

TRACK CLUB

NEWSLETTER Vol. X, No. 8 August 25, 1978

JIM HEIRING HANDILY WINS SENIOR NATIONAL AAU 30K WALK TITLE Aug. 13:

5,000 meter splits:		5K	10	15	20	25	30	
1.	Jim Heiring	21	23:57	48:21	1:13:06	1:38:27	2:04:29	2:30:50
2.	Augie Hirt	27	25:06	50:10	1:15:50	1:42:20	2:10:12	2:39:29
3.	John Knifton	38	25:07	50:10	1:15:57	1:42:57	2:11:05	2:40:16
4.	Dave Himmelberger	32	25:07	50:24	1:16:50	1:45:18	2:15:35	2:47:47
5.	Gerald Bocci	40	27:05	55:04	1:23:08	1:52:40	2:21:24	2:51:49
6.	Wade Freeman	21	27:32	55:03	1:23:08	1:51:35	2:21:14	2:52:11
7.	Leonard Busen	47	29:53	59:47	1:29:00	1:58:28	2:28:52	3:00:27
8.	Bob Chapin	46	29:43	59:11	1:28:30	1:58:20	2:30:39	3:07:33
9.	Jeanne Bocci		31:07	61:30	1:31:43	2:02:55	2:34:53	3:08:05
10.	Albert Van Dyke	53	29:42	61:32	1:36:51	2:13:05	2:52:28	3:32:11
11.	Bob Gragg	52	34:29	68:59	1:44:52	2:21:53	3:00:10	3:40:02
12.	Nathan Chapin	15	36:19	73:04	1:49:23	2:28:03	3:08:59	3:49:48
13.	Frank Holgerson	42	35:33	71:44	1:50:40	2:35:31	3:25:52	4:19:25
14.	William Taft	62	40:24	83:40	2:06:07	out after 14 laps		3:35:47
15.	Jim Shanahan	23	32:02	65:23	1:38:57	2:12:55	13 "	2:24:35
16.	Paul Mack	23	32:08	65:08	1:39:02	" "	11 "	2:13:17
17.	Jerry Young	21	25:30	55:46	out after one more lap			
18.	Jim Breitenbucher	24	29:43	59:35	" "	" "	" "	
19.	Randy Mimm		24:25	2 more laps then out--Randy arrived 5 minutes late, then proceeded to walk the first two miles faster than the leader. After a tough week of traveling and problems with his heel and foot, it was apparent to Randy that this just wasn't his day.				

Low 70's, humid, sun shining, despite the 6:30 AM start, the heat and humidity did take its toll. Heiring had the lead right from the start and was never threatened. He won many NAIA championships at shorter distances when in school at the U. of Wis., Parkside, but he certainly shows that he can also handle the distances. It was good to have Augie Hirt back in town for the first time since his move to Chicago. Judges were Bob and Larry Young, Rob Spier and Joe Duncan. Veva Spier and Candy Young took care of the aid station.

The traveling I alluded to above in talking about Randy Mimm had reference to the trip to New Jersey made by Randy, Jim Breitenbucher and Jerry Young where they represented CTC in the Senior National 40 Kilo race. This was on August 6 and involved several days traveling in Randy's old car. It also involved a theft of a lot of the walker's personal belongings and various other difficulties. In the race itself Young got a 4th place in 3:43+ behind Dan O'Connor's 3:31+ which was good for first. Jim had 4:21+ for 24th while Randy had difficulty with the fast early pace and had to eventually drop out. Two days later, though, Randy redeemed himself by taking 2nd in a two mile walk with 14:34, behind the winning time of 14:20. In that race Young was 3rd with 15:14, while Jim had 16:31 for 5th. There were 30 other walkers in the two miler.

JIM BREITENBUCHER did some running in a couple of races this summer. First of all, a 7 miler on July 29 in connection with the Bix Biederbecke Jazz festival, someplace in Iowa, I think. Jim was 3rd out of 620 runners. Then he was 18th in a 5 mile run in Iowa City with 29:10 and in that race there were 86 runners.

Some other summer race results: 6 mile road race, June 25, Edwardsville, Ill, NICOLE WAGNER, 1st, age group 16 & under girls, 57:52. This was the real hot day of the SIU-Edwardsville marathon in which MARK LANDRUM finished 3rd and JOE MARKS 7th.

In an hour run on June 24th, DENTON CHILDS was 2nd with 11 miles, 540 yards behind Dan Dwyer's 11-999. JON HERBERT was 3rd with 11-110. Then DENTON and CHARLIE McMULLEN were in the Peoria, Ill. Steamboat Classic, a 15 kilometer run. Time Donovan was the winner with 48+, while Charlie was 2nd with 49:30 and Denton 5th with 51:15.

AUGIE HIRT was on the USA team which represented England the latter part of July. Augie thinks he didn't do as well as he should have, however he had a 4:31:25 in the 50 kilometer race to be the 2nd American. Dan O'Connor was 4:29:56 while Bob Kitchen was 4:35:01 and John Knifton 4:47+. Back in May, in Longmont, Colo., Augie won the 100 kilometer walk setting a new American record of 10:19:00.

BEN LONDEREE AND OLEN BROWN TEAM UP TO WIN 30 KILOMETER RUN August 5, 1978:

