

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 12

December 12, 1975

DICK HESSLER TROUNCES FIELD IN MVAAU 30 KILO RUN December 6, 1975:

	5 Kilo splits:	5	10	15	20	25	30
1. Dick Hessler	17:19	35:11	52:30	1:10:56	1:28:24	1:46:37PB	
34 CTC							
2. Walter Renaud	17:19	35:39	54:21	1:13:46	1:32:21	1:51:46	
44 Fulton							
3. Bob Creighton	17:50	37:15	55:38	1:15:12	1:33:21	1:53:12PB	
41 Atwood, Kans.							
4. Jon Herbert	18:10	37:18	55:49	1:15:38	1:35:34	1:56:46	
26 Springfield, Mo.							
5. Don Lewis	17:49	37:15	55:38	1:15:43	1:35:38	1:57:49PB	
39 CTC							
6. Whitney Hicks	19:00	38:19	59:09	1:19:40	1:39:00	1:58:44PB	
40 CTC							
7. Rex Frazer	18:59	38:17	59:09	1:19:40	1:39:00	1:59:13PB	
44 CTC							
8. Greg Brown	20:05	41:05	61:37	1:23:06	1:43:51	2:05:32	
37 CTC							
9. Ben Londeree	20:28	42:00	62:50	1:24:09	1:45:33	2:07:07	
41 CTC							
10. Bill Parks	21:34	44:30	65:23	1:27:27	1:48:46	2:11:41	
37 Rolla, Mo.							
11. Tom Luechtefeld	20:00	41:45	62:37	1:25:12	1:47:36	2:12:04	
31 Kirksville, Mo.							
12. Ray Loan	22:21	45:34	68:35	1:31:15	1:55:03	2:19:04PB	
44 CTC							
13. Joe Duncan	22:21	45:36	68:35	1:31:18	1:55:03	2:19:43	
41 CTC							
14. Sam Clemence	23:53	47:00	70:51	1:35:00	1:57:06	2:20:02	
36 Rolla, Mo.							
15. Don Oster	22:59	47:00	70:07	1:34:39	1:57:28	2:20:15	
40 Rolla, Mo.							
16. Don Carman	22:19	45:40	69:24	1:33:26	1:57:51	2:22:23	
27 CTC							
17. Don Johnson	23:06	47:52	71:22	1:35:44	1:59:38	2:23:10	
47 CTC							
18. Bruce Poling	24:16	50:14	75:18	1:41:29	2:08:09	2:35:40	
31 Rolla, Mo.							
19. Dennis Blossom	22:25	47:47	74:21	1:42:02	2:11:49 & Out		
39 CTC							
20. Augie Hirt	w 25:15	50:30	75:25	1:42:13 & Out			
21. Paul Ide	w 25:15	54:35 & Out					

40 Degrees, a strong North wind which was an adverse factor for, perhaps, a total of a third of the race, sun shining, good day for running except for the wind.

Hessler and Renaud were off together and stayed with each other until about 5 miles, when Dick pulled away. Being unpressed, Dick was unable to seriously threaten Rick Katz's record of 1:44:30.

However, Dick did lower several of the listed MVAAU records for the age 30-39 category: he beat the 53:48 for 15 kilo (set by Bob Creighton), the 1:11:07 for 20 K, the 1:34:17 for 25 K. and the 1:59:09, also set by Creighton on the same course 2 years ago, for 30 kilo.

Renaud, at age 44, ran over some records also, beating the 15 Kilo, 20, and 30 kilo CTC standards held by Ben Londeree, 56:02, 1:17:34 & 1:56:19 respectively, not to mention the age 40 marks for the MVAAU at 15K, 25K, 30K.

From off the far western plains of Kansas came Creighton, the Atwood lawyer, to do battle with Don Lewis for 3rd place--Creighton set a scorching pace for Don, pulling Don to a PB for 15 kilo! The fast pace took its toll--while this was going on Jon Herbert was biding his time and picked off the weary Don. In so doing, Herbert atoned for a collapse or two he had had in some of our previous summer races in the heat.

