

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. VIII, No. 3

March 25, 1976

## DOUG CLARK BEATS STEWART &amp; HESSLER IN THREE MILE RUN March 6, 1976:

	1	2	3	Seconds off DT	% off
1. Doug Clark	5:04	10:22	15:47		
2. Dennis Stewart	5:04	10:33	16:03	42	4.17
3. Dick Hessler	5:18	10:47	16:04PB		
4. Don Lewis 40	5:19	11:01	16:35	10	.99
5. Tom Hinckley	5:32	11:23	17:05PB	40	3.76
6. Mike Chippendale	5:56	11:44	17:11	34	3.19
7. Greg Brown	5:53	11:47	17:26PB	19	1.78
8. Pete Pastoret	5:35	11:36	17:38	7	.66
9. Ben Londeree 41	5:55	11:47	17:42	3	.28
10. Don Carman	5:54	11:43	17:43PB	17	1.57
11. Joe Marks	6:06	12:13	18:08PB	22	1.98
12. David Adams	6:10	12:26	18:25	25	2.31
13. Joe Duncan 41	6:08	12:23	18:38	22	1.93
14. Ray Loan 44	6:09	12:26	18:48	27	2.34
15. Al Garverick	6:37	13:34	20:10PB	5	.41
16. Doug Duncan 15	6:50	13:56	20:52		
17. Joan Hirt	7:09	14:22	21:26PB		
18. Jim Gibson 12	6:51	14:21	21:52		
19. Olen Brown 40+	7:06	14:43	22:31	29	2.10
20. T. L. Veum	7:26	15:28	22:58	58	4.39
21. Matt Gibson 10	7:25	15:25	23:25		
22. Janet Leuthold	7:55	17:00	26:24		

## AT THE SAME TIME, LARRY YOUNG LEADS A GOOD PACK OF WALKERS IN A 5 MILER:

	1.52	2.39	3.26	4.13	5 Miles		
1. Larry Young	11:45	18:10	24:42	31:14	37:44		
2. Augie Hirt	12:05	18:50	25:45	32:27	39:13	43	1.86
3. Paul Ide	12:49	20:29	27:40	34:45	41:08		
4. Jerry Young	12:48	20:04	27:21	34:34	41:18		
5. Leonard Busen 46	14:14	22:05	29:47	37:36	44:48	192	6.67
6. Mark Young	14:15	22:06	29:51	37:35	45:00		
7. Jim Breitenbucher	13:54	22:09	31:50	39:53	47:30		
8. Dave Leuthold 43	15:21	23:48	31:49	39:53	47:50	130	4.33
9. ? Mack ?	---	23:22	31:50	40:01	47:56		
10. Rob Spier 53	17:03	25:43	34:26	43:11	52:02	28	.89
11. William Taft 60	18:49	28:58	39:06	49:13	59:08PB	232	6.14
12. Henry Bent 75	18:48	28:58	39:06	49:13	59:11	49	1.36

30 degrees, sun shining, a fairly strong south wind. This event was on the Reactor Park course--a .87+ mile loop with about .2 of a mile uphill. There is a nice downhill stretch which allows one to really fly--even against the wind. I think that most of us liked this new course very much for a short event such as these. Clark is a freshman at SW Mo. State U.. He first began running as a high school senior, Lexington, Mo. Stewart tucks another good race under his belt in his comeback efforts, finding enough of his old kick to hold off Dick Hessler at the finish. Don Lewis remains undefeated as a 40 year old. Joan Hirt set a record for women beating the 22:10 mark set by Linda Maddox in August, 1973. Hinckley and Carman raise a few eyebrows with their performances. Ben Londeree and Olen Brown are back after missing a few races because of injuries. All of our "wounded" people are now back except for Turk Storvick. Turk is fighting off a back problem with some success. He is doing some running and will continue to do so as long as he feels comfortable with it.

The walkers were out in full force--this marks the first race for Larry Young in his bid to make the US Olympic team and the other walkers are beginning to get serious in their efforts to meet the qualifying standard of 1:36:00 for the 20 kilometer distance. Busen celebrated his 46th birthday with this race and outwalked a bunch of the youngsters. Taft and Bent had a fine battle over the last 220 with the "kid" prevailing.

