

Fun with Poetry

In the December, 1979 newsletter we found a regurgitation of some limericks which were first printed in the December, 1973 newsletter. These are Joe Duncan originals we now re-print for those who were lucky enough to miss them the first two times. They were created in response to some discussion as to how wives put up with running husbands (now it could be husbands putting up with running wives), and in response to Ben Londeree's writings on carbohydrate loading (now it is low or no carbs):

There was a young wife
Was married for life,
"No fat," said hubby,
"I won't be tubby,
Despite marital strife."

There was a young runner named Dean
Who, his wife said, was terribly mean.
No carbo he ate,
A horrible fate,
For his love's connubial scene.

There was an old tubby
Who was a poor hubby,
"I want fat,
Dear dingbat."
And he died all blubbly.

Low Carbo
Protein High
High Carbo
Protein Low
So, a swift race
Now for you, dear wife,
Strong for Life
Is Love's embrace.

'Twas none other than Ben
Who had run from his den.
"Low Carbo," he hollered
But quickly was collared
By wife not so taken in.

—Submitted by Joe Duncan

Upcoming Events

- **Runner's Choice**
10k/20k
Jan. 8
- **Nut Race 5k**
Feb. 5
- **Track Workouts**
March 2-May 18 (every Wed.)
- **St. Pat's 5k**
March 12



Congratulations to Linda LaFontaine, our newly elected, and first female president of the Columbia Track Club. Also, we welcome Marc Keys, as vice president, and Steve Stonecipher-Fisher to the Board of Directors. A big Thanks goes to Dick Hessler and Mark Volek for their years of service.

The Baton is Exchanged. . .



This is my last column as president of the Columbia Track Club. Linda LaFontaine is taking over the helm and I will be serving on the Board of Directors. Linda is the first female president in CTC history. The club started in November of 1968 with Joe Duncan as president. He served for almost 20 years until October of 1987 when Tom

Coon took over. Joe Marks served next, then Steve Stonecipher-Fisher, followed by Marks, Curt Kempf, and then me. I am honored to be in this company and to have worked with such wonderful, talented Board members. Together we reached several important milestones, including new bylaws, achieving financial security for the Marks Scholarship, building, by any standards, the highly successful Summer Youth and the Colts track and cross country programs, investing in new equipment, and sponsoring elite men's and women's teams for the 2005 National Cross Country Club Championships. We did these things while maintaining our traditional values, races, and service ethic for which I am particularly grateful. It's been a good leg with a solid hand off to Linda. Please join me in welcoming her with your continuing help and dedication to CTC and thank you, everyone, for your membership.

—Dick Hessler



Greetings! The Columbia Track Club has done so much for our community for so many years. I'm looking forward to serving as president of this fine club. It's been a few years since I've raced, but you've seen me helping with the Summer Youth

Program, or working the finish line at some of our more heavily attended road races.

If you're reading this, you probably already believe that running/walking is good for the body and soul. I'll bet running/walking is a passion of yours. Mr. Rogers (of the children's TV show "Mr. Roger's Neighborhood") once advised us teachers to share the interests which we are passionate about with the children we teach. Passion is a powerful motivator. Why not share your enthusiasm with another? Here's a new year's challenge: motivate a friend or family member to take up running or walking. Enthusiasm is contagious. And, get actively involved in your track club. Please email me at linlafontaine@aol.com with your ideas and comments. Or, catch me early on the weekday mornings (4:45 a.m.) on Stankowski Track. Thanks! Happy New Year! See you down the road.

—Linda LaFontaine

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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Ph: (573) 874-2407 e-mail: agundy@mchsi.com

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

HAPPY NEW YEAR

CTC Runner Profile



Linda LaFontaine

Age: 53

Personal Records:

5k (age 43) 19:37

1/2 marathon (age 35) 1:27

50 yard dash (age 16) 6.4

Weekly mileage? 25 miles

When did you start running? I ran track for Festus High School in 1966-69, before Title IX, and before there was much interest in women's sports. The workouts, the division meets, and even the state meets, were organized by the high school girls who wanted to compete, with a little help (a few phone calls) from our physical education teachers. As a high school senior, I was awarded the Girls' Athletic Award for my efforts on behalf of women's track. Women's running has come a long way since the 1960's. After high school I did not run consistently again until 1984, when my neighbor, Jeanette French,

decided we should run the Human Race. We trained on our neighborhood roads and finished the 10K in over an hour. I decided at that point to train for middle distances. I road raced regularly until the mid-1990's when injuries prevented me from training hard.

Who is your running role model? Who has influenced you most in running? More than anyone else, my husband Tom has helped me with running and fitness in general. Anyone who knows Tom can understand—no one could live with Tom and be unfit! My steady workout partners, Cindi Heese and Cammy Ronchetto, keep me motivated. The track club founders and the many dedicated members, and their families who provide support, give me inspiration.

