

TRACK CLUB

NEWSLETTER

Vol. XI, No. 8

August 20, 1979

REX POWER EASY WINNER IN 30 KILOMETER RUN

August 4, 1979:

5,000 meter splits:

1. Rex Power		17:03	35:08	52:46	1:11:11	1:29:29	1:48:23
2. Ben Welch		18:55	38:37	57:16	1:16:17	1:35:16	1:55:41
3. Doug Bellows		19:14	39:33	58:35	1:18:25	1:37:47	1:57:14
4. Kevin Stock		18:57	38:41	57:48	1:17:35	1:37:28	1:57:15
5. Joe Marks	42	19:04	39:00	58:34	1:18:35	1:38:05	1:58:07
6. Don Lewis	43	19:11	39:39	59:53	1:20:08	1:40:16	2:00:02
7. Jim Schutt	40	19:56	40:09	59:52	1:20:31	1:40:47	2:01:14
8. Jim Neviackas		19:00	39:06	58:44	1:19:39	1:40:09	2:01:46
9. Ben Londeree	45	19:10	39:49	1:00:47	1:21:26	1:41:54	2:02:28
10. Olen Brown	43	19:13	39:41	59:49	1:21:12	1:41:58	2:03:34
11. Bruce Maxey		20:10	40:35	1:01:00	1:21:17	1:42:18	2:04:44
12. Mark Mills		20:12	40:33	1:01:00	1:22:43	1:43:56	2:06:01
13. Roger Reinsch		19:07	39:31	1:00:09	1:23:15	1:45:01	2:08:17
14. Bruce Roach		19:10	39:50	1:00:47	1:22:37	1:45:00	2:09:31
15. Denis Vaillancourt		20:45	41:31	1:02:51	1:25:57	1:48:06	2:11:56
16. Dick Martin	46	21:17	42:29	1:03:07	1:29:41	1:47:48	2:12:49
17. Larry Thornburg		21:02	42:30	1:03:45	1:26:12	1:49:23	2:14:00
18. Marty Rosso		21:53	44:45	1:07:25	1:30:57	1:54:21	2:18:02
19. Mike Lairmore		21:19	43:06	1:04:59	1:28:01	1:52:25	2:18:05
20. Dave Ervin		21:46	44:31	1:06:53	1:30:01	1:53:02	2:18:05
21. Bob McDavid		22:06	45:31	1:08:50	1:32:36	1:55:45	2:19:56
22. Bill Wiecek	41	21:51	44:55	1:07:27	1:31:06	1:54:57	2:20:16
23. Don Johnson	50	21:56	44:52	1:07:44	1:32:18	1:56:38	2:21:51
24. Mike Koonse		21:26	45:57	1:09:03	1:34:28	2:10:20	2:26:03
25. Bill Tempel		23:14	48:05	1:13:35	1:40:45	2:08:59	2:40:26
26. Dave Walker		23:16	48:15	1:14:10	1:42:25	2:12:44	2:44:13
27. Nicole Wagner	8	27:26	55:58	1:22:25	1:51:15	2:20:12	2:49:18
28. Richard Hoft		23:41	50:47	1:19:01	1:49:00	2:21:03	2:54:06
29. Gale Carman		21:11	43:30	1:05:33	1:29:26	out	
30. Jon Palks		19:56	40:15	out			
31. Norris Kruse	43	20:42	43:04	out			
32. Joe Kurth		23:19	47:12	out			
33. Roy Stambaugh		23:08	48:53	out			
34. Jim Pinkerton	46	26:49	58:30	out			

JIM GIBSON WINS THE 20 KILO RACE FOR BOYS AGE 15 & UNDER:

1. Jim Gibson	15	20:37	42:28	1:04:41	1:27:43
2. Matt Gibson	14	21:18	44:22	1:07:40	1:34:18
3. David Hicks	15	23:12	47:30	1:11:25	1:37:35
4. Tim Gibson	8	22:19	46:25	1:12:20	1:38:41
5. Steve Schottman		22:03	45:33	1:10:28	out
6. Russell Kurth		22:26	46:20	out	

SUSAN BOYLE WINS THE WOMEN'S 20 KILO RACE:

1. Susan Boyle		25:09	51:45	1:18:27	1:45:00
2. Nicole Wagner	8	27:26	55:58	1:22:25	1:51:15
3. Kathy Cain		26:49	55:38	1:23:51	1:56:22

AND RANDY MIMM WINS THE 20 KILO WALK:

1. Randy Mimm		28:09	55:47	1:22:19	1:49:20
2. Jerry Young		28:09	55:47	1:22:19	1:50:02
3. William Taft		37:37	76:56	1:56:38	2:40:02

went on to 30K
with American
records for 8
year old girls
for 25 & 30 Kilo.

A typical August day in Missouri--even at the 6:30 AM start it was warm (70°) and humid (100%). There was no cloud cover and a couple of hours later it was close to 80°, but the humidity did plummet all the way down to 97%. Rex Power went out hard from the start so that no one was ever close to him. Ben Welch led the next few runners but early on he let it be known that he would be second. Doug Bellows ran a fine race, catching 17 year old Kevin Stock shortly after the 25K turnaround and then racing down the last hill just a little faster to the finish. Joe Marks probably handled the heat as well as any one with exceptionally even pacing to produce his finest 30 k run ever. Dick Hoft expressed some dismay at finishing last, but what he must keep in mind is that there were those who did not finish--he was ahead of them and what about the thousands of Columbians who stayed in bed--he was ahead of them (now whether or not they had better sense is not at issue). And also, Dick, it took 27 pretty good runners to beat you. Olen Brown was only 34 seconds off his DT to win the T-shirt. Ben was 32 off but he had previously won a shirt. Other DT: Marks, 83 off, Maxey 104, Thornburg 60, Bellows 136, Johnson 231, Taft 302.

