

Columbia Track Club News

Volume XXIII No. 6

June 15, 1991



New CTC President Named

Steve Stonecipher-Fisher, 34, is the new president of the Columbia Track Club. Unanimous approval of Steve came at the Club's annual picnic and unofficial board meeting May 19. He succeeds Joe Marks who was president the last two years.

Steve has been a track club member for more than a dozen years and is a prominent figure in the running world. In 1984 he participated in the Olympic Trials Marathon (time -- 2:21:34). He has twice won both the St. Louis and Heart of America Marathons and still holds the University of Missouri record for 10,000 meters. His best race was the Peachtree 10K in which he broke 30 minutes on a hot day and finished 25th out of more than 17,000.

His significant others are his "much younger wife," Kim, and son, Ryan, age 7.

The transition from Joe to Steve will be gradual. "I'll have the title; Joe will continue to do most of the work -- until he takes off for a year in Australia in January." So, if you have news for the newsletter or any other CTC business, contact either Steve or Joe.

CTC is in good financial shape. Secretary-treasurer Anne Kaylen says we have about \$5,000 in checking and \$7,000 in an investment account (under the scrutiny of Ben Londeree). That means we won't have to raise dues, and we will have money to fund our youth program and our scholarship. (We made \$852 on the Human Race and \$1,407 in St. Pat's Day 5K. That's because some nice people *volunteer* their time to help with these events. Thank you!)

Anne Kaylen isn't only our Sec.-treasurer; she's a winner. Anne won the Mother's Day 5K in Jefferson City May 11. Time: 20:08. Next finisher was Robin Norris in 20:31. Linda Price was 7th (and first over age 40); Nancy Fritsch, 27th and first over age 50. There were 124 finishers and probably several more CTC participants.

Thanks to the Peace Run participants: Nancy Fritsch, Linda Robbins, Tom LaFontaine, John Whiteside. Thanks for helping me get the torch from Jefferson City to Columbia May 11. Oh, those "other guys" helped us a little. --Joe Marks

More winners: Mike Robbins (51) was first overall at the American Heart Institute 7 mile run in Kirksville May 4th (43:13); Byron Tenney (37) was first in the 30-39 group; and Ed White (43) took second in the 40-49 group.

Other stuff...Summer youth program each Wednesday, 6 p.m., June 12 through July. Ages 6 to 18. Details: Contact Dick Hessler (874-2906). **Sprint triathlon June 15, 8 a.m. (1500, 800, 400 meters), Hickman Track.** RD: Steve Stonecipher-Fisher...One mile run and/or three-mile walk, 8 a.m., July 6, Hickman Track.

15K Race Walk -- An Event of the Decades

June 1, 1991, Hickman Track
(Cloudy, warm, humid)

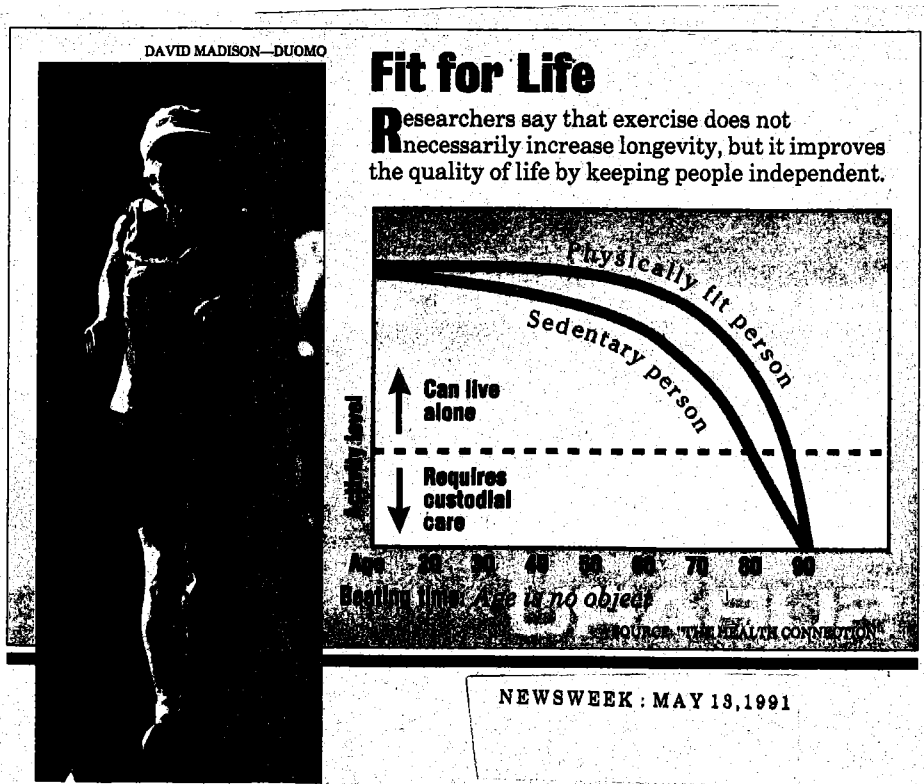
Somehow we managed to have a participant in each of five decades (of age). That means each participant won his age group. Also, notice how all finished in chronological order.

