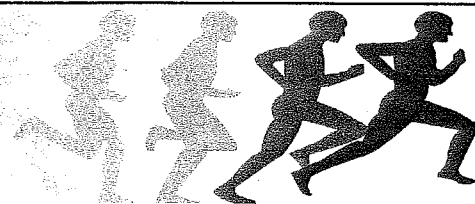


# COLUMBIA TRACK CLUB

## NEWS

Volume XXXVIII No. 3

April 2005



### St. Pat's 5k

March 12, 2005

Ted Zderic 33 16:27	Dean Stover 44 21:42	Thomas McDaniel 26 24:11
Jamie Moreno 33 16:33	Josh Dierking 20 21:57	Thomas McCarney 9 24:13
Pete Doll 33 16:46	Nicholas Power 34 21:58	Jim Brocksmith 49 24:15
Stephen Taylor 30 17:00	Roberto Guitierrez 41 22:00	Brett Barton 33 24:16
Matt Dreier 30 17:11	Robby Brown 25 22:03	Stephanie Gillum 18 24:18
Marc Keys 42 17:12	Fredrich Schmidt 46 22:06	Nick Fast 20 24:22
Keith Jennings 19 17:23	Michael Brumfield 31 22:12	Michael Prewitt 54 24:25
Steven Harp 23 17:28	Ellen Frederiksen 25 22:15	Rick Francis 47 24:27
John Weghorst 49 17:38	Joel Love 43 22:16	Michael Mac 54 24:29
Chris Cook 33 17:47	Kelsey Morris 22 22:19	Catina Topash 31 24:31
Brad Fleenor 27 18:05	Jerome Venteicher 23 22:32	Samuel Gold 23 24:32
Tod Holdorf 41 18:13	Edward Rollins 46 22:32	Brent Young 44 24:33
John Wening 25 18:25	Miki Bohon 27 22:33	Betty Bohon 52 24:34
Matthew Barrett 32 18:27	Auben Galloway 32 22:40	Patrick Short 28 24:36
Jim Wilbur 28 18:38	Lloyd Weber 33 22:41	Shawn Parker 26 24:37
Bryan Topash 35 18:55	Kent Runyan 55 22:42	Melissa Lawson 36 24:38
Nancy Taube 44 19:05	Steven Kullman 45 22:45	Mark Hughes 42 24:40
Nate Smith 22 19:16	Lynn Hagen 35 22:47	Beth Halton 27 24:44
Julie Lossos 24 19:17	Dan Billington 45 22:48	Matthew Vesecky 14 24:55
Sean Newcomer 33 19:19	Edward Watts 21 22:51	Gregory Cecil 51 24:56
Rudy Kelley 57 19:23	Simon Rose 40 22:52	David Webber 53 24:58
Kevin Tyler 49 19:35	Mitch Henderson 30 22:54	Curtis Sheldon 33 25:05
James McInvale 49 19:43	Jason Youngquist 26 22:56	David King 51 25:06
Andy Shirkey 36 19:45	Jeremy Katcher 26 22:58	Damon Vertrees 32 25:07
Brad Miller 38 19:49	Marilyn Upton 40 22:59	Tammy Smith 31 25:09
Paul Myers 41 19:51	Katie Desplinter 21 23:00	Steven Graves 58 25:10
Paul Hammond 28 20:02	Craig Stump 43 23:02	Bill Costello 33 25:11
Allan Benjamin 49 20:05	Kevin Kemper 47 23:03	Rebecca Brocksmith 14 25:12
Marcus Long 22 20:08	Kevin Pace 42 23:05	Dennis Tront 51 25:12
Burton Heller 33 20:15	Rob Foss 48 23:11	Brad Bowsell 33 25:14
Melissa Fleenor 25 20:24	David Mountjoy 50 23:16	Rebecca Miller 30 25:16
Philip Schaefer 51 20:32	J. Glenn Phaup 41 23:18	Tom Weislocher 54 25:17
Tim Montgomery 22 20:34	Lyle Johnson 34 23:20	Paul Schneider 36 25:18
Steve Lightner 53 20:34	Walter Peters 47 23:23	Carol Rhodes 37 25:19
Otha Stone 15 20:57	Richard Nistendirk 65 23:24	Ken Hammann 57 25:21
Pam Peters 19 21:05	Griffin Humphreys 12 23:25	Kevin Corcoran 20 25:23
Josh Hulen 13 21:10	Ernie Verslues 44 23:26	Sue Yun 31 25:24
Oscar Chavez 41 21:15	Jessica Hatley 19 23:27	Kelsey Thompson 22 25:28
Trevor Harris 34 21:20	Jesse McInvale 8 23:28	Anu Pekkarinen 28 25:30
Matt Widzer 32 21:21	Hugh Emerson 47 23:28	Michelle Lutz 21 25:33
Dale Harris 35 21:21	Kathryn Fishman 23 23:34	Joe Goldfarb 64 25:35
Danny Graville 30 21:25	J. A. Johnmeyer 48 23:37	Rosie Stavder 40 25:35
Sarah Ashman 32 21:26	Stewart Hooper 41 23:38	Tom Stauder 44 25:36
Dennis Baggett 40 21:27	Kelly Beets 34 23:43	Christina Roark 26 25:37
Dale Willis 45 21:35	John Hahn 34 23:49	Melissa Everitt 27 25:38
Kameron Murphy 27 21:41	Nathan Keown 10 23:50	Troy Leewright 28 25:46
	Chris Janku 52 23:53	Tiffani Williams 32 25:49
	Rebecca Willis 10 24:02	
	Nathaniel Fast 22 24:06	

