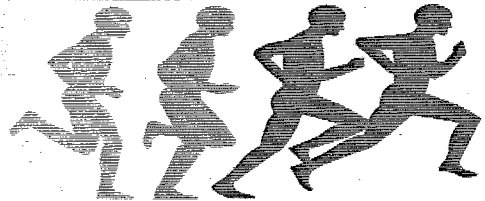


# COLUMBIA TRACK CLUB

## NEWS

Volume XXXVII No. 1

February 2004



## Nut Race

5K Nut Race at Reactor Loop

Feb. 7, 2004

At 11° F, a stiff wind out of the west, and snow covering at least half of the course, this was one of the top 5 toughest Nut Races I can recall. Twenty-eight fanatiker (Swedish for nuts) showed up and ran although a few spent some time talking themselves into it. Marc Keys won the men's open division and Michelle McFadden won the women's open. Marc had a 20-meter lead at the mile with Matt Dreier, Erik Broderick, Ben Keown, and Michelle in that order all the way to the finish line. This was Ben Keown's first Nut Race since starting a running program over a year ago, losing 70+ pounds, and earning top honors for the CTC Colts in cross country last fall. Daniel Lopez finished 12<sup>th</sup> and he too has emerged as another young runner to watch. Nuts were won by the top three in 19 & under, 20-29, 30-39, etc. (\* = 1<sup>st</sup>, \*\* = 2<sup>nd</sup>, \*\*\* = 3<sup>rd</sup>). A special thanks to Dan and Mary Hooley for helping set up and tabulating the results and to Tom Allen for timing. That kind of cold is brutal on the help.

1. Marc Keys *	18:08	41yrs of life
2. Matt Dreier *	18:58	28
3. Erik Broderick **	19:26	21
4. Ben Keown *	19:36	14
5. Michelle McFadden * (1 <sup>st</sup> F)	19:37	44
6. William Stolz *	19:42	32
7. Alison Hodgson * (2 <sup>nd</sup> F)	20:35	24
8. Andy Shirkey **	20:42	35
9. Steve Stonecipher-Fisher **	20:50	47
10. Allen Benjamin ***	21:06	48
11. Steve Lightner *	21:34	52
12. Daniel Lopez **	22:11	15
13. Daniel Hodgson ***	22:42	24
14. Kurt Kennett ***	22:48	36
15. Scott Rubenstein	23:20	37
16. Mike Baker **	24:43	54
17. Joe Lopez ***	25:22	52
18. Joe Love	25:25	42
19. Fabiola Lopez ** (3 <sup>rd</sup> F)	26:03	45
20. Rod Stevens	26:06	37
21. Peggy Horner *** (4 <sup>th</sup> F)	26:10	46
22. Steve Kullman	26:25	43
23. Joe Duncan *	27:45	69
24. Sue Troske (5 <sup>th</sup> F)	29:12	41
25. Becky Llorens (6 <sup>th</sup> F)	30:48	47
26. Andrea Allen * (7 <sup>th</sup> F)	32:04	57
27. Cyndi Summerfeldt (8 <sup>th</sup> F)	37:43	43
28. Pat Fowler (9 <sup>th</sup> F)	37:44	44



—Race Director Dick Hessler

## Upcoming Events

- **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  
*Entry form enclosed*



**VOLUNTEERS NEEDED** to help with the St. Pat's race, call Scott at 447-3733.

- **Joe Marks Memorial Human Race XXVI**  
May 15, 2004

## Quote of the Month

"Somewhere in the world someone is training when you are not. When you race him, he will win."

—Tom Fleming's Boston Marathon training sign on his wall

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

**January 16, 1969:** An 8-mile run was scheduled at Cosmo Park, but—well, let's repeat what Bill Clark had to say about it in the third issue of the newsletter:

"On Jan. 26, a day hardly given over to athletic competition, the CTC members showed up for an eight-miler. The temperature was a little above zero, the wind was from the northwest at slightly less than gale pace, and the snow was already six inches deep and getting deeper. Bill Taft didn't make it because he couldn't dig his car out. Dave Carlson didn't make it because he was down with the flu and thought everyone else had better sense to boot. Clark didn't make it because of an afternoon basketball engagement. Joe Duncan thought someone might come out, and he struggled to Cosmo Park to tell anyone silly enough to show that the race had been postponed until Feb. 2. He found six snow birds on hand ready to journey off into the blizzard. No stopwatch was on hand and not amount of talking would keep the eager sextet from starting out. So, with no watch and no designated times to shoot for, the six set off around Cosmo Park. The wind howled, dogs whined and dug deep into the snow; Joe Duncan bundled himself against the wind and the Earth was quiet for not another creature stirred. Just the six. And they stirred long enough to loop the park twice and call it quits after 1.2 miles. But their names were emblazoned in print, and the community scratched its head in doubt."

