

# TRACK CLUB

NEWSLETTER Vol. X, No. 11 November 10, 1978

DENNIS STEWART OVER MARC SHEGOSKI IN TWO MILE CROSS COUNTRY Oct. 7:

	2	Seconds off DT	% off
1. Dennis Stewart	9:55	5	.84
2. Marc Shegoski	9:58		
3. Ira Price SLTC	10:03		
4. Jerry Yunker	10:10		
5. Lennis Harrison SLTC	10:19		
6. Howard Guscar 33	10:24	4	.64
7. Bobby Williams SLTC	10:27		
8. Ben Londeree 44	10:57	3	.45
9. Frank Curotto	11:01		
10. Mark Kelty	11:10		
11. Steve Holt	11:17		
12. Dick Hessler 37	11:18		
13. Courtney Jones SLTC	11:20		
14. Doug Bellows	11:22	18	2.57
15. Bruce Maxey	11:26	6	.88
16. Mike Lairmore	11:31		
17. Mike Heil	11:33		
18. Mike Chippendale 37	11:34		
19. Brian Harpster	11:40		
20. Olen Brown 43	11:44	6	.84
21. Don Granberg 36	11:46		
22. Joe Marks 41	11:49	23	3.14
23. Don Walker	11:52	8	1.11
24. Jon Palks	11:54	18	2.46
25. Joel Kichline	11:56		
26. Jim Walter	12:03		
27. Jim Neviackas	12:04		
28. Dick Martin 46	12:09	24	3.40
29. Tim DeCoster	12:10	110	13.09
30. Don Johnson 50	12:10	45	5.80
31. David Adams	12:17	13	1.73
32. Turk Storvick 50	12:18	12	1.60
33. Mike Smiglewski	12:20		
34. Tom DeCoster	12:24	16	2.10
35. Raymond	12:31		
36. Tom Ekvall	12:34	11	1.44
37. Jules DeCoster	12:36	24	3.08
38. Phil Pratt 31	12:43		
39. Dru Dixon	12:49	49	6.80
40. Joe Duncan 44	13:04	11	1.38
41/ Al Garverick 34	13:28	8	1.00
42. Brian Kichline	14:18		
43. John Hayden	14:34		
44. Grace Schneider	14:39		
45. Bill Kurtz 37	14:47	17	1.95
46. Amy Hessler 12	14:56	96	12.00
47. Sharon LeDuc	15:02	28	3.01
48. Dennis McGuire	15:14		
49. Tim Gibson 7	15:33		
50. Bill Conboy 56	15:43	17	1.77
51/ Patty Palks	16:23		
52. Dick Harris	16:52		
53. Bob & Carole Schottman	17:22	53	5.70

Upper 30's, very little wind, sun shining, beautiful day for cross country. Denny Stewart had his hands full holding off Shegoski, but in his last race before turning 30, Stewart emerged a winner. Before Stewart reached that 30 milestone, Howard Guscar decided to set a new standard for the 30 year old group, and that he did, beating the 10:57 he had last year. Don Johnson set a new mark for age 50 & over--he and Turk had a stirring battle with the Centralia flash hanging close and then sprinting by Turk on the run-in. Ben Londeree was only 6 seconds off his own mark for 40 year olds.

RESULTS OF THE 10,000 METER WALK WHICH SHOULD HAVE BEEN IN THE OCTOBER NEWSLETTER; Sept. 16, 1978, RANDY MIMM wins:

Mile Splits:	1	2	3	4	5	6	FINAL 10 K
1. Randy Mimm	7:34	15:24	23:24	31:23	39:24	47:22	48:56
2. Randy Bakewell	9:47	19:42	29:31	39:18	48:59	58:29	1:00:27
3. Rob Spier	10:47	21:46	32:44	43:47	54:56	65:32	1:07:38
4. William Taft	12:14	24:35	37:02	49:31	61:51	73:58	1:16:24
5. Jim Gibson, Sr.	12:21	25:19	38:01	50:42	63:04	75:45	1:18:22

Bill Taft was 24 seconds off his DT (.53%), while Rob Spier was 232 seconds too fast (5.41% off).

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Various runners represented CTC in the Santa Fe Trail 10,000 meter run on September 30, Shawnee Mission Park, Kansas. There were some 1200 runners on a beautiful day for running. JON HERBERT had the best CTC performance finishing 5th with a PB 30:33. Fred Binggeli won the race with 29:07. We don't know who was second, but Dan Dwyer was third and Tom Logan 4th. DENNIS STEWART was close behind with 31:48. WESLEY PAUL had a 37+ PB. NICOLE WAGNER had a PB--49:40, her Dad, Paul, had a PB--52:27. Rhonda Bedell was the winner for women. There was some question as to whether or not the course was short, seeing as how there were so many fast times, but the race organizers were insistent as to the accuracy of the course.

JON HERBERT, on Sept. 23 was second in a 15 kilometer race in Springfield, finishing a mere 13 seconds behind DENTON CHILDS. Denton had 51:07 to Jon's 51:20. There were some 50 runners in that race.

BRUCE MAXEY journeyed to Keokuk, Iowa on Sept. 30, running in the 4.5 mile Puckeshetuck Days Run. (I guess Puckeshetuck was an Indian chief of some sort, or an Indian maiden, or maybe it's a kind of squash, or something). Anyway, after running off course, Bruce finished 11th in 27:04.

On October 14, in the Kirkwood Green Tree races, DENNIS STEWART celebrated his coming of age (having turned 30 the previous Monday) by winning the age 30 title in the five mile run. The overall winner was Craig Virgin with 23:48. WESLEY PAUL won the 15 & under part of the 1.8 mile run with an age group record 10:10. Three Kirkwood TC girls were 2, 3, & 4 in that age group. NICOLE WAGNER was 3rd girl in the age 9 & under group for the five miler. Her time was 38:06. Two 9 year old girls were ahead of her. No doubt there were other CTC runners in these races (I know DENNIS HINKAMP finished 4th in one of the races, the 5 mile probably), among the some 700 participants.

Another stop in the itinerary of 7 year old NICOLE WAGNER was in North Kansas City, on October 8 when she ran in a 10,000 meter race finishing 4th in the 15 & under group with a time of 53:07.

