

COLUMBIA TRACK CLUB

Notes & News



Volume LIV No. 2 May 2021

Runner's Choice 10K/20K, Saturday, March 20, 2021

By Jeff and Lisa Wells

It was a beautiful day for the Runner's Choice 10K/20K held on Saturday, March 20. Big thanks to all that came out and ran, and for CTC volunteers Tony Taube, Nancy Taube, and James Harrington for timing the race so that Lisa could run. Hope to see you all next year as we still try to find a good date to hold this event. Mark your calendars for the 20th annual [Rock Bridge Revenge](#) on October 2, 2021.

Place	Name	Distance	Age	Time
1	Rowan Musick	10K	19	0:54:33
2	Elliott Usher	10K	37	1:00:02
3	Todd Thompson	10K	56	1:02:48
4	Zach McAdams	10K	22	1:09:05
5	Shawn Goertz	10K	48	1:19:09
6	Patrick Mengwasser	10K	39	1:20:00
7	Paul Porneluzi	10K	52	1:22:31
8	Grant Elliott	10K	42	1:23:42
9	Sally Heil	10K	23	1:41:13
10	Emma Veidt	10K	22	1:41:43
11	Rachael Marler	10K	37	1:48:05
12	Lisa Wells	10K	57	1:48:12
13	Madison King	10K	22	2:02:53
14	Andrew Alderfer	10K	46	2:14:00
15	Arya Patel	10K	10	2:18:40
16	Dipti Patel	10K	41	2:18:40

Place	Name	Distance	Age	Time
1	Tony Turley	20K	36	1:49:13
2	Sam Jones	20K	37	2:32:34
3	Becky Hennessy	20K	58	2:57:30
4	Paula Rawlings	20K	57	2:57:40
5	Kelly Sabulsky	20K	58	2:58:08

Upcoming Events

See Page 12 and the [CTC website](#) for more event info:

Summer Youth Program

5 Wednesdays in June

Go Girl Run Half Marathon & 5K
June 5, 2021

Freedom Run
July 3, 2021

Great Sandbagger
August 7, 2021

Ice Cream Social
August 8, 2021

Heart of America Marathon & Relay
September 6, 2021

Betsy Farris Memorial 5K Run, 10K Run, Half Marathon
September 25, 2021

Rock Bridge Revenge 25K/50K
October 2, 2021

CTC Annual Meeting Daniel Boone Library
November 7, 2021
2 pm

Thoughts from the President

By Nancy Rezabek

Happy Spring. Seems like the first few months of 2021 were endless. With all that cold weather in February and then April could not decide if it wanted to be Winter or Spring. One week it was 35 and snow then a week later it was 80s and rain.

I would like to thank Ellen and her sidekick Linda for doing the newsletter the past few years They did an awesome job. I know it's a lot of work for probably not a lot of pay. You gals did a fabulous job and we thank you very much from the bottom of our hearts! Ellen has two young children and is now teaching so not enough hours in the day to get everything done.

Congratulations to all of you die hards who braved the rain and cold to run endless laps at the Lion's Roar the weekend of April 23 and 24. That had to be miserable. You guys ROCK!

It is looking like the world of running events is starting to get back to some semblance of normal. Kathy is receiving registrations for the 62nd [Heart of America Marathon and Relay](#). She has worked really hard to obtain sponsors- Boone Hospital and Zimmer radio to name two. Right now Zimmer is advertising the marathon on their stations. It's going to be a great day.

Newell Kitchen and his committee are planning the Parley Pratt Freedom run to coincide with Columbia's bicentennial. It is a free run (4 miles and one mile fun run) to be held on Saturday July 3 starting at The Armory. Runners will need to pre register and if you would like a t shirt you can order and pay for it on line as well. The new just launched web site is <https://www.pppfreedomrun.com>.

We board members have our fingers crossed that the [Youth Track](#) will be a go this summer. The school board still has not decided our fate- mostly because of the Virus. Traditionally it's mid May before we know for sure if we can use their track. Please watch the web site for confirmation. We plan to hold youth track on Wednesday's at 6:00 pm in June- five weeks total.

