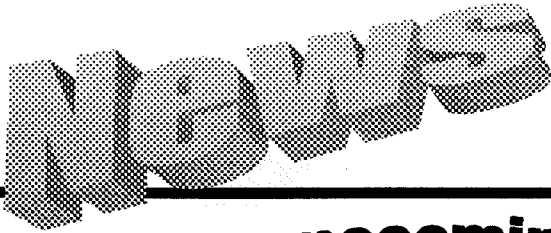


COLUMBIA TRACK CLUB



Volume XXXVI No. 7

November 2003



Homecoming 5k

Relatively warm temperatures and sunshine brought out (to Stankowski Field) some 212 runners/walkers, participating in the October 18, 2003 Homecoming 5K Run/Walk. For the past six years the University of Missouri Alumni Association and the Columbia Track Club (CTC) have co-sponsored this fund raising event, benefiting Big Brothers Big Sisters (BBBS) of Boone County. And for those who have been keeping track, 2003 marks the 10th anniversary of this unique "staggered start" race, which has always contributed its proceeds and solicitations to the local BBBS organization. CTC's Curt Kempf was its founder and first race director. In earlier years this event was called the Stadium Run, and was first held at Faurot Field in the fall of 1994. Enough about history – here's how it went this year.

Several pre-teenagers participated in the "Tiger Cub" one-lap fun run on the track prior to the 5K Run/Walk. All received a pair of "tiny tiger" ears. Toys "R" Us gift certificates were awarded to the first boy and girl to cross the finish line. The staggered start race began at 9:00AM sharp. Our senior perennial runner, 78 year old Joe Forsee of Ashland, "led out" 11 minutes ahead of the zero-time runners. Everyone was off the course by about 10:00. The first 30 runners were given BB/BS coffee mugs at the finish line. After the race Big Brothers Big Sisters board president, Chris Bouchard presented gift certificates (for running shoes) from Tryathletics to the top male and female finishers. He thanked the organizing sponsors and all those who participated or volunteered in the Run/Walk for their support.

By most measures the 5K Run/Walk was very successful, and we anticipate exceeding this year's goal to raise \$10,000 (It is estimated that over the last ten years proceeds and donations for this event are close to \$50,000). Big Brothers Big Sisters of Boone County would like to acknowledge and thank our major individual and corporate sponsors for their support of the 2003 Homecoming 5K Run/Walk: Ameritrade, Missouri University Alumni Association, Homecoming Steering Committee, MizzouRec, Columbia Track Club, Mid-City Lumber Company, Little Dixie Construction, Wal-Mart Supercenter, Joe Machens Ford, LGI Business Brokers, C & C Construction, Nan & Steve Povinelli, McDonald's, Visionworks, Sydenstricker Implements Company, Atkins Turf + Tree, University Chrysler Center, The Insurance Group, Women's Health Associates, Dr. Thomas Highland, Peckham & Wright Architects, Tryathletics, Zimmer Radio Group, and KMIZ-TV.

—Race Director Scott Dressel
Big Brothers Big Sisters Board
(results, page 5)

Upcoming Events

- **CTC Annual Meeting,**
Dec. 9, 7 pm, Government
Center near the Boone County
Courthouse
- **Jingle Bell for Arthritis 5k,**
Nov. 22, 8 am, entry enclosed
- **Cheese & Sauerkraut 5k,**
Dec. 6, named one of the na-
tion's "wildest, wackiest (and
often most enjoyable) races,"
in the February 2003 issue of
Runner's World. The races'
wacky factor was written as,
"Predict your race time accu-
rately, 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." Experience
this "wacky" race first-hand
on Dec. 6
- **First Night 5k, Dec. 31, Flat
Branch Park**

Quote of the Month

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." - Maurice Greene (attributed to Roger Bannister shortly after running the first sub-4 mile)

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

November 5, 1978: The Annual (no longer) dual cross-country meet with the St. Louis Track Club, the Turkey Trot, this year in St. Louis. SLTC won the Open and Female categories (mass scoring) while CTC won the 40+ Male category.

