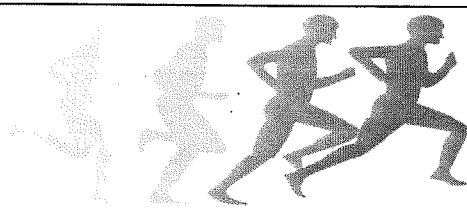


COLUMBIA TRACK CLUB

News

Volume XXXX No. 3

March 2007



St. Pat's Day 5K, March 17, 2007

The St. Pat's 5k, actually on St. Pat's Day this year, was well attended with 783 finishers (867 registered). That's almost 200 more than last year, despite the big snow flakes and mid 30's air temperature.

Steve MacIntyre led the competition with a overall winning time of 15:25. The overall female winner was Ashley Bunch, with a time of 18:44. About 30 children ran the Mayor's Mile and were handed a ribbon by Mayor Hindman.

This was our first race with a Sedway competitor on the course. She crossed the finish line, but was pulled from the chute. First Class timer Tom Allen was able to adjust the results so the running times would be accurate despite the Sedway.

According to our research, the last time we had snow (a blizzard!) on St.Pat's was in 1985. We ran the old 5 mile course on St.Charles Rd. 4-6 inches on the ground.

Thanks go to Coach Dr. Christian Reed and his crew of Hickman High School Cross Country and Track kids who monitored the course turns and intersections. There were a few Rock Bridge Cross Country and Track helpers, too.

Thanks also to the registration, finish line, and results folks: Tom Allen (father) and Tom C. Allen (son), Tom LaFontaine, Mark Volek, Jim and Cammy Ronchetto, Darlene Londeree, Nancy Rezabek, Jeanine Pagan, Eric Bunch, Matt Laye, Rod Hartwig, Mary Ellen Bradshaw, Jim Linville, Steve Kullman, Matt Dreier, Joe Cragin, Paula, Rebecca and Emily Rubenstein. Special thanks to Alex Grigsby for the great photos, and to Simon Rose for hanging around to professionally announce the winners.

Finally, thanks to our sponsors: KFRU radio, Mosers, Columbia Regional Hospital, Tryathletics, and Aquafine.

*Substitute Race Directors Linda LaFontaine, Randy Gay, and Scott Rubenstein
(Steve skipped town)*



Photo by Alex Grigsby

Upcoming Events

TrackWorkouts

March 7-May 23 (every Wed.)

Hickman Track 6 pm

****CIGS's 4 Mile****

April 7, 8 am

Lemone Industrial Blvd

(entry enclosed)

Two-Person Relay

April 14, 9 am

Hickman Track

Jay Dix 5K/10K

April 14, 9am MU campus

****Show-Me Stampede 5k****

April 21, 6 pm

Reactor Park

(entry enclosed)

Tim Heinsz Memorial 5K

April 21 9am. MU campus

****Joe Marks Memorial**

Human Race 5 Mile**

May 12, 8 am

Rock Bridge High School

(entry enclosed)

****CTC sponsored events in the 2007 Missouri Series**

See <http://ctc.co.in.org> for more events,
entry downloads and online registration

Columbia Track Club

Joe Marks Youth Scholarship

contact Amy Gundy at 874-2407 or
agundy@mchsi.com for application &
info. **Applications due April 6!!!**

Colts Youth Team

practice every Sunday

4-5:30 pm Hickman Track

Contact Coach Dick Hessler

hesslerR@missouri.edu for more info

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

March 13, 1982 5K Nut Race: 81 finishers led by Jeff Mittelhauser at 15:32. Milene Mitterhauser led the women at 18:02, a record. A few other performances: Tom LaFontaine 16:41, Ben Londeree 17:03, Dick Hessler 17:28, Dick Madsen 18:36, Dean Baxter 19:01, Peter Hessler, 12, 19:12, over Tim Gibson 19:41, Turk Storvick 19:43, Joe Duncan 20:57, Chris Ruble 21:17, Angela Hessler, 9, 22:57

March 20, 1982: Four-Mile -Relay, Research Park: A record 18:03 by Stonecipher-Fisher (4:28), Mittelhauser (4:28), Montgomery (4:32) & Loveracamp 4:35, a 50+ team of Johnson, Madden, Dolphin & Johnson (again) went 23:12 for a 50+ record, Hessler, Hessler, Kernall, Hessler (Dick, Angela, Pat & Peter) had 23:55. The Slivinsky's made it a family affair: Slivinsky, Slivinsky, Slivinsky & Slivinsky (Mary, Tina, Juli, Charlie) 28:05, a record for parents & two daughters. A notable time: Londeree, age 47, 4:55 Total of 14 teams



Greetings!

I'm still feeling the aftermath of the St. Pat's 5K. Nice to have all those runners! Luck of the Irish? Timer Tom Allen could have used some. Spending hour upon hour checking and re-checking, Tom did his blarney darndest to make sure those re-

sults were accurate. It's a steady continuous call for Tom, who does the data entry for most races, the race timing and results, all our membership business, and manages the finances. Wow. Our webmasters, Hugh and Andy Emerson, are also in perpetual motion managing our website. They do their blarney darndest to get those results posted quickly, and accurately. The community of runners depends on them for that, as well as lots of other running information. Hugh and Andy, with their creative talents and computer savy, have redone our web calendar, and added new features and links. In response to the interest generated by the serial competition, Hugh has upgraded that link to a main menu item. Our website is very impressive. Blessed be these dedi-



cated perpetual volunteers, may they experience joy and fulfillment, not burnout. A Pot of Gold? The Columbia Track Club has found it in our committed volunteers.

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-

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:

Linda LaFontaine, CTC Newsletter editor

6307 S. Old Village Rd., Columbia, MO 65203

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

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

**Next issue of the
CTC newsletter
will be mid May, after the Joe
Marks Memorial Human Race**

Quote of the Month

"May you live as long as you want and never want as long as you live."

"May you never forget what is worth remembering, nor ever remember what is best forgotten."

~~Irish Blessings



CTC Runner Profile

Richard Nistendirk

Age: 67

Weekly Mileage: 30 miles

Personal Best: KC Marathon 1999: 3:30:59

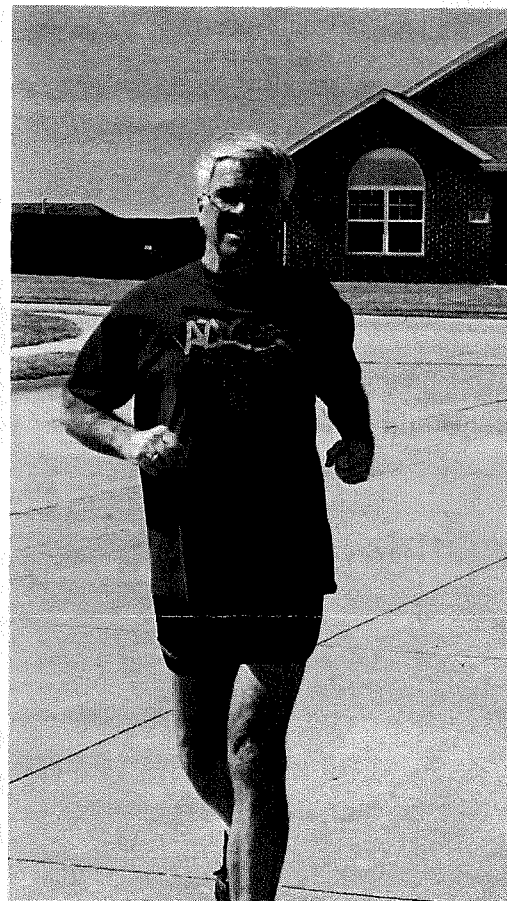
When did you start running? I started walking at age 47. After 3 years walking I started to jog a little. My first race was St. Pat's 5K at age 51. I had a time of 24 minutes. I gradually cut my time down to 20—21 minutes. I really did not keep race records before 1999.

