

COLUMBIA TRACK CLUB NEWSLETTER

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September 15, 1977

DENNIS HINKAMP SHATTERS HEART OF AMERICA MARATHON^{Record} WITH A 2:29:15 9-5-77:
Low 70's, 90% humidity, very heavy fog for first hour, cloudy.

DENNIS HINKAMP, a member of CTC, became the first Columbian (also first Missourian) to win the Heart of America Marathon since 1960 when Joe Schroeder won the inaugural event. Hinkamp is originally from St. Louis, but is a student at UMC, running regularly with the UMC distance runners. He is being "red-shirted" this year, so he was free to participate in this race. Participate he did, shaking the Heart of America course like no one before him. He shattered the course record by almost five minutes and did it on a day when the conditions were considerably worse than on the two days when the old mark was set and tied. In 1966 Barry Crawford had temperatures in the upper 50's and low 60's with lesser humidity while last year Tony Rodiez had temperature and humidity in the mid 60's. Rodiez was back again this year, determined to get the record all to himself. However, Hinkamp was with him from the outset, the two of them chasing Kirk Duncan for the first half of the race. At about 15 miles Rodiez began to let go and was later passed by both Duncan and Denton Childs. Most likely Easley Hill had taken it's toll, plus the fact that the pace was a little hotter than a year ago. Last year Rodiez was 1:11:00 at 12 miles (about 3 minutes slower than this year) and 1:18:45 at halfway--3:45 slower than this year. In fact, no one has ever reached halfway faster than Hinkamp and Rodiez did this year. Further, it should be noted that Hinkamp and Rodiez covered the distance from 12 miles to halfway in 6:45 while last year Rodiez did this same portion in a leisurely 7:45. This stretch, of course, includes Easley Hill, so it is apparent that Hinkamp and Rodiez were pushing up the hill and it is here that the race was decided.

DENTON CHILDS had a remarkable performance, laying back in fourth place until about 22 miles. During the middle portions of the race he was as much as 4 minutes behind the three leaders. Denton's second place gave CTC a 1-2 finish, which, along with JON HERBERT'S 8th, made CTC clear RRCA North Region Team Marathon Champions. Hinkamp and Childs had given a hint of what could happen when they finished 1-2 in the Aug. 6th 30 kilo run with a couple of good times.

In that 30 kilo run, JOAN HIRT also gave a hint of what she could do in the Heart of America, and she did it. She obliterated the previous women's record of 4:34:28 with her astonishing 3:09:21--a time which, on this course, puts her in the national class of women marathoners. Also clobbering the old mark for women were Marian Kulick and CTC's NORMA COUSIN and RHONDA THOMAS, all of them being under four hours.

WESLEY PAUL'S 2:10:09 in the 30 kilo run was, no doubt, the best ever by an 8 year old and that time indicated a good bet for Wesley to be under 3:15 in the Heart of America, which would have been a marathon record for 8 year olds. However, Wesley was struck by a car at about 6½ miles (he had done 6 in 40:30) and that put Wesley out of the race. Wesley was a very fortunate lad in this tangle with the car, since he came out of that affair with a head laceration only and was in and out of the hospital in time for the awards ceremony. It should be pointed out that Wesley was doing exactly what he was supposed to have been doing--that is, running on the left. The car, going the same direction, simply got over the center line, drifted over and hit Wesley from behind. However, somehow, we have got to get across to the runners that they absolutely cannot continue to run down the middle of the road 2 or 3 abreast, especially on Route K between miles 4 and 7. This creates very dangerous conditions and has caused a lot of complaints to the Highway Patrol by incoming motorists. I have discussed the situation with Sgt. Smith of the Patrol. His people will be present next year and they are going to insist on single file running. For our part we will ask spectator traffic to also stay off that stretch of road. Anyway, this is the second time Wesley has seen his bid for a national record thwarted, the first occurring when he got lost on the poorly marked course at Edwardsville, Ill. back in June.

The DAVE SCHULTE AWARD for IMPROVED PERFORMANCE went to Wesley's main competitor in several races, 13 year old PETER EWERS of Kirksville. Peter first came here as an 11 year old in 1975 doing 4:26:09, improving that to 3:48:05 and now 3:04:09, a 19.3% improvement. Second best improvement was 14.3% by BEN WELCH who had 3:28:04 in '76. Peter Ewers Dad, JOHN, checked in with a 12.6% improvement over his '75 time of 4:26:09 while OLEN BROWN improved by 10.9% over his previous best of 3:30:28. Ewers also has the best time ever for age 15 & under, beating Mark Young's 3:11:52 set in the 1975 race.

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HEART OF AMERICA MARATHON continued:

An indication that weather conditions were worse this year than last is shown by noting that only half of the runners who were here in '76 improved over last year. Further, only 22 runners were under 3:00 compared to 29 a year ago, even though we had 10 more starters this year (and 8 more finishers). However, Dennis Hinkamp was not dismayed by the conditions, nor the hills, nor by the competition, as he made the course buckle, if not quite bringing it to its knees.

