

COLUMBIA TRACK CLUB

Notes & News



Volume XLVII No. 5 August 2014

The 45th Annual Great Sandbagger Race August 2, 2014



Upcoming Events

See Page 19 and the CTC website for more event info:

Ice Cream Social
August 17, 4:00pm
Bonnie View Nature Center

First Colts Practice
August 21, 4:30
Stephens Lake Park

Heart of America Marathon
September 1, 6am
Stadium Blvd.

Color Me Blue 5k
September 19, 7pm
Cosmo Park

**Roots n Blues Half Marathon
10k**
September 27, 7am
Flat Branch Park

**Rock Bridge Revenge
7miler, 25K, 50K**
October 4, 8am
Rock Bridge State Park

Prevent 5k/ 10k
October 18, 8:30am
MKT at Scott Blvd

Name	Clock Time	Predicted Time	Actual Time	Handicap	Place
Bob Martin	1:06:41	52:00	46:41	20:00	5
Sankalp Shiva	1:08:04	1:00:00	56:04	12:00	11
Tom May	1:08:57	42:30	39:27	29:30	1
Jose Mendez	1:09:30	45:15	42:45	26:45	19
Andy Emerson	1:10:04	42:00	40:04	30:00	3

Looking Back — 25 Years Ago

August 26, 1989 Great Sandbagger: was a 30k this year, with an ancillary 20k thrown in. Michelle McFadden made history by becoming the first woman to be the overall winner of a CTC race. She finished in 2:05:07, a 6:42 pace. She was followed by Roger Turnbough, the RD, in 2:12:52. Fred Fritsch was 2:22:32, Mike Kaylen 2:23:00, Dick Madsen 2:24:36, Mike Little 2:29:09, Kevin Rudeen and 5 others. It was mentioned that Rudeen won the Sandbagger Trophy. It was noted that he was not notified until long after the race that he had won. Seems there was a calculating error in determining the winner. Such is rather common with the Sandbagger.

There were 14 runners in the 20k led by Steve S-F at 1:15:14. Others: Mike Walther 1:25:06, Simon Rose 1:30:01, Ron Wampler 1:39:19, Joe Duncan 1:45:39, Linda Price 1:52:05. Gayle Johnson walked the 20 in 2:03:17

September 9, 1989: 2-Mile Cross Country, Bethel Park: Larry Henze 11:05, Tracy Smith 12:08, among the others: Mark Hosler, now a physician in Cape G., 12:25, Mike Little 14:17. RD was Linda Price whose dog, Raffles, marked the course "in his own way."

September 16, 1989: 5k Cross Country, Gustin: Steve Engelbrecht 18:15 paced 14 others including: Ben Londeree, 55, 21:04, Destiny Thomas, 12, 30:45, Jenny Cordia, 13, 30:45 Boots Gerhardt, 69, 31:48, now 84 and still going strong in Topeka, KS, Darlene Londeree 32:25

friends can vouch for that) but deep down it is something that I absolutely love doing. It's cathartic for me. If I've had a particularly stressful day, a good run helps me clear my head so that I can recharge and tackle the next day. If I'm sad or disappointed about something,



running gives me perspective because at least I'm lucky enough to be out there capable of running and doing something I enjoy. If I'm struggling with a decision, I often find the answer on a long run. If I'm feeling alone, I always find comfort in running with my friends, they help me to take my mind off the challenging things in life and give me a reprieve from my problems. And if I'm having a good day, running is kind of the icing on the cake. If you haven't thought about it in awhile maybe take a little time and really think about why you run. You might find an answer you weren't really expecting. Happy running!!

