

5K Nut Race at Reactor Park (ing lot)

Feb. 5, 2005

Temp. 45, no wind, sunny

This is the best weather for the Nut Race that I can recall. Thirty-five very lucky runners started the race and all finished. Julie Lossos won the overall female division in 19:49, and Christian Reed won the men's overall in 15:44. The top three in 7 age groups (14 & under, 15-19, 20-29, 30-39, etc.) won leguminous edibles as did the two overall winners. A couple of the age group races were hotly contested. In women 50-59, Janet Grant and Andrea Allen in the 50-59 ended up with 25 seconds between them, while the 30-39 age men saw Aaron Aaker and Brian Evans were just 25 seconds apart, too. John Weghorst and Marc Keys had just 17 seconds separating them in the 40-49 men. We had fine races by four kids 11 or under. Kellen Loch who just joined the club was 15th overall in 21:39, Kyle Tonnies was 25th overall in 28:34, Alejandro Chavez was 32nd in 31:56, and Julia Chavez, age 9, was the 10th female finisher in a time of 34:07. Josh Mantooth, 16, ran 17:15 for 4th overall. Congratulations to these young fit athletes. A very special thanks to the following CTC members who helped conduct the race: Tom Allen, Don Johnson (all the way from Centralia), Anne Hessler, Dan and Mary Hooley, Linda LaFontaine, Michele McFadden, and Steve Stonecipher-Fisher.

—Dick Hessler, Race Director

	Age	Sex	Place	Age Group	Time
Christian Reed	34	M	1		15:44
John Weghorst	49	M	2	1	17:06
Matt Dreier	29	M	3	1	17:10
Josh Mantooth	16	M	4	1	17:15
Marc Keys	42	M	5	2	17:22
Aaron Aaker	33	M	6	1	17:57
Brian Evans	33	M	7	2	18:23
Jeff Borengasser	27	M	8	2	19:42
Julie Lossos	24	F	9		19:49
Allan Benjamin	49	M	10	3	19:55
Scott Mantooth	42	M	11		20:01
Oscar Chavez	41	M	12		21:04
Mike Baker	55	M	13	1	21:32
Sarah Borengasser	26	F	14	1	21:34
Kellen Loch	11	M	15	1	21:39
Larry Kutscher	35	M	16	3	21:50
Fred Schmidt	46	M	17		22:39

Katherine Fishman	23	F	18	2	23:48
Amy Gundy	39	F	19	1	24:39
Bob O'Connell	55	M	20	2	24:48
David Webber	53	M	21	3	25:19
Matt Howe	27	M	22	3	25:32
Joe Duncan	70	M	23	1	27:11
Dan Schoenleber	49	M	24		27:21
Kyle Tonnies	10	M	25	2	28:34
Margie Tonnies	35	F	26	2	28:34
Janet Brandt	53	F	27	1	29:04
Andrea Allen	58	F	28	2	29:30
Jim Linville	49	M	29		30:50
Andy Choi	21	M	30		30:54
Yujin Cho	21	F	31	3	30:54
Alejandro Chavez	10	M	32	3	31:56
Debbie Karwosky	50	F	33	3	32:47
Julia Chavez	9	F	34	1	33:51
Marcella Chavez	41	F	35	1	34:07

Upcoming Events

- **Track Workouts**
March 2-May 18 (every Wed.)
- **St. Pat's 5k**
March 12
- **Columbia Track Club Joe Marks Youth Scholarship**
Applications for high school senior cross country and/or track athletes now available! Applicants should provide evidence of exemplary commitment to school, team, community, and the track club. Please contact Amy Gundy at 874-2407 or agundy@mchsi.com for the application and more information.

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

February 2, 1980: 10,000 meter run: 1. Bob Becker 31:04 2. Pat McGuire (both from Des Moines) 3. Jeff Mittelhauser 33:34 4. Bob O'Connell 34:13 5. Tom LaFontaine 34:38 6. Dave Harris 35:22 7. Norm Stebbins 35:27 8. Dick Hessler 35:39. . .10. Ben Londeree, 45, 37:15 11. Don Lewis, 44, 37:29. . .26. Peter Fritsch 41:47. . .32. Joe Duncan 43:00 (ZERO seconds off his DT) . . Amy Hessler 51:23. . .Kathy Cain 54:44 Total of 50 runners The Walk: 1. Rob Spier 1:06:02 2. Jim Wass 1:10:41 3. Bill Taft 1:15:51

February 15, 1980: A Masters Indoor meet at Hearnese: 880 yard run: Londeree 2:14, Brown 2:18, Dick Martin 2:20. Dennis Stewart 2:15 in a 1,000 yard run. Kevin Schroeder & Tim Gibson, 9-year-olds, were in a crowd-pleasing 60 yard dash.

