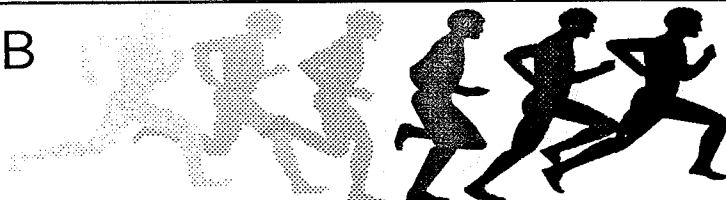


# COLUMBIA TRACK CLUB

## NEWS

Volume XXXIII No. 7

October 2000



### Stankowski Field is Site of 7th Annual Stadium Run

Temperatures well below freezing did not stop some 200+ runners/walkers from participating in the October 7, 2000 Homecoming Stadium Run. Because of a home football game this year, the 7<sup>th</sup> annual Stadium Run changed its venue from Faurot Field to Stankowski Field, and modified its 5 K course through the MU campus. For the third consecutive year the Columbia Track Club and the University of Missouri Alumni Association have cosponsored this event benefiting the Big Brothers/Big Sisters of Boone County.

Several youngsters competed in the one-mile fun run (three laps around the track) just prior to the 5 K Run/Walk. Mayor Darwin Hindman, this event's Honorary Chair for the past three years, provided words of encouragement and recognized the assembled group for their support of the BB/BS organization. The staggered start race began promptly at 8:13:30 with perennial runner Elizabeth "Boots" Gerhardt leading out with a 16 minute 30 second head start over the "zero-time" runners.

By most measures the Run/Walk was very successful, despite the cold weather (which caused the timing equipment to malfunction, hence no finish times only places for runners) and some confusion at the final turn onto the track, which took a few runners temporarily off the course. After the race Big Brothers Big Sisters board president Troy Norton presented two gift certificates for running shoes to the top male and female finishers. The next 30 finishers received a BB/BS coffee mug. There were also token awards for the one-mile fun runners.

As the Stadium Run has grown, proceeds have increased each year, as well as money pledged by individual and corporate sponsors. This year's goal of \$6000 will be exceeded by estimated donations totaling about \$7500. Big Brothers Big Sisters of Boone County would like to acknowledge and thank our major corporate sponsors for their support of the 2000 Homecoming Stadium Run: Dr. Thomas Highland, Kraft-Columbia Foods, Little Dixie Construction, Mid-City Lumber Co., Missouri Care LC, Nan & Steve Povinelli, Peckham & Wright Architects, Prost Builders, River City Construction, Ro & Phil Semprevio, Simon Oswald Associates, The Insurance Group, Tryathletics, Union Planters Bank, University Chrysler, U.S. Cellular, Valvoline, Vangel & Associates, Zimmer Radio Group, Homecoming Steering Committee, Missouri University Alumni Association, and the Columbia Track Club.

Scott Dressel – Race Director

(for results, without times as mentioned above, see pages 5-6)

