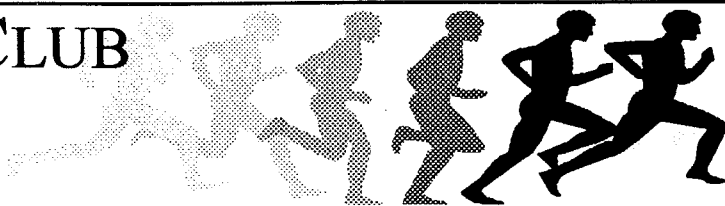


COLUMBIA TRACK CLUB

NEWS

Volume XXXVI No. 1

February 2003



Nut Race

Feb. 1, 2003

Reactor Loop

The temperature was around 30 F, no wind, sunny, hardly the stuff of legends. Tom Allen, who so kindly helped with timing, recalled a past Nut Race where the timing devices froze solid. Not this one as twenty-five runners lined up for the 9:00 a.m. start. Marc Keys was the male winner in 17:11, and Michele McFadden won the women's division in 19:16. Nota bene! Both winners are in their 40's, and Richard Boggs came in a winner in 33:12 at age 75. Special thanks are due Tom Allen, Anne Hessler Debbie Karwoski, and Tony Taube for helping.

Name	Age Group	Place	Time			
			17. Joe Love (M)	3	24:10	
			18. Jim O'Dell (M)	4	24:19	
1. Marc Keys (M)	1	17:11	19. Greg Kuhl (M)	3	24:23	
2. Stephen Bourgeois (M)	1	17:29	20. Rod Stevens (M)	3	24:38	
3. Matt Dreier (M)	1	18:23	21. Mary Avalor (F)	2	26:40	
4. Tony Rigdon III (M)	2	19:03	22. Carrie Bonacorsi (F)	2	26:40	
5. Kurt Kennett (M)	2	19:14	23. Debbie Karwoski (F)	4	29:44	
6. Michele McFadden (F)	1	19:16	24. Andrea Allen (F)	1	30:43	
7. Nancy Taube (F)	2	19:55	25. Richard Boggs	1	33:12	
8. Allan Benjamin (M)	2	20:13				
9. Scott Holdnager (M)	3	20:57				
10. Lisa Wells (F)	1	21:14				
11. Mike Baker (M)	1	22:28				
12. Bob O'Connell (M)	2	22:35				
13. Scott Ronis (M)	4	22:44				
14. Joe Lopez (M)	3	23:56				
15. Danielle Dray (F)	1	23:59				
16. Fabiola Lopez (F)	3	24:10				



Upcoming Events

- **Track Workouts** March 5, 6 pm, continuing every Wednesday evening at Hickman Track
- **St. Patrick's Day 5k and Mayor's Mile for kids**, March 15, 2003, entry form enclosed
- **Running Clinic** April 12, 2003, for more info see page 7
- **Saturday morning group runs**
Every Saturday morning at the courthouse or MKT trail. See CTC website for details.

Quote of the Month

"During long, slow distance training, you should think of yourself as a thoroughbred disguised as a plow horse. No need to give yourself away by running fast."

—Marty Liquori, running commentator and former world-class miler.

CTC Race in Runner's World

The Cheese and Sauerkraut 10 miler was featured in the February 2003 issue of *Runner's World*. The December race was listed in the article, "Take a Run on the Wild Side," as one of the country's "wildest, wackiest (and often most enjoyable) races." The races' wacky factor was written as, "Predict your race time accurately, and go home with a big hunk of cheese as your award. Predict a wrong finish time, and go home with a pile of sauerkraut." If you haven't experienced this race first-hand, then you can join in the fun Dec. 6, 2003. Congrats race director Jay Hasheider and the Columbia Track Club!

