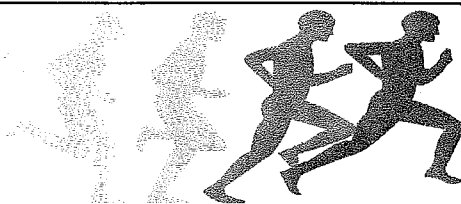


COLUMBIA TRACK CLUB

NEWS

Volume XXXIX No. 3

April 2006



St. Pat's 5k

March 11, 2006

The St. Pat's 5k race was well-attended this year with 596 finishers and good competition in all categories.

The weather was mild with very light winds and reasonably quick times.

The overall female winner (Melissa Fleenor) ran 18:42, while Matt Laye led the males with a 15:46.

Thanks go to Coach Steve Kissane and his crew of 25 Hickman High School Cross Country and Track kids who covered our turns and intersections for us on both the 5k and the 1-mile kids' run held in conjunction with the 5k.

Thanks also to Tom Allen (father) and Tom C. Allen (son), Jim Keown, Randy Gay, Tom and Linda LaFontaine, Joe Cragin, and Scott Rubenstein for working the finish line and results.

We also had great help in motorcycle support from Jeff Forck and Shelley Jones.

Finally, our sponsors also deserve thanks: KFRU radio, Mosers, Columbia Regional Hospital, Tryathletics, and Aquafine.

We'll have the run again next year, so start training now. As always, it is the first "Big" event of the season, so be ready.

—Race Director Steve Stonecipher-Fisher

Results:

1 Matthew Laye	24 15:46	22 Scott Brawer	24 19:38
2 Austin Bunn	23 16:35	23 David Wilfong	43 19:39
3 Ted Zderic	34 16:48	24 Shay Roush	37 19:55
4 Marc Keys	43 17:47	25 Drew Wilson	23 19:57
5 Munashe Chigerwe	28 18:15	26 Paul Wagner	36 19:57
6 Jim Wilbur	29 18:28	27 Brett Barton	34 20:00
7 Melissa Fleenor	26 18:42	28 Kyle McDaniel	25 20:02
8 Andy Emerson	37 18:54	29 Brad Eiffert	46 20:03
9 Jason Abbott	31 18:58	30 Daniel VanHouten	26 20:06
10 Matthew Barrett	33 19:06	31 Benjamin Coffey	26 20:07
11 Brad Crow	31 19:07	32 Joe Costello	26 20:18
12 Philip Schaefer	52 19:08	33 Darin Enderton	24 20:22
13 Nancy Taube	45 19:12	34 Kurt Kennett	38 20:23
14 Paul Myers	42 19:17	35 Anatolie Juncu	38 20:26
15 Bruce Schlager	43 19:20	36 Tom May	39 20:28
16 Jack Uhrig	52 19:25	37 Justina Benoit	19 20:30
17 Alison Hodgson	27 19:27	38 George Owens	32 20:32
18 Clayton Henke	28 19:27	39 Steve Keithahn	43 20:34
19 Jimmy Hoffman	32 19:30	40 Christopher Demoss	38 20:36
20 Ron Sapp	51 19:31	41 Daniel Hodgson	26 20:37
21 Kevin Tyler	50 19:34	42 Caleb Wilfong	11 20:49

continued page 4

Upcoming Events

- **Track Workouts**

March 1-May 17 (every Wed.)

- **Two-Person Relay**

April 15

- **Show-Me Stampede 5k**

April 22

(entry enclosed)

- **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. Applications are due April 7.

- **YMCA Fun Run/Walk 5k**

April 8

882-1550 for more info

- **MU Fitness and Wellness**

5k

April 15

- **Joe Marks Memorial Human Race XXVIII**

May 13

(entry enclosed)



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

January 3, 1981: 5-Mile Twosome Race: 1. Jeff Mittelhauser & Milene Hollon 26:19 & 33:47, 2. David & Amy Johns 31:44 & 29:26, 3. Joe Marks & Debbie Hoxworth 29:47 & 34:40, . . . 5. Mike Koonse & Chris Ruble 31:50 & 37:49, . . . 7. Dick & Amy Hessler 28:32 & 46:28, . . . 9. Charles & Mary Ann Slivinsky 34:05 & 41:29, . . . 11. Ben & Darlene Londeree 29:06 & 49:26, 12. Fred & Nancy Fritsch 33:55 & 46:47, . . . 15 Peter & Anne Hessler 36:00 & 1:13:42, 16. Don & Ingrid Ballenger 41:48 & 1:13:42
January 17, 1981 20,000 Meter Run: 1. Steve Fisher 1:06:38, 2. Frank Curotto 1:07:36, . . . 4. Bob O'Connell 1:09:56, . . . 8. Jeff Mittelhauser 1:12:44, . . . 10. Dick Hessler 1:13:30, . . . 21 Turk Storvick 1:25:39

