

1978 RUNNING AND WALKING SCHEDULE PRESENTED BY

PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to Joe Duncan, 4004 Defoe Drive,
phone 445-2684

ENTRY BLANKS: In most of our races you don't need an entry blank. Entry blanks for the Heart of America Marathon, Missouri Valley and National AAU events will be available six weeks or so before the event.

AAU REGISTRATION: All athletes must have a valid AAU card, regardless of the class of competition. All EVENTS ARE SANCTIONED BY THE MISSOURI VALLEY AAU. Our club number is 207. Application blanks for AAU registration may be obtained at the race site.

LOCATION OF EVENTS: Hickman High School Track is one block south of Interstate 70, the Providence Road exit. Hilton Inn is at the Southwest corner of Interstate 70 and Stadium Boulevard. Rock Bridge High School Track is on the west side of Providence Road, 2 miles south of Stadium Boulevard. Research Park is on the west side of Providence Road, about one half mile south of Stadium Boulevard.

DESIGNATED TIME CATEGORY: All events (except the One Mile run, pentathlon, triathlons and relays) will be Designated Time (D.T.) events at the option of the competitor. Awards will be given at the end of the season for the top six in the D.T. category. One must compete in at least 12 D.T. events to qualify for an award. Only the best 12 predictions will be used in computing the D.T. average (computed on basis of percentage error).

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Divisions: **RUNNERS:** 1) Open (not including age 15 and under or women), 2) Age 40 and Over, 3) Age 15 and Under, 4) Women; **WALKERS:** 1) Open, 2) Age 15 and Under, 3) Age 40 and Over, 4) Women. Points will be accumulated during the season with each eligible competitor getting points per race equal to the number of eligible competitors he beats, plus one. Example: there are 8 eligible runners in a race. The first finisher of those eight gets eight points, the last finisher gets one point. At the end of the season, awards will be given as follows: one must compete in at least 5 events to be eligible for an award. At least one award will be given in each division (if the 5 event criteria is met). 50% (rounded down) of the "5 event" competitors in each division will receive an award, up to a maximum of 6 awards. Thereafter, awards will be given at a 1-5 ratio (rounded to the nearest 5). EVERY race will count as an Elapsed Time event (including MVAU races), however, only one's best 21 events (17 for walkers) will count. This gives 2 "free" events.

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE: An award given to the competitor who improves the most over the preceding season. The improvement is computed on a median average percentage basis. One must have at least 10 duplicate events in order to be eligible for this award. Only the 10 best improvements are considered.

THE SEASON: The "season" commenced with the first race after the 1977 Heart of America Marathon and concludes with the 1978 Marathon.

ELIGIBILITY FOR AWARDS: Only CTC members and non-members who pay \$5.00 will be eligible to compete for D.T., E.T., and improvement awards. No competitor can establish a D.T. average or accumulate E.T. points until the \$5.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1978 dues for CTC membership shall be \$5.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$5.00 will provide a membership for all family members living together in the same household. The CTC Newsletter (12 monthly issues) is included in the \$5.00.

ENTRY FEES: Only AAU events, the Missouri Cup, Marathon and Turkey Trot will have entry fees. Trophies and medals are awarded only in those events where an entry fee is charged.

FUN RUNS: "Fun Runs" will be held at 9:00 a.m. (8:00 a.m. for June, July and August) the 2nd, 4th and 5th Saturdays of every month, at Research Park. This will be informal running jogging or walking at any distance the participant wishes up to six miles. Each participant will receive a certificate showing the time for his selected distance, but there will be no determination of placings.

1978 EVENTS

January 7	Saturday, 9:00 a.m.	5 Mile Run, 5 Mile Walk - Hilton Inn
January 21	Saturday, 9:00 a.m.*	20 Kilo Run, (10 Kilo for women and Age 15) 20 Kilo Walk - Hilton Inn
February 4	Saturday, 9:00 a.m.	10 Kilo Run, 10 Kilo Walk - Hilton Inn
February 18	Saturday, 9:00 a.m.*	15 Kilo Run, 15 Kilo Walk - Hilton Inn
March 4	Saturday, 9:00 a.m.	5 Kilo Run, 5 Kilo Walk - Research Park
March 18	Saturday, 9:00 a.m.	Four Mile Relay, 3 Mile Walk - Research Park
April 1	Saturday, 9:00 a.m.	MVAAU 10,000 METER RUN - Rock Bridge Track
April 1	Saturday, 2:00 p.m.	MVAAU AND OPEN ONE HOUR WALK - Hickman Track
April 15	Saturday, 9:00 a.m.	Walk-Run Pentathlon - Walk 2 miles, Run 880 yards, Walk 1 mile, Run 2 miles, 220 yard dash; 3, 2, 1 Mile Triathlon - Hickman Track
April 29	Saturday, 9:00 a.m.	Missouri Cup Competition, 20 Kilo Walk - Rock Bridge Track
May 6	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU and OPEN 1 HOUR RUN - Hickman Track - Slow heat at 8:30 a.m.
May 20	Saturday, 9:00 a.m.	Sprint Triathlon - 1500, 800, 400 - Hickman Track
June 17	Saturday, 7:30 a.m.	2 person, 5 mile relay - Alternate 440's - Each team has a male runner age 16 or over, <u>and</u> a junior age 15 or under <u>or</u> a female runner - Hickman Track
July 1	Saturday, 8:00 a.m.	1 Mile Run, 10,000 Meter Walk - Hickman Track
July 15	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN, MVAAU 15 KILO WALK - Hilton Inn
August 5	Saturday, 6:30 a.m.	30 Kilo Run (20 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
August 13	Sunday 6:30 a.m.	SENIOR NATIONAL AAU, MASTERS, Class B, and MVAAU 30 Kilometer Walk - MFA Course
August 19	Saturday, 8:00 a.m.	10 Kilo Handicap Run, Walk - Hilton Inn - Swim and picnic afterwards at Lakeshore Estates
September 4	Monday, 6:00 a.m.	19th ANNUAL HEART OF AMERICA MARATHON
September 16	Saturday, 9:00 a.m.	5,000 Meter Run, 10 Kilo Walk (7:30 a.m.) Hickman Track
September 30 & October 1	Saturday & Sunday, 1:00 p.m.	12th ANNUAL 100 MILE WALK - AAU Championship Hickman Track
October 7	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 21	Saturday, 9:00 a.m.	5 Mile Cross-Country Run - Gustin Golf Course
November 5	Sunday, 1:00 p.m.	Missouri Turkey Trot 3 Mile Cross-Country Run - St. Louis - Counts as D.T. and E.T.
November 18	Saturday, 9:00 a.m.*	20 Kilo Run (10 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
December 2	Saturday, 11:00 a.m.	MVAAU AND OPEN 30 KILO RUN (20 Kilo for women and age 15); 20 Kilo Walk - Hilton Inn
December 16	Saturday, 9:00 a.m.*	Holiday 10 Mile Run, 10 Mile Walk - Hilton Inn

