

COLUMBIA TRACK CLUB

Notes & News



Volume XLVII No. 1 January/February 2014

Columbia Eve Fest 5k December 31, 2013 4pm



With 42 degrees at race start, plenty of extraordinary volunteers to work registration and monitor the race course, lots of space to set up the finish line, nice t shirts and enough of the correct size, it was the perfect race, almost. After the race several runners reported garmin readings of about 3 miles, .1 short of the measured 5K. My turn around team confessed, they couldn't find the turn around mark I'd painted in the road, so they guessed. The cone was about 50 yards short of the mark. Next year I'll paint the mark bright orange instead of the eco-friendly-washable-not-so-visible green paint I used this year. My apologies to the runners for the inaccurate measurement. In addition,

Upcoming Events

See Page 19 and the CTC website for more event info:

Super Scout 5k
March 8, 9am
Shepherd Blvd. Elementary

St. Patrick's Day 5K
March 15, 8am
Courthouse Square

Samantha Folkemer 5K
March 29, 10am
Stephen's Lake Park

Head for the Cure 5K
April 5, 8am
Flat Branch Park

Mustang Stampede 5K
April 26, 8am
Blue Ridge Elementary

The Glow Run 5k
April 26, 8pm
Hearnes Center

Summer Youth Program
June 4– July 2
Rock Bridge High School Track

Place	Name	Age	Chip Time	GunTime					
1	Alex Keneipp	17	17:17.8	17:19.3	12	Kevin Stark	26	19:28.4	19:32.2
2	Dan Edidin	45	17:27.5	17:28.9	13	Michael Smith	45	19:39.9	19:43.0
3	Marc Keys	51	17:33.1	17:34.5	14	Jose Mendez Rogel	33	19:55.4	19:55.4
4	Mike Frossard	42	17:39.0	17:40.3	15	Marc Micatka	20	20:01.9	20:04.6
5	Benjamin Zars	17	17:50.7	17:50.7	16	Grady Gervino	45	20:10.1	20:11.5
6	Ethan Zars	19	18:33.4	18:34.6	17	Jorge Lugo	45	20:15.8	20:16.7
7	Casey Buckman	34	18:45.0	18:46.2	18	Grant Sykuta	16	20:19.8	20:21.5
8	Jacob Line	18	18:51.1	18:52.1	19	Daniel Gervino	12	20:23.3	20:24.7
9	Dean Frossard	13	19:05.9	19:07.6	20	Garvin Line	51	20:25.0	20:26.9
10	Emily Cumpton	19	19:22.4	19:22.4	21	Philip Schaefer	60	20:28.6	20:30.7
11	Andy Emerson	45	19:27.2	19:29.4	22	Warren Hoover	34	20:46.8	20:51.1
					23	Tom Straka	36	20:54.6	20:55.5

Looking Back — 25 Years Ago

By Joe Duncan

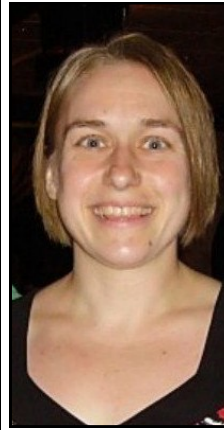
October 9, 1988: Heart of America Marathon: 1. Steve S-F won his 2nd HOA, 2:33:38 with Robert Cline and Frank Curotto, a 3-time winner, also being under 2:40. Lou Fritz finished his 24th consecutive with 2:58:03. Bob Dolphin won the Dave Schulte Award setting the current age 59 record of 3:09:31. Chris Ruble was 1st female at 3:34:22. Other CTC: Fred Fritsch, 52, 3:18:57, Don Johnson, 60, 3:37:27, Joe Duncan, 54, 3:48:17, Bonnard Moseley, 69, 4:06:19, Rob Spier, 66, walked in 5:33:54. Rob is now 91. He was still walking, at his usual brisk pace, until about 5 or 6 years ago. He has had pulmonary fibro for a year and is on oxygen 24 hours a day. He did volunteer work at the library until a year ago. He is mentally alert, articulate and says he still has things to do. We wish him well.

December 10, 1988: Cheese and Sauerkraut 10 miler: Dan Lawson & Steve S-F 54:36. Dick Madsen and Tom Allen finished with the same times (1:06:53), but Tom ran faster than he said he would by 1:07, while Dick was only two seconds faster than his prediction, so Dick won the big cheese. Dan Clinkinbeard missed his prediction by 6:29 so he took home a can of sauerkraut. Third fastest time of the day was 1:05:10 by John Meehan.

have races that test your limits as a runner. Whatever your drive is to get out and run, I'm sure that you can find a race that fits you. One of CTC's biggest races is coming in March, our St Patrick's Day 5K on the 15th. This race is for everyone. Some of our most competitive and fastest CTC members run this race so if you want to race against some of the best in Columbia you can do that here. If you want to go out and see how far you can push yourself this is a great race to do that because you will have plenty of people to race against. If you want to run with a group of friends and just have fun there are always plenty of people out in their St Patrick's Day costumes having a great time! We offer a kid's mile as well so you can bring the entire family out. All children who race in the mile will receive a ribbon for their hard work. It is one of our best races of the season, and I encourage you to come out and see it. Even if you don't want to race, spectators and fans are always welcome. Having encouragement out on the course makes a huge difference in a race, and I've also found that going out and watching a race can motivate your own running. I hope to see you at the St Patrick's Day 5K this year! Happy running!!!

President's Letter

By Beth Luebbering



Spring is just around the corner and with it the promise of warmer weather (at least I hope especially after this winter). Spring also means better running on the roads and even getting back on to the track for some speed workouts (if you're so inclined) because racing season is just around the corner. Over the years, Columbia has grown in the races that are available each year. It used to be that you would have to travel to St Louis or Kansas City to run many races, and Columbia had a couple throughout the year. Now it seems there is a race almost every weekend. You can find races that drive competition, you can find races that are just for fun and to be with friends, and you

CTC BOARD OF DIRECTORS:

Beth Luebbering, <i>president</i>	Dick Hessler
Marc Keys, <i>vice-president</i>	Joe Duncan
Tom Allen, <i>secretary/treasurer</i>	Nancy Taube
Steve Stonecipher-Fisher	Nancy Rezabek

CTC PAST PRESIDENTS:

- Joe Duncan (Nov. 1968 to Oct. 1987)
- Tom Coon (Nov. 1987 to June 1989)
- Joe Marks (July 1989 to June 1991)
- Steve Stonecipher-Fisher (July 1991 to Dec. 1992)
- Joe Marks (Jan. 1993 to Nov. 1995)
- Curt Kempf (Dec. 1995 to Oct. 1997)
- Dick Hessler (Nov. 1997 to Nov. 2004)
- Linda LaFontaine (Dec. 2004 to Dec. 2009)
- Bill Stolz (Jan. 2010 to Dec. 2012)
- Matt Dreier (Jan. 2012)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: www.columbiatrackclub.com

CTC NEWSLETTER EDITORS:

Ellen Williamson: paganellen@gmail.com

Linda LaFontaine: linlafontaine@aol.com

CTC publishes a newsletter eight times per year.