## Upcoming Events

- **Track Workouts**  
March 2-May 18 (every Wed.)
- **Two Person Relay**  
April 16
- **Show-Me Stampede 5k**  
April 23
- **Spring Couples Run**  
May 7
- **Joe Marks Memorial Human Race XXVII**  
May 14

## Quote of the Month:

*Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.*

~Charles Schulz, Peanuts



**Happy Spring!**

(Continued on page 4)

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

**March 1, 1980:** 5,000 Meter Nut Race: 1. Jeff Mittelhauser 17:38. . . 4. Dick Hessler 18:40. . . 7. Tom LaFontaine 19:40. . . 10. Ben Londeree 20:57  
11. Olen Brown 20:57 12. Jim Gibson 21:09. . . 15. Herb Mittelhauser 22:45 16. Matt Gibson 22:49. . . 19. Steve Gibson, 12, 23:29 20. Tim Gibson, 9, 25:54  
Rob Spier walked a 32:52

Terrible north winds, 12 degrees, 4 inches of snow & ice

**March 15, 1980:** Four Mile Relay: 1. A group of UMC runners--Brad Hawthorne 4:37, Marc Shegoski 4:39, Mark Hofius 4:27, Mark Taitt 5:41. Tom LaFontaine anchored the 2nd place team with a 4:48. The Gibson brothers were 6th: Steve 5:35, Tim 6:01, Matt 5:28, Jim 5:18; Ben Londeree, age 45, had 4:52, Dick Hessler 4:59, Angela 8:22, Amy 6:34  
This was all on the Reactor Park one-mile course.

3-mile walk: 1. Jim Wass 29:32, 2. Rob Spier 30:41,  
3. Bill Taft 34:45

**CTC Board of Directors:**

Linda LaFontaine, president	Dick Hessler
Marc Keys, vice-president	Amy Gundy
Tom Allen, secretary-treasurer	Joe Duncan
Steve Stonecipher-Fisher	Randy Gay
Jeanine Pagan	

**CTC Presidents:**

Joe Duncan	Nov. 1968-Oct. 1987
Tom Coon	Nov. 1987-June 1989
Joe Marks	July 1989-June 1991
Steve Stonecipher-Fisher	July 1991-Dec. 1992
Joe Marks	Jan. 1993-Nov. 1995
Curt Kempf	Dec. 1995-Oct. 1997
Dick Hessler	Nov. 1997-Nov. 2004
Linda LaFontaine	Dec. 2004-

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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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. . .**

Greetings! Time to enjoy that spring weather and extra hour of daylight.

