

# COLUMBIA TRACK CLUB

## News

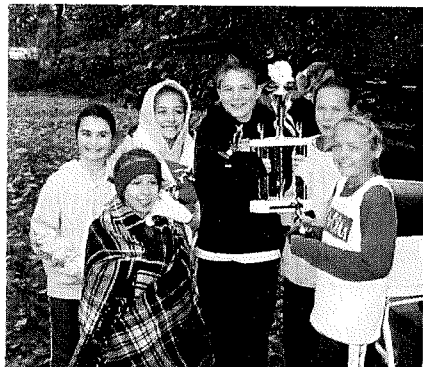
Volume XXXIX No. 7

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### 2006 COLTS CROSS COUNTRY TEAM MAKES HISTORY!!

For the first time in CTC Colt Cross Country history, the boys and girls teams BOTH won every single meet AND the season Championship. *"They are going where no CTC Colt Cross Country Team has ever been before! 'I doubt (but don't know for sure) that any other PALS team from any school has ever achieved this ...This is a team (girls and boys) that doesn't come along often, if at all!"* Jim Keown (Colts paper coach)



Congratulations Girls and Boys 2006 Cross Country Team Championship Winners!

This year the CTC Elite Cross Country Team joined the Colts at practice, along with coaches Dick Hessler and Margaret Shimkus. The Elite Team, formed last fall, is composed of post collegiate men and women runners who are still pursuing competitive running opportunities. *"All the kids have been extremely dedicated at practices. They are an exceptional group of kids and it's been a joy to work with them. I did not have a running program prior to high school and I think that having a group like the Colts fosters good running and racing habits early on"* says Beth Luebbering, Elite Team member. Matt Laye, this month's 'Runner's Profile', is another elite member who spends time with the Colts: *"They are excited to be at practice working hard and that in turn motivates and excites me. They are sponges that just soak up every aspect of the sport."*

### SUPPORT THE COLTS AND ELITE Cross Country TEAMS

**Run the CTC CROSS COUNTRY CHALLENGE 6K**

**NOVEMBER 5th - 1:45 pm**

**Stephens Park Lake**

*(entry enclosed)*

*proceeds go to the youth and elite cross country team development fund*

Both the youth and elite teams will represent Columbia Track Club at the Missouri Valley Cross Country Championships, Nov. 18th, at Rim Rock Farms in Lawrence, Kansas. Considered to be the premier cross country course in the Midwest, Rim Rock was owned and developed by legendary KU track and CC coach, Bob Timmons, who turned the farm into a dedicated CC course and gave it to KU. He spent 30 years building and perfecting the course. Rim Rock hosted the Big 8 CC Championships in 1983, 1991, and 1995, and was also the site of the 1998 NCAA Division I and II CC Championships. Dick Hessler has run the course: *"The course is quite unusual and challenging. It includes a covered bridge, and hills and turns named after great KU runners. You can see huge metal silhouettes of the great KU runners, including Wes Santee, Billy Mills, and Jim Ryun planted on several ridges throughout the race course."*

Shown here is a Rim Rock course silhouette of Native American Billy Mills, 1964 Olympic gold medalist. Mills was considered an underdog and came from behind to outkick the world's best in the last lap of the 10,000M race. To see a clip of this race and the inspiration for this silhouette go to [http://en.wikipedia.org/wiki/Billy\\_Mills](http://en.wikipedia.org/wiki/Billy_Mills) Mills is still the only American ever to win the Olympic 10,000M gold.

*"Run here and you will have run the course the 'greats' have run", Jim Keown, Colts paper coach, tells us.*



## Upcoming Events

*Please check our website links for info on these events:*

**Oct. 22:**

*Rock Bridge Revenge 10k/20k*

**Nov. 5:**

*Cross Country Challenge 6K  
(entry enclosed)*

**Nov. 11:**

*Cranberry Crawl 5K  
(entry enclosed)*

**Nov. 18:**

*Cross Country Extreme 4 mile*

**Nov. 23:**

*Thanksgiving Pie Run  
(Jeff City)*

*Many thanks to webmasters Hugh & Andy Emerson for keeping us informed!*

### CTC ANNUAL MEETING

Please plan to attend our annual meeting on

**Wednesday, November 8, 7pm**

at the

Roger B. Wilson Government Center next to the County Courthouse.

See you there!

