

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXVIII No. 6

August 2005



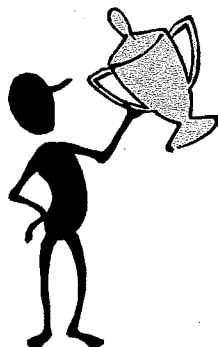
## Great Sandbagger 10k

Aug. 6, 2005

Temp. 67 F. at the start of the hilly out and back race. Thirteen would-be prevaricators took a shot at the traveling trophy, first won in 1970. Patty Ferguson took off first with a designated time of 62 minutes. Alan Benjamin who sandwiched the race into a long training run was last off the line with a designated time of 45:30. The way it should work, theoretically, is that people predict their race times accurately and everyone would finish together around the same actual time. However, this race stimulates inflated predicted times, read slower than ability would indicate times, so the slowest predicted time leaves the start line first, and the fastest predicted time leaves last. The first runner across the finish line wins the Great Sandbagger Trophy. Such an eventuality means that the winner gets to put his or her name on the trophy, adds some bauble or feature to the trophy, and must insure that the trophy appears at the race the following year. Oscar Chavez won having run 10.5 minutes faster than predicted. The fastest real time was turned in by Harvey James in 44:05, but he finished 5<sup>th</sup>. Special thanks goes to Anne Hessler for timing and to Julia and Alex Chavez for help at the finish line.

—Dick Hessler, race director

|                    |       |                 |
|--------------------|-------|-----------------|
| 1. Oscar Chavez    | 35:21 | 46:51 Real Time |
| 2. Jason Rollins   | 39:28 | 53:58           |
| 3. Patty Ferguson  | 40:57 | 57:27           |
| 4. Abby Lane       | 41:32 | 57:02           |
| 5. Harvey James    | 41:35 | 44:04           |
| 6. Andy Vecellio   | 41:40 | 53:10           |
| 7. Emily Crow      | 41:52 | 56:22           |
| 8. Paul Lane       | 42:16 | 49:46           |
| 9. Steve Lightner  | 44:16 | 47:46           |
| 10. Glen Phaup     | 45:23 | 48:53           |
| 11. Allan Benjamin | 46:10 | 46:10           |
| 12. Rob Foss       | 46:36 | 49:06           |
| 13. Joe Duncan     | 47:39 | 61:09           |



## Upcoming Events

- **Chevy's 5k**  
Sept. 3  
Entry enclosed
- **Heart of America Marathon**  
Sept. 5  
Call Joe Duncan, 445-2684 to volunteer!!
- **One Hour Run**  
Sept. 17
- **MU Homecoming 5k**  
Oct. 8

## Quote of the Month:

*"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."*

*Ralph Waldo Emerson*



Dear Coach Hessler and the Columbia Track Club,

Thank you for awarding me the Joe Marks Scholarship to help me with my college expenses at Marquette University. Thank you also for the opportunity that the Columbia Track Club gave me to develop into the runner and the person that I have become.

Since I began running with the track club in fifth grade, I have admired Coach Hessler for his dedication to running and sharing his passion for running with the kids that he coaches. Coach Hessler and the track club inspired me through the Colts Cross Country Team and the Summer Youth Track Program. I now enjoy the opportunity to volunteer at the youth program and help the kids who are developing a passion for running like I have developed, and also watching the adults who I hope to emulate when I am their age.

Running has helped me to be a dedicated, responsible, determined person. Thank you again to the Columbia Track Club for the scholarship and for fostering my love of running.

