

TRACK CLUB

NEWSLETTER Vol. XIX, No. 7 September 30, 1987

ALAN PRICE WINS 100 MILE WALK--HIS 9th STRAIGHT, CHUCK
HUNTER ALSO DOES A 100 September 26 & 27, 1987

CTC did not have a 100 mile walk in 1986, however, that did not keep Price from his appointed rounds. Last year he did his annual 100 in August at Ft. Meade, Maryland and did another 100 in Springfield, Ohio in October, then in August, '87 he was back at Ft. Meade, so he was obviously well prepared for another crack at CTC's 100. As expected, Price led from the very first steps and was going at 18 hour pace for the first several hours.

CHUCK HUNTER was back for his 8th completion of the distance after 8 years. Chuck last walked the distance in 1979 and with one kidney and gimpy knees it was thought that he would not do another. However, here he is again, with a "bionic" (3 years ago Chuck underwent knee surgery, getting some artificial parts, going some 2 years before he could even bend his knee) knee, turning in a remarkable performance.

Steve Pinto did 72 miles 2 years ago and was ready for the full 100 this time. He gave it a valiant effort before collapsing at 95 miles realizing that he could not do the remaining laps within the hour he had left.

Carl McCoun was back, having lost some 43 pounds in preparation for this event. He, too, had a valiant effort easing off when he realized he wouldn't be able to reach 100.

The weather started out quite warm--sunshine, mid 80's but cooled nicely by sunset and did not get too chilly during the night.

THANKS to all the CTC people who helped out, especially to Rob & Veva Spier and Joyce Schulte who each had over 12 hours "duty" handling the on site activities.

THE RESULTS: showing 10,000 meter splits

		10	20	30	40
		50	60	70	80
		90	100	110	120
		130	140	150	160
1. Alan Price	40	1:00:53	2:10:55	3:21:41	4:29:40
Washington, DC		5:39:03	6:49:09	8:00:26	9:15:47
		10:41:02	12:42:39	14:02:09	15:23:10
		16:49:31	18:15:24	19:39:57	20:53:42
100 miles in 20:58:42					
2. Chuck Hunter	50	1:14:53	2:31:22	3:49:10	5:06:45
Longmont, CO		6:25:21	7:48:03	9:13:46	10:40:30
		12:11:56	13:37:56	15:04:05	16:37:30
		18:07:58	19:38:32	21:11:13	22:42:04

100 miles in 22:50:21

COLUMBIA

Results, 100 mile walk continued. . .

3. Steve Pinto	27	1:19:36	2:42:13	4:05:54	5:29:29
Fanwood, NJ		6:54:10	8:20:51	9:45:38	11:12:24
		12:58:52	14:28:58	16:02:06	17:32:00
		19:03:44	20:38:28	22:12:34	
		383 laps (95½ miles) in 22:42:43			
4. Carl McCoun	40	1:31:20	3:05:54	4:38:52	6:24:26
Columbus, MT		7:54:25	9:21:20	10:51:38	12:22:27
		13:44:00	15:11:06	16:39:45	18:12:11
		19:54:24			
		340 laps (79½ miles) in 21:27:56			
5. Phil Lewis	50	1:19:33	2:42:36	4:08:01	5:37:38
Xenia, OH		7:12:40	8:45:49	11:27:22	15:32:12
		18:21:13	19:59:20	21:38:52	23:21:14
		304 laps (75½ miles) in 23:36:02			
6. Chris Amoroso	53	1:14:54	2:30:25	3:44:51	5:00:41
Longmont, CO		6:18:53	7:41:16	9:04:24	10:28:13
		11:59:49	13:32:17	15:06:56	17:48:04
		302 laps (75 miles) in 17:56:34			
7. Bruce Etherton	47	1:15:40	2:34:35	4:06:07	5:45:30
Independence, MO		7:20:14	9:10:00	11:30:30	13:11:40
		18:25:48	20:05:51	22:09:17	
		284 laps (70½ miles) in 23:05:15			
8. Phil Jacobs	41	1:24:46	2:52:10	4:23:25	5:53:07
Kansas City, MO		7:35:34	9:41:15	11:38:06	14:32:20
		19:29:10	21:43:08		
		260 laps (64 3/4 miles) in 23:05:20			
9. Millard Thomas	37	1:41:16	3:33:42	5:37:05	8:18:01
Columbia, MO		11:57:26	15:07:30	17:30:16	20:09:44
		216 laps (53 3/4 miles) in 21:50:46			
10. Jeff Reynolds	22	1:23:19	3:18:14	5:55:49	7:39:49
Independence, MO		11:37:08	13:43:22	20:30:04	23:11:27
		206 laps (51½ miles) in 23:39:12			
11. John McCrory	36	1:52:07	3:49:44	6:14:23	8:34:31
Columbia, MO		11:56:15	15:54:55	18:34:23	21:29:04
		203 laps (50½ miles) in 21:47:21			
12. Bob Dodson	56	1:12:58	2:28:58	3:52:34	5:28:20
El Paso, TX		7:06:01	132 laps in 7:31:32		
13. Jeff Etherton	14	2:17:59	5:40:22	7:51:54	10:56:06
Independence, MO		121 laps in 15:50:22			
14. Andra Reynolds	20	1:44:16	3:54:23	7:06:30	21:33:37
Independence, MO		100 laps			
15. Susan Etherton	44	was in & out doing 28 laps and being a "handler"			

