

# COLUMBIA TRACK CLUB

## Notes & News

Volume XLVII No. 6 September 2014

### Heart of America Marathon September 1, 2014 7am

AFTER A DELAY OF ONE HOUR DUE TO LIGHTNING, ANDREW DANNER AND NIKI HILGENBERG, HEAD OFF TO VICTORY IN THE 55<sup>th</sup> ANNUAL HEART OF AMERICA MARATHON LEADING 177 OTHER RUNNERS IN THE SMALLEST FIELD SINCE 2008

September 1, 2014

**Prologue:** Fear no more the lightning flash,  
Nor the all-dreaded thunder-stone      Shakespeare *Cymbeline*, iv, ii, 258

The Heart of America Marathon, is usually, properly so, focused on the runners. Occasionally, an event occurs which affects or mars HOA: heat, excess humidity, cold (a favorable event), rain, floods, a train passing by, irate (or even friendly) dogs or people, in or out of cars. At 5:45, Labor Day morning, the 55<sup>th</sup> Annual HOA, with Thor firing off dangerous bolts no insulator could ever hope to conquer, was in jeopardy. Finally, at 6:30, the Midgard Serpent arrived and Thor was no more.



### Upcoming Events

See Page 19 and the CTC web-site for more event info:

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

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

**CTC Annual Meeting**  
November 3, 7pm  
Daniel Boone Library

**Hunger Run 5k/10k**  
November 15, 8am  
Vida Coffee Co.

**Cheese and Sauerkraut**  
December 6, 8:30am  
Katy Trail at McBaine

**Columbia Eve Fest 5k**  
December 31, 4pm  
Cyclextreme

Place	Name	City	Age	Chip Time					
1	Andrew Danner	Louisville KY	33	2:45:36.4	10	Loc Hong	Clinton MO	30	3:16:24.4
2	John Venner	Kirksville MO	25	2:52:44.4	11	Bill Kotaska	Saint Louis MO	52	3:18:26.5
3	Nate Guthals	Roeland Park KS	23	2:56:08.8	12	Gary Mundhenke	Kansas City MO	52	3:26:54.1
4	Roy Wedge	Lawrence KS	22	2:57:46.5	13	Nicholas Benner	Columbia MO	33	3:27:37.6
5	Aaron Norman	Oak Grove MO	33	2:59:14.6	14	Niki Hilgenberg	Saint Joseph MO	33	3:31:25.7
6	Jeff Williams	Independence MO	36	3:00:44.0	15	Curtis Turner	Houston TX	31	3:33:49.3
7	Jason Razo	Columbia MO	30	3:07:36.2	16	Tim Mahler	Springfield IL	54	3:34:52.4
8	Andy Emerson	Columbia MO	45	3:13:44.0	17	Alex Johnson	Rolla MO	25	3:34:52.1
9	Tom May	Columbia MO	48	3:14:44.4	18	Jeff Foes	Alton MO	48	3:35:38.4
					19	Mark Pecaut	Leawood KS	39	3:35:44.0

## Looking Back — 25 Years Ago

Two major events in October, 1989:

1. The 22nd Annual One Hundred Mile Walk, September 30/October 1: Alan Price, Washington, DC, the almost perennial winner of this walk covered the 100 miles in 19:54:11 followed by Dale Sutton, San Diego, 20:21:43, Ray Franks, Lakewood, CO, Dave Thorpe, Newport Beach, CA, Veda Roubideaux, becoming one of only five women Centurions, San Diego, all under the 24-hour time limit. The event was held on Stankowski Field due to a conflict with Hickman Track.

2. The 30th Annual Heart of America Marathon, the last one, of 8, held on an October day in the 80's, and the last HOA with anything even close to the 41 degrees at the start. Charles Nichols, St. Louis, won his first of two HOAs, at 2:42:00, 3:49 up on Raul Flores, Overland Park, KS. Tom Malloy was first Columbian at 2:51:53 and won the Schulte Award with a 21% improvement over his PB. Lou Fritz got a nice award for finishing his 25th consecutive HOA, winning the Masters title with 2:57:34, a scant 2:25 behind a young Dave Dobkowski who was in his 4th HOA; he would ultimately finish 28 of them, and is still going. CTC's Betty Bohon won the women's title at 3:31:34. Other CTC: Mike Kaylen, his first marathon, a fine 3:09:37, Mike Little, 3:15:30, Dick Madsen, 3:16:43, Simon Rose, his 1st HOA, 3:30:41, Fred Fritsch 3:40:22, Don Johnson, 61, the oldest, 3:56:29.

brought supplies to the race, helped with timing, and so many more crucial jobs, I would like to say thank you!! Most importantly I would like to thank Joe Duncan, he truly is the Heart in Heart of America. He coordinates everything for this race and has made it the marathon that it is today. He is a true inspiration, and I appreciate all that he does for this marathon and for CTC.

Our winner for the marathon this year was Andrew Danner from Louisville, Kentucky with an impressive time of 2:45.36, and the overall female winner was Niki Hilgenberg from St Joseph with a time of 3:31.31. Our Schulte Award winner was Anne Sievers from Columbia, her time at Heart this year was 3:42.47 quite an improvement from her previous time of 4:13.47. Our masters winners were CTC's own Andy Emerson with a time of 3:13.44 and Melissa Martinez from Crocker with a time of 3:48.35. Congratulation to all of our Heart of America participants, just toeing the line for this race is a win in my book. We will see you next year!!! Happy running everyone.



## President's Letter

By Beth Luebbering

Another year, another Heart of America Marathon. This year for the first time in Heart history we had to delay the start of the race due to weather. The lightning and thunder that poured through Columbia before the start of the race was almost as intimidating as the course itself, but once the storm moved through the weather was perfect! The Heart of America is one of my favorite CTC races to be involved in, and it's a great way to spend my Labor Day. It is a joy to be there amongst friends and being able to meet new runners from all over the country. So many of our racers are repeat Heart of America participants, they all say that they really enjoy the challenge of Heart and always commend our volunteers. The work that goes into putting on a successful marathon is tremendous but it never feels like that with Heart because of all the wonderful volunteers we have. It was great seeing the high school cross country and track kids helping at the aid stations. These kids are the future of our running community, and it's wonderful to see them spending their Labor Day helping us on the marathon course. To all our volunteers, who drove trucks, handed out medals, assisted at aid stations, helped with packet pickup,

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CTC WEB SITE: [www.columbiatrackclub.com](http://www.columbiatrackclub.com)

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CTC publishes a newsletter eight times per year.

