

# COLUMBIA TRACK CLUB

## Notes & News



Volume LVI No. 2 May 2023

### CTC Summer Youth Program

The CTC Summer Youth Program will take place every Wednesday for 4 weeks starting June 7. For more information and to preregister, see [runsignup.com/Race/MO/Columbia/CTCYouthProgram](https://runsignup.com/Race/MO/Columbia/CTCYouthProgram). A printable [PDF](#) is available but please preregister at RunSignUp.

This program has been a part of summer in Columbia for over 50 years. We don't dare to advertise it; we couldn't handle the crowd. Many of the participants come with their parents and grandparents who warmly remember their first ribbon, or the child who always beat them, until their effort made them the winner.

All of us have busy lives, and donating your time for four Wednesdays in June may seem like a lot. If so, consider coming one or two nights, and keep your vacation plans.

Volunteers should arrive about 5:45 p.m. and the clerks and starters move things along so everyone can leave by 8 p.m.

INDUCEMENT: If you have volunteered before, or would like to join us this year, we invite you to join us on Tuesday, June 6<sup>th</sup>, at Arris Pizza, 1020 E. Green Meadows Rd., (next to Kohl's), 5:30-6:30 p.m. for the Volunteer Appreciation Dinner.

Thanks for your help!

Anne and Dick Hessler



### Heart of America Marathon

**Early bird pricing ends May 28!**  
**\$75 marathon**  
**\$50/person relay team**

**Sign up at:**  
[HeartofAmericaMarathon.com](https://HeartofAmericaMarathon.com)



### Upcoming Events

See Page 19 and the [CTC website](#) for more event info:

**[Go Girl Run Half Marathon and 5K](#)**  
June 4, 2023

**[CTC Summer Youth Program](#)**  
June 7, 14, 21, 28, 2023

**[In2Action Trail Run - Half Marathon/3 mile](#)**  
June 10, 2023

**[Hope for Heroes 5K](#)**  
June 10, 2023

**[Mighty Mo Relay](#)**  
June 10, 2023

**[Show Me State Senior Games Track](#)**  
June 10, 2023

**[Show Me State Senior Games 5K Race/Walk](#)**  
June 11, 2023

**[Parley P Pratt Freedom 4 Mile/1 Mile Walk](#)**  
July 4, 2023

**[Show Me State Games Track & Field](#)**  
July 22 - 23, 2023

**[Show Me State Games Cross Country 2K/5K](#)**  
July 29, 2023

**[Show Me State Games 5K/10K](#)**  
July 30, 2023

**[Great Sandbagger 5 mile](#)**  
August 5, 2023

**[Heart of America Marathon & Fun Team Relay](#)**  
September 4, 2023

*-continued page 2*

## Thoughts from the President

Another hot, humid Missouri summer is coming fast for us. We'll sweat just by stepping outside and stick to any surface we perch on. Water can't be cold enough and that person in math problems buying 50 watermelons will seem reasonable. While I love indulging in the time-honored tradition of justifying my pace and splits with how muggy it is outside, I'll take a break to talk about a different kind of running tradition.

This weekend, Joe Duncan will take on the men's Missouri age 88 record for the mile. He helped found CTC and served as its first president, among many contributions to our sport. I hope that by the time you read this, there's a new record for a spry 87-year-old man to set his eyes on.

In a few weeks, the youngest CTC participants will take to Rock Bridge High School's track for our summer youth series. They may not realize that just across the street and only a couple weeks prior, a man 10 times their age was still pushing himself and still chasing records. Kids just starting to fall in love with our sport may not realize how close they are to a lifetime of the highs and lows running provides.

All running careers have a poetic arc. Some are short, like your coworker who trained for one 5k and never ran again and some are lifelong, like Joe. Some stutter-step their participation throughout a lifetime. Most of us won't raise the ceiling by setting records but we all raise the floor by showing up. Even if we complain about the weather the whole time.

Beth Kelly

### Congratulations to Beth Kelly! Cocodona 250 (miles) finisher!



### Upcoming Events - continued

**Do Hard Things 5K & 9.11 Mile Ruck & Run**  
September 9, 2023

**Tree Line, Betsy Ferris**  
**Memorial Run 5K, 10K, Half Marathon**  
September 30, 2023

**Rock Bridge Revenge 25K/50K Trail Runs**  
October 14, 2023

**Bear Creek Half Marathon**  
October 29, 2023

**Flat Branch 50K, 100K**  
November 4, 2023

**Turkey Trax 5K**  
November 23, 2023

**Thanksgiving Day Pie Run 5K/10K**  
November 23, 2023

**Cheese & Sauerkraut 10 mile**  
December 9, 2023

### CTC BOARD OF DIRECTORS/TERM EXPIRES:

Beth Kelly (10-2023), president  
Karen Hodges (10-2024), *vice president*  
Ryan King (10-2023), *treasurer*  
Allan Benjamin (10-2025)  
Greg Blomquist (10-2024)  
Larry Flynn (10-2023)  
Becky Hennessy (10-2025)  
Jim Lootens-White (10-2024)  
Nancy Yaeger (10-2025)

