

COLUMBIA TRACK CLUB

News

Volume XXXX No. 4

April/May 2007



Joe Marks Memorial Human Race XXIX

May 12, 2007

We had 67 finishers this year, with sunshine and about 70 degrees at race time. Right before the race started, all sang 'happy birthday' to Tom Allen, who celebrated his 65th birthday timing this race. Congrats to winner Dr. Christian Reed with a time of 27:05, and first overall female, Nancy Taube with a time of 33:18.

Sincere thanks to the following volunteers: Nancy Rezabek on both Friday (packet pickup) and Saturday (traffic control on course), special birthday boy Tom Allen for registration, packet pickup and race timing, and for 'zip drive' consultation with Pres. Linda to help her preserve the newsletters, Andrea Allen for tearing bib tags, Jim Keown for "morning of" results, David Gay for the water station, Linda LaFontaine for packet pickup, results and music, Steve Stonechipper Fisher, Joe Cragin and Jim Schadt for course help, Rod Hartwig and Mrs. Joe Marks for help with the awards.

Thanks to our sponsors, Curt Kempt for the design of the utility packs and the sunglasses, Steve S. F. of Tryathletics for the running shoe awards, sock design, and as always, use of his fine facilities for race headquarters. Thanks to Columbia Tribune for their 3 advertisements, J. Louis Crum Engineering/Construction, and the Sub Shop for their first ever order of special 2 foot 'whole wheat veggie breakfast subs with eggs.'

Next year is the 30th year for this fine event. Ideas are floating around to make this extra special. If you have any ideas, contact Linda LaFontaine. Example: an award for the oldest Human Race t-shirt.

~Randy Gay, Race Director



Results on page 4
Photos by Christy Barton

Upcoming Events

*Lee Pfefer Memorial Wellaware 5K

May 28, 8am
Stephen's Lake
(entry enclosed)

*Jeff Shikles Memorial 8K

June 3, 8am
Gentry Middle School
(entry enclosed)

Summer Youth Program

June 6, 13, 20, 27, & July 11, 18
Hickman High Track 6pm
(info enclosed)

ShowMe State Senior Games

5K June 9, 7:30 am
10K June 10, 7:30 am
Bethel Park

*Parley Pratt Memorial Freedom Run 4 Mile

July 4, 7:30 am
MKT Twin Lakes Pavilion
(entry enclosed)

*Smokin' Chicks BBQ 5K

July 21, 8:30 am
Southampton Plaza
(entry enclosed)

*ShowMe State Games 5K

July 29, 8:00 am
East side of Faurot Field

*races in 2007 Missouri Series
Visit <http://ctc.coin.org> for more info

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

April, 1982: Two major races: **The Diet Pepsi 10K on the 4th** with 527 finishers, then two weeks later **Human Race IV** with 1,012 finishers.

In the Pepsi race Steve Stonecipher-Fisher won with 31:03, followed by Jeff Mittelhauser at 31:46. Milene Mittelhauser led the women at 37:55, with Vicki Wyatt at 39:34. Some age group winners: 14 & U, Peter Hessler 40:15, 30-39 Bob O'Connell 33:39, Tom LaFontaine 34:36, 40-49 Ben Londeree 34:58, Dick Hessler 35:38, Don Lewis 36:54, 50-59 Don Johnson 39:33, Bob Dolphin 41:47. 40-49F: Mary Ann Slivinsky 50:20, Nancy Fritsch 55:38

In the Human Race the winner was MU's Tom Ott at 31:49, 2nd Greg Lovercamp, 32:37. Vickie Wyatt led the women at 40:56, Vickie Cartee 41:27, Debbie Hoxworth 41:39. Age Groups: 12 & U Peter Hessler 39:58, 13-19 Kent Lang 35:09, 30-39 Tony Alioto 34:27, LaFontaine 34:32, 40-49 Londeree 35:18, Hessler 35:37, 50-59 Johnson 40:05, Dolphin 43:09. 12&U Female: Elizabeth Goldstein 47:01, Angela Hesser (9) 50:20

May 1, 1982 One Hour Run: 47-year-old Ben Londeree wins with 10 miles, 1004 in the hour. 2. Kent Lang with 10-902, then Dick Hessler 10-403. Lang had finished ahead of Londeree in both the Pepsi race and the Human race, but not today.

