

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 5

May 20, 1975

AUGIE HIRT CATCHES LARRY YOUNG--MISSOURI CUP 20 KILO WALK May 3, 1975:

Mile Splits	1	2	3	4	5	6	20
	7	8	9	10	11	12	KILO
1. Augie Hirt	8:07	16:15	24:18	32:21	40:24	48:24	
	56:25	1:04:35	1:12:59	1:21:13	1:29:27	1:38:12	1:41:59
2. Larry Young	8:07	16:15	24:18	32:21	40:24	48:24	
	56:25	1:04:31	1:12:44	1:21:09	1:29:50	1:39:47	1:44:01
3. Al Schrik	8:33	17:08	25:40	34:15	42:32	51:00	
	59:29	1:07:56	1:16:31	1:25:19	1:34:15	1:43:34	1:47:39
4. Leonard Busen	45 9:05	18:17	27:23	36:25	45:27	54:15	
	1:03:14	1:12:40	1:22:20	1:32:14	1:42:24	1:52:45	1:56:55
5. Rob Spier	52 9:59	20:03	30:18	40:41	51:12	61:38	
	1:12:30	1:23:43	1:35:02	1:46:25	1:58:19	2:10:52	2:16:10
6. William Taft	59 12:27	25:29	38:16	51:19	64:43	78:08--	
	then 752 yards=1:23:47+ 6 miles walked earlier in 1:16:10						
7. Albert Van Dyke	49 9:41	20:17	31:25	42:30	53:43	64:39	
	1:16:36	1:28:40	1:40:47	1:52:16	OUT		
8. Jim Breitenbucher	9:05	18:58	29:02	38:09	47:15	56:10	
	1:05:24	1:15:08	1:25:53	3 more laps then out			
9. Randy Mimm	8:22	16:55	26:28	37:43	3 more laps & OUT		

JUDGES: Joe Duncan, Bob Young One caution to Busen. Low 70's, sun shining until the last half hour or so when a cool breeze came along. Race began at 5:00 PM. Hirt and Young were together until just before the 8th mile ended when Augie began to falter and Young worked up to a 15 second lead--but here Young's lack of distance work began to show, Augie began to revive and at 11½ miles he took the lead and won handily. On the DT, Rob Spier was only 10 seconds off (.12%); Hirt 119 off (1.98%); Busen 415 off (6.29%); Taft 597 off (6.63%)

PRECEDING THE ABOVE JUDY HYTEN WON THE WOMEN'S 5,000 METER RACE:

	1	2	3	5,000 Meters
1. Judy Hyten	9:48	19:57	30:04	31:02 PB
2. Joyce Schulte	11:32	24:04	36:25	37:36
3. Pam Simms	11:35	24:21	36:46	38:04 PB

Judy is from Edwardsville, Ill., Bob Hyten's wife. Walking to a personal best she was well out in front all the way.

DICK HESSLER AND JOE MARKS DID WELL IN THE DRAKE RELAYS MARATHON on April 26. Dick finally got under 2:40 (after twice being within a few seconds) with 2:38:55 finishing 24th. In his 2nd Marathon, Joe improved by 14 minutes with 3:04:33 finishing 86th. It was a good day for a marathon--cool, some wind, 15 minutes of rain, but a dull course. Other familiar names were Loren Moes, 27th, 2:39:26, Lynn Lee, 33rd, 2:43:52, Dennis Katzer, 15th, 2:33:49, Bob Hunerdosse, 56th, 2:52:40, his wife, Janet, 159th, 3:55:46, Arne Richards, 98th, 3:09:16. Winner, for the 3rd time was Lucian Rosa with a record 2:18:57. There were 254 entries and 172 finishers.

