



TRACK CLUB

NEWSLETTER Vol. XI, No. 7 July 25, 1979

STEVE FISHER WINS MVA AU 15 KILOMETER TITLE IN 47:20 July 21, 1979:

5,000 meter splits:			5k	10k	FINAL (15k)	
1. Steve Fisher	22	Sedalia	15:37	31:40	47:20	
2. Dave Harris	24	Kirksville	15:39	32:04	47:54	
3. John Moore	19	Independence	15:37	32:00	48:01	
4. Mark Montgomery	17	Sedalia	15:38	32:04	48:03	
5. Jeff Mittelhauser	22	Sedalia	15:54	32:30	48:35	
6. John Prasuhn	24	Springfield	15:38	32:48	48:56	
7. Greg Lovercamp	20	Sedalia	15:37	32:30	49:09	
8t. Tim Schmid	21	Kansas City	15:39	32:44	49:40	
8t. Kent Rader	20	Richmond	15:38	32:38	49:40	
10. Ed Crumm	25	Lees Summit	15:39	33:15	50:05	
11. Rex Power	26	Columbia	15:59	33:30	50:36	
12. Mike Kruse	18	CTC	16:31	34:30	52:27	
13. Mark Young	19	Elsah, Ill.	17:09	35:40	53:49	
14. Dick Hessler	37	CTC	17:41	36:16	54:15	1st 30
15. Ben Londeree	45	CTC	17:44	36:40	54:25	1st 40
16. Doug Bellows	31	CTC	17:44	36:40	54:36	2nd 30
17. Jim Schutt	40	CTC	17:51	36:45	54:38	2nd 40
18. Don Lewis	43	CTC	17:57	36:57	54:43	3rd 40
19. Dan Kacprowicz	28	Springfield	17:50	37:07	55:15	
20. Bruce Maxey	22	CTC	17:49	36:50	55:16	
21. Joe Marks	41	CTC	17:59	36:57	55:31	
22. Jon Palks	30	CTC	17:50	36:58	55:35	3rd 30
23. Jim Neviackas	32	CTC	17:44	37:00	55:45	
24. Nick Hall	18	Sedalia	17:50	37:10	56:06	
25. Wesley Paul	10	CTC	17:57	37:12	56:15	
26. Don Granberg	37	CTC	18:05	37:12	56:20	
27. Mark Mills	26	Columbia	18:27	38:10	56:58	
28. Jim Walter	40	CTC	18:19	38:10	57:08	
29t. Olen Brown	43	CTC	18:30	38:40	57:39	
29t. Tom Hinckley	34	CTC	18:28	38:30	57:39	
31. Steve Holt	28	CTC	18:55	38:47	57:59	
32. John Miller	16	Sedalia	18:41	38:45	58:22.2	
33. Dick Martin	46	CTC	19:11	39:15	58:22.8	
34. Kevin Pettit	17	Kirksville	--	--	58:32	
35. Doug Davies	17	Lake Ozark	18:00	38:35	58:40	
36. Alan Klover	18	Sedalia	18:23	38:48	58:42	
37. Chris Hermann	17	School of Ozarks	18:05	38:50	58:47	
38. Mike Wagner	27	Hazelwood	18:40	38:45	58:50	
39. Ron Belyea	36	Columbia,	19:15	39:30	58:59	
40. Don Johnson	50	CTC	19:27	39:30	59:07	
41. Turk Storvick	51	CTC	19:27	39:30	59:10	
42. Mike Lairmore	23	CTC	18:42	39:30	59:31	
43. John Kimpel	28	Lenexa, Ks.	19:36	40:00	59:32	
44. Tom Ekvall	30	CTC	19:30	40:00	59:39	
45. Bob Schottman	35	CTC	19:27	39:30	59:44	
46. Larry Monroe	34	Hannibal	19:15	40:00	59:58	
47. Dean Wilson	33	Kansas City	19:00	39:31	1:00:08	
48. Dick Moe	28	CTC	18:45	39:45	1:00:20	
49. Richard Heiser	27	Lebanon	19:42	39:58	1:00:25	
50. Tom Parker	32	Kansas City, Ks.	19:38	40:20	1:00:41	
51. Dean Whipple	41	Lebanon	19:42	40:38	1:00:56	
52. Joe Blanck	16	Boonville	19:12	40:15	1:01:33	
53. Marty Rosso	27	CTC	20:10	41:20	1:01:34	
54. Allen Smith	46	CTC	19:46	41:06	1:01:40	
55. Bruce Becker	27	Marshall	20:25	41:40	1:01:51	
56. Mike Koonse	28	CTC	19:17	40:50	1:01:53	
57. Bill Chambers	35	Overland Park, Ks.	20:43	42:10	1:03:08	
58. Grady Miller	15	Kirksville	21:12	42:15	1:03:14	
59t. Larry Thornburg	32	CTC	21:00	43:20	1:03:28	
59t. Gale Garman	31	Columbia	21:00	42:30	1:03:28	
61. Jack Wallace	26	CTC	19:00	41:50	1:04:27	
62. Byron White	38	Olathe, Ks.	20:43	42:48	1:04:29	
63. Sam Stout	36	CTC	21:04	43:20	1:04:36	
64. Chuck Showalter	36	Hartsburg	19:51	42:00	1:04:37	
65. Brad Ackerman	14	Sedalia	21:17	43:50	1:04:49	
1st female 66. Carole Brockman	37	Kansas City	20:43	43:00	1:04:50	
67. Ron Wampler	32	CTC	21:10	44:00	1:04:57	
68. Wesley Schleman	29	Higginsville	22:02	44:00	1:05:07	
69. Joe Duncan	45	CTC	20:15	42:55	1:05:37	

