

# TRACK CLUB

NEWSLETTER Vol. X, No. 10 October 2, 1978

ALAN PRICE AND PAUL HENDRICKS HAVE FINE DUEL AND BOTH BEAT LARRY O'NEIL'S RECORD, PRICE WINS ONE HUNDRED MILE WALK, ELSIE MCGARVEY BECOMES FIRST WOMAN CENTURION, ALBERT VAN DYKE ALSO JOINS THE CENTURION CLUB All this on September 23 & 24, 1978;

With excellent weather conditions (a little warm Sat. PM, high 70's and sunny, but low 50's at night and no rain) ten walkers completed the distance in the 12th annual 100 miler, which was also the Senior National AAU Championship. Al Price, representing the east coast, and Paul Hendricks, last years winner, representing the west coast, hooked up in a fine shbotout with Price prevailing. Price's success was probably a surprise to many because of his active style and because this was his first 100 miler. Price had the credentials, however, for he has competed in a 50 miler and a 100 Kilo. In addition to that he finished 2nd in the 300 kilo C & O canal race a couple of years ago. This was a race where the competitors did 100 kilo each day for 3 consecutive days.

Price led this race (the 100 miler) from the very beginning--the first time in six years that someone other than Albert Van Dyke led for the first several laps. In fact, I think Albert was a little irked that someone would be so uppity as to deny him that early lead. Albert did stay close, and, in fact, passed Price at the end of two miles, so he had a little moment of glory, but Price only put up with that for a 100 yards or so and then put Albert back. But then, Albert had an even bigger moment of glory some 23 hours later when he became Centurion #25. Price was the leader then for 72 miles, with Hendricks ranging some 10 minutes in arrears. Price then got into trouble, becoming sick and slowing considerably and stopping a couple of times on the dark side of the track. This enabled the relentless Hendricks to catch Al just before the end of the 76th mile. Hendricks built up a 3 minute, five second lead, but could never quite lap Price. Price began closing in a little bit each lap, going under 3:00 per lap while Paul was around 3:10. Shortly after the 82 mile mark, Price went ahead and there he stayed until the end. His 18:57:01 and Paul's 19:10:37 both beat Larry O'Neil's outdoor mark of 19:24:34 which was set in the very first 100 miler in 1967 and which had withstood many, many attacks since then. Larry Young's indoor mark of 18:07:12 is still intact and will now be the next target. Price's time at 50 miles was faster than Young's 8:56:47 in that 1971 indoor race, but he was 19 minutes slower at 75. Actually, Young's best performance was in 1974 when he did 70 in 12:13:28--in that race he was 4:16:51 at 25 and 8:25:15 at 50

ELSIE MCGARVEY, Centurion #24, the first woman, Larry O'Neil's protege. 49 years old, a mother of four, Elsie began serious walking a year and a half ago and considered coming to last year's 100 miler but decided she wasn't quite ready. But she was ready this year! Pre-race talk was about how Elsie and Kathy Keller would go after Joyce Schulte's women's record of 100 kilo in 16:39:10. They both went way beyond that, with Kathy getting 75 miles before nasty blisters brought her to a halt. So far as is known, only two other women in the world have done 100 miles in less than a-a Britisher and a Dutch woman. Chris Clegg is going to check that out and let us know.

ALBERT VAN DYKE--a really heartwarming thrill to see him finish his 100 miles, in his sixth try. Probably no one has worked any harder at this than Albert and certainly no one else has the adverse conditions in which to train as has Albert. Being an inmate at the Mo. State Pen, in Jeff City, means that Albert has to adjust his training walks to rigid schedules and to the confines of the prison. In all previous years, Albert has always gone out quite fast and then faded to a halt. Last year saw his best effort, 70 miles in 13:30:00 (10:17:30 at 50). This year, he again went out fast--even faster than usual since Price was out from the gate like a shot and Albert went after him. But this time, after his usual fade, Albert hung in there, insisting that this year was going to be his year--and it was.

CHUCK HUNTER got his 6th 100 in a row, LEONARD BUSEN his 4th. This was the 100th anniversary of that race in New York City which produced the first three Centurions. MANY, MANY THANKS to all those who helped out--over 50 of you and special thanks to Veva Spier and Brenda Andrews who put in 24 hour stints.