The next issue will be sent in October. Please submit any additions to Ellen or Linda before October 24th.

**The Question:** The Saturday before Race Day it was apparent we would have thunderstorms coinciding with the start. So, the question: What are we going to do about that?

**The Decision:** We had no severe weather policy, so we decided to develop one. We did. Beth created a Group Text which quickly enrolled, perhaps, 25 or so members. We created our Severe Weather Policy which is simply "Communicate, Decide, Communicate." Race Day around 5:45 am we knew we could not start at 6:00. Heavy rain was ok, but not ferocious lightning. We told the gathered crowd of anxious runners at Hampton Inn that we had a tentative start time of 6:30. We kept checking with the Channel 8 weather man and the weather radar on TV. "Heavy rain until 8:00." But what about lightning? The man couldn't tell us. We scrapped the 6:30 start and went to 7:00. Groans. Tim Cornell came in at 6:25. He had been at the start, placing the chip mats. "Is there still lightning out there?" "There hasn't been any for an hour," he replied. That was all we needed.

**The Announcement:** "We are going at 7:00!" Cheers. The Severe Weather Policy had its first test and it worked. Fortunately all the lightning occurred before and at the scheduled start time so the process was easy. Halfway through the race it would have been more difficult. For 54 years we had no policy. Only eight of those years had any rain--a mighty .41" in 1962 and only light rain the other occasions. Our Severe Weather Policy is now in place for the future. After all, that titanic struggle between Thor and the Serpent has never ceased. Just a few hours after the HOA finish, some five inches of rain were dumped on Boone County by a thunderous storm. Thor had come back with a vengeance.

**The Start:** The gun was fired at 7:00. With that the 55<sup>th</sup> Annual Heart of America Marathon was off and running into history, and before nightfall, thanks to Webmaster, Hugh Emerson, into the HOA archives, that repository of ancient HOA lore. It was, because of the rain, cool at the start, 66 degrees, and remained cool until the sun (that would be Helios) popped out at about three hours into the race.

"Race photos by Shane Ep-  
ping and Candace Rosen."

20	Timothy Reboulet	Saint Louis MO	39	3:37:35.9
21	Lee Stubblefield	Cassville MO	58	3:38:12.3
22	Lorc Weir	Kinderhook IL	40	3:38:06.6
23	Chris Cook	Columbia MO	43	3:38:48.0
24	Cory Scheer	Liberty MO	38	3:38:48.0
25	Keith Fernandez	Columbia MO	48	3:39:24.6
26	Casey Prosise	Nashville IL	39	3:40:32.1
27	David Dobkowski	Saint Louis MO	56	3:42:27.8
28	Anne Sievers	Columbia MO	39	3:42:43.8
29	Paul Maness	Springfield MO	44	3:44:26.8
30	Danielle Chirumbole	Saint Louis MO	21	3:45:34.2
31	Nick Bestgen	Jefferson City MO	34	3:47:05.3
32	Jim Behrens	Saint Louis MO	52	3:47:21.9
33	Mitch Neuhaus	Saint Louis MO	54	3:47:22.8
34	Matthew Thomas	Maryland Heights MO	49	3:47:44.9
35	Heather Cox	Columbia MO	36	3:47:36.4
36	Charles Moran	Saint Louis MO	29	3:47:52.5
37	Melissa Martinez	Crocker MO	43	3:48:35.2
38	Stephen Dullard	Ashland MO	29	3:50:57.2
39	Art Menke	Prairie Village KS	42	3:51:40.0
40	Kinsey McKenrick	Lawrence KS	23	3:53:07.3
41	Amy Livesay	Rocheport MO	41	3:53:23.5
42	Ron Golan	Chesterfield MO	52	3:53:25.2
43	Darren Raiguel	Collegeville PA	44	3:53:54.9
44	Houston Wolf	Cordova TN	51	3:54:35.2
45	Tom Handorf	Gladbrook IA	38	3:55:25.3
46	Brooke Sloss	Saint Louis MO	42	3:56:56.6
47	Laura Pinkstaff	Columbia MO	37	3:57:30.1
48	Justin Chockley	Topeka KS	31	3:57:39.1
49	Wael Sammur	Raymore MO	52	3:57:28.9
50	Jennifer Anderson	Columbia MO	39	3:57:57.6
51	Stephen Bourgeois	Steamboat Springs CO	50	3:59:22.8
52	Donovan Evans	Columbia MO	46	4:01:19.6
53	Nathan Kwarta	Saint Louis MO	31	4:02:31.4
54	Jennifer Reisdorf	Columbia MO	42	4:03:19.1
55	Allan Benjamin	Columbia MO	58	4:04:30.3
56	Eric Kimlinger	Firth NE	37	4:05:21.5
57	Terry Sandwith	Slater MO	56	4:05:53.9
58	Eric Shover	Barry IL	53	4:06:06.4
59	Elizabeth Palmieri	Columbia MO	23	4:06:09.3
60	Masahiro Nambara	Brookline MO	36	4:06:37.3
61	Matt Stultz	Mounds OK	22	4:07:31.6
62	Alaina Jacobson	Crocker MO	26	4:07:48.8
63	Jim Diederich	Hartsburg MO	55	4:08:22.8
64	Crystal Davis	Rochester NY	30	4:10:51.6
65	Stephen Losey	Pleasant Hill MO	37	4:10:47.1
66	Ryan Reid	Columbia MO	41	4:12:58.7
67	Ben Pogrelis	Wright City MO	26	4:15:21.0
68	Sankalp Shiva	Columbia MO	28	4:15:36.3
69	Mary Ellen Brad-	Columbia MO	42	4:15:34.9
70	Brent Newman	Saint Louis MO	41	4:17:21.7
71	Sean McGroarty	Saint Louis MO	40	4:17:50.6
72	Christy Stillwell	Mountain Grove MO	44	4:18:33.3
73	Geoff Leigh	Columbia MO	38	4:18:39.6



