COLUMBIA TRACK CLUB

Notes & News

Volume LIV No. 5 December 2021

CTC Annual Meeting and Member Appreciation Party

The CTC annual meeting and member appreciation pizza party was held on November 6 at the Ficklin Shelter in Bethel Park. There were approximately 30 members in attendance. The Club provided Pizza Tree pizza and members brought snacks to share.

A business meeting was held and new board members were elected per our newly adopted bylaws (see website). Greg Blomquist reported on the Colts team (article page 5). Kathy Lee gave an update on the Heart of America marathon and a new HOA committee was formed. Shawn Goertz, new race director for Rock Bridge Revenge announced his vision for the race. At the end there was a drawing for prizes.

Newly elected board members are Greg Blomquist, Larry Flynn, Karen Hodges, Ryan King and Michelle Teti. Continuing board members are Thom Allen, Allan Benjamin, Andy Emerson, and Nancy Taube.

Prize Winners:

Greg Blomquist – bottle of wine (Karen Derrick)

Brad Earnest – gift card (Tryathletics)

Andy Emerson – mystery box (Nancy Rezabek)

Shawn Goertz – Aqua 14 cooler, 2 DVD, St Pat's socks, candle

Mark Hahn – Life is Good t-shirts (Vickie Tolbert)

James Harrington – Off Track Events – miscellaneous from Ped Jam

Becky Hennessy – Rock Bridge Revenge entry

Karen Hodges –foam roller (Fleet Feet)

Mari Morales Quinones – DVD set

Kathy Occena – CTC Rock Bridge Revenge Jacket

Nancy Rezabek – stripes cooler bag, DVD, smart wool socks, candle

Tony Taube – Rock Bridge Revenge pullover

Michelle Teti – Rock Bridge Brewing beer (Nancy & Tony Taube)

Lisa Wells – motion lab certificate (Focus on Health)

Sam Wells – CTC Heart of America Marathon or Relay - $75

Upcoming Events

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

ROC 7K Trail Run
January 22, 2022

Nut Race 5K
February 19, 2022

Stonegrinder 7K Trail Run
February 19, 2022

Runner's Choice Trail Run
March 5, 2022

The 24 Hour Lions Roar (6 hr, 12 hr, 24 hr)
April 22—23, 2022

Molly's Miles 5K/10K
April 30, 2022

Thursday Night Trail Races
April/May 2022

Parley Pratt Freedom Run 4 mi
July 4, 2022

Great Sandbagger 5 mi
August 6, 2022

Rock Bridge Revenge 25K/50K
October 8, 2022

Heart of America Marathon & Fun Team Relay
September 5, 2022

Thoughts from the President

By Nancy Taube

Happy December! The winter solstice is just around the corner, which means we can start looking forward to longer days once again!

Thanks to all who attended our CTC annual meeting and member appreciation party on November 6. The weather gods smiled upon us as we gathered at Bethel Park: the sun was shining, temps were mild with a few wind gusts; all in all, a beautiful day. We had a large and enthusiastic crowd, and several new board members stepped up to serve in the coming year. Please join me in welcoming Greg Blomquist Larry Flynn, Karen Hodges, Ryan King, and Michelle Teti to the board! And many thanks to departing board members Dick Hessler, Kathy Lee, Nancy Rezabek, Matt Rold, and Steve Stonecipher-Fisher, for all your hard work and service over the years; those are some big (running) shoes to fill! I will rely on returning board members Thom Allen, Allan Benjamin, and Andy Emerson for your steadfast wisdom and guidance. I am also happy to say that Andrea Earlywine, Larry Flynn, Becky Hennessy, Karen Hodges, and Matt Rold stepped up at our annual meeting and agreed to assist Kathy Lee in forming a new Heart of America committee. As we all know, HOA is a huge endeavor, and it is too much for one race director to manage. I am confident HOA is in good hands with this committee and look forward to seeing how the race evolves moving forward. Huge thanks also go out to former CTC prez Nancy Rezabek, whose awesome powers of persuasion enabled us to have so many fabulous prizes to hand out at the conclusion of our meeting! In addition, she used her Pizza Tree connections to make sure we had an array of delicious pizzas. I appreciate everyone who brought side dishes and desserts as well. With such a sumptuous spread, I doubt anyone left the park hungry!