# 12th Annual National 100 Mile Walk Sept. 23-24, 1978

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		5 mile Splits :	5,55	10,60	15,65	20,70	25,75	30,80	35,85	40,90	45,95	50,100
1. Alan Price	31 Washington, D.C.	49:05 9:52:27	1:40:19 10:50:05	2:31:54 11:47:56	3:27:31 12:47:57	4:20:45 13:54:32	5:13:41 14:54:30	6:04:13 15:52:41	7:03:30 16:54:07	8:01:00 17:56:08	8:54:40 18:57:01	
2. Paul Hendricks	35 Chula Vista, Calif	51:45 9:59:40	1:44:40 10:58:30	2:38:00 11:55:34	3:32:29 12:55:40	4:26:12 13:55:45	5:20:27 14:53:17	6:14:52 15:55:54	7:10:17 17:01:06	8:07:40 18:06:23	9:04:57 19:10:37	
3. Leonard Busen	48 St. Louis, Mo.	54:35 10:25:10	1:49:32 11:22:47	2:44:52 12:22:29	3:41:50 13:28:30	4:38:36 14:30:08	5:35:50 15:31:25	6:34:34 16:35:30	7:31:58 17:40:59	8:30:21 18:43:53	9:27:26 19:40:20	
4. Bob Chapin	46 Independence Mo.	56:48 10:16:18	1:54:30 11:15:42	2:51:00 12:19:45	3:47:08 13:26:40	4:42:19 14:45:47	5:35:08 15:47:00	6:28:40 16:46:55	7:24:33 17:47:15	8:21:04 18:47:38	9:17:20 19:46:23	
5. Jack Blackburn	42 Springfield Ohio	56:30 10:58:05	1:50:50 11:58:40	2:46:20 13:09:47	3:42:50 14:17:21	4:40:04 15:26:29	5:37:11 16:51:02	6:37:00 17:58:02	7:41:59 19:01:35	8:53:38 20:11:51	9:55:55 21:13:54	
6. Chuck Hunter	41 Longmont, Colo.	52:09 11:00:03	1:45:10 12:07:36	2:41:45 13:19:42	3:39:13 14:24:58	4:40:07 15:32:03	5:41:46 16:47:55	6:42:39 17:55:18	7:45:35 19:03:13	8:50:49 20:14:07	9:53:46 21:23:44	
7. Rich Myers	42 Xenia Ohio	56:36 10:57:15	1:51:27 11:52:45	2:46:58 13:05:44	3:44:06 14:22:08	4:44:12 15:25:25	5:44:46 16:41:32	6:44:53 18:05:37	7:44:10 19:20:50	8:43:30 20:38:42	9:46:02 21:44:26	
8. Elsie McGarvey	49 Kalispell Mont.	1:07:04 12:05:02	2:11:12 13:15:31	3:13:25 14:23:56	4:15:39 15:33:16	5:19:23 16:47:44	6:23:50 18:04:31	7:35:00 19:14:39	8:40:55 20:26:47	9:46:42 21:40:49	10:53:32 22:52:31	
9. Bob Gragg	53 Liberty Mo.	1:02:00 12:12:04	2:00:04 13:23:11	2:57:30 14:34:07	3:59:24 15:47:27	5:09:07 17:13:47	6:11:00 18:21:12	7:18:05 19:37:11	8:25:15 20:48:42	9:36:18 21:54:55	10:40:18 23:03:42	
10. Albert Van Dyke	53 Jefferson City Mo.	53:03 12:14:14	1:53:00 13:23:25	2:54:09 14:47:22	3:55:37 15:57:48	5:03:01 17:47:09	6:01:32 18:47:27	7:10:39 19:55:12	8:24:56 20:58:29	9:51:55 22:07:06	11:02:15 23:12:56	
11. Larry O'Neil	71 Kalispell, Mont.	1:07:35 13:16:10	2:14:54 14:31:55	3:28:58 15:45:23	4:40:33 17:00:34	5:52:13 18:14:09	7:06:38 19:27:51	8:20:35 20:43:10	9:33:58 22:04:45	10:46:35 94 miles (23:09:23)	11:57:53	
12. (See 32 - George Lundmark was 12th!!! with 80)	30 El Cajon Calif.	1:07:35	2:14:50 12:40:08	3:24:12 13:48:31	4:28:47 14:57:37	5:52:19 16:08:28	6:55:20 17:35:26	8:04:19 75 miles	9:08:15	10:12:48	11:30:26	
13. Dale Sutton	38 San Diego Calif	59:20 13:12:49	1:58:30 14:15:59	2:55:25 15:24:14	3:55:36 16:18:34	5:02:35 71 miles (18:42:38)	6:08:04	7:11:55	8:06:22	9:20:25	10:34:36	