The next issue will be sent in March. Please submit any additions to Ellen or Linda before March 17,

Runner's Profile:

Name: **Tony Taube**

Age: 55

Columbia Track Club Member Since:

Approximately 2000

How long have you been running and why did you start running? Off and on (mostly off) since high school. I ran cross-country in high school. After college I ran infrequently. I ran a few 5Ks around 2001 and 2002, but I stopped running because of a knee injury. I started running again about two years ago.

Greatest running influences? My wife, Nancy. I'm also inspired by other runners who have been able to come back after surgery or major injuries.

Weekly Milage: 10-15 miles. I also cycle or ride the stationary bike to supplement my cardio workout.

What is your favorite workout and/or race? The Uprise Group on Saturday mornings. I like the

comradery of the group. They have urged me to be a better runner.

Where is your favorite place to run? The MKT Trail. I also like to run the Bear Creek Trail at times.

What are your running accomplishments? This past year I was able to do a 10 mile run for the first time since high school. I also competed in nine races in 2013.

What are your running goals? My main running goal is to remain healthy and injury free.

What is your favorite pre- or post-run food? Bananas either before or after a run.

Personal Information and interests: I enjoy cycling, cooking, listening to music, singing, and playing the guitar.

Personal Best? My best 5K was 21:57 for the Wellaware race back in 2001, but that was really too long ago to matter. My best recent races are the 2013 Mustang Stampede 5K at 24:08 and the 2013 Hunger Run 10K at 52:02.



the construction on the course nullified the certification this year. The course must be run as certified.

Congrats to our overall winner, Hickman High runner Alex Keneipp, 17, who ran approximately 3 miles in 17.17. Congrats to Emily Cumpston, 19, of Jeff City, the first female overall, who ran the course in 19.22. And congrats to all the runners who finished the newly named Columbia Eve Fest 5K.

Thanks to our volunteers: Tim Cornell, Tom & Andrea Allen, Lisa & Jeff Wells, Tom LaFontaine, Dick Hessler, Beth Luebbering, Ellen Williamson, Darlene Londeree, Nancy (who also ran) & Tony Taube, Randy Gay, Laura Wells, Anne Heine, Cami Ronchetto, Steven Fair, John Mehuys, Paula Easter, Andy & Hugh Emerson, Scott Houin, Josh Huber, Debbie Morris, Krishna Ramesh, Richard Eyler. Thanks to our sponsors: Boone Hospital, MeyerWorks, LLC, Tryathletics, Cyclextreme, Ready Set Results, Sonshine Graphics, B & B Bagels, and Columbia Track Club. It takes a whole village.

Linda LaFontaine, race director



24	Nancy Taube	53	21:02.7	21:06.8	58	Sara Brewington	24	25:10.3	25:11.5
25	Hawkins Kingsley	13	21:23.6	21:28.4	59	Brian Winton	51	25:12.6	25:20.6
26	Anastasia Schmaltz	23	21:30.7	21:35.6	60	Randall Durk	52	25:20.7	25:21.6
27	Benjamin Potter	35	21:32.5	21:36.4	61	Mary Ellen Bradshaw	42	25:27.0	25:33.4
28	Michael Sykuta	47	21:49.9	21:54.5	62	Peter Dyke	45	25:29.8	25:39.6
29	Cameron Fuller	14	21:59.7	22:05.8	63	Mike Perkins	57	25:41.3	25:47.2
30	Doug Valentine	29	22:01.1	22:05.8	64	Jennifer Dudenhoefter	27	25:46.2	25:57.5
31	Jim Sinek	55	22:14.1	22:18.4	65	Razi Muzaffar	9	25:58.9	26:07.5
32	Clare Gervino	16	22:33.3	22:35.4	66	Whitney Jones	23	26:02.1	26:08.7
33	Butch McFetters	50	22:34.7	22:38.7	67	Heather Demand	42	25:58.6	26:12.2
34	Tom Reinsel	48	22:47.6	22:50.4	68	Jacob Bell	14	26:15.2	26:17.8
35	Matt Rold	39	23:00.9	23:04.6	69	Carl Greeson	65	26:10.8	26:18.7
36	Benito Mendez Rogel	39	23:14.3	23:14.3	70	Braden Willmeth	10	26:02.4	26:24.3
37	Marissa Kraus	11	23:23.5	23:25.8	71	Robin Venn	48	26:18.5	26:28.7
38	Todd Fuller	45	23:19.3	23:26.7	72	Chase Venn	13	26:18.5	26:28.8
39	Caty Newbold	23	23:18.5	23:32.3	73	Doris Wood	61	26:33.6	26:33.6
40	Katy Lydon	15	23:41.2	23:48.0	74	Samuel Smith	9	26:37.1	26:42.2
41	Gary Werkmeister	36	23:42.1	23:50.2	75	Robert Micatka	22	26:39.1	26:43.7
42	Pat Okker	53	24:02.0	24:04.7	76	Robin Bell	49	26:46.0	26:49.0
43	Jacob Sykuta	12	24:01.7	24:07.6	77	Kelly Fuchs	44	27:19.1	27:33.7
44	Zach Zillig	31	23:55.6	24:10.8	78	Timothy Schild	45	27:27.9	27:43.1
45	Hugh Emerson	56	24:09.9	24:13.6	79	Gretchen Siebert	37	27:43.0	27:49.7
46	Tim Littell	46	23:59.8	24:14.8	80	Beth Rota	34	27:38.9	27:49.8
47	Alex Sgorge	43	24:17.0	24:19.8	81	Josie Long	33	27:46.0	27:53.3
48	Sarah Riney	29	24:22.6	24:27.3	82	Richard Wieman	63	27:48.2	27:53.9
49	Nick Kieffer	42	24:22.4	24:28.3	83	Jason Hollandsworth	36	27:51.5	27:54.9
50	Kyle Nelson	22	24:29.0	24:30.5	84	Melissa Zars	45	27:43.7	27:57.8
51	Bob Martin	47	24:27.7	24:31.7	85	Lucy Kingsley	15	27:55.5	28:02.1
52	Bruce Dunwiddie	36	24:28.1	24:33.7	86	Nora Hargett	15	27:55.1	28:02.3
53	Katie Kennaley	26	24:29.0	24:36.4	87	Elizabeth Rodman	21	27:59.3	28:04.8
54	Blaine Regan	22	24:35.5	24:43.9	88	Elaine Foster	61	28:01.0	28:13.2
55	Tod Moser	54	24:35.8	24:47.8	89	Christine Stamper	44	28:02.8	28:17.2
56	Tony Jones	49	24:40.8	24:51.3	90	Adriana Ramnarine	25	28:17.5	28:25.1
57	David Rehard	26	24:52.8	24:54.5	91	Wes Long	50	28:31.8	28:39.6

