



TRACK CLUB

NEWSLETTER Vol. X, No. 4 April 25, 1978

BOB BECKER, FORMER DRAKE RUNNER, WINS MVA AU 10,000 METER RUN
ALTHOUGH CHARLIE McMULLEN HAS THE FASTEST TIME April 1, 1978:

Mile Splits:		1	2	3	4	5	10,000 Meters
1.	Bob Becker	5:08	10:27	15:38	20:42	25:42	31:38
2.	Tim McMullen	5:09	10:26	15:55	20:51	26:02	32:10
3.	Dennis Stewart	5:11	10:28	15:38	20:49	26:02	32:10.5
4.	Dave Harris	5:11	10:28	15:42	20:57	26:12	32:28
5.	Dean Neal 30	5:10	10:28	15:39	20:54	26:10	32:30
6.	Charlie McMullen	4:49	9:50	15:01	20:15	25:27	31:34
7.	Jon Herbert	5:12	10:28	15:46	21:09	26:29	32:58
8.	Doug Clark	5:08	10:26	15:44	21:09	26:36	33:11
9.	Charlie Evans	5:09	10:27	15:45	21:13	26:45	33:32
10.	Denton Childs	5:10	10:26	15:50	21:22	26:57	33:45
11.	Dick Hessler 36	5:26	11:01	16:37	22:12	27:52	34:43
12.	Robert Cline	5:12	10:48	16:32	22:15	28:08	35:12
13.	Tom LaFontaine31	5:38	11:25	17:07	22:51	28:38	35:30
15.	Barry Schneider	5:38	11:26	17:17	23:12	29:19	36:30
16.	Whitney Hicks 42	5:47	11:47	17:50	23:55	29:36	36:43
14.	Don Raney	5:20	10:47	16:40	22:37	28:29	35:38
17.	Ben Londeree 43	5:46	11:36	17:27	23:28	29:24	37:13
18.	Tom Hinckley 33	5:49	11:44	17:46	23:49	29:46	37:18
19.	Don Granberg 36	5:49	11:46	17:46	23:49	29:46	37:29
20.	Olen Brown 42	5:51	11:54	18:01	24:16	30:15	37:48
21.	Tom Parker 30	5:54	12:02	18:15	24:26	30:40	38:17
22.	John Panter	5:55	12:06	18:13	24:32	30:50	38:47
23.	Efrain Rondon 44	5:55	12:06	18:28	25:05	31:31	39:26
24.	Jim Walter 39	5:58	12:14	18:44	25:16	31:50	39:39
25.	Tina Gandy	6:11	12:35	19:02	25:39	32:05	39:48
26.	Bill Casey	5:30	11:52	18:27	25:10	31:40	40:08
27.	Jon Palks	6:14	12:35	19:09	25:48	32:51	40:32
28.	Al Klein	5:56	12:14	18:48	25:35	32:30	40:33
29.	Dave Ervin 32	6:29	13:02	19:37	26:06	32:43	40:36
30.	Dave Hillis	5:55	12:21	19:03	25:45	32:39	40:46
31.	Keith Pierce 35	6:28	13:02	19:37	26:13	32:58	40:53
32.	Lance Neal 38	6:52	13:42	20:26	27:01	33:39	41:19
33.	Wesley Paul 9	6:09	12:49	19:45	26:56	34:00	42:37
34.	Al Garverick	6:46	13:44	20:45	27:46	34:46	43:08
35.	Rhonda Bedell	6:28	13:26	20:41	27:59	35:13	43:30
36.	Dave Forest 15	6:17	12:58	19:57	27:08	34:38	43:34
37.	Joe Duncan 43	7:05	14:01	20:59	28:02	35:20	44:17
38.	Tim Ohlman	7:26	14:46	22:09	29:33	36:38	45:32
39.	John McCrory	6:26	13:19	20:01	27:04	34:42	45:50
40.	Joe Marks 40	6:59	14:12	21:59	29:46	37:15	46:10
41.	Norma Cousin	6:59	14:14	21:59	29:46	37:29	46:35
42.	Ken Burres 43	6:46	14:01	21:36	29:23	37:15	46:38
43.	Annette LaFontaine7:13	14:50	22:42	30:37	38:24	47:39	
44.	Jim Allen	7:18	14:56	22:41	30:42	38:47	47:54
45.	Dick Harris	8:06	17:23	26:56	36:34	46:25	57:57.51
46.	Wendy Evans	8:18	17:41	27:34	37:08	46:45	58:13
47t.	Ben Welch	8:45	18:06	27:59	37:58	48:10	1:00:21
47t.	Belinda Schwartz	8:45	18:05	27:59	37:41	47:50	1:00:21
49.	Jean Ryberg 50	9:11	19:06	29:22	39:38	50:43	1:03:48
50.	Nicole Wagner 7	9:30	20:07	31:09	42:08	53:24	1:05:42

DT went as follows: Londeree 1 second off, .04%, Hinckley 3, .13%, Garverick 22 off, .84%; Brown 8 off, .35%; Duncan 32 off, 1.22%, Cousin 35 off, 1.27 %; Granberg 31 off, 1.36 %; Hillis 46 off, 1.92% Hicks 47 off, 2.09 %; Marks 70 off, 2.59%; Burres 98 off, 3.63 % & Palks 92 off, 3.93 %.