CTC made a fairly decent showing in the RRCA Postal Meet of Miles, the CTC section having been held on July 1st. Two of the CTC teams were first place finishers: The age 20-24 Men with a team time of 13:54. That team consisted of Mark Taitt, Bill Daily and Ben Welch. The age 35-39 team was also first. They were 15:12. That team was Mark Landrum, Mike Chippendale and Dick Hessler. Other CTC results: Boys 8-9 12th with 22:23; Boys 14-15, 7th at 16:36; Men 25-29 6th, 17:04; Men 30-34 8th 16:44; Men 40-49 3rd, 15:17 and Women age 20-29 First! (that makes 3 CTC teams which were first) 20:43 (Annette LaFontaine, Glenna Moe and Nancy Schneider). Individually, the most outstanding CTC performance was the second place finish of Ben Londeree (4:46.0) out of 103 age 40-49 competitors. CTC has three of the team records (no other team has more than one of the records except for the Rialto RR--they have two): 20-24 Men, the 13:54 of Taitt, Daily & Welch; 35-39 Men (see above) and the really great 14:02 posted by Lewis, Londeree & Hicks for age 40-44 in 1977. For the individual ages we find four recordholders: Age 8: Wesley Paul, 5:38, 41: Lewis with 4:36.3; 44: Londeree's 4:46 and age 49: Don Johnson at 5:24. A worthy goal for next year's effort would be to set a team record for every age group, both men and women. It can be done!!

TOM and ARLINE HINCKLEY write from Austria. Tom has joined a Road Runners club and won a 10,000 meter race (much to Arline's surprise--when Tom was first at the finish line, Arline thought he had been injured and had gotten lost). Tom's time was 38:24 and, in fact, he did get off the course a little, running some 200 extra yards. Tom wore his Heart of America marathon shirt, so CTC got some publicity. Tom and Arline have been doing some hiking in the Swiss Alps. On a four day trek, they covered 59 miles, did four peaks, some 16,500 feet of climbing, including one 13½ hour day when they amazed the locals with 22 miles with a lot of that being glacier and rock climbing and 6500 feet gained and lost.

## DENNIS HINKAMP WINS FIVE MILE CROSS COUNTRY RUN ON GUSTIN COURSE 10-21:

	5	Seconds off DT	% off	
1. Dennis Hinkamp	26:10	15	.96	
2. Brad Hawthorne	27:12	2	.09	
3. Larry Doering	27:48			
4. Ben Londeree 44	29:37	17	.96	Mid 50's, bright sun shining, another good day for cross country. Hinkamp had the race all to himself from the beginning.
5. Mark Kelty	29:52			
6. Bruce Maxey	30:17	23	1.25	
7. Doug Bellows	30:22	38	2.04	
8. Mike Chippendale	30:25	35	1.88	
9. Don Lewis 42	30:35	50	2.80	
10. Kevin Stock	30:47			Turk Storvick sets a new standard for the age 50 set. He has almost come back all the way from his back surgery.
11. Ray Franson	30:50			
12. Jim Schutt	30:59			
13. John Kimpel	31:16	16	.86	
14. Jon Palks	31:28	1263	.63	
15. Craig Brace	31:42	28	1.45	
16. Olen Brown 43	31:53	73	3.97	
17. Tom DeCoster	32:03	18	.94	Kevin Stock and Howard Bentley are recruits of Jim Schutt from California, Mo.
18. Brian Harpster	32:05			
19. Turk Storvick 50	32:29	16	.81	
20. Dick Martin 46	32:41			
21. Don Johnson 50	32:56	29	1.45	
22. Bob Schottman	33:16	46	2.36	
23. Howard Bentley	33:24			
24. Jay Snellen	33:36	118	6.21	
25. Dru Dixon	33:40	100	5.21	
26. Joe Duncan 44	35:16	76	3.72	
27. John Hayden	36:02			
28. John Rosenbaum	41:50			
29. Patty Sprague	46:16			

Tim Gibson and Mecca Carpenter each got off course, figuring that they each ran a mile less than they should have. Tim had 36:18 and Mecca had 37:13. Also, several other runners got messed up at one or the other of the intersections where the chalk lines crossed and did not finish. We apologize for that and will see that we have people giving directions next time. This even though the course was entirely marked with lime. Having to do several loops is what makes it confusing.

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

November 5, 1972: MVAU 50 Kilo Walk, Jefferson City: 1. Dave Leuthold 5:34:53 2. Rob Spier 5:42:23 3. Albert Van Dyke

November 5, 1972: Five Mile Cross Country Run: 1. Dennis Stewart 28:29 2. Clark Hamilton 29:07 3. Randy Bakewell 29:45. . . 5. Don Granberg 31:38 6. Mike Chippendale 32:04 7. Dick Hessler 32:11 8. Ben Londeree 32:27 9. Others

November 18, 1972: 2 Man 6 Mile Relay (alternate miles): 1. Bob Collette & John Victor 33:10 2. Dick Hessler-John Wilson 33:27 (5:13, 5:40, 5:30 for Dick) 3. Sean Clark-Dennis Stewart 34:45 (5:01, 4:54, 5:03 for Stewart) 4. Bruce Sewell-Mike Chippendale 35:43 (5:42, 5:45, 5:23 for Mike)

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We hope all of you have read Ben Londeree's articles in recent issues of RUNNER'S WORLD (June, July & Oct.). These are some of the better articles which have been in that magazine. The articles give very specific information about training, workouts, assessments of one's condition, training and capabilities, plus giving several keys to successful racing. One might say that Ben is giving away all his secrets. But then, he is still keeping all of his native ability, even though he has a lot to spread around. I am told that I have a lot of ability, too--a lot of hidden talent. I know that is true, because I certainly haven't released any of it yet.

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A reminder to all of you who may not plan to run in a given race: we still need your presence as officials. We are getting more and more runners in our races. We still recruit our officials from the group of non-runners who show up. Sometimes not enough show up, especially for the cold winter races, so please keep that in mind.

