

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXVIII No. 5

June 2005



## Joe Marks Memorial Human Race XXVII

Overnight showers gave way to a great early morning to host the 27th annual Human Race and Joe Marks 5 Mile on May 14th. I greatly respect the history and the man behind this race. Thanks to Mrs. Marks, Linda LaFontaine, Jim Keown, Tom Allen, Michele McFadden, Rod Hartwig, Joe Cragin, Colin Doggett, and Jim Schadt for providing outstanding and unselfish volunteer help. Also to Steve and his fine staff at Tryathletics for fielding all of the calls and assisting with the data. Dick Hessler did a great job with the Kids' Run afterwards. Special thanks to Jay and Pat with "refining" this year's course and filming the race. Kurt did a great job designing the race caps.

We were blessed to note that the 3rd and 4th place women finishers both had something very special in common. Terzah Ewing was married to Dan Becker on May 28, 2005. A CTC member since last summer, Terzah and her new husband will be moving to Denver in July. Kathryn Fishmon was married to Christopher Weaver on May 29, 2005. They will be moving to Berkely, CA. in June.

—Race Director Randy Gay

*(Race results, page 4)*

### Thank You Summer Track Volunteers and Race Directors

All race directors and their spouses and summer program volunteers are invited to an **Appreciation dinner** Thursday, July 7, 5:45 pm at Dulaney Dining Room, Columbia College. Please R.S.V.P. to the Hesslers at 874-2906 by June 30, 2005. We appreciate all you do for the Columbia Track Club.

### From the editor:

I have thoroughly enjoyed creating the CTC newsletter for the past eight years. However, I am ready to pass the torch. Newsletters are produced seven-eight times a year. The newsletter editor must be committed to working with club members and race directors. Please let me or Linda LaFontaine know if you are willing to take on this duty for the club. Thanks!

## Upcoming Events

- **Summer Youth Program**

June 8

(every Wed. for six weeks)

### NEW

Track events for adults:

- week 1 400m
- week 2 800m
- week 3 1600m
- week 4 400m
- week 5 800m
- week 6 1600m

- **Great Sandbagger 10k**

Aug. 6

- **Chevy's 5k**

Sept. 3

- **Heart of America  
Marathon**

Sept. 5

Call Joe Duncan, 445-2684  
to volunteer!!

## Quote of the Month:

*Life is short... running  
makes it seem longer.*

*Baron Hansen*



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

**June 7, 1980: 10,000 run Hickman Track:** 1. Dan Bryant 33:10 2. Jim Heady 33:11 3. Tom LaFontaine 34:41 4. Dennis Hinkamp 35:36 5. Norm Stebbins 35:54 6. Ben Londeree 35:55. . .12. Olen Brown 38:55 13. Mike Koonse 39:01. . .15. Gene Hansbrough 39:33. . .20. Sam Stout 42:11. . .21 Dean Baxter 42:35. . .25. Norris Kruse 43:15. . .27 Joe Duncan 44:47 28. Jim Sowash 47:53

**June 21, 1980: 2-Person, 8,000 meter relay:** 1. Martha Stinson-Dennis Hinkamp 23:40 (75.6 & 66.4 av. sec. per lap). . .4. Peter Fritsch-Mike Kruse 25:07 (81.3 & 69.4). . .8. Norm Stebbins-Susan Boyle 26:43 (73.7 & 86.6). . .14. Dick Martin-Chris Ruble 28:00 (78.4 & 89.6). . .16. Kathy Cain-Don Lewis 29:23 (106.9 & 69.4). . .19. Charles Slivinsky-Mary Ann Slivinsky 30:04 (81.9 & 98.5) 20. Judi Londeree & Ben Londeree 30:28 (113.6 & 69.2). . .23 Peter Madsen-Dick Madsen 32:22 (108.6 & 85.6) 24. Eric Madsen-Carole Madsen 35:38 (107.5 & 106.3)

**CTC Board of Directors:**

Linda LaFontaine, president	Dick Hessler
Marc Keys, vice-president	Amy Gundy
Tom Allen, secretary-treasurer	Joe Duncan
Steve Stonecipher-Fisher	Randy Gay
Jeanine Pagan	

**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! This year we awarded five Joe Marks Memorial Scholarships. Congratulations to the recipients: Jimmy Keown of Rock Bridge, Kurt Schauwecker and Ian McLeod from Hickman, and Steve

Shimkus and Elizabeth Cohen from Helias. We appreciate their involvement and support of the Columbia Track Club. We wish them much success as they continue their education.