	5 K Splits:	5	10	15	20	25	30 Kilo
1. Ben Londeree	44	18:50	38:59	59:00	1:19:46	1:38:50	2:00:00
1t. Olen Brown	42	18:50	38:59	59:00	1:19:46	1:38:50	2:00:00
3. Steve Holt		19:17	38:59	1:00:00	1:20:35	1:38:50	2:00:22
4. Jim Schutt	39	19:33	40:13	1:00:15	1:21:14	1:41:05	2:01:16
5. Don Granberg	36	19:20	39:36	59:42	1:20:20	1:40:44	2:01:55
6. Jim Walter	39	19:39	39:51	59:44	1:20:37	1:41:40	2:04:07
7. Jim Neviackas		21:16	42:48	1:03:12	1:23:58	1:44:05	2:04:56
8. Dick Martin	45	21:18	42:58	1:03:23	1:24:54	1:45:57	2:07:34
9. Al Smith	45	21:17	42:56	1:03:54	1:25:50	1:46:44	2:08:38
10. Joe Marks	41	19:33	40:04	1:00:04	1:21:55	1:44:04	2:09:20
11. Larry Thornburg		21:55	43:07	1:04:15	1:26:16	1:48:44	2:11:53
12. Bill Phillips		21:19	42:51	1:03:25	1:25:30	1:47:45	2:12:25
13. Denis Vaillancourt		21:58	44:05	1:04:39	1:28:45	1:51:01	2:15:17
14. Turk Storvick	50	21:32	44:16	1:06:15	1:29:15	1:52:02	2:16:07
15. Jay Snellen		22:46	46:34	1:09:30	1:32:20	1:54:57	2:17:15
16. Mark Kempton		21:51	44:10	1:05:03	1:29:14	1:54:23	2:18:32
17. Don Johnson	49	22:51	46:54	1:10:08	1:35:08	1:57:24	2:18:55
18. Dave Hillis		24:16	49:25	1:14:10	1:38:06	2:00:07	2:22:30
19. Joe Duncan	44	25:09	50:16	1:14:05	1:38:12	2:01:30	2:24:48
19t. Jim Schmidtlein		25:09	50:16	1:14:05	1:38:12	2:01:30	2:24:48
21. Marty Rosso		24:04	48:55	1:13:03	1:37:34	2:01:40	2:26:45
22. Monty Bobbitt		21:26	44:04	1:06:13	1:30:37	1:57:02	2:27:12
23. Ken Burres	43	22:46	47:24	1:11:55	1:37:54	2:03:55	2:32:38
24. Dennis McGuire	40	29:08	58:11	1:28:24	1:57:50	2:24:50	2:52:53

Dick Hessler, Howard Guscar did a 20 K workout, after having run 9 miles or so, then they ran home, so I guess they just about did a marathon, this day. Their splits were 18:41, 38:02, ?, then about 1:20:00 for 20 K. Jean Madden also had a 20 K workout with 25:09, 50:16, 1:14:05 & 1:38:12. NICOLE WAGNER, age 7, won both the age 15 & under and women's 20 K run with 28:08, 57:11, 1:27:24 & 1:56:50. JIM WASS was the only walker, he had 32:09, 65:55, 1:38:50 and 2:12:54. TURK STORVICK set a record for age 50 & over. A perfect day for a long distance, considering it was August. Mid 60's, cloudy, with no sun until about the 2½ hour point. Londeree and Brown had the lead all the way, with Holt making an exception to that after the 25K turnaround. The two old men let him go for about a mile, then they decided to go after him. That they did, with Ben surging ahead, then gallantly letting Olen catch up on the penultimate hill. The DT part went like this: Marks 40 seconds off, .51%, Johnson 55 off, .66%, Turk 67 off, .83%, Granberg 65 off, .88, Burres 158 off, 1.75, Ben & Olen 180 off, 2.44% and Duncan 312 too fast, 3.47.

Many thanks to Jon Palks and John Panter for handling the timing chores.

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

August 5, 1972 30 K Run: 1. Ben Londeree 2:00:56, 2. Linley Lipper 2:03:47, 3. Don Granberg 2:16:31, 4. Bill Stintzman, no other finishers. 20K Walk: 1. Dave Leuthold 2:11:12, 2. Rob Spier 2:13:34

August 12, 1972: 3 Mile Run: 1. Bob Collette 16:07, 2. Ben Londeree 16:38 3. Art Fleming 16:53, 4. Steve Beck 18:02 5 others

August 19, 1972: First half of marathon course: 1. Art Fleming 1:30:11, 2. Londeree and Granberg 1:35:28, 4. John Wilson 1:46:35, no others hot and humid

August 26, 1972: First annual sprint triathlon: 1. Dennis Stewart 7:48.3 (52.8, 2:07.2, 4:48.3), 2. Mike Chippendale 8:44.2 (67.0, 2:29.6, 5:07.6), 3. Steve Beck 9:05.3, 4. Art Fleming 9:19.2, 5. Joe Duncan 9:38.6 and Dan and Doug Duncan each ran a 440 & the 880. Where was Ben Londeree? He was the timer for this race. This is the only time we ran the 440 first, with the mile last. We quickly learned that is really a tough way to do this event.

A lot of races in August, 1972, but not much participation. Running those half marathons on a hot August evening was pretty rough.

JOE SCHROEDER WINS THE GREAT SANDBAGGER AWARD 10,000 meter road run Aug 19,

		Elapsed Time	Actual Time	Seconds off DT	% off
1. Joe Schroeder	38	1:10:20	1:00:20	460	11.27
2. Sharon Krumm		1:11:06	1:02:06	414	10.90
3. Jim Pinkerton	45	1:11:39	1:01:39	381	9.34
4. Peter Hessler	9	1:11:59	49:55	365	10.86
5. Tim Gibson	7	1:13:34	52:34	266	7.78
6. David Hicks	14	1:13:36	48:36	264	8.30
6t. Whitney Hicks	43	1:13:36	48:36	264	8.30
8. Rob Spier	56	1:14:43	1:12:50w	197	4.31
9. William Taft	62	1:15:47	1:15:47	133	2.84
10. Dennis McGuire	40	1:15:56	48:56	124	4.05
11. Bill Daily		1:16:12	38:12	108	4.50
12. Mark Taitt		1:16:30	32:30*	90	4.41
13. Tammy Stroupe		1:16:33	52:03	87	2.71
13t. Janet Leuthold		1:16:33	52:03	87	2.71
15. Nancy Roberts		1:16:35	58:35	85	2.36
16. Randy Mimm		1:16:44	48:44w	76	2.53
17. Don Johnson	49	1:16:49	40:04	71	2.87
18. Don Lewis	42	1:16:52	38:32	68	2.86
19. Dick Martin	45	1:17:23	39:18	37	1.54
20. Leonard Busen	48	1:17:28	57:11w	32	.92
21. Bob Schottman		1:17:32	39:32	28	1.17
22. Nicole Wagner	7	1:17:34	55:34	26	.77
23. Joe Duncan	44	1:17:47	42:47	13	.50
24. Richard Spence		1:17:51	39:51	9	.37
25. Jon Palks		1:17:52	42:52	8	.31
26. Jim Gibson	14	1:17:57	41:57	3	.12
27. Joe Marks	41	1:17:59	38:45	0	0.00
28. Turk Storvick	50	1:18:01	40:31	1	.04
29. Dick Hessler		1:18:08	37:48	8	.35
30. Ben Londeree	44	1:18:09	37:49	9	.39
31. Olen Brown	43	1:18:17	38:02	17	.75
32. Charlie Evans		1:18:33	38:13	33	1.46
33. Jay Snellen		1:19:07	40:17	67	2.85
34. Matt Gibson	13	1:19:18	45:48	78	2.99
35. Dennis Stewart		1:19:22	35:52	82	3.96
36. Jim Walter		1:19:55	41:55	115	4.79
37. Tom Rice		1:20:03	37:03	123	5.86
38. Marty Rosso		1:20:10	41:10	130	5.55
39. Patti Walsh		1:20:28	59:28	148	4.33
40. Kathy Cain		1:20:30	59:30	150	4.38
41. Phil Pratt		1:20:32	45:32	152	5.89
42. Richard Harris		1:23:15	59:45	345	10.65