**THE RACE, Men:** **NATE GUTHALS**, Roeland Park, KS, in his first marathon, and **ANDREW DANNER**, a first-time HOA starter, from Louisville, KY, quickly separated from the 188 starters, with Guthals taking a quick lead of some 100 yards within the first mile, while Danner was another 100 yards ahead of **ROY WEDGE**, his first HOA, Lawrence, KS and **AARON NORMAN**, Oak Grove, MO, who finished 7<sup>th</sup> last year. **JOHN VENNER**, Kirksville, 8<sup>th</sup> last year, was another 100 yards back, then came 45-year-old **ANDY EMERSON**, CTC, in his 11<sup>th</sup> consecutive HOA, 10<sup>th</sup> place in '13, running with 48-year-old **TOM MAY**, also CTC in his 8<sup>th</sup> HOA, 9<sup>th</sup> place in '13, **JASON RAZO**, his first HOA, Columbia, and **LOC HONG**, Clinton, MO, who finished 25<sup>th</sup> in '13 with **JEFF WILLIAMS**, Independence, MO, 20<sup>th</sup> in '13, running 10<sup>th</sup> in that string of runners.

The runners were in that order as they went by the 3-mile location, with Guthals at 19:00, Danner 19:38 with the others stringing out to the 22:42 of Williams. At 6 miles Guthals, 37:49, was up by :53 over Danner while Norman and Wedge had swapped positions with Norman's 20:30, :20 ahead of Wedge. Venner was 41:18, May 42:19, Razo and Hong had switched, Hong now at 42:24 and Razo :20 later. 9<sup>th</sup> and 10<sup>th</sup> didn't change: Emerson 42:46, Williams 43:54.

At 9 miles the first six did not change: Guthals at 56:54, Danner 57:46, Norman, Wedge, Venner within a 40 second block, 1:00:42, 1:01:08, 1:01:22. Hong, 1:03:31, was still in front of Razo, now by :35. Emerson and Williams had also switched, Williams 1:04:40 and Emerson now 1:01 behind him in tenth.

At halfway, the top of Mt. Easley, Guthals 1:22:50 was 1:25 ahead of Danner. Venner had moved into 3<sup>rd</sup> from his 5<sup>th</sup> place at nine miles, just a step ahead of Norman. Wedge had dropped to 5<sup>th</sup>, 1:30:05. May was still 6<sup>th</sup>, 1:32:30, ten seconds ahead of Williams, who had moved from 9<sup>th</sup> to 7<sup>th</sup>, and was now another ten seconds ahead of Hong, now 8<sup>th</sup>. Razo was 9<sup>th</sup>, 1:33:25 with Emerson cruising along with a halfway split of 1:36:10.

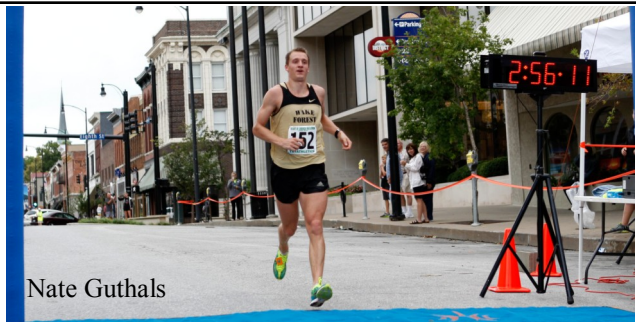
The run from halfway to 15 miles went with no change in positions except for Williams picking up the ten seconds he had been behind May. Williams moved on by May and by 18 had put May, now 7<sup>th</sup>, 1:41 back. At 18 Guthals was now 1:32 over Danner, Venner was solidly in 3<sup>rd</sup>, 2:00:55, :58 in front of Norman, Wedge was still 5<sup>th</sup>, Razo, Hong, and Emerson 8, 9 & 10.

74	Geoff Custer	Columbia MO	38	4:18:53.2
75	Eren Poe	Columbia MO	35	4:19:07.8
76	Maigan Shifley	Columbia MO	35	4:19:27.8
77	August Nielsen	Columbia MO	41	4:20:47.0
78	Madeline Hardison	Springfield MO	37	4:20:46.4
79	Kyle Pryor	Macon MO	36	4:21:01.1
80	Janiece Leigh	Columbia MO	38	4:21:11.7
81	Becky Nielsen	Columbia MO	41	4:21:13.0
82	Brett Harris	Saint Louis MO	37	4:22:19.8
83	Andrew Kramer	Muskego WI	58	4:24:01.3
84	Jim McDermott	Camdenton MO	60	4:24:55.4
85	Taylor Shepard	Whitestown IN	31	4:25:06.0
86	Rae Mohrmann	Saint Louis MO	66	4:27:44.9
87	Chelsea Bessey	Columbia MO	30	4:28:03.6
88	Rebecca Kneeder	Fayetteville AR	38	4:30:01.8
89	Brian Winton	Columbia MO	52	4:31:03.7
90	Mindy Coolman	Missouri Valley IA	32	4:33:31.9
91	Rick Troeh	Independence MO	49	4:33:22.1
92	John O'Gorman	Saint Louis MO	46	4:35:07.7
93	Stephen Rechtien	Florissant MO	60	4:35:28.5
94	Atsushi Kato	Tokyo JAPAN	52	4:35:51.7
95	Jacob White	Ashland MO	24	4:36:11.8
96	Matt Marciano	Chicago IL	20	4:37:07.4
97	Amy Meyer	Ft. Leonard Wood MO	28	4:37:00.8
98	Randall Siddens	Columbia MO	28	4:37:11.3
99	Angeline Pace	Draper UT	47	4:37:28.2
100	Mike Brown	Kansas City MO	47	4:38:52.6





