

## BEN KNOPPE AND CARL McCOUN JOIN CENTURION CLUB OF AMERICA Sept. 16-17:

Two "kids" joined Larry O'Neil (now 65), John Argo (58), Larry Young (another kid at 29) and Chris Clegg (55) as living members of the Centurion Club of America. 29 year old Ben Knoppe of St. Louis became Centurion #8 by finishing the 100 Mile Walk in 22:15:05. An hour and 37 minutes later 25 year old Carl McCoun of Great Falls, Mont. became Centurion #9. Knoppe, a bachelor, is a porter for the Meramec Power Station, a part of Union Electric. A year or so ago he began riding a bicycle to and from work when he was injured in a car accident. He feels that all this cycling has given him good leg strength. Actually, Knoppe's conditioning program began a couple of years ago following a double hernia operation and a bout with infectious hepatitis. Ben made his first appearance in Columbia in August, 1971 when he won a half marathon (he was the only finisher). He came back in the 1971 Heart of America Marathon finishing with a time of 4:06:54. Then he attacked the 1971 100 mile walk, doing 50 miles in 11:53:15. At that time he was in no shape to continue on for another 50. But 1972 was a different matter--his time at 50 miles was 10:20:12 and he was still strong. Knoppe kept a steady pace to the end, slowing somewhat, but never stopping more than a minute or so to change socks or take a drink.

McCoun is a salesman for Washington General Ins. Co. Until recently he was a physical therapist in the Navy. Two years ago he came to Columbia--made a host of friends--and did 78 3/4 miles in 23:29:40. In that race he went no faster than 15 minute miles, enjoyed himself and at the finish he felt as strong as he had at the start. He vowed then that he would be back for the entire 100 and in '72 he was back. In a pre-race interview, Joyce Schulte asked him if he planned to do the entire 100. Without hesitation Carl replied, "Yes, I will." He was so convincing that you just knew he would. Joyce then asked him what it took to walk 100 miles within 24 hours. Carl's quick reply was, "Guts!"

Well, Carl McCoun displayed guts here in the '72 walk. For the first 50 miles he did a lot of 15 and 16 minute miles so that his time was 12:05:23. Carl was in a position of having to pick up his pace--not stopping, not slowing down--over the next 12 hours. He didn't pick up much over the next 25 miles since that distance took 5 hours, 59 mins. Not good enough. He had 5 hours 56 minutes for the last 25 miles--he was tired, both mentally and physically and had blistered feet. So then Carl began walking 14 minute miles, faster than any previous mile after his first 15. He kept this up despite terribly blistered feet, a tired body and the worst sunburn of any of the participants, completing the last 25 miles in 5 hours, 48 minutes. This performance left Carl with the ultimate realization of what he really meant when he said "Guts." Carl did require medical treatment and was told to stay off his feet for at least 3 days. A long recovery, but supreme satisfaction.

For the first time CTC got someone fairly close to the century mark when Rob Spier, the MU anthropology professor, went his 83 miles. Last year Rob did 55 and next year he says he will add on the next 17. Rob is certainly the right age--he does a thorough job of preparation, has the proper mental approach, a good sense of pace--in short he'll definitely be a favorite in '73.

Centurion #7, Chris Clegg, had problems with the 93 degree Sat. PM heat, having to lay out an hour and a half or so. He's already proven himself, therefore, he determined early on that his goal would be an easy 75. Chris is a strong supporter of the Centurion Club--his presence was certainly a boost to the proceedings.

Dave Eidahl was back for the 4th time for his best performance to date--he's close enough now--a cool weekend in '73 will make a lot of difference. John Markon is Race-walking chairman of the strong Metropolitan AAU program. He, too, was bothered by the heat (actually everyone was), losing valuable time Sat. evening. John recently completed the London-to-Brighton, England 52 mile walk. I would have to consider him a sure thing for 100 miles, on a cooler day, and after this years experience.

There were 35 walkers in this years event--the most yet--and the best overall quality. This means there are 35 different stories that could be told--for instance, how Lance Patterson, at age 11, walked almost twice as far as his Dad did last year; the Fred Symonds story--a prospector from Ontario, who sauntered along quite leisurely wearing Mocassins, long pants, a shirt and jacket (despite the heat) smoking cigars; Maria, the little gal from Honduras, who really strides out, back for the 2nd time; Merle Hill, with the bad back; Roger Duran, who hitch-hiked 2,00 miles from Calif, set the early pace, then gave in to stomach problems and leg cramps and then had to hitch-hike back to Calif. All these participants should have their story told, but time and space force limitations. I need a staff of secretaries. -----More-----

Larry O'Neil, the Dean of the 100 mile walk missed for the first time--he was in Europe touring with the U.S. Masters team--but he has already said that he will be back in '73 for the 7th annual meeting of the Centurion Club of America and their guests.

