

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXI No. 7

October 1998



## Heart of America Marathon—101 Finishers

**September 7, 1998**—Low 70's until about 3 hours into the race when it got up close to 80. Humidity was fairly low, ranging from 73% down to 58. The bright sun never came through since we had almost 100% cloud cover, especially after a couple of hours. Winds were moderate from the south.

This year's winner, Shawn Standridge, a medical student from Gladstone, MO, ran a very consistent race, going around 19:30 every three miles. This put him far in arrears of Peters who sped out at a 6:00 pace for the first 15 miles. At 18 miles Peters had his biggest lead, some 4:30 in front of Standridge. The gap began to narrow over the next few miles, rather slowly (3:32 at 21), but on Providence Road, leading up to the Stadium, Standridge could see Peters up ahead and the gap closed rapidly (only :50 at 24). The winner sped on by going down stadium and won by a shopping 4:41 with all that margin coming in the last two miles. Meanwhile, last year's winner, Dave Dobkowski (winner also in 1990, '94 and '95) was running his usual consistent race and he, too, almost caught the fading Peters. Dave, the 40+ winner, and the father of a 6 month old, had run the Tupelo, MS marathon the previous day, finishing third.

The Dave Schulte Award winner was Ron Bouchard. Ron ran 4:06:57 last year, coming in from his home in Hollywood, FL. Since then, Ron has moved to Missouri and after running up and down some Missouri hills around Cassville he was able to improve to 3:17:45, a 19.92% improvement.

The 101 finishers were the most we have had since 108 in the Silver Anniversary race of 1984.

Once again, we have many, many volunteers to thank: At the head of the list we put Jeanine Pagan, and her family, for so ably recruiting and master-minding the 12 aid stations. KUDOS to them! They did recruit some 20 Hickman Cross Country runners who so cheerfully ran the stations. At the timing stations were Joe Marks, Tom Akken, Jeff and Lisa Wells, Whitney and Marge Hicks, David Lang, Diane Priest, Richard Harris, Ken Toler, Tom Collier, Don and Beth Granberg, Larry Petterborg, Brad and Suzanne Wright, Roger Turnbough. At the finish: Marks, Allen, Ben Londeree, Jeff and Lisa, Leslie Schneider, Colin Doggett, Dick Hessler, Jim Crosby. The intersections and course monitors: Randy Gay, Bob Humphreys, Dennis Schulte, Jay Hasheider, Steve Stonecipher-Fisher, Chris Mader, Bonnard Mosely, Ingrid Ballenger, Angela Woodland, and the Boone Hospital Emergency people, headed by Dr. Jill Murphey. Jill was a great person to have around as all the runners were greeted with cool, wet towels at the finish. On the course we had Dr. Bob Stoy, in the Joe Machens pickup driven by Marion Harlan, and the Boone County Fire Department Protection District headed by Jeff Scott. THANKS TO ALL! and apologies to anyone we left out.

—Race Director Joe Duncan

(For complete Heart of America marathon results, see page 4)



Shawn Standridge and Barbara Mueller

### Don't Forget the CTC Picnic

On October 11, 1998 from 12-2 pm at Oakland Park, the Columbia Track Club will have a picnic of fellowship and fun. Please bring salad, a vegetable, or a dessert. Also bring your own plates and silverware. Meat and drinks will be provided.

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

*Joe Duncan is out of town so we will have the October, 1973 races next month.*

**Hartsburg 7K (plus) Run**

Friends, Romans, and Countrymen!!!

Runner folk will be gathering at the quaint village of Hartsburg, MO for a the First Annual Pumpkin Festival 7K plus run ( 4.3 miles for you non-city folk) on October 11, 1998 starting at 0830. Entry fee will be \$5.00 the day of the race. This gala event will be staged prior to the opening festivities of the Seventh Annual Pumpkin Festival.

**Directions to the start:**

Highway 63 between Columbia and Jefferson City, Mo. you will see a sign to the KATY Trail State Park Hartsburg Trailhead.. That's it!! I can fax maps with the festivities and visual description to the location.