President's Letter

By Beth Luebbering

Why do I run? Do you find yourself asking this question? Or possibly you often get a crazed look from coworkers or friends as they ask "Why do you run?" Why do we run? Maybe it's sometimes out of habit or maybe out of guilt because of the bag of chips you ate while watching that movie last night. Maybe it's because everyone else is out there at 5:30 am at the Forum Trail Head, and you know you'll never hear the end of it if you don't show up (yes maybe this has been me a time

or two 😊.) We all go through phases where getting out and running is a little harder than usual, and we find ourselves asking the question, "why do I run?". My motivations and reasons for running may have changed over the years but as I contemplate on my running career so far I realize that my reason for running has really always been the same. I genuinely love running, and those that don't run can't comprehend how anyone can love running but I really do love running. Yes I won't deny that I do my fair share of complaining about running (my running

CTC BOARD OF DIRECTORS:

Beth Luebbering, <i>president</i>	Dick Hessler
Marc Keys, <i>vice-president</i>	Joe Duncan
Tom Allen, <i>secretary/treasurer</i>	Nancy Taube
Steve Stonecipher-Fisher	Nancy Rezabek
Lisa Wells	

CTC PAST PRESIDENTS:

- Joe Duncan (Nov. 1968 to Oct. 1987)
- Tom Coon (Nov. 1987 to June 1989)
- Joe Marks (July 1989 to June 1991)
- Steve Stonecipher-Fisher (July 1991 to Dec. 1992)
- Joe Marks (Jan. 1993 to Nov. 1995)
- Curt Kempf (Dec. 1995 to Oct. 1997)
- Dick Hessler (Nov. 1997 to Nov. 2004)
- Linda LaFontaine (Dec. 2004 to Dec. 2009)
- Bill Stolz (Jan. 2010 to Dec. 2012)
- Matt Dreier (Jan. 2012)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: www.columbiatrackclub.com

CTC NEWSLETTER EDITORS:

Ellen Williamson: paganellen@gmail.com

Linda LaFontaine: linlafontaine@aol.com

CTC publishes a newsletter eight times per year.

The next issue will be sent in September Please submit any additions to Ellen or Linda before Sept. 26.

Runner's Profile: Barney Sword

Name: Barney Sword Jr.

Age: 83

Columbia Track Club Member Since:
About 25 years

How long have you been running and why did you start running?

My first written record for a race was the 1984 Human Race. I finished 497 out of 499 men. I started out running/walking with people from work. One of the guys used a wheelchair. On some of the hills, it took 3 of us to push him up the hill. They gradually dropped out and then I was the only one for the Human Race. I started other races then and ran about 7-8 races a year including 5K, 5 Mile and 10K. After a knee injury about 5 years ago, I only ran 5K races.

Greatest running influences? My early influence was Joe Duncan, both as a runner and a director. I can remember him awarding medals as we crossed the finish line. I have been behind him and I have been in front of him. I had rather be in front. For the last 10 years or so, my daughter has been my guide as she has run several marathons and her training ethic is strong. She has run the Roots and Blues race several times just so we could watch her.

On average what is your weekly milage: About 16 miles per week

What is your favorite workout and/or race? I like the Jay Dix Race because I knew him from the VA Hospital. I liked the Show-Me Stampede because Joe Duncan served a good meal afterwards.

Where is your favorite place to run? : I like the trail behind the Mizzou Arena and the trail on Stadium starting at the King Memorial. After a knee injury and surgery, the doctor's last words were "Don't run on concrete."



What are your running accomplishments? 5K-24.52, 5 Mile-49.28, 10K-57.43

In 2014 I have run the St Patricks 5K, Head for the Cure 5K, Jay Dix 5K and the Senior Game 5K. The Senior Game 5K was June of 2014 and my time was 33.30.

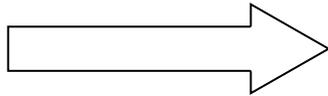
What are your running goals? Continue running as long as I can then try walking. Avoid the concrete along the way.

What is your favorite pre- or post-run food? Usually only coffee before a race. Enjoy coffee and breakfast at the Upper Crust or lunch at Cheddars.

Personal Information and interests: Billie and I have been married for 55 years and have 4 children. We have lived in Columbia for 38 years and are originally from Kentucky. I worked at the VA Hospital for 18 years and I have been a Volunteer Income Tax Preparer for 22 years.



Angela read the piece below before publication. She said she and her husband enjoyed reading it. However, she made no comment about its accuracy. She knows some crazy guy invented this tale. She was happiest knowing The Thing has a new home.



