

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 12  
December 15, 1974

RICK KATZ SHATTERS RECORD IN MVAUU 30 KILO RUN December 7, 1974

	5 Kilo splits	5	10	15	20	25	30
1. Rick Katz	17:31	35:23	53:00	1:10:40	1:27:33	1:44:30	
2. Rick Callison SWMo.U1	17:31	35:34	53:00	1:10:40	1:27:36	1:44:48	
3. Charlie McMullen NYAC1	17:31	35:50	53:57	1:12:13	1:29:53	1:47:15	
4. Mark McGarrity S of 0	17:32	35:38	53:30	1:11:46	1:29:29	1:47:18	
5. Tim McMullen MU	17:31	35:52	53:57	1:12:13	1:30:09	1:47:57	
6. Roberto Rosales	17:31	35:29	53:06	1:11:25	1:29:44	1:48:30	
7. Rich Todd	17:36	35:51	53:41	1:11:54	1:30:02	1:48:53	
8. Dave Dunleavy West.C.	18:02	36:45	56:03	1:14:44	1:33:04	1:51:40	
9. Dan Kacprowicz Spr.	17:36	35:54	54:19	1:13:30	1:32:47	1:51:55	
10. Bill Orthwein West.	18:00	36:45	56:03	1:14:48	1:33:04	1:52:04	
11. Dick Hessler	18:53	38:20	56:30	1:14:57	1:33:32	1:52:11	
12. Jim Loyet School of 0	18:01	36:45	56:03	1:14:44	1:33:09	1:52:56	
13. Sandy Lawrence	18:28	37:52	56:28	1:15:32	1:34:17	1:53:49	
14. Ben Londeree 40	18:27	38:13	57:35	1:17:34	1:36:48	1:56:19	
15. Don Granberg	18:20	37:35	56:40	1:16:30	1:36:25	1:57:32	
16. Jeff Whitlock S of 0	17:36	36:20	55:46	1:16:42	1:38:33	2:01:23	
16t. Victor Bell S of 0	18:20	38:09	57:14	1:18:36	1:38:42	2:01:23	
18. John Durbin West. C.	17:36	37:07	56:03	1:15:11	1:35:12	2:01:59	
19. Turk Storvick 46	19:25	40:10	1:00:30	1:21:31	1:42:15	2:03:23	
20. Bill Lindsey CTC	20:04	41:24	1:02:36	1:24:46	1:46:23	2:10:51	
20t. Gary Lyon S of 0	20:10	41:24	1:02:38	1:24:47	1:46:24	2:10:51	
22. Mel Adams Oak Ridge Tn	20:00	42:10	1:04:56	1:27:18	1:49:30	2:12:37	
23. Joe Marks CTC	20:51	43:07	1:05:03	1:28:07	1:50:35	2:13:59	
24. Dave Thomas S of 0	21:00	43:24	1:06:43	1:33:07	1:58:59	2:28:08	
25. Ron Stites Offut AFB	21:30	44:30	1:07:50	1:33:07	2:00:02	2:34:03	
26. Charles Porciello "	20:31	42:59	1:04:57	1:28:46	1:57:55	2:41:21	
27. Augie Hirt	19:23	40:03	1:00:30	1:21:36	1:45:46	OUT	
28. David Caffey S of 0	20:13	42:10	1:14:32	1:40:17	OUT		
29. Rob Spier Walked	33:26	67:13	1:41:51	2:17:59	OUT		
30. Rex Frazer 43	19:26	40:23	OUT--calf muscle,				1st DNF, 60+ race:
31. Thad Mauldin Offut AFB	20:30	42:36	OUT				

Only Storvick and Londeree had a DT, viz: Storvick 217 secs off (2.85%); Londeree 281 off (3.87%). Spier was only 1 second off 2 weeks ago, but today he was so far off he doesn't even want it mentioned and he has already thrown it out. PERSONAL BESTS: Todd (by 7 mins.), Kacprowicz, Granberg, Lawrence (by 10 Mins.), Londeree, Hessler, Storvick (by 12 mins.).