Call: **Brad Kelly at (573) 893-7838 or**

**e-mail at BiksRus@aol.com**

Course Records will be established Age group trophies to the top three finishers each age group. (grown right there in Hartsburg) Female and Male>19, 20-29, 30-39,40-49, 50 +

**Course Description**

This beautiful country course (gravel road) winds around the Hartsburg Bottoms of the Missouri River The Race will leave the Hartsburg Lions Field. You will travel west down the River Road over the levy and across the bridge. The road gently turns to the left and travels south to Hartsburg Bottoms Road. You will be comfortably warmed up when you turn left, the view of open country road awaits. Approximately 2.7 miles into this scenic course you will encounter the double levies and the wooden decked low water bridge. At this point you will continue to the stop sign making a hard left you are within one mile to the finish!! Every pumpkin you encounter will be another mile in you log book !!

Registration at the Hartsburg Lions Field day of the race!!!

**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 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

**Race Schedule Changes****October 10, 1998: MU Homecoming Stadium Run**

The race will be a 5k staggered start, beginning at Faurot Field. This combines the two races previously scheduled for Oct. 10 and Oct. 17. In addition, a 1 mile fun run will be held. See enclosed flyer for registration form. **CTC Members please note:** The registration fee for CTC members will only be **\$10.00**, not \$15.00 as indicated. Furthermore the staggered start information was inadvertently left out of the race flyer. Please see **page 3** for the times and ages. In addition, the pickup for entry packets is scheduled for **Oct. 9** at the Alumni Center, not Oct. 15 as indicated in the flyer. For more information or to volunteer to help, please call Curt Kempf, 446-2878 or Scott Dressel, 696-3384.

**October 24, 1998: Run for Justice**

The MO Equal Justice Foundation will be sponsoring a 5k run/walk/rollerblade to raise money for their program. T-shirts and prizes will be available. Call Kay Perry, 814-2093 for more information.

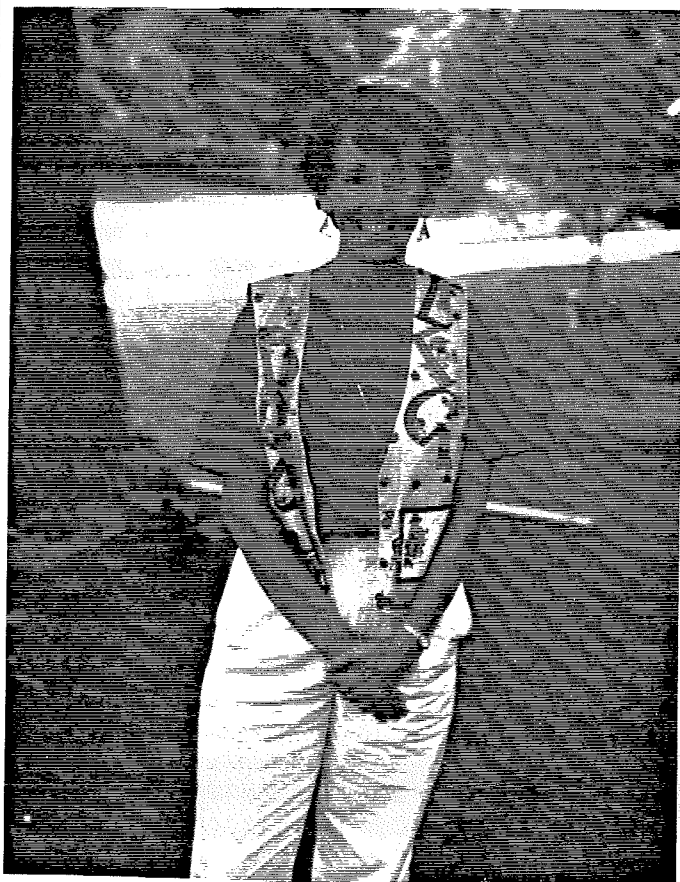
**Dec. 5, 1998: Jingle Bell 5k Run & 1 mile walk**  
8:30am. \$10 fee;\$15 day of race. questions;Randy Gay 814-2627 evenings & 815-3706 days