25 years ago**Looking Back**

By Joe Duncan

December 3, 1977: 30k run: 1. Doug Clark 1:43:54, 2. Denton Childs 1:44:13. . .4. Charlie McMullen 1:46:36. . .6. Jon Herbert 1:48:57, 7. Howard Guscar 1:49:52. . .10. Ben Londeree, 43, 1:53:36

December 17, 1977: Cheese and Sauerkraut 10 mile Holiday Run: 1. Charlie Evans 53:21, 2. C. McMullen 53:32, 3. Childs 54:26. . .7. Don Lewis 58:43, 8. Tom LaFontaine 59:02, 9. Londeree 59:45. . .18. Dorothy Doolittle (MU's women's distance running coach) 1:05:27, 19. Wesley Paul 1:06:12 (Wesley's photo taken by Rich Clarkson appeared in the 12-19-77 issue of *Sports Illustrated* in a "Photos of the Year" section). . .24. Amy Johns, 16, 1:08:51 (Amy was a star runner for Hickman HS, winning the State Mile Championship her senior year). . .26. Joe Duncan 1:09:07 (compare that to his leisurely 1:30:20 on a flat course this year at age 68—believe me, however the effort was no less in '02). Jerry Yunker won the cheese for being only 7 seconds off his DT.

January 7, 1978: Five Mile Run: 1. Yunker 26:07, 2. Dennis Stewart 26:39, 3. Childs 26:57. . .5. Pete Pastoret 28:44, 6. Londeree 29:19. . .8. Lewis 29:29, 9. Whitney Hicks 29:32. . .16. Olan Brown 31:13. . .21. Duncan 33:03. . .24. Al Garverick 34:46. . .30. Gary Zwontizer 39:48

January 21, 1978: 20k (4 degrees, but sunny): 1. Childs 1:10:17, 2. Yunker 1:14:35. . .5. Londeree and Lewis 1:17:33, 7. Joe Marks 1:18:10. . .9. Hicks 1:20:34. . .13. Mike Kruse 1:21:34. . .17. Duncan 1:29:21

Those of you familiar with our Great Sandbagger Trophy, now in the tender, loving care of Richard Boggs, will appreciate the comments written by Leonard Busen for the January, 1978 issue of the CTC newsletter. (see page 3)

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:

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

From our president...

As you saw from the last annual meeting, CTC is committed to promoting running among the youth of our community. We decided to focus on our three-race series (Human Race, St. Pat's, and Wellaware) that we collaborate on with the Mayor's Commission on Physical Fitness and Health. In addition to the official races, the mayor's office agreed to sponsor a mile run for kids. This will be held right after the last person finishes the St. Pat's and will finish on Broadway. We assume that Broadway will be closed for the two races. There is no charge for the mile and every kid will get some fitness mementos from the Commission, including a fitness certificate.

Kids need to get active. The alarming obesity stats and looming health problems suggest a crisis of sorts. Also, our sport would benefit from kids getting turned on to running. Therefore, I'm calling on you to promote these events. Get the word out any way you can. Try to encourage training groups for kids. If you can, form groups of parents and kids in your neighborhood and help them train together. We have the Wed. evening track workouts starting 3/5 (Hickman) and the Family Fitness Run that Jay Hasheider and Amy Gundy are organizing for 5/10. Forms can be picked up at Tryathletics.

Respectfully submitted by Dick Hessler

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

Tina Bridges

Age: 35

PERSONAL RECORDS:

5k	24:40
10k	49:59
10 mile	1:23:20
Half-marathon	1:49:35
Marathon	4:04:39

WEEKLY MILEAGE: When not marathon training I like to maintain 30-35 miles per week

WHEN DID YOU START RUNNING? Just over four years ago

WHAT IS YOUR FAVORITE WORKOUT? The ten mile course that the CTC members run every Saturday morning is a great workout and lots of fun.

WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING? Who has influenced your running most? I think if I had role models, they would be Tom and Joan Wascha. I grew up

next door to them in Michigan, and while I wasn't much of a runner when I lived close to them, I took notice of their dedication to running at an early age. Now that I am running, it is fun to keep in touch with them and let them know of my progress. My running has been most influenced by the friends I run with. Ernie Moosa, Angela Passanise, Dave Coogan, and Pam Lewandowski (as well as many others) have served as training partners, motivators and encouragers.

PERSONAL INFO AND INTERESTS: I like running on the MKT trail and watch for birds and listen for frogs. I am beginning to get interested in triathlons, and have begun to swim and cycle. I also like to write creatively, read, and brew beer.

From the January 1978 CTC newsletter:

LEONARD BUSEN is somewhat concerned about his Great Sandbagger trophy. He writes the following about the problems he has been having:

"CTC ought to hand out a booklet on the care and feeding of the "Great Sandbagger" traveling trophy I won recently.

I sat it in a frontroom window, but it made noises, kind of a cross between a bark and a "hi there," at motorists, so I put it in a closet in the daytime. But it whined, afraid of the dark, I guess, so I built it a full-scale house in the back yard. It is prospering there.

