

COLUMBIA TRACK CLUB

News

Volume XXXX No. 6

August/September 2007



48th ANNUAL HEART OF AMERICA MARATHON - Sept. 3, 2007

137 runners completed the 48th Heart of America Marathon. At start time the temperature was in the low 60's, but by noon, it was in the high 80's. About one third of the runners were from Columbia, others came from California, Washington, Minnesota, Florida, Pennsylvania, Texas, New Jersey, Virginia, Maryland, Maine, and the Midwest. Congrats to winner Chuck Engle from Salt Lake City, Utah, with a time of 2:42:50. First female was Anne Billington from Moberly, with a time of 3:25:10. Seven of the first ten finishers were Columbia Track Club members. Look for race director Joe Duncan's complete race results and full race report in the next newsletter.

—Linda LaFontaine, editor

And those Heart of American Marathon bib numbers?



Chris Cook, last year's winner, wears #1.



Webmaster Hugh Emerson #50, turned 50 years old on HOA race day.



Center runner Stephen Bourgeois wears #10. Stephen ran his 10th HOA this year, placed 10th last year, AND, placed 10th this year. Tom May and Stephen Taylor are also pictured.

Photos by Christy Barton

Upcoming Events

Sept 15

Heart for Africa 5K

8am - Flat Branch Park

entry enclosed

Sept 22

One Hour Run

8 am - Hickman Track

CTC Serial Competition Event

Sept 22

Paws in the Park 5K

9 am - Stephens Park

Sept 29

MU Physical Therapy 5k/10K

8 am - Lewis Hall UMC

Oct 7

Columbia Half Marathon Challenge

8am - Peace Park

entry enclosed

Oct 13

Endangered Species Run 5K/10K

9am - Jefferson City

Oct 13

MU Homecoming 5K

9am - Stankowski Field

Oct. 21

Rock Bridge Revenge 10k/20k

9am - Rock Bridge State Park

entry enclosed

CTC Serial Competition Event

Nov. 10

Cranberry Crawl 5K

8am - Central Mo Food Bank

CTC Serial Competition Event

See website calendar formore info

CTC ANNUAL MEETING

Monday, Nov. 5, 6:30 p.m.

Conference Room A

Boone Regional Public Library

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

July 10, 1982 Mile run--moved indoors to Hearnese because of 2 inches of rain on Hickman Track. Some notable times:
 8-9: Angela Hessler 6:28; 14-15: Darla Bryant 5:34; 20-29: Milene Mittelhauser 5:32; 12-13: Peter Hessler 5:47; 20-29: Jeff Mittelhauser 4:31, Mark Volek: 5:02; 35-39: Tom LaFontaine 4:39, Norm Stebbins 4:59; 40-44: Dick Hessler 5:19; 45-49: Ben Londeree 4:44, Don Lewis 4:48, Dean Baxter 5:32; 50+: Don Johnson 5:28

July 24, 1982: 5,000 meter track run: 1. Steve S-F 14:52, 2. Jeff Mittelhauser 15:07, 3. Londeree 16:34 at age 48, 4. LaFontaine 16:57, 5. Lewis 16:59. Also: D. Hessler 17:44, Peter Fritsch 17:47, W. Hicks 18:18, Baxter 18:44, Milene Mittelhauser 19:10, P. Hessler, 13, 20:02, Joe Duncan, 48, 21:25, Angela Hessler, 9, 22:44. 53 runners

August 7, 1982 Great Sandbagger 10,000 Meter Run: Annette Johnston "won" the Sandbagger Monster by sandbagging to the extent of 106 seconds. Clarence Coats was 2nd, 84 sec. off. Bill Taft, walking, was 1 second off. Fastest time of the day went to Bob Goodrich at 35:40 followed by Norm Stebbins 35:50. Others: Kent Lang 37:03, Londeree 37:15, Lewis 37:40, Volek 38:40, Marks 38:46, Baxter 39:39, Duncan 45:22. 41 runners

August 21, 1982: MVAAU 15,000 Meter Championship: Steve S-F wins this for the 5th time at 47:29, 2. J. Mittelhauser 48:55. Others: 30-39: Goodrich 51:02, LaFontaine 51:17, Jay Dirksen 52:08; 40-49 Londeree 53:43, Lewis 55:16; 15 & U: Tony Mayfield 54:29, Wesley Paul, 13, 56:25, 50 & O: Don Johnson 1:01:34. Female: 1. Carol Hafeman, KC, 57:54, 2. Karen Kokesh, St. Louis, 1:03:29, 3. Susan Boyle 1:07:13. 86 runners and 2 walkers Rob Spier 1:41:29 & Bill Taft 2:02:11

**From our President. . .**

Greetings!

