

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VIII, No. 9

September 15, 1976

TONY RODIEZ, MILWAUKEE, TIES RECORD IN HEART OF AMERICA MARATHON: 2:34:07

The 17th edition of the Heart of America Marathon was the best ever, both from the standpoint of number of participants and quality of the field. In 1974 there were 22 under 3 hours, this year, 29. In 1975 there were 78 finishers, this year, 121--more than a 50% increase. There were 43 Columbians; in 1966 & '67 there were only 2--Darrell Palmer and Joe Duncan. CTC was represented by 21 runners with 6 of them being under 3 hours and with Dick Hessler and Jon Herbert in the top 7 and Rex Frazer being 2nd, age 40. We have now entered the big time with our marathon--no longer do we have a little homey, informal affair. However, our organization worked most smoothly and some 70 volunteer workers are responsible for that--to all of them we tip our hats with a resounding "Thanks." Some changes will be made next year in anticipation of a 200 runner field--we are going to gear up for that number and we have already mapped out some plans to improve our handling of all aspects of the race. The numbers have gotten so numerous that your editor had to forgo the neatly typed presentation of the results showing the 3 mile splits. We hope you can successfully wade through the handwritten summary of the results. For the major story of the race I took the easy way out and have reproduced the account of the Columbia Daily Tribune.

TONY RODIEZ was a stranger to these parts and while Katz, Hendricks and Hessler were watching each other and working their way through the field, the stranger stole the race equalling Barry Crawford's 1966 record--how often do you suppose someone ties a record in the marathon? Even though Rodiez had completed only one previous marathon, he still sported some fancy credentials from races in his part of the country. Running for the University of Wisconsin-Milwaukee Track Club (which has a very strong program of events), Tony competed in many races over the summer, recording such as the following: 32:03 in a 10,000 meter race where he finished 11th out of 310 runners. This was on July 4th and was a tuneup for Frank Shorter, the winner in 29:04. In addition, Rodiez had a 4:30 mile, a 16:11 3 mile, a 5 mile in 27:42 (4th out of 134, low 90's) and a 54:59 1st place 10 mile on July 10.

JOHN MILLER, a running buddy of Rodiez's, and CHARLIE SCHMID had the early lead. After 4 miles or so Miller was alone and kept stretching it out until shortly after halfway. Miller's first half in 1:15:45 was the fastest first half ever, even including the half marathons we used to have in August preceding the marathon.. It was at the Pierpoint Aid Station that Rodiez went by Miller and that was the race for first.

RICK KATZ came down from the Colorado mountains for a reunion with his old CTC running friends and posted the 5th fastest time ever and became the 4th best performer, with Crawford, Ron Daws and Rodiez being the only ones who have done better. TIM HENDRICKS' time was exactly the same as last year, when he won, while DICK HESSLER had a time only two seconds slower. LOU FRITZ had his usual late rush--he was 9th as late as 18 miles and didn't move into 5th until after 24--and he posted a PB. JON HERBERT had his finest marathon with a 2nd half 8 minutes faster than the 1st, contrary to his usual tactic of going out fast and then fading. In fact, notice that the first 8 runners ran the second half faster than the first. AL SETTLE, SANDY LAWRENCE AND DENTON CHILDS had fine performances for first marathons, all well under 3 hours.

The DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE went to LARRY CORBIN who improved by 58:21 over the mark he had last year. This was a 21.8% improvement. 2nd best improvement was the 19.5 % by George Pritsolas (49:56), then 18.0% (41:39) by Courtney Jones. MARK LANDRUM turned in an astonishing performance--improving by a whopping 38.2%. However, Mark's time last year was over the 5 hour time limit for this award--by a mere 10 seconds!! In this race, Mark was 10 minutes faster at halfway than he was in the Half-Marathon in the Hospital Hill Run and his time at 18 mile was ahead of what he had in our recent 30 Kilo.

WESLEY PAUL set a national record for the marathon for the age 7 group, beating the 4:46:09 set by Pat Cunneen, Daly City, Calif. in 1971.

We had a welcome break on the weather this year. The 6:00 AM temperature was 61°, at 9 it was 66. Humidity was 67% at 6 and 54 at 9, while at 6 there was a 20% cloud cover, at 9 it was 80% and wind was 5 knots, SE all the way.

From the Columbia Tribune
Sept. 7, 1976

By TOM LAYTON
of the Tribune's staff

Tony Rodiez' personal marathon was almost over when he started running yesterday morning, so he ran all 26.2 miles with the speed of a finishing kick.

Rodiez had run only one marathon in his life, that four years ago, before he entered the 17th annual Heart of America run when a friend suggested it would be a good training exercise.

He wasn't intent on winning. While most runners took Sunday as a day of rest, Rodiez participated in a five-mile run in Milwaukee, Wis., his hometown. Then he drove more than nine hours to Columbia. He had trouble finding a motel room, and when he found one he had trouble falling asleep.

"I watched the Jerry Lewis telethon till 1:30," Rodiez said. Then he slept two hours, swallowed a doughnut and some orange juice, and reported to the starting line. He didn't really wake up until he was nine miles out and five minutes behind.

"That was when I decided, 'I'm gonna win this race,'" he said later.

Nobody could change his mind.

He quickened his stride and caught the leaders after a two-mile chase. At Easley (12 miles out on the course) he took over second place; near the 18-mile mark he passed the leader. When he finished, his closest challenger still had more than four minutes to run.

Rodiez arrived at Seventh and Broadway in 2:34:07, tying the course record that Barry Crawford of Boulder, Col., had established back in 1966. "Somebody up the road told me that if I kept the pace I would have the record," he said, "and I felt I was well under it," so he accelerated only a little the final half-mile down Broadway.

"I could have sprinted if I had known it was close. I feel like I could run a couple of more miles right now."

Mark Cowley of the United States Air Force Academy, who ran with Rodiez to Easley and finished ninth in the race, was amazed. "He's one of those natural athletes that makes all us hard workers get mad."

Not that Rodiez isn't a hard worker. The 20-year-old runs about 50 races each sum-



Tony Rodiez

mer. In the fall he runs cross-country for the University of Wisconsin-Milwaukee Track Club. He was the state two-mile champion in high school in 1975.

But his only marathon experience was as a sophomore in high school, when he entered an event called the Mayfair Marathon. He ran for more than three and one-half hours to finish that one, and the longest event he had run since was 14 miles.

"I told my girlfriend that I thought finishing in the top 30 would be good," Rodiez said. "I was shooting for a time under three hours."

Altogether, 29 runners broke the three-hour barrier; the fastest behind Rodiez was Rick Katz of Boulder, Col., in 2:38:09. The expected battle between defending champion Tim Hendricks of Omaha, Neb., and Columbia's Dick Hessler developed into a race for third, which Hendricks won with a 2:38:42 clocking that equaled his pace last year. Hessler was fourth in 2:39:45.

Seven-year-old Wesley Paul of Columbia finished 88th with a time of 4:04:08, two seconds ahead of his father Ailo and 43 minutes faster than the national record for seven-year-olds. "That's good," Wesley reacted.

Rodiez and Paul and 132 other starters had to forfeit attention to John Miller the first half of the race, however.

Miller, of Oak Creek, Wis., trains with

Rodiez but bypassed Sunday's race to rest and survey the Heart of America course. Before the sun was up (the race started in semi-darkness at 6 a.m.) he had the lead, and he reached the top of demanding Easley Hill, the halfway point, in just 1:15:45.

His path was blocked momentarily at the seven-mile mark by a stream of turkeys crossing the road. "But a horse came along and they kinda got out of the way," Miller related. "Dangdest thing I ever saw."

This was only Miller's second marathon, and he felt the inexperience in his legs as he completed 14 miles. "I thought I could shake it out," he said, "but I couldn't." Rodiez was within two minutes of Miller at the 15-mile checkpoint; he closed the gap to 20 yards over the next three miles.

"He went out too fast," judged Rodiez, who had put a half-mile between himself and his running mate by the time he reached Rock Bridge State Park.

Hessler, a veteran in this marathon, expected the leader to fade at the 20-mile mark, near Rock Bridge Elementary School. "That's what often happens," he said. "It takes something special to go those last six miles. If they're going to come back to you, that's where they do it."

"When he didn't come back, I knew he was gonna do something fantastic."

Hessler, the highest finisher among members of the Missouri Valley Amateur Athletic Association (composed of residents of Kansas and Western Missouri) received the MVAAU marathon gold medal. Al Settle of Columbia, who was sixth overall, took the silver and Springfield's Jon Herbert, seventh, was awarded the bronze.

Joel Rabdau of Creve Coeur was the fastest in the 40-and-over class, finishing 22nd with a time of 2:55:46, while St. Louis' Mark Young was 34th, first in the 17-and-under category, at 3:05:05.

Larry Corbin of Barnhart improved his time 21.8 per cent over last year, finishing 53rd with a time of 3:29:35, and won the Dave Schumme award for improvement.

Eleven-year-old Gabrielle Warrington of Kansas City ran a 4:53:04, placing 106th.

She had the best time of the three female entrants.

The largest starting field in the marathon's history, 135, produced 120 finishers.

Rodiez, 5-9 and 125 pounds, was notably strong on the six hills which are the major tests of the Heart of America course. "That's practice," he said. "In high school I never could run hills."

"But the only really bad hill for me was that one (at Easley). And at the top of that hill I kinda got my second wind, and when

I saw the guy out front I really got to feeling good."

Rodiez ran splits of 1:18:45 and 1:15:22. Miller, correspondingly, ran the final 13.1 miles in 1:39:39 and fell all the way to 21st place.

Cowley said he and Rodiez ran the first 10 miles of the race together, "and I was pretty sure we were gonna finish together. We were having a good ole time down by the river, until he just took off."

When Cowley tried to keep pace with Rodiez on the 240-foot climb just beyond

Easley, he overextended himself and lost ground the final 13 miles. Hessler topped the same hill hoping to gain ground on his old rival, Hendricks, but he soon developed cramps and was unable to hold third.

Hendricks, a five-time champion who has never finished worse than fifth in 10 starts here, said "I guess Dick and I watched each other too much and forgot about the other guy."

If you are interested in receiving the Columbia Track Club Newsletter on a regular basis, then all you need do is send Joe Duncan the princely sum of \$2.00. This will get you a one year subscription (12 monthly issues). To join the Columbia Track Club requires only the payment of the annual dues of \$5.00, this includes the newsletter. Dues for the 1976-77 fiscal year (Labor Day to Labor Day) are payable now. Be sure to come to the annual meeting on Friday night, October 1. This will enable you to offer suggestions as to the improvement of our program and to otherwise become a meaningful part of our group. All of you who were involved with the marathon should tell us now of your ideas for a better marathon--before you forget. This includes the runners--what can we do better? Let us know--NOW!

