

# COLUMBIA TRACK CLUB

## NEWS

Volume XXX No. 8

November 1997



### CTC Picnic Brings Out the Sun

September 28, 1997



CTC members huddled under the shelter at Oakland Park, eating, conversing, and staying warm on a windy, fall-like day in September. The potluck meal drew a crowd of 35 members, young and old, and the annual meeting was held afterwards. During the meeting the sun came out, and people gratefully took off coats and sweatshirts. Dick Hessler was elected president and various topics were discussed.

### CTC High School and Collegiate Runners Have Impressive Seasons

Several CTC cross country runners have been keeping the local sportswriters busy:

#### Collegiate Runners:

**Nick Smith** an MU freshman cross country runner, and 1996 graduate of Hickman High School, earned All-Conference honors at the Big 12 Championship in Colorado, November 1, 1997. Nick placed 14th overall, leading the MU team to a fifth place finish. Nick, a walk-on, battled injuries last year at MU and was red-shirted. This year Nick has made tremendous strides and has had an outstanding season.

**Jimmy Rambur** a Southwestern College (Winfield, KS) freshman, won his conference meet and will lead his team to the NAIA National Cross Country Meet Nov. 15 in Kenosha, Wisconsin. Jimmy, a 1997 Hickman graduate, has also had an outstanding freshman season and his team is ranked fifteenth nationally.

**Corey Parks** a junior at Northwest Missouri State in Maryville, Missouri, will join his team at the Division II Championships in Kenosha, Wisconsin Nov. 22. Corey, the number five runner, was a 1996 Hickman graduate.

**Melissa Pagan** ran varsity all season for St. Ambrose in Davenport, Iowa.

**Birgitta Hessler** ran cross country for University of St. Thomas in St. Paul, Minnesota.

#### State Cross Country Meet, Jefferson City, November 8, 1997:

**Matt Tanner**, a Hickman sophomore, 27th place, 16:52:21

**Brady Pittman**, a Hickman junior, 47th place, 17:18:21

**Paul Lightner**, a Hickman senior, 61st place, 17:25:71

**George Stevenson**, a Hickman junior, 70th place, 17:30:44

**Quentin Malloy**, a Hickman junior, 104th place, 17:50

**Dan Dethrow**, a Hickman junior, 106th place, 17:52:24

**Rob Hillard**, a Hickman junior, 121st place, 17:58:90

**Kristi Reams**, a Hickman senior, 42nd place, 20:27

**Rachel Williams**, a Hickman sophomore, 71st place, 20:56

**Sara Ortbals**, a Hickman sophomore, 78th place, 21:00:66

**Congratulations on great seasons!**



*Have a safe and  
happy  
Thanksgiving!*

25 years ago**Looking Back****By Joe Duncan**

**October 1, 1972:** Senior National 30K Walk: 28 walkers from all over the country walking on the Leawood Subdivision course: 1. Larry Young, just back from his Munich bronze medal performance, 2:28:09, 2. Todd Scully, VA, 2:32:43, 3. Floyd Godwin, CO, 2:38:12. . . 16. Rob Spier 3:27:44.

**October 8, 1972:** Two Mile Cross Country: 1. Dennis Stewart 9:47. . . 3. Mike Chippendale 10:52, 4. Ben Londeree 11:04, 5. Don Granberg 11:34. . . 9. Joe Duncan 12:29.

**October 14, 1972:** 3 Mile Run, track: 1. Bob Collette 15:33, 2. Art Fleming 16:52, 3. Chippendale 16:53, 4. Londeree 17:40. . . 7. Duncan 18:50. 3 Mile Walk: 1. Darrell Palmer 27:28, 2. Duncan 28:17, 3. Dave Leuthold 28:27, 4. Rob Spier 32:13. . . 7. Joyce Schulte 37:58.

**October 29, 1997:** Two Mile CC, Gustin: 1. Stewart 10:19, . . 3. Londeree 11:24, 4. Jerry Kokesh 11:27, 5. Fleming 11:28, 6. Granberg 11:29, 7. Hessler 11:31, 8. Chippendale 11:42.

