

# TRACK CLUB

NEWSLETTER Vol. X, No. 7 July 20, 1978

FRED BINGGELI HOLDS OFF MARK HOFIUS IN MVA 15 KILO RUN July 15,

		5K	10K	15K
1. Fred Binggeli	27 Kansas City	15:22	31:27	47:08
2. Mark Hofius	21 Jefferson City	15:37	31:29	47:10
3. Steve Fisherr	21 Sedalia	15:32	31:34	47:34
4. Tom Logan	29 Club Midwest	15:29	31:41	47:49
5. Bob Busby	29 Club Midwest	15:28	31:49	48:03
6. Doug Clark	22 CTC	15:30	32:00	48:23
7. Denton Childs	28 CTC	15:35	32:14	48:38
8. Dave Harris	23 CTC	15:34	32:09	48:47
9. Greg Lovercamp	19 Sedalia	15:46	32:46	49:32
10. Jeff Mittelhauser	21 Sedalia	15:56	33:24	50:13
11. Rex Power	25 Club Midwest	16:22	34:09	50:27
12. Ed Grumm	24 Club Midwest	16:24	34:40	52:20
13. Ben Londeree	44 CTC	17:20	35:35	52:43
14. Bart Bradford	17 Parkville, Mo.	17:30	35:48	53:09
15. Dan Boatwright	19 Sedalia	16:52	35:26	53:34
16. Mike Chaffee	33 Lenexa, Kansas	17:15	35:31	52:53
17. Harry Lineberry	29 Fulton, Mo.	17:26	35:46	53:40
18. Mike Taylor	36 Hazel Park, Mich.	17:05	35:28	53:49
19. Mason Duede	18 Kansas City, Mo.	17:56	36:10	54:30
20. David Bielak	21 Club Midwest	17:35	36:22	55:04
21. Mike Kruse	17 CTC	18:09	37:30	56:22
22. Tom LaFontaine	31 CTC	17:15	35:50	56:33
23. Steve Holt	27 CTC	--	38:38	56:59
24. Joe Marks	40 CTC	18:28	38:08	57:04
25. Mike Wagner	26 Hazelwood, Mo.	18:15	37:45	57:10
26. Olen Brown	42 CTC	18:27	38:07	57:13
27. Tom Parker	31 Kansas City, Kansas	18:42	38:35	57:21
28. Jim Schutt	39 CTC	19:13	38:54	57:31
29. Mike Emanuele	17 Kansas City, Mo.	18:11	37:36	57:34
30. Carl Owczarzak	38 Overland Park, Ks.	18:26	38:19	57:55
31. Steve Kissinger		19:06	38:40	58:14
32. John Hemphill	22 CTC	19:06	38:55	58:22
33. Arne Richards	45 Manhattan, Ks.	--	38:45	58:39
34. Don Granberg	36 CTC	--	38:30	58:48
35. Paul Beer	28 Kansas City, Mo.	19:24	39:46	59:37
36. John O'Grady	16 St. Louis, Mo.	--	40:32	59:44
37. Dru Dixon	25 CTC	19:15	39:57	59:49
38. Jim Neviackas	31 CTC	19:46	40:25	1:00:00
39. Don Lewis	42 CTC	--	41:01	1:00:15
40. Bob Shottman	34 CTC	19:50	40:20	1:00:17
41. Dick Martin	45 CTC	19:41	40:40	1:00:48
42. John Kimpel	27 Lenexa, Ks.	19:43	40:39	1:00:52
43. Dave Hillis	21 CTC	18:51	40:14	1:01:04
44. Dick Swanson	31 CTC	19:16	40:35	1:01:14
45. Richard Spence	37 Columbia	19:48	40:50	1:01:29
46. Robins		--	--	1:02:16
47. Allen Smith	45 CTC	20:22	41:15	1:02:18
48. Al Klein	28 Kansas City	20:22	41:20	1:02:35
49. Turk Storvick	50 CTC	20:00	41:34	1:02:35
50. Marty Rosso	26 CTC	20:00	42:07	1:02:50
51. Fields		--	--	1:02:58
52. Jay Snellen	26 CTC	20:18	40:45	1:03:05
53. Jack Wallace	25 CTC	--	--	1:03:37
54. Larry Thornburg	31 CTC	--	--	1:03:41
55. Don Johnson	49 CTC	20:42	42:40	1:03:47
56. Mark Kempton	25 Sedalia	20:41	42:50	1:04:14
57. Craig Brace	17 CTC	19:18	--	1:04:23
58. Joe Duncan	44 CTC	20:52	43:04	1:04:25
59. Bob McKee	24 Columbia	23:05	44:56	1:04:29
60. Harris Vaillancourt	26 CTC	--	43:00	1:04:33
61. Jim Hagan	29 Sugar Creek, Mo.	20:14	42:48	1:05:18
62. Marty Sewell	17 St. Charles, Mo.	20:15	42:46	1:05:59
63. Mike Perkins	21 Manhattan, Kansas	20:45	43:43	1:06:28
64. Heisinger Brian	Choate Left City			1:06:45
65. Jim Allen	25 CTC	23:00	45:26	1:06:49
66. Linda Brown	21 UMC	22:44	45:01	1:06:50
67. Jim Gibson	14 CTC	20:47	45:00	1:07:27
68. Dave Clark	34 Columbia	22:40	45:08	1:07:35

