

# TRACK CLUB

NEWSLETTER Vol. X, No. 5 May 25, 1978

CHARLIE McMULLEN SHATTERS MVA AU RECORD IN ONE HOUR RUN May 6, 1978:

Mile Splits:			1 6	2 7	3 8	4 9	5 10	11
1.	Charlie McMullen	26	5:12	10:36	15:53	20:55	26:02	
	11 mi., 1187 yds		31:08	36:15	41:22	46:30	51:38	56:34
2.	Jerry Yunker	22	5:12	10:27	15:45	21:03	26:18	
	11 mi., 812 yds		31:34	36:51	42:05	47:15	52:30	57:40
3.	Denton Childs	27	5:28	10:50	16:12	21:35	26:58	
	11 mi., 620 yds.		32:25	37:46	43:15	48:40	54:04	59:30
4.	John Durbin	21	5:20	10:40	16:04	21:27	26:55	
	11 mi., 578 yds		32:22	37:52	43:17	48:46	54:15	59:38
5.	Jon Herbert	28	5:04	10:20	15:41	21:02	26:39	
	11 mi., 556 yds		32:22	37:58	43:35	49:01	54:25	59:42
7.	Howard Guscar	32	5:36	11:06	16:40	22:13	27:42	
	10 mi., 1466 yds		33:16	38:50	44:25	50:01	55:31	
8.	Dennis Stewart	29	5:12	10:27	15:53	21:29	27:05	
	10 mi., 1446 yds		32:44	38:27	44:10	49:52	55:35	
9.	Ben Londeree	43	5:40	11:19	17:00	22:40	28:20	
	10 mi., 1045 yds		34:00	39:42	45:25	51:06	56:45	
6.	Howard Orndoff		5:23	10:48	16:13	21:44	27:18	
	10 mi., 1476 yds		33:00	38:47	44:22	49:59	55:31	SWMU
11.	Tom Hinekley	33	5:50	11:45	17:41	23:36	29:36	
	10 mi., 261 yds		35:36	41:34	47:29	53:22	59:13	
12.	Mark Landrum	38	5:50	11:45	17:40	23:33	29:32	
	10 m., 252 yds		35:34	41:33	47:29	53:25	59:14	
10.	Pete Pastoret	25	5:31	11:06	16:51	22:40	28:35	
	10 mi., 680 yds		34:26	40:18	46:09	52:03	57:48	
13.	Barry Schneider	24	5:55	11:46	17:35	23:31	29:27	
	10 mi., 198 yds		35:29	41:30	47:29	53:25	59:20	
14.	Whitney Hicks	42	5:49	11:43	17:38	23:36	29:35	
	10 mi., 75 yds	35	35:36	41:35	47:30	53:35	59:46	
15.	Olen Brown	42	5:44	11:43	17:35	23:36	29:43	
	9 mi., 1672 yds		35:57	42:07	48:14	54:20		
16.	Don Granberg	36	5:48	11:43	17:41	23:41	29:46	
	9 mi., 1529 yds		35:57	42:12	48:33	54:48		
17.	Jim Walter	39	6:06	12:15	18:15	24:30	30:44	
	9 mi., 1178 yds		37:01	43:22	49:40	56:00		
18.	Jerry Kokesh	28	6:01	12:11	18:22	24:32	30:48	
	9 mi., 1132 yds		37:03	43:17	49:42	56:04		
20.	Dru Dixon	25	6:00	12:12	18:40	25:06	31:41	
	9 mi., 576 yds		38:16	44:56	51:30	57:58		
19.	Don Lewis	42	6:28	12:58	19:21	25:29	32:11	
	9 mi., 687 yds		38:31	44:55	51:19	57:42		
21.	Craig Brace	17	5:42	11:46	18:06	24:36	31:14	
	9 mi., 560 yds		38:00	44:45	51:24	58:02		
22.	Dave Ervin	32	6:32	13:06	19:31	26:00	32:34	
	9 mi., 478 yds		38:58	45:29	51:59	58:22		
23.	Keith Pierce	35	6:33	13:06	19:35	26:02	32:33	
	9 mi., 466 yds		38:58	45:24	52:00	58:22		
24.	Joe Marks	40	6:11	12:37	19:03	25:32	32:00	
	9 m., 452 yds		38:31	45:07	51:43	58:19		
25.	Wesley Paul	9	5:59	12:15	18:44	25:18	31:52	
	9 m., 337 yds		38:33	45:15	52:00	58:44		
26.	Robert Schottman	34	6:49	13:25	20:15	26:47	33:25	
	9 mi., 312 yds		39:41	46:31	52:50	59:00		
27.	Lance Neal	38	6:45	13:23	19:56	26:26	32:56	
	9 mi., 285 yds		39:31	46:11	52:51	59:08		