3 MILE CROSS-COUNTRY TURKEY TROT - NOV 5, 1978

POA	NAME	AGE	CLUB	TIME	POA	NAME	AGE	CLUB	TIME
<u>12-Under</u>									
1)	Steve Schottman	11	CTC	22:09	6)	Wayne Kidd	20		16:47
2)	Peter Hessler	9	CTC	22:51	7)	Robert Finn	23		16:55
3)	Steve Gibson	11	CTC	23:21	8)	Dave Ford	21		17:04
4)	Amy Hessler	12	CTC	23:24	9)	Tom Countryman	21		17:07
5)	Riley Scott	12	SLTC	24:01	10)	Lennie Harrison	26	SLTC	17:15
6)	Devon Gallogly	10	SLTC	25:27	11)	Ed White	23		17:16
7)	Glen House	10	SLTC	27:30	12)	Joseph Dickmann	28	SLTC	17:26
8)	Becky Gallogly	11	SLTC	27:56	13)	Ramiro Marquez	22		17:27
9)	John Dunn	12	CTC	28:00	14)	Criag Mason	20		17:29
<u>13-19</u>									
1)	Eric Lynk	19		15:46	15)	Kent Bohling	21		17:37
2)	Bob Becker	19		16:01	16)	John Pickard	28		17:38
3)	Gary Beckett	18		16:11	17)	Bruce Maxey	22	CTC	17:49
4)	Craig McKown	18		16:17	18)	John Hammond	21		17:51
5)	Jack Stevens	19		16:38	19)	Glen Chapuis	25	SLTC	17:54
6)	Kent Fothergill	19	SLTC	17:19	20)	Jeff Hey	29	SLTC	17:57
7)	David Muller	18		17:21	21)	Dan Sebben	27	SLTC	18:00
8)	Pete Lichtenwalner	17	SLTC	17:33	22)	Jerry Kokesh	28	SLTC	18:03
9)	Mike King	17		17:42	23)	Tim DeCoster	22	CTC	18:05
10)	Ken Cook	17	SLTC	17:46	24)	Dru Dixon	25	CTC	18:22
11)	Paul Meng	18		17:53	25)	Tom DeCoster	24	CTC	18:24
12)	Bob Dorr	18		18:33	26)	Scott Decker	28	SLTC	18:31
13)	Paul Duddles	15		19:04	27)	Charlie Gatti	26	SLTC	18:32
14)	Tom Martin	15		19:07	28)	Dave Tobey	25		18:40
15)	Criag Brace	17	CTC	19:14	29)	Evan Wykes	21		18:59
16)	Steve Schrader	17	SLTC	20:09	30)	Jon Palks	29	CTC	19:05
17)	Roger Brand	15	SLTC	20:35	31)	Phil Meech	27	SLTC	19:12
18)	William Drennan	18	SLTC	20:43	32)	Cary Geyer	24		19:28
19)	Matt Gibson	13	CTC	20:59	33)	Stan Spurgeon	29	SLTC	19:33
20)	Dave Hubbard	13		21:42	34)	Darrell Shelton(?)	25		20:08
21)	Wes Harris	13	CTC	22:29	35)	Steve Stopke	28	SLTC	20:12
22)	Jim Gibson, Jr.	14	CTC	22:30	36)	David Arbo	21		20:31
23)	Tom Renaud	17		23:42	37)	Dan Maloney	24	SLTC	20:47
24)	Rob English	13	SLTC	25:06	38)	Larry McAfee	29		20:48
25)	Tim Kamp	13	CTC	25:30	39)	Mike Gammon	25		21:10
<u>20-29</u>									
1)	Tim McMullen	25	CTC	15:38	40)	Mark Brunsman	22		21:11
2)	Bobby Williams	25	SLTC	15:48	41)	Wayne Davis	28		21:30
3)	Keith Gatti	21	SLTC	15:49	42)	Burt Jacobs	25		21:34
4)	Ira Price	28	SLTC	15:55	43)	Darrell Shelton (?)	25		21:56
5)	Chuck Korte	24	SLTC	16:29	44)	Roger Pointer	23		22:15
					45)	Bill Ryan	26		22:21
					46)	Rob Car	20		22:39

CTC runners did quite well in this, the 4th annual dual meet with the St. Louis Track Club. Although CTC won only one of the team titles (the over 40 group--losing the 20-39 title for the first time), you will notice that CTC runners finished first in every category except the 13-19 (this includes Amy Johns for the women, although she actually had to compete unattached since she is part of a team which will be competing in the AAU Junior Olympic Cross Country Championships). In fact, CTC had the top 4 in one category, the top three in another, the top 2 in another and 2 of the top three in yet another (and that would have been three of three had not Dean Neal switched his allegiance--I don't know how that came about--I guess Dean had run out his option and had become a free agent).

A balmy November day--in the 70's, bright sun, a little too warm. A very demanding course on the Maryville College campus--up and down the hills, treacherous footing