The organization for this race was beautiful--Joyce Schulte did a terrific job on publicity--we got great TV coverage from Channel 17--two half hour shows, plus the normal news spots--the race created tremendous interest in Central Missouri. We can't possibly give adequate thanks to all the people who helped so much--cooperation from everyone was simply great. Mrs. Rob Spier & Elizabeth Polk, John's mother, were the real factors in keeping the race going with their management of the aid station--every walker got more than adequate attention from the aid people throughout the long hours. Some of the aid helpers were: Janet Leuthold, Carolyn Leuthold, Mary Magnusson, Lynn Cox, Bill Bondeson, Brooks Polk, Amy Hessler. Darrell Palmer was in there a lot--and helped on the timing. A host of timers put in at least 3 hour shifts--Charles Baker, Dick Hessler, Paul Redhage, Joyce Stotler, Sharon Staggers, Bob Conard, Don Granberg, Jim Pinkerton, Charles Talley, Teri Hamilton, Mike Chippendale, Ben Londeree (and Beth and Judy), Marge Meredith, John Ott, and his neighbor and their wives, Don Leake, Bob Best, Don Parker, Tom Kilburn, Wayne Leeman, Dennis Stewart, Marv Lee and then Dave Schulte who probably put in more hours timing than anyone, in addition to seeing after a lot of other details. With this kind of help CTC can pull off just about anything.

THE RESULTS SHOWING FIVE MILE SPLITS:

		5, 30	10, 35	15, 40	20, 45	25, 50
		55	60	65	70	75
		80	85	90	95	100
1.	Ben Knoppe 29	1:02:18	2:02:55	3:04:28	4:04:23	5:06:58
	St. Louis	6:09:13	7:15:20	8:18:10	9:19:24	10:20:12
	100 Miles	11:26:12	12:33:45	13:43:04	14:56:46	16:06:40
		17:13:23	18:23:10	19:43:32	21:03:15	22:15:05
2.	Carl McCoun 25	1:06:30	2:14:12	3:23:35	4:36:50	5:50:47
	Great Falls,	7:03:40	8:19:00	9:35:04	10:49:43	12:05:23
	Mont. 100 Miles	13:17:20	14:29:45	15:42:00	16:53:37	18:04:05
		19:14:16	20:24:19	21:34:32	22:43:45	23:52:08
3.	Rob Spier 50	1:04:58	2:08:22	3:17:48	5:02:51	6:24:11
	CTC	7:32:50	8:58:33	10:10:25	11:39:54	13:03:00
	83 mi., 22:48:13	14:21:28	15:58:39	17:23:16	18:39:37	20:12:25
		22:01:55				
4.	Chris Clegg 55	1:01:42	2:02:57	3:07:15	5:46:08	7:10:25
	Beverly Hills	8:21:02	9:29:37	10:36:44	11:44:19	12:50:55
	Calif 80 Mi.	14:59:07	16:10:27	17:21:42	18:49:56	19:52:54
		23:37:25				
5.	Leonard Busen 42	1:08:05	2:12:02	3:14:38	4:21:27	5:31:00
	CTC	6:41:50	7:51:09	9:07:53	10:42:17	12:14:15
	75½ Miles	17:30:15	18:53:52	20:38:05	22:10:50	23:44:53
6.	Dave Eidahl 31	1:05:03	2:06:04	3:03:55	4:06:54	5:11:59
	Richland, Ia	6:53:23	8:19:44	9:49:22	11:13:58	12:24:59
	75½ Miles	13:59:20	15:20:20	16:43:15	18:29:50	20:13:25
7.	John Markon 43	1:01:40	2:02:55	3:03:39	5:21:25	6:28:30
	Bronx, NY	7:42:10	8:50:38	9:59:23	11:10:23	12:14:09
	75 Miles	16:18:25	17:25:30	18:39:50	19:54:09	20:52:00
8.	Dave Leuthold 39	1:06:14	2:11:35	3:47:10	5:13:07	6:45:25
	CTC	7:52:49	9:21:09	11:09:32	12:25:17	14:53:25
	55 Miles	21:19:20				
9.	Stan Smith 24	1:04:58	2:07:03	3:10:12	4:17:56	5:34:07
	Des Moines, Ia.	6:52:02	8:00:00	9:25:01	10:24:28	11:26:00
	50½ Miles					
10.	Maria DeBarthe 22	1:07:53	2:26:50	3:45:34	5:05:59	6:22:30
	Independence, Mo	7:54:45	9:32:18	10:45:20	12:30:13	14:17:27
	50½ miles in	14:22:24				
11.	John Polk 16	1:05:25	2:12:27	4:09:19	5:25:59	6:46:55
	Columbia	8:23:40	10:21:19	12:01:07	13:42:05	15:33:30
	50½ Miles in	15:37:33				
12.	Mike Shanahan 24	1:09:41	2:19:52	3:50:59	5:13:15	6:53:28
	Independence, Mo	8:14:35	9:47:26	11:23:11	13:59:50	15:25:10
	50½ Miles in	15:40:25				
13.	Blair Hostetler 41	1:12:18	2:28:10	3:43:23	5:18:03	6:37:50
	Columbia	8:17:45	9:47:12	11:46:22	13:18:25	17:19:10
	50½ Miles in	17:50:12				
14.	Frank Gyulafia 25	1:05:22	2:15:42	4:09:06	6:33:45	8:11:12
	Overland Park, Ks	12:11:02	16:57:05	18:33:33	20:28:49	22:25:02
	50½ Miles in	22:30:31				

