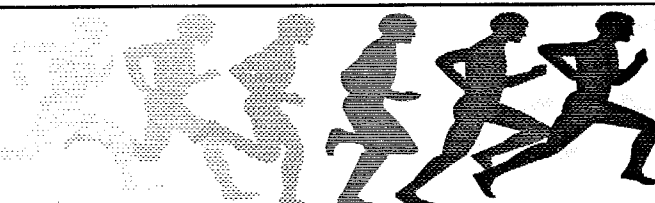


COLUMBIA TRACK CLUB

NEWS

Volume XXXIV No. 4

May 2001



23rd Annual Joe Marks Memorial Human Race

May 5, 2001 A disappointing turnout for the 23rd annual Human Race, but what the competition lacked in quantity was made up for in quality. A total of 75 runners finished the five-mile course that began and ended at Rock Bridge High School.

First place overall in the women's division went to Meghan Gage of Columbia who fittingly wore bib number 1. First place overall in the men's division went to Marc Keys of Columbia.



We would like to thank all the participants and especially those volunteers who gave so freely to make this race a success. To Steve Stonecipher-Fisher of Tryathletics without whom we would have floundered and drowned, and to his dandy crew (particularly Will, our lead cyclist) who gave constant encouragement and moral support to this neophyte race director. To the myriad of monitors who made the course safe and provided direction: Dana Fritz and her heart crew, Joe Cragin, Fred Fritsch, Bonnard Moseley, Dick and Anne Hessler, and John Rhein.

Our profound thanks to Tom and Linda LaFontaine for supervising the finish line together with their stalwart assistant, Randy Gay. Jim Keown, of course, made recording results and times seem like such an easy chore. Lisa Burger demonstrated her skills in getting times down to the nanosecond, and Pat Fowler was out there on the course providing aid and comfort to the distresses assisted by the Hessler grandchildren, Connor and Heidi Gundy. Friend, Joe Duncan, who is looking at major surgery as this is written, was still "the man" when it came to getting all those trophies corralled. Let's not forget Dan Marks who designed our T-shirt, as well as his mother Mary Marks, who awarded trophies, although she refrained from firing the start gun because her ears are still ringing from last year! Thanks to Scott Rubinstein who made the loading and unloading all the the gear and equipment an easier chore, and Christian Reed who took time from his coaching and teaching duties at Rock Bridge to see that we had a well laid out and marked course. To all of you, named and unnamed, a hearty thank you for a job well done. *(Results on page 4)*



Ye Old Director, Bob Humphreys

Summer Youth Track Program

The Summer Youth Program will begin June 13 at 6 pm at MU Track. The events will run for six consecutive Wednesday nights, excluding July 4. Please complete your registration form before arriving to expedite the registration process. This form will be available June 1 on the CTC web site: <http://ctc.coin.org/> In addition, due to the increasing number of participants each year, the club has made the following changes:

- There will be no trophies awarded the final night. The focus of the program is on personal improvement. A special treat will be awarded ALL participants the final evening.
- Parents need to remain in the stands while their children participate, unless younger children need guidance.
- 4 and 5 year olds may compete in only the 200m, 400m, and long jump.
- All children under four may compete only in a special 50 yd. dash. (no fee)
- The mile walk will be a "fun walk"—no ribbons will be awarded.
- Please volunteer, whether it's one night or all six nights, WE NEED YOU!!



Quote of the Month

"Everyone is an athlete. But some of us are training and some of us are not."

*—Dr. George Sheehan,
runner and writer*

THANKS to Boone Hospital for their generous donation towards the summer program.

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

April 3, 1976: 10,000 Meter Run: 1. Charlie McMullen 32:26, 2. Dick Hessler 34:38, 3. Rich Todd 34:44, 4. Don Lewis, 40, 36:01, 5. Denton Childs 37:09, 6. Tom Hinckley 37:29. . 15. Jim Gibson, 12, a 15 and under record 45:10

April 10, 1976: MVAAU 50 kilo walk on the Rt. ZZ course: 1. Larry Young 4:31:59, 2. Augie Hirt 5:09:10, 3. Randy Mimm 5:32:37, 4. Rob Spier, 53, 6:14:30, 5. Henry Bent, 75, 6:49:15

April 24, 1976: Walk-Run Pentathlon: 1. Augie Hirt (Two mile walk 15:25, 880 run 2:14.2, mile walk 7:36, Two mile run 12:08, 220 dash 26.1). The fastest 2 mile walk was Larry Young in 14:48, and he also had the fastest mile walk in 7:14.6. Fastest 880 was Dennis Steward in 2:01.6. Dick Hessler had the fastest 2 mile run in 10:45, while Steward did the 220 in 23.0.

