

COLUMBIA TRACK CLUB

NEWS

Volume XXXIX No. 6

September 2006



47th ANNUAL HEART OF AMERICA MARATHON

September 4, 2006

The 11th time was the charm for **CHRIS COOK** who finally got under the elusive sub-3:00 he had been fighting for for 10 consecutive runnings of the Heart of America Marathon. In his second appearance, in 1997, at age 26, Chris ran a 3:00:52 and that stood as his PB. In all the other HOAs Chris came closest in 2004 and 2005 with 3:02:29 and 3:05:54, respectively. In all those other races Chris wanted a sub-3; typically he went out with the lead pack, usually well under a sub-3 pace, but then faded over the closing miles. This year, however, Chris was in the lead pack ok (in fact he was the lead pack all by himself leading wire to wire), but at a slower pace than in previous years. For instance in both 2004 and 2005 he was at 3 miles in a little over 19:00, 6 miles at 37:40 or so, 9 at 56+, 1:17:58 at 12 and it was not until half-way that his time was comparable to '04 and '05 (1:25:33 in '06, 1:25:16 in '04). However, whereas in previous years he began slipping behind sub-3 pace after halfway, this year, thanks to his more reasonable early pace, he was able to maintain, throwing in a 1:29:26 second half to get his sub-3, finally, at age 35 in his 11th HOA and with a PB by almost six minutes. Even more remarkable, this year, Chris was battling a tailbone injury he had incurred in the 2005 HOA and was unable to resume training until April. Until a month or so prior to Labor Day, Chris was not certain he would even be able to participate, much less run a PB. As happens so often, an injury may well be a blessing in disguise.

The pre-race favorite was **MATT DREIER** since he was the only participant with sub-3:00 credentials (other than four-time winner Dave Dobkowski, now age 48 and not in sub-3 shape), having run 2:59:19 last year. Cook, however, came through with his big surprise, which put Matt into a second-place finish, ten seconds off his '05 time.

BECKY LOWRANCE, at age 49, was overall female winner for the second year in a row with a scintillating 3:21:32, only 1:15 off her '05 time, lowering the age 49 record by some 52 minutes. Becky's age record was the only age record set in the '06 HOA. **OKSANA LOGINOVA** gave some international flavor to the event. She is from Moscow, Russia and is presently at UMC as an economics professor. She was in her first marathon and finished as second female.

Some CTC performances: **ANDY EMERSON**'s 3:07:42 was a PB, in his 3rd HOA, by 2:30 as he works his way to a sub-3:00. **STEVE BOURGEOIS** in his 9th HOA had a 40+PB (out of 3) and turned in his 4th best overall PB with a 3:19:25. **KEVIN CRANE** made his marathon debut with a fine 3:34:04, a steady 8:10 pace. **ALLAN BENJAMIN** was a few minutes late to the starting line so he had the fun of passing more than 90 runners en route to his 6th HOA completion. **JAMIE MONDELLO** completed his 13th HOA, **JOHN SCHULZ** his 11th, **JOEL SARTWELL** his 7th (second best performance), and **KEVIN SCHROEDER**, son of the first winner, in 1960, Joe Schroeder,

Upcoming Events

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

Oct 1:

Columbia Half Marathon Challenge

Oct 7:

Endangered Species Run 5K/10K

MU Vet School Dog Jog

MU 8th Annual Run for Life 5K

Oct 14:

MU Homecoming 5K

Oct. 22:

Rock Bridge Revenge 10k/20k

November 11:

Cranberry Crawl 5K

(entry enclosed)

Be sure to thank webmasters Hugh & Andy Emerson for keeping us informed..

Please consider volunteering for events that you are not running.

CTC ANNUAL MEETING

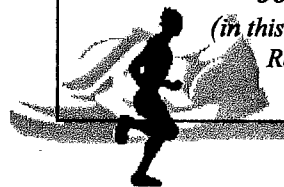
Please plan to attend our annual meeting on **Wednesday, November 8, 7 p.m.** at the Roger B. Wilson Government Center next to the County Courthouse. See you there!

Quote of the month:

"...an injury may well be a blessing in disguise."

— Joe Duncan

(in this month's HOA Race Report)



25 years ago**Looking Back****By Joe Duncan****June 6, 1981 10,000 Meter Run, Hickman:**

1. Bob O'Connell 33:52, 2. Don Lewis 35:33, 3. Dick Hessler 36:13 . . . 5. Ben Londeree 36:55. . . 8. Whitney Hicks 38:31, 9. Peter Fritsch, 15, 38:43. . . Joe Duncan 43:42
Angie Ballenger, 14, 45:31 also won a T-shirt for being only one second off her prediction.

June 20, 1981 2-Person, 8000 M Relay, alternate 400s:

1. Jeff Mittelhauser-Ebby Norman 23:07 Jeff averaged 65.7 seconds per lap (10 laps). . . 5. Peter Fritsch-Ellen Theroff 26:26, 6. Debbie Hoxworth-Bob O'Connell 26:34. . . Dick Hessler-Amy Hessler 28:36. . . Kathleen Cain-Don Lewis (Don was 70.2 per lap). . . Darlene-Ben Londeree 32:33 (Ben 71.1 lap) Total of 31 teams.