Section one for the faster runners went off with temperature in the low 60's & it was higher for the 2nd section. A bright sun, but the S, SE wind was not too bothersome. Charlie McMullen arrived one minute late, so that explains why he had the fast time butt only got 6th place. Becker is a lawyer from Des Moines. The first 10 runners ran in a group for about the first two miles, but shortly thereafter, Becker stepped up the pace and no one went with him. Actually it was nine runners in the pack since McMullen was playing catch up all this time. He went out fast and at one time he had made up more than 40 seconds of his one minute deficit, but that was as close as he got to Becker.

.Continued

10,000 Meter run continued:

Becker's time, as well as McMullens's, was under the MVAU record of 32:03 set by Ken Bell in 1972. Dennis Stewart's 32:14 CTC event record also went under, with Stewart himself beating that mark with a personal best for him for the 10,000. Dean Neal, just turned 30, lowered Dick Hessler's 30-39 record of 33:47. Dean plans to slay all the age 30 records he can before Stewart comes along. Dennis will be 30 later this year and has informed Dean that the Neal Era will be short-lived. Tina Gandy, from Des Moines, blasted the old women's mark of 43:59 which had been established by Rhonda Bedell last year in the terrific wind we had then.

RANDY MIMM WINS THE MVAU ONE HOUR WALK, also on April 1:

	1	2	3	4	5	6	7
1. Randy Mimm	7:45	15:48	24:00	32:09	40:20	48:35	56:59
	7 miles, 657 yards						
2. Jerry Young	7:44	16:03	24:26	32:46	41:15	49:49	58:25
	7 miles, 316 yards						
3. Mike Fein	8:25	17:31	26:37	35:31	44:31	53:47	
	6 miles, 1230 yards						
4. Leonard Busen	9:25	18:45	27:50	37:15	46:25	55:20	
	6 miles, 977 yards						97 yards off DT, .85%
5. Jim Breitenbucher	8:42	18:29	27:55	36:50	46:30	55:46	
	6 miles, 781 yards						
6. Randy Bakewell	10:09	20:51	31:10	41:23	51:37	5 mi.,	1504 yds
7. Jim Wass	9:40	19:54	30:22	40:52	51:29	5 mi.,	1464 yds
8. Albert Van Dyke	9:42	21:33	31:52	42:20	53:20	5 mi.,	1227 yds
9. Paul Mack	10:21	20:59	31:32	42:08	52:58	5 mi.,	1125 yds
10. Howard Reynolds	11:04	22:50	34:35	46:50	58:40	5 mi.,	153 yds
11. William Taft	11:52	23:58	35:58	47:57	59:48	5 mi.,	34 yds

10,000 meter splits: Mimm 50:24, Young 51:41, Fein 55:46.

By the time of this race it was a bright sun and mid 70's. Rob & Veva Spier and Joe Marks handled the officiating. It was good to have Rob there. He has been walking, has climbed stairs and is otherwise making progress.

DESIGNATED TIME STANDINGS:

1. Hinckley	.75	9	7. Palks	1.79	7	13. Duncan	2.32	11
2. Londeree	1.20	11	8. Childs	1.80	10	14. Loan	2.44	9
3. Yunker	1.25	6	9. Marks	2.16	9	15. Busen	2.11	4
4. Johnson	1.50	7	10. Taft	2.23	7	16. Hicks	2.63	8
5. Garverick	1.69	7	11. Granberg	2.23	6	17. Bent	3.34	6
6. Brown	1.71	11	12. Lewis	2.31	8	18. Pratt	3.52	7

ELAPSED TIME STANDINGS--Runners:

1. Londeree	264.5	14. Guscar	111	27. Thomas	71	40. Hessler	37.5
2. Childs	253	15. T. McMullen	109	28. Landrum	67	41. Renaud	34
3. Yunker	241	16. Stewart	107	29. Dixon	63	42. Fields	28
4. Evans	239	17. Herbert	105	30. Pratt	62	43. Burres	27
5. Brown	170.5	18. Loan	101	31. Johnson	62	44. L. Neal	24
6. Lewis	163.5	19. C. McMullen	92	32. Hemphill	55	45. Vaillan't	23
7. Hicks	162.5	20. Palks	89	33. Schutt	53	46. Renner	16
8. Hinckley	138	21. Hinkamp	86	34. Pierce	53	47. Madden	15
9. Granberg	133	22. Maxey	81	35. Garverick	53	48. A. Smith	14
10. Walker	131.5	23. Duncan	81	36. Durbin	51	49. Martin	14
11. Pastoret	122	24. Walter	77	37. Schneider	46	50. Harris	13
12. Chippendale	120	25. DeCoster	76	38. Felts	38	51. Holt	10
13. Marks	115.5	26. Storvick	72	39. Wiecek	38	52. Patterson	10