101	Orrin Shelton	Lees Summit MO	28	4:39:10.6
102	Jesse Shelton	Searcy AR	30	4:39:11.1
103	Timothy Powell	Akron OH	54	4:39:45.0
104	Theresa Catalano	Columbia MO	29	4:39:32.7
105	Lyle Barber	Bolivar MO	41	4:39:49.8
106	Bruce Edwards	Saint Charles MO	65	4:42:21.0
107	Doug Jacobson	Crocker MO	56	4:42:42.9
108	Christina Sanderson	Columbia MO	30	4:44:07.5
109	Mina Hayes	Columbia MO	36	4:43:47.9
110	Jason Conner	Columbia MO	37	4:44:24.0
111	Robert Massy	Houston TX	37	4:44:51.1
112	Douglas Ringler	Montgomery Village MD	50	4:44:46.4
113	Angie Orth	Ozark MO	50	4:45:14.9
114	Lacey Jolley	Branson MO	34	4:45:17.4
115	Scott Young	Columbia MO	51	4:47:43.3
116	Tim Mullican	Mitchell SD	54	4:47:57.6
117	Sandra Rice	Sedalia MO	42	4:48:31.6
118	Tom Moore	Greenwood MO	56	4:48:35.9
119	Steve Moore	Harrisburg MO	50	4:48:36.4
120	John Koch	Boonville MO	29	4:50:15.1
121	Kaclyn Zangre	Boonville MO	23	4:50:14.9
122	Rebecca Hennessey	Columbia MO	52	4:51:38.6
123	Erica Canlas	Columbia MO	37	4:52:26.0
124	Rebecca Bishop	Phoenixville PA	38	4:52:40.8
125	Daniel Brown	Abilene TX	64	4:52:34.1
126	Todd Schapira	Rocheport MO	47	4:54:28.5
127	Jeff Calareso	Sunnyvale CA	35	4:55:34.2
128	Joe Johnson	Saint Louis MO	60	4:56:32.7
129	Rob Eichelberger	Columbia MO	60	4:57:41.9
130	Christa King	Springfield MO	43	4:58:44.6
131	Janette Keller	Columbia MO	38	4:59:53.8
132	Ronald Rogers	Chattanooga TN	64	5:00:11.6
133	Danielle Steimel	Aurora IL	45	5:00:22.3
134	Eli Hochstetler	Columbia MO	37	5:02:28.2
135	Jamie Mullen	Columbia MO	36	5:03:05.2
136	Alison Farage	Ozark MO	28	5:03:39.1
137	Allen Rutherford	Mount Vernon IN	52	5:04:33.6
138	Tim Waid	Columbia MO	51	5:05:46.1
139	Lynn Jacobson	Crocker MO	52	5:06:16.4
140	William Casey	Ashland MO	59	5:06:51.4







John Schulz

Coming around the corner from 163 onto Providence Rd., Danner could see Guthals fading so that at mile 21 Danner was only 14 seconds (2:12:40 to 2:12:54) from taking over first, which he quickly did. All other positions were the same as at 15, except for May dropping another place, this time to Razo.

We have no 24-miles splits, but we do know Danner sped the final 5 miles, 385 yards in 32:43, to cross the finish line first. Venner did that 5-385 in 32:50 to take 2<sup>nd</sup> over Guthals, who had suffered severe cramps while gutting out those last few miles. Wedge stormed by Norman to take 4<sup>th</sup>, leaving Norman in 5<sup>th</sup>, but still with a sub-3:00, as he had last year. After being 10<sup>th</sup> at six miles, Williams gradually moved up, finishing 6<sup>th</sup> a scant :44 over the coveted sub-3:00, but almost 17 minutes better than 2013. Razo checked in at 7<sup>th</sup>, then came Emerson and May. As Emerson came around the corner from Stadium onto College he saw May walking ahead of him and eventually passed May on College Ave., about one half mile from the finish. May simply had a bad day. Most likely (he didn't say so) his performance was adversely affected by the one hour delay with the start. Probably that was true with most of the better runners who plan with such precision their preparation for a 6:00 am start. Tom did say, normally, he would have dropped out at some point. However, he knew his daughter, Madison, was following him around the course and he didn't want to disappoint her. Madison had suffered a broken fibula back in the spring and had missed the Rock Bridge Track and Field season. Tom respected that; reflecting on her determination during the recovery process, inspired by her "never give up" attitude, and following the example she had set, he pushed on to a ninth place finish.

Hong grabbed the 10<sup>th</sup> spot improving by almost five minutes over '13.

Danner (1:24:15, 1:21:22), Wedge (1:30:05, 1:27:42) and Williams (1:32:40, 1:28:04) each had negative

splits. Razo was close with 1:33:25 and 1:34:12.

**BILL KOTASKA**, St. Louis, 3<sup>rd</sup> HOA, and **GARY MUNDHENKE**, Kansas City, 6<sup>th</sup>, are both age 52. They took the 11<sup>th</sup> and 12<sup>th</sup> spots, respectively, running together until shortly before the 9-mile mark when the St. Louisian began pulling away from the Kansas Citian. At 12 the gap was 2:05 but Kotaska was pulling away to the final finish, running 11<sup>th</sup> almost all the way. Mundhenke ranged back to 16<sup>th</sup>, but did close the gap so that no one finished between the two.

**CHRIS COOK**, in his 18<sup>th</sup> HOA and the winner in 2006, finished in 3:38:38, **DAVE DOBKOWSKI**, now 56, his 28<sup>TH</sup> consecutive HOA, and a four-time winner, 3:42:28, **BROOKE SLOSS**, St. Louis, his 15<sup>th</sup>, 3:56:57. **STEVE BOURGEOIS**, in from Steamboat Springs, CO, 17<sup>th</sup> HOA, age 50! , 3:59:23

**JOHN SCHULZ** ran his 20<sup>th</sup> consecutive HOA, more than anyone other than Dobkowski's 28 and the 25 in a row put up by Lou Fritz from 1965-1989. His PB is 3:54:05, but it is his consistency, perseverance and loyalty to HOA which are truly admirable.

**ATSUSHI KATO** had Bib #155 pinned on his shirt in recognition of his 155<sup>th</sup> marathon. Kato is a father of four from Tokyo. He started marathoning when he became a father, his first marathon being in 1999, 3:56:51. He has a marathon in all 50 states, except three, and all 47 prefectures in Japan, except two. His PB is 3:11:11, Newport, OR. 99 of his marathons have been sub-4:00.



