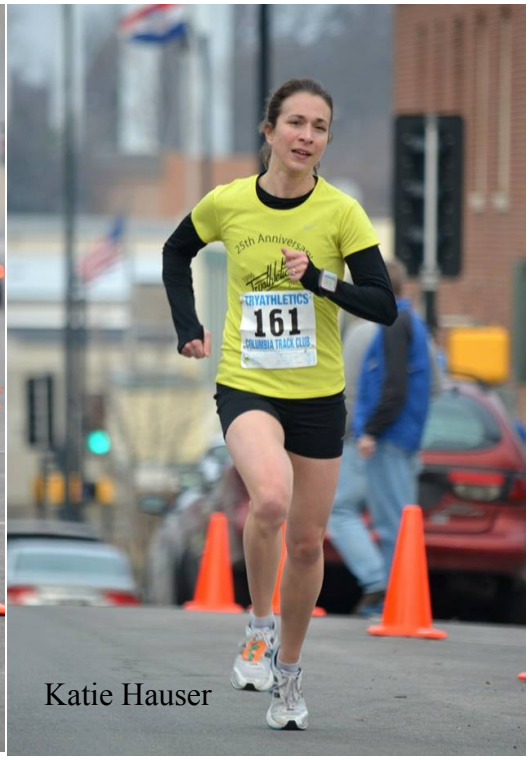
COLUMBIA TRACK CLUB

Notes & News

Volume XLVIII No. 2 March/April 2015

St. Patrick's Day 5k
March 14, 8am

Scott MacPherson



Katie Hauser

The St. Pats run was held on March 14th and 264 signed up to run. It was moved to the course used for the Jingle Bell Run as suggested by City of Columbia representatives who will no longer allow College Avenue to be used. The course is not certified and is thought to be about 20 seconds short at about 15 minute 5k speed.

Despite the anxiety surrounding finding a course to use, the event was fun and enjoyable. The racing was intense in both the men's and the women's field, with most finishers gritting it out over the final two uphill blocks to the finish. As they say; "If it were easy, everyone would be doing it".

Special note: the men's overall winner used the race as a Boston Marathon checkup. He is coached out of Austin, Texas, and his coach wanted him to run the 5k all out and then 5 minutes later, do it again. His 2nd trip around the course, with no traffic control was in 14:59. Most of us would like that as a PR!

Thanks to KFRU and the Columbia Track Club for their support.

We look forward to next year and another good event.

~Steve Stonecipher-Fisher

Upcoming Events

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

Derby Dash 5k
April 11, 9am
Derby Ridge Elementary

Mustang Stampede 5k
April 25, 8am
Blue Ridge Elementary

TRYPS Fairy Tale 5k
April 25, 8am
Stephens College

Head for the Cure 5k
April 26, 8am
Flat Branch Park

Wellaware 5k
May 7th, 6pm
Stephen's Lake

Jay Dix Challenge for a Cure 5k/10k
May 9th, 9am
Flat Branch Park

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

Looking Back — 25 Years Ago

March 17, 1990: 1,097 finishers in the first St. Pat's 5K, which was actually the successor to the Columbia Regional Hospital 5-miler which had been held, usually in February, the previous 8 years. Before then it was the Nowell's Ham & Spam 5-Miler. Larry Henze led the runners with a time of 16:15, followed by Jon Delano, 16:20. Amy Johns led the women, 18:21, then came Milene Mittlehauser, 18:30, and Jane Downing, 18:45 Other Male finishers: Jeff Mittelhauser 16:33, Tom LaFontaine , 1st 40-49, 17:11, Scott Foster17:29, Tony Alioto 17:55, Ben Londeree , 1st 50-59, 18:04, Simon Rose 18:10, Mike Kaylen 18:16, Don Lewis 18:26, Mark Wilson 18:47, Phil Schaefer18:51, Tom Allen 19:33, John Whiteside 19:59, Chris Janku 20:06, Todd Schapira 20:18, Dean Baxter 20:43, Joe Goldfarb 21:40, Randy Gay 25:11. FEMALE: Anne Kaylen 21:10, Lisa

Continued on page 22

President's Letter

By Beth Luebbering

Spring is officially here!!! I can't tell you how happy it makes me to see flowers budding, hear birds singing, and running in shorts and a t-shirt again. I'm ready to pack up the winter tights, gloves, and hat and not look back (however this is Missouri so let's be honest don't pack them officially away until mid to late April because you never know what weather is around the corner). It's time to hop off the treadmill and hit the streets and track again. Yes you heard me right, the track. You know that scary circular thing that brings with it memories of pain. If you ran competitively in high school or college, you may remember some pretty brutal workouts that you left out on the track. Or you may remember more recently when your friends dragged you there either before or after work with the promise to get you faster before your next marathon. As much as we dread heading to the track, it is a very beneficial and a crucial part of training. For me the track is a place where I can focus more on speed. I go there with the sole purpose of running fast and that is the only thing I do on it. I don't go there just to put in mileage (are you kidding me, after racing the 10K in college the thought of running 25 laps around the track again has absolutely no appeal). This way when I go to the track I know why I'm there. I'm there for speed. Don't get me wrong, I don't doubt that the first few times you get out there this spring will be tough. Speed is hard to do in the winter but you have to start somewhere and it will get better. There are very few times I get off the track and say "Man I regret doing that workout". Generally I feel accomplished because even if I didn't hit my times I know that I ran faster than what I would have done if I would have run on the roads. Whether you are racing or not this spring, I would encourage you to use the track to improve your running. It's a great way to push yourself and take your running to a new level! If you have a phobia of the track and just can't step foot on it, consider doing speed sessions on the road or trail. Fartleks are easy to do on the road or trail. You can do them by time or distance whatever keeps you motivated. Personally I do better with time because I can set my watch to beep at me and then I won't be so inclined to keep looking at my watch or place on the trail. I just run until the beeping. Speed is a great way to take your running to a new level. Whether you do it on the track, trail, or road take advantage of the warmer weather to get turn the speed on! Happy Running!

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)

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 May Please submit any additions to Ellen or Linda before May 22.

CTC Profile: Emma Tatlow

Name: Emma Tatlow
Age: 10
Columbia Track Club Member Since: 2013
How long have you been running and why did you start running? For as long as I can remember. I run because it keeps me healthy and makes me feel free.
Greatest running influences? My dad and mom because they take me to meets and encourage me. And my sister because she runs with me in the mornings.
What is your favorite workout and/or race? I like them all.
Where is your favorite place to run? I like running in the woods or in new places I've never been before.
What are your running goals? I would like to run for a good horse college. I want to go to vet school and be a horse trainer. And hopefully be an Olympic runner.
Favorite food: crab
Favorite animals: dogs and horses
Favorite sports: running and horseback riding
Personal Best? 2 mile in 16 minutes.

