

Columbia Track Club News

Volume XXVI Number 5

July 1993

Starting young

The Columbia Parks and Recreation Department is putting on a Kids' Triathlon beginning at 9 a.m., Saturday, July 17, at the Twin Lakes Recreation Area on Chapel Hill Road.

There are three age groups, for 7-9-year-olds, 10-12-year-olds and 13-14-year-olds. The youngest group competes in a 25-yard swim, 1.5-mile bike and half-mile run. The older two groups compete in a 50-yard swim, 3.1-mile bike and 1.5-mile run.

Competition is limited to 60 entries. Entry fees are \$5 for individuals and \$7 for teams.

Contact the Parks and Recreation Department at 874-7460.

MKT run scheduled

A 5K run/walk is planned on the MKT Trail for Saturday, Sept. 25. The Wesley Foundation of the Columbia United Methodist Campus Ministries is sponsoring the event as a service project.

Entry forms will be available by Aug. 6 at Tryathletics and at the Wesley Foundation office (204 S. Ninth St., third floor). For more information, contact race director Douglas Hurt at 449-4325.

Starts and Stops

Torch song

Runners from the CTC are needed for the Torch Run preceding the Show-Me State Games. The run is scheduled for Friday, July 23, and the CTC traditionally has carried the torch from KOMU-TV to the Broadway exit, then to College Avenue. The club also runs the torch from Shelter Gardens to University Hospital and Clinics.

Anyone interested can contact CTC President Joe Marks (445-1919). For more information on the Torch Run, contact Courtney Gaunt or Kris Koederitz at the Convention and Visitors Bureau (875-1231).

Clinic visit

The second of two clinics put on by the CTC will be at 6 p.m., Wednesday, July 21 at the Hickman Track. Coach Wayne Armbrust and runners Steve Stonecipher-Fisher and Michele McFadden will conduct the clinic on road racing.

Topics covered will include running biomechanics and training methods.

The first clinic on July 14 was on racewalking. These clinics are put on as part of the CTC's Summer Series. Anyone is welcome to attend.

Upcoming events

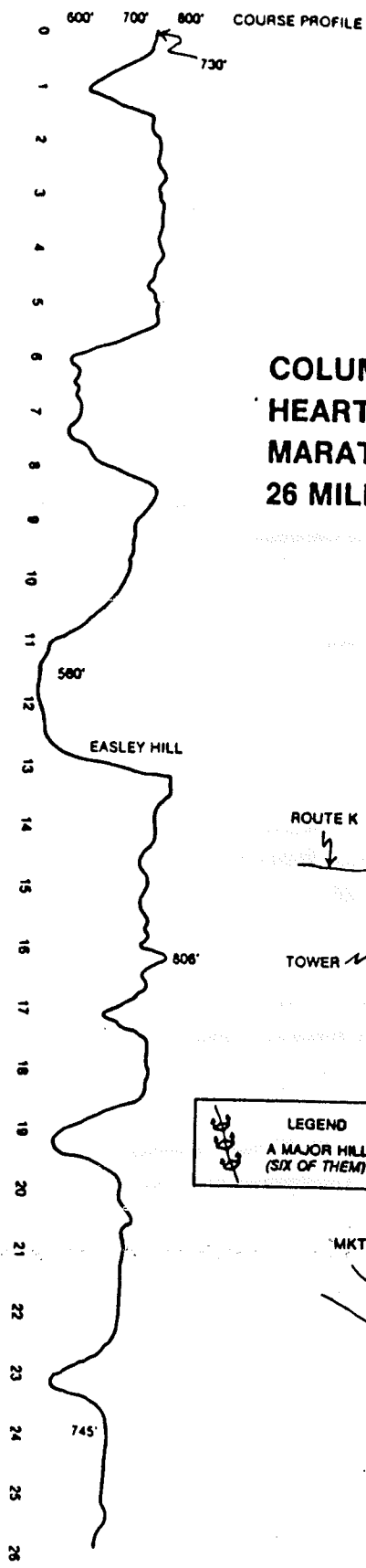
The CTC's next event is the Great Sandbagger 10K at 7 a.m., Saturday, Aug. 7. The race has a staggered start, beginning at the West Broadway Swim Club.

The race director is Roger Turnbough (445-1225), and pre-registration runs July 15-Aug. 1.

A month after the Great Sandbagger comes the Heart of America Marathon. It begins at 6 a.m., Monday, Sept. 6. Race director Joe Duncan (445-2684) still needs volunteers to help put on this annual event.

