

## The C.T.C. Colts at the Show Me State Games: Huge Team – Largest Medal Haul Ever

On July 23rd and the 24<sup>th</sup> the Columbia Track Club sponsored, with sixty members, the largest Colt youth track team ever. According to Show Me Games officials, this year's Colts are the largest team of any kind to have ever participated in the twenty year history of the Games. Once again the coaching of Dick Hessler and Margaret Shimkus brought many young athletes to the top of the competition. The team again this year was very deep in talent, dedicated in practice, VERY mature in approach, and simply great!

Building on the young team from the last couple of years, the improvement shows the benefit of experience and excellent coaching. This year, sixty (thirty-four last year) athletes walked into the competition with hundreds of competitors, and emerged with **99 total medals** (79 last year, 37 in 2002, 35 in 2001) in individual and team events.

### THE ROSTER of the 2004 C.T.C. COLT TRACK & FIELD TEAM

Melea Shimkus, Danica Shimkus, Jennifer Willis, Heidi Gundy, Kelly McDonald, Alexa Shelton, Amina Shelton, Rebecca Willis, Hope Wright, Vincent Altomari, Connor Gundy, Grady Harrington, Lucas Harrington, Jacob Keener, Andrew McCarney, Thomas McCarney, Colin McDonald, Kory McDonald, Robby Schmidt, Ryan Schmidt, Andrew Spaedy, Brad Troyer, Matt Troyer, Anthony Veros, Daniel Veros, Jessie McInvale, Nathan Keown, Kelsey Mirts, Molly Klein, Lindsey Wright, Phoebe Johanningmeier, Andrea Wickle, Kelsey Harrington, Karley Mirts, Sydney Strong, Bevin Gunn, Adrian Kelly, Jamela Kimbrough, Maggie Pace, Monique White, Adam Brooks, Tate Cooper, Jeremy Strawn, Johnny Klein, Aaron Sander, Daniel Brennan, Cole Cade, Tanner Cooper, Devin Sander, Neil Robinson, John Brooks, Myles Cade, Charlie Carson, Ethan Johanningmeier, Thomas Majerus, Garret Wright, and Christopher Harris.

The medal totals this year are as follows:

GOLD- 62

SILVER – 24

BRONZE - 13

TOTAL MEDALS – 99

Each and every member of the Colts 2004 Summer Track & Field team is indebted and wishes to thank our parent organization – **The Columbia Track Club**—We thank you for your support!

—“Paper” coach Jim Keown

For Show-Me State Games photos, see page 4.

## Upcoming Events

- **Heart of America Marathon**

Sept. 6

Volunteers needed—please call Joe Duncan, 445-2684

- **Chevy's Fresh Mex 5k**

Sept. 11

- **One Hour Run**

Sept. 18

- **MU Homecoming 5k**

Oct. 16

- **Rock Bridge Revenge**

Oct. 24

### Quote of the Month

*“Day to day consistency is more important than big mileage. Then you're never shot the next day.”*

—John Campbell, former masters running star from New Zealand

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

**June 2, 1979** MVAAU 15 Kilo Walk 1. Randy Mimm 1:16:46 2. Randy Bakewell 1:31:45. . .6. Bill Taft 1:51:08, 7. Henry Bent, 78, 1:57:41

**June 16, 1979** 2 Person, 5 Mile Relay: 1. Lawson Howell-Randy Starr 26:49, 2. Ken Atwell-Wesley Paul 26:55 3. David Stock-Kevin Stock 27:08, 4. David Hicks-Ben Londeree 27:16 (70.7 average, 10 laps, for Ben). . .10. Donna Forrest-Joe Marks 32:23 (74.80 for Joe), 11. Alice Kruse-Norris Kruse 41:18

**June, 1979** 18-year-old Amy Johns won a prestigious road race in Wheeling, WV, a 20 kilo in 1:13:08, winning by two minutes over a field of some national class female runners, and then was 14th in the AAU Nationals at 36:45, her inexperience showing with a too-fast 5:19 first mile and 10:58 two-mile

