

COLUMBIA TRACK CLUB NEWSLETTER
Vol. VII, no. 11
November 7, 1975

LARRY YOUNG SETS COURSE AND MVAAU RECORDS, 30 KILO WALK October 26, 1975:

5,000 Meter Splits:			5	10	15	20	25	FINAL
1.	Larry Young	CTC	23:54	47:31	1:11:22	1:35:34	1:59:55	2:25:26
2.	Paul Ide	CTC	25:09	50:19	1:16:03	1:41:19	2:08:47	2:38:10PB
3.	Augie Hirt	CTC	24:29	49:40	1:15:17	1:42:02	2:12:58	2:44:27
4.	Dave Eidahl	Iowa	26:49	53:54	1:22:13	1:51:02	2:19:35	2:49:07
5.	Jim Breitenbucher	CTC	28:07	56:23	1:24:11	1:51:21	2:19:52	2:49:13PB
6.	Chris Amoroso	41 Colo.	27:49	56:22	1:24:50	1:54:16	2:24:25	2:56:27
7.	Leonard Busen	45 CTC	28:02	56:47	1:25:30	1:55:06	2:27:05	2:59:12
8.	Dave Leuthold	43 CTC	27:53	56:57	1:26:28	1:56:55	2:28:15	2:59:35PB
9.	Bob Chapin	43 CTC	31:15	61:54	1:31:32	2:02:10	2:33:45	3:06:36
10.	Chuck Hunter	Colo.	27:49	57:06	1:28:39	2:01:34	2:33:45	3:07:45
11.	Rob Spier	53 CTC	31:15	61:54	1:32:15	2:04:00	2:37:40	3:12:44PB
12.	John Evans	55 Houston	31:04	63:15	1:37:17	2:12:50	2:49:20	3:28:10
13.	William Taft	60 CTC	38:49	1:17:22	1:56:55	2:39:00	OUT at 14	3 3/4 Mi.
14.	Bob Young	55	33:00	1:06:46	1:40:24	2:14:37	OUT	
16.	Stan Smith	Iowa	27:49	55:41	1:23:47	OUT		
15.	Jerry Young	18 St. Louis	26:00	53:35	1:22:13	OUT		
17.	Randy Mimm	CTC	28:28	Out after 5 1/4 miles				
18.	Jerry Brown	Colo.	24:47	one more mile then out, not having shaken the dysentary bug he picked up in Switzerland.				

This was the Senior National AAU and Masters AAU 30 Kilo Championships. Larry's old course record was 2:28:09 and the old MVAAU record was 2:25:40. An excellent day for a walk--mid 40's to low 50's, although the sun was shining. Busen set a MVAAU record for the over age 40 crowd beating Chapin's 3:00:03 of last year. It's quite obvious that CTC won both the Open and Masters Team Championships. Spier was the only one with a DT--missing by 316 seconds (2.66%). Thanks to Doug Duncan, Kevin Bernemann and Joe Marks for help on timing, recording and judging and to Veva Spier and Carolyn Leuthold for their usual fine direction of the Aid setup.

LARRY YOUNG picked up a Pan-American bronze medal on Oct. 15 in Mexico City in the 20 Kilometer walk, finishing behind Daniel Bautista, Mexico, 1:33:05, and Colin Domingo, Mexico, 1:34+. Larry had 1:37:53, which he felt was good, considering the altitude. Larry says that the Mexicans are tough little walkers and were definitely the class of the field. There was a lot of national publicity about Larry being "waylaid" and his "protest." Actually the protest was more a protest by the American coaches and the "way-laid" bit was a little over played by the press. The coaches didn't really expect any result from the protest, however, they wanted their point to be made so as to protect our runners in the Marathon. Anyway, Larry says he was not touched or physically held back (as was Todd Scully, who finished 5th in 1:40+) but he had to endure screaming, jeering and yelling at extremely close quarters in certain parts of the race. The race was on a very hilly course, warm weather, 75°, no clouds until the latter stages.

