

TRACK CLUB

NEWSLETTER Vol. X, No. 12 December 20, 1978

DOUG & JEFF ROTH SET NEW RECORD FOR MVAAU 30 KILO RUN December 2:

	5,000 meter splits	5	10	15	20	25	30
1. Doug Clark	22	16:20	34:00	50:50	1:08:34	1:25:29	1:43:15
1t. Jeff Roth	21	16:20	34:00	50:50	1:08:34	1:25:29	1:43:15
3. Rex Power		16:20	34:23	51:47	1:08:58	1:27:20	1:46:10
4. Jerry Yunker	23	16:20	34:23	51:47	1:10:00	1:28:55	1:47:47
4t. Dennis Hinkamp	22	16:20	34:23	51:47	1:10:15	1:28:55	1:47:47
6. Jon Herbert	28	17:00	35:01	52:16	1:10:00	1:27:09	1:48:42
7. Dick Hessler	37	18:20	38:17	57:01	1:16:48	1:35:45	1:56:03
8. Bruce Maxey	22	18:58	39:38	59:29	1:19:21	1:38:12	1:57:57
9. Mike Kruse	18	18:58	38:17	57:01	1:16:40	1:36:40	1:58:15
10. Joe Marks	41	18:42	39:08	58:24	1:18:51	1:38:36	1:59:34
11. Don Granberg	36	18:58	39:01	58:24	1:19:00	1:39:20	2:01:14
12. Ben Londeree	44	19:09	40:00	59:59	1:21:04	1:41:47	2:02:46
12t. Olen Brown	43	19:09	40:06	59:59	1:21:25	1:41:16	2:02:46
14. Jim Neviackas		19:09	40:06	1:00:08	1:21:55	1:42:12	2:04:32
15. Doug Bellows		19:56	41:40	1:02:32	1:24:00	1:45:16	2:07:5
16. Tom Parker	31	---	42:12	1:03:27	1:25:35	1:47:04	2:09:37
17. Jim Vesecky	17	--	40:25	1:02:19	1:27:00	1:48:47	2:12:14
18. Ken Atwell	43	20:18	41:43	1:02:26	1:25:23	1:48:27	2:13:14
19. Denis Vaillancourt	--		44:04	1:05:08	1:28:00	1:50:38	2:13:40
20. Roger Reinsch	--		41:58	1:03:26	1:26:00	1:49:26	2:14:00
21. Tom Hellie		20:56	43:50	1:05:08	1:28:00	1:52:03	2:15:19
22. Jon Palks	29	20:56	43:50	1:05:08	1:28:00	1:52:03	2:16:06
23. Jim Walter	39	22:00	45:14	1:08:36	1:32:09	1:56:39	2:20:45
23t. Joe Duncan	44	22:00	45:14	1:08:36	1:32:09	1:56:39	2:20:45
25. Don Huber	21	20:56	43:42	1:15:18	1:39:24	2:03:08	2:27:59
26. Bob Curry	36	23:09	48:38	1:13:20	1:39:01	2:05:12	2:34:53
27. Jay Snellen		23:08	48:38	1:14:38	1:42:04	2:10:00	2:40:04
28. Paige Butler F	19	25:22	54:01	1:21:29	1:51:14	2:19:55	2:49:49
29. Craig Brace	17	21:48	44:39	1:07:38	1:36:58	2:10:45	2:52:58
30. Jeff Mittelhauser		16:20	34:55	52:16	1:12:24		
31. Mark Morris	21	16:20	34:00	50:50			
32. Dennis Blossom	42	23:48	49:42				
32t. Norris Kruse		23:48	49:42				

The 20 kilo run for age 15 & under:

1. Jim Gibson	14	21:38	46:34	1:12:43	1:39:51
2. Nicole Wagner	8	27:22	57:42	1:27:12	1:57:18

The 20 kilometer walk:

1. Randy Mimm	24	25:07	51:31	1:17:50	1:44:57	
2. Dan Dudek		26:02	55:40	1:24:44	1:55:00	
3. Rob Spier	56	33:12	1:08:01	1:41:37	2:16:11	Dudek is
4. Jim Wass	26	31:19	1:05:15	1:40:43	2:18:20	from Chicago
5. Albert Van Dyke	53	31:19	1:05:15	1:44:08	2:25:21	
6. William Taft	63	41:26	1:20:29	1:57:50	2:37:24	
7. Henry Bent	78	41:26	1:21:42	2:02:33	2:45:51	

The DT part went as follows: Palks 6 seconds off, .07%, Spier 11 off, .13%, Londeree 14 off, .19%, Duncan 15-.18%, Taft 36-.38%, Marks 34 .48%, Brown 74-.99%, Yunker 107-1.68%, Maxey 123-1.71%, Bent 351 3.66% and Bellows 366-4.55%.