*On these road walks, walkers should report 30 minutes early.

On track events, the run will be first, followed by the walk. Most track runs will have a fast heat (at the scheduled time) followed by a slow heat.

RECOMMENDED OUTSIDE EVENTS:

February 11 (?), Saturday - 1/4 and 1/2 Marathons - Fort Leonard Wood, Missouri
 February 26, Sunday - Third Olympiad Memorial Marathon - St. Louis, Missouri
 March 18, Saturday - MVAAU 20 Kilo Run - Manhattan, Kansas
 April 21 and 22, Friday and Saturday - KU Relays, Lawrence, Kansas
 June 3, Saturday - Hospital Hill Run, Kansas City, Missouri
 July 29, Saturday - Lake Atwood 10 Mile Road Race - Atwood, Kansas
 October 15, Sunday - Tri-States Marathon, Falls City, Nebraska

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.

NOTICE OF MEETING

There will be a meeting on Thursday, January 26, at 7:00 p.m. in the City Council Chambers, City County Building, at 7th and Broadway, in regards to the proposed purchase of the MKT Railroad property. All Columbia Track Club members and friends are urged to attend this meeting in support of the City's acquisition of this property for the purpose of developing a jogging and cycling trail.

SPREAD THE WORD AND ATTEND THE MEETING!

Regular daily exercise is a major part of any program of preventive medicine to reduce the risk of heart disease.

Millions of people now benefit from . . .

AEROBICS

The Science of Preventive Medicine

10:00 - 5:00, February 4, 1978
Memorial Union Auditorium
University of Missouri - Columbia

Lecture and Discussion Featuring:

Dr. Ken Cooper, M.D.

Developer of Aerobics and

**Founder - Director of the Aerobics Center
and Cooper Clinic, Dallas, Texas**



PROGRAM SCHEDULE

- | | |
|------------------------|--|
| 8:00 - 10:00 a.m. | 10,000 Meter Designated Time Race, Hilton Inn
(Winners will receive copies of Dr. Cooper's book
<u>The Aerobics Way.</u>) |
| 10:00 a.m. - 4:00 p.m. | Dr. Cooper (lunch break 12:30 - 2:00 p.m.) |
| 4:00 - 5:00 p.m. | Reaction Panel and Questions: Dr. Cooper,
Dr. Leland Pfefer, Dr. Ben Londeree |

Program partially underwritten by:

1st National Bank and MFA Insurance Companies

Other Sponsors and Contributors:

Dept. of Health and Physical Education, UMC College of Education,
New Balance, State Farm Mutual, Inc., Natural Wear, Dr. Leland Pfefer,
Columbia Track Club, UMC Extension Division.

For further information contact:

Dr. John R. Swanson, Office of Conferences and Short Courses, 348 Hearnese,
UMC, Columbia, Mo. 65201. Phone (314) 882-4796.

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Make check for \$10.00 payable to: The University of Missouri.
Send check and registration form to: Aerobics, 348 Hearnese, University of
Missouri - Columbia, Columbia, Mo. 65201.

COLUMBIA TRACK CLUB EVENT RECORDS

as of January 1, 1978

	Age 15 & Under			16-29			30-39			40-49			50 & Over			WOMEN
220 yards																
400 meters																
800 meters																
1500 meters																
One Mile Run																
Two Mile Run																
Three Miles																
Five Miles																
Ten Miles																
Ten Miles																
One Hour Run																
Heart of America Marathon																
5,000 Meters																
5,000 Meters																
10,000 Meters																
10,000 Meters																
15,000 Meters																

