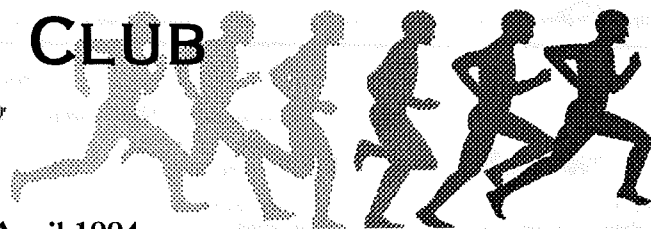


COLUMBIA TRACK CLUB **NEWS**



Volume XXVII No. 4

April 1994

CTC results

15-K run and walk, March 26

Bob Elliott won among 13 entries on a rainy, chilly morning in 54:43, with Phil Haberstock second in 57:12.

Other runners: Cyril Pliquet (1:03:38), Dan Kelly (1:06:21), Joe Marks (1:13:10), Linda Robbins (1:13:10), Bill Ulrick (1:14:01), Jim O'Dell (1:17:28), George Maginnis (1:20:04), Carl Myers (1:20:04) and Caleb O'Dell (1:29:58). The two walkers: Albert Leibold, Moundridge, Kan. (1:24:21) and Alex Major, Eldon, Iowa (1:24:27).

Alternate quarters relay, April 2

Linda Robbins and Tom LaFontaine claimed victory in the final 30 yards. They were first among nine teams at Hickman track in 27:50.1. Jeff Jaspers and Rick McAllister were second in 27:51.9.

Other teams: Noelle Marchland-Koch/Steve Kissane (28:09.2), Caleb O'Dell/Wayne Dusen (28:33.2), Jim O'Dell/Dick Hessler (28:42.5), Joe Duncan/Jim Thorne (28:59.5), Don Walzman/Joe Marks (33:10.4), Carl Meyers/Justin Meyers (33:43.8) and Greg Thackery/Phil Wood (34:07.3).

Thanks to helpers Mike and Carol Little and Stacy Reed, as well as to Boone Hospital Center for prizes.

To run is Human

The Human Race is doing quite nicely, thank you.

CTC President and Race Director Joe Marks says he expects about 200 entries for the 5-mile race (down from the traditional 10-K).

The race will begin at 8 a.m. near Bethel Park (see map). The entry deadline is Monday, April 18, but Joe grudgingly says he would take late entries.

Entry forms were included in the last newsletter and are available at Tryathletics.

REMEMBERING A RUNNER

A friend and CTC member was lost when Elmer Schlemper died in his sleep on April 5. He was 54.

Elmer, who was chairman of the chemistry department at M.U., was training for the Boston Marathon. He had been an M.U. faculty member since 1966.

Memorials may be made to the Gideons International or to the M.U. chemistry department.

The CTC summer youth program begins at 6 p.m. June 15 at the

Hickman track. This popular program runs for six consecutive Wednesdays at a cost of \$1 for the entire six weeks.

Competition is open to all youths 17 and under. The program is made up of four running events (200 meters, 400 meters, 800 meters and mile), a 1-mile walk and the long jump. Last year, we added the 200, which proved to be popular, and dropped 2- and 3-mile runs. If enough runners want a 2- or 3-mile run,

Youth program set for summer

we can add that back to the program.

Ribbons are awarded to the first five finishers in each event, with runners grouped by sex and age (7 and under, 8-9, 10-11, 12-13, 14-15 and 16-17). We award trophies to the first-place winners on the final week.

Experienced CTC runners help with the program and coach the kids in proper techniques.

If you have any questions, call Tom Allen (449-5655) or Dick Hessler (874-2906).