Temperature was a very comfortable 40 degrees (for the participants, that is, not for Veva Spier, Paul Wagner and Vonn Walter who did the officiating). The wind from the northeast was moderate and not a real factor.

Six runners were out together for first 5,000 meters, but shortly thereafter the Springfield contingent of Clark, Roth & Morris broke away, with Morris dropping out at 15 K. After that it was Clark and Roth all the way to their final tie. Both of them broke Clark's record for this run, which Clark had set last year. The old record was 1:43:54, and, of course, this is the MVAAU record for 30 kilo--or it was.

A few PB's that I know about: Yunker, Marks, Maxey, Kruse, Nicole for 20K and I'm sure there are some others.

JOE AND CAROLE DUNCAN WISH EACH OF YOU A MERRY, MERRY CHRISTMAS AND THE BEST NEW YEAR EVER WITH THE FOND HOPE THAT YOUR "RUNNING WILL BE FINE IN '79!"

STEVE FISHER WINS 20 KILOMETER RUN, RANDY MIMM WINS THE WALK WHILE JAY BLOSSOM WINS THE 10,000 METER RUN, AGE 15 & UNDER AND AMY HESSLER IS THE FEMALE VICTOR All this on November 18,

5,000 meter splits		5	10	15	20	Seconds off DT and % off	
1.	Steve Fisher	UMC	16:03	32:31	48:39	1:04:54	
2.	Jerry Yunker		16:09	32:57	49:34	1:06:30	60 1.48
3.	Howard Guscar	33	16:44	33:55	51:01	1:08:28	28 .69
4.	Ben Londeree	44	17:58	36:43	55:14	1:13:27	63 1.41
5.	Dick Hessler	37	18:10	36:35	55:23	1:13:51	
6.	Don Walker		17:52	36:35	55:10	1:14:12	132 3.05
7.	Paul Rousan		18:39	38:04	57:03	1:15:49	
8.	Don Granberg	36	18:10	37:32	56:45	1:16:04	
9.	Joe Marks	41	18:21	37:49	57:00	1:16:14	39 .84
10.	Bruce Maxey		18:13	37:43	57:15	1:16:56	64 1.37
11.	Wieland		18:11	37:30	56:50	1:17:48	48 1.04
12.	Olen Brown	43	18:53	39:00	58:42	1:18:30	30 .64
13.	Marty Sewell		--	38:25	58:50	1:19:36	
14.	Roger Reinsch		19:07	39:57	1:00:22	1:20:56	
15.	Tom Hellie		20:13	40:58	1:01:16	1:21:23	
16.	Larry Thornburg		20:06	41:01	1:00:56	1:21:41	19 .39
17.	Turk Storvick	50	20:04	41:02	1:01:33	1:22:59	
18.	Denis Vaillancourt		20:12	41:02	1:02:14	1:23:44	
19.	Dru Dixon		19:28	40:31	1:02:02	1:23:51	231 4.81
20.	Don Johnson	50	20:11	41:15	1:02:48	1:24:44	256 4.79
21.	Don Huber		21:20	43:23	1:04:07	1:24:56	
22.	Greg Harris		20:51	43:02	1:04:18	1:25:08	
23.	Jon Palks		21:00	42:42	1:04:50	1:26:14	226 4.18
24.	Jim Walter	39	21:00	42:42	1:04:50	1:26:14	
25.	Darrell Shelton	Belleville, Ill.	21:11	41:34	1:03:14	1:26:43	
26.	Mark Brunsmann	"	--	42:59	1:03:45	1:27:31	
27.	Mark Kempton	Sedalia	21:45	43:45	1:06:04	1:27:56	
28.	Marty Rosso		20:51	42:52	1:05:15	1:28:06	
29.	Joe Duncann	44	21:45	43:49	1:06:04	1:29:00	30 .56
30.	Gary Cowan	Olney, Ill.	21:54	44:21	1:06:47	1:29:25	
31.	Dick Swanson	31	22:23	44:12	1:06:35	1:30:06	
32.	Bob Wheeler	34	22:23	45:30	1:08:15	1:32:24	
33.	Bob Curry	37	22:52	46:37	1:10:30	1:34:33	
34.	Gary Zwonitzer		24:10	50:30	1:17:05	1:44:06	
35.	Dennis Blossom	42	23:50	50:30	1:17:20	1:49:12	
36.	Wayne Cagle		25:50	52:48	1:20:10	1:50:03	
37.	Tim McMullen		16:10	33:55			
38.	Mike Kruse		--	35:17			
39.	Lance Patterson		--	38:53			Norris Kruse had 45:16 for 10K.
40.	? Housley		--	40:50			
41.	Marin Blevins		--	45:05			Low 40's, sun shining,
42.	John Qualy		23:28	45:35			
43.	Jack Wallace		20:50	46:25			moderate south winds, not a
44.	Bill Henry		23:30	49:22			major factor. Steve Fisher
45.	John Moon		23:10	50:21			pretty much had this race to
46.	Jay Hilton		24:56	52:08			himself. He obviously is in
47.	Joe Ferry		25:50	52:48			great shape, coming off an
48.	Jim Pinkerton		28:08	59:51			outstanding cross country

