

The Columbia Track Club News

Volume XXI, No. 4

June 28, 1989

Joe Marks Becomes Third President of CTC

Joe Marks has accepted appointment to the Presidency of the Columbia Track Club, the third president in the club's history and the second in the last two years. The vacancy in the office was created by Tom Coon's departure from Columbia. Tom and Rhonda will be moving to East Lansing, Michigan in July, where both have accepted positions at Michigan State University.

Marks accepted the appointment following a lengthy discussion of Track Club goals and activities at a Club meeting held Thursday, June 22. Joe will be assisted in the job by Randall Westveer, who volunteered to edit the Newsletter, Carolyn Little, Secretary-Treasurer, who will be adding the membership list to her long list of duties, and other club members who agreed to help in organizing and promoting races. Joe will bring plenty of experience in running and in public relations to the position, along with his endearing and effusive personality. All club members can be of great assistance to Joe by offering to help with the various tasks required to keep the club moving.

Coon says that he leaves Columbia with mixed feelings. While the new opportunities in Michigan are exciting, and the prospect of cross-country skiing again has him overjoyed, he acknowledged that he will miss the runners and hills of Columbia. Expect to see him back for the Heart of America periodically!

SHOW ME GAMES TORCH RUN NEEDS RUNNERS

Mike Little is organizing the CTC participation in the Show Me Games Torch Run. As tradition has developed, the Jeff. City Roadrunners carry the torch by relay from the Capitol steps to Ashland, following Highway 63. CTC runners relay the torch from Ashland to Faurot Field. If you have time to run a few miles on Friday afternoon, July 28, and you have a particular fondness for fire, please call Mike (886-8686) and offer your assistance!

UPCOMING EVENTS

COLUMBIA -

July 1 Sat. 7:30 am 8000 m relay Hickman Track Each team with two runners; team members alternate running 400 m legs, 10 legs per runner. All combinations of age and sex are acceptable for teams, except that no teams can have 2 men over the age of 15.

July 15 Sat. 7:30 am ONE MILE ROAD RUN & 3 MILE WALK...Research Reactor Park

July 28 - 30 Fri. - Sun. SHOW ME STATE GAMES... Track & Field events all weekend, 5 km Road Race on Sunday, 8:00 am.

MID-MISSOURI AREA -

June 24 Sat. 8:00 am 5k Run for Special Olympics, Days Inn, Sedalia. \$8.00 Entry fee. 816/826-0147

June 29 Thu. 6:30 pm Roadrunners All-Comers Track Meet, Jefferson City High Track

July 4 Tue. 7:30 pm Celebration Mile - East Capitol Street, Jefferson City

July 4 Tue. 8:00 am Firecracker Mile - State Fairgrounds, Sedalia

July 15 Sat. TBA Women's Distance Festival Couples Classic - Sedalia Runners Club, 5K each

REGIONAL EVENTS -

June 29 Thu. 6:30 pm SLTC 800 m Washington University Track, St. Louis 314/862-SLTC

July 2 Sun. 7:30 am VP Fair 10K and 3K, Kiener Plaza, St. Louis

July 4 Tue. 7:30 am Firecracker 5K / 1 mile - O'Fallon, MO 314/281-3050

July 6 Thu. 6:30 pm SLTC 400 m Wash. U. Track

July 13 Thu. 6:30 pm SLTC 1 mile Wash. U. Track

July 14-15 Fri. & Sat. 6:00 pm SLTC 24 hour relay - Ladue High Track. Run 1600 m legs in teams of up to 10 runners. Winners based on distance covered.

July 16 Sun. 7:00 am Riverfront Mile, Wharf Street, St. Louis

July 20 Thu. 6:30 pm SLTC 3000 m Wash. U. Track

July 29 Sat. BIX 7 mile Road Race - Davenport, Iowa

Aug. 6 Sun. 7:00 am Gateway 15K/3K St. Louis 434-9577

Mittelstadt, Bulman Run Away in 3-2-1

Scott Mittelstadt and Liz Bulman led the pack in the 3-2-1 triathlon at Hickman Track on Saturday, May 13. Weather conditions were favorable for good performances, with temperatures in the low 60's and a clear sky. Each runner ran a 3 mile, then a 2 mile and then a 1 mile race on the track, with a short rest period between each. Scott had the fastest times in all three events, with a 16:17 3 mile, 10:34 2 mile and 5:08 1 mile. Liz led the women competitors (where were the other women?) with a 19:09, 12:38 and 6:06. Dick and Carole Madsen served as race directors, with Joe Marks assisting. Dick reports:

"Thanks to Joe Marks for coming out to help with the race. Mark Volek's new shoes gave him a blister after the 3 mile, but he stayed around to help with timing - which we appreciated. As you can see from the times, there were some close races which were fun for the spectators in attendance. In keeping with the 3-2-1 theme, awards were given to the finishers who finished fastest and equal awards were given to those who spent the most time on the track. Three doughnuts were awarded to the top 3 in the fastest and slowest categories, two doughnuts went to the next three in each category, and had more participants been present, one doughnut would have been given to the next three. Dean Baxter should have received an extra award for finishing as both the sixth fastest and the sixth slowest. Since Scott Mittelstadt won the whole thing, he received an extra award of a dozen doughnut holes."

Thanks, Dick and Carole! Undoubtedly, Dick's statistical acumen went into figuring how many doughnuts are required to a) slow the fastest runners and b) keep the slowest runners from catching up.

NAME	3 MILE			2 MILE		1 MILE	TOTAL TIME
	<u>Mile 1</u>	<u>Mile 2</u>	<u>Mile 3</u>	<u>Mile 1</u>	<u>Mile 2</u>	<u>Mile 1</u>	
Scott Mittelstadt	5:08	10:36	16:17	5:04	10:34	5:08	31:59
Roger Turnbough	5:32	11:34	17:51	5:48	11:40	5:25	34:56
Randy Smith	5:58	11:57	17:55	5:51	11:43	5:25	35:03
Ben Londeree	6:04	12:10	18:10	5:57	11:39	5:23	35:12
Doug Sonheim	6:22	12:45	18:56	6:22	12:35	5:48	37:19
Dean Baxter	6:20	12:45	19:10	6:23	12:38	5:59	37:47
Liz Bulman	6:08	12:30	19:09	6:22	12:38	6:06	37:53
Elmer Schlemper	6:10	12:41	19:20	6:23	12:55	6:13	38:28
Marc Lammy	6:42	13:50	20:56	7:03	13:48	6:22	41:06
Don Johnson	6:54	14:00	21:03	7:03	13:55	6:33	41:31
Joe Duncan	6:58	14:03	21:16	7:18	14:43	6:49	42:48
Kevin O'Bannon	5:08	10:36	16:17	5:04	10:57	-	-
Mark Volek	5:36	11:22	17:13	-	-	-	-