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The Columbia Track Club Newsletter comes out every month and goes to all CTC members (those who have paid the \$5.00 annual dues) and to all nonmembers who pay TWO Dollars for an annual subscription. That's right, we have increased the yearly subscription for nonmembers to \$2.00. And that is still a bargain--if you like the rag--otherwise, it ain't no bargain for any amount. Send your money (either CTC dues or the \$2.00) to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201.

ROGLES, FISHER, McMULLEN & McMULLEN WIN FOUR MILE RELAY March 20, 1976:

Individual Total Team  
Mile Times Time

1. McMULLEN'S TIGERS			
Dave Rogles	5:22	5:22	
Steve Fisher	5:08	10:30	
Tim McMullen	5:17	15:47	
Charlie McMullen	4:52	20:39	
2. THE NOON GROUPIES			
Al Garverick	5:48	5:48	
Don Carman	5:11	10:59	
Mike Chippendale	5:04	16:03	
Ben Londeree 41	5:04	21:07	
3. THE WOOD RUNNERS (and Joe Marks)			
Joe Marks	5:27	5:27	
Phil Dougherty	5:24	10:51	
Greg Brown	5:20	16:11	
Tom Hinckley	5:00	21:11	
4. THE OLD MEN			
Don Lewis 40	4:59	4:59	
Ray Loan 44	5:42	10:41	
Olen Brown 40+	6:07	16:48	
Jean Madden 47	5:41	22:29	
5. STEWART'S STOMPERS			
Dennis Stewart	4:50	4:50	
Tim Loan 13	6:15	11:05	
Doug Duncan 15	6:00	17:05	
Bill Kurtz	6:34	23:39	
6. LookZaMadHix			
Jim Zajicek	6:55	6:55	
George Lookhart	6:00	12:55	
Mike Madsen	5:46	18:41	
Kevin Hicks	5:37	24:18	
7. THE GIBSON GROUP			
Matt Gibson 10	6:45	6:45	
Jim Gibson, Sr.	6:48	13:33	
Steve Gibson 9	7:07	20:40	
Jim Gibson, Jr. 12	6:22	27:02	
8. THE FOUR H's			
Amy Hessler 10	7:05	7:05	
Julie Hobbs 15	7:25	14:30	
Peter Hessler 6	8:34	23:04	
Dick Hessler	5:14	28:18	

60 degrees, mild south wind. This was on the Reactor Park .87 mile loop, which made a tougher mile for each person compared to the track. Probably some 10 seconds slower. The McMullen Gang had just come from Hearn's where they had done a 16X40 workout, so this event gave them a "cooldown" mile.

The Old Men set a new standard for the Age 40 category, beating the 22:51 set in May 1974 by Frazer, Duncan, Leuthold & Madden.

The Gibson family has a record for a team composed of members of one family. This is an interesting record for families to shoot at in future years.

The Tigers failed to come close to the Open record of 18:35 which, of course, was set on the track.

Once again Carman and Hinckley shine, as does Chippendale and even Al Garverick. Joe Duncan ran a solo 5:44 and Big Al almost ran over him coming over the hill. But Duncan managed to stay ahead of the Garverick Express as they were rolling down the finishing hill.

FOLLOWING THIS, PAUL IDE WON THE THREE MILE WALK WITH A FINE 22:41:

	1	2	3	Seconds off DT	% off
1. Paul Ide	7:28	15:03	22:41		
2. Augie Hirt	7:28	15:33	24:00	60	4.35
3. Jim Breitenbucher	7:58	16:42	25:24	36	2.37
4. Randy Mimm	8:28	17:32	26:25		
5. Leonard Busen	8:46	17:45	26:29	59	3.96
6. Paul Mack	9:00	18:28	27:48		
7. Dave Leuthold	9:00	18:44	29:06	54	3.00
8. Rob Spier	9:59	20:22	31:01	1	.05
9. Henry Bent	11:25	23:15	35:04	56	2.59

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE

Standings:

	% Impr.	Events						
1. Hinckley	6.16	6	7. D. Duncan	3.03	5	13. Lewis	.28	8
2. Carman	5.70	4	8. Hicks	2.45	5	14. Brei'er	-1.09	5
3. Blossom	4.68	3	9. Busen	2.09	3	15. Taft	-1.18	3
4. J. Duncan	4.01	9	10. Leuthold	2.06	7	16. Chipp.	-1.22	5
5. Garverick	3.67	7	11. Hessler	1.42	10+	17. Hirt	-3.14	5
6. Marks	3.37	10+	12. Spier	.92	8	18. Londeree	-5.02	10+

This is developing into quite an interesting battle. A lot of changes can yet take place, especially when those with 10 or more events can start throwing out their poorest improvements. Londeree may well have the 1977 award sewn up already!

OUR REPORT OF DR. JAMES BLATHERSKITE'S STUDY OF THE EFFECTS OF MARATHONING on one's IQ has created considerable comment and some consternation. You will recall his conclusion that each completed marathon reduced ones' IQ by 6.7%. I have had many inquiries as to whether this was a "put-on." If true, then many of our marathoners would have a minus IQ by now. And, many people think they do anyway.

Dick Carr, for one, registered disbelief in this study. In fact, he allowed as to how he is smarter because of his running. After all, consider that one's brain cells are nourished by an exceptionally strong circulatory system. But, then, if you are so smart, Dick, why do you continue to run marathons?

I happen to think, and I predict, that very few runners will become senile in their old age. Running is conducive not only to physical well-being, but also to mental, intellectual and emotional well-being. It takes an alert, active mind to cope with the boredom of long distance runs.

But then, is Blatherskite's report a "put-on?" Of course it is! The giveaway is the name of the good doctor. "Blatherskite." The American Heritage Dictionary of the English Language defines "blatherskite" as "A babbling, foolish person. 2. Absurd and foolish talk."

With this information, I then decided to conduct a second interview with our runner who has run many marathons, thinking I had caught him on a bad day the first time. But, alas, the second try was even worse than the first. The only response I could elicit was some incoherent mumblings followed by a fixed, blank stare. Oh well, back to the drawing board and some consultation with an independent mediocal authority, the eminent Dr. Sydney B. Fustian. MAYBE next month I will be able to share with you the benefit of his thinking, for it is my understanding that he has been doing some research in the area of Exercise and Intelligence with emphasis on endurance type activity, particularly marathoning.

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RESULTS OF THE THIRD OLMPIAD MEMORIAL MARATHON St. Louis Feb. 29, 1976:

		5	10	15	20	FINISH
1.	Dan Cloeter Springfield, Ill.	26:32	53:34	1:20:45	1:47:22	2:20:47
2.	Bob Busby Warrensburg	26:55	54:09	1:20:45	1:47:36	2:21:31
3.	Tony Brien Ireland	27:10	54:09	1:20:51	1:47:58	2:22:09
7.	Bob Fitts St. Louis TC	26:32	53:34	1:21:40	1:51:06	2:28:24
11.	Dick Hessler CTC	28:44	58:41	1:28:35	1:58:57	2:36:36
15.	Rich Todd CTC	28:44	58:43	1:29:56	2:01:35	2:41:32
38.	Alex Ratelle Minneapolis 51	---	1:03:57	1:37:17	2:11:19	2:54:42
43.	Arne Richards Manhattan, Ks.	34:05	1:07:10	1:41:02	2:15:22	2:57:37
50.	Rex Frazer CTC	30:40	1:03:57	1:37:44	2:13:35	3:00:06
51.	Bob Hunerdosse Fairfield, Ia.	34:07	1:06:55	1:41:13	2:15:40	3:00:20
56.	Joe Marks CTC	32:45	---	1:43:00	2:19:03	3:05:19
64.	Greg Brown CTC	31:57	1:05:59	---	2:17:14	3:07:52
121.	Joe Duncan CTC	37:15	1:15:15	1:53:48	2:34:40	3:35:43
138.	Jon Herbert CTC	31:02	---	1:37:00	2:30:32	3:43:08
149.	Don Johnson CTC	41:21	1:25:42	2:11:12	2:55:45	3:48:29
189.	Leonard Busen St. Louis TC	42:19	1:31:19	2:24:05	3:27:45	4:31:40

Team Scores: Open Division: St. Louis TC--36 points; Marymount College--58 points; Central Missouri State--79 points; COLUMBIA TRACK CLUB--82 points; Illinois Valley Striders--145 points.

