Columbia Track Club News

Volume XXIII No. 2 **Feb. 11, 1991**

Thanks to all who have paid their dues. Our directory is enclosed. If we missed you or have a mistake, let us know (P.O. Box 1872...or call 882-6546 or 445-1919).

March 16, Sat., 8 a.m. ST. PAT'S DAY 5K. Downtown Columbia. MANY AWARDS. Race director: Joe Marks.

March 30, Sat., 9 a.m., 15K RUN OR WALK (walkers start at 8:30). Start at Holiday Inn Executive Center. Race director: Joe Duncan (445-2684).

YOUTH FUND ESTABLISHED. We started a separate fund with the $275 received from the Arthritis Foundation for helping with the Jingle Bell Run Dec. 1. And we have matched that with money from the CTC treasury. **Now we have received another $100.00 from Fitness Underground, a community-minded organization (Tom LaFontaine, treasurer).** (Thank you, Tom and friends!) Dick Hessler, Anne Kaylen and I will try to make sure the money is used judiciously for our summer youth program and related activities. Additional money for the fund will come from CTC races and from company and individual donations. If you wish to contribute, write the check payable to CTC with a note "for CTC Youth Fund."

From Mark Hosler: *I enjoy getting the newsletter. I am living here by the Mississippi River in Cape Girardeau. My son is a freshman at Mizzou living in a dorm adjacent to my daily jog trail at Stadium Rd. and Providince Rd. My daugher is a senior at Parkway North and may be at MU next year. I am getting old and broke down (44 years old on Feb. 1) but had my best year of racing last year with a 16:16 5K and a 34:00 10K. Hope to get up there for a race.* -- *Mark Hosler*

Bob Dolphin ran the Mudderfell 6 Hour Trail Run Jan 27 in Portland. The idea was to see how far you can run in six hours. It was out and back 8 1/2 miles with checkpoints at 1.5 and 2.5 intervals. The idea was to see who could reach the most checkpoints. Bob Reid, 43, won with 21 checkpoints and 45.3 miles. Bob, who is 61, hit 17 checkpoints and 36.7 miles (up and down muddy trails).

Rick Rother is ranked 8th nationally as a triathlete (40-44 age gp.) by Tri-Fed. Congratulations, Rick!

I hear no support for our joining RRCA from our membership. Remember last issue I ran the comments from Jerry Kokesh and asked for reactions. The only comments I heard (and that was just from three folks) was that they could see no reason to join RRCA. To be fair, I'll toss this out one more time. And if I hear no yeas I'll assume the nays have it.

Churchill Ups and Downs (10K Run, 5K walk, 1 mi. youth race) is March 23 (Sat.), 8 a.m. in Fulton. Races will begin and end at the Callaway Community Hospital one-quarter mile east of the Highway 54-Route F interchange. Free T-shirt with paid entry. Preregistration: $6/10K and walk; $3 youth race. Prizes and awards. RD: Susan Sterner (314) 642-3361, ext. 361).

5K Nut Race 2/5/91 Version

1. Larry Henze (26) 16:22*
2. Steve Stonecipher Fisher (34) 16:27*
3. Tracy Smith (22) 17:10
4. Tom LaFontaine (44) 17:20*
5. Tom Hardy (16) 17:24*
6. Mike Anderson (26) 17:27
7. Mark Hope (17) 17:59
8. Randy Smith (34) 18:14
9. Roger Turnbough (33) 18:28
10. Scott Hope (14) 18:57*
11. Mike Walther (33) 18:57.2
12. Don Lewis (55) 18:57.7
13. Russel Schauwecker (19) 19:13
14. Joey Whelan (22) 19:26
15. Tom Allen (48) 19:31
16. Ben Londeree (56) 19:44
17. Elmer Schlemper (51) 20:13
18. Julie Bergfeld (24) 1st Female 20:24*
19. Larry Peterborg (42) 20:51
20. Angela Hessler (17) 2nd Female 21:06*
21. Julie Mittelhauser (28) 3rd Female 21:11
22. Tim Rooney (40) 21:22
23. Peg Miller (38) 4th Female 21:22
24. Paul Tuke (26) 21:33
25. Don Johnson (62) 21:39*
26. Terry Richardson (42) 22:04
27. Dean Baxter (55) 22:08
28. Ken McLure (39) 22:30
29. Don Price (46) 22:35
30. Dennis Elya (37) 22:47
31. Patti Ross (38) 5th Female 23:04
32. Rick Fish (40) 23:06
33. Joe Duncan (56) 23:15
34. ?
35. Gary Stamper (?) 23:22
36. Linda Pogorseiski (27) 6th Female 23:49
37. Herbert Mittelhauser (61) 23:51
38. Karen Derrick (29) 7th Female 24:02
39. Chris Slentz (35) 24:08
40. Fred Fritsch (54) 24:18
41. Linda Price (47) 8th Female 24>21*
42. David Webber (39) 24:22
43. David Whelan (45) 24:25
44. ?
45. Linda Hope 9th Female (44) 24:34
46. Gwen Light (36) 10th Female 24:36
47. Ginny Gardner (47) 11th Female 24:39***
48. Ryan Wiedmeyer (13) Roy W. (50) 24:45
49. George Maginnis (58) 24:49
50. ?
51. Nancy Fritsch (52) 12th Female 25:16*
52. Birgitta Hessler (13) 13th Female 26:0
53. Jim Watson (22) 26:12***
54. Andrea Woods (44) 14th Female 26:19
55. Peter Elya (12) 27:17
56. Bill Hope (45) 28:30
57. Boots Gerhardt (70) 15th Female 29:33*
58. Eric Hedges (45) RW 29:35**
59. Dorothy Slentz (27) RW 30:02**
60. Joe Cragin (63) 30:21
61. Rob Spier (68) RW 30:22