HUMAN RACE VOLUNTEERS COME UP WITH ANOTHER WINNER

Mike Little put in another hero's performance in organizing the Human Race held April 22. Mike and his employer, GTE have not only saved this race from extinction, but have turned it into a festive (and not quite as demanding) event for runners and spectators, alike. Mike wanted to recognize the assistance of many volunteers who helped to make the race a success. These include the Hickman TriReme Club, the Girl Scouts, many GTE employees, particularly Alane Miller and Carolyn Little, the Columbia Police and University Police Departments, John Burke, many CTC members, and the race sponsors: Boone Hospital Center, Pepsi-Cola Bottlers, Columbia Daily Tribune, TCBY, D Sport, Tryathletics, Casey's Sport, Fitness Underground, UMC Hospitals & Clinics, and the BIG SPONSOR, GTE. THANKS TO ALL FOR A GREAT EFFORT!! Results begin on page 9.

Stewart Sweeps the Sprints

Denny Stewart, CTC member from Warrensburg swept the sprint triathlon once again, and he did it with relative ease. As the times show, he paced Bob Hull and Steve Engelbrecht through the first three laps of the 1500 and the first lap of the 800, but then broke away during the final lap of each race. He jumped to an early lead in the 400 m and never let up. Josie Cox led the women competitors, finishing second to Andrea Woods in the 1500, but surpassing Woods in the 800 and 400 for a faster cumulative time. Josie used the event as a workout in preparing for the Jr. Olympics State Meet on June 17.

Stewart entered the realm of the Masters this year, and has been burning up the track in his second youth. He won the Masters 800 m races at both the Kansas Relays (2:00.5) and the Drake Relays (1:59.7) in April. Look for more speedy performances by Denny in the coming months!

Thanks to Whitney Hicks and Steve Stonecipher-Fisher who served as race directors, and to Joe Duncan who sacrificed his speed workout to help record times.

NAME	1500 m				800 m		400 m	TOTAL
	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>	<u>Lap 4</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 1</u>	<u>TIME</u>
Denny Stewart	1:08	2:21	3:33	4:29.5	1:05	2:11	:58.2	7:38.1
Bob Hull	1:08	2:22	3:39	4:34	1:06	2:16.6	1:02.5	7:53.1
Steve Engelbrecht	1:17	2:22	3:39	4:37	1:06	2:19.4	1:02.8	7:59.2
Tom Coon	1:15		3:54	4:48	1:13	2:23.6	1:05.7	8:17.3
Roger Turnbough	1:10	2:30	3:54	4:52	1:12	2:27.8	1:04.5	8:24.3
Dave Parker	1:14		4:01	4:59	1:12	2:27	1:04.4	8:30.4
Doug Sonheim	1:10	2:43		5:14.4	1:17	2:40.0	1:18.8	9:03.2
Mark Lammy	1:22	3:11		5:25.4	1:21.5	2:47.9	1:12.8	9:26.2
Don Johnson	1:30	2:53	4:55	5:55.1	1:19.5	2:56.2	1:14.9	10:06.2
Josie Cox	1:35	3:23		6:43.0	1:26	3:07.8	1:17.0	11:07.8
Andrea Woods	1:16	3:18		6:36.9	1:31	3:17.2	1:22.6	11:16.7
Chris Ruble					1:27	2:58.8	1:19.0	
Emily Ruble							1:35.5	

AREA 4 JUNIOR OLYMPICS TRACK & FIELD MEET BRINGS OUT THE BEST

Over 90 young athletes ranging in age from 5 to 14 competed in this 7-county event at Rock Bridge High School on Saturday, June 3. This is the first level in a series of meets which lead to the National AAU/Carrier Junior Olympics Games to be held in San Antonio, Texas, later this summer. The top three finishers in each event advanced to the Western Missouri meet in Joplin on June 17-18. At the Columbia meet, the athletes competed in six divisions based on age and sex. Older athletes, ages 15 - 18 advanced to the Western Missouri meet automatically. The Columbia Track Club and Columbia Parks and Recreation Department sponsored this annual event and wish to thank all of the many volunteers who helped make the meet possible.

The athletes were slowed somewhat by the muddy conditions of the track following Saturday morning's early showers. Even so, some outstanding individual and team efforts resulted in three records broken, one tied and two new records set. Chris Braudis, Columbia, took over 45 seconds off the Junior Division (ages 13&14) 3000 m race walk. Chris placed second at the National Junior Olympics meet last year in Lawrence, Kansas. Stephen Shepherd, Jefferson City, lowered his previous record in the Bantam Division (ages 10 and under) 200 m dash, from 30.3 to 30.2. Jennifer Hasler, also of Jefferson City took 2 seconds off the Junior Girls 100 m Low Hurdles record, from 19.0 to 17.0. Hasler and Chuck Glasper, Jefferson City

set new records in the 200 m low hurdles, a new event for the Girls and Boys Junior Divisions this year. Jennifer finished in 32.0, neck and neck with Chuck, at 31.9. The Junior Girls 4 x 100 m relay team of Dawn Anthony, Dawn Larry, Julia Simmons and Angie Johnson tied the old record of 53.9, set by another Jefferson City team in 1985.

Two other National Junior Olympians from 1988 turned in performances that show they should have another good year in the program. Robyn Colvin, Columbia placed 10th in the Bantam Girls 400 m dash last year in a time of 1:13.5. This year, she advanced to the Midget Division (ages 11-12) and ran 1:11.4 at the muddy Area 4 meet. Brandon Beissenherz, Columbia, placed 10th in the Midget Boys 400 m dash at the National meet last year with a time of 1:04.5. He got off to a good start this year, winning the Midget 400 m dash in 1:04.6.

Many other young athletes showed improvement in their performances and deserve recognition. The full listing of results begins on the following page. Congratulations to all participants!