Rich Todd, Whitney Hicks, and Rex Frazer were the first CTC runners to ever run the Boston Marathon. This was in a 90 degree heat bath. Todd had a 2:38:17, Hicks 3:04:20 and Frazer 3:10+.

The April 1976 newsletter contained a follow-up article to the Blatherskite thesis that running marathons lowers one's IQ. Dr. Sydney Fustian pointed out that to test one's IQ within an hour after finishing a marathon will, indeed, show a lower IQ. However, Fustian's studies show that there is a definite correlation between the IQ of marathon runners and the number of marathons they complete. His conclusion was that one becomes more intelligent with each marathon. After interviewing one of our marathon runners a week after his 14th marathon, we were convinced Fustian was right.

May 15 and 16, 1976: The historic Bicentennial Run Across Missouri took place. The St. Louis Track Club, CTC, and a group of Kansas City runners honored the Bicentennial by relaying a banner from the shores of the Mississippi to the Kansas state line. 39 runners ran 312 miles at a rate of about 8 miles per hour on the "blue highways" of Missouri. The CTC relay leg went from Mokane to Saline County, with most of it being during the night in a driving rainstorm. The overall coordinator of the Relay was Rex Frazer while Joe Marks was the CTC coordinator.

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:

Amy Hessler Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203

Ph: (573) 874-2407 e-mail: gundy@tranquility.net

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

Running Shorts. . .

- ♦ We still need someone to volunteer to be race director for the Great Sandbagger race this August. Please call Dick Hessler at 874-2906 if interested.

- ♦ **2nd Annual Boonslick Kiwanis
Jeff Shikles Memorial 8k Run/Walk**

May 20, 8:00 am, Columbia, entry forms available at Tryathletics

- ♦ **Fund raiser 5k for Moberly High School Cross Country team**

When: July 4, 2001 8:30 AM

Where: Rothwell Park, Moberly, Mo.

Distances: 5k and 1 mile run for 10 and under.

Cost: \$10 early, \$12.00 race day.

Contact: Todd Beaverson, Race Director

130 Kirby Street

Moberly, Mo. 65270

660-263-9320

t-dbeav@missvalley.com

- ♦ **7227th MSU Family Readiness Group's
2nd Annual Run/Walk**

Come join the 7227th Medical Unit Family Readiness Group in their Run/Walk

Location: Cosmo Park Trail,

When: June 24, 7:30 a.m.

Distance: 5K Run or 1 mile walk

Registration: \$10 (Includes t-shirt)

Phone 573-449-7815 for more information, or email:

paprika@folklorenews.com

Welcome New CTC Members

Amanda Allmon	Columbia
Karen Carter	Columbia
Susan Cook	Columbia
Norman Cox	Centralia
Kristen Deane	Columbia
Cody Eames	Columbia
Lauri Garman	Columbia
Michael McKown	Columbia
Roger Moore	Columbia
Todd Rockett	Hartsburg
Philip Schaefer	Columbia
Eileen Sharp	Columbia
Marilyn Upton	Columbia
Glenda Young	Columbia

CTC Runner Profile

Lisa Wells

Age: 37

PERSONAL RECORDS:

5k 19:47 (Paws and Stripes Forever 5k run on MU campus 10-26-96)
 20:45 (Show-Me Games 7-28-96)
 20:46 (Jingle Bell Run 12-6-97)

10k 45:45 (Runner's Choice 10k/20/ 10-5-96)

Half marathon 1:43:19 (Pony Express 1/2 Marathon, St. Joseph 9-16-00)

Marathon 3:59:02 (First and only marathon, Las Vegas 2-04-01)

WEEKLY MILEAGE: 20 miles walking and 15-20 miles running

WHEN DID YOU START RUNNING?

I entered a 5 mile walk/run in Columbia in September of 1988 and ran most of it.

WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING?

All of the great friends I have made in the Track Club. Part of the fun is getting together to visit as well as racing and competing.

AWARDS AND HONORS: Lots of medal, plaques, trophies, and prizes for winning my age group over the years. It's all about the medals!

WHAT IS YOUR FAVORITE WORKOUT? Head out the front door of my home near Midway, 10k course that runs along the outer road of Highway 40.

FAVORITE RACE: Hannibal Cannibal 10k and Love Lake Challenge 15k in LaPlata

PERSONAL INFO AND INTERESTS: Cammy Ronchetto encouraged me to race in triathlons, and I have completed 14 triathlons since doing the Show-Me State Games triathlon in 1996. I also enjoy yoga and pilates, and going on camping and fishing trips with my husband (who also runs).