Those hardy six runners were, in order of finish: Dennis Martinson (the man to bet in those days), Ron Edwards, Joel Dickinson, Al Shimkunas, Merle Jackson, and Elmer Mantle. It was from that event we learned you NEVER postpone a CTC event. Someone will always show up regardless of the conditions.

*continued page 3*

**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:

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

**From our president...**

Writing about running is a bit like singing about Irish dancing. You just want to dance, not sing about it. Nevertheless, hundreds of thousands of words are written daily about our sport. Personally, I'd rather be running, but I have to write this column, so here we go. The following are some essential qualities that distinguish runners in the sport from casual joggers or fitness fashion mavens.

**Knowledge of History/Tradition:** Vladimir Kuts (U.S.S.R.) won both the 5,000 in 13:39 (record until 1972) and the 10,000 at the Melbourne Olympic Games in 1956 and Lasse Viren repeated the double at Munich (1972) while breaking the 5,000 record. Bill Clark and Joe Duncan founded the Columbia Track Club in 1968 and the winner of the first Heart of America Marathon, the 6<sup>th</sup> oldest in the USA, ran the entire race in track spikes. Without knowing stuff like this, you can't set racing goals, tell how well you are doing, nor even judge if you are doing the sport at all; **Participation:** Given limited time, a runner will train and race rather than talk and watch; **Courage:** You have to dare to be different from 90% of the rest of humanity to be a runner. This includes hard training, going to the starting line drug free, prepared to not give an inch, and 100% accountable for the outcome; **Respect:** A runner holds the traditions, rules, and fellow competitors in high regard. Teaching the next generation of runners, finishing first and then waiting at the finish line to congratulate every one of your competitors (Adam Goucher, Big XII 5,000 champ and 13<sup>th</sup> in the 2000 Olympic 5,000), or stopping in a race to let the leader get back on course after shouting to him that he made a wrong turn (Jeff Mittelhauser in the Human Race) are some examples.

How fast or slow you are really doesn't figure into the equation. Also, once a runner, always a runner. Old John Kelly of Boston Marathon fame might not be able to train and race anymore, but he paid his fare and has his reserved seat on the long distance express of champions.

**Jay Dix Run**

**When:** Saturday, April 24, 2004, 9 am

**Location:** Heinkel Building Parking lot (corner of 6<sup>th</sup> and Elm)

**Distances:** 5K walk, 5K and 10K run (with chip timing)

**Entry Fees:** Kids: \$15, Adults \$30 (\$25 for the walk) Students \$25

**Race Day Entries:** \$5 more

**Kid's Fun Area:** \$5. This will be a supervised area with athletic events and sports clinics for the kids, plus face painting etc. The kids can safely play while the parents race.

**Post-Race Buffet:** All race entries and kid's fun area entries will include the post race meal. Spectators can purchase a meal ticket for \$5.

**Post-Race Party:** Will be held at Shiloh with live music and a beer garden. Registration can be done on line at Active.com or on the race website [www.challengetocure.com](http://www.challengetocure.com).

# CTC Runner Profile

## Cyndi Sommerfeldt



Age: 43

Personal Records:	5K	22:23
	10K	46:18
	Half Marathon	1:44:19
	Marathon	3:56:03

Weekly mileage: 25-30

**When did you start running?** I went through a few relatively short periods of running activity in my high school and college years. The motivation was to promote weight loss and fitness, but all of these tapered off after a few lost pounds and/or a few miles. I started running again in July 2002 in response to a fitness challenge from Tom LaFontaine. Basically he suggested I take up running, and my direct

quote was, "I don't run, I hate to run, I won't run." I stated running the following week.

