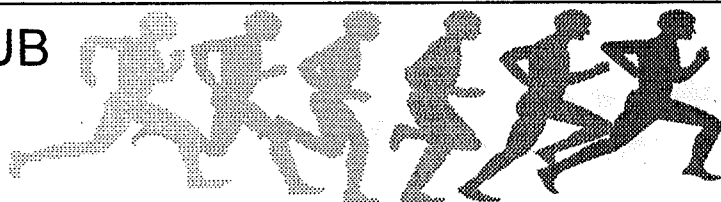


COLUMBIA TRACK CLUB

NEWS



Volume XXX No. 7

October 1997

Heart of America—Hot and Humid

With temperature at 70 degrees at the 6:00 a.m. start, humidity at 93%, and a cloudless sky, it was evident that this would be one of those brutal Heart of America Marathons. And it was.

However, Dave Dobkowski and Andrea Fischer were able to put aside this harshness to completely dominate this year's edition, the 38th Annual. Dobkowski's performance was quite amazing considering that he had run the Heart of America 11 previous times, some of them in far better conditions, yet his PB was only 2:51:47 which he ran in 1990. So this year he lowers that PB by a solid 6:30 and this at age 39! Dobkowski becomes a four time winner of H of A, having previously won in 1990, '94, and '95. In this year's race he took the lead shortly after six miles and steadily increased his advantage.

Andrea Fischer followed up her 2:54:10 of last year (having run that with Michelle McFadden) by running solo this time, in worse conditions. Yet, she missed that PB by only 38 seconds. Andrea ranged back in 8th place up until the 12th mile. Thereafter she gradually picked off all those ahead of her (save the winner) to move into second shortly after mile 21, turning in negative splits of 1:28:38 and 1:26:10. She is, no doubt, ready for another Ironman, so Good Luck! to her in that venture.

Andrew Kotulski made this his 256th marathon. He has run at least two marathons in each of the 50 states and each of the Canadian provinces. He has run at least four miles every day for the past 19 years and has run 4,000 miles per year for 23 years.

Age records: Male 53 now goes to Paul Jensen, his 3:13:20 bettering the 3:14:39 Hal Higdon had in 1984; Lou Joline gets the age 65 mark. For the women, Andrea Fischer gets the age 33 mark, while Lynda Churchfield puts a new time in the age 47 slot.

The DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE went to Chris Cook who was at 3:37:12 last year in his H of A debut. This year the hot sun spurred him on to a 7.86% improvement.

—Race Director Joe Duncan
complete Heart of America results on page 4. . .



CTC Elects New President

Dick Hessler was elected as the new CTC president at the CTC picnic on September 28. Dick has been a track club member since 1971, and this marks his first time serving as president. Please let Dick know if you have any ideas, concerns, or suggestions at 874-2906.

And a big **Thanks to Curt Kempf** for all of your time and effort!

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. This month features a journey back in time with Bill Taft, a long-time CTC member. (See **Coaches' Corner**, page 3.)

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

September 4, 1972: Tim Hendricks won the 13th Annual Heart of America Marathon making him a three time winner with a time of 2:46:15. 2. Lou Fritz, 2:48:32. . . 5. Augie Hirt 2:52:14. . . 13. Don Granberg 3:06:37. . . 16. Ben Londeree 3:09:42. . . 31. Dick Hessler, in his first marathon, 3:33:03 with his 2nd half some 12 minutes faster than the first. . . 33. Joe Duncan 3:40:57. . . 40. Dave Leuthold 4:02:14, 41. Leland Pfeifer 4:04:30.

September 10, 1972: Larry Young won the bronze medal in the Munich Olympic Games 50 kilo walk with an American record 4:00:46. Larry was 12th at 5 kilo, but starting with 15k he began working through the field. At one point after 30k he was within one minute of the leader and thinking gold. This was the best performance in the Olympic Games, and Larry is still the only American with an Olympic medal for walking.

September 16-17, 1972: 100 Mile Walk: 1. Ben Knoppe 22:15:05, 2. Carl McCoun 23:52:08. These were the only two of 35 to go the distance. Rob Spier got 83 miles—the closest yet by any CTC walker to 100.

September 24, 1972: Two Mile Run (track) 1. Dennis Stewart 9:46, 2. Art Fleming 11:08, 3. Mike Chippendale 11:11, 4. Don Granberg 11:45, 5. Dick Hessler 11:55, 6. Joe Duncan 12:17.

