COLUMBIA TRACK CLUB

Notes & News



Volume LII No. 2 April 2019

Runner's Choice 10k/20k March 30, 2019

Runner's Choice 10K/20K was held on Saturday, March 30. The race was rescheduled from the original January date due to trail conditions following the 17" snowfall the week earlier.

We were hoping to return to the tradition of Runner's Choice 10K/20K held in January, and moved it to Rock Bridge State Park due to the success and popularity of Rock Bridge Revenge held in the Fall.

The day started out with cloudy skies, wind & temps in the high 30's...good weather for runners and a little chilly for volunteers & timers when rain started during the race. Luckily all missed the snowfall that came later in the day.

There were 33 finishers who enjoyed coffee, hot chocolate and bagels at the finish. Thank you to all that came and ran, Thom Allen for timing, Tony & Nancy Taube for finish line, and James Harrington on the course.

We hope to do again next year. Race Directors Jeff and Lisa Wells

Upcoming Events

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

April 27 Jay Dix 5k/10k

April 25 Thurs. Night Trail Run Gans Ridge Run May 2 Thurs. Night Trail Run Highridge

> May 4 Jeff Shikles 8k

Summer Program June 5, 12, 19, 26, July 3

Memorial Freedom Run July 4

Great Sandbagger Aug. 3

Ice Cream Social Aug. 21

Heart of America Marathon September 2 PAGE 2 CTC NEWS

Looking Back —

By Joe Duncan

25 YEARS AGO:

February 5, 1994 5k Nut Race, Reactor Park:: 1. Steve S-F, 16:18 2. Larry Henze 16:32, These two ran the first mile together in 5:06; 3. Bob O'Connell, 44,18:09,

others Mike Kaylen 19:08, Mike Walther 19:55, Tom Allen, 52, 20:28 Dick Madsen 20:40, Jim O'Dell 22:53, Joe Duncan, 59, 23:24, Caleb O'Dell, 17, 24:41, Herb Mittelhauser, 60+, 25:46, Tim O'Connell, 15, 26:57 FEMALE: 1. Julie Mittelhauser 21:06, Karen Derrick, 22:38, . . . Birgitta Hessler 23:55, 16+, Linda Price 25:59, Nancy Fritsch, 55+, 26:59, Darlene Londeree, 55+, 29:52.

March 22, 1994 St. Pat's 5K: 1. Bob Hook, 16:08, 2. Steve S-F 16:18, 3. Todd Beaverson 16:25,4. Jon Delano 16:30,5. Bob Elliott, 6. Jim Heady 16:40, 7. Tom

LaFontaine ,48, 17:32, others: Willy Heinrich 17:48, Jamie Mondello 17:50, Dick Hessler, 53, 18:09, Kevin Tyler 18:30, Scott Foster 18:35, Phil Schaefer, 41,18:50, Tom Allen 52, 19:53, Don Lewis 57, 20:57, Chris Janku 21:05 Richard Nistendirk 55 21:15,

Randy Gay 21:43, Carl Myers, 60, 22:24, Jim O' Dell 22:10, Sean 10, & Tom Highland, 22:28, Joe Duncan, 59, 23:08, Joe Goldfarb 23:16, Matthew Foster, 10, 23:31,

Don Waltman, 58, 24:33, Tony Alioto 25:29, Ray Simmons, 61, 26:12, Bonnard Moseley 72, 29:24, Terry Robb 29:42, Norman Benedict 57, 30:32,

Herb Mittelhauser, 62, 34:56

FEMALE: .1. Julie Bergfeld 19:04, 2. Jane Downing19:09, 3. Julie Mittelhauser 20:19, 4, Lisa Needy 20:45, 5. Jenny Clark 21:10, 6. Linda Sue Robbins, 40+, 21:14. others Anne Dannerbeck 22:09, Karen Derrick 23:44, Debbie Heifner 24:11, Lisa Wells 26:05, Jeannelle Twillman 60+, Donna Romans 27:55, Andrea Woods 40+, 28:09, Georgina Gonzalez 29:24, Maria Kaylen, 4! 29:38, Marcia Smith 50+ 30:17, Ingrid Ballenger 40+, 32:52, Angela Woodland 32:52, Wendy Swetz 39:49, Laura Wells 50+ 42:11 There were 831 finishers, 422 male, 409 female