THANKS very much to the following who so ably handled the administration of the 30 kilo run: Timers: Arline Hinckley, Bob Schottman and Paul Wagner. Aid Stations: Mrs. Jim Schutt and son, David (they got up quite early on a Saturday morning, driving in from California, Mo. just to help out), Joanne Gibson and son Steve and Heather Schottman.

A trend we have been noticing in recent races, and it was really made apparent in this race, is the heavy reliance on just plain water as an aid drink. We used three times as much water as Body Punch. Up till a year or so ago the preferred drink was BP or ERG. But runners (and walkers), we think, are realizing that water is the best. The others sometimes lead to stomach distress and don't have the greatest taste. Anyway, that is a trend we have been noticing.

Don Johnson's time in the 30 K was rather modest for him. However, he got up at 4:00 or so and rode his bicycle to the race--a journey from Centralia of some 25 miles--then right after the race he had to pedal back home. Next time Don should do a five mile swim in Hulen's Lake, then we would have the CTC version of an "Ironman."

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

August 1, 1973: Sprint Triathlon: 1. Dennis Stewart 7:23.8 (4:29.2 mile, 2:01 880, 53.6 440), 2. Al Brown, School of the Ozarks, 7:34.4, 3. David Coofor, 16, 7:44.7, 4. Ben Londeree 8:12.0 (4:56.4, 2:17, 58.6), . . . 8. Mike Chippendale 8:30.8, 9. Dick Hessler 8:34.0, 10. Joe Duncan 9:21.9 17 others

August 11, 1973: 3 mile run: 1. Stewart 14:54, 2. Charlie Evans 15:59, 3. Londeree 16:17, 4. Dean Neal 16:56 (Dean's first CTC race), 5. Mike Chippendale 16:58, 6. Tom Kilburn 17:03. . . 10. Tom Hinckley 18:28 (Tom's first CTC race, and now, 6 years later, Tom and Arline are leaving), 11. Joe Duncan 18:31. . . 12. Don Johnson 19:25 10 others

3 mile walk: 1. Ray Yarbrough 25:34 (US Coast Guard, New London, Conn.), 2. Art Fleming 28:35, 3. Leonard Busen 28:36, 4. Charles Geiss 29:14

August 18, 1973: Second half of the marathon course: 1. Rex Frazer, 41, 1:33:51, 2. Dean Neal 1:36:05, 3. Tom Kilburn 1:43:22, . . . 6. Jean Madden 1:51:05 4 others 900, bright sun, 3 miles of fresh oil and gravel on Route N--all in all some good reasons to discontinue these half marathons.

August 25, 1973: Two Mile Run: 1. Stewart 9:36.8, 2. Dennis Williams 9:45 (from Lansing, Mich., traveling through on the way to school at Eastern New Mexico), 3. Londeree 10:15.5, 4. Neal 10:48, 5. Carl Muckler 10:51 (in 1974 Carl was elected to the General Assembly, representing a St. Louis district--he is still there), 6. Tom Kilburn 10:56. . . 8. Chippendale 11:02, 9. Frazer 11:15 . . . 11. Duncan 12:07. . . 13. Johnson 12:54, 14. Ralph Anderson 12:55 5 others

2 mile walk: 1. Augie Hirt 16:04, 2. Dave Leuthold 18:26, 3. Art Fleming 18:39, 4. Jim Fields 19:02 5. Busen 20:15 6 others

SOME PRESENT DAY FEATS:

JAY BLOSSOM ran in the Santa Fe Trail Golden Track Meet on July 28th, placing second in the 3,000 meter run with a time of 10:36.6 and fifth in the 1500 meters with 4:43.2.

ROB SPIER won the 50 mile walk on the Glendale HS track, Springfield, Mo. on August 4th (and 5th). Rob was the only finisher, posting a good time of 10:53:07. Dan Halterman (the race organizer) and Jim Wass went out fairly fast, but still never lapped Rob who caught them at about 14 miles. Rich Wolpert did 30 3/4 miles to finish 2nd, Larry Perkins had 23 1/2 and then came Wass with 20 miles in 4:31:42.

AMY JOHNS finished second behind Kim Merritt in the Schlitz Lite Series Ten Mile Run, Milwaukee, Wis. on August 5th. Amy's time on a rolling course was 59:44, about a minute behind Merritt, who passed Amy at 4 miles. There were some 2400 runners in this race, we don't know how many women. Frank Shorter is back in form--he won in 47:30, beating Ric Rojas by 3 seconds and Bill Rodgers by 15 or so.