WEBMASTERS: Hugh and Andy Emerson

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

FACEBOOK:

[facebook.com/columbiatrackclub](https://facebook.com/columbiatrackclub)

CTC NEWSLETTER EDITOR:

Andy Emerson:

[columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com)

CTC publishes a newsletter 4 - 5 times per year.

The next issue will be sent in July. The deadline for submissions will be July 21.

## Looking Back —

By Joe Duncan

### 25 YEARS AGO

#### APRIL and MAY 1998

**April 18, 1998 Human Race XX Five Miles:** 1. Marc Keys 28:52, 2. Steve S-F 41, 28:56, 3. Jeff Mittelhauser 41, 29:40  
 . . . . . 6. Chris Cook 30:09, Willy Heinrich 30:37, Steve Bourgeois 31:36, Dick Hessler 56, 32:34,  
 Curt Kempf 33:38, Jay Hasheider 49, 34:53, Michelle Hawks, 1st F 35:33, Dick Madsen Madsen 56, 35:38,  
 Steve Pagan 17, 36:28, Richarad Nistendirk 57, 36:29, Jana Shortal 2nd F, Lisa Burger 3rd F 37:09,  
 Joe Goldfarb 57, 38:35, Elaine Foster 46, 39:45, Maureen O'Hare 40:37, Donna Romans 50, 40:45,  
 Joe Duncan 63, 41:07, Amy Gundy 45:51, Angela Woodland 41:54, Don Waltman 62, 41:58,  
 Phil Wood 57, 42:06, Bob Humphreys 72, 42:51, Wendell Wilson 57, 43:49, Laura Wells 57, 45:17,  
 Georgia Morehouse 64, 47:22, Wendy Evans 49, 52:37, Boots Gerhardt 77, 64:29 142 finishers

**April 25, 1998 Show-Me Stampede 5K:** 1. Marc Keys 16:44, 2 Michelle McFadden 1st F 17:23, 3. Chris Cook 17:52,  
 . . . . . 5. Steve Bourgeois 18:45, Curt Kempf 20:36, Steve Pagan 2:45, Hugh Emerson 40, 23:55,  
 Joe Duncan 63, 24:48, Jeff Wells 24:54, Don Waltman 62, 25:12, Wendell Wilson 57, 25:16,  
 Bob Humphreys 71, 25:49, John Kruse 26:23, Andrea Woods 30:00, Jeanelle Twillman 65,  
 Barney Sword 66, 31:50, Boots Gerhardt 77, 36:00 54 finishers

**THE CTC RUNNER PROFILE of APRIL, 1998** was that of Steve Stonecipher-Fisher. It was noted therein that he had the following PRs: 5k: 14:13.8, track, 14:54, road; 10K 29:41.8t and 29:38.7r; Marathon 2:16:35  
 In 1973 he won two High School Missouri State Championships: Mile 4:24.4, Two Mile: 9:16.3  
 College ( MU) PRs: Mile 4:11.2, 2-Mile 8:57.8, 5K 14:13.8, 3000m Steeplechase 8:54.2,  
 10,000m 29:41.8 a Mizzou Indoor record which stood for many years.  
 Post college: five sub-2:20 marathons, 1984 Olympic Trials Marathon, 40th place  
 25 years ago Steve was 41. Since then he has continued running, winning many races, usually the top 40+.  
 He has won three Heart of America Marathons: 1980 2:35:32, '88 2:33:38, '91 2:54:09.

**May 9, 1998 Spring Couples 4 Miles:** 1. Willie Heinrich 23:24, Mark Hosler 23:54, Steve Pagan 28:03,  
 Kevin Woodland 30:02, Angela Woodland 31:25, Joe Marks 34:41, Terra Henry 39:38, Chad Sapp 39:39,  
 Georgina Gonzales 40:36, Boots Gerhardt 47:55 15 gift certificates for dinner at the Blue Cactus Cafe  
 to Sapp-Henry under 50, combined ages, 50-100 Heinrich & Heinrich, over 100 Marks-Gonzalez.

