



TRACK CLUB

NEWSLETTER Vol. XVIII, No. 11 November & December

STEVE STONECIPHER-FISHER MAKES DEBUT AS THIRTY YEAR OLD AND SETS A RECORD Holiday 10 mile cheese run December 13, 1986

		10	Seconds off DT	
1. Steve Stonecipher-Fisher	30	54:52	52	
2. Jim Marshall	28	57:16	28*	
3. Marc Romine	32	57:17	37	
4t. Jeff Mittelhauser	30	58:55	55	
4t. Kent Rader	27	58:55	54	
6t. Bob O'Connell	37	1:01:31	29*	
6t. Norm Stebbins	40	1:01:31	29*	
8. Don Archer	19	1:05:08	8*	*winners of the cheese
9. Randy Smith	30	1:07:12	18*	
10. Mark Volek	31	1:07:13	167	
11. Mike Walther	29	1:07:18	162	
12. Milene Mittelhauser	27	1:07:25	35*	
13. Tom Allen	44	1:07:30	150	
14. Liz Bulman	27	1:07:35	295	
15t. Steve Halliburton	41	1:09:44	136	
15t. Simon Rose	21	1:09:44	136	
17. Mike Little	39	1:11:21	69	
18. Marc Lammy	31	1:12:48	-	
19. Joe Duncan	52	1:14:57	3*	Best prediction
20. Larry Petterborg	37	1:16:36	204	
22. Don Johnson	58	1:16:41	79	
21. Herb Mittelhauser	57	1:16:40	70	
23. Linda Price	42	1:24:35	325	
24. Georgina Gonzalez	48	1:32:34		
25. Juli Schmidt	26	1:34:50	310	

18 degrees at the start, a strong raw southeast wind didn't help much, but some sunshine did help as the race progressed. Steve S-F lowered the old 30-39 mark for 10 miles set by Bob Goodrich in December, 1983. Linda Price set a record for women, 40-49, where a record did not previously exist, but when her name shows up in the record book, no one will know that. No administrative help whatsoever for this race--the runners checked their times from the race clock as they crossed the finish line--which, no doubt, means our two records set today will not be accepted by TAC. Oh well. . .

Notice that Jeff Mittelhauser made his debut as a 30 year old--he and S-F first came to CTC events when they were in High School in Sedalia--some 13 years ago. And Norm Stebbins debuts as a 40 year old.

COMING EVENTS:

DECEMBER 27 Saturday 11:00 AM (be sure to note the 11:00 time)
Holiday Fun Run 1 to 6 miles Katy Trail
There will be hot cider afterwards

JANUARY 3 Saturday 9:00 AM BOBBY BUFORD'S FIVE MILE TWOSOME RACE Male-female teams (open to individual runners also). Meet at Strawn Road cinder pile. AWARDS: 8 \$25.00 Dinner-for-two certificates in the following categories: Combined Ages: 0-44, 45-59, 60-74, 75-84, 85-99, 100 & over, one for predicted time (seconds off added together, e.g., a +10 seconds off and a -10 off equals a total of 20 off and not 0 off), and one to be given away by way of a drawing. The awards (and hot chocolate and donuts) will be at Bobby Buford's at 10:00 AM. RACE DIRECTOR: Don Lewis

17 Saturday 9:00 AM FROSTY 20K a 20 kilo run (or walk which starts at 8:30) with a 10k for those women & age 15 & under who don't want to do 20k. RACE DIRECTOR: Joe Marks. Joe promises a post-race "warming" of some kind. He won't say what it will be until the day of the race--so be sure to come to see what surprise Joe presents us. Meet at Hilton Inn.