Heart of America Marathon - Sept. 6, 1976

															Half	15	18	PAGE 3		
			AGE	3	6	9	12	15	18	21	24	FINAL								
1.	Tony Rodice Milwaukee Wis.	20	18:09	35:35	53:07	1:11:00	1:19:45	1:29:19	1:46:31	2:04:03	2:21:20	2:34:07								
2.	Rick Katz Boulder Colo	27	18:00	36:24	54:55	1:13:15	1:21:38	1:32:30	1:50:20	2:07:42	2:24:37	2:38:09								
3.	Tim Hendricks Omaha Neb	30	18:00	36:28	54:55	1:13:45	1:21:50	1:32:48	1:50:53	2:08:44	2:25:40	2:38:42								
4.	Dick Hessler CTC	35	18:00	36:28	54:55	1:13:45	1:21:47	1:32:48	1:50:38	2:08:44	2:25:50	2:39:45								
5.	Lon Fritz Vernon Neb	33	20:05	34:02	57:27	1:16:00	1:27:45	1:39:50	1:52:34	2:10:47	2:27:55	2:41:20								
6.	Al Settle Columbia Mo	23	19:05	38:10	55:49	1:13:00	1:21:30	1:32:07	1:50:10	2:08:20	2:26:50	2:42:03								
7.	Jan Herlet CTC Springfield	26	19:25	39:00	59:02	1:18:10	1:25:53	1:36:27	1:53:44	2:11:51	2:28:53	2:42:40								
8.	John T. Harkins Omaha Neb	29	20:05	39:02	59:15	1:16:30	1:23:42	1:34:44	1:52:32	2:10:55	2:29:04	2:44:00								
9.	Mark Cowley USAF Academy	20	18:15	35:34	53:07	1:11:00	1:19:10	1:30:23	1:49:11	2:08:40	2:28:50	2:44:47								
10.	Charles Schmid KC Mo	20	17:05	34:41	53:07	1:12:00	1:20:45	1:32:15	1:50:38	2:12:00	2:31:15	2:46:05								
11.	William Fox Tarkenton Mo	34	18:25	36:30	55:00	1:14:30	1:22:55	1:34:32	1:53:26	2:12:45	2:32:12	2:47:20								
12.	Lanny Endicott Tulsa	32	18:40	37:29	55:28	1:15:45	1:24:12	1:35:54	1:55:07	2:14:52	2:33:40	2:49:02								
13.	Sandy Lawrence CTC	26	19:15	38:14	57:00	1:15:00	1:27:50	1:35:00	1:54:18	2:13:58	2:34:10	2:50:08								
14.	Martin Smith Cedar Rapids Ia	27	19:10	38:12	57:27	1:17:10	1:25:18	1:36:39	1:56:05	2:16:30	2:36:00	2:50:55								
15.	STACEY COOKE Junction City Ks	19	18:00	36:28	55:12	1:14:30	1:22:45	1:33:54	1:52:46	2:13:23	2:34:30	2:51:35								
16.	John Siebel Kirkwood Mo	33	21:30	43:00	1:03:10	1:24:25	1:33:04	1:44:50	2:03:53	2:22:15	2:39:05	2:52:11								
17.	Denton Childs CTC	26	19:00	37:38	56:12	1:16:15	1:25:07	1:36:55	1:56:05	2:16:00	2:36:06	2:52:15								
18.	Joe Dickmann Clayton Mo	26	21:30	42:53	1:03:22	1:24:00	1:33:06	1:44:50	2:03:53	2:22:15	2:39:10	2:52:27								
19.	Bob Potter Junction City Ks	37	20:20	40:31	55:12	1:13:30	1:21:55	1:33:35	1:53:10	2:15:22	2:37:40	2:53:39								
20.	Mike Chaffee Leawood, Ks	31	18:59	37:27	55:26	1:17:30	1:21:44	1:32:25	1:50:32	2:10:06	2:36:30	2:53:38								
21.	John Miller Oak Creek, Wis	20	17:05	33:34	50:30	1:06:15	1:15:45	1:27:00	1:46:20	2:13:04	2:38:15	2:55:24								
22.	Joel Rabdan Creve Coeur Mo	41	19:00	38:26	58:20	1:19:15	1:28:00	1:40:13	2:00:21	2:20:26	2:40:05	2:55:46								
23.	Bob Hunerlosse Fair Field, Ia.	29	20:17	38:59	58:00	1:16:30	1:25:15	1:37:45	1:57:10	2:17:10	2:37:15	2:56:26								
24.	Don Hunking CTC	34	18:25	37:30	56:00	1:17:30	1:26:30	1:38:37	1:59:12	2:20:20	2:41:10	2:57:44								
25.	Frank Neusser Ballwin Mo	32	20:10	38:51	59:29	1:19:55	1:29:03	1:41:26	2:01:55	2:23:00	2:43:20	2:58:21								
26.	David Graycraft KC Mo	21	19:30	39:37	59:58	1:20:50	1:29:55	1:42:44	2:03:28	2:24:01	2:44:00	2:59:10								
27.	Jerry Kolesh Manhattan Mo	26	20:10	40:24	1:01:13	1:22:00	1:30:55	1:43:22	2:03:35	2:24:01	2:44:20	2:59:19								
28.	Johannie Hurst St Louis Mo	26	19:30	39:02	59:40	1:20:35	1:29:36	1:42:17	2:03:35	2:24:05	2:44:25	2:59:33								
29.	Pete Frazer CTC St Louis	44	21:25	43:00	59:41	1:21:15	1:30:50	1:43:22	2:05:58	2:24:08	2:44:24	2:59:55								
30.	Frank Curatto Columbia	22	21:30	42:55	1:03:27	1:24:15	1:33:05	1:45:17	2:06:59	2:25:29	2:46:05	3:00:18								
31.	Arne Richard Manhattan Ks	43	20:10	41:46	1:02:00	1:23:00	1:32:02	1:41:25	2:01:55	2:23:06	2:44:05	3:01:27								
32.	Colt Young Carthage Mo	23	18:49	38:10	58:40	1:18:55	1:27:55	1:40:24	2:01:47	2:23:43	2:45:00	3:01:42								
33.	Mark Landrum CTC	37	20:44	40:58	1:01:34	1:22:40	1:31:35	1:44:19	2:05:05	2:25:08	2:46:30	3:02:09								
34.	Mark Young St Louis	16	20:15	40:06	1:00:00	1:22:40	1:31:50	1:44:19	2:05:45	2:27:28	2:49:05	3:05:05								
35.	Bob Winshell Kirkville	28	22:55	45:24	1:06:00	1:26:40	1:36:22	1:49:30	2:10:33	2:31:20	2:51:15	3:05:51								
36.	Jon Turner St Louis	28	20:27	41:05	1:00:30	1:22:00	1:31:10	1:44:06	2:05:05	2:27:52	2:49:45	3:06:49								
37.	Gene Kasper KC Mo	21:13	43:00	1:05:00	1:25:40	1:35:00	1:47:40	2:08:49	2:30:45	2:52:17	3:08:07									
38.	Beg Brown CTC	38	20:10	40:09	1:01:13	1:22:45	1:32:15	1:45:49	2:08:06	2:31:25	2:53:20	3:09:49								

		AGE	3	6	9	12	14 1/2	15	18	21	24	FINAL		
39 Courtney Jones	Kirkwood, Mo	31	-	-	-	1:26:15	1:35:40	1:49:36	2:11:54	2:34:20	2:55:06	3:09:59		
40 Dick Lederich	University City, Mo	31	22:20	43:58	-	1:28:45	1:36:30	1:51:42	2:13:11	2:34:31	2:55:10	3:10:34		
41 Terry Williams	Ashland, Mo	29	20:20	40:25	1:00:00	1:21:54	1:31:40	1:44:50	2:07:04	2:31:04	2:55:09	3:14:15		
42 Dick Heun	Novinger, Mo	33	22:55	45:24	1:06:08	1:24:35	1:36:22	1:49:36	2:12:14	2:35:19	2:59:00	3:16:36		
43 Dwain Atkins	Columbia, Mo	25	19:09	-	57:49	1:18:20	1:27:43	1:41:05	2:05:12	2:30:45	2:59:19	3:17:51		
44 Ron Sellmeyer	Kansas City, Ks	22	20:50	42:06	1:03:23	1:28:00	1:38:10	1:51:07	2:13:59	2:37:20	3:00:30	3:17:55		
45 Bill Daily	CTC	30	21:30	43:33	1:05:04	1:27:40	1:37:11	1:50:56	2:13:49	2:36:45	3:00:00	3:18:11		
46 Brad Anderson	Newton, Ks	25	20:10	40:08	1:00:00	1:22:05	1:31:31	1:44:50	2:07:27	2:33:40	2:59:40	3:19:56		
47 George Pitsolos	Columbus, Ohio	17	21:23	42:50	1:04:04	1:26:30	1:36:21	1:51:07	2:15:17	2:40:59	3:06:40	3:26:15		
48 Tom Moore	Columbia, Mo	18	21:25	42:44	1:05:24	1:28:50	1:37:00	1:51:07	2:15:17	2:39:30	3:06:12	3:27:17		
49 Randy DeGroot	CTC	19	21:52	42:42	-	1:28:35	1:38:52	1:52:34	2:14:54	2:39:20	3:07:54	3:27:55		
50 Ben Welch	Barnett, Mo	22	26:10	50:28	-	1:34:00	1:43:45	1:56:10	2:17:07	2:40:00	3:07:10	3:28:04		
51 Charles Beckerdite	CTC Harrisonville, Mo	27	22:15	43:45	1:05:39	1:28:05	1:38:15	1:52:25	2:16:42	2:42:12	3:10:00	3:29:07		
52 Ray Loan	CTC	45	22:15	43:50	1:05:50	1:29:45	-	1:55:29	2:20:15	2:45:25	3:10:12	3:29:17		
53 Larry Corbin	Barnhart, Mo	26	20:10	41:11	1:03:03	1:26:57	1:37:22	1:51:35	2:15:27	2:40:30	3:07:35	3:29:35		
54 Jay Leek	Ft. Scott, Ks	19	26:09	50:32	1:14:09	1:38:00	1:48:00	2:02:04	2:25:34	2:49:30	3:13:00	3:30:24		
55 Glen Brown	CTC	41	23:55	47:45	1:12:15	1:36:50	1:47:42	2:02:40	2:27:23	2:51:22	3:13:55	3:30:32		
56 Michael Hoff	Columbia, Mo	21	22:15	43:45	-	1:28:05	1:38:16	1:52:30	2:16:42	2:42:27	3:13:10	3:31:38		
57 Jerry Inman	Billings, Mo	27	22:15	43:54	-	1:28:50	1:39:03	1:53:27	2:18:49	2:44:17	3:10:35	3:31:40		
58 Frank Reedy, Jr	St. Louis, Mo	26	-	46:31	-	1:32:30	1:42:45	1:56:46	2:20:38	2:45:15	3:11:15	3:31:57		
59 J. Regan Thomas	Columbia, Mo	29	23:30	48:29	-	1:37:00	1:47:12	2:02:21	2:27:14	2:51:22	3:15:01	3:34:34		
60 Marvin Patterson	CTC	41	22:15	43:50	1:05:50	1:28:05	1:38:46	1:52:23	2:15:45	2:45:20	3:17:20	3:38:31		
61 L. Jeff Mineck	Cedar Rapids, Ia.	18	21:11	39:02	1:04:25	1:26:00	1:35:20	1:48:38	2:13:59	2:42:12	3:16:40	3:39:53		
62 L. Al Steinbach	"	18	21:11	39:02	1:04:25	1:26:00	1:35:20	1:48:38	2:13:59	2:42:12	3:16:40	3:39:53		
63 Gary Wood	Cameron, Mo	24	20:45	42:06	1:03:23	1:27:20	1:36:54	1:49:54	2:21:55	2:42:12	3:14:10	3:41:16		
64 Fred Morgan, Jr.	Columbia	30	21:00	42:44	1:03:40	1:26:55	1:37:09	1:51:30	2:16:19	2:46:26	3:19:00	3:42:07		
65 John Cisco	St. Louis	17	23:00	46:31	-	1:35:36	1:45:33	1:59:30	-	2:48:23	3:25:00	3:42:26		
66 Don Dolan	St. Louis	30	22:20	54:02	1:30:30	-	1:57:33	2:12:36	2:37:44	3:02:15	3:25:00	3:42:36		
67 Phil Lane	Tarkio, Mo	17	24:10	50:53	1:15:18	1:41:05	1:52:57	2:07:25	2:33:15	2:59:52	3:25:00	3:42:46		
68 Richard Wilson	St. Louis	37	23:00	48:29	1:12:59	1:38:00	1:49:40	2:05:23	2:31:25	2:58:58	3:24:50	3:43:03		
69 Dennis Blossom	CTC	40	22:15	43:50	1:06:30	1:29:45	1:40:50	1:56:16	2:23:42	2:53:25	3:22:05	3:43:05		
70 Dick Luecke	Columbia	46	24:06	49:38	-	1:36:50	1:47:43	2:02:53	2:28:49	2:56:24	3:23:35	3:44:59		
71 R. L. Hill	Atlanta, Ga.	27	20:56	41:46	-	1:27:00	1:38:17	1:52:44	2:17:38	2:45:10	3:13:30	3:46:40		
72 Peter Ewers	Kirkville, Mo	12	22:18	44:57	-	1:36:07	1:47:44	2:04:33	2:31:35	2:59:22	3:28:50	3:48:05		
73 Dan Williams	Columbia	27	23:54	48:03	-	-	1:50:35	2:06:13	2:35:35	3:02:35	3:29:35	3:48:17		
74 Kevin Pettit	Kirkville, Mo	14	22:20	43:56	-	1:25:45	1:39:00	1:54:51	2:20:17	2:59:42	3:29:25	3:48:38		
75 Sam Stout	Columbia	26	24:39	47:43	1:11:22	1:34:45	1:45:53	2:01:15	2:27:56	2:55:52	3:24:50	3:49:03		
76 Bryan Gunner	"	22	22:30	44:57	1:07:09	1:30:15	1:46:35	1:55:29	2:20:42	2:49:06	3:24:10	3:49:08		