POA	NAME	AGE	CLUB	TIME	POA	NAME	AGE	CLUB	TIME	TEAM SCORING
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<u>20-29</u>										
47)	132 Ed Gurney	27	SLTC	23:05	17)	106 Pat Cook	48	SLTC	21:31	TEAM SCORING: 19 & under: SLTC: 92 CTC: 118
48)	149 Ron Rubin	29	SLTC	25:31	18)	113 Harry Windland	40	SLTC	22:09	
<u>30-39</u>										
1)	6 Howard Guscar	33	CTC	16:01	19)	115 Norris Kruse	43	CTC	22:10	
2)	8 Dean Neal	30	SLTC	16:04	20)	117 Robert Damon	48	SLTC	22:32	
3)	14 Dennis Stewart	30	CTC	16:51	21)	125 Dick Brand	45	SLTC	22:32	
4)	22 Gregg Johnson	31	SLTC	17:22	22)	126 Doug Kirby	43	SLTC	22:33	
5)	27 Dick Hessler	37	CTC	17:31	23)	131 John Sullivan	46	SLTC	22:58	
6)	36 Kirk Simpson	35	SLTC	17:52	24)	133 James Markey	42	SLTC	23:28	
7)	44 Tom Eckelman	36	SLTC	18:07	25)	136 Bill Friedman	42	SLTC	23:28	
8)	45 Mike Murray	35	SLTC	18:09	26)	143 Robert English	49	SLTC	24:42	
9)	49 Wayne Olson	35	SLTC	18:27	27)	144 Jack Frohlichstein	49	SLTC	24:50	
10)	57 Don Myers	39	SLTC	18:58	28)	150 Stanley Logan	41	SLTC	25:34	
11)	66 Art Thompson	38	SLTC	19:16	29)	152 Leonard Busen	48	SLTC	25:48	
12)	67 Don House	36	SLTC	19:21	30)	155 Russell Watts	46	SLTC	27:56	
13)	71 Gene Gianladis	37	SLTC	19:54	31)	165 Leon Rechder	41	SLTC	33:17	
14)	74 Tom Ekval	37	CTC	19:58	<u>50-Up</u>					
15)	75 John Clarke	33	SLTC	20:00	1)	63 Turk Storvick	50	CTC	19:09	CTC 95 SLTC 115
16)	79 Robert Schottman	34	CTC	20:15	2)	71 Don Johnson	50	CTC	19:54	And, of course SLTC had a clean sweep for the women.
17)	84 Danny Lavin	33	SLTC	20:32	3)	90 Joe Bell	50	SLTC	20:46	
18)	85 Jim Lorenz	36	SLTC	20:34	4)	96 Wilbur Bagby	57	SLTC	21:03	
19)	98 William Lobdell	38	SLTC	21:09	5)	97 Paul Schmitt	56	SLTC	21:07	
20)	102 James Gallogly	33	SLTC	21:27	6)	141 George Perry	62	SLTC	24:15	
21)	103 Jerry Waldman	33	SLTC	21:28	7)	154 Tom Drennan	55	SLTC	26:04	
22)	119 Dennis Donnelly	37	SLTC	22:21	<u>Women</u>					
23)	121 Richard Theriault	30	SLTC	22:23	1)	43 Amy Johns	17	SLTC	18:06	Many thanks to the SLTC for being such fine hosts and to Karen Kokesh for her quickness in typing and sending these results.
24)	137 Peter Krone	30	SLTC	23:32	2)	91 Alecia Martin	17	SLTC	20:46	
<u>40-49</u>										
1)	32 Ben Londeree	44	CTC	17:45	3)	107 Lori Schutzenhofer	15	SLTC	21:32	
2)	46 Don Lewis	41	CTC	18:15	4)	108 Karen Kokesh	26	SLTC	21:33	
3)	53 Joe Marks	41	CTC	18:38	5)	109 Janie May	15	SLTC	21:34	
4)	55 Bill Wilson	40	SLTC	18:42	6)	120 Marianne Colter	24	SLTC	22:22	
5)	56 Olen Brown	43	CTC	18:55	7)	122 Karen Baxter	19	SLTC	22:28	
6)	59 Norm Colter	47	SLTC	19:03	8)	128 Lennis Harrison	24	SLTC	22:43	
7)	68 Dick Lake	44	SLTC	19:24	9)	130 Candy Wojcik	21	SLTC	22:55	
8)	73 Del Metheny	45	SLTC	19:58	10)	138 Penelope Gallogly	32	SLTC	23:42	
9)	80 Ken Burres	44	CTC	20:18	11)	142 Ann Wilson	42	SLTC	24:27	
10)	81 Bill Comfort	40	SLTC	20:23	12)	145 Diana Tumbleson	24	SLTC	24:52	
11)	82 Francis Martin	44	UNAT	20:25	13)	151 Silvia McIntire	43	SLTC	25:36	
12)	87 Ted Harris	43	SLTC	20:37	14)	153 Merideth Scott	39	SLTC	26:01	
13)	89 Charles Finch	48	SLTC	20:45	15)	156 Kathleen Theriault	29	SLTC	26:54	
14)	94 Bill McIntire	43	SLTC	20:54	16)	157 Barb Schmidt	31	SLTC	26:56	
15)	101 Joe Duncan	44	CTC	21:13	17)	163 Belinda Schwartz	23	CTC	29:26	
16)	105 Charles Hubbard	43	SLTC	21:30	18)	166 Sara Marx	23	SLTC	38:03	

Some 50 runners showed up to celebrate NATIONAL JOGGING DAY on October 14 in connection with that day's FUN RUN. Competition was on a predicted time basis for each of the six distances. CRAIG BRACE, 17 year old CTC member who drives in from Wellsville, Mo. for our races, was the overall winner, doing a 5:30 mile, which was exactly what he predicted he would do. Since Craig was the overall winner, the one mile award went to JOE SCHROEDER, who ran a 7:23, missing his prediction by 3 seconds. For the two mile, it was MARC SHEGOSKI with 9:50, 8.5 seconds off his prediction. Three miles: PHIL PRATT, 19:59, only one second off. Four miles: a tie between ANNETTE LaFONTAINE and PEG GAUTHIER. They were 31:56, four seconds off. Five Miles: MIKE STUBBLEFIELD, 36:31, 89 seconds off. Six miles: MARTY ROSSO, 39:34, four seconds off. Thanks to Ben Londeree for masterminding this affair.

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BARRY and NANCY SCHNEIDER have moved to Overland Park, Kansas (8337 Grandview Lane 66212). They are 15 minutes away (he didn't say whether by foot or by car) from Shawnee Mission Park which they have found to be a great place to run--a 6 mile nature trail or a 2 mile cross country course. Also they live behind Shawnee Mission West HS which has an all weather track. Barry was also in that Santa Fe trail 10,000 meter run coming in at 34+. Both he and Denny Stewart say that this was one of the most poorly organized races they had ever been in. Barry invites correspondence and phone calls whenever anyone is in the area. Hopefully, if anyone is in the area, he can meet with Barry for a run.

WESLEY PAUL did it again!! An age group world's record for a marathon. Last year at the New York City marathon Wesley got a record for age 8 with his 3:00+. This year he went back to New York, obviously a year older, and set a new standard for 9 year olds with a sparkling 2:55:59, his first sub 3:00 marathon. Wesley now qualifies for Boston except they have an age 19 limit. This year's New York race was held on a hot, sunshiny day, 80 degrees. Further, they added some hills to the course, but none of this bothered Wesley as he no doubt beat some 10,000 of the 11,000 runners. In fact, he had Miki Gorman in sight when he finished. It wasn't easy for Wesley, however, since he developed a blister at about 13 miles. At the finish it looked pretty bad, but the 9 year old certainly demonstrated some courage. The previous record listed is a 3:09:25 set by one John Foley. However, Sean Hartley of Colorado has a 3:07+ to his credit this year.