DENNIS STEWART, RICK KATZ, RICH TODD, REX FRAZER & JIM BREITENBUCHER represented CTC in the Gateway Arch Runs on April 27. Stewart won the 5 K event in 17:01 (obviously the course was longer than 5 K) while Jim was 7th in 18:36. Rick was 3rd in the 20 kilo run in 1:09:35. Winner of that race was Rick's nemesis from the Music City Run, Rick Richardson, with 1:06:47. Since the short races were all run with the lead at 10 kilo, Katz thought they were in the 10 kilo race and for quite some time Rick thought he was leading the 20 kilo race, but not so. Rich Todd was 4th in the 20 kilo race in 1:13:04, while Frazer was 8th with 1:17:20. Rex was 2nd in the 40-45 group. It was a hot, humid day--83°.

ENTRY BLANKS FOR THE ONE HOUR RUN ARE ATTACHED. Again there will be two sections. If you will likely run less than 9 miles then you should run in the 6:00PM slow (and hot) section. Last year we had a total of 50 runners--we hope for more this year. Again, each runner is asked to bring someone with him to record his 440 splits.. If you cannot do this we will still take care of you, BUT PLEASE TRY TO BRING A RECORDER--last year this system helped immeasurably for a really smooth race.

COOPER, COOLIDGE, KATZ & STEWART WIN FOUR MILE RELAY May 3, 1975:

	440	880	1320	MILE	Total Team Time
1. BRIAN'S BUNCH					
Brian Cooper	1:05	2:20	3:37	4:55	
Keith Coolidge	1:05	2:16	3:31	4:42	
Rick Katz	1:08	2:18	3:28	4:39	
Dennis Stewart	1:01	2:12	3:21	4:28	18:44
2. THE NOON GROUPIES					
Turk Storvick	1:15	2:37	4:03	5:23	
Mike Chippendale	1:10	2:27	3:45	5:02	
Whitney Hicks	1:09	2:24	3:41	4:53	
Ben Londeree	1:09	2:23	3:36	4:47	20:05
3. SANDY'S STORM					
Sandy Lawrence	1:14	2:30	3:45	5:00	
Bob Hyten	1:14	2:37	4:03	5:26	
Don Granberg	1:15	2:37	4:00	5:17	
Doug Clark	1:09	2:24	3:41	4:55	20:38
4. THE WOOD RUNNERS (A School of Forestry team)					
Greg Brown	1:17	2:43	4:10	5:30	
Phil Dougherty	1:15	2:39	4:07	5:26	
Jim Pastoret	1:25	3:00	4:38	6:09	
Tom Hinckley	1:19	2:38	3:59	5:15	22:20
5. THE MARKS MOB					
Joe Marks	1:18	2:44	4:11	5:30	
Don Carman	1:17	2:40	4:05	5:23	
Dennis Blossom	1:17	2:49	4:24	5:54	
Al Garverick	1:28	2:59	4:33	6:03	22:50
6. DUNCAN'S DRAGS					
Joe Duncan	1:16	2:40	4:08	5:30	
Jean Madden	1:16	2:40	4:05	5:24	
Robbie Hyten	1:27	3:03	4:41	6:11	
Jim Hightower	1:23	3:01	4:46	6:24	23:29
7. THE KIDS					
Jay Blossom	1:31	3:16	5:05	6:46	
Mark Schupp	1:42	3:37	5:26	7:13	
John Leuthold	1:35	3:23	5:12	6:53	
Doug Duncan	1:24	2:56	4:33	6:02	26:54

And then there was Dick Hessler with a solo mile in 5:01 (1:13, 2:28, 3:45). Brian's Bunch was only 9 seconds off the record. The Kids have a record for Age 15 & Under.

AUGIE HIRT WINS GRUELING WALK-RUN PENTATHLON April 26, 1975:

1. Augie Hirt	2593	10. Greg Brown	1005	low 50's
2. Randy Mimm	2200	11. Leonard Busen	923	cloudy,
3. Don Lewis	1735	12. Turk Storvick	47	865 threatening
4. Keith Coolidge	1703	13. Doug Duncan	14	692 rain, strong
5. Ben Londeree	40 1535	14. Chris Kelly		614 SE wind
6. Mike Chippendale	1222	15. Rob Spier		187
7. Joe Duncan	40 1214	16. Don Johnson	46	166
8. Don Granberg	1194	17. Jay Blossom	11	0
9. Don Carman	1020			

Stan Smith, who set the record for this event in 1973 at 2790 points was on hand, in good shape, but he had pulled a muscle while dodging a car the previous Monday. He walked a 2:07 first lap, but was unable to continue and had to sit on the sidelines and watch Augie Hirt launch an assault on his record. Augie was short of the record but he did beat the 2471 that Larry Young had established in 1972.