Blast from the Past Angela receiving the trophy last year



In 2013 Angela Wagner sandbagged herself to victory in this legendary race much to her chagrin when she learned what she had done, that is, gaining the privilege of giving room and board to the grotesque "The Thing." Angela is now Angela Kennedy having recently married a fellow named Kennedy. It is said that the presence of The Thing in Angela's family presented a certain dilemma. Why could it (the sex of this creature has not yet been determined) not come to the reception? Angela insisted it was a member of her family and was entitled to stand up with the bridesmaids or groomsmen. After all it had the golden wings (albeit somewhat tarnished) of an angel. A compromise was made; the thing could come but Angela had to promise not to come to this year's event for fear of bringing it back home. Most of those at the reception failed to notice The Thing back in a corner standing silently, putting its blessing on the marriage. Can any of us say that a marriage so blessed cannot last forever? Angela didn't come to the race. She couldn't even face Andy Emerson when she brought The Thing to him in a rented trailer not wanting him to bear witness to her tears.

By the way, there was a race. Results on the next page. Thanks to Nancy Rezabek, Randy Gay, Tom Allen, Christy Swartz (recruited on the spot) and Linda LaFontaine, at the turn-around, for their help and to Andy for giving The Thing a ride without having to wrench it from the arms of Angela.

The new home belongs to Bob Martin. Bob masterminds the Wednesday morning, mostly speed, workouts. Since Bob emphasizes pacing why did he miss so badly with his prediction? Maybe he isn't good at distance pacing, or more likely he was so entranced with the beauty of The Thing he just had to have it. Rumor is he has some ideas to truly enhance its beauty before returning it in 2015. If the creature becomes any more beautiful, then someone is going to try winning it three times, thereby gaining permanent possession thereof.

Great Sandbagger Continued

Dan Eddin	1:11:28	40:00	39:28	32:00	2
James Harrington	1:11:43	1:02:15	1:01:58	9:45	18
Lisa Wells	1:11:49	53:00	52:49	19:00	10
Katie Hauser	1:12:29	40:00	40:29	32:00	4
Kurt Kennett	1:12:51	46:45	47:36	25:15	7
Jamie Szabo	1:12:54	1:10:00	1:10:54	2:00	20
George Szabo	1:12:55	1:10:00	1:10:55	2:00	21
Richard Swartz	1:13:15	46:00	47:15	26:00	6
Allene Gremaud	1:13:18	55:00	56:18	17:00	13
Berkley Hudson	1:13:23	57:00	58:23	15:00	15
Nick Thurwanger	1:14:00	48:00	50:00	24:00	9
Amanda Birkemeier	1:14:21	55:00	57:21	17:00	14
Matt Rold	1:15:08	46:30	49:38	25:30	8
Julie Kesterton	1:15:32	1:00:00	1:01:32	14:00	16
Jake Kesterton	1:15:32	1:00:00	1:01:32	14:00	16
Toni Dinwiddie	1:15:52	1:12:00	1:15:52	0	22
Bruce Dinwiddie	1:16:14	52:00	56:14	20:0	12



Non-CTC Events



Mohican Trail 100 Mile Run **June 21, 2014** **Loudonville, OH**



On June 21 Andy Emerson placed 9th overall in 22:32:20. The 25th anniversary Mohican Trail 100 Mile Run had a record 192 starters and 108 finishers. This race, often referred to as the MO100, has become one of the nation's premier ultra-marathons. Home of the first ever USATF Ultra Running Championship in 2005, Mohican is reportedly the fifth oldest ultra-running race in the USA. The race is run along a challenging course winding its way through the lush 5000 acre Mohican Memorial State Forest. The race starts near Loudonville, OH. This was Andy's 7th 100 mile since 2010.



Alex Ergaly



Alex Ergaly



SEPTEMBER 1 - COLUMBIA, MO

REGISTER TODAY AT
HeartOfAmericaMarathon.com

26 MILES - 385 YARDS



55th Annual HEART OF AMERICA MARATHON

Labor Day, September 1, 2014 Columbia, Missouri 6 a.m.

Entry Fee: \$45, \$55 on September 1 or 2. Checks payable to Columbia Track Club.

