

# TRACK CLUB

NEWSLETTER Vol. X, No. 2 February 25, 1978

CHARLIE EVANS EASY WINNER IN 10,000 METER RUN; CES WITTMER IS THE BEST PREDICTOR February 4, 1978:

	10,000 Meters	Seconds off DT	% off
1. Charlie Evans	33:00	60	2.94
2. Denton Childs	34:10	70	3.53
3. Jerry Yunker	34:58	58	2.84
4. Ben Londeree 43	35:02PB	2	.09
5. Peter Pastoret	35:35PB	5	.23
6. Don Walker	35:56	71	3.40
7. Tim Schwegler	36:04	4	.18
9. Dan Diesel	36:44	16	.72
10. Don Shell	36:45	15	.67
11. Mike Kruse	36:58	107	4.60
12. Whitney Hicks 42	37:08PB	22	.98
13. Joe Marks 40	37:15PB	3	.13
14. Tom DeCoster	37:53	7	.31
15. Tom Hinckley	38:00	10	.44
16. Mark Kelty	38:00	107	4.92
8. Steve Renner	36:42	162	7.94
17. Dru Dixon	38:28	32	1.37
18. Olen Brown 42	38:32	12	.52
19. Mark Young	38:49		
20. Jim Warner	38:52	52	2.28
21. Don Granberg	38:53	123	5.56
22. Linnes Chester	39:47	15	.63
23. Rick Farwell	39:58	302	11.18
24. Jim Felts	40:08	112	4.44
25. Regan Thomas	40:25	155	6.01
26. Ray Loan 47	40:27	27	1.12
27. Wesley Paul 49	40:57	57	2.37
28. Amy Johns 1st woman	41:08	52	2.06
29. Dave Ervin	41:26	124	4.75
30. Jon Palks	41:29	61	2.39
31. Allen Smith 45	41:36	36	1.46
32. Jim Shanahan	41:50		
33. Keith Anderson	41:59	31	1.21
34. Phil Pratt	42:13	17	.67
35. Jack Horn	42:40	200	7.25
36. Tom LaFontaine	42:45	15	.59
37. Don Johnson 49	42:55	15	.58
38. Joe Duncan 43	43:13	47	1.84
39. Al Garverick	43:21	39	1.48
40. Denis Vaillancourt	44:12	198	6.95
41. Bruce Kenney	44:39	81	2.93
42. Jim Whitfield	44:47	11	.41
43. Dick Martin 45	45:29	29	1.07
44. Norma Cousin	45:42PB	258	8.60
45. Ken Burres 43	45:57	3	.11
46. Roy Stambaugh	46:12	88	3.28
47. Linda Brown	46:19	259	10.28
47t. Martha Stinson	46:19	259	10.28
49. Jean Madden 50	46:43	103	3.81
50. Bill Ramlow	47:29	171	5.66
51. Bruce Anderson	47:55	175	6.48
52. Mike Wiecek 15	48:05	185	6.85
53. Greg Wall	48:35	272	10.33
54. Chris Gibbs	48:37	83	2.77
55. Yale Iverson	48:58	388	15.21
56. Lee Fields	49:16	256	9.48
57. Charles Lenau	49:38	38	1.29
58. Richard Lowe	50:15	165	5.19
59. Vance Stoecker	51:03	237	7.18
60. Leonard Brubaker 43	51:21	159	4.91
61. Dave Walker	51:45	135	4.17
62. Hoyet Hemphill	52:13	169	5.12
63. Dick Harris	52:18	92	2.85
64. Jack Siefkas 40+	52:50	430	11.94
65. Mark Lidman	53:11	169	5.03
66. Dan Budig	53:31	389	10.81
67. Mike Butler	53:33	87	2.64
68. Pam Iverson	54:41	131	4.16

## 10,000 Meter Run continued:

68t. Annette LaFontaine	54:41	131	4.16
68t. Glenna Moe	54:41	79	2.35
71. Vonn Walter 11	55:14	14	.42
72. Jim Walter	55:14		
73. Helen Farwell	56:12	228	6.33
74. Janet Siefkas	56:25	205	5.69
75. Dick Mai	56:39	921	21.32
76. Phil Harris	57:10	50	1.44
77. Whedy Evans	57:15	15	.44
78. Lynne Hopkins	58:09	189	5.73
79. Bill Conboy 55	59:15	75	2.15
80. Gordon Butler	1:02:03	123	3.42
81. Karen Oliger	1:03:04	184	5.11
82. Ces Wittmer	1:04:02	2	.05
83. Jennifer Hacker	1:04:20	260	7.22
84. Sterling Kelley 75	1:10:46	646	17.94
85. Dave Edens	1:31:30		

## THE WALK:

1. Rob Spier 55	1:10:29	89	2.06
2. William Taft 62	1:15:28PB	47	1.04
2t. Henry Bent 77	1:15:28PB	212	4.47

26 degrees at the 8:00 AM start. Moderate winds were not a major factor. CHARLIE EVANS was in the lead early on and was never challenged. CHILDS had second all to himself, while YUNKER started slow and moved from 6th to 3rd and the return leg. BEN LONDEREE had one of his best races ever to show that improvement comes with increasing age.