Hicks and Frazer had a scintillating tussle pulling (and pushing) each other to personal bests, with the long-striding professor pulling away from the Colonel over the last two miles.

This year's race was remarkable in that only two of the runners were under age 30 with 9 being over age 40. Last year there were only 3 40 year olds, with half of the 30 starters being college runners.

THANKS to Turk Storvick, Teri Maxwell, Jim Breitenbucher and Doug Duncan for handling the timing chores on a cold day, and to Ann Hessler (Dick helped, too) for the certificates.

AL SETTLE WINS 10,000 METER RUN NOVEMBER 15, 1975:

AL SETTLE WINS 10,000 METER RUN NOVEMBER 15, 1975:								10,000
	Mile Splits	1	2	3	4	5	6	Meters
1.	Albert Settle	5:18	10:42	16:08	21:32	26:57	32:18	33:25
2.	Dick Hessler	5:25	10:50	16:18	21:41	27:10	32:29	33:47 PB
3.	Dan Kacprowicz	5:20	10:47	16:22	22:02	27:46	33:15	34:35
4.	Don Lewis	5:39	11:28	17:12	22:50	28:31	34:02	35:10 PB
5.	Whitney Hicks 40	5:46	11:41	17:35	23:31	29:12	34:55	36:02
6.	Mike Chippendale	5:48	11:41	17:38	23:31	29:18	35:08	36:18
7.	Tom Hinckley	5:46	11:41	17:38	23:31	29:29	35:40	36:50 PB
8.	Arturo Mejia	5:46	11:41	17:45	23:57	30:06	36:10	37:22
9.	Ray Wade	5:46	11:50	18:10	24:17	30:16	36:20	37:27
10.	Jim Stoverink	6:00	12:01	18:07	24:17	30:23	36:18	37:29 PB
11.	Ben Londeree 41	6:00	12:11	18:17	24:23	30:32	36:42	38:01
12.	Joe Marks	6:08	12:23	18:40	24:55	31:09	37:20	38:31 PB
13.	Gary Durbin	6:00	12:02	18:32	25:12	31:44	38:15	39:38*
14.	Joe Duncan 41	6:19	12:42	19:04	25:51	32:33	39:27	40:46
15.	Don Carman	6:37	13:31	20:22	27:21	34:20	40:30	41:36
16.	Don Johnson 47	6:13	13:05	20:03	27:07	34:10	41:15	42:25
17.	Al Garverick	6:32	13:23	20:23	27:26	34:33	41:40	43:05 PB
18.	Rob Scott	6:40	13:41	20:55	28:18	35:25	42:43	44:02
19.	Justin Moody	6:08	13:21	20:59	28:31	36:05	43:25	44:50*
20.	Doug Duncan 15	6:52	14:12	21:41	29:25	37:12	44:42	46:15
21.	Jim Gibson 11	7:11	15:10	23:12	31:18	39:25	47:18	48:50
22.	Matt Gibson 10	7:31	15:33	25:01	34:16	43:46	52:55	54:24
23.	Doug Breslich	6:18	13:39	21:55	OUT	*Means these 2 guys were a lap short, Estimated time.		
24.	Mark Young	5:35	3 more laps, then out					

THEN AUGIE HIRT COMES WITHIN 8 SECONDS OF A PB IN THE 10,000 METER WALK:

1. Augie Hirt	7:41	15:25	23:10	30:55	38:39	46:47	48:28
2. Jerry Young	8:18	17:09	25:58	34:50	43:34	52:17	54:05
3. Jim Breitenbucher	8:41	18:10	27:55	37:03	46:23	55:31	57:28
4. Rob Spier	9:40	19:19	29:00	38:48	48:41	58:38	1:00:49 PB
5. Randy Bakewell	9:41	19:27	29:28	39:17	49:13	59:10	1:01:21
6. Leonard Busen	9:32	19:50	30:46	41:30	52:24	62:30	1:04:12
7. Mark Young	10:38	21:24	31:57	42:18	52:26	62:32	1:04:32
8. Don Carman!!	11:25	22:50	34:15	45:22	56:37	67:19	1:09:30
9. Kevin Bernemann	11:51	24:36	37:05	49:15	61:06	72:37	1:14:58
10. Larry Young	7:41	15:25	23:10	30:56	& then out		

Upper 20's, fairly brisk west wind, but not too bad, sun was shining which helped.