### 50 YEARS AGO

**March 3, 1973 MVAU 30K Championship:** 1. Loren Moes, Lakota, IA 1:46:59, 2. Bob Creighton, Atwood, KS  
 3. Dick Hessler, 2:00:28 . . . Ben Londeree 2:06:29, Joe Duncan 2:21:16, Ralph Anderson, 40 2:47:20  
 Third in a row MVAU title for Moes and a 30K record lowering his '71 record of 1:47:38

**March 10, 1973 Indoor (Hearnes)because of an inch of water on Hickman Track: 3 mile Run:**

1. Dennis Stewart 4:23, 2. Ben Londeree 4:56, 3. Mike Schmidt 5:01, 4. Mike Chippendale 5:02,  
 5. Dick Hessler 5:08, 6. Joe Duncan 5:34, 7. Don Johnson 44, 5:59, 8. Bob Baker 6:18, 9. Dave Schulte 6:18  
 10. Doug Duncan 12, 7:12

**The Mile Walk:** 1. Dave Leuthold 26:53 first time ever under 9:00 pace, even for a single mile  
 2. Joe Duncan 27:42, 3. Leonard Busen 29:33, 4. Don Johnson 34:58

## 50 YEARS AGO - continued

## March 26, 1973 2-Person, 6-Mile Run/Walk Relay:

	Team Time	Run Miles	Walk Miles	
1. Stan Smith/Dave Eidahl w:	37:54	4:55, 4:51, 4:51	7:57, 7:43, 7:57	Des Moines/Richland, IA
2. Ben Londeree/Art Fleming w	40:37	4:59, 5:13, 5:12	8:24, 8:32, 8:17	
3. Bob Young/Larry Young w	41:03	6:12, 6:21, 6:27	6:57, 7:29, 7:37	Father/Son
4. Dennis Stewart/ Rob Spier w	43:39	4:37, 4:47, 4:47	9:46, 9:55, 9:47	
6. Janet Leuthold, 13/Dave Leuthold w	45:18	5:52, 6:19, 6:28	8:44, 8:54, 9:01	Daughter/Father
10. Joe Duncan/John Leuthold, 8 w	51:44	5:43, 6:00, 6:01	11:06, 12:13, 10:41	
12. Don Johnson/Carolyn Leuthold	56:06	5:48, 6:22, 6:25	12:28, 12:35, 12:28	

The team record for this event is 34:53 set by Mike Kelly/ Larry Young in 1972

**April 7, 1973 Two Mile Run:** 1. Londeree 10:29, 2. Chippendale 10:44, 3. Jules DeCoster 11:07. . . .Hessler 11:08, Johnson, 44, 12:39, Doug Duncan, 12, 15:55, 14 others,

**April 14, 1973 MVAAU One Hour Walk Championship:** 1. Larry Young 7 miles, 801 yards, 2. Augie Hirt, 7-545, 3. Paul Ide 7-6, 4. Art Fleming 6-577 5. Bob Young, Larry's Dad 6-417. . . . .Dave Leuthold, 40, 6-151 Rob Spier 50, 6-14, Janet Leuthold, 13, 5-529 A leisurely walk for Young after his 50K '72 Olympic Bronze

**April 21, 1973 Kansas Relays:** Ben Londeree, 38, 5th Masters 35+ Mile Run 4:39:3, Dick Hessler, Marathon 3:00:05 The Masters Mile had been age 40+, but in '73, Jim Hershberger, a KU alum oliman, donated money for a new state

of the art track surface. In return he requested the Masters Mile be age35+ since he was only 36. He won.

## April 28,1973 Run-Walk Penthalon:

	Total Points	2-Mile Walk	880 Yard Run	One Mile Walk	2 Mile Run	220 Yard Dash
1. Stan Smith Des Moines, IA	2790	18:02	2:04.6	7:33	10:03	25.4
2. Dennis Stewart	2486	18:27	2:01.9	9:17	10:00	24.0
5. Ben Londeree	1497	---	2:08.5	---	10:45	28.2
7. Joe Duncan	1362	17:55	2:35	8:58	12:29	30.3
8. Dick Hessler	1222	---	2:19	---	11:52	27.6
9. John Wilson	1158	---	2:22	---	11:56	27.7
10. Don Granberg	1153	---	2:24	---	11:12	29.2
11. Tom Kilburn	1140	---	2:22.1	---	12:05	---
12. Don Johnson	936	16:48	2:32	10:41	12:31	29.0
15. Ralph Anderson	711	22:29	2:39	11:21	13:19	29.4
24 competitors	---indicates did not choose to do that one Points were from the Purdy Tables					

**May 19, 1973 12 Mile Run** 1. Don Williams Ft. Leonard Wood 1:12:39 2. Dick Hessler 1:13:27 PB by 8 minutes, 3. Ben Londeree 1:13:35, 4 tie Don Granberg & Mike Chippendale 1:18:07, 6. Lt. Col. Rex Frazer Ft. Wood 7. Joe Duncan 1:24:08, 8. Tom Kilburn 1:25:09, 11. Leonard Busen St. Louis 1:33:32 13 Ralph Anderson 1:33:56



## The 64th Annual Heart of America Marathon and 4th Annual Fun Team Relay

*Presented by Boone Health*



What will you do on Labor Day, 2023?