A hearty **Thank You** goes out to the aid station workers for the 39th annual Heart of America Marathon held on Sept. 7, 1998. The following past and present Hickman Cross Country runners came out early to help at the aid stations. Kristan Jones, Angie Haddock, Jenelle Jefferson, Kate Heine, Chris Morse, Julie Binggeli, Sarah Folzenlogen, Steve and Ellen Pagan, George Stevenson, Lucas McMillen, Rob Hillard, Erik Stockham, Quentin Malloy, Mat McVay, Allison Traffanstedt, Julia Schneider, Sara Orbals, Craig Beisel, Dan Dethrow, Mat Hooley, Dawn McGavock, Amy and Paul Lightner, and Christy Reams. The students did a great job. Special kudos to George Stevenson, who stayed with the last runner, even after the timers had shut down. CTC also would like to thank Culligan Water Company who gave a generous donation of 100 gallons of water, and the Pepsi company in Columbia for the wonderful donation of a case of cups. —Jeanine Pagan

**Welcome New CTC Members**

Todd and Mindy Fuller	Columbia
Craig Israelson	Columbia
Jennifer Kelly	Columbia
Newell Kitchen	Columbia

# CTC Runner Profile



## Nancy Fritsch

Age: 59

### PERSONAL RECORDS:

5k: 23:52    10k 51:40    Half marathon 2 hrs. 11 min.

You can see I'm sunning for fun and health!

**WEEKLY MILEAGE:** 28-30 miles

### WHEN DID YOU START RUNNING?

1978 My first race was the Macey Run in Kansas City. (10k)

### WHO IS YOUR RUNNING ROLE MODEL?

### WHO HAS INFLUENCED YOU THE MOST?

Joe Duncan—Joe has always been encouraging to me. He made a great comeback after his accident and his love of the sport is contagious. Joe always encourages me during races...when he passes me!! His "Have a good race" statement always helps me to do just that.

### DID YOU RUN IN HIGH SCHOOL OR COLLEGE?

No...just run in summer programs for health and fun.

### WHAT IS YOUR FAVORITE WORKOUT?

Early morning runs in Parkade area and a 2 mile cool down with my prayer partner.

**WHAT IS YOUR FAVORITE TRAINING ROUTE?** I love to run on the MKT trail, and I love to run in the foothills in Colorado.

**PERSONAL INFO AND INTERESTS:** I'm married to Fred and we just celebrated our 34th anniversary. We have three grown children and are expecting our 12th grandchild in September. I'm a former 1st grade teacher and am currently a Parent Educator with Parents as Teachers. I've been in CTC forever! My husband and I love to bike ride, play tennis, read and play with our grandchildren.

## One Hour Run

September 26, 1998

The weather conditions were ideal on Saturday, September 26, 1998, for the annual One Hour Run. With clear, sunny, 70ish early morning conditions, thirteen participants appeared at the Hickman H.S. track, despite confusion over the date and location. First place male and female finishers Steve Stonecipher-Fisher and Lisa Burger from last year once again claimed lavish first place pizzas from Shakespeares. New participants Willy Heinrich and Julie Reuschel took second, and James Jacobson and Annie Moskoff took third, each claiming respectable fare from the same establishment. All other finishers left the track with sweets and smiles. Special thanks to Gary Stamper and Leslie Schneider for bringing coffee and good humor while helping out with lap counting. Race results were as follows:

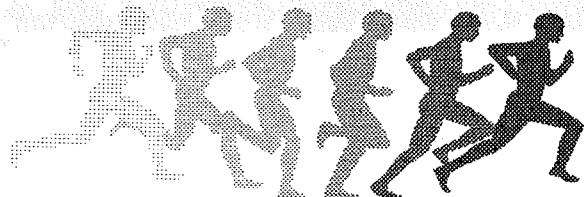
Males	Laps	Females	Laps
Steve Stonecipher-Fisher	38	Lisa Burger	30
Willy Heinrich	36	Julie Reuschel	29
James Jorgenson	35	Annie Moskoff	25
Jay Hashheider	30		
Phil Walsh	27		
Joe Marks	23		
Paul Schneider	22		
Mike Henry	22		
John Kruse	21		
Nick Patton (8 yrs old)	10		

Thanks to everyone who came out!