Tom Allen and Tom Coon served as meet directors for the Area 4 meet, and were assisted by many gracious volunteers. They include Rhonda Coon, Elaine Allen, Mike Little, Carolyn Little, Dave Parker, Joe Duncan, Jim Pinkerton, Mike Colvin, Bill Beissenherz, Ivan Metzger, Anne Hessler, Eric Mumford, Ann Quick, Marjorie Cox, Sue Jesse, Jeff Jesse, Melinda White, Teddi Cox, Josie Cox, Peter Hessler, Angela Hessler, Peggy Springer, Ray Braudis Bob Hook, Gene Bard, Dave Carlson, John Henage, Tony Sloan and many others.

***** **COLTS SUCCEED AT STATE MEET**

Four relay teams and at least eight individual competitors placed in the top 4 places at the Western Missouri State Jr. Olympics meet on June 17-18. All will advance to the Missouri Valley Association meet in Lawrence, KS. The Intermediate Girls 3200 m relay team placed first, the Midget boys 1600 m relay team placed second and the Midget and Junior girls 1600 m relay teams placed third. Among individual performances, Brandon Beissenherz placed first in the Midget boys 400 m dash, Kevin Lewis placed second in the Bantam 400, 800 and long jump, Shannon McDonald placed second in the Junior 3000 m, Jeff Borengasser placed second in the Midget 3000m, Shawn McDonald placed second in the Intermediate 1500m and the javelin, Chris Cronhardt placed third in the Intermediate 800 m, Karla Pudenz placed fourth in the Junior 800 m and Angela Hessler placed fourth in the Intermediate 400 m. Congratulations, COLTS!

AREA 4 JUNIOR OLYMPICS TRACK & FIELD MEET NEW RECORDS, 1989

GIRLS

JUNIORS:

100 m Low Hurdles Jennifer Hasler, Jeff. City: 17.0; old record: Ann Byington, Col.:19.0, 1982

200 m Low Hurdles Jennifer Hasler, Jeff. City: 32.0; No Previous Record

4 x 100 m relay Jefferson City Team: Dawn Anthony, Dawn Larry,

Julia Simmons, Angie Johnson 53.9

TIED old record: Jefferson City Team: Tricia Graves, Jennifer King

Cynthia West, Silver Graham 53.9 1985

BOYS

BANTAMS:

200 m Stephen Shepherd, Jefferson City: 30.2; old record: Stephen Shepherd, 30.3 1988

JUNIORS:

200 Low Hurdles Chuck Glasper, Jefferson City: 31.9; No Previous Record

3000 m Walk Chris Braudis, Columbia: 18:15.2; old record: Vonn Walter, 19:01.8 1980

RESULTS OF AREA IV JR. OLYMPICS TRACK & FIELD MEET JUNE 3

BANTAM GIRLS (10 & under)

Place Name Town Time/Dist.

100 m Dash

1. Dellanta Dameron	JC	17.0
2. Teea Reed	HS	17.6
3. Janelle Deschenes	Col	19.0
4. Courtney Kelly	Col.	21.3
5. Brandi McSwain	HS	22.1

200 m Dash

1. T. Reed	HS	37.5
2. Dawn Westveer	Col.	38.1
3. D. Dameron	JC	41.2
4. J. Deschenes	Col.	41.9
5. April Kelly	Col.	42.0
6. Courtney Kelly	Col.	46.8
7. B. McSwain	HS	47.6

400 m Dash

1. D. Westveer	Col.	1:30.0
2. A. Kelly	Col.	1:35.5
3. Krystle Thomas	Col.	1:53.7

800 m Run

1. D. Westveer	Col.	3:37.8
2. A. Kelly	Col.	3:43.6
3. Jennifer Skinner	Col.	3:48.4
4. K. Thomas	Col.	4:22.1

1500 m Walk

1. Amy Braudis	Col.	11:06.7
2. K. Thomas	Col.	13:11.8

LONG JUMP

1. J. Deschenes	Col.	8' 3.75"
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4 x 100 m Relay

1. Holts Summit	1:21.5
T. Reed, K. Courtney, B. McSwain, D. Dameron	

MIDGET GIRLS (11 & 12)

100 m Dash

1. Heather Boehmer	JC	15.1
2. Aubrey Rhoades	JC	15.5
3. Jamie Reed	JC	15.9
4. Kristalle Johnson	Col.	17.2
5. Kristin Coleman	JC	18.1

200 m Dash

1. H. Boehmer	JC	31.8
2. Jill McConnell	Col.	33.0
3. K. Johnson	Col.	37.9

400 m Dash

1. Robyn Colvin	Col.	1:11.4
2. Kim Cronhardt	Col.	1:12.7
3. Emily Reid	JC	1:18.7
4. A. Rhoades	JC	1:23.4
5. Emily Kruse	Col.	1:25.2
6. K. Johnson	Col.	1:32.5

800 m Run

1. Theresa Halliburton	Mob.	3:23.4
2. E. Kruse	Col.	3:27.9
3. Destiny Thomas	Col.	3:36.1

1500 m Run

1. Birgitta Hessler	Col.	6:29.8
2. T. Halliburton	Mob.	6:55.4
3. D. Thomas	Col.	7:47.8

4 x 100 m Relay

1. Jefferson City Team	1:02.8
H. Boehmer, K. Coleman, E. Reid, Jamie Reed	

4 x 400 m Relay

1. CTC Colts	5:16.0
Sarah Keller, R. Colvin, J. McConnell, B. Hessler	

LONG JUMP

1. R. Colvin	Col.	13' 25"
2. J. McConnell	Col.	12' 9"
3. K. Cronhardt	Col.	12' 1.25"
4. S. Keller	Col.	10' 4.25"
5. D. Thomas	Col.	9' 3.5"

JUNIOR GIRLS (13 & 14)

100 m Dash

1. Julie Grotmeyer	Col.	17.1
2. Kim Middleton	Col.	17.3

200 m Dash

1. Dawn Anthony	JC	28.7
2. Monica Lewis	Col.	30.7
3. J. Grotmeyer	Col.	37.1

400 m Dash

1. Angie Johnson	JC	1:05.6
2. M. Lewis	Col.	1:07.3
3. Dawn Larry	JC	1:10.9
4. Amy Keller	Col.	1:11.5

800 m Run

1. Karla Pudenz	Har.	2:56.3
2. Jenny Cordia	Col.	2:59.9

1500 m Run

1. K. Pudenz	Har.	6:07.0
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3000 m Run

1. Shannon McDonald	Col.	16:34.7
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100 m Low Hurdles

1. Jennifer Hasler	JC	17.0
2. Jenny Cordia	Col.	23.0
3. J. Grotmeyer	Col.	25.6

200 m Low Hurdles

1. J. Hasler	JC	32.0
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4 x 100 m Relay

1. Jefferson City	53.9
D. Anthony, D. Larry, Julia Simmons, A. Johnson	

4 x 400 m Relay

1. Jefferson City	4:43.4
D. Anthony, D. Larry, J. Simmons, A. Johnson	
2. CTC Colts	4:46.9
A. Keller, J. Cordia, M. Lewis, K. Pudenz	