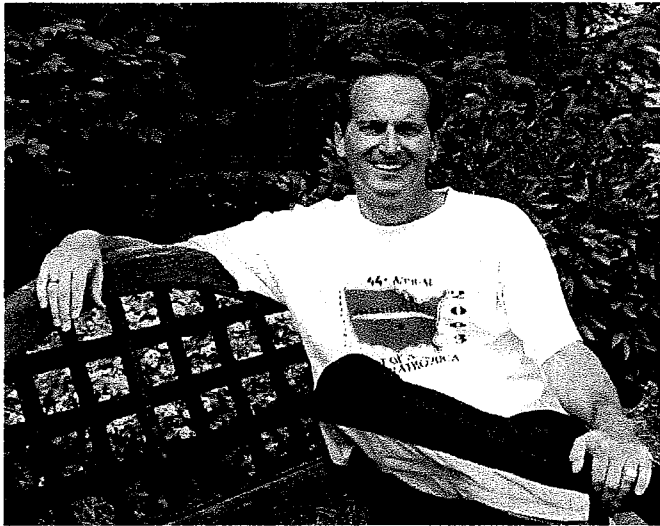
Please join us on Wednesday evenings, 6:00 p.m., Hickman Track, for the Summer Youth Program. It's lots of fun for all ages. You can volunteer your assistance with the track events, in the field events, and/or in the administration of the program. It's a great way to foster children's interest in physical activity. You can participate as a competitor, too, as we are offering one adult event each week. Hope to see you there!

With summer's heat approaching, if you plan to run a marathon or longer distance event, here are a few tips to avoid a potentially deadly problem called hyponatremia (low blood sodium) from my husband, Tom. Probably around 8-10% of runners are at risk for this problem (1 in 20 males and 1 in 5 females). Persons at particular risk include underweight women (and slightly overweight women) who take more than 4 hours to run a marathon and who actually gain weight during the event. To reduce your risk for this problem, consume a replacement drink (Gatorade, Accelerade, Powerade, etc) that: 1) provides 50 or so calories of carbohydrates per 8 ounces, 2) contains sodium and potassium, 3) consume about 8-12 ounces every 20 mins, and 4) plan on losing about 1% of your body-weight during the event. Weighing yourself before and after workouts is a good practice to help avoid dehydration and excessive fluid intake.

Remember to check out "Running Columbia" on Thursday evenings at 8 p.m. on community access channel 13 TV, Mediacom 3 and Charter 21. If you ran the Joe Marks Race or the Wellaware 5K, you might be on TV! Also look for information on Kids on Track and our Summer Youth Program on this month's segment.

See you down the road. Linda

# CTC Runner Profile



## Phil Schaefer

Age: 51

### Running Highlights:

- o My first marathon (St. Louis '90) with a 2:58 (my friends said my goal of under 3 hours was too lofty).
- o Winning my age group (over 50) in the Heart of America Marathon ('03) in 3:29. (It was pouring rain and I didn't want to run it. I even told everyone at the starting line they were nuts!)
- o Setting my first cross-country course record in high school. (A tip for you high school runners: it helps to have your girlfriend there to impress.)

### When did you start running?

Cross-country in my freshman year of high school, 1967 (if Forrest Gump had run through my city I probably would have followed him).

### What is your favorite training route?

A 12-miler that includes Twin Lakes, the MKT, a run through downtown and MU and ends going up the "killer" hill on Chapel Hill Road. It lets me experience the heart of our great community – the sights and sounds of geese, cardinals, snakes, deer and turkey; the smell of Lakota coffee roasting downtown; and the vibrant rhythms of the MU campus.