Page 5														
			AGE	3	6	9	12	1/2 heavy	1/2 heavy	15	18	21	24	FINAL
77	Larry Young(w)	CTC	33	26:54	53:30	1:20:30	—	1:58:34	2:15:00	2:40:53	3:06:27	3:31:05	3:50:47	
78	Leslie Garrett	Kirksville	Mo	26	23:50	49:43	—	1:34:00	1:44:44	1:59:30	2:25:05	2:54:24	3:25:50	3:51:50
79	Augie Hirt(w)	CTC	25	26:54	53:30	1:20:30	—	1:58:34	2:15:00	2:40:53	3:06:45	3:32:15	3:52:34	
80	Ed Seidel	Hallsville	Mo	28	24:40	48:36	—	1:36:50	1:47:44	2:02:51	2:29:43	2:59:32	3:31:30	3:52:34
81	John Bennett	Columbia	Mo	22	22:00	43:58	—	1:29:45	1:41:15	1:56:47	2:24:02	2:55:30	3:28:30	3:55:26
82	David Forest	CTC	13	22:40	46:58	1:10:47	1:39:50	1:48:58	2:04:58	2:31:30	3:00:34	3:32:02	3:56:41	
83	Bud Johnson	Albert City	Iowa	22	—	41:03	1:01:40	1:22:05	1:31:25	1:44:30	2:17:53	2:54:42	3:33:45	3:57:36
84	Mike Teel	Columbia	Mo	22	21:30	43:26	—	1:29:40	1:40:35	1:55:56	2:23:29	2:53:23	3:26:20	3:57:36
85	Michael Levine	Norman	OK	31	28:09	55:38	1:22:29	—	—	—	2:47:44	3:13:40	3:38:40	3:57:50
86	Russ Myatt	Burlington	Iowa	47	22:30	45:23	1:10:27	1:34:50	1:49:00	2:05:52	2:37:41	3:05:05	3:37:30	4:03:37
87	Jim Chapin	St. Louis	Mo	21	29:29	—	1:25:20	—	2:06:05	2:24:00	—	3:21:02	3:45:40	4:03:55
88	Wesley Paul	CTC	7	23:55	48:35	1:14:20	1:41:45	1:53:38	2:10:20	2:38:28	3:07:18	3:37:40	4:04:08	
89	Ailo Paul	CTC	34	23:55	48:35	1:14:20	1:41:55	1:53:38	2:10:20	2:38:28	3:07:18	3:37:40	4:04:10	
90	Bill Ramlow	Columbia	Mo	35	26:55	55:32	1:23:40	—	2:05:00	2:22:40	2:50:50	3:20:15	3:46:10	4:04:20
91	Bill Davis	CTC	"	34	23:45	48:29	1:13:25	1:39:20	1:51:12	2:07:25	2:36:15	3:06:42	3:41:50	4:07:58
92	Herbert Swanson	Columbia	Mo	37	23:50	48:03	1:13:02	1:38:00	2:04:08	2:06:33	2:38:44	3:14:15	3:53:45	4:15:28
93	Ed Vastola	St. Louis	Mo	52	26:00	54:12	1:22:23	—	2:07:45	2:24:45	2:53:21	3:22:20	3:52:55	4:15:47
94	Steve Bander	Columbia	Mo	21	—	54:19	1:20:30	—	1:58:34	2:12:35	—	3:24:52	—	4:16:28
95	Mike Schmid	Kansas City	Mo	22	—	40:31	1:02:35	1:25:25	1:36:23	1:51:56	2:24:34	2:58:00	3:46:05	4:17:37
96	Ron Pardeck	Whiteman AFB	Mo	33	27:30	57:00	1:27:14	—	2:10:55	2:28:38	2:57:37	3:24:56	3:54:00	4:17:43
97	Brian McFall	Ft. Scott, KS	KS	18	26:43	56:35	1:25:20	—	2:06:05	2:24:00	2:52:55	3:22:55	3:54:30	4:19:48
98	Trent Twiestmeyer	Kansas City	Mo	22	27:00	55:38	1:23:40	—	2:05:00	2:22:40	2:50:50	3:20:15	3:54:00	4:23:50
99	Doug Duncan	CTC	15	28:44	57:40	1:25:20	—	2:06:05	2:24:00	2:52:56	3:22:55	3:56:00	4:23:55	
100	Richard Schmid	Kansas City	Mo	13	—	49:06	1:11:43	1:40:15	1:53:48	2:12:40	2:47:24	3:23:00	4:04:40	4:29:04
101	Wm Radford	Columbia	Mo	20	26:10	50:28	1:13:38	1:38:00	1:49:41	2:06:00	—	3:13:50	3:54:05	4:31:15
102	Dick Carr	Pittsburg	KS	42	24:50	49:27	1:15:54	1:43:45	1:56:29	2:13:30	—	3:24:22	4:05:20	4:31:48
103	John Hawkins	Columbia	Mo	17	21:25	42:44	1:05:24	1:29:20	1:42:15	2:01:19	—	3:23:22	—	4:40:07
104	Peter deSelding	CTC	24	21:52	42:42	—	1:29:25	1:40:39	1:51:48	—	3:23:22	—	—	4:40:07
105	Don Knapp	Lebanon	Mo	25	27:22	57:00	1:27:58	—	2:14:25	2:32:00	3:01:07	—	—	4:42:25
106	Rob Spier(w)	CTC	54	30:33	1:00:24	1:30:00	—	2:17:00	2:37:00	3:09:34	—	—	—	4:42:25
107	Gabrielle Warrington	K.C.	Mo	11	26:10	53:30	1:21:44	—	2:14:25	2:33:13	3:09:34	—	—	4:53:04
108	Larry Renken	Lebanon	Mo	16	29:56	1:02:51	1:32:00	—	2:20:20	2:40:54	3:15:05	—	—	4:53:51
109	David Vaughn	"	"	16	29:56	1:02:51	1:32:00	—	2:20:20	2:40:54	3:15:05	—	—	4:53:56
110	Richard Lowe	Columbia	Mo	31	26:28	53:19	1:21:26	—	2:08:25	2:29:10	3:06:24	—	—	5:02:12
111	Lee Roy Sevier	"	"	21	35:54	1:10:08	—	—	2:33:25	—	3:28:32	—	—	5:07:11
112	Stanley Kreidler	Ferguson	Mo	23	35:22	—	1:10:10	—	2:34:00	—	—	3:24:58	—	5:13:39
113	Dick Sallee	Bowling Green	"	49	35:54	1:10:08	—	—	2:33:35	—	3:28:34	—	—	5:14:10
114	Scott Sallee	"	"	14	35:54	1:10:08	—	—	2:33:40	—	3:28:34	—	—	5:18:23

			AGE	3	6	9	12	Halfway	15	18	21	24	Page 6	FINAL
115	Virginia Thompson	COLUMBIA	Mo	22	35:22	1:10:10	—	—	2:34:00	—	3:29:58	—	—	5:24:50
116	Al Warrington	Kansas City	Mo	35	26:28	53:32	1:21:44	—	2:14:25	2:33:41	—	—	—	5:21:50
117	Leonard Rosen	Mehlville (CTC)	Mo	46	27:21	57:01	1:28:30	—	2:15:30	2:39:48	3:30:18	—	—	5:46:11
118	Dan Oyshak	Columbia	Mo	27	24:35	52:35	1:26:33	—	2:35:00	—	—	—	—	6:02:20
119	John Sharp	Glen Forest	Ark	22	19:42	41:33	1:09:14	1:37:50	1:58:27	2:23:54	3:21:48	—	—	6:07:30
120	Fed Viostico	Columbus	Ohio	18	22:40	47:08	1:12:00	1:45:10	2:03:40	2:28:38	3:21:48	—	—	6:07:30
121	Bob Roman	Columbia	Mo	29	22:50	48:19	1:26:16	—	2:35:00	—	4:08:27	—	—	6:57:35
122	John Ewers	Kirksville	Mo.	41	23:45	47:41	1:11:42	1:35:55	1:48:24	2:05:02	2:34:43	3:09:25	—	—
123	Steve Plinck	Vinton	Ia.	26	24:30	49:38	—	1:36:07	1:47:30	2:04:12	2:39:47	3:28:37	—	—
124	Elwyn Davis	Pittsburg	Ks.	53	19:23	38:23	57:25	1:17:15	1:26:27	1:38:55	1:59:36	—	—	—
125	Philip Clark	Carthage	ILL.	53	24:35	49:25	1:16:33	1:45:15	2:00:18	2:18:43	2:53:03	—	—	—
126	Larry Young	St. Louis	Mo.	19	—	46:31	—	1:35:40	1:45:33	1:59:30	—	—	—	—
127	Leonard Brubaker	Columbia	Mo.	32	27:48	56:35	1:27:58	1:27:58	2:16:03	2:37:20	—	—	—	—
128	James Moran, Jr.	Kirksville	Mo.	23	18:00	36:28	56:30	—	—	—	—	—	—	—
129	Tom Hinckley	CTC		31	18:40	37:35	?	?	—	—	—	—	—	—
130	Pat Swift	Columbia	Mo	20	21:39	44:26	?	—	—	—	—	—	—	—
131	Allyson DeGroot	CTC		17	34:17	1:13:17	—	—	—	—	—	—	—	—

MVAALL MARATHON CHAMPIONSHIP:

- Dick Hessler
- AL Settle
- Jon Herbert

AGE 40 & Over (-49)

- Joel Rabdau
- Rex Frazer
- Arne Richards

AGE 50 & Over

- Ed Vastola
- Rob Spier

Women:

- Gabrielle Warrington
- Virginia Thompson

BRYCE ALLMON-DOUG SLOAN WIN 2 PERSON-5 MILE RELAY June 19, 1976:

		1 3	2 4	Total Team Time	Total Ind. Time	Average Per lap
1.	Bryce Allmon 16	4:44	9:34		11:31	69.1
	Doug Sloan 15	14:36	19:35	24:34	13:03	78.3
2.	David Rowden 15	4:42	9:34		13:26	80.6
	Charles Beckerdite 14	14:36	19:44	25:12	11:46	70.6
3.	Susan Pastoret 16	5:00	10:16		13:57	83.7
	Pete Pastoret 23	15:29	20:51	26:10	12:13	73.3
4.	? Chaney 15	4:53	10:13		14:12	85.1
	Rick Petty 17	15:28	21:10	26:37	12:25	74.5
5.	Bob Hendricks 42	4:55	10:23		15:20	92.0
	Kyle Hendricks 15	16:00	21:45	27:18	11:58	71.8
6.	Matt Gibson 11	5:11	10:45		15:42	94.2
	Tom Hinckley	16:31	22:13	27:57	12:15	73.5
7.	Patty Norris 18	5:13	10:50		14:55	89.5
	Ken Fields 26	16:40	22:38	28:06	13:11	79.1
8.	Jim Gibson 12	5:11	10:46		14:41	88.2
	Don Johnson 47	16:34	22:31	28:15	13:34	81.4
9.	Joe Marks 38	5:08	11:02		13:00	78.0
	Bryan Marks 14	17:08	23:13	28:55	15:55	95.5
10.	Rick Londeree 8	5:32	11:20		17:30	105.0
	Ben Londeree 41	17:23	23:19	29:03	11:33	69.3
11.	Mike Wiecek 14	5:11	11:11		14:56	89.6
	Bill Wiecek 38	17:25	23:35	29:07	14:11	85.1
12.	Barbara Brown 17	5:35	11:48		16:15	97.5
	Olen Brown 40	18:16	24:39	30:43	14:28	86.8
14.	Kathy Cain 31	5:38	11:49		19:40	118.0
	Don Lewis 40	18:17	24:53	31:07	11:27	68.7
13.	Mike Grouws 9	5:44	11:56		17:26	104.6
	Al Garverick 32	18:18	24:46	30:57	13:31	81.1
15.	Joe Duncan, Jr. 11	5:55	12:19		19:37	117.5
	Joe Duncan, Sr. 42	19:19	26:14	33:20	13:43	82.3
16.	Carol Pastoret 45	6:17	13:07		18:40	112.0
	Jim Pastoret 52	20:08	27:10	34:12	15:32	93.2
17.	Steve Gibson 10	5:45	11:57		15:45	94.5
	Jim Gibson, Sr. 40	---	25:02	31:56	14:46(9)	98.4

(1 lap short)

Low 70's for the evening race. Beckerdite-Rowden took the early lead, but Allmon-Sloan battled them until Rowden fell back by 9 seconds on the 15th lap and then the Jeff City duo had it all to themselves. Susan & Pete Pastoret claim the brother-sister record, while Hendricks-Hendricks have the father-son record, Brown-Brown the father-daughter mark and Carol & Jim Pastoret the husband-wife standard. The only 2 categories still open are the mother-son and brother-brother. I think most people agree that this format is desirable for an informal novelty type event. It doesn't tear you up like the 2 man-10 mile relay, yet it remains a good workout.

