

COLUMBIA TRACK CLUB NEWSLETTER
Vol. V, No. 9
Sept. 6, 1973

TIM HENDRICKS WINS THIRD STRAIGHT HEART OF AMERICA MARATHON Sept. 31						
		3	6	9	12	Halfway FINAL
		15	18	21	24	
1. Tim Hendricks 27	19:40	39:05	59:00	1:18:20	1:26:05	
Peru, Nebr.	1:37:43	1:55:35	2:13:24	2:31:05		2:43:40
2. Robert Rosales 31	18:50	36:51	56:01	1:15:15	1:23:05	
Marquette, Ks.	1:34:20	1:52:00	2:11:36	2:30:16		2:43:59
3. Dennis Katzer 20	19:40	39:05	59:00	1:18:20	1:26:08	
Naper, Nebr.	1:37:45	1:55:40	2:15:15	2:36:20		2:49:01
4. Lou Fritz 30	19:40	39:05	59:00	1:18:20	1:26:07	
Verdon, Nebr.	1:37:45	1:56:20	2:15:32	2:37:00		2:49:37
5. Jay Birmingham 28	19:45	39:30	59:26	1:19:30	1:27:30	
Dayton, Ohio	1:40:00	1:59:47	2:19:30	2:41:10		2:54:28
6. Alex Ratelle 48	19:42	39:21	1:00:03	1:20:14	1:28:50	
Minneapolis	1:41:00	2:01:09	2:20:59	2:42:30		2:55:44
7. Jim Conaway 18	20:15	40:17	1:02:15	1:22:10	1:30:25	
Kansas City, Mo	1:43:14	2:03:00	2:23:25	2:44:45		2:58:23
8. Dan Kacprowicz 22	18:43	36:17	57:00	1:15:15	1:23:20	
Rogersville, Mo.	1:36:06	1:57:00	2:19:19	2:43:00		2:59:01
9. Karl Naylor 36	18:50	37:14	56:48	1:15:20	1:25:15	
Topeka, Kans.	1:37:45	2:00:28	2:21:56	2:46:16		3:01:33
10. John Hawkins 26	21:26	41:58	1:02:10	1:22:45	1:31:00	
Omaha, Nebr.	1:42:38	2:02:05	2:22:31	2:45:30		3:02:35
11. Arne Richards 40	22:00	42:58	1:02:40	1:25:00	1:33:30	
Manhattan, Ks.	1:46:20	2:07:00	2:27:21	2:48:05		3:02:50
12. Dick Hessler 32	22:00	42:58	1:02:40	1:25:00	1:33:30	
CTC	1:46:09	2:07:00	2:27:21	2:48:10		3:03:55
13. Tom Ellis 25	21:03	42:35	1:03:51	1:26:00	1:34:30	
Mt. Rainier, Md.	1:47:57	2:08:45	2:29:14	2:49:45		3:04:59
14. James Ochse 19	19:40	39:05	59:00	1:18:20	1:26:05	
Oxford, N.J.	1:37:45	1:56:20	2:15:36	2:38:00		3:08:21
15. Ben Londeree 39	22:00	43:04	1:05:21	1:27:15	1:36:35	
CTC	1:51:20	2:12:45	2:33:27	2:54:15		3:08:47
16. Brad Odom 19	20:00	39:31	1:03:45	1:22:10	1:30:40	
Indianapolis	1:44:27	2:05:00	2:27:50	2:53:30		3:10:59
17. Jerry Kokesh 23	20:20	40:17	1:03:45	1:22:10	1:31:00	
Manchester, Mo.	1:44:30	2:06:08	2:27:42	2:53:30		3:11:15
18. Robert Schmitt 42	20:10	40:06	1:01:56	1:23:40	1:33:30	
Dodge City, Ks.	1:46:20	2:07:30	2:30:30	2:54:00		3:11:55
19. Don Granberg 31	20:05	40:17	1:01:44	1:25:00	1:33:50	
CTC	1:47:22	2:08:55	2:31:27	2:55:20		3:13:20
20. Dean Neal 25	20:20	41:26	1:03:51	1:25:48	1:34:31	
Success, Mo.	1:48:35	2:11:15	2:34:23	2:57:00		3:14:07
21. Ken Geest 20	21:20	42:37	1:04:55	1:26:00	1:34:55	
Kansas City, MO.	1:48:48	2:11:05	2:34:48	3:01:00		3:16:40
22. Rex Frazer 41	20:13	41:26	1:03:51	1:26:30	1:35:50	
CTC (Ft. Wood)	1:49:53	2:12:08	2:35:29	3:00:45		3:19:09
23. John Hurst 23	19:45	39:05	59:00	1:18:20	1:26:25	
Villa Ridge, Mo.	1:38:45	2:00:28	2:32:28	3:02:45		3:22:26
24. Ray Smith 27	20:00	39:31	1:00:19	1:22:45	1:32:00	
Omaha, Nebr.	1:46:20	2:10:20	2:34:23	3:00:11		3:22:38
25. Charles Geiss 33	22:14	44:20	1:06:29	1:28:32	1:37:45	
CTC	1:51:50	2:14:27	2:38:50	3:04:55		3:22:45
26. Tom Luechtefeld 28	24:45	48:23	1:10:43	1:32:10	1:42:05	
Kirksville, Mo.	1:56:00	2:18:40	2:42:19	3:08:15		3:27:08
27. Tom Kilburn 28	23:45	46:50	1:10:57	1:34:30	1:45:00	
CTC	2:00:13	2:24:43	2:48:55	3:11:50		3:30:22
28. Joe Duncan 39	25:03	48:45	1:13:44	1:37:10	1:48:20	
CTC	2:02:43	2:25:40	2:48:55	3:12:00		3:32:51

