

# **FIRST ANNUAL FT WOOD OZARK RUN**

## **HALF AND QUARTER MARATHON**

### **SATURDAY, 12 FEBRUARY 1977**

**PLACE:** FORT LEONARD WOOD - NUTTER FIELD HOUSE

**DISTANCE:** HALF MARATHON (13.1) AND QUARTER MARATHON (6.55 MILES)

**COURSE:** HARD TOP ROAD - GENTLY ROLLING TERRAIN

**1400 HOURS (2:00 P.M.)**

## **EVERYONE INVITED**

**AWARDS: 5 TROPHIES EACH DIVISION**

### **MEN'S DIVISIONS**

**½ & ¼ MARATHON**

**19 & UNDER**

**20-24**

**25-29**

**30-34**

**35-39**

**40-44**

**45-49**

**50 & OLDER**

### **WOMEN'S DIVISIONS**

**¼ MARATHON**

**19 & UNDER**

**20-29**

**30-39**

**40-49**

**50 & OLDER**

**½ MARATHON**

**ALL AGES**

**PRE-ENTRY DEADLINE: 9 FEBRUARY 1977 ENTRY FEE: \$1.00**

**CHECK-IN TIME: 1230-1330** DRESSING, LATRINE, SHOWER AND SAUNA FACILITIES

In consideration of my participation in the Fort Wood Ozark Run, the undersigned does hereby assume all risks and does forever release, acquit, and discharge Fort Leonard Wood military reservation, the United States Army, and the committee in charge of the event from any and all cause or causes of action, including personal injury, illness, death, property damage, and liability of any kind, name or nature, in any manner arising out of the physical presence of the undersigned at Fort Leonard Wood, Missouri. \$1.00 entry fee is enclosed.

\_\_\_\_\_  
Athlete's Signature

**PRINT NAME:** \_\_\_\_\_ **CLUB:** \_\_\_\_\_  
(LAST) (FIRST) (MI)

**ADDRESS:** \_\_\_\_\_

**AGE AS OF 12 FEB 1977** \_\_\_\_\_ **DIVISION:** \_\_\_\_\_ **EVENT:** \_\_\_\_\_  
(HALF & QUARTER)

**IF UNDER 18, PARENTS SIGNATURE:** \_\_\_\_\_

**RETURN TO:** LTC REX L. FRAZER  
HQ, US Army Reception Station  
Fort Leonard Wood, Missouri 65473  
Phone: (314) 368-6111

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. IX, No. 1

January 25, 1977

REX FRAZER WINS THE CHEESE; ROGER POINTER, THE KRAUT:  
RENAUD & LONDEREE, 45 & 42 FINISH 1-2 IN ET RACE

TEN MILE RUN

December 18, 1976:

		2.5	5	7.5	10	Seconds off DT	% off
1.	Walt Renaud 45	13:55	28:06	42:48	57:30	90	2.68
2.	Ben Londeree 42	14:35	29:50	44:55	59:21	129	3.49
3.	Tom Hinckley	14:40	29:53	44:55	59:40	50	1.38
4.	Pete Pastoret	14:42	29:55	45:07	1:00:02	122	3.51
5.	Mike Chippendale	15:13	30:34	45:55	1:01:20	100	1.03
6.	Augie Hirt	14:44	30:14	46:10	1:02:03	63	1.72
7.	Greg Brown	15:00	30:29	46:27	1:02:14	44	1.19
8.	Jim Schutt	15:40	31:22	47:30	1:02:31		
9.	Efrain Rondon	15:05	30:56	47:00	1:02:43	197	4.97
10.	Rex Frazer 45	15:16	30:56	47:10	1:02:52	8	.21
11.	Don Lewis 40	15:55	32:30	48:43	1:03:32	208	5.17
12.	Dick Hessler	16:23	32:30	48:43	1:03:36	384	9.14
13.	Ken Rader	14:50	30:51	47:38	1:04:20	160	3.98
14.	Turk Storvick 48	15:55	32:30	49:10	1:05:31	29	.73
15.	Roger Pointer	16:00	32:34	50:00	1:06:34	686	14.66
16.	Dr. Mathey (Ft. Wood)	15:40	32:30	49:31	1:06:36	504	11.20
17.	Don Carman	16:23	33:08	50:03	1:07:24	84	2.12
18.	Jerry Young )walked 2)	14:55	31:22	51:27	1:08:00	420	9.33
19.	Bill Daily	16:15	33:12	50:50	1:08:06	354	7.97
20.	Joe Duncan 42	16:45	34:08	51:25	1:08:54	91	2.25
21.	Wesley Paul 7	16:30	34:18	52:15	1:09:40	40	.97
22.	Rhonda Bedell	17:05	35:17	53:25	1:10:50	430	9.19
23.	J. Regan Thomas	17:00	35:15	53:25	1:11:07	533	11.10
24.	Ray Loan 45	16:45	34:42	53:00	1:11:29	89	2.12
25.	Al Lo Paul	17:30	35:45	53:43	1:11:45	105	2.50
26.	Keith Pierce	18:10	36:50	55:26	1:13:20	400	8.33
27.	Bill Wiecek	17:20	35:33	55:00	1:15:15	15	.33
28.	Don Johnson 48	18:00	36:33	56:03	1:16:43	77	1.65
29.	Sid Hose	19:00	38:13	57:50	1:16:52	68	1.45
30.	Dennis Blossom 40	18:15	38:26	58:40	1:18:04	26	.55
31.	Bill Davis	20:05	42:45	65:14	1:27:53	127	2.35
32.	Theresa Knapp	21:07	43:22	65:45	1:27:56	124	2.30
33.	Mike Wiecek 15	21:58	46:56	71:10	1:33:15		