—Race Director John Patton

## Heart of America Marathon Results

Place	Finisher	Half	Finish	Age	Hometown				
1.	Shawn Standridge	1:23:04	2:47:14	24	Gladstone, MO	54. Robert Risser	2:07:48	4:17:32	58 Cameron, MO
2.	Matt Peters	1:18:53	2:51:55	22	Columbia, MO	55. Craig Watson	2:05:53	4:18:57	39 BatnRouge, LA
3.	David Dobkowski	1:23:17	2:52:45	40	St. Louis, MO	56. Mark McKinney	2:00:05	4:23:23	23 Columbia, MO
4.	Ryan Constable	1:26:45	2:56:40	20	Hannibal, MO	57. Chuck Miller	2:03:13	4:23:38	37 GreenRige, MO
5.	Raul Flores	1:31:15	3:06:35	42	Leawood, KS	58. Kelly Mattas f	1:55:00	4:24:56	30 Moberly, MO
6.	Mike English	1:31:15	3:06:49	31	KC, MO	59. Chuck Bradford	1:55:52	4:24:57	47 SiloamSpngsAR
7.	David Pruder	1:36:43	3:08:55	33	E. Lansing, MI	60. Nancy Rea f	1:59:20	4:25:33	34 Bolivar, MO
8.	Jamie Mondello	1:35:25	3:11:10	43	Columbia, MO	61. Jeff Wilkins	1:52:20	4:26:05	39 Linn, MO
9.	Chris Cook	1:28:45	3:16:40	27	Columbia, MO	62. Becky Decker f	2:13:00	4:28:02	36 Irving, TX
10.	Gerald Glass	1:36:01	3:17:11	60	Springfield, MO	63. Bill Lowrey	2:15:37	4:28:25	45 BatnRouge, LA
11.	John Conroy	1:29:54	3:17:25	34	St. Louis, MO	64. John Schultz	2:02:52	4:30:37	40 Columbia, MO
12.	Michael Skipper	1:28:45	3:17:46	38	Goodland, KS	65. Colby Fulkerson	1:53:39	4:30:36	34 Jackson, MO
13.	Ron Bouchard	1:27:25	3:17:47	32	Cassville, MO	66. Porter Gibson	2:02:10	4:32:21	49 Quincy, IL
14.	Dann Fisher	1:44:55	3:18:22	35	Manhattan, KS	67. Bob Holman	2:03:13	4:34:24	41 Carthage, MO
15.	John Richardson	1:33:58	3:18:52	44	Kirkville, MO	68. James Sullivan, Jr.	2:13:45	4:37:36	46 Orlando, FL
16.	Kevin Guest	1:37:00	3:20:27	29	Rea, MO	69. Allen Dougherty	1:58:58	4:38:18	48 Cairo, MO
17.	Steve Lind	1:35:20	3:25:37	43	GrndDetour, IL	70. Ray Harding	2:03:13	4:40:50	48 Carthage, MO
18.	John Howland	1:32:30	3:25:49	49	Jeff City, MO	71. Gordon Dreshon	1:47:58	4:42:45	55 Lancaster, KY
19.	Jason Blom	1:32:05	3:26:31	21	Columbia, MO	72. Ian Durie	1:58:05	4:47:46	36 Alton, IL
20.	Steve Young	1:40:16	3:27:37	51	Jeff City, MO	73. Cliff Burgess	2:20:17	4:53:45	59 Waco, TX
21.	Ed Cook	1:33:10	3:28:06	42	St. Louis, MO	74. Mark Stevermer	2:26:39	4:56:14	45 Shawnee, KS
22.	Dennis Simmons	1:40:15	3:28:58	54	Florissant, MO	75. Richard Stevermer	2:26:32	4:56:15	44 Edgerton, KS
23.	Nick Stokes	1:45:36	3:29:23	20	Champaign, IL	76. Matt Wurster	2:26:35	4:57:31	34 LosAngeles, CA
24.	Roger Young	1:43:25	3:31:09	40	St. Louis, MO	77. Joe Dwyer	2:14:08	4:57:34	43 Iowa City, IA
25.	Stephen Bourgeois	1:37:03	3:33:02	34	Columbia, MO	78. Nanda Gowda	2:10:17	4:57:54	33 Palo Alto, CA
