COLUMBIA TRACK CLUB News

Volume XLI No. 2 February 2008

Congratulations to our 2007 Serial Competition Winners!

Front row: Alex Chavez (10th), Brett Barton (4th), Bill Stolz (9th), Oscar Chavez (7th). Back row: Hugh Emerson (5th), Andy Emerson (3rd), Tom May (1st), Phil Schaefer (2nd), Steve Kullman (8th). Not pictured: Jaira Grathwohl (6th), she was ill.

2007 was a banner year for the Serial Competition. Competition was spread out over 19 races as a point total for each runner based on their proportion of the winner's speed (male or female winner) was amassed in a cumulative total from race to race. Our winners ranged in age from 13 to 54. Competition was fierce as Andy Emerson assumed the early lead, then Phil Schaefer snatched it for awhile, and finally Tom May kicked it in and won the title. Special recognition to Hugh Emerson, the only runner to compete in all 19 races in the 2007 series. The 2008 season will be done a bit differently as Ron Hindley , the inventor of the computer program we use, creatively put in some flexibility. Only each runner's top ten performances, as measured by their individual point totals, will count. This will give runners the flexibility to pick and choose races instead of feeling like they have to run in every race in order to stay in the competition. It will be interesting to see how this new version of the serial competition plays out this year. Thanks to Ron Hindley who developed the program, Hugh Emerson who has taken on the intricacies of running our results through the program in expert fashion, Linda LaFontaine, who has given constant support in many ways to the whole effort, Steve Stonecipher -Fisher for making a generous donation to the serial competition awards, and to Tom Allen and race organizers for compiling the results that Hugh put to good use. Our 2008 season is well underway so hopefully we'll all have a good healthy racing season. Good running everyone.—*Kevin Tyler*

Upcoming Events

Check website calendar for info on these and other events:

February 27
Wednesday Track Workouts
(every Wednesday 2/27—11/26)
MU Walton Track Stadium
5:30 pm - 6:30 pm

March 1
Run with the Eagles 5K
9 am - E Pavilion Albert-Oakland Park
entry enclosed
serial competition event

March 15
St. Pat's Day 5K
8 am - North side Courthouse Square
Certified Course
USATF Code #MO07062BG
DAG Timed by Fleet Feet
entry enclosed
serial competition event

March 22
Sedalia Half Marathon
9 am- Skyline Elem. School, Sedalia
See website calendar for details

April 5
CIGS 4 Mile & Health Fair
9 am - Lemone Industrial Blvd
(Health Fair 8 am—noon)
Info on page 7
serial competition event

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Yellow Calendar CORRECTIONS
Date change:
Smokin' Chick's BBQ 5K is July 12th
see page 11 for info and race updates

CTC Joe Marks Scholarship
Applications due March 21
See info on page 6

25 years ago

Looking Back

By Joe Duncan

February 5, 1983: 5,000 Meter Nut Race, Research
53 hard-core nuts raced in awful conditions, 28 degrees, snowy and slippery, led by Dick Hessler in 17:58, then Mark Hosler, now a physician in Cape Girardeau, with 18:00. Others: Don Lewis 18:43, Mark Volek 19:08, Dean Baxter 19:40, 1st female Milene Mittelhauser 20:04, Peter Hessler, 13, 20:17, Tom LaFontaine 20:47, Bob Dolphin, 53, 21:27, Turk Storvick, 54, 21:44, Joe Duncan 21:48, Chris Ruble 22:02, Amy Hessler 24:32. Rob Spier walked in 34:48.