## THE 3 WALKERS:

1t.	Henry Bent 76	31:55	64:30	1:38:15	2:07:20	400	4.98
1t.	William Taft 61	31:55	64:30	1:38:15	2:07:20	280	3.54

3. Bob Brugger---started late, all we have is a final time of 1:50:20

Low 30's, moderate South winds, another good day for running, which would be part of the explanation for the largest crowd we have ever had for the 10 miler. Another reason would be the desire to take home a hunk of cheese. 3 runners got holiday boxes of cheese by coming closest to their predicted times. Rex Frazer got the biggest box, Bill Wiecek the middle size box and Dennis Blossom knocked Turk Storvick off "the bubble" to seize the small hunks of cheese. Walt Renaud and Ben Londeree beat all the kids to finish 1-2, although Tom Hinckley gave Ben a good argument for 8½ miles and a PB. Renaud set a 40+ record beating the 59:04 Ben had in 1974. Not only that, but Walt also beat Ben's record for 5 miles (28:09-Jan. '75).

Rhonda Bedell and Wesley Paul set records for women and age 15 & under, respectively, since there were no previous records for those categories. Rhonda also beat Janet Leuthold's record for 5 miles (42:35 in Oct. '73).

Roger Pointer came all the way from Independence to run a lot faster than he thought he would and thereby he took home a can of sauerkraut for so poorly predicting his time.

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ART FLEMING writes about how he has concluded his two year "vacation" in thew. Indies(Grand Cayman Island). Art says that scuba-diving didn't help his cardio-vascular efficiency, but he developed some nice looking thigh muscles. Art has moved to Rochester, Mich. and recently managed 4 7 minute miles, so he is on his way back and when he is in shape he may well find his way to one of our races.

SANDY LAWRENCE is in Denver completing a block of pediatrics after doing a block in Portland, Ore. While in Portland, on Nov. 27, Sandy competed in his second marathon--the Island Marathon--coming up with a time of 2:44:32 which compares with his 2:50:08 in the Heart of America. There were 450 runners on a flat, fast course. Sunny, calm, 50°. Sandy didn't tell his place, but it must have been fairly good.

## DICK HESSLER PULLS AWAY IN LAST MILE TO WIN FIVE MILE RUN January 8, 1977:

	2.5	5	Seconds off DT	% off
1. Dick Hessler	13:58	27:41		
2. Denton Childs	13:55	27:45		
3. Walt Renaud 45	13:55	27:49		
4. Ben Londeree 42	14:02	28:21	69	3.90
5. Pete Pastoret	14:13	28:48	72	4.00
6. Don Lewis 40	14:16	29:02	2	.11
7. Augie Hirt	14:20	29:50	10	.55
8. Whitney Hicks 41	15:12	30:25	35	1.88
9. Mike Chippendale	15:13	30:43	77	4.01
10. Don Carman	15:35	31:07	7	.38
11. Tom Hinckley	16:23	31:50	10	.52
12. Turk Storvick 48	15:47	31:52	8	.42
13. Ray Loan 45	16:02	32:19	71	3.53
14. Joe Marks	16:23	32:29	29	1.51
15. Wesley Paul 7	16:10	32:57	32	1.64
16. Joe Duncan 42	16:49	33:19	4	.20
17. Ai Lo Paul	16:46	33:34	86	4.09
18. Keith Pierce	16:42	33:38	22	1.08
19. Olen Brown 41	16:35	33:50	20	.99
20. Jim Thorne, Jr. 15	16:35	33:52	68	3.24
21. Don Johnson 48	16:44	34:24	24	1.18
22. Nathan Hose 14	17:05	35:23	277	11.54
23. Sid Hose	18:20	36:21	9	.41
24. Mark Landrum	19:07	38:04		
25. Mike Wiecek 14	20:03	39:32		
26. Dennis Blossom 40	19:16	39:50	110	4.82
27. Jim Thorne, Sr.	20:05	39:51	9	.37
28. Norma Cousins		43:01	119	4.41
29. Theresa Knapp		43:08	52	1.97