### Quote of the month:

*"Running is not a sport; it is a lifestyle."*

— *Matt Laye's*

*High School running coach*

*(see this month's  
Runner's Profile)*



**25 years ago****Looking Back****By Joe Duncan****40 years ago:**

August 7, 1966 On a hot Sunday afternoon at Hickman track Joe Duncan began running. He was able to struggle through a mile in ten minutes. This was in preparation for the 7th Annual Heart of America Marathon coming up in four weeks. Duncan, before Labor Day, was able to get up to five miles of non-stop running at that 10-minute pace and managed to complete the Marathon in 5:01. He tore up some tendons in his left ankle; the ankle was wrapped and immobilized for six weeks, but after that Duncan began running again and has been running ever since except for a couple of interludes (ankle fractures in '97, five months off, surgery in '01, six weeks off). Hopefully, he will never stop running, albeit, very slowly

**25 years ago:**

August 1, 1981 30 kilo run: 1. Bob O'Connell 1:45:07 (30-39 record), 2. Bob Goodrich 1:52:08. .4. :Joe Marks 2:02:31. .8. Steve Helmick, age 12, 2:08:01 (Steve was one of our stellar youth runners who was tragically killed in a car accident some four years later), 9. Mike Koonse 2:09:11. .12. Dick Madsen 2:17:04. .15. Don Johnson 2:18:50. .17. Dean Baxter 2:19:43

August 15, 1981 Great Sandbagger 10,000: Winner of the monster trophy was Joe Kurth, fast time of the day came from Dick Hessler with 36:29. Ben Londeree had 37:35, age 47. Ben had set a national record for 46-year-olds with a 34:39 in a Diet-Pepsi race in St. Louis.

*In August, 1981 Steve Fisher and Kim Stonecipher got married.*

September 7, 1981 Heart of America Marathon: 1. Jon Herbert 2:30:26 (2nd fastest time on record), 2. Bob O'Connell 2:32:29, 3. Robert Cline 2:35:33. .7. Tom LaFontaine 2:43:00, 8. Dick Hessler 2:44:09. .16. Joe Marks 2:52:10. .22. Ben Londeree 2:57:12. .31. Wesley Paul, age 12, 3:02:19. .47. Debbie Hoxworth 3:11:48  
27 runners under 3:00!! The median time was 3:23:02; in recent years the median time has been well over 4:00..

**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-

Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

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Ph: (573) 442-2581 email: [linlafontaine@aol.com](mailto:linlafontaine@aol.com)

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

**From our President. . .**

Greetings!

What a thrill to follow the success of our Colts Cross Country Team. I was a preschool teacher most of my working career, and had three of those team members in my classroom. It's true what we'd say "Good beginnings never end" .... "Time spent on children is never wasted" ... and so forth. And this year we have the Elite

Cross Country Team helping the kids learn the sport. Elite Team member Matt Laye, CTC's top performer in last year's USATF Club Cross Country Nationals in Rochester, New York, makes reference in his runner's profile to the influence of his high school running coach. "His love for the sport is contagious to all who run for him." It reminds me of the advice Fred Rogers (child psychologist and producer of the children's show Mr. Rogers' Neighborhood) gave us teachers one year at our national conference. Mr. Rogers told us to share with children something that we were passionate about. "Your passion is contagious", he told us. I believe that to be true.

And there are other inspirational cross country stories close by. Ask Dick Hessler to tell you about how cross country running saved him — in more ways than one — as he was growing up in rough & tough neighborhoods, changing schools and so on. Dick's certainly giving back now — coaching those kids through yet another great year. The circle is unbroken. See you down the road. Linda

**Board Member Update**

The Columbia Track Club governing board is made up of nine Board of Directors, elected for staggered terms of three years each. This year the board members up for renewal are Marc Keys, Joe Duncan, and Jeanine Pagan. All have agreed to serve again, if approved by a vote of the membership present at the annual meeting on Nov. 8th. The bylaws state that "any person who desires to be nominated to the Board shall submit his or her name in writing ... at least 10 days prior to the date of the annual meeting." If you would like to be considered for the board, please email Linda at [linlafontaine@aol.com](mailto:linlafontaine@aol.com) by Oct. 30th. To be eligible to become a member of the Board, you must have been a CTC member for at least three. The membership present at the annual meeting will elect 3 board members from the nominees.

**Annual Meeting**

Please plan to attend our annual on  
**Wednesday, November 8, 7:00 pm**  
at the Roger B. Wilson Government Center  
next to the county courthouse  
See you there!