15.	Charles Ward	46	1:04:36	2:14:26	3:24:56	4:31:04	5:42:51
	Independence, Mo		7:00:20	8:24:10	10:08:39	11:57:21	13:11:09
	50 Miles						
16.	Vernon Weddle	16	1:01:42	3:09:09	4:58:52	6:46:04	8:24:10
	Columbia		11:01:42	12:29:00	14:09:37	15:45:50	17:07:31
	50 Miles						
17.	Steve Spier	13	1:13:14	2:27:36	4:05:30	5:25:58	6:51:04
	CTC		8:19:45	10:21:22	12:58:57	15:33:35	17:28:13
	50 Miles						
18.	Fred Symonds	36	1:17:36	2:35:58	4:12:53	6:17:53	7:45:20
	Toronto, Can.		9:55:44	12:12:12	14:49:42	17:02:30	19:07:05
	50 Miles						
19.	Tom Wilson	15	1:13:14	2:27:46	4:09:18	5:25:58	6:51:10
	Columbia		8:47:18	10:21:09	12:48:30	18:01:31	19:54:50
	50 Miles						
20.	Lee Hill	21	1:12:19	2:34:22	3:55:25	5:31:53	6:58:37
	50 Miles		8:36:15	11:12:07	14:44:04	17:53:25	20:08:20
	Columbia						
21.	Mike Sullivan	26	1:09:49	2:22:40	4:18:58	6:44:04	8:55:30
	Des Moines, Ia		10:37:28	15:08:15	16:55:19	18:49:02	20:37:08
	50 Miles						
22.	Lance Patterson	11	1:10:24	2:24:26	4:00:57	5:28:57	6:43:25
	Columbia		8:13:28	16:59:59	18:32:45	20:24:55	22:49:00
	50 Miles						
23.	Brad Foy	12	1:17:16	2:34:32	3:59:21	5:30:33	7:19:10
	Overland Park, Ks.		17:35:00	19:15:05	21:07:35	43 Mi. in	22:09:22
24.	John McCrory	21	1:46:43	3:06:54	4:35:47	6:04:52	7:32:44
	Columbia		9:01:52	13:16:20	16:03:10	41 Mi. in	16:24:00
25.	John Leuthold	8	1:33:36	3:19:47	4:49:47	6:53:30	8:26:20
	CTC		11:26:17	18:29:09	21:04:18	40 Miles	
26.	Roger Duran	30	57:45	1:55:23	2:53:25	3:52:35	4:54:07
	San Jose, Calif		6:17:35	32 3/4 Miles in	6:59:15		
27.	Bill Dalton	20	1:06:15	2:06:00	3:14:00	5:57:07	7:03:40
	Columbia		17:27:20	30 Miles			
28.	Parker Foy	11	1:13:15	2:46:15	4:24:59	6:03:04	19:48:10
	Overland Park, Ks.		27 1/2 Miles in	20:30:00			
29.	Jim Womack	17	59:49	2:00:10	3:35:26	4:54:14	6:34:30
	Moberly, Mo.		26 1/2 Miles in	17:15:47			
30.	Jim Berkley	16	1:16:00	2:30:40	3:42:05	5:22:07	8:58:28
	Columbia		26 1/4 miles in	9:55:36			
31.	Merle Hill	47	1:08:00	2:30:23	4:11:35	7:19:25	8:49:45
	CTC		25 1/4 9:07:15				
32.	Al-Lo Paul		1:15:00	2:34:19	3:53:52	5:18:55	6:55:46
	Columbia		25 Miles				
33.	Bob Chapin	40	1:05:24	2:21:54	5:27:25	6:58:14	8:17:50
	Independence		25 Miles				
34.	Ken Prenger	14	1:02:53	2:16:08	3:42:50	5:06:15	
	Moberly		24 Miles in	6:35:20			
35.	Art Fleming	29	59:50	1:58:52	2:56:17		
	Columbia		17 1/2 Miles in	3:34:24			