COLUMBIA TRACK CLUB RACE WALKING RECORDS As of January 1, 1978

Age 15 & under 16-39

40-49

50 & over

WOMEN

One Mile

6:53 3-26-72
Larry Young

Two Miles

18:29 10-27-73
Beth Eberle

14:22 4-29-72
Larry Young

17:11 4-26-75
Leonard Busen

18:29 10-27-73
Beth Eberle

Three Miles

21:45 4-16-72
Larry Young

26:12 3-27-76
Leonard Busen

28:37 9-22-74
Gwen Eberle

Five Miles

57:22 9-11-71
Steve Spier

36:19 4-16-72
Larry Young

43:32 3-27-76
Leonard Busen

47:59 9-22-74
Gwen Eberle

Five Miles r

37:07 12-21-74
Ron Laird

45:53 1-7-78
Leonard Busen

1:01:24 1-7-78
William Taft

Six Miles

1:03:24 9-23-73
Linda Ontko

43:41 4-16-72
Larry Young

52:15 3-27-76
Leonard Busen

57:47 9-22-74
Gwen Eberle

One Hour

6-77 4-6-74
Beth Eberle

8-415 4-16-72
Larry Young

6-1642 3-27-76
Leonard Busen

6-1473 4-12-70
Bob Young

6-252 4-6-74
Gwen Eberle

Ten Miles r

2:10:09 1-4-70
Janet Leuthold

1:15:25 12-21-74
Ron Laird

1:31:51 12-17-77
Leonard Busen

2:04:16 12-17-77
Wm. Taft & Henry Bent

2-10-09 1-4-70
Janet Leuthold

5,000 Meters

28:48 5-4-74
Linda Ontko

23:59 7-6-74
Larry Young

55:384-3-76
Leonard Busen

28:43 8-16-75
Rob Spier

28:36 5-4-74
Gwen Eberle

10,000 Meters

58:48 10-27-73
Cristy Dotseth

44:15 5-7-72
Larry Young

55:384-3-76
Leonard Busen

59:39 9-19-75
Rob Spier

56:19 10-27-73
Ellen Minkow

15,000 Meters

1:07:32 5-7-72
Larry Young

1:18:18 10-23-77
Ron Kulik

1:29:51 9-13-75
Rob Spier

20,000 Meters t

1:30:10 5-7-72
Larry Young

1:56:55 5-3-75
Leonard Busen

2:03:75 5-7-72
Bob Young

2:03:75 5-7-72
Bob Young

30,000 Meters r

2:34:57 2-16-70
Ray Chapin

1:31:15 10-23-77
Marcel Jobin

1:45:58 10-23-77
Ron Kulik

3:12:44 10-26-75
Rob Spier

50,000 Meters r

2:21:03 10-23-77
Marcel Jobin

2:48:27 10-23-77
Ron Kulik

4:59:58 11-13-77
Max Gould

100,000 Meters t

4:11:08 8-15-76
Larry Young

5:25:09 8-15-76
Bob Chapin

11:57:37 10-4&5-75
Dave Leuthold

16:39:10 10-5&6-74
Joyce Schulte

100 Miles t

11:16:19 10-4&5-75
Augie Hirt

20:09:20 9-28&29-74
Bob Chapin

12:15:08 10-4&5-75
Rob Spier

19:24:34 9-25&26-67
Larry O'Neil

	15 & under	16-29	30-39	40-49	Over 50	WOMEN
20,000 Meters	1:22:02 12-3-77 Wesley Paul	1:08:47 1-18-75 Rick Katz	1:10:42 12-4-76 Dick Hessler	1:12:35 12-4-76 Walter Renaud		1:28:15 8-6-77 Joan Hirt
30,000 Meters	2:10:09 8-6-77 Wesley Paul	1:43:54 12-3-77 Doug Clark	1:46:37 12-6-75 Dick Hessler	1:50:53 12-4-76 Walter Renaud		2:12:00 8-6-77 Joan Hirt
2 Mile CC Municipal	13:01 9-27-75 Doug Duncan	9:38 10-10-71 Bob Brouillet	10:57 10-1-77 Howard Guscar	10:51 10-1-77 Ben Londeree		12:15 10-1-77 Joan Hirt
3 Mile CC Gustin	19:42 11-6-77 Wesley Paul	14:40 11-6-77 Mark Whalley	16:12 11-6-77 Howard Guscar	16:25 11-6-77 Ben Londeree		20:12 11-16-75 Joan Hirt
5 Mile CC Gustin	32:24 10-15-77 Wesley Paul	25:21 10-15-77 Clark Hamilton	28:04 10-15-77 Howard Guscar	28:20 10-25-75 Walter Renaud		
Print Triathlon (4:39, 2:03.3, 54.0 Mile, 880, 440)	7:36.3 6-28-75 Bryce Allmon	7:21.6 6-28-75 Paul Rice	7:53.0 6-28-75 Don Lewis	7:49.5 6-26-76 Don Lewis		10:05.5 5-21-77 Joan Hirt
3,2,1 Triathlon	36:54 4-16-77 18:37, 12:18, 5:59 Wesley Paul	28:33 4-16-77 14:22, 9:43, 4:28 Mike Kelly	31:45 5-17-75 16:20, 10:28, 4:57 Dick Hessler	31:16 6-5-76 15:47, 10:32, 4:57 Don Lewis		44:24 4-16-77 Joan Hirt
Walk-Run Pentathlon	809pts. 4-24-76 2 Mile walk, 0, 2:28.5(357) 880, mile walk, 0, 14:11(134), 2 mile run, 220 28.2(318)	2,790 pts 4-28-73 18:02(361), 2:04.8 (668), 10:02.5(695) 25.4(523)	1735 pts 4-26-75 0, 2:07.1(633), 0 10:53(546), 25.0 (556)	1705 pts 4-24-76 0, 2:09.0(604), 0, 10:50.5(553), 25.1(548)		
Four Mile Relay	26:34 5-3-75 J. Blossom 6:46 M. Schupp 7:13 J. Leuthold 6:53 D. Duncan 6:02	18:35 5-25-74 M. Lawman 4:49 Tom Hoft 4:43 C. Evans 4:43 D. Stewart 4:20		22:29 3-19-77 D. Lewis 4:59 Ray Loan 5:42 J. Madden 5:41 Olen Brown 6:07		
Person, 5 Mile Relay, Alt. 440's		24:34 6-19-76 Bryce Allmon 11:31 Doug Sloan 13:03				

TRACK CLUB

NEWSLETTER Vol. X, No. 1 January 25, 1978

JERRY YUNKER WINS FIVE MILE RUN 5 January 7, 1978: % off

			offDT	
1. Jerry Yunker	2.5	12:54	7	.45
2. Dennis Stewart		13:02	6	.37
3. Denton Childs		13:20	37	2.34
4. John Durbin		13:26		
5. Pete Pastoret		14:07	76	4.22
6. Ben Londeree	43	14:13	11	.62
6t Mike Kruse		14:20		
8. Don Lewis	41	14:45	31	1.72
9. Whitney Hicks	42	14:45	118	6.24
12. Mike Chippendale		14:47		
10. John Hemphill	14	14:47	25	1.39
11. Joe Marks	40	14:47	27	1.48
13. Bruce Maxey		15:09	98	5.10
14. Tom Hinckley	15	15:10	5	.27
15. Lance Patterson		15:08		
16. Olen Brown	42	15:20	55	3.02
17. Jim Walter		15:11		
18. Jon Palks		16:29	48	2.37
19. John Bassford		16:25		
20. Dick Swanson		16:27	29	1.44
21. Joe Duncan	43	16:31	27	1.34
22. Phil Pratt		16:25	42	2.15
23. Bob Wheeler		16:50	74	3.68
24. Al Garverick		17:20	48	2.35
25. Mark Zwonitzer		16:55		
26. Rhonda Bedell		17:26	28	1.33
27. Mike Wiecek	15	17:05		
28. Jim Gibson	13	17:40		
29. Steve Gibson	11	19:25		
30. Ken Scott		19:58		
30t. Gary Zwonitzer		19:58		
32. Dick Harris		21:35		
33. Wendy Evans		22:55		
34. Dianne Hunter		23:25		
35. Ces Wittmer		24:22		
36. Nicole Wagner	7	25:45	112	3.52
36t. Paul Wagner		25:45		
38. Matt Gibson		19:25	out	
39. Wesley Paul		fell at 1 1/2 miles & had to drop out		

