

# COLUMBIA TRACK CLUB

Volume XXXVI No. 6

October 2003

## Heart of America Marathon

Sept. 1, 2003

Never before have we had rain at the start of a Heart of America Marathon. In the 43 years of HOA we have had rain on four other occasions, the last time in 1991, and the rain in each of those events came at around the 3 and 4 hour points, when most of the runners were in. In 2003 we did have rain at the start—a fairly hard rain, which, however, tapered off after 20 minutes or so and, thereafter, we had only a light drizzle off and on the rest of the morning. After a week of 100+ temperatures, the Labor Day weekend came through cool and rainy. This was great for the marathoners who were accustomed to the heat and humidity of a Labor Day in Missouri. The temperature was 64 at the start; it never got above that, in fact, it had dropped to 62 at five hours. The humidity was still 100% most of the morning, but there was also a 100% cloud cover. 38 of the 111 finishers had previously run at least one HOA and 13 of those had an HOA PB.

PATRICK STEWARD had run HOA the three previous years, finishing 10th, 5th and 5th, but improving his time each year with a PB, this year, by 10 minutes. Steward was way out in front by 3 miles and he simply kept increasing his lead throughout. Behind him, at three miles, was a pack of five runners, including the ultimate 2nd, 4th and 6th place finishers. That pack did not include DANN FISHER or STEVE TAYLOR. It did include DAVID DOBKOWSKI in his 18th HOA who came across with a second place finish to go with four first place, two other second place and two third place finishes. That pack at three miles had broken up by six miles, with Dobkowski clearly establishing himself as the guy chasing Steward. No one, however, could handle Steward's negative splits: 1:24:00 and 1:22:24. Fisher also had negative splits (1:32:20, 1:30:35), but Columbia Multi-Sports guru, Steve Taylor had the second best second half of the day, running that half in 1:29:34 after dawdling through the first half in 1:38:20 ranging back in 18th place at 6, then gradually moving up to 16th at 9, 13th at 12, 11th at 1/2 way and 15, 9th at 21 then picking off four other runners before 7th and Broadway.

On the female side, STACY McANELLY sped out to a three minute lead by the three-mile checkpoint, over JESSICA OSTROM, and increased that lead to as much as five minutes at 9 and 12 miles, but the gap began closing as these two attacked Easley Hill, with McAnelly being up by only 3 minutes by the time they each had gained the top of that hill. At 15 the lead was down to two and Ostrom went by easily thereafter, so that she was up by almost 6 minutes at 21 miles and was 9:21 ahead at the finish. Of the top five female finishers, three of them had negative splits: Ostrom 1:51:40 and 1:45:05, CHRISTINE LITTLE a remarkable 1:45:17 second half after a leisurely 2:01:50 first and MARILYN NOLAN with 2:03:45 and 1:54:15. This was the first HOA for each of these women, so somebody gave them some good advice—hold back, even if it is a cool day—get up to the top of Easley, then take off.

The DAVE SCHULTE AWARD for Improved Performance went to Gene Britten of Corry, PA. His 3:29:55 was a 9.23% improvement over the 3:51:17 he had last year.

(continued on page 4; results page 5)

## Upcoming Events

- **Pascale's Pals 5k**, Oct. 4, Run to benefit Children's Hospital, Twin Lakes, 8 am, plus 1 mile kids' run
- **Homecoming 2003 5k**, Oct. 18, benefits Big Brothers/Big Sisters, plus "Tiger Cub One Lap Fun Run," entry enclosed
- **Rock Bridge Revenge** 10k/20k, Oct. 26, entry enclosed
- **Saturday morning group runs**

Every Saturday morning at the courthouse or MKT trail. Choose either 3, 6, or 10 miles. Lots of fun and camaraderie for all running levels.



