COLUMBIA TRACK CLUB

Notes & News



Volume XLVIII No. 1 January/February 2015

Columbia Eve Fest 5k December 31, 4pm



The Columbia Eve Fest began with a call-to-attention whistle from past CTC president Dick Hessler, followed by the starting gun fired by Dick's grandson, 7 year old Kevin Nybeck, visiting from MN, a fine runner himself. One Hundred Seventy Four of the 190 registered bared the 25 degree/16 degree wind chill temperature as bicyclists Steven Fair and John Mehuys lead them through the course. Leland Rehard, a city manager "fellow," took first place with a time of 17:34, passing leader Alex Keniepp (last year's winner) in the last mile. Alex and Jason Otto finished neck and neck for second and third. Last year's female winner Emily Cumpton, a Blair Oaks alum from Jeff City, won again this year with a time of 19:57. Emily made her former coach and current CTC Vice Pres. Marc Keys proud. Coach Keys and other Blair Oaks alums also ran the 5K.

Sam Masters, the USATF certified course record holder (15:27, 2011) and a past CTC scholarship recipient, ran this year's race. The course was certified in 2010. Sam is currently working on his PhD in biomechanics at Penn State.

Race Report and Results continue on Page 4

Upcoming Events

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

Super Scout 5k March 7, 9am

March 7, 9am Shepard Elementary

True Life Run/Walk 5k

March 7, 9am Flat Branch Park

Shamrock 15k/5k

March 8, 8am Rocheport

St. Patrick's Day 5k

March 14, 8am Courthouse Square

Sedalia Half Marathon

March 21, 9am Skyline Elementary School

Mustang Stampede 5k

April 25, 8am Blue Ridge Elementary

Jeff Shikles Memorial 8k

May 16, 8am Gentry Middle School

Summer Youth Program

June 3-July 1
Every Wednesday
6pm
Rock Bridge Elementary

Parley Pratt 4-mile

July 4, 7:30am Twin Lakes PAGE 2 CTC NEWS

Looking Back — 25 Years Ago

January 7, 1990 5-mile Couple's Run: 1. Fastest couples: 0-55 Pam Creech/Larry Henze 1:02:18 combined times; 56-65 Marybeth and Dan Lawson 1:01:49; 66-85 Jean Reuter/Tom Allen 1:05:58; 85-125 Ann Beasley/Don Lewis & Barbara Pinner/David Plummer 1:13:09 125+ Boots Gerhardt/Don Johnson 1:23:42, each team winning a dinner for two at Madison's Café.

Some individual times: Dan Lawson 25:57, Tom LaFontaine 28:42, Dick Hessler 30:33, Simon Rose 30:46, Lewis 31:14, Allen 31:42, Ben Londeree 32:19, Angela Hessler 33:29, Johnson 35:34, Fred Fritsch 37:36, Nancy Fritsch 41:37, Darlene Londeree 47:42, Boots 48:08

February 3, 1990 5K Nut Race a misty 38 degrees: 1. Jeff Mittelhauser 16:54 2. LaFontaine 17:35...5. Londeree, 55, 18:27, 6. Allen 19:26. Fred Fritsch 21:56, Continued on page 19

The second thing that gets me running is my friends. They "guilt-me" (and I mean that in the nicest way) into getting out there at 5:30 am (on most) Saturday mornings so that I get my runs in before work. I never regret doing a run with them, I most always regret if I skip, so rely on friends to push you to get out there. Whatever your reason for running focus on that on the days when you are struggling to get out the door. Remind yourself why you run, it will be easier to get yourself out there, and you won't regret it!

In addition to having internal reasons and motivations to run, this year create a reason to run. Set a goal by signing up for a new race, branch out of your comfort zone and find a brand new challenge by selecting a new distance or a new type of run. Columbia's ever growing in the different type of races you can do, from road races to adventure races to color runs to ultra-races. Find something new, challenge yourself. It seems scary to try something new but nine times out of ten you'll have a great experience and grow as a runner.

Check out the Columbia Track Club's website for all of our upcoming races as



well as other organization's races. There is a distance for everyone! And if you want to get something on the books sooner rather than later, look no further than March and our annual St Patrick's Day 5K! We've got a new course this year, so it will feel brand new for even our most veteran of runners. And if you run this race, don't stop there. With warmer weather just around the corner the race possibilities will be endless. If Columbia seems a little old school, consider picking a destination race. Find a state you've never been to and plan a grand trip with family and/or friends. I've got many great memories from some pretty wonderful trips that were centered around races. Here's to happy running in 2015!!

