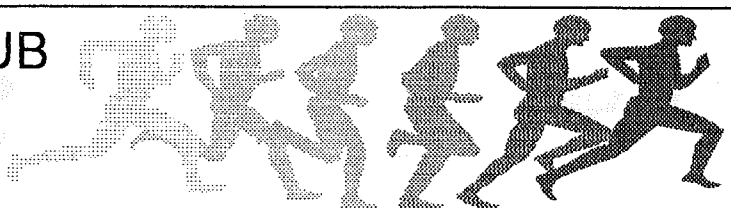
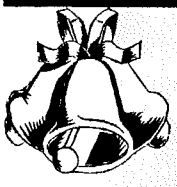
COLUMBIA TRACK CLUB NEWS



Volume XXX No. 9 December, 1997 - January, 1998

Jingle Bell Run for Arthritis December 6, 1997



On 12/6/97, we had 130 runners and 24 walkers venture out for the 8th annual Jingle Bell Run at the University Hospital. The temperature was 23 degrees with the wind chill at 1 degree below zero. This year we had no known runners/walkers that got off course!

I am very grateful and humble to have the following CTC volunteers contribute to the success of this race: Tom Allen, Georgina Gonzalez, Joe "Hopping" Marks, who had foot surgery the week before, Dan Johnson, Steve Stonecipher-Fisher, Rob Spier, and Joe Montgomery.

Special Thanks to Skip from Lakota Coffee Company for donating the great Java.

A very special thanks to the following MU students who gave up their time right before finals: Chad Wansing, Jennifer Gatto, Katie Farrar, Jessica Peterson, Kelly Conway, Craig Snow, Mary Stueve, David Archer, Michael Stansberry, and Andrew Cleaves.

—Race Director Randy Gay

This issue marks the first **CTC Runner Profile.** Each month we will be featuring a CTC member in an effort to put more names with faces. Plus, you might learn something new about the people you already know!

This month features Elizabeth "Boots" Gerhardt.