## FROM OUT OF THE PAST COMES CHARLES GEISS TO WIN THE FIVE MILE WALK:

1. Charles Geiss	51:28		
2. Bill Wiecek	56:20		
3. Bob Brugger	1:00:00		
4t. William Taft 61	1:02:50	130	3.33
4t. Henry Bent 76	1:02:50	130	3.33

20°, little wind, one of the few January days fit for a race--the day after this race we had -3°, a strong north wind with blowing snow and a wind chill of -26. Hessler, Childs and Renaud had a scintillating race. Renaud and Childs set the pace with Hessler (accompanied by Londeree) hanging within striking distance. At the turnaround, Hessler pulled away from Ben, tucking in right behind the pacesetters. After Sorrel's hill, Dick took over the lead and held it over the final mile. Renaud set a record for age 40+, beating the 28:06 he had enroute in the 10 mile Holiday run. And Wesley Paul got a record for age 15 & under.

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

January 3, 1971: 5 Mile Run: 1. Dennis Stewart 29:22 2. Bill Wirtz 31:01 3. Don Granberg 32:33 4. Roman Sage 33:46--the only runners--in contrast to the race above. In the walk, Mark Achen was 41:32 while Dave Leuthold had 49:25.

January 16, 1971: A 5 mile handicap race: 1. Bill Wirtz (Sandbagging!) 28:37; 2. Dennis Stewart 28:53; 3. John Houle 30:20; . . . 5. Whitney Hicks 30:58 (he has improved with age); 6. Don Granberg 31:54 and there were 6 others this time. The Walk: 1. Achen 40:48; 2. Leuthold 47:25

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Here is a little something that has been making the rounds in various newsletters: Ted Haydon, Chicago Track Club coach, has figured out why Distance Runners put in 100 to 200 miles a week (or, at our level, why otherwise sane people run at all): He says, "We did a study and found the foot bone connected to the ankle bone, the ankle bone connected to the pelvic bone, the pelvic bone connected to the back bone, the back bone connected to the neck bone. But the neck bone is not connected to the head bone."

This, of course, is simply another of the erudite technical analysis of a phase of distance-running which you can expect to find in the Columbia Track Club Newsletter. Information which proves so valuable to the runner.

## JON HERBERT MAKES IT 3 OUT OF 3 WITH WIN IN 20 KILOMETER RUN January 22:

		5 K	10 K	20 Kilo	Seconds off DT	% off DT
1. Jon Herbert		18:00	35:44	1:11:00		
2. Dick Hessler		18:11	36:33	1:12:31		
3. Walt Renaud	45	18:00	36:10	1:12:58		
4t. Don Lewis	41	18:52	38:18	1:16:41	19	.41
4t. Ben Londeree	42	18:52	38:18	1:16:41	79	1.69
6. Don Raney	Ft. Wood	18:00	36:10	1:18:02		
7. Tom Hinckley		18:52	38:40	1:18:25	10	.21
8. Whitney Hicks	41	19:10	39:33	1:20:07	67	1.41
9t. Rich Todd		19:24	40:00	1:21:00		
9t. Rex Frazer	45	19:24	40:00	1:21:00	180	3.57
11. Joe Marks		19:37	40:17	1:21:16	134	2.67
12. Don Carman		20:05	41:18	1:23:58	58	1.16
13. Turk Storvick	48	20:27	42:03	1:25:24	24	.47
14. Wesley Paul	7	20:23	42:40	1:27:00	240	4.82
15. Ray Loan	45	20:30	42:19	1:27:45	75	1.40
16. Joe Duncan	42	21:31	43:54	1:28:13	3	.06
17. Ai Lo Paul		20:52	43:27	1:29:23		
18. Mark Landrum		21:37	44:47	1:32:05		
19. Olen Brown	41	21:40	46:07	1:32:47	167	3.09
20. Don Johnson	48	22:55	47:30	1:35:17	17	.30
21. Dennis Blossom	40	23:27	50:16	DNF		
22. Theresa Knapp		27:17	54:51	This was the women's race & distance		

## CHARLES GEISS LEADS 2 OTHER WALKERS OVER 10,000 METERS:

1. Charles Geiss	---	1:04:00		
2. Henry Bent	76	1:16:00	60	1.30
3. William Taft	61	1:16:30	90	1.92

The second decent day in January for a race. We were quite fortunate to get a good day after a week of prolonged cold weather, temperatures like minus 18, -15 & -12 with wind chill indexes ranging down to 45 below. Race day was a balmy 10 degrees at the start, the sun was shining and there was very little wind. The next day saw two inches of new snow on the ground and what would have been treacherous footing. So, Jon Herbert saw fit to wander up here from Springfield to win the third race in a row in which he has competed. He had victories in the MVAAU 10,000 meter and 30,000 meter runs last fall. Dick Hessler and Walt Renaud hooked up in another sterling battle, with Dick lagging back in the early stages, but then pouncing and pulling away. Notice that exactly half of the starters were age 40 or over, not to mention the two mature walkers. With all this cold, winter running for these old guys, I guess it is a little difficult to say that with age comes wisdom.

