

STEVE STONECIPHER-FISHER & LAURA LUCKERT ARE THE WINNERS IN THE
32nd ANNUAL HEART OF AMERICA MARATHON September 2, 1991

				1/2way	FINAL
1. Steve Stonecipher-Fisher	34	Columbia	MO	1:23:53	2:54:09
2. Dmitry Voldman	38	Lenexa	KS	1:30:26	2:55:18
3. David Dobkowski	33	Clayton	MO	1:30:26	2:58:00
4. Todd Beaverson	27	Moberly	MO	1:30:43	3:03:55
5. Mario Vazquez	37	Kansas City	MO	1:31:17	3:05:20
6. Jim Maxwell	37	San Diego	MO	1:35:12	3:12:05
7. Tom Whalen	25	Columbia	MO	1:35:17	3:13:39
8. Stephen Young	44	Jefferson City	MO	1:31:36	3:15:00
9. Frank Reedy	41	Clayton	MO	1:35:21	3:19:08
10. David Sechrest	38	Overland Park	KS	1:37:44	3:20:17
11. Bob Schottman	47	Athens	GA	1:40:40	3:20:48
12. Scott Simmons	22	Florissant	MO	1:35:26	3:21:22
13. Laura Luckert f	34	Prairie Village	KS	1:46:40	3:23:00
14. Patrick Magee	27	Columbia	MO	1:34:47	3:26:55
15. Blake Brooks	26	Columbia	MO	1:37:19	3:27:23
16. Ken Boyce	44	Liberty	MO	1:32:37	3:28:59
17. Kevin Sigrist	30	Jefferson City	MO	1:46:50	3:29:03
18. Mary Krosch	33	Sto Louis	MO	1:35:26	3:29:26
19. David Thompson	29	Scott AFB	IL	1:43:56	3:31:41
20. Mark Wilson	41	Hillsboro	MO	1:40:20	3:33:53
21. Greg Watson	26	Garden City	MO	1:38:04	3:36:54
22. Steven Bell	25	Fulton	MO	1:35:04	3:37:31
23. Clayton Mottaz	52	Overland Park	KS	1:44:10	3:38:04
24. Louis Joline	59	Lake Lotawana	MO	1:39:43	3:38:48
25. David Oldfield	46	Columbia	MO	1:46:18	3:39:03
26. Mike Kelty	33	Columbia	MO	1:51:37	3:41:48
27. Clark Oliver	47	Leawood	KS	1:46:40	3:42:18
28. Peter Sprengelmeyer	25	Columbia	MO	1:42:08	3:43:33
29. George Meriwether	49	Manchester	MO	1:43:18	3:45:52
30. J. R. Strawn	37	Columbia	MO	1:38:06	3:46:12
31. R. W. Berkey	54	Enumclaw	WA	1:44:00	3:48:24
32. Simon Rose	26	Columbia	MO	1:47:45	3:48:24.5
33. Michele Rottjakob f	25	Independence	MO	1:54:45	3:50:34
34. Robert Leonhart	37	O'Fallon	IL	1:44:10	3:50:37
35. Mark Kinsman	38	Signal Mtn.	TN	1:52:20	3:51:51
36. Bob Dolphin	61	Yakima	WA	1:44:46	3:52:05
37. Dave Jablonowski	31	Champaign	IL	1:52:56	3:55:15
38. Mark Lidman	43	Blue Springs	MO	1:54:41	3:55:55
39. Jeff Perry	31	Roeland Park	KS	1:54:45	3:55:56
40. Mark Wood	31	Columbia	MO	1:42:09	3:57:19
41. Bob Risser	51	Cameron	MO	2:07:36	3:58:13
42. Bill Woolsey	49	Overland Park	KS	1:45:53	3:58:13.5
43. Mianne Underwood f	27	Kansas City	MO	1:58:47	3:58:16
44. Sharon Liese f	33	Overland Park	KS	1:57:32	4:02:00
45. Jim Perkins	42	Omaha	NE	1:51:50	4:06:49
46. Donald Zirbel	49	Siouz City	IA	1:53:57	4:07:36
47. Ed Goss	40	Columbia	MO	1:54:28	4:11:05
48. Carole Schottman f	46	Athens	GA	1:58:58	4:11:16
49. Don Johnson	62	Centralia	MO	2:04:55	4:12:18
50. William Drennan	31	St Louis	MO	2:06:06	4:14:34

Columbia Track Club News

Volume XXIII No. 9

September 12, 1991

From The Top...