As we gear up for the holidays, I hope you can take a break from the hectic hustle and bustle to enjoy a walk, run, or bike ride through the neighborhoods to check out the beautiful light displays and decorations. This year, especially, it seems people are making an extra effort to share a little joy and to spread a bit of good cheer in our community. These are precious gifts this world could use more of, now and into the new year 2022.

Looking Back —

By Joe Duncan

25 YEARS AGO

October 5, 1996: Runner's Choice 10K or 20K, the Rt. ZZ course; thiswas our first RC, a Joe Marks idea: !! runners in the 10K including Lisa Wells, 45:45, Jim O'Dell 48:44, Dean Stover 49:26, Carole Madsen and Boots Gerhardt 1:06:52 The 20K : Steve S-F 1:14:10, Dick Madsen 1:35:56 and Lisa Burger 1: 43:07 and only 3 others.

October 12, 1996 One Hour Run Hickman Track: Only six runners for this one. MALE 1. Curt Kempf 8 miles, 1,733 yards, 2. Chuck Sattler 8-775, 3. Lisa Burger 7-1,113, 4. Joe Marks 7-530, Jim Peregy 6-1251, Jon Kruse 5-803.

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CTC BOARD OF DIRECTORS/TERM EXPIRES:

Nancy Taube (10-2022), *president*
Thom Allen (10-2022), *treasurer*
Karen Hodges (10-2024), *vice president*
Michelle Teti(10-2024), *secretary*
Allan Benjamin (10-2022)
Greg Blomquist (10-2024)
Andy Emerson (10-2023)
Larry Flynn (10-2023)
Ryan King (10-2023)

WEBMASTERS: Hugh and Andy Emerson
CTC WEB SITE: columbiatrackclub.com
FACEBOOK: facebook.com/columbiatrackclub

CTC NEWSLETTER EDITOR:
Andy Emerson:
columbiatrackclub@gmail.com

CTC publishes a newsletter 4 - 5 times per year.

The next issue will be sent in March. The deadline for submissions will be March 11, 2022.

25 YEARS AGO - continued

1996

October 26, 1996 Paws & Stripes Forever 5k: 252 finishers plus a few unnamed dogs for this one 1. Matthew Peters15:37, 2. Andy Compton 15:41, 3. Welch Suggs 4. Willyy Heinrich 19:15 . . . .Bob Elliot 18:27, Don Granberg 18:22, Kevin Stock 18:48, Andy Emerson 19:06, Jay Hasheider 18:23, Richard Nistendirk, 56, 18:24, Hugh Emerson 20:34, Gary Gundy 20:58, Don Waltman , 61, 21:27, Joe Golfarb, 56, 21:37, Joe Duncan 62, 21:61, Joe Marks, 50, 22:43, Kevin Tyler 23:59 FEMALE; 1. Paula Rubenstiein 17:34 . . . .Lisa Wells 19:47, Debbie Heifner, 21:49, Andrea Woods 25:10, Linda Vogt 29:23 and a host of others.

November Thanksgiving Day 5K, Moberly: Several CTC runners of a field of 112 : Birgitta Hessler was 2nd overall, women,l at 20:52, then the following grabbed a first in their respective age groups: Cammy Ronchetto 30-39W 23:32, Andrea Woods 50-59 W 27:55, Chris Cook 19-24M, 17:59, Mark Wilson 30-39M 17:40, Dick Hessler 50-59 M 19:10, Don Lewis 60+M 231:25

December 7,1996 Jingle Bell 5K: 1. Scott Foster 15:37, Lucas McMillen. . . . . .Scott Rubenstein 16:14, Paula Rubenstein, 1st F 17:01, Simon Rose 17:41, Lisa Wells 2nd F 18:55, Lisa Burger 3rd F 18:57, Dan Schuppan 18:51, Tom Highland 18:52, Marie Marchbank18:52, Carl Myers 18:55, Don Waltman 20:05, Matt Foster 21:53, Andrea Woods 22:21, Jennifer Tyler 23:36, Kevin Tyler 23:37, Jeanelle Twillman 26:08, Linda Vogt 28:56 93 finishers

50 YEARS AGO

1971

Fall, 1971 Hard on the heels of his remarkable 100 mile walk in Brewer Fieldhouse, Larry Young, looking ahead to the Munich Olympic Games, didn't miss a beat, engaging in five competitions before the end of the year:

1. October 3: A win for the USA over Canada in a 50K walk in Lake Placid, NY. Young had a winning time of 4:28:58.

2. October 16: Senior National 40K walk in Kansas City's Swope Park,, first place, 3:29:18. Three members of the Mexican National Team were in the field.

