

# COLUMBIA TRACK CLUB

## Notes & News



Volume LII No. 1 March 2019

### Nut Run February 16, 2019



### Upcoming Events

See Page 8 and the CTC website  
for more event info:

March 17

Shamrox 5k/10k

March 23

Sedalia half marathon

March 30

Runner's Choice  
10k/20k

April 6

Head for the Cure 5k

April 12-13

The 24 Hour Lion's  
Roar solo and relay

April 13

Tim Heinsz 5k/10k  
Molly's Miles 5k/10k

April 20

Jay Dix 5k/10k

May 4

Jeff Shikles 8k

Summer Program

June 5, 12, 19, 26, July 3

Race results are on page 4

## Looking Back —

By Joe Duncan

### 25 YEARS AGO:

January 9, 1994: Couples Run-Walk: 5+ miles 1. Mark Volek-Stacy Reed 2. Linda Robbins-Tom LaFontaine 3. Fred Fritsch-Nancy Fritsch Individual results: 1. Henze 29:33, Volek 30:07, Jim Thorne 31:29, Roger Turnbough 35:09, LaFontaine 36:29, Robbins, 1st F, 36:29, Mike Little 37:00, Reed 2nd F 37:00, Jim O'Dell 38:29, Don Waltman, 40:57, Carl Myers 42:25, Nancy Fritsch 45:03, Fred 45:06

5K Nut Race February 5, 1994: Male: 1. Steve S-F, 16:18, 2. Larry Henze 16:32, 3. Bob O'Connell 18:09, Mike Walther 19:55, Tom Allen, 50+ 20:28, Dick Madsen 50+ 20:40, Jim O'Dell 23:20, Joe Duncan 50+ 23:24, Caleb O'Dell 24:41, Herb Mittelhauser 60+ 25:40. Tim O'Connell 15 26:57

FEMALE; 1. Julie Mittelhauser 21:06, Karen Derrick 22:38 . . . Birgitta Hessler 23:55, Linda Price 25:59, Nancy Fritsch 50+ 26:59, Darlene Londeree 50+ 29:52

### 50 YEARS AGO:

January 26, 1969 8-mile run, Cosmo Park, was scheduled---but---let's have Bill Clark's report: "On Jan. 26, a day hardly given over to athletic competition, six CTC members showed up for an 8-miler. The temperature was a little above zero, the wind was from the northwest at slightly less than gale pace and the snow was already six inches deep and getting deeper.

Bill Taft didn't make it because he couldn't dig his car out. Dave Carlson didn't make it because he was down with the flu and thought everyone had better sense to boot Clark didn't make it because of an afternoon basketball engagement Joe Duncan thought someone might come out and he struggled to Cosmo Park to tell anyone silly enough to show that the race had been postponed until Feb. 2.

He found six snow birds on hand ready to journey off into the blizzard. No stopwatch was on hand and no amount of talking would keep the eager six from starting out. So, with no watch and no designated times to shoot for, the six set off around Cosmo Park.

The wind howled, dogs whined and dug deep into the snow. Duncan bundled himself against the wind, and the Earth was quiet for not another creature stirred. Just the six. And they stirred long enough to loop the park twice and call it quits after 2.1 miles. But their names\* were emblazoned in print and the community scratched its head in doubt."

\*The names: Dennis Martinson (the man to beat in those days), Ron Edwards, Joel Dickinson, Al Shimkunas, Murrel Jackson, Elmer Mantle.

#### CTC BOARD OF DIRECTORS:

Thom Allen, <i>secretary/treasurer</i>	Kathy Lee
Steve Stonecipher-Fisher	Nancy Taube
Dick Hessler	Nancy Rezabek
Andy Emerson	Matt Rold
	Allen Benjamin

#### 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)
- Tom May (March 2018-Sept. 2018)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: [www.columbiatrackclub.com](http://www.columbiatrackclub.com)

#### CTC NEWSLETTER EDITORS:

Ellen Williamson: [paganellen@gmail.com](mailto:paganellen@gmail.com)

Linda LaFontaine: [linlafontaine@aol.com](mailto:linlafontaine@aol.com)

CTC publishes a newsletter eight times per year.