40+ Division: St. Louis TC--11 points; Kentuckiana Cinder club--25 pts.; COLUMBIA TRACK CLUB--63 points; Mid-America Masters--70 points.

This race has quickly become one of the nations premiere marathons, both from the standpoint of the competition and the organization. Last year we had to battle a cold 20 degrees, while this year we went to the other extreme--56 at the start, a hot sun over the last half of the race and temperatures into the 70's. This caused 69 dropouts out of the original 265 starters. In 1975 there were 62 runners under 3:00:00, this year there were only 49, despite some 90 or so more starters. And so it is that Greg Brown made his marathon debut.

The St. Louis TC, led by Marathon Director Jerry Kokesh, is certainly to be commended for their excellent presentation of this event. They have great financial support and dozens of willing workers. Their post-race booklet, complete with many photos, is a fine publication.

## COLUMBIA TRACK CLUB EVENT RECORDS--WOMEN:

One Mile Run	Track	5:10.1	Carol Cook	July 6, 1974
Two Mile Run	"	13:08	Joan Hirt	September 20, 1975
Three Mile Run	Re. Park	21:26	Joan Hirt	March 6, 1976
5,000 Meter Run	Track	22:51	Betsy Lamar	Dec. 1, 1973
Five Mile Run	Road	42:35	Janet Leuthold	Oct. 13, 1973
10,000 Meter Run	Track	48:25	Joan Hirt	Nov. 17, 1973
Eight Mile Run	Road	1:07:46	Teri Maxwell	Oct. 11, 1975
One Hour Run	Track	7 Miles, 478 yards	Linda Maddox	June 16, 1973
20,000 Meter Run	Road	1:46:40	Joan Hirt	Jan. 17, 1976
2 Mile Cross-Country Mun.	GC	13:55	Mary Magnusson	Oct. 17, 1971
2 Mile " " " " " " " "	GC	14:02	Janet Leuthold	Oct. 21, 1973
Heart of America Marathon		4:34:28	Marsha Weiss	Sept. 2, 1974
Sprint Triathlon	Track	11:37.7	Marsha Weiss	Aug. 3, 1974
(Mile, 880, 440)		(6:59, 3:11.5, 87.2)		
Two Mile Walk	Track	18:29	Beth Eberle	Oct. 27, 1973
Three Mile Walk	"	28:37	Gwen Eberle	Sept. 22, 1974
5,000 Meter Walk	"	28:36	Gwen Eberle	May 4, 1974
5 Mile Walk	"	47:59	Gwen Eberle	Sept. 22, 1974
6 Mile Walk	"	57:47	Gwen Eberle	Sept. 22, 1974
10,000 Meter Walk	"	56:19	Ellen Minkow	Oct. 27, 1973
One Hour Walk	"	6 Miles, 252 yards	Gwen Eberle	April 6, 1974
Ten Mile Walk	Road	2:10:09	Janet Leuthold	Jan. 4, 1970
50 Mile Walk	Track	11:55:15	Joyce Schulte	Oct. 5-6, 1974
100 Kilo Walk	"	16:39:10	Joyce Schulte	Oct. 5-6, 1974

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## OPEN RACE WALKING RECORDS:

One Mile	Track	6:53(3 times)	Larry Young	March 26, 1972
Two Miles	"	14:22	Larry Young	April 29, 1972
Three Miles	"	21:45*	Larry Young	April 16, 1972
Four Miles	"	29:04*	Larry Young	" " "
Five Miles	"	36:19*	Larry Young	" " "
Five Miles	Road	37:07**	Ron Laird	Dec. 21, 1974
Six Miles	"	45:16	Larry Young	Feb. 7, 1971
Six Miles	Track	43:41*	Larry Young	April 16, 1972
Seven Miles	"	51:03*	Larry Young	" " "
Eight Miles	"	58:21*	Larry Young	" " "
One Hour Walk	"	8 Miles, 415 yards	Larry Young	" " "
Ten Miles	Road	1:15:25	Ron Laird	Dec. 21, 1974
Twelve Miles	"	1:43:15	Augie Hirt	Feb. 22, 1975
5,000 Meters	Track	23:59	Larry Young	July 6, 1974
10,000 Meters	"	44:15***	Larry Young	May 7, 1972
15,000 Meters	"	1:07:32***	Larry Young	" " "
20,000 Meters	"	1:30:10****	Larry Young	" " "
20,000 Meters	Road	1:35:34*****	Larry Young	Oct. 26, 1975
25,000 Meters	"	2:02:10*****	Larry Young	" " "
30,000 Meters	"	2:25:20	Larry Young	" " "
100 Miles	Track(220 Yd. dirt indoor)	18:07:12	Larry Young	Sept. 18-19, 1971
100 Miles	Track(440 Yd. outdoors)	19:24:34	Larry O'Neil	Sept. 22-23 1967

\*Enroute to One Hour Walk

\*\*Enroute to Ten Miles

\*\*\*Enroute to 20,000 Meters

\*\*\*\*This is also the American Record

\*\*\*\*\*Enroute to 30,000 Meters

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

March 14, 1970: Ten Mile Run. 1. Bob Hunerdosse 1:00:12 2. Don Granberg 1:06:15 3. Joe Duncan 1:08:48. . . .8. Leonard Busen 1:24:48----this was the very first appearance made by Leonard on the local running scene. At that time there was nothing in St. Louis, so Leonard came here looking for a race.

March 21, 1970: MVAU 10 Kilo Walk, Swope Park, Kansas City. Won by Paul Ide in 52:40. CTC was third in the team scoring with Mark Achen 3rd at 53:22, Joe Duncan 6th at 55:44, Darrell Palmer 57:46 and Mirth Madden at 1:03:26.

HELP COLUMBIA'S WALKERS MAKE THE

U.S. OLYMPIC TEAM

BY SUPPORTING THEM IN THE  
NECESSARY NATIONAL AAU COMPETITION:

NATIONAL AAU

100 Kilometer Walk	April 3 Longmont, Colorado
75 Kilometer Walk	April 11 West Long Branch, New Jersey
25 Kilometer Walk	April 17 Seattle, Washington
20 Kilometer Walk	May 2 or 9 New York, New York
10 Kilometer Walk	May 15 Boulder, Colorado
15 Kilometer Walk	May 29 Chicago, Illinois

U.S. OLYMPIC TRIALS

20 Kilometer Walk	June 19 Eugene, Oregon
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Your financial support is needed to help defray travel expenses.

Checks should be made payable to

Columbia Track Club Travel Fund  
and sent to:

August A. Hirt, Jr.  
3405 Valencia  
Columbia, Missouri

advertisement is underwritten  
by the Columbia Daily Tribune and the Following  
Firms as a Community Service for Columbia and the surrounding territory:  
Boone National Savings and Loan Association  
Central Office Equipment Co.  
Parker Funeral Service  
Miller's Shoe Store

This ad appeared in a recent Columbia Tribune. It is a copy of the sign which accompanies the trophy which is on display in the lobby of the First National Bank. The trophy is the one won by CTC in the Senior National AAU 50 Kilometer walk last year in New York.

So far there is some \$100 in the CTC Travel Fund. It is quite obvious that we have a long way to go to have enough money to help our walkers in any meaningful way in national competition. Any money raising ideas would be appreciated. Jim Breitenbucher has suggested a raffle-type affair involving running shoes or some such. We just may put Jim in charge of some venture of that sort.

Anyway, in the meantime we are soliciting cash contributions for any amount. We consider this a low-keyed (maybe it should be high-powered) community effort, so don't hesitate to mention our efforts to people you think might be willing to help.