Heart of America Marathon

This event is one of the highlights of the year! The 3rd toughest and fourth oldest marathon in the country; and quite a turn out this year considering the difficulty of the course. Nearly 30 finishers on a humid and rainy 75 degree morning.

Bob Dolphin milestone 100th Marathon + event

Once again Joe Duncan put together a race that was both well organized and greatly appreciated. Results through 50th on attached.

Special thanks to Steve Kissane and the Hickman Kewpie Cross Country Teams for manning and womaning the aide stations. Other aide station volunteers the Ray Cope family, the Mike Robbins family, John Kruse and Gwen (Pat McGee's friend). Also many thanks to the companies that donated aide station supplies:

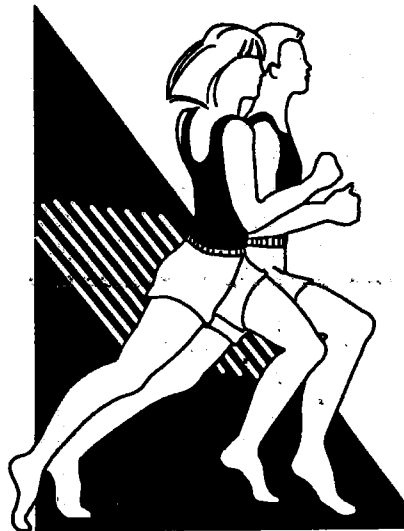
Central Dairy
Taco Bell
Gerbes
Nowells
&
Sams

Steve's Training Tip - Efficient Speed Training

There is some value in 60 second quarters for a distance runner, but most speed work should be more closely matched to your race pace. Once or twice a week you should do speed work that totals 1/3 to 2/3 of your race distance at your approximate race pace. This amount of running should be accomplished in three or more intervals of running in order to simulate the physical feedback you will get during a race. This will allow you to be more efficient with your training. Combined with the proper recovery miles the long term effect will be faster racing.

Welcome New Members!

Columbia
Tom Collier
Jon French
Tamara Gegg
Connie Swetz.
Marilyn Upton
Lori Canfield
Tim Garvey
Dan Kelly
Moberly
Todd Beaverson
Sturgeon
Lori Thweatt



Other Notable News...

Cross Country Race - September 14th has been- Cancelled.

Boone Baby 5K - A Family Run/Walk Saturday September 21 @ 5:00 P.M. applications are available area sporting good stores, and Boone Hospital Visitor's Lobby. Entry deadline is September 17th. If you have questions call 875-6400. We want to know if Joe Marks qualifies for the Scoot Scurry or Sprint race!

100 Mile Walk

The 100 mile walk will be on September 21 & 22. Contact Rob Spier 442-2126 to volunteer. This is another event that can not happen without help - so all of you runners lend your support.

Heart of Missouri Biathlon

October 13th Sunday @ 8:00 Start at Route B near North Brown Station Road. Individual and team competition. \$10.00 entry fee for individual or per team member. Entry forms available at Tryathletics and attached.

Jingle Bell 5K will be taking place again in December. We need both a race director and a volunteer's coordinator. More details in the October newsletter.

Ultra-event on the Katy Trail??

Spurred by the news that several members of our club ran from Rocheport to Jefferson City a group from K.C. will be sending information regarding those interested. They would like for CTC to host the event - feedback?? Race Director?? Volunteers??? Call Steve. 443-8875

Remember, we need your contributions to the newsletter. Steve and Kim run out of information quickly and have to use graphics and very large lettering and many words to fill the required space!!

Let us know what is happening. It can be personal in nature; new babies, weddings and PR's or PW's such as Steve's recent Heart of America Marathon!.

Results H of A Marathon continued. . .