2nd female	70.	Don Belsky	29	Fulton	21:51	44:23	1:05:37.7
	71.	Ebby Norman	13	Sedalia	22:03	44:25	1:05:52
	72.	Julie Mittelhauser	16	Sedalia	22:01	44:30	1:06:08
	73.	Norris Kruse	43	CTC	21:19	44:20	1:06:09
	74.	Marin Blevins	33	CTC	21:33	44:30	1:06:25
	75t.	Jim Holmes	37	Lebanon	21:20	44:30	1:06:41
	75t.	John Hamilton	36	Columbia	21:20	44:30	1:06:41
	77.	George Carr	44	Sedalia	21:20	44:40	1:07:36
	78.	Oliver Spotts	53	Kansas City	22:45	45:45	1:07:40
	79.	Herbert Mittelhauser	50	Sedalia	22:54	45:45	1:08:02
3rd female	80.	John Mueller	36	Columbia	23:10	46:40	1:08:08
	81t.	Jim Allen	26	CTC	23:07	46:20	1:08:50
	81t.	Bob McKee	24	Columbia	23:07	46:20	1:08:50
	83.	Bryan Ruckman	15	Sedalia	22:07	45:55	1:10:30
	84.	Will Roberge	42	Franklin, NH	21:20	45:00	1:11:03
	85.	Steve Schottman	12	CTC	24:15	49:00	1:11:57
	86.	Hoyet Hemphill	29	Columbia	23:10	47:30	1:12:06
	87.	Russell Kurth	11	Columbia	24:15	49:00	1:12:23
	88.	Larry Trickey	38	Holts Summit	23:50	48:30	1:12:26
	89.	Ron Hein	21	Columbia	23:43	48:30	1:12:39
2nd female 30+	90.	Tim Gibson	8	CTC	23:36	49:00	1:12:47
	91.	Dennis Hite	40	Lebanon	23:45	49:00	1:14:36
	92.	Nicole Wagner	8	CTC	24:15	49:10	1:14:54
	93.	Kent Dickinson	32	Lenexa, Ks.	25:58	51:50	1:15:32
	94.	Roy Stambaugh	45	Columbia	23:00	48:45	1:16:04
	95.	Chuck Matthews	31	Columbia	26:10	51:30	1:16:10
	96.	Leonard Butler	34	Sedalia	26:03	52:29	1:16:10
	97.	Susan Boyle	36	CTC	23:15	49:35	1:16:31
	98.	Elaine Slepser	34	Columbia	25:26	52:29	1:17:46
	99.	Mary Ann Slivinsky	38	CTC	25:26	52:29	1:18:10
	100.	Bob Green	42	Columbia	26:03	52:30	1:19:45
	101.	Catherine Swietlicki	32	CTC	26:10	53:00	1:20:16
	102.	Lynn Dickinson	30	Lenexa, Ks.	26:30	54:00	1:21:03
	103t.	Kathy Cain	30+	CTC	26:37	54:20	1:21:31
	103t.	Annette LaFontaine	29	CTC	26:37	54:20	1:21:31
	105.	Sally Allen	25	CTC	27:45	55:35	1:22:10
	106.	Carole Schottman	34	CTC	27:33	55:25	1:22:48
	107.	Jon Heisinger	12	Jeff City	28:09	59:20	1:31:11
	108.	Linda McCann	25	Columbia	26:25	57:30	1:31:27
	109.	Eddie Lane	15	Kirksville	21:07	44:44	
	110.	John Herrera			21:13	49:00	
	111.	Carl Godbey	12	Sedalia	32:10	82:40	
	112.	Joe Kurth	22:23	Columbia	22:23		
	113.	Paul Wagner		CTC	27:45		

Tom LaFontaine ran "unofficially": 16:32, 36:12, no final time

JERRY YOUNG WON THE WALK AT THE SAME TIME:

1.	Jerry Young	22	St. Louis	23:50	48:30	1:13:13
2.	Randy Mimm	25	CTC	24:09	49:05	1:14:14
3.	Randy Bakewell	28	CTC	30:10	61:40	1:34:11
4.	Jim Wass	26	CTC 52	31:52	65:15	1:38:25
5.	Rob Spier	57	CTC	32:52	66:35	1:39:53
6.	Vonn Walter	13	CTC	36:28	73:20	1:50:32
7.	William Taft	63	CTC	36:59	74:40	1:52:37
8.	Joyce Schulte		CTC	40:56	82:40	

Mid 60's, cloudy, fairly humid, no wind, not a bad day for running, or walking. Steve Fisher was in control of this race all the way, although he had a pack of runners with him for the first 4 miles or so. Steve has now run this race five times (winning in 1977 with 48:34) and his time has improved with each outing, starting in '75 with 53:04 at age 18. On July 13, 1974 Jefferson City's Bryce Allmon, age 15 then, set the age 15 and under record with a time of 56:48, a time we considered to be quite remarkable for a 15 year old. Well, this year Wesley Paul, AT AGE 10! beat that record with another American record for his age-- 56:15. Don Johnson also got a record, beating the mark of 1:00:43 set by Tom Kempf, Sr., in February, 1978, for the age 50 & over group. Don and Turk Storvick staged another torrid duel with Don hanging close and then out kicking Turk towards the finish. Steve Fisher was the only runner to come reasonably close to running the tough second 5k as fast as the first, running it only 26 seconds slower, whereas the normal difference is anywhere from a minute to over two minutes difference.

DT results: Bob Schottman 15 seconds off (he wins the CTC shirt), Taft 23 off, Marks 24, Granberg 38, Spier 42, Lewis 46, Maxey 46, Steve Schottman 63, Londeree 65, Duncan 67, Hinckley 81, Wass 83, Johnson 83, Bellows 83, Carole Schottman 132, Palks 160. THANKS MUCH to Robin Lingle for bringing and operating the Chronomix timer. Also to W. Hicks, A Hinckley, Ailo Paul and Ann Wass for assisting and to Jim Gibson & crew on Aid.

KEVIN STOCK HAS FASTEST TIME IN RRCA POSTAL ONE MILE RUN; WESLEY PAUL
SETS AN AMERICAN RECORD FOR AGE 10 July 7, 1979:

Female8-9

1. Heather Schottman	1:42	3:30	5:27	7:14	
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12-13

1. Amy Hessler	1:30	3:09	4:50	6:25	
2. Michelle Robinson	1:30	3:28	5:53	8:19	
3. Cheryl Evans	1:51	4:07	6:22	8:23	

20-29

1. Annette LaFontaine	1:32	3:09	4:48	6:24	
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30-39

1. Susan Boyle	1:32	3:10	4:49	6:22.4	
2. Wendy Evans	1:40	3:35	5:33	7:20.4	
3. Carole Schottman	1:47	3:41	5:35	7:21	

A nice cool day
at the 8:00 AM
start--in the 60's,
cloudy.

HARDEE'S FAMILY
RESTAURANT, on
Business Loop 70
provided the awards
so to them we say
"THANKS!"

Male7 & under

1. John Marshall	1:51	3:58	6:22	8:36	
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8-9

1. Kevin Schroeder	1:35	3:13	4:52	6:24.5	
2. Tim Gibson	1:36	3:19	5:03	6:42.9	
3. Glenn Doyle	1:34	3:35	5:49	8:01	

10-11

1. Wesley Paul	1:16	2:36	3:58	5:17.7	American Record!
2. Peter Hessler	1:33	3:10	4:44	6:18.5	PB

12-13

1. Steve Schottman	1:25	2:55	4:26	5:49	
2. Jon Heisinger	1:28	3:07	4:51	6:34	

14-15

1. Jay Blossom	1:06	2:24	3:50	5:13	PB
2. Matt Gibson	1:10	2:32	4:02	5:30	PB
3. David Hicks	1:17	2:44	4:12	5:34	
4. Bob Evans	1:26	3:12	4:53	6:31	

16-19

1. Kevin Stock	1:06	2:18	3:31	4:38.4	a PB by 6 seconds
2. Bryan Marks	1:16	2:43	4:19	5:38	

20-29

1. Ben Welch	1:11	2:26	3:37	4:46.2	
2. Tom DeCoster	1:12	2:32	3:51	4:57.5	
3. John Hemphill	1:12	2:30	3:49	5:01	
4. Bruce Maxey	1:09	2:27	3:46	5:02	
5. Dick Moe	1:08	2:27	3:49	5:10	
6. Jack Wallace	1:14	2:33	3:54	5:15	
7. John Panter	1:12	2:31	3:56	5:20	
8. Tom Hellie	1:14	2:36	4:01	5:21	
9. Mike Koonse	1:12	2:33	3:59	5:22	
10. Alger Waller	1:19	2:48	4:15	5:38	
11. Rick Jones1	1:16	2:55	4:41	6:24	

30-39

1. Tom LaFontaine	1:10	2:19	3:31	4:43.9	
2. Doug Bellows	1:12	2:27	3:45	4:57.2	
3. Dick Hessler	1:16	2:33	3:51	5:05	
4. Tom Hinckley	1:15	2:34	3:53	5:11	
5. Bob Schottman	1:14	2:35	3:57	5:15	
6. Jon Palks	1:15	2:35	3:58	5:16	
7. Don Granberg	1:15	2:35	3:59	5:17	
8. Ron Belyea	1:17	2:41	4:04	5:23	
9. Ron Wampler	1:17	2:41	4:07	5:32	

RRCA POSTAL ONE MILE RUN continued. . .

