

TRACK CLUB

NEWSLETTER

Vol. XX, No. 1

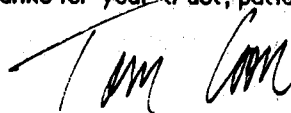
January, 1988

Joe Duncan Retires From Active Presidency, Remains President-For-Life

As you have been forced to notice, a few changes have come to the Columbia Track Club in the past few months. The most drastic change has been the retirement of Joe Duncan from the Club presidency. The Club members have been the driving force during its 19 years, but Joe has definitely been the captain that focused the club's energy, leading it to become a unique and vital part of Columbia. I am overwhelmed when I think of trying to fill his role (he can keep his shoes). It is comforting to know that while Joe is no longer acting president, he will always be President-for-life, and his assistance will continue to keep us on a steady (if hilly) course.

Perhaps the only beneficial aspect of Joe's retirement (he has not retired from Shelter Insurance, just from the CTC presidency) is that it will challenge the club members to become more involved in making the club work. I do not have the patience, wisdom or strength to do all of the chores that Joe has done for so many years. As the tardiness of this, my first newsletter attests, I need your help and continued patience. While I learn all that needs to be done for this club to live, I know I will make mistakes and cause delays. But as I learn, I will be calling on you members to carry out the mission of this club so that it will function smoothly in spite of my quirks.

Many club members have expressed their concern about the mission and activities of the club, and all have offered their assistance in keeping the club a live and growing force. One thing I have learned is that this club means many things to many people. First and last, it is a club dedicated to running and walking and all the benefits we gain from these simple sports. It sponsors events for a variety of interests, from the elite racer to the plodding jogger, from the eager daughter of a single parent to the equally eager retired professor. To think that this club can provide for every running/walking need of this membership is ludicrous. To think of focusing the club's efforts on one segment of Columbia's running/walking community is not only ludicrous, but irresponsible. Rather, we should direct our efforts to enriching the life of runners and walkers in Columbia and the surrounding region. If any member feels her or his interests are not being served by the club, I ask that you inform me of your dissatisfaction and I challenge you to help strengthen the club's activities as you see the need. This is your club and it is your responsibility to keep it strong and alive. Thanks for your trust, patience and help. Have a good year of running and walking in 1988.



DUNCAN TO BE TOASTED FOR 19 YEARS OF STEADY LEADERSHIP

The CTC will sponsor a celebration of Joe Duncan's ridiculous dedication to our club at a dinner on SATURDAY, APRIL 9, 1988. The affair will be held at the Stephens College Stamper Commons, corner of College and Broadway, beginning at 7:00 pm. Anne Hessler, Yeva Spier and Joyce Schulte are planning a fun program to pay tribute to Joe. Anne will be sending a mailing out in a few weeks with details and registration forms. Mark your calendars now for this, the highlight of the Columbia social calendar for 1988!

Curotto Returns for Another Heart and Takes it Home Without a Challenge

Frank Curotto won his third Heart of America Marathon on October 18, his second straight win and third in four years (he did not run it in 1985). For the first time since 1984, the race was run on the official course, unimpeded by the floods that intervened in '85 and '86. Although Curotto has not run the course as many times as Lou Fritz, he is becoming a legend of his own, having now run in 10 Hearts since his first in 1976. Lou made his 23rd appearance, finishing 5th overall in 2:55:32. Lou was in pursuit of another Heart veteran, Bill Fox at the end, but Bill held on to lead Lou by 38 seconds (time: 2:54:54). Richard Montano was the first Columbian to finish, placing third in 2:53:43 in his first Heart. Congratulations!

Lisa Harrison, a senior art major at Mizzou ran the race on a lark and won the women's division in 3:32:42. According to the local newspaper accounts, Lisa avoided telling her parents and boyfriend that she was running the marathon, knowing they would disapprove. Well, Lisa, you can't expect to hide your racing from the public eye if you win events like the Heart! Maybe it's time to come out of the closet, face up to your running habit and be proud of it!

Roger Turnbough won the Dave Schulte Award for improved performance, running a 3:06:44 this year. His 1986 time was 3:52:19, so his improvement amounted to 19.6 % in one year. Congratulations, Roger!

The field was smaller than last year's by one finisher. As race director and president-for-life Joe Duncan said, we will continue to hold the race as long as Lou Fritz shows up for it. But it would be preferable to share the experience with a few more of the unique runners who are attracted to this event. Perhaps a broader appeal throughout the Midwest will attract more in the coming years. We plan to try several tactics to broaden the field of potential runners for 1988. But the tradition and distinctiveness of the Heart are strong reasons to carry on during this lean period, confident that our fields will grow back to the 100-finisher fields we have had in the past.

Many volunteers should be recognized for helping with this year's marathon. Joe Duncan directed the race again, assisted by Kim Stonecipher-Fischer (Aid Station Director), members of the Hickman cross-country team, Eric Mumford, Joyce Schulte, Ben Londeree, Joe Marks, Jean Madden and many more. Shelter Insurance was the major financial sponsor again this year. Others providing assistance included Joe Machens Ford (use of two pickups), Gerbes (reduced price on Gatorade) and Nowell's (\$50 worth of fruit).