The next issue will be sent in April. Please send information by April 10

## **Who's who on the CTC Board?**

**With some new names added to some dedicated members here is an update on the board members new and old.**

**Thom Allen has been our treasurer for 20 years! Thanks for your dedication to the CTC**

**Nancy Taube makes delicious ice cream and has been a staple for the ice cream social in August.**

**Allen Benjamin is new to the board. We are excited to see what some new thoughts can bring to the club.**

**Dick Hessler has been a past president of the Club for many years and his help with the Summer Youth Program, Nut Race, Cheese and Sauerkraut are just a few races he has been elemental in keeping running.**

**Andy Emerson continues to be crucial in keeping our facebook page alive and keeps this newsletter up to date.**

**Steve Stoncipher-Fischer is a staple to the running community. If you don't believe me stop by Triathletics and he can get you in the best running shoe for you.**

**Matt Rold is another new board member and we look forward to seeing your involvement.**

**Kathy Lee has taken on the HOA and continues to keep a legend of a race alive and thriving.**

**Nancy Rezabek can make any event run that much smoother and tastier. She always is making food for races, or helping at races such as Summer Youth Program, Cheese and Sauerkraut, HOA, and much more.**

## Nut Race Director's Report

Joe Duncan, the founder and first president of the Columbia Track Club, has an excellent historical mind that he employed to write the following about the Nut Race: "The first one was a 3-miler on March 25, 1976. The next year it became a 5k. and in 1978 it was sponsored by the Mound City Shelled Nut Co. In 1979 (March 20) it was called the 'Nut Race' for the first time. It has been on the same Reactor Park course the entire time."

Given the import of this year being the 44<sup>th</sup> annual running of the race, the Mother Nature decided to throw the bad weather book at us with 8F temps and snow covering the entire road surface of the course. In fact, the Providence Road section of the course was down to one and a half lanes with the shoulder of the road under 5 inches on unplowed snow. Rather than put the runners at risk, I decided to alter the course by having the runners start at the usual spot atop the hill, but stay straight after turning left at Old Hwy. 63, turn left again at the finish line, run up to the course, turn right back up the hill to the start and make a U-turn. Two more such loops and they were on the last leg back to the finish line. If anything, this might have cost the runners a few seconds with the sharp U-turns, but the hill factor was the same as the official course.

In any case, we had 7 runners, which might be a record low number. Dan Edidin won the race and Beth Kelly was the first female finisher. Everyone won nut awards for top three places in age groups by sex, 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. The award places are listed in parentheses after the times.

Dan Edidin	M50	Columbia, MO	19:57	(1)
Andy Emerson	M50	Columbia, MO	22:57	(2)
Beth Kelly	F31	Columbia, MO	24:45	(1)
John Korte	M45	Columbia, MO	25:27	(1)
Kurt Kennett	M51	Columbia, MO	27:12	(3)
Adrienne Frech	F37	Columbia, MO	28:50	(2)
Nasser Yazdani	M31	Columbia, MO	28:50	(1)

A very special thanks to Anne Hessler for procuring the awards and scoring the race and to Thom Allen for timing the runners.

Dick Hessler  
Race Director

## 60<sup>th</sup> Annual Heart of America Marathon Registration Opens on Valentine's Day

At HOA Headquarters we keep warm during these cold winter months by planning for the 4<sup>th</sup> oldest continuously running marathon in the U.S! We figured there wasn't much difference between running HOA and romance, so we decided to open registration on Valentine's Day.

You see, both HOA and romance:

1. Get your blood pumping
2. Increase your heart rate
3. Make you keep odd hours
4. Make you choose your attire carefully
5. Make you methodically plan out meals
6. Make you sweat
7. Alternately make you feel high and shout curses
8. Make certain friends and family wonder about you
9. Make you daydream
10. Release a joy inside you didn't know was there



Now that the lovey dovey stuff is out of the way we want to share BIG news!