NEW KID ON THE BLOCK, DAN LAWSON, HANDILY WINS 30K RUN, August 29:

		5k	10k	15k	20k	25k	30k
1. Dan Lawson		17:51	35:59	53:04		1:27:34	1:44:43
2. Tom Coon	32	18:36		55:55		1:35:13	1:56:50
3. Roger Turnbough	30	20:00		1:01:07		1:43:47	2:05:06
4. Richard Harness	36	18:36		59:39	1:21:14	1:42:52	2:06:40
5. Mike Hosokawa	21	20:56	43:00	1:04:52	1:26:00	1:48:45	2:11:12
6. Mel Eaton	38	23:37		1:10:13		1:56:42	2:21:05
7. Ron Wampler	40	23:55	48:26	1:11:53	1:35:36	1:58:44	2:22:10
8. Mike Little	40	23:30		1:11:00		1:58:55	2:23:51
9. Randy Smith	30						2:29:17
10. Ted Cox	45	24:55	49:30	1:13:51	1:39:38	2:05:40	2:33:50
11. Michael Scott	33	26:00		1:17:34		2:10:17	2:36:59
12. Joe Schultz	22	26:48		1:22:00		2:16:00	2:47:46
13. Tom LaFontaine	40	19:09		56:52	1:16:16		
14. Joe Duncan	53	24:56	49:40	1:14:25	1:40:18		
15. Gary Ellis	50	26:00		1:17:34	1:47:07		
16. Don Williams	38	26:39		1:20:20	1:47:08		
17. Larry Henzie		17:51	35:59				
18. Mike Walther	29	20:04	40:27				

10,000 Meters, age 15 & under:

1. B. J. Mumford 10 25:21 51:22

Shawn & Heather Harness did 9k or so in 1:02:38 & 1:06:42, respectively.

10,000 Meters, female:

1. Linda robbins 36 23:12 47:32
2. Amy Hessler 21 26:01 54:49

A fine, cool morning, upper 50's, moderate wind, partially cloudy, but humid. Lawson is new in town, moving in from Corpus Christi--he has just established himself among the top 3 runners of this area.

Notice of running and triathlon events at Mexico, Mo. on OCT. 17, 1987.

8:30 A.M. CHILDRENS JUNIOR TRIATHOLON-200 meter swim, 10 k. bike, 2 k. run. Two age groups for boys and girls. 11 and under and 12-14.

9:00 A.M. ADULT TRIATHOLON-Bike, Canoe and Run. Distances not yet ~~to be~~ determined but will be less then last year.

10 A.M. 5 K RUN AND 1 MILE FITNESS RUN.

ENTRY BLANKS AND FLYERS WILL BE OUT AND AVAILABLE BY MONDAY, SEPT. 14, 1987 AT WALT'S BIKE SHOP, THE TRIATHLETE STORE, AND D'S SPORTING GOODS STORE. DISTANCES AND AWARDS SPELLED OUT ON FLYERS.