**What is your favorite workout?** I love finishing the 10 mile runs on Saturday mornings with the various track club members. I've been known to comment on the fact that for me this is the high point of the week, completing 10+ miles early on Saturday morning with the remainder of the weekend out in front of me is an awesome feeling. I also enjoy making it through a treadmill interval workout. Notice my apparent fixation with finishing runs...??

**Who Is Your Running Role Model? Who Has Influenced You Most In Running?** This is an easy one, in fact I've already mentioned his part in getting me started. Somehow Tom LaFontaine has kept me motivated through an 11 month period that started with me working up to and running my 1<sup>st</sup> 5K in November '02 and continuing through 7 local 5K's, 1 local 10K, the 12K Bay to Breakers in San Francisco, 2 half marathons Lincoln, NE and St. Charles, MO, and the New York City Marathon in November 2003 (yes I saw P. Diddy). Whether reminding me of my heartfelt ... "I won't run" speech to physically removing me in tears from the MKT trail one very hot August training run, Tom has seen me at my best and worst and amazingly keeps putting up with me. He has taught me so many things I didn't know about running, fitness, nutrition, physiology, and even the Lewis and Clark expedition. My "little" sister Sherry has also been a big influence. Her experience in big city running (San Francisco and NYC) and marathons has given me something to look up to for years. She is always willing to share what she has learned and like Tom, has been very supportive of my new found "runner" status. She jumped in and ran miles 19-25 with me in NYC and yes she got to see P. Diddy too as my entourage passed his entourage at mile 20. The Saturday morning running group keeps me going on a daily basis. Tina B, Pat F, Allan B, Steve K and Bob H are often the reason I show up at the starting point. I continue to be very impressed with their running and life accomplishments.

**Personal Info and Interests:** My husband Frank and I moved to Columbia in October '96. We both work for 3M and transferred to the manufacturing plant on Route B from the Twin Cities headquarters. We have 3 daughters ages 11, 7 and 4-1/2. You will often see and hear them at local racing events. My family is very supportive of "Mom and her running," and I couldn't do it without them. I also like to cross train and weight train, golf, read, and garden. If someone could just figure out how I could add a few more hours to my day I would be eternally grateful.

### 25 Years Ago

**January 6, 1979:** Five Mile Ham Race (this was the predecessor to the Regional Hospital Race, which gave way to the current St. Pat's 5k). After this race, for a few years, it was called the "Ham and Spam" race—hams to the winners and cans of Spam to the also-rans. The event was sponsored by the Keene St. Nowell's with the course being in that part of town. CTC member, Joe Kurth, lived in that area and thought CTC should have a race out there. So we accommodated him with this 5-miler. The race was moved to February for a time, attracted over 1,000 runners and some atrocious winter conditions. Ultimately, Columbia Regional Hospital people thought it best to tie the race into St. Pat's Day, make it a 5k, and move it downtown, where it remains Columbia's race with the greatest participation. But, it still isn't the same as that old Ham & Span race. Fond memories! (Can you imagine the "stick" system of scoring over 1,000 runners? We did it!)

**Results:** 1. Mike Kruse 28:35 2. Don Lewis 29:43 3. Dick Hessler 30:04 4. Amy Johns 30:28 5. Ben Londeree 30:39 . . .9. Joe Marks 31:15. . .11. Olen Brown 31:53. . .13. Mike Chippendale 31:59 and 19 others.

In a 20k run on January 20, 1979, Dave Harris had a winning 1:07:47, Jeff Mittelhauser 1:12:06, Hessler 1:14:29, Londeree 1:15:34, and Amy Johns set records for both the 10k and 20k with a 20k 1:17:41 (10k was 38:00)

**Runners Choice 10k/20k Jan. 10, 2004**

When I asked Mark Wilson, the RC Race Director of several years, what to say in this year's Race Director report, he summarized it well, "It was cold, we had candy bars." My two cents, thanks to Mark, we did have candy bars, and Gatorade, and a measured and well-marked course along Bethel and Nifong, and prizes for the 6 top finishers.

And we had 37 runners, 2 volunteers, a cheering group of family members, and our first Grand Prix Race Series Race for 2004.