"Every minute of exercise adds a minute to your life" so claimed a recent flyer promoting a local Heart Walk event. While that may be hard to prove, your aerobic capacity may be the best

measure of long term health according to a study in the *New England Journal of Medicine* (Gulati, M et al, "Prognostic Value of a Nomogram....Aug 4, 2005; 353;468-75). This and other studies (ask husband Tom about this) have found aerobic capacity to be a stronger predictor of future survival than blood pressure, blood cholesterol levels, weight, and even smoking status. Perhaps some day we'll have our aerobic capacity checked along with our blood pressure and cholesterol levels. Higher aerobic capacity is associated with longer lifespan, so keep that aerobic capacity HIGH! And we do that by running of course. Aerobic exercise has also been shown to boost brain function, stimulate the release of mood elevators, improve sleep, make arteries more elastic, keep blood pressure in check, make bones stronger, relieve muscle tension — exercise is good medicine!

See you down the road. - Linda

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-

CTC Webmasters:

Hugh and Andy Emerson

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

CTC Newsletter is published as a service to CTC members.

Submissions are welcome. Send to:

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

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 Tom Allen, Randy Gay, and Christian Reed. All may serve again if approved by a vote of the membership present at the annual meeting on Nov. 5th. 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. 25th. To be eligible to become a member of the Board, you must have been a CTC member for at least three years. The membership present at the annual meeting will elect 3 board members from the nominees.

CTC ANNUAL MEETING

Please plan to attend our annual meeting on

Monday, November 5, 6:30 pm

Conference Room A - 1st Floor

Boone Regional Public Library

See you there!

CTC Runner Profile

Hugh Emerson

Personal Records

Distance	Time	Race
5K	21:09	St. Pat's 2006
HM	1:41:47	Sedalia 2006
Marathon	3:59:28	HOA 2007

DOB: 9-3-1957

How long have you been running? I started running back in the late 70s after I got a pair of blue-and-yellow Adidas running shoes as a present, and I used to do one 5K race per year back in the early 80s: the homecoming run in Kirksville. I moved back to Columbia in 1984, and my first CTC race seems to have been the St. Pat's in 1998. I've never had any formal training in running, and the only book I've read on the subject is Chi Running.

How many miles are you running per week? Since I started my [running log](#) on coolrunning.com on July 1, I've been logging about 50 miles per week. Before that, I had been running 28 miles per week for quite some time.

What's your favorite workout? The Prathersville loop -- running from my house to Prathersville and back. Lots of hills and gravel.

What are your greatest running accomplishments so far? In no particular order:

- Beating Andy (and Rusty) in a race (Dog Jog 1997)
- Running a marathon without having to walk (Chicago 2006)
- Getting an age group award at a big race (St. Pat's 2006)
- Getting an age group award a month after arthroscopic knee surgery (Chevy's 2005)

What are your running goals? To run as little as possible without looking like a "before" picture in a fitness ad. If I get really motivated someday and stay injury-free, I might try to qualify for the Boston Marathon.

How about putting in some gratuitous non-running-related plugs here? My favorite restaurants are [Roly Poly](#) and [Moe's](#). Besides the Columbia Track Club, I've been the webmaster for the following organizations at various times:

- [The Missouri Libertarian Party](#)
- [The First Baptist Church](#)
- [The Boonslick Chordbusters](#)



Heart of America Marathon, Sept. 3, 2007



*Many thanks to Christy Barton for the photos.
More next month.*

HISTORY DETECTIVES AT WORK

—By Linda LaFontaine

??? DID YOU KNOW ???

The Heart of America Marathon was the cover story for the first issue of *Distance Running News*, the running magazine that later became *Runner's World*!

