

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 7

July 23, 1974

BOB BUSBY GETS REVENGE, SHATTERS MVA AU RECORD IN 15 KILO RUN July 13:

		5,000 Meters	10,000	15,000
1.	Bob Busby 25 Kansas City TC	16:42	32:07	48:10
2.	Ron Tabb 19 KCTC	16:42	32:55	49:32
3.	Fred Binggeli 23 Fulton	16:41	33:31	52:03
4.	Rick Clear 19 KCTC	17:17	34:31	52:27
5.	Ed Crumm 20 KCTC	17:26	35:09	53:34
5t.	Charlie Gray 20 KCTC	17:25	35:05	53:34
7.	Dick Hessler 32 CTC	18:17	36:24	54:58
8.	Ben Londeree 40 CTC	18:18	36:47	56:02
9.	Richard Bruns 22 KCTC	18:27	37:14	56:26
10.	Bryce Allmon 15 Jeff City	18:00	36:20	56:48
11.	Carl Owczarzak 33 S-M, Kans.	18:25	37:15	57:16
12.	Dean Neal 26 CTC	18:20	37:17	57:49
13.	David Cooper 17 Jeff City	---	39:13	58:02**
14.	Tom Hoft 17 Columbia	18:09	37:48	58:14
15.	Sandy Lawrence 24 Columbia	19:08	38:32	58:19
16.	Don Walker 16 KCTC	18:28	38:11	59:00
17.	Dennis Stewart 25 CTC	17:51	37:43	59:57
18.	Mark Dufresne 21 KCTC	19:09	39:34	1:00:10
19.	Mike Chippendale 34 CTC	19:24	39:35	1:00:36
20.	Matt Kramer 18 KCTC	19:36	40:42	1:01:07
21.	Mike Wagner 22 KCTC	18:57	39:13	1:01:26
22.	Don Granberg 32 CTC	19:17	39:39	1:02:02
23.	Alan Klein 24 Alma, Mo.	19:35	40:53	1:02:28
24.	Turk Storvick 46 CTC	20:28	40:48	1:02:33
25.	John Nordmeyer 21 Glasgow, Mo.	19:20	40:17	1:02:55
26.	Sandy Quillen 22 Columbia	20:22	41:21	1:03:25
27.	Dwain Akins ? Columbia	20:10	41:15	1:04:32
28.	Rex Frazer 42 CTC	19:49	40:32	1:04:35
29.	Joe Duncan 40 CTC	21:26	43:13	1:07:05
30.	Don Carman CTC 25	21:45	43:42	1:07:38
31.	Don Johnson 45 CTC	22:55	46:00	1:09:40
32.	Dan Sullivant 15 Jeff City	21:30	44:30	1:09:46
33.	Joe Marks 37 CTC	22:51	46:00	1:09:54
34.	Rick Petty 15 Jeff City	21:30	43:59	1:10:36
35.	Dick Moe 22 Columbia	22:31	47:10	1:14:20
36.	Larry Young walked	24:40	---	1:15:35
37.	Augie Hirt CTC walked	25:04	---	1:16:46
38.	Mark Chaney 13 Jeff City	25:11	---	1:20:?
39.	Rex Power Mexico, MO.	18:44	38:28	OUT
40.	Robert Sympson 33 Kansas City	19:00	38:32	OUT
42.	Al Garverick CTC	24:07	OUT	
41.	Wynne LeGrow 29 Columbia	23:04	OUT	
43.	Doug Duncan 13 CTC	25:04	OUT	