Sincerely,  
Elizabeth Cohen

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

**July 5, 1980: One Mile Run:** 1. Dennis Hinkamp 4:28.3, Tom LaFontaine 4:42.1, Ben Londeree (46) 4:48, Don Lewis 4:53, Joe Marks 5:17, Dick Hessler 5:10, Don Johnson 5:34, Peter Hessler 6:06, Martha Stinson 5:28, Susan Boyle 5:56, Chris Ruble 6:25, Angela Hessler 8:17

**July 19, 1980: 10,000 Meter Walk:** Rob Spier 1:11:42, Bill Taft 1:16:20

**July 19, 1980: 15 kilo run on a terribly hot day:** 1. Steve Fisher 49:24, . . . 5. Bob O'Connell 52:54, LaFontaine 54:29, Norm Stebbins 55:32, Hinkamp 55:49, Hessler 56:13, Londeree 57:12, Lewis 58:50, Joe Kurth 1:04:15, Johnson 1:05:55, Turk Storvick 1:06:21, Norris Kruse 1:07:28, Dick Madsen 1:08:30, Fred Fritsch 1:08:40 & 28 others. Post-race activities included a dip in the Broadway Swim Club pool.

**August 2, 1980: 30 kilo run:** 1. O'Connell 1:52:16, 2. LaFontaine 1:54:01, 3. Bob Goodrich 1:55:15, Stebbins 1:56:28, Hessler 1:59:50, Jim Schutt 2:00:21, Marks 2:00:46, Londeree 2:05:36, Mike Koonse 2:15:09

**August 19, 1980 Great Sandbagger 10,000 Meter Run:** Jim Gibson, Sr. in a rare competitive race-walking experience (occasioned because of his all-consuming desire to win the "monster") was first across the finish line. Fast time of the day was turned in by Dennis Hinkamp, 34:51, then Bob Goodrich, 35:35, Dick Hessler 35:36 and 45 others. It was related how the Hessler family gave up the "trophy" by injuring themselves (Dick sliced his thumb with a bow saw and Peter cut his foot with a pair of scissors) and, further, how they had to build an addition to their house to escape the curse of the monster. The monster is still with us, having been given tender, loving care by the most recent recipient, Kevin Crane.

**CTC Board of Directors:**

Linda LaFontaine, president  
Marc Keys, vice-president  
Tom Allen, secretary-treasurer  
Steve Stonecipher-Fisher  
Jeanine Pagan

Dick Hessler  
Amy Gundy  
Joe Duncan  
Randy Gay

**CTC Presidents:**

|                          |                     |
|--------------------------|---------------------|
| Joe Duncan               | Nov. 1968-Oct. 1987 |
| Tom Coon                 | Nov. 1987-June 1989 |
| Joe Marks                | July 1989-June 1991 |
| Steve Stonecipher-Fisher | July 1991-Dec. 1992 |
| Joe Marks                | Jan. 1993-Nov. 1995 |
| Curt Kempf               | Dec. 1995-Oct. 1997 |
| Dick Hessler             | Nov. 1997-Nov. 2004 |
| Linda LaFontaine         | Dec. 2004-          |

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. . .**

Greetings! Hope you've had time for some R & R this summer, and lots of running, in spite of the heat. Tom & I biked the Katy Trail last month from Washington, Mo to Jeff City. While on the trail we met a couple riding a tandem bike, weighted down with camp-

ing gear. They were on their way home to Higginsville after paddling, hiking and biking 3500 miles across the United States. Tom recalled a swift runner of the 1970's and 80's from Higginsville, who ran most of the CTC races, and frequently won. His name was Dennis Stewart. Some of you may remember him. Tom asked this biker about Dennis, and, lo and behold, it was Dennis Stewart on that tandem! Dennis still holds at least 8 track club records. Read Joe Duncan's column "Looking Back" and you'll see Dennis's name from time to time. Here's a photo we took of Dennis and his wife, Geri. If you'd like to see what he's been up to, and read a daily log of his 3500 mile paddle, hike, bike transcontinental tour, log onto [www.ctcis.net](http://www.ctcis.net) and link by clicking the blue triangle. Is he still running? Not much. Bad knees. He jogs occasionally, slowly. He says he's replaced his running with other active pursuits, like transcontinental triathlons.



