

2005 COLUMBIA TRACK CLUB COLTS CROSS COUNTRY SEASON

For the sixth straight year the Columbia Track Club sponsored, and coached, the 7th & 8th grade Cross Country Team made up of C.C.S. and public school students. The P.A.L.S. Cross Country Program included about 9 teams in the girls and boys divisions this year. This program has grown much over the years, and our CTC teams have accomplished great feats once again this year. The girl's squad finished first place in four out of five meets, and the boys came in second in the same number of meets. A grade school cross country race is 1.5 miles, whereas the high school cross country race is 3.1 miles.

This year the team included:

8th graders: Bevin Gunn, Erin Gillispie

7th graders: Charlie Carson, Grady Harrington, Jennifer Willis

6th graders: Connor Gundy, Danica Shimkus, Kory McDonald, Jordan Cook, and Mary Lupo

5th grade: Nathan Keown, Rebecca Willis, Samatha Walker, Vincent Altomari, Dalton Maggard, and Gates Burchfield

4th grade: Joe Walker and Zachary Cook

Thus our team average grade level was 5.8 (6.0 grade average last year and 6.5 grade average the year before that). We allowed all interested athletes to run regardless of grade, even if this average age difference makes it more difficult to win. Our teams have usually been younger than any other team in the program, and this is in keeping with the spirit of the sport, which allows all willing runners to compete. Yet, as you can tell the young CTC team more than held their own against the competition teams made up of primarily 7th and 8th grade runners. Each meet awarded medals to the top ten finishers, and our team won 23 medals, (22 last year, and 19 the year before that), in five meets:

- 5 first place (Rebecca Willis 4, and Jordan Cook 1)
- 1 second place (Jordan Cook)
- 3 third places (Kory McDonald, Jordan Cook, and Erin Gillispie)
- 2 fourth places (Jordan Cook and Erin Gillispie)
- 1 fifth place (Kory McDonald)
- 2 sixth places (Danica Shimkus and Kory McDonald)
- 2 seventh places (Kory McDonald and Danica Shimkus)
- 1 eighth place (Erin Gillispie)
- 1 ninth place (Jennifer Willis)
- 5 tenth places (Connor Gundy, Jennifer Willis, Danica Shimkus, and twice for Bevin Gunn)

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Upcoming Events

- **Track Workouts**
March 1-May 17 (every Wed.)

- **St. Pat's 5k**
March 11
(entry enclosed)

- **Two-Person Relay**
April 15

- **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





CTC Colts Cross Country Team 2005

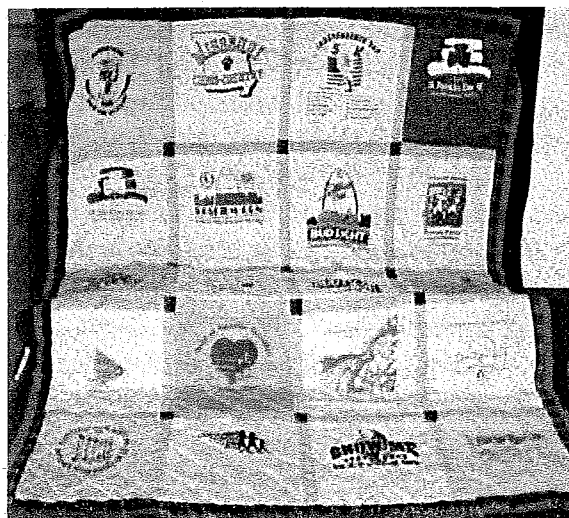


Greetings!

Perhaps you've pondered the question, "What am I going to do with all these race t-shirts?" A couple of CTC members have shared a possible solution.

T-shirt quilts are becoming a popular addition to the rich history of quilt making in this country. The first quilts in America were brought over by English and Dutch colonists. The patchwork quilt, made from scraps of worn out clothing, were popular with pioneer women, who developed quilting as an art form. Quilts have been used as symbols and political statements. In the early 1800's, a star patterned quilt hanging from a clothesline was used to signal households sympathetic to those traveling north by way of the underground railroad. Quilting is still very much alive in our culture. Antique quilts have become collector's items. Quilts are displayed in museums, at country fairs, at festivals, etc. There are quilting guilds, clubs, church groups and individual hobbyists.

Every quilt has a story to tell. Shortly after they were married, Andrea Allen found a box of Tom's race t-shirts in the basement. She located a quilter on the internet and surprised Tom with the quilt pictured below. Tom's first race and his favorite race are both depicted on this quilt, shown below. Tom's quilt reminds him of the days when he actually ran the races and someone else timed them.