92	Gary Stamper	57	28:34.4	28:48.6
93	Anthony Fuchs	57	28:35.0	28:48.7
94	Kenneth Hammann	66	28:47.5	28:54.0
95	Howard Hutton	48	28:55.7	29:04.9
96	Archer Fried-Socarides	8	29:07.3	29:09.5
97	Alexandra Socarides	39	29:14.6	29:17.6
98	Emily Hedrick	39	29:21.7	29:21.7
99	Jim Meyer	45	29:22.3	29:30.5
100	Carolyn Roof	56	29:29.2	29:32.6
101	Mary Roberts	67	29:29.4	29:32.9
102	Tara Alderson	41	29:40.5	29:43.6
103	Jennifer Welsh	43	29:40.3	29:43.6
104	Karen Derrick	52	29:48.0	29:59.8
105	Drew Hibbs	11	30:21.7	30:21.7
106	Jill Lucht	36	31:09.6	31:20.7
107	Birney Belfield	68	31:07.5	31:23.2
108	Sherry Corwin	54	31:13.7	31:24.4
109	Shawna Victor	35	31:16.2	31:27.1
110	Pam Flaspohler	54	31:20.4	31:28.1
111	Laurie Kingsley	48	31:27.4	31:33.7
112	Michael Jouret	39	31:32.7	31:41.1
113	Craig Ward	60	27:45.6	31:41.5
114	Adisak Seesanea	25	31:32.3	31:43.1
115	David Herzog	50	31:29.6	31:46.4
116	Kerry Hirth	41	31:45.6	31:52.3
117	Ann Marie Gervino	47	31:53.8	31:53.8
118	Lisa Brock	52	31:59.2	31:59.2
119	Heather Mottaz	33	31:52.5	32:07.0
120	Dalton Whipple	11	31:51.9	32:07.2
121	Alyssa Sykuta	18	31:57.1	32:11.3
122	Debbie Sykuta	46	31:56.6	32:11.3
123	Krista Myer	42	32:20.8	32:28.0
124	Vicki Winton	51	32:27.5	32:37.7
125	David Moser	25	32:34.0	32:45.4
126	Kathy Cella-Miratka	56	32:47.0	33:04.1
127	Rachel Ruhlen	39	33:03.3	33:08.6
128	Taunia Rau	43	33:02.2	33:11.2
129	John Rau	42	33:01.8	33:11.3
130	Aubrey Willmeth	7	32:52.9	33:15.0
131	Patrick Corwin	27	33:46.8	33:57.2
132	Greg Campbell	53	33:50.6	34:00.6
133	Donald Corwin	56	33:50.6	34:00.6
134	Kathryn Rodman	19	34:04.3	34:10.3
135	Nikki Bergendahl	37	34:05.6	34:17.4
136	Rachel Kirchner	26	34:19.6	34:24.1
137	Erik Kirchner	29	34:20.0	34:24.3
138	Brooke Willmeth	5	34:03.2	34:25.3
139	Lori Darr	48	34:18.8	34:29.9
140	Julie King	27	34:17.2	34:30.6
141	Betsy Farris	54	34:19.6	34:32.4
142	Quillen Reivich	33	34:12.7	34:34.9
143	Lawrence Duggan	34	34:13.0	34:35.0
144	Lisa Meyer	45	34:31.1	34:39.2
145	Lauren Brown	16	34:47.8	34:54.0
146	Danni Nichols	15	34:51.6	34:58.0
147	Luke Manary	14	35:33.6	35:38.5
148	Garrett Forsee	10	35:42.9	35:58.8
149	Cara Wilfong	16	36:09.8	36:17.1
150	Madison McDonnell	17	36:10.6	36:17.6
151	Paul Larose	54	36:06.0	36:22.6



152	Toni Dunwiddie	38	36:07.2	36:26.7	181	Paula Heaviland	53	52:16.5	52:16.5
153	Bradley Werkmeister	10	36:13.6	36:29.4	182	Meribelle Wheeler	5	51:54.5	52:17.9
154	Oliver Lynchard	6	36:19.3	36:45.6	183	Amanda Wheeler	35	51:55.1	52:18.5
155	Jacki Swank	39	36:52.7	37:01.1	184	Sarah Kohnle	57	52:03.1	52:24.3
156	Patty Irby	62	36:58.3	37:08.1	185	Debbie Lacy-Anderson	57	52:02.7	52:24.3
157	Andrea Allen	67	37:04.5	37:19.1	186	Natalie Meighan	35	52:08.2	52:28.6
158	Jack McGaughey	9	37:35.6	37:36.1	187	Mark Meighan	41	52:09.1	52:29.3
159	Ivan Chittenden	55	37:35.1	37:36.3	188	Richmond Wheeler	36	52:05.3	52:31.7
160	Mika Muzaffar	6	37:38.2	37:46.3	189	Tonya Wibe	43	57:01.6	57:14.4
161	Arshad Muzaffar	44	37:38.1	37:46.5	190	Christi Conrath	42	57:47.6	1:00:43.8
162	Nancy Sweezer	59	38:10.4	38:22.7	191	Ryan Conrath Sr	39	57:37.8	1:00:44.0
163	Michele Spry	37	39:06.8	39:09.2	192	Kelsi Conrath	11	57:47.3	1:00:44.1
164	Todd Cowan	51	39:17.0	39:24.9	193	Chere Conrath	60	57:36.9	1:00:44.2
165	Josie Moore	9	41:01.2	41:18.3	194	Ryan Conrath	14	57:38.8	1:00:44.2
166	Barbara Moore	44	41:05.4	41:22.3	195	Glenda Wyss	64	1:07:35.6	1:07:35.6
167	Michelle Lynchard	40	42:19.7	42:19.7	196	Fred Wyss	65	1:07:35.9	1:07:35.9
168	Christina Morian	53	42:08.6	42:25.1					
169	Teresa Clerkin	29	44:32.4	44:41.1					
170	Patrick Lee	62	44:26.0	44:43.8					
171	Randy Hodill	59	44:58.9	45:17.4					
172	Misty Werkmeister	37	46:47.7	47:03.7					
173	Beverly Greeson	62	49:42.2	49:55.9					
174	Brent Myer	46	49:40.6	49:56.1					
175	Jackie Glenn	62	50:06.3	50:30.5					
176	Amanda Dunwiddie	16	50:17.9	50:38.5					
177	Lisa Dunwiddie	11	50:18.9	50:39.0					
178	Deb Sheals	55	50:47.1	50:56.7					
179	Luanne Andes	57	50:48.1	50:57.7					
180	Sharon Boland	49	52:16.5	52:16.5					



