

COLUMBIA TRACK CLUB

NEWS

Volume XXXVI No. 8

December 2003



Two Watches Unclaimed

Two watches were left in the 'watch box' at the Cheese and Sauerkraut race. I have a theory as to who left them. Could it be Lisa Wells and Kevin Schroeder? Why? Because they don't need watches and you wouldn't either if you could predict your 10 mile time to the nanosecond. That's right, for the second time in the exalted history of this race (going back to the 1970s) two runners tied for predicting their precise time to run the 10 miles. Both Lisa and Kevin predicted 80:00 and they both came in at 80:00. Exactly! With that kind of precision they should be working for the Astronomical Time Division of the US Naval Observatory.

How about everybody else? Well, let's just say, the rest of us – the other 19 runners and four track club hosts - had a good amount of fun, enjoying the peaceful Saturday morning at McBaine, drinking hot chocolate, eating some cheese snacks and trying to figure out how Jeff and Lisa accomplished such a supra-human feat. Jeff Haddock was the third place contestant. He came in third with a much more mortal time of 37 seconds off his pace (which in some years would have been the winning time) and took home some cheese for his effort. Then there was 'He Who Takes Home the KRAUT' for being the worse predictor of his (her) pace. That prize was claimed by Steve K. – That is how he signed up and I am sorry to report that don't know what the last name is. Steve K. It could stand for Kraut though, at least on that day, because that's what he won by coming in 12:13 ahead of his predicted time.

It was a fast course, very little wind which is unusual for the river bottoms. Cool temperatures – 35 degrees – and as flat as flat can be. Matt Drier was the only wind in sight, as he the first to breeze in at a very respectable 59:30 for the course. The times of all twenty one runners are listed below.

Special thanks to Tina Bridges for recruiting several runners from her Saturday morning running group to join us. Also many thanks to Scott Dressel, Randy Gay, and Pat Fowler, who with the race director spent the time playing music, chatting about CTC, drinking hot cocoa, and enjoying the ambiance of the McBaine environment. Good memories that will last at least a year! Photos of the site will be on the CTC web site soon.

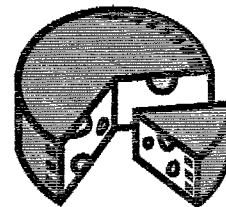
Oh, by the way, if you were one of the two people that did indeed forget to pick up your watch, you can get a hold of Steve Stonecipher-Fisher at the Tryathletics store. He has them there.

—Race Director Jay Hasheider

Upcoming Events

- **First Night 5k**, Dec. 31, Flat Branch Park (entry enclosed)
- **Runner's Choice 10k/20k**, Jan. 10, 2004
- **Nut Race 5k**, Feb. 7, 2004
- **Track Workouts**, March 3-May 19, every Wed., 6 pm, Hickman track
- **St. Patrick's Day 5k and Mayor's Mile** for kids, March 13, 2004

Kevin Schroeder	1	0:00	80:00	80:00
Lisa Wells	1	0:00	80:00	80:00
Jeff Haddock	3	0:37	67:10	67:47
Rick McAllister	4	1:25	87:30	88:55
Alison Hodgson	5	1:28	72:00	70:32
Katie McInvale	6	1:42	80:01	81:43
Mark Gallagher	6	1:42	62:55	64:37
Joe Duncan	8	1:51	90:30	88:39
Daniel Hodgson	10	2:10	82:47	84:57
Jeff Wells	11	2:24	90:00	87:46
Jim McInvale	12	2:48	73:30	70:42
Kurt Kennett	13	3:53	75:00	71:07
Cyndi Sommerfeldt	14	4:21	85:00	80:39
Allan Benjamin	15	4:23	75:00	70:37
Micelle McFadden	16	4:39	72:45	68:06
Peggy Horner	17	5:06	93:30	88:24
Matt Drier	18	6:00	65:30	59:30
Antoinette Marsh	19	11:49	90:00	78:11
Steve K	20	12:13	100:00	87:47
Kendall Foss	21	DNF		



25 years ago**Looking Back****By Joe Duncan****35 years ago**

November, 1968: The Columbia Track Club was founded after a meeting called by Bill Clark of the P & R Dept. The first Board of Directors consisted of the following (which happened to be the entire membership): Joe Duncan, President, Dave Schulte, Secretary, Murrel Jackson, Treasurer, Joel Dickinson, Dave Carlson, Myrtle Taft, Faye Mantle, Bill Wickersham and Sid Larson.