## 15 Kilometer Run Continued. . . .

69. Greg Choate		--	--	1:07:36
70. Ralph Aubuchon	25	23:15	46:29	1:07:52
71. Jerry Starkey	33 Whiteman AFB	21:18	45:36	1:09:19
72. Mark Lidman	30 CTC	23:09	46:36	1:09:27
73. Phil Pratt	31 CTC	23:14	47:25	1:10:20
74. ? ? ?			47:24	1:10:40
75. Jim Schmittlein	29 CTC	23:07	--	1:10:42
76. Keith Pierce	35 CTC	23:12	47:23	1:10:46
77. George Warmuth	31 Kansas City, Mo.	21:51	47:06	1:12:31
78. Matt Gibson	13 CTC	22:28	48:41	1:12:56
79. Anthony Smith	30 Manhattan, Ks.	25:56	50:15	1:13:44
80. Hoyt Hemphill	21 CTC	--	49:05	1:14:38
81. Annette LaFontaine	28 CTC	24:41	50:54	1:14:39
82. Lynn Dickinson	29 Lenexa, Kansas	23:58	49:24	1:14:43
83. Kent Dickinson	31 Lenexa, Kansas	23:58	49:33	1:15:31
84. Sharon LeDuc	35 CTC	25:32	51:30	1:17:53
85. Dennis McGuire	40 CTC	26:03	53:05	1:18:03
86. Jon Heisinger	11 Jefferson City	25:11	53:15	1:20:28
87. Glenna Moe	26 CTC	--	50:24	1:23:24
88. Nancy Lidman	23 CTC	27:33	59:23	1:27:11
89. Dick Harris	31 CTC	26:23	59:56	1:29:07
90. Nicole Wagner	7 CTC	27:43	60:45	1:29:28
91. Kathy Cain	33 Columbia	29:02	60:37	1:31:16
92. Pete Pastoret	25 CTC	--	36:39	
93. Dave Kannewurf	21 St. Louis	--	37:25	
94. Patty Walsh	25	29:02	60:28	
95. Bill Conboy	58 CTC	26:55	61:11	
96. Cliff Young	24 Club Midwest	17:49		

## AT THE SAME TIME WE HAD THE MVAU 15 KILOMETER WALK:

1. Jerry Young	21 CTC	24:10	48:48	1:13:45
2. Randy Mimm	24 CTC	24:24	50:25	1:17:08
3. William Taft	62 CTC	37:54	76:53	1:55:59
4. Jim Gibson, Sr. celebrating his birthday		42:04	83:46	2:06:55

The predictions went like this: Olen Brown 17 seconds off, .49%; Johnson 23, .60%; Storvick 25, .66; Duncan 35, .90; Marks 53, 1.52; Taft 121, 1.71; Childs 82, 2.73; Lewis 105, 2.82 and Londeree, failing to predict a personal best, 137, 4.15.

Good weather for a summer race--high 60's, cloudy, but sticky with 95% humidity. Fred Binggeli, the ex-Westminster College runner from Fulton, former NAIA champion, was on the lead all the way with up to 8 runners trying to hang close over the early going. over the last 5,000meters it was Binggeli and UMC's Hofius matching strides with Binggeli refusing to be headed. Fred had won this race in 1973 with his previous PB of 48:55. He had tied for 3rd in '72, and was 3rd in '74 and 8th in '76. Fred's time today was the 3rd best ever with Ron Tabb's record of 46:13 and George Mason's 46:44, both in '76, being the only two times better. Last year's winner, Steve Fisher also had a PB as did Ben Londeree in coming within 30 seconds of Walt Renaud's age 40 record. Division winners: 15 & under: Jim Gibson, followed by brother Matt, Jon Heisinger; 30-39: Chaffee, Mike Taylor, visiting from Mich., representing the Motor City Striders, Tom LaFontaine; Women: Linda Brown, Hoyt Hemphill and Tom's wife, Annette LaFontaine. MANY THANKS to the people who took care of the timing chores and the aid station: Jon Palks, Ken Burres, Paul Wagner, Whitney Hicks, Jim Walter, Joanne Gibson, Steve Gibson, Steve Shottman.

## A N N O U N C E M E N T

Dr. Leland Pfefer is announcing that on the third Saturday of each month, beginning August 19, he will be available, free of charge, from 10:00 AM to 2:00 PM to discuss with any runner any problem the runner might have with running related injuries. Dr. Pfefer will be at the d Sport Shop, 1034 Walnut, for this service. If the service proves popular enough, Dr. Pfefer hopes to have a podiatrist, tuned in to the problems of runners, also available. Dr. Pfefer asks that anyone who comes to see him bring his running shoes, for it is his opinion that most running related injuries stem from the shoes and that an examination of the shoes will tell him a little something about any problems. We really appreciate Dr. Pfefer's willingness to do this and we hope that any of you with running related aches and pains will take advantage of this. Dr. Pfefer is a knowledgeable runner, putting in a two hour run daily over the past 12 years or so.