THE BOB DOLPHIN REPORT: August 22: a 10k in 42:24 at 7:30 AM, then an 8k in 33:58 at 7:30 PM--both races at 6:50 pace.
Aug. 29: 10k in 42:09, a week later a 10k in 41:45. September 19 the Indian Summer half marathon in 1:31:01. Bob is going to be President of the Yakima Runners Club for the next year.

CRAIG CHRISTIANS AND CHRIS RUBLE EASY WINNERS, TWO MILE CROSS
COUNTRY RUN September 12, 1987

1. Craig Christians	26	10:36	A beautiful day for cross country, around 70 degrees, little wind, sunshine. This was on the Bethel Park course.
2. Frank Curotto	33	11:12	
3. Mark Hosler	40	11:49	
4. Mark Volek	31	11:56	
5. Richard Harness	36	12:02	
6. Corey Bard	23	12:24	
7. Randy Smith	30	12:32	
8. Tom Allen	45	12:57	Linda Price was Race Director ably assisted by Georgina Gonzales, John McCrory and Mark Price.
9. Tim Rooney	36	13:24	
10. Dale Broadway	33	13:34	
11. Chris Ruble	33	13:50	
12. Elmer Schlemper	48	13:56	
13. Joe Marks	50	15:43	
14. B. J. Mumford	10	15:55	
15. Michele Roberts	23	16:17	
16. Cindy Foley	37	16:40	
17. Shawn Harness	11	20:08	
18. Heather Harness	14	22:53	

JEFF MITTELHAUSER LEADS A FEW RUNNERS OVER A CROSS COUNTRY COURSE
OF UNKNOWN DISTANCE September 19, 1987

1. Jeff Mittelhauser	20:23	Beautiful day, upper 50's, sunshine, moderate winds.
2. Simon Rose	20:26	
3. Don Lewis	20:28	
4. Steve George	20:41	The big story, though, was how everybody was lost more than once on the poorly marked course so that the listed distance of 5,000 meters was actually something more than that for all the runners. None of the places were altered because of this but with 13 different runners there were probably 13 different courses run with 13 different distances.
5. Richard Harness	20:46	
6. Tom Allen	21:04	
7. Milene Mittelhauser	21:19	
8. Chris Ruble	22:04	
9. Linda Robbins	25:23	
10. B. J. Mumford	26:07	
11. Nancy Fritsch	26:13	
12. Heather Harness	36:29	
13. Shawn Harness	37:00	
Race Director: Marvin Odneal assisted by John McCrory and Fred Fritsch.		

A FEW RESULTS FROM HERE & THERE:

MARK VOLEK has qualified for and will be going to the Ironman Triathlon in Hawaii October 10. Mark was 34th of 811 in the National Long Course Championships, Muncie, Indiana, that triathlon consisting of a 1.2 mile swim, a 56 mile bike and a 13.1 mile run. GOOD LUCK, MARK!

RICK ROTHER was 2nd, 35-39, in the Baptist Triathlon, Kansas City, August 30 with an overall time of 1:42:01 for a .4 mile swim, a 17.5 mile bike and a 5 mile run.

DICK HESSLER was 12th, TOM ALLEN 90th and ELMER SCHLEMPER 152nd or so (just missing the 150th awards cutoff) in the Busch Stadium 10k Age Handicap Run on September 6. Also in that event were Norris Kruse Joe Duncan and Tommy Allen, but they aren't bragging about their performances.

TOM LAFONTAINE was 3rd overall and was 1st over age 40 in a 10k-40k run-bike biathlon in Geneva, Ill., September 13. DON LEWIS won the over age 50 category while LINDA ROBBINS was 3rd, 30-39 female.

Tom LaFontaine also won the Versailles Apple Festival 10k Run on September 26.

CTC runners have been doing quite well in high school and college cross country. For Hickman, Peter Hessler, Andy Jones, Bobby Hook, Angela Hessler, Shawn McDonald and Rick Mumford have turned in some outstanding performances while Tim Gibson and Deanna Rottjakob have been doing the same for Rock Bridge. John Pendergraft, after having transferred from Cape, has become UMC's leading runner.

