

COLUMBIA TRACK CLUB NEWSLETTER

Vol. ~~XX~~ No. 1

January 20, 1976

DICK HESSLER IS THE FASTEST, PASTORET WINS THE CHEESE, CLARK THE KRAUT--
HOLIDAY TEN MILE RUN & WALK December 20, 1975:

	2.5 M	5	7.5	10	Seconds off DT	% off
1. Dick Hessler	14:17	28:40	42:38	56:35 PB	25	.74
2. Don Lewis	14:26	29:20	43:47	58:03 PB	13	.37
3. Whitney Hicks 40	15:26	30:45	45:33	1:00:22 PB	98	2.63
4. Ben Londeree 41	15:26	31:00	46:22	1:02:15	15	.40
4t. Mike Chippendale	15:30	31:12	46:34	1:02:15 PB	45	1.19
6. Joe Marks	15:45	31:12	46:59	1:02:37 PB	113	2.92
6t. Greg Brown	15:42	31:13	46:59	1:02:37 PB	83	2.16
8. Gary Durbin Cuba, Mo	15:46	31:20	47:46	1:03:53	127	5.38
9. Jim Stoverink "	15:45	31:34	48:02	1:04:32	328	7.81
10. Pete Pastoret	15:50	31:45	48:56	1:04:56	4	.10
11. Mike Durbin Cuba	15:48	31:40	48:47	1:06:14	226	3.21
12. Joe Duncan 41	16:30	33:37	50:57	1:08:34	38	.93
13. Ray Loan 44	16:29	34:05	52:07	1:09:48	12	.28
14. Don Carman	17:39	36:07	52:44	1:10:38	142	3.24
15. Olen Brown	17:28	36:27	54:03	1:13:12	32	.73
16. Dennis Blossom	17:35	36:35	56:07	1:17:51	321	7.38
17. Kevin Hicks	20:19	40:49	60:14	1:21:06	534	9.89
17t. Mike Madson	20:19	40:49	60:14	1:21:06	534	9.89
19. Seppo Turunen	21:08	43:47	64:15	1:29:15	45	.83
20. Rob Scott Cuba	17:03	36:16	OUT			

AT THE SAME TIME AUGIE HIRT IS WINNING THE WALK:

1. Augie Hirt	---	42:15	1:27:30	150	2.94
2. Dave Leuthold	---	52:00	1:46:30	90	1.43
3. Bill Clark		1:03:10	2:07:57	723	8.61
4. Henry Bent 75		1:05:15	2:09:52	308	3.80

38 degrees, a very strong North wind which was an adverse factor especially on the one mile stretch coming up Rt. ZZ, cloudy, really not a bad day for running--but not so hot for those doing the timing--THANKS to Don Johnson, his son Brian, Jay Blossom and Doug Duncan for handling the timing. Especially to Don who actually came to run and not to time. Seppo is a

visiting professor in ento mology, from Finland--a Mike Chippendale recruit to the running game. Welcome to Kevin Hicks and Pete Pastoret as new members of CTC.

After winning the cheese, Pete was so grateful, he joined the club. Pete's DT performance was particularly surprising, since he had never run as much as 10 miles before and since he had never run on this course before. Clark was way off his prediction of 2:20--he was in better shape than he thought--but afterwards, I think he regretted having made such an effort to better his DT. But then, he kept hearing that 75 year old behind him--with a 30 year age advantage he had to stay ahead.

The "Noon Group" would like everyone to note that they swept the first seven places. Okay, fellas, it has been duly noted. We might even mention it again in the "Six Years Ago" column, six years from now, if we survive so long.

ELAPSED TIME STANDINGS:

Open--Runners:

	Points		
1. Hessler	126.5	20. Garverick	18
2. Hicks	100	21. Pastoret	16
3. Lewis	100	22. Storvick	14
4. Londeree	92.5	23. O. Brown	14
5. Hinckley	78	24. Herbert	10
6. G. Brown	73.5	25. Creighton	10
7. Marks	61.5	26. Breitenbucher	8
8. Chippendale	53.5	27. Wade	7
9. Kacprowicz	45.5	28. Maxwell	6
10. Duncan	37	29. Kurtz	5
11. Loan	36	30. K. Hicks	5
12. Hirt	35		
13. Logan	34		
14. Todd	32		
15. Beckerdite	29		
16. Adams	23		
17. Johnson	23		
18. Blossom	22		
19. Carman	21		

Women:

1. Teri Maxwell	4
2. Amy Hessler	3
3. M. Blossom	2
4. Jan Frazer	2
5. Joan Hirt	2

Runners--40 & Over:

1. Hicks	39
2. Londeree	35
3. Duncan	17
4. Loan	17
5. Johnson	11
6. Frazer	9
7. Creighton	7
8. Storvick	5
9. O. Brown	5

15 & Under:

1. J. Gibson	24	8. S. Gibson	7
2. M. Gibson	19	9. D. Hicks	6
3. D. Duncan	14	10. A. Hessler	3
4. J. Blossom	10	11. Londeree	2
5. T. Loan	9	12. S. Blossom	2
6. D. Marks	8		
7. S. Hicks	7		

TOM LOGAN AND PROTEGE TIE FOR FIRST IN FIVE MILE RUN January 3, 1976:

	2.5	5 Miles	Secs off DT	% off
1. Tom Logan	13:16	27:20	---	
11. John Eads	13:30	27:20		
3. Don Lewis	14:06	28:18PB	18	1.07
4. Ben Londeree 41	14:42	29:26	34	1.89
5. Greg Brown	14:46	29:42	48	2.62
6. Tom Hinckley	14:45	29:47	43	2.35
7. Augie Hirt	14:45	30:12	12	.67
8. Pete Pastoret	14:49	30:49	49	2.72
9. Joe Duncan 41	16:20	32:59	11	.55
10. David Adams	16:40	33:28	88	4.58
11. Ray Loan 44	16:18	33:35	25	1.23
12. Don Johnson 47	16:42	34:05	5	.25
13. Olen Brown 40+	17:03	34:13	3	.15
14. Al Garverick	17:07	34:28	17	.82
15. Dennis Blossom	17:05	35:36	66	3.19
16. Bill Kurtz	17:57	36:24	16	.73
17. Doug Duncan 15	18:18	37:05		
18. Jim Gibson 12	18:18	37:30		

BILL CLARK WAS ALL ALONE IN THE FIVE MILE WALK, BUT HE WON HANDILY IN 1:00:11 (30:12), 2:19 off his DT, too fast, 3.88 % off.

20⁰ with a powerful wind out of the Northwest which pretty well straightened you up on the one mile stretch going north on ZZ. Eads is a runner out of East HS, Kansas City, where Logan teaches. Logan was fresh off a victory in a 6 mile run (actually more like 5.9) in Kansas City where he had 30:37. Tom was also in the Alton, Ill. 10 Mile Run in Dec., finishing 11th with 53:36. That race was won by St. Louis' Bob Fitts in 50:53. Fitts got a surprising victory over Bob Busby who had 51:35.

In today's five miler, Hessler, Chippendale, Kevin Hicks & Mike Madson failed to check their schedule (which, obviously, one must always do) and showed up for a race at 9:00 AM. While the rest of us were still in bed, they went ahead and had a little race with Dick and Mike running together in a workout time of 32:45 while Hicks had 36:20 and Madson 36:22.

DESIGNATED TIME STANDINGS:

	Av. % OFF	Events			
1. Ben Londeree	.61	9	16. Greg Brown	2.06	9
2. Olen Brown	.73	5	17. Rex Frazer	2.11	2
3. Turk Storvick	.76	2	18. Augie Hirt	2.22	7
4. Don Lewis	.79	8	19. Rob Spier	2.44	5
5. Joe Duncan	.79	5	20. Dick Hessler	2.46	6
6. Bill Kurtz	1.20	5	21. Ray Loan	2.57	7
7. Joe Marks	1.27	8	22. Tim Loan	2.60	2
8. Rich Todd	1.41	2	23. William Taft	2.81	2
9. Pete Pastoret	1.41	2	24. Jim Breitenbucher	2.90	4
10. Whitney Hicks	1.51	8	25. Don Carman	3.07	6
11. Tom Hinckley	1.53	8	26. Dennis Blossom	3.15	6
12. Dave Leuthold	1.72	3	27. Randy Bakewell	3.76	2
13. Al Garverick	1.94	7	28. David Adams	4.14	2
14. Don JOHNSon	2.00	6	29. Jay Blossom	4.87	2
15. Mike Chippendale	2.00	5	30. Kevin Hicks	6.39	2.

