

TRACK CLUB

NEWSLETTER Vol. IX, No. 12 December 20, 1977

DOUG CLARK WINS MVAAU 30 KILO RUN WITH DENTON CHILDS SECOND, BOTH OF THEM BEATING RICK KATZ' RECORD December 3, 1977:

	Age	5K	10K	15K	20K	25K	30Kilo
1. Doug Clark	21	17:26	35:06	52:02	1:09:21	1:26:06	1:43:54
2. Denton Childs	27	17:26	35:06	52:01	1:09:21	1:26:11	1:44:13
3. Jeff Roth	19	17:28	35:06	52:02	1:09:21	1:26:07	1:44:47
4. Charlie McMullen	23	17:28	35:06	52:10	1:10:11	1:27:38	1:46:36
5. Dave Harris	22	17:28	35:06	52:02	1:10:16	1:28:20	1:47:23
6. Jon Herbert	27	17:28	35:06	52:30	1:10:57	1:29:00	1:48:57
7. Howard Guscar	32	17:35	36:20	54:15	1:12:55	1:30:58	1:49:52
8. John Shorey	22	17:37	36:16	54:22	1:13:11	1:30:58	1:50:03
9. Jerry Yunker	22	18:34	38:20	58:07	1:15:48	1:33:00	1:51:42
10. Ben Londeree	43	18:35	38:27	58:09	1:16:14	1:34:42	1:53:36PB
11. Dean Neal	29	18:34	38:20	58:07	1:16:14	1:35:00	1:54:43
12. Don Lewis	41	18:35	38:27	58:09	1:16:30	1:35:17	1:54:49PB
13. Barry Schneider	24	20:00	40:20	59:22	1:19:04	1:38:08	1:59:42
14. Jim Schutt	39	19:30	39:40	59:11	1:19:43	1:39:18	1:59:46
15. Tim Schwegler	19	17:41	37:42	58:15	1:17:37	1:38:25	1:59:52
16. Olen Brown	42	19:07	39:59	59:40	1:21:16	1:41:24	2:02:42PB
17. Joe Marks	40	19:07	39:55	59:55	1:21:09	1:41:35	2:02:58PB
18. Tom Parker	30	21:24	43:03	1:03:54	1:25:33	1:46:31	2:08:16
19. Mark Landrum	38	21:24	44:14	1:05:00	1:27:13	1:47:52	2:10:04
20. Don Oster	42	21:48	44:13	1:05:46	1:28:30	1:50:29	2:13:41
21. Keith Pierce	35	19:52	41:46	1:03:16	1:26:40	1:49:31	2:14:15
22. Lance Neal	38	21:29	43:58	1:06:13	1:29:18	1:52:04	2:15:17
23. Bruce Poling	33	21:48	44:15	1:05:46	1:28:32	1:50:38	2:15:27
24. Regan Thomas	30	19:52	41:43	1:03:40	1:27:13	1:50:47	2:15:33
25. Ray Loan	46	19:52	41:43	1:03:40	1:27:13	1:50:47	2:15:35
26. Joe Duncan	43	21:47	44:39	1:06:48	1:30:28	1:52:30	2:16:21
27. Mike Fields		21:24	44:39	1:06:48	1:30:33	1:54:10	2:19:57
28. Phil Pratt	30	21:10	44:03	1:05:46	1:30:18	1:55:05	2:24:52
29. Roger Strickland	27	19:58	42:19	1:04:25	1:28:00	1:51:54	2:34:40
30. Dave Kannewurf		17:28	35:06	52:20	1:11:57		
31. Steve Fisher		17:50	36:16	53:50	1:12:13		
31t. Mark Taitt		17:50	36:16	53:50	1:12:13		
33. Dennis Hinkamp		17:27	35:10	52:02			
34. Jim Walter		19:42	40:31				

The Women's 20 kilo race went:

1. Carole Brockman	21:17	44:24	1:07:47	1:33:23	From Kansas City
2. Norma Cousin	22:56	49:36	1:15:12	1:42:07	

And the Age 15 & Under 20 kilo went:

1. Wesley Paul	8	18:51	39:50	59:47	1:22:02	A CTC record!
2. Eddie Chou	13	20:30	46:16	1:13:55	1:43:20	
3. Vonn Walter	11	27:52	61:25			

And, then, here's the way the 20 kilo walk went:

1. Randy Mimm	25:15	51:58	1:19:48	1:56:23	
2. Leonard Busen	31:20	63:28	1:34:12	2:07:35	155 off DT 2.07%
3. Albert Van Dyke	30:27	63:13	1:36:47	2:11:55	
4. Henry Bent	39:59	82:06	2:02:25	2:43:36	
5. Rob Spier	39:59	1:22:06			

The DT went as follows: Pierce 75 seconds off, .94%, Duncan 81, 1.00%, Childs 107, 1.68, Brown 198, 2.62, Loan 265, 3.15, Pratt 292, 3.48, Guscar 248, 3.62, Lewis 311, 4.32, Londeree 384, 5.33, Marks 422 5.41, Thomas 507, 5.87.

Mid 30's, moderate east winds, cloudy. Timers: Jon Palks, Don Wyrick, Dru Dixon, Veva Spier and Al Lo Paul. The Aid Station was manned by Lance Neal's people. THANKS to all of you who helped!

A truly competitive race with 8 runners in a group for the first 5 K. This group finally was reduced to the top 3 with the race not being decided among those 3 until the tough finishing hills. Both Clark and Childs were under the record of 1:44:30 set by Rick Katz in 1974.

Clark is the MVAAU Champion for 30K--this goes with the MVAAU One Hour Run title which he won in May.

Thanks to BILL CLARK for the following report on his race-walking weekend:

NATIONAL JUNIOR 20 KILO CHAMPIONSHIP November 12, 1977:

Sunny, windy. Temp. mid-high 40's. Red shale track.

