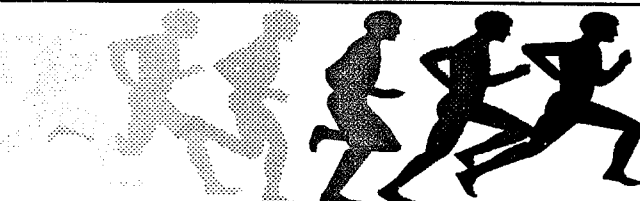


COLUMBIA TRACK CLUB

NEWS

Volume XXXV No. 3

May 2002



Two-Person Relay

April 6, 2002

Five teams showed up this year for the annual Two-Person relay, where each team runs 8000 meters, alternating each 400 meters. This year's event saw one new club record, in the female-female division. The team of Michele McFadden and Alison Hodgson destroyed the old record by 59 seconds! They finished second overall with a time of 27:10. The former record holders (from 1985) teamed up the following year, and established a new record in the 'pregnant women' division, with both ladies at least five months along. We'll have to wait and see with the McFadden-Hodgson duo.

First overall, and first in the male-male division were Stephen Bourgeois and Christian Reed in an impressive time of 24:08. In third place overall were Andy Shirkey and Hugh Emerson who managed to get in under the 30 minute barrier in 29:57. We'll have to check, but the two may have also established a new record in the bearded division.

First for the father-daughter combo were Dick Hessler and Amy Gundy in 31:38. They were off the pace of their record for the event, which the two set 20 years ago. It's still in dispute as to which one has slowed down, causing them to miss their old mark. First for the father-son division were Warren and John (age 11) Prost, who finished in 35:41.

The ladies were also the most consistent today, with Alison Hodgson's splits all within four seconds. Her teammate Michele McFadden kept her splits all within six seconds. For the men, Dick Hessler was the most consistent with a six second differential in his splits.

Thanks to Tina Bridges and Dave Coogan, for help with timing the event.

—Race Director Kurt Kennett

Names	Time	Lap Average
Stephen Bourgeois	24:08	1:14.1
Christian Reed		1:10.
Michele McFadden	27:10	1:20.9 **new record
Alison Hodgson		1:22.1
Andy Shirkey	29:57	1:23.0
Hugh Emerson		1:36.7
Amy Gundy	31:38	1:43.1
Dick Hessler		1:26.7
Warren Prost	35:41	1:49.2
John Prost		1:44.9

Upcoming Events:

Mark your calendars—there is lots of running to do this spring!

- Joe Marks Memorial Human Race 5 miler, May 4, 2002**
- Race for Sight Triathlon, May 5, 2002
- 6th Annual Macon Family Run & Walk, May 18, 2002**
- Jeff Shikles Memorial 8k Run/walk, May 19, 2002**
- Wellaware 5k, May 27, 2002**
- 5th Annual Spring Sprint Cross Country 5k, Fayette, June 15, 2002**

**=entries included this issue



Quote of the Month

"Don't clench your fists in a white-knuckle grip. Instead, run with a cupped hand, thumbs resting on the fingers, as if you were protecting an egg in each palm."
—Runner's World Editors

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

April 2, 1977 MVA AU 10,000 Meter Run: 1. Dennis Hinkamp 33:02, 2. Jon Herbert 33:26. . .5. Dennis Stewart 35:03, 6. Jim Nowak 35:14 7. Dick Hessler 35:17. . .10. Walt Renaud 35:36, 11. Don Lewis 36:19. . .14. Ben Londeree 37:01. . .18. Whitney Hicks 38:17 . . .21. Mike Chipendale 39:43. . .24. Turk Storvick 40:14. . .27. Wesley Paul, 8, 41:27 and 21 others on Hickman track

Same day, MVA AU One Hour Walk: 1. Jerry Young 7 miles, 644 yards, 2. Randy Mimm 7-638 3. Augie Hirt 7-289. . 6. Leonard Busen 6-535. . .8. Henry Bent & Bill Taft 5-97

April 16, 1977 Walk-Run Pentathlon: 1. Stan Smith 2740 points, 15:56 2 mile walk, 2:09.8 880 run, 7:56 mile walk, 10:48 2 mile run, 25.5 220; 2. Augie Hirt 2625 pts. (15:18, 2:11, 7:32, 12:11, 26.7), 3. Dennis Stewart 2564 pts. (17:59, 1:58.9, 9:17, 10:31, 23.5) One of the highlights of this event was the 9:57.2 2 mile run by Don Lewis to set the age 40-49 CTC record which still stands.

Same day: 3, 2, 1 Triathlon: 1. Mike Kelly 28:33 (14:22 3 mile, 9:43 2 mile, 4:28 mile), 2. Ben Londeree 32:38 (16:45, 10:52, 5:01) 3. Pete Pastoret 33:22 (17:23, 10:53, 5:07), 4. W. Hicks 33:28 (17:15, 11:14, 4:59). . .7. Wesley Paul 36:54 (18:37, American age 8 record, 12:18, 5:59), 8. Joe Duncan 38:26 (19:01, 13:08, 6:17, 9. Don Johnson 39:14 (19:53, 13:14, 6:07) and 8 others.