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: 874-2407
e-mail: agundy@mail.coin.missouri.edu

Heart of America Marathon Volunteers

Once again we have a host of volunteers deserving a heartfelt "THANKS!" for a lot of time and effort to assure a successful event. Thanks to Jeanine Pagan for so ably coordinating the Aid Stations and the the Rock Bridge and Hickman Cross Country runners who manned the stations. Also to Anne Hessler and Steve Stonecipher-Fisher for their roles. At the timing stations we had Doug and Maria Duncan (and Lukas), Dave Lang, Diane Priest, Richard Harris, Ken Toler, Tom Collier, Don and Beth Granberg, Roger Turnbough, Whitney and Marge Hicks. The finish area was staffed by Joe Marks, Tom Allen, Amy Gundy, Jim Crosby, Dana Fritz, Leslie Schneider, Ben Londeree, and we had Randy Gay, Larry Petterborg, and Bob Knight monitoring the intersections downtown and Dennis Schulte at College and Broadway. Bob Humphreys was on the Katy Trail, Marion Harlan and Dr. Bob Stoy cruised the course in the Joe Machen's pickup, Dr. Jill Murphey was tending to the finishers needing medical attention while Ingrid Ballenger and Angela Woodland took care of the finish area fruit stand. And a BIG THANKS to Joe Duncan for his efforts and time.

Jeanine Pagan adds her thanks: "Many thanks to the following people who volunteered to work the aid stations. Most of them are runners for the Hickman and Rock Bridge cross country teams. They really hustled to provide respite and encouragement.

| | | |
|---------------------|-----------------|----------------|
| Tyson Stockglausner | Candace Coleman | Luke Mcmillen- |
| Matt Tanner | Kristen Jones | Felicia Kahler |
| Paul Lightner | Dan Dethrow | Lena Godas |
| Elizabeth Neuerberg | Talia Page | Kellie O'Brien |
| Peg Hogan | Rick Fish | |

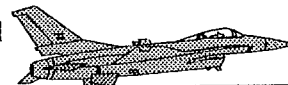
A special thanks to the following individuals who worked two or more aid stations:

| | | |
|----------------------|-----------------|---------------|
| Allison Traffanstedt | Julia Schneider | Angie Haddock |
| Erik Stockham | Steve Pagan | Ellen Pagan |
| Chris Morse | Angie Anderson | |

And finally a BIG HUG for George Stevenson, Jenelle Jefferson, and Matt Tanner who worked two aid stations and stayed until the last runner crossed the finish line. They hung in there when they were hot, tired, and hungry."

CTC member Gary Fields, Cmsgt USAF Reserve writes:

"Just thought you might like to know I entered and completed the inaugural USAF Marathon on Sept. 20. It was really something to be part of history. Time was pretty awful, 5:55, but I crossed the finish line standing and that was an accomplishment for someone my age and physical condition."

**Welcome New CTC Members**

| | |
|----------------|----------|
| Eric Christian | Columbia |
| Elizabeth Lee | Columbia |

Coaches' Corner

Bill Taft, a CTC charter member,
reflects on his walking career.

As an old race-walker, my thoughts turn to past autumns when the CTC sponsored the annual 100-mile walk in a 24-hour period, first at the Hickman High School track and later at the UMC track.

Younger members of CTC missed one of the most enduring events in the club's history. They missed the opportunity to volunteer to keep track of walkers as they went around the Hickman track between one o'clock Saturday afternoon, at times during the rainy season and at other times during some unseasonably warm periods. I can recall Bill Clark pushing water off the track with a four-foot broom—meanwhile, walkers continued.

The spirit was always the same, everyone was out to help everyone else. It was not a race to see who came in first as much as it was a race to see how far everyone could possibly walk. Those who completed the 100—and they were a rare breed—seldom took stops. Others, like myself, would stop for hours at a time. My best distance was 70 miles in 1977 when I was 61.

Frequently we walkers would ask other walkers, "What are we doing this for?" and frequently we would say, "Never again." Then when the next year rolled around it was a reunion again, with small tents pitched around the track and family members serving as backup helpers. cots were available. Drinks and foods were available. Each walker was to have his own attendant, responsible for supplying his or her needs, being it something to eat or drink, a change of socks or shoes, etc. A few women participated with several finishing 100 miles.