There were 129 finishers, therefore, there were really 129 victories (there may have been some defeats, but to simply finish a marathon is a victory) of one sort or another, and 129 stories that could be told. Each individual finisher is telling his story to anyone who will listen and the first-timers, especially, have gone through a moving experience they will never forget. There were excellent marathon debuts by HOWARD GUSCAR, TOM HINCKLEY, NORMA COUSIN, RHONDA THOMAS, PHIL PRATT and others. Personal bests were recorded by MARK LANDRUM (who must be looking forward to age 40 and an assault on the age 40 record), OLEN BROWN, AUGIE HIRT (walking, that is, since Augie has a 2:52:14 as a runner in 1972), RAY LOAN and even DENNIS BLOSSOM (by 15 seconds--he likes to shave it a little each year).

CTC THANKS ALL OF THOSE PEOPLE WHO HELPED SO MUCH IN ONCE AGAIN ASSURING that the organizational effort was successful. The runners appreciate it--they have told me so--all of you are great people!

More marathon notes: Joan Hirt was 3:13 faster over the last half than the first half, Hinkamp was 45 seconds faster. Lou Fritz covered the final 2 miles, 385 yards faster than anybody--12:10. Childs also finished strongly with 12:18. Other successful marathon debuts (at least on this course) were by Al Smith (new Dean of the UMC School of Law), Jim Schutt, Dru Dixon, Barry Schneider, Dick Martin (a good 3:34:21 at age 45), Bruce Maxey, Bill Wiecek, Jim Walter and his 11 year old son, Vonn..

JOEL RABDAU won the age 40 trophy for the third year in a row. Clyde Johnson won the age 50 award. He had just recently returned from the International Masters Championships in Sweden.

Now that the marathon is over we need to think about the 100 mile walk. We need at least 6 people per 3 hour shift to record times, starting at 1:00PM Sat., Oct. 1. Please tell Joe Duncan which shift you want so he won't have to make a lot of phone calls lining up people for this. Also, while we tell each walker that he should have a "handler" to attend to his aid needs, still some walkers find it impossible to have someone come with them for this. Therefore, we do need help at the aid station at all times. Aid station helpers should simply come on out whenever they can--we can always use your help! On Friday evening before the race, at 6:30 PM, at the Heritage House, we will have a pre-race buffet for all of the walkers and their families. All CTC members all invited to this buffet. This will give you a chance for some socializing and hobnobbing with the Centurions. Cost is \$5.00 per person. If you are coming to the buffet, you should tell Joe Duncan so that Heritage House will have some idea as to how many. We will have a slide show, showing slides taken at last year's walk by Rich Clarkson, who was here on assignment by SPORTS ILLUSTRATED.

October is National Jogging Month and in that month is a period which will be called National Jogging Week. CTC intends to recognize this emphasis on running and jogging as the way to physical fitness and general well-being. Those of us who do a lot of running know that this running affects our entire lifestyle and we think we can generally say it is all for the better. Anyway, we hope to convey some of this message in October. CTC will highlight the emphasis on Oct. 8 when we will use our FUN RUN as the big event, calling Oct. 8 "Columbia Jogging Day." All of this will be done with appropriate publicity and this is the one day when EVERYBODY, entire families, all CTC members, etc., should come to the FUN RUN. We will have special certificates, in addition to the certificates given by Runner's World. Mark your calendar now!

For the Heart of America Marathon, Joe Marks predicted that the winning time would be 2:29:27. He probably should get some kind of award for being so accurate if anyone can think of anything that might be appropriate. His prediction, however, did not include any opinion from him as to the identity of the winner. Joe has a lot of courage, but he backed out of that.