51. Marie George	f	27	St. Louis	MO	1:56:09	4:15:17
52. John Payne		41	Topeka	KS	2:06:08	4:20:37
53. Don Meyer		46	Nashville	TN	1:57:32	4:25:30
54. David Vent		54	Spokane	WA	2:10:45	4:28:25
55. lyle Langlois		61	Phoenix	AZ	2:10:45	4:28:25
56. JackHudson		46	Mexico	MO	2:09:35	4:40:35
57. Sarah Risser	f	51	Cameron	MO	2:15:45	4:44:53
58. Janice Minner	f	34	Cottage Hills	IL	2:12:35	4:45:11
59. Cheryl Simmons	f	47	Florissant	MO	2:18:25	4:53:23
60. John Whiteside		41	Columbia	MO	2:06:35	4:55:51
61. John Patton		39	Columbia	MO	2:06:40	4:55:52
62. Ian Durie		28	Alton	IL	2:12:35	5:04:38
63. tom Morgan		44	St. Louis	MO	2:12:24	5:39:10
64. Sandra Fritz	f racewalker	45	Fulton	MO		6:05:06

NOTES:

Weather conditions were much better than last year's heat bath, some 20 degrees cooler (low 70's), 100 % cloud cover throughout, a fairly gentle rain from 1½ hours on, but there was high humidity (close to 100%) and that may explain why times were slower than last year in many instances. The conditions were tough.

With a mere 35 miles a week training, STEVE STONECIPHER-FISHER completed his third H of A Marathon and took away his third victory, this one going with his 2:35:32 of 1980 and a 2:33:38 in 1988. Steve is the fourth 3-time winner of H of A (Tim Hendricks has 5 wins, Jon Herbert and Frank Curotto 3 each), but no one has H of A wins 11 years apart. Steve wanted a relaxed 2:45. At ½ way that is about where he was, having been accompanied by Dru Dixon who was here for the first time since 1983 when he ran 2:46:34. This was not Dru's day and by 15 miles Steve was on his own, and no doubt his idea was to ease it on in to the finish, his last half being some 6½ minutes slower than the first.

Steve wasn't able to relax too much, however, because DMITRY VOLDMAN was coming on with a rush having made a decision to go out slowly and finish fast in contrast to last year when he led for 25 miles with nothing left to respond to David Dobkowski's closing effort. This time Volman was 1:30:26 for the first half (1:21:24 last year) and 1:24:52 (1:33:16 in '90) over the second. At 21 miles he was a whopping 7:05 behind S-F, 4:10 at 24 and only 1:09 at the 7th and Broadway finish.

DOBKOWSKI, last years winner, ran with Voldman for the first 17 miles or so but was unable to duplicate his closing rush of '90 finishing some 6 minutes behind his winning time of '90 despite the ostensibly better weather conditions.

BOB DOLPHIN ran his first marathon here 10 years ago. He ran H of A this year--his 100th marathon (including several ultras). His time this year was over a minute faster than 10 years ago, but, consider he ran an amazing 3:09:31 in '88 at age 59!

DAVE VENT had run 76 marathons prior to Labor Day weekend. He is now up to 79. On Saturday he ran the Port Huron Michigan Marathon, On Sunday the Tupelo, MS marathon, then H of A on Monday. SCOTT SIMMONS won the Schulte Award for improved performance going 4:10:33 to 3:21:25, a 19.6% improvement.

OUR HAT IS OFF to all those who helped so much to make the Heart of America Marathon a success. Especially to Kim Stonecipher-Fisher who was in charge of the Aid Stations. She was ably assisted by a cadre of cross country athletes from Hickman led by their coaches Steve Kissane and Norris Kruse. Then there were Joe Marks, Linda Price, Ben Londeree, John Wilke, Heather Schottman (her parents were back for H of A having left Columbia and CTC 10 years ago for Athens, GA. They each took home a trophy, Bob for 3rd, 40-49 and Carole for 1st 40+), Joyce Schulte, Bob Humphreys, Elmer Schlemper, Mike Nichols, Rich Harris, Keith Gangidino, Eric Niewoehner, Fren & Nancy Fritsch, Gene Bard, Jim Crosby, Larry Petterborg, Eric Mumford, the course physician::Dr. Sid Leeper, Nowell's donated fruit, and Joe Machens Ford a bright red '92 pickup. THANKS TO ALL OF YOU!

