

# COLUMBIA TRACK CLUB **NEWS**

Volume XXVIII No. 6

September 1995



## Old, new lead way in H of A

David Dobkowski won the Heart of America Marathon for the third time, and Angela Hessler won it in her first try at a marathon.

The 36th running of CTC's traditional Labor Day event had 74 finishers, the most since 1984 when there were 108. It was 67 degrees at the start and got up to the low 70s, sunny with the usual high humidity.

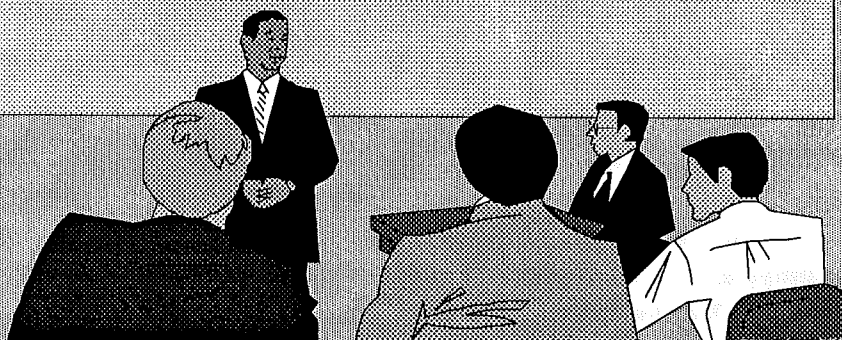
Dobkowski, a 37-year-old from Clayton, won by nearly 10 minutes over Tom May of Sedalia with a time of 2 hours, 53 minutes, 31 seconds. He has run the H of A 10 times, finishing in the 2:50s all but once.

Hessler ran the second half of the course a minute faster than the first half to finish in 3:38:04, just ahead of her father, Dick, and 13 minutes ahead of Dana Bedwell and Laurie Sellheim. The two Grandview women crossed the finish line together.

The Dave Schulte Award for improved performance went to Jamie Mondello, who went from a leisurely 4:28:10 in 1992 to 3:15:58 this year.

For complete results, turn to Page 3 of this newsletter.

## Plan on attending the *CTC Annual Meeting*



### 7 p.m., Thursday, Oct. 5

Daniel Boone Regional Library  
Friends Room

Among the items on the agenda:

- New board members
- 1996 schedule
- Financial update
- Participation point awards
- Scholarship awards
- Food and refreshments

## Calling all runners, helpers

You should have received an entry form for the second annual Big Brothers/Big Sisters Stadium Run in the mail. Just in case you somehow were missed among the 1,900 mailings, another entry form is included in this newsletter.

The Stadium Run, a 10-K scheduled for Saturday, Oct. 14, is unique among Columbia races in that it features a handicapped start. Those young, skinny guys in the fancy running togs who usually zoom out of sight in the first mile will be the last starters.

You should note that the starting time and site are different from last year's inaugural event. The race will begin at 3 p.m. at the Rock Bridge High School stadium track.

Race Director Curt Kempf says he could still use some volunteers to help stage the event. Contact Curt at 446-2878.

## CTC youth program wrapup

Tom Allen and Angela, Birgitta, Dick and Pete Hessler coached 18 boys and girls who competed this summer in AAU Junior Olympics competition. The group ran under the auspices of the Columbia Track Club Colts, the competitive branch of the CTC youth program.

The top six athletes in each event advanced from the local meet in Mexico to the Western Missouri meet in Springfield. From there, the top four moved on to the Missouri Valley Championships June 24

in Wichita, Kan.

Here are the results from the Missouri Valley meet:

5,000: Matt Tanner, 5th Youth Boys, 11:05; Chris Patton, 7th Youth Boys, 11:51.

1,500: Hannah Hassemer, 8th Bantam Girls, 7:43; Ben Patton, 8th Bantam Boys, 5:59; Jonathan Richert, 7th Youth Boys.

800: Chris Patton, 7th Youth Boys, 2:40; Nathan Smith, 5th Bantam Boys, 2:52.

400: Nathan Smith, 7th Bantam

Boys, 1:20.

...

The CTC Youth Scholarship Committee (Tom Allen, Dick Hessler and Michele McFadden) voted unanimously to award \$500 scholarships to Brandon Beisenherz and Monica Lewis of Hickman High School. Both are long-time members of the CTC who came up through the Colts program.