Many, many thanks to all those dedicated individuals who devoted their time and effort to making the CTC Summer Youth Program such a success. It takes great people to run great programs! We had nearly 450 children participate! See you down the road. Linda

**WANTED**

Volunteers for the jobs of **Newsletter Editor** and **Webmaster**. If you're looking for a fun way to spend your free time and help the club, call Linda at 442-2581.

# CTC Runner Profile



## Jim Linville

Age: 49

### PERSONAL RECORDS:

While pondering the answer to the question of personal records, I looked through some profiles of other members. Now the question is, "what am I doing with the likes of Tom & Linda LaFontaine and Joe Duncan, not to mention the CTC Board of Directors?" My personal records are not even worth mentioning. Except for this one, I haven't smoked a cigarette since April 20, 2004. Now that is a record.

### WHEN DID YOU START RUNNING?

I started running as a kid on the streets of Breckenridge, MO. I was the second fastest kid in town at the street fair. In my freshman year of High School they started a track club. There were four of us on the team. We ran a relay team. After school we would get dressed out and run the half mile to the track as fast as we could so we could get a cigarette in before the Coach got there. I never ran much after that until about 3 years ago. I probably have the newest knees in the club. I started running for my cholesterol and high blood pressure. When I got to 3 miles I had too much lung pain to let it go. I asked the doctor. It was emphysema.

When I finally stopped smoking, I shaved my head and donated my hair to Locks of Love. I had 15 inches of hair to donate. I said that I would not let my hair grow back until I crossed the finish line at the Boston Marathon. I didn't know what I was saying. I didn't know you had to qualify. By my first anniversary, I realized that I may not get that fast and made a plan B. I can let my hair grow back after I run from where I started smoking to where I stopped. That's 140 miles. Wish me luck.

**WEEKLY MILEAGE/FAVORITE WORKOUT:** I've been running on my own for the most part lately. Something I read. One weekend I run a 10 mile Saturday, and then a 14 mile journey on Sunday. The next weekend I don't run on one day and try to run 30 miles on the other day. I have succeeded at 29 miles. During the week I get two or three 4 mile lunches. I did manage to get my first black toenail.

### News from the Shelton family:

**Amina Shelton**, 12, won her 4th National Championship medal by placing 5th in the 11-12 age group long jump at the USATF National Youth Outdoor Track and Field Championships held June 30th in Knoxville, Tennessee. Amina recorded her 3rd best jump ever, going 14' 4". Her best jump came during the second week of this year's CTC Summer Youth meets when she jumped an over-all female meet record of 15' 1". She now has won two bronze and two 5th place medals in national championship meets.

**Derek Shelton** made it an unprecedented 10-for-10 golds to remain undefeated in the long jump at this year's Show-Me State Games with a jump of 16 feet, 1 inch to win the 45-49 age group. In 20 events since 1995, he has won 19 Gold's and 1 Silver in the long, high and triple jumps in Show-Me State Games competition. He also holds the SMSG records for the 30-39 and 40-44 age groups in the long jump with a distance of 21 feet, 4 inches in both divisions.

