

# COLUMBIA TRACK CLUB

# NEWS

Volume XXXIX No. 8

November 2006

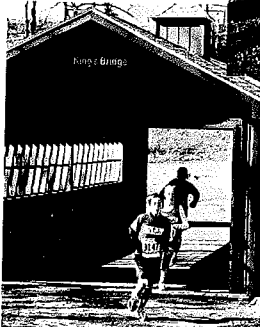


## **CTC COLTS and ELITES Dominate the U.S.A. Track & Field Missouri Valley Cross Country Championships at Rim Rock Farm, Lawrence, KS on November 18, 2006**

Columbia Track Club youth and elite teams made CTC history running the course the "greats" have run. The 11-12 year old boys AND girls teams won the team championships, and the elite men's team won the team title with a near perfect score of 17!



With USATF Club Nationals looming on the horizon the CTC elite team traveled to Rim Rock Farm just outside of Lawrence Kansas for a 5K race that served as the USATF Missouri Valley Cross Country Championships. Statues of famous runners like Billy Mills, Wes Santee and Jim Ryun scatter the inspiring course that is considered to be one of the top 5 cross country courses in the country. In addition to the fabulous course, the elite team relished the opportunity to cheer on and witness the inspired racing of the COLTS who many of the team members have recently coached. In the mens open race CTC's Matt Noonan was clearly the class of the field as he distanced himself from the pack with a 4:40 first mile and never looked back taking the victory in 15:31. Columbia Track Club's Matthew Laye finished second in 16:06 followed closely by a hard closing Andrew Norton in 16:19. Ted Zderic and Tim Langen had strong races rounding out the top five with finishes of fifth in 16:38 and sixth in 16:55 respectively securing the team title for CTC as well as 5 of the first 6 finishers. Also representing CTC was Coach Dick Hessler who won his age group in a time of 22:49. In the women's race the CTC's lone runner Alison Hodgson finished fourth in a solid time of 23:35. Overall, it was a tremendously successful day for the CTC elite team only topped by the dominating performances of the youth teams. —Matt Laye



— Continued on page 10

## Upcoming Events

### • Jingle Bell 5k Dec. 2

Packet pick-up at Tryathletics Dec 1st, noon to six o'clock, & at Boone Tavern race day. Same day registration at Boone Tavern 7:30-8:45 am

### • Cheese & Sauerkraut 10M Dec. 9

### • First Night 5k Dec. 31

Entry enclosed

1st Night 5K: Please note the Dec. 8th registration deadline for t-shirts to be ready by race day. Later registrants can pick up their shirts after Jan. 15th

Please note there is an extra charge to register for races online.

## Quote of the Month:

"There are many worthwhile ways to be a runner, from a casual, leisurely approach, through a consistent dedication to health and fitness, all the way to an obsessive commitment to shave off five more seconds and beat three more competitors. I think a strong running club like CTC ought to have ample representation along that whole spectrum."

—Tim Langen, Elite Cross Country Team member (in last month's newsletter, p 7)



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

**November 1, 1981** 91 runners participated in the Missouri Turkey Trot, a 3-mile run, at Research Park (the Gustin course was too soggy), a CTC vs. St. Louis Track Club team competition. SLTC won the Open and Female divisions while CTC won the Male 40 & over. CTC runners won 12 turkeys and 8 chickens, while SLTC won 5 turkeys and 16 chickens. Overall, SLTC swept the top six places. Leading CTC runner was Tom LaFontaine at 15:53, then Don Lewis, 16:10, Ben Londeree 16:36, Dick Hessler 17:01, Whitney Hicks 17:10. 12-year old Peter Hessler was 18:25, his 8-year-old sister, Angela, 23:50. Don Johnson, 53, 18:35, Fred Fritsch 18:39, Don Ballenger 20:12

**November 21, 1981:** 20,000 Meter Run: 1. Bob O'Connell 1:10:08, 2. Jim Marshall 1:11:07, 3. Bob Goodrich 1:11:14, 4. Don Lewis 1:12:19, 5. Kent Lang 1:14:48, 6. Dick Hessler 1:15:33. . . Ben Londeree 1:16:11, Peter Fritsch 1:20:10, Whitney Hicks 1:20:51

**November 22, 1981:** Steve S-F won the St. Louis Marathon in 2:21:12, a course record and a PB at the time.

**December 5, 1981:** 30,000 Meter Run: 1. Steve S-F 1:44:48. . . 3. O'Connell 1:48:00. . . Londeree 1:56:14. . . Dick Madsen 2:10:18

**December 19, 1981:** The Cheese & Sauerkraut 10-mile run: 1. Bob Goodrich 58:39, 2. Don Lewis 58:48, 3. Dick Hessler 1:00:08. . . Londeree & Hicks 1:04:29, LaFontaine 1:06:33 32 runners, zero degrees, 50% of the course snow & ice-covered. Norris Kruse, four seconds off his Designated Time won the cheese, the can of kraut went to Roger Hanson, 542 seconds off.

**CTC Board of Directors:**

Linda LaFontaine, president	Dick Hessler
Marc Keys, vice-president	Christian Reed
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 may be sent to:

Linda LaFontaine, CTC Newsletter editor  
6307 S. Old Village Rd., Columbia, MO 65203  
Ph: (573) 442-2581 e-mail: linlafontaine@aol.com

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

**From our President. . .**

Greetings!

'Tis the season of respiratory tract infections. A recent study in the American Journal of Medicine (Am J Med. 2006; 119:937) suggests that participating in a long term exercise program may offer some protection from catching a cold.

Enhancing the immune system occurs with cardio vascular exercise of 45 minutes, 4-6 days per week, moderate intensity.

Congrats to CTC's Youth and Elite Cross Country teams! This has been a record year, like no other! It has been a special season with the elite team working with the COLTS. To quote Michele McFadden, "I can't imagine having such an opportunity as a youngster—teaming our youths with our elites." We hope to further develop this program.

See you down the road—Linda

**In memory of Dr. Leland Pfeffer . . .**

We are saddened by the death of a long standing supporter of CTC, running physician Dr. Lee Pfeffer.