BOB HULL, STEVE STONECIPHER-FISHER, KENNA WALKER & PHYLLIS LAMMY ARE THE WINNERS OF THE HELMICK MEMORIAL 5K & 10K RACES— November 9, 1986

The 5k

1. Bob Hull	20	16:05
2. Steve Engelbrecht	20	17:42
3. Tony Adams	25	17:39
4. Mike Baker	36	18:02
5. Scott Bruner	16	18:17
6. Rick Mumford	17	18:27
7. Gerald Witten	57	19:06
8. Elmer Schlemper	47	19:19
9. Terry Richardson	38	19:57
10. Thruman Gleb	16	20:23
11. Mike Robbins	47	20:26
12. Tab Powell	32	21:12
13. Kenna Walker	16	21:31
14. Andy Curtis	22	21:35
15. Linda Robbins	35	22:10
16. Chris Ruble	32	22:17
17. Harris Cooper	35	22:51
18. Pat Groshong	17	22:52
19. Geoff Meyer	17	23:53
20. Alan McCune	27	24:24
21. John Whiteside	36	24:24
22. Marvin Odneal	43	24:36
23. Jeanelle Twillman	54	24:45
24. Galahad Phillips	9	25:08
25. B. J. Mumford	9	25:46
26. Richard Helmick	47	26:36
27. Bryan Henstorf	8	27:27
28. Kipala Carrender	16	28:14
29. George Kent	61	29:58
30. Donna Miller	33	35:31
31. Justin Quick	9	36:05
32. Kelly Quick	43	36:08
33. Hillary Meyer	12	36:46
34. Russ Meyer	46	36:47

The 10k

1. Steve Stonecipher-Fisher	29	32:19
2. Craig Christians	25	33:23
3. Scott Hinton	25	34:10
4. Jim Marshall	28	34:43
5. Dave Parker	40	36:17
6. Don Archer	19	37:05
7. Richard Harness	35	38:17
8. Mike Walther	29	39:52
9. Tom Allen	44	39:52
10. MIKE LITTLE	39	40:48
11. Tracy Smith	17	42:03
12. Jim Steelman	16	42:17
13. Jim Johnson	36	42:26
14. Marc Lammy	31	42:37
15. John McCormick	43	42:57
16. Tom LaFontaine	39	43:30
17. Harry Pendergraft	45	43:36
18. Norris Kruse	51	44:44
19. Brent O'Connor	30	44:51
20. Ray Simmons	60	45:16
21. Phyllis Lammy	31	45:31
22. Nancy Hamilton	32	48:22
23. Helen Sheehan	27	49:39
24. Mike Hosokawa	46	49:53
25. John Galliher	48	50:31
26. Merete Woldseth	24	50:50
27. Dan Clinkenbeard	37	51:48
28. Barbara Martin	40	58:50
29. David McDonald	53	1:04:32

Mid 30's, little wind, sunshine. Ray Simmons set a new mark for a CTC 10,000 meters, his 45:16 being better than the 47:16 Larry Patterson had set for the age 60 and over category.

Thanks to Gerry Heisler for being Race Director and to Joe Marks, Carolyn Little, Tim Gibson for helping out.

DICK HESSLER WINS FOREST ACRES THREE MILE RUN

November 22, 1986

2

1. Dick Hessler	45	17:44	11. Turk Storvick	58	21:41
2. Tom LaFontaine	40	17:55	12. Linda Robbins		21:52
3. Tom Allen	44	18:46	13. Chris Ruble	32	21:53
4. Mike Walther	29	19:09	14. John Whiteside	36	22:45
5. Ben Londeree	52	19:12	15. Marvin Odneal	43	22:45
6. David Goldstein	43	19:14	16. Linda Price	42	24:55
7. Tim Rooney	36	20:04	17. Darlene Londeree		28:37
8. Angela Hessler	13	20:37	18. Joe Cragin	58	32:03
9. Cubby Taylor	40	20:43	19. Margaret Johnson	57	34:53
10. Joe Duncan	52	21:26			

Mid 40's, sun shining, moderate winds, beautiful day. This race helps Tom LaFontaine celebrate his debut as a 40 year old, which he became two days previously.

THANKS! to Don & Carole Patterson for so graciously hosting this event and for all the goodies they provided afterwards. Also, thanks to Don & Margaret Johnson who provided a couple of dozen donuts and to Joe Marks who helped with race administration. Don & Don also helped with that.