President's Letter

By Beth Luebbering

The New Year has started and with it the hope of a better year than the year before. We all strive to spend more time with loved ones and maybe a little less time at work. We will be smarter about our finances this year than we were last year. This year will be the year that we finally get that big project done on the house that we've been meaning to. We will drop those pesky extra pounds that we put on this Christmas, or this year will be the year we start eating healthier. Attendance at the gym seems to triple about mid January but then starts to dwindle in March. I will admit that I'm as guilty as the next person when it comes to making grand plans with my New Year's Resolutions and then unfortunately not following through with them. Since this is the Columbia TRACK Club, let's talk about our running goals for this upcoming year. What can we do to rejuvenate our running routines? First and foremost, I'd ask you to think about what drives you to get yourself out the door on your run? Have you thought about that recently? Is it to stay healthy? Is it to spend time with friends? Is it to relieve stress? Is it to get faster? When I find myself in a running "funk", I really try to think about why I run. My biggest reasons for running are two-fold. First and foremost, I run for the release. Running helps me clear my head and prepare for the day ahead of me. I feel like I can tackle whatever the world throws at me if I've done my run. There is a feeling of accomplishment if by 7 am I've already gotten 5+ miles in when most have just gotten out of bed.

CTC BOARD OF DIRECTORS:

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

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)

<u>WEBMASTERS</u>: Hugh and Andy Emerson <u>CTC WEB SITE</u>: 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 April Please submit any additions to Ellen or Linda before March 27.

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Hollis and Bill Stolz would like thank everyone for attending the social at Shakespeare's Pizza on December 29. It was great to visit with our CTC friends!

Bill represented CTC at the USATF Masters Cross Country Championships on November 8 in Carmel, Indiana. The highlight was meeting legend Pete Magill, who is a super nice guy! In January and February, he ran 3 trail races, finishing 3rd in each, as part of the Topo Adventure winter trail series and is now 2nd in the overall standings. While we have had almost no snow here in Kentucky this winter, it was 3 degrees at the start of the January 10th race. Bill also ran his first 5k of the year on January 31th, finishing 8th, out of 1600 runners, in 17:45.

Alan Price, the master of the 100 mile walk, died on January 7, in Washington, D.C. at age 67. Price completed 23 100 mile races, most of them National 100 Mile Walk Championships. His first 100-miler was on September 23, 1978 on Hickman Track with a time of 18:57:01, an American record. In addition, Price became Centurion #23 by walking 100 miles in less than 24 hours. Price completed eleven 100 milers in Columbia, finishing first every time with his 18:46:13 setting another American record which still stands. Larry Young's 18:07:12 in 1971 was faster, but cannot be official since it was set on a 220 yard indoor track with no curbs in Brewer Field House, the event having been moved there because of torrential rains.

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Eve Fest continued

				:
Place	Name	Age	Time	_ (
1	Lelande Rehard	29	17:34	_ ;
2	Alex Keneipp	18	18:03	1
3	Jason Otto	16	18:04	
4	Mike Frossard	43	18:22	
5	Dean Frossard	14	18:28	
6	Benjamin Zars	18	18:39	
7	Marc Keys	52	18:43	_ :
8	Ethan Zars	20	18:45	7
9	Gerald Holtmeyer	55	18:49	
10	Brett Voss	19	19:25	
11	Jordan Schaefer	20	19:40	
12	Zachary Barlow	19	19:49	
13	Emily Cumpton	20	19:57	
14	Shiva Sankalp	28	20:06	7
15	Erik Stone	30	20:14	
16	Steve Dullard	30	20:16	-
17	Emily Berzonsky	18	20:17	- :
18	Andy Emerson	46	20:36	
19	Michael Smith	46	20:44	
20	Grady Gervino	46	21:23	
21	Brad Newkirk	43	21:32	
22	Hawkins Kingsley	14	21:36	
23	Jessica Stroupe	28	21:40	7
24	Matt Gott	27	21:53	
25	Bill Berzonsky	54	22:00	
26	Cassey Poole	13	22:13	7.
27	Jess Newkirk	13	22:19	
28	Ashley Ermer	24	22:24	-
29	Melissa Lawson	46	22:25	
30	Clare Gervino	17	22:27	
31	Nick Kieffer	43	22:35	
32	Del Lobb	53	23:02	
33	Kevin Tyler	58	23:09	J
34	Jmes Smith	55	23:20	V
35	Matt Rold	40	23:31	4
36	Alex Staelens	23	23:36	
37	Erin Harmeyer	27	23:40	
38	Hugh Emerson	57	23:42	
39	Benito Mendez	40	23:53	
40	Jim Sinek	56	24:05	
41	William De Lima	42	24:05	
42	Savanna Charow	13	24:48	
43	Ben Beussink	24	25:01	S
44	Alexa Newkirk	16	25:16	

The Charow family from MA traveled to MO to run this 5K. They plan to run a race in all 50 states before their two daughters (Brianna, 11 & Savanna, 13) graduate from High School. This race was their 29th. They drove to Arkansas right afterwards to complete #30 at a New Year's Day run. Other long distance travelers include CTC member Steve Kulman, from Belize, the Smiths from NY, and the Flenners from CO. Jason the Joggler from Ashland juggled while jogging. Some of our sponsors ran this year: B & B Bagels owner Brad Newkirk and his children, as well as Lisa and Jim Meyers, owners of MeyerWorks, LLC.