In response to the interest in group runs, here's what we have thus far:

**Columbia Track Club:** *Wednesday night track workouts, now through May 18, 6 pm on Hickman Track. All ages and abilities welcome.*

**Columbia Multisport Club:** *Tuesday/Thursday Firstlighters, depart at 5:30 am from Forum Blvd entrance to MKT trail. Tues: 2 mile warm up on trail at 8:30 pace, then 4 - 6 miles of hills. Thurs: 2 mile warm up on trail, then 4 - 6 miles of speedwork on trail. Abilities vary from under 7 to over 9 min/mile. Usually 12 - 14 runners. Everyone welcome!*

[www.columbiamultisport.com](http://www.columbiamultisport.com) - Joe Bechtold, Pres.

**Mid Missouri Road Runners:** *Saturdays, depart 7:00 am either courthouse columns or Stadium entrance to MKT for 10 miles. 15 - 20 runners of all paces. Gather for coffee afterwards at Sunrise Bakery on Broadway, sub level.*

[www.midmissouriroadrunners.com](http://www.midmissouriroadrunners.com) - Tina Bridges, Pres.

Also, "Running Columbia", co-produced by Jay Hasheider and Pat Fowler, is now airing on community access channel 3 TV, Mediacom 3, and Charter 21 each Thursday at 8:00 pm. This month's episode features the St. Pat's 5K, with footage of the race and an interview with race director Steve Stonecipher-Fisher and overall winner Ted Zderic. Let us know what you think!

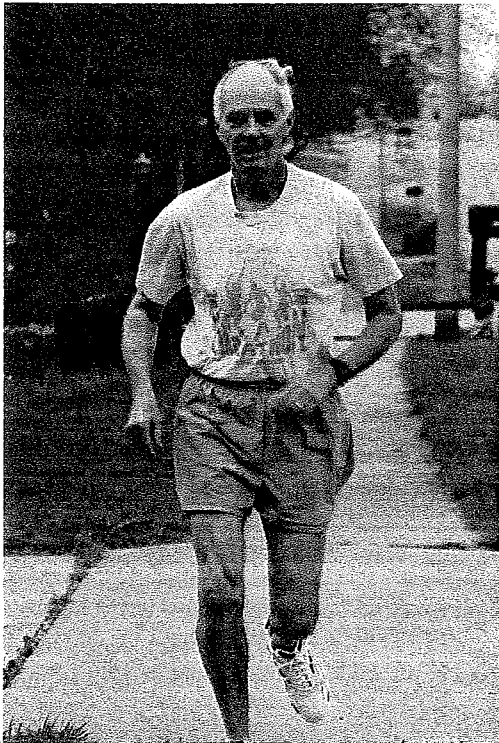
And, look for our new CTC banner at the Joe Marks Memorial Human Race!

Anyone interested in hosting a workshop on a running or training topic? That was also suggested by our membership.

Thanks again for your input and interest. Please email me at [linlafontaine@aol.com](mailto:linlafontaine@aol.com) with your comments and suggestions. See you down the road.

—Linda

# CTC Runner Profile



## Joe Duncan

Age: 70

### Personal Records:

5k: 19:36

10k: 39:30

Marathon: 3:21:50 (at age 49)

Any performance I establish after age 70—I have the same competitive juices flowing. It is still my favorite thing to engage in competition.

**Weekly mileage?** 16-20 miles a week

**When did you start running?** August 1966, age 32

**What is your favorite workout?** My favorite workout is to alternate 1/2 miles on the streets.

**What is your favorite training route?** Out my door, three miles on the streets, then back home to total 6 miles

**Personal info and interests:** My wife, Carole; 4 sons; 37 years in CTC—Charter Member. I enjoy reading, chess, travel, landscaping, old movies.

*Editor's note: We first profiled Joe in the April, 1998 issue. He is still running strong. Joe is an inspiration to us all!*

## Amina And Alexa Shelton Shine At Annual MU All-Comers Meet

CTC members Amina and Alexa Shelton competed in a combined total of 7 events on Feb. 19 and recorded 7 personal- indoor bests at the 21st Annual MU All-Comers Meet at Hearn Center. Amina, 11, competing for the first time in the high jump took 1st place with a jump of 3' 8 1/2" in the 14 and under age division. She also took 2nd in the long jump with a jump of 13' 5", bettering her previous best of 13' 2 1/2" she did at last year's AAU National Indoor meet that was the best-ever for 10 and under girls and good enough for the bronze in the 11 and 12 age group. She also took 4th in the 60 meter dash with a MEET personal best 9.11 (I've timed her in 8.9 in practice). Finally, she took 6th in the 200 meter dash in 31.00. Alexa, 8, also competing in the 14 and under division took 5th in the long jump with a jump of 9' 4". She took 19th in the 60 meters in 10.56 and also 19th in the 200 meters in 39.52