Judges: Bill Clark, Robert F.G. Spier.

1. Michael Fein, Lawrence, Kan. (Columbia Track Club). 9-22-58.
(Splits by mile) 8:25 17:07 25:50 34:36 43:26 52:17
1:01:14 1:10:13 1:19:17 1:28:30 1:37:42 1:47:13 1:51:15.8.
2. Jim Janos, Cleveland, Ohio (Lake Erie Race Walkers). 10-28-58.
8:28 17:21 26:25 35:35 44:25 53:30 1:02:22 1:11:31
1:20:42 1:30:14 1:40:12 1:50:34 1:55:03.
3. David McCalley, Kansas City, Mo. (KC North Stars). 11-9-60.
8:29 17:43 26:56 36:00 45:26 54:38 1:03:55 1:13:10
1:22:19 1:31:19 1:41:26 1:52:25 1:56:49.
4. Cliff Mimm, Willingboro, N.J. (Shore A.C.). 6-11-58.
8:27 17:08 26:02 35:10 44:20 53:30 1:02:50 1:12:14
1:21:42 1:31:38 1:42:48 1:54:19 1:59:20.
5. (Tie) Mike Clark, Columbia, Mo. (Columbia Track Club). 11-4-59.
9:46 20:20 31:02 41:21 51:50 1:02:28 1:13:00 1:23:38
1:34:30 1:45:40 1:57:11 2:08:35 2:13:07.
6. (Tie) Dan Estrada, Columbia, Mo. (Columbia Track Club). 7-16-60.
9:47 20:21 31:01 41:22 51:50 1:02:28 1:13:00 1:23:37
1:34:31 1:45:41 1:57:16 2:05:43 2:13:07.
7. Steve Pinkerton, Columbia, Mo. (Columbia Track Club). 1-21-60.
10:54 23:04 35:25 48:19 1:01:30 1:15:07 1:28:50 1:42:39
1:56:21 2:10:34 2:25:50 2:41:20 2:48:07.

Fein, a student at the University of Kansas, led the entire race. McCalley, a tough walker at the mile, was making his first start in a distance event and walked well. Janos, a veteran despite his age, never lost contact with Fein, but could not overtake the Kansas redhead. Mimm tired badly, after seven miles, but hung to take fourth easily. The Columbia Track Club won the team title.

OPEN WOMEN'S 20 KILO WALK, also November 12:

Judges: Bill Clark, Max Gould.

1. Paula Poda, Palos Hills, Ill. (Moraine T.C.). 8-14-61.
10:33 21:58 33:12 44:20 55:12 66:10 77:17 1:28:25
1:39:45 1:51:00 2:02:30 2:14:08 2:18:52. Three watches were
stopped at 2:18:59; 2:18:52; 2:18:48.

Paula chose to walk alone at the designated 10 a.m. time and showed great promise for a 16-year-old. Excellent form and with more drive should develop into a national class walker. Her three times are submitted for a 20-kilo record at 16, junior, senior.

OPEN, NATIONAL MASTERS, CLASS "B" & MVAU 50 KILO WALK November 13:

Cloudy at the start. Temp. 40. Very windy from east. Wind subsided and sun came out at 3 p.m. Finished with temp. hi-40's. Red shale track.
Judges: Bill Clark, Robert F.G. Spier, Joe Duncan.

Overall finish - open division

1. Augie Hirt, Columbia, Mo. (Columbia T.C.). 9:38 18:52 28:12
37:25 46:43 56:02 1:05:25 1:14:55 1:24:25 1:33:15 1:43:10
1:52:42 2:02:03 2:11:42 2:21:00 2:30:35 2:40:09 2:49:53
2:59:33 3:09:15 3:19:05 3:29:05 3:39:01 3:49:02 3:58:55
4:08:50 4:18:50 4:29:00 4:39:03 4:49:06 4:58:50 4:59:26.
2. Max Gould, Toronto, Ontario, Can. (Etobicoke Striders). 7-18-17.
9:28 18:54 28:12 37:26 46:45 56:03 1:05:33 1:15:10
1:24:35 1:34:07 1:43:28 1:52:42 2:02:03 2:11:44 2:21:02
2:30:35 2:40:09 2:49:53 2:59:35 3:09:20 3:19:05 3:29:05
3:39:10 3:49:18 3:59:25 4:09:29 4:19:42 4:29:43 4:39:45
4:49:48 4:59:19 4:59:58. (Three clocks stopped on Gould for record
purposes were 5:00:06, 4:59:58, 4:49:50).
3. Jim Coots, Long Beach, Calif. (Unattached). 3-15-41. 9:39 19:09
28:45 38:25 48:12 57:47 ~~1:07:15 1:16:45 1:26:15 1:35:45 1:45:15 1:54:45 1:59:15~~ (wrong lap)
1:07:20 1:16:58 1:26:32 1:36:06 1:45:45 1:55:27 2:05:20
2:16:15 2:26:55 2:38:32 2:49:06 3:00:10 3:12:35 3:26:00
3:37:18 3:49:09 4:00:40 4:12:00 4:23:35 4:35:15 4:47:26
4:59:05 5:13:17 5:27:33 5:41:16 5:42:13