Unfortunately, we could never attract a large audience to view our efforts. But could you blame the public—who wants to watch individuals going round-and-round on a track, day and night? Unlike the race car speedways, seldom did we have any "accidents" as we went round and round. There probably were occasions when a walker, moving ahead in near sleep, might bump into another walker, and then become more alert. My "followers", other than family members, were from my Journalism classes at UMC. Most were surprised to see their professor participating in such an event. A few, no doubt, were apple-polishing.

It was a tribute to the club's spirit of cooperation to see runners recording our trips in the middle of the night, getting up much earlier on Sundays than they usually would have done. Some runners might have "looked down" upon walkers; they would change their minds after they tried walking a few miles. It was endurance over speed.

No longer do I participate in competitive walking, although I continue to walk an average of four miles daily—a combination of neighborhood walks, strolls with my terrier Pixie, or on my treadmill while watching old TV shows and movies. Such a program, which earlier included from 1500 to 1600 miles per year, came in handy in January when I had a five-way heart bypass surgery. My family doctor, Dr. Leland Pfefer, said I might have had such surgery five years earlier without my walking. And, too, I might not have recovered so well without my walking program.

Walking has long been as much of my daily routine as sleeping and eating. When I miss reaching my four-a-day I try to make it up the next day. Even while traveling, walking remains a significant factor. While on cruises, my wife and I participate in the ship's exercise programs. One never gets too old to walk. On October 24, if all goes well, I will reach 82 and be proud of it.

I never came in first. But seldom did I come in last. On occasions, when there was no competition I might "win" my age category. Never did I walk to win the trophies. Those I did receive eventually went back to the Club to be recycled.

Meanwhile, you youngsters (that, to me, is anyone under 50 or so), keep up your exercise routine be it running, walking, or bicycling—it will pay off down the road. No need to overdo it. Just do what makes you aware that you are exerting a little extra effort. And if you are now running, you can look forward to gradually slowing down. Eventually you can become a walker, and be proud of it. Just keep moving, that's the goal.

I can remember when anyone out walking in track shorts would attract attention. Today, thank goodness, it is not a novelty. One meets persons of all ages while walking, whether early in the morning or late in the evening. and when you walk with your dog you meet others, also walking their dogs.

Yours for continued success. My wife and I are charter members of CTC—we remember that night in November, 1968 when we met in Joe Duncan's home and developed the beginnings of what today is a major program in Columbia, serving local residents and those from many communities.

Editor's note: I remember when I used to help with the 100 mile walk. I was in awe of the people who participated. Even years later, Mr. Taft would recognize me and wave as my high school team ran workouts around Hickman track. Mr. Taft and his headphones were a common sight and he was always friendly. Happy Birthday, Mr. Taft!