This fact surfaced when discovered by webmaster Hugh Emerson. In a note to the columbiarunningclub yahoo group (join via our website) Hugh wrote "according to

<http://www.runnersworld.com/article/0,7120,s6-243-297--9967-0,00.html>, the very first issue of *Distance Running News* (1966), (which became *Runners World* magazine in 1970) featured the Heart of America Marathon on its cover. I'd sure like to have a scan of that cover for the web site"... The search began for a copy of that cover. Kurt Kennett remembered that a small image of this cover was in the 40th anniversary issue (Sept 2006) of *Runner's World*. Webmaster Andy Emerson had that issue, and scanned the image, pictured here.

But that image was not satisfactory for the web site. Determined to improve the photo so the words "Heart of America" could be seen, Andy searched the web for a copy of the original *Distance Running News*. He found an article by Jay Birmingham in the Florida Striders Track Club newsletter, June 2007, about the history of running magazines:

"The Heart of America was my first 26-miler. Like a first kiss, it was special. I was hooked ... we got to see a new publication that was passed out to the 80 runners who assembled in Columbia, Missouri—Distance Running News. I still have Volume One, No. 1. The 8-1/2" x 5-1/2" booklet contained photos, articles, and advertisements ...some race results, a few coming events. It was America's first real running magazine."

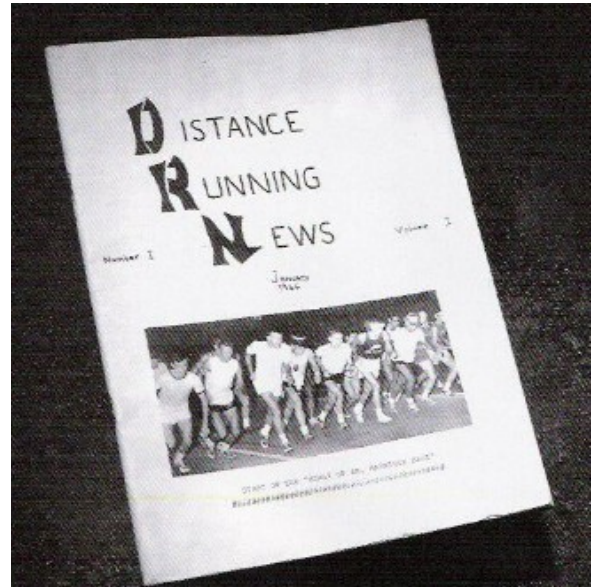
Eureka! Jay Birmingham has an original copy! Andy was able to contact Jay, and here's what transpired:

"... I DO have the first issue of Distance Running News on my bookshelf, enclosed in plastic wrap, at my Colorado summer house. Unfortunately, I will not be going back there until June 2008. A photo of the start of the Heart of America marathon is on the cover. I know a few of the runners in the photo. I competed in your race in 1966, my first marathon. Since that time, schools have moved their starting dates earlier and earlier (I am a teacher). I ran the H of A race five times in the late 60s and 70s and never improved on my first time, 2:51:57, for the course. My PR is 2:39. You can count on me to send you the cover page next June when I return to Colorado. I will also send the article about the race."

"Some time before I get too feeble to run marathons, I would love to return to Columbia for the race. Keep it going. I have many great memories of the event, especially my first one." —Jay Birmingham

Perhaps Jay will run the 50th anniversary HOA in 2010. Nice detective work!

**With the exception of a copyrighted article, Kurt Kennett has put the contents of Joe Duncan's book on Heart of America on the club's website <http://ctc.coin.org>



CALL FOR VOLUNTEERS - 4th Annual Columbia Half-Marathon Challenge

Volunteers needed for water/aid stations, traffic control, giving directions at intersections, cheering squads, etc. People that have volunteered at races before or ran races themselves are always good to have on the course. The race is October 7 at 8:00 a.m. in Peace Park. Volunteers should plan on being available from 8:00-11:00 or noon. We also need people early that a.m. to set up tents, hang banners, unload tables & chairs, help put signs on the course, etc....!

