

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 8

August 20, 1974

DICK HESSLER WINS 30 KILO RUN WITH 1:54:00 July 27, 1974:

	5 Kilo	10	15	20	25	30
1. Dick Hessler	18:55	39:02	58:02	1:17:02	1:35:20	1:54:00
2. Rich Todd	18:55	39:02	58:02	1:17:02	1:36:00	1:55:20
3. Dan Kacprowicz	18:55	38:44	57:03	1:16:24	1:35:44	1:56:26
4. Ben Londeree 40	18:55	39:02	58:13	1:17:34	1:36:53	1:57:50
5. Sandy Lawrence	18:55	41:20	1:01:15	1:21:45	1:41:35	2:03:34
6. Rex Frazer 42	19:47	40:39	1:01:05	1:21:52	1:42:37	2:03:36
7. Dean Neal	18:55	39:02	58:23	1:19:25	1:41:10	2:04:26
8. Don Granberg	18:55	40:57	1:01:15	1:21:45	1:42:35	2:04:58
9. Al Klein-Alma, Mo	20:30	41:50	1:02:55	1:24:30	1:46:20	2:06:10
10. William Fox-Tarkio	20:30	41:50	1:02:55	1:24:30	1:46:20	2:07:30
11. Rick Clear-CMSU	18:55	38:44	57:03	1:16:16	1:45:50	2:08:37
12. Jon Herbert-SWMSU	18:55	38:44	57:10	1:17:28	1:39:50	2:09:28
13. Turk Storvick 46	20:35	42:20	1:03:40	1:26:35	1:49:45	2:15:23
14. Joe Duncan 40	23:40	47:37	1:11:18	1:35:49	1:58:53	2:25:17
15. Don Carman	23:40	47:37	1:11:18	1:35:49	2:00:15	2:26:44
16. Charles Geiss	21:55	44:50	1:07:17	1:31:18	1:56:18	2:27:30
17. Don Johnson 45	23:40	47:38	1:11:32	1:37:00	2:01:45	2:27:38
18. ? Fisher-FLW	19:53	43:15	1:07:27	1:32:15	1:51:10	out-17½
19. Dwain Akins	19:15	39:52	1:01:53	1:26:26	OUT	

AND AT THE SAME TIME LARRY YOUNG DOES 20 KILO WALK IN 1:40:46:

1. Larry Young	24:30	49:55	1:15:05	1:40:46	
2. Augie Hirt	24:30	49:55	1:15:05	1:41:00	PB for 20 K
3. Leonard Busen 44	29:25	58:45	1:28:00	1:58:01	
4. Bob Young 54	31:25	62:55	1:34:15	2:05:39	
5. Rob Spier 51	31:25	62:42	1:34:15	2:06:25	PB
6. Jim Fields 42	31:22	62:42	1:34:15	2:08:55	
7. Albert Van Dyke	31:05	65:46	1:43:25	2:21:32	
8. Mike Clark 14	39:30	81:23	2:05:40	OUT	

Mid 70's at 6:45 start, mid 80's at finish, humid, bright sun for last 10 k. After 5 Kilo, Clear, Herbert & Kacprowicz had broken loose from Hessler, Todd, Londeree & Neal. Herbert led briefly but dropped back and it was Clear & Kacprowicz until about 12 miles when Clear got out in front--"clear" you might say--but for only about a couple of miles or so--for here he was pretty well wiped out--he had to take a break and after that was merely content to finish. The same fate had previously befallen Herbert. In the meantime, Hessler was really moving--his first 4 5 Kilo splits had gone 18:55, 20:07, 19:00 & 19:00. But at the 20 K turnaround, 46 seconds behind, he got in gear, ripping off an 18:18 5 Kilo, passing both Clear & Kacprowicz in the process. Todd had been tagging along with Hessler all this time, he couldn't match the 18:18, but was able to overhaul Kacprowicz on the last leg to get 2nd. Hessler's last 5 Kilo was 18:40--a PB for 30 K by 6 minutes--fine running over the hills in the bright sun. Londeree set another age 40 & over record beating Rex Frazer's 2:07:46.