### Quote of the Month

*"I make sure I have some really enjoyable training runs, remembering to 'smell the roses' along the way. That way I don't become caught up in the training-is-everything syndrome."*

*—Sue Stricklin, top masters runner from the*

**25 years ago****Looking Back****By Joe Duncan****Labor Day, 1978:**

178 runners finished the 19th annual Heart of America Marathon, a record number which has never been exceeded. Denton Childs won the race with a time of 2:33:04, making a serious run at Dennis Hinkamp's record of 2:29:15, which had been set the previous year, and which still stands. Jeff Mittelhauser was 2nd at 2:38:43. There 21 runners under 3 hours; CTC had 6 of the top 12 finishers: the top two, Howard Guscar at 2:43:12, Dick Hessler, 2:46:54, Rick Katz, 2:47:38, Ben Londeree, 1st 40+ with a record 2:49:55. Don Granberg was in at 2:56:01, Joe Marks 2:57:51, and Mark Landrum squeezed under the 3-hour mark with 2:59:51. One day after his 50th birthday, Don Johnson had a 3:21:46 in his 3rd of 16 HOAs and that remains his PB HOA. Arnie Richards, was in at 2:59:16 in his 13th HOA and that would turn out to be his last. He collapsed and died while out running near his home in Manhattan, KS, shortly after HOA. There were only 5 female finishers, led by Norma Cousin at 3:37:31

**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...*

### **Cross Country**

The very best female distance runner today is Paula Radcliffe. Recently, she set a New World record in the half marathon in the Great North Run, Newcastle, GB in a time of 1:05:40. Last April she smashed the world record in the London Marathon by running 2:15:25. Earlier, she set the 10K-road race WR in Puerto Rico, running 30:21.

Radcliffe started her running career in Britain as a cross country runner and honed her skills in that sport for years before emerging as a road-racing phenomenon. I mention all of this to illustrate the point that cross country is the heart and soul of distance running. September is here, we have a couple of local CC races coming up, and we should take advantage of this opportunity to participate in a great sport.

I got my competitive running start in CC at Loyola High School, a 900-student all-boys Jesuit prep school located in Los Angeles. It was the perfect sport for me, a small and relatively unfit kid with an endurance mind-set and a love of the untamed outdoors. Coach had us bust our lungs on firebreak trails in the foothills above Griffith Park one-day and then run in knee-high surf at Santa Monica the next. Much of the fun was in the training with all the characters on the team, but the racing was where the love of running took hold for me and where the memories are most vivid. Somehow, seven very mediocre freshman runners got fit enough as juniors to win the Southern District California Interscholastic Federation Championship. This was the regional division and it was the only championship I have ever won. We ran in a pack for the first half-mile, then 5 of us, still together, slowly moved up through the mob. Two Loyolans finished in the top 10 (gold medalists) and the other three high enough to give us the victory. There must not have been an all-state championship in those days because we ended our season there. At the time, I thought it was a great accomplishment and maybe it was. Certainly, our coach was happy and some of the Jesuit priests went out of their way the next week at school to be extra nice to my teammates and me. We even had a special page in the yearbook that spring. Mostly, it has inspired me to keep running until my legs fall off someday.

But, that sectional championship pales in comparison to what my old high school did last fall in CC. Ranked 6<sup>th</sup> in the nation at the end of the season, the team went to the California CC Championship in Fresno and won the whole shebang by 20 points! A sophomore named Mark Matusak finished third overall, had the 4<sup>th</sup> fastest course time in California CC championship history, and currently is ranked the number one distance runner in California. The other 4 guys finished 8<sup>th</sup>, 15<sup>th</sup>, 31<sup>st</sup>, and 32<sup>nd</sup>. The 15<sup>th</sup> place guy also received the sportsmanship medal. That's teamwork in action. This was the first time any private school had won a full state CC championship in California and Loyola became the first Jesuit school of 46 nationwide to win a state championship of any kind. Their coach is a 27-year veteran named Lalo Diaz who has the runners train in the mountains, sort of like my old coach did, only they got two weeks at 8,000 foot Mammoth Mountain whereas we got a day a week at 1,000 feet.

So, CC is my inspiration to run. That's why they call it the blood sport. All it takes is the smell of wet grass, mud, and the feel of cold wind on my face and I'm lining up with the boys of 1957. Sometimes the last couple of miles of a marathon seem like the last 800 meters of that CIF championship race long ago, and there's no doubt what I need to do. You have your chance this fall. Get muddy, suck pond water, feel your legs turn to macaroni, and you'll never regret it.

