

TRACK CLUB

NEWSLETTER Vol. XVIII, No. 9 September 25, 1986

ROB CARNEY EASY WINNER IN TWO MILE CROSS COUNTRY Sept. 13:

1. Rob Carney	26	10:18	Beautiful day--upper
2. Dave Parker	40	11:58	50's, sun shining.
3. Richard Harness	35	12:11	On the Bethel Park
4. Marvin Odneal	42	12:17	course, a new course
5. Randy Smith	29	12:18	for CTC, not too
6. Steve Baurichter	35	12:20	difficult except for
7. Dan Hightower	24	12:28	the rough terrain.
8. Tom Allen	44	12:37	
9. Don Johnson	58	13:21	Linda Price and
10. Elmer Schlemper	47	13:26	Georgina Gonzales
11. Dean Baxter	50	13:47	did a superb job as
12. Larry Petterborg	37	14:16	co-race directors,
13. Chris Ruble	32	15:18	ably assisted by
14. Debbie Karwoski	32	17:29	Joe Marks, Joanie
15. Barbara Martin	35	18:58	O'Connor and Mark
			Price. Thanks to
			d Sport Shop for
			providing 6 books
			given away by drawing

LIZ BULMAN won the female part of the Greater Wilkes-Barre Triathlon (and \$5,000) on August 31. Liz never led the women's division until the last half mile of the final event, the 10k run when she passed Julie Brening of Kirkland, Wash. Liz had a time of 2:08:51, 19 seconds ahead of Brening. Prior to that Liz had won a Bud Lite Series triathlon in Boston and has a streak of four victories in a row.

RANDY SMITH won the 35-39 category of the Baptist Medical Center triathlon, Kansas City, on Sept. 7 with an overall time of 2:08:27. DON JOHNSON won the 55-59 title with 2:46:10 while JILL MURPHEY was 4th overall for women with 2:15:25 and TONYA TWILLMAN won the 20-24 category with 2:19:14.

THE BOB DOLPHIN REPORT: August 16: a climb to the top of Mt. Hood, 6 hours to the summit in rock and snow, 4 hours to return. August 19: 4th in a 5k run at 19:46, his 2nd best ever 5k. August 23: 9th in a 10k at 42:16, long course. August 30: 18th in another 10k at 41:05 on a certified course.

SCHEDULE OF EVENTS

- OCTOBER 5 Sunday 7:00 AM 27th ANNUAL HEART OF AMERICA MARATHON People to man the timing stations should be calling Joe Duncan (445-2684 or 874-4328) to offer their help. We have the Aid Stations pretty well covered thanks to Eric Mumford who has worked on that.
- 5 Sunday 8:00 AM CHANNEL 8K RUN Don Lewis needs day of the race help, so be sure to tell him so if you can help.
- 18 Saturday 9:00 AM MKT Trail Fun Run--any distance you choose between one and six miles
- 24 Friday 7:00 PM ANNUAL MEETING OF THE COLUMBIA TRACK CLUB Guitar Community Center (lower level of Farm & Home Building, 8th & Broadway) DO NOT PARK ON THE F & H PARKING LOT!
- NOVEMBER 2 Sunday 1:00 PM Missouri Turkey Trot 3 mile cross country run Shaw Park, St. Louis (see enclosed entry blank) EVERY CTC runner should plan to participate, especially since scoring is on a mass basis. CTC pays your entry fee, but you should still send in your entry blank.
- 9 Sunday 9:00 AM STEVE HELMICK MEMORIAL RUN 5K & 10K \$5.00 entry fee with proceeds going to CTC Scholar-ship Fund Entry blank, etc. in next month's newsletter.