July 4, 1981 One Mile Run:

1. Mittlehauser 4:47.4, 2. O'Connell 4:48.8, 3. Lewis, 45, 4:52.1 . . . 5. Londeree 4:59.9. . . 9. Hessler 5:13. . . 15. Peter Hessler, 12, 5:33.4. . . 18. Don Johnson 5:37.3. . . 23. Dean Baxter 5:44. . . 24. Joe Duncan 5:46
Amy Hessler 6:44, Angela Hessler 7:16

July 18, 1981 15,000 Meter Run:

1. Steve Fisher 47:50, 2. O'Connell 50:25. . . 5. Mittelhauser 54:14. . . Londeree 56:41, Wesley Paul 58:03, Whitney Hicks 1:00:56, Johnson 1:01:59, Fred Fritsch 1:03:04, Turk Storvick 1:05:20, Chris Ruble 1:10:33 Total of 90 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:

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**From our President. . .**

Greetings!

Another Heart of America marathon has come to pass. I'm sure those who've run it and/or volunteered to help would agree, this historic race is like no other.

I'd like to comment on a quote from HOA race director Joe Duncan's marathon report, "an injury may well be a blessing in disguise." As Joe implied, this may have been a factor in this year's HOA winner, Chris Cook, 's success and new PB. Seems that this is often the case. The classic example is Joan Benoit, first winner of the Women's Olympic Marathon, 1984. Three weeks before the event Benoit stopped running because of severe injuries and came back to win that historic event. "Barefoot" Rick Roebel, returning for his 4th HOA, has his own strategy in response to prior injuries —no shoes. His claim? Barefoot running is better for his knees and allows for better running form, hence eliminating injuries. Roebel began running barefoot in 2003 and has run 6400 miles injury free, including 21 barefoot marathons. Of course there's always ice, anti inflammatories, and redefining "rest" as a workout. Somewhere there's a magic formula. 'Running withdrawal', even short term, can be pretty painful.

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 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.

The Pen Passes

Many thanks to Amy Gundy for her years and years of dedicated service as CTC Newsletter Editor. Amy set a new standard for our newsletter. She gave it a new look and added new features, such as the 'Runner's Profile'. Great job Amy! And thank you! Linda LaFontaine will be our new editor.

CTC Runner Profile

Alison Hodgson

Personal Records:

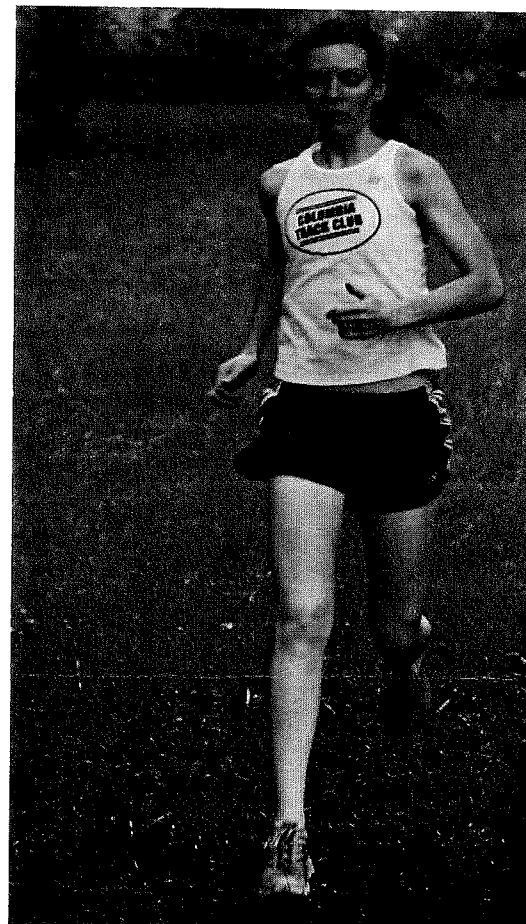
1500m	5:02 (ASU meet)
3000m	10:49 (Arkadelphia)
5 km	17:39 (Firecracker 5k)
10 km	38:14 (Firefighter 10k)
10 mile	1:04 (FLAG run)
½ marathon	1:27:26 (Memphis)
marathon	3:11 (Twin Cities)

*...let us run with perseverance the race marked out for us.
Hebrews 12:1*

Weekly mileage: currently 40 or less

DOB: March 1 1979

Running Highlights: All-Conference 1st team '99, NCAA All-Academic '97-'00, Div.II All-Academic All-American Collegiate Scholar, ATU school records 1500m, 3000m...(yes, I'm serious...it was a very small school, but hopefully they've been broken by now).



When Did You Start Running? I was a walk-on to the ATU cross-country team while attending college in Russellville, AR. My roommate was on the team so I started running their morning workouts with them. There were only 5 girls on the team so the coach was more than glad to let me run.