Tri-States Marathon, October 15, 1972: Don Granberg, a 2:55 PB; Dick Hessler in his second marathon, a 30 minute improvement, 3:06:35. *(Editor's note: This was my family's favorite marathon because we got to eat donuts while Dick ran! GO DAD!!)*

**November 5, 1972:** Five Mile Cross Country: The Gustin course, the day after the Big 8 Championships.

1. Dennis Stewart 28:29 (the Big 8 winner was 24:22), 2. Clark Hamilton 29:07. . . 5. Don Granberg 31:38, 6. Mike Chippendale 32:04, 7. Dick Hessler 32:11, 8. Ben Londeree 32:27, and 5 others.

**November 18, 1972:** Two Man-Six Mile Relay, alternate miles. 34 degrees, windy. 1. Bob Collette—John Victor 33:10, 2. Dick Hessler—John Wilson 33:27, 3. Sean Clark—Dennis Stewart 34:45 (Stewart had the days fastest mile: 4:54.

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary-treasurer
Joe Marks	Mark Wilson
Randy Gay	Mark Volek
Michele McFadden	Curt Kempf
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 **by the 25th 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

# Thank You...

I would like to take a moment to thank all the CTC members for giving me the opportunity to serve as CTC president. It has been a fun two years where I have learned a lot. I would especially like to thank all the race directors, all volunteers, the past and present newsletter editors (Dan Kelly and Amy & Gary Gundy), Tom Allen (treasurer), and all CTC board members. All these people "keep the ball a rollin'" and should be proud of their contribution to CTC. Without them, most races would not occur!

Anyway, my wife is 7 months pregnant with our second child, who is due on our 22 month old's birthday. Stepping down as president will allow me to focus more on our family.

Thanks to Dick Hessler for accepting the presidency position. As many of you already know, Dick has been very involved with CTC for a good number of years, and we should be lucky to have him serve.

Thanks again and we'll see ya' soon.  
Curt Kempf



Outgoing president Curt Kempf, holding daughter Carly, passes the baton to new CTC president Dick Hessler

## Welcome New CTC Members

Angela Hessler	Los Altos Hills, California
Dan Huesgen	Davenport, Iowa
Julie Hoffman	Mexico
Ryland Rodes	Columbia
Brian Walsh	Columbia
Danny Whiteman	Columbia

## Coaches' Corner

### *Recruiting at MU*

*by Natasha Brown*

Recruiting is always an exciting time. The majority of recruiting takes place from July 2 to November, and again from November to April. Having been recruited by the University of Missouri, by graduating, and now working as a coach, I have been given insight and personal experience of how great the program is. Talking with young prospects about Mizzou is fun because I know first hand what I say is exactly what it's like here.

As a Division I coach I look for individuals that perform more than one event very well, who are strong students, and have a "team" mentality. Although Track and Field is primarily individual competitions, it is still crucial to have teammates that are excited about one another as well as themselves.

The Big 12 Conference is extremely competitive in most events. It's a challenge to find high school kids that are close to or at this level. A common question that I get is, "How do I earn a scholarship?" The answer for any hurdler or sprinter is to run fast in a couple of events, have good grades, and be a team player on their high school team. This does not mean they have to be the next Jackie Joyner-Kersey with a 35 ACT score to be on our team. How fast is fast? The Big 12 determines how fast incoming scholarship athletes need to be because they are the people with whom we compete.

*Natasha is an 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.*

### Fall Classic 5K Sept. 20, 1997

Four eager souls ran the Fall Classic 5K. Light overcast skies and a cool temperature was the rule for the day. Darrin Young led from start to finish in 19:13, and Lisa Wells, Jennifer Polniak, and Michelle McFadden (with a three way tie for second place) in 24:18. A large, standing room only crowd lined the course. Although enthusiastic and supportive of the runners, the crowd was stunned by the number of racers. Maybe next year we can have more runners than watchers. Many thanks to the volunteers: Mark Volek, for marking the course, Aaron Rother, the biker with the mile time splits and course direction, and to Michelle McFadden for race support.