LONG JUMP

1. J. Simmons	JC	15' 3.5"
2. Deanna Galbreath	Mex.	13' 6.75"
3. J. Cordia	Col	12' 11.5"
4. Kim Middleton	Col	10' 11."

HIGH JUMP

1. J. Hasler	JC	4' 8."
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DISCUS

1. D. Galbreath	Mex.	83' 4."
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SHOT PUT

1. D. Galbreath	Mex.	28' 10."
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BANTAM BOYS (10 & under)

100 m Dash

1. Stephen Shepherd	JC	15.0
2. Jeremy Nichols	Mob.	16.8
3. Mark Middleton	Col.	17.5
4. Galen Johnson	Col	17.5
5. Blair Scanlon	Col.	18.4
6. Gerrard Bard	Col	19.6
7. Mat Hagedorn	Col.	19.7
8. Sterling Sublett	Har.	22.6
9. Marshall Johnson	Col.	24.2
10. Christopher Conley	JC	25.1

200 m Dash

1. S. Shepherd	JC	30.2
2. J. Nichols	Mob.	35.9
3. Aaron McKenzie	Col	38.3
4. G. Bard	Col.	41.5
5. Nathaniel Rhoades	JC	48.4
6. M. Johnson	Col.	52.4
7. C. Conley	JC	54.1

BANTAM BOYS, Cont.**400 m Dash**

1. Kevin Lewis	Col.1:20.8
2. J.D. Defreitas	Mob.1:31.0
3. M. Hagedorn	Col.1:37.7
4. M. Middleton	Col.1:38.4
5. N. Rhoades	JC 1:46.2
6. M. Johnson	Col.2:02.6

800 m Run

1. Kevin Lewis	Col.3:00.9
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1500 m Run

1. J.D. Defreitas	Mob.6:48.5
2. Jeff Daniel	Col.10:57.4

LONG JUMP

1. S. Shepherd	JC 13' 11.25"
2. K. Lewis	Col. 12' 7."
3. J. Nichols	Mob. 10' 8.25"
4. A. McKenzie	Col. 9' 3.5"
5. Chris Williamson	Har. 8' 10.75"
6. Jeff Daniel	Col. 7' 10.25"
7. S. Sublett	Har. 4' 8.5"

SHOT PUT

1. Chris Williamson	Har. 18' 1."
2. Craig Williamson	Har. 16' 9.75"
3. J. Daniel	Col. 16' 4.75"
4. M. Middleton	Col. 14' 5.75"
5. S. Sublett	Har. 10' 9.25"

MIDGET BOYS (11 & 12)**100 m Dash**

1. Rich Catlett	Col. 15.7
2. Brennan Scanlon	Col. 15.9
3. Michael Middleton	Col. 16.3
4. Dustin Smith	Col. 16.4
5. Jason McKenzie	Col. 17.5
6. Jordan Hagedorn	Col. 17.9

200 m Dash

1. R. Catlett	Col. 33.4
2. J. McKenzie	Col. 34.6
3. D. Smith	Col. 36.5

400 m Dash

1. Brandon Beissenherz	Col.1:04.6
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800 m Run

1. Jeff Borengasser	Col.2:56.0
2. Justin Quick	Col.2:57.8
3. D. Smith	Col.3:06.2
4. Darrell White	Col.3:26.9
5. J. Hagedorn	Col.3:38.4

1500 m Run

1. Chris Johnson	Col.5:57.5
2. B.J. Mumford	Col.5:57.7

3000 m Run

1. J. Borengasser	Col. 12:15.9
2. Tommy Allen	Col.12:18.0
3. J. Quick	Col. 13:34.9

1500 m Walk

1. Bryan Deschenes	Col. 10:54.9
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4 x 100 m Relay

1. Jefferson City	1:01.1
Chris Glasper, Matt Heeren, Robbie Smith, Joel Simmons	

4 x 400 m Relay

1. CTC Colts	4:54.4
Allen, Mumford, Beissenherz, Borengasser	
2. Jefferson City	5:04.1
Heeren, Smith, Glasper, Simmons	

LONG JUMP

1. B. Beissenherz	Col. 14' 4.5"
2. C. Glasper	JC 12' 6."
3. J. Simmons	JC 12' 4.75"
4. Kevin Daniel	Col. 9' 7.75"

HIGH JUMP

1. R. Catlett	Col. 4' 0."
2. J. McKenzie	Col. 3' 11."
3. B. Deschenes	Col. 3' 9."

DISCUS

1. Daniel Larkin	Har. 76' 10.25"
2. Jason Price	Har. 43' 3.5"

SHOT PUT

1. D. Larkin	Har. 33' 10.25"
2. J. Price	Har. 27' 1.25"
3. K. Daniel	Col. 22' 6.25"

JUNIOR BOYS (13 & 14)**100 m Dash**

1. Lance Jordan	Calif. 13.6
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200 m Dash

1. Darrell Calton	JC 27.4
2. Eric Shepherd	JC 28.3
3. L. Jordan	Calif. 28.3
4. Phuc Le	Col. 35.0

800 m Run

1. Phuc Le	Col. 2:53.6
2. Christian Chenoweth	Col. 2:53.8
3. Shawn Harness	Ful. 3:00.2

1500 m Run

1. Marlin Guest	Col. 5:31.8
2. C. Chenoweth	Col. 5:42.4
3. S. Harness	Ful. 5:45.5

200 m Low Hurdles

1. Chuck Glasper	JC 31.9
2. D. Calton	JC 32.1

3000 m Walk

1. Chris Braudis	Col. 18:15.2
2. Scott Braudis	Col. 21:23.0
3. Jason Ellis	Col. 22:59.0
4. Shawn Harness	Ful. 23:23.5

4 x 100 m Relay

1. Jefferson City	:53.0
C. Glasper, D. Calton, L. Jordan, E. Shepherd	

4 x 400 m Relay

1. Jefferson City	4:37
Glasper, Calton, Jordan, Shepherd	

LONG JUMP

1. William Feickert	Col. 15' 10.5"
2. C. Glasper	JC 15' 0.5"
3. E. Shepherd	JC 14' 9.5"
4. Scott Porter	Eugene 14' 4.25"
5. M. Guest	Col. 14' 0.25"
6. S. Harness	Ful. 13' 2.75"
7. P. Le	Col. 12' 11.5"

