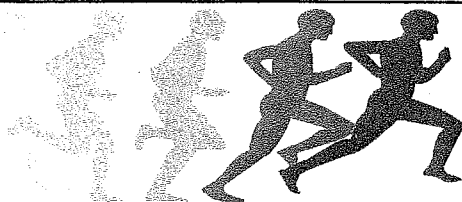


COLUMBIA TRACK CLUB

NEWS

Volume XXXIX No. 4

May 2006



Two-Person Relay

April 15, 2006

Marcela and Julia Chávez were the only official runners in this year's race. Alejandro (11) and Oscar Chávez (42) began one minute later, running an unofficial time of 36:32 (no lap times were recorded for them).

Lap	1	2	3	4	5	6	7	8	9	10	Total	Average
Marcela Chávez (42)	2:27.8	2:05.6	2:25.4	2:20.6	2:08.1	2:15.1	2:40.4	2:31.3	2:37.0			
	2:30.7	24:01.9									2:24.2	
Julia Chávez (10)	2:03.0	1:50.1	1:55.9	2:05.3	1:48.3	2:00.4	2:00.3	2:04.6	1:58.7			
	1:41.7	19:28.4									1:56.8	
												43:30.3
												2:10.5

The Show-Me State Games and the Missouri Beef Industry Council's

Show-Me Stampede

April 22, 2006

Volunteers: Allan Benjamin helped plot the course, Tom Allen helped with timing, James Harrington helped mark the course, Kurt Kennett helped with registrations, Fred Schmidt directed traffic on the course, and Joe Duncan brought all shirts and medals, water, and lots of other stuff. The food from Hoss's was great!

Tina Britton, race director

Name	Time	Name	Time
David Webber	26:47	David Webber	26:47
Bill Stoltz	19:32	Terry Stock	27:03
Phil Shaefer	19:41	Rich Wise	28:58
Ron Sapp	19:55	Jennifer Gore	29:29
Jim Hoffman	20:44	Michelle Pagett	29:30
Oscar Chavez	20:48	Joe Duncan	29:54
Brett Barton	20:52	Van Beasley	29:58
Allan Benjamin	22:10	Jamie Lehman	30:07
Hugh Emerson	23:13	Laura Wells	31:20
Lloyd Webber	23:18	Andrea Allen	31:25
Griffin Humphries	23:56	Barney Sword	32:35
Robert Simmons	23:58	Christina Morian	34:41
Jaira Grathwohl	24:25	Annette Humphries	35:42
Steve Kullman	24:50	Lauren Canaday	37:07
Richard Nistendirk	25:21	Zoe McDermit	38:39
Mike Powell	25:26	Judi McDermit	38:40
Dillon Sapp	26:27	Linda Vogt	39:58
Joe Goldfarb	26:43	Susan Hoffman	44:03
Craig Kolb	26:46		
John Shultz	26:46		

Upcoming Events

- **Joe Marks Memorial Human Race XXVIII**
May 13
- **Wellaware 5K**
May 29
(entry enclosed)
- **Summer Youth Track Program**
June 7, 14, 21, and July 5
Univ. of MO Walton Track
(entry enclosed)



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

March 7, 1981: 5,000 Meter Nut Race: 1. Jeff Mittelhauser 15:27, 2. Dan Bryant 15:34, 3. Bob O'Connell 16:04, 4. Tom LaFontaine 16:55 . . 6. Dick Hessler 17:02. . . 9. Ben Londeree 17:18. . . 16. Joe Marks 17:55. . . 27. Milene Hollon 19:25. . . 29. Turk Storvick 19:32. . . 32. Don Johnson 19:43. . . 47. Chris Ruble 21:25 and 21 others

March 21, 1981: Four Mile Relay: A team of 45+ year olds won: Don Lewis 4:58, Whitney Hicks, 5:16, Londeree 4:57 & Olen Brown 5:33 for a team time of 20:44. Second was the Mittelhauser Mob at 20:53, then 16 other teams with some neat names such as, The Rother Runners, the Stout Hearts (Sam Stout, Captain), The Tweedie Trips, Turk's Turkeys, the Slivinsky Stampede, The Fearsome Foursome (the 4 Gibson Brothers), Hesslers Hellions, etc.