		5,55	10,60	15,65	20,70	25	30	35	40	45	50
14. Chris Clegg	62 Beverly Hills, Calif	1:06:23 <del>1:11:11</del> 15:27:20	2:11:27 16:57:05	3:16:05 19:14:14	4:21:19 21:30:23	5:26:48 70 1/4 miles (21:44:20)	6:34:47	7:43:18	10:45:12	12:33:45	13:50:00
15. Ray Purdy	24 Nashville Tenn	1:07:13 13:02:19	2:15:52 14:04:00	3:17:54 15:14:52	4:25:36 18:59:38	5:37:46 70 miles	6:45:20	7:54:00	9:04:57	10:09:00	11:15:13
16. Gerard Herrman	34 San Diego Calif	1:02:30 15:05:45	2:03:44 16:15:31	3:04:38 17:46:14	4:06:44 20:18:06	5:09:32 70 miles	6:17:14	7:30:28	8:39:30	9:50:46	11:02:10
17. Randy Minn	24 Columbia, Mo	1:03:48 11:32:15	2:06:25 12:29:03	3:07:00 13:37:40	4:05:53 64 miles (13:37:40)	5:06:05	6:03:52	7:06:10	8:07:26	9:09:30	10:07:46
18. Rob Spier	56 Columbia Mo	1:01:25 19:03:19	2:01:03 20:14:06	3:00:58 21:45:42	4:01:41 63 miles (20:55:05)	5:43:34 100 kin 2043:10 - All	6:48:45	9:00:10	9:53:02	12:09:06	13:19:06
19. Chris Knotts	Springfield Ohio	59:16 12:01:35	1:53:30 13:02:58	2:49:14 14:45:32	3:45:42 60 miles	4:45:52	5:53:37	7:16:50	8:39:20	10:00:16	11:22:34
20. Danny Halteman	33 Columbia Mo	1:03:20	2:07:26 13:27:13	3:11:14	4:18:50 58 1/4 miles - 14:48:58	5:36:10	6:44:05	7:56:59	9:06:05	10:23:52	11:47:26
21. Wm Taft	62 Columbia Mo	1:04:18	2:20:17	4:26:00	5:57:10	7:41:25	9:25:47	10:32:56	16:53:44	18:32:06	20:21:31
22. Etherton (see 33)		21:44:26	55 miles	21:10:05							
22. Charles Lakaytis	36 Columbia, Mo.	1:06:37	2:10:35	3:14:05	4:18:20	5:24:02	6:32:00	7:50:40	9:04:30	10:21:03	14:02:40 + 1/4 (19:02:50)
23. Howard Reynolds	47 Richland Mo	1:08:59	2:23:53	4:03:26	5:36:55	7:03:15	9:18:15	11:25:30	13:22:00	17:56:18	19:27:56 + 1/4
24. George Lattarulo	30 Brooklyn N.Y.	1:07:04	2:13:50	3:14:12	4:18:26	5:20:50	6:24:31	7:29:52	8:40:07	9:49:43	11:07:55
25. Henry Bent	77 Columbia, Mo	1:04:07	2:15:31	3:25:42	4:38:05	5:50:57	7:00:00	8:13:20	9:25:58	10:43:56	11:59:45
26. John Friesen	51 Visalia Calif	55:35	1:53:30	2:57:20	4:11:05	5:27:21	6:50:07	8:05:59	9:23:48	10:44:22	12:31:25
27. Tim Blackburn	18 Springfield Ohio	1:02:52	2:02:49	3:10:40	4:24:37	5:55:01	6:58:35	8:50:33	9:45:51	10:04:06	13:10:42
28. Chris Rutterson	23 Columbia Mo	1:04:07	2:15:52	3:17:54	4:25:36	5:33:46	7:07:46	8:18:52	9:44:52	12:25:23	14:24:02
29. Chuck Berkey	33 3232	1:02:48	2:08:11	3:16:25	4:25:57	5:41:37	6:53:15	10:40:15	12:01:21	41 miles (12:51:39)	
30. Bob Koeppe	23 Columbia, Mo	1:04:00	2:09:42	3:11:26	4:18:40	5:27:22	7:14:00	8:31:50	9:51:10	40 miles	
31. Jack Hamilton	41 Jefferson City Mo	1:18:33	2:30:04	3:41:55	5:06:41	6:51:03	8:15:15	10:17:27	37 miles (10:55:55)		
(12) 32. George Lundmark	57 Northglenn Colorado	1:14:58 13:46:44	2:27:18 15:11:48	3:41:23 16:36:16	4:57:00 18:07:32	6:08:34 19:43:08	7:28:44 21:13:57	8:41:52 [80 miles]	9:54:47	11:07:03	12:21:11
(11) 33. Bruce Etherton	38 Breckenridge Mo	59:41	1:58:35	3:01:49	4:14:52	5:22:50	6:40:10	7:54:20	9:12:05	10:28:42	11:44:51 (54 in 19 min 30)
34. Trent Twiestmeyer	24 Kansas City Mo	1:24:15	2:39:11	4:06:15	5:25:45	(264 miles in 6:53:20)					
35. Bruce Sanders	21 Independence Mo	1:02:53	2:04:45	3:04:10	4:16:36	5:31:21 (25 miles)					
36. Art Fleming	35 Rochester Mich	1:01:25	1:59:19	2:57:57	3:58:20	-20 miles					
37. Tim Wess	36 Columbia Mo	1:00:05	1:57:27	2:57:36	-18 1/2 miles - 3:51:45						

## DENNIS STEWART OPENS NEW SEASON WITH WIN IN 5,000 METER RUN Sept. 16, 1978:

		1	2	5,000	Seconds off DT	% off
1. Dennis Stewart		5:05	10:22	15:58	32	3.23
2. Jon Herbert		4:52	10:09	16:01		
3. Steve Renner		5:05	10:21	16:20		
4. Howard Guscar		5:13	10:29	16:21	9	.91
5. Jerry Yunker		5:05	10:21	16:55	25	2.52
6. Tom LaFontaine		5:19	10:45	17:00		
7. Dick Hessler		5:29	11:10	17:15		
8. Ben Londeree	44	5:29	11:16	17:42	3	.28
9. Don Lewis	42	5:37	11:35	17:55	4	.37
10. Steve Holt		5:37	11:33	17:58		
11. John Hemphill		5:37	11:33	18:00	45	4.35
12. Joe Marks	41	5:46	11:51	18:30	6	.54
13. Doug Bellows		5:46	11:51	18:32		
14. Olen Brown	42	5:44	11:48	18:38	23	2.10
15. Wesley Paul	9	5:48	11:55	18:44		
16. John Kimpel		5:38	11:52	18:49		
17. Dick Martin	45	5:51	12:02	19:00	20	1.78
18. Bruce Maxey		5:51	12:06	19:11	19	1.62
19. Craig Brace		5:47	12:09	19:15		
20. Don Johnson	50	6:09	12:32	19:38	7	.59
21. Matt Gibson	13	6:03	12:13	19:46	134	10.15
22. Jon Palks		6:14	12:38	19:49	3	.25
23. Keith Pierce		6:23	12:46	19:40	10	.85
24. Joe Duncan	44	6:22	12:47	20:04	4	.33
25. Turk Storvick	50	6:23	12:54	20:14	16	1.30
26. Tom Ekvall		6:07	12:59	20:34		
27. Don Walker		6:21	13:26	21:32		
28. Annette LaFontaine		6:51	13:52	21:56		
29. Amy Hessler	12	6:49	13:58	22:06	36	2.79
30. Steve Pratt		7:06	14:20	22:12		
31. Steve Gibson	12	7:05	14:33	22:12	72	5.71
32. John Hayden		7:13	14:35	22:34		
33. Bob Curry		7:09	14:35	22:41	49	3.47
34. Dennis Blossom	41	6:38	13:53	22:48	78	6.05
35. Jon Heisinger	11	7:51	16:04	24:48		
36. Tim Gibson	7	7:50	16:16	24:50	50	3.47
37. Tom Mackey		7:14	15:16	24:55		
38. Dick Harris		7:46.6	16:04	25:30		
39. Nicole Wagner	7	7:54	16:28	25:36	20	1.65
40. Sharon LeDuc		7:55	16:10	25:42		
41. Rob Linsenhardt	11	8:27	17:23	26:38		
42. Lou Steyaert		--	--	26:42		
43. Polly Brown		11:26	23:41	36:57	63	2.76