Turnbough and Hedges waged quite a battle, exchanging the lead several times. Youth finally prevailed, but it was by no means a "walk away."

This marked the race walking debut of Marks and, we think, Turnbough. "'Debut' is an appropriate word," Marks said. "That's what hurts the most after one of these things."

Certainly, much credit must go to last-minute race director Joe Duncan, who actually left early, leaving details to Veva Spier.

- | | |
|------------------------|---------|
| 1. Roger Turnbough, 34 | 1:39:26 |
| 2. Eric Hedges, 45 | 1:39:34 |
| 3. Joe Marks, 53 | 1:56:34 |
| 4. Rob Spier, 68 | 2:07:09 |
| 5. Bill Taft, 75 | 2:23:20 |



Spring Couples' Run

2 p.m., May 19

Dinners-for-two certificates at Boone Tavern and Restaurant were awarded to age division winners (combined ages of participants) and to Bruce Neff for his second most accurate predicted time. (Closest predictor Linda Robbins graciously stepped aside as she and Tom LaFontaine had already earned dinners for winning their age division.) Anne Kaylen won the drawing for the final \$25 certificate. The awards were presented at the annual CTC picnic at Joe Marks' residence following the race. Race conditions: cool (for May) and overcast. Many thanks to volunteers Joe Duncan, Darlene and Ben Londeree and Mark Volek.

-- Don Lewis, Race Director

Finisher	Time	Seconds off predicted time
1. Larry Henze	28:26	36
2. Tom LaFontaine	29:14	14
3. Roger Turnbough	30:39	21
4. Michelle McFadden	30:40	40
5. Randy Smith	31:04	36
6. Tom Allen	31:37	23
7. Liz Bulman	31:54	106
8. Mike Little	32:27	17
9. Steve Baurichter	33:08	22
10. Julie Bergfeld	33:32	62
11. Dean Baxter	34:29	31
12. Larry Petterborg	34:43	17
13. Elmer Schlemper	34:51	66
14. Anne Kaylen	35:09	111
15. Linda Robbins	35:38	2
16. Vince Staudenmyer	35:44	43
17. Todd Schlapira	36:02	60
Susan Snider	36:02	60
19. Amy Petterborg	37:37	143
20. Jill Murphy	37:49	109
21. Fred Fritsch	38:07	68
22. Vicky Richardson	39:51	111
23. Bruce Neff	41:49	9
24. Nancy Fritsch	41:52	88
25. Boots Gerhardt	48:53	67
26. Joe Cragin	49:29	51
27. Jon Kruse (DNF)		

Teams

Over 100

(1) Fritsch & Fritsch, 79:59; (2) Gerhardt & Baxter, 83:22.

75-99

(1) Robbins & LaFontaine, 64:52; (2) Kaylen & Allen, 66:46; (3) Bergfeld & Schlemper, 68:23

62-74

(1) Bulman & Smith, 62:58; (2) McFadden & Little, 63:06; (3) Richardson & Staudenmyer, 75:35

Under 62

(1) Murphy & Henze, 66:14; (2) Snider & Schapira, 72:04, (3) Petterborg & Petterborg, 72:20

