

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXIX No. 5

July 2006



### Joe Marks Memorial Human Race XXVIII

Saturday, May 13th, marked the 28th annual Joe Marks Memorial Human Race. The temperature was 43 degrees and calm with winds picking up from the w/nw towards the end of the race. This was Mother's Day and Graduation weekend, so a very big round of thanks to: "Subba Steve" Stonecipher-Fisher for designing the running socks, Curt Kempf for designing the running sunglasses and caps, "Birthday Boy" Tom Allen for data entry, packet pickup and of course, timing. Prez Linda LaFontaine for helping at packet pickup and providing a mini-concert. Rod Hartwig for providing data collection and analysis. David Gay was invaluable with Bethel traffic control, water station and runner monitoring. Thanks to Jim Schadt for his help two years in a row with tracking down keys to open the track gates and with the finish line. Benton School for their teachers and students in supporting this race. Finally, Mrs. Joe Marks for her handing out all of the rewards.

--Race Director Randy Gay

1. Christian Reed	35	27:00	29 Beth Wilson	40	44:27
2 Matt Dreier	31	28:42	30 Linda Harris	49	44:44
3 Brian Evans	35	28:51	31 Joe Duncan	71	45:08
4 Chris Francisco	28	30:11	32 Ann Moreton	47	45:34
5 Nate Smith	23	30:36	33 Rodney Stevens	40	45:51
6 William Stolz	34	31:20	34 Lisa Meyer	37	47:10
7 Philip Schaefer	52	31:31	35 Michelle Padgett	25	47:31
8 Melissa Fleenor	26	31:54	36 Andrea Allen	59	47:43
9 Alison Hodgson	27	32:38	37 Heidi Bezzerides	33	47:57
10 Justina Benoit	19	34:02	38 Jan Ivey	46	48:36
11 Allan Benjamin	50	35:54	39 Michael McKown	53	48:37
12 Jesse McInvale	9	38:11	40 Laura Wells	65	50:21
13 Erik Lindbloom	36	38:26	41 Cynthia Shelby	33	52:33
14 Jeff Wells	47	38:56	42 Erica Beck	11	53:50
15 Richard Nistendirk	66	39:24	43 Tina Britton	39	54:31
16 Jon Rosen	53	39:49	44 Jamie Lehman	41	54:32
17 J'Den Cox	11	40:11	45 Christine Beck	44	55:38
18 Malik Baskett	10	40:12	46 Linda Wright	44	57:27
19 John Moreton	11	40:20	47 Elaine Kent	57	1:03:35
20 Berkley Hudson	54	40:21	48 Kellie Justus	10	1:07:38
21 Joe Goldfarb	66	40:23	49 Allison Wright	11	1:07:42
22 Bryan Norton	44	41:25	50 John Dupuy	38	1:14:01
23 Clint Shryock	24	41:41	51 Laken Price	9	1:16:22
24 Holly Myers	24	41:41	52 Jessica Maun	11	1:16:46
25 Jim Meyer	37	42:21	53 Fadre Maun	38	1:17:06
26 Charity Summers	28	42:44			
27 Steven Graves	59	43:16			
28 Kenneth Hammann	58	44:22			

## Upcoming Events

- **Parley P. Pratt Memorial Freedom Run**  
July 4, Twin Lakes Pavilion,
- **Summer Youth Track Program**  
July 5  
Univ. of MO Walton Track
- **Smokin' Chicks BBQ 5k**  
July 22  
(race info enclosed)
- **Show-Me State Games Track and Field**  
July 28-29
- **Show-Me State Games 5k**  
July 30
- **Great Sandbagger 10k**  
Aug. 5
- **Heart of America Marathon**  
Sept. 4  
Call Joe Duncan, 445-2684  
to volunteer!!  
(entry enclosed)
- **Chevy's 5k**  
Sept. 16  
(entry enclosed)