## Running Shorts:

- If your newsletter says "0412" on the label this will be your LAST newsletter. Renew now so you won't miss a minute of Columbia's running news.
- The location for the Wellaware 5k on May 30 will be changed. The new race course is still being worked out, so we will let you know as soon as possible.

(Continued from page 1)

Karen Talbott	37	27:50	Michelle Motley	45	29:43	Sarah Croom	31	31:50
George Batek	39	27:52	Kevin Kiley	35	29:43	Julie Richter	29	31:53
William Gorlinsky	47	27:53	Katherine Lee	44	29:44	Philip Wood	64	31:59
Joe Duncan	70	27:53	James Linville	49	29:45	Marvin Van Leer	68	32:06
Eric Phelps	34	27:54	Dave Crooks	16	29:46	Nicholas Glascock	19	32:09
Timothy McCulloch	50	27:55	Susan R. Eckerle	28	29:48	Jenna Klenke	19	32:10
Victoria Summers	39	27:56	Tyler Roush	27	29:48	Cara Brandenburg	38	32:12
Harold Deckerd	49	27:57	Heather Knaebel	31	29:49	Meghan Sell	16	32:13
Thomas Highland	57	27:58	Kevin Popejoy	46	29:51	Katie Roeder	21	32:14
Ann Moreton	45	27:58	Kellie Pierson	24	29:58	Katie Higginbotham	11	32:14
Rebecca Highland	38	27:59	Lynelle Phillips	37	30:00	Holly Higginbotham	37	32:15
Mary Stubbs	46	28:00	Lindsey Coffman	21	30:01	Peggy Connell	50	32:18
Kyle Tonnies	10	28:02	Kimberly Austin	24	30:01	Lauren Truelove	17	32:19
Mary Broeckling	24	28:03	Mary Bradshaw	33	30:02	Paul Gieringer	49	32:22
Ashley Johnson	19	28:08	Ciesa Saxe	19	30:05	Aaron Molina	27	32:23
Renee Martin	31	28:09	Jordan Rockett	15	30:10	Lisa Leonard	30	32:24
Seth Van Dyke	29	28:11	Danielle Schrader	21	30:18	Mary Still	51	32:28
Charity Summers	27	28:15	Larry Henderson	61	30:20	Jennifer Temple	30	32:29
Jeanna Taylor	41	28:17	Terry Dunscombe	68	30:23	Eliana Jeanetta	40	32:31
Jessica Kovarik	21	28:19	Sally Moore	29	30:24	Stephen Jeanetta	42	32:32
Julie Els	33	28:24	Stephanie Crooks	23	30:26	Jennifer Sandknop	22	32:33
Steven Taylor	21	28:25	Elyse Peery	17	30:27	Erin Sandknop	19	32:33
Jeffrey Skimming	43	28:25	Deborah Hanuscin	31	30:29	Christine Staelens	44	32:34
Tracy Thompson	34	28:26	Russ Still	58	30:31	Katie Earnest	9	32:35
Monica Cooper	32	28:27	Megan Klenke	21	30:33	Brad Earnest	37	32:35
Teresa Schumaker	38	28:27	Justin Schmidt	15	30:34	David Crooks	50	32:40
Bill Brennan	48	28:28	Kevin Davidson	13	30:35	Annette Humphreys	42	32:41
Kristin Morin	24	28:31	Thomas Ratermann	41	30:36	Elizabeth Dunafon	28	32:45
Alison Esbeck	23	28:31	William Borengasser	56	30:37	Jennifer Trachsel	28	32:46
Terry Robb	50	28:33	Alejandro Chavez	10	30:38	Christina Morian	44	32:55
Liesje Dotson	37	28:34	Patti Coffelt	47	30:43	James Farris	11	32:57
Jana Heitmeyer	25	28:35	Terry Coffelt	48	30:44	Joshua Vesecky	12	32:58
Yvonne Buchheit	33	28:37	Ed Powers	57	30:51	Collin White	9	32:59
Steve White	50	28:38	Betsy Powers	21	30:52	Ben White	47	32:59
Terrance Grus	35	28:39	Georgia Morehouse	71	30:54	Ashley Mahon	22	33:00
Cheryl Silverstein	22	28:40	Isaac Bradshaw	8	30:57	Laura Odam	23	33:04
Heather Moresi	26	28:51	Marla Mueller	48	31:08	Lisa Acton	41	33:12
Glenda Young	52	29:03	Amy Schadt	29	31:10	Jan Ivey	45	33:13