TWO MILE WALK:	880	Mile	1½	2	Points	
1. Augie Hirt	3:49	7:41	11:37	15:34	679	Smith had an
2. Randy Mimm	3:50	7:49	11:54	15:55	636	18:02 in this
3. Leonard Busen	4:16	8:37	13:01	17:11	472	in '73--361
4. Joe Duncan	4:31	9:06	13:37	18:06	350	points, so
5. Rob Spier	4:49	9:40	14:40	19:39	187	Augie already
						is +318 points.

The W-R Pentathlon results continue on Page 3--but we have just enough room here to tell that the CTC Newsletter is a monthly publication that costs only ONE DOLLAR for a one year subscription--send that dollar to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201.

WALK-RUN PENTATHLON Continued:

880 Yard Run:		440	880	Points	
1. Don Lewis	1:03		2:07.1	633	Smith had 2:04.8
2. Keith Coolidge	1:05		2:07.3	630	in his record
3. Chris Kelly	1:01		2:08.3	614	performance for
4. Ben Londeree	1:04		2:09.6	595	668 points--so
5. Augie Hirt	1:07		2:20.4	447	Augie's margin
6. Mike Chippendale	1:08		2:20.7	443	is cut by 221
7. Don Granberg	1:09		2:21.5	433	points so that
8. Don Carman	1:11		2:28.8	347	he is now only
9. Randy Mimm	1:08		2:29.2	343	97 points ahead
10. Turk Storvick	1:10		2:30.6	328	of a record pace.
11. Greg Brown	1:10		2:30.9	324	Notice how Doug
12. Joe Duncan	1:19		2:38.0	250	Duncan was right
13. Doug Duncan	1:20		2:38.1	249	on the old man's
14. Don Johnson	1:17		2:46.9	166	tail in this race.
15. Leonard Busen	1:28		2:55.5	93	Doug, by the way,
16. Jay Blossom	1:33		3:19.8	0	set a record for
					age 15 & under.

ONE MILE WALK:

1. Augie Hirt	3:36	7:22.2	598	Smith had a 7:33
2. Randy Mimm	3:56	7:54.6	438	so Augie picks up
3. Leonard Busen	4:16	8:28.4	296	55 points to put
4. Joe Duncan	4:41	9:19.2	122	him 152 ahead of
5. Jay Blossom	6:10	12:34	0	Smith in "73.

TWO MILE RUN:

1. Keith Coolidge	2:39	5:19	8:03	10:32	605	Augie really
2. Ben Londeree	2:38	5:19	8:03	10:33	602	loses a bun-
3. Don Lewis	2:39	5:24	8:13	10:53	546	dle here
4. Mike Chippendale	2:46	5:36	8:23	11:03	519	since Smith
5. Don Granberg	2:45	5:35	8:23	11:10	501	had a 10:02.5
6. Augie Hirt	2:55	5:55	8:58	11:48	409	scorcher.
7. Turk Storvick	2:56	5:54	8:54	11:48	409	Augie loses
8. Don Carman	3:02	6:06	9:05	11:57	388	286 points &
9. Greg Brown	3:07	6:20	9:36	12:41	295	is now down
10. Joe Duncan	3:17	6:37	10:04	13:28	207	by 134--he
11. Randy Mimm	3:25	6:55	10:24	13:41	184	needs a 23.8
12. Doug Duncan	3:33	7:07	10:33	13:45	177	220 for the
13. Leonard Busen	3:41	7:31	11:22	14:59	62	record.
14. Jay Blossom	3:47	7:30	12:06	16:13	0	