Heart of America Marathon

September 1, 1997

| Name | Age | City | State | Half | Final | | | | | | | | |
|-----------------------|------|----------------|-------|---------|---------|-----------------------|------|---------------|----|---------|---------|--|--|
| 1. David Dobkowski | 39 | St. Louis | MO | 1:20:13 | 2:45:17 | 54. John Schulz | 39 | Columbia | MO | 1:55:35 | 4:13:25 | | |
| 2. Andrea Fischer | f 33 | Columbia | MO | 1:28:38 | 2:54:48 | 55. Gerald Kraft | 54 | Waynesville | MO | 1:46:33 | 4:13:29 | | |
| 3. Chris Cook | 26 | Columbia | MO | 1:26:15 | 3:00:52 | 56. Lynda Churchfield | f 47 | Lake Charles | LA | 1:55:30 | 4:15:54 | | |
| 4. Tom Nichols | 38 | St. Louis | MO | 1:26:33 | 3:04:43 | 57. Michael Kent | 51 | Des Moines | IA | 1:55:50 | 4:15:54 | | |
| 5. Michael Wasiuk | 32 | Rutland | MA | 1:28:30 | 3:07:40 | 58. Kevin Woodland | 33 | Columbia | MO | 1:48:00 | 4:16:09 | | |
| 6. Raul Flores | 41 | Leawood | KS | 1:29:10 | 3:09:56 | 59. Cammy Ronchetto | f 37 | Columbia | MO | 2:03:00 | 4:16:35 | | |
| 7. Jamie Mondello | 42 | Columbia | MO | 1:32:30 | 3:10:22 | 60. Richard Dean | 48 | Overland Park | KS | 1:58:02 | 4:16:48 | | |
| 8. Dakota Derr | 20 | Burlington Jct | MO | 1:33:00 | 3:11:18 | 61. Glennon Rost | 38 | Quincy | IL | 1:58:40 | 4:16:49 | | |
| 9. Michael Skipper | 37 | Goodland | KS | 1:26:30 | 3:11:30 | 62. Lori Thompson | f 38 | Glen Carbon | IL | 2:04:00 | 4:19:34 | | |
| 10. Paul Jensen | 53 | Paonia | CO | 1:32:45 | 3:13:20 | 63. Todd Schapira | 30 | Rocheport | MO | 2:06:27 | 4:20:08 | | |
| 11. Gerald Glass | 59 | Springfield | MO | 1:37:40 | 3:18:21 | 64. Jennifer Bahr | f 23 | Columbia | MO | 2:06:33 | 4:20:09 | | |
| 12. Roy Odom | 33 | Big Rock | TN | 1:40:42 | 3:21:17 | 65. Amy Evett | f 23 | Ballwin | MO | 2:06:33 | 4:20:10 | | |
| 13. John Howland | 48 | Jeff City | MO | 1:28:40 | 3:22:07 | 66. Joel Braden | 20 | Columbia | MO | 2:07:13 | 4:28:14 | | |
| 14. Peter Madsen | 27 | Columbia | MO | 1:36:18 | 3:23:11 | 67. Sharon M.haupt | f 25 | Springfield | MO | 2:11:20 | 4:34:08 | | |
| 15. Richard Leiboult | 40 | Ozark | MO | 1:31:33 | 3:24:32 | 68. Tom Detore | 49 | Wilber | NE | 2:04:02 | 4:34:47 | | |
| 16. Robert Boehm | 47 | Overland Park | KS | 1:36:08 | 3:24:53 | 69. Gary Stamper | 40 | Columbia | MO | 2:15:40 | 4:35:11 | | |
| 17. Dann Fisher | 34 | Manhattan | KS | 1:46:30 | 3:26:51 | 70. David Oldfield | 52 | Columbia | MO | 1:53:37 | 4:38:37 | | |
| 18. Stephen Hahn | 22 | Columbia | MO | 1:38:55 | 3:29:21 | 71. James Taylor | 40 | Stafford | MO | 2:00:40 | 4:39:17 | | |
| 19. Dan Lutes | 33 | Noblesville | IN | 1:40:43 | 3:30:07 | 72. Linda Shipton | f 24 | Columbia | MO | 2:04:00 | 4:39:35 | | |
| 20. Kevin Williams | 36 | St. Louis | MO | 1:47:02 | 3:30:14 | 73. Ian Durie | 34 | Alton | IL | 1:53:30 | 4:39:54 | | |
| 21. Lou Joline | 65 | Lake Lotawana | MO | 1:44:27 | 3:31:08 | 74. Geoff Baker | 31 | Kansas City | MO | 2:07:01 | 4:42:15 | | |
| 22. Jeff Pauls | 22 | Columbia | MO | 1:44:10 | 3:31:24 | 75. Del Bowers | 47 | Crest Hill | IL | 2:17:15 | 4:42:34 | | |
| 23. Michael Phillips | 45 | Branson | MO | 1:40:42 | 3:31:30 | 76. Nathaniel VanKirk | 23 | Columbia | MO | 1:49:26 | 4:43:15 | | |
| 24. Paul Hoffman | 42 | Columbia | MO | 1:40:52 | 3:33:23 | 77. Jane Dougherty | f 34 | Rutland | MA | 2:03:45 | 4:44:24 | | |
