

TRACK CLUB

NEWSLETTER Vol. XVI, No. 1 January 25, 1984

BOB GOODRICH CELEBRATES 39th BIRTHDAY WITH WIN IN FIVE MILE TWOSOME RACE January 21, 1984

1. Bob Goodrich	39	27:22
2. Bob O'Connell	34	27:36
3. Dave Crawford	33	27:52
4. Tom LaFontaine	37	28:34
4t. Dave Harris	29	28:34
6. Don Lewis	48	28:50
7. Norm Stebbins	37	29:18
8. Mark Hosler	36	29:30
9. Whitney Hicks	48	29:36
10. Ben Londeree	49	30:01
11. Pete Pastoret	27	31:10
12. Steve Engelbert	16	31:25
13. Robert Hull	16	31:27
14. Liz Bulman	24	31:30
15. Dean Baxter	48	31:49
16. Steve Baurichter	33	32:02
17. Dick Madsen	42	32:14
18. Mark Volek	28	32:44
19. Willy Heinrich	16	32:46
20. Marvin Odneal	40	32:48
21. Don Johnson	55	33:12
22. Don Archer		33:59
23. Norris Kruse	48	34:19
24. Joe Duncan	49	34:38
25. Jim Johnson		34:40
26. Debbie Hoxworth	25	34:50
27. Bob Dolphin	54	35:17
28. Fred Fritsch	47	35:23
29. Brian Nicol	30	36:07
30. Ron Tauchen	29	36:10
31. Jill Murphey	25	36:26
31t. Chris Ruble	29	36:26
33. Park Miller	31	36:33
34. Roger Hanson	52	37:32
35. Cindy Taylor-Morrison	26	38:52
36. Gene Kelly	45	39:24
37. Julie Slivinsky	16	40:48
38. Sherry Wulff	16	41:43
39. David Lake	17	41:56
40. Kristen Koller	15	42:17
41. Cindy Nichol	32	42:40
42. Anne Seymour	39	42:56
43. Don Patterson	61	43:38
44. Nancy Fritsch	45	46:09
45. Cheryl Odneal	35	46:09
46. Marilyn Holsinger	61	48:06
47. Carole Madsen	40	48:08
48. Karen Anderson	17	49:54
49. Rob Spier walked	61	53:55
50. Betty Holcomb	38	58:03
51. Clint Smith	29	60:44
52. Margaret Johnson	54	63:37

TEAM COMPETITION:

39 & under (combined ages)

1. Julie Slivinsky
David Lake

40-59

1. Mark Volek
Kristen Koller
2. Bob Goodrich
Karen Anderson

60-69

1. Norm Stebbins
Debbie Hoxworth
2. Jill Murphey
Tom LaFontaine
3. Cindy Taylor-Morrison
Mark Hosler
5. Brian Nichol
Cindy Nichol
6. Betty Holcomb
Clint Smith
4. Norris Kruse
Sherry Wulff

70-79

1. Liz Bulman
Dean Baxter
2. Marvin Odneal
Cheryl Odneal

80 & Over

1. Chris Ruble
Bob Dolphin
2. Joe Duncan
Anne Seymour
3. Dick Madsen
Carole Madsen
4. Fred Fritsch
Nancy Fritsch
5. Marilyn Holsinger
Don Patterson
6. Don Johnson
Margaret Johnson

The most notable aspect of this race was the frigid cold: Zero degrees at race time with a strong wind from the south creating a windchill of minus 24. But the sun was shining brightly and the hot chocolate and donuts provided by DON & KATHY LEWIS made it all worthwhile. SPECIAL THANKS to SATURDAY'S RESTAURANT and the Hilton Inn people for letting us use their facilities and for providing Dinners for Two (seven of them) to the team winners.

This was Bob Goodrich's final race as a competitor from Jeff City. His newspaper work has taken him to Belleville, Ill., but he will be back occasionally to renew his role as ironrunner of the 30 year olds (who, no doubt, will be glad to see him in the ranks of the 40 year olds a year from now).

This was Bob Dolphin's final race before he and Edna move to Ames, Iowa. They will be there for five years and will then move back to Columbia. In the meantime Bob will be our Iowa correspondent.

Five Mile Twosome Race continued. . .

The Designated Time Dinner for Two went to the Cindy Taylor-Morrison Mark Hosler team with a 38 second margin of error. Cindy was a mere 8 seconds off while Mark was off 30 seconds. They were hard pressed by Ruble-Dolphin who were off 39 seconds (Chris off by 26 and Bob off by 13).

The Dinner for Two drawing went to new CTC members Brian and Cindy Nichol who are from Osage Beach. So, Welcome to them!

THANKS to DON LEWIS for serving as Race Director, and to those who helped out: Joe Marks, Kathy Cain, Edna Dolphin and maybe one or two others.

Elapsed Time Standings (not including the five mile twosome race)

Open Male

Mark Hosler	105
Steve S Fisher	102
Whitney Hicks	88
Fred Klinge	86
Ben Londeree	82
Bob O'Connel	82
Kent Lang	81
Dick Madsen	77
Dick Hessler	71
Bob Goodrich	69
Tom Lafontaine	67
Joe Kurth	66
Don Lewis	64
Norm Stebbins	62
Tim Butler	60
Mark Kennard	47
Dan Wheeler	46
Mike Walther	46
Mark Voleck	44
Dean Baxter	44
Don Johnson	44
Richard Harnes	44
Norris Kruse	43
Terry Rackers	42
Jeff Mittelhauser	42
Jack Defrietas	38
Bob Dolphin	37
Tom Coon	36
Stan McQuinn	35
Turk Storvick	33
Dru Dixon	33
Ron Tauchen	32
Ron Belyea	31
Dave Parker	29
Mark Lanier	29

30-39

Mark Hosler	62
Bob O'Connel	40
Bob Goodrich	39
Tom Lafontaine	36
Norm Stebbins	34
Joe Kurth	34
Terry Rackers	27
Richard Harnes	27
Stan McQuinn	18
Dru Dixon	16
Gerry Heisler	15
Dave Parker	15
Bob McGrath	14
Park Miller	13
Ron Wampler	12
Terry Fuller	12
Jones Dennis	12
Tim Rooney	11
Brian Nichols	11
John Wilke	11
Bob McDavid	11

Open Male

Rick Brandenburg	28
Don Granberg	27
Mark Dopp	26
Joe Marks	25 *
Shep Funderburk	23
Gerry Heisler	22
Joe Duncan	20
Bob McGrath	20
Tom Allen	18
Ron Wampler	18
Park Miller	17
Mark Swanson	17
Herb Swanson	16
James Dennis	15
Tom Rackers	15
Tim Rooney	14
Terry Fuller	14
John Wilke	13
Roger Hanson	13
Charlie Slivinsky	13
David Mountjoy	12
Gary Zwonitzer	12
Sid Hose	12
Bob Gerhardt	11
Brian Nichols	11
Gene Kelly	11
Bob McDavid	11