BE SURE TO ATTEND THE ANNUAL MEETING October 24

COLUMBIA

VERN DARLING WINS 30,000 METER RUN

August 30, 1986

10,000 meter splits:		10K	20K	30K
1. Vern Darling	29	37:43	1:13:45 (36:02)	1:49:19 (35:34)
2. Gary Oringderff	28	37:43	1:14:29 (36:46)	1:52:43 (38:14)
3. Craig Christians	25	39:15	1:17:03 (37:48)	1:54:18 (37:15)
3t Marc Romine	31	39:15	1:17:03 (37:48)	1:54:18 (37:15)
5. Dave Parker	40	39:55	1:20:22 (40:27)	2:00:53 (40:31)
6. Mike Walther	28	41:44	1:24:46 (43:02)	2:08:40 (43:54)
7. Richard Harness	35	41:56	1:24:36 (42:40)	*2:10:46 (46:10)
8. Dick Madsen	44	44:38	1:29:28 (44:50)	2:14:09 (44:41)
8t Stan McQuinn	33	44:38	1:29:28 (44:50)	2:14:09 (44:41)
10. Randy Smith	29	45:04	1:30:33 (45:29)	2:18:21 (47:48)
11. Liz Epple	28	45:04	1:30:33 (45:29)	2:18:37 (48:04)
12. Dale Broadway	32	43:46	1:28:57 (45:11)	*2:16:16 (47:19)
13. Joe Duncan	52	48:30	1:35:42 (47:12)	2:20:24 (44:42)
14. Gerry Wilhite	38	48:30	1:36:08 (47:38)	2:27:13 (51:05)
15. Leo Griffard	34	51:44	1:38:18 (46:34)	2:27:13 (48:55)
16. Terry Brennan	34	48:32	1:45:03 (56:31)	2:43:58 (58:55)
17. Greg Klute	32	50:00	1:41:06 (51:06)	2:46:25 (65:19)
18. Dick Hoft	59	50:50	1:50:06 (59:16)	2:56:20 (66:14)
18t John O'Connor	53	50:50	1:50:06 (59:16)	2:56:20 (66:14)
20. Scott Foster		38:03	*1:16:32 (38:29)	
21. Tom LaFontaine		39:33	1:25:07 (45:34)	
22. Norm Stebbins		41:38	1:25:50 (44:12)	
23. Steve Stonecipher-Fisher		37:43		
24. Mark Volek		39:15		
25. Marvin Odneal		41:30		
26. Billy Freeman		44:38		
27. Dean Baxter		44:53		

*these runners all came late--the times shown are their actual time
Scott Foster ran on to 30k, but he come so late the timers left before he was finished.

*these runners all came late--the times shown are their actual times. Scott Foster ran on to 30k, but had come so late the timers left before he was finished.

The 10,000 Meter Run:

Male 15 & under: 1. Tim Gibson 15 39:49

Women:

1.	Liz Epple	28	45:04	and Liz went on to 30K.
2.	Kenna Walker	15	46:35	
3.	Heather O'Connor	17	50:53	
4.	Michelle Spyers	14	59:13	
5.	Joni O'Connor	48	59:50	
5t	Marcia Smith	46	59:50	
7.	Kipala Carrender	16	1:04:40	

The 20,000 Meter Walk:

1.	Rob Spier	64	1:11:47 10k
			2:27:38 20k

Magnificent weather for running--upper 50's, insignificant wind--starting in the dark at 6:00 AM was reminiscent of those Labor Days when the Heart of America went off at 6:00 AM. Thanks to Veva Spier, Jim Gibson and Tom Allen for handling the timing chores.

NOTICE OF ANNUAL MEETING OCTOBER 24

The Annual Meeting of the Columbia Track Club will be on Friday evening, October 24, 7:00 PM in the Community Center of the Farm & Home Building, 8th & Broadway. As always this is an important meeting, since it is the only meeting we have during the year. If you have any suggestions as to how we do things, or as to what we do, then now is the time to say so (by now, we mean October 24). We will discuss important financial matters, next years schedule, elect a President and a Secretary-treasurer and give out the annual ET awards. And, as always, there will be refreshments.



File: MALE15U
Report: CTCRESULTS
NAME POINTS

A SIBSON 78*
HARNES 45
BRYANT 37
MUMFORD 24
RACINE 14
GUEST 13
SALDANA 12

File: MALE1629
Report: CTCRESULTS
NAME POINTS

A WALTHER 141*
A STONE-FISCHE 81
MITTELHAUSER 60
SMITH 56
HINTON 48
RADER 44
BRYANT 31
FANCHER 30
O'BANNON 28
MARSHALL 27
P. HESSLER 27
HULL 26
LANG 15
ORINGDERFF 14
M. LEWIS 14
BURDGE 14
ADAMS 13
SMITH 12
J. LEWIS 12
MORROW 11
BUTLER 11

