

TRACK CLUB

NEWSLETTER Vol. IX, No. 11 November 10, 1977

CANADIAN MARCEL JOBIN WINS SENIOR NATIONAL AAU 30 KILO WALK:

On October 23 Canada's leading race-walker, 35 year old Marcel Jobin, came from out of the north for his first visit to Columbia. He made that visit a successful one by not only winning the walk by over a mile, but also by walking 30 kilometers faster than anyone before him on American soil, including Larry Young. The race took place on the fast, but accurate MFA course with ideal weather conditions for walking--mid 50's, very light drizzle in the early stages, no sunshine. The American record for 30 kilo is 2:23:14 which, of course, was on a track. Goetz Klopfer has that record while Larry Young has the CTC event record of 2:25:26. Jobin took off in a hurry, having a sizable lead after the first mile, which he turned in 7:18. His next four miles were even faster, but after that he began slowing several seconds per lap so that his last few miles were in the 8:10 range. The races for the next 3 places were also decided early on with Augie Hirt walking to a personal best, although his 30 kilo time in the Lugano Cup 50 kilo race was only two seconds slower. Ron Kulik, at age 40, won the Masters AAU Championship while the Class B award went to Larry Aviles, with Paul Mack 2nd and Albert Van Dyke 3rd. The Class B category is for those walkers who have never before won a National title or competed on a National team. The MVAAU awards went to Hirt, Fein and Breitenbucher. Many thanks to Barry Schneider, Veva Spier for handling the aid station and to Lois Gragg and Phil Pratt for their work in timing and recording. Judges were Bill Clark, Chief, and Larry Young, whose knee problem held him out of the race.

THE RESULTS:

	5,000 Meter splits:	5	10	15	20	25	30
1. Marcel Jobin	35	22:21	44:55	1:07:56	1:31:15	1:55:32	2:21:03
2. Augie Hirt	26	24:37	49:28	1:14:35	1:39:40	2:06:33	2:33:45
3. Ron Kulik	40	25:20	51:12	1:18:18	1:45:58	2:15:39	2:48:27
4. Mike Fein	19	27:14	54:45	1:22:32	1:51:08	2:20:16	2:50:29
5. Jim Breitenbucher	24	28:04	57:42	1:27:20	1:57:48	2:29:45	3:03:42
6. Leonard Busen	47	29:49	59:35	1:28:45	1:59:00	2:31:15	3:04:45
7. Larry Aviles	22	32:02	64:09	1:35:52	2:09:48	2:46:00	3:25:23
8. Paul Mack	23	33:45	67:35	1:41:52	2:16:24	2:52:20	3:28:54
9. Albert Van Dyke	52	31:30	63:40	1:37:20	2:14:21	2:52:13	3:30:07
10. Bob Gragg	52	32:02	64:08	1:39:00	2:16:00	2:54:17	3:33:05
11. Bruce Etherton	37	34:37	70:36	1:47:42	2:26:14	3:05:22	3:43:40
12. Rob Spier	55	36:20	73:13	1:51:16	2:29:30	3:07:45	3:45:22
13. Henry Bent	77	42:15	84:26	2:06:05	2:49:12	3:31:40	4:13:33
14. Chuck Berkey	32	45:28	85:27	2:18:37	2:58:35	3:37:22	4:15:00*

*Chuck arrived 8 minutes late, so you can deduct 8 minutes from the above splits.

Rob Spier missed his DT by 112 seconds, .83%.

How do you like our new title page? This is the work of Dennis Hinkamp and it certainly gives the old rag a class it's never had in its nine years existence. We still do not have a club logo of any type. If anyone cares to create a logo, please go ahead and do so. We can then use it for patches, tee shirts, awards, etc.

MARK LANDRUM and WESLEY PAUL ably represented CTC in the New York City Marathon on October 23. Mark had a personal best 2:39:34, finishing 128 out of almost 5,000 runners. Mark was the first Missourian and 14th in the 30-39 age group. Then, Wesley really caused the sophisticated Big Apple people to raise their collective eyebrows when he ran through the five boroughs in a fascinating 3:00:31, beating his own age 8 marathon record by 15 minutes. So far as is known, in the history of mankind, no 8 year old has ever done a marathon so fast. For his feat Wesley got appropriate national publicity--3 mentions in the New York Times, etc. For all practical purposes Wesley had a sub 3 marathon since he started towards the back and took well over 8 minutes for his first mile. At halfway he was 1:27:30. Afterwards a Doctor examined Wesley and pronounced him in better shape than the winner, Bill Rodgers. Of course, Rodgers had just done a 2:11. Temperature was in the 50's, a little sunshine, almost 1,000,000 spectators, a fairly flat course, hills at the bridges--a more difficult course than Chicago.