The two scholarships for Rock Bridge students were not awarded because there were no applicants.

### Application deadline approaching for CTC scholarship in exercise science

Time is running short for those interested in applying for the Columbia Track Club's annual \$500 scholarship in exercise science.

The criteria for selection:

- active member of the track club;
- student in exercise science;
- attending M.U.;
- service to the running community.

Applicants need to apply by Oct. 3 to Dr. Ben Londeree, 101 Rothwell Gym, University of Missouri, Columbia, Mo. 65211.

Applications should include a letter documenting qualifications. A letter from the applicant's adviser would satisfy the second and third points above. If the applicant is conducting or planning to conduct running-related research, a brief description should be included.

### CTC Board of Directors

Joe Marks, president	Tom Allen, secretary-treasurer
Rick Rother	Mike Kaylen
Roger Turnbough	Curt Kempf
Michele McFadden	Dick Hessler
	Georgina Gonzalez

The Columbia Track Club Newsletter is published monthly as a service to CTC members. Submissions are welcome. Articles, notices, results or any other information of interest to Columbia's running community may be mailed to:

Dan Kelly, CTC Newsletter editor  
Route 6, Box 238  
Columbia, Mo., 65202

### 25 years ago

## Back to the beginning

By Joe Duncan

July 11, 1970

12-Mile Road Run, 88 humid: 1. Lee Cain (Eastern New Mexico Univ.), 1:15:01; 3. Don Granberg, 1:24:03; 4. Joe Duncan, 1:35:10; 6. Paul Ide (walker), 1:48:50. Eight runners, two walkers.

July 18, 1970

MVAAU 15-K Run, Hickman Track, 80 degrees: 1. Carl Owczarzak, 51:09 (MCAAU record); 2. Lee Cain, 55:05. 20 runners.

July 18, 1970

Independence, Mo.: Paul Ide set an MVAAU record for the 15-K walk at 1:18:52; 2. Mark Achen, 1:21:06; 3. Darrell Palmer, 1:21:45.

Aug. 15, 1970

MVAAU 30-K Run, Hickman Track, 91 degrees: 1. Carl Owczarzak, 2:02:34.

Aug. 22, 1970

First half of H of A Marathon course: 1. Ron Declue, 1:20:15.

Aug. 29, 1970

Second half of H of A Marathon course: 1. Ron Declue, 1:24:22.

## Welcome new CTC members

Diane Lottman, Columbia  
Rick Taffe, Columbia

David Peery, Smithville  
Geri Yeagle, Columbia

## HOA Marathon results

Once again, we say, "Thanks," to all the volunteer help from CTC people, and especially to Anne Hessler who so ably took charge of the aid management. Also, thanks to the Boone County Fire Protection District, which monitored the course with emergency vehicles, and to Eric Mumford, who assisted with a cellular phone arrangement.

Kudos to Steve Kissane's cross country runners, who manned the aid stations, and to Birgitta Hessler, who got them all organized.

Nowell's provided the fruit at the finish line, Ameritech provided the phones and Joe Machens Ford loaned us a pickup truck as it has for the past 20 years.

