

TRACK CLUB

NEWSLETTER Vol. XI, No. 3 March 20, 1979

JEFF MITTELHAUSER SETS RECORD FOR 5,000 METER ROAD RUN March 3:

| | | Seconds off DT | % off | |
|--------------------------|-------|-------------------|-------|------------------|
| 1. Jeff Mittelhauser* | 15:20 | 35 | 5.64 | 48 degrees, |
| 2. Jerry Yunker* | 15:28 | 32 | 3.33 | windy and rain. |
| 3. Rex Power | 16:16 | 14 | | The rain let up |
| 4. Dennis Stewart* | 16:34 | 19 | 1.95 | during the race |
| 5. Ben Londeree* 44 | 16:58 | 32 | 3.05 | and for the |
| 6. Don Lewis* 43 | 17:29 | 1 | .10 | award ceremony |
| 7. Tom DeCoster* | 17:41 | 4 | .38 | (which, as usual |
| 8. Doug Bellows* | 17:47 | 13 | 1.20 | wasn't much of |
| 9. Bruce Maxey* | 17:50 | 35 | 3.38 | a ceremony), |
| 10. Dick Hessler* | 18:12 | | | and then, really |
| 11. Tom Hellie* | 18:14 | 56 | 4.87 | cut loose right |
| 12. Olen Brown* 43 | 18:16 | 6 | .55 | after that. |
| 13. Jon Palks* | 18:27 | 43 | 3.74 | RECORDS SET: |
| 14. Joe Marks* 41 | 18:29 | 26 | 2.29 | Jeff Mittel- |
| 15. Wesley Paul* 10 | 18:39 | 39 | 3.61 | hauser, the |
| 16. Kyle McCollom | 18:59 | | | first year law |
| 17. Turk Storvick* 50 | 19:05 | 10 | .87 | student, by way |
| 18. Marty Rosso* | 19:25 | 5 | .43 | of Sedalia, |
| 19. Greg Maximovitch* | 20:01 | | | shattered the |
| 20. Don Johnson* 50 | 20:04 | 11 | .91 | open record of |
| 21. Debbie Hoxworth | 20:06 | | | 16:03 set by |
| 22. Jack Wallace* | 20:20 | 70 | 5.43 | Frank Curotto |
| 23. Jim Gibson* 15 | 20:32 | 32 | 2.67 | in 1977. |
| 24. Ron Wampler* | 20:49 | 11 | .87 | Wesley Paul |
| 25. Joe Duncan* 44 | 20:54 | | | has missed the |
| 26. Matt Gibson* 13 | 20:59 | 29 | 2.36 | last several |
| 27. Bob Schottman* | 21:01 | 119 | 8.62 | races, but he |
| 28. Julie Mittelhauser | 21:20 | | | obviously is |
| 29. Ebby Norman | 21:23 | | | still in great |
| 30. Whitney Hicks* 43 | 21:45 | 105 | 7.45 | shape, since he |
| 31. David Hicks* 15 | 21:46 | 106 | 7.38 | got a PB while |
| 32. Herbert Mittelhauser | 21:48 | | | breaking the |
| 33. Annette LaFontaine* | 21:49 | | | 15 & under |
| 34. Amy Hessler* 13 | 21:51 | | | record of 19:03 |
| 35. Perry Dunlap | 21:53 | | | set by Dave |
| 36. Peter Hessler* 9 | 21:57 | | | Forest, also |
| 37. Kathy Weber | 22:17 | | | in 1977. |
| 38. Kris Toft | 22:38 | | | And then, Turk |
| 39. Jim Callis | 22:47 | | | Storvick gets |
| 40. Daniel Hall | 22:50 | | | the age 50 & |
| 41. Todd Newton | 22:51 | | | over record, |
| 42. Mike McElwaine | 22:52 | 68 | | since none |
| 43. Tony Logan | 22:56 | | | previously |
| 44. Steve Gibson* 11 | 23:25 | 95 | 6.33 | existed. |
| 45. Mitch Rabinoff | 23:26 | | | The CTC T-shirt |
| 46. Fred Kolkhorst* | 23:46 | 434 | | this time goes |
| 47. David Curry | 23:53 | | | to Don Lewis, |
| 48. Quinn Harris | 24:18 | | | he being only |
| 49. Doug Curry | 25:01 | | | one second off |
| 50. Dick Harris* | 25:09 | 166 | 9.91 | his DT. |
| 51. Mecca Carpenter* | 25:14 | 14 | .93 | |
| 52. Tim Gibson* | 25:27 | 27 | 1.80 | |
| 53. Peter Hall | 26:20 | | | |
| 54. Jim Whitacre 51 | 26:28 | | | |
| 55. Rick Yount | 26:52 | | | |
| 56. Ed Yuille | 28:35 | | | |
| 57. Meg Gould | 31:28 | | | |

*denotes paid up CTC members

A large contingent of runners from Sedalia and a smaller contingent from Jefferson City.