40 degrees, wind not too bad, cloudy, downright cold for the timers, but for the runners, almost perfect. The timers, Veva Spier, Don Johnson and Jim Breitenbucher get special thanks for handling this event. Katz went to the lead immediately, but at 5 kilo he had 8 guys with him. At 10 K he was by himself with Rosales about 25 yards back and Callison another 25 in arrears. At 15 K it was Katz and Callison. They were together until shortly before 25 K at which time Katz had about 5 yards and he kept that, and then some all the way in, although, he didn't feel secure until the last hill before the finish. Katz had pretty remarkable splits: 17:31, 17:52, 17:37, 17:40, 16:53! and 16:57! Keep in mind that the 2nd, 4th & 6th legs were the tough ones with the double finishing hills. Rick was well under the old record (over the same course) of 1:46:39 set by Loren Moes on March 3, 1973. Moes had won this event 3 years in a row. To indicate the solid finishing kick of Katz (and Callison, too, for that matter), consider that at 20 kilo Moes had 1:10:25, 15 seconds ahead of Katz, yet Katz lowered the record by over 2 minutes--and Callison was only 18 seconds behind Katz. In that March '73 race 2nd place would only have been good for 16th place this time. Katz was also under the old MVAUU record of 1:50:04 set by Carl Owczarzak in March '71. Ben Londeree got another MVAUU Masters Over age 40 record--beating his own record of 1:57:50 which he set last July. S of 0 stands for School of the Ozarks, West C. stands for Westminster College and Charlie McMullen's NYAC stands for the New York Athletic Club. Callison is a runner for Southwest Mo. U. at Springfield, Mo. Katz, Callison and Mc Garrity were the MVAUU medal winners.

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JUST ENOUGH ROOM TO TELL HOW DON GRANBERG FINISHED 9th IN THE MEL VOS Memorial Marathon, Nov. 30, Topeka, Ks., how the snow was blowing wildly, low 20's, frozen ERG, snow & ice on the road, yet he managed a 2:59:45 starters, 45 in the 1/2 marathon. For Don the Marathon was easy--getting there & back was tough. He left Columbia at 5:30 AM by bus & was back at 2:00 AM, Dec 1 after a wild journey with a portrait photographer who almost made a Baptist out of him with his religious monologues.

STEWART TAKES KATZ IN TWO MILE CROSS COUNTRY ON MU COURSE November 2:

	Miles	Seconds off DT	% Off DT
1. Dennis Stewart	10:05	6	1.00
2. Rick Katz	10:14	1	.16
3. Dennis Hinkamp MU Student	10:34	--	
4. Dave Harris Kirksville	11:01	1	.15
5. Don Lewis	11:03	27	3.91
6. Ben Londeree 40	11:04	16	2.35
7. Sandy Lawrence	11:06	--	
8. Dick Hessler	11:07	3	.45
9. Whitney Hicks	11:07.5	28	4.03
10. Mike Chippendale	11:17	13	1.88
11. Brian Cooper	11:23	23	3.48
12. Don Granberg	11:23.5	12	1.73
13. Charlie Wolfson	11:54	54	8.18
14. Turk Storvick 46	12:04	4	.55
15. Dean Marsh Quincy, Ill.	12:20	--	
16. Tom Hinckley	12:36	6	.80
17. Joe Marks	12:37	22	2.82
18. Herb Sisco 44 Walker, Mo.	12:41	--	
19. Joe Duncan 40	13:17	17	2.18
20. Al Garverick	13:59	0	0.00
21. Vince Murphy	14:30	--	
22. Don Johnson 46	14:36	--	
23. Warren Walker Kansas City 43	15:14	74	8.81
24. Ralph Anderson 42	15:47	--	

Low 60's, no wind, wet going after some rain about an hour or so before the race. Stewart & Katz quickly made this a two man race. Stewart outraced Katz on the downhill stretches and held on going uphill. Don Lewis was happy to beat old man Londeree. Don earned it although it is well known that Ben doesn't care for these Cross-country affairs. Our race followed the State High School Cross-Country Meet over the same course where Dave Cooper, a Senior at Jeff City, lowered the ~~MS~~ record by some 2 seconds with a 9:45. He was followed by 15 year Bryce Allmon, also of Jeff City, who was only a couple of seconds behind. Both of these guys have been in some of our summer races. They are good. A welcome back to Ralph Anderson who is back after a year's leave in New Zealand. Looks as if we will need to whip him back into shape!

