

# Columbia Track Club News

Volume XXII No. 6

July, 1990

**This is really the July-August Newsletter.** You may remember the extremely wet June that curtailed attendance at our events. Results inside.

**Show-Me Games** are coming up fast and Joe Duncan needs help with the 5,000 meter run and walk, July 29, 8 a.m.

**Joe needs help** with the marathon, too. The Heart of America Marathon is Sunday, September 3, and Duncan needs people to serve as timers and aid station volunteers. Call Joe at home 445-2684.

**Sedalia Stride and Ride** has a new format. Details inside.

**Our biathlon**, will probably be a 5-K run and a 20-K bike. Tentatively mark your calendars for 8 a.m., Saturday, October 13. We're going to work on individual and team formats. Look for details in next newsletters.

**Great Sandbagger 10-K** starts at 7 a.m., August 11. Awards to those closest to predicted times. Starts near West Broadway Swim Club. \$5 fee for non-members. Race director: Roger Turnbough (445-1225).

**Awards will be presented** at Runners Choice event Saturday, October 6 in masters and open categories. Plus we'll have drawings for six prizes. More next newsletter.

**Cross country run** for September 15 is still tentative. That will also be in next newsletter.

**Yes, you will get one more newsletter before marathon.**

SPRINTERS GO LIKE SIXTY (OR SIX) 6/9/90

Rain did us in again this Sat., a.m., so we paddled from Hickman to Stankowski Track at MU. A shame. Cut down on participation. And kept Denny Stewart from taking a shot at some metric masters records. Denny still prevailed, finishing more than two minutes ahead of that swift senior, Don Johnson. Note this also marked the debut of Ryan Stonecipher-Fisher, son of Kim and what's-his-name.

Steve Stonecipher-Fisher  
Race Director

	<u>One mile</u>	<u>880</u>	<u>440</u>	<u>Total</u>
Denny Stewart (41)	4:57:36	2:14.7	59:27	8:11:33
Don Johnson (61)	6:10:49	2:53.8	1:18.14	10:22.43
Eric Hedges (44)	6:00.55	3:38.62	1:31.14	11:10.31
Alex Hedges (9)		3:37.92	1:34.31	
Ryan S-F (6)			2:31.49	

- Aug. 11 Sat., 7 a.m. GREAT SANDBAGGER 10K. Awards to those closest to predicted times. Meet at West Broadway Swim Club. \$5 fee for nonmembers. Race Director: Roger Turnbough (314/445-1225)
- Sept. 3 Mon., 7 a.m. 31st ANNUAL HEART OF AMERICA MARATHON (26.2 miles). Starts near Campus Inn. Fee \$10. (This is change in original schedule) Race Director: Joe Duncan (314) 445-2684.
- Sept. 15 Sat., 8 a.m. 5K CROSS-COUNTRY RUN. A.L. Gustin Golf Course. TENTATIVE DATE: WATCH CTC NEWSLETTER FOR UPDATE. Race Director: Linda Price (314/443-8081).
- Oct. 6, Sat., 7 a.m. RUNNERS' CHOICE. 10, 20 or 30K. Test your mettle with an all-out run...or just make it a workout or a marathon tune-up. Start at Holiday Inn Executive Center. Race Director: Joe Marks (314-445-1919).
- Oct. 28 Sun., 2 p.m. TURKEY TROT (and STATE CHAMPIONSHIP CROSS COUNTRY RUN). Also, running team competition (CTC, St. Louis Track Club, Jefferson City Road Runners and others...). Jefferson City. \$5 fee. Specific location to be announced. Date is tentative. Race Director: Marc Romine, Jefferson City.
- Nov. 4 Sun., 2 p.m. STEVE HELMICK MEMORIAL RUN OR WALK. 5K or 10K options. AWARDS. \$5 fee. Holiday Inn Executive Center. Race Directors: Fred & Nancy Fritsch (314/449-3307)
- Dec. 8 Sat., 9 a.m. CHEESE & SAUERKRAUT 10-Mile Run or Walk. Walkers start at 8:30 Meet at cinder pile on Strawn Road. Edible prizes. \$5 fee for non-CTC members. Race Director: Bob Humphreys (314/874-7185).