**July 7, 1979:** Meet of Miles: Some selected performances: Wesley Paul, an American age 10 record at 5:17.7; Peter Hessler, 10 6:18.5; 14-15 Jay Blossom 5:14, Matt Gibson 5:30; 8-9 Kevin Schroeder 6:24, Tim Gibson 6:42; 20-29 Mike Koonse 5:22; 30-39 Tom LaFontaine 4:43.9, Doug Bellows 4:57.2, Dick Hessler 5:05; 40-49 Ben Londeree 4:44, Don Lewis 4:45, Olen Brown 5:07, Joe Marks 5:09, Joe Schroeder 7:37; 50-59 Don Johnson 5:19, Turk Storvick 5:38 Female: Amy Hessler, 12, 6:25

**July 21, 1979:** MVAAU 15 Kilometer Run: 114 starters on Rt ZZ, dipping into the West Broadway Swim Pool afterwards. 1. Steve Fisher 47:20, 2. Dave Harris 47:54. . .5. Jeff Mittelhauser 48:35. . .12. Mike Kruse 52:27. . .14. Dick Hessler 54:15, 15. Londeree 54:25. . 18. Lewis 54:43. . .25. Wesley Paul, 10, 56:15 age 10, 11 & 12 American record. . 40. Johnson 59:07, 41. Storvick 59:10. . .69. Joe Duncan 1:05:37. . .90. Tim Gibson, 8, 1:12:47

**CTC Board of Directors**

Dick Hessler, president	Linda LaFontaine
Tom Allen, secretary-treasurer	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Marc Keys
Amy Gundy	

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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Ph: (573) 874-2407

e-mail: agundy@mchsi.com

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

**From our president...**

We had another very successful Summer Youth Track Program with 290 participants over six Wednesday evenings. The key to our success, measured not only by the numbers but also by the smiles on so many young faces, is due entirely to the volunteers. I challenge anyone to find a better group of individuals than our club volunteers, and that includes race directors and their helpers, too. The Summer Youth Program volunteers are really mentors and role models for the kids, many who are running track for the first time in their lives. Former CTC scholarship winners, former Colt racers, current high school runners, current MU runners, dozens of seasoned veteran runners, and several non-runners who love kids and the sport showed up week after week without fanfare and applied their talents to make it all happen. The club hosted a dinner for all our volunteers, but that hardly does justice to thanking them. I can only hope that all you good folks realize what brilliant jobs you have done and what it means to the future of our sport and community.

**Want To Have The Time Of Your Life  
While Saving Someone Else's?**

The Gateway chapter of The Leukemia and Lymphoma Society's Team In Training program invites you to join our growing Columbia team of walkers, runners and fundraisers. Team In Training is the world's largest endurance sports training program. The program provides training to run or walk a whole or half marathon or participate in a triathlon or century bike ride. Participants raise funds for leukemia, lymphoma and myeloma research and patient services in exchange for training support, lodging and airfare to the event. Through TNT, more than 200,000 participants have raised more than \$470 million toward the cure to blood cancers. We would like you to be a part of our growing team in the Columbia and central Missouri area. Find out more by contacting Team In Training toll free at 1-800-264-CURE (2873) or by visiting us online at [www.teamintraining.org/gatp](http://www.teamintraining.org/gatp)

# CTC Runner Profile

## Amina K. Shelton



**Age:** 11

**Personal Records:**

Long jump	14'7"
60 meters	8.9
100 meters	15.2
200 meters	30.4
400 meters	1:18

**When did you start competing?** I started long jumping and running the 100 meters at the Show-Me State Games just after turning 6.