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## DESIGNATED TIME STANDINGS:

1. Don Carman	.87	7	16. Ben Londeree	2.44	10
2. Don Granberg	.98	6	17. Wesley Paul	2.49	5
3. Don Johnson	1.04	3	18. William Taft	2.71	7
4. Greg Brown	1.18	4	19. Jim Thorne, Sr.	2.74	2
5. Tom Hinckley	1.27	9	20. Augie Hirt	2.98	6
6. Rob Spier	1.33	5	21. Bill Kurtz	3.08	4
7. Joe Duncan	1.46	8	22. Keith Pierce	3.29	3
8. Joe Marks	1.55	6	23. Henry Bent	3.32	5
9. Don Lewis	1.57	5	24. Theresa Knapp	3.37	7
10. Turk Storvick	1.62	8	25. Ai Lo Paul	3.74	3
11. Olen Brown	1.64	8	26. Dennis Blossom	4.02	6
12. Rex Frazer	1.66	4	27. Pete Pastoret	4.17	4
13. Al Garverick	2.04	4	28. Dennis Stewart	4.37	3
14. Mike Chippendale	2.18	6	29. Bill Wiecek	4.60	6
15. Ray Loan	2.39	7	30. Jim Breitenbucher	4.64	6

## ELAPSED TIME STANDINGS--WALKERS:

1. Hirt	30	8. Bent	12	Age 40 & Over:	
2. Spier	27	9. Chapin	10	1. Spier	18
3. Breitenbucher	22.5	10. Geiss	8	2. Taft	15
4. Taft	20	11. Van Dyke	7	3. Busen	13
5. Mimm	18.5	12. B. Wiecek	6	4. Bent	9
6. Busen	18	13. Brugger	5	5. Gragg	8
7. Gragg	13			6. Chapin	7
				7. Van Dyke	4

## COLUMBIA TRACK CLUB EVENT RECORDS--OPEN, RUNNERS

EVENT	COURSE	TIME	WHO	WHEN
220 yard dash	Track	23.0*	Dennis Stewart	April 24, 1976
440 yard run	"	52.8**	Dennis Stewart	August 26, 1972
880 yard run	"	1:58.0*	Dennis Stewart	May 8, 1971
One Mile Run	"	4:19.0	Tom Logan	March 18, 1972
Two Mile Run	"	9:08.0	Charles McMullen	July 29, 1972
Three Mile Run	"	14:44.0	Fred Binggeli	March 8, 1975
		14:54.0	Dennis Stewart	August 11, 1973
Five Mile Run	Road	25:35	Fred Binggeli	January 4, 1975
Ten Mile Run	"	53:17	Rob Leutwiler	February 26, 1972
" " "	Track	52:29***	Barney Hance	June 17, 1972
	"	54:00***	Dennis Stewart	June 15, 1974
One Hour Run	"	11 Miles, 797 yards	Barney Hance	June 17, 1972
		11 " 233	" Dennis Stewart	June 15, 1974
5,000 Meter Run	Track	15:20.8	Dennis Stewart	December 1, 1973
10,000 Meter Run	"	32:14	Dennis Stewart	November 17, 1973
10,000 Meter Run	Road	30:48****	Ron Tabb	July 17, 1976
15,000 Meter Run	"	46:13	Ron Tabb	July 17, 1976
20,000 Meter Run	"	1:08:47	Rick Katz	January 18, 1975
25,000 Meters	"	1:27:30*****	Jon Herbert****	December 4, 1976
30,000 Meter Run	"	1:44:30	Rick Katz	December 7, 1974
Heart of America Marathon		2:34:07	Barry Crawford	September 5, 1966
		2:34:07	Tony Rodiez	September 6, 1976
		2:39:43	Dick Hessler	September 1, 1975
2 Mile Cross-Country Mun. GC		9:38	Bob Brouillet	October 10, 1971
3 Mile " " Gustin GC		15:43	Paul Kassen	November 16, 1975
5 Mile " " "		26:45	Charlie Gray	October 16, 1976
		27:58	Dennis Stewart	November 4, 1973
3, 2, 1 Mile Triathlon	Track	29:46.9	Rick Katz	May 17, 1975
		(15:04, 9:58, 4:44.9)		
Sprint Triathlon	Track	7:21.6	Paul Rice	June 29, 1975
(Mile, 880, 440)		(4:29.0, 1:59.2, 53.4)		
CTC:		7:23.8 (4:29.2, 2:01, 53.6)	Dennis Stewart	August 4, 1973
Walk-Run Pentathlon	Track	2,790 Points	Stan Smith	April 28, 1973
(2 Mile Walk: 18:02, 361 pts.;		880 yard Run: 2:04.8, 668 pts.;		
1 Mile Walk: 7:33, 543 pts.;		2 Mile Run: 10:02.5, 695 pts.;		
220 yard dash: 25.4, 523 pts.)				
CTC:		Augie Hirt 2,594 points		April 24, 1976
Four Mile Relay	Track	18:35	Stewart's Stompers	May 25, 1974
			(Mike Lawman 4:49, Tom Hoft 4:43,	
			Charlie Evans 4:43, D. Stewart 4:20)	
2-Person, 5 Mile Relay	Track	24:34	Bryce Allmon-Doug Sloan	June 19, 1976
Alternate 440's		(11:31) (13:03)		