# Running helps trim body fat

If you want to lose weight without dieting, an MU fitness researcher suggests picking the pavement over the pool.

Randall L. Smith, clinical assistant professor of physical therapy, believes that running may kill the appetite better than swimming. A study he conducted showed that non-dieters who run end up with less body fat than those who swim.

"Running and swimming are both very good exercises for developing cardiovascular fitness, but my study found that you can use running more efficiently than swimming to reduce body fat," says Smith, a former competitive swimmer who recently changed his fitness activity to running.

A 1987 Gallup poll ranked swimming as adult America's preferred recreational sport. Forty-one percent of respondents made it their first choice, followed by 31 percent who favored bicycling and 17 percent who chose running.

Studying a group of regular exercisers during a 10-week period, the researcher compared adults who ran and dieted, ran only, swam and dieted, and swam only. He found no difference in fat burning between the swimmers and runners who intentionally were cutting their food intake.

Although the run- and swim-only participants were told to eat normally, they spontaneously reduced their caloric intake without realizing it. The swimmers consumed an

average 81 calories less per week, but the runners cut back by 366 calories during the same time frame.

"We've noticed that people who swim are a lot hungrier than runners after workouts," Smith says. "In fact, runners don't have much of an appetite after finishing their workouts."

Smith believes the key to the difference lies in the hypothalamus, the part of the brain that regulates temperature and appetite. Because water conducts heat away from the body more effectively than air, a swimmer's body temperature remains lower during a workout than that of a runner. Smith hypothesizes that the increased temperature in a runner causes the hypothalamus to "turn off" the desire to eat.

Thirty-one overweight but otherwise healthy adults ranging in age from 21 to 50 completed the MU study. The 17 men and 14 women were measured for body weight, percentage of fat, lean body mass and skin-fold thickness.

"Those who swim and want to lose weight need to be careful what they eat because they're going to be hungry afterward," Smith advises. "I think there are a lot of people who try to lose weight with swimming, but it doesn't really happen for them."

Smith recommends that anyone thinking of starting an exercise program consult with a physician first.

## GAYLE BEATS GALE IN 15K WALK

June 2

"My coach says wind doesn't bother walkers as much as runners," Gayle Johnson said that blustery morning. But then she'd easily won the 15K walk and had covered the first 5K at an 8:25/mile pace. She had also managed to dodge the rain that blew straight across Hickman field.

Meanwhile, Jim Stallman got pretty damp his last lap or two; Rob Spier got soaked. (The race director stayed dry, 'cause Rob lent me his jacket.)

It was a terrific event. Gayle has aspirations for the Olympic trials (and I think she has a good shot). Jim exhibits that zest for life I see in so many CTC members. And Rob...well, he just keeps going and going (and the Centurian has lots of miles left).

Hope to see you at our next walk -- a race for all paces.

-- Joe Marks

### THE SPLITS:

	<u>5,000 meters</u>	<u>10,000 meters</u>	<u>15,000 meters</u>
Gayle Johnson	26:06	57:23	1:26:52
Jim Stallman	35:19	1:11:33	1:48:31
Rob Spier	36:34	1:14:01	1:51:18

# TURNBAUGH WINS MILE RUN AND COUTS WINS 3 MILE WALK

July 14, 1990, 8:00 A.M.: The temperature was a pleasant 58 degrees with an overcast sky. In the 1 mile run Phil Schaefer set the early pace but relinquished to Turnbaugh after the first quarter. Dave Coutts led all the way in the 3 mile walk. Thanks to the following timers: Darlene Londeree, Mike Little, and Chris Ruble. Thanks also to Grandads for discounted frozen custard coupons. The race director was Ben Londeree.