40-49

Whitney Hicks	53
Ben Londeree	49
Dick Madsen	46
Don Lewis	40
Dick Hessler	39
Dean Baxter	30
Norris Kruse	29
Ron Belyea	18
Don Granberg	17
Shep Funderburk	14
Joe Duncan	13
Tom Allen	13
Charlie Slivinsky	12
Herb Swanson	12
Gary Zwonitzer	12
Gene Kelly	11
Tom Rackers	11
Sid Hose	11

50-Over

Don Johnson	27
Bob Dolphin	25
Turk Storvick	23
Roger Hanson	11

15 and under

Peter Hessler	17
Doug Tully	16
Tim Gibson	15
Jay Sowash	14
Mike Bryant	13
Jeff Sowash	12
Ryan Belyea	11
Chris Rackers	11

Open Female

Chris Ruble	42 *
Debbie Hoxworth	30
Susan Boyle	25
Liz Bulman	24
Mary Wulff	20
Darla Bryant	19
Sherry Wulff	16
Jill Murphy	15
Anne Seymour	13
Marilyn Holsinger	12
Margaret Johnson	11
Cindy Nichols	11
Carole Madsen	11

35 and over

Susan Boyle	25
Anne Seymour	13
Marilyn Holsinger	12
Margaret Johnson	11
Carole Madsen	11

Walkers

Rob Spier	24
Bob Taft	22

FROSTY 20

January 6, 1984

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Off DT</u>
Steve Stonecipher-Fisher	27	1:08:10	--
Fred Klinge	24	1:08:10	--
Bob Goodrich	38	1:09:47	:13
Kent Lang	21	1:11:14	1:46
Bob O'Connell	34	1:12:06	--
Jack Defreitas, Jr.	24	1:12:43	7:17
Tony Mayfield	16	1:13:15	3:15
Robert Hull	17	1:16:31	8:29
Andy Cravens	22	1:17:29	7:41
Mark Hosler	36	1:17:57	1:57
Dick Hessler	42	1:18:16	--
Stan McQuinn	30	1:18:16	--
Steve Engelbrecht	17	1:19:34	20:26
Joe Kurth	36	1:19:39	--
Dru Dixon	30	1:22:10	5:10
Whitney Hicks	48	1:23:11	--
Ben Londeree	49	1:23:11	--
Dick Madsen	42	1:23:42	:18
Dave Parker	37	1:24:30	--
Don Archer	16	1:24:40	9:20
Joe Kirby	15	1:24:40	9:20
Chris Rackers	15	1:24:40	9:20
Rick Brandenburg	28	1:25:32	4:28
Terry Rackers	39	1:25:32	5:28
Dan Horn	--	1:28:22	--
Mark Dopp	26	1:28:24	4:24
Rich Harness	32	1:28:40	8:40
Norris Kruse	48	1:28:47	--
Don Johnson	55	1:29:24	3:24
Mike Walther	26	1:29:38	4:38
Bob Dolphin	54	1:31:11	1:11
Joe Duncan	49	1:31:56	:04*
Turk Storvick	55	1:33:18	3:18
Ron Wampler	36	1:34:45	1:15
Mark Swanson	16	1:35:37	4:23
Herb Swanson	45	1:36:42	8:18
Tom Rackers	42	1:37:45	:15
Steve Scherr	34	1:37:45	:15
Tim Rooney	33	1:39:20	--
Roger Hanson	52	1:41:28	3:32
Ron Tauchen	29	1:48:29	8:29
Bob Gerhardt	--	1:56:48	--

Walkers

Rob Spier	2:23:40
Bill Taft	2:48:47

Frosty 10

Tony Lehr	21	35:02	--
Dave Harris	29	35:15	1:45
Debbie Hoxworth	25	44:13	--
Charlie Slivinsky	42	46:35	5:25
Dave Rahm	29	51:37	--
Carole Madsen	40	57:31	1:29
John O'Connor	50	1:00:23	--
Gary Zwonitzer	46	1:03:09	--

*Indicates winner of DT contest--our leader!

CONGRATULATIONS! to TED AYRES for being named General Counsel for the University of Colorado, Boulder, Colo. Another CTC runner who has made good. Ted invites any CTC member in the Boulder area to look him up for a run in the Rockies.

Frosty 20 continued. . .

The "Frosty 20 (or 10)" barely lived up to its name as temperature at starting time was 40 degrees. But the balmy day brought out runners in force, including an especially large number of our comrades from Jefferson City. (What say we have a dual meet---Columbia vs. Jefferson City---ala our CTC vs. St. Louis TC "Turkey Trot"?)

Now...about the race. Steve S-F and Fred Klinge were in the middle of a 20-mile training run when they decided to have some company for 20K. At least most of the runners got to pass them, even if they were going in opposite directions. And since Steve and Fred didn't sign up for the race and are relative pros by most folks standards, race director Joe Marks awarded first place to Bob Goodrich. (Assistant race director Kim Stonecipher-Fisher concurred, and since she carries a lot of weight with Steve---and is gaining more all the time---the writer of this item feels confident the ruling will stand. The writer also notes that Kim's weight gain is not entirely self-induced and the trend will be reversed about the same time Steve runs in the Olympic Trials. And if you still don't understand, ask Steve or Kim or your friendly race director.)

Anyway, it seemed only fair to honor Bob Goodrich with the win because (a) he had one heckuva good run and (2) he will be moving to St. Louis shortly. "We hope Bob will show up at as many CTC races as possible---until he's 40," said one self-serving CTC master's runner.

This was also a sort of finale for Bob Dolphin who will be working at Iowa State University the next five years. He vows he will return---not only in five years, but to all major CTC races (especially the 100-mile walk and marathon).

Special thanks to assistant race directors Kim, Martha Johnson and Viva Spier. By the way, even though Viva carefully recorded splits for the race walkers, the RD omitted them because he didn't want to be shown up as a slacker (he didn't record splits for 10 or 20K). To make up for that failing, he has vowed to make the "Frosty 20 (or 10)" a continually festive event embellished by brunch and award ceremony.

and THANKS! to JOE MARKS for serving as Race Director and to Mary Marks for so graciously putting up with a housefull of hungry runners.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB

Mike & Doris Brower
1309 Millbrook Ct.
Columbia, Mo. 65201

Judie Leino
910 Westover St.
Columbia, Mo. 65201

Brian & Cindy Nicol
P. O. Box 130
Osage Beach, Mo. 65065

Linda Robbins
Rt. 12, Box 298B
Columbia, Mo. 65201

Cindy Taylor-Morrison
413 Ridgeway
Columbia, Mo. 65201

The New Generation:

Stephanie Jones born to Dennis & Mary Jones on Nov. 23, 1.4% off her predicted time, too early, so she is already sprinting.