\*Part of Walk-Run Pentathlon

\*\*Part of Sprint Triathlon

\*\*\*Enroute to One Hour Run

\*\*\*\*Enroute to 15,000 Meter Run

\*\*\*\*\*Enroute to 30,000 Meter Run

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Back on Nov. 14th, RICK KATZ won a 10 Mile Road race at Littleton, Colo. Rick had a winning time of 55:00 to finish 1:43 over second. Rick's time is in the top 10 of the all time bests for that course. There were 114 finishers in this race.

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TIMERS FOR RACES--especially in the winter races we are a little short of timers. Only twice a year do we make advance arrangements for timers: the Marathon and the 100 mile walk. That way no one has the hassle of making phone calls, recruiting, imposing, etc. . . . and we do feel more free to lean on you when the above two events roll around. Anyway, this is really a request that each of you consider helping with the timing when you are unable to run on a given day, such as Turk, Olen and Joe Marks and some others have done on occasion; and a request that you recruit spouses, friends, kids to help so that Arline Hinckley, Veva Spier and Doug Duncan, the Gibson family don't have to do it all. THANKS!

P.S.: Bring a stop watch if you have one.

ELAPSED TIME STANDINGS--RUNNERS:

Open:				Age 40 & Over:			
1.	Londeree	169.5		21.	Welch	47.5	
2.	Hinckley	151		22.	Frazer	45.5	
3.	Pastoret	132		23.	W. Hicks	43	
4.	Hessler	114		24.	Al Lo Paul	41	
5.	Carman	112		25.	Doug Clark	40	
6.	Chippendale	111		26.	Landrum	39	
7.	Renaud	110		27.	B. Wiecek	35.5	
8.	Lewis	105.5		28.	Adams	33	
9.	Storvick	90		29.	Garverick	24	
10.	Granberg	81		30.	D. Duncan	23	
11.	G. Brown	73		31.	DeCoster	22.5	
12.	Hirt	68		32.	Breitenbucher	20	
13.	Marks	66		33.	Blossom	19	
14.	O. Brown	61		34.	Rondon	16	
15.	Stewart	60		35.	Pierce	16	
16.	Nowak	57		36.	Kurtz	15	
17.	Loan	56		37.	Johnson	14	
18.	Walker	53		38.	Geiss	13.5	
19.	Herbert	52		39.	Todd	11.5	
20.	J. Duncan	48		40.	Daily	10	

WOMEN:

1.	T. Knapp	8
2.	A. Hessler	2
3.	M. Blossom	1
4.	Pam Simms	1

Age 15 & Under:

1.	Paul	30
2.	Duncan	20
3.	J. Gibson	17
4.	M. Wiecek	13
5.	M. Gibson	11
6.	Thorne	9
7.	Hose	9
8.	S. Gibson	7
9.	Forest	6
10.	Loan	6
11.	J. Blossom	3
12.	A. Hessler	2
13.	P. Hessler	2

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE; Standings, showing average median % improvement for those with at least 3 comparisons:

1.	G. Brown	7.25	4	7.	Garverick	2.74	5	13.	J. Duncan	-.62	7
2.	Londeree	5.67	8	8.	J. Gibson	2.38	3	14.	Hirt	-.64	5
3.	M. Gibson	4.87	3	9.	Chippendale	1.48	4	15.	Hessler	-1.77	5
4.	Bent	4.23	5	10.	Loan	.79	4	16.	Lewis	-1.78	4
5.	Kurtz	3.74	4	11.	Marks	-.28	3	17.	Blossom	-1.82	5
6.	Hinckley	3.04	6	12.	Breitenb'r	-.34	4	18.	Spier	-5.83	6

This is as of the 5 Mile Run. Thanks to Charles Geiss for handling this for us this year.