1994 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/Distance</u>	<u>Fee</u>	<u>Race director(s)/Phone</u>	<u>Start location</u>	<u>Misc. information</u>
Sat, 4-23 8 a.m.	Human Race, 5-M	\$10	Joe Marks, 445-1919	Bethel Park	Age grouped, awards, April 18 entry deadline
Sun, 5-15 2 p.m.	Spring Couples run/walk, 5-M (individuals welcome)	**	Don Lewis, 874-1034	Bethel Park	Co-ed team dinner, awards
Wed, 6-15 6 p.m.	Summer youth program	None	Tom Allen, 449-5655	Hickman Track	##
Sat/8-6 7 a.m.	Great Sandbagger, 10-K	**	Roger Turnbough, 445-1225	W. Broadway Swim Club	Awards, staggered start
Mon, 9-5 6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 445-2684	Near Campus Inn	35th annual, Tees, awards
Sat, 9-17 4:15 p.m.	Boone Baby Run, 5-K	\$10	Mark Volek, 875-3876	Boone Hospital	Long-sleeve Tees, awards
Sat, 10-1 7:30 a.m.	Runner's Choice, 10/20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Equiv. formula, awards
???	CTC/SLTC cross country run	**	Wayne Armbrust, 445-6675	St. Louis	Team competition
Sat, 12-3 8:30 a.m.	Jingle Bell Run, 5-K	\$6	%%	University Hospital	Awards
Sat, 12-10 8:30 a.m.	Cheese and Sauerkraut, 10-M	**	Sam Van Maanen, 449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

** CTC members pay no entry fee; \$3 for others.

%% Race director needed; contact Joe Marks (445-1919) if interested.

Summer youth program runs each Wednesday from June 15 through July 20. Running events, high jump, long jump and competitive walks are included.

NOTE: This schedule is preliminary and subject to change. Be sure to check upcoming newsletters for final information on races.

Other selected events:

Sat, 4-23 7:30 a.m.	St. Charles Com. College 10-K	1-922-8276	Sat, 5-14 8:30 a.m.	Kirkwood Junction Jamboree 5-K/1-M	1-965-0501
Sat, 4-23 8 a.m.	Smart 5-K/1-M, Valley Park	1-849-2355	Sat, 5-14 9 a.m.	Run for the Border 5-K, Mexico	1-581-1760
Sun, 4-24 8 a.m.	4-M Trolley Run, Kansas City	1-816-361-2377	Sun, 5-15 7:30 a.m.	Children's Mercy 5-K/10-K, Kansas City	1-816-741-2314
Sun, 4-24 9 a.m.	Mizzou 10-K/3-K, St. Louis	1-781-3926	Sun, 5-15 8:30 a.m.	Run for Sight 4-M, St. Louis	1-776-1300
Sat, 4-30 8 a.m.	April in Paris 5-K, Paris, Mo.	1-816-327-4858	Wed, 5-18 6:15 p.m.	SLTC Road Series 3-K, St. Louis	1-781-3926
Sat, 4-30 8 a.m.	Hike for the Homeless 5-M, Clayton	1-621-1283	Sat, 5-21 8:30 a.m.	Pattonville Wellness 5-K/1-M, St. Louis	1-298-4520
Sun, 5-1 noon	Show-Me Stampede 5-K fun run, MKT Trail	445-1919	Sat, 5-28 8:30 a.m.	Hardees/Mojic 108FM 5-K/1-M, St. Louis	1-361-1108
Sun, 5-1 8 a.m.	Wehrenberg Theaters 10-K, 3-K, St. Louis	1-434-9577	Mon, 5-30 7:30 a.m.	Memorial Day 10-K/5-K/1-M, Univ. City	1-432-5705
Sun, 5-1 8 a.m.	Pedal & Pound 10-M, Busch Wildlife Area	1-939-0161			
Sun, 5-1 8:30 a.m.	Run for the Earth 5-M, St. Louis	1-531-1995			
Wed, 5-4 6:15 p.m.	SLTC Road Series 2-M, St. Louis	1-781-3926			
Sat, 5-7 7:30 a.m.	5-K Run/Walk for Special Oly., Columbia	874-7422			
Sat, 5-7 9 a.m.	Mother's Day 5-K, Jefferson City	1-896-4186			
Sun, 5-8 8 a.m.	Safekids 5-K/3-K, Clayton	1-454-2500			

Looking ahead:

June 19	Riverfront Mile, St. Louis
July 3	VP Fair 10-K/3-K, St. Louis
Oct. 1	Multi Bran Chex 5-M, St. Louis
Oct. 16	St. Louis Marathon/5-K

Audrain Medical Center - RUN FOR THE BORDER -

5K (3.1 miles) Run & 1 Mile Fun Run/Walk

Date/Time

Saturday, May 14, 1994 Race begins at 9:00 a.m.