Two-Person Relay

April 7, 2001

Despite the blustery conditions, the 2 person teams posted excellent times for the five-mile relay at Hickman track. The winning team was the father-daughter pair of Ken and Katie Gilbert (otherwise known as "me" and "mini-me") who were in Columbia to watch the MU track meet. The other participants had equally busy schedules. Jon Weekley and Alexander Cook, a pair of hearty 13-year olds, burned up the track then hurried off to participate in other sports activities that day. J.P. Palmer and Shannon Standridge used the relay as a warm-up before a bike ride to Hatton and back. Special thanks go to Don and Ingrid Ballenger for timing. They can always be counted on to help out. The results were:

Team	Combined Age	Total Time
Ken Gilbert		
Katie Gilbert	64	29:22
Jon Weekley		
Alexander Cook	26	30:42
Shannon Standridge		
JP Palmer	62	30:55

—Angela Woodland, Race Director

Summer All-Comers Track

7 pm

Tuesdays in June

MU Track

June 5: 1600 m and 800m

June 12: 2000m

June 19: 3200m

June 26: 1600m and 400m

This is for all ages and abilities. Come try out your "speedy" legs. For more information, contact Marc Keys, 256-2635



Human Race May 5, 2001

1 Marc Keys	M 38 27:15.2	26 Mark Steward	M 25 39:45.5	52 Don Waltman	M 65 46:31.0
2 John Howland	M 51 28:59.1	27 Anita Sarno	F 39 39:49.4	53 Warren Krech	M 51 47:08.4
3 Kevin Tyler	M 45 30:22.2	28 Michael McKown	M 48 39:53.6	54 Laura Wells	F 60 47:50.7
4 Jim Wilbur	M 24 30:25.2	29 Don Corwin	M 44 39:56.8	55 Yvonne Buchheit	F 29 48:30.5
5 Meghan Gage	F 22 32:21.1	30 Holly H.Bondurant	F 33 40:34.8	56 Ken Hirlinger	M 50 48:36.1
6 Blake Freeland	M 18 32:43.5	31 Scott Holdridge	M 26 40:52.6	57 Susanne Sawyer	F 26 48:44.1
7 Philip Schaefer	M 47 32:45.0	32 Mary Roberts	F 54 40:55.8	58 Bill Everhart	M 40 49:22.2
8 Wade Reck	M 28 32:46.1	33 Chris McCord	M 16 41:01.5	59 Seth Binkley	M 11 49:29.1
9 Glen Decker	M 25 35:20.1	34 Emily Elliott	F 26 41:03.3	60 Jon Kruse	M 33 49:39.6
10 Jimmy Keown	M 14 35:47.4	35 Erika Ringdahl	F 36 41:17.4	61 Erin Swisher	F 10 50:09.0
11 Jennifer Polniak	F 34 36:06.5	36 Rebecca Foster	F 29 41:57.6	62 Salahodeen Abdul-Kafi	M 10 50:40.8
12 Sean Wright	M 23 36:44.9	37 Jason Cline	M 24 41:58.9	63 Jordan Alexander	M 35 51:02.4
13 Jeff Clodi	M 31 37:01.9	38 Glenda Young	F 48 42:04.7	64 Zach Wright	M 11 51:12.5
14 Lisa Wells	F 37 37:06.3	39 Cindy Buck	F 29 42:20.6	65 Michael Henry	M 54 52:02.1
15 Chris Darter	F 36 37:09.7	40 Paul Robinson	M 44 43:39.2	66 Barney Sword	M 69 52:04.3
16 Richard Nistendirk	M 61 37:10.0	41 Tammy Smith	F 27 44:05.9	67 Gary Stamper	M 44 54:04.8
17 Chris Janku	M 48 37:19.7	42 Curtis Sheldon	M 29 44:06.5	68 Christine Fuller	F 31 54:05.5
18 Ron Roberts	M 54 37:29.5	43 Nikki Raedeke	F 35 44:10.2	69 Elaine Kent	F 52 54:11.8
19 John Schulz	M 43 37:41.2	44 Ramona Mack	F 40 44:26.4	70 Shawn Hawkins	M 11 55:46.0
20 Jim O'Dell	M 57 37:56.9	45 John Prost	M 10 45:58.5	71 Todd Jenkins	M 10 56:54.8
21 Nichole Hackett	F 33 38:03.2	46 Jana Iverson	F 30 45:58.9	72 Nancy Fritsch	F 62 56:56.0
22 Jay Wood	M 43 38:29.3	47 Tanner Cassill	M 10 45:59.8	73 Patrick Corwin	M 14 1:07:08.9
23 Joe Goldfarb	M 61 38:32.9	48 Aedryan Cox	M 11 46:05.9	74 Boots Gerhardt	F 80 1:14:58.6
24 Steven Graves	M 54 38:42.4	49 Paul Schneider	M 33 46:18.1	75 Richard Logsdon	M 47 1:14:58.9
25 Anne Janku	F 44 39:12.4	50 Maggie Johnston	F 31 46:18.7		
		51 Emily Enkvetchakul	F 26 46:19.5		