In the walk, Young & Hirt had a fine workout--Larry obviously well along on the comeback trail, pulled Augie to a personal best. DESIGNATED TIMES went as follows: Neal 26 seconds off (.34%), Spier 35 off (.46%), Busen 61 (.87%), Londeree 70 (0.98%), Carman 104 (1.20%), Granberg 122 (1.60%), Frazer 144 (1.90%), Strovick 203 (2.56%), Duncan 317 (3.77%), Hessler 300 (4.20%), Johnson 442 (4.75%).

ENTRY BLANKS FOR THE EIGHTH ANNUAL NATIONAL 100 MILE WALK ARE ENCLOSED. Notice that no Post Entries will be accepted from local people. If there is anyone really serious about the walk, then they should be doing some preparation and this would certainly include getting their entry in on time. Otherwise, I think, that we have a tendency to get participants who have done absolutely no training and are in the event as a result of a last minute spur-of-the-moment decision after reading Saturday morning's paper. Also notice that, once again, we have had to change dates. The Rock Bridge HS football field will not be ready, therefore, they have a game on Oct. 5 on Hickman Field. THE NEW DATES ARE SEPTEMBER 28 & 29. This is a conflict with the MU-Arizona game & Homecoming. The main effect of this will be obtaining Sat. PM help with timing. Again we will be seeking timers to serve 3 hour shifts starting with 1:00 PM Sat. PLEASE LET ME KNOW IN ADVANCE WHEN YOU CAN HELP WITH TIMING--we need all the help we can get. Notice we have asked each walker to bring a "handler"--this will help us and will assure the walker proper care. Our main priority will be assisting the out-of-town walker, therefore it is most important that local walkers have a "handler".who will be responsible for dispensing aid and otherwise looking after his walker.

15 YEAR OLD BRYCE ALLMON WINS SPRINT TRIATHLON August 3, 1974:

		Mile	880	440	Total
1.	Bryce Allmon 15 Jeff City	4:42.8(2:17)	2:10	54.6	7:47.4
2.	Don Lewis	4:58 (2:23)	2:14.8	56.9	8:09.7
3.	Dean Neal	4:57(2:27)	2:19.7	62.8	8:19.5
4.	Dick Hessler	4:59.1(2:30)	2:19.9	62.6	8:21.6
5.	Sandy Lawrence	5:06(2:31)	2:21.5	62.5	8:30.0
6.	Dan Sullivant 15 Jeff City	5:14.5 --	2:25.7	63.0	8:43.2
7.	Don Granberg	5:17(2:35)	2:25.1	65.1	8:47.2
8.	? Howland 15 Jeff City	5:20.3---	2:27.4	63.4	8:51.1
9.	Turk Storvick 46	5:18(2:38)	2:28.1	66.6	8:52.7
10.	Don Johnson 45	5:19(2:39)	2:28.2	66.0	8:53.2
11.	/? Abrahams 15 Jeff City	5:35.5---	2:30.5	63.0	9:09.0
12.	Rick Petty 15 Jeff City	5:30.1 ---	2:32.8	71.5	9:14.4
13.	Dick Moe	5:34(2:43)	2:35	65.8	9:14.8
14.	Joe Marks	5:41(2:54)	2:36.4	67.9	9:25.3
15.	Dennis Blossom	5:45(2:53)	2:36.2	66.3	9:27.5
16.	Joe Duncan 40	5:40(2:56)	2:36.3	71.4	9:27.7
17.	? Bowman Jeff City	5:45---	2:38.6	65.5	9:29.1
18.	Jack Siefkas 41	5:47(2:57)	2:38.2	66.5	9:31.7
19.	Rex Frazer 42	5:34(2:55)	2:39.9	78.0	9:31.9
20.	Paul Smith 15 Jeff City	5:36---	2:45.2	72.5	9:33.7
21.	? Schlotz Jeff City	6:04.1---	2:39.8	67.8	9:41.7
22.	Al Garverick	5:56(2:57)	2:43.7	70.5	9:50.2
23.	Keith Maynard	6:16(3:06)	2:47.9	68.3	10:12.2
24.	Doug Duncan 13	6:54(3:24)	3:03.9	75.0	11:12.9
25.	Dennis McGuire	6:58(3:31)	3:07.4	80.7	11:26.1
26.	Marsha Weiss	6:59(3:29)	3:11.5	87.2	11:37.7
27.	Jay Blossom 10	7:06(3:32)	3:16.3	92.0	11:54.3
28.	Augie Hirt walked all 3	7:11(3:27)	3:23.2	91.0	12:05.2
29.	Glenma Moe	7:15(3:30)	3:24.9	93.3	12:13.2
30.	David Hicks 10	7:37(3:48)	3:25.1	95.0	12:37.1
31.	Joan Maddox	8:10(3:51)	3:25.0	92.2	13:07.2
32.	Dale Maddox 9?	7:43(3:47)	3:53.0	97.0	13:13.0
33.	Jim Fields 42 walked all 3	8:45(4:19)	4:17.8	2:04.9	15:07.7
34.	Whitney Hicks	4:59(2:31)	out with bothersome achilles		
35.	Janet Siefkas	7:27(3:41)	3:25.7	---	----
36.	Steve Hicks 7	---	3:29.3	95.9	----
37.	Amy Hessler 8	---	3:36.0	98.9	----
38.	Stuart Blossom 6	---	4:03.5	1:56.8	----