This was the race that preceded Ken Cooper's seminar on AEROBICS. Ten of his new book, The Aerobic Way, were given to the ten competitors who came closest to their predicted times. The best predictor of all was CES WITTMER who was only 2 seconds off, as was Londeree, but Ces had a better percentage. Other book winners were: Burres, Marks, Schwegler, Pastoret, DeCoster, Whitfield, Vonn Walter and Hinckley.

The Ken Cooper Seminar was very well received. Cooper spent some five hours presenting his ideas. The man had an amazing ability to keep the attention of his audience (over 250 people) so that the time went by virtually unnoticed. CTC certainly says "THANKS" to Don Long who was the main driving force in getting Cooper to Columbia, to UMC for providing the facilities and to Jean Madden, Dave Erwin, Mark Landrum and Ben Londeree for working so hard in assuring a successful program. Dr. Leland Pfeffer's name should be in there and perhaps a few others. Also Thanks to ALMAR BOOK STORE for providing the books at a good discount and to MFA Insurance Cos., First National Bank, State Farm Ins. Co. and Dr. Pfefer for providing financial guarantees.

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

February 6, 1972 6 Mile Run: 1. Tom Logan and Loren Moes 33:05;  
 3. Larry Young 34:31. . . . 5. Ben Londeree  
 35:41, 6. Don Granberg 38:32, 7. Mike Chippendale  
 39:35, 8. Joe Duncan 40:32 and 5 others

February 19, 1972 3,2,1 Triathlon: 1. Dennis Stewart 15:43, 10:22, 4:50  
 2. Larry Young 16:39, 10:57, 5:13, 3. Ben Londeree  
 17:12, 11:09, 5:07, 4. Whitney Hicks 17:47, 12:02,  
 5:32, 5. Don Granberg 17:58, 11:53, 5:34,  
 6. Mike Chippendale 17:48, 12:12, 5:33, 7. Joe  
 Duncan 18:49, 12:02, 6:02, 8. Dick Hessler 19:29,  
 12:20, 5:37 This was the race where Whitney  
 Hicks brought a lap counter to make sure the officials  
 didn't mess him up. However, in the 3 mile run,  
 he forgot to push the button, so he ran an extra  
 lap and made Mike also run an extra lap. We haven't  
 seen the lap counter since.

On January 30, 1972, Don Granberg, in his 14th marathon, broke 3 hours for the first time with a 2:59:37. This was in the Groundhog marathon, Petit Jean State Park, Arkansas. This was also the first time any CTC member had ever run a sub 3 hour marathon. So, the name of DON GRANBERG should be up there with the likes of Roger Bannister, Charlie Dumas, Parry O'Brien and other great trailblazers.

The February, 1972 quote:

"Aging is a matter of mind. If you don't mind, it doesn't matter."

## UMC'S MARK TAITT BEATS JERRY YUNKER IN 15 KILO RUN

February 18, 1978:

	5K	10K	15 Kilo	Seconds off DT	% off
1. Mark Taitt	16:15	33:00	49:21		
2. Jerry Yunker	16:19	33:04	49:29	31	1.03
3. Tom Kempf, Jr.	16:53	33:32	49:59		
4. Dave Harris	16:40	34:45	52:16		
5. John Shorey	17:14	34:56	52:16		
6. Kyle Ellis	16:58	35:12	52:38		
7. John Durbin	17:18	35:28	52:54		
8. Mike Carter	17:54	37:01	55:31		
9. Tim Schwegler	17:50	37:21	56:26		
10. Whitney Hicks 42	18:55	38:43	57:17	43	1.23
11. Tom Hinckley	18:55	38:51	57:41	49	1.40
12. Mark Keltz	18:55	38:51	57:56		
13. Tom LaFontaine	--	39:55	58:31		
14. Don Granberg	18:55	38:49	58:58	32	.90
15. Olen Brown 42	19:20	39:55	59:38	63	1.79
16. Jim Felts	19:55	40:46	1:00:35		
17. Tom Kempf, Sr. 53	19:58	40:48	1:00:43		
18. Ray Loan 47	20:20	42:28	1:03:50	80	2.13
19. Wesley Paul 89	19:53	42:19	1:04:28		
20. Don Johnson 49	21:08	43:54	1:04:32	2	.05
21. Amy Johns	21:18	43:34	1:05:27	27	.69
22. Phil Pratt	21:08	43:47	1:06:46		
23. Joe Duncan 43	22:32	46:13	1:08:02	88	2.11
24. Scott Skultety	21:42	45:17	1:08:26		
25. Joe Keltz	22:08	45:04	1:10:15		
26. Ken Burres 43	21:52	46:17	1:10:44		
27. Annette LaFontaine	28:08	56:28	1:25:25		
28. Charlie Evans	16:17	34:21	& Out		
29. Steve Fisher	18:20	37:33	& Out (after a 13:54 3 mile the night		
30. Jeff Mittelhauser	18:20	37:33	Out before, indoors & winning)		
31. Dru Dixon	22:30	& Out			

