

COLUMBIA TRACK CLUB

NEWS



Volume XXIX No. 4

June 1996

Scott Mantooth takes a warm Big Brothers/Big Sisters 10-K

Runners will be the first to tell you, "When the weather is ideal for spectators, it isn't ideal for runners, and vice versa." With that in mind, one could assume when it is warm and humid for spectators, it is torture for runners.

Well, that was the case at the Third Annual Big Brothers/Big Sisters Stadium Run 10-K, held Saturday, May 18, at Rock Bridge High School track.

One spot on the course where this was very noticeable was the turnaround point on Highlands Parkway. Heading out on the parkway, runners ran into the warm wind; when they rounded the cone and headed back the wind was to their back. Normally this is good, but in this case, the lack of wind eliminated any cooling effect. Many runners used the word "sauna" to describe the turnaround.

Many runners had to walk toward the latter miles of the 6.2-mile course. After it was over, Scott Mantooth was the overall winner with a

time of 35:09. Scott started in the next-to-last group, with a handicap of 30 seconds. Therefore, he passed just about every runner on the course. With the total number of runners declining from the previous year's race, total donations to BB/BS went up again, with an approximate total of \$740. We are proud to announce that CTC's own Scott Dressel raised \$500 in sponsorships.

Next year, race organizers plan to either add a 5-K to the format or change it to a 5-K. Either way, the 5-K will have a staggered start with handicap times. This will not only attract more runners, but hopefully raise more money for BB/BS.

Thanks to all the sponsors of the race, including Computerland, Coca Cola and Rock Bridge High School. And most importantly, thanks to all of the volunteers. Without them, the race would not occur.

— Race Director Curt Kempf

For full results,
see Page 2 of this newsletter.

Priest, Volek team up to win Couples Run

Dianne Priest and Mark Volek teamed for a first-place finish in the CTC Couples Run on May 11. Their combined time was 1 hour, 51 seconds, as Mark placed first overall in 24:10.

Other couples to win awards (certificates for dinner at the Blue Cactus) were Boots Gerhardt- Curt Kempf and Georgina Gonzalez-Joe Marks. Second-place individual finisher Willie Heinrich also received an award.

Couples Run May 11, 1996

1. Mark Volek	24:10
2. Willie Heinrich	24:22
3. Curt Kempf	26:27
4. Chuck Suttler	27:56
5. Jay Hasheider	29:05
6. Jim O'Dell	30:24
7. Joe Marks	32:22
8. Dianne Priest	36:41
9. Georgina Gonzalez	41:43
10. Boots Gerhardt	42:46

CTC briefs

Show-Me help needed

Two CTC members who are running events for the Show-Me State Games could use some volunteer help. If you're up for it, contact Joe Duncan (445-2684), who is directing the 5-K on July 30, or Steve Stonecipher-Fisher (446-1707), who is running the triathlon on July 23.

Marathon plan

Time to start thinking about the Heart of America Marathon. The entry form for the Sept. 2 race is enclosed. By the way, an official listing by USATF indicates the HOA is the seventh-oldest marathon in the country.

Take a break

This will be the last newsletter until at least late August. I'll be in Atlanta for the Olympics for almost a month.

— Dan Kelly

25 years ago

Back to the beginning

By Joe Duncan

June 6, 1971

6-Mile Handicap Run: Peter Helmer, from Denmark, passing through on a camping trip to California, won in 33:15. 2. Dennis Stewart, 36:30; 3. Merle Diment, Des Moines; 4. Joe Duncan, 40:09; five others on a hot Saturday afternoon.

June 12, 1971

Two-person, 10-Mile Relay: The first of our two-person relays (alternate 440s at Hickman track); in the beginning, they were 10 miles not 5. 1. Dennis Stewart-Bill Wirtz, 45:08 (Stewart, 68.4 per lap; Wirtz, 67.0); 2. Don Todaro-Fred Binggeli (Westminster College), 45:33; 3. John Griffin-Charlie Evans, 47:08; five other teams.

June 19, 1971

2-Mile Run: (90 degrees, at Hickman track) 1. Bob Brouillet, 10:00; 2. John Houle, 10:29; 3. Ken Ellingwood, 11:19; 4. Don Granberg, 11:37. This was followed by a 10-K: 1. Roman Sage, 36:38; 2. Joe Duncan, 42:34; 3. Don Granberg, 43:35; 4. Dave Schulte, 51:01.