THE FIVE MILE WALK:

1. Leonard Busen	47	23:10	45:53	127	4.41
2. William Taft	62	31:08	1:01:24	156	4.06
2t. Bill Clark	45	31:08	1:01:24	186	4.80
4. Henry Bent	77	31:10	1:02:09	171	4.38

Low 40's, cloudy, moderate winds--not a major factor, excellent conditions. Yunker had the lead right away and was never really threatened--must have been all that cheese he ate after the 10 mile Holiday run where he was closest on his DT. He was only 7 seconds off, so he certainly knows what he can do. A few people coming back after assorted ailments--Hicks, Lewis, Marks (first time under 30:00!).

ELAPSED TIME STANDINGS--Walkers:

				Age 40 & over	
1. Busen	25	5. Bent	13	1. Busen	22
2. Van Dyke	19	6. Gragg	11	2. Van Dyke	15
3. Mimm	16.5	7. Spier	9	3. Taft	10.5
4. Taft	13.5	8. Jim B.	6	4. Bent	10
		9. B. Clark	2.5		
				5. Spier	8
				6. Gragg	8
				7. Clark	2.5

WESLEY PAUL was honored at the Chinese consulate in Kansas City on Jan. 5. While there he and his family met and talked to Chi Chin, the worlds #1 female sprinter and hurdler in the early 70's.

ROB SPIER has been named Race-Walking Chairman for the Missouri Valley AAU, replacing Bob Chapin who had been chairman for several years. CONGRATULATIONS, Rob.

The date for the 100 Mile walk has been changed because Rock Bridge HS has decided to have a football game on Sept. 30. The new dates are Sept. 23 & 24. MARK YOUR CALENDARS NOW!!!!

DENTON CHILDS HANDILY WINS 20 KILOMETER RUN January 21, 1978:

		10 K	20 Kilo	Secs off DT	% off
1. Denton Childs		35:00	1:10:17	17	.40
2. Jerry Yunker		38:14	1:14:35	85	1.86
3. Bob Winchell		37:23	1:15:06		
4. Pete Pastoret		37:50	1:15:19		
5. Ben Londeree	43	38:25	1:17:33	27	.58
5t. Don Lewis	42	38:25	1:17:33	27	.58
7. Joe Marks		38:43	1:18:10PB by	71	1.49
8. Jim Schutt		39:52	1:18:38 3 mins		
9. Whitney Hicks	42	39:53	1:20:34	34	.71
10. Mark Kelty		41:06	1:20:45		
11. Tom Hinckley		41:06	1:20:52	68	1.38
12. Bruce Maxey		41:00	1:21:25	335	6.42
13. Mike Kruse		40:09	1:21:34		
14. Olen Brown	42	40:38	1:22:22	18	.36
15. Ray Loan	46	42:57	1:26:45	75	1.42
16. Dru Dixon		42:57	1:26:46		
17. Joe Duncan	43	43:54	1:29:21	51	.96
18. Jim MacLachlan		45:12	1:29:31		
19. Phil Pratt		43:53	1:31:30		
20. Don Johnson	49	44:25	1:32:37	83	1.47

AMY JOHNS WINS WOMEN'S 10,000 Meter Run:

1. Amy Johns	41:53	7	.28
2. Rhonda Thomas	58:15	(No can of Sauerkraut this time, in fact, she would have own the cheese)	
2t. Lynn Marty	58:15		

VONN WALTER WINS THE 15 & under 10 K:

1. Vonn Walter	1:05:40
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I forgot to mention some other 20 K runners who did 10,000 meters:

Regan Thomas had 43:50 for 10, while Chris Gibbs had 53:20 and Jim Walter ran with his son.

THE 20 KILO WALK GOES TO RANDY MIMM:

1. Randy Mimm	57:22	1:59:37		
2. Albert Van Dyke	1:05:05	2:10:48		
3. Henry Bent	1:20:50	2:44:07	247	2.57

A cold 4 degrees at the start, but the sun was shining and it got up to 10 or so towards the end. Also, there was very little wind, so all in all it was quite comfortable for a race. Much better than the 20 kilo of six years ago.

TURK STORVICK recently under went surgery--something to do with a lumbar disc to remove pressure on his sciatic nerve. Turk has been fighting this problem for quite sometime, but he now thinks that this surgery will correct the problem once and for all. It will most likely be 3 months or so before he is back running. We all certainly wish him well and look for him to be back stronger than ever--and at age 50, no less, as of April.

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE:

Showing % Median improvement and number of events

1. Randy Mimm	15:42	1	17. Pete Pastoret	3.00	2
2. Mark Landrum	10.20	1	18. Steve Gibson	2.65	2
3. Mike Wiecek	9.87	1	19. Ray Loan	2.34	4
4. Joe Marks	8.16	1	20. Tom Hinckley	1.79	4
5. Matt Gibson	7.63	3	21. Henry Bent	1.09	3
6. Augie Hirt	7.11	1	22. Don Johnson	1.02	2
7. Olen Brown	6.03	5	23. Turk Storvick	0.92	4
9. Jim Schutt	4.92	3	24. William Taft	0.89	4
8. Wesley Paul	4.98	5	25. Don Granberg	-0.13	1
10. Leonard Busen	4.38	2	26. Joe Duncan	-0.31	7
11. Al Garverick	3.88	2	27. Don Lewis	-0.46	6
12. Bill Wiecek	3.86	4	28. Mike Chippendale	-0.57	5
13. Jim Gibson	3.85	3	29. Don Walker	-3.34	2
14. Dennis Blossom	3.48	1	30. Jon Herbert	-3.42	1
15. Denton Childs	3.37	2	31. Whitney Hicks	-5.65	2
16. Ben Londeree	3.32	6	32. Rob Spier	-13.16	3

This does not include the 20 kilo event. Remember--it takes at least 10 comparable performances to be eligible for this award.