DT went as follows: Londeree 1 second off (.04%); Hicks 2 off, .09%; Marks 7 off, .30; Stoverink 31, 1.09; Hirt 32, 1.36; Johnson 10, .39; Duncan 14, .57; Lewis 14, .66; Garverick 15, .58; Hinckley 50, 2.21; Hessler 57, 2.89; Spier 71, 1.91; Chippendale 72, 3.20; Carman 84, 3.25; Bernemann 118, 2.69; Jim B. 208, 6.42; Bakewell 220, 5.64; Busen 252, 7.00; Carman 330, 7.33--In his first race walk he did much better than expected.

Settle is a student at MU. He led all the way. Kacprowicz was in second for 2½ miles at which point Hessler took over. Lewis was all alone in 4th. Hicks, Chppendale & Hinckley were together, in that order for 4 miles. Hicks then began to apply some pressure, going the next lap 5 seconds faster and losing Hinckley. Mike hung on for two more laps, Hicks stepped up the pace another notch and Mike settled for 6th. Whitney set an over age 40 record beating the 36:13 Ben Londeree had last year.

SIX YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

December 13, 1969: The only event in December--a 3, 2, 1 Mile Triathlon with only 5 competitors, but some ding-dong battles in some of the races. 1. Larry Carpenter 33:48 (16:37, 11:57, 5:14), 2. Sal Citarella 36:41 (18:30, 12:20, 5:41) 3. Don Granberg 36:52 (18:28, 12:20, 6:04), 4. Joe Duncan 37:36 (18:30, 13:02, 6:04) Duncan outkicked Sal in the 3 miler, Sal outkicked Don in the 2 mile and then Don outkicked Duncan in the mile in 3 stirring battles. Of course while all that was going on Carpenter was having a leisurely workout while Joel Dickinson was bringing up the rear.

CTC WINS TWO, TIES TWO WITH SLTC--MISSOURI TURKEY TROT November 16, 1975:
3 Mile Cross-Country run, Gustin Course; Logan, Hicks and Joan Hirt
are winners for CTC. The Results:

	Team	Division	Time	
1. Paul Kassen	Un	Jr.	15:43	TEAM SCORING:
2. Tom Logan	CTC		16:04	OPEN
3. John Seibel	SLTC		16:12	
4. Keith Gatti	SLTC	Jr.	16:14	CTC 100
5. Chuck Hosking	SLTC		16:15	SLTC 110
6. Jeff Mittelhauser	Un.	Jr.	16:17	Score top ten as
7. Hank Votava	SLTC		16:24	follows: CTC:
8. Don Lewis	CTC		16:31	1, 5, 6, 8, 9, 10,
9. Dan Kacprowicz	CTC		16:32	11, 15, 17, 18, 20,
10. Bob Bellora	SLTC		16:34	SLTC: 2, 3, 4, 7,
11. Whitney Hicks	CTC	40+	16:40	12, 13, 14, 16,
12. Mike Chippendale	CTC		16:48	19, 20.
13. Tom Hinckley	CTC		16:59	
14. Augie Hirt	CTC		17:06	40 & OVER:
15. Sandy Lawrence	CTC		17:07	
16. Jim Marshall	SLTC	Jr.	17:08	Score top 4:
17. Jerry Kokesh	SLTC		17:12	CTC: 12
18. Jerry Adams	SLTC		17:22	SLTC: 24
19. Rex Frazer	CTC	40+	17:58	CTC: 1, 2, 4, 5.
20. Gene Gianladis	SLTC		18:04	SLTC: 3, 6, 7, 8.
21. Greg Brown	CTC	40+	18:22	
22. Charlie Finch	SLTC	40+	19:16	WOMEN:
23. Danny Lavin	SLTC		19:21	
24. Joe Duncan	CTC	40+	19:28	CTC: 5
25. Don Johnson	CTC	40+	19:33	SLTC: 5
26. Steve Maxwell	CTC		19:35	Score top 2:
27. John Delavan	CTC		19:40	
28. Ray Loan	CTC	40+	19:45	CTC: 1 & 4
29. Leo Gerst	SLTC		20:04	SLTC 2 & 3
30. Joan Hirt	CTC	W	20:12	
31. Doug Duncan	CTC	Jr.	20:18	JUNIOR (age 19
32. Dennis Blossom	CTC		20:26	& Under):
33. Oscar Hartmann	SLTC	40+	20:27	CTC: 18
34. Olen Brown	CTC	40+	20:59	SLTC: 18
35. Mary Belling	Un.	W	21:05	
36. Karen Kokesh	SLTC	W	21:27	Score top 4:
37. Jim Gibson	CTC	Jr.	22:06	CTC: 3, 4, 5, 6.
38. Butch Hartmann	SLTC		22:10	SLTC: 1, 2, 7, 8.
39. George Perry	SLTC	40+	22:16	
40. Matt Gibson	CTC	Jr.	22:56	Excess CTC runners
41. Steve Hicks	CTC	Jr.	22:57	do NOT count as
42. Jack Frohlichstein	SLTC	40+	22:59	"displacers."
43. Betty Benkert	SLTC	W	23:18	
44. Jay Blossom	CTC	Jr.	24:25	A beautiful day-
45t. Eric Adams	SLTC	Jr.	24:34	mid 70's, little
45t. John Gianladis	SLTC	Jr.	24:34	wind, sun shining.
47. David Hicks	CTC	Jr.	25:48	
48. Teri Maxwell	CTC	W	26:59	
49. Stuart Blossom	CTC	Jr.	36:55	
50. Jan Frazer	CTC	W		DNF--Because of the

Klassen is a runner for Meramec Community College--I believe that is what I was told. Logan took the early lead and held it for about a mile and a half. Kassen charged up the hill coming up to the two mile mark and Tom didn't stay with him at that point and, thereafter, he was unable to close the gap.

Whitney Hicks turned in a solid performance to lead the age 40 & over pack, while Joan Hirt started out at a sensible, even pace, passed a lot of runners and came through with an excellent time. So went what we hope becomes an annual event. It's really great to get these clubs together for this type of thing--not only is it a fine competitive event in which everybody (or almost everybody) is a scorer but it is a fine sociable occasion. A lot of turkeys and chickens (a Chicken Trot?) were handed out--I assume by now that Don Lewis and Dan Kacprowicz have found somebody to cook their chickens for them. But then, these fellows are quite resourceful lads so our concern over improperly cooked birds was probably undue worry.

course not being properly marked, for which we must apologize.

AUGIE HIRT WINS MVAAU 50 KILO WALK CHAMPIONSHIP							
Renz Farm November 9:							
	5 Mile Splits	5	10	15	20	25	30 FINAL
1. Augie Hirt	47:01	1:31:43	2:15:55	3:02:35	3:57:47	4:55:15	
CTC							5:06:27
2. Dave Leuthold	52:05	1:43:57	2:36:35	3:34:00	4:36:03	5:41:05	
CTC							5:54:52
3. Rob Spier	54:19	1:48:53	2:44:03	3:42:50	4:47:38	5:53:05	
CTC							6:06:47
4. Henry Bent	67:05	2:16:45	3:28:15	4:40:00	5:56:00	--	
CTC							7:31:50
5. Jerry Young	47:01	1:34:30	2:54:55	out at 16 miles in			3:05:39
6. Mark Young	55:54	1:53:30	2:55:50	"	"	"	3:09:20

Leuthold, Spier & Bent went 1,2,3 in the National Masters race while Rob Spier picked off the Class B title. Dean Henry Bent, former Dean of the MU Graduate School, is 75 years old! He had never before competed in a race, so it is obvious that one is never too young to start a competitive career. Jerry Young & Mark Young are from the St. Louis TC. This race ends a long season for Augie Hirt--197 racing miles in seven weeks, including 3 National Championships and two International events. Bothered with a sore hip and a strong wind, Augie was content with a relaxed workout.