# CTC Runner Profile

## Wanted: CTC Members profiled

Age: any

### PERSONAL RECORDS:

5k

Your personal records

1/2 marathon

Marathon

Iron Man

**WEEKLY MILEAGE:** 1-100+ miles a week

**WHEN DID YOU START RUNNING?** 50 years ago, or one year ago

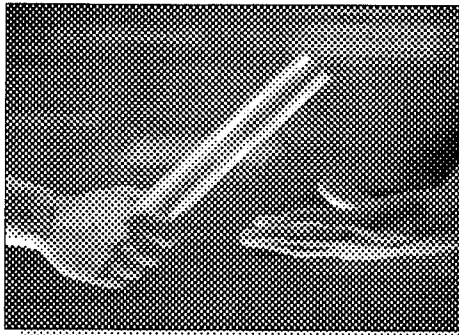
**FAVORITE WORKOUT:** We love to hear about new favorites!

**WHO HAS INFLUENCED YOU MOST IN YOUR CAREER?**

You can name anyone here—every day heroes

### PERSONAL INFO AND INTERESTS:

Can you tell I am desperate?? PLEASE, if you know anyone who would make a good profile, or if there is someone you would like to know better, I need names. Or if someone would like to volunteer to do this column, that would be fine too. Contact Amy Gundy at 874-2407 or e-mail me at [agundy@mchsi.com](mailto:agundy@mchsi.com).



## Training Tips:

### *Fun with Fartlek*

### *Keep a running journal*

The best way to know where you are going is to see where you have been. Keeping a personal journal or your runs helps you track your progress, avoid past pitfalls, and even inspire you to new accomplishments. Your journal can be as simple as a few dashed notes on distance and time you ran each day, or more detailed with lengthier entries about your route, the way you feel, and the stuff you thought about on the run.

As fun to run as it is to say, a fartlek workout is a kind of informal interval session and a great way to incorporate speedwork into your routine when you want a change from the track. "Fartlek" is Swedish for "speed play" and consists of bursts of speed in the middle of a training run. After warming up, run at an easy training pace, throwing in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time. The recovery pace, though, should be faster than the recovery jog you might do during intervals on the track; keep it moving at an easy training pace.

### *On the Surface*

Treat your feet by avoiding rock-hard surfaces like concrete sidewalks; aim instead for grass or dirt trails. Find surfaces where the ground will absorb more shock, instead of passing it along to your legs, but try to be consistent. A sudden change to a new running surface can itself be a cause of injury.

*Tips from:*  
*Coolrunning.com*

Age Records: Male 66: GEORGE STUMP, Cincinnati, OH had 4:29:59, well under the 5:33:54 set by Rob Spier in 1988.

However, it should be noted that Spier's performance came by race-walking.

Female 46: PATTI MINTON, Gainesville, GA, was in at 3:49:14 going under the 4:11:16 set by Carole Schottman in 1991. Schottman, by the way, was here from Athens, GA, so that record stays in Georgia.

Female 52: MARILYN NOLAN, Springfield, MO, had a 3:58:00, lowering the 5:28:16 bel ongoing to Hazel Matthews from 2001. Nolan didn't list her birth date on the entry form, so her performance is subject to age verification.

Additional notes re some CTC runners: FRANK KOCH was hanging in third most of the way, but Fisher got him on Providence Rd. just before the turn at 24 miles. STEVE BOURGEOIS in 8th place virtually all the way until Taylor sped past him going down College Ave. Bourgeois was in his 6th HOA and was only 46 seconds off his 1999 PB. No doubt he liked the cool weather; a couple of times in the past he was up among the leaders, but faded in the heat and humidity. This was Bourgeois' 15th marathon in some 12 months. CHRIS COOK was in that lead pack behind Steward and then the pack of three behind Dobkowski. Cook was there for the first 20 miles or so, but he gradually slipped back to his 9th place finish. This was his 8th HOA; he has a PB of 3:00:52 and was making a serious effort to get under that elusive 3:00 mark. JAMIE MONDELLO, in his 10th HOA had his 4th best time at age 48. DWAYNE MILLER, in his third had a PB as did PHIL SCHAEFER, at age 50, in his 4th HOA. ALAN BENJAMIN had a PB by three seconds. JOHN SCHULZ had his second best performance out of 8 HOAs. This was HOA #7 for CLARENCE COATS, his first being 22 years ago. Then there is BOB McKEE, in his 5th HOA, but his 4th was 25 years ago, at age 25, so here he is again at age 50 and we look for him again in 2028 at age 75.