In the Hospital Hill Run, Crown Center Square, Kansas City, June 12, REX FRAZER won the Half-Marathon in the 40-49 category in 1:25:57. RICH TODD was 4th overall, 3rd in the 20-29 group with 1:14:23. TOM LOGAN won the One Mile Run in 4:27. DON JOHNSON also competed but he doesn't know his place or time. There were over 400 runners, total, in the 3 races, there also being a quarter marathon. BOB CREIGHTON was 1st in the 40-49 group in that one.

CTC sponsored 4 boys in the MVAU Junior Olympics meet, Lawrence, Ks., on June 12. These 4 had qualified in meets at Salisbury and Warrensburg. All 4 were in the 14-15 age group. JOHN KENNESON was 2nd in the discus with 142', 11". STEVE PINKERTON was 3rd in the 440 at 51.6 while HAROLD WARREN long jumped 19-6 3/4 for 3rd. These 3 with RAY NUNNELLY made up a 440 relay team which was 4th in 46.4

RON HARMON WINS ALL 3 EVENTS IN SPRINT TRIATHLON June 26, 1976:
40 YEAR OLD DON LEWIS HAS A STELLAR PERFORMANCE & A NEW RECORD:

1. Ron Harmon	4:27.5(2:10)	2:01	1:54.4	7:22.9
2. Bob Kelchner	4:35(2:16)	2:06	55.8	7:36.8
3. Steve Fisher	4:33.5(2:14)	2:07	1:58	7:38.5
4. Jeff Mittelhauser	4:40(2:17)	2:10	1:59	7:49
5. Don Lewis 40	4:44.0(2:22)	2:08.5	1:57	7:49.5
6. Greg Lovercamp	4:43(2:18)	2:13.5	1:58	7:54.5
7. Ben Londeree 41	4:48(2:23)	2:13.5	1:61	8:02.5
8. Del Hendricks	4:53(2:24)	2:19.1	1:62	8:14.1
9. Kyle Hendricks 15	5:03(2:27)	2:14.5	1:58.4	8:15.9
10. Tom Hinckley	5:03(2:31)	2:19	1:60.1	8:22.1
11. Mike Chippendale	5:04(2:31)	2:22	1:65	8:31
12. Don Carman	5:09(2:32)	2:23	1:64	8:36
13. Randy DeGroot	5:28(2:46)	2:31	1:66.2	9:03.2
14. Ray Loan 45	5:29(2:38)	2:32	1:68	9:09
15. Jim Thorne 15	5:31(2:47)	2:31	1:68.5	9:10.5
16. Mike Madson	5:33(2:45)	2:33	1:67.1	9:13.1
17. Joe Marks	5:30(2:47)	2:34	1:70	9:14
18. Don Johnson 47	5:30(2:43)	2:39.5	1:67.9	9:17.4
19. Turk Storvick 48	5:37(2:49)	2:34	1:71	9:22
20. Al Garverick	5:38(2:50)	2:37	1:70	9:25
21. Joe Duncan 42	5:36(2:52)	2:42	1:67.5	9:25.5
22. Olen Brown 40	5:44(2:50)	2:33	1:69	9:26
23. Doug Duncan 15	5:58(2:55)	2:34.1	1:69	9:41.1
24. Dennis Blossom	5:57(2:55)	2:34.1	1:71	9:42.1
25. Tim Loan 14	6:08(2:58)	2:46	1:66	10:00
26. Jim Gibson 12	6:01.5(2:52)	2:48	1:73.5	10:03
27. Matt Gibson 11	6:28(2:57)	2:59	1:79	10:46
28. Steve Gibson 9	6:40(3:10)	3:03	1:79.7	11:02.7
29. Barbara Brown 15	6:42(3:20)	3:01	1:85	11:08
30. Karen Buchner 12	6:56(3:35)	3:03	1:90	11:29
31. Jay Blossom 12	6:54(3:32)	3:34	1:99	12:07
32. Joe Duncan, Jr. 11	8:04(3:52)	4:00	1:41	13:45
33. ? Cobbs	5:58(2:35)	2:48	---	
34. Rick Londeree 8	---	3:23	1:97	
35. John Thorne 12?	---	---	1:73.5	

Low 70's, moderate SW wind. Don Lewis did battle with 4 Sedalia runners and MU's Ron Harmon(of course, Fisher is MU, too). Don refused to be intimidated with these young runners swirling around him. They brought out the best in Don who showed some really gutty running. In the process Don lowered the age 40 record, beating the 7:57.3 Ben had last year. Both Barbara Brown and Karen Buchner beat the women's record of 11:37.7 set by Marsha Weiss in 1974. In looking over the results one can see many individual battles. Don Carman, perhaps, is the only one who can point to personal bests in EACH of the 3 events.

On page 10 appears an account of the Olympic Trials 20 kilometer walk which turned out to be about 7/8 mile short. The disorganization for a race of this importance was unbelievable. Larry says that the Tribune's account of his role in the proceedings is pretty accurate. He emphasizes, however, that his protest was not to bring about a "walkoff" but had the purpose of registering the dissatisfaction of the walkers with the very shoddy organization.

SIX YEARS AGO--A LOOK AT YE/ASTERDAY'S HEROES:

July 11, 1970: 12 Mile Road Run, 88°, humid. 1. Lee Cain (Eastern New Mex. U.) 1:15:01; 3. Don Granberg 1:24:03; 4. Joe Duncan 1:35:10. . .6. Paul Ide walked in 1:48:50. 8 runners, 2 walkers.

July 18, 1970: MVAAU 15 KILO RUN--on the track, 80° 1. Carl Owczarzak 51:09 (new record); 2. Lee Cain 55:05. . .8. Roman Sage 1:01:15; 9. Don Granberg 1:01:52. . .14. Joe Duncan 1:05:27; 20 Runners.

July 18, 1970: (Independence, Mo.) Paul Ide set a MVAAU record for the 15 Kilo Walk--1:18:52; 2. Mark Achen 1:21:06; 3. Darrell Palmer 1:21:45.

"You play to win, no doubt about that, but if winning is your first and only goal, you lose." John Brodie

LEWIS POWERS TO VICTORY IN ONE MILE RUN July 10, 1976:

		440	880	1320	MILE
1. Don Lewis	40	1:07	2:20	3:32	4:39.9
2. Ben Londeree	42	1:08	2:22	3:36	4:47.4
3. Augie Hirt		1:11	2:25	3:41	4:52 (He can run!)
4. Tom Hinckley		1:10	2:25	3:43	4:55
5. Kyle Hendricks	15	1:10	2:26	3:43	4:56.5
6. Mike Chippendale		1:12	2:30	3:47	5:02
7. Denton Childs		1:18	2:35	3:49	5:05
8. Don Carman		1:13	2:31	3:50	5:08 *
9. Dick Hessler		1:17	2:35	3:53	5:11.5
10. Ray Loan	44	1:19	2:47	4:11	5:29.5*
11. Don Johnson	47	1:20	2:48	4:12	5:30.5*
12. Doug Duncan	15	1:22	2:50	4:19	5:41
13. Joe Duncan	42	1:25	2:52	4:17	5:41
14. Jim Gibson	12	1:25	3:03	4:44	6:24*
15. Matt Gibson	11	1:27	3:11	4:53	6:32
16. Steve Gibson	9	1:28	3:11	4:53	6:33
17. Jane Clark		1:29	3:13	5:00	6:47
18. John Thorne		1:30	3:21	5:12	7:02
19. Rick Londeree	8	1:45	3:36	5:28	7:20
20. Tom Darrough		1:29	3:11	4:55 out	
21. Jana Darrough		1:33 out			

*Indicates
this race
counted for
ET points for
those who
doubled.

Upper 70's, bright sun for the mile. Don was after Londeree's age 40 record of 4:36.7, but fell short. His first lap may have been a shade too fast and Don felt he needed someone out front to pull him along. Also, 4:36.7 is pretty darn quick.

THEN CAME THE FIVE MILE RUN WITH RON HARMON HOLDING OFF FRED BINGGELI:

	1	2	3	4	5	off DT	% off
1. Ron Harmon	4:51	10:01	15:24	20:52	26:12		
2. Fred Binggeli	4:51	10:01	15:33	21:11	26:16		
3. Dick Hessler	5:43	11:21	16:58	22:36	28:16 *		
4. Walt Renaud	45 5:29	11:12	17:03	23:01	28:57		
5. Denton Childs	5:43	11:21	17:08	23:10	29:16*		
6. Bob Masure	5:23	11:04	18:04	24:55	30:30		
7. Greg Brown	5:57	12:08	18:25	24:45	30:43	17	.91
8. Joe Marks	6:07	12:25	18:52	25:26	31:58	2	.01
9. Dave Adams	6:19	12:25	19:12	26:27	(31:52)	one lap short	
10. Don Carman	6:40	---	---	27:14	33:36		
11. Jim Thorne	15 6:31	13:06	20:03	27:00	33:48		
12. Ray Loan	6:07	12:47	20:04	27:20	34:32		
13. Olen Brown	40 6:37	13:25	20:35	27:48	34:41	86	4.30
14. Bill Kurtz	6:51	14:03	21:24	28:45	36:09	39	1.83
15. Wesley Paul	7 6:39	13:29	20:32	28:38	36:36		
16. Don Johnson	6:40	13:54	21:32	29:16;	36:45		
17. Bill Wiecek	6:51	13:59	21:39	29:34	37:54		
18. Mike Wiecek	7:49	16:03	24:44	33:42	42:35		
19. Barbara Brown	7:41	15:55 out					

By now the temperature was in the low 80's and still the bright sun--if we do this format again next year we should have the 5 miler at 8:00 AM, and, perhaps the walk, then, too, or right after and the mile last. Anyway, in this race, Harmon and Binggeli (who has been fighting an injury for several months) were together for two miles, when Fred let go, falling back, at one point by 20 seconds. but he came back with a 5:05 last mile to close to within 4 seconds. Jim Thorne set a record for 3 and 5 miles for age 15 & under, beating marks held by Doug Duncan.