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
Angela Passanise	

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/>

From our president...

I've been running 70+ miles a week, racing, and staying out of the clutches of orthopedic surgeons since 1971. I'm not a naturally gifted runner so I have had to rely on hard training and high weekly mileage just to be moderately competitive. If nothing more, I have had ample time to try just about every reasonable training tip ever developed. One of the least successful, carbohydrate loading, put me out of the Drake Relays

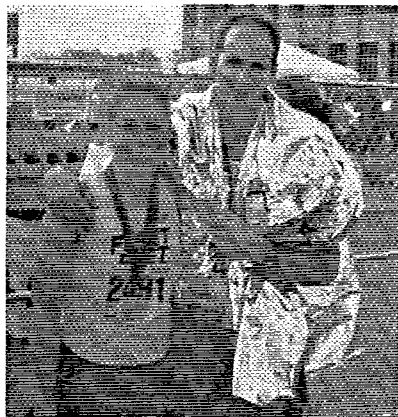
marathon and into the emergency room with a nasty urinary tract infection. Other tips, however, have been more useful and I would like to share some of the better ones with CTC runners. In this particular column, I will focus on the three most important training tips, motivation, slow build up, and consistency.

Some philosopher somewhere long ago pointed out that there is no such thing as a good wind for a ship without direction. Goals or a sense of where you want to go will help motivate you to find that good wind. What's your direction for your running? Maybe you just want to finish a marathon. Once you do that, then what? The point I am trying to make here is that setting goals takes some serious thought. Lofty goals like finishing a marathon are fine, but you need some mundane goals too, not only to get you to the marathon, but also to keep you going after you cross the finish line. Here's a tip. Have a goal to run every day. Consistency is one of the ways to develop a strong superstructure of muscles and tendons that will resist injuries over the months and years. It's no guarantee, but it sure helps. The people I have run with who were injured the most seemed to have a pattern where they would train, lay off, and train again. One very fast ex-college competitor would run a hard sub-6 minute/mile paced 10 mile training run with several of us twice a week, but that was all he ran. He had chronic knee and foot problems and eventually quit running altogether. In short, keep to your consistency goal of running every day. The best way to ensure this is to join a training group, no question.

For new runners or folks coming off an injury or voluntary lay offs, the slow build up to you maximum weekly mileage is very important. Start with, say, 21 miles a week (3 miles a day). Stick to that for a month, then start to increase it. A good solid training goal is 50 miles a week. Most people can do that if they build up to it slowly. Those of us who have run lots of marathons are pretty much of a single mind on the point that you need at least 50 miles a week to run a decent marathon. When you increase your weekly mileage, add just 10% each month until you are where you want to be.

Dick Hessler, CTC President, will share his running knowledge in the newsletter each issue. Please e-mail the editor with questions or comments for Dick.

CTC Runner Profile



Angela Passanise

Age: 29

PERSONAL RECORDS:

10K - 47:53

Half Marathon - 1:49:13

Marathon - 4:15:35 - Columbus

Other Marathons: St. Louis, Chicago

Favorite Team race - River to River

WEEKLY MILEAGE: 25-30 miles of running, crosstrain with swimming and weightlifting

WHEN DID YOU START RUNNING? I played college soccer, and I have been running since I was 15 to stay in shape for soccer. After college, I began to pick up my mileage and enter races in the spring of 1997.

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

My running was first influenced in St. Louis. One of my coworkers and good friends from Sverdrup (my old engineering company) - Roger Ringhausen who had been running for years suggested that I come out for a Saturday morning run. He told that he was heading out for 10 miles with his 72 year old running partner. At first I thought he was crazy, but eventually I decided to join him and take on his challenge. I have been running ever since! The running group in St. Charles was addicting. All my old running buddies and my friends from Fleet Feet from St. Charles are my inspirations.

WHAT IS YOUR FAVORITE WORKOUT?

My favorite workouts are -

1. Trail running out at Rockbridge
2. The 10 mile Saturday morning course (challenging)
3. Speedwork

PERSONAL INFO AND INTERESTS: Personal info - I moved to Columbia from St. Louis in April of 1999 and began work for the City of Columbia as a Utilities Engineer. My boyfriend, Dave Coogan, and I run a lot together. We put together the 10 mile Saturday morning run and are hoping that more runners come out to join us. All abilities are welcome. I also enjoy running with my 90 lb. Doberman - she loves to get out and exercise.

Welcome New CTC Members

Van Beasley
Lynn Kirk
Doug Shull

Columbia
Columbia
Columbia

Running Shorts. . .