St. Patrick's Day continued

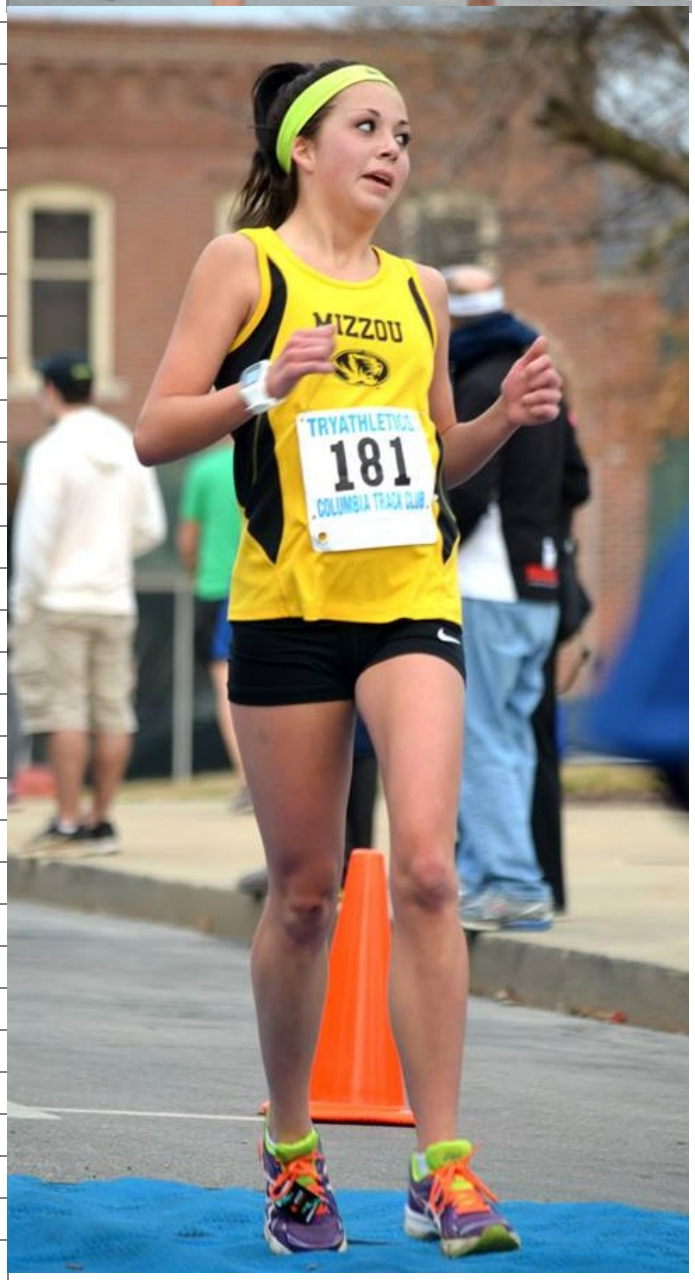
Hayden Legg

Kevin Murphy

Place	Name	Age	Time
1	Scott MacPherson	28	14:10
2	Hayden Legg	24	14:49
3	Kevin Murphy	24	16:08
4	Luke Walters	19	16:16
5	Andrew O'Connor	22	16:34
6	Tyler Culp	18	16:44
7	Jackson McNeal	21	16:52
8	Kyle Jacoby	22	17:07
9	Josh Feldman	40	17:08
10	Marc Keys	52	17:14
11	Mike Frossard	43	17:18
12	Brandon Young	15	17:36
13	Dan Edidin	46	17:45
14	Chris Bielak	29	17:49
15	Andy Emerson	46	17:59
16	Joel Schmidt	33	18:05
17	Peter Dirks	21	18:16
18	Darrin Young	48	18:16
19	Katie Hauser	33	18:28
20	Gregory Blomquist	36	18:36
21	Joe Helmer	19	18:42
22	Brett Genenbacher	18	18:42
23	Jose Mendez	34	18:43
24	Brendan Rost	19	18:43
25	David Mann	21	18:52
26	Caitlin Hammons	18	18:55
27	Michael Barringhaus	38	19:10
28	Evan Opsal	18	19:21
29	Hannah McCausland	20	19:30
30	Nicholas Fremgen	19	19:53
31	Eric Arnett	41	20:03
32	Janelle Harrison	26	20:13
33	Steve Keithahn	52	20:14
34	Tom C Allen	37	20:17
35	Philip Schaefer	61	20:18
36	Lily Cusack	19	20:20
37	Kevin Tyler	59	20:27
38	Madeleine De Boer	19	20:31
39	Eric Bippen	18	20:35
40	Heather Cox	37	20:53
41	Haley Schwarz	35	21:04
42	Nick Kieffer	44	21:06
43	Andrew Taegel	33	21:24