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Results of the 1976 AAU ONE HOUR RUN POSTAL CHAMPIONSHIPS have finally arrived showing that CTC finished 7th in the team scoring, out of 30 teams, with CTC "B" team finishing 25th. CTC "A" had a total of 54 miles, 100 yards compared with the winning 58-889 of the US Air Force. CTC team members were Todd, Renaud, Hessler, Herbert & Lewis. Todd's 11-77 was 47th out of a total of 804 runners. Renaud was 4th, Lewis 11th out of 120 age 40 competitors. Renaud was 70th overall, Hessler 71st, Herbert 77th & Lewis 120th. We won't mention all of the other CTC people.

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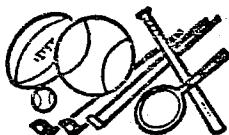
I never did give the results of the National Masters and Class "B" 50 Kilometer walk which was held on Hickman Track, Nov. 6, 1976. LEONARD BUSEN won both the Masters & Class "B" titles with 5:59:34. Randy Mimm had worked up to a one mile lead by 20 miles (4:04:54), but he, at that point gave way to a sore tendon and had to bow out. Following Busen were Bob Young at 6:05:20, Rob Spier 6:16:48, Bob Gragg 6:21:16, Albert Van Dyke 6:47:39, Mac Pullen 7:13:01, Henry Bent 7:19:14, William Taft 7:41:16. Bob Baker did 20 miles in 4:11:35 while Larry Young was on the track for 5 miles in 53:05, not nearly in condition for an assault on the American record.

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JIM BREITENBUCHER is now a graduate assistant at ~~xx~~ Kansas State College at Pittsburg working on his masters in Political Science with hopes of stirring up some interest in race-walking. Good Luck! Jim.

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Crossroads Sports Center gives a 10% discount on any running gear to CTC members.



CROSSROADS  
SPORTS CENTER

CROSSROADS WEST SHOPPING CENTER  
2101 WEST BROADWAY  
COLUMBIA, MISSOURI 65201  
314/445-5311

SCHEDULE OF EVENTS

FEBRUARY 5 Saturday 9:00 AM 10,000 Meter Run, 10,000 Meter Walk  
Hilton Inn Record: 30:48 Ron Tabb July 17, 1976

12 Saturday 2:00 PM  $\frac{1}{4}$  and  $\frac{1}{2}$  Marathons Ft. Leonard Wood  
CTC will give some money to all CTC participants.

19 Saturday 9:00 AM 15 Kilo Run, 15 Kilo Walk Hilton Inn  
Record for the run: 46:13 Ron Tabb

27 Sunday 8:00 AM Third Olympiad Memorial Marathon, also the  
RRCA National Marathon Championship (also a 10,000  
Meter Run). RRCA Convention & Clinic on the 26th at  
the Rodeway Inn, Market & Jefferson, St. Louis, Mo.  
CTC will pay the \$6.00 entry fee for all CTC members.

Columbia TC is a member club of the Road Runners Club of America. All CTC members should be receiving the RRCA publication, FOOTNOTES, which comes out quarterly. If anyone is of a mind to see something of theirs in print, then you should feel free to send whatever you have to Tom Coyne 1584 Spruce, Kalamazoo, Mich. Chances are good that whatever you send will be printed in FOOTNOTES.

The updated CTC roster is available. If you want one you can get it at our races or by sending Joe Duncan a stamped, self-addressed envelope. Included on the roster are the following people who have not yet paid their '76-'77 dues of \$5.00: Childs, K. Hicks, Leuthold, Madson, Pinkerton, Veum, L. Young & J. Young. All CTC members are entitled to a 10% discount on running gear (including shoes) from Crossroads Sports Center-- They have a copy of our roster, so all you do is say who you are.

FUN RUNS begin on March 12, 9:00 AM. They will be on the 2nd & 4th Saturdays of each month at the Nuclear Reacto Park. The idea is to promote participation in informal, non-competitive running, jogging or walking, for all people-- especially, those who are beginning a running program and those who do not want to be involved in our formal competition. These will be fun, social occasions. Each participant will run or walk whatever distance he wishes up to 6 miles. Certificates, color-coded for time, age & distance, will be given to each participant. RAY LOAN is in charge of this addition to the CTC program. We suggest that some people call him, offering to help him conduct these affairs. Someone could volunteer to help on the 2nd Saturdays of certain months & someone else the 4th Saturdays.