Thanks so much to Andy Emerson for taking over the newsletter. I hope it doesn't give you too much trouble and you will have a long and happy life together.

Have a great summer. - Nancy R

Looking Back —

By Joe Duncan

25 YEARS AGO

January 13, 1996: 4-Mile Couples Race: Sunny, Mid 60s--In fact must have been near a record high for a Jan 13 Combined ages 30:36: 1. Nick Smith-Birgitta Hessler 51:56 (21:14, 27:18, 2. Jim Cook-Melissa Pagan 51:56 (23:47, 23:47); 56-59 Scott and Paula Rubenstein 47:16 (23:30, 24:26) 79-86 Karen Derrick-Bennett Rushkoff 58:30 (28:55, 29:35); Steve S-F-Diane Priest 68:41 (23:55, 29:33); 86-129: TomLaFontaine-Linda LaTontaine 51:21 (23:10, 28:11), 2, Dick Hessler-Boots Gerhardt 76:16 (23:40, 42:36)

February 3, 1996 5K Nut Race:Reactor Park: So, near a record high for a January 13. How about the coldest day for a race in the history of CTC. over a span of 52 years. This statement is made without doing any research but I am confident it is accurate. 17 runners reported to Race Director Dick Hessler

Continued on Page 3

CTC BOARD OF DIRECTORS:

Nancy Rezabek, *president*
 Thom Allen, *secretary/treasurer* Dick Hessler
 Nancy Taube, *vice president* Kathy Lee
 Steve Stonecipher-Fisher Matt Rold
 Andy Emerson 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)

WEBMASTERS: Hugh and Andy Emerson

CTC WEB SITE: columbiatrackclub.com

CTC NEWSLETTER EDITOR:

Andy Emerson: columbiatrackclub@gmail.com
 CTC publishes a newsletter 5 - 8 times per year.
 The next issue will be sent in July. The deadline for submissions will be July 9, 2021.

25 Years Continued from Page 2

(the RD of at least 40 of the Nut races) at the start when the temperature was -15 degrees with a wind chill of -50. Since 17 runners should forever be remembered as the truest and finest of all the nuts who have ventured to demonstrate how nutty they are not to turn down a bona fide chance to reveal that nuttiness we herein reveal the names of those 17 nuts and the time it took to get out of the cold. Also we recognize the volunteers who assisted RD Hessler, for they had to stand around, shivering, at the finish, while the runners were moving as fast as they could to stay warm and get home.

1. Matt Peters 16:31, 2. Pete Hessler 16:35, 3. Barry Twenter 17:22, 4. Steve Stonecipher-Fisher 17:25, 5. Marc Keys 17:42, 6. Tom LaFontaine ??, 7. Tim O'Connell 21:07, 8. Bob O'Connell 17:36, 9. Jim O'Dell 22:58, 10. Joe Duncan 24:27, 11. Randy Gay 25:05, 12. Don Waltman 26:13, Ken Burres ?? FEMALE: 1. Birgitta Hessler 22:28, 2. Linda LaFontaine 22:51, 3. Karen Derrick 22:58, 4. Cammy Ronchetto ?? The VOLUNTEERS: D. Hessler RD, Jimmy Rambur, who handed out sticks at the finish and Mrs. Twenter, Barry's mother, who recorded times and places.

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February 4, 1996 Underground 10K, Kansas City: Several CTC and Hickman HS runners piled into a van (others came in cars) for this race which has been a fixture on the KC running scene for many years. They were among some 1700 finishers led by Mark Curp, a national class elite from KC who posted a stellar 28:50 while CTC's Andrea Fischer won the female title with a record 34:31, under her own course record set in '95. Dick Hessler, who organized the expedition to KC was second 50-54M at 37:05. Most impressive was 15-year-old Barry Twenter, Hickman, in his first ever 10K, covering the distance in 34:05. This was the day after he ran a frozen Nut 5K in 17:22. So, being underground, out of the cold, he does two 5ks back-to-back in 17 minutes each. For Hessler's complete report see the [February, 1996 CTC newsletter](#) in the newsletter archive.