Will you run the 64th Annual Heart of America Marathon? Will you form a team and run the 4th Annual Fun Team Relay? Will you volunteer?

Whatever you decide, make plans now to be at the start line in front of the Boone County History and Culture Center in Columbia, MO Labor Day, Monday, September 4th, 2023.

Be a part of the 2nd oldest continuously running in-person marathon in the country! Enjoy hometown flavor with partners like Cooper's Landing, Pierpont General Store, and Veterans United!

Registrations for the popular fun relay team are limited to the first 50 teams.

The early bird pricing (\$75 marathon & \$50/person relay team) ends Memorial Day. Sign up today at: <https://www.heartofamericamarathon.com/>.

**Not running? We need volunteers!** Help this historic tradition continue! We'll have sign up available on Sign Up Genius again this year. Look for the link coming to your email soon.

There will be free Shakespeare's Pizza and a whole lot of appreciation for our volunteers.

If you have questions or would like to volunteer, you can also email [CoMoHeart1960@gmail.com](mailto:CoMoHeart1960@gmail.com).



## Three Creeks Torrent Trail Runs

[Three Creeks Torrent Trail Runs](#) lived up to its name in its inaugural race in March 2023. The race, located just south of Columbia at Three Creeks Conservation Area, consisted of a ten-mile loop that runners could run either once, twice, or three times. There were up to eleven creek crossings, depending on who was counting, along with rocks, roots, and other obstacles.

Leading up to race day, the sold-out field of runners endured rumors of snowy, cold weather, but ultimately all that came was rain. This rain filled up all creek crossings with chilly water in the days prior to the race, and precipitation fell briefly during the race in the form of a cold, light mist.

Ultimately, runners had challenging but runnable conditions. And with generous volunteer support from Columbia Track Club and CoMo Trail Association (to which this race director is forever indebted), the winners of each race set times that will be very difficult to beat in future races. Look for this race to happen again in March 2024!

Ryan King

[Race Results](#)

[Facebook Page](#)



[More Photos](#)



## One MO Mile

CTC members and friends joined, charter member, Joe Duncan as he raced on Sunday, May 21 to etch his name in the [MO State Records](#) for the 88 year old male 1 mile record before he turns 89 on May 24th. Joe indeed set the record and we also had 7 others (highlighted in yellow) set state records and a few near misses.  
—Tom May, Race Director

### One MO Mile

Timers Thom Allen

USATF Course # MO20006MU Columbia, MO

Dick Hessler

21-May-23 noon

71 degrees at start

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>City</u>	<u>State</u>
1	Sean Keys	4:48.1	17	Columbia	MO
2	Marc Keys	5:37.1	60	Columbia	MO
3	Katie Hauser	5:40.3	41	Columbia	MO
4	Tony Rigdon	5:50.6	50	Columbia	MO
5	Kent Lang	5:52.6	60	Sedalia	MO
6	Scott Skinner	5:57.0	43	Hartsburg	MO
7	Mariana Morales-Quinones	6:47.9	40	Columbia	MO
8	Kurt Kennett	6:54.8	55	Columbia	MO
9	Niall Blomquist	7:13.3	8	Columbia	MO
10	Katy Young	7:17.2	12	Columbia	MO
11	Allision Skinner	7:40.2	13	Hartsburg	MO
12	Rachel Blomquist	7:43.7	44	Columbia	MO
13	Kevin Tyler	7:57.9	67	Centralia	MO
14	Len Rideout	7:59.3	60	Chatham	IL
15	Max Young	8:10.2	10	Columbia	MO
16	Darrin Young	8:10.6	56	Columbia	MO
17	Inara Blomquist	8:54.1	11	Columbia	MO
18	Dan Duncan	9:24.0	63	Harrisburg	MO
19	Melanie Sapp	9:24.5	36	Columbia	MO
20	Corey Sapp	9:26.7	34	Columbia	MO
21	John Duncan	12:00.6	34	Columbia	MO
22	Alli Worley	12:01.1	32	Columbia	MO
23	Tanya Atanasore	14:44.4	53	Harrisburg	MO
24	Joe Duncan	15:38.9	88	Lee's Summit	MO
25	Joe Duncan Jr	15:40.0	58	Kansas City	MO
26	Haden Duncan	15:47.0	40	Harrisburg	MO
27	Doug Duncan	15:50.8	62	Columbia	MO
28	Ben Londeree	18:10.9	88	Columbia	MO
29	Larry Young	18:11.5	80	Columbia	MO
30	Evelyn Rigdon	18:34.2	4	Columbia	MO
31	Leslie Rigdon	18:36.5	39	Columbia	MO