THE WALK:

| | | | |
|------------------|-------|----|------|
| 1. Randy Mimm* | 24:24 | 24 | 1.67 |
| 2. Jim Wass* | 30:33 | 25 | 1.38 |
| 3. Rob Spier* | 32:39 | 93 | 4.49 |
| 4. William Taft* | 36:16 | 4 | .18 |
| 5. Henry Bent* | 38:08 | | |

This was our annual NUT RACE--the race for the nuts, or, the race for nuts. Anyway the nut winners were: MEN 15 & under: Paul, J. Gibson & M. Gibson; 16-29: Mittelhauser, Yunker & Power; 30-39: Stewart, Bellows & Hessler; 40+: Londeree, Lewis & Marks WOMEN: 15 & under: Amy Hessler; 16-29: Hoxworth, Mittelhauser & LaFontaine; WALKERS: Mimm, Wass & Spier DT: DeCoster, Rosso & Brown

FOUR TEAM RECORDS SET IN 4 X 1 MILE RELAY March 17, 1979:

1. THE FISHER FORCE

| | | |
|-------------------|------|-------|
| Steve Fisher | 4:24 | 4:24 |
| Rex Power | 4:40 | 9:04 |
| Jerry Yunker | 4:32 | 13:36 |
| Jeff Mittelhauser | 4:29 | 18:05 |

2. TAITT'S TIGERS

| | | |
|----------------|------|-------|
| Mark Taitt | 4:48 | 4:48 |
| Marc Shegoski | 4:30 | 9:18 |
| Mark Hofius | 4:18 | 13:36 |
| Clark Hamilton | 4:43 | 18:19 |

3. THE MOE MOB

| | | |
|----------------|------|-------|
| Glenna Moe | 5:57 | 5:57 |
| Ed Schussler | 5:56 | 10:53 |
| Tom LaFontaine | 5:01 | 15:54 |
| Dick Moe | 5:10 | 21:04 |

4. THE OLD MEN

| | | | |
|------------|----|--------|---------|
| Don Lewis | 43 | 4:47.5 | 4:47.5 |
| Olen Brown | 43 | 5:14.5 | 10:02 |
| Joe Marks | 41 | 5:27.4 | 15:29.4 |
| Joe Duncan | 44 | 5:49.6 | 21:19 |

5. SLOW TWITCHERS

| | | |
|-------------|------|-------|
| Bruce Maxey | 5:01 | 5:01 |
| Dan Newman | 5:51 | 10:52 |
| Jon Palks | 5:23 | 16:15 |
| Tom Hellie | 5:22 | 21:37 |

6. THE OLD, OLD MEN

| | | | |
|---------------|----|------|-------|
| Jean Madden | 52 | 5:46 | 5:46 |
| Don Johnson | 50 | 5:28 | 11:14 |
| Jim Pastoret | 55 | 6:32 | 17:46 |
| Turk Storvick | 50 | 5:35 | 23:21 |

7. THE TIGER BELLES

| | | |
|-------------------------|------|-------|
| Kris Toft | 6:09 | 6:09 |
| Kathy Weber | 5:58 | 12:07 |
| Billie Sue Stubblefield | 6:28 | 18:35 |
| Martha Stinson | 5:32 | 24:07 |

8. THE WHOOPUP WHIZZES

| | | | |
|--------------|----|------|-------|
| Steve Gibson | 11 | 6:25 | 6:25 |
| Tim Gibson | 8 | 6:40 | 13:05 |
| Jim Gibson | 15 | 5:45 | 18:50 |
| Matt Gibson | 13 | 5:37 | 24:27 |

9..THE COMPUTERUNS (MFA Computer people)

| | | |
|----------------|------|-------|
| John McCrory | 5:54 | 5:54 |
| Phil Pratt | 5:51 | 11:45 |
| Dennis Burkett | 7:23 | 19:08 |
| Dick Harris | 6:59 | 26:07 |

10. BEGINNERS (the first race for each of them)

| | | |
|---------------|------|-------|
| Fred Fritsch | 6:58 | 6:58 |
| Diana Brown | 7:53 | 14:51 |
| Nancy Fritsch | 8:15 | 23:06 |
| Frank Wyatt | 5:43 | 28:49 |

AT THE SAME TIME GOES THE 3 MILE WALK:

| | | | | |
|-------------------|-------|-------|------------|-------------------------------|
| 1. Randy Mimm | 7:08 | 14:49 | 22:27 a PB | 33 seconds off DT |
| 2. Randy Bakewell | 9:33 | 19:04 | 28:17 | 103 off |
| 3. Jim Wass | 9:15 | 19:04 | 28:30 | 88 |
| 4. Rob Spier 56 | 10:07 | 20:10 | 30:15 | 111 |
| 5. Jack Wallace | 10:00 | 20:27 | 30:52 | first walk 488--way too fast! |
| 6. Wm Taft 63 | 11:19 | 22:50 | 34:20 | 80 |
| 7. Henry Bent 78 | 11:20 | 23:13 | 35:22 | 38 |

50 degrees, a typical March day, drizzling, windy, lots of rain after the race.