What is your favorite workout? I enjoy running the trails in Rock Bridge Park on spring days (lots of wild-flowers) with my husband.

What is your least favorite workout? My running partner, Cindi Heese, and I run around and around the parking garages when the weather is bitter cold and raining or snowing.

Personal info and interests: Tom and I met on the track at Hearnese in 1986. Together we raced many road races and biathlons here and beyond. I have a daughter, age 30, who lives in Chicago. I am a teacher by degree, and have worked with children and families for 20 plus years. I currently direct Walnut Creek Day School. I've been a Columbia Track Club member since 1985.



Reprinted with permission from the Columbia Catholic School Newsletter:

The CCS class of 2001 achieved four All-State finishers at the Missouri State Cross Country Championship meet on Nov. 6: Aileen and Brianne Gallagher, Kurt Schauwecker, and Jimmy Keown. Five other runners from CCS also ran at state: Phillip King, Ben Keown, Janelle Cordia, Elizabeth Cohen, and Melea Shimkus. That makes a total of nine runners from CCS at State. This is a testament to the great coaching over the years by people like Dick Hessler, Margaret Shimkus, and Jim Keown.

Editor's note: All of these kids got their start as CTC Colts—congrats!!

Cranberry Crawl 5k

The Cranberry Crawl was a benefit run for the Central Missouri Food Bank, and \$2925.00 was raised for them. Sponsors included the University of Missouri-Hospitals and Clinics, Commerce Bank, New Balance, Will Be Free, and Tryathletics. 115 runners and walkers signed up for one of Columbia's hilliest 5k runs. Race day was cool and calm (and the hills were just a little flatter than usual-YEAH-Right!). The bulk of the volunteers came from the University of Missouri Hospital and Clinics (18) while the Central Missouri Food Bank and The Columbia Track Club provided the balance.

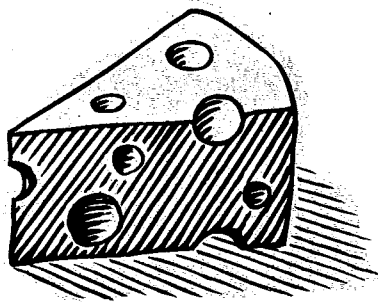
Awards went three deep per age division and were provided by New Balance Winter Caps, Summer Wicking Caps, Running Gloves. Most appropriate for the time of year. Right after the 5k awards, a 1 mile kids' run was held with 10 kids participating. Look for the race again next year—Nov. 12 at 9 am. We hope to see you there!