## THE WALK:

1. Randy Mimm	--	--	1:22:30
2. Albert Van Dyke	34:10	--	1:43:23

A chilly eight degrees, however the sun was shining and the moderate NW winds weren't too bad. THANKS to Jon Palks, Arline Hinckley, Joe Marks and Henry Bent for handling the timing chores on a cold, cold day.

A good battle for first in the run--Taitt, a UMC runner, Yunker and Evans were out together and when Evans dropped back, it was a 2 man battle to the end.

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## DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: Showing % improvement &amp; events

1. Olen Brown	7.73	7	13. Ben Londeree	2.61	8
2. Matt Gibson	7.63	3	14. Wm. Taft	2.01	5
3. Joe Marks	5.18	3	15. Don Johnson	1.58	4
4. Jim Schutt	4.92	3	16. Henry Bent	1.55	4
5. Leonard Busen	4.38	2	17. Turk Storvick	.92	4
6. Bill Wiecek	3.86	4	18. Ray Loan	.82	6
7. Jim Gibson	3.85	3	19. Tom Hinckley	.41	6
8. Wesley Paul	3.71	6	20. Whitney Hicks	-0.13	4
9. Al Garverick	3.44	3	21. Mike Chippendale	-0.57	5
10. Denton Childs	3.33	2	22. Joe Duncan	-0.78	8
11. Pete Pastoret	3.13	3	23. Don Lewis	-0.91	7
12. Steve Gibson	2.65	2	24. Don Walker	-3.34	2

This does not include the 15 Kilometer run of Feb. 18

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CTC runners made good showings in the Ft. Wood Ozark Runs on Feb. 11. CHARLIE McMULLEN won the  $\frac{1}{2}$  marathon, but was denied official recognition because he did not register on time. In fact, the officials would not give Charlie his time, but a spectator told him it was 1:09+. Charlie felt this was one of his finest races, therefore, the mixup is unfortunate. Official winner was Ed Strabel, Ft. Leavenworth, Kansas, in 1:11:20. Second was DENTON CHILDS in 1:12:10. DON WALKER was third at 1:18:13, JOE MARKS 6th (1:20:46, 1st age 40 & over), JIM SCHUTT 7th (1:21:03, 2nd age 30-39), REX FRAZER tied for 13th (1:25:25), EFRAIN RONDON was at 1:30:32 (18th), WESLEY PAUL 20th (1:31:17, 1st age 17 & under), PHIL PRATT 25th (1:33:52), DON JOHNSON 27th (1:34:37), LEONARD BUSEN 46TH (1:57:50) while 7 year old NICOLE WAGNER won the age 17 & under for women, but I don't know her time. In the marathon, an extremely hilly course DEAN NEAL overcame a huge deficit in the last 2 miles to beat JON HERBERT

. . .Continued

## FT. WOOD MARATHON continued:

2:52:15 to 2:53:51. 4th, in her first marathon, at age 16, was AMY JOHNS with a remarkable 3:18:32. NORMA COUSIN was 8th at 3:42:31, beating JOE DUNCAN who had 3:47:44, after fading rapidly beginning with the long, long hill at 21 miles. There were 63 runners in the  $\frac{1}{2}$  marathon and 21 in the marathon. In addition there were 92 runners in a  $\frac{1}{4}$  marathon, but no CTC people.

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The results of the NATIONAL AAU ONE HOUR RUN for 1977 have finally come in. Once again, CTC did well, nationally, as a team. CTC "A" finished 5th out of 25 teams with a total distance of 55 miles, 135 yards, only 3 yards from 4th. This team consisted of DOUG CLARK (26th out of 733 runners with 11-527), DENNIS HINKAMP (30th, 11-472), JOHN DURBIN (51st, 11-18), JON HERBERT (59th, 10-1523) and DENTON CHILDS (83rd, 10-1115). CTC "B" was 18th (DENNIS STEWART, DEAN NEAL, PETE PASTORET, MARK LANDRUM & HOWARD GUSCAR). This team totaled 50-1607. The CTC Masters team of WHITNEY HICKS, BEN LONDEREE, REX FRAZER, TURK STORVICK AND EFRAIN RONDON placed second in the team competition for that category with a total of 48-1285, beating out 4 other teams. WESLEY PAUL set a national age 8 record with his 9 miles, 1005 yards. The national winner was Bill Rodgers with an American record 12 miles, 1350 yards. He also set American records at 15 kilo, 43:38.8 and 20 kilo, 58:15.

