

COLUMBIA TRACK CLUB

Notes & News



Volume LI No. 2 May 2018

Mustang Stampede April 28, 2018



Place	Name	Age	Gender	Time
1	Joshua Feldman	43	M	17:57
2	Dan Edidin	49	M	18:33
3	Greg Blomquist	39	M	18:51
4	Shira Sanklap	31	M	19:03
5	Andy Emerson	49	M	19:43
6	Felix McGarvey	10	M	22:17
7	Ronald McGarvey	43	M	22:18
8	Hank Benter	11	M	22:55
9	Joel Schilb	31	M	23:18
10	Kevin Tyler	62	M	24:01:00

Upcoming Events

*See Page 11 and the CTC website
for more event info:*

Phil Sayer Benefit 5k
May 19
Stephen's Lake Park

Summer Youth Program
June 6, 13, 22, 27, July
11

Parley Pratt Freedom
Run
July 4
Twin Lakes Pavillion

Great Sandbagger 10K
August 4
Mill Creek Elementary

Ice Cream Social
August 12
Bonnie View Nature

Heart of America Mara-
thon
September 3
Stadium Blvd.

Rock Bridge Revenge
October 6
Rock Bridge State Park

Results on page 3

President's Letter

Will return when our president gets voted in.

Looking Back —

By Joe Duncan

March 13, 1993 St. Patrick's Day 5K:

MALE : 1. Jim Heady 15:57, 2. Steve S-F 16:11, 3. Larry Henze 16:12, 4. Todd Beaverson 16:20, John Meehan 17:38, Tom LaFontaine 17:50, Mike Kaylen 18:42, Mark Wilson 18:10, Phil Schaefer 19:07, Studboy (Jamie?) Mondello, Tom Allen 19:58, Mike Walther 20:12, Don Lewis, 57, 20:28, Chris Janku 20:57, Joe Goldfarb 22:26, Joe Duncan, 58, 23:21, Randy Gay 23:25, Don Waltman, Tom Highland 23:49, Nick Peckham 24:27, Jim O'Dell, 24:51, Terry Robb 28:51

FEMALE: 1. Julie Bergfeld 20:13, 2. Denise Engel 21:01, 3. Noelle Marchhand-Koch 21:38, 4. Daniell Ess 22:42, Diane Seifert-Wade 23:14, Debbie Heifner 23:51, Lisa Wells 24:34, Carole Madsen 28:05, Jeanelle Twillman, 60, 28:06, Angela Woodland 28:39, Wendy Evans 28:51, Andrea Woods 29:33, Darlene Londeree 29:52, Boots Gerhardt, 72, 32:18

35

9 male + 294 female = 653 total finishers

The predecessor to the St. Pat races were the Columbia Regional Hospital Five-Mile Winter Road Races. CRH personnel wanted to sponsor a downtown 5K spring race around St. Patrick's Day.

This, at the expense of the Winter Road Race. We agreed to give up the challenging harsh winter weather of the February races.

The first CRH 5-miler was in 1983.

The first St. Pat was in 1990, the last in 2017. These two, combined, gave us, an historic run of 35 great races.

The first three St. Pat races had over 1,000 finishers, each, with the 1,320 finishers in 1994, the second most ever for a CTC event, topped only by the 1,381 in Human Race XV. 28 of the 35 CRH/St. Pat events each had over 500 finishers.

March 27 15K Run, Rt. ZZ: 1. Todd Beaverson 54:38, 2. Rodney Sanders 5:36, 3. Curt Kempf 1:02:02, 4. David Oldfield 1:05:46, 5. Joe Marks 1:11:28. Boots Gerhardt 72, 1:41:38

COLUMBIA TRACK CLUB

**If you are a new
Member or would like
To be profiled please
email Ellen at
paganellen@gmail.com
It is easy and all
Communication can
Be through email.**

CTC BOARD OF DIRECTORS:

<i>president</i>	Dick Hessler
Marc Keys, <i>vice-president</i>	Tom May
Thom Allen, <i>secretary/treasurer</i>	Nancy Taube
Steve Stonecipher-Fisher	Nancy Rezabek
Scott MacPherson	Andy Emerson

CTC PAST PRESIDENTS:

- Joe Duncan (Nov. 1968 to Oct. 1987)
- Tom Coon (Nov. 1987 to June 1989)
- Joe Marks (July 1989 to June 1991)
- Steve Stonecipher-Fisher (July 1991 to Dec. 1992)
- Joe Marks (Jan. 1993 to Nov. 1995)
- Curt Kempf (Dec. 1995 to Oct. 1997)
- Dick Hessler (Nov. 1997 to Nov. 2004)
- Linda LaFontaine (Dec. 2004 to Dec. 2009)
- Bill Stolz (Jan. 2010 to Dec. 2012)
- Matt Dreier (Jan. 2012 to 2013)
- Beth Luebbering (2013-2017)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: www.columbiatrackclub.com

CTC NEWSLETTER EDITORS:

Ellen Williamson: paganellen@gmail.com

Linda LaFontaine: linlafontaine@aol.com

CTC publishes a newsletter eight times per year.

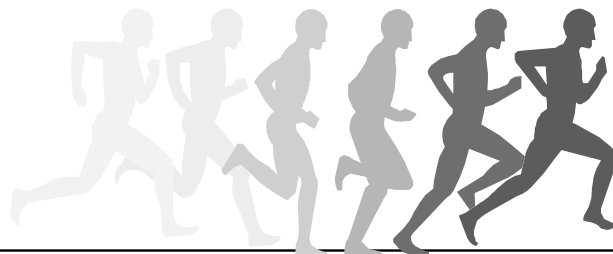
The next issue will be sent in June. Please send in information by June 11th.

11	Hogan Benter	9	M	25:49:00
12	Hayden Benter	13	M	25:54:00
13	Bob Martin	51	M	26:14:00
14	Brian Benter	43	M	26:26:00
15	Pierre McGarvey	12	M	27:55:00
16	Randy Schlib	62	M	28:05:00
17	Kaylie Marin	9	F	28:07:00
18	Kristopher Marin	35	M	28:08:00
19	Ted Farnin	52	M	29:15:00
20	Rodney Stevens	52	M	32:49:00
21	Isla Hein	8	F	34:04:00
22	Seth Hein	33	M	34:05:00
23	Rebecca Bevel-Smith	37	F	34:48:00
24	Jenny Berghorn	38	F	35:10:00
25	Carey Hughes	47	F	37:32:00
26	Annette Birsas	57	F	39:34:00
27	Linda Koenig	54	F	40:58:00
28	Jamie Johnston	58	F	40:59:00
29	Beth Benter	41	F	42:20:00
30	Eric Icenborgh	29	M	43:48:00
31	Kelly Pulliam	47	F	43:50:00
32	Jessica Marin	6	F	44:41:00
33	Leslie Marin	35	F	45:36:00
34	Hlina Gebremichael	9	F	46:35:00
35	Inara Blomquist	6	F	46:38:00
36	Rachel Blomquist	39	F	46:39:00
37	Spencer Wenzel	11	M	48:09:00
38	Isaac Marin	11	M	48:11:00
39	Alexis Coleman	10	F	48:17:00
40	Branden Mendez	9	M	48:27:00
41	Gavin VanderVeen	10	M	48:31:00
42	Adilyn VanderVeen	7	F	48:52:00
43	Deb Showers	64	F	49:33:00
44				49:34:00
45	Lily VanderVeen	2	F	50:03:00
46	Karen Duney	61	F	51:04:00
47	Heather Galloway	33	F	51:05:00
48	Kayden Galloway	6	F	51:13:00
49				51:34:00
50	Niall Blomquist	3	M	55:55:00