HIGH JUMP

1. Scott Porter	Eugene 4' 8."
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POLE VAULT

1. Brett Douglass	Mex. 8' 6."
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DISCUS

1. William Halliburton	Mob. 111' 6.25"
2. Judd Price	Har. 103' 7"
3. Craig Dickerson	Col. 90' 0"
4. W. Feickert	Col. 76' 3.25"

SHOT PUT

1. Judd Price	Har. 41' 5.25"
2. W. Halliburton	Mob. 38' 9.25"
3. C. Dickerson	Col. 37' 11.75"
4. W. Feickert	Col. 31' 4.25"
5. Jason Cline	Col. 20' 11.5"

CTC MEMBERSHIP NEWS

Sixteen new members have joined the CTC. All are Columbia residents: Kim Silsby, Phil Entwistle, Julie Youmans, Robert A. Johnson, Kelly Williamson, Dan Timberlake, Douglas Wallace, Glenda Imhoff, Blake Brooks, Ed White, William Borengasser Family, Gene Bard, Carol Kieninger, James Dake, Julie Grotemeyer, Michael Matheny

Three more members have joined the ranks of sustaining membership (\$25/year or more to the CTC): Elizabeth Gerhardt, Tom Lafontaine, Peggy & Erika Springer

CTC RECORDS CORRECTIONS

Dave Parker

Linda Price has brought to my attention an error from the most recent edition of the Records and Statistics listing. Her record for 10 miles, women 40-49, should be 1:24:35, from the Cheese and Sauerkraut 10-miler, Dec. 13, 1986. If anyone notices any discrepancies in the Records and Statistics, PLEASE LET ME KNOW!!! Don't assume that it's right just because you see it in print!! You can contact me at 442-5387, or drop me a note at 805 Hunt Ave., 65203-2057. Or send it to me at C183423@UMCVMB for all you BITNET users.

SURVEY OF RUNNING WORKOUT GROUPS IN COLUMBIA

Frequently, new members of the CTC ask for information on groups of runners that workout together on a regular basis. Some ask for a slow workout group meeting at noon, and others are looking for speed workouts or long runs. This survey is being conducted to develop a list of workout groups willing to take on new runners. We will publish it in a future newsletter so that current members can benefit as well as new members. If you belong to a workout group that is more or less organized to meet on a regular basis, please complete the short questionnaire that follows and send it to:

John McCrory	or call John at:
230B Apple Tree Court	875-2149 (home)
Columbia, MO 65203	875-5341 (work)

Time group meets:

Days of week group meets:

Pace of workout:

Contact person:

Telephone number(s):

SUMMER YOUTH PROGRAM UNDER WAY

The summer program of track meets for young runners is halfway over for this year! Meets are at 6:00 pm every Wednesday at the Hickman High School track. The program has an emphasis on personal improvement. Ribbons are given to recognize individual advances and trophies are given on the last night for overall performances. Cost of the program is \$1.00 for all six weeks (in addition to CTC club membership). Dick Hessler (874-2906) is in charge of this perennially successful program.

BOB DOLPHIN TAKES TIME OFF!!!

It can happen to the most dogged of runners, and Bob is no exception. Bob is a runner formerly from Columbia who now lives in Yakima, Washington. He is most noted for a surge in marathon running over the past 5 years (he will turn 60 this fall). Bob injured his right Achilles tendon and lower gastrocnemius early this spring. As part of his recovery, he walked a marathon in 5:01:28. Bob was back to running form in April, and ran a 3:21:33 marathon on May 7. Over the next three weeks, he ran a 41:50 10K and two marathons, one at 3:11:10 and the other at 3:14:23. He wasn't down for long!

SOYBEAN RUN SET FOR OCTOBER 1 THIS YEAR

Tom Parsons sends word that the 8th Annual Soybean Run will be held on Sunday, October 1 this year in Mexico. Starting time is set for 8:00 am. Entry forms will appear in a later NEWSLETTER. For more information, write to Tom at No. 5 Bougainville Dr., Mexico, MO 65265. By the way, Tom reports that wife Myrtle took first place in the 5K for the 60-64 age group at the Arizona Senior Olympics earlier this year. She competed at the National Senior Olympics held in St. Louis recently, but we do not have results back yet. Congratulations, Myrtle!

Stallman Leads Walkers in 15K

Jim Stallman, Larry Bonnot and Bill Taft competed in the 15K State Walk Championship at Hickman Track on Saturday, June 3. Jim won the Men's Open and the Men's Masters Divisions in 1:48:20. Larry followed in second place in the Open Division in 2:03:00 and Bill turned in a 2:24:05 for second in the Masters Division. Don Johnson served as race director for this event. The early morning showers left the track moist, but the 60 deg. temperatures helped provide relief from otherwise humid conditions.

TWENTY-SECOND NATIONAL 100 MILE WALKING CHAMPIONSHIP

TIME and PLACE: 1:00 pm, Saturday, September 30, 1989 at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24-hour period. The walk will end at 1:00 pm, Sunday, October 1, 1989.

ENTRY FEE: \$10.00. Entries **MUST** be received by 10:00 pm, Friday, September 29. Make checks payable to the Columbia Track Club.

QUALIFICATIONS: No one under the age of 14 will be allowed to enter the race.

AID: Water, ice, Gatorade, Pepsi, etc. will be available to all competitors. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to assure proper care. CTC will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing and restroom facilities are available at the track. **PACING BY NON-COMPETITORS WILL NOT BE ALLOWED.**

AWARDS: The Larry O'Neil Trophy will be awarded to the winner, and other trophies will go to those in second through tenth place. Plaques will be given to those completing at least 50 miles.

CENTURION CLUB: All who complete 100 miles within 24 hours will become members of the Centurion Club of America - a very exclusive group.

PRE-RACE MEETING: A pre-race dinner and get-together of all entrants and families will be held at 7:00 pm, Friday, September 29, at the **HICKORY TREE RESTAURANT** (at Howard Johnson's Motor Inn), 908 I-70 Drive SW. Orders will be taken from the general menu.