AUGIE HIRT AND PAUL IDE represented the United States in the Lugano Cup walking competition in Rouen, France on Oct. 12 and then in the Airollo-Chiasse Relay a week later. The Lugano Cup races are considered as equal to Olympic competition in race-walking circles. In the 50 kilo walk, Augie had a fine 4:31:21 effort good for about 15th place, while Paul was not quite up to par with his 5:15+. This walk was on a 5 Kilo loop, not very hilly and in good weather. Augie got a caution at 15 k for not straightening his right knee--after several kilometers of walking and being overly cautious, Augie realized his problem was in walking on the right side of the road. So he switched to the left side and was then ok, since that is what he is used to in Columbia--I guess his legs have adjusted to a slight elevation difference with the right leg taking the high road. Does that make sense? Winner of the 50 kilo walk was one Lyundin in 4:03+.

In the relay, Augie led the USA to a 2nd place finish behind Italy. There were 24 teams. Augie took the US to an early lead with the fastest time in the 27 kilo leg, in 2:17:57. Jerry Brown then did 2:24:33 in a 30 kilo leg, the fast time being 2:23:52. Paul Ide followed with 1:15:34 in the 14 kilo leg (fast time was 1:07:23) with Wayne Glusker then doing 18 kilo in 1:32:39 and Bob Kitchen doing the anchor 25 kilo in 1:57:23.

This international experience was of tremendous value to both Augie & Paul and should whet their appetites for a crack at the Olympic trials in the 20 Kilo walk in '76.

TOM LOGAN RECLAIMS HIS RECORD--EIGHT MILE RUN OCTOBER 11, 1975:

	4	8	Seconds off DT	% Off DT
1. Tom Logan	20:14	42:25	35	1.36
2. Charles Torpey	21:30	43:56	4.	.15
3. Dan Kacprowicz	21:21	44:23		
3t. Dick Hessler	21:21	44:23PB	127	4.55
5. Walter Renaud 43	21:26	45:35		
6. Rich Todd	22:21	45:53PB	37	1.33
7. Don Lewis	23:06	47:05PB	35	1.22
8. Whitney Hicks 40	23:29	47:14PB	76	2.61
9. Charles Beckerdite	23:11	49:41	281	10.40
10. Ben Londeree 41	24:26	49:59	1	.03
11. Mike Chippendale	24:46	50:31	89	2.85
12. Tom Hinckley	24:46	50:45PB	55	1.77
12t. Mark Kelty	24:35	50:45		
14. Joe Marks	24:56	50:49PB	41	1.33
15. Greg Brown	25:26	52:34	86	2.65
16. Randy DeGroot	25:03	54:18	138	4.42
17. Brian Kichline	25:46	54:57		
18. Ray Loan 44	26:15	55:01	179	5.14
19. Steve Bander	26:13	55:29	91	2.66
20. Steve Maxwell	27:29	55:44	16	.48
21. Dennis Blossom	27:08	56:59PB	61	1.75
22. Al Garverick	28:03	58:36PB	174	4.71
23. Charles Geiss	28:12	59:44	136	3.65
24. Olen Brown	28:21	1:00:15	45	1.23
25. Bill Kurtz	28:57	1:01:37	173	4.47
26. Kevin Hicks	30:45	1:03:22		
27. Teri Maxwell	32:29	1:07:46	614	13.11
28. Randy Mimm walked	41:58	1:21:07	67	1.39
28t. Jim Breitenbucher w	41:58	1:21:07	67	1.39
30. Jan Frazer	38:18	1:23:06	66	1.34
31. Rob Spier w	41:45	1:24:09	231	4.37

Low 60's, sun shining. Tom Logan had the 8 mile run record until Rick Katz came along last year and took it away. Tom was back for the express purpose of regaining that record and he did--by a whopping 54 seconds. Tom is originally from Sedalia, ran for NE Mo. State at Kirksville and is now a teacher and coach in Kansas City. Torpey is from Fulton, as is Walter Renaud who really shattered Ben Londeree's Age 40 record of 47:31. Renaud is a big name in Masters running circles back East. He is now in Fulton (I don't know whether or not temporarily) with the Dept. of English at Westminster College (or is it William Woods?). Whitney Hicks also beat Ben's record which was set on the more difficult course which had the first two miles on I-70 Dr. NW with the hilly 2nd mile. Katz's record was also on the old course.***

CORRECTION: ROB SPIER's time for the 100 Mile Walk should be 21:18:33 and not the time listed in the last newsletter. Rob had walked an "insurance" lap and we carelessly recorded his time for 401 laps instead of for 400.