Brad Parker born to Dave & Ann Parker on Dec. 17, checking in at 8 lbs., 12 oz.

Silas Koonse, an 8 pounder born to Mike & April Koonse on Christmas Eve, a timely tax deduction.

So it is that the foundation is being created for the future of the Columbia Track Club well into the 21st century.

Just think, it all started a little over 15 years ago--15 years from now it will be Jan., 1999, the last

year of the 1900's. You will get an argument from some people that the year 1999 is not really the last year of the 20th century. But we are fairly certain that December 31, 1999, New Years Eve will be a much bigger blast than New Years Eve, December 31, 2000.

Also, has it occurred to you that the 25th Annual Heart of America Marathon is not really the 25th Anniversary? It's the 25th Annual alright, but the 24th Anniversary. So, we will be celebrating the Silver Annual, not the Silver Anniversary. Perhaps that will give us an excuse to celebrate again in 1985. Isn't it amazing what all you learn by subscribing to the CTC Newsletter?

15 AND 5 YEARS AGO--A LOOK AT YESTERDAY'S HEROES

January 26, 1969 An eight mile run at Cosmo Park was scheduled, but--- well, let's repeat what Bill Clark had to say about it in the third issue of the CTC Newsletter:

"On Jan. 26, a day hardly given over to athletic competition, the CTC members showed up for an eight-miler. The temperature was a little above zero, the wind was from the northwest at slightly less than gale pace and the snow was already six inches deep and getting deeper. Bill Taft didn't make it because he couldn't dig his car out. Dave Carlson didn't make it because he was down with flu and thought everyone had better sense to boot. Clark didn't make it because of an afternoon basketball engagement. Joe Duncan thought someone might come out and he struggled to Cosmo Park to tell anyone silly enough to show that the race had been postponed until Feb. 2. He found six snow birds on hand ready to journey off into the blizzard. No stopwatch was on hand and no amount of talking would keep the eager sextet from starting out. So, with no watch and no designated times to shoot for, the six set off around Cosmo Park. The wind howled, dogs whined and dug deep into the snow; Joe Duncan bundled himself against the wind and the Earth was quiet for not another creature stirred. Just the six. And they stirred long enough to loop the park twice and call it quits after 1.2 miles. But their names were emblazoned in print and the community scratched its head in doubt."

Those hardy six runners were, in order of finish: Dennis Martinson (the man to beat in those days), Ron Edwards, Joel Dickinson, Al Shimkunas, Merle Jackson & Elmer Mantle. It was from that race that we learned that you NEVER postpone a CTC event. Regardless how miserable the conditions we learned that there will always be a few hard-core nuts who will show up.

5 Years ago:

January 6, 1979 Five Mile Ham Race (the predecessor to the Regional Hospital Race): 1. Mike Kruse 28:35 2. Don Lewis 29:43 3. Dick Hessler 30:04 (by passing Amy Johns in the last half mile Dick lost a ham which went to the 4th place finisher in the drawing), 4. Amy Johns 30:28, 5. Ben Londeree 30:39. . . 9. Joe Marks 31:15. . .11. Olen Brown 31:53. . .13. Mike Chippendale 31:59 and 19 others

The Walk: 1. Randy Mimm 41:09. . .3. Rob Spier 53:57

January 20, 1979 20 kilometer run: 1. Dave Harris 1:07:47, 2. Joe Haake 1:08:00, 3. Jerry Yunker 1:09:24, 4. Jeff Mittelhauser 1:12:06. . .8. Dick Hessler 1:14:29, 9. Ben Londeree 1:15:34. . .11. Amy Johns 1:17:41 (new records for both 10k & 20k), 12. Joe Marks 1:19:02. . .18. Jim Schutt 1:23:40 (his age 40 debut). . .20. Turk Storvick 1:24:36. . .22. Joe Duncan 1:28:25 and 9 others

Women's 10 kilo: 1. Amy Johns 38:00, 2. Amy Hessler 49:02 3. Paige Butler 51:49. . .4. Annette LaFontaine, 5. Nicole Wagner, 8, 57:33

The Walk: 1. Randy Mimm 53:28. . .4. Rob Spier 1:09:45 5. Henry Bent & William Taft 1:22:09

MYRTLE PARSONS, CTC member from Mexico, ran in the "Fiesta Bowl" 10,000 meter run and finished with a PB 54:43, placing 3rd in her 55-59 age group and receiving a nice trophy.