Show-Me State Games**5k Stampede Run April 28, 2001**

Show-Me State Games			23. Kelly Knaebel	f	11	23:44	47. Barney Sword		69	32:27
5k Stampede Run April 28, 2001			24. Norm Cox		35	24:16	48. Ashley Gross	f	14	32:41
1. Marc Keys	38	16:43	25. Ealine Foster	f	49	24:24	49. Caroline Cue	f	36	32:53
2. Steve Bourgeois	37	17:47	26. Suporn	f	41	24:44	50. Lynn Kirk	f	44	33:09
3. Jeff Mittelhauser	44	17:55	27. Clint Muzzy		10	25:15	51. Beth Wilson	f	36	34:44
4. Jim Wilbur	24	18:31	28. Chris Wilson		33	25:24	52. Linda Vogt	f	53	35:40
5. Kevin Tyler	45	18:50	29. LeeAnn Renn	f	44	25:28	53. Jeanelle Twillman	f	58	36:01
6. Meghan Gage	f	22	30. John Hahn		30	25:43	54. Christina Stan	f	10	40:02
7. Nancy Taube	f	41	31. Rick Bush		48	25:59	55. Boots Gerhardt	f	80	46:07
8. Matthew Dreier	26	20:17	32. Tom Highland		52	26:15	Upper 60's, sunshine, beautiful			
9. James Jackson	28	20:33	33. Emily Enkvetchakul	f	26	28:05	day for a run and for a picnic. This was			
10. Darren Young	34	20:34	34. Gina Muzzy	f	39	28:20	run on the Reactor Course (home of the			
11. Kurt Kennett	33	20:36	35. Jessica Hahn	f	28	28:22	Nut Race). THANKS! to the Missouri			
12. Christopher Jaynes	29	21:07	36. Rebecca Highland	f	35	28:27	Beef Council (Steve Taylor) for their			
13. Lisa Wells	f	37	37. Dan Schoenleber		45	28:31	sponsorship—for the medals, ribbons,			
14. Grey Ray	36	22:21	38. Hoa Ngo		29	28:36	many door prizes, and for the great			
15. Alex McHugh	30	22:32	39. Don Waltman		65	29:11	BarBQ. All participants got their Show			
16. Richard Nistendirk	61	22:35	40. Amy Wilsom	f	30	29:33	Me Games T-shirt and are automati-			
17. Chris Janku	48	22:39	41. Tina Hall	f	29	29:33	cally entered in the Show-Me Games			
18. Curtis Bourgeois	40	22:41	42. Senan Yasar		10	30:19	race set for July 29.			
19. Joe Goldfarb	60	22:47	43. Laura Dye	f	34	30:20	And "THANKS" to Tom Allen and			
20. John Schulz	43	23:21	44. Ron Pickett		53	30:43	Bill Sappington for their help and race			
21. Roger Moore	47	23:23	45. Jeff Pickett		33	30:45	administration.			
22. Jeff Wells	42	23:35	46. Andrea Allen	f	54	30:51	—Race Director Joe Duncan			

42nd ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 3, 2001

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 1, 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 2. 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: Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rate: \$49 (for one to four persons) for Sept. 2 only. Refer to Conf # 86930.

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, 2605 Chapel Wood Terrace 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: _____