It parties a lot, has lots of guests over, never inviting me. I'm not sure what it's up to. It's an independent cuss. Comes to the house at all hours, waking me up, wants to borrow ice, brown sugar, grenadine, steel wool, things like that.

I'd estimate it's grown six inches and is broadening at the hips (just below the clock). It's taken to wearing swallow-tail coats, with tie-dyed shirts to match, and track shoes.

I don't know what all it's up to. Sometimes I worry. It and our pair of Siamese cats get along well and it's branching out. It's aggressive.

The other day it asked for a new car, said it'd settle for a Ferrari. And it asked this morning, "How does one run for mayor? Is there a residency law?" It said not to rush; if I have the data by tomorrow it'll be fine.

Its appetite runs to steaks and prime rib. But I save on salads; it grazes. With the Sandbagger, I never have to mow a lawn. It likes Gookinade, too, but doesn't jog much; told me it hasn't hit more than a 95 mile week yet. It's fair at racewalking; I beat it once in a 5K, three times in a 20. Never mind that it's won three out of four. Even it admits weight and height might be factors in its favor. At 195 pounds and 6'2", I'm carrying a 5-pound handicap, while it has 4 inches height on me.

It's a gregarious sort, has lots of friends. It's promised to introduce me around.

If it reproduces, I'll let CTC have the first two picks of the litter."

Current CTC members: If you are interested in "winning" this notorious trophy, the Great Sandbagger race is set for Aug. 2, 2003