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## ONE HOUR RUN Continued. . . .

28.	Jon Palks	28	6:32	13:06	19:31	25:59	32:22
	9 mi., 265 yds		38:57	45:30	52:05	58:14	
30.	Al Klein	28	6:59	13:44	20:34	27:02	33:39
	9 mi., 276 yds		40:07	46:47	53:33	59:49	
29.	Dick Martin	45	6:28	13:05	19:40	25:21	32:57
	9 mi., 172 yds		39:32	46:10	52:56	59:25	
31.	Joe Duncan	43	6:49	13:24	19:55	26:26	32:56
	8 mi., 1586 yds		39:54	46:52	53:47		
36.	Jack Horn		7:20	14:11	20:52	27:31	34:22
	8 mi., 1278 yds		41:32	48:33	55:27		
32.	Jim Nedackas	31	6:29	13:04	19:43	26:29	33:31
	8 mi., 1464 yds		40:27	47:33	54:29		
33.	Rhonda Bedell	21	6:44	13:30	20:15	27:03	33:50
	8 mi., 1450 yds		40:41	47:37	54:21		
34.	Tom Heddinghaus	34	6:24	13:04	19:00	26:06	34:20
	8 mi., 1405 yds		41:40	48:59	56:24		
35.	Karen Kokesh	26	6:16	13:01	19:56	26:53	33:52
	8 mi., 1294 yds		40:50	48:00	55:07		
37.	Don Johnson	49	6:53	13:55	21:02	28:02	34:57
	8 mi., 1043 yds		41:53	48:45	55:59		
38.	Nick Peckham	38	6:28	13:20	22:10	29:42	35:50
	8 mi., 1034 yds		42:40	49:55	57:20		
39.	Warren Walker	47	6:58	13:56	21:00	28:05	35:16
	8 mi., 764 yds		42:34	49:43	57:01		
40.	Al Garverick	33	6:53	13:56	21:01	28:06	35:10
	8 mi., 592 yds		42:30	50:24	57:40		
41.	Jim Gibson	14	6:53	13:56	21:08	28:51	36:42
	7 mi., 1742 yds		44:37	52:41			
44.	Matt Gibson	13	7:30	15:14	23:10	31:10	39:12
	7 mi., 1036 yds		47:32	55:35			
43.	Mark Lidman	30	7:31	15:20	22:51	30:43	38:15
	7 mi., 1235 yds		46:37	54:38			
42.	Herb Swanson	39	7:18	15:03	22:52	30:47	38:40
	7 mi., 1276 yds		46:33	54:34			
45.	Ted Fronterhouse	32	7:29	15:13	23:09	31:06	39:18
	7 mi., 959 yds		47:48	56:00			
46.	Jim Peckham	14	7:30	15:35	23:45	31:50	39:53
	7 mi., 600 yds		48:10	57:30			
47.	Glenna Moe		8:08	16:22	24:37	33:00	41:10
	7 mi., 394 yds		50:05	58:50			
48.	Sharon Le Duc	35	8:00	15:57	24:01	32:42	41:22
	7 mi., 114 yds		50:14				
49.	Carey Hazell	31	8:01	16:12	24:48	33:40	42:43
	6 mi., 358 yds		51:38				
50.	Damon Hieronymus	69	8:42	18:00	27:28	37:06	46:53
	6 mi., 172 yds		56:37				
51.	Nicole Wagner	7	9:05	18:53	28:39	38:43	48:56
	6 mi., 322 yds		58:38				