Most memorable run? The Kansas City Marathon. We had rain at the start, snow for the last 13 miles, and tears at the finish line.

Favorite place to run? The Katy Trail. It runs right through our farm. It's a great place to run. No cars. I just walk out the door.

Who would you like to thank? I would like to thank my wife Leona. She attended 32 races with me last year. She pinned on race bib numbers and held my warmup clothes during races.

Editor's Note: Richard place 2nd in our 2006 Series Competition.



2006 CTC Race Series Winners Receive Awards

By Kevin Tyler

The top ten winners of the inaugural 2006 CTC (Missouri) Race Series received their awards on February 28th at Tryathletics. Each winner received a yellow Top Ten T-shirt (look for these in future races), a framed award certificate and a gift certificate from Tryathletics. All were in attendance and very enthusiastic. Receiving first through tenth place awards were Phillip Schaefer, Richard Nistendirk, Andrea Allen, Griffin Humphreys, Lloyd Weber, Hugh Emerson, William Stolz, Andy Emerson, Lisa Wells, and Mary Ellen Bradshaw.

Our winners were a cross section of our club with an age range from 14 to 66. The list of winners included three females & seven males.



Above left to right: back row—Lloyd Weber, Andrea Allen, Phil Schaefer, Mary Ellen Bradshaw; front row—Bill Stolz, Griffin Humphreys, Lisa Wells and Richard Nistendirk.
Side left to right: Kevin Tyler, Andy Emerson, and Hugh Emerson



Our race series champion, Phillip Schaefer, seemed to predict his future by expressing sentiments in his personal info that people can "click on " when they view the serial competition standings at ctc.coin.org (in his runner's profile, too). First, he mentioned St. Paul, who, to paraphrase said, "run as if to obtain a prize." Then Phil stated, "You may not be the fastest, nor train as hard as you wish but if you keep showing up, sometimes you win something. Keep showing up." In our race series terms, "run hard because your time matters" and "show up because participation is rewarded."

On a personal note, I ran one minute slower in the 2007 St. Patrick's Day race than last year but I felt a great satisfaction knowing that I was piling up some points. This series is good for one's mental and physical health and simply a lot of fun.

The current ranking list is titled CTC Race Series 2006-2007. That's because last year's races are still included in this year's ranking until they are replaced. For example, as soon as this year's St. Patrick's Day race and points awarded are in the ranking, last year's St. Patrick's Day race and points awarded are deleted. By the end of the last race of 2007, the First Night 5K, all of the race results in the ranking will be races held only in 2007. Then we will be ready to present awards to the 2007 winners. By gradually deleting races as they come up, people have a resource of race and ranking info to use.

I want to thank the people who put in countless hours of hard work to make our inaugural 2006 race series a great success: Ron Hindley, the originator of the computer program that made it all possible; Linda LaFontaine, who gave continuous support and encouragement; Hugh and Andy Emerson, who labored on the computer to figure this out and to make the information convenient to users of our website; and Steve Stonecipher-Fisher of Tryathletics who coordinated the obtaining of the awards and also made a generous contribution to the gift certificates. Our 2007 season is well underway. Good running to everyone.

The CIGs Race & Health Fair

WWW.CIGSRACE.COM

Brought to you by Uncle Irl's and Off Track Events

Saturday, April 7, 2007

The Health Fair will be from 8:00 a.m. to 12:00 p.m.

The 4 miles run and 1.33 miles walk starts at 9:00 a.m.



All net proceeds to be donated to the University of Missouri School of Medicine's Pulmonary Division for research regarding smoking related diseases.

To Pre-register for \$20: The deadline is 4/1/2007 and you can, either go by **Tryathletics**, 1605 Chapel Hill Rd., Columbia, MO or mail this form with \$20 to **CIGS Race, c/o Jim Linville**
PO Box 30554, Columbia, MO 65205

Please make checks payable to **CIGS Race**

Packet Pickup:

Friday, 4/6/2007, 3:00 p.m. to 7:00 p.m. at Tryathletics

Race day, after 7:30 a.m. at the Quarterdeck Building front desk

Race day registration: \$25 will be accepted at the packet pickup desk until 8:30 a.m. however, a shirt and/or the size cannot be guaranteed.

The Quarterdeck Building and the CIGs Race are located at 2401 Lemone Industrial Boulevard, Columbia.

Go east on New Haven from 63 Highway South of Columbia, left onto Lemone Industrial Boulevard.



For more information: Visit: www.cigsrace.com - call Jim Linville (573)445-6166 or email jimirl@centurytel.net

In consideration of my entry into the Columbia Track Club event known as CIGs Race, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages that I might have against Jim Linville individually & dba Uncle Irl's and other persons or organizations sponsoring the event, their heirs, employees, representatives and all those claiming to be them for any and all injuries suffered by me as a result of this event or my participation therein. I hereby grant full permission for the free use of my name and/or photographs and videotape for any future promotions of the CIGs Race.

Acknowledgement of event waiver: _____ (participant's signature)

Name: _____

☐ Non-Smoker

Address: _____

☐ Ex-Smoker

City / state / zip _____

☐ Smoker

Gender: M / F (circle one) Age on April 7, 2007: _____ Date of Birth: _____

Runner ☐ Walker ☐

Total fees: _____ Total amount enclosed: _____

Shirt size: S M L XL XXL

If you cannot participate and yet still want to donate to the Pulmonary Division's research of smoking related diseases, please fill in the name and address portion along with the total amount enclosed. Make your check payable to CIGS Race and mail to Uncle Irl's at CIGS Race, c/o Jim Linville, PO Box 30554, Columbia, MO 65205. If your donation is \$250 or more, you will receive a receipt for your income tax purposes.