May 14, 1982: 3, 2, 1 triathlon: 1. Jeff Mittelhauser was 15:05 for the 3-mile run, 9:55 for the two-miler and 4:47.2 for the mile, totaling 29:47.2. Then Londeree 16:34, 10:49, 4:5 (32:22); Lewis 17:06, 10:58, 5:11. Dick Hessler was 17:24, 11:29, 5:30, Whitney Hicks 17:37, 11:34, 5:37, Peter Hessler, 12, 18:41, 12:23, 6:03, Milene Mittelhauser 18:01, 11:57, 5:52; Chris Ruble 20:10, 13:28, 6:22 Total of 26 competitors

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 Newsletter is published as a service to members. Articles of interest to Columbia's running community may be sent to:

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Greetings!

Congrats to CTC member Jim Linville on a successful 2nd Annual CIGS Race and Health Fair. Nice turnout to celebrate bad habits turned good, despite the chilly weather. Jim's not the only ex smoker who runs. See story on page 5. CIGS is our

newest race. One of our older races, the Human Race, celebrated it's 29th year. Back in the 1980's this race often drew over 1000 runners.

It's great to see families running together. The Chavez family is a fine example of whole family participation. They all regularly participate in CTC events. Note their participation in the Two Person Relay and ShowMe Stampede pages 7 & 8.

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

This year our Summer Youth Program will be held at Hickman High School Track, 6:00 p.m., on Wednesdays: June 6th, 13th, 20th, 27th, and July 11th, 18th. Hope to see you there!

The running community lost a dedicated enthusiast last month. Bonnard Moseley passed away on April 22, at age 87. Bonnard began running at age 60. He ran the Heart of America Marathon at age 69, and the St. Louis Marathon at age 71. We appreciate his compassion for running, and his wonderful smile.

See you at the finish line - Linda

CALLING ALL VOLUNTEERS!

Volunteer Recognition Dinner

Who: All race directors, volunteers, & their families

When: Monday, June 25, 2007, 6 pm

Where: Dulany Hall, Columbia College

Why: Because we appreciate all you do!

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

hesslerr@missouri.edu

Please come. The food is great!



CTC RUNNER'S PROFILE

Bill Stolz

PERSONAL RECORDS:

This Century:

5k 18:15 (2007)

6k 23:34 (2006)

5 miles: 31:20 (2006)

Marathon 3:33 (Heart of America 2005)

Age: 35

Weekly Mileage: 25-30

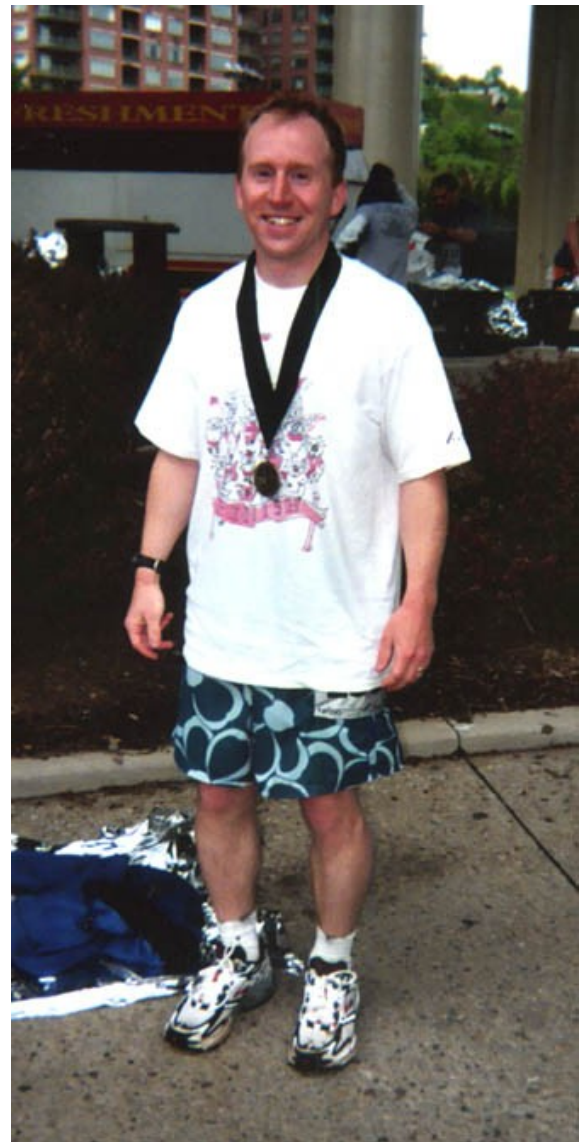
When Did you start running? Started running competitively in 7th grade. However, really started running at 6-7 after my folks told me it was time to learn to ride a bike. We lived in a small town so I ran everywhere, to school, the store, the pool, etc... For the record, I did eventually learn to ride.