Wesley Paul ran a 2:50+ Houston Marathon at age 10 (he was under 2:57:54, the then-listed age 10 record); Nicole Wagner, age 9, was in at 3:50+.

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. . .**

Fortitude. Runners have an incredible amount of fortitude. I was reminded of this last month at the 10K/20K race. The ice covered shoulder was a safety concern, so we actually considered canceling the race. I went to the race start that cold frosty morn, and, lo and behold, 18 runners showed up, ready to race. Now that's fortitude. So, we started the group and while it wasn't exactly a race, participant Fred Schmidt said it was "a fantastic group run". Need motivation or inspiration? Check out the names of those courageous runners who braved the elements in the 10K/20K race report in this newsletter. Isn't there a quote out there somewhere about a fine line between fortitude and insanity?

Many thanks to the members who have emailed me with ideas they'd like the club to try. Thus far there is an interest in:

- 1) Workout sessions
- 2) Organized group runs
- 3) Classes/workshops on running and training topics
- 4) A banner promoting our club to hang at events.

1) We have Wednesday night track workouts (all ages & abilities welcome) beginning March 2nd and continuing through May 18th at 6 p.m. on Hickman Track. We also plan to offer a few adult track events at our Summer Youth Program which begins June 8th. Other suggestions are welcome.

2) If you currently participate in a group run that's willing to add more runners, please let me know. I plan to contact the other clubs in town to see if there is an interest in sharing info on group runs that are already in place. If you would like to help organize this, please email me.

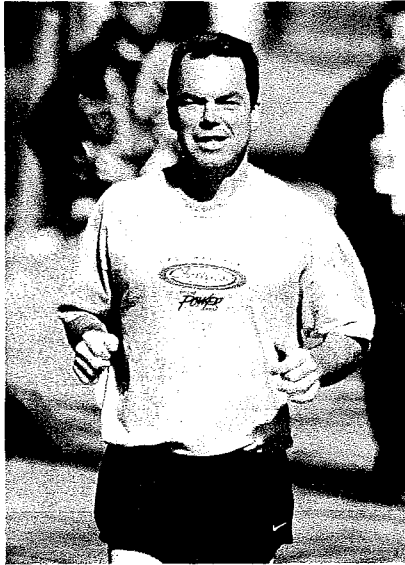
3) We have lots of running experience and expertise in our club. If you would like to serve on an 'educational committee' to explore the possibility of offering some classes/workshops, please let me know.

4) We are currently working on the banner. If you have any ideas about what should be on it, please contact me soon.

Thanks so much for your interest in the Columbia Track Club. Please e-mail me at linlafontaine@aol.com with your comments.

See you down the road. Linda LaFontaine

CTC Runner Profile



Kevin Crane

Age: 43

Personal Records:

2004 Jay Dix 10k: 47:17 (3rd in my age group)
 Columbia Half-Marathon Challenge: 1:34:59 (2nd in age group)
 2004 Great Sandbagger Trophy winner

Weekly mileage? 30 miles a week

When did you start running? I started running in 9th grade. I ran cross country for Rock Bridge High School.

What is your favorite workout? My favorite workout is to get in 6 miles during the lunch hour. I can sort out problems and relax during the run. The run I do most frequently starts at the Courthouse, through campus, hit the MU trail

behind the new arena, go under Providence to the Reactor trail, link up with the MKT and back to the Courthouse by 1 pm to work for your tax dollar.

Personal info and interests: The best thing in my life is my four children: Maxwell, John, Daisy, and Eden. They are all very funny and thus far conviction free. I enjoy being with my kids, spending time on our family farm, hunting and military history. I'm a 6th generation Boone Countian. I joined CTC last year. Unless it is pouring, icy, or really windy, I like to run outside in all types of weather. I don't like the track or conveyor belt thing. I just started signing up for races last year, so I'm really a novice compared to many CTC members. I would like to run a marathon someday.