1. CHAD CARROLL 16:05
2. MARC KEYS 16:13
3. CHRIS COOK 16:56
4. DENNY SCHROCK 17:45
5. SCOTT FOSTER 18:00
6. BOB AUDERTON 18:08
7. KEVIN TYLER 18:16
8. MIKE TRIPP 18:59
9. STEVEN POLLOCK 19:06
10. BOB KILGORE 19:20
11. HUGH MURRELL 19:21
12. JAY HASHEIDER 19:30
13. MIKE BAKER 19:32
14. MIKE RAFERTY 19:35
15. RANDY BURD 19:39
16. MARIE MARCHBANK 19:40
17. MARK LETTANG 19:49
18. STEVE PAGAN 19:54
19. BILL GABLE 19:55
20. GREG WOMARK 19:57
21. MICHELLE HAWKS 20:24
22. RICHARD NISTENDIRK 20:26
23. JEFF SHIKLES 20:26
24. SUJAN FERNANDO 20:29
25. SIMON ROSE 20:30
26. MICHAEL SNELL 20:37
27. KIRK SLOAN 20:40
28. LUKE ROBISON 20:45
29. LISA WELLS 20:46
30. ALAN GILL 20:47
31. REBECCA MILLER 20:54
32. JORDAN COX 21:13
33. DASI PAPE 21:15
34. DONALD LEWIS 21:25
35. BILL MORRISSEY 21:25
36. LISA BURGER 21:45
37. BECKY MOKROHISKY 21:48
38. CHRIS PATTON 22:08
39. GAYLE JOHNSON 22:15
40. BILL STOCKGLAUSNER 22:18
41. AMY BREEN 22:23
42. JENNIFER POLNIAK 22:26
43. ALLEN MIMS 22:36
44. TRENT CUMMINS 22:46
45. NEAL MILLER 22:48
46. TYRONE NIX 22:56
47. RUSTY CRAWFORD 23:02
48. BEN LLOYD 23:10
49. DON CORWIN 23:27
50. JEFF WELLS 23:37
51. HOWARD TLULTON 23:40
52. AMY GUNDY 23:42
53. DON WALTMAN 23:44
54. DONNA ROMANS 23:46
55. DRIS HAGGLUND 23:57
56. MARGY TONNIES 24:04
57. LARRY KUNTZ 24:16
58. JULIE SNELL 24:23
59. DENISE ESTABROOKS 24:24
60. KATHLEEN BROOKS 24:31
61. GEORGE FAUST 24:43
62. MATTHEW FOSTER 24:47
63. MIKE BECKTELL 24:51
64. LIZ STRAATMAN 24:54
65. NICK HASHEIDER 24:57
66. WENDELL WILSON 24:09
67. DOUGLAS SMITH 25:21
68. TREVOR KILGORE 25:24
69. JANIS BURKHARDT 25:36
70. VERONICABUHRMESTER 25:38
71. CHRIS SANGSTER 25:58
72. ANGELA JIMENEZ 25:58
73. BEN PATTON 26:01
74. CATHY RUPARD 26:11
75. THOMAS HIGHLAND 26:20
76. JULIEDOUGHERTY 26:23
77. JIM VUCHETICH 26:40
78. PETE MCDONALD 26:41
79. PATTI HALFERTY 26:42
80. LAURA WELLS 27:05
81. DICK OTTO 24:06
82. THERESE MEYER 27:14
83. CAROLYN ROOF-SCHREIBER 27:38
84. ROMERO FORBES 27:44
85. LESLIE YATES 28:34
86. JEROB FAUST 28:43
87. IAN FAUST 28: 45
88. BETH STANGLER 28:48
89. MARK FLANEGIN 28:55
90. NANCY FRITSCH 29:02
91. KARRIE CULL 29:36
92. JEANELLE TWILLMAN 30:04
93. KEITH SMITH 30:06
94. TOM WITTY 30:11
95. WENDY EVANS 30:20
96. JENNY JORDAN 30:22
97. MEREDITH (?) 30:22
98. DARLENE LONDEREE 30:32
99. EVE GILSTRAP 30:41
100. LEVONE LEE 30:42
101. MARIA KAYLEN 30:45
102. MIKE KAYLEN 30:46
103. LINDA VOGT 31:01
104. NELKA FERNANDO 30:26
105. ANNE VEZEAU 31:29
106. DARCY AMES 31:34
107. BARNEY SWORD 31:58
108. DEBORAH WATSON 32:07
109. NICK PATTON 32:13
110. MARTHA PATTON 32:16
111. ANDREA WOODS 32:17
112. JOHN PATTON 32:21
113. DONNA DORMAN 32:34
114. LESLIE COSSEY 32:40
115. LOIS GARRETT 32:41
116. STEPHANIEVARGESKO 33:07
117. AL VARGESKO 33:08
118. HENRY MILAN 33:40
119. RICHARD HOFT 33:54
120. VICKI TOLBERT 34:19
121. REBECCA MCALPIN 34:43
122. MELANIE CONNER 34:44
123. KRISTINA KAYLEN 35:52
124. JEAN PRIOR 36:03
125. TYLER KILGORE 36:04
126. BOBBIE FULHAGE 37:42
127. JOE CRAGIN 41:15
128. SANDRA MAY 45:37
129. PAULA HEAVILAND 48:42
130. SHARON BOLAND 48:43

For age group results, see page 6.

25 years ago

Looking Back

By Joe Duncan

December 2, 1972: 10,000 Meter Run, Hickman Track: 1. Dennis Stewart 32:51 2. Mike Chippendale 39:32 3. Joe Duncan 40:38, and three others. The Walk: Dave Leuthold 60:18. . . 4. Rob Spier 65:43.

December 16, 1972: Three Mile Road Run: 1. Stewart 16:24 2. Dick Hessler 17:32 3. Art Fleming 18:08 4. Duncan 19:01 5. Tom Kilburn 19:02. 11 degrees, ice and strong winds

January 6, 1973: Five Mile Road Run: 1. Henry Shands (visiting professor from Purdue) 30:22 2. Ben Londeree 30:26 3. Don Granberg 30:40 (cold 8 degrees—we commented hoe Granberg "bare-legged, bare-armed. bare-headed, bare-brained, took the early lead. . .") 4. Hessler 30:45 5. Chippendale 31:00 6. Fleming 32:04 7. Duncan 33:09.

January 13, 1973: 20,000 Meter Run: 1. tie Hessler and Granberg 1:18:52 3. Londeree 1:21:12 4. Jerry Kokesh 5. Duncan 1:30:13 6. Leonard Busen 1:42:20 7. Ralph Anderson 1:54:42.