### *Jingle Bell Run for Arthritis*

*Nov. 18, 2000*

*5k run/walk: 8 am  
Kid's fun run 1  
mile: 8:30 am*

*(entry form enclosed)*

### *GO CTC!!*

*Cross Country  
Challenge 5k*

*Nov. 12, 2000  
1:30 pm*

*Bethel Park*

*(against Sedalia and Jeff City)*

### *Quote of the Month*

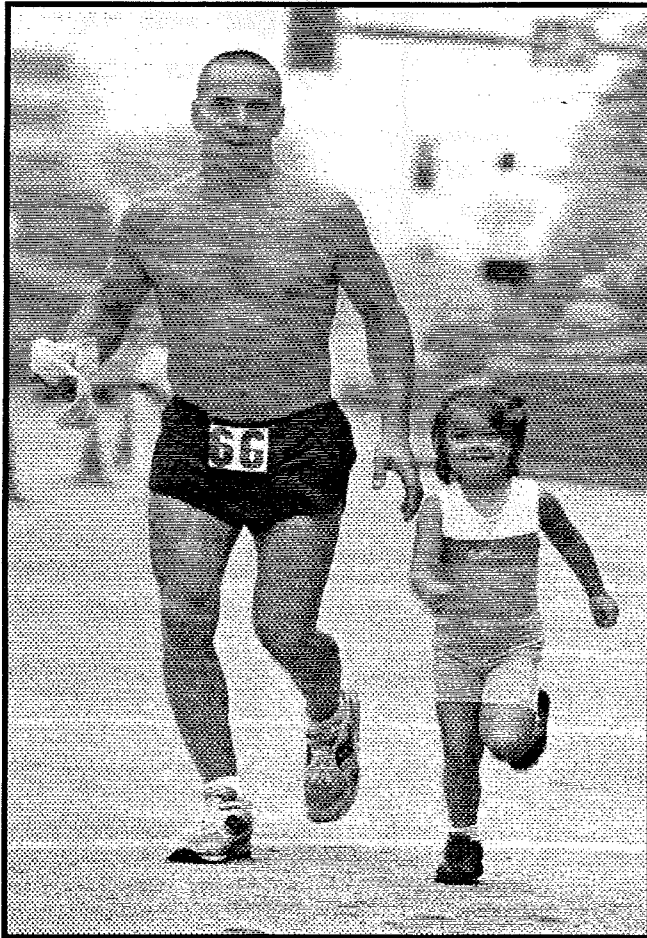
*"We're conditioned to think that great athletes should stop competing when they're no longer great. But if you enjoy running as much as I do, what's wrong with continuing to do it even if you are no longer the best?"*

*— Steve Scott, 1995, on his comeback after cancer*

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

*Joe Duncan's column will not be run this month. Here is a Heart of America Marathon photo from this year's event.*

*Photo courtesy of Columbia Sport Shots*

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary -treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Scott Rubinstein
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:

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

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

**Running Shorts. . .**

- ♦ Volunteers needed!! The High School Sectional Cross Country meet will be held at Oct. 28, 2000 at Bethel Park. We need your help! Please call Jeanine Pagan at 442-8851 to help at 10:00 am.
- ♦ Attention, Race Directors! Please remember not to change the dates of the races after the schedule has been finalized. We will be working on the 2001 schedule in the next few months. If there are any changes, please let the editor know.
- ♦ The Columbia Track Club was a partner in securing one of the big Neighborhood Fitness grants through the Mayor's Office. Thanks to Tom Lafontaine and Dick Hessler for getting the grant for the club.
- ♦ We need Runner Profiles! If you are interested or know someone interesting, please e-mail the editor. The new profiles will be posted on the CTC web site, so your running could be known world-wide!

**One Hour Run Sept. 23, 2000**

The cool rainy weather dampened the numbers but not the spirits of the five die-hard competitors who participated in the annual One Hour Run. Once again, competitors were treated to gift certificates at Shakespeare's Pizza. Special thanks to Gary Stamper for helping keep count. Race Results were:

Phil Wohlbrook - 40 laps  
Robbie Lindsay - 36 laps  
Oscar Chavez - 33 laps  
Kenneth Bartley -25 laps  
Stephen Bourgeois 29 laps (DNF)

—Race Director John Patton

**Welcome New CTC Members**

Barbara Cook

Columbia

# CTC Runner Profile



## Christopher Harris

Age: 10

### PERSONAL RECORDS:

Long jump: 11'1"  
 High jump: 3'6"  
 Shot put: 19'8"  
 200: 33.3  
 400: 1:17.3  
 800: 2:43.9  
 1500: 5:43.3  
 5k: 21:10.5

**WHEN DID YOU START RUNNING?** I started running four years ago.

**WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING?** My mom and Dad. They encourage and support me in all the different things I do.

