

# COLUMBIA TRACK CLUB

## Notes & News



Volume LVI No. 3 July 2023

### CTC Summer Youth Program—Rock Bridge High School Track, June 7, 14, 21, 28

The 2023 CTC Youth Summer Track program was the 50<sup>th</sup> consecutive running of it. Joe Duncan started the program out of the need to keep the children of the club's parents occupied while the parents did speed work on the Hickman High School Track. When we arrived in 1971, the program had 12 or so kids competing in the 800 yards, two-mile, and three-mile races with three or four volunteers officiating. The kids interested in the sprints were doomed to be middle-to-long distance runners. (See Joe's description of the SP below)

Things have sure changed. This season brought out more than 300 kids for three of the four meets and around 150 for the last meet. We had runners from Fulton, Mexico, Ashland, and Boonville with the majority coming from Columbia. The schedule included 50M, 100M, 200M, 800M, real Mile, long jump, and shot-put. Times and distances were recorded for every participant except for the 50 and 100 meter races, where every participant got a participation ribbon and no times were taken. All the other running events were timed, the field events measured, all recorded, and 1<sup>st</sup> through 6<sup>th</sup> place ribbons awarded. Meets started at 6:00 p.m. and ended by 8:30p.m. The cost for all four meets was \$5.00 per kid with \$10 max for a family with more than two kids.

All the planning and officiating required the services of 29 volunteers. We held a pre-program appreciation dinner at Arris' Pizza, bought many ribbons, a pull cart to help us get them and other supplies to the finish line, two new shot-put balls, and many recording sheets/parent handouts. We believe that the income was greater than the expenses, but Ryan King will have the official accounting in his report.

Most importantly, the volunteers were as skilled dealing with kids and as track savvy as one might hope for. Their love for the sport and high good humor set the tone for a most enjoyable track and field experience for kids and parents alike. Our volunteers  
(continued on page 2)



### CTC Annual Meeting & Membership Appreciation Party

Sunday, October 8, 1 pm - Bonnie View Park

CTC annual meeting will be held on Sunday, October 8 from 1:00- 2:30pm at Bonnie View Shelter at Bonnie View Park. The club will provide pizza and bottled water; feel free to bring a snack if you'd like. Stay tuned for additional details. RSVP to: [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) or our [Facebook Event](#).

### Upcoming Events

See Page 9 and the [CTC website](#) for more event info:

**Great Sandbagger 5 mile**  
**August 5, 2023**

**Heart of America Training Run**  
**August 12, 2023**

**Columbia Track Club Colts - Youth Cross Country Practices**  
**August 14—October 9**

**Heart of America Marathon & Fun Team Relay**  
**September 4, 2023**

**Thursday Night Trail Races**  
**September 7 - October 5 (Thurs)**

**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**

**CTC Annual Meeting & Member Appreciation Party**  
**October 8, 2023**

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

**Bear Creek Half Marathon**  
**October 28, 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**

## Columbia Track Club Summer Youth Program *(continued from page 1)*

have built the participation numbers, without any advertising, from 12 to 300+. One would be hard pressed to find a better program anywhere, thanks to the volunteers, listed below.

Thom and Andrea Allen, Olivia Andrews (Tolton), Allen Benjamin, Gregg Blomquist, Lucas Boyer (Tolton), Amy Gundy, Katie Hauser, Andrew Hauser (Rock Bridge), Anne Hessler, Dick Hessler, Jacob Jackson (Tolton), Marc Keys, Erin Keys, Shaun Keys (Hickman), Allison Keys (MU), Mallory MU (last name unknown), Tom May, Kathy Occena, Luis Occena, Nancy Rezabek, Nancy Taube, Tony Taube, Kevin Tyler, Makaylin Viet (Tolton), Jean Williams, Bill Williams, Elyse Wilmes (Tolton), Ellen Williamson, and Jacob Williamson.

