

TRACK CLUB

NEWSLETTER Vol. XI, No. 6 June 25, 1979

RANDY MIMM WINS MVAAU 15 KILOMETER WALK June 2, 1979:

	Two mile Splits:	2	4	6	8	FINAL	Seconds off DT
1. Randy Mimm	16:06	32:43	49:24	1:05:49	1:16:46	106	
2. Randy Bakewell	19:35	39:03	58:52	1:18:38	1:31:45	105	
3. Gordon Wallace 69	19:18	39:35	59:55	1:20:29	1:33:42		
4. Jim Wass	19:23	39:27	59:52	1:21:05	1:35:29	149	
5. Charles Lakaytis	20:08	42:14	1:04:58	1:29:15	1:44:46		
6. William Tafft 62	24:01	47:45	1:11:42	1:35:45	1:51:08	292	
7. Henry Bent 78	24:01	48:25	1:14:06	1:40:29	1:57:41	199	
8. Joyce Schulte	28:09	3 miles in 40:19--start of a comeback					

Low 60's, cloudy, with the sun not shining through until Dean Bent's last lap. Not a bad day for walking, as witness the several PB's Wallace, Taft and Bent and Wass for every mile over four. In fact, I think Randy Mimm had a PB, or at least close to it. The big story, though, was the performance of 69-year-old Gordon Wallace of Prescott, Arizona who stopped by on his way back home from Cincinnati (and Chicago where he walked in the two Memorial Day Weekend 10,000 meter walks). Wallace began walking two years ago after triple bypass coronary surgery. He tried swimming and jogging, but didn't really care for either one, so he tried race-walking and became hooked. On May 6th, Wallace set an American record for 15 kilo for the age 65-69 age group on a road course, that mark being 1:35:21. Today he lowered that record by almost two minutes.

LAWSON HOWELL AND RANDY STARR WIN THE TWO PERSON FIVE MILE RELAY

Mile Splits		1 3	2 4	Total team time	Individual time	average seconds/440
1.	Lawson Howell	5:05	10:20		14:02	84.2
	Randy Starr	15:51	21:27	26:49	12:47	76.7
2.	Ken Atwell	5:10	10:29		13:55	83.5
	Wesley Paul 10	16:02	21:35	26:55	13:00	78.0
3.	David Stock	4:59	10:23		15:41	94.1
	Kevin Stock	16:09	21:55	27:08	11:27	68.7
4.	David Hicks 15	5:20	10:52		15:29	92.9
	Ben Londeree 44	16:20	21:59	27:16	11:47	70.7
5.	Russell Kurth	5:37	11:10		14:36	87.6
	Ron Belyea	16:43	22:29	27:55	13:19	79.9
6.	Annette LaFontaine	5:18	10:59		16:03	96.3
	Tom LaFontaine	16:42	22:31	28:08	12:05	72.5
7.	Phyllis Lammy	5:29	11:20		16:02	96.2
	Bob McDavid	17:16	23:23	29:18	13:16	79.6
8.	Ruthann Baker	5:28	11:43		18:03	105.0
	Tom Elliott	18:03	24:25	30:37	13:07	78.7
9.	Barbara Brown	5:54	12:08		18:49	112.9
	Olen Brown	18:46	25:13	31:26	12:37	75.7
10.	Donna Forrest	5:51	12:27		19:55	119.5
	Joe Marks	19:10	26:00	32:23	12:28	74.8
11.	Alice Kruse	7:44	16:20		25:46	154.6
	Norris Kruse	25:07	33:21	41:18	15:32	93.2

Upper 70's, but cloudy with a gentle breeze. Ken Atwell took his team to an early lead, but Kevin Stock (who had the day's best average per lap) put his team ahead after each of his first 4 or 5 laps. But then the team of Howell and Starr took command with some pretty consistent pacing. Howell is from Russellville while Starr hails from Jeff City. The brother-brother team of Stock and Stock, from California, Mo. (Jim Schutt recruits) set the only record of the day, beating the previous brother-brother record of 30:19 set by Bryan and David Marks. The LaFontaines won the Husband-Wife award, while Lammy-McDavid got the male-female title and Brown-Brown the father-daughter award.

MANY, MANY THANKS to McDonald's for furnishing the first place awards--a Big Mac and fries to each of the winners.

The Kruse-Kruse team got the award for the closest to their predicted time, missing by 22 seconds.

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

- June 2, 1973: Great Sandbagger Six Mile Handicap Race: 1. Rob Spier (2nd year in a row for Rob to win this race) walked in 1:17:37. Dennis Stewart had the fastest elapsed time of the day, 33:04 with Ben Londeree at 36:36, Mike Chippendale at 37:06, Rex Frazer at 37:40 just edging Tom Kilburn at 37:43.
- June 9, 1973: Four Mile Relay: 1. Chippendale, Londeree, Kilburn & Stewart 19:10 beat Bruce Fleming, Don Granberg Steve Beck and Tom Hoft and a Ft. Leonard Wood team which included Rex Frazer and a 5:23 Pb for him at that time. Two other teams were way back.
- June 16, 1973: MVAAU One Hour Run: 1. Fred Binggeli 11 miles, 155 yards which established a MVAAU record, 2. Dennis Stewart 10-585. . . 5. Ben Londeree 10-27, . . . 8. Mike Chippendale 9-1190. . . 11. Rex Frazer 9-572 (first 40 & over) and 23 others.
- June 23, 1973: 2 man-10 mile relay (it was 10 miles before we decided to make it more of a fun event and changed it to five miles) 1. Tim Elliott-Rick Brasiola, School of the Ozarks, 47:26 (70.9 & 71.4 440 averages), 2. Tom Hoft-Charlie Evans 48:53 (Evans had a 69.7 average, the best of the day), Another School of the Ozarks team had 49:10, then came Tom Kilburn and Ben Londeree at 49:26 (75.7 & 72.3). Fifth was a Jefferson City team consisting of 13 year old Bryce Allmon (who later went on to several State High School Championships) and 16 year old David Cooper in 50:45 (78.8 & 73.4) and then there were 12 other assorted teams.

AND NOW A LOOK AT THE HERBES AND HEROINES OF TODAY:

AMY JOHNS won her first really big road race on May 26th, winning the women's part of the Wheeling, W. Va. 20 kilometer run with an excellent time of 1:13:08. I'm sure there are better 20 kilo times for women, but in all the lists I have I don't find a better time for any women. Anyway, Amy won by a solid two minutes over a Canadian runner and some other better known women runners. Bill Rodgers won the men's race with a time of 1:01:10 on an extremely hilly course. Amy had the opportunity to talk to Rodgers quite a bit, since they shared the victory stand. Amy reports that Rodgers is really a fine person, very helpful, willing to talk, etc.

Then on June 15th AMY ran in the women's 10,000 meter run in the National AAU Championships, Walnut, Calif. Amy, no doubt, is disappointed in her final time of 36:45 and 14th place finish. However, this was her first competition at this level and the experience must have been invaluable. Her main problem in the race was a too fast pace at the outset, since she turned the first mile in 5:19 (third place at that point) and was 10:58 at two miles (a two mile PB). The race was won by another recent high school graduate, Mary Shea of Raleigh, N. C. who posted a 32:52, the third fastest 10,000 meter ever run by a women

In that same meet, on the same day, RANDY MIMM finished 7th in the 50 kilometer walk in what he termed the worst conditions he has ever walked in. It was 60 degrees at the 7:00 AM start. That was ok, but the temperature in the shade quickly got up into the mid 80's and was up to 112 in the sun, and all of the walking was in the sun. Randy's time was 4:44:20 which would have to rank with one of his better performances. AUGIE HIRT finished 4th in 4:32:39. The winner ~~WIKKKE~~ was Colorado TC's Marco Evoniuk who had an outstanding 4:10:33, the second fastest time by an American, bettered only by Larry Young's Munich time of 4:00:23. There were only 10 finishers, with another 10 or so being claimed by the heat.