File: MALE 3039
Report: CTCRESULTS
NAME POINTS

A LAFONTAINE 150*
A HARNES 136
A PARKER 118
HEISLER 98
ROONEY 85
O'CONNELL 83
VOLEK 82
COON 81*
KURTH 71*
THORNBURG 62
STEBBINS 49
PETTERBORG 47
BAURICHTER 46
HOSLER 43
BAKER 31
D. STEWART 30
PARKER 29
WHITESIDE 28
LAMMY 27
JOHNSON 26
CLINKINBEARD 24
MILLER 15
WILLIAMS 14
LYDON 13
GONZALEZ 13
RUDEEN 12
RICHARDSON 12
MCCRORY 11
QUALY 11

File: MALE 4049
Report: CTCRESULTS
NAME POINTS

A ALLEN 182.5
A ODNEAL 151*
A MARKS 137*
A MADSEN 131*
A HESSLER 102
A SCHLEMPER 81
D. LEWIS 72*
TOM RACKERS 37
SLEPER 35
HOSAKAWA 34
TERRY RACKER 30
MUMFORD 25*
PENDERGRAFT 23
PLUMMER 22
BELYEA 16
HEDGES 14
ZABILKA 13
FRITSCH 13
SHUPPAN 11
PECKHAM 11
MUELLER 11
HOLLERAN 11

File: MALE 5059
Report: CTCRESULTS
NAME POINTS

A JOHNSON 172*
A DUNCAN 152.5*
A STORVICK 116
A LONDEREE 108*
BAXTER 83
HICKS 73*
HANSON 61
PINKERTON 55
D. LEWIS 54
O'CONNOR 47
KRUSE 35
WARD 23
MITTELHAUSER 22.5
BROWN 15
HOFT 11

File: MALE 600OVER
Report: CTCRESULTS
NAME POINTS

GERHARDT 22

File: WALKERS
Report: CTCRESULTS
NAME POINTS

A SPIER 94
WILLIAMS 47
C. BRAUDIS 27
TAFT 23
ADAMS 15
EVANS 11.5
FRITZ 11.5
L. BRAUDIS 11

File: FEMALE15U
Report: CTCRESULTS
NAME POINTS

A HESSLER 61
TEERLINCK 22
HARNES 22
HENZEL 14
B. HESSLER 13
CORDIA 13
THOMAS 12
SALDANA 12
O'CONNOR 11
YOUNG 11
PUDENZ 11

File: FEMALE1634
Report: CTCRESULTS
NAME: POINTS:

A RUBLE 93
A KARWOSKI 67
HOXWORTH 53
M. MITTELHAU 53
BULMAN 39
BOHON 38
TEERLINCK 36
HESSLER 23
GERKE 22
J. MITTELHAU 15
T. LAMMERS 13
DUDE-LAMMY 13
WULFF 13
REINHARDT 11
HOLLAND 11
P. YOUNG 11
HASKAMP 11

File: FEMALE 350OVER
Report: CTCRESULTS
NAME POINTS

A PRICE 101
A MADSEN 70.5*
A GONZALEZ 50
O'CONNOR 49
MARTIN 46
JOHNSON 45
FRITSCH 41
ODNEAL 26
BOHON 22
LEDUC 15
SEYMOUR 13
SMITH 13
GERHARDT 12
LONDEREE 11

elapsed time standings
not including the 2 mile
cross country. "A" means
these people will receive
awards at the annual
meeting. There could be
some changes since there
are 3 events yet to be
included. These will
be considered official
unless a protest is made
to Jim Gibson by October
10.

Here is the first of a series of articles which new member, Scott Foster will be writing:

SPORTS MEDICINE

By:

Scott Foster, D.P.M.

As a physician (Podiatrist) and long distance runner, I have naturally had a strong interest in running injuries and sports medicine. As a new member of the C.T.C. I would like to pass on my knowledge and experience of sports medicine in the form of monthly articles in this fine newsletter. As an article of introduction, I would like to start with some details of my education and running experience.

I graduated undergraduate school in 1980 from Western Illinois University. In the fall of 1980, I started podiatry school in Chicago. It should be noted that there are only six podiatry schools in the nation. Each year about 600 podiatrists graduate and there are approximately 6000 podiatrists in the entire nation. Podiatry school parallels any medical school in our course of study. We have three years of basic science courses, many of which are taught by instructors from the medical schools of Northwestern and Loyola in Chicago. During our third year of school we begin getting clinical and surgical experience in our school clinic. The fourth year of podiatry school involves several hospital rotations as an extern to get further surgical and hospital experience. I was also involved with our school's sports medicine club and served as vice-president of the club. I graduated podiatry school in 1984 to begin two years of postgraduate training as a podiatry resident thru the orthopedic department of Rush-Presbyterian, St. Luke's Medical Center in Chicago.