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-

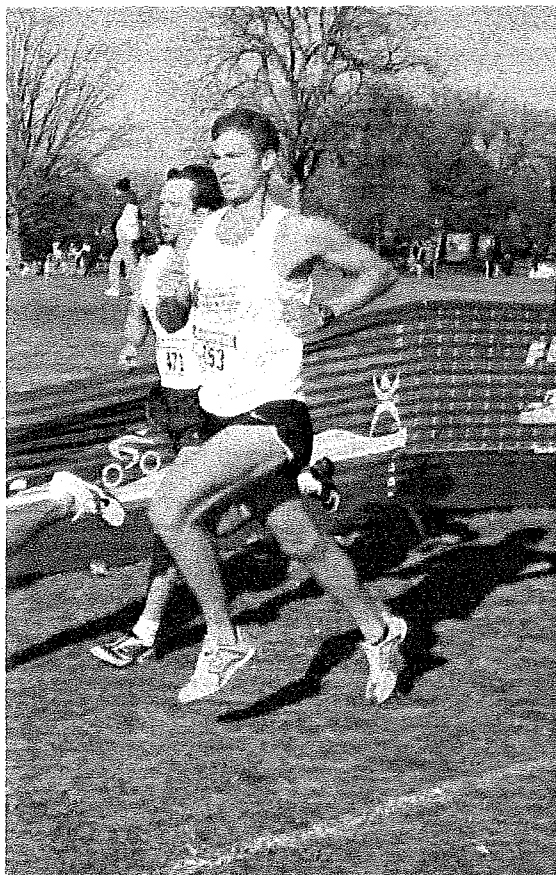
The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

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/>

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CTC Runner Profile



Andrew Norton

Age: 24

PERSONAL RECORDS:

3 km	9:08 (Indoor Missouri Invitational)
5 km	15:39 (Outdoor Missouri Invitational)
10 km	32:45 (USATF Club Cross Country)
7 Mile	38:15 (Bix 7)
Marathon	2:39:08 (Chicago)

Weekly mileage: 70–80 (miles)

When did you start running? I ran the mile in grade school because no one else would run it. That's when I realized that I could succeed by choosing activities that no one else wanted to do.

Who has influenced you most in running? My high school cross country coach really let us have fun and that's the best way to get kids out running . . . let them dive headfirst into a pit of mud and then run through the school and town caked with mud.

Running Accomplishments: All-State high school cross country, most lines in three minutes at basketball practice, walked on to the University of Missouri Cross Country and Track teams, Big 12 All-Academic First Team, Top American Finisher at Wellness and Nutrition 5K, First Law Student Finisher at the Tim Heinsz Memorial 5K, Most Twinkies at Bix 7 Post-Race Party, 118th at USATF Club Cross Country Championships.

Favorite Workout: 4-6 mile tempo loop on the roads around south Columbia.

Favorite Running Routes in Columbia: Rock Bridge, Campus and Downtown Loop.

Goals: My goal in running right now is to win money in a race so I can say that I'm a professional runner. I also hope to run a half marathon in Austin and the USATF Marathon Relay in Colorado with the CTC guys.

Personal Info and Interests: I am a law student originally from Sparta, Illinois, a small town in the southern part of the state. I also went to undergrad at Mizzou where I walked onto the Cross Country and Track teams after my sophomore year. I ran cross country and track my first year of law school and it was great. I am on the Tim Heinsz Memorial 5K race committee, the editorial board of the Journal of Dispute Resolution and a member of the Crossing Church. I like running with other people, spending time with friends, doing things outside, playing basketball, golf, skiing (both varieties), fishing, biking, hiking, camping, traveling . . . just about any worthwhile activity.

Cross Country *(continued from page 1)*

The average race time of the girls team went from 12:19 at the first meet on an easy course to 11:43 on the most difficult Championship course ever. This time decrease is an improvement of 36 seconds per 1.5 miles throughout the season! For the boys, they progressed from an average race time of 11:46 at the first meet to the Championship Meet average time of 10:58, an improvement of 48 seconds per 1.5 miles throughout the season.