69.	Karen Anderson, 17F	Jefferson City, MO	59:05
70.	Helyn Strickland, 28F	Sedalia, MO	64:50

1983 RUN FOR THE THIRD
Dec. 17, 1983
Sedalia, MO 65301

1.	Mike Heuton, 22	Rockaway Beach, MO	32:01
2.	Andy Cravens, 22	Warrensburg, MO	33:03
3.	Kent Lang, 21	Boonville, MO	33:25
4.	Dave Crawford, 33	Kansas City, MO	33:38
5.	Randy Starr, 18	Eugene, MO	33:41
6.	Tony Mayfield, 16	Jefferson City, MO	33:56
7.	Steve Davis, 24	Point Lookout, MO	34:07
8.	John Miller, 21	Sedalia, MO	34:11
9.	Mark Bollinger, 19	Jefferson City, MO	34:52
10.	Max Lewis, 16	Sedalia, MO	35:09
11.	Joe Kirby, 15	Jefferson City, MO	35:17
12.	Robert Hull, 17	Holts Summitt, MO	35:33
13.	Richard Haslag, 24	California, MO	35:47
14.	Curt Elmore, 19	Warsaw, MO	36:21
15.	Steve Engelbrecht, 18	Jefferson City, MO	36:38
16.	Tom May, 17	Sedalia, MO	37:09
17.	Terry Harms, 37	Independence, MO	37:53
18.	Don Nail, 51	Orrick, MO	38:13
19.	John Ball, 31	Blue Springs, MO	38:39
20.	Greg Starr, 15	Eugene, MO	38:48
21.	Shannon Ennis, 18	Sedalia, MO	39:02
22.	John Ackerman, 32	Jefferson City, MO	39:30
23.	Jack Robinson, 42	Sedalia, MO	39:35
24.	Severin Blenkush, 41	Whiteman AFB, MO	39:37
25.	William Frede, 35	Warrensburg, MO	39:40
26.	Mark Kempton, 32	Sedalia, MO	39:41
27.	Eric Walker, 16	Sedalia, MO	39:42
28.	Chris Rackers, 15	Jefferson City, MO	40:09
29.	Bill Frede, 14	Warrensburg, MO	41:05
30.	Glenn Cairer, 30	Sedalia, MO	41:30
31.	Chris Kanagawa, 14	Jefferson City, MO	41:38
32.	John O. Lewis, 15	Sedalia, MO	41:39
33.	David Herzberg, 31	Sedalia, MO	41:41
34.	Mary Wulff, 16F	Columbia, MO	41:52
35.	Don Archer, 16	Holts Summit, MO	41:56
36.	David Tedeschi, 17	Holts Summit, MO	42:01
37.	Herb Mittelhauser, 54	Sedalia, MO	42:49
38.	Herb Swanson, 45	Columbia, MO	43:40
39.	Richard Johns, 34	Marshall, MO	43:41
40.	Brad Stokes, 15	Jefferson City, MO	43:57
41.	Kevin Justis, 36	Jefferson City, MO	44:12
42.	Jeff Schultz, 15	Sedalia, MO	44:39
43.	Severin Blenkush, II, 15	Whiteman AFB, MO	45:19
44.	Mark Swanson, 16	Columbia, MO	45:20
45.	Thomas Rackers, 42	Jefferson City, MO	45:32
46.	Bob Dolphin, 54	Columbia, MO	45:44
47.	Angela Zook, 25F	Fortuna, MO	46:01
48.	Ernie Buso, 48	Sedalia, MO	46:19
49.	Bob Bailey, 51	Sedalia, MO	46:23
50.	Roger Hansen, 51	Columbia, MO	47:41
51.	Ken Cordry, 59	Sedalia, MO	48:28
52.	Gerald Jenkins, 42	Sedalia, MO	49:22
53.	Donna Renick, 35F	Clinton, MO	50:02
54.	Mike Edgett, 33	Clinton, MO	50:03
55.	Hansel Morris, 22	Greenridge, MO	51:05
56.	Harry Harmon, 39	Sedalia, MO	52:09
57.	Ken Azan, 38	Sedalia, MO	52:29
58.	Ed Elmore, 47	Warsaw, MO	53:10
59.	Roy Glover, 20	Holden, MO	53:25
60.	Pam Adcox, 31F	Knob Noster, MO	53:56
61.	Eugene Liby, 40	Knob Noster, MO	53:57
62.	Sherry Wulff, 16F	Columbia, MO	54:18
63.	Abraham Azan, 38	Sedalia, MO	54:28
64.	Joseph Aid, 48	Sedalia, MO	54:45
65.	Karen Dye, 27F	Jefferson City, MO	55:59
66.	Jim Wright, 33	Kansas City, MO	57:30
67.	Jeanelle Twillman, 51F	Marshall, MO	58:32
68.	Stacy Warren, 16F	Sedalia, MO	59:05

SCHEDULE OF EVENTS:

- FEBRUARY 11 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk Research Park AWARDS to the top 3 in the following categories: MALE: 15 & under, 16-29, 30-39, 40-49, 50-59, 60 & over. FEMALE: 15 & under, 16-29, 30-39, 40 & over. Walkers: 1st & 2nd. One award to DT winner. RACE DIRECTOR: Dick Hessler and Dick says he may have a surprise award or two. \$1.00 fee, non-CTC members
- 26 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL FIVE MILE WINTER ROAD RACE RACE DIRECTOR: Joe Kurth We need lots of help for the administration of this major event. If you are not running be sure to let Joe know that you can help. 474-2082
- MARCH 10 Saturday 9:00 AM 15 kilo run, 15 kilo walk (8:30 AM) Hilton Inn
- 24 Saturday 9:00 AM Four Mile Relay, 3 mile walk Research Park

Some selected out of town events:

- February 5 Great Midwest Groundhog Run 10,000 meter run in a cave Kansas City, Mo.
- February 25 Saturday Polar Bear 10,000 meter run Bolivar, Mo. CONTACT: Ken Derby 110 W. Auburn, Apt. A Bolivar, Mo. 65613
- February 26 Sunday 8:00 AM Third Olympiad Memorial Marathon & 10,000 Meter Run St. Louis, Mo. CONTACT: Gateway Athletics c/o Marathon Sports 13453 Chesterfield Plaza Chesterfield Mo. 63017
- March 17 Saturday 10:00 AM St. Pat's 5 Mile Run Kiener Plaza St. Louis CONTACT: John Sullivan 353-2496
- March 25 Sunday 8:00 AM 7Up Half Marathon & 2 mile run Shaw Park St. Louis CONTACT: Larry Helling 225-3239
- March 25 Sunday 11:00 AM Four Seasons 10,000 Meter Run Horse-shoe Bend, Lake Ozark, Mo. CONTACT: Helen McNally Four Seasons Rt. 73, Box 264-M Lake Ozark, Mo. 65049
- March 25 Sunday 10:00 AM Sedalia Half Marathon Sedalia, Mo. CONTACT: Sedalia Running Club 500 W. 5th Sedalia 65301

NATIONAL RUNNING DATA CENTER- PUBLICATIONS LIST

1. Certified Road Running Courses, 1984 edition. Lists and describes all courses certified by the National Standards Committee through 1 January 1984 that are currently active. Explains how to certify a road course. (available March 1st) \$2.95
2. Running Records by Age, 1984 edition. Lists US single-age records based on races through 1 January 1984 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. (available April 1st) \$5.95
3. U.S. Distance Rankings, 1984 edition. 1983 rankings and all-time lists for open men, open women and all junior (19 and under) age groups. Depth of rankings is based on competition. E.g., the open men/women rankings are 200 and 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. (available June 1st) \$6.95
4. U.S. Masters Distance Rankings, 1984 edition. 1983 rankings and all-time lists by five year age groups, from 35-39 and older. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. Depth of ranking is based on participation, from 100 deep for 10 km and marathon, 50 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. (available June 1st) \$9.95
5. Running Records by Age, 1983 edition. As for 1984 edition but performances thru 1 January 1983. \$3.95
6. U.S. Distance Rankings, Vol I, 1983 edition. 1982 rankings and all-time lists for 17 standard distances. Ranking depths similar to those for 1984 edition. \$6.95
7. U.S. Distance Rankings, Vol II, 1983 edition. 1982 rankings and all-time lists for 17 standard distances. Ranking depths similar to those for 1984 edition. \$9.95
8. U.S. Distance Rankings, 1982 edition. 1981 rankings and all-time lists for 17 standard distances. Open and junior lists are similar to Volume I of the 1983 edition; masters lists are similar to Volume II but are abbreviated for more popular distances. \$2.95
9. NRDC News, issued monthly. Contains updates to certified course and age record lists, statistical summaries, information on course certification and record-keeping policies, and much more. Twelve issues sent without charge to all persons who make a tax-deductible contribution of at least \$15.00

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COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1983