CLARK HAMILTON, UMC, WINS FIVE MILE CROSS COUNTRY October 15, 1977:

	5	Seconds	%
		off DT	off
1. Clark Hamilton	25:21		
2. Tom Logan CM	25:33		
3. Jerry Yunker	25:56		
4. Dennis Hinkamp	26:02		
5. Jon Herbert	26:27		
6. Charlie Evans	26:37	83	4.94
7. Tim McMullen	26:51		
8. David Conover CM	27:07		
9. Denton Childs	27:14	46	2.74
10. John Smith CM	27:20		
11. Don Diesel	27:23		
12. Dean Neal	27:25	65	3.80
13. Howard Guscar	28:04	46	2.66
14. Mark Landrum	28:54		
15. Ben Londeree 43	28:57	3	.17
16. Don Lewis 41	29:05	55	3.05
17. Tom Hinckley	29:25	30	1.67
18. Russ Edwards	29:37		
19. Jim Schutt	29:55		
20. Mike Chippendale	29:58	107	5.62
21. Augie Hirt	30:54	54	3.00
22. John Kimpel	31:02		
23. Heil	31:27		
24. Don Walker	31:28		
25. John Hemphill	31:37		
26. Turk Storvick 49	31:44	76	3.84
27. Wesley Paul 8	32:24	54	2.86
28. Olen Brown 41	32:42	12	.61
29. Jim Walter	33:24		
30. Ray Loan 45	33:26	94	4.48
31. Bill Wiecek	33:48	72	3.43
32. Joe Duncan 43	33:56	94	4.41
33. Don Johnson 49	33:58	92	4.32
34. Brian Kichline	34:05		
35. Joe Marks 40	34:07	113	5.09
36. Al Garverick	34:26	34	1.66
37. Chuck Berkey	37:35		
38. Phil Pratt	37:39		
39. Whitney Hicks 42	40:34		
40. Dennis Blossom 41	45:20		
41. Patty Sprague	53:39	81	2.45

This was on the Gustin course, with the course having been changed from what it has been in previous years. The main change is the elimination of the monster hill--anyone who has run the course will know which hill we are talking about. Anyway, the course now is considerably easier even though there are still plenty of hills. The fact that the course is now faster is emphasized by noting that every runner who did this race last year had an improved performance.

With the temperature at 50°, cloudy, moderate winds we had an excellent day for cross country running with some pretty competitive racing. Winner was UMC's distance runner Clark Hamilton who shattered the old course record (for a CTC event) of 26:45 set last year by Charlie Gray.

Also setting records were Howard Guscar, beating Dick Hessler's 30-39 standard of 28:37 set in 1975, and Wesley Paul for age 15 & under, lowering his own mark of 35:09.

Don Lewis has obviously made a rapid comeback from his injuries--and look out for Whitney Hicks--his name won't linger at the bottom of the list for long.

CM means Club Midwest.

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

November 7, 1971: 4 Mile Cross Country on Gustin Course--1. Kerry Hogan 20:45 2. Dennis Stewart 3. Ben Londeree 23:28 4. Doug Williamson 23:39 5. Whitney Hicks 24:18 6. Don Granberg 7. Mike Chippendale 24:53. . 10. Joe Duncan 26:14 AND this race marked the debut of Dick Hessler to racing--He was just beginning a running program and all he wanted to do was 7 minute pace with Duncan for as long as he could. Well, he lasted some two miles and then had to call it a day. He vowed to improve and since then he has improved a little.

November 14, 1971: 50 Kilo Walk, Renz Prison Farm, Jefferson City: 1. Larry Young 4:30:59 2. Paul Ide 5:20:24 3. Bob Chapin 5:48:27 4. Roman Sage 6:05:29 5. Rob Spier 6:15:20. This was Albert Van Dyke's first race--he walked 7 miles.

November 20, 1971: 2 Man-6 Mile Relay, alternate miles: 1. Doug Williamson-Mike Chippendale (17:19); 2. Art Fleming-Joe Duncan 34:14; 3. Ben Londeree (15:36)-Dave Schulte 37:15; 4. Whitney Hicks-Steve Spier 39:02 and Dennis Stewart had 4:41, 5:02, 4:54 sandwiched around miles by Dan & Doug Duncan and Greg Stickney.

CTC DOWNS ST. LOUIS TC IN OPEN AND AGE 40 CATEGORIES WHILE SLTC SWEEPS THE WOMEN'S DIVISION; STATE CLASS A CC CHAMPION, MARK WHALLEY, IS OVERALL WINNER MISSOURI TURKEY TROT November 6, 1977: .3 Miles at Gustin