THE 28th ANNUAL
HEART OF AMERICA MARATHON

3

Place No.	NAME	AGE	OCTOBER 18, 1987 CITY	1/2 way	FINAL
1	FRANK CUROTTO	33	KIRKWOOD, MO	1:18:00	2:37:45
2	STEVE MINECK	38	VINTON, IA	1:24:45	2:51:45
3	RICHARD MONTANO	32	COLUMBIA, MO	1:24:00	2:53:43
4	BILL FOX	45	HIGGINSVILLE, MO	1:25:00	2:54:54
5	LOU FRITZ	44	VERDON, NE	1:26:43	2:55:32
6	SCOTT FOSTER	30	COLUMBIA, MO	1:24:00	3:02:47
7	ROGER TURNBOUGH	30	COLUMBIA, MO	1:31:00	3:06:44
8	PAT O'LAUGHLIN	26	COLUMBIA, MO	1:32:00	3:08:01
9	TONY KRAMER	41	LEES SUMMIT, MO	1:40:00	3:10:49
10	DICK MADSEN	45	COLUMBIA, MO	1:38:00	3:12:39
11	MICHAEL HOSOKAWA	21	COLUMBIA, MO	1:37:00	3:14:55
12	ROBERT ZELLER	36	CAPE GIRARDEAU, MO	1:37:10	3:16:23
13	TONY EVANOSKI	45	CENTRALIA, MO	1:42:00	3:20:34
14	WILLIAM STARK	40	COLUMBIA, MO	1:40:00	3:21:16
15	MIKE LITTLE	40	COLUMBIA, MO	1:45:00	3:25:41
16	ROBERT RISSE	47	CAMERON, MO	1:48:00	3:27:59
17	DON JOHNSON	59	CENTRALIA, MO	1:42:00	3:30:28
18	LISA HARRISON	22	COLUMBIA, MO	1:50:00	3:32:42
19	KEVIN SIGRIST	26	ST. CHARLES, MO	1:47:27	3:33:27
20	BETTY BOHON	36	COLUMBIA, MO	1:51:00	3:38:27
21	TOM WORTHY	33	SPRINGDALE, AR	1:50:00	3:40:34
22	TED COX	45	COLUMBIA, MO	1:45:19	3:40:35
23	DAN CLINKINBEARD	38	COLUMBIA, MO	1:45:22	3:40:58
24	JERRY MACLEAN	34	alma, MO	1:47:15	3:42:30
25	CHARLES KRATOCHVIL	34	COLUMBIA, MO	1:41:00	3:43:58
26	KEN LUNDGREN	44	OMAHA, NE	1:54:00	3:45:13
27	TOM RIPPETO	43	COLUMBIA, MO	1:51:00	3:46:08
28	GARY ELLIS	50	FULTON, MO	1:47:00	3:48:14
29	CLARENCE COATS	39	COLUMBIA, MO	1:38:00	3:53:26
30	VERN FRANK	54	VERSAILLES, MO	1:55:00	4:00:18
31	TERRY THOMPSON	30	CARTHAGE, MO	1:50:45	4:03:44
32	PAUL WHITTER	39	SPRINGFIELD, MO	1:52:00	4:06:27
33	STEVEN FULLER	48	N. KANSAS CITY, MO	1:58:00	4:06:48
34	NORMAN HEAD	56	SAN DIEGO, CA	1:58:00	4:12:52
35	WILLIAM ALEX	33	BRIDGETON, MO	2:10:00	4:14:20
36	KENNA WALKER	16	NEW BLOOMFIELD, MO	1:59:10	4:31:17
37	JON BENEDICT	39	FAYETTEVILLE, AR	1:55:30	4:37:26
38	TRACY COX	21	COLUMBIA, MO	1:59:00	4:44:46
39	JULI SCHMIDT	37	JEFFERSON CITY, MO	2:19:00	5:27:22



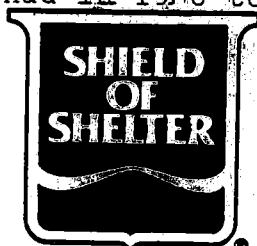
4

HEART OF AMERICA MARATHON
October 18, 1987 3 Mile Splits
Sponsored by Shelter Insurance Companies

PLACE NO.	3	6	9	12	15	18	21	24
1	17:52	34:42	53:02	1:10:39	1:30:02	1:47:00	2:05:22	2:24:55
2	17:54	35:37	54:28	1:14:02	1:36:24	1:55:00	2:15:21	2:35:55
3	18:23	36:19	55:06	1:14:43	1:36:36	1:57:00	2:17:39	2:38:50
4	18:55	37:01	56:35	1:16:17	1:37:20	1:57:00	2:17:38	2:38:50
5	18:56	37:22	56:35	1:17:32	1:38:50	1:59:00	2:19:30	2:40:20
6	18:24	36:45	56:26	1:15:24	1:35:20	1:54:00	2:15:15	2:41:25
7	20:32	39:40	1:00:49	1:21:22	1:43:47	2:04:00	2:25:46	2:49:20
8	19:40	39:59	1:00:51	1:22:53	1:46:14	2:07:00	2:28:28	2:51:30
9	22:37	43:56	1:07:05	1:29:43	1:53:13	2:14:00	2:35:27	2:56:10
10	21:25	43:02	1:05:47	1:27:59	1:51:10	2:12:00	2:34:20	2:56:15
11	21:00	42:31	1:05:08	1:27:14	1:49:15	2:11:00	2:33:46	2:57:10
12	21:10	42:10	1:04:47	1:26:50	1:49:49	2:12:00	2:35:09	2:58:40
13	23:05	45:15	1:08:40	1:32:20	1:56:37	2:18:00	2:40:58	3:02:30
14	22:20	43:40	1:06:57	1:29:37	1:53:07	2:15:00	2:39:12	3:01:54
15	23:12	46:10	1:11:16	1:35:06	1:58:34	2:21:00	2:45:09	3:07:22
16	25:22	48:02	1:12:56	1:36:42	2:01:30	2:24:00	2:47:24	3:09:15
17	23:05	45:15	1:08:40	1:32:20	1:57:43	2:22:00	2:47:22	3:11:15
18	24:35	48:10	1:13:35	1:38:55	2:04:59	2:29:00	2:52:45	3:14:35
19	24:38	47:51	1:12:57	1:36:43	2:01:24	2:23:00	2:47:25	3:10:18
20	24:35	48:15	1:13:35	1:39:50	2:08:53	2:33:00	2:57:57	3:20:20
21	24:40	47:51	1:13:22	1:38:55	2:04:44	2:29:00	2:53:32	3:19:27
22	23:12	46:10	1:11:15	1:35:07	2:01:10	2:26:00	2:52:10	3:18:47
23	23:47	47:45	1:12:35	1:35:08	2:01:10	2:26:00	2:52:11	3:18:50
24	23:40	46:55	1:11:40	1:36:13	2:02:47	2:28:00	2:55:45	3:20:40
25	21:22	43:30	1:06:25	1:30:03	1:57:27	2:22:00	2:50:49	3:20:13
26	25:35	50:12	1:16:09	1:41:46	2:09:10	2:34:00	3:00:12	3:25:19
27	24:55	49:05	1:15:02	1:40:08	2:07:26	2:32:00	2:58:44	3:24:58
28	24:46	48:20	1:12:34	1:36:19	2:02:16	2:26:00	2:52:43	3:21:40
29	21:10	43:02	1:05:47	1:27:59	1:51:32	2:14:00	2:47:24	3:24:51
30	25:15	49:22	1:17:00	1:42:42	2:11:08	2:37:00	3:05:05	3:33:36
31	24:40	48:27	1:13:53	1:39:16	2:06:50	2:34:00	3:05:12	3:37:25
32	25:46	49:55	1:16:39	1:41:17	2:07:19	2:34:00	3:02:50	3:36:57
33	24:53	50:10	1:16:38	1:43:44	2:15:34	2:45:00	3:13:22	3:39:59
34	25:44	51:39	1:18:20	1:46:03	2:17:50	2:45:00	3:18:06	3:46:50
35	27:28	56:35	1:27:04	1:56:00	2:28:24	2:57:00	2:28:24	3:51:53
36	25:18	49:22	1:16:03	1:45:02	2:21:40	2:57:00	3:35:48	4:10:15
37	24:40	47:51	1:14:07	1:42:05	2:12:55	2:42:00	3:14:01	4:00:25
38	24:30	48:10	1:15:30	1:44:51	2:18:54	2:50:00	3:22:01	4:04:20
39	27:30	57:35	1:30:20	2:04:03	2:41:50	3:26:00	4:00:09	4:48:50

39 degrees at the start, the coolest it has ever been, up to 60 four hours later, no cloud cover, winds from the south 8-9 MPH, humidity 93 at the start, down to 58 at 4 hours.