1977 HEART of AMERICA MARATHON

September 5, 1977

			3	6	9	12	1/2 way	15	18.	21	24	FINAL
1. Dennis Hinkamp	Columbia (CTC) Mo.	21	16:35	33:53	51:01	1:08:15	1:15:00	1:26:00	1:42:06	1:59:01	2:16:20	2:29:15
2. Denton Childs	CTC	27	17:26	34:57	53:21	1:11:50	1:19:30	1:30:00	1:48:34	2:06:30	2:25:00	2:37:18
3. Kirk Duncan	Kansas City Kans	24	16:00	32:45	50:14	1:08:00	1:15:15	1:27:40	1:45:20	2:05:00	2:25:40	2:38:45
4. Tony Rodiez	Milwaukee Wis	21	16:35	33:53	51:03	1:08:15	1:15:00	1:26:30	1:43:33	2:03:25	2:25:40	2:39:12
5. Larry Aduddell	Broken Arrow Okla.	32	18:20	36:48	54:58	1:13:25	1:20:55	1:32:45	1:51:21	2:10:04	2:29:20	2:41:39
6. R. Lion Caldwell	Galveston Tex.	26	18:20	36:43	54:58	1:13:25	1:20:55	1:32:45	1:51:21	2:10:05	2:30:00	2:43:09
7. Lou Fritz	Verdon Nebr.	34	18:55	37:49	56:42	1:15:27	1:23:03	1:35:58	1:53:32	2:12:10	2:31:15	2:43:25
8. Don Herbert	CTC	40	19:05	37:56	56:52	1:16:13	1:23:40	1:36:15	1:53:42	2:12:25	2:32:15	2:45:36
9. Tim Hendricks	Omaha Nebr.	31	18:45	37:45	56:25	1:15:00	1:22:41	1:35:30	1:53:40	2:12:55	2:33:15	2:45:58
10. Bill Fox	Tarkio Mo.	34	18:00	35:35	53:21	1:18:55	1:26:40	1:30:10	1:50:55	2:11:00	2:33:00	2:47:59
11. Mike Chaffee	Leawood Kans	32	18:50	37:49	56:25	1:15:00	1:22:41	1:35:00	1:53:02	2:12:30	2:32:45	2:48:57
12. Bob Winchell	Kirksville Mo.	28	18:20	37:15	56:25	1:16:04	1:24:27	1:37:10	1:56:10	2:16:15	2:37:10	2:50:25
13. Frank Curotto	Kirkwood Mo.	23	20:05	40:25	59:30	1:20:25	1:28:15	—	1:59:56	2:19:05	2:38:40	2:51:30
14. Mark Landrum	CTC	38	19:00	38:15	57:58	1:18:00	1:26:17	1:38:50	1:58:00	2:17:56	2:38:45	2:52:03
15. Rich Breiner	Maryville Mo.	31	—	37:28	56:20	1:15:00	1:23:00	1:36:40	1:55:05	2:16:15	2:37:14	2:53:07
16. Robert Hughes	Lawrence Kans	35	—	39:06	59:30	1:20:05	1:28:17	—	1:59:56	2:19:40	2:40:00	2:54:49
17. Courtney Jones	Kirkwood Mo.	32	20:00	40:08	1:00:22	1:20:25	1:28:30	—	2:01:00	2:21:25	2:42:15	2:57:13
18. Steve Andes	St. Louis Mo.	31	19:05	39:40	59:30	1:19:40	1:28:17	1:40:50	2:00:00	2:20:40	2:41:35	2:57:57
19. Ben Welch	Parnell, Mo. CTC	23	18:00	36:47	54:47	1:13:30	1:21:30	1:34:00	1:54:00	2:16:05	2:40:05	2:58:17
20. Gary Schapper	St. Louis Mo.	25	18:43	37:30	56:25	1:16:02	1:24:06	1:37:10	1:57:15	2:20:53	2:43:35	2:56:48