RANDY MIMM WINS MVA AU 30 KILO TITLE WITH A PB OF 2:31:12 August 12;

5,000 meter splits:

1. Randy Mimm	25:02	49:48	1:15:28	1:41:03	2:06:10	2:31:12
2. Jerry Young	25:02	49:48	1:15:28	1:41:09	2:08:20	2:37:58
3. Leonard Busen	32:20	64:20	1:34:38	2:04:30	2:35:45	3:07:24
4. Randy Bakewell	32:20	63:34	1:32:22	2:05:27	2:36:38	3:09:41
5. Rob Spier	34:07	69:07	1:44:25	2:19:47	2:55:38	3:31:47
6. William Taft	38:33	77:40	1:56:54	2:36:36	3:16:53	3:57:48

Temperature in the low 50's at the start--a rare cool morning in August. And those rare conditions enabled Randy Mimm (and Bill Taft) to establish PB's. In fact, both Randy and Bill had had trouble even completing a MVA AU 30 kilo walk, even though they had managed 50 kilos. Randy not only got a 30K best, but also a 20K best and he has walked lots of those. On predicted times, Rob Spier was too fast by 3:13 while Busen was off 7:24.

ELAPSED TIME STANDINGS

Open, Runners:					Age 15 & under:				
1. Londeree	359.5	16. Johnson	105	31. Lairmore	53	1. J. Gibson	47		
2. Maxey	327	17. Stewart	102	32. Ekvall	52	2. M. Gibson	46		
3. Hessler	313	18. Guscar	108	33. Wallace	52	3. W. Paul	28		
4. Brown	286	19. Duncan	95.5	34. Hemphill	51	4. A. Hessler	26		
5. Yunker	277.5	20. Tom DeCoster	92.5	35. Herbert	49	5. J. Blossom	24		
6. Marks	267	21. Martin	89	36. Walker	46	6. T. Gibson	22		
7. Lewis	262	22. Schutt	86	37. Schottman	46	7. D. Hicks	19		
8. Bellows	244	23. Hinkamp	84	38. Moe	42	8. P. Hessler	16		
9. Palks	220.5	24. Dixon	78.5	39. Rosso	40	9. S. Schottman	13		
10. LaFontaine	157	25. Thornburg	67	40. Vaillancourt	33	10. S. Gibson	11		
11. Storvick	128	26. K. Stock	65	41. Brace	32	11. N. Wagner	11		
12. Hellie	123.5	27. Holt	64	42. Shegoski	31				
13. Granberg	121	28. Neviackas	63	43. W. Hicks	31				
14. Mittelhauser	120	29. Chippendale	60	44. Wampler	30				
15. M. Kruse	114	30. Walter	55	45. Hinckley	29				
Age 40 & over:					WOMEN				
1. Londeree	146	6. Johnson	50	1. Mimm	95	1. A. Hessler	32		
2. Brown	121.5	7. Duncan	45.5	2. Wass	46	2. Annette	27		
3. Marks	113.5	8. Martin	39	3. Spier	45	3. A. Johns	19		
4. Lewis	108	9. Schutt	33	4. Bakewell	33	4. S. Boyle	15		
5. Storvick	60	10. Hicks	21	5. Busen	31	5. N. Wagner	15		
				6. Taft	29.5	1. Spier	40		
						2. Taft	28.5		
						3. Busen	24		
						4. Bent	11.5		
						5. Van Dyke	10		
WALKERS									

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 08/12/79

1. B. LONDEREE	16	0.28	7. W. TAFT	15	1.42	13. D. LEWIS	10	2.09
2. O. BROWN	16	0.60	8. R. SPIER	14	1.46	14. H. BENT	10	2.31
3. J. DUNCAN	14	0.80	9. J. YUNKER	10	1.53	15. D. JOHNSON	10	2.64
4. J. MARKS	13	0.93	10. J. WASS	11	1.57	16. R. MIMM	10	4.81
5. J. PALKS	15	1.01	11. T. STORVICK	10	1.75			
6. B. MAXEY	15	1.11	12. D. BELLOW	11	1.84			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 08/04/79

1. R. MIMM	9	4.84	3. O. BROWN	20	2.79	5. J. DUNCAN	16	1.00
2. J. MARKS	13	4.47	4. D. JOHNSON	8	2.29	6. B. LONDEREE	19	-0.21

The Columbia Track Club Newsletter goes to all members of CTC and to all those who pay the annual subscription price of \$2.00. For that you get 12 monthly issues. CTC annual dues are \$5.00 and that includes the newsletter. Send any money to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201. Also send any articles, comments, out of town results or anything else you might like see printed, keeping in mind that Duncan decides what will be printed. Anything of any length must be typed.

PETER HESSLER IS #1 SANDBAGGER, KEVIN STOCK HAS FASTEST TIME August 18:

10,000 meter run	Elapsed time	Actual time	seconds off DT	
1. Peter Hessler	1:11:35	46:50	190	80°, hot sun
2. Tom Hinckley	1:13:33	45:48	72	caused all
3. Jim Pinkerton	1:13:47	57:50	58	but 3 runners
4. Tom DeCoster	1:14:29	38:29	16	to be slower
5. Kevin Stock fast time	1:14:45	36:00	0	than their
6. Marin Blevins	1:15:04	42:59	19	predicted
7. Dick Hessler	1:15:07	36:22	22	times, which
8. Howard Bentley 50+	1:15:08	41:23	23	is very un-
9. Jon Palks	1:15:09	37:29	24	usual for
10. Ben Londeree 45	1:15:10	36:40	25	the Great
11. Don Lewis 43	1:15:10	36:40	25	Sandbagger
12. Joe Marks 41	1:15:20	37:05	35	Handicap Race
13. Doug Bellows	1:15:22	39:37	37	So, the Hessler family
14. Jim Neviackas	1:15:23	39:38	38	has the Monster, which
15. Dennis Oberg	1:15:26	46:41	41	by the way
16. Leonard Busen walked	1:15:27	58:42	42	grew six
17. William Taft "	1:15:40	1:15:40	55	inches or so.
18. Jim Schutt 40	1:15:42	38:27	57	We have a
19. John Panter	1:15:43	38:28	58	sneaking
20. Bob Schottman	1:15:45	40:45	60	suspicion
21. Mary Ann Slivinsky	1:15:47	55:02	62	that Peter's
22. Dennis Hinkamp	1:15:47	39:02	62	performance
23. Ron Wampler	1:15:48	43:33	63	was orche-
24. Barry Gainor	1:15:52	44:37	67	strated by
25. Joe Duncan 45	1:15:57	44:12	72	his Dad, for,
26. Greg Copeland	1:16:02	41:17	77	you see, we
27. Rob Spier walked	1:16:12	1:07:17	87	think Dick
28. Olen Brown 43	1:16:37	39:36	112	has secretly
29. Bob Curry	1:16:41	45:56	116	admired that
30. Tom Ekvall	1:16:42	40:47	117	trophy, but
31. Melvin Sally Brownsville, Pa.	1:17:12	42:27	147	was too em-
32. Rick Jones	1:17:43	47:58	178	barrased to
33. George Oelschlaeger Rock Island	1:18:18	50:03	213	let it be
34. Joe Schroeder 40	1:18:24	1:03:39	219	known by
35. Delores John 1:18:25	1:18:25	1:09:30	220	"sandbagging"
36. Randy Mimm walked	1:18:44	52:59	239	this race.
37. Fred Loesing	1:18:50	49:05	245	THANKS very
38. David Hicks	1:18:56	48:11	251	much to Veva
39. Chris Naumann Jeff City	1:18:57	50:12	252	Spier, Arline
40. Dick Naumann "	1:19:04	50:19	259	Hinckley &
41. Jim Wass walked	1:19:10	1:04:24	265	Heather Schot
42. Dennis Blossom	1:19:12	52:27	267	man who had
43. Ron McClure	1:20:13	50:28	328	a most trying
44. Don Granberg	1:23:04	44:49	499	time taking
45. Otie Anderson	1:31:29	1:22:34	1,004	care of the
Amy Hessler & Steve Schottman each did 5,000 meters				finish.

BULLETIN! ANNOUNCEMENT OF THE SUPER GRAND DRAWING PRIZE

ROCK BRIDGE STADIUM BENEFIT RACE! The Super Grand Prize will be a \$100 Savings Account given by FIRST NATIONAL BANK, Mark Landrum, President

IMPORTANT NOTICES--HEART OF AMERICA MARATHON: 1. All of you who are intending to run should get your entry blanks sent in NOW! PLEASE do not wait until Sunday afternoon to enter. Whatever you do, don't show up Monday AM wanting to enter when you have known all this time you were going to run.

2. Those of you who can help with the aid or timing stations should call Joe Duncan (home 445-2684, work 874-4328) so that specific assignments can be made.

3. We plan to fill the aid containers Sunday afternoon (sept. 2) at race headquarters. Therefore, we need people to come by race headquarters around 3-4 PM, Sunday, to do this. Bring gallon milk containers and cardboard boxes. Also, Aid Station people can pick up their supplies Sunday afternoon, rather than Monday morning. In fact, we urge you to do this for it will help lessen the Monday morning confusion.

Here's an account of the Mexico Ledger 10,000 meter run held on August 11th. The same course as last year except that the finish was at a different point on the track, so that the course was some 100 yards shorter than before. The consensus is that the course was short. But then the temperature was great--low 60's so that explains, in part, some of the outstanding CTC times.

Life Surge Swells Field For Metric Race

A sudden surge of interest swelled the field for the second annual Ledger Metric 10,000 to almost the same size as last year.

Eighty runners signed up Saturday for the 6.2 mile road race, only minutes before the starting gun. That brought the total number of entries to 214, compared to 230 in the first race.

David Harris of Kirksville repeated as overall champion, beating the course record of 32 minutes, 9 seconds he set last year. This time, he won the men's 19-31 division in 31:25, leading 194 runners across the finish line on a cool and windy day.

For the second year in a row, Susan Maupin of Mexico was the first women to complete the course, placing 41st overall. She was clocked in 38:32 in the 18 and under category, compared to 43:13 last year.

Debbie Hoxworth of Columbia (a former Mexican) won the women's 19-34 division in 41:07. Other champions were Dan Bryant,

Lofman, 34:37 in men 18 and under; J. Schutt, 31:59 in men 32-44; Richard Martin Columbia, 37:11 in men 45 and over; and Virginia Scott, Jefferson City, 50:37 in women 35 and over.