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AUGIE HIRT WINS MVAU 50 KILO WALK, BUSEN WINS NATIONAL MASTERS TITLE

RENZ FARM JEFF CITY November 3, 1974:

	5 Mile Splits	5	10	15	20	25	30	50 K
1. Augie Hirt	45:42	1:30:17	2:15:18	3:00:35	3:52:47	4:44:52	4:53:52	
2. Al Schrik	50:42	1:38:09	2:24:36	3:13:21	4:05:48	4:57:25	5:07:44	
3. Leonard Busen 44	48:52	1:34:40	2:22:16	3:13:23	4:09:02	5:03:46	5:13:50	
4. Rob Spier 51	53:09	1:45:18	2:39:34	3:39:01	4:37:18	5:37:58	5:50:18	
5. Jim Breitenbucher 51	51:33	1:40:15	2:31:08	3:28:35	4:39:00	5:44:00	5:54:32	
6. Bob Chapin 42	49:23	1:36:42	2:25:41	3:17:56	out after one more mile			

A cold, drizzly day. Thanks to Bill Clark for sitting through all this & recording every mile time and to Veva Spier for running the aid station. This was Augie's third 50 kilo race in two months--he didn't attack this one as he did the other two, but he certainly had a good workout. Augie had 2:48:11 at 30 kilo, 3:17:57 at 35 K & 3:51:17 at 40 K.

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REX FRAZER FINISHED SIXTH IN THE NATIONAL MASTERS 25 KILO RUN, November 9, Mohawk Park, Tulsa, Okla. The course was a 3.1 mile, perfectly level loop. Rex didn't know until this race that there <sup>are</sup> courses available that have no hills. His suggestion that we find such a course in Columbia is being ignored. Anyway, Rex was 6th out of 27 runners with 1:38:54. Winner was Jim Hershberger of Wichita with 1:29:58. Jim's performance was surprising (except to him, I'm sure) since he is more noted for his fine performances over the 880 and Mile distances. Other positions were: 2. Robert Green 1:32:37; 3. Bob Creighton 1:34:43; 4. Arne Richards 1:34:59; 5. Tom Kempf 1:36:29 6. Rex; 7. Art Browning 1:39:44 8. John Burdan 1:40:27. Temperature was a chilly 49 and it was raining. In fact about 200 meters of the course was under 1 to 5 inches of water. This race was a week after Rex had fallen in his home and broke a bone in his hand. For the race, then, he had to carry along a short arm cast. I assume he also was toting his invertebrate (how's that for a word) green towel, though with the rain coming down I don't know what good it did him.

## KATZ MISSES RECORD BY 8 SECONDS IN 10,000 METER RUN

November 23, 1974

	Mile	Splits	1	2	3	4	5	6	10 Kilo
1. Rick Katz			5:05	10:09	15:25	20:42	26:03	31:16	32:22
2. Alan Grimm			5:29	11:17	17:09	22:52	28:26	34:08	35:12
3. Rich Todd			5:40	11:30	17:23	23:01	28:35	34:10	35:15
4. Dick Hessler			5:40	11:30	17:22	23:01	28:35	34:10	35:17PB
5. Dean Neal			5:41	11:30	17:19	22:52	28:44	34:26	35:39
6. Sandy Lawrence			5:39	11:28	17:22	23:10	28:55	34:40	36:01 PB
7. Ben Londeree 40			5:40	11:30	17:24	23:21	29:10	35:00	36:13PB
8. Don Lewis			5:50	11:45	17:40	23:33	29:18	35:13	36:21
9. Don Granberg			5:39	11:28	17:22	23:22	29:24	35:26	36:39PB
10. Whitney Hicks			5:50	11:45	17:43	23:42	29:37	35:43	36:55
11. Hadley Grimm			5:58	12:02	18:06	24:16	30:30	36:40	37:53
12. Turk Storvick 46			5:57	12:01	18:16	24:28	30:41	36:51	38:09PB
13. Augie Hirt			5:57	11:57	18:07	24:27	30:46	37:12	38:39
14. Jim Stoverink			6:26	12:25	18:39	25:03	31:28	37:50	38:53
15. Rex Frazer 43			5:55	11:56	18:10	24:29	30:58	37:43	38:59
16. Larry Rydzewski			6:17	12:41	19:20	25:53	32:30	38:55	40:11
17. Joe Marks			6:16	12:41	19:15	25:51	32:24	39:12	40:24
18. Tom Hinckley			6:18	12:55	19:42	26:30	33:06	40:06	41:22
19. Mark Kelty			6:06	12:34	19:20	26:19	33:06	40:15	41:31
20. Joe Duncan 40			6:26	12:53	19:35	26:30	33:42	40:57	42:24
21. Al Garverick			6:40	13:46	21:03	28:24	34:55	43:16	44:40
22. Jeff Rea			7:25	15:56	25:08	34:37	44:12	53:40	55:05
23. Brian Kichline			6:15	12:40	19:16	27:33	OUT		
24. Doug Duncan 14			7:40	15:37	23:52	32:26	OUT		
25. Tom Keedy			6:52	14:08	21:20	OUT			