DICK HESSLER, DAN KACPROWICZ AND JOE MARKS DID A GOOD JOB OF REPRESENTING CTC in the Tri-States Marathon, Oct. 18, Falls City, Nebr. Dick finished 4th with a PB of 2:34:53, Dan 5th, also a PB, in 2:36:23 and Joe had 2:59:02, his first journey under the 3 hour mark, for 17th, just a minute behind Arne Richards, who was first age 40. Greg Carlberg was winner with 2:25:58 ahead of Tim Hendricks' 2:29:28 and Tom Berger's 2:31:46. Berger is from Ft. Collins, Colo.. Most of you remember 11 year old Peter Ewers, from Kirksville, who ran in the H of A Marathon. Young Peter did 3:18:36 at Tri-States for 28th place, out of some 65 finishers. First woman was Sylvia Wiegand in 3:54:34. Temp. was in the low 30's to 40's, sun shining.

REX FRAZER finished 9th in the Central USA Cross-Country meet, Oct. 11, Forest Park, St. Louis. Rex was 3rd Masters with his 40:12 for 10,000 Meters. There were 50 runners led by Bob Fitts in 32+. High 70's & clear. The St. Louis TC won both the Open & Masters Team titles.

REX tuned up for this race by finishing 2nd in the Ft. Leonard Wood 2.5 mile C/C race on Oct. 9. His time was 13:23 in a race won by RICH TODD in 11:58. The next 4 places were taken by Reception Station personnel--the Commander is LtC Frazer--so I guess he told them to run--or else! He also made it clear that they were not to beat him.

WALTER RENAUD WINS FIVE MILE CROSS-COUNTRY RUN--AT AGE 44!! October 25:					
		2 Miles	5 Miles	Seconds off DT	% Off DT
1.	Walter Renaud	44	11:25	28:20	---
2.	Dick Hessler		11:25	28:33PB	25
3.	Rich Todd		11:27	28:34	26
4.	Don Lewis		11:30	29:03	4
5.	Whitney Hicks	40	12:10	30:07PB	38
6.	Ricardo Mejia	MU	11:57	30:11	
7.	Ben Londeree	41	12:26	31:34	26
8.	Tom Hinckley		12:49	31:48	12
9.	Hadley Grimm	Macon	12:40	31:57	3
10.	Rex Frazer	44	12:56	32:22	22
11.	Greg Brown		13:10	32:39	81
12.	Joe Marks		13:09	32:48PB	12
13.	David Adams		13:34	33:42PB	78
14.	Don Johnson	47	13:43	34:29	31
15.	Don Carman		14:38	36:03	57
16.	Joe Duncan	41	14:16	36:22	
16t.	Doug Duncan	14	14:17	36:22PB	
18.	John Delavan	Ft. Wood	14:10	36:42	78
19.	Al Garverick		14:49	36:55	45
20.	Olen Brown	40	14:40	36:56	24
21.	Bill Kurtz		14:41	37:06	24
22.	Teri Maxwell		20:18	59:01*	These two got lost--not familiar with the course and an all day rain on the preceding Friday washed out the line.
23.	Jan Frazer		20:18	60:28*	

Mid 40's, sun shining--a good day for Cross-Country except for lack of a line to follow--Hessler had to lead Renaud around the course, since Renaud was not familiar with it. Next time Dick will lead him up some blind alley. Anyway the new kid on the block is threatening to take all the marbles. Not only is he bullying our old men, he is now giving our "kids" a hard time. Walter Renaud has quickly made an impact on the local running scene. Walter began running when he was 31 and did a lot of racing in the New England area where you can generally find 3 or 4 races every weekend, the year round. He generally does LSD in his workouts, preferring one long run each day. However, since moving to Fulton, he hasn't really been satisfied with his running, being forced to go to twice a day runs, because of time limitations. It is my understanding he tries to get in some 13 miles a day and he never times himself in workouts.

After Dick showed Renaud the first 4½ miles or so of the course and then watched the new "Fulton Flash" take off, he was left with his hands full in battling Rich Todd for 2nd--but once again, Hessler showed some surprising speed at the finish.

