

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VIII, No. 12

December 10, 1976

JON HERBERT WINS FIRST MVAAU TITLE--10,000 METER RUN November 27, 1976:

Mile Splits:	1	2	3	4	5	6	10,000 Meters
1. Jon Herbert	26 5:17	10:42	16:01	21:25	26:51	32:15	33:19
2. Doug Clark	20 5:17	10:42	16:05	21:35	27:06	32:34	33:40
3. Dave Harris	21 5:18	10:41	16:04	21:38	27:14	32:37	33:53
4. Dennis Stewart	26 5:20	10:46	16:32	22:08	27:43	33:19	34:16
5. Walter Renaud	45 5:20	10:54	16:32	22:07	27:42	33:19	34:33
6. Dick Hessler	35 5:31	11:18	17:07	22:47	28:26	34:03	35:11
7. Ben Londeree	42 5:31	11:18	17:07	22:58	28:50	34:36	35:43
8. Pete Pastoret	23 5:40	11:32	17:26	23:23	29:23	35:16	36:30
9. Tom Hinckley	32 5:41	11:34	17:27	23:26	29:30	35:30	36:49
10. Don Granberg	34 5:46	11:47	17:50	24:00	30:03	36:12	37:24
11. Mike Chippendale	36 6:10	12:32	18:54	25:10	31:28	37:30	38:49
12. Dave Adams	6:32	13:02	19:37	26:17	32:46	39:09	40:24
13. Joe Marks	39 6:30	13:02	19:37	26:16	32:48	39:16	40:25
14. Turk Storvick	48 6:15	12:45	19:18	25:54	32:30	39:06	40:29
15. Olen Brown	41 6:14	12:51	19:37	26:14	32:53	39:25	40:40
16. Wesley Paul	7 6:16	13:03	19:49	26:41	33:35	40:28	41:52
17. Joe Duncan	42 6:43	13:31	20:16	27:05	33:55	40:55	42:13
18. Dave Forest	14 6:12	12:55	19:57	27:00	34:04	41:12	42:37
19. Al Garverick	32 6:41	13:35	20:36	27:35	34:35	41:31	42:49
20. Jim Thorne, Jr.	15 6:12	13:00	19:50	27:22	35:06	42:17	43:41
21. Rhonda Bedell	20 6:47	13:56	21:13	28:27	35:40	42:41	43:59
22. Bill Wiecek	38 6:29	13:30	20:51	28:22	35:59	43:33	45:10
23. Gabrielle Warrington	11 6:53	14:12	21:54	29:33	37:26	45:20	47:10
24. Keith Pierce	34 7:40	15:19	22:58	30:29	38:12	45:26	47:13
25. Jim Gibson	13 6:49	14:18	22:08	29:55	37:53	46:00	47:42
26. Matt Gibson	11 7:21	15:30	23:38	32:16	40:47	48:55	50:27
27. Dennis Blossom	40 7:07	15:08	23:38	32:19	41:05	49:22	51:01
28. Jim Thorne, Sr.	39 8:13	16:30	24:52	33:16	41:22	49:28	51:14
29. Mike Wiecek	14 8:00	17:04	26:11	34:44	42:27	50:16	51:40
30. Steve Gibson	9 7:47	15:56	23:58	33:13	42:50	52:22	53:55
31. Theresa Knapp	34 8:36	17:22	26:14	35:15	44:08	52:52	54:28

THE WALKERS:

1. Rob Spier	54 10:16	20:32	30:44	40:57	51:10	61:22	1:03:34
2. Bob Brugger	11:06	22:04	33:15	44:28	55:42	67:16	1:09:40
3. William Taft	61 12:18	24:42	37:07	49:24	61:40	74:14	1:17:00
4. Henry Bent	76 12:31	25:52	38:38	51:33	64:22	77:10	1:19:54

Predicted Times went as follows: Wesley 8 seconds off (.32%); Chippendale 11 off (.47%); Hinckley 11 (.49); Pierce 13 (.46); Duncan 13 (.52); Stewart 16 (.78); Spier 26 (.68); Turk 29 (1.21); Marks 35 (1.45); Brown 40 (1.67); Londeree 47 (2.15); Granberg 54 (2.47); Garverick 59 (2.35); Taft 60 (1.27); Harris 67 (3.19); Knapp 92 (2.75); Thorne, Sr. 166 (5.12); Bent 174 (3.76); B. Wiecek 190 (7.54)