220 YARD DASH

1. Mimm	24.5	599	10. Granberg	29.1	260	And Augie
2. Lewis	25.0	556	11. Chippendale	29.1	260	falls short.
3. Coolidge	26.1	468	12. Storvick	31.4	128	Once again
4. Hirt	26.2	460	13. Blossom	38.4	0	I wonder if
5. Brown	27.2	386	14. Busen	38.6	0	anyone in
6. Londeree	27.9	338				America can
7. Carman	28.7	285				do better than Stan Smith did in
8. J. Duncan	28.7	285				1973 in this event. The key to it,
9. D. Duncan	29.0	266				of course, is outstanding times in
						the walks. Ben Londeree set a
						record for age 40 & over, shattering Busen's 968, last year, even with-
						out doing the walks. Joe Duncan was also well above Busen's mark.

DESIGNATED TIME STANDINGS:

	av. % off	Events			
1. Tom Hinckley	1.28	7	16. Don Carman	2.59	5
2. Turk Storvick	1.32	12*	17. Rex Frazer	2.75	5
3. Don Granberg	1.41	10	18. Dennis Blossom	2.76	5
4. Whitney Hicks	1.41	7	19. William Taft	3.52	5
5. Joe Marks	1.43	9	20. Leonard Busen	3.63	9
6. Ben Londeree	1.54	11	21. Jay Blossom	7.05	5
7. Dick Hessler	1.63	9			
8. Al Garverick	1.67	6			
9. Mike Chippendale	1.77	9			
10. Augie Hirt	1.80	10			
11. Rick Katz	1.80	10			
12. Joe Duncan	2.01	11			
13. Don Lewis	2.03	10			
14. Rob Spier	2.21	10			
15. Dennis Stewart	2.35	6			

*Denotes 12 best predictions

KATZ OBLITERATES STEWART'S RECORD IN 3, 2, 1 MILE TRIATHLON May 17

	3 Miles	2 Miles	1 Mile	Total Acc. Time
1. Rick Katz	15:04 (4:55, 5:05, 5:04)	9:58 (5:01, 4:57)	4:44.9 (2:24, 2:20.9)	29:46.9
2. Dick Hessler	16:20 (5:31, 5:32, 5:17)	10:28 (5:21, 5:07)	4:57 (2:31, 2:26)	31:45
3. Ben Londeree 40	16:24 (5:28, 5:33, 5:23)	10:26 (5:19, 5:07)	4:55.3 (2:31, 2:24.3)	31:45.3
4. Rich Todd	16:24 (5:29, 5:33, 5:22)	10:37 (5:21, 5:16)	5:03 (2:33, 2:30)	32:04
5. Whitney Hicks	16:25 (5:28, 5:34, 5:23)	10:38 (5:20, 5:18)	5:17 (2:34, 2:43)	32:20
6. Mike Chippendale	16:28 (5:29, 5:39, 5:20)	11:02 (5:34, 5:28)	5:21 (2:43, 2:38)	32:51
7. Don Lewis	17:24 (5:48, 5:54, 5:42)	10:18 (5:09, 5:09)	5:13 (2:41, 2:32)	32:55
8. Augie Hirt	17:03 (5:37, 5:50, 5:36)	11:03 (5:34, 5:29)	4:58 (2:32, 2:26)	33:04
9. Rex Frazer	17:07 (5:37, 5:47, 5:42)	11:25 (5:43, 5:42)	5:37 (2:54, 2:43)	34:09
10. Don Granberg	17:00 (5:30, 5:44, 5:46)	11:53 (5:44, 6:09)	5:27 (2:51, 2:36)	34:20
11. Turk Storvick	18:05 (5:53, 6:07, 6:05)	11:57 (5:55, 6:02)	5:40 (2:52, 2:48)	35:42
12. Craig St. John	18:21 (5:54, 6:14, 6:13)	11:57 (5:57, 6:00)	5:28 (2:49, 2:39)	35:46
13. Don Carman	18:20 (6:13, 6:13, 5:54)	11:57 (6:06, 5:51)	5:37 (2:51, 2:46)	35:54
14. Joe Marks	18:24 (6:09, 6:12, 6:03)	12:05 (6:09, 5:55)	5:49 (2:59, 2:50)	36:18
15. Dennis Blossom	20:13 (6:35, 6:58, 6:49)	13:18 (6:43, 6:35)	6:17 (3:05, 3:12)	39:48
16. Al Garverick	20:01 (6:37, 6:56, 6:28)	13:21 (6:44, 6:37)	6:32 (3:12, 3:20)	39:54
17. Doug Duncan 14	20:42, 1 (6:53, 6:52, 6:57)	14:27 (7:09, 7:18)	6:51 (3:30, 3:21)	42:00
18. Don Johnson	21:12 (6:45, 7:07, 7:20)	14:42 (7:10, 7:32)	6:41 (3:20, 3:21)	42:35
19. Jay Blossom 11	22:43 (7:33, 7:53, 7:17)	15:36 (7:55, 7:41)	7:31 (3:54, 3:37)	45:50
20. John Leuthold 10	22:45 (7:33, 7:51, 7:21)	16:49 (9:00, 7:49)	7:35 (3:53, 3:42)	47:19
22. Hardin Will	20:58 (6:37, 7:26, 6:55)	---	---	---
21. Scott Pope	20:54 (6:23, 7:22, 7:09)	---	---	---
23. Marshall Brantmeiter?	21:42	---	---	---