For info and to volunteer contact Lisa Wells H 446-0717, W 499-9600

or lisawells@aol.com

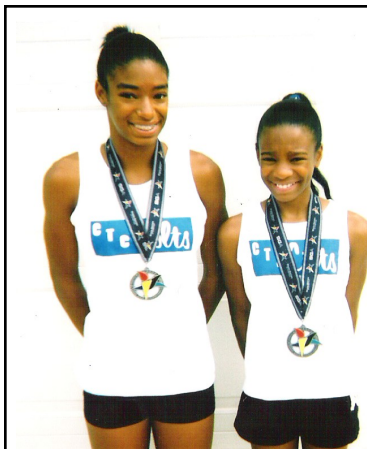
lisa.wells.cmtr@statefarm.com



Amina Shelton, 14, competing in the girls youth division, won her 5th career national championship meet medal and 5th All-American honor by placing 7th in the high jump at the 2007 USATF NATIONAL YOUTH OUTDOOR CHAMPIONSHIPS in Chicago on July 6th with her 2nd best-ever outdoor jump of 4 feet, 11 inches, just 1 inch shy of her overall personal best of 5 feet.

Congrats to the Sheltons!

2007 USATF National Youth Outdoor Championships: Justin Shelton, 12, in his 1st national meet, jumped 12 ft, 10 in to place 16th in the boys midget division long jump. Alexa Shelton, 11, placed 19th in the girls 11-12 long jump with a jump of 12 ft, 1 3/4 in. In his 1st natn'l meet, Aaron Daniels, 14, earned his 1st natn'l championship medal, 1st All-American honor with his 7th place finish in the boys youth triple jump with a jump of 35 ft, 4 in.



Amina & Alexa Shelton earned SILVER MEDALS on Aug. 4th at the '07 STATE GAMES OF AMERICA NATIONAL MEET held in Colorado Springs, Co. ALEXA came within 1/4 inch of WINNING the GOLD in the 11-12 LONG JUMP by PR'ing by a whopping 1 FOOT, 1 3/4 INCHES. AMINA won her 6th-career National meet medal by going 4' 10 in the 13-14 high jump, loosing the GOLD by just 2". They were featured in a Tribune article in "Area Scene" in the Sport Section on Aug. 5.



CTC SUMMER YOUTH PROGRAM

260 kids participated in the 2007 Summer Youth Program, held at Hickman Track on Wednesday nights. Lots of new records were set this year. Graham Buresh broke Wesley Paul's 400 meter record set back in 1976. 10 year old Mikayla Logan set the long jump record for her age group, which is also the farthest jumped of any age, and Haley Heuer set a Shot Put record for the 12-13 year old girls, and the longest throw of any age. Many thanks to all the volunteers who worked so faithfully to make this happen. A special thanks to Ellen Pagan, who year after year managed the finish line. Ellen participated in the youth program as a child and continued to participate as an adult, tallying results, giving out ribbons and managing the finish line for all the running events. Ellen will begin graduate school in Ohio this fall, pursuing an MA in music. We will miss her! Also, many thanks to Boone Hospital for their generous \$1000 donation to support the summer youth program!

New Records Summer Youth Program 2007

200 meter

10-11 year old girls	Mikayla Logan	28.5
14-15 year old girls	Amina Shelton	26.8

400 meter

6-7 year old girls	Randi Overkamp	1:23.8
10-11 year old girls	Mikayla Logan	1:08.7
14-15 year old girls	Amina Shelton	1:02.2
6-7 year old boys	Graham Buresh	1:17.2

(broke Wesley Paul 1976)

Long Jump

10-11 year old girls	Mikayla Logan	15'4"
	<i>(longest jump of any age girl)</i>	
6-7 year old boys	Graham Buresh	9'9.25"
16 + year old boys	Jason Tracy	18'1.25"

Shot Put

8-9 year old girls	Diasia Turner	17'1"
12-13 year old girls	Haley Heuer	38'1"

(longest throw of any age girl)



Thanks once again for everything this season" Camren Cross, Community Rec Supervisor, and the "Blue Thunder" kids.