- ♦ Through the end of May, CTC will hold coached speed workouts at Hickman Track at 7 pm on Wednesday nights. Everyone, regardless of speed or age, is welcome.
- ♦ Don't forget the Saturday morning running group. Meet at 7 am on Saturday mornings by the Columbia Courthouse columns for a run full of camaraderie. All ages and speed levels welcome.

2002 Columbia Track Club Schedule

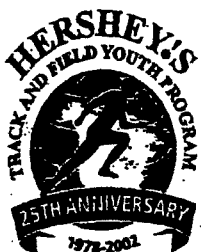
Check out our complete schedule at: <http://ctc.coin.org/>

5/4	8 am	Joe Marks Memorial Human Race XXIV 5 miles	\$15	Angela Passanise and Dave Coogan, 474-8373	Rock Bridge High School
5/11	8 am	Spring Couples Run/Walk 4 miles	**	Amy Gundy, 874-2407	Bethel Park
5/19	8 am	Jeff Shikles Memorial 8k run/walk	\$15	Joe Cragin, 442-1495	Gentry Middle School
5/27	10 am	WellAware 5k	\$15	Mark Volek, 874-0278	103 Corporate Lake Dr.
6/4-6/25	7 pm	Summer All-Comers Track (every Tuesday in June)	**	Marc Keys, 256-2635	Hickman Track

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

Out-of-Town Events

- May**
- 4 Apple Blossom 5k, St. Joseph, MO, 9:55 am, (816) 232-3344
 - 7th Annual Bradleyville Scholarship 5k, Brownbranch, MO, 9am, (417) 796-2288
 - Azalea Festival 5k, Fredericktown, MO, 8am, (573) 783-341
 - 5 Running in the Streets Artsfest 5k, Springfield, for more info: active.com
 - 11 Mother's Day 5k, (women only), Jeff City, 9am, (573) 893-4284
 - Habitat for Humanity 10 mile and 5k, Kansas City, 8 am, (816) 678-7576
 - Truman Health 5k, Independence, 9 am, (816) 833-2088
 - 15 5th Annual Spring Sprint Cross Country 5k, Fayette, 8:30 am, (660) 248-1911
 - 18 6th Annual Macon Family Run & Walk, Macon, 8:30 am, (660) 385-5326
 - Bass Pro Conservation 10k/2 mile fun run, Springfield, 8am, active.com
 - 25 Berryman 50 mile Trail run and marathon, (573) 763-5704

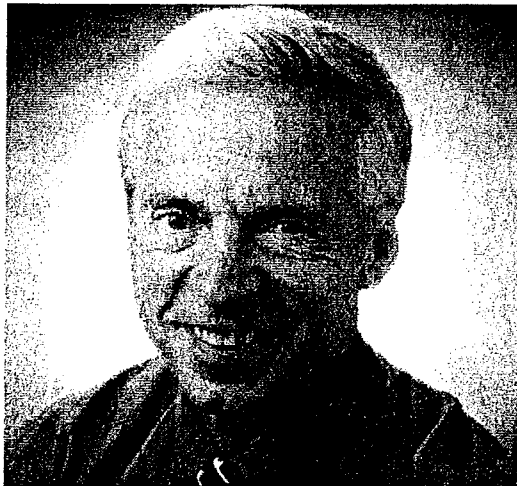


An entry form is included in this issue for the **Hershey Track and Field meet, June 8, 2002**. This program is for boys and girls from 9-14 years old. Track events include the 50, 100, 200, 400, 800, 1600, and 4x100 relays. The field events are the standing long jump and softball throw. For more information call 874-6378 or 874-7460. This will be held at Hickman Track. Check-in time is 9 am, and the meet begins at 10 am.

Joe Marks Memorial Human Race XXIV

five miles in columbia

**Saturday
May 4th
8 AM**
**Start & Finish
at
Rock Bridge
High School**



T-Shirts to all entrants

Awards in following age groups

12 and under
13-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-69
70 +

For Men and Women

A CTC Scholarship event

Sponsored by: Columbia Daily Tribune, Columbia Hy-Vee, J. Louis Crum Corp., Premier Marketing, Tryathletics and WELLAWARE at Boone Hospital Center

proceeds to benefit the
Columbia Track Club
Joe Marks Youth Scholarship



see
back for
course

Joe Marks Memorial Human Race XXIV Official Entry Form

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Track Club, the University of Missouri, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions and causes of action 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, May 4, 2002. 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.

Name (please print) **Last name** _____ **First name** _____

Street Address: _____ **Zip Code:** _____

Sex: **F** **M** (circle one) **Birth Date** ____/____/____ **Age** _____

City: _____ **State** _____

T-Shirt Size (circle one) **XL** **L** **M** **S**

Signature _____

Parent/Guardian if entrant under 18 _____

Entry Fee: \$15 Deadline: Wednesday, May 1, 2002 NO LATE ENTRIES

Mail to: Columbia Track Club, P.O. Box 1872, Columbia, MO 65205 or...