AND THEN THERE WERE TWO WALKERS:

1. Dave Leuthold	29:00 (9:15, 9:51, 9:54)	19:33 (9:37, 9:56)	9:34 (4:40, 4:54)	58:07
2. Rob Spier	29:54 (9:56, 10:01, 9:57)	19:06 (9:29, 9:37)	9:29 (4:37, 4:52)	58:29

Mid 60's, sun shining brightly--the ERG really went fast.

Stewart's record was 30:55 (15:43, 10:22, 4:50) set in Feb. '72, so Rick really shattered that. Londeree beat Frazer's Age 40 record of 35:41 (17:49, 11:58, 5:54)--and Frazer, too, really clobbered his own record. Doug Duncan lowered the Age 15 & under record, beating the 45:58 his brother, David, had set in '71. Notice the fierce battle waged by Hessler & Londeree. And Todd & Hicks. And Chippendale Lewis & Hirt. And Frazer & Granberg. And Storvick, St. John & Carman. And Joe Marks by himself!

A CONTRIBUTION FROM THE SAGE OF WESTMOUNT--DICK HESSLER:

Is Running a Disease?

As a mediaal sociologist, I feel compelled to address a question which occurs with increasing frequency, viz., "Is running a disease?" The answer demands careful scientific analysis, lest we be swept into the vortex of emotionalism similar to the debate concerning carbohydrate loadings and other major issues of our time. I have devised a short test which has been validated on a populace of known runaholics. While it is not clear whether runaholics can be described as diseased, at the very least we can determine the extent to which one is a runaholic. Then we can turn to the next question: "Is running a disease?"

The test is taken by the spouse of the runner as follows:

1. Has another person mentioned your spouse's running behavior?YES _____ NO _____
2. Have you ever been embarrassed by your spouse's running behavior?.....YES _____ NO _____
3. Are holidays more of a nightmare than a celebration because of your spouse's running behavior? YES _____ NO _____
4. Does your spouse's running ake the atmosphere in the home tense and anxious?.....YES _____ NO _____
5. Are most of your spouse's friends running fanatics?YES _____ NO _____
6. Do you find it necessary to lie to employer, relatives or friends in order to hide your spouse's running behavior? YES _____ NO _____
7. Has your spouse ever failed to remember what occurred during a period of running?.....YES _____ NO _____
8. Has your spouse denied how far he/she has run on a given day?.....YES _____ NO _____
9. Are you afraid of physical or verbal abuse when you confront your spouse about running?.....YES _____ NO _____
10. Does your spouse have periods of smugness after a running occasion and criticize non-runners for their perceived torpor? YES _____ NO _____

If you have answered YES to three or more of the questions, your spouse is a runaholic. The next CTC newsletter will feature an analysis of the question, "Is runaholicism a disease?"