CTC FACES A FINACIAL CRISIS, sortof. . .

Yes, CTC does sort of have a financial problem. This comes about because CTC's share of the Parks & Recreation Department's budget has been sharply reduced. In previous years P & R has given CTC a printing allotment and a cash contribution. Last year the printing allotment was \$2500. This was for printing of the Newsletter and for the printing of entry blanks, schedules and various other items. We used all of that allotment and then some. In addition we were given a cash contribution of \$500. For 1987 the printing allotment has been cut to \$1000 and we will get NO cash contribution. This problem was discussed at the annual meeting and we have proposed several solutions. First of all the dues will remain unchanged--\$10.00 for a family and \$6.00 for a single student. However, we have created the category of a Sustaining Membership. A Sustaining Member pays annual dues of \$25.00, this, of course, is optional, however, we hope enough members are interested enough in the continuation of CTC's programs to make such a contribution. In all race results we will recognize our Sustaining Members by putting their names in caps.

In addition to the Sustaining Membership program we will strive to have our various events support themselves, especially the Junior Olympics and the 100 mile walk. Perhaps we can get additional sponsorships, but that is not nearly as easy to do as it sounds. We will reduce the size of the Newsletter and occasionally we will combine two months as we have done with this Nov. - Dec. issue.

SUPPORT CTC BY BECOMING A SUSTAINING MEMBER!!!

AND, BY THE WAY, ANNUAL DUES ARE PAYABLE NOW!!! PLEASE pay by Jan. 15, so that we can avoid the hassle of stamping the word "expired" on your Jan. and Feb. Newsletters. Be sure to consider becoming a Sustaining Member by paying \$25.00.

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

Mike Bauer
9132 Ranch Meadows Dr.
St. Louis, MO 63136

Janice Pescetto
8813 E. 61st Terrace
Raytown, MO 74133

David Goldstein
206 E. Ridgeley
Columbia, MO 65203

Steve Savage
212 Willow Way
Columbia, MO 65201

Dave Hesselink
3001 S. Providence Rd #24C
Columbia, MO 65203

Bill Trumbower
2417 Beachview Dr.
Columbia, MO 65203

Jim Howard
2014 Oak Point Ct.
Columbia, MO 65203

Karen Kniestedt
805 Laws Hall UMC
Columbia, MO 65201

Here's what BOB DOLPHIN has been up to: October 18, a 10k in 41:59, 2nd 50-59; Three Rivers Marathon on October 25, Richland, Wash., 3:22:07, 3rd, 50-59, clear and warm which resulted in a time 16 minutes slower than last year; November 1, another 10k, 41:27; Nov. 15, a 10 miler in 1:07:49 and then on Nov. 29 Bob ran the Seattle Marathon, a flat course 30's to 40's, finishing in 3:19:06, 181st of 600, 14th of 60, 50-59. This was Bob's 9th marathon of the year, including two ultras.

THE DAVE SCHULTE SERVICE AWARD went this year to JIM GIBSON for his exemplary volunteer work in the administration of CTC events. Congratulations, Jim! This is the second time the award has been given. Last year VEVA SPIER was honored for all she has done.

Another way to help us out of our financial crisis is to buy a Charnel 8k reflective vest--CTC bought these items and we still have close to 150 on hand so that ties up a lot of our money. You have to order them from KOMU-TV, Hiway 63 South, cost \$6.00.

COLD WEATHER RUNNING

By: Scott Foster, D.P.M.

Having lived in Chicago the past six years, I've run thru some horrendous winter weather. Chicago is well deserving of its nickname as "The Windy City". Unfortunately, in the winter this means severe wind chills and hazardous running conditions. I hope now that I have moved "south", winter running won't be near as bad. Despite the warmer climate of Columbia, over Chicago, I have been told that it still gets very cold here and it's known to snow a lot. The recent cold spell has made me realize this.