3. October 24: Senior National 15K walk Des Moines, IA: For this short race, Young was not at his best, but still had a PB for 15K., He finished 4th (1:07:54); Jose Oliveres, Mexico, winning with 1:06:23.

4. October 30: Back home at Hickman Track, the MVAAU 30K, very hot (over 80), humid and windy (gusts up to 35-40 MPH). Young walked six miles at 8:10 pace, then slowed to the finish averaging about 8:30 per mile overall giving a final 2:39:43.

5. November 14: MVAAU 50K Walk on a one mile lap at the Renz Prison farm, Jeff City. With a time of 4:30:59 Young set a MVAAU 50K record beating his Dad's (Bob) time of 5:21:40 on the same course. Larrry was out at 9:00 pace with Paul Ide, for 10 miles. He and Ide then did two miles in 17:30. Now getting serious, Young ripped off 8 miles in 66 minutes, then went to an 8:50 pace to the finish.

50 YEARS AGO - continued

1971

October 10, 1971 Two-Mile XC; 1. Bob Brouillet 9:38, 2. Linley Lipper NEMO State, now Truman State (also Kahoka,MO, Joe Duncan's home town) 9:45, 3. Dennie Stewart 9:59, Tom Logan, NEMO 10.10. . . .. .Ken Ellingwood, Ben Londeree 11:08, Whitney Hicks,11:12, Mike Chippendale 11:58, Joe Duncan 12:12 , Dave Schulte 15:51 23 finished

Londeree came to MU as an Exercise Physiology professor, by way of Defiance College, Defiance , Ohio and Purdue University. He was a mentor to many PhD candidates, including,most notably, Tom LaFontaine. After his CTC debut , at age 37, in the September '71 HOA, he had a stellar career in dozens of races over a 30 year span. His HOA performances were noted in the last newsletter.

October 17, 1971 Another 2-Mile XC, same course Nickell Park: 1. Brouillet. again 9:53, 2.Ellingwood 11:02, 3. Londeree 11:08, 4.Hicks 11:19, 5. Chippendale. . . . . Schulte 15:18, Beth Londeree, 13, 15:41, Judy Londeree, 11, 16:06

October 23, 1971 Different course, still a 2-mile XC, but tougher, MU's Gustin: Same results, Brouillet, once again a winner: 10:09, then Ellingwood 10:54, Londeree,11:04, Doug Williamson, an Australian MU student, 11:38, Chippendale 11:48, Don Granberg 12:08, Rob Spier, 49, a race walker, in a rare running race 15:08, Schulte 15:54.

October 11, 1971 Annual CTC meeting: The 50 cents per race we had been charging was discontinued, being replaced by annual dues of $3.00 per family.

November 20, 1971:2-Man 6-Mile Relay, Hickman Track, each team member running 3 alternate miles; 1. Williamson/Chippendale: 4:56,5:46, 5:30/5:38, 5:52, 5:49=33:31; 2. Art Fleming/Duncan 5:13, 5:38, 5:37/5:39, 6:01, 6:06=34:14 3. Londeree/Schulte 4:55, 5:25, 5:16/6:45, 7:26/ 7:28=37:15; then we had Denney and the Kids: Dan Duncan, 12, Greg Stickney, 11, Doug Duncan 11/Dennis Stewart: 8:07, 8:21, 8:08/ 4:41, 5:02, 4:54=39:13 Stewart's total time of 14:37 was under his record total of 15:22 from last year, although no doubt he was aided by the two rest breaks of 8:00+ miles by the kids.

