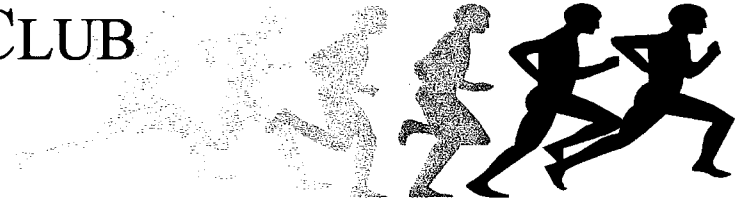


# COLUMBIA TRACK CLUB

# NEWS

Volume XXXVII No. 6

November 2004



## CTC Colts Cross Country

Once again this year the Columbia Track Club sponsored, and coached, the 7<sup>th</sup> & 8<sup>th</sup> grade Cross Country Team made up of C.C.S. students. The P.A.L.S. group included about 9 teams in the girls and boys divisions this year. This program has grown greatly over the five years we have participated, and our CTC teams have done wonders again this year. A grade school cross country race is 1.5 miles whereas the high school cross country race is 3.1 miles and quite a challenge.

This year the team included:

8<sup>th</sup> graders: Kaitlin Vogt, Colin McDonald, and Joe Taube

7<sup>th</sup> graders: Bevin Gunn, Monique White, and Evan King

6<sup>th</sup> graders: Charlie Carson, Grady Harrington, Jennifer Willis and Tommy Majerus

5<sup>th</sup> grade: Danica Shimkus, Connor Gundy, August LaBrunerie, Cory McDonald, Devin Sander, and Pascale White

4<sup>th</sup> grade: Nathan Keown, and Rebecca Willis

Thus our average grade level was 6, (6.5 last year). We allowed all interested athletes to run regardless of grade. While this makes it more difficult to win, it is in keeping with the spirit of the sport which allows all willing runners to compete.

Each meet awarded medals to the top ten finishers, and our team won 22 medals, (19 last year), in five meets:

5 first place (all Rebecca Willis) (2 last year)

2 fourth place (all Monique White)

1 fifth place, 4 sixth places, 4 seventh places, 3 eighth places, 3 ninth places, and 2 tenth places.

The average race time of the team went from 11:44 (14:03 last year) at the first meet on an easy course to 10:56 (11:29 last year) on the last and most difficult course. This time decrease is an improvement of 48 seconds per 1.5 mile throughout the season! For the championship meet the girls team won and the boys team came in second place. That is exceptional considering the overall age of the athletes on the team. The experience the younger members have gotten will be invaluable for the years to come.

We look forward to extending the opportunity for all interested runners again next year to take the challenge of cross country running. Our past CTC team members have from 2000 to the present become: the top four varsity girls for Hickman High School, the top varsity boy for Rock Bridge, three varsity girls for Helias, and two varsity boys for Hickman.

The 2004 CTC Colt Cross Country Team Coaches  
Dick Hessler, Margaret Shimkus, and Jim Keown

## Upcoming Events

- **Cross Country 5k**  
Nov. 14
- **Cranberry Crawl 5k**  
**Mayor's Mile**  
Nov. 20
- **Cheese and Sauerkraut**  
**10 miler**  
Dec. 4
- **First Night 5k**  
Dec. 31

## CTC Annual Meeting Nov. 29, 7 pm

Columbia Track Club will hold its annual meeting Monday, Nov. 29 at 7pm at the Roger Wilson Government Center. All members are invited to attend. We will be finalizing our 2005 schedule and electing Board Members. To be eligible for the Board one must have been a CTC member for at least three years. According to our updated Bylaws, "Any person who desires to be nominated to the Board shall submit his or her name, in writing to Randy Gay, Nominating Committee, at least 10 days prior to the date of the annual meeting." Names can be mailed or e-mailed to Randy at:

Randy Gay  
7551 E. ABC Lane  
Columbia, MO 65202  
or [RGay@bjc.org](mailto:RGay@bjc.org)

**25 years ago**

**Looking Back**

**By Joe Duncan**

**November 4, 1979:** 3 Mile Cross Country, Turkey Trot: St. Louis TC won the Open Division and the Women's Division while CTC won in the male over age 40 category. Some of the individual performances: Steve Fisher 15:05, Tom LaFontaine 16:36, Don Lewis 17:00. Dick Hessler 17:22, Ben Londeree 17:27, Martha Stinson 18:23, Don Johnson 19:55, Debbie Hoxworth 20:04, Rick Londeree 23:09.

**November 17, 1979:** 20,000 meter run: 1. Rex Power 1:06:49. 2. Steve Fisher & Jeff Mittelhauser 1:08:33. . Norm Stebbins 1:12:32. . .8. Tom LaFontaine 1:13:00, 9. Don Lewis 1:13:34. . .11. Dick Hessler 1:15:33. . .

10,000 meter run: 1. Martha Stinson 39:03, 2. Susan B Noyle 44:18. 3. Russ Kurth 44:50, 4. Julie Mittelhauser 45:13, 5. Elaine Slepser & Mary Ann Slivinsky 50:09.