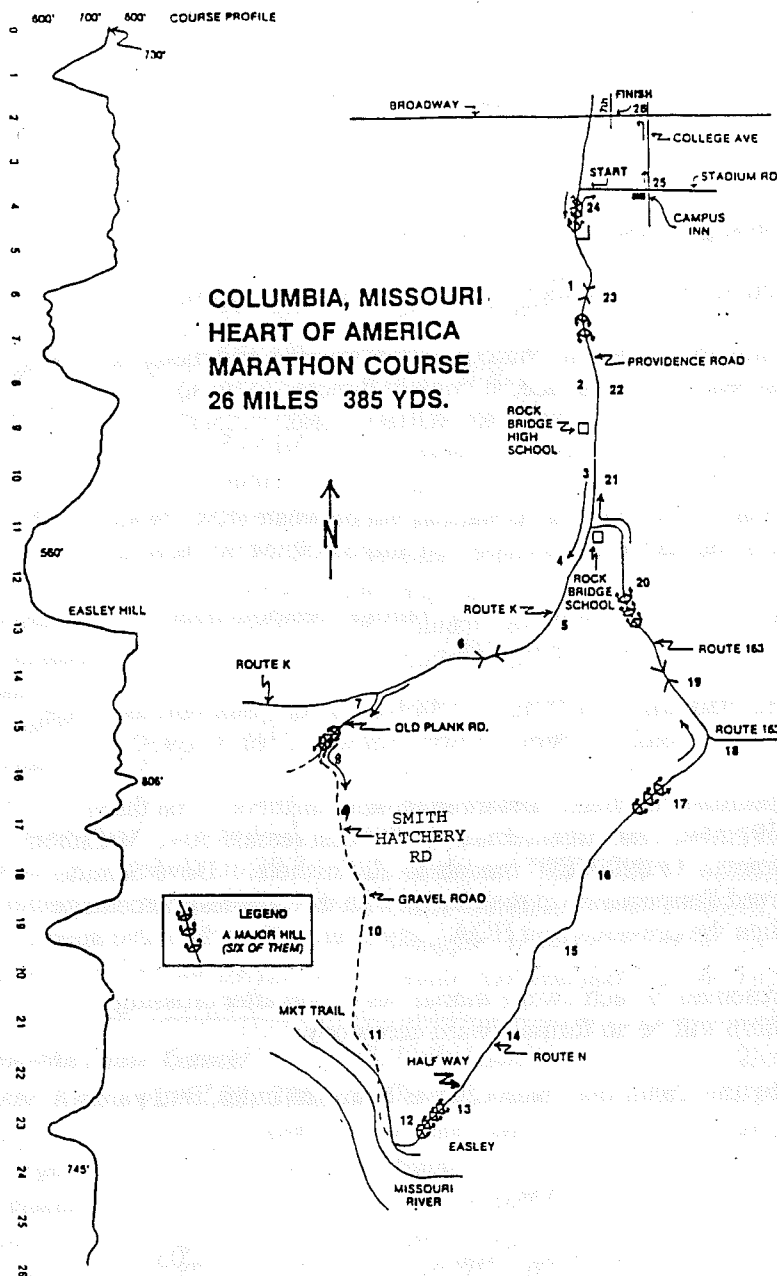
Address: _____ State _____ Zip: _____
Street City

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? _____



YES, I WANT TO BE A PARTNER WITH HAL HIGDON IN HIS 7/7/70
FUND-RAISING EFFORT FOR THE AMERICAN HEART ASSOCIATION.

Enclosed is my check payable to the "American Heart
Association."

7/7/70

In celebration of my 70th birthday this year, I plan to run 7 marathons in 7 months and help raise a total of \$700,000 in funds for 7 separate charities. One of my chosen marathons, the third on the list, is the **Heart of America Marathon** in Columbia, Missouri on Monday, September 3.

I chose Heart of America partly because I won that race back in 1968. But more than that, the connection between Heart of America and the **American Heart Association** was too good to resist. Both of my parents died from heart disease. I have been diagnosed with that same ailment, although obviously I am under no immediate danger or I wouldn't have chosen as a goal running 7 marathons in as many months.

Won't you join me and help raise funds for the American Heart Association? With only 150 or so entrants expected for Heart of America, obviously the fund-raising potential is not as high as at some of the other races on my schedule, such as Chicago with its cap of 37,500. But every little bit helps. Just as a lot of short footsteps add up to 26 miles 385 yards, so do a lot of small checks from individuals add up to a large donation for the American Heart Association.

Your pledge of money per mile can help in the fight against heart disease. Please consider a donation of **\$1.00 per mile**. If you want, pledge the money now and pay later. Or make out a separate check for the sum you plan to donate and submit it with your entry. Or send it to me at the address at the bottom of this flyer. Please make out the check to the **American Heart Association**, and you can identify this tax-deductible donation as: **7/7/70**.

I begin my 7/7/70 quest in Duluth, Minnesota on June 16 with Grandma's Marathon, which conveniently is one day before my 70th birthday. My second marathon in July will be the World Veterans Championships in Australia, another race I've won in the past. Then Heart of America followed by Chicago, Dublin, Honolulu and finally the Disney World Marathon. Each marathon will be dedicated to a different charity. I will be posting bulletins regularly on my Web site as I run each of the 7 marathons. Thank you for helping me reach my goal as you reach yours.

Name _____
Address _____
City _____ State _____ Zip _____
Pledge per mile _____ Total pledge _____

7/7/70: Hal Higdon, PO Box 1034, Michigan City, IN 46360; 1-888-ON-A-RRUN

www.halhigdon.com

OSAGE COUNTY PUMP AND RUN



WHAT MAKES AN OVERALL ATHLETE? COME COMBINE STRENGTH,
SPEED, ENDURANCE AND FIND OUT!!!
Compete in the Pump and Run, OR choose to compete in just the 5K Run or the "Pump"

DATE: Saturday, August 4th, 2001

CITY, STATE: Linn, Mo.

SITE: Linn High School (the new one!) and Fieldhouse. The race will start on the track.

