

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IX, No. 2

February 23, 1977

DENNIS HINKAMP, MU, EASY WINNER IN 10,000 METER ROAD RUN February 5, 1977:

		5K	10 K	Seconds off DT	% off
1.	Dennis Hinkamp	16:32	33:23		
2.	Walt Renaud	45 17:09	34:44		
3.	Don Lewis	41 17:11	34:48	72	3.33
4.	Dick Hessler	41 17:14	34:54		
5.	Ben Londeree	42 17:39	36:01	59	2.66
6.	Pete Pastoret	17:54	36:44PB	44	2.04
7.	Whitney Hicks	41 18:05	37:15	15	.67
8.	Tom Hinckley	18:31	37:49PB	49	2.21
9.	Greg Brown	18:49	38:12	12	.53
10.	Mike Chippendale	18:46	38:28	32	1.37
11.	Don Carman	18:59	38:39PB	21	.90
12.	Mark Young	18:36	39:00		
13.	Joe Marks	19:08	39:17PB	47	2.03
14.	Turk Storvick	48 19:08	39:25	65	2.67
15.	Ray Loan	45 19:48	40:39PB	51	2.05
16.	Mark Landrum	20:00	40:53		
17.	Wesley Paul	8 19:55	41:25	85	3.54
18.	Olen Brown	41 20:34	42:24	96	3.64
19.	Ai Lo Paul	20:30	42:53	53	2.10
20.	Al Garverick	21:15	43:24PB	24	.93
21.	Don Johnson	48 21:24	43:33	37	1.40
22.	Jim Thorne, Jr.	14 21:23	44:10	130	5.16
23.	Bill Wiecek	21:34	46:09	69	2.55
24.	Dennis Blossom	40 21:47	47:18	138	5.11
25t.	Harry Lehwald	26:05	49:09		
25t.	Rhonda Bedell	MU 26:05	49:09		
25t.	Jim Thorne, Sr.	24:44	49:09	36	1.21
28.	Jim Gibson	13 24:08	49:44		
29.	Matt Gibson	11 24:37	49:45		
30t.	Debbie Hoxworth	MU 26:05	50:36		
30t.	Kathy Weber	MU 26:05	50:36		
32.	Billie Sue Stubblefield	MU 26:05	53:38		
33.	Steve Gibson	9 25:51	54:19		
34.	Norma Cousine	26:49	56:21	141	4.35
35.	Theresa Knapp	26:49	59:16	316	9.75

JERRY YOUNG HAS THE WALK PRETTY MUCH TO HIMSELF; GIBSON, SR. DEBUTS:

1.	Jerry Young	26:47	54:18	18	.55
2t.	Henry Bent	76 38:03	1:17:01	119	2.51
2t.	William Taft	61 38:03	1:17:01	31	.67
4.	Jim Gibson, Sr.	---	1:24:27	87	1.75

Making his debut as a racewalker--future Centurions must start someplace.

Temperature in the mid teens, another fairly decent day, sun shining, but a strong north wind made the 4th mile pretty difficult. Still there were several personal bests. Hinkamp, who does most of his running with the MU squad, was off fast, quickly opening a big gap. Renaud and Hessler put together another of their stirring battles, but this time Don Lewis stuck himself in there to make it a 3-way affair. Renaud and Lewis were both under Renaud's record of 35:08 which was set enroute to 15 kilo last July. Rhonda Bedell beat Theresa Knapp's recent mark of 54:51.

Notice how 4 of the top 7 were age 40 or over.

REX FRAZER ran in the Ground Hog Day Marathon, January 30, near Little Rock, Ark. (Pettit Jean State Park). Rex won an 18" first place trophy for the age 40 group with a time of 2:59:58. Rex has made an art of squeezing under hours--you will recall that he had 2:59:55 in Heart of America in '76. There were 32 runners in this race--wind chill below zero, but not too bad, says Rex, since he was still able to run in shorts.

THE COLUMBIA TRACK CLUB NEWSLETTER is published every month and is sent to all those who pay \$2.00 for a one year subscription and to all CTC members. You become a CTC member simply by paying the annual dues of \$5.00. Money should be sent to Joe Duncan with checks payable to Columbia Track Club.

