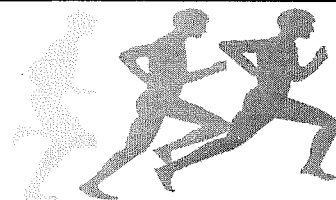


COLUMBIA TRACK CLUB

NEWS

Volume XXXX No. 1

January 2007



2006 Missouri Race Series

Our first season of a race series or serial competition has come to a close. Below are the Columbia Track Club's Top Ten for the inaugural 2006 Missouri Race Series. We want to recognize Phillip Schaefer as our 2006 Champion with very impressive performances over six races. We also congratulate our other fine winners. The award certificates, gift certificates and t-shirts were mostly funded by the Columbia Track Club membership. Therefore it was decided that to be eligible for prizes, a runner, if not initially a member, would need to join the club sometime during the year of the series. We also want to thank Tryathletics for donating a portion of the gift certificate amount.



2006 Missouri Race Series Final Standings



Runner	
1. Phillip Schaefer	\$100
2. Richard Nistendirk	\$ 75
3. Andrea Allen	\$ 60
4. Griffin Humphreys	\$ 50
5. Lloyd Weber	\$ 40
6. Hugh Emerson	\$ 35
7. William Stolz	\$ 30
8. Andy Emerson	\$ 25
9. Lisa Wells	\$ 20
10. Mary Ellen Bradshaw	\$ 15

Upcoming Events

Nut Race 5k

Feb. 3

Track Workouts

March 7-May 23 (every Wed.)

St. Pat's 5k

March 17

CIGS 4 mile

April 7

2 Person Relay

5 miles alternate 400's
April 14

This serial competition program has been imported by the Columbia Track Club from England. The designer, Ronald Hindley, currently has four other serial competitions going in addition to the CTC series. They are the Lincolnshire Series, the Lancashire Series, the A1 Series along the A1 motorway corridor, and the 100 Km Association Ultra Distance Cup. The idea is becoming very popular in England and people have shown great excitement here as well. At the age of 65, Ron ran 100 Km in less than 12 hours. Now, at age 85, he does a "brisk two miles before breakfast" and is thinking of racing a half-marathon in March.

We will be contacting our winners soon and distributing their prizes. Meanwhile, the 2007 Missouri Series is already underway and the results will continue to be posted on the CTC web site with occasional updates in the newsletter. We have greatly expanded the competition this year. If you look at your orange 2007 CTC race schedule that you received in the mail, every race will count except for the Two-Person Relay and the Summer Youth Program. The Great Sandbagger and the Cheese and Sauerkraut will be judged by overall finish. The One Hour Run will be a proportion of the winner's distance instead of speed. The "Other Columbia Races" listed at the bottom of the sheet will not be included as we decided that it should be only Columbia Track Club events. Good running to all in the new year. Kevin Tyler

Editors note: Everyone (1065 individuals) who ran any of 7 selected races this past year (St. Patrick's 5K, Show-Me Stampede, Human Race, Wellaware 5K, Chevy's 5K, Cranberry Crawl, First Night 5K) was ranked in the serial competition. To view the complete ranking, go to <http://ctc.coin.org> select "race results" from the menu at the left, then select "CTC Ranking Results" near the bottom of the page. There is an explanation of the ranking system on our web site, also. Briefly, your score in a race is your proportion of the winner's speed, found by dividing the winner's time by your own. Participation as well as performance is rewarded, as the more races you run, the better your score.

Meet Ronald Hindley on page 4.



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

January 9, 1982: Bobby Buford's 5-mile Twosome race: Jeff & Milene Mittelhauser the winning couple (Jeff 26:53 & overall winner, Milene 31:05 & 1st female) and win a dinner-for-two at Bobby Buford's, an eatery which was adjacent to the Holiday Inn Executive Center. 63 runners, a chilly 8 degrees. Age group winners: 60-79 Norris Kruse & Mary Wulff, 80 & over Chris Ruble & Turk Storvick. Then there were Bob O'Connell-Debbie Hoxworth (27:05 & 33:01), Angie, 14 & Don Ballenger (42:03 & 38:24), Dick & Carole Madsen (32:54 & 49:22), Don Lewis & Kathleen Cain (28:14 & 47:20), Ben & Darlene Londeree (28:58 & 49:22)

January 23, 1982: 20K Run: 1. Mike Chaffee, Kansas City, 1:14:16, 2. Carl Sniffen, 3. Bob Goodrich 1:15:41, 4. Bob O'Connell 1:15:48, 5. Don Lewis 1:16:36, 6. Dick Hessler 1:16:53, 7. Kent Lang 1:17:30, 8. Ben Londeree 1:17:45, 9. Norm Stebins 1:17:48 and 17 others on a very windy day (wind chill: -33)

CTC Board of Directors:

Linda LaFontaine, president	Dick Hessler
Marc Keys, vice-president	Christian Reed
Tom Allen, secretary-treasurer	Joe Duncan
Steve Stonecipher-Fisher	Randy Gay
Jeanine Pagan	

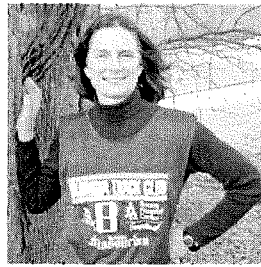
CTC Presidents:

Joe Duncan	Nov. 1968-Oct. 1987
Tom Coon	Nov. 1987-June 1989
Joe Marks	July 1989-June 1991
Steve Stonecipher-Fisher	July 1991-Dec. 1992
Joe Marks	Jan. 1993-Nov. 1995
Curt Kempf	Dec. 1995-Oct. 1997
Dick Hessler	Nov. 1997-Nov. 2004
Linda LaFontaine	Dec. 2004-

The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

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



Greetings!