## STEWART EASY WINNER IN TWO MILE RUN

SEPTEMBER 24, 1972

	880	mile	1 1/2	2 Miles	Secs off DT
1. Dennis Stewart	2:21	4:45	7:18	9:46	2
2. Art Fleming	2:47	5:34	8:25	11:08	2
3. Mike Chippendale	2:48	5:38	8:26	11:11	11
4. Don Granberg	2:46	5:39	8:45	11:45	45
5. Dick Hessler	2:53	5:47	8:50	11:55	25
6. Joe Duncan	3:11	6:12	9:14	12:17	17
7. Paul Redhage	2:48	5:46	9:03	12:18	78
8. Don Leake	2:55	6:04	9:19	12:19	
9. John Farkas	2:56	6:05	9:20	12:24	
10. Marv Lee	3:09	6:19	9:36	12:42	3
11. Ron Kincaid	3:09	6:21	9:50	13:37	
12. Jim Fields 41	3:21	6:40	10:17	13:42	
13. Mike Hennelly	2:54	6:24	10:07	14:21	81
14. Steve Decker 14	3:22	7:00	11:11	14:30	
15. Dave Schulte	3:38	7:23	11:15	14:53	37
16. Tom Strah	3:25	7:01	11:08	15:21	
17. Steve Beck	2:46	5:37	8:41	OUT	

800 windy, humid, hot sun. A lot of newcomers were hope come back.



## STEWART EASY WINNER IN ONE MILE RUN

SEPTEMBER 9, 1972:

	440	880	1320	MILE
1. Dennis Stewart	1:06	2:11	3:18	4:27.0
2. Phil Jensen Lincoln U.	---	2:13	---	4:31.5
3. Grundy "	---	2:14	---	4:40.0
4. Johnson "	---	2:15	---	4:41.0
5. Randy Bakewell	1:09	2:19	3:31	4:42.0
6. Cheeks Lincoln U.	---	2:25	---	4:45.0
7. Ben Londeree	1:10	2:25	3:42	4:52.0
8. Steve Beck	1:13	2:27	3:42	4:53.0
9. Lyles Lincoln U.	---	2:33	---	4:57.4
10. Art Fleming	1:15	2:33	3:53	4:57.6
11. Mike Chippendale	1:11	2:28	3:44	5:02.0
12. Lucas Kleyn	1:08	2:25	3:43	5:03.0
13. Price Thomas	1:11	2:29	3:53	5:12.0
14. Tim Prenger Moberly	1:19	2:45	4:02	5:18.0
15. Mitchell Lincoln U.	---	2:35	---	5:22.0
16. Dick Hessler	1:17	2:40	4:03	5:25.0
17. Alexandria Lincoln U.	---	2:40	---	5:32.0
18. Steve Cross Moberly	1:13	2:35	4:12	5:37.0
19. Joe Duncan	1:23	2:48	4:13	5:38.0
20. Kevin Farrell	1:24	2:49	4:18	5:44.0
20t. Jeffries Lincoln U.	---	2:45	---	5:44.0
21. Marv Lee	1:20	2:52	4:26	5:51.0
22. Dave Schulte	1:34	3:13	4:56	6:35.0
23. Joyce Schulte	2:33	5:35	8:46	11:10

## FLEMING COMES BACK TO TAKE FIVE MILE WALK 15 MINS. LATER:

	1	2	3	4	5
1. Art Fleming	10:20	20:02	29:07	37:56	46:33
2. Mark Achen	9:17	18:35	28:19	37:51	46:46
3. Dave Leuthold	9:16	18:35	28:18	37:52	47:39
4. Rob Spier	11:38	23:01	34:05	44:58	55:21
5. Janet Leuthold	13:57	29:04	44:54	61:06	78:00?
5.t Steve Spier	13:57	29:04	44:54	61:06	78:00?