THE FORCE and THE TIGERS staged quite a battle, going after the open record which had been set at 18:14 by the same four TIGERS, last year. This year the Tigers lost the race and their record to the FORCE (which also had a Tiger). Fisher was out fast giving his team a 24 second margin (but only 23 seconds over THE OLD MEN thanks to a sterling 4:47.5 by Don Lewis). Shegoski lopped 10 seconds off that margin and then Mark Hofius turned in the fastest mile of the day to catch Jerry Yunker at the final handoff. In the final lap (the race being on the Research Park one mile loop) set-to Mittelhauser prevailed over Hamilton to give the Force the win and a new record.

Also checking in with a new record was the TIGER BELLE team--the same four girls who set the record at 25:40 last year.

And then there was the WHOOPUP team--the four Gibson boys who lowered the previous age 15 & under record set in 1975 by Jay Blossom, Mark Schupp, John Leuthold and Doug Duncan. Not only that, but these boys set a world's record for four brothers, all under age 15, each of them having a confirmed case of Morton's Toe.

The age 50 team of men set a record where there was none previously. Turk's comment about his team was that "the only time a group of 50 year old men gather together is when it's for the funeral of one of them." Not so here!

The age 40 team would most likely have beat the record of 20:27 had Ben Londerree been on hand, for it is certain he would have had at least a 4:50 and that would have given a 20:19. Duncan really made a great anchor since he was a real drag!

ELAPSED TIME STANDINGS: (not including the Four Mile Relay & walk)

Open Runners:

| | | | |
|------------------|-------|------------------|------|
| 1. Londeree | 229.5 | 22. Dixon | 54.5 |
| 2. Hessler | 217 | 23. Herbert | 49 |
| 3. Yunker | 207.5 | 24. Martin | 49 |
| 4. Maxey | 193 | 25. Holt | 47 |
| 5. Marks | 160 | 26. Walker | 46 |
| 6. Brown | 168 | 27. Hinkamp | 41 |
| 7. Bellows | 128 | 28. Thornburg | 41 |
| 8. Palks | 120.5 | 29. Schutt | 36 |
| 9. Lewis | 120 | 30. Walter | 35 |
| 10. Stewart | 102 | 31. Ekvall | 33 |
| 11. Guscar | 102 | 32. Brace | 32 |
| 12. Hellie | 92.5 | 33. Shegoski | 31 |
| 13. M. Kruse | 83 | 34. Neviackas | 29 |
| 14. Storvick | 77 | 35. Renner | 26 |
| 15. Granberg | 73 | 36. Vaillancourt | 25 |
| 16. Mittelhauser | 69 | 37. Lairmore | 23 |
| 17. LaFontaine | 67 | 38. Tim DeCoster | 22 |
| 18. Duncan | 64 | 39. T. McMullen | 21 |
| 19. Tom DeCoster | 63.5 | 40. Hemphill | 19 |
| 20. Chippendale | 60 | 41. Curry | 19 |
| 21. Johnson | 59 | 42. Rosso | 19 |

Age 40 & Over:

| | | | | | |
|-------------|------|------------|----|--------------|---|
| 1. Londeree | 88 | 6. Duncan | 27 | 12. McGuire | 2 |
| 3. Marks | 63.5 | 8. Martin | 20 | 11. Hicks | 4 |
| 2. Brown | 64.5 | 9. Schutt | 10 | 14. Blossom | 2 |
| 4. Lewis | 49 | 10. Atwell | 4 | 15. N. Kruse | 1 |
| 5. Storvick | 37 | 11. Burres | 3 | 16. Conboy | 1 |
| 7. Johnson | 26 | | | | |

Age 15 & under:

| | | | |
|----------------|----|------------------|----|
| 43. Sewell | 18 | 1. M. Gibson | 34 |
| 44. Stock | 14 | 2. J. Gibson | 34 |
| 45. Schottman | 14 | 3. A. Hessler | 17 |
| 46. Moe | 13 | 4. W. Paul | 14 |
| 47. Adams | 12 | 5. T. Gibson | 13 |
| 48. Garverick | 12 | 6. P. Hessler | 11 |
| 49. Atwell | 12 | 7. S. Gibson | 9 |
| 50. Wheeler | 12 | 8. J. Blossom | 8 |
| 51. Smiglewski | 11 | 9. D. Hicks | 8 |
| 52. Wampler | 11 | 10. N. Wagner | 7 |
| 53. Pierce | 10 | 11. S. Schottman | 4 |
| 54. Wallace | 10 | 12. J. Bauman | 1 |

WOMEN

| | |
|------------------|----|
| 1. A. Hessler | 21 |
| 2. A. Johns | 19 |
| 3. A. LaFontaine | 17 |
| 4. N. Wagner | 7 |
| 5. Paige Butler | 6 |
| 6. S. LeDuc | 5 |
| 7. G. Moe | 4 |
| 8. M. Carpenter | 3 |
| 9. Patty Palks | 2 |