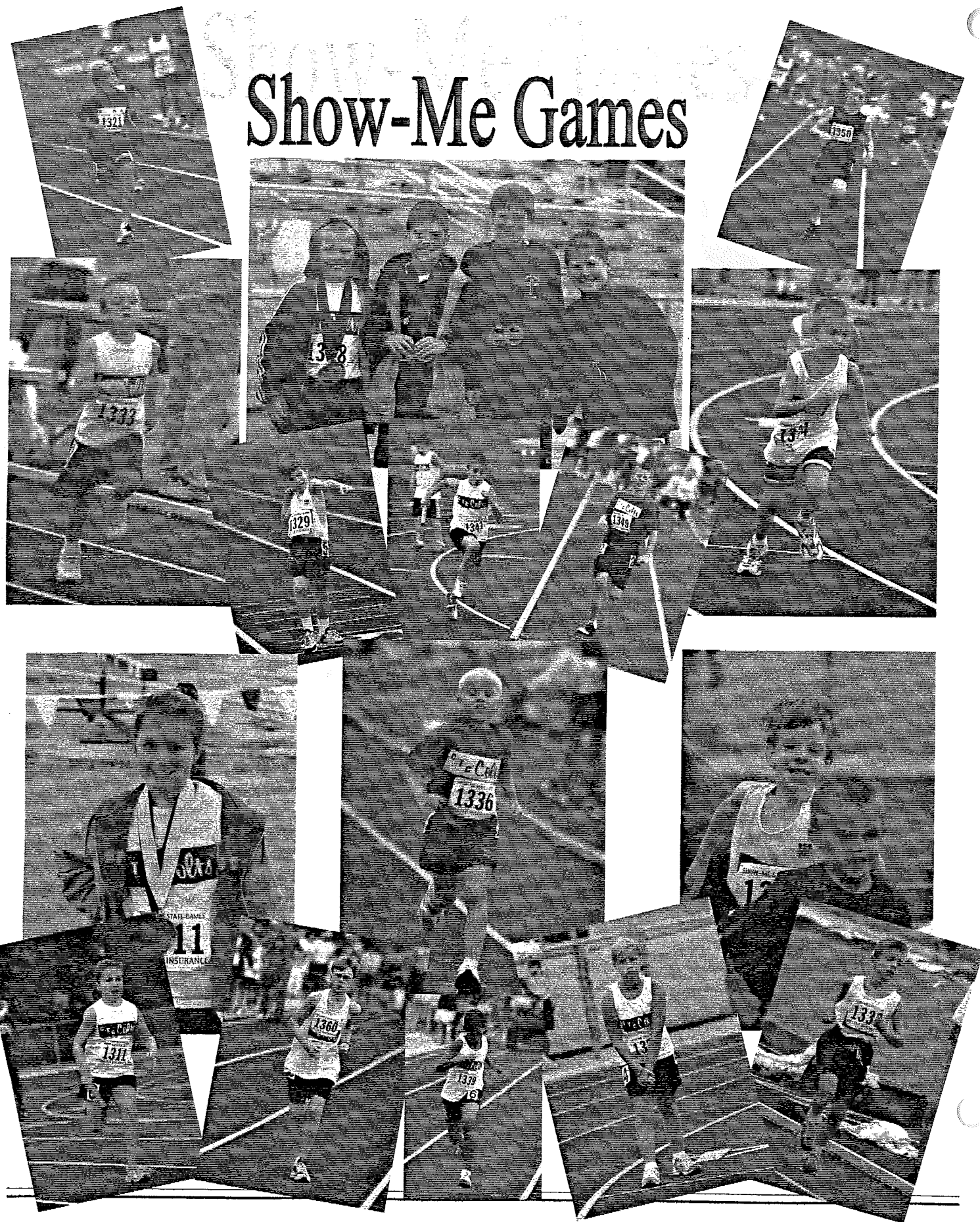
**What are your accomplishments?** At age 6, I won the silver medal in the 6 and under long jump at the Show-Me State Games. At 7, I won a bronze at the SMSG in the Long Jump. At 8, I won the Bronze at the State Games of America National Meet in the long jump. Five days after turning 9, I jumped 13 feet in the long jump at the SMSG qualifying meet in Kirksville. It was thought to have been the farthest jump in history for my age. At age 10 years and 9 days, I jumped a measured distance of 15 feet, 6 inches at the USATF Missouri State Jr. Olympics meet in Raytown. Had I not jumped from a foot behind the boards, it would have broken the oldest National female record of 15 feet, 1 3/4 inches for the 10 and under girls set 32 years ago in 1972. The official

jump distance of 13 feet, 11 inches still broke the State, Association, and Regional record for 10 and under girls. At the Regional meet, I broke my own record and won the Gold, with my personal best 14 feet, 7 inches. This gave me the #1 seed at the National meet, where I won a 5th place medal and All-America honors. This year, while still 10, I won the bronze in the long jump in the 11 and 12 year old age group at the National AAU Indoor Championships. I also won the AAU Missouri State Championship for 11 year olds at the Outdoor meet. I own four records in the CTC Summer Youth Program in the long jump and 200 meters. I have won a silver in the 200 meter, gold in the 4x100 and 4x400 meter relays, and silver in the 4x400 meter relay as a CTC Colt. I was the first ever Women's Intersport Network (WIN) Columbia Youth Athlete of the Year for 2004.