## CTC Runner Profile

## Matthew Laye



### PERSONAL RECORDS:

<b>Mile</b>	<b>4:17</b>	Team Time Trial 2003
<b>3K</b>	<b>8:38</b>	Dual meet v UC-Berkley
<b>5K</b>	<b>14:51</b>	Woody Wilson Invite 2004
<b>10K</b>	<b>31:19</b>	Chili Pepper XC Meet 2003
<b>1/2 Marathon</b>	<b>1:09:26</b>	Midland Lutheran Half Marathon
<b>Marathon</b>	<b>2:37:45</b>	Twin Cities Marathon 2005

**Weekly mileage:** 70 - 90 miles

**DOB:** 3/21/81

***Running is not a sport; it is a lifestyle.***

My high school coach first told me this and I find it very true. When you are serious about running you find that it becomes a lifestyle. Going out on your daily run is as normal as eating breakfast or going to work, it is just something that you do everyday.

**When Did You Start Running?** I started running in 1996 for my freshman year of high school where I posted times of 2:12, 4:52, and 10:45 for the 800, 1600, and 3200 respectively. Since my sophomore

year, track running is the only sport that I have competed in.

**Who Is Your Running Role Model? Who Has Influenced You Most In Running?** Many people have been influential in my running and I certainly look up to a number of great runners past and present. However, if I would pick one running role model it would probably be Nate Bowen, an alumnus of Davis who graduated before I was on the team and qualified for the Olympic Trials in the marathon, because he has shown me how to both balance having fun while maintaining a competitive edge in this sport. My high school coach has influenced me the most providing advice throughout my high school, college, and into my post collegiate career. His love for the sport is contagious to all who run for him.

**What Is Your Favorite Workout?** I love the unplanned workout; one that happens when you are out for a run and then gradually drop down the pace while feeling good the entire time. It is this workout that allows you to feel that *runners high*, which is seldom achieved when you are looking for it - instead it happens spontaneously in the middle of what might be a recovery run, long run, or just a daily jaunt.

**What Is Your Favorite Training Route?** I like running in Rockbridge. Typically the route will include all the main portions of the trail resulting in about 10-12 miles. The time just flies when running single track through the woods.

**Personal Info and Interests:** I grew up in Livermore, CA, which is in the Bay Area. I graduated from UC-Davis with a degree in exercise biology in December of 03 and started working on my PhD in physiology in the fall of 04 at the University of Missouri. My research is centered on the importance of exercise to healthy living. I hope to eventually be a teacher and coach at a smaller college. My retired parents still live in Livermore when they are not traveling the world, and I have a sister who is a junior at Cal State - Chico.

**5th Annual Mexican Independence Day 5K Run**

Held on September 16th, 2006, the Chevy's 5K is a fund raiser for the Children's Miracle Network. It is sponsored by Chevy's Freshmex Restaurant, 101.5 KPLA radio and the Columbia Track Club. Christian Reed led the men's field with a time of 16:51 on a sunny 65 degree morning. Pretty quick for a guy who has been battling injury for the last 6 months or so. Nancy Taube was fastest in the women's field with a time of 19:57. She is consistently near the top of the results every time she races. There were 157 finishers in the 5K, and 10 kids in the Kid's Mile held in conjunction with the 5K. After the race a hearty Mexican breakfast was available courtesy of Chevy's.

Thanks go to co-race director Randy Gay and the following volunteers: Tom Allen, Scott Rubinstein, Brian Evans, Alison Hodgson, Matt Laye, the Columbia Multisport group: Mike Tripp, Tina Norris, Bradley Kelly, Judy McDermit and kids, Ken Fattmann and son, and Matt Dreier; and James Harrington of the Mid-Missouri Road Runners. Also Chris and Monica of the KPLA morning show jumped in to help. (Give them a listen.) All excellent volunteers. The event couldn't be done without them.