Our overall race winners were Patrick Hanson and Michele McFadden in the 20K, and Matt Drier and Alison Hodges in the 10K. 33 additional runners competed for points in their age groups, 4 runners earned half their volunteer points, and 9 new and returning families renewed their memberships. Once your dues are received, either in our mailbox or at the Race Series table at each of our races, you are automatically registered for the Grand Prix from that race forward. Join us. All the details are at [ctc.co.in.org](http://ctc.co.in.org).

Co- Race Directors Mark Wilson  
Pat Fowler

Race Series Director Note: We were unable to award points to some finishers as we did not have verification of your age, your birth date or your 2004 active membership on race day. Contact us at [frog-tox@yahoo.com](mailto:frog-tox@yahoo.com), and [patfowler@charter.net](mailto:patfowler@charter.net) for more information.

Patrick Hanson	19 M 20K	1	1:13:06
Michele McFadden	43 F 20K	2	1:26:59
Lisa Wells	40 F 20K	3	1:36:59
Cyndi Sommerfeldt	43 F 20K	4	1:47:02
Bob Hall	42 M 20K	5	1:47:03
Mundy Hackett	33 M 20K	6	1:47:47
Tina Bridges	36 F 20K	7	1:51:44

Matt Dreier	28 M 10K	1	38:24:00
Scott Mantooth	41 M 10K	2	40:17:00
Ben Keown	14 M 10K	3	40:25:00
Alison Hodgson	24 F 10K	4	42:17:00
Steve Stonecipher-Fisher	47 M 10K	5	42:34:00
Michael Sykuta	37 M 10K	6	45:53:00
Oscar Chavez	40 M 10K	7	45:59:00
Dale Willis	44 M 10K	8	46:42:00
Paul Humphrey	43 M 10K	9	47:51:00
John Adams	42 M 10K	10	47:57:00
Rick Rother	55 M 10K	11	48:41:00
Jon Albrecht	37 M 10K	12	48:45:00
Daniel Hodgson	24 M 10K	13	50:04:00
Bob O'Connell	54 M 10K	14	50:17:00
Rick McAllister	47 M 10K	15	50:20:00
Steve Kullman	43 M 10K	16	51:15:00
Rod Stevens	37 M 10K	17	52:04:00
Jeff Wells	45 M 10K	18	52:09:00
Sandy Rosenhauer	F 10K	19	52:18:00
Helen Anthony	43 F 10K	20	52:21:00
Peggy Horner	46 F 10K	21	52:44:00
David Webber	52 M 10K	22	53:25:00
Running Bandit	F 10K	23	54:35:00
Running Bandit	F 10K	24	54:35:00
Richard King	51 M 10K	25	55:01:00
Joe Love	42 M 10K	26	55:26:00
Su Troske	41 F 10K	27	56:15:00
Tony Spaedy	40 M 10K	28	57:55:00
Megan Bechtold	29 F 10K	29	59:23:00
Kimi Rother	46 F 10K	30	59:23:00

# **Kids' Korner**

## **Upcoming Events for Kids**

### **Mayor's Mile**

March 13

May 1

May 31

### **Summer Youth Track Program**

June 9 (6 Wed. nights)



**Congratulations** to Columbia Colts sprinter and jumper **Amina Shelton** won the 1st-ever Women's Intersport Network (WIN) of Columbia Youth Athlete of the Year Award for her accomplishments in 2003. Amina broke the state, Association, and Regional record for 10 and under girls long jump with a distance of 14 feet, 7 inches at the Region 9 USATF Junior Olympic Championships, and placed 5th at the 2003 USATF National Junior Olympics in Miami, Florida. February 21, at the Annual MU All-Comers meet, she jumped 11 feet, 9 inches to place 2nd in the Pre-High School long jump, ran 9.33 to place 5th in the 60 meter dash, and ran 32.37 to place 4th in the 200 meters. Amina will attempt to win the Midget Division (11 and 12 year olds) long jump at the AAU National Southern Indoor Championships on Feb.28 at the University of Tennessee in Knoxville.

**Good Luck, Amina!**

## Grand Prix Race Series

by Tina Bridges (frogtox@yahoo.com)

So far we have had two races in our race series this year... it seems to be a success! I try to keep the standings as current as possible and you can always check out your position by following the link on the Columbia Track Club website. Only ten races you run in Columbia will count toward your total, so if you haven't come out and earned points yet it's NOT too late!

