

# COLUMBIA TRACK CLUB **NEWS**

Volume XXIX No. 3

May 1996



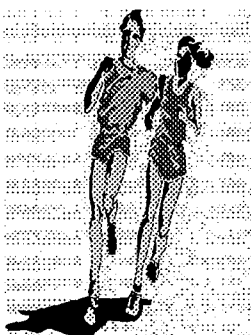
## A joint finish in the 18th Human Race

A hearty band of nearly 200 runners braved a blustery April wind to compete in the 18th running of the Human Race.

The race began around 8 a.m. on April 20 in front of Rock Bridge High School and finished on the track. There were no celebrations over PRs, so we assume the course was indeed five miles this year (unlike last year).

Andrea Fischer and Marc Keys crossed the finish line together in first place in 29:16. A picture of their joint finish appeared in the Tribune.

Thanks to the efforts of many volunteers and organizations such as the Tribune, Rock Bridge High School, Tryathletics and the Columbia Police Depart-



ment, the race went off without any major problems. We did, however, come up a little short during the awards ceremony. We didn't have all the awards. Sorry.

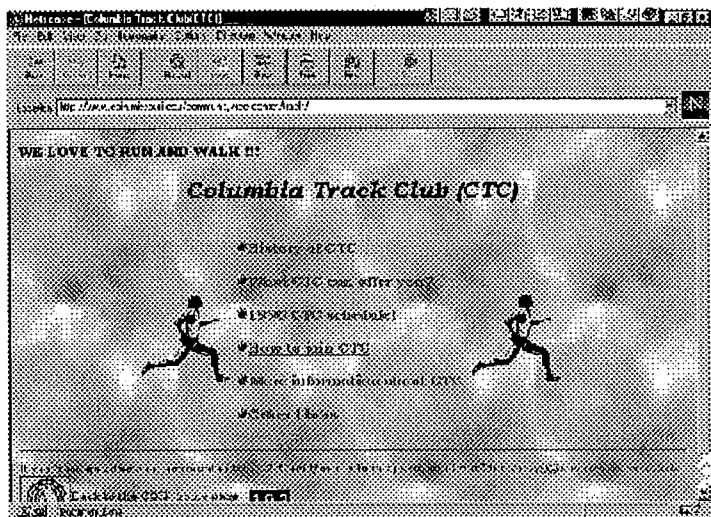
If you were in the top three in your age group, your prize is waiting for you at Tryathletics.

If you have any suggestions for improving the race for next year, contact me or Joe Marks. Thanks again to everyone who helped

or who ran.

— Race Director Larry Peterborg

For full results, see Page 2 of this newsletter.



## Hesslers run for record

Seven teams (six of which finished) and one individual participated in the Two-Person Relay on a cool, windy Saturday morning at the Hickman track.

The race has a unique format, with two team members alternating every 400 meters through a total distance of 8-K. Dick and Pete Hessler won the race with a record time of 24:36.

The youngest team of Robbie Freels and Chris Moore finished fourth. Linda LaFontaine and Cammy Ronchetto were the top female team.

TCBY gift certificates were given to all participants. Thanks to Mike and Joseph Kaylen, Curt Kempf, Ben Londeree and Mark Volek for helping organize and run the race.

— Race Director Chuck Sattler

## CTC at home on the Web

Thanks to club President Curt Kempf, the CTC has a home page on the World Wide Web. That's a view of it above.

The page is largely a sales pitch for new members. It includes a brief club history and our schedule, as well as other information.

The page resides on the Columbia Online Information Network (COIN). Its address:

[http://www.coin.missouri.edu/  
community/rec-center/track/](http://www.coin.missouri.edu/community/rec-center/track/)

### Two-Person Relay March 30, 1996

#### Team Members

Team Members	Time
1. Dick Hessler and Pete Hessler	24:36
2. Steve Stonecipher-Fisher and Tom Collier	25:49
3. Scott Rubenstein and Paula Rubenstein	26:15
4. Robbie Freels and Chris Moore	26:45
5. Steven Tanner and Matthew Tanner	27:03
6. Linda LaFontaine and Cammy Ronchetto	31:26
Joe Duncan (as individual)	15:45