—Steve Stonecipher-Fisher, Race Director

1	Christian Reed	36	16:51	57	Kate Krueger	21	26:40f	113	Jim Linville	50	32:57
2	William Stolz	35	18:39	58	Kim Boessen	25	26:53f	114	Nancy Fritsch	67	33:37f
3	Aaron Chambers	18	19:01	59	Isaac Bradshaw	9	27:03	115	Grafton Cook	50	33:58
4	Kevin Stone	22	19:07	60	Amber Shelby	20	27:07f	116	Rebecca Roesslet	34	34:31f
5	Andy Emerson	37	19:14	61	Grady Harrington	13	27:22	117	Brenda McNeill	44	34:32f
6	Paul Myers	42	19:51	62	Brittany Williamson	19	27:28f	118	Annette Humphreys	44	34:50f
7	Nancy Taube	46	19:57f	63	Amy Mounce	28	27:30f	119	Linda Vogt	58	34:52f
8	Jeff Gray	25	20:09	64	Clint Smith	32	27:31	120	Carol Wicks	48	35:09f
9	James Jorgenson	45	20:17	65	Cannon Hackett	11	27:34	121	Sandra Jones	46	35:35f
10	Tom Sweeney	42	20:18	66	Nichole Hackett	38	27:35f	122	Tricia Stingley	43	36:39f
11	John Palmer	29	20:32	67	Charity Keith	35	27:42f	123	Kathleen Fitzgerald	41	38:09f
12	Tim Hines	18	20:42	68	Debbie Salmons	42	27:49f	124	Beth Shepard	32	38:10f
13	Burton Heller	35	20:46	69	Matthew Lammers	27	27:55	125	Alicia Lange	36	38:28f
14	Brian Jennings	37	21:03	70	Adam Davis	30	27:58	126	Kim MacH	29	38:32f
15	Kirby Ernst	39	21:16	71	Michael Rose	70	28:03	127	Elsie Allison	40	38:51f
16	George Hagedorn	52	22:02	72	Troy Regis	33	28:08	128	Krista Hoffmaster	11	39:29f
17	Benito Mendez	32	22:07	73	Katherine Lee	46	28:16f	129	Nancy Giofre	44	39:31f
18	Lloyd Weber	35	22:11	74	Julie Dougherty	40	28:22f	130	Kelly Gates	25	39:56f
19	Andrew McCarney	14	22:18	75	Paula Wilson	44	28:28f	131	Lindsay Summers	22	39:56f
20	Simon Rose	41	22:20	76	Lynda Wright	45	28:28f	132	Emily Holtmeyer	10	40:01f
21	Karen Reed	43	22:23f	77	Cole Moore	12	28:41	133	Bethany Sullens	22	40:05f
22	Dean Stover	46	22:28	78	Stacey Schroeder	37	28:52f	134	Kelly Ferrario	23	40:05f
23	Griffin Humphreys	14	22:43	79	John Whicker	49	29:00	135	Mary Acton	40	40:44f
24	Hugh Emerson	49	22:46	80	Lauren Delaney	19	29:01f	136	Kelly Deline	43	40:45f
25	Kyle McDaniel	26	23:13	81	Amanda Beucke	23	29:02f	137	Heather Baer	34	40:48f
26	Robert Simmons	64	23:19	82	Nicholas Beucke	28	29:04	138	Craig Lycke	33	41:26
27	Casey Camp	43	23:26	83	Kiley Dill	20	29:10f	139	Traci Moore	37	41:46f
28	Tony Taube	48	23:31	84	Melinda Hughes	33	29:19f	140	Jana Moore	32	42:30f
29	David J. Wilson	33	23:37	85	Gary Klein	44	29:36	141	Barbara Bank	44	42:31f
30	Amanda Hicks	22	23:37f	86	Randy Aubuchon	46	29:41	142	Tina Stever	37	42:47f
31	Richard Nistendirk	66	23:46	87	David Oehrle	11	29:42	143	Trina Teacutter	33	43:04f
32	Greg Salmons	44	23:54	88	Michelle Woodward	31	29:47f	144	Brandy Hendren	25	43:58f
33	Kyle Aubuchon	12	24:09	89	Jean Perry	50	29:56f	145	Rainey Oehrle	35	43:59f
34	Lisa Wells	43	24:13f	90	Lindsey Smith	34	29:59f	146	Jacob Houston	27	43:59
35	Sam Groves	12	24:32	91	Steve Rudloff	58	30:03	147	Olga Carter	18	44:01f
36	Nathan Hanks	9	24:34	92	Renee Boulicault	38	30:07f	148	Stephanie Young	57	44:02f
37	Blaine Duncan	27	24:41	93	Sarah Seris	29	30:34f	149	Karen Young	33	44:03f
38	Martha Myers	44	24:57f	94	Janet Brandt	54	30:35f	150	Darryl Kempf	58	44:04
39	Kevin Conn	49	25:00	95	Jenna Rose	34	30:36f	151	Maureen Coughlin	17	44:04f
40	Craig Swank	33	25:06	96	Marika Solhan	25	30:52f	152	Karen Roberts	38	44:10f
41	Bryan Norton	44	25:08	97	Cary Calkins	36	30:56	153	Elizabeth Lea	28	44:11f
42	Thomas Carney	11	25:11	98	Russ Still	60	31:00	154	Phoebe Johanninger	10	44:25f
43	Nancy Truesdell	47	25:12f	99	Andrea Allen	60	31:03f	155	Mary Michalak	43	46:04f
44	Megan Thiedeman	28	25:13f	100	Linda Schadt	59	31:10f	156	Marti Davidson	37	46:05f
45	Frank Somer	39	25:18	101	James Schadt	60	31:11	157	Dee Bauer	70	49:47
46	Rob Perkins	45	25:19	102	Christina Morian	45	31:13f	DNF	Jeannette Brown	50f	
47	Shannon Dingman	29	25:29	103	Sara Robison-Petrosk	25	31:22f	DNF	Pat Brown	27f	
48	Mary Ellen Bradshaw	34	25:34f	104	Olivia Hetzler	27	31:22f	DNF	Julie Fenton	28f	
49	Sarah Pomeranke	25	25:35f	105	Lizette Somer	36	32:10f	DNF	Kala Gunier	27f	
50	Laurie Palmer	29	25:40f	106	Jason Lockwood	36	32:24	DNF	Kelly Ferrario	23f	
51	Kelly Whicker	47	25:47f	107	Jessica Woodward	28	32:29f	DNF	Lucas Harrington	10	
52	Mark Savage	27	26:01	108	Jan Ivey	46	32:36f	DNF	Shannon Martin	24f	
53	Kenneth Hammann	59	26:02	109	Michael McKown	53	32:37	DNF	Patrick McMullen	46	
54	Jake Dablemont	24	26:03	110	Tiffany Loyd	19	32:50f	DNF	Lori Olson	25f	
55	Dan Ross	30	26:25	111	Krista Albrecht	39	32:51f	DNF	Debbie Wenger	51f	
56	Jay Angoff	55	26:37	112	Lori Brockman	48	32:52				