40-49

1. Ben Londeree	1:17	2:24	3:35	4:44	quite a duel!
2. Don Lewis	1:11	2:24	3:36	4:45	
3. Olen Brown	1:15	2:34	3:54	5:07	PB by 2 seconds
4. Joe Marks	1:16	2:36	3:55	5:09	PB by 17 seconds!
5. Dick Martin	1:17	2:37	3:56	5:15	
6. Joe Duncan	1:24	2:49	4:16	5:39	
7. Norris Kruse	1:26	2:55	4:28	5:56	
8. Dennis Blossom	1:26	3:06	4:47	6:23	
9. Ken Burren	1:27	3:08	4:52	6:31	
10. Joe Schroeder	1:38	3:42	5:47	7:37	

50-59

1. Don Johnson	1:15	2:36	3:59	5:19	ties PB he had 5 years ago
2. Turk Storvick	1:24	2:48	4:14	5:38	

RIGHT AFTER THE ABOVE, RANDY MIMM WON THE 10,000 METER WALK:

	mile splits:	1	2	3	4	5	6	FINAL
1. Randy Mimm	8:11	16:17	24:28	32:46	41:04	49:18	50:50	
2. Neal Picken	8:11	16:35	25:10	33:47	42:26	51:02	52:50	
3. Rob Spier	10:38	21:15	31:45	42:11	52:36	1:02:59	1:05:14	
4. Jim Wass	9:22	20:40	31:41	42:20	52:38	1:03:15	1:05:35	
5t. Jack Wallace	11:22	23:06	35:04	46:52	58:26	1:10:03	1:12:24	
5t. Vonn Walter	11:22	23:06	35:04	46:52	58:26	1:10:03	1:12:24	
7. Wm. Taft 63	11:53	23:47	35:49	47:54	59:58	1:11:51	1:14:26	
8. Henry Bent 78	11:53	23:47	36:08	48:58	61:40	1:14:37	1:17:13	
9. Joyce Schulte	12:48,	two more laps and out						
10. Amy Hessler	12:05							

By the time this race started, the sun was shining brightly, in the 70's and climbing, so it got pretty warm on Hickman track. Neal Picken, Houston, Tex., is the famous (infamous?) Grim Reaper who led Jack Mortland and the Ohio Race Walker (and the AAU) astray by submitting that name (Grim Reaper) in various race results in recent months. Anyway, he came by today (under his true name) and pushed Randy a little and in the meantime got a PB for himself by two minutes.

Seconds off Dt went like this: Wallace 24 seconds off, Picken 70 off, Bent 73, Taft 79, Mimm 50, Spier 166, Wass 355.

BILL TAFT, by the way got a personal best for 10 kilo, his fourth PB of the year: 10K, 15K, 20K and 3 miles. Obviously, one does get better with age, at least Bill Taft does.

A REPORT ON WHAT THE TRAVELING MEMBERS OF CTC HAVE BEEN UP TO:

AMY JOHNS continues to run well. On June 30 in the Madison (Wis.) marathon Amy finished 22nd overall with a time of 2:51+. She was first female by a wide margin breaking the women's record by some seven minutes. All this on a pretty hilly course. Amy has now run four marathons and holds the women's record in each of them, Ft. Wood, USTFF in Wichita, St. Louis and now Madison.

RON WAMPLER, representing the Boonville Branch of CTC, ran in the hilly Thousand Hills 7 mile run, Kirksville on June 23. Ron finished 20th overall and fourth in the 30-39 group. Dave Harris won the race in 35:05 with Joe Haake 2nd in 35:48. Ron's time was 47:12.

BRUCE MAXEY ran in the 10,000 meter race in Hannibal on July 4th, again tackling a hilly course. He finished 4th in 37:10. He then caught his breath and proceeded to Moberly where he won (he says, "Surprise!") a cross country race, that afternoon. Bruce's time over an approximate 2½ mile course was 13:13.

JOE MARKS, WESLEY PAUL and TOM EKVALL were in the First Annual Tab Freedom Run on July 4, Lenexa, Kansas, a 10,000 meter run on a slightly rolling course, 75°, sunny, humid. Out of more than 1250 runners, Joe was 46th at a PB 36:43, finishing 2nd in the 40-49 group... Wesley finished 70th (Joe was delighted to be ahead of this 10 year kid--he knows his time is short for victories over Wesley) in 37:57. Tom was 113th in 39:19. Ken Atwell was there, but I have no time for him, nor do I know who won.

It's a good thing Mr. Marks didn't tackle WESLEY PAUL in the St. Louis One Hour Run on July 8. Despite warm, humid weather, Wesley turned in a performance that is even remarkable for him: 10 miles, 177 yards, not only beating the American record for age 10, but also for age 11 and age 12. Wesley was 5:38 at mile 1, then had a 5:49 mile, was 17:24 for 3 and had 36:52 at 6½, which converts to a PB for 10,000 meters.

The 1979 SUMMER AGE GROUP PROGRAM OF RACES was a success with a total of 110 youngsters participating in at least one of the six Wednesday evening events. Here are the best times posted in the various events with new records being indicated by the *.

440

Girls:

7 & under	Cathy Swanson	1:39.5
8-9	Heather Schottman	1:24.1
10-11	Franchel Bennett	1:16.1*
12-13	Lisa Kurth	1:14.8
14-15	Donna Howard	1:18.5*

Boys:

7 & U	John Lingle	1:34.2
8-9	Kevin Schroeder	1:19.0
10-11	Russell Kurth	1:15.5
12-13	Tim Kamp	58.2*
14-15	Jay Blossom	1:04.0*
16-17	Chris Phillips	1:00.3*

Mile Run

Girls:

7 & U	Angela Hessler	8:18
8-9	Nicole Wagner	6:50*
10-11	Franchel Bennett	6:39
12-13	Amy Hessler	6:25
14-15	Donna Howard	7:38

Boys:

8-9	Peter Hessler	6:16.5
10-11	Wesley Paul	5:19.0*
12-13	Matt Gibson	5:26*
14-15	Jay Blossom	5:14.5
16-17	Brett Brenton	5:45

Mile Walk

Girls:

7 & U	Cathy Swanson	13:20
8-9	Kirsten Headley	11:52
10-11	Xuan Nguyen	12:13
12-13	Amy Hessler	9:39*
14-15	Donna Howard	13:28