RENAUD AND HESSLER AGAIN DO BATTLE, WALT WINNING 15 KILO RUN February 19:

		5K	10K	15 Kilo	Seconds off DT	% off
1. Walter Renaud	45	17:35	35:23	52:45		
2. Dick Hessler		17:35	35:22	52:54		
3. John Shorey	Kirksville	17:37	---	53:10		
4. Don Lewis	41	17:37	35:37	53:26		
5. Dean Neal		18:03	37:58	55:12	168	4.83
6. Ben Londeree	42	18:03	38:06	55:32	28	.83
7. Pete Pastoret		18:03	38:20	56:03	57	1.66
8. John Durbin		18:39	---	56:24		
9. Whitney Hicks	41	18:39	38:08	57:39		
10. Joe Marks		19:11	39:20	58:45	35	.98
11. Rex Frazer	45	19:14	39:08	58:47	13	.37
12. Jim Schutt		19:27	39:35	59:04		
13. Mike Chippendale		20:11	40:08	59:47	73	1.99
14. Don Carman		19:51	40:48	1:00:06	96	2.73
15. Turk Storvick	48	19:51	40:59	1:00:17	43	1.17
16. Mark Landrum		19:51	41:00	1:01:04		
17. Ray Loan	45	20:02	41:24	1:02:38	52	1.36
18. Bob Wilson		19:44	40:29	1:04:24		
19. Olen Brown	41	21:50	44:04	1:05:06	66	1.72
20. Joe Duncan	42	21:47	44:08	1:05:53	53	1.36
21. Don Johnson	48	22:48	46:00	1:07:20	20	.50
22. Al Garverick		22:48	46:45	1:10:16	136	3.33
23. Jim Gibson	13	23:50	49:54	1:15:49		
24. Dennis Blossom	40	22:48	50:00	1:19:46		
25. Matt Gibson	11	25:41	54:11	1:21:53		
26. Norma Cousin		27:19	55:30	1:22:04	176	3.45
27. Theresa Knapp		27:19	55:30	1:22:07	53	1.06
28. Patti Moore		27:19	55:30	1:27:10	170	3.33
31. Jim Thorne, Sr.		27:02	Out			
29t. Ai Lo Paul		22:30	Out			
29t. Wesley Paul	8	22:30	Out--hampered by a bad cold			

AUGIE HIRT GETS A GOOD SPEED WORKOUT IN THE 10,000 METER WALK:

1. Augie Hirt	51:14	30°, partial sun, a very strong NW wind
2. Jerry Young	53:15	took its toll when running against it,
3. Henry Bent	76 1:14:26	especially on the 4th mile. Renaud pulled
4. Bill Taft	61 1:15:46	away from Hessler after Sorrel's hill in
		yet another titantic struggle between these
		two. AND--from the banks of the Big Piney

River, from the deep hollows of the Ozark hills came a hirsute, romantic figure of the past--the Big Piney Ghost--Dean Neal, who showed that his long absence has had no untoward debilitating effects on his ability to run. This was the last race for Don Carman before his move to Arkansas (El Dorado) where he has a position with a concern in the chicken industry. Perhaps he and Tom Kilburn can get together and stage some "chicken trots."

The following item was lifted from the Jan. 20, 1977 edition of The New England Journal of Medicine, page 178. It will remind some of our male runners of some previous very painful experiences. I have inserted the article sideways so that it will be hidden from those who shouldn't be reading such things, seeing as how this is a "family" publication.

PENILE FROSTBITE, AN UNFORESEEN HAZARD OF JOGGING

To the Editor: A 53-year-old circumcised physician, nonsmoker, light drinker (one highball before dinner), 1.78 meters tall, weighing 70 kg, with no illnesses, performing strenuous physical exercise for many years, began a customary 30-minute jog in a local park at 7 p.m. on December 3, 1976. He wore flare-bottom double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt and cotton dress shirt, a light-wool sweater, an outer nylon shell jacket over the sweater, gloves, and low-cut Pro Keds sneakers. The nylon shell jacket extended slightly below the belt line.

Local radio weather reports gave the outside air temperature as -8°C, with a severe wind-chill factor.

From 7:00 to 7:25 p.m. the jog was routine. At 7:25 p.m. the jogger noted an unpleasant painful burning sensation at the penis tip. From 7:25 to 7:30 p.m. this discomfort became more intense, the pain increasing with each stride as the exercise neared its end. At 7:30 p.m. the jog ended, and the patient returned home.