**WHAT IS YOUR FAVORITE WORKOUT?** Barry Road

**PERSONAL INFO AND INTERESTS:** Camping, hunting, running, baseball, canoeing, and also basketball.

## CTC Annual Meeting

CTC held the Annual Meeting on Wed., October 11, at the Boone County Government Center, Dick Hessler presiding. Dick Hessler reported that Kurt Kennett, Jenny Harris, and Margaret Shimkus are sharing the duties of CTC web page editors. We are going to try and post all club records, including the youth program and Colts records. We will try to expand the club history section and possibly post the runner profiles that Amy Gundy writes for the Newsletter. We are doing a good job coordinating race results, the web page, and the Newsletter. Scott Rubenstein replaced Curt Kempf on the Board and Scott, Jay Hasheider, and Jeannine Pagan were reelected to the Board. Tom Allen reported that we are in the process of discussions about investing some of our funds to provide a steady source of scholarship money for the Joe Marks Scholarship. Amy Gundy reported that the Newsletter continues to thrive. We discussed the water fountain at Scott Blvd. and the MKT Trail that CTC is contributing to. Jay Hasheider reminded all race directors that they need to secure a permit from the police before holding a road race. Dick Hessler will secure the permissions and send all of them to the police at one time. The 15K road race was dropped from the schedule and the rest of the race calendar was approved for 2001. All of our races are posted on Active.com and Dick Hessler will compile the entry forms and e-mail them to Active. On-line registrations are becoming a significant part of our race entry process. Consequently, once our schedule is set, we must stick to it. Joe Duncan will coordinate the permissions for CTC's use of the MU track for 2001.

Reported by Dick Hessler



## THE COLUMBIA TRACK CLUB COLTS STRIKE MEDAL ONCE AGAIN !



While spring/summer track & field season is over, you couldn't tell it by the absence of a C.T.C. Colt team. Many of the 7<sup>th</sup> and 8<sup>th</sup> grade members of the medal laden 2000 Show Me State Colt team, along with some excellent additions, are once again on the loose. Pounding the sod for the C.T.C. are the following Colt Cross Country Team members. Yet, before you view the roster, view the results of the first meet at the Linn R-2 Meet on September 12, 2000.

Well, it goes without saying that once again the CTC Colts all did their finest at the Linn Meet. To summarize the results, in a field 8 teams, comprising approximately 150 athletes, the Colts efforts resulted in –

- 5 Colt girls finished in the top 10 of the girls division
- 2 Colt boys finished in the top 10 of the boys division
- All Colt boys finished in the top 20 of the boys division
- **MOST IMPORTANTLY – EVERYONE DID THEIR BEST!**

### Top 10 finish

Elizabeth Cohen	13:23	*(10)
Alexander Cook	12:28	
Janelle Cordia	12:53	*(5)
Aileen Gallagher	12:36	*(4)
Briane Gallagher	11:54	*(2)
Kate Garnes	16:17	
Carolyn Hargrove	13:18	*(8or9)
Hannah Hassemer	13:40	
Jimmy Keown	11:20	*(4)
Ian McLeod	12:56	
Jessica Perkins	16:00	
Kurt Schauwecker	10:34	*(1)
Steve Shimkus	12:25	
Jon Weekly	13:52	
John Williams	Pre-season injury	

Please note: There will be a complete set of results, with pictures in an upcoming issue. Many thanks to Jim Keown, Maragret Shimkus, and Dick Hessler for their work with the Colts. This was an exciting cross country season!



Show your CTC spirit—buy a race singlet!