February 19, 1983, 15,000 Meters, Rt ZZ course, a spring-like day, 46 runners, 3 walkers: 1. Bob Goodrich 52:37, Norm Stebbins 55:00, Hessler 57:11, Lewis 57:37, Whitney Hicks 58:05, Joe Marks 58:23, Volek 58:36, Dru Dixon, now a physician in West Plains 59:13, 1st female Liz Bulman 1:00:34, Mike Koose 1:03:37, Storvick 1:04:30, Ruble and Jill Stalhut (Murphey), now a Columbia physician, 1:07:52, Duncan 1:10:42, Mark Young walked in 1:22:51, Spier 1:42:17 and Bill Taft, 67, (which makes him now 92 and still going) 2:03:46 . Don Lewis, Kathy Cain and Race Director, Tom LaFontaine, hosted a great post-race breakfast at the Lewis digs.

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-

Webmasters: Hugh and Andy Emerson
CTC web site: http://ctc.coin.org/

Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

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6307 S. Old Village Rd., Columbia, MO 65203
Ph: (573) 442-2581 email: linlafontaine@aol.com

From our President. . .

So, how long are your telomeres? It could be an indicator of how old you really are, not how old you chronologically are, according to recent research summarized in the Columbia Daily Tribune, Jan. 30. Telomeres are "caps" at the ends of DNA strands. They prevent our DNA from unraveling. Young people have longer telomeres than older folks. As we age, our telomeres shorten, and without adequate caps, our DNA begins to fray and unravel. Cells with fraying DNA shut down and disintegrate. As our bodies shut down more and more cells, we become old. It's inevitable. But here's the good news: ***Exercise has an impact on maintaining long telomeres.***

The source study, by Lynn Cherkas, et. al, is published in the *Archives of Internal Medicine*, 2008;168(2):154-8. Part of this research involved a large twin study — twin pairs where one twin exercised and the other did not. Heavy exerciser twins (more than 3 hours a week in vigorous activity such as running) had longer telomeres than their sedentary twin. Another analysis of Cherkas's database revealed that heavy exercisers had telomeres as long as sedentary folks 10 years younger. Yes, 50 is the new 40, 40 the new 30, and so forth, if you run.

So there you have it. Another reason to run. Got to maintain those long telomeres.

See you down the road! - Linda

Time to renew your CTC membership!

Don't miss a single newsletter —

Renew your CTC membership today!

Membership is yearly and runs from January thru December. However, if you joined in November or December, you're good for the next year. Thanks for supporting CTC!!!

CTC membership count: *currently 265 dues paying households. A household can include spouse or significant other, and family members. Many households have 2 or more active members. Total active members is ??? Thanks for your support!*

CTC Runner Profile

Tom May

Age: 41

Overall PR		
Distance	**Time**	**Year**
5k	16:18	1986
10k	34:00	1995
13.1	1:18:25	1995
26.2	2:47:40	1998

Masters PR		
Distance	**Time**	**Year**
5k	17:51	2007
10k	38:21	2007
13.1	1:24:10	2007
26.2	2:56:19	2007

How long have you been running? I started running in 1979 during the running boom of the late 70's. Growing up in Sedalia there were a lot of road races and a lot of people to run with. I have ran off and on since then. I took a pretty good break after we had kids and a new life as a Masters runner has got me hooked again.

Who are your running influences? I ran a lot of youth track races as a kid and dreamed of having the kick of an Ethiopian named Miruts Yifter, the guts of Alberto Salazar, the coolness of Bill Rogers, and the VO2 max of Frank Shorter. I got to watch Steve Fisher in his prime as well as running races in high school against a guy named Joe Falcon that became one of the fastest American's ever in the mile. My best friends Max Lewis and Darrin Young have made running fun over all of these years. I also have my kids to prove that the old man is not all washed up yet.

What race do you enjoy the most? No question, I love the challenge of the marathon. The mental and physical preparation that is involved to bring it all together on one day is a lot of fun. I have ran 10 marathons now and every one of them have been a different experience. The biggest thrill is making it to the finish line and doing it. You don't have to be the fastest person in the race to feel that accomplishment that you have pushed your mind and your body past the barriers. The power of faith and a positive mental attitude that comes from that accomplishment is pretty rewarding.