Temperature was in the low 20's with a strong NW wind--the Wind Chill index must have been awful. At the outset we even had some snow flurries. This was the first MVAAU 10,000 Meter Championship we have ever held. Usually the races are at Winfield, Kans. on a road course. In 1977 we are again sponsoring the 10,000 Meter run, but this time in April. This was also the first race in which we have had a better breakdown as to awards per age category--6 categories--18 awards: 12 & Under: Paul, M. Gibson, S. Gibson; 13-16: Forest, Thorne, J. Gibson; 17-29: Herbert, Clark, Harris; 30-39: Hessler, Hinckley, Granberg; Over 40: Renaud, Londeree, Storvick; Women: Bedell, Warrington, Knapp.

Harris, Clark & Herbert were off together with Jon taking the lead for the first time shortly before 3 miles. He quickly opened a gap and from then on it was a matter of his increasing the margin. At the 4 mile point, Clark moved away from Harris to sew up 2nd. The first 6 places went to runners from 6 different towns: Springfield, Lexington, Kirksville, Higginsville, Fulton & Columbia and all but Harris are CTC members.

Wesley Paul set another American record for age 7, beating the 50:19 set by Sean Scully, Palo Verde Estates, Calif. in 1971. Wesley also beat Jim Gibson's age 15 & under mark of 45:10 set last April.

Walt Renaud and Ben Londeree both got under Don Lewis' 36:01 also set last April, while Rhonda Bedell, MU's premiere female distance runner beat Joan Hirt's mark of 48:25 set in Nov., 1973. Gabrielle also got under that mark, at age 11.

THANKS to all of you who helped with the timing and recording--on a day like this, it is much easier to time than to write numbers.

AND THEN JON HERBERT WINS HIS SECOND MVAU CHAMPIONSHIP--THE 30 KILOMETER RUN WHICH IS ALSO THE RRCA NORTH REGION CHAMPIONSHIP December 4, 1976:

	5 Kilo Splits	5	10	15	20	25	30	
1. Jon Herbert	27	17:35	35:30	52:36	1:10:14	1:27:30	1:45:21	PB
2. Dick Hessler	35	17:24	35:24	52:34	1:10:42	1:28:25	1:46:49	
3. Dave Harris	21	17:35	35:36	53:00	1:11:25	1:29:15	1:48:21	
4. Walter Renaud	45	17:34	35:38	53:40	1:12:35	1:31:16	1:50:53	PB
5. Ben Londeree	42	18:44	38:38	57:56	1:17:36	1:36:37	1:56:30	
6. Don Granberg	34	18:22	38:08	57:29	1:17:37	1:37:29	1:58:19	
7. Tom Hinckley	32	19:36	40:09	1:00:30	1:21:15	1:41:50	2:02:58	
8. Rex Frazer	45	18:45	39:07	59:36	1:21:00	1:41:50	2:03:08	
9. Jim Schutt	38	20:42	42:05	1:02:30	1:23:57	---	2:05:58	
10. Jerry Kokesch	26	19:17	40:18	1:01:25	1:23:35	---	2:06:18	
11. Don Oster	41	21:20	43:53	1:06:00	1:28:08	---	2:10:54	PB
12. Wesley Paul	7	19:34	40:47	1:02:30	1:24:05	---	2:13:45	
13. Joe Duncan	42	22:04	44:59	1:06:48	1:30:07	---	2:16:16	PB
14. Sam Clemence	37	21:20	43:53	1:06:00	1:28:15	---	2:17:54	PB
15. Karen Kokesch	24	21:20	45:22	1:08:27	1:32:40	---	2:21:59	
16. Ray Loan	45	19:36	42:23	1:04:56	1:29:28	---	2:23:53	
17. Ai Lo Paul	35	21:10	44:12	1:07:18	1:32:35	---	2:28:44	
18. Don Johnson	48	22:49	48:50	1:14:32	1:41:38	---	2:30:53	
19. Bruce Poling	32	23:52	50:19	1:16:05	1:42:14	---	2:40:39	
20. Jim Thorne, Jr.	15	22:14	46:08	1:12:05	1:39:56	---	2:45:36	
21. Jack Lindsey	21	18:48	38:22	56:59	1:16:21	1:35:40	out @ 16½ Mi.	
22. Greg Brown	38	19:45	40:09	1:00:30	1:21:15	Out		
23. Dennis Blossom	40	22:46	48:42	1:14:28	1:41:34	Out		
24. Augie Hirt w	25	26:48	53:31	---	1:50:41			
25. Theresa Knapp	34	26:54	55:41	PB	---	1:54:32		