Sunny, above freezing, clear road on the reactor loop. * denotes age group winners. ** are rac walking winners, and *** are the least clothing winners. Thanks to Anne Hessler, Joe Marks, John McCrory, Rick Hardy, and Veva Spier for helping at the finish line.

1991 CTC DIRECTORY

NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE
Adeniyi Adeshakin	736 Demaret Drive, Apt B	Columbia,	MO	65202	
Brad Allard	655 North Route O	Rocheport,	MO	65279	314-445-2365
Tom Allen-Family	1800 Parklawn Drive	Columbia,	MO	65202	314-449-5655
Michael R. Anderson	3001 South Providence, Apt 6A	Columbia,	MO	65203	314-875-4603
Ralph Anderson	2517 Shepard Blvd	Columbia,	MO	65201	314-449-2161
Deborah Andrews	2205 Bridgewater Drive	Columbia,	MO	65202	314-874-2877
Christopher Baker	5612 South Bethel Lane	Columbia,	MO	65203	314-449-5045
Mike Baker	16430 East 29th Court	Independence,	MO	64055	816-373-3920
Alan & Judi Barkema	5648 North Potter	Kansas City,	MO	64119	816-455-0902
Steve Baurichter	Route 4, Box 326	Columbia,	MO	65203	314-657-2618
Dean Baxter	510 Brewer Drive	Columbia,	MO	65203	314-445-9203
Paul Beck	6509 East Martin Court	Columbia,	MO	65202	314-474-6827
Brandon Beissenherz	3301 Greenridge Road	Columbia,	MO	65202	314-474-5323
Randall Boehm	4410 Rockhampton Circle	Columbia,	MO	65203	314-445-5925
Betty Bohon	3100 Woodkirk	Columbia,	MO	65203	314-449-1984
Dale Broadway	208 Southampton Road	Columbia,	MO	65203	314-443-4775
Olen Brown	527 North Cedar Lake Drive	Columbia,	MO	65203	314-449-7444
Ross Brownson	1307 Gary Street	Columbia,	MO	65203	314-443-6318
Jim Buckley	6014 Kenwood	Kansas City,	MO	64110	314-444-3928
Dick Carr	99 Hawthorne	Warrensburg,	MO	64093	816-429-2776
Hilda Chaski	917 Cooper Drive	Columbia,	MO	65201	314-875-8029
Jeff Chinn	504 Westmount	Columbia,	MO	65203	314-442-8958
Mike Chippendale	305 Manor Drive	Columbia,	MO	65203	314-445-6305
Bill Clark	3906 Grace Ellen Drive	Columbia,	MO	65202	314-474-4510
Dan Clinkenbeard	1201 Again	Columbia,	MO	65203	314-442-8932
Mike Colvin-Family	2511 Meadowlark Lane	Columbia,	MO	65201	314-442-9220
William Conboy	1000 Martin Drive	Columbia,	MO	65203	314-445-2157
Harris Cooper-Family	504 Lathrup Road	Columbia,	MO	65203	
John R. Cope-Family	908 Martin Drive	Columbia,	MO	65203	314-445-8121
Cox-Family	911 Plymouth Drive	Columbia,	MO	65203	314-445-5154