Boys:

7 & U	Lamar Hatton	14:10
8-9	Kevin Schroeder	10:50
10-11	John Dye	10:56
12-13	Vonn Walter	9:45*

880

Girls:

7 & U	Brittina McQuitty	4:10
8-9	Nicole Wagner	3:13*
10-11	Franchel Bennett	3:08
12-13	Linda Swanson	2:55.5
14-15	Donna Howard	3:03.5
16-17	Carrie Friel	2:53.4*

Boys:

7 & U	Lamar Hatton	4:00
8-9	Kevin Schroeder	2:54
10-11	Russell Kurth	2:46
12-13	Matt Gibson	2:28.6
14-15	Matt Gibson	2:26.6
16-17	Chris Phillips	2:25.5

Two Mile Run

Girls:

8-9	Nicole Wagner	14:36*
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Boys:

8-9	Tim Gibson	14:19
10-11	Wesley Paul	11:22*
12-13	Nick Schneider	14:35
14-15	Jim Gibson	12:48
16-17	Kirk Sloan	10:28.2

Three Mile Run

Girls:

8-9	Nicole Wagner	22:28*
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8-9	Tim Gibson	21:10
10-11	Wesley Paul	17:07*
14-15	Jim Gibson	19:45
16-17	Kirk Sloan	16:46.8

The records set by Wesley Paul in the mile, 2 mile and 3 mile are all American records for those distances by a ten year old.

JOE MARKS, our roving good will ambassador, ran in the Great Lodi Foote Race, Lodi, Wis. on July 14th. This was a 10 mile race on a very hilly course, on a warm, humid day. Joe finished 13th out of 102, winding up 2nd in the 40-49 age group. Joe's time was 1:02:41. The following two days Joe did some running on a couple of beautiful forest trails and was left wondering why we don't have something like that around here. One problem with these Wisconsin trails is the presence of monster flies which are prone to eat you up if you don't wear a cap and a heavy shirt.

A couple of other recent events have occurred--two births. Paul and Karen Wagner have a new running companion for Nicole, a boy who was born on Bastille Day. The new one has been named Jason George. He checked in at 8 lbs., 2 oz. and Paul says that he has super long feet. He doesn't know what that portends for the lad's running future. He should be good at stomping out the competition in 50 yard dashes.

The other birth was that of a girl to Hans and Wendy Dirksen June 6th in Des Moines. a 7 lb. 14 oz. bundle named Kimberly Nicole.

ELAPSED TIME STANDINGS:

Open, runners:

1. Londeree	319.5	19. Mittelhauser	88
2. Maxey	293	20. Hinkamp	84
3. Hessler	283	21. M. Kruse	83
4. Yunker	277.5	22. Dixon	78.5
5. Brown	257	23. Martin	66
6. Marks	228	24. Chippendale	60
7. Lewis	222	25. Thornburg	53
8. Bellows	199	26. Hemphill	51
9. Palks	197.5	27. Herbert	49
10. LaFontaine	157	28. K. Stock	49
11. Hellie	123.5	29. Holt	47
12. Storvick	114	30. Walker	46
13. Stewart	102	31. Schutt	46
14. Guscar	102	32. Ekvall	40
15. Granberg	100	33. Lairmore	36
16. Tom DeCoster	92.5	34. Walter	35
17. Duncan	91.5	35. Schottman	35
18. Johnson	89	36. Brace	32

Age 15 & under

37. Moe	32	1. M. Gibson	42
38. Shegoski	31	2. J. Gibson	42
39. W. Hicks	31	3. A. Hessler	26
40. Neviackas	29	4. W. Paul	24
41. Renner	26	5. J. Blossom	24
42. Rosso	26	6. T. Gibson	18
43. Vaillancourt	25	7. D. Hicks	16
44. Wampler	25	8. P. Hessler	16
45. Welch	24	9. S. Gibson	11
46. Childs	23	10. S. Schottman	10
47. Tim DeCoster	22	11. N. Wagner	9
48. T. McMullen	21		
49. Curry	21		
50. Turner	20		
51. Pastoret	20		
52. Pratt	18		

WOMEN

1. A. Hessler	32
2. Annette	24
3. Amy Johns	19
4. G. Moe	10
5. N. Wagner	10

left out Wallace 45

Age 40 & over

1. Londeree	131	6. Johnson	44
2. Brown	111.5	7. Duncan	43.5
3. Marks	97.5	8. Martin	31
4. Lewis	92	9. Hicks	21
5. Storvick	56	10. Schutt	17

WALKERS

1. Mimm	83	1. Spier	36
2. Wass	43	2. Taft	25.5
3. Spier	41	3. Busen	21
4. Busen	27	4. Bent	11.5
5. Taft	26.5	5. Van Dyke	10
6. Bakewell	26		
7. Bent	12.5		
8. Van Dyke	12		

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 07/07/79

1. B. LONDEREE	14	0.29	10. D. LEWIS	8	1.85	19. D. JOHNSON	8	2.67
2. J. DUNCAN	13	0.80	11. T. HELLIE	7	1.87	20. D. DIXON	6	3.80
3. O. BROWN	14	0.83	12. T. LAFONTAINE	7	1.89	21. A. JOHNS	5	3.82
4. J. PALKS	14	1.01	13. D. BELLWS	9	2.06	22. N. WAGNER	5	4.13
5. B. MAXEY	13	1.17	14. T. DECOSTER	6	2.06	23. T. GIBSON	5	4.27
6. J. MARKS	11	1.31	15. R. SPIER	12	2.10	24. R. MIMM	10	4.81
7. J. YUNKER	10	1.53	16. W. HICKS	7	2.18	25. M. GIBSON	5	7.98
8. T. STORVICK	10	1.75	17. H. BENT	10	2.31			
9. W. TAFT	13	1.76	18. J. WASS	10	2.42			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 07/07/79

1. R. MIMM	9	4.84	3. O. BROWN	18	2.79	5. J. DUNCAN	15	1.00
2. J. MARKS	11	3.44	4. D. JOHNSON	6	2.29	6. B. LONDEREE	17	-0.21

RANDY MIMM has won the CTC logo contest which had a prize of \$50.00. Randy's logo will be introduced in the August newsletter. The winning logo was one of two submitted by Randy. In addition there were 10 other entries. A committee of 17 CTC members picked the winning logo, with Randy's number one entry receiving 9 votes, his number two entry 4 votes. You will recall that Randy also designed the HUMAN RACE logo and design. Congratulations, Randy.

The Columbia Track Club Newsletter goes to anyone who joins CTC. All it takes to join CTC is payment of the \$5.00 annual dues. Anyone who pays now will have their membership effective to Labor Day, 1980. The \$5.00 includes all family members living in the same household. If you want the newsletter only then the cost is a mere \$2.00 for the 12 monthly issues. Send all money to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201. All donations would be welcome, since our travel fund is pretty low, and that is the main part of our program which is a little weak, i.e., financial assistance to our traveling members.