**Who has influenced you most in your career?** My mom and dad, Andrea and Derek Shelton. My mom ran the 400 meters in 54.0 in her sophomore year in high school before having to give up track due to a heart murmur. My dad is a former world-class long jumper who still competes in the Masters Division for CTC. He is considered the best long jumper of all time speed-for-speed. He jumped his personal best jump of 26'6 1/2" in 1985, which ranked as high as #6 in the US, and #8 in the world that year. He only had 4.7 40 yard dash speed.

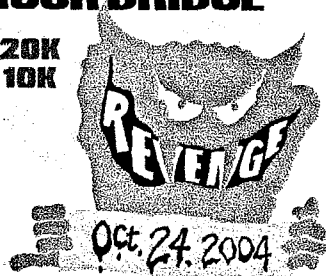
**Personal Info and Interests:** I was born in 1993 in Kansas City, KS. My family moved to Columbia in 1994 when my dad's job transferred here. I am a 6th grader at Smithton this fall. I want to go to the Olympics someday and be a writer and a veterinarian because I love animals. My sister, Alexa, 8, is my best friend. She is also a very good sprinter and jumper for the CTC Colts.

# Show-Me Games



# ROCK BRIDGE

20K  
10K



# rock bridge REVENGE

• SUNDAY, OCTOBER 24, 2004 •

Presented by: The Columbia Track Club & The Show-Me State Games

**20K - 9:00am**

**10K - 9:20am**

**Start Times:**

20K - 9:00 a.m.

10K - 9:20 a.m.

**Participant Limits:**

In order to keep the trails in good shape and to offer a quality event for all participants, the 10K and 20K will be limited to the first 250 entrants.

**Location:**

Rock Bridge Memorial State Park in Columbia, Missouri. From the intersection of I-70 and Highway 63, take Highway 63 South to Highway 163, turning right, go three miles, passing the Shooting Star and Karst trailheads to a four-way stop and turn right, staying on 163. Follow an additional two miles past the Devil's Ice Box and Natural Bridge entrance. The Main Entrance will be on the left. All runners will park at the Main Entrance.

Drive time from the intersection of I-70 and Highway 63 is approximately 25 minutes. It will be approximately 2.5 hours from the Greater Kansas City and St. Louis Areas to the start/finish at Rock Bridge.

**Courses:**

The 10K and 20K course will begin near the Main Entrance Parking Area. The 20K course will consist of two loops while the 10K will be one loop. Please expect a variety of terrain and creek crossings.

**Awards:**

All entrants will receive a long-sleeve commemorative t-shirt. Awards will be given to the top overall male/female finishers and top three in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 & over.

**Registration:**

Entry fee for each race is \$20 if entry fee is received by mail or online by Saturday, October 9th. All entries received after this date will pay an additional \$5.00. Enter by mailing your entry to: Columbia Track Club, P.O. Box 1872, Columbia, MO 65205-1872 or online at <http://ctc.coin.org>, or in person at Tryathletics. RACE DAY REGISTRATIONS WILL BE ACCEPTED, but t-shirt availability cannot be guaranteed for race day registrants.

**Packet Pickup:**

No entry confirmations will be mailed. Packets and t-shirt may be picked up at Tryathletics in Columbia on Saturday before the race from 2-4 p.m. Packets will be available at the race site after 7:30 a.m.

**Overnight Accommodations:**

If you plan on coming to Columbia the night before the race, please make reservations early as this is Homecoming Weekend at MU. Visit <http://www.visitcolumbiamo.com/hotels.html> for the local hotel listings.

(continued on back...)

**Toilets:** There are portable and plumbed toilets available at the site.

**Aide Stations:** There will be two aid stations available for the 10K race and four aid stations for the 20K race.

**Race Results:** Race results will be posted on the Columbia Track Club and Show-Me State Games websites: <http://ctc.coin.org> or <http://www.smsg.org>

**Contact Information:** For more information about the race, please contact Dave Coogan at (816) 734-4048 or email: [dscoogan@kc.rr.com](mailto:dscoogan@kc.rr.com)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Race Entered: ☐ 10K ☐ 20K T-shirt Size: ☐ Sml ☐ Med ☐ Lrg ☐ XL ☐ XXL

Sex: ☐ Male ☐ Female Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## SHOW-ME STATE GAMES / COLUMBIA TRACK CLUB WAIVER

Before you compete, we need each participant to complete this form. Athletes under the age of 18 will need to have this form signed by their parent or guardian. Please sign this waiver on both lines. Both the Waiver of Liability and the Consent for Medical Treatment must be signed in order to be eligible to participate.