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## DESIGNATED TIME STANDINGS:

Av. % off DT		Events								
1. Pierce	.38	3	14. Guscar	1.91	4	27. Bent	2.80	5		
2. Hinckley	.84	7	15. Pastoret	1.98	3	28. W. Paul	2.98	3		
3. Yunker	1.25	5	16. Marks	2.11	8	29. Wheeler	3.35	2		
4. Londeree	1.32	10	17. Blossom	2.13	2	30. Dixon	3.42	3		
5. Spier	1.33	5	18. Lewis	2.31	8	31. Wiecek	3.51	2		
6. Palks	1.37	5	19. Granberg	2.37	2	32. Pratt	3.52	7		
7. Storvick	1.41	5	20. Duncan	2.44	10	33. G. Moe	3.56	3		
8. Johnson	1.50	7	21. Loan	2.44	9	34. Rhonda Th.	3.71	2		
9. Hemphill	1.59	2	22. Martin	2.44	2	35. Evans	3.88	3		
10. Taft	1.74	5	23. Busen	2.54	3	36. Regan Th.	4.19	4		
11. Childs	1.80	10	24. Fields	2.68	2	37. Johns	4.24	4		
12. Garverick	1.84	6	25. Hicks	2.73	6	38. Conboy	4.72	2		
13. Brown	1.85	10	26. Chippendale	2.73	3	39. Maxey	4.99	4		

## ELAPSED TIME STANDINGS:

1. Childs	233	16. T. McMullen	83	31. Schutt	53	46. Madden	15
2. Londeree	204.5	17. Herbert	83	32. DeCoster	48	47. A. Smith	14
3. Yunker	190	18. Maxey	81	33. Hemphill	46	48. Martin	14
4. Evans	182	19. Storvick	72	34. Garverick	42	49. Harris	11
5. Lewis	148.5	20. C. McMullen	69	35. Felts	38	50. Holt	10
6. Brown	131.5	21. Duncan	69	36. Wiecek	38	51. L. Patterson	10
7. Walker	115	22. Landrum	67	37. D. Neal	36	52. Wheeler	8
8. Guscar	111	23. Hinkamp	66	38. Renaud	34	53. Kurtz	7
9. Marks	110.5	24. Walter	65	39. Durbin	33	54. Moe	6
10. Hicks	110	25. Thomas	63	40. Schneider	28	55. Swanson	6
11. Chippendale	100	26. Palks	62	41. Pierce	28	56. Brubaker	6
12. Granberg	100	27. Pratt	62	42. Fields	28	57. Lowe	5
13. Hinckley	95	28. Stewart	60	43. Vaillancourt	23	58. Thorne, Sr.	5
14. Pastoret	94	29. Johnson	57	44. Burres	18	59. Conboy	3
15. Loan	86	30. Dixon	57	45. L. Neal	16		

## Age 40 &amp; Over:

1. Londeree	85.5	9. Johnson	30	1. Wesley Paul	20	1. Amy Johns	10
2. Lewis	62.5	10. Renaud	15	2. Jim Gibson	13	2. Glenna Moe	9
3. Brown	57.5	11. Burres	10	3. Matt Gibson	8	3. Wendy Evans	8
4. Hicks	48	12. Madden	9	4. Dave Forest	7	4. Norma Cousin	6
5. Loan	44	13. Martin	9	5. Mike Wiecek	7	5. Ces Wittmer	6
6. Marks	41.5	14. Allen Smith	8	6. Steve Gibson	6	6. Rhonda Bedell	5
7. Storvick	35	15. Brubaker	4	7. Vonn Walter	4	7. Rhonda Thomas	5
8. Duncan	31	16. Thorne	3	8. Nicole Wagner	2	8. Dianne Hunter	3
		17. Conboy	3			9. Patty Sprague	1

## WALKERS:

1. Busen	25	5. Bent	14	1. Busen	22	5. Spier	11
2. Van Dyke	20	6. Spier	12	2. Van Duke	16	6. Gragg	8
3. Mimm	18.5	7. Gragg	11	3. Taft	12.5	7. Clark	2.5
4. Taft	15.5	8. Jim B.	6	4. Bent	11		
		9. B. Clark	2.5				

