

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 11
November 1, 1974

GWEN EBERLE WINS WOMEN'S NATIONAL 10,000 METER WALK October 19, 1974

	1	2	3	4	5	6	10 K
1. Gwen Eberle 18 Ozark TC	8:45	17:59	27:11	36:35	46:06	55:16	57:30
2. Carol Mohanco 19 Kettering S.	8:39	17:58	27:43	37:40	47:35	57:15	59:10
3. Cindy Arbelbide 20 Rialto RR	8:58	18:44	28:50	38:41	48:28	58:05	1:00:20
4. Beth Harwick 14 Mt. Lebanon TC	9:25	19:27	29:29	39:41	49:54	59:37	1:02:00
5. Beth Eberle 14 Ozark TC	9:36	19:34	29:38	39:52	50:24	60:19	1:02:40
6. Cinda Morrow 14 Ozark TC	9:45	19:48	30:05	40:29	50:45	60:40	1:03:10
7. Cindy Luebben 14 Kettering	9:29	19:32	29:38	40:11	50:50	60:56	1:03:20
8. Eficka Dahlstrom*13 Iowa AAU	10:21	21:24	31:47	42:12	52:27	62:40	1:05:00
9. Judy Hyten 33 Un.	9:46	19:57	30:37	41:36	52:23	62:47	1:05:20
10. Shirley Adam 16 Iowa AAU	10:26	21:39	32:20	42:48	53:15	63:44	1:06:10
11. Mary Devries 14 Kettering	10:01	21:01	31:48	42:44	53:15	64:25	1:06:50
12. Susan Gray 20 Kettering	10:08	21:15	32:16	43:28	54:30	65:50	1:08:20
13. Lynn Wonderlich*12 Iowa AAU	11:05	22:57	34:53	46:25	57:28	68:40	1:11:10
14. Joyce Schulte CTC	10:37	21:38	32:59	OUT	Too much	100 mile wal	
15. Tesla Kuo	13:45	out	after 3	more laps			

*Not official entrants since they are not yet 14, hence their team doesn't count in the team standings. Mid 50's, sun shining, beautiful day.

JUDGES: Bill Clark, Bob Young, Bob Chapin, Mike Jenner. Cindy Arbelbide, in from Oregon, opened a quick lead on the first lap, but by the end of the 2nd lap both Mohanco & Eberle had overtaken her. Mohanco led through the two mile point, but after that Eberle took over and gradually increased the margin. Last year, in this race, Gwen had finished 4th in 1:00:39, while Carol was 3rd in 1:00:35. Ellen Minkow's record of 56:19 still stands. Ozark TC won the team title with 12 points while the Kettering, Ohio, Striders had 19.

THEN THE SHOW MOVED TO LEAWOOD SUBDIVISION WHERE LARRY YOUNG WON THE SENIOR NATIONAL 30 KILOMETER WALK WITH AUGIE HIRT SECOND

	5 K	10	15	20	25	30
1. Larry Young 31 CTC	23:47	47:55	1:12:55	1:37:47	2:03:15	2:30:26
2. Augie Hirt 23 CTC	24:52	50:10	1:15:32	1:41:06	2:07:31	2:33:47
3. Domingo Colin Martinez 22	23:47	47:55	1:12:55	1:37:47	2:04:36	2:37:50
4. Paul Ide 22 Ft. Hays Col	26:40	53:22	1:19:50	1:46:25	2:13:10	2:41:25
5. Bob Bowman 34 Bev. Hills	24:59	50:50	1:17:22	1:44:29	2:13:26	2:43:57
6. Jerry Bocci Motor City S	27:08	54:32	1:22:02	1:50:13	2:20:00	2:51:44
7. Leonard Busen 44 St. L. Y	27:21	55:13	1:23:04	1:52:38	2:23:15	2:55:53
8. Al Schrik 23 CTC	27:57	56:10	1:24:10	1:54:04	2:26:28	2:57:14
9. Bob Chapin 43 CTC	27:57	56:10	1:24:59	1:55:15	2:26:20	3:00:03
10. Jim Breitenbucher 20 CTC	27:27	54:32	1:22:27	1:51:37	2:24:55	3:03:45
11. Dave Leuthold 42 CTC	29:08	59:38	1:31:04	2:02:55	2:35:00	3:10:07
12. Larry Boies 42 Twin Ci.	29:08	58:49	1:29:06	2:01:15	2:36:15	3:15:32
13. Rob Spier 52 CTC	31:33	62:38	1:34:11	2:08:25	2:42:17	3:17:43
14. Mike Hale 22 Iowa	25:23	52:34	1:21:01	1:53:01	OUT	
15. Wm Taft 58 CTC	39:07	77:48	1:57:40	2:38:43	OUT	
16. Randy Mimm 20 Col. Coll.	25:12	51:07	1:17:37	out after 2	more laps	

