

B E L I E V E T O A C H I E V E

COLUMBIA MULTISPORT CLUB

2012 MARCH EDITION



April Meeting

You're not going to want to miss April's throwback meeting!! We are going to begin celebrating CMC's 10-year anniversary in full style. If you so choose, come dressed in 80's & 90's workout apparel. We are going to talk about the growth of triathlon in Columbia over the years. Join us Thursday, April 12 at Harpo's at 7:30pm for a party like no other.

✧ President's Message ✧

OFF AND RUNNING IN MARCH

What an exciting month! CMC had a fantastic turn out for the March membership meeting. We heard from our newest 140.6 sponsor The Alpine Shop, got wonderful training tips on zones from Joe Company of Endurance Company and got to hear of all the advantages to giving back to your sport.

March has been filled with fantastic weather allowing CMC members to get out on their bikes. CMC is going to be smoking fast on their bikes this year with the early start of Time Intervals and Bike Hill Repeats. A big thank you goes out to Mackenzie Rickman, Jackie Pearce, Steve & Karen Jones for leading both workouts. The club was able to sharpen their orienteering skills in the March CMC activity thanks to Terry Rolan. Terry had a great turn out at Rock Bridge where members hiked around the hills of Rock Bridge State Park. Yep March was

a very busy month and April will be no different.

The April Throwback meeting will be a meeting like no other and I encourage members to invite old/new members, family and friends. CMC will be celebrating CMC 10th Anniversary by dressing up in your favorite 80's and 90's workout apparel, free beer and wine from 7:00-7:30 and 10th Anniversary cake! I hope you can make it because the board will be unveiling the 2012 National Club Incentive Package. I

promise you will be amazed the incentives that CMC is offering its members.

CMC has a lot of great things happening in 2012. Make sure you spread the word of all the great activities and events to your family and friends. Happy training!

Chrissie McKinney



New Committees Established

CMC is a well-oiled machine. The board has established committees in the following areas to continue our mission and be a positive influence in mid-Missouri. If you would like to become involved in any of these committees, please contact the appropriate person.

Retention - Steve Miller

This committee will not only work on retaining current members, but we'll also reach out to past members and try to get them back. We'll be conducting surveys to determine why members leave and see if the club could have done something to prevent their departure. Our committee will be responsible for providing beverages and food at some of the membership meetings and we'll also work with the activities committee on special events. We'll be seeking insight from membership on how we can make CMC a better experience for all members. If you're interested in helping, give Steve Miller a call at 489-2869 or e-mail him steve@sellingcolumbia.net.



Activities - Mackenzie Rickman

April 21st: Buddy Duathlon- This is NOT a timed race, but will allow members of all abilities to come out and get some time on the road and most importantly, practice that so important transition! For those newer to the sport, we will also offer a more experienced CMC member to be your "buddy" for a lap. They can give you tips and also answer any questions you may have!

May 19th: Trail Ride to Rocheport and Social. We will have a covered pavilion at Les Bourgeois reserved for CMC. More details to come! Contact Mackenzie at mackrickman@gmail.com



CMC Kids/Events - Amy Livesay

Promotions - Jason Smallheer

Recruitment - Sunny Younger

Cowbell Award Winners

Patrick Corwin (January)

Patrick is always seen either wearing MU or CMC appeal. Patrick wakes his parents up every morning at 4:30am, ready with coffee, to make sure they are not late for their Tuesday/Thursday run or Crack of Dawn Bike Ride. Patrick is always more than happy to grill for CMC whether it is for a CMC meeting, Fall Party or 1000 burgers for Jay Dix.



Karen Roberts (February)

Karen has worked very hard over the last 2 years by improving her swim, bike and run. If you have not ridden or ran with Karen in a while you will be very impressed with her skills. Karen not only cares about her progress she has given back her time to others by helping lots of individuals complete their first half marathon and 5K Runs.

Shawn Goertz (March)

Shawn CRUSHED his PR by taking 1:30 (yep an hour and half off his previous time) at Rocky Raccoon, an Ultra marathon! Shawn just few years ago came on the workout scene after years of drinking and smoking. Shawn extinguished those habits and took on his new passion of running.

If you have someone you would like to nominate for the Cow Bell Award just send Chrissie (chrissiebishop@aol.com) an email stating why you think they deserve to possess a CMC Cow Bell.



Of course it's never too early to start talking about [Club Nationals](#). The board is putting together an exciting and affordable package for CMC members. Although complete details will be given at the April membership meeting, rest assured that it will include lodging, food, and a couple other wonderful enticements. The full and half-iron distance events will be held on Saturday, September 22. The Olympic and Sprint events will be held on Sunday, September 23. Any CMC member participating in these events on either day will earn points towards the club's total point accumulation. Karen Rouse has volunteered to organize the logistics for CMC members again this year. Stay tuned to her emails for further information.