December 4,1971: 3, 2, 1 Triathlon,Hickman Track: 1. Londeree, 17:06, 11:22, 5:13, Hicks 17:51, 11:58, 5:23, Chippendale 18:32,12:26, 5:57, Duncan 18:36, 12:29, 6:03.

December 18, 5,000 Meter Run, Hickman: 1. Stewart 16:08, Bill Wirtz 16:41, Londeree 17:26, Hicks 17:46, Chippendale 18:38, Duncan 1912, Granberg 19:38, Dick Hessler 21:43. Don't let Hessler's time fool you. This was his 2nd CTC race after a DNF in his CTC debut on the Gustin XC course. Until recently Dick was an elite competitor in, probably, a few hundred races around the Midwest. Witness his many terrific performances in 11 HOAs: His first one 3:33:03, '72. His only other 3:00+ were 3:03:55 the next year and a 3:38:11, age 54, he ran with Angela in 1995. Between those two HOAs he had eight under 3:00: two under 2:40, and four in the 2:40's. For 50 years, and counting, the Hessler family has been dedicated leaders of the CTC running scene especially with the CTC Colts and the Wednesday evening summer program for the kids. Remarkable!

Colts Youth Cross Country 2021 Season Review

The Colts youth cross country team returned with a vengeance in 2021 after a COVID-induced hiatus last Fall. We had 19 athletes from 11 families representing Columbia Track Club in weekend meets around central Missouri in September and October. The Colts run in the Central Missouri Athletics Circuit (CMAC), which follows age divisions and race distances used by the Cross Country Coaches National Youth Championship (CCCNYC): 6-8 years olds run a 2K, 9-10 year olds run a 3K, 11-12 year olds run a separate 3K race, and 13-14 year olds run a 4K usually as 2 laps of the 2K course. There were five CMAC meets held at Beulah Ralph Elementary School, Fulton High School, Moberly's Rothwell Park, and California High School. The CMAC Championship meet was scheduled for Lange Middle School but was canceled because of storms - an unfortunate first in the history of the league.

Meets are scored in the traditional cross country style of "points for finishing places" of a team's top 5 runners with low scores being best. Our Colts were spread too thinly across the age and gender divisions such that we were not scored in any meets. However, individual medals or ribbons are given to the top 10 or so finishers depending on the meet. Half a dozen of our athletes won individual awards at one or more meets this season (Chloe, Sage, Harper and Paxley Allen, Weston Pingrey, and Niall Blomquist). CMAC invites interested runners from the league to join into the CMAC All-Stars team that competes in two post-season meets in November. We had six Colts run the regional meet by the Meramac River in Fenton, MO and the CCCNYC National meet on the rolling bluegrass hills of Paris, KY. The national meet included competition traveling from as far away as Alaska. Some highlights there were twin sisters Paxley and Harper Allen winning the national champion and runner-up titles for the 6 year old girls and their older sister Sage Allen climbing the podium as 17th in the nation for 9 year old girls. Clearly, we have some *exceptionally* speedy Colts!

Paxley Allen (#1154) and Harper Allen (#1152) about half a mile into their 2km race in California, MO.

Sage Allen and Inara Blomquist in their starting box for the California meet.

As fantastic as these accomplishments are, we have been delighted by the smiles and positive attitudes the Colts and their families brought to practices and meets during the season. Our main purpose with the Colts is to nurture life-long runners by having fun! Runners know that being active is fun, learning the amazing things our bodies can do is fun, and doing it with a supportive group of teammates is especially fun. Colts practices will start up again in mid-August 2022 on Monday and Thursday evenings at Stephens Lake or Cosmo Park. We invite any interested 6-14 year olds to come and join us for as many practices and meets as you like. The only cost is a family track club membership. *Go Colts!*

— Greg & Rachel Blomquist, CTC.ColtsXC@gmail.com

Colts ready for the Beulah Ralph meet. Back row: Chloe Allen, Sage Allen, Inara Blomquist, Mollie Kimbel, Middle row: Harper Allen, Paxley Allen, Bensynn Larson, Elsa Fuller, Front row: Tyler Williams, Niall Blomquist. Not pictured: Willow Jambazian, Weston Pingrey, Daphne Foster, Michael Cox, Gweneviere Benson, Alice Kimbel, Stella, Simone, and Sydney Potter.