In the Natural Lite 10 kilo run, Sedalia, Mo., May 5th, REX POWER, finished 2nd at 33:34.6, behind the winning time of 32:43.1 posted by Chris Fletcher. JIM SCHUTT had 37:34.7 to finish 9th overall (out of 115) and first age 40 & over (in fact, he beat all the 30 year olds, too).. LARRY THORNBURG was 14th at 38:26.1. The course was a really tough one, quite hilly.

BRUCE MAXEY ran in the Lincoln, Nebr. marathon on May 13th, collecting a PB of 2:53:35, a PB by 9 minutes, although he was shooting for a 2:45. The race was won by Dan Cloeter in 2:16+. Bruce strongly recommends this race, a good course and a well-organized event.

NOTICE: CTC members should begin saving one gallon plastic milk containers for use at the aid stations for the marathon. Along about the last week of August we will give out packages of ERG & Body Punch for you to mix.

ELAPSED TIME STANDINGS:

Open--Runners

1. Londeree	293.5	19. M. Kruse	83
2. Yunker	277.5	20. Johnson	80
3. Maxey	273	21. Dixon	78.5
4. Hessler	264	22. Tom DeCoster	70.5
5. Brown	239	23. Chippendale	60
6. Marks	211	24. Thornburg	53
7. Lewis	197	25. Martin	53
8. Palks	186.5	26. Herbert	49
9. Bellows	176	27. Holt	47
10. LaFontaine	130	28. Walker	46
11. Hellie	115.5	29. Schutt	46
12. Storvick	108	30. Ekvall	40
13. Stewart	102	31. Lairmore	36
14. Guscar	102	32. Walter	35
15. Granberg	90	33. Brace	32
16. Mittelhauser	88	34. Shegoski	31
17. Duncan	86.5	35. W. Hicks	31
18. Hinkamp	84	36. Wallace	31

Age 15 & under:

37. Hemphill	30	1. M. Gibson	42
38. Neviackas	29	2. J. Gibson	42
39. Renner	26	3. A. Hessler	22
40. Rosso	26	4. T. Gibson	16
41. Vaillancourt	25	5. W. Paul	16
42. Childs	23	6. J. Blossom	15
43. Schottman	23	7. P. Hessler	11
44. Tim DeCoster	22	8. S. Gibson	11
45. T. McMullen	21	9. N. Wagner	9
46. Curry	21	10. D. Hicks	9

WOMEN

48. Turner	20	1. A. Hessler	27
49. Pastoret	20	2. A. Johns	19
50. Sewell	18	3. Annette	18
51. Pratt	18	4. G. Moe	10
52. Wampler	18	5. N. Wagner	10
53. Mountjoy	17	6. P. Butler	6
54. Moe	16		

Age 40 & over:

1. Londeree	120	6. Duncan	39.5
2. Brown	102.5	7. Johnson	38
3. Marks	89.5	8. Martin	24
4. Lewis	82	9. Hicks	21
5. Storvick	51	10. Schutt	17

WALKERS

1. Mimm	77	1. Spier	33
2. Wass	39	2. Taft	23.5
3. Spier	36	3. Busen	21
4. Busen	27	4. Bent	10.5
6. Taft	24.5	5. Van Dyke	10
5. Bakewell	26		
7. Van Dyke	12		
8. Bent	11.5		
9. Lakaytis	7		

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 6/16/79

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. W. TAFT	12	2.00	22. N. WAGNER	5	4.13
5. B. MAXEY	13	1.17	14. D. BELLWS	9	2.06	23. T. GIBSON	5	4.27
6. J. MARKS	11	1.31	15. T. DECOSTER	6	2.06	24. R. MIMM	9	5.16
7. J. YUNKER	10	1.53	16. W. HICKS	7	2.18	25. M. GIBSON	5	7.98
8. J. WASS	9	1.59	17. R. SPIER	11	2.23			
9. T. STORVICK	10	1.75	18. H. BENT	9	2.39			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 06/16/79

1. D. JOHNSON	5	3.04	3. R. MIMM	8	2.92	5. J. DUNCAN	14	1.00
2. J. MARKS	10	2.96	4. O. BROWN	17	2.79	6. B. LONDEREE	16	-0.94

Here's a report on that humid, hilly, 13-miler in Kansas City called HOSPITAL HILL RUN. CTC members and friends did quite well. DON JOHNSON and TURK STORVICK finished 1-2 in the 50-59 Div. (1:26:06 & 1:28:17). Other names of note following Chris Stewart's 1:05:14 and Tina Gandy's 1:22:03 included BOB BUSBY, 4th overall, 1:07:31; DOUG CLARK, 6th overall, 1:08:25; BILL FOX, 4th in 30-39 with 1:14:07; WESLEY PAUL who (as usual) won his age division in 1:23:25, tying with old JOE MARKS who was 8th in 40-49 group; DICK MARTIN, 12th in his age group (40-49) with 1:25:10; PETER FRITSCH, who finished 5th in 13-and-under-group with 1:45:15 (Peter's mom and dad were in 7.7-miler with times of 1:00:10 for FRED and 1:14:17 for NANCY); BOB SCHOTTMAN, 1:31 (son STEVE toured the 7.7-miler in 1:00:39); DICK HESSLER, 1:17:21 (15th in his age division and 65th overall); TOM ECKVALL, 1:32:47 (398th); JON PALKS, 1:21:28 (118th); TOM HELLIE, 1:25:25 (186th), DRU DIXON, 1:25:14 (185th), RUTH ANN BAKER, 2:01:00; MARY ANN SLIVINSKY, 2:00:07; ROSE WARD, 2:12; JAY WARD, 1:33; CARL OW CZARZAK who was 23rd in 30-39 division (time?); and probably others. If we missed you, let Joe Duncan know for next newsletter.

Well, Ken Atwell, for one was there--around 15th in the 40-49 group at 1:26+.

SUNRISE SCRAMBLE, 13.1-mile run in St. Louis, Sun., June 3, involved 5.8 Columbians. Yes, 5.8. They included RUTH ANN BAKER (2:08:11), TOM ELLIOTT (1:30:06), BECKY ELLIOTT (2:12), BOB McDAVID (1:29:52), and SUZANNE McDAVID (2:15). The .8 involves Becky who was 8 weeks from giving birth at the time. Bob McDavid is her Ob/Gyn. All went well until last 1/2 mile when Becky got cramps and panicked a bit. After a 4-minute rest, though, the cramps went away and Becky and the future Elliott finished the race. (Stay tuned to this newsletter for more complete identification of this brand new CTC member.)

Here's an update on how Columbia people fared in the Junior Olympics since the Boone County preliminary meet:

The Missouri Valley Eastern Region (Mo.) Championships May 26 Columbia:

GIRLS

BANTAM (8-9): 50 Yd. dash: 1. Kim Hellebusch 8.05, 3. Amy McDonald 8.39. 220: 1. Heather Schottman 37.14, 2. Debby Nelson 37.71, 3. Kim Hellebusch 38.42. 440: 2. Debby Nelson 1:28.42. 880: 1. Heather Schottman 3:15.1, 2. Nicole Wagner 3:19.8. Mile Run: 1. Nicole Wagner 7:03.6. Baseball Throw: 1. Robin Wilcox 59' 9". Long Jump: 2. Valerie Manahan 9' 6½", Amy McDonald 8' 11". High Jump: Valerie Manahan 3' 1", 2. Heather Schottman 2' 10"

MIDGET (10-11): 50 yd dash: 1. Mia Jones 7.25, 2. Laura Dye 7.50, 3. Xuan Nyugen 7.74. 100 yd dash: 1. Laurie Cox 14.38, 2. Mara Judy 14.50, 3. Miriam Khalil 14.51. 220: 1. Mia Jones 32.1, 2. Mara Judy & Franchel Bennett 32.25. 440: 1. Angela Ballenger 1:17, 3. Miriam Khalil 1:20.5. Mile Run: 1. Carm Modica 6:53. 440 Relay: 1. Allisa Griffith, Franchel Bennett, Mia Jones, Carm Modica 1:02:04. Baseball Throw: 1. Angela Ballenger 119' 5", 2. Kerry Saums 111' 9", 3. Laurie Cox 98' 1". Long Jump: 1. Laura Dye 13' 5", 2. Xuan Nyugen 12' 9¼". Triple Jump: 1. Carrie Leech 18' ½". High Jump: 1. Laura Dye 4' 0", 2. Mary Sara Gordon 3' 10".