Runner's Choice

January 25, 2014 8am

It was the second year that Team Earnest directed Runner's Choice. With the crazy cold we've had this year and a low of -1 predicted in just 48 hours, we were happy to begin the race in the low 40s. A strong northern wind made the first 5K tough for runners but they enjoyed a nice tailwind (and many had negative splits) on the way back. Dan Edidin won the 10K in 37:28 and Lisa Wells was the first female in 48:18. The 20K was dominated by Kirksville runners. Royce Kallerud, from Kirksville, was the first person to cross the finish line in 1:23:23 and a pair of Kirksville women runners (Jackie Hood and Marci Skemp) crossed the finish line together in 1:49:02. Each winner got a water bottle donated by Tryathletics and a \$5 bill inside. We had 32 10K runners and 12 20K runners. A special thanks to our volunteers: CTC president, Beth Luebbering, Nancy and Tony Taube, Tina Putnam, Anatolie and Elena Junctu, Mark Lee, Janelle Patterson and Andrew Taegel. Thanks to everyone that came out and ran. ~Kimberly and Brad Earnest

10K

Place	Name	Age	Time
1	Dan Edidin	45	37:28:00
2	Tom Anderson	30	41:10:00
3	Sam Mosteller	45	41:40:00
4	Mark Vellek	53	45:33:00
5	Brian Tate	39	45:42:00
6	Jorge Lugo	45	45:50:00
7	Lisa Wells	50	48:18:00
8	Eli Hochstetler	37	49:00:00
9	Adam Skemp	27	49:33:00
10	Shiva Sankalp	27	49:58:00
11	James Harrington	40	50:35:00
12	Jake Simpson	43	50:42:00
13	Marzena Tomicki	44	51:48:00
14	Meghan Turner	25	51:57:00
15	Tom Tomicki	49	52:15:00
16	Matt Rold	39	52:30:00
17	Jon Rosen	61	53:05:00
18	Hugh Emerson	56	53:27:00
19	Emily Ridgeway	20	55:10:00
20	Debbie Rodman	42	56:01:00
21	Peggy Horner	56	56:45:00
22	Leslie Rigdon	30	58:23:00
23	Tony Rigdon	40	58:23:00
24	Ashton Oltmanns	23	58:32:00
25	Lisa Rosen	58	58:42:00
26	Judi Kaufman	48	58:45:00
27	David Webber	62	1:00:26
28	Catherine Juettner	37	1:01:17
29	Jenny Clark	50	1:02:28
30	Jim O'Dell	70	1:07:29
31	Charlene Morrow	44	1:08:26
32	Toni Dunwidde	38	1:16:26

20K

Place	Name	Age	Time
1	Royce Kallerud	45	1:23:23
2	Tom May	47	1:23:43
3	Philip Schaefer	60	1:29:31
4	Steve Stonecipher-Fisher	57	1:31:23
5	Brent Motter	56	1:35:18
6	Andy Emerson	45	1:38:12
7	Kurt Kennett	46	1:44:03
8	Jackie Hood	26	1:49:02
9	Marci Skemp	25	1:49:02
10	Bruce Dunwiddie	36	1:59:26
11	Jamie Szabo	36	2:18:18
12	George Szabo	32	2:18:19

10K ? 20K

Colts

A Year in Review

The CTC Colts cross country team for 2013 was coached by Beth Luebbering and Dick Hessler. Starting Sept. 10 at Cole County Park in Jefferson City, the team raced at Linn, Westphalia, Ashland, Taos, Binder Park (JC), back to Linn, and ended the season at the championship meet on October 18 at Stephens Lake Park, Columbia.

The league is called Parochial Athletic League (PAL) and is for kids grades 5-8 with 4th graders allowed to race but not score. The distance is 1.5 miles. There were 7 full girls' teams and 12 boys' teams with 118 boys and 78 girls. Columbia Track Club is a founding member of PAL and competes as a club, not a school. We have hosted the championship meet since the first season, 14 years ago.

We had 8 boys who raced most of the season and just two girls. Ji-Sung Lee was in 7th grade and Emma Tatlow was just a 4th grader. I can say, without doubt, that the 2013 season was right up there among the most exciting and fun-filled for the kids, coaches, and fans. The weather was nearly perfect, no one got hurt, and we have never seen such supportive families and competitors, no question.

James Weaver and Nathan Forck had academic and family responsibilities and could not be at the championship meet. They were among our top finishers throughout the season. We have included their photos from previous meets and thank Ilhyung Lee for his brilliant photography. A special thanks to our parents who were so supportive throughout the season and models of sportsmanship and to our team members who made the season one of the best ever with their work ethics, manners, and sportsmanship.