—Race Director Rick Rother

### Twin Cities Marathon

October 5, 1997

Last year, the Twin Cities Marathon in St. Paul/Minneapolis broke a record for heat. This year, it was worse. Masters champion and former Olympian Steve Plasencia had it right when he observed the runners "Started dropping like flies." Kjell-Erik Stahl of Sweden ran his 100th marathon and won the 50-54 age group in 2:26.34. His comment. "It was tough out there." It was windy and 72 degrees when he finished.

It was beautiful, too, with clear skies, lakes, excellent aid stations, and a million rabid fans lining every foot of the course. The race started in Minneapolis and finished in front of the capitol building in St. Paul. Seven thousand one hundred people started the race, 5248 finished, 1,728 of them women.

For the men, the top six spots went to Kenyans. Andrew Musuva won in 2:14.59 and won \$20,000. He put down a 4:49 mile between 23 and 24 miles to ice the win over Zack Kunyiha. Steve Plasencia won the masters division in 2:19.06 and was 10th overall. Lyubov Morgunova from Moscow, Russia, won the women's in 2:30.43, three minutes slower than the course record set last year by Olga Appell of Albuquerque, NM. Appell cramped up and finished 16th in 2:55.59. Morgunova won \$20,000, too. I was 3rd in my age group in 3:07.39. I won \$50.00 and an Adidas hat. Keeps the sun off.

—Dick Hessler



## One Hour Run

## October 11, 1997

On October 11, 1997, a small but dedicated CTC contingent participated in the One Hour Run. It was a mild, but humid Saturday morning at the Hickman High School track. Runners were treated to musical favorites of the HHS marching band and flag squad which had a concurrent practice.

As the name implies, participants ran laps around the track for a timed one hour event. All participants placed in the event and received gift certificate awards to Shakespeare's Pizza.

### Men

1st place	Steve Stonecipher-Fisher	39 laps
2nd place	Jay Hasheider	33 laps
3rd place	John Kruse	25 laps

### Women

1st place	Lisa Burger	30 laps
2nd place	Hailey Stamper (9 years old)	6 laps

—Race Director John Patton



Don Archer, of Jefferson City, is starting a running magazine called, *Missouri Runner*. This magazine is designed to promote running in Missouri and to provide race results as well as a calendar of running events. A subscription form is included in this newsletter. For more information contact:

Don Archer (573) 893-6346

## 'Runner's Choice' would have been less wind!

COLUMBIA, Mo.—The race is called "Runner's Choice." The idea behind the 5th annual Columbia Track Club event is that runners can pick their distance—10 or 20 kilometers. What they don't get to pick is the weather. If they had, they would have opted for less wind than the 20-25 mph gusts on the morning to Saturday, Nov. 1.

The event started calmly enough—49 degrees, maybe 10 mph winds. But the blowing kept increasing. And while it helped them up the last hill along Hwy ZZ toward the Holiday Inn Select, the runners were already spent from the blustery breeze. Dwayne Johnson won the men's division of the 20K in 1 hour, 15 minutes and 1 second (1:15:01). Lisa Burger won the women's 20K in 1:43:02. Phil Wahlbrink (38:04) and Lisa Wells (46:48) won the gender divisions of the 10K.

### Runner's Choice 20K

1. Dwayne Johnson	1:15:01
2. Dick Hessler	1:23:24
3. Gary Fogelbach	1:25:45
4. Dick Madsen	1:32:05
5. Lisa Burger	1:43:02
6. Wendell Wilson	2:03:42
7. Jon Kruse	2:06:18

### Runner's Choice 10K

1. Phil Wahlbrink	38:04
2. Steve S-Fisher	38:18
3. Curt Kempf	41:49
4. Lisa Wells	46:48
5. Neal Miller	50:18
6. Jim O'Dell	51:08
7. Don Waltman	54:55
8. Joe Duncan	56:03
9. Karen Gordon	1:01:15
10. Boots Gerhardt	1:14:14

Note to CTC fans: This event marks the return to competition of Joe Duncan who broke his ankle and wrist last spring. **Welcome back, Joe!**

—Race Directors Joe Marks and Georgina Gonzalez

To promote running in Missouri by providing complete and accurate race results as well as the most comprehensive calendar of running events held in Missouri

## Beginning December 1997, Missouri will have its own running magazine.



Published in the heart of the state, *Missouri Runner* will provide race results from races throughout the state, from the small town 5k's to the large races.