50 KILOMETER WALK continued:

4. Leonard Busen, Mehlville, Mo. (Columbia TC). 3-6-30. 20:03
 30:15 40:11 50:18 1:00:37 1:10:40 1:21:42 1:32:30 1:43:35
 1:54:55 2:06:13 2:17:28 2:28:36 2:40:03 2:51:50 3:03:18
 3:15:04 3:26:50 3:38:18 3:49:40 4:01:02 4:12:08 4:23:35
 4:35:00 4:47:29 4:59:25 5:14:40 5:27:23 5:40:14 5:52:58
 5:53:44.
5. Albert Van Dyke, Jefferson City, Mo. (Columbia TC). 5-15-25.
 9:22 20:03 30:11 40:05 50:14 1:00:22 1:10:40 1:21:42
 1:32:30 1:43:55 1:54:55 2:06:13 2:17:28 2:30:44 2:42:32
 2:54:30 3:06:34 3:18:49 3:30:43 3:42:30 3:55:48 4:08:10
 4:20:30 4:32:40 4:45:58 4:58:35 5:07:54 5:20:11 5:32:00
 5:43:55 5:56:04 5:56:41.
6. Bob Gragg, Kansas City, Mo. (Columbia TC). 8-19-25. 12:12 24:10
 36:00 47:42 59:15 1:10:36 1:22:07 1:33:30 1:44:52 1:56:22
 2:07:45 2:19:23 2:31:09 2:43:02 2:54:48 3:06:50 3:19:02
 3:31:29 3:43:56 3:56:20 4:08:57 4:21:28 4:35:25 4:48:02
 5:00:37 5:13:25 5:26:19 5:39:19 5:52:32 6:05:29 6:18:00
 6:18:47.
7. Bill Taft, Columbia, Mo. (Columbia TC). 10-24-15. 12:35 25:12
 37:54 50:27 1:03:15 1:16:00 1:28:57 1:41:38 1:54:26
 2:07:24 2:20:40 2:33:57 2:47:23 3:04:17 3:17:48 3:31:20
 3:44:55 3:58:40 4:12:40 4:26:49 4:41:18 4:56:06 5:10:59
 5:26:13 5:41:30 5:45:25 5:56:41 6:11:40 6:26:50 6:41:50
 6:57:04 7:12:28 7:13:33.
8. Randy Mimm, Columbia, Mo. (Columbia TC). 4-27-54. 9:39 18:53
 28:12 37:26 46:43 56:03 1:05:25 1:14:55 1:24:25
 1:33:15 1:43:10 1:52:42. Out at 12 miles with sore foot.
9. Cliff Mimm, Willingboro, N.J. (Shore A.C.) 6-11-58. 11:45 23:28
 36:00 47:42 59:15; 1:10:36 1:19:20 1:29:53. Out at eight
 miles with general fatigue from the day before.

Hirt led all but the first seven laps - when Albert Van Dyke and Max Gould swapped the lead. Van Dyke faded after two miles, but Gould, an incredibly tough 60-year-old from Toronto, stayed within seconds of Augie the entire distance. He latched on to Hirt with the idea that Augie would pull him under five hours and would give him the world mark for the 50 for men 60 and over. He beat the old record by more than 30 minutes.

Jim Coots had severe hamstring cramps the last six miles, but hung on to take third and win the Class "B" title.

The race will be the last for Augie in these parts on a regular basis. He and his family will be moving to Bolingbrook, Ill., where he will work and train regularly. His new address is: Augie Hirt, 449 Falcon Ridge Way, Bolingbrook, Ill., 60439.

The race will also be the last in which a Canadian or anyone non-American can win a U.S. walking title. Beginning Jan. 1, ~~one~~ one except U.S. citizens may win U.S. titles. Canadians won twice here in a month. Marcel Jobin took the Senior AAU 30 title from Hirt in October and Gould adds the Masters 50 crown ~~xxx~~ to the Canadian belt.

Many thanks to Mr. and Mrs. Robert Spier, who worked all day long both days to make the meet a success. They timed, judged, counted laps, passed out goodies, and kept up the sagging spirits of walkers who had discovered 50 kilos is more than just around the block.

The Open placings are listed above. The other divisions are:

<u>Missouri Valley</u>	<u>MASTERS</u>	<u>CLASS "B"</u>
1 - Hirt	1 - Gould	1 - Coots
2 - Busen	2 - Busen	2 - Van Dyke
3 - Van Dyke	3 - Van Dyke	3 - Gragg
4 - Gragg	4 - Gragg	4 - Taft
5 - Taft	5 - Taft	

Team Champion is the Masters Division was the Columbia Track Club.

CHARLIE McMULLEN OUTKICKS DENTON CHILDS IN 20 KILO RUN					November 19:	
5 kilo splits	5	10	15	20	Seconds off DT	% off
1. Charlie McMullen	17:09	35:00	51:45	1:09:00		
2. Denton Childs	17:09	35:00	51:45	1:09:01	179	4.14
3. Charlie Evans	17:09	35:00	51:45	1:09:19		
4. Howard Guscar	17:30	35:47	53:19	1:11:34		
5. Tim McMullen	18:24	36:58	54:04	1:12:12		
6. John Durbin	17:35	36:25	54:42	1:13:29		
7. Ben Londeree 43	17:48	36:47	55:10	1:13:49	131	2.87
8. Frank Curotto	---	37:05	55:48	1:14:42		
9. Tom LaFontaine	18:10	37:32	55:52	1:14:48		
10. Don Walker	17:40	37:19	56:39	1:16:21		
11. Don Granberg	18:22	37:38	56:52	1:16:56	56	1.23
12. Jim Schutt	18:52	38:42	57:45	1:18:03		
13. Barry Schneider	20:20	40:10	59:07	1:18:42		
14. Olen Brown 42	19:14	40:10	1:00:18	1:21:00	100	2.02
15. John Hemphill	---	---	1:01:20	1:21:50		
16. Jim Stoverink	20:07	40:58	1:01:03	1:22:00		
17. Peter Tuz	19:12	40:10	1:00:37	1:22:15		
18. Jim Felts	19:50	41:25	1:01:52	1:22:24		
19. Wesley Paul 8	18:50	40:23	1:00:53	1:23:21		
20. Joe Marks 40	20:02	41:45	1:02:35	1:24:58	78	1.55
21. Jon Palks	20:44	42:44	1:04:14	1:26:19	21	.40
22. Keith Pierce	20:02	41:45	1:03:00	1:26:39	21	.40
23. Jim Walter	---	43:14	1:04:41	1:26:53		
24. Dru Dixon	20:44	44:12	1:07:13	1:28:41		
25. Phil Pratt	20:33	42:57	1:05:50	1:29:39		
26. Dick Swanson	21:24	44:30	1:06:46	1:29:47		
27. Mike Fields	22:00	45:23	1:08:07	1:30:21		
28. Bob Wheeler	21:24	44:30	1:06:46	1:31:03		
29. Don Johnson 49	21:38	45:22	1:09:42	1:35:48	48	.84
30. Bill Wiecek	22:38	46:40	1:10:20	1:36:40		
31. Rob McGavock	---	46:41	1:11:34	1:39:01		
32. Annette LaFontaine	27:28	53:53	1:21:29	1:48:53		
33. Bruce Maxey	---	43:00	Out			
34. Brian Gill	21:30	44:28	Out			
35. Mark Landrum	22:47	47:19	Out--just jogging along in a rest phase			