10,000 Meter Run: 1. Peter Fritsch 40:54, . . . 4. Tim Gibson 43:02
February 8, 1981: 5-Mile Ham 'n Spam race: 1. Steve Fisher & Jeff Mittelhauser 25:29, 2. Dave Harris 26:10, 3. Bob O'Connell 27:03, 1st 40+ Ben Londeree 28:50, 1st 50+ Don Johnson 32:42, then Turk Storvick 32:43. 1st female Milene Hollon 32:13. 204 runners in this first Ham 'n Spam race. Joe Kurth, a CTC member, lived in the NE part of Columbia and he wanted a race out in his part of town. So we laid out a 5-mile course with the start & finish at Keene and Buttonwood between Nowell's & Columbia Regional Hospital. The course went south on Keene to St. Charles Rd, to Lake of the Woods back on I-70 Dr. SE to Keene & Buttonwood. Nowell's did promotion and publicity, while Columbia Regional Hospital, as co-sponsor, bought hams (1st and 2nd place finishers in each age group) and cans of spam (all other finishers). Later, mainly through Robin Armbruster, the race was called the Columbia Regional Hospital 5-Mile Winter Road Race, always held in February. One of the most memorable was when the start was in the midst of a blinding snow storm with snow all the way during the race. After several years (in which participation was well over 1,000 runners a couple of times--and we used the "stick" system for scoring!) the hospital people decided they wanted to have the race moved to downtown as a St. Patrick's 5K. That was done and the St. Pat's 5K has been a fixture ever since.

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:

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/>



Greetings!

Having grown up in the "popsicle sticks at the finish line and print the race results in the newspaper" generation, it's taken me awhile to accept that computers can potentially save time and get the race results out there for the world to see before the newspaper goes to press. And, after the recent St. Pat's 5K, I realize how important our website is to the running community. There was a three day delay in posting the results as a determined Tom Allen waded through finish line confusion, rescanning and verifying everything. Our webmaster recorded over 2000 hits during that three day delay!

In August of 1995, we bought the first CTC laptop, complete with race software. In 1996 Curt Kempf created our webpage. Kurt Kennett gave it new pizzazz, and our current webmasters, Hugh and Andy Emerson, work continuously to keep the information updated. In the near future, online race registration will be a great time saver for whoever enters the registrant's data into our laptop. With our latest software update, runners who register online can be entered into the computer with one keystroke. That's a huge time saver. Of course, online registration makes registration easy for out of town runners. In our First Night 5K we had 14 different states represented, and runners from 29 different cities in Missouri. In the St. Pat's race, we had 137 runners from out of town. You can also pay your membership dues online. Who knows, maybe in 10 years we'll even try chips on shoes, if the cost ever comes down so we can still have inexpensive races.

PLEASE TAKE NOTE:

The **SUMMER YOUTH PROGRAM** will **NOT** be held at Hickman High School track this summer. HHS and RBHS tracks will not be available as they plan to install astro turf on the football fields. We are currently working on the possibility of using the MU track. We hope to keep our usual Wednesday evenings, beginning June 7th, at 6:00 p.m. We should know about the MU track soon. Look for updates on the website and in our next newsletter.

We have an additional race for our calendar: **The 2nd annual "Smokin Chicks BBQ 5k" will be on Saturday, July 22nd, 7:30 p.m., at Southampton and John Garry Dr.** Kids tot trot is at 7:00 p.m. For info call Jamie Moreno 660-238-1083 or email Jamie.moreno@williamwoods.edu

Again many thanks to all our wonderful volunteers! Without you none of this would be possible!

See you down the road. Linda

CTC Runner Profile

Patrick Hanson

Age: 21



PERSONAL RECORDS:

10 km	31:59 (Track) 31:51 (Road)
10 Mile	52:01 (Little Blue River Run)
½ marathon	1:09:14 (Little Blue River Run)
marathon	2:33:06 (NAIA Nationals)

Weekly mileage: 90-110 miles

DOB: October 18th, 1984

"Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules, and sadistic pleasure in witnessing violence: in other words it is war minus the shooting."

-George Orwell

I found this quote once and it struck me as amazingly true.