21. Joel Rabdau	St. Louis Mo.	42	18:35	37:32	57:23	1:17:20	1:25:54	1:38:58	1:59:57	2:21:41	2:43:45	2:59:31
22. Larry Swanson	Loves Park Ill.	26	18:45	39:05	1:00:45	1:22:20	1:31:02	1:44:20	2:04:14	2:24:36	2:44:58	2:59:55
23. Norman Colter	Valley Park Mo.	46	18:45	39:05	59:16	1:19:20	1:27:57	1:41:00	2:01:20	2:22:25	2:44:00	3:00:03
24. Cobb Young	Carthage Mo.	24	19:05	38:15	58:04	1:18:10	1:26:28	1:39:10	2:01:05	2:24:25	2:47:15	3:02:43
25. Howard Guscar	CTC	32	21:20	—	1:02:15	1:22:00	1:30:17	1:42:45	2:02:50	2:24:25	2:46:15	3:02:44
26. Art Thompson	Manchester Mo.	37	18:35	39:05	59:16	1:19:20	1:27:57	1:41:00	2:02:30	2:24:45	2:46:45	3:03:43
27. Peter Ewers	Kirksville Mo.	13	19:35	39:45	1:00:26	1:22:20	1:30:42	1:44:10	2:04:44	2:26:15	2:48:00	3:04:09
28. Michael Pierce	St. Louis Mo.	23	20:00	41:00	1:01:38	1:22:11	1:30:42	1:44:16	2:06:00	2:28:04	2:50:15	3:06:55
29. Olen Brown	CTC	42	20:48	41:30	1:02:15	1:22:55	1:32:10	1:45:45	2:08:00	2:30:18	2:52:15	3:07:30
30. Jim Stewart	Topeka Kans	30	18:50	38:50	1:00:20	1:22:08	1:31:02	1:45:00	2:06:55	2:29:35	2:54:00	3:08:38
31. Arne Richards	Manhattan Kans	44	21:35	42:35	1:03:13	1:24:23	1:33:19	1:46:10	2:09:00	2:29:45	2:52:13	3:08:38
32. Joan Hirt	CTC	24	22:05	44:10	1:05:54	1:27:18	1:36:17	1:49:10	2:10:56	2:33:00	2:54:00	3:09:21
33. Dean Neal	CTC	29	22:05	44:10	1:05:54	1:27:18	1:36:17	1:49:10	2:10:56	2:33:00	2:54:00	3:09:22
34. Tom Hinckley	CTC	32	22:05	44:20	1:05:56	1:27:48	1:36:21	1:50:18	2:11:55	2:34:39	2:56:50	3:13:27
35. Jim Burgess	Shawnee Mission Kans.	39	21:00	41:59	1:03:06	1:24:23	1:33:19	1:46:12	2:08:01	2:31:21	2:55:00	3:14:47
36. Allen Smith	CTC	44	21:00	42:00	1:03:17	1:25:12	1:34:46	1:48:40	2:10:42	2:33:07	2:57:25	3:16:00
37. James Maxwell	Columbia	23	22:00	44:07	1:05:54	1:26:35	1:35:23	1:48:45	2:10:50	2:34:10	2:58:30	3:16:54
38. Alan Klein	Sedalia Mo.	27	20:53	42:30	1:04:25	1:27:18	1:36:50	1:52:01	2:14:54	2:40:15	3:02:30	3:18:03
39. Jerry Kokesch	Manchester Mo.	27	20:58	42:14	1:04:50	1:27:04	1:36:17	1:51:30	2:14:16	2:38:40	3:02:15	3:18:24
40. Jim Schutt	CTC	38	21:20	43:45	1:05:54	1:28:32	1:37:36	1:52:20	2:14:15	2:38:40	3:01:15	3:19:01