Results St. Pat's 5K, March 17, 2007

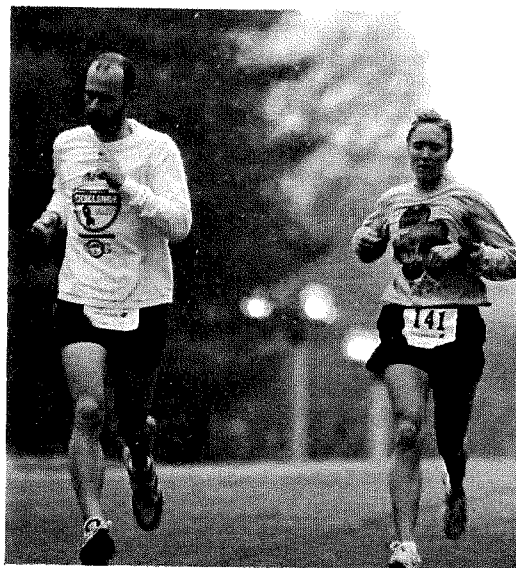
photos by Alex Grigsby

Place	Name	Age	Time	40	Steve Keithahn	44	20:24	76	Marzena J. Tomicki	37	21:59
1	Steve MacIntyre	28	15:25	41	Dale Willis	47	20:25	77	Stacy Reed	43	22:00
2	Karl Gilpin	28	15:54	42	Nickolas Baker	27	20:28	78	Tyler Bales	12	22:04
3	Joshua Davis	24	16:16	43	Kevin Tyler	51	20:31	79	Edward Rollins	48	22:09
4	Nathan Allen	19	16:20	44	Gregory Agler	26	20:43	80	Aniz Mora	26	22:11
5	Austin Bunn	24	16:25	45	Jesse McInvale	10	20:45	81	Carrie Lucas	27	22:12
6	Adam Fischer	19	16:33	46	Nicole Mello	11	20:46	82	Nate Rucker	28	22:13
7	Pete Doll	35	16:53	47	Cesar Mello	41	20:47	83	Mitch Henderson	32	22:14
8	James Clements	23	16:53	48	Alexandra Litofsky	17	20:47	84	Norman Cox	40	22:15
9	Marc Keys	44	17:04	49	Burton Heller	35	20:48	85	Andrew Timbrook	28	22:17
10	Matt Dreier	32	17:23	50	Ted Soloman	43	20:49	86	Tom Mohr	35	22:23
11	Aaron Riffie	21	17:28	51	Rebecca Willis	12	20:51	87	Travis Brumfield	33	22:29
12	Luke Persell	21	17:59	52	Kit Land	24	20:52	88	James Jackson	34	22:30
13	Lucas McMillen	26	18:09	53	Matthew Rystrom	27	20:53	89	Elliot Ervel	26	22:32
14	Adam Scrogham	21	18:10	54	Chris Hayday	37	20:54	90	Dean Stover	46	22:34
15	Matthew Pufall	24	18:13	55	Shay Roush	38	20:57	91	Rob Foss	50	22:35
16	William Stolz	35	18:15	56	Jackie Pearce	28	20:59	92	Hugh Emerson	49	22:37
17	Jose Miranda	23	18:18	57	Brad Eiffert	47	21:00	93	Uwe Lochner	41	22:38
18	Brad Crow	32	18:19	58	Michael Acock	34	21:01	94	Matthew Nybeck	30	22:40
19	Chris Cook	35	18:21	59	Tom Tomicki	42	21:08	95	Kristin Walls	32	22:42
20	Darrin Young	40	18:22	60	Michael Solomonov	21	21:13	96	Margy Tonnies	37	22:46
21	Tom May	40	18:43	61	Jaira Grathwohl	28	21:16	97	Simon Rose	42	22:47
22	Ashley Bunch	19	18:44	62	Cole McCollum	32	21:21	98	Brent Young	46	22:48
23	Trevor Reeves	23	18:45	63	Patrick Parnell	28	21:25	99	Krista Wyss	23	22:49
24	Jennifer Prim	33	19:00	64	Matthew Land	22	21:30	100	Andrew Kacena	23	22:50
25	Andy Emerson	38	19:01	65	Jay Giddings	32	21:36				
26	Joe Schlotzhauer	22	19:26	66	Rick White	34	21:37				
27	Philip Schaefer	53	19:28	67	Joe Love	45	21:38				
28	Brett Barton	35	19:35	68	James McInvale	51	21:40				
29	Oscar Chavez	43	19:40	69	Levi Hanks	13	21:43				
30	Nancy Taube	46	19:42	70	Grace Rathert	17	21:45				
31	Nick Lindsay	28	19:49	71	Donovan Burg	13	21:47				
32	Clint Smith	33	19:50	72	Asher Gardner	24	21:51				
33	Jimmy Hoffman	33	19:53	73	Michael Kaylen	52	21:52				
34	Kyle Cook	22	20:03	74	Matt Garrison	22	21:53				
35	Dan Sitar	36	20:05	75	J. Glenn Phaup	43	21:58				
36	Dustin Cook	16	20:11								
37	Tim Waid	44	20:11								
38	Scott Rubinstein	40	20:18								
39	Alison Hodgson	28	20:23								



St. Pat's 5K results continued...

101	Lee Lassiter	23	22:50	160	Gregory Cecil	53	24:53	201	Dane Elletson	29	26:04
102	David Mountjoy	52	22:51	161	Mary Ellen Bradshaw	35	24:55	202	Josh Gilmore	24	26:05
103	Hannah Hassemer	19	22:56	162	Erin Bucko	18	24:56	203	Bob Martin	40	26:05
104	Hugh Murrell	41	23:02	163	Austin Luecke	15	24:57	204	James Harrington	33	26:06
105	Karen Grossmann	34	23:03	164	Alejandro Chavez	12	24:58	205	Jason Jokerst	35	26:07
106	Kirk Pickett	32	23:04	165	Austin Dooley	15	24:59	206	Gary Peel	49	26:09
107	Katie Solomon	19	23:05	166	Katherine Harry	15	25:00	207	Rachael Trinklein	22	26:11
108	Matthew Schaefer	31	23:07	167	Will Peterson	27	25:01	208	Thomas Preston	11	26:13
109	Steve Miller	42	23:11	168	Robin Blount	49	25:06	209	Dan Hake	40	26:14
110	Lisa Wells	43	23:14	169	Gabe Dobbins	16	25:11	210	Scott Dunkin	32	26:15
111	Nathan Hanks	9	23:15	170	Rod Stevens	40	25:13	211	Jane Zanol	48	26:16
112	Austin Whitlow	20	23:16	171	Jane Barnes	25	25:19	212	Jenny Blankenship	18	26:17
113	Del Lobb	45	23:17	172	Jay Barnes	27	25:20	213	Julie Rogers	24	26:18
114	Chris Janku	54	23:18	173	Katherine Lee	46	25:23	214	Onawa Lacewell	26	26:19
115	Rockne Corbin	43	23:19	174	Kate Kocyba	26	25:24	215	Rachael Dillon	18	26:23
116	Benjamin Francisco	26	23:22	175	Diana Hubber	38	25:25	216	Teri Walden	42	26:23
117	Ray Buyle	45	23:24	176	Eric Filcoff	25	25:28	217	Jeff Hilbrenner	28	26:24
118	Alen Petty Jr.	41	23:26	177	Matt Fails	24	25:29	218	Michelle Grubicy	15	26:24
119	Rob Perkins	46	23:27	178	Kyle Riley	30	25:31	219	Andrea Wycoff	15	26:25
120	Dan Heaviland	45	23:28	179	Paul Walz	48	25:36	220	Michael Prewitt	56	26:25
121	Edward Baker	47	23:29	180	Adrian Kelly	15	25:36	221	Richard Miller	21	26:25
122	Luise King	23	23:30	181	Kerry Hubble	35	25:38	222	Nancy Truesdell	47	26:26
123	Jerome Venteicher	25	23:31	182	Jay Wright	47	25:39	223	Patrick Preston	11	26:27
124	Richard Wieman	57	23:34	183	Berkley Hudson	55	25:40	224	Jason Lee	33	26:28
125	Matthew Budenholzer	22	23:35	184	Bryan Norton	45	25:42	225	Steven Stuckenschneide	25	26:39
126	Steve Kullman	47	23:36	185	Anna Rorvig	23	25:44	226	Cameron Smith	22	26:40
127	Stephen Parshall	26	23:42	186	Kelsie Shearrer	17	25:47	227	Ricky Shanker	55	26:40
128	Dan Billington	47	23:44	187	Keisey Whittet	14	25:48	228	Trent Magill	20	26:41
129	Tim Freeman	35	23:46	188	Emily Crowe	17	25:50	229	Nicholas Guntli	20	26:41
130	Philip Johnson	49	23:48	189	Michael Cox	13	25:51	230	Nicole Miller	21	26:43
131	Dustin Downing	19	23:51	190	Andrew Heder	24	25:52	231	Gretchen Sun	16	26:43
132	Michael Coy	15	23:52	191	Blaise Pastoret	21	25:53	232	Tiffany Harris	17	26:44
133	Kyle Newland	21	23:55	192	Ryan Norris	34	25:55	233	Travis Arnold	27	26:44
134	Thomas Ragsdell	38	23:57	193	Kenneth Hammann	59	25:56	234	Bailey Goyette	11	26:45
135	Mandy David	47	24:01	194	Dillon Sapp	13	25:57	235	Angie Craig	27	26:46
136	Danielle Ess	34	24:03	195	Alex Holliday	13	25:58	236	Steven Hudson	36	26:46
137	Travis Ballenger	35	24:08	196	Rob Parham	27	25:59	237	Zach Mertens	14	26:47
138	Andrew McCulloch	23	24:10	197	Jenni Shannon	24	26:01	238	Gary Fennwald	55	26:48
139	Kelsey Eckenrode	16	24:12	198	Beth Staelens	18	26:02	239	Meredith Lennek	22	26:49
140	Nichole Hackett	38	24:13	199	Josh Myers	27	26:03	240	Tom Stauder	46	26:50
141	Clark Walters	12	24:16	200	Kyle Tonnies	12	26:04	241	Jeanna Ross	17	26:50
142	Kathy Baker	46	24:19					242	Lindsey Duehren	20	26:51
143	Lauren Meyer	16	24:21					243	Katy David	31	26:52
144	Hank Thomas	37	24:25					244	Joe Goyette	34	26:53
145	Emily Crow	30	24:28					245	Lauren Smith	18	26:54
146	Matthew Loring	19	24:29					246	Rachel Rutter	16	26:55
147	Garry Lumpkins	38	24:31					247	Tom Whelihan	40	26:56
148	Kurt Kennett	39	24:32					248	Angela Garrett	32	26:57
149	Richard Nistendirk	67	24:33					249	Elizibeth Meyr	25	27:00
150	Mark Blount	49	24:35					250	Ben Mamoun	34	27:01
151	Kevin Conn	50	24:36								
152	Mark Lee	50	24:38								
153	Scott Robertson	21	24:40								
154	Joe Goldfarb	66	24:41								
155	Sarah Jacobson	16	24:42								
156	J. A. Johnmeyer	50	24:43								
157	David Webber	55	24:46								
158	Lynn Hagen	37	24:47								
159	Glenn Good	53	24:50								