My running experience began in 1973 as a sophomore in high school when I began running cross country and long distance in track. In college I again ran cross country and track with varsity letters in each. More importantly in college, I began running marathons. In June of 1978, I ran my first marathon in Terre Haute, Indiana with a time of 3:05. Three months later I ran the Mayor Daley Marathon in Chicago along with about 10,000 other runners, and finished in 2:58 with 132nd place. This qualified me for the Boston Marathon (back then qualifying time was under three hours) which I ran in April in 1979 in 2:45. I have to this day run eleven marathons with a PR of 2:41 in the fall St. Louis Marathon. I have also run numerous shorter races with a PR in the 10K of 31:45.

While in Chicago, I worked as medical director and on the medical team of several races, including the Chicago Marathon, and The Bud Light Triathlon twice. The

past five years in Chicago, I have worked in several sports medicine clinics, that involved working with orthopedists, physical therapists, exercise physiologists, cardiologists and others that participated in the care of the athletes that presented to the clinic. I have also given several lectures to running clubs, at pre-race events, and to public groups on various running topics. I hope to continue these activities here in Columbia. As I mentioned earlier, I plan to have monthly articles on various running topics in the C.T.C. newsletter. I would be interested in answering any questions you may have. These can be answered through the newsletter as well as with a personal answer in more detail to yourself. Any questions or suggestions for future article topics can be directed to my office at the Stephens Building, Suite 111, 1005 Cherry St. Columbia, MO 65201 or call 443-2015. I might also mention, my practice is now open to see patients with evening and Saturday hours available. Until next month--Run in good health.

Scott Foster, D.P.M.
Stephens Building, Suite 111
1005 Cherry Street
Columbia, MO 65201
(314) 443-2015

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

September 6, 1971: Heart of America Marathon: 1. Tim Hendricks 2:47:42 (his 2nd victory); 2. Lou Fritz 2:52:20. . .7. Alex Ratelle age 46, 3:03:46. . .9. Arne Richards 3:07:19. . .11. Don Granberg 3:17:05. . .13. Ben Londeree 3:29:21 (first CTC event AND first marathon). Only 24 finishers of 34 starters the slim field was attributed to lack of interest after the horrible weather conditions of 1970.

September 11, 1971: One mile run: 1. Bob Brouillet 4:29.5; 2. Dennis Stewart 4:34; 3. Whitney Hicks 5:05; 4. Mike Chippendale 5:28. 5 mile walk: 1. Larry Young 37:10; 2. Paul Ide 44:14; 3. Steve Spier 57:22; 4. Rob Spier 57:56

September 18 & 19, 1971: 100 Mile Walk: The Brewer Fieldhouse debacle because of an all day rain: 1. Larry Young, an astonishing 18:07:12 (last 2 miles in 15:49), 2. Chris Clegg 22:46:14. There were some 70 walkers--lots of kids--on the indoor 220 yard dirt track. Some of us still haven't recovered from that.

September 26, 1971: 2 mile run: 1. Bob Brouillet 9:49, 2. Dennis Stewart 10:15; 3. Ben Londeree 10:15, 4. Whitney Hicks 11:02; 5. Don Granberg 11:39, 6. Mike Chippendale 12:01.

Limerick of the Month--September, 1971:

Four Knights of the Red Table ran out one day,
To the Hink, running swiftly, without delay.
A maiden in distress, they saw.
Lovely was she, without a flaw.
But alas, her lover was bigger than they.

The Red Table Track Club was a group of UMC runners who were living in a house on Wilson Ave. I guess they had a red table.

5 years ago:

September 7, 1981: Heart of America Marathon: 1. Jon Herbert 2:30:26 the 2nd fastest time on record 2. Bob O'Connell 2:32:29 the 3rd fastest time 3. Robert Cline 2:35:33, his H of A PB . . .7. Tom LaFontaine 2:43:00, 8. Dick Hessler 2:44:09 . . .16. Joe Marks 2:52:10. . .22. Ben Londeree 2:57:12. . .31. Wesley Paul, 12, 3:02:19. . .47. Debbie Hoxworth 3:11:48 and some 94 other finishers including Sy Mah from Toledo Ohio finishing his 3rd marathon in 3 days.