MEN 18 AND UNDER

OVERALL	NAME	TIME
1	D. Bryant	34:37
14	S. Sallee	35:47
15	D. Marley	35:49
18	K. Pettit	36:01
21	I. Jackson	36:14
24	M. Brown	36:42
32	C. Campbell	37:44
34	G. Miller	37:54
37	R. Altheide	38:26
44	D. Freeland	38:48
50	T. Denton	39:11
51	L. Gunter	39:25
54	J. Luebbering	40:17
55	C. Camp	40:20
60	B. Shelley	40:45
67	M. Nordwald	41:23
70	B. Brum	41:36
72	G. Maximovitch	41:54
73	A. Marty	41:56
75	D. Steinmetz	41:59
79	E. Lane	42:26
82	Sh. Sallee	42:37
87	P. Watry	43:28
90	C. O'Connor	43:43
92	B. Smith	43:47
93	L. Fennwald	43:47
102	D. Brooks	44:49
106	B. Broemmell	45:12
108	T. Griffiths	45:33
110	Jo. Miller	45:44
112	M. Leake	45:46
118	P. Johnson	46:18
121	M. White	46:52
128	G. Corrigan	47:47
134	J. Miller	48:16
141	S. Williams	49:45
142	D. Stone	49:56

J. Heisinger	50:05	63
K. Hartman	50:33	64
D. Mackey	51:06	78
C. Whitaker	52:02	81
K. Kimbel	52:02	83
J.E. Hudson	54:54	84
M. Gunter	55:00	85
B. Comfort	55:09	86
T. Hair	55:10	88
R. Miller	56:40	91
C. Kasten	1:02:22	94
D. Perrigo	64:58	95
R. Linsenbald	65:20	96
V. Walter	71:17	97
B. Hawkins	1:14:55	98
R. Whitaker	1:15:04	101
R. Hager	1:15:18	104

MEN 19-31

D. Harris	31:25	113
L. Lipper	32:05	115
B. Allmon	32:41	116
R. Power	32:58	117
M. Walsh	33:55	119
B. Maxey	34:48	120
D. Bellows	34:54	122
T. Bleigh	35:55	124
G. Schaefer	36:00	129
J. Steizer	36:07	130
J. Panter	36:14	131
P. Smith	36:49	136
G. Coenell	36:49	138
J. Parks	36:52	140
D. Fennwald	37:23	149
S. Lackey	37:27	151
D. Belsky	37:36	153
B. Becker	37:52	169
S. Baurichter	38:20	176
T. Wisniewski	38:24	186
D. Bard	38:27	
M. Koonse	38:31	
D. Green	38:34	
M. Levine	39:03	
D. Walker	39:03	
W. Nordwald	39:32	
I. Frye	40:29	
A. Smith	40:41	
F. Loesing	40:43	
T. Smith	40:52	

J. White	41:05	
C. Teaford	41:22	
G. Clithero	42:23	
P. Van Horn	42:31	
D. Clithero	42:43	
N. Finn	43:10	
P. Whitehead	43:20	
B. Rothrock	43:26	
J. Allen	43:28	
D. Allen	43:47	
T. Finn	43:52	
G. Overfelt	43:56	
D. Oberg	44:01	
D. Shadensack	44:04	
A. Miller	44:04	
T. Johnson	44:46	
J. Potts	45:06	
R. Olson	45:43	
S. McClelland	45:46	
R. Jones	45:48	
J. Carter	46:03	
T. Heyden	46:07	
E. Guzman	46:17	
D. Ovshak	46:38	
R. McClure	46:46	
N. Quest	47:01	
A. Hase	47:17	
B. Williams	47:52	
D. Muck	48:04	
G. Manley	48:06	
M. Piershaie	48:31	
T. Wyss	49:04	
V. Pursifull	49:29	
S. Chappell	51:03	
B. Volkmer	51:27	
L. Rossetti	51:56	
J. Bradley	55:55	
E. Williams	62:19	
E.R. Gruber	73:19	

WESLEY PAUL ran in the Flower 10,000 meter race in Sedalia on August 5th. Wesley went out fast, a 5:30 mile, and then a 2 mile PB of 11:15, a 5,000 PB of 17:37, but then he got down to a more sensible pace, but still finished with an excellent 37:27. I don't know of other CTC runners in that race. The Pauls are moving to #1, 8712 106th Terr. Overland Park, Ks. 66212 and Ailo says that any CTC runners in the area for a race are welcome to pass the night with them. Their apartment borders a gdf course--hopefully one on which running is permitted. If they have any problems then all they need do is call on Mark Landrum. But then that might be a little risky unless he brings along some hard hats.

MEN 45 AND OVER

R. Martin	37:11
D. Johnson	38:50
O. Spotts	42:03
G. Corrigan	49:10
D. Sallee	52:12
R. Marty	52:29
M. Langford	53:14
R. Miller	59:26
B. Clough	67:12

WOMEN 18 AND UNDER

S. Maupin	38:32
J. Yates	47:29
R. Bryant	50:57
N. Burditt	53:06
K. Tsikalas	58:29
L. Standley	1:03:33
D. Dovel	1:03:55
S. Scheinder	1:14:02
N. Douglas	1:14:17
S. Hudson	1:16:18

WOMEN 19-34

D. Hoxworth	41:07
H. Jones	45:53
S. Hair	47:22
D. Scharpf	48:15
C. Rubie	48:17
C. Coffey	50:00
K. Cain	50:34
S. Allen	51:59
W. Evans	52:01
S. Heiman	55:59
L. Fay	56:46
G. Wyss	1:04:45

WOMEN 35 AND OVER

V. Scott	50:37
C. Wittmer	55:15
D. Wilson	1:03:43
M. Johnson	1:15:27

(No names or times for numbers 62 and 152)

Dr. Tom Anderson, a CTC member, visited Russia in July and did some running in Leningrad, Novgorod and Moscow. In Moscow, out of deference to the Tomb of Lenin, he walked through Red Square but was able to jog all the way around the Kremlin which was a mile and a half to two miles. He did not see nearly as many people running in Russia as he sees here in Columbia.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF CTC:

Gary Bennett
4421 Rockhampton Ct.