Again, the Heart of America Marathon would not take place without some terrific volunteers. They should be recognized. First, kudos to Josh Johnson for the outstanding leadership he gave in coordinating the Aid Station operation and to the Hickman High School Cross Country runners he recruited to run those stations. Their enthusiasm was a great motivator for the runners. Thanks to Jeanine Pagan for doing a great job in briefing Josh as to what to do and how to do it, and also for helping out on race-day. Other Aid Station helpers: Anne Hessler, Amy, Connor and Heidi Gundy at the finish line and Steve Stonecipher-Fisher, the "iceman." The timing stations: Whitney & Marge Hicks, Jeff & Lisa Wells, David Lang, Dianne Priest, Richard & Kristen Harris, Tom Collier, Don Waltman and David Webber. The Finish Line: Tom Allen, Steve & Zack Kuhlman, Karen & Chelsea Gordon, Krista White, Linda Wright, Leslie Schneider, Dick Hessler, Jim Crosby, Beth Granberg. Website results: Kurt Kennett. Course Monitors: Dick Hessler, Bob Humphreys, Bonnard Moseley, Bill Sappington, Debbie Karwoski, Richard Boggs and Joyce Schulte. Ben Londeree marked all the mile points, with fresh paint, on the marathon course. The medical team: Mike Bryant, Dr. Jill Murphey, Tom Lafontaine, Norm Stebbins and the Joe Machens Ford pickup driver, Marion Harlan. Thanks to the Boone Co. Fire Protection District personnel (Jeff Scott, the head guy) who monitored the course and the runners. At the finish, for the first time ever, we had a couple of bands which gave quite a festive air to the proceedings. Those bands: "Low-Water Crossing" (with CTC's own Linda Lafontaine) and "Ironweed." Thanks to Brenda Alder for arranging the presence of these bands. She plans to pursue this concept for the 2004 race--more bands at more locations. She had more lined up for this year, but the rain altered those plans.

*There are 22 shirts left over from the marathon--all size "L". Any entrant or volunteer who did not get a shirt should let Joe Duncan know; we will sell shirts to non-runners and non-volunteers for \$10 each. Call Joe at 445-2684.*