NAME	CLUB	AGE	TIME	CLASS PLACE	NAME	CLUB	AGE	TIME	CLASS PLACE
1 Mark Whalley	SLTC	17	14:40	1	55 Tom DeCoster	CTC	23	18:56	26
2 Chuck Korte	SLTC	23	14:42	1	56 Mike Gammon	UNAT	24	19:00	27
3 Steve Wilson	UNAT	18	14:51	2	57 Whitney Hicks	CTC	42	19:02	10
4 Tim McMullen	CTC	24	15:01	2	58 John Gross	CTC	26	19:06	28
5 Dennis Hinkamp	CTC	21	15:08	3	59 James Walter	CTC	38	19:08	10
6 Jeff Rawlins	UNAT	20	15:11	4	60 Regan Thomas	CTC	30	19:10	11
7 Jerry Yunker	UNAT	22	15:14	5	61 Don Johnson	CTC	49	19:13	11
8 Stuart Jenkins	SLTC	18	15:28	3	62 Dave Forest	CTC	15	19:14	12
9 Charlie Evans	CTC	22	15:37	6	63 Donald House	SLTC	35	19:19	12
10 John Herbert	CTC	27	15:39	7	64 Jon Palks	CTC	28	19:32	29
11 Eric Lynk	UNAT	18	15:42	4	65 Bill Wreck	CTC	29	19:34	30
12 Dennis Stewart	CTC	29	15:43	8	66 Wesley Paul	CTC	8	19:36	13
13 Mike Langvardt	UNAT	18	15:45	5	67 Keith Andersen	UNAT	28	19:42	31
14 Keith Gatti	SLTC	20	15:49	9	68 Ray Loan	CTC	46	19:43	12
15 Bobby Williams	SLTC	24	15:53	10	69 Joe Marks	CTC	40	19:44	13
16 Lance Feiner	UNAT	19	15:54	6	70 Joe Duncan	CTC	43	19:46	14
17 Denten Childs	CTC	27	16:02	11	71 Al Garverick	CTC	33	19:47	13
18 Jim Duke	SLTC	26	16:11	12	72 Dennis Vaillancourt	CTC	26	19:48	32
19 Howard Guscar	CTC	32	16:12	1	73 Joseph Bell	SLTC	49	19:49	15
20 Lennie Harrison	SLTC	25	16:15	13	74 Phil Pratt	CTC	30	19:55	14
21 John Barksdale	UNAT	23	16:22	14	75 Mike Fields	CTC	34	20:05	15
22 Frank Curotto	CTC	24	16:24	15	76 Karen Kokesh	SLTC	25	20:33	1
23 Ben Londeree	CTC	43	16:25	1	77 Dru Dixon	CTC	24	20:37	33
24 John Youngstrom	SLTC	17	16:29	7	78 Bob Holt	CTC	18	20:39	14
25 Walter Renaud	CTC	46	16:32	2	79 Bob McGavock	CTC	25	20:40	34
26 Don Walker	CTC	19	16:33	8	80 Jean Madden	CTC	50	20:43	1
27 Don Lewis	CTC	41	16:40	3	81 Marianne Colter	SLTC	23	20:45	2
28 Jim Marshall	SLTC	19	16:43	9	82 Ken Burres	CTC	43	20:52	16
29 Robert Bellora	SLTC	27	16:46	16	83 Paul Lohr	UNAT	18	20:54	15
30 Mark Landrum	CTC	38	16:55	2	84 Matt Gibson	CTC	12	21:11	16
31 NO NAME			17:01		85 Jim Gibson, Jr.	CTC	13	21:15	17
32 Bob Kauffman	UNAT	25	17:04	17	86 Bill Kurtz	CTC	36	21:16	16
33 Steve Urbach	SLTC	26	17:07	18	87 Dick Martin	CTC	45	21:17	17
34 Charlie Gatti	SLTC	25	17:16	19	88 Jim Thorne, Sr.	CTC	40	21:19	18
35 Mike Chippendale	CTC	37	17:19	3	89 Bob Curry	SLTC	36	21:21	17
36 Bill Stewart	SLTC	43	17:27	4	90 Bill Johnston	UNAT	35	21:25	18
37 Edward Haskins	SLTC	35	17:34	4	91 John Walters	CTC	11	21:28	18
38 Don Granberg	CTC	35	17:46	5	92 Sandra Holmberg	SLTC	31	21:45	3
39 Courtney Jones	SLTC	32	17:48	6	93 Steve Gibson	CTC	10	21:55	19
40 Wayne Olson	SLTC	34	17:51	7	94 Walter Reeves	SLTC	50	22:08	2
41 Roger Pointer, Jr.	UNAT	22	18:05	20	95 Dick Harris	CTC	30	22:17	19
42 Bruce Maxey	CTC	21	18:10	21	96 Sharon Clark	SLTC	31	22:20	4
43 Mike Depasquale	UNAT	19	18:10	10	97 George Perry	SLTC	61	23:27	3
44 Jerry Kokesh	SLTC	27	18:17	22	98 Glenna Moe	CTC	25	23:39	5
45 Donald Myers	SLTC	38	18:24	8	99 Dick Moe	CTC	26	23:57	35
46 Norman Colter	SLTC	46	18:26	5	100 Grace Schneider	UNAT	21	24:01	6
47 Daniel Sebben	UNAT	26	18:29	23	101 Jack Frohlichstein	SLTC	48	24:01	19
48 Linnes Chester	UNAT	18	18:35	11	102 Leonard Brubaker	UNAT	42	24:06	20
49 Russ Johnson	SLTC	44	18:39	6	103 Barbara Schmidt	SLTC	30	24:17	7
50 Olen Brown	CTC	42	18:40	7	104 Bill Conboy	CTC	58	24:48	4
51 Jim Schmidtlein	CTC	29	18:43	24	105 Rhonda Thomas	CTC	30	24:50	8
52 Turk Storvick	CTC	49	18:46	8	106 Ces Wittmer	CTC	42	29:22	9
53 Dick Lake	SLTC	43	18:47	9	107 Wendy Evans	CTC	29	29:24	10
54 Mike Wagner	UNAT	25	18:49	25	108 Mary Reeves	SLTC	33	30:31	11

THANKS to Karen Kokesh for typing these results.

Classes: 19- Under 40-49 Temperature in 50's, moderate winds, cloudy,
20-29 50- Up ideal day for cross country. And, the layout
30-39 Women of the course made it easier than 2 years ago.

In team scoring, CTC won in the under 39 category, 238-290, each team scoring the top 16. In age 40 & over it was CTC 42 & SLTC 63, scoring the top 7. For the women, SLTC swept the top 4 places for a perfect 10 points to CTC's 26. In age 20-29 CTC had 5 of the top 6, first 3 in both 30-39 & 40-49, while SLTC swept both 19 & under and women's division. In age 50 & over, it was even-- CTC had 1 & 4 while SLTC had 2 & 3. CTC event records were set by Whalley (beating the 15:43 of Paul Kassen), Londeree (Hicks had 16:40), Guscar (Lewis 16:31) and Wesley Paul (Doug Duncan 20:18). Joan Hirt's mark of 20:12 is left intact. There are discrepantcies in most of the above times. This came about because at least two runners came through the finish line and did not take a card.. But we don't know exactly where the discrepancies begin. Probably around 40th place--so your time is probably that shown for the next place.