— Race Director Joe Duncan

### 36th Annual Heart of America Marathon

Sept. 4, 1995

	Sex	Age	Hometown	Time					
1. David Dobkowski	M	37	Clayton	2:53:31	30. Josh Johnson	M	20	Columbia	3:44:43
2. Tom May	M	29	Sedalia	3:02:49	31. Scott Crader	M	40	Independence	3:45:57
3. Michael Skipper	M	35	Springfield	3:09:32	32. Larry Combs	M	44	Springfield	3:46:42
4. Todd Beaverson	M	31	Moberly	3:10:41	33. Charles Bertalot	M	54	Tulsa, Okla.	3:48:42
5. Willy Heinrich	M	27	Columbia	3:14:31	34. David Albers	M	20	Holts Summit	3:50:53
6. Jamie Mondello	M	40	Columbia	3:15:58	35. Dana Bedwell	F	31	Grandview	3:51:11
7. John Gleeson	M	42	St. Louis	3:16:09	Laurie Sellheim	F	32	Grandview	3:51:11
8. Bill Muchnick	M	37	St. Louis	3:16:34	37. Gerardette Grolle	F	42	St. Louis	3:54:44
9. Dennis Simmons	M	51	Florissant	3:17:52	38. Jerry Williams	M	51	Parkville	3:54:51
10. Steve Young	M	48	Jefferson	3:21:42	39. John Cigas	M	34	Kansas City	3:54:51
11. Jim Hyde	M	49	Springfield	3:22:38	40. Luke Schlosser	M	32	St. Louis	3:56:45
12. Tom Malloy	M	39	Columbia	3:24:34	41. Bill Brooks	M	31	Quincy, Ill.	3:57:53
13. Bob Thayer	M	38	O'Fallon	3:28:52	42. Richard Linn	M	43	Ozark	3:57:55
14. Scott Foster	M	38	Columbia	3:30:09	43. Doug Wymore	M	41	Kansas City	3:58:14
15. Tom Olerich	M	46	Olathe, Kan.	3:31:34	44. Julie Gerstenberger	F	28	Hallsville	3:58:17
16. Greg Hughes	M	32	Chillicothe	3:32:15	Diane Lottman	F	23	Columbia	3:58:17
17. David Oldfield	M	50	Columbia	3:34:16	46. Brian King	M	31	Springfield	4:03:51
18. Kevin Williams	M	33	St. Louis	3:34:36	47. David Runyon	M	38	Belleville, Ill.	4:04:31
Gary Krosch	M	47	St. Louis	3:34:36	48. Thomas Harris	M	38	New Haven	4:07:55
20. James Hootman	M	46	Blue Springs	3:34:46	49. Jim O'Neil	M	32	Fowler, Ill.	4:11:32
Bill Woolsey	M	43	Kansas City	3:34:46	50. Jenny Hughes	F	33	Chillicothe	4:12:19
22. Phillip Henry	M	25	Bloomington, Ind.	3:35:20	51. Randy Gay	M	41	Columbia	4:15:43
23. Darrell Doogan	M	36	Topeka, Kan.	3:36:18	52. Glennon Rost	M	36	Quincy, Ill.	4:17:35
24. Curt Kempf	M	31	Columbia	3:37:50	53. Bruce Baxter	M	39	O'Fallon	4:17:43
25. Angela Hessler	F	22	Columbia	3:38:04	54. Jack Hudson	M	50	Mexico	4:21:54
26. Dick Hessler	M	54	Columbia	3:38:11	55. Kenneth Nelson	M	41	Iowa City, Iowa	4:34:03
27. Ben Fields	M	19	Excelsior Springs	3:40:20	56. Chris Loraine	M	32	St. Charles	4:36:22
28. Skip Shearer	M	40	Independence	3:41:00	57. Camille Ronchetto	F	35	Columbia	4:41:26
29. Frank Reedy Jr.	M	45	Clayton	3:43:41	58. John Patton	M	43	Columbia	4:41:27
					59. Andy Clubb	M	31	Columbia	4:48:20
					Tim McCulloch	M	40	Columbia	4:48:20
					61. Gus Cardenas	M	61	Albuquerque, NM	4:49:29
					62. Chuck Savage	M	56	Ocala, Fla.	4:53:31
					63. Cheryl Simmons	F	51	Florissant	4:57:01
					64. Ian Durie	M	32	Cottage Hills, Ill.	5:03:02
					65. Mark Stevermer	M	43	Shawnee, Kan.	5:04:59
					Richard Stevermer	M	41	Edgerton, Kan.	5:04:59
					67. Janice Minner	F	38	Cottage Hills, Ill.	5:18:21
					68. Ed Bryant	M	54	Fairfield, Iowa	5:18:32
					69. Laurie McCurdy	F	36	Freeburg	5:30:55
					70. Andrew Heger *	M	23	LaCanada, Calif.	5:37:02
					71. Molly Stadum *	F	26	LaCanada, Calif.	5:37:02
					72. Julie Crocker	F	28	Shawnee, Kan.	5:39:28
					73. Kathy Sinnott	F	33	Shawnee, Kan.	5:39:28
					74. Devon Thomas	M	24	Columbia	5:42:02

FULTON KIWANIS and WESTMINSTER COLLEGE  
5K FUN RUN

WHEN: Saturday, October 21, 1995, 9:00am

WHERE: Start at Callaway Community Hospital (at Signpainter Rd.)