Upper 60's, nice day, moderate west winds. This is a tough, tough workout with only 15 minutes between events. Allmon will be a sophomore at Jeff City HS. He is one of the nations leading runners for his age group--at least he was at age 14 when he had a 4:28 Mile & a 1:59.2 880 to his credit. Storvick took advantage of Ben Londeree's absence to set a record for age 40 & over--but notice how hard he was pushed by Don Johnson. DT: Neal total of 4.1 seconds off (.82%); Duncan 5.1 (.90%); Storvick 7.3 (1.35%); Frazer 12.1 (2.09%).

MEMBERS OF THE CENTURION CLUB OF AMERICA

1.	J. B. Gillie	New York City	May 10 & 11, 1878	21:00:42
2.	M. J. Ennis	New York City	May 10 & 11, 1878	23:31:56(103)
3.	J. Schmidt	New York City	May 10 & 11, 1878	23:46:15
4.	Larry O'Neil	Kalispell, Montana		
	1. Columbia, Mo.	September 23 & 24, 1967	19:24:34	
	2. Columbia, Mo.	September 21 & 22, 1968	20:51:30	
	3. Columbia, Mo.	September 26 & 27, 1970	20:42:42	
	4. Los Angeles, Calif.	October 30 & 31, 1970	21:49:32	
5.	John Argo	Mattawa, Ontario, Canada		
	1. Columbia, Mo.	September 26 & 27, 1970	23:22:50	
	2. Columbia, Mo.	October 6 & 7, 1973	23:18:46	
6.	Larry Young	Columbia College, Columbia, Mo.		
	Columbia, Mo.	September 18 & 19, 1971	18:07:12	
7.	Chris Clegg	Beverly Hills, Calif.		
	Columbia, Mo.	September 18 & 19, 1971	22:46:14	
8.	Ben Knoppe	St. Louis, Mo.		
	Columbia, Mo.	September 16 & 17, 1972	22:15:05	
9.	Carl McCoun	Great Falls, Montana		
	Columbia, Mo.	September 16 & 17, 1972	23:52:08	
10.	Shaul Ladany	Tel Aviv, Israel		
	Columbia, Mo.	October 6 & 7, 1973	19:38:26	
11.	Chuck Hunter	Longmont, Colorado		
	Columbia, Mo.	October 6 & 7, 1973	21:17:33	
12.	John Markon	Bronx, New York		
	Columbia, Mo.	October 6 & 7, 1973	21:57:40	

THE SIX WEEK WEDNESDAY EVENING AGE GROUP PROGRAM HAS TO BE CONSIDERED A SUCCESS. We had a total of 75 participants, principally in the 6 to age 11 boys categories. We didn't get as many of the Jr. High or High School runners as we would have liked. But the enthusiasm of those who did participate was really great. We will definitely be back with a similar program next summer. We appreciate very much the fine volunteer help we got from CTC members in conducting an exceptionally smooth program each night. Our special THANKS to Augie Hirt and Larry Young for being out each wednesday helping these kids develop in race-walking skills. With some 30 kids walking a mile each time, it was obvious that this was a most popular event. All of you who are interested in the program should give us your suggestions as to how we can improve it for next year--your comments and ideas should be given to us NOW, before you forget them and so we will have time to consider them before next year.