I first met Dr. Pfeffer in 1977, when he was doing free sports medicine clinics for the running community at D Sport shop. I thought of him as a 'George Sheehan', because he was doing things for fellow runners, giving of his time and medical expertise. I was very impressed with him. I got to know him over the next few years through CTC events. Then in 1981 Dr. Pfeffer founded the cardiac rehab program at Boone Hospital. He wanted an exercise physiologist to run the program and I was hired on his recommendation.

As many of you know, Dr. Pfeffer was an avid runner, and ran several Boston marathons in the 1970's, with a personal best of around 3:08. He was known to run 10-15 miles 5 days a week, resting on the weekends. One time he told me he would gain 8-10 lbs over the weekend. Dr. Pfeffer had a family history of heart disease. He was overweight and began running. He lost over 100lbs. He was a prevention oriented physician and a true advocate of running and physical activity. He'll be missed not only by runners but the community at large. I'll personally miss my dear colleague and special friend. — Tom LaFontaine

*We would like to welcome Dr. Christian Reed to CTC's Board of Directors.* Dr. Reed has been a CTC member since 1994, has directed and volunteered for many races, and has posted a victory in every CTC-sponsored event on the calendar. Christian teaches and coaches cross country, track and field at Hickman High School. He is a member of the USA Track and Field Applied Sport Psychology group. Christian was featured as the Runner's Profile in the December 2000 CTC newsletter.

Board members Joe Duncan, Jeanine Pagan, and Marc Keys were elected for another 3 year term at our annual meeting on November 8th.



11-18-06 USA Track and Field Junior Olympics  
Rim Rock, Lawrence, KS

## *CTC Runner Profile*

### **Jordon Cook**

**Age:** 12

#### **PERSONAL RECORDS:**

1600m	5:46
800m	2:41
1.4 miles	9:10
3k:	12:12

**WEEKLY MILEAGE:** during season- 12 miles, out of season- 2 miles

**Who has influenced you Most in Running?** My mom has influenced me the most in my running because she has always ran ever since she was little. She cheers me on and she's always there for me at the track meets and at practice running herself.

#### **Running Accomplishments:**

I ran in the Show-Me State Games in 2005. I ran the 800m and got 4<sup>th</sup>, and the 1600m and got 4<sup>th</sup>. I ran in the Jingle Bell Run in 2005, and got 2<sup>nd</sup> in my age group. My time was 23 something. I ran at Rim Rock on November 18, 2006 and got 1<sup>st</sup> place.

**What is Your Favorite Place to run?** Rim Rock

**What is your favorite Columbia training route?** Stephens Lake Park

**Info. and Interests?** I'm on the Columbia Catholic School Track team. I play in the Central Missouri Soccer League on the Columbia Cobras. I have a brother, Zachary, who is 11-years-old. I have two dogs, Camo and Sunny and an outdoor cat named Kitty. This is my second year on the CTC Colts. I went to Rim Rock in Lawrence, KS to a USATF meet on November 18, 2006 and got 1<sup>st</sup> with a time of 12:12 (3k) and my team also took first place. My brother and I are going to compete at Spokane, Washington on December 9th to compete in the USATF National Junior Olympic Cross Country Championship.