RICH MEYERS, Xenia, Ohio, who became a Centurion last fall, wrote a little something for the Ohio Race Walker as to the comparison between walking 100 miles and riding a bike 100 miles. Here is what Rich had to say:

"...there is no comparison. I have piloted hang gliders, raced go carts, ridden bikes on three separate double centuries (the last on a track bike--no coasting--in 14 hours), rode an 1880 high wheeler from Columbus to Portsmouth and back (105 miles each way--12 hours down and 10 hours back), experienced the thrill of skin diving, almost lost my life in two wrecks, even married once, but never in my 41 years of life have I had the emotional and physical experience that this walk gave me. The joy of starting, walking through the rain and darkness of the early morning at 65 miles, the fear of not making it along with the knowledge that I still had a chance at 80 miles, then burning the last mile in slightly over 12 minutes and being able to stop. Now that it's behind me, I know that I did prove it, but I am awed that anyone, let alone me, could do it! Compare a 100 mile bike ride to walking 100 miles? No way. But I am not a completely reformed bike rider. There is a 300 mile bike endurance ride with a 24 hour time limit in Michigan this summer and I might see how that compares to the 100 mile walk."

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The 5,000 meter run and walk is going to be sponsored by the Mound City Shelled Nut Co., 36 N. 9th St., Columbia, John Laycob, Proprietor. This is the event slated for March 4th at Research Park, 9:00 AM. The race will be called the MOUND CITY SHELLLED NUT 5,000 METER RACE. Or, it could be called the 5,000 Meter Nut Race or the 5,000 Meter Race for Nuts. Anyway, a  $\frac{1}{2}$  pound packages of mixed nuts and dried fruits will be given to the first 3 finishers in each of the following categories: 15 & under, 16-29, 30-39, 40 & Over and women. No one can get more than one package.

The mixes will be as follows with first place finishers getting first choice, then 2nd placers, next choice--these are mixes which Laycob particularly recommends for runners and walkers:

EUCLID MIX An unseasted combination of our deluxe mix consisting of cashews, pecans, almonds, filberts, and walnuts, complimented with dark raisins.

PLAZA MIX Our latest creation, blending unroasted pecans, cashews, almonds, walnuts, and filberts, with raisins, toasted coconut, and various dried fruit such as bananas, pineapple, apples, and dates.

SUNSHINE MIX An unsalted blend of roasted almonds, cashews, sunflower seeds, pepitas(pumpkin seeds) and golden raisins.

All of our nut meats are available raw, salted, and unsalted.

#### BULLETIN! BULLETIN! NOTICE OF MEETING!

I have just learned that the question of the City of Columbia buying the MKT Railroad right of way will be before the City Council, for public hearing on Monday night, March 6, 1978. Council meetings begin at 7:00 PM. It is absolutely essential that ALL CTC members appear at this meeting to register support for this proposition. What influences Council members more than anything is a demonstration of wide popular support for a particular issue. WE MUST SHOW THIS SUPPORT, PLEASE ATTEND THE MEETING!!

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The Columbia Track Club Newsletter comes every month to those who pay the \$2.00 annual subscription price and to all CTC members--those who have paid the annual dues of \$5.00. Money should be sent to Joe Duncan 4004 Defoe Dr. Please notice that the newsletter is now being sent by Third Class Mail. It's cheaper that way. This means you will not get the newsletter if you change address and do not notify Duncan,, therefore you must notify him of any address change.

COLUMBIA TRACK CLUB ROSTER  
February 1978

Columbia, Mo. 65201 Members:

Jim Allen 5-22-53	Al Garverick 4-28-44
1412A W. Ash	13 Pecos Ct., Rt. #1
Sally 10-3-53	Charles Geiss 5-2-40
Bruce Beckett	808 Valley Ct.
500 So. Glenwood Ave.	Jim Gibson
Rhonda Bedell 6-11-56	Rt. #4
517 So. 6th Rm. P4	Jim, Jr. 11-14-63
Henry Bent 10-6-00	Matt 6-9-65
210 Westwood Ave.	Steve 5-15-67
Dennis Blossom 8-3-36	Tim 12-16-70
908 Martin Dr.	Brian Gill
Jay 1-14-64	500 Westmount Ave.
Stuart 9-20-67	Don Granberg 12-13-41
Roger Bower 6-7-42	509 Edgewood Ave.
Rte. 4, Box 71	Howard Guscar 8-2-45
Olen Brown 8-18-35	18 E. Thurman
300 Bourn Ave.	Dick Harris
Barbara 4-30-59	2215 Bushnell Dr.
David 7-20-67	John Hart
Leonard Brubaker 7-14-34	<del>5011 Philly Ave.</del> Rt. 3, Box 464 Holts
2322 Meadow Lark Lane	Summit, Mo. 65043
Bob Brugger	Mary Hemminger
1012 Bourn Ave.	Rt. 5, Box 325-A
Mike Chippendale 11-5-40	John Hemphill 7-20-55
305 Manor Dr.	1115 Lakeshore Dr.
Steve 1-30-68	Dick Hessler 8-25-41
Bill Clark 8-18-32	411 Westmount Ave.
3906 Grace Ellen Dr.	Amy 1-3-66
Mike 11-3-59	Peter 6-14-69
Kelly 3-14-62	Dennis Hinkamp 2-15-56
Kerry 2-17-64	107-C E. Stewart Rd.
Casey 3-4-70	Whitney Hicks 7-22-35
Bill Conboy	213 Devine Ct.
1000 Martin Dr.	David 2-24-64
Norma Cousin 11-4-49	Steven 10-18-66
214 Scott Blvd.	Tom Hinckley 10-15-44
Tom DeCoster	6 Edgewood
1712 Mizzou Place, Apt. %B	Amy Johns
Brian DeFacio	2200 Yuma Dr.
10 Aldeah Ave.	Bill Kurtz 7-15-41
Dru Dixon 2-28-53	300 Devine Ct.
1409 Windsor	Mark Landrum 6-6-39
Joe Duncan 5-24-34	Box 938
4004 Defoe Dr.	Dave Leuthold 11-20-32
Doug 11-11-60	1501 Ross
Joe, Jr. 2-26-65	Janet 12-14-59
John Durbin 11-6-56	John 8-20-64
109 N. Stadium Blvd. #18	Don Lewis 1-20-36
Dave Ervin 7-28-45	Box 30
1626 University Ave. Apt. B3	Pine Grove Trailer Village
Charlie Evans 9-2-55	Ray Loan 4-24-31
804 Edgewood Ave.	1020 Bourn Ave.
Wendy Evans	Tim 11-6-62
3816 Juniper Place	Ben Londeree 6-29-34
Jim Felts 7-26-51	4008 Faurot Dr.
10F University Terrace	Rick 8-22-67
Mike Fields	Don Long
34 Leatherwood Hills	Rt. 1 Cedar Grove
Dave Forest 9-15-62	Dan Lonquist 10-31-45
359 Crown Point	2508 Shephard Blvd.
	Richard Lowe
	1809 Iris Dr.

Jean Madden 3-15-27  
10 Ridgley Rd.

Joe Marks 8-2-37  
509 Defoe Dr.

Bryan 3-5-62  
David 2-17-63  
Danny 12-7-66  
John 9-17-68

Dick Martin 8-27-32  
1103 Parkridge Dr.

John McCrory 8-28-51  
204 Leslie Lane

Steve McWilliams  
603 K University Village

Randy Mimm 4-27-54  
801 N. Ann Apt. 9

Dick Moe 3-15-51  
11 H University Terr.  
Glenna 5-23-52

Jon Palks 7-3-49  
309 Loch Lane

Jim Pastoret 1-20-24  
1625 Wilson Ave.  
Susan 11-30-59

Pete Pastoret 2-10-53  
12 Mc Baine Ave.

Marvin Patterson 6-14-35  
Countryshire Estates RR#5  
Lance

AlLo Paul 11-6-41  
30 Southside Trailer Ct.  
Wesley 1-25-69

Keith Pierce 10-15-42  
1013 Plymouth Dr.

Jim Pinkerton 12-1-32  
1014 Westport Dr.  
Steve 1-21-60  
Kathy 3-17-66

Phil Pratt 2-6-47  
909 Walnut Ct.

Jim Schmidtlein  
408 Manor Dr.

Barry Schneider 7-7-53  
115 Hubbell

Joe Schroeder  
1232 Ridge Rd.  
Jay 3-9-60  
Robin 1-15-64  
Kevin 5-21-70

Joyce Schulte 12-20-42  
Rt #3  
Carl  
Dennis

Allen Smith 9-25-32  
Dean's Office Tate Hall  
School of Law

Patty Sprague  
15 E. Forest

Rob Spier 6-12-22  
708 Morningside Dr.  
Steve 3-6-59

Turk Storvick 4-14-28  
2210 Ridgefield Rd.  
David 2-23-66

Herbert Swanson  
1914 Garden Dr.