Looking back: In 2006 CTC sponsored monthly running events, spring track workouts, and a four week summer youth program. The club continued to supported our youth athletes through the Colts Track & Field

Team and Colts Cross Country Team. We gave 2 scholarships for college, helped fund raise for the Central Missouri Food Bank (Cranberry Crawl 5K), and the Arthritis Foundation (Jingle Bell 5K), and helped with travel expenses for members to compete nationally. We developed a youth and elite partnership in the cross country program. Elite CTC runners helped coach the youth in what was our most outstanding cross country season ever. CTC sent youth and elite cross runners to the USATF Regionals, and a men's cross country team and two women to compete in the USATF Club Nationals. We began the Missouri Series, or Serial Competition, offering incentives for runners/walkers of all ages, abilities and interests.

This series gave us an international connection, too.

Looking ahead: In 2007 we plan to continue all of the above, plus expand the serial competition; and seek development grants for our youth and elite cross country teams. This year we are offering a youth discount for some races to encourage families to participate (indicated on our 2007 race schedule.)

Thanks to the diligence of our webmasters, we'll continue to present and preserve race results, with links to other events and information of interest.

Many thanks to all who help keep CTC running!

See you down the road.

Linda

Quote of the Month:

"In life, you must try to be the person your dog thinks you are." — anon



CTC RUNNER PROFILE

Danica Shimkus

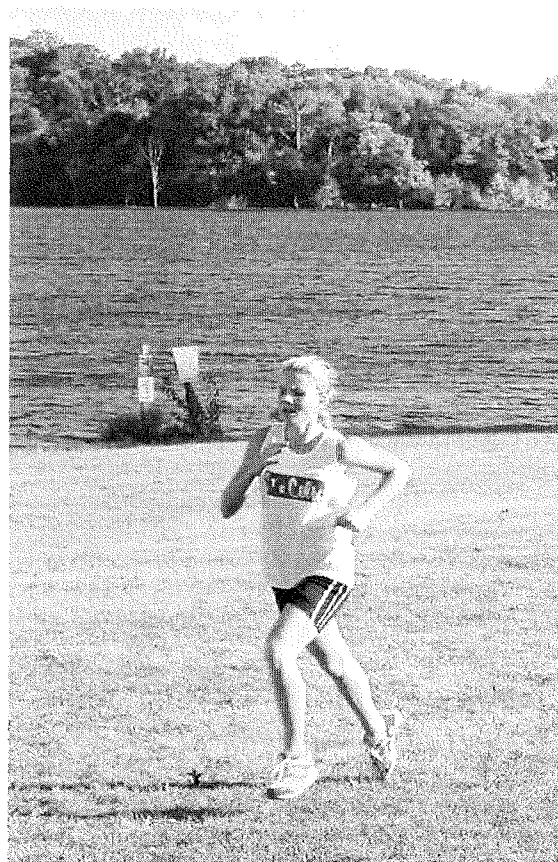
Age: 12

Personal Records: 100m: 14.5
200m: 30.05
Pole vault: 6'6"
XC 2.5K: 10:20

Weekly Mileage: During CC season- 10 miles

When did you start running: When I was 2 yrs old
I ran in the summer youth track meets in the 200m, shot,
and long jump.

Who has influenced you most in running? My whole family has influenced me the most because when I was growing up my brother and sister ran track and my mom and dad were coaching. I wanted to do it with them, so I did and I have loved running ever since. They have always encouraged me to do my best and have helped me to get better and better through the years.



Where is your favorite place to run? Binder Park in Jefferson City.

Where is your favorite Columbia training route? Stephens Lake Park

What is your favorite workout? I like the 3:00 min fartlecks we do in CC season.

Running Accomplishments:

SHOW ME STATE GAMES: 2000-2006 (every since I was 6 yrs. old) I have won at least one medal every year.

RECORDS: Show Me State Games: Pole Vault for my age group, 2006
Columbia Catholic School: 6th grade 200m and 4 X 100m, 2006

USATF NATIONAL JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS: Qualified and ran in Spokane, Washington on December 9, 2006

Info. and Interests? I do track, cross country, basketball, cheerleading and play the saxophone for Columbia Catholic School. I also play CYBA basketball when I am not in my school season. I have 3 labs; Missy, Toby, and Molly, who love to run with me. I have a 20 yr old brother, Steve, who competes for the University of Missouri track and field team. My sister, Melea, is a junior at Helias High School who is a varsity runner in track and cross country.

Meet Ron Hindley, designer of the Serial Competition Program

Dear All in Missouri,

For me this is a great day to be thankful, as it means that an idea conceived in 1991 has finally come to fruit. I thought then that it had the quality of timelessness, having existed absolutely before it ever came into my mind, and hence that its ultimate success was inexorable whatever I did, even if I should quit the scene prematurely. Some people hardly read it, some avoided it politely, and one very powerful club rejected it with unconcealed contempt, observing that my literature lacked the convincing power of the bulleted paragraph, also declaring that it did not itself have sufficient resources for its promotion. I carried on by myself, and then all at once the Columbia Track Club announced its faith in it, and (incredible to me at first) the Road Running Secretary of the Lancashire Athletic Association proposed that he would use the privilege of admission to the Lancashire Series as a means of insisting on high standards of organization. What next?



Thank you for being the first club formally to award prizes to the holders of the leading places in a serial competition of this kind—an historic distinction. Thank you again for all your hard work.

As I used to say to my loving dog who accompanied me on my training runs, keep going. Happy days ahead, *Ron Hindley*

Editor's Note: Kevin Tyler introduced us to Mr. Hindley last year in the January 2006 CTC newsletter: "I attended college at Harlaxton in Grantham, Lincolnshire, England from Jan.-May of 1976 as part of a study abroad program. During that time I became friends with a runner named Ron Hindley. Ron, a WWII veteran, began running at the age of 50 and by 1976, at the age of 54, had run a 3:05 marathon. He became very involved in ultramarathoning and founded the 100 km race in England. I returned to England for the first time in 29 years this past June (2005) and renewed my friendship with Ron."

**Jingle Bell 5K, Dec. 2, 2006**

History repeats itself...