Who Is Your Running Role Model? Who Has Influenced You Most In Running? My college coach, Tom Aspel, definitely had the biggest impact on my running development and knowledge of the sport. Cross-country was a new concept to me when I began, and he sort of opened my eyes to the running world and all that was out there. My coach was also very encouraging of my ability and potential. Dick Hessler and Michele McFadden have also been tremendous mentors in my post-collegiate life as a runner.

What Is Your Favorite Workout? Tempos and pace runs of varying distance 4-10 miles; golf-course loops in the snow, and easy runs with my hubby and dogs.

What Is Your Favorite Training Route? The MKT is definitely a favorite of mine. I think we are really lucky to have such a wonderful trail to run on here in Columbia. It's much easier on the legs than continually pounding the pavement, and it's beautiful to run on through the fall and into winter.

Personal Info and Interests: I am also a member of the Columbia Multisport Club, and recently began helping with the Colts cross-country team practices. I am married to my best friend, Daniel and we have two precious dogs, Mia and Remy. I am an aspiring photographer/photojournalist and love to travel. If anyone at National Geographic is reading this...I am available.

HOA continued from page 1

made his marathon debut in a time not quite as fast as his Dad in 1960. **MARY ELLEN BRADSHAW** got an HOA PB, albeit by a scant 1:24.

DAVE DOBKOWSKI completed his 20th HOA well on his way to the record 25 HOAs racked up by Lou Fritz from 1965 to 1989.

RICK ROEBER of Lee's Summit ran his second HOA (out of 4) sans shoes with a barefoot PB.

The Weather: It was a pleasant 59 degrees at the 6:00 am start with 93% humidity, 100% cloud cover and wind out the north at 6 MPH. The temp got up into the upper 60's by 11:00, the humidity dropped a little, the winds remained calm and the sun did not appear to any great extent until late morning, all in all a good day for running a marathon.

Again we would not have a successful marathon without a great crew of volunteers: First recognition to Coach Steve Kissane and some 25 Hickman Cross-Country runners for their superb work in taking care of the 12 on-course water/Gatorade stations; then the timers, Lisa Wells, Whitney & Marge Hicks, David & Lisa Lang, Richard & Barb Harris, Don Waltman, Tom Allen, Linda LaFontaine (who was also a course monitor) and I lost the names of those who did the half-way and 15 mile timing stations; course monitors Bob Humphreys, Dick Hessler, Bill Sappington, Kevin Conn, Jim Linville, Randy Gay (who also helped with registration), Lisa Stevens, The Oscar Chavez family, Dave Gibbons, the finish line staff Tom Allen, Karen Gordon & Chelsea, Peggy Horner, Ben Londeree, Leslie Schneider, Anne Hessler (she procured all the goodies for the finish), Dr. Jill Murphey, Mike Bryant, Norm Stebbins drove the Course Pick-up truck, Newell Kitchen again took care of the cold-water pool at the finish which the runners greatly appreciate; various businesses helped out: the Pepsi-Cola Bottling Co., Culligan water, Joe Machens Ford, UPS to all these people we issue a hearty "THANK YOU!"

—Race Director Joe Duncan

1. Chris Cook	35	Columbia MO	2:54:59	24. Kevin Crane	44	Columbia MO	3:34:04
2. Matt Dreier	31	Columbia MO	2:59:29	25. Earl Smith	54	Benton IL	3:34:12
3. Derek Ganzenmuller	35	Columbia MO	3:01:18	26. Ed Cook	50	St. Louis MO	3:36:41
4. Patrick Youmans	22	Springfield MO	3:03:15	27. Gene Britton	49	Corry PA	3:38:18
5. Brian Todd	31	Springfield MO	3:03:29	28. Mark Kesser	20	Ames IA	3:38:26
6. Andy Emerson	37	Columbia MO	3:07:42	29. Allan Benjamin	50	Lincoln NE	3:41:04
7. Brian Cook	37	Grand Island NE	3:16:06	30. Ronnie Wilson	60	Ozark MO	3:41:37
8. Keith Trivitt	21	Kirksville MO	3:16:32	31. Jamie Mondello	51	Columbia MO	3:42:12
9. Richard Johnson	52	Springfield MO	3:17:32	32. Ryan Miller	34	Warren MI	3:42:47
10. Stephen Bourgeois	42	Columbia MO	3:19:25	33. D. Chongo Mundende	52	Edmond OK	3:42:58
11. Tom May	40	Columbia MO	3:19:50	34. Oksana Loginova	32	Moscow Russia	3:43:09f
12. Dave Dobkowski	48	St. Louis MO	3:20:23	35. Larkin Tackett	27	Austin TX	3:45:47
13. Jerry Doughty	39	Fulton MO	3:21:20	36. David Hester	46	St. Charles MO	3:47:13
14. Becky Lowrance	49	Branson MO	3:21:32f	37. Mike Cleppe	32	Columbia MO	3:47:33
15. William McClintock	52	Centerville IA	3:21:41	38. Bareft Rick Roeber	50	Lee's Summit MO	3:48:02
16. Chad Johnson	23	Leawood KS	3:22:45	39. Surah Richman	44	St. Joseph MO	3:48:02f
17. Dale Beachy	34	Overland MO	3:24:10	40. Marjanne Schnarr	29	Vail ZA	3:48:43f
18. Brooke Sloss	34	St. Louis MO	3:26:02	41. Wade McGregor	36	Emporia KS	3:48:54
19. Kevin Guest	37	Rea MO	3:26:41	42. Steve Young	59	Jefferson City MO	3:49:01
20. Pete Madsen	36	Omaha NE	3:26:50	43. Jonathon Mack	21	Olathe KS	3:49:27
21. Todd Lehman	28	Hillsboro KS	3:26:51	44. Billy Brockmueller	14	Brandon SD	3:50:47
22. Wing-Kwong Keung	55	Perrysburg OH	3:32:35	45. Joe Brockmueller	42	Brandon SD	3:50:48
23. Glenn Reigelman	27	Edwardsville IL	3:33:36	46. Crystal Powell	26	Republic MO	3:50:59f