				3	6	9	12	1/2 way	15	18	21	24	FINAL
41. Linnes Chester	Whiteman AFB	Mo.	18	24:10	47:42	1:10:07	1:32:25	1:41:29	1:56:20	2:16:40	2:38:50	3:02:40	3:22:07
42. Loren Garske	St. Paul	Minn	23	23:05	49:23	1:15:32	1:41:00	2:02:10	2:19:10	—	2:53:05	—	(3:24:59)
43. Robert Vest	Iowa City	Iowa	27	19:25	39:42	59:30	1:19:40	1:28:09	1:41:18	2:04:12	2:29:26	3:03:50	3:25:11
44. Todd Russell	Wichita	Kans.	34	20:50	42:40	1:05:43	1:29:28	1:39:27	1:56:10	2:19:10	2:43:27	3:08:15	3:25:29
45. Jerry Witherspoon	Blue Springs	Mo.	42	23:35	47:53	1:10:55	1:34:24	1:43:55	1:58:40	2:21:56	2:45:35	3:09:00	3:25:38
46. Dan Hoxworth	Columbia		18	20:50	42:24	1:04:25	1:27:18	1:36:50	1:52:08	2:14:54	2:40:21	3:06:25	3:26:27
47. John Tenny	Columbia		24	19:20	39:05	59:30	1:19:57	1:29:14	1:43:10	2:06:56	2:33:55	3:05:50	3:27:01
48. Ray Loan	CTC		46	21:00	43:56	1:06:47	1:29:57	1:39:15	1:54:45	2:17:45	2:44:52	3:10:15	3:27:36
49. Dru Dixon	CTC		24	21:55	44:30	1:06:15	1:28:53	1:38:50	1:55:30	2:17:40	2:42:34	3:10:15	3:28:59
50. Steven Holt	Columbia		26	23:35	47:35	1:10:25	1:32:50	1:42:49	1:57:15	2:20:15	2:44:38	3:11:30	3:31:02
51. James Felts	Columbia		26	22:15	45:37	1:08:45	1:32:45	1:42:42	1:58:35	2:23:25	2:47:44	3:13:00	3:31:25
52. Barry Schneider	CTC		24	26:10	52:00	1:15:25	1:41:40	1:51:05	2:06:02	2:29:10	2:52:25	3:16:00	3:31:30
53. David Biersmith	Kansas City	Mo.	40	23:40	47:53	1:10:55	1:34:24	1:43:55	1:59:00	2:21:56	2:46:26	3:14:00	3:31:59
54. Lance Neal	CTC		38	22:30	45:40	1:04:10	1:32:50	1:42:24	1:57:40	2:21:26	2:46:31	3:13:00	3:33:00
55. Richard Clark	Lansing	Kans.	40	22:05	45:20	1:07:35	1:30:32	1:39:56	1:55:40	2:17:45	2:43:03	3:11:45	3:33:39
56. Jerry Schloss	St. Louis	Mo	29	24:25	47:40	1:09:25	1:32:34	1:41:47	1:57:02	2:21:27	2:46:52	3:15:40	3:33:59
57. Michael Hage	Columbia		23	22:20	44:25	1:07:01	1:30:42	1:40:29	1:56:40	2:21:15	2:47:35	3:14:25	3:34:00
58. Mike Felz	Columbia		26	18:17	36:43	56:18	1:16:15	1:25:29	1:39:15	2:03:25	2:28:40	2:57:30	3:34:21
59. Dick Martin	CTC		45	24:20	49:52	1:14:42	1:39:46	1:49:50	2:04:40	2:28:35	2:52:57	3:17:25	3:34:54
60. Clyde Johnson	Springfield	Mo	56	23:45	48:28	1:12:10	1:36:28	1:46:30	2:02:00	2:26:40	2:51:38	3:17:00	3:36:10
61. Martin Bauer, Jr.	St. Louis	MO	36	26:25	51:55	1:16:35	1:41:45	1:52:28	2:08:50	2:31:45	2:56:00	3:19:30	3:36:14
62. Mark Kempton	Sedalia	MO	26	23:15	46:50	1:09:54	1:33:55	1:43:41	1:58:40	2:22:30	2:47:47	3:15:00	3:37:55
63. Bruce Maxey	CTC		21	23:45	48:20	1:11:27	1:35:02	1:44:30	2:00:15	2:24:00	2:49:45	3:18:00	3:39:18
64. Frank Reedy	St. Louis	Mo	27	24:30	48:45	1:13:08	1:37:57	1:48:23	2:03:30	2:27:45	2:52:39	3:21:00	3:39:29
65. Steve Reida	Lincoln	Nebr.	18	23:10	43:55	1:06:47	1:29:57	1:39:15	1:55:15	2:17:30	2:41:55	3:10:15	3:41:40
66. David Smith	Columbia		24	20:20	41:55	1:04:27	1:27:08	1:39:20	1:56:15	2:21:55	2:51:00	3:22:00	3:42:21
67. Don Granberg	CTC		35	18:50	37:48	57:29	1:18:02	1:26:37	1:39:28	2:00:40	2:25:00	3:00:00	3:42:44
68. Dennis Blossom	CTC		41	21:35	44:35	1:07:35	1:31:55	1:41:54	1:58:20	2:24:55	2:53:40	3:22:00	3:42:49
69. John Bennett	Columbia		24	22:00	43:58	1:05:54	1:28:00	1:38:44	1:53:10	2:19:20	2:48:07	3:20:00	3:43:10
70. Robert McKee	Columbia		24	25:55	55:15	1:19:41	1:47:08	1:58:32	2:14:25	2:41:25	3:04:29	3:29:00	3:43:46
71. Marian Kulick	Springfield	Mo.	24	22:20	44:25	1:07:12	1:30:52	1:41:15	1:57:30	2:23:10	2:50:55	3:19:00	3:44:17
72. Kirk Steehler	Kirksville	Mo.	26	25:45	50:45	1:14:18	1:37:15	1:46:17	2:00:18	2:22:20	2:51:39	3:26:00	3:44:22
73. John Hemphill	Columbia		22	26:50	51:25	1:15:20	1:41:20	1:51:44	2:08:08	2:33:41	3:00:42	3:26:00	3:44:44
74. Joe Kearney	Wichita	Kans	29	21:10	42:30	1:03:44	1:25:35	1:34:52	1:50:11	2:15:10	2:43:10	3:21:00	3:45:06
75. Augie Hirt	CTC		26	25:45	51:15	1:15:21	1:41:45	1:51:55	2:08:40	2:33:40	2:59:50	3:27:00	3:45:21
76. Bill Whitcomb	Kansas City	MO	37	19:45	39:30	59:30	1:19:40	1:28:09	1:39:28	2:00:20	2:30:55	3:14:00	3:45:45
77. Bill Wiecek	CTC		39	24:35	49:30	1:15:32	1:41:11	1:52:42	2:09:30	2:35:25	3:00:55	3:28:00	3:46:39
78. Jim Johnson	Oak Grove	Mo.	16	20:05	41:00	1:02:27	1:26:17	1:35:55	1:52:15	2:21:40	2:51:39	3:28:40	3:46:55
79. Martin Owens	Ottawa	Ks	34	21:35	44:18	1:05:50	1:33:40	1:46:23	2:02:50	2:30:00	2:57:25	3:28:25	3:48:04
80. Scott Snyder	Columbia		27	25:35	51:20	1:15:20	1:41:57	1:52:07	2:09:12	2:34:00	3:00:35	3:28:00	3:48:05