ROGER TURNBOUGH won the Dave Schulte Award for improved performance going from the 3:52:19 he had in 1986 to 3:06:44, a 19.62% improvement.



Steve & Milene Win 8K Run Around Old Mizzou

Gerhardt,

LaFontaine & Lewis set age group records

October 18, 1987

P1. NAME	AGE	SEX	TIME	P1. NAME	AGE	SEX	TIME	P1. NAME	AGE	SEX	TIME
1 Steve S.-Fischer	30	M	25:31	55 John Whiteside	37	M	34:25	109 David Mehr	37	M	40:21
2 Kevin O'Bannon	19	M	27:08	56 Joe Marks	50	M	34:36	110 John Wilke	42	M	40:31
3 Tom LaFontaine	40	M	27:16	57 Kerry Thomas	28	M	34:47	111 Kevin Renne	34	M	40:33
4 Jim Marshall	29	M	27:55	58 William Haus	40	M	34:53	112 Ed Vansciver	40	M	40:36
5 Don Lewis	51	M	28:14	59 George Brucks	37	M	35:01	113 Harvey Thomas	39	M	40:44
6 Jeff Mittelhauser	30	M	28:18	60 T.R. Page	36	M	35:01	114 Unidentified			40:44
7 Lenny Raley	27	M	28:51	61 DeWayne Mason	39	M	35:04	115 Mike Hosokawa	47	M	41:05
8 Simon Rose	22	M	29:07	62 Marshall Robb	27	M	35:05	116 Chirs Cott	33	F	41:10
9 Blake Brooks	23	M	29:12	63 Kent Reid	28	M	35:10	117 Stephen Weddle	39	M	41:23
10 Randy Smith	30	M	29:33	64 Don Bergstresser	28	M	35:10	118 Wilson Lucas	41	M	41:26
11 Bruce Schlager	24	M	29:35	65 James Thorne	50	M	35:10	119 Helen Sheelan	28	F	41:30
12 Steve Engelbrecht	21	M	29:46	66 Linda Robbins	36	F	35:31	120 George Telesz	37	M	41:35
13 MileneMittlehauser	28	F	30:05	67 Chip Cox	31	M	35:34	121 Cathy Hight	28	F	41:53
14 Ted Rackers	35	M	30:15	68 Tomas Hinojosa	30	M	35:45	122 Katie Grove	37	F	42:01
15 Tom Allen	45	M	30:22	69 Susanna Wright	18	F	35:47	123 Debbie Wade	34	F	42:12
16 Ralph Wahlers	23	M	30:24	70 Roger Hanson	55	M	35:48	124 Gary Degener	36	M	42:24
17 Gordon Coleman	25	M	30:24	71 Robert McGraw	39	M	35:48	125 John Wright	47	M	42:25
18 Steven George	22	M	30:35	72 Keith Krueger	38	M	35:49	126 Amy Sonheim	26	F	42:27
19 Paul Grosswiler	22	M	30:56	73 Jim Dunkmann	29	M	36:11	127 Flynoide Gregory	45	M	42:30
20 Michael Walther	30	M	31:07	74 Michael Prewitt	37	M	36:20	128 Sara Kisser	47	F	42:33
21 Unidentified			31:08	75 Ron Welschmeyer	38	M	36:27	129 Barbara Leslie	46	F	43:25
22 David Boyle	28	M	31:16	76 David Plummer	42	M	36:32	130 Georgia Benedict	41	F	44:02
23 Robert Pugh	21	M	31:18	77 Michele Roberts	23	F	36:34	131 GeorginaGonzales	49	F	44:06
24 Jon Heisinger	21	M	31:34	78 Deborah Andrews	22	F	36:36	132 Karen Tam	22	F	44:23
25 Bob McGrath	40	M	31:36	79 Richard Ault	36	M	36:49	133 Donna Schilly	21	F	44:28
26 Patrick McCusker	31	M	31:47	80 Tom Murphrey	29	M	36:53	134 Ron Sergeant	40	M	44:32
27 Elmer Schlemper	48	M	31:52	81 Greg Salmons	25	M	37:05	135 Sheila Larkin	41	F	44:39
28 Douglas Sonheim	28	M	31:59	82 Joshua Hawkins	13	M	37:11	136 John Witte	38	M	45:33
29 Richard Wieman	37	M	32:18	83 Dan Miget	28	M	37:27	137 ElizabethGerhardt	67	F	45:35
30 High Curry	48	M	32:32	84 Bill Morgan	37	M	37:31	138 John Williams	26	M	45:51
31 Terry Richardson	39	M	32:34	85 Sara Mabry	28	F	37:33	139 Norm Benedict	50	M	45:57
32 Jay Fine	18	M	32:36	86 Suzanne Oro	28	F	37:39	140 Susan Ault	32	F	46:00
33 Tracy Smith	18	M	32:36	87 John Best	22	M	37:40	141 Cindy Brwon	14	F	46:24
34 Tim Rooney	37	M	32:41	88 Bob Humphreys	61	M	37:42	142 Lynne Noyes		F	46:52
35 Frank Daulton	22	M	32:42	89 James Moody	38	M	37:45	143 Regina Gottman	15	F	47:08
36 Tab Powell	33	M	32:43	90 Paul Beck	36	M	37:49	144 Cathy Thompson	16	F	47:24
37 Alan McCune	28	M	32:43	91 Alex Montano	10	M	37:52	145 Barbara Ware	31	F	47:39
38 Kevin Catalano	36	M	33:10	92 Unidentified			38:00	146 Katharine Young	32	F	48:35
39 Mike Tarry	40	M	33:14	93 Robert Lorenz	36	M	38:04	147 Patricia Young	32	F	48:49
40 John Robinson	39	M	33:17	94 Mark Yolek	32	M	38:06	148 Janet Buschjost	34	F	48:52
41 Unidentified			33:21	95 Diane Seffert-Wade	32	F	38:08	149 Tina Rausch	24	F	48:59
42 Tom Burkett	30	M	33:23	96 Timothy Barksdale	35	M	38:14	150 Patricia Rowland	52	F	49:04
43 Michael Rackers	22	M	33:26	97 Jeff Chinn	40	M	38:16	151 Robert Harris	52	M	49:08
44 A. Phimpayon	23	M	33:31	98 Brian Henstorf	9	M	38:23	152 Damien Lorenz	11	M	49:14
45 Greg Conte	23	M	33:33	99 Jan Henstorf	36	M	38:23	153 Samuel Ikeda	43	M	49:19
46 John Thompson	22	M	33:35	100 Pat Ross	34	F	38:35	154 Lowry Henley	65	M	49:24
47 David Evans	38	M	33:37	101 Carl Parrack	33	M	39:01	155 Leadelle Phelps	35	F	49:55
48 Kenneth Welty	35	M	33:43	102 Linda Price	43	F	39:17	156 Joe Cragin	59	M	52:31
49 Dale Broadway	33	M	33:46	103 Roger White	27	M	39:26	157 Ann Wright	47	F	56:28
50 David Baker	18	M	33:59	104 Jon Harpert	48	M	39:35	158 Eileen Jackson	45	F	56:50
51 Steven Wright	34	M	34:00	105 Becky Lorenz	28	F	39:37	159 Margaret Johnson	58	F	56:54
52 Harry Pendergraft	46	M	34:06	106 Frank Gray	42	M	40:00	160 Mary Willey	16	F	54:01
53 Eric Hedges	42	M	34:10	107 Ken Hawkins	37	M	40:04	161 Diana Hawkins	36	F	59:10
54 Norris Kruse	52	M	34:16	108 John Mueller	44	M	40:07	162 Helen Atkinson	40	F	59:15
								163 Marsha Sergeant	35	F	59:21
								164 Unidentified			59:41
								165 Steve Willey	39	M	1:00:00
								166 Andrew Lanphere	6	M	1:08:21
								167 Guy Lanphere	37	M	1:08:22