HOUSING: Some space has been set aside for walkers at **STEPHENS HOLIDAY MOTEL**, 711 Business Loop 70 East (314-442-3125), two blocks from the track. Identify yourself as being with the 100-mile walk.

RACE DIRECTORS: Rob and Veva Spier, telephone 314-442-2126.

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, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ SIGNATURE _____

BIRTHDATE ____/____/____ HEIGHT _____ WEIGHT _____

ADDRESS _____

_____ street _____ city _____ state _____ zip

Names of "Handlers" _____

Return this form to: Columbia Track Club P.O. Box 10237 Columbia, MO 65205

PRE-RACE DINNER: _____ I definitely WILL attend. (Number attending: _____)
_____ I am uncertain if I will attend
_____ I definitely will NOT attend

OVERALL RESULTS BY PLACE
MALE DIVISION

Human Race XI April 22, 1989

PLACE	FIRST NAME	LAST NAME	AGE	TIME
001	DAN D	LAWSON	33	00:32:03
002	STEVEN D	STONECIPHER-FI	32	00:32:46
003	LARRY	MCMAHON	37	00:34:37
004	ROYCE A	HARDESTY	23	00:35:13
005	BRAD	BURTON	29	00:35:23
006	LARRY R	HENZE	24	00:35:27
007	ROSS C	BROWNSON	31	00:35:47
008	BOB	SCHLOEGEL	24	00:36:04
009	SCOTT W	MITTELSTADT	25	00:36:14
010	TOM P	LAFONTAINE	42	00:36:27
011	ALAN	BAKO	30	00:37:40
012	DAVID L	PARKER	42	00:37:44
013	NORM	STEBBINS	42	00:38:29
014	DAVID W	MOUNTJOY	34	00:38:42
015	SIMON E	ROSE	24	00:38:49
016	MIKE	HOSOKAWA	22	00:39:06
017	BEN E	NELMS	18	00:39:10
018	DICK M	HESSLER	47	00:39:14
019	KEVIN W	SIGRIST	28	00:39:21
020	BLAKE J	BROOKS	24	00:39:27
021	ROGER W	TURNBOUGH	32	00:39:29
022	RANDY S	THOMAS	33	00:39:41
023	BEN R	LONDEREE	54	00:39:48
024	RICHARD L	HUSE	43	00:39:52
025	RANDY L	SMITH	32	00:39:57
026	ANTHONY M	ALIOTO	38	00:40:24
027	TRACY H	SMITH	20	00:40:33
028	RICHARD W	MADSEN	47	00:40:41
029	G CHRISTOF	PARKER	31	00:41:03
030	THOMAS B	ALLEN	46	00:41:14
031	STEPHEN E	BAURICHTER	38	00:41:44
032	DAN R	CLINKENBEARD	39	00:42:22
033	JAY	WOOD	31	00:42:32
034	MIKE	GIUDICI	36	00:43:10
035	PAUL H	MICHALETZ	31	00:43:11
036	MICHAEL S	KAYLEN	34	00:43:12
037	RICHARD L	WIEMAN	39	00:43:19
038	CHARLES P	KRATOCHVIL	36	00:43:20
039	FRED	FRITSCH	53	00:43:21
040	TOM E	MCAREAVY	27	00:43:24
041	DENNIS R	BAGGETT	24	00:43:35
042	GREG	CRITCHFIELD	32	00:43:45
043	DAN E	TIMBERLAKE	26	00:43:50
044	DANIEL E	EDWARDS	28	00:43:51
045	PAUL R	COHLE	33	00:43:56
046	STEVEN D	TANNER	36	00:44:05
047	ELMER O	SCHLEMPER	50	00:44:07
048	JIM	SCHOELZ	30	00:44:18
049	DEAN	BAXTER	53	00:44:20
050	DAN G	SOHN	39	00:44:21
051	GLEN	FARMER	40	00:44:21
052	WILLIAM E	HAWS	41	00:44:31
053	MICHAEL S	DEFELICE	33	00:44:43
054	MARK E	KUHNERT	27	00:44:51

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OVERALL RESULTS BY PLACE
MALE DIVISIONApril 22, 1989
Human Race XI

PLACE	FIRST NAME	LAST NAME	AGE	TIME
055	TIMOTHY R	BARKSDALE	36	00:45:02
056	CREEDON D	MILLER	32	00:45:09
057	JOHN M	ROBINSON	40	00:45:10
058	RANDALL G	BOEHM	36	00:45:12
059	JEFF S	CANOLE	23	00:45:13
060	GARY	TAYLOR	24	00:45:18
061	TAMARAC	TAMARAN	26	00:45:19
062	JOE M	GOLDFARB	48	00:45:35
063	DON	JOHNSON	60	00:45:41
064	MARC R	LAMMY	33	00:45:44
065	DOUG C	WALLACE	41	00:45:45
066	PATRICK	GRIFFEN	36	00:45:47
067	JEFF E	WHITE	35	00:45:48
068	JOHN L	WHITESIDE	39	00:45:52
069	MIKE	COLVIN	40	00:46:51
070	JIM C	BRADY	42	00:46:58
071	ERIC P	BARGMAN	23	00:46:58
072	BRENT J	O'CONNOR	32	00:47:02
073	MICHAEL W	PREWITT	38	00:47:11
074	RAYMOND N	SIMMONS	63	00:47:19
075	JASON E	HUDNELL	14	00:47:25
076	ANTHONY G	FUCHS	32	00:47:37
077	PAUL A	BOHNENKAMP	23	00:47:38
078	ALAN C	BUCHANAN	40	00:47:49
079	JOE	DUNCAN	54	00:47:50
080	GREGORY Q	CARROLL	35	00:47:51
081	GENE	GERKE	39	00:47:52
082	LESLIE	YATES	40	00:47:59
083	TURK	STORVICK	61	00:48:00
084	BENJAMIN R	VINEYARD	31	00:48:20
085	ROBERT M	LORENZ	37	00:48:32
086	DOUGLAS L	THOMPSON	31	00:48:33
087	MIKE T	BECKTELL	33	00:48:36
088	THOMAS	HIGHLAND	41	00:48:37
089	BILL J	KASMAN	36	00:49:11
090	RAYMOND E	SAPP	42	00:49:16
091	JIM R	DAVIS	38	00:49:18
092	JAMES G	THORNE	52	00:49:28
093	JAMES A	CORBETT	31	00:49:35
094	BILL R	PAULS	39	00:49:42
095	GARY	STAMPER	32	00:49:47
096	DON R	PRICE	45	00:49:54
097	GARY J	FENNEWALD	37	00:50:07
098	KEN W	MCSWAIN	47	00:50:17
099	STEVEN L	GRAVES	42	00:50:21
100	KEVIN J	BRUCKERHOFF	33	00:50:22
101	JIM	LOVELESS	39	00:50:32
102	BRYAN A	LEWIS	13	00:50:38
103	GEORGE E	BORDELEAU	32	00:50:40
104	GARY W	GRANT	36	00:50:44
105	JOSHUA M	BARKSDALE	10	00:50:48
106	TIMOTHY R	PAGE	37	00:50:59
107	BONNARD L	MOSELEY	69	00:51:42
108	STEPHEN	WEDDLE	41	00:51:51

