

## CTC Competes in National Cross Country Meet

*Submitted by Eric Bunch*

On November 19<sup>th</sup> twelve members of the Columbia Track Club traveled to Rochester, New York to compete in the annual USATF Club Cross Country National Championships. Over thirty teams competed for their respective national titles representing running clubs across the country in Men's and Women's Open races as well as Men's and Women's Masters. The meet was sanctioned and organized by United States Track and Field, the governing body of cross country, track and field and road racing in the U.S.

An event in which many of the competitors are not sponsored by major shoe companies, Cross Country Club Nationals gives teams, made up of elite and sub-elite athletes, the opportunity to participate in a sport dominated by seemingly regular people who have lives outside of their sport. Unlike the major sports like baseball, basketball and football, even many of the best runners in America still must work outside of their sport to make a living. Organizations like the USATF strive to provide opportunities for athletes at all ability levels to participate in quality competitions, opportunities that may not have been afforded them since their school days.

Even more importantly, without clubs like Columbia Track Club willing to bear most of the financial burden, few teams would have the ability to join the fields at these events.

No better example of this concept exists than the men and women who represented CTC. A team comprised of people like Andrew Norton, a third year law student, Kimberly Moore, a social worker, Melissa Fleenor and Alison Hodgson both married with full-time jobs and Tony Rigdon, an employee of a local non-profit organization is one of modest, real-life background and truly represents the best our sport has to offer

Balance is not a foreign concept to them.

After arriving a mere fifteen hours earlier due to their busy schedules, the two teams rallied to impressive debut performances with the men's team finishing twenty-seventh and the women racing into the top twenty. See Jane Run and Hansons-Brooks ODP ran home with the women's and men's titles respectively. Former Missouri high school standout Matt Tegenkamp won the individual men's title with Elizabeth Woodworth taking the women's.

"Everyone competed well considering the level of competition," said Columbia's top performer, Matt Laye of the team.

Laye, an alumnus of UC Davis, is no stranger to the USATF Cross Country Club Nationals scene. He competed in the meet in 2003 for his former club team, Adidas Transports. His time of 32:28 over the ten kilometer course, a twenty-five second improvement over his 2003 performance, was good enough to earn him a spot in the top one hundred in the three hundred nine person race. Andrew Norton, Ted Zderic, Patrick Hanson and Matt Drier rounded out the CTC top five with Tony Rigdon as the pusher.

Moore, a graduate of Mizzou, took top honors for the women's team finishing a very strong sixty-ninth, recording a six kilometer time of 22:17. Jill Peterson, Alison Hodgson, Melissa Fleenor and Beth Luebbering made up the top five team slots. Jessica Grider lost her timing chip during the race and, unfortunately did not officially record a time.

*continued on page 5*

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

**November 2, 1980:** 3-Mile Turkey Trot, St. Louis: SLTC won the open categories, both male & female, while CTC won the male-40+ led by Don Lewis' 17:30. Leading CTC runner, overall, was Dave Parker at 17:24. Then Dick Hessler, 17:27, Bruce Maxey 18:27, Bob Schottman 18:33, Joe Marks, 18:50, Jim Gibson 19:10, Matt Gibson 20:56, Tim Gibson 20:23, Peter Hessler 20:48, Don Johnson 19:58, Joe Duncan 21:48 Turk Storvick 20:03, Chris Ruble 22:29, Amy Hessler 24:29, Angela Hessler 28:59

**November 15, 1980:** 20 kilo run: 1. Steve Fisher 1:06:07 2. Norm Stebbins & Tom LaFontaine 1:12:01 4. Bob Goodrich 1:13:42 5. Hessler 1:14:18 6. Lewis 1:15:12 . . . Mike Koonse 1:23:53. . . Jim Sowash 1:32:12 10 kilo run: 1. Peter Fritsch 39:35. . . 3. Tim Gibson 43:28 20 kilo walk: 1. Rob Spier 2:18:01 2. Bill Taft 2:37:56

**December 6, 1980** 30 Kilo Run: 1. Fisher 1:43:11, 2. Jon Herbert 1:45:52. . . 4. LaFontaine 1:52:27 5. Hessler 1:54:24. . . 7. Wesley Paul, 11, 1:57:36 9. Kent Lang 2:02:58. . . 14 Ben Londeree & Doug Bellows 2:09:22 Women's 10K: Chris Ruble 48:26, Amy Hessler 53:13

**December 20, 1980** 10-Mile Cheese & Sauerkraut: Ben Londeree won the big cheese, being only 13 seconds off his prediction. 1. John Weston 55:44. . . 4. Dennis Stewart 57:57, 5. Bob O'Connell 58:01. . . Lewis 58:58. . . Hessler 59:13. . . Londeree 1:03:13 & 45 others

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



Greetings!

