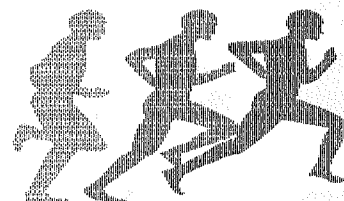


COLUMBIA TRACK CLUB

NEWS

Volume XXX No. 3

April 1997



MU Track and Field Begins New Tradition

The spring of 1997 may be the most anticipated and exciting season of track and field ever at the University of Missouri-Columbia. After a nearly 30 year wait, the dream of a new track is finally a reality. The 1st Annual Tom Botts Invitational Track and Field Meet on April 12, 1997, served as the dedication meet for what is undoubtedly the finest track and field facility in the United States. The designers located every national and international governing body specification list and then built the track accordingly.

The new facility includes: 8 lanes 48" wide; four horizontal jump pits, two on each straightaway; two shot put rings with cages for discus and hammer throws; a large high jump apron; two pole vault runways, plus a stand-by one in case the wind doesn't cooperate; low-visibility drain around the entire track; steeple; electronic scoreboard; all new equipment.

The new electronic equipment system is by Finishlynx. The two color cameras take 2000 images per second at 100 pixels, which is computerspeak for saying the what we have is the highest resolution, most accurate system on the market. Setting and focusing the cameras is done by remote control. Finish line images can be cropped and analyzed automatically with times recorded to one-thousandth of a second. Finish pictures can be stored on disk or printed. It can split-time relay legs and computers link the finish, clerk, and scoring data files with the scoreboard.

Missouri coaches Brett Halter and Natasha Kaiser-Brown only have good things to say about their long-awaited facility. "It makes practice so much easier," said Natasha, "We don't have to be figure out where workouts will take place any more. Plus, the times are so much more accurate now; the athletes can run personal bests at practice and they count." Brett added, "At our first meet, coaches from all around the country were amazed by our facility. It is designed to cater to the athletes; now they can practice and have meets at the same place. Plus, we got all new equipment."

Meet officials are always needed and welcomed! Contact Dick Hessler or Joe Duncan if you're interested in becoming a part of the new MU Track and Field tradition.

—Dick Hessler and Amy Gundy

Ask Coach...

In each newsletter we are giving our readers the opportunity to ask local coaches specific questions regarding training, fitness, health, or personal interest. Participating coaches include: MU coaches Natasha Kaiser-Brown and Jeff Pigg, Hickman Coach Steve Kissane, Rock Bridge Coach Rick Baer, and CTC Colts Coach Dick Hessler. Please send questions to Gary and Amy Gundy at the address below. This issue features **Natasha Kaiser-Brown** and her favorite moment from the 1992 Olympics. (See Coaches' Corner, page 3.)

Welcome New Co-Editors

Gary and Amy Gundy (formerly Amy Hessler) have asked to be the new CTC newsletter co-editors. Amy brings to the newsletter her skills as a former English major and teacher, along with her long-time association with the Columbia Track Club. Gary provides his curiosity in computers, moral support, and seasonal interest in running. Together, they are excited about trying out some new ideas and articles. Suggestions and opinions are always welcome. Submissions can be sent to: Gary and Amy Gundy

e-mail: agundy@mail.coin.missouri.edu

411 Maplewood Drive
Columbia, MO 65203

phone: 573-874-2407



25 years ago

Looking Back

By Joe Duncan

January 9, 1972

5 mile road race: 1. Dennis Stewart, 28:20; 2. Ben Londeree, 29:41; 3. Doug Williamson, 29:14; 4. Mike Chippendale, 30:47; 5. Joe Duncan, 31:33; 6. Dick Hessler, 33:59; 7. Dave Schulte, 42:00. Dave Luethold walked in 56:33.

January 15, 1972

20-K run, minus 8 degrees, -30 windchill: 1. Bill Wirtz, 1:15:16; 2. Ben Londeree, 1:22:02; 3. Jerry Kokesh (soon to be one of the founders of the St. Louis Track Club) 1:23:08; 4. Don Granberg, 1:24:47; 5. Joe Duncan, 1:25:53.