50 YEARS AGO:

November 24, 1968: The very first CTC race, a 7-mile run coupled with a 4-mile walk, on Hickman Track, which at the time was "a "red-dog" cinder/shale track, quite sloppy during and after a rainstorm. 1. Dennis Martinson 41:20, 2. Joe Duncan 45:32 3. Joel Dickinson 51:02. 4. Al Shimkumas 53:40, 5. Darrell Palmer 1:04:24, 6. Merle Hill, President of Christian (later Columbia) College, 7. Bill Clark 1:24:20, 8, Wm. Taft, 9. Sean Clark; c. 11, 1:28:48, 10. Mike Clark, younger than Sean, 1:28:48.

The walk:1. Alice Taft 50:23, 2. Myrtle Taft 58:15, 3. Frances McKey, 1:04:36, 4. Marge Kellerman 1:01:19. 5. Dolores Clark 1:10:51, 6. Jeanne Barr 1:10:52,

Prior to the founding of CTC (Oct. 15, 1968) the Parks and Recreation Dept.sponsored a few races and walks--a couple of 10-milers, a 10K, some relays, the summer age group track and field events at Hickman.and the first nine HOAs,1960-'68. Bill Clark with P & R was in charge ably assisted by Dave Carlson,Bill Taft (son of William) and Alice Taft (daughter of William).

January 25, 1969 Larry Young won the NAIA Championship one mile walk in 7:01 in Kansas City.

CTC BOARD OF DIRECTORS:

Thom Allen, secretary/treasurer
Steve Stonecipher-Fisher
Dick Hessler
Andy Emerson

Kathy Lee
Nancy Taube
Nancy Rezabek
Matt Rold
Allan 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)

<u>WEBMASTERS</u>: Hugh and Andy Emerson CTC WEB SITE: www.columbiatrackclub.com

CTC Newsletter editors:

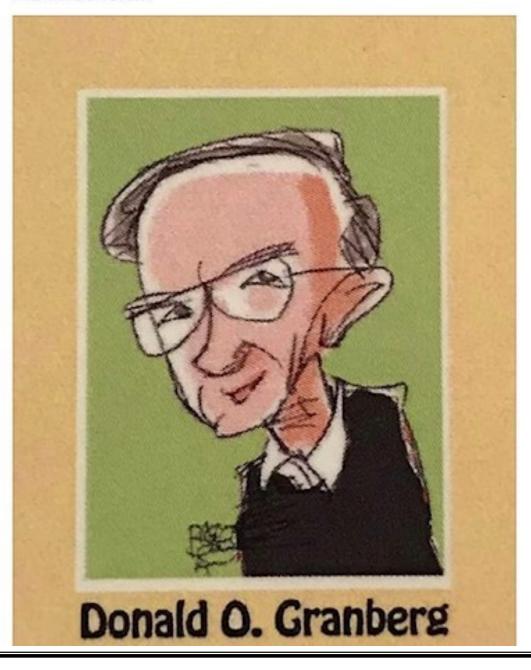
Ellen Williamson: paganellen@gmail.com
Linda LaFontaine: linlafontaine@aol.com
CTC publishes a newsletter eight times per year.
The next issue will be sent in May. Please send information by May 10.

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CTC Remembers

Don's immediate family include Beth, his wife of 51 years, their children Rachel, Bertrand (Felicia) his granddaughters Ayla, Macy and his brother Bruce. An event celebrating his life is being planned for this Spring. If you feel so inclined, we think he'd like the idea of donations being made to the Columbia Track Club youth program

https://runsignup.com/Club/Donate/MO/Columbia/ColumbiaTrackClub.



CTC News



Great memories of Donald Owen Granberg, born
December 13, 1941 (Willmar, MN) and died March 12,
2019 (Salt Lake City, UT), abound -- a dedicated
father, partner, friend, educator, researcher, athlete,
sports fan, and on occasion, an activist and thespian.
Don was professor emeritus of sociology at the
University of Missouri. Among his great pleasures were
going for a jog, root beer floats, smiling, humor,
cooperation, international connections, and an
occasional weekend nap.