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The CTC Newsletter is sent to you by Joe Duncan. If you want to get an issue every month, then you should send him \$2.00 and this will get you 12 issues. Or, if you want to join the Columbia Track Club and get all kinds of additional benefits, then your payment is \$5.00 (this includes the newsletter).

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

COLUMBIA TRACK CLUB ROSTER  
As of January 15, 1977

Columbia, Mo. 65201 Members:

David Adams  
12 McBaine Ave.

Ralph Anderson  
2517 Shephard Blvd.

Henry Bent  
210 Westwood Ave.  
10-6-00

Dennis Blossom  
908 Martin Dr.  
8-3-36  
Jay 1-14-64  
Stuart 9-20-67

Greg Brown  
59 W. Way Rd. #3  
2-10-38  
Jan 10-24-48  
Debbie 1-3-67

Olen Brown  
300 Bourn Ave.  
8-18-35  
Barbara  
David 7-20-67

Bob Brugger  
1012 Bourn Ave.

Don Carman  
Rt. 5, Box 224A  
11-21-48

Denton Childs  
53 E. Park Lane Apt. C  
4-19-50

Mike Chippendale  
305 Manor Dr.  
11-5-40  
Steve 1-30-68

Bill Clark  
3906 Grace Ellen Dr.  
8-18-32

Mike 11-3-59  
Kelly 3-14-62  
Kerry 2-17-64  
Casey 3-4-70

Bill Daily  
308 Bourn Ave.  
6-16-46

Bill Davis  
600 Rothwell Dr.  
9-13-41

Tom DeCoster  
1712 Mizzou Place, Apt. 5B

Peter de Seldring  
1100 Mehl Rd., Apt. 1A  
2-17-52

Hans Dirksen  
1607 Sylvan Lane, 1H

Delbert Dunkin  
2112 Valley View Dr.

Joe Duncan  
4004 Defoe Dr.  
5-24-34  
Doug 11-11-60  
Joe, Jr. 2-26-65

Dave Forest  
812 Maplewood Dr.  
9-15-62

Al Garverick  
13 Pecos Ct., Rt. #1  
4-28-44

Charles Geiss  
808 Valley Ct.  
5-2-40

Jim Gibson  
1200 Subella Dr.  
Jim, Jr. 11-14-63  
Matt 6-9-65  
Steve 5-15-67  
Tim 12-16-70

Don Granberg  
509 Edgewood Ave.  
12-13-41

Dick Hessler  
411 Westmount Ave.  
8-25-41  
Amy 1-3-66  
Peter 6-14-69

Kevin Hicks  
Box 118 Crestvale Trailer Ct.

Whitney Hicks  
213 Devine Ct.  
7-22-35  
David 2-24-64  
Steven 10-18-66

Tom Hinckley  
6 Edgewood  
10-15-44

Augie Hirt  
313 W. Blvd. So.  
4-15-51  
Joan 9-23-52

Sid Hose  
2412 W. Rollins  
12-13-38  
Nathan 9-1-62

Theresa Knapp  
2224 A Primrose  
7-31-49

Bill Kurtz  
300 Devine Ct.  
7-15-41

Mark Landrum  
Box 938  
6-6-39

Dave Leuthold  
1501 Ross  
11-20-32  
Janet 12-14-59  
John 8-20-64

Don Lewis  
Box 30  
Pine Grove Trailer Village  
1-20-36

Ray Loan  
1020 Bourn Ave.  
4-24-31  
Tim

Ben Londeree  
4008 Faurot Dr.  
6-29-34  
Rick 8-22-67

Jean Madden  
1121 Ashland Gravel Rd.  
3-15-27

Mike Madson  
8A Fyfer Place

Joe Marks  
509 Defoe Dr.  
8-2-37  
Bryan  
David  
Danny 12-7-66  
John 9-17-68

Randy Mimm  
603 Business 63 N Apt. 2  
4-27-54

Jim Nowak  
1305 W. Broadway

Jim Pastoret  
1625 Wilson Ave.  
1-20-24  
Susan 11-30-59

Pete Pastoret  
12 Mc Baine Ave.