We have asked two of our Saturday morning runners to tell us about marathons they've run recently. I realize that many runners in Columbia travel out of town and thought it might be nice to hear what these races are about, from another runner's point of view. We will try to have regular race write-ups in plenty of time for you to gear up to run them during the next calendar year. If you have run a race out of town and would share it, please submit your report (along with a website link)... we would love to read about it!

## **HUMANA RIVER CROWN PLAZA MARATHON** (<http://humanamarathon.com/>) by Rick McAllister

About 2000 runners (seven from Columbia!) participated in the Humana River Crown Plaza Marathon, Half-marathon, and 5K on November 1, 2003 in Kansas City. Runners enjoyed nearly ideal running conditions, with temperatures in the high 30s/low 40s and little wind. Course routes included several scenic parts of the downtown Kansas City area, including the Country Club Plaza, Crown Center, the 18<sup>th</sup> and Vine Historic District, and Cliff Drive.

In the Marathon division, the female winner was Columbia's Jessica Grider in a time of 3:15:41. Three Kansas City area runners were second through fourth and Kimberly Moore, also of Columbia, rounded out the top five females. Rikki Hacker of Kansas City won the men's division in 2:32:53.

In the Half-marathon Shadrack Kimeli, recently graduated from Kansas State University after an outstanding career in NCAA Division I cross-country and track and field, led the men's field in 1:09:37. The women's division was won by Nicole Latimer of the Kansas City area, who ran 1:23:12. In the 5K, winners were Dannika West of Kansas City for the women in 21:10 and Eric Graham of Olathe for the men in 15:31. West is just 11 years old.

Along less competitive lines, Kansas City Star sportswriter Jason Whitlock fared better than in his 2002 debut. After predicting in the Star that year that he would complete the marathon, Whitlock dropped out after just 5 miles. In his second attempt, he managed 11 miles before retiring for the day. Whitlock has used his participation in the event to raise awareness of high blood pressure.

## **NEW YORK CITY MARATHON** (<http://www.nyrrc.org/nyrrc/org/home.html>) by Bill Stolz (w\_stot@yahoo.com)

On November 2, 2003, I completed the New York City Marathon, which, incidentally, was my first. The impetus was a call from a childhood friend and former high school cross-country teammate who wanted to know if I was interested in running with him. Now looking back, it is difficult to describe in words the sights and sounds encountered while traversing the city on foot, but I hope to impart a few of the most vivid images of the race, at least from my viewpoint.

It took me over five and a half minutes to cross the starting line after the sound of the gun because, as one of the largest marathons in the U.S., the New York City Marathon draws over 35,000 entrants. While crossing the Verrazano Bridge, one can actually feel the bridge sway under the weight of the thousands of runners. For me, the spectacular view of the Narrows opening into the Atlantic, complete with the morning sun, was worth all the time and toil.

The course runs virtually a straight line on Fourth Avenue through Brooklyn and into Queens, where it begins to twist and turn. The streets are lined with throngs of people, cheering and offering support, who represent the various ethnic and religious groups that make New York City so rich. It is along the first 8 miles that I must have high-fived literally hundreds of tiny out-stretched hands. Of course, I would pay for this use of energy later, but it was worth it to see the smiles.

One of the most difficult stretches of the race is the Queensborough Bridge, which connects Queens and Manhattan, at mile 15. It is here, after 15 miles of noise and crowds, that one encounters the first and only silence during race. Also, for the first time one notices people walking or dropping out. This was probably the most mentally taxing and depressing mile of the race, and it was a struggle to compose myself for the last 11 miles.

Coming off the bridge onto First Avenue the runners are greeted once again by the massed crowds of spectators. Unfortunately, they are also awarded a view of the next 3 miles of rolling concrete hills. Beware the Willis Avenue Bridge, partially covered in carpet to protect tired feet from the steel grates, crossing into the Bronx. It is here in the Bronx where I was amazed by the cheers, and will always remember the woman handing out, what I consider to be, the most delectable orange slices I have ever eaten.