*Looking back:* In 2005 CTC sponsored monthly running events, spring track workouts, a six week summer youth program, coached 40+ young competitors on our Colts Track & Field Team and Colts Cross Country Team,

gave 5 scholarships for college, helped fund raise for the Central Missouri Food Bank (Cranberry Crawl 5K), and the Arthritis Foundation (Jingle Bell 5K), helped with travel expenses for members to compete nationally, and sent an elite men's and women's cross country team to New York to compete in the USATF Cross Country Nationals. And we had our first HOA marathon wheelchair participant. Quite a year!

*Looking ahead:* In 2006 we plan to continue all of the above, plus attempt to develop a few new things. Read this month's article by Kevin Tyler on 'serial competition', a method for competing with other runners and running clubs internationally. We hope to continue to develop opportunities for post high school/collegiate competitors and others interested in building an elite cross country team for national USATF competitions. We redesigned our 2006 CTC schedule to include the dates of other local races. We hope this is helpful. There is one date change, however. Please make note:

**The Jeff Shikles Memorial 8K, listed in the bottom box, is June 4th.**

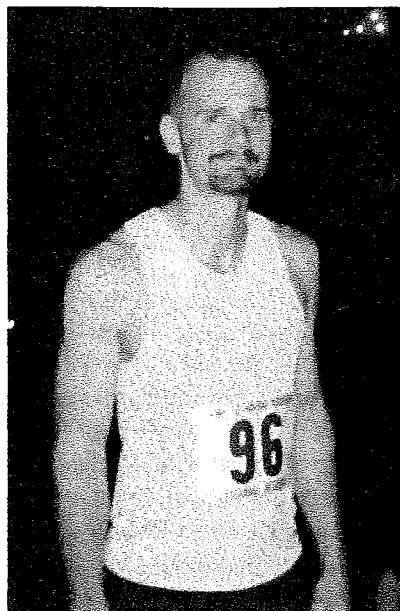
Thanks to the diligence of our webmasters, we'll continue to run updates on our website, and in our newsletter, too. Please contact me if you have any other ideas.

*Many thanks to all who help keep CTC running!*

See you down the road. Linda



# CTC Runner Profile



## Andy Emerson

Age: 37

### Personal Records:

**5K** (2003): 18:50

**10K** (2005): 41:11

**½ Marathon** (2005): 1:28:59

**Marathon** (2005 Portland, OR): 3:02:39

**Weekly mileage?** 40 miles average in 2005

**When Did You Start Running?** I ran track and cross country in junior high and high school at a small school in Iowa that didn't even have a track. One year we had only 3 people on the cross country team and traveled to meets in a car. For track I ran the 1 or 2 mile distance. I ran my first 5K in 1996 and first marathon (Heart of America) in 2004.

### Who Is Your Running Role Model? Who Has Influenced You Most In

**Running?** In Junior High my PE teacher encouraged me to run cross country after watching me complete 2 full laps around the block in PE class. The run-

