

COLUMBIA TRACK CLUB

NEWS

Volume XXXIII No. 4

June 2000



Hickman Standouts Awarded CTC Scholarship



Hickman seniors Matt Tanner and Rachel Williams were awarded the Columbia Track Club Joe Marks Youth Scholarship May 26, 2000.

This \$500.00 scholarship is awarded each year to one male and female senior track and/or cross country runner who has shown commitment to academics, community, and the Columbia Track Club.

Matt Tanner (see this month's Runner Profile) has run track and cross country for four years at Hickman. In 1998 he led the Kewpies as they won the 1999 State Cross Country Championship. Matt recently competed at the Missouri State Track and Field Meet and was third in the 3200 with a personal best of 9:24. In addition he placed third in the 1600 with another personal best of 4:15. Matt has also excelled in academics and will continue his education at Princeton University this fall where he will run for the Tigers. Matt writes, "Athletics have taught me how to set goals for myself and follow through with them. . . The hard work that I do in training is good practice for the hard work that I will be doing next year."

Rachel Williams (Runner Profile, June 1999) also has participated in cross country and track for four years at Hickman. This spring she was a member of the 4 X 800 meter relay team who placed fourth at districts and fifth at sectionals in a time of 10:08. In addition, Rachel has been a faithful volunteer at the Summer Youth Program. Rachel will continue her education this fall at Highland Community College in Highland, Kansas where she will participate in cross country and track. Rachel writes: "These sports have shown me what dedication means. . . While running track and cross country I discovered that the friendships formed there last forever and those peers push their teammates to excel on and off the track."

Both Matt and Rachel got their running start with the CTC Colts. We wish them the very best in the future and congratulate them on stellar high school careers, both as runners and students.

Summer Youth Track Program

MU Track
June 14, 2000
6:00 pm



Tip of the Month

"It is true that speed kills. In distance running, it kills anyone who doesn't have it."

-- Brooks Johnson

Reprinted from Runner's World online: www.runnersworld.com

Spring Couples Race—4 miles

May 13, 2000

The Spring Couples race was held at Bethel Park on a beautiful, spring morning. The week prior to the race was a glimpse of summer with temperatures soaring into the high 80's. However, the race started at 8:00 am with a temperature of 52 degrees and a strong wind making it feel like 40. Twelve runners participated and every runner went home a winner. **Many Thanks** to our sponsors **Flat Branch Pub and Brewing** for their gift certificates, and **Kristein King and Les Bourgeois Winery** for their generous donations of certificates for bottles of wine. Also a big **Thanks** to **Paula Wilson** for her finish line help and moral support, and to **Joe Duncan** for saving the day with his watch.

Results:

1. Tod Holdorf	26:24	7. Joe Duncan	34:05
2. Angela Woodland	30:30	8. Tracy Summerfield	34:28
3. Kevin Woodland	30:30	9. Chris Gervino	34:28
4. Chuck Cole	31:40	10. Neil Warner	35:24
5. Laura Cole	31:42	11. Denise Estabrooks	35:51
6. Dane Wilson	31:45	12. Elizabeth Gerhardt	1:00:15



—Race Director Amy Gundy

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

June 7, 1975 MVA AU One Hour Run: 44 runners with 12 over 10 miles led by Rick Katz with 10 miles, 1704 yards. 2. Paul Roussan, Central Methodist, 10-1316, 3. Dick Hessler 10-1042, 4. Rich Todd 10-937, 5. Charlie Evans 10-890, 6. Don Lewis 10-714. . .8. Ben Londeree 10-637. . .11. Whitney Hicks 10-109

June 21, 1975 Two-man, 10-mile relay: 1. Hicks and Londeree each doing 20 alternate 440's did that in 48:29 with Hicks averaging 76.1 per lap, while Londeree averaged 72.3—at age 40! 2. Tom Hinckley-Rick Katz 49:55, Katz averaging 68.8 per lap, 3. Hessler-Granberg 50:05, Hessler 74.7, Granberg 75.6, 4. Chippendale-Lewis 50:25 (77.8 & 73.4). . .Doug Duncan-John Leuthold, age 10 averaged 89.0 & 115.1.