MARK TAITT HAS FASTEST MILE TIME IN RRCA POSTAL MEET OF MILES July 1, 1978:

	440	880	1320	MILE	
<u>6-7 Girls</u>					
1. Nicole Wagner	1:45	3:40	5:37	7:25	Low 80's to mid 80's, hot sun, humid-- especially tough for the kids since their sections were last.
2. Cathy Swanson	1:58	4:36	7:24	9:43	
3. Heather Shottman	1:49	3:40	out		
<u>12-13 Girls</u>					
1. Amy Hessler	1:35	3:18	4:56	6:29.8	
2. Linda Swanson	1:36	3:23	5:19	6:59	
<u>16-19 Girls</u>					
1. Nancy Roberts	1:36	3:30	5:25	7:10	
<u>20-29 Women</u>					
1. Karen Kokesh SLTC	1:23	2:51	4:19	5:46	ties PB
2. Annette LaFontaine	1:30	3:03	4:42	6:17	
3. Glenna Moe	1:31	3:12	4:55	6:31	MANY THANKS TO McDONALD'S Restaurant for the gift certificates awarded to the first 3 finishers in each group.
4. Nancy Schneider	2:00	4:04	6:05	8:00	
5. Karen Wagner	1:54	4:02	6:11	8:07	
<u>30-39 Women</u>					
1. R. Baker	1:51	3:55	5:55	7:41	
<u>50-59 Women</u>					
1. Jeanne Wixom	2:02	4:19	6:43	9:03	
<u>8-9 Boys</u>					
1. Peter Hessler	1:47	3:35	5:17	6:53	
2. Kevin Schroeder	1:47	3:35	5:26	7:26	
3. John Marks	1:49	3:57	6:08	8:04	
<u>10-11 Boys</u>					
1. Jon Heisinger Jeff City	1:28	3:11	4:57	6:29	
2. Steve Shottman	1:38	3:20	5:00	6:32	
3. Mark Swanson	1:46	3:48	5:55	7:44	
<u>12-13 Boys</u>					
1. Brad Sloan	1:27	3:03	4:44	6:24	
<u>14-15 Boys</u>					
1. Kirk Sloan	1:10	2:24	3:40	4:54	
2. Jay Blossom	1:20	2:51	4:21	5:43	
3. Dan Budig	1:27	3:05	4:39	5:59	
4. Mark Butler	1:27	3:05	4:39	5:59.5	
5. David Hicks	1:31	3:08	4:41	6:02	
<u>16-19 Boys</u>					
1. Craig Brace	1:12	2:34	4:03	5:28	
<u>20-29 Men</u>					
1. Mark Taitt	1:09	2:18	3:28	4:34	
2. Bill Daily	1:10	2:19	3:30	4:35.6	
3. Ben Welch	1:11	2:22	3:36	4:43.8	
4. Barry Schneider	1:14	2:29	3:43	4:53	
5. Dick Moe	1:15	2:32	3:51	5:08	
6. Bruce Maxey	1:15	2:36	3:57	5:11	
7. John McCrory	1:25	2:58	4:25	5:46	
8. Fred Kolhorst	1:17	2:46	4:28	6:10	
<u>30-39 Men</u>					
1. Mark Landrum	1:15	2:32	3:49	4:57.4	A 68.4 last 440 for Landrum in a mile PB, not bad following a Marathon.
2. Mike Chippendale	1:16	2:33	3:51	5:07	
3. Dick Hessler	1:15	2:30	3:48	5:08	
4. Bob Shottman	1:15	2:39	4:01	5:19.3	visiting from Philly
5. Jim Neviackas	1:20	2:41	4:06	5:30	
6. Mike Fields	1:21	2:50	4:19	5:40	
7. Phil Pratt	1:20	2:50	4:25	5:55	
8. Dick Harris	1:36	3:20	5:10	6:55	
9. Paul Wagner	1:37	3:29	5:21	7:05	
10. Joe Schroeder	1:36	3:34	5:37	7:31	

40-49 Men and Turk Storvick on next page. . . .

## RRCA POSTAL MILE continued:

40-49 Men

1. Ben Londeree	1:10	2:23	3:35	4:46	The 3 man team time of 15:17 should stack up well nationally even though we had 3 sub 5:00 40 year olds missing. It's worth mentioning again that Lewis, Londeree and Hicks are the national record holders with 14:02 in '77.
2. Olen Brown	1:11	2:33	3:53	5:09	
3. Dick Martin	1:12	2:36	4:01	5:21.9	
4. Don Johnson	1:16	2:43	4:07	5:24	
5. Joe Marks	1:17	2:43	4:07	5:26	
6. Ray Loan	1:20	2:44	4:11	5:32	
7. Joe Duncan	1:21	2:48	4:15	5:34.1	
8. Dennis McGuire	1:30	3:10	4:47	6:20	
9. Norris Kruse	1:23	3:08	4:51	6:32	
10. Gordon Butler	1:44	3:41	5:40	7:38	

50-59 Men

1. Turk Storvick	1:26	3:00	4:31	6:01
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RANDY MIMM THEN WALKED A SOLO 10,000 METERS IN 53:25:

	1	2	3	4	5	6	10 K
1. Randy Mimm	7:51	16:13	25:07	33:55	42:45	51:45	53:25
2. Randy Bakewell	9:37	19:22					
3. Jim Breitenbucher	9:12						

By now the temperature was near ninety and only Mimm was able to handle the heat and even he was more than five minutes over what he might otherwise have done.