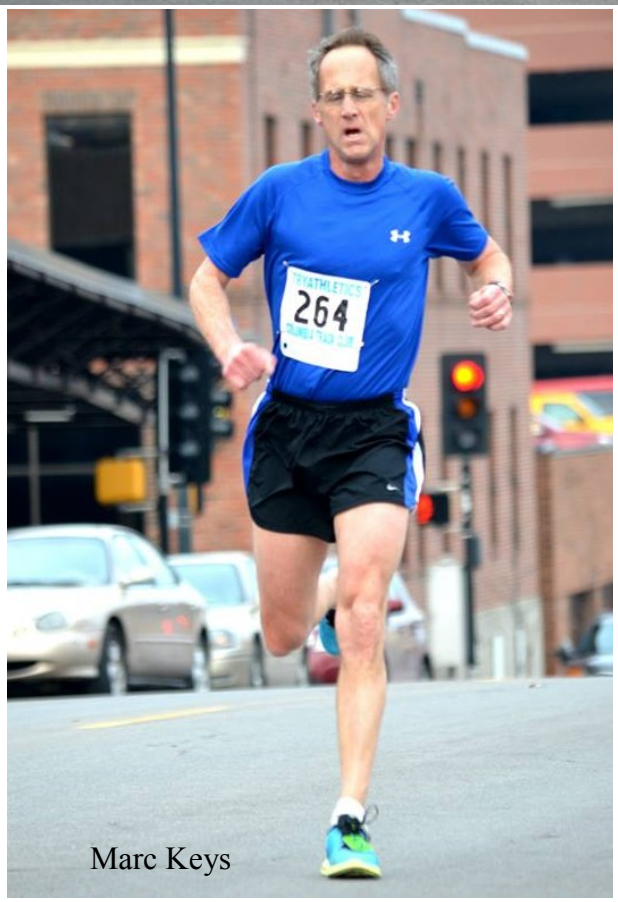
43	Andrew Taegel	33	21:24
44	Adam Dvxter	18	21:25
45	Isabella Alves	19	21:30
46	A John Baker	56	21:30
47	Curt Kempf	50	21:41
48	John Korte	42	21:46
49	Hugh Emerson	57	21:47
50	Matt Rold	40	21:47
51	Michael Palazzola	19	21:48
52	Lisa Wells	51	21:56
53	Brittany Carson	18	22:05
54	Olivia Harrison	24	22:09
55	Noah Vogt	23	22:18
56	Christine Blunk	29	22:20
57	Benito Mendez	40	22:34
58	Tom Reinsel	49	22:44
59	Hanna Lindburg	23	22:49
60	Tom Sweeney	50	22:53
61	Jadie Arnett	14	22:56
62	Mackie Browning	19	23:03
63	Zach Holliday	28	23:11
64	Sydney Loethen	19	23:36
65	Elizabeth Kelly	27	23:40
66	Carolyn Lacey	24	23:40
67	Jacob Jones	24	23:40
68	Michael Halferty	56	23:49
69	David Rehard	27	23:55
70	Reyna Schmauch	15	23:57
71	Daelyn Schmauch	12	23:57
72	Jessica Winn	31	24:00
73	Peter Wilden	60	24:01
74	Skylar Schmauch	16	24:02
75	Steve White	62	24:05
76	Steve Clayton	46	24:06
77	Rob Eichelberger	60	24:08
78	Rachael Brekrus	18	24:21
79	David Mountjoy	60	24:28
80	Jack Schwarz	8	24:33
81	Robin Hargis	26	24:38
82	Debbie Newby	44	24:40
83	Erika Muckerman	28	24:41
84	Kwadarrius Smith	18	24:43
85	David Webber	63	24:44

Reyna Schmauch Jessica Winn Daelyn S.



Caitlin Hammons

Hannah McCausland



Marc Keys

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88	Mackenzie Andrade	22	24:57
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91	Julianne Weagley	25	25:23
92	Seth Bloom	33	25:38
93	Dennis Larimer	39	25:39
94	Randall Durk	53	25:40
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96	Eunice Wang	19	26:13
97	Dan Gieseke	50	26:17
98	Jerry Ebbesmeyer	47	26:24
99	Jordan DeRose	38	26:26
100	Christopher DeRose	42	26:26
101	Adam Swofford	36	26:33
102	Sarah Swofford	37	26:33
103	Kenneth Finley	54	26:35
104	Mike Hill	45	26:41
105	Andrew Timbrook	36	26:41
106	Josiah Korte	10	26:43
107	Kenneth Koster	50	26:52
108	Aaron McKenzie	35	27:15
109	Gretchen Sun	24	27:16
110	Kathy Vogt	56	27:20
111	Drew Clark	27	27:27
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113	Anne Sievers	39	27:28
114	David Janish	56	27:30
115	Rick Vincenc	22	27:33
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117	Rylan Adams	26	27:34
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120	Bailey Mitchell	19	27:54
121	Terrance Grus	45	27:57
122	Kyle Santoro	24	28:01
123	Julie Hines	25	28:02
124	Kelsey Faulise	19	28:15
125	Beth Kiburz	28	28:28
126	Daniel Gilbert	49	28:31
127	Don Prose	29	28:35
128	Kristi Prose	28	28:35
129	Megan Guse	33	28:40

130	Michael Becktell	59	28:41	174	Susan Des Camps	39	33:23
131	Carl Myers	81	28:44	175	Holly Gieseke	49	33:38
132	Caitlin Dale	26	28:58	176	Lana Coggeshall	43	33:56
133	Linda Janish	56	28:59	177	Hazem Hammad	35	34:01
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135	Sarah Nichols	27	29:01	179	Joe Bayer	47	34:18
136	Zandra de Araujo	34	29:12	180	Diane Mountjoy	59	34:32
137	Samantha Stringer	28	29:17	181	Paul Moen	29	34:37
138	Jacki Swank	40	29:19	182	Nancy Fritsch	76	34:45
139	Arlena Acton	50	29:20	183	Michael Davenport	52	34:57
140	Adelyn Gibbs	8	29:27	184	Sharla Davenport	22	34:57
141	Scott Harness	28	29:27	185	Kyler Froman	13	34:59
142	Kari Mayes	28	29:31	186	Abigail Froman	12	35:02
143	David Hale	50	29:35	187	Bryana Maupin	25	35:03
144	Michael Bietsch	59	29:51	188	CJ LeTourneau	28	35:17
145	Glenda Young	62	29:57	189	Andrea Allen	68	35:25
146	Jake Baumgartner	33	30:00	190	Joyce Underwood	56	35:47
147	Tammy Arnett	42	30:05	191	Venita Mitchell	50	36:02
148	Brent Lewis	31	30:06	192	Tim Bailey	54	36:43
149	Shari Fisher	53	30:34	193	Rose Ann Myers	60	36:43
150	Shyla Ray	35	30:37	194	Carla Kemper	44	36:55
151	Blair Campmier	53	30:40	195	Crystal Anderson	35	37:13
152	Beth Kinser	30	30:47	196	Anthony Hays	37	37:15
153	Natalie Bayer	45	30:53	197	Cheryl Currie	65	37:17
154	Chris Froman	43	30:57	198	Sean Quick	31	37:17
155	Caleb Froman	10	30:57	199	Christi Lero	28	37:17
156	Pam Weagley	59	31:00	200	Natalie Wuest	25	37:36
157	Rod Stevens	48	31:03	201	Trent Henke	6	37:37
158	Sarah Thomas	32	31:04	202	Simon Rose	50	38:25
159	Nataly Vasquez	30	31:16	203	Laura Wells	74	38:55
160	Joe Duncan	80	31:18	204	Sarah Boul	36	38:56
161	Dawn Froman	42	31:20	205	Butch Cook	34	39:28
162	Darren Baldwin	34	31:39	206	Nancy Giofre	52	39:34
163	Sarah Baumgartner	30	31:40	207	David Weaver	58	40:24
164	Tony Hirner	39	31:45	208	Laurie Weaver	54	40:25
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167	Jim Odell	71	32:04	211	Stephen Merritt	47	42:28
168	Phyllis Thomas	60	32:21	212	Allie Maddox	15	42:34
169	Beverly Twellman	66	32:25	213	Terri Dewitt	51	43:26
170	Gayle Johnson	66	32:52	214	Monika Huenefeldt	42	43:31
171	Tracy Evers	46	33:12	215	Fazia Mir	28	43:52
172	Jennifer Thornhill	40	33:15	216	Amy Hill	49	43:59
173	Barney Sword	83	33:18	217	Carey Henke	37	44:03