ELAPSED TIME STANDINGS--WALKERS:

1. Hirt	36	8. Chapin	11
2. Breitenbucher	25	9. Mimm	8
3. Spier	25	10. Bakewell	7
4. Leuthold	24	11. Taft	4
5. Young	18	12. Carman	2
6. Busen	18	13. Bent	2
7. Ide	15	14. Schulte	1

Age 40 & Over:

1. Leuthold	18
2. Spier	16
3. Busen	12
4. Chapin	7
5. Taft	3
6. Bent	2

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE

Standings

% IMPR.	Events				
1. D. Duncan	17.28	2	8. Leuthold	2.86	4
2. Mimm	7.68	2	9. Hessler	2.57	8
3. Hinckley	7.51	4	10. Hicks	2.45	5
4. D. Blossom	4.68	3	11. Lewis	2.18	6
5. Garverick	3.67	5	12. Young	1.86	2
6. J. Duncan	3.44	5	13. Spier	.94	6
7. Marks	3.13	8	14. Busen	.12	2
			15. Breitenbucher	-1.09	5
			16. Taft	-1.18	3
			17. Chippendale	-2.63	3
			18. Hirt	-2.80	5
			19. Londeree	-4.93	9
			20. Chapin	-5.14	2
			21. Storvick	-5.78	2

AL SETTLE WINS 20 KILOMETER RUN, DICK HESSLER 2nd January 17, 1976:

	5Kilo	Splits	10	15	20 Kilo	Secs. off DT	% off
1. Al Settle	17:05		35:10	52:40	1:11:05		
2. Dick Hessler	17:30		35:41	53:20	1:11:38PB		
3. Jon Herbert	17:38		37:00	56:15	1:16:02	512	12.73
4. Greg Brown	19:01		39:10	59:00	1:19:26	56	1.18
5. Tom Hinckley	19:56		40:50	1:01:12	1:22:15	45	.90
6. Mark Kelty	19:46		40:53	1:01:40	1:22:41		
7. Joe Marks	19:56		40:58	1:01:31	1:23:20PB	20	.40
8. Don Carman	21:33		43:38	1:04:30	1:28:29	131	1.58
9. Ray Loan 44	20:56		43:50	1:05:15	1:29:39	159	3.04
10. Kevin Hicks	23:13		48:35	1:10:46	1:37:45	165	2.89
11. Don Johnson 47	22:38		--	1:11:09	1:38:30	330	5.91
12. Joan Hirt	25:15		--	1:18:12	1:46:40		
13. Olen Brown 40+	22:06		46:10	1:08:05	out at about 10 miles		
14. Mike Madson	23:13		48:35	OUT			

AND, AT THE SAME TIME AUGIE HIRT TAKES THE 20 KILO WALK:

1. Augie Hirt	26:00	52:27	1:18:30	1:46:30	90	1.42
2. Jerry Young	25:52	53:10	1:20:23	1:51:39		
3.t Henry Bent 75	38:36	--	1:58:07	2:39:51	291	3.13
3t. Bill Clark 41	38:36	--	1:58:07	2:39:51	9	..09

18 degrees, mild North wind, not too bothersome, sun shining.

Both Hinckley and Joan Hirt had their longest continuous run ever, including workouts. That also may be true for Hicks. Settle had the lead all the way with Dick closing a little bit over the last leg, but not much. Welcome to both Jon Herbert and Mike Madson to CTC membership. Herbert got off work in Springfield at 3:00 AM and then came here off a couple hours of sleep. A disciple of Leonard Busen! A month ago Bill Clark won the sauerkraut for missing his DT the most. Today he comes closer than anyone--but still no cheese. Joan Hirt sets a record for women.

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

January 4, 1970: 10 Mile Walk, won by Joe Duncan (1:32:26) over Fred Young (1:33:30). Sal Citarella won the 10 mile run in 1:07:26 when Tom Logan and Larry Carpenter failed to turn and come back at Broadway, thus running some 2 or more miles extra.

January 10, 1970: Five Mile Run--Logan didn't get lost this time, winning in 26:27. Loren Moes had 26:39, . . . 4. Whitney Hicks, 31:46, 5. Joe Duncan, 33:18 beating Don Granberg and his sore knee(34:02).

January 31, 1970: Whitney Hicks won a Devil-take-the-Hindmost race--beating 11 others. Everybody ran a mile and supposedly the last one dropped out with each succeeding lap. However, it got somewhat confusing with people dropping out prematurely or not dropping out at all. Anyway, Whitney did 19:47 for 3 miles and that was the last time we did that crazy event.