Very special thanks to Jeanine Pagan who advised us to go digital with the sign up, Anne Hessler for auditing and purchasing ribbons, Andy Emerson who engineered the parent handout sheet and the participant list, Neal Blackburn, the Rock Bridge staff in the summer school office, the maintenance folks for opening the bathrooms, and the Rock Bridge soccer coach for making sure the track was clear and the bathrooms were open. *(Youth Program Photos - Pages 7-8)*

### **From Joe Duncan:**

The Summer Program: Let me refer you to the CTC Newsletter Archives March 1973, page 3 and August, 1974, page 4.: Those two pages will give you the complete story of the beginning in '73 and the inaugural competition in '74 far better than I could with a summary. I do remember that before the first meeting. Columbia P & R had for several years done this under the work of Bill Clark, Dave Carlson, Bill and Alice Taft (children of the walker Wm Taft) and others, but with the emergence of CTC, P&R handed over various running events, including HOA and the Summer Program for kids to CTC. At that first meeting I recall that it was you who suggested we take on the program. I remember Whitney Hicks urging that we keep the events at Hickman and charge very little as a fee. His point was mainly to get kids in that area of town involved, so the \$1.00 per family fee and Hickman.

The 2023 Summer Program is the 50th Annual!! Dick and Anne Hessler deserve a mighty THANK YOU!!! for being at the helm all those years and still counting!! I hope.

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

Register on [UltraSignup](#)

[Facebook](#)

[Race website](#)



### 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 October. The deadline for submissions will be October 20.

## Looking Back —

By Joe Duncan

25 YEARS AGO

JUNE and JULY 1998

**June 19 & 20 American Cancer Society's Relay for Life** Hickman Track 194.5 miles, 23.5 hours, 51 teams

Only three teams had all runners, one of them CTC with 23 runners and here are their performances:

**Steve Stonecipher-Fisher** was lead off at 1:00 pm June 19 cranking out 37 400 meter laps in one hour.

Next were **Hannah Hassemer** (2 segments), 60 minutes, 23 laps, **Scott Mantooth** 30-18, **Camille Wise** 30-17, **Birgitta Hessler** 37 laps (3), 75 minutes, **Mike Little** 30 minutes, 16 laps, **Scott Wilson** (2) 66-22

**Mark Wilson** 42-24, **Joe Duncan** (4) 105-48, **Jon Kruse** 1:37am 10 laps, **Steve Pagan** 16 laps, **Melissa Pagan** 21

**Jimmy Rambur** 4:30 am 20 laps, **Dick Hessler** (4) 120-67, **Amy Gundy** 30-16, **Tom Allen** (60-31), **Curt Kempf** **Linda LaFontaine** 60-28, **Willie Heinrich** 60-38, **Rachel Williams** (2) 60-30, **Steve Tanner** (2) 60-36, **Matt Tanner** (2) 60-20, **Chrisian Reed** 30-18, **Tom LaFontaine** 60-36

**Scott Foster**, a team of one ran/walked 47 miles

After midnight came terrific rain, a sloppy red shale track, heat and humidity until noon--then the finish!!

The baton used by CTC was the baton used by one of the best 10-14 Colts Girls 4X400 relay teams ever. Earlier in the summer the team had run a record 4:52 at a Regional Junior Olympic meet in Warrensburg. the four girls on that team: **Carla Sandry**, **Julie Jurgensmeyer**, **Angela Hessler**, **Deanna Rottjakob**

**June 27 & 28 MO State Senior Games 5K Run:** CTC et al: **60-64:** Bill Wilson 22:58, Carl Myers 24:44, Don Waltman 25:55, Georgia Morehouse 27:36, **65-69:** Barney Sword 30:28, Jeannelle Twillman 31:11, **70-74** Dottie Gray, St. Louis, 32:40 holder of many Missouri running records, Joe Cragin 48:29

**5K Walk:** 1, Ray Braudis **50-54** 30:41, 1f Maurine Lia, St. Louis **65-69** Alan Poisner 60-64 31:44, and Fred Adams, KC 33:20 Darwin Hindman, 38:07 Mayor of Columbia and staunch promoter of the MKT Trail. Eleven other walkers finished.

