	4:25:13
72	Jed Taylor	Columbia MO	36	4:26:05
73	Jamie Leavens	Missouri City TX	36	4:27:02
74	Joe Piper	Columbia MO	49	4:28:29
75	Melissa Maerz-Malone	Columbia MO	39	4:28:49
76	Chelsea Bessey	Columbia MO	31	4:29:26
77	Tim Pehlke	Orlando FL	34	4:30:27
78	Steve Pollock	Novato CA	55	4:31:39
79	Ann Koenig	Columbia MO	42	4:31:50
80	Jamie Mullen	Columbia MO	37	4:32:04
81	Bret Ulery	Columbia MO	30	4:32:46
82	Heather Boswell	Holland MI	36	4:32:46
83	Nick Thurwanger	Columbia MO	34	4:32:51
84	Nathan Kwarta	Saint Louis MO	33	4:35:40
85	Sherry Wilson	Waynesville MO	43	4:36:45
86	John Schneller	West Des Moines IA	71	4:37:03
87	Mike Connelly	Fenton MO	50	4:38:13
88	Hoberto Serrano	Downey CA	49	4:38:33
89	Michelle Ebberts	Columbia MO	28	4:38:53
90	Eric Kimlinger	Firth NE	38	4:39:04
91	Hongjun Hui	Columbia MO	28	4:39:06
92	Holly Nguyen	Kyle TX	22	4:40:16
93	Owen Lillywhite	Charlotte NC	40	4:40:28
94	Kathleen Occena	Columbia MO	52	4:41:15
95	Matt Hake	Columbia MO	48	4:43:36
96	Todd Schapira	Rochepport MO	48	4:44:52
97	Ethan Murphy	Vienna MO	35	4:45:34
98	Andy Summers	Broken Arrow OK	48	4:46:14
99	Jim McDermott	Camdenton MO	62	4:46:29
100	Anna Jameson	Smithville MO	25	4:49:12
101	Aubrey Jameson	Smithville MO	22	4:49:11
102	Alexandria Otis	Columbia MO	26	4:49:18
103	Tom Tomicki	Columbia MO	51	4:50:32

104	Maritza Acevedo Melo	Oaxaca MEXICO	46	4:51:11
105	Allan Benjamin	Columbia MO	59	4:51:56
106	Mary Ellen Bradshaw	Columbia MO	43	4:52:52
107	John Korte	Columbia MO	42	4:53:47
108	Doug Jacobson	Crocker MO	57	4:55:01
109	Allison Marshall	Kansas City MO	32	4:55:18
110	Steven Fuller	Kansas City MO	67	4:56:04
111	Lori Nolte	Yuma AZ	44	4:57:28
112	Gary Campbell	Elk Grove CA	60	4:57:42
113	Katie McGinnis	Columbia MO	25	4:58:29
114	Donald Rousser	Sullivan IL	50	4:58:17
115	Sandra Rice	Sedalia MO	43	4:58:28
116	Mark Bussen	Saint Louis MO	61	4:58:49
117	Boty McDonald	Ridgeland MS	54	4:58:54
118	Michele Baumer	Columbia MO	53	4:59:44
119	Timothy Nelson	Willard MO	32	4:59:47
120	Rae Mohrmann	Saint Louis MO	67	5:00:43
121	Hilary Krueger	Asheville NC	46	5:00:45
122	Adam Wheeler	Columbia MO	37	5:01:27
123	Brent Newman	Saint Louis MO	42	5:03:01
124	Timothy Thomas	Mackinaw IL	50	5:03:53
125	David Quinn	Bloomington IL	50	5:06:01
126	Celeste Kudrys	Bloomington IL	37	5:06:01
127	Hugh Emerson	Columbia MO	58	5:06:45
128	Craig Brunson	Owensboro KY	29	5:07:07
129	Wendy Gish	Columbia MO	36	5:11:09
130	Taylor Shepard	Whitestown IN	32	5:11:56
131	Susan Nerren-Bryant	Tulsa OK	53	5:15:14
132	William Casey	Ashland MO	60	5:15:39
133	Ron Golan	Chesterfield MO	53	5:15:37
134	Dorit Golan	Chesterfield MO	56	5:15:42
135	Lauren Bryant	Ozark MO	29	5:15:49
136	Liz Harris	Columbia MO	29	5:16:17
137	Katherine Barrett	Columbia MO	55	5:20:05
138	Mark Oppenheim	Saint Louis MO	49	5:20:27
139	Rick Roeber	Lee's Summit MO	59	5:21:30
140	Rosemary Smith	Ballwin MO	35	5:22:13
141	Matthew Battiston	Lawrence KS	48	5:24:01
142	James Thompson	West Plains MO	29	5:24:39
143	Terri Menghini	Fenton MO	50	5:24:49
144	Carolyn Corgel	Springville NY	57	5:29:55
145	Cassie Acton	Saint Louis MO	30	5:30:59
146	Krupakar Revanna	Falls Church VA	72	5:31:53
147	Jeffrey Miller	Columbia MO	37	5:32:03
148	Dave Bell	Littleton CO	52	5:32:53
149	Lynn Jacobson	Crocker MO	53	5:32:42