April 4, 1981: 3, 2, 1 Triathlon: 1. Mittelhauser (15:24, 10:14, 4:40) 2. Dennis Stewart (15:42, 9:59, 4:41), 3. O'Connell (16:14, 10:49, 5:10). . . 5. Londeree (17:01, 11:06, 5:14) 6. Lewis (17:07, 11:16, 5:18) 7. Hessler (16:58, 11:20, 5:30). . . 11. Whitney Hicks (17:32, 11:31, 5:34), Johnson (18:26, 12:23, 5:55), Joe Duncan 20:33, 13:31, 6:38 & 15 others

April 4, 1981: One Hour Walk: 1. Jerry Young 7 miles, 1368 yards. . . 4. Leonard Busen 6-834. . . 7. Olen Brown 6-180, 8. Rob Spier 5-961, 9. Wm. Taft 5-260

April 12, 1981: Pepsi Cola 10,000 Meter Run: 1. Steve Fisher 31:10, 2. J. Mittelhauser 32:29, 3. O'Connell 33:54. . . 6. Norm Stebbins 35:10. . . 8. Londeree, 46, 35:45, 9. Lewis 35:56; 10. Bruce Maxey 36:00. . . 12. Tom LaFontaine 36:26. . . 14. Wesley Paul, 12, 36:38. . . Hicks 36:53, Tom Allen 39:38, Milene Hollon 39:54, Don Johnson, 52, 40:05, Turk Storvick, 52, 40:12, Tim Gibson, 10, 40:46, Fred Fritsch 40:43, Joe Goldfarb 41:07, Peter Hessler, 11, 41:21, Nancy Fritsch 57:22 & some 540 other runners.

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!

As I sit here with my daughter reminiscing about the time we ran the Mother's Day 5K together back in 1985, I am reminded of the importance of sharing your passion for running with your children. According to a study published in the April 2006 issue of *Pediatrics* (pp 1281-1290), teenagers who exercised five or more times per week were less likely to smoke cigarettes; less likely to drink alcohol or to drive while drunk; and less likely to have low self-esteem. Moreover, it is an excellent opportunity to bond with your kids. It's never too soon to start- my daughter won the award for youngest entrant in the Mother's Day race at age 9.

Even if you don't have children, come and share your passion with the kids in our Summer Youth Program. Volunteers are needed to help with the track and field events. Please contact me at 442-2581 or via email at linlafontaine@aol.com for more info. It's lots of fun!

This year our Summer Youth Program will be held at the University of Missouri Walton Track at 6:00 p.m. on these four Wednesdays: June 7th, 14th, and 21st, and July 5th. Please see the enclosed flyer. Hope to see you there!

-Linda

Volunteer Recognition Dinner

Who: All race directors, volunteers, and their families

When: June 26, 2006

Where: Dulany Hall, Columbia College

Why: Because we appreciate all you do to make the Columbia Track Club run so smoothly!

Please **RSVP** to Anne Hessler, 874-2906

Thanks!

CTC Runner Profile

Alexa K. Shelton

Age: 9

PERSONAL RECORDS:

Long jump	10' 11 3/4"
High jump	3' 10"
60 meters	10.33
100 meters	16.5
200 meters	36.2



When Did You Start Competing? Almost 2 months after turning 5. I wanted to start earlier, but my mom and dad wouldn't let me because I have asthma. I had to beg them to allow me to compete at age 5.

What are your accomplishments? At 5, I won the GOLD in the 6 and under long jump in the Show-Me State Games. At 6, I was part of the CTC Colts GOLD medal 4 x 100 relay in the Show-Me State Games. At 8, I took SILVER in the long jump at the AAU State Junior Olympics meet. This year at 9, I took the SILVER in the 10 and under high jump in just my 2nd time doing it in a meet. I earned a 7th place medal in the long jump at the National AAU indoor Championships in my 1st ever national meet. My high jump of 3 feet, 10 inches, was the 2nd best jump ever for Bantam girls indoors, and went to #3 after the winner jumped 4 feet, 2 inches to break the national record of 4 feet. My 10 feet, 11 3/4 inches in the long jump bettered my previous personal record by 4 inches. I received 2 All-America honors for finishing in the top eight in each event.

Who has influenced you most in your career? My dad and mom, Derek and Andrea Shelton, my big sister, Amina, and my Granna (grandmother), Carolyn Johnson. My mom and dad competed and were good, and Amina is awesome, and my Granna cheers Amina and me on and gives us confidence.

Personal info and interests: I was born in Columbia on May 25, 1996. I am a 4th grader at Russell Boulevard Elementary, where I sing in the choir and am a member of Student Council. I sing in my youth church choir, and I play the violin, which I love very much. I hope to someday be a singer and play the violin for a living, and just maybe, go to the Olympics in Track and Field.