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
09/14	Sat	8:00 am	Good Neighbor 4 Mile Run	St. Louis, MO	2A
09/14	Sat	9:00 am	Coors Pure Water 2000 Triathlon	Cape Girardeau, MO	3
09/15	Sun	7:30 am	Mission Sunflower 10K/5K Run	Mission, KS	4
09/15	Sun	8:30 am	St. Joseph's Hospital/Fenton Fitness 5K	Fenton, MO	5
09/19	Thu	6:15 pm	Run for Reading 5K	St. Louis, MO	6
09/21	Sat		YMCA Pony Express 1/2 Marat/10K/5K	St. Joseph's, MO	7
09/22	Sun	7:30 am	Parkmoor 8K/5K	Clayton, MO	2B
09/22	Sun	9:00 am	Run for Awareness 5K/2K	Edwardsville, IL	8
09/28	Sat	8:00 am	Osteopathic 10K/3K Runs	Farmington, MO	9
09/28	Sat	8:00 am	Hike for the Homeless 5M/5K	St. Louis, MO	10
09/28	Sat	9:00 am	Sacred Heart Octoberfest 5K/1M	Florissant, MO	11
09/28	Sat	10:00 am	YMCA of the Ozarks World Servive 5K/1M	Potosi, MO	12
09/29	Sun	8:00 am	West County Fall Foot Race 5K/3K	Creve Coeur, MO	2C
09/29	Sun	8:00 am	Overland Trails Historical Run 5K	Overland, MO	13
09/29	Sun	9:00 am	Cliffhanger 10K/5K	Kansas City, MO	14
09/29	Sat	7:30 am	First Family 5K/1M	O'Fallon, MO	15
10/05	Sat	8:00 am	The Elms Resort Hotel 5K Run	Kansas City, MO	16
10/06	Sun	7:30 am	Canon Half Marathon 5K/1M	Cape Girardeau, MO	17
10/06	Sun		The Women's Run 10K/5K	Kansas City, MO	18
10/12	Sat	8:00 am	Cougar Classic 5K/1M	St. Louis, MO	19
10/12	Sat		Monsanto/YMCA Run to the Arch	St. Louis, MO	20
10/13	Sun	8:00 am	Neat Feat West County 8K/1M Runs	Manchester, MO	21
10/19	Sat	8:00 am	Multi-bran Chex 5M/1M Runs	St. Louis, MO	1A
10/19	Sat		Armour Hills 5K	Kansas City, MO	22
10/20	Sun	8:00 am	Southwest Illinois Half Marathon/5K	Belleville, IL	23
10/26	Sat	7:30 am	Costume Ball 5K/1M Run 'N Roll	St. Louis, MO	24
10/26	Sat	8:30 am	Epworth Scary Scurry 4M	Webster Groves, MO	25
10/26	Sat	9:00 am	SLTC Cross Country Series 4K	Kirkwood, MO	1B
10/27	Sun		Humana Prime Health Marathon/10K	Kansas City, MO	22
10/27	Sun	8:00 am	Keefer's 10K/2.2M	Webster Groves, MO	26
10/27	Sun	8:00 am	Glendale Firehouse 5M/2M/1M	St. Louis, MO	27
10/27	Sun	1:00 pm	SLTC Cross Country Series 5K	St. Louis, MO	1B
11/24	Sun	8:00 am	St. Louis Marathon/Deaconess 4M	St. Louis, MO	1C
11/30	Sat	10:00 am	Great River Road 10M/2M Runs	Alton, IL	28

* 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. Ralston Purina Company headquarters
9th and Chouteau B. Kirkwood and Blackburn Parks respectively C. Start
at Kiener Plaza & finishes at Soldier's Memorial Chestnut & 14th
- 2 Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017
314-434-9577 A. St. John's Mercy Medical Center, Ballas & Conway Rds.
B. Parkmoor restaurant Clayton & Big Bend Rds. C. West County Sports
Fitness and Rehabilitation Center 11628 Old Ballas Road 314-567-1105
- 3 Scott Williams 314-335-5421 1/2M swim, 13M bike, 3M run
- 4 Mission Chamber of Commerce 5960 Dearborn Suite 107 Mission, KS 66202
913-262-2141 Starts at Pyramid Life Bldg 6201 Johnson Dr.