FINAL ELAPSED TIME STANDINGS

"A" indicates that these people will get awards at the annual meeting

File: MALE 15U
Report: CTC RESULTS

NAME	POINTS
A BJ MUMFORD	92
A SHAWN HARNESS	78
ERIC MUMFORD	25
J. RACINE	14
T. ALLEN	13
B. QUICK	11
J QUICK	11

File: MALE 4049
Report: CTC RESULTS

NAME	POINTS
A TOM ALLEN	194
A TOM LAFONTAINE	117
A MARVIN ODNEAL	80
NORM STEBBINS	72
ELMER SCHLEMPER	81
J MARKS	69*
DICK MADSEN	63
DICK HESSLER	58
DAVE PARKER	28
H PENDERGRAFT	23
J MCCORMICK	13
D GOLDSTEIN	12
S HALLIBURTON	11
RUSS MEYER	11
MIKE HOSAKAWA	11

File: FEMALE 15U
Report: CTC RESULTS

NAME	POINTS
A HEATHER HARNESS	79
A ANGELA HESSLER	69
B. HESSLER	23
ERICA SPRINGER	11

File: MALE 1629
Report: CTC RESULTS

NAME	POINTS
A MIKE WALTHER	148
JIM MARSHALL	43
O'BANNON	38
STONECIP-FISHER	33
DON ARCHER	25
RICK MUMFORD	25
SIMON ROSE	22
MIKE HOSAKAWA	22
KENT RADER	14
SCOTT HINTON	13
F GROSHONG	12
THURMAN GLEB	11
G MEYER	11

File: MALE 5059
Report: CTC RESULTS

NAME	POINTS
A JOE DUNCAN	148
A DON JOHNSON	135*
A DEAN BAXTER	99*
BEN LONDEREE	75
NORRIS KRUSE	71
TURK STORVICK	70
FRED FRITSCH	36
H MITTELHAUSER	36
JOHN O'CONNOR	12
DON LEWIS	11
JOE MARKS	11
ROGER HANSON	11
DAVID MCDONALD	11

File: FEMALE 1634
Report: CTC RESULTS

NAME	POINTS
A CHRIS RUBLE	112
A M MITTELHAUSER	62
LIZ EPPL	40
AMY HESSLER	34
J MITTELHAUSER	26
SIEFERT-WADE	24
JULI SCHMIDT	22
D. HOXWORTH	17
LINDA ROBBINS	16
KENNA WALKER	15
H. O'CONNOR	14
B. BOHON	13
C. FADEN	12
LIZ BULMAN	12
D. KARWOWSKI	11
L. TEERLINK	11

File: MALE 3039
Report: CTC RESULTS

NAME	POINTS
A RICHARD HARNESS	182
A MARK VOLEK	138
A TOM COON	131#
A S STONE-FISHER	113.5
MIKE LITTLE	76
BOB O'CONNELL	74.5
J MITTELHAUSER	67.5
V. DARLING	57.5
RANDY SMITH	39
MARC LAMMY	38
BOB MCGRATH	35
MARC ROMINE	34
TIM ROONEY	33
G HEISLER	25*
CLINKENBEARD	22
GARY JOHANNING	16
LAFONTAINE	12
RICHARDSON	12
BAURICHTER	11
L PETTERBORG	11

File: WALKERS
Report: CTC RESULTS

NAME	POINTS
A SPIER	82
WILLIAMS	41
BILL TAFT	33
S. FRITZ	24
MCCORY	11
EVANS	11

File: FEMALE 350VER
Report: CTC RESULTS

NAME	POINTS
A LINDA PRICE	107
A NANCY FRITSCH	89.5
LINDA ROBBINS	71
D LONDEREE	59.5
M JOHNSON	45
CAROLE MADSEN	38.5
G GONZALEZ	37
BARBARA MARTIN	22
GERHARDT	22
JONI O'CONNOR	13.5
LINDA ALLEN	11

SCHEDULE OF EVENTS:

OCTOBER 8 Thursday 7:00 PM ANNUAL MEETING OF THE COLUMBIA TRACK CLUB
Guitar Community Center, Farm & Home Building 8th & Broadway

18 7:00 AM Sunday HEART OF AMERICA MARATHON Please call
Joe Duncan at 445-2684 or 874-4328 and let him know you
can help with this event.

18 8:00 AM Channel 8k run Race Director: Don Lewis and
Don will need some help.