Ben

Cameron

Braden

Vincent

Jacob

Manny



James Weaver

Nathan Forck

Finally, the boys finished 2nd at the champs with 69 points with St. Joseph Cathedral (Randy Starr, coach) at 54 points. 12 teams, 118 runners. Our order was:

- Ben Breitweiser 4th 9:11.6
- Manny Garcia 5th 9:14.0
- Cameron Fuller 11th 9:25.9
- Jacob Sykuta 23 9:49.0
- Braden Smith 26 9:53.2
- Vincent Elfrink 37 10:22.3

The CTC girls were:

- Ji-Sung Lee 5th 10:06.9
- Emma Tatlow 32 11:13.3

- Dick Hessler
- Beth Luebbering



Ji-Sung

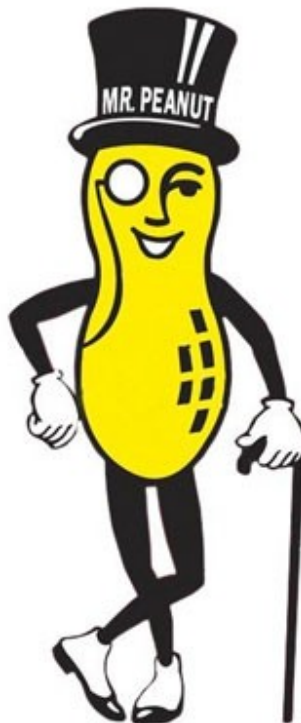
Emma

Nut Race Cancelled!!!

Due to unfortunate weather the February 1st Nut Race was cancelled and will not be rescheduled. So for your information here is Joe Duncan's history of the event.

I looked back into the archives and determined that the '14 Nut Race would have been the 39th annual. The first one was at Reactor Park, March 6, 1976, the same course as now and every year in between. It first became known as the "nut race" for the March 4, 1978 event when the race was sponsored by the Mound City Shelled Nut Co. and was called the Mound City Shelled Nut Race. And, of course there was immediately the allusion to a bunch of nuts whom would do this sort of thing, especially when the race was moved to February, in 1986, with snow and howling winds out of the northwest more often than not.

Dick Hessler and I were both in that first one which was actually 3 miles. Dick had a PB of 16:04 (well under 17:00 for a 5k) I was 18:38, one of my fastest times ever for that distance, about 19:30 for 5k. There were 22 runners and 12 walkers, who did 5 miles led by Larry Young's 37:44. Rob Spier was 52:02. Other names in the run: Stewart, Lewis, Londeree, Chippendale, Marks, Hinckley, Brown, Garverick. Doug Duncan, age 15, was in at 20:52.



Ron Hindley Memorial Race Series 2013 Awards Presentation

Tuesday night, February 11th, was the awards ceremony at Tryathletics for the eighth annual Ron Hindley Memorial Race Series also known as the serial competition. CTC runners are awarded points over a series of races in a one year time span. The Top Ten runners at the end of the year receive a shirt, a framed certificate, and a Tryathletics gift certificate ranging from \$15-\$100 depending on their place. We thank Ron Hindley for developing and making his program available to our club. We also thank Hugh Emerson who was able to take Ron's program and make it work for us and has worked diligently on the program over the last eight years. The series seems to have gained in popularity every year and if you want information on the series go to the CTC website.

This 2013 year was historic for the competition on many levels. One of Ron's dreams for the program was that men and women could compete against one another as absolute equals as each woman is judged by the winning woman's time and each man is judged by the winning man's time. This year five of the top ten runners were women and our champion was a woman. Before this year the most women in the top ten were three and the highest finish for a woman was third. It was also the closest overall competition as only 1 point separated 3rd from 4th place and 1 point separated 4th from 5th place. In addition only 21 points separated 10th from 11th place as it was quite a scramble to get into the top ten.



Special congratulations go out to our first women's champion Nancy Taube. Nancy won the Runner's Choice 20K in a strong 1:30:28. She was 2nd in the Eve Fest 5K, Nut Race 5K, Mustang Stampede 5K, and the Sandbagger 10K. Nancy ran a superb 20:36 in the Nut Race 5K. She raced to a very impressive time of 43:15 in the Prevent 10K. Nancy has now been in the Top Ten four times with a previous highest finish of 3rd in 2009.

Just 30 points behind in 2nd place is Andy Emerson. Andy was 2nd in the Mustang Stampede 5k, 6th in the St. Patrick's Day 5K, 10th in the HOA marathon in 3:04:34 and 4th in the Runner's Choice 20K. Andy has appeared in the Top Ten every year and has been the champion three times.

Phil Schaefer finished in 3rd place. He had another strong year with a 3:21:59 HOA marathon and two 41 minute 10Ks in the Great Sandbagger and Prevent races. Phil has finished in the Top Ten four times and was our initial champion in 2006.

Just 1 point behind in 4th place is Hugh Emerson. Hugh had strong races in the Prevent 5K and the Runner's Choice 20K. Hugh has finished in the Top Ten every year with 5 top five finishes and was 2nd in 2010.

Again only 1 point behind in 5th place is Nick Thurwanger. Nick ran a 20:15 5K on a cold, rainy day at the Mustang Stampede 5K and just missed breaking 4 hours in the HOA marathon. Nick moved up in the standings as he debuted in the Top Ten last year with a 10th place finish.

Katie Hauser's first appearance in the Top Ten in 6th place is very impressive. She achieved a mean score of 99 which must be a record for the series. Katie won the Cheese and Sauerkraut 10 mile, Prevent 10K, Great Sandbagger 10K, Mustang Stampede 5K, Nut Race 5K with an 18:48 time, and was 2nd in the St. Patrick's Day 5K.

Dan Edidin, who had one previous appearance in the Top Ten, finished in 7th place with a very strong racing season. He won the Cheese and Sauerkraut 10 mile in an impressive 1:03:06, was 2nd in the Eve Fest 5K, and 3rd in both the Runner's Choice 10K and the St. Patrick's Day 5K.

Mary Ellen Bradshaw completed another fine year with an 8th place finish. Mary Ellen was 3rd in the Runner's Choice 10K, 4th in the Mustang Stampede 5K, and kept her string of great HOA marathons going. Mary Ellen has been in the Top Ten for seven of the eight years with a 3rd place finish in 2011.

Christina Ramirez made her first appearance in the Top Ten with a 9th place finish. Christina was 2nd in the Runner's Choice 10K and had a great 3:42:44 HOA marathon.

Lisa Wells grabbed 10th place with a fantastic 3:56:39 HOA marathon, a 3rd place in the Runner's Choice 20K, and a 4th place finish in the Cheese and Sauerkraut 10 mile. Lisa has returned to the Top Ten for the first time since her 9th place finish in the initial year of the series in 2006. In 2007 she narrowly missed out on the Top Ten when she finished in 11th place just behind Alex Chavez. Ron Hindley wrote about Alex barely holding off Lisa in one of his newsletter articles while invoking a medieval battle between the English and the French. Look it up by clicking on Members and then clicking on the February 2008 newsletter in the newsletter archives that Hugh Emerson carefully maintains for us on the CTC website. The Ron Hindley article is after the awards ceremony article. I say all that to give Tony Taube encouragement because he finished in 11th place only 21 points behind Lisa.