June 28, 1975 Sprint Triathlon (mile, 880, 440). Paul Rice, Bryce Allmon, Ben Londeree set records: Rice wins with a total time of 7:21.6 (4:29, 1:59.2, 53.4); Allmon, age 15, has 4:39, 2:03.3, 54.0; while Londeree, age 40, goes 4:45, 2:12.5, 59.8. There were 34 other runners with a lot of intense competition. 16 runners had sub-5:00 miles, there were 17 sub- 2:30 880's, and 12 sub :60 440's.

CTC Board of Directors

Dick Hessler, president	Tom Allen, secretary -treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Curt Kempf
Amy Gundy	Jay Hasheider
Marc Keys	Linda LaFontaine

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 Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203
Ph: (573) 874-2407
e-mail: gundy@tranquility.net

Running Shorts. . .

- ♦ A big **THANKS** to Boone Hospital and Wellaware for their generous donation of \$1,500 to the Colts program.
- ♦ Happy Birthday **Elizabeth Boots Gerhardt**—she's 80 and still running strong!!
- ♦ If your newsletter address label is highlighted then this will be your last newsletter. Please send in your 2000 dues if you would like to continue receiving the CTC News.
- ♦ On Sunday, May 28th, CTC's Christian Reed (2nd Place Overall, 26:59) and Stephen Bourgeois (18th, 29:03 PR) competed in the "Amy Thompson Run to Daylight 8K" in Kansas City. Nearly 3,000 runners competed in the 13th annual race, which is held each year to raise money to improve the lives of people with brain injuries. Stephen and Christian used the race as a tune-up for Grandma's Marathon in Duluth, MN on June 17th. *Good luck Stephen and Christian!*
- ♦ **Race Directors:** CTC has a tradition of never canceling a scheduled race and I just want to remind all race directors of this. We publish our schedule in Missouri Runner and the CTC race calendar is listed on an international web page called ActiveUSA.com, so we really must put on the races we have scheduled. If a race director can't organize the race, call me and I'll take care of it.

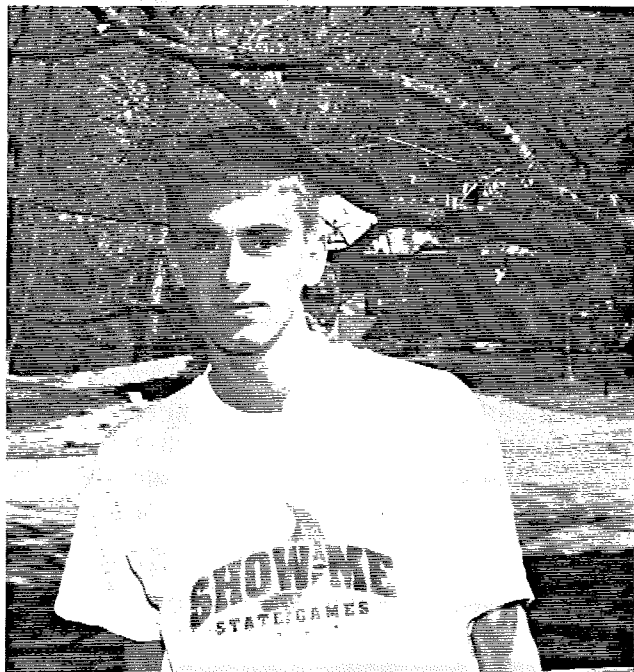
Thanks for all you do for the club and our sport and good running over the summer.

Your President, Dick Hessler

Welcome New CTC Members

Alexander Cook	Columbia
Tyler McDannold	Columbia
Kay Winfrey	Columbia

CTC Runner Profile



Matt Tanner

Age: 18

PERSONAL RECORDS:

5k 15:22

1600 4:15

3200 9:24

WEEKLY MILEAGE: 50-60 miles

WHEN DID YOU START RUNNING? When I was 12

WHO IS YOUR RUNNING ROLE MODEL?