- 5 St. Joseph Hospital of Kirkwood Public Relations Dept. 525 Couch Ave
Kirkwood, MO 63122 314-966-1666 Starts at Fenton Park
- 6 Central Library 1301 Olive Street St. Louis, MO 63131 314-539-0343
- 7 St. Joseph's Family YMCA 315 S. 6th St. St. Joseph's, MO 64501
816-232-3344
- 8 Brenda Mersinger Dors P.O. Box 218 Alton, IL 62002 618-465-7190
or Jane Dabbs 618-692-3782 Race at SIU-Edwardsville Circle Drive
- 9 Mike Sullivan 314-756-4581
- 10 St. Patric Center 1200 N. Sixth St. St. Louis, MO 63106 314-621-1283
or 314-436-7070 Kiener Plaza start
- 11 Pat Patrico 1486 Somerset Shire Florissant, MO 63031
- 12 YMCA of the Ozarks Route 2 Potosi, MO 63664
- 13 Overland City Hall 9119 Lackland Rd. Overland, MO 63114
- 14 Cliffhanger 10K-5K 4222 Wyoming Kansas City, MO 64111 816-741-2314
- 15 5K Run 1713 Winter Hill Dr. O'Fallon, MO 63366 314-272-1052
- 16 The Community Blood Center of Greater Kansas City 4040 Main St. Kansas
City, MO 64111 816-531-6121
- 17 Joy Gilbert 2823 Hildale Cir. Cape Girardeau, MO 63701 314-335-3617
- 18 Women's Resource Ctr./St. Luke's Hospital of KC Wornall Rd. at 44th
Kansas City, MO 64111 816-932-2010
- 19 Cougar Classic 8542 Elgin St. Louis, MO 63123 314-481-5216
- 20 314-436-1177 3 different length runs all ending at the Arch
- 21 West County 8K U.F.C.W. Local 655 300 Weidman Road Manchester, MO
63011 314-394-6500 ext. 262 Terry Bowman
- 22 Betsy Titterington 5001 State Line Kansas City, MO 64112 816-531-2387
- 23 The YMCA of Southwest Illinois 9100 Lebanon Rd. Belleville, IL 62223
618-398-1745
- 24 Lift for Life Gym 4475 West Pine #801 St. Louis, MO 63108 314-535-2771
- 25 Epworth Children's Home 110 N. Elm Webster Groves, MO 63119
314-961-5718
- 26 314-961-7001
- 27 314-965-0000
- 28 River Road Run 457 Sullivan East Alton, IL 62024
- 29 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

10TH ANNUAL 4 MILE SOYBEAN RUN

SPONSORED BY:

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

FOR BENEFIT OF:

MEXICO RECREATION ASSOCIATION

DATE: OCTOBER 6, 1991 — 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+

TROPHIES AND MEDALS TO 1ST

5 PLACES IN SOME AGE
GROUPS.

T-SHIRTS TO ALL
WALKERS & RUNNERS

FOR INFORMATION

CALL

314-581-0515

ENTRY FEE: \$6.00

(AFTER OCT. 1, 1991 - \$8.00)

MAIL CHECKS TO:

BARB ZUROWESTE

P.O. BOX 431

MEXICO, MO 65265

**ENTRY FORMS: MAY BE
PICKED UP AT YMCA,
LIBRARY, OR THOENEN'S
SPORTING GOODS**

ENTRY BLANK

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE # _____

AGE ON 10/7/91 _____ ☐ 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, 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 _____

(If under 18, Parent or Guardian)

DATE _____

**REFRESHMENTS AND FOOD FURNISHED BY
HICKMAN'S FOODLAND AND PEPSI COLA BOTTLING COMPANY**

ENTRY FORMS

Individual Registration

Name _____
Last First Middle

Address _____

City _____ State _____ Zip _____ Sex: ☐ M ☐ F

Age on September 21, 1991 _____ Birthdate _____

Entering special category ☐ Y ☐ N (If you mark yes, please also complete the form below.) BHC Employee? ☐ Y ☐ N

Are you a Boone Baby? ☐ Y ☐ N If not, do you wish you were? ☐ Y ☐ N T-shirt Size S M L XL

NOTE: Entrants are only eligible to enter either special category prizes or individual prizes. You must indicate above if you are entering a special category.