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

July 7, 1973: One Mile Run: 1. Dennis Stewart 4:24.7; 2. Ben Londeree (39) 4:42.6; . . . 4. Tom Kilburn 4:46; 5. Mike Chippendale 4:59PB. . . 7. Dick Hessler 5:03PB. . . 10. Don Granberg 5:10. . . 12. Rex Frazer 5:18PB; 13. Art Fleming 5:18.9; 14. Don Johnson 5:23PB; 15. Joe Duncan 5:30. . . 28. William Taft, age 57, 9:33, one of the few times, maybe the only time for him to run.

Three Mile Walk: 1. Dave Leuthold 27:12; 2. Joe Duncan 29:25; 3. Jim Fields 30:21; 4. Charles Geiss 31:09; 5. Art Fleming 31:44; 6. William Taft 38:56

July 14, 1973: MVAAU 15 kilo run: 1. Fred Binggeli 48:55, new record beating Charlie McMullen's 50:26 which was set on the old loop course, starting in Cosmos Park; 2. Bob Busby 49:15; 3. Dennis Stewart 52:39; 4. Paul Rice 54:16; 5. David Cooper, age 16, 54:43; . . . 7. Ben Londeree 55:43; 8. Dick Hessler 56:08. . . 14. Mark Hofius, age 16, 57:40. . . 16. Rex Frazer (1st age 40) 57:51 40 total entries, a huge field in those days.

July 28, 1973: 30 kilo run: 1. Hessler and Londeree tied with 2:00:52. . . 4. Rex Frazer 2:07:46; 5. Tom Kilburn 2:14:54, 6 others.

20 kilo walk: 1. Augie Hirt 1:45:50; 2. Larry Young 1:54:11; 3. Leonard Busen 2:04:27.

DENNIS BLOSSOM came up with a neat way to win a race--promote one to be held with your high school class reunion, first making sure that all of your classmates are indeed fat and out of shape after 25 years. Dennis was in charge of the first invitational Middle Age Super Star competition of the alumni of Holton, Kansas High School. The competition took place back in May as part of the 1954 Class reunion activities. A 3,000 meter fun run was part of the competition, but, alas, Dennis didn't win after all--he was second to one Jack Jensen who turned out not to be fat and out of shape. The competition included a football throw, some tennis, basketball and even an award to the best spectator--and Dennis didn't win any of that. So, back to the drawing board for the next reunion, what is Dennis good at???

Remember last month when we talked about how Becky Elliott had run the Famous-Barr half marathon when she was eight months pregnant? Well, she has now completed her journey, giving birth to a 7 pound boy on July 18. Congratulations to Becky and Tom--next year the youngster is not going to get a free ride.

A number of CTC have left us or are going to soon. Phil Pratt has been in California since spring. He has a job in LA with an insurance company. He lives 3 blocks from the beach and is able to run on an uninterrupted paved trail for 7 miles from Redondo to Marina Del Ray. He says the temperature rarely gets above the lower 70's with low humidity and a good breeze. In fact, the breeze keeps all the smog away so that the air is clear even when at its foulest in LA. It must be tough, Phil!

Bob Wheeler and Turk Storvick will both be leaving soon for one year leaves to VPI, Blacksburg, Va. while Whitney Hicks and family will be spending the year in Mexico. Tom and Arline Hinckley will be going to Seattle this winter, permanently. Paul Wagner and family are moving to Webster, Texas (near Houston) where Paul will be teaching philosophy of education and philosophy of science at the University of Houston. GOOD LUCK! to all of you people and be sure to tell us of your various exploits (running or otherwise) in your new locales.

Dan Halterman, who was in last year's 100 mile walk, has moved to Springfield (Taum Sauk Outfitters). He is putting on a 50 mile walk on August 4th (8:00PM to 8:00 AM) on the SMS track. The race is meant to be a tuneup for the 100nmiler. Tom LaFontaine has entry blanks, so if you are interested, get in touch with Tom. He has the entry blanks at the Exercise Physiology Laboratory in Rothwell Gym.

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

- TIME AND PLACE: 1:00 p.m., Saturday, September 22, 1979, at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 p.m., Sunday, September 23, 1979.
- ENTRY FEES: ~~\$2.00~~ ^{\$3.00} except for members of the Centurion Club of America. Entries MUST be received by 10:00 p.m., Friday, September 21. Make checks payable to Columbia Track Club.
- QUALIFICATIONS: No one under the age of 19 will be allowed to enter.
- AID: There will be plenty of water, ice, GATORADE, E.R.G., etc. Competitors may bring whatever refreshments they desire. If possible, each competitor should bring someone to be his "handler" in order to assure proper care. Dressing, shower, and restroom facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.
- AWARDS: The Larry O'Neil Trophy to the winner, then trophies for second through tenth, based on distance walked. Small plaques for those who complete at least 50 miles. AAU medals to first six finishers.
- CENTURIAN CLUB: All who complete 100 miles within 24 hours will become members of the Centurion Club of America - perhaps the most exclusive club in the Western Hemisphere.
- PRE-RACE GET-TOGETHER: A pre-race buffet and get-together of all entrants and families will be held at the Heritage House, 1010 I-70 Drive S. W. Cost will be \$5.00 per person - all you can eat and drink. We need some idea as to how many will be at the buffet, so please let us know. This will be Friday evening September 21st, at 7:00 p.m.

SANCTIONED BY MISSOURI VALLEY AAU

ENTRY BLANK

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

PRINT NAME _____ AAU NO. _____ AAU ASSOC. _____

SIGNATURE _____ BIRTH DATE ____ / ____ / ____ HT. ____ WT. ____

ADDRESS _____

Street City State Zip

Return this form to: Joe Duncan Phone Number: 314-445-2684
2980 Maple Bluff Drive
Columbia, Missouri 65201

My plans for the pre-race buffet:

_____ I definitely will attend. How many? _____

_____ I'm not sure yet. _____ I definitely will not attend.

MEMBERS OF THE CENTURION CLUB OF AMERICA

1.	J. B. GILLIE	New York City	May 10 & 11, 1878	21:00:42
2.	M. J. ENNIS	New York City	May 10 & 11, 1878 (103 mi.)	23:31:56
3.	J. SCHMIDT	New York City	May 10 & 11, 1878	23:46:15
4.	LARRY O. NEIL	Kalispell, Montana		
	1. Columbia, Mo.	Age: 60	September 23 & 24, 1967	19:24:34
	2. Columbia, Mo.	61	September 21 & 22, 1968	20:51:30
	3. Columbia, Mo.	63	September 26 & 27, 1970	20:42:42
	4. Los Angeles	63	October 30 & 31, 1970	21:49:32
	5. Columbia, Mo.	67	September 28 & 29, 1974	21:53:26
	6. Columbia, Mo.	70	October 1 & 2 1977	21:55:23
5.	JOHN ARGO	Mattawa, Ontario, Canada		
	1. Columbia, Mo.	56	September 26 & 27, 1970	23:22:50
	2. Columbia, Mo.	59	October 6 & 7, 1973	23:18:46
	3. Columbia, Mo.	62	September 25 & 26, 1976	23:43:10
6.	LARRY YOUNG	Columbia, Mo.		
	Columbia, Mo.	28	September 18 & 19, 1971	18:07:12
7.	CHRIS CLEGG	Beverly Hills, Calif.		
	Columbia, Mo.	54	September 18 & 19, 1971	22:46:14
8.	BEN KNOPPE	St. Louis, Mo.		
	Columbia, Mo.	29	September 16 & 17, 1972	22:15:05
9.	CARL McCOUN	Great Falls, Montana		
	Columbia, Mo.	25	September 16 & 17, 1972	23:52:08
10.	SHAUL LADANY	Tel Aviv, Israel		
	Columbia, Mo.	37	October 6 & 7, 1973	19:38:26
11.	CHUCK HUNTER	Longmont, Colorado		
	1. Columbia, Mo.	36	October 6 & 7, 1973	21:17:33
	2. "	37	September 28 & 29, 1974	21:14:17
	3. "	38	October 4 & 5, 1975	20:26:29
	4. "	39	September 25 & 26, 1976	20:05:50
	5. "	40	October 1 & 2, 1977	20:55:25
	6. "	41	September 23 & 24, 1978	21:23:44
12.	JOHN MARKON	Bronx, New York		
	Columbia, Mo.	44	October 6 & 7, 1973	21:57:40
13.	BOB CHAPIN	Independence, Mo.		
	1. Columbia, Mo.	42	September 28 & 29, 1974	20:09:20
	2. "	46	September 23 & 24, 1978	19:46:23
14.	DAVE LEUTHOLD	Columbia, Mo.		
	Columbia, Mo.	41	September 28 & 29, 1974	22:31:43
15.	LEONARD BUSEN	St. Louis, Mo.		
	1. Columbia, Mo.	44	September 28 & 29, 1974	23:07:27
	2. "	45	October 4 & 5, 1975	22:39:00
	3. "	46	September 25 & 26, 1976	21:49:21
	4. "	47	October 1 & 2, 1977	20:04:46
	5. "	48	September 23 & 24, 1978	19:40:20
16.	ROB SPIER	Columbia, Mo.		
	1. Columbia, Mo.	53	October 4 & 5, 1975	21:18:33
	2. "	54	September 25 & 26, 1976	22:35:01
17.	BOB GRAGG	Kansas City, Mo.		
	1. Columbia, Mo.	50	October 4 & 5, 1975	23:16:28
	2. "	51	September 25 & 26, 1976	23:37:30
	3. "	52	October 1 & 2, 1977	23:07:52
	4. "	53	September 23 & 24, 1978	23:03:42
18.	AUGIE HIRT	Columbia, Mo.		
	Columbia, Mo.	25	September 25 & 26, 1976	19:55:16
19.	JACK BLACKBURN	Springfield, Ohio		
	1. Columbia, Mo.	40	September 25 & 26, 1976	22:11:57
	2. "	41	October 1 & 2, 1977	21:18:26
	3. "	42	September 23 & 24, 1978	21:13:54
20.	PAUL HENDRICKS	San Diego, California		
	1. Columbia, Mo.	34	October 1 & 2, 1977	19:45:17
	2. "	35	September 23 & 24, 1978	19:10:37
21.	JERRY BROWN	Longmont, Colorado		
	Columbia, Mo.	35	October 1 & 2, 1977	21:59:34
22.	RICHARD MYERS	Xenia, Ohio		
	1. Columbia, Mo.	41	October 1 & 2, 1977	22:57:36
	2. "	42	September 23 & 24, 1978	21:44:26

23. ALAN PRICE	Washington, D. C.		
	Columbia, Mo.	31	September 23 & 24, 1978
			18:57:01
24. ELSIE MCGARVEY	Kalispell, Montana		
	Columbia, Mo.	49	September 23 & 24, 1978
			22:52:31
25. ALBERT VAN DYKE	Jefferson City, Mo.		
	Columbia, Mo.	53	September 23 & 24, 1978
			23:12:56
26. DAVE HUGENER	San Diego, Calif.		
	San Diego, Calif.	41	May 12 & 13, 1979
			21:30:27
27. DOUG REEVES	San Diego, Calif.		
	San Diego, Calif.	23	May 12 & 13, 1979
			23:19:50

The British had their 100 mile walk on the 23rd & 24th of June, on a ten lap course at Ewhurst, Surrey. Dry and sunny. There were 107 starters and 70+ finished inside 24 hours. CHRIS CLEGG was 56th in 23:07:51-- 32 years after he did his first century. Chris was recently elected as a Vice-President of the British Centurions as a tribute to his worldwide efforts for long-distance walking. Chris is the only person in the world who is a member of four Centurion clubs; Great Britain's, United States', Australia's and Holland's. The winner of the 1979 British race was Dave Boxall in 18:45. The British have two women Centurions, one of them, Ann Sayer, recently covered 185 kilometers in a 24 hour race in France, a world best performance for a woman. One of the British Centurions is Billy Brown (No. 12). He recently reached his 100th birthday to become the first Centenarian Centurion.

FOR IMMEDIATE RELEASE

MEXICO, Mo.---Registration opens June 1 for the second annual Mexico Ledger Metric 10,000, which will be held here Saturday, Aug. 11.

Mexico High School track coach Ron Whittaker is director of the AAU-sanctioned road race, which will begin at 9 a.m. and cover 6 miles, 378 yards through the streets of Mexico.

Plaques will be awarded to the winners in each of the following divisions: men's 18 and under, 19-31, 32-44 and 45 and over plus women's 18 and under, 19-34 and 35 and over.

Official camp crew hats will be presented to all entries. Entry fee is \$2 in advance and \$3 the day of the race.

Entries should send their name, address, age, sex, cap size and fee to Mexico Ledger Metric, Ledger Plaza, Mexico, Mo. 65265. Each entry will be mailed an information sheet, which includes the rules of the race and a map of the course.