January 30, 1972

One mile run on ice-covered Hickman Track: 1. Tom Logan, 4:53.4; 2. Lucas Kleyn, 5:11.3; 3. Paul Redhage, 5:12; 4. Ben Londeree, 5:22.5; 5. Art Fleming, 5:37; 6. Dick Hessler, 5:52.7; 7. Joe Duncan, 6:18; 8. Dave Schulte, 7:11. Dave Luethold walked 2 miles in 20:58; Janet Leuthold 23:31.

Limerick of the Month (January 1972)

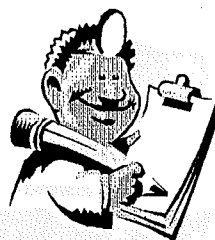
*A young runner named Chippendale,
Was so fast, he seemed to sail.
But, the men in blue
Thought the crime he flew,
So now, poor thing, he runs in jail.*

February 26, 1972

6 mile run: 1. (tie) Tom Logan and Loren Moes, 33:05 (both from NMSU), 3. Larry Young 34:31 (preparing for the Munich Olympics, Larry was running 30 miles a week and walking 70); 5. Ben Londeree, 35:41; 6. Don Granberg, 38:32; 7. Mike Chippendale, 39:35; Joe Duncan, 40:32. Rob Spier walked in 1:08:50. The previous weekend Don Granberg had run the Groundhog Marathon in Arkansas in 2:59:37, his first marathon under 3 hours after 13 tries.

February 16, 1972

10 mile run: 1. Rob Leutwiler (St. Louis), 52:47; 2. Tom Logan, 54:47; 3. Larry Young, 57:17; 4. Ben Londeree, 1:00:03; 5. Don Granberg, 1:02:53...9. Joe Duncan, 1:08:16...11. Leonard Busen, 1:14:22...14. Dave Schulte, 1:30:37. Rob Spier and Dick Hessler (!) walked in 1:51:33.



Christian Reed Needs Study Participants

Christian Reed, a doctoral student in the Department of Health and Exercise Sciences at MU, is looking for male subjects, age 18-30, who are recreational athletes to participate in a brief study looking at the relationship between exercise intensity and mood. **Perks** include a **FREE** estimate of each subject's body fat percentage and VO2 max. If interested, please contact Christian at: 874-0528.

New Hickman Track a Possibility

Have you ever dreamed about running at Hickman High School Track and coming home with your shoes clean? Well, your dreams just might become a reality. It's no secret that an all-weather track is sorely needed at Hickman High School. Since it is an idea in progress, Bob Nolke, Assistant Principal for Activities, would like anyone interested in forming a committee to get this project off the ground, please contact Bob Nolke at 886-2519. Look for further developments in future issues. Who knows...those "red dog" cinders may one day become collectors items.

Correction:

In the previous newsletter, CTC member Scott Dressel was listed under the St. Pat's 5K as finishing in 40:14. His actual time was around 26:XX. Sorry for the mix-up. Good job, Scott!

CTC Board of Directors

Curt Kempf, president	Tom Allen, secretary-treasurer
Joe Marks	Mark Wilson
Randy Gay	Dan Kelly
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:

Gary and Amy Gundy, CTC Newsletter editors
411 Maplewood Dr., Col. MO 65203 Ph: 874-2407
e-mail: agundy@mail.coin.missouri.edu

Welcome New CTC Members

Steven Baughman	Columbia
Laurie Digges	Columbia
Hugh Emerson	Columbia
Terra Henry	Columbia
Sally Hyde	Columbia
Ben Lloyd	Columbia
Chad Sapp	Columbia
Andy Shirkey	Columbia
Liz Struatman	Columbia