While not the most flattering of things for runner to say about sport, running is truly the most basic of things to do. It is primal and at one time needed for survival. Sometimes people ask why someone would ever want to run, the answer is: it's natural.

When Did You Start Running? I started running in 2000 as a sophomore in High School. I quit the soccer team and decided I would give it a try, I liked it...

Who Is Your Running Role Model? Who Has Influenced You Most In Running? Leonard "Buddy" Edelen is my running hero, one of the most underrated runners in U.S. history; he was the first person to ever break 2:15 in the marathon. All of my coaches have influenced me beyond comprehension, but Steve Stonecipher-Fischer and my first college coach, Steve Lucito, both had huge impacts on my ideas about training.

What Is Your Favorite Workout? I love to do 6x mile at either threshold or interval pace, something where on the last one you can really bust out and move. I think long tempos are the best workouts though, 15-16 miles at marathon pace with surges of a mile or so at threshold. They wear on you, but nothing will get you in better shape, and with a 2 mile warm-up and a 2 mile cool-down you get 20 miles in; what is better than that?

What Is Your Favorite Training Route? I love running out at Gans Creek in Rock Bridge State Park, out on the bluffs. But I am also a big fan of getting out on gravel roads where you can just run along pastures and drift away.

Personal Info and Interests: My life is pretty centered on running. I go to the University of Missouri and gave up my last two years of eligibility to train primarily for marathons and half-marathons. I live with two guys on the CTC team and train with them along with a host of other people. I work at Tryathletics and love hearing about people's running.

My parents are probably my biggest supporters with my running. Whether it is driving next to me to give me water at Heart of America or lending me money so I can get to a race far away, they are great and always there for me.