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

**April 26, 1981 Human Race III, 10K** on the tough Stadium Blvd course, 1225 finishers Some age group awards:  
 14 & under M, Wesley Paul: 37:24, Steve Schottman 40:48, Tim Gibson 41:06; 20-29M: Steve Fisher (overall winner) 32:02, Jeff Mittelhauser 33:33; 30-39M: Bob O'Connell 34:10, Norm Stebbins 35:33, Dick Hessler 36:05 40-49M: Don Lewis 36:17, Ben Londeree 37:04, Whitney Hicks 38:24; 50+M: Don Johnson 41:32, Turk Storvick 41:38, Bob Dolphin 43:03. Female: 14 & under: Elizabeth Goldstein 51:25, Heather Schottman 55:50, Kristin Twaddle 56:27; 15-29: Wendy Jones 46:42, Amy Pantzer 49:29; Tracy Cox 52:37; 20-29: Milene Hollon 41:25 (overall winner), 30-39: Susan Boyle 46:33, Annette Lafontaine 49:10, Elaine Sleper 49:54, 40-49: Judy Nelson 52:12, Georgia Morehouse 53:43; 50+: Jean Griffin 56:30, Myrtle Parsons 1:01:37

Looking through the list of finishers, I spot many familiar names, people who have gone on to bigger & better things--future doctors, lawyers, judges, politicians, engineers, coaches, corporate executives, civic leaders, business- owners, etc. To try to list them all would be a daunting task with the fear of leaving out some, but it would be an interesting exercise to show how big a deal the Human Race was back then

**May 9, 1981:** One Hour run: 1. Steve Fisher 11 miles, 1164 yards, 23 yards off Charlie McMullen's record; 2. Dennis Stewart 10-1225, 3. Bob Goodrich 10-782, 4. Dick Hessler 10-631, 5. Don Lewis 10-612, 6. Ben Londeree 10-409, 7. Kent Lang 10-1. .9. Whitney Hicks 9-1375 . . . Milene Hollon 9-627, Don Johnson 9-513, Turk Storvick 9-445, Gene Hansbrough (father of Tyler) 9-277 and 27 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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 411 Maplewood Dr., Columbia, MO 65203  
 Ph: (573) 874-2407 e-mail: agundy@mchsi.com

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



Greetings!

"When I'm 64" ... Beatle Paul McCartney turned 64 this year, and so did CTC's own Tom Allen, that guy you ALWAYS see clicking the finish times at the end of each race. Dedicated Tom spent most of his 64<sup>th</sup> birthday at Tryathletics working registration/packet pickup for the Joe Marks Memorial 5 miler. A somewhat magical moment occurred in the store when Joe Duncan, Randy Gay, Pat Hanson, Matt Dreirer and myself sang that Beatle tune to Tom. The best thing about being 64? "I'm still able to run 35-40 miles a week." Tom's certainly not *"sincerely wasting away"*...

Congratulations to Hannah Hassemer and Zachary Chapman, our Joe Marks Memorial Scholarship recipients. Both Hannah and Zach graduated from Hickman High School. Best of luck to them as they pursue their studies.

Thus far we've had 260 kids participate in our Summer Youth Program. Many thanks to all of our wonderful volunteers. What a great way to introduce kids to track and field! The last night will be Wednesday, July 5<sup>th</sup>.

See you down the road! Linda

## News

**WANTED**

CTC is looking for a newsletter editor to produce a newsletter 8-9 times a year. Please notify Linda Lafontaine at [LINLAFONTAINE@aol.com](mailto:LINLAFONTAINE@aol.com) if interested.

# CTC Runner Profile

## Eric Bunch

### PERSONAL RECORDS:

1500 m	4:11-UMKC Invitational
3 km	9:05-Iowa State Indoor
5 km	15:33-UMKC Invitational
10 km	32:29-HAAC Championship
Half-Marathon	1:11:17-Midland Lutheran
Marathon	2:33:04-NAIA Marathon

**Weekly mileage:** 30-50 miles, right now

**DOB:** 16 November 1981

**When did you start running?** Because I was too small and uncoordinated to play football, I started cross country in 7<sup>th</sup> grade.