25 years ago:

December 2, 1978: MVAAU 30 Kilo Run: 1. Doug Clark and Jeff Roth 1:43:15 (MVAAU record). . . 3. Dennis Hinkamp 1:47:47. . . 7. Dick Hessler 1:56:03. . . 11. Don Granberg 2:01:14, 12. Ben Londeree & Olen Brown 2:02:46. . . 23. Joe Duncan 2:20:45 and 12 others The 20K Walk: 1. Randy Mimm 1:44:57. . . 3. Rob Spier 2:16:11. . . William Taft 2:37:24, 78-year-old Henry Bent 2:45:51

December 16, 1978 The Cheese & Sauerkraut 10 mile run: 1. Jerry Yunker 54:16, 2. Mike Kruse 58:09, 3. Jeff Mittelhauser 58:30. . . 5. Londeree, 44 & Hessler 58:38, 7. Tom LaFontaine 58:41, 8. Don Lewis 58:43 (some tight running here). . . 12 Amy Johns 1:01:05 (a female record, beating Dorothy Doolittle's time of 1:05:27) . . . 22 Don Johnson 1:07:17. . . 24 Joe Duncan 1:08:38, 25 Jim Gibson, 15, 1:09:58. . . 29 Matt Gibson, 13 1:15:35. . . 33 Tim Gibson (on his 8th birthday!) 1:29:31, 34 Nicole Wagner, 8, 1:32:41. Randy Mimm walked the 10 miles in 1:19:39, Leonard Busen 1:43:10, Spier 1:47:59 and Taft 1:58:13 Don Johnson won the cheese, by being only three seconds off his predicted time, while the kraut went to Jim Walter some 16:16 faster than his prediction.

CTC Board of Directors

Dick Hessler, president	Linda LaFontaine
Tom Allen, secretary-treasurer	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Scott Rubinstein
Amy Gundy	Jay Hasheider
Marc Keys	Pat Fowler

The Columbia Track Club Newsletter is published 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 sent to:

Amy Hessler Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203
Ph: (573) 874-2407 e-mail: agundy@mchsi.com

CTC web site: <http://ctc.coin.org/>

**From our president...**

The CTC Annual Meeting was held on December 9 in the Council Chambers of the Boone County Government Center. We had around 20 members, which is pretty good relative to attendance at past meetings.

We discussed the Board's decision to appoint computer technology committee headed by Jim Keown. This committee will gather information relative to our future computer technology needs and present their findings to the Board for a decision. Certainly, we need a new computer, but race software and other related enhancements need to be studied. Given a Board decision, we will need to do some fundraising to cover the costs. In addition, we will raise the membership dues to \$20.00 for 2004.

Pat Fowler was elected to the Board of Directors. Mark Wilson and Angela Passanise left the Board, so now we have 12 members who are: Tom Allen, Amy Gundy, Joe Duncan, Pat Fowler, Randy Gay, Jay Hasheider, Dick Hessler, Marc Keys, Linda LaFontaine, Jeanine Pagan, Scott Rubenstein, and Mark Volek.

CTC has a new travel money policy. I will appoint a committee to review formal applications. Marc Keys shepherded this idea and designed the application form. In the next couple of weeks this form will be available at Tryathletics.

**Quote of the Month**

Life is short... running makes it seem longer.