Results of MAHPER Jog

October 28, 1977

<u>Top Ten Individuals</u>	<u>D.T.</u>	<u>Actual Time</u>	<u>Difference</u>
1. Joe Caufield	19:15	19:15	0 sec.
2. Jim Schmittlein	20:35	20:34	1
3. Howard Guscar	17:30	17:27	3
4. Joe Marks	20:30	20:34	4
5. Whitney Hicks	20:30	20:21	7
6. Bill Kurtz	22:30	22:38	8
7. Dale Nachreiner	20:00	20:11	11
8. Linda Ditto	27:15	27:29	14
9. Dennis Hinkamp	15:40	15:56	16
10. Allen Garverick	19:50	19:31	19
Other CTC Finishers			
Bruce Maxey	17:50	18:10	20
Phil Pratt	20:00	19:34	26
Olen Brown	19:28	18:52	36
Don Johnson	19:35	18:52	43
Turk Storvick	19:15	20:03	48
Richard Harris	24:10	22:59	71
Dru Dixon	18:45	20:01	76
Patty Sprague	30:00	27:50	130
			<u>Total</u>

Team Results

1	CTC				:36
	Jim Schmittlein	20:35	20:34	1	
	Joe Marks	20:30	20:34	4	
	Whitney Hicks	20:30	20:21	7	
	Bill Kurtz	22:30	22:38	8	
	Dennis Hinkamp	15:40	15:56	16	
	Olen Brown	19:28	18:52	36	
	Don Johnson	19:35	18:52	43	
2	University of Missouri-St. Louis "A"				4:00
3	University of Missouri-St. Louis "B"				6:03
4	Missouri Western College				7:05

General Comments: The course started on Vandiver Dr. just east of Ramada Inn and progressed east to Oakland and north to just past Confederate Hill and returned over the same course for a total of 3 miles. The course was gently rolling and the weather was in the 60s, clear, and with a slight breeze. Time predictions were unbelievably close to actual times. CTC runners did exceptionally well. There were 49 participants and 18 were CTC members. Trophies were awarded to the first three individuals and the best five members of the winning team.

Following the New York Marathon, MARK LANDRUM ran in the Senior National AAU 20 Kilometer Road Race, Tulsa, Okla., Oct. 29, finishing 30th in 1:14:05. JON HERBERT was 22nd in 1:11+. Upper 70's, brisk winds.

RICK KATZ was in a "big" race on Sept. 18--the "Run for the Roses" in Boulder, Colo. Almost 700 runners in a 15 kilo race. Rick was 25th in 50:54. 19 runners were under 50:00 led by Gary Bjorklund in 45:13, then Mike Slack at 46:05. Frank Shorter, fighting a pulled hamstring, was 4th in 46:18.

DON CARMAN writes from El Dorado, Ark. telling how he jogs occasionally with no competitive racing. He runs alone in El Dorado and wants to say "hello" to all the CTC people. Don's experience indicates that there is nothing quite like racing as an incentive to stay in peak condition.

WESLEY PAUL and his family were honored guests of the Kansas City Kings Friday night, Nov. 4th. Also honored (and introduced at halftime) was Bruce Jenner. The Kings had the Paul family stay the night at the Muelhbach Hotel. So, Wesley is in pretty fast company at age 8.

Wesley and his Dad say "Thanks!" to CTC for the financial support given them for the New York trip and they especially want to Thank DON LONG of the Earth Shoe Store and New Balance Shoes for the financial help he gave.

CTC RUNNERS DID QUITE WELL IN THE 8,000 METER CROSS COUNTRY INVITATIONAL at Fulton on October 22. CTC finished second in the team race with 60 points compared to the winning 47 points of William Jewell College and the 64 of Westminster College. CTC had Jerry Yunker in 6th at 25:20, Dennis Hinkamp 9th, 25:31, Steve Renner 13th, 25:48, Charlie Evans 16th, 26:07, Don Diesel 18th, 26:13, Denton Childs 21st, 26:27 and Howard Guscar 24th, 27:05. There were some 50 runners on kind of a rough-surfaced course. In fact, Charlie Evans got some blisters, took off his shoes and ran the last 1½ miles barefooted, which may or may not have helped his blisters.

The results of the RRCA Postal MEET OF MILES have come in and, once again, CTC has done quite well. The CTC section was on July 2, except for the Lewis-Londeree-Hicks trio--their performances were at the Kansas Relays. That trio turned in the most outstanding performance, placing 1,2,3 with 4:36.1, 4:41.7, 4:43.8, a 14:02 total putting CTC first in the age 40-49 group. Second was the Portland TC at 14:52. There were 76 runners in that category. Don Lewis' time is a record for 40-49, while the CTC team time is also a record. OTHER RESULTS: 8-9 Boys: Wesley Paul 3rd out of 160 (29 year olds beat him), 5:38. CTC team of Paul, Kevin Klein & David Brown 14th out of 20. 10-11 Boys: CTC 19th out of 25. Tim Kamp, Mike Phillips & Jim Rothwell. 14-15 Boys: CTC 15th out of 16. Dave Forest, Tim Loan & Bryan Marks. 20-29 Men: CTC 3rd out of 9. Charlie Evans, John Durbin & Denton Childs. 30-39 Men: CTC 7th out of 10. Tom Hinckley, Dick Hessler & Keith Pierce. There were a total of 1926 runners involved in this affair. There is no question but that CTC can do much better in the various age groups. In fact, our goal for the 1978 meet should be at least 3 runners in every age group, male & female.