1. Tim McMullen 15:38. Others: Howard Guscar 16:01, Dennis Stewart 16:51, Dick Hessler 17:31, Ben Londeree 17:45 1st 40+, Don Lewis 18:15, Joe Marks 18:38, Turk Storvick 19:09, Don Johnson 19:54, Amy Johns 18:06, 1st female

November 18, 1978: 20 kilo run: 1. Steve Fisher 1:04:54, 2. Jerry Yunker 1:06:30, 3. Guscar 1:08:28, 4. Londeree 1:13:27, 5. Hessler, 1:13:51. . . 9. Marks 1:16:14. . . 12. Olen Brown 1:18:30. . . 17. Storvick 1:22:59, . . 20. Johnson 1:24:44 & 28 others.

**CTC Board of Directors**

Dick Hessler, president	Mark Wilson
Tom Allen, secretary-treasurer	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: agundy@mchsi.com

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

**From our president...**

Put **Dec. 9 2003, 7 pm**, on your calendar.

It's the date for the **CTC Annual Meeting** held in the Government Center next to the County Court House. Please attend this important meeting if you have the time. CTC

functions best with broad participation from its membership. New ideas, crucial material support, and all the other myriad things that make our club great come directly from you, the members.

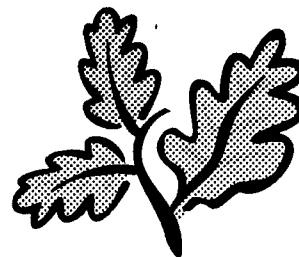
At the meeting we will discuss several important decisions, including the 2004 race schedule, election of officers and other Board members, equipment needs, and revision of our travel money policy. So, please join in and help lead our club into 2004.

Volunteers needed! We are putting together a list of volunteers that race directors can call upon when needed. To be added to the list please send the following information to ctc1@coin.org or the Columbia Track Club, PO Box 1872, Columbia Mo 65205:

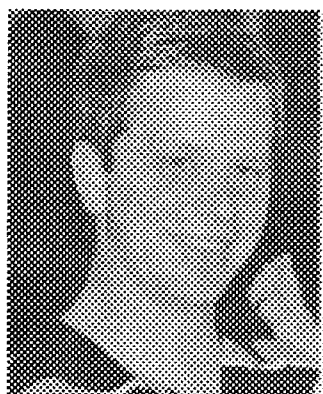
Name
Daytime Phone Number
Evening Phone Number
E-mail (if you have one)

The information will be available online to race directors, on a password protected webpage.

Race directors will let the webmaster know they need access to the volunteer information so he can give them the address and create a username and password for them



CTC Runner Profile



Rod Stevens

Age: 37

Personal Records: 5K (20 years ago) 18:45
 5k (last two years) 24:13
 10K 51:39
 ½ Marathon 2:02:39
 Marathon 4:22:38 (St. Louis 2003)

Weekly mileage: 25

When did you start running? I ran Cross Country in high school from 1980-83. After that, I stopped running for 19 years until January 2002.

Did You Run in High School or College? List Events, Awards, Honors:

(See above)

What is your favorite workout? I enjoy the CTC Saturday morning 10 mile group runs. There are usually 5 to 10 other runners and it's so much easier to run long distances when you're running with friends. I also enjoy running at the Hickman High School track on Tuesday mornings. I noticed an immediate improvement in my running times after I began speed workouts on the track and that makes getting up so early worthwhile.

Who Is Your Running Role Model? Who Has Influenced You Most In Running?

The runners with whom I have run on Saturday mornings during the past 1½ years have influenced me the most; they include Tina Bridges, Angela Passanise, Dave Coogan, Kurt Kennett, and others. Their experiences and advice have been invaluable in my marathon training.