Deliver to: Tryathletics, 1605 Chapel Hill Road, Columbia

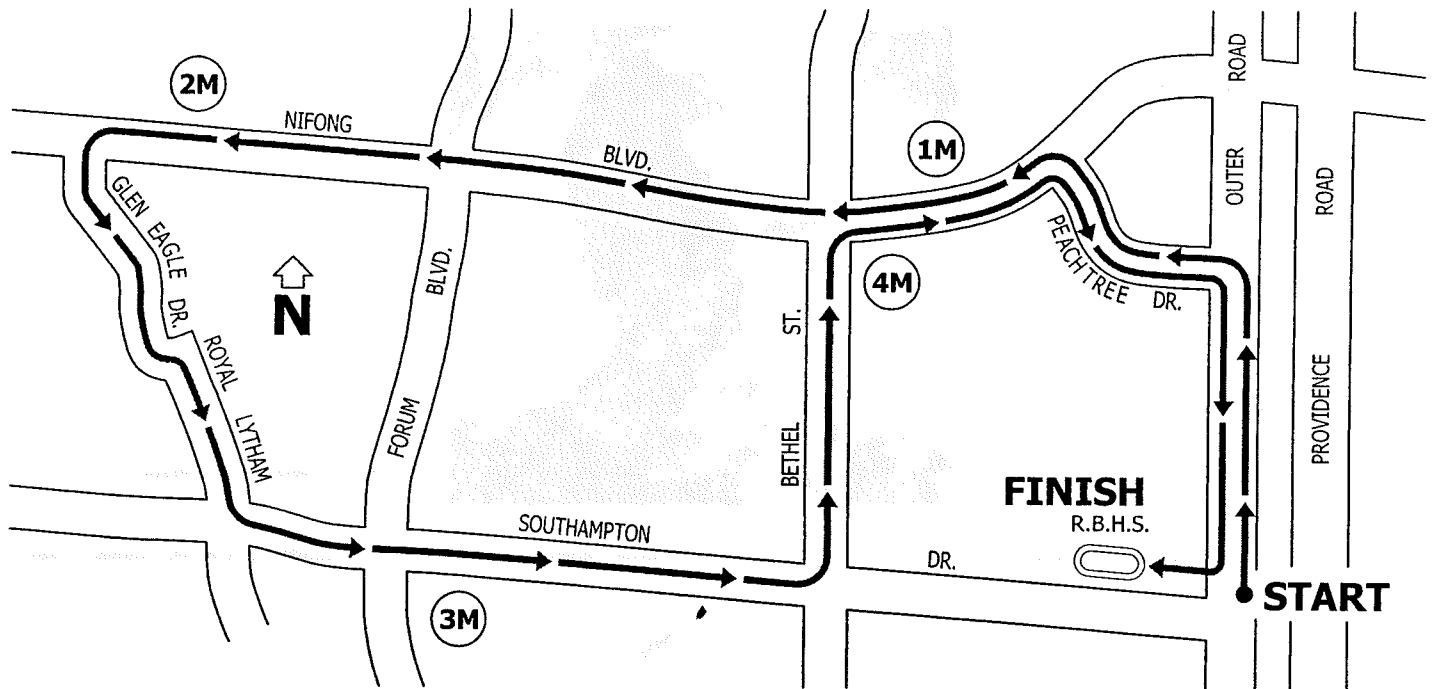
Make checks payable to Columbia Track Club

Or online at: <http://ctc.coin.org> - go to: upcoming events - Human Race

Packet Pickup: Friday, May 3, at Tryathletics (noon to 7pm) or 7:00-8:00am Race Day at Rock Bridge High.

JOE MARKS MEMORIAL HUMAN RACE 5-MILER

Saturday, May 4, 2002, 8:00am



DIRECTIONS

Start on Outer Providence Road at Rock Bridge High School South Parking Lot Entrance
North on Outer Providence Road to Peachtree Drive
West/Northwest (Left) to Nifong Boulevard
West (Left) on Nifong Boulevard Past Bethel Street and Forum Boulevard to Glen Eagle Drive
South (Left) on Glen Eagle Drive to Royal Lytham
South (Straight) on Royal Lytham to Southampton Drive
East (Left) on Southampton Drive to Bethel Street
North (Left) on Bethel Street to Nifong Boulevard
East (Right) on Nifong Boulevard to Peachtree Drive
South/Southeast (Right) on Peachtree Drive to Outer Providence Road
South (Right) on Outer Providence Road to Rock Bridge High School South Parking Lot Entrance
West into Rock Bridge High School South Parking Lot Past Outer Fence to Track Finish Line

Your **Numbers** should be in clear view in the front of shirt
When you go through the finish chute, tear the lower portion off and give it to the timers.

Restrooms are available in the concession stand on the east end of the Rock Bridge stadium.

An **Aid Station** (water) will be available at the approximate three-mile mark.

Each course mile is marked on the right side of the road.

Award Ceremony will be 9:30 - 10:00 near finish line.