Big thanks to our CTC president, Beth Luebbering, and to Steve Stonecipher-Fisher of Tryathletics for bringing all of this together.

The 2014 Ron Hindley Memorial Racing Series is already underway so good luck to all as you pursue being in the Top Ten. Kevin Tyler

Non-CTC Events

Rock n Roll Marathon and Half Marathon

January 19, 2014

Tempe, Arizona

There were 25,000 runners from all fifty states and three runners were representing CTC in Arizona.

Brad and Kim Earnest ran the Half Marathon. Brad ran a 1:36:47 and Kim ran a 1:37:09. They went out early to Arizona before the race and spent some time in Sedona and at the Grand Canyon. They said it was a great destination race.

Nancy Rezabek was in the medical tent at the finish line and they were busy when the first runners started coming thru until about six hours later! She says "it was the most fun she has had since they arrived in Arizona in November."



Rocky Raccoon

**February 1&2
Houston, TX**

Matt Laye, former CTC member and winner of the 2008 HOA, won the Rocky Raccoon, USTAF 100 Mile Trail Championship February 1 & 2 on a fairly flat 5-lap, 20-mile loop course around Huntsville State Park, north of Houston, TX, with a time of 13:17:42, the 4th fastest time in the 22 year history of the race. This was Matt's first 100-Miler which means he came in as a real dark horse and had people wondering Matt who? He's now running out of Sausalito, CA. with the West Valley TC. Representing CTC were 3 other HOA veterans: Jordan Derose and Haley Schwartz, running together just as they did in the '13 HOA, finished in 23:26:11 to get the coveted sub-24 hour buckle and John Adams, 27:23:10.



WIN Awards

**February 20
Columbia, MO**

Columbia Track Club members win big at WIN, Columbia's Women's Intersport Network. Patt Okker received the Gladys Stankowski Sportswoman of the Year and Tom LaFontaine received the Kent Heitholt Memorial Award at the 17th Annual WIN Awards Luncheon, Feb. 20th. Congrats!



Heartland Paddler announces the
6th Annual Perche Creek Gutbuster
April 5, 2014 – 11:00am
Providence Fishing Access, Columbia, MO

This race is open to beginners and experienced paddlers alike.
Class 1 water 8-mile two-loop course

Classes:

Solo Surfski – M&M (mix and match)

Solo Unlimited (any boat, any length)– M&M (mix and match)

USCA C1 – M&M (mix and match)

USCA C2 – Men

USCA C2 – Mixed

Kayak (up to 18') – Men

Kayak (up to 18') – Women

Team (3-5 people) – M&M (mix and match)

SUP – Men

SUP – Women

Tandem Unlimited - M&M (mix and match)

2 New Classes!

Builders Class – You build it, you race it – a chance to show off your handiwork!

Stock Canoe – Under 18' – M&M (mix and match)

Unique trophies

Lunch provided by Jimmy Johns

Refreshments (nutritional cookies, home made Twinkies)

Drawings for paddling gear

Registration – from now till race day! \$25/paddler (PayPal, cash, check – sorry, no Bitcoin or Confederate money)

Questions? Charlie – cnlockwood@charter.net or
573-442-7109

US Canoe Association sanctioned race



The Super Scout 5K
Presented by Commerce Bank
March 8, 2014 9:00 AM



This event will raise money for Cub Scout Pack 733 at Shepard Elementary School in Columbia. In addition, Pack 733 has a goal of raising seven hundred and thirty three (733) pounds of food for their share of the BSA "Scouting for Food" program to help The Food Bank for Central and Northeast Missouri. To collect 733 pounds of food for the Food Bank, Scouts are encouraging all participants to donate five (5) cans of food or jars of peanut butter. The event is open to all, not just scouts, and will kick off at 9:00 a.m. on the road in front of the school.

Come to Shepard Elementary School and help Cub Scout Pack 733 collect 733 pounds of food for The Food Bank for Central and Northeast Missouri. Overall winners receive BSA popcorn. Race finishers receive the exclusive Super Scout 5K patch. All entrants receive a race t-shirt.

Why Run?

1. To support The Food Bank for Central and Northeast Missouri
2. To fulfill your New Year's resolution
3. To earn the exclusive Super Scout 5K finisher patch
4. To run fast and earn a Cub Scout age group winner's medal



Sharing food. Bringing hope.

Friday March 7th

4:00 to 7:00 pm Packet Pick up Shepard Elementary School Lobby

Saturday March 8th

7:00 to 8:30 am Late Registration Shepard Elementary School Lobby

9:00 am 5K run / walk starts Shepard Boulevard

10:00/10:15 am Awards and thank you



Awards:

The first 200 finishers will receive a custom Super Scout 5K patch. The overall male and female winners will receive a large box of BSA popcorn. The top three finishers in the following age groups will receive a winner's medal.

Awards for 1st, 2nd, and 3rd place for male and female winners in the following age groups: 7 and under; 8-9; 10-11; 12-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60+.

What's prohibited:

Unregistered runners, unauthorized vehicles, bicycles, roller skates, roller blades, skateboards and runners with pets are strictly prohibited to assure runner safety and to comply with liability insurance requirements. Strollers and baby-joggers are only allowed for the 5k race and must start in the back.

Questions? Email your questions to SuperScout5K@gmail.com

Important information and updates are posted on our Face Book page at "Super Scout 5K".

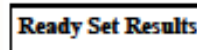
www.facebook.com/SuperScout5k

www.enter2run.com



St. Pat's Day 5K Run/Walk

Saturday, March 15, 2014



Tiger Family
CHIROPRACTIC & Wellness Center
Feel like yourself again.
3602 I-70 Drive SE, Suite A
Columbia, MO 65201

Start Time: 8 a.m., Saturday, March 15
Start: 6th Street at Ash Street
 USATF Certified Course #MO07062BG
Run Headquarters:
 Boone County Government Center Downtown Columbia
Entry Fee:
 \$20 on or before 3/12
 \$25 on 3/13 & 3/14
 \$30 race day registration
 Ages 12 and under \$10
 T-shirts guaranteed to first 400 entrants
Check payable to: Columbia Track Club
Register online at <http://www.runrace.net> or
<http://www.columbiatrackclub.com> on or before 3/12
Mayor's Mile for kids under 12 at 9 a.m.
 Free - all finishers receive a ribbon.
Registration Deadline:
 You may register at Tryathletics until March 14, 7pm
 Or morning of event at race headquarters
AVOID RACE DAY REGISTRATION IF AT ALL POSSIBLE!