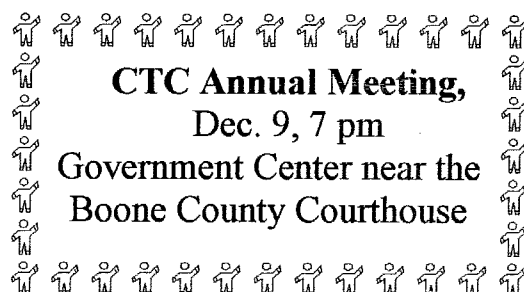
Personal Info and Interests: My wife and I moved to Columbia from St. Louis in 1996 when I accepted a position with a Columbia law firm. We have two kids, ages 3 and 1½. In January 2002, I decided to pursue running again to improve my physical shape. I started with 5K races and after a few races I decided to run a marathon. I have since completed five marathons, including the Heart of America marathon twice. My current goal is to compete in triathlons next Spring.

Columbia Track Club Cross Country Series 5K

November 2, 2003 at Stephens Lake Park

75 Degrees, Breezy

Place Name	Age	Time
1 Marc Keys	41	17:37
2 Gary Lile	45	18:19
3 Mark Piskulic	20	19:47
4 Allan Benjamin	47	20:31
5 Ben Keown	14	21:02
6 Steve Lightner	52	21:50
7 Steven Kullman	43	23:52
8 Jeff Wells	45	24:33
9 Lori Towle	30F	24:44
10 Jaime Berno	26F	27:19


CTC Annual Meeting,
 Dec. 9, 7 pm
 Government Center near the
 Boone County Courthouse

—Race Directors Christian Reed and Stephen Bourgeois

Rock Bridge Revenge

Oct. 26, 2003

10K

Place Name Age Time

Women

Lisa Sinclair	25	0:50:25
Kathy Weiss	24	0:51:34
Elle Toye	22	0:53:30
Holli Palmieri	25	0:56:03
Elaine Roth	35	0:57:06
Karen Shealy	22	0:57:51
Marjanne Schnarr	26	0:58:08
Edgy Sack	43	0:58:41
Kathleen Purduski	48	1:02:05
Peggy Horner	46	1:02:34
Kathy Frese	35	1:03:08
Donna Romans	56	1:03:21
Cindy Lowe	29	1:05:11
Natalie Taylor	35	1:05:33
Niki Hilgenberg	22	1:05:40
Betsy Farris	44	1:06:28
Deb Harrington	46	1:06:42
Tammy Bush	42	1:07:54
Jenessa Blalock	21	1:08:32
Diana Jerome	23	1:09:05
Kerry Geffen	33	1:10:14
Monica Patridge	37	1:11:45
Karen Schneller	48	1:13:17
Carolyn Roof	45	1:15:37
Carol Wojta	55	1:18:22
Mary Vander Pluym	55	1:20:46
Judy Stroup	54	1:22:01
Deb Johnoff	44	1:26:34
Chelle Sherman	51	1:38:28

Men

Marc Keys	41	0:41:53
Ryan Cornelius	16	0:42:56
Rob McGarry	24	0:43:04
Aaron Aaker	32	0:43:47
Josh Metzl	25	0:44:40
Zach Tebb	23	0:45:12
Daniel Dethrow	22	0:45:38
Kevin Tyler	47	0:45:52
Andy Shirkey	34	0:48:34
Dana Frese	41	0:50:20
Sloan Oliver	48	0:52:11
Dean Stover	43	0:52:54
Kevin Harris	22	0:53:30
Kirk Sloan	40	0:54:24
Chris Hogerty	33	0:54:33
Simon Rose	38	0:54:44
Jeff Wells	45	0:55:00
Mundy Hackett	33	0:55:43