CTC member MIKE FIELDS, who is now living in Philadelphia, was also in New York. In his first marathon he had a very satisfactory 3:19+. Mike was on 3:00 pace for 20 miles, but he hit the proverbial "wall" at about that point and had to ease it on in.

At the same time (or at least on the same day) that Wesley was doing so well in New York, JOE MARKS and PHIL PRATT were also doing quite well in a couple of marathons. Joe established a personal best with a remarkable 2:47:42 in the Sugar River Marathon, a course going from New Glarus, Wis. to Broadhead. This was a PB by seven minutes. Joe was 43rd out of 993 runners and was 2nd in the 40-44 age category (out of 83 in that group). Joe had a PB for every mile from 14 on up. He averaged 6:32 for the last 6 miles. Winner was Jim Drews of Green Bay at 2:22:36, while Kim Merritt won the women's title with 2:53:53. Joe had excellent conditions and an excellent course. Mid 50's, overcast and a tailwind. The course was almost entirely on an abandoned railroad right of way, perfectly level. The trail is of crushed, packed limestone and is a lot like the Hickman track. Quite suitable also for cycling and probably rather inexpensive. (Keep all this in mind when we tell how we would like the MKT project to be developed). The trail was pretty narrow, only five feet wide.

Meanwhile, PHIL PRATT was getting a personal best, by some 40 minutes, with his 3:30:13 at the City of Lakes marathon in Minneapolis. This was the same marathon and course we saw at the annual meeting when we had the Big Green Team marathon movie film. The course is flat, four figure 8 loops around a couple of lakes, beautiful fall scenery. Phil had a windy, blustery day, also mid 50's.

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The Columbia Track Club Newsletter can be yours every month if you pay the \$2.00 subscription price. If you join the Club, which, of course we urge you to do, then you pay the annual dues of \$5.00. This includes the newsletter. Furthermore, the membership will include all the members of your family, living with you. Send your money to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

## DESIGNATED TIME STANDINGS:

Showing average percentage off per race and number of events:

1. Taft	.53	1	13. Lewis	1.58	2	25. Bellows	2.30	2
2. Londeree	.56	3	14. Nicole	1.65	1	26. Yunker	2.52	1
3. Guscar	.77	2	15. Adams	1.73	1	27. Martin	2.59	2
4. Pierce	.85	1	16. Conboy	1.77	1	28. Polly Brown	2.76	1
5. Hinkamp	.96	1	17. Duncan	1.81	3	29. LeDuc	3.01	1
6. Palks	1.11	3	18. Marks	1.84	2	30. Curry	3.47	1
7. Don Walker	1.11	1	19. Chippendale	1.88	1	31. Tim Gibson	3.47	1
8. Storvick	1.23	3	20. Garverick	1.94	2	32. Schottman	4.03	1
9. Maxey	1.25	3	21. Kurtz	1.95	1	33. Hemphill	4.35	1
10. Ekvall	1.44	1	22. Stewart	2.03	2	34. Spier	5.41	1
11. Brace	1.45	1	23. Tom DeCoster	2.10	1	35. Steve Gibson	5.71	1
12. Johnson	1.45	1	24. Brown	2.30	3	36. Dixon	6.00	2

## ELAPSED TIME STANDINGS:

Open, Runners:

Showing number of points

1. Londeree	69	15. Herbert	28	29. Storvick	16	43. Curry	4
2. Stewart	60	16. Renner	26	30. Walter	16	44. Snellen	4
3. Bellows	59	17. LaFontaine	24	31. Neviackas	15	45. Conboy	3
4. Maxey	56	18. Brace	24	32. Stock	14	46. Blossom	3
5. Guscar	56	19. Walker	23	33. Schutt	13	47. Harris	3
6. Yunker	55	20. Lairmore	23	34. Adams	12	48. Mackey	2
7. Hessler	49	21. Granberg	20	35. Garverick	12	49. Rosenbaum	1
8. Holt	47	22. Hinkamp	19	36. Dixon	11		
9. Brown	47	23. Tom DeCoster	19	37. Smiglewski	11		
10. Palks	39	24. Tim	13	38. Pierce	10		
11. Chippendale	38	25. Hemphill	19	39. Pratt	9		
12. Marks	37	26. Johnson	18	40. Schottman	6		
13. Lewis	36	27. Duncan	18	41. Kurtz	5		
14. Martin	36	28. Ekvall	17	42. McGuire	4		

Age 40 &amp; Over:

Age 15 &amp; under:

WOMEN

1. Londeree	25
2. Brown	19
3. Lewis	14
4. Martin	14
5. Marks	14
6. Johnson	11
7. Storvick	10
8. Duncan	7
9. McGuire	2
10. Blossom	1
11. Conboy	1

1. Wesley Paul	6
2. Amy Hessler	6
3. Matt Gibson	5
4. Tim Gibson	4
5. Steve Gibson	3
6. Nicole Wagner	1

1. Amy Hessler	8
2. Annette LaFontaine	5
3. Sharon LeDuc	5
4. Nicole Wagner	3
5. Patty Palks	2
6. Polly Brown	1
7. Patty Sprague	1
8. Carole Schottman	1

## WALKERS:

Open

1. Mimm	9
Busen	8
3. Chapin	7
4. Gragg	6
5. Spier	6
6. Van Dyke	5

7. Bakewell	4
8. Taft	4
9. Bent	1
10. Jim Gibson, Sr.	1

Age 40 &amp; over

1. Busen	7
2. Chapin	6
3. Spier	6
4. Gragg	5
5. Van Dyke	4
6. Taft	4
7. Bent	1
8. Gibson	1

None of the above includes the results of the Turkey Trot.