**SENIOR GAMES 5,000 METER ROAD RACE**

June 25, 2005

|                         |    |                    |       |
|-------------------------|----|--------------------|-------|
| 1. Calvin Brous         | 55 | Liberal, MO        | 19:09 |
| 2. Jack Uhrig           | 51 | Marshall, MO       | 19:38 |
| 3. Steve Terry          | 50 | Lexington, MO      | 20:27 |
| 4. Rudy Kelley          | 58 | Columbia, MO       | 20:37 |
| 5. John Dickey          | 51 | Brentwood, MO      | 21:40 |
| 6. Joe Lopez            | 52 | Columbia, MO       | 24:00 |
| 7. Betty Bohon f        | 54 | Columbia, MO       | 24:01 |
| 8. Richard Nistendirk   | 65 | Hartsburg, MO      | 24:22 |
| 9. Robert Clemens       | 63 | Gallatin, MO       | 25:01 |
| 10. Dan Parker          | 51 | Kirkwood, MO       | 26:00 |
| 11. Elaine Foster f     | 53 | Jefferson City, MO | 26:23 |
| 12. Bill Wright         | 64 | Marshall, MO       | 27:19 |
| 13. Jeffrey Moran       | 54 | Fulton, MO         | 27:44 |
| 14. Carol Kuhlmann f    | 61 | New Haven, MO      | 28:05 |
| 15. James Schadt        | 58 | Columbia, MO       | 28:25 |
| 16. Andrea Allen        | 58 | Columbia, MO       | 30:29 |
| 17. Jim Derner          | 61 | Washington, MO     | 31:44 |
| 18. Jack Hudson         | 60 | Mexico, MO         | 32:53 |
| 19. Nancy Fritsch f     | 66 | Columbia, MO       | 33:57 |
| 20. Don Johnson         | 76 | Mexico, MO         | 34:59 |
| 21. Linda Vogt f        | 57 | Fayette, MO        | 42:57 |
| 22. Jeanelle Twillman f | 73 | Marshall, MO       | 43:48 |
| 23. Ed Burnham          | 85 | Kansas City, MO    | 45:33 |

Mid-upper 70,s, sunny, hot & humid Start & finish at  
Bethel Park

**5,000 METER WALK:**

|                   |    |                 |       |
|-------------------|----|-----------------|-------|
| 1. Ray Braudis    | 61 | Columbia, MO    | 32:38 |
| 2. Jeanine Allsup | 52 | Belleville, IL  | 33:00 |
| 3. Fred Adams     | 71 | Liberty, MO     | 34:17 |
| 4. Maurine Lia f  | 72 | Creve Coeur, MO | 34:31 |
| 5. Lewis Mead     | 74 | Columbia, MO    | 38:45 |
| 6. Jerry Hargis   | 75 | Spearfish, SD   | 39:02 |

**10,000 METER ROAD RACE June 26, 2005**

|                       |    |         |
|-----------------------|----|---------|
| 1. Calvin Brous       | 55 | 40:19   |
| 2. Rudy Kelley        | 58 | 41:48   |
| 3. Jack Uhrig         | 51 | 42:18   |
| 4. Betty Bohon f      | 54 | 51:13   |
| 5. Richard Nistendirk | 65 | 52:24   |
| 6. Joe Lopez          | 52 | 53:14   |
| 7. Jim Johnson        | 66 | 54:43   |
| 8. Carol Kuhlmann     | 61 | 59:04   |
| 9. Bill Wright        | 64 | 1:03:57 |
| 10. Barney Sword      | 74 | 1:11:22 |
| 11. Jack Hudson       | 60 | 1:15:24 |
| 12. Ed Burnham        | 85 | 1:43:00 |