Physical examination at 7:40 p.m. in his apartment at comfortable room temperature revealed early frostbite of the penis. The glans was frigid, red, tender upon manipulation and anesthetic to light touch. Immediate therapy was begun. The polyester double-knit trousers and the Dacron-cotton undershorts were removed. In a straddled standing position, the patient created a cradle for rapid re-warming by covering the penis tip with one cupped palm. Response was rapid and complete. Symptoms subsided 15 minutes after onset of treatment, and physical findings returned to normal.

Side effects: at 7:50 p.m. the patient's wife returned from a local shopping trip and observed him during the treatment procedure. She saw him standing, legs apart, in the bedroom, nude below the waist, holding the tip of his penis in his right hand, turning the pages of the *New England Journal of Medicine* with his left. Spouse's observation of therapy produced rapid onset of numerous, varied and severe side effects (personal communication).

Pathogenesis of the syndrome was assessed as tissue response to high air velocity at -8°C, penetrating the interstices of polyester double-knit trouser fabric and continuing through anterior opening of Dacron-cotton undershorts, impacting upon receptor site of target organ to produce the changes described.

The patient continues to jog, wearing an athletic supporter and old tight cotton warm-up pants used in college cross-country races in 1939. No recurrences are expected.

MELVIN HERSHKOWITZ, M.D.
Medical Center

Jersey City, NJ 07304

COLUMBIA TRACK CLUB EVENT RECORDS: AGE 40 & OVER

220 yard dash	Track	25.1	Don Lewis	April 24, 1976
440 yard run	"	57.0	Don Lewis	June 26, 1976
880 yard run	"	2:08.5	Don Lewis	June 26, 1976
One Mile Run	"	4:36.7	Ben Londeree	July 6, 1974
Two Mile Run	"	10:10.0	Ben Londeree	September 22, 1974
Three Mile Run	"	15:47.0	Don Lewis	June 5, 1976
Five Mile Run	Road	27:49	Walter Renaud	January 8, 1977
Ten Mile Run	"	57:30	Walter Renaud	December 16, 1976
One Hour Run	Track	10 Miles, 1487 yards	Walter Renaud	May 8, 1976
Heart of America Marathon		2:53:12	Rex Frazer	September 2, 1974
5,000 Meter Run	"	16:25	Ben Londeree	August 24, 1974
10,000 Meter Run	"	34:33	Walter Renaud	November 27, 1976
10,000 Meter Run	Road	34:44	Walter Renaud	February 5, 1977
15,000 Meter Run	"	52:13	Walter Renaud	July 17, 1976
20,000 Meter Run	"	1:12:35*	Walter Renaud	December 4, 1976
30,000 Meter Run	"	1:50:53	Walter Renaud	" " "
Two Mile Cross Country Mun.	GC	11:05	Whitney Hicks	September 27, 1975
Three Mile "	"	Gustin GC 16:40	Whitney Hicks	November 16, 1975
Five Mile "	"	" 28:20	Walter Renaud	October 25, 1975
3,2,1, Mile Triathlon	Track	31:16	Don Lewis	June 5, 1976
(15:47, 10:32, 4:57)				
Sprint Triathlon	Track	7:49.5	Don Lewis	June 26, 1976
(Mile, 880, 440) (4:44, 2:08.5, 57.0)				
Walk-Run Pentathlon	"	1705 Points	Don Lewis	April 24, 1976
2 Mile Walk--no time, 0 pts.; 880 yard run--2:09.0, 604 pts.;				
Mile Walk--no time, 0 pts.; 2 Mile Run--10:50.5, 553 pts.;				
220 yard dash--25.1. 548 pts.				
Four Mile Relay	Track	22:51	Columbia TC	May 25, 1974
(Rex Frazer 5:28, Joe Duncan 5:42, Dave Leuthold 6:06, Jean Madden 5:35)				
Two Mile Walk	Track	17:11	Leonard Busen	April 26, 1975
Three Mile Walk	"	26:12**	Leonard Busen	March 27, 1976
Five Mile Walk	"	43:32**	Leonard Busen	" " "
Six Mile Walk	"	52:15**	Leonard Busen	" " "
One Hour Walk	"	6 Miles, 1642 yards	Leonard Busen	March 27, 1976
Ten Mile Walk	Road	1:33:30	Fred Young	January 4, 1970
10,000 Meter Walk	Track	55:38	Leonard Busen	April 3, 1976
15,000 Meter Walk	Road	1:23:04***	Leonard Busen	October 19, 1974
20,000 Meter Walk	"	1:52:38***	Leonard Busen	" " "
20,000 Meter Walk	Track	1:56:55	Leonard Busen	May 3, 1975
30,000 Meter Walk	Road	2:55:53	Leonard Busen	October 19, 1974
50,000 Meter Walk	"	5:25:09	Bob Chapin	August 15, 1976
100 Mile Walk	Track	19:24:34	Larry O'Neil	September 25-26, 1967

*Enroute to 30,000 Meters

**Enroute to One Hour Walk

Enroute to 30,000 Meter Walk **

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE--Standings showing per cent median improvement and number of comparison events.