NOTE:

High School activities will be in progress early on race day. Please keep traffic areas clear and stay out of the High School.

6th Annual MACON FAMILY RUN & WALK



MACON FAMILY CHIROPRACTIC

FAMILY FOOT CLINIC



MACON FAMILY HEALTH CLINIC



Long Branch Area YMCA

5 Mile Road Race and 2 Mile Fitness Walk

All proceeds will be donated to the Long Branch Area YMCA

Date: Saturday, May 18, 2002

Place: Long Branch State Park, Macon, Missouri

Time: Bench Press - 8:00 am or Friday, May 17th, 6:00 pm - 8:00 pm at the YMCA;
Walkers - 8:30 am, Runners - 9:00 am sharp!

Entry Fee: Early Registration: Individual \$14.00 Couple \$24.00 Family \$10.00 per person
Late Registration: Add \$2.00 per individual *(must be related)*

Age Divisions: Men & Women (Road Race) 14 & Under 15-19 20-29 30-39 40-49 50 & Over

Pump & Run Divisions: Male - bench press body weight, Female - 60% of body weight. For each rep, one minute will be subtracted from race finish time, 1st-3rd place trophies for male and female divisions.

Pump only!: Male - bench press body weight, Female - 60% of body weight; 1st - 3rd place medals for most reps for male and female

Course: Run and walk begin and end at the Long Branch Lake Beach Area. Run is out and back along mostly flat, paved park road and dam. Split times will be provided at each mile mark with water stations at 1.5 & 3.5 miles. Walk is out around campground loop and back. Medical assistance, post race awards, food & drink under shelter.

Awards: A \$100 savings bond will be given to the top male & female racer. Top three finishers in each division will receive medallions. Medals will also be given for the top 3 walkers. All registered runners and walkers receive a Coolmax t-shirt. (Only pre-registered will receive shirts on race day).

Auction: Unique post race silent auction to benefit the Long Branch Area YMCA. Over \$1,000 in gift certificates from local merchants and restaurants. Open only to registered runners and walkers. (After awards ceremony)

Send Entry To: Macon Family Chiropractic 307 Weller St., Macon, MO 63552

Check To: Macon Family Run/Walk

For More Info: Call (660) 385-5326

**Don't get caught
with the rubber chicken!**

Early Entry Deadline: Monday, May 13, 2002 at 12 Noon

☐ 5 Mile Run ☐ Bench Press **ALSO**
☐ 2 Mile Walk ☐ Bench Press **ONLY**

Shirt Size **S M L XL XXL** (add \$1.00)

Name _____

Age _____ Gender **M** _____ **F** _____

Address _____

City _____ St. _____ Zip _____

I, _____ intending to be legally bound, understand and agree that I am voluntarily participating in the following event; Macon Family Run/Walk at my own request and at my own risk. I acknowledge that I am aware of all the risks inherent in this event, and certify that I am physically fit, have not been otherwise informed by any physician and know of no restrictions imposed on me by my own physician that would in any way prevent me from actively participating in this Event.

In consideration of being permitted to participate in the Event, I, on behalf of myself, my successors in interest, heirs, assigns, and representatives, hereby fully release and agree to hold harmless the Macon Family Run & Walk, of and from any and all liability, claims, damages, or causes of action for any reason including, without limiting the generality of the following, death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by me at any time hereafter occurring as a result of my voluntary participation in this Event. (Liabilities).

I also give permission for the free use of my name, picture and voice in any broadcast, telecast, print account and any other account in any medium of this Event.

Date: _____ Signature: _____

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

Pump & Run Information

GENERAL INFORMATION

The Pump and Run will combine the efforts of two events, bench press and a 5 mile race. Men will bench their weight, women 60%. 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, May 17th, from 6-8 pm at the Long Branch Area YMCA, 408 Brees Industrial Drive on the south end of Macon, MO. B) Saturday morning, May 18th, starting at 8:00 am. "Local" participants are encouraged to lift Friday night or arrive early on Saturday, ensuring time to complete all lifts before the race.

For every repetition, 1 minute will be deducted off your 5 mile time. So if you run a 40 minute 5 miler and bench press 6 reps (6 x 1 minute) your adjusted time would be 34.00 minutes.

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

★★★ You can enter only the 5 mile or only the bench press ★★★

3RD ANNUAL
BOONSLICK KIWANIS

JEFF SHIKLES MEMORIAL



RUN/WALK

Sunday May 19th, 2002
Start Time @ 8:00 am

T-Shirts for all entrants

Start and Finish in Gentry Middle
School Parking Lot
(See map on Back)



Prizes and Awards
to be presented

PROCEEDS TO BENEFIT HEAD START OF COLUMBIA

Jeff Shikles D.V.M was an exceptional member of Boonslick Kiwanis. He was a veterinarian, highly respected by his peers, his clients and his many friends. He was a member of the Kiwanis Board of Directors and a Past President of the Boonslick Kiwanis Club. We remember Jeff with great affection for the friendship and joy of life he brought to all he met.