A huge thanks to our record number of volunteers for making the event run so smoothly: Past CTC Pres. Bill Stolz (living in Kentucky), Dick Hessler and Kevin Nybeck, ever present Nancy Rezabek, Thom and Andrea Allen, Nancy and Tony Taube, Randy Gay, Mary Ellen Bradshaw and son Isaac, husband Tom LaFontaine, Mark Lee, Mary De La Guerra, Debbie Newby, Laura and Marv Wells; my MR340 partners Steven Fair and John Mehuys; volunteers from the city: Paula Easter, Debbie Morris, Michele Sisson -White, Herman and Beth Traudes, Josh Huber, Yvonne Chamberlain, Richard Eyler, Stacie Kulik, Jenifer Spiess and son. Thanks to Jim Linville and Ready Set Results for timing, Tryathletics for space and gift certificates for the winners, CyclExtreme for hosting race day, B & B Bagels for the bagels, Sonshine Graphics for the shirts, Meyer-Works, LLC and Boone Hospital Center for continued support. Thanks to all for making the Columbia Eve Fest 5K a fun and safe event!

Linda LaFontaine, race director



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	45	Chase Venn	14	25:19
	46	Robin Venn	49	25:20
	47	Robin Putman	44	25:29
	48	Chris Flagg	26	25:34
	49	Chris Richison	39	25:41
	50	Tessa Vellek	21	25:48
	51	Mark Vellek	54	25:48
	52	Elizabeth Kelly	27	25:49
SE SE	53	Alex Schroeder	20	25:49
	54	Liz Prenger	21	25:50
1314	55	Nicole Lueckenhoff	19	25:55
	56	Jacob Prenger	23	25:55
	57	Bear P Wells	1	25:58
	58	Isaiah Smith	7	26:09
	59	Noah Sadler	11	26:13
I DOLL	60	Troy Sadler	41	26:13
1133	61	Samuel Smith	10	26:19
	62	Seth Smith	44	26:24
	63	John Dina	44	26:29
	64	Tina Dina	48	27:07
	65	Brenda Heavin	43	27:07
	66	Maureen O'Hare	47	27:08
	67	Randall Durk	53	27:13
	68	Heather Demand	43	27:14
THE STATE OF THE S	69	Mildred Osburn	22	27:16
	70	Joseph Marschall	40	27:19
	71	Carl Greeson	66	27:19
	72	Whitney Manda	32	27:28
	73	Steve Kullman	54	27:36
	74	Sarah Lowrey	45	27:39
	75	Ethan Sadler	11	28:04
	76	Michael Ugarte	65	28:15
	77	Ray Charow	53	28:18
THE RESERVE THE RE	78	Bailey Jungmann	26	28:21
	79	Caty Newbold	24	28:21
	80	Brianna Charow	11	28:31
	81	Stephanie Flakne	33	28:33
	82	Elizabeth Rodman	22	28:40
	83	Beth Wilson	48	28:43
LOUISUILLE	84	Beth Walker	26	28:52
	85	Christine Staelens	54	28:52
	86 87	Lucy Kingsley	16 49	29:19 29:19
	88	Laurie Kingsley	16	29:19
	88 89	Nora Hargett	31	29:20
New SE Ham	90	Alejandro Zaragoza Carl Berndt	56	29:23
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91	Mike Piehl	31	29:47
92	Kenneth Hammann	67	29:48
93	Shari Freyermuth	52	30:03
94	Angela Nation	48	30:03
95	Regina Reid	54	30:06
96	Ted Krause	10	30:07
97	Matt Krause	41	30:08
98	Jill Lucht	37	30:19
99	Jason Hollandsworth	37	30:27
100	Julie Dougherty	48	30:29
101	Kerry Hirth	42	30:31
102	Christine Rebovsky	40	30:53
103	Kimberly Boyer	41	31:00
104	Troy Shaw	42	31:23
105	Rachel Masters	30	31:24
106	Krista Myer	43	31:27
107	Candy Gabel	56	31:54
108	Jacki Swank	40	32:08
109	Casey Taylor	30	32:25
110	Brianna Dawkins	19	32:25
111	Cameron Cornman	11	32:27
112	Pam Flaspohler	55	32:30
113	Carrie Flaspohler	32	32:30
114	Matthew Ludden	25	32:37
115	Doug Hennon	48	32:41
116	Ann Marie Gervino	48	33:23
117	Sam Masters	25	33:25
118	Phillip Masters	34	33:25
119	Cindy Keneipp	45	33:42
120	Kimberly Yoder	43	34:40
121	Tracy Keel	33	34:40
122	Richard Nistendirk	74	34:47
123	Nathan Mudrick	37	35:00
124	Elizabeth Mudrick	38	35:01
125	Kira Sadler	8	35:14
126	Andrea Sadler	37	35:14
127	Jim Meyer	46	35:59
128	Veronica Manahan	42	36:09
129	Rie Saskai	37	36:12
130	Alicia Ozenberger	38	36:38
131	Krista Kippenberger	33	36:46
132	Michelle Zvanut	50	36:47
133	Izel Rivera	51	36:47
134	Karen Reider	52	37:04
135	Andrea Allen	68	37:43