	Age 15 & Under	16-29	30-39
400 meters	54.0 6-28-75 Bryce Allmon	52.8 8-26-72 Dennis Stewart	54.3 5-28-82 Dennis Stewart
800 meters	2:03.3 6-28-75 Bryce Allmon	1:58.0 5-8-71 Dennis Stewart	2:01.0 5-28-82 Dennis Stewart
1,500 meters	4:42.5 5-21-79 Jay Blossom	4:11.0 5-20-78 Dennis Stewart	4:12.0 5-21-79 Dennis Stewart
One Mile Run	4:39.0 6-28-75 Bryce Allmon	4:19.0 3-18-72 Tom Logan	4:38.0 7-10-82 Tom LaFontaine
Two Mile Run	11:18 5-14-82 Steve Helmick	9:08.0 7-29-72 Charles McMullen	9:59.5 4-4-81 Dennis Stewart
Three Mile Run	16:39 5-14-82 Steve Helmick	14:22.0 4-16-77 Mike Kelly	15:42.0 4-4-81 Dennis Stewart
Five Miles r	28:44 3-6-83 Steve Helmick	24:10 3-6-83 Steve S-Fisher	26:54 1-5-80 Bob O'Connell
Ten Miles r	1:06:12 12-17-77 Wesley Paul	53:17 2-26-72 Rob Leutwiler	55:22 12-17-83 Bob Goodrich
Heart of America Marathon	3:02:19 9-7-81 Wesley Paul	2:29:15 9-5-77 Dennis Hinkamp	2:30:26 9-7-81 Jon Herbert
5,000 meters t	17:11 6-4-83 Wesley Paul	14:52 7-24-82 Steve S-Fisher r	16:07 9-20-80 Bob O'Connell
5,000 meters r	17:35 3-6-82 Steve Helmick	15:20.0 3-3-79 Jeff Mittelhauser	15:44.0 7-17-76 Jim Zickefoose
10,000 meters t	34:53 6-4-83 Wesley Paul	31:19 6-12-82 Steve S-Fisher	32:30 4-1-78 Dean Neal
10,000 meters r	35:59 4-24-83 Wesley Paul	30:40 4-10-83 Steve S-Fisher	32:36 7-17-76 Jim Zickefoose
15,000 meters r	54:29 8-21-82 Tony Mayfield	46:13 7-17-76 Ron Tabb	49:03 7-17-76 Jim Zickefoose
20,000 meters r	1:16:47 12-6-80 Wesley Paul	1:04:54 11-18-78 Steve Fisher	1:08:28 11-18-78 Howard Guscar
30,000 meters	1:57:36 12-6-80 Wesley Paul	1:40:22 9-4-82 Steve S-Fisher	1:45:52 12-6-80 Jon Herbert
2 Mile XC Municipal	12:11 10-4-80 Joe Weis	9:38 10-10-71 Bob Brouillet	10:10 10-4-80 Dennis Stewart
3 Mile XC Gustin	19:37 11-4-79 Chris Koon	14:40 11-6-77 Mark Whalley	16:12 11-6-77 Howard Guscar
3 Mile XC LW	17:22 11-20-83 Peter Hessler	14:34 11-20-83 Roger Doherty	15:54 11-20-83 Bob O'Connell
Sprint Triathlon 1,500; 800; 400	7:36.3 6-28-75 4:39m, 2:03.3, 54.0 Bryce Allmon	7:04.8 5-20-78 4:11, 2:00.9, 52.9 Dennis Stewart	7:08.4 5-28-82 4:13.1, 2:01, 54.3 Dennis Stewart
3,2,1 Triathlon	33:23 5-14-82 16:39, 11:18, 5:26 Steve Helmick	28:33 4-16-77 14:22, 9:43, 4:28 Mike Kelly	30:22.5 4-4-81 15:42.9, 9:59.5, 4:41 Dennis Stewart
Four Mile Relay	24:27 3-17-79 Steve Gibson 6:25 Tim Gibson 6:40 Jim Gibson 5:45 Matt Gibson 5:37	18:03 3-20-82 Steve S-Fisher 4:28 Jeff Mittelha'r 4:28 Mark Montgomery 4:32 Greg Lovercamp 4:35	

COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1983

	40-49	50-59	60 & Over
400 meters	57.0 6-26-76 Don Lewis	66.0 5-20-83 Bob Dolphin	
800 meters	2:08.5 6-26-76 Don Lewis	2:24.0 4-16-77 Jean Madden	
1,500 meters	4:29.0 5-20-83 Don Lewis	5:01.0 5-21-79 Don Johnson	
One Mile Run	4:36.7 7-6-74 Ben Londeree	5:19.0 7-7-79 Don Johnson	
Two Mile Run	9:57.2 4-16-77 Don Lewis	11:46.0 4-21-79 Don Johnson	
Three Mile Run	15:47.0 6-5-76 Don Lewis	18:26 4-4-81 Don Johnson	
Five Miles r	27:49 1-8-77 Walter Renaud	29:25 3-6-83 Jim Buckley	39:36 3-6-83 Don Patterson
Ten Miles r	57:30 12-16-76 Walter Renaud	1:05:40 12-16-78 Turk Storvick	
Heart of America Marathon	2:36:07 9-3-79 Roger Rouiller	2:54:40 9-1-75 Alex Ratelle	4:23:13 10-10-82 Howard Calkin
5,000 meters t	16:25.0 8-24-74 Ben Londeree	18:52.0 9-15-79 Don Johnson	24:44 7-16-83 Bob Gerhardt
5,000 meters r	16:11.0 3-5-77 Don Lewis	19:05.0 3-3-79 Turk Storvick	
10,000 meters t	34:33 11-27-76 Walter Renaud	40:36 6-6-81 Turk Storvick	
10,000 meters r	34:39 4-27-80 Ben Londeree	39:33.0 4-4-82 Don Johnson	47:47 4-4-82 Don Patterson
15,000 meters r	52:13 7-17-76 Walter Renaud	59:07 7-21-79 Don Johnson	
20,000 meters r	1:12:19 11-21-81 Don Lewis	1:22:59 11-18-78 Turk Storvick	
30,000 meters	1:50:53 12-4-76 Walter Renaud	2:16:07 8-5-78 Turk Storvick	
2 Mile XC Municipal	10:51 10-1-77 Ben Londeree	12:10 10-7-78 Don Johnson	15:59 9-18-82 Don Patterson
3 Mile XC Gustin	16:25 11-6-77 Ben Londeree	19:55 11-4-79 Don Johnson	
3 Mile XC LW	16:32 11-20-83 Don Lewis	18:41 11-20-83 Lee Blount	
Sprint Triathlon 1,500; 800; 400	7:46.1 5-28-82 4:32, 2:14.2, 59.9 Don Lewis	8:35.0 5-21-79 5:01, 2:27, 67.0 Don Johnson	
3,2,1 Triathlon	31:16 6-5-76 15:47, 10:32, 4:57 Don Lewis	36:44 4-4-81 18:26, 12:23, 5:55 Don Johnson	
Four Mile Relay	20:27 3-18-78 Olen Brown 5:25 Don Lewis 4:58 Whitney Hicks 5:08 Ben Londeree 4:56	23:12 3-20-82 Don Johnson 5:32 Jean Madden 6:13 Bob Dolphin 5:50 Don Johnson 5:37	