JUNIOR: (12-13): 80 meter LH: 2. Brenda Rutter 15.50, 3. Sheila Stalling 15.68. 100 yd dash: 3. Lisa Kurth 13.50. 440: 1. Kris Metter 66.0. 880: 2. Cheri Mitchell 2:41.9. Mile Run: 3. Vivian Ganaway 6:05.8. Mile Walk: 1. Amy Hessler 9:51.4, 2. Karen Howard 10:56.5, 3. Laura Vaughan 11:24.7. 440 Relay: 2. Andrea Frazer, Neressa McKinney, Kim Sheets, Kim Porter 1:00.3. Long Jump: 1. Sheila Stalling 14' 10¼". Triple Jump: Courtney Gray 25' 3". High Jump: Kim Sheets 4' 8", 3. Laura Vaughan 4' 2". Shot Put: 2. Lisa Kurth 29' 9¼". Discus: 1. Brenda Rutter 77' 8", 3. Carol Buchner 59' 0".

INTERMEDIATE (14-15): 100 yd dash: Jenny Oldweiler 12.22, 2. Trina Linzie 12.74, 3. Carla Ford 13.11. 220: 1. Jenny Oldweiler 28.36, 2. Carla Ford 29.30. 440: 1. Carla Ford 1:08.7, 2. Julianne Rainbolt 1:09.24. 880: 1. Jane Kernell 2:41.7, 3. Karen Buchner 2:56.0. Mile Run: 1. Jane Kernell 5:47.0. 440 Relay: 1. Susan Dunkerly, Melanie Combs, Jenny Oldweiler, Karen Buchner 56.07. 880 Medley Relay: 1. Melanie Combs, Julianne Rainbolt, Trish McGarraugh, Jane Kernell 2:05.0. Long Jump: 1. Trina Linzie 15' 11", 3. Melanie Combs 15' 1½". Triple Jump: 1. Karen Buchner 30' 10". High Jump: 1. Susan Dunkerly 5' 0". Shot Put: 1. Nancy Rea 33' 9¼", 2. Debbie Gerke 28' 4½". Discus: 1. Debbie Gerke 82' 2".

SENIOR: (16-17): 100 yd dash: 1. Toni Bunch 12.27, 220: 1. Toni Bunch 27.1. Long Jump: 2. Toni Bunch 16' 7 3/4". High Jump: 1. Linda Ankeny 4' 4".

BOYS

BANTAM: 50 yd dash: 2. Leron Monroe 7.46, 3. Doug Walden 7.73. 220: 1. Leron Monroe 33.77, 3. Doug Walden 34.02. 440: 3. Ricky Odor 1:18.6. 880: 1. Kevin Schroeder 2:50.8, 3. Peter Hessler 2:57.9. Mile Run: 1. Wesley Paul 5:29.8, 2. Peter Hessler 6:10.1, 3. Tim Gibson 6:27.4. 880 walk: 1. Jay Sowash 5:32.4, 2. Leo Gordon 5:57.9, 3. Bob Perry 6:02.8. Mile Walk: 1. Jay Sowash 10:58.4, 2. Jeff Sowash 11:54. High Jump: 1. Kevin Schroeder 3' 10", 3. Shawn Daniel 2' 8". Shot Put: 1. Charles Atwell 20' 6", 2. Andrew York 19' 1", 3. Tim Pingleton 17' 10½"

Mo. Eastern Region Junior Olympics results continued. . .

BOYS

MIDGET: 50 yd LH: 1. Rob Odor 9.15, 2. John Eibert 9.24. 50 yd dash: 2. Mark Lindall 7.23. 100 yd dash: 2. Mark Adler 14.30. 440: 2. Steve Gibson 1:10.7, 3. Paul Rystrom 1:13.5. 880: 1. Steve Gibson 2:37.4, 2. Russell Kurth 2:48.5. Mile Run: 1. Steve Gibson 5:45, 2. Russell Kurth 5:58.6, 3. Jason Shear 6:05.9. Mile Walk: 1. Brian Voth 11:04.2. Long Jump: 1. Kevin Honeycutt 13' 6½", 2. Rob Odor 13' 2". High Jump: 1. Jeff Byler 3' 8", 2. Todd Schapira & Greg Powell 3' 4". Shot Put: 1. Paul Rystrom 27' 8".

JUNIOR: 70 yd LH: 1. Rusty Crane 9.88, 2. James Nichols 10.89. 100 yd dash: 1. Rusty Crane 11.42, 3. Scott Williams 11.83. 220: 2. Scott Williams 26.67, 3. Tim Kamp 26.68. 440: 1. Tim Kamp 57.77, 3. Troy Thompson 61.51. 880: 1. Matt Gibson 2:23. 2. Dan Nelson 2:29.1, 3. Andy Williams 2:38.7. Mile Run: 1. Dan Nelson 5:13.5, 3. Matt Gibson 5:18.6. Mile Walk: 1. Matt Gibson 9:40.9, 2. David Wilcox 10:46.7. 2 mile walk: Vonn Walter 21:01.9. 440 Relay: 1. James Nichols, Tony Tapp, Lee Williams, Rusty Crane 51.71, 2. Scott Williams, Craig Walden, Joe Warren, James Hickem 53.51. 880 medley relay: 2. Burgett, Petty, Simmons, Thompson 2:00.1. Tripel Jump: 1. Brad Sloan 31' 1 3/4", 2. David Wilcox 30' 1". Shot Put: 2. Barry Nichols 42' ¼". Discus: 1. Barry Nichols 146', 3. Randy Ray 123' 5". Pole Vault: 2. Brent Gibson 8' 0", 3. Tim Mordica 7' 6".

INTERMEDIATE: 120 yd HH: 1. Mark Wright 17.46, 2. John Frerking 17.68. 400 meter IH: 1. Darron Pinet 1:08.31, 2. Craig Snethen 1:08.32, 3. Tim Jackman 1:08.67. 100 yd dash: 2. Brad Wilkins 11.36. 440: 3. Mark Prior 59.47. 880: 3. Jay Blossom 2:21.7. Mile Run: 3. Jay Blossom 5:13.5. Mile Walk: 2. Edward Scavone 11:32. 2 mile walk: 1. Jim Gibson 19:52.7, 3. Ed Scavone 24:02.2. 440 relay: 1. Darrell Kemp, Chuck Kelly, Albert Stapelton, Keith Hill 48.2, 2. Bill Calvert, Dave Hayden, Wayne Rucker, Rolando Tobar 48.9. 880 relay: 1. Chuck Kelly, Mike Meldahl, Gerald Pegg, Albert Stapelton 1:39.2. Mile relay: 1. Meldahl, Bill Calvert, Hayden, Richard Smith 3:56.3, 2. Blossom, Phillips, Snethen, Grebing 4:27.6. Triple Jump: 3. Keith Hill 38' 7". High Jump: 3. Ron Vandiver 5' 10". Shot Put: 1. Vince Buckner 43' 7", 2. Stan Atwell 43' 7". Discus: 2. Tony Bolton 106' 7". Pole Vault: 1. John Frerking 10' 0", 2. Kevin Harvey 8' 6", 3. Rob Hollinger 8' 6".

There were some 350 youngsters in this meet, Fred Kolkhorst, Director. Then came the State Meet (the western part of Mo.) at Blue Springs on June 9; Nicole Wagner set a State age group record with a 6:33.9 mile, Jay Sowash won the mile walk in 10:19.9 and was 2nd in the 880 walk. Kevin Schroeder won the high jump with 3' 10". Matt Gibson won the mile walk in 9:18.7, Tim Kamp the 440 in 55.7 and Barry Nichols the discus with 134' 7". In the June 16th MVAAU meet at Lawrence, Kansas the competition was really tough, but Jay Sowash got a second in both the 880 & mile walks with 4:53.1 & 10:16.3. Matt Gibson was 3rd in the mile walk with 9:31.1 and Jim Gibson 3rd in the two mile walk at 20:10.9.