We are extremely excited to announce our **new start and finish location** at the **Boone County History and Culture Center** – 3801 Ponderosa (at Nifong Park) Columbia, MO. This is the perfect tie-in to HOA and the 60<sup>th</sup> running as they have the historic old Easley Country Store on premises! Runners will run up Easley Hill as always, and then enjoy the Easley Country Store at the finish line. Nifong Park also hosts a lake, trails, pavilion and playground for runners, family and friends to enjoy after the race.

There is even more BIG news! Announcing our Fun Team Relay! Not doing 26.2, but still want to be a part of this historic event and have fun with teammates? Form a team of 2-4 runners, think of a great team name and toss that coin to see who gets Easley Hill! There will be 4 relay legs ranging between approximately 5 -10 miles each. See the website for more details. Registration is limited for this first ever relay so be sure to sign up soon.

There is still more BIG news! HOA celebrates moving into a new age group with a Pre-Race Banquet! To celebrate the 60<sup>th</sup>, we'll enjoy delicious food from Nourish and Pie Bird Bake Shoppe. Come enjoy the food and fun and learn more about the history of HOA. You won't want to miss seeing our special guests and hear some hard to believe (but true) HOA stories! The banquet will be Sunday p.m. Sept 1<sup>st</sup>, 5:30 – 7:00 at First Presbyterian Church – 16 Hitt St. Columbia, MO. Introductory low price for the marathon is \$60.00 – to celebrate the 60<sup>th</sup>! Register now to get the best rate.

As always - Heat, Hills and Humidity at NO EXTRA CHARGE! \*Please note the 6-hour time limit is still in effect \*.

Spread the word, sign up and/or email Kathy Lee at [comoheart1960](mailto:comoheart1960) to volunteer. Let's show Columbia what CTC can do! You don't want to miss being a part of this one!

Register here: [runsignup.com/Race/MO/Columbia/heartofamericamarathon](http://runsignup.com/Race/MO/Columbia/heartofamericamarathon)

More information: <http://columbiatrackclub.com/hoa/>

Questions? Want to volunteer? email the race directors at [comoheart1960@gmail.com](mailto:comoheart1960@gmail.com)

## **A Gem of a Marathon!**

Heart of America Marathon Prepares for 60<sup>th</sup> Annual Running with a  
**Diamond Anniversary!**



March 23, 2019, 9 am

**SEDALIA HALF MARATHON & 5K Fun Run**

*to benefit Max Lewis Special Needs Trust Hosted by Sedalia Runners Club*

**Sponsored by Bothwell Regional Health Center**

**Promoted by Sedalia Democrat**

**Location:** Skyline Elementary School, 2505 West 32<sup>nd</sup> Street, Sedalia, Missouri. ¼ of a mile west of the State Fair Motor Inn-Best Western, which is located at South Highway 65 and 32<sup>nd</sup> Street.

**Course:** The half marathon course is USAT&F certified. Paved, out and back, no major hills, primarily rural. The 5k is paved, no major hills.

**Half Marathon Entry Fee:** \$30 through March 5<sup>th</sup>, \$40 March 6 through race day.

**MUST ENTER HALF MARATHON BY MARCH 5 TO BE CERTAIN**  
**YOU WILL RECEIVE A FINISHER MEDAL**

**5k Fun Run and Walk Entry Fee:** \$20 through March 5<sup>th</sup>; \$30 March 6<sup>th</sup> through race day.

**T-shirts:** T-shirts to all entrants in both races. Enter early to be sure you receive a t-shirt on race day.

**Race Day Registration/Package Pickup** beginning at 7:45 am race day, ending at 8:45 am.

**Stocking Caps.** Stocking caps to first 100 who pick up their packet on race day.

**Half Marathon Awards:** Awards to the top three in 10 year increments starting at <19 with larger groups being divided into 5 year age groups. Overall and masters division winners will also be recognized. Awards at 11:30 am.