ENTRY FEE: \$10.00; Make Check Payable to FULTON KIWANIS CLUB  
Mail to: FULTON KIWANIS FUN RUN  
c/o Jerry Ponder  
P.O. Box 374  
Fulton, MO 65251

REGISTRATION DEADLINE:

Mail in: Tuesday, October 17, 1995, 5:00pm

Registration at Run Headquarters 8:00am-8:45am race day.

PACKET PICKUP: Packets may be picked up at Fulton City Hall, Friday, October 20, from 1:00 until 5:00pm, and Saturday at run headquarters at Hospital Drive and Signpainter Rd. from 8:00am - 8:30am.

PARKING: Available at the hospital south parking lot.

AWARDS: Awards provided to first, second and third places in each category. Age Divisions: 10 and under; 11-15; 16-20; 21-30; 31-40; 41-50; 51-60; 61-70; 71 and over. T-shirts for first 100 entrants.

---

REGISTRATION FORM - FULTON KIWANIS & WESTMINSTER COLLEGE 5K FUN RUN

NAME: (Please print, Last, First MI) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City: \_\_\_\_\_ Phone: \_\_\_\_\_

AGE: \_\_\_\_\_ (On October 21, 1995) Sex: M F T-Shirt Size: L XL

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Fulton Kiwanis Club, Callaway Community Hospital, Westminster College, the City of Fulton, Missouri, Callaway County, Missouri, and the State of Missouri from all claims of damages, 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, October 21, 1995.

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

I further 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) \_\_\_\_\_

T-shirts given to first 100 entrants.

## CTC participation points final standings

### 16-and-under females

Melissa Pagan	24
Morgan Lambrecht	20
Angie Stobie	13
Lauren Mountjoy	12
Maria Kaylen	11
Heather McLeod	10
Camile Wise	10

### 17-29 females

Birgitta Hessler	31
Heather Farrell	21
Tammy Laughlin	12
Susan Schapira	11
Alicia Weaver	10
Jill Johnson	10
Sharon Boles	10
Chris Heinrich	10

### 30-39 females

Karen Derrick	55
Cammy Ronchetto	48
Stacy Reed	40
Debbie Heifner	32
Michele McFadden	28
Julie Mittelhauser	15
Deb Diller	12
Sue Bruenderman	11
Sue Thomas	10
Ann Dannerbeck	10

Julie Smith	10
-------------	----

### 40-49 females

Linda Robbins	61
Bonnie Henneckt	10

### 50-59 females

Nancy Fritsch	21
Georgina Gonzales	10
Nancy Sanfry	10
Carol Madsen	10

### 60-and-over females

Boots Gerhardt	50
----------------	----

### 16-and-under males

David Gay	32
Tim O'Connell	15
Reid Mountjoy	14
Chris Patton	13
Cody Roberts	12
Ben Patton	10
Joseph Kaylen	10
Nathan Meclin	10

### 17-29 males

Thomas Bueffel	33
Willy Heinrich	33
Jon Kruse	31
Nick Smith	21

Pete Hessler	11
Phillip Wise	10
Mitch Anthamatten	10
Todd Schapira	10

### 30-39 males

Mark Volek	67
Marc Keys	62
Kevin Stock	59
Jim Heady	52
Roger Turnbough	49
Curt Kempf	38
Tom Smith	32
Joe Eth	31
Steve Stonecipher-Fisher	27
Pat Williams	16
John Hour	15
Mark Wilson	15
Mark Wood	13
Mike Walther	13
Rick McAllister	12
Chuck Sattler	12
Tim Koski	10

### 40-49 males

Tom LaFontaine	65
Randy Gay	43
John Patton	42
Bob O'Connell	40
Rick Rother	37

Mike Little	34
Tom Collier	26
Tom Johnson	24
Larry Petterborg	24
Mike Kaylen	14
Jay Hasheider	12
Randy Thomas	12
Keith Gangidino	10
Brad Wright	10