Angel Shawda Evelyn Shawda

218	Evelyn Shawda	6	46:22
219	Angel Shawda	37	46:22
220	Jamie McDonald	36	46:47
221	Arabelle McDonald	8	46:47
222	Lindsay Perkins	20	47:39
223	Angela Perkins	48	47:40
224	Linda Maddox	52	47:54
225	Jessica Schepker	25	48:39
226	Rebecca Schepker	50	48:39
227	Hudson Lavender	51	49:16
228	Sara Stone	53	49:23
229	Cassondra Roseman	37	49:24
230	Ron Schepker	50	49:48
231	Mary Plakorus	67	49:49
232	Aidan Timbrook	11	50:01
233	Pamela Fisher	44	50:38
234	Akwi Asombang	37	52:49
235	Kristi Lopez	34	52:49
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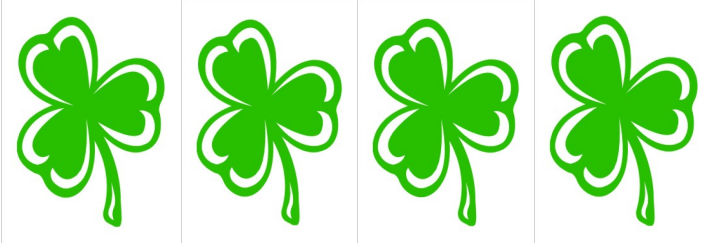
Gretchen Sun Aaron McKenzie

Jack Schwarz



9th Annual Ron Hindley Memorial Racing Series Awards

The winners of the 9th Annual Ron Hindley Memorial Racing Series or serial competition gathered on March 17th to receive their awards for the 2014 racing season. Runners were ranked over a series of nine races this year and the Top Ten runners received a framed certificate, t-shirt, and a gift certificate from Tryathletics where the amount varied according to the place with $100 given for the winner. The competition balances participation and competition and men and women and all ages compete equally. See the Columbia Track Club website for more information.

Andy Emerson, who has placed in every serial competition, captured his fourth championship this year. It seems that Andy needs to replenish his Tryathletics supplies more than the most of us as he is an ultra marathoner. He took 4 third places while posting impressive times in the Mustang Stampede 5K (18:58), Great Sandbagger 10K (40:04), Rock Bridge Revenge 50K (5:22:25), and the Cheese and Sauerkraut 10 mile (1:05:11). He added a 3:13 HOA Marathon as well.

Shiva Sankalp took second place in his first appearance in the serial competition. His strong performances included fourth in the Hunger Run 10K (41:04), fifth in the Mustang Stampede 5K (19:45), and sixth in the Cheese and Sauerkraut 10 mile (1:07:28).

Matt Rold placed third and he also made his first appearance. His great races included the Mustang Stampede 5K (22:46) and the Cheese and Sauerkraut 10 mile (1:19:33).

Ron Hindley Serial Competition Awards Continued

Hugh Emerson took fourth place while participating in only eight of the races. He has placed every year since the beginning in 2006. His excellent races included the St. Patrick's Day 5K (23:33) and the Cheese and Sauerkraut 10 mile (1:21:03).

Katie Hauser was perfect in her six races as she broke her mean score record of 99 with a perfect mean score of 100 this year to take fifth place. She was the champion of the Cheese and Sauerkraut 10 mile (1:07:06), the Hunger Run 5K (18:56), Prevent 10K (39:24), Great Sandbagger 10K (40:29), Mustang Stampede 5K (18:32), and St. Patrick's Day 5K(18:25). She was the overall winner in the Mustang 5K as she defeated all of the men as well. In the Hunger Run 5K she was only three tenths of a second behind the overall male winner.

Jorge Lugo took sixth place in his first appearance in the competition. Using just seven races he had fine times in the Mustang Stampede 5K (20:40) and the Parley Pratt 4 mile (26:20).

Tom May was our champion in 2007 and he claimed seventh place this year in six races. He won the Great Sandbagger 10K (39:27) and ran strong second places in the Runner's Choice 20K(1:23:43) and the Mustang Stampede 5K(18:50).

Dad Edidin placed twice before and this year, in just four races, he placed eighth. He won the Runner's Choice 10K (37:28) and was within one second of winning the Great Sandbagger 10K (39:28) and within two seconds of winning the Hunger Run 5K(18:58).

Mark Keys, who was second in 2008, took ninth this year in just four races. He took two fast second places in the St. Patrick's Day 5K (18:00) and the Parley Pratt 4 mile (22:52).

Lisa Wells has previously placed four times and in just four races she did enough to place tenth. She won the Runner's Choice 10K (48:18) and had an impressive run at the St. Patrick's Day 5K (23:26).

We also salute two runners who were not CTC members in 2014 and therefore were ineligible for awards. We welcome them as new CTC members in 2015 and recognize their achievements with Honorable Mention t-shirts and certificates. Both runners used just seven races. Jose Mendez would have placed fourth with great runs that included the Prevent 10K (41:17) and the Parley Pratt 4 mile (26:18). Benito Mendez, his brother, would have placed ninth with excellent runs in the Prevent 5K (22:40) and the Cheese and Sauerkraut 10 mile (1:21:17).

A big thanks again to Hugh Emerson who keeps Ron Hindley's vision alive by operating the serial competition computer program for the club. Thanks also to all of the race directors and volunteers. I noticed a lot of previous Top Ten winners volunteering this year which was great. In addition I would like to thank CTC president Beth Luebbering and the CTC board members. The 2015 season is well underway so get on the CTC website and start planning on how you can place this year. Kevin Tyler

Fluid Intake During Half Marathons and Beyond: Is More or Less Better?