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE Standings showing those with at least 5 comparing events and showing median improvement (with the best 10 improvements being counted). This information is now being prepared by Keith Pierce

1. Olen Brown	8.68	15	8. Henry Bent	0.88	6
2. Ben Londeree	3.44	16	9. Ray Loan	0.09	10
3. Al Garverick	2.78	6	10. Joe Duncan	-0.08	15
4. Don Johnson	2.26	5	11. Whitney Hicks	-0.35	10
5. Randy Mimm	1.83	5	12. William Taft	-0.43	7
6. Tom Hinckley	1.43	12	13. Don Lewis	-0.91	7
7. Wesley Paul	1.13	9	14. Mike Chippendale	-1.83	6

## DESIGNATED TIME STANDINGS:

1. Hinckley	.90	10	6. Garverick	1.71	8	10. Hicks	2.35	9
2. Brown	1.06	12*	7. Marks	1.73	11	11. Lewis	2.37	9
3. Londeree	1.07	12*	8. Palks	1.77	8	12. Loan	2.44	10
4. Johnson	1.39	9	9. Childs	2.00	12	13. Taft	3.10	10
5. Duncan	1.64	12*						

## ELAPSED TIME STANDINGS:

1. Londeree	355.5	11. Pastoret	158	21. Duncan	108	31. DeCoster	78
2. Childs	306	12. Guscar	153	22. Maxey	103	32. Hemphill	74
3. Yunker	272	13. Stewart	149	23. Palks	98	33. Schutt	72
4. Evans	239	14. Chippendale	136	24. Durbin	94	34. Thomas	71
5. Brown	208.5	15. Herbert	133	25. Walter	94	35. Pratt	71
6. Lewis	194.5	16. Walker	131	26. Dixon	94	36. Pierce	69
7. Hicks	191.5	17. C. McMullen	124	27. Johnson	91	37. Garverick	62
8. Hinckley	172	18. Landrum	113	28. Hinkamp	86	38. Hessler	60
9. Granberg	168	19. T. McMullen	109	29. Storvick	86	39. Martin	53
10. Marks	167.5	20. Loan	108	30. Schneider	85	40. Brace	46

## Age 40 &amp; over:

1. Londeree	145.5	6. Loan	55
2. Brown	101.5	7. Duncan	46
3. Lewis	80.5	8. Johnson	43
4. Hicks	80	9. Storvick	40
5. Marks	66.5	10. Martin	27

## 15 &amp; under

1. W. Paul	33	1. Glenna Moe	17
2. J. Gibson	28	2. A. Hessler	17
3. M. Gibson	21	3. A. LaFontaine	15
4. D. Forest	13	4. W. Evans	14
5. S. Gibson	10	5. R. Bedell	12
6. A. Hessler	10	6. N. Wagner	12
7. N. Wagner	11	7. A. Johns	10

## WOMEN

## WALKERS:

1. Mimm	55.5	7. Breitenbucher	16	1. Busen	29
2. Busen	35	8. Spier	12	2. Van Dyke	26
3. Van Dyke	33	9. Gragg	11	3. Taft	18.5
4. Taft	22.5	10. Jim Wass	8	4. Bent	16
5. J. Young	20	11. Fein	7	5. Spier	12
6. Bent	19	12. Bakewell	6	6. Gragg	8
				7. Reynolds	5

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

July 8, 1972 12 Mile Run 1. Ben Londeree 1:11:56, 2. Don Granberg 1:17:10, 3. Art Fleming 1:17:35, 4. Joe Duncan 1:19:19 5. Dick Hessler 1:19:51 (Dick's first race over 9 miles) and 4 others. Still small fields in those days.

July 15, 1972 MVAAU 15 Kilo Run: 1. Charles McMullen 50:26.5, 2. Jim Milton 51:26 (School of the Ozarks, by way of England) Tie for third: Don Todaro and Fred Binggeli 52:42. . . 9. Ben Londeree 56:45. . . 14. Mike Chippendale 58:54, . . . 17. Don Granberg 1:02:46, 18. Joe Duncan 1:05:33 and 4 others

July 29, 1972 Two Mile Run: 1. Charles McMullen 9:08 (a CTC record which still stands), Tim Shaw 9:31.8. . . 5. Ben Londeree 10:27, 6. Whitney Hicks 10:31. . . 10. Don Granberg 10:58. . . 12. Dick Hessler 11:37.5PB, 13. Joe Duncan 11:49 Two Mile Walk: 1. Darrell Palmer 17:46 2. Dave Leuthold 18:47. . . 4. Rob Spier 21:29

In July of 1972, Larry Young won both the 20 kilo and 50 kilo walks in the Olympic Trials, Eugene, Ore. with times of 1:35+ in 90° heat and 4:13:04. Then Larry won the Senior National AAU 15 kilo race in 1:10:21 in Northglen, Colo., his 7th Senior National title for 1972.

And now it is July, 1978 and here is how some of our people have been doing in out of town races:

On July 2nd NICOLE WAGNER and BOB CURRY were among 8,000 runners in the Chicago Distance classic, a 20 kilometer race on a flat course in rainy conditions. Nicole placed third in the 10 & under age group for girls--over 100 girls in this group--with a time of 1:55:20 while Bob had a time of 1:40+ which put him in the middle of the pack somewhere. The race was won by Gary Bjorkland in 1:01+.