DT's went as follows: Marks 4 seconds off (.16%); Granberg 9 (.41%); Londeree 13 (.60%); Hicks 15 (.68%); Storvick 24 (1.06%); Lewis 31 (1.44%); Garverick 40 (1.52%); Hirt 39 (1.71%); Katz 38 (1.92%); Hinckley 52 (2.14%); Hessler 47 (2.27%); Frazer 59 (2.58%); Duncan 114 (4.69%).

60 degrees, strong south wind, hardly anyone did as well as he thought he would--the wind? Katz however, predicted 33:00, so he certainly did better. With splits of 5:05, 5:04, 5:16 and 5:17 for the first four miles it looked as if Dennis Stewart's record of 32:14, set last year, would go. However, Rick's 5th mile in 5:21 and the last in 5:13 left him 8 seconds short. With someone pushing him, Who knows?? Ben Londeree beat Rex Frazer's 40 & over record of 38:08 and also set a new MVA AU 40 & over standard. This is the 6th MVA AU 40 & over record which Ben has bettered since he turned 40 in June. Some new faces: Hadley Grimm is a lawyer from Macon, His brother, Alan, is from St. Louis--one of the softest, light-treading runner I've ever seen, Kichline & Kelty are MU students, Keedy is a lawyer from Unionville, Mo., Stoverink teaches and coaches at Cuba, Mo. HS. He ran the Heart of America Marathon in 1966 & 1967--I'm not sure he wants me to tell how he did in those races, but I'm sure he has fond (?) memories of them. Rydzewski is a bona fide CTC member from Springfield, Mo.

## AUGIE HIRT CATCHES HIS BREATH AND THEN WINS THE WALK IN 51:41:

1. Augie Hirt			8:04	16:10	24:30	32:52	41:20	49:57	51:41
2. Randy Mimm			7:55	16:10	24:55	33:48	42:30	50:58	52:39
3. Jim Breitenbucher			8:31	17:46	26:44	36:02	45:33	54:37	56:20
4. Rob Spier 52			10:03	20:03	29:59	39:43	49:50	59:55	1:01:59
5. Albert Van Dyke 49			9:21	19:29	29:38	39:59	51:09	62:27	1:04:52
6. William Taft			58:12:49	26:24	39:00	+ 1 lap for 42:09, then he went 12:17, 24:34, 36:22 for a final 1:18:31.			
7. Joyce Schulte			12:13	24:26	36:18	OUT			

DT AS FOLLOWS: Spier 1 (!) second off (.03%); Taft 89 (1.85); Breitenbucher 275 (8.86%).

Spier also had a PB. Hirt turns in a fine double--running 10,000 then walking 10,000. And, of course, he did have something to celebrate--the birth of a daughter two weeks previously. CONGRATULATION TO JOAN AND AUGIE HIRT FOR THE BIRTH OF THEIR DAUGHTER, JENNIFER ELIZABETH. Just a year ago Joan ran the 10,000 meter race, setting a women's record in the process. This year she wasn't quite up to a repeat performance.

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The Columbia Track Club Newsletter is put out every month by Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. The cost, per year is but ONE DOLLAR and will remain at that price so long as the product includes no sugar--nothing but the bitter. To join CTC all you have to do is pay \$4.00 dues--and that includes the newsletter.