By the time of the 12:30 start the temperature had got up to 60 degrees and by race end had reached close to 70. With the sun shining it did get a little warm for the walkers. Domingo Colin and his coach came up from Mexico for this race to give it a little international flavor. Colin went out with Young matching his every stride for 14 1/2 miles. At this point Colin showed that "speed" races is his forte--he tailed off badly--so badly, in fact, that Augie Hirt, walking quite comfortably, caught him with about 2 miles to go. This was also the Masters National Championship--Leonard Busen, ever improving, won that portion of the race. Bob Chapin set a MVAU record for age 40 & over, beating the 3:01:06 set by Bob Young in 1969. CTC won the uncontested team title.

JUDGES: Bill Clark, Bob Young, Darrell Palmer, Mike Jenner. MANY, MANY THANKS to the Judges, to Turk Storvick, Rick Katz for help with the timing--also Doug Duncan. Veva Spier & Carolyn Leuthold took care of the aid and arrangements for the picnic afterwards and as usual Joyce Schulte was most proficient with the publicity. At the picnic BILL CLARK gave a report on the AAU convention. He had just returned from Washington DC just a couple of days previously. CTC was awarded the Sr. National 30 kilo again next year but we lost on our bid for the women's race. Bill's report included the latest on the Olympic Walks--The 50 kilo is definitely out of the Montreal Games, however, the future of Olympic walking is somewhat brighter than it has been. Also thanks to Randy Bakewell for his role as an interpreter.

KATZ OUTKICKS STEWART, EIGHT MILE RUN, BOTH UNDER RECORD		October 12:	
	4	8	Seconds
			Off DT
			Off DT
1. Rick Katz	21:18	43:19	101 3.74
2. Dennis Stewart	21:18	43:20	70 2.62
3. Dick Hessler	23:00	46:10	20 .71
4. Ben Londeree 40	23:15	47:31	61 2.19
5. Don Granberg	23:38	48:36	24 .82
6. Dean Neal	23:48	49:24	54 1.88
7. Mike Chippendale	24:39	49:54	36 1.19
8. Don Lewis	24:49	50:10	50 1.69
9. Turk Storvick 46	24:49	50:17	43 1.40
10. Rex Frazer 43	24:47	51:06	36 1.19
11. Augie Hirt	24:49	51:24	84 2.80
12. Pete Pastoret	25:27	52:21	459 12.75
13. Joe Marks	26:20	53:30	90 2.73
14. Bill Lindsey	25:35	54:10	---
15. Tom Hinckley	26:28	54:28	32 .97
16. Joe Duncan 40	26:21	54:31	29 .88
17. Don Carman	27:37	57:28	88 2.62
18. Al Garverick	30:40	1:02:36	24 .63
19. Jeff Rea	31:52	1:06:58	---
20. Kevin Bernemann	33:01	1:07:32	572 16.44
20t. Doug Duncan 13	33:01	1:07:32	---
22. Del Robertson	32:38	1:11:18	---
23. Rob Spier walked	40:51	1:22:35	85 1.69
24. Tom Brown	40:25	1:23:01	---
25. Randy Mimm	31:52	6 in 49:50 (mostly walking), then out	

Low 60's, cloudy, humid, almost a light mist. Everyone who had previously done the 8 mile run had an improvement of around two minutes. We are making an effort to avoid any running on Stadium Blvd. Therefore, this course was changed--it is accurate since it was measured by Ben Londeree, Vice-President in Charge of Course Measurements, with his calibrated bicycle. The course thus became easier, despite Dennis Stewart's argument to the contrary--it is easier with a fairly flat middle four miles. The 7th mile, though, is brutal with the hills. Anyway, here is a vote for more easier courses. Katz & Stewart really had a battle--the lead changed off & on, with Stewart gaining on the downhill stretches while Katz gained going uphill. Since the finish was on a slight upgrade, then, Katz prevailed with a stronger finishing kick. And there was only one person who saw this exciting, stirring finish--Veva Spier who had the watch. It is obvious that these guys are not running for the plaudits of the crowd. The old record was 44:36 set by Tom Logan in March, 1972. Ben Londeree shattered Rex Frazer's Over Age 40 record of 52:25. Notice that no one ran the 2nd half as fast as the 1st. Dick Hessler came closest with only a 10 second difference.