DON GRANBERG finished 13th in the Tri-States Marathon on Oct. 23 with a time of 2:49:28. Of the 144 starters, Kirk Duncan, the 3rd place finisher in the Heart of America Marathon, finished first in 2:33:02. Bob Creighton was first age 40 and 11th overall in 2:47:53. Peter Ewers had 3:07:46 and his Dad, John, had a personal best 3:19:25. Arne Richards was 36th in 3:10:22.

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: Standings

% improvement		Events			
1. Mark Landrum	10.20	1	13. Wesley Paul	3.41	2
2. Augie Hirt	7.11	1	14. Steve Gibson	2.65	2
3. Pete Pastoret	5.77	1	15. Mike Chippendale	1.77	2
4. Jim Schutt	5.72	1	16. Jim Gibson	1.52	2
5. Olen Brown	4.62	2	17. Turk Storvick	1.30	3
6. Ben Londeree	4.55	2	18. Tom Hinckley	1.30	3
7. Matt Gibson	4.50	2	19. Don Johnson	.33	1
8. Leonard Busen	4.38	2	20. Don Lewis	0.00	3
9. Al Garverick	3.88	2	21. Wm Taft	-0.50	1
10. Bill Wiecek	3.86	2	22. Ray Loan	-1.12	1
11. Denton Childs	3.78	1	23. Joe Duncan	-1.25	3
12. Dennis Blossom	3.48	1	24. Don Walker	-6.98	1

This does not include the Turkey Trot which will be compared with the 1975 race since the 1976 race was in St. Louis.

ELAPSED TIME STANDINGS:

Walkers Open:		Age 40 & Over:		Women:	
1. Busen	14	7. Bent	6	1. Busen	11
2. Gragg	11	8. Spier	5	2. Gragg	8
3. Hirt	10	9. J. Young	3	3. Van Dyke	6
4. Van Dyke	9	10. Mimm	2	4. Taft	5
5. Taft	8	11. Schneider	1	5. Spier	5
6. Chapin	7			6. Chapin	4
				7. Bent	3

AGE 40 & OVER--RUNNERS:

1. Londeree	41	14. Thorne	3
2. Lewis	36	15. Brubaker	2
3. Storvick	31	16. Conboy	1
4. Brown	24		
5. Loan	23	AGE 15 & UNDER:	
6. Johnson	18	1. Wesley Paul	10
7. Duncan	17	2. Jim Gibson	9
8. Renaud	15	3. Matt Gibson	8
9. Hicks	14	4. Dave Forest	6
10. Marks	11	5. Steve Gibson	3
11. Madden	6	6. Vonn Walter	2
12. Burres	5		
13. Martin	4		

WOMEN:

1. Glenna Moe	5
2. Rhonda Thomas	3
3. Joan Hirt	1
4. Patty Sprague	1
5. Wendy Evans	1

DUES ARE PAYABLE ON OR BEFORE DECEMBER 31!
Only \$5.00 per family and that includes the Newsletter.

THE ANNUAL MEETING OF COLUMBIA TRACK CLUB was held on October 14, 1977 at the Guitar Community Center. Malcolm Duke, head of the Recreation part of the Parks & Recreation Dept., was first on the program, discussing with us the prospective development of jogging trails in the Columbia area. Of particular interest was the probability of the City of Columbia purchasing the 8½ mile section of the Katy RR which is to be abandoned. The idea is to convert the abandoned roadbed into a jogging-bike trail. CTC went on record as supporting the efforts of the City to acquire this property. In the future, public hearings will be held relating to this acquisition. When these hearings are held it will be very important for CTC members to attend as a group, the greater the numbers, the better. We would anticipate a few oral statements from CTC spokesmen supporting the acquisition.

Considerable discussion was had as to CTC's program of financing out-of-town trips. It was decided that we should have a Travel Expense Committee (this committee has already been appointed, members are: Olen Brown, Tom Hinckley, Turk Storvick and Joe Duncan). Any CTC member who wants financial help for any out of town trip should request such help from any of the committee members. The committee will then decide how much financial aid, if any, shall be given. CTC obviously doesn't have sufficient funds to indiscriminately finance the trips of the CTC travelers. However, we can finance, at least in part, several trips and CTC members should not hesitate to ask for help. We have a definite interest in having CTC represented in any outside competition.

The remainder of the meeting involved a discussion of our 1978 program. The general consensus was that the 1978 program should be basically the same as 1977. It was pointed out that we have an excellent balance of short races vs. long races (11 races shorter than 10,000 meters, 3 10,000 meter races and 9 longer than 10,000). Further, use of the FUN RUNS enables a person to either race or have a time trial every single weekend and not leave Columbia.

OLEN BROWN was elected Secretary-Treasurer of CTC, replacing Augie Hirt. At the meeting it was announced that Augie, Joan and Jennifer would be leaving us. Augie has a position with a downtown Chicago Bank--a position which is tied into the AAU-IOC Olympic development program. The idea is to allow a potential Olympic athlete adequate time for training, competition and traveling without having to suffer financially. CTC is proud of Augie for being recognized in this manner. While we hate to see these strong CTC people leaving Columbia, we do wish them the best and, of course, we know they will pop in occasionally for a race. GOOD LUCK!!