Race results will include: 1: All finishers listed by place and time. 2: Age groups will be broken down and separated by sex. 3: Photographs of the race in progress will accompany race results.

In cooperation with your local Running Clubs and Chambers of Commerce *Missouri Runner* will publish a State-wide Race Calendar, this will enable you to know at a glance where and when, a race is happening, and who to contact for a registration form.

*Missouri Runner* also has a; Letter to The Editors section where you can sound off about whatever is on your mind, and a Running News section. The My Favorite Run section is where you can send in a story about your adventures racing or training. Your comments and suggestions are very much appreciated.

Since we are in the beginning stage of the *Missouri Runner* magazine we are offering an 'Early Bird special'. If you subscribe before January 1, 1998 the subscription rate for 1 year (12) issues is only \$14.95, after that date it will go to \$18.95 so take advantage of the savings.

☐ 1 Year (12) issues at the Early Bird price of \$14.95, I am subscribing before January 1, 1998.

☐ Please start my subscription now and **BILL ME LATER** at the \$18.95 price for 1 year (12 issues)

Name

Phone

Street

City

State

Zip

Make checks payable to Missouri Runner, and mail to: Missouri Runner, 110 Short St., Jefferson City, MO 65101. For further information please contact Don Archer (573) 893-6346.

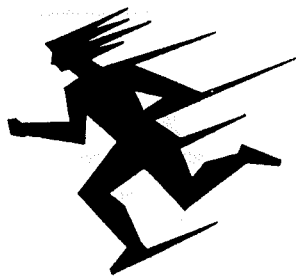
Informational Meeting  
Dec. 3 Columbia Library 7 pm

**leukemia**  
society of america  
**TEAM**  
**IN TRAINING**

**Join Us in Sunny California!**

◆ **Big Sur Marathon & Powerwalk**  
**April 27, 1998**

◆ **San Diego "Rock 'N Roll" Marathon**  
**June 21, 1998**



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UNIVERSITY OF MISSOURI  
TRACK AND FIELD OFFICIALS ASSOCIATION  
TRACK MEET SCHEDULE FORM  
1997-98 HOME MEETS

NAME OF OFFICIAL \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_

EVENTS REQUESTED: HJ, PV, LJ, TJ, SHOT, HAMMER, DISCUS,  
JAVELIN, UMPIRE, REFEREE, FINISH COORD.,  
CLERK, RACE WALK, OTHER \_\_\_\_\_

This form will provide the Association with a working list of certificated and well qualified officials to officiate the events requested. **SIGN UP FOR EACH MEET AND LIST THE EVENT, BY PRIORITY, YOU WOULD WORK.**

INDOOR

NAME OF MEET	DATE	EVENT
MU, SEMO, UMKC & LINCOLN	12/9/97	_____
MISSOURI INVITATIONAL	1/24/98	_____
MU, KAN., K-STATE (TRI)	1/31/98	_____
ALL COMERS MEET	2/21/98	_____

OUTDOOR

MU, ILLINOIS ST, UMKC	3/21/98	_____
TOM BOTTS INVITATIONAL	4/11/98	_____
MISSOURI INVITATIONAL	5/2/98	_____
BIG 12 CHAMPIONSHIPS	5/15-17/98	_____