Other than marathons, we had the largest crowd ever for one of our events. The mile was run in three heats with the first 8 above plus Chippendale, Kleyn and Thomas going in the "fast" heat. I must apologize for not getting the first names of the Lincoln U. boys. Beck goes under 5:00 for the first time, as does Fleming (after many tries). The Marathon just 5 days previously certainly didn't affect these two guys. A few new faces with Kleyn and Bakewell back after a long absence. This was the first race of our 1973 DT and ET trophy competition.

## MARK ACHEN TAKES SIX MILE WALK SAME DAY AS TWO MILE RUN--Sept. 24:

	1	2	3	4	5	6
1. Mark Achen	9:17	18:52	28:28	38:20	47:40	57:30
2. Darrell Palmer	9:12	18:38	28:20	38:20	48:20	58:40
3. Art Fleming	9:32	19:37	29:51	39:15	49:15	58:58
4. Steve Humphreys	14 12:40	26:02	38:31	50:28	61:30	72:20
5. David Schirmer	15 12:40	26:02	38:42	50:28	61:43	72:36
6. Bill Clark ?	12:45	26:02	38:46	52:04	65:46	78:49
7. Steve Decker	14 14:20	28:20	41:37	53:20	65:50	79:15
8. Mike Clark	12 15:04	29:15	42:25	56:40	71:19	81:22(short?)
9. Diana Decker	12 14:09	28:21	41:41	55:25	69:31	84:20
9.t Laurie Decker	13 13:45	26:48	40:35	55:00	69:31	84:20
11. Jay Coleman	14:02	28:34	43:24	58:18	73:00	88:52
12. Rod Farmer	10? 14:20	29:12	43:20	57:19	72:12	87:03(short)
13. Dolores Clark	15:04	30:45	46:20	61:55	76:45	89:36 24-DT
14. Greg Farmer	8? 14:20	31:33	50:15	71:47	91:20	
15. Phillip Stanley	7? 16:30	36:24	61:55	85:45		
17. ? Farmer	7? 17:00					
16. Sean Clark	15 13:03	26:40	out at 2 3/4			

The Columbia Track Club newsletter comes out monthly--12 issues only cost ONE DOLLAR--a real bargain. Send your dollar to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201 We also have Heart of America/Tee shirts for sale for \$2.50

Marathon

## LARRY YOUNG AGAIN IN SENIOR NATIONAL 30 KILO WALK October 1, 1972:

Young in his first race since Munich, turning in his usual fine race, this time before the "home" folks, despite a natural letup in training and a slight touch of the flu. Larry's time on the Leawood Subdivision course (one lap=1 mile, 89 yards, one fairly moderate hill, 65-75 degree temperature, hot sun) has been topped only 3 or 4 times by any American. Todd Scully had a great race in second--he stayed with Larry for two laps, gradually fell back to a 75 sec. gap, but then, at about lap 7, he actually started closing the gap, at one time getting to within 40 secs of the Olympic bronze medallist. Scully stayed within 40-60 secs. for some 7 laps, but then after 25 kilo, he began falling back. I'm not sure, but this no doubt was a personal best for Scully who just a week previously won the 20 kilo race in the USA-Canada meet in Toronto with a time only a minute and a half better than his time today at 20 kilo. The battle for 3rd was hot with Godwin hanging back in 5th, then picking off Bowman on the 11th lap and his Colo. TC teammate, Brown on the 17th lap. The Motor City Striders got their three members in the next 3 spots--this gave them 15 pts. It was then up to Van Arsdale to place at least 9th in the team scoring--and he did just that to give the Colorado TC 14 points and the team medals and patches. RESULTS:

		5 Kilo	10	15	20	25	30
1.	Larry Young 29 Mid-America TC	23:33	47:52	1:12:30	1:37:05	2:02:10	2:28:09
2.	Todd Scully 24 Lynchburg, Va. Shore AC	23:51	49:00	1:13:25	1:37:55	2:03:35	2:32:43
3.	Floyd Godwin 27 Colorado TC	25:38	51:59	1:17:50	1:44:40	2:11:35	2:38:12
4.	Jerry Brown 27 Colorado TC	25:30	50:52	1:16:20	1:43:45	2:11:05	2:41:37
5.	Bob Bowman 32 LA Striders	24:46	50:40	1:17:00	1:44:51	2:14:50	2:43:12
6.	Bob Specht 19 Motor City Striders	27:17	53:30	1:20:20	1:47:40	2:17:00	2:47:26
7.	Jerry Bocci 30 Motor City Striders	25:43	52:10	1:19:36	1:47:25	2:17:20	2:48:38
8.	Bill Walker 35 Motor City Striders	25:44	52:10	1:19:35	1:47:25	2:17:50	2:50:46
9.	Augie Hirt 21 McPherson, Ks. Ohio AAU registered	28:10	56:16	1:25:27	1:56:34	2:28:10	2:58:31
10.	Mike Halá 20 Oklahoma Christian College	28:45	57:20	1:26:50	1:57:30	2:28:50	2:58:58
11.	Dale Paas 21 Oklahoma Christian College	27:17	54:55	1:23:40	1:52:47	2:26:10	3:00:32
12.	Jack Blackburn 37 Ohio TC	25:42	52:48	1:21:10	1:50:25	2:24:45	3:05:27
13.	Pete Van Arsdale 25 Colorado TC	28:45	57:20	1:26:50	1:57:30	2:29:18	3:05:43
14.	Leonard Busen 42 Columbia TC (St. Louis branch)	31:25	61:45	1:32:15	2:04:55	2:39:00	3:12:35
15.	Mark Achen MATC	31:43	63:12	1:34:20	2:08:20	2:42:15	3:20:21
16.	Rob Spier 50 Columbia TC	33:25	65:32	1:39:00	2:14:15	2:49:40	3:27:44
17.	Lynn Huntley 24 Oklahoma Christian College	33:20	66:07	1:39:40	2:14:50	2:49:05	3:27:55
18.	Darrell Palmer MATC	31:43	63:12	1:43:40	2:18:00	2:52:40	3:28:00
19.	Dan Fitzpatrick 20 Green & Gold AC (Chicago)	28:45	59:41	1:32:40	2:08:30	2:47:15	3:28:27
20.	Greg Comerford 20 Green & Gold AC	30:52	62:03	1:36:30	2:14:30	2:55:10	3:38:23
21.	Brian Kichline 18 Columbia	35:25	71:46	1:50:05	2:31:50	3:31:40	4:02:28
22.	Bob Chapin 40 MATC	33:20	66:33	1:43:30	2:22:00	3:02:00	OUT
23.	Steve Spier 13 CTC	42:35	77:00	2:02:30	2:42:01	winner & only entrant in the 20 kilo walk for kids.	
24.	Paul Ide 20 MATC	25:42	53:30	1:22:10	out at 10½--1:32:43		
25.	Dan Patt 32 Green & Gold AC	26:35	56:35	1:28:15	OUT		
26.	Merle Hill CTC	35:10 rested, then 2 more laps in 23 mins.					
27.	Goetz Klopfer	28:08	4½ miles in 38:02--not Goetz's day				
28.	Mike Dewitt 21	one lap in 10:13--was sick and should never have started. Now stationed at Ft. Wood					

## SCHEDULE OF EVENTS:

- OCTOBER: 14 Saturday 9:00 AM 3 mile run, 3 mile walk Hickman Track
- 14 " 2:00 PM St. Louis YMCA 5 & 10 Mile races-- many age groups & awards. CONTACT: Carl Muckler 2680 Countryside Dr., Florissant, Mo. 63033
- 15 Sunday 8:00 AM Tri-States Marathon Falls City, Nebr.
- 16 Monday 7:30 PM ANNUAL MEETING OF CTC Assembly Room "A", Public Library, Broadway & Garth. 1972 DT & ET award winners should be present (see Sept. newsletter). Meeting is open to anyone interested in our running-walking program.
- 21 & 22 Saturday & Sunday Times uncertain. Orienteering Workshop & Championship Race. Ken Ackerman, Ass't. Prof. of PE, SIU, Carbondale, Ill. will conduct this event. Contact Marge Meredith 882-4016. This is open to anyone, but there will be a \$5.00 charge for non-University people--Marge needs to know in advance if you plan to enter.
- 21 Saturday 10:00 AM Open Cross-country 4 mile & Masters 2 Mile Shawnee-Mission Park, Kans. (same thing also on Nov. 4)
- 28 Saturday 10:00 AM Linn Tech Marathon Linn, Mo. to Jefferson CONTACT: James Symmonds, Linn Technical College Linn, Mo. 65051
- 29 Sunday 2:00 PM 2 Mile Cross-country Run A.L. Gustin Golf Course
- NOVEMBER 5 Sunday 2:00 PM 5 Mile Cross-country run A.L. Gustin Golf course
- 5 " 9:00 AM MVAAU 50 Kilo Walk Renz Farm Jefferson City, Mo.
- 11 Saturday 12:30 to 2:00 PM MVAAU Cross-country Championships Salina, Kansas CONTACT: Andy Deckert 600 Lena Salina, Ks. 67401
- 18 Saturday 2:00 PM 2-Man, 6 Mile Relay--alternate Miles Hickman Track
- 18 " 9:00 AM MVAAU 40 Kilo Walk Swope Park Kansas City, Mo.
- 25 " ? MVAAU 10 Kilo Championship Run Winfield, Kansas
- 25 " ? Mississippi River 10 Mile Road Run Alton YMCA Alton, Ill.