Name (please print): \_\_\_\_\_

### WAIVER OF LIABILITY

In consideration of my entry into the competition known as the Show-Me State Games / Columbia Track Club Event, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from the Columbia Track Club, Missouri Department of Natural Resources, City of Columbia, Missouri, the Curators of the University of Missouri, the State of Missouri, the Governor's Council on Physical Fitness and Sports, the National Sports Governing bodies, the owner of the site of any festival of finals competition I may be participating in; their agents, employees, representatives, successors and assigns. 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.

\_\_\_\_\_  
ATHLETE'S SIGNATURE

\_\_\_\_\_  
PARENT'S OR GUARDIAN'S SIGNATURE  
(if athlete is under 18 years of age)

### CONSENT FOR MEDICAL TREATMENT

I, the undersigned, do hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of emergency.

\_\_\_\_\_  
ATHLETE'S SIGNATURE

\_\_\_\_\_  
PARENT'S OR GUARDIAN'S SIGNATURE  
(if athlete is under 18 years of age)

**Return form to: Columbia Track Club; P.O. Box 1872  
Columbia, MO 65205-1872**

# Show-Me Games

**5,000 meter run July 25, 2004**

1. Kent Lang	41	17:07
2. Joshua Bird	17	17:17
3. Nick Heberle	16	17:50
4. William Stolz	32	19:53
5. Andy Shirkey	35	19:54
6. Jack Uhrig	50	20:08
7. Allan Benjamin	48	20:15
8. Clayton Henke	27	20:35
9. Steve Lightner	52	20:44
10. Stuart Hughes	45	21:18
11. Kyle Billington	25	21:22
12. Bryson Jarmon	14	21:50
13. Kevin Crane	42	22:03
14. John Dickey	50	22:08
15. Robert Riti	27	22:11
16. Richard Wieman	54	22:17

17. Hugh Emerson	46	22:22
18. Brad Wright	54	22:28
19. Chris Darter f	39	22:31
20. Mike Walther	46	23:15
21. Christina Crawford	20	23:24
22. Rebecca Miller f	30	23:42
23. Richard Nistendirk	64	23:59
24. Susan Gamble f	29	24:47
25. Chris Aaker f	37	25:18
26. Mark Manary	34	25:30
27. Ken Hammann	57	26:01
28. Emma Myers f	13	26:08
29. Samuel Crawford	16	26:23
30. Griffin Humphreys	11	26:40
31. Bill Wright	63	26:46
32. Andrea Kolb f	23	27:11
33. Glenda Young f	51	27:29
34. Jana Heitmeyer f	24	27:39
35. Carol Kuhlmann f	60	28:04
36. Brenda McNeill f	42	28:17

37. Janet Hart f	28	29:13
38. John Nelson	55	29:39
39. Andrea Allen f	57	29:58
40. Barney Sword	73	30:50
41. Annette Humphreys	41	30:58
42. Emma Coluccio f	33	33:34
43. Jacob Uhrig	15	38:27
44. Linda Vogt f	56	38:47
45. Lana Crawford f	42	39:20
46. Jeanelle Twillman	72	39:36

## 5,000 meter walk

1. Dave Coutts	48	25:00
2. Beth Lewis f	21	29:54
3. Fred Adams	71	35:46
4. Len Johnson	47	36:46
5. Lewis Mead	73	39:07
6. Karla Adeshakin f	39	39:11

# kids' Korner

## Colts Cross Country

All interested young runners are invited to join the Colts cross country team. The first practice will be Sunday, Sept. 7, at 4 pm, at Stephens Park. (at the lot next to the log cabin – use the entrance across the street from Eastgate IGA).

For more information call Jim Keown at 446-4897.

Wear your running shoes, warm-up gear and running shorts to the first practice.