47.Chris Turner	46	Lawrence KS	3:52:48	100.Linda Thompson	45	Casar NC	4:54:05f
48.Mollie Griffin	25	Marshall MO	3:53:34f	101.Rusty Manes	46	Springfield MO	4:56:50
49.Courtney Knott	29	Centerville IA	3:54:11f	102.Kenny Simpson	52	Olive Branch MS	4:59:48
50.Tim Waid	43	Columbia MO	3:54:52	103.Anton Stocker	34	Alexandria VA	5:01:46
51.Bob Dewar	60	Springfield MO	3:56:20	104.Merle Mendenhall	52	Grand Island NE	5:04:06
52.Christina Crawford	22	Springfield MO	3:56:38f	105.Shannon Rittgers	26	Spring Hill KS	5:06:21f
53.Jordan Morris	24	Moberly MO	3:59:57	106.Tom Baker	51	York NE	5:08:41
54.Brad Eiffert	47	Columbia MO	3:59:58	107. Terry Robb	51	Columbia MO	5:13:52
55.Mark Livesay	40	Columbia MO	4:00:05	108.Angela Tortorice	38	Dallas TX	5:28:11f
56.Bill Drummond	59	Springfield MO	4:00:55	109.Chris Win	21	Mexico MO	5:38:33
57.Jim Gunderson	54	St. Charles MO	4:01:45	110.James Simpson	64	HuntingtonBchCA	5:38:34
58.John Clowe	38	Columbia MO	4:01:50	111.LesliePeterMartin	32	New Orleans LA	5:53:21
59.Harold Laurence	46	Lansing KS	4:02:51	112.Johnny Spriggs	52	Broken Arrow OK	5:53:25
60.Kim Robertson	37	Nixa MO	4:04:22f	113.MargaretRutherford	48	Columbia MO	6:27:06f
61.Christopher Higgins	37	TheWoodlands TX	4:04:41	DNF Brett Barton	34	Columbia MO	
62.Sue Holden	41	Des Moines IA	4:04:47f	DNF Oscar Chavez	42	Columbia MO	
63.Walt Prescott	52	Decatur GA	4:05:37	DNF Keith Ciani	27	Ashland MO	
64.Jeff Wells	48	Columbia MO	4:06:08	DNF Josh Dittmore	28	Kansas City MO	
65.Joel Sartwell	46	Columbia MO	4:06:13	DNF Richard Friedrichsen	64	Clarks NE	
66.Tim McLaughlin	40	UniversityCity MO	4:07:43	DNF Daniel Garmmon	24	Columbia MO	
67.Audrey Owens	25	Springfield MO	4:08:10f	DNF Robyn Goldstein	47	Lake Mary FL	f
68.Mark Oppenheim	40	UniversityCity MO	4:08:34	DNF Rob Hazelett	33	Whiteman AFB MO	
69.Jason Smith	34	Platte City MO	4:08:40	DNF Michael Kopp	32	San Francisco CA	
70.Joseph Pucilowski	46	Apopka FL	4:10:58	DNF Amy Livesay	33	Columbia MO	f
71.Megan Schroeder	26	Olathe KS	4:13:30f	DNF Robert Lopez	40	Seattle WA	
72.Steven Kullman	46	Columbia MO	4:14:35	DNF Melanie McClain	26	Columbia MO	f
73.Roger Young	48	St. Louis MO	4:15:33	DNF Ashley McCrea	23	Columbia MO	f
74.Scott Holdridge	31	St. Louis MO	4:16:11	DNF Debra Munk	38	Kansas City MO	f
75.Zach Howard	25	Collinsville OK	4:16:47	DNF Jayne Pingrey	22	Columbia MO	f
76.Chad Montuori	27	Columbia MO	4:17:22	DNF Mike Prossard	35	Columbia MO	
77.Tyler Patterson	22	Wichita KS	4:18:50	DNF Thomas Reilly	40	Columbia MO	
78.Andy Pele	39	Columbia MO	4:20:29	DNF David Schulz	34	Chicago IL	
79.Kevin Schroeder	36	Columbia MO	4:20:53	DNF Margy Tonnies	36	Columbia MO	f
80.Bryan Norton	44	Columbia MO	4:21:08	DNF Kevin Waddle	32	Kirksville MO	
81.John Schulz	48	Columbia MO	4:21:40	DNF Justin Waters	24	Merriam KS	
82.Thomas Perri	45	Maple Grove MN	4:25:16	DNF David White	46	Chamois MO	
83.Duane Soper	41	Lenexa KS	4:30:46	DNF David Wilfong	42	Columbia MO	
84.Kim Burton	32	Columbia MO	4:32:57f	DNF Darrin Young	39	Columbia MO	
85.Rachel Baker	28	Springfield MO	4:34:48f				
86.Greg Baker	31	Springfield MO	4:34:49				
87.MaryEllen Bradshaw	34	Columbia MO	4:37:52f				
88.Becky Kehoe	29	Dubuque IA	4:38:04f				
89.Nate Kehoe	30	Dubuque IA	4:38:05				
90.Kendel Prescott	45	Decatur GA	4:40:29f				
91.Stephen Green	28	Clinton MD	4:40:54				
92.Larry Mays	57	Newcastle OK	4:41:37				
93.JamesDean Abrams	37	Columbia MO	4:41:48				
94.Tom Detore	58	Unadilla NE	4:42:22				
95.Minh H Vo	32	Wichita KS	4:42:43				
96.Kathleen Jensen	52	Harristown IL	4:45:15f				
97.Arthur Stanger	47	Boca Raton FL	4:46:23				
98.Tony Shanley	36	Jefferson City MO	4:48:31				
99.Prisca Humphrey	33	Raymore MO	4:54:00f				