St. Pat's 5K continued ...

251	Mike McKown	54	27:01	309	Bill Bales	46	28:10	373	Craig Datz	44	29:22
252	Brett Dwyer	35	27:02	310	Zachary Osborn	30	28:11	374	Kenneth Surdin	38	29:27
253	Elizabeth Hendrickson	35	27:04	311	Susan Angelhow	38	28:14	375	Ellen Matheny	18	29:28
254	Amy Spindler	31	27:06	312	Jennifer Welsh	36	28:15	376	Zac Fruits	20	29:29
255	Kenneth McAnally	25	27:07	313	Carolyn Roof	49	28:17	377	Erik Grossmann	37	29:30
256	Susan Salzer	54	27:07	314	Emily Thrasher	24	28:17	378	Beth Maddox	24	29:31
257	Casey Fick	25	27:08	315	John Lyskowski	55	28:18	379	Reagan Maddox	22	29:31
258	Bill Wright	66	27:09	316	Elise Meyer	13	28:19	380	Megan Kelly	12	29:32
259	Katie Seyer	14	27:10	317	Vickie Lyskowski	29	28:19	381	Jill Mackey	50	29:33
260	Michael Goldman	56	27:11	318	Peter Lyskowski	30	28:20	382	Nancy Gay	49	29:35
261	Mary Hooley	57	27:12	319	Gary Deitzel	10	28:20	383	Sharon Bachman	34	29:36
262	Don Ballenger	65	27:13	320	Christopher Ash	31	28:20	384	James Schadt	60	29:38
263	Harbaksh Sangha	36	27:14	321	Rebecca Henegar	16	28:21	385	Luke Walters	11	29:39
264	Scott Sandstedt	32	27:15	322	Robin Gammon	24	28:21	386	Julia Chavez	11	29:39
265	Jaxon Kincaid	33	27:16	323	Rebekah Brown	36	28:22	387	Michael Dieffenbacher	25	29:40
266	Michael Beckett	51	27:17	324	Heather Dale	15	28:22	388	Jackie Verdun	38	29:42
267	Katie Shikles	14	27:18	325	Marie Olson	28	28:23	389	Lezlie Norris	31	29:43
268	Jeff Bridges	34	27:19	326	Amanda Self	22	28:23	390	Emily Smith	25	29:44
269	Phil Sarff	31	27:20	327	Steven Taylor	23	28:24	391	Marcia Kottemann	23	29:48
270	Rosie Stauder	42	27:21	328	Kent Taylor	50	28:24	392	Katherine Casper	23	29:49
271	Philip Dooley	48	27:22	329	Tim McCulloch	52	28:29	393	Ashley Scroggins	22	29:49
272	Ellen Friedman	27	27:24	330	Shawna Victor	28	28:29	394	Kristyn Sanders	36	29:50
273	Peggy Horner	49	27:25	331	Fran Brown	41	28:30	395	Joe Meyer	44	29:50
274	Justin Midyett	32	27:28	332	Rick Wise	42	28:31	396	Adrian Ang	33	29:51
275	Brian Garrett	41	27:28	333	Tony Alioto	56	28:32	397	Bill Brennan	50	29:53
276	Isaac Bradshaw	10	27:31	334	Alexis Payne	31	28:32	398	Marta Simpson	22	29:54
277	Terry Rolan	48	27:33	335	Cecily Haubner	18	28:33	399	Liz Bryan	35	29:54
278	Mary Scott	49	27:34	336	Todd Jarvis	27	28:33	400	Mindy Briscoe	18	29:56
279	Doug Leyshock	49	27:38	337	Marie Kerl	45	28:34	401	Lindsey Hicks	19	29:59
280	Elizabeth Giuliano	38	27:39	338	Tina Ehrhardt	39	28:35	402	Anthony Amos	57	29:59
281	Mindy Travis	28	27:40	339	Stephanie Wolgat	21	28:36	403	Cheryl Lobb	45	30:00
282	Brian Travis	30	27:41	340	Hallie France	20	28:37	404	Nikki Keas	25	30:01
283	Amy Braudis	26	27:41	341	Kimberly Alderson	35	28:38	405	Jan Ivey	47	30:01
284	Dearld Snider	34	27:42	342	Bimmy Shukla	24	28:42	406	Kenny Bader	45	30:04
285	Kara Brown	20	27:43	343	George Mazurak	53	28:42	407	Michelle Kliethermes	40	30:06
286	Sam Mulholland	12	27:43	344	Ethan Kelly	22	28:43	408	Margie Bunch	42	30:07
287	Tori Summers	41	27:44	345	Kelsey Reimler	15	28:44	409	Michelle Motley	47	30:08
288	Amy Davis	31	27:45	346	Beau Reiske	15	28:45	410	Troy Mueller	33	30:09
289	Pete Pinkerton	32	27:46	347	Kayla Hauck	14	28:45	411	Christopher Radcliffe	29	30:10
290	Terry Roberts	28	27:47	348	Harold Deckerd	51	28:46	412	Coty Schrieman	34	30:12
291	Charla Hecker	32	27:50	349	Christina Loehnig	20	28:46	413	Katherine Crane	15	30:15
292	Bethany Naughton	32	27:51	350	Pam Mulholland	36	28:46	414	Cindy DeBlauw	42	30:17
293	Ronny Richardson	38	27:52	351	Beth Hartley	40	28:47	415	Lauren Lang	21	30:18
294	Catherine Martin	33	27:54	352	Eric Phelps	36	28:48	416	Brian Pavey	33	30:20
295	Larry Burr	45	27:55	353	Cheryl Silverstein	24	28:49	417	Abbie Hodill	26	30:22
296	Paula Wilson	45	27:56	354	Paul Maxwell	49	28:52	418	Jordyn Sharp	18	30:23
297	Tracy Thompson	36	27:58	355	Amanda Heeren	26	28:53	419	Lyndsay Wise	28	30:25
298	Amber Shelby	21	27:59	356	Matt Heeren	29	28:53	420	Casey Sachtleben	23	30:25
299	Jim O'Dell	63	28:00	357	Gary Klein	44	28:54	421	Jenna Van Doren	23	30:26
300	Shannon Dietzel	35	28:00	358	Anna Alioto	13	28:54	422	Tara Garcia	30	30:26
301	Sally Lindsay	52	28:01	359	Lyndsey Hodges	24	28:55	423	John Yonker	60	30:28
302	Kara Stowers	28	28:06	360	Thomas Reilly	41	28:56	424	Luciana Barchesi	23	30:30
303	David King	53	28:07	361	Paulette Thorne	25	28:57	425	Becky Llorens	50	30:31
304	Jodi Bales	40	28:07	362	Heidi Riedel	23	28:58	426	Adam Davis	30	30:32
305	Terry Robb	52	28:08	363	Caitlin Dulle	14	28:59	427	Scott Smith	35	30:33
306	Liesje Myers	39	28:08	364	Lauren Orscheln	15	29:00	428	Michele Bower	34	30:33
307	Graham Ratermann	9	28:09	365	Melissa Freeman	31	29:00	429	Elizabeth Conrow	28	30:34
308	Linda Harris	50	28:10	366	Kelley Green	25	29:02	430	Randy Hodill	52	30:35
				367	Andrea Canagasaby	25	29:04	431	Marcela Chavez	43	30:37
				368	Kyle Farmer	28	29:09	432	Katherine Rudstrom	27	30:38
				369	Joshua Hevel	28	29:10	433	Jessica Malter	25	30:40
				370	Gwenna Peters	49	29:12	434	Candace Reed	24	30:41
				371	Stephanie Darr	25	29:14	435	Andrea Morse	26	30:42
				372	Beth Billington	41	29:18	436	Doug Hamilton	29	30:43
								437	Emily Hamilton	28	30:44
								438	George Swisher	35	30:45
								439	Andrew Beckett	15	30:45
								440	Karen Young	33	30:46