### Personal Info:

As a pastor I often use running as a sermon illustration of how we can face the challenge of life, develop character, and learn about faith. St. Paul – though probably not a runner – said it like this, "... those who run in a race all run, but one receives the prize. Run in such a way that you may obtain it."

### Any advice for other runners?

You may not be the fastest, nor train as hard as you wish but if you keep showing up, sometimes you win something. "Keep showing up."



**Human Race:**

1. Tim Francis	44	28:30	37. Dorren McMurry	41	46:14	13. Daniel Lopez	17	20:20
2. Pat Brown	26	29:29	38. Cecil Williams	9	47:40	14. Marianne Stone	26	20:50
3. Matt Dreier	30	29:40	39. Kerri Linder	37	47:46	15. Greg Moss	17	20:55
4. Brian Evans	34	29:40	40. Bill McCarney	25	48:43	16. Todd Harris	27	21:12
5. Sam Masters	15	30:09	41. Carolyn Roof	47	49:38	17. Frederick Schmidt	46	21:39
6. Jeremy Schneider	16	30:24	42. Laura Kabrick	41	51:14	18. Brett Barton	33	21:42
7. Brad Fleenor	28	30:34	43. Andrea Allen	58	52:21	19. Tom Rose	42	21:49
8. Chris Francisco	27	30:44	44. Wendell Wilson	64	52:23	20. Randall Schlib	49	21:58
9. Alex Edwards	16	30:50	45. Laura Wells	64	52:24	21. Andrew McCarney	13	22:47
10. Steve Stonci-Fisher	48	31:27	46. Jana Heitmeyer	25	53:15	22. Maria Rose	16	22:58
11. John Brockman	26	31:36	47. Terry Dunscombe	68	53:21	23. Tonya Armstrong	43	23:01
12. Philip Schaefer	51	33:20	48. James Linville	49	53:34	24. Mike Flanagan	43	23:02
13. Melissa Fleenor	25	33:26	49. Erick Beck	10	53:51	25. Travis Brumfield	31	23:19
14. Frederick Schmidt	46	36:25	50. Joe Goldfarb	65	54:12	26. Rod Maples	49	23:38
15. Tim Waid	42	36:28	51. Elaine Kent	56	55:08	27. J.A. Johnmeyer	49	23:39
16. Brett Barton	33	36:58	52. Christine Beck	43	55:09	28. Kathy Vogt	39	23:56
17. Dean Stover	44	37:24	53. Bob Reitz	48	55:16	29. Spencer Miller	12	24:01
18. Jeff Wells	46	39:38	54. Julia Alexander	45	57:26	30. Nathan Keown	10	24:02
19. Mickie Trim	32	39:51	55. Jennifer Mast	29	59:45	31. Todd Fuller	36	24:10
20. Terzah Ewing	32	40:17	56. Jessica Maun	10	1:14:08	32. James Moreton	14	24:19
21. Kathryn Fishman	23	41:21	57. Fadre Maun	37	1:14:19	33. Amy Gundy	39	24:31
22. Richard Nistendirk	54	40:39	58. Timothy McCord	14	1:14:42	34. Gary Gundy	41	24:32
23. John Fougere	40	40:58	59. Tom McCord	53	1:14:43	35. John Clowe	36	24:43
24. Rebecca Miller	31	41:17	<b>Wellaware 5k:</b>			36. Tom Weislocher	54	24:56
25. Sandra Rice	33	42:25	1. Zach Chapman	17	17:20	37. Chris Sisson	26	25:00
26. Curtis Wester	44	42:25	2. Jeremy Schneider	16	18:22	38. Richard Nistendirk	65	25:08
27. Thomas McCarney	10	42:27	3. Chris Francisco	27	18:23	39. Amie Reynolds	28	25:10
28. Anne Hoylman	40	42:51	4. Dwayne Miller	44	18:42	40. Joel Schilb	18	25:12
29. Rod Stevens	39	43:35	5. Tod Holdorf	42	18:44	41. Phil Wright	41	25:16
30. Liesje Dotson	37	43:42	6. Blake Maples	14	18:51	42. Bill McCarney	25	25:19
31. Jordan Alexander	39	43:54	7. Alex Edwards	16	18:59	43. Rod Stevens	39	25:22
32. Steven Graves	58	44:48	8. Tim Armstrong	48	19:09	44. Dalton Maggard	10	25:29
33. Susan Curwood	28	45:12	9. Jeff Mittelhauser	48	19:22	45. TJ Sweet	22	25:37
34. Nikki Reynolds	25	45:20	10. Austin Peton	14	19:51	46. Gary Moss	49	25:39
35. Elly Barton	27	45:59	11. Philip Schaefer	51	20:12	47. Mindy Coolman	22	25:41
36. Joe Duncan	70	46:11	12. Shay Roush	37	20:14	48. Rosie Stander	40	25:44
						49. John Moreton	10	26:02