## CTC Colts at the 2006 Show-Me State Games: *It Doesn't Get Much Better Than This!*



At the Show-Me State Games the Columbia Track Club sponsored the 2006 Colt Track & Field team with thirty-four very talented young athletes. While not the largest Colt track team ever, the medal results per athlete (average of 2), far exceeded the best the Colts have ever accomplished in all the years of competition (previous record 1.65). Yet most important, looking deeper at the medals and the events once again this year revealed the best all round Colt team ever fielded. According to Show-Me Games official results, the Colts earned medals in every event offered with the exception of only two events in which we did not have participants (i.e. the triple jump and hurdles).

I don't think it is bragging to state that if you want to look at the future of track and field in this town, you need to see the Colts. Once again the gifted and dedicated coaching of Dick Hessler and Margaret Shimkus brought many young athletes to the top of the competition. I personally know numerous past Colt athletes in various high schools and colleges who can attest to the true positive influence of these great coaches.

The team again this year, as in the past, was very deep in talent, dedicated in practice, VERY mature in approach, and fantastic in every event! Building on the young team from the last couple of years, the improvement shows the benefit of experience and excellent coaching. This year, thirty-four Colts went up against hundreds of competitors, and emerged with 68 total medals in individual and team events. If you look at the totals below I think that you will see that the old chemistry rule that you can't turn one metal into another has been, at last, proven false. I see a team with six fewer athletes than last year turn bronze and silver into Gold.

### 2006 CTC Colt **TRACK & FIELD** Team:

Danica Shimkus, Jennifer Willis, Heidi Gundy, Alexa Shelton, Hope Wright, Kory McDonald, Matt Troyer, Jessie McInvale, Nathan Keown, Lindsey Wright, Tate Cooper, Tanner Cooper, Kaylin Maggard, Aubrey Maggard, Deidre Mattson, Graham Buresh, Luke Troyer, Carter Buresh, Dalton Maggard, Rebecca Wagner, Hailey King, Mary Lupo, Lucas Harrington, Emerson James, Brian King, Jake Alden, Connor Gundy, Dalton James, Jeffrey King, Justin Shelton, Grady Harrington, Josh McClure, Zach McClure, and Griffin Humphreys

The medal totals this year are as follows:

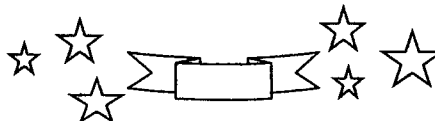
GOLD- 43 (30 last year)

SILVER-14 (16 last year)

BRONZE- 11 (14 last year)

TOTAL MEDALS – 68 (60 last year)

The Colts would like to express their special thanks to Bruce Ungles, without his help every year with registration of our entire team, it would not be possible to get all our athletes into all their events. Of course, we cannot forget our great coaches, Dick Hessler and Margaret Shimkus – You make it all possible! And finally, each and every member of the Colts 2005 Summer Track & Field Team is forever indebted to, and wishes to thank our parent organization – The Columbia Track Club— Through your support the Colts exist, learn, compete and win! Jim Keown (paper coach 2006 CTC Colts)