24 Saturday 9:00 AM Katy Trail 1 to 6 mile Fun Run

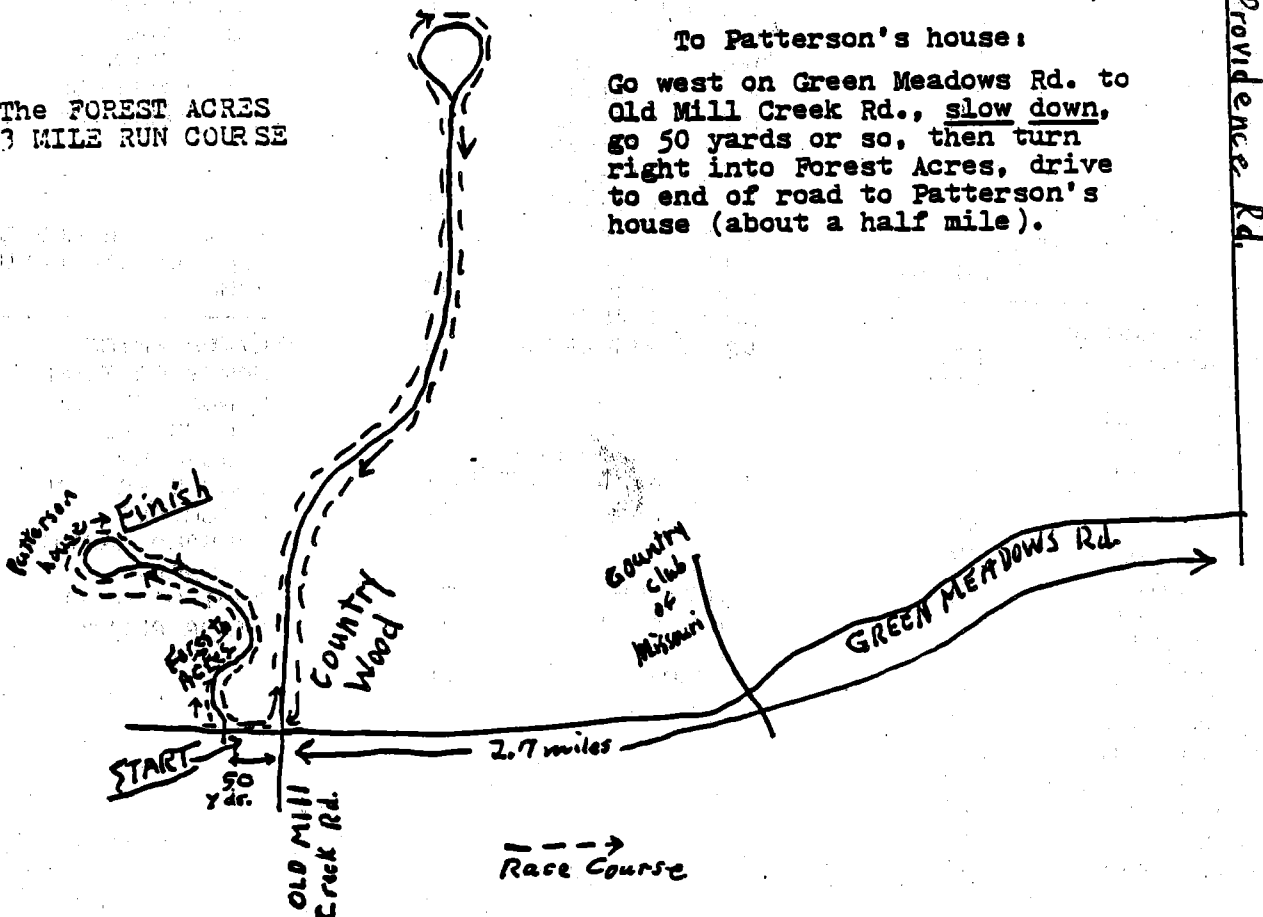
25 Sunday 1:00 PM Missouri Turkey Trot 3 Mile Cross Country
Run, Dual Meet with St. Louis Track Club. Lake of the
Woods Golf Course. WE NEED A RACE DIRECTOR FOR THIS and
someone to be in charge of the post-race refreshments!!