**December 1, 1979:** 30 kilo run: 1. Jeff Mittelhauser 1:44:41, 2. LaFontaine 1:51:51, 3. Stebbins 1:54:56, 4. Hessler 1:55:20, 5. Bruce Maxey 1:58:03, 6. Granberg 1:59:46, 7. Olen Brown 2:01:56.

**December 15, 1979:** Holiday 10 mile Cheese & Sauerkraut Race: 1. Rex Power 54:52, 2. Dennis Stewart 55:36, 3. LaFontaine 56:35, 4. Stebbins 56:36, 5. Lewis 57:40. . .7. Hessler 58:30, 8. Londeree 1:00:57 (Ben won the Big Cheese by missing his prediction by only 3 seconds. As we commented then, ". . .all watches were confiscated. . .we were somehow unable to remove the clock that Ben carried around in his head." 20. Tom Hinckley 1:09:10—this was Tom's last CTC race, prior to moving to Seattle where he had become a renown forester. 21. Joe Duncan 1:09:17—just to let everyone know that he has done better than his current 90 minutes on a flat course.

**CTC Board of Directors**

Dick Hessler, president	Linda LaFontaine
Tom Allen, secretary-treasurer	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Marc Keys
Amy Gundy	

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/>**

**Congratulations**  
 to our CTC Colts Cross Country team!



The girls placed first in the Columbia meet.



Jennifer Willis & Danica Shimkus



Pascale White



Evan King & Colin McDonald



Grady Harrington



Nathan Keown & Connor Gundy

**THANKS, COLTS COACHES, for your  
 time and effort in helping  
 our young runners!!**

## 2004 Columbia Track Club Schedule

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

11/14	1:30 pm	Cross Country 5k	**	Christian Reed, 442-8838 Stephen Bourgeois, 875-3001 Marc Keys, 256-2635	Stephens Lake
11/20	8 am	Cranberry Crawl 5k Mayor's Mile (kids ages 5-12 no entry fee)		Steve Stonecipher-Fisher, 447-2453 Randy Gay, 814-2627 or 815-3706	Tryathletics
12/4	8:30 am	Cheese & Sauerkraut 10-M	**	Randy Gay, 814-2627 or 815-3706 Dick Hessler, 874-2906	McBaine
12/31	4 pm	First Night 5k	\$15	Dana Fedenia, 815-3263	Flat Branch Park

*This is a copy of an e-mail received in August. Dennis Stewart was a standout CTC runner in the 1970's.*

Dr. Hessler,

Thank you for the reply. Just a bit before Dennis left on his grand journey we were talking about how he and I met. I do not know if I told you this story, so if it is a repeat, please forgive me. I think we met in person at last year's Rock Bridge Revenge. I am also copying Carolyn Little on this since she also played a role.

When my son Ryan ran a mile in 5:20 or so as a first time runner in 8th grade, Carolyn told me that was pretty good and I ought to encourage him to run and try to get him involved more in running. She ended up giving me your name to contact as a resource, which I did. In an e-mail on a Wednesday, you told me about Dennis Stewart right here in Higginsville, who I had not met.

The very next day, a Thursday, I attended my regular weekly Rotary meeting and guess who the program was. It was none other than Dennis Stewart. He was giving a program on his mountain climbing exploits. Within a week, Ryan was gazing upon Dennis' NCAA Gold Medal from his days running with Jim Ryun at KU.

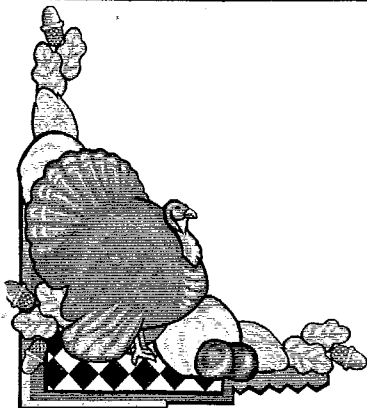
Since then, Dennis has served as a great mentor/role model for our son Ryan. They have worked out together on occasion

and Dennis has literally been a Godsend to Ryan here in the little town of Higginsville. Ryan became the best miler and two-miler in his high school's history as a sophomore and broke his own records as a junior. He is a 6-time state medalist, as well. Much of Ryan's running success has come from his hard work and working with Dennis, who I would never have known about had it not been for Carolyn putting me in touch with you and you telling me about Dennis the very day before Dennis was the program at Rotary. Dennis has also helped Ryan realize that studying hard, training hard, etc. can lead to a lot of success in all areas of life. Ryan is a pretty good kid, and part of that has been Dennis' positive influence.

Sometimes we are blessed far beyond what we deserve. You and Carolyn played a major role in one of those times for me. I decided as I was writing this that it was way past due for me to thank each of you. While you probably see it as just a little thing that brought Dennis and my son together, I want you to know that it was a very big thing that has had a very positive effect on our son. I will forever be very grateful.

Sincerely,

Brian L. Cornelius



### Running Shorts:

- This is a mini-newsletter to announce the Annual Meeting. The results from the Rock Bridge Revenge and Homecoming 5k will be in the next issue. Stay tuned!
- Don't forget the **Annual Meeting Nov. 29 at 7 pm.** This is an opportunity for you to help the track club make decisions about upcoming races.

# COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872  
Columbia, MO 65205

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

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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