First Night 5k

1	Josh	Grotzinger	M	20	16:43
2	Dwayne	Miller	M	41	18:13
3	Harr	Bradley	M	17	18:42
4	Nick	Heberd	M	14	19:00
5	Dan	Mustain	M	17	19:02
6	Nathan	Allen	M	15	19:06
7	Jon	Hermann	M	15	19:17
8	Tim	O'Connell	M	21	19:26
9	Brad	Noble	M	30	19:37
10	Chris	Hayday	M	32	19:38
11	Jeff	Haddock	M	17	19:39
12	Kenny	Hunziker	M	54	19:41
13	Charles	Bauer	M	29	19:46
14	Joel	Elden	M	15	19:49
15	Andy	Shirkey	M	34	19:55
16	Kevin	Schoelz	M	14	19:57
17	Matthew	Lucy	M	42	19:58
18	Sean	Wright		25	19:58
19	Kevin	Tyler	M	46	19:59
20	Michael	Smith	M	34	20:00
21	Laura	Hillard	F	19	20:09
22	Briane	Gallagher	F	15	20:11
23	Aileen	Gallagher	F	15	20:17
24	Michael	Schmidt	M	21	20:24
25	James	Jorgenson	M	41	20:38
26	Matthew	Harris	M	17	20:40
27	Newell	Kitchen	M	43	20:50
28	Jim	Papreck	M	29	20:52
29	James	Mustain	M	48	21:03
30	Melissa	Skrabal	F	24	21:13
31	Richard	Wieman	M	52	21:20
32	Scott	Holdridge	M	27	21:23
33	Stephen	Adkins	M	33	21:24
34	Michael	Sykuta	M	36	21:27
35	Katie	McInvale	F	16	21:32
36	Walter	Peters	M	45	21:41
37	Daniel	Lopez	M	14	21:53
38	Clayton	Henke	M	25	21:55
39	Michael	Kayler	M	48	21:56
40	Lisa	Wells	F	39	21:57
41	Dave	Coogan	M	31	22:08
42	Alan	Kelly	M	41	22:11
43	Carol	Witczak	F	26	22:16
44	Jeffrey	Brault	M	33	22:16
45	Brian	Anderson	M	15	22:22
46	Diana	Meyer	F	16	22:24
47	Edward	Rollins	M	43	22:26
48	Tim	Hake	M	40	22:29
49	Michael	Schoelz	M	13	22:39
50	Pam	Peters	F	17	22:39
51	Heidi	Baker	F	21	22:48
52	Christop	Janku	M	50	22:54
	her				
53	Meghan	Coburn	F	15	23:12
54	Kevin	Pace	M	40	23:13
55	Richard	Nistendirk	M	62	23:14
56	Cyndi	Sommerfel	F	42	23:16
	dt				
57	John	Schulz	M	45	23:21
58	Bob	O'Connell	M	53	23:24
59	Phillip	Wise	M	48	23:33
60	Joe	Lopez	M	50	23:35
61	J. A.	Johnmeyer	M	46	23:36
62	Buddy	Anliker	M	34	23:51
63	Steve	Kullman	M	42	24:01
64	Jim	Peregoy	M	37	24:10
65	Jeff	Michael	M	42	24:10
66	Tom	Coudron	M	51	24:12
67	Tim	Paulson	M	32	24:17
68	Chris	Seris	M	27	24:20
69	Norman	Cox	M	36	24:22
70	Clay	Corbin	M	34	24:27
71	Rockne	Corbin	M	39	24:28
72	Amy	Gundy	F	36	24:28
73	Holly H.	Bondurant	F	35	24:32
74	Julie	Miller	F	34	24:33
75	Joe	Goldfarb	M	62	24:35
76	Joe	Love	M	41	24:35
77	Lee	Trammell	M	52	24:37
78	Kristen	Brennan	F	31	24:42
79	David	Webber	M	51	24:45
80	Justin	Bowes	M	19	24:51
81	Caleb	Wilfong	M	8	24:52
82	David	Wilfong	M	40	24:53
83	Bob	Elden	M	47	24:56
84	Carol	Rhodes	F	35	24:59
85	Lori	McHugh	F	30	25:04
86	Alex	McHugh	M	32	25:04
87	Ashley	McCarty	F	22	25:07
88	David	Black	M	51	25:07
89	Todd	Acber	M	38	25:09
90	Lois	Hunziker	F	54	25:09
91	Tina	Bridges	F	35	25:14
92	Hugh	Emerson	M	45	25:18
93	Angela	Passanise	F	30	25:21
94	Matt	Coudron	M	14	25:22
95	Josh	Ditmore	M	24	25:23
96	Audrey	Whitnell	F	47	25:26
97	Sandy	Benson	F	31	25:28
98	Patrick	Wheeler	M	45	25:31
99	Andrew	McCarney	M	11	25:41
100	Rob	Perkins	M	42	25:42
101	Amy	Williams	F	26	25:47
102	Scott	Sandstedt	M	28	25:48
103	Frank	Schmidt	M	55	25:52
104	Bill	Morgan	M	52	25:53
105	Spencer	Miller	M	9	26:07
106	Kirk	Anderson	M	53	26:09
107	Kerry	Thomas	M	43	26:21
108	Kelly	Knaebel	F	13	26:24
109	Matt	Wightman	M	30	26:27
110	Kristine	Sandstedt	F	27	26:30
111	Kathleen	Purduski	F	48	26:31
112	Chard	Girard	M	31	26:50
113	Marjanne	Manker	F	25	27:12
114	Lisa	Monsees	F	34	27:13
115	Lowell	Pearson	M	43	27:14
116	Cecile	Desair	F	46	27:15
117	Donna	Rommans	F	55	27:16
118	Daniel	Hanke	M	36	27:16
119	Sarah	Kopp	F	17	27:38
120	Claire	Bolander	F	22	27:44
121	Hugh	Whitte	M	34	27:47
122	Cathy	Grover	F	30	27:53
123	Diane	Mountjoy	F	47	28:07
124	David	Mountjoy	M	48	28:08
125	Terry	Elden	F	42	28:27
126	Wendy	Madigosky	F	29	28:47
127	Pia	Capell	F	30	28:51
128	Jordan	Alexander	M	37	28:56
129	Jennifer	Thoma	F	28	28:58
130	Richard	King	M	50	28:58
131	Danielle	Pershing	F	28	29:01
132	Jenny	Keely	F	29	29:05
133	Diane	Barker	F	51	29:15
134	Sandra	Rice	F	30	29:19
135	Allie	Still	F	22	29:20
136	Laura	Noren	F	47	29:21
137	Judy	Dwyer	F	46	29:42
138	Luann	Corbin	F	40	29:49
139	David	Lopez	M	12	29:50
140	Eric	Schnarr	M	27	29:50