3-2-1 RACE

AGE	NAME	THREE MILE			TWO MILE		ONE MILE		TOTAL TIME
		SPLIT 1	SPLIT 2	SPLIT 3	SPLIT 1	SPLIT 2	FIRST 1/2	SECOND 1/2	
44	Tom LaFontaine	0:05:58	0:11:51	0:17:45	0:05:48	0:11:28	0:02:53	0:05:28	0:34:41
34	Roger Turnbough	0:05:52	0:11:54	0:18:08	0:05:50	0:12:01	0:02:43	0:05:30	0:35:39
55	Don Lewis	0:06:15	0:12:45	0:19:07	0:06:24	0:12:46	0:02:56	0:05:56	0:37:49
48	Tom Allen	0:06:15	0:12:37	0:19:09	0:06:25	0:12:53	0:03:03	0:06:08	0:38:10
55	Dean Baxter	0:06:33	0:13:24	0:20:20	0:06:54	0:13:37	0:03:15	0:06:21	0:40:18
40	Linda Robbins	0:06:55	0:13:58	0:21:06	0:06:54	0:13:51	0:03:20	0:06:46	0:41:43
62	Don Johnson	0:07:10	0:14:37	0:22:04	0:07:46	0:15:38	0:03:30	0:06:54	0:44:36
60+	Boots Gerhardt	0:09:05	0:19:20	0:29:45	0:09:36	0:20:11	0:04:42	0:09:41	0:59:37

The weather was in the 60's with an overcast sky. The track was in good shape after a shower the night before. Although the turnout for the race was small, those who participated had a good workout. Everyone completed all three of the events and when it was over shared in some fresh donuts. Dick and Carole Madsen served as race directors and got a light workout in between the 3 and 2 and 1. The runners trying to recover between races thought that Carole ran harder than necessary leading to less rest for them.

In the 10K walk, Eric Hedges completed the event in 1:04:01. Although the temperature wasn't too high, the humidity was and Eric is to be congratulated for persevering. Most of the walk was done on his own, but he received a standing ovation from the 3-2-1 participants as he finished. Good work, Eric.

COLUMBIA TC



Saint Clair

Missouri

4mile FESTIVAL DAYS RUN SATURDAY

6p.m. start

ST. CLAIR AREA CHAMBER OF COMMERCE

June 22

start location: St. Clair is located approx 55 miles west of St Louis on Hwy 44 (15 mi west of 6 FLAGS) take first St. Clair exit (Hwy 47/240) south on 47/N. Main, left on Old Hwy 66/Commercial, $\frac{1}{2}$ mi to Orchard Dr, left on Orchard Dr to City Park and Fairgrounds * see map below

registration: Pre-registration by this form, \$7.00 if postmarked by 6/17, \$25/family of 4 or more. Day of race- \$8.00/person, \$30.00/family sign up at front entrance of City Park (Orchard Dr) until 5:45p.m. send completed forms to/for more information:
the St. Clair Festival Runs 920 D- St. Clair Plaza Dr. St. Clair, MO 63077 call: the St. Clair Chamber of Commerce 1-629-1889

courses: 4mile from the city park, loop course around and thru the city of St. Clair, finishing on the fairgrounds to the sounds of SHA-BOOM **fun run** out and back from the city park at 6:50p.m.

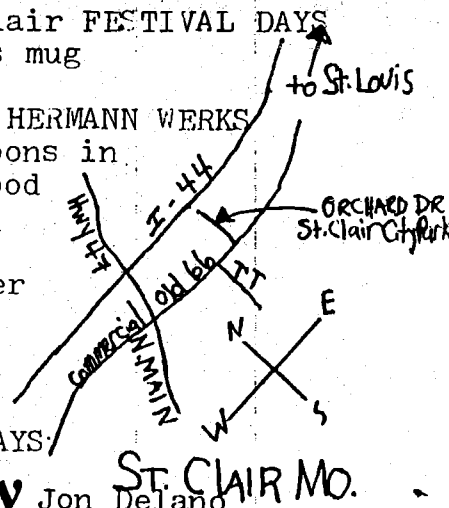
race packet: packet includes a ticket to the St. Clair FESTIVAL DAYS fairground, race number, St. Clair FESTIVAL DAYS glass mug

awards: overall and age group awards created by THE HERMANN WERKS number of awards based on participants. Finisher ribbons in fun run - please enter early in order to give us a good estimation of runners in individual age groups

refreshments: drink and fresh fruit provided after the runs to participants, family and friends

shower facilities: located near the race site, available to all participants. Come prepared to shower and stay for an evening at the '91 FESTIVAL DAYS