1991 CTC DIRECTORY

NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE
Joe Cragin	2211 Country Lane	Columbia,	MO	65201	314-442-1495
Pamela Creech	111-A North Stadium Blvd, #262	Columbia,	MO	65203	314-445-6465
Beth Darnall	1109 Paquin, Apt-A	Columbia,	MO	65201	314-442-3764
Bill DeRosier	1013 Pheasant Run Drive	Columbia,	MO	65201	314-875-4846
Bret & Karen Derrick	2301 Hartford Road	Columbia,	MO	65203	314-445-7077
Bob Dolphin	310 South 50th Avenue	Yakima,	WA	98908	509-966-0188
Jane Alice Domke	5109 South Brock Rodgers Road	Columbia,	MO	65201	314-442-4037
James Doyle	427 Eastholm Street	Mexico,	MO	65265	314-581-3473
Joe Duncan	2980 Maple Bluff Drive	Columbia,	MO	65203	314-445-2684
Marion Duncan	107 West Commercial	Kahoka,	MO	63455	
David Duncan	3592 Range Line, 30-B	Joplin,	MO	64804	
Lee Elliott	1008 Laurel Place	Fulton,	MO	65251	314-642-1360
Janet Farr	2002 Candolea Drive	Leawood,	KS	66209	
Kirby Finders	401 West Briarwood Lane	Columbia,	MO	65203	314-446-0061
Richard Fish	7821 Southern Drive	Columbia,	MO	65201	314-474-8768
Peggy Foster	803 West Carroll	Macomb,	IL	61455	309-836-7423
Scott Foster	1502 East Broadway, Suite 108	Columbia,	MO	65201	314-443-2015
Fred & Nancy Fritsch	1609 Doris Avenue	Columbia,	MO	65202	314-449-3307
Sandra Fritz	3 Arrow Street	Fulton,	MO	65251	314-642-4294
Ginny Gardner	1523 St. Michael Drive	Columbia,	MO	65203	314-442-8439
James Gentry	2 Ridgeley Road	Columbia,	MO	65203	314-442-5654
** Elizabeth Gerhardt		Columbia,	MO		314-449-1847
Herman Gieringer	Route 4, Box 330	Marshall,	MO	65340	314-886-6240
Ted Glenn	9122 Larsen Drive	Overland Park,	KS	66214	
Georgia Gonzalez	2908 Crawford	Columbia,	MO	65203	314-449-8350
* Bob Gragg	5006 West 66th Street	Shawnee Mission,	KS	66208	913-432-9386
Robert Harl	1362 Mesa Drive	Columbia,	MO	65201	314-443-8934
David Lee Harris	104 NE 59th Terrace, Apt 2B	Gladstone,	MO	64118	816-453-7303
Eric Hedges	213 West Briarwood	Columbia,	MO	65203	314-445-4386
Debbie Heifner	1914 Dartmouth	Columbia,	MO	65203	314-445-6163

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NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE
Larry Henze	204-A Scott Blvd	Columbia,	MO	65203	314-446-2139
Amy Hessler	3775 East Highway 163	Columbia,	MO	65201	
Richard Hessler-Family	411 Westmount	Columbia,	MO	65203	314-874-2906
Whitney Hicks	213 Divine Court	Columbia,	MO	65203	314-445-7230
Darwin Hindman	1223 Francis Drive	Columbia,	MO	65203	314-449-5227
Patricia Hoddinott	1000 Prospect Street	Columbia,	MO	65203	314-443-0090
Richard Hoft	913 Martin Drive	Columbia,	MO	65203	314-445-4892
Bill Hope	1605 Cunningham	Columbia,	MO	65203	314-446-1010
Mark Hosler	P.O. Box 1149	Cape Girardeau,	MO	63702	
Michael Hosokawa	1718 Cliff Drive	Columbia,	MO	65201	314-449-3065
B Morrell-Col Reg Hospital	404 Keene Street	Columbia,	MO	65201	314-875-9500
John Howland	2725 Kenwood Drive	Jefferson City,	MO	65109	314-635-0305
Dale Huffington	2709 Cimmaron Drive	Columbia,	MO	65203	314-875-6170
Bob Humphreys	1510 Marylee Drive	Columbia,	MO	65203	314-874-7185
Richard Huse	Route 4, Box 332	Columbia,	MO	65203	314-875-6170
Gary Johanning	15500 Van Aken Blvd, #208	Shaker Heights,	OH	44120	216-752-9201
Robert A. Johnson	106 West Blvd South	Columbia,	MO	65203	314-875-0336
Don Johnson	323 South Collier	Centralia,	MO	65240	314-682-3583
Mike & Anne Kaylen	10 Westwood	Columbia,	MO	65203	314-443-2604
Curt Kempf	5597 South Bethel Church Road	Columbia,	MO	65203	314-442-4823
Joe Kennedy	Box 1820, Westminster Avenue	Fulton,	MO	65251	
Jerry Kokesh	1224 Orchard Village Lane	Manchester,	MO	63021	314-391-6712
Stephen Kriegshauser	3809 West Rollins Road	Columbia,	MO	65203	314-445-1735
Norris Kruse	2700 Hillshire Drive	Columbia,	MO	65203	314-445-6191
Tom LaFontaine	6307 South Old Village Road	Columbia,	MO	65203	314-875-3876
Robert Lee	1704 Highridge Drive	Columbia,	MO	65203	314-443-2746
Larry Lewis	P. O. Box 635	Warrensburg,	MO	64093	816-747-9829
Don Lewis	603 Westwood	Columbia,	MO	65203	314-874-1034
Marvin Lewis-Family	3209 Alsup Drive	Columbia,	MO	65203	314-445-0517
Mike & Carolyn Little	812 Randy Lane	Columbia,	MO	65201	314-886-8686