WALKERS

Open:

| | | | |
|-------------|------|--------------|-----|
| 1. Mimm | 45 | 7. Chapin | 7 |
| 2. Spier | 24 | 8. Bent | 6.5 |
| 3. Wass | 21 | 9. Gragg | 6 |
| 4. Busen | 15 | 10. Bakewell | 4 |
| 5. Taft | 13.5 | 11. LaKaytis | 4 |
| 6. Van Dyke | 8 | 12. Gibson | 1 |

40 & over

| | | | |
|-------------|------|-----------|---|
| 1. Spier | 23 | 6. Chapin | 6 |
| 2. Taft | 13.5 | 7. Gragg | 5 |
| 3. Busen | 13 | 8. Gibson | 1 |
| 4. Van Dyke | 7 | | |
| 5. Bent | 6.5 | | |

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 03/03/79

| | | | | | | | | |
|-------------------|----|------|---------------------|---|------|--------------------|---|-------|
| 1. L. THORNBURG | 3 | 0.45 | 18. T. DECOSTER | 5 | 1.76 | 35. R. MIMM | 4 | 3.78 |
| 2. J. WASS | 5 | 0.69 | 19. T. STORVICK | 8 | 1.89 | 36. A. JOHNS | 5 | 3.82 |
| 3. H. GUSCAR | 3 | 0.75 | 20. A. GARVERICK | 2 | 1.95 | 37. D. DIXON | 5 | 4.10 |
| 4. B. LONDEREE | 11 | 0.78 | 21. T. LAFONTAINE | 4 | 1.97 | 38. A. LAFONTAINE | 2 | 4.20 |
| 5. J. DUNCAN | 10 | 1.20 | 22. D. STEWART | 3 | 2.00 | 39. T. GIBSON | 5 | 4.27 |
| 6. J. PALKS | 11 | 1.20 | 23. T. HELLIE | 6 | 2.07 | 40. J. GIBSON, JR. | 4 | 4.69 |
| 7. O. BROWN | 11 | 1.22 | 24. D. WALKER | 2 | 2.08 | 41. L. BUSEN | 2 | 5.15 |
| 8. M. CHIPPENDALE | 3 | 1.22 | 25. H. BENT | 4 | 2.17 | 42. R. SCHOTTMAN | 3 | 5.27 |
| 9. T. EKVALL | 2 | 1.33 | 26. D. BELLWS | 7 | 2.35 | 43. N. WAGNER | 3 | 5.29 |
| 10. R. WAMPLER | 2 | 1.35 | 27. J. MITTELHAUSER | 3 | 2.57 | 44. A. HESSLER | 3 | 5.65 |
| 11. D. MARTIN | 4 | 1.50 | 28. R. SPIER | 8 | 2.60 | 45. D. HICKS | 2 | 5.66 |
| 12. B. MAXEY | 10 | 1.52 | 29. W. TAFT | 7 | 2.74 | 46. M. ROSSO | 2 | 6.83 |
| 13. D. MOE | 2 | 1.56 | 30. B. CURRY | 3 | 2.83 | 47. S. GIBSON | 3 | 7.85 |
| 14. J. MARKS | 9 | 1.69 | 31. B. WHEELER | 2 | 2.86 | 48. M. GIBSON | 5 | 7.98 |
| 15. M. KRUSE | 2 | 1.69 | 32. D. JOHNSON | 7 | 2.92 | 49. J. WALLACE | 2 | 10.60 |
| 16. J. YUNKER | 8 | 1.73 | 33. W. HICKS | 4 | 2.99 | | | |
| 17. D. LEWIS | 6 | 1.74 | 34. D. HESSLER | 2 | 3.28 | | | |

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 03/03/79

| | | | | | | | | |
|---------------|----|------|----------------|----|-------|-------------|---|--------|
| 1. R. MIMM | 5 | 9.32 | 4. J. DUNCAN | 10 | -0.19 | 7. W. HICKS | 4 | -27.02 |
| 2. O. JOHNSON | 5 | 3.04 | 5. J. MARKS | 6 | -0.28 | | | |
| 3. O. BROWN | 11 | 1.63 | 6. B. LONDEREE | 11 | -1.61 | | | |

The CTC newsletter goes to all CTC members (those who pay the \$5.00 annual dues) and to all those who pay the annual subscription price of \$2.00. For your 12 monthly issues send your money to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

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

March 3, 1973 MVA AU 30 Kilo Run: 1. Loren Moes 1:46:39, his third victory in this race; 2. Bob Creighton, the Atwood Kansas lawyer, age 39, 1:59:04; 3. Dick Hessler 2:00:28; . . . 5. Ben Londeree 2:06:24; 6. Russ Niemi 2:06:50 Russ went on to be one of the main driving forces of the Mid-America Masters T & F Assn.; . . . 8. Joe Duncan 2:21:16; 9. Ralph Anderson 2:47:20