The last 5 miles down Fifth Avenue and into Central Park were the most painful and difficult. Running, or more like shuffling, on empty I remember little more than a glimpse of the towering white Guggenheim and the cool shade of Central Park. Much of the time was spent looking at the asphalt and willing myself to put one foot in front of the other. The last mile is welcoming and the feeling of crossing the finish line is overwhelming. Standing under my silver heat blanket, medal draped around my neck, I felt like I was dreaming.

While no records were broken, I finished the race in a net time of 4 hours, 18 minutes, and 21 seconds, and have a lifetime of memories from the young children in Queens cheering my name, to the relief of finally finding my wife in the family reunion area.

For anyone interested, first-timers and veterans alike, I would highly recommend this marathon. The breathtaking views of New York City and the warmth and generosity of the people alone are worth every minute. However, I do have a few words of advice. Watch the water and Gatorade stations, which quickly become overcrowded and difficult to maneuver. If you are claustrophobic, beware, as you run literally shoulder-to-shoulder with other runners for the entire race, and at times it can feel suffocating, especially for those lone trail runners like me. Traffic does start to thin out in Manhattan, but it always remains congested. Finally, don't plan on running for time, it's just too crowded. Slow down and enjoy the sights!

Now to answer the question that everyone has been waiting to ask: P Diddy and his entourage crossed the finish line over 4 minutes ahead of me.

**Open letter to the Editor:****An Update on the Model Street Standards**

Background: Columbia is in the process of detailing new street designs (Model Street Standards or MSS) to be used as standards for the design and construction of new and rebuilt streets. The new standards that have been created provide for narrower traffic lanes, more bike lanes, wider sidewalks, and more pedways. It is hard to be more specific because different amenities are included in each different classification of street (residential, collector, arterial, & major arterial). Also some of the classifications have alternates that can be used for specific instances. The standards can be viewed on the city's website.

On January 22, 2003 the Planning and Zoning Commission held a second public hearing regarding the new Model Street Standards. The tape of that hearing should soon be airing on the government access channel.

The main points of the hearing: Roy Dudark of the Planning and Zoning Department gave the staff report and the recommendation that the standards be approved. Chip Cooper, representing the Pednet Coalition, gave a presentation detailing the coalition's mission, and examples of networks in Boulder CO, Portland OR, and Santa Barbara CA. Chip's presentation then compared those examples to the existing conditions in Columbia and requested the August 28<sup>th</sup> version of the street standards be approved. Ian Thomas, also representing Pednet, spoke on the anticipated costs of implementing the new standards. There are some cost analyses of the new standards that indicate building narrower streets with wider sidewalks will cost more than current designs. Mr. Thomas' analysis of the new standards refuted the increased costs, predicted cost savings, and also predicted an overall decrease in the amount of impervious surface that would be constructed. Representatives of the Bicycle and Pedestrian Commission, the Disabilities Commission, Columbia Multi-Sport Club, and the Mayor's Council for Physical Fitness and Health all spoke in support of the new standards as did individual members of the Columbia Bicycle Club and the Multi-sport Club. A representative for the Home Builders Association of Columbia gave the only opposition testimony. The Planning and Zoning Commission approved a motion to forward the revised street standards dated January 22, 2004 to the City Council for adoption and implementation.

What is next: The City Council will take some action on the Standards but it is not yet on their agenda. They may appoint a 'working group' to study the proposed standards and report back. They will conduct their own public hearings. There may or may not be organized opposition to the revised standards.

What is needed: Study the proposed standards. Ask questions and talk to your Council person. If you like what you learn, and believe in alternate transportation, a network of sidewalks, bike lanes, and pedways that encourage walking, biking, and wheeling, then you should be prepared to be vocal about it.

I will continue to post updates on the status of the standards, but I am putting an advance notice out now. A network will not be built without the vocal support of the community. And that support will be required when the Council holds its public hearing on the new Model Street Standards.