141	Fabiola	Lopez	F	44	29:54	169	Alejandro	Chavez	M	8	34:27	196	Peggy	Horner	F	45	43:57
142	Holly	Higginbotham	F	35	30:00	170	Oscar	Chavez	M	39	34:28	197	Peggy	Higgins	F	52	44:58
143	Stacy	Glover	F	32	30:01	171	Meg	Gray	F	40	35:22	198	Daniel	Liske	M	36	44:59
144	Dennis	Morgan	M	60	30:05	172	Christina	Morian	F	42	35:34	199	Martha	Pearson	F	46	45:21
145	Tammy	Hubbard	F	44	30:30	173	Heather	Brumfield	F	31	35:53	200	Keven	Kemper	M	35	45:35
146	Debbie	Karwoski	F	48	30:32	174	Travis	Brumfield	M	28	35:54	201	Nathen	Kemper	M	12	45:40
147	Rachel	Peregoy	F	10	30:34	175	Becky	Oconnor	F	48	35:55	202	Martha	Trammell	F	51	45:53
148	Susannah	Still	F	19	30:36	176	Linda	Wright	F	41	35:56	203	Ellen	Hensel	F	12	46:12
149	Ray	Hubbard	M	46	30:46	177	Tom	Oconnor	M	48	35:57	204	Martha	Hensel	F	11	46:13
150	Scott	Hedrick	M	32	31:00	178	Robert	Bailey	M	60	37:12	205	Jeanette	Lafoe	F	36	46:15
151	Terry	Robb	M	48	31:01	179	Jeanelle	Twillman	F	70	37:22	206	Ann	Noren	F	81	46:17
152	Russ	Still	M	56	31:09	180	Linda	Vogt	F	55	37:22	207	Lora Lee	Hensel	F	43	46:17
153	Pat	Fowler	F	43	31:14	181	Sam	Wright	M	9	38:09	208	Brian	Hensel	M	45	46:18
154	Tom	Schware	M	22	31:17	182	Deb	Johnoff	F	44	38:11	209	Becky	Beath	F	54	46:22
155	Haley	Schwarz	F	22	31:27	183	Jeanie	McCoy	F	44	38:14	210	David	Bedan	M	66	46:50
156	Paula	Bequette	F	32	31:28	184	Lauren	Coudron	F	11	38:46	211	Nancy	Bedan	F	53	46:53
157	Melody	Parry	F	38	31:32	185	Tom	Moe	M	58	38:58	212	Jim	Cramer	M	56	46:54
158	Karen	Neely	F	54	31:48	186	Sheila	Bailey	F	60	40:41	213	Mary	Cramer	F	52	46:55
159	Caroline	Cue	F	37	31:57	187	Pamela	Falter	F	4	41:15	214	Lee	Black	F	53	47:30
160	David	Cross	M	49	32:11	188	Richard	Preston	M	32	41:17	215	Anne	Heine	F	48	48:07
161	Andrea	Allen	F	56	32:12	189	Debrah	Lee	F	52	41:26	216	Nancy	Freeman	F	56	48:08
162	Rik	Barker	M	44	32:23	190	Sarah	Jones	F	29	42:16	217	Judy	Knudson	F	61	48:09
163	Sarah	Smith	F	26	32:43	191	Sandra	Preston	F	30	42:16	218	Sharon	Stevens	F	58	53:00
164	Lynn	Kirk	F	45	32:54	192	Nancy	Rezabek	F	50	43:44	219	Dennis	Knudson	M	67	53:35
165	Mindy	Mousel	F	26	33:43	193	Deanna	Harper	F	49	43:51						
166	Sarah	Krech	F	24	33:56	194	Bill	Macmann	M	60	43:52						
167	Warren	Krech	M	52	33:56	195	Ted	May	M	50	43:57						
168	Jon	Kruse	M	35	34:11												

Runner's Choice 10k/20k

January 11, 2003

Bethel Park



It was a bright, sunny day with no wind, but really, really cold! It was a great turnout with 22 runners. I would like to thank the "real" race director, my son, Dane Wilson, who stood out in the cold and kept track of all the finishers while I tried to run. Thanks again, Dane, and thanks again to all the runners. I think this is a great place for the run and a challenging course. I look forward to next year.