COLUMBIA TRACK CLUB RECORD

FEMALE

AS OF DECEMBER 31, 1983

	Age 15 & Under	16-29	30-39
400 meters	1:17.0 5-20-83 Angela Hessler	66.0 5-28-82 Milene Mittelhauser	1:17.0 5-28-82 Susan Boyle
800 meters	2:54.0 5-20-83 Angela Hessler	2:29.6 5-28-82 Milene Mittelhauser	2:49.0 5-28-82 Susan Boyle
1,500 meters	5:57.0 5-20-83 Angela Hessler	4:56.3 5-20-78 Martha Stinson	5:41.0 5-28-82 Susan Boyle
One Mile Run	5:33.9 7-10-82 Darla Bryant	5:10.1 7-6-74 Carol Cook	5:56.0 7-5-80 Susan Boyle
Two Mile Run	15:16 9-20-75 Amy Hessler	11:45 4-5-80 Martha Stinson	13:24 4-5-80 Susan Boyle
Three Mile Run	23:25 5-2-83 Carla Sandfry	17:45 4-5-80 Martha Stinson	20:03 4-5-80 Susan Boyle
Five Miles r	35:43 1-8-83 Carrie Wieberg	27:34 1-8-83 Andrea Fischer	33:26 12-17-77 Dorothy Doolittle
Ten Miles r	1:32:41 12-16-78 Nicole Wagner	57:05 12-18-82 Andrea Fischer	1:05:27 12-17-77 Dorothy Doolittle
Heart of America	4:45:38 9-7-70 Kathy Phelps	3:00:07 10-10-82 Liz Bulman	3:40:36 9-7-81 Penny Gallogly
5,000 meters t	21:53 8-24-82 Mary Wulff	19:10 7-24-82 Milene Mittelhauser	20:47 9-15-79 Susan Boyle
5,000 meters r	21:51 3-20-79 Amy Hessler	18:03 6-5-82 Milene Mittelhauser	21:10 3-7-81 Susan Boyle
10,000 meters t	45:31 6-6-81 Angie Ballenger	39:48 4-1-78 Tina Gandy	47:22 6-6-81 Susan Boyle
10,000 meters r	46:11 8-1-81 Angie Ballenger	37:19 4-10-83 Donna Ganly	43:58 4-4-82 Annette Johnston
15,000 meters r	1:11:37 2-18-83 Mary Wulff	57:54 2-17-79 Amy Johns	57:54 8-21-82 Carol Hafeman
20,000 meters r	1:51:15 8-4-79 Nicole Wagner	1:17:41 1-20-79 Amy Johns	1:33:23 12-3-77 Carole Brockman
30,000 meters	2:49:18 8-4-79 Nicole Wagner	2:12:00 8-6-77 Joan Hirt	
2 Mile XC Municipal	14:56.0 10-7-78 Amy Hessler	12:15.0 10-1-77 Joan Hirt	15:02.0 10-7-78 Sharon LeDuc
3 Mile XC Gustin	22:27.0 11-4-79 Nancy Wilson	18:23.0 11-4-79 Martha Stinson	21:45.0 11-6-77 Sandra Holmberg
3 Mile XC LW	21:30 11-20-83 Angela Hessler	18:28 11-20-83 Mary Wulff	24:52 11-20-83 Anne Seymour
Sprint Triathlon 1,500; 800; 400	10:08.0 5-20-83 5:57, 2:54, 1:17 Angela Hessler	8:32.6 5-25-82 4:57, 2:29.6, 66.0 Milene Mittelhauser	9:47.0 5-28-82 5:41, 2:49, 77.0 Susan Boyle
3,2,1 Triathlon	46:57 5-7-83 23:25, 16:13, 7:19 Carla Sandfry	35:12.0 4-5-80 17:45, 11:45, 5:42 Martha Stinson	
Four Mile Relay		22:28 3-15-80 Martha Stinson Bridget Collins Cindy Seikkula Donna Ganly	28:04 3-21-81 Susan Boyle Kathy Cain Annette LaFontaine Betty Scarpino
		5:38 5:36 5:43 5:31	6:00 8:14 6:36 7:14

COLUMBIA TRACK CLUB RECORDS

FEMALE

AS OF DECEMBER 31, 1983

	40-49	50-59	60 & Over
400 meters			
800 meters			
1,500 meters			
One Mile Run	7:58.0 7-5-80 Nancy Fritsch	9:03.0 7-1-78 Jeanne Wixom	
Two Mile Run			
Three Mile Run			
Five Miles r	34:55 3-6-83 Susan Boyle	45:13 2-7-82 Marilyn Holsinger	45:45 3-6-83 Marilyn Holsinger
Ten Miles r			
Heart of America	3:47:30 10-10-82 Carolyn Wilson		
5,000 meters t	20:23 7-16-83 Susan Boyle		32:50 7-16-83 Elizabeth Gerhardt
5,000 meters r	25:14 3-20-79 Mecca Carpenter	45:59 9-9-79 Margaret Sigler	
10,000 meters t		1:03:48 4-1-78 Jean Ryberg	
10,000 meters r	44:19 4-24-83 Susan Boyle	52:58 4-27-80 Jean Griffin	57:17 4-10-83 Marilyn Holsinger
15,000 meters r	1:20:20 7-18-81 Mary Ann Slivinsky		
20,000 meters r	1:47:31 8-1-81 Mary Ann Slivinsky		
30,000 meters	2:45:55 8-1-81 Mary Ann Slivinsky		
2 Mile XC Municipal			
3 Mile XC Gustin	21:59.0 11-4-79 Sandra Lawrence		
3 Mile XC LW	21:03 11-20-83 Barb Currindes	35:16 11-20-83 Margaret Johnson	28:45 11-20-83 Marilyn Holsinger
Sprint Triathlon 1,500; 800, 400			
3,2,1 Triathlon			
Four Mile Relay			

COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1983

MORE FOUR MILE RELAY MARKS

Father-Mother & 2 Kids

25:32 3-15-80

Jeff Mittelhauser	4:34
Coleene Mittelhauser	9:05
Julie Mittelhauser	5:56
Herb Mittelhauser	5:57

Father-Mother & 2 Daughters

28:05.0 3-20-82

Mary Ann Slivinsky	7:08
Tina Slivinsky	7:59
Julie Slivinsky	7:05
Charles Slivinsky	5:53

Mixed Doubles

20:53 3-21-81

Julie Mittelhauser	6:07
Milene Hollon	5:46
Jeff Mittelhauser	4:28
Steve Fisher	4:32

Four Brothers

22:21 3-21-81

Matt Gibson	5:42
Tim Gibson	6:02
Steve Gibson	5:26
Jim Gibson	5:11

2-Person, 8,000 meter Relay.