29.	Mark DuFresne	20	21:10	42:35	1:04:57	1:26:15	1:35:12
	Kansas City, Mo.		1:49:29	2:14:25	2:43:45	3:13:15	3:40:28
30.	Mike Bauer	32	24:30	49:18	1:14:30	1:39:00	1:51:20
	St. Louis		2:07:25	2:33:35	3:00:40	3:21:30	3:46:41
31.	Matt Ausmus	16	20:33	41:42	1:03:09	1:26:00	1:36:00
	Cameron, Mo.		1:50:30	2:16:00	2:47:52	3:13:15	3:47:05
32.	Dave Leuthold	40	25:00	48:45	1:13:09	1:36:20	1:47:20
	CTC		2:03:45	2:29:17	2:56:25	3:20:25	3:49:27
33.	Leland Pfefer	39	25:00	48:45	1:13:09	1:37:00	1:47:45
	Columbia		2:04:30	2:31:22	2:59:34	3:23:35	3:50:57
34.	Augie Hirt	22	walked 28:57	57:06	1:25:52	1:54:00	2:03:00
	Columbia		2:20:00	2:46:52	3:12:43	3:42:00	3:59:33
35.	James Bagnoli	20	20:00	41:00	1:04:04	1:26:55	1:37:30
	Indianapolis		1:53:13	2:20:40	3:02:37	3:40:25	4:04:50
36.	Leonard Busen	43	24:04	47:16	1:12:50	1:37:17	1:48:40
	CTC (St. Louis)		2:05:50	2:36:20	3:10:59	3:46:35	4:04:51
37.	Mike Ausmus	16	20:35	42:14	1:04:10	1:29:05	1:38:50
	Cameron, Mo.		1:54:20	2:22:12	2:58:04	3:39:00	4:05:35
38.	Charles Brandon	17	22:05	42:44	1:05:15	1:30:10	1:41:00
	St. Joseph, Mo.		1:59:13	2:29:07	3:03:27	3:46:35	4:10:36
39.	Kevin Buse	18	24:30	49:18	1:14:30	1:40:45	1:51:20
	Albert City, Ia.		2:07:25	2:33:35	3:07:51	3:52:25	4:13:55
40.	Ralph Stief	17	25:13	50:16	1:18:23	1:46:00	1:56:45
	Bowling Green, Mo.		2:13:05	2:40:10	3:07:51	3:52:25	4:14:00
41.	Jerry Young	16	23:05	47:52	1:16:39	1:49:45	2:02:58
	St. Louis		2:18:00	2:45:43	3:17:35	---	4:14:11
42.	John McCrory	22	25:05	50:44	1:16:05	1:41:55	1:53:05
	Columbia		2:09:36	2:35:55	3:11:02	---	4:35:31
43.	John Bennett	19	22:09	46:06	1:12:10	1:40:45	1:51:45
	Columbia		2:12:25	2:47:40	3:23:03	---	4:36:04
44.	Richard Carr	39	25:10	50:16	1:18:23	1:46:30	1:58:50
	Pittsburg, Ks.		2:16:35	2:50:47	---	---	4:36:26
45.	Mark Struckhoff	14	27:19	56:55	1:26:21	1:58:10	2:13:30
	Columbia		---	3:19:20	4:05:27	4:50:35	5:22:22
46.	Chris Jung	30	27:19	56:55	1:26:21	1:58:10	2:13:40
	Columbia		---	3:17:20	4:05:30	4:50:35	5:22:27
47.	Dick Sallee	46	---	75:44	---	---	---
	Bowling Green, Mo.		---	4:39:15	---	---	6:55:24
48.	Scott Sallee	11	---	75:44	---	---	---
	Bowling Green		---	4:39:15	---	---	6:55:24
49.	Ken Katzer	31	19:45	39:05	59:00	1:18:20	1:27:00
	Lincoln, Nebr.		1:39:45	2:00:20	OUT		
50.	Teresa Kacprowicz	14	25:05	50:08	1:16:12	1:42:25	1:54:05
	Springfield, Mo.		2:10:30	2:36:35	OUT--had fallen and severely cut her leg while running down the railroad track		
51.	Don Leake	20	22:25	45:10	1:10:09	1:35:00	1:49:20
	Columbia		2:05:50	2:38:05	OUT		
52.	Richard Heun	29	25:00	48:25	1:12:13	1:36:20	1:50:58
	Kirksville, Mo.		2:06:30	2:38:05	OUT		
53.	Jean Madden	46	25:00	49:11	1:15:51	1:43:40	1:55:15
	CTC		2:13:05	2:44:35	OUT		
54.	Marvin Patterson	38	25:00	48:57	1:13:44	1:42:25	1:54:05
	Columbia		2:12:25	OUT			
55.	Dennis Blossom	37	25:00	49:04	1:15:51	1:40:25	1:56:20
	Columbia		2:19:49	OUT			
56.	Bobby Baker	21	23:01	47:52	1:16:39	OUT	