ELAPSED TIME STANDINGS

WALKERS

<u>Open--Runners:Points</u>		<u>Runners--40 & Over:</u>		<u>Open</u>	
1. Hessler	75.5	1. Hicks	24	1. Hirt	24
2. Hicks	68	2. Londeree	19	2. Leuthold	21
3. Londeree	56	3. Duncan	6	3. Spier	19
4. Lewis	53	4. Loan	6	4. Young	18
5. Hinckley	49	5. Storvick	5	5. Breitenbucher	18
6. Marks	39	6. Johnson	5	6. Ide	15
7. G. Brown	36	7. Frazer	4	7. Busen	15
8. Kacprowicz	32.5	8. O. Brown	3	8. Chapin	11
9. Todd	32			9. Mimm	8
10. Chippendale	32	<u>Runners--15 & Under:</u>		10. Taft	4
11. Beckerdite	29	1. Jim Gibson	21	11. Schulte	1
12. Hirt	24	2. Matt Gibson	18		
13. Blossom	16	3. Jay Blossom	10	<u>40 & Over</u>	
14. Adams	15	4. D. Duncan	9	1. Leuthold	16
15. Duncan	15	5. Tim Loan	9	2. Spier	14
16. Loan	15	6. David Marks	8	3. Busen	11
17. Storvick	13	7. Steven Hicks	7	4. Chapin	7
18. Garverick	12	8. Steve Gibson	7	5. Taft	3
19. Frazer	11	9. David Hicks	6		
20. Johnson	11	10. Amy Hessler	3	<u>Runners--Women</u>	
21. Breitenbucher	7	11. Rick Londeree	2	1. Teri Maxwell	4
22. O. Brown	7	12. Stu Blossom	2	2. Amy Hessler	3
23. Carman	6			3. Marilyn Blossom	2
24. Maxwell	6			4. Jan Frazer	2
25. Delavan	4			5. Joan Hirt	1
26. Kurtz	4				
27. Geiss	3				

If you are not a member of CTC and if you still want the newsletter, you need only pay ONE DOLLAR to

DENNIS HINKAMP WINS TWO MILE CROSS COUNTRY ON GUSTIN COURSE Nov. 2, 1975:

		2.	off DT	% off	
1.	Dennis Hinkamp	10:36	---		Low 70's, mostly cloudy, although the sun was out a little. Moderate winds. Hinkamp is a student at MU. Hicks got back at Hessler after Dick had outrun Whitney in the Municipal 2 mile run last month. But then, Hessler & Kacprowicz had turned in a long run the morning prior to this race. Hirt & Breitenbucher show that they have not forgotten how to run.
2.	Dan Kacprowicz	11:01	---		
3.	Whitney Hicks 40	11:12	18	2.60	
4.	Dick Hessler	11:18	---		
5.	Augie Hirt	11:32	32	4.84	
6.	Ben Londeree 41	11:38	3	.43	
7.	Mike Chippendale	11:40	5	.71	
8.	Tom Hinckley	11:42PB	8	1.13	
9.	Ricardo Mejia	12:03			
10.	Jim Breitenbucher	12:06			
11.	Pete Pastoret	12:08			
12.	Greg Brown	12:32	2	.27	
13.	Joe Marks	12:38	18	2.43	
14.	Don Johnson 47	12:56PB	21	2.78	
15.	Dennis Blossom	13:30	0	0.00	
16.	Ray Loan 44	13:31	1	.12	
17.	Doug Duncan 14	13:36PB			
18.	Al Garverick	13:43PB	13	1.60	
19.	Bill Wiecek	13:54	6	.71	
20.	Jim Gibson 11	15:05	115	11.27	
21.	T. L. Veum	15:16	66	7.76	
22.	Matt Gibson 10	15:23			
23.	Tim Loan 12?	15:24	36	3.75	
24.	Jay Blossom 11	15:43	47	4.75	
25.	David Hicks 11	19:10	50	4.17	
26.	Amy Hessler 8	19:44			
27.	Stuart Blossom 8	19:45	105	9.72	
28.	Marilyn Blossom	20:30	30	2.38	

DESIGNATED TIME STANDINGS:

	Av.	% off	Events		
1.	Steve Maxwell	.48	1	22.	Don Johnson 2.13 2
2.	David Marks	.55	1	23.	Ray Loan 2.18 3
3.	Ben Londeree	.65	5	24.	Al Garverick 2.44 5
4.	Joe Duncan	.68	1	25.	Don Carman 2.57 1
5.	Turk Storvick	.76	2	26.	Rob Spier 2.58 4
6.	Don Lewis	.80	4	27.	Tim Loan 2.60 2
7.	Olen Brown	.93	3	28.	Dick Hessler 2.80 4
8.	Rex Frazer	1.14	1	29.	William Taft 2.81 2
9.	Marilyn Blossom	1.23	2	30.	Augie Hirt 3.18 3
10.	Bill Kurtz	1.32	4	31.	John Delavan 3.43 1
11.	Joe Marks	1.33	5	32.	David Adams 3.71 1
12.	Jan Frazer	1.34	1	33.	Jay Blossom 4.87 2
13.	Tom Hinckley	1.37	5	34.	Joyce Schulte 5.79 1
14.	Randy Mimm	1.39	1	35.	Stuart Blossom 9.72 1
15.	Rich Todd	1.41	2	36.	David Hicks 9.81 2
16.	Whitney Hicks	1.69	5	37.	Rick Londeree 10.70 1
17.	Jim Breitenbucher	1.73	3	38.	Jim Gibson 11.27 1
18.	Greg Brown	1.86	5	39.	Joan Hirt 12.44 1
19.	Dave Leuthold	1.87	2	40.	Teri Maxwell 13.11 1
20.	Mike Chippendale	1.89	3	41.	Charles Beckerdite 15.97 2
21.	Dennis Blossom	2.10	4		

At the annual meeting of the Columbia Track Club, the '75-'76 dues were fixed at \$5.00 per family. This includes a dollar for the newsletter and 75 cents for the newly created CTC Travel Fund. Dues are payable by the first event in December. If your dues are paid by then you will get credit for your DT average & ET points earned prior to that date. If you are not a member of CTC you can still participate in our DT & ET competition by paying \$5.00. This will not jeopardize your standing with the AAU or any other club. I am listing those who have paid their \$5.00 as of Nov. 4. If your name is not here, then you have not paid--or some mistake has been made. Those who have paid: Ide, Loan, Maxwell, Lewis, Wade, Evans, Landrum, Kurtz, Adams, Beckerdite, Olen Brown, Todd, Marks, Duncan, Young, Taft, Blossom, Spier, Delavan, Frazer, Breitenbucher, Storvick, Bent, Busen, Johnson, Kacprowicz, Mimm, Greg Brown, Chippendale, Schulte, Hirt & Gibson. Also, those joining the club for the first time have to only pay \$4.00.

You will be hearing more about the CTC Travel Fund. The basic idea is to obtain concerted community support for our runners and walkers who can compete on national class level. For instance, if our walkers have any hopes for the Olympics, they must be able to compete in the national races.

MISSOURI JOGGING DAY RESULTS: October 18, 7:00 AM

A Designated Time Race only

INDIVIDUALS:

5 Miles				2 Miles			
	DT	Actual	Diff.		DT	Actual	off
1. Joe Duncan	33:33	33:49	16	1. Dennis Fallon	13:55	13:47	08
2. Wayne McKinney	36:03	36:23	20	2. Dennis Blossom	12:50	12:59	09
3. Mike Chippendale	33:20	32:45	35	3. Ruth Sullivan	19:10	19:26	16
3t. Don Lewis	33:20	32:45	35	4. Bob Rogers	16:45	17:03	18
5. Matt Sullivan	37:00	36:24	36	5. Olen Brown	13:15	13:39	24
6. Al Garverick	36:30	35:51	39	6. Bill Marshall	17:35	17:05	30
7. Mark Landrum	36:30	34:15	2:15	7. Diane Edmondson	17:00	16:18	42
8. Deb Piercy	45:00	42:30	2:30	8. Lee Evans	15:50	14:51	59
CTC WON THE TEAM TITLE with Duncan, Chippendale, Lewis, Garverick & Landrum.				9. Bill Kurtz	15:50	14:50	60
				9t. Kathy Cain	20:00	19:00	60
				11. Fred Fried	23:00	20:36	2:24

CTC WON THE TEAM TITLE with Blossom Brown, Evans, Cain & Kurtz

In the One Mile run, CTC's 7 year old Stuart Blossom was all alone

with a 9:44, slower than his predicted 7:45--but he got a 1st place trophy.