The first year we have had the One Hour Run in the morning--the first section was at 7:00 AM and the second at 8:40. This change--and the mid 40's temperature--brought about the best quality hour run we have ever had and with 5 runners over 11 miles CTC should show up fairly well in the national postal competition. The second section took place in a fairly steady rain, while both sections had a moderately strong east wind. Jon Herbert led for the first 3½ miles, but he then gave way to Charlie McMullen who went on to a decisive win. Both he and Jerry Yunker beat the CTC event record of 11 miles, 797 set by Barney Hance in 1972, while Doug Clark's MVA AU record of 11-527 also went under. Rhonda Bedell lowered Karen Kokesh's women's record of 8-907 set last year, as Karen also go well over her old standard. MVA AU medals went to McMullen, Yunker and Childs while Bedell, Glenna Moe and Sharon LeDuc got the MVA AU medals for the women's championship-- the first ever.

THE PREDICTIONS FOR THE ONE HOUR RUN went like this:

Brown 2 yards off his prediction (.01%), Duncan 46 off, .29%, Marks 48 off, .29%, Hicks 75 off, .43%, Londeree 165 off, .89%, Granberg 231 off, 1.31%, Palks 265 off, 1.67 %, Garverick 288 off, 1.92%, Hinckley 371 off, 2.12%, Stewart 54 off, .28% (his name should have been second), Childs 620 off, 3.28%, Pastoret 680 off, 3.86%

There were many personal bests--probably the most notable would be that of Ben Londeree who has done the hour run at least eight times and at age 43 gets a PB. Howard Guscar also got a big PB--it was in this race a year ago that he made his racing debut and it is in this race today that he initiates his comeback after the severe test he put himself through in last December's 30 kilo run.

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

MAY 7, 1972 20 kilometer walk: 1. Larry Young 1:30:10 2. Paul Ide 1:54:04 3. Bob Young 2:03:53. . . .  
5. Rob Spier 2:16:26 This was when Larry Young set the American record for 20 kilo--a mark that still stands.

MAY 21, 1972 Four Mile Relay: 1. ROTHWELL HEIGHTS!!! 20:28 (Duncan 5:21, Tony Martin 5:29, Hicks 4:53, Londeree 4:45)--the fastest block in town. 2. BOB'S BUNCH 20:44.9 (Granberg 5:09, Marv Lee 5:37, Chippendale 5:01 PB, Bob Brouillet 4:57.9)  
This was the race where Brouillet made up a 4 second deficit against Londeree, but where Ben's superior conditioning enabled him decisively pull away in the final lap.

On this same day in the MVAU T & F Meet in Ottawa, Kansas (I think), Dennis Stewart had a 50.6 440, a 1:55 880 and a 4:16 mile all within a span of two hours.

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#### DESIGNATED TIME STANDINGS

1. Hinckley .80	10	7. Marks 1.75	10	13. Hicks 2.35	9
2. Londeree 1.17	12	8. Palks 1.77	8	14. Loan 2.44	10
3. Yunker 1.25	6	9. Childs 1.93	11	15. Taft 3.03	8
4. Johnson 1.50	7	10. Granberg 2.07	7	16. Bent 3.47	7
5. Brown 1.56	12	11. Duncan 2.15	10	17. Pratt 3.52	7
6. Garverick 1.71	8	12. Lewis 2.31	8		

#### ELAPSED TIME STANDINGS:

##### Runners-Open:

1. Londeree 301.5	13. Herbert 133	25. Maxey 91	37. Schutt 53
2. Childs 283	14. Walker 131.5	26. Hinkamp 86	38. Felts 38
3. Yunker 272	15. Marks 131.5	27. Dixon 78	39. Wiecek 38
4. Evans 239	16. C. McMullen 124	28. DeCoster 76	40. Hessler 37.5
5. Brown 198.5	17. Chippendale 120	29. Storvick 72	41. Renaud 34
6. Hicks 182.5	18. T. McMullen 109	30. Thomas 71	42. L. Neal 34
7. Lewis 179.5	19. Loan 101	31. Schneider 67	43. Brace 29
8. Hinckley 172	20. Palks 98	32. Johnson 67	44. Martin 28
9. Granberg 151	21. Landrum 96	33. Pierce 65	45. Furies 28
10. Guscar 153	22. Durbin 94	34. Pratt 62	46. Burres 27
11. Stewart 149	23. Walter 94	35. Garverick 59	47. Vaillancourt 23
12. Pastoret 146	24. Duncan 92	36. Hemphill 56	48. Renner 16