THE RESULTS OF THE NATIONAL POSTAL ONE HOUR RUN FINALLY CAME IN. CTC finished 9th out of 34 teams with a total of 52 miles, 1514 yards and 302 points. North Carolina TC won with 57 miles, 240 yards, 87 points. Scorers for CTC were: Rick Katz, 69th, Dick Hessler, 116th, Rich Todd 134th; Don Lewis 156th and Ben Londeree 164th. There were 940 runners with Gary Tuttle winning with 12 miles, 811 yards. Ben got a medal for finishing 10th in the age 40-49 group--out of 164 runners in that category.

DENNIS STEWART reports that he is able to work out on grass and is able to do heavy sprint type work, but still cannot get out on the roads. He and Julie have bought their own cross-country course--27 acres south of Higginsville. Despite a period of no training, Stewart actually lost 5 pounds.

DON GRANBERG has done two more marathons: a 2:47+ (a personal best) at Eugene, Ore., where he ran miles 2-13 with Jacki Hansen, at which time she took off (or Don faded) finishing in 2:38+ and a world's marathon record for women. Then Don had 2:48:55 at the Island Marathon near Portland, good for 45th out of 360 starters. Don must be getting some "under the table" money, for he advises that he and Beth bought a new car--a Plymouth--so that we will no longer have his old yellow Saab to kick around anymore.

FINAL RESULTS OF MASTERS NATIONAL POSTAL RACEWALKING COMPETITION, 1975

30K walk, October

1. 2:56.27 Chris Amoroso 41 Colo
2. 2:59.13 Leonard Busen 45, CTC
3. 2:59.35 Dave Leuthold 42, CTC
4. 3:06.36 Bob Chapin 43, CTC
5. 3:12.44 Rob Spier 53, CTC
6. 3:28.10 John Evans 50's, Houston, Tex
7. 3:41.55 John Scimone Fla TC, 41
8. 3:41.56 Hank Stephenson, 43 Fla TC

Team Title CTC 9:05.23

50 K Walk November

1. 5:06.03 Chris Amoroso 41, Colo TC
2. 5:54.52 Dave Leuthold 42 CTC
3. 6:06.47 Rob Spier 53, CTC
4. 7:31.50 Henry Bent 75 (11) CTC

Team Title: Columbia TC 19:33.29

POINTS

<u>Overall</u>		<u>40-49 years</u>	<u>50-59 years</u>	<u>60+ years</u>
75 Busen	15 O'Neil	44 Amoroso	35 Spier	8 Medeiros
74 Amoroso	15 Barr	40 Busen	15 Mimm	6 O'Neil
69.5 Spier	14 Wood	31 Leuthold	14 Barnes	5 Duckham
67.5 Leuthold	13 Reed	27 Kelly	13 Lundmark	1 Doran
50 Kelly	13 Gragg	24 Mortland	12 Johnson	1 Kakritz
47 Mortland	12 Duckham	23 Boitano	9 Reed	1 Bent
45 Boitano	11 Taft	20 Scimone	8 Taft	
44 Mimm	11 Long	16 Chapin	8 Gragg	
37 Barnes	10 Stephenson	12 McDonald	7 Gray	
36 Medeiros	10 Jacobs	11 Gershuny	4 Long	
34 Scimone	10 Williams	9 Barbu	4 Jacobs	
33 Chapin	6 Neishloss	9 Leaver	2 Van Dyke	
27 Lundmark	5 MacLachlan	8 Barr	1 Hill	
24 Gray	5 Lakritz	8 Denman	1 Evans	
23 Gershuny	2 Van Dyke	7 Wood		
22 McDonald	1 Bent	5 Stephenson		
20 Leaver	1 Doran	4 Williams		
20 Barbu	1 Hill	2 Neishloss		
17 Denman		2 MacLachlan		

Notes

Busen's narrow victory over Amoroso in the Overall category reverses last years finish. Amoroso, Spier and Medeiros all retained their age group titles from last year. For those who are wondering how Chris Amoroso could win the 40-49 year title and lose the overall title, I will explain the scoring system. Each entrant receives a point for finishing and for each person he beats in his own category. For the 50 K results reported above Amoroso received 4 points in the overall category, 1 for finishing and 1 each for beating 3 other entrants. He received 2 points in the 40-49 year group, 1 for finishing and 1 for beating Leuthold, the only other 40-49 year entrant. During the year Busen and Amoroso competed head to head in 5 events (with Chris winning all of them); Amoroso entered the 50 K in a last effort to catch Busen, who stayed home; and Busen entered 4 events that Amoroso did not (Chris must have been snowed in during the spring—in September problems at home prevented him from entering the 100K and 100 miller). So the answer is that Busen was beating people in the races he was in but there weren't enough 40-49 year olds in those races for him to get points.