What is your weekly mileage? On average I run about 45 miles per week and max out about 65 miles per week when training for a marathon.

What do you like about running in Columbia? I really enjoy the running groups that I train with during the week. The Tuesday/Thursday running group is great for all abilities and they are very encouraging to everyone. I also love my long runs on Saturday mornings with the Long Run Lunatics. Brett Barton schedules the distance, time and place and we show up and run. It is important to have a group that you can be accountable to and have that extra piece of encouragement.

What has running meant to you? Running has brought a lot of joy to my life. The friends that I have shared miles with over the years are cherished. Life has taught me that running is a gift that should not be taken for granted. When my best friend Max, that ran side by side with me for years, suffered a broken neck in a diving accident, running became tough. Max continues to inspire me to keep going and use my gift and enjoy every day and every workout. Races, like life, do not always go the swiftest but to those that keep on running.

What are some of your running accomplishments? Not many people know that I was part of a 2 mile relay team that represented Mid Missouri at the 1984 AAU Junior Olympics where we placed 4th as a team and I ran my fastest 800 in 2:00. What I would give to have ran 1 second faster!

Recently I finished 2nd in my age group at the Columbus Marathon last fall. But I had a lot of fun this past year winning the serial competition with the CTC. In looking at my runners log, I ran 26 races last year and most all of the Columbia events. I want to thank all of the volunteers that supported those events, we could not run them without you.

What are your goals? I want to continue to try and work on my master pr's but the one shot I have at breaking an existing pr is the marathon. Hopefully endurance can overcome the lack of speed and I can take a shot at it. I also want to run some of the marathons that I have dreamed of running like New York City. Above all else I want to stay healthy and keep on running.

Tell us something about yourself: I have been married to my wife Robin for 13 years and we have two kids, Madison and Matthew. Robin ran her first marathon in Columbus last year and sharing that moment at the finish line with her was just as precious to me as the birth of our kids. She has followed and supported me and seeing her accomplish finishing her own marathon was incredible. The kids keep me involved in coaching and watching everything from soccer, baseball, softball, swimming, dance, music and whatever else they can fit into their schedule. It is a lot of fun to watch them enjoy all that Columbia has to offer. In my spare time I try and hold down a pretty fun job at MFA Oil as the Director of Marketing.

From our distinguished member from Lincolnshire, England, Mr. Ronald Hindley, founder of the Serial Competition Program CTC has adopted:

To the President and Members of the Columbia Track Club

Please let me explain to you what you have just done, of which you can now be very proud. In 1991 I conceived a solution to an age-old problem: how to assign to a road racing performance a number that would be a true measure of its achievement by comparison with other performances, not only in one race, for which one naturally uses its position in the order of returns, but over an unlimited series of races. Hence to rank the population of the series by ordering the aggregates scored by each individual - that is by point aggregation as universally seen in other sports.

This had never been attempted before except by dubious methods that sadly break down as the length of the series is increased. It was important that the ensuing ranking lists should tell us all about the performances of absolutely everybody, so that the population could look admiringly at itself and thus become a living community in place of a mere statistical exercise. It was equally important that ranks should be retained from one race to the next so that we could all follow each other's progress throughout the series, which need never end but continue by repetition as an everlasting cycle. A tall order with a great purpose.

I will not here take you through the reasoning that led me to propose that the additive merit of a performance for that purpose should be its proportion of the winner's speed, neatly eliminating considerations of length and difficulty of courses, and relying entirely on a declared fundamental hypothesis, that all winning performances are equal. By deciding that a win is a win however you achieve it we thus put to bed any assumptions that equal positions other than the first are always similarly comparable, or that equal times run over equally measured courses are always of equal merit - incidentally quite valid conventionally for track races, which are altogether a different cup of tea.