JOE DUNCAN  
4004 Defoe Dr.  
Columbia, Mo. 65201



1973 RUNNING AND WALKING SCHEDULE PRESENTED BY  
PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

We are listing below the events, dates, site, time and divisions. All inquiries concerning the events should be directed to the Parks and Recreation Department, Municipal Building, Columbia, Missouri 65201, or to Joe Duncan, 4004 Defoe Drive, phone 445-2684.

ENTRY BLANKS: In most of our races you don't need an entry blank. Entry blanks for the Heart of America Marathon, Missouri Valley and National AAU events will be available six weeks or so before the event.

AAU REGISTRATION: All athletes must have a valid AAU card, regardless of the class of competition. ALL EVENTS ARE SANCTIONED BY THE MISSOURI VALLEY AAU.

LOCATION OF EVENTS: Hickman High School Track is located off Interstate 70, the Providence Road Exit. It is a red shale track. Cosmo Park is located off the Stadium Boulevard Exit off Interstate 70, on the north side.

DESIGNATED TIME CATEGORY: All events (except the 1 Mile runs) will be Designated Time (D.T.) events at the option of the competitor. There will be a Men's Division and a Women's Division. Trophies will be awarded at the end of the season for the top six in the D.T. category. One must compete in 12 D.T. events to qualify for a trophy. Only the best 12 predictions will be used in computing the D.T. average (average seconds off per race). Only six short races (3 miles or less) can count on the D.T. average.

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Division:

RUNNERS: 1) Open, 2) Age 40 and over, 3) Age 15 and Under, 4) Women WALKERS: 1) Open, 2) Age 15 and under. Points will be accumulated during the season with each eligible (see below) competitor getting points per race equal to the number of eligible competitors he beats, plus one. Example: There are 8 eligible runners in a race. The first finisher of those eight gets eight points, the last finisher gets one point. An over-age-40 or under-age-15 competitor may accumulate points in both his division and the open division. At the end of the season, six trophies will be awarded in each open division and at least one trophy in each of the other four divisions. EVERY race will count as an Elapsed Time event (including MVAAU races).

THE SEASON: The "Season" commenced with the first race after the 1972 Heart of American Marathon and concludes with the 1973 Marathon.

ELIGIBILITY FOR D.T. AND E.T. TROPHIES: Only CTC members and those who pay \$3.00 will be eligible to compete for D.T. and E.T. trophies. The D.T. average and Elapsed Time points accumulated since the 1972 Marathon will be counted only if the \$3.00 is paid on or before January 6, 1973. Thereafter no competitor can establish a D.T. average or accumulate E.T. points until the \$3.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1973 dues for CTC membership shall be \$3.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$3.00 will provide a membership for all family members living together in the same household.

ENTRY FEES: Entry fees for all MVAAU events and the Missouri Cup will be \$1.00. Entry fees for the Marathon and 100 Mile Walk will be \$2.00. No entry fees will be charged for any of the other races.

All races are open to anyone, regardless of ability. The slowest jogger has as good a chance as anyone to win a trophy in the Designated Time Category, in which the participants predict their time for the distance.