Mark your calendars for Challenge to Cure on Dix. Challenge to Cure is Dr. Jay Dix who lost his will be the 10th Annual CMC has Ellis Fischel. Due to new run course for 2012. online at



is now OPEN. If you would like to volunteer for the event send an email to Jay Dix Volunteer Coordinator Shawna Victor: redvictor624@gmail.com

CMC only produced event, Jay Dix **May 12th** at Flat Branch Park. Jay named after one of CMC own's battle to cancer 11 years ago. This Jay Dix Challenge to Cure and currently raised over \$145,000 to MU graduation, Jay Dix will have a You can check out the new course challengetocure.com. Registration

Registration

Club Business

The Columbia Multisport Club is dedicated to individuals of all ages and abilities for the promotion and participation in multisport activities. CMC is committed to build camaraderie between individuals through group training, exchanging techniques, and participation in community events and social functions, as well as promoting health, wellness, and safety in the spirit of endurance sports.

MEETINGS

APRIL 4
E-Board
Coley's 7:30 pm

APRIL 12
General
Membership
Harpo's 7pm

MAY 2
E-Board
Coley's 7:30 pm

MAY 10
General
Membership
Harpo's 7pm

MINUTES

Previous month's meeting minutes are available for viewing on the CMC website. Once you login in to the website, you can view the minutes with the following link

http://www.columbiamultisport.com/index.php?option=com_content&view=article&id=234

FINANCIALS

The club's financial status is available upon request to any club member. If you have not already done so, please visit www.columbiamultisport.com to obtain your username and password. This is a good idea if you already have a username and password, but have just forgotten it.

OFFICERS

President: Chrissie Bishop
Vice President: Larry Sabulsky
Secretary: Tony Rigdon
Treasurer: Annie Fennwald

BOARD OF DIRECTORS

Jason Smallheer
Sunny Younger
Steve Miller
Amy Livesay
Mackenzie Rickman

2012 Sponsors

CMC would like to welcome Alpine Shop as the newest 140.6 Sponsor! The Alpine Shop has your adventure racing gear and workout appeal. If you go into Alpine Shop make sure you let them know you are CMC member and receive a discount at the register! Alpine Shop is located in downtown Columbia on Broadway. The Alpine Shop has just launched its 1st Adventure Race on April 21 in Columbia, MO at Fingers Lake State Park. It is the perfect distance race if you have wanted to try out Adventure Racing. Thanks Alpine Shop for your support!



140.6 Partners

Advanced Radiology - www.aradiology.com
BCNB Roots N Blues N BBQ Festival 1/2 Marathon & 10K - www.rootsnbluesnbbq.com
CycleX - www.cyclex.com
Sun Sports Massage - www.sunsportsmassage.com
Ultramax Sports - www.ultramaxsports.com

70.3 Partners

Bleu Restaurant - www.bleucolumbia.com
Boyce & Bynum Pathology Laboratories - www.bbpllab.com
BRD Sport - www.brdsport.com
Chapman Heating & Air - www.chapmanhvac.com
Columbia Center for Dentistry - www.columbiacenterfordentistry.com
Columbia Orthopedic Group - www.cog-docs.com
Crane Clinic - www.craneclinic.com
Focus on Health - www.focusonhealthchiro.com
Gastrointestinal Associates - www.gicolumbia.com
Missouri Orthopaedic Institute - www.muhealth.org
Nancy Yaeger House of Brokers Realty - nancyyaeger.featuredwebsite.com
Peak Performance - www.peakperformpt.com
Steve Miller REMAX Boone Realty - www.sellingcolumbia.net
Vein Center - www.columbiasurgical.com
Walt's Bicycle & Fitness - www.waltsbikeshop.com
Wilsons Total Fitness - www.wilsonsfitness.com

Sprint Partners

Horton Animal Hospital
Endurance Company
Mid-Way Expo Center
Postal Annex

WELCOME!

New Members

Chris	Kendrick
Derick	Davis
Thomas	Fair
Christopher	Jones
Haleigh	Scmitt
Ben	Wilson
Megan	Morton
Anatolie	Juncu
James	Hillbrick
Dan	Bishop
Lori	Simpson
Danielle	Rodabaugh
Matt	Gott
Kyle	Hill
Rob	Staugh
Katie	Corwin
Brian	Gebert
Kurt	Simmons
Stephanie	Watson
Nirtana	Goodman
Ryan	Kriegel
Julia	Gaines
Heather	Williams