Annual dues were fixed at \$5.00 per family (this includes the newsletter). Dues are payable on or before December 2, 1977. If you do not pay your dues by then you will not get credit for your DT performances or your ET points accumulated prior to the time you finally pay.

Now that a new "season" is underway we should call attention to the efforts of all the people who have helped in the officiating of our races. Especially do we say "THANKS" to Rob & Veva Spier and to Arline Hinckley for taking care of our competitive events. Our races are attracting more and more competitors and officiating is a real problem without enough people to help with the timing and recording. Therefore, all of you are urged to help out whenever you can. Don Lewis, Joe Marks, Whitney Hicks and Turk helped in many races while they were working through injuries. They are all well now, so we do need to rely on non-racing people to do this work.

We also say "THANKS" to RAY LOAN for so ably handling the FUN RUNS. He has had a lot of help from Dennis Blossom and others. But, he needs additional help. Again, be sure to volunteer your help on occasional Saturday mornings.

REX FRAZER has written, telling how he is still running 100 miles a week, a lot of it with Greg Brown. Rex has created quite an elaborate gym in his house--he has a treadmill, exercycle, 3 large mats, bench/weights, etc. Next, he'll be trying out for the Iowa State wrestling team! Rex did the Omaha Marathon on Aug. 4th, has been in a 10 mile race and a 25 kilo (2nd in both in age 40 group), the Covered Bridge Marathon in 3:08:33, a hilly course, 20th out of 100, 4th in age 40. Then, Rex did something he has wanted to do the past 3 or 4 years--a 50 mile run. This was on Oct. 30, Fairfield, Iowa. Rex ran non-stop the entire distance finishing in 7:30:05--3rd place, 1st age 40. There were 10 starters, winner was Bob Hunerdosse in 7:02+. Rex consumed a gallon of ERG and 2 oranges during the run.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB:

Bruce Beckett
500 So. Glenwood Ave.
Columbia, Mo. 65201

John Hemphill 7-20-55
1115 Lakeshore Dr.
Columbia, Mo. 65201

Rhonda Bedell 6-11-56
517 So. 6th Rm. P4
Columbia, Mo. 65201

Dennis Hinkamp 2-15-56
107-C E. Stewart Rd.
Columbia, Mo. 65201

Jim Felts 7-26-51
10F University Terrace
Columbia, Mo. 65201

John McCrory 8-28-51
204 Leslie Lane
Columbia, Mo. 65201

Howard Guscar 8-2-45
18 E. Thurman
Columbia, Mo. 65201

Jim Schmidtlein
408 Manor Dr.
Columbia, Mo. 65201

Dick Harris
2215 Bushnell Dr.
Columbia, Mo. 65201

Patty Sprague
15 E. Forest
Columbia, Mo. 65201

John Hart
501 Thilly Ave.
Columbia, Mo. 65201

Martin Tunks 9-8-27
Rm. 254 A
Gardner-Hyde Hall UMC
Columbia, Mo. 65201

Mary Hemminger
Rt 5, Box 325-A
Columbia, Mo. 65201

Also: Rt 1, Savannah, Mo. 64485

Tim McMullen
302 Claymaine Dr.
Fulton, Mo. 65251

Rev. Herbert Swanson
1303 Fairview Rd.
Columbia, Mo. 65201

((The \$5.00 annual CTC dues are))
(payable NOW and MUST be paid on or before)
(Dec. 3, otherwise you will get no credit)
***** (for your races prior to that)
(date.)

DESIGNATED TIME STANDINGS:

Av. % off Events								
1. Pierce	0.00	1	14. Blossom	2.13	2	27. Marks	3.62	2
2. Palks	.17	1	15. DeCoster	2.34	1	28. Rhonda Thomas	3.71	2
3. Spier	.52	2	16. Brown	2.36	3	29. Chippendale	3.73	2
4. Maxey	.55	1	17. Regan Thomas	2.45	2	30. D. Neal	3.80	1
5. Taft	.70	1	18. Sprague	2.45	1	31. Martin	3.82	1
6. Hinckley	.83	3	19. Lewis	2.46	4	32. J. Hirt	3.92	1
7. Londeree	.88	4	20. Johnson	2.55	3	33. Duncan	4.13	4
8. Garverick	1.23	3	21. W. Paul	2.86	1	34. Glenna Moe	4.16	2
9. Forest	1.23	1	22. Fields	2.99	1	35. Evans, C.	4.94	1
10. Childs	1.27	4	23. Loan	3.11	4	36. Pratt	4.98	3
11. Guscar	1.35	3	24. A. Hirt	3.31	2	37. Dixon	7.10	1
12. Pastoret	1.51	1	25. B. Wiecek	3.43	1	38. Hicks	7.15	1
13. Storvick	1.68	4	26. Granberg	3.52	1			

The DT part of the Turkey Trot went as follows: Brown 0 seconds off, 0.00%, Garverick 1, .08; Palks 2, .17; Johnson 2, .17; Childs 2, .21; Guscar 3, .31; Regan Thomas 5, .44; Maxey 10, .55; Lewis 10, .99; Loan 13, 1.11; Forest 14, 1.23; Turk 16, 1.44; Londeree 20, 1.99; Marks 25, 2.16; DeCoster 26, 2.34; Duncan 31, 2.68; Fields 35, 2.99; Martin 47, 3.82; Pratt 65, 5.16; Rhonda Thomas 85, 5.40; Dixon 82, 7.10; Hicks 88, 7.15; G. Moe 120, 7.69