WHO HAS INFLUENCED YOU MOST IN RUNNING? Jim Ryun is my role model. Mr. Hessler and Coach Kissane have influenced me the most in helping me train.

DID YOU RUN IN COLLEGE OR HIGH

SCHOOL? I have run for four years in high school at Hickman. I was a member of the 1998 team which won the State Cross Country Championship.

All-State Cross Country 1998, 1999

All-State Track 1998, 1999

Editor's note: Matt will run for Princeton University this fall.

WHAT IS YOUR FAVORITE WORKOUT? 8 X 400's at 61 seconds for each one

WHAT IS YOUR FAVORITE TRAINING ROUTE? The trails at Rock Bridge and Gans Creek

Boonslick Kiwanis Jeff

Shikles Memorial 8k

Run/Walk May 21, 2000

We want to express a huge thank you to the Columbia Track Club for your help in making this event a success. I especially want to recognize the following club members who gave us a lot of assistance:

Steve Stonecipher-Fisher, Tom Allen, Randy Gay and Mark Volek.

—Race Director Rod Hartwig

1. Mike Brault 30 M 26:54
2. Nathan Smith 15 M 28:15
3. Jason Havey 16 M 30:00
- Mark Hope 27 M 31:51
5. Mike Kaylen 45 M 32:50
6. Brian Hartwig 23 M 32:53
7. Hugh Murrell 35 M 33:24
8. Nancy Taube 40 F 33:30

9. Antoinette Marsh 34 F 34:49
10. Simon Rose 35 M 35:50
11. Lisa Wells 36 F 36:29
12. Joe Konnegay 50 M 36:34
13. Jennifer Polniak 33 F 37:23
14. Jeff Wells 41 M 37:44
15. Jim O'Dell 56 M 38:32
16. Chuck Gieringer 52 M 39:04
17. Jeff Lakritz 40 M 40:14
18. Jason Stumbo 29 M 40:22
19. Beth Wilcox 16 F 40:27
20. Beth Maddox 17 F 40:27
21. Richard Shanker 49 M 40:39
22. Kenneth Bartley 43 M 40:41
23. Matt McHugh 9 M 42:31
24. John Cassels 46 M 43:09
25. Neal Miller 56 M 43:49
26. Wendell Wilson 59 M 44:04
27. Ramona Mack 39 F 44:11
28. Tom Highland 52 M 44:56
29. Susanne Sawyer 25 F 45:15
30. Kristine Samerville 35 F 45:26
31. Rebecca Highland 34 F 45:39

32. Kelly Fuchs 30 F 45:56
33. Don Waltman 64 M 46:53
34. Janet Brandt 48 F 46:59
35. Andrea Woods 53 F 47:30
36. Justin Sherer 28 M 48:36
37. Andy Materer 29 M 48:43
38. Tobi Sherer 24 F 49:00
39. James Schadt 53 M 50:28
40. Will Robinson 48 M 51:10
41. Nick Fuchs 11 M 51:37
42. Coleen Kivlahan 46 F 51:38
43. Cameron Marshall 11 M 51:56
44. Steve Matthews 52 M 53:01
45. Bernard Ewigman 48 M 54:31
46. Jerrelee Robinson 44 F 56:57
47. Terry Chapman 43 F 59:04
48. John Shikles 11 M 59:04
49. David Bray 28 M 59:30
50. Curtis Gardner 7 M 1:01:42
51. Mary Green 59 F 1:01:47
52. Cody Gordon 6 M 1:01:48
53. Denise Belshem 38 F 1:02:02
54. Jenny Thurman 23 F 1:02:04
55. Melanie Appel 27 F 1:03:14
56. Linda Vogt 52 F 1:03:27
57. Sue Dabney 41 F 1:03:51
58. Stan Huels 42 M 1:09:01
59. Jeff McHugh 12 M 1:10:52
60. Loel Newell 34 F 1:11:05
61. Adam Fuchs 8 M 1:12:59
62. Kathy Whelan 29 F 1:13:11
63. Maureen Dempsy 42 F 1:13:43
64. Lisa Wishmeyer 33 F 1:13:43
65. Martha Rivero 44 F 1:13:54
66. Boots Gerhardt 79 F 1:14:03
67. Kim Alderson 29 F 1:14:28
68. Michelle Anderson 22 F 1:14:29
69. Matthew Huels 10 M 1:14:43
70. Terry Boldt 37 M 1:14:48
71. Brian McHugh 40 M 1:14:52
72. Nancy W-Huels 39 F 1:17:29
73. Marcus Huels 10 M 1:17:30
74. Laura W-Pierce 25 F 1:17:31
75. Michael Wenzel 27 M 1:17:32
76. Clara O'Brian 53 F 1:17:33