Coaches' Corner

My Favorite Olympic Moment

...an interview with Natasha Kaiser-Brown



"The Olympics were great, but three minutes of the Games were really awesome. My teammates (Gwen Torrance, Jearl Miles, Rochelle Stevens) and I were done with our warm-up under the stadium, and we were waiting for the finals of

the 4x400 meter relay. Since I was running the first leg of the relay, I was immediately separated from my teammates and led away for the start of the race. As I walked up the ramp and out of the tunnel, I was instantly impressed by the thousands of cameras that were waiting for us as we entered the stadium. I really felt like a celebrity! There was a camera that projected our images across the screen of the scoreboard, and as they announced our team, I peeked a glance at myself with USA emblazoned on my uniform, and heard the cheers of USA. I was having fun! As we set up our blocks and anticipated the start of the race, it was easy to get caught up in the moment. Then the gun went off, I started running, and I suddenly realized, 'This is the hard part.'"

Two-Person Relay March 29, 1997

Seven teams participated in this year's Two-Person Relay. This race has a unique format where the two team members alternate running every 400 meters through a total distance of 8K. The race was held at Hickman track on a sunny Saturday morning.

Men and women of all ages participated. Marc Keys and Tom Collier were the winning team with a time of 26:53. The youngest team included two eight year olds, Jonas McBride and Cole Johnson of Paris. Stacy Reed and Karla Lang were the top female team. Chocolate bunnies and chocolate eggs were given as prizes commemorating the Easter weekend. Complete results are listed below.

The Two-Person Relay is a good event for couples with children, but who still enjoy participating in running events. The track setting allows the children to play on the infield while the parents take turns running. The Heinrichs demonstrated this as they competed while four of their children cheered them on. Married couples who have a difficult time finding track club events to participate in together, may want to consider running in this race next year.

Thanks to Barb Sattler and Curt Kempf for helping with the race.

—Race Director Mike Kaylen

Place	Team	Time
1	Marc Keys, Tom Collier	26:53
2	Mike Little, Mark Volek	27:18
3	Stacy Reed, Karla Lang	29:13
4	Denise Estabrooks, Rick Rother	30:47
5	Kevin Woodland, Travis Ballenger	31:10
6	Willy Heinrich, Chris Heinrich	32:05
7	Jonas McBride, Cole Johnson	44:08



Natasha and her teammates earned the silver medal in the 1992 Olympics. She is now assistant coach with the MU track team. Natasha has achieved success nationally and internationally; she was a six-time All-American and a five-time Big Eight Champion while at Mizzou, and has represented the U.S. 13 times in major international competitions.

Human Race—The Old and The Good

April 19, 1997

The 1997 Human Race brought out the best in the young, old, good, and determined.

Paula Rubenstein won the female division in 29:58 and finished sixth overall in the five-miler.

Steve Stonecipher-Fisher, age 40, won the male division and became the oldest male winner in the Human Race's 19-year history.

Bob Humphreys ran 40:33 at age 70!

Don Granberg ran 32:25 and placed 15th overall at age 55.

Three of the top five finishers are over 40.

Steve S-F and second-place Jeff Mittelhauser were college roommates. Jeff once quipped, "Not only was I second fastest in Columbia, I was second fastest in our room!"

The Benton School Bunch (we think there were ten) cleaned up on awards as students and faculty continued their history of participation.

Elizabeth "Boots" Gerhardt won the Women's 60 and older division at age 76. (By the way, Bernard Moseley finished a few seconds ahead of her. He's 77.)

Those were just a few of the 142 individual success stories that could be told. But there's more--about the volunteers. Race Director Larry Petterborg has reason to be proud of his eight students, seven of whom were course volunteers and the other (Matt Howland) finished third overall. Joe Marks said nearly two dozen people helped him and Larry make sure all went well.

Finally, with a rainless day and temperatures in the 50's, our thanks to the weatherman. He finally got it Wright.