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

January 9, 1972: 5 Mile Run 1. Dennis Stewart 28:20, 2. Ben Londeree 28:41, 3. Doug Williamson 29:14, 4. Mike Chippendale 30:47, 5. Joe Duncan 31:33, 6. Dick Hessler 33:59

January 15, 1972: 20 Kilo Run 1. Bill Wirtz 1:15:16, 2. Ben Londeree 1:22:02, 3. Jerry Kokesh 1:23:08, 4. Don Granberg 1:24:47, 5. Joe Duncan 1:25:53, 6. Dean Smith 1:38:00 This was our famous 20 Kilo run when the temperature was -8° with a wind chill of -30°. Six hard-core nuts--what we called the very heart of the hard-core--and three of them got up at 6:00 AM and drove in from St. Louis. Wirtz vowed he wasn't coming back until a warmer day. Sure enough, true to his word, he didn't come back until some 19 months later; the August, 1973 half-marathon--when it was 90 degrees!! And he hasn't been back since.

January 30, 1972: One Mile Run (in January?): 1. Tom Logan 4:53.4 (last lap in 59.41), 2. . . . 4. Ben Londeree 5:22, 5. Art Fleming 5:37, 6. Dick Hessler 5:52.
2 Mile Walk: 1. Dave Leuthold 20:58, 2. Janet Leuthold 23:38. On this day Hickman Track was covered with an inch of ice and snow.

Limerick of the month was:

A young runner named Chippendale
Was so fast, he seemed to sail,
But the men in blue
Thot from crime he flew,
So now, poor thing, he runs in jail.

LEONARD BUSEN is somewhat concerned about his Great Sandbagger trophy. He writes the following about the problems he has been having:

"CTC ought to hand out a booklet on the care and feeding of the "Great Sandbagger" traveling trophy I won recently.

I sat it in a frontroom window, but it made noises, kind of a cross between a bark and a "hi there," at motorists, so I put it in a closet in the daytime. But it whined, afraid of the dark, I guess, so I built it a full-scale house in the back yard. It is prospering there.

It parties a lot, has lots of guests over, never inviting me. I'm not sure what it's up to. It's an independent cuss. Comes to the house at all hours, waking me up, wants to borrow ice, brown sugar, grenadine, steel wool, things like that.

I'd estimate it's grown six inches and is broadening at the hips (just below the clock). It's taken to wearing swallow-tail coats, with tie-dyed shirts to match, and track shoes.

I don't know what all it's up to. Sometimes I worry. It and our pair of Siamese cats get along well and it's branching out. It's aggressive.

The other day it asked for a new car, said it'd settle for a Ferrari. And it asked this morning, "How does one run for mayor? Is there a residency law?" It said not to rush; if I have the data by tomorrow it'll be fine.

Its appetite runs to steaks and prime rib. But I save on salads; it grazes. With the Sandbagger, I never have to mow a lawn. It likes Gookinade, too, but doesn't jog much; told me it hasn't hit more than a 95 mile week yet. It's fair at racewalking; I beat it once in a 5K, three times in a 20. Never mind that it's won three out of four. Even it admits weight and height might be factors in its favor. At 195 pounds and 6' 2", I'm carrying a 5-pound handicap, while it has 4 inches height on me.

It's a gregarious sort, has lots of friends. It's promised to introduce me around.

If it reproduces, I'll let CTC have the first two picks of the litter."

Leonard then pointed out that I had failed to give him proper recognition for setting a new over age 40 record in the 10 mile Holiday Walk. Sure enough, he did set a record, beating Fred Young's 1:33:30 (set on Jan. 4, 1970) with his 1:31:55.

THE DICK HESSLER COLUMN--the January report from Sweden:

All continues to be fine as wine here. Anne had a lovely girl on Dec. 14 and I am happy to report that both baby and mother are in super shape. The Svensk for super condition is jättefin (Yeatefeen) so here is a term you can spring on our running comrades. The new one's name is Birgitta Anne and she is a Swede and an American at this point in her brief life. I need to go to the American Consulate here in order to get her a passport to enable us to take her with us when we leave in Feb. She will have an American passport because a child born of an American father is automatically an American whereas if the father is Swedish and the mother American, then the child is Swedish and can become an American if it wants.

I don't think I can answer all of your questions without severely taxing my rather limited brain which is suffering from malnutrition brought on by a long-standing inability to catch any fish. Yes I am still at it. Last Sat., the eve of jul, I went out to the coast and fished off the rocks for 3 hours. It was blowser and cold but I stayed with it-you know how we do these things as a runner- and caught seaweed but no fish. INGENTING! It looks bad now since I must put my fishing rod up for sale in plenty of time before we leave so my fishing days are numbered. But then again so is my life if I don't catch a fish.