As an academic, Don explored and quantified how individuals behave and make decisions together in the context of pressing social challenges. His hundred-plus academic papers and four books cover specific interests including: public opinion and voting behavior, peace studies, game theory and cognitive illusions such as the Monty Hall dilemma.

An alum of Willmar (MN) High School, Gustavus Adolphus College and The Pennsylvania State University (Ph.D.), he was awarded an honorary doctorate for his collaborative studies of Swedish and American elections by the University of Göteborg in 1997.

Don completed over 40 marathons as a member of the Columbia (MO) and Wellman (OR) track clubs and may hold the world record for the most laps run around John A. Stewart park.

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Runner's Choice Results

10K	35	59:04
10K	29	1:00:36
10K	35	1:03:43
10K	62	1:04:34
10K	47	1:05:22
10K		1:05:42
10K	57	1:05:43
10K	40	1:06:26
10K	44	1:06:27
10K	44	1:07:08
10K	31	1:07:09
10K	30	1:08:04
10K	41	1:11:39
10K	58	1:16:25
10K	56	1:16:42
10K	58	1:19:00
10K	50	1:32:20
	10K 10K 10K 10K 10K 10K 10K 10K 10K 10K	10K 29 10K 35 10K 62 10K 47 10K 47 10K 57 10K 40 10K 44 10K 31 10K 30 10K 41 10K 58 10K 56 10K 58

Usher, Elliott	20K	35	1:41:24
Emerson, Andy	20K	50	1:46:47
Kryger, August	20K	33	1:52:35
Cooper, Joe	20K	33	1:59:02
Rolbiecki, Abigail	20K	33	1:59:03
Earnest, Kimberly	20K	38	1:59:33
Finney, Patrick	20K	48	2:00:51
Thompson, Becky	20K	33	2:06:23
Peckham, Laura	20K	40	2:06:23
Bradshaw, Mary Ellen	20K	47	2:06:58
Sutterfield, Garner	20K	42	2:13:01
Benjamin, Allan	20K	63	2:14:46
Thompson, Chase	20K	36	2:22:20
Sheck, Mark	20K	39	2:22:21
Hereth, Joel	20K	21	2:27:23
Hennessy, Becky	20K	56	2:37:55

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Joe Duncan (84 years young) dominated the octogenarian field at the Eagle Egg 5K overcoming freezing gale like winds over the last mile.



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Jeff Wells, Allan Benjamin, Ioana Florescu, Becky Thompson, Andy Emerson, Robbie Corcoran

Six Columbia runners ran the <u>Three Days of Syllamo</u> 50 miler on March 16 on the Sylamore, Syllamo and Ozark Highlands trails in Arkansas. The course climbs and descends through several creek crossings, past scenic vistas and bluffs through dense forest. Wells and Benjamin ran all 3 days including the 50K on Friday, the 50 miler on Saturday and the 20K on Sunday. Emerson also ran the 20K on Sunday.



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CTC Spring Thursday Night Trail Races

4-11 Anteater - Three Creeks Conservation Area

4-18 Deer Run - Rock Bridge State Park upper lot

4-25 Gans Ridge Run - Rock Bridge State Park Gans trail head

5-2 Highridge - Rock Bridge State Park Gan's parking lot

5-9 Karst - Rock Bridge State Park Karst trail head

5-16 Sinkhole - Rock Bridge State Park Devil's Icebox parking lot

5-23 Three Creeks Long Course - Series celebration potluck to follow

All races start at 6 p.m. except the races at Three Creeks. They are at 6:30 p.m. Donations welcome and membership in Columbia Track Club encouraged.

More information, contact Shawn Goertz -

<u>sirshawn1972@gmail.com</u> or <u>facebook.com/groups/thursdaynighttrailraces/</u>



DID YOU LEAVE THIS?

This travel mug was left at the Cheese and Sauerkraut race. If you left this please contact Nancy Rezabek.

rezabeknancy@gmail.com

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Sedalia Half Marathon and 5k March 23

Dan Edidin, Mary Ellen Bradshaw, John Korte, Nancy Yeager

Several Columbia runners and CTC members ran in the Sedalia Half Marathon or the 5K on March 22 starting at 9 am. The race is hosted each year by the Sedalia Runners Club and starts at Skyline Elementary School. The course is a paved out and back with no major hills. The race benefits the Max Lewis Special Needs Trust. The weather conditions were 49F, cloudy and northeast wind at 10 -15 mph. Age group winners received a set of coasters with the race logo. Entrants also received a stocking hat and tshirt. Half Marathon finishers received a medal.