In another 20 kilometer race, the Volkslaufe (or something like that), in Frankenmuth, Mich, on July 4th, in cool weather, MARK LANDRUM and JOE MARKS were the CTC representatives. Mark had a time of 1:12:45, 8th in the 30-39 group, 44th overall (out of some 5-600 runners) while Joe checked in with 1:17:35 (just a little over 6:00 pace) good for 9th, age 40-49 and 102 overall. The winning time was 1:03:10.

But in Junction City, Kansas on July 4th it wasn't so cool. Near 80 degrees and quite humid at 6:30 AM and then on up into the 90's. Despite this, the Sundown Salute Marathon, with CTC runners doing well, took place. HOWARD GUSCAR finished third overall, first in his age group and first for the military group, a time of 2:58:42. BRUCE MAXEY was 9th overall, 4th in his age group, a time of 3:09:45, while KEN ATWELL won the age 40 category with 3:15:00. Arne Richards was 2nd there with 3:16+. Ken was 14th overall out of some 120 runners. As might be expected, there were many non-finishers among them Bob Busby and Jim Hershberger. Winner, in a modest 2:50, was Steve Brummit of Slater, Mo.

In the last newsletter I didn't have DICK MARTIN's time for the Terre Haute marathon, but since he had a PB, it should be mentioned that his time was 3:09:03.

DAVE HARRIS won a 10 mile race in Burlington, Iowa on June 17, a part of the "Steamboat Days" festivities. Dave's time was a course record 51:46. There were some 100 runners. This was after his 3rd place finish in the 13 miler in the Hospital Hill race. Two weeks after, I guess.

AUGIE HIRT is in Sweden and England with the USA walking team with the main objective of doing the Great Britain 50 kilometer walk. While in Sweden Augie had a personal best for 5,000 meters with 23:26. He says his training is going quite well and that he is working hard on style. While in Sweden he was able to get some film footage of his walking and some help from the Swedish coach.

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The CTC newsletter will come to you every month if you pay a \$2.00 subscription price. Or, you can join the Columbia Track Club for a mere \$5.00 (this will pay for you and your family to September, 1979) and get the newsletter included. Send your money to Joe Duncan, 2980 Maple Bluff Dr. Columbia, Mo. 65201. Any of you who participate in out of town races should be sure to notify Duncan of any such participation so that your performances will be duly recorded in these hallowed pages.

ANNOUNCEMENT OF A 10,000 METER RACE IN MEXICO, MO. ON AUGUST 12:

This is a race being sponsored by the Mexico Ledger and promises to be a fine event. The race begins at 9:00 AM, downtown Mexico at the Ledger office, corner of Love & Washington. The race will finish on the Mexico High School track. T-shirts will be given to all finishers while awards will be given to the winners of the following groups: Men: age 18 & under, 19-31, 32-44 and 45 & over. Women: 18 & under, 19-34 and 35 & over. entry fee is \$1.00. We have no entry blanks, therefore, we suggest that interested runners simply write a note to Jim Stanley, Sports Editor, Mexico Ledger, 11 Washington, Mexico, Mo., stating name, address and birthdate and enclose \$1.00. I'm sure they would appreciate preregistration.

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Below is an entry blank telling of a 10,000 meter run being put on by the new Sedalia Runners Club:

1978 ENTRY BLANK

SEDALIA RUNNERS CLUB 10 KILOMETER CLASSIC

TIME: Sunday, August 6, 1978 7:00 a.m.

PLACE: Sedalia, Missouri - meet at Liberty Park Swimming Pool on West Third Street.

THE COURSE: Out and back - from swimming pool to Main Street West to North State Fair Boulevard, North to Oak Dale Farm and return to Park.

ENTRY FEE: \$1.00. Please try to have your entries in by August 4, 1978.

AWARDS: Five (5) trophies. One each for the following categories: Men: 19 years and under  
20 years to 29 years  
30 years to 39 years  
40 years and over

Women: All ages.

Ribbons to all finishers.

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 City of Sedalia, Missouri, and the Sedalia Runners Club for all injuries suffered by me at said race.

ATTACH \$1.00 ENTRY FEE

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Birthdate \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Address \_\_\_\_\_ City State Zip

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

Name \_\_\_\_\_

Return entry fee of \$1.00 and this entry to:

Mark Thomas, 1608 South Carr; Sedalia, MO 65301

# THE SCHLITZ LIGHT NATIONAL MARATHON SERIES

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## THE SCHLITZ LIGHT ST. LOUIS DISTANCE CLASSIC

Entry Form

Sunday, August 6



Under the supervision of the St. Louis Track Club

Host Club: St. Louis Track Club & The Road Runners Club of America.

Race Director: Jerry Kokesh

Race Time: 7:30 AM promptly

Place: Meramec Community College, Kirkwood, Mo.

Pre-Registration: Postmarked before July 31 to:

St. Louis Track Club  
Marathon Sports  
13453 Chesterfield Plaza  
Chesterfield, Mo. 63017  
No Race Day Entries.  
No Phone Entries.

Registration Fee: \$3.50

**A PORTION OF ALL  
SCHLITZ LIGHT  
NATIONAL  
MARATHON SERIES  
ENTRY FEES  
DONATED TO U.S.  
OLYMPIC TEAM.**

Late Entry Fee: \$4.50  
until 5 PM, August 5.