Mid 70's, cloudy, moderate winds not much of a factor. This, the first race of the new season, brought out a good crowd, requiring three heats. In the fast heat, Jon Herbert sped out to a substantial lead, which he held until the final two laps, when the ex-KU 880 man, Dennis Stewart, took over. Herbert usually doesn't come up from Springfield for these short races, but he does like them, especially since his training involves a lot of 220 interval work. This was a PB for him. Several CTC event records were set: Howard Guscar got a new mark for the 30-39 age group, beating the 16:38 set by Dick Hessler in Aug., 1975. Don Johnson set a mark for 50 & over--no doubt the first of many he will set. Wesley Paul lowered Doug Duncan's 19:42 set in Aug., 1976, while Annette LaFontaine set a new standard for women, beating a 22:51 by Betsy Lamar back in December of 1973.

Well, I see that I left out Al Garverick's name from the above--Sorry, Al! Anyway 27th place belongs to Al--20:45 (6:38, 13:20), 35 seconds off his DT, 2.89%.

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## NOTICE OF ANNUAL MEETING OCTOBER 17:

The annual meeting of the Columbia Track Club will be on Tuesday, October 17, 1978 starting promptly at 7:00 PM at the Guitar Community Center (the lower level of the Farm & Home Building, 8th & Broadway). The year end awards will be presented at this meeting. Each of you should come to the meeting prepared to express your thoughts as to the CTC program for next year. This is the only real opportunity for CTC members to give any input as to how they would like to have things run. There will be refreshments, and, if it comes, a movie about three men who undertake to run a marathon. One of the three men is Alex Ratelle.

BE SURE TO ATTEND THE ANNUAL MEETING

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

- October 1, 1972: Senior National 30 kilometer walk: 1. Larry Young 2:28:09 (his first race after his bronze medal from the Munich Olympics), 2. Todd Scully 2:32:43, 3. Floyd Godwin 2:28:12, 4. Jerry Brown 2:41:37, 5. Bob Bowman 2:43:12. . . 9. Augie Hirt 2:58:31. . . 14. Leonard Busen 3:12:35 (1st over 40). . . 16. Rob Spier 3:27:44
- October 8, 1972: Two Mile Cross Country (Municipal): 1. Dennis Stewart 9:46.8, 2. Alan Cummings 10:14, 3. Mike Chippendale 10:52, 4. Ben Londeree 11:04, 5. Don Granberg 11:34, 9 others
- October 14, 1972: Three Mile Run: 1. Bob Collette 15:33, 2. Art Fleming 16:51.3, 3. Mike Chippendale 16:53, 4. Ben Londeree 17:40, 7 others
- October 29, 1972: Two Mile Cross Country:(Gustin): 1. Stewart 10:19, 2. Mike Bush 11:06, 3. Ben Londeree 11:24, 4. Jerry Kokesh 11:27, 5. Art Fleming 11:28, 6. Don Granberg 11:29, 7. Dick Hessler 11:31, 8. Mike Chippendale 11:42, 6 others

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## DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE FINAL 1978 STANDINGS:

Showing the rankings of all competitors having at least 10 comparing events, showing median of the best 10 percentage improvements:

1. Olen Brown	8.98%	5. Tom Hinckley	1.42
2. Ben Londeree	4.42	6. Ray Loan	0.08
3. Joe Marks	2.49	7. Whitney Hicks	-0.35
4. Joe Duncan	1.56		

A remarkable achievement by Olen to win this award two years in a row.

The marathon results newsletter did not include the information about the Dave Schulte Award for that event: KEN ATWELL won the award by improving to 3:33:00 from his previous best of 4:30:07. This represented an improvement of 223 Gardner-Purdy points (21.14% improvement). Next was Don Johnson improving to 3:21:46 from 4:01:17--180 points, 16.38%, then Howard Guscar, 2:43:12 compared to 3:02:44 146 points, 10.68%, and Dick Martin, 3:10:11 vs. 3:34:54, 132 points 11.50%. Notice that Dick had a better percentage improvement than did Gus, but Gus had more points difference. Our official method of determining the winner is based on the Gardner-Purdy point system. As can be seen, this gives added weight to the performances of the faster runners. We think this is the more fair way of doing it, although, we still think that the winner will most usually be the runner who has previously been over four hours.

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DENNIS STEWART won the Bevo Mill 10,000 meter run (probably a long course) in St. Louis on Sept. 17 with a time of 33:30 in 90 degree heat. There were some 700 runners and Denny says he was pushed all the way, not really taking command until the last half mile. Then a week later he finished second (first age 25-29) in the Jennings Fest 5 mile run with 26:01. This was a very hilly course--in fact, Denny says they have an "Easley Hill." Winner was a Don Harris (I wonder if that could be CTC's Dave Harris from Kirksville), while DEAN NEAL got third overall and first in the age 30 group. Stewart says he is in as good shape as he has ever been in, especially for these longer distances. It's obvious that Neal is also in very good shape--he was only six seconds behind Stewart in that five miler.