# EVENTS 1973

January 6	Saturday, 9:00 a.m.	5 Mile Run, 5 Mile Walk - Cosmo Park
January 13	Saturday, 9:00 a.m.	20 Kilo Run, 20 Kilo Walk* - Cosmo Park
January 28	Sunday, 2:00 p.m.	1 Mile Run, 2 Mile Walk - Hickman Track
February 4	Sunday, 2:00 p.m.	6 Mile Run, 6 Mile Walk* - Cosmo Park
February 17	Saturday, 9:00 a.m.	10 Mile Run, 10 Mile Walk* - Cosmo Park
February 24	Saturday, 9:00 a.m.	3, 2, 1, Mile Triathlon Hickman Track
March 3	Saturday, 2:00 p.m.	MISSOURI VALLEY AAU AND OPEN 30 KILO RUN - Cosmo Park
March 10	Saturday, 9:00 a.m.	1 Mile Run, 3 Mile Walk - Hickman Track
March 17	Saturday, 9:00 a.m.	8 Mile Run, 8 Mile Walk* - Cosmo Park
March 25	Sunday, 2:00 p.m.	2-Man 6 Mile Run-Walk Relay (Each 2-man team has one runner and one walker) Alternate miles - Hickman track
April 7	Saturday, 9:00 a.m.	2 Mile Run, 7 Mile Walk - Hickman Track
April 15	Sunday, 2:00 p.m.	MVAAU AND OPEN 1 HOUR WALK - Hickman Track
April 28	Saturday, 9:00 a.m.	Walk-Run Pentathlon - Walk 2 miles, Run 880 yards, Walk 1 mile, Run 2 miles, 220 yard dash - Hickman Track
May 6	Sunday, 2:00 p.m.	Missouri Cup Competition, 20 Kilo Walk - Hickman Track
May 19	Saturday 8:00 a.m.	12 Mile Run, 12 Mile Walk* - Cosmo Park
June 2	Saturday, 9:00 a.m.	6 Mile Handicap Run, 6 Mile Handicap Walk - Cosmo Park - Picnic afterwards
June 9	Saturday, 9:00 a.m.	4 Mile Relay - Hickman Track
June 16	Saturday, 7:30 p.m.	MISSOURI VALLEY AAU AND OPEN 1 HOUR RUN - Hickman Track
June 23	Saturday, 7:30 p.m.	2-Man, 10 Mile Relay - Alternate 440's - Hickman Track
July 7	Saturday, 9:00 a.m.	1 Mile Run, 3 Mile Walk - Hickman Track
July 14	Saturday, 8:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN - Meet at Cosmo Park by 7:30 a.m.
July 28	Saturday, 6:30 a.m.	30 Kilo Run, 20 Kilo Walk - Cosmo Park
August 4	Saturday, 9:00 a.m.	Sprint Triathlon - Mile, 880, 440 - Hickman Track
August 11	Saturday, 7:30 p.m.	3 Mile Run, 3 Mile Walk - Hickman Track
August 18	Saturday, 5:00 p.m.	Second 1/2 of Marathon Course - Meet at Hickman Track - Walkers report at 4:00 p.m.
August 25	Saturday, 9:00 a.m.	2 Mile Run, 2 Mile Walk - Hickman Track
September 3	Monday, 6:00 a.m.	14th Annual Heart of America Marathon (Meet at Daniel Boone Building no later than 5:30 a.m.)
September 15	Saturday, 9:00 a.m.	1 Mile Run, 5 Mile Walk - Hickman Track
September 23	Sunday, 2:00 p.m.	2 Mile Run, 6 Mile Walk - Hickman Track
September 29 & 30	Saturday and Sunday, 1:00 p.m.	7TH ANNUAL NATIONAL 100 MILE WALK - Hickman Track
October 7	Sunday, 2:00 p.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 13	Saturday, 9:00 a.m.	5 Mile Run, 5 Mile Walk - Cosmo Park
October 21	Sunday, 2:00 p.m.	2 Mile Cross-Country Run - A. L. Gustin Golf Course
October 27	Saturday, 5:00 p.m.	National AAU 5,000 Meter Women's Race-Walk Championship (tentative) Hickman Track
October 28	Sunday, 10:00 a.m.	SENIOR NATIONAL (tentative) AND MVAAU 30-KILO WALK - Leawood Subdivision
November 4	Sunday, 2:00 p.m.	5 Mile Cross-Country Run Region 8 Masters C/C Championship - A. L. Gustin Golf Course
November 17	Saturday, 9:00 a.m.	10,000 Meter Run, 10,000 Meter Walk - Hickman Track
December 1	Saturday, 9:00 a.m.	5,000 Meter Walk and 5,000 Meter Run - Hickman Track
December 15	Saturday, 9:00 a.m.	10 Mile Run, 10 Mile Walk* - Cosmo Park

\*On all road walks, walkers should report 30 minutes early