10,000 Meter Run, Age 15 & Under: Mid 40's, strong East wind which made the last $\frac{1}{2}$ mile with its pair of hills particularly difficult.

1. Wesley Paul 18:50 40:23

2. Dave Forest 20:18 44:10

10,000 Meter Run, Women: A really competitive race with the three leaders running together until the last $\frac{1}{2}$ mile or so. Childs got 20 yards over McMullen over the hills, but McMullen, a sub-4:00 miler, out-kicked Denton over the last 100 yards. Rick Katz's record of 1:08:47 barely withstood this onslaught. A personal best for Londeree by over 2 minutes. Wesley Paul beat his own mark of 1:24:05 for age 15 & under.

AUGIE HIRT AND RANDY MIMM GO TOGETHER IN THE 10,000 METER WALK:

1. Augie Hirt	28:40	56:30	
1t. Randy Mimm	28:40	56:30	
3. Albert Van Dyke	30:50	1:02:27	went on to 20 K in 2:11:12
4. Rob Spier	35:25	1:11:56	154 seconds off DT (3.44%)
5. Howard Reynolds	35:54	1:14:14	went on to 20 K in 2:34:33
6. Henry Bent 77	39:30	1:19:22	22 secs. off, .46%
6t. William Taft 61	39:30	1:19:22	38 " " .79%

CTC was well represented in the Alton, Ill. 10 Mile Mississippi River Road Run on Nov. 26th. CHARLIE McMULLEN finished seconds in 51:51 behind a winning time of 50:09. TIM McMULLEN was 5th at 52:36. JOE MARKS was 8th out of 50 in the 40-49 age group while EFRAIN RONDON was 11th in 65+. Joe's time was 63:11. PHIL PRATT was 39th out of 85 in age 30-39. Phil got a trophy since they gave trophies to the top 40. His time was 1:08:44. JOHN DURBIN was there, in 34th place, and DEAN NEAL was there. I don't know there times. There were a total of 500 plus runners in this popular race.

The Columbia Track Club Newsletter is sent out every month to all CTC members (those who have paid the \$5.00 annual dues) and to all non-members who pay the \$2.00 annual subscription price. Payments are to be made to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. IF YOU HAVE A CHANGE OF ADDRESS YOU MUST NOTIFY DUNCAN, otherwise, you will not get your newsletter since they are now being sent by third class mail--which also explains why they are a little slow in coming.

EVANS OUTDUELS McMULLEN IN HOLIDAY TEN MILE RUN; JERRY YUNKER WINS THE
CHEESE December 17, 1977:

	Mile Splits	2.5	5	7.5	10	Seconds off DT	% off
1. Charlie Evans		13:25	26:50	40:22	53:24	126	3.78
2. Charlie McMullen		13:25	26:50	40:22	53:32	58	1.77
3. Denton Childs		13:25	26:55	40:51	54:26	34	1.03
4. Jerry Yunker		13:25	26:51	40:37	54:33	33	.09
5. Don Lofe		13:33	27:30	41:46	55:26	26	.79
6. Mark Kimball		14:05	28:45	43:43	58:11	349	9.09
7. Don Lewis	41	14:42	29:30	44:35	58:43	77	2.14
8. Tom LaFontaine		14:42	29:33	44:29	59:02	62	1.78
9. Ben Londeree	43	14:42	29:30	44:45	59:45	15	.42
10. Kent Rader		15:30	31:27	47:15	1:02:35	155	4.30
11. Whitney Hicks	42	15:50	31:30	47:38	1:02:50	190	4.80
12. John Hemphill		15:50	31:30	47:17	1:02:51	69	1.80
13t. Joe Marks	40	15:50	31:29	47:30	1:02:54	46	1.20
13t. Olen Brown	42	15:45	31:30	47:30	1:02:54	46	1.20
15. Mike Kruse	13:55	15:55	31:45	47:43	1:03:27	393	9.36
16. Mike Chippendale		15:55	31:53	47:57	1:04:31	29	.74
17. Jim Walter		15:59	32:26	49:15	1:05:02	302	8.39
18. Dorothy Doolittle		16:39	33:26	49:57	1:05:27	27	.69
19. Wesley Paul	8	15:40	32:04	49:20	1:06:12	142	3.71
20. Turk Storvick	49	15:59	32:30	49:40	1:06:14	14	.35
21. Dru Dixon		16:45	33:58	51:35	1:06:46	74	1.81
22. Bruce Maxey		17:10	34:15	51:20	1:07:13	347	7.92
23. Ray Loan	46	16:45	33:58	51:35	1:08:16	76	1.89
24. Amy Johns		16:47	34:09	51:35	1:08:51	669	13.94
25. Jon Palks		17:12	34:40	52:40	1:09:04	64	1.57
26. Joe Duncan	43	17:32	34:18	51:59	1:09:07	37	.90
27. Lance Neal		17:12	34:34	52:20	1:09:23	157	3.63
28. Mike Fields		17:12	34:37	52:20	1:09:37	97	2.38
29. Al Garverick		17:12	35:00	53:00	1:10:07	158	3.62
30. Bob Wheeler		17:12	34:50	53:00	1:10:18	132	3.03
31. Phil Pratt		17:12	34:28	52:50	1:10:22	142	3.48
32. Bill Wiecek		17:12	34:54	53:40	1:12:18	162	3.60
33. Mark Landrum		17:32	35:41	55:02	1:14:38		
34. Norma Cousin		18:47	38:19		1:17:56	724	13.40
35. Annette LaFontaine		20:15	40:50		1:20:55	245	4.80
36. Chris Gibbs		19:40	40:12		1:22:04	124	2.58
37. Bill Conboy	58	21:26	45:49		1:36:34	394	7.30
38. Vonn Walter	11	19:59	45:24				