Columbia Track Club Cheese and Sauerkraut 10-Miler - McBaine Katy Trailhead
USAT&F Certified Course MO20011MU
December 4, 2021

For the first time since Jan. 22, 1975, the Cheese and Sauerkraut 10-Miler was contested on a certified course, thanks to Tom May. The current course, measured with a wheel and GPS watch, turned out to be 105 feet long. This December 4th, it was an honest 10 miles. We had nearly perfect conditions with clear skies, minimal wind, and temperatures in the low-40s F. The perfectly flat and dry 105 feet shorter course made this race a good bet to see some CTC and possibly Missouri state road racing records fall. Thus, I made sure to engage the help of a handful of CTCs best and brightest members to help ensure that this race lived up to its 47-year reputation for quality runner support. Anne Hessler purchased a bountiful selection of fine cheeses and a jar of sauerkraut, Nancy Rezabek baked some tasty goodies, Thom Allen kept a computerized real-time accounting of predicted vs. actual times, Tony Taube ran a backup Seko timer, while Nancy Rezabek and Randy Gay managed the order of finishers. The occasional distant shotgun blasts kept the support crew awake and served as a reminder of how little has changed with this race over all the years.

Dick Hessler, Andy Emerson (cheese winner)

Luis Occena (sauerkraut winner), Thom Allen

A few Columbia Track Club records were broken! Nancy Taube set a new women's 60-69 record with a 1:20.29, beating the previous record of 1:41.07 set in 12-09-89 by Elizabeth (Boots) Gerhardt. That was the same race that Nancy Fritsch ran 1:27.37 in to set the 50-59 record that still stands. Dan Edidin set a new men's 50-59 record by running 1:03.13, beating the old record of 1:05.28 set in 12-11-93 by Dick Hessler. Kent Lang set a men's age-59 Missouri State 10-mile road record with his 1:04.14, beating Chris Bierman's old mark of 1:08.45 set in 2018. Dan was close to the current MO state record for age 53 set by Richard Leiboult @ 1:00.41 in 4-17-2010. Our own Tom May has the 54-age record of 1:02.33, so Andy and Dan have that to challenge next year.

- Dick Hessler, Race Director

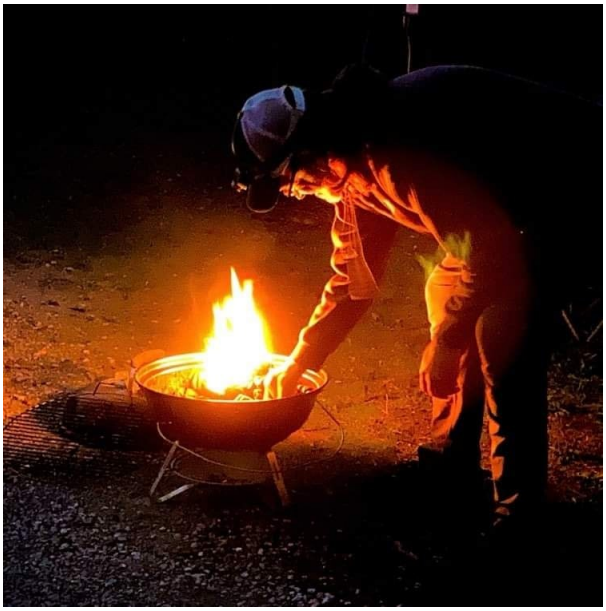
CONGRATULATIONS, Tom May!
MO Cowbell half marathon 1:21:56 16th place (set state record for age 55)
Bass Pro Cohick half 1:20:15 5th place (set state record for age 55-59)