Bryan Sprock	41	0:57:06
Mark Alexiou	33	0:57:23
Samuel White	40	0:59:34
David Van Dyke	32	0:59:38
David King	49	1:01:03
Donald Roth	65	1:01:33
Mark Balas	26	1:02:20
Jordan Alexander	38	1:02:24
Bob Avasle	44	1:04:15
Greg Wynd	40	1:04:46
Bob Wojta	57	1:05:37
David Hilgenberg	26	1:05:31
Luke Helms	34	1:05:53
John Vander Pluym	56	1:06:14
Tony Kramer	57	1:07:01
Charles Verga	62	1:07:25
Greg Kuhl	49	1:07:32
Dennis Morgan	61	1:07:48
Ray Cook	67	1:08:36
Darrell Rhodes	45	1:08:56
Bob Pierce	41	1:11:55
Mike Henry	56	1:15:22
Joe Grantham	69	1:21:55
Brent Barnett	43	1:23:38

20K

Women

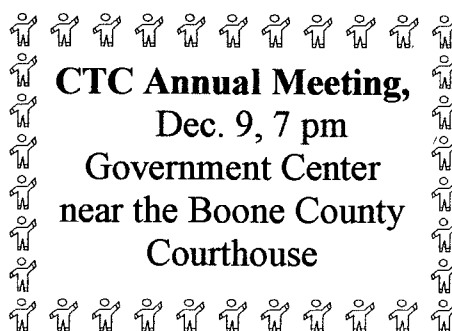
Judy Dorpinghaus	33	1:32:50
Michele McFadden	43	1:34:19
Alison Hodgson	24	1:38:46
Janel Falk	22	1:44:37
Trish Field	31	1:47:49
Carrie Besselman	41	1:54:11
Lisa Wells	40	1:58:00
Jennifer Reisdorf	31	1:58:59
Jennifer Horton	30	2:00:45
Christina Linder	26	2:03:28
Andi Heller	26	2:08:50
Susan Li	40	2:10:16
Pat Cook	51	2:10:17
Jennifer Stark	41	2:17:04
Caroline Cue	37	2:18:04
Beth Wilson	37	2:24:15
Julie Dougherty	37	2:32:54

Men

Ted Zderic	31	1:17:49
Dwayne Johnson	41	1:20:14
Kent Lang	41	1:22:43
John Weghorst	48	1:24:31
Matt McClanahan	23	1:26:26
William Hendry	31	1:27:04
Bob Chott	45	1:27:33
Mark Gallagher	35	1:32:45

Matthew Dreier	28	1:35:30
Tom Davis	51	1:36:05
Bill Schwagerman	44	1:39:10
Burton Heller	32	1:39:45
Brad Darnell	34	1:41:16
Gordon Larsen	52	1:42:28
James Jorgenson	42	1:43:24
Scott Holdridge	28	1:44:42
Scott Rector	27	1:44:43
James Mustain	49	1:45:10
Rob Perkins	42	1:45:57
Alexander Kovalev	32	1:46:16
David White	44	1:48:11
Steve Lightner	52	1:49:39
Ron Molteni	37	1:49:52
Michael Griffie	31	1:50:32
Ben Holmes	46	1:52:24
Allan Benjamin	47	1:55:03
Brian Sickle	40	1:55:11
Jim Stroup	56	1:56:57
Steven Kullman	43	1:58:56
Stewart Hooper	39	1:59:30
Kerry Reeves	30	1:59:52
Rich Reisdorf	34	2:05:55
Damon Motley	24	2:12:52
John Rataj	57	2:20:37

—Race Directors Angela Passanise and Dave Coogan


CTC Annual Meeting,
 Dec. 9, 7 pm
 Government Center
 near the Boone County
 Courthouse

Please note: Runners/walkers should add their "handicap minutes/seconds" to the posted time to get their actual finish time for the 5K. In addition, due to construction, the race course was a bit long.