AT THE SAME TIME AUGIE HIRT WAS WINNING THE 10,000 METER WALK:

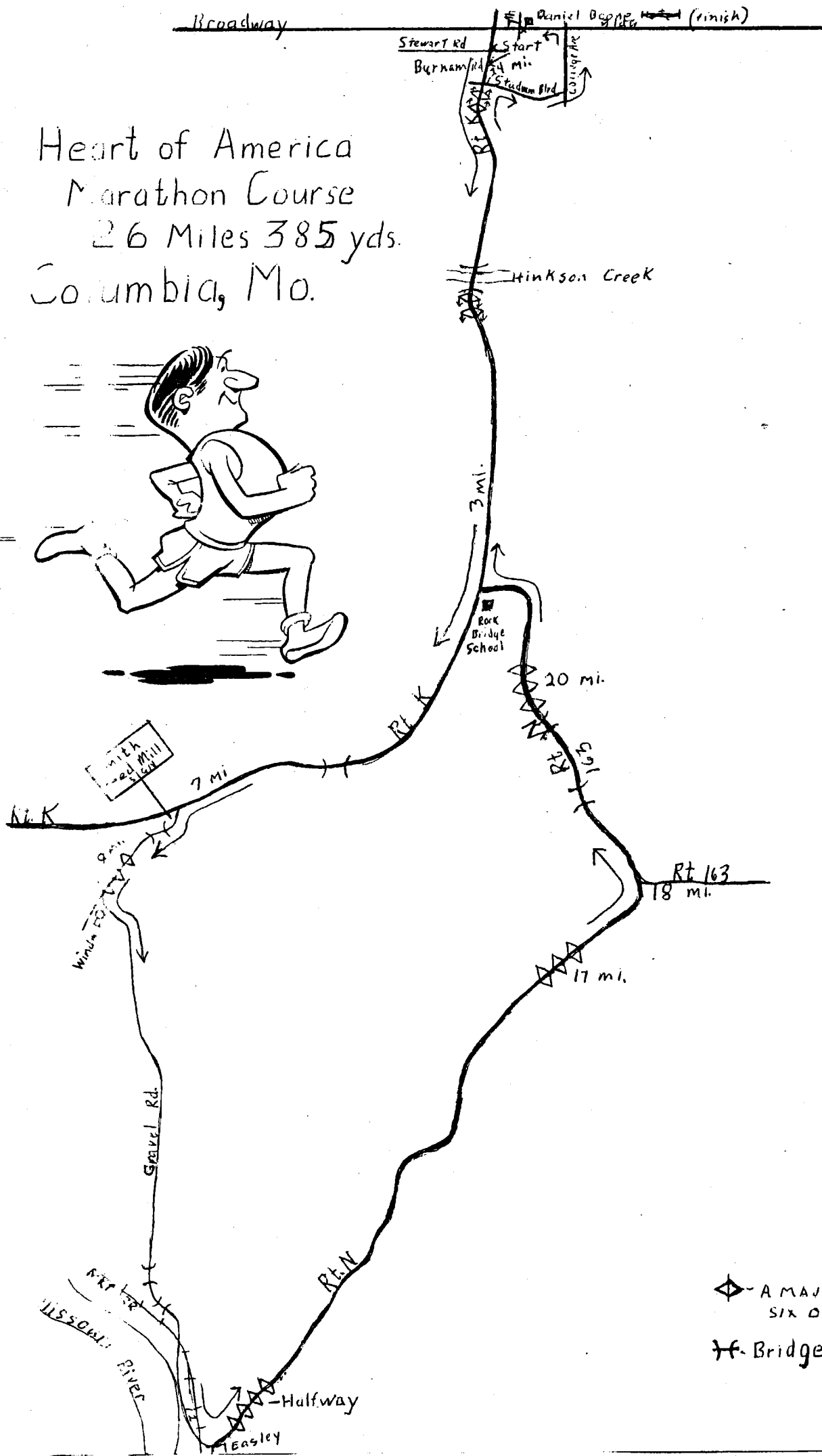
	1	2	3	4	5	6	10K	5K
1. Augie Hirt	8:16	16:41	25:00	33:20	41:50	50:02	51:40	(25:54)
2. Dennis Reilly	7:57	16:28	25:20	34:17	43:02	51:48	53:39	(26:16)
3. Jim Breitenbucher	8:24	17:20	26:16	35:24	44:26	53:31	55:20	(27:14)
4. Randy Mimm	8:24	17:20	26:48	36:09	45:43	55:07	57:04	(27:46)
5. Rob Spier	10:07	20:10	30:15	40:16	50:29	60:49	1:03:00	(31:16)
6. Dave Leuthold	10:22	21:13	32:18	43:27	54:42	65:27	1:07:41	(33:18)
7t. William Taft	11:51	23:58	36:00	48:27	61:04	73:23	1:15:37	(37:16)
7t. Bob Brugger	47 11:31	23:16	35:20	47:34	60:14	73:09	1:15:37	(36:34)

Dennis Reilly is a walker representing the Tobias Striders, from the Los Angeles area. He walked out strongly to a good lead, but the Missouri heat and humidity took its toll.

DT's for the walk: Hirt 40 off, 1.31%; Spier 60, 1.56, Taft 83, 1.80; Leuthold 161, 3.83.

THANKS MUCH to Joanne Gibson & Veva Spier for handling the difficult timing chores.

Heart of America
Marathon Course
26 Miles 385 yds.
Columbia, Mo.



◆ A MAJOR HILL -
SIX OF THEM
+ Bridge

THE 150 BEST PERFORMANCES AND THE 200 BEST PERFORMERS--HEART OF
AMERICA MARATHON 1960-1975

							Place
1.	1.	2:34:07	Barry Crawford	Age:29	Boulder, Colo.	1966	1
2.	2.	2:37:17	Ron Daws	28	Minneapolis, Minn.	1965	1
3.		2:37:17	Ron Daws	(2) 29	Minneapolis, Minn.	1966	2
4.	3.	2:38:42	Tim Hendricks	29	Peru, Nebr.	1975	1
5.	4.	2:39:17	Randy Cook	27	Liberal, Mo.	1975	2
6.	5.	2:39:43	Dick Hessler	34	Columbia, Mo.	1975	3
7.	6.	2:40:00	Earl Eblen	30	Huntsville, Ala.	1966	3
8.	7.	2:41:03	Karl Weiser		Madison, Wis.	1966	4
9.	8.	2:41:45	Hal Higdon	36	Michigan City, Ind.	1968	1
10.	9.	2:41:47	Lynn Lee	25	Exira, Iowa	1974	1
11.	10.	2:41:52	Tom Hoffman	19	Ft. Atkinson, Wis.	1967	1
12.	11.	2:42:39	Martin Smith	25	Cedar Rapids, Iowa	1974	2
13.	12.	2:42:41	Carl Owczarzak	27	Kansas City, Kansas	1968	2
14.		2:43:40	Tim Hendricks	(2) 27	Peru, Nebr.	1973	1
15.	13.	2:43:46	Lou Fritz	32	Verdon, Nebr.	1975	4
16.	14.	2:43:59	Roberto Rosales	31	Marquette, Kans.	1973	2
17.		2:44:00	Tim Hendricks	(3) 20	Peru, Nebr.	1966	5
18.	15.	2:44:05	Ken Katzer	25	Lincoln, Nebr.	1968	3
19.	16.	2:44:25	Larry Aduddell	29	Tulsa, Okla.	1974	3
20.		2:44:30	Tim Hendricks	(4) 21	Peru, Nebr.	1967	2
21.		2:44:32	Lou Fritz	(2) 31	Verdon, Nebr.	1974	4
22.	17.	2:44:32	Rick Katz	26	Columbia, Mo.	1975	5
23.		2:45:45	Tim Hendricks	(5) 23	Peru, Nebr.	1969	1
24.	18.	2:45:48	Ivan Torres	22	Hutchinson, Kans.	1975	6
25.	19.	2:46:07	Phil Weiser		Minneapolis, Minn.	1966	6
26.		2:46:15	Tim Hendricks	(6) 26	Peru, Nebr.	1972	1
27.		2:46:22	Earl Eblen	(2) 29	Huntsville, Ala.	1965	2
28.		2:46:48	Carl Owczarzak	(2) 26	Kansas City, Kans.	1967	3
29.		2:47:09	Lou Fritz	(3) 25	Verdon, Nebr.	1968	4
30.	20.	2:47:10	Greg Carlberg	21	Lincoln, Nebr.	1970	1
31.		2:47:11	Tim Hendricks	(7) 28	Peru, Nebr.	1974	5
32.		2:47:18	Roberto Rosales	(2) 32	Marquette, Kans.	1974	6
33.		2:47:19	Lou Fritz	(4) 23	Verdon, Nebr.	1967	4
34.		2:47:27	Ron Daws	(3) 27	Minneapolis, Minn.	1964	1
35.		2:47:34	Dick Hessler	(2) 33	Columbia, Mo.	1974	7
36.		2:47:42	Tim Hendricks	(8) 25	Peru, Nebr.	1971	1
37.	21.	2:48:09	Lou Coppens		Philadelphia, Pa.	1965	3
38.	22.	2:48:09	Brian Harrington	23	Killeen, Texas	1969	2
39.		2:48:32	Lou Fritz	(5) 29	Verdon, Nebr.	1972	2
40.	23.	2:49:01	Dennis Katzer	20	Naper, Nebr.	1973	3
41.		2:49:37	Lou Fritz	(6) 30	Verdon, Nebr.	1973	4
42.	24.	2:49:41	Robert Lowe		Denver, Colo.	1966	7
43.	25.	2:49:44	Virgil Yehnert	38	Akron, Ohio	1967	5
44.		2:49:57	Carl Owczarzak	(3) 28	Kansas City, Kans.	1969	3
45.	26.	2:50:08	Ralph Anievas	21	Ft. Riley, Kansas	1969	4
46.		2:50:27	Carl Owczarzak	(4) 25	Kansas City, Kans.	1966	8
47.	27.	2:50:27	Karl Naylor	37	Topeka, Kans.	1974	8
48.		2:50:30	Lou Fritz	(7) 26	Verdon, Nebr.	1969	5
49.	28.	2:50:48	Pat Lanin		St. Paul, Minn.	1967	6
50.	29.	2:51:10	Gene Somer	26	Curtis, Nebr.	1966	9
51.	30.	2:51:12	Jim McFadden	33	Ft. Madison, Iowa	1972	3
52.	31.	2:51:15	Tom Snyder	27	Lincoln, Nebr.	1969	6
53.		2:51:21	Ken Katzer	(2) 29	Lincoln, Nebr.	1972	4
54.	32.	2:51:30	Bill Wirtz	21	St. Louis, Mo.	1968	5
55.	33.	2:51:57	Jay Birmingham	21	Dayton, Ohio	1966	10
56.	34.	2:52:14	Augie Hirt	21	McPherson, Kans.	1972	5
57.		2:52:20	Lou Fritz	(8) 28	Verdon, Nebr.	1971	2
58.	35.	2:52:30	Bill Fox	33	Tarkio, Mo.	1975	7
59.	36.	2:52:39	Elliott Evans	19	Omaha, Nebr.	1966	11
60.	37.	2:52:40	Ken Geest	21	Kansas City, Mo.	1974	9
61.	38.	2:53:00	Don Todaro	19	St. Louis, Mo.	1971	3
62.	39.	2:53:02	Rick Caracciolo	18	Valley, Nebr.	1974	10
63.	40.	2:53:03	Rich Todd	28	Ft. Leonard Wood, Mo.	1975	8
64.		2:53:07	Lou Fritz	(9) 23	Verdon, Nebr.	1966	12
65.	41.	2:53:09	Bob Pelikan	19	St. Louis, Mo.	1971	4
66.	42.	2:53:12	Rex Frazer	42	Ft. Leonard Wood, Mo.	1974	11
67.		2:53:25	Ken Katzer	(3) 26	Lincoln, Nebr.	1969	7
68.		2:53:26	Ivan Torres	(2) 25	Tarkio, Mo.	1972	6
69.	43.	2:53:33	Alex Ratelle	44	Minneapolis, Minn.	1969	8
70.	44.	2:53:35	Jack Mahurin		Washington, Ohio	1966	13
71.	45.	2:53:46	Leland McCrary	17	Florissant, Mo.	1975	9
72.	46.	2:54:00	Carl Gans	20	Kirkwood, Mo.	1967	7
73.	47.	2:54:00	Thom Wilkins	28	Kansas City, Mo.	1974	12
74.	48.	2:54:07	John Rose	28	LaCrosse, Kans.	1966	14
75.		2:54:28	Jay Birmingham	(2) 28	Dayton, Ohio	1973	5