2021 Cheese & Sauerkraut 10 Mile Prediction Run

Sorted by **actual time**						
Place	**First Name**	**Last Name**	**Age**	**Predicted HH:MM:SS**	**Actual HH:MM:SS**	**Difference MM:SS**
1	Takashi	Murashita	43	1:06:00	1:02:34	03:26
2	Dan	Edidin	53	1:05:00	1:03:13	01:47
3	Kent	Lang	59	1:08:45	1:04:14	04:31
4	Andy	Emerson	53	1:09:00	1:09:05	00:05
5	Kenny	Williams	40	1:16:00	1:12:33	03:27
6	Todd	Thompson	57	1:17:00	1:16:46	00:14
7	Art	Witte		1:18:00	1:19:32	01:32
8	Nancy	Taube	61	1:22:00	1:20:29	01:31
9	Steve	Stonecipher-Fisher	65	1:18:00	1:20:32	02:32
10	Ann	Koenig	48	1:22:00	1:20:36	01:24
11	Erin	Schliep	37	1:22:00	1:20:37	01:23
12	Kimberly	Earnest	41	1:22:00	1:22:20	00:20
13	Kurt	Kennett	53	1:28:00	1:26:19	01:41
14	Hugh	Emerson	64	1:30:00	1:29:24	00:36
15	Fred	Koenig	49	1:40:00	1:29:24	10:36
16	Kathy	Occena	58	1:45:00	1:34:56	10:04
17	John	Korte	48	1:36:00	1:37:58	01:58
18	Lisa	Wells	58	1:40:00	1:37:59	02:01
19	Kelly	Sabulsky	59	1:35:00	1:40:50	05:50
20	Paula	Rawlings	57	1:39:00	1:41:47	02:47
21	Luis	Occena	62	2:10:00	1:58:00	12:00
	Evan	Miller		1:30:00		
	Jess	Miller		1:30:00		

Sorted by **accuracy of prediction**						
Place	**First Name**	**Last Name**	**Age**	**Predicted HH:MM:SS**	**Actual HH:MM:SS**	**Difference MM:SS**
1	Andy	Emerson	53	1:09:00	1:09:05	00:05
2	Todd	Thompson	57	1:17:00	1:16:46	00:14
3	Kimberly	Earnest	41	1:22:00	1:22:20	00:20
4	Hugh	Emerson	64	1:30:00	1:29:24	00:36
5	Erin	Schliep	37	1:22:00	1:20:37	01:23
6	Ann	Koenig	48	1:22:00	1:20:36	01:24
7	Nancy	Taube	61	1:22:00	1:20:29	01:31
8	Art	Witte		1:18:00	1:19:32	01:32
9	Kurt	Kennett	53	1:28:00	1:26:19	01:41
10	Dan	Edidin	53	1:05:00	1:03:13	01:47
11	John	Korte	48	1:36:00	1:37:58	01:58
12	Lisa	Wells	58	1:40:00	1:37:59	02:01
13	Steve	Stonecipher-Fisher	65	1:18:00	1:20:32	02:32
14	Paula	Rawlings	57	1:39:00	1:41:47	02:47
15	Takashi	Murashita	43	1:06:00	1:02:34	03:26
16	Kenny	Williams	40	1:16:00	1:12:33	03:27
17	Kent	Lang	59	1:08:45	1:04:14	04:31
18	Kelly	Sabulsky	59	1:35:00	1:40:50	05:50
19	Kathy	Occena	58	1:45:00	1:34:56	10:04
20	Fred	Koenig	49	1:40:00	1:29:24	10:36
21	Luis	Occena	62	2:10:00	1:58:00	12:00
	Evan	Miller		1:30:00		
	Jess	Miller		1:30:00		

Thursday Night Trail Races - Fall 2021



Shawn Goertz organized 5 Thursday Night Trail Races. The first was held on September 16 at Three Creeks Conservation Area. The next 3 were on different courses at Rock Bridge State Park with the final race (including post-race potluck) being held on October 14 at Three Creeks.

All races were free and open to the public. The TNTR sponsors the Wagon Wheel aid station at Rock Bridge Revenge each hear. To stay up to date on Spring TNTR, join the Thursday Night Trail Races Facebook group or email columbiatrackclub@gmail.com for more information. Race results are available on the TNTR group.

Photos (credit Sam Wells) from the final race at Three Creeks on October 14

63rd Annual Heart of America Marathon and 3rd Annual Fun Team Relay Labor Day – Sept 5th, 2022

Registration for the 63rd Annual Heart of America Marathon and the 3rd Annual Fun Team Relay to be held Labor Day, Monday, September 5th in Columbia, MO will open on Valentine's Day, February 14th, 2022!