Coaches: Dick Hessler, Margaret Shimkus, Jim Keown

Dear CTC,

Thank you so much for selecting me to receive the Joe Marks scholarship. The scholarship will be incredibly helpful in paying tuition this fall at University of Miami. CTC has meant so much to my parents and me, and now, finally, to my little brother. I look forward to seeing everyone at the Youth Track Meets this summer. Once again, Thank you,

Katie McInvale

## Family Fun Fest, Sept. 10, 5:30-7 pm, ARC

This is a family event sponsored by PedNet, the Bike Walk Wheel: A Way of Life in Columbia Robert Wood Johnson Grant for Active Living by Design, KFRU, BHC, and the Mayor's Council on Physical Fitness and Health. The program includes Adam Guy, local magician as emcee, a panel of experts hosted by David Lile of DayBreak Show on KFRU (the "experts" are Tom LaFontaine and Melinda Hemmelgarn), MCPFH Health and Fitness Awards to be presented by the Mayor, Healthy tasty food, Skits by TRYPS, jingles on active lifestyle by the "Jingle Sisters", and a presentation by Mark Fenton. The first 200 get free passes to the ARC for the night, and the next 100 will get a pass for another night.

Mark Fenton is described on his website as, "an entertaining, persuasive, and knowledgeable walking advocate; one of the nation's foremost experts on the activity; the former editor-at-large of WALKING Magazine; host of the March 2000 PBS pledge special, **Walk to a Better Life**; and now host of the new PBS series, **America's Walking**. Mark is also a champion walker. From 1986 to 1990, Mark was a member of the United States national racewalking team five times, and represented the U.S. in numerous international competitions. In addition, while training for the 1984 and 1988 Olympic Trials in the 50-kilometer (31-mile) racewalk, he studied biomechanics and exercise physiology at the Olympic Training Center's Sports Science Laboratory in Colorado Springs, Colorado."

Come enjoy this family event!



# Show-Me Games

## Senior Games 5k June 26, 2004

1. Rudy Kelly	57	19:54
2. Louis Naeger	55	22:00
3. Richard Nistendirk	64	22:59
4. Betty Bohon f	53	23:07
5. Al Ravenscroft	70	23:19
6. Jim Johnson	65	24:33
7. Jerry Smartt	72	25:46
8. John Nelson	55	26:51
9. Jeff Moran	53	27:20
10. Carol Kuhlmann f	60	27:56
11. Jack Hudson	59	28:55
12. Georgia Morehouse f	70	29:06
13. Barney Sword	73	29:22
14. Nancy Fritsch f	65	32:22

15. Don Johnson	75	33:10
16. Linda Vogt f	56	35:19
17. Don Waltman	69	36:08
18. Ed Burnhan	84	37:19
19. Jeanelle Twillman f	72	38:33
20. Ralph Lia	84	43:20

## Senior Games 5k walk

1. Ray Braudis	60	33:1
2. Cliff DeWitt	60	36:10
3. Fred Adams	70	36:12
4. Maurine Lia f	71	36:44
5. Lewis Mead	73	41:22
6. Don Swegel	72	46:10
7. Thomas Young	87	46:27

## Senior Games 10k June 27, 2004

1. Rudy Kelly	57	41:57
2. Jack Uhrig	50	42:13
3. Gilbert ?	50	44:18
4. Richard Nistendirk	64	49:06
5. Betty Bohon f	53	49:10
6. Linda Timme f	50	50:58
7. Ed Douglas	52	51:48
8. Bob Mahoney	77	57:18
9. Ken Hamann	57	57:26
10. Tom Ashbrook	57	57:27
11. Bill Wright	63	59:26
12. Carol Kuhlmann f	60	59:39
13. John Nelson	59	59:55
14. Georgia Morehouse f	70	1:01:59
15. Jack Hudson	59	1:08:28
16. Ed Burnham	84	1:21:19
17. Dottie Gray f	79	1:24:06

## Great Sandbagger 10K Race

7:00 a.m. August 7, 2004

Cool temperature, hilly course.

Nine people showed up to contest for the title of "Great Sandbagger." The first person to cross the finish line wins the title and gets to put his/her name on the 3' tall traveling trophy. Since 1973, some of the finest liars have etched their names on the trophy, people like Joe Schroeder (first winner of the Heart of America Marathon), Don Johnson, Rob Spier, and (sadly) me, your club president. They are liars because they won by grossly overestimating how long it will take to run the 10K. Since we stagger the start times from the slowest predicted time to the fastest, usually the person with the largest positive difference between the predicted time and the actual time (lying) wins the race. Theoretically, if everyone told the absolute truth about how fast they planned to run the race, everyone would cross the finish line together, but that never happens and this edition of the race was no exception. Kevin Crane won, having predicted 49:40 while actually running 45:16. Two of the most honest racers, Joe Duncan and Jim Linville actually ran considerably slower than they predicted, a strategy that got them 8<sup>th</sup> and 9<sup>th</sup> places respectively. So much for honesty as the best policy. A special thanks to Terzah Ewing's fiancé, Dan, and to Don Granberg, too, for helping with the timing and scoring. Thanks to Anne Hessler, for baking the delicious cinnamon rolls enjoyed by runners and helpers alike.