Ed's Note: Is that a promise?

ELAPSED TIME STANDINGS:

Runners--Open:		Points	
1. Katz	223	8. Hicks	106
2. Hessler	179	9. Storvick	101.5
3. Londeree	177	10. Lawrence	86
4. Lewis	154	11. Marks	81.5
5. Granberg	139	12. Cooper	69
6. Chippendale	126	13. Hinckley	56.5
7. Stewart	118	14. Duncan	54
		15. Todd	49
		16. Carman	44.5
		17. Frazer	39
		18. Hirt	34
		19. Neal	33
		20. Blossom	22
		21. Garverick	21

Runners--Age 40 & Over: Age 15 & Under:

Runners--Age 40 & Over:		Age 15 & Under:		WALKERS: Age 40+	
1. Londeree	56	1. Duncan	36	1. Busen	30
2. Storvick	44	2. Blossom	19	2. Leuthold	27.5
3. Duncan	27	3. Leuthold	13	3. Spier	20.5
4. Frazer	17	4. D. Marks	5	4. Chapin	8
5. Johnson	9	5. D. Hicks	4	5. Taft	7
6. Busen	4	6. S. Hicks	3		
7. Madden	2	7. A. Hessler	3		
8. Anderson	2				

WOMEN WALKERS:

1. J. Schulte	7
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WALKERS--OPEN:

1. Hirt	79	6. Breitenbucher	35
2. Young	46	7. Schrik	26
3. Busen	46	8. Schulte	15.5
4. Leuthold	42.5	9. Chapin	13
5. Spier	38.5	10. Taft	11.5

DAVE SCHULTE AWARD

FOR

IMPROVED PERFORMANCE:

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1. Lewis	12.07	4	8. Spier	3.47	8	15. Hessler	2.07	10*
2. J. Blossom	7.60	5	9. Schrik	3.13	3	16. Lawrence	2.04	4
3. D. Duncan	7.54	6	10. J. Leuthold	2.67	5	17. Storvick	2.03	7
4. Breitenbucher	5.30	6	11. J. Duncan	2.64	10*	18. J. Schulte	1.57	4
5. D. Blossom	5.17	4	12. Stewart	2.64	7	19. Hicks	.98	5
6. Hirt	4.60	10*	13. Granberg	2.36	10*	20. Frazer	-.02	6
7. Busen	3.84	6	14. Londeree	2.13	9	21. D. Leuthold	-.24	10*
						22. Chippendale	-.60	8

SCHEDULE OF EVENTS:

- MAY 31 Saturday 9:00 AM Great Sandbagger 6 Mile Handicap Run
(or walk) Hilton Inn RECORD: 32:43 Bill Wirtz
May 23, 1971. PICNIC AFTERWARDS AT LAMB SHELTER,
COSMO PARK--Eat about 11:30. EACH FAMILY SHOULD
BRING ONE MEAT DISH AND ONE Vegetable, salad OR
Dessert. Runners coming alone without family and
food are to pay \$2.00. CTC will provide soft drinks.
- 31-June 1 Sat. & Sunday St. Louis TC Invitational Track Meet
Only a few club teams have been invited, including CTC.
Unfortunately this conflicts with our picnic, but Don
Lewis for one wants to go Sunday. Any one who can ~~sh~~
should join him. Sunday's Schedule: Steeplechase,
880, 220, 6 mile. FLorissant Valley College Tartan Tr.
- JUNE 7 SATURDAY 7:40 PM MVA AU AND OPEN ONE HOUR RUN Hickman
Track Slow Heat at 6:00 PM-BRING A RECORDER!!!!
- 7 Saturday 8:00 AM Hospital Hill Runs (Mile, $\frac{1}{2}$ Marathon,
 $\frac{1}{2}$ Marathon) Crown Center, K.C., Mo. Age Groups.
- 8 Sunday 10:00 AM Region VIII AAU Men & Women's T & F
Championships Parkway H.S. North St. Louis, Mo.
- 14 Saturday ? MVA AU T & F Championship Ottawa, Ks.
- 21 " 7:30 PM 2 Man, 10 Mile Relay alternate 440's;
Hickman Track RECORD: 44:26 Evans & Binggeli June '74
- 28 Saturday 9:00 AM Sprint Triathlon-- Mile, 880, 440 Hick-
man Track RECORD: 7:23.8 D. Stewart Aug. '73
- 28 Saturday 7:00 PM 2 Man, 10 Mile Relay--alternate miles
Christian Track KSU Manhattan, Ks.