## One MO Mile photos

Contributors: Greg Blomquist, Mary Ellen Bradshaw, Andy Emerson and Kathy Lee





## One MO Mile photos continued (more photos [here](#))





## Spring Thursday Night Trail Races

The Thursday Night Trail Races were held on Thursday nights from April 6 through May 18. Race directors, Heather and Robbie Corcoran held 7 races for this series. Congratulations to winners Michael McCulloch—1st Male, Sydney Green—1st Female, Joel Boenitz—2nd Male, Kimberly Earnest—2nd Female, Tony Rigdon—3rd Male, Sally Heil—3rd Female. Thanks to sponsors: [FleetFeet Columbia](#) for donating shoes to the 1st place winners, [Rabbit](#) for donating gift cards for 2nd place and [Tryathletics](#) for donating a Camelbak and handheld for 3rd place. More information on the race series and results can be found on the [Thursday Night Trail Races](#) Facebook page.

**Thursday Night Trail Races Photos—Heather Corcoran ([more photos](#))**





## The 24 Hour Lions Roar (24 hr, 24 hr 2-person relay, 12 hr, 6 hr)

According to the US National Weather Service, the last time Columbia had a temperature high as low as last Saturday, on the 21st, the year was 1893. I don't



remember that day specifically but if I did, I am sure I thought it was a miserable day to be out running.

Never the less, this year turned out to be a year of event records. Not just of the weather, but of runners and distances. We had 106 registrations with 89 of those actually toeing the line and making their impact on the event. That number is our highest of any year yet and up 73% from last year....which I did have to use google to calculate. No shame at all. Out of those 89 starters, 40 ran the 24 hour individual event, 12 ran the inaugural 24 hour tag team championship, which had a crazy finish and came down to the final 140th mile loop! Twenty ran the 12 hour and 17 runners helped close things out in the 6 hour event. All runners representing 15 different states.

The 24 hour women's record of 107.5 miles previously set by Oksana Loginova last year fell to...Oksana Loginova with 112.5 miles. She sprinted the final stretch. I don't think she's human.

Grant Folkmann held the previous men's 12 hour record for the event with 60 miles back in 2021. That distance was bested by not 1, not 2, but 3 runners this year. Grant followed up that 2021 performance with 62.5 miles this year, but was bested by Andy Emerson with 70 miles, and Caleb McMurry led them all with 72.5 miles.

Speaking of Andy Emerson, enough can't be said about this amazing human being. This year's Lions Roar served as his 100th ultra marathon. A journey that has taken 16 years, it has been an honor to be even a small part of that journey. I don't know if it is a thing, but I want to make it a thing. I will be officially retiring the bib number 100 in honor of Andy's incredible achievement.

In the first ever 24 Hour Tag Team Championship, this event did not disappoint. Darrin Young and Tom May, team members of Tag Team "Nothing Ventured Never Gained" exploded out of the gates to take an almost two loop lead on Tara Flesch and Travis Swanson, team "T.N.T." Tara and Travis hung in there long enough to light their own fuse and blasting past Darrin and Tom to secure the win with finishing the final 140th mile loop first. I hope all the T.N.T references weren't lost on anyone.

John Ross took home the 1st place finish in the men's 24 hour event finishing with 105 miles with CJ Banks and Jordan Gonzalas filling in the top three with 100 miles each. These three, along with Oksana, were the lone 100 mile plus finishers and recipients of our custom belt buckles.

With Oksana taking 1st in the women's 24 hour event, Alysia Machino followed in second, and everyone's local favorite Jamie Szabo running a personal best 62.5 to secure 3rd place.



## Lions Roar continued

I mentioned the 12 hour men's top three with Caleb Mcmurry, Andy Emerson, and Grant but the ladies know how to hold their own as well. Abigail Rolbiecki completed a 100k to take home 1st place. Jesse Starbuck came in 2nd surpassing her 50 mile goal with 52.5 miles, and Kimberly Earnest taking 3rd by reaching her 50 mile goal and finishing the 50th mile loop ahead of Michele Weaver.