THE WALK:

1. Leonard Busen	45:37	1:31:55	65	1.16
2t. Wm Taft	1:02:49	2:04:16	164	2.15
2t. Henry Bent	1:02:49	2:04:16	164	2.15
4. Rob Spier	57:26		4	.11

Mid 40's, fairly strong west wind, cloudy. The five who came closest to their predicted times won prizes of cheese--said prizes having been partially financed by the CHEESE BOARD located on N. 9th St. Those top 5 were Jerry Yunker, Rob Spier, Turk Storvick, Dorothy Doolittle (making her debut in a CTC event a most successful one) and Ben Londeree (Ben was actually 4th and Doolittle 5th). Also making a successful debut in a CTC event was 16 year Amy Johns (who ran on the Hickman boys' Cross Country team)--in fact, her debut was so successful that she ran some eleven minutes faster than she thought she would. This surprising effort gained for her a can of Sauerkraut for so grossly underestimating her ability--or perhaps she really likes sauerkraut and knew full well what she was about--a true Sandbagger!

In the race itself, Evans, McMullen, Childs & Yunker hooked up in another scintillating duel, with Evans & McMullen pulling away after five miles. Over the last lap, Evans pulled out to a modest lead, causing McMullen to use a little of his reserves to catch Evans in the stretch--so that Evans had more of a kick. And that puts Evans on top after his 3rd place in the 20 kilo behind McMullen and Childs. With all that, Rob Leutwiler's record of 53:17 set on a tougher ^{course} still stands. However, Dorothy Doolittle (UMC's new women's track coach), beat the women's mark of 1:10:50 set last year by Rhonda Bedell. Dorothy ran quite a conservative race with 2.5 legs of 16:39, 16:47 & 16:31 until she came back in a quick 15:30!

Wesley Paul lowered his own mark of 1:09:40 and he had his usual non-conservative race, being in 11th place after the first leg. Also, congratulations to Wesley for having a color photo of himself in the Dec. 19th issue of SPORTS ILLUSTRATED. The photo was taken (along with about a hundred others) by Rich Clarkson a month or so ago on the Gustin Golf course--one of Wesley's favorite running areas.

DESIGNATED TIME STANDINGS:

Av. % off	Events								
1. Yunker .09	1	17. Guscar	1.91	4	33. Regan Thomas	3.59	3		
2. Pierce .38	3	18. Johnson	2.12	4	34. L. Neal	3.63	1		
3. Palks .71	3	19. Blossom	2.13	2	35. Rhonda Thomas	3.71	2		
4. Hinckley .83	3	20. Brown	2.15	6	36. D. Neal	3.80	1		
5. Spier 1.15	4	21. DeCoster	2.34	1	37. Martin	3.82	1		
6. Taft 1.21	3	22. Granberg	2.37	2	38. Glenna Moe	4.16	2		
7. Forest 1.23	1	23. Sprague	2.45	1	39. Maxey	4.23	2		
8. Bent 1.30	2	24. Fields	2.68	2	40. Evans	4.36	2		
9. Storvick 1.41	5	25. Lewis	2.71	6	41. Pratt	4.37	5		
10. Pastoret 1.51	1	26. Chippendale	2.73	3	42. Dixon	4.45	2		
11. Busen 1.61	2	27. Loan	2.90	6	43. Hicks	5.97	2		
12. Childs 1.69	7	28. Wheeler	3.03	1	44. Conboy	7.30	1		
13. Londeree 1.72	7	29. Marks	3.08	5	45. J. Walter	8.39	1		
14. C. McMullen 1.77	1	30. W. Paul	3.28	2	46. Cousin	13.40	1		
15. Hemphill 1.80	1	31. Duncan	3.35	6	47. Amy Johns	13.94	1		
16. Garverick 1.82	4	32. Wiecek	3.51	2					

ELAPSED TIME STANDINGS:

Open Runners:

1. Childs 165	15. Landrum	67	28. Wiecek	38	41. L. Neal	16
2. Evans 151	16. Hinkamp	66	29. Johnson	37	42. Vaillancourt	14
3. Londeree 145	17. Maxey	61	30. Pratt	37	43. Jim Felts	12
4. Lewis 118	18. Marks	60.5	31. D. Neal	36	44. Holt	10
5. Guscar 111	19. Loan	57	32. Renaud	34	45. Madden	9
6. Yunker 108	20. Walter	55	33. Pastoret	33	46. Burres	8
7. Walker 89	21. Hicks	47	34. Hemphill	31	47. Kurtz	7
8. Chippendale 87	22. Thomas	46	35. Dixon	31	48. Harris	7
9. Brown 86.5	23. Duncan	46	36. Garverick	30	49. Martin	6
10. T. McMullen 83	24. Schutt	42	37. Schneider	28	50. Moe	6
11. Herbert 83	25. Hinckley	42	38. Pierce	28	51. Wheeler	5
12. Storvick 72	26. Palks	40	39. Fields	28	52. Thorne, Sr.	5
13. Granberg 71	27. Stewart	38	40. DeCoster	25	53. Brubaker	2
14. C. McMullen 69					54. Conboy	2