—Joe Marks

Human Race Results:

	Name	Sex/Age	Time
1	Steve S-Fisher	M 40	27:32
2	Jeff Mittelhauser	M 40	28:15
3	Matt Nowland	M 24	28:54
4	Willy Heinrich	M 29	29:24
5	Denny Schrock	M 43	29:51
6	Scott Rubinstein	M 30	29:58
7	Chad Baker	M 29	30:12
8	Chris Mader	M 21	30:36
9	Ronald Molteni	M 31	30:39
10	Daniel Mattson	M 27	30:53
11	Kevin Tyler	M 41	31:28
12	Jim Diederich	M 38	31:47
13	Tom Davis	M 44	31:53
14	Michael Halferty	M 39	32:15
15	Don Granberg	M 55	32:25
16	Charles Dodd	M 30	32:33
17	Paula Rubinstein	F 27	33:02
18	Tom Collier	M 46	33:48
19	James Mcinvale	M 41	34:01
20	Hugh Murrell	M 32	43:13
21	Peter Wilden	M 42	34:26
22	Jay Hasheider	M 48	34:33
23	Laurie Digges	F 37	35:13
24	Chuck Sattler	M 33	35:14
25	Odell Newkirk	M 41	35:36
26	Lisa Wells	F 33	35:42
27	Rebecca Miller	F 22	35:45
28	Bradley Wright	M 47	35:49
29	Mark Livesay	M 31	35:50
30	Gary Gundy	M 33	36:25
31	Tim Koski	M 37	36:32

(continued on page 5)



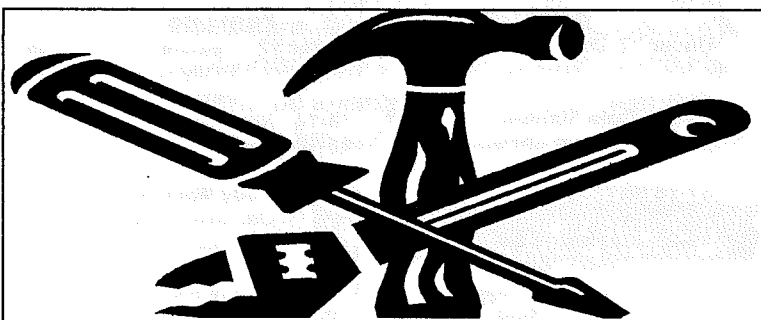
Former college roommates, Jeff Mittelhauser (2nd place) and Steve Stonecipher-Fisher (1st place), congratulate each other after completing the 5-mile Human Race.

Human Race Results, cont.