| 25. Chris Ramsay | 38 | Rolla | MO | 1:44:05 | 3:36:23 | 78. John Leibhart | 33 | Springfield | MO | 2:11:15 | 4:49:15 | | |
| 26. Clay Mottaz | 58 | Overland Park | KS | 1:42:36 | 3:37:38 | 79. Karen Hadra | f 20 | Evanston | IL | 2:26:20 | 4:56:34 | | |
| 27. David Wolfslau | 42 | St. Louis | MO | 1:42:32 | 3:38:31 | 80. Nicole Beaulieu | f 20 | Evanston | IL | 2:26:20 | 4:56:35 | | |
| 28. Andrew Kotulski | 57 | Montclair | NJ | 1:44:55 | 3:38:37 | 81. Bill Pauls | 47 | Columbia | MO | 1:59:50 | 4:58:51 | | |
| 29. Richard Madsen | 55 | Columbia | MO | 1:42:30 | 3:40:34 | 82. Mark Stevermer | 44 | Shawnee | KS | 2:28:35 | 4:59:41 | | |
| 30. Tod Holdorf | 34 | Hartsburg | MO | 1:51:30 | 3:40:46 | 83. Richard Stevermer | 43 | Edgerton | KS | 2:28:35 | 4:59:43 | | |
| 31. Steve Hermann | 38 | Ste Genevieve | MO | 1:49:24 | 3:41:02 | 84. Chris Lorraine | 34 | St. Charles | MO | 2:14:14 | 5:00:28 | | |
| 32. Shianguu Hsieh | 34 | Overland Park | KS | 1:51:11 | 3:41:50 | 85. Sandra Morris | f 29 | Bloomsdale | MO | 2:16:58 | 5:01:50 | | |
| 33. Frank Reedy | 47 | Clayton | MO | 1:47:00 | 3:42:43 | 86. John Patton | 45 | Columbia | MO | 2:15:40 | 5:05:28 | | |
| 34. Lubin Duque | 23 | Columbia | MO | 1:40:00 | 3:43:53 | 87. David Rhodes | 40 | Columbia | MO | 1:57:05 | 5:07:19 | | |
| 35. Garry Haffner | 35 | New Albany | IN | 1:36:16 | 3:46:48 | 88. Bill Muren | 24 | Belleville | IL | 2:10:45 | 5:08:30 | | |
| 36. Bradley Scott | 41 | Quincy | IL | 1:32:08 | 3:47:43 | 89. Stephen Sadin | 47 | Highland Park | IL | 2:16:50 | 5:09:20 | | |
| 37. Roger Young | 39 | St. Louis | MO | 1:50:00 | 3:51:17 | 90. Randolph Ray | 47 | Winter Park | FL | 2:29:31 | 5:11:35 | | |
| 38. Bill Muchnick | 40 | St. Louis | MO | 1:41:45 | 3:51:19 | 91. Bob Siebert | 42 | Columbia | MO | 2:21:30 | 5:16:35 | | |
| 39. Michael Bauer | 38 | Riverwoods | IL | 1:46:00 | 3:51:47 | 92. Bruce Cook | 43 | Jonesboro | AR | | 5:23:28 | | |
| 40. Gerald Collingham | 51 | Tarkio | MO | 1:44:41 | 3:52:01 | 93. Daniel Wright | 26 | Macon | MO | 2:02:10 | 5:30:11 | | |
| 41. Jim Stroup | 50 | St. Louis | MO | 1:51:00 | 3:53:08 | 94. Paul Morgan | 56 | Altamonte Spr | FL | | 5:40:52 | | |
| 42. Kate Gregory | f 23 | Denver | CO | 1:45:50 | 3:54:06 | 95. Jack Hudson | 52 | Mexico | MO | 2:30:05 | 6:00:51 | | |
| 43. Steve Young | 50 | Jeff City | MO | 1:39:40 | 3:54:24 | 96. Donald Lang | 62 | Glendale | CA | | 6:15:16 | | |
| 44t Daniel Mattson | 27 | Columbia | MO | 1:55:01 | 3:58:14 | | | | | | | | |
| 44t James Toombs | 35 | Columbia | MO | 1:55:00 | 3:58:14 | | | | | | | | |
| 46. Michael Tygart | 52 | Sigourney | IA | 1:45:50 | 3:54:06 | | | | | | | | |
| 47. Robert Dodson | 24 | Columbia | MO | 1:54:35 | 3:59:53 | | | | | | | | |
| 48. Trevor Johnson | 22 | Lonedell | MO | 1:59:30 | 4:03:23 | | | | | | | | |
| 49. Ron Bouchard | 31 | Hollywood | FL | 1:33:15 | 4:06:57 | | | | | | | | |
| 50. Gary Krosch | 49 | Clayton | MO | 1:50:02 | 4:08:15 | | | | | | | | |
| 51. Tom DeDenedetti | 47 | Clayton | MO | 1:50:00 | 4:08:16 | | | | | | | | |
| 52. Douglas Smith | 45 | Pleasanton | KS | 1:59:00 | 4:08:53 | | | | | | | | |
| 53. Lisa Burger | f 34 | Columbia | MO | 2:00:45 | 4:08:58 | | | | | | | | |