(Continued on page 5)

Show-Me State Games 5k Stampede Run

April 29, 2000

Sunshine, 60 degrees, beautiful day for running and for a picnic. This was run on the Reactor course (home of the Nut Race).

Thanks! to the Missouri Beef Council (Steve Taylor) for their sponsorship—for the medals, ribbons, many door prizes and for the great BarBQ. All participants got their Show-Me State Games T-shirts and are automatically entered in the Show-Me Games 5k race set for July 30.

—Race Director Joe Duncan

1. Dwayne Johneson	38	17:14	17. Laura Cole	f	30	23:30
2. Steve Bourgeois	36	17:18	18. Jim O'Dell		56	23:35
3. John Weghorst	44	17:25	19. Kurt Kennett		32	23:37
4. Phil Wahlbrink	41	17:56	20. Jeff Wells		41	23:40
5. Kevin Tyler	44	18:33	21. Chuck Cole		30	24:21
6. Jim Wilbur	23	18:49	22. Bill Morgan		49	24:51
7. Eric Walker	33	19:33	23. Kelly Knaebel	f	10	25:15
8. Darren Young	33	19:33	24. Patrick Feehan		49	25:25
9. Rudy Kelly	53	19:42	25. Hank Clark		42	25:53
10. Phil Schaefer	46	19:48	26. Teri Walden	f	35	26:15
11. Tom Davis	47	19:51	27. Bob Humphreys		73	26:34
12. Nancy Taube	f	40	28. Andrea Woods	f	53	27:48
13. Mark Hope	27	20:22	29. Kenneth Bartley		43	28:03
14. Sean Wright	22	22:46	30. Kristi Stock	f	32	28:16
15. Todd Fuller	31	22:59	31. Barney Sword		68	28:54
16. John Schula	42	23:29	32. Tina Bridges	f	33	30:11
			33. Scott Rothermel		35	30:12
			34. Kim Stewart	f	32	30:13
			35. Robert Lewis		31	30:19
			36. Emily Enkvetchakul	f	25	31:00
			37. Linda Vogt	f	52	35:07
			38. Jack Hudson		55	35:31
			39. Angela Bartley	f	14	37:11
			40. Boots Gerhardt	f	79	42:54

Wellaware 5k

May 24, 2000

We made \$556.58 in profits and Boone Hospital is giving a \$1500 also to the Colts summer program. Thanks to many for their support of this race.