Tom LaFontaine, PhD, ACSM RCEP

Randy Gay shared a Wall Street Journal article titled, "*Ease Up on Water for That Run*" with Joe Duncan. Joe mailed it to me and asked if I would write a brief article to "perhaps" clarify the issue for CTC members. As Joe and Randy can attest to, in the "good old days", there was only one choice besides water for an energy and fluid replacement drink, Gookinaid! You can still purchase this product now marketed as Vitalyte 734655 Gookinaid Hydralyte. In the 70s, my PhD advisor, Dr. Ben Londeree, Ed.D, attempted to formulate the "perfect" sweat replacement drink which he called "Londeraid". I believe he came close but since it's not on the market today it didn't work out. Essentially it is difficult to precisely replace the fluid, electrolytes, and energy lost during long distance endurance events on an "as you go basis". Partly because of recommendations from associations like the American College of Sports Medicine that suggested drinking 6-8 ounces of fluid every 15-20 minutes during long distance endurance events, many recreational runners may have been encouraged to over drink leading to a recent increase in a potentially lethal condition called exercise associated hyponatremia (EAH). There are entire book chapters on this topic thus I'll summarize some key points and make recommend-dations to consider when planning for a ½ marathon, marathon, ultramarathon, and beyond.

- Dehydration (excessive loss of body water) and hyponatremia (low blood sodium) are potentially lethal medical emergencies
- EAH has become the "demon" in the lay press but dehydration can be just as dangerous
- There are several case reports in the medical literature of serious medical problems requiring hospitalization due to EAH, some resulting in death
- Perhaps the sports drink industry "over-marketed" the need for fluid, energy, and electrolyte replacement during endurance events (but that's how they sell their product)
- In long endurance events including road biking, mountain biking, running, triathlons, ultra endurance events (161 Km running , biking, quadruple Ironmans, etc.), the frequency of EAH varies from 0% (in some ultra biking events) to 30% in some ultra endurance running events.
- Some think dehydration and EAH are separate conditions but they can occur together
- Elite male and female marathoners often lose 3% or more of their bodyweight with rare adverse consequences (see item #14 for a summary of a recent study)
- Females, low or high body mass index (703 x bodyweight in lbs/height in inches squared), less fit and prepared, slow marathon time (>4 hours), excessive fluid intake, and weight gain during a long event are the major risk factors for hyponatremia
- My basic recommendations include a.) first and foremost prepare properly and be as fit as possible, b.) plan to lose 2-3% of bodyweight, c.) plan a drinking schedule and think modest intake (see #10), and d.) energy replacement is also important for optimizing performance but how much depends on bodyweight, fitness level, calories expended/hour, etc.
- In general, consider replacing about 12-16 ounces of fluid and 100-125 rapidly absorbed calories per hour in a 3-4 hour marathon (this is a personal experience suggestion and not based upon any professional guidelines but in the WSJ article referenced Meb Keflezighi as drinking 28-32 ounces in a <2:10 marathon so 32 ounces in 2 hours seems reasonable)
- As non-elite runners, don't be too light (<21 BMI probably) nor too heavy (>25-27 BMI)
- Know your pace and time capability and try to sustain that pace throughout the 42.2 K
- Rest from running at least 36-48 hours prior to the marathon, hydrate well, and eat a good carbohydrate and lean protein diet to assure good carbohydrate stores at the starting line
- In a study published in the *British Journal of Sports Medicine* by Zouhal, H, 12-21-2010, marathoners who lost the most weight finished with the fastest times. Runners who finished under 3 hours lost 3.1%, those finishing between 3 and 4 hours lost 2.5%, and those finishing over 4 hours lost 1.8% of their bodyweight. This study, of course, doesn't suggest that if you lose more bodyweight you will run faster! The study also didn't report medical outcomes so no conclusions can be made about the safety of losing more bodyweight during a marathon. But it does support my general

Continued on page 22

Land Between the Lakes Races Grand River, Kentucky March 14, 2015

Pictured below is Cody Cunningham (60K), Brad Earnest (half marathon), Kimberly Earnest (half marathon) and Shiva Sankalp (60K) at the Land Between the Lakes races in Grand Rivers, Kentucky on March 14.

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.

Name: (Adult)_____ Age: _____ Birthdate: _____ Gender: M F

Name: (Child)_____ Age: _____ Birthdate: _____ Gender: M F

Address: _____ City: _____ State: _____ ZIP: _____

E-mail: _____ 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.

Amount Enclosed: _____ 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 _____XL _____2XL

Make checks payable to: *Blue Ridge Elementary PTA*

Mail registration forms and payment to:
Blue Ridge Elementary PTA
ATTN: Jeff Wenzel
3700 Woodland Dr.
Columbia, MO 65202

OR Register Online at:
http://www.runrace.net
Columbia Track Club Serial Competition Event