Thirty two years ago a CTC race was canceled due to snow. Four out of town runners came, despite the weather, ready to run. After learning the race was cancelled, the disappointed four ran their own race in the balcony of the Columbia College Gym. These four were very "dismayed" at thinking CTC would cancel a race. "Ever since then", Joe Duncan writes below, "we have had a policy of never canceling or postponing a race." So, in the spirit of 'the race must go on', we persisted in our attempt to hold the Jingle Bell 5K as planned, despite the snow. But, the only race volunteers able to get there were Steve Stonecipher-Fisher, and Michele McFadden who walked. The race course was snow and ice covered, with high potential for sliding vehicles. Steve decided to cancel the race before start time. As was the case 32 years ago, runners came to run. About 20 or so, I'm told, including a couple from Jefferson City. And, as in the past, some runners ran their own race, including CTC's Hugh and Andy Emerson, Kurt Kennett, and Phil Shaefer, though, as Hugh told me, they ran without bells to jingle. There are runners who refuse to be stopped by Mother Nature.

We were unable to reschedule. We apologize. Thanks to all registrants for their kind donations, totaling \$6000 for the Arthritis Foundation. *Linda LaFontaine, Race Director*



Tom LaFontaine attempts to get race director to Jingle Bell on time.

Here's Joe Duncan's recollection of what happened on March 23, 1974, the only other time CTC canceled an event:

"On March 23, 1974, a 6-mile Run-Walk Relay was scheduled for 2:00 PM at Hickman track. Overnight, Friday, and Saturday morning, Columbia got a crippling six inches of snow. It was apparent we could not run on the snow-covered Hickman track, therefore, we made many phone calls and decided to postpone the race until the next day."

"Shortly after 2:00 I got a phone call from Dennis Stewart. It seems he, having come from Higginsville, Dean Neal and Rex Frazer, both coming from Ft. Leonard Wood, and Tom Kilburn were at the track, ready to run, although they realized that wouldn't be possible. I told Denny there would be no race that day. Undaunted, the four went to the old Columbia College Gym and ran three miles on the balcony of that gym. 75 laps. Stewart won in 17:15, Neal and Kilburn were at 18:10 and Frazer was 19:08 and we gave them the appropriate ET points. The next day we had a 3 -mile (probably short) run at Cosmos Park with nine runners and two walkers. Kilburn won with a 15:52, Whitney Hicks had 18:48 and Joe Duncan 20:07. Stewart, Neal and Frazer had gone home, dismayed at thinking we would cancel or postpone a CTC race. Ever since then we have had a policy of never canceling or postponing a race, someone is certain to show up, although we have occasionally had to move a race to the Hearn's Fieldhouse or to Rock Bridge because of a flooded Hickman track."

CTC CROSS COUNTRY ELITE AND YOUTH COMPETE IN THE SUN AND SNOW AT THE USATF NATIONAL'S

December 9, 2006, USATF National's, San Francisco, CA

The pinnacle of the CTC elite team's season ended in overwhelming success at Golden Gate Park, located in the middle of San Francisco. With 328 men towing the line for the rolling, muddy loop filled 10K, CTC's Matthew Noonan bolted to the lead, briefly, saying "I felt good at the corner and just thought I might as well take the lead". He would finish as the second CTC member behind Matthew Laye, who was clearly the hometown favorite, with family, college and high school teammates lining the course. For a second straight year Andrew Norton, Mr. Consistency, was CTC's third man. New to the team, Tim Langen, had his best race of the year and finished as CTC's fourth man saying, "That was one of my best races in years". Ted Zderic, also competing for a second straight year with the CTC elite, rounded out the scoring members. Matt Dreier, probably still sore from his runner-up finish at Heart of America Marathon was CTC's sixth finisher. The mens team finished 25th of 42, improving by 3 places over last year's team even though 4 more teams were entered. For the CTC elite women Alison Hodgson and Beth Luebbering did battle in the women's open 6K against a highly competitive field on a deceptively tough course, although Alison didn't seem to mind the slip and slide: "I love running in the mud so I had a lot of fun on the course. Beth and I were really grateful that we were able to compete despite not having a full team."

In addition to time spent racing the team enjoyed two nights of hospitality at the Laye's house, runs in the Oakland hills and across the Golden Gate Bridge, and bread bowl clam chowder at Fisherman's Warf, making this trip to many, "the best cross country trip ever." *Matt Laye*

Results USATF National Cross Country Championships San Francisco, CA December 9, 2006

CTC Men: 10K

25th Place of 42 Teams

78	Matthew Laye	25	32:25	5:12
102	Matthew Noonan	22	32:44	5:16
184	Andrew Norton	25	34:17	5:31
203	Tim Langen	38	34:32	5:33
236	Ted Zderic,	34	35:15	5:40
311	Matthew Dreier	31	39:38	6:22

328 total competitors

CTC Women: 6K

193	Alison Hodgson,	27	24:16	6:30
230	Beth Luebbering,	27	26:20	7:04

248 total competitors



On the beach: front - Ted Zderic, Beth Luebbering, Alison Hodgson, Matt Laye, Tim Langen.
Back - Matt Dreier, Matt Noonan, Andrew Norton

"Thanks so much to the club for allowing us the opportunity to compete at the national level. It's really motivational to run with and watch so many talented athletes. After college, it's really difficult to find opportunities like this that allow you to run and compete at a high level. And the team camaraderie we have makes the competition so much more fun. I know we all appreciate the club's support, and I'm looking forward to representing CTC again next year, hopefully with a few more women on the roster!" ~Alison Hodgson

December 9, 2006, USATF Junior Olympic Cross Country National's, Spokane, WA

Four CTC youth traveled to the state of Washington to compete in the USATF Junior Cross Country National's. Some thoughts on their experience: "That many people (235) really made it hard and showed that you really need to get out in front fast.", observed Jordan and Zachary Cook. "We had a really fun time and hope we get to do it again next year." Danica Shimkus said the trip to Spokane was something she will never forget, and thanked her mom and dad for taking her there. Margaret Shimkus, Danica's mom and CTC Youth Team Coach said "Danica liked running with snow all around, except when all the girls fell, but again that is something she will never forget!" "She wished she would have had a better race, but was happy to have the experience of running against all those girls. She thought the people were very nice and helpful." "As a coach of youth age runners, it amazes me that some kids treat training and racing with such intensity. I can't help but wonder what their future holds for them. Will their intensity run out? Or will they be that much better in high school and college and beyond. Rest assured, I will be watching for their names in the upper levels to see."

continued on page 6

Continued from page 5

Results USATF National Junior Olympic Cross Country Championships Midget Division

Spokane, WA December 9, 2006

CTC Boys—3k

127 Jordan Cook 11:47
182 Zachary Cook 12:23

235 total competitors

CTC Girls—3k

59 Nicole Mello 11:55
197 Danica Shimkus 13:31

232 total competitors



Left to right: Zachary Cook, Jordan Cook, Nicole Mello, Danica Shimkus.