The Chisholm Trail 10,000 meter run (maybe .1 mile too long), Sedalia June 16th: Winner: Steve Fisher 31:30 with Jeff Mittelhauser not too far behind. BRUCE MAXEY 13th with 37:35, JIM SCHUTT 1st age 40, 18th overall, 38:00, JOE MARKS 2nd & 19th with 38:09 and DICK MARTIN AND KEN ATWELL taking 3rd & 4th, age 40 for a clean CTC sweep. JON PALKS was at 38:40 or so, TOM HELLIE around 39:00, JOHN HEMPHILL 15th at 37:38 and WESLEY PAUL gave Joe Marks all he could handle, but Joe graciously let Wesley drag him over the finish line for an intentional tie. By the way "Chisholm" trail is a misnomer. The Chisholm trail was one of those famous cattle driving trails of the old West, but it terminated in Abilene, Kansas, not Sedalia. It was the Shawnee trail which went to Sedalia and it actually predated the Chisholm by some 20 years.

JON PALKS & TOM HELLIE ran in the 6.8 mile Big Brother-Big Sister run on May 26, Topeka, Kansas, Jon finishing 4th in 41:56 and Tom 12th at 45:30. Essentially the race involved running down Burnett's Mound and then returning to the top--one and a half miles almost straight up.

Two more races for the Schedule: Kellwood Classic 4 mile run, July 4 8:45 AM, Maryville College campus, St. Louis. \$5.00 entry, T-shirts, Etc.

Missouri River 10,000 meter run, July 15, 7:30 AM Marathon Sports, 1999 Chesterfield Shopping Plaza, Woodsmill Rd & Olive. \$1.50 entry before July 7. Jerry Kokesh's race.

ROAD RUNNERS CLUB OF AMERICA
1979 NATIONAL POSTAL MEET OF MILES
COLUMBIA, MISSOURI SECTION

DATE: Saturday, July 7, 1979

TIME: 8:00 a.m., starting with oldest age group; (50 & over)
separate heats for each age group, each sex, unless number
of entrants does not justify a separate heat for a particular
group.

PLACE: Columbia, Missouri, Hickman High School Track

ENTRIES: No entry fee is required. No pre-registration is necessary.
Simply come, prepared to run.

AGE GROUPS: 7 and under; 8-9, 10-11, 12-13, 14-15, 16-19, 20-29,
30-39, 40-49, 50-59, 60-over. Male and female in
separate groups.

AWARDS: HARDEE'S FAMILY RESTAURANT, 608 Business Loop 70 W, will
give certificates to the first 3 places, each group (a pos-
sible 66 awards) as follows:

First Place: A HARDEE'S Big Roast Beef Sandwich,
regular fries, regular Roast Beef sand-
wich and medium soft drink.

Second Place: A regular Roast Beef Sandwich, medium soft
drink; a Deluxe Huskee, small drink.

Third Place: A Hardee's Regular Roast Beef Sandwich.

TEAMS: Cumulative time totals of the top 3 Columbia Track Club runners,
each age group, each sex, will be scored. If any other clubs
are present, they, too, will be scored.

RESULTS: Participants will be competing with thousands of other runners
throughout the world. Both individual and team results will
be sent to Ken Young, University of Arizona, Tuscon, Arizona,
who will co-ordinate the results which will then be sent to
most of the national running publications.

SPONSORS: HARDEE'S FAMILY RESTAURANT, Business Loop 70 West
COLUMBIA PARKS AND RECREATION DEPARTMENT
COLUMBIA TRACK CLUB

LABOR DAY, SEPTEMBER 3, 1979, COLUMBIA, MISSOURI - Sanctioned by the Missouri Valley AAU

STARTING TIME: 6:00 a.m., CDT, be at Guitar Community Center by 5:30 a.m., unless you already have your number. If so, you can go directly to the starting line.

ELIGIBILITY: Race is open to any registered amateur athlete in the world.

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

ENTRY DEADLINE: Post entries will be accepted, but earlier entries will be appreciated. For instance, no later than September 1st.

MEDICAL CERTIFICATE: No formal medical certificate will be required, however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.

PRE-RACE MEETING: Sunday, September 2nd, numbers will be handed out between 5:00 p.m. and 6:00 p.m. at the Guitar Community Center.

AID STATIONS: Aid cars tour the course continually. Aid stations are about every two miles and remain open until the last person is past.

HEADQUARTERS: Race headquarters will be the Guitar Community Center, Number 2 Guitar Street, just east of the finish line at 7th and Broadway, downtown Columbia.

AWARDS: Trophies to first 12 finishers, plaques to the next 88 finishers. First, second, and third place MVAAU medals to first three Missouri Valley finishers men and women. Trophies to first three finishers in 40-49 age group and to first three women finishers. Trophy to the first over-50 finisher. Marathon t-shirts and certificates to all finishers. Dave Schulte Memorial Award for Improved Performance will be presented to the runner who has the greatest percentage improvement over his previous best (any year) Heart of America Marathon in less than five hours.

CERTIFICATION: Course has been certified by the Long Distance Running Committee of the AAU.

To be returned to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65201

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 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 # _____ AAU Assoc. _____

Signature _____ Birthdate _____ Ht. _____ Wt. _____

Address _____ Zip _____

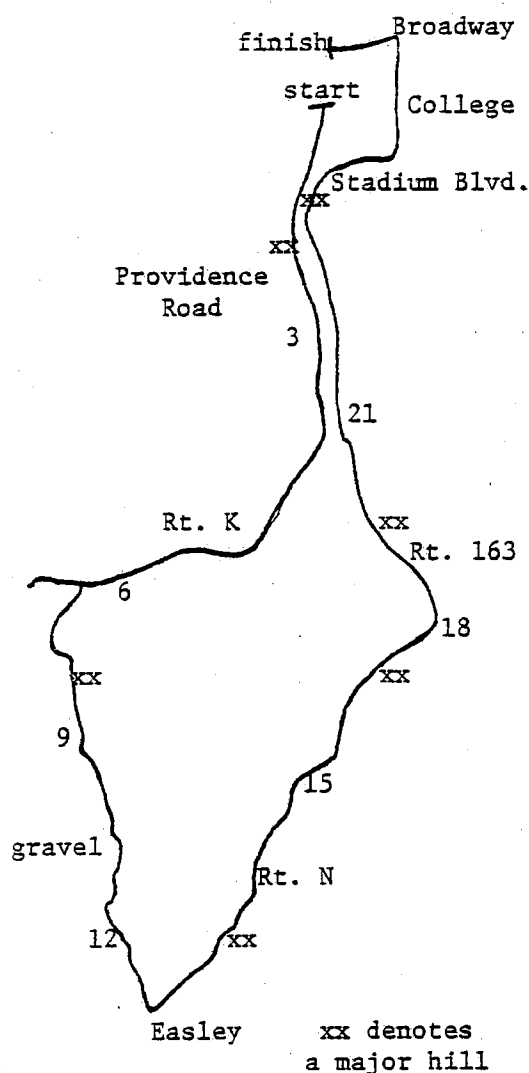
If entrant is under 18, parent or guardian must sign below:

Name _____

How many marathons have you completed? _____ Where and when was your most recent marathon? _____ Your time? _____

Your best marathon time? _____ Where _____ When _____

FURTHER INSTRUCTIONS AND INFORMATION



Please BE FAMILIAR WITH ALL INSTRUCTIONS - THEY ARE IMPORTANT!

1. PLEASE REGISTER IN ADVANCE. It isn't fair to the other runners for post entrants to cause possible delays in the starting time.
2. WEAR NUMBERS ON THE FRONT.
3. Run on the RIGHT side of the road to the Rt. "K" - 163 intersection (almost 4 miles). Thereafter run on the left the entire distance, except on the hill leading to the 24 mile point, by Memorial Stadium, where you should run on the right side of Providence Road. Also the finishing chute will be on the right or north side of Broadway.
4. Avoid running in groups or bunches which obstruct traffic lanes. The Highway Patrol requests that runners go single file as much as possible. This request is for your own safety.
5. BE CAREFUL. Do not challenge automobile traffic. Remember that all of the roads on which you run were built for and are heavily used by vehicular traffic.
6. We mean what we say when we say a runner must quit if directed to do so by one of the course physicians. We will not bodily remove you from the course, but you will be disqualified.
7. Race headquarters will be closed at 12 noon. This means a 6 hour time limit. Anyone finishing thereafter will receive no awards. If you are not fit enough to run a marathon in less than six hours, then you have no business making the attempt.
8. All spectator vehicles should stay off the course between the start and Easley, when the runners are outward bound. There is considerable congestion for the first several miles and automobile traffic is a definite hazard. SPECTATORS, FRIENDS AND RELATIVES: PLEASE COOPERATE WITH US AS TO THIS REQUEST!