Alex White	11	29:08	Linda Schadt	58	31:12	Terrie Woodsmall	54	33:14
Tara Robertson	33	29:09	Jim Schadt	58	31:13	Joe Bayer	37	33:15
Suzanne Lenz	34	29:11	Ryan Winkler	22	31:18	Meg Gray	42	33:16
Ken Hirlinger	54	29:12	Caitlin Hollandsworth	14	31:19	Mihaela Britt	29	33:18
Amy Lahue	34	29:13	Rachael Plourde	14	31:19	Daxton Stewart	31	33:19
Jeremy Myers	24	29:14	Lori Kelley	34	31:20	Samantha Klotz	22	33:25
J.B. Waggoner	36	29:15	Jennifer Plourde	41	31:21	Jonathan Fitzsimmons	31	33:28
Angie Proffitt	31	29:16	Gary Klein	42	31:22	Lacy Humburg	25	33:32
Scott Proffitt	36	29:17	Lauretta Wise	49	31:25	Julie Stansfield	41	33:33
Janet Brandt	53	29:19	Beverly Twellman	56	31:30	Rebecca Goodloe	34	33:35
Joann Muller	29	29:23	Jennifer Cass	15	31:35	Misty Werkmeister	28	33:37
Jennifer Francis	21	29:27	Lisa Groshong	34	31:36	Vera Reichlin	28	33:38
Kristin Mass	24	29:28	Sherry Cass	45	31:37	Cecilia Carson	41	33:42
Andrew Beverly	43	29:29	Nancy Corwin	42	31:39	Adam Vesecky	8	33:43
Jim O'Dell	61	29:31	Barney Sword	73	31:40	Melinda Powell	31	33:45
Lisa Hollenbeck	49	29:33	Maureen Connell	17	31:41	Carlynn Trout	44	33:46
Chris Sisson	26	29:37	Jessica Triphahn	25	31:42	Tim Staelens	43	33:52
Jess Newkirk	59	29:38	Jackie Johnson	33	31:44	Martha Lile	37	33:54
Andrea Allen	58	29:38	Jeanne Haslag	37	31:45	Dale Spry	44	33:55
Rachel Brocksmit	16	29:41	Jennife Brooks	32	31:47	Laurie Coleman	25	33:56
Laura Wells	64	29:42	Jenna Rose	32	31:49	Wendy Evans	56	34:01
Jaxon Kincaid	31	25:50						
Jackie King	19	25:50						
Kevin Conn	48	25:52						
Michael Goldman	54	26:04						
Kerry Reeves	32	26:05						
Christian Fischer	35	26:06						
Julie Daniel	35	26:11						
Bill Wright	64	26:12						
Tery Donelson	47	26:13						
Beth Billington	39	26:16						
Jim Beverly	13	26:28						
Ryan Sibold	23	26:29						
Alan King	43	26:34						
Alex Staelens	13	26:39						
Jim Peregoy	39	26:40						
Michelle Dick	21	26:44						
Eric Verslues	33	26:47						
Andrew Vecellio	30	26:48						
Lauren Fichter	16	26:52						
John Moreton	10	26:52						
Bradly Newkirk	33	26:53						
Butch Langsteiner	49	26:54						
Jessica Jeffries	22	26:59						
Julian Binfield	34	27:02						
Ed Goss	53	27:04						
Kathryn Francis	19	27:05						
Sean Quick	21	27:08						
Jeff Tan	31	27:08						
Tyler Highland	10	27:09						
Alex Greenwood	11	27:10						
John Sullivan	27	27:12						
Philip Dooley	46	27:16						
Michael Beckett	49	27:17						
Justin Brown	25	27:17						
Kimberly Cotsworth	20	27:19						
Jason Lee	31	27:20						
Terese Zidon	26	27:20						
Zoila Mena	23	27:21						
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Bill Everhart	44	27:35						
Jenni Pomajzl	28	27:36						
Steve Bolinger	18	27:38						
Christine Stamper	35	27:40						
Gary Stamper	48	27:40						
Wes Sims	27	27:41						
Amy Wiggins	20	27:42						
Travis Ballenger	33	27:44						
Mark Flanegin	50	27:45						
Jeanette Brown	48	27:46						
Jennifer Thompson	31	27:47						
Heather Demand	33	27:48						
Gary Giles	60	27:49						
Don Ballenger	63	27:49						
Susanne Sawyer	30	27:50						
Kent Taylor	48	27:50						