Marin Blevins
100 Dawn Dr.

Mike Koonse
404 E. Morgan
Boonville, Mo. 65233

Donna Forrest
700 Lee St.

Richard Hoft
913 Martin Dr.

Bob & Suzanne McDavid
3609 Arbor Ct.

John Mueller
1400 W. Rollins

John Panter
2601 Quail Dr.

Neal Picken
10106 Newdale
Houston, Tex. 77099

Wesley Schloman
RR 2, Box 175
Higginsville, Mo. 64037

Catherine Swietlicki
1209 Subella

Gary Zwonitzer
2203 Bear Creek Dr.

Dick Naumann
2205 W. Edgewood
Jefferson City, Mo. 65101

Delores (Dee) John
281 Apple Tree Ct. #1
Columbia

FRIDAY FUN RUNS

THE UNIVERSITY OF MISSOURI CROSS COUNTRY TEAM WILL SPONSOR
OPEN CROSS COUNTRY RUNNING ON ITS HOME COURSE TWO FRIDAY
EVENINGS AS THEY PREPARE FOR THE 1979 SEASON.

WHEN: FRIDAY, SEPTEMBER 7TH
STARTING TIME 6:00 PM
REGISTRATION FROM 5:00 PM
10000 METERS (6.2 MILES)
and
FRIDAY, SEPTEMBER 14TH
STARTING TIME 6:00 PM
REGISTRATION FROM 5:00 PM
5000 METERS (3.1 MILES)

WHERE: UNIVERSITY GOLF COURSE - THE SAME LAYOUT THAT
THE TEAM WILL USE DURING THE REGULAR SEASON WILL
BE WELL MARKED AND ACCURATELY MEASURED - THE
STARTING LINE AND REGISTRATION TABLE WILL BE
JUST WEST OF THE UNIVERSITY HALL PARKING LOT.

WHO: ALL AGES, BOTH SEXES, ANYONE WHO WANTS TO COME
AND RUN - THE POSITION AND TIME OF EACH RUNNER
WILL BE TAKEN AND MAILED TO EACH ENTRANT - THERE
WILL BE A ONE-TIME ONE DOLLAR (\$1.00) REGISTRATION
FEE IF YOU RUN IN EITHER OR BOTH RUNS

RUN WITH TIGERS THIS FALL

National Running Data Center

Ken Young, Director and Founder
P.O. Box 42804, Tucson, AZ 85733

Bob Martin, Executive Director. (602) 323-2223
P.O. Box 42888, Tucson, AZ 85733 (303) 395-2536

John Brennand, Computer Analysis
P.O. Box 6616, Santa Barbara, CA 93111

Nick Marshall, Ultramarathoning
211 North Seventeenth Street, Camp Hill, PA 17011

For further information:
Bob Martin (303) 395-2536

For immediate release

Tucson, AZ, July 6, 1979.

A new book, "Running Records By Age" has been issued by the National Running Data Center. This book shows single-age road running records for men and women for all events from 10 kilometers through 100 miles. It includes all records in the one-hour, two-hour and 24-hour track events. In addition, men's master's track records for all flat events are shown.

Records are current as of the beginning of this year. They show that 1978 was a records year for speed as well as participation, with a wholesale revision of the age-records list during 1978.

While age records are becoming increasingly filled with top-quality performances, there are still quite a few "soft" records, so that a number of runners will be surprised to find their names in the record lists. Also, there are still a number of "holes" in the records with no reported performances in some events. For example, no records have been set for women age 39 at 20 kilometers and 20 miles, and women age 44 at 30 kilometers and 20 miles. Editors of club and regional publications, in particular, should examine the age records thoroughly. They may wish to report on runners in their clubs and their area that hold U.S. age records.

Copies of "Running Records By Age" may be obtained for \$3.95 plus 50 cents mailing from the distributor of NRDC books, Running Times, 12808 Occoquan Road, Woodbridge, VA 22192.

A listing of 80,005 individual marathon performances in 1978. That's what is included in the book "U.S. Marathoners, 1979", compiled by the National Running Data Center. This book lists a lot of detail about each of these performances. For example, it shows that 37-year-old Mike Gorrie of Michigan ran 3:53:25 in the Sept. 24 Mayor Daley marathon in Chicago. This performance ranked 48,927th nationally among all men finishers and was 13,093rd among men 37 and older. That run earned Mike 269 age-graded points.

In 1976 there were 25,135 reported finishers in 150 marathons. By 1978 the number of finishers jumped to 104,100 in 266 marathons. This represents a doubling of the number of finishers in each of the last two years. Will the number of reported finishers again double in 1979?

Here's a statistic that will show both the large increase in women marathoners and their increase in speed. In 1976, four hours was good for 456th place out of 931 women marathoners. In 1978, there were 2,082 women with marks under four hours. There were 6580 reported finishes by women, of which a four-hour performance ranked 2,796th.

Half of the 6,580 women's marathon finishes in 1978 were 4:08:29 or faster. Three-fourths were run in 4:42:40 or better. Nine-tenths of them were faster than 5:13:02.

The nine slowest marathons and 37 of the 40 slowest run by women were in Hawaii. Does this show that there are more slow women runners in Hawaii or that race directors are just more patient in recording all finishers in Hawaii marathons?