Marvin Patterson  
Countryshire Estates RR#5  
6-14-35

Ai Lo Paul  
30 Southside Trailer Ct.  
Wesley 1-25-69

Keith Pierce  
1621 Highridge Circle  
10-15-42

Jim Pinkerton  
1014 Westport Dr.  
12-1-32  
Steve 1-21-60  
Kathy 3-17-66

Joyce Schulte  
Rt #3  
12-20-42  
Carl  
Dennis

Pam Simms  
1508 Sylvan Lane Apt. 403  
3-18-47

Rob Spier  
708 Morningside Dr.  
6-12-22  
Steve 3-6-59

Turk Storvick  
2210 Ridgefield Rd.  
4-14-28  
David 2-23-66

William Taft  
107 Sondra  
10-24-15

John Taylor  
I-70 Dr. NW  
Gary 5-2-64  
Scott 2-24-67

Jim Thorne  
Rt. #4, Box 210-D  
Jim, Jr.  
John

T. L. Veum  
916 Lathrop Rd.

Don Walker  
Walnut Hills Trailer Ct. #5  
11-29-57

Ben Welch  
Pine Grove Trailer Village #162

Bill Wiecek  
1949 Jackson St.  
Mike 4-7-62  
Sophie 4-7-62  
Kristen 11-26-66

Larry Young  
605 Hulen Dr.  
2-10-43

## OUT OF TOWN MEMBERS

Charles Beckerdite  
P. O. Box 39  
Harrisonville, Mo. 64701  
6-6-49

Jim Breitenbucher  
1311 Concert St.  
Keokuk, Iowa 52632  
8-18-53

Leonard Busen  
4523 Ferrer Dr.  
Mehlville, Mo. 63129  
3-6-30

Dick Carr  
612 So. Woodland  
Pittsburg, Kansas 66762  
1-26-34

Bob Chapin  
1208 Redwood Dr.  
Independence, Mo. 64056  
10-16-31

Doug Clark  
31 Ussery Dr.  
Lexington, Mo. 64067  
7-5-56

Lt. Col. Rex Frazer  
41 Totten Place  
Ft. Leonard Wood, Mo. 65473  
9-25-31

Bob Gragg  
525 E. Armour  
Kansas City, Mo. 64141  
8-19-25

Gerald Hastings  
7 Hickory Lane  
Maumelle New Town  
N. Little Rock, Ark. 72118

Jon Herbert  
303 So. Duke Rt. 7  
Springfield, Mo. 65802  
12-4-49

Jerry Inman  
Rt. 1, Box 67  
Billings, Mo. 65610  
10-27-48

Don Johnson  
323 So. Collier  
Centralia, Mo. 65240  
9-3-28

Bill Liepold  
1 Taylor Place  
Ft. Leonard Wood, Mo. 65473  
1-6-48

Walter Renaud  
21 Towne & Campus  
Fulton, Mo. 65251  
10-24-31

MSgt. Efrain Rondon  
31 Ellis Ct.  
Ft. Leonard Wood, Mo. 65473  
3-4-34

Cathy Russell  
1010 Circle Dr.  
West Plains, Mo. 65775  
1-7-49

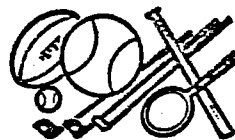
Dennis Stewart  
Rt. 1, Box 152  
Higginsville, Mo. 64037

Capt. Rich Todd  
5 Swift St.  
Ft. Leonard Wood, Mo. 65473  
8-22-47

Albert Van Dyke  
Box 146  
Fordland, Mo. 65652  
5-15-25

Jerry Young  
40 Sunset Ct.  
St. Louis, Mo.  
7-21-57

REMEMBER: All CTC members are entitled to a 10% discount at Crossroads Sports Center. All you have to do is tell who you are. They have our club roster. The discount applies to all running gear.



**CROSSROADS  
SPORTS CENTER**

CROSSROADS WEST SHOPPING CENTER  
2101 WEST BROADWAY  
COLUMBIA, MISSOURI 65201  
314/443-5311

MISSOURI VALLEY AAU AND OPEN ONE HOUR WALK  
1977 Entry Blank

TIME: Saturday, April 2, 1977 2:00 p.m.

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

ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by April 1st. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first six finishers, certificates to all finishers. MVA AU medals to first three MVA AU finshers. Small trophy to first over 40 finisher.

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

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

PRINT NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

AAU # \_\_\_\_\_ AAU ASS'N. \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_

Signature \_\_\_\_\_

ADDRESS \_\_\_\_\_  
street city state 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

ONE HOUR WALK

MISSOURI VALLEY AAU 10,000 METER RUN  
ENTRY BLANK

TIME: Saturday, April 2, 1977, 9:00 a.m., at least three sections, fastest section first.

PLACE: Columbia, Missouri, Rock Bridge High School Track, located on the west side of Providence Road 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 1st. Make checks payable to Columbia Track Club.

AWARDS: Trophy to overall Winner, trophies to first 3 finishers in each of the following five categories: 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 finishers.

MVA AU RECORD: 32:03 Ken Bell; Winfield, Kansas, November 25, 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 NUMBER	AAU ASSOC.	BIRTH DATE
SIGNATURE	Ht.	Wt.	DATE
ADDRESS	Street	City	State Zip
SCHOOL OR CLUB			

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

NAME: \_\_\_\_\_

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