Andy Emerson, Hugh Emerson, Allan Benjamin, Todd Thompson, Pat Okker, Nancy Yeager, Sierra Green, Kristen Fernandez, Wanda Jesse, Mary Ellen Bradshaw, Max Lewis

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60th Annual Heart of America Marathon and *NEW* Fun Team Relay!

As we turn the corner into Spring the temperatures aren't the only things starting to heat up. The pace is starting to quicken as we are seeing increasing numbers of runners signing up for the Marathon and also teams for our inaugural Fun Team Relay!

The map showing our new start/finish location at the Boone County History and Culture Center will be out by early May. The course will be certified, and as not to disappoint, it will still feature heat, hills and humidity! Easley is calling your name . . .

We need YOU! Are you running? Help us out by signing up early – today would be great! Early registrations help our planning process go much smoother. Prices will go up July 4th, and the Fun Team Relay has a cut off for number of teams so get your team together and sign up early to secure your slot. We're already seeing some creative team names! Register at: http://columbiatrackclub.com/hoa/

Not running? Volunteer! Contact our Volunteer Coordinator John Korte at jkorte18@gmail.com. We have jobs for everyone – big jobs, little jobs, hard jobs, easy jobs, jobs before the race, jobs during the race, jobs after the race... you get the idea! Aid Stations questions go to our Aid Station Coordinator, Nancy Rezabeck rezabfw@aol.com, and you can email Kathy anytime at comoheart1960@gmail.com with questions or to volunteer. Even if you've volunteered in the past please contact us again so we know for sure who is on board.

Not running or volunteering? Spread the word, come out to cheer, support the Columbia Track Club and all the runners as we use this year – our 60th running - as a springboard to continue this time honored athletic tradition with the marathon and to foster community, friendly competition, and an introduction to the Heart of America Marathon with the Fun Team Relay! We're already getting some great encouragement from the community. We can make this a continuing community event and really highlight CTC if we all pull together.

Whatever way you decide to participate, be sure to sign up for the pre-race banquet to be held Sunday, Sept 1st at 5:30 p.m. at the First Presbyterian Church on Hitt St. Sign up at RunSignup Store. We are gathering quite a line up of special guests you won't want to miss, plus you'll have great food, and prizes in addition to learning a little history and probably a tall tale or two.

We're starting our inventory too! Can you help us with supplies and/or special talent? If so, email Kathy at comoheart1960@gmail.com.

Items needed:
Long extension cords
Large Coolers
Generators
Hoses and Misters
Canopy tents

Talents?
Sign making
Woodworking, photo booth – other creative ideas
Photography
Happy Training!



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THE INCLUSIVE EXCELLENCE

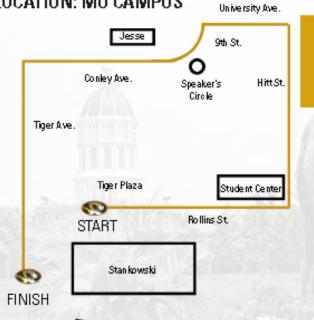
MILE

SATURDAY, MAY 4 FROM 10 A.M. - 12 P.M. CT

HELP US RALLY THE ENTIRE MIZZOU CAMPUS
AND LOCAL COMMUNITY AT TIGER PLAZA

On behalf of the Division of Inclusion, Diversity and Equity we would like to invite you to run, jog or walk in the Inclusive Excellence Mile, an event focused on acknowledging and respecting our differences while affirming our common humanity. The purpose of this event is to serve as a "rallying cry" for the entire Mizzou campus and local community.

LOCATION: MU CAMPUS



TO REGISTER VISIT

GetMeRegistered.com/InclusiveExcellenceMile

FREE REGISTRATION SIGN UP NOW!