William Taft 10-24-15  
107 Sondra

Regan Thomas 12-20-46  
707 Crestland  
Rhonda 10-6-47

Jim Thorne  
Rt# 4, Box 210-D  
Jim Jr. 3-14-61  
John

Martin Tunks 9-8-27  
Rm. 254 A  
Gardner-Hyde Hall UMC  
Also: Rt. 1, Savannah, Mo. 64485

Denis Vaillancourt  
8 Aldeah

Paul Wagner  
2607 E. Walnut  
Nicole

Don Walker 11-29-57  
Walnut Hills Trailer Ct #5

Jim Walter 3-1-39  
1601 Hinkson  
Vonn 3-1-66

Ben Welch 6-29-54  
Pine Grove Trailer Village #162  
Also: Box 106 Parnell, Mo. 64475

Bob Wheeler 1-17-44  
2609 Wee Wynd

Bill Wiecek 1-31-38  
1949 Jackson  
Mike 4-7-62  
Sophie 7-26-63  
Kristen 11-26-66

Ces Wittmer  
104 Alhambra

Larry Young 2-10-43  
605 Hulen Dr.

Jerry Yunker  
701D University Village

Dianne Hunter  
1312 Hinkson Ave.

## OUT OF TOWN MEMBERS

Ken Atwell 7-19-35  
8320 Russell  
Overland Park, Kansas 66212

Jim Breitenbucher 8-18-53  
1311 Concert St.  
Keokuk, Iowa 52632

Ken Burres 8-12-34  
320 So. Main  
Fayette, Mo. 65248

Leonard Busen 3-6-30  
4523 Ferrer Dr.  
Mehlville, Mo. 63129

John Byland 10-13-39  
119 N. Main St.  
Fayette, Mo. 65248

Don Carman 11-21-48  
2114 Lakeland  
Murmil, El Dorado, Ark. 71730

Bob Chapin 10-16-31  
1208 Redwood Dr.  
Independence, Mo. 64056

Denton Childs 4-19-50  
1003 E. Cherry Apt. 203  
Springfield, Mo. 65807

Doug Clark 7-5-56  
31 Ussery Dr.  
Lexington, Mo. 64067

Bill Fox 3-31-42  
801 Chestnut  
Tarkio, Mo. 64491

Lt. Col. Rex Frazer 9-25-31  
2807 Greensboro Dr.  
Ames, Iowa 50010

Bob Gragg 8-19-25  
1606 Skyline  
Liberty, Mo. 64068

David Hills  
Rt 1, Box 58 Belair Trailer Ct  
Waynesville, Mo. 65583

Jon Herbert 12-4-49  
303 So. Duke Rt. 7  
Springfield, Mo. 65802

Augie Hirt 4-15-51  
449 Falcon Ridge Way  
Bolingbrook, Ill. 60439

Bob Holt  
1814 Recardo Dr.  
Cape Girardeau, Mo. 63701

Paul Ide 11-7-51  
332 Sherry Pl.  
Manhattan, Kansas 66502

Don Johnson 9-3-28  
323 So. Collier  
Centralia, Mo. 65240

Theresa Knapp 7-31-49  
1833 E. Willow  
Wheaton, Ill. 60187

Paul Mack 8-15-54  
25 Concord Lane  
St. Louis, Mo. 63128

Bruce Maxey 7-25-56  
Countryshire Estates #226  
Mexico, Mo. 65265

Charlie McMullen  
Gen. Del.

~~Fulton, Mo. 65251~~ Lake Ozark, Mo. 65049

Tim McMullen  
302 Claymine Dr.  
Fulton, Mo. 65251

Gayle Myers 6-21-49  
2635 Edmond  
St. Joseph, Mo. 64501

Dean Neal 3-18-48  
~~Rt. 700 Trail~~  
Success, Mo. 65570

Lance Neal 6-16-39  
Box 240  
Success, Mo. 65570

Walter Renaud 10-24-31  
21 Towne & Campus  
Fulton, Mo. 65251

MSgt. Efrain Rondon 3-4-34  
31 Ellis Ct.  
Ft. Leonard, Mo. 65473

Cathy Russell 1-7-49  
1010 Circle Dr.  
West Plains, Mo. 65775

Al Schrik 9-20-51  
1943 Harvard  
Independence, Mo. 64052

Jim Schutt 12-1-38  
Rte. 1, Box 192  
California, Mo. 65018

Dennis Stewart  
Rt. 1, Box 152  
Higginsville, Mo. 64037

Albert Van Dyke 5-15-25  
MSP  
Jefferson City, Mo. 65101

Jerry Young 7-21-57  
40 Sunset Ct.  
St. Louis, Mo. 63121  
Mark 9-30-59

Howard Reynolds  
Rt 3, Box 43K Richland, Mo. 65556

Joan 9-23-52

ALL CTC MEMBERS ARE ENTITLED TO  
A 10% DISCOUNT ON RUNNING GEAR  
AT CROSSROADS SPORTS CENTER  
2101 W. Broadway.