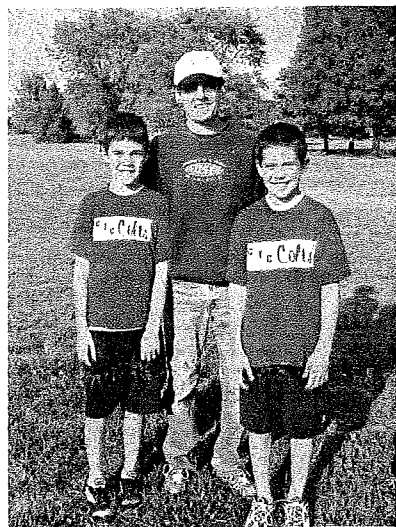
For the Championship Meet hosted by the Columbia Track Club at Stephens Lake Park, the girl's team won and the boys team came in second place. The experience the younger members have acquired will be invaluable for the years to come, both at the grade school and high school levels.

We look forward to extending the opportunity for all interested runners again next year to take the challenge of cross country running. Our past CTC team members have from 2000 to the present become: six varsity girls for Hickman High School, five varsity boys for Rock Bridge, three varsity girls for Helias, and two varsity boys for Hickman. In this group have emerged Four All-State winners and many All-District, All-Conference and All-Sectional winners.

The athletes, parents, and coaches would like to thank the Columbia Track Club. Because of the CTC, many young athletes are given the opportunity to learn, participate and excel at a lifelong sport that teaches not only physical fitness, and mental determination, but good sportsmanship as well.

The 2005 CTC Coaches

Dick Hessler, Margaret Shimkus, and "paper coach" Jim Keown



Submitted by Chris Hayday

Race organizers for the *Freeze Your Gizzard Blizzard* have a saying: only the bold run in the cold. They would know since this 10K race is run in International Falls, Minnesota. In January. Never in its 25 year history has the weather canceled the race, not even when temperatures dip down to single and negative digits. I should probably point out that these temperatures are the norm; the record-low race-day temperature was in the negative 40's, but that was with the wind chill. Personally, I enjoy cold-weather running but cold, dark, icy, wet, wintry conditions have a way of making treadmills look rather attractive. Now that Punxsutawney Phil has given his official forecast we can rejoice in knowing that spring is just around the corner. The good news is that you can run outside in the daylight without wearing five layers of clothes or the worry of slipping on the ice. The bad news? Air pollution, smog and ground-level ozone can ruin what could have been a great run.

Summer running invariably involves heat and humidity, but the increase in temperature also means an increase in smog and ozone pollution. What is ozone? Ground-level ozone forms when car exhaust and power plant and industrial emissions mix with heat and sunlight. The more mild effects of exposure include coughing, wheezing and general respiratory irritation, but prolonged and repeated exposure can reduce lung function, cause lung damage and respiratory infections and lead to bronchitis and emphysema. Ozone pollution can be particularly harmful to those who suffer from asthma, and on bad ozone days it can even be fatal. One other form of air pollution to watch out for is particle pollution. This is the fine particulate matter, or dust, in the air resulting from construction, auto emissions, power plants and industry. Ozone pollution increases from April to October, and is at its worst in June and July.

According to the American Lung Association nearly half of us live in counties with unhealthy air, and the Asthma and Allergy Foundation of America recently rated St. Louis and Kansas City as the 9th and 56th Asthma Capitals, respectively. Additionally, the EPA classifies St. Louis as a non-attainment zone for ozone pollution. Columbia and Boone County have, so far, avoided these problems but as we continue to grow so, too, can our air pollution problems.

You run to be healthy, but running under certain conditions could make you unhealthy? Fortunately, there are easy solutions to this catch-22. First, run early in the day because ozone and air pollution worsen as the day progresses. Ozone pollution is at its worst in the late afternoon, just like summer heat. It's also smart to avoid congested streets, especially during rush hours. Hey, that's one more reason to run the MKT or Rock Bridge State Park! Of course the best way to fix these problems is to reduce the pollution. Please contact local, state and federal officials and urge them to require the use of improved emissions reduction technologies for our cars, power plants and factories. President Bush is an avid runner and cyclist and readily understands these concerns.

For more information about running in smog and ozone pollution, check out this article from the *Kansas City Star*, <http://www.kansascity.com/mld/kansascity/13709640.htm>, or visit the American Lung Association's website, www.lungsusa.org.