Age 40 & Over Runners:

1. Londeree 59	10. Renaud 15
2. Lewis 50	11. Madden 6
3. Brown 36.5	12. Burres 5
4. Storvick 35	13. Martin 4
5. Loan 28	14. Thorne 3
6. Marks 21.5	15. Brubaker 2
7. Hicks 21	16. Conboy 2
8. Duncan 20	
9. Johnson 19	

Age 15 & Under:

1. Wesley Paul 16
2. Jim Gibson 9
3. Matt Gibson 8
4. Dave Forest 7
5. Steve Gibson 3
6. Vonn Walter 2

WOMEN:

1. Glenna Moe 5
2. Rhonda Thomas 3
3. Amy Johns 2
4. Norma Cousin 2
5. Wendy Evans 2
6. Patty Sprague 1

WALKERS:

1. Busen 21	Age 40 & Over:
2. Van Dyke 17	1. Busen 18
3. Mimm 13.5	2. Van Dyke 13
4. Gragg 11	3. Spier 8
5. Taft 11	4. Gragg 8
6. Bent 11	5. Taft 8
7. Spier 9	6. Bent 8
8. Jim Breit* 6	
9. Schneider 1	

The EASLEY HILL MONSTER, I have learned, is not content to strike only on Labor Day. During the recent snow and ice conditions it asserted its authority by forcing school busses to stay off the hill--they simply couldn't make it. Not even by going into the "Easley Hill Shuffle." A report from Joanne Gibson.

KEN ATWELL, CTC member running out of Overland Park, Kansas, has been busy representing CTC in various races.. On Nov. 12 he was in the MVA AU 25 kilo run, Shawnee Mission Park, finishing 1st, Age 40+ in 1:45:00 on a very hilly course. Then he ran in a 15 kilo race, Salina, Kansas on Nov. 26th finishing 22nd out of 125, 2nd behind Bob Creighton in age 40. Ken had 59:16. Brad Hawthorne, UMC was first overall in 48:31. On December 3rd Ken ran the Whiterock Marathon, Dallas, Tex.--one of 2300+ runners finishing with 3:11:54 after 4 pit stops between 18 miles and the finish. A windy 78°. Arne Richards was 3:09+ in this one behind a winning time of 2:16+.

Finally, Ken did a 3.5 mile sprint on a cold Dec. 10th, Shawnee Mission, finishing 1st, age 40 at 20:50. 2nd was Bill Rhodd at 21:28.

Ken, you are doing a good job for CTC--we are anxious to see you in Columbia again, sometime.

THRESA KNAPP writes, saying "Hello!" to everyone. She has been running 4 miles at 5:15 AM--in -10 degree weather! She was in a 20 kilo race in Naperville, finishing 2nd woman in 1:39:05 (49:45 10 K). She is looking forward to the presence of the Hirt Family. Augie, Joan and Jennifer have moved and we wish them the best of luck (and skill). They are at 449 Falcon Ridge Way, Bolingbrook, Ill. 60439

Here's some more from our erudite Swedish correspondent, Dick Hessler:

I am studying the Swedish health care system with a vengeance. My particular interest is in the decision-making structure so I have been doing interviews with people who help to decide what kind of health care the society shall have. These persons are very powerful members of the government Ministry of Health and Social Welfare and, at the local level, they are politicians who are elected to what is called the landsting. The ting goes back to ancient times in Scandinavia when regional viking chieftans would convene at some meeting place and hold a council. Anyone with a grievance could present a case and a collective decision was rendered. Often disputants would settle matters on the spot with a deft sword stroke. Nevertheless, the ting was a truly democratic institution and the landsting is a direct descendant of the ting.

Preliminary analysis of the data I have generated suggests that the average citizen, represented through his or her landsting politician, has not been very active in making decisions within the health care system. This has led to a high degree of control and influence on the part of the doctors, particularly the hospital doctors. Consequently, we have experienced a very rapid growth of hospital-based medical services which are highly technological and very expensive. The human factors such as knowledge about the patient as an individual, knowing something about the social environment of the patient, his family situation, and so forth are very much neglected. At the same time, the Swedish economy has grown only 1% over the past 3 years whereas the health care sector has grown by 15% so you can see that this growth has to be at the expense of something else internal to Swedish society. In the health care system, the hospital eats up 66% of the 27 billion kronor spent for health care and this has been at the expense of outreach clinics, chronic care for older persons, and services for alcoholism and mental retardation. These latter programs are high on the priority list of citizens.

The bad economic picture has caused the landstings to take a very hard look at the health care system and their role in the decision-making. A governmental commission has convened and is just now in the process of writing a proposal for reorganizing the system. Hospitals are going to be deemphasized and the outreach clinics, preventive care, old age care, etc., will be recommended to the Riksdag (parliament) in the form of a new health care law. The landstings are scheduled to get a lot more power and control as well. It is most interesting to see these events and to be a part of them as they unfold. There is a crisis here and it is a unique one because Sweden has a unique socialized but locally controlled health care system. I don't know of another country which has this structure.