June 6, 1971

MVAAU One-Hour Run: (again, 90 degrees at Hickman track) 1. Carl Owczarzak, 10 miles, 1,160 yards; 2. Roman Sage, 9-697; 5. Jerry Kokesh, 8-1,539; 6. Don Granberg, 8-1,408; 8. Joe Duncan, 8-1,216; 12. Dave Schulte, 6-1,343.

Welcome new CTC members

Michael Eiser, Columbia	Alan Hillard, Columbia
Mike Henry, Fulton	Lisa Wells, Columbia
Norman Cox, Centralia	Vicki Tolbert, Columbia

CTC Board of Directors

Curt Kempf, president	Tom Allen, secretary-treasurer
Rick Rother	Mark Wilson
Randy Gay	Joe Marks
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 sent to:

Dan Kelly, CTC Newsletter editor	
Route 6, Box 238	Fax: 696-3565
Columbia, Mo., 65202	E-mail: ddkkdd@aol.com

Stadium Run 10-K

May 18, 1996

			Hdcp.	Actual	Hdcp.
Sex/Age		(min.)	Time	Time	
MANTOOTH Scott	M 34	0.5	35:09	34:39	
MCMILLEN Lucas	M 15	3	39:36	36:36	
MALLOY Quentin	M 15	3	41:01	38:01	
WILSON Mark	M 34	0.5	38:39	38:09	
TYLER Kevin	M 40	2	40:58	38:58	
BAUGHMAN Steven	M 24	0	39:21	39:21	
LAFONTAINE Tom	M 49	4	44:07	40:07	
DAVIS Tom	M 44	3	43:26	40:26	
WOOD Mark	M 36	1	41:36	40:36	
BELL Steven	M 30	0	40:55	40:55	
BEEEMSTER Gerrit	M 33	0.5	41:44	41:14	
LAFONTAINE Linda	F 45	7.5	48:55	41:25	
HOURI John	M 32	0.5	42:20	41:50	
DICKEY John	M 42	2.5	44:28	41:58	
COLLIER Tom	M 45	3	45:04	42:04	
STUBBS Philip	M 14	4	46:25	42:25	
YOUNG Darrin	M 29	0	42:29	42:29	
MYERS Carl	M 62	8.5	51:18	42:48	
WALTMAN Don	M 60	7.5	50:33	43:03	
MEYERS Sam	M 53	4.5	47:35	43:05	
HUMPHREYS Bob	M 30	10	53:45	43:45	
RONCHETTO Camille	F 36	5	49:02	44:02	
WELLS Lisa	F 32	4	48:27	44:27	
SCHOLL Larry	M 24	0	44:55	44:55	
SOMMERVILLE Peter	M 35	1	46:37	45:37	
BURGESS Scott	M 30	0	45:56	45:56	
SATTTLER Charles	M 33	0.5	46:35	46:05	
BURGER Lisa	F 33	4.5	51:10	46:40	
HASHEIDER Robert	M 47	3.5	50:37	47:07	
ROMANS Donna	F 48	8.5	55:46	47:16	
THORNTON William	M 37	1	48:34	47:34	
DERRICK Karen	F 35	4.5	54:46	50:16	
GERHARDT Elizabeth	F 76	25	75:29	50:29	
MCDOWELL Brenda	F 20	4.5	55:43	51:13	
DUNCAN Joe	M 61	8	59:42	51:42	
DRESSEL Scott	M 46	3.5	55:35	52:05	
DUCICH Doug	M 30	2.5	55:26	52:56	
PRICE Brian	M 39	1.5	55:43	54:13	
AGEE Carl	M 34	0.5	54:57	54:27	
LERAND Sarah	F 23	4	58:40	54:40	
FELDMANN Duane	M 47	3.5	58:55	55:25	
FENNEWALD Gary	M 44	3	58:58	55:58	
JOHNSON Susan	F 36	5	61:31	56:31	
MITCHELL Carrie	F 34	4.5	61:53	57:23	
JOHNSON John	M 13	5	63:12	58:12	
WOODS Andrea	F 49	8.5	66:45	58:15	
LAW Charlie	M 30	0	59:00	59:00	
VANLEER Marvin	M 59	7	67:05	60:05	
PEERY David	M 55	5	66:03	61:03	
DOUGHERTY Julie	F 29	3.5	64:58	61:28	
DAWKINS Amy	F 27	3.5	65:18	61:48	
PATTON Mary	F 54	11	81:19	70:19	
AMES Darcy	F 23	4	76:06	72:06	
CRAGIN Joe	M 68	10	86:16	76:16	
VOGT Linda	F 48	8.5	89:53	81:23	
HARTLEY Larie	F 33	4.5	106:00	101:30	