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Ben Londeree	4008 Faurot Drive	Columbia,	MO	65203	314-445-2550
Richard Madsen	106 North Greenwood Avenue	Columbia,	MO	65203	314-443-0372
Patrick Magee	RR 14, Box 56, Trowbridge Road	Columbia,	MO	65202	314-443-0653
George Maginnis	3815 Juniper Place, Apt D	Columbia,	MO	65201	314-449-2934
Joe Marks	509 Defoe	Columbia,	MO	65203	314-445-1919
Dawn Mayer	12288 South Elm Avenue	Webster Grove,	MO	63119	
Mike Mazzocco	301 West Parkway	Columbia,	MO	65203	
Richard McAllister	104 North Clinkscales	Columbia,	MO	65203	314-446-1801
Paul & Connie McConnell	2257 South Alamos Pl	Columbia,	MO	65201	314-449-2718
John K. McCrory-Jr	212 Tracy Drive	Columbia,	MO	65203	314-875-2149
Shannon McDonald	808 South Greenwood	Columbia,	MO	65203	314-449-3790
Terry McDonald-Family	808 South Greenwood Avenue	Columbia,	MO	65203	314-449-3790
Bob McGraw	205 West Highway NN	Sturgeon,	MO	65284	
Steven C. Meckfessel	477 Foxfire Drive	Columbia,	MO	65201	314-442-7999
Peg Miller	2004 Woodlea Drive	Columbia,	MO	65201	314-443-6620
Mary Ann Miller	4220 Hillcrest Drive	Columbia,	MO	65202	314-443-6620
Jeff & Milene Mittelhauser	905 West 28th	Sedalia,	MO	65301	816-826-0147
Scott Mittelstadt	405 North Ann, #12	Columbia,	MO	65201	314-449-4286
Herbert Mittlehauser	Route 4	Sedalia,	MO	65301	816-826-3748
James Mondello	1651 Dawn Drive	Columbia,	MO	65202	314-445-9659
Richard Morgart-GTE	P. O. Box 717	Columbia,	MO	65205	
Jerry Morrison	5617 North Adrian	Kansas City,	MO	64151	816-746-1414
Jack Mortland	3184 Summit	Columbus,	OH	43202	
Bonnard Moseley	410 West Blvd South	Columbia,	MO	65203	314-442-4463
Ted Moser	7460 Sunburst Court	Columbia,	MO	65201	314-474-7649
David Mountjoy	2300 Kyle Court	Columbia,	MO	65203	314-443-6439
R. Murphy	2700 Sunny Meadows Drive	St Charles,	MO	63303	314-441-3868
Bruce Neff	3800 Cooper Drive, Apt-A	Columbia,	MO	65201	314-442-1554
Howard Nies	1225 North 78th Street	Kansas City,	MO	66112	
Erick Niewoehner	213 Calvin Drive	Columbia,	MO	65201	314-449-6706