PREVIOUS WINNERS OF DESIGNATED TIME AND ELAPSED TIME COMPETITION:

DESIGNATED TIME

1969	Joel Dickinson	
1970	Joe Duncan	
1971	Don Granberg	
1972	Mike Chippendale	
1973	Dennis Stewart	
1974	Rex Frazer	.83% off
1975	Turk Storvick	.98%
1976	Ben Londeree	.35%
1977	Ben Londeree	1.00%
1978	Ben Londeree	.72%

ELAPSED TIME--WALKERS:

1970	Mark Achen
1971	Mark Achen
1972	Dave Leuthold
1973	Art Fleming
1974	Augie Hirt
1975	Augie Hirt
1976	Augie Hirt
1977	Augie Hirt
1978	Randy Mimm

Age 40 & Over

1975	Dave Leuthold
1976	Rob Spier
1977	Leonard Busen
1978	Leonard Busen

DAVE SCHULTE AWARD

1974	Dick Hessler	5.99% Imp.
1975	Augie Hirt	7.90%
1976	Don Johnson	9.97%
1977	Olen Brown	8.98%
1978	Olen Brown	8.98%

ELAPSED TIME--RUNNERS

Open

1970	Don Granberg
1971	Dennis Stewart
1972	Ben Londeree
1973	Ben Londeree
1974	Dean Neal
1975	Rick Katz
1976	Dick Hessler
1977	Ben Londeree
1978	Ben Londeree

Age 40 & over

1972	Leonard Busen
1973	Rex Frazer
1974	Rex Frazer
1975	Ben Londeree
1976	Ben Londeree
1977	Ben Londeree
1978	Ben Londeree

Age 15 & under

1972	Doug Duncan
1973	Doug Duncan
1974	Doug Duncan
1975	Doug Duncan
1976	Jim Gibson
1977	Wesley Paul
1978	Jim Gibson

WOMEN

1974	Marsha Weiss
1975 & '76	none
1977	Theresa Knapp
1978	Glenna Moe

Walkers

1974 & '75	Joyce Schulte
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WELCOME TO THE FOLLOWING AS NEW MEMBERS OF CTC:

Doug Bellows 8-31-47  
4211 Riviera Dr.  
Columbia, Mo. 65201

Kathy Cain  
1008 Mehl Rd.  
Columbia, Mo. 65201

Mecca Carpenter 12-8-36  
504 Lathrop Road  
Columbia, Mo. 65201

Leo Cram  
208 Mumford Dr.  
Columbia, Mo. 65201

Dick Ditter (d Sport Shop)  
1034 E. Walnut  
Columbia, Mo. 65201

Tom Ekvall  
702 Cook  
Columbia, Mo. 65201

Susan Gray  
500 Lathrop Road  
Columbia, Mo. 65201

Danny Halterman 12-27-44  
5557 So. Bethell Lane  
Columbia, Mo. 65201

Tom Hellie 2-22-53  
1700 Caniff Circle Apt. 2  
Columbia, Mo. 65201

Sharon Krumm  
3100 Lynnwood  
Columbia, Mo. 65201

Mike Lairmore  
4454 Bellview Dr. Apt. C  
Columbia, Mo. 65201

Charles Lakaytis 4-15-42  
1601 E. Broadway  
Columbia, Mo. 65201

Bob Olson  
3600 Valencia Dr.  
Columbia, Mo. 65201

John Rosenbaum  
456 1/2 W. Arrow  
Marshall, Mo. 65340

Ray Sargent  
P.O. Box 7444  
N. Kansas City, Mo. 64116

Sam Stout  
3304 Belle Meade  
Columbia, Mo. 65201

Bill Taylor 4-16-57  
2401 W. Broadway  
Columbia, Mo. 65201



AND TRUST COMPANY • P.O. BOX 938 • COLUMBIA, MISSOURI 65201 • PHONE (314) 448-3311

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Here is correspondence giving some of the background about the banning of runners from the Gustin Golf Course. It is my understanding that some guidelines are forthcoming which will, hopefully, solve this problem.

September 1, 1978

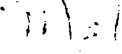
Mr. Joe Duncan  
President  
Columbia Track Club  
4004 Defoe Drive  
Columbia, MO 65201

Dear Mr. Duncan:

Because of Mr. Groshong's letter to the track club advising of the closing of University of Missouri's gold course to running because of "...several problems during the last year with running on the course," I think it is now incumbent upon me to defend my reputation by setting forth to you the facts involved in the incidents. These facts are contained within the letter from Mr. Groshong to me dated June 14, 1978, my letter to Mr. Groshong dated June 30, 1978 and my letter to Mr. Martin dated September 1, 1978. I would request that you print each of these letters in the next edition of the Columbia Track Club News.

Warmest personal regards.

Very truly yours,

  
Marquis C. Landrum  
President

NOT / 100  
June 14, 1978

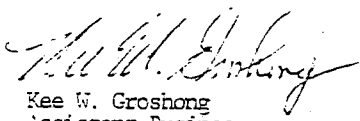
Mr. Marquis C. Landrum  
President  
First National Bank & Trust Co.  
P.O. 938  
Columbia, MD 65201

Dear Mr. Landrum:

During the past week, I received several telephone calls from A.L. Gustin Golf Course patrons complaining about your conduct on the University Golf Course on Saturday, May 27, 1978. According to the comments received, you generally disrupted players while a tournament was in progress. According to some of the calls, it appears that this disruption was a deliberate act on your part. I note in checking my files that this is the second incident of this nature in which you were involved.