entertainment by SHA-BOOM **race directed by** Jon Delano



PLEASE

St. Clair Missouri FESTIVAL DAYS 4 MILE RUN/WALK 1991

Name _____ Age _____ Sex _____ Race Entered 5mi _____ Fun Run _____

Address _____ City _____ State _____

Zip _____ Phone # () _____ Entry Fee \$7.00/\$25 family-4 or more

RACE DAY REGISTRATION prior to 5:45p.m. \$8.00/per \$30/family

MAIL TO: St. Clair Missouri Festival Days Run/Walk 1991 postmark by 6/17

WAIVER OF LIABILITY: In consideration of my entry to the St. Clair Missouri Festival Days Run, I for myself, my heirs and assigns, executors and administrators, do hereby release the St. Clair Festival Days, St. Clair Chamber of Commerce, McDonalds of St. Clair, their heirs and agents from any and all claims or demands for damages or liability in any manner arising out of my participation in such event. I (above signed) certify that I have prepared myself for this event and that I am in adequate physical condition to complete the event I have entered. (CAUTION: Weather conditions generally very warm at this time of the year.)

Signature

Parent's Signature (if minor)

!!! 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.

**THE CARDIOVASCULAR HEALTH CLINIC OF THE MISSOURI HEART INSTITUTE AT
BOONE HOSPITAL CENTER IS OFFERING A UNIQUE PERFORMANCE ORIENTED
HEALTH AND FITNESS EVALUATION WHICH INCLUDES:**

1. Lactate Threshold/Transition Measurement (Treadmill or Bike)\$75.00
2. Body Composition: Ideal Performance Body Weight and Body Fat\$10.00
3. Postural, Biomechanics, Musculoskeletal Balance\$15.00
4. Cholesterol and HDL Measurement (Triglycerides if fasted 12 hrs)\$25.00
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 Threshold\$ 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; 1990 *TRIATHLON TODAY* All-American.

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; Member of 1967 National Collegiate Mile Relay Team and
440 Intermediate Hurdler, 8th 40-44 Age Group Triathlon Times rankings, 1990

**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
CARDIOVASCULAR HEALTH CLINIC 1701 EAST BROADWAY
COLUMBIA, MO 65201**

32ND ANNUAL HEART OF AMERICA MARATHON
LABOR DAY, SEPTEMBER 2, 1991 - COLUMBIA, MISSOURI

STARTING TIME: 6:00 a.m. CDT.

ELIGIBILITY: Race is open to anyone.

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 a course physician.

PRE-RACE MEETING: Sunday, September 1. Numbers will be handed out between 3:00 p.m. and 7:00 p.m. at Campus Inn and between 5:00 a.m. and 5:45 a.m. race day.

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. Rate: \$38.00 for 1 to 4 persons.

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 to the runner with the greatest percentage personal best improvement where the previous best (any year) is less than five hours. Awards will be presented at the Guitar Community Center, 8th and Broadway.

CERTIFICATION: Course has been certified by the Columbia Track Club.

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 maratahons have you completed? _____ Where and when was your most recent marathon?

Your best marathon time? _____ Where _____ When _____

Sponsored by Columbia Track Club, and
and University of Missouri Department of Health and Physical Education
Sept. 21-22 (noon to noon)

(The object is to walk 100 miles within a 24-hour period.)

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

AID: Water, ice, soft drinks, 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, shower and toilet facilities are adjacent to the track. Pacing by non-competitors will not be allowed. The all-weather track is slightly undulating.

PRE-RACE MEETING: 7: 00 pm, Friday, Sept. 20, 1991. A pre-race dinner and get-together of all entrants, handlers and families will be held at Royal Fork Buffet, Columbia Mall, south entrance located south of I-70 and adjacent to Route 740. Cost: \$6-\$7 per person (includes tax and tip).

HOUSING: Please note that several places used in the past have changed. Stephens Holiday Motel is no more; other Stephens motels continue. The Howard Johnson Motel is now an EconoLodge. Rodeway Inn (downtown) is now University Inn.

RACE DIRECTORS: Rob and Veva Spier, telephone 314-442-2126 (CTC President: Joe Marks
314-445-1919 or 882-6546

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 University of 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"_____

PRE-RACE DINNER: _____ I definitely will attend (number _____)

 I am uncertain about attendance

 I definitely will not attend

Return this form to: Columbia Track Club
PO Box 1872
Columbia, MO 65205



INDEPENDENCE DAY 5K

SPONSORED BY TABOR & BEAVERSON ROOFING COMPANY

WHEN? July 4, 1991 - Race to start at 8:00 A.M. sharp

WHERE? Race will run entirely in Rothwell Park located on the west side of Moberly starting near the Brangus pavilion. Showers and rest rooms are available at Douglas Youth Building next to Brangus pavilion.