Age 40 & Over:

1. Londeree	108.5	8. Storvick	35
2. Brown	72.5	9. Johnson	32
3. Lewis	68.5	10. Renaud	15
4. Hicks	68	11. Burres	14
5. Loan	52	12. Madden	9
6. Marks	44.5	13. Martin	9
7. Duncan	38	14. A. Smith	8

Age 15 & under:

1. W. Paul	28	1. W. Evans	14
2. J. Gibson	16	2. A. Johns	10
3. D. Forest	13	3. R. Bedell	9
4. M. Gibson	8	4. N. Cousin	9
5. S. Gibson	8	5. G. Moe	9
6. M. Wiecek	7	6. D. Hunter	8
7. A. Hessler	7	7. C. Wittmer	8
8. P. Hessler	5	8. A. Hessler	7
9. N. Wagner	5	9. R. Thomas	5
10. V. Walter	4	10. N. Wagner	4

WOMEN:

STAN SMITH WINS WALK-RUN PENTATHLON IN CLOSE BATTLE WITH RANDY MIMM:

TWO MILE WALK: 1 2 Points

1. Randy Mimm	7:31	15:18	724
2. Stan Smith	8:02	16:31	542
3. Albert Van Dyke	9:17	19:21	206
4. Jim Wass	9:33	19:51	174

880 YARD RUN:

Smith	2:21.5	433
Mimm	2:25.8	382
Joe Marks	2:42.0	212
Wass	2:59.0	66
Van Dyke	3:40.0	0

MILE WALK:

Mimm	7:33	543
Smith	7:52	448
Van Dyke	9:19	122
Wass	9:39	65

TWO MILE RUN:

Smith	5:27	10:49.7	555
Mimm	6:18	12:22.4	333
Marks	6:22	12:34	309
Wass	7:07	14:39	90
Van Dyke	8:02	16:53	0

220 YARD DASH:

Smith	25.7	499	Dru Dixon	30.5	177
Mimm	26.6	430	Ray Loan	30.7	166
Craig Brace	28.5	298	Marks	32.3	81
Tom Hinckley	29.3	248	Jon Palks	33.7	13
Joe Duncan	30.0	206	Van Dyke	39.0	0
Wass	30.5	177			

This all took place on April 15, with the events being dove-tailed with the 3,2,1 triathlon events (results on next page). Mid 50's with an awfully stiff wind from the east which had a decided effect on all of the running events and made it impossible for Smith and Mimm to seriously threaten Smith's record of 2790 points. Mimm was ahead of record pace through the mile walk, but he was set back pretty hard in the two mile run. In Smith's record performance in 1973, Smith had a 10:02.5 in the 2 mile run which gave him his biggest block of points. Mimm's superiority in the walks could not make up the difference. Going into the 220 Mimm was ahead of Smith by 4 points, but the runner-walker from Des Moines was in command of the 220 all the way. Smith finished with a total of 2477 points to Mimm's 2412. Joe Marks was third with 602, Wass 4th with 572 and Van Dyke 5th with 328. Smith has now won this event four times in addition to holding the record.

ELAPSED TIME STANDINGS--Walkers:

Age 40 & over:

1. Mimm 38.5	7. Spier 12	1. Busen 26
2. Busen 31	8. J. Young 11	2. Van Dyke 23
3. Van Dyke 29	9. Gragg 11	3. Taft 14.5
4. Taft 17.5	10. Jim Wass 8	4. Bent 13
5. Jim B. 16	11. Fein 7	5. Spier 12
6. Bent 16	12. Reynolds 5	6. Gragg 8
		7. Reynolds 5

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: Standings showing median percent improvement and number of events:

1. Olen Brown 8.07 10	6. Ray Loan .17 9
2. Wesley Paul 2.44 7	7. Tom Hinckley -0.48 9
3. Ben Londeree .98 10	8. Joe Duncan -0.78 10
4. Henry Bent .88 6	9. Don Lewis -0.91 7
5. Whitney Hicks .31 7	10. Mike Chippendale -1.83 6

KEN ATWELL represented CTC in a 7.5 road run at the Johnson Co. Community College, Overland Park, Kansas on April 16. He finished 7th overall (out of 130 runners) and 1st, age 40-49, with a time of 45:00. Tom Logan was the winner with 41:30 on a cold, windy day.

I am told that MARK LANDRUM, DON JOHNSON & DICK MARTIN ran in the Boston Marathon and that Mark had a time of 2:45:45, truly remarkable since Mark spent most of the winter nursing an injury and was quite short on training. I have not been able to find out how Johnson and Martin did. Don's hometown newspaper, in Centralia, recently had an article about Don, his running, and his prospective trip to Boston.

JIM and MIDGE PINKERTON are handling the Junior Olympics T & F qualifying meet to be held Sunday afternoon, May 21st. This is a meet we have been talking about having for several years--the Pinkertons are now getting something done. This meet is necessary for all those age 13 & under who hope to advance to the district, regional and MVAAU meets. The Pinkertons are getting assistance from the P & R Dept. and from the schools. However, it is essential that they get sufficient help from CTC members. Therefore, all CTC people who will be able to help should let Jim and Midge know.