Law Enforcement Run 5-K

May 4, 1996
Overall Finishers

	Age/Sex	Time			
1. Scott Mantooth	33 M	16:35	13. Joe Marks	58 M	23:47
2. Steve S.-Fisher	39 M	16:43	14. Don Walthman	60 M	24:23
3. Chad Baker	28 M	17:23	15. Zim Schwartz	29 F	25:22
4. Mark Wilson	35 M	17:36	16. Andrea Woods	49 F	25:55
5. Willy Heinrich	28 M	18:10	17. Lyn Woolford	42 M	26:31
6. Hudson Murrell	26 M	22:06	18. Steve Lake	45 M	27:24
7. Hugh Murrell	31 M	22:06	19. Mitch Baxley	29 M	29:02
8. Robert Simmons	54 M	22:18	20. Jennifer Tyler	10 F	30:16
9. Mark Brotemarkle	34 M	23:13	21. Kevin Tyler	40 M	30:20
10. Paul Cohle	40 M	23:17	22. Jamie Kistner	9 F	49:29
11. Dan Schuppan	51 M	23:28	23. Jimmy Kistner	42 F	52:57
12. Don Doza	27 M	23:29	24. Vickie McGuire	34 F	58:30
			25. Sara Beth Byland	19 F	58:30
			26. Skip McGuire	37 F	58:30
			27. Troy McGuire	1 M	58:30

WELLWARE 5-K

May 27, 1996
Female Finishers

Name	Age	Time			
Paula Rubenstein	28	10:35	Barb Shoemaker	42	39:39
Amy Woods	23	22:07	Ginger Wilson	28	43:14
Sharon Watling	33	22:38	M. Hammerschmidt	38	44:08
Melanie Boock	25	22:39	Brenda Wilson	39	44:10
Stacy Reed	32	23:01	Tamela Sharp	27	44:28
Katie Bihr	17	24:02	Tamera Wilcoxson	31	44:29
Jill Murphy	38	24:48	C. Cloutier-Weddle	35	44:37
Elisabeth Tanner	10	25:12	Christine Weddle	24	44:39
Ramona Bradley	42	25:24	Sandra May	50	45:32
Amy Petterborg	24	25:28	Donna DeYoung	28	48:43
Mary Lower	41	25:39	Barb Hoffmaster	33	48:45
Donna Romans	48	25:52	Stacie Williams	28	47:14
Amy Harris	14	27:18	Marla Quinney	25	47:15
Andrea Woods	49	27:19	Tracy Wilwert	28	48:25
Charla Freels	9	27:23	Jane Hipke	38	48:28
Abby Kent	18	27:25	Alma Willembrink	61	50:22
Shari Fisher	34	27:27	Kim S.-Fisher	38	51:23
Hannah Hassemer	8	27:29	Larie Hartlie	33	61:15
Marty Patton	43	27:47			
Pamela Barnes	26	27:53			
Julie Dougherty	28	28:27			
Cathy Johnmeyer	38	28:39			
Allie Still	16	28:48			
Jennifer Tyler	10	29:04			
Nikki Darling Radek	30	29:08			
Laura Fick	49	29:11			
Regina Brown	40	29:17			
Susannah Still	12	29:36			
Mary Still	42	29:48			
Laura Wells	55	30:34			
Vickie McKinnon	28	32:41			
Jessica Wallace	9	32:52			
Elizabeth Gerhardt	75	33:30			
Kate Highland	12	34:08			
Colleen Kliehermes	10	34:38			
Missy Doll	11	34:39			
Jennifer Wallace	16	35:04			
Linda Vogt	48	38:55			
Teri Walden	31	37:23			
Esme Campbell	7	37:24			
Katy Johnmeyer	12	37:28			
Mary Patton	54	37:27			