Predicted Times went as follows: Knapp 19 Seconds off (.56%; Granberg 79 off (1.12); Duncan 104 (1.26); Hinckley 122 (1.63); Frazer 188 (2.61); Londeree 210 (2.92); Hirt 221 (3.44); Loan 233 (2.77)

Low 30's, very little wind, partially cloudy, all in all an excellent day for a long race. Jon Herbert's birthday was today and he gave himself a fine present (or presents) with 3 awards: the open, MVAU & RRCA first place titles. The RRCA title was for the RRCA North Region. We were pleased to have the president of the RRCA North Region (a 9 state area), Jerry Kokesch and his wife, Karen, on hand for this race. Karen ran in the International Women's Marathon in Germany 6 weeks or so ago finishing 24th out of 57 runners with a time of 3:25+.

In today's race, Dick Hessler went out strong building a 75 yard lead over Herbert, Harris & Renaud in the first 5 Kilo. Herbert began coming on and got Dick at about 11 miles. Jon then went after Rick Katz' record but fell short by 51 seconds, but he still had a PB by 11 minutes. Dick was only 12 seconds off his PB & Londeree was only 11 seconds off his. Herbert's training program is interesting--he is probably the only CTC member (other than Dennis Stewart) whose basic program consists of interval training--in Jon's case a lot of 220's and 330's with some 600's.

Walt Renaud lowered his Age 40 record of 1:51:46 set last year, also lowering the 20 kilo record en route. We are becoming accustomed to raising an eyebrow whenever Wesley Paul competes--but today Wesley really outdid himself, turning in his most astonishing performance to date. You will recall that in August he set an American record for 5,000 meters, on the track, and that on Nov. 27 he had his 41:52 for 10,000, another age 7 record. Well, today, enroute to 30 kilo, on a fairly hilly course, Wesley was almost a minute ahead of his record for 5 Kilo! and at 10 kilo he was over a minute ahead of his track 10 kilo mark! Further, on the same course on Nov. 13 Wesley was FOUR minutes slower in a 20 kilo race than he was today at 20 kilo with 10 kilo to go! Understandably enough Wesley's last 10 kilo today in 49:40 was quite a bit slower than his first 10, but the little guy really put on a show.

Rex Frazer ran in the Alton, Ill. 10 Mile Road Race and got a PB for 10 miles with 58:18 to finish 85th out of 350, finishing 3rd out of 31 in age 40-49 (only a few seconds behind 1st). MSG Rondon, age 42, was 113th at 1:01:21 (8th age 40) while SFC Graf was 1:10:39 for 190th (22nd out of 53, age 30-39). Race conditions were great--wind was pushing all the way in the point-to-point course, which is level or downhill all the way. Cool and dry. The Alton race has always been known as the place to go for a PB for 10 miles.