Rob Spier walked 10 kilo in ~~1:09:34~~ 1:04:14 **Cooper Started exactly 4 minutes late, so he actually ran the distance in 54:02 which would have given him 7th had he been on time. DT's (with the heat some of these guys obviously had them--many predictions were way too optimistic) were as follows: Londeree only 2 seconds off (0.06%), Hessler 28 (0.86%), Johnson 40 (0.97%), Carman 98 (2.47%), Duncan 125 (3.21%), Storvick 153 (4.26%), Chippendale 156 (4.49%), Neal 199 (6.09%) Granberg 302 (8.83%), Frazer 455 (13.30%), Stewart 447 (14.19%)--the low altitude got him--he had just come in the day before from the snow and cold of the Colorado mountains. 5 of the top 6 finishers were members of the newly formed Kansas City Track Club--not only that they are all students at Central Mo. State U. at Warrensburg. Busby is a graduate student and in the Air Force. Last year Binggeli beat Busby by some 20 seconds, pulling away in the last couple of miles. Busby got back at him this year with a vengeance, taking solid control of the race at about the 4 mile mark, shattering Binggeli's MVA AU record of 48:55. This was really a remarkable performance by Busby--the conditions were awful--85 degrees, high humidity, hot sun and, of course, the hills. It was thought, beforehand, that any attempt at the record was out of the question. Busby, alone, really handled the heat--there were hardly any other personal bests--also notice how far off most guys were on their predictions--all on the slow side. Next year we will start this race at 7:30 AM, maybe even 7:00 AM. The first 3 finishers were the MVA AU medallists. Londeree won his first Over Age 40 Trophy while breaking the 15 kilo records of 57:49 held by Rex Frazer

DAVE COOPER, 17, OF JEFF CITY WINS MILE RUN; LONDEREE, 40, HAS 4:36.6!:

7-6-74

	440	880	1320	MILE
1. David Cooper 17	1:08	2:12	3:20	4:28.8
2. Ben Londeree 40	1:08	2:17	3:27	4:36.6 PB
3. Larry Krol	1:09	2:17	3:28	4:39
4. Bob Richardson Kansas City	1:10	2:21	3:36	4:45
4t. Rich Todd	1:09	2:21	3:36	4:45
6. Dean Neal	1:09	2:21	3:36	4:49.5 PB
7. Don Lewis	1:09	2:18	3:35	4:50 PB
8. Mike Chippendale	1:12	2:27	3:40	4:55
9. Dick Hessler	1:15	2:37	3:48	5:00
10. Sandy Lawrence	1:16	2:34	3:52	5:06
11. Don Granberg	1:21	2:31	3:53	5:07
12. Allen Goslen Ft. Wood	1:13	2:28	3:55	5:10
13. Carol Cook St. Louis	1:15	2:33	3:55	5:10.1
14. Dan Sullivant Jeff City	1:15	2:35	3:57	5:12.8
15. Turk Storvick 46	1:17	2:36	4:04	5:17
16. Don Johnson 45	1:16	2:38	4:00	5:19
17. David Stern	1:19	2:42	4:03	5:19.5
18. Rex Frazer 42	1:18	2:37	3:59	5:20
19. Rick Petty Jeff City	1:16	2:38	4:04	5:31.1
20. Joe Duncan 40	1:22	2:45	4:10	5:31.2
21. Joe Marks	1:19	2:48	4:18	5:38 PB
22. Dennis Blossom	1:21	2:47	4:18	5:42 PB
23. Randy Clark 14 Jeff City	1:30	2:55	4:27	5:47
24. Al Garverick	1:30	3:02	4:34	5:58 PB
25. Jeff Rea	1:27	2:58	4:37	5:59 PB
26. Larry York Jeff City	1:31	3:02	4:35	6:08
27. Paul Smith 15 Jeff City	1:35	3:12	4:53	6:20
28. Leonard Busen 44	1:36	3:12	5:01	6:30
29. Mark Chaney 13 Jeff City	1:36	3:13	4:55	6:31
30. Doug Duncan 13	1:37	3:24	5:06	6:44
31. Jay Blossom 10	1:34	3:24	5:07	6:49
32. Dennis McGuire	1:32	3:15	5:05	6:52
33. Ed Vaughan	1:33	3:17	5:08	6:58
33t. Jan Vaughan	1:33	3:17	5:08	6:58
35. Rory Ellinger	1:33	3:17	5:10	7:08
36. David Marks 11	1:50	3:55	6:00	7:39 PB
37. Laura Vaughan 8	1:50	3:53	5:59	7:46 PB
38. Amy Hessler 8	1:52	3:56	6:00	7:47 PB
39. Steve Vaughan 6	1:50	3:54	5:59	8:11 PB
40. Carl Schulte 8	1:52	3:58	6:01	8:15 PB