STEVE RENNER WINS 3, 2, 1 MILE TRIATHLON IN ANOTHER CLOSE BATTLE:

	3 mile	2 mile	1 mile	TOTAL
1. Steve Renner	15:37 (5:04, 5:16, 5:17)	10:05* (5:01, 5:04)	4:46* (2:20, 2:26)	30:28
2. Charlie Evans	15:33 (5:04, 5:16, 5:13)	10:07 (5:02, 5:05)	4:56 (2:27, 2:29)	30:36
3. Jerry Yunker	15:25* (5:04, 5:16, 5:11)	10:21 (5:11, 5:10)	4:58 (2:28, 2:30)	30:44
4. Rex Power	16:32 (5:18, 5:37, 5:37)	10:50 (5:18, 5:32)	5:08 (2:28, 2:40)	32:30
5. Ben Londeree 43	16:43 (5:30, 5:40, 5:33)	10:55 (5:33, 5:22)	5:09.1 (2:34, 2:35)	32:47.1
6. Tom LaFontaine	16:48 (5:34, 5:41, 5:33)	10:55 (5:34, 5:21)	5:09 (2:32, 2:37)	32:52
7. Whitney Hicks 42	16:55 (5:30, 5:40, 5:45)	11:19 (5:40, 5:39)	5:24.5 (2:42, 2:42.5)	33:48.5
8. Tom Hinckley	17:14 (5:30, 5:46, 5:58)	11:18 (5:40, 5:38)	5:24 (2:42, 2:42)	33:56
9. Olen Brown 42	17:40 (5:41, 6:00, 5:59)	11:56 (5:51, 6:05)	5:40 (2:43, 2:57)	35:16
10. Jon Palks	18:49 (6:03, 6:27, 6:19)	12:24 (6:13, 6:11)	5:47 (2:53, 2:54)	37:00
11. Keith Pierce	19:03 (6:21, 6:23, 6:19)	12:33 (6:28, 6:05)	6:02 (3:07, 2:55)	37:38
12. Craig Brace	19:34 (6:04, 6:44, 6:46)	12:30 (6:13, 6:17)	5:59 (2:55, 3:04)	38:03
13. Dru Dixon	19:04 (5:59, 6:30, 6:35)	13:06 (6:38, 6:28)	6:00 (2:51, 3:09)	38:10
14. Wesley Paul 9	19:38 (5:58, 6:32, 6:58)	12:34 (6:02, 6:32)	6:11 (3:00, 3:11)	38:13
15. Ray Loan 46	19:29 (6:33, 6:24, 6:32)	12:38 (6:21, 6:17)	6:07 (3:01, 3:06)	38:14
16. Al Garverick	19:43 (6:37, 6:35, 6:31)	12:41 (6:22, 6:19)	6:06 (3:02, 3:04)	38:30
17. Joe Duncan 43	19:58 (6:43, 6:39, 6:36)	13:24 (6:43, 6:41)	6:14 (3:06, 3:08)	39:36
18. Dave Forest 15	19:59 (6:31, 6:52, 6:36)	13:14 (6:26, 6:48)	7:31 (3:43, 3:48)	40:44
19. Ken Burres 43	20:57 (6:51, 7:02, 7:04)	13:39	6:25	41:01
20. Jim Gibson 14	21:18 (6:41, 7:25, 6:53)	14:24 (7:10, 7:14)	6:58 (3:26, 3:32)	42:40
21. Annette LaFontaine	22:13 (7:28, 7:35, 7:10)	14:44 (7:22, 7:22)	6:47 (3:23, 3:24)	43:44
22. Steve Gibson 10	23:00 (7:25, 7:42, 7:53)	15:56 (7:51, 8:05)	7:40 (3:56, 3:44)	46:36
23. Paul Wagner	26:09 (8:42, 9:04, 8:22)	16:39 (8:30, 8:09)	7:11 (3:32, 3:39)	49:59
24. Nicole Wagner 7	29:34 (9:45, 10:18, 9:33)	19:51 (10:10, 9:41)	8:32 (4:11, 4:21)	57:57
25. Don Granberg	17:30 (5:38, 5:57, 5:55)			

Renner, Evans and Yunker battled it out for first with Yunker taking the 3 miler and Renner coming back for the other two, while Evans finished second in all three races. The strong east wind definitely hampered performances, but the competition was spirited in all races. Londeree and LaFontaine got hooked up in a couple of good battles, as did Hinckley and Hicks.

Annette LaFontaine set a new record for women, beating the 44:24 Joan Hirt had last year. Joan had times of 21:19, 16:35 & 6:30.