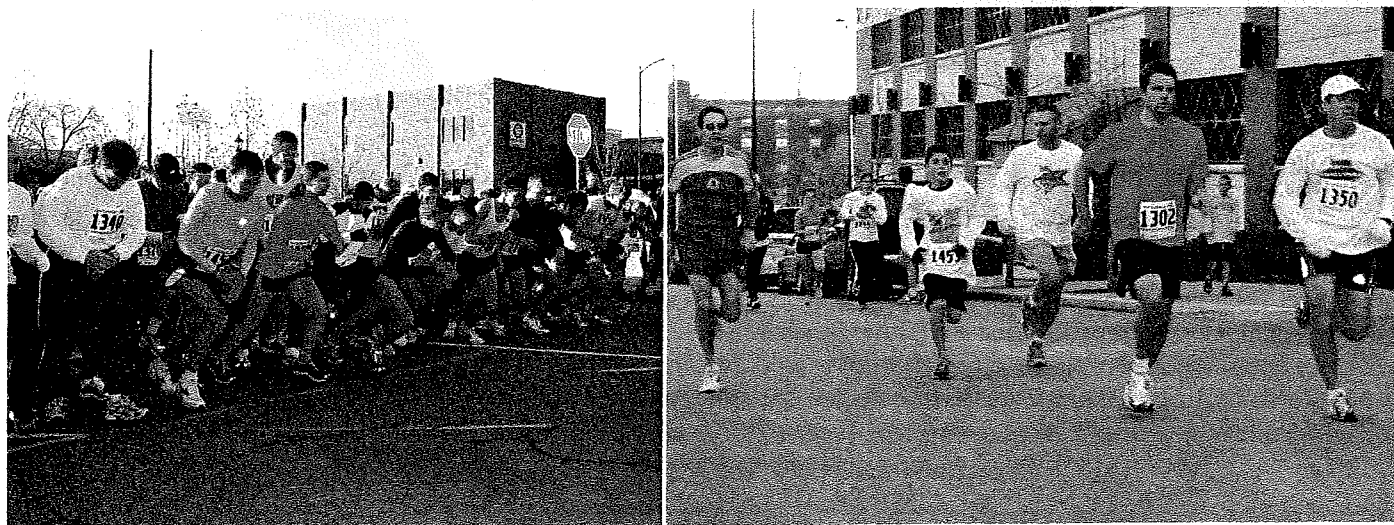
ners in the Saturday group and Tuesday/Thursday group that I run with are great running role models. I enjoy running alone at times, but also thrive on the competition of others and against myself.

**What Is Your Favorite Workout?** Long runs (14+miles) where I maintain a consistent pace and then push the pace even harder the last 5 miles. For recovery days, I like running 4 – 6 miles with my spouse and the dogs or cycling.

**What Is Your Favorite Training Route?** Starting somewhere on the MKT trail and running 10 or more miles out to the Katy Trail. For hills, I enjoy running the Bear Creek trail route and repeatedly running the hill right before Cosmo Park.

**Personal Info and Interests:** I enjoy running a variety of races at all distances. I also started biking this year, and have been weight lifting consistently for almost 5 years. In addition to CTC, I'm a member of Mid Missouri Road Runners and Columbia Multisport Club.

## First Night 5k



## Cheese & Sauerkraut 10 miles

**Dec. 10, 2005**

24 degrees, wind-chill of 16 degrees and increasing winds from the west greeted 30 runners to the annual Cheese and Sauerkraut 10 miler on 12/10 that dates back to 1974. Did I mention 2 inches of powdery snow on the trail that started to melt as the race went on? When all of the friendly competition ended we had the following people of note: Oscar Chavez made atonement for winning the Sandbagger last summer by being the closest in prediction this time. He took home the cheese while Steve Kullman took home the kraut. Thanks to Dick Hessler for his help and to Lisa Wells for helping with results. Rumors that couldn't be confirmed, had several people leave for the confines of Lucy's Breakfast and Burgers in downtown McBaine after the race.

Randy Gay, Race Director

## JINGLE BELL 5K

**Nov. 19, 2005**

1994 was the last time I ran the Jingle Bell 5K. At that time the race started at UMC Hospital & Clinics, and was one of the fastest 5K courses in Columbia. I'm not sure when the race first began, but through the years it's had it's ups and downs, with several course changes, and an ever changing arthritis foundation coordinator. In 2004 the track club declined to sponsor this event because, for the past few years, the fund raising coordinators had become uncooperative and unsupportive. In 2005 a new coordinator, Carol Mitchell, from the St. Louis arthritis chapter, vowed to make things right if we would revive CTC's involvement. At the October CTC board meeting we decided to go forth with the Jingle Bell 5k once again. With little time left we had to change the date, change the course, and change the race director.