1991 CTC DIRECTORY

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Trish Nikolai	1803 Quarry Park Drive	Columbia,	MO	65201	314-875-6706
Steve Oien	1505 Westwinds Drive	Columbia,	MO	65203	314-449-8085
Greg Olsen	1300 Lowe	Columbia,	MO	65203	314-442-2461
Carl Owczarzak	14642 West 89th	Lenexa,	KS	66215	913-492-7731
Victor Pace	1301 Business 63 South, #206	Columbia,	MO	65201	314-443-2977
Timothy Page	2340 Southern Hills	Mexico,	MO	65265	314-581-5644
Dave Parker	805 Hunt Avenue	Columbia,	MO	65203	314-442-5387
Thomas Parsons	5 Bougainville	Mexico,	MO	65265	314-581-0239
Larry Peterborg	5003 Thornridge Drive	Columbia,	MO	65203	314-874-2482
Gwenna Peters	2203 Loma Court	Columbia,	MO	65203	314-446-1490
Jeff Pig	35-B Broadway Village Drive	Columbia,	MO	65201	
Jim Pinkerton	1014 Westport Drive	Columbia,	MO	65203	314-445-2052
David Plummer	128 Lavinia	Jefferson City,	MO	65109	314-634-4087
Linda Pogorzelski	1507-A Windsor Street	Columbia,	MO	65201	314-449-9358
Linda Price	2808 Butterfield Court	Columbia,	MO	65203	314-443-8018
Don Price	Route 1, Box 73	Auxvasse,	MO	65231	314-386-5627
Terry Richardson	721 Fisk Street	Moberly,	MO	65270	816-263-3033
Michael C. Robbins	200 Swallow Hall	Columbia,	MO	65211	314-445-8480
Linda Robbins	6307 South Old Village Road	Columbia,	MO	65203	314-442-2581
Tim Rooney	501 Onofrio Court	Columbia,	MO	65203	314-445-2634
Patti Ross	601 Laurel	Columbia,	MO	65203	314-445-9386
Rick, Zack, & Aaron Rother	R R 1	Sturgeon,	MO	65284	
Scott Rubenstein	1004 Westwinds Court	Columbia,	MO	65203	314-443-5751
Judith Christine Ruble	2105 Woodlea	Columbia,	MO	65201	314-874-7703
Phillip Schaefer	4306 Mt Carmel	Columbia,	MO	65203	314-445-3403
Elmer Schlemper	Route 3	Columbia,	MO	65203	314-445-1340
Juli Schmidt	2339 Leeway, Apt-B	Columbia,	MO	65202	314-474-9387
Tom Schramm	510 High Street	Columbia,	MO	65201	314-449-2699
Joe Schultz	575 Spragues Mills	Ballwin,	MO	63011	314-394-2936
Jim Schutt	Route 2, Hickory Hills	California,	MO	65018	314-796-4249

1991 CTC DIRECTORY

NAME	ADDRESS	CITY	STATE	ZIP	TELEPHONE
Raymond Simmons	1306 Cherokee Lane	Fulton,	MO	65251	314-642-7042
Bob Smith	P. O. Box 116	Fulton,	MO	65251	314-642-7601
Randall Smith	Route 11, Box 1	Columbia,	MO	65203	314-445-7460
Rob & Veva Spier	708 Morningside Drive	Columbia,	MO	65201	314-442-2126
Jim Stallman	1301 Bradshaw Avenue	Columbia,	MO	65203	314-445-7229
Gary L. Stamper	609 East Broadway	Columbia,	MO	65201	314-442-2454
Dennis Stewart	R. R. 1, Box 152	Higginsville,	MO	64037	816-584-7639
William Taft	107 Sondra	Columbia,	MO	65202	314-443-3521
Byron Tenney	Route 5, Box 361	Fulton,	MO	65251	314-642-5742
Gregory L. Thackery	413 West Phyllis	Columbia,	MO	65202	314-874-2067
Millard Thomas-Family	1409 Lambeth Drive	Columbia,	MO	65202	314-474-5396
Tryathletics	1 South 4th Street	Columbia,	MO	65201	314-443-8875
Roger Turnbough	205 Defoe Drive	Columbia,	MO	65203	314-445-1225
Jeanelle Twillman	505 East Gordon	Marshall,	MO	65340	816-886-6702
Scott Vroegindewey	6505 Reeder	Shawnee,	KS	66203	913-268-0317
Mike Walther	603 Pear Tree Circle	Columbia,	MO	65203	314-874-0318
Don Waltman	J C Penny, 28 Central N. E.	Le Mars,	IA	51031	712-546-6444
David Webber	302 Edgewood Avenue	Columbia,	MO	65203	314-442-6514
Raymond Weidmeyer	304 South Garth	Columbia,	MO	65203	314-875-4198
Westveer-Family	5700 North Maple Court	Columbia,	MO	65202	314-449-7405
Lisa Marie Whelan	6404 Mary Ann Circle	Columbia,	MO	65202	314-474-2927
John Whiteside	816 Edgewood	Columbia,	MO	65203	314-442-7479
Scott Williams	207 Cornerstone Court	Columbia,	MO	65203	314-445-1140

St. Patrick's Day 5K

COLUMBIA REGIONAL HOSPITAL

Live Broadcast on KCMQ97

When:

Saturday, March 16, 1991, 8 a.m.

Where:

Run headquarters is located at 6th and Broadway. Map course is outlined on the back of this page.

Entry Blanks:

Available at: Main Lobby
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201
(314) 875-9500

And area sporting goods stores and fitness centers.

Entry Fee:

$7 age 15 and over; $5 age 14 and under. **Make checks payable to Columbia Track Club.** Mail entry fee with registration form to:
Run Coordinator
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201

Registration Deadline:

5 p.m., Monday, March 11, 1991.