March 10, 1973 Mile Run (in Hearnese, since Hickman track was covered with an inch of water): 1. Dennis Stewart 4:22.7; 2. Londeree 4:55.3; . . . 4. Mike Chippendale 5:02; 5. Hessler 5:07.5; 6. Duncan 5:33.2; 7. Don Johnson 5:59; 8. Leonard Busen 6:08.4. . . 10. Dave Schulte 6:23

3 Mile Walk: 1. Dave Leuthold 26:53 (his first time under a 9:00 pace); 2. Duncan 27:42; 3. Busen 29:33; 4. Johnson 34:58; 5. Schulte 37:23

March 17, 1973 8 Mile Run: 1. Stewart 45:17; 2. Hessler 48:56. . . 4. Londeree 49:32; 5. Don Granberg 51:17. . . 7. Rex Frazer 52:25 at age 41, his very first race ever other than a couple of army races he had been in. Rex immediately became our fastest 40 year old and remained so until Ben Londeree turned 40 a year and a half later. Rex is one of those CTC people who have come and gone (he is now in Korea on a one year tour of duty) but who left a lasting imprint in the fabric of CTC history. I'm sure Rex (and Jan) consider the four plus years of their association with CTC among the more meaningful slices of their lives. Certainly we will remember Rex's dedication in coming up from Fort Wood for almost every single race we had (he didn't miss a one in the '73-'74 season) and the work he did in spearheading the Bicentennial Run Across Missouri . . . 9. Duncan 56:18; 10. Anderson 1:01:45; 11. Schulte 1:08:25

The Walk: 1. Busen 1:20:17; 2. Spier 1:25:17

March 26, 1973 6 mile-run-walk relay: 1. Stan Smith-Dave Eidahl 37:54 (Smith had 4:55, 4:51, 4:51 miles, Eidahl walked 7:37, 7:43, 7:57 miles); 2. Londeree-Art Fleming 40:37 (Ben had 4:59, 5:13, 5:12, Art 8:24, 8:32, 8:17) 3. Bob Young-Larry Young 41:03; 4. Stewart-Spier (4:37, 4:47, 4:47 & 9:46, 9:55, 9:47) and 9 other teams with assorted results

THOUGHT FOR THE MONTH---

"Those who try to do something and fail are infinitely better than those who try to do nothing and succeed."

AND NOW A LOOK AT THE PRESENT DAY HEROES (AND HEROINES):

One of the most outstanding performances ever turned in by a CTC runner was the marathon performance of AMY JOHNS in the Third Olympiad Memorial Marathon in St. Louis on Feb. 25th. Amy had a time of 2:45:57 to win by nearly 30 minutes the women's part of the race. Amy's feat represents the fastest time ever by a woman in the State of Missouri. Better yet, it is the 19th fastest time ever, in the world, by a woman. Making her performance even more remarkable is the fact that the conditions for this race were quite bad. Temperatures below 30 degrees and a very stiff wind out of the north, gusting up to 30 MPH. The wind was the worst as the runners ran north on Warson Road--and that is the hilly part of the course. Because of the conditions, the times for most runners were far off PB's, as witness the 2:29:45 by 40 year old Ron Hill. That is Hill's second worst performance, out of several dozen. But then, he had just done a 2:15+ the week before in New Orleans. Hill finished 4th behind the winning 2:26:02 of Tim Rollings from West Lafayette, Ind. Joe Haake was 7th, JON HERBERT 8th in 2:36:16. This was Amy's third marathon. Her first was in Feb. of 1978 when she had 3:18:32 at Ft. Wood and then in May she had 3:11:25 in the USTFF race in Wichita. Amy's next goal is a sub 2:40 and then, who knows?, why not a shot at Grete Waitz' world record of 2:32:30?

BRUCE MAXEY was in the 10,000 meter race which was run in conjunction with the St. Louis marathon. He finished 50th out of 427 finishers with 36:52. DON JOHNSON was there with 41+. Craig Virgin won that race with a 28:58 while UMC's Mary Kunkel won the women's division with 37:53. There were probably other CTC people in these races. DENNIS HINKAMP was 20th with 2:40+.

10-Miler Predicts Runner's Potential

A ten-mile race is an excellent predictor of your potential as a long distance runner, reports Tom LaFontaine, University of Missouri-Columbia exercise physiology graduate student.

He recently ran seven Columbia Track Club members through literally "exhaustive" tests ranging from all out efforts on the treadmill to races ranging from 15 yards to 20 kilometers (12.4 miles).

"The aim of the study was to find out which was the best indicator of a runner's maximum steady state (MSS), the best indicator of a person's potential as a long distance runner," said LaFontaine. "MSS is the running speed at which you produce 20 milligrams of lactic acid per 100 milliliters of blood."

Lactic acid is the end product of anaerobic metabolism, he explains. That's when your capacity to utilize oxygen via aerobic methods has been exceeded, and you start accumulating lactic acid in your blood stream. The best example of too much lactic acid is what runners call "the rig."

"There is some evidence that highly motivated and well trained runners can tolerate more than the 20 mg. per 100 ml. lactic acid level," said LaFontaine.