32	Bill Stocklausner	M	46	36:43	68	Elaine Foster	F	45	41:18	106	Anne Horton	F	29	50:07
33	Kevin Woodland	M	32	36:43	69	Diane Mountjoy	F	42	41:19	107	Jennifer Conley	F	26	50:41
34	Ian Trout	M	10	36:59	70	Jacci Pickrel	F	40	41:24	108	Michael Henry	M	50	51:32
35	Rick Twigg	M	35	37:02	71	Krista Lang	F	18	41:33	109	Dianne Priest	F	41	52:00
36	Steven Graves	M	50	37:20	72	Paul Ridlen	M	29	41:42	110	Norm Benedict	M	59	52:09
37	James Robertson	M	42	37:24	73	Margaret Johnston	F	27	41:45	111	Keith Gangidino	M	44	53:48
38	Jeffery Neff	M	37	37:32	74	Craig Johnston	M	41	41:45	112	Denitra Horne	F	10	54:16
39	Dean Stover	M	36	37:43	75	Mary Finn	F	34	41:46	113	D.Paul Robinson	M	40	54:33
40	Mark Dietzel	M	28	37:47	76	Amy Branaum	F	24	42:09	114	Robert Lampe	M	15	55:17
41	Robert McGowan	M	30	37:48	77	Sam Meyers	M	54	42:44	115	Elaine Kent	F	48	55:37
42	Mark Horvit	M	32	37:54	78	Lori Kurzejeski	F	33	42:53	116	Emily Ross	F	11	55:49
43	Newell Kitchen	M	37	37:54	79	Eugene Gerke	M	47	43:07	117	Naomi Dickerson	F	10	55:49
44	Lisa Burger	F	34	37:56	80	Paul Tichenor	M	35	43:19	118	Bobbie Fulhage	F	58	56:06
45	Ben Lloyd	M	25	37:58	81	Sharon Watling	F	33	43:20	119	Megan Sharp	F	11	57:01
46	Michael Becktell	M	41	38:01	82	Patricia Halferty	F	31	43:43	120	Kathy Sharp	F	37	57:01
47	Jennifer Polniak	F	30	38:03	83	Cindy Wetz	F	40	43:43	121	William Stoecklein	M	41	57:42
48	Amy Thomas	F	26	38:05	84	Duane Feldmann	M	48	43:55	122	Barney Sword	M	65	57:43
49	John Schulz	M	39	38:30	85	Ken Hirlinger	M	46	43:56	123	David McDonald	M	63	57:46
50	Donald Ballenger	M	55	38:30	86	Andrea Woods	F	50	43:57	124	Ashton Dougan	F	10	58:10
51	Dennis Miller	M	40	38:33	87	James K. West	M	46	44:01	125	Bonnard Moseley	M	77	58:26
52	Andria Miller	F	25	38:39	88	Beth Granberg	F	55	44:34	126	Elizabeth Gerhardt	F	76	58:38
53	Ted Brandt	M	27	38:39	89	Dennis Kent	M	49	44:38	127	Darlene Chaney	F	32	59:34
54	Benjamin Marshall	M	25	39:03	90	Candi Galen	F	42	45:00	128	Patty Powers	F	45	59:51
55	Ray Harder	M	50	39:08	91	Julie Dougherty	F	30	45:06	129	Ladawn Cole	F	10	62:04
56	Carl Myers	M	63	39:12	92	Cathy Rupard	F	41	45:11	130	Erica Powers	F	22	63:12
57	Ann Reed	F	31	39:16	93	Angela Woodland	F	30	45:14	131	Hope Powers	F	17	63:13
58	Liz Straatman	F	37	39:26	94	Chad Sapp	M	21	45:15	132	Nikki Powers	F	21	65:26
59	Adina Laird	F	33	39:40	95	Sandra Rice	F	25	45:48	133	Richard Logsdon	M	43	66:12
60	Neal Miller	M	53	39:43	96	Heather Flanagan	F	34	45:26	134	Stella McCarter	F	10	71:28
61	Don Waltman	M	61	39:45	97	Kyle Chatman	M	13	46:10	135	Caye Dubes	F	53	73:36
62	John Dunn	M	60	39:54	98	Unknown	M	30	46:11	136	Jerry Dubes	M	56	73:38
63	Donna Romans	F	49	40:15	99	Pauline Boaz	F	33	46:51	137	Courtney Banks	F	11	74:25
64	Wendell Wilson	M	56	40:32	100	Hugh Wilson	M	60	47:50	138	Mark Banks	M	42	74:27
65	Bob Humphreys	M	70	40:33	101	Dana Fritz	F	31	47:54	139	Debbie Henderson	F	38	74:28
66	Jeff Michael	M	36	41:12	102	Darcy Ames	F	24	48:33	140	Joe Cragin	M	69	75:11
67	J.W. Sanders	M	45	41:16	103	Leslie Schneider	F	41	48:34	141	Elizabeth Hosokawa	F	58	77:24
					104	Jana Williams	F	42	48:45	142	Jane Domke	F	48	77:25
					105	Allen Tracker	M	51	49:36					

Come Join the CTC Colts!

All interested tracksters ages 8-high school are encouraged to participate with the CTC Colts. Practices will be held on Sundays 4-5 p.m. at Hickman Track. For more information call Dick Hessler at 874-2906.



Michael's Home Maintenance and Repair

18 years experience in drywall, painting, plumbing, and electrical.

For your **FREE** estimate, call: 819-0271

A Note of Thanks...

Thanks to CTC for the beautiful plant sent to me in the hospital following my recent fall. Also, thanks to all of you, individually, for your cards and expressions of concern. I am mending quite well and fully expect to be running again at some future date.