**HOMEcoming 5K - October 14, 2006**

Place	Name	Age	Time	63 Randy Schilh	51 23:33	127 Lesley Neikirk	20 F 27:06
2	Adam Scrogg	20	17:44	64 Kevin Sprague	21 23:35	128 Anna McLaughlin	19 F 27:10
3	Lance Bollinger	23	17:46	65 John Morenton	11 23:51	129 Steven McKee	19 27:11
4	Marc Olive	20	17:49	66 Martin Swant	19 24:07	130 Stephanie Flagg	28 F 27:12
5	Frank Foss	21	18:01	67 Matthew Gomper	42 24:12	131 Rebekka Mars	21 F 27:15
6	Kristin Hansen	22 F	18:36	68 Adam Stevens	23 24:18	132 McLaire Poteet	19 27:17
7	Luke Persell	21	18:42	69 Lauren Bacon	25 F 24:19	133 Sarah Lust	25 F 27:18
8	Isaac Robertson	19	18:44	70 Eileen Luebbe	19 F 24:20	134 Clayton Buckman	21 27:25
9	Caleb Emberton	18	18:47	71 Jacqueline King	20 F 24:24	135 Emily Eldridge	19 F 27:33
10	Ashley Patten	22 F	18:50	72 Melisaa Griggs	21 F 24:30	136 Jenna Krueger	19 F 27:33
11	Philip Meehen	20	18:57	73 Andrew Grabau	32 24:37	137 Zach Humphreys	22 27:34
12	Brian Openlander	18	19:18	74 Joe Goldfarb	66 24:39	138 Christine Fillmore	18 F 27:35
13	David Meehan	20	19:24	75 Stephen Parshall	26 24:48	139 Ashley Akins	25 F 27:36
14	Aaron Chambers	18	19:31	76 James Moreten	16 24:53	140 Dan Reiss	37 27:41
15	Jeff Gray	26	19:32	77 Samantha Schaefer	20 F 24:56	141 Matthew Lammers	27 27:42
16	Denrer White	21	19:36	78 Ryan Volmert	21 24:58	142 Sarah Luetjen	20 F 27:44
17	Melinda Brandt	23 F	19:43	79 Kyle Devine	21 25:00	143 Hannah Wooldridge	20 F 27:45
18	Candice Crawford	19 F	19:48	80 David Chen	19 25:02	144 Lindsay Holland	22 F 27:52
19	Matt Mitchell	21	20:00	81 Kei Nj Wing	21 25:04	145 Bob Britten	27 27:54
20	Jorge Bustamante	20	20:07	82 Maggie Parks	18 F 25:05	146 Maggie Meyer	21 F 27:58
21	Allen Wills	19	20:10	83 Katie Gillis	21 F 25:06	147 Julia Chavez	11 F 28:04
22	Bryan Wulfert	29	20:11	84 Anna Luetjen	23 F 25:06	148 Julie Dougherty	40 F 28:05
23	David Hoffelmeyer	18	20:16	85 Julia Harman	19 F 25:09	149 Adrienne Hartley	21 F 28:14
24	Tim Hines	18	20:26	86 Monica Straatmann	20 F 25:12	150 Jennifer Schneiderjans	23 F 28:15
25	Richard Craig	25	20:27	87 Gary Moss	50 25:14	151 Ilana Barasch	19 F 28:16
26	Peter Hu	18	20:58	88 Nancy Truesdell	47 F 25:16	152 Megan O'Leary	19 F 28:22
27	Thomas Miller	47	21:11	89 Terry Stock	55 25:20	153 Elizabeth Felts	20 F 28:33
28	Lloyd Weber	35	21:14	90 Rebekah Heil	20 F 25:22	154 Heidi Riedel	22 F 28:37
29	James Vesecky	45	21:17	91 Tiffani Maxwell	34 F 25:29	155 Marcela Lopez	43 F 28:41
30	Jason Highley	21	21:28	92 Kristopher Feldmann	20 25:32	156 Christina Helton	21 F 28:47
31	Melissa Novak	22 F	21:33	93 Adam Matthias	20 25:37	157 Heather Hollembeak	25 F 28:51
32	Tim Peterson	25	21:39	94 Natalie Clevenger	18 F 25:39	158 Justin Lannin	7 28:55
33	Nathaniel Albers	32	21:48	95 Kevin Malick	20 25:51	159 John Lannin	39 28:56
34	Joey Muenster	18	21:52	96 Tim Geurin	20 25:54	160 Vicki Zdon	20 F 28:58
35	Matt Bromley	19	21:58	97 Garry Lumpkins	37 26:02	161 Christina Loehnig	20 F 28:59
36	Edwina King	20 F	22:01	98 Ashton Gerding	20 F 26:07	162 Kaitlin Kuhl	21 F 29:03
37	Nicole Mello	11 F	22:04	99 Rebecca Blum	19 F 26:09	163 Sara Endicott	21 F 29:04
38	Cesar Mello	41	22:06	100 Kristen Hutsell	23 F 26:11	164 Joe Duncan	72 29:05
39	Kate Miller	19 F	22:07	101 Megan Hall	18 F 26:12	165 Julia Eubanks	21 F 29:05
40	Grey MacDaniels	21	22:19	102 Kelly Wiegand	18 F 26:13	166 Kathryn Benfatto	21 F 29:06
41	Matt Garrison	21	22:20	103 Tina Perna	20 F 26:16	167 Adam Lodes	21 29:07
42	Mitchel May	19	22:25	104 Alex Chavez	12 26:18	168 Katherine Bromley	21 F 29:15
43	Kyle McDaniel	25	22:26	105 Kenneth McAnally	25 26:19	169 J Kennedy Abellard	22 F 29:22
44	Katie Resateri	18 F	22:30	106 Matt Franck	23 26:21	170 Amanda Cochran	22 F 29:27
45	Danielle Lecompte	20 F	22:31	107 Erik Bolton	21 26:24	171 Chris Shaffer	20 29:38
46	Anne Baxter	21 F	22:32	108 Jessica Thomas	21 F 26:29	172 Casey Gentry Tollerton	29 F 29:42
47	Brian Cheney-Peters	20	22:34	109 Zach Ballow	20 26:34	173 Lindsey Gentry	23 F 29:43
48	Andrew Boerkircher	21	22:34	110 Jenna Dunkle	18 F 26:38	174 Erin Acock	26 F 29:46
49	Nate Van Emon	22	22:35	111 Lindsey Smith	34 F 26:39	175 Claire Lea	28 F 29:53
50	Tyler Jessup	18	22:38	112 Katelin Shiels	19 F 26:41	176 Adam Davis	30 30:06
51	Anna Zapata	18 F	22:44	113 Anna Moreton	47 F 26:42	177 Kathy Brown	21 F 30:28
52	Rus Allen	46	22:45	114 Shawna Victor	28 F 26:43	178 Kelly Coats	20 F 30:29
53	Serge Abelland	21	22:50	115 Abby Schamel	20 F 26:45	179 Adam Coughlin	20 30:57
54	Elise Benson	18 F	22:51	116 Andy Cox	20 26:46	180 Jennifer Franck	20 F 30:58
55	Brian Wenzel	22	23:02	117 Sam Romersberger	19 26:46	181 Laura Valverde	30 F 31:10
56	Jenna King	19 F	23:06	118 Andrew Fruntain	19 26:47	182 Brian McCartney	39 31:13
57	Megan McGinnis	18 F	23:07	119 Keira Story	20 F 26:48	183 Leanne Henry	18 F 31:15
58	Richard Nistendirk	66	23:09	120 Amy Steward	18 F 26:50	184 Meghan Mueller	22 F 31:38
59	Mary Reed	18 F	23:15	121 Elyssa Bumgarner	21 F 26:52	185 Sarah Oreto	22 F 31:43
60	Samantha Running	20 F	23:18	122 Kelley Green	25 F 26:54	186 Cathy Herren	26 F 31:48
61	Nate Bookout	22	23:26	123 Amy Weldon	19 F 26:57	187 Rachel Kenny	21 F 31:50
62	Amanda Hicks	22 F	23:30	124 Joe Young Choi	27 27:01	188 Alesia Kays	19 F 31:58
				125 Jennifer Konert	27 F 27:03		
				126 Jenna Ryan	19 F 27:05		