150	Rebecca Franks	Normal IL	44	5:34:01
151	Casey Schnack	Quincy IL	30	5:34:01
152	Carrie Kass	Bloomington IL	46	5:34:02
153	Julie Clark Walters	Columbia MO	52	5:35:02
154	Larry Walters	Columbia MO	56	5:35:02
155	David Bruce	New Smyrna Beach FL	73	5:37:49
156	Luis Occena	Columbia MO	55	5:39:15
157	Tom Detore	Columbia MO	67	5:40:27
158	Gloria Burton	Moberly MO	65	5:47:57
159	Alex Feria	Dublin OH	31	5:50:43
160	Maureen O'Hare	Rocheport MO	48	6:01:32
161	Rebecca Gibson	Higbee MO	40	6:01:56
162	Halbert Walston	Radcliff KY	41	6:05:22



56th ANNUAL HEART OF AMERICA MARATHON FIRST SINCE 1962 WITH NO SUB-3:00 FINISHER

JONATHAN YOCH and NATALIE RUNKLE are the winners

September 7, 2015

165 finishers were confronted with sticky, humid weather conditions. Even though the temperature never reached 80 degrees and the skies were mostly cloudy, no hot sun, the humidity took its toll on most runners, affecting their quest for an HOA personal best or even an improvement over 2014. There were runners in the field capable of a sub-3:00 performance, but that didn't happen. More on that later.

The pre-race favorite was **Karl Gilpin**, Russellville, MO, who had one of only a few known previous HOA sub-3:00s. He had run in 2013, finishing 4th in 2:51:13. Another pre-race favorite was **Aaron Norman**, Oak Grove, MO, in his 5th consecutive HOA. He was sub-3:00 in 2013 (7th at 2:57:51) and 2014 (5th, 2:59:15). It was not surprising, then, that Gilpin took the early lead followed by the eventual winner, **Jonathan Yoch**, 27, first HOA, Collinsville, IL, and Norman. CTC's, **Tom May**, now 49, 9th HOA, was about a minute behind those three at the 3-mile split call, followed by CTC's **Andy Emerson**, 46, in his 12th consecutive HOA, **Richard Stoutner**, also 46, Oaxaca, MEXICO, **Bill Kotaska**, 53, St. Louis, MO, and **Randall Hansen**, Gold River, CA.

Those eight went through six miles in that same order, Gilpin and Yoch at 39:41, Norman 40:13, May 40:53, Emerson 43:22, Stoutner 43:43, Kotaska, 44:10, Hansen 44:18. By nine miles, Yoch had moved ahead of Gilpin, but only six seconds up at 59:25. May at 1:01:00 had gone by Norman, now 20 seconds behind. Emerson was at 1:05:32. The others were all 1:06+, although Hansen was now ahead of Kotaska.

At the 12-mile point, on the trail, just before Easley, Gilpin and Yoch were running together, 1:19:30, but Gilpin regained the lead by rolling up Mt. Easley 25 seconds faster than Yoch (1:27:15 to 1:27:40, at the summit, barely sub-3:00 pace). All the others had gone through 12 in the same order as at 9, except now Norman at 1:20:30 had put the 20 second deficit on May, 1:20:50. However, May, eased by Norman on Easley, ("easily"?) erasing that 20-second deficit, then adding a full minute. May was now at 1:30:25, the only other runner close to a sub-3. At half-way, the summit, Emerson, 1:36:45, went over the top ahead of the other four.