Busen's success illustrates the importance of trying to enter regularly. The high standing of Kelly and Mortland indicates the importance of the 5K and 20K races which have lots of entrants. Mortland became eligible this year and obviously he and Kelly have lots of speed and endurance. Once they start entering more races, Amoroso and Busen will have a real struggle to stay on top.

In the 30K new master's postal records were set by Spier for the 50-59 group and by the CTC team. In the 50K Amoroso set a new Overall and 40-49 record. Henry Bent, a former Dean of the Graduate School at the University of Missouri, walked a remarkable race in his first competition in miserable weather.

COLUMBIA TRACK CLUB EVENT RECORDS--OPEN

EVENT	COURSE	TIME	WHO	WHEN
220 yard dash	Track	24.3*	John Houle	May 8, 1971
440 yard dash	"	52.8**	Dennis Stewart	August 26, 1972
880 yard run	"	1:58.0*	Dennis Stewart	May 8, 1971
One Mile Run	"	4:19.0	Tom Logan	March 18, 1972
Two Mile Run	"	9:08.0	Charles McMullen	July 29, 1972
Three Mile Run	"	14:44.0	Fred Binggeli	March 8, 1975
		14:54.0	Dennis Stewart	August 11, 1973
Five Miles	Road	25:35	Fred Binggeli	January 4, 1975
		25:40	Rick Katz	" " "
Six Miles	"	32:40	Charlie Evans	May 31, 1975
		33:04	Dennis Stewart	June 2, 1973
Eight Miles	"	42:25	Tom Logan	October 11, 1975
Ten Miles	"	53:17	Rob Leutwiler	February 26, 1972
		53:46	Rick Katz	December 21, 1974
Ten Miles	Track	52:29***	Barney Hance	June 17, 1972
		54:00***	Dennis Stewart	June 15, 1974
Twelve Miles	Road	1:05:25	Rick Callison	February 22, 1975
		1:10:40	Rick Katz	" " "
Heart of America Marathon		2:34:07	Barry Crawford	September 5, 1966
		2:39:43	Dick Hessler	September 1, 1975
One Hour Run	Track	11 Miles, 797 yards	Barney Hance	June 17, 1972
		11 " 233 "	Dennis Stewart	June 15, 1974
5,000 Meter Run	"	15:20.8	Dennis Stewart	December 1, 1973
10,000 Meter Run	"	32:14	Dennis Stewart	November 17, 1973
10,000 Meter Run	Road	31:53****	Bob Busby	July 19, 1975
		33:37****	Rick Katz	" " "
15,000 Meter Run	"	47:44	Bob Busby	" " "
		51:28	Rick Katz	" " "
20,000 Meter Run	"	1:08:47	Rick Katz	January 18, 1975
25,000 Meters	"	1:27:33*****	Rick Katz	December 7, 1974
30,000 Meter Run	"	1:44:30	Rick Katz	" " "
2 Mile Cross-Country Mun. GC		9:38	Bob Brouillet	October 10, 1971
2 Mile " " Gustin GC		10:09	Bob Brouillet	October 23, 1971
5 Mile " " " "		26:53	Charlie Evans	November 4, 1973
		27:58	Dennis Stewart	" " "
3, 2, 1 Mile Triathlon	Track	29:46.9	Rick Katz	May 17, 1975
		(15:04, 9:58, 4:44.9)		
Sprint Triathlon	Track	7:21.6	Paul Rice	June 29, 1975
(Mile, 880, 440)		(4:29.0, 1:59.2, 53.4)		
CTC: 7:23.8		(4:29.2, 2:01, 53.6)	Dennis Stewart	August 4, 1973
Walk-Run Pentathlon	Track	2,790 Points	Stan Smith	April 28, 1973
(2 Mile Walk: 18:02, 361 Points; 880 Yard Run: 2:04.8, 668 points;				
1 Mile Walk: 7:33, 543 points; 2 Mile Run: 10:02.5, 695 points;				
220 Yard Dash: 25.4, 523 points)				
CTC: Augie Hirt		2593 points	April, 26, 1975	
Four Mile Relay	Track	18:35	Stewart's Stompers	May 25, 1974
			(Mike Lawman 4:49, Tom Hoft 4:43,	
			Charlie Evans 4:43, Dennis Stewart	4:20)

*Part of Walk-Run Pentathlon

**Part of Sprint Triathlon

***Enroute to One Hour Run

****Enroute to 15,000 Meter Run

*****Enroute to 30,000 Meters

The occasional second mark listed for some of the events shows the best performance by a CTC member. In that manner Dick Hessler gets his name thrown into the pot.