6

Don Lewis once again produced a successful and exciting 8K with enough names to keep anyone confused (is it the Channel 8K, the Run Around Old Mizzou, or the Run Around Old Channel 8?). Weather conditions had warmed some from those for the start of the Heart of America Marathon, providing a brisk and invigorating setting. Highlights included wins by Steve Stonecipher-Fischer in 25:31 and Milene Mittelhauser in 30:05. Tom LaFontaine set a new club record for the 40-49 age group, with a 27:16 (formerly held by Don Lewis at 27:17) and Lewis broke his old record for the 50-59 age group, in 28:14 (formerly 29:06). Boots Gerhardt smashed the club record for women age 60 & over with a 45:35 (formerly 46:45 by Marilyn Holsinger, set in 1985). Boots now owns six of the nine club records in this age group!

Don thanks the following volunteers: Dora Thackery, Judy Pickering, Gary & Jean Zwonitzer, Ben Londerree, Fred Kolkhorst, Ron Thompson, Gary Johanning and Kathleen Cain. The Columbia Police Dept. offers their sincere apologies for the mix-up resulting in their absence from the race course. Thanks from Don to all participants and volunteers for a good, safe run.

CTC Represented at Regional Fall Events

Columbia Track Club runners made strong showings at a number of events around the Midwest during the fall race season. The Mexico 4-mile Soybean Run (ever seen a 4-mile soybean?) drew 105 runners on September 20. Marc Romine led the pack in 20:59, followed by Dennis Stewart in 21:50. Lynn Russell set a new course record for women, finishing seventh overall, first for women in 23:31. A large contingent of other CTC runners participated as well.

Steve Stonecipher-Fischer placed fifth in a windy Half-Marathon Chicago on October 25 in 1:10:04. Steve Jones (not a CTC member) led the way in 1:04:20.

Milene Mittelhauser placed 10th in the Prime Health Kansas City 10K on Oct. 25 in 39:01 (the old Macy's course). Tom LaFontaine placed 2nd (34:14) in the Masters Division and Don Lewis placed 5th (36:04).

Kent Lang led the CTC charge at the 16th Annual St. Louis Marathon on November 22, placing fourth overall, with a time of 2:30:?? . Others from Columbia included Bob O'Connell (50th, 2:48:28), Norm Stebbins (2:49:00), Kevin O'Bannon (2:52:49), Mark Hosler (2:54:40), Tom Coon (2:58:25), Dick Madsen (3:03:18), Randy Smith (3:09:28), Elmer Schlemper (3:09:37), Don Johnson (3:31) and probably others that I missed.

THE DOLPHIN REPORT

One thing that you realize when you begin putting this newsletter together is that Dr. Bob Dolphin is one unusual person. It was my misfortune to come to Columbia after Bob left for Seattle, so I only know him from his considerable offerings sent to us through the mail. Perhaps it is an understatement, but the easiest way to give the Dolphin report is to say that he runs a lot of races. Here is the full story, though:

Oct. 24	5K cross-country race: <u>21:14</u> ; 1st place Masters
Nov. 1	New York Marathon: <u>3:36:45</u> ; 5157th place, 243rd Masters
Nov. 7	50 Km Badger Mountain Bean Run: <u>4:07:30</u> ; 16th place
Nov. 14	10 Mi. Col. River Classic: <u>1:06:33</u> ; 28th place, 1st Masters
Nov. 28	Seattle Marathon: <u>3:09:58</u> ; 138th place, 2nd of 18 55-59
Dec. 19	Cable Bridge 10K: <u>41:02</u> ; 39th place, 2nd of 50-59
Jan. 1	Thunder Run 6.4 Mi: <u>45:08</u> ; 13th place, 1st 55-59

For 1987, Bob ran in 47 races, 11 of them marathons, two 50K's and one 75K. That makes 49 career marathons. He's 58 years old and a bit possessed by this sport, from all appearances. For some reason I have a sneaking suspicion that Bill Clark is partly responsible for Bob's condition.

Women's Division

Score top 5 for each team

Place	Name, age	Time	C	J	S
1.	Cathy Romine, 30	20:07		1	
2.	Betty Bohon, 36	20:23	2		
3.	Kenna Walker, 16	20:28	3		
4.	Sandy Dunafon, 41	20:35		4	
5.	Jacki Corn, 44	20:56			5
6.	Chris Ruble, 33	21:08	6		
7.	Carol Bellora, 40	21:19			7
8.	Mimi Zielinski, 27	21:40			8
9.	Irene Clements, 25	21:47		9	
10.	Janet McAvoy, 26	22:00			10
11.	Wendy Simmons, 16	22:21			11
12.	Carol Peluso, 46	22:22			--
13.	Gerardette Wittmann, 34	23:20			--
14.	Renae Faulkner, 17	23:26			--
15.	Joan Fromme, 36	23:27			--
16.	Cheri Firehammer, 31	23:47			--
17.	Amy Sonheim, 25	24:07	12		
18.	Barbara Pinggy, 44	24:10		13	
19.	Janice Simmons, 11	24:19			--
20.	Mary Specking, 57	24:20			--
21.	Mary Haskamp, 31	24:53		14	
22.	Nancy Fritsch, 48	24:59	15		
23.	Cheryl Simmons, 43	25:57			--
24.	Carole Madsen, 44	26:12	--		
25.	Jenny Cordia, 12	26:44	--		
26.	Birgitta Hessler, 9	26:53	--		
27.	Diane Estes, 28	27:33			--
28.	Boots Gerhardt, 67	27:55	--		
29.	Darlene Londeree, 50	27:56	--		
30.	Helen Cope, 13	28:17	--		
31.	Dessie Pashos, 49	28:29			--
32.	Mary Jones, 45	29:56			--
33.	Frances Cope, 43	30:13	--		
34.	Sara Crosby, 11	30:41			--
35.	Polly Bailey, 64	31:17			--
36.	Heather Harness, 14	32:34	--		
37.	Margaret Johnson, 58	35:28	--		
POINT TOTAL			38	41	41