Running Accomplishments: Have completed the New York City, Cincinnati Flying Pig, Heart of America, and Bataan Memorial Death March (White Sands, NM) Marathons.

Who Has Influenced You Most In Running? My parents, both non-runners, who never missed a track or cross-country meet. Their support and encouragement has been amazing. Even today they still expect me to call home after every race.

What Is Your Favorite Training Route? Out my front door early Saturday morning, rain or shine, to Bear Creek Trail. Most mornings I see more wildlife than humans while running along the creek.

Personal Info and Interests: Grew up in Ohio and Vermont, and moved to Columbia in 1999 to work as an archivist. Met my wife, Hollis, a Columbia native, at the public library, and we have been married since 2001. She is always cheering me on at the finish line. When not running, I am traveling, reading, writing, or working in the yard.



Place	Name	Age	Age Group	Time	Pace
1	Christian Reed	36	1 M 35-39	27:05	5:25/M
2	Matt Dreier	32	1 M 30-34	29:18	5:52/M
3	Darrin Young	40	1 M 40-44	30:28	6:06/M
4	Tom May	40	2 M 40-44	30:31	6:06/M
5	William Stolz	35	2 M 35-39	30:52	6:10/M
6	Jeff Gray	26	1 M 25-29	31:06	6:13/M
7	Andy Emerson	38	3 M 35-39	31:22	6:16/M
8	Philip Schaefer	53	1 M 50-54	31:28	6:18/M
9	Nancy Taube	47	1 F 45-49	33:18	6:40/M
10	Brett Barton	35	4 M 35-39	33:25	6:41/M
11	Oscar Chavez	43	3 M 40-44	33:32	6:42/M
12	Raymond Paxton	40	4 M 40-44	33:36	6:43/M
13	Michael Grouws	40	5 M 40-44	34:41	6:56/M
14	Tim Waid	44	6 M 40-44	34:47	6:57/M
15	Kevin Pace	44	7 M 40-44	36:25	7:17/M
16	Elijah Flenner	33	2 M 30-34	36:26	7:17/M
17	Jaira Grathwohl	28	1 F 25-29	36:33	7:19/M
18	Jeff Wells	48	1 M 45-49	37:25	7:29/M
19	Lisa Wells	43	1 F 40-44	37:35	7:31/M
20	Michelle Flenner	34	1 F 30-34	37:40	7:32/M
21	Hugh Emerson	49	2 M 45-49	37:42	7:32/M
22	Joe Love	46	3 M 45-49	37:51	7:34/M
23	John Moreton	12	1 M 0-12	37:53	7:35/M
24	Mark Lee	50	2 M 50-54	38:19	7:40/M
25	Bryan Norton	45	4 M 45-49	39:19	7:52/M
26	Steve Kullman	47	5 M 45-49	39:36	7:55/M
27	Mary Ellen Brashaw	35	1 F 35-39	39:43	7:57/M
28	Joe Goldfarb	67	1 M 65-69	39:59	8:00/M
29	Alex Chavez	12	2 M 0-12	40:09	8:02/M
30	Steve Friedman	38	5 M 35-39	41:01	8:12/M
31	Richard Nistendirk	67	2 M 65-69	41:33	8:19/M
32	James Harrington	33	3 M 30-34	41:34	8:19/M
33	Berkley Hudson	55	1 M 55-59	41:48	8:22/M
34	Michael Prewitt	56	2 M 55-59	42:03	8:25/M
35	Cecily Haubner	19	1 F 13-19	42:21	8:28/M
36	Rick Wise	42	8 M 40-44	42:22	8:28/M
37	Peggy Horner	49	2 F 45-49	42:44	8:33/M
38	Kenneth Hammann	59	3 M 55-59	43:52	8:46/M
39	Rod Stevens	41	9 M 40-44	44:13	8:51/M
40	Don Ballenger	65	3 M 65-69	44:21	8:52/M
41	Jaxon Kincaid	33	2 F 30-34	44:47	8:57/M
42	Todd Jarvis	27	2 M 25-29	45:18	9:04/M
43	Laura Van Matre	60	1 F 60-64	45:53	9:11/M
44	Linda Harris	50	1 F 50-54	46:14	9:15/M
45	Jim Odell	63	1 M 60-64	46:42	9:20/M
46	Doug Dubisar	57	4 M 55-59	47:46	9:33/M
47	Cecil Williams	11	3 M 0-12	49:12	9:50/M
48	Nancy Yaeger	35	2 F 35-39	49:23	9:53/M
49	Joe Duncan	72	1 M 70-99	49:47	9:57/M
50	Morgan Tyler	26	2 F 25-29	50:09	10:02/M
51	Barney Sword	75	2 M 70-99	50:25	10:05/M
52	Thomas Highland	59	5 M 55-59	50:44	10:09/M
53	Jennifer Grouws	33	3 F 30-34	50:56	10:11/M