Name (please print): _____ Age: _____ Gender: ☐ M ☐ F

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Date of Birth: ____/____/____ T-shirt Size: ☐ XL ☐ L ☐ M ☐ S

In consideration of the above, I for myself, my executors, administrators and assigns, do hereby release and discharge Boonslick Kiwanis of Columbia, the Kiwanis Clubs of Columbia, Missouri, Kiwanis International, the Columbia Track Club, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my participation in said event. 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 Sunday, May 19, 2002. I agree to follow all rules of this run/walk event 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.

Participant's Signature: _____ Date: _____

Parent/Guardian Signature (If participant under 18): _____

Entry Fee: \$15.00 - MAKE CHECKS PAYABLE TO BOONSLICK KIWANIS

Return this portion with entry fee to:

8K Run/Walk
4651 S Scott Blvd
Columbia, MO 65203

Or drop off at Tryathletics, 1605 Chapel Hill Rd.

Race Packets may be picked up on Sat., May 18 at Tryathletics between 3-6 pm

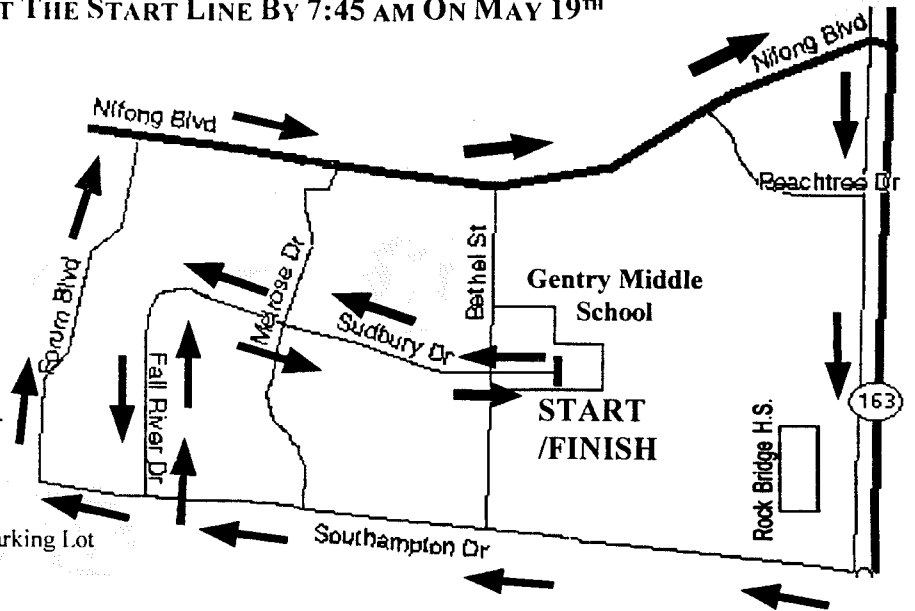
KIWANIS - SERVING THE CHILDREN OF THE WORLD



BE SURE TO BE AT THE START LINE BY 7:45 AM ON MAY 19TH

Course:

Start - Gentry Middle School Parking Lot
West on Sudbury Dr
Turning South onto Fall River Dr
South on Fall River Dr to Southampton Dr
West on Southampton Dr to Forum Blvd
North on Forum Blvd to Nifong Blvd
East on Nifong Blvd to Providence Outer Rd
South on Providence Outer Rd to Southampton Dr
West on Southampton Dr to Fall River Dr
North on Fall River Dr
Turning East onto Sudbury Dr
East on Sudbury Dr into Gentry Middle School Parking Lot
Finish - Gentry Middle School Parking Lot



premier
marketing
group

WELLAWARE 5K



Memorial Day — Monday, May 27, 2002 — 10 a.m.

Awards

Top three males and females 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65+. **Walkers:** 1st place only; 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.

Cost

\$15
Registration deadline is 5/24 (There will be no race day registration)
Additional donations to CTC Colts will be gladly accepted.

Sponsors

Boone Hospital Center's WELLAWARE Facilities
The Columbia Track Club
Premiere Marketing Group
Mayor's Council on Physical Fitness and Health
Proceeds to CTC Colts (Youth Programs)

Packet Pickup

At WELLAWARE South, 103 Corporate Lake Drive
Friday- 5/24 3 p.m. - 7 p.m.
Saturday- 5/25 8 a.m. - Noon
Race Day- 5/27 8 a.m. - 9:30 a.m.

Entry Form

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____ Phone: _____

Sex: _____ Age on 5/31: _____ T-shirt size: S M L XL

Please Check: Walker _____ Runner _____

Race Fee _____ Donation to CTC Colts _____

Mail or Drop Off

WELLAWARE 5K
103 Corporate Lake Dr.
Columbia, MO 65203 (573)815-6899

-OR-

WELLAWARE 5K
1701 E. Broadway
Stephens Park Bldg., ground floor
Columbia, MO 65201 (573)815-3870

-OR-

WELLAWARE 5K
Tryatheltics
1605 Chapel Hill Rd.
Columbia, MO 65203 (573)447-2453

Waiver: (Participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks that are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his judgement will be final.