The per mile pace at MSS for the seven CTC runners was as follows: Olen Brown, 6:27; Joe Marks, 6:32; Don Johnson, 6:54, Dru Dixon, 6:15; Steve Fisher, 5:06; Joe Duncan, 6:51; and LaFontaine, 5:52.

(Joe Marks would be the best example of motivation/lactic acid tolerance. His MSS would be 6:32 per mile, yet he has run a marathon at a 6:24 pace.)

For all of the runners, that pace, based on extensive treadmill testing, was almost exactly the same pace in which they ran the ten-mile race. In fact, Duncan and LaFontaine ran that pace to the second in the ten-mile race. Only Marks had much of a deviation, running the ten-mile race at a pace 17 seconds per mile faster than his treadmill-tested MSS pace.

LaFontaine says that anyone who wants to figure his MSS should either find a flat ten-mile race or have someone keep track of his pace for two or three miles during the middle of the race on a flat part of the course.

Or you can just take a two-mile run and use this formula: (a.) take your pace in miles per hour and multiply it by 1.061; (b.) subtract 1.931. That gives you your MSS in miles per hour. To convert to minutes per mile, simply divide by 60.

The bottom line of all this research is that runners now have a means for using races to figure their maximum steady state. (By the way, races under two miles are not effective predictors.)

"Once you know your MSS pace, says LaFontaine, "you can probably improve it by training faster than that pace in three- to five-mile training runs once or twice a week. This should be increased each workout until you can run eight to ten miles at that pace. For further improvement, quicken the pace and repeat the process." (Note: Ben Londeree has started a project to look at that very thing.)

Some more details of LaFontaine's test are included in the tables below. They show (a.) that all the CTC runners in this test are in the top one or two percent in their respective age groups in terms of physical fitness; (b.) they are in at least the 90th percentile in terms of percent body fat, ranging from lean Dru Dixon at 7.6% to "chubby" Joe Duncan at 20.5; (c.) that Olen Brown is faster than Steve Fisher--up to 50 yards; and (d.) Olen has the greatest potential for improvement. The latter is based on the "efficiency" column plus his relatively low MSS of 71.5% of his maximal oxygen capacity. Those runners with minus numbers in the efficiency column have the greatest potential for improvement based on raw data which does not include the "motivation" and "lactic acid tolerance" factors noted above.

###

On the following page are the tables referred to above.

| Subject | Weight | Weekly Mileage | Running Events (all in mph) | | | | | | |
|----------------|--------------------|-------------------------|-----------------------------|-------|-------|-------|-------|-------|-------|
| (age) | (%fat) | (% LSD, LFD, Intervals) | 15 yd, | 50 yd | 440 | 2 mi | 5 mi | 10 mi | 20K |
| Olen B (43) | 65.4 kg (14.9%) | 63 (63, 31, & 6%) | 19.16 | 18.94 | 14.47 | 10.64 | 9.97 | 9.40 | 9.58 |
| Joe M. (41) | 70.4 (15.89) | 73 (60,40,0) | --- | 15.38 | 12.95 | 10.59 | 10.03 | 9.59 | 9.77 |
| Don J. (50) | 64.4 (16.5) | 63 (79,12,9) | --- | 16.63 | 13.68 | 10.17 | 9.40 | 8.92 | 8.88 |
| Dru (25) | 65.9 (7.63) | 92 (75,23,2) | 17.38 | 17.05 | 13.58 | ---- | 10.23 | ---- | 8.89 |
| Steve (22) | 66.2 (8.2) | 90 (61,11,28) | 18.7 | 18.43 | 16.13 | 12.94 | ---- | ---- | 11.48 |
| Joe D. (44) | 60.8 (20.5) | 40 (100,0,0) | 17.38 | 16.91 | 13.66 | 9.92 | 9.3 | 8.76 | 8.70 |
| Tom L (32) | 65 (9.4) | 36 (72,28,0) | 19.22 | 18.94 | 15.31 | 11.29 | 10.7 | 10.22 | ----- |

| SUBJECT | Max heart rate | Vol of O ₂ in ml/kg ² per min* | Running speed at MSS | Heart rate at MSS | MSS V O ₂ L/Min | MSS V O ₂ mls/kg | Effic- iency | % Max HR at MSS | % Max Vol O ₂ *** at MSS |
|---------|----------------|--|----------------------|-------------------|----------------------------|-----------------------------|--------------|-----------------|-------------------------------------|
| Olen | 186 | 63.84 | 9.31 | 166 | 2.98 | 45.69 | -6% | 89.8% | 71.5% |
| Joe M. | 178 | 66.11 | 9.19 | 150 | 3.82 | 54.22 | +9 | 84.3 | 82 |
| Don J. | 176 | 61.23 | 8.69 | 152 | 3.08 | 46.99 | -2.5 | 86.3 | 76.7 |
| Dru | 182 | 65.77 | 9.6 | 170 | 3.77 | 57.13 | +8 | 93.4 | 86.9 |
| Steve | 181 | 79.34 | 11.76 | 163 | 3.82 | 57.72 | -3 | 89.7 | 72.8 |
| Joe D. | 172 | 57.9 | 8.8 | 157 | 2.94 | 48.41 | -.03 | 91.4 | 83.6 |
| Tom L. | 193 | 68.92 | 10.23 | 178 | 3.68 | 56.68 | +2 | 93.2 | 82.2 |

* Maximum capacity to take in, transport and utilize oxygen. Depends on (1) how much blood your heart can pump per minute and (2) how much oxygen the muscle tissues can take out of blood in the muscle. The higher the number the better.