RETURN TO: Keith Smith  
2423 S. Route 0  
Rocheport, Mo. 65279

OR  
TELEPHONE AT: 573-445-0694 (HOME)  
573-443-2511 EXT 6245



## 1997 CROSS COUNTRY CHALLENGE

### Jeff City vs. Sedalia vs. CTC

### November 9, 1997

A soggy course couldn't slow Jefferson City down Sunday, November 9 as five of their six runners placed in the top 10 in the 1997 Cross Country Challenge. Marc Keys modified the course this year and had the runners complete three laps around Bethel Park, starting and finishing at the same spot. The new course and near perfect weather (temps in the low 40's, overcast skies and no wind!) led to a string of fairly close finishes. Randy Starr of Jeff City led from start to finish with Kent Lang (Sedalia) right on his heels for the first lap. Behind them, Marc Keys battled to take over Jeff City's Dewayne Johnson on the home stretch for third, and although Sedalia's Dieter Myers put pressure on Keys from behind to push hard, Dewayne managed to hold him off. John Meehan of Sedalia kept his daughter Katie company as she easily took top honors among the ladies. Together, they worked the home stretch and finished in 20:12. Craig Johnston (Columbia) and Wayne McReynolds (Sedalia) replayed the battle for 3rd as they finished in 17th & 18th places (21:35.3 and 21:35.9). Having decided to postpone recovery from his previous days run at Quivering Quads, Marvin Van Leer rounded out the morning's field by lending us his tired pins. Thanks, Marvin!

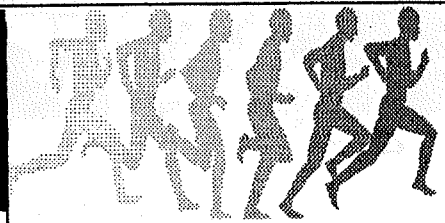
Thanks to Marc for redesigning the course and hauling those hay bales around! Marc was assisted by his wife Erin (sign-in, 1 & 2 mile splits, finish line), Tom Allen (timer) and Michele McFadden (awards, munchies).

—Race Directors Michele McFadden and Marc Keys

1	16:07.0 Randy Starr	17	21:35.3 Craig Johnston
2	16:39.4 Kent Lang	18	21:35.9 Wayne McReynolds
3	17:14.7 Dewayne Johnson	19	23:13.3 Julie Mills
4	17:15.1 Marc Keys	20	25:59.6 Don Waltham
5	17:18.7 Dieter Myers	21	26:22.5 Maggie Johnston
6	17:28.9 Joe Kirby	22	28:28.0 John Kruse
7	17:30.2 Marc Romine	23	30:33.9 Marvin Van Leer
8	17:38.3 Donnie Archer		
9	17:47.4 Rod Williams		
10	18:01.3 Jeff Mittlehauser		
11	18:22.4 Phil Walbrink		
12	18:41.8 Ed Lunsford		
13	19:42.0 Kevin Tyler		
14	20:12.3 Katie Meehan		
15	20:12.8 John Meehan		
16	20:29.4 Tom May		

#### Teams (Top 5 score):

1	25	Jefferson City
		(1,3,6,7,8,11)
2	38	Sedalia
		(2,5,9,10,12,14,15,16,18,19)
3	75	Columbia
		(4,13,17,20,21,22,23)



## Runner Profile

Next issue marks the first CTC Runner Profile column. In each issue we will profile a CTC member in an effort to put more names with faces in the track club. We would appreciate comments and suggestions for future profiles, or of ways to make this column a success.

Thanks,  
Gary & Amy Gundy



## Thank You...

A special THANKS goes out to **MATT McVEY** for working three aid stations and staying until the last Heart of America marathon runner crossed the finish line, and for his ingenuous way of getting the water jugs filled. Thanks, Matt!

Also THANKS to the Columbia Track Club for the use of their equipment for the high school sectional meet. It was very helpful in running an efficient meet. Thanks also to the CTC members who helped with the meet. We could not do it without you!





# University Hospital & Clinics

## 5K RUN/1 MILE WALK

### Saturday, December 6, 1997

### 8:30 a.m.

#### REGISTRATION/PACKET:

**\$10 Pre-registration (before December 6) • \$12 Race Day Registration**

Register by mail with this form. A brochure with sponsor form available at Tryathletics & many retail locations throughout Columbia. Pre-registration packet pick-up: Tyathletics, Friday, December 5, 4:00-6:00 p.m. Race Day registration: 7:30a.m.-start, Saturday, December 6, University Hospital & Clinics Lobby. Tyathletics is located at 1605 Chapel Hill Rd.

#### T-SHIRTS & PRIZES:

Raise pledges and help find a cure for arthritis. Ask friends, family and co-workers to make a donation. Bring your sponsor money with you to packet pickup and receive a prize (or send your money and your prize will be mailed). Brochure with sponsor forms are available at Tryathletics & many retail locations throughout Columbia. Prizes include an official JINGLE BELL RUN FOR ARTHRITIS t-shirt, gift certificates from Tryathletics and a *Grand Prize* for most pledges raised.