Packet Pick-up

Saturday, May 14, 1994 from 8:00 a.m. to 8:30 a.m. at YMCA.

Course

Start at YMCA, left on Morris Street, left on Green Boulevard, left on Elmwood Drive, right on Industrial Drive to the turn-around point at Brookstone.

Location

Fairgrounds Park, Mexico, MO.

Awards

Drawings for Taco Bell prizes! Ribbons to all finishers of 1 Mile Fun Run/Walk. 5K awards to 1st place overall male & female. 5K awards to top two males and females in the following age groups:

10 & under	11-14	15-19	20-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60 & over				

Awards Ceremony at 10:00 a.m. in front of YMCA.

Shirts

T-shirts guaranteed to first 100 entrants for 5K only. Register today!

Registration

Pre-registration by mail postmarked by April 15, 1994. Late registration after April 15th in person at packet pick-up day of race.

Fee

Pre-registration is \$10.00. Day of race is \$12.00. No entry fee for 1 Mile Fun Run. Send pre-registration entry form to Run For the Border, Audrain Medical Center, 620 East Monroe, Mexico, MO 65265, Make checks payable to Audrain Medical Center. For more information call 314-581-1760 ext. 209 or 1-800-748-7098 ext. 209.

----- Detach and Mail -----

Registration and Entry Form Run For the Border 5K Run & 1 Mile Fun Run/Walk



Complete one for each participant.

Make checks or money order payable to: Audrain Medical Center

Mail to: Run For The Border, Audrain Medical Center, 620 E. Monroe, Mexico, MO 65265

Name _____ Address _____

Last

First

Initial

City _____ State _____ Zip _____ Telephone _____

5K _____ Fun/Run/Walk _____ Sex (M) _____ (F) _____ Age _____

(as of 3/2/94)

T-shirt size (5K run only): S _____ M _____ L _____ XL _____ Child's Medium _____

Waiver of Liability: In consideration of this entry, I the undersigned, intending to be legally herby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against Audrain Medical Center, City of Mexico, YMCA, Taco Bell, Fiesta Mexico committee and their representatives, successors and assigns for any and all injuries suffered by me in said event.

Signature _____

(Parent's signature if under 18 years of age)

Date _____

FIESTA MEXICO '94

AMC

Mexico
Parks & Recreation

Member of
commerce

Run/Walk 5K For Special Olympics

Hosted by: Columbia Police Dept.
Boone County Sheriff's Dept.
University of MO Police Dept.

To Benefit: Missouri Special Olympics

When:

Saturday, May 7, 1994, 7:30a.m.

Where:

East side of Memorial Stadium.

Entry Blanks:

Available at Columbia Police Dept, Boone County Sheriff's Dept, and area sporting goods stores and fitness centers.

Entry Fee:

\$15 Donation/entry fee for all participants. Make checks payable to Missouri Special Olympics (tax deductible). Mail or bring entry fee to:

Columbia Police Dept.
600 E. Walnut
Columbia, MO 65201
ATTN: Special Olympics
Run Coordinator

Weather:

The Run/Walk will be held regardless of weather conditions.

Registration Deadline:

5 p.m., May 2, 1994

Late entries will be accepted for and additional \$2.00 and there will be no guarantee for a participant T-Shirt.

Certified Course:

Columbia Track Club certified 3.1 mile course, Farout Field north to Maryland to Rollins, west to 5th Street, north to Locust, east to Hitt, south to Rollins, west to Maryland, south to Farout Field.

Run Packets:

Run Packets may be picked up at the Columbia Police Dept from noon to 9 p.m. Friday, May 6, 1994. Runners unable to pick up their packets may do so on the day of the run from 6:30 a.m. to 7:00 a.m. at the start of the run.

Run Headquarters:

Located Near the start of the run on the east side of Memorial Stadium. Parking is Available on the Memorial Stadium and Hearn's lots.