Atsushi Kato



141	Kristine Bossert	Ash Grove MO	56	5:06:51.8
142	Maureen O'Hare	Rocheport MO	47	5:07:41.9
143	Rebecca Sharpe	Saint Louis MO	37	5:07:55.9
144	Michelle Townsend	Columbia MO	34	5:09:10.3
145	Andrew Rogers	Katy TX	43	5:09:35.7
146	Kayla Thompson	Defiance MO	19	5:10:39.0
147	Bob Dewar	Springfield MO	68	5:11:14.2
148	Amber Sears	Columbia MO	35	5:11:33.7
149	Danette Cristle	Saint Louis MO	53	5:12:02.0
150	Jeffrey Miller	Columbia MO	36	5:12:03.0
151	Mark Plut	Bradenton FL	44	5:12:18.6
152	John Korte	Columbia MO	41	5:12:47.8
153	Seth Kramer	Fort Lauderdale FL	33	5:15:12.2
154	Shumin Guo	Saint Louis MO	32	5:15:31.0
155	Charles Faris	Saint Louis MO	35	5:16:09.1
156	Cami Jenkins	Nixa MO	37	5:19:16.4
157	Lisa Pass	Goose Creek SC	53	5:20:51.6
158	Christopher Dixon	Springfield MO	38	5:24:06.3
159	John Schulz	Columbia MO	56	5:26:45.1
160	Stacy Bartlett	Fort Worth TX	55	5:26:56.2
161	Kevin Guest	Rea MO	45	5:27:06.7
162	Michael Hammonds	Virginia Beach VA	46	5:27:22.0
163	Bryan Pitman	Columbia MO	33	5:35:42.3
164	Melanie Hampton	Hillsboro MO	59	5:36:49.6
165	Ryland Johnson	Columbia MO	33	5:39:15.7
166	Karl Keltner	Liberty MO	52	5:38:55.8
167	Paula Keltner	Liberty MO	41	5:38:57.2
168	Sunny Hoffman	Columbia MO	38	5:39:43.6
169	Denis McCarthy	Saint Louis MO	55	5:39:44.7
170	Jon Roberts	Winona MO	67	5:39:50.2
171	Mark Oppenheim	Saint Louis MO	48	5:40:30.2
172	Jerry Grant	Buffalo MO	53	5:46:03.3
173	Erik Meyer	Saint Louis MO	40	5:58:28.0
174	Catherine Juettner	Columbia MO	37	5:58:36.1
175	Terry Robb	Columbia MO	59	6:01:54.6
176	Charles Seefeldt	Fort Worth TX	63	6:09:52.1
177	Sandra Ortiz	Dixon MO	44	6:22:24.0
178	James Found	West Chester OH	58	6:22:52.5
179	Violet Little	Zalma MO	33	6:24:51.4



**THE RACE, Women:** Last year there were six women under 3:30, seven women between 3:21:22 and 3:30:36. This group of seven women threw themselves into a fierce cauldron of swirling, ever-changing positional mix stirring up a competitiveness that had never before been seen in HOA.

The 2014 HOA for the women was a gentle, placid contrast to that torrid affair of 2013. No one was under 3:30, the gap between first and second was over eleven minutes and twenty-six minutes between first and seventh.

**NIKI HILGENBERG**, St. Joseph, ran HOA in 2003, while living in Columbia, finishing 6<sup>th</sup> of 26 women in a time of 4:01:45. This year she was first of 57 women in a time of 3:31:26. She was out to a commanding lead, never headed, running a steady 8:00 minute-mile pace. Her halfway split was 1:46:23 prior to a negative split of 1:45:03 giving her a total time of 3:31:26 a final 8:04 per mile pace and an overall 14<sup>th</sup> place. Hilgenberg finished 11:18 ahead of: . . . . .





**ANNE SIEVERS**, Columbia, who won the Dave Schulte Award with a remarkable second half negative split. Sievers ran a 4:13:07 last year but eclipsed that by 30:23 with her 3:42:44 this time out, an 11.90% improvement. The Schulte Award competition was extremely close. **MASASHIRO NAMBARA**, Brookline, MO, running his 6<sup>th</sup> HOA had an 11.83% improvement (4:39:58 to 4:06:38) and **DONOVAN EVANS**, Columbia, was better by 11.27% (4:42:10 to 4:01:20). Had Sievers been 12 seconds slower (or Nambara thirteen seconds faster) she would not have won the award for best improvement.

However, a bigger story is how Sievers ran that second half. She and **HEATHER COX**, also Columbia, started together and ran in tandem all the way to a little past the 21 mile mark, going north on Providence Rd. Their halfway split was 1:56:45, which means Sievers ran the second half in a scintillating 1:45:59—10:46 faster than the first. At 6 miles Siever and Cox were in 71<sup>st</sup> place, at 9, 62<sup>nd</sup>, 12, 60<sup>th</sup>, halfway, 57<sup>th</sup>, then the fun began, still passing runners, rapidly, they were 50<sup>th</sup> at 15, 39<sup>th</sup> at 18, 35<sup>th</sup> at 21 when Sievers began pulling away. She covered the last 5 miles, 385 yards in 40:19, almost a minute faster than Hilgenberg, to finish 28<sup>th</sup> having passed 43 runners from six miles to the finish. Cox came in 4:53 later. However, during that last stretch, **DANIELLE CHIRUMBOLE**, St. Louis, went by Cox to grab the 3<sup>rd</sup> place spot. Chirumbole had run in 2<sup>nd</sup> place, two to three minutes behind Hilgenberg to about 18 miles, until Sievers went by Chirumbole on Stadium, the latter having run most of the way about seven minutes ahead of the Sievers-Cox duo.



Danielle Chirumbole

## Letter to Joe about HOA

Joe,

First of all, thanks for putting on such a great race! I ran it once when I was in school at MU, and finally made my way back to do it again this year. In 2003 when I ran the race my sister, Jessica Ostrom won!

I am a Physical Therapist and mother of two. I love to run. It is my selfish pastime. I love the solitude of running where nobody else can place demands on me.