March 1996: The internet comes to CTC! Then President Curt Kempf developed a homepage on the World Wide Web residing on the Columbia Online Information Network (COIN) : www.coin.missouri.edu/community/rec-center/track/ We have come a long way since then.

March 16, 1996: St/ Patrick's: Day 5K: .. MALE 1. Christian Reed 15:24, 2. Peter Hessler 15:55, 3. Barry Twenter 16:42, 4. Steve Stone Chiipher-Fisher 16:43, Tom LaFontaine 18:00, Dick Hessler 50+ 18:33, Matthew Tanner 10+ 18:37, Kevin Tyler ,40+ 18:58, Scott Foster 19:00, Phil Schaefer, 40+ 19:12, Doug Duncan 19:43, Todd Schapira 19:53, Tom Allen, 50+ 20:20, Simon Rose 21:02, Jim O'Dell 50+ 21:23, Robert Simmons, 50+ 21:36, Jay Hasheider 45+ 22:15, Sean Highland 15+ 22:34, Tom Highland, 45+ 22:48, Carl Myers 60+ 23:09, Joe Duncan 60+ 23:20, Don Waltman 60+ 25:04 Ray Simmons 70+ 26:23, FEMALE: 1. Andrea Fischer 17:34, 2. Jane Downing 19:03, 3. Maria McMahon 21:34, 4. Linda LaFontaine 40+ 21:40, 5. Anne Dannerbeck 21:40, 6. Cammy Ronchetto 21:58, 7. Lisa Wells 22:02 Lisa Burger 22:46, Gayle Johnson, 45+ 26:36, Maria Duncan 26:20, Amy Gundy 26:44, Andrea Woods 45+ 29:17, Laura Wells, 55+ 31:00, Linda Vogt 45+ 33:13, 370 men, 291 women

March 30, 1996: Two Person Relay, 8,000 Meters, alternate 400s, each team: 1. Dick and Peter Hessler 24:36, a record for a father-son team, 2. Steve S-F and Tom Collier 25:49, 3. Scott and Paula Rubenstein 26:25, 5. Steven and Matthew Tanner 27:03, 6. Linda LaFontaine and Cammy Ronchetto 31:26.

50 YEARS AGO

March 6, 1971: MVAU 30K Run:Hickman Track 1. Loren Moes, NE MO State 1:47:00, CTC event record 2. Louis Naeger, SE MO State 1:49:10, 3. Carl Owczarzak, Overland Park, KS 1:50:04, Bill Wirtz, St.Louis 1:50:19, 5. Bob Hunerdose NEMO 2:00:52. Roman Sage MSP 2:12:26, Don Granberg 2:13:16,, Joe Duncan 2:18:46 and 3 others, 35 degrees, strong NW wind March 13, 1971 8-Mile Run road course:: 1. Dennis Stewart 47:21, 2. Don Granberg 51:50 3. Gary Cashon 52:35, Joe Duncan 53:23 , 5-8, runners from the Navy-Memphis (TN) Track Club, 9. Dick Sallee, 9. Dave Schulte

April 4, 1971 One-Hour Walk, Hickman Track !. Larry Young, 7 miles, 1,648 yards, 2. Darrell Palmer, 6-1,344, Fred Young, (Larry's Dad) 6-936 , Joyce Schulte 4-586 Young shattered the MVAU by almost a mile, set by Mark Achen.

April 24, 1971 Missouri Cup 20K Walk: Larry Young 1:37:00, 2. Bob Henderson 1:46:56, 3. Paul Ide 1:52:22, 4. Mark Achen 1:55:18, 6. Darrell Palmer 1:57:45

Larry Young, in 1971, was focused on the '72 Olympics in Munich. His hard work in '71 and '72 resulted in a bronze medal to go with the bronze he won in the '68 Olympics. His '72 time for the 50K walk was 4:00:46, a sub-8:00 per mile pace, faster than the 8:00+/pace he cranked out in the above, considerably shorter, CTC races.