—Race Director Mark Volek

1. Marc Keys	37	17:18	23. James Smith	40	22:47	52. Kathy Sharp	40	26:40	82. Rob Pasha	53	31:08
2. Stephen Bourgeois	36	17:33	24. Julie Wissbaum	39	22:54	53. Jennifer Tyson	24	26:49	83. Michael Harris	52	31:24
3. Nathan Tiggs	41	18:02	25. Julie Pratt	31	23:12	54. Melinda Powell	26	27:05	84. Mindy Powell	21	31:28
4. Steve S-Fisher	43	18:24	26. Rusty Crawford	31	23:14	55. Richard Bush	47	27:10	85. Kate Baumgardner	24	31:46
5. Tyson S-Glausner	20	18:33	27. Chris Harris	9	23:20	56. Kollin King	12	27:25	86. D'Onica Hodgkin	25	31:51
6. Kevin Tyler	44	18:46	28. Christian Johannmeier	33	23:25	57. Ramona Mack	39	27:30	87. Susan Boatwright	23	31:54
7. Mark Hope	27	18:51	29. Chuck Gieringer	52	23:47	58. Tod Holdorf	37	27:35	88. Alberto Diaz-Arias	42	31:59
8. Chris Cook	28	19:02	30. Troy Laufer	32	23:54	59. Denise Estabrooks	45	27:36	89. Angela Bartley	14	32:12
9. Ronald Molteni	34	19:27	31. Robert Simmons	58	24:08	60. Lee Handlin	31	27:37	90. Dan Obrecht	34	32:26
10. Clay Farris	31	19:55	32. Laura Cole	30	24:12	61. Kent Crane	38	27:40	91. William Robinson	48	32:32
11. Mike Kaylen	45	20:18	33. Chris Harris	34	24:15	62. Jim Sandfry	58	27:51	92. Ginny Pasha	50	33:07
12. Dick Hessler	58	20:27	34. Chuck Cole	30	24:18	63. Ray Rutherford	45	27:56	93. Kelli Smith	10	33:21
13. Nancy Taube	40	20:40	35. Jane Rackers	42	24:20	64. Don Waltman	64	28:19	94. Alec Diaz-Arias	7	33:35
14. Scott Skinner	20	20:52	36. Marvin Mack	48	24:23	65. Paul Robinson	43	28:25	95. Nancy Fritsch	61	33:37
15. Rob Mullen	18	21:20	37. Bill Morgan	49	24:32	66. Phil Wood	59	28:34	96. Jakob Woodland	5	34:51
16. Antoinette Marsh	34	21:26	38. Kelly Knaebel	10	24:44	67. Heather W-Holtey	28	28:47	97. Angela Woodland	33	34:53
17. Tom Rose	37	21:30	39. Jennifer Polniak	33	24:51	68. Jeff Cauness	39	28:48	98. Kevin Woodland	35	34:54
18. Tom LaFontaine	53	21:57	40. Jeffrey Lakritz	40	24:58	69. William Stockglausner	49	28:53	99. Maggie Thurman	23	35:01
19. Mike Baker	50	22:08	41. Hannah Hassemer	12	24:59	70. Amber Elliott	29	28:54	100. Mina Iranpour	22	35:24
20. Lynn Hagen	30	22:19	42. J.B. Waggoner	31	25:05	71. Tony Spaedy	37	29:05	101. Jerrilee Robinson	44	37:25
21. Michael Kramer	45	22:30	43. Kenneth Bartley	44	25:13	72. Megan Sharp	15	29:06	102. Rochelle Sherman	47	38:12
22. Ryland Rodes	40	22:35	44. Jeannette Watka	36	25:20	73. Laura Provin	44	29:17	103. Danny Diaz-Arias	13	40:22
			45. Jennifer Tyler	14	25:20	74. Ruth McCluskey	27	29:25	104. Elizabeth Gerhardt	80	42:41
			46. Joe Goldfarb	60	25:25	75. Frank McCluskey	28	29:26	105. Jake Shoemaker	9	44:45
			47. Greg Watka	36	25:45	76. Greg Thackery	36	29:41	106. Lucas Diaz-Arias	10	52:39
			48. Suporn W-tunyu	40	25:58	77. Andrea Woods	53	29:45			
			49. David Webber	49	26:00	78. Denise Belsheim	38	29:55			
			50. Donna Romans	52	26:08	79. Tamara Bourgeois	21	30:40			
			51. Sean Frazier	27	26:23	80. Lauren Watka	12	30:40			
						81. Margaret Rutherford	42	30:56			

Walkers' results will be published in the next issue.