26 CTC MEMBERS PARTICIPATE IN ST. LOUIS 3 MILE TURKEY TROT November 8:					Placings for CTC-SLTC Dual Meet Scoring	
	Age	Club	Time			
1. Tim Donovan	22	IVS	14:41			
2. Bobby Williams	23	SLTC	14:51	1-Open		
3. Keith Gatti	19	SLTC	14:56			1-19-
4. David Raub	23	UN	14:59			
5. Jim Nowak	25	CTC	15:02	2-Open		
6. John Cisco	17	UN	15:08			
7. Dennis Stewart	27	CTC	15:12	3-Open		
8. Don Schwab	21	IVS	15:22			
9. Eric Engelbretson	17	UN	15:25			
10. Walter Renaud	45	CTC	15:27		1-40+	
11. Jeff Greve	23	UN	15:28			
12. David Dobkowski	18	SLTC	15:28			2-19-
13. Steve Kissane	17	UN	15:31			
14. Denton Childs	26	CTC	15:32	4-Open		
15. Don Walker	18	CTC	15:33			3-19-
16. Don Lewis	40	CTC	15:34		2-40+	
17. John Grimm	28	SLTC	15:36	5-Open		
18. Leo McCrary	28	SLTC	15:37	6-Open		
19. Ben Londeree	42	CTC	15:40		3-40+	
20. Doug Burns	27	SLTC	15:42	7-Open		
21. Dick Hessler	35	CTC	15:46	8-Open		
22. Steve Shostrom	34	IVS	15:48			
23. Jim Marshall	18	SLTC	15:50			4-19-
24. Steve Urbach	25	SLTC	15:52	9-Open		
25. Pete Pastoret	23	CTC	16:06	10-Open		
26. Tom Hinckley	32	CTC	16:13	11-Open		
27. Mark Young	16	CTC	16:14			5-19-
28. Carroll Lulay	20	IVS	16:18			
29. Augie Hirt	25	CTC	16:19	12-Open		
30. Dick Lederich	31	SLTC	16:25	13-Open		
31. Charlie Gatti	24	SLTC	16:26	14-Open		
32. Bill Stewart	42	SLTC	16:30		4-40+	
33. Steve Hurd	19	IVS	16:34			
34. Don Carman	27	CTC	16:42	15-Open		
35. Ed Weber	45	SLTC	16:43		5-40+	
36. Scott Ageno	16	UN	16:50			
37. Wayne Olson	33	SLTC	16:51	16-Open		
38. Don Myers	37	SLTC	16:52	17-Open		
39. Jerry Young	19	CTC	16:54			6-19-
40. Mark Landrum	37	CTC	16:56	18-Open		
41. Jerry Kokesh	26	SLTC	17:03	19-Open		
42. Turk Storvick	48	CTC	17:14		6-40+	
43. Joel Rabdau	41	SLTC	17:15		7-40+	
44. David Adams	27	CTC	17:18	20-Open		
45. Doug Eichorst	38	SLTC	17:30	21-Open		
46. Walter Bauer	51	SLTC	17:31		8-40+	
47. Pete Grandstaff	34	SLTC	17:36	22-Open		
48. Roger Pointer	21	UN	17:40			
49. Jim Breitenbucher	23	CTC	17:44	23-Open		
50. Dan Nelson	29	SLTC	17:46	24-Open		
51. Robert Rosenthal	29	SLTC	17:57	25-Open		
52. Danny Lavin	31	SLTC	18:01	26-Open		
53. Bob Broen	36	SLTC	18:06	27-Open		
54. Olen Brown	41	CTC	18:07		9-40+	
55. Doug Duncan	15	CTC	18:16			7-19-
56. Wesley Paul	7	CTC	18:37			8-19-
57. James Cruz	34	UN	18:46			
58. Susan Pastoret	16	CTC	18:47			1-W
59. Wilbur Bagby	55	SLTC	18:50		10-40+	
60. Joe Duncan	42	CTC	19:01		11-40+	
61. Russ Johnson	43	SLTC	19:02		12-40+	
62. Ai Lo Paul	35	CTC	19:37	28-Open		
63. John Clarke	31	SLTC	19:42	29-Open		
64. Karen Kokesh	24	SLTC	19:43			2-W
65. Alan Hooper	40	SLTC	19:44		13-40+	
66. Russ Jelinek	44	SLTC	19:47		14-40+	
67. Faye McGinnis	36	SLTC	19:53			3-W
68. Mark Hurd	12	IVS	19:57			
69. Raymond Forster	25	IVS	20:12			
70. Don House	34	UN	20:13			
71. Tom Murphy	26	SLTC	20:26	30-Open		