January 27, 1973: One Mile Track Run: 1. Jules DeCoster (now a lawyer in Canton, MO) 5:11.4 2. Chippendale 5:12 . . . 5. Don Johnson, 44, in his first CTC appearance 6:19, and nine others.

Two Mile Walk: 1. Art Fleming 18:25 (after having run the mile in 5:27) 2. Darrell Palmer (Columbia's first race-walker) 19:08 . . . Dave Schulte 23:37 (after a 7:02 mile) 7. Joyce Schulte 25:12

CTC Board of Directors

Dick Hessler, president
Joe Marks
Randy Gay
Michele McFadden
Georgina Gonzalez
Tom Allen, secretary-treasurer
Mark Wilson
Mark Volek
Curt Kempf

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 **by the 20th of each month** to:

Gary and Amy Gundy, CTC Newsletter editors
411 Maplewood Dr., Col., MO 65203 Ph: (573) 874-2407
e-mail: agundy@mail.coin.missouri.edu

A Note to Race Directors:

Curt Kempf received a call from **Jim McKinnon** of Columbia's Public Works Division a few weeks ago. Jim said that if race directors will fax him a map of their course a few days prior to their event, he will make sure the streets are "swept" and check for other defects.

Jim's fax number: 449-9641
phone: 874-6288

Christian Reed Awarded CTC Exercise Science Scholarship

We announce the awarding of the CTC Exercise Science Scholarship for 1997 to Christian Reed. Christian is a doctoral student in Sports Psychology at The University of Missouri-Columbia who plans to graduate in May, 1998. Many CTC members have been involved in Christian's research over the last several years. He won the award in 1995 also.

Christian has been active in CTC both as a top notch runner and as a volunteer in many road races and cross country meets. In addition, he has been active as an official for many collegiate and high school track and field meets and cross country meets.

Christian exemplifies what The CTC Exercise Science Scholarship stands for. He is a worthy recipient and we congratulate him. We wish him luck and success in his future endeavors.

Congratulations!

Dear Columbia Track Club Committee Members:

I am writing to express my gratitude for selecting me as the recipient of this year's Columbia Track Club Scholarship for Exercise Science. I appreciate the Columbia Track Club's ongoing support of Columbia area runners, as well as its continued interest in promoting Exercise Science at the University of Missouri. Thank you once again for your time and consideration.