AGE GROUP LEADERS

MALES

FEMALES

AGE: 13 & under

1. M. Crosby, SLTC	1. J. Simmons, SLTC
2. J. Racine, CTC	2. J. Cordia, CTC
3. B. Mumford, CTC	3. B. Hessler, CTC
4. T. Allen, CTC	4. H. Cope, CTC
5. S. Harness, CTC	5. S. Crosby, SLTC

AGE: 14 - 19

1. D. Rorie, SLTC	1. K. Walker, CTC
2. T. Smith, CTC	2. W. Simmons, SLTC
3. S. Simmons, SLTC	3. R. Faulkner, SLTC
4. M. Malawey, SLTC	4. H. Harness, CTC

AGE: 20 - 29

1. R. Doherty, SLTC	1. M. Zielinski, SLTC
2. C. Christians, JCTC	2. I. Clements, JCTC
3. J. Delano, SLTC	3. J. McAvoy, SLTC
4. S. Mittelstadt, CTC	4. A. Sonheim, CTC
5. J. Marshall, JCTC	5. D. Estes, SLTC

AGE: 30 - 39

1. M. Carter, SLTC	1. C. Romine, JCTC
2. B. Bellora, SLTC	2. B. Bohon, CTC
3. J. Dickey, SLTC	3. C. Ruble, CTC
4. S. Groll, SLTC	4. G. Wittman, SLTC
5. J. Faulkner, SLTC	5. J. Fromme, SLTC

AGE: 40 - 49

1. D. Parker, CTC	1. S. Dunafon, JCTC
2. D. Hessler, CTC	2. J. Corn, SLTC
3. T. Allen, CTC	3. C. Bellora, SLTC
4. D. Madsen, CTC	4. C. Peluso, SLTC
5. D. Dunafon, JCTC	5. B. Pinney, JCTC

AGE: 50 & over

1. B. Londeree, CTC	1. M. Specking, SLTC
2. H. Dix, SLTC	2. B. Gerhardt, CTC
3. B. Stewart, SLTC	3. D. Londeree, CTC
4. D. Johnson, CTC	4. P. Bailey, SLTC
5. J. Thorne, CTC	5. M. Johnson, CTC

WINNING TRACK CLUBS TO DATE:

	1975	1976	1977	1978	1979	1980	1981	1982	1983	1984	1985	1986+	1987+
OPEN MEN (0 - 39)	CTC	TIE	CTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC
MASTER MEN (40 +)	CTC	CTC	CTC	CTC	CTC	CTC	CTC	SLTC	CTC	SLTC	CTC	SLTC	CTC
WOMEN	TIE	TIE	SLTC	TIE	SLTC	SLTC	SLTC	CTC	CTC	SLTC	SLTC	SLTC	CTC
BEST OF THREE	CTC	CTC	CTC	TIE	SLTC	SLTC	SLTC	SLTC	CTC	SLTC	SLTC	SLTC	CTC

+ JCTC included in team scoring

Don Lewis, Chris Ruble, Craig Christians and Lynn Russell win 5k & 10k Steve Helmick Memorial Runs

November 8, 1987

5k Road Race

1. Don Lewis	51	18:01
2. Simon Rose	22	18:08
3. Ben Londeree	53	18:38
4. Elmer Schlemper	48	19:28
5. Douglas Sonheim	29	19:46
6. Dan Clinkenbeard	38	19:51
7. Chris Ruble	33	21:06
8. Howard Bentley	58	22:18
9. Norris Kruse	52	22:30
10. David Plummer	42	22:52
11. Bob Sonheim	55	22:53
12. B.J. Mumford	10	25:11
13. Amy Sonheim	26	25:11
14. Jeanelle Twillman	55	26:14
15. Richard Helmick	48	27:24
16. Patricia Young	32	28:30

10k Road Race

1. Craig Christians	26	33:24
2. Kevin O'Bannon	19	35:00
3. Tony Evanowski	45	37:20
4. Art Bentley	43	37:48
5. Lynn Russell	25	38:26
6. Tom Stow	36	39:33
7. Tom Allen	45	39:35
8. Steven George	22	39:46
9. Kent Stephens	37	40:29
10. Bob McGrath	40	41:38
11. Tracy Smith	18	41:49
12. Lou Tedeschi	40	42:36
13. James Thorne	50	44:01
14. Cathy Romine	30	44:22
15. Janet Lilley	29	45:06
16. Donald Williams	38	49:30
17. Juli Schmidt	27	52:11
18. Linda Price	43	53:19

50°, overcast, drizzle at start of race, wind slight. Bob Hook, a Hickman Junior ran for a lark, since the day prior he made an excellent showing at the state cross country meet. As a lark, he would have placed 3rd in the 10k with a 36:30. Many helped with this event; thanks to Marsha Perkins, Dick and Peter Hessler, Steve Stonecipher-Fischer, Mark Romine and friends, Coach Steve Kissane and Mark Volek. Special thanks to Eric & Judy Mumford for filling in as race directors on short notice. Tryathletics assisted in marking the course.

Newcomers Win Forest Acres 3-mile

November 21, 1987

Doug Sonheim and Michelle Roberts won the men's and women's divisions in the Forest Acres 3-mile run on November 21, 1987. Don and Carole Patterson hosted the event from their sylvan home, providing hot chocolate, coffee, fruit and doughnuts after the race. Don even entertained with some blues harmonica.

Weather conditions were windy and brisk (about 30°), but clear. Attendance was modest, with some opting for the Sedalia Run for the Third and the St. Louis Marathon the following day. Thanks to Don Johnson, Dick Hessler, Don Lewis and Don Patterson for help with race administration.