## CTC Colts Cross Country Team 2006: *Well, It Just Got Better!*

In my article about the 2006 CTC Colt Track & Field Team, I thought the Colts had reached the top, and THEY DID, but the Colt Cross Country Team went over the top. Once again this year the Columbia Track Club sponsored, and coached, the Colt Cross Country Team made up of interested runners from 4<sup>th</sup> grade to 8<sup>th</sup> grades. The P.A.L.S. group included 8 teams in the girls and boys divisions this year. This program has grown greatly over the seven years we have participated, both in numbers of runners (the highest fields ever) and in sophistication. The P.A.L.S. program is a grade school cross country program consisting of teams from Columbia, Jefferson City, Linn, Westphalia, and St. Martins primarily for 7<sup>th</sup> and 8<sup>th</sup> grade runners. (ed. note: *Columbia Schools do not offer cross country until high school*) The P.A.L.S. race format is 1.5 miles, whereas the high school cross country runs 3.1 miles. The P.A.L.S. goal is to recruit runners for high school cross country competition.

Season Total – Boys and girls won every meet, a first for the CTC Colts in their entire seven season history running cross country. This is the second time in seven seasons that both boys and girls won the championships in the same year. Medal totals for the season (boys and girls –54, **BY FAR** the best in the history of the CTC Colt Cross Country Program – prior best was 28 in the year 2000).

### 2006 CTC Colt **CROSS COUNTRY** Team:

Caitlin Gasper, Mary Lupo, Nichole Mello, Danica Shimkus, Carly Walker, Samatha Walker, Vincent Altomari, Gates Burchfield, Charlie Carson, Jordan Cook, Zachary Cook, Connor Gundy, Grady Harrington, Lucas Harrington, Griffin Humphreys, Nathan Keown, Dalton Maggard, Tom Marjerus, Kory McDonald, Joe Walker, and Adam Wilkerson

We, as always, have allowed all interested athletes to run regardless of age. While this can make it more difficult to win, it is in keeping with the spirit of the sport, which allows all willing runners to compete. This is the philosophy of the Colt Cross Country Program, and it will always work. The Colts this year have, without any doubt, far surpassed all prior Colt Cross Country Teams, and that is saying something. Many former Colts have been All-State Cross Country and Track winners in high school, and are now running in college. Still others ran in college, graduated, are still running as adults making their way in the world.

*Continued on page 6*

### Colt's Cross Country Season Recap!

**1<sup>st</sup> Meet** (Linn High School Invitational at the Linn Course) This meet was not scored, but looking at the places I have a strong feeling that the Colts would have won both boys and girls. Medal count (boys and girls) = 8.

**2<sup>nd</sup> Meet** (St. George at the Linn Course) Scored meet. Medal count (boys and girls) = 11.



1<sup>st</sup> Place Colt Boys 23 (2<sup>nd</sup> place team 57)

1<sup>st</sup> place Colts Girls 47 (2<sup>nd</sup> place team 57).

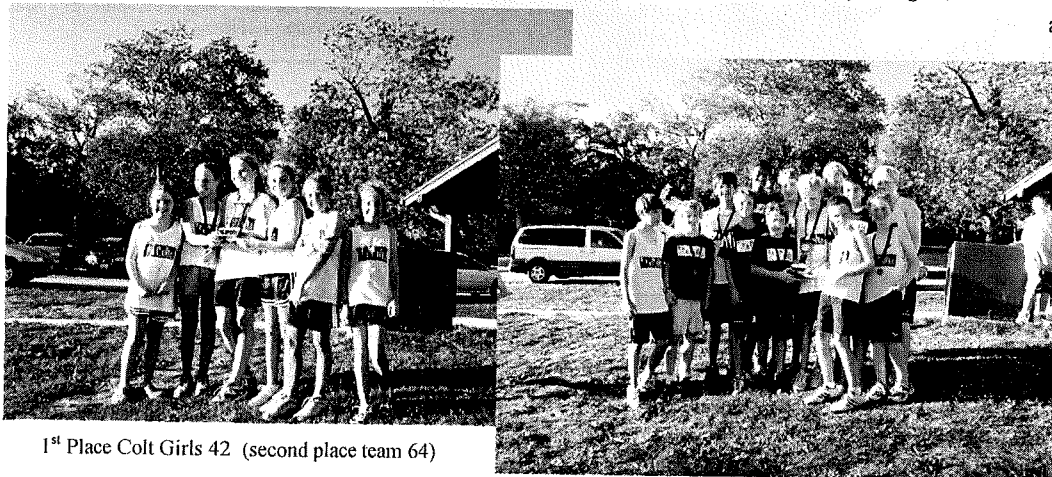
**3<sup>rd</sup> Meet** (Sacred Heart Invitational at the Linn Course) Scored meet. Medal count (boys and girls) = 12.