Upper 60's, sun shining, but not a bad day, for August, for a short day and the conditions for the picnic afterwards were perfect.

Joe Schroeder won the Great Sandbagger Award, not knowing what he was going to get to adorn his fireplace mantel. This ignorance caused him to carelessly underestimate his ability. Joe won the very first Heart of America Marathon 18 years ago as a strapping youth of 19. For some 15 years after his UMC graduation, Joe did no running, but started again a year or so ago. It is a real inspiration to see him battle the years and the pounds and to watch the progress he is making. In today's race he ran non-stop for 4 miles--the most non-stop running he has done since starting his second career. But he is still a "sandbagger" and he has the monster, which Leonard Busen so carefully fed and pampered and which he has so reluctantly turned loose on the unwary Schroeder.

Turk Storvick set an age 50 record, beating the 40:48 Tom Kempf had en route to 15 K last February.

Welcome back to Rob Spier--his first race since his coronary by-pass surgery last spring--notice that the still has a little of the sandbagger in him.

RAY LOAN has now left us--on to College Station, Texas, Texas A & M, where he has an appointment in their School of Veterinary Medicine. We will miss Ray. We particularly appreciate his work over the past two years as head honcho for the FUN RUNS. Jim Walter (I think) will be taking over that function. He would certainly like some people to volunteer their help for these important events in the CTC program.

THE WEDNESDAY NIGHT SUMMER AGE GROUP PROGRAM was another success with about the same number of participants as we have had previously. The thought for next year is that we will probably change our format by giving away ribbons each night rather than making the kids wait six weeks before they get anything for their efforts. Here are the best times for the 1978 program:

440

Girls:

6-7	Nicole Wagner	1:30
8-9	Heidi Stallman	1:29
10-11	Julie Pendergraft	1:20.5
12-13	Tari Bott	1:16

Boys:

6-7	John Westfall	1:28
8-9	Jay Sowash	1:16
10-11	John Pendergraft	1:13
12-13	Tim Kamp	1:04

Mile Run:

Girls:

6-7	Nicole Wagner	7:06.7
12-13	Amy Hessler	6:25
14-15	Karen Buchner	6:15

Boys:

6-7	Tim Gibson	7:04
8-9	Peter Hessler	6:37
10-11	Steve Gibson	6:14
12-13	Matt Gibson	6:12
14-15	Kirk Sloan	4:54.4

Mile Walk

Girls:

6-7	Leslie Spieler	12:49
8-9	Heidi Stallman	12:12
10-11	Julie Pendergraft	11:36
12-13	Amy Hessler	10:33
14-15	Karen Buchner	10:29.3

Boys:

6-7	Brandon Stallman	12:40
8-9	Jay Sowash	11:18
10-11	David Scruggs	10:34
12-13	Matt Gibson	10:11.5
14-15	Jim Gibson	10:11
16-17	Dan Estrada	9:01

MANY, MANY THANKS TO ALL OF YOU WHO HELPED OUT WITH THE OFFICIATING!

AGE GROUP RECORDS

(As of July 19, 1978)

Girls440

6 - 7		
Nicole Wagner	1:30	1978

8 - 9		
Paula Tucker	1:21	1974

10 - 11		
Julie Pendergraft	1:20.5	1978

12 - 13		
Robin Schroeder	1:27.7	1977

MILE WALK

6 - 7		
Leslie Spieler	12:49	1978

8 - 9		
Deanne Greenhalgh	11:09	1974

10 - 11		
Amy Hessler	10:54	1977

12 - 13		
Margie Fields	9:48	1974

14 - 15		
Karen Buchner	10:29.3	1978

16 - 17		
Allyson DeGroot	10:15	1976

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6 - 7
Nicole Wagner 3:21.5 1978