**5k Fun Run and Walk Awards:** This race is intended to emphasize participation over competition, but awards will be given to top three male and top three female finishers overall, no age groups.

**Miscellaneous:** No alcoholic beverages, 4-legged animals or baby strollers allowed. No wheelchair division will be contested. For more information, contact Kent or Robin at 660-827-0274 or by e-mail at [langgang5@charter.net](mailto:langgang5@charter.net). Proceeds to Max Lewis Special Needs Trust.

**Enter on-line at Active.com, search "Sedalia Half Marathon"**

-----Individual Entry Form: Detach Here-----

Name: \_\_\_\_\_ Age on 3/23/19: \_\_\_\_\_ Gender: M F

Street Address: \_\_\_\_\_

**ENTRY FEE**

City/State/Zip: \_\_\_\_\_

Half Marathon: \$30 by 3/5/19  
\$40 after 3/5/19 \_\_\_\_\_  
5k Fun Run: \$20 by 3/5/19  
\$30 after 3/5/19 \_\_\_\_\_

Phone \_\_\_\_\_

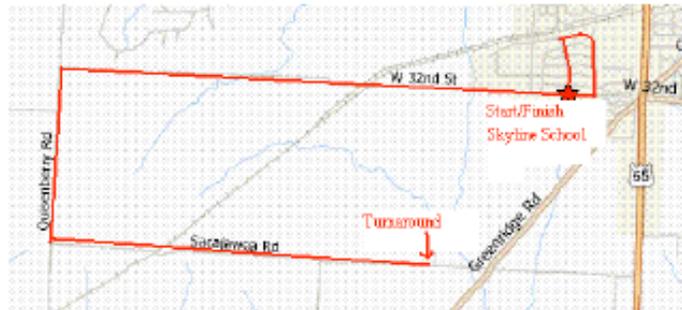
email \_\_\_\_\_

**Make checks payable to "Sedalia Runners Club."**

**Mail completed entry form and entry fee to Jeff Mittelhauser, 22010 Stewart Road, Sedalia, MO 65301.**

**HALF MARATHON COURSE MAP – NOT TO SCALE**

The first mile is flat and in the city limits of Sedalia. Miles 1 to 4 contain inclines at 1.5 miles and at 3 miles. Miles 4.75 to 6.95 contain a slow decline. The turnaround is at 6.95 miles. From 6.95 to 9 miles, the course is a gradual incline. Mile 9 to 10 is rolling. Mile 10 to the finish is slightly rolling with the last half-mile up a small grade. The finish is in the parking lot of the Elementary School. Expect country scenery and a few cars along the way. The elevation change between high and low points is only 65 feet.



**SEDALIA RUNNERS CLUB**  
22010 Stewart Rd  
Sedalia, MO 65301

**WAIVER AND RELEASE**

In consideration for entering the 2019 Sedalia Half Marathon, or 5k Fun Run I, for myself, my heirs and personal representatives, waive, release and promise not to sue the Sedalia Runners Club, Sedalia School District 200, the City of Sedalia, all race sponsors and volunteers, and the officers, agents, employees and servants of those entities, for any injury or damage I suffer as a result of my participation in this event. I realize and assume the risks involved in running in an event of this nature, and the risks involved in running on public streets and highways with vehicle traffic. I certify that I am properly trained for this event and that I am in good health. I understand that by signing this document I am giving up valuable rights, including the right to bring a lawsuit or otherwise seek compensation for injuries or damages from anyone associated with this event. I have read this document and am signing it with full understanding of its meaning, and I know it is a binding legal document.