LARRY YOUNG FINISHED SECOND IN THE SENIOR NATIONAL 35 KILOMETER CHAMPIONSHIP, Pittsburgh, Pa., Nov. 9 with a good time of 2:35:10. Winner, with some pretty questionable walking, was the NYAC's John Knifton. Knifton went flying by Larry with less than two miles to go and beat him by some 3 minutes. Larry felt he slowed a bit, but it hardly seems possible that Larry would lose 3 minutes in 3 miles to legitimate walking. Knifton did receive one caution. The race was on a 5 mile loop which was fairly level, but the big loop made judging difficult. It was 70° with the sun shining. Paul Ide finished 3rd, some 10 minutes behind Larry while Jim Breitenbucher go 8th in 3:30 plus. These finishes gave CTC 2nd in the Team race--only one point behind the NYAC.

CHRIS CLEGG HAS BECOME A MEMBER OF THE CENTURION CLUB OF AUSTRALIA BY walking 100 miles, on a 400 meter track, in 22 hours, 34 minutes, 14 seconds. This event took place on Oct. 18-19, 1975 in Melbourne, Australia. Last year Chris was unable to complete 100 miles because of hot, dusty conditions, but this year he was one of five finishers, the others being Mike Porter, Melbourne, 21:48:47, Stan Jones, Melbourne, 22:04:59, Dudley Pilkington, Tasmania, 22:59:07 and John Harris, Brisbane, 23:19:15. There are now 12 members of the Australia club. Chris is the only person in the world who is a member of the world's 3 Centurion Clubs, having become a member of the British Club in 1947 and of the American Centurion Club in 1971. There is a good chance that Chris will be on hand for the 10th anniversary race in Columbia in 1976--unless someone in Africa or Tibet puts on a 100 miler.

THE BICENTENNIAL RUN ACROSS MISSOURI has been set for May 15-16, 1976. Rex Frazer is Chairman of the Official Bicentennial Run Commission. Members of the Commission are Jerry Adams of the St. Louis Track Club, Bill Taft of the Kansas City P & R Dept. and Joe Marks of CTC. The Run will begin at 6:00 AM on the 15th at the confluence of the Missouri and Mississippi Rivers and generally follow the Lewis & Clark trail (Highway 94 to Jeff City, 63 to Columbia, 40 to 41, by Arrow Rock, to Marshall, 24 to Kansas City). It was on May 14, 1804 that the Lewis & Clark expedition left St. Louis. Some 40 runners will be involved, each running about 8 miles. It is expected that the pace will be no slower than 8 MPH. Some 15 CTC runners will be needed carry the banner from Portland to Marshall (passing through Columbia early Sunday AM (like 3:00 AM). If you want to be one of the runners you MUST make your decision NOW! We hope to have a Bicentennial Run booklet of some sort so it is necessary that specific assignments be made well in advance. It's going to have to be on a first come, first served basis. A requirement will be the ability to do 8 miles in an hour (except for Larry Young and Augie Hirt--by then, they will probably be in such shape that they could do it). A definite commitment must be made--once your name is printed in the booklet, there can be no backing out--so be sure you have no prior possible conflicts with your proposed assignment. Please make your commitment to Joe Marks by January 1, if at all possible. Rex has already lined up a lot of support--this promises to be a real first class, historic, well-publicized event.