Sincerely,

Steven Kullman, Chair, Bike & Ped Commission

205 South Garth

573-875-2670

**CTC Grand Prix Race Series for 2004 Summary**

(the complete rules can be found at [ctc.coin.org](http://ctc.coin.org))

1. The purpose of the Columbia Track Club Grand Prix Race Series is to promote competitive running in Columbia and surrounding communities and to invite new runners, returning runners, and their families to enjoy the health and lifestyle benefits of running. Earn points for completing races and placing in your age group.
2. Each series racer must be a 2004 member of the Columbia Track Club as of the day of the race.
3. For each race series race you compete in the top 5 finishers in each age category will get the following points, 100 (top finisher), 80 (second), 60(third), 40 (fourth) 20 (fifth). Every other series racer who finishes the race will earn 10 points for participation.
4. All series racers, to complete the race series, should run at least 10 CTC calendared races, and must volunteer for at least 2 races.
5. All 2004 club members are automatically enrolled in the race series.
6. There are 2 relevant definitions to age categories, both male and female. Age categories as determined by the individual races, where you earn points, and the overall Grand Prix Race Series age categories, which determines the final standings at the end of the series.
7. While earning points, age categories will be determined by the custom and practice of a particular race.
8. Grand Prix Race Series age categories 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. If you change age groups within a year, your points in your prior age group will carry over to your new age group.

Visit the Columbia Track Club website at [ctc.coin.org](http://ctc.coin.org) for the full rules, updates, race and race series results, Frequently Asked Questions and other Grand Prix Race Series features.

## 2004 Columbia Track Club Schedule

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

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 14 and under--no entry fee)	\$15	Scott Rubinstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse square
4/10	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kurt Kennett, 573-642-3221	Hickman Track
Please note the following schedule changes:			April 24 Show-Me Stampede is CANCELLED.		Show-Me State Senior Games 5k is June 26 10k is June 27

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

### Out-of-Town Events

February	28	Frisco Highline Half-Marathon/10k, Willard, MO, 8 am, active.com
	29	Olympiad Memorial 1/2 Marathon/10k, Chesterfield, MO, 7:30 am, (314) 434-9577
March	6	Race to Grace 5k/1/2 mile, Kirkwood, 8:30 am, (314) 961-3186
		Wildcat 8k, Cassville, MO, 8 am, (417) 847-3137
	7	Top o' the Morning 5k/1/2 mile, Fairview Heights, IL, 8:30 am, (618) 632-5597
	13	Luck of the Irish 5k, Jefferson City, 9 am, (573) 681-9622
		St. Patrick's Day Parade 5 miles, St. Louis, 9:30 am, (573) 447-3733
		St. Pat's 4 mile, Kansas City, 11:00, (816) 228-3842
		Devil's Revenge Off-Road Duathlon, Lawrence, KS, (816) 468-4831
	21	St. Louis Half Marathon/3k/1/2 mile, Clayton, MO, 8 am, (314) 781-3926
	28	Sedalia Half-Marathon, Sedalia, 9 am, (660) 827-0274



### Welcome New CTC Members

John Adams	Columbia
Karen Battjes	Columbia
Megan Bechtold	Columbia
Holly Bondurant	Columbia
Grafton Cook	Columbia
Mundy Hackett	Columbia
James Harrington	Columbia
Becky Llorens	Columbia
Lori Pflug	Columbia
Stephen Keithahn	Columbia
Richard King	Columbia
Darrell Rhodes	Columbia
Kevin Schroeder	Columbia
Carl Vansant	Columbia
Laura Wells	Columbia

### New CTC Member Meetings

Attendance at our Saturday morning runs and coffee gatherings is growing, so we are going prime time. Join us at Shakespeare's West Pizza for a new series of Track Club Member Meetings, beginning at 6:30 p.m. on the first Thursday of each month. Each meeting will highlight a different aspect of health and fitness improvement, race training and skills improvement. Children and family members, running and non-running, are always invited.

**March 4, 2004, 6:30 p.m.** One week left till the St. Pat's Day race. What can you do in the last 8 days to keep up your conditioning for the largest of the CTC calendared races? Join us for ideas, and bring your best training schedules for summer and fall marathons and half marathons. We'll help you find a mid week training partner that runs your pace.

**April 1, 2004, 6:30 p.m.** This month we'll get organized for our daily, early morning trail runs and discuss training strategy to prepare for the Jay Dix Race on April 24<sup>th</sup>. Join a pace group led by an experienced runner. For more information about Member Meetings, contact Bill Stolz at [w\\_stolz@yahoo.com](mailto:w_stolz@yahoo.com)



## COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872  
Columbia, MO 65205

FORWARDING SERVICE  
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Columbia, MO 65203-5714

12/04

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### 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