For more info and complete results, our CTC

webmasters have added links on our web site under "non-CTC races" to the USATF National Club Cross Country Championships for 2006 and USATF National Junior Olympic Cross Country Championships, Midget Division 2006 in their honor.

Cheese and Sauerkraut 10-Mile Road Race, December 9, 2006

8:30 a.m. start. Temperature of 24 degrees F — Eighteen runners took the challenge of predicting their 10-mile times with very little wind, sunshine, 24 degrees, 8 miles of clear, flat road, and two miles of deep, crusty snow along the MKT Trail stretch there at McBaine. The winner of the cheese was Rev. Phil Schaefer who was just 25 seconds off. Mind you, the runners had no watches nor did we give them the 5 mile split (loop, dog-leg, twice), so Phil must have used Divine intervention to get so close given the 2 miles of snow covered trail. Lisa Wells had the worst prediction, 17.06 over. She ran courageously, however, as the snow cover caused major problems with a nagging injury. The first male and overall winner was Andy Emerson in 1:16.39. It was nice to see Jeff Borengasser who ran with the CTC Colts many years ago. He finished a close second and his wife, Sarah, was the second female. The female winner was a former Hickman runner, Karla Lang (5th overall) in 1:20.39. A special thanks to Randy Gay, co-race director for race management and providing the edibles. Thanks, also, to Gary Gundy for loaning us his two-burner Coleman stove for the post-race hot chocolate and thin sliced beef and cheese melt sandwiches.

Dick Hessler, Race Director

	Predicted	Actual	
1. Andy Emerson	1:07	1:16.39	
2. Jeff Borengasser	1:15	1:17.13	
3. Phil Schaefer	1:17.20	1:17.45	
4. Terry Hart	1:14	1:18.48	
5. Karla Lang	1:17	1:20.39	1st female
6. Sarah Broengasser	1:17	1:24.10	2 nd female
7. Anatolie Juncu	1:25	1:27.42	
8. David Wilfong	1:24.30	1:27.57	
9. Clint Smith	1:32	1:29.16	
10. Jaira Grathwohl	1:25	1:29.37	3 rd female
11. Jeff Wells	1:25	1:31.06	
12. Hugh Emerson	1:30	1:32.15	
13. Jordan Alexander	1:27.30	1:32.24	
14. Steve Kullman	1:35	1:38.31	
15. James Harrington	1:31.19	1:39.08	
16. Lisa Wells	1:27.30	1:44.36	4 th female
17. Gary Stamper	1:38.11	1:49.57	
18. Christine Stamper	1:38.11	1:49.58	5 th female



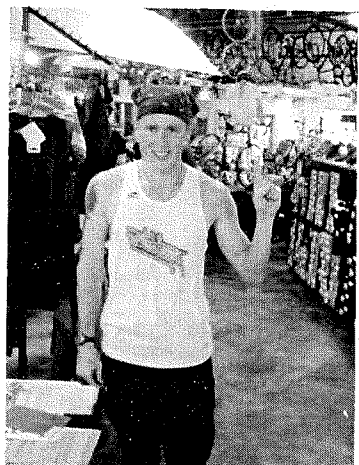
BOONE HOSPITAL FIRST NIGHT 5K, December 31st, 2006

It was 45 degrees and dropping, with a light rain and wind, as 291 First Night 5K participants started the new year (or ended the old) with a 'bang' from the starting gun and the roar of Jim and Cammy Ronchetto's Harley Davidson, leading the pack through the race course. Congrats to the overall winners, David Gale of Jeff City, 15:46, and returning champ CTC's Alison Hodgson, 19:25. Both won running shoes from Tryathletics. No age group awards are given in this race, just some fun door prizes for those patient enough to hang around and lucky enough to win. Age group winners are tallied in the following results, however.

Runners from as far south as Louisiana, as far west as California, and as far East as New York came to Columbia to run and celebrate First Night.

Triathlete Stephen Taylor, pictured here, was among those out of towners who returned for the festivities. Steve writes:

"Even though I live in Nashville now I love returning to Columbia because of all the wonderful people I know here. I've done the First Night 5K many times and I think it's a great mid-winter fitness test. I was a minute and a half slower than last year...probably because I've been training for trail ultra marathons. It was great to see my friends and acquaintances, we had a great time. My friend Stephen Bourgeois was always telling me I needed to join the track club, so I finally decided to do it. Thanks CTC!"



Many thanks to those dedicated volunteers who help make all this happen: Randy Gay (who kept smiling as he single handedly took on 91 same day registrants), Tom LaFontaine, Tom and Andrea Allen, Michele McFadden, Matt Dreier, Matt Laye, Mark Volek, Mark Wilson, Todd Holdorf, Dick Hessler, Margie Tonnies, Bob Humphreys, Cary Skelton (who also ran), Beth Luebbering, Nancy Rezabec (who also ran), Cindi, Andria, and Brianna Heese, Jim Linville, Cammy and Jim Ronchetto, Steve Stonecipher-Fisher, Norm Stebbins, Jill Murphy, Bill and Dana Pauls, Christine and Maria Doerr, Tom Brinker and the CyclExtreme staff (hope I didn't miss anyone), and all

our sponsors: Tryathletics, CyclExtreme, Jim & Lisa Meyers of House of Brokers', Sonshine Graphics, B & B Bagels, Main Squeeze, Chipotle's, PedNet and Shakespeare's. *Linda LaFontaine, Race Director*