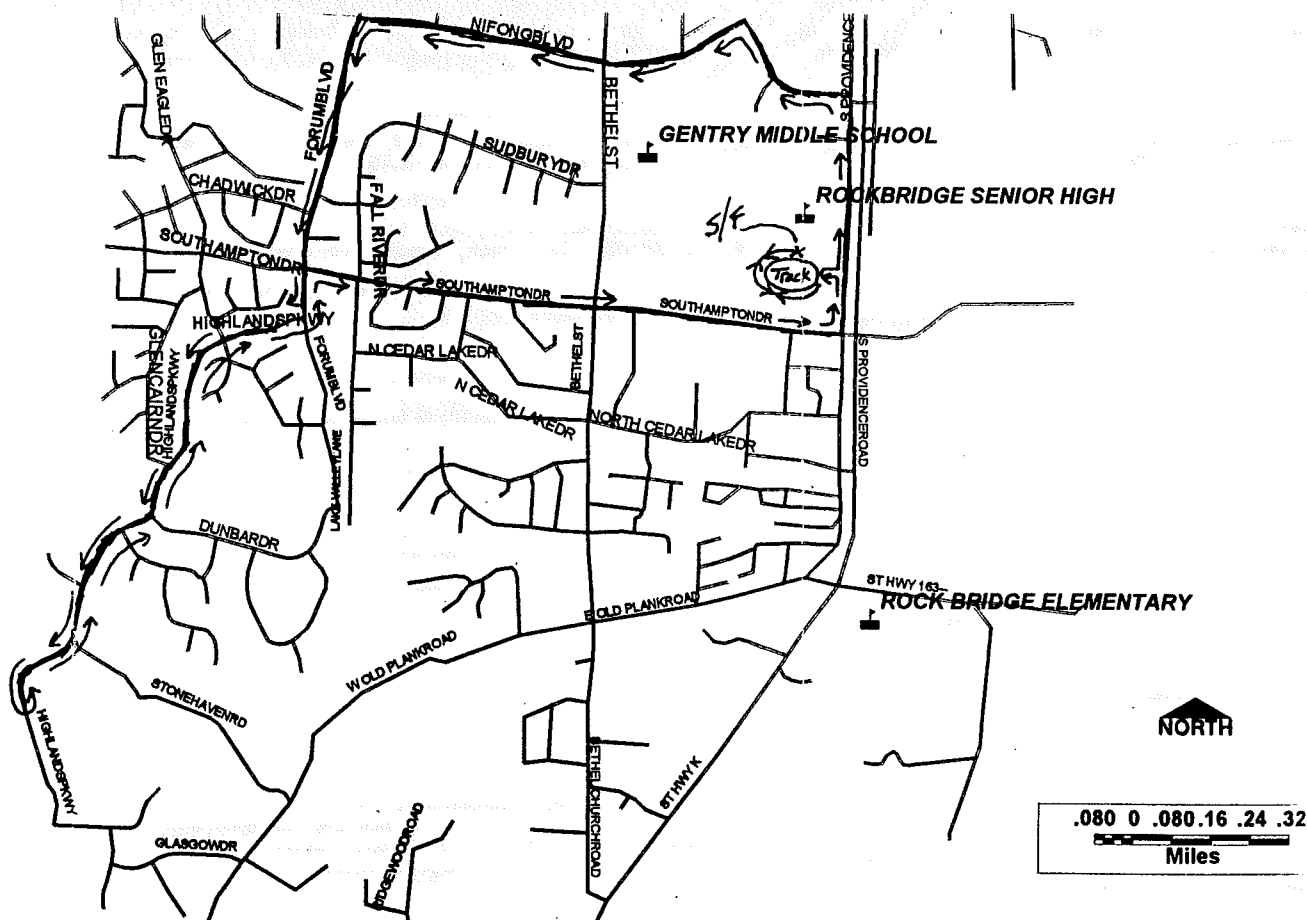
### 50-59 males

Joe Marks	68
Dick Hessler	63
Jim O'Dell	56
Tom Allen	41
Don Lewis	24
Marvin VanLeer	21
Dick Madsen	21
Norris Kruse	13
Jim Sanfry	12
Craig Roberts	12
Fred Fritsch	11

### 60-and-over males

Joe Duncan	61
Carl Myers	42
Ben Londeree	11
George Maginnis	10
Don Waltman	10

## Big Brothers/Big Sisters Stadium Run course map



Columbia  
Track  
Club.....