As a recipient of Federal Funds from the U. S. Department of the Interior, Columbia Parks and Recreation operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act.

Under Title VI, the U. S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its Federally assisted programs.

Any person who believes he or she has been discriminated against in any program, activity, or facility of the Columbia Parks and Recreation, or desires further information regarding Title VI, should write immediately to: The Office for Equal Opportunity, U. S. Department of the Interior, Office of the Secretary, Washington, D. C. 20240.

MILEAGE POINTS--HEART OF AMERICA MARATHON

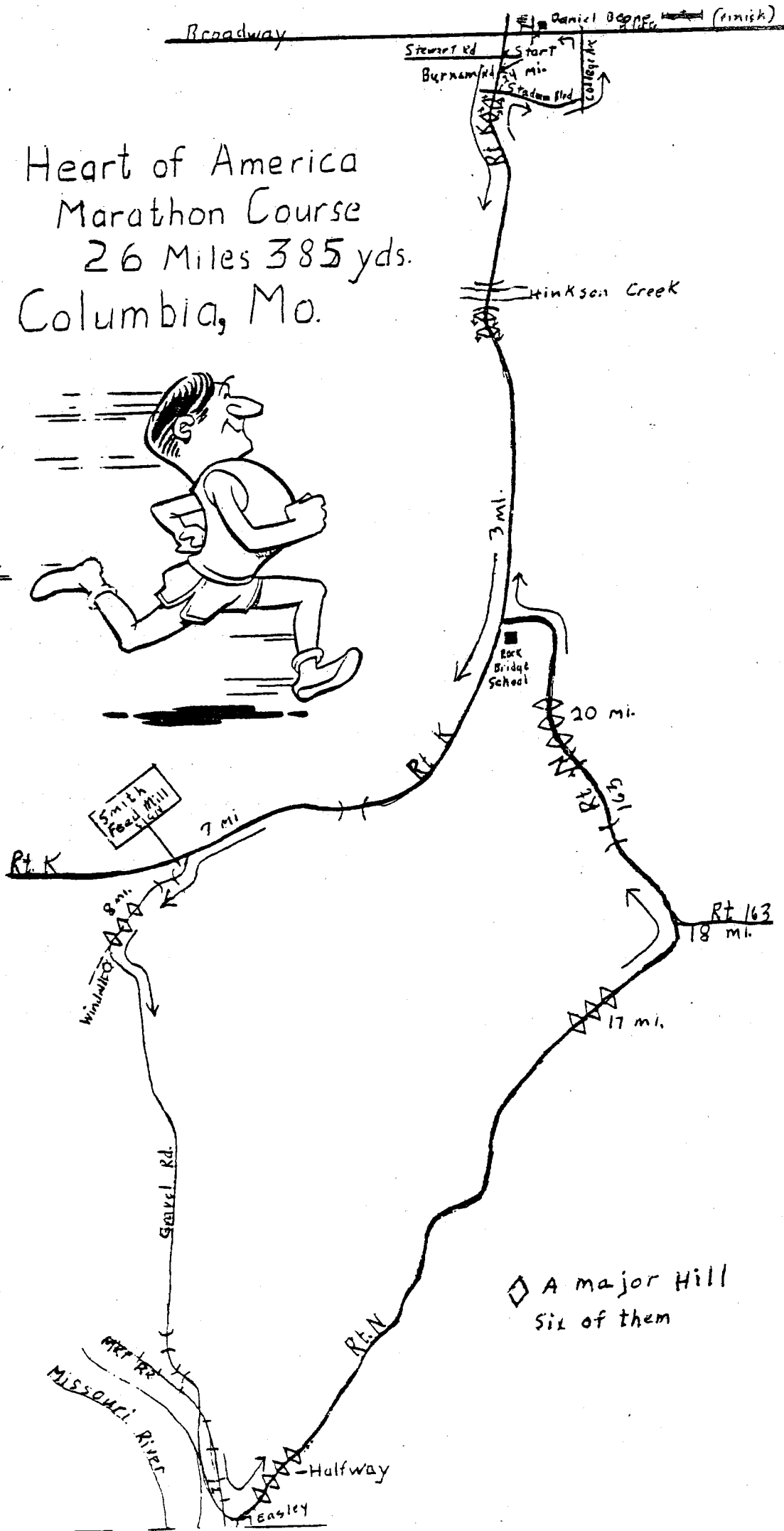
START--Providence Rd., 30 yards S of SE corner of Burnam Ave., at
903 Providence Rd.

- 1 Rt. 163, $\frac{1}{2}$ way up Hinkson Cr. Bridge
- 2 Rt. 163 75 yards N of Rockbridge Subdivision sign, about .3
mile N of "AC"
- 3 Rt. 163 26 yards N of Columbia City Limits sign, .1 mile S of
Rock Bridge Senior High Building
- 4 Rt. K 5 yards N of Pole #130 on W side
- 5 Rt. K 8 yards S of Pole #159-1; .1 mile S of Hill Creek Rd.
- 6 Rt. K 10 yards S of midline of Gateway South entrance
- 7 Gravel Rd. 29 yards S of pole #145 on right with white "7"
painted on; .2 mile S of bridge just after turning off K
8. Gravel Rd. 3 yards N of Pole #172 on left, .2 mile past windmill,
where road goes to left
- 9 Gravel Rd. 13 yards S of Pole "9" on right; .2 mile S of metal
building; almost $\frac{1}{2}$ way between metal building & Feed Mill
10. Gravel Rd. about 50 yards N of Pole #415-186 on right (N of
Mitchell mailbox)
- 11 Gravel Rd. Pole #415-178, just S of bridge
- 12 Gravel Rd. 9 yards S of Pole "12", 100 yards S of old gray bus
13. Rt. N 150 yards past top of Easley Hill, 50 yards N of Pole
#411-44
- HALFWAY (13 miles, 192 $\frac{1}{2}$ yards) 25 yards S of Pole # 401, Blue "1/2"
painted on pole on E side, about 100 yards N of R. L.
Russell mailbox
- 14 Rt. N 80 yards N of Pole #411-18, N of Leta, Thompson, Crane,
Gleason, Duncan mailboxes
- 15 Rt. N 12 yards N of Pole #405-73, N of Douglas Blackburn mailbox
- 16 Rt. N 15 yards N of C. E. Haehle and John Ingram mailboxes,
even with S edge of Crane driveway
- 17 Rt. N 20 yards N of Pole #17, .3 mile N of Traxler Implement Co.
- 18 Rt. N .2 mile S of 163 and N intersection, 20 yards N of "Stop
Ahead" sign, N of R. N. Curry mailbox
- 19 Rt. 163 4 yards S of Pole #1432-26
- 20 Rt. 163 124 yards N of Pole #25 & Rock Bridge Memorial State
Park rock monument sign at top of hill
- 21 Rt. 163 .3 mile N of Rock Bridge Elementary School, 70 yards N
of N edge of cross road to Crestvale Trailer Ct.
- 22 Rt. 163 40 yards N of "AC-163" sign on W side of 163
- 23 Rt. 163 between 2 rock cliffs, going downhill, about .5 mile
N of Green Meadow Rd.
- 24 Rt. 163 at lamppost "SHD 2" at SE corner of 163 & Stadium Blvd.
- 25 College Ave., 8 yards S of Pole #916 on E side N of General
Telephone Building
- 26 Broadway 11 feet W of Parking Meter #131.101 at Broadway & Hitt
- FINISH (26 miles, 385 yards) lamppost in front of Daniel Boone Building

Course measured by Ben Londeree with a calibrated bicycle.