So much for the research. I have been teaching at the Sociologiska Institutionen in the graduate program. I have 4 students who are very interested in medical sociology and the Institute is keen on establishing a program in medical sociology. There is very little work of any value having anything at all to do with medical sociology so anything I do is considered new here. This is dangerous in one sense because one can get a very big head and begin to think that the sun rises and sets for the sake of him alone. So far my head has grown only slightly but this is relative to my body which has shrunk a bit. This has to do with the relatively large size of my family compared to the Swedish version, a very modest income for this society, and a bit less to eat as a result. Too much running and not enough calories will do interesting things to your body.

All of us have learned to speak Swedish which is a very beautiful language. Amy who is 11 years old is the best at it although Pete is not far behind. His problem and this is true for anyone who wants to learn a new language is that he lacks the confidence to risk sounding like a dumb foreigner. Amy sounds off in Svensk anytime there is someone around who can respond so she stays in good practice. I have to speak it quite often but there are so many around who are good at English that it is easy to lapse into it. Almost all of the people I associate with through running speak only Swedish or so little English that it is impossible to make yourself understood in English. This has led to an interesting imbalance in my vocabulary, as you can imagine, with an impressive variety of running-type or running related words. We do so much of our training in the woods and along the sea coast that I very quickly learned all sorts of words to describe natural processes and things but then I couldn't go into a store and make my needs known. The language course which Anne and I have been taking has helped enormously in rectifying the problem of learning Swedish from everyday life. The course is free and the landsting and our kommun (city) provides free baby sitting services as well. Swedes are very pleased to find us studying the language because so many people take the position that it is unwise to spend a lot of time and effort learning a language that only 8½ million people speak. We believe that the language is worth studying for the intellect-

HESSLER continued:

ual stimulation it provides in addition to the fact that it helps you get a good feeling for and insight into the Swedish culture. I must admit that there is another reason which for me has more to do with a basic character flaw than it does with the high minded reasons stated earlier. This is simply that I enjoy knowing something that few other people know.

The Swedish people here in Göteborg and Bohuslän, the region which contains Göteborg and which stretches north up the coast for 150 kilometers, have a very interesting approach to child rearing and education. Children are given a lot of love and Swedes seem to really enjoy children. Many times adults on the spårvagn or just on the street will see our kids and give them a kronor or strike up a conversation with them. Also, Swedes are not very dogmatic with their kids and so they give them a lot of freedom to make choices for themselves. There is a strong tendency within the Swedish culture to reject authority but then there is a great respect and deference shown to position, such as the full professor or the doctor. At any rate, schools are remarkably easy going places where there is no such thing, at least in the public schools, as the gifted child or special attention for the socially or intellectually advanced kid. There is this sense of we will do things on an equal footing and so what is the big rush and all the pressure about anyway? After all Sweden is not as carnivorous a society as America in the sense that your job is really well protected by a fantastically strong union structure and people are well-cared for without the risk of financial ruination should they experience sickness or other problems during their lives. Swedes work hard but not so hard that they miss the opportunity to recreate.

Compared to Americans, Swedes are devoted very much to physical activity and they love those activities which get them out into the woods and onto the sea. There is no doubt about this as evidence is all around. There are hundreds of sport associations and clubs. For example, Peter and Amy play soccer with a club called GFF. This club has a program which spans the ages of 6 through 80 and there are huge numbers of kids and adults who play for this club. There are many many miles of well-maintained bike paths which one can find everywhere in the city and all over the countryside. But the most impressive accomplishment here in Göteborg is the setting aside of large tracts of wild land for all the people to use. There are walking paths, some large, many very small, cross-country skiing trails, lakes, and so on, all within walking distance of the center of Göteborg, a city of 450,000 persons. There are large public athletic facilities at two of the largest areas where one can change clothes, rent equipment if you need to, take a nice sauna, and so forth. In one of the most beautiful areas, Skatås, athletic clubs have a little area where they have put up club houses and these contain all the essentials such as showers and saunas. We are looking forward to the big snows so we can take advantage of our Solvik-ingarna club house as a base for some exciting cross country skiing adventures.

Of course my contact with sport here is so limited and generally confined to track and long-distance running. One of the most interesting things about running is the fact that a large number of kids participate in track. You see them training in groups with coaches, mainly, but it is not unusual to see kids out in the woods running along. There is a strong youth program in soccer and track all over Sweden but here I think soccer is stronger. Because of the large numbers of kids in track programs, it stands to reason that Sweden should have some tough customers coming up through the ranks of international competitors. For example, two or three times a week I will run over to one of the training centers which is the gathering place for the runners who are in serious training and competition. I meet three of the best 5,000 meter runners in Sweden and we go off for a slow 25 or 30 kilometer run through the woods. I know that these fellows, all of whom are young products of soccer-track programs as kids, will be strong favorites for berths on the Swedish Olympic team. If not any of them, then there are a few people in my running club who could make it as well. And so on for each of the 6 or 7 track clubs here in town.

Yet in spite of all the talent and the heavy interest and participation in soccer and track, there is remarkably little competitive pressure among the kids. Peter's soccer club is one of the most delightful collection of futbol fanatics you will ever meet yet we are amazed at how low key his games have been and at how much less wrapped up in winning and competition the kids seem to be compared to our American experiences. But surely this does not affect skills as the kids are very good players indeed.

HESSLER continued on Page 9 . . .

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

December 4, 1971 3,2,1 mile triathlon: 1. Ben Londeree 17:06, 11:22, 5:13; 2. Whitney Hicks 17:51, 11:58, 5:23; 3. Paul Ide 18:15, 12:05, 5:39; 4. Mike Chippendale 18:32, 12:26, 5:57; 5. Joe Duncan 18:36, 12:24, 6:07

December 18, 1971: 5,000 Meter Run: 1. Dennis Stewart 16:08, 2. Bill Wirtz 16:41, 3. Londeree 17:26, 4. Hicks 17:46, 5. Chippendale 18:38, 6. Duncan 19:12, 7. Don Granberg 19:38 (that's right, Duncan beat Granberg)--and 8. Dick Hessler. About Hessler, in his second race, we had the following prophetic comment: "He has just started a running program, and, being young, he will make rapid improvement." Which he did.