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

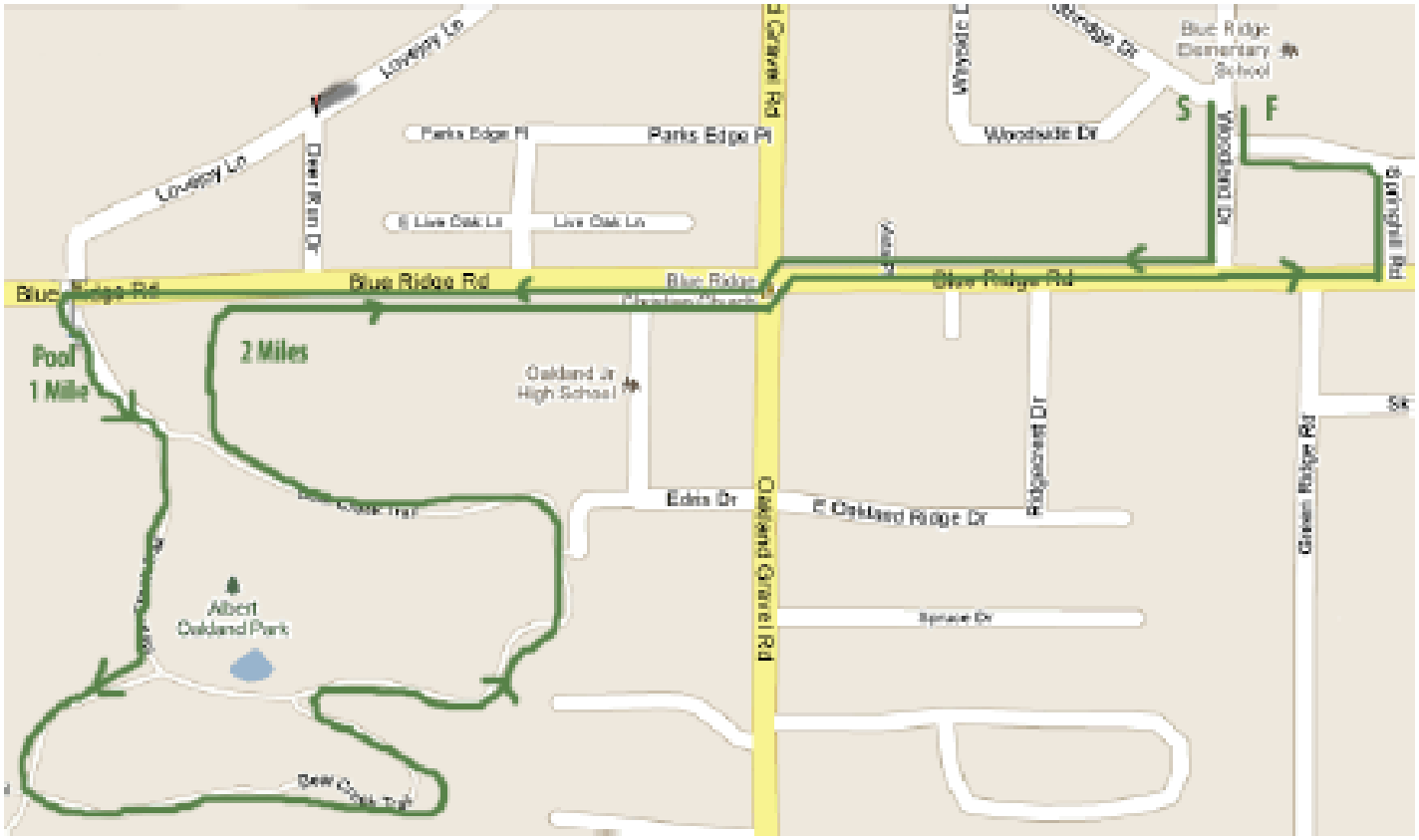
I am aware that participants in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and walkways. I assume any and all other risks that are foreseen and 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 5K 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 guardian signature if under 18***

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.

BLUE RIDGE
Elementary School

16TH ANNUAL
BOONSLICK KIWANIS
JEFF SHIKLES MEMORIAL
8K 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: ____/____/____ 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 1st, 2015 will be guaranteed a T-shirt of their requested size.

Participant's Signature: _____ Date: _____

Parent/Guardian Signature (If participant under 18): _____

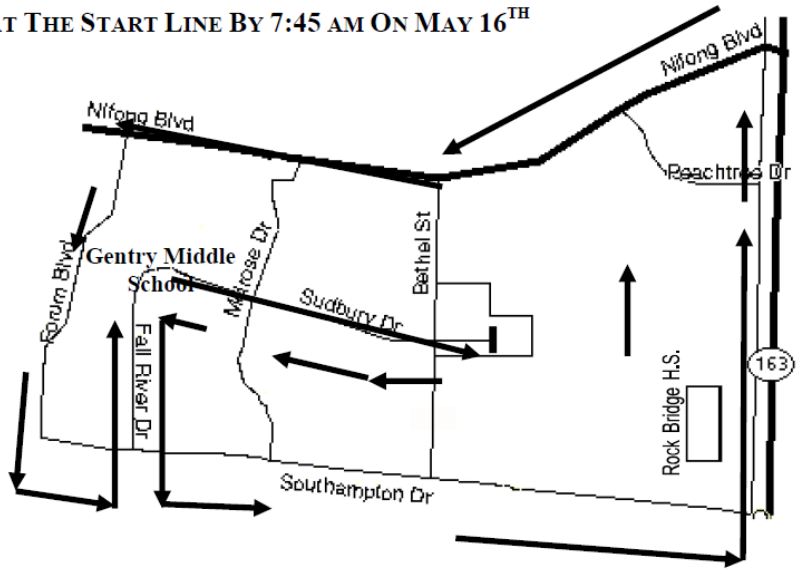
Entry Fee: $20.00 - MAKE CHECKS PAYABLE TO BOONSLICK KIWANIS

Return this portion with entry fee to:
8K Run/Walk
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

KIWANIS - SERVING THE CHILDREN OF THE WORLD

Jeff Shikles Race Course

BE SURE TO BE AT THE START LINE BY 7:45 AM ON MAY 16TH



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 573 446 0717, lisawellslisa@aol.com if you are interested or have any questions.

Race Director Found

VOLUNTEER!

STATE SHOW-ME GAMES

JUNE 12-14
JULY 17-19
JULY 24-26

DID YOU KNOW THE SHOW-ME STATE GAMES ARE THE LARGEST STATE GAMES IN THE NATION? ONE KEY REASON TO OUR SUCCESS AS THE LARGEST GAMES EVENT IS OUR OUTSTANDING VOLUNTEERS WHO DEDICATE THEIR TIME AND ENERGY IN MAKING THE GAMES RUN SO SMOOTHLY!

WE ANTICIPATE THOUSANDS OF ATHLETES FROM ACROSS MISSOURI ALONG WITH THEIR FAMILIES AND FRIENDS TO DESCEND UPON COLUMBIA FOR THE 31ST ANNUAL SHOW-ME STATE GAMES AND 21ST ANNUAL MISSOURI STATE SENIOR GAMES!

WANT TO HAVE A FUN TIME THIS SUMMER? SIGN UP TO VOLUNTEER AND ENJOY THE MANY ACTIVITIES THAT WILL THAT WILL BE TAKING PLACE DURING THE GAMES!

WAYS TO BECOME A STATE GAMES VOLUNTEER

1. PRINT AND COMPLETE THE VOLUNTEER FORM ON OUR WEBSITE, WWW.SMSG.ORG. THEN FAX (573-884-4004) OR MAIL (1105 CARRIE FRANCKE DR, ROOM 01, COLUMBIA 65211) THE COMPLETED FORM TO OUR OFFICE.

2. CALL CINDY GARCIA AT THE SHOW-ME STATE GAMES OFFICE, (573) 884-2946, FOR ANY VOLUNTEER QUESTIONS OR IF YOU WOULD LIKE A VOLUNTEER REGISTRATION FORM FAXED, E-MAILED OR MAILED TO YOU.