##### Age 40 & over:

1. Londeree 121.5	7. Duncan 41
2. Brown 82.5	8. Storvick 35
3. Hicks 75	9. Johnson 33
4. Lewis 73.5	10. Renaud 15
5. Loan 52	11. Martin 15
6. Marks 50.5	12. Burres 14

##### Age 15 & under:

1. W. Paul 33	1. W. Evans 14
2. J. Gibson 20	2. R. Bedell 12
3. D. Forest 13	3. G. Moe 11
4. M. Gibson 13	4. A. Johns 10
5. S. Gibson 8	5. N. Cousin 9
6. M. Wiecek 7	6. D. Hunter 8
7. A. Hessler 7	7. C. Wittmer 8

##### WOMEN:

1. Busen 29
2. Van Dyke 26
3. Taft 17.5
4. Bent 16
5. Spier 12
6. Gragg 8
7. Reynolds 5

#### WALKERS:

1. Mimm 49.5	7. Jim Breitenbucher 16
2. Busen 35	8. Spier 12
3. Van Dyke 33	9. Gragg 11
4. Taft 20.5	10. Jim Wass 8
5. Bent 19	11. Fein 7
6. J. Young 16	12. Bakewell 6

## MARCEL JOBIN COMES DOWN FROM CANADA TO WIN MISSOURI CUP 20 KILO WALK April 29

Mile Splits	1, 7	2, 8	3, 9	4, 10	5, 11	6, 12	FINAL
1. Marcel Jobin	7:15 50:54	14:23 58:25	21:37 1:05:53	28:55 1:13:26	36:15 1:21:00	43:32 1:28:31	1:31:38
2. Randy Mimm	8:04 57:20	16:18 1:05:41	24:37 1:14:02	32:44 1:22:16	41:03 1:30:47	49:08 1:39:20	1:42:53
3. Jerry Young	8:05 1:02:37	16:58 1:11:33	26:09 1:20:40	35:29 1:29:52	44:21 1:39:12	53:17 1:48:40	1:52:48
4. Mark Young	10:23 1:13:07	20:45 1:24:12	31:03 1:35:30	41:33 1:47:10	52:10 1:59:07	1:02:36 2:11:21	2:16:30
5. Henry Bent 77	12:29 1:31:18	25:29 1:44:14	38:40 1:57:09	51:47 2:10:18	1:05:03 2:23:09	1:18:15 2:36:05	2:41:38
6. William Taft 62	12:45 1:31:21	25:40 1:44:29	38:48 1:57:40	52:00 2:11:32	1:05:15 2:25:54	1:18:20 2:41:20	2:47:27

Low 50's and the usual rain and puddles on the Rock Bridge track. Marcel Jobin, Canada's number one walker, came down here last fall and beat the American record for 30 kilometers. This time he was after the American record for 20 kilometers, although, as a Canadian he actually cannot hold the record. The record, of course, is the 1:30:10 which Larry Young established in this same race four years ago. The rain and sloppy track obviously hampered Jobin today, but he still came quite close. Randy Mimm had a personal best by a half minute or so. Henry Bent was 398 seconds off his DT (4.28%), Taft was 627 off (8.66) and Busen was so far off I'm sure he would rather have it go by unnoticed.