On a brisk December 3<sup>rd</sup> morning, using the St. Pat's 5K downtown race course, 156 5K runners/walkers and 90 one mile walkers gathered to run, walk, and rally for the cause. Thanks to the tolerance of the running community, the commitment of our volunteers, and the compassion of some of the participants, the event was an unbelievable success for the Arthritis Foundation. When all was done this event raised over \$15,000!!! Our new coordinator Carol Mitchell was very impressed with the caring in our community and wrote in the Foundation's newsletter "...the generosity of the Columbia Community was so amazing to me...." She was very grateful to the Columbia Track Club for "making the whole thing happen." Of course without the help of our dedicated volunteers none of this would ever happen. Many thanks to Tom Allen, Andrea Allen, Steve Stonecipher Fisher, Jeanine Pagan, Randy Gay, Ted Zderic, Jim Keown, Cindi Heese, Jim Linville, Jim and Cammy Ronchetto, Tom LaFontaine, Mr. and Mrs. Burk, and Maureen O'Hare and all her Central Missouri Food Bank volunteers. Please accept my apologies if I've neglected to mention someone.

Congrats to our overall winners, first male - Zach Chapman, with a time of 17:15, and first female - Casey Dodam, with a time of 21:31. Congrats to all our age group winners and to all who participated in this most successful event.

May the Arthritis Foundation's research and programs help us keep our joints in motion.

Linda LaFontaine, Race Director

## First Night 5k

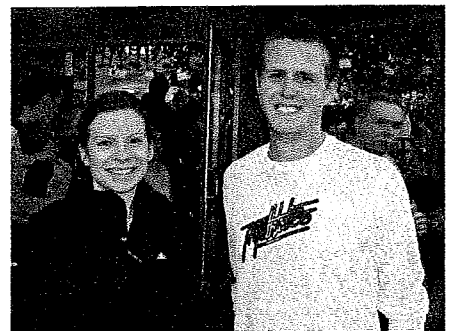
**Dec. 31, 2005**

328 First Night 5K participants started the new year (or ended the old year) with a 'bang' from the starting gun and the roar of the Harley Davidson's leading the pack of runners through the race course. Congrats to the overall winners, Patrick Hanson, 15:59, and Alison Hodgson, 19:19, who both won running shoes from Tryathletics. No age group awards were given in this race, just some fun door prizes for those patient enough to hang around until 5:30ish to be present to win, and then lucky enough to have their name drawn.

Many thanks to all who helped: Tom and Andrea Allen, Kim and Steve Stonecipher Fisher, Anne and Dick Hessler, Jim and Cammy Ronchetto, Mark Volek, Stacy Reed, Karla Lang and her daughters, the Lopez family, Jim Keown, Randy Gay, Joe Duncan, Ellen Pagan, Mark Wilson, Jim Linville, Tom LaFontaine, Matt Dreier, Georgia Moorehead, our webmasters Hugh and Andy Emerson, all the Parks and Rec volunteers, and all the others I should have mentioned. Many thanks to Tryathletics for providing the awards to our overall winners. And thanks to Cyclextreme for providing the store space for race headquarters, and for donating some great door prizes.

Linda LaFontaine, Race Director

## First Night 5k



Alison Hodgson and Patrick Hanson

First Night photos by Joe Lopez

**Cross Country, continued from page 1**

Regarding the terrain, Alison Hodgson had this to say: "the course was pretty nice because it wasn't completely flat so it kept my interest."

Teams and individual runners must be registered with the USATF in order to compete in national events, a process Columbia Track Club underwent earlier in 2005. A move spearheaded by Marc Keys and Michelle McFadden should bring CTC the opportunity to display the finest examples of achievement and sportsmanship on the regional and national level for years to come. Several athletes have expressed serious interest in pursuing options for establishing a more permanent team in order to compete consistently in regional and national events. With growing interest in forming an elite development program in conjunction with the track club, the future of competitive distance running looks bright for Columbia.

As an important aside, it is important to note that the men's team defeated Minnesota rivals, Slab City Running Company, despite pre-race banter.

"If CTC would like to accept this offer, SCRC will mail you the pictures along with any shreds of your dignity that we come across after the race," read the November tenth SCRC news release with vicious and considerably inaccurate prophecy. Hopefully all members of Slab City enjoyed their heaping servings of humble pie, a dish that wasn't on the menu for CTC in this year's Thanksgiving Day Pie Run.