Course Profile

Heart of America Marathon Course 26 Miles 385 yds. Columbia, Mo.



◇ A major Hill
Six of them

THE 100 BEST PERFORMANCES AND THE 100 BEST PERFORMERS IN THE
HEART OF AMERICA MARATHON 1960-1978

									Place
1.	1.	2:29:15	Dennis Hinkamp	Age: 21	Columbia	Mo.	1977		1
2.	2.	2:33:04	Denton Childs	28	Columbia	Mo.	1978		1
3.	3.	2:34:07	Barry Crawford	29	Boulder	Colo.	1966		1
4.	4.	2:34:07	Tony Rodiez	20	Milwaukee	Wis.	1976		1
5.	5.	2:37:17	Ron Daws	28	Minneapolis	Minn.	1965		1
6.		2:37:17	Daws	(2) 29			1966		2
7.		2:37:18	Childs	(2) 27			1977		2
8.	6.	2:38:09	Rick Katz	27	Boulder	Colo.	1976		2
9.	7.	2:38:42	Tim Hendricks	29	Peru	Nebr.	1975		1
10.		2:38:42	Hendricks	(2) 30	Omaha	Nebr.	1976		3
11.	8.	2:38:43	Jeff Mittelhauser	21	Sedalia	Mo.	1978		2
12.	9.	2:38:45	Kirk Duncan	28	Kansas City	Kans.	1977		3
13.		2:39:12	Rodiez	(2) 21			1977		4
14.	10.	2:39:12	Randy Cook	27	Liberal	Mo.	1975		2
15.	11.	2:39:43	Dick Hessler	34	Columbia	Mo.	1975		3
16.		2:39:45	Hessler	(2) 35			1976		4
17.	12.	2:40:00	Earl Eblen	30	Huntsville	Ala.	1966		3
18.	13.	2:41:03	Karl Weiser		Madison	Wis.	1966		4
19.	14.	2:41:14	Bill Fox	36	Tarkio	Mo.	1978		3
20.	15.	2:41:20	Lou Fritz	33	Verdon	Nebr.	1976		5
21.	16.	2:41:39	Larry Aduddell	32	Broken Arrow	Okla.	1977		5
22.	17.	2:41:45	Hal Higdon	36	Michigan City	Ind.	1968		1
23.	18.	2:41:47	Lynn Lee	25	Exira	Iowa	1974		1
24.	19.	2:41:52	Tom Hoffman	19	Ft. Atkinson	Wis.	1967		1
25.	20.	2:42:03	Al Settle	23	Columbia	Mo.	1976		6
26.	21.	2:42:39	Martin Smith	25	Cedar Rapids	Iowa	1974		2
27.	22.	2:42:40	Jon Herbert	26	Springfield	Mo.	1976		7
28.	23.	2:42:41	Carl Owczarzak	27	Kansas City	Kans.	1968		2
29.	24.	2:43:09	R. Lion Caldwell	26	Galveston	Texas	1977		6
30.	25.	2:43:12	Heward Guscar	33	Columbia	Mo.	1978		4
31.		2:43:25	Fritz	(2) 34			1977		7
32.		2:43:40	Hendricks	(3) 27			1973		1
33.		2:43:46	Fritz	(3) 32			1975		4
34.	26.	2:43:58	Robert Cline	23	Burlington	Iowa	1978		5
35.	27.	2:43:59	Robert Rosales	31	Marquette	Kansas	1973		2
36.		2:44:00	Hendricks	(4) 20			1966		5
37.	28.	2:44:00	John Hawkins	29	Omaha	Nebr.	1976		8
38.	29.	2:44:00	Gary Schapper	26	St. Louis	Mo.	1978		6
39.	30.	2:44:05	Ken Katzer	25	Lincoln	Nebr.	1968		3
40.		2:44:25	Aduddell	(2) 29			1974		3
41.		2:44:30	Hendricks	(5) 21			1967		2
42.		2:44:32	Fritz	(4) 31			1974		4
43.		2:44:32	Katz	(2) 26			1975		5
44.	31.	2:44:47	Mark Cowley	20	USAF Academy	Colo.	1976		9
45.		2:45:36	Herbert	(2) 28			1977		8
46.		2:45:45	Hendricks	(6) 23			1969		1
47.	32.	2:45:48	Ivan Torres	22	Hutchison	Kans.	1975		6
48.		2:45:58	Hendricks	(7) 31			1977		9
49.	33.	2:46:05	Charlie Schmid	20	Kansas City	Mo.	1976		10
50.	34.	2:46:07	Phil Weiser		Minneapolis	Minn.	1966		6
51.	35.	2:46:11	Bob Winchell	29	Kirksville	Mo.	1978		7
52.		2:46:15	Hendricks	(8) 26			1972		1
53.		2:46:22	Eblen	(2) 29			1965		2965
54.		2:46:48	Owczarzak	(2) 26			1967		3
55.	36.	2:46:54	Dick Hessler	(3) 37			1978		8
56.		2:47:09	Fritz	(5) 25			1968		4
57.	37.	2:47:10	Greg Carlberg	21	Lincoln	Nebr.	1970		1
58.		2:47:11	Hendricks	(9) 28			1974		5
59.		2:47:18	Rosales	(2) 32			1974		6
60.		2:47:19	Fritz	(6) 23		19	1967		4
61.		2:47:20	Fox	(2) 34			1976		11
62.		2:47:27	Daws	(3) 27			1964		1
63.		2:47:34	Hessler	(4) 33			1974		7
64.		2:47:38	Katz	(3) 29			1978		9
65.		2:47:42	Hendricks	(10) 25			1971		1
66.		2:47:59	Fox	(3) 34			1977		10
67.	38.	2:48:09	Lou Coppens		Philadelphia	Pa.	1965		3
68.	39.	2:48:09	Brian Harrington	23	Killeen	Texas	1969		2
69.		2:48:32	Fritz	(7) 29			1972		2
70.	40.	2:48:57	Mike Chaffee	32	Leawood	Kans.	1977		11
71.	41.	2:49:01	Bennis Katzer	20	Napier	Neb.	1973		3
72.	42.	2:49:02	Lanny Endieott	32	Tulsa	Okla.	1976		12
73.		2:49:37	Fritz	(8) 30			1973		4
74.	43.	2:49:41	Robert Lowe		Denver	Colo.	1966		7
75.	44.	2:49:44	Virgil Yehnert	38	Akron	Ohio	1967		5