3. CORPORATE VOLUNTEER PROGRAM: IF YOU HAVE 12 OR MORE VOLUNTEERS FROM YOUR BUSINESS OR GROUP (CAN ALSO INCLUDE FAMILY AND FRIENDS), THEN CHECK OUT THIS SPECIAL PROGRAM TO GIVE YOUR BUSINESS OR GROUP RECOGNITION WHILE VOLUNTEERING. DEADLINE MAY 19 (SENIOR GAMES) OR JUNE 27(SHOW-ME STATE GAMES) FOR NAME ON T-SHIRTS.

4. REGISTER ONLINE AT WWW.SMSG.ORG

JUNE 11-14

2015 Volunteer Registration Form

MISSOURI STATE SENIOR GAMES
JUNE 12-14 , 2015

Date:_____ Shirt Size: ☐ S ☐M ☐L ☐XL ☐XXL ☐XXXL

Name *(First)*_____ *(Last)*_____
Please Print

Address _____ City _____ Zip_____

Telephone: Home/Cell (____) _____ Business (____)_____

E-Mail _____ Name of Business _____

Have you been a volunteer for the MISSOURI STATE SENIOR GAMES before? ☐Yes ☐No

If yes, total number of years (including this year) _____

If you are volunteering as an organization/business, what is name of your group?_____

Where did you hear about volunteering for the Senior Games?_____

---

*The times shown below are general hours only for morning, afternoon and evening. Specific times will be given to you when volunteer assignments are made at a later date. **If you check "All," we will assume you want the entire day.**

NOTE: Be careful not to select sports that take place at the same time and date of your other selections. Please indicate below the sport(s) and time slot(s) for which you are volunteering. Once the competition schedules are completed, you will be contacted by mail or telephone to confirm the exact time(s) and site(s) of your volunteer assignment.

Sport _____

Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ Evening ☐All
*7:30 am - 12 n 12 n - 5 pm 5 - 7:30 pm

Sport _____

Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ Evening ☐All

Sport _____

Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ Evening ☐All

☐ **YES! I am willing to volunteer at another sport site, if my selected sport has been filled.**

PLEASE READ AND SIGN THE FOLLOWING STATEMENT
WAIVER OF LIABILITY and CONSENT FOR MEDICAL TREATMENT

In consideration of my volunteering for the SHOW-ME STATE GAMES / MISSOURI STATE SENIOR GAMES, 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 State of Missouri, the Governor's Council on Physical Fitness and Health, the National Sports Governing bodies, the Curators of the University of Missouri, the owner of the site of any finals competition I may be volunteering for, their agents, representative successors and assigns.

I, the undersigned, also hereby authorize and consent to any first aid, medication, medical treatment deemed necessary in case of an emergency.

X_____ X_____
Volunteer's Signature (Parent's or Guardian's Signature (If volunteer is under 18 years of age.)

EMERGENCY CONTACT PERSON: Name:_____

Day Phone:_____ Work Phone:_____

Businesses/groups: 12 or more volunteers are needed to get your logo printed on the back of your volunteer t-shirts. In order to process forms and get shirts printed, return forms NO LATER THAN MAY 15th.
Individuals: Please return your forms as soon as possible prior to the start of the Senior Games.

FAX form to: (573) 884-4004 or Scan and e-mail to: garciacs@missouri.edu
OR MAIL to: Cindy Garcia, MSSG, 1105 Carrie Francke Dr. Room 01, Columbia, MO 65211

See reverse side for Volunteer Activity Descriptions Questions: Call Cindy 884-2946

2015 Volunteer Registration Form

SHOW-ME STATE GAMES

June 12-14, July 17-19, July 24-26

Date:_____ Shirt Size: ☐S ☐M ☐L ☐XL ☐XXL ☐XXXL

Name *(First)*_____ *(Last)*_____
Please Print

Address _____ City _____ Zip_____

Telephone: Home/Cell (____)_____ Business (____)_____

E-Mail: _____ Name of Business_____

Have you been a volunteer for the Show-Me STATE GAMES before? Yes ☐ No ☐
If yes, total number of years (including this year) _____
If you are volunteering as part of a business/group, please give name of business/group_____
Where did you hear about volunteering for the STATE GAMES?_____

NOTE: Do not select sports that take place at the same time and date. Please indicate below the sport(s) and time slot(s) for which you are volunteering. You will be contacted by e-mail, mail or telephone to confirm the exact time(s) and site(s) of your volunteer assignment(s).

*** NOTE: Times shown below are general hours only. Specific times will be assigned at a later date. If you check "All," we will assume you want the entire day.**

Sport _____
Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ **Evening ☐ All
*6:30 am - 12 n 12 n - 5 pm 5 - 10 pm

Sport _____
Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ **Evening ☐ All

Sport _____
Day/Date_____ Time: ☐ Morning ☐ Afternoon ☐ **Evening ☐ All

**Evening Times are for Show-Me State Games Soccer, & Track events.& some registrations.

☐ **Please check if you are available to volunteer for other State Games events throughout the year.**

PLEASE READ AND SIGN THE FOLLOWING STATEMENT

WAIVER OF LIABILITY and CONSENT FOR MEDICAL TREATMENT

In consideration of my volunteering for the SHOW-ME STATE GAMES / MISSOURI STATE SENIOR GAMES, 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 State of Missouri, the Governor's Council on Physical Fitness and Health, the National Sports Governing bodies, the Curators of the University of Missouri, the owner of the site of any finals competition I may be volunteering for, their agents, representative successors and assigns.

I, the undersigned, also hereby authorize and consent to any first aid, medication, medical treatment deemed necessary in case of an emergency.

X_____ X_____
Volunteer's Signature (Parent's or Guardian's Signature (If volunteer is under 18 years of age.)