Homecoming 5K

Name Age Time

Ryan Cornelius	16	16:11
Christian Reed	33	16:18
Amy Chipman	22	16:29
Mike Taylor	18	16:40
James Vesecky	42	17:28
Kevin Tyler	47	17:57
Ron Sapp	49	18:08
Tom Davis	51	18:15
James Jorgenson	42	18:27
Lisa Sinclair	25	18:39
Alex Yalen	21	18:45
Chris Cornell	11	18:48
Patrick Cornell	14	19:20
Tyler Cornell	12	19:21
Catie Lowe	19	19:28
Cyndi Sommerfeldt	43	19:29
Mark Piskulic	20	19:42
Richard Nistendirk	63	19:54
Josh Minson	19	20:08
Chris Feitz	19	20:23
Ryan Glowczewski	20	20:24
Andy Shirley	34	20:27
Matt Vesecky	12	20:30
Newell Kitchen	44	20:31
Justin Voss	21	20:32
Tom Sweeney	39	20:32
Val Windsor	45	20:35
Eric Stoecker	19	20:39
Michael Sykuta	37	20:46
Brandon Russell	21	20:53
Edward Rollins	44	20:58
Tod Holdorf	40	20:59
Andy Obrien	24	21:03
Mike Osterholt	21	21:04
Joe Muelleman	21	21:12
Wade Reck	30	21:18
Ed Kampelman	22	21:19
Michael Chrum	20	21:27
Briana Belding	23	21:33
Joe Forsee	78	21:37
C.J. Thomas	21	21:39
Steve Marshall	20	21:41
Jared Verdugt	20	21:42
Ryan Cornelius	21	21:46
Lynette Reed	22	21:47
Mark Means	28	21:49

Matt Sleesman	20	21:53
Kirby Finders	49	21:53
Patrick McGinthy	22	22:03
Curtis Walter	20	22:10
Joe Duncan	69	22:15
Mike Draebert	19	22:16
Amy Gundy	37	22:18
Oscar Chavez	39	22:22
Scott Davis	19	22:22
Liz Straatman	43	22:31
Nola Johnson	18	22:37
William Chipman	55	22:39
Dan Claudin	19	22:40
Joe Goldfarb	63	22:45
Jessica Hunter	22	22:47
Jesse Danley	19	22:54
Lori McHugh	30	23:00
Alex McHugh	33	23:01
Bobby Koenig	19	23:03
John Rooney	18	23:04
Amy Froschner	18	23:06
Eric Hawkes	28	23:10
Stephanie Wurtz	21	23:14
Clay Condry	19	23:16
Jason Griesenauer	19	23:22
Brian Corcoran	18	23:27
Philip Gordon	21	23:39
Laura Vandiver	25	23:41
David Black	52	23:46
Kelsey Morris	20	23:50
Michael Hirschfeld	19	23:53
Anita Oyler	19	23:55
Jason Rosebaum	19	24:01
Lacey Fecht	21	24:03
Cassie Shields	18	24:04
Greg Saettele	22	24:08
Lauren Dent	16	24:13
Ian Buldwi	19	24:14
Thomas Dohogne	21	24:16
Tim Lewis	24	24:21
Adam Brown	21	24:24
Roger Modde	18	24:25
Mike Schoenleber	14	24:26
Meg Clark	20	24:27
Renee Alvarez	30	24:27
Julie Wallau	22	24:38
Austin Graves	18	24:39
Dean Hainsworth	41	24:40
Mike Prochaska	21	24:41
Dan Schoenleber	48	24:46
Hugh Emerson	46	24:47
Andrea Allen	57	24:48
Barney Sword	72	24:52
Brad Jacobson	42	24:54
Kim Klouda	22	25:02
Sara Hunninghake	22	25:03
Sandra Rice	31	25:09
Melinda Powell	29	25:14
Rachel Einerson	19	25:16
Sarah Black	10	25:17
Jennifer Jessup	21	25:22
Rebecca Gregory	20	25:28
Brian Goldstein	19	25:38
Lauren Houlihan	10	25:42
Sara Friend	21	25:43
Libby Page	21	25:44
Laura Neff	22	25:50
Josh Humphries	20	25:54
Laura Thompson	20	25:59
Laura Russell	15	26:05
Erin Stoll	20	26:07
Brantley Nowlin	11	26:09
Gina Muzzy	42	26:13
Jeffrey Halker	19	26:15
Chris Craker	36	26:16
Jim Hulshoff	22	26:21
John Barner	37	26:28
Matt Krause	30	26:31
Barry Fuhrmann	19	26:34
Scott Johnson	32	26:39
Sarah Chilcutt	20	26:45
Katherine Frech	20	26:46
Holly Naery	20	26:47
Tom Moe	59	26:49
Erica Carlson	19	26:51
Abby McDowell	18	26:53
Jesse Kruse	55	26:55
Rhonda Alber	36	26:57
Warren Williams	21	27:16
Courtney Weigand	20	27:21
Terese Zidon	24	27:23
Jason Lee	30	27:24
Kristin Steelman	30	27:27
Ross Duff	56	27:29
Gail Baker	36	27:40
Tony Spaedy	40	27:42
Katie Kunz	21	27:43
Michelle Loomis	19	27:47
Sarah Prochaska	19	27:52
Mary Gildner	20	27:59
Lyndsay Banks	20	28:09
Natalie Hunkins	20	28:10
Carrie Roth	20	28:17
Brian Turpin	26	28:21
Brian Larouangroch	19	28:23
Michael Henry	56	28:29