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## NOTICE

## JOG-A-LITE SAFETY VESTS

If we can order in bulk (12) we can obtain Jog-A-Lite safety vests at a considerable savings -- about \$6.00 versus about \$10.00. These vests are mesh with tie strings on each side. They have reflecting stripes across both the front and back of the vests to make you visible at night from 400 feet away. If interested call Ben Londeree at 882-6892 or 445-2550.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB

John Baumann 4-24-65  
1805 Cliff Dr.  
Columbia, Mo. 65201

Fred & Nancy Fritsch  
1609 Doris Dr.  
Columbia, Mo. 65201

L. W. Manley, Jr.  
2732 N. Sheridan  
Tulsa, Okla. 74115

Bruce Poling 10-8-44  
Rt. 2, Box 545  
Rolla, Mo. 65401

Mike Smiglewski  
Columbia, Mo. 65201

Marshall Shane Stewart 10-30-78  
Rt. 1, Box 152  
Higginsville, Mo. 64037

(Congratulations to Denny & Julie Stewart for the birth of their first child--I thought sure Denny had Marshall entered in the Turkey Trot, but Denny said that the lad had a little tightness in his hamstring, therefore, he thought it best not to have him run).

Kevin Stock  
Rt. 2  
California, Mo. 65018

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MORE REPORTS ABOUT CTC TRAVELERS:

JIM FELTS (who is in residency in Madison, Wis.) was in that same Sugar River Trail Marathon as Joe Marks. Jim had a great 2:42:19 for a PB, good for 29th place. Jim is hoping to see some CTC people at the Drake Relays.

DON GRANBERG was 18th (out of 171 finishers) in the Tri-States Marathon on October 15th, Falls City, Nebr. Don had a time of 2:58:55. Conditions were not as good as usual, because of a strong headwind almost all the way. Winner was Rex Power of Mexico, Mo., who has been in many of our races. Rex had 2:41:36, finishing ahead of Bill Fox who had 2:44:22. Tim Hendricks was 15th at 2:56:34, Arne Richards was first age 40 & over with 3:03:08. New CTC members BOB & SHIRLEY OLSON ran their first marathons, Bob coming in at 4:30:18 and Shirley at 5:21:20.

MIKE FIELDS has written a long letter about the New York Marathon, telling of his experience and giving a lot of information. He says there were over 11,200 starters from 28 countries, 49 states (no one from South Dakota). Mike's official time was 3:19:13, 1813rd place. There were 741 lawyers entered, Mike being one of them. Plotting on some kind of a performance curve, Mike's time turned out to be that of the average 20 year old, although he says he felt more like 65 at the end of the race. Mike's true age is 35.

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A running club has been formed in the Springfield, Mo. area. It is called the OZARK MOUNTAIN RIDGE RUNNERS. The club has already put on a couple of events and has gotten excellent participation. Here is a little information on a half marathon they are having on December 10:

The December event will be a half marathon on Sunday, December 10 as announced. This 13.2 mile event from Midway to Marshfield into the Springfield Tennis Center will be sponsored by Silver Dollar City. Don Richardson of SDC will be giving two 1979 season passes to each man and each woman (40 passes) in each of our competitive age groups. Our age grouping for all events for each sex is as follows:

5 - 9	40 - 44
10 - 14	45 - 49
15 - 19	50 - 54
20 - 29	55 - 59
30 - 39	60 & Over

We appreciate the sponsorship by Silver Dollar City and the very attractive awards for this event. A map of the course is included in this Gazette for you if you would like to train on those ridges between now and December.

This is from the Ozark Mountain Ridge Runners Gazette, the monthly club publication. For more information about the club, contact Wayne McKinney 2257 Edgewater Dr. Springfield, Mo. 65804.



## NOTICE! NOTICE! A CALL FOR VOLUNTEERS!!

Dear Club Members:

We will be conducting an investigation on running in the Human Performance Laboratory at the University of Missouri and will be recruiting interested male runners to volunteer as subjects. The purpose of this project will be to develop a field test which runners can use to predict their "maximal steady state". The "maximal steady state" is defined as the maximal pace that you can run at before significant amounts of lactic acid, a fatigue causing substance, accumulates in your blood stream.

The project will involve two laboratory sessions; one to begin to define your maximal steady state and a second one to further define this parameter and also to determine your maximum capacity to use oxygen. You will be requested to participate in the club sponsored 20 kilometer race on November 18 and the Holiday 10 mile run on the 16th of December. It will be necessary to participate in a number of time trials ranging in distance from a 50 yard sprint to 5 miles. It will also be important that you attempt to maintain a stable level of conditioning throughout the testing period.

Although it is not necessary that you be in "peak" condition (as I know many of us won't be), it will be critical to the interpretation of the results that you are willing and motivated to perform as close to your maximum as you can on all tests. Because of the intense nature of this project and the length of two of the races, it would be advisable that your present training involve at least 30 miles per week with one run each week at least 8-10 miles in length and a second one at a fairly intense pace.

Another factor for you to consider in deciding whether or not you desire to participate is that all testing must be completed between November 18 and December 20th. If you decide that you are interested in participating in this project, please contact me at home (449-5781 after 8pm) or at the Human Performance Laboratory at the University of Missouri during the day (882-6892). It will be necessary to make an appointment to further explain the procedures involved and to complete administrative details.

Hopefully, the results of this investigation will allow you to make a reliable and valid prediction of your maximal steady state. For your personal interest, you will learn what your maximum oxygen intake capacity is, what your absolute and relative maximal steady state is and what your percent body fat is. The tests involved in this project are very demanding, but for those presently planning to run hard in the 20K and 10 mile runs, the field tests would serve as excellent speed trials in preparing for these longer events.

I look forward to your reply,

Sincerely,

*Tom LaFontaine*

Tom LaFontaine

5547 S. Bethel Lane Apt. A

Columbia, Mo. 65201

449-5781

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE (not including the Turkey Trot)

1. Randy Mimm	1	50.59 *	7. Joe Duncan	3	2.11
2. Albert Van Dyke	1	43.40*	8. Don Johnson	2	2.06
3. Phil Pratt	1	5.88	9. Henry Bent	1	0
4. Olen Brown	2	5.19	10. Ben Londeree	3	-2.47
5. Don Granberg	1	3.92	11. Don Lewis	2	-3.21
6. Dick Harris	2	2.59	12. William Taft	2	-14.2

\*These aberrations are because of the 100 mile walk and will soon become smaller numbers since we show the median improvement.