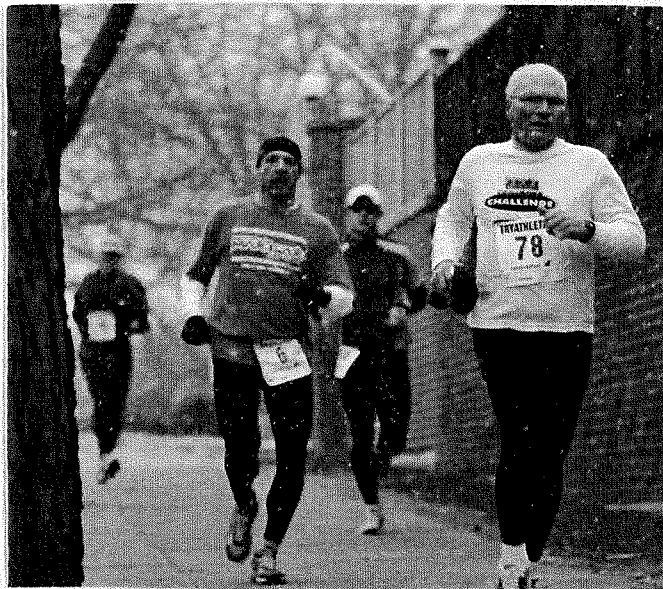
*St. Pat's 5K continued...**Photo by Alex Grigsby*

441	Adam Ligon	20	30:47
442	Diane Mountjoy	51	30:48
443	Miranda Bamberg	14	30:49
444	Robby Schmidt	9	30:50
445	Bonnie Baker	45	30:55
446	Preston Sights	49	30:56
447	Joe Duncan	72	30:58
448	Jeff Brotherton	28	31:00
449	Barney Sword	75	31:01
450	Karen Reider	45	31:02
451	Chrissy McCartney	34	31:05
452	Laura Wells	66	31:07
453	Marisa Sherbo	27	31:08
454	Joey Koetting	10	31:10
455	Cory Ketchum	10	31:12
456	Lindsey Friedberg	25	31:13
457	Meggan Cowan	27	31:14
458	Nancy Shaw	44	31:16
459	Rachel Robison	33	31:16
460	Adrienne Fick	25	31:18
461	Denise Swenson	54	31:19
462	Darran Alberty	33	31:19
463	Kristin Swenson	25	31:21
464	Karen Schmidt	43	31:22
465	Vanna Teschner	54	31:22
466	Mark Dietzel	38	31:24
467	Andrea Dietzel	12	31:25
468	Laura Noren	51	31:32
469	Sami Baugher	9	31:34
470	Patrick King	10	31:35
471	Alex Jones	9	31:36
472	Natalie Stark	37	31:37
473	Jessica Cooper	20	31:52
474	Zach Holliday	20	31:53
475	Melody Adams	20	31:54
476	Leslie Huston	37	31:55
477	Jennifer Luth	28	31:56
478	Jeff Blumer	29	31:57
479	Morgan Tyler	26	31:57
480	John Zanol	47	32:00
481	Shannon Donohue	21	32:01
482	Myoung Kaylen	40	32:02
483	Jess Newkirk	61	32:03
484	Teri Christiansen	32	32:03
485	Christina Morian	46	32:05
486	Katy Burch-Hudson	14	32:07
	Elizabeth Burch-		
487	Hudson	10	32:07
488	Aubrie Cornell	11	32:08
489	Georgia Morehouse	73	32:09
490	Melanie Pence	30	32:10
491	Gene Devore	34	32:13
492	Stephanie Crooks	25	32:14
493	Meg Gray	44	32:17
494	Janet Brandt	55	32:21
495	Nancy Foss	46	32:27
496	Mary Newman	22	32:28
497	Kourtney Lance	21	32:29
498	Sonny Conrow	29	32:30
499	Angela Gaba	35	32:30
500	Jennifer Thompson	33	32:31