72 degrees all the way--Gentle rain most of the way--quite hard after 3 hours or so. The rain was most welcome coming right on the heels of three weeks of 90+ degree weather and hot sun. The only problem was on the six mile stretch of gravel and dirt--some of this was really treacherous and no doubt cost most runners several minutes.

Hendricks won his 4th out of the last 5 Marathons, Ratelle won his 6th straight over 40 title. The only thing new about this year's edition

. . .continued

MARATHON continued:

was the closeness of Hendricks' victory--his habit is to go a sensible even pace with a 2nd half faster than the first. So it went this time except that when he went by Dan Kaprowicz after Easley Hill and Karl Naylor after 15 miles, he thought he had the lead. He was somewhat dismayed to learn that Rosales was over 3½ minutes ahead of him. Hendricks gradually closed the gap, although he didn't catch sight of Rosales until he approached the hill at 24 miles. From that point on he zeroed in on Rosales, finally catching him on College Ave, not far from Broadway. The winning margin of 19 seconds made this the closest finish ever. Dick Hessler headed the CTC contingent turning in the best time for this course for a CTC member. Londeree, Kilburn, Duncan, Leuthold and Busen also got personal bests. Dean Neal and Rex Frazer were in their first Marathons as was Charles Geiss--all of them doing quite well the first time out. Augie Hirt is no doubt one of the few people anywhere who has run a marathon in less than 3 hours (last year) and walked one in less than 4 hours (this year). MVAU medals went to Rosales, Conaway and Kacprowicz.

HERE IS A HEARTY "THANK YOU" TO THE FOLLOWING INDIVIDUALS AND BUSINESSES who contributed so much to the success of this years show: Dave and Joyce Schulte--Dave, with Bob Bryant's help, had a computer printout of the results (including the halfway times and pace per mile) for those finishing under 4 hours--this was available only 20 minutes after the 4 hour mark. Joyce did her usual fine job--putting in many hours on publicity, sign painting, etc., etc. At the finish line Hardy Menees, from St. Louis, spotted runners coming in for Head Timers Rob Spier and Veva. Inside, Carole Duncan posted the results as fast as they were carried in to her by Doug and Joe, Jr. Duncan. Carl Schulte helped inside. Ann Hessler took care of the certificates. Manning the timing stations were Whitney Hicks, Jim Pinkerton, Joe Saathoff, Charles Talley, Jim Fields, Jean Holcomb, Mike Chippendale, Wayne Lee-man, Marge Meredith and Gary Schmidt, who was a roving timer. At the Aid Stations we had the Cosmo Breakfast Club--Earl Hilger, Jack Sapp, Mahlon Fairchild, Harold Boyer, Ken Dudley, Harold Anthony, P. K. Mathias, Al McGinnis and Henry Kleindienst. Then there were Gordon Bivins, Dr. & Mrs. William Taft, Lanny Endicott, Bob Bryant, Mr. & Mrs. Vernon Barr, Ray Odor, John and Janet Leuthold, Steve Spier, Tom Wilson, Murrel Jackson, George Ann Larson, Joan Hirt--and there were a few others who pitched in. Riding herd on all these people and the supplies was Aid Director Carolyn Leuthold.