Runner's Choice 10k/20k

Bethel Park

Jan. 8, 2005

Well, despite the effort to cancel due to icy road conditions, the race perservered. This was true to CTC's commitment to never cancel a race. At 8:00 I started these 18 hardy souls: Joe Love, Matt Dreier, Daniel Hodgson, Alison Hodgson, Allan Benjamin, Steve Kullman, Kurt Kennett, Lisa Wells, Rodney Stevens, Mark Hughes, Glenn Phaup, Bob O'Connell, Oscar Chavez, Jeff Borengasser, Jim Linville, Federick Schmidt, Jeff Wells, and Richard M. McCallin. Many thanks to Steve Stonecipher-Fisher for his moral support, to Steve Kullman for water at the turn around, and to Pat Fowler and Jay Hashieder for water and directing runners at the turn around. Everyone kept their own time, and everyone was a winner, in my opinion, for having the guts to run on that icy road.



Running Shorts:



Mid-Missouri Bike Ride to Rocheport, Feb. 26, 2005

Www.midmobrr.com

This event is THE pleasure ride tour through scenic Mid-Missouri. You will experience the perfect blend between extreme adventure and elegant pampering. And lots of food and beverages! Experience the beauty of the Missouri River Bluffs on your bike ride to destination Les Bourgeois Bistro. The ride will take place primarily on beautiful, flat trails through nature along the Missouri River.

Breakfast and check-in will take place at the Village of Cherry Hill Pavilion 9-10 am. Riders will ride residential streets to the MKT Trail, Katy Trail, and Les Bourgeois bluff-top connector. LUNCH served from 11-12:30. All trails are easily rideable crushed limestone surface. Mountain or touring bikes are recommended. In the event of unrideable weather conditions, lunch will occur at Les Bourgeois as planned, with a make-up bike ride 1 week later.

Registration includes the ride, lunch, two drink tickets, sag-wagon support, and other freebies. \$30.00 (\$40.00 after Feb. 15). Total distance: 30 miles

Cross Country X-treme, March 26, 2005

Www.xxtreme.com

Cross Country x-treme is an off-road adventure for everyone. This is a 4 mile race for runners and walkers who do not mind getting muddy and laughing. Hosted by Midway Expo Center Sandbar. The race course will include both natural and man-made obstacles, including equestrian barriers, trails, creek crossings, and Saw Dust Hill.

\$20 entry fee includes, t-shirt, race and post-race party. \$25 after March 18

Call for Volunteers

CTC has been asked to help with the High School District Track and Field Meet to be held at Rock Bridge High School May 14, 2005. MSHAA will supply all the equipment—but they need some help. People who help with the youth program, and others who have some experience/knowledge of track and field would be especially valuable. Please e-mail Jim Keown at jimkeown@mchsi.com for details, or call him at 446-4897.

You Know You're a Runner When:

- you wear a plastic sports watch with your dress clothes.
- you can remember a time from a race 4 years ago, but you can't remember your spouse's birthdays or your anniversary
- you are not embarrassed to show someone where your hamstring "really" hurts
- you know your resting heart rate, maximum heart rate, and exactly what your heart rate is at all parts of your run
- you wear your running shorts underneath your work clothes so that you can quickly get running after work

- you own 5 pairs of shoes and only one pair are not running shoes
- you won't drive by any running store without a quick look inside
- you know exactly how far a kilometer is
- you take the day off to watch the Boston Marathon on television
- you have more old dirty shoes piled by the door than a farmer

more next month from: <http://www.26m.com/stories/>

KFRU St. Patrick's Day 5K Run

Sponsored by Columbia Regional Hospital and Columbia Track Club

When

8 a.m., Saturday March 12, 2005

Where

Run headquarters is located at the Boone County Courthouse Square.

Entry Fee

Ages 15 and older-

\$15 if entry is postmarked/returned on or before March 8

\$20 if entry is postmarked/returned after March 8

Ages 14 and under-

\$10 for ages 14 and under running in 5K

Entry fee includes a long-sleeve T-shirt!

Mayor's Mile-

Free for children younger than 14. \$5 if participant would like a T-shirt.

Registrations will not be accepted after 5 p.m., Friday, March 11.

Make checks payable to: **KFRU**

Run Procedures

Please be at the starting line no later than 7:45 a.m. Individuals who plan to walk the course should start near the back of the group.

