

COLUMBIA TRACK CLUB

NEWS

Volume XXXVIII No. 8

November 2005



Thank You Boone Hospital

We'd like to thank Boone Hospital for their generous \$1000 donation to our summer youth program. About 450 youth participated last summer. Our fee is only \$1.00 for the entire six week program. Boone Hospital's donation helps pay for the ribbons, registration items, informational flyer, miscellaneous supplies, and equipment replacement. We appreciate Boone's support of this fine program.

CTC Annual Meeting

Please plan to attend our annual meeting on **Tuesday, November 15, 7 p.m.** at the Government Center next to the County Courthouse. See you there!

Three Board Members Up for Renewal

The Columbia Track Club governing board is made up of nine Board of Directors, elected for staggered terms of three years each. This year the board members up for renewal are Dick Hessler, Steve Stonecipher-Fisher and Linda La-Fontaine. All three have agreed to serve another three years, if approved by a vote of the membership present at the annual meeting on November 15. The bylaws state that "any person who desires to be nominated to the Board shall submit his or her name in writing ... at least 10 days prior to the date of the annual meeting." If you would like to be considered for the Board, please email Linda at linlafontaine@aol.com by November 5th. To be eligible to become a member of the Board, you must have been a CTC member for at least three years. The membership present at the annual meeting will elect three board members from the nominees.

Thank You, Kurt and Welcome Hugh and Andy

Many, many thanks to Kurt Kennett for his invaluable skills and dedication to managing our website, <http://ctc.coin.org>. We truly appreciate the incredible job Kurt has done as our webmaster. Kurt has decided it's now time to pass the baton. Hugh and Andy Emerson have volunteered to step up to the job. We'd like to welcome Hugh and Andy and support them in managing that important link. Race schedules, race results, online race registration, records, and lots of other info about CTC are posted on our website. If there are other things you'd like to see on our website, please email Hugh and Andy at the webmaster address, ctc1.coin.org. Volunteers keep us running!

Upcoming Events

- Cranberry Crawl
Nov. 11
- Cross Country 5k
Nov. 13
- Jingle Bell 5k
Dec. 3 (new date)
- Cheese & Sauerkraut 10M
Dec. 10
- First Night 5k
Dec. 31

Quote of the Month:

I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win--if you don't, you won't.

U.S. Olympian, Bruce Jenner



25 years ago**Looking Back**

By Joe Duncan

October 4, 1980: 2-mile cross country: 1. Dennis Stewart 10:10, 2. Bob O'Connell 10:16, . . . 4. Jeff Mittelhauser 10:39, 5. Norm Stebbins 10:56.... 7. Don Lewis 11:03, . . . 9. Dick Hessler 11:10, . . . 16. Steve Baurichter 11:35, 17. Joe Kurth 11:39. . . 21. Joe Marks 11:56. . . 28. Turk Storviack 12:44. . . 32. Tim Gibson . . . Chris Ruble 14:01. . . Kathy Cain 17:12

October 18, 1980: 5-mile XC: 1. O'Connell 28:39 2. John Weston 28:48 3. Stebbins 28:55. . . 5. Mittelhauser 29:15, 6. Tom LaFontaine 29:34. . . 8. Jim Schutt 30:05, 9. Al Johnson 30:05.5, 10. Dave Parker 30:19, 11. Kent Lang 31:09 16. . . Mike Koonse 32:21. . . Mike Walther 33:12, Don Johnson 33:42, Turk Storvick 34:41, Tim Gibson 35:49, Milene Hollon 35:54

October 12, 1980: Occidental Race for Life 10k:
1. Steve Fisher 31:11, 2. Mittelhauser 32:47. . . 4. LaFontaine 34:21, 5. Schutt 35:41, 6. Hessler 35:45, 7. Lewis 35:53, 8. Bob Schottman 37:02 22. Gene Hansbrough 39:09. . . 24. Tom Allen 39:23 (his first CTC race?). . . Don Johnson 40:27. . . Milene Hollon 1st female 41:53. . . Joe Duncan 43:02. . . Jim Sowash 43:23 . . . Dan Schuppan 43:32 . . . Dan Atwill 45:29. . . Amy Hessler 48:07. . . Dick Ditter 55:45 Total of 133 runners

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
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:

Amy Hessler Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203
Ph: (573) 874-2407 e-mail: agundy@mchsi.com

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

**From our President. . .**

Greetings! Look for a few changes as we wind down our calendar year.