RANDY MIMM had just arrived from a week in Mexico City where he got in two races in some International competition. On April 23, in Mexico City, Raul Gonzalez set a world record in the 50 kilometer walk with an astounding 3:45+ (that's around 3:15 for the marathon distance-walking!). This race was on a 5,000 meter cartrack loop with one aid station in 90<sup>0</sup> heat. Mexicans had the next four places with the first American being Bob Kitchen in 4:31+ and then AUGIE HIRT in 4:39+. Randy had to drop out at 30 kilo with severe blister problems. On April 26, through the streets of Guadalajara, 98<sup>0</sup> heat, 85 % humidity, 60 starters, a 10,000 meter race was held with Olympic gold medalist, Daniel Bautista, winning in 42:58. 2nd was Angel Flores in 42:58.8. First American was Jim Heiring in 6th with 46:30, then Carl Schueler in 47:50. Randy was 13th in this race with 52:25. Some 4,000 people watched this race. Randy says he had good food, good accommodations and some excellent training sessions. There were some other pretty fair athletes there, including Alberto Juantorena, who is truly a "horse", according to Randy.

Speaking of AUGIE HIRT, he hasn't let up in his training since moving to Chicago, as witness two American records he set a few weeks ago-- in a 75 kilometer walk. His mark for the 75 kilo was 7:05:46, lowering the old mark of 7:27:15 held by Martin Kraft of Detroit. Kraft's time in this race was 7:10:20. Shaul Ladany finished third. It is my understanding that Augie broke the 50 mile record en route, but I don't know his 50 mile time. The race was held on a high school 440 track.

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It was 7:39:39

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## RESULTS (partial) OF THE TEN MILE RUN FOR MS April 22:

1. Dennis Hinkamp	54:15
2. Charlie Evans	55:24
3. Kevin Hitt	56:20
4. Dennis Stewart	57:34
5. Allen Hart	58:43
6. Randy Arnold	1:00:09
7. Mark Higgins	1:05:24
8. John Hemphill	1:05:31
9. Steven Holt	1:05:46
10. Jon Palks	1:05:49

## Women:

1. Rhonda Bedell	1:09:36
2. Debbie Hoxworth	1:10:29
3. Sharon LeDuc	1:28:43

Low 40's, drizzle and the rain.

There were 58 finishers, including many CTC people--Tom Hinckley (who had 1:04 or so, I thought), Joe Duncan, Joe Marks, etc. Annette LaFontaine actually had 1:20 or so for ten miles, but she got off course and had to do some doubling back. I think the same thing happened to her husband, Tom.

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The Columbia Track Newsletter comes out every month from Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201 (PLEASE NOTE THE CHANGE OF ADDRESS--Duncan has moved). Annual subscription price is \$2.00. If you join the Club then the newsletter is included in the \$5.00 annual Club Dues. If you join the Club during the months of June, July or August then you will be paid up to Labor Day, 1979.

DENNIS STEWART DOES WELL IN 1500, 800, 400 TRIATHLON, SO DOES HOWARD GUSCAR May 20, 1978:

		1500 meters	800m	400m	TOTAL
1. Dennis Stewart		4:11.0 (2:14)	2:00.9	52.9	7:04.8
2. Howard Guscar	32	4:22.2 (2:19)	2:07.1	56.7	7:26.0
3. Dan Bryant		4:19.8 (2:17)	2:10.5	60.1	7:30.4
4. John Durbin		4:21.2 (2:18)	2:11.0	58.6	7:30.8
5. Ben Welch		4:28.0 (2:21)	2:10.4	57.0	7:35.4
6. Ben Londeree	43	4:30.0 (2:24)	2:15.0	62.9	7:47.9
7. Tom Hinckley	33	4:35.0 (2:25)	2:20.0	59.3	7:54.3
8. Bruce Maxey	44	4:49.3 (2:33)	2:20.9	60.1	8:10.3
9. Olen Brown	42	4:53.0 (2:33)	2:26.0	61.6	8:20.6
10. Craig Brace		5:00.0 (2:30)	2:29.0	61.2	8:30.2
11. Mark Landrum "A"	38	4:49.0 (2:35)	2:34.0	69.7	8:31.7
12. Martha Stinson		4:56.3 (2:35)	2:29.7	67.8	8:33.8
13. Dick Martin	45	5:07.0 (2:46)	2:28.1	64.3	8:39.4
14. Mark Landrum "B"		4:58.0 (2:41)	2:34.0	72.1	8:44.1
15. Joe Marks	40	5:08.0 (2:46)	2:38.0	70.4	8:56.4
16. Joe Duncan	43	5:16.0 (2:50)	2:39.0	69.1	9:04.1
17. Matt Gibson	12	5:25.0 (2:47)	2:47.0	67.8	9:19.8
18. Al Garverick	33	5:27.0 (2:54)	2:44.0	70.4	9:21.4
19. Dick Harris		6:30.5 (3:22)	3:19.0	89.6	11:19.1
20. Brenda Saunders		5:08.0 (2:42)	---	70.9	
21. Vonn Walter	12	---	(2:52)	71.6	
22. John Hemphill		4:51 (2:33)			

