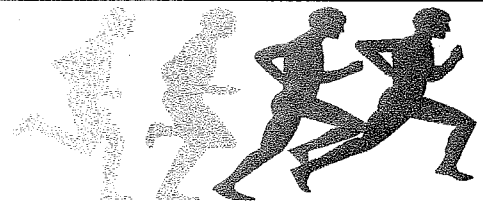


COLUMBIA TRACK CLUB

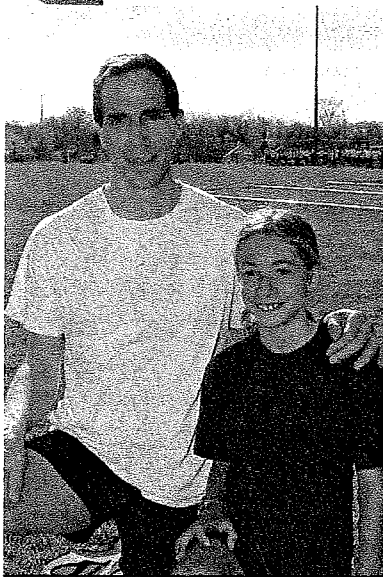
NEWS

Volume XXXVIII No. 4

May 2005



Two-Person Relay April 16, 2005



Dale and Rebecca Willis

There was strong family participation among the four teams in this year's alternate 400's 5 mile relay. Dale Willis and Gary Gundy got the competition off to a fast start as they finished the first lap in a dead heat of 1:15. The father-daughter team of Dale and Rebecca Willis gradually pulled away to win in 29:27. Gary and Amy Gundy ran a strong second with assistance from son, Connor, on the last lap.

The father-daughter team of Julia and Oscar Chavez beat the mother-son team of Marcella and Alex Chavez in a friendly family competition.

Runners in the later stages of the race had to dodge between Special Olympics volunteers as the track was getting very crowded with a Special Olympics meet scheduled for later in the morning.

Thanks to Dick Hessler for the timing and organization of the event.

RESULTS:

	Total Time	Average for 400s
Dale Willis		1:22.4
Rebecca Willis	29:27	1:34.3
Gary Gundy	31:34	1:29.8
Amy Gundy		1:40.7(9laps)
Connor Gundy		1:30.0 (1 lap)
Julia Chavez		2:17.2
Oscar Chavez	38:35	1:31.6
Alex Chavez		2:02.4
Marcella Chavez	43:26	2:18.2

—Race Director Kevin Tyler

Upcoming Events

- **Track Workouts**
March 2-May 18 (every Wed.)
- **Joe Marks Memorial Human Race XXVII**
May 14
- **Wellaware 5k Kids on Track Marathon**
May 30
(flyer enclosed)
- **Jeff Shikles Memorial 8k Run/Walk**
June 5
(flyer enclosed)
- **Summer Youth Program**
June 8
(every Wed. for six weeks)
(flyer enclosed)

Quote of the Month:

Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.

~Charles Schulz, Peanuts

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

April 5, 1980: Jim Gibson and Leonard Busen had a dual competition in the Walk-Run Pentathlon, with Jim prevailing 1256 points to 648. Busen won the 2-mile walk 18:18 to 18:53 and the mile walk 8:29 to 9:10. But the kid won all the running events: 880: 2:35 to 3:10, 2-mile run: 12:35 to 15:15 and 220: 28.6 to 36.7.

At the same time 32 runners had the 3, 2, 1 triathlon: Jeff Mittelhauser was 14:59, 9:54 & 4:43 winning over Dennis Hinkamp's 16:20, 10:22, 4:48. Tom LaFontaine was 16:10, 10:32 & 5:05, Ben Londeree, age 45, 16:22, 10:35 & 5:01, Dick Hessler 16:22, 10:36 & 5:11. Martha Stinson led the distaff side with 17:45, 11:45 & 5:42.

Then in the afternoon we had a One-Hour Walk: Jerry Young had 7 miles, 1096 yards to Randy Mimm's 7-559. Busen was back on the track after his morning efforts and walked 6-353. Rob Spier had 5-749 and Amy Hessler 4-1708.

April 19, 1980: 20K Missouri Cup Walk: 1. Leonard Busen 2:00:04, 2. Spier 2:16:29 3. Bill Taft 2:46:03

April 20, 1980: Human Race II: 1381 finishers! A 10K, start & finish in Memorial Stadium and using the tough Stadium Rd.-Rollins Rd course. 1. Mark Hofius 31:38 2. Mittelhauser 32:24 3. Tim McMullen 32:57. .5. Mike Kruse 33:46 6. Dennis Stewart 34:04. .10. LaFontaine 35:08. .12. Londeree 35:21. .26. Wesley Paul, 11, 37:21 Don Johnson 1st 50+ 42:32. Debbie Hoxworth 1st female 42:17

May 3, 1980: One Hour Run: 1. Mittelhauser 11 miles, 550 yards 2. Stewart 10-1747 3. Bob O'Connell 10-1745, 4. LaFontaine 10-980 5. Londeree 10-823, 6. Hessler 10-584. .9. Wesley Paul 10-68 (American record, age 11, which probably still stands) and 31 others.