1. Doug Sonheim	29	18:17	8. Michelle Roberts	23	23:12
2. Mike Walther	30	18:35	9. Linda Price	43	24:08
3. Tom Allen	45	18:39	10. Nancy Fritsch	48	24:44
4. Richard Harness	36	19:29	11. Cindy Foley	37	25:31
5. Fred Fritsch	51	21:05	12. Georgina Gonzalez	49	25:57
6. Mike Little	40	21:23	13. Boots Gerhardt	67	28:42
7. Joe Duncan	53	21:27	14. Shawn Harness	11	34:20
			15. Heather Harness	14	34:33

12-5-87

Hoosier Travels 350 Miles to Walk 10 miles for Cheese. Wins Sauerkraut Instead

<u>Place/Name</u>	<u>Age</u>	<u>5-mile</u>	<u>10-mile</u>	<u>Des Time</u>	<u>Diff.</u>	<u>Place</u>
<u>RUNNERS</u>						
1. Dan Lawson	32	27:32	54:40	--		
2. Vern Darling	31	27:33	54:40	--		
3. S. Stonecipher-Fischer	31	27:34	54:49	--		
4. Dave Crawford	??	28:17	57:42	--		
5. Jim Marshall	29	28:24	57:53	--		
6. Tom LaFontaine	41	31:36	1:03:01	1:05:00	:53	6
7. Mike Baker	37	32:39	1:06:13	1:05:00	1:59	
8. Randy Smith	31	32:14	1:06:17	1:05:00	1:13	
9. Mark Volek	32	32:14	1:06:19	--		
Liz Bulman	28	32:14	1:06:19	1:06:00	:19	3
11. Tom Allen	45	32:44	1:06:42	1:10:00	:42	5
12. Elmer Schlemper	48	34:05	1:07:38	1:11:00	3:22	
13. Mike Walther	30	33:12	1:07:40	1:10:00	2:20	
14. Dick Madsen	46	34:12	1:07:43	1:17:54	:13	2
15. Steve Halliburton	42	33:45	1:09:20	1:10:00	:40	4
16. Doug Sonheim	29	35:25	1:10:56	1:18:00	2:56	
17. Bob McGrath	40	36:50	1:12:12	1:15:00	2:48	
18. Tracy Smith	19	34:12	1:12:46	1:10:00	2:46	
19. Joe Marks	50	36:56	1:13:22	1:19:00	5:38	
20. Don Johnson	59	39:42	1:16:51	1:17:00	:09	1
21. Gary Ellis	50	39:05	1:17:36	1:15:00	2:36	
22. Herb Mittelhauser	58		1:19:48	1:18:00	1:48	
23. Bill Heberle	28	42:02	1:22:33	1:19:00	3:23	
24. Howard Bentley	58	42:02	1:25:00	1:19:00	6:00	
25. Linda Price	43		1:28:36	1:32:00	3:24	
26. Joe Schultz	22	44:29	1:29:41	1:25:00	4:41	
27. Georgina Gonzalez	49		1:32:39	1:38:00	5:21	
28. Sheila Larkin	??		1:33:03	1:38:00	4:57	
Rick Rother		33:32	-----			
Joe Duncan		37:45	-----			
Norris Kruse		39:42	-----			
Kenna Walker		41:31	-----			

WALKERS

1. Paul Alvord	30's	51:32	1:42:10	1:55:00	12:50	<u>SRKRT</u>
2. Roger Turnbough	30	56:12	1:49:14	2:00:00	10:46	
3. Rob Spier	65	56:35	1:54:23	2:02:00	7:37	1

Good turnout for a sunny, chilly day. Paul Alvord drove from his home in Westfield, Indiana to compete in the walking event. He walked nearly 13 minutes faster than he predicted, earning him the sauerkraut prize. We hope he comes back again, perhaps for a more alluring prize! Tom Coon served as race director, assisted by Yeva Spier and others.

Pasta Factory

11

COUPLES RUN FOR DINNER (2 p.m., Jan. 10)

First, the individual results:

1. Steve Stonecipher-Fisher	25:40	31. Eva Cochran	39:32
2. Craig Christians	26:21	32. Andrea Cogswell	40:00
3. Kent Raider	26:53	33. Ann Kaylen	40:14
4. Jeff Mittelhauser	27:15	34. Linda Price	40:42
5. Tom LaFontaine	29:41	35. Nancy Fritsh	42:29
6. Dick Hessler	30:19	36. Georgia Morehouse	43:28
7. Simon Rose	30:23	37. Carrie Paden	44:04
8. Tom Allen	30:56	38. Katie Grove	45:28
9. David Parker	31:10	39. Louanne Fay	45:29
10. Mike Walther	31:24	40. Kim Dude-Lammy	46:20
11. Bob McGrath	32:23	41. Carol Madsen	46:24
12. Ben Londeree	32:31	42. Dave Clinkinbeard	49:01
13. Dick Madsen	32:45	43. Cathy Johnson	49:01
14. Milene Mittelhauser	32:55		
15. Dave Sleper	34:43	WINNING COUPLES:	
16. Mark Lammy	34:51	0-44...No Entries	
17. Angela Hessler	35:09	45-59..Milene & Jeff Mittlehauser	
18. Joe Duncan	35:43	60-74..Liz Epple & Bob McGrath	
19. Liz Epple	35:44	75-84..Linda Robbins & Tom LaFontaine	
20. Dale Broadway	35:50	85-99..Linda Price & Dick Hessler	
21. Dean Baxter	36:05	100+...No Entries	
22. Chris Ruble	36:10		
23. Don Johnson	36:15		
24. Mike Kaylen	36:29		
25. Herb Mittelhauser	36:30		
26. Gene Gerke	37:11		
27. Julie Mittelhauser	37:12		
28. Fred Fritsch	37:18		
29. Pat Ross	37:50		
30. Linda Robbins	38:04		

COUPLES' TIMES

45-59 -- (1) Jeff & Milene Mittelhauser, 1:00:10; (2) Eva Cochran & Craig Christians, 1:05:53; (3) Chris Ruble & Simon Rose, 1:06:33; (4) Mike Walther & Andrea Cogswell, 1:11:24.

60-74 -- (1) Bob McGrath & Liz Epple, 1:08:12; (2) Joe Duncan & Angela Hessler, 1:10:52; (3) Steve Stonecipher-Fisher & Luanne Fay, 1:11:09; (4) Mike & Ann Kaylen, 1:16:43; (5) Marc Lammy & Kim Dude-Lammy, 1:21:01; (6) Kave Clinkenbeard & Cathy Johnson, 1:38:02.

75-84 -- (1) Tom LaFontaine & Linda Robbins, 1:07:45; (2) Dave Parker & Pat Ross, 1:09:00; (3) Herb & Julie Mittelhauser, 1:13:42; (4) Tom Allen & Katie Grove, 1:16:24; (5) Dean Baxter & Carrie Paden, 1:20:09.

85-99 -- (1) Dick Hessler & Linda Price, 1:11:01; (2) Dick & Carole Madsen, 1:18:25; (3) Fred & Nancy Fritsch, 1:19:47; (4) Gene Gerke & Georgia Morehouse, 1:20:39.