43 Brad Newkirk	34 20:50	101 Matthew Boyd	18 23:57	159 Berkley Hudson	54 25:42
44 Tyler Schwieterman	31 20:52	102 Jordan Adams	15 24:05	160 Mike Powell	53 25:47
45 Ben Johnson	22 20:53	103 Brent Young	45 24:06	161 Rebecca Henegar	15 25:48
46 Asher Gardner	23 20:56	104 Marilyn Upton	41 24:07	162 Matt Gompper	42 25:49
47 Allan Benjamin	50 21:03	105 Tom Weislocher	55 24:09	163 Jason Bradshaw	33 25:50
48 Hugh Emerson	48 21:09	106 Brian Wright	29 24:09	164 Rod Stevens	39 25:55
49 Edward Watts	22 21:12	107 Norman Cox	39 24:11	165 Kevin Conn	49 25:56
50 Burton Heller	34 21:19	108 Bradley Volmert	30 24:12	166 Steve Stuerke	43 26:00
51 Tom Sweeney	41 21:20	109 Nikki Matheny	16 24:21	167 Paul Walz	47 26:06
52 Kameron Murphy	28 21:22	110 Richard Nistendirk	66 24:22	168 Rod Robinson	51 26:06
53 Alexandra Litofsky	16 21:25	111 Dan Heaviland	44 24:24	169 David Boyd	21 26:07
54 Jaira Grathwohl	27 21:28	112 Whitney Zitsch	16 24:24	170 Jordan Alexander	40 26:08
55 Carrie Yost	25 21:34	113 Bryan Norton	44 24:25	171 Jennifer McGinty	31 26:08
56 Trevor Harris	35 21:35	114 Robin Blount	48 24:26	172 Steve Matschullat	31 26:09
57 Noelle Gilzow	37 21:41	115 Melanie McClain	25 24:26	173 Rachael Dillon	17 26:10
58 Edward Rollins	47 21:44	116 Darrin Young	39 24:27	174 Beth Staelens	17 26:10
59 James Jackson	33 21:50	117 Troy Leewright	29 24:34	175 Michael Beckett	50 26:10
60 Nathaniel Albers	31 21:52	118 Leah Hoover	22 24:34	176 Michael Snell	34 26:12
61 John Wood	24 21:55	119 Troy Kateman	29 24:36	177 Tom Stauder	45 26:15
62 Tyler Rush	10 21:58	120 John Sullivan	28 24:36	178 Jeanette Brown	49 26:18
63 Donald Corwin	48 22:02	121 Thomas McCarney	10 24:37	179 Terry Stock	54 26:19
64 Julie Snell	31 22:08	122 James Harrington	32 24:40	180 Rosie Stauder	41 26:19
65 Jesse McInvale	9 22:09	123 Mary Ellen Bradshaw	34 24:41	181 Bill Lee	32 26:20
66 Kathleen Jeffries	28 22:10	124 Whitney Fay	18 24:42	182 Richard F. King	52 26:21
67 John Palmer	29 22:17	125 Kevin Pace	43 24:42	183 Charity Keith	34 26:22
68 TJ Sweet	23 22:20	126 Rob Weagley	53 24:43	184 Kala Gunier	26 26:22
69 Kristin Eiffert	42 22:21	127 Keji Amos	17 24:45	185 Kelsey Konrardy	14 26:23
70 Alen Petty Jr.	40 22:22	128 Kathryn Francis	20 24:46	186 Kelli Schmidt	15 26:24
71 Christina Taylor	24 22:23	129 Alex Staelens	14 24:47	187 Gary Peel	48 26:24
72 Jim Weaver	37 22:26	130 Carl Baysinger	34 24:50	188 Jonathan Jones	24 26:24
73 Rachel Mends	17 22:27	131 Bill Costello	34 24:51	189 Liesje Dotson	38 26:25
74 Michael Barringhaus	29 22:30	132 Ashley Johnson	20 24:56	190 Bill Wright	65 26:29
75 Casey Camp	42 22:35	133 Lisa Wells	42 25:00	191 Ronnie Lea	27 26:31
76 Ryan Reid	33 22:42	134 Scott Stuckey	28 25:01	192 Nicholas Tan	28 26:31
77 Randy Beasley	40 22:46	135 Rick Francis	48 25:02	193 Paul Schneider	37 26:32
78 Olivia Keth	15 22:54	136 Kenneth Hammann	58 25:04	194 Charles King	32 26:32
79 Stewart Hooper	42 23:00	137 Sarah Jacobson	15 25:07	195 Lisa Leonard	31 26:33
80 Michael Brumfield	32 23:03	138 David Peters	35 25:11	196 Maggie Pace	14 26:34
81 Amanda Hicks	22 23:12	139 Matt Schmidt	27 25:11	197 Charity Summers	28 26:36
82 Katherine Casper	22 23:15	140 Jeff Bridges	33 25:12	198 Aniz Bearden	25 26:38
83 Tom Mohr	34 23:16	141 Emily Crowe	16 25:13	199 Jena Alaimo	23 26:39
84 Griffin Humphreys	13 23:19	142 Megan Thiedeman	27 25:13	200 Katherine Harry	14 26:41
85 Kyle Riley	29 23:19	143 David Wong	39 25:15	201 Carolyn Roof	48 26:43
86 Lloyd Weber	34 23:29	144 Lisa Hollenbeck	50 25:16	202 David King	52 26:47
87 Jonathan Horn	21 23:31	145 Chris Janku	53 25:17	203 Brian Pitzer	23 26:48
88 Jeff Boyd	19 23:32	146 Lee Lassiter	22 25:18	204 Scott Johnson	35 26:49
89 Mark Sommerhauser	25 23:33	147 Jamie Pestien	22 25:21	205 Lauren Smith	17 26:50
90 Brian Garrett	40 23:38	148 Jeremy Henry	26 25:21	206 Natalie Vargas	17 26:51
91 Steve Bolinger	19 23:38	149 Jim Meyer	37 25:22	207 Rachel Rutter	15 26:52
92 Matthew Schaefer	30 23:40	150 Julianne Weagley	16 25:24	208 Alyssa Taylor	16 26:52
93 Michael Jeffries	32 23:42	151 Jenny Blankenship	17 25:24	209 Dela Marshall	46 26:53
94 Julius Johnmeyer	49 23:45	152 Scott Sergeant	31 25:30	210 Tim Fox	28 26:53
95 Dalton Maggard	10 23:49	153 Kevin Popejoy	47 25:31	211 Bill McCarney	26 26:54
96 Paul Ambrose	28 23:51	154 Renee Alvarez	32 25:33	212 Alex Holliday	12 26:55
97 Angie Courtney	32 23:52	155 M.E. (Marilee) Kanago	15 25:38	213 Zach Holliday	19 26:56
98 Mark Blount	48 23:53	156 Kelsie Shearrer	16 25:39	214 Rich Helm	25 26:57
99 Dillon Sapp	12 23:54	157 Richard King	53 25:40	215 Gail Tweeddale	46 26:58
100 Marcy Gollaher	27 23:54	158 Brian Wattenbarger	29 25:40		