26.	Jim Burt	1:46:35	3:34:25	40	Stanley, KS	79. Michael Fuller	2:18:27	4:57:55	32 St. Louis, MO
27.	Dan Hurlburt	1:46:36	3:34:27	50	Lincoln, NE	80. Don Kern	2:10:17	4:58:11	42 Martin, MI
28.	Brad Scott	1:56:05	3:36:52	42	Quincy, IL	81. Susan Raber f	2:26:37	4:58:14	31 Miami, FL
29.	Leo Buckvold	1:44:27	3:37:07	46	ApIValley, MN	82. Paul Hinshaw	2:28:30	5:01:19	46 Columbia, MO
30.	Tom Olerich	1:46:37	3:39:11	49	Olathe, KS	83. Jody Christie f	2:26:10	5:06:49	24 Princeton, IN
31.	Matt Miller	1:45:36	3:40:16	21	Columbia, MO	84. Rick Horn	2:01:35	5:08:57	51 BowlingGrn, KY
32.	Jeff Hauswald	1:44:20	3:40:45	24	Corydon, IN	85. Chris Loraine	2:19:40	5:11:23	35 St. Charles, MO
33.	Brian Klippenstein	1:36:03	3:45:26	34	Washington, DC	86. Catherine Ellis f	2:19:38	5:18:16	25 St. Louis, MO
34.	Bill Macy	1:50:15	3:47:00	59	Lincoln, NE	87. Douglas Ellis	2:19:37	5:18:16	27 St. Louis, MO
35.	Donald Davidson	1:53:50	3:48:42	48	Norborne, MO	88. Kelly Hollenbeak f	2:20:54	5:20:25	31 St. Louis, MO
36.	Jim Snyder	1:47:58	3:49:47	52	Graham, NC	89. Bob Burnham	2:19:05	5:20:35	50 Stillwater, OK
37.	Conrad Calara	1:56:45	3:50:41	47	OlymFields, IL	90. Meredith Keltner f	2:27:00	5:23:00	28 OverlandPk, KS
38.	Kevin Woodland	1:48:20	3:51:11	34	Columbia, MO	91. Rose Ann Jolly f	2:37:50	5:26:33	48 OverlandPk, KS
39.	Paul Berg	1:56:45	3:54:27	32	Oak Forest, IL	92. Philip Lederle	2:20:01	5:26:57	29 Ashland, MO
40.	Barbara Muellef f	1:46:10	3:55:27	36	Jackson, MO	93. Richard Perza	2:13:20	5:27:01	46 Ambridge, PA
41.	Jeff Sill	1:44:00	3:56:51	28	Carl Junct., MO	94. William Stocklausner	2:16:35	5:27:44	47 Columbia, MO
42.	Bob Wentz	1:54:20	3:58:49	46	Omaha, NE	95. Chris Hollenbeak	2:20:54	5:30:49	28 St. Louis, MO
43.	John Lochner	1:47:05	3:59:53	41	Chesterfield, MO	96. Jack Hudson	2:36:30	5:31:49	53 Mexico, MO
44.	Herbert Hange		4:00:06	35	Hanover, Germ.	97. Bryan Norton	2:16:51	5:44:09	36 Columbia, MO
45.	David Oldfield	1:58:35	4:01:47	53	Columbia, MO	98. Dana Reising f	2:36:58	5:42:02	45 Danville, KY
46.	Chris Neal	1:51:50	4:02:59	23	Columbia, MO	99. Alan Hill	2:37:30	5:47:53	50 Plattmouth, NE
47.	Chuck Mehrer	1:55:55	4:03:55	40	Lenexa, KS	100. Beth Stoecklein f	2:39:32	5:56:40	53 Spring Hill, KS
48.	William Flevaris	1:56:00	4:05:10	32	Warren, OH	101. Karl Keltner	2:39:32	5:56:41	36 OverlandPk, KS
49.	Earl Strong	1:36:01	4:07:02	42	Kokomo, In				
50.	Lisa Burger f	1:57:52	4:07:47	35	Columbia, MO				
51.	Sal Flinn f	1:58:20	4:09:16	47	Ridgefield, WA				
52.	Michael Phillips	1:51:54	4:12:05	46	Branson, MO				
53.	Steve Oldham	1:47:30	4:14:32	37	FLW, MO				