COLUMBIA TRACK CLUB YOUTH PROGRAM

Wednesday nights - June 14th through July 19th

Cost: \$1.00 covers all 6 weeks!



Additional funding provided by BOONE HOSPITAL CENTER

6:00 p.m. University of Missouri Track (NOT Stankowski)

ALL EVENTS OPEN TO ALL AGE GROUPS

Events:

400 meter run
mile run
800 meter run
mile walk & 2 or 3 mile run (alternate weeks)
200 meter run
long jump (best of three attempts)
shot put (best of three attempts)

Age Groups:

Separate age groups for boys & girls

5yrs and under
6 & 7 yrs
8 & 9 yrs
10 & 11 yrs
12 & 13 yrs
14 & 15 yrs
16 & 17 yrs

NOTE: Your age at the time of your registration determines your age group for the entire six weeks even if you have a birthday during this time.

*****PLEASE SIGN IN AND OBTAIN A NAME TAG EACH NIGHT YOU ATTEND*****

~Everyone must participate in the warmup session before the events.~

AWARDS



Weeks One through Five:

Ribbons for first through at least fifth place for all boys & girls age groups.

Ask for a **Rainbow Ribbon** if you did not get a ribbon in any event.



Week Six:

Trophies in all events, all age groups. To be eligible for a trophy you must have attended at least four nights. You must be present to win. Only one trophy per person. If first place competitor has received a trophy in another event, trophy will be awarded to second place competitor, etc.

PERSONAL IMPROVEMENT RIBBONS



Obtain a record card when you register. Record your performance for three weeks. If you show improvement, the fourth week you can earn a personal improvement ribbon.

PLEASE NOTE the order of the running events and watch for your event.

Youngest age groups start first. Different age groups may run an event at the same time depending on the number of runners, but the awards will be given according to the age groups listed above. **Please do**

the long jump and the shot put early in the evening. We will close these field events when the 200 meter run begins so that

we can determine the ribbon awards. If you are doing the long jump or shot put, be aware of when your running events begin. After your running event, go back to finish the long jump or shot put.

And most of all, HAVE FUN!



41st ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 4, 2000

Columbia, Missouri

Columbia Track Club

Starting time: 6:00 AM CDT

Entry Fee: \$20. Make checks payable to Columbia Track Club.

Entry Deadline: PLEASE, by September 2, although later entries will be accepted.

Fitness for Event: No one should attempt this event without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by a course physician. THERE IS A SIX HOUR TIME LIMIT. The finish area will close down at noon.

Packet Pick-Up: Sunday, September 3. Packets will be handed out between 3:00 PM and 7:00 PM at the Campus Inn and between 5:00 AM and 5:45 AM on race day.

Aid Stations: Aid cars tour the course continuously. Aid Stations are about every two miles and remain open until the last person is past.

Headquarters: Race headquarters is Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rates: \$40 for one to four persons. Reserved in CTC's name.

Awards: Awards to first six male finishers, first three female finishers, first three male 40-49, 50-59, 60+, first three female 40-49, first female 50+, Marathon T-shirts to all entrants. "I FINISHED" medals to all finishers. Dave Schulte Award for Improved Performance to the runner with the greatest percentage improvement when the previous best HOA, any year, is less than five hours.

Awards will be presented to each award winner very soon after crossing the finish line. There will be no formal award ceremony.

The course has been certified by the Columbia Track Club as being 26 miles, 385 yards

ENTRY FORM

(Return to: Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203)

-----Tear or Cut Here -----

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages that I might have against the City of Columbia or the Columbia Track Club or any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Print Name: _____ Birthdate: _____ Male _____ Female _____ Age: _____

Address: _____ State _____ Zip: _____
Street City

Signature: _____ (If entrant is under 18, parent must sign)