#### TEAMCHALLENGE:

A group of four or more people can become a team and compete for prizes in a variety of categories. Each team member must complete a registration form including team name and team captain and pay a registration fee. To be eligible for prizes, each team member must raise a minimum of \$25 in pledges.

#### 5K RACE AWARDS:

Awards will be given to the top overall male and female finishers and to the top three men and women in the following age groups:  
9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

#### POST RACE:

Relax and enjoy bagels, fresh fruit, and drinks after the race. Awards will be presented.

**For more information or to receive a brochure with sponsor form call:**

**Arthritis Foundation, 314-991-9333 or the Arthritis Center, University Hospital & Clinics, 573-882-8097**

#### REGISTRATION FORM

(One participant per form, detach & mail to address on bottom)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

DAYTIME PHONE# \_\_\_\_\_

AGE on day of the event \_\_\_\_\_ ☐ Male ☐ Female

I will participate in the JINGLE BELL RUN: ☐ run ☐ walk ☐ wheelchair

☐ I am unable to participate, but will volunteer.

☐ I want to be a team captain, send me more information.

☐ I am unable to attend, please accept the enclosed check

☐ My company has a matching gift program

Make check payable to: **Arthritis Foundation**

Mail to: **University Hospital & Clinics • Jingle Bell Run**

**Marketing Department • DC057.00/1W-46 • One Hospital Drive • Columbia, MO 65212**

**Waiver/release:** I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in JINGLE BELL RUN. In consideration for my application to participate in JINGLE BELL RUN being accepted, I on behalf of myself, my heirs and my assigns, and my estate, hereby wave and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as a result of my participation.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

If under 18, Parent's or Guardian's signature \_\_\_\_\_

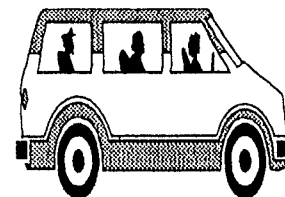
## 1997 Columbia Track Club Schedule Upcoming Events

12/6	8:30 a.m.	Jingle Bell Run for Arthritis 5K run/ 1 mile walk	TBA	Randy Gay, 474-9104	University Hospital	Awards
12/13	8:30 a.m.	Cheese & Sauerkraut 10-M	**	Jay Hasheider, 449-7009	Strawn Road	Walkers 8:30am Runners 9:00am
1998 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, 443-8875	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.

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

## Out-of-town Events

- Nov. 22 H.W. Harris 8K, Sedalia, 9 a.m., (816) 827-0274  
 23 SLTC Marathon Relay (4-person teams), 8 a.m., Forest Park, 781-3926  
 27 Turkey Trot, Sedalia, 8 a.m., (816) 827-0274  
 27 Gobble Wobble 4 mile, 8:30 a.m., Chesterfield, (314) 537-4797  
 29 Alton River Road 10M/20M, 10 a.m., Alton, IL, 1-800-Alton IL
- Dec. 6 Snoball 20K/3M, 7:30 a.m., Meramec Comm. College, (314) 434-9577  
 21 Snoball Half Marathon/4M, 7:15 a.m., Chesterfield, (314) 434-9577



## 1998

- Jan. 1 18th Bob Delano Memorial New Years Day Run, 10:30 a.m., St. Clair, MO, (314) 994-3081

### Call for Volunteers for UMC Track Meets

We have an exciting schedule of four indoor meets and four outdoor meets including the Big 12 Outdoor Championships. Enclosed with this newsletter is a form we hope each of you will complete to indicate your willingness to be a part of the officiating crew for these meets. You can pick and choose those dates and times most convenient for you. WE NEED YOUR HELP!! We think every CTC member is a potential member of the UMC Track and Field Officials Association.

Thank you!

Please note:

Anyone borrowing the CTC water/gatorade coolers should clean and dry them thoroughly when finished so the next person will not have to clean out mold and mildew.



Thanks!

## 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

FORWARDING SERVICE  
REQUESTED

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

12/97

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