To all:

At the request of the Rock Bridge Track & Field Coaching Staff, I am sending this email to thank everyone who helped so much on Saturday, May 14th, at the District Championship Meet at the Rock Bridge Track.

The meet was a great success because of the help of the parents, the athletes, the Columbia Track Club, and friends. Again, thank you for all of your help, without it we could not have had the meet.

Most sincerely,

The entire Rock Bridge Track & Field Coaching Staff



# 46th ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 5, 2005 6:00 AM

Columbia, Missouri

Entry Fee: \$25. Make checks payable to Columbia Track Club

Entry Deadline: PLEASE, by September 3; later entries will be accepted, but not after 5:45AM, day of the race.

Fitness for Event: No one should attempt this event without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by an event physician. **THERE IS A SIX HOUR TIME LIMIT.**

Packet Pick-Up: Sunday, September 4 between 3:00 PM and 7:00 PM at Campus Inn and between 5:00 AM and 5:45 AM on race day.

Aid Stations: Aid cars tour the course continuously. Aid Stations are about every two miles.

Headquarters: Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rate: \$49 (for one to four persons) for Sep. 4 only. Refer to CTC or HOA.

Awards: Awards to overall male & female winners; first 3 male 0-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+; first 3 female 0-24, 25-29, 30-34, 35-39, 40-49, 50+. T-shirts to all entrants. Medals to all finishers. Dave Schulte Award for Improved Performance for the greatest percentage improvement over the previous best HOA, any year, of less than five hours. Awards will be presented to each award winner very soon after crossing the finish line. There is no formal award ceremony.

The course has been certified by the Columbia Track Club as being 26 miles, 385 yards

More information: [ctc.columbia.missouri.org/hoa](http://ctc.columbia.missouri.org/hoa) or [ctc.coin.org/hoa](http://ctc.coin.org/hoa)

## ENTRY FORM

(Return to: Joe Duncan, 2605 Chapel Wood Terrace Columbia, MO 65203)

-----Tear or Cut Here-----

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages that I might have against the City of Columbia or the Columbia Track Club or any individual volunteer worker for any and all injuries suffered by me as a result of this event.