CTC PLACED 14th AS A TEAM IN THE NATIONAL ONE HOUR RUN which was handled on a postal basis. There were 30 teams. Ben Londeree has figured that had each of our top 5 men gone only one quarter of a mile farther than CTC would have placed 4th. It is his thinking that with cooler weather, avoiding the summer heat & humidity, our guys could be expected to do another $\frac{1}{4}$ mile. Anyway, for CTC, Stewart was 53rd, Londeree 151st, Hessler 153rd, Rich Todd 178th, Chippendale 201st. There were a total of 926 runners.

AUGIE HIRT WON THE 50 KILOMETER WALK IN THE USA-CANADA DUAL MEET ON October 5th in Montreal, Canada. Augie's time was a near personal best of 5:40:15 as he had the lead all the way. 2nd was Tom Knatt, USA, with 4:42:14, 3rd, Pat Farrelly, Can. 4:48:30; 4th, Max Gould, Can. 4:57:51; 5th, Bob Rosencratz, USA 5:05:39; 6th, J. Doda, Can. 5:22:19. Ron Kulik, USA did not finish. It was 70 degrees, sun shining. In the 20 kilo event the previous day it went: 1. Bob Henderson USA 1:34:31 2. John Knifton 1:37:14; 3. Karl Merschenz 1:37:43; 4. Marcel Jobin Canada 1:37:55; 5. Roman Olszewski Can. 1:39:41. Knifton is USA & Merschenz is Canada. Gary Westerfield DNF and Ron Daniel USA & Frank Johnson, Canada were DQ'd.

The Columbia Track Club Newsletter which comes out every month, without fail, is available to any one who sends ONE DOLLAR for a one year subscription. Send your dollar to Joe Duncan 4004 Defoe Dr. Columbia.

BEN LONDEREE WINS REGION 8 MASTERS CROSS COUNTRY October 26, 1974,						
		2 Miles	5	Secs Off DT	% off DT	
1.	Ben Londeree	40	11:36	29:52 PB	7	.40
2.	Turk Storvick	46	12:17	31:29 PB	16	.84
3.	Herb Sisco	44	13:15	33:34	--	
4.	Joe Duncan	40	13:22	35:20 PB	20	.95
5.	John Gray	50	14:34	37:15	--	
6.	Jim Pastoret	50	14:37	37:55	--	
7.	Arne Richards*	42	10:52	29:20	--	

*Richards got messed up on the time and arrived after the race had already been run. However, he ran solo and turned in a time that would have been good for first--assuming Londeree would not have stayed with the Manhattan librarian--and that we will never know. Sisco is the Superintendent of Schools in Walker, Mo. Gray is a member of the St. Louis YMCA TC. The size of the field was disappointing for this Regional AAU event.

RESULTS OF THE OPEN RACE AT THE SAME TIME:

1.	Charlie McMullen		11:02	28:35	--	
2.	Dick Hessler		11:27	28:52 PB	48	2.70
3.	Sandy Lawrence		11:23	29:14 PB	--	
4.	Steve Wilson		11:28	29:31	29	1.61
5.	Don Granberg		11:54	30:22 PB	42	2.36
6.	Whitney Hicks		12:00	30:38 PB	37	1.97
7.	Mike Chippendale		12:16	31:18 PB	27	1.42
8.	Charlie Wolfson		12:32	31:47	--	
9.	Pete Pastoret		12:20	33:17	--	
10.	Don Carman		13:16	33:35	25	1.22
11.	Joe Marks		13:15	33:38	38	1.92
12.	? Adams		14:06	35:06	--	
13.	Dennis Blossom		13:51	36:36	54	2.40

Mid 60's, sun shining, no wind. This race followed the MU-Iowa State dual meet which saw McMullen's little brother a winner in a quick 24:52. The little brother is Tim McMullen and Charlie was on hand to see him run. When Charlie saw our race about to take place he decided to have a little workout. He is not in training such as last year when he was MU's All-American distance runner. A lot of personal bests today.