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216	Karen Stoll-Talbott	38 27:00	273	Randy McDowell	56 28:39	331	Tracy Green	37 30:04
217	Mary Meyer	22 27:02	274	Cheryl Silverstein	23 28:40	332	Megan Chann	17 30:08
218	Nancy Truesdell	46 27:03	275	Jennifer Francis	22 28:42	333	Randy Chann	47 30:09
219	Sean Quick	22 27:04	276	Amber Pearson	27 28:42	334	Christina Morian	45 30:09
220	Tracy Graff	44 27:05	277	Andrea Allen	59 28:43	335	Heather Knaebel	32 30:10
221	Lisa McComas	41 27:06	278	Doug Dubisar	56 28:43	336	Tim McCulloch	51 30:10
222	Leslie Huston	36 27:07	279	Bill Brennan	49 28:44	337	Laura Anstaett	27 30:11
223	Jeremy Myers	24 27:07	280	Gerald Weller	39 28:45	338	Van Beasley	61 30:13
224	Kelly Fuchs	36 27:08	281	Steve Hunt	36 28:45	339	Shannon McCord	24 30:14
225	Heather Dale	14 27:08	282	Michelle Kliethermes	39 28:45	340	Rebecca Haasis	25 30:14
226	Catherine Martin	32 27:09	283	Laura Kabrick	41 28:46	341	Ann Quirk	17 30:15
227	Nathan See	25 27:09	284	Judy McDermit	40 28:47	342	Gwen Nicks	26 30:15
228	Morgan See	24 27:10	285	Alison Moyer	22 28:49	343	Brandy Sash	23 30:17
229	Garry Lumpkins	37 27:15	286	Tiffany Harris	16 28:51	344	Richard Carlson	64 30:17
230	Kenneth McAnally	24 27:15	287	Joe Bayer	38 28:51	345	Jane Ridge	23 30:18
231	Josh Cohen	26 27:16	288	Sophia Alioto	17 28:53	346	Michelle Padgett	24 30:18
232	Jennifer Trachsel	29 27:18	289	Eric Phelps	35 28:53	347	Karen Rouse	35 30:18
233	William (BJ) Gorlinsky	48 27:25	290	Shane Harris	34 28:54	348	Jed Taylor	25 30:19
234	Steven Graves	59 27:28	291	Lindsey Wulff	14 28:54	349	Ryland Drapean	13 30:21
235	Onawa Lacewell	25 27:30	292	Staci Winter	15 28:56	350	Ben Nelson	26 30:22
236	Lisa Adams	25 27:31	293	Michael Riccio	30 28:57	351	Allison Nelson	26 30:24
237	Mike Micatka	14 27:33	294	JoAnn Muller	30 28:57	352	Gary Pickett	52 30:25
238	Tracy Thompson	35 27:36	295	Chelsea Page	17 28:58	353	Derrek Trickel	10 30:26
239	Kathy Doisy	41 27:38	296	Katherine Lee	45 28:58	354	Morgan Popejoy	13 30:28
240	Amelia Klenke	23 27:40	297	Kristy Matschullat	31 29:01	355	Jackie Verdun	37 30:32
241	Jay Angoff	55 27:45	298	Tom Whelihan	39 29:03	356	Meggan Cowan	26 30:34
242	Gretchen Sun	15 27:49	299	Isaac Bradshaw	9 29:06	357	Laura Wells	65 30:34
243	Kelly Gates	24 27:49	300	Sandi Hurtado-Peters	35 29:08	358	Sutanit Puttapanom	28 30:35
244	Jeanna Ross	16 27:49	301	Isaac Bruning	31 29:10	359	Huay Lim	29 30:36
245	Lisa Thill	35 27:50	302	Rebecca Bruning	25 29:10	360	Amy Voltmer	35 30:36
246	Sean Mooney	26 27:55	303	Amy Chesshir	18 29:11	361	Jan Ivey	46 30:39
247	Gabe Dobbins	15 27:56	304	Joe Duncan	71 29:13	362	Michael McKown	53 30:40
248	Lisa Meyer	37 27:58	305	Connor McGowan	14 29:15	363	Carrie Shryock	26 30:41
249	Heather Mattern	27 27:59	306	Terry Robb	51 29:16	364	Linda Schadt	59 30:41
250	Marie Gutierrez	39 28:00	307	Michael Friedman	50 29:21	365	Jim Schadt	59 30:42
251	Brian Knaebel	31 28:01	308	Bryan Sprock	44 29:22	366	Heidi Bezzerides	33 30:42
252	Willie Johns	25 28:04	309	Lori Darr	41 29:22	367	Jerome II Taylor	28 30:43
253	Lisa Groshong	35 28:06	310	Brian Travis	29 29:23	368	Tracy Jones	39 30:43
254	Ciesa Saxe	20 28:07	311	Mindy Travis	27 29:23	369	Amy Schadt	30 30:45
255	Emily Peel	13 28:11	312	Pam Weagley	48 29:26	370	Robert Wideman	35 30:46
256	Harold Deckerd	50 28:15	313	Amanda Holliday	21 29:31	371	Russ Still	59 30:48
257	Spencer McGowan	16 28:16	314	Gary Fennewald	54 29:36	372	Patti Coffelt	48 30:49
258	Jenny Vroman	26 28:16	315	Ashley Schlager	18 29:36	373	Lindsey Frieberg	24 30:51
259	Elizabeth Conrow	27 28:17	316	Stephanie Crooks	24 29:37	374	Michele Bower	33 30:52
260	Jacob Uhrig	16 28:21	317	Tery Donelson	48 29:38	375	Rebecca Anderson	23 30:57
261	Jeffrey Romine	22 28:25	318	Mark Dietzel	37 29:43	376	Kristen Williams	22 30:59
262	Chris Johanning	21 28:26	319	Shannon Dietzel	34 29:44	377	Craig Malhake	34 31:02
263	Linda Murdock	52 28:27	320	Michael Aeock	33 29:45	378	Ben Truesdell	14 31:03
264	Monica Cooper	33 28:28	321	Scott Boyd	44 29:46	379	Amy Kirby	29 31:03
265	Kevin Salmons	45 28:28	322	Katherine Rudstrom	26 29:46	380	James Ross	45 31:06
266	Rhett Brengarth	25 28:32	323	Jerome Taylor	59 29:49	381	Georgia Morehouse	72 31:11
267	Patty Ferguson	29 28:33	324	Emily Thrasher	23 29:49	382	Thomas Highland	58 31:13
268	Linda Harris	49 28:33	325	Shannon Johnson	24 29:52	383	Nate Hoemann	15 31:15
269	Karen Hoernschemeyer	34 28:34	326	Julie Dougherty	39 29:52	384	David Michaletz	15 31:16
270	Emily Crow	29 28:35	327	Brenda Quinlan	41 29:55	385	Jess Newkirk	60 31:17
271	Jaye Wilcox	12 28:35	328	Kym Pieper	37 29:56	386	Larry Fick	64 31:19
272	Rebecca Highland	39 28:39	329	Tori Sisson	31 30:02	387	Beverly Twellman	57 31:22
			330	Dennis McGowan	47 30:03			