76.		2:54:40	Alex Ratelle	(2)	50	Minneapolis, Minn.	1975	10
77.		2:54:47	Don Radaro	(2)	20	St. Louis, Mo.	1972	7
78.		2:55:00	Tom Snyder	(2)	24	Lincoln, Nebr.	1966	15
79.		2:55:03	Tom Snyder	(3)	26	Lincoln, Nebr.	1968	6
80.	49.	2:55:06	Charlie Schmid		19	Kansas City, Mo.	1974	13
81.	50.	2:55:11	Ben Huntley			Carbondale, Ill.	1969	9
82.	51.	2:55:19	Don Granberg		32	Columbia, Mo.	1974	14
83.		2:55:38	Leland McCrary	(2)	26	Florissant, Mo.	1974	15
84.	52.	2:55:41	Bob Hunerdosse		24	Macon, Mo.	1971	5
85.		2:55:44	Alex Ratelle	(3)	48	Minneapolis, Minn.	1973	6
86.	53.	2:55:45	Joel Rabdau		40	Creve Coeur, Mo.	1975	11
87.		2:55:50	Ken Katzer	(4)	24	Lincoln, Nebr.	1967	8
88.	54.	2:55:52	Darrell Steinhoff		16	Cape Girardeau, Mo.	1974	16
89.		2:55:56	Gene Somer	(2)	25	Curtis, Nebr.	1965	4
90.	55.	2:56:17	Rob Leutwiler			St. Louis, Mo.	1968	7
91.		2:56:27	John Rose	(2)	25	LaCrosse, Kans.	1963	1
92.	56.	2:56:36	James Vedder		26	Madison, Wis.	1967	9
93.	57.	2:56:50	Ben Londeree		40	Columbia, Mo.	1974	17
94.	58.	2:56:55	Lanny Endicott		30	Tulsa, Okla.	1975	12
95.	59.	2:56:57	Richard Caldwell		23	Kirkwood, Mo.	1974	18
96.		2:57:24	Alex Ratelle	(4)	47	Minneapolis, Minn.	1972	8
97.	60.	2:57:25	Bob Mohler			Wichita, Kans.	1966	16
98.		2:57:25	Bob Hunerdosse	(2)	27	Fairfield, Iowa	1974	19
99.		2:57:27	Alex Ratelle	(5)	43	Minneapolis, Minn.	1968	8
100.	61.	2:57:39	Arne Richards		32	Manhattan, Kans.	1965	5
101.		2:57:50	Roberto Rosales	(3)	30	Marquette, Kans.	1972	9
102.	62.	2:58:03	John Grundy			Yorkshire, England	1963	2
103.	63.	2:58:07	Dean Neal		26	Success, Mo.	1974	20
104.	64.	2:58:22	Charles Sayward			Lincoln, Nebr.	1968	9
105.	65.	2:58:23	Louis Naeger		19	Ste. Genevieve, Mo.	1968	10
106.	66.	2:58:23	Jim Conaway		18	Kansas City, Mo.	1973	7
107.		2:58:40	Earl Eblen	(3)	32	Huntsville, Ala.	1968	11
108.	67.	2:59:01	Dan Kacprowicz		22	Springfield, Mo.	1973	8
109.	68.	2:59:02	Henry Shawnee			Weatherfork, Okla.	1970	2
110.	69.	2:59:03	Julian Scott			Minneapolis, Minn.	1967	10
111.		2:59:31	Bill Wirtz	(2)	20	St. Louis, Mo.	1967	11
112.	70.	2:59:36	Tom Findley			Columbus, Ohio	1967	12
113.		2:59:46	William Fox	(2)	32	Tarkio, Mo.	1974	21t.
114.	71.	2:59:46	Alan Klein		24	Alma, Mo.	1974	21t.
115.		2:59:49	Tim Hendricks	(9)	24	Peru, Nebr.	1970	3
116.		2:59:54	Bob Mohler	(2)		Wichita, Kans.	1965	6
117.		2:59:58	Gene Somer	(3)	27	Curtis, Nebr.	1967	13
118.		3:00:02	Larry Aduddell	(2)	25	Tulsa, Okla.	1970	4
119.	72.	3:00:03	Ken Wilson			Wayzata, Minn.	1969	10
120.		3:00:23	Pat Lanin	(2)		St. Paul, Minn.	1966	17
121.		3:00:37	Lou Fritz	(10)	22	Verdon, Nebr.	1965	7
122.		3:00:58	Arne Richards	(2)	42	Manhattan, Kans.	1975	13
123.		3:01:02	Jay Birmingham	(3)	22	Dayton, Ohio	1967	14
124.	73.	3:01:10	Joe Dickmann		24	Clayton, Mo.	1974	23
125.		3:01:14	Lou Fritz	(11)	27	Verdon, Nebr.	1970	5
126.		3:01:18	Arne Richards	(3)	33	Manhattan, Kans.	1966	18
127.		3:01:25	Thom Wilkins	(2)	26	Kansas City, Mo.	1972	10
128.		3:01:33	Karl Naylor	(2)	36	Topeka, Kans.	1973	9
129.	74.	3:01:37	Conrad Nightingale		20	Manhattan, Kans.	1964	2
130.	75.	3:01:42	Mike Chaffee		27	Prairie Village, Ks	1972	11
131.		3:02:04	Louis Naeger	(2)	22	Ste. Genevieve, Mo.	1971	6t.
132.		3:02:04	Bill Wirtz	(3)	24	St. Louis, Mo.	1971	6t.
133.		3:02:06	Ken Katzer	(5)	23	Lincoln, Nebr.	1966	19
134.	76.	3:02:30	Whitney Hicks		40	Columbia, Mo.	1975	14
135.	77.	3:02:35	John Hawkins		26	Omaha, Nebr.	1973	10
136.	78.	3:02:50	Robert Brown			Rolla, Mo.	1966	20
137.		3:02:50	Arne Richards	(4)	40	Manhattan, Ks.	1973	11
138.		3:02:58	Arne Richards	(5)	31	Champaign, Ill.	1964	3
139.	79.	3:03:06	Bill Becker		21	Cape Girardeau, Mo.	1967	15
140.	80.	3:03:08	Ronald Johnson			Independence, Mo.	1969	11
141.	81.	3:03:30	Bruce Gilbert		25	Overland Park, Ks.	1975	15
142.		3:03:42	Gene Somer	(4)	28	Curtis, Nebr.	1968	12
143.	82.	3:03:43	Arturo Mejia		16	Kansas City, Kans.	1975	16
144.		3:03:46	Alex Ratelle	(6)	46	Minneapolis, Minn.	1971	8
145.		3:03:51	Roberto Rosales	(4)	33	McPherson, Kans.	1975	17
146.	83.	3:03:55	Bill Silverberg		21	Overland Park, Ks.	1963	3
147.		3:03:55	Dick Hessler	(3)	32	Columbia, Mo.	1973	12
148.	84.	3:04:10	John Jarosinski		19	Indianapolis, Ind.	1963	4
149.	85.	3:04:13	Dick Hall			St. Louis, Mo.	1966	21
150.		3:04:26	Tom Snyder	(4)	28	Lincoln, Nebr.	1970	6

86.	3:04:33	John Tisdell		Manhattan, Kansas	1964	4
87.	3:04:55	Jerry Kokesh	25	Manchester, Mo.	1975	18
88.	3:04:59	Tom Ellis	25	Mt. Rainier, Md.	1973	13
89.	3:05:12	Gary Schmidt	18	Kirkwood, Mo.	1964	5
90.	3:05:44	Joseph Webb		Terre Haute, Ind.	1966	22
91.	3:05:50	Robert Foley		Hopkins, Minn.	1969	12
92.	3:06:22	Allen Cooper		Webster Groves, Mo.	1966	23
93.	3:06:37	Danny Baird	23	Independence, Mo.	1972	14
94.	3:06:41	Gerald Hull		Edwardsville, Ill.	1970	8
95.	3:06:44	Charles Floading		Chicago, Ill.	1965	10
96.	3:07:13	Jim Coucill	37	Westerly, R. I.	1963	5
97.	3:07:42	David Craycraft	20	Kansas City, Mo.	1975	29
98.	3:08:18	Joe Marks	38	Columbia, Mo.	1975	22
99.	3:08:21	James Ochse	19	Oxford, N. J.	1973	14
100.	3:08:22	Jay Clark	40	Honolulu, Hawaii	1975	23
101.	3:08:30	Don Lewis	39	Columbia, Mo.	1975	24
102.	3:08:37	Jeff Keck	29	Rolla, Mo.	1975	25
103.	3:09:49	Jon Herbert	24	Springfield, Mo.	1974	27
104.	3:09:50	John Frater		Carbondale, Ill.	1969	15
105.	3:09:50	David Barenburg		Clayton, Mo.	1966	24
106.	3:10:20	Tom Kempf	48	Bartlesville, Okla.	1972	17
107.	3:10:45	John McQuary	16	Cape Girardeau, Mo.	1974	28
108.	3:10:46	Larry Pontinen		Minneapolis, Minn.	1964	7
109.	3:10:59	Brad Odom	19	Indianapolis, Ind.	1973	16
110.	3:11:24	William Craig	37	St. Louis, Mo.	1974	29
111.	3:11:52	Mark Young	15	St. Louis, Mo.	1975	28
112.	3:11:55	Robert Schmitt	42	Dodge City, Kansas	1973	18
113.	3:12:16	Gary Pierson		Colorado Springs, Co.	1964	8
114.	3:14:01	Mel Vos		Winchester, Kansas	1969	16
115.	3:14:04	Lynnard Phipps	24	Council Bluffs, Ia.	1967	19
116.	3:14:22	Wallace Wood	22	Pittsburg, Kansas	1975	29
117.	3:14:35	John Dunn		Lake Bluff, Ill.	1970	11
118.	3:14:47	Roman Sage	38	Jefferson City, Mo.	1971	10
119.	3:15:11	Aldo Scandurra		New York, N. Y.	1964	9
120.	3:15:22	Art Fleming	29	Columbia, Mo.	1972	22
121.	3:15:32	Jim Marsh		St. Ann, Mo.	1966	25
122.	3:15:42	Robert Alsman	21	Greenville, Ill.	1974	31
123.	3:16:07	Martin Bauer	31	St. Louis, Mo.	1972	23
124.	3:16:08	Jim Salisbury	20	Kansas City, Mo.	1975	30
125.	3:16:59	Dwight Pierson		Rochester, Minn.	1969	17
126.	3:17:04	Keith Browne		Independence, Mo.	1968	14
127.	3:17:32	William Andberg	57	Anoka, Minn.	1968	15
128.	3:17:40	Bill Rasmussen	19	Fulton, Mo.	1972	24
129.	3:17:55	Ted Hoffman		E. Liverpool, Ohio	1971	12
130.	3:18:12	Don Carman	26	Columbia, Mo.	1975	32
131.	3:18:15	Joseph Hoyt	42	Ft. Leavenworth, Ks.	1974	32
132.	3:18:57	Harvey Baird		Independence, Mo.	1967	20
133.	3:19:00	Larry Boies	37	St. Paul, Minn.	1969	18
134.	3:19:19	Jerry Jones		Olmstead AFB, Pa.	1963	8
135.	3:19:25	Frank Neuner	28	Ballwin, Mo.	1972	25
136.	3:19:40	Gary Curmode		Wichita, Kansas	1968	16
137.	3:19:41	Jim Lang		Omaha, Nebr.	1966	26
138.	3:20:55	Johnnie Hurst	25	St. Louis, Mo.	1975	33
139.	3:21:10	Jerry Mathis		Columbia, Mo.	1961	2
140.	3:21:16	Keith Otwell		Belleville, Ill.	1967	22
141.	3:21:48	Bill White		Denver, Colo.	1966	27
142.	3:22:21	Bob Potter	35	Ft. Riley, Kansas	1974	33
143.	3:22:38	Ray Smith	27	Omaha, Nebr.	1973	24
144.	3:22:45	Charles Geiss	33	Columbia, Mo.	1973	25
145.	3:23:09	John Dishon		St. Louis, Mo.	1967	23
146.	3:23:20	Robert Lewis	23	Edwardsville, Ill.	1974	34t.
147.	3:23:49	Ray Wade	30	Kansas City, Mo.	1975	34
148.	3:25:22	Tom Luechtefeld	38	Kirksville, Mo.	1975	35
149.	3:25:35	Phil Young	24	Wichita, Kansas	1967	24
150.	3:25:37	Bob Storrs	31	Phoenix, Ariz.	1975	36
151.	3:26:13	Ken Gould		Omaha, Nebr.	1965	12
152.	3:26:15	Elmer Lehmann		Leroy, Kansas	1968	18
153.	3:26:16	Charles Moore	20	Sedalia, Mo.	1972	27
154.	3:26:17	Terry Spangler	30	Pittsfield, Ill.	1974	36
155.	3:26:58	Joe Duncan	40	Columbia, Mo.	1974	37
156.	3:27:20	Al Klein	25	Alma, Mo.	1975	38
157.	3:28:13	Jim Baugus		Wynne, Ark.	1970	14
158.	3:28:49	Gary Flippin	18	California, Mo.	1968	19
159.	3:28:51	Doyne Hahn		Manhattan, Kansas	1969	20
160.	3:28:52	Bob Baker	34	Tulsa, Okla.	1972	28