You are here bound to observe that there could be no hope of bringing such a scheme into effect by taking it to pretended governing bodies and expecting them to adopt it in the abstract, because that would require of each a small though uncomfortable intellectual leap as its gentle logic clashed with their established practices. There was only one way to go about it, and that was for me to demonstrate the plan by personally writing a program to execute it - a lonely task indeed - then to establish friendly contacts with race organisers and show the ranking lists on a web site for approval. I would humbly report to you that I found this very tough going.

The scene changes. Enter a very discerning man with a bold imagination, my old friend and running partner Kevin Tyler, supported by Julie and Jennifer. Kevin very courteously, and at some considerable labour, read my thesis and ably took the project to the Columbia Track Club Committee, which exceeded my greatest hopes by proposing to construct a serial competition, as defined by me, for the pleasure of its members, with me to have the duty of computing the ranking lists. But not for long. I sent copies of the program to Jennifer and to Hugh Emerson, who instantly got hold of it and took over the duty in masterly style. The Columbia Track Club thus became the first ever to run the scheme independently.

So what? you may ask, prompting my immediate look here: you thought this a fond caprice, when it is really an earthquake in the making. The model can be enjoyed by other clubs, each creating its own serial competition, to every one of which there has to be a database of performances. With a computer such databases can be rapidly merged, filtered, split or distributed to build any arrangement that suits the imagination of organisers. The essential mechanism now exists for the spontaneously organic growth of a world-wide competition structure. The sport will never be the same again, having gained a new dignity that confirms its status as the principal source of inspiration in the business of physical fitness for everyone, That is what you have just done.

Everywhere in this story one sees the sort of readiness to face the challenges of innovation that turns dreams into reality, noticeably in the insights applied by Hugh Emerson. The whole membership, presided over by the gentle and loving personality of Linda La-Fontaine, deserves praise, but I would conclude by asking all to raise a glass to the keen competitors who brought it all to life. It is one thing to conceive a statistical exercise, another to honour it with the expense of honest sweat. What was in the mind of young Alex Chavez as he set out to overtake Lisa? Had he heard a fleeting echo of an ancient song? Did he "see the front of battle low'r". Did the cluster led by Tom May sense a whiff of nervous horses at Harfleur? What makes an athlete give of his very best? I borrow for them the motto of the Willgoose family who live on the 100Km course where Kevin and I trained together*:"Virtuti moenia cedant"* - to courage let the ramparts fall. Well done Columbia Track Club.

Ronald Hindley, 12th January, 2008

5K Nut Race, Feb. 2, 2008
Reactor Loop

The two men ran, pursuer and pursued,
And he who fled was noble, he behind
A greater man by far. They ran full speed,
And not for bull's hide or a ritual beast,
Or any prize that men compete for: no,
but for peanuts
The Illiad by Homer (except for the last line)

In a field of 49 finishers with nearly perfect weather, it was a race for first between Matt Laye and Eric Bunch with Laye pulling 6 seconds ahead on the last of the 3+ loop course and winning a big jar of peanuts with a time of of 16:40. Eric had to settle for the bag of M&M peanuts, but he seemed quite happy with his prize. In fact, Marc Keys, who ran a great time of 17:14 to win his age group, horse- traded his big jar for the second place M&Ms. The top female was Kim Mouser, 14th overall and across the line in 20:59. We had fine performances by Julia Chavez and Dalton Maggard, both 12 years old, along with 13-year-old John Moreton and 15 year old Spencer Miller and Erik Pekkala. Other male nut winners were Louis Reilly, Matt Dreier, Mike Denehy, Tony Rigdon, Stephen Bourgeous, Oscar Chavez, John Weghorst, Phil Schaefer, David Dingler, Jim O'dell, and Bill Wilson. Other female nut winners were Christina Sherry, Kristin McDermott, Destiny Thomas, Amy Company, Sarah Justice, Mary Ellen Bradshaw, Paula Thompson, Lisa Wells, Amy Gundy, Marcella Chavez, Fabiola Lopez, Anne Moreton, Nancy Giofre, Kathleen Stroupe, Terry Stock, and Carolyn Wilson.