Kurt Kennett has put a lot of Joe Duncan's Heart of America Marathon book on the CTC website, with more to come, namely, the performances of every person who has completed HOA. Many thanks for all your hard work, Kurt!



Thank you, Columbia Track Club, for a great Summer Youth Program! Camren Cross, Community Rec Supervisor, and the "Blue Thunder" kids.

We'd like to thank Boone Hospital for their generous \$1000 donation to our Summer Youth Program. Our fee is only \$1.00 for the entire program. Boone Hospital's donation helps pay for the ribbons, registration items, informational flyers, miscellaneous supplies, and equipment replacement. We appreciate Boone's support of this fine program.

Congrats to Derek and Alexas Shelton

Derek Shelton won his 11th straight victory in the SMSG Long Jump. Derek wrote: "...by the skin of my teeth," I managed to run my unbeaten streak in the SMSG Long Jump to 11 by winning by a mere 3/4 of an inch over 2nd place! I felt I was "LUCKY" to win, but the irony is that the jump puts me #13 ("UNLUCKY(?)") on the M45-49 US LIST! Alexas high jumped 3'9" to put her at #65 on the Elite Youth National List, guaranteeing her All American Honor Roll for the Top 100. Congrats to both!

Summer Youth Program 2006

This summer we had about 300 kids participate in our four week Summer Youth Program. We were able to use UMC track for four evenings, and the children and families had a great time!

Many thanks to MU Assoc. Dir. of Academic & Student Services Bryan Maggard, and Assist. Dir. of Game Operations Tad Dunn for facilitating our use of the MU track. Thanks to all our volunteers, too, for dedicating their time and effort to this great program. Many of the kids who participated in years past return as young adults to help direct the events.

Two records were broken this year: Matt Troyer, age 9, broke his own record in the 200m, which he set last year as an 8 year old. Last year Matt ran 31.3, breaking the record at that time. Matt set the new 200m record, age 8 & 9, with 30.80 this year. Priscilla Daniels set a new 10 & 11 yr old record, also in the 200m, at 29.34, breaking Marsha Pendilton's 29.9 set last year.

A runner's report by Jim Linville:

Don Linville Memorial 50K, 8/26/06

9:40:20 is my new personal record for 50,000 meters. Some of you know what it feels like to look at a number like that and get a warm, fuzzy feeling all over. Of course, most of you probably think I'm crazy.

Let me tell you about Paul Hurla, the Race Director. It is just a pure love for the sport that makes him try to establish a race in Breckenridge, Missouri. Moving from Kansas City where there are races just about anytime you want to race, he has been trying to provide some race agenda for the community. I found his 5 mile race on the internet two years ago and have participated in some capacity ever since.

My experience from the 50K last year was that when I got to old 36 highway leg of the race, I was going to be exhausted to the point I would need to walk up all of the hills and then try to run down them. My road crew, John Linville and Ray Linville, had planned to pace me up the hills and turn me loose going down. We were hopeful about my beating my personal record of 9:59:53 set in 2005.