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136	Nikki Bergendahl	38	38:03
137	Greg Campbell	54	38:09
138	Patrick Corwin	28	38:09
139	Justin Thomas	28	38:17
140	Patty Irby	63	38:46
141	Lisa Meyer	46	39:01
142	Kathryn Rodman	20	39:08
143	Zach Godbey	12	39:09
144	Laura Haycook	42	39:46
145	Christina Morian	54	40:07
146	Meredith Shaw	42	40:53
147	Allison Duncan	25	41:17
148	Sarah Riney	30	41:24
149	Cole Riney	7	41:25
150	Hanna Godbey	16	41:59
151	Kim Godbey	42	41:59
152	Rachel Kirchner	27	42:52
153	Trisha Green	33	43:58
154	Eben Misho	13	45:59
155	Caitlin Smith	22	46:10
156	Joey Fugate	23	46:12
157	Kelli Smith	25	46:12
158	Shannon Piehl	26	47:00
159	Birney Belfield	69	47:47
160	Lindsay Browning	38	47:57
161	Erik Kirchner	30	48:49
162	Emmalee Riney	9	48:49
163	Elijah Flenner	41	50:40
164	Helen Flenner	8	50:40
165	Michelle Flenner	42	50:40
166	Sharon Boland	50	53:09
167	Paula Heaviland	54	53:12
168	Lisa Schwartz	58	54:44
169	Marjorie Sable	65	54:51
170	Jane Hoover	72	1:07:25
171	Chloe Midkiff	10	1:07:28
172	Keith Thornburg	54	1:07:52
173	Nancy Thomas	54	1:07:57
174	Julie Midkiff	69	1:11:57
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Nut Race February 7, 9am



Nut Race Reactor Field 9:00 a.m.

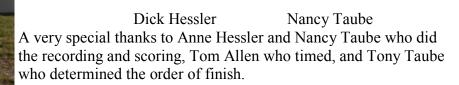
Saturday, February 7, 2015

Dick Hessler

Race Director

With clear skies, no wind, and a temperature of 34 F., it was a perfect morning for a 5 K race. Josh Feldman won overall in 17:34 with Mark Keys second (17:47), Dan Edidin third (17:53), and Katie Hauser fourth (18:44-1st)





Hugh and Andy Emerson

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Lots of nuts were handed out to the age group winners who were:

Women:

15 & under

- 1. Adelyn Gibbs
- 2. Lisa Dinwiddie
- 3. Madison Miller

16-19

- 1. Heidi Gundy
- 2. Amanda Dinwiddie

20-29

- 1. Elizabeth Kelly
- 2. Erica Muckerman
- 3. Kari Mayes

30-39

- 1. Katie Hauser
- 2. Toni Dinwiddie

40-49

1. Amy Gundy

50-59

- 1. Lisa Wells
- 2. Katherine Lee
- 3. Peggy Horner

Men:

15 & under

- 1.Josiah Korte
- 2. Tristan Miller
- 3. Jason Dinwiddie

20-29

1. Shiva Sankalp

30-39

- 1. Josh Feldman
- 2. Nick Thurwanger
- 3. Bruce Dinwiddie

40-49

- 1. Dan Edidin
- 2. Andy Emerson
- 3. Darrin Young

50-59

- 1. Marc Keys
- 2. Hugh Emerson
- 3. Todd Thompson

60-69

- 1. Phil Schaefer
- 2. David Webber

70+

1. Joe Duncan



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CTC Colts Cross Country, Fall 2014

The CTC Colts joined up with the Central Missouri Athletics Circuit and enjoyed a full CC season with six meets. We raced at Two Mile Prairie on Sept. 6, Fulton (Sept. 21), Boonville (Sept. 27), Moberly (Oct. 11), Fayette (Oct. 18), and ended the season with the championship meet back at Kemper Park in Boonville on November 2. We did not have enough runners in any of the age groups to compete as a team, but the Columbia Track Club runners consistently placed high in the finish orders. Lulu Frey, Emma Tatlow, Kevin Nybeck, Ji-Sung Lee, Ben Breitweiser, Silas Glaude, Josiah Korte, and Manny Garcia medaled once or more during the season.