Mid to Upper 70's, bright sun, little wind. Cooper will be a senior at Jeff City HS--he will certainly be a factor in the State C/C, indoor & outdoor meets. Londeree in his first race at Age 40 demolishes the CTC Age 40 & over record for the mile--just as he will, no doubt, demolish every Age 40 record we have, except for the Marathon--and so, Rex Frazer has enjoyed his day in the sun--Rex now has something like 25 of these records. Carol Cook ran the finest race by any woman in any CTC event. She is a student at Southwest Mo. State U. at Springfield.

LARRY YOUNG THEN WINS THE 5,000 METER WALK:

	Mile Splits	1	2	3	5K
1. Larry Young	7:39	15:22	23:12	23:59	
2. Jim Breitenbucher	7:49	16:45	25:34	26:22	
3. Leonard Busen	8:51	18:07	27:03	27:55	
4. Jim Fields	9:34	19:16	29:01	29:58	
5. Rob Spier	9:35	19:25	29:36	30:39	
6. Joyce Schulte	10:58	22:29	33:51	35:02	
7. Dr. Wm Taft	12:22	24:50	36:47	38:02	

Larry is beginning to get serious in his training--looking ahead to Montreal in '76, although he may have to go for the 20 Kilo rather than the 50 Kilo. There is a strong campaign in England, Canada and the US for reinstatement of the 50 Kilo Walk to the Olympic Games. CTC, of course, will support this movement in any way possible.

I have noticed that this is often the way with men who set their lives towards the distant glow of one high beacon; when the hilltop is reached and there is nowhere further to climb, and all that is left is to pile more on the flame and keep the beacon burning, why, then, they sit down beside it and grow old.

. . . Mary Stewart, The Crystal Cave

DESIGNATED TIME STANDINGS:

	Av. % off	No. of Events	(*denotes 12 best)
1. Rex Frazer	.96	12*	9. Dennis Stewart 2.10 12*
2. Turk Storvick	1.62	11	10. Joyce Schulte 2.10 8
3. Tom Kilburn	1.72	12*	11. Mike Chippendale 2.19 12*
4. Dean Neal	1.79	12*	12. Dick Hessler 2.31 12
5. Ben Londeree	1.85	12*	13. Joe Duncan 2.77 12*
6. Rob Spier	1.86	12	14. Augie Hirt 3.35 8
7. Tom Hinckley	1.96	7	15. Leonard Busen 3.45 12*
8. Don Granberg	2.02	12*	

ELAPSED TIME STANDINGS:

RUNNERS, Open, Points:		AGE 40 & OVER:		WALKERS:	
1. Neal	342.5	1. Frazer	77	Open:	
2. Stewart	322	2. Storvick	52	1. Hirt	79
3. Kilburn	274	3. Johnson	32	2. Breitenbucher	59
4. Chippendale	252.5	5. Londeree	11	3. Leuthold	57
5. Londeree	230	6. Busen	11	4. Busen	49
6. Frazer	227	4. Duncan	13*	5. Spier	29
7. Hessler	225	7. Fields	10	6. Fields	19
8. Granberg	220	8. Leuthold	10	7. J. Schulte	15
9. Hinckley	154	9. Luecke	8	15 & Under:	
10. Stern	139	*Obviously 4th		1. John Leuthold	5
11. Storvick	135	AGE 15 & UNDER:		2. Janet Leuthold	3
12. Joe Duncan	120	1. Doug Duncan	40	3. Steve Spier	2
13. Hicks	108	2. John Leuthold	24	Women:	
14. Rich Todd	82	3. Jay Blossom	22	1. Joyce Schulte	10
15. Johnson	96	4. Janet Leuthold	12	REMEMBER: The top 6 in each category will receive awards IF they have participated at least 5 different times.	
16. D. Blossom	74	5. Jeff Kilburn	12	A BY THE WAY: Rex Frazer has been on hand for everyone of the running events--no one ever before has had perfect attendance. Dean Neal has missed only once. Tom Kilburn was perfect until he let his job interfere.	
17. D. Duncan	48	6. David Marks	7		
18. Jeff Rea	42	7. Amy Hessler	3		
19. Busen	41	WOMEN:			
20. Fields	38	1. Marsha Weiss	4		
21. Leake	34	2. Janet Leuthold	3		
22. Garverick	34	3. Amy Hessler	3		
23. D. Leuthold	32	4. Joyce Schulte	2		
24. J. Leuthold	29				
25. John Wise	26				
26. Don Carman	26				
27. Joe Marks	26				

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE:

% Improvement	Events			
1. Al Schrik	17.46	1	15. Dave Leuthold 1.40 8	
2. Tom Kilburn	10.55	6	16. Jim Fields 1.33 2	
3. Jim Breitenbucher	10.20	2	17. Dennis Stewart .68 10*	
4. Doug Duncan	7.70	4	18. Rex Frazer .28 6	
5. Augie Hirt	7.31	3	19. Rob Spier -.26 6	
6. Dean Neal	6.95	2	20. Don Leake -2.04 2	
7. Al Garverick	6.74	2	21. Wm. Taft -2.07 1	
8. Joyce Schulte	6.47	1	22. Joe Duncan -2.24 10*	
9. Dick Hessler	5.80	8	Since, to be eligible for this award you have to have at least ten races, it is apparent that only a few are in the running for this year, but I have put everyone in the above so you can see what you have done compared to last year.	
10. Don Johnson	5.41	3	*****	
11. Leonard Busen	3.43	5		
12. Ben Londeree	3.28	10*		
13. Mike Chippendale	2.40	10*		
14. Don Granberg	1.38	9		

SOME ADDITIONS TO PREVIOUS RESULTS: In the One Hour Run Dick Hessler predicted 10 1/2 miles & was off only 24 yards (.12%). Rex Frazer predicted 10 miles, was off 40 yards (.23%).

In the 2 Man-10 Mile Relay Jan Frazer, luckily, recorded and kept the 440 splits for Frazer-Storvick and for Hinckley-Bell. Frazer had an individual total time of 26:22 (79.01 average seconds per lap), Storvick had 26:27 (79.3), Hinckley 26:20 (79.0) & Bell 27:31 (82.5).

In addition, Frazer missed his DT by 12 seconds (.76%) and Storvick missed by 63 seconds (3.81%--and that knocked him out of first place in the DT standings).

In the MASTERS T & F MVAU CHAMPIONSHIPS, MANHATTAN, KANSAS, DON LEWIS did well--this was on July 13, in conflict with our MVAU 15 kilo--a conflict, I hope we can avoid next year. Anyway, with temperatures in the mid 90's & a hot wind, Don was 3rd in the 100 yard dash with 11.0, 2nd in the 220 with 24.9 and 2nd in the 440 with 57.4--in this race Don was out too fast--starting in the inside lane he had made up the stagger by the first turn!--he didn't have much left down the stretch,

RESULTS OF ALL MASTERS NATIONAL RACE WALKING COMPETITION TO DATE:

100 Kilometers--March:	Age	Time	Track Club
1. Chris Amoroso	40	11:41:00	Colorado
2. John Markon	45	11:53:18	Long Island
3. Larry O'Neil	67	12:01:14	Montana
4. Dave Leuthold	41	12:37:03	Columbia
5. Rob Spier	51	13:18:13	Columbia