DESIGNATED TIME STANDINGS:

	Av. % off	No. of Events			
1. Ben Londeree	.47	7	22. Mike Chippendale	2.21	4
2. Steve Maxwell	.48	1	23. Rob Spier	2.44	5
3. David Marks	.55	1	24. Tim Loan	2.60	2
4. Turk Storvick	.76	2	25. Augie Hirt	2.65	4
5. Joe Duncan	.82	3	26. Dick Hessler	2.81	5
6. Don Lewis	.83	6	27. William Taft	2.81	2
7. Olen Brown	.93	3	28. Jim Breitenbucher	2.90	4
8. Joe Marks	1.15	6	29. John Delavan	3.43	1
9. Marilyn Blossom	1.23	2	30. Ray Loan	3.45	4
10. Bill Kurtz	1.32	4	31. Don Carman	3.66	3
11. Jan Frazer	1.34	1	32. David Adams	3.71	1
12. Whitney Hicks	1.36	7	33. Randy Bakewell	3.76	2
13. Randy Mimm	1.39	1	34. Jay Blossom	4.87	2
14. Rich Todd	1.41	2	35. Joyce Schulte	5.79	1
15. Don Johnson	1.47	4	36. Stuart Blossom	9.72	1
16. Tom Hinckley	1.51	6	37. David Hicks	9.81	2
17. Dave Leuthold	1.87	2	38. Rick Londeree	10.70	1
18. Dennis Blossom	2.10	4	39. Jim Gibson	11.27	1
19. Rex Frazer	2.11	2	40. Joan Hirt	12.44	1
20. Greg Brown	2.12	6	41. Teri Maxwell	13.11	1
21. Al Garverick	2.13	6	42. Charles Beckerdite	15.97	2.

ELAPSED TIME STANDINGS:

Open--Runners		Runners--40 & Over:		WALKERS	
Points				Open	
1. Hessler	100.5	1. Hicks	34	1. Hirt	31
2. Hicks	88	2. Londeree	26	2. Breitenbucher	25
3. Lewis	73	3. Duncan	10	3. Spier	25
4. Londeree	69	4. Loan	9	4. Leuthold	22
5. Hinckley	59	5. Frazer	9	5. Young	18
6. Marks	46	6. Johnson	7	6. Busen	18
7. Kacprowicz	45.5	7. Storvick	5	7. Ide	15
8. G. Brown	44	8. O. Brown	3	8. Capin	11
9. Chippendale	43	Runners--15 & Under:		9. Mimm	8
10. Todd	32	1. Jim Gibson	23	10. Bakewell	7
11. Beckerdite	29	2. Matt Gibson	19	11. Taft	4
12. Hirt	25	3. D. Duncan	12	12. Carman	2
13. Duncan	23	4. Jay Blossom	10	13. Schulte	1
14. Loan	20	5. Tim Loan	9	40 & Over:	
15. Logan	19	6. David Marks	8	1. Leuthold	16
16. Frazer	18	7. Steve Hicks	7	2. Spier	16
17. Blossom	18	8. Steve Gibson	7	3. Busen	12
18. Adams	16	9. David Hicks	6	4. Chapin	7
19. Johnson	15	10. Amy Hessler	3	5. Taft	3
20. Garverick	15	11. Rick Londeree	2	*****	
21. Storvick	14	12. Stu Blossom	2	BULLETIN!!	
22. Carman	11	Runners--Women:		The Sr. National AAU 50 Kilo	
23. Breitenbucher	8	1. Teri Maxwell	4	walk has been awarded to CTC.	
24. Wade	7	2. Amy Hessler	3	The event will probably be	
25. O. Brown	7	3. Marilyn Blossom	2	held sometime in August at	
26. Maxwell	6	4. Jan Frazer	2	5:00 AM, after the Olympics,	
27. Delavan	4	5. Joan Hirt	1	It will be a qualifying event	
28. Kurtz	4			for international competition	
29. Geiss	3			in Sweden. Some talk has been	
30. Veum	3			in favor of a track race--all	

you walkers should give us your opinion on this--track or road?
We were also awarded the Class B and Masters 30 kilo race--the October date.