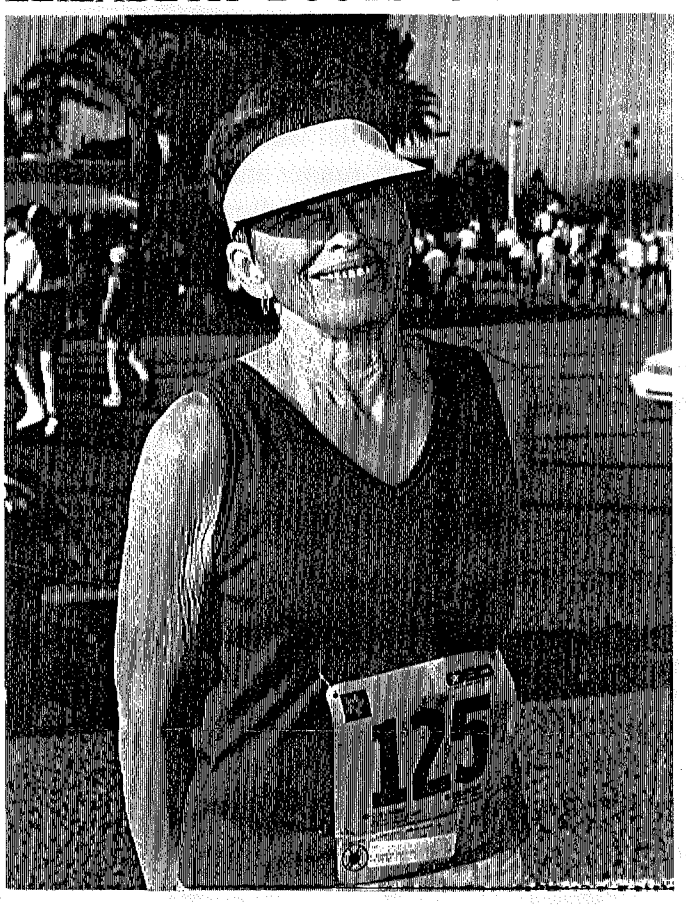
Sincerely, Christian Reed

Welcome New CTC Members

Chad Carroll	Columbia
Bill Pauls	Columbia

CTC Runner Profile

ELIZABETH "BOOTS" GERHARDT



Age: 77
PERSONAL RECORDS: May 21-28, 1997 National Senior Sports Classic VI, Tucson, AZ: 4th in 5K, 32:08 (75-79) and 4th in 10K, 1:08:47.
5K 28:46 (8-16-91) 14th of 650 females
10K 58:20 (1988) Human Race-56TH OF 178 Female.
1/2 MARATHON 2:23:20 Rocheport (4-4-92). **5 MILE** 46:50 (6-10-89) Topeka, KS. **10 MILE** 1:42:05 (12-8-90) CTC. **15K** 1:30:33 (3-25-89).
WEEKLY MILEAGE: 15-20 Miles barring bad weather and other commitments.
WHEN DID YOU START RUNNING? May 29, 1977
WHAT IS YOUR FAVORITE WORKOUT? A 6:30 AM (or later) in the summer or 11:00 am in the winter, 4-5 miles, jogging alternately on hills and level terrain. I stopped cross country workouts after a knee problem in January of 1993. **WHAT IS YOUR FAVORITE TRAINING ROUTE?** Criss-crossing streets from N. Burrwood south to Green Meadows, Oaklawn, etc.. **PERSONAL INFO; FAMILY, YEARS IN CTC, OR ANYTHING ELSE YOU WOULD LIKE TO TELL US ABOUT YOURSELF.** My husband, Bob, was also a member of CTC - he died 2-15-87. My daughter, Linda Maltenry, and her hubby, Jim, are Masters Swimmers. They live in Topeka, KS, and plan to enter the World (VII) Masters Swimming Championships in 1998 in Casablanca, Morrocco, next summer. I will be a spectator. Linda, a former physical education teacher, is a financial planner and stock broker. My son, Kurt Gerhardt, is a graduate of MU's Journalism School, and is a sports editor at the Grand Rapids Press (MI). **OTHER INTERESTS:** I have been downhill skiing since 1994 - when I joined the Over the Hill Gang International; membership is open to anyone over 50 years of age - membership is now 5,700. The club's other activities include biking, hiking, golfing, river rafting, and sailing. They also have a dude ranch with fly fishing and horseback riding. Ski trips have been to the Andes in Chile, Switzerland and France, as well as all the best ski areas in the USA. I have been skiing in Beaver Creek, CO, Taos Ski Valley, NM, Sun Valley, ID, Big Sky, MT, etc.

I first learned to ski as a child in northern Wisconsin and Taos has the #1 ski school. As one who has been in the nursing profession for many years, I realize the importance of a healthy lifestyle. I try to maintain it by aerobic exercise 3-5 times weekly, good nutrition, adequate rest, normal weight and fluid intake. Social interaction too, is important for good mental health, so each fall I join two Ballroom dance clubs. I enjoy reading non-fiction, especially *Smithsonian*, *Archeology*, *Natural History*, *Health*, and *Skiing*. I enjoy a variety of foods, and a special interest of mine is cooking and baking healthful foods that are delicious as well. I love to bake pies and whole grain breads, etc.

Columbia is a great place to live and the people here are the reason. I plan to continue my active lifestyle as long as I enjoy the activities.

Tri-Cities Marathon by Bob Dolphin

It was a great day to run a marathon at Richland, Kennewick, and Pasco, Washington. On a crisp, fall morning on October 26, 1997, the air temperatures ranged from mid-40's to low 50's under thinly clouded skies with a light wind. A small field of 75-80 marathoners would run a course that had two loops but was mostly out-and-back along the north shore of the Columbia River. There were four river crossings across three bridges that provided the only hills for the runners. While running on asphalt trails on the levee, one could observe Canada geese on and over the river and mallards and widgeons feeding in a parallel waterway.