Signature : \_\_\_\_\_

Parent/Guardian if entrant is under 18: \_\_\_\_\_

20<sup>TH</sup> ANNUAL  
BOONSLICK KIWANIS  
**JEFF SHIKLES MEMORIAL**

8  RUN/WALK

Saturday May 4, 2019  
Start Time @ 8:00 am  
(check in by 7:45 am)  
Start and Finish in Gentry Middle  
School Parking Lot  
(See map on Back)



T-Shirts for all entrants

Prizes and Awards  
to be presented

**PROCEEDS TO BENEFIT CAMP KESEM**

Camp Kesem is a program offered by Kesem,  
a nationwide non-profit organization that supports  
children touched by a parent's cancer.

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender:  M  F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ T-shirt Size:  XL  L  M  S

In consideration of the above, I for myself, my executors, administrators and assigns, do hereby release and discharge Boonslick Kiwanis of Columbia, the Kiwanis Clubs of Columbia, Missouri, Kiwanis International, the Columbia Track Club, the City of Columbia, Missouri, the County of Boone, the State of Missouri and all race sponsors from all claims of damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my participation in said event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, May 4, 2019. I agree to follow all rules of this run/walk event and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. Only those registered by April 17, 2019 will be guaranteed a T-shirt of their requested size.

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**Entry Fee: \$20.00 – MAKE CHECKS PAYABLE TO BOONSLICK KIWANIS**

**Return this portion with entry fee to:**

8K Run/Walk

3040 Gruender Ln W

Sturgeon, MO 65284

Or drop off at **Tryathletics**, 1605 Chapel Hill Rd.

Register on Line @ <https://runsignup.com>

or <http://www.columbiatrackclub.com>

Race Packets may be picked up on **Fri, May 3, 2019** at **Tryathletics** between 3-6 pm



**KIWANIS - SERVING THE CHILDREN OF THE WORLD**



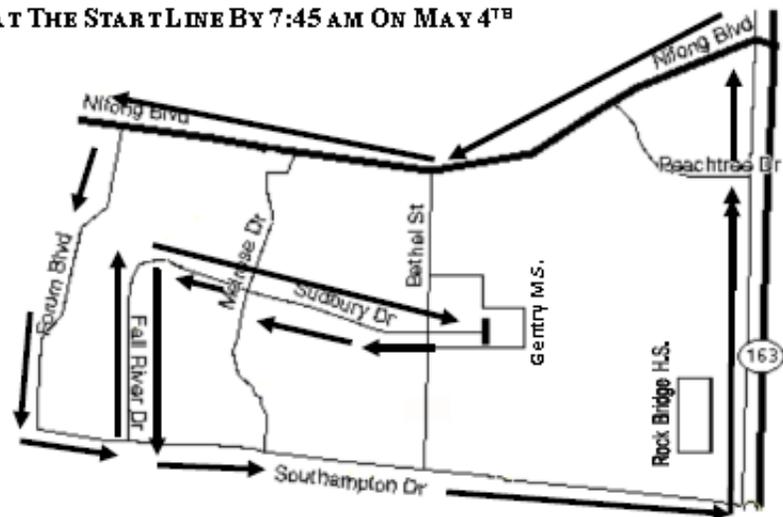
BE SURE TO BE AT THE START LINE BY 7:45 AM ON MAY 4<sup>TH</sup>

**COURSE:**

**START:** Gentry Middle School Parking Lot

West on Sudbury Dr  
 Turning South onto Fall River Dr  
 South on Fall River Dr to Southampton Dr  
 East on Southampton Dr to Providence Outer Rd  
 North on Providence Outer Rd to Nifong Blvd  
 West on Nifong Blvd to Forum Blvd  
 South on Forum Blvd to Southampton Dr  
 East on Southampton Dr to Fall River Dr  
 North on Fall River Dr  
 Turning East onto Sudbury Dr  
 East on Sudbury Dr into Gentry Middle School Parking Lot

**FINISH:** Gentry Middle School Parking Lot



*Race packets may be picked up at Tryathletics, 1605 Chapel Hill Rd. From 3 pm to 6 pm on Friday, May 3<sup>rd</sup>.*

*Runners who are unable to pick up their packets Friday may do so on the day of the run from 7:00 to 7:45 am at the race location.*