Low 60's, fairly strong wind coming down the homestretch. Stewart powered his way to convincing victories in all three races, but it was fun to see Howard Guscar lead the first 200 yards of the 400 meter. Dan Bryant is the Mo. State Class 1A mile and two mile outdoor champ, having 4:31 and 9:45 credentials, running for Russellville HS. Various records were set, mostly by Martha Stinson, one of UMC's distance runners who used these races as a prep for the collegiate nationals at Knoxville, Tenn. First of all, she beat Joan Hirt's 5:40 for the 1500, then Barbara Brown's 3:01 for the 800 and then Joan's 82.5 for 400. That put her considerably under Joan's 10:05.5 total. Ben Londeree beat his age 40 1500 mark of 4:33.2 set last year. In the age 30-39 category it would probably be safe to say that Guscar's 7:26.0 total is better than the 7:53.0 Don Lewis had when the mile (rather than the 1500) was coupled with the 880 & 440. The big difference would be in the 800 where Lewis had 2:11.0. Lewis's mile was 4:46 which would only be a couple of seconds slower than Gus. Lewis' 440 was 56.0. A new threat in the age 40 category would have to be Dick Martin, who, after being a 49 second quartermiler, 25 years ago, for Johns Hopking U., found some pretty good speed to go with his 3:15 performance in the Boston Marathon. That marathon was a PB by a big margin. This was the last race for Tom Hinckley before he and Arline take off for a year's sojourn in Austria. So now, perhaps, we will have an Austrian correspondent.

PRECEDING THE ABOVE WAS A FIVE MILE WALK, WON HANDILY BY RANDY MIMM:

Mile Splits	1	2	3	4	5	Seconds off DT	% off
1. Randy Mimm	8:12	16:15	24:04	32:01	39:59		
2. Albert Van Dyke	9:00	18:38	28:26	38:18	48:29		
3. Randy Bakewell	9:45	19:49	29:53	39:46	49:35		
4. William Taft 62	12:02	24:05	36:06	48:10	59:50	190	5.03
5. Henry Bent 77	11:57	24:00	36:02	48:05	59:50.5	51	1.44

Taft and Bent had quite a battle with the "kid" prevailing at the end, after he messed up his prediction by staying with Bent throughout the race.

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The typing of this newsletter is going on the evening after today's (May 21) first Boone County Junior Olympic T & F meet held on Hickman Track. This was for boys and girls age 13 & under and served as the qualifying meet for the regionals in Fulton on May 27th, which in turn is the qualifier for the state meet in Warrensburg. Some 200 boys and girls participated in today's meet. I have no knowledge of any times or performances, having been unable to be there, but the important thing is that we did have the meet. Now that this first one has been held, we will be able to hold future annual Boone County Junior Olympics with this experience under our collective belts. This means we will have greater publicity next time and that the meet will run much more smoothly from an organizational standpoint. The beginning of 200 boys and girls, no doubt means 3, 4 or even 500 and close to a thousand in the future. Many, many thanks for Midge and Jim Pinkerton for taking the lead in the organization of this meet and to Norris Kruse, Joe Schroeder and Fred Kolkhorst for their invaluable help--and to Sears Roebuck & Co. for financial support.