Entry Deadline: Please, by August 30. No entries after 5:30 a.m. race day.

Headquarters: Hampton Inn (1225 Fellow's Place).

Room Reservations: 573-214-2222 Rate: \$122, including taxes; one to four people; for August 31 only; must reserve by August 30; ask for group rate or use group code CHXHOA. Register online at: columbiauniversity-suites.hamptoninn.com

Packet Pick-up: Sunday, August 31: 2-7 p.m. Monday, September 1: 5-5:30 a.m.

Time Limit: Six hours. The finish area will close at noon.

Aid Stations: About every two miles with water, Gatorade and ice.

Awards: Framed posters to overall male and female winners. Running shoes (from Tryathletics) to overall winners and first age 40+ male and female. Plaques to first three males & females in age groups: 24 & younger, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60+. T-shirts to all entrants, medals to all finishers. Dave Schulte Award for the most improved 2014 HOA performance compared to a sub-five-hour 2013 HOA.

Post-race: Awards will be presented at a post-race gathering at Shakespeare's Pizza (Ninth & Elm Streets) at 11:00 a.m.

FREE PIZZA TO ALL HOA ENTRANTS
The course is USAT&F certified — # MO0767 BG.

ENTRY FORM

Return to: Columbia Track Club, Box 1872, Columbia, Mo. 65205
(or register at: heartofamericamarathon.com, or runrace.net)

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 I might have against the City of Columbia, the Columbia Track Club and any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Male _____ Female _____

Print name: _____ Birthdate: _____ Age on race day: _____

Address: _____ State: _____ Zip: _____
Street City

Signature: _____ (if younger than 18, parent must sign)

Number of marathons completed: _____

COLUMBIA pet expo UNLEASHED

5K

Packet pick up
begins 7am @ race site
or Friday 9/12 4pm @
Treats Unleashed

Stephens Lake Park SAT 9.13.14

Race begins at 8:30am



Register by 9/5/14
and get a free t-shirt.



Scan to register or
unleashed5k.eventbrite.com



Late registration fee

All runners and walkers welcome. Professionally timed.
Prizes for top 3 with dogs and top 3 without dogs.
Dogs available to rent and walk.



Benefiting No Kill Columbia's Spay Neuter Project.



miracle MARATHON
 SEPTEMBER 16 THRU OCTOBER 12 2014

27.2 MILES

MIRACLE MARATHON

1 mile a day → 27 DAYS → your own way → FOR THE KIDS

WHY 27.2?
 BECAUSE IT'S A MARATHON – PLUS AN EXTRA MILE FOR THE KIDS!

WHAT IS MIRACLE MARATHON?

- 1**

HOW IT WORKS

Run, walk or swim for 1 mile. You can walk, run, jog, swim or do anything else you like as long as you do it every day for 27 days. It's yours to do your way.
- 2**

GET INVOLVED

Share the love with family, friends or colleagues to get help and stay healthy. It's all about staying healthy and happy.
- 3**

WHAT HAPPENS

Half way through the 27 days, you'll get a special surprise. You'll be invited to a special event where you'll meet the people who make a difference. You'll also get a special gift.
- 4**

HOW TO START

Get the 27-day kit today. It's yours to keep. You'll get a special kit with everything you need to get started. It's yours to keep.



Join the journey at MIRACLEMARATHON.ORG





**13th Annual Rock Bridge Revenge
Trail Runs 7 mile/25/50K
Saturday, October 4, 2014
Rock Bridge State Park
Columbia, Missouri**



START: 7:00 a.m. (50K) 8:00 a.m. (7 mile and 25K) with staggered start.

COURSE: The course is 100% single track trail with a variety of terrain and creek crossings. The 7-mile course is one loop on the Devil's Ice Box Trails. The 25K course will be one loop on the Devil's Ice Box Trails, cross over Hwy 163, and one loop on the Gans Creek Wild Area Trails. The 50K is 2 loops of the 25K course.

AID: 1 Aid station for the 7 mile, 3 Aid Stations in the 25K & 6 in the 50K stocked with a variety of food, water and Gatorade.
Approximate distance between aid stations is 4 miles.