1. Greg Brown	7.09	5	9. Mike Chippendale	1.48	4
2. Ben Londeree	5.67	8	10. Don Johnson	1.23	4
3. Don Carman	5.45	4	11. Joe Duncan	-0.62	7
4. Olen Brown	5.18	4	12. Augie Hirt	-0.64	5
5. Bill Kurtz	3.74	4	13. Dick Hessler	-1.22	7
6. Tom Hinckley	3.14	8	14. Don Lewis	-1.78	4
7. Al Garverick	2.70	6	15. Dennis Blossom	-1.82	5
8. Ray Loan	2.21	6	16. Rob Spier	-5.83	6

Entry blanks for the MVAU 10,000 Meter Run and for the One Hour Walk are enclosed. The date is April 2 for this double-header attraction. The RUN will be on the Rock Bridge track. IF the track is sloppy because of rain, then we MAY have the run on the Hilton Inn course. If that happens, then the run will begin at 9:30 AM so that we can meet at the track first and decide what to do. The first heat of the run will begin promptly at 9:00 AM, if it is held on the track. The thing for everyone to do is meet at the track even if it is raining, unless you find out by phone, ahead of time, what will take place. THE EARTH SHOE STORE, 9th & Broadway, IS GIVING AWAY A PAIR OF NEW BALANCE SHOES TO THE WINNER OF THE 10,000 METER RUN.