We knew that I am stronger than I was last year for this race. An ankle injury last fall kept me off my feet for about three months. I spent that time building core strength. I was prescribed orthotics which I have worn ever since and really see the difference in feet. I changed the rhythm of my running strategy and was able to stick to it throughout the first 20 miles. But that last seven miles was going to be hard. *continued on next page...*

Parley P. Pratt Run July 4, 2006 A drenching rain accompanied the 2006 running of the Parley P. Pratt Memorial Freedom Run on July, 4th. No one seemed to mind — smiles were everywhere. First place male and overall in the 4-mile event was Matt Dreier at 22:54. Not far behind in second and third place were Alison Hodgson at 25:10 (first female) and Melissa Fleenor (25:11). In the 16 or under category Jesse McInvale was the first male (29:58) and Katie Dirks was the first female (39:20). Total running the 4 miles was 73. About 50 others participated in the 1 mile event. Ryan Houseman (6 yrs old) was the first male and Kirsten Lambson (15) was the first female.

—Newell Kitchen, race director

Females

1	Alison Hodgson	25:10
2	Melissa Fleenor	25:11
3	Fabiola Lopez	31:47
4	Heather James	33:08
5	Melissa Giboney	33:10
6	Lisa Wells	34:49
7	Jennifer Coleman	35:16
8	Lori McInvale	35:17
9	Carolyn Root	36:03
10	Tina Ehrhardt	36:10
11	Mary Felker	38:16
12	Andrea Allen	39:04
13	Tracy Graff	39:13
14	Katie Dirks	39:20
15	Christina Morian	39:24
16	Colton Bell	39:27
17	Kacey Mehan	39:33
18	Julia Chavez	39:42
19	Janet Brandt	39:49
20	Emily Jamison	39:52
21	Marcela Chavez	39:55
22	Judy Schermer	40:34
23	Meg Gray	43:15
24	Nancy Fritsch	45:01

25	Narriet Yelon	49:32
26	Karina Kitchen	53:05
27	Kari Christiansen	53:06

Males

1	Matt Dreier	22:54
2	Andy Emerson	25:39
3	Jeff Cotts	26:23
4	Daniel Lopez	26:29
5	Oscar Chavez	26:49
6	Burton Heller	26:53
7	Daniel Hodgson	27:14
8	Michael Hubbard	27:21
9	Harvey James	27:27
10	Robert Simmons	27:53
11	Steven Hemmann	28:26
12	Clayton Cheney	28:44
13	Steve Pagan	29:36
14	Jesse McInvale	29:58
15	Hugh Emerson	30:09
16	Jason Reinberg	30:27
17	Dustin Christiansen	30:44
18	Joe Lopez	31:08
19	Steve Kullman	31:23
20	Norman Cox	31:29
21	Nathan Czuba	32:02

22	Bryon Norton	32:08
23	Jeff Wells	33:03
24	Michael Stull	33:21
25	Scot Hirschi	33:22
26	Myung eheol Kim	33:38
27	George Mazurak	35:42
28	Dustin Hamkins	35:53
29	Jared Houseman	36:02
30	Moss Fenberg	36:11
31	Michael Jensen	36:29
32	Mark Child	36:48
33	Joe Duncan	37:21
34	Robert Anderson	38:15
35	Ammon Czuba	38:18
36	Alex Chavez	38:33
37	David Spriggs	39:12
38	Brian Jamison	39:51
39	Jonathan Pry	40:41
40	Nick Bell	41:00
41	Gerald Neuffer	43:41
42	Matt Bunker	43:49
43	James Linville	45:00
44	Kevin Coleman	46:50
45	Jim McInvale	46:51
46	John Czuba	56:29

Report by Jim Linville continued . . .

To my surprise, as I cleared the last hill of the new 36 highway leg, Paul Hurla was parked next to my road crew and handing them his cell phone. His plan was to help me finish by pacing me the last seven miles. I just couldn't believe it. I so needed the motivation by then. He ran with me, Ray walked with us and John kept our equipment within reach.

What it was that these guys did for me was something that can only be appreciated from the point of view of someone that has been at the end of their rope. I had began to doubt finishing, let alone beating my previous time. My road crew had been steadfast and diligent at keeping me fed, hydrated and as comfortable as possible. They got out and motivated me as much as anyone could have. Only a runner as accomplished as Paul Hurla could have given anything more than the Linville Race Team Road Crew.

What these guys did is what this thing is all about. As one of the dozens of backers of the CIGS Race, Dr. Laura Schopp of the UM Wellness Initiative and the staff in Fit for Life have all been helpful and supportive. The generosity of the Wellness Initiative has only been matched by Ken Ash of the Show Me State Games. Ken has helped the CIGS Race with his guidance and advise as well as his financial support. The Staff of MU Healthcare Hospital Patient Accounts, my coworkers, have all been supportive in my promotion efforts. Kay Davis, David Bokinsky, Lisa Dillon and Tina Davis set me out on the road of community involvement some three years ago. They have never stopped helping to open the doors and point me in the right directions.