76.	45.	2:49:55	Ben Londeree		44	Columbia	Mo.	1978	10
77.		2:49:57	Owczarzak	(3)	28			1969	3
78.	46.	2:50:08	Ralph Anievas		21	Ft. Riley	Kans.	1969	4
79.	47.	2:50:08	Sandy Lawrence		26	Columbia	Mo.	1976	13
80.		2:50:25	Winchell	(2)	28			1977	12
81.		2:50:27	Owczarzak	(4)	25			1966	8
82.	48.	2:50:27	Karl Naylor		37	Topeka	Kans.	1974	8
83.		2:50:30	Fritz	(9)	26			1969	5
84.	49.	2:50:48	Pat Lanin			St. Paul	Minn.	1967	6
85.		2:50:55	Smith	(2)	27			1976	14
86.	50.	2:51:08	Joe Oresco		28	Columbia	Mo.	1978	11
87.	51.	2:51:10	Gene Somer		26	Curtis	Nebr.	1966	9
88.	52.	2:51:12	Jim McFadden		33	Ft. Madison	Iowa	1972	3
89.	53.	2:51:15	Tom Snyder		27	Lincoln	Nebr.	1969	6
90.		2:51:21	Ken Katzer	(2)	29			1972	4
91.	54.	2:51:30	Bill Wirtz		21	St. Louis	Mo.	1968	5
92.	55.	2:51:30	Frank Curotto		23	Kirkwood	Mo.	1977	14
93.	56.	2:51:35	Stacey Cooke		19	Junction City	Kans.	1976	15
94.	57.	2:51:57	Jim Birmingham		21	Dayton	Ohio	1966	10
95.	58.	2:52:03	Mark Landrum		38	Columbia	Mo.	1977	14
96.	59.	2:52:11	John Siebel		33	Kirkwood	Mo.	1976	16
97.	60.	2:52:14	Augie Hirt		21	McPherson	Kans.	1972	5
98.		2:52:15	Childs	(3)	26			1976	17
99.		2:52:20	Fritz	(10)	28			1971	2
100.	61.	2:52:27	Joe Dickmann		26	Clayton	Mo.	1976	18
	62.	2:52:39	Elliott Evans8		19	Omaha	Nebr.	1966	11
	63.	2:52:40	Ken Geest		21	Kansas City	Mo.	1974	9
	64.	2:52:41	Michael Murray		35	St. Louis	Mo.	1978	121978
	65.	2:53:00	Don Todaro		19	St. Louis	Mo.	1971	3
	66.	2:53:02	Rick Caracciolo		18	Valley	Nebr.	1974	10
	67.	2:53:03	Rich Todd		28	Ft. Leonard Wood	Mo.	1975	8
	68.	2:53:07	Rich Breiner		31	Maryville	Mo.	1977	15
	69.	2:53:09	Bob Pelikan		19	St. Louis	Mo.	1971	4
	70.	2:53:12	Rex Frazer		42	Ft. Wood	Mo.	1974	11
	71.	2:53:33	Alex Ratelle		44	Minneapolis	Minn.	1969	8
	72.	2:53:35	Jack Mahurin			Washington	Ohio	1966	13
	73.	2:53:37	Bob Potter		37	Junction City	Kans.	1976	19
	74.	2:53:46	Leland McCrary		27	Florissant	Mo.	1975	9
	75.	2:54:00	Carl Gans		20	Kirkwood	Mo.	1967	7
	76.	2:54:00	Thom Wilkins		28	Kansas City	Mo.	1974	12
	77.	2:54:07	John Rose		28	LaCrosse	Kans.	1966	14
	78.	2:54:49	Robert Hughes		35	Lawrence	Kans.	1977	16
	79.	2:55:11	Ben Huntley			Carbondale	Ill.	1969	9
	80.	2:55:19	Don Granberg		32	Columbia	Mo.	1974	14
	81.	2:55:24	John Miller		20	Oak Creek	Wis.	1976	21
	82.	2:55:41	Bob Hunerdosse		24	Macon	Mo.	1971	5
	83.	2:55:45	Joel Rabdau		40	Creve Coeur	Mo.	1975	11
	84.	2:55:48	Courtney Jones		33	Kirkwood	Mo.	1978	13
	85.	2:55:52	Darrell Steinhoff		16	Cape Girardeau	Mo.	1974	16
	86.	2:55:58	Mike Wheeler		27	Kansas City	Mo.	1978	14
	87.	2:56:17	Rob Leutwiler			St. Louis	Mo.	1968	7
	88.	2:56:36	James Vedder		26	Madison	Wis.	1967	9
	89.	2:56:57	Richard Caldwell		23	Kirkwood	Mo.	1974	18
	90.	2:57:25	Bob Mohler			Wichita	Kans.	1966	16
	91.	2:57:39	Arne Richards		32	Manhattan	Kans.	1965	5
	92.	2:57:51	Joe Marks		41	Columbia	Mo.	1978	17
	93.	2:57:57	Steve Andes		31	St. Louis	Mo.	1977	18
	94.	2:58:03	John Grundy			Yorkshire England		1963	2
	95.	2:58:07	Dean Neal		26	Success	Mo.	1974	20
	96.	2:58:17	Ben Welch		23	Parnell	Mo.	1977	19
	97.	2:58:21	Frank Neuner		32	Ballwin	Mo.	1976	25
	98.	2:58:22	Charles Sayward			Lincoln	Nebr.	1968	9
	99.	2:58:23	Louis Naeger		19	Ste. Genevieve	Mo.	1968	10
	100.	2:58:23	Jim Conaway		18	Kansas City	Mo.	1973	7
	101.	2:59:01	Dan Kaeprowicz		22	Springfield	Mo.	1973	8
	102.	2:59:02	Henry Shawnee			Weatherfork	Okla.	1970	2
	103.	2:59:03	Julian Scott			Minneapolis	Minn.	1967	00
	104.	2:59:09	Joe Rice		23	Kansas City	Mo.	1978	18
	105.	2:59:10	David Craycraft		21	Kansas City	Mo.	1976	26
	106.	2:59:19	Jerry Kokesh		26	Manchester	Mo.	1976	27
	107.	2:59:33	Johnnie Hurst		26	St. Louis	Mo.	1976	28
	108.	2:59:36	Tom Findley			Columbus	Ohio	1967	12
	109.	2:59:40	Norm Colter		47	Valley Park	Mo.	1978	20
	110.	2:59:46	Alan Klein		24	Alma	Mo.	1974	21

ALL SUB 3:30 PERFORM CES Age 40 & over Heart of America Marathon
1960-1978

1.	1.	2:49:55	Ben Londeree	44	Columbia	Mo.	1978
2.	2.	2:53:12	Rex Frazer	42	Ft. Leonard Wood	Mo.	1974
3.	3.	2:53:33	Alex Ratelle	44	Minneapolis	Minn.	1969
4.		2:54:40	Ratelle	(2) 50			1975
5.		2:55:44	Ratelle	(3) 48			1973
6.	4.	2:55:45	Joel Rabdau	40	Creve Coeur	Mo.	1975
7.		2:55:46	Rabdau	(2) 41			1976
8.		2:56:50	Londeree	(2) 40			1974
9.		2:57:24	Ratelle	(4) 47			1972
10.		2:57:27	Ratelle	(5) 43			1968
11.	5.	2:57:51	Joe Marks	41	Columbia	Mo.	1978
12.	6.	2:59:16	Arne Richards	45	Manhattan	Kansas	1978
13.		2:59:31	Rabdau	(3) 42			1977
14.	7.	2:59:40	Norm Colter	47	Valley Park	Mo.	1978
15.		2:59:55	Frazer	(2) 44			1976
16.		3:00:03	Colter	(2) 46			1977
17.		3:00:58	Richards	(2) 42			1975
18.		3:01:27	Richards	(3) 43			1976
19.	8.	3:02:04	Wayne Yonce	46	Wichita	Kansas	1978
20.	9.	3:02:30	Whitney Hicks	40	Columbia	Mo.	1975
21.	10.	3:02:30	Olen Brown	43			1978
22.		3:02:50	Richards	(4) 40			1973
23.		3:03:46	Ratelle	(6) 46			1971
24.		3:06:21	Richards	(5) 41			1974
25.		3:07:30	Brown	(2) 42			1977
26.	11.	3:08:22	Jay Clark	40	Honolulu	Hawaii	1975
27.		3:08:30	Richards	(6) 44			1977
28.		3:09:00	Frazer	(3) 43			1975
29.	12.	3:10:11	Dick Martin	46	Columbia	Mo.	1978
30.	13.	3:10:20	Tom Kempf	48	Bartlesville	Okla	1972
31.	14.	3:10:56	Eric Bengtson	40		Sweden	1978
32.	15.	3:11:55	Robert Schmitt	42	Dodge City	Kansas	1973
33.		3:12:39	Schmitt	(2) 41			1972
34.	16.	3:13:32	Allen Smith	45	Columbia	Mo.	1978
35.	17.	3:14:42	A. R. Posey	42	Enid	Okla	1978
36.		3:16:00	Smith	(2) 44			1977
37.	18.	3:17:32	William Andberg	57	Anoka	Minn.	1968
38.	19.	3:18:15	Joseph Hoyt	42	Ft. Leavenworth	Kans.	1974
39.		3:19:09	Frazer	(4) 41			1973
40.		3:20:09	Ratelle	(7) 42			1967
41.	20.	3:20:16	Carl Gladstone	43	New Hampton	Mo.	1978
42.	21.	3:20:38	Jerry Witherspoon	42	Blue Springs	Mo.	1977
43.	22.	3:21:46	Don Johnson	50	Centralia	Mo.	1978
44.	23.	3:23:47	John Ewers	43	Kirksville	Mo.	1978
45.	24.	3:25:05	Thomas Wolf	51	Richland	Iowa	1978
46.		3:26:28	Ratelle	(8) 45			1970
47.	25.	3:26:58	Joe Duncan	40	Columbia	Mo.	1974
48.		3:27:06	Andberg	(2) 56			1967
49.	26.	3:27:34	Marvin Patterson	42	Columbia	Mo.	1978
50.	27.	3:27:36	Ray Loan	46	Columbia	Mo.	1977
51.		3:29:17	Loan	(2) 45			1976
52.	28.	3:29:40	Charles Lenau	41	Columbia	Mo.	1978
53.	29.	3:29:45	Leland Pfefer	43	Columbia	Mo.	1978