ENTRY: \$35/25K & 50K and \$25/7 mile. No race day registration or refunds.

Online Registration at <http://www.runrace.net> or in person at Tryathletics.

Race limited to 150 competitors for all races combined. Park management reserves the right to cancel the race due to adverse conditions.

CHECK-IN: Race Headquarters will be located in the Billy Gilbert Shelter located in the upper parking lot of Rock Bridge State Park. Packet pickup will be held on Friday, October 3, from 4:00-7:00 at Tryathletics, 1605 Chapel Hill Rd, Columbia. Packets will be available at the race site after 6:30 a.m. on race day. **All 25K & 50K participants will be required to check in at Race Headquarters on race day.**

POST-RACE: Pancakes and sausage prepared on site.

AWARDS: Cash Award for Overall Male & Female in the 25K & 50K. All participants will receive a long sleeve technical shirt. **Embroidered gloves for the first 95 signed up.** 25K & 50K will receive special race swag.

CONTACT: Jeff Wells, 7650 W. Westlake Rd., Columbia, MO 65202. Phone: 573-446-0717.

Please print clearly (especially email) so we may send you a confirmation of your entry hassle-free. Thank you.

Name: _____ **Race Entry Fee:** \$ _____

Address: _____ **Event:** 50K ___ 25K ___ 7 mi ___

City: _____ **State:** ___ **Zip:** _____ **Age on 10/04/14:** _____ **Shirt size:** S M L XL

Phone #: _____ **Email:** _____ **Gender:** M ___ F ___

Waiver: In consideration of my entry into the competition known as Rock Bridge Revenge/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 or Missouri Department of Natural Resources, their agents, employees, representatives, successors and assigns. I agree to follow all the 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.

Make checks payable to: Columbia Track Club & mail to
Jeff Wells, 7650 W Westlake, Columbia, MO 65202

Signature: _____ **Date:** _____

Summer Youth Program Update

Do you have the 2013 Summer Youth Program Results Book? Last year it was given to someone who volunteered to update the records. No one remembers who, and no one has come forth with the book. If you see it in your house, please bring it to Tryathletics. Thanks!!

A new long jump record was set this summer. Devin Turner set a new record in the boys 10-11 yr old age group. Devin's 14'11 3/4" jump broke the Graham Buresh/Wesley Leftwich record of 13'8". Congrats to rising star Devin!

We had a total of 283 children this year, ranging in age from 2 - 16 years.

Thanks to all the dedicated volunteers who make this great program possible!



You Are Invited!!

Ice Cream Social August 17, 2014 4pm

Location is the pavilion (which also has running water and flush toilets) at the Bonnie View Nature Center at 3300 west Rollins. Take west Broadway until it turns into Scott blvd turn left at the light on to Rollins and it is about a mile on the right side of Rollins.

CTC will provide table service, ice cream and drinks. We ask that you bring a treat (cupcakes, brownies, cookies etc.) and a topping (syrup, whipped cream, cherries etc.).

Please RSVP to Nancy rezabfw@aol.com with the number in your family attending and what kind of ice cream you like.

Color Me Blue 5K Run and 1Mi Walk

Join Mizzou Dance Marathon for the Color Me Blue 5K Run & 1Mi Walk! The race will begin at 7 p.m. on September 19 at Cosmo Park. Choose to make it a fun run by covering yourself in color, or appeal to your more adventurous side by focusing on the scenic, six-terrain course, featuring grass, gravel, dirt paths, wooden decking, concrete and dirt/rock paths, that winds through the trees and along the lake. The 1.25-mile walk course is a paved path that is stroller and wheelchair friendly. Register for \$25 at www.mizzoudm.org. All proceeds benefit pediatric patients of mid-Missouri.

FTK... For The Kids

NEW MEMBERS

Erika Lietzan	Columbia
Amy Livesay	Columbia
Butch McFeters	Columbia
Rich Vahle	Columbia
John Venner	Columbia



GONE DIGITAL

To receive future newsletters in PDF format,

please make sure Tom Allen has your email address (contact him at thomallen@socket.net).

Thanks for understanding and for your cooperation!