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

Ralph Anderson
2517 Shephard Blvd.
Craig Brace 1-17-61
110 Washington
Wellsville, Mo. 63384
Bob Curry 8-11-42
510 High St., Apt. 222
Dave Harris 12-11-54
227 Campbell Apts.
Kirksville, Mo. 63501
Jerry Inman 10-27-48
Rt., Box 67
Billings, Mo. 65610

Lynn Marty 9-25-52
1210 Moreau
Jefferson City, Mo. 65101
Nick Peckham 4-11-40
1500 E. Walnut
Jim 12-20-67
Jenny 1-9-65
Steve Renner
#3 Valley Trail Ct.
Jack & Janet Siefkas
1012 Maplewood
Jim Wass 7-23-52
Rt #10

WESLEY PAUL recently received an award and citation in Kansas City; the citation, having been written by Ben Londeree, went as follows:

C I T A T I O N

WESLEY PAUL

by

National Association for Sport and Physical Education

A Division of

American Alliance for Health, Physical Education and Recreation

Wesley Paul established twelve national and numerous regional age 8 middle and long distance running records during 1977.

Wesley is the son of Mr. and Mrs. Ailo Paul and resides in Columbia, Missouri. Wesley competes regularly in a summer age group running program and year-round long distance racing and fun run programs sponsored by the Columbia Track Club. In addition, he has represented the Columbia Track Club in numerous races in the midwest as well as several nationally prominent races.

The national age 8 records established by Wesley include the following:

1500 meters 5:16.0
One mile 5:36.4
Two miles 11:49 (Enroute to three miles record)
Three miles 17:59.6 (Same day as the one mile record)
One hour runs 9 miles, 1005 yards
10,000 meters 41:27
15,000 meters 1:02:29
20,000 meters 1:26:33 (Enroute to 30,000 meters record)
25,000 meters 1:48:33 (Enroute to 30,000 meters record)
30,000 meters 2:10:09
Mayor Daly
Marathon 3:15:30
New York City
Marathon 3:00:31

Wesley began running in 1975. During 1977 many of his daily training runs exceeded 20 miles. His favorite training course is the University of Missouri's A.L. Gustin Golf Course which is a monstrous hilly course. Wesley's dad coaches him and they often do part of their workouts together.

Wesley has shown extraordinary dedication, motivation, and the ability to accept the discomforts associated with breaking long distance running records. He has overcome several setbacks in his rise to fame. In the 1977 S.I.U. Edwardsville Marathon he got lost and ended up running 33 miles. In the Columbia Track Club's 1977 Heart of America Marathon he was sidelined after six miles when he was hit by a car and received head lacerations and numerous bruises. His record performance in the 1977 Mayor Daley Marathon included a long detour off course for a pit stop.

Wesley has received several honors because of his running performances. These include: an invitation to run in the New York Marathon, a comment and a picture with comments in Sports Illustrated, a guest of the Kansas City Kings with a halftime introduction with Bruce Jenner, and an invitation to the Cherry Blossom 10 Mile Race in Washington, D.C. at the request of Missouri Senator John Danforth.

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

April 9, 1972 2 Mile Run 1. Dennis Stewart 10:02, 2. Ben Londeree 10:11,
 . . . 4. Doug Williamson 10:27, 5. Whitney Hicks 10:44,
 6. Mike Chippendale 10:58, 7. Don Granberg 11:18, 8.
 Joe Duncan 11:29 (has never been bettered since), 9.
 Dick Hessler 12:10 & 6 others. The 7 mile walk:
 1. Dave Leuthold 1:09:08, 2. Dick Hessler 1:16:01

April 16, 1972 MVAAU ONE HOUR WALK: 1. Larry Young 8 miles, 415 yards
 (MVAAU record which hasn't been bettered), 2. Dave Eidahl
 6-1640, 3. Bob Young 6-706, . . . 7. Dave Leuthold
 6-384, 8. Dick Hessler 5-1640 (yes, Dick was doing
 some race-walking in those days while trying to work
 through an injury), 7. Rob Spier 5-1166

April 21, 1972 Kansas Relays: 35 & over mile run: 3. Ben Londeree 4:36.8,
 . . . 5. Whitney Hicks 4:47.0. . . 8. Joe Duncan 5:12.7
 880: Jean Madden 8th in 2:13.0

April 23, 1972 a springtime 2 mile cross-country: 1. Dennis Stewart 10:37,
 2. Doug Williamson 10:39, 3. Ben Londeree 10:40,
 4. Mike Chippendale 11:10, 5. Whitney Hicks 11:16,
 . . . 7. Joe Duncan 12:12, 8. Don Granberg 12:19, 9.
 Dick Hessler 12:26 & 6 others

April 29, 1972 Walk-Run Pentathlon: 1. Larry Young 2471 points (14:22-
 2 mile walk, 2:27.2 880, 7:18 mile walk, 11:00 2 mile
 run, 32.4 220), 2. Paul Ide 1934, 3. Doug Williamson
 1825, 4. Ben Londeree 1682. Young won the walks,
 Williamson the 880 in 2:01.6 with Ben at 2:05.6 & Hicks
 at 2:12.2; Ben won the 2 mile run in 10:34 and William-
 son had the 220 in 24.7. In the only walk of his
 career, Ben Londeree did a 9:40 mile walk with the last
 220 being somewhat questionable.