One of the hardest things about winter running is taking that first step out the door. I personally find it requires more discipline and mental preparation to go out into the cold to run. On the other hand, I find once out in the cold, it can be very enjoyable and you finish with a greater feeling of accomplishment. Running in the cold is to a large extent a matter of getting use to, but it can be one of the most productive times of year. If you lay off for three to four months thru the winter you are faced with the frustration of starting all over again in the Spring. Because of the added rigors of running in the cold, your primary goal, aside from maintaining form and fitness, is to accumulate mileage. In order to make your cold weather running safe and enjoyable, there are basic guidelines to follow.

1. Wear clothing in layers. You can always remove a layer, and tie it around your waist, if you get to warm. Two or three layers of thin, breathable clothing are far superior to bulky jackets and pants. When layering up for a winter run, start with a cotton or polypropylene t-shirt or turtleneck. If it's a very windy day you should wear a gore-tex or nylon suit on the outside. Men should be particularly aware of their briefs. Tight clothing anywhere will reduce insulation, and tight clothing (or lack of clothing) around the groin can be especially uncomfortable. Frostbite to this area is uncommon but not unheard of.
2. Over-dressing can be as hazardous in the cold as under-dressing. You are not likely to have problems from getting too hot in the winter, but this will cause an unnecessary amount of sweating. This danger is that rapid evaporation will bring about a dramatic drop in body temperature drops even on degree, speech can become slurred. Another degree and the fingers become stiff and clumsy. With another degree or two drop and increased loss of co-ordination and mental confusion occur. A ten degree drop will impair the body's ability to regulate its own temperature, which may then begin to fall rapidly. A core temperature of 75 degrees or below can become fatal.
3. The fingers and toes are areas with the smallest blood vessels, so they must be protected. Mittens are always better than gloves. I find an extra pair of socks, especially wool ones, works very well. A single pair of socks is usually enough, even on the coldest of days.
4. A significant amount of body heat (40%-50%) is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask would be advisable.
5. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat and wet clothing may cause you to become too cold when running into the wind. As a last resort, ask a friend or family member to drive you out to a point from which you can do your entire run with the wind at you back.
6. It's especially important during cold weather to warm up thoroughly before running. One of the most serious mistakes of winter running is going out without a proper warm-up. For the most part, this means lots of easy stretching. Post-run stretching is every bit as important as the warm-up, to work out the tightness brought on by the cold.
7. Wear bright colors and reflective gear, especially at night. With winter time comes short days, and much of your running may be in the dark, so be seen. Another good rule for night time running is always run against the traffic. This at least gives you the advantage of seeing what's going to hit you. Also when running in the dark, stick to roads you are familiar with. When your vision is limited by the dark, and the cold, it makes little sense to take a new or scenic route.
8. Let someone know where you are going and when you expect to return. Better yet, run with someone else whenever possible.
9. Don't cheat on your shoes. I used to save old shoes for running in the snow and slush. Wrong thing to do! On snow or ice you'll need the best traction possible to prevent slipping, and pulling a muscle, or falling and possibly having your season come to a painful end. Running on pavements in cold weather demands even more midsole cushioning because of the hard frozen surface.

ST. LOUIS MARATHON Nov. 23: 9. Marc Romine 2:56, 19. Bob O'Connell 2:42:44, 35. Frank Curotto 2:47:36, 56. Mark Hosler 2:52:46, 73. Stan McQuinn 2:56:31, Dick Madsen was 15th, age 40-44 at 3:04:11, Elmer Schlemper 10th, 45-49, 3:10:06, Larry Lewis, 4th, 50-54, 3:08:45 Don Johnson, 3rd, 55-59, 3:25:20, Diane Seifert-Wade, in her first marathon, was in at 4:28:57, Tom Coon had a 3:04:35, Rick Ferguson 3:20:03, Mark Basecke 3:21:56, Randy Smith 3:26:20, Greg Critchfield 3:41:10, Dennis Veit 3:44:17, Terry Brennan 4:05:11, Shanka Banerji 4:07:55. Temperature was fine at the start--in the upper 40's, but it began getting colder, raw and windy as the race progressed.