**Who has influenced you most in running?** My high school coach was very influential in jump starting my running career and keeping me motivated. His enthusiasm was important in my development. Additionally, Tim Schmid, a William Jewell Alumnus, was a very important individual in shaping my training philosophies. I tend to learn a lot from anyone I ever have a chance to run with.

**Running Accomplishments:** All-State cross country,

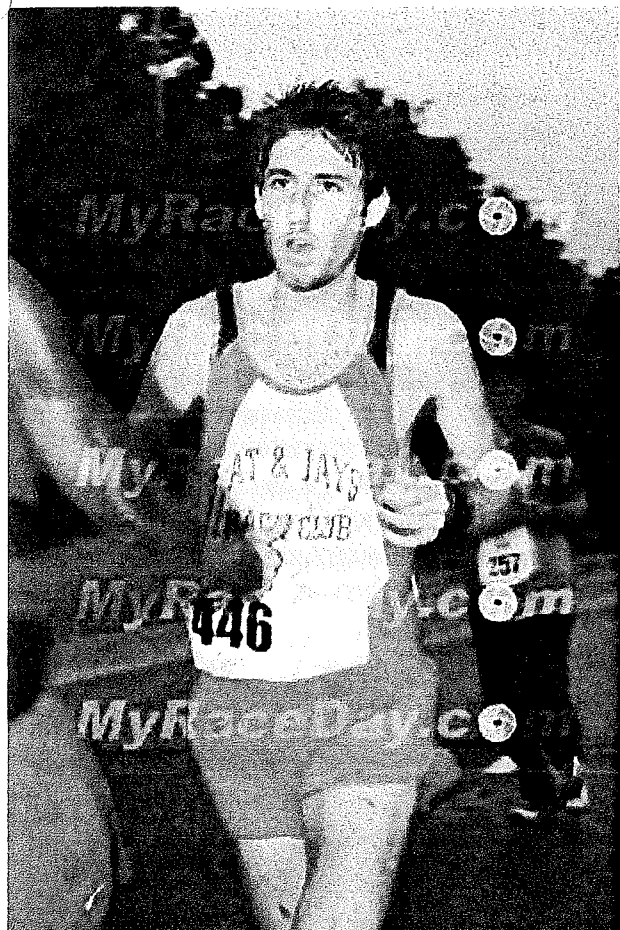
North County High School; Four year scholar athlete, Former school record holder-half marathon and Current school record holder-marathon, William Jewell College; I hold the dubious distinction of being one place away from All-American in NAIA track and field. I can also eat more cereal and/or ice cream than anyone else I know.

**Favorite Workout:** Four miles easy, 16 miles at marathon pace and a two-mile cool-down is one of my favorite workouts. Another is three mile tempo on the track, six miles easy on the roads then back to the track for three times a mile, each progressively faster.

**Favorite Running Routes in Columbia:** There are so many to choose from, but my favorites are McBaine to Rocheport and back on the KATY trail, the trails of Rock Bridge State Park and Rolling Hills loop which includes Gans Creek Road, gravel roads and Rolling Hills Road. I also do some running in Fulton where I enjoy running a lot of the Callaway County gravel roads.

**Goals:** In the last 18 months, I have been plagued with injuries so my primary goal is to remain healthy so I can have consistent training. After I achieve physical health, I hope to run some personal bests this fall and next spring in anything from the 1500 to the marathon. As far as measurable goals go, I hope to finish Heart of America Marathon in Boston Qualifying time and to finish in the top 35 at the Boston Marathon. A sub 2:30 marathon would be nice.

**Personal Info and Interests:** Currently I am an assistant track and cross country coach at William Woods University where I am also pursuing a Master's of Education in Athletic and Activities Management. I have a BA in philosophy from William Jewell College where I competed for four years in cross country and track. My parents, Bill and Debbie, and sister, Lindsay, reside in my hometown of Bonne Terre, Missouri.