REX FRAZER was not on hand for the Masters event--the previous evening he had fallen down some steps in his home--this resulted in a fracture of a small bone in his hand. This episode put Rex in a short arm cast and ruled out the above competition. Rex, however, will be able to keep running and he still plans to compete in the National AAU Masters 25 Kilo Championship in Tulsa, Okla on Nov. 9.

CTC WON THE CENTRAL USA 10,000 METER CROSS COUNTRY CLUB CHAMPIONSHIP in Forest Park, St. Louis on October 26 by a narrow one point Margin (37-38) over the Indiana Striders with the St. Louis YMCA TC 3rd. Rick Katz led the CTC runners with 33:33 for 4th place, followed by Dennis Stewart with 33:46 (6th), Tom Logan (a new CTC member) 36:05 (10th--Tom got a bad stitch and almost had to drop out--but he couldn't do that--we didn't have a 6th man); Rich Todd had 36:28 for 13th and Dean Neal 36:31 for 15th. Winner was Bob Fitts of St. Louis with 32:09. Last year CTC finished 2nd in this race. Also last year Stewart had 34:23 & Neal 34:52, while Fitts had 32:39. CONGRATULATIONS YOUSE GUYS!!

FIVE CTC RUNNERS SHOWED UP QUITE WELL IN THE TRI-STATES MARATHON in the Falls City, Nebr. area on Oct. 20. They were all under 3 hours and they all established personal marathon bests. Dick Hessler headed the CTC contingent with 2:40:00 good for 9th place (out of 97 runners) compared to his 3:00:01 of last year; Dennis Stewart made a remarkable breakthrough with 2:43+ (10th), last year he was 3:04 and the year before that 3:24; Don Granberg was 12th with 2:47:35; Rex Frazer 17th with 2:51:10 & Dean Neal 19th with 2:53+. Rex was 2nd in the Age 40 group losing to a revenge-seeking Arne Richards who had a 2:50+. Arne caught Rex on an uphill stretch at 23 miles and was so serious about beating Rex that he didn't spend any time at all socializing as is his wont when passing people. Some other familiar names: Winner, Bob Busby--' an astounding 2:21:36, 2. Ken Norton 2:23:19; 6. Larry Aduddell 2:35:23; 7. Tim Hendricks 2:39+ 8. Dan Kacprowicz 2:39+; 11. Karl Naylor 2:44+; 18. Lynn Lee 2:52:00 after being with the leaders for 18 miles; Lanny Endicott 2:54+. It was cool, but sunny.

DESIGNATED TIME STANDINGS:

	Av. % off DT	No. of Events			
1. Brian Cooper	.33	1	15. Don Carman	1.92	2
2. Joyce Schulte*	.35	2	16. Don Lewis	2.10	3
3. Steve Spier	.39	1	17. Wm Taft	2.25	2
4. Joe Duncan	.84	3	18. Joe Marks	2.32	2
5. Tom Hinckley	.97	1	19. Augie Hirt	2.59	3
6. Turk Storvick	1.08	4	20. Charles Geiss*	2.81	3
7. Whitney Hicks*	1.13	2	21. Jim Breitenbucher*	2.90	1
8. Don Granberg	1.16	3	22. Dennis Blossom*	2.92	3
9. Rex Frazer	1.19	1	23. Al Garverick*	3.12	2
10. Ben Londeree*	1.31	4	24. Rick Katz	3.74	1
11. Dick Hessler*	1.35	3	25. Rob Spier	3.92	4
12. Dennis Stewart	1.38	2	26. John Leuthold	4.76	1
13. Mike Chippendale	1.64	4	27* Jay Blossom*	6.56	2
14. Dean Neal	1.88	1	28. Leonard Busen*	6.69	1
			29. Tom Brown	10.21	1

THE ANNUAL MEETING OF CTC was well attended with lively discussions, new ideas, etc. The Executive Committee has now met and established next year's schedule which will come with the December newsletter. Our program will be basically the same as this year's. Annual Dues were set at \$4.00. This amount includes a one year subscription to the newsletter. Since most of you are paid up to some future date, your subscription will simply be extended one year, so you will get full credit. Dues MUST be paid no later than Dec. 7 if you want to be able to take credit for DT average and ET points accumulated in races prior to that date. So far 29 people have paid dues. This, of course, includes, in addition, all their family members living in the same household.