In April of 1972, Larry Young launched his effort to make the U.S Olympic
 team, that effort culminating with a bronze medal in
 the Munich Olympics for the 50 kilo walk. First of all,
 on March 19, Larry won the Senior National 35 kilo with
 2:52.41, in Pomona, Calif.. Then came the 25 kilo on
 April 9 in Seattle in 1:57:28 and the 20 kilo, Long
 Island, in 1:32:43, both victories.

Here is an item that was lifted from a recent issue of Boy's Life magazine:

I tear right down the
 straightaway,
 No runners are around.
 My energy food is
 working,
 Every step I gain ground.
 I round the curve with
 breakneck speed,
 Oh, what a glorious day!
 Till I see the runners up
 the track,
 Coming the other way.

Jon Herbert represented CTC in the Arkansas Marathon, Booneville,
 Ark., on March 25th, finishing 3rd with a personal best time of
 2:40+.

The Columbia Track Club newsletter costs \$2.00 per year, for the
 12 monthly issues. Or, you can join the Columbia Track Club by
 paying the annual dues of \$5.00, per family. The \$5.00 includes
 the newsletter, Send your money (and any other donations) to
 Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201

Attention Joggers and
Runners of all Ages
and both sexes

5th ANNUAL HOSPITAL HILL RUN

Saturday, June 3, 1978
Beginning at 7:00 A.M.

All Events will start and end at
Crown Center. Races will begin at
Crown Center and follow the Route
indicated on the maps.

Sponsored by:

MID-AMERICA MASTERS
TRACK & FIELD ASSOCIATION
KANSAS CITY, MISSOURI PARKS
AND RECREATION

UMKC SCHOOL OF MEDICINE

THE ACADEMY OF
HEALTH PROFESSIONS

EMERGENCY RADIO SYSTEM

AGE GROUPS — BOTH SEXES

Under 14 14-19 20-29 30-39
40-49 50-59 60 & over

Age Group Competition in
Quarter Marathon (7.7 Miles) Run
and Half Marathon Run (13 Miles),
Plus Mile Fun Run

Course surface pavement —
flats required

SCHEDULE

Pick-up Pre-registration Materials	6:00 a.m.
Half Marathon and Quarter Marathon Run	7:00 a.m.
Mile Fun Run	9:30 a.m.

AWARD PRESENTATIONS:

7.7 Mile Run	10:00 a.m.
13 Mile Run	10:30 a.m.

1. Paul Dudley White, M.D. Memorial
Trophy will be awarded to overall win-
ner of the Half Marathon.
2. E. Grey Dimond, M.D. Trophy for the over-
all winner of the 7.7 Mile Run.
3. Trophy for overall women's winner
in 7.7 Mile and Half Marathon
4. Oldest Running Farthest, youngest
Running Farthest Award
5. Other Awards:
7.7 Mile & 13 Mile
- Trophy to each division winner
- Plaques to next 9 finishers in each division
- Hospital Hill Run Tee-Shirt to
all entrants in these events
- Results Brochure

Mile Fun Run (No Entry Fee)
- Certificates to all finishers

Entry Fee: \$5.00 - 21 years of age & over
\$3.00 - 20 and below

NOTE: ENTRY DEADLINE

Friday, May 26, 1978. Entries
will be limited to first 1800 Run-
ners who enter prior to the deadline.

Mail Registration to:
Mid-America Masters Track & Field Assn.
c/o The Academy of Health Professions
2920 McGee Trafficway
Kansas City, Mo. 64108

HOSPITAL HILL RUN

MAIL THIS ADVANCE REGISTRATION FORM TODAY

Name: _____

Address: _____

CITY _____ STATE _____ ZIP _____

Age on 6/3/78 _____ Sex: ☐ Male ☐ Female Birth Date: _____

Tee Shirt Size
S M L XL

TO:

Return this Advance Registration Form
and

Registration Fees

0 - 19 years: \$3.00

20 and over: \$5.00

Mile Fun Run - No Charge

Mid-America Masters Track
and
Field Association

c/o

Academy of Health Professions
2920 McGee Trafficway
Kansas City, Missouri 64108

I ACCEPTED ALL AND FULL RESPONSIBILITY FOR ANY INJURY OR ACCIDENT
TO MYSELF RESULTING FROM MY PARTICIPATION IN THIS OR THESE EVENTS:

I will participate in the:

- ☐ 13 MILE HALF MARATHON
☐ 7.7 MILE RUN
☐ MILE FUN RUN (NO CHARGE)

Signature of Participant _____

NOTE: REGISTRATION DEADLINE — FRIDAY, MAY 26, 1978
AT 5:00 P.M. OR BEFORE IF 1800 REGISTRATIONS ARE
RECIEVED. ALL REGISTRATIONS AFTER MAY 26, 1978
WILL BE RETURNED UNOPENED.