At 15 miles Gilpin went by in 1:41:05, 20 seconds in front of Yoch. May was still 3rd, 1:43:05, Norman 1:15 behind. Again, the other four came by, Emerson in front at 1:50:55. Now, sometime before the 18-mile location, just before Pierpont, Gilpin felt he had had enough and moved off the course giving the lead to Yoch: 2:02:50 at 18, just barely sub-3:00 pace. May was now in 2nd, 2:06:00, a minute ahead of Norman. Emerson was 4th, 2:14:10, with the others in the same order: Stoutner, Hansen, Kotaska as at 9, etc.

The seven went through 21 in the same order, Yoch in first, 2:23:54, May 2:27:55, Norman 2:28:58, Emerson 2:35:38. At 24 miles Yoch was 2:47:18, some three minutes off a sub-3:00. Norman ran the three miles between 21 and 24 in 23:25 to put him in front of May, who did that same stretch in 26:19. Emerson, still 4th, put on a charge covering the distance in 22:37, picking up almost four minutes on May. The other three were also charging, coming along almost as fast as Emerson, but he still maintained his persistent 1:30 margin over 5th place.

Now, there were only 2 miles, 385 yards to the finish. All positions remained the same, all the way to the CTC arch at 7th and Broadway, although Norman picked up a minute and a half on Yoch, and Emerson was 2:19 closer to May.

So went the men's race.

THE WOMEN'S RACE

Notice how close to the 7th place man **Natalie Runkle**, St. Louis, was in finishing 8th overall. It wasn't quite that way at the beginning. **Charisse Winter**, Apopka, FL, was out in front shortly after the start, going by three miles in 23:25, with Runkle 37 seconds back. At that point Winter was in 18th place, Runkle, 19th. At 6 Winter was still in front at 46:31, Runkle only 11 seconds in arrears. Each had moved up one place behind the men.

Shortly after the turn onto Old Plank Road Runkle took the lead, and at 9 miles she, at 1:09:19, was 1:10 up on Winter. Runkle had now moved into 16th place. Running on the gravel between 9 and the entrance onto the trail, Winter, seeing Runkle ahead of her closed to within 31 seconds, Runkle now 1:31:18 at the 12-mile timing station. Winter could get no closer as the duo attacked Easley. With Runkle hustling up the hill, hitting half-way at 1:40:50, she increased her margin to 1:20 ahead of the Floridian. Runkle was now 15th, Winter 17th.

So the two proceeded with the 20-year-old Runkle gradually increasing the gap, with a notable 21:29, her fastest 3-miles of the day, between mile signs 21 and 24. She had moved up to 15th by 15 miles, 12th by 18, 11th at 21 and was now in 9th place at the Providence Rd/Stadium intersection, 24 miles, with only the two miles, 385 yards ahead of her. And how she flew across that distance like a NASCAR driver with his left-hand turns! The men were no match for her on that track. She rolled over those hills (ok, NASCAR has no hills), turns and straightaways in 16:37, faster than any of the eight guys ahead of her.

The fastest split for the men from mile 24 to the finish was 17:23, 46 seconds slower than the flying Runkle. At 24 Runkle was 1:12 behind 7th, but with her charge she got within 17 seconds of 7th, but ran out of room, still settling for a scintillating 8th place finish. (One of the eight guys, inexplicably, swerved away from the chip mats at the finish, so his name is not in the results). Of the first eight finishers, Runkle was the only one with negative splits—1:40:50, 1:38:57.

Winter came across in 16th place almost 20 minutes after Runkle. Columbia's **Grace Chiles**, in her 4th HOA, now 42, led all the 40+ women finishing 22nd, overall, in 3:45:46. **Leslie Hodge**, also, Columbia, was the only other woman under 4:00:00.

OTHER NOTABLE PERFORMANCES

Joe Company staged an Epic Endurance Weekend consisting of a 10K swim at the Sheridan Swim Club, Quincy, IL, followed by a 56 mile bike ride from Quincy to Bowling Green, MO. Overnight in Bowling Green, then a 130 mile bike ride to Columbia and overnight at Hampton Inn. The group of seven, five of them from Bloomington, IL, one from Quincy and one from Columbia, were up the next morning for HOA. They all finished as follows: **Joe Company** 4:00:13, **Joe Piper**, the Columbian, 4:28:28, **David Quinn** and **Celeste Kudrys**, 5:00:06, **Rebecca Franks**, **Casey Schnack** and **Carrie Kass** all 5:34:00.