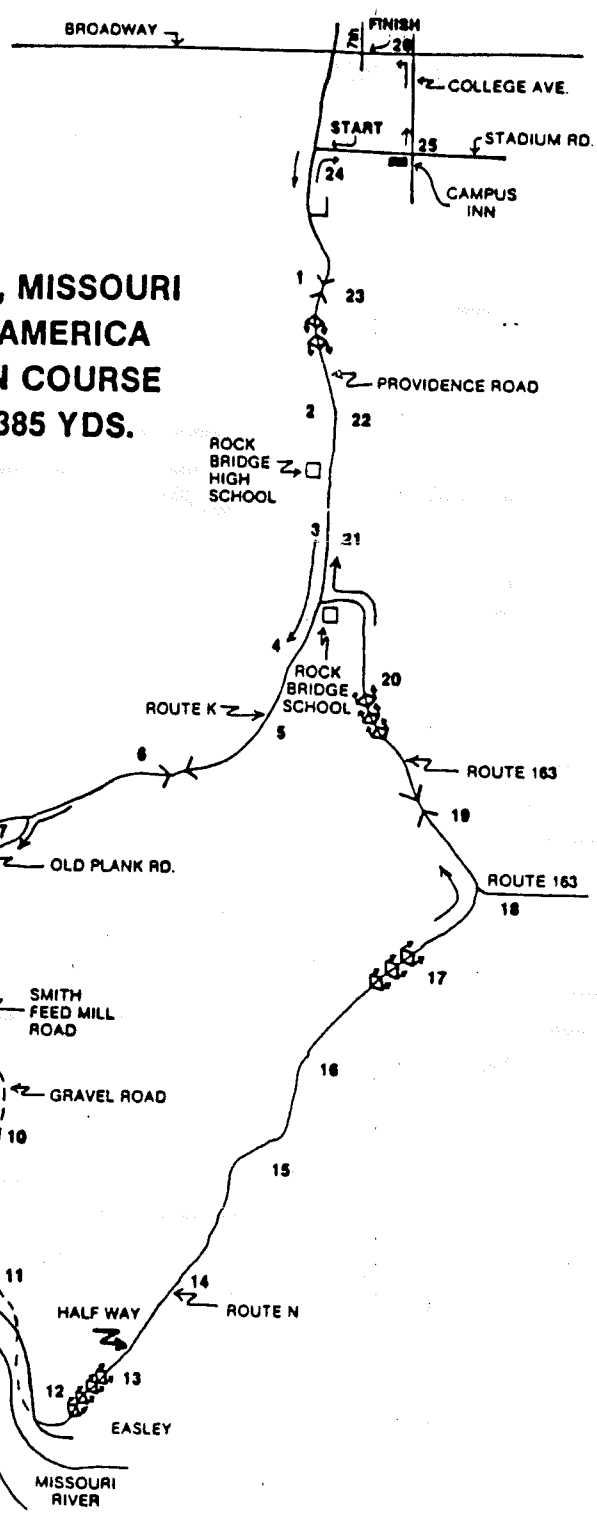
Upcoming non-CTC races include the Show-Me State Games 5K and track events.

The Show-Me Games road race and racewalk is Aug. 1, but competitors must have qualified at districts. The track finals are July 23-24 (sub-masters) and July 25 (masters) at Lincoln University in Jefferson City. Call 882-2101 for more information.



**COLUMBIA, MISSOURI
HEART OF AMERICA
MARATHON COURSE
26 MILES 385 YDS.**

LEGEND
A MAJOR HILL
(SIX OF THEM)



34TH ANNUAL HEART OF AMERICA MARATHON
LABOR DAY, SEPTEMBER 6, 1993 - 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 5.
- 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 5. 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:** Awards to first 6 male finishers and first 3 female finishers. Awards to first 3 male finishers in 40-49 age group and to first woman 40 or over. Awards to the first two over 50 finishers. Marathon t-shirts and participant medals 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 as near 10:00 a.m. as possible.
- 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 for damages which I might have against the City of Columbia, Missouri, or the Columbia Track Club for any and all injuries suffered by me as a result of this event.

Print Name _____

Signature _____ Birthdate _____ Age _____

Address _____ City _____ State _____ 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? _____

1993 CTC Schedule of Events

(Note: All events of 10K or less are walking as well as running events)

<u>Day/Date/Time</u>	<u>Event</u>	<u>Dist.</u>	<u>Fee</u>	<u>Race director(s)</u>	<u>Phone</u>	<u>Start location</u>	<u>Misc. info</u>
Sat/8-7 7 a.m.	Great Sandbagger	10-K	\$3	Roger Turnbough	445-1225	West Broadway Swim Club	Awards, staggered start
Mon/9-6 6 a.m.	Heart of America Marathon	26.2-M	\$10	Joe Duncan	445-2684	Near Campus Inn	34th annual, Tees, awards
Sat/9-11 8 a.m.	X-Country Run for the Ducks	2-M	\$3	Joe Duncan	445-2684	Bethel Park	Prizes
Sat/9-18 5 p.m.	Boone Hospital Boone Baby Run	5-K	\$10	Rick Rother, Mark Volek	875-3876	Boone Hospital	Long-sleeve Tees, awards, entertainmt
Sat/10-2 7 a.m.	Runner's Choice	10/20-K	\$3	Joe Marks	445-1919	Holiday Inn Executive Center	Equiv. formula awards
Sun/11-7	CTC/SLTC/JCTC? Cross-country Run	3-M XC	\$3	Wayne Armbrust	445-6675	Lake of Woods Golf Course	Cross country team competition
Sat/12-4 8:30 a.m.	Jingle Bell Run	5-K	\$6	Linda Price Joe Marks	443-8081 445-1919	University Hosp.	Awards
Sat/12-11 8:30 a.m. 9 a.m.	Cheese & Srkraut run/walk	10-M	\$3	Sam Van Maanen	449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

Summer youth program participants meet each Wednesday at 6 p.m., from mid-June through July. Running events, high jump, long jump, 1-mile fun run and competitive walks are included for youth program alumni, parents and others.

Other selected events:

Thu/7-15 Kirksville, 7:45 p.m. -- Twilight Tot Trot, 5K and 1M. Contact: 665-1922 or 622-2214.

Sat/9-25 Columbia, 8:30 a.m. -- Run Away With Wesley 5K run/walk. Contact: 449-4325.

NOTE: Anyone with information on any other events of interest should feel free to submit them for inclusion on this list.

Columbia Track Club News

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