A GOOD BOOK TO BUY IS "CORBITT," The story of Ted Corbitt, Long Distance Runner by John Chodes. 160 pages, paperbound, \$3.95, from TAFNEWS Press, P.O. Box 296, Los Altos, Calif. 94022. Ted is a long time road runner and pioneer in ultra-distance running & training. Now in his mid 50's he is still competing and running almost as well as ever. He has never failed to finish a distance race and as of the middle of 1974 had completed 178 marathons, more than anyone else in history. Corbitt is a real student of running and has written articles on injury treatment, hot weather running and race course measurement. An appendix includes some of these articles along with a chronology of his marathon career. Ted's 100 mile track race in 1969 and his 24 hour race in 1973 (he finished 3rd in both--these were in England) are given lengthy engrossing treatment. We have encouraged him to try our 100 Mile Walk. He thinks that someday he will--but he realizes that this walk is not to be taken lightly. If he comes you can be sure that he will be well prepared.

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE, Standings:

	Av. % Impr.	Events			
1. Jay Blossom	9.59	2	11. Joyce Schulte	1.59	2
2. Jim Breitenbucher	7.85	4	12. Mike Chippendale	1.47	2
3. Dennis Blossom	5.81	3	13. Ben Londeree	1.43	4
4. Augie Hirt	5.64	3	14. Dick Hessler	1.27	3
5. William Taft	4.96	2	15. Whitney Hicks	.98	3
6. Jeff Rea	4.28	2	16. Dave Leuthold	.74	4
7. Dennis Stewart	3.57	2	17. Leonard Busen	-.22	2
8. Joe Duncan	3.01	3	18. Al Schrik	-.90	2
9. Don Granberg	1.93	3			
10. John Leuthold	1.80	2			

The rules on this will be the same as last year, i.e., you must have participated in at least ten of last year's events (we don't count the relays). We will then consider your ten best improvements as compared to what you did last year. The above shows only those who have at least two improvements (or two repeat races). Dave Leuthold is the statistician for all this.

"Live all you can; it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have had your life. If you haven't had that, what have you had?"

. . . . Henry James (1903)

SCHEDULE OF EVENTS:

NOVEMBER 2 Saturday 2:00 PM 2 Mile Cross Country Run A.L. Gustin Golf Course This follows the State High School meet at 11:00 AM. Jack Miles, Director of the State Meet, would appreciate the help of any of us in the conduct of his meet. If you can give him some help, then please call him at 445-4443.

3 Sunday 9:00 AM National AAU Masters, MVAAU & Open 50 Kilometer Walk Renz Farm Jefferson City

9 Saturday 1:00 PM National AAU Masters 25 Kilo Championship Run Mohawk Park, Tulsa, Okla.

9 " 1:?? MVAAU Cross-Country Championship Emporia, Ks. Contact: Phil Delevan, Track Coach, EKSC Emporia, Ks. 66801

16 " 10:00 AM MVAAU 25 Kilo Championship Run Shawnee Mission Park, Kans. Contact: Carl Owcaarzak 6823 W. 77th Terr. Overland Park

16 " 10:00 AM 10 Mile & 2 Mile Turkey Runs (winner gets a turkey) South Park, Quincy, Ill.

23 " 9:00 AM 10,000 Meter Run, 10,000 Meter Walk Hickman Track RECORDS: 32:14 Dennis Stewart Nov. 17, 1973; 44:15 Larry Young May 7, 1972

30 " 1:00 PM Mel Vos Memorial Marathon Topeka, Ks. CONTACT: Karl Naylor 120 N.W. 35th " 66617

30 " ? Mississippi River 10 Mile Road Run CONTACT: Alton, Ill YMCA

30 " 11:00 AM & 1:00 PM 6 Mile Walk, 2 Mile Handicap Run; 6 Mile run, 2 Mile Handicap Walk Keokuk, Iowa

DECEMBER 7 Saturday High Noon MVAAU & OPEN 30 KILOMETER RUN Meet at the Hilton Inn area

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 445-2684

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. 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 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.	MVAUU 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 MVAUU 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 p.m.	2 Mile Cross-Country Run - A. L. Gustin Golf Course
November 9	Sunday, 9:00 a.m.	National AAU Master's, MVAUU 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.	MVAUU 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.