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OVERALL RESULTS BY PLACE
MALE DIVISION

Human Race XI April 22, 1989

PLACE	FIRST NAME	LAST NAME	AGE	TIME
109	MARK R	DUNN	27	00:52:02
110	KERRY H	THOMAS	29	00:52:09
111	DAN J	NEENAN	44	00:52:19
112	ROBERT A	JOHNSON	38	00:52:25
113	KEN	HURLINGER	38	00:52:28
114	JIM K	DUNKMANN	31	00:52:31
115	TIM	WILLIAMS	36	00:52:32
116	PETE J	MCDONALD	40	00:53:04
117	STEVEN F	FAIR	37	00:53:06
118	MARK M	TENDAI	23	00:53:07
119	J G	SCHULTZ	24	00:53:36
120	PHILIP	JEN	45	00:53:55
121	JORDAN E	ALEXANDER	23	00:54:07
122	RICHARD G	HOFT	62	00:54:11
123	ALAN C	COLE	28	00:54:39
124	KELLY R	HERSEY	28	00:54:40
125	GREG K	JOHNSON	34	00:54:42
126	DAVID E	WHELAN	43	00:54:52
127	DOUGLAS R	EMERY	39	00:55:02
128	STEVE W	MORRIS	40	00:55:05
129	TERRY W	BARNEY	39	00:55:11
130	JOHN	MUELLER	46	00:55:12
131	JAMES E	HOWARD	50	00:55:26
132	JAMES K	GENTRY	44	00:56:01
133	WILLIAM A	DeROSTER	40	00:56:36
134	JOHN L	WHITE	48	00:56:55
135	TERRY L	ROBB	34	00:57:04
136	DAN P	PRITCHARD	35	00:57:05
137	JAY	HAMBRICK	34	00:57:30
138	ZHEN-BIAO	LIN	50	00:57:49
139	VICTOR	CHIAO	27	00:57:50
140	A. DANIEL	PINHEIRO	26	00:58:05
141	BEN	RILEY	13	00:58:20
142	ALVIN	RICHARDSON	33	00:59:16
143	JOHNNY	FREVERT	39	00:59:19
144	WILLIAM P	HERLONG	55	00:59:26
145	ARVIND D	VISWANATH	12	00:59:55
146	JAMIE R	MONDELLO	34	01:00:04
147	JOHN D	STONE	43	01:00:10
148	DONALD R	JOHNSON	42	01:00:21
149	JOHN B	WHITE	26	01:00:42
150	CLAUDE J	PECQUET	49	01:01:08
151	ROBERT J	LEE	56	01:01:39
152	JUSTIN E	IRVING	8	01:01:41
153	STEPHEN	KRIEGSHAUSER	34	01:01:45
154	JOHN T	O'CONNOR	56	01:01:57
155	RANDALL E	BEIER	38	01:02:16
156	LARRY	FICK	47	01:02:27
157	LEE E	ELLIOTT	58	01:03:05
158	JAY J	SMITH	15	01:03:07
159	MICHAEL J	RAY	31	01:05:27
160	RICH A	SCHMID	32	01:06:18
161	RICHARD E	FISH	38	01:07:08
162	ERIC M	NIEWOEHNER	34	01:09:03

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OVERALL RESULTS BY PLACE
MALE DIVISION

April 22, 1989
Human Race XI

PLACE	FIRST NAME	LAST NAME	AGE	TIME
163	JAMES C	STALLMAN	47	01:10:37
164	JOE	CRAGIN	61	01:10:39
165	GARY N	GILES	44	01:16:04
166	HENRY W	WHITE	47	01:17:00
167	GEORGE K	MUMMERT	39	01:18:52
168	FRANK E	DAVID	49	01:21:15
169	HARVEY H	THOMAS	41	01:21:16
170	RICHARD L	GREEN	49	01:21:17
171	WILLIAM H	TAFT	73	01:21:27
172	JAMES A	BLAIR	39	01:23:18
173	BARNEY JR	SWORD	57	01:25:23
174	KENNETH M	WADE	12	01:25:54
175	TIMOTHY L	WADE	8	01:26:00
176	JOHN K	MCCRORY	37	01:29:27
177	MARTIN P	RYAN	41	01:30:05
178	DAN M	BURKS	23	01:33:13
179	LAWRENCE E	L'HOTE	48	01:34:10
180	BILL W	COWGILL	75	01:39:12
181	WILLIAM J	FOSTER	56	01:40:42
182	HAROLD E	SIMS	51	01:40:59
183	MAX D	EMBREE	52	01:41:00

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OVERALL RESULTS BY PLACE
FEMALE DIVISION