Place	Name	Age	Age Group	Time				
1	David Gale	20	1 M 20-24	15:46	33	Lloyd Weber	35	6 M 35-39 21:52
2	Justin Adams	35	1 M 35-39	16:17	34	Rachel Biber	26	3 F 25-29 21:55
3	Kurt Schanwecker	20	2 M 20-24	16:24	35	Griffin Humphreys	14	1 M 13-15 21:59
4	Hayden Legg	16	1 M 16-19	17:10	35	Griffin Humphreys	14	1 M 13-15 21:59
5	Stephen Taylor	32	1 M 30-34	17:50	36	Grace Schauer	35	1 F 35-39 21:59
6	John Parid Hardin	19	2 M 16-19	18:00	37	Del Lobb	45	3 M 45-49 22:11
7	Frank Foss	21	3 M 20-24	18:13	38	Spencer Miller	13	2 M 13-15 22:16
8	Simeon Wright	32	2 M 30-34	18:18	39	Emma Myers	15	1 F 13-15 22:20
9	Darrin Young	40	1 M 40-44	19:06	40	David Mountjoy	52	3 M 50-54 22:24
10	Brian Hutsel	22	4 M 20-24	19:19	41	Elijah Flenner	33	4 M 30-34 22:37
11	Tom May	40	2 M 40-44	19:20	42	Nathaniel Fast	24	6 M 20-24 22:46
12	Phillip Schaefer	53	1 M 50-54	19:21	43	Corey Murphey	16	1 F 16-19 22:54
13	Jeff Borengasser	29	1 M 25-29	19:23	44	Uwe Locher	40	7 M 40-44 22:57
14	Alison Hodgson	27	1 F 25-29	19:25	45	Kurt Jansen	38	7 M 35-39 23:01
15	Kyle Cook	22	5 M 20-24	19:46	46	Robert Simmons	64	1 M 60-64 23:04
16	Brett Barton	34	3 M 30-34	20:01	47	Edward Baker	47	4 M 45-49 23:09
17	Oscar Chavez	43	3 M 40-44	20:14	48	Dean Stover	46	5 M 45-49 23:18
18	Paul Wagner	37	2 M 35-39	20:17	49	Dan Heaviland	45	6 M 45-49 23:20
19	Michael Smith	38	3 M 35-39	20:18	50	Chris Seris	31	5 M 30-34 23:24
20	Dan Sitar	36	4 M 35-39	20:19	51	Kirk Pickett	32	6 M 30-34 23:26
21	Dale Willis	47	1 M 45-49	20:20	52	Cody Beyers	14	3 M 13-15 23:30
22	John Palmer	29	2 M 25-29	20:32	53	Brad Jessee	37	8 M 35-39 23:31
23	Steve Keithahn	43	4 M 40-44	20:42	54	Rockne Corbin	43	8 M 40-44 23:35
24	Andy Emerson	38	5 M 35-39	20:43	55	Michelle Flenner	34	1 F 30-34 23:37
25	Derek Crusher Legg	18	3 M 16-19	20:43	56	Jeff Wells	48	7 M 45-49 23:39
26	Jim Diederich	47	2 M 45-49	20:46	57	James Jackson	34	7 M 30-34 23:43
27	Tom Sweeney	42	5 M 40-44	20:49	58	Chris Janku	54	4 M 50-54 23:45
28	Ted Soloman	43	6 M 40-44	21:15	59	Hugh Emerson	49	8 M 45-49 23:47
29	Rudy Kelley	59	1 M 55-59	21:17	60	Lisa Wells	43	1 F 40-44 23:49
30	Jim McInvale	50	2 M 50-54	21:38	61	Thomas Lamoreux	26	3 M 25-29 23:51
31	Rebecca Willis	11	1 F 0-12	21:39	62	Rick Matheny	49	9 M 45-49 23:55
32	Jaira Grathwohl	28	2 F 25-29	21:42	63	Kevin Pace	44	9 M 40-44 24:02