FIRST ANNUAL
FT WOOD OZARK RUN
HALF & QTR MARATHON
DIVISION -1/2 MARATHON-ALL ENTRIES 12 FEBRUARY 1977

74 Finishers in the 1/2 Marathon
121 in the 1/4 Marathon

STDC	NAME	AGE	FINAL TIME	AVG/MILE PACE	CITY	TEAM
01	DAN DWYER	26	1 11 02	5 25	SPRINGFIELD	MO
02	TIMOTHY KUHMANN	22	1 11 17	5 25	SPRINGFIELD	MO
03	JON HERBERT	27	1 13 55	5 34	SPRINGFIELD	MO CTC
04	WALTER J RENAUD	45	1 16 38	5 48	FULTON	MO CTC
05	DENTON L CHILDS	26	1 17 35	5 52	COLUMBIA	MO CTC
06	DAVID DOBKOWSKI	18	1 21 03	6 10	BELLEVILLE	IL SLT
07	DEAN NEAL	28	1 21 41	6 10	FLW	MO RCR
08	DAVID BALCHIN	21	1 22 37	6 15	LINDSBORG	KS
09	TIMOTHY OHLMAN	21	1 23 55	6 20	LINDSBORG	KS PTC
10	REX L FRAZER	45	1 24 20	6 24	FLW	MO RCR
11	EFRAIN RONDON	42	1 24 50	6 24	FLW	MO RCR
12	JIM A SCHUTT	38	1 25 07	6 29	CALIFORNIA	MO
13	MIKE L BURNS	27	1 25 09	6 29	LINDSBORG	KS
14	WILLIAM GRANT	22	1 25 20	6 29	ALTON	IL
15	JERRY KOKESH	26	1 25 24	6 29	MANCHESTER	MO SLT
16	LYNN S CLINE	26	1 26 45	6 33	SPRINGFIELD	MO
17	NORM COLTER	45	1 26 47	6 33	VALLEY PARK	MO SLT
18	WILLIAM W STEWART	42	1 27 13	6 38	CLAYTON	MO SLT
19	ROBERT PARRY	16	1 28 01	6 43	ROLLA	MO
20	RUSS JOHNSON	44	1 29 58	6 47	ST LOUIS	MO SLT
21	GENE GIANLADIS	36	1 29 58	6 47	ST LOUIS	MO SLT
22	DON OSTER	41	1 31 18	6 56	ROLLA	MO
23	FRED REDD	39	1 31 54	6 56	FLW	MO RCR
24	WALTER C BAVIER	51	1 32 20	7 01	ST LOUIS	MO SLT
25	SAMUEL CLEMENCE	37	1 32 42	7 01	ROLLA	MO
26	JAMES CARROLL	25	1 32 47	7 01	ROLLA	MO
27	WESLEY PAUL	08	1 33 22	7 05	FLW Columbia	MO CTC
28	KEN ATWELL	41	1 34 56	7 10	OVERLAND PARK	KS BSK
29	DON JOHNSON	48	1 35 40	7 15	CENTRALIA	MO CTC
30	FLOYD L JOHNSON	40	1 35 59	7 15	SPRINGFIELD	MO
31	AUSTIN L REED	18	1 36 10	7 19	BONNER SPRINGS	KS
32	DAVID L MACIOCE	25	1 37 17	7 24	FLW	MO
33	CLYDE O JOHNSON	55	1 37 20	7 24	SPRINGFIELD	MO
34	MILO PAUL	35	1 38 45	7 28	COLUMBIA	MO CTC
35	GUSTAVE L DAVIS	39	1 38 55	7 28	UNIVERSITY CITY	MO SLT
36	KAREN KOKESH	25	1 38 55	7 28	MANCHESTER	MO SLT
37	JAMES ERBE	39	1 39 17	7 33	WEBSTER GROVE	MO SLT
38	JACK CRAIGS ATKINS	16	1 40 30	7 37	ROLLA	MO
39	JEFFREY B DAVIS	13	1 40 40	7 37	U CITY	MO SLT
40	WARREN WALKER	46	1 41 30	7 42	RAYTOWN	MO
41	JOHN PIPKIN	18	1 43 15	7 51	FLW	MO 380
42	MICHAEL HIPPLE	27	1 43 55	7 51	FLW	MO
43	WAYNE C MCKINNEY	46	1 44 05	7 56	SPRINGFIELD	MO
44	BRUCE POLING	32	1 44 18	7 56	ROLLA	MO
45	RONALD PARDECK	33	1 44 55	7 56	WHITEMAN AFB	MO
46	JOSEPH BARGET	23	1 45 35	8 00	FLW	MO
47	LOTHAR GRAF	38	1 45 43	8 00	FLW	MO TRG
48	MARIANNE COLTER	22	1 46 00	8 05	VALLEY PARK	MO SLT
49	VIRGIL T COOLEY	46	1 46 45	8 05	FLW	MO
50	JERRY ADINOLFI	35	1 46 49	8 05	WHITMAN AFB	MO

Kudos to
Rex Frazer
for a
very well-
organized
event.

DIVISION -WOMEN 1/4 MARATHON 20-29

STDC	NAME	AGE	FINAL TIME	AVG/MILE PACE	CITY
01	THERESA KNAPP	27	0 56 27	8 32	COLUMBIA
02	NANCI POLING	29	1 02 12	9 27	ROLLA
03	TERI MAXWELL	21	1 04 45	9 46	ROLLA
04	ELIZABETH RODENBOCK	26	1 07 46	10 13	WESTPLAINS
05	GABRIELLE VERICAIN	25	1 13 30	11 08	FLW
06	HELEN E CARMICHAEL	29	DNF	0 00	FLW
07	BETTY J REYNOLDS	20	DNF	0 00	FLW
08	BEVERLY HARVEY	20	DNF	0 00	FLW

-1/2 MARATHON- TEAM STANDING

1. CTC

NAME	AGE	FINAL TIME
JON HERBERT	27	1 13 55
WALTER J RENAUD	45	1 16 38
DENTON L CHILDS	26	1 17 35
WESLEY PAUL	08	1 33 22
2. SLTCTC	TOT TEAM TIME	05 21 30
DAVID DOBKOWSKI	18	1 21 03
JERRY KOKESH	26	1 25 24
NORM COLTER	45	1 26 47
WILLIAM W STEWART	42	1 27 13
FLW Reception Ctr	TOT TEAM TIME	05 40 27
3. DEAN NEAL	28	1 21 41
REX L FRAZER	45	1 24 50
EFRAIN RONDON	42	1 24 50
FRED REDD	39	1 31 54
FLW 380	TOT TEAM TIME	05 42 45
JOHN PIPKIN	18	1 43 15
4. GLEN JURIS	35	1 52 53
C W HENDRIX	40	1 54 37
CLINTON WOLBOLDT	23	1 59 26
TOT TEAM TIME	07 30 11	