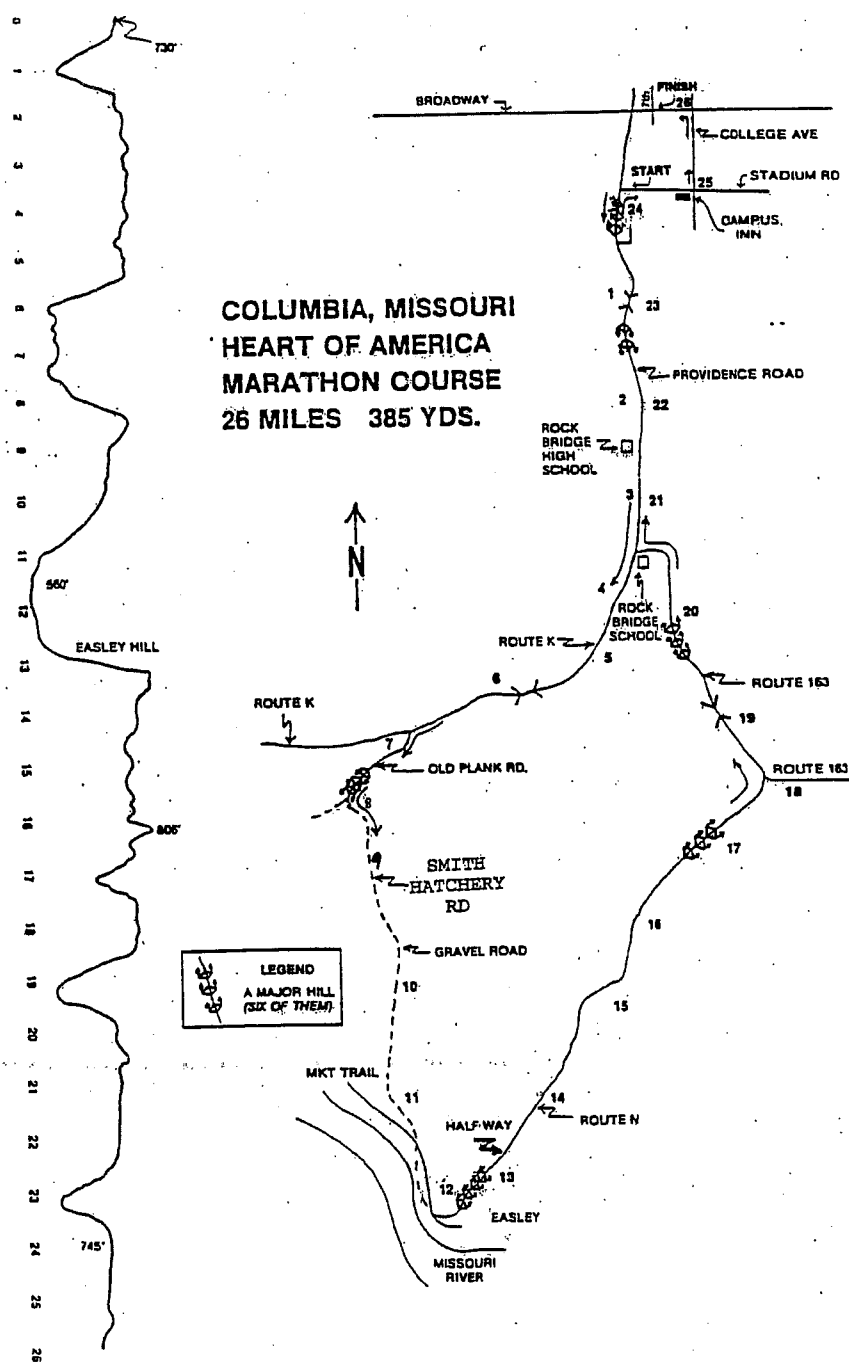
Print Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_  
Street City

Signature: \_\_\_\_\_ (If entrant is under 18, parent must sign)