COLUMBIA TRACK CLUB RUNNERS TURNED IN POWERFUL PERFORMANCES AT THE DRAKE RELAYS MARATHON on April 29th, placing three in the top nine (out of some 1,000 runners). First of all, CHARLIE McMULLEN won the race with a national class time of 2:15:10 on a course that has its share of hills. This was Charlie's second marathon, his 2:20+ performance at St. Louis being his first. Charlie's training has been a mere 80 miles per week in the Ozark hills, where he is teaching school. Give him a fast course, some stepped up training, and Charlie could be down at the 2:10 level which puts him at a world class level. All of which shows the versatility of the Columbia Track Club. Larry Young and Augie Hirt as world class walkers, Wesley Paul a world class age grouper, Renaud, Lewis, Londeree and Hicks as probably the most formidable foursome of 40 year olds of any club in the country. And all of these people are backed up by a whole host of ordinary people who gain all sorts of personal victories with their running. Back to the the Drake Relays marathon: DENTON CHILDS was 8th in 2:27:34, DAVE HARRIS 9th in 2:28:28, DICK HESSLER 30th in 2:36:13, TOM LaFONTAINE 31st in a eyebrow-lifting 2:36:45, while DON GRANBERG had 2:54+ and JIM FELTS 2:56:00. There aren't many track clubs in the nation which could have done so well with 7 runners, not to mention another dozen or so CTC'ers who would have been around 2:40 and under 3 hours.

We hope our readers don't<sup>mind</sup> the little bragging we do occasionally about the exploits of our members. After all, as Dizzy Dean would say, "It ain't braggin' if you done it!"

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THE 2 PERSON-FIVE MILE RELAY will have awards. This is on June 17 at 7:30 PM. The awards will be \$1.50 gift certificates to each person on the<sup>winning</sup> two person teams, the certificates being provided by the DAIRY QUEEN store on Business Loop 70--across the street from Hickman track. There will be nine different categories as follows (showing the existing records):

Husband-wife	25:28	Joan & Augie Hirt
Father-son	27:18	Bob & Kyle Hendricks
Male-female	24:06	Rhonda Bedell-Dennis Hinkamp
Father-daughter	30:28	Barbara & Olen Brown
Mother-son	none	
Brother-brother	30:19	Bryan & David Marks
Brother-sister	26:10	Susan & Pete Pastoret
Male-male	24:34	Bryce Allmon-Doug Sloan

With each team of two males, one of the males must be age 15 or under. In addition, a certificate will be given to the team (each member) which gives the best prediction as to their team time, with the proviso that one person can win only one certificate. Further, each team is requested to bring someone to record their 440 splits. PLEASE DO THIS!

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JOE MARKS has available assorted sizes of Columbia Track Club shirts--the mesh type, both T-shirt and singlet styles. The shirts cost \$4.00 apiece. We would like to have all CTC members to have one of our shirts--especially at races like the Hospital Hill run, so be sure to place your order with Joe.

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From a recent issue of the national Sunday Weekly, Parade:

Scientific training has also transformed Jennie Gorham, a high school junior in Kansas City, Mo., from what her coach describes as "just a normal girl" to a record-breaking sprinter. Last summer at the AAU Junior Olympics, she won three gold medals.

"You can't leave running to chance," explains coach Bob Kuhn. To increase Jennie's speed, he analyzes her body movements at several stages of a race by applying the principles of physics—a technique called biomechanical analysis. Then he works with her on strengthening various muscles.

Although Jennie spent the winter at volleyball and basketball, she's now doing double sessions of training for track—an hour and a half of roadwork twice a day. "My workouts are tough," says Jennie. "I run with the boys."

■ **Self-Discipline:** Top young athletes seem to have an extra dose of self-discipline that keeps them going. Typical is Wesley Paul, who at 9 is already a veteran of six marathons, including a big one in New York City last fall.