Mr. Landrum, I think it is appropriate to advise you that the A.L. Gustin Golf Course was built for the use of the University faculty, staff and students, as a golf course. Golf players pay a fee to use the facility and it is only appropriate that they be allowed due consideration while attempting to do so. The course was not designed for or meant to be a facility for joggers or runners. The University does not attempt to keep runners off the facility as long as the people using the course for running do not attempt to completely disrupt the activities of the players on the course.

If you continue to use the course for running or jogging, it is hoped that you will show proper regard for the primary use of the facility. If you feel that you will be unable to do this, then I feel it would be best for all concerned if you refrain from using this facility.

  
Kee W. Groshong  
Assistant Business  
Operations Officer

KWG:bk

June 30, 1978

PAGE 28

Mr. Kee W. Groshong  
Assistant Business  
Operations Officer  
University of Missouri  
311 Jesse Hall  
Columbia, Missouri

Dear Mr. Groshong:

On the morning of May 27, 1978, while running on the 18th mile of a 20 mile training run at the University Golf Course I delayed the play of a foursome for a few minutes while the foursome and I heatedly exchanged verbal arguments and advice concerning an incident which occurred on the 17th mile of the run. No threats to persons or property were rendered during this verbal exchange. I initiated the verbal exchange on the 18th mile by departing the University cross country course which I was precisely following and by running over to the tee where the foursome was gathering to prepare its first tee shot. The exchange lasted no more than two minutes.

On the 17th mile, again while precisely running on the cross country course, which at that point traversed the edge of the fairway lengthwise thirty feet from the gravel road along the exterior edge of the course, I saw a golfer address a ball lying at the edge of the fairway in front of me and a few feet between the path of the cross country course and the road. His leg began to shake. Fearing he would hit the ball at me, I yelled, "fore." He yelled "fore," then, and immediately hit the ball in my direction with a fairway wood. I was no more than 10 yards away from him and in the general line between him and the green at the time he hit the ball, and the ball passed within 5 feet of me. Between the time he yelled "fore," and the time he hit the ball, I did not have time to duck or cover-up, much less to change course.

The golf ball driven by a fairway wood when I was so close would likely have caused severe personal, if not fatal, injury if I had been struck. Further, the ball was intentionally hit when I was in a clearly exposed condition. My attorney advises that the conduct of the person driving the ball constituted common assault pursuant to Missouri Revised Statutes, Chapter 559, Section 220, and that this description of his conduct holds regardless of my right to be at the point at the time.

After he hit the ball and it went past, I stopped, stunned and asked, "What did you do that for?" He replied, "Run on the road." I retorted, "Stay off the cross country course," and ran on past. As I was doing so, another member of the foursome said, "I wish he had hit you between the eyes."

The actions of the golfer, if not the foursome, were more than reckless. They were malicious. I subsequently discovered, from your letter, that a tournament was being played (this was not evident to a casual observer who did not enter the course at the club house). If this is so, then the criminal conduct may have been accomplished by a university representative engaged in a university activity.

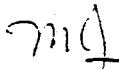
I accept your criticism based on incomplete and partially inaccurate information. Although I think my reactions to the threat of grave physical harm were relatively mild, I'll even accept your warning. However, I think it is incumbent on you and the university to take the following actions. First, you should find out who drove the ball, and advise him against similar future conduct, particularly if my guess that he is a representative of the university is true. Second, in view of the use of the golf course by joggers, runners, dog walkers, lovers, spectators, whether or not associated with the university, and in view of the propensity of golfers to drive golf balls at people, you should provide a sign in the club house warning against hitting golf balls while persons--whether golfers, joggers or nature walkers--are in exposed positions. Third, when tournaments are being played, you should advise non-golfers by posting a sign just north of the practice green behind the university administration building, where most non-golfers enter the course, reserving the course to golfers during the play of the tournament.

It is not my intention to disrupt play. The university cross country course runs generally out of the way of golfers, and a runner on the course never is in the way of golfers for more than a few seconds at a time. If I had known there was a tournament, I never would have entered the course. In fact I am usually courteous to golfers and frequently point out golf balls after errant tee shots or toss lost golf balls I have found to golfers as I run past. I usually depart from the cross country course to evade golfers when it seems I might disturb them. Fatigue and reaction time prevented my evading in this case. Most golfers exercise similar courtesies.

Finally, regardless of your statement the golf course is a multi-use facility. There are times when the course is intended primarily for running--such as times of university cross country meets--just as there are times when the course is intended primarily for golf--such as times of golf tournaments. I was enrolled as a student in the university this last semester and paid the customary activity fees. I will enroll again for the fall semester. Between semesters, and particularly so close to the end of a semester, students seem to be given tacit and perhaps official permission to use many university facilities; but regardless of "official" status, many university facilities are frequently used by local persons with propriety. If someone with more "official" status commits a criminal act against someone with less "official" status on university grounds, I would think the university would at least deal evenly with the greater-status person's more grave initiating behavior.

I have no present intention to press criminal charges or initiate civil suit against the golfer.