Run Packets:
 Run packets may be picked up at Tryathletics, 1605 Chapel Hill Road, from 4 p.m. to 7 p.m. on Friday, March 14
 Runners unable to pick up their packets Friday may do so on the day of the run from 6:45 to 7:30 a.m. at run headquarters. Participants will forfeit their t-shirts if they do not pick up packets during these times.
Run Procedures:
 Please be at the starting line by 7:45 a.m.
 Walkers should start near the back.
NO PETS, STROLLERS or HEADPHONES
Awards:
 Ceremony will be at run headquarters following the run. Awards will be presented to 1st, 2nd and 3rd place finishers in each age division and will be based on gun time. The overall male and female winner will receive a \$100 gift certificate toward a pair of New Balance running shoes at Tryathletics.

NAME (Please print) _____
 Last First

ADDRESS _____ **PHONE** _____

CITY _____ **STATE** _____ **ZIP** _____

SEX: M F **DATE OF BIRTH** _____ **AGE ON March 15, 2014** _____ **T-SHIRT SIZE:** S M L XL
 Circle one MM/DD/YY Circle one

In consideration of the foregoing, I for myself, my executors, administrators, and assigns, do hereby release and discharge NewsTalk 1400 KFRU, Cumulus Broadcasting, Tryathletics, Columbia Track Club, Ready Set Results, the city of Columbia, Missouri, and the county of Boone, and all other race sponsors affiliated with the event from all claims of damages, demands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, March 15, 2014. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE _____

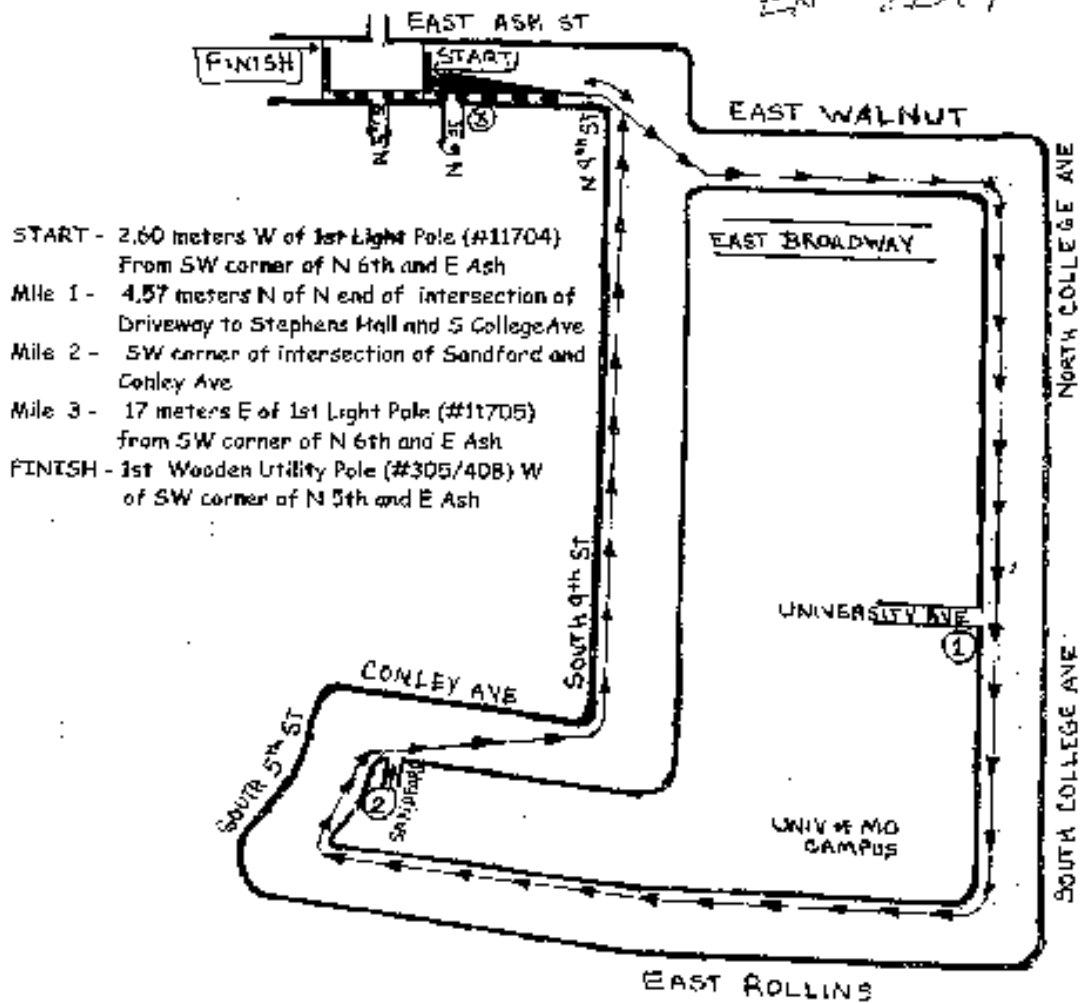
Parent or guardian signature (if under 18) _____


St. Patrick's Day 5K

Columbia, MO

M007062BG

EXP 2017



 Route to Finish through Start area shown
with dashed line
 Start, Finish, and Mile Splits are marked with nail

Measured for Certification
 by Wayne Ambrust, Columbia, MO
 November 3rd, 2007
 Calibration Course M006006BG



GONE DIGITAL

To receive future newsletters in PDF format, please make sure Tom

Allen has your email address (contact him at thomallen@socket.net). Thanks for understanding and for your cooperation!

NEW MEMBERS

January-February

Rebecca Hennessy	Columbia
Elizabeth Kely	Columbia
Chris Lunn	Columbia
Sam Mosteller	Columbia
Brent Motter	Kirksville
Debbie Rodman	Columbia
Matt Rold	Columbia
Shiva Sankalp	Columbia
Melissa Scroggs	Columbia
Bill Thom	Chicago, IL
Craig Ward	Ashland
Kenneth Welty	Columbia
Desiree Vantassel	Columbia
Sali Bliss	Columbia



New Policy

The Columbia Track Club is instituting a new policy for use of its racing equipment. If you are a Columbia Track Club member you can borrow the CTC's equipment for your races as long as the CTC does not have a scheduled race for that weekend or as long as someone has not already reserved it. You need to contact Columbia Track Club President Beth Luebbering (bal2run@hotmail.com 573-291-4391) at least 2 weeks prior to your event for approval of use of the equipment. Either Beth or Nancy Rezabek will meet with you at Tryathletics to check out the equipment. The majority of CTC's equipment can be used for free however there are 2 items that will require a security deposit. If you want to use either the race clock or the inflatable finish line you will need to place a \$200 security deposit down when you pick up the equipment. You will receive \$150 of that deposit back as long as the items are returned in their original condition.