This is what it was. It was friendship. It was camaraderie. It was like minds in a vision of the same big picture. It was people helping people achieve something bigger than the sum of the parts. It was a living, breathing interpretation of the Uncle Irl's motto,

Show Me 5K, July 30, 2006

The ShowMe 5K was run this year on a very hot and humid July 30th. Nine walkers and 68 runners participated. This year Joe Duncan passed the torch to a new commissioner, Tina Lehman, after 20+ years of commissioning it himself. Fittingly, we saw the race's first female overall finisher, Katie Sutton, with a time of 18:08. Many people in the running community volunteered, including Tom Allen, who timed the event. In total there were more than 30 volunteers (runners & ShowMe people) who helped direct traffic, compile results, and aid finishers. Thanks to everyone who helped, and congratulations to the participants!

—Tina Lehman, race director (results next page)

ShowMe Games 5K—July 30, 2006

1	Katie Sutton	26	18:08f	27	James Jackson	33	24:23	53	Barney Sword	75	31:19
2	Daniel LePate	17	18:19	28	Christi Imgarten	21	24:26f	54	Joann Carpio	42	31:51f
3	Sam Settlemeyer	15	20:17	29	Rick Baumann	39	24:31	55	Laura Wells	65	31:56f
4	Jimmy Hoffman	31	20:29	30	Steve Kullman	47	24:34	56	Patrick McMullen	46	32:08
5	Colin McDonald	15	20:36	31	Griffin Humphreys	13	24:44	57	Christina Morian	45	32:19f
6	Paul Wagner	36	20:38	32	Richard Nistendirk	66	24:59	58	John Bauer	54	34:16
7	Bryson Jarman	16	21:04	33	Mike Baker	56	25:25	59	Jean Perry	50	34:46f
8	Jack Uhrig	52	21:11	34	Berec Helland	38	25:30	60	Jessica Clevenger	11	35:35f
9	Stewart Hughes	47	21:42	35	Mark Manary	36	25:32	61	Jody Gerth	14	35:35f
10	Allan Benjamin	50	21:51	36	Jennifer Helland	32	25:56f	62	KatherineClevenger	42	35:49f
11	Brett Barton	34	21:52	37	Rod Zimbelan	45	26:21	63	Andy Gerth	9	37:49
12	Steve Hemman	47	22:10	38	Linda Harris	50	26:44f	64	AnnetteHumphreys	43	38:05f
13	TeaganSettlemyer	12	22:32	39	Martha Myers	44	26:45f	65	Linda Vogt	58	38:57f
14	John Dickey	52	22:40	40	Bill Gerth	42	26:51	66	Susan Hoffman	34	44:30f
15	Austin Hughes	19	23:06	41	Bill Wright	65	27:25	67	Keely Clevenger	10	45:39f
16	Lloyd Weber	35	23:16	42	John Nelson	57	27:59	68	Ed Burnham	86	46:01
17	Randy Beasley	40	23:28	43	Buehler	35	28:10	Walkers			
18	Hugh Emerson	48	23:28	44	John Carpio	41	28:23	1	Dave Coutts	50	25:31
19	Shiro Hiroaki	47	23:29	45	Ken Hammann	59	28:35	2	Keith Buterbaugh	51	30:07
20	Mandy Evers	30	23:30f	46	Joyce Settlemeyer	44	29:10f	3	Bill LePage	50	35:55
21	Kamryn Johnson	12	23:38	47	Jim Settlemeyer	48	29:10	4	Fred Adams	73	35:59
22	Joe Love	45	23:40	48	Jennifer Wiemer	21	29:29f	5	Lenworth Johnson	49	37:20
23	Robert Simmons	64	23:56	49	Carol Kuhlman	62	29:38f	6	Lewis Mead	75	40:48
24	Emma Myers	15	23:57f	50	Jacob Uhrig	17	29:45	7	Howard Wilson	57	44:30
25	Erik Lindbloom	36	24:06	51	Andrea Allen	59	31:10f	8	Grace Walker	22	44:23f
26	Darrick Jackson	42	24:23	52	Chandler Ardini	10	31:12	9	Floyd Belon	76	49:12