Here is the list of those who got participation Certificates for participating on at least 4 evenings: Jay Blossom, Stuart Blossom, Karen Buchner, Sheldon Burch, Robert Carlile, Steve Chippendale, Kerry Clark, Mike Clark, Guy Clow, Laura Clow, Derek DeGroot, Randy DeGroot, Glenn Devino, Doug Duncan, Joe Duncan, Geof Evans, Greg Evans, Lincoln Farish, Margie Fields, Matt Garrett, Bertrand Granberg, Deeann Greenhalgh, David Grouws, Mike Grouws, Amy Hessler, David Hicks, Tom Hoft, Paul Johnson, David LeVaut, Simone LeVaut, Bob Londeree, Judi Londeree, Rick Londeree, John Love, Bryan Marks, Nate McHugh, Steve Pinkerton, Carl Schulte, Joe Siefkas, Steve Spier, David Storvick, Gary Taylor, Scott Taylor, Steve Wieschhaus, Andy Zimmerman.

Here are the AGE GROUP RECORDS which will be targets next year--the recordholders also won the most points award for their particular event except where indicated by **:

GIRLS

<u>440</u>		<u>MILE RUN</u>	
<u>6-7</u>		<u>8-9</u>	
Courtney Gray	1:41	Amy Hessler	7:55
<u>8-9</u>		<u>14-15</u>	
Paula Tucker	1:21	Janet Leuthold	6:59
<u>880</u>		<u>MILE WALK</u>	
<u>8-9</u>		<u>8-9</u>	
Amy Hessler	3:36.5	Deeann Greenhalgh	11:09
<u>10-11</u>		<u>10-11</u>	
Karen Buchner	3:04.5	Karen Buchner	11:39
<u>12-13</u>		<u>12-13</u>	
Michelle Hombs	3:37	Margie Fields	9:48
<u>14-15</u>		<u>14-15</u>	
Janet Leuthold	3:10.6	Janet Leuthold	11:52

BOYS

<u>440</u>		<u>MILE RUN</u>	
<u>6-7</u>		<u>6-7</u>	
Scott Taylor	1:27	Steve Wieschhaus	7:10
<u>8-9</u>		<u>8-9</u>	
John Leuthold	1:25	Dickie Walls	7:11
**Geof Evans		<u>10-11</u>	
<u>880</u>		Ray Opie	6:41
<u>6-7</u>		<u>12-13</u>	
Steve Wieschhaus	3:25.8	Joe Siefkas	5:30
<u>8-9</u>		<u>14-15</u>	
Keith Ryan	3:30	Tom Wilson	5:18
<u>10-11</u>		<u>16-17</u>	
Kevin Ryan	3:05	Tom Hoft	4:48
**Gary Taylor		<u>3 MILE RUN</u>	
<u>12-13</u>		<u>14-15</u>	
Joe Siefkas	2:25.5	Tom Wilson	18:53
<u>14-15</u>		<u>16-17</u>	
Steve Pinkerton	2:28.6	Tom Hoft	16:30
<u>16-17</u>		Boys 2 Mile Run &	
Tom Hoft	2:10.5	Mile Walk continued on Page 4.	
**Randy DeGroot			

AGE GROUP RECORDS CONTINUED:

BOYS

TWO MILE RUN

<u>10-11</u>	
Jay Blossom	16:30
<u>12-13</u>	
Doug Duncan	14:02
<u>14-15</u>	
Tom Wilson	11:59
<u>16-17</u>	
Tom Hoft	10:24

MILE WALK

<u>6-7</u>	
Scott Taylor	11:54
<u>8-9</u>	
John Leuthold	10:26
**Geof Evans	
<u>10-11</u>	
Mark Schupp	11:43
**Jay Blossom	
<u>12-13</u>	
John Love	11:04
<u>14-15</u>	
Steve Spier	8:29
<u>16-17</u>	
Randy DeGroot	9:27

CHARLIE EVANS WINS THREE MILE RUN & LARRY YOUNG WINS THE WALK August 10:

	1	2	3	Secs	Off	DT	% off
1. Charles Evans	5:05	10:26	15:36	6			.64
2. Dennis Stewart	5:08	10:27	15:45	15			1.56
3. Dan Kacprowicz	5:08	10:28	15:51	--			---
4. Ben Londeree 40	5:14	10:37	16:03	27			2.73
5. Rich Todd	5:22	10:50	16:11	9			.92
6. Dean Neal	5:13	10:46	16:14	6			.61
7. Dick Hessler	5:29	10:57	16:17	3			.31
8. Don Lewis	5:29	10:58	16:24	--			---
9. Whitney Hicks	5:50	11:35	17:10	10			.96
10. Don Granberg	5:34	11:32	17:11	12			1.18
11. Jim Snowden Quincy	5:44	11:37	17:13	17			
12. Rex Frazer 42	5:52	11:36	17:19	1			.10
13. Turk Storvick 46	5:51	11:50	17:48	3			.28
14. Don Johnson 45	6:28	12:48	19:06	6			.53
15. Joe Duncan 40	6:27	12:47	19:08	38			3.42
16. Bob Marquis	6:21	12:50	19:26	--			---
17. Joe Marks	6:31	13:18	19:48	18			1.54
18. Leonard Busen 44	6:52	13:48	20:28	--			---
19. Al Garverick	6:38	13:34	20:35	36			3.00
20. Keith Maynard	6:47	13:53	20:40	20			1.59
21. Cathy Russell	7:09	14:47	22:35	95			7.54
22. Doug Duncan 13	7:11	15:04	22:55	--			---
23. Marsha Weiss	7:41	15:42	23:29	--			---
24. Tom Brown	8:07	17:04	25:45	15			.96
25. Barry Greenley	7:13	out after 2 more laps					
26. Chuck Harmon	6:40	" " 1	" "				
27. Howard Snowden	7:37	OUT					
1. Larry Young	7:12	14:29	21:59	--			
2. Leonard Busen	8:40	17:54	26:29	31			
3. Linda Ontko 15	9:16	19:09	29:14	--			
4. Joyce Schulte	11:32	23:29	35:28	22			

Temperature in the 80's and humid. Ben Londeree not only set a CTC record for Age 40 & over, he also bettered the MVAAU record for that age group, getting under Jim Hershberger's 16:22. Leonard Busen set Age 40 walk records for 2 & 3 miles beating Dave Leuthold's 27:12 & 18:07. Cathy Russell has been a CTC member for several months--she is from West Plains, Mo. and she finally met some of these heroic CTC people she has been reading about--and some not so heroic.

JIM BREITENBUCHER WON THE SENIOR "B" NATIONAL 30 KILO WALK CHAMPIONSHIP with a time of 3:02:00. He had only two competitors, Rob Spier at 3:14:05 and Leonard Busen at about 3:30 (after driving up from St. Louis after working until midnite). Augie Hirt was there, but ineligible for the title. He had a really fine 2:35:35 on a 2 mile loop (less 10 yards) course. Rain, 80°. Augie's splits: 16:59, 33:59, 50:50, 1:07:36, 1:24:28, 1:41:18, 1:57:51, 2:13:51, 2:29:54, 2:35:35. July 20, Keokuk, IA.

DON LEWIS RAN IN THE RAYTOWN SANTA FE GOLDEN TRAILS MEET ON July 27. he got 4th in the mile in 4:54.7 and 2nd in the 880 in 2:12 (age 35-39). Dennis Stewart did a relaxed 4:40 mile then won the 440 in 52.0.

DESIGNATED TIME STANDINGS:

Runners	Av. % Off DT	No. Of Events	(*denotes 12 best)		
1. Rex Frazer	.83	12*	7. Tom Kilburn	1.72	12*
2. Dean Neal	1.04	12*	8. Dick Hessler	1.723	12*
3. Turk Storvick	1.16	12*	9. Dennis Stewart	1.81	12*
4. Rob Spier	1.53	12*	10. Mike Chippendale	2.19	12*
5. Ben Londeree	1.57	12*	11. Joe Duncan	2.27	12*
6. Don Granberg	1.59	12*	12. Leonard Busen	2.59	12*

A real close race here with only two more events in which to improve.