I enjoy HOA for many reasons. I like that it is a smaller race and we have the opportunity to enjoy the beautiful countryside. I love that my family can make it to more than one location on the course to cheer me on. I appreciate that I can walk right up to the start line from the hotel without dodging crowds of people and fences to find a start corral. I love Columbia!

This HOA was my 14th marathon.

I've run HOA (twice), Med City, Chicago, Boston, New York, Oklahoma City (three times), Omaha, Bass Pro Conservation, and New Orleans Rock n Roll.

Thanks again for your hard work in organizing this race!

Niki Hilgenberg



Anne Sievers



**MELISSA MARTINEZ**, Crocker, MO, her 2<sup>nd</sup> HOA, **KINSEY McKENRICK**, Lawrence, KS, her 1<sup>st</sup> HOA, and **AMY LIVESAY**, Rocheport, her 2<sup>nd</sup>, didn't run together, but were within ten seconds or so of each other for the first 18 miles, when McKenrick fell back a little and Martinez separated from Livesay shortly before 21. McKenrick, however, came back to catch Livesay coming down Broadway to finish 6th, 16 seconds before Livesay, now 7th. Up ahead Martinez, running a strong 5-285, had finished 5<sup>th</sup> only a minute behind Cox and 4:32 ahead of McKenrick.

**JENNIFER REISDORF**, Columbia, her 3<sup>rd</sup> HOA, only five weeks after completing the Whistler, British Columbia Triathlon, got an HOA PB by five minutes, apparently finding HOA a walk-in-the-park, or an easy-run-in-the country, compared to first swimming 2 ½ miles, then biking 112 miles before running a marathon. It would be tough swimming in the Missouri River, biking the MKT trail then running up Easley Hill.

**MARY ELLEN BRADSHAW** completed her tenth consecutive HOA. Her average time over the first nine is 4:16:17, so she beat that by 42 seconds. However, she better keep coming back because **MAUREEN O'HARE** is coming after her. The Rocheport Runner now has eight in a row, but MEB has age in her favor.

**RAE MOHRMANN** now has five age records, getting age 66 where none existed before.

No other age records were set by the women.



Rae Mohr-  
mann



**Epilogue:** The Achillean flaw of Thor's mischief did mar the 55<sup>th</sup> annual HOA; that fact has, by the foresight of the Marathon Gods, been etched onto the medals given to each finisher crossing the finish line and onto the age group award plaques presented at the Shakespearean awards ceremony, bearing the permanent appellation: "HEART OF AMERICA MARTHON."



## THANK YOU!!!!

Here is a HEARTY THANK YOU! to all of you out there who, once again, made HOA such a success. Golly, I don't know how to adequately thank you. A short email doesn't really do it, but I guess it will have to suffice. But I just run through my mind picturing all of you, the work you do—the packet pickup workers, all the aid station personnel, the porta-pot administrator, the timers, course monitors, the truck drivers, the medical attendants, the intersection monitors, the finish area: the medallion-hand-outers, timing/staff and Simon Rose, spotters, results gatherers, the results poster, Schulte Award determiner, the fruit/cookie monitor, the chip clippers, the ice-man, the sound system/ice water tubs man, the shuttle service, and to name another person, especially, Beth Luebbering, who was around all the time and so effectively served as Race-Day Director and awards-hand-outer.

KUDOS to all of you!





## Columbia Track Club

Thanks the sponsors for the Heart of America Marathon  
Without your help the race would not run as smooth and many runners would be without the support they received.

Battle HS XC  
Bee Seen Signs  
Blue Thunder Track Club  
Body Combat Chics  
Boone County Bank  
Boone County Fire Protection District  
Boone County Sheriff  
Boone Hospital Center  
EMT's: Mike Bryant, Norm Stebbins  
Columbia College XC  
Columbia Fire Department  
Columbia Independent School  
Columbia Police Department  
Columbia Track Club  
Culligan Bottled Water  
Hampton Inn & Suites  
Hickman HS XC  
HyVee  
Joe Machens Ford  
Jill Murphey, MD  
KFRU—Simon Rose  
Mayor's Council on Physical Fitness  
Moberly Area Community College  
MU Running Club  
Missouri State Highway Patrol  
Off-Track Events—Mike Denehy  
Parks & Recreation Department  
Pepsi Cola Bottling Co.  
Prevent Consulting—Tom LaFontaine  
Ready Set Results!—Patrick Hanson  
Rock Bridge HS XC  
Shakespeare's Pizza  
Tolton HS XC  
Tolton HS Girls Soccer  
Tryathletics  
University Police Administration  
UPS Store at Crossroads  
Larry Young--Sculptor



Boone County  
National Bank



Bee Seen  
Signs  
and Graphics too!



HyVee



MACC

Culligan

better water. pure and simple.®



Shakespeare's  
Pizza



# CTC Ice Cream Social

August 17 4pm

**In case you missed it we met at the Bonnie View Nature Center under the pavilion. A Huge Thank You to Nancy Rezabek for orchestrating this event. To all who came and brought goodies thank you. In case you were wanting the recipe for Nancy's Energy Bars I have included it here. They were a less sweet treat that are easily addicting.**

Here is the recipe for the energy bars. I go to the bulk section at clovers to get some things so I don't have to buy a big bag for 1/4 or 1/2 cup

Combine in large bowl:

1/2 cup sunflower seeds  
 1/2 cup sesame seeds  
 1/2 cup pecans  
 1/4 cup pumpkin seeds  
 1/4 cup ground flax  
 1/4 cup wheat germ  
 1/4 cup oat bran  
 1/2 cup rolled oats  
 1/2 cup coconut  
 1/2 cup chocolate chips or mini m and m's  
 1/2 cup raisins or craisins

Warm until smooth either in microwave for about one minute or a saucepan on the stove:

1 cup peanut butter  
 1/2 cup honey  
 1 tsp vanilla  
 1/2 tsp salt

Pour over dry ingredients and mix well. Press into 11 x 7 pan that has been sprayed with Pam. Easier to press if you moisten fingers with water. Bake at 350 degrees for about 15 minutes until edges start to brown. Cool. Cut into bars and refrigerate .