How many marathons have you completed? \_\_\_\_\_ Best Marathon Time: \_\_\_\_\_

**COLUMBIA, MISSOURI  
HEART OF AMERICA  
MARATHON COURSE  
26 MILES 385 YDS.**



50. Liesje Dotson	37	26:05	78. Mike Alden	47	29:29	106. Jennifer Mast	29	36:01
51. Jordon Alexander	39	26:06	79. Kristy Matschullat	30	29:33	107. Bruce Ramshaw	42	37:33
52. Bruce Wilson	36	26:13	80. Janet Branat	53	29:40	108. David Ranshaw	6	37:33
53. Elizabeth Wilson	36	26:14	81. Linda Schadt	58	30:11	109. Sheila Huddelleston	36	37:36
54. Charlie Carson	12	26:31	82. Jim Schadt	58	30:12	110. Ellie Flanagan	6	37:42
55. Emily Stuart	21	26:36	83. Jana Heitmeyer	25	30:22	111. Linda Ranshaw	45	37:43
56. Heather Demand	33	26:40	84. Renee Bouilicault	36	30:50	112. Chelle Sherman	52	39:22
57. Jim Peregoy	39	26:41	85. Lynda Wright	43	30:51	113. Laura Sievert	36	39:46
58. Victor Meek	45	26:47	86. Andrea Allen	58	31:15	114. Kristen Thackery	11	39:48
59. Ly Puckett	39	26:53	87. Van Beasley	60	31:17	115. Greg Thackery	41	39:49
60. Lynn Puckett	40	26:55	88. Jany Ivey	45	32:01	116. Brandy Shelton	24	39:59
61. Philip Moss	15	26:56	89. Michael McKown	52	32:02	117. Jessica Klein	8	40:32
62. Kathy Doisy	40	26:57	90. Brent Head	11	32:09	118. David Babel	67	40:33
63. Thomas McCarney	10	27:05	91. Cole Abourjilie	11	32:20	119. Tate Cooper	7	40:46
64. Melissa Short	32	27:09	92. Christina Morian	44	32:45	120. Lindsey Head	9	42:40
65. Ann Moreton	46	27:18	93. Rusty Crawford	36	32:50	121. Martha Head	41	42:40
66. Zak Tuggle	12	27:25	94. Julia Alexander	45	32:53	122. Leo Cloutier	74	49:27
67. Craig Kolb	43	27:54	95. Theresa Williams	43	33:01	123. Steve Weddle	57	49:28
68. Eric Thomas	32	28:05	96. Jayne Miller	25	33:06	124. Brandie Ehler	31	49:45
69. Carolyn Roof	47	28:20	97. West Wilson	10	33:09	125. Krstin Wooten	33	50:41
70. Doreen McMurry	41	28:23	98. Rebecca Goodloe	34	33:37	126. Anna Ashburn	38	50:42
71. Sara Bozdech	21	28:32	99. Linda Clemons	61	33:41	127. Carol Klebafski	60	57:48
72. Joe Duncan	71	28:52	100. Philip Wood	64	34:22	128. Donna Head		57:59
73. Terry Chapman	48	28:56	101. Jackie Sh-Wilson	51	34:33	129. Dorinda Derow	60	58:00
74. Tammy Bush	43	29:00	102. Lisa Gardi	41	34:35	130. Claire Blodgett	8	1:00:45
75. Erika Griesemer	33	29:03	103. Matthew Bush	10	35:13	131. Gwen Blodgett	47	1:00:1:00
76. Gregory Chapman	51	29:12	104. Jake Alden	10	35:14	132. Phil Weddle	54	1:02:55
77. Jim Tuggle	43	29:14	105. Meg Gray	43	36:00	133. John Weddle	16	1:02:57

Dear Friends at Columbia Track Club,

The Columbia Community Teachers Association's 3rd Annual 5k run/walk was held on April 30, 2005.

The proceeds from the donations and registrations are used for our scholarship fund. This year, with 207 registered participants and the generosity of our sponsors, we raised \$3,170.00. This money will allow us to increase the amount of each scholarship from \$750.00 to \$1,700.00. At our Spring Banquet, we awarded three graduating seniors these prestigious scholarships.

Thank you for your contribution of SUPPORT and assistance with timing the race.

On behalf of our members and the 2005 scholarship winners, thank you for your support, and we look forward to working with you again. You are very much appreciated.

Sincerely,

Mary Lamberson, Co-Chair

Jackie White, Co-Chair

## CTC Names Joe Marks Memorial Youth Scholarship Applicants

Five CTC members were awarded the Columbia Track Club Joe Marks Youth Scholarship in the amount of \$500.00. To be eligible for this award applicants must be current CTC members, have participated in high school cross country and/or track, and provide evidence of exemplary commitment to school, team, community, and the Columbia Track Club.

**Kurt Schauwecker** and **Ian McLeod** were the Hickman award winners. Kurt has been very involved in CTC as both a participant and a volunteer. He has enjoyed much success at Hickman, both as a student and runner. Kurt finished 6th in the 3200 meter run at the state track meet his junior year, and placed 9th at the state cross country meet last fall. Kurt will continue his education and athletic career this fall at University of Missouri-Rolla.