— Continued on page 6

## Rusty's Comeback: A Race to Bark About

By Andy Emerson

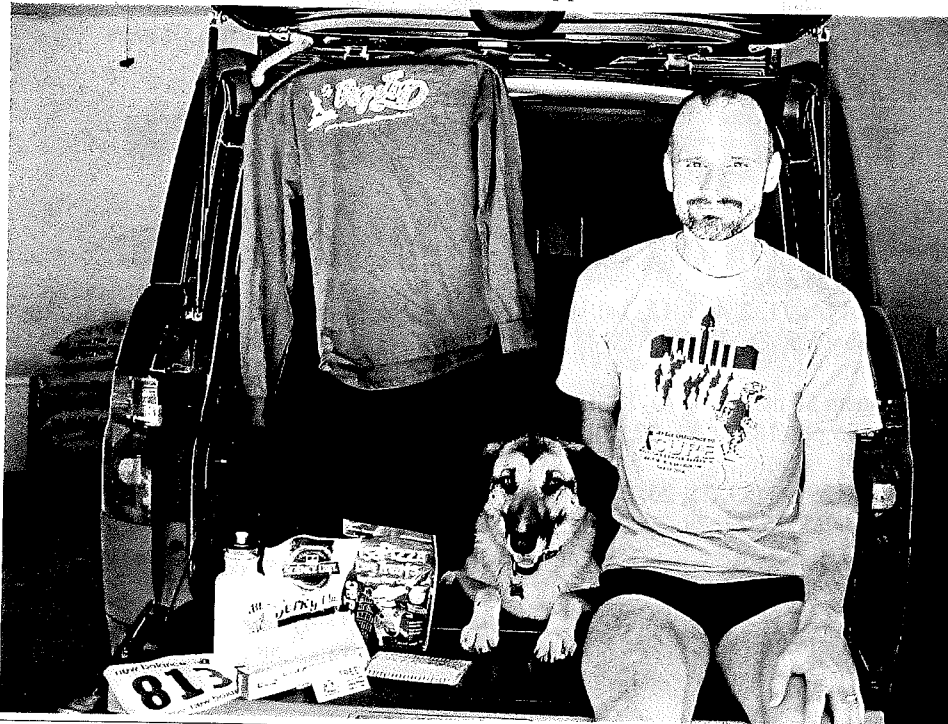
On October 7th, I ran the 13th Annual Dog Jog 5K Run (sponsored by the MU College of Veterinary Medicine Class of 2008) with my 9-year-old dog Rusty. Rusty loves to run and has only missed this race once since 1997. We call the Dog Jog "Puppy Christmas" at our house because it's the most exciting day of the year for Rusty.

Rusty, a German Shepherd/Lab mix, was born in 1997 and has been running ever since he was a puppy. Rusty was just a puppy the first year we ran the dog jog, and I led him for most of the race because he could not keep up. He showed his competitive streak in 1998-2000 and pulled me during the race because I couldn't keep his pace. I became a faster runner in 2001, and Rusty might've mellowed out somewhat, and from 2001 – 2004 we finished as the first place male-human-with-dog team with a minimum of pulling on either part.

I was out of town in 2005 at the time of the race but doubt Rusty would have been able to run very well; he had developed a problem with his left back leg in November 2004 and would not place weight on it. The vet took an MRI and found a torn anterior cruciate ligament (ACL) and prescribed glucosamine for arthritis and Deramaxx for pain. On some days Rusty seemed better, but then he would overextend himself running and limp and walk on 3 legs afterward. He still wanted to run during this time, and once he started running, he usually managed to run with all 4 legs, but he paid for it later.

The vet took another MRI in October 2005, and nothing had changed. Since Rusty wasn't getting better and waiting would put him at risk for arthritis, we decided to try ACL repair surgery. An artificial suture was placed alongside the joint to "fool" the knee joint into thinking there is a ligament and permit it to move in a normal fashion. It was difficult to keep Rusty still during the recovery, but he recuperated quickly. Sometimes he would have a setback when he overdid it, but in the past year he seems to have made a full recovery with no major problems.

This year Rusty was at the start line, barking and ready for the race to start. We took off at a pretty good pace and were near the lead with 2 other dogs. Rusty kept a steady pace during the race and didn't seem to slow down too much. He was not pulling me, and I didn't want to push him, so I ran his pace. Near the last 250 yards, I decided to see if we could pass Mike Denehy and his dog Riley. Rusty pulled ahead with me, and we passed them crossing the finish line. We won by only 1 second, finishing with a time of 19:35. During the awards ceremony, Rusty demonstrated good sportsmanship by barking for many of the winners when the humans applauded.



Here's a picture of Rusty and me sitting in the back of our Honda Element with all of our Dog Jog souvenirs.

**COLUMBIA TRACK CLUB CROSS COUNTRY CHALLENGE 6K—November 5, 2006 at Stephen's Park**

*This year's Cross Country Challenge turned out to be the most competitive club/citizen race in town for awhile, by far!*

*By Michele McFadden, Race Director*

November 5 turned out to be a pretty good day for cross country with overcast skies, a light wind and temperatures in the low 50s at race time. The 2k loop at Stephens Park started with a fairly significant hill climb, but what goes up must come down, and from 300m to about the 1200m mark the obstacles consisted of some stray walnuts, excited spectators, a short hay bale jump, and a few fairly tight turns, not the least of which led into the 2nd and 3rd loops of the 6k. The kids kicked off at 1 o'clock running a single 2k loop followed by the open/masters 6k competition at 1:45.

Fifteen CTC Colts competed in the 2k. Griffin Humphreys led the boys, followed by Nathan Keown and Zachary Cook. In what has become a familiar scene during the Colts season, Nicole Mello was first for the girls, though she was challenged by 2nd place finisher Rebecca Willis. Running in her first competitive race of the season for the Colts, Rebecca was leading the girls when she came through the 800m mark. The Colts will next travel to Rim Rock Farm outside of Lawrence Kansas for the USA Track & Field Missouri Valley Association Cross Country Championships on November 18.

Ben Rosario and Big River Running from St. Louis dominated the Men's competition. Big River Running placed 4 men in the top 5 after Tim Bradley came out on top of a tight race for 5th place with Matt Noonan of Columbia Track Club. Columbia Track Club, led by two Matts (Noonan and Laye) took 2nd with 3 men in the top 10, and Jefferson City Road Runners was 3rd, also with 3 men in the top 10. Magnus Holmstrom was Jeff City's lead man finishing 3rd overall. The Lumber Jacks finished 4th and were led by William Stolz. Last, but not least, were the Columbia Track Club - Super Seniors, a team of veteran runners 65 years plus (average age 68.2).

On the ladies side, Alison Hodgson led Columbia Track Club to a 1st place finish and was followed by Nancy Taube and Beth Luebbering. Jefferson City Road Runners, led by Julie Miller in 4th place overall, took 2nd, with team members following in 5th through 9th places.

The Columbia Track Club Elite Teams will next travel with the youths to USAT&F's Missouri Valley Association's Cross Country Championships at Rim Rock Farm outside of Lawrence, Kansas. There is no Association club championship for open athletes so the elites will be using this as a tune up for USAT&F's Cross Country Club Championships in San Francisco on December 9.