—Baron Hansen

Jingle Bell 5k

1	Christian Reed	33 16:00	67	Jennifer Reisdorf	31 23:11	138	Deb Harrington	46 27:42
2	Marc Keys	41 17:24	68	Sam Peters	17 23:13	139	Michele Kennett	38 27:44
3	Aaron Cooper	19 17:48	70	Ed Rollins	44 23:18	140	Richard Tripper	27 27:46
4	Matt Dreier	28 18:11	71	Betty Bohon	52 23:22	141	Anne Tripper	26 27:52
5	Nick Heberle	15 18:27	75	Richard Nistendirk	63 23:52	142	Robin Wilson	32 27:59
7	Jeff Haddock	18 18:58	77	Joe Lopez	50 23:57	143	Christina Trost	26 27:59
8	Alison Hodgson	24 19:00	78	Michael Prewitt	53 24:01	144	Tiffani Williams	31 28:00
9	Scott Foster	46 19:05	80	Amy Hicks	15 24:06	145	Gary Fennewald	52 28:02
10	Eli Burks	16 19:08	81	Mar Schnarr	26 24:07	146	Rene Yunker	26 28:03
11	Michelle McFadden	43 19:10	82	John Clowe	35 24:11	147	Stephanie Ricketts	23 28:10
12	Zach Chapman	16 19:15	83	Ted Hicks	48 24:13	148	Grady Harrington	10 28:11
13	John Metzl	25 19:21	84	Jeff Clodi	33 24:16	149	Mike Schoenleber	14 28:15
14	Ryan Deason	17 19:23	86	Fabiola Lopez	45 24:31	150	Teresa Briedwell	44 28:17
15	Jason St.Clair	21 19:24	87	Lori Loeb	42 24:35	151	Ginger Dial	23 28:22
16	Zach Tebb	23 19:26	88	Briana Belding	23 24:42	152	Carolyn Pridemore	26 28:27
17	Kevin Tyler	47 19:28	89	Karen Pressley	39 24:43	153	Beth Wilson	37 28:34
18	Phillip Vance	18 19:44	91	Ken Bryant	55 24:50	154	Karen White	36 28:35
19	Sam Hargadine	16 19:51	92	Jimmy Sears	27 24:53	156	Diane Mountjoy	48 28:52
20	Terry Hart	43 19:52	93	Brian Evans	32 24:54	157	Rebecca Highland	37 28:54
21	Andy Shirkey	35 19:54	94	Brent Young	43 24:59	158	Laura Baty	21 28:55
23	Gregory Walsh	21 20:09	95	Paul Schneider	35 25:01	159	Jesse Kruse	55 28:56
25	James McInvale	47 20:20	96	Richard King	51 25:09	160	Rick Shanker	52 28:58
26	Ben Keown	14 20:27	97	Tina Bridges	36 25:10	161	Kristene Vance	17 29:10
27	Kevin Rogers	29 20:30	98	Sandy Rosenhauer	41 25:14	163	Rhonda Alber	36 29:23
28	Scott Holdridge	28 20:32	99	Hugh Emerson	46 25:16	164	Tony Spaedy	40 29:26
30	Wade Reck	30 20:41	100	Andrew McCarney	12 25:17	165	Charlotte Brumfield	36 29:27
34	Daniel Lopez	15 20:53	101	Kenneth Hammann	56 25:20	166	Caroline Coley	21 29:27
35	Kurt Kennett	35 20:55	102	Cynthia Cook	34 25:23	167	Brooke Shannon	22 29:28
36	Steve Lightner	52 20:59	103	John Cook	39 25:27	170	Sandra Rice	31 29:32
37	Clayton Thompson	17 21:01	104	Matthew Vesecky	12 25:28	171	Brad Volmert	28 29:35
38	Anne Case-Halferty	17 21:08	105	David Lopez	13 25:29	172	James Sandfry	62 29:36
39	James Vesecky	42 21:11	106	Thomas McCarney	8 25:33	173	Laura Dye	36 29:40
40	Michael Kaylen	49 21:13	108	Barbie Miller	39 25:45	174	Debbie Karwoski	49 29:45
41	Walter Peters	46 21:22	109	Lauren Dent	16 25:58	176	Tom Moe	59 29:46
42	Tom Sweeney	39 21:35	110	Kristian Harris	15 25:59	177	Jordon Alexander	38 30:00
44	Clayton Henke	26 21:50	111	Tracy Graft	42 26:00	178	Myoung Kaylen	37 30:06
46	Daniel Hodgson	24 21:59	112	Alen Petty	37 26:01	179	Barney Sword	72 30:14
48	A.j. Kelty	17 22:06	113	Jim Perego	38 26:01	181	Richard Boggs	76 30:28
50	Tyler Cornell	12 22:17	114	Peter Wilden	49 26:02	182	Claire Piester	16 30:30
51	Ali Fider	21 22:24	115	Carol Elliott	47 26:08	183	Bryan Piester	44 30:32
52	Katie McInvale	17 22:27	116	Lori McInvale	42 26:15	184	Anne Power	23 30:36
53	Alicia Papa	21 22:33	117	Harold Berndt	34 26:26	187	Laura Russell	15 30:43
54	Sarah Phillips	17 22:35	118	Lori Green	40 26:28	188	Alice Landrum	52 30:44
55	Rebecca Miller	29 22:41	122	Suzanne Troske	41 26:37	189	Gwenn Peters	46 30:49
57	Simon Rose	38 22:45	123	David Martin	43 26:38	190	Meredith Rogers	28 30:50
58	Rich Reisdorf	35 22:46	124	Ed Goss	52 26:41	191	Melinda Van Eaton	29 30:53
59	Susan Linneman	15 22:51	125	Eric Pyle	25 26:47	192	Stephen Reeves	47 30:59
60	Marianne Stone	25 22:53	126	Liz Straatman	43 26:50	193	Janet Brandt	52 31:00
61	Kaili Linniman	17 22:54	127	Fay Whitney	15 26:51	194	Nicole Stevens	31 31:05
62	Catherine Warden	20 22:56	128	Charity Summers	25 26:58	196	Sarah Williamson	21 31:11
63	Heather Shoenberger	23 22:58	129	Glenda Young	50 27:00	198	Christine Stamper	34 31:21
64	Don Corwin	46 23:02	130	Joe Duncan	69 27:07	199	Gary Stamper	47 31:22
65	Michael Walther	46 23:05	131	Renee' Alvarez	30 27:08	201	Laura Sweeney	33 31:24
			133	Dan Schoenleber	48 27:27	202	Christen Rhodes	23 31:40
			134	Griffin Humphreys	11 27:28	203	Annette Humphreys	41 31:41
			135	Terry Robb	49 27:29	204	Beth Northway	29 31:46
			136	Claire Bolander	22 27:38	205	Molly Taylor	25 31:48
			137	Cecile Desair	47 27:41	206	Beth Sweeney	39 31:51