## Human Race 5-M

April 20, 1996											
Name	Sex	Age	Time	Name	Sex	Age	Time	Name	Sex	Age	Time
Marc Keys	M	33	29:16	Karen Derrick	F	35	37:40	Andrew Thomas	M	11	43:28
Andrea Fischer	F	32	29:16	Terry Moore	M	22	37:46	Dennis Kent	M	48	43:32
Stephen Greaney	M	33	30:12	George Stevenson	M	14	37:50	Penny Campbell	F	36	43:47
Gerrit Beemster	M	32	31:01	Sam Meyers	M	53	37:59	Joshua Braun	M	20	43:55
Darrin Young	M	29	31:16	Sam Wright	M	14	38:30	Mary Finn	F	33	44:07
John Wetz	M	41	31:19	Patrick A. Smith	M	40	38:35	Kelly Conforti	F	25	44:10
Jane Downing	F	31	31:40	Carl Myers	M	62	38:36	John Schulz	M	38	44:20
Kevin Tyler	M	40	31:43	Jason Friesenborg	M	19	38:58	Benjamin Schulz	M	13	44:20
Steven Tanner	M	43	32:11	Joe Duncan	M	61	38:59	Ken Hirlinger	M	45	44:22
Michael Walther	M	38	33:03	Rex Hodge	M	36	39:02	Douglas Hunt	M	46	44:44
David Mountjoy	M	41	33:10	Scott Dressel	M	46	39:04	Dan Harrington	M	30	45:03
Jim Diederich	M	37	33:33	Steven Graves	M	49	39:20	Danielle Ess	F	23	45:22
Martin Theile	M	48	33:44	Kevin Walden	M	33	39:29	Teri Walden	F	31	45:22
Donald Granberg	M	54	34:01	Ron Hein	M	38	39:33	Debbie Wells	F	38	45:37
Michael Halferty	M	38	34:06	John R. Meredith	M	44	39:33	Rosemary Wood	F	40	45:41
Tom Collier	M	45	34:15	Kenneth Bryant	M	47	39:38	Sue Thomas	F	35	45:45
Kenny Bopp	M	27	34:19	Joe Marks	M	58	39:53	Richard Otto	M	46	45:51
Richard Garrad	M	39	34:22	John Dunn	M	59	39:57	Roger Sprague	M	46	46:12
Steve Hemmann	M	37	34:23	Gary Fennwald	M	44	40:15	Bill Morgan	M	45	46:18
Chuck Sattler	M	32	34:26	Lisa Burger	F	33	40:17	Duane Feldmann	M	47	46:22
Philip Stubbs	M	14	34:37	Adrianne Specker	F	23	40:23	Charlie Law	M	30	46:23
John Carr	M	46	34:43	Toni Livesay	F	28	40:27	Adam Lewis	M	11	46:30
James McInvale	M	40	34:44	Margy Tonnies	F	26	40:27	Beth Granberg	F	54	46:41
Curt Kempf	M	32	34:54	Philip Johnson	M	38	40:47	Brian Dunn	M	10	46:42
Tom Smith	M	32	35:01	Don Waltman	M	60	41:10	Amos Burks	M	13	47:01
Steve Baurichter	M	45	35:15	Timothy McCulloch	M	41	41:19	Dan Pritchard	M	42	47:04
Larry Scholl	M	24	35:20	Kyle Bauman	M	23	41:23	Joseph Forsee	M	70	47:14
Uwe Lochner	M	30	35:21	Brian Price	M	39	41:24	Patty Powers	F	44	47:18
Mario Mayes	M	27	35:33	Beth Dubisar	F	18	41:38	Andrew Kushner	M	20	47:24
Ted Brandt	M	26	36:15	Brenda McDowell	F	20	41:39	Erin Adams	F	21	47:25
Chris Janku	M	43	36:16	Neal Miller	M	52	41:45	Stephen Weddle	M	48	47:26
Patrick Grathwohl	M	14	36:17	Peter McDonald	M	47	41:49	Christina Morian	F	35	47:28
Anne Dannerbeck	F	39	36:31	Kevin Coyne	M	46	42:06	Andrea Woods	F	49	47:31
Adam Zucco	M	20	36:37	Bob Humphreys	M	69	42:10	James Barnes	M	41	47:36
Scott Burgess	M	24	36:46	Richard Bush	M	43	42:43	Dianne Priest	F	40	47:38
Lisa Wells	F	32	36:58	Ian Trout	M	9	42:49	Sandra Rice	F	24	47:42
Richard Fish	M	45	36:59	Dennis Knudson	M	29	42:51	Bob Siebert	M	40	47:58
Camille Ronchetto	F	36	37:01	Dean Stover	M	35	43:11	Leslie Schneider	F	40	47:59
Jim O'Dell	M	52	37:05	Jeanne Mcpherson	F	40	43:19	Lee Meyers	M	46	48:23
Walter Renger	M	26	37:09	Greg Johnson	M	41	43:20	Tim Koski	M	36	48:33
Dasi Pape	F	46	37:16	Adrienne Siebert	F	13	43:21	Sue Novinger	F	40	48:42
Sean Highland	M	19	37:26	John Patton	M	44	43:24	Marvin Van Leer	M	59	48:59
Byron Tenney	M	41	37:30	Ben Patton	M	9	43:24	Norman Benedict	M	58	50:34
				Katie Monticelli	F	14	43:27	Bernadette Murphy	F	25	51:09
								Trygve Veum	M	58	51:18
								Margaret Hogan	F	44	51:28
								Kathleen Books	F	45	51:30
								Michael Henry	M	49	52:14
								Leslie Yates	M	47	52:14
								Keith Gangidino	M	43	52:58
								Danelle Dougan	F	11	53:15
								Kevin Hunt	M	10	53:15
								Bobbie Fulhage	F	57	54:23
								Donald Logan	M	40	54:28
								Michelle Dunlap	F	34	54:52
								Elizabeth Gerhardt	F	75	54:52
								Scott Scholl	M	19	55:19
								Mark Stevenson	M	46	55:52
								David Stevenson	M	10	55:53
								Julie Dougherty	F	29	55:59
								Jaylen Dougan	F	10	56:38
								Elaine Kent	F	47	57:37
								Barney Sword	M	64	57:43
								William Stoecklein	M	40	58:38
								Will Powers	M	13	58:30
								Megan Sharp	F	10	59:42
								Joe Cragin	M	68	60:25
								Darcy Ames	F	23	61:23
								Mary Patton	F	54	61:50
								Richard Logsdon	M	42	62:37
								Cindy Brodhacker	F	39	65:10
								Ryan Brodhacker	M	10	65:33
								Chris McCord	M	11	65:35
								Tom McCord	M	44	66:05
								Robin Stover	F	32	66:05
								Ginger Wilson	F	29	66:57
								Sally Logan	F	43	68:39
								Joe Faber	M	58	69:09
								Susan Wessler	F	43	69:09
								Anna Kegley	F	34	69:13
								Jane Domke	F	42	70:37
								E. Hosokawa	F	57	71:45
								Pam Maupin	F	44	75:21
								Angelica White	F	10	79:21
								Kisha Macomber	F	11	79:41
								Kaia Jefferson	F	17	83:59
								Kristin Oehrke	F	23	84:00
								Cynthia Jefferson	F	36	87:46
								Larie Hartley	F	32	87:53