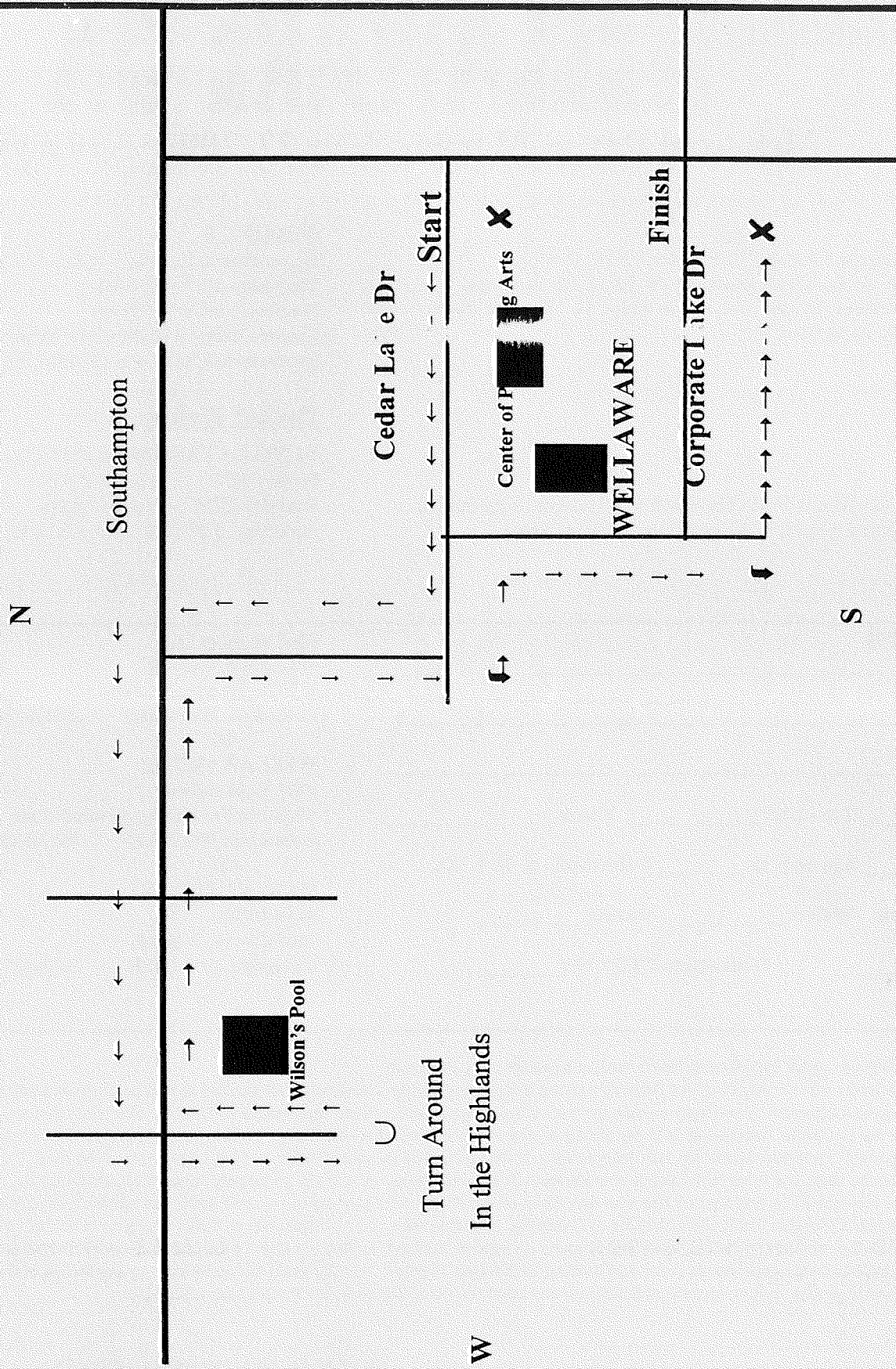
Knowing these and other facts, and in consideration of your accepting my entry to participate in the WELLAWARE 5K, I hereby, for myself, heirs, personal representative, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Boone Hospital Center, the BJC Health System, the Columbia Track Club, the City of Columbia, including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video graphs, motion picture recordings, or any other record of this event for any purpose whatsoever.

Signature _____

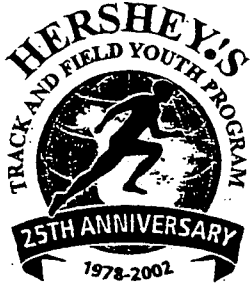
Parent or guardian signature if under 18 _____

WELLAWARE 5K Walk/Run Course

Location: WELLAWARE's Corporate Lake facility



Official Local Entry Form



Not every winner at the State/Provincial Final will automatically advance to the North American Final due to the geographical distribution rule which states that a minimum five participants from each State/Provincial Group will compete in the North American Final. A participant may enter only one Local and/or District/Regional Meet.