May 17, 1980 Sprint Triathlon (1500 meters, 800, 400) 1. LaFontaine 4:32, 2:12, 59.4. .5. Don Lewis 4:42, 2:18.9, 60.7 6. Norm Stebbins 4:38, 2:18, 65.7. .9. Hessler 4:43, 2:25, 69.7

CTC Board of Directors:

Linda LaFontaine, president	Dick Hessler
Marc Keys, vice-president	Amy Gundy
Tom Allen, secretary-treasurer	Joe Duncan
Steve Stonecipher-Fisher	Randy Gay
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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/>

**From our President. . .**

Greetings! School's almost out, so get ready for the track club's running programs designed especially for kids. Coming up first is the "Kids on Track Marathon." Participating kids will receive a T-shirt and a log form. The goal is to accumulate 26.2 miles, the distance of a marathon, during the summer. The kickoff will be on May 30th, 9:30 a.m., at Twin Lakes, after the start of the Wellaware 5K. (NOTE the Wellaware 5K time and place change -- it's now at 9:00 a.m. at Twin Lakes off Chapel Hill Road.) The last event will be August 20th, at Stephens Lake, when the children will run the last mile for a medal. Information on the "Kids on Track Marathon" will also be at the Summer Youth Program, which begins Wednesday, June 8th, 6:00 p.m., at Hickman Track. The Summer Youth Program is a great way to nurture children's interest in running. Children and teens can participate in the track and field events. Older teens and adults can help administer the events. And, new this year, adult's can participate in one track event each week -- only for adults. See the program flyer for the children and adult's event schedule. The Summer Youth Program has something fun for everyone! This is a great program. Please consider helping. We need lots of volunteers to make it a success. The program is every Wednesday for six weeks. Hope to see you there!

I found an inspiring website for children who enjoy running. Check out <http://www.kidsrunning.com> for some great information presented in a kid friendly way.

Traveling this summer? You might want to check out <http://www.runtheplanet.com/>. No one has "adopted" Columbia to offer run suggestions for visiting runners. If you have a favorite run in Columbia, you could add it to this site.

See you down the road. Linda



Show-Me State Games 5k Stampede Run

April 23, 2005

1. John Brockman	26	18:30
2. Paul Hammond	28	20:49
3. Aaron Stover	36	21:55
4. Lloyd Weber	33	22:22
5. Fred Schmidt	46	22:26
6. Michelle Struempfh f	38	22:43
7. Joe Lopez	52	24:22
8. Griffin Humphreys	12	24:28
9. Fabiola Lopez f	47	24:31
10. Sam Gold	23	24:43
11. Joe Goldfarb	64	24:57
12. Craig Kolb	43	25:11
13. Matt Volkert	31	25:18
14. John Schulz	47	25:29
15. David Webber	53	25:54
16. Don Ballenger	63	26:19
17. Clint Muzzy	14	27:13
18. Rick Wise	40	28:05
19. Sara Mayer f	30	28:30
20. Jim Linville	49	29:53
21. Andrea Allen f	58	30:36
22. Barney Sword	73	30:49
23. Laura Wells f	64	31:20
24. Bill Hert	47	31:29
25. Gina Muzzy f	43	31:45
26. Dawn Mitchell f	12	32:04
27. Annette Humphreys f	42	33:04
28. Christina Morian f	44	34:33
29. Michelle Lamble f	13	35:07
30. Evan Conrad	14	36:42
31. Linda Vogt f	57	36:55
32. Don Johnson	76	36:57

Upper 40's, a beautiful sunny day, but very windy. This was run on the Reactor course (home of the Nut Race). THANKS! To the Missouri Beef Industry Council (Steve Taylor) for their sponsorship—for the medals and great BarBQ. The BarBQ came from Hoss's Market. All participants got their Show-Me State Games t-shirt and are automatically entered in the Show-Me Games 5k set for July 31. "THANKS" to Tom Allen and the wife of one of the runners for their fine help with race administration.

—Race Director Joe Duncan

Couples Race**May 7, 2005**

Four couples and two individuals competed for CASH in the four mile couples race. Each participant paid \$5.00 and ran four miles. Times and ages were added together. It was a perfect running day—60 degrees, sunny, and some wind. The runners were sure the race directors made the hill longer and steeper as they crested to the downhill finish at Bethel Park.