## **CIGs Race -- May 6th 2006**

*By Jim Linville and Lauren Elliott*

The temperature on race day was cool. It was probably into the 50s by the time the race started at 9:00 a.m.. The day was overcast with a mild wind.

Regarding the runners, Patrick Hanson ran the 4 miles in 20:55. Gary Lile was only about 6 seconds behind him. Both of these men are non-smokers. The walkers had to finish 1.4 miles, and Darrin Calvin did that in 24:21. The first ex-smoker to cross the finish line was Bryan Norton at 32:28. Richard Doisy was one minute and 20 seconds behind him coming in as the second place overall men's ex-smoker.

The women ran a very good race on that chilly May morning. Holly Peterson finished as the races first place women runner at 37:33. Andrea Allen was only 14 seconds behind Holly. Both of these women are non-smokers. The women's ex-smoker first place winner was Sarah Justice. Sarah knocked out the 4 miles in 47:21.

The Health Fair was organized with the help of Lauren Elliott and several others. The Missouri Mobile Health Van with Jack Stiefvater was on site. Rosemary Hogan, Shawna Strickland, and volunteer respiratory therapy students from the Allied School of Health Professions from the University of Missouri-Columbia were on hand to provide mini-lung function tests, which were the most popular screening provided. Bonita Baer and the staff of Fit for Life provided information about smoking cessation. Show Me Health dispensed information on Clearing the Air About Tobacco, and Terri Döbey and Michelle King with Apria Health Care demonstrated oxygen supply equipment. PASS (Peers Against Second Hand Smoke) also participated by supplying volunteers to work the course. Eric, a Supervisor with Ambulance Services, brought his Response Vehicle to the site just in case the race proved to be too much for anyone.

Jim Linville, a former smoker whose dream was realized with this race, would like to give a special thank you to his co-workers in Hospital Patient Accounts, University of Missouri Health Care System. Not only were they the top fund-raisers for this event, bringing in \$142.91, but staff members also provided volunteers for child care and time keeping during the race. Dr. Charles Mattingly, DDS, was the second highest contributor donating a generous \$100 to this cause. Steve Stonecipher-Fisher of Tryathletics assisted by having the race t-shirts printed, and donating a portion of the cost. These people, along with some very patient and energetic participants, made it possible for Uncle Irl's to donate \$417.91 to the University of Missouri- Columbia's Pulmonary, Critical Care, and Environmental Medicine Division for the specific purpose of smoking related diseases research.

The CIGs Race was conceived and promoted by Jim Linville of Hospital Patient Accounts, and this was his first year as race director. He has learned from this experience and will use the knowledge to plan improvements for next year's event. He challenges all smokers to come out and "race for health!" Jim had no idea of what this would entail when he first started the project, so he worked closely with Linda Lafontaine, President of the Columbia Track Club, Jeremy Stanek, MU Student and runner, and Lauren Elliott, Staff Member with the Division of Pulmonary, Critical Care, and Environmental Medicine who had organized the Marine Corps Relays during her stint in the military.

This race was different in its conception in that it was designed to pit smokers against smokers, ex-smokers against ex-smokers, and non-smokers against non-smokers. Not only was this different, but in most races, walkers are not timed or awarded for their efforts. During the CIGs race, the walkers were also timed so that the walker with the best time across the finish line could be recognized. Awards were given in the various aforementioned categories for specific age groups of both genders.

Despite the colder temperatures, it appeared that everyone who participated enjoyed themselves.

Jim Linville, and the Director of the Division of Pulmonary, Critical Care, and Environmental Medicine, Dr. Rajiv Dhand, would like to thank everyone who came out to run or walk, all of the volunteers who worked the booths at the health fair, the folks at the B&B Bagel Company for donating assorted bagels and breakfast rolls, the people at Culligan for donating bottled water, Tom Wanserski of Merck Pharmaceuticals for donating fruit, as well as Tryathletics and the Columbia Track Club for providing staff and their expertise with the race logistics. Without all of the generous help from these individuals, the CIGs race would not have been possible.