SCHEDULE OF EVENTS:

APRIL 29 Saturday 9:00 AM Missouri Cup Competition 20 Kilo Walk
Rock Bridge HS Track
29 " 9:00 AM FUN RUNS Research Park
30 Sunday 2:00 PM 10,000 Meter Run at Wilson's Creek Battlefield
National Monument Springfield, Mo.
30 " 10:00 AM 5,000 & 10,000 Meter Runs, Westport Plaza
St. Louis, Mo.

MAY 6 Saturday 7:00 AM MVA AU & OPEN ONE HOUR RUN Hickman Track
First section (those over 9 miles) at 7, then
second section at 8:40 AM. Each runner should
bring someone to record his 440 splits.
13 " 9:00 AM FUN RUNS Research Park
14 Sunday 7:00 AM Lincoln Marathon (the first) Lincoln, Nebr.
CONTACT: Lincoln Marathon 2818 Cedar Ave. 68502
20 Saturday 8:00 AM 5 Mile Walk Hickman Track This will count
as a DT & ET event even though it is not on
the schedule--we are doing this since we
shorted the walkers on walks for May & June.
20 " 9:00 AM Sprint Triathlon 1500 meters, 800 meters
400 meters Hickman Track
21 Sunday 2:00 PM 3 mile Run UMKC Track 5100 Rockhill Road
Kansas City, Mo.
27 Saturday 9:00 AM FUN RUNS Research Park
28 Sunday National AAU Masters 20 Kilometer Run 9:00 AM
Iowa State Fairgrounds E. 30th & University
Des Moines, Iowa I have many entry blanks.

June 3 7:30 AM 5th Annual Hospital Hill Run Kansas City, Mo.
13 mile, 7.7 mile & 1 mile runs

On Sunday, May 21st, Hickman Track, we are planning to have a preliminary Junior Olympics T & F meet. This will serve as the qualifier for the District meet at Fulton. Boys & Girls age 13 & under will need to qualify in this local meet. Jim & Midge Pinkerton are doing the work to get this going. Flyers will be sent to the schools--so watch for them.

Columbia Track Club
4004 Defoe Dr.
Columbia, Mo. 65201

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BOONE COUNTY JUNIOR OLYMPICS MEET
for Bantam, Midget, and Junior age groups
Boys and Girls
Hickman High School Track
Sunday, May 21st starting at 1:00 p.m.

Divisions

Age

Bantam	9 and under
Midget	10 and 11
Junior	12 and 13

The age determining date shall be January 1, 1978. Whatever age a competitor is on that day shall be considered their age for the entire 1978 season. (If a competitor is eleven years old on January 1, 1978, has a birthday on January 2, making him 12, he will still compete all year as an eleven year old.)

THE EVENTS

Girls

Bantam - 50 yard dash - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - 880 yard race walk - one mile race walk - long jump - high jump - baseball throw - 440 yard relay - 1 mile run

Midget - 50 yard dash - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - one mile race walk - long jump - high jump - baseball throw - 440 yard relay - 880 yard race walk - 1 mile run

Junior - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - one mile run - 80 meter low hurdles - one mile race walk - long jump - high jump - shot put - 440 yard relay - 880 yard medley relay - 2 mile race walk - discus - javelin

Boys

Bantam - 50 yard dash - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - 880 yard race walk - one mile race walk - long jump - shot put - high jump - 440 yard relay - 1 mile run

Midget - 50 yard dash - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - 880 yard race walk - 1 mile race walk - 50 yard low hurdles - long jump - triple jump - high jump - shot put - 440 yard relay - 1 mile run

Junior - 100 yard dash - 220 yard dash - 440 yard run - 880 yard run - 1 mile run - 70 yard low hurdles - one mile race walk - 2 mile race walk - long jump - triple jump - high jump - pole vault - shot put - discus - 440 yard relay - javelin

No contestant may compete in more than three events, this includes dashes, race walks, field events and relays.

The top three places in each event shall qualify for the Eastern Region meet to be held in Fulton on May 27th.

The Missouri State Championship will be June 3 in Warrensburg, Missouri, and the Missouri Valley Championship will be June 17 in Manhattan, Kansas.

This meet is sponsored by the Columbia Parks and Recreation Department, the Columbia Track Club and Sears, Roebuck and Company.

A Running Start

When psychiatrist Thaddeus Kostrubala's patients come to see him, instead of lying down on the couch they — and the doctor — are likely to go for an hour's jog in nearby Balboa Park. Kostrubala, chief of psychiatry at San Diego's Mercy Medical Center, has successfully used running as part of his therapy for dozens of patients. "It works best with moderately depressed patients but can be used with most patients, except for those with certain physical conditions," says Kostrubala. To illustrate what the running therapy does for

the patient, Kostrubala outlines the stages most runners experience during an hour's run: "During the first 20 minutes you feel rotten, then at half an hour you get a feeling of elation, and after 40 to 60 minutes you may experience an altered state of perception." The most immediate effect on the patient, says Kostrubala, is elation and an amelioration of depression. Not all patients run with Kostrubala; some do it on their own or with one of the "running therapists" he is training. What do you have to do to become a running therapist? Well, for starters, you have to have completed 2 marathons.