One Hour Walk--April:

1. Chris Amoroso	40	6 Miles, 1387 Yards	Colorado
2. Leonard Busen	44	6 Mi. 613 Yds.	Columbia
3. Dave Leuthold	41	6 Mi. 600 Yds.	Columbia
4. Jim Fields	42	6 Mi. 85 Yds.	Beverly Hills
5. Rob Spier	51	6 Mi. 18 Yds.	Columbia
6. George Lundmark	52	5 Mi. 1689 Yds.	Colorado
7. Albert VanDyke	48	5 Mi. 1187 Yds.	Columbia
Team Title: Columbia Track Club 18 Miles, 1231 Yards			

10,000 Meter Walk--May:

1. Chris Amoroso	40	54:53	Colorado
2. Leonard Busen	44	58:07	Columbia
3. Dave Leuthold	41	58:35	Columbia
4. Rob Spier	51	63:25	Columbia
5. Albert VanDyke	48	65:53	Columbia
Team Title: Columbia Track Club 180 Minutes, 7 seconds			

5,000 Meter Walk--June:

1. Chris Amoroso	40	25:33	Colorado
2. Don Johnson	57	26:34	Shore AC
3. Bob Chapin	42	27:15	Columbia
4. Larry Boies, Jr.	42	27:33	Twin Cities
5. Justin Gershuny	47	27:34	Un (Beverly Hill)
6. Leonard Busen	44	27:55	Columbia
7. Anthony Medeiros	60+	28:16	North Medford
8. Dave Leuthold	41	28:26	Columbia
9. George Lundmark	52	29:37	Colorado
10. Jim Fields	42	29:58	Beverly Hills
11. Larry O'Neil	67	30:19	Montana
12. Rob Spier	52	30:39	Columbia
13. Phil Mooers	57	30:48	West Valley
14. Don Jacobs	55	31:14	Portland
15. John Dick	60+	34:41	Un
16. William Taft	60+	38:02	Columbia
Team Title: Columbia Track Club (Chapin, Busen, Leuthold): 83:36			

Point Standings to date, including all of the above:

Overall	40-49	50-59	60+
Amoroso 33	Amoroso 19	Spier 7	O'Neil 4
Busen 21	Busen 10	Johnson 5	Medeiros 4
Leuthold 19	Leuthold 8	Lundmark 5	Dick 2
Johnson 15	Chapin 6	Mooers 2	Taft 1
Chapin 14	Boies 5	Jacobs 1	
Boies 13	Gershuny 4		
Gershuny 12	Fields 3		
Spier 11	Markon 2		
Fields 11	Van Dyke 2		
Lundmark 10			
Medeiros 10			
O'Neil 9			
Markon 4			
Mooers 4			
Jacobs 3			
Van Dyke 2			
Dick 2			
Taft 1			

The July event is the 20 Kilo and the August event the 15 Kilo. The National Masters 15 Kilo has been changed to August 4 in Boulder, Colo. Amoroso is certainly dominating these races--as is Columbia TC for the Team Titles--but wait until Colorado TC gets a third walker!

DAVE LEUTHOLD HAS SENT ALL OF THE ABOVE FROM MILWAUKIE, OREGON and he has been doing some walking--He was 7th in the National Masters 20 Kilo with a time of 2:02:32, which he terms "disappointing". He missed the 5,000 Meter race when they changed the dates on him. Chris Amoroso and Max Gould of Canada tied for 1st in the 20 K in 1:46:51. Dave passed along a lot of running results from the Masters T & F in Portland: Marathon: at Bastick--2:31:21 (age 40) at least a dozen others under 3:00; 10,000 Meter: Ray Hatton--31:22; 5,000 Meter: 15:09 etc., etc.