Awards presented to 1st, 2nd and 3rd place finishers in each of the following age groups: 14 & under // 15-19 // 20-24 // 25-29 // 30-34 35-39 // 40-44 // 45-49 // 50-54 // 55-59 // 60+ (Awards based on chip timing)

COME AND ENJOY:

MIZZOU STUDENT-ATHLETES
FREE T-SHIRT, FREE FOOD
BOUNCE HOUSE AND OTHER INTERACTIVE GAMES

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COLUMBIA TRACK CLUB'S YOUTH PROGRAM

Wednesday nights: June 5, 12, 19, 26, July 3 2019

LOCATION will be Rock Bridge 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

June 6 June 13 June 20 June 28 July 11 Girls Girls Longjump Boys Boys Girls Girls Girls Shot put Boys Boys 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.

<u>RIBBONS:</u> 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.

<u>PERSONAL IMPROVEMENT RIBBONS:</u> 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:

- Limit of THREE (3) events per competitor.
- 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!

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20TH 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:	Gende	er: M F
Address:	City:		_ State:	_ Zip:
E-mail:	Date of Birth:	1 1	T-shirt Size:	XL L M S
In consideration of the above, I for myself, my execute Columbia, the Kiwaris Clubs of Columbia, Missouri, County of Boone, the State of Missouri and all races; any manner arising or growing out of my participation physical condition to complete this event I have entered myself to be removed from competition if, in the opin hereby grant full permission to any and all of the foregone this event for any purpose whatsoever. Only those regonerations.	Kiwanis International, ponsors from all claims on insaid event. I certifyed on Saturday, May 4, 2 mion of the run medical property to use any photographs.	the Columbia Track (of damages, demands that I have prepared t 019. I agree to follow personnel, my continu aphs, videotapes, mot	Club, the City of Co t, actions, and cause myself for this event w all rules of this run ting would endanger tion pictures, recordi	himbia, Missouri, the s of action whatsoever, in t and that I am in adequate wwalk event and to pennit r my health. Further, I ngs or any other record of
Participant's Signature:		Date:_		
Parent/Guardian Signature (If participant un	der 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.cohmbiatrackr.hub.com

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

KINANIS - SERVINGTHE CHILDREN OF THE WORLD





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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 Elvd
West on Nifong Elvd to Forum Elvd
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.

Run packets may be picked up at Tryathletics, 1605 Chapel Hill Rd. From 3 pm to 6 pm on Friday, May 34.
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.

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20TH ANNUAL BOONSLICK KIWANIS

JEFF SHIKLES MEMORIAL

8 🚯 TEAM RELAY

Saturday May 4, 2019th
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 CHECK SPAYABLE TO BOONSLICK KIWANIS

Return this form with entry fee to: Boonslick Kiwanis, P O Box 7279 Columb ia, MO 65205-7279

Or drop off at T ryathletics, 1605 Chapel Hill Rd.

Register on line @ https://runsignup.com/Race/MO/Columbia/JeffShildes8K

or http://www.columbiatracle.lub.com

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

In consideration of the above and foregoing, I/we for myself/ourselves, my/our 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/our participation in this event. If 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. If 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 what sever. Only those registered by April 17, 2019 will be guaranteed a T-s hirt of their requested size.

TEAM NAME:	TEAM SPONSER (if applicable):					
	Team Member No. 1/T	еат Сонтаст				
Name (please print):		Age:		Gender:	M	F
E-m ail:	Date of Birth:	/ /	T-Shirt Size:	XL L	M	ន
Participant's Signature:			Date:			
Parent/Guardian Signature (If parti	icipant under 18):					

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EAM NAME:TEAM SPONSER (if applicable):							
	Team Membe	r No. 2					
Name (please print):			Age:		Gender:	M	F
E-m ail:	Date of Birth:	1		T-Shirt Size:	XL L	. М	ន
Participant's Signature:				D ate:			
Parent/Guardian Signature (If part	icipant under 18):						
	Team Membe	r No. 3					
Name (please print):			Age:		Gender:	M	F
E-m ail:	Date of Birth:	1	1	T-Shirt Size:	XL L	. М	ន
Participant's Signature:				D ate:			
Parent/Guardian Signature (If part	icipant under 18):						
	Team Membe	r No. 4					
Name (please print):			Age:		Gender:	M	F
E-m ail:	Date of Birth:	1	1	T-Shirt Size:	XL L	. М	ន
Participant's Signature:				D ate:			
Parent/Guardian Signature (If part	icipant under 18):						
	Team Membe	r No. 5					
Name (please print):			Age:		Gender:	M	F
E-m ail:	Date of Birth:	1		T-Shirt Size:	XL L	. М	ន
Participant's Signature:				D ate:			
Parent/Guardian Signature (If part	icipant under 18):						

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ALL TEAM MEMBERS MUST BE AT THE START LINE BY 7:45 AM ON MAY 4^{TB} й 'wm Bhy Bechol S S Southernpion Or

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° . 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.