RICK KATZ reports from Boulder, Colo: He has found tremendous competition and is running for the Colorado TC "B" team. the "A" team won the Nationaal AAU Cross-Country title in '74. Rick has run in 3 races to date.

On Sept. 27 he was 9th in a 10,000 meter race at Vail (8,200 feet) with 34:54. Winning time was 32:34. 142 finishers. On Oct. 5 Rick was 4th in a 16 mile run in north Boulder (5,500 feet) in a time of 1:29:04, nearly as fast as he has ever run at sea level. Charlie Vigil of the Colo TC won in 1:27:04. Rick managed to beat Rick Lower who was 3rd in the St. Louis Marathon in 2:28+. Katz' first 10 miles was in a neat 55:30.

On Oct. 18 Rick was 49th in the USTFF Rocky Mt. C/C Championship with 26:39 for a short 5 Mile course. Winner was John Gregorio in 24:15. Gregorio had just returned from Mexico City where he had run the 10,000 meters in the Pan Am games. 3rd was Mike Boit of Eastern N. Mex & Kenya. The Colo TC won the team title while the "B" team was 7th out of 15 teams.

One of these days Rick will work his way back to Columbia for a race and my guess is that he will be TOUGH, TOUGH TOUGH.

RESULTS OF MASTERS POSTAL RACERWALKING COMPETITION 100K and 100 MILES, SEPT 1975

100 Kilometer

- 11:57.37 Dave Lenthold 42, CTC
- 12:15.08 Rob Spier 53 CTC
- 12:40.14 Rufus Reed, Springfield Mass, 57
- 13:09.37 Leonard Busen, 45, CTC
- 13:57.32 Bob Chapin 43, CTC
- 13:58.24 Bob Gragg, 50, Kansas City MO
- 14:47.20 George Landmark 53 Northglenn Rec Club Colo
- 15:22.43 Ed Williams, 46 Cape Girardeau Mo

Team: CTC (Lenthold Spier Busen) 37:22.22

100 Mile Walk

1. Rob Spier 53 CTC 21:18.33
2. Busen, 45, CTC 22:39.00
3. Gragg, 50 KC MO 23:16.23
4. Williams 46 Cape Girardeau 95 miles
5. Chapin, 43, CTC 81 miles
6. Reed 57, Mass, 80 miles
7. Landmark, 53 Colo 71 miles
8. Lenthold CTC, 42, 70 miles
9. Wa Taft, 59 CTC, 54 miles
10. Larry O'Neil 68 Kent 50 miles
11. Al Van Dyke, 50 Mo. 17 miles
12. Marle Hill, Mo, 13 miles

Team CTC (Spier Busen Chapin 281 miles)

POINTS

Overall		40-49 years
68 Busen	17 Derman	35 Amoroso
63.5 Spier	15 O'Neil	34 Busen
62 Amoroso	15 Barr	27 Kelly
58.5 Lenthold	14 Wood	26 Lenthold
50 Kelly	13 Reed	24 Northland
47 Northland	13 Gragg	23 Boitano
45 Boitano	12 Dickham	18 Scimone
44 Miam	11 Taft	13 Chapin
37 Barnes	11 Long	12 McDonald
36 Medeiros	10 Jacobs	11 Gershuny
32 Scimone	10 Williams	9 Barbu
28 Chapin	9 Stephenson	9 Leaver
27 Landmark	6 Neishloss	8 Barr
24 Gray	5 MacLachlan	8 Derman
23 Gershuny	5 Lakritz	7 Wood
22 McDonald	2 Van Dyke	4 Stephenson
20 Leaver	1 Doran	4 Williams
20 Barbu	1 Hill	2 Neishloss
		2 MacLachlan

50-59 years

- 32 Spier
- 15 Miam
- 14 Barnes
- 13 Landmark
- 12 Johnson
- 9 Reed
- 8 Taft
- 8 Gragg
- 7 Gray
- 4 Long
- 4 Jacobs
- 2 Van Dyke
- 1 Hill

60+ years

- 3 Medeiros
- 6 O'Neil
- 5 Dickham
- 1 Doran
- 1 Lakritz

Notes

I heard a report that Chris Amoroso, who had to cancel out of the national championship because of family problems still would do a postal. If so, some of these results may change. The National Open 100 K team title was won by the CTC Masters team of Lenthold, Spier and Busen. Has a Masters team ever before won an open

team title? Of course we can probably only do it at a distance where the young speedsters wear out. The CTC Masters were the only team to finish, but the CTC youngsters of Hart, Schvik, Randy Miam and Breitenbacher entered as a team.