## 1 Mile Run

1. Roger Turnbaugh (33)	1:11	2:31	3:54	5:13
2. Phil Schaefer (36)	1:11	2:37	4:02	5:25
3. Matt Schaefer (14)	1:18	2:46	4:22	5:53
4. Mike Little (43)	1:28	3:00	4:35	5:58
5. Don Johnson (61)	1:30	3:06	4:45	6:17
6. Don R. Price (47)	1:38	3:24	5:09	6:39
7. Eric Niewoehner (35)	1:29	3:16	5:07	6:42
8. Chris Ruble (36)	1:38	3:24	5:10	6:53
9. Joe Marks (52)	1:36	3:23	5:13	6:59

## 3 Mile Walk

1. Dave Coutts (34)	1:52	3:49	5:50	7:58
	10:07	12:31	14:49	17:05
	19:19	21:33	23:39	25:42
2. Jim Fogle (46)	1:53	3:58	6:05	8:12
	10:23	12:36	14:49	17:05
	19:19	21:37	23:55	26:04
3. Richard Harness (39)	2:17	4:49	7:35	10:30
	13:29	16:27	19:24	22:10
	24:55	27:44	30:28	32:54
4. Rob Spier (68)	2:47	5:37	8:28	11:20
	14:08	16:56	19:46	22:36
	25:27	28:21	31:13	34:07
5. Shawn Harness (13)	2:42	5:52	9:00	12:18
	15:42	19:09	22:31	25:44
	28:35	31:35	34:52	37:34

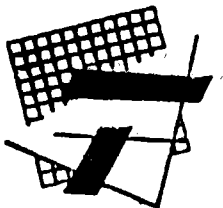
## **Columbia Track Club Colts**

### **TAC Missouri Valley Association Junior Olympics Track and Field Championships**

**R.V. Christian Track  
Kansas State University  
Thurs. June 14- Sat. June 16, 1990**

The weather was stormy and cool until Sat. around 9:00am. In fact it threatened rain just before the 4X800 at 8:30 Sat. morning. Apparently there was a tornado in Manhattan on Friday afternoon along with a severe thunder shower. Sat. was quite warm and humid, perhaps 100% and 85-90o. All of the Colts families stayed at the University Inn on 17th & Anderson (913/539-7531). Rates were around \$45 for a double with two people. Angela Hessler, Karen Camille, Amy Woods, and Kim Skoumal made up the 4X800 relay and they won their race, lapping the second place and only other team. Birgitta ran the 1500 as did Angela, Brandon Beissenherz, Amy, Karen, and Beth Hammen. Destiny Thomas ran the 800 and the 3,000 and Alex Hedges ran the 100, 200, 400, and 800 as well as doing the shot. Brandon did the long jump and William Feickert won the pentathlon (110 hurdles, HJ, LJ, SP, and 1500) with 2, 381 points, just 19 shy of national qualification. He long jumped 19'-6" in that competition! His scores were: 17.40 110m hurdles (1st) 559 pts; 11.61m shot (1st) 583pts; 1.52 high jump (1st) 404; 5.96m long jump (1st) 578pts; 6:01.7 1500m run (3rd) 257pts. Also, he set a new Missouri Valley TAC record, breaking the old record of 2,233 points. He and Angela Hessler have already qualified for the nationals, he in the LJ with his 18' in a 7th grade quadrangular meet, and Angela with her 2:19 800 at state in May. There were around 480 kids competing and the level of competition was fairly high. Heather Burroughs ran a 5:04 1500 which is not much better than she was last year. Her brother was not there, at least I didn't see him race in any of the distance races. Zack Kramer got beaten in the 3,000 (3rd) and in the 1500 (2nd).

Results for the Columbia Track Club Colts are: 4X800 team (Karen Camille, Kim Skoumal, Amy Woods, and Angela Hessler) 1st 11:10.4 ; Angela Hessler 3rd 1500 5:23; Karen Camille 5th 1500 5:37; Amy Woods 6th 1500 5:50; Destiny Thomas, 3,000 5th 14:15.2; 800m 3:12; William Feickert, Pentathlon 1st 2381 points, new Missouri Valley TAC record (only 19 points from qualification for the national TAC; 2nd was 1780, 3rd 1764, 4th 1233, and 5th 1093); Long jump 2nd 16'-6.8"; Javelin 2nd 119.5'; Beth Hammen, 1500m run 10th 6:35.18; 800m run 12th 3:29.70; Alex Hedges 4TH 800M 3:13.10; Shot put 6th 15'-5"; Birgitta Hessler 8th 1500m run 6:06; Brandon Beissenherz 5th 1500m run 5:09; Long jump 4th 15'-2";