ELAPSED TIME STANDINGS:

Runners, Open	Points
1. Dean Neal	380.5
2. Dennis Stewart	339
3. Tom Kilburn	274
4. Dick Hessler	265
5. Ben Londeree	255
6. Rex Frazer	253
7. Mike Chippendale	252.5
8. Don Granberg	252
9. Turk Storvick	163
10. Tom Hinckley	154
11. Joe Duncan	141
12. David Stern	139
13. Whitney Hicks	120
14. Don Johnson	118
15. Rich Todd	108

Runners, Age 40 & Over	Points
1. Rex Frazer	88
2. Turk Storvick	65
3. Don Johnson	41
4. Ben Londeree	22
5. Joe Duncan	21
6. Leonard Busen	12
7. Jim Fields	11
8. Dave Leuthold	10
9. Dick Luecke	8

Runners, Age 15 & Under	Points
1. Doug Duncan	44
2. John Leuthold	24
3. Jay Blossom	24
4. Janet Leuthold	12
5. Jeff Kilburn	12

Another close one for the top six spots. Kilburn's move to Texas may cost him a trophy--but the guys who are after him will have to score in the Marathon to catch him--possible points in the 5,000 Meter Run won't be enough, except for Hessler & maybe Londeree. Maybe this battle will give Kilburn some incentive to come back for the Marathon!

Runners, Women	Points
1. Marsha Weiss	6
2. Janet Leuthold	3
3. Amy Hessler	3
4. Joyce Schulte	2
5. Cathy Russell	2

WALKERS

WALKERS Age 15 & Under	Points
1. John Leuthold	5
2. Janet Leuthold	3
3. Steve Spier	2

Women	Points
1. Joyce Schulte	11

Open	Points
1. Augie Hirt	85
2. Jim Breitenbucher	59
3. Dave Leuthold	57
4. Leonard Busen	56
5. Rob Spier	33
6. Jim Fields	22
7. Joyce Schulte	16

CORRECTION: Dean Neal has had perfect attendance for '73-'74--but there was one event in which he got no points--he dropped out of the 10,000 Meter run last December when his new spikes gave him trouble.

CHRIS CLEGG RECENTLY WROTE FROM SHEFFIELD, ENGLAND. HE HAD PARTICIPATED in another 100 mile walk--this one a road walk from Leicester to Skegness. There were 68 starters and 401 finishers under 24 hours. Chris fell apart at 69 miles, went on to 75 and then quit at about 18½ hours. Winner was David Boxall, 40, in 17:50:01. Chris says he MAY be able to participate in our 100 miler. JOHN ARGO HAS ALSO WRITTEN--he says his recovery from 1973 was amazingly quick--no back problems, etc. He won't be on hand this year--but says he will be back sometime soon.

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE:

	% Improvement	Events			
1. Tom Kilburn	10.55	6	10. Dave Leuthold	1.40	8
2. Augie Hirt	6.05	4	11. Don Granberg	1.38	9
3. Dick Hessler	5.84	10	12. Rex Frazer	1.16	7
4. Doug Duncan	4.62	5	13. Dennis Stewart	.68	10*
5. Leonard Busen	4.44	6	14. Rob Spier	-.26	6
6. Don Johnson	3.53	4	15. Joe Duncan**	-2.24	10*
7. Ben Londeree	3.44	10*			
8. Jim Fields	3.02	3			
9. Mike Chippendale	2.42	10*			

**Must be sandbagging--if so, then what excuse will I have next year for poor performances??

SCHEDULE OF EVENTS:

AUGUST 24 Saturday 9:00 AM 5,000 Meter Run, 5,000 Meter Walk
Hickman Track

26 Monday 7:00 PM 3 Mile Run South Park Quincy, Ill.

SEPTEMBER 2 Monday 6:00 AM FIFTEENTH ANNUAL HEART OF AMERICA
MARATHON Be sure to be at the Daniel Boone
Building no later than 5:30 AM--if at all
possible come by Sunday at 6:00 PM and get
your number.

14 Saturday 9:00 AM One Mile Run, 5 Mile Walk
Hickman Track RECORDS: 4:19.0 Tom Logan
March 18, 1972; 36:19 Larry Young April 16 '72

14 Saturday 11:00 AM 2nd Annual Kirkwood Green Tree
Runs @ Mile & 5 Mile Kirkwood, Mo.

22 Sunday 2:00 PM 2 Mile Run, 6 Mile Walk Hickman
Track RECORDS: 9:08.0 Charles McMullen
July 29, 1972; 45:16 Larry Young Feb. 7, '72

28 & 29 Saturday & Sunday EIGHTH ANNUAL NATIONAL 100 MILE
WALK Hickman Track

29 Sunday 2:00 PM 2 Mile Cross-Country Run
Municipal Golf Course RECORD: 9:38
Bob Brouillet October 10, 1971

OCTOBER 11 Friday 7:30 PM ANNUAL MEETING OF THE COLUMBIA TRACK
CLUB Columbia Public Library