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE

1. Hinckley	7.69%	3	7. Hicks	2.09	4	13. Jim Breite.	-1.09	5
2. Mimm	7.68	2	8. Blossom	1.48	2	14. Taft	-1.18	3
3. Garverick	3.67	3	9. Lewis	1.46	4	15. Chippendale	-2.63	3
4. Marks	3.13	6	10. Spier	.94	6	16. Hirt	-2.80	3
5. Leuthold	2.86	4	11. Busen	.12	2	17. Londeree	-4.93	7
6. Hessler	2.57	6	12. Duncan	0	3	18. Storvick	-5.78	2

RICK KATZ reports two Nov. races: a 10,000 Meter C/C on a sloppy golf course won by John Gregorio in 32:56 beating Frank Shorter by one second. Shorter is now practicing law in Boulder. Colo. TC's Nat. AAU Champs filled out most of the top spots with Rick 12th in 36:19. Then on Turkey Day Rick was 9th in a 4 miler in 21:49 on an icy course, low 30's--132 starters. Steve Floto won with 19:58.

SCHEDULE OF EVENTS:

DECEMBER 20 Saturday 9:00 AM Holiday Cheese & Sauerkraut 10 mile Run & 10 Mile Walk. He who comes closest to his predicted time gets the cheese, whilst he who makes the worst prediction gets the sauerkraut. NO WATCHES!!

JANUARY 3 Saturday 11:00 AM 5 Mile Run, 5 Mile Walk Hilton Inn
Records: 25:35 Fred Binggeli Jan 4, 1975; Ron Laird had a 37:07 on Dec. 21, 1974 enroute to 10 miles

17 Saturday 9:00 AM 20 Kilo Run, 20 Kilo Walk Hilton Inn
Records: 1:08:47 Rick Katz Jan. 18, 1975; 1:35:34 Larry Young Oct. 26, 1975 (Leawood)

31 Saturday 12 Noon 9th Annual Ground Hog Day Marathon Jacksonville, Ark. Contact: Gerald Hastings 2612 Kavanaugh Little Rock, Ark. 72205

The Schedule for 1976 is attached--there are a few minor corrections:

In the DT paragraph it should be "All" events (not 11); the explanation of how points are awarded in the ET category is garbled, but everyone knows how that works, so no problem. Also the best 24 (not 25) events count in the ET category for runners. The Feb. 21 event is a 12 Mile run (not 12 kilo) and the dash on April 24 is a 220.

The Columbia Track Club Newsletter is sent to anyone who is a member of CTC and anyone else who pays only ONE DOLLAR for a one year subscription (12 monthly issues). Send your buck to Joe Duncan 4004 Defoe Dr., Columbia.

And with that, Joe and Carole Duncan wish all of you a Merry Christmas and a gala 1976 with the fond hope that you get to do the things you want to do and that you achieve the successes you would like to achieve.

"A Running Fix in '76"

DAN KACPROWICZ AND JOE MARKS REPRESENTED CTC IN THE NATIONAL AAU MARATHON Championship, Culver City, Calif., Dec. 7. Dan had a 2:54:32, finishing 108, a good time for most runners, but disappointing to Dan who wanted to be close to 2:30--a bad day for him. Joe had a very pleasing 2:55:45, a PB. for 119th and a medal. Joe did 6:21 pace for 5 miles, was still 6:32 at 15, slowed to 7:12 for the next 5 then was at 6:48 for the final 6. 55-65 degrees, sun shining, basically a flat course except for a long one mile rise at halfway. 671 starters, 148 under 3 hours. Winner: Gary Tuttle, 2:17:26. There were 4 others under 2:20. 40 year old Miki Gorman had 2:47:45. Joe also won another prize--a ribbon from Ferrell's Ice Cream Parlor. Joe's dietary quirks are well known--as is his capacity...anyway, Ferrell's have a "trough"--something more than 2 double banana splits and a ribbon goes to he who can clean it up. After losing 10 pounds in the race, this little challenge was no problem for CTC's Gorges Joe--and, no doubt, he swilled it down with a six pack of beer!

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201