Human Race XI AGE TIME

April 22, 1989

PLACE	FIRST NAME	LAST NAME	AGE	TIME
001	MICHELE A	McFADDEN	29	00:37:41
002	LYNN L	RUSSELL	26	00:41:25
003	JANET L	LILLEY	31	00:43:57
004	BETTY L	BOHON	37	00:45:23
005	DIANE	SEIFERT-WADE	34	00:46:24
006	ANNE M	KAYLEN	32	00:46:50
007	NANCY E	HAMILTON	34	00:47:02
008	LINDA S	KRETLOW	27	00:47:04
009	MAGGIE G	LINK	31	00:47:19
010	LISA M	WELLS	25	00:47:43
011	REBECCA A	LORENZ	30	00:48:32
012	SARA B	RUTTER	32	00:49:00
013	GLENDIA K	IMHOFF	36	00:49:02
014	KIM A	SILSBY	20	00:50:14
015	BONNIE	BROWNSON	35	00:50:25
016	KRISTA M	JONES	23	00:51:07
017	GAYLE D	SCHNEIDER	25	00:51:32
018	LINDA G	PRICE	45	00:51:54
019	KRISTI E	HONEYWELL	23	00:52:11
020	VIRGINIA	GARDNER	45	00:52:42
021	JESSICA C	STEFFEN	12	00:52:43
022	NANCY J	FRITSCH	50	00:52:58
023	JAN R	GROSSMANN	39	00:53:08
024	MONICA H	EISCHEN	37	00:53:52
025	HELEN C	SHEEHAN	29	00:54:02
026	ELIZABETH	TEMPESTA	27	00:54:04
027	MARY K	MOORE	25	00:54:56
028	LYNN E	BARNETT	38	00:55:14
029	JANE F	CORMIER	33	00:55:19
030	LEONA L	GREER	24	00:55:03
031	DEB L	WADE	35	00:56:08
032	SALLY J	LOGAN	36	00:56:41
033	SUSAN J	WESSLER	30	00:56:53
034	MAUREEN S	KOPPELMAN	34	00:57:29
035	BETH	KELLY	55	00:57:48
036	GEORGIA L	MOREHOUSE	43	00:57:54
037	MARY KAY	HADICAN	13	00:58:28
038	HEATHER M	BARKSDALE	23	00:58:41
039	MIA A	VAN HORN	11	00:58:44
040	STEVANY	LAMPHEAR	23	00:58:46
041	MEGEN L	DIXON	37	00:59:21
042	PATTY K	POWERS	51	00:59:35
043	DARLENE A	LONDEREE	0	00:59:41
044	LEE	COOPERSTOCK	49	00:59:46
045	MYRNA R	WHITE	24	01:00:44
046	SHERRY A	LASSA	29	01:00:58
047	KATHERINE	DALLAM	25	01:01:20
048	JANICE	KAMMERICH	23	01:01:45
049	NICOLE	KRIEGSHAUSER	31	01:01:47
050	JANET E	GRANT	34	01:02:02
051	DEBBIE L	HEIFNER	51	01:02:04
052	SHELLEY T	MULVANEY	31	01:02:27
053	JONI	O'CONNOR	25	01:03:01
054	RENE P	MCCLURE	27	01:03:15
055	ANNE L	POWELL	49	01:04:44
056	TRICIA A	HILLIARD	34	01:04:49
057	JOANN B	DRANE	35	01:05:38
058	MARCIA J	SMITH		
059	LESLIE A	SCHNEIDER		
060	DEBRA L	DAVID		

OVERALL RESULTS BY PLACE
FEMALE DIVISION

Human Race XI AGE TIME

April 22,

PLACE	FIRST NAME	LAST NAME	AGE	TIME
061	THERESA	MUELLER	39	01:06:00
062	M. ROSE	FONSECA	30	01:07:04
063	MARGARET C	HOGAN	37	01:07:07
064	ANDREA L	WOODS	42	01:10:49
065	MARY M	LEWIS	41	01:11:30
066	SIMONE Z	ISPA-LANDA	11	01:11:41
067	RUTH L	HORNIG	35	01:11:54
068	SARAH S	VIREN	10	01:12:07
069	ANN L	STROZIER	41	01:12:12
070	KELLY J	PAULS	10	01:13:04
071	ROBYN A	LOCK	25	01:15:10
072	BONNIE J	GILES	16	01:16:03
073	MARILYN H	WHITE	40	01:17:00
074	PAULA E	DIGGINS	37	01:17:17
075	JANE M	COOPER	34	01:17:56
076	LIZ	STONE	29	01:17:57
077	JENNIFER M	SMITH	12	01:18:18
078	KATHY J	McFARLAND	34	01:18:53
079	SUSAN J	DEMIAN	42	01:19:55
080	DONNA M	SMITH	38	01:20:39
081	BETTIE L	GUZY	61	01:22:30
082	DONNA J	WIDMER	48	01:22:53
083	IRENE A	JUZKIW	37	01:24:35
084	KRIS J	PAULS	39	01:24:59
085	LIBBY	GILL	60	01:25:38
086	JAN H	FRANZ	61	01:26:55
087	ELLA L	THOMAS	43	01:27:48
088	KATHY A	EVERETT	19	01:29:47
089	BILLIE J	EVERETT	48	01:29:48
090	CINDY A	THOMAS	29	01:30:12
091	BETTY S	EVANS	46	01:30:32
092	HAZEL	CRANE	48	01:30:33
093	JO ANN	PHELPS	41	01:30:43
094	JOYCE A	BENEDICT	50	01:30:43
095	KATHY L	DIXON	29	01:30:48
096	JUDY A	WEITKEMPER	41	01:31:16
097	IDAMARIE N	GRANT	52	01:31:26
098	JEANIE B	DAVID	47	01:31:46
099	PATRICIA C	GREEN	51	01:31:49
100	KRYSTLE R	THOMAS	7	01:32:22
101	SONDRA G	BURKS	47	01:33:13
102	BETTY B	ROGERS	58	01:34:41
103	TAMMY L	OLD	21	01:37:51
104	PEG A	BOBBITT	52	01:39:08
105	LESLIE T	BARBEE	34	01:39:19
106	JACKIE J	JONES	29	01:39:22
107	BETTY J	CRAWFORD	48	01:39:24
108	BARBARA H	LEONHARD	37	01:40:09
109	GRETTA L	EMBREE	48	01:40:14
110	NANCY L	FOSTER	52	01:40:43
111	FERN	SIMS	49	01:40:44
112	EVELYN F	MITCHELL	50	01:44:46
113	PAT M	MORGART	56	01:44:47
114	NANCY A	PRICE	37	01:45:02
115	SHEILA R	GAVIN	42	01:56:03
116	GINA M	RICHARDSON	30	01:56:04
117	JESSICA L	POWERS	11	01:56:15

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 monthly. We solicit articles, race results, comments, suggestions, etc. Advertisements are welcome in the CTC Newsletter. Camera-ready ads must fit in an area of 8"x10" (full page) or 8"x5" (half page). Rates are \$20.00 for a full-page ad and \$12.00 for a half-page ad. These rates also apply to race entry forms, unless the forms are for an event sponsored by CTC or a reciprocating track club. Any submitted item must be typewritten and turned in by the 15th of the month. Send articles or news on your out-of-town race results to Tom Coon (442-2891), PO Box 10237, Columbia, MO 65205.

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
P.O. Box 10237
Columbia, MO 65205

NO PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 226
COLUMBIA, MO

TO:

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203