# OCTOBERFEST RUN

## 10K & 1 MILE FUN RUN

HERMANN, MISSOURI

*Come spend the day with us and enjoy  
the Octoberfest festivities!!*



### LOCATION

Start/ Finish - Hermann City Park • Corner of Hwy 19 & Hwy 100 W

### RACE DATE & TIME

October 24, 1998 • 1 Mile Run - 8:30 a.m. • 10K Run - 9:00 a.m.

### COURSE

Accurately measured 6.2 mile course through the rolling hills of scenic Hermann, MO

### ENTRY FEE

\$10.00 Advance registration (By 10/16) • \$14.00 Late registration

### DAY OF RACE REGISTRATION & PACKET PICK-UP

7:00 a.m. to 8:00 a.m. at Hermann City Park • T-Shirts to all participants

### AWARDS

Trophies to the top three finishers  
overall (Male / Female)

Medals to the top three finishers  
per age group (Male / Female)

under 15	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60-64
35-39	65 & over

### NOTES

- There will be water at the start / finish & 2 Mile / 4 Mile mark
- Split times every mile
- Emergency medical support on site
- Post race snacks available
- Awards ceremony immediately following 10K Run
- No roller skates/blades, baby joggers, or pets
- Shower facilities available

### SPONSORED BY:

HERMANN JAYCEES



MOORE GEAR

**FLEET FEET**  
*Race Timing*



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OFFICE MACHINES  
(573) 486-5752  
HERMANN • WASHINGTON  
UNION

Hermann Athletic Booster Club

Lennertson  Company

Hermann Lumber **Do it center**

Please complete and return this form with \$10.00 entry fee by 10/16/98 (\$14.00 after 10/16/98)  
Make checks payable: Hermann Jaycees

Name \_\_\_\_\_ Event \_\_\_\_\_ Male or Female \_\_\_\_\_  
Address \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size S M L XL  
(as of 10/24/98) (circle one)  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of the acceptance of this entry, I, for myself, my heirs, executors, administrators and assigns do hereby release and discharge any of the sponsors of the 1998 OCTOBERFEST RUN from any and all claims or demands, losses or injuries incurred by me at said OCTOBERFEST RUN on October 24, 1998.

Signature of Athlete \_\_\_\_\_

Signature of Parent or Guardian (if athlete is under 18 years of age): \_\_\_\_\_

MAIL TO: OCTOBERFEST RUN  
P.O. BOX 253  
HERMANN, MO 65041

G.O.A.L.

# GIFT OF A LIFE

5 K

## Halloween Walk/Run

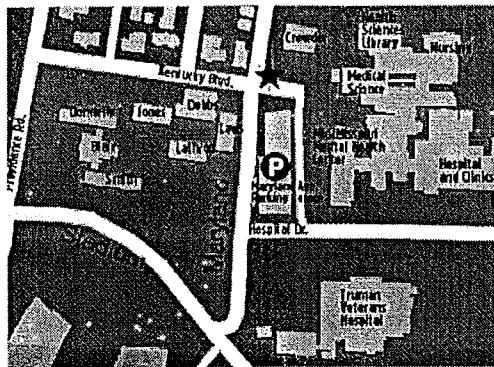
**When:** Saturday, October 31<sup>st</sup>, 1998 (rain or shine)

**Time:** Will start at 9:00 am.

**Purpose:** Please come and help us raise money for the annual bone marrow typing drive.

**Where:** Meet at the corner of Maryland Ave. and Kentucky Ave (See Map)

**Entry fee:** \$10 dollar donation to G.O.A.L. (this includes a T-shirt commemorating the event and complementary breakfast).