8 - 9
Amy Hessler 3:21 1975
Tiffany Payne 3:21 1978

10 - 11
Karen Buchner 2:56 1975

12 - 13
Karen Buchner 2:44.4 1977

14 - 15
Robin Schoeder 2:40 1978

16 - 17
Jenny Hendricks 3:03 1976

MILE RUN

6 - 7
Nicole Wagner 7:06.7 1978

8 - 9
Amy Hessler 7:18 1975

10 - 11
Amy Hessler 6:37 1977

12 - 13
Karen Buchner 6:19 1976

14 - 15
Karen Buchner 6:15 1978

16 - 17
Susan Pastoret 5:54 1976

440BOYS

6 - 7
Wesley Paul 1:19 1976

8 - 9
Wesley Paul 1:13.5 1977

10 - 11
Tim Kamp 1:08.0 1977

12 - 13
Tim Kamp 1:04.0 1978

880

6 - 7
Wesley Paul 2:51 1976

8 - 9
Wesley Paul 2:38 1977

10 - 11
Tim Kamp 2:40 1977

12 - 13
Joe Siefkas 2:25.5 1974

14 - 15
Kirk Sloan 2:08.5 1978

16 - 17
Jay Schroeder 2:05 1977

TWO MILE RUN

6 - 7
Nicole Wagner 15:31 1978

10 - 11
Laura Vaughn 15:20 1976

12 - 13
Amy Hessler 13:39 1978

16 - 17
Barbara Brown 15:10 1976

Three Mile Run

6 - 7
Nicole Wagner 25:35 1978

16 - 17
Mary Kernell 23:35 1977
Heidi Krause 23:35 1977

BoysMILE RUN

6 - 7
Wesley Paul 6:04 1976

8 - 9
Wesley Paul 5:36.4 1977

10 - 11
Steve Gibson 6:14 1978

12 - 13
Joe Siefkas 5:30 1974

14 - 15
Kirk Sloan 4:54.4 1978

16 - 17
Jay Schroeder 4:37.9 1977

TWO MILE RUN

6 - 7
Wesley Paul 13:37 1976

8 - 9
Wesley Paul 12:02 1977

10 - 11
David Scruggs 15:25 1978

12 - 13
Jim Gibson 13:39 1977

14 - 15
Kyle Hendricks 11:07 1976

16 - 17
Tom Hoft 10:24 1974

MILE WALK

6 - 7

Kevin Schroeder 11:40 1977

8 - 9

John Leuthold 10:26 1974

10 - 11

John Leuthold 10:27 1975

12 - 13

Matt Gibson 10:11.5 1978

14 - 15

Steve Spier 8:29 1974

16 - 17

Mike Clark 8:08.6 1977

THREE MILE RUN

6 - 7

Wesley Paul 20:11.2 1976

8 - 9

Wesley Paul 17:59.2 1977

10 - 11

Wayne Mayfield 24:52 1977

14 - 15

Mike Kruse 17:42 1976

16 - 17

Tom Hoft 16:30 1974

DESIGNATED TIME STANDINGS:

1. Londeree .72 12*	5. Johnson 1.46 11	*means these are the best 12 predictions
2. Brown .85 12*	6. Childs 2.00 12	
3. Marks 1.17 12*	7. Lewis 2.42 11	
4. Duncan 1.31 12*	8. Taft 3.07 11	

ELAPSED TIME STANDINGS:

1. Londeree 384	10. Hinckley 172	19. Landrum 113	28. Dixon 94
2. Childs 306	11. Stewart 166	20. Walter 111	29. Hinkamp 86
3. Yunker 272	12. Pastoret 158	21. T. McMullen 109	30. Schneider 85
4. Brown 266	13. Guscar 153	22. Loan 108	31. Schutt 85
5. Evans 251	14. Chippendale 136	23. Johnson 104	32. DeCoster 78
6. Lewis 205.5	15. Herbert 133	24. Maxey 103	33. Hessler 75
7. Hicks 193.5	16. Walker 131	25. Palks 102	34. Pratt 74
8. Marks 185.5	17. C. McMullen 124	26. Storvick 99	35. Hemphill 74
9. Granberg 180	18. Duncan 116	27. Durbin 94	36. Martin 72

Age 40 & Over:

1. Londeree 163	6. Loan 55
2. Brown 118	7. Johnson 50
3. Lewis 87.5	8. Duncan 50
4. Hicks 81	9. Storvick 47
5. marks 77.5	10. Martin 39

15 & under

1. J. Gibson 34
2. W. Paul 33
3. M. Gibson 26
4. D. Forest 13
5. N. Wagner 13
6. P. Hessler 12
7. S. Gibson 10
8. A. Hessler 10

WOMEN

1. G. Moe 17
2. A. Hessler 17
3. LaFontaine 15
4. W. Evans 14
5. N. Wagner 14
6. R. Bedell 12
7. A. Johns 10

WALKERS:

1. Mimm 59.5	6. Bent 19
2. Busen 42	7. Breitenbucher 16
3. Van Dyke 35	8. Spier 14
4. Taft 23.5	9. Gragg 12
5. J. Young 20	10. Jim Wass 9

40 & over:

Busen 36	4. Bent 16
Van Dyke 28	5. Spier 14
Taft 19.5	

JON HERBERT and DEAN NEAL finished 2nd and 3rd respectively in the Bushwhacker Marathon, Nevada, Mo., June 18 on a hot, hot day. They ran together for 16 miles until Dean go into trouble with stomach cramps. Jon's time was 2:47+ while Dean had 3:01+. Winning time was 2:42. In some of the Springfield meets, Jon had a few short races, most notable were a two mile in 9:43 for a PB and then on Aug. 8 the best one mile ever for him with his 4:29.6 (61, 2:09, 3:20,) beating a 4:30 he had 11 years ago. He will be here on Labor Day, hoping for cool weather.

The AiLo Paul family is back from Taiwan, after a very eventful 8 weeks--especially for Wesley. Wesley received royal welcomes wherever he went, extensive TV and press coverage, mobs of people, in fact, where Olympic gold medallists drew crowds of 5,000, Wesley drew crowds of 50, and 60,000. AiLo started jogging clubs in many of the cities, clubs patterned after CTC, with the same age divisions etc. Wesley was received by the President and was awarded a medal that heretofore had been granted only to C. K. Yang and Chi Cheng. AiLo has a lot to tell of the trip and he has promised a writtne report for the CTC newsletter.

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

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Sharon LeDuc 4-28-43
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Harry Lineberry 12-25-48
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Dennis McGuire
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Mark Taitt
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Ralph Aubuchon
1409 Rosemary Columbia

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE Standings, showing median improvement (of best 10) and no. of races:

1. Olen Brown	8.89	17	6. Joe Duncan	0.37	16
2. Ben Londeree	4.42	18	7. Bill Taft	0.18	8
3. Joe Marks	2.49	10	8. Ray Loan	0.08	10
4. Tom Hinckley	1.42	12	9. Whitney Hicks	-0.35	10
5. Wesley Paul	1.13	9			

It has now been determined that it will be impossible for anyone to catch Mr. Brown. This means that he will win this award for the second year in a row--and that is a remarkable achievement

Tom and Arline Hinckley report from Austria where Tom has been on sabbatical since July 1. Here's a brief summary of the Hinckleys' letters to Track Club members:

The people of Vienna appear a bit stuffy/narrowminded. Aren't used to runners. Why? "It's not normal to run in Vienna!" Why? "Because it has not been done before so it should not be done now."