The 24 Hour Lions Roar, April 23-24 (24, 12 and 6 hour events)

By Jason Conner

These are the things I always struggle with trying to put into words. That feeling of being so blessed to have a front row seat to people's huge goals and dreams and being able to see and feel the emotions connected to those dreams and goals coming true. The gratitude I feel towards all you runners to trust me with your goals and dreams is beyond measure and is something I will never take lightly.



Photo Credit: Avery Abbott

More photos: <https://www.flickr.com/photos/averyhabbott/sets/72157719076006610/>

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The 24 Hour Lions Roar (cont.)

There were so many great stories and memories that came out of this past weekend that it is impossible to list them all but I can look at the scoreboard and there is something for every runner. Some of them are about the unbelievable miles that were covered during the race such as Andrew Stewart, Jimmy Conner, Tim Dodge, Brian Hall, David Johnston, Cody Eubank, and Tara Flesch all completing at least 100 miles with Cody Eubank setting a new event record with 120 miles, which is mind blowing to me!

Some of them were about the true heart of a person shown through running like Kathy Puhr, attempting her first race of this type and covering 20 miles!!, Todd Larivee completing his first ultra, Andy Emerson struggling so much through out the day but never giving up, Dawson Neir, who's feet were absolutely destroyed early in the race, showed an amazing amount of will and strength to cover 77.5 miles, and Stacey Barrientos, who completed 78 miles at the Lions Roar two years ago, then underwent two brain surgeries, and then said, "hold my beer" while completing 82.5 miles this year.

And some were about family like Kathleen Darchuk showing her two kids what a Super Mom she is, the Banks' family of CJ, Carl, and Ricki Richards coming in from New York and St. Louis to compete....something tells me CJ and Carl have unfinished business to tend to next year :), to the couples of Billy and Michele Weaver, and Barb and Randy White, and to my own brother and sister-in-law, Jeremy and Nora Conner...you two are Rock Stars and I love you both!! I can literally look at the scoreboard and see all of your faces and am so thankful for each and every one of you.

No event can be a success without the support of family, friends, and the community, so I want to, first, thank the City of Columbia for allowing us to host our event on such an amazing course. For the local running community, SMUT, for all their support during the race and, most importantly, doing all the clean-up. You don't know how much that meant after working the event for 35 plus hours straight. A BIG thank you to all the volunteers, Andrea Earlywine, Kelly Sabulski, James Harrington, Ryan King, Paula Rawlins, Tyler Hensley, and Steve Thompson who sacrificed their own time for the sake of the runners'.

And most importantly, to my much better half, Brooke, who thinks it is way to early to be talking about next year.

To all the runners and supporters of what we love to do, I can't thank you enough and look forward to Welcoming even more to the Lions Den next year!!

Some final numbers for you....3,437.5 That's the number of miles you all ran. It is 3,152.2 miles from San Diego, CA to Augusta, Maine! Let that sink in for a minute.

Results:

https://ultrasignup.com/results_event.aspx?did=78385



Columbia Missourian article: [Runners brave the rain in 24-hour race](#)

Spring 2021 Thursday Night Trail Races Results

Shawn Goertz hosted an abbreviated Spring Thursday Night Trail run series at Three Creeks Conservation Area.