KANSAS CITY MARATHON November 16: 6. Kent Lang 2:31:31 Larry Lewis 2nd, 50-54, 3:02:54 (and a week later he did St. Louis, see above), 6th female was Angela Zook, 1985 H of A winner, 3:29:37, Vern Darling 2:55:06, Kevin O'Bannon 2:57:26, Linda Price 4:32 and Joe Duncan 3:45:25.. A hilly course, St. Louis is much flatter, low 30's

In the 10k, in Kansas City, Dennis Stewart was 9th overall and winner of his age group (35-39) with a sparkling 32:59

JEFF & MILENE MITTELHAUSER have done some fine running during the fall:
 Sept. 28, Fall Classic 10k, Lawrence, Kansas, Milene was 2nd, 37:59.
 Oct. 11, St. John's Sunshine Run, Jeff 5th in 31:12, Milene 2nd, 36:31 a PB.
 Oct. 19, Women's 10k, Kansas City, Milene 3rd, 38:51.
 Nov. 22, Run for the Third, Sedalia, Jeff 1st, 26:26 (5 miles, isn't it?)
 Milene 1st, 31:32. Herb Mittelhauser was 2nd 50+ in 37:15
 Julie Mittelhauser was at 37:45. Also we had Jim Marshall 3rd, 27:19, Jerry Kokesh 30:45, Simon Rose 31:14, Karen Kokesh 34:22, Mike Baker 30:04.

However, the biggest race for Jeff was the race he entered for the post of Prosecuting Attorney of Pettis County. Jeff won that race.

LIZ BULMAN competed in the Ironman Triathlon, the Big Island, Hawaii finishing 4th female while beating the old women's mark by more than 20 minutes. Liz did the 2.4 mile ocean swim in 56:49, the 112 mile bike in 5:40:05 and the marathon in 3:30:23. Then in the National Championships in Hilton Head Liz finished 8th female despite a bike collision. It's my understanding that Linda Buchanan was struck by a car causing her bike to collide with Liz's. Liz took a tumble but got back into the fray and still finished the event, although she was obviously hurting.

The HICKMAN HIGH SCHOOL Cross Country team won their District Championships and then sent two boys to the State Meet. The team is made up mostly of CTC Colts: Wayne Wells, Peter Hessler, Andy Jones, Pat Kernell, Rick Mumford and Shawn McDonald. Their times for the 5,000 meter course were 17:41, 17:48, 18:07, 18:16, 18:20 & 18:21. Then in the sectional meet, Peter Hessler ran his 5k in 16:39 while Andy Jones was across in 16:40.

In a recent All-Comers meet at Hearnese, in the mile, Dave Parker had 5:05 to lead the age 40+ and Dick Hessler followed in 5:14. Angela Hessler had a 5:52. No doubt there were other CTC performers but this is all we know about at this time.

We have not yet gotten results of the Turkey Trot dual meet with the St. Louis Track Club. But we do know that CTC was thoroughly embarrassed by a lack of CTC participants. Thus, we were wiped out, although our people did win a goodly number of awards.

And, CONGRATULATIONS to those who are producing CTC runners--BETTY BOHON recently gave birth to a son and ANNETTE JOHNSTON BOWERS in Grand Rapids, Michigan gave birth to a girl, Jessica Allison on Oct. 28.

John Pendergraft finished 2nd in the MIAA cross country championships with a time of 32:48 for a 10,000 meter course in Warrensburg.