Ashley Ward	19	28:43
Tim Geiger	26	28:58
Derek Weiner	30	28:59
Don Waltman	68	29:06
Miriam Chalil	36	29:10
Katie Lape	21	29:11
Keith Ware	52	29:26
Annie Morrison	18	29:27
Adam Buckallew	20	29:34
Carrie Turpin	26	29:35
Michael Sweeney	11	29:37
Andrea Canagasaby	22	29:41
Beth Sweeney	39	29:42
Franklin Nowlin	32	29:48
Megan Sweeney	8	29:55
Becky Sweeney	26	29:56
Nicole Ludwig	18	29:57
Meg Gray	41	30:51
Tobi Hurley	27	31:53
Krista Kapeller	23	31:56
Ashley Hall	22	32:09
Matt Kandlbinder	22	32:10
Katie Maner	19	32:57
Mila Britt	28	33:31
Carli Ridder	19	33:40
Dennie Manary	34	33:53
Julie Schmitz	34	34:17
Jon Kruse	35	34:59
Audrey Holaday	18	36:16
Laura Luth	21	36:23
Ashley Wallace	19	36:43
Melissa Terryberry	20	36:44
Kelly Hodges	20	37:39
Kali Geiger	25	38:24
Lillian Black	54	38:27
James Linville	47	38:46
Tamara Kitchen	11	39:12
Brianne Zobrist	20	40:13
Terra Fatheree	18	40:14
Sarah Kurre	33	41:53
Rona Schaefer	32	42:32
Paul Schaefer	35	42:34
Norma Fair	61	43:19
Rena Gainey	39	49:32
Lynn Zobrist	46	49:33
Tracy Bova	18	52:04
Rachel Robinett	20	52:05
Amy Schnetzler	19	52:06
Rebecca Muelleman	19	52:11
Robyn Beatty	19	52:11
Kim Poe	19	52:12
Jonathan Patterson	21	54:57
Meghan Lingreen	19	54:58
Avery Mack	19	55:01
Melissa Reavy	18	55:11
Claire Huber	19	55:12
Jessica Graf	18	55:14
Kourtney Graham	18	55:16

Kids' Korner

Once again this year the Columbia Track Club sponsored, and coached, the 7th & 8th grade Cross Country Team made up of C.C.S. students. The P.A.L.S. group included 9 teams in the girls and boys divisions this year. This program has grown greatly over the four years we have participated, and our teams have done wonders again this year. A grade school cross country race is 1.5 miles whereas the high school cross country race is 3.1 miles and quite a challenge.

This year the team included:

8th graders: Amanda Archer, Melea Shimkus, Chris Boeckmann, Andy Bietsch, and Ben Keown.

7th graders: Kaitlin Vogt, and Allen Greenlief.