DIVISION -MENS 1/2 MARATHON 45-49

STDC	NAME	AGE	FINAL TIME	AVG/MILE PACE	CITY
01	WALTER J RENAUD	45	1 16 38	5 48	FULTON
02	REX L FRAZER	45	1 24 20	6 24	FLW
03	NORM COLTER	45	1 26 47	6 33	VALLEY PARK
04	DON JOHNSON	48	1 35 40	7 15	CENTRALIA
05	WARREN WALKER	46	1 41 30	7 42	RAYTOWN
06	WAYNE C MCKINNEY	46	1 44 05	7 56	SPRINGFIELD
07	VIRGIL T COOLEY	46	1 46 45	8 05	FLW
08	ROBERT FORMAN	46	1 50 55	8 23	FLW
09	LEONARD BUSEN	46	1 51 33	8 28	MEHLVILLE CTC
10	JACK FROHLICHSTEIN	47	1 57 40	8 55	UNIVERSITY CITY

DIVISION -WOMEN 1/4 MARATHON 40-49

STDC	NAME	AGE	FINAL TIME	AVG/MILE PACE	CITY
01	JAN FRAZER	44	1 07 45	10 13	FLW

Not many Teams have an 8 year old
and a 45 year old on the
winning Team

DESIGNATED TIME STANDINGS:

1. Don Granberg	.98	6	14. Al Garverick	2.06	6
2. Don Johnson	1.00	5	15. Ray Loan	2.23	9
3. Greg Brown	1.05	5	16. Ben Londeree	2.34	12
4. Don Carman	1.07	9	17. William Taft	2.45	8
5. Rob Spier	1.33	5	18. Wesley Paul	2.66	6
6. Tom Hinckley	1.36	10	19. Augie Hirt	2.98	6
7. Rex Frazer	1.40	5	20. Henry Bent	3.18	6
8. Joe Duncan	1.44	9	21. Ai Lo Paul	3.33	4
9. Joe Marks	1.53	8	22. Pete Pastoret	3.39	6
10. Turk Storvick	1.67	10	23. Theresa Knapp	3.81	9
11. Olen Brown	1.85	10	24. Dennis Blossom	4.17	7
12. Don Lewis	1.86	6	25. Bill Wiecek	4.30	7
13. Mike Chippendale	2.05	8	26. Jim Breitenbucher	4.64	6

ELAPSED TIME STANDINGS--RUNNERS:

Open:			Age 40 & Over:		
1. Londeree	206.5		1. Londeree	80.5	
2. Pastoret	167		2. Renaud	70	
3. Hinckley	167		3. Lewis	58.5	
4. Hessler	155		4. Storvick	51	
5. Renaud	154		5. Loan	35	
6. Lewis	146.5		6. Hicks	34	
7. Chippendale	138		7. O. Brown	32	
8. Carman	137		8. Frazer	31	
9. Storvick	111		9. Duncan	27	
10. Marks	91		10. Johnson	12	
11. G. Brown	88		11. Blossom	11	
12. Granberg	81		12. Rondon	8	
13. W. Hicks	76				
14. O. Brown	75				
15. Loan	74				
16. Hirt	68				
17. Stewart	60				
18. Frazer	59.5				
19. Nowak	57				
20. Landrum	57				
21. J. Duncan	54				
22. Walker	53				
23. Herbert	52				
24. Welch	47.5				
25. Ai Lo Paul	47				
26. Doug Clark	40				
27. B. Wiecek	38.5				
28. Adams	33				
29. Garverick	33				
30. Blossom	24				
31. D. Duncan	23				
32. Johnson	23				
33. DeCoster	22.5				
34. Breitenb'r	20				
35. Dean Neal	19				
36. Pierce	16				

Be sure to support the
FUN RUNS--call RAY LOAN
and offer to help. Most
important, encourage all
Columbians to participate
in this non-competitive
fitness running. Reactor
Park, 9:00 AM the 2nd & 4th
Saturdays of every month.