COST: \$15 pre-registration by July 28th, \$17 after and day of race. Shirt included!!!

PRIZES: Medals for: Top 3 male and female in each class for adjusted score

Top 3 overall male and female unadjusted time

Top 3 overall male and female bench press

Overall male and female champion receives a plaque

CLASSES: 13 and under, 14 to 18, 19 to 50, 50 and up.

PUMP: Start at 7:00 am, Saturday, August 4th at the track

Or Friday, August 3rd, 6:00 to 8:00 pm in the Fieldhouse (gym) ***

Men: Bench Press 90% of your weight as many times as you can.

Women: Bench Press 50 % of your weight as many times as you can.

Each rep will deduct 15 seconds off your 5 K time to find your adjusted score.

See the back side of this flyer for details!!!

*** We encourage those of you who are "local" to do your lifts Friday, to alleviate any bottlenecks.

RUN: 5 Km. Start at 8:30 am

The race will start and finish on/near the track, the course is on grass!!!

See the other side of this form for more details!!!!!!!!!!

Pump and Run Information

GENERAL INFORMATION:

The Pump and Run will combine the efforts of two events, bench press and a 5 Km race. Men will bench 90% of their weight, women 50%. A scale will be on site for weighing. Sorry, we can't deduct weight of clothes you are wearing, nor can we take your word for it. Don't worry though, we won't broadcast your weight to the world☺.

The weights on the bench press will be in 5 pound increments. We will round up or down to get there. Bench press rules will be enforced. They are:

1. Feet must stay on the ground.
2. Butt must stay on the bench.
3. Shoulder must stay on the bench.
4. No "bouncing" off the chest will be allowed.
5. The entire lift will be your own, once our spotters **touch** the bar, your lift is completed.
6. We will provide the spotters.
7. These will take place on A.) Friday, August 3rd, from 6-8pm in the Linn Fieldhouse or B.) Saturday morning, August 4th, starting at 7:00am. "Local" participants are encouraged to arrive early on Saturday, ensuring time to complete all lifts before the race.

For every repetition, 15 seconds will be deducted off your 5 Km time. So if you run a 24:00 minute 5 Km and bench press 6 reps (6 x 15 seconds = 1 minute, 30 seconds), your adjusted time would be 22:30.

The idea is to compete with your ability with that of another's. Some may be faster, some may be stronger, some may have a balance of both!!!

5 KM: The race will be mostly on grass, around the Linn campus, and 5 Km long. This is the course that holds the Linn Inv., Fatima Inv. and Showme Conference Championship Cross Country races.

******You can enter only the 5 Km or only the bench press****.**

Proceeds will help two local Cross Country programs.

DIRECTIONS: The Linn High School is located about 4 miles east of Linn on Highway 50.

RACE COORDINATORS:

Dave Buck
317 County Road 398
New Bloomfield, Mo. 65063
(573) 491-4130
buckd@fatima.k12.mo.us

Brett Phillips
Linn, Mo.
(573) 897-2226

**OSAGE COUNTY PUMP AND RUN
AUGUST 4TH, 2001
REGISTRATION FORM**

Cost \$15 before July 28th, \$17 after

NAME: _____ AGE: _____
GENDER: _____
ADDRESS: _____ CITY: _____
STATE: _____ ZIP CODE: _____

Check one:

PUMP AND RUN: _____ RUN: _____ PUMP: _____

SHIRT SIZE circle one: **S M L XL**

Make all checks payable to Dave Buck, Race Coordinator. Send registration form and money to Dave Buck, 317 County Road 398, New Bloomfield, Mo. 65063