—Race Director Joe Duncan

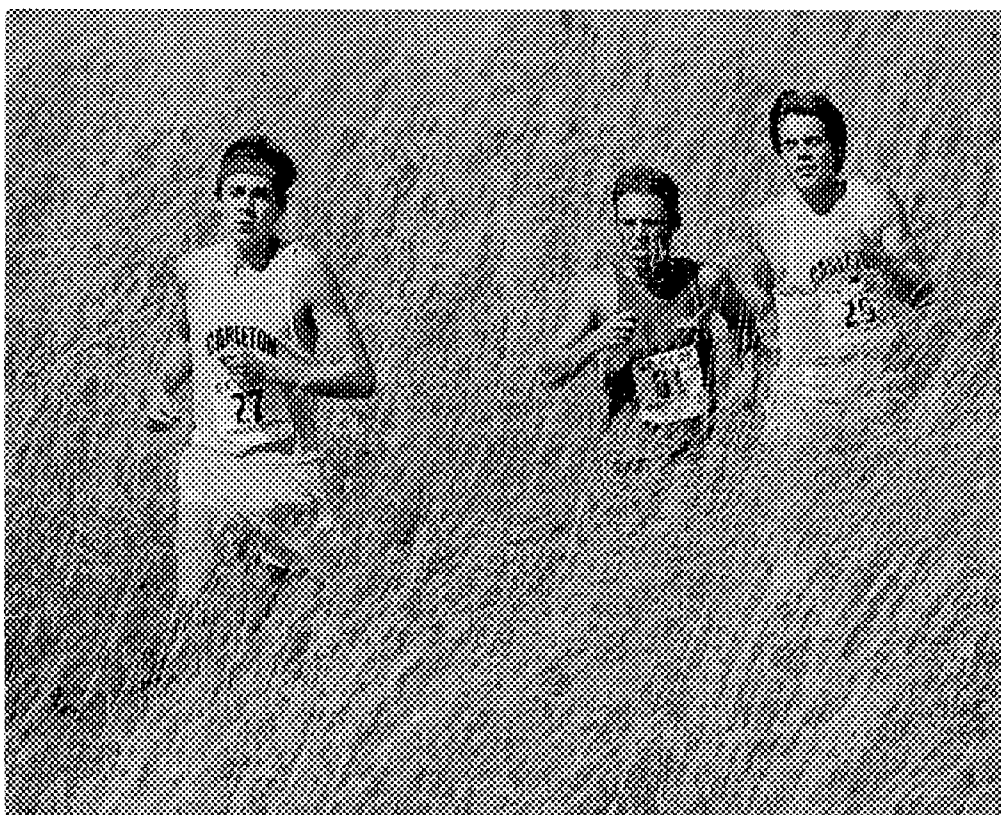
**Heart of America Marathon Results:**

Place	Time	First Name	Last Name	Age	City	State
1	2:46:24	Patrick	Steward	34 M	Rochester	Mn
2	2:58:29	David	Dobkowski	45 M	St Louis	Mo
3	3:02:55	Dann	Fisher	40 M	Manhattan	Ks
4	3:07:35	Frank	Koch	38 M	Columbia	Mo
5	3:07:54	Steve	Taylor	29 M	Columbia	Mo
6	3:08:33	Paul	Schoenlaub	44 M	St Joseph	Mo
7	3:08:47	Steve	Bourgeois	39 M	Columbia	Mo
8	3:09:33	Gerhard	Mels	41 M	Skokie	Il
9	3:11:22	Chris	Cook	32 M	Columbia	Mo
10	3:14:02	Peter	Madsen	33 M	Omaha	Ne
11	3:14:26	Jamie	Mondello	48 M	Columbia	Mo
12	3:23:59	Brooke	Sloss	31 M	St Louis	Mo
13	3:24:25	Mike	Fitzgerald	35 M	St Louis	Mo
14	3:24:25	Jim	Behrens	41 M	St Louis	Mo
15	3:25:34	Dwayne	Miller	42 M	Columbia	Mo
16	3:29:39	Philip	Schaefer	50 M	Columbia	Mo
17	3:29:55	Gene	Britten	46 M	Corry	Pa
18	3:30:13	Ronnie	Wilson	57 M	Ozark	Mo
19	3:31:37	Diego	Osuna	37 M	Denver	Co
20	3:32:01	Bill	Muchnick	46 M	St Louis	Mo
21	3:33:07	Rob	Perkins	42 M	Columbia	Mo
22	3:33:14	Wing-Kwong	Keung	52 M	Perrysburg	Oh
23	3:33:36	Earl	Smith	50 M	Benton	Il
24	3:33:41	Brad	Martini	40 M	O'Fallon	Il
25	3:35:20	Alec	Muthig	32 M	Laramie	Wy
26	3:36:05	Myrrl	McBride	51 M	Albuquerque	Nm
27	3:36:55	Jessica	Ostrom	24 F	Columbia	Mo
28	3:37:34	Alan	Benjamin	47 M	Columbia	Mo
29	3:40:42	Peter	Anno	33 M	Corona	Ca
30	3:41:20	Ed	Cook	47 M	St Louis	Mo
31	3:42:23	Daniel	Kovacs	44 M	Overland Park	Ks
32	3:43:51	Alec	Walker	30 M	Alexandria	Va
33	3:46:16	Stacy	McAnelly	33 F	St Paul	Mn
34	3:46:16	John	Wilson	38 M	Olathe	Ks
35	3:47:07	Christine	Little	25 F	Columbia	Mo
36	3:47:49	Burton	Heller	32 M	Columbia	Mo
37	3:48:11	David	Hester	43 M	St Charles	Mo
38	3:48:32	Chuck	Mehrer	45 M	Lenexa	Ks
39	3:49:14	Patti	Minton	46 F	Gainesville	Ga
40	3:49:22	Jim	Burt	34 M	Overland Park	Ks
41	3:49:24	Tom	Olerich	54 M	Olathe	Ks
42	3:49:29	Richard	Goering	23 M	Agency	Ia
43	3:49:31	Greg	Schluterman	27 M	Fayetteville	Ar
44	3:51:00	Timothy	Howey	34 M	Overland Park	Ks
45	3:51:00	Kevin	Allen	34 M	Olathe	Ks
46	3:54:22	Dan	Hatcher	43 M	Liberty	Mo
47	3:56:40	Joe	Reinstatler	41 M	Cincinnati	Oh
48	3:58:00	Marilyn	Nolan	52 F	Springfield	Mo
49	3:58:10	Michael	Shiach	52 M	Bainbridge Isl	Wa
50	3:59:08	Todd	Schapira	36 M	Rochester	Mo
51	4:01:13	Alexander	Kovalev	32 M	Kansas City	Mo
52	4:01:45	Nicole	Hilgenberg	22 F	Columbia	Mo
53	4:03:20	Don	Shafer	51 M	Watauga	Tx
54	4:04:43	Mark	Wilkinson	35 M	Overland Park	Ks