Packet Pick-ups: 10 AM - 5 PM, August 5  
Marathon Sports.  
6 AM - 7 AM, August 6  
Meramec College  
Distance: certified 15 k.

Divisions: Open

Men

Under 19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55 +

Women

Under 19

20-29

30-39

40 +

Awards: Two \$500 scholarships will be awarded to top male & female college finishers. All runners awarded Schlitz Light National Marathon Series t-shirts & race certificates. Top male and female winner awarded expense paid trip to 1978 Schlitz Light National Marathon Series Finals, Tampa, Florida, December 16, 1978. Top 50 men & top 50 women eligible for Schlitz Light Finals. Top male & top female winners to be awarded Schlitz Light prizes, trophies and Adidas gifts. 5 trophies awarded in each age group division.

(cut along this line)

### Schlitz Light St. Louis Distance Classic

In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive, and release any and all rights and claims for damages I may have against the St. Louis Track Club, the City of St. Louis, the Jos. Schlitz Brewing Company, and Compton Advertising, and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purposes whatever.

Signature in full \_\_\_\_\_ Sex \_\_\_\_\_

Age \_\_\_\_\_ Print Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Street \_\_\_\_\_ City & State \_\_\_\_\_

Zip \_\_\_\_\_ Team \_\_\_\_\_ Occupation \_\_\_\_\_

Phone \_\_\_\_\_ College \_\_\_\_\_

T-shirt size (check one) Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ Race No. \_\_\_\_\_

Parents signature (if under 18) \_\_\_\_\_

Longest distance run \_\_\_\_\_ Best distance time & Finish \_\_\_\_\_

## MEMBERS OF THE CENTURION CLUB OF AMERICA

1.	J. B. GILLIE	New York City	May 10 & 11, 1878	21:00:42
2.	M. J. ENNIS	New York City	May 10 & 11, 1878 (103 mi.)	23:31:56
3.	J. SCHMIDT	New York City	May 10 & 11, 1878	23:46:15
4.	LARRY O'NEIL	Kalispell, Montana		
	1. Columbia, Mo.	Age: 60	September 23 & 24, 1967	19:24:34
	2. Columbia, Mo.	61	September 21 & 22, 1968	20:51:30
	3. Columbia, Mo.	63	September 26 & 27, 1970	20:42:42
	4. Los Angeles	63	October 30 & 31, 1970	21:49:32
	5. Columbia, Mo.	67	September 28 & 29, 1974	21:53:26
	6. Columbia, Mo.	70	October 1 & 1, 1977	21:55:23
5.	JOHN ARGO	Mattawa, Ontario, Canada		
	1. Columbia, Mo.	56	September 26 & 27, 1970	23:22:50
	2. Columbia, Mo.	59	October 6 & 7, 1973	23:18:46
	3. Columbia, Mo.	62	September 25 & 26, 1976	23:43:10
6.	LARRY YOUNG	Columbia, Mo.		
	Columbia, Mo.	28	September 18 & 19, 1971	18:07:12
7.	CHRIS CLEGG	Beverly Hills, Calif.		
	Columbia, Mo.	54	September 18 & 19, 1971	22:46:14
8.	BEN KNOPPE	St. Louis, Mo.		
	Columbia, Mo.	29	September 16 & 17, 1972	22:15:05
9.	CARL McCOUN	Great Falls, Montana		
	Columbia, Mo.	25	September 16 & 17, 1972	23:52:08
10.	SHAUL LADANY	Tel Aviv, Israel		
	Columbia, Mo.	37	October 6 & 7, 1973	19:38:26
11.	CHUCK HUNTER	Longmont, Colorado		
	1. Columbia, Mo.	36	October 6 & 7, 1973	21:17:33
	2. Columbia, Mo.	37	September 28 & 29, 1974	21:14:17
	3. Columbia, Mo.	38	October 4 & 5, 1975	20:26:29
	4. Columbia, Mo.	39	September 25 & 26, 1976	20:05:50
	5. Columbia, Mo.	40	October 1 & 2, 1977	20:55:25
12.	JOHN MARKON	Bronx, New York		
	Columbia, Mo.	44	October 6 & 7, 1973	21:57:40
13.	BOB CHAPIN	Independence, Mo.		
	Columbia, Mo.	42	September 28 & 29, 1974	20:09:20
14.	DAVE LEUTHOLD	Columbia, Mo.		
	Columbia, Mo.	41	September 28 & 29, 1974	22:31:43
15.	LEONARD BUSEN	St. Louis, Mo.		
	1. Columbia, Mo.	44	September 28 & 29, 1974	23:07:27
	2. Columbia, Mo.	45	October 4 & 5, 1975	22:39:00
	3. Columbia, Mo.	46	September 25 & 26, 1976	21:49:21
	4. Columbia, Mo.	47	October 1 & 2, 1977	20:04:46
16.	ROB SPIER	Columbia, Mo.		
	1. Columbia, Mo.	53	October 4 & 5, 1975	21:18:33
	2. Columbia, Mo.	54	September 25 & 26, 1976	22:35:01
17.	BOB GRAGG	Kansas City, Mo.		
	1. Columbia, Mo.	50	October 4 & 5, 1975	23:16:28
	2. Columbia, Mo.	51	September 25 & 26, 1976	23:37:30
	3. Columbia, Mo.	52	October 1 & 2, 1977	23:07:52
18.	AUGIE HIRT	Columbia, Mo.		
	Columbia, Mo.	25	September 25 & 26, 1976	19:55:16
19.	Jack Blackburn	Springfield, Ohio		
	1. Columbia, Mo.	40	September 25 & 26, 1976	22:11:57
	2. Columbia, Mo.	41	October 1 & 2, 1977	21:18:26
20.	PAUL HENDRICKS	San Diego, California		
	Columbia, Mo.	34	October 1 & 2, 1977	19:45:17
21.	JERRY BROWN	Longmont, Colorado		
	Columbia, Mo.	35	October 1 & 2, 1977	21:59:34
22.	RICHARD MYERS	Xenia, Ohio		
	Columbia, Mo.	41	October 1 & 2, 1977	22:57:36