COMMENTS: Last minute publicity drew a great crowd to vie for seven dinners for two at the Pasta Factory (winners of four age categories plus three drawings). Let's plan to do this again with more awards (and more drawings to encourage even greater participation). Weather: Low 20s, sunny, wind 5-15 (from the south?). Blame errors in statistics and spelling on cold, confused Joe Marks who got a lot of good help from Kim S-F, Anne Hessler, Tom Coon and others.

COLUMBIA TRACK CLUB

MINUTES OF ANNUAL MEETING

October 8, 1987

The meeting was held in the community room of the Farm & Home Savings Association and was attended by 32 members.

The meeting was opened at 7:10 p.m. by Joe Duncan.

Minutes of the last annual meeting were summarized by Tom Coon, who has the minutes of the last two meetings in his possession.

Report of the treasury was given by Dick Madsen. A copy of the report was given to Joe Duncan.

The following items were reported by Joe Duncan:

Columbia Parks & Recreation Department has previously helped CTC financially with \$2500 for newsletter, etc. Last year \$1000 was allocated; therefore, the size and frequency of publication of the newsletter were reduced in accordance with this adjusted amount. Last year there was no cash balance remaining from publication of the newsletter for CTC to spend as desired. During the coming year Parks & Recreation can contribute nothing to the publication of the newsletter, effective Oct. 1, the beginning of their fiscal year. The city will print the newsletter for 4¢/copy/page. Bulk rate nonprofit postage costs 8 1/2¢ per newsletter. Last month we mailed 275 newsletters.

Dues cost \$10/family; \$6/single student; \$5/first time member; \$25/sustaining membership. A motion to keep dues at the same rate, including the feature of sustaining membership, was seconded and carried.

Scholarship fund report was given by Ben Londeree as follows:

Current balance Sept. 2 about \$5600 in an account earning about 9.5% interest. At that rate we could probably fund a \$500 scholarship annually. It was decided that the award of a scholarship is to be decided by the scholarship committee. We will publicize the application for scholarship in the next newsletter and on the University campus this fall. The idea of a scholarship fund was generated by Joyce Schulte several years ago and she serves on the committee.

\$330 was spent for travel this year primarily by children for Jr. Olympics and Mark Volek for the Ironman Triathlon.

Schedule of events for 1988 was discussed. The schedule has remained virtually the same for the past 10 years in terms of the number, type, and frequency of events. It was noted that in

last year's races there was a dramatic reduction in the numbers of participants. The low participation vs. the time spent in organizing races for informal events was discussed.

It was announced that the Turkey Trot this year will occur one week after Heart of America Marathon. Turkey Trot will be held on October 25 in Columbia. Don Lewis asked for a show of hands to indicate an estimate of the number of participants for the Turkey Trot, and he encouraged us to think seriously about our participation. The idea of expanding this race to include Jeff City and Sedalia was discussed. The idea of changing the date of this race to coincide with the end of high school cross country season or to coincide with the St. Louis cross country kick-off in late August was discussed. It was decided that we would provide chili from Wendy's for the Turkey Trot, with baked items to be contributed by all members. This "lunch" is to be coordinated by Anne Hessler and Judy Mumford.

Don Lewis also suggested that we should coordinate the scheduling of various races within the city of Columbia so that we don't have major races occurring each weekend or in conflict with one another.

There was discussion regarding charging a fee for the Human Race. It was recommended that we charge a fee and give shirts. It is observed that a lack of fee has not increased participation.

It was suggested by Don Lewis that CTC devise a contract to be used when dealing with sponsors for races in order to help us obtain the desired support as promised.

Kim Stonecipher-Fisher reported that aid stations for the marathon will be at 5, 10, 15, 20, and 24 miles and will be provided by various businesses; anyone is welcome to help.

Tom Coon encouraged members to think about some new races, different races; i.e. a series of cross country races following the Turkey Trot, new events as well as changing emphases on some of our established races. Tom is encouraging creativity in the kinds of races we offer. The newly established Program Committee can work on this, but all members are encouraged to contribute their ideas. All members should participate in administering one or two events annually. The Program Committee was advised by the members present to avoid scheduling events more frequently than two per month.

It was agreed that our youth programs (summer age group events, CTC Colts, Jr. Olympics) should continue if people are willing to help prepare. Co-directors are needed to carry on events in the following years. This year there has been increased participation in summer age group events.

With regard to race administration race directors were encouraged to be creative with awards, etc. Volunteer assistance is always needed for all races.

Election of officers was held. All officers were accepted as proposed by the Nominating Committee composed this year of Chris Ruble, Steve Stonecipher-Fisher and Joe Marks.

President: Tom Coon

Vice-President to be chosen by T. Coon to be chair of the

Newsletter Committee: Joe Marks

Secretary/Treasurer: Michele Roberts

Our deep gratitude is expressed to Joe Duncan who has served as our president from the beginning of the club to the present time.

It was decided to continue the following awards:

Elapsed Time Standings

Dave Schulte Award, to be given by the President to the person who is considered to be the epitome of volunteering time and energy to the track club.

The meeting was adjourned at 9:00 p.m.

Respectfully submitted,

Carole Madsen
Secretary/Treasurer

Joe Marks was honored with the Dave Schulte Volunteer Award following the annual CTC business meeting on October 8, 1987. President Duncan recognized Joe's unfailing willingness to assist with races, publicity and enthusiasm, even when his feet, knees or muscles have kept him from running. Joe talks of retiring from running, and has even flailed in the water and kicked at bicycle pedals, but he remains a runner at heart. We all hope Joe can continue to regain his running prowess and that he will remain the enthusiast that we all depend on. Now, if only we could get him to take over the newsletter!

CTC Flooded With New Members!

Twenty-four new members have joined the CTC in the past three months. Their names are listed here, even though we can't give a full biography on each of them. Would some club member like to write some features on these newcomers for future newsletters? Please welcome these members to the club and get to know them at one of the CTC events or out on the well-worn running routes of Columbia:

Sam Abadir, Eric Anderson, Craig Crandall, William Haws, Mike & Anne Kaylen, Janet Lilley, Patrick Linn & Jan Reed, Bob & Becky Lorenz, Scott & Melody Mittelstadt, Steve Oien, T.R. Page, Patti Ross, Simon Rose, Tracy Smith, Diane Spalding, Roger & Becky Turnbough, and Ralph Wahlers, all of Columbia; Billie Sue Raboin, Mexico; Julie Mittelhauser, Sedalia

1988 Schedule Continues to Take Shape

The schedule of events for 1988 is slightly changed from the past few years. Following the discussion at the annual meeting and many more conversations with club members during and after workouts, the program committee met to plan a schedule which will challenge the club membership with new and familiar events. Some of the details remain to be settled, but the first four months are firm. In developing this schedule, we wanted to avoid conflicts with major events in nearby cities. We worked particularly with the Sedalia and Jefferson City Clubs, both of which provide a number of challenging events. To meet this goal, we have reduced the number of CTC-sponsored events in Columbia, which should help us to concentrate our corps of volunteers and sponsors (in other words, avoid overworking them). At the same time, we hope to make our events more enjoyable and to enlist more sponsors to help us promote our events. The success of the Columbia Regional Hospital Run For Your Life has shown us how important it is to promote our events. Columbians want to run!