AWARDS: Cash awards will be given to the top three (3) male and female finishers as follows:

Male 1st - \$100.00	Female 1st - \$ 75.00
2nd - \$ 50.00	2nd - \$ 40.00
3rd - \$ 25.00	3rd - \$ 20.00

In addition, plaques and medals will be given to the top three (3) places in the following age groups for both men and women:

18 and under	30 - 39	50 - 59
19 - 29	40 - 49	60 and over

Entry Fee: \$8.00 entry fee includes a free T-shirt to the first 125 entrants. Make checks payable to Tabor & Beaverson Roofing and mail to:

Race Director
Tabor & Beaverson Roofing Company
127 Kirby Street
Moberly, MO 65270

Packet Pickup: Race packets may be picked up beginning at 7:00 A.M. at the start / finish line located on the west side of the park.

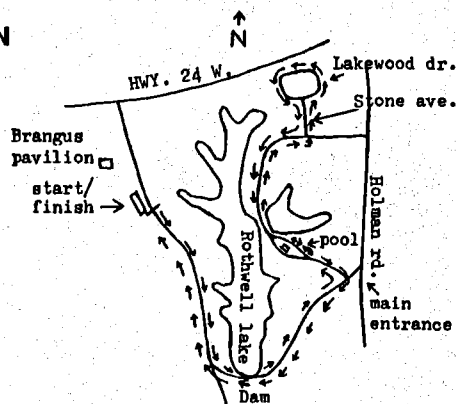
Weather: Race will be held regardless of weather conditions.

For any additional information please call Todd Beaverson at (816) 263 - 2557

COURSE DESCRIPTION

The race begins on the west side of Rothwell park on the main road and heads south, runs across the dam and toward the main entrance. Then, turn left toward the pool. Keep to the right (north) of the pool. Continue north to Stone Avenue, and turn left. Go north on Stone to Lakewood Drive. Turn right on Lakewood which makes a circle, and return to the finish by the same route. Remember to keep to the north of the pool both out and back.

This is an out and back course with gently rolling hills throughout on a closed course (except on Stone Avenue and Lakewood Drive which are residential).



ENTRY FORM

Name _____ Sex _____ Age _____

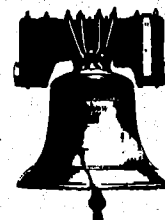
Address _____ City _____

State _____ Zip _____ Phone (____) _____ T-Shirt Size S M L XL

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge Tabor & Beaverson Roofing Company, its Owners and Partners, the City of Moberly, the Department of Parks and Recreation, 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 Thursday, July 4, 1991.

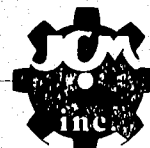
I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run personnel, my continuing would endanger my health.

SIGNED _____ Date _____
(must be signed by parent or guardian if under 18 years of age.)





CENTRAL MISSOURI ATHLETICS

**La Casa****Central Bank****Jeff-City
Printing, Inc.**

Summer Classic 10 K

10,000 Meter Run
Saturday, June 22, 1991
Jefferson City Memorial Airport
8:00 a.m.

Sponsored by: La Casa, Precision Art, Seven-Up, CMA, McDonald's, Jefferson City Mfg., Central Bank, J.P. Promotions, and Jeff-City Printing.

STARTING TIME/PLACE: 8:00 a.m., rain or shine. Jefferson City Memorial Airport north of Jefferson City. No locker or shower facilities. Come dressed to run.

COURSE: 10,000 meters (6.2 miles) - flat course, all paved, out and back. Race will start and finish in area of airport parking lot.

REGISTRATION: \$7.00 entry fee must be postmarked by Saturday, June 15. For entries postmarked after then until 7:30 a.m. on race day the fee is \$8.00. Register in person inside the airport on race day from 6:30 until 7:30 a.m. Entry form below must be completed and signed. Only one entry per form. Entry fee is not refundable.

T-SHIRTS: To first 75 registered entrants. Sizes are subject to availability.

RACE PACKETS: T-shirts and other race materials will be given from 6:30 - 7:30 a.m. on race day.

AWARDS: Number of awards proportional to entrants.

AGE DIVISIONS: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 and over.