Joe Marks Memorial Human Race XXIX Results

Many thanks to Christy Barton for the photos!

54	Jill MacKey	51	2 F 50-54	51:00	10:12/M
55	Janet Brandt	55	1 F 55-59	51:10	10:14/M
56	Laura Wells	66	4 F 65-69	54:17	10:51/M
57	Karen Reider	45	3 F 45-49	54:17	10:51/M
58	Julia Alexander	47	4 F 45-49	55:25	11:05/M
59	Carol Wicks	49	5 F 45-49	57:53	11:35/M
60	Timothy McCord	16	1 M 13-19	58:10	11:38/M
61	William McCord	55	6 M 55-59	58:11	11:38/M
62	Christopher Williams	10	4 M 0-12	1:03:04	12:37/M
63	Elaine Kent	58	2 F 55-59	1:03:34	12:43/M
64	Brenda Jackman	27	3 F 25-29	1:07:02	13:24/M
65	Fadre Maun	39	3 F 35-39	1:10:28	14:06/M
66	Laken Price	10	1 F 0-12	1:15:53	15:11/M
67	Nancy Dubisar	58	3 F 55-59	1:16:02	15:12/M





CIGS 4 Mile Race and Health Fair, April 7, 2007

What I meant to say
By Jim Linville

The Cigs Race, 2007 has come and gone, and what a privilege it was to work with my son Ray as Co-Director of this year's event. Ray will be leaving our community this summer and this was most likely the last chance we will have for this kind of thing. Ray has been a training partner, pit crew member, an event volunteer not to mention all of the hours he has had to listen to his dad go on and on about running and stuff.

The Cigs Race drew its support this year from the Columbia Track Club, Show Me State Games, The MU Healthcare Wellness Initiative, B&B Bagels and the Postal Annex. These sponsors were attracted to the unique concept of a race pitting runners in categories of whether or not they are or ever have been cigarette smokers. They were also drawn to the fact that all the net proceeds will be donated to smoking-related disease research through The University of Missouri, Columbia's School of Medicine, Division of Pulmonary, Critical Care, and Environmental Medicine.

One thing that made this year's event so exciting was the promotions provided by Michael Denehy and Off Track Events. They provided a web site for the Cigs Race, promotional materials, graphic design and announcements promoting the Cigs Race and Health Fair. Many competitors were attracted by the efforts of Denehy and his crew. The t-shirt design is very stunning and will advertise for next year's event.