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

Gary Johanning
510 High St. Apt. 419
Columbia, MO 65201

William Robinson
P.O. Box 215
Centralia, MO 65240

Robert McGraw
Rt. 14, Box 113
Columbia, MO 65202

Miltenger Family
3213 Wooddale Ln.
Columbia, MO 65203

CTC RUNNERS DID WELL IN THE BUSCH STADIUM 10k HANDICAP RUN, Sept. 14, where runners receive handicaps according to sex and age. Of more than 3100 runners, DICK HESSLER crossed the finish line in 9th place and DON JOHNSON came through in 30th place. Awards were given for the first 150 finishers---JOE DUNCAN finished in 151st place (with an actual time of around 42:55)--next year he picks up another 30 seconds handicap and will remember to ~~xx~~ have some sort of a kick at the finish so maybe he will crack that top 150. Anyway, other CTC runners on hand were Norris Kruse, Angela Hessler, Dave Gibbons, Mike Green, Leonard Busen and, no doubt, some others.

WHITNEY HICKS was recently going through some things and came across an article which he had written years ago about the Heart of America Marathon. That article is now being published herein. Keep in mind that since the article was written there have been some changes in the course, but this certainly captures the essence of Heart of America. Whitney, by the way, is in Spain for 9 months.

THE HEART OF AMERICA MARATHON

By Whitney Hicks

At six A.M. on Labor Day near the intersection of ~~Turner~~^{Burnham} and Providence Road a starter will bring approximately 200 runners to their marks and fire a gun starting the 18th Annual Heart-of-America Marathon. About two and one half hours and 26.2 miles later, the first runners will reach the finish at the Guitar Building on Broadway. This is one of the oldest marathons in the country and the heat and hills combine to make it one of the most difficult. Competitors over the years have ranged from Olympians to old men and young children.

In the dark before the start of the race there is a sense of expectation as runners prepare and gather at the start. The competitors slowly filter toward the starting line greeting friends and old acquaintances from former races. Individuals prepare for the race with a combination of superstition and scientific knowledge. Some have followed a program of carbohydrate loading designed to increase energy during the marathon. Others wear their "lucky" pair of running shorts. Friends and spouses are dispatched to points on the course to dispense liquid refreshment, first aid for blisters, and encouragement. As the runners stretch and loosen up waiting for the race to start, they visit and compare notes on the weather ("How hot will it get?"), the results of recent races, injuries, etc. Among runners of roughly equal ability, it is not uncommon for a little gamesmanship to occur as runners attempt to "psych" each other out. As the starting time for the race draws near and tension mounts, the more serious runners are likely to seek some solitude in order to review their strategy for the race one more time, to apply lubrication to friction points, and check shoe strings.

As the gun sounds shouts go up and the runners get underway. Spirits are high as the race begins and joking and good-natured banter abound. However, as the runners proceed south on Providence past Memorial Stadium they begin to sort themselves out into groups and the level of conversation diminishes as the magnitude of the grim task ahead of each runner sinks in.

As the runners reach the crest of the steep hill on Route K after crossing Hinkson Creek, the first hint of dawn appears in the east. At the first check station before Rock Bridge High School each person checks the time called out by the timer. Runners are strung out now for more than a mile along Route K. Everyone is still fresh and running easily but each person is listening to his body in an effort to determine how the sore arch or bad knee is holding up. At the six-mile mark the course turns off the black-top road to McBaine onto a gravel road that goes to Easley. It is light now and the runners take liquid at the aid station to avoid the debilitating effects of dehydration. The volunteers manning the aid station provide ERG, Body Punch, or water depending of the preference of the runner who generally calls for the liquid that he has found to be most agreeable to him. Most runners stop to gulp the liquid and some douse themselves with a cup of water before moving on. When they are gone, the discarded cups covering the ground around the aid station are the only evidence of the runners who have ~~past~~^{passed} by.