* * * * *

In the Fiesta Bowl marathon in Arizona on Dec. 2, 1978, 330 of 345 sub-three-hour men had their best marathon of the year. Ninety of ninety-five sub four-hour-women ran their year's best. This is a top-ranked 95% running their best race. The Rocket City marathon, Dec, 16 in Alabama, ranked next with 93%, 148 of 158 men and 18 of 20 women running their best.

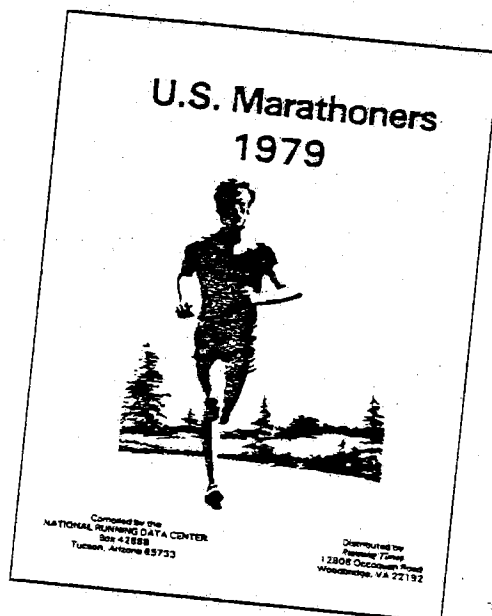
Recently, there has been some discussion in the press regarding marathoners under age 12. Statistically, these represented an almost insignificant fraction of total marathoners in 1978. Such young marathoners accounted for only 158 finishes, or about 0.2 of a per cent of all marathon finishes.

NEWS FROM THE NATIONAL RUNNING DATA CENTER

If you completed a marathon last year, you *are* in this book.

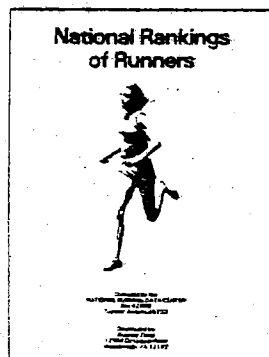
If your race was run on a certified course, no matter whether your time was 5:09, 4:09, 3:09, or 2:09—your performance is listed in this book. Features include the national rankings of all men under 3 hours and all women under 4 hours in 1978, as well as the names of all marathon finishers regardless of time. Over 80,000 performances!

U.S. Marathoners, 1979 . . . \$5.95.



How do you compare with other runners your age?

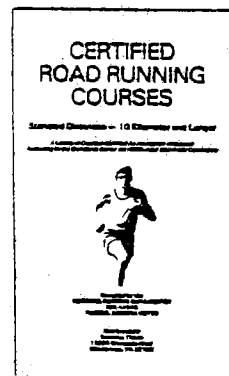
This book lists the top 100 men and top 50 women for 1978 at every standard running distance, plus the top performers in each age group and individual age. How much faster would you have to run to make the top ten in your age group for the 20 kilometers . . . or 25 kilometers . . . or 30 kilometers . . . or 10 miles? You may be closer than you realize!



National Rankings of Runners . . . \$3.95

Will your qualifying time be accepted for Boston?

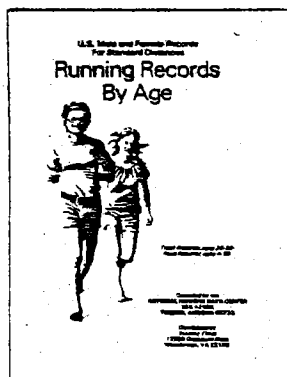
Whether your goal is to qualify for the Boston Marathon . . . or to get a PR (personal record) for 10 kilometers, you can't be sure of your time unless the course you're running on is certified by the AAU or RRCA. (Boston accepts entries only from those who have qualified on a certified course). This book lists all certified courses in the U.S. at all standard distances.



Certified Road Running Courses . . . \$1.95

Over 3,000 road runners hold American records for their age.

What is the 10 kilometer record for a 43-year-old woman . . . or the 30 kilometer record for a 14-year-old boy . . . or the marathon record for a 56-year-old man? This book has all the answers.



Running Records by Age . . . \$3.95

ORDER FORM

To order, fill out the form and return with payment to:

Running Times Books
12808 Occoquan Road
Woodbridge, VA 22192

Please add 50 cents per book for shipping, and make check payable to Running Times

- ☐ U.S. Marathoners 1979 — 5.95
- ☐ Certified Courses — 1.95
- ☐ Running Records by Age — 3.95
- ☐ National Rankings of Runners — 3.95
- ☐ Or order all four — just \$13.

Name

Address

City/State/Zip

Amount enclosed

Please allow 60 days for delivery

Speaking of books, Hal Higdon has brought out a reprint of his "On the Run From Dogs and People," which first appeared in 1971. Actually, Hal has added a couple of new chapters. The book is very enjoyable reading and would make an excellent gift for any runner. Hal suggested that we call the book the funniest ever written about long distance running. He also wants to be compared to Joseph Heller and Sophocles and promises not to be embarrassed with all this praise. You can get an autographed copy of the book by sending \$7.50 to Hal at Box 372, Michigan City, Ind. 46360.

ROCK BRIDGE STADIUM

PAGE 9

5 Km BENEFIT RUN

Merchandise Awards with Prize Categories
for Everyone!!!