RUNNING SHOES 1986-87
 compiled by Randall L. Smith
 revised 11/1/86

- Hyperpronation:** Adidas ZX500, ZX600, Centaur, Phantom,
 Peachtree*, Fire II
 (tendency to wear shoes down toward the inside) Avia 590, 600, 581, 620
 Brooks Apex*, Trilogy, Chariot, Contour,
 Response*, Nexus
 Etonic Europa, Maestro, Mirage*, Quasar ZX
 Aura
 Kangaroo Coil R1
 New Balance M or W440*, M or W670, 520,
 995
 Nike Venue, Dauntless, Epic, Equinox,
 Vortex, Pegasus Gx
 Reebok GL6000, LX8500
 Sako Tri-Eva, Skyline
 Saucony America, Echo*, Advance
 Tiger Alliance, Extender, Striker ST
 Turntec Apex, Lady Quixote, Quantum,
 Quantum Plus, Flexlite 575
- Hypersupination:** Adidas ZX500, Centaur, Phantom,
 Peachtree*, Fire II
 (tendency to wear shoes down toward the outside) Avia 590, 600, 581
 Brooks Nexus
 Etonic Aura
 Nike Dauntless, Epic, Equinox, Vengeance
 Sako Super XL, Skyline
 Saucony America
 Tiger Alliance
 Turntec Apex, Quicksilver Plus, Vista,
 Flexlite 575
- Midfoot or Forefoot Stiker:**
 (or those who train fast) Adidas The Web, Starlite, Silverstar
 Brooks Nexus, Response
 Etonic Sigma, Maestro
 New Balance 735
 Nike Vengeance, Pegasus Plus, Sock Trainer
 Reebok LC3000, LC1500, DL5600
- High Arch or Rigid Foot:**
 Diadora Seb Coe Impact 1000
 Kangaroo Rally
 Nike Windrunner
 Reebok DL5600, LX8500
 Tiger Ultra 1000, Concerto
- Orthotics:**
 Adidas deCastella Centaur*
 Brooks Sentry, Phoenix
 Etonic Europa
 Reebok Hurricane*, 5600
 Tiger RX
- Racing Shoes:**
 Adidas DeCastella, Helsinki, Grete Waitz
 Avia 605
 Brooks Tempo
 Etonic PR, Sigma, Maestro
 Kangaroo Ghost
 New Balance 250, 350, 400, 500, 753
 Nike Spiridon Gold, Terra T/C, Sock Racer,
 Sock Trainer, Air Edge, Axis,
 Pursuit, Vendetta
 Saucony Dixon Trainer, Siren
 Tiger Ultra 1000, Colorado, Epirus,
 X-Calibur GT, Jayhawk XR, Freak
 Turntec Vista

* denotes an inexpensive shoe that may be useful for the beginning or low mileage runner

This list is compiled from manufacturer descriptions and shoe reviews from the various running magazines. It is not exhaustive for all running shoes made but those that should be better quality shoes. Some of these shoes have been discontinued by the manufacturer but are still available in shoe stores or by mail-order.