Thanks to everyone who assisted: Eric Bunch and Beth Luebbering for organizing the event, Linda LaFontaine and Melissa Fleenor for registration, finish line and results; Eric Bunch, Matt Laye, Charlie Parker, Ted Zderic, Alison Hodgson and Beth Luebbering for designing/measuring/clearing the course; Matt Dreier for hauling a bunch of really heavy stuff around; Margaret Shimkus, Jim Keown and Daniel Hodgson for monitoring the laps and finish line; Eric Bunch for starting/timing the event and helping setup the finish line; Tom LaFontaine, the Colts and their parents for monitoring the 6k race; Dick Hessler, Matt Noonan and Andrew Norton for monitoring the 2k youth event.

**Boys**

1. Griffin Humphreys
2. Nathan Keown
3. Zachary Cook
4. John David Moreton
5. Joe Walker
6. Jack Langen

**Girls**

- |                     |                    |
|---------------------|--------------------|
| 1. Nicole Mello     | 7. Nora Hargett    |
| 2. Rebecca Willis   | 8. Jennifer Willis |
| 3. Danika Shimkus   | 9. Kaitlyn Gaspers |
| 4. Joni Reinkemeyer |                    |
| 5. Samantha Walker  |                    |
| 6. Carly Walker     |                    |

**TEAM RESULTS****Men:**

*Top 7 males received points, Top 5 scored*

**1st Place** Big River Running 24 pts. (1, 2, 4, 5, 12, 14) Big River Running 24 pts. (1, 2, 4, 5, 12, 14)

**2nd Place** Columbia Track Club 45 pts (6, 7, 8, 11, 13, 15, 16) Columbia Track Club 45 pts (6, 7, 8, 11, 13, 15, 16) Columbia Track Club 45 pts (6, 7, 8, 11, 13, 15, 16)

**3rd Place** Jeff City Road Runners 58 pts (3, 9, 10, 17, 19) Jeff City Road Runners 58 pts (3, 9, 10, 17, 19)

**4th Place** The Lumber Jacks 105 pts (18, 20, 21, 22, 24, 29) The Lumber Jacks 105 pts (18, 20, 21, 22, 24, 29) The Lumber Jacks 105 pts (18, 20, 21, 22, 24, 29)

**5th Place** CTC - Super Seniors 129 pts (23, 25, 26, 27, 28, 30, 31) CTC - Super Seniors 129 pts (23, 25, 26, 27, 28, 30, 31)

CTC - Super Seniors 129 pts (23, 25, 26, 27, 28, 30, 31) CTC - Super Seniors 129 pts (23, 25, 26, 27, 28, 30, 31)

**Women**

*Top 5 females received points, Top 3 scored*

**1st Place** Columbia Track Club 6 pts (1, 2, 3, 10) Columbia Track Club 6 pts (1, 2, 3, 10)

**2nd Place** Jeff City Road Runners 15 pts (4, 5, 6, 7, 8, 9) Jeff City Road Runners 15 pts (4, 5, 6, 7, 8, 9)

—Continued on page 7

# **CTC Cross Country Challenge 6K OVERALL RESULTS**

Name	Team	Time	Points	Name	Team	Time	Points
1 Ben Rosario	Big River Running	18:38	1	28 Nancy Taube	Columbia Track Club	25:25 F	2
2 Adam MacDowell	Big River Running	18:58	2	29 Beth Luebbering	Columbia Track Club	25:44 F	3
3 Magnus Holmstrom	Jeff City Roadrunners	19:07	3	30 Kurt Kennet	The Lumber Jacks	25:53	21
4 Mat Helbig	Big River Running	19:15	4	31 Anthony Dimmick	Unattached	26:58	
5 Tim Bradley	Big River Running	19:27	5	32 Dean Hargett	The Lumber Jacks	27:03	22
6 Matt Noonan	Columbia Track Club	19:28	6	33 Dick Hessler	CTC - Super Seniors	27:52	23
7 Matt Laye	Columbia Track Club	19:41	7	34 John Reinkemeyer	Columbia Track Club	28:02	
8 Andrew Norton	Columbia Track Club	19:52	8	35 Clark Gibourney	Unattached	28:09	
9 Karl Gilpin	Jeff City Roadrunners	20:03	9	36 Julie Miller	Jeff City Roadrunners	28:19 F	4
10 Nathan Allen	Jeff City Roadrunners	20:23	10	37 Emily Holmstrom	Jeff City Roadrunners	28:53 F	5
11 Ted Zderic	Columbia Track Club	20:27	11	38 Kerri Morris	Jeff City Roadrunners	28:57 F	6
12 Ryan Mee	Big River Running	20:40	12	39 Seth Smith	The Lumber Jacks	30:45	24
13 Tim Langen	Columbia Track Club	20:56	13	40 Richard Nistendirk	CTC - Super Seniors	30:50	25
14 Jon Paul la Venture	Big River Running	21:22	14	41 Tom Allen	CTC - Super Seniors	30:51	26
15 Kent Lang	Sedalia Track Club	21:48		42 Christine Rackers	Jeff City Roadrunners	30:55 F	7
16 Matt Dreier	Columbia Track Club	22:59	15	43 Kathy Frese	Jeff City Roadrunners	30:56 F	8
17 Mike Denehey	Columbia Track Club	23:28	16	44 Jamie Dobson	Unattached	31:00 F	
18 Gary Lile	Jeff City Roadrunners	23:29	17	45 Regina Kuster	Jeff City Roadrunners	31:38 F	9
19 William Stolz	The Lumber Jacks	23:34	18	46 Joe Goldfarb	CTC - Super Seniors	32:14	27
20 James Berndt	Unattached	23:53		47 Lori Cook	Columbia Track Club	32:17	10
21 Stephen Bourgeois	Columbia Track Club	24:13		48 Bryan Norton	Unattached	32:55	
22 Alison Hodgson	Columbia Track Club	24:26 F	1	49 Terry Dunscombe	CTC - Super Seniors	32:58	28
23 Tony Rigdon	Columbia Track Club	24:37		50 Scott Hanson	The Lumber Jacks	33:15	29
24 Dana Frese	Jeff City Roadrunners	24:40	19	51 Don Ballenger	CTC - Super Seniors	34:37	30
25 Steve Stonecipher_Fisher	Col Track Club	24:45		52 Sarah Seris	Unattached	35:56 F	
26 Andy Emerson	The Lumber Jacks	25:03	20	53 Richard King	Unattached	36:23	
27 William Romine	Unattached	25:10		54 Larry Fick	CTC - Super Seniors	41:21	31
				55 James Linville	Columbia Track Club	46:09	

Many Many Thanks to All  
Who Participated in this Event,  
and To All Who Made Donations  
to the Elite and Youth Development  
Fund!