## Welcome new CTC members

Lisa Burger, Columbia  
Bryan Tenney, Fulton

### 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

## 25 years ago

## Back to the beginning

By Joe Duncan

### May 8, 1971

Walk-Run Pentathlon: 1. Dennis Stewart, 2,170 points (2-mile walk, 21:38; 880, 1:58; 1-mile walk, 11:59; 2-mile run, 9:45; 220, 24.8); Bill Wirtz, 2164 points; John Houle had a 2:02 in the 880 and a 24.2 in the 220. We had "official" CTC Walk-Run Pentathlon scoring tables.

### May 23, 1971

6-Mile Road Run: 1. Bill Wirtz, 32:43; 2. Dennis Stewart, 34:43; 3. Roman Sage, 35:56; 4. Don Granberg, 38:00; 5. John Houle, 39:18; 6. Mike Chippendale, 42:22.

# Boston memories

## Tradition continues for Bob O'Connell

As the Boston Marathon turned 100, Bob O'Connell celebrated a milestone of his own.

The longtime CTC member ran his 25th consecutive Boston Marathon this year despite a bunion problem that slowed him some. He placed in the top 20 percent with an official time of 3:26:12, although his actual time was 3:19:01.

Because of the 100th-anniversary celebration, the Boston field was more than three times the usual with 38,500 runners, and it took Bob more than 7 minutes to cross the *starting* line. Computer-chip technology allowed race officials to track each runner's actual time, and based on that Bob qualified for the 1997 marathon.

Columbia Finishers  
April 15, 1996

Place	Name	Age/Sex	Time
4,873	Scott Foster	39 M	3:15:10
7,549	Bob O'Connell	47 M	3:26:12
8,665	Mark Wood	35 M	3:30:08
24,467	Daniel Hooley	45 M	4:25:05
26,063	Melanie Boock	25 F	4:32:19
26,073	Sharon Watling	32 F	4:32:21
29,740	Charles Imboden	54 M	4:53:09

Bob, then a graduate student at the University of Illinois, ran his first Boston Marathon in 1972 on a whim. A year later, he returned and won a medal with a 33rd-place finish in 2:33:57. And an O'Connell tradition was born.