Jingle Bell 5k



—Race Director Randy Gay

Dear Columbia Track Club,

I would like to thank Dick Hessler for his dedication and enthusiasm over the years to the CTC Colt program for the children. His positive coaching model has been responsible for developing many successful young runners. Even for the Colt members who do not win running awards, he makes running fun. Thank you Dick for sharing your gifts with the future generations.

Jeanine Pagan

Introducing the Columbia Track Club Grand Prix Race Series

What is it?

Run in any CTC sponsored race. Earn points for completing races and placing in your age group. There is an overall and an age group division for both males and females. The age groups are as follows: 14 & Under 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 & Over.

Who Can be involved?

Any Columbia Track Club member. Your membership will be verified as we start the new series and as we progress through the 2004 year.

When Can I start??

The first race of the series is the Runner's Choice 10K/20K in January! Points will be awarded only for completion of the race for which you are registered. (No changing distances during a race.) Also, you may enter and be eligible for only one (1) race in events that have multiple distances.

Do I have to run a minimum number of races?

No, you can run as many or as few races as you desire. But remember you can only accumulate points in races that you enter and complete!

Can I track my progress?

Yes, we will regularly update the standings. Members who make it to the final standings will be recognized after the final race of the year!

Who Can I Contact for more rules & information?

Contact Tina Bridges via email at Frogtox@yahoo.com or visit the Columbia Track Club website at ctc.coin.org



See you at the races!!!



2003-2004 Columbia Track Club Schedule

Check out our complete schedule at: <http://ctc.coin.org/>

12/31	4 pm	First Night 5k	\$15	Dana Fedenia, 815-3263	Flat Branch Park
1/10	9 am	Runner's Choice 10k/20k	**	Mark Wilson, 443-5171 Pat Fowler, 256-6841	Bethel Park
2/7	9 am	Nut Race 5k	**	Dick Hessler, 874-2906	Reactor Park
3/3-5/19	6 pm	Track Workouts (every Wed.) All ages and speeds welcome	**	Steve Stonecipher-Fisher, 447-2453	Hickman Track
3/13	8 am	St. Patrick's Day 5k Mayor's Mile (kids ages 5-12- no entry fee)	\$15	Scott Rubinstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse square

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

Out-of-Town Events

- | | | |
|-----------------|----|---|
| December | 27 | Freeze Dry Trail Challenge 5.5 M, Highland, IL, 9 am, (618) 651-8899
Cure for the Holidays, 5M/1M/2Mwalk, Farmington, MO, 9 am, (573) 760-8726 |
| January | 1 | New Year's Eve Run 6-10 miles, Overland Park, KS, 10 am, (816) 228-3842
Resolution Run 5k, Town and Country, MO, 10 am, (636) 207-3000 |
| | 18 | Topeka to Auburn Half-Marathon, Topeka, KS, 11 am, (785) 273-6331 |
| | 26 | Super bowl Sunday 4 mile run, Wichita, KS, 1 pm, (316) 946-1323 |
| February | 2 | Groundhog 5k/10k, Kansas City, MO, 9 am, (816) 741-2314 |
| | 8 | Run to the Stars Staircase Run, Kansas City, MO, 7:30 am, (816) 228-3842 |
| | 9 | Alphabet Soup Run 10 miles, Shawnee, KS, 9 am, (816) 822-9000 |
| | 23 | Olympiad Memorial 1/2 Marathon/10k, Chesterfield, MO, 7:30 am, (314) 434-9577 |



Welcome New CTC Members

Erik Broderick	Columbia
Terry Dunscombe	Columbia
Jeff Haddock	Columbia

Running Shorts. . .

- You will be receiving in the mail your CTC membership renewal forms and 2004 schedules very soon. Don't forget to send in your dues for another fun-filled year of running and camaraderie!
- Volunteer for your favorite race—call the race director and make his/her day!!

COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872
Columbia, MO 65205

FORWARDING SERVICE
REQUESTED

Non-profit organization
U.S. Postage
PAID
Columbia, MO
Permit #226

12/03

Joe Duncan
2605 Chapel Wood Terrace
Columbia, MO 65203-5714

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____ Would you like to be e-mailed about upcoming CTC events?

Members of family at this address and their birthdates:

Annual fees are \$20, which covers 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 _____ \$20.00 dues
P.O. Box 1872
Columbia, MO 65205