Ian has participated in the Summer Youth Program since he was four years old. His family has a long tradition of helping with the Heart of America Marathon, and he was a member of the CTC Colts. Ian received enthusiastic endorsements from his teachers who described him as well-rounded and a problem solver. Ian will be attending the University of Missouri-Columbia this fall.

**Jimmy Keown**, a Rock Bridge graduate, has been extremely active in CTC as a runner and volunteer. He has led the Rock Bridge track and cross country teams as captain for the past two years. His coach wrote, "The biggest asset Jimmy has brought to the Rock Bridge program has been his leadership." Jimmy earned cross country All-State honors, and has excelled academically as well. Jimmy will continue his education and running at Purdue University.

**Elizabeth Cohen** and **Steve Shimkus** both earned the award from Helias High School. Elizabeth got her start as a member of the CTC Colts and the summer youth program. She continues to help with the youth program. Elizabeth ranked first of her graduating class of 204 students and earned a perfect 4.0. She has participated fully in high school activities including speech, yearbook, choir, as well as volunteering her time with several community organizations. Elizabeth served as captain of her cross country team and has earned All-Conference honors all four years. She will be a part of the 2005 incoming class at Marquette University. Elizabeth's acceptance letter included a handwritten note from the Dean of Admissions that read, "Liz, You truly serve others!"

Steve Shimkus, our February 2001 CTC Runner Profile, has been an active part of the CTC Colts program and the Summer Youth Program. He continues to give generously of his time to his elementary alma mater, Columbia Catholic, as a volunteer with the chess and track/cross country teams. Steve finished his track career at Helias as their top pole vaulter, and he also competed in several running events. He was a four-year letter winner in track, and was named "Best Field Event Athlete" at Helias for two years. Steve will continue his athletic career and education at University of Missouri-Rolla where he hopes to compete as a decathlete for the track team.

We appreciate the time and energy these five young people have given the track club, and we wish them continued success in the years ahead.



# Congratulations!



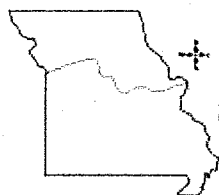


## 2005 Columbia Track Club Schedule

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

6/8	6 pm	<b>Summer Youth Program</b> (every Wed. for 6 weeks) NEW—Events for Adults	\$1	Linda LaFontaine, 442-2581 Tom Allen, 339-5655 Marc Keys, 256-2635	Hickman Track
6/25	7:30 am	<b>Show-Me State Senior Games 5k</b> (10k—June 26)	\$15	Joe Duncan, 445-2684	5k—Bethel Park 10k—Walton Stadium
7/31	8 am	<b>Show-Me State Games 5k</b> (Track & Field July 29-30 Triathlon July 17)	\$15	Joe Duncan, 445-2684	East side of Faurot Field
8/6	7 am	<b>Great Sandbagger 10k</b>	**	Dick Hessler, 874-2906	Mill Creek Elementary School parking lot
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> 46th annual	\$25	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center

### For other *Out-of-Town Events*



see the CTC website  
at:  
<http://ctc.coin.org/>

### Welcome New CTC Members

Bryan Maggard	Columbia
Deidre Mattson	Columbia
Melanie McClain	Columbia
Eric Schulte	Columbia
Luke Troyer	Columbia

### Race Announcements:

- Fulton Street Fair 5K**, June 18th, 2005 as part of the Fulton Street Fair. Registration is at 8:00 am with the run starting at 8:30. The course begins on 5th St. just east of the Callaway County Courthouse and takes the runners from downtown Fulton onto the Stinson Creek Trail. Fast and flat! Plus, the street fair should be a great time that weekend so folks can stick around to enjoy all of those activities as well. The YMCA of Callaway County is giving a free pass on race day to race participants in case anyone wants to clean up or put in an extra workout.  
<http://fultonstreetfair.missouri.org/>
- 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)

## 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

0512

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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