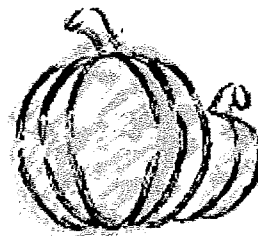
* The Jingle Bell 5K will NOT be held on November 19th. The date is now December 3rd at 9 a.m. We are working on returning that race to the original University/Downtown course. If this race does take place, we will mail members a race entry under separate cover. It will be posted on our website, too.

*The Columbia Track Club will manage the First Night 5K this year. The entry blank is enclosed. The fee includes a First Night Pass to all venues, a \$7.00 value. Plan to 'ring in the new' by running this fun community event.

*Michelle McFadden and Marc Keys have put together a very competitive men's and women's cross country team to compete in Nationals this month. We hope this endeavor will lay the groundwork for opportunities for post high school and collegiate runners who are interested in building an elite team.

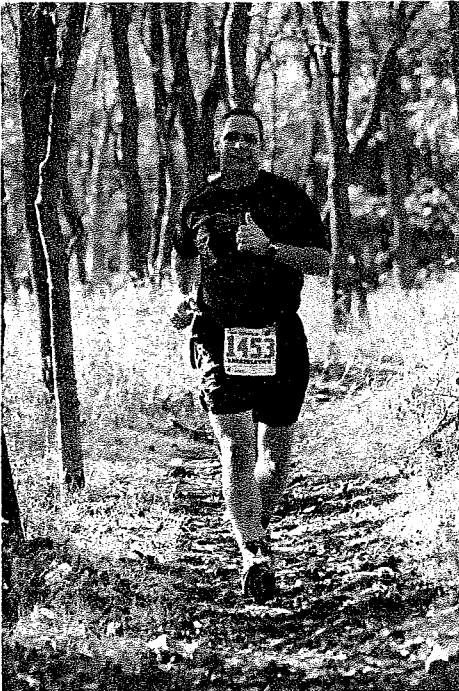
*Suggestions for additions to our website? Now would be the time. We'd like to welcome Hugh and Andy Emerson are our new webmasters. Jim and Ray Linville will assist the Emersons as needed. The webmaster email is ctc1@coin.org. Many thanks to Kurt Kennett who did such an incredible job as webmaster.

Our annual membership meeting is November 15th, 7:00 p.m. at the Government Center next to the County Courthouse. We will have a proposed race schedule ready and may be looking for a race director or two. We are working on a generic race entry form and a checklist for race directors. When these are finished, we plan to post them on our website for easy access. Hope to see you at the annual meeting. Linda



CTC Runner Profile

Steve Kullman



PERSONAL RECORDS:

5 km	22:45 (St. Pat's)
10 km	47:51 (Jay Dix)
20 km	1:53:47 (Rock Bridge Revenge)
½ marathon	1:49:34 (Hospital Hill)
marathon	4:09:29 (HOA)
50 km	6:59:30 (Quivering Quads)
weekly mileage:	25 – 35 miles
DOB	March 1960

It doesn't matter how far you run or how fast you do it. The most important thing is how long you are off the couch.

That was the first training advice I listened to and it is still important but now I run for fun. Fun through companionship, competition, personal challenges, and new experiences. Fun because it has improved the quality of my entire life, not just the hours I run. Fun being a handful of "elite" runners "going long" in a

light drizzle. And for those first 40 indescribable seconds after crossing the finish line, the nirvana of adrenaline, exhaustion, and accomplishment.

When Did You Start Running? I started running in 1997 to get in shape to mountain bike. Then I started to notice that mountain biking was interfering with my running schedule.

Who Is Your Running Role Model? Who Has Influenced You Most In Running? The Saturday morning group. Running with friends every Saturday morning, through weather, injuries, careers, and races. As unusual as it sounds to non-runners, running 10 miles every Saturday morning has become a very normal thing to me.

What Is Your Favorite Workout? I do not have a favorite "workout." Remember, I run for fun. I have done the Tues/Thurs morning runs, Wednesday night track nights, Saturday morning Columns Run, Tuesday morning spin class, M,W, & F swim sessions, Tuesday Night CBC Hammerfest, Sunday yoga, and many others. My favorite has to be the variety. You will never catch me running 8 x 400's every Wednesday at 5:00 pm. That is not the type of person I am. I should rephrase that. You may catch me because I don't run 8 x 400's but that is not a reason I will change.