A big hit of the 2007 event was the hand crafted art work of local artist Jennifer Jensen. The theme of the trophy series is the colloquialism of the cigarette being referred to as a coffin nail. This year Jensen really set a standard by producing leaded glass coffin lids embellished with a coffin nail and lead vine work representative of the tree of life that grows stronger as an ex-smoker remains smoke free. With finishing places for the three categories of smokers, ex-smokers and non-smokers and then providing for gender specific first and second places, there are a total of 13 overall place trophies that includes one for the first place walker. For Jennifer to have donated all of the time and effort to produce these works of art speaks volumes of how supportive she is to the cause of smoking cessation.

Having told of the pillars upon which this year's event laid a memory, no one there will forget there is one more thing I meant to say. I want to thank all the booth participants. There were six booths this year, Ped Net, Fit For Life, The Mayor's Council on Health and Physical Fitness, The Health Connection, Missouri Sports Massage Team and American Lung Association. A lot of hard work and sacrifice go into bringing a booth to a health fair. Not only did these people do that, but many walked the event and donated to smoking related disease research.

The race participants, the event being early April with temperatures hovering around freezing, you can count on the fact that only the most seasoned runners knew that they would be here. There were veterans of the Cigs Race competing as well. With the Columbia Track Club providing for the timing and results, the volunteers had to weather the cold. I can't even say thank you enough to my friends that volunteered to help. These three groups are the ones who made this event most unique. What I meant to say is this, "what an honor to have been with these people on this day. A day I will cherish the memory of for the rest of my life."



CIGS Results

Thanks to Christy Barton and Robyn McKown for great the photos!



Place	Name	Category	Time	Status	Award
1	Andy Emerson	1 M 36-40	25:12:00	Non-smoker	1 M NS
2	Phil Schaefer	1 M 46-50	25:33:00	Non-smoker	2 M NS
3	Brett Barton	1 M 31-35	26:41:00	Non-smoker	
4	Jaira Grathwohl	1 F 26-30	29:15:00	Non-smoker	1 F NS
5	Neville Davis	1 M 56-60	29:43:00	Non-smoker	
6	Norman Cox	2 M 36-40	30:02:00	Non-smoker	
7	Mike Denehy	2 M 31-35	30:35:00	Non-smoker	
8	Jerome Venteicher	1 M 21-25	30:39:00	Non-smoker	
9	Joe Love	1 M 41-45	30:41:00	Non-smoker	
10	Hugh Emerson	2 M 46-50	30:49:00	Non-smoker	
11	Lisa Wells	1 F 41-45	30:58:00	Non-smoker	2 F NS
12	Steve Kullman	3 M 46-50	31:30:00	Ex-smoker	1 M ES
13	Richard Nistendirk	1 M 66-70	32:42:00	Non-smoker	
14	Terry Stock	2 M 56-60	33:01:00	Non-smoker	
15	Peggy Horner	1 F 46-50	34:06:00	Non-smoker	
16	Mike McKown	1 M 51-55	34:51:00	Non-smoker	
17	Randall McMillen	3 M 56-60	37:12:00	Non-smoker	
18	Jim O'Dell	1 M 61-65	37:12:00	Ex-smoker	2 M ES
19	David Crews	2 M 61-65	37:29:00	Non-smoker	
20	Jan Ivey	2 F 46-50	37:44:00	Ex-smoker	1 F ES
21	Adrian Ang	1 F 31-35	39:19:00	Ex-smoker	2 F ES
22	Jim Schadt	4 M 56-60	39:20:00	Ex-smoker	
23	Adrianna Alioto	1 F 13-15	41:09:00	Non-smoker	
24	Christina Morian	3 F 46-50	44:08:00	Non-smoker	
25	Dustin Duff	1 M 0-12	48:11:00	Non-smoker	
26	David Duff		48:22:00	Ex-smoker	
27	Linda Vogt	1 F 56-60	48:25:00	Non-smoker	
28	Elsie Allison	1 F 36-40	48:48:00	Non-smoker	
29	Nancy Giofre	2 F 41-45	48:49:00	Non-smoker	
1W	Benjamin Lee	-	21:17	Non-smoker	1 W



Two Person Relay 5 Miles, alternate 400s, April 14, 2007 By Kevin Tyler

The Chavez family braved the rainy, windy, 37 degree weather to make up the two teams of this year's two person relay. Competition from another big race in Columbia that day possibly took away entrants to the two person relay.