Co-Coaches Dick Hessler and Beth Luebbering

Results can be viewed here:

http://www.leaguelineup.com/topnews.asp?url=cmac&itemid=1336149

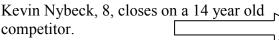
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http://www.leaguelineup.com/topnews.asp?url=cmac&itemid=1349583

http://www.leaguelineup.com/topnews.asp?url=cmac&itemid=1352056

http://www.leaguelineup.com/topnews.asp?url=cmac&itemid=1357474





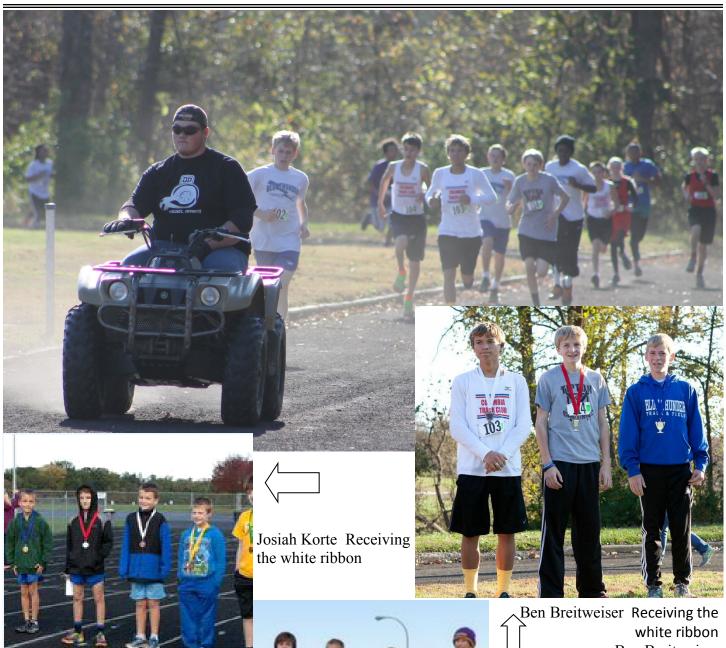
Kevin Nybeck 8 receiving a gold medal at Fayette.

James Loudenslager is in the top right and Emma Tatlow is leading the pack





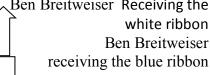
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Lulu Frey receiving the red ribbon



Silas Glaude Receiving the blue ribbon Manny Garcia receiving the red ribbon





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St. Pat's Day 5K Run/Walk

Saturday, March 14, 2015









Ready Set Results

Start Time: 8:00 a.m., Saturday, March 14 Start Location: Walnut at 8th Street

Run Headquarters:

Boone County Government Center Downtown Columbia

Entry Fee:

\$20 on or before 3/11 \$25 on 3/12 & 3/13 Ages 12 and under \$10 T-shirts guaranteed to first 400 entrants

Check payable to: Columbia Track Club

Register online at http://www.runrace.net or http://www.columbiatrackclub.com on or before 3/11

Mayor's Mile for kids under 12 at 9:00 a.m. Free - all finishers receive a ribbon.

Registration Deadline:

You may register at Tryathletics until March 13, 7:00 p.m.

NO RACE DAY REGISTRATIONS ALLOWED!

Run Packets:

Run packets may be picked up at Tryathletics, 1605 Chapel Hill Road, from 4:00 p.m. to 7:00 p.m. on Friday, March 13

Runners unable to pick up their packets Friday may do so on the day of the run from 6:45 to 7:30 a.m. at run headquarters. Participants will forfeit their t-shirts if they do not pick up packets during these times.

Run Procedures:

Please be at the starting line by 7:45 a.m. Walkers should start near the back. NO PETS, STROLLERS or HEADPHONES

Awards

Ceremony will be at run headquarters following the run. Awards will be presented to 1st, 2nd and 3nd place finishers in each age division and will be based on gun time. The overall male and female winner will receive a \$100 gift certificate toward a pair of New Balance running shoes at Tryathletics.