Leslie Schneider	49 34:03	Nancy Rath	45 37:13	Amanda Andrade	35 42:31	Autumn Sammelman	23 47:37
Thomas Crawford	44 34:08	Jessi Park	22 37:14	Sierra Frye	12 42:40	Matthew Mastroianni	23 47:38
Terry Showers	53 34:08	Sarah Brown	24 37:15	Nikki Hahn	26 42:42	Lois Anderson	56 47:54
Tracy Jones	38 34:09	Linda Vogt	57 37:42	Phyllis Weter	42 42:49	Ashli Hagan	32 48:15
Jackie Verdun	36 34:11	Leslie Chalfont	42 37:56	Nancy Yates-Parker	48 43:00	Marilyn McCreary	59 48:50
Julie Maledy	46 34:11	Maya Nolan-Clark	9 38:17	Bill Clark	50 43:01	Sarah Seeger	39 48:55
Bill Hert	47 34:13	Amy Greenwood	35 38:17	Gunnar Kennedy	6 43:09	Sharon Boland	40 48:56
Gina Jensen	40 34:14	Chandler Greenwood	9 38:18	Kirsten Kennedy	40 43:10	Paula Heaviland	44 48:57
Emily Morts	25 34:15	Connie Popejoy	46 38:24	Dayton Grover	10 43:11	Kelly Hughes	35 48:58
Leigh Neier	24 34:15	Sheila Huddleston	36 38:39	Amy Grover	34 43:13	Kelsey Hughes	18 49:06
Scott Croom	30 34:16	Cheryl Currie	55 39:00	Nancy Mueller	47 43:15	Luci Fichter	47 49:07
Kay Lindner	54 34:17	Kamille Schultz	27 39:03	Megan Hayday	7 43:20	Sharon Hillard	49 49:10
Larry Fick	63 34:18	Molly Good	24 39:03	Chris Hayday	35 43:21	Sydnee Serr	50 49:48
Christi Sewell	28 34:22	Cindy Suich	53 39:04	Anita Pingel	46 43:22	Ryan Matticker	14 49:48
Mark Stevenson	55 34:39	Laura Roeder	26 39:05	Kelsie Maledy	13 43:27	Dale Saxe	53 49:50
Morgan Popejoy	12 34:45	Martha Utterback	21 39:06	Jordan Collins	11 43:27	Deanna Leimbach	27 49:51
Emily Peel	12 34:46	Norma Jackson	31 39:22	Rhonda Henstorf	42 43:28	Bridget Hillman	33 49:52
Lindsey Lyles	21 34:52	Darlene Saxe	40 39:24	Melissa Cox	28 43:29	Kurt Hillman	36 50:09
Maria Licher	23 34:53	Lewis Mead	74 39:42	Saige Lewis	8 43:53	Lanie Busby	30 50:19
Jaye Wilcox	11 34:59	Mike Hemme	45 39:53	Sara D. Stone	43 43:58	Jana Moore	30 50:25
Marlene Ridgeway	32 35:00	Cynthia Duncan	40 39:54	Nancy Sweezer	50 44:07	Doug Simon	40 50:26
Julia Chavez	9 35:05	Janna Bredeson	33 39:56	Amy McKenzie	28 44:14	Claire Simon	8 51:09
Lisa Molix	27 35:14	Rachael Tadsen	31 40:00	Mary M. Newby	57 44:15	Chris Brix	68 51:11
Marcela Chavez	41 35:17	Cheryl Lightner	49 40:02	Barbara Roades	39 44:41	Juia Girus	32 51:12
Emily Wilbur	30 35:24	Melissa Wright	29 40:14	Troy Farriws	8 44:57	Kristen Smarr	36 51:14
Lisa Gardi	41 35:27	Michelle Allen	32 40:15	Betsy Farris	46 44:58	Becky Stuerke	24 51:16
Jon Kruse	37 35:30	Tate Cooper	7 40:16	Jo Ann Wait	53 45:30	Deb Tesero	42 51:42
Leroy Sharp	71 35:45	Laura Sievert	35 40:17	Kent Hillman	34 45:32	Marilynn Young	57 52:20
Kenny Bader	43 35:47	Katie Kennedy	11 40:17	Amy Steffen	27 45:34	Wes Peery	12 52:23
Alison Cook	27 35:49	Terry Kennedy	43 40:18	Laura Pfeiffer	53 45:36	Emily Harris	16 52:24
Patricia Dary	37 35:51	Leslie D. Pinkley	23 40:42	Lora Hillman	32 45:37	Sadie Burnam	15 52:25
Don Waltman	69 36:09	Meredith Ritter	24 40:43	Josh Rockett	10 45:50	Josh Popejoy	15 52:26
Sandy McClure	42 36:22	Rusty Smarr	42 41:21	Caleb Rockett	8 45:51	Michelle Goode	27 52:27
Mark Brune	50 36:25	Jennifer Thornhill	30 41:45	Jennipher Burris	31 45:56	Ginny Meyer	19 52:28
Laura Detert	41 36:29	Abigail O'Sullivan	32 41:46	Paige Klein	44 45:57	Briana Proctor	16 52:35
Marla Wilcox	50 36:31	Jennifer Doty	44 42:22	Jill Rockett	40 45:58	Sabra Proctor	42 52:36
Carol Wicks	47 36:32	Gretchen Schulz	39 42:25	Pamela King	48 46:48	Rita Hankemeier	53 53:23
Butler Stringfield	60 36:33	Ted May	52 42:27	Jill Harper	20 46:50	Ellen Bender	43 53:24
Amy Himmelberg	28 36:46	Barbara Keller	45 42:29	Paula Marti	33 46:52	Lenafrances Sheets	24 53:35
Sherr Sullivan	33 36:47	MacKenzie Andrade	12 42:30	M.R. Karrer	51 47:23		