				3	6	9	12	1/2 Way	15	18	21	24	FINAL
81. Allen Pale Hunt	Kansas City	Mo.	29	24:35	47:42	1:15:30	1:41:20	1:51:40	2:08:26	2:33:20	3:01:35	3:30:10	3:49:41
82 Tom Wilmore	Wichita	Kans	35	24:38	48:45	1:12:57	1:37:48	1:49:12	2:04:20	2:30:20	2:58:25	3:30:00	3:51:18
83 Charles Beckerdite	CTC		28	19:50	39:40	1:00:21	1:23:17	1:33:50	1:48:30	2:14:40	2:48:18	3:28:40	3:51:54
84 John Ewers	Kirksville	Mo.	42	22:05	44:30	1:07:38	1:31:28	1:42:42	1:59:45	2:26:30	2:56:55	3:30:55	3:52:32
85 Clare St. Arnaud	Yankton	So. Dak.	29	26:10	52:30	1:17:38	1:43:18	1:53:46	2:10:40	2:35:12	3:02:15	3:31:00	3:53:15
86 Edward Vastola	St. Louis	Mo.	53	24:15	50:40	1:16:48	1:43:24	1:53:40	2:11:20	2:37:25	3:05:57	3:35:00	3:54:09
87 Scott Decker	St. Louis	Mo.	27	20:50	42:00	1:03:17	1:25:12	1:34:52	1:51:02	2:15:10	2:48:18	3:22:00	3:54:55
88 Gary Hindera	St. Joseph	Mo.	36	24:30	50:45	1:15:18	1:41:25	1:53:08	2:08:58	2:33:26	3:02:34	3:34:00	3:55:17
89 Bill Ramlow	Columbia		36	27:00	55:15	1:21:42	1:47:24	1:58:16	2:15:16	2:41:03	3:01:24	3:35:00	3:55:45
90 Russ Myatt	Burlington	Iowa	48	23:35	44:40	1:08:06	1:32:00	1:44:38	2:01:10	2:28:05	2:59:08	3:33:00	3:56:25
91+ Dick Heun	Novinger	Mo.	33	25:50	53:50	1:21:05	1:48:28	2:01:19	2:19:40	2:46:05	3:16:20	3:40:00	3:56:52
92+ Wm Brown, Jr.	Kansas City	Mo.	29	26:35	53:50	1:21:09	1:48:12	2:01:19	2:19:51	2:46:05	3:16:20	3:40:00	3:56:52
93 Norma Cousin	CTC		28	26:50	55:25	1:21:40	1:48:55	1:58:11	2:16:56	2:42:05	3:09:25	3:37:00	3:57:07
94 Jim Bommarito	Columbia		30	23:05	46:55	1:10:50	1:36:25	1:46:24	2:02:20	2:27:25	2:54:15	3:27:00	3:57:17
95 Gayle Myers	St. Joseph	Mo.	28	28:30	56:38	1:24:37	1:52:00	2:02:36	2:21:02	2:45:15	3:11:35	3:39:00	3:57:40
96 Rhonda Thomas	CTC		29	25:30	52:10	1:18:31	1:46:43	1:58:05	2:16:04	2:42:05	3:09:45	3:39:00	3:59:33
97 Sam Stout	Columbia		34	22:05	45:10	1:09:43	1:36:20	1:48:02	2:05:03	2:35:10	3:07:46	3:40:30	4:03:29
98 James Walter	CTC		38	25:50	51:50	1:16:40	1:41:11	1:51:44	2:08:19	2:33:56	3:01:30	3:34:00	4:04:17
99 Ron Pardeck	Whiteman AFB		34	26:35	55:48	1:21:42	1:48:55	1:58:17	2:15:21	2:42:00	3:09:26	3:40:30	4:06:19
100 Doug Carlson	Harrisburg	Mo.	28	26:45	55:16	1:22:37	1:50:23	2:01:55	2:21:45	2:49:02	3:19:21	—	4:12:59
101 Wm Radford III	Columbia		21	26:00	52:10	1:18:20	1:45:30	1:55:27	2:11:40	2:36:15	3:06:55	3:42:00	4:14:19
102 Wm Davis	CTC		35	25:30	52:10	1:18:31	1:46:43	1:58:10	2:16:10	2:45:05	3:15:31	—	4:15:48
103 Bruce Kenney	Kirksville	Mo.	26	26:10	53:50	1:21:10	1:48:08	1:59:18	2:17:10	2:46:05	3:18:05	—	4:17:32
104 Paul Whitter	Springfield	Mo.	29	30:15	60:36	1:29:42	1:58:55	2:09:56	2:29:01	2:57:25	3:26:05	—	4:19:17
105 Mike Hassler	Columbia		25	22:05	44:25	1:06:55	1:31:28	1:44:10	2:04:03	2:40:50	3:20:50	—	4:23:10
106 Richard Lowe	Columbia		32	26:50	55:17	1:22:37	1:50:23	2:01:55	2:21:50	2:49:12	3:21:20	—	4:24:19
107 Chris Markey	Roeland PK.	Kans.	25	26:50	53:03	1:20:03	1:45:10	1:55:52	2:13:45	2:40:05	3:10:19	—	4:24:51
108 Phil Pratt	CTC		30	26:10	52:30	1:18:33	1:47:55	1:58:13	2:15:00	2:43:32	3:16:44	—	4:26:46
109 J. Thomas Hardy	Kirksville	Mo.	32	26:10	53:50	1:21:05	1:48:08	1:59:15	2:17:15	2:46:03	3:19:15	—	4:28:35
110 John Byland	Fayette	Mo.	37	27:05	55:15	1:22:58	1:53:57	2:05:07	2:24:10	2:54:25	3:26:50	—	4:30:45
111 Jim Allen	CTC		24	25:45	53:55	1:19:41	1:47:08	1:58:32	2:23:00	2:42:20	3:19:21	—	4:32:01
112 Larry Beucke	Columbia		25	26:50	55:25	1:21:40	1:48:08	1:59:55	2:20:06	2:50:00	3:24:02	—	4:37:20
113 Leonard Brubaker	Columbia		44	26:20	53:49	1:23:29	1:54:30	2:07:42	2:32:03	3:01:30	3:33:14	—	4:38:00
114 Allen Kline	Mound City	Mo.	20	24:15	49:52	1:16:17	1:44:25	1:56:55	2:16:45	2:49:20	3:24:15	—	4:40:06
115 Martin Tunks	Columbia		19	28:30	56:38	1:24:37	1:52:17	2:03:00	2:21:40	2:45:40	3:19:08	—	4:42:06
116 Eugene Foster	Berkeley	Mo.	20	26:10	52:03	1:18:20	1:49:17	2:03:19	2:23:00	2:57:26	3:35:41	—	4:42:39
117 Mac Pullen	Columbia		33	32:20	64:58	1:37:15	—	2:20:34	2:41:10	3:15:42	—	—	4:59:32
118 Roger Pantau	St. Joseph	Mo.	21	26:45	56:25	1:27:50	—	2:19:38	2:40:00	3:19:10	—	—	5:09:04
119 Joan Turner	Oregon	Mo.	22	26:40	56:25	1:27:50	—	2:19:38	2:40:00	3:19:10	—	—	5:09:04
120 Joe Delong	Columbia		27	27:05	56:28	—	2:01:00	2:15:44	2:39:16	3:14:05	—	—	5:09:12