Marcela and her daughter Julia formed one team while Oscar and son Alex comprised the other. Everyone ran strong in this demanding event as times improved at the end.

Alex and Oscar finished in 33:17. Alex's average lap time was 1:54 with his best time of 1:40 on his last lap. Oscar's average lap time was 1:26.2 with his best time of 1:18 on his last lap.

Julia and Marcela finished in 41:42. Julia's average lap time was 1:58.8 with her best time of 1:44 on her last lap. Marcela's average lap time was 2:11.8 with her best time of 1:57 on her first lap, while her second best time of 2:03 was on her last lap.

Lap times:	Alex	Oscar	Julia	Marcela	It was great to see a family enjoying running together and parents being such good fitness role models for their children.
	1:47	1:28	1:58	1:57	
	1:49	1:28	2:03	2:11	
	1:53	1:26	2:01	2:06	
	2:05	1:22	2:00	2:04	
	2:02	1:28	1:49	2:12	<i>Oscar, right, Julia and Alex, below, all ran the ShowMe 5K in April.</i>
	1:54	1:29	2:09	2:23	
	2:01	1:28	2:04	2:20	
	1:56	1:27	2:01	2:22	<i>Thanks to Zane Kullman for the great photos!</i>
	1:53	1:28	1:59	2:20	
	1:40	1:18	1:44	2:03	

**Running Shorts:**

Bob Dolphin, at age 77, ran his 400th marathon, in Yakima, WA in 5:39:00, on April 7. His goal is to reach 500 & he thinks he can get there in four years. That means at least two a month for 50 months.

Christian Reed won the Jay Dix 5K, running 16:35, the Tim Heinz 5K in 15:36, and the Joe Marks Memorial Human Race 5 Mile in 27:05. Wow!

Nicole Mello (age 11) was the overall female winner in the Jay Dix 5K, running 19:42.

Nancy Taube was first overall female in the Jay Dix 10K, with a time of 39:36.

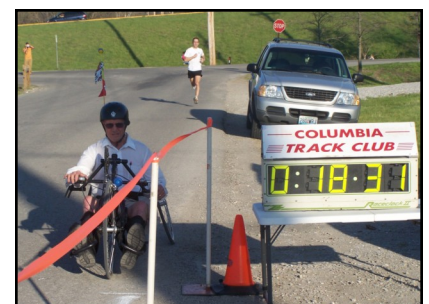
Amina Shelton broke the West Jr. High school records in the girls high and long jumps at a quadrangular meet on April 9 in Jeff City. Her jump of 15 feet broke the old long jump record of 14' 9", and her 4' 10" in the high jump broke the old record of 4' 6".

Alexa Shelton, 10, won the 10-11 year-old Division of the local Kelloggs USA Jr. Olympic Skills Competition on April 29 at Hickman HS. The competition includes the 50 yard dash and the standing long jump. Alexa jumped 6 feet, 3 inches and ran a 6.96. She moves on to the Regional Competition to be held in Columbia in June. If she wins at the Regional meet, she moves on to the National Competition to be held at the US Olympic Training Facility in Colorado Springs, Colorado in August.

Milestone birthdays on race day: **Tina Lehman** turned 40 on the ShowMe Stampede 5K race day; **Tom Allen** celebrated his 65th on Joe Marks Human Race day; **Hugh Emerson** will turn 50 on Heart of America Marathon race day.