### You Know You're a Runner When:

- you wish there was more running on television
- you get up earlier to run on the weekends than you do for school/work
- you have hundreds of safety pins scattered around your house
- you have more T-shirts than a souvenir shop
- you know that there is no such thing as too much pasta!
- you can't wait for your next birthday so you move into a new age group
- you check out the running stores for the new styles
- you know that cotton is not the best fabric for running!
- you can use fartlek in a sentence without laughing
- you could watch a whole marathon and not be bored
- you enjoy running in the rain and snow
- you think of distances in terms of mile repeats

taken from: <http://www.26m.com/stories/>



# COLUMBIA SHOW-ME STAMPEDE 5K RUN

*Sponsored by the Missouri Beef Council to kick off Beef Month and help promote beef's contributions to good health.*

Missourians of all ages and fitness levels are invited to participate in the 11th annual Show-Me Stampede, a 5K run to kick off Beef Month and the Show-Me State Games. The goal of the Stampede is to improve health by promoting physical activity. The Missouri Beef Industry Council is cosponsoring the Stampede to help promote beef's contributions to good health.

All Show-Me Stampede participants will receive a t-shirt for competing. There will be a beef barbeque or pizza following the run. This barbeque is free to all runners and \$5 for others who wish to eat. **For more details, contact Joe Duncan at (573) 445-2684 or the Show-Me State Games office at (573) 882-2101.**



- All Stampede participants will automatically be registered and eligible to participate in the Show-Me State Games Finals, to be held in Columbia on Sunday, July 31st.