Thanks,
Joe Duncan

Show-Me Stampede

April 26, 1997

The Show-Me Stampede was held on Saturday April 26 at Reactor Park. A total of 72 runners completed the race. The race sponsored by the Show Me State Games and the Missouri Beef Industry Council as a means of promoting excitement for the upcoming Show Me State games. All finishers automatically qualified for the games this summer. A barbecue was held following the race and the rain held off for another fantastic event.

—Race Director Tom Smith

Show-Me Stampede Results:

Male Finishers

	Time	Overall Place
1. Jeff Mittelhauser	16:43	1
2. Darrin Young	18:45	2
3. Tom Davis	18:51	3
4. Kevin Tyler	18:54	4
5. James Wilbur	19:10	5
6. Richard Twigg	19:52	6
7. Hugh Murrell	20:12	7
8. William Casey	20:29	8
9. Chuck Sattler	20:47	9
10. James Walls	20:50	10
11. Chuck Ewing	20:59	11
12. Tim Koski	21:04	12
13. Robert Simmons	21:08	13
14. Wm. Stockglausner	21:10	14
15. Kevin Woodland	21:19	15
16. Dean Stover	21:43	17
17. Greg Logsdon	21:47	18
18. Travis Ballenger	21:54	19
19. George Faust	22:03	20
20. Michael Stroh	22:16	22
21. Chuck Archer	22:20	23
22. Cole Stanberry	22:39	24
23. John Schulz	22:45	25
24. Donald Ballenger	22:46	26
25. Michael Becktell	23:03	27
26. Micheal McGowan	24:08	30
27. David Kimberling	24:17	31
28. JW Sanders	24:24	33
29. Scott Elmwood	24:27	34
30. Don Waltman	24:37	35
31. Bob Humphreys	25:00	36
32. Andrew Christensen	25:19	37
33. Ken Crutchfield	25:34	39
34. Ken Hirlinger	26:21	43
35. Chad Sapp	27:28	48
36. Dan Davis	27:34	49
37. Ray Rutherford	29:06	54
38. Christopher Harris	31:15	57
39. Richard Luecke	31:21	58
40. Barney Sword	31:53	59
41. James Morris	33:00	61
42. Decha Enkvetchakul	34:49	66
43. Jon Rudicil	35:54	69
44. Joe Craggin	44:11	71
45. Tom Marrero	67:54	72

Female Finishers

	Time	Overall Place
1. Lisa Wells	21:26	16
2. Rebecca Miller	22:11	21
3. Debbie Heifner	23:15	28
4. Jessica Jolly	23:51	29
5. Donna Romans	24:21	32
6. Sherry Simon	25:32	38
7. Andrea Woods	25:49	40
8. Esther Schneider	25:56	41
9. Jennifer Tyler	26:08	42
10. Dana Fritz	27:01	44
11. Nancy Sublette	27:18	45
12. Leslie Schneider	27:21	46
13. Terra Henry	27:28	47
14. Sandra Rice	28:38	50
15. Abby Moorhead	28:39	51
16. Carolyn Voss	28:40	52
17. Margret Rutherford	29:05	53
18. Patty Powers	29:12	55
19. Jeanelle Twillman	29:25	56
20. Emily Ross	31:57	60
21. Linda Vogt	33:49	62
22. Nancy Lee	34:27	63
23. Paula Burger	34:35	64
24. Emily Enkvetchakul	34:46	65

Age Group Results:

<u>Males</u>			<u>Females</u>		
Under 12	Chris Harris	31:15	Under 12	Jennifer Tyler	26:08
				Emily Ross	31:57
				Tiffany Harris	36:38
13-14	Cole Stanberry	22:39	13-14	No racers	
15-16	Andrew Christenson	25:19	15-16	Jessica Jolly	23:51
17-18	No racers		17-18	Abby Moorhead	28:39
				Carolyn Voss	28:40
19-29	James Wilbur	19:10	19-29	Rebecca Miller	22:11
	Greg Logsdon	21:47		Terra Henry	27:28
	Travis Ballenger	21:54		Sandy Rice	28:38
30-39	Darrin Young	18:45	30-39	Lisa Wells	21:26
	Richard Twigg	19:52		Debbie Helfner	23:15
	Hugh Murrell	20:12		Esther Schneider	25:56
40-49	Jeff Mittelhauser	16:43	40-49	Donna Romans	24:21
	Tom Davis	18:51		Sherry Simon	25:32
	Kevin Tyler	18:54		Nancy Sublette	27:18
50-59	Robert Simmons	21:08	50-59	Andrea Woods	25:49
	Don Ballenger	22:46			
60-69	Don Waltman	24:37	60-69	Jeanelle Twillman	29:25
	Richard Luecke	31:21			
	Barney Sword	31:53			
70-79	Bob Humphreys	25:00	70-79	Elizabeth Gerherdt	34:55