***This is the percent of your maximum oxygen consumption that you're utilizing at your MSS speed.

A-8

Wednesday, Feb. 7, 1979 Green Bay Press-Gazette

Jogging Has a Darker Side

MADISON (AP) — A 35-year-old college professor began running a mile a day, and felt so much better he was soon up to five miles.

He began having foot pains but found he just couldn't give up running. . .until he couldn't walk any more. Now, after orthopedic surgery, he runs no more. He walks with a limp.

This actual case study is all too familiar, according to a University of Wisconsin researcher who says the current nationwide running craze should be regarded much the same as a "wonder drug."

Twenty million Americans are finding that running makes them feel better. Backing them are a raft of recent scientific studies showing that running does generally decrease anxiety and depression and increase self-esteem, according to William Morgan.

However, Morgan warns that runners of all ages and all distances must be aware of the darker side of

running, the "negative addiction" that comes with too much emphasis on the 2-5 hours of "exercise high" many runners experience.

Runners who are "hooked" seem obsessed with additional workouts, more mileage and better times, all to the self-destructive exclusion of family, friends and career, Morgan said in a recent study.

"Rejection of loved ones and friends and minimal vocational involvement leaves the exercise addict in much the same place as the alcoholic or heroin addict," he said.

The true test of whether a runner is negatively addicted, Morgan said, is when he or she must lay off due to injury. Some doctors, he added, have had to put insistent runners in casts to keep them from permanently injuring themselves.

Morgan, 43, who describes himself a "hobby jogger" in warm weather but a cross country skier and driveway snow shoveler in winter, said runners who do 70-100

miles a week are more likely to become negatively addicted.

However, he said there is no way of telling what percentage of runners at any level are negatively addicted, and those who run relatively little may be also be susceptible.

The two sure signs of an adverse addiction, he said: being unable to cope with everyday life without a daily run and actual withdrawal when forced to quit, such as for injury.

The trick, Morgan said, is to keep running in perspective in relation to its place with family, friends, career, etc.

And the best way to do this, he said, is to always keep in mind palatable "methadone-like" alternatives to running.

"The runner should control the running experience — not the converse," he said. "Simply asking the question 'What in the world would I do if suddenly it was no longer possible to run?' would be sufficient."

JOIN
THE
**HUMAN
RACE**

PAGE 7

SUNDAY, APRIL 22 11:00 AM

...a
10,000
meter
run



Sponsored by the

Columbia
Daily **Tribune**

IN COOPERATION WITH



UNIVERSITY OF MISSOURI
ATHLETIC DEPARTMENT

NAME _____
 LAST FIRST INITIAL
AGE _____ MALE _____ FEMALE _____
 On 4/22/79
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ T-SHIRT SIZE: S M L XL Youth
HAVE YOU EVER COMPETED IN A PREVIOUS RUN?
YES _____ NO _____ BEST PREVIOUS TIME _____

All entry forms must be POSTMARKED by April 16, 1979 and must be accompanied by a \$3.00 entry fee. Entries after April 16, 1979, up to and including the day of the race, must be accompanied by a \$4.00 entry fee. Entry fees are non-refundable. Race will be held rain or shine.

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Columbia Daily Tribune, the University of Missouri, the City of Columbia, the County of Boone, and the State of Missouri from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run.

I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Sunday, April 22, 1979.

I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race medical personnel my continuing would endanger my health.

Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Participants signature _____

If under 18, must be signed below by parent or guardian

_____ Date _____

PLEASE BE SURE TO ENCLOSE CHECK OR MONEY ORDER FOR \$3.00
WITH THIS ENTRY FORM. Make payable to the Columbia Daily Tribune.
MAIL TO: The Human Race
Columbia Daily Tribune
P.O. Box 798
Columbia, Missouri 65205