ENTRY BLANKS FOR THE 15th ANNUAL HEART OF AMERICA MARATHON ARE ENCLOSED Again I will be calling for manpower (and womanpower) for help on timing and at the aid stations. It would help if you would let me know in advance as to whether or not you can help. PLEASE RETURN ENTRY BLANKS BEFORE LABOR DAY WEEKEND--the race starts promptly at 6:00 AM Labor Day morning and you are not doing your part in seeing that we get off on time if you wait until then to turn in your entry blank. PLEASE COOPERATE ON THIS! Another problem--the traffic in the dark over the first 4 miles--we got some complaints on this last year--and, of course, the safety of the runners is of the utmost importance. Runners should remember that Route K was not put in for our benefit--we simply cannot run on it as if we own it--like running down the middle, several abreast, etc. Anyway, the procedure this year will be to run on the RIGHT side of the road for the first 4 miles--we will have escort vehicles for this stretch. Thereafter, of course, you should run on the left--you are on your own then. The 1974 Marathon promises to be the best ever--and we'll request cool weather!

RESULTS OF THE PREVIOUS 14 MARATHONS:

1960		1967	
1. Joe Schroeder	3:57:00	1. Tom Hoffman	2:41:52
2. Morris Patterson	4:16:00	2. Tim Hendricks	2:44:30
3. Darrell Palmer	out at 12 miles	3. Carl Owczarzak	2:46:48
1961		1968	
1. Bill Silverburg	3:09:15	1. Hal Higson	2:41:45
2. Jerry Mathis	3:21:10	2. Carl Owczarzak	2:42:41
3. Gary Orr	3:36:03	3. Ken Katzer	2:44:05
1962		1969	
1. Bill Silverburg	3:09:36	1. Tim Hendricks	2:45:45
2. Jim Davis	3:29:01	2. Brian Harrington	2:48:09
3. Daryl Muhrer	3:36:01	3. Carl Owczarzak	2:49:57
1963		1970	
1. John Rose	2:56:27	1. Greg Carlberg	2:47:10
2. John Grundy	2:58:03	2. Henry Shawnee	2:59:02
3. Bill Silverburg	3:03:55	3. Tim Hendricks	2:59:49
1964		1971	
1. Ron Daws	2:47:27	1. Tim Hendricks	2:47:42
2. Conrad Nightingale	3:01:37	2. Lou Fritz	2:52:20
3. Arne Richards	3:02:58	3. Don Todaro	2:53:00
1965		1972	
1. Ron Daws	2:37:17	1. Tim Hendricks	2:46:15
2. Earl Eblen	2:46:22	2. Lou Fritz	2:48:32
3. Lou Coppens	2:48:09	3. Jim McFadden	2:51:12
1966		1973	
1. Barry Crawford	2:34:07(record)	1. Tim Hendricks	2:43:40
2. Ron Daws	2:37:17	2. Robert Rosales	2:43:59
3. Earl Eblen	2:40:00	3. Dennis Katzer	2:49:01

AN ADDITIONAL NOTE ON THE MARATHON: We are going to have a SIX HOUR TIME LIMIT. We want to discourage people from attempting this race when they are in no condition to do so--if you can't complete the course in less than six hours, then we don't think you belong on the course--therefore all timing & aid stations will close at NOON--whoever is left will be so advised and will be offered a ride off the course.

CTC RUNNERS SW-EPT THE TWO DISTANCE RUNS IN THE FORT LEONARD WOOD T & F Meet on July 16 & 17. On the 16th, in the 3 Mile run Rich Todd was first with 16:34, Dean Neal 2nd in 16:37 and Rex Frazer 3rd in 17:33. Then on the 17th in 94° heat it went: 1. Todd 35:09, 2. Neal 35:14 and Frazer 39:19.

BEN LONDEREE HAS AN ARTICLE IN THE JULY RUNNER'S WORLD CONCERNING THE practice of supercompensation before running Marathons or other long, long races. This is a technical article written with the lay reader (& runner) in mind. Ben really lays it all out in this article in a comprehensive, definitive manner. He touches all the do's and don'ts, covers all the principles involved and does it so that anyone can understand it and not really have any unanswered questions.

schedule of events;

JULY 27 Saturday 6:30 AM 30 Kilo Run, 20 Kilo Walk Cosmo Park
 27 " 7:00 AM "Panther Pant" 20 Kilo Road Race
 Charleston, Ill.