20 kilometer record

20 kilometer record of 1:08:47 set by Rick Katz on Jan. 18, 1975. That means that Guscar also beat the 30-39 record of 1:10:42 held by Dick Hessler. Turk Storvick gets credit for the over age 50 record.

The 10,000 meter run for age 15 & under and for women went like this:

1.	Jay Blossom	22:05	43:59	7t. Peg Gauthier	26:15	52:49
2.	Matt Gibson	22:25	45:22	9. Mecca Carpenter	27:20	55:46
3.	Jim Gibson	22:05	46:02	10. Nicole Wagner	27:10	55:57
4.	Peter Hessler	23:08	46:14	11. Virginia Scott	28:20	1:00:07
5.	Amy Hessler	23:08	48:32	12. Jonnie Cowan	30:16	1:00:40
6.	Tim Gibson	25:37	51:37	13. John Bauman	30:16	1:00:40
7.	Annette LaFontaine	26:15	52:49	14. Susan Gray	29:00	1:01:20

Virginia Scott actually did the full 20 kilometers (1:31:26 at 15K and 2:02:52 for the 20.

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RANDY MIMM HANDILY WINS THE 20 KILOMETER WALK ON NOVEMBER 18:

1. Randy Mimm	24:45	no 10 K splits	1:19:34	1:44:42		
2. Leonard Busen	28:43		1:27:25	1:57:57	123	1.71
3. Jim Wass	32:17		1:36:26	2:12:27	33	.41
4. Rob Spier	33:24		---	2:15:05	295	3.51
5. Dan Estrada	34:01		---	2:17:59		
6. Pete Pettijohn	40:10		---	2:34:45		
7. William Taft	42:57		1:56:42	2:37:06	294	3.02
8. Terrell Lamb	42:57	1:27:12				

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

December 2, 1972 10,000 meter run: 1. Dennis Stewaat 32:51, 2. Mike Chippendale 39:32, 3. Joe Duncan 40:38 and 3 others ran

The walk: 1. Dave Leuthold 1:00:18, 2. Lee Rund 1:00:21
3. Neal Puckett 1:03:39, 4. Rob Spier 1:05:43
and 3 others. Rund and Puckett were visiting from Indianapolis.

Also, this was the race which saw Stewart getting to the starting line barely on time because of his car breaking down 30 miles away and he had to hitchhike on in.

December 16, 1972 5,000 meter run: 1. Dennis Stewart 16:24, 2. Dick Hessler 17:32, 3. Art Fleming 18:08, 4. Joe Duncan 19:01, 5. Tom Kilburn 19:02
no other runners--Dave Leuthold walked in 33:42.
This actually was 3 miles, plus 30 yards. The race had to be moved from Hickman Track because of four inches of snow covered with ice.