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388Karen Reider	44	31:23	440Andrea Kearns	31	34:22	492Emily Wright	12	38:22	544Michael Brown	55	46:29
389David Crooks	51	31:30	441Lisa Gromer	44	34:23	493Debbie Wright	48	38:23	545Amy Sergeant	33	46:42
390Jennifer Layton	23	31:30	442Janet Russell	51	34:24	494Alice Banks	57	38:30	546Rosalie Alvarez	63	46:49
391Terry Chapman	49	31:31	443Kelsie Maledy	14	34:24	495Nancy Sweezer	51	38:40	547Raquel Alvarez	42	46:57
392Gregory Chapman	52	31:32	444Julie Fenton	28	34:37	496Bonnie Fruits	46	39:01	548Shane Lewis	6	47:02
393Amy VanBerschoot	29	31:33	445Jennipher Burris	32	34:38	497Lewis Mead	75	39:18	549Deanna Temple	46	47:08
394Barney Sword	74	31:33	446Brenda McNeill	43	34:47	498Deborah Schaefer	52	39:19	550Michelle Brandt	25	47:34
395Molly Taylor	28	31:33	447Adrianna Cristal	11	34:49	499Dave Shipman	57	39:23	551Mary M. Newby	58	47:36
396Ann Cardetti	28	31:34	448Lara Cox	11	34:50	500James Windsor	52	39:24	552Marlee Walz	48	47:49
397Kurt Simmons	51	31:40	449George Cox	45	34:51	501Mariah Windsor	23	39:24	553Carolyn Ezzell	51	47:56
398Seth Van Dyke	30	31:41	450John Kitchens	28	34:51	502Connie Leopard	46	39:25	554Stephanie Ezzell	12	47:57
399Kenny Bader	44	31:44	451Rachel Tinsley	30	34:56	503Amanda Leopard	22	39:26	555Recille Norris	27	48:14
400Shawn Raymond	31	31:52	452Annette Humphreys	43	35:00	504Chelle Sherman	53	39:38	556Lanet Wisner	33	48:16
401Cassandra Raymond	32	31:54	453Julie Maledy	47	35:04	505Jim O'Dell	62	39:39	557Karina Kitchen	10	48:28
402Sarah Justice	29	31:55	454Laura Detert	42	35:07	506Karen Neely	57	39:47	558Suzanne Kitchen	42	48:34
403Adam Davis	29	31:56	455Karen Horst	42	35:08	507Brendan Fish	8	39:51	559Julie Brown	45	48:43
404Dana Hart	43	32:04	456Angela Stevens	34	35:09	508William Fish	45	39:52	560Cecilee Brown	19	48:44
405Donald DeBrodie	39	32:05	457Bill Hert	48	35:11	509Sterling Wyatt	50	40:03	561Trina Teacutter	32	48:59
406Tracey Feroe	23	32:14	458Shawna Victor	27	35:12	510Jill Yager	28	40:12	562Amy Steffen	28	49:03
407Jay Kacena	52	32:16	459Saige Lewis	8	35:14	511J.B. Cohen	56	40:14	563Taina Crutcher	32	49:04
408Cindy Brodhacker	49	32:17	460Julia Alexander	46	35:17	512Doris Groner	47	40:29	564Mark Banks	51	49:26
409Dana Livsey	52	32:28	461Allison Drapean	43	35:31	513Shirley Kephart	70	40:44	565Dawson Croom	5	49:30
410Bethany Harris	38	32:29	462Tonya Wise	38	35:33	514Jessica Klein	9	40:46	566Scott Croom	32	49:31
411Emily Wilbur	31	32:35	463Cheryl Lobb	44	35:35	515David Babel	68	40:47	567Karen Roberts	37	49:43
412Anna Wright	9	32:38	464Del Lobb	44	35:36	516Paige Klein	45	40:50	568Liz Lea	27	49:44
413Lisa Flores	36	32:39	465Christy Ducharme	24	35:37	517Marie White	8	40:58	569Peggy Laughlin	59	50:01