**The C.T.C. Colts at the 2007 Show-Me State Games:
The Best Team Ever!!!**

At the Show-Me State Games the Columbia Track Club sponsored the 2007 Colt Track & Field team with thirty-two (34 last year) very talented young athletes. While not the largest Colt track team ever, the medal results per athlete (average of 2.2, last year 2.0 – previous record 1.6), definitely exceeded the best the Colts have ever accomplished in all the years of competition. 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 one event in which we did not have participants (i.e. the hurdles). Yet, everyone I spoke with agreed that the competition was far better than it has been for many years, no event was easy.

This team is the future of Columbia track and field, just look for the names below in the newspapers in the future. Once again the gifted and dedicated coaching of Dick Hessler, Margaret Shimkus, and Derek Shelton 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. But in the final analysis the kids, through hard work, experience, and great talent, won the day.

Again, the team 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 4-5 of years, the improvement shows the benefit of experience and excellent coaching. This year, thirty-two Colts went up against hundreds of competitors, and emerged with 70 total medals in individual and team events, and one state record. This team had a definite strength in distance events. If the Cross Country CTC runners are included then add 3 medals and 2 state records.

THE ROSTER of the 2007 C.T.C. COLT TRACK & FIELD TEAM

Danica Shimkus, Jennifer Willis, Alexa Shelton, Jessie McInvale, Nathan Keown, Tate Cooper, Tanner Cooper, Kaylin Maggard, Graham Buresh, Luke Troyer, Carter Buresh, Dalton Maggard, Hailey King, Lucas Harrington, Brian King, Jake Alden, Jeffrey King, Justin Shelton, Grady Harrington, Griffin Humphreys, Natalie Fork, McKenna King, Danielle Daniels, Randi Overkamp, Dakota Trippet, Sierra Grimm, Rebecca Willis, Amina Shelton, Donovan Daniels, Zach Cook, Jordan Cook, Nichole Mello (Cross Country), and Aaron Daniels.

The medal totals this year is as follows:

GOLD- 31

SILVER-29

BRONZE- 10

TOTAL MEDALS – 70 (68 last year)



Five years ago the team was quite young, and now they are older --- WE NEED THE FIELD CORN AGAIN!!! The team is now mature, and the number of young runners, i.e. 8 years and below is too low. If you have, or know of runners 8 or below in age, who would be interested then please contact our “paper coach” Jim Keown (email jimkeown@mchsi.com), with the email address for the parents of those interested runners.

The Colts would like to express their special thanks to Bruce Ungles (of the Show Me State Games), 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, Margaret Shimkus, and Derek Shelton – You make it all possible! And finally, each and every member of the Colts 2007 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!

Again, we need new young talent, please help make them the Colts of the future !!!!!

Most sincerely,

The 2007 CTC Colt Track & Field Coaches



Calling all young runners eight years old and younger!

The Columbia Track Club Colts need you!

*The Colts compete in the ShowMe Games running and field events, and in a cross country league, which includes a trip to regionals. For more info, and to sign up, email “paper coach” Jim Keown at jimkeown@mchsi.com
Bring your friends!*



On the Ball — by Chris Hayday

The stability ball (or the big, bouncy ball as it's called in my house) is an excellent training aid for runners. With a few, simple exercises, it provides a great way to strengthen the core and increase balance and coordination. In the interest of full disclosure, however, I should point out that the exercises may look simple but what they lack in complexity they more than make up for with challenge. These exercises are non-weight bearing and can be very fun and addictive as you improve your balance.

The first exercise is to simply sit upon the ball.....without your feet touching the ground. Control of the ball comes from locking your core- the abs and lower back. The first few seconds are the hardest and you need to fight the temptation to place your feet on the ground before you roll over, but give yourself a chance by simply shifting your weight in the opposite direction of the roll. Once you've mastered the ability to sit upon the ball, try balancing on your knees. This is done by rolling onto the ball in a tuck position and then slowly straightening your torso. Balance becomes harder to control as you rise higher and higher on your knees. See how long you can stay on the ball.

Crunches are another simple exercise to do with the stability ball. The soft, rounded surface of the ball is more user-friendly for the back and adds an extra challenge. You can also do trunk-twists while sitting upon the ball. With your arms fully extended in front of you, hold an eight or ten pound weight in your hands and slowly twist from side to side. Twist as far as the flexibility of your lower back will allow, and try not to let the ball roll around as your weight shifts from side to side.