2018 Jeff Shikles Memorial 8K Run Results

First Name	Last Name	Gender	Age Class	Time	Overall Place	Place By Gender	Medal by Age/Gender Class
Michael	McCulloch	M	20-24	00:27:19	1	1	Gold
Ryan	Hauser	M	35-39	00:28:30	2	2	Gold
Johannes	Olind	M	25-29	00:30:03	3	3	Gold
Dan	Ediden	M	45-49	00:30:35	4	4	Gold
Sankalp	Shiva	M	30-34	00:32:52	5	5	Gold
Hannah	Hassamer Kruse	F	30-34	00:33:38	6	1	Gold
Andy	Emerson	M	45-49	00:34:01	7	6	Silver
Zach	Chapman	M	30-34	00:34:42	8	7	Silver
Steven	Stonecipher-Fish	M	60-64	00:35:37	9	8	Gold
Nicholas	Kieffer	M	45-49	00:38:47	10	9	Bronze
Matthew	Robe	M	55-59	00:39:20	11	10	Gold
Cassie	Kauffman	F	30-34	00:40:12	12	2	Silver
Katie	Shikles	F	25-29	00:44:44	13	3	Gold
Karen	Derrick	F	55-59	00:47:46	14	4	Gold
David	Wilson	M	65-69	00:49:22	15	11	Gold
Nancy	Shikles	F	55-59	00:50:19	16	5	Silver
Morgan	Hurt	F	15-19	00:51:40	17	6	Gold
Doug	Hurt	M	45-49	00:51:41	18	12	
Jennifer	Cobb	F	45-49	00:51:47	19	7	Gold
Revee	White	F	30-34	00:52:24	20	8	Bronze
Kenneth	Hammann	M	=>70	00:59:24	21	13	Gold
Terry	Chapman	F	60-64	01:00:06	22	9	Gold
Francis	Bergendahl	M	45-49	01:17:03	23	14	
Kathy	Jones	F	45-49	01:23:18	24	10	Silver
Nikki	Bergendahl	F	40-44	01:23:18	25	11	Gold
Caroline	Ma	F	<15	01:34:14	26	12	Gold
Yada	Olson	F	<15	01:34:15	27	13	Silver
Jenna	Morgan	F	<15	01:34:16	28	14	Bronze



RunSignUp to Renew Membership and Register for CTC Races



Columbia Track Club has begun using [RunSignUp.com](https://runsignup.com) for both individual and family memberships and most race registrations. Memberships and renewals January 1, 2018 and later have been setup to run 1 year from the date you renewed or signed up. For example if you signed up or renewed on February 1, 2018, your membership will expire January 31, 2019. RunSignUp will send you a reminder before your membership expires so you won't miss out on our newsletters and other CTC benefits.

You may have recently received an email to claim the account for the email address for your CTC membership. If you have a family membership, all of your family members are connected to your account on RunSignUp. If you deleted the email, send a message to ColumbiaTrackClub@gmail.com and we will resend the message to claim your account. You can also donate to CTC through our membership page at any time. To learn more about CTC benefits, to renew or refer a friend, see <https://runsignup.com/Club/MO/Columbia/ColumbiaTrackClub>.

To find a race quickly go to <http://runsignup.com>, scroll down and use the search box. Type the name of the race or Columbia, MO. You will find CTC races and other races in Columbia.

When registering for a race on RunSignUp for more than one person (friends or family) at a time, you will save on processing fees.

Free races - \$0

\$.01 - \$10 - \$2.00

\$10.01 - \$30 - \$2.50

\$30.01 - \$50 - \$3.00

\$50.01 - \$250 - 6%

RunSignUp was created in 2009 by a race director, frustrated with existing online registration platforms. They use technology to make races simple and the features they offer are endless. They offer this at no additional cost to CTC and their processing fees are low. We hope you will consider using when registering for your next race and renewing your membership in the future.

Volunteers Needed

**Summer Youth Program needs your help!!!
We need at least 15-20 volunteers to keep
each night running smoothly.
Show up at Battle High School Track between 5:30-
5:45 and we will gladly teach you to record, rake,
shag shot etc. We welcome High School track
athletes looking for volunteer hours.**

Scholarship Opportunity

Are you a high school student who runs track and field or cross country for your school? Are you thinking of ways to afford College?

Columbia Track Club offers scholarships every year to eligible seniors. You must be a member of the club (it is easy to sign up see page 6), volunteer to help at races (Summer Youth Program is always needing volunteers), and be an active participant in track and field or cross country at your high school.

If you are a freshman start getting involved with Columbia Track Club and this opportunity will be a perfect fit for you.

12th Annual Ron Hindley Racing Series (Serial Competition) Awards Ceremony



On March 19, 2018, the Top Ten winners in the serial competition gathered at Tryathletics to receive their awards: a framed certificate and Tryathletics gift certificate for the recently concluded 2017 season.

This year a runner's best nine races were counted.