DESIGNATED TIME STANDINGS:

	Av. % off DT	No. of Events			
1. Joyce Schulte	.35	2	15. Brian Cooper	1.90	2
2. Steve Spier	.39	4	16. Don Carman	1.92	2
3. Don Granberg	1.12	5	17. Al Garverick	1.94	4
4. Turk Storvick	1.25	7	18. Rick Katz	1.94	3
5. Dennis Stewart	1.25	3	19. Wm Taft	2.11	3
6. Tom Hinckley	1.30	3	20. Don Lewis	2.32	5
7. Dick Hessler	1.35	5	21. Augie Hirt	2.37	4
8. Mike Chippendale	1.69	5	22. Dennis Blossom	2.22	3
9. Ben Londeree	1.73	7	23. Rob Spier	3.14	5
10. Whitney Hicks	1.74	4	24. John Leuthold	4.76	1
11. Joe Duncan	1.87	5	25. Jim Breitenbucher	5.88	2
12. Rex Frazer	1.88	2	26. Jay Blossom	6.56	2
13. Dean Neal	1.88	1	27. Tom Brown	10.21	1
14. Joe Marks	1.90	4			

ELAPSED TIME STANDINGS:

RUNNERS--Open--Points				AGE 40 & over runners:	
1. Katz	96	10. Hicks	41	19. Garverick	11
2. Londeree	87	11. Cooper	36	20. Blossom	10
3. Hessler	79	12. Marks	34	21. Kacprowicz	8
4. Lewis	65	13. Neal	27	22. Lindsey	8
5. Granberg	58	14. Duncan	23	23. Rydezewski	5
6. Chippendale	54	15. Hirt	15	24. Johnson	5
7. Lawrence	51	16. Frazer	15	25. Robertson	3
8. Stewart	46	17. Hinckley	14	26. Anderson	1
9. Storvick	43	18. Carman	12		

AGE 15 & Under

Runners:		WALKERS:		WALKERS:	
				40 & over	
1. Doug Duncan	14	1. Young	28	7. Schulte	10
2. Jay Blossom	10	2. Hirt	25	8. Taft	6
3. John Leuthold	6	3. Breitenbucher	23	9. S. Spier	5
4. David Marks	5	4. Leuthold	20	10. Cooper	4
5. David Hicks	2	5. R. Spier	19		
6. Amy Hessler	1	6. Chapin	12	WOMEN: 1. Schulte 3; Age 15 & Under: 1. Spier 3	

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE, Standings:

	Av. % Impr.	Events			
1. Jay Blossom	9.59	2	7. Rob Spier	3.27	3
2. Dennis Blossom	5.81	3	8. W. Hicks	3.12	4
3. Jim Breitenbucher	5.69	5	9. J. Duncan	2.26	5
4. William Taft	4.96	2	10. Londeree	2.13	7
5. Augie Hirt	4.60	4	11. J. Leuthold	1.80	2
6. Dennis Stewart	3.57	2	12. J. Schulte	1.59	2
			13. Granberg	1.54	6
			14. Lawrence	1.37	2
			15. Hessler	1.27	5
			17. Leuthold	.74	4
			16. Chippendale	.89	3
			18. Frazer	.20	2

FINAL STANDINGS--1974 NATIONAL MASTERS POSTAL RACE-WALKING COMPETITION:

OPEN		Age 40 -49		AGE 50-59	
Points					
1. Chris Amoroso	57	1. Amoroso	32	1. Spier	16
2. Leonard Busen	53	2. Busen	29	2. Lundmark	13
3. Dave Leuthold	40	3. Leuthold	20	3. Johnson	12
4. Don Johnson	29	4. Chapin	16	4. Mooers	5
5. Rob Spier	26	5. Boies	10	5. Young	5
6. Larry Boies	26	6. Gershuny	9	6. Jacobs	3
7. Justin Gershuny	24	7. Fields	5	7. Taft	2
8. Larry O'Neil	21	8. Van Dyke	4		
9. George Lundmark	21	9. Gragg	3	AGE 60 & Over	
10. Tony Medeiros	20	10. Markon	2	1. O'Neil	5
11. Bob Chapin	18	11. Carlson	2	2. Medeiros	5
12. Jim Fields	16	12. Ward	2	3. Dick	1
13. Phil Mooers	7				
14. Bob Young	7				
15. Don Jacobs	5				
16. John Markon	4				
17. Bob Gragg	4				
18. Albert Van Dyke	4				
19. Bob Carlson	4				
20. William Taft	4				
21. John Dick	2				
22. Charles Ward	2				

Dave Leuthold, who Master-minded all this says that there will be a similar competition for next year. He will have more on that later, In the meantime if any of you have any ideas or comments as to this program then be sure to let us know. We think 1974 was a good beginning.

All of this represents performances in all of the standard race-walking distances comparable to the Senior National events, plus the 100 Mile Walk. As promised when this competition was first started last spring, there will be "suitable" awards sent to the Four winners--compliments of the Columbia Track Club. Chris Amoroso of the Colorado Track Club is the big overall winner, having "won" all but two of the events--the 30 K and the 50 K. Also he did not compete in the 100 Mile Walk.