Bob lived in the Boston area for several years before coming to Columbia 17 years ago. He is a professor of electrical engineering at M.U.

## Marathon dream comes true for Mark Wood — and 40,000 other runners

I've heard it said that every kid who plays Little League baseball dreams of playing in the majors. Similarly, I suspect that everyone who has run or contemplated running a marathon has dreamed of running at Boston. I know I have — at least since my toenails grew back after my first marathon (Columbia's Heart of America).

On Monday, April 15, my dream, along with those of about 40,000 others, became a reality. And it was a truly amazing experience.

The day before the race I almost ran into Bill Rodgers coming out of at the men's room at the Hynes Convention Center. That, by my admittedly biased way of thinking, seemed to portend success.

Race-day weather was a pleasant surprise as well in that it was bracketed by one day of drizzle and another of downpour.

I was fortunate enough to be able to stay with my aunt, who lives in Hopkinton, and was able to avoid the long, early-morning ride from Boston. Still, it was an hour-and-a-half wait to enter the athletes' village to drop off my bag. Then, after the race began, it took five minutes to reach the starting line.

The scene was incredible. For 26.2 miles, there was never a time when someone on the side of the road wasn't yelling encouragement. I must have high-fived 200 kids in the first 10 miles. It was hard not to feel downright euphoric in the middle of a scene like that, and for the first six miles I just tried to hold back

and run fairly easily.

After six miles, my plan was to run a little faster to the hills in Newton, where I would just try to keep a good pace. I hit my split about where I wanted and ran quite comfortably at my slightly faster pace for the next 11 miles, although not without having to do a great deal of weaving in and out of the constant traffic.

Among my fellow runners were a couple getting married, an Elvis, a Superman, a guy who ran the entire course backward and a guy who carried a six-foot replica of Boston's Old North Church on his back. I dusted him in Framingham.

I felt pretty good through the hills of Newton but was definitely happy to put Heartbreak Hill behind me at mile 20.7. About that time, I noticed myself doing a lot less high-fiving. I continued running to mile 23, but began walking and running intermittently through mile 25.

This was a low point for me because my hopes of using this year's race as my qualifying for next year slipped away. I could look to my right and see about 100 people per second pass me.

I was able to run in from mile 25, and it felt wonderful to hit Boylston Street. The finish line banner seemed a long way off, but everything seemed a long way off at that point.

All in all, it was a very positive experience. I can't wait to go back.

— Mark Wood



5K Road Race Audrain Medical Center Mexico, MO

**Race Date:** Saturday, June 1, 1996. Racing begins at 9:00 a.m.

**Packet Pickup:** Saturday, June 1, from 8:00 - 8:30 a.m.

**Location:** Mexico Family YMCA, 1127 Adams, Mexico, MO. Final course description is coming soon.

**Awards:** 5K awards will go to 1st place overall male and female and to the top two males and females in each age group. Awards ceremony will be at 10:00 a.m. at the start/finish area. All participants of Fun Run/Walk will receive ribbons.

**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

**T-shirts:** T-shirts guaranteed to the first 130 entrants for 5K race only.

**Registration:** Preregistration by mail postmarked by May 20, 1996. Late registration after May 20 in person at packet pick-up day of race.

**Fee:** Preregistration for 5K is \$10. Day of race is \$12. No entry fee for Fun Run/Walk.

### Registration Form

Complete one for each participant

Make check payable to: Audrain Medical Center

Mail to Run for the Border, AMC, 620 E. Monroe, Mexico, MO 65265

Name: (First, Initial, Last) \_\_\_\_\_

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

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Circle Selections

Race:

5K

Fun Run/Walk

Sex:

Male

Female

Age (Day of Race) \_\_\_\_\_

T-Shirt Size (5K only)

S

M

L

XL

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, Mexico Family YMCA and other organizations sponsoring this race and their representatives, successors and assigns for any and all injuries suffered by me in said event.

Signature (Parents signature if under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_



One South Fourth Street  
Columbia, MO 65201  
(314) 443-8878

# Big Brothers/Big Sisters Stadium Run

Saturday, May 18th, 1996, 8:00 a.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 1995 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 64 65	62 63	10 61	60	11 59	58	12 57	56	13 54 55	51 53	14 48- 50	46 47	15 44 45	16 42 43	17 40 41	18 38 39	19 35- 37	20 32- 34	22	24	
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 42	15 40 41	16 38 39	17 36 37	18 33- 35	19 31 32	20 28 30	22	24								

## 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 \$15 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, May 17th, 3pm to 6pm, at Tryathletics, 1 S. 4th Street or  
Saturday (Race Day), May 18th, 6:30am to 7:30am, 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 \$12 if received before May 10th, otherwise \$17 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 June 1st.