TRI TECH SPORTS  
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# Sedalia Stride & Ride

AUGUST 4, 1990 AT 7 A.M.  
CENTENNIAL PARK, SEDALIA

4 MILE, 30 KILOMETER, 2 MILE

**NEW FORMAT!** The format for the race this year is a 4 mile run, a 30 kilometer ride and then a 2 mile run. Construction work on the run course necessitates this change. Each leg begins and ends along the East side of Centennial Park. The 4 mile has small hills. The 2 mile is flat. The 30k has some hills. Each course is measured according to TAC/RRTC requirements. Athletes must observe all traffic rules. Hard shell helmets must be worn during cycling leg. Drafting is illegal. No fairings or streamlined bicycles. No assistance of any kind is allowed during the ride or transitions. Race director reserves the right to modify distances if weather conditions require.

**TEAMS:** Teams consist of 2 people. One runs the 4 mile, then hands off to the other who cycles 30k, and then the original runner completes the event.

**ENTRY FEE:** The non-refundable entry fee is \$10 per person (\$20 for teams) until July 21. Thereafter including raceday the entry fee is \$12 per person (teams \$24).

**FIELD LIMIT:** The field will be restricted to the first 150 individuals and teams. Racks will hold about 100 bikes.

**AWARDS:** Merchandise awards will given as follows:

Top 3 19 and under	Top 2 50 to 59
Top 10 20 to 39	Top 2 60 and over
Top 4 40 to 49	Top 4 female
Top 2 female 40 and over	

Both members of the top 2 teams will receive an award, as will members of the top male-female and female-female teams. More awards are given to males because in the past 5 years the ratio of male to female entrants has been 6:1. If more females than usual enter, the number of awards to females will be increased accordingly.

**PACKET PICKUP:** Entrants may pick up packets or register on Friday August 3 from 7 pm to 8 pm at Centennial Park. Also, packets and registration will be available the day of the race from 6 am to 6:45 am.

**FOR ADDITIONAL INFORMATION:** Call Jeff at 816 826-0147 or 827-3700. For hotel accommodations we suggest Days Inn, 826-8400, or Fletcher Residence Inn (a bed & breakfast) 826-6615.

**WINNING TIMES IN '89:** Brian Franke, 1:21:12; Rochelle Schleicher, 1:33:02. 1st Masters, Tom LaFontaine, 1:27:33; Cathy Deckard, 1:55:17; 15th male, 1:34:11; last, 2:12:40.

(REVERSE SIDE MUST BE COMPLETED FOR ENTRY TO BE ACCEPTED)

Please print or type.

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_ DOB: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ SHIRT SIZE: M L XL

If entering as a team, please list both team members and send in entry forms together.

RUNNER: \_\_\_\_\_ CYCLIST: \_\_\_\_\_

Enclose \$10 for individual entry, \$20 for team if entering by July 21. Thereafter, \$12 for individuals, \$24 for teams. Make checks payable to Sedalia Runners Club and mail entry form and check to Sedalia Runners Club, 905 West 28th, Sedalia, Missouri, 65301.