**Top Ten List of Missouri Series Serial Competition
(after one race--St. Patrick's Day 5K)**

Rank	Name	Sex/Age	Posn	Standard	Time	Score
1	Melissa Fleenor	F 26	7	18:42	18:42	100,000
2	Matthew Laye	M 24	1	15:46	15:46	100,000
2	Nancy Taube	F 45	13	18:42	19:12	97,396
3	Alison Hodgson	F 27	17	18:42	19:27	96,144
4	Austin Bunn	M 23	2	15:46	16:35	95,075
5	Ted Zderic	M 34	3	15:46	16:48	93,849
6	Justina Benoit	F 19	37	18:42	20:30	91,220
7	Mark Keys	M 43	4	15:46	17:47	88,660
8	Alexandra Litofsky	F 16	53	18:42	21:25	87,315
9	Jaira Grathwohl	F 27	54	18:42	21:28	87,112
10	Carrie Yost	F 25	55	18:42	21:34	86,708

As you can see, the women are dominating the start of the serial competition with seven of the top eleven spots. To see where you rank, go to

http://homepage.ntlworld.com/ronald.hindley/Serial_Comp/missouriseries/r20lists.

Click on names 1.htm

The next three races in the Missouri Series competition are the Show Me Games Stampede 5K, the Joe Marks Memorial Human Race 5 mile, and the Wellaware 5K. Remember that the more races you do in the series, the better your score will be as your point total is cumulative.

Submitted by Kevin Tyler

COLUMBIA TRACK CLUB



Columbia Track Club Summer Youth Program

PLEASE PRINT

Athlete's last name First name Age Sex

Address Phone

I, _____ (signed by parent/guardian of athlete)
consent to _____'s (athlete's name) participation in the
Summer Youth Track Program, and I hereby waive any and all claims for damages which I
might have against the Board of Curators of the University of Missouri and the Columbia Track
Club for any injuries suffered by my athlete as a result of or during this program. *I have read and
agree to comply with the rules as outlined on the CTC Youth Program information sheet.*

Please mail with entry fee (\$1.00 per athlete) to:

Amy Gundy
411 Maplewood Dr.
Columbia, MO 65203

make checks payable to: Columbia Track Club



2006 Columbia Track Club Schedule

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

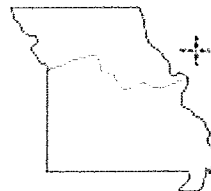
5/13	8 am	Joe Marks Memorial Human Race XXVIII 5 miles Mayor's Mile (kids ages 5-12-no entry fee)	\$15	Randy Gay, 814-2627 or 815-3706	Rock Bridge High School
5/29	9 am	WellAware 5K Mayor's Mile (kids ages 5-12-no entry fee) Kids on Track Marathon	\$15	Ted Brandt, tbrandt@bjc.org, 815-3263	Stephens Lake
6/7, 6/14, 6/21, 7/5	6 pm	Summer Youth Program Adult track events, too	\$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	Show-Me State Senior Games 5k Show-Me State Senior Games 10k	\$15	Joe Duncan, 445-2684	5k—Bethel Park 10k—Walton Stadium
7/30	8 am	Show-Me State Games 5K (Track & Field July 28 & 29; Triathlon July 16)	\$15	Joe Duncan, 445-2684	East side of Faurot Field

Running Shorts:

- Columbia Second Chance is hosting a "Paws in the Park" 5k event, May 20, 2006. The competitive run will begin at 9:00 am with a fun walk to follow at 9:15 am. The event will be held at Twin Lakes with the 5K course to be finalized soon. The entry fees will be \$15 for early registration and \$20 for registration after May 12, 2006. We plan to have early registration available soon through Active.com. For more information, please feel free to contact Chris Hughes at (573) 239-1403
- **Jeff Shikles Memorial 8k run/walk**
June 4, Gentry Middle School
(entry enclosed)
- **Parley P. Pratt Memorial Freedom Run**
July 4, Twin Lakes Pavilion, 1 mile walk or 4 mile run (entry enclosed)

Welcome New CTC Members

Dean Hargett	Columbia
Rudy Kelley	Columbia
Melanie McMillian	Columbia
Dwight Todd	Columbia
Nancy Truesdell	Columbia



For *Out-of-Town* Events

see the CTC website
at:

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

COLUMBIA TRACK CLUB *NEWS*

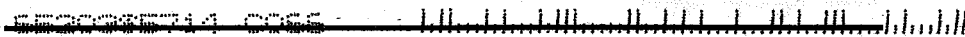
P.O. Box 1872
Columbia, MO 65205

Non-profit organization
U.S. Postage
PAID
Columbia, MO
Permit #226

FORWARDING SERVICE
REQUESTED

0612

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



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