**Date/Time:** Saturday, April 23, 2005 at 10:00am

**Location:** Reactor Park, Columbia, Mo

**Entry Fee:** \$15. This fee covers entry into both the Stampede as well as the Show-Me State Games finals to be held Sunday, July 31 in Columbia. All participants will also receive a t-shirt.

**Deadline:** Early registration is available, however registration will also take place the morning of the race.

**Age Groups:** 12 & under, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79 and 80 & over.

**Registration:** To enter, fill out the entry form on the bottom half of this page. Mail entry along with payment to:

*Show-Me Stampede  
c/o Columbia Track Club  
Po Box 1872  
Columbia, MO 65205*

*Detach and mail bottom portion along with payment.*

## ENTRY FORM - SHOW-ME STAMPEDE 5K RUN - COLUMBIA

Name: \_\_\_\_\_

Phone (evenings): \_\_\_\_\_

Address: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

**Waiver of Liability:** In consideration of my entry into the competition known as the Show-Me State Games/Show-Me Stampede, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from The Curators of the University of Missouri, the State of Missouri, the Governor's Council on Physical Fitness and Sports, the National Sports Governing bodies, the Missouri Beef Industry Council, the owner of the site of any festival or finals competition I may be participation in; their agents, representatives, successors and assigns, and additionally, consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by personnel associated with the Show-Me State Games.

\_\_\_\_\_  
athlete's signature

\_\_\_\_\_  
parent or guardian's signature (if athlete is under 18 years of age)

**Consent for Medical Treatment:** I, the undersigned, do hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of emergency.

\_\_\_\_\_  
athlete's signature

\_\_\_\_\_  
parent or guardian's signature (if athlete is under 18 years of age)

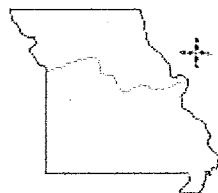
## 2005 Columbia Track Club Schedule

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

4/16	9 am	<b>Two-Person Relay</b> , 5 miles, alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track
4/23	10 am	<b>Show-Me Stampede 5k</b> Entry fee covers the Show-Me Games 5k on July 31.	\$15	Joe Duncan, 445-2684	Reactor Park
5/7	8 am	<b>Spring Couples Run</b> 4 miles Run for CASH! Combine ages of couples, each person runs 4 miles	\$5	Amy Gundy, 874-2407 Joe Duncan, 445-2684	Bethel Park
5/14	8 am	<b>Joe Marks Memorial Human Race XXVII</b> 5 miles, <b>Mayor's Mile</b> (kids 5-12)	\$15 free	Randy Gay, 814-2627 or 815-3706	Rock Bridge High School

### For Out-of-Town Events

see the CTC website at: <http://ctc.coin.org/>



### Welcome New CTC Members

Kim Buczek	Columbia
Peggy Connell	Columbia
Brian Evans	Columbia
Annette Humphreys	Columbia
Lewis Mead	Columbia
John Moreton	Columbia
Carlynn Trout	Columbia
Richard Wieman	Columbia



### Race Announcements:

- **Nutrition and Wellness Association's 2<sup>nd</sup> Annual 5K Run/Walk, April 30, 2005.**

Starting Line: Lowry Mall on MU Campus (9<sup>th</sup> St.)  
Registration begins at 6:30 a.m. Race starts at 8 a.m.  
\$15 Registration fee if received by April 28<sup>th</sup> or \$20 on day of race Registration forms available at:  
Tryathletics, MU Recreation Complex, Gwynn Hall (NWA bulletin board), Gold's Gym (all locations), Wilson's

*Benefiting Camp Hickory Hill for Diabetic Children*

- **Fulton Street Fair 5K, June 18th, 2005** as part of the Fulton Street Fair. Registration is at 8:00 am with the run starting at 8:30. The course begins on 5th St. just east of the Callaway County Courthouse and takes the runners from downtown Fulton onto the Stinson Creek Trail. Fast and flat! Plus, the street fair should be a great time that weekend so folks can stick around to enjoy all of those activities as well. The YMCA of Callaway County is giving a free pass on race day to race participants in case anyone wants to clean up or put in an extra workout

For more information see the website:

<http://fultonstreetfair.missouri.org/>

## 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

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

0512

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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