Not much going on six years ago in December, the wintertime races were still pretty much reserved for the hard-core nuts.

The "Filler" of the month in the December, 1972 Newsletter:

"Will you walk a little faster?" Said a whiting to a snail.

There's a porpoise close behind us, and he's treading on my tail."

. . .Lewis Carroll Alice in Wonderland

At that time we suggested that Darrell Palmer was the whiting, Dave Leuthold the snail and Rob Spier the porpoise. Perhaps now Rob can be promoted to the whiting and we can say that Taft and Bent are vying to see who is the snail and who the porpoise

AMY JOHNS did some fine running in the AAU Junior Olympic 3 mile cross country competition. First of all she won the District meet with a time of 16:41, then the regional meet on the same course, but 100 yards longer, in 17:06. The National meet on the same course (Shawnee Mission Park, Kansas) was on Dec. 9, some 3 weeks after the regional meet. That 3 week wait may have affected Amy's performance, for she slipped to a time of 17:23 to finish 7th. This was all in the age 16-17 women's group.

Not only has BRUCE MAXEY been showing marked improvement in the CTC races, he has also been representing CTC quite ably in some out of town races. In the Budweiser 10,000 meter race at Babler State Park on Nov. 12, he finished 21st out of 350 runners with a time of 39:50 (the course was found to actually be 6.6 miles). DENNIS HINKAMP won this race in 35:22, DEAN NEAL was 6th and JOE MARKS won the age 40 division with 39:58(?).

MIKE KRUSE (and his Dad, NORRIS) joined BRUCE and AMY in the Jeff City 5 mile race on Nov. 26. Only 26 runners on a 40°, rainy day. Mike was 3rd in 27:31, with Bruce 4th at 28:09. Amy won the women's division in 29:17. The race was won by hometown boy, Mark Hofius, in 25:07. Norris had 34:35 for a PB. Bruce had a PB by 1:50.

Almost 1000 runners were in the Mississippi River 10 mile road race on Nov. 25, at Alton, Ill. TURK STORVICK was 2nd in the age 50 group with 1:03:45 only 11 seconds behind 1st. JOE MARKS was 5th in the age 40-49 with a PB 1:00:13. Norm Colter was 4th in 59:36. DAVID HILLIS had 1:02:14 TOM DECOSTER was at 57+, JEFF MITTELHAUSER was 18th overall. The race was won by Mike Sawyer in 49:51, while UMC's Mary Ellen Kunkel won the women's part in 1:01:25, or I guess that was women age 20 & under.

JERRY YUNKER WINS TEN MILE RUN BY OVER A HALF MILE, RANDY MIMM WINS
THE WALK, DON JOHNSON GETS THE BIG CHEESE WHILE JIM WALTER TAKES
THE KRAUT AMY JOHNS & TURK STORVICK SET RECORDS December 16:

	5	10	Seconds off DT	% off
1. Jerry Yunker	26:43	54:16	76	2.39
2. Mike Kruse	28:54	58:09	111	3.08
3. Jeff Mittelhauser	29:08	58:30	29	.86
3t. Rex Power	29:08	58:30	30	.86
5. Ben Londeree 44	29:27	58:38	22	.62
5t. Dick Hessler	29:20	58:38	18	.51
7. Tom LaFontaine	29:10	58:41	101	2.95
8. Don Lewis 42	29:27	58:43	137	3.81
9. Bruce Maxey	29:08	58:59	29	.83
10. Beam	29:27	59:04		
11. Don Granberg	30:02	1:00:49	50	1.39
12. Amy Johns	30:02	1:01:05	115	3.04
13. Tom DeCoster	31:25	1:02:17	77	2.10
14. Lance Patterson	30:43	1:02:20	10	.27
15. Joe Marks 41	30:52	1:02:33	153	4.25
16. Mike Chippendale	31:13	1:03:07	7	.18
17. Olen Brown 43	31:44	1:03:49	129	3.49
18. Turk Storvick 50	32:23	1:05:40	40	1.03
19. Jon Palks	32:23	1:05:47	13	.33
19t. Tom Hellie	32:23	1:05:47	13	.33
21. John Bassford	32:26	1:07:11		
22. Don Johnson	33:23	1:07:17	3	.07
23. Dick Martin 46	34:41	1:08:23	23	.52
24. Joe Duncan 44	33:52	1:08:38	37	.89
25. Jim Gibson 15	34:03	1:09:58	277	6.19
26. Dick Swanson	36:42	1:12:17	77	1.81
27. Bob Wheeler	36:42	1:13:06	66	1.53
28. Marty Rosso	35:10	1:14:44	524	8.32
29. Matt Gibson 13	36:47	1:15:35	307	6.34
30. Jim Walter	35:06	1:16:40	640	16.16
31. Ron Wampler	37:58	1:17:29	89	1.95
32. Al Stoll	38:29	1:19:59	326	6.36
33. Tim Gibson 8 (today!)	42:10	1:29:31	29	.57
34. Nicole Wagner 8	44:07	1:32:41	79	1.40
35. Kari Lewis	46:54	1:33:50	370	6.17
36. Jim Lewis Pratt, Ks.	46:54	1:36:38	202	3.37
37. Ben Pino	45:36	1:39:58	302	4.79
38. Steve Fisher	26:43			
39. Greg Maximovitch	35:29			
40. Steve Gibson	42:10			

THE WALK

1. Randy Mimm	39:51	1:19:39	321	6.29
2. Leonard Busen	49:40	1:43:10	490	8.60
3. Rob Spier	52:09	1:47:59	121	1.83
4. William Taft	59:10	1:58:13	407	5.43

Low 30's, actually a rather raw, windy day in the shady areas, but ok in the sunshine, some patches of ice on the road. Steve Fisher was out in front early in the run with Yunker not too far behind. Steve is involved in Tom LaFontaine's testing program and his idea was to do an all out 10 mile if he could. However, this wasn't really the sort of day for going all out for that distance, so Steve was content with doing five miles. That left the race to Yunker, and being unpressed, he was unable to go as fast as he wanted, therefore he had to give up the "cheese" championship which he won last year. The big cheese went to Don Johnson who was only 3 seconds off his predicted time. Not too far off that standard was the 7 seconds off by Mike Chippendale, the 10 off of Hickman High's Lance Patterson and the 13 off of Jon Palks & Tom Hellie who came in together. An excellent run by Hickman's Mike Kruse, who, perhaps, had his best race in a CTC event. Also, from Hickman, in another sterling performance, was Amy Johns who beat the standard for women set last year by Dorothy Doolittle. Dorothy's time was 1:05:27. Turk Storvick beat the age 50 record of 1:14:13 set in 1972 by St. Louis' Lorn Gwaltney. Don Johnson also was under that record. In the walk Rob Spier set a new mark for the age 50 group getting under the 2:04:16 of Taft & Bent set last year. And then, there was the awarding of the sauerkraut--the award which goes to the participant who makes the worst prediction. That honor (?) went to Jim Walter who would normally have a better idea as to what he could do, but son Vonn really wanted his Dad to win something, so why not the kraut?

Many, Many thanks to Keith Pierce, Vonn Walter, Karen Wagner, Jim & Joanne Gibson & Anne Hessler who shivered in the cold while we ran.

DESIGNATED TIME STANDINGS

Showing average percentage off per race and number of events:

1. Thornburg	.38	1	15. Nicole	1.65	1	29. Burres	2.78	1
2. Wass	.41	1	16. Marks	1.70	5	30. LeDuc	3.01	1
3. Londeree	.79	6	17. Busen	1.71	1	31. Spier	3.02	3
4. Pierce	.85	1	18. Adams	1.73	1	32. Bellows	3.05	3
5. Guscar	.93	4	19. Conboy	1.77	1	33. Johnson	3.12	2
6. Hinkamp	.96	1	20. Chippendale	1.88	1	34. Curry	3.47	1
7. Yunker	1.23	3	21. Palks	1.94	6	35. Schottman	4.03	1
8. Duncan	1.24	5	22. Garverick	1.94	2	36. Hemphill	4.35	1
9. Taft	1.31	3	23. Kurtz	1.95	1	37. Dixon	5.60	3
10. Maxey	1.36	5	24. Stewart	2.03	2	38. Brace	5.67	2
11. Storvick	1.40	5	25. Don Walker	2.07	2	39. S. Gibson	5.71	1
12. Ekvall	1.44	1	26. Martin	2.59	2	40. T. Gibson	6.64	2
13. Lewis	1.51	3	27. Tom DeCoster	2.64	2	41. J. Gibson	9.60	1
14. Brown	1.57	6	28. Polly Brown	2.76	1			