Cool-max, \$20.00, Call Dick Hessler, 874-2906

## Homecoming Stadium 5K



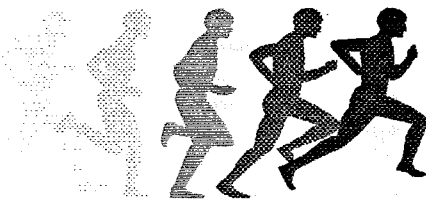
*Troy Norton, Big Brother/Big Sister President, awards top female and male finishers Kelly Knaebel and David Alexander for their first place finishes.*

1	David Alexander	22	1M
2	Christian Reed	30	2M
3	STEVE S-Fisher	43	3M
4	Brian Blank	18	4M
5	Christopher Harris	10	5M
6	KELLY KNAEBEL	10	1F
7	Nancy Taube	40	2F
8	Ryan Pingrey	18	6M
9	Carolyn Sczepanski	19	3F
10	RICHARD NISTENDIRK	60	7M
11	Tom Davis	48	8M
12	Matthew Casse	27	9M
13	Jim Wilbur	24	10M
14	BRIAN LYNN	22	11M
15	MEGHAN GAGE	22	4F
16	Dennis Baggert	35	12M
17	Jeff Turner	20	13M
18	Terry Hart	40	14M
19	Christine Little	22	5F
20	KOLLIN KING	12	15M
21	CODY BRANCH	13	16M
22	Emily Bret	21	6F
23	RYAN GARWITZ	18	17M
24	JAY MENZIE	21	18M
25	James Jackson	27	19M
26	Mary Roberts	54	7F
27	Todd Earhart	20	20M
28	BRIAN GAMEL	22	21M
29	Lynn Hagen	31	8F
30	Bill Morgan	50	22M
31	John Adams	39	23M
32	Joe Duncan	66	24M
33	MICHAEL KRAMER	45	25M
34	BRAD FINNEGAN	19	26M
35	JEFF SANDERS	20	27M

36	Brad Wright	50	28M
37	Angela Woodland	34	9F
38	DAN HIGHLAND	51	29M
39	Russell Blake	26	30M
40	ABBIE TURNER	18	10F
41	ANTHONY BATES	21	31M
42	Mary Fisher	20	11F
43	CHARLES HANCOCK	25	32M
44	TOM MALLORY	23	33M
45	Carl Gardner	35	34M
46	Ryland Rodes	41	35M
47	FRANK CUNNINGHAM	37	36M
48	DREW HENSLEY	16	37M
49	CLINT MUZZY	10	38M
50	Stephen Smith	22	39M
51	SCOTT RONIS	23	40M
52	Liz Straatman	40	12F
53	Katrina Voelker	27	13F
54	DAVID HOLMES	43	41M
55	Eric Rosenhauer	41	42M
56	OSCAR CHAVEZ-LOPEZ	36	43M
57	Sean Wright	23	44M
58	John Birkman	19	45M
59	STEVE PERKINS	21	46M
60	CHRIS STEWART	20	47M
61	Andy Shirkey	31	48M
62	Ashley Breitensteil	18	14F
63	JOE KNEIP	14	49M
64	SUSIE MORAWITZ	20	15F
65	KEELY MCDONALD	21	16F
66	Tori Thiel	25	17F
67	TOM MCAREARY	37	50M
68	JENNIFER SEEKER	21	18F
69	DAYTON GROVER	36	51M
70	BEV TWELLMAN	51	19F
71	Holly Sweezer	22	20F
72	THOMAS WESCOM	33	52M
73	JARED BARBER	19	53M
74	Amy Gundy	34	21F
75	ELISE BEYER	23	22F
76	DANIELLE ESS	28	23F
77	Ross Cully	19	54M
78	Chuck Henderson	39	55M
79	Don Waltman	65	56M
80	Joshua Botdorf	21	57M
81	AMBER ELLIOTT	29	24F
82	MATT WELCH	21	58M
83	Carol Thiel	52	25F
84	WENDY SCHEER	22	26F
85	CINDY SPAEDY	39	27F
86	Thomas Highland	52	59M
87	ERIKA LOCKAKERD	23	28F
88	Cody Meirick	20	60M
89	KAREN PRESSLEY	35	29F
90	CRAIG MILLER	30	61M
91	Ric Bush	48	62M
92	NATALIE NICHOLS	20	30F
93	ANNE GORE	20	31F
94	Michelle Jeffcott	22	32F
95	Dorian Wilson	30	33F
96	DANIELLE DOERHOFF	20	34F
97	Haley Struxness	20	35F