*Participants will forfeit their t-shirts if packets are not picked up during these times.*

**20<sup>TH</sup> ANNUAL  
BOONSLICK KIWANIS  
JEFF SHIKLES MEMORIAL  
8  TEAM RELAY**

Saturday May 4, 2019<sup>th</sup>  
Start Time @ 8:00 am  
(check in by 7:45 am)  
Start and Finish in Gentry Middle  
School Parking Lot  
(See map on Back)



T-Shirts for all entrants

Prizes and Awards  
to be presented

**PROCEEDS TO BENEFIT CAMP KESEM**

**TEAM RELAY\* REGISTRATION FORM**

**Team Entry Fee: \$75.00 – MAKE CHECKSPAYABLE TO BOONSLICK KIWANIS**

Return this form with entry fee to:

Boonslick Kiwanis, P O Box 7279

Columbia, MO 65205-7279

Or drop off at Tryathletics, 1605 Chapel Hill Rd.

Register on line @ <https://runsignup.com/Race/MO/Columbia/JeffShikles8K>

or <http://www.columbiatrackclub.com>

Race Packets may be picked up on Friday, May 3<sup>rd</sup> at Tryathletics between 3-6 pm

In consideration of the above and foregoing, I/we for myself/ourselves, my/our executor, administrators and assigns, do hereby release and discharge Boonslick Kiwanis of Columbia, the Kiwanis Clubs of Columbia, Missouri, Kiwanis International, the Columbia Track Club, the City of Columbia, Missouri, the County of Boone, the State of Missouri and all race sponsors from all claims of damages, demands, actions, and causes of action whatsoever, in any manner arising or growing out of my/our participation in this event. I/we certify that I/we have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, May 4, 2019. I/we agree to follow all rules of this run/walk and relay event and to permit myself/ourselves to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. Only those registered by April 17, 2019 will be guaranteed a T-shirt of their requested size.

**TEAM NAME:** \_\_\_\_\_ **TEAM SPONSER (if applicable):** \_\_\_\_\_

**Team Member No. 1/Team Contact**

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ T-Shirt Size: XL L M S

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**TEAM NAME:** \_\_\_\_\_ **TEAM SPONSER (if applicable):** \_\_\_\_\_

**Team Member No. 2**

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ T-Shirt Size: XL L M S

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**Team Member No. 3**

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ T-Shirt Size: XL L M S

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**Team Member No. 4**

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ T-Shirt Size: XL L M S

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

**Team Member No. 5**

Name (please print): \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ T-Shirt Size: XL L M S

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

Parent/Guardian Signature (If participant under 18): \_\_\_\_\_

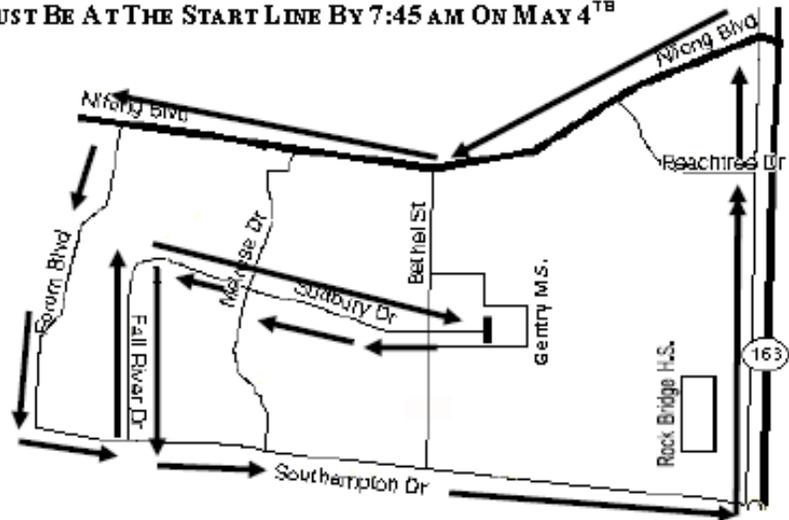
**ALL TEAM MEMBERS MUST BE AT THE START LINE BY 7:45 AM ON MAY 4<sup>TH</sup>**