### 31st HEART OF AMERICA MARATHON

LABOR DAY, SEPTEMBER 3, 1990 - COLUMBIA, MISSOURI

- STARTING TIME:** 6:00 a.m. CDT, be at Campus Inn Race Headquarters 5:30 a.m., unless you already have your number. If so, you can go directly to the starting line.
- ELIGIBILITY:** Race is open to any amateur athlete in the world.
- ENTRY FEE:** \$10.00. Make checks payable to Columbia Track Club.
- ENTRY DEADLINE:** Post entries will be accepted, but earlier entries will be appreciated. For instance, no later than September 1.
- MEDICAL CERTIFICATE:** 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.
- PRE-RACE MEETING:** Sunday, September 2. Numbers will be handed out between 3:00 p.m. and 7:00 p.m. at Campus Inn.
- AID STATIONS:** Aid cars tour the course continually. Aid stations are about every two miles and remain open until the last person is past.
- HEADQUARTERS:** Race headquarters will be at Campus Inn, 1112 Stadium Blvd. Call 314-449-2731 for room reservations, \$44 for single, \$48.00 for double.
- AWARDS:** Trophies to first 6 male finishers and first 3 female finishers. Trophies to first 3 male finishers in 40-49 age group and to first woman 40 or over. Trophy to the first over 50 finisher. Marathon t-shirts and certificates to all finishers. Dave Schulte Memorial Award for Improved Performance will be presented to the runner who has the greatest percentage improvement over his previous best (any year) Heart of America Marathon in less than five hours. This will be the last year that this award will be the Larry Young bronze sculpture.
- CERTIFICATION:** Course has been certified by the Columbia Track Club.

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To be returned to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 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, or the Columbia Track Club for any and all injuries suffered by me at said race.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Birthdate \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

If entrant is under 18, parent or guardian must sign below:

Name \_\_\_\_\_

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

\_\_\_\_\_  
Your best marathon time? \_\_\_\_\_ Where \_\_\_\_\_ When \_\_\_\_\_

# !!! ENDURANCE ATHLETES !!!

OPTIMIZE YOUR TRAINING AND ENHANCE YOUR PERFORMANCE  
WITH AN INDIVIDUALIZED PROGRAM  
BASED ON YOUR

LACTATE THRESHHOLD---BODY COMPOSITION---BIOMECHANICS

Studies show that the best predictor of performance in endurance events is the pace one can sustain before accumulation of lactic acid in the blood occurs. Optimal performance results when a significant proportion of the training volume is at or above the lactate threshold. In addition, it is important to optimize your body composition and biomechanics for maximal performance enhancement.

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1. Lactate Threshhold/Transition Measurement (Treadmill or Bike)	.....\$60.00
2. Body Composition: Ideal Performance Body Weight and Body Fat	.....\$10.00
3. Postural, Biomechanics, Musculoskeletal Balance	.....\$15.00
4. Cholesterol and HDL Measurement	.....\$20.00
5. Nutritional Assessment Focusing on Protein, Total Fat, Saturated Fat, and Carbohydrate Intake	.....\$20.00
6. Max Heart Rate, Blood Pressure, Perceived Exertion	.....\$ 0.00
7. Heart Rate, Perceived Exertion, and Intensity at Lactate Threshhold	.....\$ 0.00
8. Resting Blood Pressure, Non-Fasting Blood Sugar	.....\$ 0.00
9. Cardiovascular Risk Assessment	.....\$ 0.00
10. Performance/Health Prescription with Specific Recommendations for Optimizing Running, Biathlon, or Triathlon Performance	.....\$ 0.00
TOTAL	.....\$125.00

## TESTS ADMINISTERED BY:

### TOM LAFONTAINE, PHD, EXERCISE PHYSIOLOGIST, RUNNER & BIATHLETE

1987,88 TRIATHLON TODAY Biathlete Masters All-American; 1987 Mid-American Masters Series Winner; 1987 Winner of Desert Princess Masters Competition; 2nd by 3 seconds to John Howard (Bicyclist of the Decade 1970's) in 1987 New York City National Masters Biathlon; National and International Competitor and Former World Record Holder in Olympic Weightlifting/Powerlifting.

### RICK ROTHER, PHYSICAL THERAPIST, RUNNER & TRIATHLETE

1988,89 Ironman Finisher; 1988 3rd National Masters Long Course Triathlon Championships, 1988,89 Missouri State Masters Triathlon Champion; Former Member of National Collegiate Mile Relay Team and Collegiate 440 Intermediate Hurdler.