Run Procedures:

Please be at the starting line no later than 7:15 a.m. Participants who plan to walk the course are asked to start near the back of the group. NO PET, 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.

Donations:

All donations will be accepted even if you cannot run. Donations and entry fees go directly to Missouri Special Olympics.

- T-shirts to all pre-registered runners -

NAME (Please print) _____

ADDRESS _____ Last _____ First _____ CITY _____ STATE _____ ZIP _____

PHONE (Day) _____ PHONE (Evening) _____ Circle one: Sex: Male Female

Circle one: T-shirt size: Adult L XL Age on May 7, 1994 _____ Wheel Chair: Yes No

I have enclosed entry fee of \$15.00: Yes No (Late fee: Add \$2.00 after May 2, 1994)

Make check payable to: Missouri Special Olympics and mail or deliver to:
Columbia Police Dept., 600 E. Walnut, Columbia, MO 65201 by 5 P.M. May 2, 1994

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course. I assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge any and all sponsors, including but not limited to The Missouri Special Olympics, Columbia Police Department, University of Missouri Police Department, and the Boone County Sheriff's Department, their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event.

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. Minor applicants will be accepted only with a parent's signature.

Parent's signature if under 18 _____

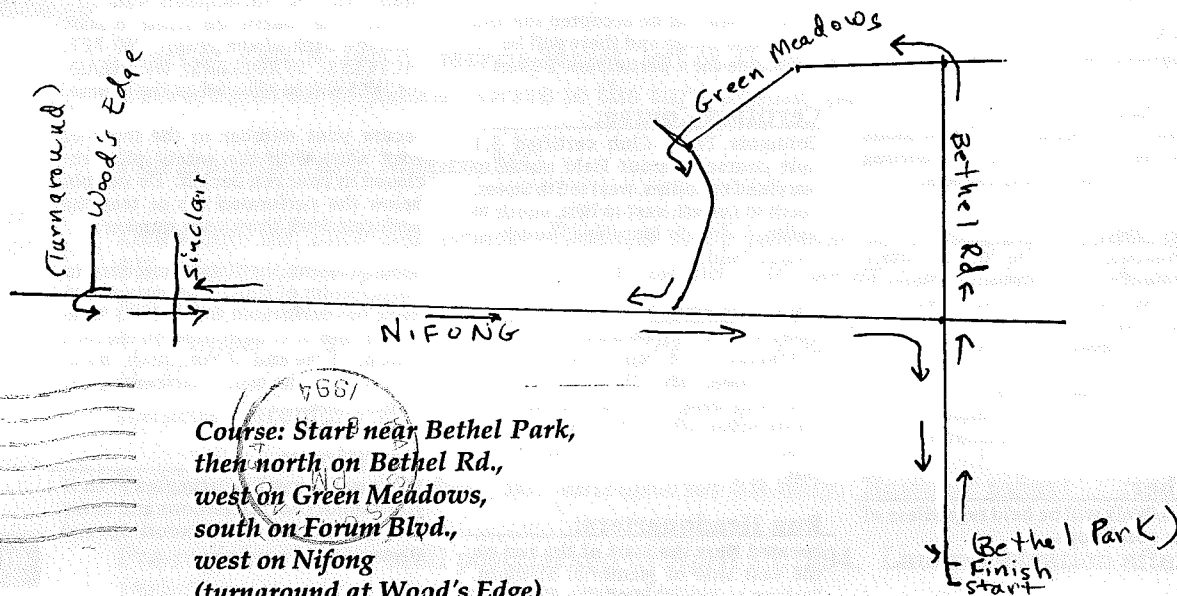
Signature _____

HUMAN RACE

5-mile run or walk

8 a.m., Sat., April 23, 1994

Columbia, Mo.



Course: Start near Bethel Park,
then north on Bethel Rd.,
west on Green Meadows,
south on Forum Blvd.,
west on Nifong
(turnaround at Wood's Edge)
east on Nifong
South on Bethel Rd
(finish in the Park)

COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872
Columbia, MO 65205

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

1994

Joyce Schulte
P.O. Box 366
Manning, IA 51455