98	KIMBERLY DILL	21	36F	160	MEGAN SCHATZ	19	71F
99	Ray Rutherford	46	63M	161	JESSICA CENTERS	19	72F
100	Jim Peregoy	34	64M	162	JULIA SOMMER GIRUS	27	73F
101	MARK BALLAS	23	65M	163	Kevin Mathis	30	90M
102	Tammy Smith	27	37F	164	ANN BETTENCOURT	40	74F
103	DAVID WILFONG	37	66M	165	JOANNA HANSEN	22	75F
104	BRANT SCHROEDER	21	67M	166	BETH MCFADIN	27	76F
105	STACEY KINGSBURY	33	38F	167	PAUL HIGHLAND	30	91M
106	PAM HOFFER	32	39F	168	KEVIN STOCK	38	92M
107	Jonathan Pry	36	68M	169	Elizabeth Giuliano	31	77F
108	KATHLEEN STRAND	75	40F	170	H.C. RUSSELL	43	93M
109	Scott Holdridge	25	69M	171	LISA NIEMANN	20	78F
110	MATTHEW RUSSELL	14	70M	172	COLLEEN WELSH	20	79F
111	Holly Hull	23	41F	173	RYAN PALMER	21	94M
112	AMANDA BURKE	21	42F	174	Meghan Burchfield	20	80F
113	Kim Stewart	32	43F	175	Marie Kerl	39	81F
114	Tina Bridges	33	44F	176	KYLE SNOW	25	95M
115	LINDSEY MURRAY	19	45F	177	Kalli Stadler	21	82F
116	ANDREA ALLEN	54	46F	178	LAVONNE LEE	31	83F
117	LIZ NOELKER	18	47F	179	JON KRUSE	33	96M
118	Hugh Emerson	43	71M	180	Pam Lanham	40	84F
119	Nina Weisenhorn	19	48F	181	DAVID HIGHLAND	49	97M
120	Clint Humphrey	23	72M	182	BETSY CRAMER	24	85F
121	Angeline de Santi	24	49F	183	Chris Creasy	37	86F
122	Kelle Reach	22	50F	184	JENNY LARKINS	23	87F
123	Gina Muzzy	39	51F	185	Linda Vogt	52	88F
124	Bradley Volmert	25	73M	186	Darcy Ames	28	89F
125	Rich Reisdorf	31	74M	187	THERESA SPAEDY	36	90F
126	John Hay	30	75M	188	Dale Swoboda	52	98M
127	Elizabeth Swanberg	21	52F	189	DEANNA LIMBACH	23	91F
128	Billy Thompson	20	76M	190	JENNIFER BROWNING	25	92F
129	Margaret Rutherford	43	53F	191	BRYSON MOSS	21	99M
130	JOE FORSEE	75	77M	192	Travis Belt	22	100M
131	KATE GREENBURG	21	54F	193	JUSTIN HARING	19	101M
132	John Johnson	18	78M	194	STEFFANIE SING	19	93F
133	Scott Dressel	51	79M	195	CHELLIE COX	31	94F
134	JUSTIN MIDYETT	26	80M	196	Emily Barron	20	95F
135	JAMIE SCHMIDT	21	55F	197	RUTH LOHMEYER	43	96F
136	Kenneth Boc	21	81M	198	Sandy Sites	44	97F
137	JEFF SINDELAR	20	82M	199	MARK STRUCKHOFF	41	102M
138	CHRIS WOLFF	18	83M	200	CODY STRUCKHOFF	9	103M
139	JANA EWING	20	56F	201	KRISTEN TEMPLE	36	98F
140	TONY SPAEDY	37	84M				
141	Emily Enkvetchakul	26	57F				
142	Rebecca Highland	34	58F				
143	Mark Flanegin	46	85M				
144	ARAX CORN	19	59F				
145	Annie Bradley	25	60F				
146	KEITH STREET	20	86M				
147	Elizabeth Sharp	26	61F				
148	Julie Dougherty	34	62F				
149	Heather Werle	21	63F				
150	THERESA WIEBERG	20	64F				
151	Sherrie Blake	24	65F				
152	Laura Jeffries	21	66F				
153	SARA CRANE	29	67F				
154	ERIN FLINT	29	68F				
155	BECKY GOODRICK	40	69F				
156	JEFF KNEIP	43	87M				
157	DICK OTTO	51	88M				
158	Kyle Farmer	21	89M				
159	Elizabeth Gerhardt	80	70F				