Last year (2016) eight of the ten runners used the full nine races and one used eight and the other seven. This year the trend was different as only the top two runners used the full nine races. One runner used eight races while the others ranged from four to six races.

Andy Emerson won the title using nine races. Two of his most notable races were the Cheese and Sauerkraut 10 mile where he was the 2nd overall male in 1:08:20 and the HOA marathon where he was 3rd in 3:14:00. Andy has placed in every year, winning 6 of the 12 championships as well as amassing two 2nds, two 3rds, a 7th, and an 8th. This is an awesome achievement.

Benito Mendez used nine races to move from 8th place last year all the way to 2nd this year. He ran the Rock Bridge Revenge 7 mile in 1:07:20 and the Cheese and Sauerkraut 10 mile in 1:21:14. He can now share bragging rights with his brother Jose who was 2nd in 2015.

Katie Hauser was able to secure 3rd place while using six races. Showing a great range in distances, she won the Cheese and Sauerkraut 10 mile in 1:07:27 and the Malted Mile Competitive Women's race in 5:36. She continued her remarkable mean scores with a 99%. Katie was our champion last year and has placed in each of the last five years. This was her second 3rd place and she also had an 8th and 9th place finish.

Hugh Emerson used eight races to win 4th place. He ran the Cheese and Sauerkraut 10 mile in 1:28:29 and the St. Patrick's Day 5k in 23:30. Hugh, like Andy, has placed in all 12 years of the series. This was his sixth 4th place, and he also added a 2nd, 5th, three 6ths, and a 9th. Truly a great accomplishment over many years.

Ryan Hauser used just five races to finish in 5th place in his first Top Ten appearance. He won the Jeff Shikles Memorial 8k in 27:52 and the Mustang 5k in the fantastic time of 15:47, smashing the course record. Katie also holds the Mustang 5k course record of 18:32 which she set in 2014. Ryan, like Katie, had a great mean score of 100% as he won every race he entered.

Phil Schaefer used six races for 6th place. He ran the Cheese and Sauerkraut 10 mile in 1:16:19 and the HOA marathon in 3:44:26. Phil was our first champion way back in 2006. Phil placed in half of the 12 competitions with one 1st, one 2nd, one 3rd, two 6ths, and one 8th. Phil has shown excellent consistency over the years.

Sankalp Shiva used five races for 7th place. He won the Cheese and Sauerkraut 10 mile in 1:07:13 and had a Malted Mile Competitive Men's time of 5:29. Besides this year's 7th place, Sankalp has previously finished in 2nd, 4th, and 8th.

Allan Benjamin used six races for 8th place in his first Top Ten finish. Allan ran a 1:25 Cheese and Sauerkraut 10 mile and a 4:17:18 HOA marathon.

Todd Thompson used five races for 9th place in his first Top Ten finish. He ran the Nut Race 5k in 18:35 and the St. Patrick's Day 5k in 18:06.

Kimberly Earnest used only four races to run to her first Top Ten finish. She won the Rock Bridge Revenge 7 mile in 1:03:38 and ran a 20:54 St. Patrick's Day 5k. She consistently was a front runner with a mean score of 90%.

Thanks to Ron Hindley, Hugh Emerson, Beth Luebbering, the Columbia Track Club, Steve Stonecipher-Fisher and Tryathletics, the volunteers, and all the runners who competed in the CTC races this year.

This was the final year for the series. Thanks to all of the above for their support over the past 12 years. Thanks especially to Hugh who understood and completed Ron's vision. Hugh did all of the hard work of calculating the results and improving the program over the past 12 years. I'm sure that Ron would be very pleased with the long run of the series. Thanks also to Linda LaFontaine who gave me immense help in getting things rolling at the beginning and to Dick Hessler whom I first went to with this idea. I just read a Runner's World article on how good running is for slowing aging and preventing disease. The most important thing is, of course, participating, but the second most important thing is intensity. Ron Hindley's serial competition program incorporated these two elements. Keep participating but also keep up that race-based training as long as you can. I leave you with the two sign offs that Ron used in his e-mails. Carry on and Ever Onward, Kevin Tyler