THE ONE HUNDRED MILE WALK
1967 - 1978
Columbia, Missouri

1.	18:07:12*	Larry Young	28	Columbia	Mo.	1971
2.	18:57:01	Alan Price	31	Washington	D.C.	1978
3.	19:10:37	Paul Hendricks	35	Chula Vista	Cal.	1978
4.	19:24:34	Larry O'Neil	60	Kalispell	Mont.	1967
5.	19:38:26	Shaul Ladany	37	Tel Aviv	Israel	1973
6.	19:40:20	Leonard Busen	48	St. Louis	Mo.	1978
7.	19:45:17	Paul Hendricks	(2) 34	Chula Vista	Cal.	1977
8.	19:46:12	Bob Chapin	46	Independence	Mo.	1978
9.	19:55:16	Augie Hurt	25	Columbia	Mo.	1976
10.	20:04:46	Leonard Busen	(2) 47	St. Louis	Mo.	1977
11.	20:05:50	Chuck Hunter	39	Longmont	Colo.	1976
12.	20:09:20	Bob Chapin	(2) 42	Independence	Mo.	1974
13.	20:26:29	Chuck Hunter	(2) 38	Longmont	Colo.	1975
14.	20:42:42	Larry O'Neill	(2) 63	Kalispell	Mont.	1970
15.	20:51:30	Larry O'Neill	(3) 61	Kalispell	Mont.	1968
16.	20:55:25	Chuck Hunter	(3) 40	Longmont	Colo.	1977
17.	21:13:54	Jack Blackburn	42	Springfield	Ohio	1978
18.	21:14:17	Chuck Hunter	(4) 37	Longmont	Colo.	1974
19.	21:17:33	Chuck Hunter	(5) 36	Longmont	Colo.	1973
20.	21:18:26	Jack Blackburn	(2) 41	Springfield	Ohio	1977
21.	21:18:33	Rob Spier	53	Columbia	Mo.	1975
22.	21:12:44	Chuck Hunter	(6) 41	Longmont	Colo.	1978
23.	21:44:26	Richard Myers	42	Xenia	Ohio	1978
24.	21:49:21	Leonard Busen	(3) 46	St. Louis	Mo.	1976
25.	21:53:26	Larry O'Neil	(4) 67	Kalispell	Mont.	1974
26.	21:55:23	Larry O'Neill	(5) 70	Kalispell	Mont.	1977
27.	21:57:40	John Markon	44	Bronx	N. Y.	1973
28.	21:59:34	Jerry Brown	35	Longmont	Colo.	1977
29.	22:11:57	Jack Blackburn	(3) 40	Springfield	Ohio	1976
30.	22:15:05	Ben Knoppe	29	St. Louis	Mo.	1972
31.	22:31:43	Dave Leuthold	41	Columbia	Mo.	1974
32.	22:35:01	Rob Spier	(2) 54	Columbia	Mo.	1976
33.	22:39:00	Leonard Busen	(4) 45	St. Louis	Mo.	1975
34.	22:46:14*	Chris Clegg	54	Beverly Hills	Cal.	1971
35.	22:52:31	Elsie McGarvey	49	Kalispell	Mont.	1978
36.	22:57:36	Richard Myers	(2) 41	Xenia	Ohio	1977
37.	23:03:42	Bob Gragg	53	Liberty	Mo.	1978
38.	23:07:27	Leonard Busen	(5) 44	St. Louis	Mo.	1974
39.	23:07:52	Bob Gragg	(2) 52	Liberty	Mo.	1977
40.	23:12:56	Albert Van Dyke	53	Jefferson City	Mo.	1978
41.	23:16:28	Bob Gragg	(3) 50	Liberty	Mo.	1975
42.	23:18:46	John Argo	59	Mattawa, Ont.	Canada	1973
43.	23:22:50	John Argo	(2) 56	Mattawa, Canada		1970
44.	23:37:30	Bob Gragg	(4) 51	Liberty	Mo.	1976
45.	23:43:10	John Argo	(3) 62	Mattawa, Canada		1976
46.	23:52:08	Carl McCoun	25	Great Falls	Mont.	1972

(*) Indoors

Walkers who have completed at least 100
Kilometers, or have walked 50 miles in
less than 12 hours.

1.	95	23:45:59	Mike Rummelhart	23	Hills	Iowa	1975
2.	94	23:09:23	Larry O'Neil	71	Kalispell	Mont.	1978
3.	91½	22:25:35	Ben Knoppe	34	St. Louis	Mo.	1977
4.	90	21:09:57	Bob Chapin	45	Independence	Mo.	1977
5.	90	23:43:29	Ed Williams	46	Cape Girardeau	Mo.	1975

6.	88	19:16:45	Larry O'Neil	(2)	66	Kalispell	Mont.	1973
7.	88	19:53:30	Rob Spier		52	Columbia	Mo.	1974
8.	88	22:15:35	Bob Chapin	(2)	38	Independence	Mo.	1969
9.	85	22:10:35	Aubrey Anderson			Independence	Mo.	1969
10.	83	22:48:13	Rob Spier	(2)	50	Columbia	Mo.	1972
11.	81	21:32:50	Bob Chapin	(3)	43	Independence	Mo.	1975
12.	80	17:18:00	Rufus Reed		57	Springfield	Mass.	1975
13.	80	21:13:57	George Lundmark		57	Northglenn	Colo.	1978
14.	80	21:45:14	Bob Gragg		49	Kansas City	Mo.	1974
15.	80	23:37:25	Chris Clegg		55	Beverly Hills	Cal.	1972
16.	78 $\frac{3}{4}$	23:29:40	Carl McCoun		23	Great Falls	Mont.	1970
17.	78 $\frac{1}{2}$	24:00:00	Leonard Busen		43	St. Louis	Mo.	1973
18.	77	20:26:45	Bob Chapin	(4)	41	Independence	Mo.	1973
19.	76	23:26:14	Bob Baker		39	Tulsa	Okla.	1976
20.	75 $\frac{1}{2}$	23:44:53	Leonard Busen	(2)	42	St. Louis	Mo.	1972
21.	75 $\frac{1}{2}$	20:13:25	Dave Eidahl		31	Richland	Iowa	1972
22.	75	16:39:00	Chris Clegg	(2)	59	Beverly Hills	Ca.	1976
23.	75	17:35:26	Kathy Keller		30	El Cajon	Cal.	1978
24.	75	18:31:00	Dave Leuthold		40	Columbia	Mo.	1973
25.	75	19:35:10	Stan Smith		25	Des Moines	Iowa	1973
26.	75	19:50:45	Carl McCoun	(2)	27	Great Falls	Mont.	1974
27.	75	20:52:00	John Markon		43	Bronx	N.Y.	1972
28.	75	21:23:50	Al Schrik		22	Independence	Mo.	1973
29.	73	22:36:38	Larry O'Neil	(3)	62	Kalispell	Mont.	1969
30.	72 $\frac{1}{4}$	21:56:43	Bob Chapin	(5)	39	Independence	Mo.	1970
31.	72	20:36:00	Dave Eidahl	(2)	30	Richland	Iowa	1971
32.	72	21:58:45	Stan Smith	(2)	27	Des Moines	Iowa	1975
33.	71	17:36:28	George Lundmark	(2)	54	Northglenn	Colo.	1975
34.	71	18:41:38	Dale Sutton		38	San Diego	Cal.	1978
35.	70 $\frac{3}{4}$	20:29:30	Aubrey Anderson	(2)		Independence	Mo.	1970
36.	70 $\frac{1}{2}$	12:13:28	Larry Young		31	Columbia	Mo.	1974
37.	70 $\frac{1}{4}$	21:44:20	Chris Clegg	(3)	62	Beverly Hills	Cal.	1978
38.	70	18:30:00	Bob Chapin	(6)	39	Independence	Mo.	1971
39.	70	18:59:58	Ray Purdy		24	Nashville	Tenn.	1978
40.	70	20:18:06	Gerard Herrman		34	San Diego	Cal.	1978
41.	70	21:50:45	Dave Leuthold	(2)	42	Columbia	Mo.	1975
42.	70	22:23:15	Dave Eidahl	(3)	29	Richland	Iowa	1969
43.	70	23:25:52	William Taft		61	Columbia	Mo.	1977
44.	67	16:14:30	Bryon Overton		25	Los Angeles	Cal.	1968
45.	66	21:03:50	Bob Gragg	(2)	48	Kansas City	Mo.	1973
46.	64 $\frac{1}{2}$	13:37:37	Larry O'Neil	(4)	69	Kalispell	Mont.	1976
47.	64 $\frac{1}{2}$	15:54:40	Bob Young		47	Sibley	Mo.	1967
48.	64 $\frac{1}{4}$	23:57:59	Dave Leuthold	(3)	37	Columbia	Mo.	1970
49.	64	13:37:40	Randy Mimm		24	Columbia	Mo.	1978
50.	63	14:23:45	Ben Knoppe	(2)	33	St. Louis	Mo.	1976
51.	63	22:18:30	Joel Dickinson			Columbia	Mo.	1969
52.	100-K	11:16:19	Augie Hirt		24	Columbia	Mo.	1975
53.	100-K	12:08:09	Jerry Young		18	St. Louis	Mo.	1975
54.	100-K	15:18:37	Ray Purdy		21	Columbia	Mo.	1975
55.	100-K	15:36:10	Mike Richey		29	Cape Girardeau	Mo.	1975
56.	100-K	16:39:10	Joyce Schulte		31	Columbia	Mo.	1974
57.	100-K	16:45:26	Dale Sutton	(2)	38	San Diego	Cal.	1977
58.	100-K	20:43:10	Rob Spier	(3)	56	Columbia	Mo.	1978
59.	100-K	22:59:29	William Taft	(2)	60	Columbia	Mo.	1976
60.	60	13:02:58	Chris Knotts			Springfield	Ohio	1978
61.	50	9:17:45	Jerry Young	(2)	20	St. Louis	Mo.	1977
62.	50	9:49:20	Chris Amoroso			Longmont	Colo.	1977
63.	50	9:58:00	Bob Chapin	(7)	44	Independence	Mo.	1976
64.	50	10:01:03	Ben Knoppe	(3)	30	St. Louis	Mo.	1973
65.	50	10:13:17	Randy Mimm	(2)	22	Columbia	Mo.	1976
66.	50	10:17:18	Augie Hirt	(2)	22	Columbia	Mo.	1973
67.	50	10:17:30	Albert Van Dyke		52	Jefferson City	Mo.	1977
68.	50	10:19:45	Ben Knoppe	(4)	31	St. Louis	Mo.	1974
69.	50	10:36:27	Rufus Reed	(2)	58	Springfield	Mass.	1976
70.	50	10:38:00	Shaul Ladany		31	Tel Aviv	Israel	1967