NOVEMBER 8 Sunday 9:00 AM 5k & 10k runs STEVE HELMICK MEMORIAL
Laws Hall, UMC See enclosed entry form

21 Saturday 9:00 AM FOREST ACRES 3 MILE RUN Don Patterson's
house

NOTE THE CHANGE OF DATE FOR THE TURKEY TROT. Also, we hope every CTC
member will participate--the last couple of years St. Louis
has really clobbered us in the team events--WE NEED HELP!!!

The FOREST ACRES
3 MILE RUN COURSE



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The Annual Meeting of CTC will be October 8, Thursday, 7:00 PM at the Guitar Community Center (the basement of the Farm & Home building, 8th & Broadway). THIS IS AN IMPORTANT MEETING since a new President will be elected and the future course of CTC's program will be set. A nominating committee is at work (Steve Stonecipher-Fisher, Chairman, Ben Londeree & Chris Ruble) and it will be making its report. In the meantime we need to know how you are willing to help:

PLEASE COMPLETE & RETURN THE BELOW FORM--WE WANT 100% PARTICIPATION!!

Yes, as a member of CTC I am willing to do my part in assuring the success of CTC's program. I want to assist with the following areas or committees (no more than two per person):

Membership Committee

Program Committee (Schedule of Events)

Newsletter Committee (Vice-President is chairman)
Editor, Printing, Assembly & Mailing

Scholarship Fund Committee (already full)

Equipment Committee

Race Directors Committee (Each Race Director is a member of this Committee)

Aid Station Committee

Awards Committee

Records and Statistics Elapsed Time Standings

Liaison with Parks & Recreation Department

Publicity

Youth Programs

CTC Colts, Junior Olympics, Summer age group program

Race-walking Committee

Travel Committee

Course Measurement and Certification Committee

Fund-raising Committee

Social Committee

CTC shirts concession

NAME _____ Phone No. _____

Please indicate the areas in which you are willing to help and return the form to Joe Duncan or one of the members of the nominating committee.

BE SURE TO ATTEND THE ANNUAL MEETING: THURSDAY, OCTOBER 8.

28th Annual HEART OF AMERICA MARATHON

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PLEASE LET JOE DUNCAN
KNOW THAT YOU CAN HELP
WITH THIS EVENT. DON'T
WAIT FOR HIM TO CALL!!

AWARDS

Marathon Headquarters:

Campus Inn, 1112 Stadium Boulevard
Call (314) 449-2731 for room reservations
\$41.00 for single, \$48.00 for double

Head Timer:

Ben Londeree

Columbia, Missouri

Director of Medical Aid:

Leland Pfefer

October 18, 1987

7:00 a.m.

Director of Publicity:

Joe Marks

Director of Results:

Joyce Schulte

Director of Aid Stations:

Kim Stonecipher-Fisher

Awards:

Jean Madden

Race Director:

Joe Duncan

Trophies to be awarded at 11:00 a.m. Trophies to first 12 finishers, and plaques to next 88 finishers. Trophies to the first six women, first three finishers ages 40-49, first female finisher age 40 or over, first finisher age 19 or under, and first finisher age 50 or over. Also, the Dave Schulte Award for Improved Performance will be presented.

Long sleeve shirts to all participants. Certificates to all finishers.

STARTING TIME AND PLACE: 7:00 a.m., CDT. The starting line is on College Ave., just south of Stadium Boulevard.

ENTRY FEE: \$5.00. Make checks payable to the Columbia Track Club.

ENTRY DEADLINE: 6:00 p.m., Saturday, October 17, 1987. **NO ENTRIES WILL BE ACCEPTED THE DAY OF THE RACE.**

Contributing Organizations

- Joe Machens Ford
- Nowell's
- Pepsi-Cola Bottling Company of Columbia, Inc.
- D Sport Shop
- Gerbes

RACE COURSE

Race starts just south of College Avenue-Stadium Boulevard intersection. The course goes north on College, then west on Locust to Providence Road, south on Providence Road (163) to Route K, south on Route K to the Smith Feed Mill Road then to Easley, back on "N" to 163, then to the finish in Memorial Stadium. The course is certified by the National Standards Committee of TAC and the RRCA.

MEDICAL REQUIREMENTS: No formal medical certificate will be required; however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.

PACKET PICKUP: Saturday, October 17; numbers will be handed out between noon and 6:00 p.m. at the Campus Inn. Numbers may also be picked up between 5:30 a.m. and 6:15 a.m. October 18 at the Campus Inn.