The race was won by Glenn Tachiyama, 40, of Seattle, a formidable Masters runner and a fellow Marathon Achiever (MA), who ran the course in two hours, 50 minutes, and 28 seconds. Keith Fuller, 40+, of Richland also ran a good race in 2:53:24. Mike Anderson, 35+, of Mukilteo, WA, was third with 2:55:09. In the women's race, Sue Martell, 45+, of Richland was the overall winner in 3:28:29. Terry Jensen, 40+, was second with a 3:29:23 time, and Gunhild Swanson, 50+, MA, of Spokane was third in 3:40:50.

Mike Dutton, 27, our adopted grandson, was pleased to finish his 30th marathon with a 3:47:46 and to get a third place medal for 25-29 males. By completing 30 marathons he is now eligible to join the Marathon Achievers.

A long time competition that few know about takes place between Russ Akers, 64, MA, and Mac Bohlman, 61, MA, both of Walla Walla and long time friends. At the start of the Tri-Cities Race, each of the two friendly competitors had 68 marathon wins over the other in the 137 marathons in which they both competed. (There was one tie.) After the October 26th marathon, Mac assumed the lead with his 4:17:00 as he finished well ahead of injured Russ who ran a 4:44:54. When Russ heals, I predict that he will go after Mac's slim lead.

My race went well, not as fast as I would like, but my best time to date in 1997. In running marathons most of us characterize the experience as a "good day" or a "bad day." I had a good day and felt fine the whole way—passing a few runners in the second half. I ran in the 8:30-9:30 minutes per mile range and finished with a 3:48:20 (8:43), 1st in the 65-69M division. With any luck the momentum will carry to the upcoming Seattle Marathon and beyond.

As the early fall marathon series of the Northwest concludes, ir is interesting to note who was at all five September/October races (Skagit Flats, Portland, Royal Victoria, Spokane, and Tri-Cities). Mel Preedy, 64, MA, 1st 60-64M on October 26 with a 3:26:33, Gunhild Swanson, and I ran all five. Dave Vent (60, MA, 5:21:08) ran five marathons on the same weekends, but chose to run the Penticton, B.C., Marathon instead of Portland's. Other megamarathoners did three or four.

Bob Dolphin, resident of Washington and a longtime CTC member, has averaged one or more marathons since running his first in the Heart of America in 1981. The Tri-Cities Marathon was his 211th marathon. Keep up the good work!

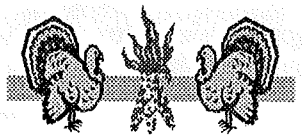
Thanksgiving Day Classic 5K November 27, 1997

Moberly, MO: 141 participants

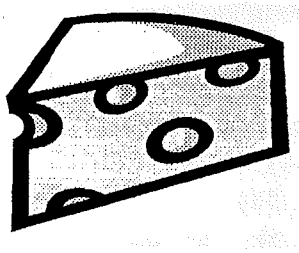
CTC Finishers:		Time	Age Group
4.	Jimmy Rambur	16:19	1M 16-19
5.	Corey Parks	17:28	1M 20-24
6.	Chris Cook	17:35	1M 25-29
10.	Dick Hessler	19:52	1M 55-59
11.	Mike Little	19:57	1M 50-54
16.	Lisa Wells	21:40	1F 30-34
24.	Don Lewis	22:40	1M 60-99
33.	Amy Woods	23:40	1F 25-29
34.	Gayle Johnson	23:41	1F 45-49
43.	Don Waltman	24:59	3M 60-99
87.	Andrea Woods	31:39	1F 50-54

Walkers:

1.	Jim Balmer	33:44	M59



Two are Perfect Predictors in 10-Mile Run for Cheese and 'Kraut December 12, 1997



Willy was the fastest, but Jim and Neal proved the cheesiest, in the Columbia Track Club's annual 10-mile Run for Cheese and 'Kraut Saturday morning, Dec. 12.

For the first time in the 23-year history of the event, two persons predicted their finishing times to the second. Jim O'Dell of Fayette, running without a watch and not a single mile split along the way, ran exactly 1 hour and 27 minutes as he predicted a half hour before the start. Not to be outdone, Neal Miller of Rocheport, also without the aid of any timing device, ran the Columbia course in 1:30 - exactly as he had predicted. For their accurate predictions, Jim and Neal won prizes of cheese.

Those farthest from their predictions were awarded sauerkraut. Those "winners" were Drew Hensley (off his prediction by 19 minutes and 31 seconds) and Jon Kruse, who missed by 18:48.