Various businesses contributed--MFA Insurance Companies became a major sponsor of the race, printed the brochures and even provided a few runners. Joe Machens Ford provided the two roving pickup trucks, Schulte Whitegate IGA gave 5 cases of Gatorade, Columbia Ice & Storage 60 lbs. of ice, Columbia Donut Co. 4 dz. donuts, Nowell's \$15.00 worth of fruit Sears gave safety pins and Interstate Pancake House \$25.00. Tony Martin and Bob Bodenhamer drove the trucks and as usual Dr. Logue and Dr. Leeper were up and out early as course physicians. Then Dick Green, Dick Byler, Pat Hackler and Cathey Shyrook with P & R, as always, gave us their full support, helping in many ways.

MANY, MANY THANKS TO ALL OF YOU!!!

Our organization and preparation were better than ever--however, there are still improvements to be made. We ask all of you (including the runners) to think about how we can improve and then send us your ideas and suggestions--now, before you forget them. '74 will be even better.

NOTICE OF ANNUAL MEETING

The annual meeting of the Columbia Track Club will be held on Friday, October 12, 1973 in Assembly Room "A" at the Columbia Public Library, located at Broadway and Garth. The meeting will begin promptly at 7:30 P.M. DT and ET trophies will be awarded at this time. Further, if warranted, we will have broad discussion as to our future program. If any of you have ideas as to topics to be included on the agenda then please let me know at least a week in advance of the meeting. REFRESHMENTS WILL BE SERVED. ATTEND THE ANNUAL MEETING!!!

THE 8th ANNUAL TRI-STATES MARATHON is scheduled for Sunday, October 21, 1973, 8:00 AM, Falls City, Nebr. CONTACT: Louis Fritz, Verdon, Nebr. 68457.

He who doesn't lose his wits
over certain things has no wits to lose.
. . .G. E. Lessing (1772)

STEWART GETS PUSHED A LITTLE IN TWO MILE RUN August 25, 1973:

	880	Mile	1½	2 Miles	DT
1. Dennis Stewart	2:18	4:44	7:15	9:36.8	4
2. Dennis Williams	2:16	4:39	7:11	9:45	
3. Ben Londeree	2:26	5:02	7:38	10:15.5	15
4. Dean Neal	2:31	5:14	8:03	10:48	
5. Carl Muckler St. Louis	2:33	5:18	8:07	10:51	
6. Tom Kilburn	2:44	5:30	8:16	10:56	
7. Don Williams	2:29	5:15	8:09	11:00	
8. Mike Chippendale	2:42	5:29	8:14	11:02	3
9. Rex Frazer 41	2:45	5:32	8:27	11:15	15
10. Jeff Brown West Plains	2:26	5:13	8:19	11:30	
11. Joe Duncan	2:58	6:01	9:03	12:07	
12. Lanny Endicott	2:58	6:02	9:10	12:31	1
13. Don Johnson 45	3:04	6:17	9:38	12:54	34
14. Ralph Anderson 40	3:03	6:16	9:36	12:55	
15. Joan Hirt	3:29	6:57	10:30	13:55	
16. Leonard Busen 42	3:43	7:34	11:00	14:31	29
17. Doug Duncan 12	3:41	7:23	11:10	14:59	
18. Art Fleming	3:50	7:56	12:01	16:03	3
19. Jeff Kilburn 7	5:08	9:55	14:27	18:06	

80°, sun shining, moderate wind. Dennis Williams was on his way from his home in Michigan to his school, Eastern New Mexico U., Portales, N. Mex. In what was not a good race for him, he led until the last 880 when Stewart powered by, winning easily. In the Age 40 & Over race, after letting Frazer do his stuff up front, Johnson and Anderson waged a fierce battle, as they have done on several occasions, with Johnson showing just a little more speed on the homestretch.