Am I a changed runner? I suppose I am. For one thing I am 6 pounds lighter than when I left Columbia. Maybe I am a bit stronger now, however, because I am running slow but very long distances and much of my training is in the woods on very steep hills and rough trails. I think I am much faster now than I have ever been because the runs with some of the Solvikingarna suggest some much improved times. For example, recently I went out with a few of the really good runners from IMF Göteborg and a few Solvikingarna. One of the fellows had a watch and we decided in the middle of the run to time a 25 kilo segment. This was during a 42 kilo run which we do once a week, usually on Sat. morning. We did 1:22:50 and that is after 8 kilos. Also I feel very good and have been running 130 English miles a week. To be honest, I have just about no desire to race the way I used to and in this sense I guess I have changed my approach to running. I enjoy the occassional marathon or out-of-town race just to test myself and to see the world a bit but I can't get up any enthusiasm whatever for racing in the CTC program like I used to. This feeling gets stronger every time I run with the Swedes in the club here. I guess the philosophy has to be worked out yet but I know that I feel strongly enough about this to be consistent in my actions. Competition should be a personal pursuit, to be developed and refined by the individual through small tests which can be an interesting part of training. It should not enter into a running club or within a group of friends who are runners, I think, because then a certain tension develops between people which keeps them from sharing all the joys and the pains of running with each other. One can't learn much in a club where there exists high within group competition. Learning about others and even about one's self is retarded in this kind of setting. Furthermore, I have lost absolutely all interest in thinking about beating some other runner. It took awhile for this to sink in but now to think back on the times when it seemed so important to me to beat this guy and that guy is to step out of my body in order to stare at this rather absurd little fellow of obviously limited physical and mental talents who seems bent on imposing his boring and meaningless behaviour on a host of all-to-willing victims. How can this be is both a question and an answer for me. It distresses me to recall all the races when I really had to work up a feeling of "I want that guy, I want to run him until his tongue is hanging on his belt, etc.". It seems so absurd now and so antithetical, even destructive to a lifetime commitment to running.

So much for this drivel. Let me tell you about running here. Every Sat. and Sun. some long-distance freaks from Solvikingarna and IMF Göteborg get together at the Solvikingstuga, the little training cabin we have in the woods out at Skatås, and they go for 6 Swedish miles on a slow run. A Swedish mile = 6.1 English miles so we end up running 36 or so miles before giving up the ghost. I usually try to vary the days, running on Sat. one week and Sun. the next because I like the difference in the two groups of runners. The Sat. group consists of married types, mainly. They go out at 8:00 am before it is light and so you get to see the sun rise (when you can see the sun which is not all that often in this coastal climate) or at least watch the sky get light during the run. Morgan Gautman, the best runner in Solvikingarna this year, is always in this group along with Erik Östbye, the aged phenomenon. No one speaks a word of English so it forces me to do better at Svensk. The unwritten rule is that the fastest runners always take up the rear during the run and the pace is set by the other slower guys.

The Sat. group talks about work, domestic things, a little politics, and a lot about running. There are quite a few runners in this group and the usual number starting out together is 10-12. There are always one or two Göteborg runners and often Axel and Rolf (I don't know their last names) who are young very talented runners competing for Mölndal Club. These two, fortunately, are mainly 1500-16,000 meter types and they use the winter to get in their distance runs to build up their strength for next season and the racing circuit. Both of these guys are well coached and supported in part by the government and they are considered good bets to make the Swedish national team and possibly the Olympics. Axel is 23 and up until two years ago he played soccer full-time. He has done 3:43 for 1500 m and 15:05 for 5,000m. Rolf is even better but I am not sure of his times. He is only 19 years old so you can see the potential. These guys are the ones who will gladly get one into a very fast pace if you want to test yourself and it is Rolf who has helped me and my friend Jan-Åke run those very quick 25 kilo runs. They run with us mostly at a slow pace unless a couple of guys want to let the legs do their thing.

The Sun. group is smaller in numbers and consists mostly of the bachelors. They are very interesting people and much more into running from various abstract or philosophical positions. For example, one of the most interesting people to me is Åke Lutner. He is unemployed and lives the life of a sort of running bum. He has this incredible head for facts and the guy can cite running statistics for years back for any and all runners ever to compete. I am not joking. This guy has some sort of photographic mind but he uses it only to store all these data on running. He is a track club newsletter editor's dream come true. He goes to the library twice a week and reads all sorts of history, philosophy, etc., but it is running fact which he stores away. He invariably has a cold, usually accompanied by vague symptoms in his neck area. He believes in fasting for days on end in order to treat the colds so the guy is always on the verge of starving to death whenever I see him. He is a great distance runner, however, and we have become very close friends. We usually talk about Swedish history in one sense or another. The other guys are more the gay blades who go to discos and chase the occasional kvinna. All-in-all this is a most congenial group and one which I enjoy very much despite my marital status. I told Åke that occasionally I act like a bachelor and this keeps Anne off center just enough to keep her interested in me. Both Åke and I believe very much the words of Axel Munthe and his delightful analysis of women. This appears in his book, The Story of San Michele, a must for you if we are to remain close running companions upon my return. It will give you amazing insight into the Swedish mind, if there is such a thing, but more importantly you will learn the absolute and final truth about women and how to treat them. At any rate I will run with Åke on Sun. and we will have a big discussion about vegetarianism, Gustav Wassa, Sweden's role relative to the Germans during WWII, and of course what non-entity Z did in the Salubrinloppet at the turn of the century 1300. It is so funny to ask Åke what Bill Rogers did in the Australian marathon and to rest assured that you have the precise time, place, weather conditions, etc.

I wrote a letter to the editor of the Missourian about the bike and running way which you mentioned in one of your letters. I couched my letter in the general context of recreation and told a bit about the green belt, bike paths, etc. here in Göteborg. I wrote the letter after a long run out at Skatås so I was inspired very much to hit the absence of recreational facilities in Col. very hard. I was sitting in the Sol. house and it was snowing outside as well as inside due to snow coming down the chimney, as the British say it. So I built a fire and Peter worked on his reading while I typed away on a very bad typewriter which kept placing half the letter in red and the other half some variation of red-black. The letter is too long because I was so inspired that I raved on long past a normal letter-to-the-editor length. I hope that we can do something to start to build some decent walking-running-bike paths in and around Columbia. So many people of all ages get so much use and pleasure out of the wonderful facilities of these sorts here that it is going to be very difficult to control my enthusiasm for having the same sorts of things in Col. As I pointed out in the letter to the editor, when I asked the local political leaders to discuss the costs and benefits of these facilities here, they looked very confused and seemed to have great difficulty putting recreation facilities into cost-benefit terms. To the Swede, these things are a basic human need and a basic right. There is no question that 50 miles of nature preserve within 30 minutes walking distance from the center of Göteborg is worth the effort it took to set the land aside and to build the trails, etc. The average Swede will turn such a stupid question about the worth of recreational facilities back upon the questioner and ask, "What is it worth to you to know that your loved ones can go out on their bikes, ride to work or to school and ride just for the fun of it and you know that they have a very good chance of coming home in one piece? What is it worth to you to know that you can escape the stresses of

city life by walking a short distance from your home or place of work and losing yourself in deep woods and the sight of elk and deer all around? When you are older and alone, as so many are in our society which has urbanized so rapidly as to destroy much of the character of the rural Swedish community, then how much is it worth to you to know that you have nature close at hand where being alone is a positive event?"