LATE ENTRIES WILL NOT BE ACCEPTED.

Run Packets:

Run packets may be picked up at Columbia Regional Hospital from noon to 6 p.m., Wednesday, March 13 through Friday, March 15. Runners unable to pick up their packets may do so on the day of the run from 7 to 7:30 a.m. at Run Headquarters.

Run Headquarters:

Located near the start of the run at 6th and Broadway, in front of the Municipal Building.

Parking:

Parking is available in the downtown area public parking lots.

Restrooms:

Facilities will be provided adjacent to Run Headquarters.

Times:

Run times will be recorded with electronic chronomix timers. Split times will be called at each mile marker. A two-sided digital clock will be on display at the finish line.

Run Procedures:

Please be at the starting line no later than 7:45 a.m. Individuals who plan to walk the course are asked to start near the back of the group. NO PETS, BICYCLES, STROLLERS, OR HEADPHONES will be allowed on the course.

Secure your number to the front of your shirt with the safety pins enclosed in your run packet. Do not pin below the perforated tab or tear the perforated tab from your number.

After crossing the finish line, stay in proper order of finish. Be prepared to hand the perforated tear-off tab from the bottom of your number to the race official at the end of the finish chute. Please clear the area after exiting the finish chute.

Weather:

The run will be held regardless of weather conditions.

Certified Course:

Columbia Track Club certified 3.1 mile course. Start 9th and Broadway, move east to College; south to Hospital Drive, west to Virginia, north to Rollins, west to 5th, north to Conley, east to 9th, north to Elm, east to Hitt, north to Broadway, west to finish line at 7th Street.

Awards:

The Awards Ceremony will be held at Run Headquarters immediately following the run. Plaques will be awarded to first, second and third place finishers in each division age category. A variety of special St. Patrick's Day awards will also be presented. Watch for details in the Columbia Daily Tribune the week preceding the run.

Publication of Results:

Runners' names, places, ages, and times will be published in the Columbia Daily Tribune within two weeks following the run.

Lost and Found:

A Lost and Found table will be located at Run Headquarters. After March 16, lost items may be claimed at the Public Relations office at Columbia Regional Hospital.

Sponsors:

Columbia Regional Hospital in cooperation with the Columbia Parks and Recreation Department and the Columbia Track Club.

— T-shirts to all registered runners —

St. Patrick's Day 5K

COLUMBIA REGIONAL HOSPITAL

Live Broadcast on KCMQ97

NAME (Please print) _____ Last _____ First _____ Middle

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ /// T-SHIRT SIZE: S M L XL

AGE ON MARCH 16, 1991 _____ BIRTHDATE _____ Month Date Year /// SEX: ☐ M ☐ F

CRH EMPLOYEE/IMMEDIATE FAMILY: YES NO OJHS STUDENT/STAFF: YES NO AFFILIATED OFFICE STAFF: YES NO

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, KCMQ, Central Columbia Association, Columbia Track Club, the City of Columbia, Missouri, the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, March 16, 1991.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health.

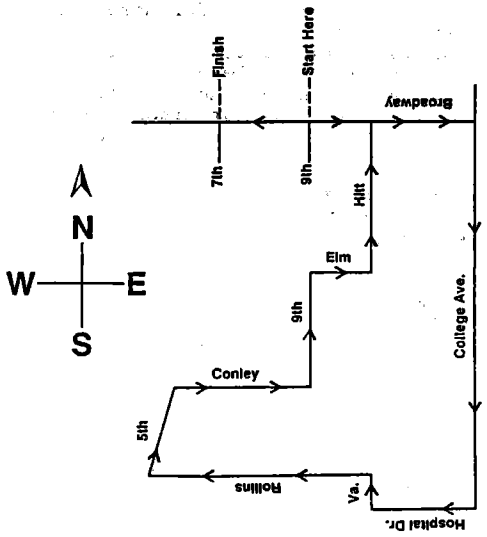
Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE _____

_____
Parent or Guardian's Signature (if under 18)

Mail or deliver with entry fee by 5 p.m., March 11, 1991
Run Coordinator
Columbia Regional Hospital
404 Keene Street
Columbia, MO 65201

REGISTRATION DEADLINE — 5 p.m., Monday, March 11, 1991. NO LATE ENTRIES



MAP OF RUN:
Start — 9th and Broadway
Finish — 7th and Broadway

Run Route:

Run Headquarters:
Municipal Building at 6th and Broadway

Race Begins:
9th and Broadway
East to College
South to Hospital Drive
West to Virginia
North to Rollins
West to 5th
North to Conley
East to 9th
North to Elm
East to Hitt
North to Broadway
West to finish line at 7th.