The principal sponsor of the Heart of America Marathon is the Shelter Insurance Companies, providing full insurance services for the people of thirteen midwestern states — the Heart of America.

To be returned to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65203

ENTRY BLANK

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the City of Columbia, Missouri, the Columbia Track Club or Shelter Insurance Companies for any and all injuries suffered by me at said race. I certify that I am physically fit to run a marathon.

Print Name _____ Male ☐ Female ☐

Signature _____ Birthdate _____

Address _____ Age _____

City _____ State _____ Zip _____ (As of 10/18/87)

How many marathons have you completed? _____ Where and when was your most recent marathon? _____

Your best marathon time? _____ Where? _____ When? _____



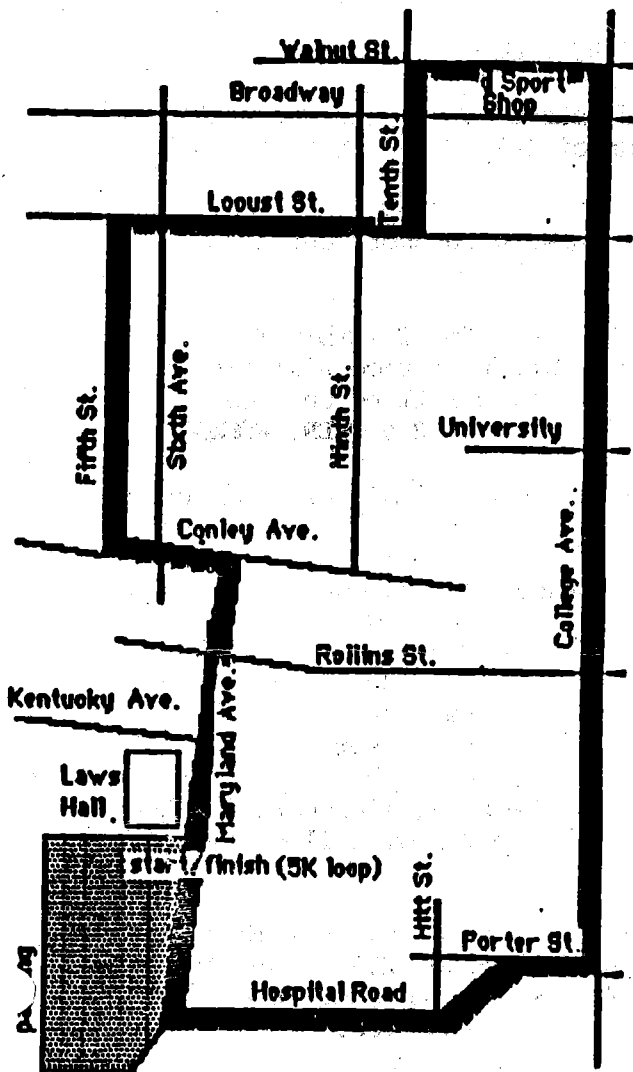
STEVE HELMICK MEMORIAL RUN

5K & 10K

SUNDAY, NOVEMBER 8, 1987

9:00 am Laws Hall, UMC

\$5.00 Entry Fee



AWARDS

Medals awarded to first, second, and third place finishers in the following categories:

- 9 and under
- 10 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 and over

This run is dedicated to the memory of Steve Helmick. A member of the Columbia Track Club, Steve died in an automobile accident in 1983.

MAIL ENTRY FORM AND CHECK TO:

Joe Duncan
2980 Maple Bluff Dr.
Columbia, Mo. 65203

ENTRY FORM!

STEVE HELMICK MEMORIAL RUN

ENTRY FORM!

Last Name	First	Sex	Age
Address		Phone	
City	State	Zip	

I for myself, my executors, administrators and assignees, do hereby release and discharge the City of Columbia, the Columbia Track Club and the University of Missouri from all claims for damages, demands, and causes of action whatsoever arising or growing out of my participation in this event.

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

SPONSORED BY COLUMBIA TRACK CLUB

AND ST. LOUIS TRACK CLUB

THREE MILE TURKEY TROT

SANCTIONED BY ROAD RUNNERS CLUB OF AMERICA

COLUMBIA, MISSOURI

SUNDAY, OCTOBER 25, 1987 - 1:00 P.M.