How many marathons have you completed? _____ Best Marathon Time: _____

Where? _____ When? _____

When & where was your most recent? _____ Time? _____

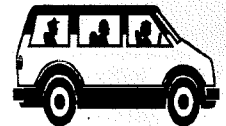
2000 Columbia Track Club Schedule

6/13	7 pm	Summer All-Comers Track Events	**	Marc Keys, 256-2635	MU Track	Various track events will be held June 13 and 27, July 11, 22, 25, and Aug. 1 and 15
6/14	6 pm	Summer Youth Program	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581	MU Track	The Summer Program runs for six consecutive Wednesday nights
7/8	7 pm	Distance Medley 3,000, 1,500, and 800	**	Marc Keys, 256-2635	MU Track	Awards
7/30	8 am	Show-Me State Games 5k	\$15	Joe Duncan, 445-2684	East side of Faurot Field	No qualifying required

** Track club members pay no entry fee; \$3 for non-members

Out-of-Town Events

- June 9 Sedalia Track Meet Series, Sedalia, MO, (660) 827-0274
 10 Paul Revere 5k, Oak Grove, MO, 7:30 am, (816) 690-4147
 Ken Gray Biathlon 5k/18 mile bike, Joplin, MO, (417) 623-5854
 11 St. Louis Zoo 5k, St. Louis, MO, 8:00 am, (314) 768-5440
 17 Grandma's Marathon, Duluth, MN, (218) 727-0947
 YMCA Father's Day 5k run/walk, Jefferson City, 8:00 am, (573) 761-9000
 Beef Stampede 5k, Springfield, MO, (417) 887-6065
 Race For The Cure, St. Louis, MO, 8:00 am, (314) 725-2592
 23 Sedalia Track Meet Series, Sedalia, MO, (660) 827-0274
- July 1 River Valley "Lucky 7k", Kansas City, MO, 7:30 am, (913) 469-4090
 Beat the Heat 5k/10k, Bolivar, MO, 8:00 am, (800) 422-5114
 Black River Festival 5k, Poplar Bluff, MO, 7:00 am, (573) 686-6711
 Hannibal Cannibal 10k/5k, Hannibal, MO, 7:00 am, (888) 426-6425
 2 Fair St. Louis 10k/3k, St. Louis, MO, 7:00 am, (314) 781-3926
 4 Independence Day 5k Trail Run, Moberly, MO, 8:30 am, (660) 263-9320
 Coors Freedom Run 10k, Junction City, KS, 7:30 am, (785) 238-7733
 Firecracker 5k/1m, O'Fallon, MO, 7:00 am, (636) 240-1818
 Firecracker Mile, Sedalia, MO, 8:00 am, (660) 826-7430
 Celebration Mile, Jefferson City, MO, 7:00 am, (573) 635-4299



(Continued from page 3)

Jeff Shikles Memorial Run, cont.

77. Cari Colvin	51 F	1:20:23	82. Donald Harby	33 M	1:24:00	91. Jeffrey Callahan	32 M	1:34:30
78. Dana Clippard	44 F	1:20:24	83. Stephanie O'Brien	21 F	1:28:25	92. Judy Callahan	38 F	1:34:37
79. Beth Gardner	30 F	1:22:35	84. Toni James	52 F	1:28:56	93. Emma Callahan	3 F	1:34:39
80. Tabitha Gordon	32 F	1:23:02	85. Theresa Swisher	27 F	1:30:31	94. Katie Carter	43 F	1:34:46
81. Katie Shikles	8 F	1:23:22	86. Carol Murry	54 F	1:30:02	95. Julie Vinson	24 F	1:34:48
			87. Kimberly Baer	28 F	1:31:28	96. Kathy Himes	39 F	1:40:04
			88. Kristin Davison	26 F	1:31:30	97. Brown Denece	33 F	1:41:00
			89. Sharon Carter	48 F	1:34:24			
			90. Linda Kidd	24 F	1:34:30			

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. For \$30.00 you can become a member of CTC **and** subscribe to *Missouri Runner*, Missouri's premier running magazine. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC	_____ \$15.00 dues
P.O. Box 1872	_____ \$40.00 "Silver Card" membership
Columbia, MO 65205	_____ \$30.00 CTC member PLUS MO Runner

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

12/00

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203-0614