***Thanks to Tryathletics and New Balance for providing food  
and warm-up suits for the Elite Men's and Women's Teams!***



*Homecoming 5k continued from page 4*

189	Alex Placke	18 F	31:59	212	Carolyn Sanders	22 F	36:08	DNF	Michelle Ebenroth	23 F
190	Mandy Schoeresen	23 F	32:00	213	Craig Lycke	33	36:10	DNF	Julie Fenton	28 F
191	Kelly Sabulsky	44 F	32:00	214	Tyler Gray	20	36:21	DNF	Jordan Gerlach	19 F
192	David Albin	36	32:21	215	Keith Thornburg	46	36:50	DNF	Hannah Hasssemer	19 F
193	Christina Morian	45 F	32:27	216	Elsie Allison	40 F	36:57	DNF	Lauren Isley	20 F
194	Candace Lawhon	21 F	32:30	217	Shannon Wright Morgan	33 F	37:18	DNF	Dianne Jeide	65 F
195	Erin Bryant	24 F	32:33	218	Chad Morgan	34	37:19	DNF	Korhan Thor Kittelson	18
196	Stephen Whitney	39	32:34	219	Nancy Giofe	43 F	37:35	DNF	Emily Moorkamp	18 F
197	Andrea Allen	60 F	33:05	220	Joe Forsee	81	37:47	DNF	Brian Moots	28
198	Brooke Moody	20 F	33:13	221	Kelli Douglas	36 F	40:29	DNF	Donna Morris	35 F
199	Brenda McNeill	44 F	33:29	222	Alexandra Lackos	19 F	41:43	DNF	Kim Nguyen	21 F
200	Helen Trice	8 F	33:56	223	Rachel Book	19 F	41:45	DNF	Sarah Pomerence	25 F
201	Trice Hall	44	33:59	224	Jacqueline Lampert	19 F	41:46	DNF	Carly Robertson	19 F
202	Amy Woods	32 F	34:14	225	Kari Stepansen	21 F	42:30	DNF	Mollie Robinson	18 F
203	Beth Luetjen	48 F	34:16	226	Kristina Gilbert	20 F	43:55	DNF	Amy Sawyer	20 F
204	Tricia Stingley	43 F	34:17	DNF	Elizabeth Anderson	20 F		DNF	Nancy Schultz	59 F
205	Jonathan Nguyen	18	34:35	DNF	Christian Basi	33		DNF	Jessica Scribner	21 F
206	Michael Flagg	36	34:41	DNF	Kathryn Becherer	23 F		DNF	Daniel Smith	21
207	Natalie Abert	23 F	34:59	DNF	Brady Bonds	20		DNF	Alexis Sonnenschein	20 F
208	Gabrielle Costales	18 F	35:16	DNF	Madison Burnett	18 F		DNF	Janine Stichter	38 F
209	Kim Mach	29 F	35:25	DNF	Olga Carter	18 F		DNF	Lauren Thompson	20 F
210	Josh Gilmore	24	35:26	DNF	Ashley Chovanec	22 F		DNF	Matt Witthaus	19
211	Elizabeth Weilbach	21 F	35:35	DNF	Kristan Depriest	18 F				

**Serial Competition Update**

Missouri Series Top Ten (with two races remaining, Jingle Bell Dec.2, and First Night Dec.31)

1. Philip Schaeffer M53
2. Richard Nistendirk M66
3. Andrea Allen F60
4. Christina Morian F45
5. Hugh Emerson M49
6. Lloyd Weber M35
7. Joe Duncan M72
8. Griffin Humphreys M14
9. Laura Wells F66
10. William Stolz M35

Remember you can see where you stand by going to the ctc web site and clicking on Race Results and then clicking CTC Rankings. When the results are finalized after the final race, the top ten will be contacted for their T-shirt size and a specially designed T-shirt will be ordered. They will be yellow and like the Tour de France we will encourage the runners to wear them in races next year so that other runners can chase them. They will also receive gift certificates with first place receiving the most money value and second through tenth gradually receiving less. More details later. It was decided at the recent CTC annual meeting that we should expand the competition for next year to include all open races that do not include a unique scoring system (such as Big Brothers/Big Sisters). So starting in January, almost everything counts for next year's serial competition. This includes the smaller club events. —Kevin Tyler



**Cranberry Crawl 5K, November 11, 2006**

The Cranberry Crawl went well, with 102 entrants on a cool, moderately windy morning. Matt Laye ran 16:41 to lead the men's field, and Sarah Borengasser ran 21:41 to lead the women over the relatively hilly, looping course. The event was a Central Missouri Food Bank fundraiser (approximately \$2500 to the cause). Thanks go to Tom Allen, Jim Keown, Randy Gay, Linda LaFontaine, and Kim Stonecipher-Fisher, the Central Missouri Food group and Anytime Fitness for their volunteer services. Next year the event will be held near the Food Bank on a new course. I hope to see you all there!