Alex Keneipp, at age 18, a recent Hickman High graduate, a winner of the Marks Scholarship given by the Columbia Track Club, was the youngest finisher, finishing 11th with a fine 3:26:15.

Phil Schaefer, in his 11th HOA, had the second best time recorded (out of 19) for 62-year-old men with a 3:36:53. Gerald Glass, Springfield, has the record: 3:22:34.

Dave Dobkowski finished his 29th HOA, 3:51:46 at age 57. Of those 29 he had a consecutive streak of 17 (1988-2004) and has a currently active one of 10. **Mary Ellen Bradshaw** has now extended her streak to 11, also extending her record of more HOAs than any other woman. **Maureen O'Hare** remains close behind, now with nine straight HOAs.

Brooke Sloss, St. Louis, has the longest active consecutive streak, 16, through 2015, and is one of only three runners who had finished HOA every year of the 21st Century. John Schulz had finished every year this century and had 19 in a row until the string was broken this year. So, too, it was with Steve Bourgeois, working on a string of 17, also missing 2015. Therefore, Sloss stands alone (runs alone?) as being the only person who can possibly run every HOA of the 21st century. He's age 43, so he may not make it.

Historically, the longest streak is the 25 years in a row put together by Lou Fritz, Verdon, NE, from 1965-'98. Chris Cook had 15 from 1996-'10, Don Johnson 14 (1978-91) and Jack Hudson, Mexico, MO 13, (1993-'05). Andy 12, and Mary Ellen 11, both still going, now have some targets.

Sankalp Shiva, CTC, won the Dave Schulte Award for Improved Performance. He finished 10th in 3:25:08, compared to 4:15:37 last year. He obviously has done some serious running since then showing an improvement of 19.74%.

The only other runner showing a double-digit improvement was **Tom Moore**, Greenwood, MO, 4:48:36 to 4:01:57, 16.16 % better. Moore first ran HOA in 1976 at age 18. He came back in 1981 & '82 getting his PB of 3:12:32 the latter year. Then, after a 29 year hiatus, he was back in 2011, '13 and '14. He couldn't come close to the times he put up as a young feller, but still in 2015, now age 57, he ran faster than in any of those other 21st century years.

Of the 49 finishers who finished in 2014 and came back in '15, only 13 of them showed an improvement, and five of those improved less than 2%. The reason for this, no doubt, was

The Weather: Somehow the atmospheric conditions seemed more uncomfortable than usual, certainly as compared to last year. The Schulte Award calculations show that 75% of last year's finishers failed to improve their performances, in many cases by a considerable margin. Yet, on paper, the conditions compare favorably with those of 2014. The temperature was 6-7 degrees warmer this year, but the humidity, which seemed to be the problem, was actually lower, 84% at the start, last year 93%, and continued to be a little lower throughout the morning. Last year there was 100% cloud cover the first two hours, then full sun. This year it was mostly cloudy with the sun only peeking through now and then. It was just a bad day at HOA for most runners.

Some miscellany:

Two records were set: **Natalie Runkle**, not only was the top female, she is now the top 20-year-old female, setting an age record with her 3:19:48 going under the 3:45:47 set by Paige Butler 36 years ago. **Rae Mohrmann**, St. Louis, ran to an age 67 record, 5:00:43, where none existed before. Mohrmann now has six female age records, ages 51, 62, then 64 through 67. She has run HOA six times, setting an age record each time.

The median time was 4:32:46 overall, 4:28:28 for the 105 men and 4:49:11 for the 60 women.

20 states and two countries were represented: AR, AZ, CA, FL, IA, IL, IN, KS, KY, MI, MO, MS, NC, NE, NY, OH, OK, SC, TX, and VA. Mexico and Canada. Still no one from AK, ND or VT.