Attention: Race Directors Needed

Race Directors are needed for the October 11, 1997 One Hour Run, and for the December 13, 1997 Cheese and Sauerkraut 10-Miler. These are very low-key races that really don't have anything complex involved. You just need to time the runners and give 'em some water. These are fun events and your help would be appreciated. Thanks—Curt

1997 Columbia Track Club Schedule Upcoming Events

5/3	8 a.m.	Big Brothers/Big Sisters Stadium Run 5-K/1-Mile Fun Run	\$10	Curt Kempf, 446-2878 Scott Dressel, 874-8927	Rock Bridge Track	Staggered start based on age/sex; T-shirts; awards
5/10	8 a.m.	Spring Couples Run/Walk 5-M, individuals welcome	**	Tom Smith, 875-6899	Bethel Park	Male-female teams, dinner awards
5/26	10 a.m.	WellAware 5-K	\$10	Mark Volek, 815-6899	WellAware on Peachtree	Awards
6/11	6 p.m.	Summer Youth Program	\$1	Tom Allen, 449-5655	Hickman Track (or M.U.)	Awards

Please note: The Law Enforcement Run for Special Olympics has been changed to **June 7, 1997**. Contact Tom Dresner 874-7422

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

Out-of-town Events

- May 10 -Mother's Day 5K Run/Walk (women only), Jefferson City (573) 636-8501
 -Truman Day Run, Indep., MO 8 a.m., (816) 252-9183
 11 -Derrick Thomas 3rd and Long 5K, Arrowhead Stad., 7a.m., (816)741-7551
 18 - Children's Mercy 5K/10K, K.C., MO, 7:30am, (816) 741-2314
 24 -Hardees/Magic108FM 5K, St. Louis, 8 a.m., (314)241-7668
 25 -Spring Parkway Run, St. Joseph, 8 a.m., 9816)271-5500
 June 1 - Hospital Hill Half Marathon/12K, 7 a.m., K.C., MO, (816)274-3196
 -St. Louis Zoo 5K, St. Louis, 8 a.m., (314)768-5400



Bicycle Safety Challenge

K-8th grade

Saturday, May 10, 1:00-3:00 p.m.

State Farm Insurance, 4700 S. Providence Road
 Children should bring their bikes and helmets for the skills course. Prizes will be awarded! Participants will receive a free t-shirt and other fun stuff. More information: 874-7642.

Don't Forget...

The Big Brother/Big Sister 5K and 1-mile Fun Run is this Saturday, May 3rd. Come out and support a worthy organization with a race that handicaps you based on your age and sex.

Everyone has a chance to cross the finish line first!

Web Sites of Interest

CTC home page:

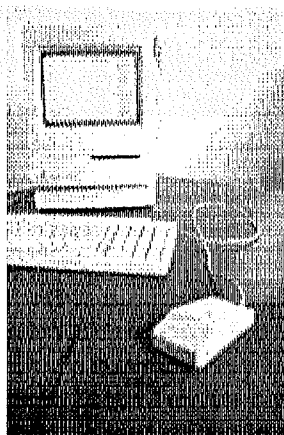
<http://www.coin.missouri.edu/community/rec-center/track/>

Hickman Cross Country:

Stay tuned courtesy of Tyson Stockglausner, junior at HHS

Runner's World:

<http://www.runnersworld.com>



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

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Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203-0614