Male Finishers

Name	Age	Time			
Pete Hessler	28	18:05	George Faust	40	22:31
Marc Keys	33	18:33	J.A. Johnmeyer	40	22:32
James Rambar	17	17:09	Sean Highland	19	22:49
Marc Stratman	23	17:40	Doug Tanner	43	22:51
Matthew Tanner	14	18:26	Willie Miller	40	22:54
Dick Hessler	54	18:40	Rex Hodge	36	22:58
Willy Heinrich	28	18:48	Chuck Gieringer	48	23:05
Nolan White	16	19:18	Mark Horvit	32	23:25
Robbie Freels	14	19:34	Andrew Johnmeyer	14	23:34
Curt Kempf	32	19:47	John Sommerville	37	23:37
Tom Davis	44	19:48	Ryland Rodes	36	23:40
John Hour	32	19:52	Don Waltman	60	23:43
Eric Fields	15	19:59	Dale Harmon	39	23:57
Darrell White	17	20:36	John Patton	49	24:27
Tom Allen	54	20:50	Scott Weithman	13	24:37
Casey Highland	15	21:00	Lucas Hassemer	13	24:53
John Carr	47	21:13	Ray Rutherford	41	25:05
Peter Sommerville	35	21:28	Robert Wallace	10	25:13
Mike Weithman	15	21:41	Doug Wallace	48	25:19
Chuck Sattler	33	21:44	John Ollar	51	25:22
Robert Simmons	54	21:52	Trevor White	13	25:27
Thomas Highland	48	21:56	William Ulrick	45	25:32
Jim Robertson	41	22:11	Phil Wood	55	26:20
Jim O'Dell	52	22:25	Jim Carl	54	26:23
			Rick Wells	39	26:28
			Shane Card	25	26:29
			Ben Patton	9	26:39
			Bill Morgan	45	26:54
			Mark Hassemer	42	27:30
			Eric Rosenhouse	37	27:50
			Tom Ratermann	32	28:03
			Kollin King	8	28:14
			Michael Hart	38	28:19
			John Stolt	60	28:29
			Dennis Kent	48	28:41
			Joe Terrell	8	28:42
			Kevin Tyler	40	29:05
			Danny Brown	43	29:19
			Russ Still	44	29:50
			Michael Henry	49	30:39
			Brandon Rollins	14	35:41
			Samuel Johnmeyer	8	39:28
			Stephen Weddle	48	44:35
			William Willenbrink	64	50:30
			Steve S.-Fisher	38	51:28

Hesslers make successful Run for the Border

The brother-and-sister team of Peter and Angela Hessler swept the men's and women's categories of the Run for the Border 5-K road race June 1 in Mexico. Peter finished first among 80 runners under threatening skies in 15:49. Angela won the women's competition in 20:23.

To complete the family affair, father Dick Hessler won the men's 50-54 age group in 18:09.

Among other CTC runners who competed in the race, sponsored by Audrain Medical Center, were Mark Wilson (first among 30-34 men in 17:16) and Carl Myers (first among 60-and-over men in 22:23). Willy Heinrich finished second to Peter Hessler in the 25-29 men's category in 17:44.

Letter to CTC Pres. Curt Kempf

Enclosed is a check for the Columbia Track Club in the name of Dick and Ann Hessler, Tom Allen, Norm Richert, Bill Williams and Peter Hessler. The parents of our track students and the school make this donation as a way of expressing our thanks to these people who have given countless hours to our children in helping them develop their talents in running and field events as well as developing fine qualities of sportsmanship. ...

In particular, I cannot say enough about Dick and Ann Hessler and Tom Allen. Although their children have been gone from Columbia Catholic for a number of years, they continue to lend their support to our students. ... They have been the force behind our annual Mark Welch Track meet, which draws approximately 450 athletes from various Catholic schools in our Diocese of Jefferson City. ...

— Patrick T. Darcy, Principal,
Columbia Catholic School

INDEPENDENCE DAY 5K

OFF ROAD RUN

"THE TOUGHEST RACE YOU'LL LOVE TO RUN"

SPONSORED BY:

BEAVERSON ROOFING SERVICE

DR. DAVID FLEMING

MR. & MRS. HOWARD HILS

HALTERMAN & ASSOC.

TABOR ROOFING SERVICE

MACK HILS INC.