WOMEN:

1. Knapp	10
2. Cousin	2
3. A. Hessler	2
4. Blossom	1
5. Simms	1

Age 15 & Under:

1. Paul	35
2. J. Gibson	23
3. Duncan	20
4. M. Gibson	15
5. Thorne, Jr.	13
6. M. Wiecek	13
7. Hose	9
8. S. Gibson	8
9. Forest	6
10. Loan	6
11. J. Blossom	3
12. A. Hessler	2
13. P. Hessler	2

ELAPSED TIME STANDINGS--WALKERS:

			Age 40 & Over:		
1. Hirt	34		1. Spier	18	
2. Spier	27		2. Taft	17.5	
3. Taft	23.5		3. Busen	13	
4. Breitenbucher	22.5		4. Bent	12.5	
5. Mimm	18.5		5. Gragg	8	
6. Busen	18		6. Chapin	7	
7. Bent	16.5		7. Van Dyke	4	
8. Gragg	13				
9. Chapin	10				
10. Geiss	8				
11. J. Young	7				
12. Van Dyke	7				
13. B. Wiecek	6				
14. Brugger	5				

IMPORTANT NOTICE--BE SURE TO READ

We made a mistake as to the date of the Kansas Relays. They are the 4th weekend of April, rather than the 3rd. The Relays Marathon is 7:00 AM, the 23rd, the 40 & over mile 10:10 AM, the 23rd and the 40 & over 880 at 3:24 PM, the 23rd, all these events on Saturday. THIS MEANS WE ARE CHANGING THE DATE OF THE WALK-RUN PENTATHLON & THE 3, 2, 1 TRIATHLON. THE NEW DATE FOR THESE EVENTS WILL BE APRIL 16 (NOT the 23rd), still at Hickman track at 9:00 AM. BESURE TO MARK YOUR CALENDAR & SCHEDULE NOW, BEFORE YOU FORGET!!!! If you see any of our schedules posted anywhere, then would you please make the change thereon.

ARNE RICHARDS wanted me to pass on to his running friends the information that his father, Rev. Will Richards, Blue Springs, Mo., died on Jan. 22, 1977 and that Arne has, therefore, been out of contact for quite sometime. He is back in training now and soon expects to be actively racing.

SCHEDULE OF EVENTS:

MARCH 5 Saturday 9:00 AM 5,000 Meter Run, 5,000 Meter Walk
Reactor Park

12 " 9:00 AM Our first "Fun Run" Reactor Park

19 " 9:00 AM Four Mile Relay, 3 Mile Walk Reactor Park

19 " ? MVAAU 20 Kilo Run Manhattan, Kansas
CONTACT: Arne Richards 1223 N. 12th St. Manhattan 66502

26 Saturday 9:00 AM "Fun Runs" Reactor park

26 " 8:00 AM March of Dimes 20 Mile Walk-a-thon--a great
chance for a 20 mile workout over a different course and
for a worthy cause.

26 " 9:00 AM 7th Annual Oil Capital Marathon Mohawk
Park, Tulsa, Okla.

27 Sunday 1:00 PM-4:00 PM One Mile Runs & 3 Mile Runs--all
age groups UMKC Track 5100 Rockhill Road KC, Mo.

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

February 7, 1971: Six Mile Run: 1. Loren Moes 33:12, 2. Bill Wirtz
34:00, . . .4. Whitney Hicks 37:14, 5. Don Granberg 37:27,
. . .7. Roman Sage 40:01, 8. Joe Duncan 40:59 3 others.
The Walk: 1. Larry Young 45:16 (the first appearance
of Larry in one of our races), 2. Mark Achen 48:29
3. Paul Ide 49:50 5 others

February 20, 1971: 3, 2, 1 Mile Triathlon: 1. Dennis Stewart 31:49(16:10,
10:43, 4:56), 2. John Houle 33:16, 3. Whitney Hicks 34:19
(17:25, 11:28, 5:26), 4. Carl Muckler 34:46 (Carl is now
a member of the Missouri House of Representatives, from St.
Louis, and is sponsoring some anti-smoking in public places
legislation), 5. Don Granberg 35:42 (18:05, 11:56, 5:41)
7 others

February 27, 1971: Ten Mile Run 1. Bill Wirtz 57:55, 2. Bob Hunerdosse
1:00:53, 3. Dennis Stewart 1:01:44, 4. Whitney Hicks
1:05:06 6 others 1. Mark Achen 1:22:30
2. Art Fleming 1:37:01

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

Saturday Morning Runner's World Fun Runs

1977 SCHEDULE

All runs are for 1/2/3/4/5/6 miles:

March 12 & 26
April 9, 23 & 30
May 14 & 28
June 11 & 25
July 9, 23 & 30
August 13 & 27
September 10 & 24
October 8, 22 & 29
November 12 & 26
December 10

At University of Missouri Research Park 9 a.m. Sharp

- These are biweekly, informal runs designed to promote running as a conditioning, competitive and social activity.
- They are intended to supplement (not to compete with) the AAU long distance running program by (1) offering races of shorter distances than normally run by the AAU, and (2) offering regular races in a non-competitive format.
- **No entry fees—No advance signups—No AAU cards required. Just come and run.**
- All courses are precisely measured. All runners are accurately timed. All ages are welcome.
- Please have a doctor's checkup before coming out.
- Time certificates are awarded **EVERYONE** in every race. Run as hard or as easy as you like.

TIME STANDARDS

Awards	One Mile	Two Miles	Three Miles	Four Miles	Five Miles	Six Miles
Gold	under 5:00	under 11:00	under 17:00	under 23:00	under 30:00	under 36:30
Blue	under 6:00	under 13:00	under 20:00	under 27:30	under 36:00	under 43:00
Red	under 7:00	under 15:00	under 23:00	under 31:00	under 40:00	under 49:00
Green	under 8:30	under 18:00	under 28:00	under 37:00	under 48:00	under 58:00
White	over 8:30	over 18:00	over 28:00	over 38:00	over 48:00	over 58:00

Note: Runners under 5 and over 60 are allowed to add 2:00 per mile to each of these standards. Runners age 6-10 and 50-59 are allowed to add 1:30 per mile. Runners age 11-13, 40-49 and women are allowed to add 1:00 per mile.

Starting at 9 a.m. in front of the Research Reactor at University of Missouri Research Park in Columbia, Missouri. Each day you can run any distance you like from 1 to 6 miles. For more information, contact Raymond W. Loan at 314/445-5139.

The Fun Runs are co-sponsored by the Columbia Track Club and the Columbia Parks and Recreation Department.

MISSOURI CUP MEN'S 20 KILMETER RACE WALK
5,000 METER WALK FOR WOMEN
1977 ENTRY BLANK

TIME: Saturday, April 30, 1977 - 9:00 a.m. (Men's race at 9:00⁴⁵ a.m.)
PLACE: Rock Bridge High School Track. Rock Bridge Track is on the west side of Providence Road, about two miles south of Stadium Blvd.
ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by April 29.
AWARDS: Three "Cup" trophies to first three finishers in each race. Certificates to all finishers.

MISSOURI
CUP RECORD: 1:30:10 Larry Young - May 7, 1972 (This is also the American Record.) Women's 5,000 Meter Record: 28:36 Gwen Eberle, May 4, 1974.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley A.A.U. of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ BIRTH DATE: _____
AAU# _____ AAU ASSN. _____ Ht. _____ Wt. _____
Signature _____
ADDRESS _____ ZIP _____
SCHOOL OR CLUB _____

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

NAME: _____
ADDRESS: _____ CITY: _____ STATE: _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the A.A.U. of the united States.

Sanctioned by the Missouri Valley Association of the A.A.U.

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

MISSOURI CUP

MISSOURI VALLEY AAU, MASTERS AND OPEN ONE HOUR RUN
1977 ENTRY BLANK

also

1977 Senior National Postal One Hour Run
1977 Junior National Postal One Hour Run

TIME: Saturday, May 7, 1977, Section 1 (For those who will likely run less than 9 miles) starts at 5:00 p.m., Section 2 at 6:40 p.m.

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

ENTRY FEE: \$2.50, \$1.50 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 6. If you do not choose to participate in the National Postal competition, the entry fee is \$1.00. Each runner is to bring someone to record his 440 splits.

AWARDS: Trophy to overall winner, trophies to first 3 finishers in each of the following categories: Age 15 and under, 16 to 29, 30 to 39, over 40 and women. MVA AU medals to first 3 MVA AU finishers. Certificates to all participants.

MVA AU Record: 11 miles, 346 yards, Fred Binggeli, June 15, 1974.
Track Record: 11 miles, 797 yards, Barney Hance, June 17, 1972.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at the said race.

Print Name _____ AAU NO. _____ AAU Assoc. _____
Signature _____ Ht. _____ Wt. _____ Birth Date _____
Address _____ Zip _____
School or Club _____

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

Name: _____

Address: _____ Zip _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

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

HOUR RUN