—Race Director Joe Duncan

**SHOW-ME STATE  
GAMES 5,000 METER**

RUN July 31, 2005

|                        |    |       |                       |    |       |
|------------------------|----|-------|-----------------------|----|-------|
| 1. Clayton Henke       | 28 | 20:05 | 37. Liesje Dotson     | 37 | 26:15 |
| 2. Rudy Kelley         | 58 | 20:07 | 38. Austin Sly        | 20 | 26:18 |
| 3. Kevin Crane         | 43 | 20:18 | 39. David Webber      | 54 | 26:46 |
| 4. Tom Mohr            | 34 | 20:33 | 40. Samuel Crawford   | 17 | 26:59 |
| 5. Steve Terry         | 51 | 20:40 | 41. Nicole Reid       | 19 | 27:09 |
| 6. Allan Benjamin      | 49 | 20:52 | 42. Sam Gold          | 23 | 27:21 |
| 7. Stewart Hughes      | 46 | 20:53 | 43. Gerry Kuhl        | 51 | 28:09 |
| 8. Oscar Chavez        | 41 | 21:05 | 44. Kristina Kaylen   | 17 | 28:41 |
| 9. Shelby Lile         | 19 | 21:14 | 45. Carol Kuhlmann    | 61 | 28:49 |
| 10. Gary Lile          | 47 | 21:16 | 46. Sam Crawford      | 47 | 28:59 |
| 11. Michael Kaylen     | 50 | 21:19 | 47. Jennifer Bunk     | 33 | 29:02 |
| 12. John Dickey        | 51 | 21:20 | 48. Alex Chavez       | 11 | 29:57 |
| 13. Steve Hemmann      | 46 | 21:24 | 49. James Linville    | 49 | 30:20 |
| 14. Austin Hughes      | 18 | 21:25 | 50. Derrick Garner    | 9  | 30:38 |
| 15. Paul Hammond       | 28 | 21:27 | 51. Nelson Hastings   | 38 | 30:53 |
| 16. Lloyd Weber        | 34 | 21:34 | 52. Suzanne Lenz      | 35 | 30:56 |
| 17. Fred Schmidt       | 46 | 21:35 | 53. Lisa Curtis       | 45 | 31:30 |
| 18. Mike Baker         | 55 | 22:43 | 54. Barney Sword      | 74 | 32:14 |
| 19. Kerry Peveler      | 46 | 22:54 | 55. Annette Humphreys | 43 | 32:46 |
| 20. Joe Love           | 44 | 23:16 | 56. Andrea Allen      | 58 | 32:54 |
| 21. Hiroaki Shino      | 46 | 23:28 | 57. Christina Morian  | 44 | 33:10 |
| 22. Christina Crawford | 21 | 23:41 | 58. Dawn Mitchell     | 13 | 33:21 |
| 23. Matt Volkert       | 32 | 23:46 | 59. Nancy Fritsch     | 66 | 34:11 |
| 24. Joe Lopez          | 52 | 24:02 | 60. Don Johnson       | 76 | 36:04 |
| 25. John Adams         | 44 | 24:13 | 61. Lana Crawford     | 43 | 41:44 |
| 26. Richard Nistendirk | 65 | 24:26 | 62. Linda Vogt        | 57 | 44:48 |
| 27. Griffin Humphreys  | 12 | 24:49 | 63. Ed Burnham        | 85 | 45:09 |
| 28. Jordan Adams       | 14 | 25:05 | 64. Jeanelle Twillman | 73 | 45:14 |
| 29. Mark Manary        | 35 | 25:29 | 65. Dorothy Vaughn    | 46 | 48:57 |
| 30. Fabiola Lopez      | 47 | 25:40 |                       |    |       |
| 31. Amy Ackerberg      | 35 | 25:46 |                       |    |       |
| 32. Ken Hammann        | 58 | 25:56 |                       |    |       |
| 33. Don Ballenger      | 63 | 25:59 |                       |    |       |
| 34. Dalton Maggard     | 10 | 26:12 |                       |    |       |
| 35. Bill Wright        | 64 | 26:13 |                       |    |       |
| 36. Karen Derrick      | 44 | 26:14 |                       |    |       |

**5,000 Meter Race-Walk:**

|                      |    |       |
|----------------------|----|-------|
| 1. Dave Coutts       | 49 | 26:47 |
| 2. Craig Kolb        | 43 | 28:36 |
| 3. Gayle Johnson     | 56 | 28:45 |
| 4. Lenworth Johnson  | 48 | 36:06 |
| 5. Debbie Hawf       | 49 | 37:21 |
| 6. Robin Blake       | 60 | 39:11 |
| 7. Gabriella Johnson | 20 | 44:33 |
| 8. Karen Kraus       | 21 | 44:43 |
| 9. Patti Johnson     | 49 | 44:46 |

To the Columbia Track Club,

Thank you for selecting me to receive the Joe Marks Youth Scholarship. It will be extremely useful in paying my college tuition. Thanks once again for all that you have done.