Watch for information on the fall series at:

<https://www.facebook.com/groups/233363070137572>

Three Creeks "Anteater" 3-ish mile - Race 1 - 4/1/21				Three Creeks "Cave Loop" 4.4-ish mile - Race 2 - 4/15/21			
Rank	Name	Time	Points	Rank	Name	Time	Points
1	Rowan Musick	19:32	100	1	Sam Jones, Jackal, Arya	35:01	100
2	Aimee Hancock	20:44	99	2	Sally Heil	36:34	99
3	Sam Ryan, Jackal, Arya	21:18	98	3	Madison King	37:10	98
4	Andy Emerson, Miles	23:13	97	4	Matt Landis, Izzy	37:31	97
5	Matt Landis, Izzy	23:28	96	5	Alie Laine	37:38	96
6	Sally Heil	24:50	95	6	Tyler Sadich	37:39	95
7	Ryan King	26:58	94	7	Emma Veidt	37:58	94
8	James Harris	28:18	93	8	Ryan King	41:19	93
9	Mike Denehy	29:59	92	9	Andy Emerson, Miles	41:20	92
10	Greg Grimes	30:00	91	10	Rowan Musick (scenic route)	48:09	91
11	Lila Nittler	31:27	90	11	Lila Nittler	48:54	90
12	Andrea Earlywine	32:16	89	12	Jarrett Whistance	46:57	89
13	Jarrett Whistance	34:22	88				

Three Creeks "Reverse Anteater" 2.8-ish mile - Race 2 - 4/29/21			
Rank	Name	Time	Points
1	Rowan Musick	19:56	100
2	Sam Jones, Jackal, Arya	23:30	99
3	Matt Landis, Izzy	24:20	98
4	Tyler Sadich	25:03	97
5	Sally Heil	26:49	96
6	Madison King	26:53	95
7	Emma Veidt	27:22	94
8	Mr. Left with the popsicle stick	27:25	93
9	Ryan King	27:51	92
10	Andy Emerson	29:21	91
11	Stephanie Stout	39:35	90
12	Aaron Chisum	39:37	89
13	Heather Grey (sweeper)	50:02	88
13	Andrea Earlywine (sweeper)	50:02	88
13	Jessica Leet (sweeper)	50:02	88

Spring 2021 Thursday Night Trail Races Results (cont.)

Rank	Name	Race 1	Race 2	Race 3	Bonus	Total Points
1	Sam Jones, Jackal (dog), Arya (dog)	98	100	99	25	322
2	Matt Landis, Izzy (dog)	96	97	98	25	316
2	Rowan Musick	100	91	100	25	316
3	Sally Heil	95	99	96	25	315
4	Andy Emerson, Miles(dog) (#1, #2)	97	92	91	25	305
5	Ryan King	94	93	92	25	304
6	Madison King		98	95		193
7	Tyler Sadich		95	97		192
8	Emma Veidt		94	94		188
9	Lila Nittler	90	90			180
10	Andrea Earlywine (sweeper #3)	89		88		177
10	Jarrett Whistance	88	89			177
11	Aimee Hancock	99				99
12	Alie Laine		96			96
13	James Harris	93				93
13	Mr. Left with the popsicle stick			93		93
14	Mike Denehy	92				92
15	Greg Grimes	91				91
16	Stephanie Stout			90		90
17	Andrea Earlywine	89				89
17	Aasron Chisum			89		89
18	Heather Grey (sweeper)			88		88
18	Jessica Leet (sweeper)			88		88



Presented by:



Registration for the 62nd Annual Heart of America Marathon and 2nd Annual HOA Fun Team Relay to be held on Labor Day, September 6th, 2021 is in full swing and we have the go-ahead from the City and Health Dept to have the marathon, team relay, spectators, and a fun atmosphere! Sign up at www.heartofamericamarathon.com to make sure you get in, and also to get the best price!

We are very excited to announce our presenting sponsor, Boone Health! This partnership demonstrates HOA's emphasis on building community through health, fitness, and competition, both in Columbia/Boone County and with runners everywhere. Our shared missions of community outreach, healthy lifestyles, children & families, and of course heart health, in addition to a long-standing history in the community, make this partnership a natural fit.

We are lining up a great group of health, wellness, and community organizations to be at our finish line again. We can have spectators and cowbells, and enjoy the Boone County History and Culture Center as we cheer on marathoners and relay teams!

Clear 99 is our media sponsor and they will broadcast live from the finish line from 8:30 – 10:30. Listen to Clear 99 for HOA news coming soon, and then join in the fun at the finish!