EMERGENCY CONTACT PERSON: Name:_____
Day Phone:_____ Work Phone:_____

Businesses/groups: **12 or more volunteers are needed to get your logo printed on the back of your volunteer t-shirts. In order to process forms and get shirts printed -- PLEASE NOTE -- If you have a group volunteering June 12-14, ALL your forms need to be in *no later than MAY 15th.***
If your group is volunteering July 17-19 or 24-26 only, your deadline is *JUNE 26th.*
Individuals: **Please return your forms as soon as possible prior to the start of the GAMES.**

FAX form to: (573) 884-4004 or Scan and e-mail to garciacs@missouri.edu
OR MAIL to: Cindy Garcia, Show-Me STATE GAMES, 1105 Carrie Francke Dr. Room 01, Columbia, MO 65211

See reverse side for Volunteer Activity Descriptions *Questions: Call Cindy 884-2946*

SAVE THE DATE!
SEPTEMBER 26,2015

SHOW-ME STATE GAMES

PUMPKIN FUN RUN

SEPTEMBER 26, 2015

CenturyLink™

FOR STUDENTS IN KINDERGARTEN THROUGH 5TH GRADE

BOONE COUNTY AREA SCHOOLS

PHILIPS LAKE - COLUMBIA, MO

STATE SHOW-ME GAMES

FOR MORE INFORMATION, PLEASE VISIT WWW.SMSG.ORG OR CALL (573) 882-2101

COLUMBIA TRACK CLUB's

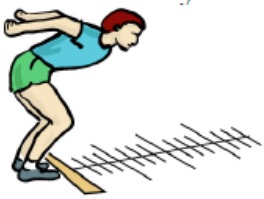
YOUTH PROGRAM

Wednesday nights: June 3, 10, 17, 24, July 1, 2015
Rock Bridge High School Track, 6 p.m.
Cost: $1.00 for all 5 weeks. Additional funding provided by Boone Hospital Center.

Events & age requirements:

50-yard dash — 3 years and younger
400-meter run — 4 years and older
1-mile run — 6 years and older
800-meter run — 6 years and older
1-mile fun walk — non-competitive family event
2- or 3-mile run (on alternate weeks) — 8 years and older

Boys and Girls ALTERNATE WEEKS (see below) on the following events:



200-meter — 4 years and older
Long jump (best of 3 jumps) — 4 years and older
Shot put (best of 3 throws) — 6 years and older

	June 3	June 10	June 17	June 24	July 1
200-meter	Boys	Girls	Boys	Girls	Boys
Long jump	Girls	Boys	Girls	Boys	Girls
Shot put	Boys	Girls	Boys	Girls	Boys

PLEASE NOTE THE ORDER OF THE RUNNING EVENTS, AND ANTICIPATE YOUR EVENT. The running events are ordered as listed above. Youngest age groups start first. Long jump and shot put open after the warm up. Complete the long jump and shot put early in the evening while you are not running (if you need to leave to run, after you run, you may finish your field events). We will close the long jump and shot put when the 200-meter run begins.

RIBBONS: Ribbons are awarded for first through sixth place in each event heat. Age groups are in two-year intervals (ex: 4 and 5 year olds, 6 and 7 year olds, etc.). Ask for a **Rainbow Ribbon** if you did not get a ribbon in any event.

PERSONAL IMPROVEMENT RIBBONS: Obtain a record card when you register. Record your performance for four weeks. If you show improvement, the fourth week you can earn a personal improvement ribbon.

CTC YOUTH PROGRAM RULES:

1. **Limit of THREE (3) events (not counting fun walk) per competitor.**
2. **Sign in and obtain a name tag each night you attend.**
3. **Everyone must participate in the warm-up session before the events.**
4. **Only COMPETITORS AND OFFICIALS on the track and field areas** (except in the mile fun walk). All parents and spectators please stay in the stands. This is very important. It makes for fair competition and helps the officials do their job properly. Adults on the track and field interfere with the officials and distract athletes who need to concentrate on their events.
5. **No pets allowed.**

RAIN POLICY:

If there is lightening and heavy rain, we cancel. No make-ups.
Please remember to bring lots of water!

25 Continued from page 2

Wells 23:07, Gayle Johnson 26:00, Jeanelle Twillman 26:12, Andrea Woods (now Allen) 27:24, Darlene Londeree 27:54, Georgia Morehouse 29:18, Boots 29:26, Karen Derrick 29:45

March 31, 1990: 15K: Jack DeFreitas 51:21, John Howland, 40, 53:12, John Meehan (Katie Hauser's Dad) 58:20, Tom Allen, 47, 1:00:39, Dick Madsen 1:04:09, Jamie Mondello 1:06:43, Don Johnson, 61, 1:06:49, Linda Price 1:16:09, Boots, 69, 1:36:16 23 runners, Rt ZZ course

April 21, 1990: Human Race XII 1. Dan Lawson 32:14 2. Daniel Wheeler 33:20 3. Oscar Apolinar 33:30 4. Steve S-F 34:10, all age 30-34. . . . some of the other 313 finishers: Amy Johns, first female at 39:13, followed by Jane Downing 40:31. Other male: Tom LaFontaine 36:08, Tom Coon 36:53, Mike Kaylen 38:10, Dick Hessler 38:24, Ben Londeree, 55, Phil Schaefer 38:47, Don Lewis 39:05, Tom Allen 39:50, Fred Fritsch 43:48, Joe Goldfarb 44:30, Joe Duncan 48:38. Other FEMALE: Anne Kaylen 46:25, Lisa Wells 47:06, Nancy Fritsch 54:18, Andrea Woods 55:39, Leslie Schneider 55:44, Darlene Londeree 57:37, Georgia Morehouse 59:18, Boots 1:00:43, Birgitta Hessler U12, 1:01:20 and Miki Bohon 1:03:29, Betty Bohon 1:03:08, ran with Miki.

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!

COLUMBIA TRACK CLUB VOLUNTEER APPRECIATION DINNER

June 1, 2015

Columbia College Lee Room

Dinner at 6:00 pm

It's that time of year again to thank our wonderful volunteers for all they do for CTC. Without your hard work our events and races would not be as successful as they are. Dinner starts at 6:00 pm but feel free to arrive at 5:45 for a little social time before dinner is served. Please RSVP to Beth Luebbering at bal2run@hotmail.com if you plan to attend. RSVP must be received by May 25.

Fluid Intake Continued from page 11

recommendation that you should plan to lose 2-3% of bodyweight.

To illustrate the complexity of this issue, I did a Medline search back ten years and 336 related articles appeared! If you have questions feel free to email me at fithealth@aol.com. I will do my best to respond to you or guide you to a good resource.

NEW MEMBER

A John Baker	Columbia
Michele Baumer	Columbia
Jeremy Stanek	Columbia

2015 Columbia Track Club Schedule 2015

Date	Time	Event	Fee	Race Director	Start Location
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, b*al2run@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
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	Elizabeth Kelly, elizabethkelly@gmail.com	Bethel Park
Sept. 26	7:00 a.m.	**Roots N Blues Half Marathon & 10K**	TBA	Patrick Hanson, *268-1409, readysetresults@gmail.com*	Stephens Lake Park

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

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 to16. 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 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.

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

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