What Is Your Favorite Training Route? Once again "training" is not my primary focus. Variety, new experiences, and challenges are. I like running Chapel Hill, end to end and back. I always feel refreshed after running at Rock Bridge. I love running the stairs at Ha Ha Tonka State Park into the coolness of the spring. The Saturday morning Columns Run is an interesting course. And I have a route out the MKT, across the UMC Rec and Grindstone trails to Old 63 then north to Paris road and back Williams St., through Stephens College and downtown. I like running late nights through fields of mist and feeling the stress fade away.

Personal Info and Interests: A related interest is my involvement with the City of Columbia Bicycle and Pedestrian Commission. I am trying to help Columbia build a network of alternate transportation facilities (Pednet) for walkers, runners, and cyclists. I am also a member of Mid Missouri Road Runners, the Columbia Multisport Club, and I participate in triathlons.

I am married to Randa and we live downtown with our son Zane. My daughter Erin is a sophomore at Rock Bridge High School and my daughter Kelley is at Mizzou.

Rock Bridge Revenge

Oct. 23, 2005

20k

1 Magnus Holmstrom	26 1:17:27
2 Kelly Brown	23 1:24:29
3 Ted Zderic	33 1:25:32
4 Larry Hennier	39 1:27:15
5 Brandon Collins	27 1:27:55
6 Matt Dreier	30 1:34:47
7 Munashe Chigerwe	28 1:37:01
8 Daniel Hall	39 1:37:50
9 Joe Bechtold	39 1:38:51
10 Danny Graville	31 1:40:02
11 Andy Emerson	36 1:42:55
12 Allan Benjamin	49 1:44:49
13 Tom Davis	53 1:45:30
14 William Fearn	48 1:50:35
15 Gal Kelmer	40 1:51:17
16 Laura McManus	26 1:51:40
17 David Wilfong	42 1:51:52
18 Steve Kullman	45 1:52:33
19 Brad Crow	30 1:52:48
20 Jeff Wells	47 1:52:53
21 Joe Love	44 1:53:14
22 David Vandyke	34 1:55:14
23 Brian Sickle	42 1:57:32
24 Korena Sundell	35 1:57:54
25 Bryan Norton	43 1:59:53
26 Nicholas Erlacker	20 2:00:46
27 Howard Ward	49 2:03:38
28 Jim Schmittel	56 2:04:52
29 Mark Stolzer	49 2:06:19
30 Kurt Kennett	37 2:11:44
31 Peggy Horner	48 2:15:16
32 Beth Wilson	39 2:17:56
33 Rodney Pennington	51 2:19:54
34 Steve Rataj	32 2:32:10
35 John Rataj	59 2:32:11

10k

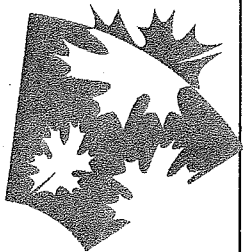
1 Matthew Laye	24 38:48
2 John Weghorst	50 42:55
3 Matthew Russell	19 43:41
4 Mike Denehy	29 44:04
5 Dean Casady	47 47:24
6 Stephen Aleman	51 49:06
7 Kevin Tyler	49 49:17
8 Matt Widzer	32 50:30
9 David Holmes	53 51:17
10 Brett Barton	33 51:22
11 John Clowe	37 51:40
12 Kevin Schroeder	35 51:41
13 Brad Earnest	38 51:58
14 Max Stephens	47 52:14
15 Brad Newkirk	33 52:18
16 Nick Rausch	25 52:25
17 Edward Leslie	25 54:38
18 Hugh Emerson	48 55:10
19 Kimberly Mouser	25 55:28
20 Dean Stover	45 55:30
21 Steve Lightner	54 55:35
22 Scott Kates	27 56:14
23 Brenda Leuenberger	42 56:30
24 Brian Jennings	37 56:47
25 Greg Field	30 57:22
26 Mundy Hackett	35 57:29
27 Jaira Girathwone	27 57:33
28 Heather Hradel	33 57:59
29 Simon Rose	40 58:01
30 Emily Holmstrom	23 58:13
31 Ted Richardson	25 58:40
32 Charles Smith	43 58:51
33 Robin Blount	48 58:53
34 Douglas Howerton	38 59:33
35 Curtis Wester	44 59:37