**COURSE:**

**START:** Gentry Middle School Parking Lot

West on Sudbury Dr  
 Turning South onto Fall River Dr  
 South on Fall River Dr to Southampton Dr  
 East on Southampton Dr to Providence Outer Rd  
 North on Providence Outer Rd to Nifong Blvd  
 West on Nifong Blvd to Forum Blvd  
 South on Forum Blvd to Southampton Dr  
 East on Southampton Dr to Fall River Dr  
 North on Fall River Dr  
 Turning East onto Sudbury Dr  
 East on Sudbury Dr into Gentry Middle School Parking Lot

**FINISH:** Gentry Middle School Parking Lot



**\*TEAM RELAY-** The Team Relay is a new competition in which teams of up to five members work together to complete the traditional 8-kilometer course outlined above. The course will be divided into a series of five, one mile long, portions. Each team must choose a single member to complete each one-mile portion of the course. A single team member may complete more than one portion. There will be awards for the three teams with the fastest finishing time for the entire 8-kilometer course. Batons will not be provided and are not required but encouraged.

*Run packets may be picked up at Tryathletics, 1605 Chapel Hill Rd. From 3 pm to 6 pm on Friday, May 3<sup>rd</sup>.*

*Runners who are unable to pick up their packets Friday may do so on the day of the run from 7:00 to 7:45 am at the race location.*

*Participants will forfeit their t-shirts if packets are not picked up during these times.*

# 2019 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Feb 16	9:00 am	<b>Nut Race 5K (44th annual)</b>	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Reactor Park
Mar 30	9:00 am	<b>Runner's Choice 10K/20K Trail Run</b>	\$10 for non CTC member	Jeff Wells, 446-0717, <a href="mailto:lisawells@aol.com">lisawells@aol.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
TBA	8:00 am	<b>Mustang Stampede 5K</b>	\$25 \$5 (<18)	TBA, <a href="mailto:TBA@TBA">TBA@TBA</a>	Blue Ridge Elementary
May 4	8:00 am	<b>Jeff Shikles Memorial 8K Run/Walk</b>	\$20	Rod Hartwig, <a href="mailto:hartwig.rod@gmail.com">hartwig.rod@gmail.com</a>	Gentry Middle School
Apr–Jun TBA	TBA	<b>Thursday Night Trail Races</b> <a href="https://www.facebook.com/groups/thursdaynighttrailraces/events">facebook.com/groups/thursdaynighttrailraces/events</a>	\$0	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Various locations—Rock Bridge State Park, Three Creeks
Jun 5, 12, 19, 26, & Jul 3	6:00 pm	<b>Summer Youth Program (46th annual)</b> (five Wednesdays)	\$5 for all 5 weeks \$10 per family	Dick Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Battle High School Track
July 4	7:30 am	<b>Memorial Freedom Run 4-Mile</b>	Shirt fee	Newell Kitchen, 228-0879, <a href="mailto:kitchenn@missouri.edu">kitchenn@missouri.edu</a>	Twin Lakes Pavilion
Aug 3	7:00 am	<b>Great Sandbagger 5 mi (49th annual)</b>	\$0	Tony Taube, 239-6920, <a href="mailto:taubetony@gmail.com">taubetony@gmail.com</a>	Katy Trail at McBaine
Aug 11	4:00 pm	<b>Ice Cream Social</b>		Nancy Rezabek, Nancy Taube, 446-6467, <a href="mailto:rezabfw@aol.com">rezabfw@aol.com</a>	Bonnie View Nature Center
Sept 2	6:00 am	<b>Heart of America Marathon &amp; Relay (60th annual)</b>	Marathon— \$60 until 7/4 \$75 after 7/4 \$85 after 8/1  Relay— \$120 until 7/4 \$140 after 7/4 \$160 after 8/1	Kathy Lee, <a href="mailto:comoheart1960@gmail.com">comoheart1960@gmail.com</a>	Bethel Park
Sept— Oct TBA	TBA	<b>Thursday Night Trail Races</b> <a href="https://www.facebook.com/groups/thursdaynighttrailraces/events">facebook.com/groups/thursdaynighttrailraces/events</a>	\$0	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Various locations—Rock Bridge State Park, Three Creeks
Oct 5	50K— 7:00 am  7 mi 25K—	<b>Rock Bridge Revenge 7-Mile/25K/50K</b>	\$35	Jeff Wells, 446-0717, <a href="mailto:lisawells@aol.com">lisawells@aol.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Nov TBA	TBA	<b>CTC Annual Meeting</b>		<a href="mailto:columbiatrackclub@gmail.com">columbiatrackclub@gmail.com</a>	Daniel Boone Library
Dec 7	8:30 a.m.	<b>Cheese &amp; Sauerkraut 10-Mile (45th annual)</b>	\$0	Dick Hessler, Randy Gay, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Katy Trail at McBaine