AUGUST 3 " 9:00 AM Sprint Triathlon--Mile, 880, 440
 Hickman Track RECORD: 7:23.8 Dennis
 Stewart Aug. 4, 1973 (4:29.2, 2:01, 53.6)

5 Monday 7:00 Pm 2 Mile Run South Park, Quincy, Ill.

10 Saturday 7:30 PM 3 Mile Run, 3 Mile Walk Hickman Track
 RECORDS: 14:54 Aug. 11, 1973 Dennis Stewart
 21:45 Larry Young April 16, 1972

10 " 1:00 PM Salina TC Masters T & F championship
 Salina, Kansas

12 Monday 7:00 PM 1.38, 2.18, 4.14 Mile C/C Runs South
 Park Quincy, Ill.

17 Saturday ? 6 Mile Run around Lake Shawnee, Topeka, Ks.

17 " 6:00 AM 4th Annual Quincy Marathon Quincy, Ill

19 Monday 7:00 PM One Mile Run South Park Quincy, Ill./

24 Saturday 9:00 AM 5,000 Meter Run, 5,000 Meter Walk
 Hickman Track RECORDS: 15:20.8 Dennis
 Stewart Dec. 1, 1973; 23:59 Larry Young
 July 6, 1974

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

31 Saturday 10:00 AM Santa-Cali-Gon 10 Kilo Walk, McCoy
 Parkway Independence, Mo. Awards
 to 20th place, special awards to age groups
 13 & under, 14-17 & 35 & over.

SEPTEMBER 2 MONDAY 6:00 AM 15th ANNUAL HEART OF AMERICA MARATHON

AL SCHRIK, REPRESENTING CTC, FINISHED 16th IN THE SENIOR NATIONAL 20 KILO
 walk in Nassau City, N.Y. on June 2. Al's time was a persoanl best of
 1:47:13. Al is now in the US Marine Corps.

The CTC Newsletter is put out by Joe Duncan 4004 Defoe Dr. Columbia, Mo.
 Subscription price is only ONE DOLLAR for 12 monthly issues. I now have
 CTC Tee Shirts availabe in size Small, along with the other 3 sizes.

JOE DUNCAN
 4004 Defoe Dr.
 Columbia, Mo. 65201

EIGHTH ANNUAL NATIONAL 100 MILE WALKING CHAMPIONSHIP

- The Event This is a 100 mile walk, 400 laps, probably the toughest race in America.
- Time and Place Race begins at 1:00 p.m. Saturday, September 28, 1974, at Hickman High School Track, Columbia, Mo. The object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 p.m. Sunday, September 29.
- Entry Fee \$2.00 for all entries except for members of the Centurion Club of America. Entries MUST be received by 10:00 p.m. Friday, September 27. Post entries from Columbia, Missouri walkers will NOT be accepted.
- Aid There will be plenty of water, ice, Gatorade, E.R.G., etc. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to be his "handler" in order to assure proper care. Dressing, shower and restroom facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.
- Awards Trophies will be awarded for 1st through 10th place, based on distance walked. Plaques will be given to all others who walk 50 miles or more.
- Centurion Club All who complete 100 miles within 24 hours will become members of the Centurion Club of America-- perhaps the most exclusive club in the Western Hemisphere. See the attached newsletter for the record to date since 1878.

ENTRY BLANK

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. _____ AAU Assoc. _____

SIGNATURE _____ BIRTH DATE _____ HT. _____ WT. _____

ADDRESS _____

SCHOOL OR CLUB _____ CITY _____ STATE _____

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

NAME _____

ADDRESS _____ CITY _____ STATE _____

Return to: Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201

Phone Number
(314) 445-2684