**10K Run:** 1. Richard Nistendirk 58, 47:44, Bill Wilson 60, 50:27, Carolyn Wilson 59 51:05, David Oldfield 53 51:26 Carl Myers 64 57:20, Bob Humphreys 71 58:47, Ed Burnham 78 1:11:07

**July 19, 1998 Show-Me Games, SomeTrack Results: Women's 2,000m Steeplechase** 1 Rachel Williams 8:23.5  
1. Melissa Pagan 9:29.4 **5,000m** 1. Dick Hessler 20:11, 1. Angela Hessler 22 +, **1500m** Marc Keys 4:24.4  
**800m** 1. Marc Keys 2:10.5, 1. Angela Hessler 1. 2:35.6, 1. Rachel Williams 2:38:8

**The June-July Newsletter Feature article** was "The Good Old Days" written by Dick Hessler wherein he contrasts the "Then" 1973 small town, no frills Tri-States Marathon to the "Now" 1968 too many frills big city Los Angeles Marathon. Be sure to read Dick's article in the June-July 1968 Newsletter, CTC archives, and compare that to the 2023 "now" 30,000+ finisher races. "The Good Young Days" may be good because so many more people are running.



## 50 YEARS AGO June and July 1973

**June 2, 1973 2nd Annual Great Sandbagger, Six Miles:** 1. Rob Spier 1:05:02 (Actual 1:05:02-8th), 2. Whitney Hicks 1:06:48 (37:18-3rd), 3. Ben Londeree 1:07:08 (36:38-2), 4. Mike Chippendale 1:07:25 (38:25-4), 5. Dennis Stewart 1:07:31 (34:31-1), 6. Leonard Busen 1:07:31 (44:21-6), 7. Joe Duncan 1:07:43 (39:58-5), 8. Dave Schulte 1:09:30 (54:30-7) Spier, showing he was the best at sandbagging, gave himself a first place finish for the second year in a row. This prompted us to decide that the first person who would win the Sandbagger Traveling Trophy three times would have to keep said trophy forever. The Great Sandbagger Monster Trophy first appeared in 1975. Since that appearance and 47 years later no one has made any attempt to win the "thing" even twice.

**June 19, 1973 MVAU One Hour Run** Hickman Track: 1. Fred Binggeli 11 miles, 155 yards --MVAU Record, 2. Dennis Stewart 10-585 . . . . . 5. Ben Londeree 10-27

**June 23, 1973 Two-Man 10 Mile Relay:** 1. Tim Elliott-Rick Brasiola, School of the Ozarks 47:26, averaging 70.9 & 71.4 seconds for the 20 laps each ran; 2. Tom Hoft-Charlie Evans, Westminster College 48:53, (76.7 & 69.7) 4. Tom Kilburn-Ben Londeree 49:21 (75.7 & 72.3) 5. Bryce Allmon 13!-David Cooper 16! Jeff City 50:45 (78.8 & 73.4), 6. John Wilson -Dennis Stewart 51:18 (83.4 & 70.5), 7. Rex Frazer-Tony Alioto, Ft. Wood 52:33 (78.7 & 78.9) 8. Mike Chippendale-Don Johnson 56:02 (76.8 & 91:03)

**July 7, 1973 One Mile Run Hickman** Stewart 4:25, Londeree 39, 4:43 . . .5 Chippendale 5:02, Hessler 5:03 PB Granberg 5:10, Frazer, 1st 40+ 5:18, Johnson, 42, 5:23, Duncan 5:30, Doug Duncan 12, 6:37

**July 14 1973 MVAU 5K Run:** 1. Fred Binggeli 48:54, 2. Bob Busby 49:16, 3. Stewart 52:39. . . . . Londeree 55:43 , Hessler 56:09, Carl Owczarzak , Bryce Allmon 14 59:54 and 20 others

**July 26, 1973 30K Run:** 1. Hessler and Londeree 2:00:52, 3. Mark Dufresne, KC 2:06:00, 4. Frazer 2:07:46 5. Tom Kilburn 2:14:54. 6. Duncan 2:20:14 and five others

## 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.

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

*Presented by Boone Health*



We are less than 40 days away from the 64th Annual Heart of America Marathon and 4th Annual Fun Team Relay on September 4, 2023! There's still time to sign up and we hope you will consider joining us. We are also looking for volunteers.