## Big Brothers/Big Sisters Stadium Run

Saturday, October 14, 1995, 3:00 p.m.  
RockBridge H.S. Track



### THE EVENT/CAUSE

The Big Brothers/Big Sisters Stadium Run is a 10K (6.21 miles) run or walk to benefit Big Brothers/Big Sisters of Boone County. Today, 1 out of every 5 children in Missouri live in one-parent families and many of these kids are considered "at risk." Everyday, more kids are referred to the program by families, schools, social service agencies, and others. To provide the help they need, we need your help. All you have to do is run or walk 10K, and/or make a donation. With your generous gift Big Brothers/Big Sisters of Boone County can continue to match BB/BS with kids who need support and companionship. *Your donation can make a difference in a child's life.*

### HANDICAP START.

The key to this race is that it has a staggered/handicap start. Everyone is given a starting time handicap based on the 1994 USATF individual age/sex records for 10K. The advantage to the handicap is that you have the chance to cross the finish line FIRST, *no matter what your age or sex is.* That is why this race is a very exciting race. See the handicap chart below for your starting handicap.

(In Minutes)																																																
HANDICAP	25	24	23	22.5	22	21.5	21	20	19	18.5	17	16.5	16	15	14.5	14	13.5	13	12	11.5	11	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0						
MEN (Age)																73 +		1-7 72	71	8	70	68 69	66 67	9 62 65	8.5 63	8 61	7.5 60	7 59	6.5 58	6 57	5.5 56	5 54 55	4.5 51 53	4 48 50		46 47	15 44 45	16 42 43	17 40 41	18 38 39	20 35 37	22 32 34	24 31					
WOMEN (Age)	73+	72	71	70	69	68	67	66	65	64	63	62	61	60	59	58	57	56	1-7 55		8 54	9 53	52	10 50 51	11 48 49	12 46 47	13 45 44	14 43 44	15 42 40 41	16 41 38 39	17 36 37	18 33 35	19 31 33	20 29 31	21 27 29	22 25 27	23 23 25	24 21 23	25 19 21	26 17 19	27 15 17	28 13 15	29 11 13	30 9 11	31 7 9	32 5 7	33 3 5	34 1 3

### AWARDS

The first 30 finishers will receive an award. Everyone will receive a race T-shirt.

### WANT TO JOIN CTC?

Would you like to become a member of the Columbia Track Club where you will not only receive our monthly newsletter, but get the latest details about upcoming races, results from past races, & be able to run in the smaller Columbia Track Club sponsored road races FREE? Annual membership dues are \$10 per household! (See below & Join us!)

### MISC.

- "Powerade" & water will be available after the race
- All miles will be marked.
- Water stops will be at the 2 & 4 mile marks.
- Questions, call 446-2878

### PACKET PICK-UP:

Friday, October 13th, 9 AM to 7 PM, at Tryathletics, 1 S. 4th Street or  
Saturday (Race Day), October 14th, 1:30 PM to 2:30 PM, RockBridge H.S. Track, (South Providence)

SEND BY MAIL TO: Big Brothers/Big Sisters Stadium Run, c/o Columbia Track Club, 2509 Lloyd Dr., Columbia, MO 65203  
OR DELIVER TO: Tryathletics, 1 South 4th Street, Columbia, Missouri

ENTRY FORM: Registration fee is \$10 if received before Oct. 8, otherwise \$15 up to and including race day. Make checks payable to: Columbia Track Club. ONLY ONE ENTRY PER FORM. Unclaimed race packets can be picked up at Tryathletics until Nov. 1.