—Race Director Steve Stonecipher-Fisher

Nov. 20, 2004

1. Steve McIntyre	26	15:52	35. Dean Stover	44	23:28	70. Andrea Allen	58	29:36
2. Christian Reed	34	16:06	36. Griffin Humphreys	12	23:35	71. Janet Brandt	53	29:37
3. Eric Bunch	23	16:20	37. Maria Rose	16	23:54	72. Karen Stoll-Talbott	37	29:52
4. Pete Doll	33	17:08	38. Nathan Keown	9	23:56	73. Larry Walters	45	29:57
5. Zach Chapman	17	17:26	39. Mike Peveler	53	23:57	74. Mary Broeckling	24	30:09
6. Nick Heberle	16	17:41	40. John Zanel	45	24:43	75. Terry Chapman	48	30:13
7. Richard Hansen	19	18:07	41. Kathryn Fishman	23	24:54	76. Monica Cooper	32	30:33
8. Jeremy Schneider	15	18:18	42. Cary Fuller	19	24:55	77. Laura Wells	64	30:50
9. Jim Wilbur	28	18:25	43. Jesse McInvale	8	24:56	78. Gary Klein	42	30:52
10. Jeremiah Nixon	16	18:48	44. Michael Graff	41	25:11	79. Annette Humphreys	42	30:59
11. Jeff Haddock	19	18:50	45. Thomas McCarney	9	25:15	80. Jenna Higgins	32	31:00
12. Jon Swisher	16	19:09	46. Joe Goldfarb	64	25:20	81. Jane Zanal	45	31:35
13. Christian Hulen	15	19:17	47. Rod Stevens	38	25:27	82. Myoung Kaylen	38	31:40
14. Aileen Gallagher	17	19:31	48. Tina Van Horn	32	25:31	83. Dan Keenoy	29	31:42
15. Andy Shirkey	36	19:36	49. Scott Kovaleski	33	25:34	84. Nancy Fritsch	65	31:46
16. Phillip Yates	19	19:38	50. John Moreton	10	26:07	85. James Linville	48	32:28
17. Nancy Taube	44	19:45	51. Sandra Rice	32	26:20	86. Julie Walters	41	32:30
18. Paul Myers	40	19:51	52. Tracy Graff	43	26:25	87. Jon Kruse	36	34:18
19. Allan Benjamin	49	19:5	53. Rebecca Miller	30	26:37	88. Linda Vogt	57	35:10
20. Josh Hulen	13	19:59	54. Carol Rhodes	37	26:38	89. Jessi Keenoy	29	35:45
21. James Jorgenson	43	20:07	55. Scott Johnson	33	26:39	90. Melissa Cox	27	35:51
22. Alex Edwards	15	20:10	56. Brad Jacobson	43	26:41	91. Kay Lindner	53	35:51
23. Michael Kaylen	50	20:24	57. Peggy Horner	47	26:49	92. Constance Hyman	33	37:16
24. Lisa Wells	41	20:25	58. Samantha Donelson	17	27:20	93. Kellie Peuler	13	38:08
25. Tom Sweeney	40	20:28	59. Ann Moreton	45	27:23	94. Paula Marti	32	38:29
26. Mike Stichnote	41	21:04	60. Joe Duncan	70	27:28	95. Brenda Leuenberger	41	38:29
27. Dale Harris	35	21:45	61. Gary Fennewald	53	27:45	96. Tiffany Hughes	26	39:27
28. Adam Kuebler	19	22:34	62. Troy Leewright	27	27:52	97. Chris Harris	27	39:28
29. Mike Flanagan	43	22:42	63. Julie Peveler	26	28:06	98. Mary Hoss	20	39:41
30. Jeff Chattin	46	22:45	64. Nelly Roach	31	28:25	99. Edward Gurka	33	39:42
31. Kent Runyun	55	22:52	65. Jill Ray	36	28:28	100. Sarah Kovaleski	30	42:23
32. Hugh Emerson	47	23:06	66. Lisa Thill	34	28:31			
33. Simon Rose	39	23:11	67. Leigh Bettenmaier	12	29:11			
34. Jon Rosen	52	23:21	68. Jana Heitmeyer	24	29:12			
			69. Teresa Hansen	43	29:24			





Cheese & Sauerkraut 10 mile

Dec. 4, 2004

NAME	AGE	PREDICTION	½ Split	Final Time	Error
Matt Dreier	29	1:02:00	29:28	59:43	2:17
☺Steve Stonecipher-Fisher	48	1:06:30	33:32	1:06:49	+ :19
Andy Shirkey	36	1:09:30	33:16	1:08:06	-1:24
☺☺Allen Benjamin	49	1:13:00	34:57	1:09:18	-3:42
☺☺☺Michelle McFadden	44	1:10:00	36:23	1:09:50	- :10
Oscar Chavez	40	1:19:00	37:42	1:16:36	-2:24
Frederick Schmidt	46	1:18:00	38:00	1:17:01	- :59
Lisa Wells	41	1:18:00	38:00	1:17:01	- :59
☺☺☺Alison Hodgson	25	1:15:00	38:27	1:18:54	+3:54
Daniel Hodgson	25	1:20:00	38:27	1:18:54	-1:06
Steve Kullman	44	1:23:00	40:56	1:24:15	+1:15
Bob Hall	43	1:25:00	40:55	1:24:22	- :38
Hugh Emerson	47	1:25:00	40:53	1:24:34	- :26
Kathryn Fishmon	23	1:28:13	42:32	1:27:04	-1:09
Joe Love	43	1:30:00	45:26	1:28:17	-1:43
☺Jeff Wells	46	1:25:00	44:24	1:28:33	+3:33
☺☺Richard King	52	1:29:00	44:25	1:28:43	- :17
Tina Bridges	37	1:31:00	44:26	1:28:49	-2:11
Kimberly Mouser	24	1:35:00	47:12	1:36:35	+1:35
Debi Sittner	33	1:40:00	47:12	1:36:35	-3:25
Jordan Alexander	39	1:38:00	48:59	1:37:00	-1:00
Monica McCrory	48	1:50:00	53:05	1:50:22	+ :22

☺☺☺-Best Predictor ☺☺-2nd Best Predictor ☺-3rd Best Predictor

☺☺☺-Worst Predictor ☺☺-2nd Worst Predictor ☺-3rd Worst Predictor

Race Directors: Dick Hessler and Randy Gay

Volunteers: Tom Allen, Steve Stonecipher-Fisher, Scott Dressel, Joe and Fabiola Lopez, Jay Hasheider

Great weather-about 35 degrees and calm with good footing on the trail segment.



Dear Club Members:

WOW! What a great event. We deeply appreciate everything that you did to make the first CRANBERRY CRAWL a great success.