55	4:06:15	Brenda	Leuenberger	40 F	Columbia	Mo
56	4:06:21	Denise	Berry	26 F	Ft. Leo. Wood	Mo
57	4:07:10	Katie	Gilbert	23 F	Columbia	Mo
58	4:07:43	John	Schulz	45 M	Columbia	Mo
59	4:08:42	Richard	Johnson	49 M	Springfield	Mo
60	4:08:43	Dan	Jolley	56 M	Springfield	Mo
61	4:09:07	Tony	Briski	54 M	Menifee	Ca
62	4:10:07	Joseph	Neubauer	55 M	Chesterfield	Mo
63	4:11:57	J Glenn	Phaup	39 M	Ashland	Mo
64	4:12:49	Harold	Meyr	50 M	Cape Girardeau	
65	4:14:12	Patricia	De Vera	29 F	Alexandria	Va
66	4:22:10	Timothy	Wilson	31 M	Middletown	Ct
67	4:23:37	Steven	Power	26 M	Waynesville	Mo
68	4:27:16	Steve	Kyle	43 M	Gulf Breeze	Fl
69	4:28:01	Mark	Oppenheim	37 M	Univ. City	Mo
70	4:28:08	Mike	Allen	54 M	Dayton	Oh
71	4:28:09	Douglas	Huff	53 M	Macomb	Il
72	4:28:27	Cindy	Turner	35 F	Florissant	Mo
73	4:29:50	Marty	Robinson	46 M	Columbia	Mo
74	4:29:59	George	Stump	66 M	Cincinnati	Oh
75	4:31:28	Richard	Hengst	53 M	Cape Girardeau	
76	4:34:40	Clarence	Coats	55 M	Columbia	Mo
77	4:40:32	Dave	McNaughton	51 M	Edwardsville	Il
78	4:41:24	Amy	Elmore	27 F	Overland Park	Ks
79	4:44:47	Kevin	Ballard	46 M	Marion	Ia
80	4:45:26	Michelle	Hinshaw	30 F	Columbia	Mo
81	4:45:52	Darryl	Briscoe	45 M	Creve Coeur	Mo
82	4:48:34	Bob	McKee	50 M	Columbia	Mo
83	4:50:25	Prisa	Humphrey	30 F	Kansas City	Mo
84	4:50:49	Rod	Stevens	37 M	Columbia	Mo
85	4:53:11	Oon Suan	Albert	43 F	St Peters	Mo
86	4:55:20	Joel	Sartwell	43 M	Columbia	Mo
87	4:55:29	David	Hilgenburg	26 M	Columbia	Mo
88	5:03:18	Mike	Yaworski	42 M	St Clair	Mo
89	5:05:18	Harley	North	42 M	Ft Hood	Tx
90	5:06:34	Kevin	Albert	43 M	St Peters	Mo
91	5:10:32	Morgan	Barlow	23 F	Louisville	Ky
92	5:10:36	Darrel	Dorsey	46 M	Kansas City	Ks
93	5:10:39	Rachel	Lawler	23 F	Louisville	Ky
94	5:13:46	Dawn	Ward	38 F	Springfield	Mo
95	5:14:57	Richard	Worley	56 M	Kingwood	Tx
96	5:18:00	Melinda	Kunz	27 F	Riverside	Mo
97	5:18:00	Lance	Kunz	26 M	Riverside	Mo
98	5:22:23	Roxana	Lewis	57 F	Culver City	Ca
99	5:22:40	Jerry	Franklin	38 M	Fairview Hgts	Il
100	5:26:59	Adrienne	Woody	23 F	Farmington	Mo
101	5:28:00	Edward	Keller	41 M	Topeka	Ks
102	5:37:32	Diane	Ballard	45 F	Marion	Ia
103	5:43:23	Bill	Grass	64 M	McAllen	Tx
104	5:43:40	Bree	Morrison-Florek	52 F	Clearwater	Fl
105	5:43:42	Deborah	Vandel	32 F	Clearwater	Fl
106	5:50:40	Rachel	Johnson	29 F	Tucson	Az
107	5:50:54	John	Strand	69 M	Orange	Ca
108	5:56:55	Susan	Williams	49 F	Columbia	Mo
109	5:56:55	Jack	Hudson	58 M	Mexico	Mo
110	5:57:12	Neil	Brothers	25 M	Columbia	Mo
111	6:00:22	Michael	Raab	24 M	Lee's Summit	Mo