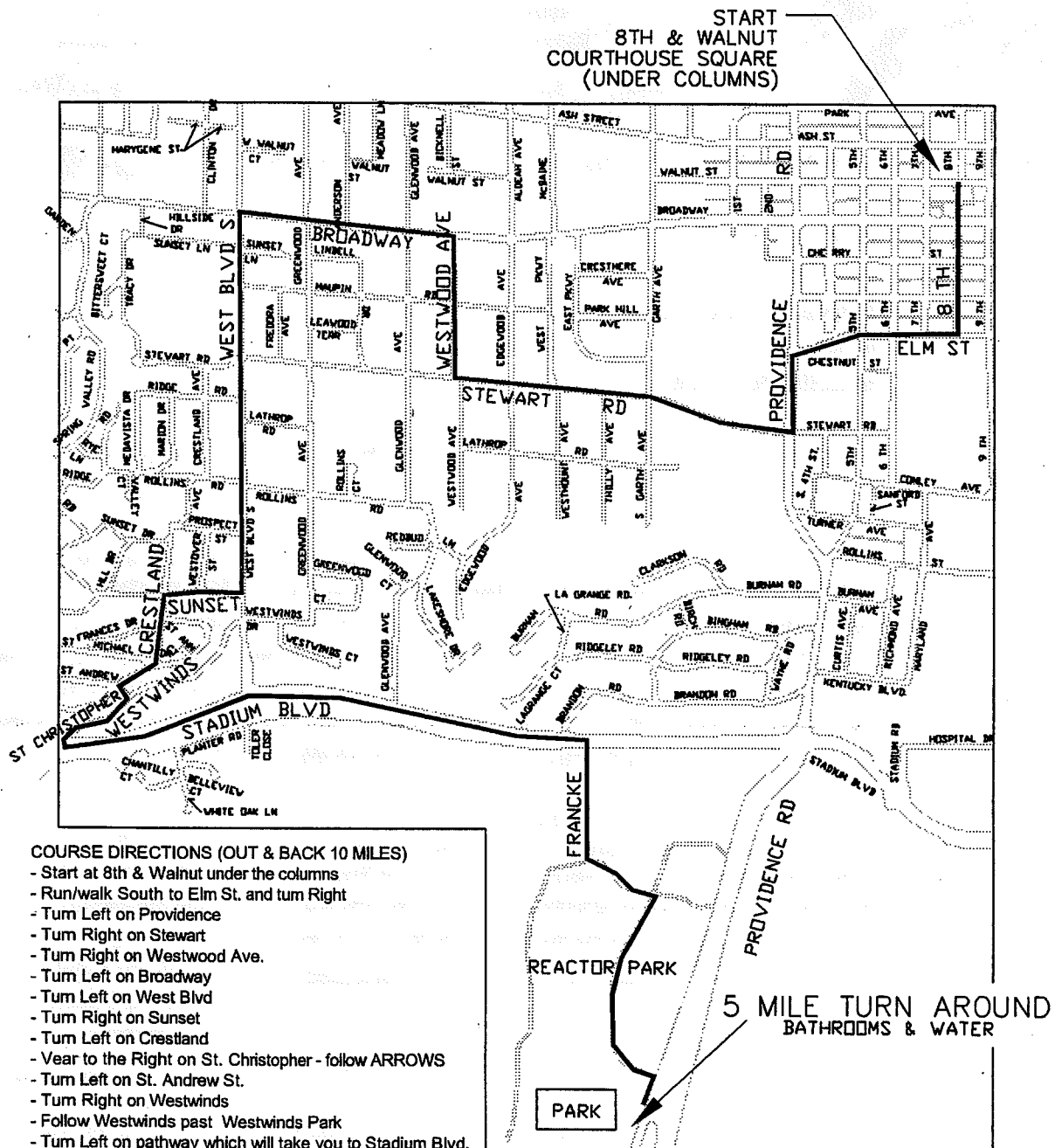
THANK YOU

TO THESE MAJOR SPONSOR:



SATURDAY MORNINGS - Starting May 12
Long Runs Every Saturday - 7:00 AM SHARP
Train with a group - Runners/Walkers of all abilities welcome

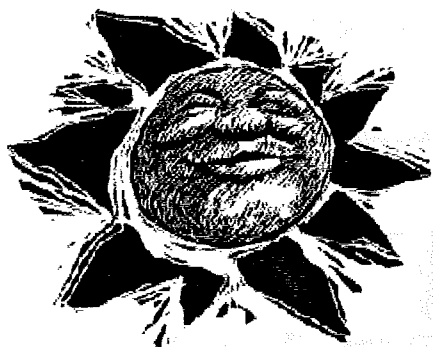
for more info. goto Columbia Track Club website - <http://ctc.coin.org>
 free parking in garage at 8th & Walnut



COURSE DIRECTIONS (OUT & BACK 10 MILES)

- Start at 8th & Walnut under the columns
- Run/walk South to Elm St. and turn Right
- Turn Left on Providence
- Turn Right on Stewart
- Turn Right on Westwood Ave.
- Turn Left on Broadway
- Turn Left on West Blvd
- Turn Right on Sunset
- Turn Left on Crestland
- Veer to the Right on St. Christopher - follow ARROWS
- Turn Left on St. Andrew St.
- Turn Right on Westwinds
- Follow Westwinds past Westwinds Park
- Turn Left on pathway which will take you to Stadium Blvd.
- Turn Left on Stadium & head down the hill
- Cross Stadium at MKT for safety
- Turn Right on Francke Dr. & follow left towards the MU Track
- Turn Right on Research Park Drive
- Turn Right on Old Route K (outer Providence Road)
- 5 Mile Turnaround on Right at Epple Park

The course is 5 miles out & 5 miles back.
 Distance markers have been spray-painted RED
 on the left side of the road every half mile.
 So you are free to run or walk any
 distance from 1-10 miles by turning around at
 the appropriate distance marker.