Jerry Inman 10-27-48  
Rt 1, Box 67  
Billings, Mo. 65610



# Saturday Morning Runner's World Fun Runs

## 1978 SCHEDULE

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

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

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 Raymond W. Loan (314/445-5139) or 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:

MARCH	4	Saturday	9:00 AM	5,000 Meter Run, 5,000 Meter Walk Research Park
	5	Sunday	12 Noon	MVAAU 3 Mile Indoor Walk    Pittsburg, Kansas CONTACT: Jim Breitenbucher 319 Russ Hall Pittsburg, Ks. 66762. Jim will have dorm space available for out of town walkers for only \$5.00. A free lunch will be provided after the race.
	11	Saturday	9:00 AM	FUN RUNS    Research Park
	18	"	9:00 AM	Four Mile Relay (4 person teams, each person runs a mile)    Research Park
	18	"	?	MVAAU 20 Kilo Run    Manhattan, Kansas CONTACT: Arne Richards 1223 N. 12th St.    66502
	25	"	9:00 AM	FUN RUNS    Research Park
	25	"	10:00 AM	Arkansas Marathon    Booneville, Ark.
APRIL	1	Saturday	9:00 AM	MVAAU AND OPEN 10,000 METER CHAMPIONSHIP RUN    Rock Bridge Track    Park in area north of building. The main gate to the track will be locked. Restroom facilities will not be available.
	1	"	2:00 PM	MVAAU AND OPEN ONE HOUR WALK CHAMPIONSHIP Hickman Track

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

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PERMIT 226  
COLUMBIA, MO.

JOSEPH W. DUNCAN

ATTORNEY AT LAW

TELEPHONE (314) 445-2684

4004 DEFOE DR.  
COLUMBIA, MO. 65201

March 13, 1978

To the members of the City Council, City of Columbia:

I will be out of town on March 20th, unable to attend the public hearing regarding the proposed purchase of the MKT Railroad right of way. Therefore, I will herein state my support for this proposal.

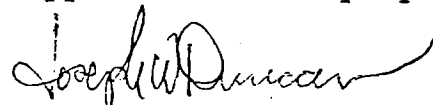
This property should be developed as a trail to be used by joggers, walkers, cyclists and all those who may simply be interested in casual strolls in the country. This proposed facility is not a frivolous plaything to be used by a few. It is a facility that can be used by every person in Columbia. We probably have no other recreational facility which would have such a broad base of potential use.

From an economic standpoint, an investment of a few tens of thousands of dollars in facilities of this type can have the ultimate effect of saving hundreds of thousands of dollars in health care costs. The best way to harness these burgeoning costs is by preventive medicine. The idea is to keep people out of hospitals. One of the most effective ways of doing so is by encouraging people to engage in aerobic exercise activities, such as running, walking and cycling. For documentation of the value of these programs and for some cold, hard statistics, please see Dr. Kenneth Cooper's new book, The Aerobic Way.

We need to develop every possible facility to encourage aerobic activities. Present facilities simply are not adequate. There are hundreds, thousands of joggers, walkers and cyclists in Columbia, most of them using the streets for their activities. This indicates that the present park areas and the tracks at Hickman and Rock Bridge High Schools are not adequate to meet the needs of all Columbians.

The proposed MKT facility would be very heavily used--the year round--by people of all ages, including those with physical disabilities. If any of the council members ever get involved in aerobic exercising they would eventually use such a facility, for they would have a certain reluctance to run on the streets. This is a reluctance shared by many Columbians who would start a jogging, walking or cycling program if only a facility specifically designed for that purpose were available.

Thanks for your consideration and support for this proposal.

  
Joseph W. Duncan  
President, Columbia Track Club

# PETITION

The following residents of the City of Columbia respectfully urge the City Council to vote in favor of the proposal to purchase the MKT Railroad right of way, said property to be developed and used as a recreational facility for hikers, joggers, cyclists, etc., as recommended by the Parks and Recreation Commission.

NAME

ADDRESS

1. \_\_\_\_\_
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NOTICE OF PUBLIC HEARING IN REGARD  
TO THE PROPOSED PURCHASE OF  
MKT RAILROAD RIGHT OF WAY

WE NEED HELP!

The official Public Hearing for this proposal will be sometime after 7:00 p.m., Monday night, March 20th, in the City Council Chambers, 4th Floor, Daniel Boone City-County Building at 7th and Broadway.

THERE IS ORGANIZED OPPOSITION TO THIS PROPOSED PURCHASE.

Therefore, it is absolutely essential that all CTC members and friends do whatever they can to show support. This can be done by writing letters to the Council members, by personal discussion with the Council person from your ward and by attending the public hearing, at which time, if you are so moved, you may speak on the issue.

PLEASE ACTIVELY SUPPORT THIS PROPOSITION.