RACE DIRECTORS: Joe Lenzini and the Jefferson City Roadrunners Club.
For more information, call 634-8325.

Proceeds to benefit the Cystic Fibrosis Foundation

RETURN COMPLETED FORM TO: Joe Lenzini, 1111 St. Mary's Blvd., Jefferson City, MO 65109.
Make check payable to Jefferson City Roadrunners Club.
\$7.00 entry fee if postmarked by June 15. \$8.00 thereafter.

PLEASE PRINT

Runner's Name _____ Age _____ Shirt Size: M L XL
(on 6/22/91) (circle one)

Street Address _____ Telephone _____

City _____ State _____ Zip _____ Male _____ Female _____

RELEASE: In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge La Casa, Precision Art, Seven-Up, CMA, Central Bank, McDonald's, J.C. Manufacturing, J.P. Promotions, Jeff-City Printing, and other sponsors and directors from all claims or damages, demands, actions, whatsoever in any manner or growing out of my participating in said athletic event. Further, I hereby grant full permission for the free use of my name and/or picture in any broadcast, telecast, or other account of this event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____
(Parents signature required if under 18 years of age.)

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
06/07	Fri	7:30 pm	Kohlfield Riverfest 5.25M/1M Runs	Cape Girardeau, MO	2
06/08	Sat	8:00 am	Nose Run for Fun 5K/2K	Overland Park, KS	3
06/08	Sat	8:00 am	Scoops of Fun 5K/1M Run	St. Louis, MO	4
06/08	Sat	8:30 am	Sgt. Meriwether 5K Run	Chokita, MO	5
06/09	Sun	7:30 am	Carondelet Classic 5K/1M Run	St. Louis, MO	6
06/15	Sat	8:00 am	Progressive Youth 4M/2M/1M	St. Louis, MO	7
06/15	Sat	8:00 am	Places for People 5M/2M Runs	St. Louis, MO	8
06/15	Sat	7:00 am	Southwest Illinois YMCA Triathlon	Bellefonte, IL	9
06/16	Sun	7:00 am	Father's Day 8K Run	Oak Grove, MO	10
06/22	Sat	8:00 am	Paul Revere 10K/2M Runs	Jefferson City, MO	11
06/22	Sat	8:00 am	Summer Classic 10K	St. Louis, MO	12
06/22	Sat	8:00 am	Brighton 5K/1M Runs	Brighton, IL	13
06/22	Sat	8:00 pm	St. Clair Festival Days 4 Mile Run	St. Clair, MO	14
06/23	Sun	7:00 am	Harvesters Heat to Eat Feat 8K/2K	Kansas City, MO	15
06/23	Sun	8:00 am	Bellefontaine Neighbors 4M/2M Runs	St. Louis, MO	16
06/23	Sun	8:00 am	Schnucks Salmon 5K Run	St. Louis, MO	17
06/28	Fri	9:15 pm	Cole Younger Night Flight 4M	Lee's Summit, MO	18
06/30	Sun	7:00 am	Kingsbury Summer Bathlon	Kansas City, KS	19
07/04	Thu	7:00 am	Lexus Plaza Classic Runs & Biking	Kansas City, MO	20
07/04	Thu	7:00 am	Diet Coke Freedom 10K Run	Lenexa, KS	21
07/04	Thu	8:00 am	Wildcat River Run 10K/2M/1M	Stanberry, MO	22
07/04	Thu	8:00 am	Independence Day 5K	Moberly, MO	23
07/04	Thu	7:00 pm	Flicraker Mile	Sedalia, MO	24
07/06	Sat	8:00 am	Beat the Heat 10K	Jefferson City, MO	25
07/07	Sun	7:00 am	South County YMCA Sprint Triathlon	Bolivar, MO	26
07/14	Sun	7:30 am	Riverfront Mile	St. Louis, MO	27
07/14	Sun	7:30 am	The Missouri River 8K/1M	Chesterfield, MO	28A
07/18	Thu	7:30 am	Mid-Summer Morning 5K	Overland Park, KS	29
07/18	Thu	7:30 pm	Twilight 5K	Kirkville, MO	30
07/27	Sat	7:30 am	Quad-City Times Bix 7 Miller	Davenport, IA	31
07/27	Sat	7:00 am	SINC Cross Country Kick-off	St. Louis, MO	1C
07/28	Sun	7:00 am	Gateway Summer Classic 15K/3K	Kirkwood, MO	28B