				3	6	9	12	KWay	15	18	21	FINAL
1 2 1	Leonard Busen	CTC	47	32:20	65:35	1:38:47	—	2:28:25	2:55:40	3:29:59	—	5:11:49
1 2 2	Richard Schmid	Columbia	21	21:50	45:55	1:11:20	1:40:22	1:54:48	2:22:40	3:03:19	—	5:13:16
1 2 3	Teena Sechler	Columbia	21	28:30	59:43	1:30:45	2:02:45	2:16:48	2:39:12	3:14:20	—	5:13:21
2 2 4	Bob Gragg	Liberty Mo	52	29:35	67:45	1:42:09	—	2:34:20	2:58:40	3:33:40	—	5:14:26
1 2 5	Terry Logue	Columbia	22	28:30	57:49	1:28:20	2:04:55	2:20:40	2:52:00	3:44:25	—	5:35:19
1 2 6	Jo Ellen Mussell	Ashland Mo	—	26:40	55:25	1:29:28	2:04:55	2:19:50	2:50:00	3:32:40	—	5:37:20
1 2 7	Tedd Neenan	—	—	—	—	—	—	—	—	—	—	5:37:20
1 2 8	Vonn Walter	CTC	11	28:55	64:10	1:36:35	—	2:26:39	2:58:01	3:44:25	—	5:40:20
1 2 9	Maggie Caron	St. Jude Joseph Mo	22	28:30	62:05	1:40:50	—	2:36:38	3:03:00	3:47:20	—	5:47:31
1 3 0	Lean Madden	CTC	50	23:50	49:10	1:13:55	1:40:36	1:51:10	2:08:40	2:34:40	3:02:47 (out at 24-3:35:00)	
1 3 1	Steve Parker	St. Louis Mo.	27	19:40	40:25	1:01:39	1:23:23	1:32:55	1:48:00	2:15:40	2:47:00	
1 3 2	Greg Buse	Woodbury Minn.	29	18:40	38:40	1:00:13	1:22:22	1:33:19	1:49:31	2:19:33	2:50:55	
1 3 3	Marvin Patterson	CTC	42	21:05	44:05	1:07:27	1:31:45	1:42:40	2:00:00	2:26:45	3:09:02	
1 3 4	Robert M. David	Columbia	30	27:05	55:15	1:23:24	1:51:06	2:05:21	2:24:10	2:54:40	3:30:06	
1 3 5	Dan Thoenpes	Leawood Kans	26	26:45	53:35	1:20:20	1:47:24	1:58:15	2:16:15	2:47:45	3:36:15	
1 3 6	Bruce Anderson	Columbia	29	24:50	50:32	1:16:02	1:43:00	1:57:34	2:22:16	2:57:26	3:39:02	
1 3 7	Dennis Meenen	Columbia	28	24:45	50:30	1:15:15	1:41:45	1:53:05	2:11:50	2:44:14	—	
1 3 8	Peter Tuz	Columbia	23	19:45	39:50	1:00:29	1:22:20	1:33:05	1:47:00	—	—	
1 3 9	Dan Howe	Columbia	30	20:50	42:20	1:05:54	1:30:12	1:44:28	2:03:01	—	—	
1 4 0	Steve Mineck	Vinton Iowa	27	23:25	48:10	1:13:58	1:45:38	1:59:28	2:28:50	—	—	
1 4 1	Bruce Beckett	Columbia	30	26:10	52:20	1:18:33	1:48:55	2:03:19	2:36:05	—	—	
1 4 2	Bill Daily	St. Louis	24	—	35:50	54:47	1:15:10	1:33:30	—	—	—	
1 4 3	Tom Elliott	Columbia	26	27:05	55:15	1:23:24	1:51:06	2:05:21	—	—	—	
1 4 4	Wesley Paul	CTC	8	19:55	40:30	—	—	—	—	—	—	