**Please complete the following form and mail along with \$10 (check payable to G.O.A.L.) to the following address:**

1 Hospital Drive  
MA 202, Medical Science Building  
c/o G.O.A.L.  
Columbia, MO, 65211

Name \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt size (small and medium sizes available by order only and not the day of the event)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Entries will be taken up until the start of the event on Saturday, October 31<sup>st</sup>, 1998**

**Sponsored by the Medical students, University of MO-Columbia School of Medicine**



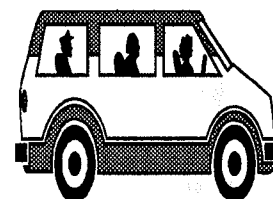
## 1998 Columbia Track Club Schedule

10/10	8 a.m.	<b>Homecoming Stadium Run</b> 5k/1-mile fun run	\$10	Curt Kempf, 446-2878 Scott Dressel, 696-3384 Alumni Center 1-888-292-6842	Faurot Field	Staggered start, t-shirts, awards to top 40 finishers (proceeds to benefit Big Brothers/Big Sisters)
11/7	7:30 a.m.	<b>Runner's Choice</b> 10k or 20k	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
11/15	1:30 p.m.	<b>CTC/Sedalia/Jeff City Cross Country</b> 5k	**	Michele McFadden, 449-1760 Marc Keys, 445-2635	Bethel Park	Team and individual prizes
12/5	8:30 a.m.	<b>Jingle Bell Run</b> 5k and 1 mile walk	\$10	Randy Gay, 814-2627 (evenings) 815-3706 (days)	University Hospital	Awards
12/12	8:30 a.m.	<b>Cheese and Sauerkraut</b> 10-miles	**	Jay Hasheider, 449-7009	Strawn Road	Walkers, 8:30 a.m. Runners, 9:00 a.m.

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

## Out-of-Town Events

- |          |    |   |
|----------|----|---|
| October  | 10 | St. John's Sunshine Run 10k, Springfield, MO, (417) 885-2000<br>Harvest Festival 5k, Fayette, MO, 8 am, (660) 248-1911<br>St. Joe Parkway Run, St. Joseph, 8 am, (816) 271-5501 |
|          | 11 | Heartland 8k, KCMO, 8 am, (816) 741-2314  |
|          | 18 | Mission Sunflower 8k, Mission, KS, 8 am, (913) 831-2131<br>St. Louis Marathon and Relay, St. Louis, 8 am, (314) 781-3926  |
|          | 25 | Greater KC Marathon, KCMO, 7:15 am, (816) 331-4286  |
|          | 26 | TSU Bulldog 5k, Kirksville, 8 am, (660) 626-2213  |
|          | 31 | Witches & Warlocks 5k, OPKS, 8 am, (913) 469-4090   |
| November | 07 | Quivering Quads 10k/1/2 marathon/50k/50mile, Troy, MO, (314) 939-0161   |
|          | 21 | Run for the Third - The Dogwood 8k, Sedalia, 9 am, (660) 827-0274   |



### **November 15, 1998 1:30 pm, Bethel Park**

In the most recent *Sedalia Runners Club* newsletter, president Kent Lang wrote to his members about the November cross country meet, "Show all these other clubs in the area that the SRC is the legitimate force that we all know we are! . . . Revenge is on our mind and the title will be taken back with your help."

O.K. Columbia Track Club members, are you going to sit back and take that? NO WAY!! We need our members to show that "competitive spirit" and be at **Bethel Park, Nov. 15**. Don't forget it is: Columbia Track Club vs. Jeff City Road Runners and the Sedalia Runners Club



## 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. For \$30.00 you can become a member of CTC **and** subscribe to *Missouri Runner*, Missouri's premier running magazine. 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

12/99

Joyce Schulte  
1102 Broadway Street  
Audubon, IA 50025-1424