Willy Heinrich of Columbia ran the fastest time of the 20 competitors, finishing in 1:04:44, two-minutes ahead of Dick Hessler of Columbia.

Runner	Time	Off prediction
1. Willy Heinrich	1:04:44	5:16
2. Dick Hessler	1:06:06	2:16
3. Mark Volek	1:06:56	4:26
4. Brad Burton	1:09:04	5:56
5. Jim Thorne	1:09:05	3:25
6. Mike Little	1:10:26	2:54
7. Roger Turnbough	1:16:56	2:56
8. Moshen Dkhihi	1:17:19	2:41
9. Lisa Burger	1:17:42	7:18
10. Allen Dougherty	1:18:43	9:17
11. Dan Wright	1:18:48	6:12
12. Jim O'Dell	1:27:00	0:00
13. Neal Miller	1:30:00	0:00
14. John Patton	1:30:21	10:10
15. Gary Stamper	1:30:38	11:22
16. Don Waltman	1:30:40	0:40
17. Jim Peregoy	1:31:14	3:46
18: Wendell Wilson	1:34:48	6:48
19. Jon Kruse	1:41:12	18:48
20. Drew Hensley	1:51:31	19:31

Note: Race day was sunny, 28 degrees at the start, light breeze.

—Race director Jay Hasheider
Assistants Randy Gay and Joe Marks.

A Short History. . .

The First Annual Cheese & Sauerkraut Ten Mile Holiday Run was held on December 21, 1974 on the same course we now use. From the beginning, this race has always been conducted on a Designated or Predicted Time basis with the cheese going to the person coming closest to his/her predicted time, and the kraut to the one with the worst prediction. Actually the very first Holiday Ten Mile Run, and the first designated time event ever, was held on Hickman Track on Nov. 26, 1967, sponsored by the P & R Dept. (Bill Clark). Joe Duncan won that race in 1:06:19, and also won the DT phase by being only 21 seconds off his DT. Bill Wickersham was second in 1:06:441. The runners in that race formed the nucleus of the organizers of the Columbia Track Club a year later.

Rick Katz won that first annual event in 1974 in 53:46 which is still the event record, although Rob Leutwiler had 53:17 on the same course in Feb. 1972. Ben Londeree won the first ever cheese by being only four seconds off his prediction. He also had a time of 59:04, the age 40 record at the time. Other highlights: Wesley Paul ran a 1:06:12, at age 81 in 1977; Steve S-F 54:36 for the 30-39 record in 1988; Walt Renaud, age 40-49, 57:30 in 1976; Dick Hessler 1:05:28, 1993, the 50-59 mark; and Don Johnson, 1:15:34, 1989, the 60+ mark. Andrea Fischer has the female record of 57:05 in 1982, and Dorothy Doolittle ran 1:05:27 in 1977 for 30-39.

—Joe Duncan

Jingle Bell Run Age Group Winners

FEMALE: (Awards went to first three in each age division)

Age 14 and Under - 1. Maria Kaylen (30:45); 2. Nelka Fernando, 3. Anne Vezeau
15-19 (no competitors)
20-24 - Rebecca Miller (20:54): Julie Snell, Veronica Buhrmester
25-29 - Marie Marchbank (19:40), Michelle Hawks, Becky Mokrohisky
30-34 - Lisa Wells (20:46), Jennifer Polniak, Amy Gundy
35-39 - Lisa Burger (21:45), Liz Straatman, Donna Dorman
40-44 - Denise Estabrooks (24:24), Janis Burkhardt, Cathy Rupard
45-49 - Dasi Pape (21:15), Gayle Johnson, Wendy Evans
50-54 - Donna Romans (23:46), Linda Vogt, Andrea Woods
55-59 - Laura Wells (27:05), Nancy Fritsch, Bobbie Fulhage
60-64 - Darlene Londeree (30:32)
65- -- Jeanelle Twillman (30:04)

MALE: (Awards to first three in each age division)