CITY OF COLUMBIA, MISSOURI

P. O. BOX N COLUMBIA, MO. 65205

October 11, 1978

Mr. Joe Duncan  
Columbia Track Club  
2980 Maple Bluff Drive  
Columbia, Missouri

Dear Joe:

Thank you for your group's continuing interest in the MKT parkway project. I will try in this letter to bring you up to date on the various stages of the project, give an idea of what to expect in the future and suggest several opportunities for your group to have input into the development plans.

As you are probably aware, final funding approval was given for the project by the Bureau of Outdoor Recreation. We are currently in the middle of abstracting and surveying, not only the right-of-way but also abutting properties. When this process is completed for the section of right-of-way from Stewart Road south to TT (Scott Station Road), this area will be appraised. We are currently working with the goal of having all or most of this section in operation by spring. Once appraisals are complete we will be proceeding with negotiation and condemnation of the sections of right-of-way that revert to private ownership. This will be a lengthy process and will determine whether or not we are able to stay with our spring timetable.

Of more interest, perhaps, to your group will be the various hearings that are to be held during the winter. In order to appropriate the federal monies into the proper city accounts, the City Council will be having another opportunity for public comment. Also, during the winter the Parks and Recreation Commission should be holding a series of hearings in order to make recommendations to the City Council on how the right-of-way should be developed. Both processes should afford your group an opportunity to have some say in such matters as the surfacing and fencing of the right-of-way.

I hope this information will be of service to you. If you or any of the Club's members have further questions, feel free to contact me. I am putting your group's address on our mailing list for this project and will attempt to keep you advised of any public meetings held in relation to this project.

Very truly yours,

*W Scott Snyder*

W. Scott Snyder  
Assistant City Counselor

WSS:sl

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The annual meeting of the Columbia Track Club was held last month. The general consensus was to leave our program pretty much the same but to explore the possibility of some indoor races, have some clinics in connection with FUN RUNS, increase the number of races which have awards and, perhaps, a few other minor changes. The annual dues will be \$5.00, payable on or before December 2. The dues MUST be paid by then, if you intend to get credit for your Dt and ET performances prior to then

MIKE KRUSE did well in the state high school cross country championships on Nov. 4, in Jefferson City. Mike finished 12th out of almost 100 runners over a tough 2½ mile course. Mike took a very intelligent approach to his cross country season, peaking out at the state meet. For example, he finished 17th in the district meet, realizing that the state meet was the big one. In the race itself, he paced himself quite well, being 16th at halfway. His time was 13:43.

The following persons, having run 10 or more races last year, are eligible for the 1979 Dave Schulte Improvement Award. This count includes the 1976 Turkey Trot at St. Louis. Keith Pierce is handling the computing for this.

22 OLEN BROWN	14 PHIL PRATT	11 ALBERT VANDYKE
22 BEN LONDEREE	13 HENRY BENT	11 JERRY YUNKER
20 JOE DUNCAN	12 DON GRANBERG	10 CHARLIE EVANS
17 JOE MARKS	12 DON LEWIS	10 AL GARVERICK
14 DENTON CHILDS	12 RAY LOAN	10 DICK HARRIS
14 TOM HINCKLEY	12 WILLIAM TAFT	10 TOM LAFONTAINE
14 WHITNEY HICKS	11 ANNETTE LAFONTAINE	10 NICOLE WAGNER
14 DON JOHNSON	11 PETE PASTORET	
14 RANDY MIMM	11 WESLEY PAUL	

\*\*\*\*\*

Here is the entry blank for the MVAAU 30 kilo championship run. We will need help with timing and recording at both ends of the course and help for dispensing aid at the cinder pile area. If you are not competing, then PLEASE consider coming anyway in order to help with the administration. If not enough women and age 17 & under people compete in the 30 kilo event then those awards will be given to the women and age 15 & under who compete in the 20 kilo event.

# 1978 ENTRY BLANK

## MISSOURI VALLEY AAU AND OPEN 30 KILO RUN

TIME: Saturday, December 2, 1978, 11:00 a.m.

PLACE: Hilton Inn, Route ZZ Course, Columbia, Missouri. Hilton Inn is located at the southwest corner of I-70 and Stadium Boulevard.

THE COURSE: An AAU certified 5,000 meter road course. The race will be back and forth on this course; asphalt and concrete, moderate hills.

ENTRY FEE: \$1.00. Post entries will be accepted, however, please have your entries in by December 1st, if at all possible. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first six finishers age 18 - 29, first three 17 and under, 30 - 39, 40 and over, and women. MVAAU medals to first three MVAAU finishers.  
1:43.52 Doug Clark December 6, 1977

COURSE RECORD: ~~1:44.30, Dick Clark, December 6, 1977~~; MVAAU Record: same.

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.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Club or School \_\_\_\_\_

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

Name \_\_\_\_\_

This race is sanctioned by the Missouri Valley AAU.

Return to: Joe Duncan  
2980 Maple Bluff Drive  
Columbia, Missouri 65201

SCHEDULE OF EVENTS

NOVEMBER 18 Saturday 9:00 AM 20 Kilo Run (10 kilo for women and age 15 & under), 20 kilo walk (start at 8:30 AM)  
Hilton Inn course

18 " 9:30 AM Schlitz Light National "Marathon" Series  
25 kilo run Shawnee mission Park Kansas

25 " 9:00 AM FUN RUNS Research Park

25 " 10:00 AM Mississippi River 10 mile road run  
Alton, Ill. CONTACT: Alton YMCA 2300 N.  
Henry Alton, Ill. 62002

DECEMBER 2 " 11:00 AM MVA AU & OPEN 30 KILO RUN (20 kilo for women and age 15), 20 kilo walk Hilton Inn course

2 " 1:00 PM Mel Vos-Memorial-Sunflower State Marathon  
(Half Marathon at 10:00 AM) CONTACT: Gene  
Johnson 4330 Windsor Ct. Topeka, Kansas 66604

9 " 9:00 AM FUN RUNS Research Park

10 Sunday 2:00 PM Half-Marathon Sunshine Tennis Center  
3534 E. Sunshine Springfield, Mo.

16 Saturday 9:00 AM Holiday Cheese & Sauerkraut Ten Mile Run,  
, Ten Mile Walk Hilton Inn course Awards  
of various kinds of cheese to the top five  
coming closest to their predicted times, a  
can of sauerkraut to the one who gives the  
worst prediction

JANUARY 7 Saturday 9:00 AM Race for the Hams 5 mile run, 5 mile walk  
Hilton Inn Course Four hams will be given  
away: one to the fastest runner, to the fastest  
walker, to the best on DT and then a drawing  
for the 4th. There will be a \$1.00 entry fee  
for non-CTC members.