ELAPSED TIME STANDINGS:

Open, Runners		Showing number of points		Age 15 & under			
1. Londeree	127	21. Duncan	35	41. Stock	14	1. M. Gibson	18
2. Hessler	111	22. Walter	34	42. Schutt	13	2. J. Gibson	13
3. Maxey	111	23. Brace	32	43. Adams	12	3. A. Hessler	11
4. Yunker	105	24. Dixon	32	44. Garverick	12	4. J. Blossom	8
5. Guscar	102	25. Shegoski	31	45. Atwell	12	5. P. Hessler	8
6. Brown	94	26. Neviackas	29	46. Smiglewski	11	6. T. Gibson	7
7. Marks	90	27. Hellie	27	47. Pierce	10	7. W. Paul	6
8. Stewart	80	28. Renner	26	48. Schottman	10	8. S. Gibson	5
9. Bellows	72	29. Tom DeCoster	26	49. Pratt	9	9. S. Schottman	4
10. Palks	65	30. Ekvall	26	50. Snellen	9	10. N. Wagner	4
11. Granberg	59	31. Vaillancourt	25	51. Rosso	9	11. J. Baumann	1
12. Lewis	51	32. LaFontaine	24	52. Blossom	7	WOMEN	
13. Herbert	49	33. Lairmore	23	53. Wheeler	6	1. A. Hessler	14
14. Holt	47	34. Tim DeCoster	22	54. Kurtz	5	2. A. LaFontaine	8
15. Walker	46	35. T. McMullen	21	55. McGuire	4	3. S. LeDuc	5
16. Storvick	43	36. Hemphill	19	56. Burres	3	4. N. Wagner	5
17. Hinkamp	41	37. Sewell	18	57. Harris	3	5. Amy Johns	3
18. Johnson	41	38. M. Kruse	18	58. Mackey	2	6. Patty Palks	2
19. Chippendale	38	39. Thornburg	16	59. Rosenbaum	1	7. Paige Butler	2
20. Martin	36	40. Curry	15	60. N. Kruse	1	8. M. Carpenter	2

Age 40 & over:

1. Londeree	47	7. Martin	14	11. Burres	3	10. P. Sprague	1
2. Brown	35	8. Duncan	14	12. Blossom	2	11. C. Schottman	1
3. Marks	34	9. Atwell	4	13. N. Kruse	1		
4. Lewis	22	10. McGuire	2	14. Conboy	1		
5. Storvick	19						
6. Johnson	18						

WALKERS

Age 40 & over

Open					
1. Mimm	20	7. Taft	7	1. Spier	12
2. Spier	13	8. Gragg	6	2. Busen	10
3. Busen	12	9. Bakewell	4	3. Van Dyke	7
4. Van Dyke	8	10. Bent	2	4. Taft	7
5. Wass	7	11. J. Gibson	1	5. Chapin	6
6. Chapin	7			6. Gragg	5
				7. Bent	2
				8. Gibson	1

DAVE SCHULTE IMPROVEMENT AWARD

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.

INCLUDES ALL RACES THROUGH 12/02/78

1. MIMM	2	21.71	6. HARRIS	2	2.50	11. LONDEREE	6	-3.21
2. PRATT	1	8.51	7. BROWN	5	2.50	12. LEWIS	3	-5.16
3. MARKS	2	6.52	8. ALA FONTAINE	1	1.98	13. TAFT	2	-13.55
4. YUNKER	1	3.51	9. GRANBERG	2	1.12			
5. JOHNSON	3	3.04	10. DUNCAN	5	-2.49			

None of the above includes the results of the Holiday 10 mile event.