1<sup>st</sup> Place Colt Boys 31 (2<sup>nd</sup> place team 67)

1<sup>st</sup> Place Colt Girls 48 (2<sup>nd</sup> place team 49 CLOSE!).

**4<sup>th</sup> Meet** (St. Martins Invitational at Binder Course in Jeff City) Scored meet. Medal count (boys and girls) = 10



1<sup>st</sup> Place Colt Girls 42 (second place team 64)

1<sup>st</sup> Place Colt Boys 29 (2<sup>nd</sup> place team 72)

**5<sup>th</sup> Meet** (CTC Championship Meet at Stephens Lake Park in Columbia) Scored meet.

Place Colt Boys 21 (season best score) (2<sup>nd</sup> place team 85). 1<sup>st</sup> Place Colts Girls 36 (2<sup>nd</sup> place team 55). Medal count (boys and girls) = 13. (photo on page 1)

This year's team makes all the coaches and parents SO PROUD, but it makes us humble too. The roots of this team go several seasons back with many of the runners being very young and only vainly hoping for even a medal, but they stuck in there over the years and now have their just rewards (both medals and trophies in abundance). I believe the Colts have shown the adults, and coaches what we have always felt and known, but rarely have seen. If you really want something, you start early and hang in there, and put forth the effort and you will win - and you have!!!! It is a lesson you all have learned, do not forget it - you are living proof of staying the course thru thick and thin and winning in the end.

We would like to the sincerely thank the coaches, Dick Hessler (CTC Colt Coach GOLDEN), Margaret Shimkus (Coach Forever).

In addition, special thanks and congratulations to some VERY SPECIAL COACHES (THE CTC ELITE TEAM), who not only inspired the team, but went the distance with the Colts each and every practice, Michele McFadden, Matt Laye, Ted Zderic. Beth Luebbering, Tim Langen, Eric Bunch, Tony Rigdon, Matt Noonan, Alison Hodgson, Andrew Norton, Christian Reed, Tim Langen and "Colorado" Pat Hanson (not his first assistance with the Colts).

We look forward to a LONG and fruitful cooperation with the CTC Elite Team. I believe this is where some of our runners will be when they get a bit older - runners fostering the upcoming generation of runners yet to be born (and that is the way it should be, the Elites are sowing the seeds).

*Thanks to the CTC!!*

*—Jim Keown, paper coach*



### *Some Elite Team members share their thoughts about working with kids and competing at the national level*

*The CTC Elite Team had its beginning last year with Club Nationals in Rochester, NY. Since then the men and women teams have continued to train and compete. The women placed 2nd at the St. Louis Track Club Cross Country kickoff on Aug 5th. Four of the men competed at the Central Missouri State Mule Run on Sept 9. The Elite Team and the Colts will compete at the Missouri Valley Cross Country Championships at Rim Rock in Lawrence, Kansas, on Nov. 18th. The elites will also compete at the USATF Club Nationals meet in San Francisco on Dec 9th.. The USATF Club Nationals will feature the top clubs from across the US.*

"To see the excitement about running in such young people is very encouraging for the future of our sport in the midst of a couch potato generation." The elite team "Provides a focus on competition which should be a component to all running clubs. This group should serve as mentors for youth runners." **Ted Zderic**, postdoc fellow, Biomedical Sciences, MU

**Matthew Laye**, PhD student in Medical Pharmacology and Physiology: "Their enthusiasm for the sport is very evident. I have always thought that runners were among the nicest people and these kids certainly show that the theory can be applied to running kids as well." The elite team provides an opportunity to train with other like minded individuals for a common goal. Through this team goal we are able to reach our own individual goals and this is truly the best part of training with a team on any level whether it be high school, college, or post-collegiate."



**Andrew Norton** will report to be an Air Force JAG Officer in January. On the Colts: "The best thing is watching them improve their running ability and the self confidence and motivation that comes along with that improvement." "After finishing my collegiate running career I was looking for ways to stay motivated and involved in running. Having never been a part of a running club, I was unaware of what CTC had to offer. Michele McFadden helped me to connect with other local runners in the same situation. I was able to train and compete with those people and now I count them as some of my closest friends. I have also been able to contribute more to the running community in Columbia by participating and helping with local races and running events for kids."