— Steve Stonecipher-Fisher, Race Director

Place	Name	Age	Age Group	Time
1	Matt Laye	25	1 M 25-29	16:41
2	Christian Hulen	17	1 M 15-19	18:29
3	William Stolz	35	1 M 35-39	19:03
4	Dana Frese	44	1 M 40-44	19:33
5	Colin McDonald	15	2 M 15-19	19:38
6	Andy Emerson	38	2 M 35-39	19:54
7	Philip Schaefer	53	1 M 50-54	20:10
8	Mark Riley	22	1 M 20-24	20:43
9	Jeff Borengasser	29	2 M 25-29	20:47
10	Chris Cornell	14	1 M 0-14	20:55
11	Paul Wagner	37	3 M 35-39	21:03
12	Clint Smith	32	1 M 30-34	21:29
13	Jerry Donohue	53	2 M 50-54	21:36
14	Sarah Borengasser	28	1 F 25-29	21:41
15	Lloyd Weber	35	4 M 35-39	21:49
16	Kurt Kennett	38	5 M 35-39	21:52
17	Levi Hawks	13	2 M 0-14	22:02
18	Kerry McDonald	41	2 M 40-44	22:17
19	Chris Lunn	29	3 M 25-29	22:25
20	Andrew McCarney	15	3 M 15-19	22:31
21	Nathaniel Fast	24	2 M 20-24	22:32
22	Hugh Emerson	49	1 M 45-49	22:35
23	Simon Rose	41	3 M 40-44	22:55
24	Grace Schauer	35	1 F 35-39	22:57
25	Maureen O'Hare	39	2 F 35-39	23:10
26	Tim Swinford	39	6 M 35-39	23:31
27	Griffin Humphreys	14	3 M 0-14	23:33
28	Dean Stover	46	2 M 45-49	23:42
29	Dalton Maggard	11	4 M 0-14	23:51
30	James Harrington	33	2 M 30-34	23:52
31	Steve Kullman	46	3 M 45-49	24:02
32	Lisa Wells	43	1 F 40-44	24:50
33	Richard Nistendirk	66	1 M 65-99	24:51
34	Joe Goldfarb	66	2 M 65-99	24:56
35	Mary Ellen Bradshaw	35	3 F 35-39	25:46
36	Russell Jackson	48	4 M 45-49	25:50
37	Bryan Lloyd Norton	44	4 M 40-44	25:55
38	Todd Fuller	38	7 M 35-39	25:57
39	Terry Stock	55	1 M 55-59	25:58
40	Emily Boehmer	21	1 F 20-24	26:08
41	Isaac Bradshaw	9	5 M 0-14	26:45
42	Matthew Thompson	25	4 M 25-29	26:50
43	Tom Weislocher	56	2 M 55-59	26:54
44	Don Ballenger	64	1 M 60-64	27:25
45	Jim Meyer	38	8 M 35-39	27:33
46	Meghan Krane	23	2 F 20-24	27:51
47	Sienna Trice	11	1 F 0-14	28:01
48	Ann Moreton	47	1 F 45-49	28:04
49	Terry Robb	52	3 M 50-54	28:34
50	Shawna Victor	28	2 F 25-29	30:12

Place	Name	Age	Age Group	Time
51	Dana Harris	26	3 F 25-29	30:22
52	Doreen McMurry	43	2 F 40-44	30:34
53	Kara Grantham	26	4 F 25-29	30:43
54	Fay Reiminger	51	1 F 50-54	30:45
55	Valerie Altizer	34	1 F 30-34	30:52
56	Timothy Baumann	37	9 M 35-39	30:53
57	Jessica Malter	25	5 F 25-29	31:00
58	Thomas McCarney	11	6 M 0-14	31:13
59	Lisa Meyer	38	4 F 35-39	31:41
60	David Crooks	52	4 M 50-54	32:02
61	Cheryl Lobb	45	2 F 45-49	32:04
62	Michelle Windmoller	35	5 F 35-39	32:23
63	Joe Duncan	72	3 M 65-99	32:49
64	Suzanne Tourville	37	6 F 35-39	33:01
65	Laura Wells	66	1 F 65-99	33:06
66	Andrea Morse	25	6 F 25-29	33:14
67	Cynthia Shelby	34	2 F 30-34	33:27
68	Kelly Hughes	36	7 F 35-39	34:25
69	Melynda Schlude	37	8 F 35-39	34:35
70	Sheryl White	37	9 F 35-39	34:36
71	Christina Morian	45	3 F 45-49	34:37
72	Andrea Allen	60	1 F 60-64	34:45
73	Hall Trice	44	5 M 40-44	35:03
74	Lise Nyrop	46	4 F 45-49	35:33
75	Julia Alexander	46	5 F 45-49	35:48
76	Nancy Fritsch	67	2 F 65-99	36:21
77	Heather Stiefferman	34	3 F 30-34	36:33
78	Tricia Stingley	44	3 F 40-44	36:54
79	Tracy Schultz	38	10 F 35-39	36:55
80	Linda Vogt	59	1 F 55-59	37:46
81	Patrick McMullen	47	5 M 45-49	38:31
82	Helen Trice	8	2 F 0-14	46:47
83	Susan Trice	42	4 F 40-44	46:50
84	Lois Anderson	58	2 F 55-59	47:17
85	Mary M. Newby	59	3 F 55-59	53:22
86	Diane Kemna	33	4 F 30-34	54:12
87	Cheryl Vaughn	63	2 F 60-64	54:13
88	Denise Schehl-Geiger	48	6 F 45-49	54:48
89	Matt Schmidt	28	5 M 25-29	54:49
90	Patricia Schmidt	55	4 F 55-59	54:51
91	Neal Miller	62	2 M 60-64	56:21
DNF	Frank Abart	48	M	
DNF	Susan Enck	36	F	
DNF	Thomas Highland	58	M	
DNF	Rebecca Highland	40	F	
DNF	Tyler Kolb	12	M	
DNF	Austin Kolb	13	M	
DNF	Del Lobb	45	M	
DNF	Brenda McNeill	45	F	
DNF	John Moreton	12	M	
DNF	Nancy Rezabek	54	F	
DNF	Allison Roller	29	F	



**U.S.A. Track and Field Missouri Valley Cross Country Championship  
November 18, 2006  
Rim Rock Farm, Lawrence, KS**

The CTC results at Rim Rock were:

**8 & under girls: 3 kilometer race**  
Joni Reinkemeyer \* #1 15:49.69

**9-10 Girls: 3 kilometer race**  
Carly Walker \* #2 place 17:04.34  
Kaitlin Gasper \* #3 18:48.95

**9 - 10 boys: 3 kilometer race**  
John Langen \* #4 18:18.98

**11 - 12 girls: 3 kilometer race**  
Rebecca Willis \* #1 12:55.20  
Nichole Mello \* #3 13:04.31  
Danica Shimkus \* #6 14:35.01  
Samantha Walker \* #9 15:14.25  
Joni Reinkemeyer \* #15 15:49.69  
**Team Title: 34 points**