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

- 1 St. Louis Track Club 2385 Hampton Ave. Suite 101 St. Louis, MO 63139
314-781-3926 Raceline 781-3726 A. Forest Park B. Run on Market Street Downtown C.
- 2 Joy Gilbert/Cape Road Runners 2823 Hilldale Circle Cape Girardeau, MO 63701 314-335-3617
- 3 Noel Albert AAPA 7905 E. 134th Terrace Grandview, MO 64030
816-966-8164 or Don Markler 816-353-2931 Race run in Corporate Woods Park Scoops of Fun 7140 Waterman Ave. St. Louis, MO 63130 Starts at Union Station 314-721-5312

- 5 The SGT. Meriwether Run Cahokia Village Hall 103 Main St. Cahokia, IL 62206
- 6 314-752-6339 Starts in Carondelet Park
- 7 Progressive Youth Center 2842 N. Ballas St. Louis, MO 63131
- 8 314-569-1277 Races start at Ballas & Clayton Roads
- 9 S. McAdoo Places for People, Inc. 4120 Lindell Blvd. St. Louis, MO 63108 314-535-7463 M-F 8-4
- 10 YMCA of Southwest Illinois 9100 Lebanon Road Belleville, IL 62223
- 11 618-398-1745 500 meter swim 20K bike and 5K run
- 12 Embassy Suites Executive Hills North Platte Co. BPA 10920 Ambassador Drive Suite 531 Kansas City, MO 64153 816-891-9480
- 13 Audrey Griffin 810 E. 13th St. Oak Grove, MO 64075 816-625-4310 or 816-329-2424
- 14 Joe Lanzini 111 St. Mary's Blvd. Jefferson City, MO 65109 314-634-8325 Starts and finishes in Jefferson City Memorial Airport parking lot
- 15 Maryville College-St. Louis Athletic Department 13550 Conway Road St. Louis, MO 63141 Jack Morgan 314-576-9480
- 16 Harold Lewis, Race Director #29 Islander Drive Brighton, IL 62012
- 17 618-372-8758 Race run in Beatty Ann Park.
- 18 St. Clair Festival Days Run 920D St. Clair Plaza St. Clair, MO 63077 call St. Clair Parks Dept. 314-629-1889
- 19 Harvesters 1811 N. Topping Kansas City, MO 64120 Sherry Hooper or Judy Bell 816-231-3173
- 20 314-867-0700
- 21 Chamber of Commerce 610 SW 291 Hwy Lee's Summit, MO 64063 816-524-2424 Larry Velasquez 6050 Juniper Mission, KS 66205 913-362-5670 5K Run & target shooting
- 22 ALS 8340 Mission Rd., Suite 207 Prairie Village, KS 66206 913-648-2062 5K and 1M runs 0.8M loop bike criterium biking questions 913-383-9100 Races start at Country Club Plaza
- 23 Bill Nicks Lenexa Parks & Rec 13420 Oak St. Lenexa, KS 66215 913-541-8592
- 24 Stanberry Chamber of Commerce Stanberry, MO 64489 Starts at City Park Race Director Tabor & Beaverson Roofing Co. 127 Kirby St. Moberly, MO 65270 816-263-2557 Race run in Rothwell Park
- 25 816-826-0147 Sedalia's Running Club 905 W. 28th St. Sedalia, MO 65301 Jeff Mittelhauser Run in the State fairgrounds
- 26 Jefferson City Parks and Recreation 314-634-6482
- 27 Bolivar Coke 417-326-4412
- 28 South County YMCA Triathlon 12736 Southfork Road St. Louis, MO 63128 314-843-6703 0.25M swim 12M bike 2.6M run
- 29 Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017 314-434-9577 A. Run starts at Marathon Sports B. Meramec Community College
- 30 Peggy Donovan 6733 E. 126th St. Grandview, MO 64030 or Willy Payne 4309 Hickory Lane Blue Springs, MO 64015 816-229-4309
- 31 Dan Martin 210 S. Osteopathy Kirkville, MO 63501 816-626-2213
- 32 Quad-City Times Bix 7 P.O. Box 3774 Davenport, IA 52808-3774
- 33 Kansas City Track Club 620 W. 26th Street Kansas City, MO 616-471-2314 816-471-KCTC for recorded message of upcoming races
- 34 816-341-PHID Runners' Raceline

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*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 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.