It seems like the shorter the event is, the closer the results are and this theory proved to be right in the 6 hour event. In the 6 hour men's race it was all about who finished the last loop first. Jacob Nordmeyer, Ben Crenshaw, and Brad Kendrick all completed 35 miles with Jacob finishing 1st, then Ben, and then Brad for third place. And on the women's side, it was Kimberly Moeller finishing her final loop ahead of Megan Creson to complete 32.5 miles and taking home first place. 3rd Place went to Noelle Mogan-Chilcoat with 30 miles ran.

A huge THANK YOU goes out to all the volunteers. You all are the life line that provides the runners with the experience on race day and you all delivered it this year!

I want to also say a big THANK YOU to Dr. Paul Helm of Columbia Sports Chiropractic for donating his time and expertise to help the runners. I don't think he knew it was going to be that cold when he volunteered his time but he stepped up in a big way. I know of several runners that were dead to the wind (pun intended...IYKYK) and Dr. Paul got them back out on the course. You can't put a price on a service like that in an event like this, so if you are ever in need of any type of service that he provides please go see him. Support those that support you!

These race reports are so hard for me because there is so much that happens in the 24 hours that it is hard to put into words the effect all you runners have on me. With something that started out as just a fundraiser has turned into so much more for me. This year specifically, I feel like there were so many first time ultras ran and I love knowing that more and more people are stepping out of what they thought they could do and unlocking the potential of what they can actually do. Those were the words of a runner from this year's race. They felt like a potential that they never knew existed was unlocked and they couldn't be ok with being the same person that started the race. That's what brings me the most joy of being a race director. To know that the event and all the work that goes into it could possibly alter someone's life because of the mindset they take away from it. You sometimes never get to know the outer edges of the ripple effect of helping and supporting others but I hope someday we all get just a glimpse of it. You can get a glimpse of yours next year as we celebrate the event's 5th year. It is ALL because of YOU ALL!

And finally, **SAVE THE DATE, April 19th and 20th, 2024** is the tentative date of our 5th year running of this event. I am super excited about celebrating this milestone with you all and looking forward to serving you all again next year. Let's celebrate in an ultra kind of way! Registration opens September 1st!

BTW....he may not admit it, but I think Bob Martin had a lot of fun!

Race Director— Jason Conner

Race results can be found on [Ultrsignup](#).

[Lion's Roar website](#)

[Lion's Roar Facebook page](#)

**Registration for the 2023 Rock Bridge Revenge  
October 14, 2023**

Register on [UltraSignup](#)

[Facebook](#)

[Race website](#)



**Salina Crossroads Marathon, Half Marathon, Family Fun Run**

**Saturday, November 4**

*Free entries for 5 CTC members*

The 2<sup>nd</sup> [Annual Salina Crossroads](#) Marathon, Half Marathon, Family Fun Run, and Team Relays will be held on Saturday, November 4<sup>th</sup> in downtown Salina, KS. We have a generous sponsor again this year who is enabling us to provide free entries to running clubs in all 50 states. The free entries can be used to waive the entry fee for any of the five Salina Crossroads events.

To help us ordering t-shirts and medals you will need to register by October 1<sup>st</sup>.

**SALINA CROSSROADS**

**MARATHON, HALF MARATHON, 5K RUN, 5K WALK, AND TEAM RELAYS**

**FREE RACE ENTRY**

**(MUST REGISTER BY OCTOBER 1ST)**

**Code:** Free entry to first 5 CTC members. Contact [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) for code



Offer valid for discount to any race at the November 4th, 2023 Salina Crossroads Marathon race.



# 2023 *in*2ACTION TRAIL RUN



Join us Saturday, June 10, 2023

Race starts & ends at Rock Bridge State Park (Gilbert Shelter)

## HALF MARATHON

Registration fee: \$40

Begins at 6:45 am



## THREE MILE EVENT

Registration fee: \$35

Begins at 7:00 am



## HOW TO REGISTER

scan the QR code or visit [in2action.org/trail](https://in2action.org/trail-run)

Registration fees benefit in2action recovery services



We will be accepting **SAME DAY REGISTRATIONS** between 6 and 6:30 - **CASH ONLY** - please tell your friends.

**Rockbridge Memorial State Park**  
**5901 South Hwy 163**

The course will be well marked - Pink tape for the half marathon - large signs with arrows for 3-miler, we will also have signs on 163 guiding you into the park. Feel free to go to our webpage at [in2action.org/trail-run/](https://in2action.org/trail-run/) and scroll down for more information.