ELAPSED TIME STANDINGS Open, Runners:

1. Evans	104	13. Landrum	49	25. Hicks	27	37. Pierce	10
2. Childs	97	14. Maxey	49	26. Schnidtlein	26	38. Holt	10
3. Londeree	89	15. Brown	44	27. DeCoster	25	39. Madden	9
4. Lewis	81	16. Hinckley	42	28. Garverick	24	40. Burres	8
5. Guscar	72	17. Loan	40	29. Pratt	24	41. Kurtz	7
6. Walker	72	18. Stewart	38	30. Marks	21	42. Harris	7
7. Chippendale	71	19. Renaud	34	31. D. Neal	20	43. Martin	6
8. Hinkamp	66	20. Pastoret	33	32. Palks	20	44. Moe	6
9. McMullen	64	21. Johnson	33	33. Schutt	14	45. Thorne, Sr.	5
10. Herbert	63	22. Wiecek	32	34. Vaillancourt	14	46. Brubaker	2
11. Storvick	58	23. Duncan	32	35. Fields	12	47. Conboy	1
12. Granberg	55	24. Walter	32	36. Dixon	11		

!!DUES MUST BE PAID ON OR BEFORE DECEMBER 3!!

SCHEDULE OF EVENTS:

NOVEMBER 19 Saturday 9:00 AM 20 Kilometer Run (10 kilo for women and age 15 & under), 20 kilo walk (to start at 8:30 AM) Hilton Inn Course

20 Sunday 1:00 PM River Bend 2 Mile Road Run River Bend School 224 River Valley Dr. Chesterfield, Mo.

26 Saturday 9:00 AM FUN RUNS Research Park

26 " 18th Annual Mississippi River Run--10 miles Alton, Ill.

DECEMBER 3 " 11:00 AM MVA AU & OPEN 30 KILOMETER RUN (20 kilo for women & age 15 & under) Hilton Inn Course

10 " 9:00 AM FUN RUNS Research Park

17 " 9:00 AM Holiday 10 Mile Run & 10 Mile Walk Hilton Inn Course Walkers start at 8:30 AM. Various kinds of cheese will be given to the 5 participants who come closest to their predicted times, while a can of sauerkraut goes to he who has the worst prediction

18 Sunday 7:30 AM Half-Marathon Marathon Sports Olive & Woodsmill Chesterfield, Mo.

31 Saturday ? MVA AU Junior Olympic, Open & Masters Indoor T & F Championships Allen Fieldhouse, Lawrence, Kans.
CONTACT: Robin Davis 2627 Missouri St. Lawrence 66044

CTC member KEN ATWELL ran in the MVA AU Cross-Country Championships at Haskell Institute, Lawrence, Kansas on Nov. 6, finishing 2nd in age 40-44 with a fine 31:08 on a 5 mile, very muddy course.

BARRY SCHNEIDER ran in the Marine Reserve Marathon, Washington, D.C., Nov. 6 finishing 668th out of 2655 starters with a time of 3:15:00, a PB by 16 minutes. The course is basically flat and Barry says the race is very well organized. 50's and overcast. Hot, salty soup at the end was very well received.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201
10-52265-123

1978 RUNNING AND WALKING SCHEDULE PRESENTED BY

PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to Joe Duncan, 4004 Defoe Drive,
phone 445-2684

ENTRY BLANKS: In most of our races you don't need an entry blank. Entry blanks for the Heart of America Marathon, Missouri Valley and National AAU events will be available six weeks or so before the event.

AAU REGISTRATION: All athletes must have a valid AAU card, regardless of the class of competition. All EVENTS ARE SANCTIONED BY THE MISSOURI VALLEY AAU. Our club number is 207. Application blanks for AAU registration may be obtained at the race site.

LOCATION OF EVENTS: Hickman High School Track is one block south of Interstate 70, the Providence Road exit. Hilton Inn is at the Southwest corner of Interstate 70 and Stadium Boulevard. Rock Bridge High School Track is on the west side of Providence Road, 2 miles south of Stadium Boulevard. Research Park is on the west side of Providence Road, about one half mile south of Stadium Boulevard.

DESIGNATED TIME CATEGORY: All events (except the One Mile run, pentathlon, triathlons and relays) will be Designated Time (D.T.) events at the option of the competitor. Awards will be given at the end of the season for the top six in the D.T. category. One must compete in at least 12 D.T. events to qualify for an award. Only the best 12 predictions will be used in computing the D.T. average (computed on basis of percentage error).

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Divisions:
RUNNERS: 1) Open (not including age 15 and under or women), 2) Age 40 and Over, 3) Age 15 and Under, 4) Women; WALKERS: 1) Open, 2) Age 15 and Under, 3) Age 40 and Over, 4) Women. Points will be accumulated during the season with each eligible competitor getting points per race equal to the number of eligible competitors he beats, plus one. Example: there are 8 eligible runners in a race. The first finisher of those eight gets eight points, the last finisher gets one point. At the end of the season, awards will be given as follows: one must compete in at least 5 events to be eligible for an award. At least one award will be given in each division (if the 5 event criteria is met). 50% (rounded down) of the "5 event" competitors in each division will receive an award, up to a maximum of 6 awards. Thereafter, awards will be given at a 1-5 ratio (rounded to the nearest 5). EVERY race will count as an Elapsed Time event (including MVAU races), however, only one's best 21 events (17 for walkers) will count. This gives 2 "free" events.