19TH ANNUAL HEART OF AMERICA MARATHON MVA AU  
MARATHON CHAMPIONSHIP AND RRCA NORTH REGION  
MARATHON CHAMPIONSHIP

LABOR DAY, SEPTEMBER 4, 1978, COLUMBIA, MISSOURI - Sanctioned by the Missouri Valley AAU

- STARTING TIME: 6:00 a.m., CDT, be at Guitar Community Center by 5:30 a.m., unless you already have your number. If so, you can go directly to the starting line.
- ELIGIBILITY: Race is open to any registered amateur athlete in the world.
- ENTRY FEE: \$2.00. Make checks payable to Columbia Track Club.
- ENTRY DEADLINE: Post entries will be accepted, but earlier entries will be appreciated. For instance, no later than September 2nd.
- MEDICAL CERTIFICATE: No formal medical certificate will be required, however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.
- PRE-RACE MEETING: Sunday, September 3rd, numbers will be handed out between 5:00 p.m. and 6:00 p.m. at the Guitar Community Center.
- AID STATIONS: Aid cars tour the course continually. Aid stations are about every two miles and remain open until the last person is past.
- HEADQUARTERS: Race headquarters will be the Guitar Community Center, Number 2 Guitar Street, just east of the finish line at 7th and Broadway, downtown Columbia.
- AWARDS: Trophies to first 12 finishers, plaques to the next 88 finishers. First, second, and third place MVA AU medals to first three Missouri Valley finishers men and women. Trophies to first three finishers in 40-49 age group and to first three women finishers. Trophy to the first over-50 finisher. Marathon tee shirts and certificates to all finishers. Dave Schulte Memorial Award for Improved Performance will be presented to the runner who has the greatest percentage improvement over his previous best (any year) Heart of America Marathon in less than five hours.
- CERTIFICATION: Course has been certified by the Long Distance Running Committee of the AAU.

To be returned to Joe Duncan, 2980 Maple Bluff Dr. ~~4004 Defoe Drive~~, Columbia, Missouri 65201

ENTRY BLANK

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 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 \_\_\_\_\_ AAU # \_\_\_\_\_ AAU Assoc. \_\_\_\_\_

Signature \_\_\_\_\_ Birthdate \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

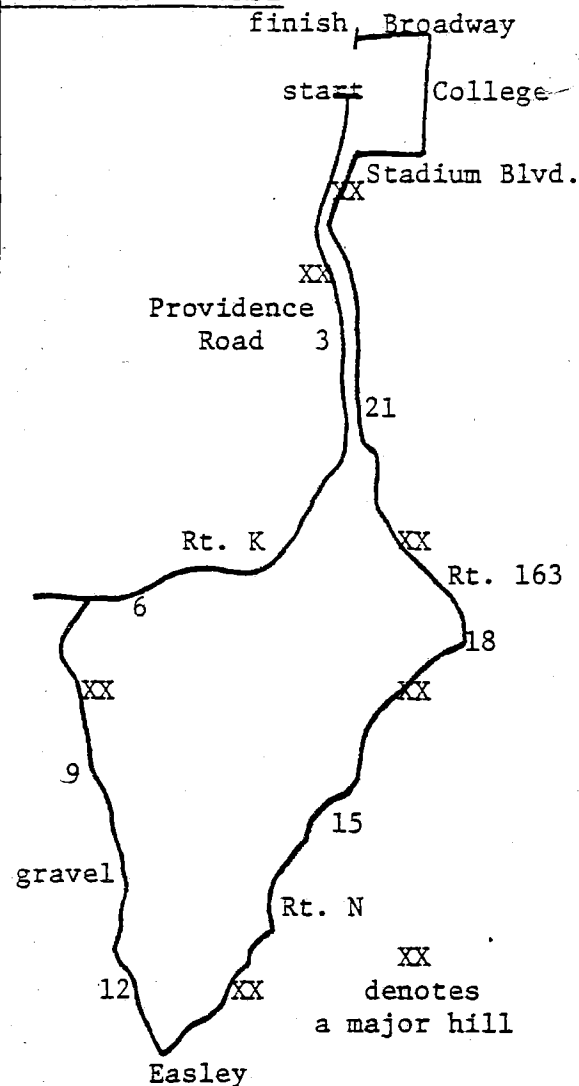
If entrant is under 18, parent or guardian must sign below:

Name \_\_\_\_\_

How many marathons have you completed? \_\_\_\_\_ Where and when was your most recent marathon?