72. Reuben Rigel	36	SLTC	20:52	31-Open	
73. Elizabeth Wilson	16	SLTC	20:55		4-W
74. Marlowe Erickson	47	SLTC	21:03		15-40+
75. Gerald Wool	40	SLTC	21:08		16-40+
76. Don Cline	30	SLTC	21:17	32-Open	
77. Jack Frohlichstein	47	SLTC	21:19		17-40+
78. Jim Erbe	39	SLTC	21:27	33-Open	
79. Bob Spitzfaden	49	SLTC	21:34		18-40+
80. George Perry	60	SLTC	21:41		19-40+
81. Frank Holgerson	40	SLTC	22:06		20-40+
82. Sharon Clark	34	SLTC	22:07		5-W
83. Amy Hessler	10	CTC	22:08		6-W
84. Joe Wilson	44	SLTC	22:23		21-40+
85. Barb Schmidt	29	SLTC	22:24		7-W
86. Dick Brickson	28	SLTC	24:01	34-Open	
87. Dave Brown	9	CTC	24:25		9-19-
88. Bill Muller	43	UN	24:27		
89. Ann Wilson	40	SLTC	24:55		8-W
90. Sandy Wool	39	SLTC	25:40		9-W

Low 30's, strong winds on a course in Shaw Park, Clayton, Mo. The course was two loops with several small hills and was actually about 2 3/4 miles rather than 3.

Team scoring for the triangular part of the meet was as follows:

Combined 5 Man Team Scores
(dropping unattached runners):

Columbia TC 35 (4, 5, 7, 9 & 10); Saint Louis TC 38 (2, 3, 8, 12, 13)
Illinois Valley Striders 75 (1, 6, 17, 23, 28) So, CTC wins the triangular meet.

In the Dual Meet with SLTC, scoring on a mass basis, the results were as follows:

OPEN		Age 40 & Over		Age 19 & Under	
CTC	SLTC	CTC	SLTC	CTC	SLTC
2	1	1	4	3	1
3	5	2	5	5	2
4	6	3	7	6	4
8	7	6	8	14	7
10	9	9	10		
11	13	11	12	WOMEN:	
12	14	32	46	CTC	SLTC
15	16	Scoring		1	2
18	17	Top 6 from		4	3
20	19	each team		5	5
23	21				
28	22				
134	150				

CTC took away a goodly number of the turkeys and chickens which were given away. All participants received a ribbon and an egg, the eggs being furnished by CTC. There was a little misunderstanding about those eggs. The raw ones were to be put in a warm place so that the recipients could ultimately have their own chickens. The hard-boiled ones were meant to be used by the runners during training. The eggs are to be placed between the knees so as to develop a better running style.

REX FRAZER headed a contingent of 5 Ft. Wood runners in the Marine Reserve Marathon in Washington, D.C. on Nov. 7. Rex was 111th out of 1560 runners with a time of 2:54:47, beating 93% of the runners and finishing 6th in 40-49 age category. Rich Todd was close to the leaders for 15 miles, but he then fell victim to leg and feet problems and had to merely be satisfied with finishing which he did in 3:28. Lt. Hayes had 3:12 and MSG Rondon had 3:18. Kenny Moore won the race in 2:21:14. The Secretary of the Navy was the starter and helped give away the primary awards. Rex says there were also a lot of other generals and colonels around to see Rex turn in his third best marathon performance. On his way to the Oklahoma game, MARK LANDRUM, stopped by Tulsa to compete in a 15 Kilometer road run, Nov. 13. Mark finished 7th (out of 32) in 56:46 on a 3 loop flat course. Winning time was 49:51.

THANKS to JOE MARKS for coordinating the trip to St. Louis for the Turkey Trot. Joe had a cast on his foot for a couple of weeks because of a fracture to one of the small bones, but we still found something he could do. The old coach would have been proud of his team.

JIM NOWAK WINS 20 KILOMETER RUN BY OVER FIVE MINUTES

November 13, 1976:

	5 Kilo Splits	5	10	15	20	Secs. off DT	% off
1. Jim Nowak	17:12		35:38	52:55	1:11:02		
2. Don Walker	18:27		38:02	56:59	1:16:35	205	4.27
3. Don Granberg	18:37		38:08	57:10	1:16:50	10	.22
4. Pete Pastoret	18:49		38:34	57:27	1:17:06	66	1.45
5. Tom Hinckley	18:51		38:33	57:46	1:17:26	94	1.98
6. Greg Brown	18:47		38:35	57:46	1:17:27	93	1.96
7. Ben Londeree 42	18:48		38:46	58:26	1:18:56	64	1.33
8. Jim Stoverink	19:47		40:00	59:19	1:19:04		
9. Jim Schutt	20:17		41:10	1:00:25	1:21:08		
10t. Ben Welch	20:38		42:17	1:00:54	1:21:45	195	3.82
10t. Tom DeCoster	20:38		42:17	1:00:54	1:21:45	255	4.94
12. Mike Chippendale	19:47		40:34	1:00:15	1:22:39	81	1.61
13. Don Carman	20:06		41:34	1:01:32	1:24:45	15	.29
14. Olen Brown 41	20:01		41:38	1:02:25	1:25:04	4	.08
15. Wesley Paul 7	20:23		42:38	1:04:29	1:28:05		
16. Ray Loan 45	20:25		42:55	1:05:00	1:28:45	165	3.20
17. Ai Lo Paul	20:24		42:40	1:04:33	1:28:47		
18. Dave Adams	22:50		46:19	1:09:05	1:32:21		
19. Bill Wiecek	22:56		47:20	1:11:28	1:38:17	497	9.20
20. Dennis Blossom 40	22:58		49:21	1:15:06	1:44:42		
21. Mike Bradford	23:07		50:17	1:17:15	1:51:13		
22. Doug Duncan	25:50		54:30	out			

Women's 10,000 Meter goes to Theresa Knapp:

1. Theresa Knapp	28:00	55:48					
2. Pam Simms	37:52	80:36				36	.07

While Breitenbucher and Mimm have a modest workout over 20 K:

1t. Jim Breitenbucher--	1:06:51	1:38:25	2:12:12	732	10:17
1t. Randy Mimm	--	1:06:48	1:38:25	2:12:12	
3. Henry Bent 76	40:30	1:19:58	1:58:30	303	3.28
4. William Taft 61	40:30	1:19:58	1:58:30	335	3.60

Low 20's, moderate winds, sun shining. Nowak was quite a bit ahead of his hoped for 6 minute pace as he quickly establishes himself as one of the people to beat in the Elapsed Time category. Wesley Paul sets a record for age 15 & under--it was automatic since no 15 or under had ever done this distance before. Enroute Wesley also set a record for the road 10 K. In the same event, then, we have a 7 year old and a 76 year old. That is the essence of the Columbia Track Club--we cater to everybody and there should be dozens of participants in the in-between ages. Just think, Wesley has 69 years ahead of him before he can see what he can do at age 76--that will be the year 2045!! Awesome.

ELAPSED TIME STANDINGS: Runners:

				Age 40 & Over		15 & Under	
1. Londeree	112	21. Adams	33	1. Londeree	37	1. Paul	23
2. Hinckley	103	22. Landrum	32	2. Storvick	23	2. Duncan	20
3. Pastoret	93	23. B. Wiecek	30.53	3. Renaud	19	3. J. Gibson	17
4. Granberg	81	24. Loan	30	4. Brown, O.	19	4. M. Wiecek	11
5. Carman	78	25. J. Duncan	24	5. Lewis	17	5. M. Gibson	11
6. Chippendale	77	26. Garverick	24	6. Loan	13	6. S. Gibson	7
7. Hessler	60	27. D. Duncan	23	7. Duncan	12	7. D. Forest	6
8. Stewart	60	28. DeCoster	22.5	8. Frazer	10	8. J. Thorne	6
9. Lewis	58	29. Ai Lo Paul	21	9. Blossom	7	9. T. Loan	6
10. Storvick	58	30. Breitenb' er	20	10. Hicks	5	10. J. Blossom	3
11. Nowak	57	31. Frazer	19	11. Johnson	2	11. A. Hessler	2
12. G. Brown	56	32. Blossom	15			12. P. Hessler	2
13. Walker	53	33. Kurtz	15				
14. O. Brown	52	34. W. Hicks	14				
15. Renaud	49	35. Geiss	13.5				
16. Welch	47.5	36. Mimm	7				
17. Marks	46	37. Sid Hose	5				
18. Doug Clark	40	38. Pierce	3				
19. Herbert	33	39. Johnson	3				
20. Hirt	33	40. J. Thorne, Sr	1				

WALKERS:

1. Hirt	30	8. Chapin	10
2. Spier	27	9. Van Dyke	7
3. Breitenbucher	22.5	10. Leuthold	3
4. Busen	18	11. M. Clark	3
5. Mimm	18.5	12. Bent	5
6. Gragg	13	13. Brugger	3
7. Taft	14	14. Schulte	1

WOMEN:

1. T. Knapp	5		
2. A. Hessler	2		
3. M. Blossom	1		
4. Pam Simms	1		

WALKERS:

Age 40 & over:	
1. Spier	18
2. Busen	13
3. Taft	11
4. Gragg	8
5. Chapin	7
6. Van Dyke	4
7. Bent	4

SCHEDULE OF EVENTS:

DECEMBER 18 Saturday 9:00 AM Holiday Cheese & Sauerkraut 10 Mile Run,
10 Mile Walk Hilton Inn He who comes
closest to his predicted time gets the cheese
whilst he who is the worst off gets the kraut.
RECORDS: 53:17 Rob Leutwiler; 1:15:25 Laird

JANUARY 8 Saturday 9:00 AM 5 Mile Run, 5 Mile Walk Hilton Inn RECORDS:
25:35, Fred Binggeli; 37:07 Ron Laird

22 " 9:00 AM 20 Kilometer Run (10 Kilo for women and Age
15 & under) 20 Kilo Walk Hilton Inn
RECORDS: 1:08:47 Rick Katz; 1:35:34 L. Young

29 " 12:00 Noon Tenth Annual Ground Hog Day Marathon
Petit Jean State Park, Ark. CONTACT: Gerald
Hastings 7 Hickory Lane Maumelle New Town,
N. Little Rock, Ark. 72118

DESIGNATED TIME STANDINGS:			Showing Av. % off DT and number of Events		
1. Pam Simms	.07	1	22. Henry Bent	3.52	2
2. Keith Pierce	.46	1	23. Ben Welch	3.58	2
3. Don Carman	.63	4	24. Augie Hirt	3.91	4
4. Don Granberg	.98	6	25. Tom DeCoster	3.93	2
5. Don Lewis	1.09	2	26. David Adams	4.17	1
6. Greg Brown	1.18	3	27. Marilyn Blossom	4.26	1
7. Joe Marks	1.29	4	28. Dennis Stewart	4.37	3
8. Rob Spier	1.33	5	29. Theresa Knapp	4.46	4
9. Rex Frazer	1.44	2	30. Pete Pastoret	4.59	2
10. Olen Brown	1.52	6	31. Jim Breitenbucher	4.64	6
11. Tom Hinckley	1.57	6	32. Ai Lo Paul	4.64	1
12. Joe Duncan	1.86	5	33. Dennis Blossom	4.70	4
13. Mike Chippendale	2.02	4	34. Mike Wiecek	5.02	2
14. Al Garverick	2.04	4	35. Jim Thorne, Sr.	5.12	1
15. Ben Londeree	2.20	7	36. Bill Wiecek	5.50	5
16. Turk Storvick	2.28	5	37. Steve Gibson	6.43	1
17. Ray Loan	2.44	4	38. Peter Hessler	8.11	1
18. Wesley Paul	2.54	2	39. Matt Gibson	8.21	1
19. William Taft	2.57	4	40. Jay Blossom	9.79	1
20. Bill Kurtz	3.08	4	41. Tim Loan	10.83	1
21. Jim Gibson	3.17	2	42. Mark Landrum	14.25	1

Augie Hirt and Ben londeree are trying to get together a lot of 12 T-Shirts to get the CTC competition imprint. They have 6 or so now. If you want the imprint on one of your present shirts the cost is \$1.50 or so. If you want a new shirt the cost is \$4.50. The point is that we need 12 in order to make an order. Please let Ben or Augie know. This would be an excellent idea for a Christmas gift. It only takes a weeks notice.

Joe Duncan puts out the CTC newsletter. If you want a years subscription then you should send him \$2.00--this will get you 12 monthly issues. CTC membership can be had by paying the dues of \$5.00--this includes the newsletter. And with that, Joe and Carole Duncan wish all of you a MERRY CHRISTMAS! and it is our fondest hope that all of you get to do the things you want to do in 1977. Remember: the name of the game is a "personal best".

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201