NAME (Pleas	e print)			
-	Last	First		
ADDRESS _			PHONE_	
СІТУ		STATE_	ZIP	_
SEX: M F	DATE OF BIRTH	AGE ON March 15, 2014	T-SHIRT SIZE: S M	L XL
Circle one	MM/DI	D/YY	Circle one	
In consideration of the foregoing, I for myself, my executors, administrations, and assigns, do hereby release and discharge NewsTalk 1400 KFRU, Cumulus Broadcasting, Tryathletics, Columbia Track Club, Ready Set Results, the city of Columbia, Missouri, and the county of Boone, and all other race sponsors affiliated with the event from all claims of damages, domands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, March 14, 2015. 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.				
SIGNA	ATURE			_
		Parent or gu	ardian signature (if under 18)	

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St. Patrick's Race Course 2015



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Blue Ridge Elementary School

Saturday, April 25, 2015 Race begins at 8:00 AM

Entry Fee: \$25 for Adults; \$30 on race day

\$5 for ages 18 and under; \$10 on race day

* register adult and child together and child fee is free *

Cost: includes t-shirt and timing chip.

Please register by April 10th to ensure you receive your shirt on race day.

Proceeds will be split to go to 1/2 American Cancer Society's Relay for Life - Wild Mustang Team and Blue Ridge Elementary School PTA.



AWARDS

Ribbons for 1st, 2nd, and 3rd - 5K Age Groups: 7 and under; 8-10; 10-12; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60+.

Medals for overall male and female winners.

Also at stake is the Mustang Race Trophy for the school with the most participants, so come out and represent your school!!!

Packet Pickup: Race packets will be available for pickup and there also will be registration on Friday, April 24th at Blue Ridge Elementary from 4:30-6:30 pm. Race day registration will be at the school from 7:15-7:45 am.

Please print clearly. Only one participant per form unless registering adult and child. ____Age: ______ Birthdate: _____ Name: (Child) __Age: ______ Birthdate: _____ Gender: M F City: State: ZIP: Address: Phone #: For Students: School Name: Grade: PTA volunteers may not be able to send late registrants a shirt if contact information is not filled out fully. ___ Under 18: Y N If yes, are you running with adult? Y N T-shirt Size (write quantity of shirts next to sizes needed) Youth: ____S ___M ___L ___XL Adult: ___S ___M __L Make checks payable to: Blue Ridge Elementary PTA Mail registration forms and payment to: OR Register Online at: Blue Ridge Elementary PTA http://www.runrace.net ATTN: Jeff Wenzel Columbia Track Club Serial Competition Event 3700 Woodland Dr. Columbia, MO 65202

Waiver (Participants under the age of 18 must have a guardian signature to be accepted)

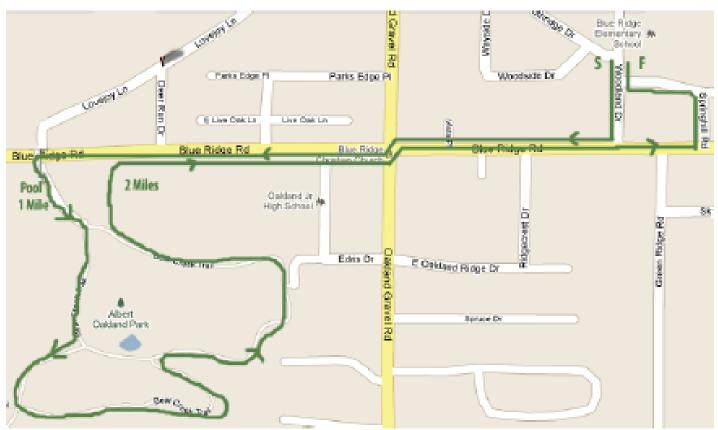
I am aware that participants in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and walkways. I assume any and all other risks that are foreseen and unforeseen, including, but not limited to, the risk of falls, the effects of weather conditions on the roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and that persons judgment will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the Mustang 3K Stampede, I hereby, for myself, heirs, personal representative, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Columbia Public Schools, employees, volunteers, the Columbia Track Club, the City of Columbia, employees, volunteers and staff, including their agents, or others acting on my behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video graphs, motion picture recordings, or any other record of this event for any purpose whatsoever.

Signature	Parent or quardian signature if under 18

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Mustang Stampede Race Course



Course Directions:

Start at Blue Ridge on Woodland. Turn right on Blue Ridge Road staying on right sidewalk. Cross diagonally through the Blue Ridge/Oakland Gravel intersection. Continue on the left sidewalk and turn left into the second Oakland Park entrance. Proceed through the parking lot. Pass pool and turn right on park sidewalk (approx. 1 mile mark). Follow sidewalk for one mile loop until returning to upper parking lot (only 1 more mile to go). Proceed on parking lot road to Blue Ridge Rd. Turn right onto sidewalk as you leave the park. Proceed to the Blue Ridge/Oakland Gravel intersection and cross diagonally. Continue on the left sidewalk along Blue Ridge Rd. Turn left on Spring Hill Rd. Turn left on Leeway Rd. Turn right on Woodland at 3 miles and proceed to the finish line.