## Renew Membership and Register for CTC Races



Columbia Track Club uses [RunSignUp.com](https://www.runsignup.com) for both individual and family memberships and online race registrations. If you have a CTC family membership, your family members living in the same household are connected to your RunSignUp account. Memberships and renewals run 1 year from the date you last renewed or signed up. RunSignUp should send you a reminder before your membership expires so you won't miss out on our newsletters and other CTC benefits. You can renew your membership and donate to CTC through RunSignUp by visiting [ColumbiaTrackClub.com](https://www.ColumbiaTrackClub.com) and clicking on Join Us! To register for races on RunSignUp, there is a schedule with registration links at [ColumbiaTrackClub.com](https://www.ColumbiaTrackClub.com). When registering for a race on RunSignUp for more than one person (friends or family) at a time, you will save on processing fees. Fees: Free races - \$0, \$.01 - \$10 - \$2.00, \$10.01 - \$30 - \$2.50, \$30.01 - \$50 - \$3.00, \$50.01 - \$250 - 6%. Please email [ColumbiaTrackClub@gmail.com](mailto:ColumbiaTrackClub@gmail.com) if you need assistance with your online race registrations, membership or have missed a newsletter. An archive of our previous newsletters can be found at [ColumbiaTrackClub.com](https://www.ColumbiaTrackClub.com).

# 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 five-week program stresses personal improvement for kids ages 3 to 18. From June to July, more than 100 youth compete in running and walking events (ranging from 50-yard dash to 1-mile run) and field events.
- ◆ **CTC Colts:** The Colts are a competitive running team for kids ages 6 to 14. This program, part of the Central Missouri Athletics Circuit, promotes healthy activity and opportunities through running for boys and girls. The team practices together once a week in the fall and runs cross-country.
- ◆ **Scholarships:** CTC annually awards \$500 to \$1,000 scholarships to one male and female from each local high school. To be considered for the scholarships, students must be involved in either track & field or cross-country and be an active member of CTC where he/she has volunteered in various running/walking events. 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.

### What's in it for you:

- ◆ As a member you'll receive an email newsletter highlighting the activities of the club, race results and area running and walking events.
- ◆ Individual or family can run Runner's Choice, Nut Race 5K, Great Sandbagger 5 miler, Cheese and Sauerkraut 10 miler and the Thursday Night Trail Races at no charge. (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 10% discount is offered to CTC members at Tryathletics and Fleet-Foot of Columbia.

### The Club:

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

**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 1 year from date of renewal.

Renew online at [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or send your name, birthdate, address, phone number, email and a list of all family members/birthdates/emails at this address, with your check to:

**Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205**

Want to know more? Contact [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) or visit [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or join us on Facebook—[facebook.com/columbiatrackclub](http://facebook.com/columbiatrackclub)