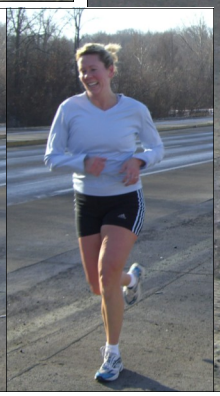
A special thanks to Tom Allen, Anne Hessler, and Linda Lafontaine for helping with race management.

— Dick Hessler, Race Director

RESULTS

1	Matt Laye	Male	16:40	26	1st 20-29
2	Eric Bunch	M	16:47	26	2nd 20-29
3	Marc Keys	M	17:15	45	1st 40-49
4	Matt Dreier	M	17:30	32	1st 30-39
5	John Weghorst	M	18:10	52	1st 50-59
6	Mike Denehy	M	18:36	31	2nd 30-39
7	Stephen Bourgeous	M	18:41	44	2nd 40-49
8	Tony Rigdon	M	18:55	34	3rd 30-39
9	Andy Emerson	M	19:02	39	
10	Dan Sitar	M	19:17	37	
11	Phil Schaefer	M	19:27	54	2nd 50-59
12	Oscar Chavez	M	20:10	44	3rd 40-49
13	Kurt Kennett	M	20:39	40	
14	Kim Mauser	Female	20:59	27	1st 25-29
15	Brett Barton	M	21:01	36	
16	Spencer Miller	M	21:27	15	1st 15-19
17	Kristina Sherry	F	21:28	26	2nd 25-29
18	Destiny Thomas	F	21:57	30	1st 30-34
19	Dan Haviland	M	22:00	46	
20	Amy Company	F	22:01	31	2nd 30-34
21	James Jackson	M	22:04	35	
22	Erik Pekkala	M	22:10	15	2nd 15-19
23	Kristin McDermott	F	22:11	27	3rd 25-29
24	John Palmer	M	22:49	31	
25	Louis Reilly	M	22:55	21	3rd 20-29
26	David Dingler	M	22:58	55	3rd 50-59
27	Hugh Emerson	M	23:01	50	
28	Chris Bowling	M	23:02	38	
29	Lisa Wells	F	23:11	44	1st 40-44
30	Fabiola Lopez	F	23:39	49	1st 45-49
31	Bryan Norton	M	23:51	46	
32	Joe Lopez	M	24:05	55	
33	Mary Ellen Bradshaw	F	24:08	36	1st 35-39
34	Steve Kullman	M	24:17	47	
35	John Moreton	M	25:01	13	1st 13-15
36	Paula Thompson	F	25:07	36	2nd 35-39
37	Terry Stock	M	25:25	56	
38	Ann Moreton	F	25:42	48	2nd 45-49
39	Amy Gundy	F	26:07	42	2nd 40-44
40	Dalton Maggard	M	26:38	12	1st 12 & under
41	Amber Sears	F	27:15	28	
42	Jim O'Dell	M	27:23	64	1st 60-69
43	Kathleen Stroupe	F	27:31	54	1st 50-54
44	Julia Chavez	F	29:05	12	1st 11-14
45	Sarah Justice	F	30:15	31	3rd 30-34
46	Marcella Chavez	F	32:41	44	3rd 40-44
47	Nancy Giofre	F	33:31	45	3rd 45-49
48	Carolyn Wilson	F	35:14	69	1st 65+
49	Bill Wilson	M	35:17	69	2nd 60-69

Nut Race 5K continued...



When a Race Isn't a Race

By Chris Hayday

I'm the kind of person who does best with a deadline. I need things to schedule around, whether it is work, family vacations or even writing this article. This especially holds true for my running. When preparing for a marathon, I look at the calendar to find a date and a race that works for family's schedules and then work backwards, filling in the long runs, tempo runs and hill workouts. A crucial part of the training schedule is the practice races. These are the races that I put into the schedule to gauge my training and use as a reward for hard work, and while I certainly want to do well in these races, doing my best isn't the goal. Practice races are used to help prepare for the goal race.