—Dick Hessler, race director

1. Kevin Crane	49:40 predicted	45:16 actual
2. Mike Flanagan	52:00	48:03
3. Dennis Knudson	56:00	52:16
4. Terzah Ewing	55:00	51:42 (First and only female finisher)
5. Hugh Emerson	50:00	47:36
6. Allan Benjamin	43:00	42:32
7. Andy Shirkey	41:30	41:33 (Scratch runner, best prediction, and fastest finisher)
8. Joe Duncan	56:00	58:32
9. Jim Linville	65:00	74:46 (First 10K race of his career)



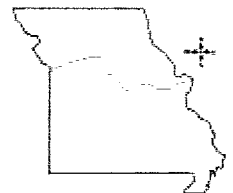
## 2004 Columbia Track Club Schedule

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

9/6	6 am	<b>Heart of America Marathon</b> 45th annual	\$25	Joe Duncan, 445-2684	Stadium Blvd, by Hearnese Center
9/18	8 am	<b>One Hour Run</b>	**	John Patton, 443-1636 Gary Stamper, 234-1725	Hickman Track
10/16	9 am	<b>MU Homecoming 5k run/walk</b> to benefit Big Brothers/ Big Sisters—staggered start	\$12	Curt Kempf, 446-1831	Stankowski Track
10/24	9 am	<b>Rock Bridge Revenge</b> 10k/Half-marathon trail run	\$20	Angela Passanise and Dave Coogan, (816) 734-4048	Rock Bridge State Park— main entrance parking area

### Out-of-Town Events

- September**
- 11 YMCA Back to School 5k run/walk, Fulton, 8 am, [ymcaprogram@sbcglobal.net](mailto:ymcaprogram@sbcglobal.net)
  - 12 Millstadt Parks Biathlon, Millstadt, IL, 8am, (618) 476-1514
  - 18 Jesse James 5k/10k, Kearney, 8 am, (816) 320-3642
  - 19 The Wonder Dog 8k, Marshall, 7:30, (660) 886-9973
  - 25 Vicky Keller River Run 5k, Cape Girardeau, 5pm, (573) 547-7817
  - 26 City of Roses Half-marathon, Cape Girardeau, 7 am, (573) 243-1931
- October**
- 2 Apple Festival Run (2 mile, 5k, 10k), Versailles, 7 am, (573) 378-4697



see the CTC website for more out-of-town races: <http://ctc.coin.org/>

### Welcome New CTC Members

Renee Baulicault	Columbia
Daniel Brennan	Columbia
Stefanie Cade	Columbia
Charlie Carson	Columbia
Tate Cooper	Columbia
Kevin Crane	Columbia
Corbin Eule	Columbia
Terzah Ewing	Columbia
Jamela Kimbrough	Columbia
Tommy Majerus	Columbia
Devin & Aaron Sander	Columbia
Erin Strong	Columbia

### Running Shorts:

- CTC member, **Mark Hosler**, has been making headlines. He placed 4th in the 3000 in the National Track and Field Master's Indoor Championship at the age of 57. He also recently completed a 5k in 17:40, and won the St. Pat's 5 mile run in St. Louis in 30:00.1
- A big **THANKS** goes to Dick Hessler, Margaret Shimkus, and Jim Keown for their work with the CTC Colts. The tracksters and their parents appreciate the time and effort of these capable coaches.

## 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

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

0412

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### CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ Would you like to be e-mailed about upcoming CTC events?

Members of family at this address and their birthdates:

\_\_\_\_\_  
\_\_\_\_\_

Annual fees are \$20, which covers all family members living in the same household. Additional donations are welcome and will be used for the scholarship fund or equipment enhancement.

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

CTC

P.O. Box 1872

Columbia, MO 65205

\_\_\_\_\_ \$20.00 dues