At the top we mentioned that the 2015 HOA was the first one since 1962 not to have a sub-3:00:00 winner. In fact, it is the only one, with the current course, without a sub-3 winner. The first three HOAs were point-to-point courses, Columbia to Fulton. Of the total 19 finishers over those three years no one was sub-3. The record for the Columbia to Fulton HOA is 3:09:15 set in 1961 by Bill Silverburg, Overland Park, KS. He came back in '62 and won in 3:09:36.

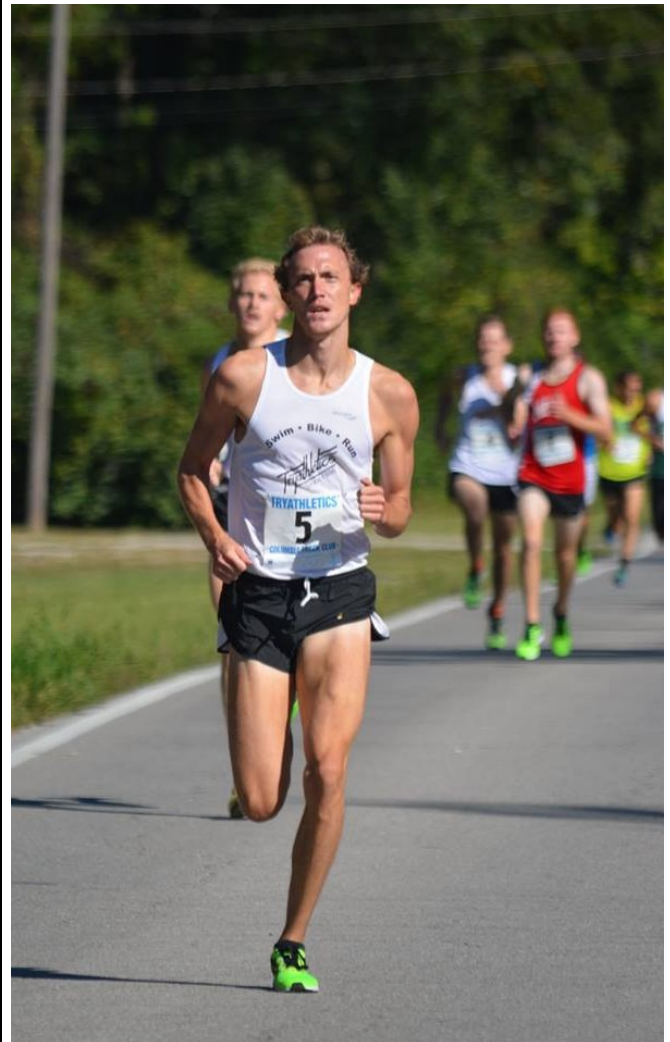
The first runner to go under 3:00 was John Rose, Garden City, Ks, with a 2:56:27 in 1963 on a new course, which is the current course with a few changes concerning the start and finish, but the 17-mile loop between 3.5 and 20.5 has never changed except for a couple of years because of flood waters. John Grundy, Yorkshire, England was second in that '63 race at 2:58:03. Silverburg had 3:03:55. Not only had there been no non-sub-3:00 winner since 1962, there were only two non-sub-3 second place finishes, 1964 and '95 and only six non-sub-3 third place finishes until 2015. None of these facts and numbers may be significant, but they are interesting. The underlying immutable concept is that all those who finish a Heart of America Marathon may not be "elite" runners, but they are elite people running a "people's" marathon.

KUDOS to all our elite volunteers, some 150 of you. You are the best and are the heart of the workings of HOA. Special thanks to Dr. Tiffany Bohon, our new Medical Director, (Dr. Jill Murphey having moved to Colorado) EMT Earl Bryant and Tom LaFontaine, course runner monitor. The three of them handled a difficult medical situation with dispatch, compassion and the utmost professionalism. The runner spent four days at Boone Hospital. He went home Thursday, as well recovered as one would expect.