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Date	Time	Event	Fee	Race Director	Start Location
Feb 16	9:00 am	Nut Race 5K (44th annual)	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, hesslerr@missouri.edu	Reactor Park
Mar 30	9:00am	Runner's Choice 10K/20KTrail Run	\$10 for non CTC member	Jeff Wells, 446 0717, liso wells iso @ool.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
May 4	8:00am	Jeff Shildes Memorial BKRun/Walk	\$20	Rod Hartwig, hartwig.rod@grziil.com	Gentry Middle School
Apr11, 18,25,8 May 2,9, 16,23	ТВА	Thursday Night Trail Races focebook corrygroups/ thursdaynighttrailraces/events	\$0	Shawn Goertz, sirsho wn 1972@gravil.com	Various locations — Rock Bridge State Park, Three Creeks
Jun 5, 12, 19, 26, & Jul 3	600 pm	Summer Youth Program (46th annual) (five Wednesdays)	\$5 for all 5 weeks \$10 perfamily	Dick Hessler, 874-2906, hesslerr@missouri.edu	Rock Bridge High School Track
July 4	7:30am	Memorial Preedom Run 4- Mile	Shirt fee	Newell Kitchen, 228-0879, kitchenn@missouri.edu	Twin tales Pavilion
Aug 3	7:00am	Great Sandbagger 5 mi (49 thannual)	\$0	Tony Taube, 239-6920, to ubetony@gmoil.com	Katy Trail at McBaine
Aug 11	4:00 pm	lce CreamSocial		Nancy Rezabek, Nancy Taube, 446-6467, reablyw@eol.com	Bonnie View Nature Center
Sept 2	600am	Heart of America Marathon & Relay (60th annual)	Marathon— \$60 until 7/4 \$75 after 7/4 \$85 after 8/1	Kathy Lee, comoheort1962@gmoil.com	Bethel Park
			Relay— \$120 until 7/4 \$140 after 7/4 \$160 after 8/1		
Sept —Oct TBA	ТВА	Thursday Night Trail Races <u>focebook.com/groups/</u> thursdaynighttrailraces/events	ŝo	Shawn Goertz, sirsha wn 1972@grail.com	Various locations —Rock Bridge State Park, Three Creeks
Oct5	50K— 7:00am 7 mi 25K— 8:00am	Rock Bridge Revenge 7-Mile/25K/50K	\$35	Jeff Wells, 446-0717, liso wells iso @bol.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Nov TBA	TBA	CTC Annual Meeting		columbia trackclub@gmail.com	Daniel Boone Library
Dec 7	8:30 a.m.	Cheese & Sauerkraut 10-Mile (45th annual)	\$0	Dick Hessler, Pandy Gay, 874-2905, hesslerr@missouri.edu	Katy Trail at McBaine

Renew Membership and Register for CTC Races



Columbia Track Club uses <u>RunSignUp.com</u> 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 run1 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 <u>ColumbiaTrackClub.com</u> and clicking on Join Us!

To register for races on RurSignup, there is a schedule with registration links at <u>ColumbiaTrackClub.com</u>. When registering for a race on RurSignUp 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 - \$250, \$30.01 - \$50 - \$3.00, \$50.01 - \$250 - \$4.00 - \$

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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 fiveweek program stresses per sonal improvement for kids ages 3 to 18.
 From June to July, more than 100 youth compete in running and walking events (ranging from 50yard 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, clubsponsored events and private donations.

 Community good will: 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.
- A10% discount is offered to CTC members at Tryathletics and Fleet-Feet of Columbia

The Club:

Established in 1968, CTC is a not-forprofit organization that supports the competitive and recreational athlete. We are a member of the Missouri 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 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

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@gmail.com or visit ColumbiaTrackClub.com or join us on Facebook—facebook.com/ columbiatrackclub