Many of you have done planks or bridges, which require you hold your body in a straight line while balancing on your arms and feet, but if you want a real challenge, try using the the stability ball with these core-strengthening exercises. For plank exercises, start by laying on your stomach. With your hands on the ground and your legs laying across the ball, rise off the ground and hold your body in a straight line. Your feet should be about hip-width apart; the closer together you place your feet, the harder it is to control the movement of the ball. Once you are able to hold the plank between your hands and feet, try balancing the ball on your toes. You can also raise one foot completely off the ball. Bridges are performed in the same manner only you begin the exercise laying on your back.

The stability ball can also be used for killer hamstring and glute curls. Start by laying on your back with your feet on top of the ball. Next, raise up into the bridge position and roll your feet towards your rump. As you roll your feet away from you and back to the starting position, be sure to hold the bridge and keep your fanny off the ground. Do two sets of ten curls and listen for your hamstrings to start barking after about three of these curls.

These are just a few of the exercises that can be performed with the stability ball, and all of them will increase core-strength, balance and coordination.

Columbia Track Club member Chris Hayday is a personal trainer at Wilson's Total Fitness. For more information about these or any other exercises, contact Chris at 446-3232 or chayday@wilsonsfitness.com.

THE GREAT SANDBAGGER 10K HANDICAP RACE August 4, 2007

Name	Age	Clock Time	Handicap	Actual Time	Predicted Time	Off
1. Anne Moreton	48	57:30	0	57:30	60:00	-2:30
2. Julie Chavez	11	72:48	3:00	69:48	72:00	-2:18
2. Marcella Chavez	44	72:48	3:00	69:48	72:00	-2:18
4. Tom May	41	57:52	15:12	42:40	44:48	-2:08
5. Andy Emerson	38	58:39	17:45	40:54	42:15	-1:21
6. Phil Schaefer	53	58:53	17:45	41:08	42:15	-1:07
7. David Wilfong	44	59:12	9:00	50:12	51:00	-.48
8. Daniel Lopez	19	59:14	12:00	47:14	48:00	-.46
9. Brett Barton	35	59:27	15:30	43:57	44:30	-.33
10. Chris Lunn	29	60:04	12:01	48:03	47:59	+.04
11. Rod Stevens	41	60:08	0	60:08	60:00	+.08
12. Fabiola Lopez	49	60:14	4:40	55:34	55:20	+.14
13. Hugh Emerson	49	60:37	10:00	50:37	50:00	+.37
14. Oscar Chavez	43	60:41	15:00	45:41	45:00	+.41
15. Kurt Kennett	39	62:05	13:30	48:35	46:30	+2:05
16. John Palmer	30	55:08	5:00	50:08	48:00	+2:08
17. Terry Stock	56	62:10	6:00	56:10	54:00	+2:10
18. Dan Schoeneber	51	62:18	5:00	57:18	55:00	+2:18
19. Alex Chavez	13	70:29	3:00	67:29	65:00	+2:29
20. Darrin Young	40	55:07	5:00	50:07	47:37	+2:30
21. James Harrington	34	62:31	4:00	58:31	56:00	+2:31

Low 70's, quite humid, somewhat hazy at the 7:00 start. Dan Schoeneber was sad to have to give up the monster Sandbagger Trophy he had so lovingly tended for the past year. But, as you can tell from his prediction, he was not motivated to claim it for another year. Happily he was quick to give the beast, now topped, by Dan, with a King Kong figure, to Anne Moreton who has promised to tend to the creature's every need, keeping it in a prominent place in her living room. This "traveling" trophy has been around now for some 35 years — and it shows. But, it does look regal with the various accouterments it has gathered over the years.

Fast time of the day went Andy Emerson while Chris Lunn was only 4 seconds off his prediction to win that category — but no awards for those two.