ALL WOMEN WHO HAVE BEEN UNDER SIX HOURS Heart of America Marathon

1.	3:09:21	Joan Hirt	24	Columbia	Mo.	1977
2.	3:37:31	Norma Cousin	29	Grinnell	Iowa	1978
3.	3:44:17	Kulick	24	Springfield	Mo.	1977
4.	3:44:43	Susan Spevak	33	Skokie	Ill.	1978
5.	3:57:07	Cousin	(2) 28	Columbia	Mo.	1977
6.	3:58:30	Paige Butler	19	Columbia	Mo.	1978
7.	3:59:33	Rhonda Thomas	29	Columbia	Mo.	1977
8.	4:18:33	Gail Konagable	24	Columbia	Mo.	1978
9.	4:34:28	Marsha Weiss	24	Columbia	Mo.	1974
10.	4:40:21	Cathy Russell	26	West Plains	Mo.	1975
11.	4:45:38	Kathy Phelps	15	Topeka	Kansas	1970
12.	4:51:49	Jill Brake	33	Overland Park	Kansas	1978
13.	4:53:04	Gabrielle Warrington	11	Kansas City	Mo.	1976
14.	5:09:04	Joan Turner	22	Oregon	Mo.	1977
15.	5:13:21	Teena Sechler	21	Columbia	Mo.	1977
16.	5:18:03	Margie Phelps	14	Topeka	Kansas	1970
17.	5:21:50	Virginia Thompson	22	Columbia	Mo.	1976
18.	5:37:20	Jo Ellen Mussell		Ashland	Mo.	1977
19.	5:44:38	Shirley Phelps	12	Topeka	Kansas	1970
20.	5:47:31	Maggie Cason	22	St. Joseph	Mo.	1977

Heart of America Marathon

Compiled by Sharon LeDuc

Date	Local Time	Temp.	Humidity	Wind (knots)	Cloud Cover (%)	Hourly Precip. (in. for hour ending)
9/5/60	6:00 AM	69	83	0	0	0
	7	72	77	0	0	0
	8	80	56	4	0	0
	9	85	48	7	0	0
	10	91	38	6	0	0
9/4/61	6	67	100	5	100	.01
	7	68	100	6	100	T
	8	70	95	5	100	0
	9	71	93	8	100	0
	10	75	81	6	90	0
9/3/62	6	72	93	8	100	0
	7	72	94	6	100	0
	8	72	96	7	100	.01
	9	69	97	6	100	.21
	10	68	98	8	100	.19
	11					.43
9/2/63	6	71	69	10	100	0
	7	70	77	10	100	.02
	8	73	75	12	90	0
	9	76	69	7	90	0
	10	79	59	8	70	0
9/7/64	6	72	85	8	0	0
	7	74	79	8	0	0
	8	76	73	8	0	0
	9	81	63	10	0	0
	10	84	54	8	0	0
9/6/65	6	69	89	12	100	0
	7	69	89	14	100	T
	8	69	89	16	100	T
	9	74	82	6	100	0
	10	76	78	8	100	0
9/5/66	6	57	83	5	0	0
	7	57	85	5	0	0
	8	60	76	5	0	0
	9	64	66	7	0	0
	10	69	59	5	0	0
9/4/67	6	60	72	8	100	0
	7	60	72	8	100	0
	8	61	74	7	100	0
	9	64	69	6	100	0
	10	69	61	8	100	0
9/2/68	6	60	81	6	10	0
	7	59	86	6	30	0
	8	63	79	7	30	0
	9	67	72	9	40	0
	10	72	61	7	20	0
9/1/69	6	67	86	7	40	0 fog
	7	66	90	5	70	0 fog
	8	68	90	7	80	0 fog
	9	74	83	5	90	0 fog
	10	77	81	7	100	0 fog
9/7/70	6	73	79	7	0	0
	7	72	79	9	0	0
	8	74	76	11	0	0
	9	78	72	10	0	0
	10	83	65	13	0	0
9/6/71	6	70	76	7	80	0
	7	69	80	6	50	0
	8	68	84	5	30	0
	9	73	74	7	20	0
	10	77	65	7	30	0
9/4/72	6	56	94	5	70	0
	7	56	94	5	100	.01
	8	58	94	4	100	.03
	9	59	94	3	100	T
	10	61	94	4	100	0

					PAGE 15	
9/3/73	6	7	84	4	0	0
	7	70	88	4	100	.03
	8	71	84	3	100	T
	9	71	84	7	100	.04
	10	71	84	4	100	.23
9/2/74	6	55	83	9	100	0
	7	53	86	8	100	0
	8	54	84	8	100	0
	9	54	87	9	100	0
	10	53	90	7	100	0
9/1/75	6	63	84	7	0	0
	7	63	84	7	20	0
	8	66	81	9	20	0
	9	71	79	9	20	0
	10	76	71	10	20	0
9/6/76	6	59	67	5	20	0
	7	57	69	4	20	0
	8	59	69	5	20	0
	9	66	54	5	80	0
	10	72	44	5	80	0
9/5/77	6	69	90	0	70	0 fog
	7	69	90	4	100	0 fog
	8	70	87	3	100	0 fog
	9	71	88	5	100	0
	10	73	87	4	100	0
9/4/78	6	67	84	4	0	0
	7	66	87	4	20	0
	8	71	82	4	20	0
	9	77	71	4	20	0
	10	81	65	5	20	0

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.

SCHEDULE OF EVENTS

JULY 7 Saturday 8:00 AM RRCA POSTAL ONE MILE RUN CHAMPIONSHIP Awards of some kind, all age groups, everybody to be compared to thousands of other runners across the country. Hickman Track Starting with the 40 and over age group, then 30-39, etc.

7 " 9:00 AM 5,000 meter run Shawnee Mission West, Kansas HS track all age groups

14 " 8:00 AM FUN RUNS Research Park

21 " 7:10 AM MVAAU & OPEN 15 kilometer run, also a 15 kilo walk Hilton Inn course Awards at 8:45 AM at the West Broadway Swim Club, with swimming until 10:00 AM

28 " 8:00 AM FUN RUNS Research Park

28 " 7:45 PM Lake Atwood Ten Mile Road Race Atwood, Kansas CONTACT: Bob Creighton 111 So. 6th Atwood, 67730

28 " all day 9th annual Santa Fe Trail Golden Track Meet Raytown, Mo. HS track CONTACT: Alan Lawson 11705 E. 83rd St. Raytown, Mo. 64138

AUGUST 4 Saturday 6:30 AM 30 Kilometer run (20 kilo for women and age 15 and under) 20 kilometer walk Hilton Inn course

I forgot to say that there is a 10,000 meter walk on July 7 right after the mile run sections.

Late (partial) results, 10,000 meter Love Run, Jefferson City, June 23: a powerful CTC showing: 13 & under: 1. Wesley Paul 37:19; 1. Nicole Wagner 48:30; 14-18: 1. Kevin Stock 35:00; 1. Amy Johns 35:59, 11th overall; 19-29: 2. Denton Childs 33:10; 30-39: 1. Dick Hessler 35:58, 3. Jim Neviackas 37:34; 40-49: 1. Don Lewis 35:35, 2. Jim Schutt 36:47, 3. Joe Marks 37:20; 50-59: 2. Don Johnson 39:23, 3. Turk Storvick 39:28. Winner: John Prashun, 31:01 Over 200 runners on a very hilly course. Other CTC runners should let Joe Duncan know how they did--which is true for all out of town races.

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

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