161.	3:29:01	Jim Davis	26	Independence, Mo.	1962	2
162.	3:29:15	Bob Whitman		Kansas City, Mo.	1966	28
163.	3:29:15	Rick Richardson		North Little Rock, Ar.	1970	15
164.	3:29:57	Daryl Muhrer	20	Columbia, Mo.	1963	9
165.	3:20:22	Tom Kilburn	28	Columbia, Mo.	1973	27
166.	3:30:30	Chris Watness	18	Indianapolis, Ind.	1971	14
167.	3:31:17	Karlton Kunzie	27	Denver, Colo.	1975	39
168.	3:31:47	Rick Martin	17	St. Louis, Mo.	1972	29t.
169.	3:31:47	Lorn Gwaltney	53	St. Louis, Mo.	1972	29t.
170.	3:32:15	Mike Ervin		Cape Girardeau, Mo.	1967	27
171.	3:32:21	Larry Schloss	20	Jackson, Mo.	1966	29t.
172.	3:33:00	James Hellwege		Brentwood, Mo.	1968	20
173.	3:33:03	John Wilson	22	Columbia, Mo.	1972	31t.
174.	3:33:29	Ray Kopek	15	Prairie Village, Ks.	1975	40
175.	3:33:30	Paul Mingo	24	Atlanta, Ga.	1974	39
176.	3:33:51	Rich Houck	25	Tulsa, Okla.	1975	41
177.	3:34:06	James Blake		Lexington, Ky.	1967	28t.
178.	3:34:06	Joe Picket		Statesville, N. C.	1967	28t.
179.	3:34:43	Jim Stoverink		Gordonville, Mo.	1966	31
180.	3:34:52	Bob Nepple		Minneapolis, Minn.	1965	14
181.	3:34:52	John Ritchie	16	Cape Girardeau, Mo.	1974	40
182.	3:35:06	John Ellington		Knoxville, Tenn.	1966	32
183.	3:35:35	Charles Gardner	44	Kansas City, Mo.	1974	41
184.	3:35:49	Elzy Miller	19	Point Lookout, Mo.	1970	17t.
185.	3:35:49	Richard Miller	19	Point Lookout, Mo.	1970	17t.
186.	3:36:03	Gary Orr		Belleville, Ill.	1961	3
187.	3:37:06	John Quiller		Ft. Collins, Colo.	1966	33
188.	3:37:40	Steven Davis	28	Liberty, Mo.	1975	42
189.	3:37:53	Sam Costa		Chicago, Ill.	1970	19
190.	3:38:04	Mike Patterson	23	Prairie Village, Ks.	1966	34
191.	3:38:12	Dan Lonnquist	29	Columbia, Mo.	1974	42
192.	3:38:57	Tucker Schaeffer	20	Kansas City, Mo.	1975	43
193.	3:39:09	Craig Rindt		Wichita, Kans.	1967	31
194.	3:39:24	Jeff Rapp	17	Rock Hill, Mo.	1968	22
195.	3:39:25	Dick Moe	24	Columbia, Mo.	1974	43
196.	3:40:28	Mark Dufresne	20	Kansas City, Mo.	1973	29
197.	3:40:43	R. E. Bruce	49	Lake Bluff, Ill.	1970	21
198.	3:41:07	Marvin Patterson	40	Columbia, Mo.	1975	44
199.	3:41:21	Bill Wickersham	33	Columbia, Mo.	1968	23
200.	3:42:31	Elliott Evans	18	Omaha, Nebr.	1965	16

354 different runners have completed the Heart of America Marathon.

Lou Fritz has a string of 11 consecutive marathons starting in 1965. His finishes, in order are: 7th, 12th, 4th, 4th, 5th, 5th, 2nd, 2nd 4th, 4th and 4th with times ranging from 2:43:46 in 1975 to 3:01:14 in 1970 when we experienced the worst year from the standpoint of heat and humidity.

Tim Hendricks has the best record, completing 9, finishing 5th, 2nd, 1st, 3rd, 1st, 1st, 1st, 5th (with a badly burned thigh) and 1st with times ranging from 2:38:42 in 1975 to 2:59:49 in 1970.

Arne Richards has completed 10 with times ranging from 2:57:39 in 1965 to 3:11:01 in 1967. Arne first appeared on the scene in 1963.

Alex Ratelle has a remarkable record as a 40 year old (50 in 1975) with 8 completions with five sub 3 hour times, although Rex Frazer grabbed the age 40 record from him in 1974--a year Alex had to miss because of illness in the family. Alex has collected more trophies than anybody since he always manages to finish in the top 12 overall, and has won the age 40 or age 50 trophy everytime he has been here.

Randy Cook has the top performance for a Missourian while Dick Hessler is the leading Columbia Track Club performer.

This years race is the 17th annual. Once again MFA Insurance Companies is a major sponsor--almost 100% on the finances. Those of you ~~who~~ want to assist at the timing stations or aid stations should let Joe Duncan know so that he won't have to call you. RUNNERS: PLEASE RETURN YOUR ENTRY BLANKS NO LATER THAN Sept. 4. We will take post entries, but you are not really doing your part in helping us to guarantee a 6:00 AM start if you wait until the last minute. All runners should try to pick up numbers at 6:00 PM Sunday evening. If you do that, then you can report directly to the starting line on Monday morning. Please tell your friends and relatives who will be driving cars that they should avoid driving on the gravel portion of the course. It is a hazard to the runners and creates a dust situation. GOOD LUCK TO ALL OF YOU!

By ELLIOTT HARRIS
Tribune Sports Editor

Larry Young is going to this summer's Olympic Games in Montreal. As a spectator. Unless Todd Scully, Ron Laird or Larry Walker is unable to compete in the 20-kilometer walk for the United States, Young will be little more than a tourist in Montreal.

The most recent report from Eugene, Ore., where the U.S. Olympic track and field trials are being held, is that Columbian Young is the alternate. That was the decision Sunday after a Saturday ruling for a walkoff.

He finished fourth in Saturday's confused and controversial 20-kilometer Olympic qualifying race. Because of the confusion—part of which included the race being one lap less than it should have been—Young filed a protest Saturday.

The protest was honored by Bruce McDonald, the person in charge of the race.

"I was pretty dejected about finishing fourth," said Young, the only American to win a medal in Olympic walking competition. He has won two Olympic bronze medals in the 50-kilometer race.

"As soon as the race was over, I hadn't heard the race was one lap short," he said yesterday by telephone from Eugene. "After the doping test, I was on my way to the shower. They announced the times over the stadium speakers. The times were unbelievably fast."

Over the loudspeakers also came the news that the race was one lap short.

"At that point, I got infuriated," Young said. "It was complete exasperation. It was then that I decided to file a formal protest."

The reason for the protest goes beyond the one-lap controversy, the 33-year-old Young says.

reworded and proposed a resolution. Someone else seconded it. Nineteen or so voted for it. There was one abstention—not me.

"All the walkers felt the race was poorly run off. Most did not want the race run over. But they wanted it known that the race was shoddily run.

"Bruce McDonald took the appeal." And the result?

"The race will not be rerun."

The appeals committee rejected McDonald's decision to have a walkoff.

"They (the U.S. Olympic Committee) relied on one man—McDonald. He did not take the right steps (in running the race)," Young said. "There should have been a dry run with all the officials involved, timers, lap counters. Evidently this was not done. I don't know, it's hard to imagine someone being so lax.

"I've run into this problem in national championships. I got tired of it. I couldn't believe it was happening in the Olympic trials."

If nothing else, the race provided an excellent case study for Young's wife, Candy, a political science major.

"My wife's working on her dissertation. She's doing research on governmental regulation of amateur athletics. It's ironic it had to happen to me.

"If there were proper organization, these stupid, silly mistakes might not happen. Or they'd be minimized at least."

Almost lost amid the controversy was Young's performance. Despite limited training because of illness and injuries, he almost made the U.S. team.

"I felt pretty good about my performance," he said.

"I had a pretty good race considering."

And there certainly is plenty to consider.

PAGE 9—The Columbia Daily Tribune

SPORTS

Tuesday, June 22, 1976

"First of all, I wanted to let the appeals committee and the press know the manner the race was run. It was the worst race I ever competed in in my life. It was psychologically devastating."

What happened goes something like this:

- The walkers started on the track at Hayward Stadium. After two laps, they headed for one big loop (approximately 1½-2 miles according to Young).

- Then the walkers came back to an area in front of the stadium. They were supposed to do 11 laps, but only did 10.

- In counting down the laps, the officials at one point said there were four to go. Then after that lap, the officials said, "We've made a mistake. Now there are four to go."

- The officials said there was one lap to go. At this point, Young estimated he was 500 yards from the finish in third place. Walker was in fourth 10 to 15 yards behind him. As Young started to make his finishing kick, he was informed there was still another lap to go.

- The walkers, as far as Young could ascertain, never were given the splits (the times after 5, 10 and 15 kilometers). "They're (the splits) always customary," Young said.

And so, Walker passed Young to take the

third qualifying spot.

So Young filed his protest. Not so much because he failed to qualify as it was the way the race was handled, he said.

"At the end of the protest I listed all the things that were done wrong that I witnessed," Young said. "I felt I had to have a reason for saying all those things. So what I did was suggest that the race be held over. I did not really want the race held over, but it gave my protest some validity."

"I figured the appeals committee would just throw it out. I didn't think they'd consider running the race over. I gave it to the clerk of the course—Bruce McDonald—not saying it was all his fault, but he must bear part of the blame.

"It was his decision to honor my protest. If he had rejected it, then I would have gone to the appeals committee. He made the decision on his own volition that third place through seventh would be in a walkoff next Sunday. He has the right to do that unless there is another appeal."

"Tempers were flying. Some of the guys think I suggested three through seven. The walkers had a meeting that night (Saturday) about 8 o'clock."

"I made the suggestion that they file a protest against that decision (for a walkoff). What they did was someone else

Place	Name	Time	*
1.	Todd Scully, Shore AC	1:25. 28.6	
2.	Ron Laird, New York Athletic Club	1:25:43.6	
3.	Larry Walker, Tobias Striders	1:25:56.5	
4.	Larry Young, Columbia Track Club	1:26:40.1	
5.	James Heiring, Wisconsin	1:27:16.8	
6.	Goetz Klopfer, Golden Gate Track Club	1:28:14.8	
7.	Dan O'Connor, New York Athletic Club	1:28:30.0	
8.	Tom Dooley, West Valley Track Club	1:28:35 1:29:59	
9.	B.J. Henderson, Unattached	1:29:59	
10.	Jerry Brown, Colorado Track Club	1:30:19 1:38:19	
11.	Jerry Lansing, West Valley Track Club	1:30:29	
12.	Augie Hirt, Missouri	1:30:34	
13.	Ron Daniel, New York Athletic Club	1:30:51	
14.	Edwin A. Bouldin, LA Sheriff Dept.	1:31:09	
15.	Wayne Glusker, West Valley Track Club	1:31:15	
16.	John Knifton, New York Athletic Club	1:31:30	
17.	Bill Ranney, Golden Gate Track Club	1:32:30	
18.	Thomas Knatt, N.Medford Club	1:33:12	
19.	Neil Pyke, Florida Track Club	1:33:21	
20.	Robert Kitchen, DC Striders	1:34:41	
21.	Ron Kulik, New York Athletic Club	1:38:33	

SCHEDULE OF EVENTS:

JULY	31	Saturday	6:30 AM	30 Kilo Run, 20 Kilo Walk	Hilton Inn
AUGUST	7	Saturday	9:30 AM	All Comers Cross Country Meet	3 Miles Swope Park, Kansas City, Mo.
	8	Sunday	7:00 PM	MVAAU 20 Kilometer Walk	LaCrosse, Ks.
	14	Saturday	7:00 AM	17 Mile, 76 Yard Run	Shawnee Mission Park, Kansas Many Awards, age groups
	14	"	8:00 AM	5 Man-60 Mile Relay (2X 6 Mile)	Florissant Valley Community College, St. Louis
	14	"	7:00 PM	10,000 Meter Road Run around Lake Scott	Scott City, Ks.
	14	"	?	Joe Schrag's Lake Shawnee 6 Mile Road Race	Topeka, Ks.
	15	Sunday	5:30 AM	SENIOR NATIONAL AAU 50 KILOMETER WALK CHAMPIONSHIP	Columbia, Mo. Meet in the west parking lot of the MFA Insurance grounds.
	21	Saturday	9:00 AM	5,000 Meter Run, 5,000 Meter Walk	Hickman Track RECORDS: 15:20.8 Dennis Stewart Dec. 1, 1973; 23:59 Larry Young July 6, 1974
SEPTEMBER	6	Monday	6:00 AM	17th ANNUAL HEART OF AMERICA MARATHON	Columbia, Mo.