DR. JOEL BAUTISTA

CENTURY 21 MCKEOWN & ASSOC.

DR. TOM BRAGG

ALL PROCEEDS OF THIS RACE GO TO SUPPORT THE MOBERLY CROSS COUNTRY TEAMS

WHEN: THURSDAY, JULY 4, 1996 RACE STARTS AT 8:30 A.M.

WHERE: RACE WILL BE RUN ENTIRELY IN ROTHWELL PARK LOCATED ON THE WEST SIDE OF MOBERLY STARTING NEAR THE JOHN DOUGLAS BUILDING, (LOOK FOR THE TOTEM POLE).

AWARDS: AWARDS WILL BE GIVEN TO THE OVERALL MALE AND FEMALE WINNERS AS WELL AS THE TOP THREE FINISHERS IN EACH OF THE FOLLOWING AGE GROUPS:
12 & UNDER, 13-18, 19-29, 30-39, 40-49, 50-59, 60 AND OVER.

ENTRY FEE: \$9.00 ENTRY FEE INCLUDES A FREE T-SHIRT GUARANTEED TO ALL PRE-REGISTERED RUNNERS. A LATE ENTRY FEE OF \$10.00 WILL BE CHARGED FOR ALL ENTRIES AFTER JUNE 30, 1996. RACE DAY REGISTRATION WILL BE ACCEPTED. T-SHIRTS TO RACE DAY REGISTRANTS WILL BE ON A FIRST COME, FIRST SERVED BASIS.

PACKET PICKUP: RACE PACKETS MAY BE PICKED UP BEGINNING AT 7:00 A.M. AT THE JOHN DOUGLAS BUILDING LOCATED IN THE PARK NEAR THE LAKE DAM. REGISTRATION ACCEPTED UNTIL THE GUN GOES OFF.

WEATHER: RACE WILL BE HELD REGARDLESS OF WEATHER CONDITIONS.

RACE DIRECTORS NOTE: IF YOU'RE LOOKING FOR A RACE THAT IS A CHANGE OF PACE FROM THE "ORDINARY ROAD RACE", THIS IS IT! IF YOU'RE LOOKING FOR A FAST, EASY, NO SWEAT, P.R., BREEZE OF A COURSE, *THIS AIN'T IT!* ALL WHINERS WILL BE THROWN IN THE LAKE. IT'S FUN, SCENIC AND DEFINATELY NOT YOUR AVERAGE 5K.

FOLLOWING THE RUN THERE WILL BE BEVERAGES AND FRUIT PROVIDED FOR ALL PARTICIPANTS. THERE WILL ALSO BE A DRAWING HELD FOR ATTENDANCE PRIZES. YOU MUST BE PRESENT TO WIN.

*****IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL TODD BEAVERSON AT 816-263-9320*****

ENTRY FORM

NAME: _____ SEX: _____ AGE: _____ Race Director
c/o Beaverson Roofing Service

ADDRESS: _____
127 Kirby Street
Moberly, Missouri 65270-1608

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____ T-SHIRT M L XL

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge any and all persons, companies, and individuals affiliated with said race 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, 1996. I agree to follow all rules of this run, and to permit myself to be removed from competition if, in the opinion of race personnel, my continuing would endanger my health. (Must be signed by parent or guardian if under the age of 18)

SIGNATURE: _____ DATE: _____

37TH ANNUAL HEART OF AMERICA MARATHON

Labor Day, Sept. 2, 1996

Columbia, MO.

Columbia Track Club

- Starting time: 6 a.m. CDT
- Eligibility: Race is open to anyone.
- Entry Fee: \$10. Make checks payable to Columbia Track Club.
- Entry Deadline: Entries by Sept. 1 would be appreciated, although post entries will be accepted.
- Fitness for Event: 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.
- Packet Pick-Up: Sunday, Sept. 1. Packets will be handed out between 3 p.m. and 7 p.m. at the Campus Inn and between 5 a.m. and 5:45 a.m. on race day.
- Aid Stations: Aid cars tour the course continuously. 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 593-449-2731 for reservations. Rates: \$38 for one to four people.
- Awards: Awards to the first six male finishers and first three female finishers. Awards to the first three male finishers in 40-49 age group and to first two women 40 or over. Awards to the first two 50-59 finishers and first 60 or over. 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 when the previous best (any year) is less than 5 hours. Awards will be presented at the Daniel Boone Building, Seventh & Broadway, as near 10:30 a.m. as possible.