Non CTC Events



Quivering Quads Half Marathon

Columbia Track Club members after the Quivering Quads Trail Half Marathon on March 4 at Cuivre River State Park in Troy. Pictured: Patrick Finney, Shawn Goertz, Sankalp Shiva, Lisa Wells (1st age group), Andy Emerson, Andrea Earlywine, Allan Benjamin (1st age group), and Becky Hennessy

Sedalia Half Marathon

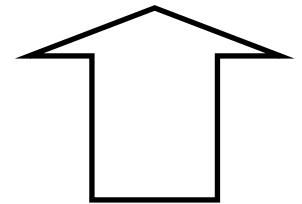
Columbia Track Club members after the Sedalia Half Marathon and 5K. Results: <http://columbiatrackclub.com/races/sedalia-half-marathon/> Pictured: Allan Benjamin (2nd age group), Andy Emerson (3rd age group), Hugh Emerson (3rd overall 5K), Pat Okker (1st age group), Todd Thompson (1st age group), Sankalp Shiva (3rd age group). See results for other CTC members that ran but are not pictured.



Ozark Foothills 25k/50k

Columbia Track Club members after Ozark Foothills 25K/50K on April 7 at Greenfelder Park in western St Louis County. Pictured Allan

**Benjamin
(1st age group
50K, Lisa Wells
(1st age group
25K), Andy
Emerson
(4th overall,
2nd age group
50K)**



**Becky Hennessy
(2nd age group
50K) – Running
the Ozark Foothills
50K**

59th Annual Heart of America Marathon Columbia, Missouri

Labor Day , Monday, Sept. 3rd, 2018 6:00 a.m. to noon

Presented by the Columbia Track Club-benefitting Columbia Area Youth since 1972!



Continuously running since 1960 - Be a part of history!

Home of the world famous Easley Hill!

Run the race with HEART!

Registration and info at: heartofamericamarathon.com

Follow us on Facebook: facebook.com/heartofamericamarathon

***Not running? Volunteer or come to cheer! Message us
on FB or email : Comoheart1960@gmail.com***

General
Printing Service



24TH ANNUAL PARLEY P. PRATT FREEDOM RUN

Wednesday, July 4, 2018
Twin Lakes Recreation Area
Columbia, MO

SCHEDULE

6:45-7:25 Registration onsite only—free!
7:30 Opening Ceremony
7:45 Freedom Message
8:00 4-mile or 1-mile run/walk along MKT trail
8-9:30 Pancake Breakfast
9:00 Watermelon Awards



See Facebook for more information by searching Parley P. Pratt Freedom Run or @pppfreedomrun

DIRECTIONS

*Stadium to Forum,
Forum to Chapel Hill (~0.6 mile) turn right,
Chapel Hill to Twin Lakes Park (~0.7 mile) turn left.
Follow drive to park parking lot.
Parking is limited, so carpool if possible.*

T-shirts:
First come,
first served

\$5

Event sponsored by the
Columbia Missouri Stake of
The Church of Jesus Christ
of Latter-day Saints

Run sanctioned by the
Columbia Track Club

The **Freedom Run** signifies that *faith* and *freedom of religion* are fundamental ideals in American society. The event provides the community an opportunity to honor these ideals as we celebrate our nation's birthday through *activity, food, and friendship*.

COLUMBIA TRACK CLUB's YOUTH PROGRAM

Wednesday nights: June 6, 13, 20, 28, July 11 2018

LOCATION will be Battle High School Track 5:45 p.m.

PLEASE CHECK COLUMBIA TRACK CLUB'S WEBSITE *columbiatrackclub.com* OR FACEBOOK PAGE for updates.

**Cost: \$5.00 for all summer per child max \$10 per family,
Additional funding provided by Boone Hospital Center.**

Events & age requirements:

50-yard dash — 3 years and younger
100-meter dash — 4 and 5 year olds
400-meter run — 6 years and older
200-meter — 4 years and older
800-meter run — 6 years and older
1-mile run — 6 years and older



Boys and Girls ALTERNATE WEEKS (see below) on the following events:



Long jump (best of 3 jumps) — 4 years and older

Shot put (best of 3 throws) — 6 years and older

	<u>June 6</u>	<u>June 13</u>	<u>June 20</u>	<u>June 28</u>	<u>July 11</u>
Long jump	Girls	Boys	Girls	Boys	Girls
Shot put	Boys	Girls	Boys	Girls	Boys

PLEASE NOTE THE ORDER OF THE RUNNING EVENTS, AND ANTICIPATE YOUR EVENT.