Malted Mile

September 12, 2015

Place	Name	Bib #	Time
Men's Elite Race			
1	Sam Dickerson	5	04:18.2
2	Danny Thater	10	04:20.5
3	Hayden Legg	4	04:25.2
4	Benn Goodman	6	04:29.1
5	Mark Sheridan	8	04:29.9
6	Max Storms	3	04:31.4
7	Robbie Knorr	9	04:32.6
Women's Elite Race			
1	Lennie Waite	2	04:54.0
2	Katie Hauser	38	05:26.5
Men's Open Division			
1	Kevin Murphy	24	05:01.3
2	Lelande Rehard	31	05:13.7
3	Dan Edidin	37	05:16.3
4	Bobby Hanson	21	05:18.8
5	Sankalp Shiva	23	05:38.0
6	Andy Emerson	32	05:38.3
7	Daniel Lindamen	27	05:49.9
8	Jose Mendez	28	05:51.1
9	Eli Marchbanks	13	05:52.1
10	AJ Miller	16	05:55.0
11	Nate Smith	43	05:56.5
12	Mike Tripp	20	06:06.6
13	David Rehard	30	06:11.3
14	Benito Mendez	29	06:15.7
15	Kyle Nelson	26	06:47.5
16	Kevin Tyler	14	06:49.3
17	Joe Duncan	22	09:07.7
18	Bill Velleman	35	12:32.3
Women's Open Division			
1	Laura Hillard	44	05:49.7
2	Mary Ellen Bradshaw	15	07:34.6
3	Katherine Lee	25	07:57.2
4	Kris Velleman	36	12:32.0
5	Leann Rehard	40	19:43.6
6	Anna McDaniel	17	29:11.0



Family Fun Run/Walk			
1	Steve McIntyre	47	08:17.1
2	Jackie Pearce	48	08:17.2
3	Cam Pearce	46	15:26.2
4	Gail Pearce	45	15:26.3
5	Brian Luebbering	40	16:40.0
6	Katie Luebbering	41	16:40.1
7	Larry Hawthorne	12	17:31.2
8	Jolene Hawthorne	11	17:31.5
9	Ellen Williamson	34	18:32.6
10	Jeanine Pagan	33	18:33.0
11	Rena Tratchel	19	18:33.6
12	Denise McDaniel	18	19:08.0
13	Haley Boyd	39	19:08.7

Malted Mile Report

Columbia Track Club had its first ever Malted Mile on September 12. The weather couldn't have been better for our inaugural event! The race was held on Strawn Road here in Columbia, and it was a great morning for running and family fun. The race was a benefit for the Columbia Chapter of Special Olympics and with the help of all our wonderful sponsors, race participants, and volunteers we were able to raise over \$700 for the Special Olympics Athletes in Columbia. Our platinum sponsors this year were 9th Street Public House and MoX. Each race participant received a Malted Mile pint glass and t-shirt for participating. This year we had 5 divisions including an Elite Men's division, Elite Women's division, Open Men's Division, Open Women's Division, and Kids Run/Family Fun Walk. We started the morning off with a packed Men's Open division with a lot of local favorites including the happy familiar faces we see each and every day at Tryathletics! The winner of the open division was Kevin Murphy with a time of 5:01.3. He was followed up by Lelande Rehard who ran a time of 5:13.7 while pushing his adorable baby in a stroller. In 3rd place we had Dan Edidin with a time of 5:16.3. We had 18 men in the men's open division including two that had just run HOA only 5 days before (Andy Emerson and Sankalp Shiva). Our open women's division was a smaller group but just as impressive of a race as the men's division. Laura Hillard won with a time of 5:49.7, in second place was Mary Ellen Bradshaw with a time of 7:34.6, followed by Katherine Lee with a time of 7:57.2. The family fun walk/kids run followed the open division and it was great to see all ages participating in this event. We had babies in strollers, toddlers running and walking, parents trying to keep up with the kids (or coaxing them along) and grandparents out for a great morning of fitness. After completing their race the kids got to play with bubbles and sidewalk chalk. The final race of the morning was an outstanding Elite race. The men and women competed together for a blazingly fast race. Our winner this year was Sam Dickerson with an amazing time of 4:18.2, followed closely by Danny Thater with a time of 4:20.5, and in 3rd place Hayden Legg with a time of 4:25.2. The women battled it out with men and ran an incredible race as well. Our winner was pro Lennie Waite with an outstanding time of 4:54.0 followed by our own local amazing talent Katie Hauser who ran an impressive time of 5:26.5. Thanks to Scott Macpherson who did the recruiting for our elite race! The Mizzou Gymnastic Team volunteered and proved to be both amazing volunteers and cheerleaders on the course. After the race everyone was able to enjoy food provided by our other wonderful sponsors which included Harold's Doughnuts, Jimmy John's Subs, HyVee (West Broadway), and Lucky's Market. In addition we had additional support from Tryathletics who donated our open men's and women's prizes, and Redwood Financial LLC who helped with advertising this event. In the evening we were able to gather and celebrate at 9th Street Public House where we received discounts on drinks provided by our platinum sponsor and enjoyed delicious Pizza from Pizza Tree and Italian Village. It was a great day of running, food, drinks, and family fun! We plan to make this an annual event so if you missed out this year don't worry next year we plan on making it even bigger and better!!!