ATTITUDES
ARE
CONTAGIOUS

...is yours
worth catching?

David Hund
Priscilla Finerick

Certified by the Columbia Track Club.

Entry Form

Maple Bluff Drive, Columbia, MO 65203)

By this entry, I, intending to be legally bound, hereby, for myself and all claims for damages that I might have against the Columbia Track Club for any and all injuries suffered by me

Birthdate: _____ Age: _____

State: _____ Zip: _____

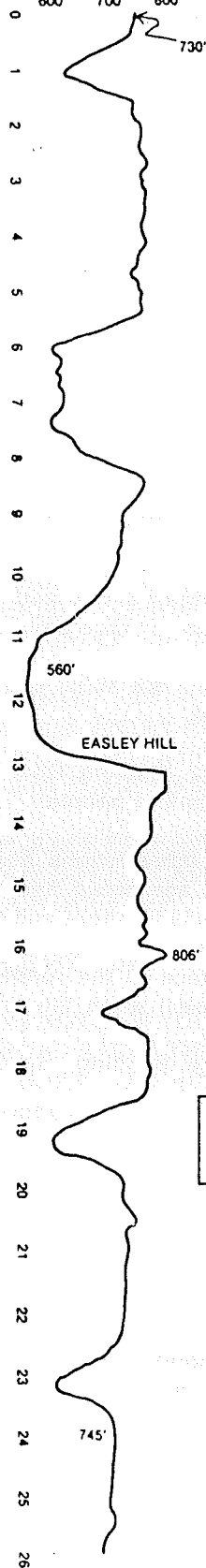
Signature: _____ (If entrant is under 18, parent must sign.)

How many marathons have you completed? _____ Best Marathon Time _____

Where? _____ When? _____

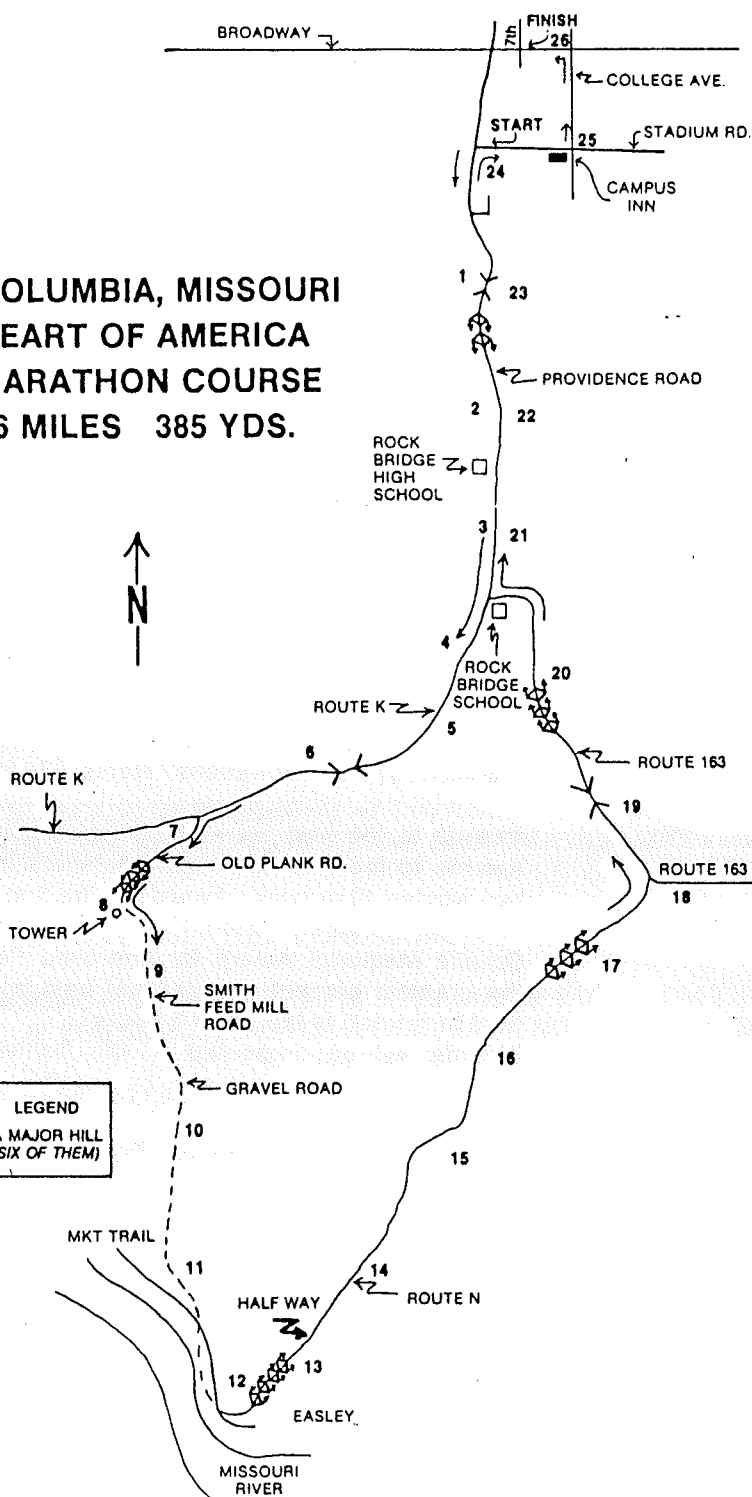
When and where was your most recent? _____