GREAT SANDBAGGER 10K—August 5, 2006

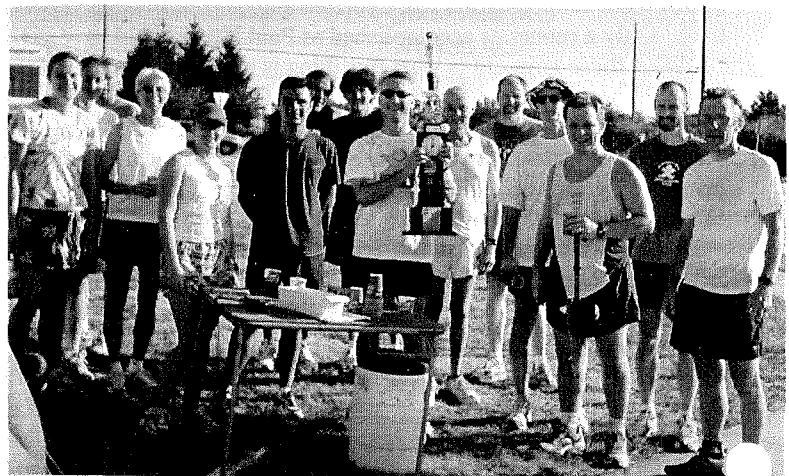
The 36 year old, 3 foot high, glued and gaudy Great Sandbagger Trophy changed hands again this year, from last year's winner, Oscar Chavez, to this year's biggest sandbagger, Dan Schoenleber. The coveted trophy is quite a piece of work, as each recipient adds their name and a memento of their choosing. Oscar added a 1968 Mexican Olympics medallion. I should have asked how he got that. To win the trophy you must overestimate (some say lie about) the amount of time it will take you to run the 10K course, out and back, on hilly Sinclair road. We did have a break in the heat. At start time the temperature was 67 degrees. This race is especially fun for the spectators, as all runners cross the finish line at about the same time. The race has a staggered start, with handicaps based on predicted times. If all predict accurately, all will finish at the same time. The most accurate predictors were Andrea Allen, Rod Stevens, Hugh Emerson, Allan Benjamin, and Emily Crow, who were all less than a minute off. Daniel Lopez and Andy Emerson tied for the fastest course time. Many thanks to volunteers Joe Duncan (who also ran), Tom Allen, Bob Humphreys, Kurt Kennett, and Alex Chavez.

— Linda LaFontaine

Order of Finish (Staggered Start)	Predicted	REAL TIME	Sandbag Factor*
1 Dan Schoenleber	60:00	56:29	3:31
2 Joe Duncan	65:00	62:53	2:07
3 Oscar Chavez	46:00	44:06	1:54
4 Dean Hargett	48:00	46:21	1:39
5 Emily Crow	57:30	56:41	0:49
6 Andrea Allen	63:00	63:22	-0:22
7 Rod Stevens	60:00	60:26	-0:26
8 Hugh Emerson	50:00	50:37	-0:37
9 Alan Benjamin	45:00	45:41	-0:41
10 Daniel Lopez	42:00	43:06**	-1:06
11 Summer Foote	70:00	71:21	-1:21
12 Marie Dickerson	63:00	64:22	-1:22
13 Andy Emerson	41:35	43:06**	-1:31
14 Joe Lopez	51:00	53:12	-1:12
15 James Hamilton	60:00	63:43	-3:43

**denotes fastest finisher (tie)

*thanks to Hugh Emerson for calculating



2006 Columbia Track Club Schedule

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

11/11	8 am	Cranberry Crawl Mayor's Mile (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	Jingle Bell 5k for Arthritis	\$20	Linda LaFontaine, 442-2581	Boone Tavern Restaurant
12/9	8:30am	Cheese & Sauerkraut 10 mile		Randy Gay, 814-2627 or 815-3706 Dick Hessler, 874-2906	McBaine Katy Trailhead
12/31	4 pm	First Night 5K	\$16	Linda LaFontaine, 442-2581	Flat Branch Park

To CTC President Linda LaFontaine:

Dear Linda,

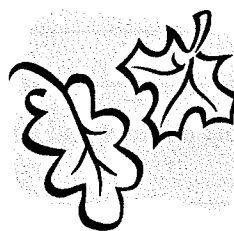
Convey my thanks and appreciation to Joe Duncan for his monthly article, "25 Years Ago — Looking Back." Many names and accomplishments reported are familiar to me and a pleasure to see in print. My name appeared the the July 2006 CTC News and brought back memories of Human Race III. I look forward to reading future articles authored by Joe.

My running is going well. I have run 13 marathons in 2006 with 11 more planned. I hope to run my 400th marathon/ultra at the 7th Yakima River Canyon Marathon in Central Washington on March 31, 2007. My wife and I are the co-directors of this event.

Bob Dolphin

Learn to use a map & compass:

For a fun running or walking experience in a beautiful out door setting, try the Orienteering Meet and Eco-March, Sunday Oct. 1, at Rock Bridge Memorial State Park. Course is open 9 am til 2 pm. Learn about the sport of orienteering (using a map and compass to find designated points), and the natural history of the park. Choose from four levels of Orienteering courses or do the EcoHike. For more info call 573-874-0171 or visit <http://rockbridge.missouri.org/jfk.html>



CTC ANNUAL MEETING

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

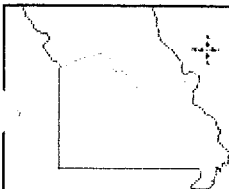
Welcome New CTC Members

Valerie Altizer & Tim Baumann	Arrow Rock
Ashley Bastian	Columbia
Lisa Flores	Columbia
Kirk Sloan	Hannibal

For Out-of-Town Events

see the CTC website
at:

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



COLUMBIA TRACK CLUB *NEWS*

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Columbia, MO 65203-5714

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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:

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