The gravel road to Easley provides rough footing and passing cars create clouds of dust. A long hill begins shortly after the turn off and as some of the slow starters pick up the pace they begin to move past some of those who are beginning to fade slightly. After several miles the marathon course crosses an old bridge and then a railroad where

At Easley the level of excitement increases. Here the course (Route N) turns back to Columbia on a black-top road and the tempo of the race increases as the runners head for home. An aid station is located in front of the country store in the sleepy town and a small group of spectators have gathered by a few minutes after seven. They wait and watch eagerly for the first runner to appear around the bend in the road. The appearance of the first runners is accompanied by shouts and speculations about their identity. As the sweat-soaked runners come by they receive refreshment from those manning the aid station. Some spectators take pictures. As the runners gulp the contents of the paper cups and resume the race, they are confronted by the greatest test on the course.

It is Easley Hill. The half-mile incline is cut into the bluffs along the Missouri River. Some who run the Boston Marathon never figure out where Heart-Break Hill is, but no one ever fails to recognize Easley Hill. Good runners have been forced to concede that they have walked going up Easley Hill.

Shortly beyond the top of Easley Hill is the half-way point. For some the pace increases as their system recuperates from the run up Easley Hill. For others, the hill and the first 13 miles have extracted too much energy and they must struggle over the last half of the course in order to finish.

The competition increases as the race progresses. A competitor fastens on a runner 200 yards in front and tries to catch him over a distance of two or three miles or he increases the tempo in an effort to put some distance between himself and the person running with him. The involvement in and excitement of competition dulls the pain and fatigue associated with the increased effort and the accumulating miles. Here is where the results of the many miles of running in the two months prior to the marathon show up. Physical resources that were formerly unknown and untapped are utilized.

The runner that was 200 yards in front of you is now only ten yards ahead. He spurts but you hold on grimly. Slowly he comes back to you and then you pass him and press on with renewed strength.

Around the 20 mile mark after Rock Bridge Hill, fatigue and pain begin to almost overcome you. One wonders if he can keep running. Stomach or leg cramps have already knocked out some competitors. The desire to slow down, walk, or stop becomes almost overpowering. But mind triumphs over matter and the body continues to function like a robot disconnected from its senses. To catch a man 50 yards ahead now becomes a matter of will power. The man 200 yards in front is out of the question unless he completely falls apart. The hill by Memorial Stadium seems like Easley Hill now. Finally you reach Broadway. The finish is four incredibly long blocks away. Exhaustion mixes with the satisfaction of accomplishment. Fatigue and pain dull elation. And then the race is over.

After the race the runners gather to wait for the awards ceremony eating oranges and consuming soft drinks to replace the liquids lost during the race. The runners congregate in small groups reliving their shared experiences. The struggle and challenge of the race has created a community among the competitors that is independent of socioeconomic class or other distinctions. Each runner has experienced the courage, perservance, and stamina that the race requires and this has given him increased respect for his fellow competitors. Each has tested himself and in doing so gained new insight into his own person as well as revealing something of himself to other competitors. Those who have extended themselves up to or beyond their limits are winners regardless of where they finished. They have a feeling of satisfaction and accomplishment that breaks the jaded routine of living. Life has acquired a new meaning and excitement.

Here is the entry blank for the 3 mile turkey trot in St. Louis. Please go ahead and send in your entry even though, as a CTC member, you do not send any entry fee. CTC will pay that for you. We hope every CTC member will participate--Let's bring all the turkeys back to Columbia!!

**SPONSORED BY ST. LOUIS TRACK CLUB
AND COLUMBIA TRACK CLUB
THREE MILE TURKEY TROT
SANCTIONED BY ROAD RUNNERS CLUB OF AMERICA**

SHAW PARK, CLAYTON, MISSOURI

SUNDAY, NOVEMBER 2nd, 1986 - 1:00 P.M.

WHERE:

Shaw Park, Clayton, Mo., From I-70 or I-270 go south on I-170 to Forest Park Parkway Blvd. Go east, to Brentwood Blvd. and turn left, turn left on Forsythe, then turn left into Park.

COURSE:

Cross Country through Shaw Park. Spikes may be worn.

ELIGIBILITY:

Open to all runners. However, for St. Louis Track Club, Columbia Track Club, Alton Road Runners, and Jefferson City Track Club this race will also be scored as a Quad Meet. Scoring will be on a mass basis in three categories: OPEN, 40 and OVER, WOMEN.

ENTRY FEE:

\$2.00 before October 25th. \$3.00 on race day and for all late entries received by mail after October 25th. NO FEE REQUIRED FOR CTC MEMBERS.