600' 700' 800' COURSE PROFILE



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

LEGEND
A MAJOR HILL
(SIX OF THEM)



1996 Columbia Track Club Schedule

6/12	6 p.m.	Summer Youth Program ##	\$1	Tom Allen, 449-5655	Hickman Track	Awards
7/13	6:30 p.m.	Distance Medley 3,000, 1,500, 800	**	Michele McFadden, 882-9223	Hickman Track (M.U.?)	Awards
8/3	7 a.m.	Great Sandbagger 10-K	**	Roger Turnbough, 445-1225	West Broadway Swim Club	Staggered start based on predicted time; awards
9/2	6 a.m.	Heart of America Marathon	\$10	Joe Duncan, 445-2684	Stadium Blvd., by Hearn's Center	37th annual, T-shirts, awards
9/21	4:15 p.m.	Fall Classic 5-K	\$10	Rick Rother, 874-5889	Boone Hospital	Long-sleeve T-shirts, awards
10/5	7:30 a.m.	Runner's Choice 10-K or 20-K	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
10/12	8 a.m.	One-Hour Run	**	Steve Stonecipher-Fisher, 443-8875	Hickman Track (M.U.?)	Awards
11/10 ?	11 a.m.	CTC/SLTC/Sedalia/J.C. Cross Country	**	Kent Lang, 816-827-0274	TBA	Team and individual competition
12/7	8:30 a.m.	Jingle Bell Run for Arthritis 5-K run/1-M walk	\$8	Randy Gay, 474-9104	University Hospital	Awards
12/14	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Sam Van Maanen, 449-7832	Strawn Road	Walkers, 8:30 a.m.; runners, 9 a.m.

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

The Summer Youth Program runs every Wednesday starting June 12.

Other selected events

6-15	8 a.m.	Father's Day 5-K	Jefferson City 573-751-9000	7-6	8 a.m.	Cannibal 10-K	Hannibal 573-221-7528
6-21	9:15 p.m.	Cole Younger Night Flight 5-K	Lee's Summit 816-524-4420	7-13	8 a.m.	Summer Classic 5-K	Jefferson City 573-896-4186
7-4	8:30 a.m.	Independence Day 5-K Off-Road Run	Moberly 816-263-9320	7-18	7 p.m.	Twilight 5-K	Kirkville 816-626-2213
7-4	8 a.m.	Firecracker Mile	Sedalia 816-826-7430	7-27	8 a.m.	Summit 5-K	Jefferson City 573-896-4186
				8-3	7:30 a.m.	Smithville 8-K	Smithville 816-532-4444

**Runners
wanted**

We're looking for a few runners, duathletes and triathletes to participate in a research study. In return, we can help you maximize your training program with knowledge of your maximal aerobic capacity, ideal training pace, running economy and percent body fat.

Use the cutting edge of scientific research to help you achieve your goals. For more information, contact James Padfield (449-3250), Lisa Palmer (449-4903) or Denise Stone (43-0951).

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

12/96

Joyce Schulte
1102 E. Broadway
Aubudon, IA 50025