SCHEDULE OF EVENTS:

NOVEMBER 16 Sunday 1:30 PM MISSOURI TURKEY TROT 3 Mile Cross Country Run Gustin Golf Course OPEN, but also a dual meet between CTC and the St. Louis TC. Age Groups Turkeys & chickens to be given away. Joe Duncan has entry blanks. Be sure to get one for their is an entry dead-line AND a 50% penalty for late entry. BEAT SLTIO!!!

22 Saturday 9:00 AM 10,000 Meter Run & Walk Hickman Track

22 " 2:00 PM Region 8 AAU Cross Country Championships Open & Masters Shawnee-Mission Park, Kansas

DECEMBER 6 Saturday 11:00 AM MVAAU, OPEN & MASTERS 30 Kilo Run Hilton Inn

6 Saturday 1:00 PM Mel Vos Memorial-Sunflower Marathon Topeka, Kansas

20 Saturday 9:00 AM Holiday Cheese and Sauerkraut 10 Mile Run, 10 Mile Walk. He who is closest to his DT gets the cheese, he who misses the most gets the sauerkraut. NO WATCHES! Records: 53:17 Rob Leutwiler; 1:15:25 Ron Laird

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE:

% of Improvement and number of Events							
1. Mimm	7.68	2	8. Blossom	1.48	2	15. Duncan	-1.42 2
2. Hinckley	7.50	2	9. Hessler	1.11	4	16. Chippendale	-2.63 3
3. Garverick	4.35	4	10. Breitenbucher	.79	4	17. Hirt	-4.64 2
4. Leuthold	2.86	4	11. Busen	.12	2	18. Londeree	-4.93 5
5. Marks	2.54	5	12. Spier	-.09	5	19. Chapin	-5.14 2
6. Young	1.86	2	13. Lewis	-.45	3	20. Storvick	-5.78 2
7. Hicks	1.73	3	14. Taft	-1.18	2		

SIX YEARS AGO--A LOOK AT YESTERDAYS HEROES:

November 2, 1969 Five Mile Walk 1. Darrell Palmer 43:29; 2. Mark Achen 44:38; 3. Joe Duncan 44:48; 4. Mirth Madden 52:28

November 9, 1969 6 Mile Run: 1. Don Granberg 37:10; 2. Sal Citarella 37:11; 3. Whitney Hicks 37:20; 4. Joe Duncan 38:31; 5. Joel Dickinson 40:18; 6. Dave Leuthold 52:45--the 3rd race of Dave's career--his first over 3 miles AND he wasn't waking--he was running--now he walks this fast.

This has been one of our more famous races--Granberg and Citarella had quick turnarounds at the 5 mile point, Don was ahead by some 10 yards at that point over Sal with Hicks another 10 in arrears, but right after the turnaround, all of a sudden, Hicks was quite a bit farther' back. Sal went after Don and came much closer than the one second difference shows. A stirring race for the 3 spectators.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

1976 RUNNING AND WALKING SCHEDULE PRESENTED BY
PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed 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. Hilton Inn is located at the Southwest corner of Interstate 70 and Stadium Boulevard. Rock Bridge High School Track is on the west side of Providence Road, 2 miles south of Stadium Boulevard. Reactor Park is on the west side of Providence Road, about one half mile south of Stadium Boulevard.

DESIGNATED TIME CATEGORY: 11 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 the 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) 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 MVAU races), however, only one's best 25 events (18 for walkers) will count (this gives 2 "free" events).

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: An award given to the competitor who improves the most over the preceding season. The improvement is computed on a median average percentage basis. One must have at least 10 duplicate events in order to be eligible for this award. Only the 10 best improvements are considered.

THE SEASON: The "season" commenced with the first race after the 1975 Heart of America Marathon and concludes with the 1976 Marathon.

ELIGIBILITY FOR AWARDS: Only CTC members and non-members who pay \$5.00 will be eligible to compete for D.T., E.T., and improvement awards. No competitor can establish a D.T. average or accumulate E.T. points until the \$5.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1976 dues for CTC membership shall be \$5.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$5.00 will provide a membership for all family members living together in the same household. The CTC Newsletter (12 monthly issues) is included in the \$5.00, as is 75¢ to be allocated to the CTC Travel Fund.