Very truly yours,

  
Marquis C. Landrum  
President

September 1, 1978

Mr. Richard D. Martin  
Professor of Medicine  
Director, Div. of Cardiology  
C7 Medical Center  
Columbia, MO 65201

Dear Dick:

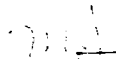
I am very much upset about the decision of Mr. Groshong as set forth in his letter to Joe Duncan. In fact, I suspect I am the cause of his experience with "...problems during the last year with running on the course." Enclosed herewith is a copy of his letter to me dated June 14, 1978, and my response to him dated June 30, 1978. I think that it is significant that he did not respond to my letter or advise me directly of the decision after my letter to him. I only learned about the decision in a round-about way even though I appear to be the culprit in his eyes. It is also significant that none of the compromises that I suggested seem to have been discussed with me or with other persons who run on the course, only with Athletic Director persons. Of course, there are other compromises which might be acceptable such as a track around the golf course for running which would effectively segregate runners and golfers. Finally, I think it is especially significant that Mr. Groshong believes that the problem is "with running" rather than with particular golfers as, in fact, my letter seems to make clear. I guess the University considers my statement of facts to be erroneous.

I have considered all kinds of dire threats and actions including the threat of withdrawing all First National Bank's support from the University including its financial support for Intercollegiate Athletics, its loans to permit the stadium expansion, and many other matters (afterall, he addressed me in my official capacity as President of the bank) as well as my personal support, such as my assistance to the track and cross country teams, but I have so far concluded that his rather officious approach should not be matched by equally unintelligent reaction from me or the bank. However, because I attempt to do so much, particularly downtown, to make Columbia a better place for the University, this kind of action is frustrating.

I can assure you that my reputation has been damaged by his failure to perceive the problem accurately and by his insistence that the problems are "with running" (that is with me) rather than with, at least, the interaction of golfers and runners.

Warmest personal regards.

Very truly yours,

  
Marquis C. Landrum  
President

## SCHEDULE OF EVENTS:

- OCTOBER 7 Saturday 9:00 AM Two Mile Cross Country Run Municipal Golf Course
- 14 " 9:00 AM FUN RUNS Research Park This will also be our recognition of National Jogging Day. We hope for wide participation for all those interested in jogging. We will have awards: Trophies to be awarded on a Designated Time basis, one to the overall winner and one to the winner of each category (1-6 miles). Each person will select the distance he wishes to run and then predict his time. The overall winner can win only one trophy, therefore, 6 additional trophies will be given.
- 15 Sunday 3:00 PM Bloody Hill 5.5 miler Wilson's Creek Springfield, Mo.
- 15 " 8:00 AM Tri-States Marathon Falls City, Nebr.
- 17 Tuesday 7:00 PM Annual meeting of the Columbia Track Club Guitar Community Center
- 21 Saturday 9:00 AM Five Mile Cross Country Run Gustin Golf Course
- 21 " 9:30 AM "Gorilla Grind" 10,000 meter run Pittsburg, Ks  
CONTACT: Elwyn Davis 605 Oakcrest Pittsburg, Ks. 66762
- 28 Saturday FUN RUNS 9:00 AM Research Park
- NOVEMBER 5 Sunday 1:00 PM Missouri Turkey Trot Three Mile Cross Country Run Maryville College St. Louis, Mo.  
This is our annual Dual Meet with the St. Louis Track Club. It counts as a CTC DT & ET race, therefore ALL CTC members should plan to be there. Scoring is on a "mass" basis with separate scoring for open, junior, men age 40 & over and women. CTC will pay the entry fees for all CTC members, however, you should still complete the entry blank and send it in (without money). Travel will be coordinated with Joe Marks, so let him know if you need a ride. Also, wear a CTC shirt!!!
- 11 Saturday ? Missouri Valley Junior Olympic Cross Country Championships Shawnee Mission Park, Ks.
- 11 " 9:00 AM FUN RUNS Research Park
- 12 Sunday 2:00 PM 5,000 Meter Run UMKC Track 5100 Rockhill Road Kansas City, Mo.
- 18 Saturday 9:00 AM 20 kilo run (10 kilo for women and age 15 & under), 20 kilo walk (at 8:30 AM)  
Hilton Inn course
- 18 Saturday ? MVAAU 15 kilo Cross Country Championships  
Manhattan, Kansas CONTACT: Duane Iles 1737
- 25 " FUN RUNS Cassell Manhattan, Ks. 66502  
Research Park
- Add two more events:
- OCTOBER 14 Saturday 9:00 AM Kirkwood Green Tree Run 2 & 5 Mile Races  
Kirkwood Park, Kirkwood, Mo.
- 28 " 10:00 AM Tulsa 15 kilo race Frank Shorter  
is supposed to be in this race. CONTACT:  
Tulsa Run One Williams Center Box 2400 Tulsa 74107

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This newsletter is put out every month--the cost is a mere \$2.00 per year. An even better deal is to join the Columbia Track Club by paying the \$5.00 annual dues. This includes the newsletter. Not only that, it includes all the members of your family. Send your check payable to Columbia Track Club to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201. Also, anyone should feel free to send any items of interest to be included in the newsletter. You should especially send reports of out of town races.

Here is the entry for the Missouri Turkey Trot 3 mile cross country run which is essentially a dual meet with the St. Louis Track Club. We urge ALL CTC members to participate. Not only is this a DT and ET event, but it is an opportunity to score points for CTC. This is because the scoring is done on a mass or "mob" basis so that every person counts. The team scoring will be for open, junior, age 40 & over and women~~x~~ with mass scoring in each of those categories. I believe junior will be age 19 & under, but possibly the age will be lower than~~x~~ that. CTC MEMBERS ARE NOT TO SEND MONEY WITH THEIR ENTRIES. The club will pay all entry fees for CTC members. However, you should still complete and send in your entry form--or give it to Joe Marks or Joe Duncan.