ShowMe Stampede 5K, April 21, 2007

Name		Time	Age group
1 Brown, Pat	M	28 18:37	1
2 Stolz, Bill	M	35 19:10	1
3 May, Tom	M	40 19:42	1
4 Schaefer, Phil	M	53 19:56	1
5 Chavez, Oscar	M	43 20:08	2
6 Paxton, Raymond	M	40 20:18	3
7 Tyler, Kevin	M	51 20:36	2
8 Barton, Brett	M	35 20:39	2
9 Brockman, John	M	28 21:08	2
10 Wagner, Paul	M	37 21:51	3
11 Grathwohl, Jaira	F	28 22:34	1
12 Stover, Dean	M	47 23:02	1
13 Schmidt, Fred	M	48 23:46	2
14 Kramer, Michael	M	52 24:16	3
15 Emerson, Hugh	M	49 24:46	3
16 Barton, Elly	F	28 25:13	2
17 Kullman, Steve	M	47 25:14	
18 Schulz, John	M	49 25:31	
19 McClain, Melanie	F	26 25:32	3
20 Young, Darrin	M	40 25:33	
21 Wise, Rick	M	42 25:35	
22 Chavez, Alex	M	12 25:50	1
23 Norton, Bryan	M	45 26:05	
24 Bachtel, Kathryn	F	23 26:08	1
25 Webber, David	M	55 26:09	1
26 Kolb, Craig	M	45 26:41	
27 Nistendirk, Richard	M	67 27:02	1
28 Elletson, Dane	M	29 27:17	3
29 Horner, Peggy	F	49 27:21	1
30 Chavez, Julia	F	11 27:29	1
31 Ballenger, Don	M	65 27:38	2
32 O'Dell, Jim	M	63 29:04	3
33 Myers, Liesje	F	39 30:17	1
34 Bartley, Kenneth	M	50 32:22	
35 McDermit, Judi	F	41 35:20	1
36 McDermit, Zoe	M	11 35:21	2
37 Wicks, Carol	F	49 35:42	2
38 Vogt, Linda	F	59 41:59	1
39 Johnson, Don	M	78 42:16	1
40 Twillman, Jeanelle	F	74 50:44	1



Thank you Zane Kullman for the great photos! More are posted online at <http://pg.photos.yahoo.com/ph/swimmbikerunn/album?.dir=2c2are2&.src=ph>
Or, go to yahoo and manually search for swimmbikerunn photo albums.

David Clifford, 67, participated in the Stampede. An ex marine fighter pilot, David was paralyzed from the waist down in an accident while on a bike tour in Australia.

Training for Runners, Part 2: The Upper Body - by Chris Hayday

Last issue, we discussed reasons why distance runners should strength train-- correction of muscle imbalances, increased injury resistance, and improved running form-- and in this issue, we'll discuss how to strength train. Many runners will skip lifting weights for fear of adding extra bulk, but a properly constructed strength training program will add to muscle endurance (the ability to repeatedly move an object) without adding extra pounds to lug around. This is done by lifting lighter weight loads for a greater number of repetitions, and by "greater number" I mean 12, 15 or even 18 repetitions. To properly determine the correct weight, divide the set into thirds: the first third should be a breeze, the second third should be a challenge, and you should finish the final third happy that you're done. For example, if the set calls for 15 repetitions, you would zip through the first five or six, you'd hit 11 or 12 "feeling the burn" and you would hit repetitions 14 and 15 with enough energy to maybe do one more rep. When this happens, the weight is properly set. So if you peeter out at number 10 then the weight is too high, and if you hit 20 reps no sweat then you need to add more weight. Let's now focus on what exercises to perform.

Everything starts at our core-- the abs and lower back-- so that's where we'll start, as well. Crunches and back extensions strengthen the midsection, front and back, and a strong core makes everything easier, from getting out of a chair to running 18 miles without slouching forward. These exercises can easily be done daily and from home, whether on the floor or on an exercise ball. Crunches and back extensions should be done with the back straight so there is little curving of the back, and sample sets would include 4 sets of 20 or 25 with about a one minute recovery between sets. Another good core-strengthening exercise is "supermans." To perform these, lay with your stomach on the floor so that your arms are in front of you, and lift both your legs and chest off the ground. Hold this left for 10 seconds, rest for 10 seconds and repeat five times. "Planks" are another excellent core exercise, where your weight is supported on your toes and forearms, holding a straight line through your shoulders, back, hips and legs. As with the supermans, alternate 10-second lifts and recoveries. There are also several gym machines that can be used, such as a slantboard, roman chair or captain's chair. Don't forget to also hit the obliques, the muscle group on the side of your belly, by performing trunk twists.