ENTIRE ENTRY FEE GOES TO ROCK BRIDGE
HIGH SCHOOL STADIUM DEVELOPMENT FUND

THE RACE

Distance: 5,000 meters (3.1 miles).

Start and finish at Rock Bridge
Stadium located 2.5 miles south of
Columbia on Route K.

Easy course, no large hills, aid
station at half-way. Traffic blocked
by police order during race.

Time: Sunday, September 9 at 1:00 p.m.
(arrive earlier to warm up and receive
pre-race instructions.)

AWARD CEREMONY AT 2:00 P.M.

THE PRIZES

THREE GRAND PRIZES BY LUCK OF THE DRAW

➔ First Prize: \$50.00 Bond See p. 4
➔ Second Prize: Running Shoes for SUPER
➔ Third Prize: Watch GRAND PRIZE!

First, Second, and Third place finishers,
male and female, in each of the following
age groups will win an award from among
the following:

FIRST PLACE: Bond or merchandise worth
approximately \$25.00.

SECOND PLACE: Clothing or other merchan-
dise worth approximately \$10.00.

THIRD PLACE: Theater passes and certif-
icates from fast food restaurants.

AGE GROUPS: 7 & below; 8-10; 11-13; 14-16;
17-19; 20-29; 30-39; 40-49; 50-59; 60 & up.

➔ Consolation prizes to males and females in
each of the following categories: Heaviest,
tallest, lightest (over 18), and shortest
(over 18).

ONLY ONE PRIZE AWARDED PER PARTICIPANT.

ENTRY DETAILS

➔ Certificate for free breakfast from
McDonald's to first 100 paid
entries received!

Pre-registration strongly urged.
Mail entry blank and \$5.00 (make
check payable to Columbia Track
Club RBH Fund) to: Olen Brown,
300 Bourn, Columbia, MO. 65201.

Merchandise contributors:

We wish to thank the following for their generous support by donations: (Partial list,
incomplete at press time.) American National Insurance, Barths, Bill Geels, Boone County
Bank, CFS and Associates, CNA Insurance Co., Chapter I Book Store, Columbia Insurance
Agency, Columbia Mercantile, Columbia Mutual Insurance Co., Commerce Bank, Coyote Imports,
D Sport Shop, Farm and Home, Federated Insurance, First Bank of Commerce, First National
Bank and Trust, Gibsons, Home Insurance Company of New York, Kansas City Life Insurance Co.,
Kasmann Insurance Agency, Inc., Latigos of London, Lincoln National Life Insurance Co.,
McDonald's Restaurant, Missouri Book Services, Missouri Store, Mr. Guys, Record Bar, Saffees,
St. Louis Federal Savings and Loan, Southwestern Life Insurance Co., State Farm Insurance,
and Stuart Insurance Agency.

ENTRY BLANK FOR ROCK BRIDGE 5 KM BENEFIT RUN. Mail with \$5.00 check made out
to COLUMBIA TRACK CLUB ROCK BRIDGE FUND to: OLEN BROWN, 300 BOURN, COLUMBIA, MO.

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

PRINT NAME _____ Age on day of race _____

Sex _____ Address _____

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

Signed (parent or guardian) _____

Address _____

THE BENEFIT RUN IS OPEN TO ALL RUNNERS.

SCHEDULE OF EVENTS

SEPTEMBER 3 Monday 6:00 AM 20th ANNUAL HEART OF AMERICA MARATHON
 8 Saturday 9:00 AM FUN RUNS RESEARCH PARK
 8 " 7:00 AM 5 Mile Scenic Run Westgate Centre
 Creve Coeur, Mo. Proceeds go to the USOC
 9 Sunday 1:00 PM Rock Bridge Boosters 5,000 meter run Meet
 at Rock Bridge High School
 15 Saturday 7:30 AM 10,000 meter walk Hickman Track
 15 " 9:00 AM 5,000 meter run Hickman Track
 16 Sunday 9:00 AM Jamestown Mall 10,000 meter run
 Florissant, Mo.
 22 Saturday 9:00 AM FUN RUNS RESEARCH PARK
 22 & 23 Saturday & Sunday 1:00 PM to 1:00 PM 13th ANNUAL
 NATIONAL 100 MILE WALK Hickman Track
 22 Saturday 8:00 AM MVAAU 30 Kilometer Run Championship
 Springfield, Mo. (Sunshine Tennis Center
 US 65 & Sunshine)
 29 Saturday 9:00 AM FUN RUNS RESEARCH PARK
 29 " ? Raytown Roundup Days 15 kilo run CONTACT:
 Alan Lawson 11705 E. 83rd Raytown, Mo. 64138
 30 Sunday 11:30 AM Natural Light 10,000 meter handicap run
 Finish in Busch Stadium Co-sponsored by St.
 Louis Baseball Cardinals

Also on Sept. 22 there is a 10,000 meter run in Sedalia, Contact: Sedalia
 Runners Club 219 So. Ohio, Sedalia 65301 8:00 AM

Another race: Sept. 15, Saturday, 9:00 AM Wendy's/Royals 10,000 meter
 run to benefit the Special Olympics in memory of Arne Richards.
 Harry S. Truman Sports Complex, Kansas City, Mo. Entry deadline
is September 1.

Also keep in mind the two Friday evening cross country runs being put
 on by Coach Robin Lingle.

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

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