25% discount - use "CTC"

A promotional poster for the Mighty Missouri Relay. The background is a photograph of a dirt road winding through a forest with vibrant autumn foliage in shades of yellow, orange, and red. In the center, there is a circular logo with a black border and a white interior. Inside the circle, a cartoon rabbit with large ears, wearing a red headband, red shorts, and red sneakers, is depicted in a running pose. A cartoon turtle is riding on the rabbit's back. The logo is set against a large, stylized black arrow pointing to the right. The text "Mighty Missouri" is written in a white, cursive font at the top, and "Relay" is written in the same font at the bottom. At the very bottom, the event details "45+ MILE RELAY - MARATHON - HALF - 10K" and the website "MIGHTYMISSOURIRELAY.COM" are displayed in white and yellow block letters.

*Mighty Missouri*

*Relay*

45+ MILE RELAY - MARATHON - HALF - 10K  
**MIGHTYMISSOURIRELAY.COM**



# PARLEY P. PRATT FREEDOM RUN COLUMBIA, MO • JULY 4, 2023

## 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

Tuesday, July 4th  
6:30 am Bib & t-shirt pickup  
7:00 am Opening ceremony  
7:20 am 4-mile AND 1-mile run/walk starts

Note: Please bring your own water bottles.

## REGISTRATION

Scan code to register:



DEADLINE:  
Sun. July 2

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

## T-SHIRTS

Scan code to order:



Pre-order only. Due June 19.

T-shirts are \$12 each.

More details at [pppfreedomrun.com](https://pppfreedomrun.com).

**BELIEVE. SPEAK. REPORT. ASSEMBLE. PETITION.**

Sanctioned by the Columbia Track Club.  
Tag your photos with #pppfreedomrun.

Facebook: @pppfreedomrun  
Instagram: @pppfreedomrun

## Special Olympics Missouri - State Summer Games Volunteers Needed - June 3rd and June 4th

We are excited to be hosting our State Summer Games at Hickman High School on June 1-4, and specifically a track event on the 3rd and the 4th. We usually need quite a few of volunteers to help with this event, so I wanted to reach out to you to see if your track club would be interested in helping us run the event. On Saturday, June 3rd, we will most likely have a morning shift and an afternoon shift. Any volunteer that works both shifts will be provided lunch. On Sunday the 4<sup>th</sup>, we will only have a morning shift.

Volunteer duties might include measuring throwing and jumping events, timing running events, giving medals, cheering, helping set up, helping hand out the bag/box lunches, etc.

Shifts available:

Saturday, June 3 - 7:30 am - 12 pm or 11:30 am - 4 pm

Sunday, June 4 - 7:30 am - 12 pm

If you are interested please contact Greg Wingrath, [wingrath@somo.org](mailto:wingrath@somo.org) for more information.



***Special Olympics***  
***Missouri***



# FALL 2023 YOUTH CROSS COUNTRY

Columbia Track Club Colts cross country team runs as part of Central Missouri Athletic Circuit (CMAC).

All children aged 6-14 (birth year 2007 – 2015) are welcome. Students running for their middle school team may join when their school season ends.



A \$20 family membership in the Columbia Track Club covers all registration fees.

Runners also have the option of joining the CMAC All Stars post season. Additional fees apply.

## PRACTICE LOCATIONS

Stephens Lake:  
Upper parking lot. Meet at the top of the sled hill.  
Cosmo:  
Next to Antimi Shelter (near the skate park).

## PRACTICE SCHEDULE

5:15-6:00 on Monday and Thursday

Monday, August 14 @ Stephens Lake  
Thursday, August 17 @ Cosmo  
Monday, August 21 @ Stephens Lake  
Thursday, August 24 @ Cosmo  
Monday, August 28 @ Stephens Lake  
Thursday, August 31 @ Cosmo  
**NO PRACTICE MONDAY, SEPTEMBER 4!**  
Thursday, September 7 @ Cosmo  
Monday, September 11 @ Stephens Lake  
Thursday, September 14 @ Cosmo  
Monday, September 18 @ Stephens Lake  
Thursday, September 21 @ Cosmo  
Monday, September 25 @ Stephens Lake  
Thursday, September 28 @ Cosmo  
Monday, October 2 @ Stephens Lake  
Thursday, October 5 @ Cosmo  
Monday, October 9 @ Stephens Lake  
Thursday, October 12 @ Cosmo  
Monday, October 16 @ Stephens Lake  
Thursday, October 19 @ Cosmo

## MEETS

There are typically 6 meets during the season. Meets are either held on a Saturday morning or Sunday afternoon. The first and last meets of the season usually happen in Columbia and will most likely be on Saturday, September 9 and Sunday, October 22.

The rest of the meets will be hosted in other communities throughout central Missouri. For example, during the 2022 season there were meets in Fulton, Moberly, Mexico, and Hallsville.