This year it only takes 10 events to qualify for DT awards. Those of you who are not members of CTC can participate in this competition by paying the dues of \$5.00 (this includes all family members living together and also includes a subscription to the newsletter).

Further, you will notice on the new schedule that we have several "award" events. There is a \$1.00 charge for non-members for these. So, JOIN CTC!!

RUNNERS and WALKERS vs. AUTOMOBILES

A Few Simple Rules

There has been a lot of discussion recently about the problems of runners and walkers using the streets and roads for their training sessions. The problem has become quite a live one because of a couple of articles in the Tribune written in reaction to the recent death of a runner who was struck by a car. First, of all, it should be pointed out that this runner, so I have been told, was on the roadway, at night, running with the traffic, running on a fairly narrow, no shoulder, blacktop road.

But some comments must be made about the safety of runners when they are using the streets and roads. There is no reason why runners and walkers cannot safely use the roads along with vehicular traffic. Several CTC members most ably responded by writing to the Tribune suggesting that the solution is not banning the use of the roads by runners, but learning to properly co-exist.

However, the burden is on the runner to look to his own safety. After all, the roads were made for vehicular traffic. Further, whenever there is a possible confrontation, then, obviously, the runner must give way. A skinny Dick Hessler (or even a fat one) hasn't much chance against a 3,000 pound metal monster. All a runner has to do is keep a few rules in mind. This must be a continual process during the actual chore of running, you need to concentrate constantly as to your relative position vis-a-vis the traffic--no daydreaming!

Very simply, remember the following:

1. Always face the traffic, run on the left side.
2. Run as close to the edge of the road as possible, if not on the shoulder.
3. Wear reflective material at night.
4. Continually monitor the exact location of vehicles coming from either direction.
5. Don't depend upon drivers to give way in a potential confrontation.

These rules are often overlooked in races. They are just as important in races as in workouts. All too often, in races, the runners act as if they own the road, running down the middle, running 2 or 3 abreast, failing to be observant at the turn-arounds, etc. You just can't do this and be properly concerned about your own safety and the safety of the other runners. The potential punishment for failing to observe these simple rules is most severe.

ROB SPIER recently made a survey of the area stores which sell running shoes to determine who sold what. His list is based on eyeball inventory, not on inquiry. Here is what he found:

American Shoe (816 N. Broadway): AAU, Pro-Keds.

Athlete's Foot (Independence Center): Adidas, Brooks, Etonic, Nike, Puma, New Balance, Saucony.

Brown Shoe Fit (919 E. Broadway): Adidas, Backtrack, & ?Pony.

Crossroads Sports Center (2101 W. Broadway): Adidas, Brooks
Nike, Pony. 10% discount to CTC members.

d-Sport Shop (1034 E. Walnut): New Balance, Nike, Saucony, Tiger.

Emporium West (Crossroads Shopping Center): Pony, Tiger. 10% discount.

Jock Shop (804 Conley): Adidas, Nike, Pony.

Red Weir (1019 E. Broadway): Adidas, Bauer, New Balance, Puma.

Red Weir (Crossroads Shopping Center): Adidas, Brooks, Nike, (Tred 2?).

Robinsons (Biscayne Mall): Adidas.

NICOLE WAGNER completed her first marathon on November 5, in Iowa City, finishing in a time of 5:03:42. Actually, Nicole ran some 29 miles, having gotten off course at about the half way point. She was very discouraged about this, but showed some fine mettle for a 7 year old by refusing to quit. The marathon was held on a rainy, windy, chilly day, upper 30's. Nicole was one of some 500 runners. The National Running Data Center statistics put out by Ken Young show that Nicole holds the record for female 7 year olds at the 15 kilometer distance, her time being 1:29:28. She is also the 1978 leader for the One Hour Run for age 7 & under females with a distance of 6 miles 322 yards.