**COLUMBIA
TRACK CLUB**

COLUMBIA TRACK CLUB

Membership information

If you run, jog or walk, CTC is for you!

CTC offers events for people of all ages and abilities.

What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ◆ **Summer Youth Program:** This five-week program stresses personal improvement for kids ages 4 to 16. From June to July, more than 400 youngsters compete in running and walking events (ranging from 200 meters to three miles) and field events.
- ◆ **CTC Colts:** The Colts are a competitive running team for kids ages 5 to 16. The team practices together once a week in the spring and competes in the Show-Me State Games in July. They also run cross country in the fall.
- ◆ **Scholarships:** CTC awards \$500 to \$1000 scholarships to CTC members from area high schools each year. The scholarships are funded by club memberships, club sponsored events and private donations.

- ◆ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations, including the Arthritis Foundation and the Central Missouri Food Bank.

What's in it for you:

- ◆ As a member you'll receive a newsletter highlighting the activities of the club, race results and area running and walking events.
- ◆ Awards are presented to individuals for their participation and achievement in various races.
- ◆ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.
- ◆ A discount is offered to CTC members at Tryathletics.

The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the

To join: Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs from January through December.

Please send your name, address, phone number, birth date, email and a list of all family members at this address, with your check to:

**Columbia Track Club
P.O. Box 1872
Columbia, MO 65205**

Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

Information:

Want to know more? Contact CTC president Beth Luebbering (bal2run@hotmail.com) or visit ColumbiaTrackClub.com.



2014 COLUMBIA TRACK CLUB SCHEDULE 2014

Date	Time	Event	Fee	Race Director	Start Location
March 15	8 a.m.	St. Patrick's Day 5K *#	\$20 \$10 (<12)	Steve Stonecipher-Fisher, 447-2453, Tryathletics@gmail.com	Courthouse Square
April 26	8 a.m.	Mustang Stampede 5K *	\$25 \$5 (<18)	Jeff Wenzel, hzwt27@aol.com Angela Pigg, apigg11@gmail.com	Blue Ridge Elementary
June 4 to July 2	6 p.m.	Summer Youth Program (every Wednesday for five weeks)	\$1	Dick Hessler, 874-2906, HesslerR@missouri.edu	Rock Bridge School Track
July 4	7:30 a.m.	Parley P. Pratt Memorial Freedom Run 4-Mile *	Shirt fee	Newell Kitchen, 228-0879, KitchenN@missouri.edu	Twin Lakes Pavilion
Aug. 2	7 a.m.	Great Sandbagger 10K *	\$0 (CTC) \$3	Joe Duncan, 445-2684, jocar2605@centurytel.net	Mill Creek Elementary
Sept. 1	6 a.m.	55th Annual Heart of America marathon *#	\$45	Joe Duncan, 445-2684, jocar2605@centurytel.net	Stadium Blvd. at Hearnese Center
Oct. 4	8 a.m.	Rock Bridge Revenge 7-Mile/25K *	\$25 (7 m) \$35	Jeff Wells 446-0717, lisawellslisa@aol.com	Rock Bridge State Park
Oct. 18	8:30 a.m.	Prevent 5K/10K *	\$20 (5K) \$25	Ryan Hauser, 234-8815, ic_monavie@hotmail.com	MKT at Scott Blvd.
Oct. 19	7 a.m.	Courthouse to Capitol Charity Ultramarathon* & Relay (39 miles)	\$60	Darrin Young, 999-3838, challengesbychoice.com	Courthouse Building, Columbia
Nov. 3	7 p.m.	CTC Annual Meeting		Beth Luebbering,	Daniel Boone Library
Nov. 8	8 a.m.	Hunger Run 5K/10K *	\$25 \$15 (<12)	Steve Stonecipher-Fisher 447-2453, Tryathletics@gmail.com	Central Missouri Food Bank
Dec. 6	8:30 a.m.	Cheese & Sauerkraut 10-Mile *	\$0 (CTC) \$3	Dick Hessler, Randy Gay 874-2906, HesslerR@missouri.edu	Katy Trail at McBaine
Dec. 31	4 p.m.	Columbia Eve Fest 5K *#	\$25 \$15 (<12)	Linda LaFontaine, 442-2581, linlafontaine@aol.com	CyclExtreme
March 29	10:00 a.m.	Samantha Folkemer 5K	\$20	Kristin Underwood, 785-806-3108, kau001@gmail.com	Stephens Lake Park
April 5	8 a.m.	Head for the Cure 5K	\$20	Patrick Hanson, 268-1409,	Flat Branch Park
May 8	6:00 p.m. 7:15 p.m.	Lee Pfefer Memorial WellAware 5K # Kid's on Track	\$20 \$0	Jeff Zimmermann, 815-3262, jaz7557@bjc.org	Stephens Lake Park
June 1	8:00 a.m.	Jeff Shikles Memorial 8K	\$20	Tom Kulowiec, Tom.kulowiec@mdc.mo.gov	Gentry Middle School
June 21- 22	7:30 a.m. 7:30 a.m.	Show-Me State Senior Games 5K # Show-Me State Senior Games 10K #	\$20	Lisa Wells, 446-0717, lisawellslisa@aol.com	Bethel Park
July 27	8 a.m.	Show-Me State Games 5K/10K #	\$20	Lisa Wells, 446-0717, lisawellslisa@aol.com	Bethel Park
Sept. 27	7 a.m.	Roots N Blues Half Marathon & 10K	TBA	Patrick Hanson, 268-1409,	Flat Branch Park

* Serial Competition Events (see website for details)
Certified course

For a more complete calendar of events,
please visit columbiatrackclub.com.

COLUMBIA TRACK CLUB NEWS

P.O. Box 1872
Columbia, MO 65205

CHANGE SERVICE
REQUESTED

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

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____ Would you like to be e-mailed about upcoming CTC events? Y N

Members of family at this address and their birthdates:

Annual fees are \$20, which cover 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