AUGIE HIRT THEN RIPS OFF A 16:04 TWO MILE WALK:

1. Augie Hirt	3:47	7:50	12:00	16:04	
2. Dave Leuthold	4:17	8:53	13:40	18:26	
3. Art Fleming	4:35	9:17	14:00	18:39	31
4. Jim Fields	4:29	9:13	14:06	19:02	
5. Leonard Busen	5:00	10:13	15:22	20:15	
6. Janet Leuthold	5:03	10:13	15:42	21:20	
7. John Leuthold 8	5:40	11:45	17:59	23:31	
8. Joyce Schulte	5:43	11:48	17:59	23:35	
9. Jean Holcomb	5:54	12:00	18:20	24:38	
10. Dr. Wm. Taft	6:22	11:48	19:16	25:38	
11. Rob Spier	8:09	16:10	23:36	30:40	0!!!!

A BOOKLET OF MVAAU MASTERS PERFORMANCE RECORDS HAS COME OUT and will come out periodically. It shows performances for all running distances and all field events for 30-39, 40-49 and over 50. Write to Bob Creighton, Atwood, Kansas if you don't have the booklet. If you are over 30 you should join the Masters Association--write to Jim Burnley 8713 West 89th St., Overland Park, Kansas 66212. Annual dues are \$5.00. You can get your best performances included in the booklet by filling out the sheet they provide--some of you have better times than those shown. A lot of CTC names appear throughout the booklet.

ENTRY BLANKS FOR THE TEN KILO WOMEN'S RACE-WALK NATIONAL CHAMPIONSHIP and for the Men's 30 kilo Senior National Championship are enclosed. This is a real doubleheader attraction for the last weekend in October. Hopefully the girls will stay over Saturday night for the men's race. This should be a great opportunity for an informal two-day race-walking clinic. Some of the men, no doubt, will be on hand for the women's race and will be available for ideas on style, training, diet, etc. Following the men's race we will have a picnic at Kiwanis Park, located on College Park Dr., south of Russell Blvd. school. All participants in the two races, their traveling companions, families and race officials are invited. Following is a list of Motel facilities with fairly reasonable charges. It will be essential for reservations to be made well in advance since that weekend is Stephens College's Parents Weekend and most likely there will be no last minute rooms available.

1. Travelier Motel--I-70 at West Blvd--442-0101. 2 People, 1 Bed--\$13.00, 2 people, 2 beds, \$15.00. 3 people, 2 beds, \$17.00
2. Mizzou Motel 202 Bus. Loop 70 W--442-3250--2 people, 1 bed 12.75 \$2.00 discount with \$5.00 deposit by Oct. 15.

....Motels Continued....

MOTELS Continued. . .

3. Stephens Holiday Motel--711 Bus. Loop 70 E--442-3125--1 person, \$10.40; 2 people, 1 bed--\$15.60 Reservation by Oct. 15.
4. All States Motel--911 Bus. Loop 70 E--442-6115. 1 person \$7.28; 2 people, 1 bed \$8.32; Twin Beds--\$9.36; 2 Dbl. Beds--\$12.48
There are also apartment units available.
5. Stephens Motel--1306 Rangeline--442-3191-- 1 person \$10.40; 2 people 1 bed, \$15.60 By Oct. 15
6. Arrow Head Motel--1411 Bus. Loop 70 E--442 1141--1 person \$8.00; 2 people, 1 bed, \$12.00; 4 people, 2 beds, \$17.00.
\$1.00 Discount with full deposit by Oct. 15.
7. Friendship Inns--2112 Bus. Loop 70 E--449-3771--1 person, \$10.48; 2 people, 1 bed, \$15.60, 2 beds, \$17.68. These are reduced prices effective only if full deposit is made by Oct. 15.

DESIGNATED TIME STANDINGS--FINAL:

	Av. Secs. Off	No. of Events		
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1. Dennis Stewart**	12	12*	7. Dave Schulte	38 12*
2. Joe Duncan**	16	12*	8. Leonard Busen	49 12*
3. Ben Londeree**	17	12*	9. Ralph Anderson	77 12*
4. Art Fleming**	25	12*	10. Rob Spier	83 12
5. Dick Hessler**	32	12*	11. Rex Frazer	100 11
6. Mike Chippendale**	34	12*		

*Denotes 12 best events

ELAPSED TIME STANDINGS--FINAL:

Runners	Points
1. Londeree**	236.5
2. Stewart**	220
3. Chippendale**	181.5
4. Hessler**	151.5
5. Kilburn**	124
6. Duncan**	122
7. Granberg	108
8. Frazer	92
9. Fleming	88
10. Johnson	74
11. Anderson	69
12. Fields	48
13. Schulte	38

AGE 40 & OVER

1. Frazer**	46
2. Johnson**	37
3. Anderson**	36
4. Fields**	24
5. Busen**	15
6. Leuthold**	10

Don Johnson beat Anderson by a foot or so in the 2 mile run to take 2nd here. Close!