### THREE MILE TURKEY TROT

Sponsored by Columbia Track Club  
and St. Louis Track Club  
Sanctioned by Road Runners Club of America

November 5, 1978

1:00 P.M.

**WHERE:** Maryville College, Chesterfield, Missouri. Highway 40 and Woodsmill Road; take northeast outer road one-half mile to the campus. Come dressed to run.

**COURSE:** Cross country on short cut grass and trail. Spikes may be worn.

**ELIGIBILITY:** Open to all runners. However, for Columbia Track Club and St. Louis Track Club this race will also be scored as a dual meet.

**ENTRY FEE:** \$2.00 before November 1st. \$3.00 on race day and for all late entries received by mail after October 31st.

**AWARDS:**

<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>19-Under</u>	<u>50-Up</u>	<u>Women</u>
Turkeys or other fowl to at least top 5 finishers in each age group.			Turkeys or other fowl to at least top 3 finishers in each age group.		

At least twelve turkeys will be given away. We urge you to send in your entry as soon as possible so that increases in awards necessitated by an increased number of participants can be decided. Also, ribbons to first 150 finishers.

**REGISTRATION:** By mail before November 1, 1978 - Or race day 11:30 to 12:30. Mail entries to Jerry Kokesh, Marathon Sports, 13453 Chesterfield Shopping Plaza, Chesterfield, Missouri 63017.

### THREE MILE TURKEY TROT ENTRY BLANK

November 5, 1978

Name \_\_\_\_\_ Age \_\_\_\_\_ ( ) Male ( ) Female  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone No. \_\_\_\_\_  
Club \_\_\_\_\_ ( ) Unattached

In consideration for my entry, I and my heirs do hereby release Columbia Track Club, St. Louis Track Club, Road Runners Club of America and Maryville College from all injuries and damages that might result from my participating in this race on November 5, 1978.

Entrant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of parent if under 18 years of age)

Please return this form and entry fee payable to St. Louis Track Club to Jerry Kokesh, Marathon Sports, 13453 Chesterfield Shopping Plaza, Chesterfield, Mo. 63017, no later than October 31, 1978. (314) 434-9577.

JOE MARKS did well in the Mayor Daley marathon in Chicago on Sept. 24 finishing 100th with a time of 2:54:44. This was out of over 10,000 runners under a bright sun (75° at the 10:30 AM start). The sponsors got a lot of criticism for moving the start from 8:00 AM and I'm sure they will get even more after this race. Wesley Paul and Nicole Wagner were also there. Nicole got to 20 miles, but had to stop there since she was having trouble with a sore ankle. This was Nicole's marathon debut--at age 7! Wesley had 1:32 at half way but he and his Dad decided that Wesley had gone far enough, that he was not having one of his better marathons. I believe BOB CURRY was also there but he hasn't reported his performance. Alex Ratelle had 2:41+, age 53, the first time in 3 years Alex has been over 2:40 in any marathon--and he runs a lot of them. Rex Frazer also popped up in Chicago with 3:18+. Rex has done a marathon a month for the past 5 months and it has been hot for every one of them.

REMEMBER--The annual meeting on October 17 and National Jogging Day on October 14.

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

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COLUMBIA, MO.

# Proclamation:

## Office of the Governor

## State of Missouri

WHEREAS, jogging is an excellent form of exercise that provides opportunities for a progressive program of neuromuscular activity for most individuals of both sexes, all ages, and differing levels of physical fitness; and

WHEREAS, numerous medical and physical education authorities believe that a regulated jogging program improves cardiorespiratory function; helps the individual psychologically and emotionally; and serves to assist in weight control when combined with scientifically sound nutritional practices; and

WHEREAS, the National Jogging Association, a nonprofit, nationwide federation of joggers, was incorporated to promote healthful jogging by physically active people everywhere in the U.S.A.; and

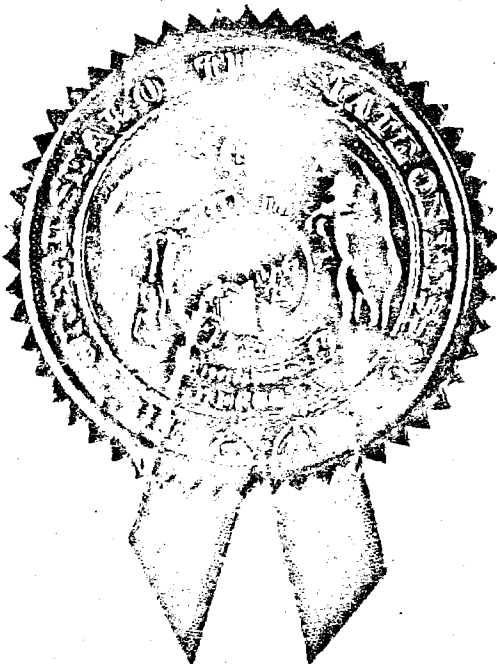
WHEREAS, the National Jogging Association, along with community groups, recreation agencies, and physical education departments across the state are cooperating in activities for National Jogging Day:

NOW, THEREFORE, I, JOSEPH P. TEASDALE, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim October 7, 1978, as

### JOGGING DAY

in Missouri and call upon all citizens of Missouri to join in the recognition of this occasion.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 25th day of July, 1978.



*Joseph P. Teasdale*  
GOVERNOR

ATTEST:

*James O. Kirkpatrick*  
SECRETARY OF STATE

Columbia Track Club, of course, is recognizing National Jogging Day on October 14 in connection with the FUN RUNS.