The 4th Annual Spring Sprint Cross-Country 5K

A Benefit Run for the Fayette Area Community Trust

Date: Saturday, June 2, 2001 (Rain or Shine)
Time: 8:30 am (Packet Pick-up 7:30 am)
Location: D.C. Rogers Lake West of Fayette on Hwy E (West Davis St.)

Pre-Registration Deadline: May 28, 2001

Entry Fee: \$10.00 (\$15.00 on Race Day)

Age Divisions: 10 & Under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & Over

Awards: Registered participants will receive a T-shirt. 1st, 2nd, and 3rd Place medals will be presented in each age group to Male and Female runners as well as to the overall Male and Female winners.

Course: You will enjoy a challenging 5K course around Fayette's beautiful D.C. Rogers Lake with a mix of rolling hills and short, wooded trails capped off by a finish near the water's edge.

About the Trust: The Fayette Area Community Trust was established in 1991 by Robert and Bertha Mae Barker. Since that time, this charitable fund has contributed nearly \$200,000 to area governments and not-for-profit agencies to support community enhancement activities. In addition, the trust endows the Barker-Oakes Distinguished Chair of the Social Sciences at Central Methodist College.

presented by



Entry Form

Mail registration form with payment to:

FRRC Spring Sprint, c/o J.B. Waggoner, P.O. Box 30, Fayette, MO 65248-0021

For more information contact J.B. @ (660) 248-1911(W) / 1545(H) / e-mail: jb@feslab.com

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Gender: M F **Age on 6/2/01:** _____ **Shirt Size:** M L XL

By my signature I, _____, declare full responsibility for myself during my participation in the Spring Sprint. Furthermore, I waive and hereby hold harmless the City of Fayette, the Fayette Area Community Trust, the Fayette Roadrunners Club, and any of their representatives for any and all claims for damages for any injury I may sustain in connection with this event.

Signature: _____
(Parent or Guardian if under the age of 18)

Date: _____

2001 Columbia Track Club Schedule

5/28	10 pm	Wellaware 5k <i>Proceeds to benefit the CTC Colts youth program</i>	\$12	Mark Volek, 874-0278	103 Corporate Lake Dr.	T-shirts, awards (entries at Tryathletics)
6/5	7 pm	Summer All-Comers Track	**	Marc Keys, 256-2635	MU Track	See page 3 for more details
6/13	6 pm	Summer Youth Program <i>Every Wed. for 6 consecutive weeks (excluding July 4)</i>	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581	MU Track	Come help and bring your kids!
6/23	7:30 am	Show-Me State Senior Games 5k (10k—June 24)	\$15	Joe Duncan, 445-2684	5k—Reactor Park 10k—Walton Stadium	Awards

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

Out-of-Town Events

- | Month | Day | Run Name | Distance | Time | Location | Phone Number |
|-------|-----|--------------------------------|--------------------|---------|-----------------------------|--|
| May | 19 | Macon Family Run | 5 miles | 8:00 am | Macon | (660) 385-6326 |
| | | Pattonville Wellness Run | 5k/1 mile | 8:30 am | Pattonville | (314) 213-8010 |
| | | Army Arch Run | 13.1 mile | 7:15 am | St. Louis | (314) 592-0726 |
| | 26 | Amy Thompson 8k | | | Kansas City | (816) 842-8607 |
| | | Hardee's All-Star Run | 5k/10k/1 mile walk | | Forest Park, St. Louis | (314) 241-7668 |
| | | Spring Sprint 5k Cross Country | | | Fayette, MO | (660) 248-1545 (entry form in this newsletter) |
| June | 2 | YMCA World's Largest Run | 8k | | Chesterfield, MO | www.ymca.net |
| | | 10th Annual Run for Earth | 5k | | Tower Grove Park, St. Louis | (314) 645-5505 |
| | 3 | Hospital Hill | 13.1, 12k, 5k | | Kansas City, MO | (816) 274-3635 |
| | | Make Tracks for the Zoo | 5k/4M walk/1M | | Forest Park, St. Louis | (314) 768-5440 |



Spring Couples Run *May 12, 2001*

A big crowd enjoyed a picture-perfect running day! The race began at 8:00 am with temperatures in the mid 50's. But with the sun shining strong, the 24 runners and walkers warmed up in a hurry. A big **THANKS** to my capable assistant, Angela Woodland, and to my children, Connor and Heidi, who helped with cones and finish sticks. Winners were decided by combining ages and times in three age groups, and they will enjoy gift certificates to Flat Branch Pub and Brewing.

—Race Director Amy Gundy

—Race Director Amy Gundy

[illegible]

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. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia, MO 65205

_____ \$15.00 dues
_____ \$40.00 "Silver Card" membership

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

12/01

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