ANYONE WHO IS WILLING TO HOUSE WALKERS THE NIGHT BEFORE THE 50 KILO WALK SHOULD ADVISE AUGIE HIRT WHO HAS VOLUNTEERED TO COORDINATE SAME.

walked across?

In his travels in California ROB SPIER ran/across an organization called Joggers Anonymous. It seems that when you get the urge to go for a long run, you call a member and he comes over and hides your shoes. Rob thinks, perhaps, that these runners limit themselves to sprints. Perhaps Dick Hessler (the expert on whether or not running is an illness) will be the leader in forming a local chapter of such an organization. Actually Anne is the one who most likely would call for the formation of this group. Dick is incorrigible.

The COLUMBIA TRACK CLUB NEWSLETTER with all of its little tidbits and nonsense comes your way from Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. It is to him you should send \$2.00 if you want a one year subscription--one issue per month. To join the CTC will cost you \$5.00 annual dues--this includes the entire family.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

AUGIE HIRT WINS FIRST RACE OF NEW SEASON--15 KILO WALK					
	5 K	10 K	15 Kilo	Sept. 11: off DT	% off
1. Augie Hirt	29:24	56:39	1:21:44	104	2.17
2. Jim Breitenbucher	29:24	56:39	1:25:23	143	2.87
3. Randy Mimm	29:24	57:00	1:25:53		
4. Rob Spier 54	30:51	1:02:40	1:35:57	23	.40
5. Bill Wiecek 3 Mi. (37:55)		1:15:32	1:51:36		
6. William Taft 60	39:50	1:14:28	1:51:50	370	5.23
7. Mike Wiecek 14	37:46	1:16:47	1:53:52		

60°, moderate winds, sun shining, not a bad day for some easy walking. So begins a new season with Spier off to an early lead in the DT race.

LARRY YOUNG WINS SENIOR NATIONAL 30 KILO WALK; HIRT 3RD, BREITENBUCHER 8th AS CTC WINS THE TEAM TITLE Des Moines, Iowa August 28, 1976:

	5 K	10	15	25	30 Kilo
1. Larry Young	24:17	48:51	1:12:55	2:01:50	2:27:26
2. Floyd Godwin	24:18	48:52	1:13:19	2:03:39	2:30:27
3. Augie Hirt	24:19	49:06	1:14:31	2:09:27	2:39:19
4. Ron Laird	25:01	51:15	1:18:08	2:14:37	2:44:03
8. Jim Breitenbucher	27:43	55:43	1:24:09	2:27:08	3:03:36

I left out the 20 kilo splits--they were: Young: 1:37:09, Godwin: 1:38:10, Hirt: 1:41:31, Laird: 1:46:10, Breitenbucher: 1:53:42

The course was on a flat loop with 2 laps equalling 5 Kilo. Temp. at the start was 68, but within 45 minutes it was 85 and it got up to 89. 16 walkers started. Bob Young was 9th at 3:08:45 (31:35, 63:05, 1:34:04, 2:04:50, 2:36:47) while Martin Smith (Yes, the marathon runner) was 11th in 3:19:44. In the team race CTC had 11 points, Colo. TC 14½ and Iowa 19½.

FINAL ELAPSED TIME STANDINGS:

Runners:

1. Hessler*	322.5	12. Duncan	96	23. D. Adams	49
2. Lewis*	287	13. Johnson	81	24. Kacprowicz	45.5
3. Hinckley*	241.5	14. Stewart	77	25. Childs	45
4. Londeree*	208	15. Renaud	77	26. Beckerdite	44
5. G. Brown*	193.5	16. Frazer	74	27. Blossom	36
6. Marks*	188.5	17. Hirt	69	28. Logan	34
7. Carman	121	18. Pastoret	64	29. Herbert	34
8. Chippendale	113	19. Storvick	60	30. Landrum	27
9. Loan	112.5	20. Garverick	56	31. K. Hicks	26
10. Todd	106	21. O. Brown	55	32. Kurtz	
11. W. Hicks	100	22. Lawrence	52		

Age 40 & Over:

1. Londeree*	83
2. Lewis*	75
3. Loan*	61.5
4. Duncan*	45
5. Johnson*	42.5
6. Hicks*	39
7. Frazer	38
8. Renaud	31
9. Storvick	29
10. O. Brown	19
11. Blossom!	1

Age 15 & under:

1. J. Gibson*	66
2. D. Duncan*	62
3. M. Gibson*	55
4. S. Gibson*	28
5. T. Loan*	22
6. J. Blossom*	14
7. A. Hessler	10
8. R. Londeree	6
9. S. Blossom	5

*indicates these people will receive awards at the annual meeting, Oct. 1.
DT Standings and ET Standings for the walkers are the same as shown in the August newsletter.
ATTEND THE ANNUAL MEETING!!
7:30 PM, Friday night,
October 1, 1976 at the
Guitar Community Center.

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

Sept. 7, 1970: Heart of America Marathon: 1. Greg Carlberg 2:47:10, 2. Henry Shawnee 3. Tim Hendricks 2:59:49--the only 3 under 3 hours as the heat & humidity (the worst we have ever had) were the big story. 1st CTC was Don Granberg 16th at 3:33:52. Alex Ratelle was 1st over 40 in 3:26:28. 53 finishers including Fred Phelps, Sr., Topeka, and ALL ten of his kids ranging from 7 to 17.

Sept. 20, 1970: 5 Mile walk: 1. Mark Achen 42:53; 2. Dave Leuthold 54:45; Mile Run: 1. Carl McCoun 5:10 (training for the 100 Mile Walk); 2. Whitney Hicks 5:10.1. . . 5. Mike Chippendale 6:06--Mike's first ever CTC event.

Sept. 26 & 27, 1970: 4th Annual 100 mile walk: 1. Larry O'Neil 20:42:42 (his 3rd title); 2. John Argo, Canada 23:22:50

SCHEDULE OF EVENTS

- SEPTEMBER 18 Saturday 9:00 AM 2 Mile Run, 10 Kilo Walk Hickman Track
- 25 & 26 Saturday & Sunday 1:00 PM TENTH ANNUAL NATIONAL
100 MILE WALK Hickman Track TIMERS: Let me
know when you can help!!
- OCTOBER 1 Friday 7:30 PM ANNUAL MEETING OF THE COLUMBIA TRACK
CLUB Guitar Community Center. Year-end awards,
next year's schedule, refreshments, IMPORTANT!!
- 2 Saturday 8:00 AM (Not 9:1) 8 Mile Run, 8 Mile Walk
Hilton Inn Course Record: 42:25 Tom Logan
- 9 Saturday 9:00 AM 2 Mile Cross-Country Run Municipal
Golf Course
- 16 " 11:00 AM 5 Mile Cross-Country Run Gustin
Golf Course
- 17 Sunday 8:00 AM Tri-States Marathon Falls City, Nebr.
Contact: Louis Fritz Verdon, Nebr. 68457
- 23 Saturday 10:00 AM MVAAU & OPEN & National Masters 30
KILO WALK Leawood Subdivision
- 30 Saturday 9:00 AM 2 Mile Cross-Country Run Gustin Golf C.

In the Sculte Award for Improved Performance, the final standings are basically the same as shown in the Aug. newsletter. Don Johnson is the winner of the award with his 9.97% improvement and for the second year in a row Doug Duncan finished 2nd, this time with a 6.53% score.

AUGIE HIRT WINS THE SANTA-CALI-GON 10,000 METER WALK, Independence, Mo.,
Sept. 4 with a time of 49:49. 2. Jim Breitenbucher 55:25; 3. Bob
Chapin 58:04; 4. Paul Mack 1:01:187. Bob Gragg 1:12:02
These were the CTC people--17 entries

ATTEND THE ANNUAL MEETING OF CTC! October 1st
7:30 PM Guitar Community Center

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

RACE WALKERS!!!

RACE WALKERS!!!

RACE WALKERS!!!

50-K DAY

RACE WALKERS!!!

Nov. 6, 1976

RACE WALKERS!!!

Columbia, Missouri

WHAT: National Masters' 50-kilo AAU Championships.
National AAU Class "B" 50-kilo championship.
Open 50-kilo - "Break the Record" Race.

WHERE: Hickman High School Track. Columbia, Missouri. Enter
at 7th Street and Business Loop 70 East.
Track is a surveyed red shale surface used for the Nat'l.
100-mile championship.

TIME: 10 a.m., Saturday, November 6th, 1976.

ELIGIBILITY: Masters must be 40 years of age on or before Nov. 6,
1976. Class "B" walkers - follow national guidelines.
Open walkers - must have valid AAU card.

AWARDS: Masters medals and Class "B" medals to first six finishers
in each category. Masters patches to first individual and
to team champions. Trophies to first six finishers in open
race.

ENTRY FEES: Entry for one race is \$2.00. Entry in more than one
race is \$3.00. If you are eligible for all three divisions,
total entry is only \$3.00. Make check payable to Bill Clark.

"BEAT THE RECORD" - Bob Kitchen's American record (which must be
established on a surveyed track) is 4:13:36. Officials will
be on hand to judge the open race and to certify any
record performance.

HAMBURGERS: All contestants and their entourage will be guests
at a hamburger fry following the race. Site not yet set,
but will be announced on race day. Hosts Bill and Dolores
Clark will handle the burgers.

Clip and return to: Bill Clark, 3906 Grace Ellen Drive, Columbia,
Missouri 65201 (314-474-4510).

Name _____ Signature _____

Address _____ City _____ State _____

ZIP _____ Phone _____ AAU No. _____ Ass'n _____

Club Affiliation _____

Birth date _____ Yr. _____. I plan to enter the following
divisions: Masters () Class B () Open ().
I hereby for myself and my heirs waive and release all claims for
damages I may incur against the sponsors of the 50 kilometer race
and divisions thereof listed above for all injuries suffered by
me while competing in or traveling to or from the event.

Signed _____

NATIONAL MASTERS AAU, NATIONAL CLASS "B", MISSOURI VALLEY AAU
AND OPEN 30 KILO WALK

1976 ENTRY BLANK

TIME: Saturday, October 23, 1976

PLACE: Leawood Subdivision (the South side of Broadway, west of Stadium Boulevard), Columbia, Missouri. Meet at Skye Wynd Court and Braemore Road.

THE COURSE: Each lap is a little over one mile around, typical residential subdivision streets, one moderate hill.

ENTRY FEE: \$2.00 - make checks payable to Columbia Track Club

AWARDS: Trophies to first 6 Masters (over age 40) finishers, trophies to first 3 Class B finishers, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers.

RECORDS: MVAAU Course Record: 2:25:26, Larry Young, October 26, 1975
American Record: 2:23:14, Goetz Klopfer

FACILITIES: There are no rest rooms facilities on this course, however, there are nearby service stations, so plan accordingly.
Post-race showers may be taken at Hickman High School.

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: _____ AAU NO. _____

SIGNATURE _____ BIRTH DATE: _____

HT: _____ WT.: _____ SCHOOL OR CLUB: _____

ADDRESS: _____ ZIP _____

By 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.

THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Mo. 65201