Alternate 400's.

On the 3 male-male teams, one of the runners is age 15 or under.

Male-male	23:07	Jeff Mittelhauser-Ebby Norman	65.7	73.0	6-20-81
Female-female	30:49	Carole Frank-Annette Johnston	94.7	90.2	6-28-82
Male-female	23:40	Dennis Hinkamp-Martha Stinson	66.4	75.6	6-21-80
Husband-wife	23:36	Jeff & Milene Mittelhauser	65.6	76.0	6-28-82
Father-son	25:03	Art Bentley, II - Art Bentley, III	73.2	77.1	6-28-82
Father-daughter	28:06	Dick Hessler-Amy Hessler	74.3	94.3	6-28-82
Mother-son	35:00	Sharon LeDuc-Brian LeDuc	100.7	109.3	6-17-78
Mother-daughter	38:58	Karen Wagner-Nicole Wagner	124.6	109.2	6-17-78
Brother-brother	25:32	Tom Luebbering-Jim Luebbering	80.0	73.2	6-20-81
Sister-sister	39:02	Julie Slivinsky-Tina Slivinsky	108.2	126.0	6-20-81
Brother-sister	26:10	Pete Pastoret-Susan Pastoret	73.3	83.7	6-19-76
Grandfather-	31:17	Ben Londeree-Darlene Londeree	68.1	119.6	6-28-82
Grandmother					

IMPORTANT NOTICE----

The word "EXPIRED" appears on many of this month's Newsletters. If it appears on yours then this means that your annual dues are due and payable NOW! \$10.00 to renew your membership (family) or \$6.00 (single student) or \$3.00 if you merely want a newsletter subscription. If you don't pay up then you will no longer get the newsletter and all of the benefits and privileges of CTC membership.

13

COLUMBIA
REGIONAL HOSPITAL
presents
RUN FOR YOUR LIFE
5-MILE WINTER ROAD RACE

WHEN

Sunday, February 26, 1984 — 2:00 PM

WHERE

Columbia Regional Hospital
404 Keene Street
Columbia, Missouri 65201

PARKING

Boone Clinic parking lots on the west side of Keene Street,
across the street from Columbia Regional Hospital.

RACE HEADQUARTERS

Proceeds from the parking area due east to Lansing
Avenue. Cross the hospital employee parking lot to the
north and follow signs to the rear (east side) of the hospital.
PLEASE DO NOT USE THE FRONT ENTRANCE OF
THE HOSPITAL. Restroom facilities will be provided
outside the building near the registration area.

ENTRY FEE

\$5.00, age 15 and over, \$4.00 age 14 and under. All entries
postmarked after Monday, February 20 will be charged an
additional \$2.00.

AWARDS

T-shirts to all registered runners.
174 trophies. Female, male and wheelchair divisions.
11 age categories.
To qualify for awards, registration must be received by
Thursday, February 23, 1984.

ENTRY BLANKS

Available from: Office of Community Relations
Columbia Regional Hospital
404 Keene Street
Columbia, Missouri 65201
314-875-9502

No Entries Accepted Day of Race

Sponsored in Cooperation
with

Columbia
Track
Club

Columbia
Parks and Recreation
Department

Columbia Regional Hospital

404 Keene Street, Columbia, Mo. 65201

314/875-9502

A **LIFEMARK**.

Health Care Center

Columbia Regional Hospital

404 Keene Street, Columbia, Mo. 65201

314/875-9502

A **LIFEMARK**.