Nut Race**Feb. 4, 2006**

19 Degrees, 10 MPH North Wind

36 runners challenged the cold and the nuclear reactor 3-loop 5K course. Fabiola Lopez ran a very strong 24:20 to win the women's division overall and the 40-49 age group, too. Joshua Mantooth is emerging as one of Columbia's fastest young males, winning overall and the 13-19 age group in 16:47. Matt Dreier was 2nd in 16:59. Keep your eyes on the boys in the 12 & under group who had great races along with Julia Chavez and Rachel Peregoy. In the 13-19 boys, Sam Masters, Alex Edwards, and Austin Peton had a terrific battle for 3rd, 5th, and 6th places overall. John Weghorst at age 50 went well under a 6 minute/mile pace at 18:14 and Marc Keys continues to dominate to 40-49 group with a quick 17:42. A special welcome to new CTC members Stephanie Slay and Berkley Hudson and very special thanks to Tom Allen, Anne Hessler, Linda LaFontaine, and Jim Linville for helping with race management.

Dick Hessler, Race Director

**Women
12 & under**

1. Julia Chavez #33 31:20

13-19

1. Rachel Peregoy #34 33:13

20-29

1. Sarah Justice #27 28:33

2. Stephanie Slay #28 28:36

3. Emily Thrasher #31 29:47

30-39

1. Margie Tonnies #29 28:44

40-491. Fabiola Lopez #19 24:20
(first female)

2. Lisa Wells #23 26:06

3. Ann Moreton #25 26:45

4. Marcela Chavez #36 34:45

50-59

1. Andrea Allen #32 29:55

Men**12 & under**

1. John Moreton #20 25:40

2. Dalton Maggard #21 25:53

3. Kyle Tonnies #30 28:46

13-191. Joshua Mantooth #1 16:47
(first finisher)

2. Sam Masters #3 17:24

3. Alex Edwards #5 17:48

4. Austin Peton #6 18:11

20-29

1. William Romine #10 19:43

2. Ricky Lundholm #11 20:49

30-39

1. Matt Dreier #2 16:59

2. Andy Emerson #9 19:23

3. Paul Wagner #12 21:00

4. Kurt Kennett #14 21:07

5. Rod Stevens #24 26:31

40-49

1. Marc Keys #4 17:47

2. Oscar Chavez #13 21:01

3. Hugh Emerson #15 21:58

4. Steve Kullman #18 24:14

5. David Moreton #22 26:02

6. Jim Peregoy #35 33:16

50-59

1. John Weghorst #7 18:14

2. Phil Shaeffer #8 19:21

3. Allan Benjamin #16 22:21

4. Joe Lopez #17 24:03

5. Berkley Hudson #26 26:56



PedNet Coalition is looking for volunteers to help with the Walking School Bus program. A Walking School Bus is a group of 5-10 children who walk to school together under adult supervision. The PedNet Coalition is offering a FREE Walking School Bus program to families attending Grant, Russell, West Blvd., Lee and Ridgeway elementary schools.

PedNet will recruit and train qualified Walking School Bus "Drivers" to supervise the children during the walk to school. For each Walking School Bus route, a route map and schedule will be published. Each morning, the "Driver" will walk the route to school, picking up children at the designated Walk Stops. Parents are encouraged to walk with the Walking School Bus if they have time.

Volunteer "Drivers" will need to be available 2-3 days per week between 8am-9am, starting April 3rd- June 2nd. For more information please contact Margy at 864-2556 or www.pednet.org.



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
3/11	8 am	St. Patrick's Day 5k and Mayor's Mile (kids ages 5-12-no entry fee)	\$15	Steve Stonecipher-Fisher, 447-2453 Scott Rubenstein, 447-3733	Courthouse Square
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



New CTC member Nancy Rezabek made the quilt above from t-shirts given to her by adventure racer Cammy Ronchetto. Nancy pieced the shirts together and commissioned a local quilter to craft the final product. This quilt was a surprise gift, too.

Quilts are part of our history, even running and racing history.

See you down the road.

Linda

Running Shorts:

- CTC renewals and 2006 schedules have been mailed out. Don't forget to mail your membership dues so you won't miss a single CTC race or newsletter. This will be your **LAST** issue if you have not renewed your membership.
- CONGRATS to **Amina Shelton** was awarded **Youth Athlete of the Year** at the 2006 WIN award at a luncheon on February 7, 2006.

Welcome New CTC Members

Berkley Hudson	Columbia
Paul Meyers	Columbia
Nancy Rezabek	Columbia
Stephanie Slay	Columbia
Marsha Fischer	Columbia
Jim & Lisa Meyer	Columbia



For *Out-of-Town* Events

see the CTC website
at:

<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

0612

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