This first year we had 115 runners/walkers, and it raised \$2,925 plus 23 pounds of food. Since the Central Missouri Food Bank can leverage every dollar into approximately 20 pounds of food, you have helped provide nearly 60,000 pounds of food (2 semi loads)!

We deeply appreciate your partnership in our ministry to feed the poor. While you won't see the faces of the more than 59,000 people we help feed each month, I pray God will somehow let you know how truly thankful we all are because you care. At this time of year, may God bless you richly for your compassions and generosity!

Warmest Regards,
Peggy Kirkpatrick, Executive Director

Four CTC members participated in the **Pere Marquette Endurance Trail Run** (7.5 miles) held Dec. 11 at 9:30 a.m. in Grafton, Ill. There were 500 runners, and the course was very hilly and very muddy. It was 38 degrees, cloudy, and light wind.

Overall Male winner: Dan Rooney age 44, time 51:22 (6:52/mile)

Female overall: Judy Dorpinghaus 35 1:01 8:09 pace

CTC runners

Allan Benjamin	49	36 th overall,	
		2 nd in 45-49	1:05.10 8:41 pace
Kevin Tyler	48	40 th overall,	
		3 rd 45-49	1:06.26 8:51 pace
Dan Hooley	54	20 th overall	
		2 nd 50-54	1:01.49 8:15 pace
Dick Hessler	63	94 th overall	
		1st 60-64	1:11.55 9:35 pace



25 years ago

Looking Back

By Joe Duncan

January 5, 1980: Five mile Ham & Spam race (the forerunner to the St. Pat's 5k): 1. Jeff Mittelhauser 26:36, 2. Bob O'Connell 26:54 (this was Bob's first CTC event which earned him the "New Kid on the Block" award—Bob ran many CTC races, the most notable was probably the 1981 HOA when he ran 2:32:29, the 4th best HOA time ever posted). . .5. Don Lewis 28:26, 6. Dick Hessler 28:34. . .8. Tom LaFontaine 28:52. . .10. Ben Londeree 29:09. . .15, Mike Koonse 31:48. . .19. Don Johnson 33:02, 20. Norris Kruse 33:11. 21. Joe Duncan 33:23. . .29. Peter Hessler, 10, 35:40. . .Tim Gibson, 9, 39:14.

January 19, 1980: 20k run: 1. O'Connell 1:10:03, 2. Mittelhauser 1:10:32, 3. Norm Stebbins 1:12:45, 4. Bruce Maxey 1:14:32, 5. Londeree 1:14:43, 6. LaFontaine 1:14:54. . .10. Olen Brown 1:21:55. . .14. Kent Lang, 17, 1:26:04. . .21. Johnson 1:30:16. . .23. Duncan 1:33:47, and 20 others



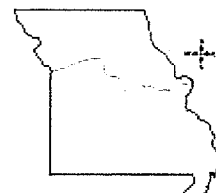
2005 Columbia Track Club Schedule

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

1/8	8 am	Runner's Choice 10k/20k	**	Mark Wilson, 443-5171	Bethel Park
2/5	9 am	Nut Race 5k	**	Dick Hessler, 874-2906	Reactor Park
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

Out-of-Town Events

January	15	RRS Name Your Time 3k, Springfield, 8 am, (417) 992-5590
	17	Topeka to Auburn Half-Marathon, Topeka, KS, 11 am, (785) 273-6331
February	1	Superbowl Sunday 4 mile run, Wichita, KS, 1 pm, (316) 946-1323
	8	Groundhog Run 5k/10k, Kansas City, 9 am, (816) 741-2314
	12	Polar Bear Poker Run, St. Genevieve, MO, 9 am, (573) 883-5244
	12	Valentine's Run 5k, Springfield, 9 am, (417) 820-6242
	19	Polar Bear Run 10k/5k/1mile, Bolivar, 10 am, (417) 326-3100
	21	Frostbite 5k Trail Run, Overland Park, KS, 8 am, (913) 649-7433
	22	Not for Wimps 10 miler cross country, Derby, KS, 1 pm. (316) 788-2027
March	6	Third Olympiad Half-Marathon, St. Louis, (314) 434-9577



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

Welcome New CTC Members

Julie Cupp	Columbia
Melissa Dyson	Columbia
James Linville	Columbia
Jane Zanol	Columbia

Running Shorts:

- CTC renewals and 2005 schedules have been mailed out. Don't forget to mail your membership dues so you won't miss a single CTC race or newsletter.
- If you are interested in an online, free training log check out <http://thinnmann.com>.
- Results from the October Homecoming 5k for Big Brothers/Big Sisters are available on the CTC website: <http://ctc.coin.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

65203+5714 66

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