NO PETS, BICYCLES OR HEADPHONES.

Run Packets

Run Packets may be picked up at Tryathleics, 1605 Chapel Hill Road, from noon to 7 p.m. on Friday, March 11. Runners unable to pick up their packets may do so on the day of the run from 7 to 7:30 a.m. at run headquarters.

Participants will forfeit their T-shirts if they do not pick up packets during these times.

Awards

An awards ceremony will be held at run headquarters following the run. Awards will be presented to first-, second- and third-place finishers in each age division. Overall men's and women's winners will receive a \$100 gift certificate toward a pair of New Balance running shoes at Tryathletics.

Late entries are not eligible for race awards.

Parking

Parking is available in all downtown public parking lots.

Returning in 2005, the Mayor's Mile, a one-mile walk/run for children under age 14!

Columbia Photo will be providing an opportunity to purchase individual finish-line photos. Log on to www.columbiaphoto.com after the race for more information.

REGISTRATION



NAME (Please print) _____
Last First Middle Initial

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

AGE ON MARCH 12, 2005 _____

T-SHIRT SIZE S M L XL

SEX M F

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge NewsTalk 1400 KFRU, Cumulus Broadcasting, Columbia Regional Hospital, University of Missouri, Central Columbia Association, Columbia Track Club, the city of Columbia, Missouri, the county of Boone and the state of Missouri, from all claims of damages, demands, actions and causes of actions whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, March 12, 2005.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health.

Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE _____

Parent or guardian signature (if under 18)

Are you a 2005 Columbia Track Club member? Yes ☐ No ☐

If no, please join the CTC by completing the form below. For the \$20 membership fee, you will automatically be entered into the 2005 Grand Prix Race Series.

Additional information for membership. All family members are included in a single fee.

Your name _____

Address _____ City _____ State _____ Zip _____

Family member _____ Their Birth Date ____/____/____ Age today _____

Family member _____ Their Birth Date ____/____/____ Age today _____

Family member _____ Their Birth Date ____/____/____ Age today _____

Family member _____ Their Birth Date ____/____/____ Age today _____

For more information log on to: www.ctc.coin.org

**All entries must be postmarked by
Tuesday, March 8, 2005**

Please mail entry to:
**Columbia Track Club
P.O. Box 1872
Columbia, MO 65205**

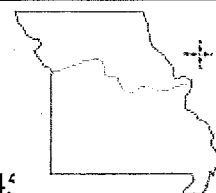
Or return entry to:
**Tryathletics
1605 Chapel Hill Road
Columbia, MO 65203**

2005 Columbia Track Club Schedule

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

3/2-5/18	6 pm	Track Workouts (all ages and speeds welcome) Every Wednesday night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
3/12	8 am	St. Patrick's Day 5k and Mayor's Mile (kids ages 5-12-no entry fee)	\$15	Scott Rubenstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse Square
4/16	9 am	Two-Person Relay , 5 miles, alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track
4/23	10 am	Show-Me Stampede 5k Entry fee covers the Show-Me Games 5k on July 31.	\$15	Joe Duncan, 445-2684	Reactor Park

Out-of-Town Events



February	26	Frosty 5k, University City, 10:30 am, (314) 862-6767, ext. 279
March	5	Cabin Fever Rogaine Race (orienteering), Little Sac Woods, (417) (417) 434-9577
	6	Third Olympiad Half-Marathon, St. Louis, (314) 434-9577
	26	Sedalia Half-Marathon, Sedalia, 9 am, (660) 827-0274
		Frisco Highline Trail Marathon/ Half-Marathon/10k/5k/kids', Willard, 8am, (417) 837-5902

see the CTC website for more out-of-town races: <http://ctc.coin.org/>

Welcome New CTC Members

Jeff and Sarah Borengasser	Columbia
Matt Howe	Columbia
Mark Hughes	Ashland
Joshua Kostal	Columbia
Janet Loch	Columbia
Andi Rice	Columbia
Joseph and Margaret Tonnies	Columbia



Running Quotes:

"I run because it's my passion, and not just a sport. Every time I walk out the door, I know why I'm going where I'm going and I'm already focused on that special place where I find my peace and solitude. Running, to me, is more than just a physical exercise...it's a consistent reward for victory!"

—Sasha Azevedo, Runner-Athlete

"No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

—Sir Roger Bannister

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

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