1987 EVENTS

January 3	Saturday, 9:00 a.m.	BOBBY BUFORD'S FIVE MILE TWOSOME RACE, male-female teams (open to individual runners also). Meet at Strawn Road cinder pile. <u>AWARDS</u> (to teams only). \$1 fee non-members. RD: Don Lewis
January 17	Saturday, 9:00 a.m.	FROSTY 20 (20K run, 10K run for Women & Age 15*), 20K Walk (8:30 a.m.) Hilton Inn. RD: Joe Marks
February 7	Saturday, 9:00 a.m.	5,000 Meter Nut Race, Run or Walk. Research Park. <u>AWARDS</u> . \$1 fee non-members. RD: Tom Coon
February 22	Sunday, 2:00 p.m.	<u>COLUMBIA REGIONAL HOSPITAL 5-MILE WINTER ROAD RACE. TROPHIES. \$5 fee.</u>
March 7	Saturday, 9:00 a.m.	RRCA MO State 15,000 Meter Run Championship. <u>TROPHIES. \$2 fee; 15K Walk, Hilton Inn. RD: Tom LaFontaine</u>
March 21	Saturday, 9:00 a.m.	Katy Trail 1-6 Mile Fun Run.
March 28	Saturday, 2:00 p.m.	MO STATE One-Hour Walk Championship. <u>Hickman Track. TROPHIES. \$2 fee. RD: Don Johnson</u>
April 5	Sunday, 1:00 p.m.	<u>d Sport Shop 8,000 METER ROAD RUN. TROPHIES. \$5 fee. RD: Jim Gibson</u>
April 18	Saturday, 6:00 a.m.	Missouri Cup Competition, 50-Mile Walk, <u>Hickman Track. TROPHIES. \$5 fee.</u>
April 25 (tentative)	Saturday, 8:00 a.m.	<u>HUMAN RACE 1X 10,000 METER ROAD RUN. TROPHIES. Fee ?</u>
May 16	Saturday, 8:00 a.m.	<u>3,2,1-Mile Triathlon, Hickman Track.</u>
May 29	Friday, 6:00 p.m.	Sprint Triathlon: 1,500, 800, 400, 10,000 Meter Walk (7:30 p.m.) - <u>Hickman Track. RD: Dick Madsen</u>
June 6	Saturday, 9:00 a.m.	State 15,000 Meter Walk. <u>Hickman Track. TROPHIES. \$2 fee.</u>
June 19	Friday, 7:30 p.m.	2-person, 8,000 Meter Relay. Alternate 400's. A team of male runners must have one runner age 15 or under. <u>Hickman Track. AWARDS. \$1 fee non-members. RD: Whitney Hicks</u>
July 4	Saturday, 8:00 a.m.	1-Mile Run. <u>AWARDS. \$1 fee non-members; 10,000 Meter Walk (6:30 a.m.). Hickman Track.</u>
July 18	Saturday, 8:00 a.m.	Four-Mile Relay, 3-Mile Walk. Research Park. RD: Ben Londeree
August 1	Saturday, 7:30 a.m.	Great Sandbagger 10,000 Meter Handicap Run, Walk. Meet at Strawn Road cinder pile. RD: Dean Baxter
August 15	Saturday, 7:30 a.m.	5,000 Meter Run. <u>Hickman Track. RD: Eric Mumford</u>
August 29	Saturday, 6:00 a.m.	30,000 Meter Run (10 Kilo for women and age 15*) 20-K Walk. Hilton Inn. RD: Chris Ruble
September 12	Saturday, 9:00 a.m.	2-Mile Cross-Country Run. Bethel Park, RD: Linda Price
September 25 & 26	Sat. & Sun., 1:00 p.m.	National 100 Mile Walk, <u>Hickman Track.</u>
September 26 (tentative)	Saturday, 9:00 a.m.	5,000 Meter Cross-Country Run. Gustin Golf Course. RD: Marvin Odneal
October 18	Sunday, 7:00 a.m.	28TH ANNUAL HEART OF AMERICA MARATHON AND 4TH ANNUAL CHANNEL 8K RUN. <u>TROPHIES. \$5 fee. \$7 for Channel 8K.</u>
October 24	Saturday, 9:00 a.m.	Katy Trail 1-6 MILE FUN RUN
November 1 (tentative)	Sunday, 1:00 p.m.	Missouri Turkey Trot, 3-Mile Cross-Country Run. Dual Meet with St. Louis Track Club. \$2 fee for non-CTC members.
November 8	Sunday, 9:00 a.m.	5K, 10K Steve Helmick Memorial Run. <u>TROPHIES. \$5 fee.</u>
November 21	Saturday, 9:00 a.m.	FOREST ACRES 3 Mile Run, Don Patterson's House
December 12	Saturday, 9:00 a.m.	Cheese and Sauerkraut 10-Mile Run, 10-Mile Walk (8:30 a.m.) Meet at Strawn Road cinder pile. <u>AWARDS. \$1 fee non-members. RD: Turk Storrick</u>
December 26	Saturday, 11:00 a.m.	<u>HOLIDAY FUN RUN, Katy Trail.</u>

ANNUAL DUES

COLUMBIA TRACK CLUB: Families: \$10.00
 Sustaining Members: 25.00
 Single Students: 6.00
 New Members: 5.00
 Newsletter only: 3.00

ALL DONATIONS TO CTC ARE TAX-DEDUCTIBLE

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. Deadline is the third Saturday of each month. Be sure to pass on to Joe Duncan your out-of-town race results so we can all know what CTC people have been up to.

PLEASE offer to help with the administration of any race in which you will not be a participant. Remember--these events don't just happen.

This Newsletter has been printed by the COLUMBIA PARKS & RECREATION DEPT.



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