So the editor will look at my letter and scratch his head, no doubt. He may just be perverse enough to decide to publish it, thinking that it is so far out of the mainstream of Columbia life that people will get a good laugh out of it. It may never see the light of day but that would not surprise me very much either. Columbians are very much oriented to material gain and the thought of getting the necessary land set aside and money put into some developments of the sorts we have here is analogous to thinking about the Pope converting to Judaism. (I have the strangest feeling that I am misspelling all sorts of words. My Svensk has destroyed my spelling so please forgive me-I don't even have an English dictionary here, can you believe that?)

CONGRATULATIONS TO DICK AND ANNE on the birth of Birgitta Anne. We do hope Dick can eventually catch a fish or two. We know Anne is quite alarmed at the head of the household's inability to catch fish--not to mention Amy and Pete being continually hungry, but now there is a third one to feed. The Hessler family will be back in a month or so. Which is a little unfortunate since that will be the end of the Swedish Report--perhaps we can ship Dick to some other country so he can tell us about running there.

DESIGNATED TIME STANDINGS:

1. Stewart .37	1	19. Brown 2.03	8	36. N. Wagner 3.52	1
2. Pierce .38	3	20. Blossom 2.13	2	37. Hicks 3.56	4
3. Yunker .80	3	21. Lewis 2.31	8	38. Regan thomas 3.59	3
4. Hinckley .82	5	22. DeCoster 2.34	1	39. L. Neal 3.63	1
5. Palks 1.12	4	23. Granberg 2.37	2	40. Rhonda Thomas 3.71	2
6. Spier 1.15	4	24. Bent 2.39	4	41. D. Neal 3.80	1
7. Forest 1.23	1	25. Marks 2.40	7	42. Martin 3.82	1
8. Bedell 1.33	1	26. Sprague 2.45	1	43. Pratt 4.00	6
9. Storvick 1.41	5	27. Busen 2.54	3	44. Glenna Moe 4.16	2
10. Swanson 1.44	1	28. Loan 2.68	7	45. Evans 4.36	2
11. Londeree 1.46	9	29. Fields 2.68	2	46. Dixon 4.45	2
12. Hemphill 1.59	2	30. Chippendale 2.73	3	47. Clark 4.80	1
13. Childs 1.61	9	31. Duncan 2.79	8	48. Maxey 4.99	4
14. C. McMullen 1.77	1	32. Pastoret 2.86	2	49. Amy Johns 7.11	2
15. Guscar 1.91	4	33. W. Paul 3.28	2	50. Conboy 7.30	1
16. Garverick 1.92	5	34. Wheeler 3.35	2	51. J. Walter 8.39	1
17. Taft 1.92	4	35. Wiecek 3.51	2	52. Cousin 13.40	1
18. Johnson 1.99	5				

ELAPSED TIME STANDINGS:

Open--Runners

1. Childs 203	16. Granberg 71	30. Pratt 44	44. Felts 12
2. Londeree 176.5	17. C. McMullen 69	31. Johnson 39	45. Holt 10
3. Evans 151	18. Pastoret 67	32. Wiecek 38	46. L. Patterson 10
4. Lewis 148.5	19. Landrum 67	33. D. Neal 36	47. Madden 9
5. Yunker 147	20. Hinkamp 66	34. Dixon 36	48. Burres 8
6. Guscar 111	21. Walter 63	35. Renaud 34	49. Wheeler 8
7. Brown 102.5	22. Loan 63	36. Garverick 32	50. Harris 8
8. Chippendale 100	23. Hinckley 62	37. Schneider 28	51. Kurtz 7
9. Walker 89	24. Stewart 60	38. Pierce 28	52. Martin 6
10. Marks 86.5	25. Duncan 54	39. Fields 28	53. Moe 6
11. T. McMullen 83	26. Schutt 53	40. DeCoster 25	54. Swanson 6
12. Herbert 83	27. Palks 47	41. Durbin 20	55. Thorne, Sr. 5
13. Maxey 81	28. Thomas 46	42. L. Neal 16	56. Brubaker 2
14. Hicks 73	29. Hemphill 46	43. Vaillancourt 14	57. Conboy 2
15. Storvick 72			

AGE 40 & Over:

1. Londeree 72.5	9. Johnson 20
2. Lewis 62.5	10. Renaud 15
3. Brown 42.5	11. Madden 6
4. Storvick 35	12. Burres 5
5. Loan 31	13. Martin 4
6. Marks 30.5	14. Thorne 3
7. Hicks 30	15. Brubaker 2
8. Duncan 23	16. Conboy 2

Age 15 & Under

1. Wesley Paul 16
2. Jim Gibson 13
3. Matt Gibson 8
4. Dave Forest 7
5. Steve Gibson 6
6. Mike Wiecek 5
7. Vonn Walter 3
8. Nicole Wagner 2

WOMEN:

1. Glenna Moe 5
2. Wendy Evans 5
3. Rhonda Bedell 4
4. Amy Johns 4
5. Rhonda Thomas 4
6. Norma Cousin 2
7. Dianne Hunter 2
8. Patty Sprague 1
9. Nicole Wagner 1

SECOND ANNUAL FT WOOD OZARK RUN

FULL, HALF AND QUARTER MARATHON

SATURDAY, 11 FEBRUARY 1978

PLACE: FORT LEONARD WOOD-NUTTER FIELD HOUSE

DISTANCE: FULL MARATHON (26.2) HALF MARATHON (13.1)
AND QUARTER MARATHON (6.55 MILES)