Parking: In area city lots.

Age Divisions:
9 and under
10-14
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-69
70 and over

— T-shirts to all registered runners —

SEDALIA HALF MARATHON

SUNDAY, MARCH 24 AT 9 A.M. SEDALIA, MISSOURI

ENTRY FEE is $7 if postmarked by March 14; thereafter, including raceday, entry is $10. Fee is non-refundable.
T SHIRTS will be given to all entrants.
WHERE The race begins and ends in Liberty Park at Convention Hall. See map on reverse for location.
COURSE DESCRIPTION The course was originally certified but has not been remeasured to retain certification. It is accurate. The course has major hills at 5 1/2 and 8 1/2 miles. It is paved, and out and back. The course goes out of town in a northwesterly direction.
AWARDS Commemorative towels will be awarded as follows:

Male		Female	
Top 3 overall		Top 3 overall	
19 & under	3	19 & under	3
20 - 29	5	20 - 29	3
30 - 39	5	30 - 39	3
40 - 49	5	40 - 49	3
50 - 59	3	50 - 59	3
60 - 69	3	60 - 69	3
70 & up	3	70 & up	3

Also, the first place male and female will receive a special award. There will be no duplication of awards.
MISCELLANEOUS This race is open to all runners and walkers. Restrooms are available at the start/finish. It is illegal to consume alcohol in Liberty Park. The awards ceremony will be at 11:15 am. For more info, call 816-816-0147 or 827-3700.
COURSE RECORDS

Open male	Mike Heuton	1:09:54
Open female	Liz Bulman	1:21:05
Master male	Leonard Roth	1:17:39
Master female	Jane Hutchison	1:23:54

Pummill's
Sporting Goods

Bryant
MOTOR COMPANY

----------WAIVER AND RELEASE----------

Note! You must read and sign this Waiver and Release on the reverse side for your entry to be accepted. Please print or type.

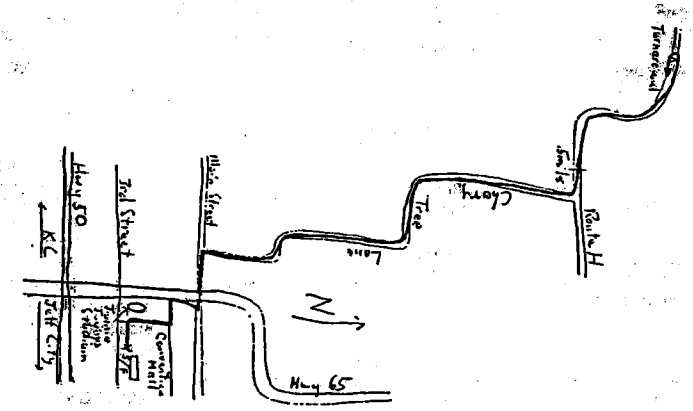
NAME_____

ADDRESS_____
(street, city, state, zip)

PHONE_____ DOB_____ AGE (on 3-24-91)_____

SEX Male Female SHIRT SIZE M L XL (50/50 cotton/poly)

Enclose $7 if posted by March 14; $10 thereafter. Make check payable to Sedalia Runners Club. Mail to SRC, 905 W. 28th, Sedalia, MO 65301.



SEDALIA HALF MARATHON ENTRY FORM

SEDALIA RUNNERS CLUB
905 W. 28th
SEDALIA, MO 65301

WAIVER AND RELEASE I, the undersigned, in consideration for the opportunity to run the Sedalia Half Marathon, for myself, my heirs, assigns and personal representatives, do hereby waive, release and promise not to sue the Sedalia Runners Club, the City of Sedalia, the Sedalia Park Department, all race sponsors and promoters, and the officers, agents and employees of those entities, for any injury or damage I suffer as a result of my participation in this event. I realize and hereby assume the risks involved in running an event of this length and nature, and those involved in running on a public road with vehicular traffic and other runners. I certify that I have adequately trained for the event and that I will run it on foot and without wearing personal headphones or radios.

I understand that in signing this Waiver and Release I am giving up valuable rights and I am giving up those rights even though it is not possible to know what injuries I may suffer. I have read this waiver and release and I am signing below with full understanding of its meaning and with the knowledge that it is binding legal document.

_____
Signature of Entrant Date

_____
Signature of Parent/Guardian if Entrant is under age 18 Date

Missouri River Run

Half Marathon - 13.1 miles

8 a.m., Saturday, April 6, 1991

Starts in Rocheport, Mo., at the Missouri River Trail. Scenic, flat course out and back on the Trail. Awards. Specially designed long-sleeved shirts to all pre-registered participants. Post-race refreshments and award ceremony.