Special Category Registration

Team category being entered _____
(teams must submit entry forms together)

Special category being entered _____

Other team members 1. _____ 2. _____

Waiver: (participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware that I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks which are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his judgment will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the Boone Baby 5K, I hereby, for myself, heirs, personal representatives, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Boone Hospital Center, the Christian Health System, the Columbia Track Club, the City of Columbia, Gerbes Supermarkets, TCBY, Pepsi, G.T.E., KOMU-TV, KFRU Radio including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. 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 signature if under 18.

Mail with entry fee by 5 p.m., September 17, 1991, to: Boone Baby 5K, 1701 East Broadway, Columbia, MO 65201.

Entrants in the Kids Dash must fill out this special entry form, sign the above waiver and mail to Run Headquarters to be eligible.

KIDS DASH

A special non-competitive event for all kids

The Kids Dash is a non-competitive fun event to be held immediately following the Boone Baby 5K in the Stephens Park Medical Building parking lot during the Boone Baby Bash. All entrants will receive a special premium.

► Scoot: Designed for children age 1 and under. ► Scurry: Designed for children ages 1-3. ► Sprint: Designed for children ages 3-5.

Name _____

Address _____

City _____ State _____ Zip _____

Age on September 21, 1991 _____ Birthdate _____

Entering which category: (check one) Scoot ☐ Scurry ☐ Sprint ☐ Parents signature _____

Detach and mail with entry fee by 5 p.m., September 17, 1991. The Kids Dash will be cancelled if weather is inclement.

Heart of Missouri Blathlon
Sponsored by Columbia Track Club & Columbia Bicycle Club
October 13, 1991 8:00a.m.

Starts at Route B and North Brown Station Road (near start of weekly CBC time trials)

4 Mile Run / 20 mile Bike / 4 Mile Run

Bicyclists must wear protective helmets. Athletes must observe all traffic rules. No drafting! No assistance of any kind is allowed during the ride or transitions. Race director reserves the right to modify the distance or the course if conditions require.

Team & Individual Competition: Individuals must complete both the run and bike portions of the biathlons to be eligible for awards. Teams consist of two people. One runs, then hands off to the cyclist, then back to the runner.

Field Limit: The field will be restricted to the first 100 individuals and teams. Racks will hold approximately 50 bikes.

Entry fee and deadline: The non-refundable entry fee, if received by October 1, 1991 is \$10 per person; \$20 for teams. You may also enter on race day. Late and race day entry fee is \$15 for individuals and \$25 for teams.

Awards: T-Shirts to all pre-registered participants.

Awards, including merchandise, will be given as follows:

Individuals, both male and female, in these age categories --- three each in 19 and under, 20-29, 30-39, 40-49, 50+over.

Teams: Members of the top four teams will receive an award, as will members of the top male-female and female-female teams.

Packet Pickup: Entrants may pick up packets or register at 6:30-7:30 a.m. You may also register by mail. See form below.

For additional information, call Joe Marks at (314)882-6546 or (314)445-1919.

Please print neatly or type

Name: _____ Sex: _____

Street Address: _____ Age: _____

City, State, Zip _____ Date of Birth: _____

Phone Number: _____ Shirt Size: M L XL

Runner: _____ Cyclist: _____

Enclose \$10 for individual entry \$20 for team. Make checks payable to Columbia Track Club and mail entry form to CTC, Box 1872, Columbia, MO 65205

Waiver:

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge any and all sponsors and participants from all damages, demands, actions and abuses of action whatsoever in any manner arising or growing out of participation in said event. I certify that I have trained for this distance or longer regularly in weeks just prior to the event.

Signature(s) of Participant(s). Parent or Guardian must sign if entrant is under age 18.

Columbia Track Club News

P.O. Box 1872
Columbia, MO 65205

Non-profit Organization
U. S. Postage Paid
Columbia, MO
Permit #226

Joe Duncan
2980 Maple Bluff Drive
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 in an area of 8 x 10 (full page) or 8 x 5 (half page). Rates are \$25.00 for a full page and \$15.00 for a half page. These rates also apply to race entry forms, unless they are from a reciprocating club. Any submitted item must be typewritten and turned in by the 5th of the month.