\*\*Please note there are no times due to an equipment malfunction because of cold weather.





# 7227<sup>th</sup> MSU Family Readiness Group's



## 1<sup>st</sup> Annual Run/Walk

Come join the 7227<sup>th</sup> Medical Unit Family Readiness Group in their first Run/Walk

Location: MKT Trail, start at Stadium entrance

When: Saturday, November 18, 2000 at 7:30 a.m.

Distance: 5K Run or 1 mile walk

Who: Everyone

Registration: \$10 (Includes t-shirt)

Awards for 1<sup>st</sup> place woman, man, young adult (12-18), and child (0-12)

Water and fruit will be provided at end of run/walk.

Make checks payable to Family Support Group and mail or deliver form to

Family Support Group

Attn: Nell Hill

1306 Business Loop 70 West  
Columbia, MO 65202

Phone 573-449-7815 for more information, or email [paprika@netzero.net](mailto:paprika@netzero.net)

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

H PHONE \_\_\_\_\_ W PHONE \_\_\_\_\_

T SHIRT SIZE ADULT: S M L XL

*Due date: Nov. 1*

Run \_\_\_\_\_ or Walk \_\_\_\_\_

Make copies of this and pass out to running friends.

All proceeds will support the 7227<sup>th</sup> MSU Family Readiness Group



Presented by:  
**Centocor**

## Save The Date

5k Run  
1mile Holiday Walk  
1mile Kids Fun Run

Sponsored by: KOMU-TV  
NBC8, Howard A. Rusk  
Rehabilitation & Zimmer  
Radio Group

Run and Walk will begin at  
8:00 a.m.  
Kids Run begins at 8:30 a.m.



Free T-shirt, Shoelaces, Jingle  
Bells and Brunch for all  
participants

Great route starting and ending  
on Chapel Hill Road

To benefit the Central Missouri Arthritis Foundation

**Saturday, November 18, 2000**

Call 573-256-1092 for more information or  
email [cbrady@arthritis.org](mailto:cbrady@arthritis.org)

### REGISTRATION FORM JINGLE BELL RUN FOR ARTHRITIS©

Complete form (please print)

Pre-Registration: \$12.00

(Pre-Registration by mail deadline is November 15, 1999)

Day of Registration: \$15.00

(Long-sleeve T-shirt, shoelaces and jingle bells will be given to all participants.)

NAME: \_\_\_\_\_

Sex: ☐ Male ☐ Female Age on event day: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: Home \_\_\_\_\_ Work: \_\_\_\_\_

I will take part in the: ☐ 5K Run ☐ 1-Mile Holiday Walk ☐ 1-Kids Fun Run

T-shirt Size: ☐ Youth Medium ☐ Youth Large ☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large

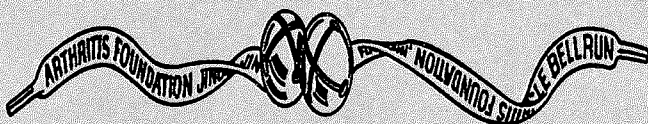
☐ I am unable to participate, but please accept my donation of \$ \_\_\_\_\_.