## Non-CTC Events

### **Barkley Fall Classic 50k**

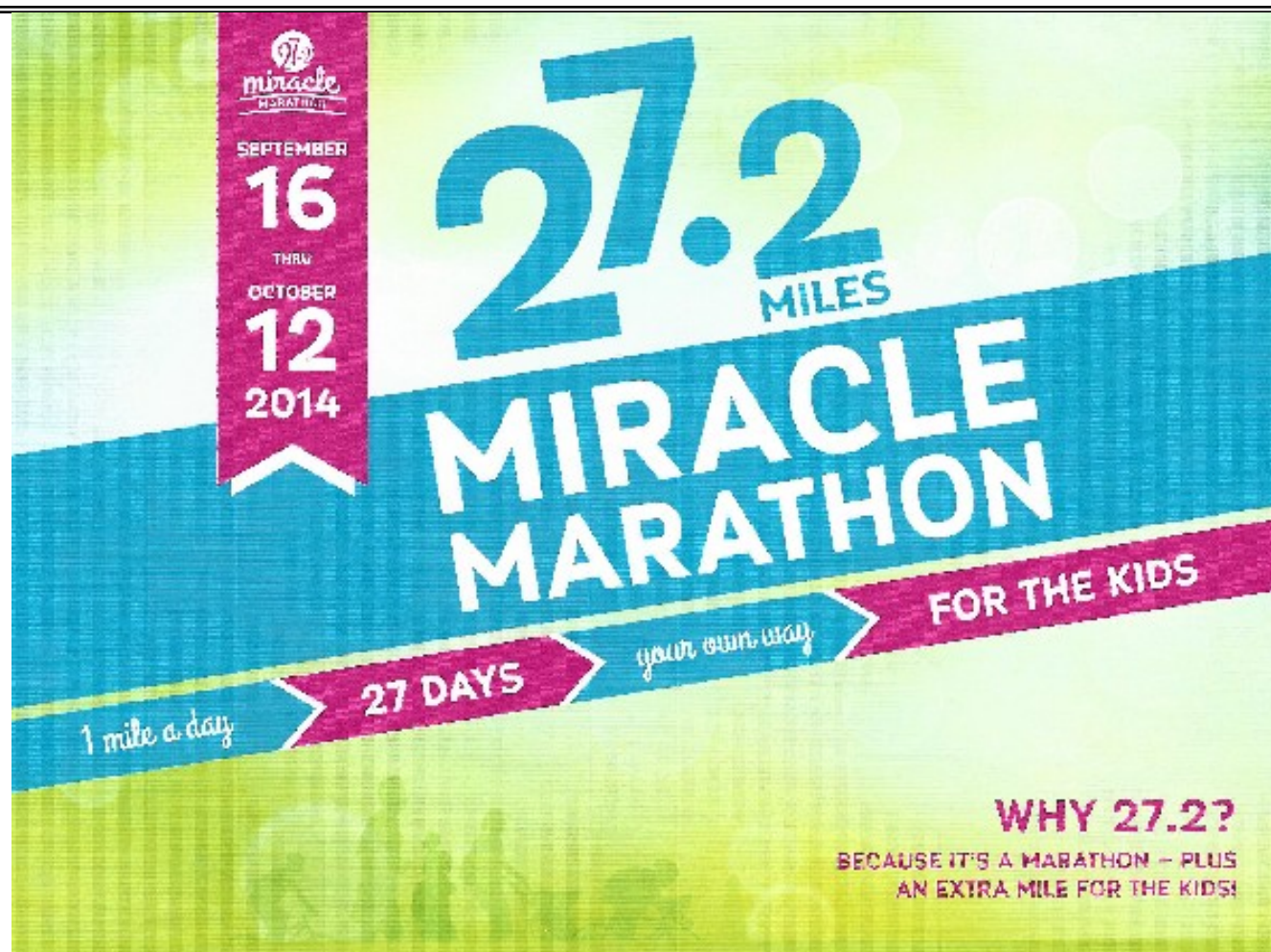
**September 20, 2014**

**Frozen Head State Park, Tennessee**

On September 20 Andy Emerson placed 28th overall in 9:37:27 in the inaugural Barkley Fall Classic 50K at Frozen Head State Park in Tennessee. This race gives runners a taste of the real Barkley 100 mile run on an unmarked course and is rumored to be at least 130 miles (more info <http://www.mattmahoney.net/barkley/>). The BFC took place on trails with arrows at key intersections and runners were also given a map and a compass which was needed a few times at points of confusion. The time limit was 13 hours, 20 minutes, the same as the real Barkley 100 race loop. One highlight of the race was going up Rat Jaw which climbs 1000 feet in 1/2 mile under some power lines and past some abandoned coal mines. The ground is covered with saw briars that you have to climb through. In some places there is a downed power line that can be used as a climbing rope. Otherwise you have to climb with your hands, and the thorns draw blood. Using leather gloves and having most exposed skin covered is a big help. The second highlight was climbing the trail to the top of Chimney Top Mountain which has an elevation gain of approximately 2,000 feet over 4 miles. The total elevation gain/loss of the course is approximately 20,000 feet and the course was rumored to be 36 miles (5 miles long) so it did not disappoint.







**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**

Runners are invited to join the 27.2 mile challenge. Runners will run their own route and pace. Runners will be encouraged to run 1 mile a day for 27 days. Runners will be encouraged to run 1 mile a day for 27 days. Runners will be encouraged to run 1 mile a day for 27 days.
- 2**

**GET INVOLVED**

Runners are invited to join the 27.2 mile challenge. Runners will run their own route and pace. Runners will be encouraged to run 1 mile a day for 27 days. Runners will be encouraged to run 1 mile a day for 27 days.
- 3**

**WHAT HAPPENS**

Runners are invited to join the 27.2 mile challenge. Runners will run their own route and pace. Runners will be encouraged to run 1 mile a day for 27 days. Runners will be encouraged to run 1 mile a day for 27 days.
- 4**

**HOW TO START**

Runners are invited to join the 27.2 mile challenge. Runners will run their own route and pace. Runners will be encouraged to run 1 mile a day for 27 days. Runners will be encouraged to run 1 mile a day for 27 days.