# Kids' Corner

## Congrats, Amina Shelton!!

Columbia Colts Bantam Division long jumper Amina Shelton placed 5th at the USATF National Junior Olympic Championships on July 31 in Miami, Florida. Amina, age 10, who was the #1 seed after having the best jump of the Regional meets of 14 feet, 7 inches, jumped 13 feet, 1 1/2 inches. The top 8 received medals and All-American honors. The Winning jump of 14 feet, 7 inches equaled Amina's jump from the Region 9 Junior Olympics meet which wound up being the #2 jump of the season and 3rd best jump ever for 10 and under age girls. Amina will attempt to win the AAU Sub-Midget (11 year olds) National Junior Olympics in 2004 to be held in Des Moines, Iowa.



**Matt Hooley**, a 2000 Hickman graduate and runner, competes in the St. Olaf Invitational in September. Matt (#27) is a senior at Carleton College in Northfield, MN.



CTC members and sisters, Ellen Pagan (*please note the CTC Colts shirt*), and Melissa Giboney finish together at the Bix 7 miler in Davenport, IA last summer.

## 2003 Columbia Track Club Schedule

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

10/18	9 am	<b>MU Homecoming 5k run/walk</b> To benefit Big Brothers/Big Sisters	\$12	Scott Dressel, 751-9203/ 696-3384	Stankowski Track
10/26	9 am	<b>Rock Bridge Revenge 10k/ half marathon</b>	\$20	Angela Passanise and Dave Coogan, 474-8373	Rock Bridge State Park (upper parking lot)
11/2	1:30 pm	<b>Cross Country 5k</b>	**	Christian Reed, 442-8838 Stephen Bourgeois, 875-3001	Stephens Lake
11/9	1:30 pm	<b>Cross Country 5k</b>	**	Marc Keys, 256-2635	Bethel Park

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

### Out-of-Town Events

<b>October</b>	4	Sedalia Duathlon: run 5k, bike 30k, run 5k, Sedalia, 9 am, (660) 827-6809
		New Balance/RRS Fall 5k, Springfield, 8 am, (417) 882-5590
	5	Scarecrow 5k, Gladstone, 7:30 am, (816) 437-2489 ext. 3605
	11	Race for the Future 5k, Lee's Summit, 8 am, (816) 986-1015
		Sunshine Run 10k/2 mile, Springfield, 8:30 am, (417) 885-2852
	12	Heartland Run 5k/8k, Kansas City, 8 am, (816) 741-2314
	18	Schnucks/JJK Bridge Run 5k/1M, St. Louis, 9 am, (314) 994-4768
		Historic Trail Run 5k, Raytown, 8 am, (816) 478-0974
	25	5k/1M Run for Your Life, St. Louis, 11 am, (314) 997-2311
		Elmwood Cemetery's Historical Graveyard Run 5k, Kansas City, 8 am, (816) 822-9000



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

### Welcome New CTC Members

Andy Bietsch	Columbia
Sylvie Carpentier	Columbia
Mark Gallagher	Columbia
Elizabeth Gerling	Columbia
Anne Case-Halferty	Columbia
John Hock	Columbia

### Running Shorts. . .

- Don't forget to volunteer for your favorite race—call the race director and make his/her day!!
- **Vet School Dog Jog 5K** with a 2K walk. Entry fee \$15; dogs (on leashes) are encouraged to join runners; prizes given in the "with and without dog" categories; Oct. 4 at 9a.m. for run, 9:15 for walk; packet pick-up starts at 8 a.m. at MU Vet Hospital parking lot on E. Campus Rd. Contact Mary Avalue @ 446-9689.

## 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*

P.O. Box 1872  
Columbia, MO 65205

FORWARDING SERVICE  
REQUESTED

Non-profit organization  
U.S. Postage  
PAID  
Columbia, MO  
Permit #226

12/03

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