Announcer – As in 2019, we are excited to welcome back **KOMU 8 Chief Meteorologist Kenton Gewecke** to announce for runners again this year! Surely this will guarantee good weather, right?

Wildys World

will be at the finish area for the Heart of America Marathon and Fun Team Relay! Runners, volunteers, family, and friends will have an opportunity to be a part of the first-ever HOA art banner! We are also happy to announce that [12 Baskets Kitchen](#) will have their food truck on sight with some healthy food selections for all to purchase. As always, runners and volunteers will have their free post-race Shakespeare's pizza!

RELAY RELAY RELAY!!

Please note new Relay Transition Point Manned and Sponsored by VU

We are so excited about our relay transition points this year! Please note the changes from 2019 and the change of the first transition point from what was published earlier. We'll have great places for teams to gather and for friends and family to enjoy some music and refreshment while watching for their runner!



Presented by:
BooneHealth

Relay Legs

Start (Boone County History and Culture Center 3008 Ponderosa) to VU (southernmost entrance from Providence) – 3.8 miles

VU to Cooper's Landing – 7.7 miles

Cooper's Landing to Pierpont General Store – 6.9 miles (and Easley Hill!)

Pierpont General Store to Finish – 7.8 miles

Relay Transition Points

(Transition points also have an aid station and potty)

Transition Point # 1 – Veterans United South Entrance - Sponsored and manned by Veterans United! - Start to Veteran's United (formerly State Farm).

Transition Point #2 – Cooper's Landing - Sponsored and manned by Cooper's Landing!

Transition Point #3 – Pierpont General Store – Sponsored and manned by Pierpont General Store

Just in Case

2021 - Refund Policy: 100% refund (registration fee only - not processing fees) if dropped by midnight Aug. 14th. 50% refund (registration fee only - not processing fees) if dropped after midnight Aug. 14th. Registrants may also choose to donate or defer.

If the marathon or relay is canceled, you will be given a 100% refund (registration fee only – not processing fees) or allowed to donate or defer.

Please visit the HOA website for further information. Updates have been made. One notable change from 2020 that will continue into 2021 is that there will no longer be age group awards. We will have 1st, 2nd, and 3rd place overall M/F, 1st, 2nd, and 3rd place overall, M/F Masters, the Schulte Award, the Schroeder Award, and the new "Average Joe" Award for marathoners. The Fun Team Relay will have overall 1st, 2nd, and 3rd awards.

Volunteers Needed

We need volunteers! There are many ways in which to volunteer, some are easier than others! Here's an easy one . . . CTC needs people to man a table at the finish line. At the finish area, we'll have several health and wellness businesses, community and family support representatives, and so forth. We need CTC members to man a table near the finish and tell people who walk by about CTC! Email Kathy at comoheart1960@gmail.com.

If you have questions or are interested in volunteering or helping out in any way, contact the race director at: comoheart1960@gmail.com

[Heart of America Training Run #1 \(BCHCC - 14.5 miles\)](#)

Saturday, July 24, 6 am, Boone County History & Culture Center

[Heart of America Training Run #2 \(RBES - 17.2 miles\)](#) -

Saturday, August 21 6 am, Rock Bridge Elementary

COLUMBIA TRACK CLUB's YOUTH PROGRAM

Wednesday nights: June 2, 9, 16, 23, 30 2021

TENTATIVE 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

	<u>June 2</u>	<u>June 9</u>	<u>June 16</u>	<u>June 23</u>	<u>June 30</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!

PARLEY P. PRATT FREEDOM^{RUN} COLUMBIA, MO • JULY 3, 2021

WHAT

A family-friendly event for all ages celebrating our first amendment freedoms. Includes a 1- or 4-mile run/walk, a freedom message, food, watermelon prizes, and more!

WHERE

Start/Finish located next to the Boone County Courthouse at the corner of Ash and 8th St. 4-mile course passes by 28 local symbols of First Amendment freedoms!