AGE 15 & UNDER:

1. Doug Duncan**	17
2. Richard Anderson**	6
3. John Leuthold**	5
4. Jeff Kilburn**	5
5. Carl Schulte**	2
6. Janet Leuthold**	1

WALKERS:

1. Art Fleming**	62
2. Dave Leuthold**	59
3. Leonard Busen**	53
4. Rob Spier**	35
5. Joe Duncan**	23
6. Darrell Palmer**	17
7. Mark Achen	16
8. Jim Fields	16
9. Joyce Schulte	13
10. Janet Leuthold	12
11. Steve Spier	12

**Means that these people will receive trophies at the annual meeting--Big Ceremony and all.

The first race of the 1974 season is the One mile run and the 5 Mile walk on Sept. 15. Participation is the real factor in determining how well you do in both the DT and ET races. NOW IS THE BEST TIME TO START!!!

REMEMBRANCE

The summer never shines
so bright
As thought of in a winter's
night;
And the sweetest loveliest
rose
Is in the bud before it
blows.

. . . Thomas Hood (1799-1845)

And the fastest triumphant mile is in the dreamer's happy smile.

. . . J. Duncan

SCHEDULE OF EVENTS:

SEPTEMBER	15	Saturday	9:00 AM	One Mile Run, 5 Mile Walk	Hickman Track
	15	"	11:00 AM	Kirkwood, Mo., Green Tree Run	Kirkwood Park
	16	Sunday	1:30 PM	Bevo Day 6 Mile Road Run--Gate-	way Arch to Bevo Mill, St. Louis
	23	Sunday	2:00 PM	2 Mile Run, 6 Mile Walk	Hickman Track
OCTOBER	6	Saturday	3:00 PM	7 Mile Race Walk	SIU Edwardsville, Ill.
	6 & 7	Saturday & Sunday	1:00 PM	SEVENTH ANNUAL NATIONAL 100 MILE WALK	Hickman Track
	7	Sunday	2:00 PM	2 Mile Cross-Country Run	Municipal Golf Course Course Record: 9:38 Bob Brouillet Oct. 10, 1971
	14?	"	?	MVAAU 20 Kilo Walk Championship	Northwest Parkway, Independence, Mo.
	13	Saturday	9:00 AM	5 Mile Run, 5 Mile Walk	Cosmo Park Records: 26:26 Rob Leutwiler Feb. 26, 1972; 40:48 Mark Achen 1-16-71
	21	Sunday	2:00 PM	2 Mile Cross Country Run	A.L. Gustin Golf Course Record: 10:09 Bob Brouillet Oct. 23 1971
	27	Saturday	2:00 PM	Central USA Cross Country Club Championship Meet	Forest Park St. Louis, Mo. We should enter at least one 5 man Open team and one 3 man Masters (over 40) team.
	27	Saturday	5:00 PM	NATIONAL AAU 10,000 METER WOMEN'S RACE-WALK CHAMPIONSHIP	Hickman Track
	28	Sunday	10:00 AM	SENIOR NATIONAL, MVAAU AND OPEN 30 KILO WALK	Leawood Subdivision

The CTC Newsletter comes from Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201--to him you should send a dollar (only \$1.00) to get 12 monthly issues. Also, if you want to say anything, simply tell me what and I will print it.....

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

REGION 8 AAU MASTERS ^{5 mile} CROSS-COUNTRY CHAMPIONSHIP

1973 Entry Blank

TIME: Sunday, November 4, 1973, 2:00 p.m.

PLACE: A. L. Gustin Golf Course, located off the south side of Stadium Blvd., about one-half mile west of Providence Road, Columbia, Missouri

ELIGIBILITY: Open to all runners who have reached their 40th birthday on or before November 4, 1973, and who are registered in the Missouri Valley, Ozark, Oklahoma or Arkansas District AAU Association.

ENTRY FEE: \$2.00

AWARDS: Trophies to first 6 finishers, certificates to all finishers.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ AAU NO. _____

SIGNATURE _____ BIRTH DATE _____

HT. _____ WT. _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States.

THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

Return to: Joe Duncan
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