Age 14 and under - Sujan Fernando (20:29), Austin Estabrooks, Luke Robison
15-19 - Steve Pagan (19:54), Chris Patton
20-24 - Chris Sangster (25:58)
25-29 - Chad Carroll (16:05), Chris Cook, Bob Anderton
30-34 - Hugh Merrell (19:21), Greg Womack, Simon Rose
35-39 - Marc Keys (16:13), Mike Tripp, Steven Pollock
40-44 - Denny Schrock (17:45), Scott Foster, Kevin Tyler
45-49 - Jay Hasheider (19:30), Mike Baker, William Stockglausner
50-54 - Jeff Shikles (20:26), Neal Miller, Thomas Highland
55-59 - Richard Nistendirk (20:26), Wendell Wilson
60-64 - Don Lewis (21:24), Don Waltman
65 -- Barney Sword (31:58), Richard Hoft, Joe Cragin

Collegiate News:

Jimmy Rambur: CTC member and freshman at Southwestern College (Winfield, KS), placed 43rd out of 456 competitors at the NAIA National Meet in Kenosha, Wisconsin. Jimmy finished as the 21st American, and the second American freshman in the race. Jimmy ran in six inches of snow.

Corey Parks: CTC member and sophomore at Northwest Missouri State University, placed 89th out of 140 runners at the Division II National Meet in Kenosha, Wisconsin, November 22. Corey's team placed 13th, and they were ranked 16th going into the meet. Race conditions were " cold and muddy," according to Corey.

Nick Smith: CTC member and red-shirt freshman at Mizzou, earned a spot on the NCAA All-Regional Team, by finishing in the top 25 of all finishers at the NCAA Region V Regional meet in Ames, Iowa. The men's team, led by senior Ray Hughes, captured the fifth place at regions, narrowly missing qualifying for the national meet as a team. The women's team won the regional meet and went on to place 15th at the NCAA National Meet at Fuhrman University, South Carolina. Nick, a walk-on, will be awarded a full scholarship next season.

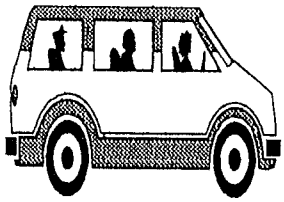
Mizzou Cross Country and Track Coach **Jeff Pigg** was elected by the U.S.Track and Field Coaches' Association as the U.S. men's distance coach for the 1999 Pan Am Games in Manitoba, Canada.

1998 Columbia Track Club Schedule
Upcoming Events

1/10	2 p.m.	Couples Run/Walk 4Miles, individuals welcome	**	Georgina Gonzalez, 449-8350	Bethel Park	Male-female teams, dinner awards
1/31	9 a.m.	Nut Race 5-K	**	Dick Hessler, 874-2906	Reactor Park	Edible awards
3/14	8 a.m.	St. Patrick's Day 5-K	$10	Steve Stonecipher-Fisher, 447-2453	Seventh and Broadway	Long-sleeve t-shirts, awards
3/21	8:30 a.m.	CTC 15-K Run or Walk	**	Joe Duncan, 445-2684	Holiday Inn Executive Center	Walkers: 8:30 a.m. Runners: 9 a.m.
3/28	9 a.m.	Two-Person Relay 5 miles, alternate 400's	**	Chuck Sattler, 446-4816	MU Track	Age-grouped, awards
4/18	8 a.m.	Human Race 5 mile	$10	Larry Petterborg, 875-2585	Rock Bridge H.S.	T-shirts, awards

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

Out-of-town Events



Jan. 1 18th Bob Delano Memorial New Years Day Run, 10:30 a.m., St. Clair, MO, (314) 994-3081
New Years Day Run, 10 a.m., Leawood, KS, (816) 333-RACE
17 Topeka to Auburn Half Marathon, 1 p.m., (913) 273-6963

25 Aardvark Run 5 Mile, 10 a.m., KCMO, (816) 241-4477
Feb. 1 Groundhog Tun 5K/10K, 10 a.m., KCMO, (816) 741-2314
22 Third Olympiad Memorial Marathon/10K, St. Louis, (314) 434-9577

March 22 Sedalia Half Marathon, 9 a.m., Skyline Elementary School, (660) 827-0274

TRYATHLETICS has moved to its new location:
1605 Chapel Hill Road
Columbia, MO 65203
(573) 447-2453
Don't forget: CTC members receive a **10%** discount on shoes.
After Christmas hours: M-F 10-7
Sat. 9-6
Sun. closed until March, then noon-4

Happy Holidays and Best Wishes for an injury-free, fast, and healthy 1998!

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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