—Race Director Mark Wilson

10K			20K		
1.	Mark Wilson	37:40	9.	Mike Sykuta	49:06
2.	Brad Hamm	38:30	10.	Pam Peters (F)	51:29
3.	Steve Stone-Fisher	38:57	11.	Jim O'Dell	52:54
4.	Matt Dreier	39:40	12.	Joe Duncan	54:34
5.	Scott Holdridge	45:51	13.	Rod Stearns	54:57
6.	Katie McInvale (F)	47:30	14.	Greg Kuhl	57:19
7.	Dave Coogan	47:41	15.	Marc Lammy	1:00:03
8.	Bob O'Connell	48:43	16.	Joe Meyer	1:08:41
			1.	Christian Reed	1:11:31
			2.	Dick Hessler	1:30:30
			3.	Kurt Kennett	1:30:46
			4.	Walter Peters	1:44:08
			5.	Scott Mantooth	1:44:09
			6.	Paul Humphrey	1:44:10

Can you guess the identity of these runners?



Winner
Human Race VI
May 1984



Human Race VI
8th and 9th place finishers
May 1984



Heart of America
Marathon Finisher
1979

Answers: Steve Stonecipher-Fisher

Tom LaFontaine & Norm Stebbins

Dick Hessler, with daughters Angela
and Birgitta

Kids' Korner

Look in this column for upcoming events for kids. :

Mayor's Mile

March 15, 2002 (with St. Pat's 5k)

Kid's Mile

May 3, 2002 (with Human Race)

Family Fitness run/walk

May 10, 2002

Kid's Mile

May 26, 2002 (with Wellaware 5k)

Summer Youth Program

June 11 (for six consecutive Wednesdays)

Cross Country Series

October and November

In addition, the **CTC Colts**, a competitive youth track team will begin practice in the spring. The Colts compete in the Show-Me State Games and in cross country in the fall. We will keep you posted in upcoming newsletters.


2003 Columbia Track Club Schedule

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

3/5	6 pm	Track Workouts All ages and speeds welcome. Every Wed. night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
3/15	8 am	St. Patrick's Day 5k and NEW: Mayor's Mile (for kids under age 14, no entry fee)	\$15	Scott Rubinstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Hickman Track
4/5	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kurt Kennett, 573-642-3221	Hickman Track
4/26	10 am	Show-Me Stampede 5k Entry fee also covers Show-Me State Games 5k on July 27	\$15	Joe Duncan, 445-2684	Reactor Park
5/3	8 am	Joe Marks Memorial Human Race XXV 5 miles 1 mile kids' run	\$15	Angela Passanise Dave Coogan 474-8373	Rock Bridge High School

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

Out-of-Town Events

February	23	3rd Olympiad Half-Marathon/10k, St. Louis, 7:30 am, (314) 434-9577	
March	1	Women's History 5k, Springfield, 8 am, (417) 836-5912	
	8	Boulevard Brewing Co. 5k, Kansas City, 9 am, (816) 474-7095	
	9	Brew to Brew 45.3 miles, Kansas City, 6 am, active.com	
	9	Top of the Morning Hiberian 5k, Fairview Heights, IL, 8:30 am, (618) 628-9898	
	15	Luck of the Irish 5k, Jefferson City, 9 am, (573) 681-9622	
		St. Patrick's 5 miler, St. Louis, 9:30 am, (314) 231-2598	
		St. Patrick's Snake Chase 5k, Kansas City, 8 am, (816) 478-3668	
	23	Sedalia Half-Marathon, Sedalia, 9 am, (660) 827-0274	

For other out-of-town races see: <http://ctc.coin.org/>

Welcome New CTC Members

Buddy Anlike	Columbia
Ryan Deason	Columbia
Marta Gray	Columbia
Peggy Horner	Columbia
Paul Humphrey	Columbia
Brenda Leuenberger	Columbia
Robinson Family	Columbia
Cyndi Sommerfeldt	Columbia
Christine Stamper	Columbia
Jennifer Thoma	Columbia
Marzena Tomicki	Columbia

Running Shorts. . .

- **Running Clinic** Jack Cady, founder of *Stride Mechanics*, will present a clinic on efficient running form April 12, 2003 at Harpo's at 7 pm. Special guest Mark Curp, American record holder in the half-marathon will be present to demonstrate proper running techniques. Registration forms are available at Tryathletics. Registrants will receive a t-shirt and other freebies. This clinic has been recommended for those who want to improve their running technique.
- The newsletter would love to publish your out-of-town race stories. Please e-mail your race results, good stories, race evaluations, and pictures to: gundy@tranquility.net

CTC Membership Application

NAME: _____ BIRTHDATE: _____

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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:

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