1978 ENTRY BLANK

MISSOURI VALLEY AAU, AND RRCA NATIONAL POSTAL OPEN 15 KILO RUN

- TIME:** Saturday, July 15, 1978, 7:10 a.m.
- PLACE:** Columbia, Missouri - meet at Hilton Inn parking lot, located on the southwest corner of I-70 and Stadium Boulevard intersection.
- THE COURSE:** An AAU certified road course, 3-5,000 meter legs, back and forth on asphalt and concrete. Start at Hilton Inn.
- ENTRY FEE:** \$2.00. This includes entry into the RRCA Postal Competition and swimming privileges at West Broadway Swim Club. Post entries will be accepted but PLEASE try to have your entries in by July 14. Make checks payable to Columbia Track Club.
- AWARDS:** To be presented at 8:45 p.m. at the West Broadway Swim Club. Trophy to overall winner. Trophies to first three finishers in each of the following categories: age 15 and under, 16-29 (first 6), 30-39, over 40, women. Certificates to all finishers. MVA AU medals to first three MVA AU finishers, men and women. Post-race swim: all competitors and families are invited to use the facilities of the West Broadway Swim Club until 10:00 a.m. These facilities are across the street from the finish line.

MVA AU AND

COURSE RECORD: 46:13, Ron Tabb, July 17, 1976.

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, and the Columbia Track Club for all injuries suffered by me at said race.

Print Name _____ AAU# _____ Assoc. _____

Signature _____ Birthdate _____

Ht. _____ Wt. _____ Address _____ 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. THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

Return to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65201.

Here is the form for the summer age group program--the same tested format as before. We will not schedule people to help out on a formal basis. Simply keep in mind that each Wednesday evening we need at least six officials and we will recruit from those who show up. So, please show up whenever you can.

COLUMBIA PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB PRESENT

A SUMMER PROGRAM OF RUNNING AND RACE WALKING

A series of six Wednesday evening races to be held on Hickman High School Track on June 14, 21, 28, July 5, 12, 19. The races will begin at 6:30 p.m. and proceed in the following order: 440 yard dash, 880 yard run, mile run, mile walk, 2 or 3 mile run. Emphasis will be on participation and personal improvement. There will be a \$1.00 charge to help cover the cost of participation certificates and awards.

The events will be as follows:

	June 14, June 28, July 12	June 21, July 5, July 19
AGE GROUPS		
6-7, 8-9	440, mile, mile walk	440, 880, mile walk
10-11, 12-13	440, mile, mile walk	880, 2 mile, mile walk
14-15, 16-17	mile, 3 mile, mile walk	880, 2 mile, mile walk

Participants can do only one running event plus the mile walk each night.

Please complete this form and bring it and \$1.00 on June 14.

NAME _____ BIRTHDATE _____

ADDRESS _____

I, _____ (father, mother) of

_____ consent to my child's

participation in this program and I hereby waive any and all claims for

damages which I might have against the City of Columbia, Missouri, or

the Columbia Track Club for any injuries suffered by my child as a

result of or during this program. For further information, contact

Whitney Hicks, 213 Devine Court, 445-7230.

schedule of events:

JUNE 3 Saturday 7:00 AM Hospital Hill 7.7 & 13.1 mile runs
 Kansas City, Mo. JOE MARKS will co-ordinate
 transportation for those who want rides or who
 are willing to take passengers. Call him at
 445-1919.. All CTC members should be sure to
 report to either Marks or Duncan as to their
 participation and their results.

3 " 7:00 AM Marathon-Marathon Terre Haute, Indiana

10 " 8:00 AM (Note the change in time--for June, July
 & August) FUN RUNS Research Park

17 " 7:30 PM 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

17 " 6:00 PM 15 kilo run Lakewood Park Salina, Kansas
 CONTACT: Skip Olsen 806 East Minneapolis 67401

17 " 8:00 AM "Springs 10 Miler" Watkins Mill State Park
 CONTACT: Ken Fields 1008 St. Louis Excelsior
 Springs, Mo. 64024

24 " 8:00 AM FUN RUNS Research Park

24 " 7:00 PM 2 Person-10 Mile Relay Each person 5X1
 mile KSU Christian Track Manhattan, Kansas

25 Sunday 6:00 AM Marathon & 6 mile run SIU Edwardsville
 Ill. CONTACT: Robert Bruker Box 47 SIU
 Edwardsville, Ill. 62026

JULY 1 Saturday 8:00 AM One Mile Run This will be the RRCA
 National Postal event--all ages Older ages
 will run first. All this followed by a
 10,000 Meter Walk Hickman Track

ADD: JUNE 4 Sunday MVAAU MEN-JUNIOR-WOMEN T & F CHAMPIONSHIPS Garnett, Kansas
 HS track 10 K run at 11:00 AM, Field events
 start at 10:30 AM, all other events start at 1:00.

COLUMBIA TRACK CLUB
 2980 Maple Bluff Dr.
 Columbia, Mo. 65201

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