Dogs are a problem, but fortunately most are equipped with, as Tom puts it, "Conrad Dobler football masks." But even with that, they can be intimidating. One, which Tom described as "an Extreme (rather than a Great) Dane" stood about 40 inches at the shoulders. ("Biggest damn dog I have ever encountered," said Tom.) Fortunately, the dog's mask and it's owner's presence kept this close encounter from being the worst kind.

A few CTC members bought Arline a good pair of wool socks to keep her warm in the mountains (and to thank her for the times she nearly froze trying to time us during winter races). She says, "Thanks, they've already come in handy several times." She and Tom are on a "maintenance" running program. They say they will "especially miss the Heart of America, timing the 100-mile walk and the 5-miler on the golf course -- a race which always falls on a beautiful Saturday."

(Note: Joe Marks has been collecting Hinckley letters and will provide them or verbal details of our Austrian CTC branch upon request.)

The following page tells of the Mexico Ledger 10,000 Meter Run on August 12, a race with some 230 runners with good showings by CTC runners. In fact, CTC had 3 division winners with a 1-2 in two of the divisions.

By JIM STANLEY
Ledger Sports Editor

After it was all said and done, one participant called it "a celebration of life." Safe to say, Mexico has never seen anything like it before.

The first Mexico Ledger Metric 10,000 went off smoothly Saturday morning as 230 runners from seven states left The Ledger office and put foot to pavement en route to the Mexico High School track.

To be sure, there were some bottlenecks; registration and tabulation of the final results will have to be streamlined before it is held again. But the road race itself went off like clockwork and runners and officials alike agreed you couldn't have expected much more for a first-time event.

David Harris of Kirksville led 210 entries across the finish line under humid but not hot conditions. He was the front-runner virtually all the way and was clocked in 32 minutes, 9 seconds for the 6 miles, 378 yards.

The top four finishers in the race came in the men's 19-31 division. Harris, a lean and lanky 23-year-old who seemed to fly over the course in effortless strides, finished 28 seconds ahead of Dean Neal, 30, of Waynesville.

Ledgerland can lay claim to winners in three of the seven divisions. Susan Maupin, 17, of Mexico led all women with a 43:13 effort. Former Mexican Dan Marley, 16, of Chillicothe topped the men 18 and under in 34:05. Don Johnson, 49, of Centralia captured the men's 45 and over title in 39:35.

The other individual champions were Lance Neal, 39, of Success in the men's 32-44 division; Stephanie Kelly, 28, of St. Louis in the women's 19-34; and Silvia McIntire, 43, of St. Louis in the women's 35 and over. Neal was timed in 39:37, Kelly in 44:13 and McIntire in 54:50.

Almost 100 persons were in the bleachers at Hawthorne Heights for the conclusion of the race, while others greeted the runners with shouts of encouragement along the way. First-place plaques and official tee-shirts were presented to the runners by Michele Davis, Miss Audrain County, and Tamara Leigh Fister, Miss Missouri.

Entries in the race came from Missouri, Illinois, Kansas, Nebraska, Wisconsin, Connecticut and California. Money collected as entry fees will be donated to the fund for Debby Culbertson, a 12-year-old girl from Santa Fe suffering from leukemia.

MEXICO LEDGER METRIC 10,000
Saturday, Aug. 12, 1978

MEN 18 AND UNDER

Rank	Name	City	Time
5	D. Marley	Chillicothe	34:05
6	B. Martin	Collinsville, Ill.	34:34
10	D. Vaughn	Lebanon	35:16
11	D. Bryant	Lohman	36:14
12	R. Cain	Jefferson City	36:27
13	S. Brandt	Jefferson City	36:27
14	K. Pettit	Kirksville	36:48
15	D. Kerkemeyer	Collinsville, Ill.	37:24
20	A. BROWN	MEXICO	37:53
21	L. Fields	Jefferson City	38:11
22	I. JACKSON	MEXICO	38:15
26	K. Neatefour	Shelbina	39:02
27	P. Ewers	Kirksville	39:05
30	B. Hayden	Hannibal	39:16
31	C. Campbell	Kirksville	39:24
35	J. Rentschler	Fulton	39:52
37	G. Bleigh	Hannibal	39:57
40	S. Kissinger	Jefferson City	40:22
43	K. KIMBEL	MEXICO	40:49
44	C. Brace	Wellsville	40:57
49	S. Sullivant	Jefferson City	41:38
50	A. KIMBEL	MEXICO	41:52
56	P. Fatenau	Chillicothe	42:11
58	P. Knuth	Jefferson City	42:13
59	S. Pappas	Jefferson City	42:14
60	B. Choate	Holts Summit	42:20
65	M. Bobbitt	Centralia	42:38
78	A. MARTY	MEXICO	44:30
81	T. WENNERMARK	MEXICO	44:45
83	C. CAMP	MEXICO	45:07
84	T. Brooks	Fulton	45:08
102	L. FENNEWALD	MEXICO	47:00
104	Fitchett		47:04
109	J. DUBBERT	MEXICO	48:03
113	C. Riley	Fulton	48:11
115	D. Pinon	Independence	48:26
118	L. GUNTER	MEXICO	49:03
120	L. BARNES	MEXICO	49:04
130	P. Johnson	Centralia	49:44
133	B. BROEMMEL	MEXICO	50:28
140	M. BLUE	MEXICO	51:24
145	B. Whitter	Centralia	52:25
147	W. S. Frede	Warrensburg	53:07
157	J. Heisinger	Jefferson City	54:41
171	B. FOUNTAIN	MEXICO	56:33
176	J. Nutt	Kirkwood	57:55
187	M. Ketner	Eldon	62:40