Sincerely,

Ian McLeod

Dear CTC,

Thank you for the generous scholarship. As I go off to college I will never forget my beginnings as a Colt, and I will always remember the great lessons I have learned. I owe my success as a runner to the excellent coaching and support that CTC offered.

Thanks!

Jimmy Keown

# 4th ANNUAL MEXICAN INDEPENDENCE DAY 5K RUN/WALK



**SAT., SEPTEMBER 3**



## PACKET PICKUP:

Packet pickup will be at Chevys Fresh Mex in Columbia from 7:15 a.m. to 8:15 a.m. on race day.

## INFORMATION:

Call Chevys Fresh Mex (636) 946-6000 or visit the website [www.chevysfreshmex.com](http://www.chevysfreshmex.com)

## TIMING & RESULTS:

Provided by Tryathletics.

## HOW TO REGISTER:

- [www.chevysfreshmex.com](http://www.chevysfreshmex.com)
- Mail to Tryathletics by 8/30/05 (race day registration not recommended)

## EVENT PROCEEDS:

All proceeds will benefit Children's Miracle Network.

## RACE DAY SCHEDULE:

|           |                      |
|-----------|----------------------|
| 7:15 a.m. | Packet Pickup Begins |
| 8:15 a.m. | Packet Pickup Closes |
| 8:30 a.m. | Run/Walk Starts      |

Free KID'S RUN following 5K Run

Awards Ceremony will follow the race.

## T-SHIRTS

Professionally designed, commemorative T-shirts to all participants.

## AWARDS

Awards to the top three men and women overall and the top three men and women in the following age groups:

12 & Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

## KID'S RUN

Free KID'S RUN (age 8 & under) following 5K run. All kids receive a ribbon.

## AFTER THE EVENT

Join us in our parking lot for the post-race fiesta including complimentary Chevys Fresh Mex breakfast burritos, juice, water, and coffee.

## COURSE

The mostly flat road course (not a single serious hill) is entirely within the city of Columbia. Race volunteers will help control traffic where necessary. Miles will be marked and water will be available at approximately the 2-mile mark.

## LOCATION

Start and finish will be at the Chevys Fresh Mex Restaurant located in Columbia at 1010 I-70 Drive Southwest.

## COURSE FOR 5K RUN/WALK

- Start in the parking lot on the side of Chevys Fresh Mex
- Right on West
- Right on Ash
- Right on Clinkscales
- Left on Worley
- Right on Bernadette
- Right on Beverly
- Right on I-70 Drive
- Right on Aspen
- Finish on Aspen (behind Chevys)

5K = 3.1 Miles

**How To Register:** By mail. Entry Fee is \$15.00 if postmarked by Aug. 27, \$20.00 if postmarked no later than Aug. 30. Limited race day registration!

☐ 5K Run/Walk

Official Use ☐

First Name:

Last Name:

Address:

City:

State:

Zip Code:

Sex:

Date Of Birth:

Age on race day:

Phone Number:

Adult T-Shirt Size

M L XL

Waiver: I hereby affirm that I am in proper physical condition to participate in the Chevys Fresh Mex run (Columbia) and in consideration of the acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage or loss of property arising out of my participation in this event; to release & forever discharge the sponsors and promoters of this event including Chevys Fresh Mex, City of Columbia, The City of Columbia Police Dept., Tryathletics, and all sponsors, subcontractors and volunteers which may arise from my participation in the Chevys Fresh Mex Run. In consideration of and of my own free will, I for myself, my heirs, executors, administrators and assigns, to indemnify & hold harmless all of the aforementioned sponsors and promoters from all liability, claims, demands, actions, loss and/or damage arising out of my participation in the Chevys Fresh Mex Run. WAIVER MUST BE SIGNED BY ALL PARTICIPANTS (parent or guardian if under 18).

SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_

PLEASE DO NOT MAIL ENTRIES AFTER 8/30/05

Make Checks Payable to: Chevys Fresh Mex

Mail to: Tryathletics  
1605 Chapel Hill Road  
Columbia, MO 65203

[www.chevysfreshmex.com](http://www.chevysfreshmex.com)

## EVENT FEES:

REGISTRATION BY MAIL:

Postmarked by 8/27/05

\$15 \$ \_\_\_\_\_

Postmarked by 8/30/05

\$20 \$ \_\_\_\_\_

On race day, fee is \$20

## 2005 Columbia Track Club Schedule

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

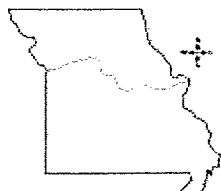
|       |      |   |      |   |  |
|-------|------|---|------|---|--|
| 9/3   | 9 am | <b>Chevy's 5k</b>   | \$15 | Steve Stonecipher-Fisher, 447-2453                                    | Chevy's  |
| 9/5   | 6 am | <b>Heart of America Marathon</b><br>46th annual                   | \$25 | Joe Duncan, 445-2684  | Stadium Blvd., by Hearn Center   |
| 9/17  | 8 am | <b>One Hour Run</b>   | **   | Lisa Wells, 446-0717  | Hickman Track  |
| 10/8  | 9 am | <b>MU Homecoming 5k</b> to benefit Big Brothers/Big Sisters       | \$12 | Lauren Baker, 882-2634  | Stankowski Field<br><a href="http://www.mizzou.com/homecoming">www.mizzou.com/homecoming</a> |
| 10/23 | 9 am | <b>Rock Bridge Revenge</b><br>10k/half marathon trail run         | \$20 | Angela Passanise, 816-734-4048<br>Dave Coogan<br>dskoogan@kc.rr.com   | Rock Bridge State Park (upper parking lot)   |
| 11/12 | 8 am | <b>Cranberry Crawl Mayor's Mile</b> (kids ages 5-12—no entry fee) |      | Steve Stonecipher-Fisher, 447-2453<br>Randy Gay, 814-2627 or 815-3706 | Tryathletics   |

Dear CTC,

Thank you for selecting me for the Columbia Track Club Joe Marks Youth Scholarship. It was an honor to be selected by such an excellent organization for this scholarship. I hope this scholarship will help to further my academic achievements as I attend the University of Missouri-Rolla.

The Columbia Track Club is an excellent organization that owe a great deal to. The CTC Colts cross country and summer track programs cultivated my interest in running that helped greatly with my high school running achievements. Without CTC I might never have been involved in track or cross country in high school, and I would have missed some of the greatest experiences of my life. Running has taught me a lot about lied and has helped me forge strong friendships. CTC has helped me to develop into the person I am today through running and being around all the great people in Columbia's running community.

Sincerely,  
Kurt Schauwecker



**For Out-of-Town Events**

see the CTC website

at:

<http://ctc.coin.org/>

### Race Announcements:

- **Ozark Ham and Turkey Festival Healthy 5k walk/run**, Sept. 17, California, MO, \$15 before Sept. 9—first 100 registrants receive a t-shirt; walk begins at 7:30, run at 7:45, no strollers. For more information, contact 573-796-3016 or online at [www.calmo.com](http://www.calmo.com)
- <http://sueandpaul.com/gmapPedometer>  
This is a great mapping/mileage program for mapping and measuring running and walking routes. It is very easy to use.

### Welcome New CTC Members

|                     |          |
|---------------------|----------|
| Mary Ellen Bradshaw | Columbia |
| Graham Buresh       | Columbia |
| Jordan Cook         | Columbia |
| Darris Jones        | Columbia |
| Mary Lupo           | Columbia |
| Jeremy Strawn       | Columbia |

## 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

0512

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

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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 \_\_\_\_\_ \$20.00 dues  
P.O. Box 1872  
Columbia, MO 65205