COLUMBIA TRACK CLUB  
2980 Maple Bluff Dr.  
Columbia, Mo. 65201

NO PROFIT ORG.  
US POSTAGE  
PAID  
PERMIT 226  
COLUMBIA, MO.

1979 RUNNING AND WALKING SCHEDULE PRESENTED BY  
PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to Joe Duncan, 2980 Maple Bluff Dr.  
phone 445-2684

ENTRY BLANKS: For 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 EVENTS ARE SANCTIONED BY THE MISSOURI VALLEY AAU. Our AAU club number is 207. Application blanks for AAU registration may be obtained at the race site. Columbia TC is also a member of the Road Runners Club of America.

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 spring triathlon, 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 10 D.T. events to qualify for an award. Only the best 10 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 finishers 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, however, only one's best 21 events (20 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 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 1978 Heart of America Marathon and concludes with the 1979 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: 1979 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. For non-members, the newsletter is \$2.00 for an annual subscription.

ENTRY FEES AND AWARDS: Events shown as "AWARDS" events will have some kind of merchandise awards. Non-CTC members will be charged \$1.00 for these events. For "TROPHIES" events all entrants will be charged \$2.00. In addition, in every event, a Columbia Track Club t-shirt will be given the CTC member who comes closest to his predicted time, but no one can win more than one shirt during the calendar year.

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.

# 1979 EVENTS

January 6	Saturday, 9:00 a.m.	5 mile race for the hams, run or walk - Hilton Inn, <u>Awards</u>
January 20	Saturday, 9:00 a.m.	20 Kilo Run, (10 Kilo for women and age 15) 20 Kilo Walk (8:30 a.m.) - Hilton Inn
February 3	Saturday, 9:00 a.m.	10 Kilo Run, 10 Kilo Walk - Hilton Inn
February 17	Saturday, 9:00 a.m.	15 Kilo Run, 15 Kilo Walk (8:30 a.m.) - Hilton Inn
March 3	Saturday, 9:00 a.m.	5,000 Meter Nut Race, Run or Walk - Research Park, <u>Awards</u>
March 17	Saturday, 9:00 a.m.	Four Mile Relay, 3 Mile Walk - Research Park
April 7	Saturday, 9:00 a.m.	10,000 Meter Run - Rock Bridge Track
April 7	Saturday, 2:00 p.m.	MVAAU AND OPEN ONE HOUR WALK - Hickman Track, <u>Trophies</u> .
April 21	Saturday, 9:00 a.m.	3, 2, 1 Mile Triathlon - Hickman Track
April 21	Saturday, 1:30 p.m.	Missouri Cup Competition, 20 Kilo Walk - Hickman Track, <u>Trophies</u>
May 5	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 1 HOUR RUN - <u>Trophies</u>
May 19	Saturday, 9:00 a.m.	<sup>Hickman Track</sup> Sprint Triathlon - 1500, 800, 400, 10,000 meter walk (7:30 a.m.) - Hickman Track
June 2	Saturday, 8:00 a.m.	MVAAU 15,000 meter walk - Hickman Track, <u>Trophies</u>
June 16	Saturday, 7:30 p.m.	2 person, 5 mile relay - alternate 440's - Each team has a male runner age 16 or over, and a junior age 15 or under or a female runner - Hickman Track, <u>Awards</u>
July 7	Saturday, 8:00 a.m.	1 Mile Run, <u>Awards</u> , 10,000 Meter Walk - Hickman Track <u>Trophies</u>
July 21	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN, / 15 KILO WALK - Hilton Inn
August 4	Saturday, 6:30 a.m.	30 Kilo Run (20 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
August 12	Sunday, 6:30 a.m.	MVAAU 30 Kilometer Walk <u>MFA Course, Trophies</u>
August 18	Saturday, 8:00 a.m.	Great Sandbagger 10 Kilo Handicap Run, Walk - Hilton Inn - Swim and picnic afterwards at Lakeshore Estates - <u>Awards</u>
September 3	Monday, 6:00 a.m.	20th ANNUAL HEART OF AMERICA MARATHON, <u>Trophies</u>
September 15	Saturday, 9:00 a.m.	5,000 Meter Run, 10 Kilo Walk (7:30 a.m.) Hickman Track
September 22 & 23 (tentative)	Saturday & Sunday 1:00 p.m.	13th ANNUAL 100 MILE WALK - AAU Championship Hickman Track <u>Trophies</u>
October 6	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Municipal Golf Course <u>Awards</u>
October 13	Saturday, 9:00 a.m.	10,000 Meter Walk - Hilton Inn
October 20	Saturday, 9:00 a.m.	5 Mile Cross-Country Run - Gustin Golf Course
November 4	Sunday, 8:00 a.m.	40 Kilometer Walk - MFA Course
November 4	Sunday, 1:00 p.m.	Missouri Turkey Trot 3 Mile Cross-Country Run - Dual meet with St. Louis TC, Gustin Course \$2.00 entry fee
November 17	Saturday, 9:00 a.m.	20 Kilo Run (10 Kilo for women and age 15), 20 Kilo Walk (8:30 a.m.) - Hilton Inn
December 1	Saturday, 9:00 a.m.	30 Kilo Run (20 Kilo for women and age 15), 20 Kilo Walk - Hilton Inn
December 15	Saturday, 9:00 a.m.	Cheese and Sauerkraut 10 Mile Run, 10 Mile Walk (8:30 a.m.) - Hilton Inn, <u>Awards</u>

Most track runs will have a fast heat (at the scheduled time) followed by a slow heat.

The 1979 Hospital Hill Runs, in Kansas City, will be on Saturday, June 9th.

IMPORTANT NOTE: If you do not intend to run in a particular event, then PLEASE come anyway, if you can, so that we can use your help with the timing and recording chores.