If any of you are in the Chicago area this summer looking for a race--
Contact Brian Cooper 252 Sunset Ave., Glen Ellyn, Ill. 60137 They
have an excellent summer program.

CTC Will again have a summer program for children ages 6-17--six
Wednesday evenings--format will be exactly the same as last year,
except for some minor changes on awards. I will bring info sheets
to the picnic--last year we had almost 100 kids--a mere beginning!

RESULTS OF NATIONAL MASTERS POSTAL RACE WALKING COMPETITION TO DATE:

25 Kilo Walk: 1. Dave Leuthold ^{2:43:45}; 2. Leonard Busen 2:53:00; 3. Rob
Spier 2:53:51; 4. Don Jacobs Portland TC 2:54:40 age 55
TEAM: 1. CTC--8:30:36

ONE HOUR WALK: 1. Leonard Busen 45 6 Miles, 1441 yards (Record);
2. Dave Leuthold 42 6 Mi., 564 Yds; 3. Rob Spier 52 6 Mi, 7 yds.;
4. George Lundmark 54 Northglenn TC, 5 Mi., 1489 yds.; 5. Don John-
son Shore AC 5 Mi., 1275 yds., 6. Elliott Denman Shore AC 5m., 1224
7. William Taft 59 4 Mi., 1715; 8. Alan Wood 4 Mi., 1421 Shore
AC? TEAM: CTC--19 Miles, 252 Yards--a Record

POINT STANDINGS: Overall: 1. Busen 11, 2. Leuthold 11, 3. Spier 8
4. Lundmark 5, 5. Johnson 4, 6. Denman 3, 7. Taft 2,
8. Jacobs 1, 9. Wood 1 AGE 40-49: 1. Busen 4, 2. Leu-
thold 4, 3. Denman 1 AGE 50-59: 1. Spier 6, 2. Lundmark
3, 3. Johnson 2, 4. Taft 1, 5. Jacobs 1

MAY EVENT: 10,000 Meter Walk

Joe Duncan

4004 Defoe Dr.

Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 15 KILO RUN

1975 ENTRY BLANK

TIME: Saturday, July 19, 1975, 7:00 a.m.

PLACE: Columbia, Missouri - meet at Hilton Inn parking lot located on the southwest corner of I-70 & Stadium Boulevard intersection.

THE COURSE: An AAU certified road course, 3 5,000 meter legs, back and forth on asphalt and concrete. Start at Hilton Inn.

ENTRY FEE: \$1.00 Post entries will be accepted, but PLEASE try to have your entries in by July 17.

AWARDS: Trophies to first 6 finishers, trophy to first 3 over age 40 finishers. Trophy to first woman finisher, certificates to all finishers, MVA AU medals to first 3 MVA AU finishers.

MVA AU AND
COURSE RECORD: 48:10, Bob Busby, July 13, 1974

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, of the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ AAU # _____ AAU ASSN. _____

SIGNATURE _____ BIRTH DATE _____ HT. _____ WT. _____

ADDRESS _____ ZIP _____

SCHOOL OR CLUB _____

If entrant is under 18, parent or guardian must sign below:

NAME _____

ADDRESS _____ CITY _____ STATE _____

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, Mo. 65201