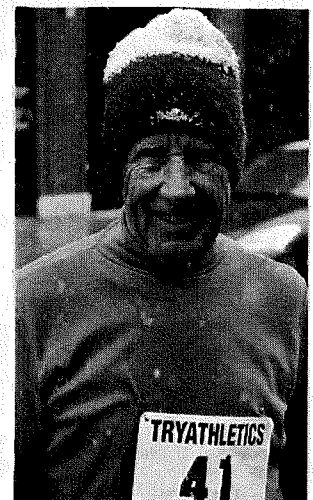
501	Brandy Taylor	25	32:33	544	Julie Stansfield	43	33:47
502	Jed Taylor	27	32:34	545	Sally Brunott	23	33:47
503	Jason Bradshaw	34	32:36	546	David Cross	53	33:49
504	Kelly Preston	13	32:39	547	Deborah Hanuscin	33	33:50
505	Sarah Janicek	29	32:40	548	Ella Ingram	31	33:51
506	Dan Dasho	56	32:43	549	Christine Staelens	46	33:53
507	Zoe McDermit	11	32:53	550	Terrie Woodsmall	56	34:00
508	Judi McDermit	41	32:54	551	Dana Livsey	53	34:01
509	Christa Leake	20	32:57	552	Susan Jansen	48	34:13
510	Kaitlin Kuhl	21	32:58	553	Joan Asbee	54	34:15
511	Dan Obrecht	41	32:59	554	Mark Stevenson	57	34:30
512	Craig Lycke	33	33:00	555	Spencer Linder	10	34:31
513	Jay Kacena	53	33:01	556	Leo Ewing	9	34:32
514	Amy McKenzie	30	33:03	557	Amy Ewing	33	34:33
515	Candance Gabel	48	33:04	558	Kerri Linder	39	34:46
516	Kelli Schmidt	16	33:05	559	James Linville	51	34:47
517	Kelsey Konrardy	15	33:07	560	Rebecca Roesslet	34	34:48
518	Whitney Zitsch	17	33:09	561	Megan Hoyt	28	34:49
519	Lauren Kelly	17	33:14	562	Bret Loudermilk	47	34:50
520	Amber Snider	34	33:15	563	Julie Maledy	48	34:51
521	Jalonna Enos	23	33:16	564	Emily Kuschel	27	34:53
522	Mark Dodds	29	33:17	565	Beth Brumback	25	34:54
523	Pamela Crowley	45	33:19	566	Craig Steinkamp	23	35:00
524	Mark Smith	46	33:20	567	Emily Riddle	29	35:03
525	Nancy Shikles	44	33:20	568	Seth Henry	23	35:04
526	Paula White	34	33:21	569	Tim Petty	38	35:09
527	Rachel King	27	33:22	570	Kathryn Schmidtke	34	35:12
528	Nancy Dietz	42	33:23	571	Zach Croy	20	35:13
529	Dawn Browning	23	33:24	572	Sara McDaniel	26	35:20
530	Lindsay Summers	22	33:25	573	Philip Wood	66	35:23
531	Nancy Yaeger	35	33:26	574	Paul Rorvig	55	35:25
532	Michelle Twitty	35	33:27	575	Vickie Rorrig	50	35:26
533	Jennifer Hays	26	33:28	576	Susie Adams	41	35:32
534	Annette Humphreys	44	33:29	577	Emily Wright	13	35:32
535	Karen Roberts	38	33:33	578	Stacie Anderson	35	35:34
536	Lindsay Guthrie	22	33:34	579	Chandler Anderson	10	35:35
537	Beth Steele	43	33:35	580	Emily J. Smith	13	35:35
538	Heidi Walter	34	33:36	581	Julia Alexander	47	35:36
539	Bonnie Conley	45	33:42	582	Della Bell	37	35:36
540	Powell Yaeger	12	33:43	583	Rachel Tinsley	31	35:37
541	Judith Lefevre	52	33:44				
542	Michael Lefevre	53	33:44				
543	James Kirkpatrick	35	33:45				

St. Pat's 5K continued ...

584	Brian Gorden	40	35:37	645	Rhonda Young	41	39:05	689	Sharon Cornelison	58	43:04
585	Brandt Gorden	12	35:37	646	Ogden Thomas	46	39:12	690	Patricia Kelley	36	43:09
586	Molly Dejong	11	35:38	647	Jamie Meyer	30	39:13	691	Bill Clark	52	43:16
587	Brianna Dobbins	10	35:39	648	Deanna Phillips	44	39:13	692	Makayla Sasse	12	43:18
588	Larry Fick	65	35:46	649	Jennifer Harvey	31	39:14	693	Susan Glass	33	43:19
589	Rebecca Miller	32	35:52	650	Allison Brown	15	39:39	694	Phyllis Weter	44	43:20
590	Leslie Schneider	51	35:54	651	Alysson Giles	11	39:40	695	Anita Pingel	48	43:27
591	Keith Huether	45	35:56	652	Elizabeth Suhler	12	39:40	696	Chris Hughes	29	43:44
592	Connie Ess	58	36:02	653	Gary Giles	62	39:41	697	Mandy Trainer	25	43:47
593	Jackie Beary	46	36:03	654	Phillip Vinyard	50	39:42	698	Beth Riggert	37	43:49
594	Brendan Fish	9	36:06	655	Vicki Ott	53	39:45	699	Gail Tweeddale	47	43:51
595	William Fish	46	36:07	656	Laura Detert	43	39:49	700	Cheryl Nelson	44	43:52
596	Susan Greenfield	42	36:15	657	Pat Keas	47	39:52	701	Susan Williams	53	43:54
597	Doug Mertens	44	36:28	658	Nancy Sweezer	52	39:53	702	Gina Johanning	41	43:56
598	Emily Mertens	9	36:29	659	Alexis Brown	17	39:56	703	Harriet Yelon	53	44:09
599	Marvin Van Leer	70	36:32	660	Steven Osterlind	60	39:58	704	Sara Stone	45	44:22
600	Marla Wilcox	52	36:34	661	Turner Reed	10	40:00	705	Lindsay Ketchum	24	44:26
601	Cara Weishaar	27	36:35	662	Amanda Reed	31	40:02	706	Dawson Croom	6	44:51
602	Michaela Britt	31	36:47	663	Linda Huether	46	40:03	707	Scott Croom	33	45:01
603	Valerie Harre	39	36:52	664	Jessica Otterbacher	29	40:06	708	Katie Singuefield	26	45:15
604	Destiny Thomas	29	37:09	665	Dustin Duff	10	40:08	709	Amber Sparks	28	45:16
605	Michelle Crowe	32	37:10	666	David Duff	46	40:09	710	Breck Frerking	26	45:17
606	Edward Schumacher	53	37:11	667	Tonia Harbour	34	40:17	711	Dennis Frerking	58	45:18
607	Sarah Justice	30	37:17	668	Lewis Mead	76	40:40	712	Mickie Trim	34	45:25
608	John Kitchens	29	37:20	669	Barry Kausler	45	40:46	713	Nikki Reynolds	27	45:25
609	Nicole Paxton	28	37:21	670	Sheila Kausler	40	40:52	714	Pam Grace	41	45:34
610	Raymond Paxton	40	37:22	671	Michelle Aholt	19	41:03	715	Kimberly Figg	31	45:46
611	Elizabeth Tomicki	69	37:28	672	Anna Provin	21	41:05	716	Meagan Hevel	30	45:47
612	Linda Vogt	59	37:29	673	Larry Glabe	54	41:06	717	Cecilee Brown	20	45:47
613	Katherine Cummins	25	37:36	674	Scott Boyd	45	41:10	718	Julie Brown	46	45:48
614	Armine Alioto	53	37:36	675	Erin Daniels	27	41:11	719	Sharon Mills	55	45:58
615	Ken Hirlinger	56	37:39	676	Candice Erwin	26	41:12	720	Brenda Coffman	54	46:00
616	Brandi Chick	32	37:41	677	Brenda Forsee	53	41:13	721	Amy Steffen	29	46:08
617	Nancy Giofre	44	37:42	678	Leroy Sharp	73	41:17	722	Stephanie Flagg	29	46:20
618	Rebecca Allen	36	38:04	679	Marilyn McCreary	61	41:38	723	Kathy Tate	38	46:21
619	Andrea Diggs	29	38:05	680	Lauren Moyer	12	41:53	724	Michelle Dobbins	40	46:22
620	Kabe Moen	26	38:06	681	Kim Moyer	44	41:54	725	Louese Kirk	57	46:45
621	Kelly Carney	29	38:11	682	Rebecca Perkins	40	41:57	726	Margaret O'Toole	25	46:48
622	Elsie Allison	40	38:14	683	Nikki Hahn	28	42:00	727	Jana Ricker	32	46:50
623	Barbara Nixon	54	38:16	684	Alex Stark	9	42:06	728	Anna Wright	10	46:52
624	Marvin Morris	45	38:19	685	Joe Bayer	39	42:08	729	Bethany Abeln	39	46:53
625	Suzanne Lenz	36	38:25	686	Debra Buchman	44	42:24	730	Kierston Abeln	11	46:55
626	Andrea Allen	60	38:30	687	Susan Felten	54	42:25	731	Lanet Wisner	34	46:58
627	Tom Ratermann	43	38:32	688	Ami Romero Perez	25	43:01	732	Theresa Rohlfing	53	47:00
628	Rebecca Venteicher	26	38:33								
629	Sarah Kammeyer	12	38:34								
630	Aretta Terry	25	38:35								
631	Julie Clark	33	38:37								
632	Amy Wilson	36	38:39								
633	Kate Messner	26	38:40								
634	Beth Farber	38	38:40								
635	Karen Buyle	45	38:41								
636	Erin Little	25	38:41								
637	Christine Sedgwick	35	38:48								
638	Leslye McCarty	36	38:49								
639	Vera Reichlin	30	38:51								
640	Don Johnson	78	38:55								
641	Jeanette Forbis	46	38:57								
642	Kelly Howe	27	39:02								
643	Chris Howe	27	39:03								
644	Jon Kruse	39	39:04								