—Continued on page 8

Place	Name	Age	Age Group	Time				
64	Steve Kullman	46	10 M 45-49	24:04	122	Richard F. King	52	7 M 50-54 27:22
65	Scott Shade	39	9 M 35-39	24:05	123	Larry Walters	47	21 M 45-49 27:31
66	Anastasia Schmaltz	16	2 F 16-19	24:06	124	Jessica Kovarik	23	4 F 20-24 27:41
67	Joe Goldfarb	66	1 M 65-99	24:08	125	Elaine Foster	54	3 F 50-54 27:43
68	Larry Sabulsky	47	11 M 45-49	24:10	126	Matt Kuttenkuler	18	4 M 16-19 27:45
69	Anne Janku	50	1 F 50-54	24:12	127	Sarah Achman	34	4 F 30-34 28:02
70	Rachael Trinklein	22	1 F 20-24	24:13	128	Isaac Bradshaw	10	5 M 0-12 28:10
71	Rob Foss	49	12 M 45-49	24:16	129	Danny Graville	32	10 M 30-34 28:11
72	Amanda Lynn	18	3 F 16-19	24:16	130	Sarah Seris	30	5 F 30-34 28:12
73	Kathy Baker	46	1 F 45-49	24:18	131	Rebekka Mars	21	5 F 20-24 28:12
74	Berkley Hudson	55	2 M 55-59	24:31	132	Madison Brown	12	5 F 0-12 28:12
75	Teresa Gooch	28	4 F 25-29	24:32	133	Julia Chavez	11	6 F 0-12 28:13
76	Mary Ellen Bradshaw	35	2 F 35-39	24:40	134	Kath Fishman-Weaver	25	11 F 25-29 28:23
77	Richard Nistendirk	66	2 M 65-99	24:45	135	Lindsey Cunningham	12	7 F 0-12 28:23
78	Steve Harrington	48	13 M 45-49	24:49	136	Bethany Baxter	18	5 F 16-19 28:27
79	Robin Blount	49	2 F 45-49	24:52	137	Kyle Tonnies	12	6 M 0-12 28:28
80	Rob Perkins	46	14 M 45-49	24:55	138	Sophie Cunningham	10	8 F 0-12 28:30
81	J. A. Johnmeyer	50	5 M 50-54	24:58	139	Ian Thomas	45	22 M 45-49 28:31
82	Richard Doisy	47	15 M 45-49	25:01	140	Andrew Mulvania	32	11 M 30-34 28:33
83	Kenneth Hammann	59	3 M 55-59	25:03	141	Gwen Nicks	27	12 F 25-29 28:36
84	Frederick Schmidt	47	16 M 45-49	25:04	142	Travis Brumfield	32	12 M 30-34 28:38
85	Krystle Azerolo	22	2 F 20-24	25:07	143	Jan Davis	48	3 F 45-49 28:39
86	Paul Wootten	47	17 M 45-49	25:09	144	Walter Gassmann	42	10 M 40-44 28:42
87	Gina Overshiner	40	2 F 40-44	25:14	145	Marsha Fischer	36	5 F 35-39 28:47
88	Tim Overshiner	37	10 M 35-39	25:14	146	Christian Fischer	37	13 M 35-39 28:49
89	John Zanol	47	18 M 45-49	25:17	147	Carolyn Roof	49	4 F 45-49 28:49
90	Ross Hutsel	52	6 M 50-54	25:18	148	Tina Ehrhardt	39	6 F 35-39 28:50
91	Laurie Palmer	29	5 F 25-29	25:22	149	Rebecca Llorens	49	5 F 45-49 28:51
92	Todd Fuller	38	11 M 35-39	25:23	150	Pam Palmquist	40	3 F 40-44 28:54
93	John Schulz	49	19 M 45-49	25:27	151	Kerry Hirth	34	6 F 30-34 28:55
94	Carolyn Skelton	31	2 F 30-34	25:29	152	Liza Watrous	39	7 F 35-39 28:57
95	Clark Walters	12	1 M 0-12	25:41	153	Elizabeth Rodman	14	2 F 13-15 28:58
96	Robin May	35	3 F 35-39	25:43	154	Cheryl Lobb	45	6 F 45-49 29:17
97	Lucas Harrington	10	2 M 0-12	25:46	155	Samantha Dorman	12	9 F 0-12 29:18
98	Jonas Gassmann	12	3 M 0-12	25:53	156	Ed Palmquist	41	11 M 40-44 29:20
99	Bruce Baxter	49	20 M 45-49	25:57	157	Anna Fink	12	10 F 0-12 29:24
100	Jim Meyer	38	12 M 35-39	25:58	158	Lisa Meyer	38	8 F 35-39 29:26
101	Allie Still	26	6 F 25-29	26:11	159	Kathleen Purduski	52	4 F 50-54 29:31
102	David Webber	55	4 M 55-59	26:12	160	Doreen McMurry	43	4 F 40-44 29:34
103	Scott Sandstedt	32	8 M 30-34	26:22	161	Diane Mountjoy	51	5 F 50-54 29:37
104	Jerry French	58	5 M 55-59	26:24	162	Adam Davis	30	13 M 30-34 29:40
105	Jim Bradley	30	9 M 30-34	26:26	163	Todd Schachtman	48	23 M 45-49 29:54
106	Dawn Orr	38	4 F 35-39	26:28	164	Emily Thrasher	24	6 F 20-24 29:58
107	Karen Grossman	34	3 F 30-34	26:40	165	David Davis	49	24 M 45-49 29:59
108	Ann Cardetti	29	7 F 25-29	26:42	166	Ellen Matheny	18	6 F 16-19 29:59
109	Kate Downey	27	8 F 25-29	26:42	167	Zac Fruits	20	7 M 20-24 30:22
110	Art (Xiao) Peng	26	4 M 25-29	26:43	168	Stephen Windmoeller	37	14 M 35-39 30:22
111	Kathryn Rodman	12	2 F 0-12	26:43	169	Sarah Burndt	16	7 F 16-19 30:31
112	Terry Stock	55	6 M 55-59	26:44	170	Carl Berndt	48	25 M 45-49 30:35
113	Linda Harris	50	2 F 50-54	26:59	171	David Tippet	42	12 M 40-44 30:36
114	Alejandro Chavez	12	4 M 0-12	27:01	172	Kendell Palmquist	13	3 F 13-15 30:46
115	Lyndsay Wise	28	9 F 25-29	27:03	173	Gabriel Gassmann	9	7 M 0-12 30:46
116	Hannah Corbin	11	3 F 0-12	27:12	174	Michelle Windmoller	36	9 F 35-39 30:48
117	Aubrie Cornell	11	4 F 0-12	27:15	175	Pat Hutsel	52	6 F 50-54 30:50
118	Sharon Reed	29	10 F 25-29	27:16	176	Harry Lewis	63	2 M 60-64 30:52
119	Ashley Siegel	24	3 F 20-24	27:17	177	Raymond Legg	46	26 M 45-49 30:57
120	Elizabeth Koch	16	4 F 16-19	27:18				
121	Grady Harrington	13	4 M 13-15	27:19				