Saturday Morning Runner's World Fun Runs

1979 SCHEDULE

All runs are for 1/2/3/4/5/6 miles:

January 13 & 27
February 10 & 24
March 10 & 24 & 31
April 14 & 28
May 12 & 26
June 9, 23 & 30
July 14 & 28
August 11 & 25
September 8, 22 & 29
October 13 & 27
November 10 & 24
December 8

At University of Missouri Research Park 9 a.m. Sharp
(8 a.m. June through August)

- These are biweekly, informal runs designed to promote running as a conditioning, competitive and social activity.
- They are intended to supplement (not to compete with) the AAU long distance running program by (1) offering races of shorter distances than normally run by the AAU, and (2) offering regular races in a non-competitive format.
- No entry fees—No advance signups—No AAU cards required. Just come and run.
- All courses are precisely measured. All runners are accurately timed. All ages are welcome.
- Please have a doctor's checkup before coming out.
- Time certificates are awarded EVERYONE in every race. Run as hard or as easy as you like.

TIME STANDARDS

Awards	One Mile	Two Miles	Three Miles	Four Miles	Five Miles	Six Miles
Gold	under 5:00	under 11:00	under 17:00	under 23:00	under 30:00	under 36:30
Blue	under 6:00	under 13:00	under 20:00	under 27:30	under 36:00	under 43:00
Red	under 7:00	under 15:00	under 23:00	under 31:00	under 40:00	under 49:00
Green	under 8:30	under 18:00	under 28:00	under 37:00	under 48:00	under 58:00
White	over 8:30	over 18:00	over 28:00	over 38:00	over 48:00	over 58:00

Note: Runners under 5 and over 60 are allowed to add 2:00 per mile to each of these standards. Runners age 6-10 and 50-59 are allowed to add 1:30 per mile. Runners age 11-13, 40-49 and women are allowed to add 1:00 per mile.

Starts in parking lot immediately north of the Research Reactor at University of Missouri Research Park in Columbia, Missouri. Each day you can run any distance you like from 1 to 6 miles. For more information, contact James Walter (314/874-3209) Joe Marks (314/445-1919).

The Fun Runs are co-sponsored by the Columbia Track Club and the Columbia Parks and Recreation Department.

SCHEDULE OF EVENTS

DECEMBER	30	Saturday	12:30-4:30 PM	MVA AU Open & Masters Indoor T & F Championships	Allen Fieldhouse	U of Kansas
				Lawrence, Kansas	(Junior Olympics meet at 8:00 AM)	
	30	"	10:00 AM	10,000 meter "Run for the Third" (whatever that is)	Jennie Jaynes Stadium	Sedalia, Mo.
				Age group awards,	T-shirts	
JANUARY	6	Saturday	9:00 AM	Five Mile Race for the Hams	run or walk	
				Hilton Inn course	4 canned hams to be given:	
				One to the fastest runner, the fastest walker,		
				the best on predicted time and a drawing for the		
				4th. \$1.00 charge for non-CTC members. CTC		
				T-shirt to CTC member who is best on DT.		
	13	"	9:00 AM	FUN RUNS	Research Park	
	20	"	9:00 AM	20 kilo run (10 kilo for women and age 15 & under),	20 kilo walk (start at 8:30 AM)	
				Hilton Inn course		
	27	"	9:00 AM	FUN RUNS	Research Park	
FEBRUARY	3	"	9:00 AM	10 kilo run,	10 kilo walk	Hilton Inn

This page, then, wraps up Volume 10 of the Columbia Track Club Newsletter. That's hard to believe, but it's true--we have been in business for ten years--we started just shortly after Bill Bowerman came out with his book on jogging and long before Dr. Cooper began publishing his works. The CTC newsletter is one of the longest running shows in the nation, not necessarily one of the best. But it has been going for 10 years and not one single month has been missed in that entire time--120 issues (does anyone have all of them?). Our newsletter, through the years, has always been results-oriented, attempting to show the results of every competitor, in every race, with as many splits as possible. We have left to other publications all the sophisticated jargon relating to training, techniques, the best shoes, the how-tos and the whys. We have had a few technical articles, especially by Ben Londeree, travel articles by Dick Hessler from Sweden and then there were those articles discussing the effect of running marathons on intelligence. In the February, 1970 issue we had the following bit of advice which has ever since proven of inestimable value, especially to the beginning runner (or walker):

The Centipede was happy quite
 Until the toad in fun
 Said, "Pray which leg goes after which?"
 And worked her mind to such a pitch,
 She lay distracted in the ditch
 Considering how to run.

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