\_\_\_\_\_ Your time? \_\_\_\_\_

Your best marathon time? \_\_\_\_\_ Where \_\_\_\_\_ When \_\_\_\_\_



#### FURTHER INSTRUCTION AND INFORMATION

Please BE FAMILIAR WITH ALL INSTRUCTIONS - THEY ARE IMPORTANT!

1. PLEASE REGISTER IN ADVANCE. It isn't fair to the other runners for post entrants to cause possible delays in the starting time.
2. WEAR NUMBERS ON THE FRONT.
3. Run on the RIGHT side of the road to the Rt. "K" - 163 intersection (almost 4 miles). Thereafter run on the left the entire distance, except on the hill leading to the 24 mile point, by Memorial Stadium, where you should run on the right side of Providence Road. Also the finishing chute will be on the right or north side of Broadway.
4. Avoid running in groups or bunches which obstruct traffic lanes. The Highway Patrol requests that runners go single file as much as possible. This request is for your own safety.
5. BE CAREFUL. Do not challenge automobile traffic. Remember that all of the roads on which you run were built for and are heavily used by vehicular traffic.
6. We mean what we say when we say a runner must quit if directed to do so by one of the course physicians. We will not bodily remove you from the course, but you will be disqualified.
7. Race headquarters will be closed at 12 noon. This means a 6 hour time limit. Anyone finishing thereafter will receive no awards. If you are not fit enough to run a marathon in less than six hours, then you have no business making the attempt.
8. All spectator vehicles should staff off the gravel portion of the course (between 7 and 12½ miles). This is for the benefit of the runners, avoiding not only problems with traffic, but also with dust. Spectators can drive to Easley via Route 163 and "N" if they wish to follow the runners from that point on.

Actually, from the standpoint of safety, it would be best for all spectator traffic to avoid following the runners on any part of the course.

TWELTH ANNUAL NATIONAL 100 MILE WALKING CHAMPIONSHIP  
ALSO NATIONAL AAU 100 MILE CHAMPIONSHIP

TIME AND PLACE: 1:00 p.m., Saturday, September 23, 1978, at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 p.m., Sunday, September 24, 1978.

ENTRY FEES: \$2.00 except for members of the Centurian Club of America. Entries MUST be received by 10:00 p.m., Friday, September 22,. Make checks payable to Columbia Track Club.

QUALIFICATIONS: No one under the age of 19 will be allowed to enter.

AID: There will be plenty of water, ice, Gatorade, E.R.G., etc. Competitors may bring whatever refreshments they desire. If, possible each competitor should bring someone to be his "handler" in order to assure proper care. Dressing, shower, and restroom facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.

AWARDS: The Larry O'Neil Trophy to the winner, then trophies for second through tenth, based on distance walked. Small plaques for those who complete at least 50 miles. AAU medals to first six finishers.

CENTURION CLUB: All who complete 100 miles within 24 hours will become members of the Centurian Club of America - perhaps the most exclusive club in the Western Hemisphere.

PRE-RACE GET-TOGETHER: A pre-race buffet and get-together of all entrants and families will be held at the Heritage House 1010 I-70 Dr. S.W. Cost will be \$5.00 per person - all you can eat and drink. We need some idea as to how many will be at the buffet, so please let us know. This will be Friday evening September 22nd, at 7:00 p.m.

SANCTIONED BY MISSOURI VALLEY AAU

ENTRY BLANK

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, and 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 \_\_\_\_\_ AAU NO. \_\_\_\_\_ AAU ASSOC. \_\_\_\_\_

SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Street City State Zip

Return this form to: Joe Duncan  
~~4004 DeFas Drive~~ 2980 Maple Bluff Dr. Phone Number: (314) 445-2684  
Columbia, Missouri 65201

My plans for the pre-race buffet:

☐ I definitely will attend. How many? \_\_\_\_\_ ☐ I definitely will not attend.

☐ I'm not sure yet.

## SCHEDULE OF EVENTS

AUGUST 5 Saturday 6:30 AM 30 Kilo Run (20 kilo for women and age 15 & under), 20 kilo walk Hilton Inn

12 " 8:00 AM FUN RUNS Research Park

12 " 9:00 AM 10th Annual Lake Shawnee Six Mile Run Topeka, Kansas

13 Sunday 6:30 AM SENIOR NATIONAL AAU, MASTERS, CLASS B and MVAAU 30 Kilometer Walk MFA course--1817 W. Broadway, west parking lot

19 Saturday 8:00 AM 10 kilo Great Sandbagger Handicap Run, Walk Hilton Inn Swimming and annual CTC picnic afterwards at Lakeshore Estates (shelter house at the end of Bourn Ave.). Each family is to bring one meat dish and one vegetable, salad OR dessert. CTC will provide soft drinks. Runners coming alone without family and food are to pay \$2.00. Bring lawn chairs. We will eat about 11:30.

26 " 8:00 AM FUN RUNS Research Park

SEPTEMBER 4 Monday 6:00 AM 19th ANNUAL HEART OF AMERICA MARATHON

Columbia Track Club  
2980 Maple Bluff Dr.  
Columbia, Mo. 65201

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