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16TH ANNUAL BOONSLICK KIWANIS

JEFF SHIKLES MEMORIAL

8 RUN/WALK

Saturday May 16th, 2015
Start Time @ 8:00 am
(check in by 7:45 am)
Start and Finish in Gentry Middle
School Parking Lot
(See map on Back)



T-Shirts for all entrants

Prizes and Awards to be presented

PROCEEDS TO BENEFIT CAMP KESEM

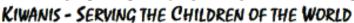
Jeff Shikles D.V.M was an exceptional member of Boonslick Kiwanis.

He was a veterinarian, highly respected by his peers, his clients and his many friends. He was a member of the Kiwanis Board of Directors and a Past President of the Boonslick Kiwanis Club. We remember Jeff with great affection for the friendship and joy of life he brought to all he met.

Name (please print):		Age:	Gender: M F
Address:	City:		State: Zip:
E-mail:	Date of Birth: _	1 1	T-shirt Size: XL L M S
In consideration of the above, I for myself, my executors, administrators and assigns, do hereby release and discharge Boonslick Kiwanis of Columbia, the Kiwanis Clubs of Columbia, Missouri, Kiwanis International, the Columbia Track Club, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my participation in said event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, May 16, 2015. I agree to follow all rules of this run/walk event 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. Only those registered by May 1 st , 2015 will be guaranteed a T-shirt of their requested size.			
Participant's Signature:		D	ate:
Parent/Guardian Signature (If participant un	der 18):		
Entry Fee: \$20.00	- MAKE CHECKS	PAYABLE TO	D BOONSLICK KIWANIS

3040 Gruender Ln W
Sturgeon, MO 65284
Or drop off at Tryathletics, 1605 Chapel Hill Rd.
Race Packets may be picked up on Fri., May 15 at Tryathletics between 3-6 pm.

8K Run/Walk





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Jeff Shikles Race Course



Course:

Start - Gentry Middle School Parking Lot

West on Sudbury Dr Turning South onto Fall River Dr South on Fall River Dr to Southampton Dr East on Southampton Dr to Providence Outer Rd North on Providence Outer Rd to Nifong Blvd

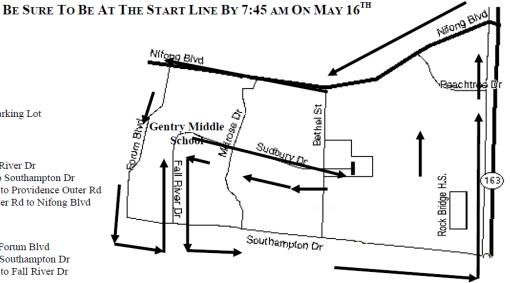
START /FINISH

West on Nifong Blvd to Forum Blvd South on Forum Blvd to Southampton Dr East on Southampton Dr to Fall River Dr North on Fall River Dr

Turning East onto Sudbury Dr

East on Sudbury Dr into Gentry Middle School Parking Lot

Finish - Gentry Middle School Parking Lot





RACE DIRECTOR WANTED FOR SHOW ME STATE GAMES 5K/10K

July 26, 2015 8:00 a.m. at Bethel Park

Involves setting up the courses, organizing volunteers, compiling results, and distributing medals.

Pays \$200.00

Contact Lisa Wells at <u>573 446 0717</u>, <u>lisawellslisa@aol.com</u> if you are interested or have any questions.



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Scholarship Opportunity

Are you a senior in High School?
Are you a CTC member?
Did you run Track or Cross Country for your high school?
Then you need to contact Amy Gundy at agundy4@gmail.com to get an application.

Looking Back 25 years ago Continued from Page 2

Joe Duncan 22:41. Women: 1. Milene Mittelhauser 18:47, Jane Downing 19:10 . . .Linda Robbins 23:07, Gayle Johnson, walked 25:35, Nancy Fritsch 25:45, Boots 30:24, Darlene Londeree 30:24 Total of 41 participated.

In the February newsletter Joe Marks, CTC president, related the near demise of the Heart of America Marathon and the resurrection thereof. The October date and 7:00 am start (from 1982-89) led to many logistical problems and safety concerns. We had to work around football weekends, church on Sundays. The start and first three miles of the course kept changing. The finish in Memorial Stadium was fine, but it wasn't like running down Broadway. Fields of fewer than 50 runners didn't help. With all the "No!, No!, you can't do that!" cries, we decided to go back to the traditional Labor Day and HOA course. So, here we are today. The heat and humidity are back with us, the hills haven't changed, but HOA in the 80's just wasn't the same.



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!





January 10

Runner's
Choice
Cancelled
Due to frigid

temperatures.
This race will not be rescheduled.