The running events are ordered as listed above. Youngest age groups start first. Long jump and shot put open after the warm up. Complete the long jump and shot put early in the evening while you are not running (if you need to leave to run, after you run, you may finish your field events). We close the long jump and shot put when the 200-meter run begins.

RIBBONS: Ribbons are awarded for first through sixth place in each event heat. Age groups are in two-year intervals (ex: 4 and 5 year olds, 6 and 7 year olds, etc.). Ask for a **Rainbow Ribbon** if you did not get a ribbon in any event.

PERSONAL IMPROVEMENT RIBBONS: Obtain a record card when you register. Record your performance for four weeks. If you show improvement, the fourth week you can earn a personal improvement ribbon.

CTC YOUTH PROGRAM RULES:

1. Limit of **THREE (3)** events per competitor.
2. Sign in and obtain a name tag each night you attend.
3. Everyone must participate in the warm-up session before the events.
4. Only **COMPETITORS AND OFFICIALS** on the track and field areas (except in the mile fun walk). All parents and spectators please stay in the stands. This is very important. It makes for fair competition and helps the officials do their job properly. Adults on the track and field interfere with the officials and distract athletes who need to concentrate on their events.
5. No pets allowed.

RAIN POLICY:

If there is lightening and heavy rain, we cancel.

We will post on CTC facebook page by 5pm if we plan to cancel. Please do not call Tryathletics.

No make-ups.

Please remember to bring lots of water!

Save 15% on the Kansas City Marathon!

Enter code **COLUMBIA2018KCM** in the "Got a discount code?" box near the end of the online registration process at www.kcmarathon.org. The code will provide a 15% discount off current registration fees and can be used for any of our distance options - 5K, 10K, Half Marathon or Full Marathon.

Why should you run in the Kansas City Marathon on October 20?

- This is Kansas City's largest and most exciting race, and it gives runners a tour of the city's most beautiful landmarks and cool neighborhoods, including the World War I Memorial, the Country Club Plaza, the Nelson Atkins Museum of Art, Waldo, Westport, 18th & Vine and more.
 - They have fireworks to kick off the race and a huge after party with live music, free food and free local beer!
 - All runners will receive a cool participant shirt, a large finisher's medal, free downloadable race photos and more.
 - After you conquer the Kansas City hills, you'll be rewarded with a lightning-fast downhill finish that includes a breathtaking view of the Kansas City skyline!
- * Still not sure? [Click here](#) to check out their 2017 recap video to learn what the Kansas City Marathon is all about.

Volunteer Dinner

All CTC Volunteers are welcome to join us to celebrate.

June 12th 5:45pm

Arris Pizza

1020 E. Green Meadows Rd. #102 Columbia, MO

Menu is Pizza, and Salad

RSVP to Anne Hessler

annehessler43@gmail.com

ONE DIGITAL

To receive future newsletters in PDF format, please make sure Thom Allen has your email address (contact him at thomallen@centurylink.net). Thanks for understanding and for your cooperation!




Keep Your Eye Out...