If you want to be guaranteed a shirt in your size at packet pickup, please sign up by soon. We can only guarantee shirts/sizes for the first 300 runners to sign up. The last day to sign up for marathon is August 27 and the last day to sign up and add/change (online) members for your relay team is August 13. Contact us for relay team changes after August 13. Please remember that all team members will need to sign the waiver. either online or at packet pick up.

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

Sign up today at: <https://www.heartofamericamarathon.com/>.

We need volunteers too! There's a position for everyone. Help this historic tradition continue! (Perk: You'll get free pizza!)

Sign up to volunteer at <https://www.heartofamericamarathon.com/> and click on the Volunteer button. This will take you to SignUp Genius to see volunteer opportunities and sign up to volunteer. You will see time slots from 9/3/23 to 9/4/23. **Please note that if you are using a smart phone there is a second page. Scroll to the bottom and click on More.** Or email: [CoMoHeart1960@gmail.com](mailto:CoMoHeart1960@gmail.com)



[signupgenius.com/go/10c0e4bafa729aafdc43-heart#/](https://signupgenius.com/go/10c0e4bafa729aafdc43-heart#/)

Columbia Track Club

### Heart of America Marathon

LF LJ Flynn

Contact

Already signed up?

[Change my sign up](#)

Columbia Track Club's Heart of America Marathon relies heavily upon the goodness and generosity of volunteers in our community and absolutely could not happen without this amazing village. If you (or your group!) are interested in volunteering, please review the available positions and dates as they lead up to the date of the event. For those of you volunteering on race day, please check-in at the volunteer sign-in near the race start/finish upon your arrival for your shift.





# COME RUN WITH THE COLTS!

Colts are Columbia Track Club's youth cross country team. They practice mid-August through late October and run in meets in Columbia or nearby towns as part of the Central Missouri Athletic Circuit (CMAC). All children aged 6-14 (birth years 2009-2017) are welcome for the Fall 2023 season. Students running for their middle school team may join when their school season ends.

Practices will be in Columbia city parks 5:15-6pm on Mondays and Thursdays. Meets are held on Saturday mornings or Sunday afternoons. Race distances are 2km, 3km, or 4km increasing with the age group of the athletes.

For more information about running or volunteering at practice or meets contact Greg and Rachel Blomquist at [CTC.ColtsXC@gmail.com](mailto:CTC.ColtsXC@gmail.com) and follow [CTCColtsCC](#) on Facebook.

Sign up to run via Google Form at <https://tinyurl.com/mwk4uva3>

A \$20 family membership in the Columbia Track Club covers all Colts registration fees. Runners have the option of joining the CMAC All Stars for post-season meets in November. Additional fees would apply.





## Youth Program Photos



[More Photos](#) (CTC Colts Facebook Page)



## Youth Program Photos



[More Photos](#) (CTC Colts Facebook Page)

**Macklind Mile (downhill)**  
**July 26, 2023**  
**St Louis, MO**

### CTC Results

Katie Hauser 5:19 , 1<sup>st</sup> place  
 40-45 and was the RRCA  
 national masters champ  
 (age record)

Ryan Hauser 4:43 2<sup>nd</sup> in 40-45

Tony Rigdon 5:09 3<sup>rd</sup> 50-59

Marc Keys 5:19 1<sup>st</sup> 60-65  
 (age record)

Tom May 5:08 1<sup>st</sup> 55-59  
 (tied age record)

Leslie Rigdon 8:13

Evelyn Rigdon 10:49

**Congratulations to all!**





# 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 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 7 to Oct 5	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
Oct 8	1 pm	<a href="#">CTC Annual Meeting and Member Appreciation Party</a>		columbiatrackclub@gmail.com	Bonneview, 3300 W Rollins Rd
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