WHERE:

Lake of the Woods Golf Course, Columbia, MO, on St. Charles Rd., North side of I-70, East of Lake of the Woods exit.

COURSE:

Cross country on golf course with short cut grass. Spikes may be worn.

ELIGIBILITY:Open to all runners. However, for Columbia Track Club and St. Louis Track Club this race will also be scored as a dual meet. Scoring will be on a mass basis in three categories: **OPEN, 40 & OVER, WOMEN.**ENTRY FEE:

NONE FOR COLUMBIA TRACK CLUB MEMBERS. \$2.00 for everybody else.

AGE DIVISION:**MEN:** 13 & under**WOMEN:** 13 & under

14 - 19

14 - 19

20 - 29

20 - 29

30 - 39

30 - 39

40 - 49

40 - 49

50 & over

50 & over

AWARDS:

Will be given to at least the top 5 finishers in each age division. Turkeys and other fowl will be among the awards.

REGISTRATION:

By mail before October 23- or race day from 12:00 to 12:30. Mail entries to Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO, 65203. Please use one entry for each person being registered and include fee.

THREE MILE TURKEY TROT**SUNDAY, OCTOBER 25, 1987**

Name _____ Age at 10/25/87 _____ M / F

(please print)

Street Address _____ City/State/Zip _____

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 Columbia from all injuries and damages that might result from my participating in this race on October 25, 1987. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such and event.

Entrant's Signature _____ Date _____

(signature of parent if under 18 years of age)

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WELCOME TO THE FOLLOWING AS NEW MEMBERS OF CTC:

Corey Bard
1919 E. Walnut #10
Columbia, MO 65201

Douglas Sonheim
1133 Ashland Rd #1510
Columbia, MO 65201

Steve & Sharon George
12E University Terrace
Columbia, MO 65201

Jodi Smarr
3501 Wellington
Columbia, MO 65202

Michele Roberts
1601 Mills Dr.
Columbia, MO 65203

Sara Sapp
2616 Shephard Blvd.
c/o Shephard School
Columbia, MO 65201

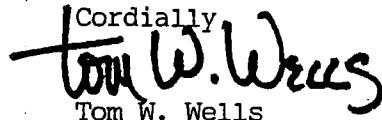
Dear Sir,

This is an informal letter to let you know of Pi Kappa Alpha's upcoming philanthropy - "Woody's Run." Woody's Run for MDA is a five mile road race through the University of Missouri campus. The race will begin at 8:00 a.m. on Saturday, October 24. The entry fee will be \$10 per runner, but track clubs that enter 15 or more runners will receive a \$2 per runner discount. All proceeds generated will go to the Muscular Dystrophy Association to aid in the fight against muscular dystrophy.

Entry blanks will be mailed to any track club that wishes to run. To receive your entry blanks, please contact me at:

Pi Kappa Alpha Fraternity
916 S. Providence
Columbia, Mo. 65201

or at: 874-6847 to ensure entry blanks are mailed. If you have any questions, please just write or call me at the above number.

Cordially,

Tom W. Wells

Philanthropy Chairman

After 19 years and 221 issues, this is the last Newsletter for which Joe Duncan will be responsible. Hopefully, someone (or more than one) will take it from here for we feel that the Newsletter is one of the most important threads holding CTC together.

BE SURE TO ATTEND CTC's ANNUAL MEETING!! THIS IS PROBABLY THE MOST IMPORTANT MEETING CTC HAS EVER HAD. October 8, Thursday, 7:00PM Guitar Community Center, 8th & Broadway.

ANNUAL DUES

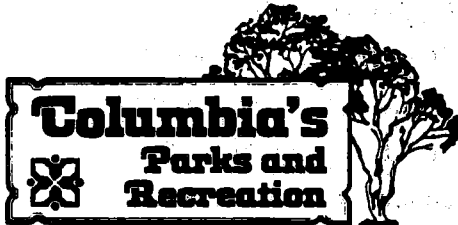
COLUMBIA TRACK CLUB: Families: \$10.00
Sustaining Members: 25.00
Single Students: 6.00
New Members: 5.00
Newsletter only: 3.00

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.



COLUMBIA TRACK CLUB
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