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: An award given to the competitor who improves the most over the preceding season. The improvement is computed on a median average percentage basis. One must have at least 10 duplicate events in order to be eligible for this award. Only the 10 best improvements are considered.

THE SEASON: The "season" commenced with the first race after the 1977 Heart of America Marathon and concludes with the 1978 Marathon.

ELIGIBILITY FOR AWARDS: Only CTC members and non-members who pay \$5.00 will be eligible to compete for D.T., E.T., and improvement awards. No competitor can establish a D.T. average or accumulate E.T. points until the \$5.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1978 dues for CTC membership shall be \$5.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$5.00 will provide a membership for all family members living together in the same household. The CTC Newsletter (12 monthly issues) is included in the \$5.00.

ENTRY FEES: Only AAU events, the Missouri Cup, Marathon and Turkey Trot will have entry fees. Trophies and medals are awarded only in those events where an entry fee is charged.

FUN RUNS: "Fun Runs" will be held at 9:00 a.m. (8:00 a.m. for June, July and August) the 2nd, 4th and 5th Saturdays of every month, at Research Park. This will be informal running jogging or walking at any distance the participant wishes up to six miles. Each participant will receive a certificate showing the time for his selected distance, but there will be no determination of placings.

1978 EVENTS

January 7	Saturday, 9:00 a.m.	5 Mile Run, 5 Mile Walk - Hilton Inn
January 21	Saturday, 9:00 a.m.*	20 Kilo Run, (10 Kilo for women and Age 15) 20 Kilo Walk - Hilton Inn
February 4	Saturday, 8:00 a.m.	10 Kilo Run, 10 Kilo Walk - Hilton Inn
February 18	Saturday, 9:00 a.m.*	15 Kilo Run, 15 Kilo Walk - Hilton Inn
March 4	Saturday, 9:00 a.m.	5 Kilo Run, 5 Kilo Walk - Research Park
March 18	Saturday, 9:00 a.m.	Four Mile Relay, 3 Mile Walk - Research Park
April 1	Saturday, 9:00 a.m.	MVAAU 10,000 METER RUN - Rock Bridge Track
April 1	Saturday, 2:00 p.m.	MVAAU AND OPEN ONE HOUR WALK - Hickman Track
April 15	Saturday, 9:00 a.m.	Walk-Run Pentathlon - Walk 2 miles, Run 880 yards, Walk 1 mile, Run 2 miles, 220 yard dash; 3, 2, 1 Mile Triathlon - Hickman Track
April 29	Saturday, 9:00 a.m.	Missouri Cup Competition, 20 Kilo Walk - Rock Bridge Track
May 6	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU and OPEN 1 HOUR RUN - Hickman Track - Slow heat at 8:30 a.m.
May 20	Saturday, 9:00 a.m.	Sprint Triathlon - 1500, 800, 400 - Hickman Track
June 17	Saturday, 7:30 a.m.	2 person, 5 mile relay - Alternate 440's - Each team has a male runner age 16 or over, and a junior age 15 or under or a female runner - Hickman Track
July 1	Saturday, 8:00 a.m.	1 Mile Run, 10,000 Meter Walk - Hickman Track
July 15	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN, MVAAU 15 KILO WALK - Hilton Inn
August 5	Saturday, 6:30 a.m.	30 Kilo Run (20 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
August 13	Sunday 6:30 a.m.	SENIOR NATIONAL AAU, MASTERS, Class B, and MVAAU 30 Kilometer Walk - MFA Course
August 19	Saturday, 8:00 a.m.	10 Kilo Handicap Run, Walk - Hilton Inn - Swim and picnic afterwards at Lakeshore Estates
September 4	Monday, 6:00 a.m.	19th ANNUAL HEART OF AMERICA MARATHON
September 16	Saturday, 9:00 a.m.	5,000 Meter Run, 10 Kilo Walk (7:30 a.m.) Hickman Track
September 30 & October 1	Saturday & Sunday, 1:00 p.m.	12th ANNUAL 100 MILE WALK - AAU Championship Hickman Track
October 7	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 21	Saturday, 9:00 a.m.	5 Mile Cross-Country Run - Gustin Golf Course
November 5	Sunday, 1:00 p.m.	Missouri Turkey Trot 3 Mile Cross-Country Run - St. Louis - Counts as D.T. and E.T.
November 18	Saturday, 9:00 a.m.*	20 Kilo Run (10 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
December 2	Saturday, 11:00 a.m.	MVAAU AND OPEN 30 KILO RUN (20 Kilo for women and age 15); 20 Kilo Walk - Hilton Inn
December 16	Saturday, 9:00 a.m.*	Holiday 10 Mile Run, 10 Mile Walk - Hilton Inn

*On these road walks, walkers should report 30 minutes early.

On track events, the run will be first, followed by the walk. Most track runs will have a fast heat (at the scheduled time) followed by a slow heat.

RECOMMENDED OUTSIDE EVENTS:

February 11 (?), Saturday - 1/4 and 1/2 Marathons - Fort Leonard Wood, Missouri
 February 26, Sunday - Third Olympiad Memorial Marathon - St. Louis, Missouri
 March 18, Saturday - MVAAU 20 Kilo Run - Manhattan, Kansas
~~April 21 and 22, Friday and Saturday - KU Relays, Lawrence, Kansas~~
 June 3, Saturday - Hospital Hill Run, Kansas City, Missouri
 July 29, Saturday - Lake Atwood 10 Mile Road Race - Atwood, Kansas
 October 15, Sunday - Tri-States Marathon, Falls City, Nebraska