For competitive runners, practice races are sort of like a scrimmage. Sure, you want to do well, but you're not really keeping score. It's like a race simulation. These events provide an excellent opportunity to try things that you want to do at the goal race, like a new energy gel or pair of shoes or even a new racing tactic or running pace, but because it takes place during practice there is less risk if the experiment fails. Races like 5k's and 10k's can be an excellent time to do speed work and lactate threshold runs. One word of caution, however: make sure you don't get too caught up in the race and go faster than your goal pace. Think of these races as slightly competitive, large group runs. With a T-shirt.

Not all runners are out to set a new PR, and see their running as a means to lose weight, enjoy time with friends, stay in shape or celebrate the simple fact that they can run. Entering a race gives the opportunity for runners to push themselves a little harder, feel a connection with other members of the running community, raise money for a charity or just create an excuse to go for another run. Many marathons and half-marathons also offer relay entries for three- or four-member teams, enabling friends to share the experience but in more manageable pieces. Racing can be invaluable to these runners as well by providing something to look forward to and giving a sense of accomplishment. And a T-shirt.

Consistency is the single most important factor for success for both competitive and recreational runners, and consistency only happens with careful planning and organization. Rare is the person who gets to go run without putting together some kind of plan as most of us need to juggle work and family schedules. Including races in the training schedule forces us to be more committed to and organized about our training.

Finding a race in and around Columbia is pretty easy; just check the Columbia Track Club website for upcoming races and start scheduling. You can also check websites like runnersworld.com, coolrunning.com and marathonguide.com if you want to take a trip. Hey, I just thought of another reason to schedule races—travel! Who's up for Maui?

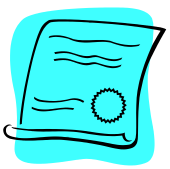
Columbia Track Club member Chris Hayday is a personal trainer at Wilson's Total Fitness. For more information, contact him at 446-3232 or chayday@wilsonsfitness.com.

Columbia Track Club Joe Marks Youth Scholarship

Since 1988, Columbia Track Club has given $20,200 in scholarships. In 2007 the CTC board decided to increase the amount awarded when possible, making $500 the minimum and $1000 the maximum. The 2007 Scholarship recipient, Joshua Mantooth, was the first recipient to receive $1000. Josh is a Hickman High graduate and attends Truman State. A complete list of recipients can be found under the link "Other Nice Things" on the website Home Page.

Scholarship applications for high school senior cross country and/or track athletes now available!

Applicants should provide evidence of exemplary commitment to school, team, community, and the track club. Those applying MUST be current members of the Columbia Track Club. Please contact Amy Gundy at 874-2407 or agundy@mchsi.com for the application and more information. **Applications are due March 21.**



The CIGs Race & Health Fair

Presented by the Show Me STATE GAMES

Saturday, April 5, 2008

The Health Fair will be from 8:00 a.m. to 12:00 p.m.
The 4 miles run and 1.4 miles walk starts at 9:00 a.m.

Smoker, Ex-smokers and Non-smokers Run Together to Benefit Smoking Related Disease Research

Do you smoke, but think you could still out run your fellow smokers? Are you an ex-smoker, who would like to see how you compare with other retired smokers, or are you a non-smoker who would like to display your unfiltered lungpower for all to see? Well, we have a race for you!

The Show-Me STATE GAMES is proud to be the official presenting sponsor of the 3rd Annual CIGS RACE. The race will be held Saturday, April 5th at Lemone Industrial Blvd in Columbia, MO. It consists of a four-mile race with an optional 1.4-mile walk and also includes a health fair where participants can learn about smoking cessation and living a healthy lifestyle. The race will pit smokers against smokers, ex-smokers against ex-smokers and non-smokers against non-smokers. Prizes will be awarded based on age and smoking category, walkers will also be recognized. Everyone will receive a free CIGS RACE t-shirt, the top finisher in each division will receive a very unique trophy and first through third place finishers in each division will win a SMSG medal.