REGISTRATION: $10. Day-of-race registration allowed, but shirts guaranteed only if entries are received by Mon., March 25, 1991.

AWARDS in these age divisions (both sexes): 24 and under, 25-34, 35-44, 45-54, 55 and over.

Missouri River Run 4/6/91

NAME (Please print) _____

ADDRESS _____ PHONE _____

CITY _____ STATE ____ ZIP _____ Shirt size: S M L XL

Age on April 6, 1991:_____ Birthdate: _____Sex: M _____F

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances or who refuse to be tested will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393.

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge TAC/USA, TAC/Missouri Valley Assn., the Columbia Track Club, the Missouri Dept. of Natural Resources, the city of Rocheport, Mo., the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical conditon to complete this event I have entered on Saturday, April 6, 1991.

SIGNATURE: _____

_____
(Parent or guardian's signature if under 18)

Make check payable to Columbia Track Club, and mail to P.O. Box 1872, Columbia, MO 65205

Registration Deadline: 3/25/91. Day-of-race registration allowed, but no guarantee of long-sleeved shirt.

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY,STATE	* INFO
02/02	Sat	9:00 am	SLTC Frostbite Series 20K/5K	St. Louis, MO	1
02/03	Sun	7:30 am	Snowball Series 20M/4M	Chesterfield, MO	2A
02/03	Sun	11:00 am	Groundhog 10K Run	Kansas City, MO	3
02/10	Sun	2:00 pm	Frog Hollow Mile	Jefferson City, MO	4A
02/16	Sat	9:00 am	SLTC Frostbite Series 1/2Marath/4M	St. Louis, MO	1
02/24	Sun	8:00 am	Third Olympiad Marathon and 10K	St. Louis, MO	2B
03/03	Sun		Mid-America Running Ass. Winter Ser.	Kansas City, MO	5
03/10	Sun	11:00 am	St. Patrick's Day 4M Run	Kansas City, MO	6
03/16	Sat	9:00 am	Luck of the Irish 5K	Jefferson City,MO	4B
03/24	Sun	9:00 am	Sedalia Half Marathon	Sedalia, MO	7
03/24	Sun		Slice Half Marathon/3K	St. Louis, MO	1
03/30	Sat	8:30 am	SLTC Road Series 10K	St. Louis, MO	1
04/14	Sun		Kansas City Ekiden 4 Person Relay	Kansas City, MO	8
04/20	Sat	9:00 am	Spring Fling 5K	Jefferson City, MO	4C

* For more information call or send a stamped self addressed envelope to the following persons or corporations:

1 St. Louis Track Club 4910 West Pine Blvd-Suite 218 St. Louis, MO 63108 314-367-6577 Raceline 367-6579 A. Start at Forest Park Field House The Frostbite Series is a 5 race series of either long (12K+) or short(4M-) races where you accumulate age group points for $15 or single races for $2.

2 Gateway Athletics Track Club Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017 314-434-9577 A. Start at Marathon Sports Snowball Series is a 5 race series of long (20K+) or short (5M-) for age group points $25 for series or $3 for a single race. B. Forest Park

3 CCNS P.O. Box 22462 Kansas City, MO 64113 816-523-6808

4 Jefferson City Road Runners P.O. Box 7042 Jefferson City, MO 65102
A. Start at entrance to Fairwood subdivision John Howland 314-635-0305
B. Jefferson City Public School Stadium Diana Otto 314-635-4181
C. McClung Park JC Parks & Rec 314-634-6482

5 Winter Running Series 6512 NW. Platte Hills Road Parkville, MO 64152 816-741-7551

6 Besty Titterington 5001 State Line Kansas City, MO 64112 816-531-2387

7 Sedalia Runner's Club 905 W. 28th Sedalia, MO 65301 816-826-0147 Start at Convention Hall in Liberty Park

8 Bill Buchanan 913-681-8171 or write Kansas City Ekiden Association 8575 W. 110 Street, #100 Overland Park, KS 66210 4 person relay of legs 10K, 7.5K, 5K and 2.5K

9 Kansas City Track Club 620 W. 26th Street Kansas City, MO 816-471-2314 816-471-KCTC for recorded message of upcoming races 816-341-PHID Runner's Raceline

Columbia Track Club News

P.O. Box 1872
Columbia MO 65205

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Joe Duncan
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Columbia, MO 65203

ANNUAL DUES, COLUMBIA TRACK CLUB: $10.00*
SUSTAINING MEMBERSHIP: $25.00*
*Covers all members of family residing in 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 and suggestions.

Advertisements 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 for a 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 CB races to Joe Marks, 509 Defoe Dr., Columbia MO 65203 (314)445-1919 or 882-6546.

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