Kids' Duathlon, Oct. 5, 1997

On Sunday, October 5, at 2:00 p.m., a kids' Duathlon will be held at LeMone Industrial Blvd. This is a kids' running and biking race. Volunteers are needed to help control traffic, hand out awards, keep time. Please be at the site by 1:20 p.m. For more information call Dayton, 874-7462

MEJF *Run For Justice*

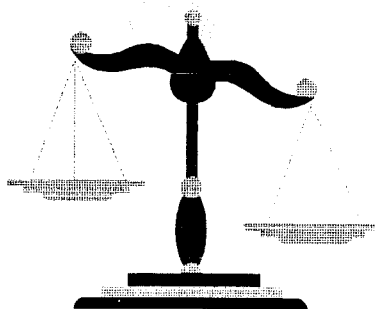
5K RACE & FUN RUN

SATURDAY, OCTOBER 11, 1997

THE 5K BEGINS AT 10:00 AM
IN FRONT OF THE MU LAW SCHOOL

\$15 ENTRY FEE ON RACE DAY,
INCLUDES T-SHIRT
PRIZES FOR TOP FINISHERS
PLEASE ARRIVE AT LEAST 15
MINUTES EARLY FOR REGISTRATION

WALK, RUN, ROLLERBLADE,
BRING YOUR PETS!



Missouri Equal Justice Foundation (MEJF) is a not-for-profit corporation which raises money to fund summer scholarships for MU law students working in the public interest sector. For more information call 442-8552

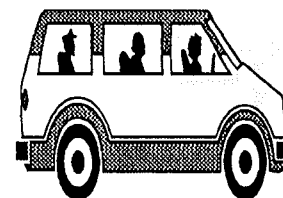
1997 Columbia Track Club Schedule Upcoming Events

| | | | | | | |
|-------|---------|---|------|---|---------------------------------------|----------------------------------|
| 10/11 | 8 am | One-Hour Run | ** | John Patton, 443-1636 | Hickman Track (or MU) | Awards |
| 10/18 | 7:30 am | MU Homecoming 5K | \$10 | MU Alumni Association 1-800-372-6822 | Stankowski Outdoor Recreation Complex | T-shirts, awards |
| 11/1 | 7:30 am | Runner's Choice 10K/20K | ** | Joe Marks, 445-1919 | Holiday Inn Executive Center | Drawing for prizes |
| 11/9 | 11 am | CTC/SLTC/Sedalia/JCTC Cross Country | ** | Michele McFadden, 882-9223 Marc Keys, 445-2635 | Bethel Park | Team and Individual competition |
| 12/6 | 8:30 am | Jingle Bell Run for Arthritis 5K run/ 1 mile walk | TBA | Randy Gay, 474-9104 | University Hospital | Awards |
| 12/13 | 8:30 am | Cheese & Sauerkraut 10-M | ** | Jay Hasheider, 449-7009 | Strawn Road | Walkers 8:30am Runners 9:00am |

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

Out-of-town Events

- Oct. 4 Harrisonville Log Cabin Run, 8 a.m., (816)380-3474
 Challenge of the Bluffs Run, Alton, IL, 9 a.m., (618) 467-2280
 5 Twin Cities Marathon, Minneapolis, MN, 8 a.m., (612) 673-0778
 11 Apple Festival 5K/2K Walk, Fayette High School, (816) 248-1545
 12 St. Louis Marathon, 8 a.m., (314) 781-3926
 18 TSU Bulldog 5k, Kirksville, 8 a.m., (816)626-2213
 26 Kansas City Marathon and 10K, KCMO, (816) 561-1087
- Nov. 2 New York City Marathon, 9:30 a.m., (212) 860-4455
 8 Paralyzed Vets 5K/10K, Branson, (417) 882-5590
 22 H.W. Harris 8K, Sedalia, 9 a.m., (816) 827-0274



Columbia Track Club Scholarship for Exercise Science

The Columbia Track Club has a Scholarship Fund for CTC members who are university students majoring in exercise science. An award of \$500.00 is made from the interest earned from the Scholarship Fund. The criteria for selection of the scholarship recipient(s) are:

1. Active member of the Columbia Track Club
2. Student in exercise science
3. Attending the University of Missouri
4. Service to the running community

Applicants should submit a letter to the CTC Scholarship Committee documenting his/her qualifications. A letter from the applicant's advisor about his/her qualifications and program of study should satisfy points 2 and 3 above. If the applicant is conducting or planning running-related research, a brief description should be included. The application materials should be submitted to Ben Londeree, 2601 Chapel Wood Terrace, Columbia, MO 65203, no later than November 1, 1997.

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia, MO 65205

COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872
Columbia, MO 65205

ADDRESS CORRECTION
REQUESTED

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

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

12/97