188	T. Ketner	Vandalia	62:45
192	R. MILLER	MEXICO	64:00
199	K. OAKES	MEXICO	69:41
202	C. POWER	MEXICO	71:52
205	J. E. HUDSON	MEXICO	72:21
206	M. BLACKWELL	MEXICO	72:41
207	K. Hombs	Centralia	72:57

MEN 19-31

1	D. Harris	Kirksville	32:09
2	D. Neal	Waynesville	32:37
3	R. Power	Columbia	32:45
4	E. Crumm	Raytown	33:23
7	J. Haake	Kirksville	34:42
8	D. Stewart	Higginsville	34:45
9	F. Gallick	Kansas City	35:15
16	C. Young	Carthage	37:35
18	R. Farwell	Kirksville	37:47
19	G. McKinnie	Hannibal	37:50
23	J. Nevjacks	Harrisburg	38:21
24	J. Kokesh	Manchester	38:44
25	C. K. Freeman	Kansas City	38:59
29	R. Schildknecht	Columbia	39:10
34	F. Pinon	Independence	39:39
41	J. Sneller	Columbia	40:31
42	J. Woodcock	O'Fallon	40:41
46	T. Bleigh	Hannibal	41:02
48	J. Eden	Holts Summit	41:35
51	D. Long	Chillicothe	41:54
52	D. Heefner	Overland Park, Kan.	42:06
53	L. JACKSON	MEXICO	42:07
54	R. Aubuchon	Columbia	42:08
55	P. Whitter	Kansas City	42:10
57	M. Levine	Kirksville	42:13
63	J. Pyle	Columbia	42:34
67	D. Bard	Kirksville	42:47
68	D. GREEN	MEXICO	42:55
70	J. Pardeck	St. Louis	43:15
73	T. Finn	Jefferson City	44:02
74	W. NORDWALD	MEXICO	44:10
75	J. PAYNE	MEXICO	44:11
76	M. McBRIDE	MEXICO	44:12
80	A. FRANGENBERG	MEXICO	44:38
82	S. McClelland	Kirksville	45:06
87	G. Clithero	Jefferson City	45:21
89	M. BRIGGS	MEXICO	45:27
90	C. Kleinsmith	Kirksville	45:28
97	W. G. Frede	Warrensburg	46:10
101	B. Mahan	Kirksville	46:49
103	P. VANHORN	MEXICO	47:02
105	S. Keel	Raytown	47:05
106	R. Crane	Hannibal	47:20
107	J. Wolfe	Brookfield	47:34
108	W. Grover	Licking	47:44
111	A. Shadensack	Hannibal	48:07
114	B. GRIESEDIECK	MEXICO	48:14
116	G. Maddox	Jefferson City	48:33
119	D. RAHMEYER	MEXICO	49:03
122	D. Clithero	Jefferson City	49:16
125	R. Bohon	Columbia	49:21
126	B. Boyes	Benton City	49:30
129	B. Volkmer	Wentzville	49:44
132	R. Brown	Jefferson City	50:06
135	V. OGAR	MEXICO	50:55
136	B. Kaufman	Holts Summit	50:57
138	C. Pearre	Lohman	51:12
141	J. Graves	Farber	51:37
142	S. WOLF	MEXICO	51:38
143	F. Klemme	Columbia	52:11
149	D. Huff	Warrenton	53:28
151	A. HASE	MEXICO	53:32
159	D. Fray	Moberly	54:47
164	C. P. Taggart	Columbia	55:27
167	J. GASTLER	MEXICO	55:50
169	J. Hawkins	Columbia	56:11
170	P. Wagner	Columbia	56:26
172	M. MacPHERSON	MEXICO	56:52
173	R. Hombs	Centralia	57:12
174	F. St. Clair	Montgomery City	57:28
177	L. LEWIS	MEXICO	58:07
181	P. Westby	Larsen, Wis.	59:14
184	G. Form	Farber	61:46
185	S. FITZPATRICK	MEXICO	62:00
186	L. Wissmann	Falls City, Neb.	62:23
193	F. WYSS	MEXICO	65:09
194	R. Racy	Columbia	66:44
200	J. DENNIS	MEXICO	70:18
201	R. Dubbert	Ladonia	70:18
204	B. McEACHERN	MEXICO	72:13

MEN 32-44

33	L. Neal	Success	39:37
38	B. McIntire	St. Louis	40:10
39	F. Martin	Collinsville, Ill.	40:13
47	J. Duncan	Columbia	41:11
62	H. Wade	Plato	42:30
64	B. Luebbering	Jefferson City	42:37
66	R. Huse	Columbia	42:45
71	K. Newland	Hannibal	43:23
72	T. Smith	Olathe, Kan.	43:38
85	C. Blas	St. Louis	45:10
86	J. Temme	Jefferson City	45:20
93	D. Holsinger	Centralia	45:48
96	J. Waggett	W. Hartford, Conn.	46:02
98	J. Hamilton	Columbia	46:36
99	R. Kinnamonn	Jefferson City	46:42
100	J. Barry	Warrenton	46:47
112	S. Hartman	Centertown	48:08
117	T. ROE	MEXICO	48:35
121	B. Flanagan	Columbia	49:07
123	L. KIMBEL	MEXICO	49:17
124	J. Green	Independence	49:17
128	M. Wilber	Independence	49:40
131	J. Stuart	Independence	49:54
134	M. Zirzow	Baliwin	50:38
137	J. L. HUDSON	MEXICO	50:59
162	M. Deaver	Hallsville	55:04
175	J. Standley	O'Fallon	57:32
178	B. Muse	Columbia	58:10
179	J. Yaeger	Camarillo, Calif.	58:22
191	D. Ketner	Vandalia	63:45
210	R. E. Haroor	Vandalia	74:56

MEN 45 AND OVER

32	D. Johnson	Centralia	39:35
36	R. Martin	Columbia	39:56
45	B. Cazalas	St. Louis	40:59
92	G. Scott		45:38
144	J. O'Rourke	Jefferson City	52:16
150	R. Howard	Independence	53:29
158	R. MARTY	MEXICO	54:42
183	M. G. HOBELMAN	MEXICO	60:30
206	B. CLOUGH	MEXICO	73:40