**Results:****CTC Women:****20<sup>th</sup> Place**

49	Kimberly Moore, 25,	Columbia, MO	22:17	5:58
76	Jillian Petersen, 22	Columbia, MO	22:54	6:08
87	Alison Hodgson, 26	Columbia, MO	23:17	6:15
93	Melissa Fleenor, 26	Columbia, MO	23:27	6:17
122	Beth Luebbering, 26	Columbia, MO	25:31	6:50

Time=1:57:25 Places=427

**CTC Men:****27<sup>th</sup> Place**

72	Matthew Laye, 24	Columbia, MO	32:28	5:14
86	Andrew Norton, 24	Columbia, MO	32:46	5:16
160	Ted Zderic, 33	Columbia, MO	34:22	5:21
166	Patrick Hanson, 21	Columbia, MO	34:37	5:34
213	Matthew Dreier, 30	Columbia, MO	37:04	5:58
221	Ernest Rigdon, 32	Columbia, MO	38:18	6:10

Time=2:51:15 Places=697



Kimberly Moore—white CTC shirt



Matthew Laye—headband

For complete results, please visit [www.usatf.org](http://www.usatf.org)

**THANK YOU to CTC for sponsoring the Jingle Bell 5K for Arthritis!**

Hello to all my favorite people that helped me with the Jingle Bell Run. Thanks to you guys we raised over \$15,000 ... I about fainted ... I was soooooo amazed. You really inspired ME for the next event!!! What really inspires me THE MOST is the people like YOU who really really care .... Because of your efforts we (the Arthritis Foundation) can do more research (even locally at the University), offer more services for durable medical equipment and medicine reimbursement, and have more and better aquatics, exercise and support programs in Columbia. So your hard work and commitment to the cause will help more people than you WILL ever know. So pat yourself on the back and know I sincerely appreciate your hard work and efforts!!!

*Carol Mitchell, Fund Raising Coordinator for the Arthritis Foundation*

## Serial Competition

submitted by Kevin Tyler

I attended college at Harlaxton in Grantham, Lincolnshire, England from Jan.-May of 1976 as part of a study abroad program. During that time I became friends with a runner named Ron Hindley. Ron, a WWII veteran, began running at the age of 50 and by 1976, at the age of 54, had run a 3:05 marathon. He became very involved in ultramarathoning and founded the 100 km race in England. I returned to England for the first time in 29 years this past June and renewed my friendship with Ron.

Ron has offered our club a free service of ranking individuals and clubs over a series of races, as opposed to one race by itself. Ideally, it is used for inter-club competition. This involves handling large amounts of data. But the home PC can do the job effortlessly, if given the right program. That is what Ron has done.

In order to rank people, you must have numbers to rank them by, and for one race only this is easy: you just use their position numbers. But you cannot add positions in one race to positions in another because that would not be adding "like to like" as you might think. You have to consider that tenth in a race of only ten people (the last position) should not give you a better score than 20th in a race of 100. Many dodges have been tried to get over this one in the past and Ron finally decided to be perfectly logical by using the time-honored method of ranking students in a series of end of year examinations. Every performance is assigned a score calculated as its proportion of the best mark by anyone in each exam- (the winner).

So, your score in a race is your proportion of the winner's speed, found by dividing the winner's time by your own. The effect is to cancel out anything to do with the difficulties of each course, their alleged distances, or the weather, and to measure merit only by reference to what the winner did. For the sake of fairness, as between the sexes, the standard for women is the performance of the leading woman, whose performance is treated as equal to that of the leading man.

The resulting fraction could be expressed as a percentage by multiplying it by 100, but for the finer distinctions that are needed, 100,000 is better, so that a win (leading man or leading woman) scores 100,000. Ron has observed that runners aged over 75, such as himself, fall below the 50,000 level, being unable to run at half the winner's speed, but they enjoy it just the same, knowing that their abilities are truly measured and clearly recognized. They can also seize opportunities to catch up on the faster athletes by running more of the races in the series than they do. Thus, participation as well as performance is rewarded. Hence, a never-ending contest among friends who respect one another as only runners can. Note that the whole series can be won outright by a dedicated woman. For example, Sandra Butler, a 60 year old woman, was leading the 2005 competition until near the end of the series. She could do in two races what a very fast runner could do in one. This is all done with simple arithmetic that allows a runner to check on their own individual result with a pocket calculator.