ENTRY FEES: Entry fees for all MVAU events and the Missouri Cup will be \$1.00. Entry fees for the Marathon and National races will be \$2.00. No entry fee 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.

1976 EVENTS

January 3	Saturday, 11:00 a.m.	5 Mile Run, 5 Mile Walk - Hilton Inn
January 17	Saturday, 9:00 a.m.	20 Kilo Run, 20 Kilo Walk* - Hilton Inn
February 7	Saturday, 9:00 a.m.	10 Kilo Run, 10 Kilo Walk* - Hilton Inn
February 21	Saturday, 9:00 a.m.	12 Kilo Run, 12 Mile Walk* - Hilton Inn
March 6	Saturday, 9:00 a.m.	3 Mile Run, 5 Mile Walk - Reactor Park
March 20	Saturday, 11:00 a.m.	Four Mile Relay, 3 Mile Walk - Reactor Park
April 3	Saturday, 12:00 noon	10,000 Meter Run - Hickman Track
April 3	Saturday, 2:00 p.m.	MVAAU AND OPEN ONE HOUR WALK - Hickman Track
April 10	Saturday, 9:00 a.m.	MVAAU AND OPEN 50 KILOMETER WALK - Location open
April 24	Saturday, 9:00 a.m.	Walk-Run Pentathlon - Walk 2 miles, Run 880 yards, Walk 1 mile, Run 2 miles, dash - Hickman Track
May 1	Saturday, 10:00 a.m.	Missouri Cup Competition, 20 Kilo Walk and 5,000 meter Women's Walk - Rock Bridge Track
May 8	Saturday, 6:30 p.m.	MISSOURI VALLEY AAU and OPEN 1 HOUR RUN - Hickman Track - Slow heat at 5:00 p.m.
May 29	Saturday, 9:00 a.m.	6 Mile Handicap Run, 6 Mile Handicap Walk - Hilton Inn - picnic afterwards at Cosmo Park
June 5	Saturday, 9:00 a.m.	3, 2, 1, Mile Triathlon - Hickman Track
June 19	Saturday, 7:30 p.m.	2 Person, 5 Mile Relay - Alternate 440's - Each team has a male runner age 16 or over, <u>and</u> a junior age 15 or under <u>or</u> a female runner - Hickman Track
June 26	Saturday, 9:00 a.m.	Sprint Triathlon - Mile, 880, 440 - Hickman Track
July 10	Saturday, 9:00 a.m.	1 Mile Run, 10,000 Meter Walk, 5 Mile Run - Hickman Track
July 17	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN - Hilton Inn
July 31	Saturday, 6:30 a.m.	30 Kilo Run, 20 Kilo Walk - Hilton Inn
August 21	Saturday, 9:00 a.m.	5,000 Meter Run, 5,000 Meter Walk - Hickman Track
September 6	Monday, 6:00 a.m.	17th ANNUAL HEART OF AMERICA MARATHON
September 11	Saturday, 9:00 a.m.	15 Kilo Walk - Hickman Track
September 18	Saturday, 9:00 a.m.	2 Mile Run, 10 Kilo Walk - Hickman Track
September 25 and 26	Saturday and Sunday, 1:00 p.m.	10th ANNUAL NATIONAL 100 MILE WALK - Hickman Track
October 2	Saturday, 8:00 a.m.	8 Mile Run, 8 Mile Walk* - Hilton Inn
October 9	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 16	Saturday, 11:00 a.m.	5 Mile Cross-Country Run - Gustin Golf Course
October 23	Saturday, 10:00 a.m.	MVAAU and OPEN 30 Kilometer Walk - Leawood Subdivision
October 30	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Gustin Golf Course
November 13	Saturday, 9:00 a.m.	20 Kilo Run, 20 Kilo Walk* - Hilton Inn
November 27	Saturday, 9:00 a.m.	10,000 Meter Run, 10,000 Meter Walk - Hickman Track
December 4	Saturday, 11:00 a.m.	MVAAU, RRCA NORTH REGION AND OPEN 30 KILO RUN - Hilton Inn
December 18	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.