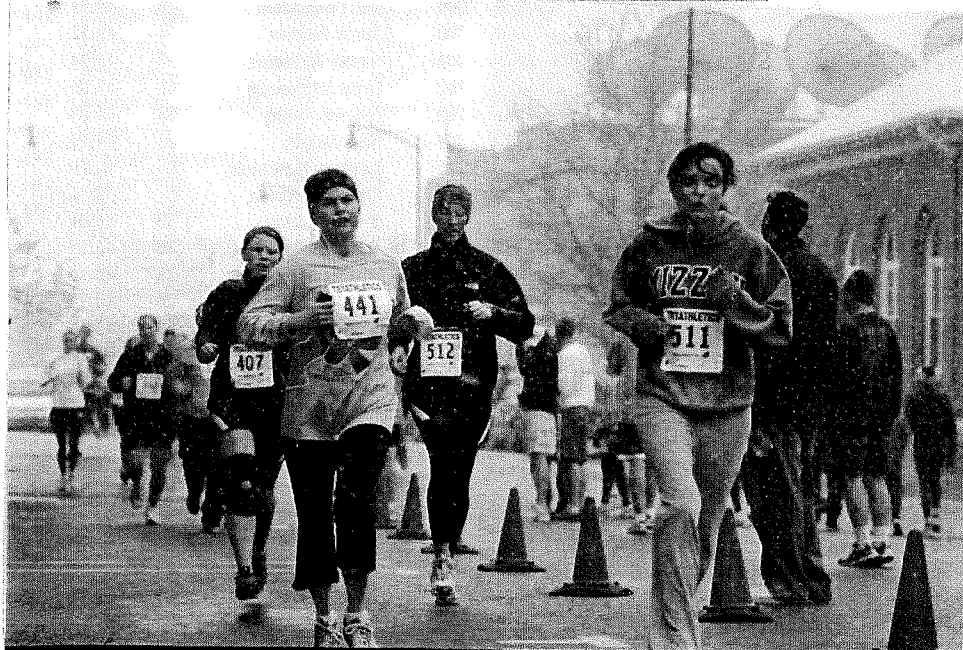


Photos by Alex Grigsby



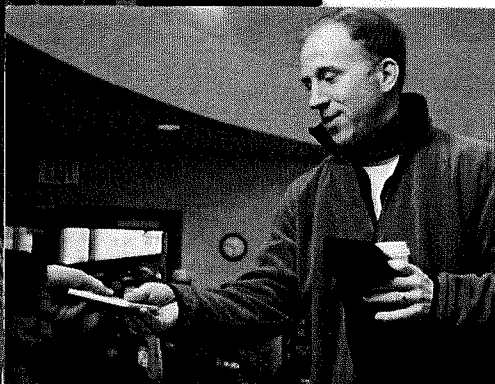


*St. Pat's 5k
Conclusion
thanks to
Alex Grigsby
for the photos*



733	Jacquelyn Ward	31	47:01
734	Maggie Yoest	51	47:03
735	Milbre Burch	53	47:05
736	Mary Wilson	52	47:07
737	Mary M. Newby	59	47:27
738	Christine Litwiller	49	47:33
739	Michelle Cecil	49	47:41
740	Lily Hubber	12	47:49
741	Kelsie Maledy	15	48:18
742	Elisa Franklin	44	48:19
743	Laura Davis	32	48:21
744	Cinnamon Hulett	36	48:30
745	Loren Hulett	38	48:31
746	Jill Harper	22	48:43
747	Amy Walker	20	48:44
748	Pamela King	50	48:45
749	Lois Anderson	58	48:46
750	David Crooks	52	48:47
751	Andi Baker	20	48:48
752	Greg Cupp	43	48:48
753	Brenda Baker	46	48:49
754	Angela Ligon	40	49:02
755	Jeffery Ligon	43	49:04
756	Sharon Boland	42	49:35
757	Paula Heaviland	46	49:36
758	Chris Diggs	47	49:37
759	Craig Diggs	51	49:37
760	Recille Norris	28	49:39
761	Jill Naybors	29	49:41
762	Tiffany Hughes	28	49:42
763	Joe Faber	67	49:54
764	Mary Lamberson	49	49:56
765	Julie Intveld	30	49:57
766	Marlee Walz	49	50:45
767	Gretchen Schulz	41	51:14
768	Julie Dougherty	40	51:15
769	Lauren Schulz	10	51:15
770	Robyn Hopper	33	51:41
771	Becky Byrd	33	51:42
772	Dottie Heibel	65	52:03
773	Rachel Fei	29	52:28
774	Jennifer Keyzer-Andre	27	52:33
775	Shawna Mabe	32	52:53
776	Krista Hughes	29	52:56
777	Tiffany Walker	29	53:07
778	Gus Aslanidis	27	53:28
779	Sarah Aslanidis	27	53:31
780	Diane Anderson	60	53:59
781	Diane Suhler	58	54:46
782	Kathleen Keaveney	20	54:47
783	Nick Suhler	12	55:06

DNF 81 entrants



Why Runners Should Strength Train

When asked to picture weight lifters, we tend to think of football players with thick necks and bulging biceps. While this stereotype is sometimes accurate, more and more distance runners are appreciating the benefits of strength training. Why? Four simple reasons: 1) strength training can correct muscle imbalances and counter bio-mechanical flaws in our stride, 2) stronger muscles are more injury resistant, 3) stronger muscles help you maintain proper form for longer periods of time, and 4) stronger muscles are just plain better. Let's look at each reason in more detail.

We runners tend to have ridiculously strong hamstring muscles, yet they can become so strong that they overpower our quadriceps. Strong hamstrings are a good thing since this is the major muscle group used to propel us forward, but weak quads can lead to knee, hip and back problems. Running requires us to push forward, and this usually isn't a problem in the short-term, but over time, and over longer and longer distances, as our hamstrings tire and fatigue we start to depend upon our quads to take up the slack and pick our legs up. Strong quads make this happen. Think back to your last long run- anything over 15 miles- and chances are your quads gave out sooner than your hamstrings.

The stronger the muscle, the less likely it is to be injured from impact trauma, fatigue and over-use. The key to effective training is to be consistent, and miles missed cut into this consistency, so the benefits of increased injury resistance should be pretty obvious. Also, each step produces pressure that is approximately three times our body weight so an unstable knee, for example, is an injury waiting to happen. In addition to stringing together several days, weeks and months of effective training, having stronger muscles also allows us to run stronger during the latter miles of a long run or that final mile repeat.