"I love seeing a healthy atmosphere in which kids can practice and learn. The little kids are just awesome, and they love running. I enjoy being able to be there and share with them any knowledge I have that may help them in their running, but I mostly just like being around them. It's refreshing after a week of college life." **Matthew Noonan**, MU student

"I am in better shape now than at any time since college. That's because of the focus the elite team has given me — and because of the opportunity to train with the fast guys." "For the kids it's probably stimulating to run with and talk to adults who have gotten relatively fast. When I was younger it was always exciting to be around people who had attained goals that were still in front of me. 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. If we can live up to our name, the elite team will bring some visibility to the highly competitive side of running." **Tim Langen**, MU assoc prof Russian Language & Lit.

"The elite team has been a wonderful addition to my activities because it allows me to still do the thing that I love to do — compete. For me, running builds lots of long lasting friendships that remain long after the season ends. Helped with the Colts has been a wonderful experience for me. I am amazed at their determination and willingness to work." **Beth Luebbering**

**Eric Bunch**, Grad Assist for William Woods Cross Country Team, works at Tryathletics, says: "I enjoy helping to instill a love of running while promoting an active lifestyle in some of Columbia's youth." On the elite team: "It provides post-collegiate runners with a chance to continue competing. The individual members of the team serve as role models for the young runners in the community. It is great that we have an organization willing to provide us with this opportunity."

Come run the  
**Cross Country Challenge 6K**  
**Nov. 5th, 1:45 pm at Stephens Lake Park**  
— \$5 for CTC members —

Proceeds go to the youth & elite development fund.  
~~ Donations are also welcome. Make check payable to CTC, write on memo line "youth/elite dev fund."~~  
Thanks!

## 2006 Columbia Track Club Schedule

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

11/5	1 pm	<b>Youth (16 &amp; under) 2K Cross Country</b>	\$5ctc	Dick Hessler	Stephens Lake Park
	1:45 pm	<b>Open 6K Cross Country (individuals &amp; teams)</b>	\$10 \$50team		
11/11	8 am	<b>Cranberry Crawl Mayor's Mile</b> (kids ages 5-12—no entry fee)	\$15	Steve Stonecipher-Fisher, 447-2453 Randy Gay, 814-2627 or 815-3706	Tryathletics
12/2	9 am	<b>Jingle Bell 5k for Arthritis</b>	\$20	Linda LaFontaine, 442-2581	Boone Tavern Restaurant
12/9	8:30am	<b>Cheese &amp; Sauerkraut</b> 10 mile		Randy Gay, 814-2627 or 815-3706 Dick Hessler, 874-2906	McBaine Katy Trailhead
12/31	4 pm	<b>First Night 5K</b>	\$16	Linda LaFontaine, 442-2581	Flat Branch Park

### Missouri Series Top Ten

The top ten runners in the CTC ranking results (serial competition) after the Chevy's 5K 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 to see where you stand. Three races remain — the Cranberry Crawl 5K, Jingle Bell 5K and First Night 5K.

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.

	sex/age
1. Phillip Schaefer	M52
2. Richard Nistendirk	M66
3. Andrea Allen	F59
4. Christina Morian	F45
5. Brett Barton	M34
6. Paul Meyers	M40
7. Allan Benjamin	M50
8. Hugh Emerson	M48
9. Joe Duncan	M71
10. Nancy Truesdell	F45

### One Hour Run

September 23, 2006

Hickman High School Track

Ten runners arrived at the Hickman Track on a cool Saturday morning. The challenge of the race was who could run the most laps in an hour.

#### Results:

Oscar Chavez - 34 laps

Joe Lopez - 29 laps

James Harrington - 28 laps

Steve Kullman - 28 laps

Terry Stock - 27 laps

Rod Stevens - 26 laps

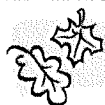
Alex Chavez - 25 laps

Marcella Chavez - 22 laps

Julia Chavez - 22 laps

The top three finishers received gift cards to Panera Bread. In recognition of James Harrington's Cinderella performance that dominated third place past the 50 minute mark, Steve Kullman relinquished the prize to James. A big thank you goes to volunteer lap counter Jim Linville and Steve Kullman for providing snacks and beverages.

--Lisa Wells, Race Director



### For Out-of-Town Events

see the CTC website

at:

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

### Welcome New CTC Members

The Gasper Family  
Nicole Mello

Columbia  
Columbia





**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

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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