The first place teams of Alison Hodges and Christian Reed and Joe and Fabiola Lopez each took home \$15.00. Second place teams of Darrin Young and Melanie McClain and Denise and Tod Holdorf each took home \$7.00.

Special thanks to Debbie Schaefer who helped with timing and moral support.

—Race Directors Amy Gundy and Joe Duncan

Results:

1. Christian Reed	34	20:33
2. Phil Schaeffer	51	25:50
3. Alison Hodgson	26	26:54
4. Melanie McClain	25	30:05
5. Darrin Young	38	30:06
6. Fabiola Lopez	47	30:31
7. Tod Holdorf	41	30:43
8. Joe Lopez	52	31:38
9. Joe Duncan	70	36:18
10. Denise Holdorf	50	40:56

5K Run or 5K/2.5K Walk-A-Thon

PROJECT SUDAN – Giving a Harvest of Hope to Morobo, Sudan (Goal \$20,000)

Pleasant Grove Methodist Church, Hatton, MO

May 21, 2005

Registration begins at 8 a.m. with the run beginning at 8:30 a.m. Registration fee is \$20. Walkathon registration begins at 9:30, and the walk begins at 10 am. Those who wish to bring in a donation sheet and donations of \$50 or more will receive a refund of their registration fee if they so desire. Free T-Shirt to those who register by the May 11 early registration deadline. Each participant in the run will be entered in prize drawings which begin at 11:30 a.m. Late registration is available on the day of the race. No fee for children 10 and under.

Course: The run course is 2.5 K blacktop and 2.5K gravel with some hills in a beautiful rural setting. The roads will be monitored for traffic control. A shuttle will be provided at the farthest point for those who may need assistance. Run begins at Hatton Church – Start line will begin @ 1/10 mile north on the gravel road. Runners and walkers will go north on gravel road to Route M, South on Route M to Route E, east on Route E to church – 5 K will be two laps on this course.

For more information contact

Susan Burns

Phone: 573-387-4582

E-Mail: jburns@ktis.ne

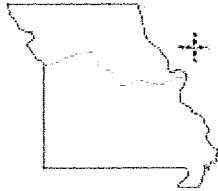
2005 Columbia Track Club Schedule

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

5/14	8 am	Joe Marks Memorial Human Race XXVII 5 miles, Mayor's Mile (kids 5-12)	\$15 free	Randy Gay, 814-2627 or 815-3706	Rock Bridge High School
5/30	9 am	Wellaware 5k Mayor's Mile (kids 5-12) Kids on Track Marathon	\$15 Free \$1	Mark Volek, 874-0278	Twin Lakes Recreation Area, 2500 Chapel Hill Road
6/5	8 am	Jeff Shikles Memorial 8k	\$15	Tom Kulowiec, 449-0352	Gentry Middle School
6/8	6 pm	Summer Youth Program (every Wed. for 6 weeks) NEW—Events for Adults	\$1	Linda LaFontaine, 442-2581 Tom Allen, 339-5655 Marc Keys, 256-2635	Hickman Track

For *Out-of-Town Events*

see the CTC website at: <http://ctc.coin.org/>



Out of Town Racing Report:

CTC's Christian Reed finished 10th in a field of over 10,000 runners at the Sabates Eye Centers Trolley Run in Kansas City on April 24th. Christian ran the 4 mile course in a time of 19:54. This is the fourth time that Christian finished in the top 10 in this highly competitive race.

Welcome New CTC Members

Mike and Laura Brennan	Columbia
Eric Bunch	Columbia
Amelia Klenke	Columbia

Race Announcements:

- The **Paws in the Park 5K** will take place at 9:00am on **Saturday, May 21st** at Twin Lakes Park. Online registration can be accessed via our website (www.columbiasecondchance.org) or by going directly to Active.com. A printable registration form is also available on our website. Registration is \$15 prior to May 13th and \$20 a after May 13th. Participants will receive a t-shirt and a bandana for their pet, and they are welcome to run with their dogs as long as the dogs remain on a leash.
- **Fulton Street Fair 5K**, June 18th, 2005 as part of the Fulton Street Fair. Registration is at 8:00 am with the run starting at 8:30. The course begins on 5th St. just east of the Callaway County Courthouse and takes the runners from downtown Fulton onto the Stinson Creek Trail. Fast and flat! Plus, the street fair should be a great time that weekend so folks can stick around to enjoy all of those activities as well. The YMCA of Callaway County is giving a free pass on race day to race participants in case anyone wants to clean up or put in an extra workout.
<http://fultonstreetfair.missouri.org/>

COLUMBIA TRACK CLUB *NEWS*

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Columbia, MO 65205

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

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CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

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

Members of family at this address and their birthdates:

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

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

CTC _____ \$20.00 dues
P.O. Box 1872
Columbia, MO 65205