Despite everything you thought you knew about running, this is an activity that requires the use of our upper body, especially the shoulders. Strengthening the shoulders is easily accomplished with two exercises and hand-held weights of about 10 pounds each. You can improvise at home with one-gallon milk jugs as a gallon of water weights around eight pounds. Start with your hands at your side, and while keeping your arms straight, raise your hands sideways to shoulder-level. You need to keep your shoulders from creeping up towards your ears, so be sure to drive your shoulders toward the floor as your hands come up. The second exercise involves a similar motion but instead of lifting the arms sideways, lift the arms forward. Repeat each lift 12 to 15 times for two sets, resting about one minute between sets.

Now that we've covered a few simple upper body exercises, we can address the legs in the next issue.

Columbia Track Club member Chris Hayday is a personal trainer at Wilson's Total Fitness. Contact him at 446-3232 or chayday@wilsonsfitness.com.



Webmaster Hugh Emerson, center, sports the 2006 Series Top Ten Winner's T Shirt.
Photo by Christy Barton.

2007 Missouri Series Competition Standings (After Joe Marks Memorial Human Race)

- | | |
|------------------|-----------------------|
| 1. Phil Schaefer | 6. Brett Barton |
| 2. Andy Emerson | 7. Steve Kullman |
| 3. Lisa Wells | 8. Jaira Grathwohl |
| 4. Hugh Emerson | 9. Richard Nistendirk |
| 5. Tom May | 10. Bill Stolz |

To see your rank and an explanation of the series, go to the CTC website and click on the Serial Competition link. There are well over 1000 runners in the data base. The more races you do in the series, the better your score will be as the point total is cumulative.

"Thanks to those of you who responded to the challenge to register for inter-team competition in the CTC race series. Columbia Track Club members who would like to register your team preference as such: a team is building. The only team currently with 10 or more is the "Long Run Lunatics". The URL is

<http://ctc.coin.org/serial/teams.html>."

~Hugh Emerson

2007 Columbia Track Club Schedule

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

5/28	8 am	Lee Pfefer WellAware 5K Mayor's Mile (kids ages 5-12-no entry fee) Kids on Track Marathon	\$20	Ted Brandt, tbrandt@bjc.org, 815-3263	Stephens Lake
6/6, 13, 20, 27 & 7/11, 18	6 pm	Summer Youth Program Adult track events, too	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581 Marc Keys, 256-2635	Hickman High School Track
6/9	7:30 am	Show-Me State Senior Games 5k	\$20	Joe Duncan, 445-2684	Bethel Park
6/10	7:30 am	Show-Me State Senior Games 10k			
7/21	8:30 am	3rd Annual Smokin' Chicks BBQ 5K Kids Trot starts at 8:00 am	\$15	Jamie Moreno, 573-592-4205 660-238-1083 jamie.moreno@williamwoods.edu	South Hampton & John Garry in front of Smokin' Chick BBQ
7/29	8 am	Show-Me State Games 5K (Track & Field July 28 & 29; Triathlon July 16)	\$20	Tina Lehman, 441-2956	East side of Faurot Field

Saturday, June 2nd

9am til noon

celebrate

National Trails Day

with a

**Free 5K (non timed) walk/run
and/or 10K bike.**

at the

MKT Stadium Trailhead

first ten get a free t shirt

*Includes a nature expo, info on
Columbia trails, wildlife and more*

See ctc web calendar for more info



For **Out-of-Town
Events**

*see the CTC website
at:*

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

Welcome New CTC Members

Jan Ivey	Columbia
Melissa Lawson	Columbia
Brenda Overkamp	Columbia

Calling All Volunteers!

Who: All race directors, volunteers, & their families

When: Monday, June 25, 2007, 6 pm

Where: Dulany Hall, Columbia College

Why: Because we appreciate all you do!

Please **RSVP** to Anne Hessler, 874-2906, or
email hesslerr@missouri.edu

Please come! The food is great!

Volunteer Recognition Dinner



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

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