71.	50	10:54:15	Randy Mimm (3)	21	Columbia	Mo.	1975
72.	50	10:56:00	Mac Pullen	34	Columbia	Mo.	1977
73.	50	10:58:36	Tim Blackburn	17	Springfield	Ohio	1977
74.	50	11:01:30	Larry O'Neil (5)	64	Kalispell	Mont.	1971
75.	50	11:04:41	Larry O'Neil (6)	68	Kalispell	Mont.	1975
76.	50	11:07:55	George Lattarulo	30	Brooklyn	N.Y.	1978
77.	50	11:24:01	Steve Nelson	18	Leawood	Kans.	1970
78.	50	11:26:00	Stan Smith (3)	24	Des Moines	Iowa	1972
79.	50	11:31:40	Jim Breitenbucher	22	Keokuk	Iowa	1975
80.	50	11:34:48	Clair Duckham	70	Dayton	Ohio	1976
81.	50	11:35:03	Al Schrik (2)	23	Independence	Mo.	1974
82.	50	11:41:30	Larry Aviles	22	Ft. Riley	Kans.	1977
83.	50	11:44:51	Bruce Etherton	38	Breckenridge	Mo.	1978
84.	50	11:45:30	Bob Young (2)	48	Sibley	Mo.	1968
85.	50	11:47:26	Danny Halterman	33	Columbia	Mo.	1978
86.	50	11:50:07	Jim Breitenbucher(2)	21	Keokuk	Iowa	1974
87.	50	11:50:22	Ray Chapin	19	Independence	Mo.	1976
88.	50	11:53:15	Ben Knoppe (5)	28	St. Louis	Mo.	1971
89.	50	11:56:00	Roman Sage	38	Jefferson City	Mo.	1971
90.	50	11:59:45	Henry Bent	77	Columbia	Mo.	1978

MISSOURI VALLEY AAU AND OPEN 30 KILO WALK
1979 ENTRY BLANK

TIME: Sunday, August 12, 1979, 6:30 a.m.

PLACE: Columbia, Missouri. Meet at the west parking lot of the MFA Insurance Company building at 1817 West Broadway.

THE COURSE: Each lap is a little over one mile around, basically flat.

ENTRY FEE: \$2.00 - make checks payable to Columbia Track Club.

AWARDS: Trophies to first 6 finishers, trophy to first age 40 and 49 and over 50. MVAAU medals to first 3 MVAAU finishers.

RECORDS: MVAAU Record: 2:25.26, Larry Young, October 26, 1975.

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.

PRINT NAME: _____ AAU NO. _____

SIGNATURE: _____ BIRTH DATE ____/____/____

ADDRESS: _____ ZIP _____

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

NAME: _____

ADDRESS _____ ZIP _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States.

THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

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

SCHEDULE OF EVENTS:

- AUGUST 4 Saturday 6:30 AM 30 kilometer run (20 kilo for women and age 15 & under), 20 kilo walk Hilton Inn course
- 5 Sunday 7:00 AM C. W. Flower 10,000 Meter-Sedalia Classic
Many age divisions, lots of awards Sedalia, Mo.
- 5 " 7:00 AM Dannon Yogurt 15 kilometer run Meramec
Community College Kirkwood, Mo.
- 11 Saturday 8:00 AM FUN RUNS Research Park
- 12 Sunday 6:30 AM MVAAU 30 KILOMETER WALK MFA Course
- 12 " 6:15 PM 6th Annual Cross Country Kickoff 3 miles
Belleville East (Ill.) High School
- 18 Saturday 8:00 AM Great Sandbagger 10,000 meter handicap run-
walk Hilton Inn Course. Swim and picnic
afterwards at Lakeshore Estates (shelter house
at the end of Bourn Ave.). Each family is to
bring one meat dish and one vegetable, salad OR
dessert. Soft drinks (and beer, I think) will
be provided by d Sport Shop (Dick Ditter, proprie-
tor). Runners coming alone without family and
food are to pay \$2.00. Bring lawn chairs, eat
about 11:30.
- 18 " ? Schlitz Light National Running Series Race
Ten Miles someplace in Kansas City.
- 25 " 8:00 AM FUN RUNS Research Park
- SEPTEMBER 3 Monday 6:00 AM 20th ANNUAL HEART OF AMERICA MARATHON
- 9 Sunday 1:00 PM A CTC sponsored 5,000 meter run to raise money
for the Rock Bridge HS Stadium Fund. \$5.00
entry fee with proceeds going for the stadium
project, which will include an eight lane track.
This is a facility which, no doubt, will be used
by CTC. Awards will be of the merchandise type
(gift certificates). Also t-shirts.. If any of
you have contacts with any Columbia merchants,
please see if you can have them contribute
something as awards. But, first you should clear
any such solicitation with Dick Hessler or Olen
Brown to avoid duplication of contacts.

Columbia track club
2980 Maple Bluff Dr.
Columbia, Mo. 65201

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