NEW MEMBER

Ben Beussink Kari Mayes Joshua Tennison

Columbia Columbia Columbia

2015 COLUMBIA TRACK CLUB SCHEDULE 2015					
Date	Time	Event	Fee	Race Director	Start Location
March 14	8:00 a.m.	St. Patrick's Day 5K *	\$20 \$10 (<12)	Steve Stonecipher-Fisher, 447-2453, Tryathletics@gmail.com	Courthouse Square
April 25	8:00 a.m.	Mustang Stampede 5K *	\$25 \$5 (<18)	Jeff Wenzel hzwst27@aol.com	Blue Ridge Elementary
May 16	8:00 a.m.	Jeff Shikles Memorial 8K *	\$20	Tom Kulowiec, Tom.kulowiec@mdc.mo.gov	Gentry Middle School
June 3 to July 1	6:00 p.m.	Summer Youth Program (every Wednesday for five weeks)	\$1 for all 5 weeks	Dick Hessler, 874-2906, HesslerR@missouri.edu	Rock Bridge School Track
July 4	7:30 a.m.	Parley P. Pratt Memorial Freedom Run 4-Mile *	Shirt fee	Newell Kitchen, 228-0879, KitchenN@missouri.edu	Twin Lakes Pavilion
Aug. 1	7:00 a.m.	Great Sandbagger 10K *	\$0	Joe Duncan, 445-2684, jocar2605@centurytel.net	Mill Creek Elementary
Aug. 16	4:00 p.m.	Ice Cream Social		Nancy Rezabek, 446-6467, rezabfw@aol.com	Bonnie View Nature Center
Sept. 7	6:00 a.m.	56th Annual Heart of America marathon *#	\$45	Joe Duncan, 445-2684, jocar2605@centurytel.net	Stadium Blvd. at Hearnes Center
Oct. 3	8:00 a.m.	Rock Bridge Revenge 7-Mile/25K/50K *	\$25 (7 m) \$35 (25K)	Jeff Wells 446-0717, lisawellslisa@aol.com	Rock Bridge State Park
Nov. 9	7:00 p.m.	CTC Annual Meeting		Beth Luebbering, bal2run@hotmail.com	Daniel Boone Library
Nov. 14	8:00 a.m.	Hunger Run 5K/10K *	\$25 \$15 (<12)	Steve Stonecipher-Fisher 447-2453, Tryathletics@gmail.com	Vida Coffee Co. 812 Hitt Street
Dec. 5	8:30 a.m.	Cheese & Sauerkraut 10-Mile *	\$0	Dick Hessler, Randy Gay 874-2906, HesslerR@missouri.edu	Katy Trail at McBaine
Dec. 31	4:00 p.m.	Columbia Eve Fest 5K *#	\$25 \$15 (<12)	Linda LaFontaine, 442-2581, linlafontaine@aol.com	CyclExtreme
March 7	9:00 a.m.	True Life Run 5K	\$25	Patrick Hanson, 268-1409, readysetresults@gmail.com	Flat Branch Park
April 26	8:00 a.m.	Head for the Cure 5K	\$20	Patrick Hanson, 268-1409, readysetresults@gmail.com	Flat Branch Park
May 2	10:00 a.m.	Samantha Folkemer 5K	\$20	Kristin Underwood, 785-806-3108, kau001@gmail.com	Stephens Lake Park
May 7	6:00 p.m. 7:15 p.m.	Lee Pfefer Memorial WellAware 5K # Kid's on Track (May 6th & 7th)	\$20 \$0	Jeff Zimmermann, 815-3262, jaz7557@bjc.org	Stephens Lake Park
June 13- 14	7:30 a.m. 7:30 a.m.	Show-Me State Senior Games 5K # Show-Me State Senior Games 10K #	\$20	Lisa Wells, 446-0717, lisawellslisa@aol.com	Bethel Park
July 26	8:00 a.m.	Show-Me State Games 5K/10K #	\$20	Lisa Wells, 446-0717, lisawellslisa@aol.com	Bethel Park
Sept. 26	7:00 a.m.	Roots N Blues Half Marathon & 10K	ТВА	Patrick Hanson, 268-1409, readysetresults@gmail.com	Stephens Lake Park

^{*} Serial Competition Events (see website for details) # Certified course

CTC News PAGE 21

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.
- petitive 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 the competitive and recreational 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. and distance running.
- ◆ CTC Colts: The Colts are a com- ◆ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Fitness and Health Leadership Directors. Funding is also by USA Track & Field.
 - A discount is offered to CTC members at Tryathletics.

The Club:

Established in 1968, CTC is a notfor-profit organization that supports 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

The Columbia Track Club was awarded the 1999 Governor's Platinum Organization Award, available for education conducted 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

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 a	ddress and their birthdates:

CTC Membership Application

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