SCHEDULE OF EVENTS:

DECEMBER 21 Saturday 9:00 AM Holiday ten mile run and 10 Mile Walk (walkers start at 8:30). A Holiday Surprise Gift will be awarded to he who comes closest to his predicted time (based on number of seconds off DT--not the %). Lets meet at the Hilton Inn area rather than Cosmo Park.  
 RECORDS: 53:17, Rob Leutwiler Feb. 26, 1972  
 1:22:30 Mark Achen Feb. 27, 1971

JANUARY 4 Saturday 11:00 AM 5 Mile Run, 5 Mile Walk  
 Hilton Inn RECORDS: 26:26 Rob Leutwiler  
 Feb. 26, 1972; 40:48 Augie Hirt Oct. 13, 1973

4 Saturday 1:00 PM 2 Man, 6 Mile Relay Loose Park  
 Kansas City, Mo.

12 Sunday 2:00 PM 3 Man, 6 Mile Relay Loose Park  
 Kansas City

18 Saturday 9:00 AM 20 Kilo Run, 20 Kilo Walk (walkers start at 8:30) Hilton Inn 1:10:25 Loren Moes March 3, 1973 is the record

19 Sunday 2:00 PM 3 Mile Run Loose Park Kansas City

26 " 2:00 PM 2 Man, 6 Mile Relay Loose Park

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ART FLEMING WRITES FROM GRAND CAYMAN ISLAND, BRITISH WEST INDIES, WHERE another Branch operation of the Columbia Track Club has been formed. Art is a Scuba diving instructor at some plush resort--working 8-10 hours a day, 7 days a week, yet getting more sleep than he ever got here. Art considers his work an extended vacation, which he hopes becomes permanent. Art's exercise has come from diving two to five times a week--very little running. Anyhow, some cat ran off with Art's shoes which had acquired a "fish" smell because of the climate and environment.

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JOE AND CAROLE DUNCAN AND THEIR FOUR SONS WISH ALL OF YOU A HAPPY Holiday Season, a fine Christmas and all that. Most Important we hope that 1975 is a good year for you in all respects.

STAY ALIVE IN SEVENTY FIVE!

Joe Duncan  
 4004 Defoe Dr.  
 Columbia, Mo. 65201

1975 RUNNING AND WALKING SCHEDULE PRESENTED BY

PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to the Parks and Recreation Department, County-City Building, Columbia, Missouri, 65201, or to Joe Duncan, 4004 Defoe Drive, phone 445-2584

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. Our club number is 207. Application blanks for AAU registration may be obtained at the race site.

LOCATION OF EVENTS: Hickman High School Track is located one block south of Interstate 70, the Providence Road Exit. It is a red shale track. Cosmo Park is located at the Northeast corner of Interstate 70 and Stadium Boulevard Exit. Hilton Inn is at the Southwest corner.

DESIGNATED TIME CATEGORY: All events (except the One Mile runs, pentathlon, triathlons and relays) will be Designated Time (D.T.) events at the option of the competitor. Awards will be given at the end of the season for the top six in the D.T. category. One must compete in at least 12 D.T. events to qualify for an award. Only the best 12 predictions will be used in computing the D.T. average (computed on basis of percentage error).

ELAPSED TIME CATEGORY: There will be following Elapsed Time Divisions:  
RUNNERS: 1) Open (not including age 15 and under or women), 2) Age 40 and Over, 3) Age 15 and Under, 4) Women; WALKERS: 1) Open, 2) Age 15 and Under, 3) Age 40 and Over, 4) Women. 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. At the end of the season, awards will be given to the top six in each division but only to those who have competed in at least five events. EVERY race will count as an Elapsed Time event (including MVAUU races).

THE SEASON: The "season" commenced with the first race after the 1974 Heart of America Marathon and concludes with the 1975 Marathon.

ELIBIBILITY FOR D.T. AND E.T. TROPHIES: Only CTC members and non-members who pay \$4.00 will be eligible to compete for D.T. and E.T. awards. No competitor can establish a D.T. average or accumulate E.T. points until the \$4.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1975 dues for CTC membership shall be \$4.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$4.00 will provide a membership for all family members living together in the same household. The CTC Newsletter (12 monthly issues) is included in the \$4.00.