**11 - 12 boys: 3 kilometer race**  
Jordan Cook \* #1 12:12.60  
Zachary Cook \* #4 13:06.79  
John Moreton \* #5 13:14.13  
Nathan Keown \* #6 13:16.67  
Joe Walker \* #9 13:47.57  
**Team Title: 15 points**

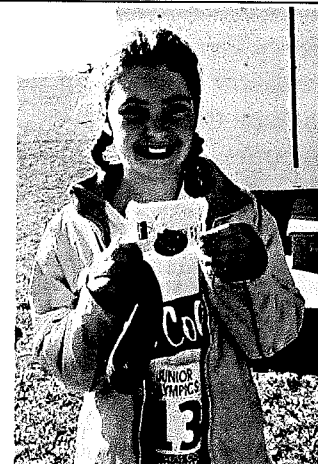
**13 - 14 girls: 4 kilometer race**  
Jennifer Willis \* #9 20:49.32  
Mary Lupo #11 23:14.35

**13 - 14 boys: 4 kilometer race**  
Griffin Humphreys #23 16:55.14

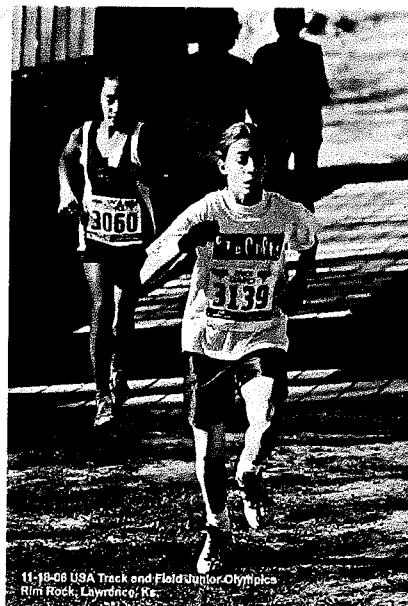
**19 - 29 women: 5 kilometer race**  
Alison Hodgson #1 19:34.86

**Open men: 5 kilometer race**  
Matthew Noonan #1 15:31.34  
Matthew Laye #2 16:06.10  
Andrew Norton #3 16:19.36  
Ted Zderic #5 16:38.45  
Tim Langen #6 16:55.73

**65-69 men: 5 kilometer race**  
Dick Hessler #1 22:49.72



Columbia Track Club had 13 members of the youth Colts program qualify (\* = qualifier) for the Junior Olympics National Cross Country Championship in Spokane, Washington, December 9, 2006. The 11-12 year old boys and girls teams were team champions. On the adult side, Matt Noonan, running for the Columbia Track Club elite men's team, won the 5K race in 15:31.34 and the CTC men's team won the team title with a near-perfect score of 17. The elite men's team will compete in the USAT&F club national championship on December 9 in San Francisco. Alison Hodgson and Beth Luebbering will compete at nationals for CTC as individuals.



Check out results at [www.usatf.com/assoc/mv](http://www.usatf.com/assoc/mv). Link to [seekcrun.com](http://seekcrun.com) for photos. Or, try [http://00673d3.netsolhost.com/photoalbum\\_index.htm/11-18rimrock/index.htm](http://00673d3.netsolhost.com/photoalbum_index.htm/11-18rimrock/index.htm)

## 2006 Columbia Track Club Schedule

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

12/2	9 am	<b>Jingle Bell 5k</b> for Arthritis	\$20	Linda LaFontaine, 442-2581	Boone Tavern Restaurant
12/9	8:30 am	<b>Cheese &amp; Sauerkraut 10-M</b> **		Randy Gay, 814-2627 Dick Hessler, 874-2906	McBaine Katy Trailhead
12/31	4 pm	<b>First Night 5k</b> <i>Activity Button included see</i> <i><a href="http://firstnight.missouri.org/">http://firstnight.missouri.org/</a></i>	\$16	Linda LaFontaine, 442-2581	Flat Branch Park
Jan 6th 2007	8 am	<b>Runner's Choice 10K/20k</b> **		Eric Bunch, <i>bunche@gmail.com</i>	Bethel Park

### A Couple of Milestone Birthdays

*This month Tom LaFontaine turned 60 and Steve Stonecipher-Fisher turned 50, just a few days apart.*

"Tom has always feared me as a runner", claims Steve, "as evidenced by his waiting until the last minute and jumping into another age category so he doesn't have to race me." And wisely so.

In 1975, Steve won the State High School Championship in the 2 mile, with a time of 9:16:03. His last quarter was 58.3. In 1977, while at UMC, Steve qualified for Nationals in the 10,000 meter and placed 17th in that event. In 1979 Steve qualified for Nationals in the Steeplechase. Steve still holds the 3 mile indoor record at UMC. In 1984 Steve qualified for the Olympic Trials in the Marathon. At that time qualifiers had to run under 2:19:03 (today it's 2:22). Steve ran 2:16:45. He placed 40th in a field of 203. What runner wouldn't fear Steve?

But, add some weights and a bicycle and Tom strikes fear in the hearts of his competitors. In 1973, Tom set a new World Record in the squat—541lbs! And in 1987, Tom won the Masters Biathlon National Championships.

*Happy Birthday to a couple of tremendous athletes and long-standing supporters of CTC!*

**Good Luck!!**  
Our Cross Country Runners  
will compete at Nationals  
on December 9.



The Elites will compete at  
Club Nationals in San Francisco, CA  
and

Individual COLTS will compete in Spokane,  
Washington at the Junior Nationals.

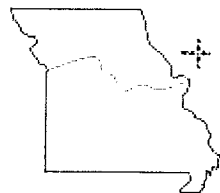
**Good Luck!!**



**Last March our webmasters put a counter  
on our website. THIS MONTH the  
counter topped 20,000 HITS!**

### Welcome New CTC Members

Mike Denehy	Columbia
Eddie Feuille	Wichita, KS
John Reinkemeyer	Linn
Tony Rigdon	Columbia
Bill & Carolyn Wilson	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