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:** \_\_\_\_\_



Race Time is 8:00 am

Awards, Music, Pizza &  
Door Prizes to Follow!

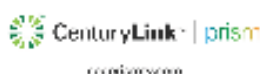
**GRAINGER** foundation  
**HUNGER  
RUN**

## AWARDS

### 5K/10K - Top Male & Female Overall & Top 3

In these age groups, male & female:  
14 & under, 15-19, 20-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 55-59,  
60-64, 65-69, 70+

### Challenge Course Top 3 Teams



**Saturday, November 15th, 2014 @ 8a.m.**  
**Vida Coffee Co**  
**812 Hitt St, Columbia, MO 65201**

Free Parking in Virginia Avenue Parking Structure

Packet pick-up: Friday, November 14th (3-7pm) @ Tryathletics OR  
Saturday, November 15th, (6:30-7:45 am) @ Vida Coffee Co

### REGISTRATION: 2014 Hunger Run 5k/10k/2 Person Challenge Course/Kids Mile

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

5K \_\_\_\_\_ 10K \_\_\_\_\_ 2 Person Challenge Course (5k) \_\_\_\_\_ Kids Mile (No Fee/No Shirt) \_\_\_\_\_

#### Entry Fee:

5k ----- \$25.00

10k ----- \$25.00

Challenge Course \$50.00

Kids (Under 12) --\$15.00

\*Entry Fees increase \$5.00/day of race\*

T-Shirt Size (Circle One): S M L XL Youth: M L

Please make checks payable to: The Food Bank for Central & Northeast Missouri

#### LIABILITY WAIVER

In consideration of my entry into the competition 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, The Food Bank for Central & Northeast Missouri, Tryathletics, Inc., and BXR, and its affiliates as well as the owner of the site of competition I may be participating in; their agents, employees, representatives, successors and assignees. 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

Signature (Parent/Guardian if under 18) \_\_\_\_\_

Return forms to Tryathletics - 1605 Chapel Hill Rd Columbia, MO 65203



## **Roots n Blues Half Marathon & 10k September 27, 2014 Columbia, MO**

CTC members represented well at Roots n Blues Half Marathon. Hannah Hassemer was the first female coming in at 1:31:07.7. John Venner won the race coming in at 1:19:38.4. Several other members and former members ran this race. This race that is in the middle of a blues festival that is a challenging course. Congrats to all of the runners for finishing this race and thank you to the CTC members who helped run the race.

## **CTC Annual Meeting Information November 3rd, 2014 Daniel Boone Library**

Joe Duncan will be bringing several old HOA undated medals for those interested in replacing lost ones or getting a couple more posterity purposes. These medals were found when Karen Derrick was interested in putting together a display for her medals. She is still looking for someone willing to sell their 1999 HOA medal.

## **Courthouse to Capitol Charity Ultramarathon & Relay (39 miles) October 19 Starting at Columbia Courthouse**

**HAS BEEN CANCELLED!!!!!!**

Due to ever mounting permit and fee requirements from the 8 jurisdictions the C2C crosses.

## **NEW MEMBERS**

Susan DesCamps	Columbia
John Korte	Columbia
Morgan Salmons	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](mailto:thomallen@socket.net)).

Thanks for understanding and for your cooperation!

## 2014 COLUMBIA TRACK CLUB SCHEDULE 2014

Date	Time	Event	Fee	Race Director	Start Location
Oct. 4	8 a.m.	Rock Bridge Revenge 7-Mile/25K/50K *	\$25 (7 m) \$35	Jeff Wells 446-0717, <a href="mailto:lisawells@slisa@aol.com">lisawells@slisa@aol.com</a>	Rock Bridge State Park
Oct. 18	8:30 a.m.	Prevent 5K/10K *	\$20 (5K) \$25	Ryan Hauser, 234-8815, <a href="mailto:ic_monavie@hotmail.com">ic_monavie@hotmail.com</a>	MKT at Scott Blvd.
Oct. 19	7 a.m.	Courthouse to Capitol Charity Ultramarathon & Relay (39 miles) <b>CANCELLED!!!!!!</b>	\$0	Darrin Young, 999-3838, <a href="mailto:challengesbychoice.com">challengesbychoice.com</a>	Courthouse Building, Columbia
Nov. 3	7 p.m.	CTC Annual Meeting		Beth Luebbering,	Daniel Boone Library
Nov. 15	8 a.m.	Hunger Run 5K/10K *	\$25 \$15 (<12)	Steve Stonecipher-Fisher 447-2453, <a href="mailto:Tryathletics@gmail.com">Tryathletics@gmail.com</a>	Vida Coffee Co.
Dec. 6	8:30 a.m.	Cheese & Sauerkraut 10-Mile *	\$0 (CTC) \$3	Dick Hessler, Randy Gay 874-2906, <a href="mailto:HesslerR@missouri.edu">HesslerR@missouri.edu</a>	Katy Trail at McBaine
Dec. 31	4 p.m.	Columbia Eve Fest 5K *#	\$25 \$15 (<12)	Linda LaFontaine, 442-2581, <a href="mailto:linlafontaine@aol.com">linlafontaine@aol.com</a>	CyclExtreme

CTC events are above.

### Volunteers Needed October 4, 2014 For the Rock Bridge Revenge!!!

**We are in need of 3 people at the Devil's Ice Box Aid Station from 11-2 and at the finish line from 9-12.**

**Please contact Lisa Wells at [lisa.wells.cmtr@statefarm.com](mailto:lisa.wells.cmtr@statefarm.com) If you can help.**

### CTC Schulte Award Article

**Chelsey Buseck wrote a nice article on the Schulte Award in TODAY from the University of Central Missouri. Check out the link and see page 14-15.**

**This article shows the true meaning of the Schulte Award.**

[http://www.ucmo.edu/today/current\\_issue.html](http://www.ucmo.edu/today/current_issue.html).

\* Serial Competition Events (see website for details)

# Certified course

For a more complete calendar of events,  
please visit [columbiatrackclub.com](http://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](mailto:bal2run@hotmail.com)) or visit [ColumbiaTrackClub.com](http://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