Please enclose check payable to the Arthritis Foundation,  
PMB 136, 2000 E. Broadway, Columbia, MO 65201. Phone 573.256.1092

I hereby signify that I understand that the Arthritis Foundation, its local chapter, the JINGLE BELL RUN FOR ARTHRITIS© sponsors, and all other organizations and persons connected with this event are not responsible for any injuries which I may suffer while taking part in this event or as a result hereof. In this connection, I hereby waive any claim for damages to my person or property.

PARTICIPANT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

IF UNDER 18, PARENT OR GUARDIAN'S SIGNATURE: \_\_\_\_\_






## 2000 Columbia Track Club Schedule

11/4	9 am	<b>Runner's Choice 10k/20k</b>	**	Mark Wilson, 443-5171	Holiday Executive Center	Awards
11/12	1:30 pm	<b>CTC/Sedalia/Jefferson City Cross Country 5k</b>	**	Marc Keys, 256-2635	Bethel Park	Team and individual competition
11/18	8 am	<b>Jingle Bell Run for Arthritis 5k/1 mile fun run</b>	\$12	Randy Gay, 814-2627 or 815-3606	Tryathletics, Chapel Hill	T-shirts, Jingle Bells, awards—a great brunch too!
12/9	8:30 am	<b>Cheese &amp; Sauerkraut 10-miles</b>	**	Jay Hasheider, 449-8045	Strawn Road	Awards

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

## Out-of-Town Events

- |          |   |   |
|----------|---|---|
| October  | 21 SMSU Homecoming 5k, Springfield, MO, (417) 836-1266<br>Pumpkin Run 5 mile, Joplin, MO, (417) 623-5854<br>22 Wichita Marathon, Wichita, KS, (316) 636-1266<br>Chicago Marathon, Chicago, IL, (312) 904-9800<br>28 Witches & Warlocks 5k, Overland Park, KS, 9:00 am, (913) 469-4090<br>29 The Rib Run Marathon, Kansas City, MO, (816) 331-4286   |  |
| November | 4 Springfield Marathon/Half Marathon/Marathon relay, Springfield, MO, (417) 886-0924<br>5 Blue Springs 50 mile relay& solo, 50k solo& 26.2 solo, Blue Springs, MO, (816) 578-4565<br>New York Marathon, New York, NY, (212) 423-2249<br>11 Quivering Quads Trail Runs, Troy, MO (Cuivre River State Park), (636) 939-0161<br>18 Dogwood 8k-Run for the Third, Sedalia, MO, 9:00am, (660) 827-0274<br>Pre-Thanksgiving 5k Cross Country Challenge, Lee's Summit, 9:00 am, (816) 672-2420 |   |

### Army Reserve Family Readiness Group's 1st Annual Run/Walk

Come join Columbia's Army Reserve Family Readiness Group in their first Run/Walk (5k/1mile walk)

Location: MKT Trail, start at Stadium entrance

When: Saturday, November 18, 2000 at 7:30 a.m

Registration: \$10 this includes price of a t-shirt

T-shirts: Gray short sleeve t-shirt with color logo

Awards for 1st place woman, man, young adult (12-18), and child (0-12)

Water and fruit will be provided at end of run/walk.

For more information: Nell Hill 573-449-7815  
 paprika@netzero.net

### 2nd Annual Frosty 5k

Dec 16th at 6pm in Rothwell Park in Moberly, Mo. This race is unique in that it takes place in the evening. The course is located in the park which at that time is decorated with Christmas lights. In addition, the race path is lighted with 500 luminary bags. If you have any questions, please feel free to call Carrie at (660) 263-6757 or email at csteuber@missvalley.com

## 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

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

12/00