FOR APPOINTMENT OR INFORMATION CALL

TOM LAFONTAINE 314-875-3876

OR

BECKY LORENZ, RN, BSN, COORDINATOR CARDIOVASCULAR HEALTH CLINIC  
314-875-6211

MISSOURI HEART INSTITUTE AT BOONE HOSPITAL CENTER

STEPHENS PARK MEDICAL BLDG

1701 EAST BROADWAY

1ST FLOOR, SUITE 101

COLUMBIA, MISSOURI 65201



9TH ANNUAL  
**4 MILE**  
**SOYBEAN RUN**

**COURSE RECORDS**

**MALE: JACK DEFRETAS - 19.58.7**

**FEMALE: LYNN RUSSELL - 23.31**

**SPONSORED BY:**

MEXICO LIFE UNDERWRITERS, FIRST NATIONAL BANK, ARCHER DANIELS MIDLAND CO., OLIVER TRANSPORTATION INC, AND THARP LUMBER HOME CENTER.

**FOR BENEFIT OF: MEXICO AREA UNITED WAY**

**DATE: OCT. 7, 1990 - RAIN OR SHINE**

**STARTING TIME AND PLACE: 8:00 A.M. MEXICO YMCA - SHOWERS & LOCKERS**

**COURSE: 4 MILE MEASURED COURSE AND 1 MILE WALK OR RUN**

**BOTH RUN AND WALK WILL START AT SAME TIME**

**4 MILE RUN AGE DIVISIONS  
MEN AND WOMEN**

9 & UNDER	35-39
10-11	40-44
12-13	45-49
14-15	50-54
16-19	55-59
20-24	60-64
25-29	65-69
30-34	70+

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**FOR INFORMATION  
CALL  
(314) 581-0239  
OR 581-0121**

**ENTRY FEE: \$6.00 - AFTER OCT. 1, 1990 \$8.00**

**MAIL CHECKS TO: RICH DUFFNER, BOX 44, MEXICO, MO 65265**

**ENTRY FORMS: MAY BE PICKED UP AT Y.M.C.A., LIBRARY, OR THOENEN'S SPORTING GOODS**

**ATTENDANCE PRIZES DONATED BY:**

HICKMAN'S FOODLAND  
WESTLAKE'S  
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DARBY'S IGA  
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**A TUB OF HONEY TO THE FIRST 175 WALKERS & RUNNERS COMPLIMENTS OF  
"THE SHOP MEXCIO MERCHANTS"**

**ENTRY BLANK**

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE # \_\_\_\_\_  
AGE ON 10/7/90 \_\_\_\_\_ ☐ MALE ☐ FEMALE SHIRT SIZES - S M L XL YOUTH SIZES M OR L  
4 MILE RUN ☐ 1 MILE RUN OR WALK ☐ CHECK BOXES

**RELEASE:** In consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge the City of Mexico, MO, Mexico Life Underwriters, A.D.M. Co., First National Bank, Tharp Lumber Home Centers, and Oliver Transportation, Inc. for all claims of damages, demands, and actions, whatsoever arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_  
(If under 18, Parent or Guardian)

**REFRESHMENTS AND FOOD FURNISHED BY  
HICKMAN'S FOODLAND AND PEPSI COLA BOTTLING COMPANY  
THANKS A LOT!**

COLUMBIA TRACK CLUB  
P.O. Box 1872  
Columbia, MO 65205

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Joe Duncan  
2980 Maple Bluff Dr.  
Columbia, MO 65203

ANNUAL DUES, COLUMBIA TRACK CLUB: \$10.00\*  
Sustaining Membership: \$25.00  
\*Covers all members of family residing in the same household.

All donations to CTC are tax deductible.

The CTC newsletter is an open forum to anyone and is published monthly. We solicit articles, race results, comments, suggestions, etc.

Advertisemnts are welcome. Camera-ready ads must fit an area of 8 X 10" (full page) or 8 X 5" (half page). Rates are \$20.00 for a full page; \$12.00, half page. 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 5th of the month.

Send articles of news on your out-of-town race results to Joe Marks, 509 Defoe Dr., Columbia MO 65203 (314/882-6546 or 445-1919).

PLEASE offer to help with any race in which you are not a participant. Thank you.