Health Care Center

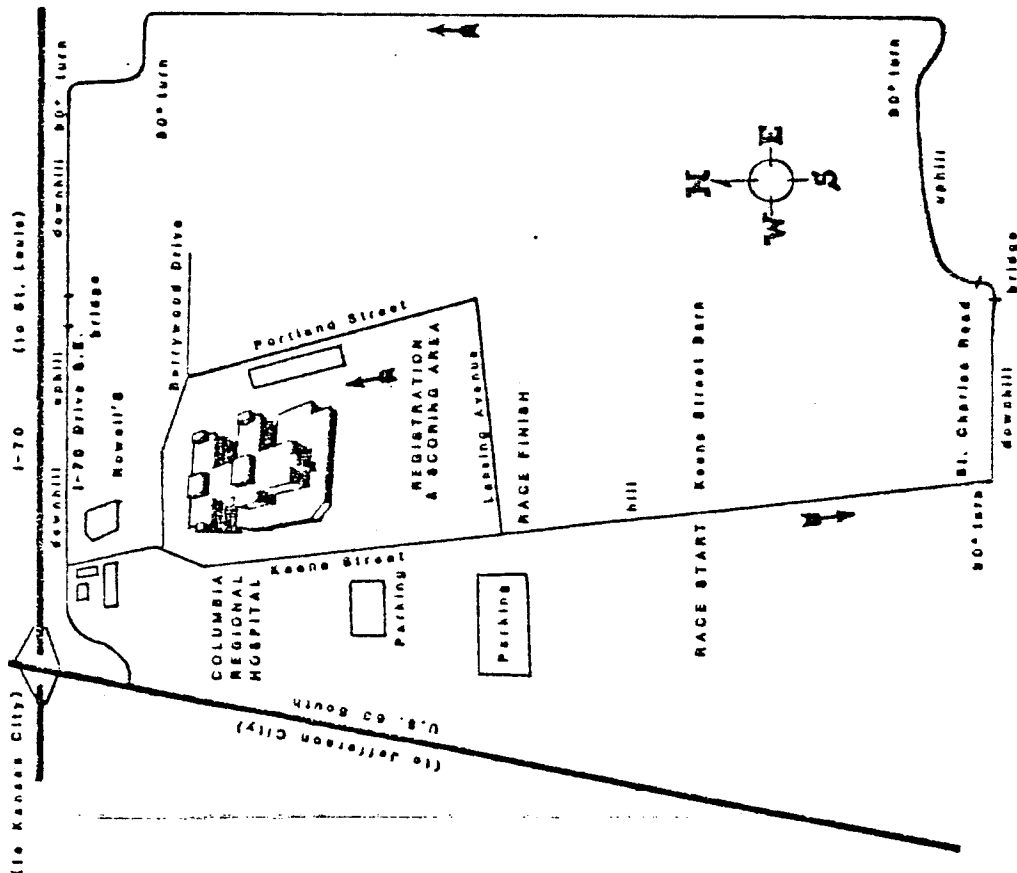
Presents

Run For Your Life

A 5 Mile Winter Road Race
Sunday, February 26, 1984

Course Records

Course Record	24:10
Age Category	Male
9 & Under	Shep Funderburk IV 40:31
10-14	Wesley Paul 29:42
15-19	Ian MacLean 26:40
20-24	S. Stonecipher-Fisher 25:30
25-29	S. Stonecipher-Fisher 24:10
30-34	Bob O'Connell 27:03
35-39	Jay Dirksen 27:15
40-44	Dick Hessler 28:33
45-49	Don Lewis 27:56
50-54	Jim Buckley 29:25
55-59	Bob Humphreys 39:20
60+	Don Patterson 39:36
Age Category	Female
9 & Under	Angela Hessler 41:45
10-14	Heather Sargent 38:00
15-19	Ellen Theroff 33:46
20-24	Donna Ganly 29:59
25-29	Sharon Falasco 33:59
30-34	Annette Johnston 35:16
35-39	Susan Boyle 36:22
40-44	Susan Boyle 34:55
45-49	Marie Langford 40:31
50-54	Marilyn Holsinger 45:13
55-59	Marilyn Holsinger 45:45
60+	



Run For Your Life

A 5-Mile Winter Road Race

When

Sunday, February 26, 1984.

WhereColumbia Regional Hospital
404 Keene Street
Columbia, MO 65201**Starting Time**

2:00 p.m. You are advised to be at the starting line at 1:45 p.m.

Entry BlanksAvailable at:
Office of Community Relations
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201
314-875-9502**Entry Fee**\$5.00 age 15 and over, \$4.00 age 14 and under. There will be an additional \$2.00 fee for all entries post-marked after February 20. Make checks payable to Columbia Regional Hospital. Mail or deliver entry fee with registration form to: Run Coordinator
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201**NO ENTRIES ACCEPTED DAY OF RUN**

There will be no other pre-race procedure; simply be at the starting line no later than 1:45 p.m.

Race Packets

Participants who registered before the week of the race should receive packets in the mail.

Late registrants may obtain packets at race headquarters the day of the race between 10 a.m. and noon.

Times

Race times will be recorded with electronic chronomix timers. Split timing will be called at each mile marker. A two-sided digital clock will precede the runners and will be on display at the finish line.

Parking

Boone Clinic parking lots on west side of Keene Street, across the street from Columbia Regional Hospital.

Restrooms

Facilities will be provided outside the building near the registration area.

Weather

The run will be held regardless of weather conditions.

Live Broadcast

A live broadcast of the race will be provided over _____.

Publication of Results

Runners' names, place, ages, and times will be published in the Columbia Daily Tribune during the week following the run.

Certified Course

Certified 5-mile road course. Start on Keene Street at Keene Stables, south on Keene to St. Charles Road, east and north on St. Charles Road to I-70 Drive, S.E., to finish, at Lansing Avenue. Splits will be read at each mile mark.

Race Headquarters

Proceed from the parking area due east to Lansing Avenue. Cross the hospital employee parking lot to the north and follow signs to the rear (east side) of the hospital. PLEASE DO NOT USE THE FRONT ENTRANCE OF THE HOSPITAL.

Finish Line Procedure

Stay in the finishing chute in order of finish until you are handed a "place" stick. Take the stick to the appropriate scorer's table at race headquarters. Give your name, age and stick to the scorer.

Sponsored

By Columbia Regional Hospital in cooperation with the Columbia Parks and Recreation Department and Columbia Track Club.

Awards

Award ceremony at run headquarters scheduled to begin at 3:00 p.m., barring delays.

Top awards will be presented. If weather and time permit, all awards will be presented. Otherwise trophies will be mailed.

Awards to be given:

Age	# of Plaques Given	
	Females	Males
9 & Under	5	5
10-14	5	5
15-19	8	10
20-24	8	10
25-29	8	10
30-34	8	10
35-39	8	10
40-44	8	10
45-49	8	10
50-54	3	5
55-59	3	5
60 & Over	3	5
Wheelchair	5	

Lost and Found

A Lost and Found will be set up at run headquarters. Any items found may be turned in there the day of the run. After February 26, items may be claimed at the Community Relations Office at Columbia Regional Hospital.

NAME (Please print) _____, _____, _____
 LAST FIRST MIDDLE
 ADDRESS _____ PHONE _____
 CITY _____ STATE _____ ZIP _____ /// T-SHIRT SIZE: S M L XL
 AGE ON FEB. 26, 1984: _____ BIRTHDATE _____ /// CRH EMPLOYEE: YES NO

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, KCMQ, the Columbia Track Club, the City of Columbia, Missouri, and the County of Boone, or 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 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 Sunday, February 26, 1984.

I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the run medical personnel my continuing would endanger my health.

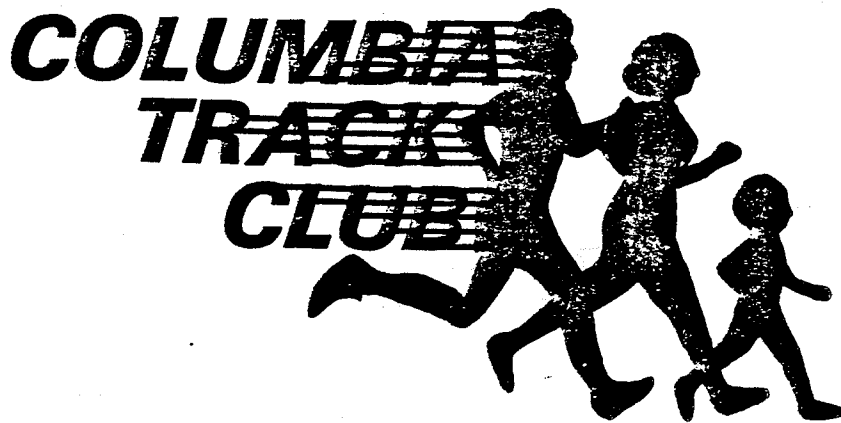
Further I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE _____

Mail with entry fee by Feb. 20 to:

Parent or Guardian's Signature (if under 18)

Race Coordinator
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201



COLUMBIA TRACK CLUB: Annual Dues: Families-\$10.00, Single Students-\$6.00. New Members-\$5.00

Newsletter to Non-members-\$3.00

The CTC Newsletter is an open forum to anyone. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless fairly short.

DONATIONS to CTC are tax-deductible.

Columbia Track Club
2980 Maple Bluff Dr.
Columbia, Mo. 65201

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