ENTRY FEES: Entry fees for all MVAUU events and the Missouri Cup will be \$1.00. Entry fees for the Marathon, Region 8 and National races will be \$2.00. No entry fees will be charged for any of the other races. Trophies and medals are awarded only in those events where an entry fee is charged.

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

EVENTS 1975

January 4	Saturday, 11:00 a.m.	5 Mile Run, 5 Mile Walk - Hilton Inn
January 18	Saturday, 9:00 a.m.	20 Kilo Run, 20 Kilo Walk* - Hilton Inn
February 8	Saturday, 9:00 a.m.	10 Kilo Run, 10 Kilo Walk* - Hilton Inn
February 22	Saturday, 9:00 a.m.	12 Mile Run, 12 Mile Walk* - Cosmo Park
March 8	Saturday, 9:00 a.m.	3 Mile Run, 3 Mile Walk - Hickman Track
March 22	Saturday, 11:00 a.m.	2-Man 6 Mile Run-Walk Relay (Each 2-man team has one runner and one walker) Alternate miles - Hickman track
April 5	Saturday, 1:00 p.m.	2 Mile Run - Hickman Track
April 5	Saturday, 2:00 p.m.	MVA AU AND OPEN ONE HOUR WALK - Hickman Track
April 26	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 or Memorial Stadium
May 3	Saturday, 9:00 a.m.	Four Mile Relay - Hickman Track
May 3	Saturday, 10:00 a.m.	Missouri Cup Competition, 20 Kilo Walk and 5,000 meter
May 17	Saturday, 9:00 a.m.	3, 2, 1 Mile Triathlon - Hickman Track
May 31	Saturday, 9:00 a.m.	6 Mile Handicap Run, 6 Mile Handicap Walk - Hilton Inn - Picnic afterwards at Cosmo Park
June 7	Saturday, 7:30 p.m.	MISSOURI VALLEY AAU and OPEN 1 HOUR RUN - Hickman Track - Slow heat at 6:00 p.m.
June 21	Saturday, 7:30 p.m.	2-Man, 10 Mile Relay - Alternate 440's Hickman Track
June 28	Saturday, 9:00 p.m.	Sprint Triathlon - mile, 880, 440, Hickman Track
July 5	Saturday, 9:00 a.m.	1 Mile Run, 3 Mile Walk - Hickman Track
July 19	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN Meet at Hilton Inn by 6:30 a.m.
August 2	Saturday, 6:30 a.m.	30 Kilo Run, 20 Kilo Walk - Cosmo Park
August 16	Saturday, 9:00 a.m.	5,000 Meter Run, 5,000 Meter Walk - Hickman Track
September 1	Monday, 6:00 a.m.	16th ANNUAL HEART OF AMERICA MARATHON (Meet at County-City Building no later than 5:30 a.m.)
September 13	Saturday, 9:00 a.m.	15 Kilo Walk - Hickman Track
September 20	Saturday, 9:00 a.m.	2 Mile Run, 10 Kilo Walk - Hickman Track
September 28	Sunday, 2:00 p.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 4 & 5	Saturday and Sunday, 1:00 p.m.	9th ANNUAL NATIONAL 100 MILE WALK - Hickman Track
October 11	Saturday, 9:00 a.m.	8 Mile Run - Cosmo Park
October 18	Saturday, 10:00 a.m.	SENIOR NATIONAL AND MVA AU 30 KILO WALK - Leawood Subdivision
October 25	Saturday, 11:15 a.m.	5 Mile Cross-Country Run, OPEN AND REGION MASTERS C/C CHAMPIONSHIP - A. L. Gustin Golf Course
November 2	Sunday, 2:00 a.m.	2 Mile Cross-Country Run - A. L. Gustin Golf Course
November 9	Sunday, 9:00 a.m.	National AAU Master's, MVA AU and Open 50 Kilo Walk - Renz Farm, Jefferson City, Mo.
November 22	Saturday, 9:00 a.m.	10,000 Meter Run, 10,000 Meter Walk - Hickman Track
December 6	Saturday, 11:00 a.m.	MVA AU AND OPEN 30 KILO RUN - Hilton Inn
December 20	Saturday, 9:00 a.m.	Holiday 10 Mile Run, 10 Mile Walk * - Hilton Inn

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

On track events, the run will be first, followed by the walk. Most track runs will have a fast heat (at the scheduled time) followed by a slow heat.