Running with proper form is easy in the beginning of a run, but after two hours most anyone begins to slouch, after their stride and generally fall apart. Ironically, the upper body- the shoulders, back and arms- often give distance runners more grief than the legs, the result of weak, fatigued muscles lacking the endurance necessary for running long distances. Strength training can help you hold proper form longer and make your runs not only more effective but more enjoyable.

Muscle strength can be defined as either power (the ability to move an object) or endurance (the ability to repeatedly move an object), and strength training can help distance runners develop better muscle endurance. Now that we've discussed why you should strength train, we'll talk about how distance runners should strength train in the next issue.

Columbia Track Club member Chris Hayday has completed nine marathons- so far- and is a personal trainer at Wilson's Total Fitness. For more information, contact him at 234-2492 or chayday@wilsonsfitness.com.



Want a 5k PR this spring? A marathon best in November? Want to be coached for FREE?

This is local Columbia resident Jose Miranda telling you about a wonderful opportunity with the Columbia Track Club! This opportunity is open to runners of all ability levels, from the recreational racer to the elite athlete. Starting ASAP I would like to volunteer coach a few runners in the club before reaching USATF Level I certification in June.

My credentials @ Elizabethtown College (PA):

2004 NCAA Division III All-American (XC)

2001, 2002, 2004 NCAA Division III Cross Country Championships Qualifier

2003, 2005 NCAA Division III Outdoor Track & Field Championship Qualifier

2002 USATF Junior National Championship Qualifier (10000m, 14th)

PR's:

1500m: 4:06

6k XC: 18:56

3000m: 8:45

8k XC: 25:16

5000m: 14:44.82

10000m: 30:17.63

Once again, this is a **volunteer opportunity free of charge!** Athletes taking advantage of this opportunity will receive **unlimited e-mail and phone consultation** working towards a goal of maximum achievement! **Anyone can take advantage! The choice is yours!**

If you are interested, contact Jose Miranda:

e-mail: jmz52@mizzou.edu

phone: 573-875-0261

HIDDEN AGENDA

by Jim Linville

Some of you know that I am the race Director of the *Cig's Race* which is coming up April 7th. This is the second annual Cig's Race and already I get a lot of, "*What does CIGS stand for?*" and "*What is the Cig's Race about?*" If you know me, you might think about the fact that I am a smoking cessation facilitator. You might think I have an agenda about drumming up some business for my cessation classes. Hey, not a bad idea. I would love it if it would work out that way. But, seriously, that is not why I do the *Cig's Race*.

If you know me, you may think about my familiarity with 12 step programs. There is one out there for each and every one of us. As you can imagine I am doing my best to help see to it that Columbia has a Nicotine Anonymous chapter of its own. You might think my agenda is to connect newcomers to the sub-culture of Nicotine Anonymous. Again, this is a great idea. I am all for that, (if you know anyone that needs it just send them my way). But, no that's not what my agenda is.

The Cig's Race is a unique event. It is the only race that I know of that features a health fair. This year we



are having booths from MU Healthcare, such as Fit For Life and the Health Connection. The Mayor's Council On Physical Fitness & Health will be there as well as the American Lung Association. Don't miss the opportunity to get a massage from the Missouri Sports Massage Team. You saw them at the Heart of America Marathon, so you know they are good.

The other thing that makes the *Cig's Race* unique is the thing that first gave me the idea.

Having been a smoker for 40 years before starting to run these events we have here in Columbia, you guys trounced me. I only place when none of you show up. I go out of town to find events you guys aren't in. Many times I thought I would like to compete only with my peers. You'll notice on the Cig's Race registration form you are being asked if you are a smoker, ex-smoker or non-smoker. This way, ex-smokers and smokers can compete to see "Who is the healthiest Smoker," and "Who is the fastest Ex-smoker." These are questions we have wanted an answer to for years.

That is the premise for the *Cig's Race*, but still, that is not my agenda. That is not what motivates me for another year of sleepless nights and long days preparing for this event. Here it is: this is how I stay stopped smoking myself. What I learned from 12 step programs is, "you only get to keep what you give away." The one that comes up to me and says, "I thought of you the other day. I wanted a cigarette so bad. But I didn't want to register for your race as a smoker this year." That motivates me. That keeps my butts out of the ash-tray. That is the hidden agenda. I do it for me!



2007 Columbia Track Club Schedule

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

3/7-5/23	6 pm	Track Workouts (all ages and speeds welcome) Every Wednesday night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
4/7	8 am	CIGS 4 mile and Health Fair	\$20	Jim Linville, linvilleJI@health.missouri.edu	Quarter Deck Lemone Industrial Blvd.
4/17	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kevin Tyler, 573-682-5207 Dick Hessler, 874-2906	Hickman Track
4/21	6 pm	Show-Me Stampede 5k Entry fee also covers the Show-Me State Games 5k on July 29	\$20	Tina Lehman, 441-2956	Reactor Park
5/12	8 am	Joe Marks Memorial HUMAN RACE XXIX 5 Miles 12 and under 5 Miles Mayor's Mile (5-12yrs no fee)	\$20 \$10	Randy Gay, 814-2627 or 815-3706	Rock Bridge High School

From a CTC Scholarship Founder:

Reading the most recent newsletter I was absolutely delighted to see Joe Duncan's recap of the CTC Scholarship Fund, and to think that Dave & I had a bit of a hand in this. But I also recognize that lots of other people have been highly involved, and especially Joe Marks, who unfortunately also died.

I hope each student has been able to be more successful, academically, due to the dollars that came their way from all of this. I am convinced that every mind possible needs to be prodded toward every potential in life.

Please give my thanks to everyone involved and continue to encourage exercise of both body and mind!

Joyce Schulte, from Iowa

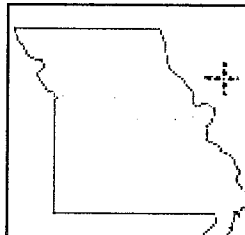
Congrats to Amina Shelton! Aminos' 4 feet, 11 3/4 inches in the high jump at the MU All-comers meet was the best indoor jump of the year for girls born in '93 or later (at 13, she is believed to be the youngest female to ever jump that high indoors. She is in the 13-14 age group).

Welcome New CTC Members

Jeanette Forbis	Columbia	Tom Ratermann	Columbia
Gasper Family	Columbia	Karen Reider	Columbia
Bob Martin	Columbia	Steven Osterlind	Columbia
George Mazurak	Columbia	Mary Scott	Rocheport
Janene Sun	Columbia	David Tippet	Columbia

CTC Missouri Series rankings as of March 17, 2007

- | | |
|-----------------------|-------------------------|
| 1. Philip Schaefer | 11. Alison Hodgson |
| 2. Lisa Wells | 12. Matt Dreier |
| 3. Hugh Emerson | 13. Christina Morian |
| 4. Andy Emerson | 14. Marc Keys |
| 5. Richard Nistendirk | 15. Jaira Grathwohl |
| 6. William Stolz | 16. Ann Moreton |
| 7. Andrea Allen | 17. Griffin Humphreys |
| 8. Steve Kullman | 18. Oscar Chavez |
| 9. Tom May | 19. Joe Goldfarb |
| 10. Brett Barton | 20. Mary Ellen Bradshaw |



For Out-of-Town Events

see the CTC website
at:

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



COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872
Columbia, MO 65205

FORWARDING SERVICE
REQUESTED

Non-profit organization
U.S. Postage
PAID
Columbia, MO
Permit #226

Joe Duncan
2605 Chapel Wood Terrace
Columbia, MO 65203-5714

0712

65203-5714 0055

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

P.O. Box 1872

Columbia, MO 65205

_____ \$20.00 dues