Please Print

Name _____
(Last) (First) (Middle Initial)

Address _____

City _____ State/Province _____ Zip/Postal _____

Phone Number (____) _____ Date of Birth: Month _____ Day _____ Year _____

Participants can enter either two track and one field or two field and one track event up to and including the State/Provincial Final. Please circle the events you wish to participate in at this meet.

Boys 9-10 (Born in 1992-1993)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Boys 11-12 (Born in 1990-1991)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Boys 13-14 (Born in 1988-1989)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 9-10 (Born in 1992-1993)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 11-12 (Born in 1990-1991)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Girls 13-14 (Born in 1988-1989)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Play Team (circle age)

Boys 9-10,
(born in 1992 or 1993)

11-12,
(born in 1990 or 1991)

13-14
(born in 1988 or 1989)

(First Name)

(Last Name)

(First Name)

(Last Name)

2. _____

(First Name)

(Last Name)

4. _____

(First Name)

(Last Name)

Play Team (circle age)

Girls 9-10,
born in 1992 or 1993)

11-12,
(born in 1990 or 1991)

13-14
(born in 1988 or 1989)

(First Name)

(Last Name)

(First Name)

(Last Name)

2. _____

(First Name)

(Last Name)

4. _____

(First Name)

(Last Name)

REGULATIONS

Eligibility

Name of School/Community _____

City, State/Province _____

Effective as of December 31, 2002 _____

All participants must compete in their age group and sex division.

A legal birth document must be presented to the local sponsoring department agency at the local meet.

Emergency Information: _____

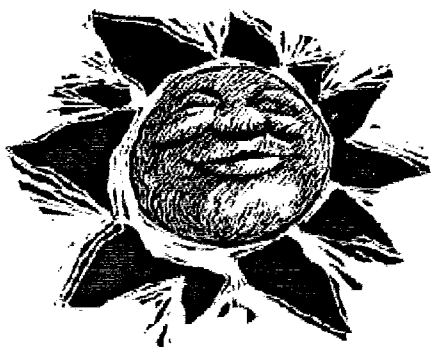
Mother and Father or Guardian's Name

Emergency number other than that listed (A close relative to be notified): _____

I, the above named participant and the participant's parent/guardian have requested registration of the participant in the Hershey Youth Program. In consideration of such registration, the right of the participant to compete in the Hershey Youth Program and the use by the participant of the sponsoring agency's facilities and equipment, both the participant and the parent/guardian each acknowledge that the participant will be competing in the Hershey Youth Program and sponsoring agency's facilities at the participant's sole risk and the participant, on his or her own behalf and on the behalf of his or her heir, executors, administrators and assigns hereby release, discharge and agree to hold harmless Hershey Foods Corporation and its franchises and the National Recreation and Park Association, the National Association for Sport & Physical Education and the President's Council on Physical Fitness and Sports and Athletics Canada. **We understand that those participants who advance to the state/provincial level and are winners at this level do not automatically advance to the regional level for the North American Final Meet. This is covered under Rule 9, Article 1 in the rule book.** We also agree to allow the Hershey Youth Program to use and reproduce the participant's name and/or likeness and/or information concerning the participant and to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct.

(Signature of Parent or Guardian)

(Date)



The 5th Annual Spring Sprint Cross-Country 5K

A Benefit Run for the Howard County Community Foundation

Date: Saturday, June 15, 2002 (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: June 8, 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. The overall Male and Female winners will be recognized separately.

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 that will be capped off by a finish near the water's edge. We hope to see you there!!

presented by

About the Foundation:

The purpose of the Howard County Community Foundation is to build and maintain an endowment to enhance the quality of life in Howard County, Missouri. Earnings from this endowment are used to support grant-making activities in the areas of human services, education, and community action - including the arts, culture, humanities, and historic preservation. Since its inception in 1999, the organization has accumulated assets exceeding \$750,000. The Foundation is committed to promoting philanthropy and dedicated to providing opportunities for donors to achieve their varied philanthropic goals by serving as a responsible steward for all gifts entrusted to its care.



Entry Form

Mail registration form with payment to:

FRRC Spring Sprint, c/o J.B. Waggoner, 304 Frevert Drive, Fayette, MO 65248

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

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Gender: M F **Age on 6/15/02:** _____ **Shirt Size:** S 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 Howard County Community Foundation, 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: _____ **Date:** _____
(Parent or Guardian if under the age of 18)

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. Additional donations will go toward the CTC Scholarship fund.

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

CTC _____ \$15.00 dues

P.O. Box 1872

Columbia, MO 65205

COLUMBIA TRACK CLUB *NEWS*

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