May 27th on
Sports Xtra with
Chris Gervino

Kathy Lee will be talking
about the Heart of
America Marathon

2018 COLUMBIA TRACK CLUB SCHEDULE 2018

Date	Time	Event	Fee	Race Director	Start Location
Feb. 17	9:00 a.m.	Nut Race 5K	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, HesslerR@missouri.edu	Reactor Park
April 14	8:00 a.m.	Jeff Shikles Memorial 8K	\$20	Rod Hartwig hartwig.rod@gmail.com	Gentry Middle School
April 28	8:00 a.m.	Mustang Stampede 5K	\$25 \$5 (<18)	Jeff Wenzel hzwt27@aol.com	Blue Ridge Elementary
TBD		Malted Mile	\$25 \$15 CTC	Beth Luebbering, bal2run@hotmail.com	9th and Walnut
June 6, 13 20, 27, & July 11	6:00 p.m.	Summer Youth Program (five Wednesdays)	\$5 for all 5 weeks \$10 per family	Dick Hessler, 874-2906, HesslerR@missouri.edu	Battle High School Track
July 4	7:30 a.m.	Memorial Freedom Run 4-Mile	Shirt fee	Newell Kitchen, 228-0879, KitchenN@missouri.edu	Twin Lakes Pavilion
Aug. 4	7:00 a.m.	Great Sandbagger 10K	\$10 for non CTC member	Tony Taube, 874-5706, ttaube@socket.net	Mill Creek Elementary
Aug. 12	4:00 p.m.	Ice Cream Social		Nancy Rezahek, Nancy Taube 446-6467, rezabfw@aol.com	Bonnie View Nature Center
Sept. 3	6:00 a.m.	59th Annual Heart of America marathon #	\$65 until 7/4 \$75 after 7/4	Kathy Lee, Lisa Wells comoheart1960@gmail.com	Stadium Blvd. at Hearnese Center
Oct. 6	8:00 a.m.	Rock Bridge Revenge 7-Mile/25K/50K	\$35	Jeff Wells 446-0717, lisawellsli@aol.com	Rock Bridge State Park
Nov. 14	7:00 p.m.	CTC Annual Meeting		Beth Luebbering, bal2run@hotmail.com	Daniel Boone Library
Dec. 1	8:30 a.m.	Cheese & Sauerkraut 10-Mile	\$0	Dick Hessler, Randy Gay 874-2906, HesslerR@missouri.edu	Katy Trail at McBaine
					
CTC events are above. CTC <i>supported</i> events (in which the club helps with timing, equipment, etc.) are below.					
April 29	8:00 a.m.	Head for the Cure 5K	\$25		Stephens Lake Park
May 3	6:00 p.m. 7:15 p.m.	Lee Pfefer Memorial WellAware 5K # Kid's on Track (May 4th & 5th)	\$20	Jeff Zimmermann, 815-3262, jaz7557@bjc.org	Stephens Lake Park
May 19	6:00 p.m.	Phil Sayer Benefit 5K run/walk #	\$25	Mark Lee, 882-4735, LeeMA@missouri.edu	Stephens Lake Park Collins Shelter
June 16 - 17	7:30 a.m. 7:30 a.m.	Show-Me State Senior Games 5K # Show-Me State Senior Games 10K #	\$20	Lisa Wells, 446-0717, lisawellsli@aol.com	Bethel Park
July 29	8:00 a.m.	Show-Me State Games 5K/10K #	\$20		Bethel Park
Sept. 29	7:00 a.m.	Roots N Blues Half Marathon & 10K	TBA		Stephens Lake Park

COLUMBIA TRACK CLUB

Membership information

If you run, jog or walk, CTC is for you!

CTC offers events for people of all ages and abilities.

What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ♦ **Summer Youth Program:** This four-week program stresses personal improvement for kids ages 4 to 16. From June to July, more than 400 youngsters compete in running and walking events (ranging from 100 meters to one mile) and field events.
- ♦ **CTC Colts:** The Colts are a competitive running team for kids ages 5 to 16. The team practices together once a week in the spring and competes in the Show-Me State Games in July. They also run cross country in the fall.
- ♦ **Scholarships:** CTC awards \$1000 scholarships to CTC members from area high schools each year. The scholarships are funded by club memberships, club sponsored events and private donations.

- ♦ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations, including the Arthritis Foundation and the Central Missouri Food Bank.

What's in it for you:

- ♦ As a member you'll receive a newsletter highlighting the activities of the club, race results and area running and walking events.
- ♦ Awards are presented to individuals for their participation and achievement in various races.
- ♦ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.
- ♦ A discount is offered to CTC members at Tryathletics.

The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and

To join: Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs from January through December.

Please send your name, address, phone number, birth date, email and a list of all family members at this address, with your check to:
**Columbia Track Club
 P.O. Box 1872
 Columbia, MO 65205**

recreational athlete. We are a member of the Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

Information:

Want to know more? Contact

ColumbiaTrackClub.com.



COLUMBIA TRACK CLUB NEWS

P.O. Box 1872
Columbia, MO 65205

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____ Would you like to be e-mailed about upcoming CTC events? Y N

Members of family at this address and their birthdates:

Annual fees are \$20, which cover all family members living in the same household. Additional donations are welcome and will be used for the scholarship fund or equipment enhancement.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia, MO 65205