MU Healthcare employee and Ex-Smoker Jim Linville founded the CIGS RACE to benefit research of Chronic Obstructive Pulmonary Disease (COPD). As an ex-smoker and a sufferer of COPD himself, Jim is a huge supporter of smoking cessation and desires to educate all smokers about ways to help them quit. At the Health Fair participants will be invited to test the level of their lung function as well as test for blood pressure and oxygen content in the blood. There will also be booths to educate people about smoking cessation alternatives and to inform about durable medical supplies such as oxygen equipment.

Chronic Obstructive Pulmonary Disease is a disease in which the sufferer is subjected to chronic bronchitis and/or emphysema. The damage caused by this disease is often permanent and generally worsens over time. All this year's net proceeds from the CIGS RACE will be donated to further research on this disease and other smoking related diseases.

Register at www.smsg.org, or call 573-882-2101,
and plan on testing your lungpower in the 3rd Annual CIGS RACE. You may also contact Jim Linville at (573)-445-6166 or at Linvilleji@health.missouri.edu for information regarding the health fair.

The Show-Me STATE GAMES mission is to help all Missourians work together to live healthier lifestyles and the SMSG hopes the CIGS RACE will create a partnership between smokers, ex-smokers, and non-smokers to help others kick the habit and fight smoking related diseases.

Congrats to Matt Laye on shattering the course record at his first 50K, the Psycho Wyco Trail Run in Kansas City, Kansas, February 9th. Mud caked Matt ran (did not walk once!) the rocks, roots, hills, and boggs of the grueling course in 4:19:42, breaking the course record by 20 minutes. The second place finisher was 39 minutes behind Matt. Wow! Congrats to other CTC Psycho Wyco age group winners:

10 Mile—Mike Deheny 3rd in age group.

20 Mile—Jeannette Forbis 1st in age group;

50K— Matt Laye 1st overall;
Steve Kullman 3rd in age group

Great showing!

Congratulations to Columbia Track Club member Nicole Mello on being named Youth Athlete of the Year by Columbia Women's Intersport Network (WIN). Nicole was nominated for Youth Athlete of the Year for her high achievement in national, regional and local running competitions.

TRAIL CLOSED

Starting Monday, Feb. 18, 2008, the Mizzou Arena trail will be closed due to construction of an extension of Mick Deaver Drive. The construction will end on July 30, 2008. The rest of the trail system that goes from Grindstone to the MKT will remain open, but construction will be right next to that short section that merges with the Mizzou Arena trail and the President's House road.

Current Standings
2008 Serial Competition

1. Jaira Grathwohl
2. Phil Schaefer
3. Tom May
4. Andy Emerson
5. Bill Stolz
6. Brett Barton
7. Oscar Chavez
8. Lisa Wells
9. Hugh Emerson
10. Ann Moreton

50th ANNIVERSARY OF HEART OF AMERICA MARATHON IS NEAR 2009!!!

We are seeking interested parties for a committee to plan special events (Pre race Banquet, special banner, contact Runner's World to cover race, invite past participants, special awards, music at corners, etc.). IF YOU WOULD LIKE TO HELP PLAN THE 50TH ANNIVERSARY of HOA PLEASE CONTACT Joe Duncan at jocar2605@centurytel.net, 445-2684 OR Linda LaFontaine at linlafontaine@aol.com, 442-2581

WILSON'S (Columbia) HALF MARATHON CHALLENGE
October 5, 2008
Interested in helping with race planning or volunteering on race day?
Contact Race Director Lisa Wells at lisawellslisa@aol.com, 446-0717

Track & Field Enthusiasts Needed! Mizzou Track & Field is looking for track enthusiasts who are interested in officiating / assisting in home competition! Officiating at Mizzou provides the opportunity to be in on the action with some of the best athletes in the Big 12, the USA and even the world. There are positions and roles to accommodate all different interests. No experience is required! Please contact Coach Rebecca Wilmes at wilmesr@missouri.edu or 882-3809.