The Columbia, Mo., third-grader meditates on math while he's running and is so well-disciplined that he didn't even crack a smile as the crowds cheered him on during the New York marathon. "If I smile, I slow down my speed," he explains.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TC:

Gary Bennett  
4421 Rockhampton Circle  
Columbia, Mo. 65201

Doug Davies, Jr.  
Star Rt. HH, Box 155  
Lake Ozark, Mo. 65049

Jack Horn 5-16-39  
9 Lucerne Ct.  
Columbia, Mo. 65201

Tom LaFontaine 11-20-46  
5547 So. Bethel Lane Lot 14, Apt. A  
Columbia, Mo. 65201  
Annette 5-26-50

Mark Lidman 3-31-48  
301 Tiger Lane Apt. 208  
Columbia, Mo. 65201

Larry Thornburg 12-23-46  
Rt. # 4  
Columbia, Mo. 65201

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JERRY YOUNG and MIKE FEIN represented CTC in the Senior National 35 kilometer walk in Des Moines, Iowa on April 23rd (this was while Randy Mimm was in Mexico). Fighting extremely strong winds Young took the early lead and held it for some 10 miles, but then gave way to ultimate winner John Knifton. Jerry finished 2nd in 3:14:35 to Knifton's 3:05:42. Mike came in 6th at 3:23:46.

DAVE HARRIS, new CTC member running out of Kirksville, finished 3rd in the Iowa AAU 30 kilo championship with a 1:42:52. Winner was Bob Becker, who won our 10,000 meter race, in 1:38:10.

JON HERBERT has been doing some racing in the Springfield area. On April 28th he finished 11th in a 10,000 meter track race in the SMS Invitational Relays with a time of 32:13. Jon was not lapped by the winner this year and he says that is an improvement over last year. Jon then finished 5th in the Wilson Creek Battlefield 10,000 meter race held on a very hilly course (one "Easley Hill" after another, he says). Jon's time was 34:52. He got 2nd place trophy in his age group. Ken Norton and 3 other college guys tied for first in 34:42, only 80 yards and 10 seconds ahead of Jon. The following night Jon and 200 other runners were in the annual SMS 2 mile jog. Jon had the best time there with 9:44. That wasn't really the following night--it was sometime later after a day in which Jon had done 20 hard 220's--a favorite workout of his.

WESLEY PAUL and NICOLE WAGNER were in the Westport Plaza 5,000 meter race, in St. Louis on April 30. Wesley was 18th overall, winning the 9 & under category for boys (in fact, his time was better than the winning time of 10-14). Wesley's time was 18:30 (5:31 mile, 11:49 2 mile). Nicole won the 9 & under category for girls with a PB 26:02. This was a week after she had done the 10 mile run for MS in 1:38:00. DEAN NEAL was also at Westport but we don't know how he did.

THERESA KNAPP ran in the Chicago Bonne Belle 10,000 meter race along with some 2700 other official entrants. She finished between 89th and 100th place with a PB 45:40. Theresa is planning to run the Paavo Nurmi marathon in August. She and Joan Hirt get together occasionally to run, but Joan's running has been pretty sporadic during the winter. Theresa is assistant track coach for the boys and is proud of their Junior runner who turned in a 4:31 mile in his first year of running. That time was 21 seconds better than his previous best.

1st Sgt EFRAIN RONDON also participated in the Wilson Creek 10,000 meter run. He took first place in the age 40-49 category with 42:10. Then in that SMS 2 mile run he was first once again (age 40-44) with 11:29. New CTC member DAVID HILLIS was 5th in his age group (20-24) with 11:21. 1st Sgt. Rondon and family will be stationed in Germany as of July and he says he'll establish the European branch of the CTC.

KEN ATWELL continues to represent CTC--he was in the Kansas City Life 10,000 meter run on May 6th, one of some 750 runners. He placed 40th overall (1st in the age 40-49 age group) with a time of 37:04. Winner of the race was Vernon Darling, Northwest Mo. State, with 31:18. Maybe at the Hospital Hill Run in Kansas City on June 3rd all of our far-flung members can get together. CTC will have a sizable contingent there and should gather in many of the trophies.

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This little goodie has appeared in various places but I'm not sure the CTC Newsletter has ever had it. Anyway: "A guy got a job painting a yellow line down the highway. After three days, the foreman complained: "The first day you did great, you painted that yellow line three miles. The second day wasn't bad, you did two miles. But today you only painted one mile, so I'm going to have to fire you." On his way out of the foreman's office, the guy said, "It isn't my fault. Each day I got farther from the paint can!"