COURSE: HARD TOP ROAD - GENTLY ROLLING TERRAIN

TIME 1300 HOURS (1:00 P.M.) FULL MARATHON
1400 HOURS (2:00 P.M.) HALF, QUARTER MARATHON

EVERYONE INVITED

AWARDS: 3 TROPHIES EACH DIVISION

MEN'S DIVISIONS

½ & ¼ MARATHON

17 & UNDER

18 - 19

20 - 24

25 - 29

30 - 39

40 & OLDER

FULL MARATHON ALL AGES

WOMEN'S DIVISIONS

¼ MARATHON

19 & UNDER

20 - 29

30 - 39

40 & OLDER

½ & FULL MARATHON ALL AGES

PRE-ENTRY DEADLINE: 8 FEBRUARY 1978

ENTRY FEE: \$2.00

CHECK-IN TIME: 0900 - 1200

Dressing, Latrine, shower and sauna facilities. Furnish own towels and locks

In Consideration of my participation in the Fort Wood Ozark Run, the undersigned does hereby assume all risks and does forever release, acquit, and discharge Fort Leonard Wood military reservation, the United States Army, and the committee in charge in of the event from any and all cause or causes of action, including personal injury, illness, death, property damage, and liability of any kind, name or nature, in any manner arising out of the physical presence of the undersigned at Ft. Leonard Wood, Missouri. \$2.00 entry fee is enclosed.

Athlete's Signature _____

PRINT NAME: _____ **CLUB:** _____
(LAST) (FIRST) (MI)

ADDRESS: _____

AGE AS OF 11 FEB 1978: _____ **DIVISION:** _____ **EVENT:** _____
(FULL, HALF & QUARTER)

IF UNDER 18, PARENTS SIGNATURE: _____

RETURN TO:
RECREATION SERVICES
INTRAMURAL SPORTS
ATTN: MR MENSCH
FLW MO 65473
PHONE: (314) 368-3654

SCHEDULE OF EVENTS

- FEBRUARY 4 Saturday 8:00 AM 10,000 Meter Run, 10,000 Meter Walk
Hilton Inn Course This race is a prelude
to the Ken Cooper Clinic. In recognition thereof,
an autographed copy of Cooper's book, The Aerobic
Way, will be given to the eight competitors who
come closest to their predicted time.
- 4 " 10:00 AM Ken Cooper on Aerobics Memorial
Union Auditorium We urge all CTC members to attend and,
of course, to spread the word to others.
- 5 Sunday 9:00 AM 20 Mile Run Kirkwood, Mo.
- 11 Saturday 9:00 AM FUN RUNS Research Park
- 11 " 1:00 PM Ft. Wood Ozark Marathon, $\frac{1}{4}$ marathon &
 $\frac{1}{2}$ marathon Ft. Leonard Wood, Mo.
- 18 " 9:00 AM 15 Kilo Run, 15 Kilo Walk(8:30) Hilton Inn
- 19 Sunday 8:00 AM 15 Mile Run St. Louis, Mo.
- 25 Saturday 9:00 AM FUN RUNS Research Park
- 26 Sunday 8:00 AM 6th Annual Third Olympiad Memorial
Marathon and 10,000 Meter Run St. Louis, Mo.
Marathon entry deadline is February 20!!!!
- MARCH 4 Saturday 5,000 Meter Run, 5,000 Meter Walk Research Park
- 18 " 9:00 AM (as is the above) Four Mile Relay (4-person
teams), 3 mile walk Research Park
- 25 " 10:00 AM 10th Annual Arkansas Marathon Booneville,
Ark. CONTACT: Bob Waid 118 E. Main St. Booneville,
Ark. 72927 Should be a good marathon to go to--
flat course, lots of trophies, cool weather, scenic

For all St. Louis areas contact SLTC, Box 13428 St. Louis, Mo. 63138.

JOE MARKS, vice-president in charge of Travel Co-ordination, will handle
the co-ordinating of transportation to the Ft. Wood races, the St. Louis
Marathon & the Arkansas Marathon. If you plan to go to any of these races,
then be sure to tell Joe. Address: 509 Defoe Dr. Phone: 445-1919

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

No PROFIT ORG.
U.S. POSTAGE
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PERMIT 226
COLUMBIA, MO.

MISSOURI VALLEY AAU 10,000 METER RUN
ENTRY BLANK

TIME: Saturday, April 1, 1978, 9:00 a.m., at least three sections, fastest section first.

PLACE: Columbia, Missouri, Rock Bridge High School Track, located on the west side of Providence Road two miles south of Stadium Boulevard. In the event of poor track conditions, we will make this a road race.

ENTRY FEE: \$1.00 - post entries will be accepted, however, PLEASE try to have your entries in by March 31st. Make checks payable to Columbia Track Club.

AWARDS: Trophy to overall winner, trophies to first 5 finishers age 16-29, first 3 finishers in each of the following four categories: 15 and under, 30 to 39, over 40, and women. MVAAU medals to first 3 MVAAU finishers. Certificates to all finishers.

MVAAU RECORD: 32.03 Ken Bell; Winfield Kansas, November 25, 1972.

In consideration of your acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at the said race.

PRINT NAME _____ AAU # _____ AAU ASS'N _____
SIGNATURE _____ Ht. _____ Wt. _____ BIRTH DATE _____
ADDRESS _____
street city state zip
SCHOOL OR CLUB _____

If entrant is under 18, parent or guardian must sign below:

NAME _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

Return to:: Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201

10,000 Meter Run

MISSOURI VALLEY AAU AND OPEN ONE HOUR WALK
1978 Entry Blank

TIME: Saturday, April 1, 1978, 2:00 p.m.

PLACE: Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road exit off of I-70.

ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by March 31st. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first six finishers, certificates to all finishers. MVAAU medals to first three MVAAU finishers. Small Trophy to first over 40 finisher.

MVAAU RECORD: 8 miles, 415 yards - April 16, 1972, by Larry Young.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ BIRTHDATE _____

AAU # _____ AAU ASS'N. _____ HT. _____ WT. _____

SIGNATURE _____

ADDRESS _____

street city state zip

SCHOOL OR CLUB _____

If entrant is under 18, parent or guardian must sign below:

NAME _____

by signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States. Sanctioned by the MISSOURI VALLEY ASSOCIATION OF THE AAU.

Return to: Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201

ONE HOUR WALK