ANYONE INTERESTED IN BEING A RACE DIRECTOR FOR A CTC EVENT IS WELCOME TO TAKE CHARGE! PLEASE CONSIDER DIRECTING ONE OF THE EVENTS LISTED ON THE NEXT PAGE AND CONTACT TOM COON AS SOON AS POSSIBLE TO BEGIN MAKING ARRANGEMENTS. THIS SCHEDULE WILL BE A SUCCESS ONLY IF EVERYONE HELPS IN SOME WAY.

A schedule of the major Mid-Missouri events is given below. Updates of both schedules will appear in succeeding newsletters.

MID-MISSOURI EVENTS - 1988

March 12	Irish 5K	Jefferson City
March 20	Sedalia Half-Marathon	Sedalia
April 23-24	Apple Cup Bike Stage Race	Columbia
April 23	Spring Fling 5K	Jefferson City
May 7	Mother's Day 5K (women)	Jefferson City
May 29	Ozark 100 Triathlon	Rock Bridge State Park Columbia
June 4	Summer Classic 5K	Jefferson City
July 4	One-Mile Run	Sedalia
	Celebration Mile	Jefferson City
August 6 (?)	Stride & Ride Biathlon	Sedalia
August 13	Twilight 5K	Jefferson City
13 (?)	Run for the Arts 4-Mile	Boonville
September 18 (?)	4-mile Soybean Run	Mexico
October 1	Harvest Moon 8K	Jefferson City
November 19	Run for the Third 8K	Sedalia

If you know of other Mid-Missouri events or if you have corrections for anything listed here, please contact Tom Coon (4445-6158) so we can keep everyone properly informed.

1988 Membership fees are now due! Please make checks payable to the Columbia Track Club and send to Tom Coon, 710 Spencer Ave, Columbia, MO 65203. See Dues Structure on back page. New members joining after July 1, 1987 are paid in full through December, 1988.

COLUMBIA TRACK CLUB*(Tentative Schedule)***1988 EVENTS**

January 10	Sunday, 2:00 pm	PASTA FACTORY 5-mile Twosome Road Race, male-female teams (open to individual runners also) Meet at Strawn Road cinder pile. AWARDS to teams only. \$5.00 fee non-members. RD: Joe Marks
January 30	Saturday, 9:00 am	5 km NUT RACE, Run or Walk, Research Reactor Park. AWARDS. \$1.00 fee non-members. RD: Tom Coon
February 28	Sunday, 2:00 pm	COLUMBIA REGIONAL HOSPITAL 5-mile Winter Road Race. TROPHIES. \$10.00 fee.
March 26	Saturday, 9:00 am	RRCA Missouri State 15 km Run Championship. TROPHIES. \$2.00 Fee. 15 km walk. Meet at Holiday Inn (I-70 Dr. SW). RD: Tom Lafontaine
March 26	Saturday, 2:00 pm	Missouri State One-hour walk Championship. Hickman Track. TROPHIES. \$2 fee. RD: Don Johnson
April 16	Saturday, 8:00 am	HUMAN RACE X 10 km Road Race. \$5 fee. RD: Mike and Carolyn Little
April 23	Saturday, 6:00 am	Missouri Cup Competition 50 mile walk. Hickman Track. TROPHIES. \$5 fee. RD: ?
May 13	Friday, 6:00 pm	Mid-Distance Track meet: 2 mile, 1 mile, 800 meter. Run 1, 2 or all 3 events. 10 km Walk (7:30 pm). Hickman Track RD: Dick Madsen
May 14	Saturday, all day	Boone County Junior Olympics Track and Field Meet. Rock Bridge High School Track. RD: Tom Coon and Tom Allen
June 4	Saturday, all day	Area IV Jr. Olympics Sub-State Track & Field Meet. Rock Bridge High School Track. RD: Tom Allen and Tom Coon
June 4	Saturday, 9:00 am	Missouri State 15 km Walk Championship. Hickman Track. TROPHIES. \$2 fee. RD: ?
June 10	Friday, 6:00 pm	All-Corners Track Meet. 100, 200, 400, 800, 1500 and 5000 meter races. Hickman Track. RD: ?
July 1	Friday, 7:30 pm	2-person, 5 km Relay (alternate 400's). A team of male runners must have one runner age 15 or under. Hickman Track. AWARDS. \$1 fee non-members. RD: Whitney Hicks
July 16	Saturday, 8:00 am	One-mile Road Run; 3-mile Walk. Research Reactor Park. RD: Ben Londeree
August 20	Saturday, 7:30 am	2-mile Cross-Country Run. Bethel Park. RD: Linda Price.
August 29	Saturday, 6:00 am	30 km Road Run (10 km alternate); 20 km Walk. Holiday Inn (I-70 Dr. SW). RD: ?
September ?	Saturday, 8:00 am	10 km Woody's Run: 10 km handicap road race. Handicap start based on age and sex. Start at Hearn Center. RD: ?
September ?	Friday or Saturday	5 km Cross-Country Run. Gustin Golf Course. RD: ?
October 8	Sunday, 7:00 am	29th ANNUAL HEART OF AMERICA MARATHON. TROPHIES. \$5 fee. Meet at Campus Inn. RD: Joe Duncan
October ?	?	Dual Cross-Country Meet with Jefferson City Track Club in Jefferson City
November ?	Sunday, 1:00 pm	Missouri Turkey Trot, 3-mile Cross-Country Run. Triangular meet with St. Louis and Jefferson City Track Clubs. St. Louis.
November 6	Sunday, 2:00 pm	5 km and 10km Steve Helmick Memorial Road Run. TROPHIES. \$5 fee. Course to be announced.
December 10	Saturday, 9:00 am	Forest Acres Cheese & Sauerkraut 10-mile Road Run. RD: Don Patterson.

CTC MEMBERS: Pass this along to a potential new member.

COLUMBIA TRACK CLUB

APPLICATION FOR MEMBERSHIP

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

PHONE NUMBER: _____

OCCUPATION(S): _____

Members of family and dates-of-birth for each:

Running background(s):

Annual dues are \$5.00 for the first year and \$10.00 per year thereafter.
This includes all members of the family residing in the same household.
Dues for single student-age members are \$6.00 after the first year.

Make checks payable to the COLUMBIA TRACK CLUB and send to:

Tom Coon
710 Spencer Ave.
Columbia, MO 65203
314-445-6158

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, published approximately every two months. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless brief. Be sure to pass on to Tom Coon 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.

COLUMBIA TRACK CLUB
710 Spencer Avenue
Columbia, MO 65203

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