## CTC Names Joe Marks Memorial Youth Scholarship Awards

Two CTC members were awarded the Columbia Track Club Joe Marks Youth Scholarship in the amount of \$500.00. To be eligible for this award applicants must be current CTC members, have participated in high school cross country and/or track, and provide evidence of exemplary commitment to school, team, community, and the Columbia Track Club.

**Hannah Hassemer** has been participating in CTC events since she was 7! She started off as a CTC Colt, competing in the Show-Me Games and cross country. She continued her running as a member of the cross country and track teams at Hickman High School for 4 years. Hannah has been active in the community by tutoring elementary students and working with the cross country team at Paxton Keeley Elementary School. And she has done all this while maintaining a stellar GPA! Hannah's letter writers describe her as "coachable, dependable, and energetic." Hannah will continue her education at Mizzou this fall, majoring in education.

"Dedication, perseverance, leader" These words are consistently written in **Zach Chapman's** recommendation letters for this award. Zach has participated in cross country and track at Hickman all four years, and has been active in volunteering with and running in track club races. He has volunteered with an animal hospital and a wildlife sanctuary. Zach writes, "I would like to study wildlife biology and ecology, and someday work as a conservationist biologist." He will continue his studies this fall at Truman State University in Kirksville.

We appreciate the time and energy these two young people have given the track club, and we wish them continued success in the years ahead.

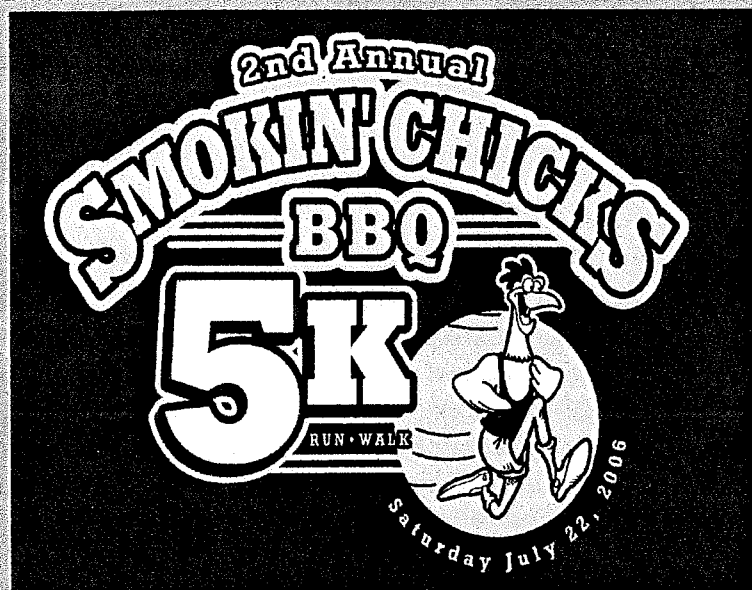
## Missouri Series Top Twenty

The top twenty runners in the serial competition are listed below. To check on your ranking go to <http://ctc.coin.org> and scroll down the left side to click on Race Results, then scroll down to CTC ranking list (Ron Hindley's computer program) and click on and scroll down to find your name.

Remember that your rank is determined by your proportion of the winner's speed (male or female). It is also determined by participation in the designated races as your point total is cumulative. The Missouri Series will now take the summer off and resume with the Chevy's 5K (if results available), the Cranberry Crawl 5K, Jingle Bell 5K, and conclude with the First Night 5k (if results available).