—Continued on page 9

First Night 5K continued

Place	Name	Age	Age Group	Time				
178	Mary Still	52	7 F 50-54	31:00	235	Cloy Dellaripa	33	9 F 30-34 38:16
179	Alison Wootten	13	4 F 13-15	31:14	236	Kenneth O'Beirne II	36	18 M 35-39 38:17
180	Marcela Chavez	43	5 F 40-44	31:15	237	Alexis Chapman	9	16 F 0-12 38:24
181	Butler Stringfield	61	3 M 60-64	31:24	238	Bob Stulz	61	7 M 60-64 38:33
182	Cary Calkins	37	15 M 35-39	31:25	239	Paula Cunningham	40	11 F 40-44 38:39
183	Russ Still	60	4 M 60-64	31:26	240	Kathy Doisy	42	12 F 40-44 38:42
184	Jane Zanol	48	7 F 45-49	31:29	241	Dolphus Morrison	72	3 M 65-99 38:43
185	Anna Wright	10	11 F 0-12	31:38	242	Allison Brown	14	7 F 13-15 38:44
186	Nancy Shaw	43	6 F 40-44	31:59	243	Olivia Williams	7	17 F 0-12 39:03
187	Jim O'Dell	63	5 M 60-64	32:00	244	Ter Chapman	40	3 M 40-44 39:04
188	Kelly Sabulsky	44	7 F 40-44	32:09	245	Barbara Lewis	64	2 F 60-64 39:16
189	David Albin	37	16 M 35-39	32:12	246	Linda Vogt	59	1 F 55-59 40:23
190	Sarah Reynolds	28	13 F 25-29	32:14	247	Isabelle Williams	9	18 F 0-12 41:20
191	Debbie Waters	54	8 F 50-54	32:15	248	Gillian Chapman	38	17 F 35-39 41:21
192	David Cook	52	8 M 50-54	32:27	249	Alexander Tomicki	8	10 M 0-12 41:29
193	Jennifer McDaniel	22	7 F 20-24	32:29	250	Max Watrous	10	11 M 0-12 43:04
194	Elizabeth Straatmann	26	14 F 25-29	32:30	251	Elizabeth Tomicki	69	3 F 65-99 43:44
195	Lindsey Smith	35	10 F 35-39	32:32	252	Micol Walsh	50	12 F 50-54 43:46
196	Paula Rawlings	42	8 F 40-44	32:36	253	Lynnea Wootten	15	8 F 13-15 43:50
197	Gwenna Peters	49	8 F 45-49	32:50	254	Sharon Diderich	47	12 F 45-49 44:36
198	Jeanne Pfander	51	9 F 50-54	32:52	255	Robin Wootten	40	13 F 40-44 45:55
199	Susan Glass	33	7 F 30-34	32:53	256	Jill Beyers	16	9 F 16-19 46:14
200	Terry Smith	62	6 M 60-64	32:54	257	Jane Rodman	51	13 F 50-54 46:52
201	Bill LePage	51	9 M 50-54	32:59	258	Pete Rodman	54	12 M 50-54 46:55
202	Christina Morian	46	9 F 45-49	33:01	259	John Dupuy	39	19 M 35-39 47:06
203	Annette Humphreys	44	9 F 40-44	33:06	260	Leila Gassmann	6	19 F 0-12 48:45
204	Bill Everhart	45	27 M 45-49	33:07	261	Allie Gassmann	43	14 F 40-44 48:46
205	Nancy Rezabek	54	10 F 50-54	33:09	262	Kristina Sandstedt	31	10 F 30-34 49:10
206	Katy Burch-Hudson	14	5 F 13-15	33:43	263	Sue Bullock	57	2 F 55-59 49:12
207	Elizabeth Burch-Hudson	10	12 F 0-12	33:43	264	Wendy Shopland	51	14 F 50-54 49:48
208	Michelle Twitty	35	11 F 35-39	33:45	265	Kathy Mearey	46	13 F 45-49 49:49
209	Ken Hirlinger	56	7 M 55-59	33:54	266	Milbre Burch	53	15 F 50-54 50:54
210	Luke Walters	11	8 M 0-12	33:55	267	Jeannine Beekman	55	3 F 55-59 50:55
211	Andrea Allen	60	1 F 60-64	34:02	268	Diane Haas	47	14 F 45-49 51:00
212	Cecilia Novotney	7	13 F 0-12	34:06	269	Darrin Haas	17	5 M 16-19 51:01
213	Tom Novotney	30	14 M 30-34	34:07	270	Allison Anderson	37	18 F 35-39 51:10
214	Nancy Fritsch	67	1 F 65-99	34:20	271	Sheila Kausler	39	19 F 35-39 51:11
215	Genevieve Maples	49	10 F 45-49	34:21	272	Janet Kieffer	37	20 F 35-39 51:12
216	Trey Leuenberger	12	9 M 0-12	34:22	273	Daniel Navotney	6	12 M 0-12 53:50
217	Gisela Gassmann	65	2 F 65-99	34:24	274	Don Navotney	59	8 M 55-59 53:52
218	Brenda Leuenberger	43	10 F 40-44	34:25	275	Emma Chapman	6	20 F 0-12 55:16
219	Kelsey Palmquist	16	8 F 16-19	34:27	276	Sheila Chapman	38	21 F 35-39 55:17
220	Emily Wright	13	6 F 13-15	34:45	277	R Beekman	66	4 M 65-99 1:02:33
221	Carol Wicks	48	11 F 45-49	34:57	DNF	Jennifer Buck		
222	Allison Navotney	10	14 F 0-12	35:04	DNF	Sacha Dodson		
223	Paul Robinson	50	10 M 50-54	35:07	DNF	Douglas Dodson		
224	Theresa Novotney	23	8 F 20-24	35:07	DNF	Donna Glenn		
225	Sarah Kammeyer	12	15 F 0-12	35:12	DNF	Russell Jackson		
226	Elaine Johnson	37	12 F 35-39	35:24	DNF	Maria Kaylen		
227	Julie Wagner	37	13 F 35-39	35:25	DNF	Alice Landrum		
228	Karen Roberts	38	14 F 35-39	35:55	DNF	John Markovitz		
229	Jon Kruse	39	17 M 35-39	36:14	DNF	Vince Markovitz		
230	Sarah Justice	30	8 F 30-34	36:32	DNF	Eric Nelson		
231	Paula Bequette	37	15 F 35-39	36:42	DNF	Lise Nyrop		
232	Denise Behrends	38	16 F 35-39	36:43	DNF	Melanie Pence		
233	Grafton Cook	50	11 M 50-54	37:40	DNF	Cynthia Shelby		
234	Debra Hardin	53	11 F 50-54	37:43	DNF	Donna Smith		

January Cold Ineffective as Deterrent for Columbia Runners

Dreier, Thomas take 10K, Reeves takes 20K at 2007 Runner's Choice

By Eric Bunch

Saturday, January 6, a typically chilly winter morning, found me setting up a white table with abnormally short legs in the middle of a parking lot at Bethel Park. At 7:00 am very few signs of life exist in such a blustery environment. Had I arrived too early? However, I lay out a pen and open spiral notebook knowing that they would arrive soon. An hour earlier I had crept my way through the dark at Tryathletics to fill water coolers and retrieve miscellaneous items which included locating that small table and hefting a husky race clock into the front seat of my compact car. A short while later I was unloading one of those full coolers at a nondescript location on the shoulder of Nifong. I set it against the guardrail and sped away as if to leave it for a covert pickup. This would mark the turnaround for the 2007 Runner's Choice.