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

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

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Sex: F / M Age on 5-18-96: \_\_\_\_\_ T-shirt size: S / M / L / XL

Entry Fee \$12 (\$17 if received after May 10th)

\$15 Columbia Track Club Membership Dues (optional)

Single donation to go to Big Brothers/Big Sisters of Boone Cty:

(Or fill out the back of this sheet)

TOTAL (check payable to Columbia Track Club)

\$ \_\_\_\_\_

(Thank you VERY MUCH©)

\$ \_\_\_\_\_

**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, KMIZ, Computerland, 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

**SPONSORSHIP (INCENTIVE PRIZES).** Prizes will be awarded to participants based on the amount of money turned in.

RAISE	WIN
\$ 1,000	\$100 Gift Certificate from Tryathletics
\$ 750	\$75 Gift Certificate from Tryathletics
\$ 500	\$50 Gift Certificate from Tryathletics
\$ 250	\$25 Gift Certificate from Tryathletics
\$ 100	BB/BS Stadium Run Sweatshirt
\$ 50	BB/BS Stadium Run T-shirt
\$ 25	Tryathletics water bottle

**Make sponsorship checks payable to Columbia Track Club - Sponsorship & mail to:**  
**BB/BS Stadium Run - Sponsorship**  
**c/o Columbia Track Club**  
**P.O. Box 1872**  
**Columbia, MO 65205**

## SPONSOR FORM

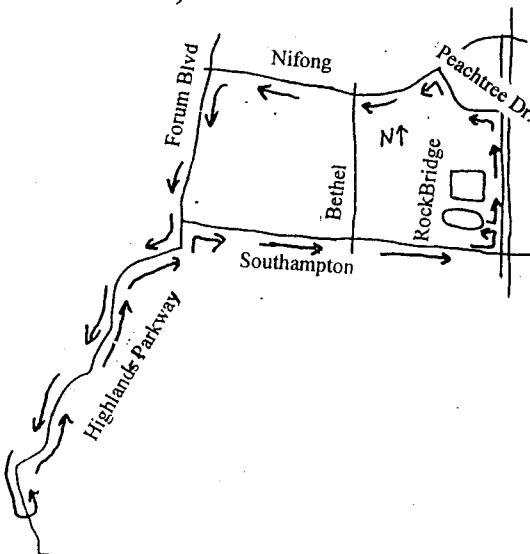
Name: \_\_\_\_\_ T-shirt size: S / M / L / XL Age: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone:(wk) \_\_\_\_\_ (hm) \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_

[illegible]

(Make copies if necessary)

TOTAL RAISED:\$\_\_\_\_\_

***Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205***



**1996 Columbia Track Club Schedule**

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
5/4	8 a.m.	Law Enforcement Run for Special Olympics 5K	\$15	Moon McCrary, 874-7422	East side of Faurot Field	T-shirts, awards
5/11	8 a.m.	Spring Couples Run/Walk 5-M, individuals welcome	**	Tom Smith, 875-6899	Bethel Park	Male-female teams, dinner awards
5/18	8 a.m.	Big Brothers/Big Sisters Stadium Run 10-K	\$12	Curt Kempf, 446-2878	Rock Bridge Track	Staggered start based on age/sex; T-shirts; awards
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 Hearnes Center	37th annual, T-shirts, awards
9/21	4:15 p.m.	Fall Classic 5-K	\$10	Rick Rother, 874-5899	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**

5-4	9 a.m.	AHA/Thousand Hills S.P. 7-M Run/5-K Walk	Kirkville 816-626-2213	5-25	8:30 a.m.	Hardee's/Majic 108 FM 5-K/1-M	St. Louis 314-781-3926
5-11	9 a.m.	Mother's Day 5-K	Jefferson City 573-896-4186	5-27	10 a.m.	Well Aware 5-K	Columbia 815-6899
5-11	8 a.m.	A Paris A-Fair 5-K	Paris, Mo. 816-327-4858	6-1	9 a.m.	Run for the Border 5-K	Mexico 800-748-7098
5-11	10:25 a.m.	Apple Blossom 5-K	St. Joseph 816-232-3344	6-2	7 a.m.	Trinity Hospital Hill Run Half-marathon/12-K/5-K	Kansas City 816-274-8444
				6-15	8 a.m.	Father's Day 5-K	Jefferson City 573-751-9000

## CTC Membership Application

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

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

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

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

Members of family at this address and their birthdates:

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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