414David Albin	36	32:41	466Cory Collins	29	35:38	518Karen White	39	41:00	570Dawn DeBrodie	36	50:02
415Dan Hoernschemeyer	34	32:42	467Cynthia Shelby	33	35:39	519Christina Dorey	17	42:15	571Rebecca Miller	31	51:04
416Candace Reed	23	32:44	468Cathy Evers	34	35:40	520Kimberly Conrow	31	42:16	572Joe Faber	66	51:07
417Meg Gray	43	32:47	469Patrick Corwin	19	35:45	521Deanna Leimbach	28	42:17	573Jo Miller	64	51:18
418Lauren Kelly	16	32:49	470Sherry Corwin	46	36:11	522Micol Walsh	49	42:40	574Karen Hooper	50	51:50
419Kathy Bishop	25	32:52	471Brianna Lennon	20	36:17	523Melissa Gildehaus	27	43:04	575Jill Harper	21	51:50
420Laura Neal	29	32:53	472Kelly Hughes	36	36:18	524Liz Williams	20	43:05	576Paula Heaviland	45	51:52
421Rachel Mallett	27	32:53	473Ernest York	65	36:20	525Leeann Johnson	49	43:20	577Sharon Boland	41	51:53
422Marvin Van Leer	69	32:54	474Tiffany Hargis	35	36:40	526Linda Vogt	58	43:21	578Amy Walker	19	52:06
423Kristen Valentine	22	32:55	475Phillip Vinyard	49	36:42	527Becky Pearman	30	43:22	579Natalie Harris	29	52:25
424Valerie Rimmer	40	32:57	476James Linville	50	36:50	528Sara D. Stone	44	43:38	580Louise Simon	49	52:32
425Michelle White	31	33:01	477Lindsay Fox	24	37:07	529Bill Clark	51	43:47	581Shawna Mabe	31	52:34
426Destiny Thomas	28	33:01	478Pete Kephart	69	37:17	530Karen Jennings	32	43:57	582Marian Zellner	35	52:47
427Marlena Szewczyk	15	33:02	479John Matticker	15	37:21	531Stephanie Young	50	43:58	583Ann Hagan	63	53:04
428Rachel Drennan	17	33:02	480Cortney Banks	20	37:25	532Colleen Fuchs	34	44:24	584Mary Pickett	52	53:26
429Paula Schlager	43	33:09	481Jana Bush	26	37:26	533Pamela Albin	35	44:37	585Aaron Cooper	25	53:27
430Jill Costello	25	33:35	482Jori Hoeft	24	37:34	534Vera Reichlin	29	44:57	586Taylor Laughlin	12	55:10
431Elisabeth Chenoweth	22	33:36	483Melissa Cox	29	37:38	535Debbie Bardwell	49	45:06	587Samantha DeBrodie	11	55:11
432Paul Gieringer	50	33:37	484Marla Wilcox	51	37:40	536Marilyn McCreary	60	45:26	588Pat Doane	53	55:13
433David Cochran	9	33:50	485Connie Popejoy	47	37:45	537Tabatha Lancaster	25	45:37	589Susan Curry	47	55:26
435Sami Baugher	8	33:50	486Darlene Saxe	41	37:50	538Valerie Harre	38	45:42	590Lois Anderson	57	56:51
436Alex Jones	8	33:51	487Shannon Hale	40	38:07	539Edward Harre	36	45:43	591Theresa Finley	39	56:52
437Marisa Sherbo	26	33:55	488David Hale	41	38:08	540Patricia Wilson	57	45:45	592Cindi Wakler	47	58:02
438Victoria Carlile	23	34:10	489Rebecca Roesslet	33	38:14	541Harriet Yelon	52	45:56	593Pamela King	49	58:03
439Marcia Smith	66	34:20	490Lauren Canaday	23	38:17	542Paula Wilson	44	46:01	594Jamie Wunderlich	45	1:02:26
			491Cheryl Currie	56	38:19	543Donna Glenn	48	46:03	595Mary Creger	33	1:02:27