TEAM
RWB

Team Red, White and Blue Old Glory Relay Presented by Microsoft

Join Team RWB Columbia on Tuesday, October 20th as we host our own leg of the 3,540 mile coast-to-coast Old Glory Relay. We will start in Rocheport, Missouri at 0530 and end in Mokane, Missouri after having traveled the entire 53 miles on the beautiful Katy Trail. For more information please contact Matt Rau @314-482-4506 or Darrin Young @ 573-999-3838

About Team Red, White & Blue

Team Red, White & Blue (Team RWB) is a registered 501(c)(3) non-profit organization founded in 2010 with headquarters in Tampa, FL. Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. There are currently 83,000 members located in more than 175 chapters and communities throughout the world.

To learn more about Team Red, White & Blue and how you can help, visit www.teamrwb.org.

About the Old Glory Relay

The Second Annual Old Glory Relay – presented by Microsoft – will be held over 60 days, starting in San Francisco on September 11 and ending in Washington, D.C. on November 8. Supported by the local communities along the course and by virtual supporters from across the nation, 59 teams will move Old Glory approximately 50 miles per day, for a total of nearly 3,540 miles traveled across the United States. Each day will begin with the American flag being unfurled and entrusted to the day's first runner and will end with the last runner folding the flag and storing it for safekeeping overnight.

To Participate in the Old Glory Relay

To participate in the Old Glory Relay, please follow the [Link](#) provided. We ask that all participants raise \$10 to \$20 to cover the cost of our leg of the race. All those who sign up will receive a t-shirt and the chance to take part in an amazing event!



Crop Hunger 5K

October 17, 2015

9:00 am
Twin Lakes
Recreation Park
Packet Pick Up Race
Day ONLY 8:00 am

Proceeds go to Church
World Service with 25%
returning to Columbia Food
Assistance Programs

Questions:
5kcroprun@gmail.com

Cost \$25 per race/ \$30
Race Day

Sign up go to
ultramaxsports.com

Which faith community is
Columbia's fittest? Start
recruiting your team today!
f2:
Faith Communities Fitness
Challenge



#no1leftbehind 5k Walk/Run

Saturday, October 24, 2015
 Cosmo Park – Nickell Shelter
 Registration at 8:00 AM
 Race starts at 9:00 AM

Registration Information:

Checks payable to: **Welcome Home, Inc.**

Mail to: Midway Electric, Inc.

Attn: Michele Spry

7301 W Henderson Road Columbia, MO 65202

Online: <https://www.raceit.com/Register/?event=34353>

****Please Note: T-Shirt and Finisher Medal is NOT Guaranteed AFTER October 10, 2015****

Follow our event page on Facebook for latest information and packet pick up at #no1leftbehind 5k Run/Walk

**Early-Bird Registration \$25 Adults / \$15 Child
 August 20 – September 24, 2015**

**Regular Registration \$30 Adults / \$20 Child
 September 25 – October 24, 2015**

Walkers and Strollers Welcome!

Proceeds will go to Welcome Home Inc. in Columbia, MO!

Please print clearly. (child rate applies to 13 years old and younger)

Last Name:	First Name:	Age:
Phone Number:	E-Mail Address:	
Emergency Contact:	Phone Number:	Relationship to Participant:

Shirt Size (circle one): **Adult** S M L XL XXL **Youth:** S M L XL **VETERAN?** Y N

Release & Waiver:

I know participating in a walk / run is a potentially hazardous activity. I should not walk/run unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat/extreme cold, traffic and the conditions of the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release Welcome Home, Inc. and #no1leftbehind 5k, including all of their sponsors, co-sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Entry NOT accepted without a valid signature!