6th graders: Bevin Gunn, Monique White, Christian Hock, and Evan King

4th grade: Danica Shimkus

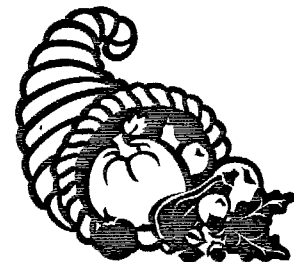
3rd grade: Nathan Keown

Thus our average grade level was 6.5 .We allowed all interested athletes to run regardless of grade. While this makes it more difficult to win, it is in keeping with the spirit of the sport which allows all willing runners to compete.

Each meet awarded medals to the top ten finishers, and our team won 19 medals in five meets (2 first place, 5 second place, 4 third place, 1 fourth place, 2 fifth place, 4 sixth place, and 1 tenth place). The average race time of the team went from 14:03 at the first meet on an easy course to 11:29 on the last and most difficult course. This time decrease is an improvement of 2:34 per 1.5 mile throughout the season, and that is an incredible improvement! For the championship meet both the boys and girls teams came in second place. That is exceptional considering the overall age of the athletes on the team. The experience the younger members have gotten will be invaluable for the years to come.

We look forward to extending the opportunity for all interested runners again next year to take the challenge of cross country running. Our past CTC team members have from 2000 to the present become: the top four varsity girls for Hickman High School, the top varsity boy for Rock Bridge, two varsity girls for Helias, and two varsity boys for Hickman.

The 2003 CTC Colt Cross Country Team Coaches.



2003 Columbia Track Club Schedule

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

11/9	1:30 pm	Cross Country 5k	**	Marc Keys, 256-2635	Bethel Park
11/22	8 am	Jingle Bell Run for Arthritis 5k	\$20	Randy Gay, 814-2627 or 815-3706	Forum and Chapel Hill
12/6	8:30 am	Cheese & Sauerkraut 10-M	**	Jay Hasheider, 449-8045	McBaine
12/31	4pm	First Night 5k	\$15	Tom LaFontaine, 442-2581	Flat Branch Park

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

Out-of-Town Events

- November**
- 22 Wentzville Turkey Trot 5k, Wentzville, 9:30 am, megang@wentzvillemo.org
 - STCY Cross Country 5k, St. Charles, 8 am, stcrunners@tripod.com
 - 23 Ozark Mountain Ultramarathon(50k), Marathon, Half-marathon, 10k/5k, Ozark, MO, 7 am, 417-836-6685
 - 27 Chesterfield Turkey Trot 5k/1k, Chesterfield, 8:30 am, 636-537-4000
 - 15th Annual Gobble Wobble, Chesterfield, 8:30 am, 314-434-1058
 - Turkey Trot 5k, Springfield, 8 am, (417) 864-1049
 - 29 44th Annual Great River Road Run 10M/2M, Alton, IL, 10 am, 1-800-258-6645
- December**
- 6 St. Jude Marathon/half-marathon, Memphis, TN, 8 am, 1-800-877-5833
 - Springfield Marathon, Jim Ryun Mile, Springfield, 7 am, 417-886-0924
 - Jack Frost Run 5k, Springfield, 9 am, (417) 865-0802
 - Jingle Bell 5k, Fulton, 8 am, 573-642-1065
 - 7 SLTC Marathon Relay, Forest Park, 8 am, 314-781-3926
 - 13 Pere Marquette Trail Run 7.5M, Grafton, IL, 10 am, tandem@harbornet.com
 - Jingle Bell Run 5k, Springfield, 8:30 am, 1-888-719-5670
 - 28 Run for the Ranch Marathon, Half-Marathon, 10k/5k, Springfield, 3 pm, 417-836-6685



Welcome New CTC Members

Jordan Alexander

Columbia

Running Shorts. . .

- Don't forget to volunteer for your favorite race—call the race director and make his/her day!!

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

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
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Columbia, MO 65205

COLUMBIA TRACK CLUB *NEWS*

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