As a note of Christmas cheer we had the following recognition of wives who put up with a lot of sweaty clothes--this was a little ditty which greeted Joe Duncan when he stumbled home one day, six years ago:

"Jingle bells, Daddy smells
Running everyday
Round the block
to beat the clock,
Stumbling all the way!"

And nothing has changed--the smell, the stumbling--just a little older--and a little slower.

And, so it is, in 1977, that Joe And Carole Duncan wish each of you a MERRY CHRISTMAS and a 1978 that flows along as you want it to.

"Never too late in '78!"

* * * * *

HESSLER continued:

We are so far north that Moscow looks like Miami. The result of this is long nights and short days. It gets dark at 3:45 now and the sun pops over the horizon at 8:45am. The sky retains a bit of light until 6:00 pm but one must eat a lot of carrots to have good night eyes for running here. This morning I went over to the woods and caught the sunrise but not before careening over several icy small rock bridges flying blind and hoping to avoid an icy plunge. It is good for the soul. In spite of the northerly location of Göteborg, the temperature is moderated by the sea. We have had freezing temperatures but not much below the freezing point and many days are in the 4-7 degree range. Perhaps it will get much colder in Jan. The sea may moderate the temperature but it does nothing for the stability of the weather. On so many occasions I have gone out for a long run bathed in sunlight and returned in cold rain, blowing snow, or a heavy fog. The sun doesn't shine much in Nov. but as the winter moves in, the sun makes a better showing, so I've heard.

Our club went down to a small village called Väckelsång, in Småland, where we participated in the Swedish National Championship marathon. We went together on a chartered bus and the local folks put us up in private homes for sat. night. The race was sunday and it was blowing and raining and cold. I wore a borrowed pair of Norwegian longjohns which I had to take off at 10,000 meters because I was too hot. I had a fast 5,000 meter time (16:20) and was doing well under a 2:30 pace for the first half until we hit the wind. Then it was all over for me and a lot of other people too. The Finn who won in 2:27 is named Lasse Stephans and he was my roommate at the farm we slept at the night before. I finished in 2:38 and was 9th overall. There were 300 finishers and our club won the team championship. I did manage to finish first for our club in spite of the poor time. It was a very enjoyable experience as Peter my son was able to come with me and we enjoyed meeting the farm family and sharing their life with them for a short while. Småland is a very interesting region because it is the area of the largest migration of Swedes out and to America. There are so many people there who have relatives in the States that every year a big Swedish-American festival is held and thousands of Americans come to visit family and friends.

* * * * *

REGAN THOMAS and MARVIN PATTERSON ran in the Honolulu Marathon along with some 3200 other runners, on December 11. High 70's at the start up to the 80's, humid. However, Regan had a 3:19+ PB while Marvin checked in with 3:45+. Winner was Jeff Wells with 2:18+. Regan calls this the best organised, most fun race he has ever been in and recommends that a large group of CTC people do this event sometime in the future. Aid every 2 miles, large digital clock at the finish, video tape of all finishers, played back so you can see yourself finishing, an entire week of media coverage. Regan attended some of the clinics and has brought back some ideas and material. The course is out and back, only one hill--a mile long going out, a half mile back.

SCHEDULE OF EVENTS:

JANUARY 7 Saturday 9:00 AM 5 Mile Run, 1/2 Mile Walk Hilton Inn Course
 14 " USTFF Indoor Championships for Masters and Sub-Masters Nebraska Wesleyan U. Lincoln, Nebr.
 15 Sunday 1:30 PM First Annual Bonner Springs Camp Naish Ten Mile Road Race CONTACT: Ken Atwell 8320 Russell Overland Park, Kans.
 21 Saturday 9:00 AM 20 Kilo Run (10 Kilo for women and age 15 & under), 20 Kilo Walk (at 8:30 AM) Hilton Inn
 FEBRUARY 4 Saturday 8:00 AM 10,000 Meter Run, 10,000 Meter Walk Hilton Inn Course
 10:00 AM KEN COOPER ON AEROBICS Memorial Student Union Columbia, Mo.
 18 Saturday 9:00 AM 15 Kilo Run, 15 Kilo Walk (at 8:30 AM) Hilton Inn

JANUARY 14, 28 and FEBRUARY 11 and 25 there will be FUN RUNS at Research Park 9:00 AM

A very important date in the life of the Columbia Track Club and in the life of Columbia's jogging community--and in the life of all those who are concerned about their physical fitness--is the date of FEBRUARY 4th. On that date Kenneth Cooper of "Aerobics" fame will conduct his well-known (and well-received) clinic-seminar on Aerobic training as the way to fitness. The sessions will begin at 10:00 AM in the Memorial Student Union and go until 5:00 PM or so with a break from 12:30-2:00. Leading the interaction from the audience will be Ben Londeree and Dr. Leland Pfefer. The cost will be \$10.00 per person. This will still leave a deficit which will be picked up by First National Bank, MFA Insurance Companies and Don Long (The Earth Shoe Store and New Balance Shoes). The scheduled 10,000 meter race will be at 8:00 AM. Plans are to make this a Designated Time affair with at least the top 5 receiving autographed hardback copies of Dr. Cooper's latest book, "The Aerobic Way," the books being donated by CTC. More information will be contained in flyers inserted in the Jan. Newsletter. These flyers will also receive wide distribution in Missouri. Also you should watch for additional publicity in the local media. And above all, PLAN TO ATTEND!!

Joe Duncan
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