## UNIFORMS

For meets our team will wear a singlet provided by the Columbia Track Club. Runners provide their own blue or black shorts.

## CMAC ALL STARS

Runners from all CMAC teams are invited to combine to be part of the regional and national team. The team traditionally runs in a National Qualifier meet and those that qualify have the opportunity to compete nationally at the Cross Country Coaches National Youth Championships.

For more information contact Greg and Rachel Blomquist: [CTC.ColtsXC@gmail.com](mailto:CTC.ColtsXC@gmail.com)

Sign Up via Google Form at <https://tinyurl.com/mwk4uva3>

# 2023 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Jan 28	9:00 am	<a href="#">Runner's Choice Trail Run 10K/20K</a>	\$10 for non CTC member	Becky Hennessy bhclabgirl@yahoo.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Feb 11	9:00 am	<a href="#">Nut Race 5K (47th annual)</a>	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, hesslerr@missouri.edu	Corporate Plaza Dr
Mar 11	30 mi:7am 20 mi:8am 10 mi:9am	<a href="#">Three Creeks Torrent Trail Runs 30 mi, 20 mi, 10 mi</a> <a href="#">Facebook</a>	\$60 - 30 mi \$50 - 20 mi \$40 - 10 mi	Ryan King, ryan-king@utulsa.edu	<a href="#">Three Creeks Conservation Area trailhead at end of Deer Park Road</a>
Apr 6 to May 18	6:30 pm or 6:00 pm	<b>Thursday Night Trail Races</b> <a href="#">facebook.com/groups/thursdaynighttrailraces/events</a>	\$0	Heather & Robbie Corcoran heathermranner@icloud.com	Various locations—Rock Bridge State Park, Three Creeks
Jun 7, 14, 21, 28	5:45 pm	<a href="#">Summer Youth Program (49th annual)</a> (four Wednesdays)	\$5 for all 4 weeks \$10 per family	Dick Hessler, 874-2906, hesslerr@missouri.edu	Location—Rock Bridge High School Track
July 4	7:30 am	<a href="#">Memorial Freedom Run 4-Mile (29th annual)</a>	Shirt fee	Newell Kitchen, 228-0879, kitchenn@missouri.edu	Boone County Government Center
Aug 5	7:00 am	<a href="#">Great Sandbagger 5 mi (52nd annual)</a>	\$0	Tony Taube, 239-6920, taubetony@gmail.com	Katy Trail at McBaine
Aug TBD to late Oct	5:15 pm	<a href="#">CTC Colts Cross Country</a> <a href="#">facebook.com/CTCColtsCC</a>	\$20 CTC membership	Rachel & Greg Blomquist, CTC.ColtsXC@gmail.com	Cosmo or Stephens Lake Park on Mon & Thurs evenings
Sept 4	6:00 am	<a href="#">Heart of America Marathon &amp; Relay (64th annual)</a> <a href="#">facebook.com/heartofamericamarathon</a>	Marathon— \$TBD until 7/4 \$TBD after 7/4 \$TBD after 7/31	Colby Felton-Bettis comoheart1960@gmail.com Larry Flynn flynnlj10@gmail.com	Boone County History and Culture Center/Nifong Park
Sept to Oct	TBD	<b>Thursday Night Trail Races</b> <a href="#">facebook.com/groups/</a>	\$0	Heather & Robbie Corcoran heathermranner@icloud.com	Various locations—Rock Bridge State Park, Three
Oct TBD	TBD	<b>CTC Annual Meeting and Member Appreciation Party</b>		columbiatrackclub@gmail.com	TBD
Oct 14	50K— 7:00 am	<a href="#">Rock Bridge Revenge 25K/50K</a> <a href="#">www.facebook.com/</a>	\$50	Shawn Goertz, sirshawn1972@gmail.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Dec 9	8:30 a.m.	<a href="#">Cheese &amp; Sauerkraut 10-Mile (48th annual)</a>	\$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 four-week program stresses personal improvement for kids ages 3 to 18. Taking place in June, 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/Blue Thunder Track Club annually awards \$1,000 scholarships to one male and female from each local high school through the Community Foundation of Central Missouri. The scholarships are funded by private donations as well as CTC donations to the fund.
- ♦ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, the Heart of America Marathon donates to Fisher House of Mid-Missouri, Rock Bridge Revenge Trail Runs donates to the Co-

lumbia Missouri Trail Association and Friends of Rock Bridge Memorial State Park.

### 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 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](mailto:columbiatrackclub@gmail.com) or visit [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or join us on Facebook—[facebook.com/columbiatrackclub](https://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](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