	sex/age	#races run	point totals
1. Phillip Schaefer	M52	4	347,343
2. Andrea Allen	F59	4	279,867
3. Richard Nistendirk	M66	4	273,561
4. Brett Barton	M34	3	250,526
5. Allan Benjamin	M50	3	238,230
6. Joe Duncan	M71	4	231,077
7. Charity Summers	F28	3	224,398
8. Laura Wells	F65	3	202,461
9. Christina Morian	F45	3	200,721
10. Melissa Fleenor	F26	2	200,000
11. Alison Hodgson	F27	2	193,897
12. Heidi Bezzerides	F33	3	191,624
13. Jaira Grathwohl	F27	2	187,112
14. Justina Benoit	F19	2	184,952
15. Marc Keys	M43	2	181,297
16. Ron Sapp	M51	2	178,861
17. Chris Francisco	M28	2	178,124
18. Paul Myers	M42	2	165,292
19. Jennifer Gore	F42	2	162,170
20. Barney Sword	M74	3	160,380





## 2006 RACE INFORMATION

**Location:** Columbia Missouri  
 South Hampton Plaza in front of  
 Smokin' Chick's BBQ Restaurant  
 Providence South to South Hampton. Turn  
 right and follow to John Garry Drive.

**Time:** 7:15 p.m. Children's Tot Trot (7 & below)  
 7:45 p.m. 5K Race / Walk

**Entry Fee:** 5k Race / Walk  
 \$15.00 Pre Registration by 7-15-06  
 \$20.00 Race Day  
 Race day registration starts 6:30 p.m.

Kids Tot Trot – 100 meters  
 \$9.00 with t-shirt / free without

**Awards:** Overall Male & Female 5k winners  
 receive plaques

Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each of the following age groups:  
 14 & Under, 15-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60 & Over

*T-Shirts to the first 110 registered*

## 2006 Race Sponsors

Smokin' Chick's BBQ  
 REMAX – Jay Wright  
 It's A Grind Coffee House  
 Bella Salon  
 Riversong Spa & Salon  
 Kilgore's Medical Pharmacy  
 Children's World Learning Center  
 The TAN Company  
 William Woods University

## Prizes & Giveaways from

Tryathletics  
 Walt's Bicycle Fitness & Wilderness  
 Missouri Symphony Society  
 Alpine Shop  
 Hampton Inn

For more information contact  
 Jamie Moreno  
 (660) 238-1083  
[jamie.moreno@williamwoods.edu](mailto:jamie.moreno@williamwoods.edu)

**BBQ buffet after awards!**

## 2006 Columbia Track Club Schedule

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

7/5	6 pm	<b>Summer Youth Program</b> <b>Adult track events, too</b>	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581 Marc Keys, 256-2635	MU Walton Track
6/24 6/25	7:30 am 7:30 am	<b>Show-Me State Senior Games</b> 5k <b>Show-Me State Senior Games</b> 10k	\$15	Joe Duncan, 445-2684	5k—Bethel Park 10k—Walton Stadium
7/30	8 am	<b>Show-Me State Games 5K</b> (Track & Field July 28 & 29; Triathlon July 16)	\$15	Joe Duncan, 445-2684	East side of Faurot Field
8/5	7 am	<b>Great Sandbagger 10k</b>	**	Dick Hessler, 874-2906	Mill Creek Elementary School parking lot
9/4	6 am	<b>Heart of America Marathon</b> 47th annual	\$25	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center
9/16	8 am	<b>Chevy's 5k</b>	\$15	Steve Stonecipher-Fisher, 447-2453	Chevy's
9/23	8 am	<b>One Hour Run</b>	**	Lisa Wells, 446-0717	Hickman Track

# Thank you!

Dear Columbia Track Club,

Thank you for awarding me the CTC scholarship. I was very happy to receive it! CTC got me involved in running as a young girl. Because of this, running is something I will continue to do forever.

I will be continuing my education this fall at University of Missouri-Columbia where I will major in education.

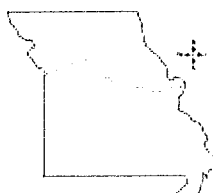
Thank you for supporting me in my studies,

Hannah Hassemer

## Welcome New CTC Members

Jake Alden  
Hayden Grant  
Peter Hall  
Hailey King

Columbia  
Columbia  
Columbia  
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

0612

Joe Duncan  
2605 Chapel Wood Terrace  
Columbia, MO 65203-5714

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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

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