Name (last, first, m.i.): \_\_\_\_\_

Sex: F / M

Address: \_\_\_\_\_

Age on 10-14-95: \_\_\_\_\_

City: \_\_\_\_\_

T-shirt size: S / M / L / XL

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Most recent 10-K time: \_\_\_\_\_

Entry fee \$10 / \$15 if received after Oct. 8 \_\_\_\_\_

\$10 Columbia Track Club membership dues (optional) \_\_\_\_\_

Single donation to Big Brothers/Big Sisters of Boone County \_\_\_\_\_ (Thank you)

TOTAL (CHECK PAYABLE TO COLUMBIA TRACK CLUB) \_\_\_\_\_

**WAIVER.** I know that running or walking a road race is a potentially hazardous activity. 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 Columbia Track Club, Big Brothers/Big Sisters of Boone County, Columbia Public Schools, Tryathletics, the City of Columbia, the County of Boone, the State of Missouri, race officials, volunteers, any and all sponsors including 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 though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Applications for minors will be accepted only with a parent's or guardian's signature.

participant signature (parent or guardian if under 18) \_\_\_\_\_

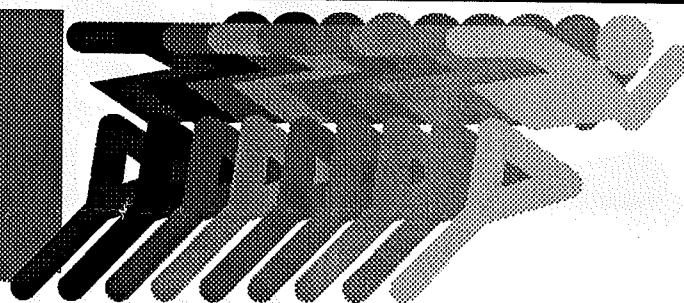
date \_\_\_\_\_

**1995 Columbia Track Club Schedule**

Date	Time	Event/ Distance	Fee	Race Director/ Phone	Start Location	Miscellaneous Information
10/7	7:30 a.m.	Runner's Choice 10-K or 20-K	**	Joe Marks 445-1919	Holiday Inn Executive Center	Drawing for prizes
10/14	8 a.m.	Big Brothers/Big Sisters Stadium Run 10-K	\$10	Curt Kempf 446-2878	Faurot Field	Handicaps based on age/sex, long-sleeve T-shirts, awards
11/12	11 a.m.	CTC/SLTC/Sedalia TC/ Jefferson City R.R. Cross Country	**	Michele McFadden 882-9223	Columbia	Team and individual competition
12/2	8:30 a.m.	Jingle Bell Run for Arthritis 5-K run/1-M walk	\$8	Joe Marks 445-1919	University Hospital	Awards
12/9	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Sam Van Maanen 449-7832	Strawn Road	Edible prizes; walkers, 8:30 a.m.; runners, 9 a.m.

\*\* Track club members pay no entry fee; \$3 for non-members

## Other selected events



9-24	7:30 a.m.	City of Roses Half Marathon	Cape Girardeau 335-3617
9-30	10 a.m.	Love Lake Challenge 15-K/5-K	LaPlata 816-332-7664
10-1	7:30 a.m.	St. Luke's Women's Run 10-K/5-K	Kansas City 816-932-2010
10-7	9 a.m.	Harvest Moon 4-M	Jefferson City 635-4299
10-7	9 a.m.	Founders Day Cardura Crawl 3-M/5-M	Kirksville 816-626-2213
10-7	8 a.m.	Apple Festival 10-K/2-M	Versailles 378-4697

10-14	9 a.m.	Dollars for Scholars	Jefferson City 896-4186
10-15	8 a.m.	St. Louis Marathon	St. Louis 781-3926
10-21	9 a.m.	Fulton Kiwanis/Westminster 5-K Fun Run	Fulton 642-8314
10-29	7:15 a.m.	Kansas City Marathon	Kansas City 816-531-2387
11-18	9 a.m.	H.W. Harris Memorial 8-K	Sedalia 816-827-0274

## Volunteers needed for research project

The Department of Heath and Exercise Sciences at M.U. is seeking participants for research on exercise and blood cholesterol.

Trained individuals ages 35 to 55 will be tested to determine their ability to digest and clear fat after a fat meal.

Testing includes body composition, blood lipid profile, ventilatory threshold (for training pace) and maximal aerobic capacity.

If you're interested, contact George Ziogas at 882-6892 or Jane Williams at 882-7601.

## CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

---

---

---

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC  
P.O. Box 1872  
Columbia, MO 65205

## COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872  
Columbia, MO 65205

ADDRESS CORRECTION  
REQUESTED

Non-profit organization  
U.S. Postage  
PAID  
Columbia, MO  
Permit #226

11/95

Joe Duncan  
2980 Maple Bluff Drive  
Columbia, MO 65203