2008 Columbia Track Club Schedule

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

2/27	5:30 pm	Wednesday Track Workouts *every Wednesday til 11/26*	*no fee*	Ted Zderic *zderict@missouri.edu*	MU Walton Track
3/1	9 am	Run with the Eagles 5K	$20	Bryan Norton *bryan_norton@mchsi.com*	E Pavilion of Albert-Oakland Park
3/15	8 am	St. Patrick's Day 5K	$25	Steve Stonecipher-Fisher 447-2453	N side of Courthouse Square on Ash St.
4/5	9 am	CIGS 4 Mile	$20	Jim Linville 445-6166 *Linvilleji@health.missouri.edu*	Lemone Industrial Blvd; Quarter Deck

RACE UPDATE - *note date change*

4th Annual Smokin' Chick's BBQ 5k Run/Walk

Saturday July 12th, 2008

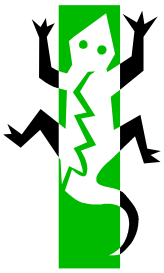
8:00 a.m. Kids Tot Trot Ages 7 and below
8:10 a.m. One Mile Run Ages 8 and up
8:30 a.m. Smokin' Chick's 5k run/walk
$20.00 pre-race entry fee postmarked by July 3, 2008
$25.00 Race Day Entry
Tot Trot and Mile race is $10.00 entry early or late.
Race is located in Columbia, MO, South Hampton Plaza
Awards for overall male/female winners & top 2-3 in each age group
T-Shirts for the first 150 registered
Entry forms at Tryathletics or Smokin' Chick's BBQ after April 30th
Contact Jamie Moreno for more information
(660) 238-1083 *jamie.moreno@williamwoods.edu*

"LOL RUN - Laughing Out Loud "

When: Saturday, April 26 at 9:00am
Where: Downtown (location to be announced)

"The Ultimate Choose Your Own Adventure Road Race!"A road race for everyone!
5K, 10K, Half Marathon, Full Marathon
All ability levels are welcome. Runners, walkers, jump ropers, etc.- Bring a relay team, do what ever you want!".
Host: Off Track Events
For more info visit
http://www.offtrackevents.com/lolrun.html

Note from Peggy Horner *(as posted on columbiarunningclub yahoo group)*



"Just wanted to let everyone know that the **Endangered Species Race** (usually the second Saturday in October) held in Jefferson City will be discontinued. The MO Dept of Conservation budget and staff time has become very tight these last few years, and Administrators could not justify keeping it going."

"Thanks to all of you who have supported this race over the last 9 years!"

Welcome New CTC Members

Sarah Deitschel	Columbia
Kellie Forthaus	Columbia
Jeremy Myers	Columbia
Joey Perkins	Columbia
Kristina Sherry	Columbia
Paula Thompson	Columbia

For info on group runs, updates and reminders, join columbiarunningclub yahoo group by clicking on link on the homepage of ctc.coin.org. *Many thanks to our webmasters Hugh and Andy Emerson for this great service and all the info on our incredible website!*

For ***Out-of-Town Events***
see the CTC website at:
http://ctc.coin.org/

Please note: if you add anything like "www", the website will not work.

COLUMBIA TRACK CLUB ***NEWS***

P.O. Box 1872
Columbia, MO 65205

FORWARDING SERVICE
REQUESTED

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

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____ Would you like to be e-mailed about upcoming CTC events?

Members of family at this address and their birthdates:

_____

_____

Annual fees are $20, which covers all family members living in the same household. Additional donations are welcome and will be used for the scholarship fund or equipment enhancement.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia, MO 65205

____$20.00 dues