This serial competition is catching on in England. A series of races called the A1 Series (because all of the races are located near the A1, the main north-south highway) pits clubs against each other using this formula to determine club and individual winners. This series is sponsored by a running shoe store in Petersborough called Advance Performance. Perhaps, eventually, we could develop a club challenge series of events. I encourage people to check Ron's website at [http://homepage.ntlworld.com/ronald.hindley/Serial\\_Competition/leaflet1.htm](http://homepage.ntlworld.com/ronald.hindley/Serial_Competition/leaflet1.htm) and to click on the links to the A1 series results.

I talked with Linda LaFontaine and Dick Hessler and they agreed with me that it would be fun to experiment with this program during our club season this year. A new feature in our entry forms will be "club affiliation". It will be interesting to see how many different clubs participate in our races. The goal is increased physical fitness for everyone through a leveling of the playing field that respects the performance/participation of everyone from the slowest to the more elite runners. It could possibly provide an incentive to boost race attendance. We are planning to start submitting results to Ron with our St. Patrick's Day Race.

Columbia Track Club,

I would like to thank you for the opportunity to run in the USATF Club Cross Country Nationals. I haven't run in a race like that since college, and it was a great experience. Running in that race and seeing all of the great runners there definitely motivated me to train harder. I hope that in the future you will continue to provide for runners in the Columbia area. Many thanks, Melissa Fleenor

**HAPPY NEW YEAR**

## 2006 Columbia Track Club Schedule

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

2/4	9 am	<b>Nut Race 5k</b>	**	Dick Hessler, 874-2906	Reactor Park
3/1- 5/17	6 pm	<b>Track Workouts</b> (all ages and speeds welcome) Every Wednesday night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
3/11	8 am	<b>St. Patrick's Day 5k and Mayor's Mile</b> (kids ages 5-12-no entry fee)	\$15	Scott Rubenstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse Square
4/15	9 am	<b>Two-Person Relay 5 miles,</b> alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track

### Columbia Track Club Cross Country 5K

Sunday, November 13, 2005

Stephens Park – 2 Loops of Concrete Perimeter Path  
56 Degrees, Windy

Place   Name   Age   Time

1	Steve MacIntyre	27	15:45
2	Patrick Hanson	21	16:06
3	Matthew Laye	24	16:10
4	Eric Bunch	23	16:14
5	Andrew Norton	24	16:14
6	Tim Langen	37	16:20
7	Ted Zderic	33	16:28
8	Matt Dreier	30	17:07
9	Tony Rigdon	32	17:44

10	Jill Petersen	22F	19:25
11	Melissa Fleenor	26F	19:30
12	Alan Eyink	23	21:54
13	Jacob Keener	12	23:22
14	John Moreton	11	24:43
15	Tom Weislocher	55	24:45
16	Ann Moreton	46F	26:44
17	David Moreton	44	26:54
18	Kate McLoughlin	23F	31:09

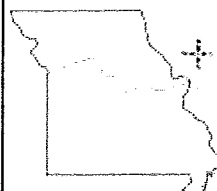
*Race Directors: Christian Reed, Marc Keys, Stephen Bourgeois, Michelle McFadden*

### Welcome New CTC Members

Marsha Fischer      Columbia  
Jim and Lisa Meyer      Columbia

### 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.
- All results from the last races of 2005 are listed on the CTC website.
- CONGRATS to **Amina Shelton** who has been named a finalist for the 2006 WIN award at a luncheon on February 7, 2006.



### For Out-of-Town Events

see the CTC website

at:

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

# COLUMBIA TRACK CLUB *NEWS*

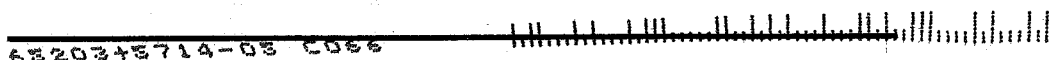
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Columbia, MO 65205

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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:

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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