Look for more information to come in January. Start thinking of your marathon plan, putting your team together, or where you'd like to plug in to volunteer! Email CoMoHeart1960@gmail.com with questions.

Rock Bridge Revenge 25K/50K, October 8, 2022

Registration for Rock Bridge Revenge opens on January 1, 2022 on UltraSignup. The course is 100% single track trail with a variety of terrain and creek crossings. The 25K is one loop on the Devils ice Box Trails, cross over Hwy 163, and one loop on the Gans Creek Wild Area Trails. The 50K is 2 loops of the 25K course. The time limit is 8 hours.

This race typically fills up so don't miss out!

Runner's Choice 10K/20K - March 5, 2022

If you enjoy trail running or would like to try a trail race for the first time, consider the low cost Runner's Choice. The race has been a 10K/20K trail race at Rock Bridge State Park since 2019. We are hoping to expand participation this year. Registration will open on RunSignUp in January. The cost will be $10.00 and entrants will receive the coveted beanie cap. This race is also perfect for those running the ROC 7K in January or the Stonegrinder 7K in February to build up to a longer distance in March.

Join the CTC Colts Facebook page and check out the latest news and photos!

Columbia XC Colts Track Club

2022 Columbia Track Club Schedule

Date	Time	Event	Fee	Race Director	Start Location
Feb 19	9:00 am	**Nut Race 5K (46th annual)**	$10 for non CTC member	Dick & Anne Hessler, *874-2906, hesslerr@missouri.edu*	Reactor Park
Mar 5	9:00 am	**Runner's Choice Trail Run 10K/20K**	$10 (beanie cap included)	Lisa Wells, *446-0717, lisawellslisa@aol.com*	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Apr TBD	TBD	**Thursday Night Trail Races** *facebook.com/groups/thursdaynighttrailraces/events*	$0	Shawn Goertz, *sirshawn1972@gmail.com*	Various locations—Rock Bridge State Park, Three Creeks
Jun TBA	5:45 pm	**Summer Youth Program (48th annual)** (five Wednesdays)	$5 for all 5 weeks $10 per family	Dick Hessler, *874-2906, hesslerr@missouri.edu*	Rock Bridge High School Track
July 4	7:30 am	**Memorial Freedom Run 4-Mile (28th annual)** *www.facebook.com/pppfreedomrun*	Shirt fee	Newell Kitchen, *228-0879, kitchenn@missouri.edu*	Boone County Government Center
Aug 6	7:00 am	**Great Sandbagger 5 mi (52nd annual)**	$0	Tony Taube, *239-6920, taubetony@gmail.com*	Katy Trail at McBaine
Aug TBD	5:00 pm	**CTC Colts Cross Country** ***facebook.com/CTCColtsCC***		Rachel & Greg Blomquist, *CTC.ColtsXC@gmail.com*	Stephens Lake & Cosmo
Sept 5	6:00 am	**Heart of America Marathon & Relay (63nd annual)** *facebook.com/heartofamericamarathon*	Marathon— $TBD until 7/4 $TBD after 7/4 $TBD after 7/31 Relay— $TBD until 7/4 $TBD after 7/4	Kathy Lee, *comoheart1960@gmail.com* Larry Flynn *flynnlj10@gmail.com*	Boone County History and Culture Center/Nifong Park
Sept TBA	TBD	**Thursday Night Trail Races** *facebook.com/groups/thursdaynighttrailraces/events*	$0	Shawn Goertz, *sirshawn1972@gmail.com*	Various locations—Rock Bridge State Park, Three Creeks
Oct 8	50K— 7:00 am 25K— 8:00 am	**Rock Bridge Revenge 25K/50K** ***www.facebook.com/rockbridgerevenge***	$50	Shawn Goertz, *sirshawn1972@gmail.com*	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Oct TBA	1:30 pm	**CTC Annual Meeting and Member Appreciation Party**		taubenancy@gmail.com	Bethel Park, Ficklin Shelter
Dec 3	8:30 a.m.	**Cheese & Sauerkraut 10-Mile (47th 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.

Join our Facebook page— facebook.com/columbiatrackclub

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

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