WHEN

Saturday, July 3rd
 7:00 am Opening ceremony,
 Health & Safety Fair opens
 7:20 am 4-mile run/walk starts
 7:30 am 1-mile run/walk starts
 8:00 am Food trucks open
 8:30 am Watermelon awards
 Note: Please bring your own water bottles.

REGISTRATION

Scan code to register:



DEADLINE:
Thurs. July 1

Registration is FREE and required for all participants (both 1- and 4-mile).

T-SHIRTS

Scan code to order:



DEADLINE:
Wed. June 23

T-shirts are \$10 each.

More details at
pppfreedomrun.com.

BELIEVE. SPEAK. REPORT. ASSEMBLE. PETITION.

Official event of the CoMo200 Bicentennial Celebration.
Sanctioned by the Columbia Track Club.

Facebook: @pppfreedomrun
Instagram: @pppfreedomrun

2021 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Feb 6	9:00 am	Nut Race 5K (46th annual) - CANCELLED	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, hesslerr@missouri.edu	Reactor Park
Mar 20	9:00 am	Runner's Choice 10K/20K Trail Run	\$10 for non CTC member	Jeff Wells, 446-0717, lisawellslisa@aol.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Apr TBA	TBA	Thursday Night Trail Races facebook.com/groups/thursdaynighttrailraces/events	\$0	Shawn Goertz, sirshawn1972@gmail.com	Various locations—Rock Bridge State Park, Three Creeks
Jun 2, 9, 16, 23, 30	5:45 pm	Summer Youth Program (47th annual) (five Wednesdays)	\$5 for all 5 weeks \$10 per family	Dick Hessler, 874-2906, hesslerr@missouri.edu	Rock Bridge High School Track
July 3	7:30 am	Memorial Freedom Run 4-Mile (27th annual)	Shirt fee	Newell Kitchen, 228-0879, kitchenn@missouri.edu	Boone County Government Center
Aug 7	7:00 am	Great Sandbagger 5 mi (51st annual)	\$0	Tony Taube, 239-6920, taubetony@gmail.com	Katy Trail at McBaine
Aug 8	4:00 pm	Ice Cream Social		Nancy Rezabek, Nancy Taube, 446-6467, rezabfw@aol.com	Bonnie View Nature Center
Sept 6	6:00 am	Heart of America Marathon & Relay (62nd annual)	Marathon— \$65 until 7/4 \$75 after 7/4 \$85 after 7/31 Relay— \$125 until 7/4 \$150 after 7/4 \$200 after 7/31	Kathy Lee, comoheart1960@gmail.com	Boone County History and Culture Center/Nifong Park
Sept TBA	TBA	Thursday Night Trail Races facebook.com/groups/thursdaynighttrailraces/events	\$0	Shawn Goertz, sirshawn1972@gmail.com	Various locations—Rock Bridge State Park, Three Creeks
Oct 2	50K— 7:00 am 25K— 8:00 am	Rock Bridge Revenge 25K/50K	\$40	Jeff Wells, 446-0717, lisawellslisa@aol.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Nov 7	2:00 pm	CTC Annual Meeting		columbiatrackclub@gmail.com	Daniel Boone Regional Library, Friends Room
Dec 4	8:30 a.m.	Cheese & Sauerkraut 10-Mile (46th annual)	\$0	Dick Hessler, Randy Gay, 874-2906, hesslerr@missouri.edu	Katy Trail at McBaine

Renew Membership and Register for CTC races



Columbia Track Club uses 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 and clicking on Join Us!

To register for races on RunSignUp, there is a schedule with registration links at 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 to \$249.99 — 5.8% + \$1.00; \$250 to \$999.99 — 4.8% + \$1.00; \$1,000+ — 3.9% + \$1.00

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.

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:

Want to know more? Contact columbiatrackclub@gmail.com or visit ColumbiaTrackClub.com or join us on

Facebook—[facebook.com/columbiatrackclub](https://www.facebook.com/columbiatrackclub)

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**