Thanks to Tom Allen, Andrea Allen, David Moreton and Melanie McClain for their valuable volunteer assistance. - Joe Duncan





Show Me 5K Road Race / Walk July 29, 2007

Pl	Name	Age	Gen	Time
1	Munashe, Chiqerwe	29	M	18:10
2	Bryson Jarman	17	M	18:30
3	May, Tom	40	M	18:32
4	Stolz, Bill	35	M	18:49
5	Emerson, Andy	38	M	19:19
6	Schaefer, Phil	53	M	19:26
7	Lopez, Daniel	19	M	19:26
8	Chavez, Oscar	43	M	20:05
9	Paxton, Raymond	40	M	20:25
10	Barton, Brett	35	M	20:38
11	Wagner, Paul	37	M	20:48
12	Palmer, John	30	M	20:49
13	Uhrig, Jack	53	M	20:54
14	Launn, Chris	29	M	21:02
15	Tyler, Kevin	51	M	21:22
16	Grathwohl, Jaira	28	F	21:33
17	Loftin, Adam	28	M	21:53
18	Humphreys, Griffin	14	M	21:53
19	Emerson, Hugh	49	M	22:20
20	Hughes, Austyn	20	M	22:26
21	Myers, Emma	16	F	22:41
22	Carpio, Collin	12	M	22:55
23	Norton, Bryan	45	M	23:02
24	Zoughaib, William	9	M	23:02
25	Walz, Carolyn	31	F	23:11
26	Stover, Dean	47	M	23:13
27	Leimkuehler, Matt	16	M	23:31
28	Barton, Elly	29	F	23:46
29	Gates, Kent	45	M	23:56
30	Lopez, Fabiola	49	F	24:12
31	Bryner, Douglas	56	M	24:16



32	Kerwin, Sarah	14	F	24:19
33	Shino, Hiroaki	48	M	24:28
34	Myers, Adelyn	14	F	24:34
35	Chavez, Alex	13	M	24:44
36	Gerth, Jody	15	F	24:45
37	Kluever, Craig	43	M	24:51
38	Baumann, Rick	40	M	25:32
39	Nistendirk, Richard	67	M	25:33
40	Manary, Mark	37	M	25:41
41	Zimbelman, Rod	46	M	25:44
42	Kullman, Steve	47	M	25:45



Photos by Christy Barton

Show Me Games 5K race/walk continued:

Editor's Note: Thanks to Tina Lehman for a job well done as race commissioner for this year's Show Me State Games 5K, assuming this position after 20+ years commissioner Joe Duncan decided to retire and run. Here is an excerpt from an article by Nick Snow on Joe and the Show Me State Game 5K which appeared in the Missourian, July 30th:

"For the first time in the Show-Me State Games' history, Duncan, 73, ran in the games' road race and won the gold medal for his age group. Before Sunday's race Duncan had been the commissioner of the race and was unable to participate. "It's very satisfying," Duncan said after winning his first medal. "I like the competition." . . . After announcing his retirement as commissioner last year, he then announced that he would be taking part in this year's event. "It feels great to be on the other side," he said. "It's more fun to run."

43 did not turn in stick..		25:47
44 Wise, Rick	43 M	26:00
45 Chapman, Ron	52 M	26:01
46 Schoenleber, Dan	51 M	26:18
47 Dickey, John	53 M	26:31
48 Lindsey, Sallie	15 F	26:33
49 Dowil, Alex	11 M	26:40
50 Hammann, Kenneth	60 M	26:50
51 Wright, Bill	66 M	25:56
52 Cartio, John	42 M	26:57
53 Elleston, Dane	29 M	26:56
54 did not turn in stick		26:57
55 Chavez, Julia	11 F	27:24
56 Dahm, Rebecca	33 F	27:27
57 Uhrig, Jacob	18 M	27:33
58 Bachtel, Kathryn	23 F	27:54
59 Markway, Greg	48 M	28:52
60 O'Dell, Jim	63 M	29:13
61 Stringfield, Butler	62 M	29:54
62 Duncan, Joe	73 M	29:58
63 Hassien, Robin	44 F	30:04
64 Gerth, Jerri	47 F	30:18
65 Bauer, John	55 M	31:02
66 Kelsall, Deanna	32 F	31:25
67 Perry, Jean	51 F	31:51
68 Kuhlmann, Carol	63 F	32:00
69 West, Nancy	43 F	32:07
70 Vansciver, Jan	60 F	32:27
71 Lange, Alicia	37 F	32:51
72 Fogle, Richard	46 M	32:59
73 Morian, Christina	46 F	33:01
74 Giofre, Nancy	44 F	33:10
75 Allison, Elsie	41 F	33:12
76 Fritsch, Nancy	68 F	33:18
77 Heimer, Tammy	38 F	33:26
78 Wicks, Carol	49 F	34:21
79 Vogt, Linda	59 F	39:20
80 Monsees, Mattie	7 F	39:26
81 Monsees, Lisa	38 F	39:26
82 Chapman, Beth	51 F	40:58
83 Twillman, Janelle	75 F	49:19