From the Mexico
Ledger, August 14,
1978

WOMEN 18 AND UNDER

69	S. MAUPIN	MEXICO	43:13
79	S. Scott	Sullivan	44:36
94	A. Martin	Collinsville, Ill.	45:51
127	D. SELSOR	MEXICO	49:39
153	J. Leythold	Columbia	53:37
154	N. Wagner	Columbia	54:07
165	S. EARLE	MEXICO	55:29
166	D. KIMBEL	MEXICO	55:29
195	K. TSIKALAS	MEXICO	67:20
196	A. Mason	Columbia	67:30

WOMEN 19-34

77	S. Kelly	St. Louis	44:14
88	M. MAUPIN	MEXICO	45:23
91	D. HOXWORTH	MEXICO	45:32
95	M. Hollon	Kirksville	46:00
110	W. Helier	Kirksville	48:05
139	D. Jones	Jefferson City	51:21
146	K. Higgins	St. Louis	52:38
148	M. Bard	Kirksville	53:18
152	T. Strange	Armstrong	53:37
155	J. Bishop	Vandalia	54:21
160	T. Leach	Kansas City, Kan.	54:49
163	S. Helman	Trenton	55:11
168	D. Wilson	Thompson	55:53
180	A. Hinten	Columbia	58:50
190	L. Crafton	Jefferson City	63:20
197	C. Mason	Columbia	68:03
198	T. Hombs	Centralia	68:33
203	J. Fray	Moberly	71:55

WOMEN 35 AND OVER

161	S. McIntire	St. Louis	54:50
182	V. Scott	Jefferson City	60:27
189	W. Winship	Columbia	62:59
209	M. Mason	Columbia	73:47

DENNIS HINKAMP has been living and working in Baltimore this summer and has been in a race about every weekend. He says that the main difference in races in the east and here is the amount of participation. He has not been in a race involving less than 200 runners. He was in one with 2500 and another with 3500. His loot for the summer, as of a couple of weeks ago, was four t-shirts, three trophies, a couple of medals and two pairs of shoes. A couple of highlights was a 42:12 for a hilly 8 miler and a 6th place 31:14 out of 3000 runners in the Constellation to Ft. McHenry 10K. He also got a 16th in a high quality race in the Philadelphia Diet Pepsi 10K, a race which featured Bill Rodgers. That race started at the art museum--the one which was shown in "Rocky." Rodgers had 29:50 in his training shoes and then stayed around for 45 minutes signing autographs after the race.

Dennis made an inspection of the oft-mentioned Satre Hill in the Maryland Marathon. It is considered a "terrible" hill, yet, according to Dennis, it is a mere driveway compared to Easley Hill.

Another accomplishment for Dennis, which he ranks up with his feelings after his record breaking run in the Heart of America marathon, was participation in the Runner's World East Coast 24 Hour Relay. This event not only included 30 assorted 24 hour relay teams, but also a 100 mile run, a 100 mile walk and a 50 mile run. Dennis was on a team of seven men and one woman. That team covered 264 miles, 31 each (except for one guy who dropped out halfway), for second place only 10 miles behind a ten man team. Dennis had the second best average per mile, 4:49, which was the 4th best in the 8 year history of the event. Dennis' main problem was staying awake and in properly handling food and fluid intake. He says that Gatorade, coffee (no sugar), peanut butter and crackers worked the best for him. Then the really most difficult part of the whole affair was trying to stay awake during the 30 mile drive home from Ft. Meade after the race. Once there he slept a solid 14 hours. Dennis didn't say whether or not anyone completed the 100 mile walk, but Tom Osler ran 100 miles in about 16½ hours. Osler never stopped but did walk frequently.

After running one of the toughest marathon courses in the country in sub 2:30 and after a 24 hour relay, Dennis allows as to how there are only a couple of other crazy things for him to do--a 50 mile run or, perhaps, the Pikes Peak marathon, or, better yet, the 100 mile walk.

Because of UMC cross country, Dennis will not be able to defend his Heart of America title. This really distresses him, but he says he will be back in 1979. He doesn't really want to be in Columbia on Labor Day, for he says he couldn't really stand to watch the race from the sidelines.

Problems this time of year with heat are serious problems. As runners we need the facts as to how to handle heat, not only for ourselves but for others who may get into trouble and need our help. Following is a handout distributed by the Connecticut Mutual Life Insurance Company:

KNOW THE FACTS ABOUT HEAT:

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. It doesn't take long for a person to die, and a runner can collapse in less than five minutes after the onset of symptoms. The symptoms are:

- a. dizziness
- b. dry skin - no sweating
- c. redness
- d. nausea or cramps
- e. goose bumps on chest and arms
- f. incoherent speech and thoughts

When any of these symptoms occur, do the smart thing, have your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner that will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of loss of body fluids is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

WHAT CAN BE DONE TO MINIMIZE THE EFFECTS OF HEAT ON A RUNNER?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals occur naturally in foods such as mushmelon, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cotton, tank top t-shirts with large breathing holes are best. Avoid nylon shirts, they retain heat.
3. Cool off before the race. You might as well start with a slightly depressed temperature.
4. Before the race drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition.
5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Toss water on your body during a race. This aids evaporation and cooling of the body.
6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid hard efforts in races that have hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather months of spring and fall.

Here's a copy of a letter from the UMC business office. It requires no comment, but certainly will affect the running programs of those who rely on the golf course for a good part of their training. Why not have a wood chip running trail around the perimeter of the course???

August 11, 1978

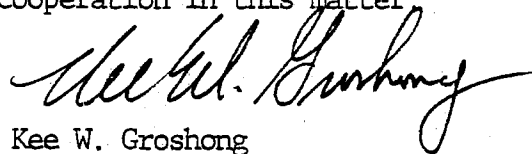
Mr. Joe Duncan
President
Columbia Track Club
4004 Defoe
Columbia, MD 65201

Dear Mr. Duncan:

This letter will confirm our telephone conversation today concerning use of the University of Missouri Golf Course as a track for running. As I explained to you over the phone, we have experienced several problems during the last year with running on the course. After discussion between the Intercollegiate Athletic Department, the Business Operations Office, and Golf Course personnel it was decided that we would limit running on the University of Missouri Golf Course to the University of Missouri Athletic Department Track Teams. I would request that you notify members of your Club of this change in University policy so they may be advised of the current situation with regard to use of the facility.