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DESIGNATED TIME STANDINGS:

	Av.	% off	No. of	Events		
1. Ben Londeree	.57		10	14. Dave Leuthold	2.28	6
2. Olen Brown	.95		6	15. Ray Loan	2.36	9
3. Joe Duncan	.98		8	16. Augie Hirt	2.41	9
4. Don Lewis	.99		10	17. Dick Hessler	2.46	5
5. Pete Pastoret	1.16		3	18. Don Carman	2.61	8
6. Joe Marks	1.25		11	19. Rob Spier	2.77	9
7. Bill Kurtz	1.33		7	20. Jim Breitenbucher	2.79	5
8. Whitney Hicks	1.51		8	21. David Adams	3.09	4
9. Tom Hinckley	1.56		11	22. Henry Bent	3.09	4
10. Al Garverick	1.56		9	23. Dennis Blossom	3.15	6
11. Greg Brown	1.92		11	24. William Taft	3.52	4
12. Mike Chippendale	2.19		6	25. Randy Bakewell	3.90	3
13. Don Johnson	2.21		8			

ELAPSED TIME STANDINGS--WALKERS:

1. Hirt	52	8. Mimm	19	Age 40 & Over:	
2. Breitenbucher	40.5	9. Bakewell	15.5	1. Leuthold	30
3. Ide	36	10. Chapin	11	2. Spier	26
4. Leuthold	36	11. J. Young	7	3. Busen	21
5. Spier	35	12. Taft	7	4. Chapin	7
6. Young, L.	28	13. Bent	5	5. Taft	6
7. Busen	28	14. Carman	2	6. Bent	5

"Athlete's foot: the agony of defeat."

. . .Walt Wrzesniewski (Whoever he is).

SCHEDULE OF EVENTS:

APRIL	3	Saturday	12:00 NOON	10,000 Meter Run	Hickman Track
			RECORD:	32:14	Dennis Stewart Nov. 17, 1973
	3	"	9:00 AM	Track Meet at Meramec Jr. College	Divisions for 30 & over in 3 & 6 Miles
	10	"	9:00 AM	MVAAU & OPEN 50 KILOMETER WALK	Hilton Inn-Route 22 course
	15, 16, 17	Kansas Relays		Includes marathon, 40 & over Mile	and 880.
	24	Saturday	9:00 AM	Walk-Run Pentathlon	2 Mile Walk, 880 run, Mile walk, 2 mile run, 220 dash. Hickman Track. RECORD: 2,790 points Stan Smith April 28, 1973.
	24	"	11:00 AM	3 Mile Run	Parkway North Senior HS St. Louis

ELAPSED TIME STANDINGS:

Open--Runners:

1. Hessler	176.5
2. Lewis	140
3. Hinckley	124
4. Londeree	116
5. Greg Brown	108.5
6. Hicks, W.	100
7. Marks	93.5
8. Chippendale	80
9. Duncan	57
10. Carman	55
11. Loan	55
12. Stewart	48
13. Kacprowicz	45.5
14. Pastoret	38
15. Adams	36
16. Hirt	35
17. Logan	34
18. Todd	32
19. Garverick	30
20. Beckerdite	29

21. Johnson	27
22. Blossom	22
23. Olen Brown	19
24. K. Hicks	17
25. Storvick	14
26. Herbert	10
27. Creighton	10
28. Madsen	9
29. Kurtz	9

Age 40 & Over:

1. Londeree	44
2. Hicks	39
3. Duncan	26
4. Loan	25
5. Lewis	14
6. Johnson	13
7. Frazer	9
8. Creighton	7
9. O. Brown	7
10. Storvick	5
11. Madden	4

Age 15 & Under:

1. J. Gibson	31
2. D. Duncan	25
3. M. Gibson	24
4. T. Loan	15
5. J. Blossom	10
6. S. Gibson	9
7. D. Marks	8
8. S. Hicks	7
9. D. Hicks	6
10. A. Hessler	6
11. R. Londeree	2
12. S. Blossom	2
13. P. Hessler	1

Women:

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

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

# SCHEDULE FOR 1976 MASTERS RACE WALKING POSTAL COMPETITION

Month	Event	Record	50-59 Record	60+ Record	Team Record
April (till May 31)	20K	1:46:51 Amoroso	1:53.57 Johnson	2:00.12 Medeiros	6:06.12 Columbia
May	10K	54:50 Amoroso	60:33 Spier	--	180 min, 7 sec Columbia
June	15K	1:22.57 Amoroso	1:31.57 Lundmark	--	4:26.48 Colorado
July	5K	24.10 Kelly	25.37 Mimm	27.11 Medeiros	83.36 Columbia
August	1 hour	6 mi, 1441 yd Busen	6 mi 18 yd Spier	--	19 mi 252 yd Columbia
September	100 mile	20:09.20 Chapin	21:18.33 Spier	21:53.26 O'Neil	65:48.30 Columbia
October	30K	2:55.53 Busen	3:12.44 Spier	--	9:05.23 Columbia
November	50K	5:06.03 Amoroso	5:50.18 Spier	7:31.50 Bent	19:33.29 Columbia

## 1975 leaders

Overall: Busen, 75; Amoroso 74; Spier 69.5; Leuthold 67.5; Kelly 50; Mortland 47.  
 40-49 years: Amoroso 44; Busen 40; Leuthold 31; Kelly 27; Mortland 24; Boitano 23.  
 50-59 years: Spier 35; Mimm 15; Barnes 14; Lundmark 13; Johnson 12; Reed 9; Taft 8.  
 60+ years: Medeiros 8; O'Neil 6; Duckham 5.

## Rules

Age categories (1)Open, 40 & over (2)40-49 years (3)50-59 (4)60+ (5)Women 40 & over  
 Point scoring: Walker receives one point, plus a point for each competitor in his category that he beats. Team competition is encouraged--3 men on same AAU club, but need not walk on same day or track. In general, AAU rules apply. Must be on regulation track or certified course, timed by a non-participant. No judge required, but judges are encouraged. Performance must be during the specified month.

## Awards

Appropriate awards (probably trophies) to top winners in each category.

## Relevant national championships

April. Masters 20K April 3, Raleigh NC. Also Masters 25K, 75K and 100K  
 May 29. National Senior 15K, Chicago IL. Also Class B 10K, May 2, Portland OR  
 June ?? National Masters 15K, Fullerton CA. Also Class B 20K June 6, Kenosha  
 July 3 Masters 5K, Gresham OR  
 August Masters 40K Aug 8 Long Branch NJ; Natl Sr 50K Columbia MO Aug 15  
 September 25-26. 100 mile, Columbia MO  
 October 23, Masters 30K Columbia MO  
 November ?? Masters 50K Columbia MO

## ENTRY FORM

Distance \_\_\_\_\_ Time \_\_\_\_\_ Date walked \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

AAU Number \_\_\_\_\_ Club \_\_\_\_\_

Name of regulation track or certified course \_\_\_\_\_

Timers Name \_\_\_\_\_ Judge's name (if present) \_\_\_\_\_

Mail to: David Leuthold, 150 Ross Street, Columbia MO 65201

MISSOURI VALLEY AAU, MASTERS AND OPEN ONE HOUR RUN  
ENTRY BLANK

also

1976 Senior National Postal One Hour Run  
1976 Junior National Postal One Hour Run

**TIME:** Saturday, May 8, 1976, Section 1 (For those who will likely run less than 9 miles) starts at 5:00 p.m., Section 2 at 6:40 p.m.

**PLACE:** Columbia Missouri, Hickman High School Track, Hickman Track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70

**ENTRY FEE:** \$2.50, \$1.50 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 7. If you do not choose to participate in the National Postal competition, the entry fee is \$1.00. Each runner is to bring someone to record his 440 splits.

**AWARDS:** Trophies to first 6 finishers, certificates to all finishers, MVA AU medals to first 3 MVA AU finishers, trophies to first three over age 40 finishers.

**MVA AU Record:** 11 miles, 346 yards, Fred Binggeli, June 15, 1974.  
**TRACK RECORD:** 11 miles, 797 yards, Barney Hance, June 17, 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 the said race.

Print Name \_\_\_\_\_ AAU NO. \_\_\_\_\_ AAU Assoc. \_\_\_\_\_  
Signature \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ Birth Date \_\_\_\_\_  
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.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

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