Signature of Applicant (parent/guardian if under 18 years old)	Date:
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OR

A TIME CLOCK MAY BE DISPLAYED HOWEVER NO OFFICIAL RACE TIMES WILL BE RECORDED.



Entry Fee: _____ + Donation: _____ = Total Amount Submitted _____

I CANT ATTEND BUT I WANT TO SIGN UP FOR THE VIRTUAL OPTION (Add Additional \$5.00 for shipping): _____

** Virtual Racers t-shirts, race bibs and finisher medals will be shipped AFTER October 24, 2015** (USA ONLY)

Volunteers Needed

Rock Bridge Revenge needs help on both October 2nd and 3rd.

We need help marking the course on October 2nd.

We need help with finish line, aid stations, car parking, and food service on October 3rd

Rock Bridge Revenge Trail Runs



If you are interested please contact Lisa Wells at

lisawellslisa@aol.com or 573-

**Reminder CTC
Annual Meeting
November 9, 7pm
Daniel Boone
Library**

GONE DIGITAL

To receive future newsletters in PDF format, please make sure Thom Allen has your email address (contact him at thomallen@socket.net). Thanks for understanding and for your cooperation!



NEW MEMBER

Laura Loundenslager
Michael Wahman

Columbia
Columbia



2015 COLUMBIA TRACK CLUB SCHEDULE 2015

Date	Time	Event	Fee	Race Director	Start Location
Oct. 3	8:00 a.m.	Rock Bridge Revenge 7-Mile/25K/50K *	\$25 (7 m) \$35 (25K)	Jeff Wells 446-0717, lisawells@aol.com	Rock Bridge State Park
Nov. 9	7:00 p.m.	CTC Annual Meeting		Beth Luebbering, bal2run@hotmail.com	Daniel Boone Library
Dec. 5	8:30 a.m.	Cheese & Sauerkraut 10-Mile *	\$0	Dick Hessler, Randy Gay 874-2906, HesslerR@missouri.edu	Katy Trail at McBaine
Dec. 31	4:00 p.m.	Columbia Eve Fest 5K *#	\$25 \$15 (<12)	Linda LaFontaine, 442-2581, linlafontaine@aol.com	CyclExtreme



Hunger Run 5k/10k
Originally scheduled for
November 14th at 8am.

Cancelled due to
circumstances beyond our
control.

Serial Competition will now
include 9 races.

** Serial Competition Events (see website for details)*
Certified course

COLUMBIA TRACK CLUB

Membership information

If you run, jog or walk, CTC is for you!

CTC offers events for people of all ages and abilities.

What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ◆ **Summer Youth Program:** This five-week program stresses personal improvement for kids ages 4 to 16. From June to July, more than 400 youngsters compete in running and walking events (ranging from 200 meters to three miles) and field events.
- ◆ **CTC Colts:** The Colts are a competitive running team for kids ages 5 to 16. The team practices together once a week in the spring and competes in the Show-Me State Games in July. They also run cross country in the fall.
- ◆ **Scholarships:** CTC awards \$500 to \$1000 scholarships to CTC members from area high schools each year. The scholarships are funded by club memberships, club sponsored events and private donations.

- ◆ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations, including the Arthritis Foundation and the Central Missouri Food Bank.

What's in it for you:

- ◆ As a member you'll receive a newsletter highlighting the activities of the club, race results and area running and walking events.
- ◆ Awards are presented to individuals for their participation and achievement in various races.
- ◆ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.
- ◆ A discount is offered to CTC members at Tryathletics.

The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the

To join: Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs from January through December.

Please send your name, address, phone number, birth date, email and a list of all family members at this address, with your check to:

**Columbia Track Club
P.O. Box 1872
Columbia, MO 65205**

Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

Information:

Want to know more? Contact CTC president Beth Luebbering (bal2run@hotmail.com) or visit ColumbiaTrackClub.com.



COLUMBIA TRACK CLUB NEWS

P.O. Box 1872
Columbia, MO 65205

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____ Would you like to be e-mailed about upcoming CTC events? Y N

Members of family at this address and their birthdates:

Annual fees are \$20, which cover all family members living in the same household. Additional donations are welcome and will be used for the scholarship fund or equipment enhancement.

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

CTC
P.O. Box 1872
Columbia, MO 65205