Photos by Christy Barton

**5k Walk**

1	Couts, Dave	51 M	25:30
2	Kolb, Craig	45 M	33:04
3	LaPaige, Bill	51 M	34:00
4	Adams, Fred	74 M	36:31
5	Johnson, Len	50 M	37:43
6	Wilson, Howard	58 M	39:18
7	Hollinger, Rob	43 M	39:22
8	Mead, Lewis	76 M	42:29
9	Burnham, Ed	87 M	43:00
10	Delon, Floyd	77 M	47:45



Third Annual Smokin' Chick's 5K - July 21, 2007

The event is an annual fundraiser for the William Woods University Cross Country and Track teams. This years event included 147 5k finishers, 10 mile run finishers, and 12 finishers in the Tot Trot/kids race. The event raised close to \$3,000 for the WWU teams. Matt Laye of Columbia shattered the previous course record by over a minute by beating Dennis Hill of Moberly by 10 seconds. Laye led from start to finish to win this years event and beat Hill who one the First Annual event two years. Kristi Palmer of St. Genevieve, an incoming freshman distance runner on the WWU Cross Country team, was the first woman to cross the line defeating 2nd place Cindy Gravel by 57 seconds. Kristi was a multiple all state performer on her hs teams at St. Genevieve.

—Jamie Moreno, race director



Smokin' Chick's 5K is part of CTC's 2007 Serial Competition. Complete results can be found on our website under non CTC races.

Photos by Christy Barton



2007 Columbia Track Club Schedule

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

9/15	8 am	Heart for Africa 5K	\$20	Deb Schaefer 445-3403 Brett Barton 808-6033	Flat Branch Park
9/22	8am	One Hour Run	no fee	Lisa Wells 446-0717	Hickman Track
10/21	9am	Rock Bridge Revenge 10K/20K	\$20	Kurt Kennett kennettk@mchsi.com	Rock Bridge State Park
11/10	8 am	Cranberry Crawl 5K (12 & under 5K) Mayor's Mile (kids ages 5-12—no fee)	\$20 \$10	Steve Stonecipher-Fisher, 447-2453 Randy Gay, 814-2627 or 815-3706	Central Mo Food Bank 2101 Vandiver Dr

Congrats to

Robert Simmons on his new records set at SHOWME GAMES 2007, age 65-69
100 meters 13.3
200 meters 28.5 (*games record & club record*)
Robert also won 4 gold medals at the 2007 World Police and Fire Games in Adelaide, Australia, where he set 2 age group games records.

From our 2007 Joe Marks Memorial Scholarship Recipient:

Thank you for considering me for the Columbia Track Club Joe Marks Youth Scholarship. The Columbia Track Club has played an important role in making me the runner and person I am today.

Sincerely,
Joshua Mantooth

RACE PHOTOS ONLINE: Go to the results pages for the following 5 races, and you'll see the new albums for the 2007 runnings of: the St. Pat's 5K, the Show-Me Stampede, the Joe Marks Memorial Human Race, the Jeff Shikles Memorial 8K, and the Lee Pfefer Memorial Wellaware 5K.

Thanks to Alex Griggs and Christy Barton for the photos!

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. 14, 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>

Welcome New CTC Members

Dave Clifford	Columbia
Bryan Daniels	Columbia
Mason Murray	Harrisburg
Ivan Shearer	Columbia
Mike Tripp	Columbia



For *Out-of-Town Events*

see the CTC website
at:

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



Happy Birthday to webmaster Hugh Emerson who turned 50 on the 48th running of the HOA!



COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872
Columbia, MO 65205

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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