The Columbia Track Club Newsletter comes your way every single month if you pay but ONE DOLLAR for a one years subscription--or the newsletter is included in your CTC dues if you wish to become a member of CTC. The dues are \$5.00 (\$4.00 for a new member). Either way, send your money to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201

SCHEDULE OF EVENTS:

FEBRUARY	1	Sunday	1:00 PM	6th Annual Frostbite 8 Mile Road Run Belleville, Ill.
	7	Saturday	9:00 AM	10,000 Meter Run, 10,000 Meter Walk Hilton Inn Record: 31:53 Bob Busby July 19, 1975
	8	Sunday	8:00 AM	St. Louis TC 20 Mile Run Championship Kirkwood HS
	15	Sunday	8:00 AM	22 Mile Confidence Run over main portion of marathon course.. Forest Park Handball Fieldhouse, St. Louis
	21	Saturday	9:00 AM	12 Mile Run, 12 Mile Walk Hilton Inn Records: 1:05:25 Rick Callison Feb. 22, 1975 1:43:15 Augie Hirt "
	22	Sunday	8:00 AM	15 Mile Run Francis Field, St. Louis
	29	Sunday	8:00 AM	Third Olympiad Memorial Marathon, St. Louis, Mo. I have entry blanks. We will have a sizeable contingent of CTC runners. There will be team awards for an Open and a Masters Team.

THE BICENTENNIAL RUN ACROSS MISSOURI, May 15-16, still needs some CTC participants. "Definite" so far are Dick Hessler, Greg Brown, Joe Duncan, Doug Duncan, Joe Marks, Olen Brown, Rex Frazer, Tom Hinckley and Joan and Augie Hirt. That leaves five positions to fill, plus a couple of alternates "just in case." Joe Marks needs to know now if you would like to participate. His phone number is (314) 882-6546; address, 509 Defoe, Columbia, Mo. The CTC portion will start at 7:00 PM One Mile east of Mokane on Highway 94, May 15 and end May 16, 10:AM, on Highway 41 at its junction with D in Saline Co., just east of Marshall. Each runner will run eight miles in an hour. Presumably some time will be spent at each transfer point for most of the runners will run faster than 7½ minute pace.

THE ST. LOUIS TC is getting up a group tour for the Boston Marathon at special tour rates IF they can get at least 10 tour members. The group will leave St. Louis Sat. AM, April 17. Round-Trip Air fare is \$127.00 at the special rate. If anyone is interested in this you should contact JOE MARKS for further details. There is a standing offer of CTC paying the Round trip air fare to Boston for the first CTC member to run a Marathon in less than 2:30. That's a promise! Did you hear that, Joe Marks?

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN ONE HOUR WALK
1976 Entry Blank

TIME: Saturday, March 27, 1976 2:00 p.m.

PLACE: Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road exit off of I-70.

ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by March 25th.

AWARDS: Trophies to first six finishers, certificates to all finishers. MVA AU medals to first three MVA AU finishers. Small trophies to first women finisher and to first over 40 finisher.

MVA AU RECORD: 8 miles, 415 yards - April 16, 1972.

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

PRINT NAME _____ BIRTH DATE _____

AAU # _____ AAU ASS'N. _____ HT. _____ WT. _____

Signature _____

ADDRESS _____ ZIP _____

SCHOOL OR CLUB _____

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

NAME _____

ADDRESS _____ ZIP _____

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.

Return to: Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201

ONE HOUR WALK

MISSOURI VALLEY AAU AND OPEN 50 KILOMETER WALK
1976 ENTRY BLANK

TIME: Saturday, April 10, 1976 - 9:00 a.m.

PLACE: Columbia, Missouri - meet at Hilton Inn parking lot, southwest corner of Stadium Boulevard and I-70. The course will be on a black top road.

ENTRY FEE: \$1.00 - post entries will be accepted; however, please try to have your entries in by April 8.

AWARDS: Six trophies to first six finishers, one trophy for first Over Age 40, certificates to all finishers. MVAAU medals to first 3 MVAAU finishers.

MVAAU
RECORD: 4:00:46 Larry Young - September 3, 1972

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 A.A.U., the A.A.U. of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ BIRTH DATE _____

AAU # _____ AAU ASSN: _____ HT. _____ WT. _____

Signature _____

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 A.A.U. of the United States.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE A.A.U.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 65201