AGE DIVISION:

Men:		Women:	13 and under
13 and under	35-39		14 - 19
14-19	40-44		20 - 29
20-24	45-49		30 - 39
25-29	50-54		40 - 49
30-34	55 and over		50 and over

AWARDS:

Awards will be determined by participation in each age group.

REGISTRATION:

By Mail before October 25th, 1986 - or Race Day from 11:00 to 12:30. Mail entries to St. Louis Track Club, 6611 Clayton Rd., Suite 200, St. Louis, Mo. 63117. For information call: (314) 862-SLTC -or- (314) 831-1922 "Dan Maloney"

**THREE MILE TURKEY TROT
SUNDAY, NOVEMBER 2nd, 1986**

Name _____ Age at 11/2 _____ Male _____ Female _____
(please print)

Street Address _____ City _____

State _____ Zip Code _____ Date of Birth _____

Club Affiliation _____ Unattached _____

In consideration for my entry, I and my heirs do hereby release, Columbia Track Club, St. Louis Track Club, Road Runners Club of America, and the City of Clayton from all injuries and damages that might result from my participating in this race on November 2nd, 1986. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such an event.

Entrant's Signature _____ Date _____
(Signature of parent if under 18 years of age)

THANKS to Tom Coon, Joe Schroeder and Jim Snowden (the Quincy, Ill. attorney who has fond memories of competing in CTC events going back to his high school days) for their generous contributions to the CTC Scholarship Fund and to the Racine family for their contribution to the Youth Travel Fund.

THE FIRST ANNUAL RIVER CITY 10K run will be in Jefferson City, Saturday October 11, 1986, 9:00 AM. Meet at Jeff City Racquet Club, 505 Ellis Blvd. \$6.00 entry fee. CONTACT: Mary Haskamp c/o Jefferson City Racquet Club 505 Ellis Blvd. 65101. or call 635-4181.

CHANNEL 8K 8 KOMU-TV COLUMBIA

In Conjunction with 27th Annual
Heart of America Marathon

Registration must be
mailed by Wednesday
(10/1) Midnight or
delivered in person
between noon & 6 p.m.
Saturday (10/4) at
Campus Inn.

SCHEDULE

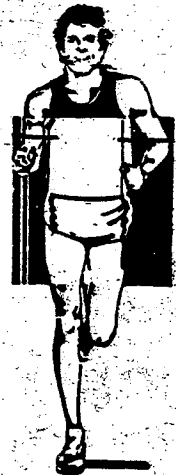
Saturday, October 4, 1986
Noon to 6:00 p.m.
Late Registration and
Shirt pickup at CAMPUS
INN, Stadium Drive, Columbia

Sunday, October 5, 1986
6:45 a.m. to 7:30 a.m.
Late Registration at
Faurot Field parking lot, west
corner of Stadium & Providence

AWARDS PRESENTATION

10:00 a.m. Faurot Field
Heart of America Marathoners
will be finishing during
Channel 8K presentations.

Co-Sponsored by:
Boone Hospital Center
Columbia Missourian



RACE DIRECTOR
DON LEWIS
(314) 874-1034

8:00 a.m., Sunday - 10/5/86
Faurot Field

GENERAL INFORMATION

Entry Fee (payable to "8K-Columbia Track Club")
\$7.00 ENTRY FEE INCLUDES:

- Reflector safety vest
- Results published in Columbia Missourian
- Plenty of PEPSI after the race

Your registration will be acknowledged
by mail. Be sure that the enclosed race
number is completed. It must be worn on
your chest during the race.

MAIL COMPLETED FORM & CHECK TO:
8K • Columbia Track Club
C/O Don Lewis
603 Westwood
Columbia, Mo. 65203

RACE REGISTRATION

Name

Address

City State Zip

Daytime phone () Night phone ()

RELEASE:

In consideration of the foregoing, I, for myself, my executors, administrators and assignees, do hereby release and discharge the University of Missouri, KOMU-TV, Columbia Track Club, Boone Hospital Center and Columbia Parks and Recreation 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 agree to follow all the rules of this race and permit myself to be removed from competition if in the opinion of the run's 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 whatever.

(Caution: Competing in this event could affect college or high school eligibility. Check with your coach.)

FILL IN ALL ITEMS BELOW:

Sex: Male ☐ Female ☐

Age on Race Day

Reflector Safety Vest

M ☐ XL ☐

Signature

Date

Parent's Signature if Under 18

Date