36 Pam Peters	19 1:00:12
37 Sharon Loter	30 1:00:36
38 Griffin Humphreys	13 1:01:04
39 Larry Sabulsky	45 1:01:10
40 Jordan Alexander	40 1:01:14
41 John Moreton	10 1:01:26
42 Russell Greene III	36 1:02:51
43 Susan King	36 1:03:25
44 Megan Baroska	25 1:03:44
45 Andrew Ryder	31 1:03:44
46 Bridget Miller	31 1:03:59
47 Russell Greene Jr	65 1:04:04
48 Kathleen Purduski	50 1:05:20
49 Kathleen Frese	37 1:05:48
50 Tammy Bush	44 1:06:05
51 Amy Schroeder	19 1:07:20
52 Kelly Puppilo	22 1:07:33
53 Jaclyn Heider	21 1:07:58
54 Josh Parton	21 1:08:38
55 Dennis Morgan	63 1:09:06
56 John Vander Pluym	58 1:10:04
57 Diana Cooksey	46 1:11:05
58 Gale Adair	26 1:12:01
59 Betsy Farris	46 1:12:17
60 Rebecca Miller	31 1:12:22
61 Renee Boulicault	37 1:13:14
62 Lynda Wright	44 1:13:15
63 James Harrington	32 1:13:22
64 Karen Rouse	35 1:14:39
65 Lisa Flores	36 1:16:01
66 Jessica Summers	32 1:20:00
67 Stephen Whitney	38 1:22:56
68 Carol Wojta	57 1:25:11
69 Mary Vander Pluym	57 1:25:23
70 Christina Morian	44 1:26:12
71 Joan Schmittel	46 1:40:40
72 Victoria White	44 1:44:27

Running Shorts:

Give credit where it's due: In the last newsletter Joe Duncan mentioned that I had worked to get much of the Heart of America book posted on the website. When he mentioned posting the performances of every person who has ever completed HOA, he was referring to putting the complete results in excel format (and it can now be downloaded from the website). The original Club Webmaster, Curt Kempf, is the one who put all of the past results, year by year, on the website (in addition to much more of the information that is still there today).

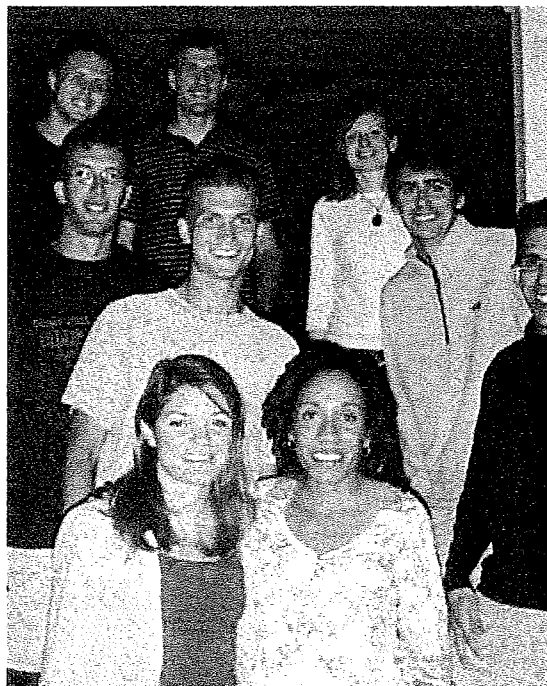
Thanks, Kurt Kennett



2005 Columbia Track Club Schedule

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

11/12	8 am	Cranberry Crawl	\$15	Steve Stonecipher-Fisher, 447-2453	Tryathletics
	9 am	Mayor's Mile (kids ages 5-12—no entry fee)		Randy Gay, 814-2627 or 815-3706	
11/13	1:30 pm	Cross Country 5k	**	Christian Reed, 442-8838 Stephen Bourgeois, 875-3001 Marc Keys, 256-2635	Stephens Lake
12/3	9 am	Jingle Bell 5k for Arthritis	\$20	Troy Fitzgerald, 1-888-719-5670	TBA
12/10	8:30 am	Cheese & Sauerkraut 10-M	**	Randy Gay, 814-2627 Dick Hessler, 874-2906	McBaine
12/31	4 pm	First Night 5k	\$15	Linda LaFontaine, 442-2581	Flat Branch Park



CTC Cross Country Teams Head to National Meet

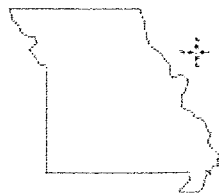
First row: Jill Peterson and Kimberly Moore
 Second row: Andrew Norton and Ted Zderic
 Third row: Tony Ridgon III (glare on glasses) and Matt Laye
 Fourth row: Pat Hanson, Matt Dreier and Alison Hodgson

Not pictured: Beth Ann Luebbering, Melissa Fleenor, Jessica File & Sonya Yamnitz, Eric Bunch, Christian Reed, Angela Hessler, Michele McFadden, and Marc Keys

Welcome New CTC Members

Lori Loes

Columbia



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

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

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