You mentioned that the Columbia Track Club has held one track meet on the Golf Course each year and as I indicated to you, I feel that permission can be given for you to hold this event as long as it does not conflict with a University event at the facility. If you would just drop me a note prior to the event indicating the date and times the facility will be used I will advise you of the availability of the facility.

I appreciate very much your assistance and cooperation in this matter.


Kee W. Groshong
Assistant Business
Operations Officer

KWG:sf
cc: Dr. McGowan
Mr. Klinkerman

| Running Won't Make You Famous |

By now, every major publication in America has taken an in-depth look at the new national craze of running.

It is claimed in most of these stories that running has passed almost all other participation sports in popularity. Those who love running rave about how it improves their health, makes them feel younger, improves their work and sex lives, sharpens their minds and even gives them euphoric highs.

I won't argue with their claims, but many people happen to think that the most healthful, rewarding physical activity is not long-distance running, but long-term sitting.

Unlike runners, who can drive you crazy with all their smug talk about how great they feel, sitters are modest. At least the truly dedicated sitters are. They seldom talk about how great sitting is. They just sit. They don't try to talk everyone they know into taking up sitting. The most they say is: "Have a chair."

But recently I talked to Joe Spinecurve, head of the Chicago Area Long-Term Sitters Club, about the benefits of sitting, and he answered some questions.

Can anyone sit?

"Yes. That's one of the best things about sitting. You can do it regardless of how young you are or how old. you can do it alone, or with a friend or even a large group of people. You can sit in all kinds of weather, any time of the day or night. And you don't have to take special training or read a book about it or see your doctor for approval. It is a very natural activity.

It also conserves energy.

"Do you realize how much energy all those crazy runners burn up? No wonder the Arabs have us over a barrel. If those loonies would stop burning up all that energy and sit down, this nation could be self-sufficient in energy."

Does a person need any special equipment to sit?



**Mike
Royko**

"Absolutely not. That is one of the best things about it. You don't have to buy special pants or any such wasteful junk. You don't even need pants, although I prefer them, especially when sitting in mixed company or on a cold surface. All you really need in the way of equipment is a chair. Actually, if you can't afford a chair, you can get by with any flat spot and a wall or a tree trunk to lean back against."

Do you recommend any particular kind of chair?

"It depends on personal preference. I prefer a big, soft, womb-like, motherly chair. I position my chair so that I am near my books, magazines, TV set, salami, Swiss cheese, potato chips, liquor supply and other life supports. Hard-bottomed and straight-backed chairs are adequate for short-term sitting, such as when you have dinner. But if you intend to do some very serious sitting — a full day or maybe a whole weekend or an entire week's vacation — then you need something you can really wallow in."

Is sitting good for your health? "Let me answer that with a

question. When you go to see your doctor, what is he usually doing? He's sitting, right? Well, it must be good for you, or why would doctors do it so much? Those guys are no fools. With the kind of money they make, they want to stay around long enough to enjoy it."

But is it as good for you as running?

"Better. Scientific studies show that long-distance sitters suffer 92 percent fewer sprained arches, broken toes, twisted ankles, torn ligaments, pulled hamstring muscles and sore knees than runners do. Sitters are hit by 82 percent fewer cars, bitten by 71 percent fewer dogs and trip over 89 percent fewer fire plugs and short people than runners. And sitters are cleaner than runners because they step in 78 percent less doggy do-do and are hit on the head by 83 percent less pigeon do-do, so you are far safer in letting a sitter walk on your rug or borrowing his comb.

Runners say that running sharpens their thinking. Some say they get a "high" from it. Does this happen from sitting?

"I will answer it this way: The immortal Beethoven composed his nine magnificent symphonies while sitting. Shakespeare wrote every one of his plays while sitting. believe me, that man could sit. Einstein figured out his theory of relativity while sitting. Lincoln wrote his Gettysburg address while sitting. Winston Churchill devised his greatest military strategies while sitting. Mark Twain wrote his greatest books while sitting. Ghandi had his greatest thoughts while sitting.

Runners say their sport improves their sex lives. What about sitting?

"That's crazy. How can you have sex while running? But sitting in a chair, there are all kinds of possibilities. Check any manual."

Does your sport have a motto?

"Take the load off your feet."

SCHEDULE OF EVENTS

SEPTEMBER 4 Monday 6:00 AM HEART OF AMERICA MARATHON Those of you who are not running: We need help at the timing stations and the aid stations. Please call Joe Duncan 445-2684 if you can help.

9 Saturday 9:00 AM FUN RUNS Research Park

9 " 7:00 AM Kansas City Kansas Festival Run 15 kilo
Contact: KCK Festival Run Room 634 701 N. 7th
Kansas City, Kansas 66101

16 " 9:00 AM 5,000 meter run, 10,000 meter walk (the walk will be at 7:30 AM) First events of the new "season" Hickman Track

17 Sunday 9:00 AM Bevo Day 10,000 Meter Run St. Louis
Contact: James Erbe #1 Mercantile Center Suite 3350 St. Louis, Mo. 63101

23 Saturday 9:00 AM FUN RUNS Research Park

23 & 24 Saturday & Sunday 1:00 Pm to 1:00 Pm 12th ANNUAL 100 MILE WALK AAU CHAMPIONSHIP Hickman Track

The CTC Newsletter is put out by Joe Duncan. If you want it every month, then you need only send him \$2.00 for a one year subscription. If you join the Columbia Track Club (and now is the time to join with the new season starting with the 5,000 meter run and 10,000 meter walk on Sept. 16) then you will get the newsletter as a part of your \$5.00 annual dues.

Many of you inquire about CTC t-shirts and the mesh singlet type shirts. All you need to do is take whatever shirt you have, or buy, to Red Weir's store and he will put on the lettering for \$1.25. Crossroads West Sports Center will also letter any shirt, or jacket, you bring in. They charge 12¢ per letter.

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

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