Columbia Track Club performed well at the Brew-to-Brew Relay on March 20th. Four CTC members, Patrick Hanson, Matt Laye, Andrew Norton and Eric Bunch, combined with Steve MacIntyre to run the 44 mile relay in an average pace of 5:09 per mile. Each runner ran two legs ranging in distance from 2.3 and 5.3 miles with an hour rest between. Throughout the race, Columbia and the Mule Track Club traded the lead four times making for an impressive show-down. Comprised of four CMSU alumni and Kansas City standout Eric Graham, the Mules took the race down to the wire with CTC. In the end it was the Mules who came out the victors, winning the three hour and forty-five minute race by just a minute. Both teams were under the previous course record.

The same group of Columbia Track Club members heads to Kansas City on April 29th for the Sabates Trolley Run four miler. There they will play their hands against a handful of the best regional and national road racers.

2006 Columbia Track Club Schedule

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

3/1-5/17	6 pm	Track Workouts (all ages and speeds welcome) Every Wednesday night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
4/15	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track
4/22	10 am	Show-Me Stampede 5k Entry fee also covers the Show-Me State Games 5k on July 30	\$15	Joe Duncan, 445-2684	Reactor Park
5/6	8 am	CIGS 4 mile and Health Fair	\$15	Jim Linville, linvilleJI@health.missouri.edu	Quarter Deck

Running Shorts:

- News from the Shelton family:

Alexa took the SILVER in the 10 and under high jump and 7th in the long jump @ the AAU National Indoor meet in Knoxville! Her 3' 10" jump was the 2nd-best in history indoors for 10 and under girls and the winner broke the record of 4' 0" by going 4' 2". Alexa jumped a PR 10' 11 3/4" in the long jump! (not bad for her size PLUS having ASTHMA and still just 9!) Looks like we already have a WINner for next years Youth Athlete of the Year Award!

P.S. Amina was injured (hamstring) and didn't medal. She DID give it one heck of a try!

AND

Dad, Derek, went to Linz, Austria for the World Indoor Masters on the 20th and re-aggravated his hamstring injury from Germany. Derek still managed to place 23rd and earn his Diploma! He is going to wait 3 years to turn 50 before he gives it another try at a World championship meet.

CONGRATS, Shelton family!!!

Please tell Linda that her column about race tee shirt quilts was very interesting.

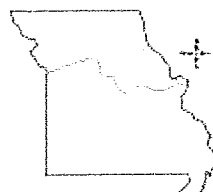
I have about 100 of them that Margaret is going to select some of the unique ones and also have a quilt made of them.

Here's another way that I have used them: Several years ago I took 85 brand new, never-used race tee shirts that I had accumulated over the years, to the Children's University of Mo. hospital. They used them for children's gowns and the kids got a big kick out of them, even though when they put them on the shirts came down to their ankles. But they appreciated them for something different from their usual hospital gown.

Don Johnson, Centralia, MO.

Welcome New CTC Members

Kathy Doisy	Columbia
Elizabeth Ealey	Columbia
Trevor Harris	Columbia
Dan Ihms	Columbia
Nicki Millan	Columbia



For Out-of-Town Events

see the CTC website
at:

<http://ctc.coin.org/>

COLUMBIA TRACK CLUB *NEWS*

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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