2014 COLUMBIA TRACK CLUB SCHEDULE 2014

Date	Time	Event	Fee	Race Director	Start Location
Sept. 1	6 a.m.	55th Annual Heart of America marathon *#	\$45	Joe Duncan, 445-2684, jocar2605@centurytel.net	Stadium Blvd. at Hearnes Center
Oct. 4	8 a.m.	Rock Bridge Revenge 7-Mile/25K/50K *	\$25 (7 m) \$35	Jeff Wells 446-0717, lisawells@aol.com	Rock Bridge State Park
Oct. 18	8:30 a.m.	Prevent 5K/10K *	\$20 (5K) \$25	Ryan Hauser, 234-8815, ic_monavie@hotmail.com	MKT at Scott Blvd.
Oct. 19	7 a.m.	Courthouse to Capitol Charity Ultramarathon & Relay (39 miles)	\$0	Darrin Young, 999-3838, challengesbychoice.com	Courthouse Building, Columbia
Nov. 3	7 p.m.	CTC Annual Meeting		Beth Luebbering,	Daniel Boone Library
Nov. 8	8 a.m.	Hunger Run 5K/10K *	\$25 \$15 (<12)	Steve Stonecipher-Fisher 447-2453, Tryathletics@gmail.com	Central Missouri Food Bank
Dec. 6	8:30 a.m.	Cheese & Sauerkraut 10-Mile *	\$0 (CTC) \$3	Dick Hessler, Randy Gay 874-2906, HesslerR@missouri.edu	Katy Trail at McBaine
Dec. 31	4 p.m.	Columbia Eve Fest 5K *#	\$25 \$15 (<12)	Linda LaFontaine, 442-2581, linlafontaine@aol.com	CyclExtreme

CTC events are above. CTC supported events (in which the club helps with timing, equipment, etc.) are below.

Sept. 27	7 a.m.	Roots N Blues Half Marathon & 10K	TBA	Patrick Hanson, 268-1409,	Flat Branch Park
----------	--------	--	-----	------------------------------	------------------

Volunteer Opportunities

Heart of America Marathon is September 1st and is always in need of extra hands. Please contact Joe Duncan at jocar2605@centurytel.net if you can help with this race.



See Page 13 regarding the Ice Cream Social. Everyone is invited and encouraged to RSVP and come mingle with other runners.

* Serial Competition Events (see website for details)
Certified course

For a more complete calendar of events, please visit columbiatrackclub.com.

COLUMBIA TRACK CLUB

Membership information

If you run, jog or walk, CTC is for you!

CTC offers events for people of all ages and abilities.

What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ◆ **Summer Youth Program:** This five-week program stresses personal improvement for kids ages 4 to 16. From June to July, more than 400 youngsters compete in running and walking events (ranging from 200 meters to three miles) and field events.
- ◆ **CTC Colts:** The Colts are a competitive running team for kids ages 5 to 16. The team practices together once a week in the spring and competes in the Show-Me State Games in July. They also run cross country in the fall.
- ◆ **Scholarships:** CTC awards \$500 to \$1000 scholarships to CTC members from area high schools each year. The scholarships are funded by club memberships, club sponsored events and private donations.

- ◆ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations, including the Arthritis Foundation and the Central Missouri Food Bank.

What's in it for you:

- ◆ As a member you'll receive a newsletter highlighting the activities of the club, race results and area running and walking events.
- ◆ Awards are presented to individuals for their participation and achievement in various races.
- ◆ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.
- ◆ A discount is offered to CTC members at Tryathletics.

The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the

To join: Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs from January through December.

Please send your name, address, phone number, birth date, email and a list of all family members at this address, with your check to:

**Columbia Track Club
P.O. Box 1872
Columbia, MO 65205**

Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

Information:

Want to know more? Contact CTC president Beth Luebbering (bal2run@hotmail.com) or visit ColumbiaTrackClub.com.



COLUMBIA TRACK CLUB NEWS

P.O. Box 1872
Columbia, MO 65205

CHANGE SERVICE
REQUESTED

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____ Would you like to be e-mailed about upcoming CTC events? Y N

Members of family at this address and their birthdates:

Annual fees are \$20, which cover 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