Sure enough, at about 7:30 they did begin to arrive. One or two at a time, the runners, unfettered by the cold of the Missouri winter, came to prove their dedication. Some drove, a few walked or ran and at least one biked to the start; twenty-seven of them in all had come to make their bid at the 10K or 20K. Luckily, one of them, Matt Dreier, had enough sense to realize that my short legged table actually could be extended to a height reasonable for its intended purpose. A bit cold for wayward bystanders and the occasional underdressed race director, the weather was perfect for the committed harriers hoping to motor their ways to personal bests, coveted bragging rights or unbridled competition.

Shortly after 8:00 they were off. I watched as they disappeared around the corner at Nifong Road to the north. Their path would take them all the way to that blank spot on the side of the road where I had earlier dropped off five gallons of water, now occupied by Linda LaFontaine and Joe Duncan. Then they would return some thirty minutes later in the same route. The ones doing the 10K would finish and those electing to do the longer alternative would make the turn to repeat the out and back.

With the clock ticking, I made predictions in my head as I waited. Matt Dreier's lack of commitment to one of the two distances distracted my prediction process. He would surely be a factor in whichever race he decides to do. Sure enough, just after thirty-seven minutes Dreier rounded the corner with Marc Keys in tow. They crossed the line in 37:39 and 37:45 respectively. Next, in just under 40 minutes, was Trevor Reeves completing his first lap on the way to the 20K. Mike Denehy with his quadruped training partner, Riley crossed the 10K line in third place. Competitive triathlete and CTC cross country runner, Tony Rigdon, came in fourth. Destiny Thomas was the first woman to cross the line with Lisa Wells coming in second.

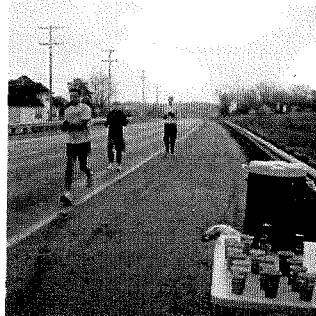
Trevor Reeves continued his torrid pace to take the 20K title in 1:19:04. A relative newcomer to the CTC scene, Reeves only began running a couple of years prior to his impressive 20K debut. His time from this year's Runner's Choice 20K was faster pace than his 10K from the previous year's event. Tom May and Phil Schaefer battled out a close race for second with May coming out on top. Andy Emerson crossed the 20K mark in 1:27:45 and continued for a third lap becoming the first person to complete the Runner's Choice 30K option.

10K Results

1. Matt Dreier	37:39
2. Marc Keys	39:45
3. Mike Denehy	40:05
4. Tony Rigdon	41:10
5. Destiny Thomas	45:30
6. Fred Schmidt	46:13
7. James Harrington	48:30
8. Stony Crammer	49:00
9. David Albin	50:33
10. Lisa Wells	50:33
11. Steve Kullman	51:08
12. John Moreton	54:00
13. Jeff Wells	54:08
14. Kurt Kennett	54:08
15. Rod Stevens	54:52
16. Ann Moreton	1:00:02
17. Tom Froidl	1:07:00
18. Monica McCory	1:09:00
19. Jim Linville	1:21:21

20K Results

1. Trevor Reeves	1:19:04
2. Tom May	1:23:00
3. Phil Schaefer	1:25:35
4. Andy Emerson	1:27:45
5. Oscar Chavez	1:31:45
6. Mark Kiekhaefer	1:41:58
7. Hugh Emerson	1:53:56



2007 Columbia Track Club Schedule

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

2/3	9 am	Nut Race 5k	**	Dick Hessler, 874-2906	Reactor Park
3/7-5/17	6 pm	Track Workouts (all ages and speeds welcome) Every Wednesday night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
3/17	8 am	St. Patrick's Day 5k age 12 & under 5K Mayor's Mile (kids ages 5-12-no entry fee)	\$15 \$10	Scott Rubenstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse Square
4/7	8 am	CIGS 4 mile and Health Fair	\$20	Jim Linville, linvilleJI@health.missouri.edu	Quarter Deck
4/14	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track

In recognition of the fine work our webmasters do, Ron Hindlely wrote:

"I know one queer old chap who tries to get you into his house, where he feeds cats in every room. He has allowed them to breed without limit and looks like becoming a public health problem. Some people's web sites are in that condition. In contrast I have always admired the Columbia Track Club's web site as a sophisticated example of how it ought to be done."

Excerpt from an email to Linda LaFontaine and others

HAPPY NEW YEAR

Welcome New CTC Members

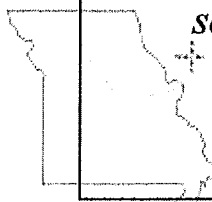
Lloyd Weber	Columbia
Genevieve Maples	Belle
Stephen Taylor	Nashville, TN
Destiny Thomas	Columbia
Paul Wagner	Columbia

Congrats to Alexa Shelton who has been nominated as a finalist for Youth Athlete of the Year by the Women's Intrasport Network. Alexa, age 10, took 2nd in the High Jump and 7th in the Long Jump in the 10 and under girls age group at the National AAU Indoor Track and Field Championships in March in Knoxville, TN. She became the youngest female ever to clear 3' 10" indoors, and the 2nd best ever jump in the 10 and under (Bantam Division). In the 06 Show-Me State Games, competing as a Columbia Track Club Colt, Alexa won the gold in the high jump and long jump, and anchored her 4X100 Relay Team for the Silver. She was featured as the Runner's Profile in May 2006.

CTC renewals and 2007 schedules have been mailed out. Don't forget to mail your membership dues so you won't miss a single CTC race or newsletter.

For Out-of-Town Events
see the CTC website
at:

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



COLUMBIA TRACK CLUB *NEWS*

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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
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