another 1/2 mile and then a car puts Wesley out of the race

DESIGNATED TIME STANDINGS

FINAL: *These people get awards

1. Ben Londeree*	1.00
2. Olen Brown*	1.04
3. Tom Hinckley*	1.11
4. Turk Storvick*	1.61
5. William Taft*	1.81
6. Joe Duncan*	1.85
7. Joe Marks	2.08
8. Ray Loan	2.34

DAVE SCHULTE AWARD FOR IMPROVED
PERFORMANCE; Final:

1. Olen Brown*	7.44%	Improvement for
2. Londeree	5.36	10 best events
3. Hinckley	1.82	
4. Garverick	1.47	
5. Loan	1.29	

ELAPSED TIME STANDINGS final:
Runners:

1. Londeree*	359.5
2. Hinckley*	271
3. Pastoret*	248
4. Hessler*	246
5. Renaud*	231
6. Lewis*	206.5
7. Chippendale	180
8. Storvick	178
9. O. Brown	159.5
10. Landrum	151

11. Herbert	149
12. W. Hicks	148
13. Marks	147.5
14. D. Neal	147
15. Stewart	146
16. G. Brown	146
17. Loan	140.5
18. Carman	137
19. Childs	128
20. Granberg	107

Age 40 & Over:

1. Londeree*	150.5
2. Renaud*	103
3. Lewis*	85.5
4. Storvick*	83
5. O. Brown*	74
6. Hicks*	67
7. Loan	65
8. Duncan	50

WOMEN:

1. Knapp*	21
2. Hirt*	20
3. Cousin	11

Age 15 & Under:

1. W. Paul*	89
2. J. Gibson*	42
3. M. Gibson*	35
4. D. Forest*	33
5. B. Marks Dnp	24
6. T. Loan Dnp	23
7. S. Gibson*	23
8. M. Wiecek*	22
9. D. Duncan	20
10. J. Thorne	20

WALKERS:

1. Hirt*	76
2. Mimm*	67.5
3. Busen*	44
4. Breitenbucher*	43.5
5. Taft*	37
6. Spier*	36
7. J. Young	32
8. Bent	26
9. Gragg	17
10. Van Dyke	15

Age 40 & over walkers:

1. Busen*	32
2. Taft*	27
3. Spier*	23
4. Bent*	19
5. Gragg	10

Dnp means did not participate in the required 5 events

So, Ben Londeree wins first 3 times and second once--"Break Up Londeree!"

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

September 6, 1971: Heart of America Marathon: 1. Tim Hendricks 2:47:42 (his 2nd victory); 2. Lou Fritz 2:52:20; . . . 7. Alex Ratelle, 46 3:03:46. . . 9. Arne Richards 3:07:19. . . 11. Don Granberg 3:17:05. . . 13. Ben Londeree 3:29:21 (first marathon). Only 24 finishers out of 34 starters--the slim field was attributed to lack of interest after the horrible weather conditions of 1970.

September 11, 1971: One Mile Run: 1. Bob Brouillet 4:29.5; 2. Dennis Stewart 4:34; 3. Whitney Hicks 5:05; 4. Mike Chippendale 5:28. 5 mile walk: 1. Larry Young 37:10; 2. Paul Ide 44:14 3. Steve Spier 57:22; 4. Rob Spier 57:56

September 18 & 19, 1971: One Hundred Mile Walk: The Brewer Fieldhouse debacle because of an all day rain. 1. Larry Young an amazing 18:07:12 (last 2 miles in 15:49), 2. Chris Clegg 22:46:14, 3. Dave Eidahl 72 miles, 4. Bob Chapin 70 miles, 5. Paul Ide 60 & Rob Spier 55.

September 26, 1971: 2 Mile Run: 1. Bob Brouillet 9:49; 2. Dennis Stewart 10:15, 3. Ben Londeree 10:15, 4. Whitney Hicks 11:02, 5. Don Granberg 11:39, 6. Mike Chippendale 12:01.

The first event ever for Ben other than the marathon above.

Limerick of the Month, September, 1971:

Four Knights of the Red Table ran out one day,
To the Hink, running swiftly, without delay.
A maiden in distress, they saw.
Lovely was she, without a flaw.
But alas, her lover was bigger than they.

The Red Table Track Club was a group of MU runners who were living in a house on Wilson Ave. I guess they had a red table.

SCHEDULE OF EVENTS:

SEPTEMBER 17 Saturday 9:00 AM 5,000 Meter Run; 10,000 Meter Walk
Hickman Track First race of the new "season"

25 Sunday 9:00 AM Magdalen Fall Festival Road Run 6.7 miles
Mullally Field 3354 S. Kingshighway St. Louis

OCTOBER 1 Saturday 9:00 AM 2 Mile Cross Country Run Municipal
Golf Course

1 & 2 Saturday & Sunday 11th ANNUAL NATIONAL 100 MILE WALK
Hickman Track

8 Saturday 9:00 AM FUN RUNS also "Columbia Jogging Day"
in recognition of National Jogging Week Research Park

14 Friday 7:30 PM ANNUAL MEETING OF THE COLUMBIA TRACK CLUB
Guitar Community Center 8th & Broadway Help plan
the 1978 program, presentation of year end awards,
refreshments!

15 Saturday 9:00 AM 5 Mile Cross Country Run Gustin Golf Course

15 " 8:00 AM Coronado Heights 9 mile road run
Lindsborg, Kansas

16 Sunday 8:00 AM 12th Annual Tri-States Marathon Falls City, Nebr

22 Saturday 9:00 AM FUN RUNS Research Park

23 Sunday 10:00 AM SENIOR NATIONAL AAU, MASTERS, CLASS B,
MVAAU & OPEN 30 Kilometer Walk MFA Course

29 Saturday 9:00 AM FUN RUNS Research Park

29 " 1:00 PM Senior National AAU 20 Kilometer Champion-
ship Run Mohawk Park Tulsa, Okla

AUGIE HIRT won the Santa-Cali-Gon 10,000 meter walk, Independence, Mo.
on Sept. 3 with a personal best 48:43. Second was Paul Ide with 53:02, 3rd
Jim Breitenbucher 55:10. Augie has also won the MVAAU award for 1977
Race Walker of the Year. Congratulations, Augie!

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The \$5.00 includes all family members and includes the newsletter

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201