MASTER POSTAL 20 KILOMETER WALK:

1. Chris Amoroso 40	Colorado TC	1:46:51		
2. Don Johnson 57	Shore AC	1:53:57		
3. Leonard Busen 44	Columbia TC	1:58:01	1. Amoroso	48
4. Justin Gershuny 47	Un	1:58:08	2. Busen	34
5. Larry Boies 42	Twin Cities TC	1:58:36	3. Johnson	29
6. Anthony Medeiros 60+	N. Medford TC	2:00:12	4. Leuthold	28
7. Dave Leuthold 41	Columbia TC	2:02:32	5. Boies	24
8. George Lundmark 52	Colorado TC	2:04:49	5t. Gershuny	24
9. Bob Young 54	Columbia TC	2:05:39	7. Medeiros	20
10. Rob Spier 52	Columbia TC	2:06:25	8. Lundmark	18
11. Jim Fields 42	Beverly Hills	2:08:55	9. Spier	17
12. Larry O'Neil 67	Montana AAM	2:12:35	10. Fields	16
13. Phillip Mooers 57	West Valley TC	2:13:38	11. Chapin	14
14. Don Jacobs 55	Portland TC	2:19:16	12. O'Neil	13
15. Albert Van Dyke 48	Columbia TC	2:21:32	13. Mooers	7
			13t. Young	7

Team Title: Columbia TC (Busen, Leuthold
& Young 6:06:12)

Age 50-59		Age 60+		Age 40-49	
1. Johnson 11		1. Medeiros 6		1. Amoroso 26	
2. Spier 10		2. O'Neil 5		2. Busen 16	
2t. Lundmark 10		3. Dick 2		3. Leuthold 11	
4. Mooers 4				4. Boies 9	
4t. Young 4				4t. Gershuny 9	
6. Jacobs 2				6. Chapin 6	
7. Taft 1				7. Fields 5	
				8. Van Dyke 3	
				9. Markon 2	

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

SENIOR NATIONAL AAU, MISSOURI VALLEY AAU
AND OPEN 30 KILO WALK

1974 ENTRY BLANK

TIME: Saturday, October 19, 1974, 12:30 p.m.

PLACE: Leawood Subdivision (the South side of Broadway, west of Stadium Boulevard), Columbia, Missouri. Meet at Skye Wynd Court and Braemore Road.

THE COURSE: Each lap is a little over one mile around, typical residential subdivision streets, one moderate hill.

ENTRY FEE: \$2.00

AWARDS: Trophies to first 10 finishers, Senior National AAU medals to first 6 finishers, Team medals and patches to members of the winning team, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers.

RECORDS: Course Record: 2:28:09, Larry Young, October, 1970
MVAAU Record: 2:25:40, Larry Young, September 6, 1971
American Record: 2:23:14, Goetz Klopfer

FACILITIES: There are no rest rooms facilities on this course, however, there are nearby service stations, so plan accordingly. Post-race showers may be taken at Hickman High School.

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. _____ SCHOOL OR CLUB _____

ADDRESS _____ ZIP _____

If entrant is under 21, parent or guardian must sign below:

NAME: _____

ADDRESS: _____ 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, 4004 Defoe Drive, Columbia, Missouri 65201.

NATIONAL AAU 10,000 METER WOMEN'S RACE
WALK CHAMPIONSHIP

1974 Entry Blank

TIME: Saturday, October 19, 1974, 10:00 a.m.

PLACE: Hickman High School track, located at the southeast corner of Business Loop 70 and Providence Road, Columbia, Missouri

ENTRY FEE: \$2.00

AWARDS: Trophies to first 10 finishers, National AAU Championship medals to first 6 finishers, Team medals and patches to members of the winning team, certificates to all finishers.

FACILITIES: Rest room and shower facilities are available at the race site.

RECORD: 56:19, Ellen Minkow, October 27, 1973

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 _____

ZIP _____ SCHOOL OR CLUB _____

If entrant is under 21, parent or guardian must sign below:

NAME: _____

ADDRESS: _____ ZIP _____

By signing this entry blank, the entrant certifies that she 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, 4004 Defoe Drive, Columbia, Missouri, 65201