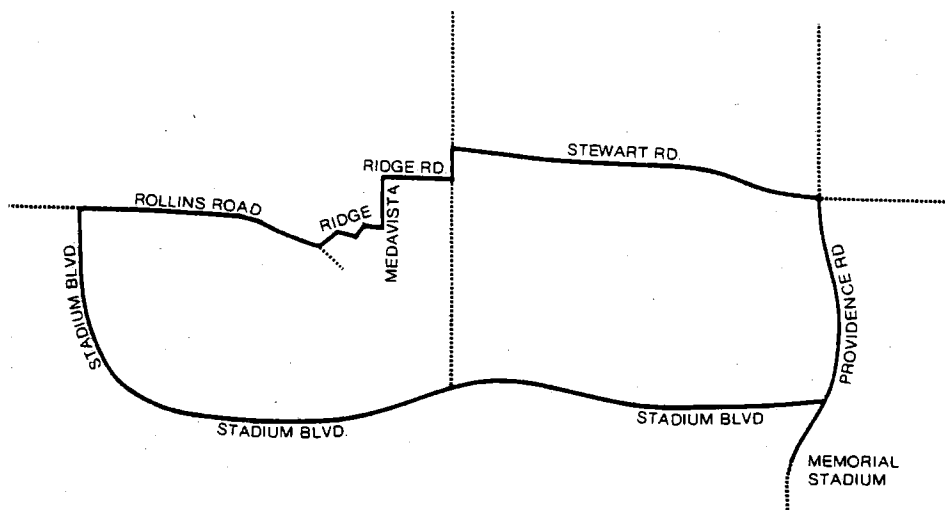
THE HUMAN RACE

...a 10,000 meter run

Columbia Daily Tribune

COURSE:

10,000 Meters - 6 miles, 378 yards. Start/Finish at the University of Missouri Memorial Stadium - Faurot Field. ½ lap around track and out the southwest exit from the stadium to Route K. North on Rt. K to Providence Road. Take Providence Road to Stewart Road. Proceed on Stewart Road to West Boulevard. Take West Boulevard to Ridge Road, Medavista and back on to Ridge Road. Proceed to Rollins Road to Stadium Boulevard. And Stadium Boulevard back to the Memorial Stadium. Entering again at the southwest entrance to track. ¾ lap around the track.



AID STATION:

An aid station will be located at approximately the 3-mile mark (in front of the Russell Blvd. Elementary School on Rollins Road). Water will be available for all runners. A Red Cross medical team will be available throughout the period of the race. Police will control traffic along the route.

REGISTRATION AND ENTRY FEE:

The attached entry form must be used for this event. Entry fee: \$3.00 if postmarked by Monday, April 16, 1979. Late entries: \$4.00. All entrants who register by April 16 will receive an official race T-shirt. (Late entrants may or may not receive an official race T-shirt depending upon the quantity available on the day of the race.) Entry fees are non-refundable. Race will be held rain or shine.

CLASSES:

Men: 19 and under
20-29
30-39
40-49
50-59
60 and over

Women: 19 and under
20-29
30-39
40-49
50 and over

SIGN-IN DAY OF RACE:

All runners should report to the west side of Memorial Stadium between 9:30 and 10:30 a.m. day of race. T-shirts and numbers will be distributed at this time along with the rules of the race.

AWARDS:

All entrants who pre-register will receive an official T-shirt. Trophy will be awarded to overall winner of the race and to the first three winners in each age category. Plaques will be awarded to the first novice runner to finish, the youngest and the oldest to complete the course.

REFRESHMENTS:

Refreshments will be provided at the end of the race courtesy of the Coca Cola Company and d Sport Shop.

RUN FOR



PAGE 9

a community project
sponsored by

d SPORT SHOP, KCMQ 97, &
COCRS BEER, DEVINE DISTRIBUTORS

DETAILS, DETAILS, DETAILS!

All registration fees will help fight MS. Preregistrants will receive Run for MS t-shirts on April 28.

To register in advance, complete and return the white bottom section of the Official Entry Form to the MS Society. You may either enclose your \$5.00 entry fee or obtain a minimum of \$10.00 in pledges before April 28.

Registration on April 28 will be at d Sport Shop, 1034 E. Walnut from 8-9 a.m. Entry fee will be \$5.00 or a pledge form showing a minimum of \$10.00 in pledges.

YOU'RE A ONE-, TWO-, THREE-MILER?

The official course will begin at d Sport Shop on E. Walnut and will follow a course of exactly ten miles, as certified by the Road Runners Club of America. There will also be a 5 mile division.

Prizes will be awarded to the top five finishers in each age division. KCMQ will be there to interview the winners live.

You're a one-, two-, three-miler? You can still run for MS! Checkout points will be set up at each mile point. Stop only if you wish to check out. Each checkout point will be a pickup point for return transportation to d Sport Shop.

GET EVERYONE INVOLVED

Sign up sponsors, explaining the Run for MS and that all pledges are tax deductible contributions to the MS Society. Sponsors should base pledges on the number of miles you expect to complete. Example: \$10.00/mile if you want to run one mile; \$1.00/mile if you want to run the total course - both pledges equal \$10.00.

Be sure all information is complete and correct. Prizes will be awarded based on the total amount of pledges turned in.

APRIL 28 IS HERE!

Rain or shine, pack your gear and official entry form and come to d Sport Shop. Pick up t-shirt and a number at d Sport Shop from 8-9 a.m.

MAKE IT ALL OFFICIAL!

Have the Certification section of the entry form completed and signed by the Official Entry Judge. All participants will receive a certificate of accomplishment.

PRIZES, PRIZES, & MORE PRIZES!

Show the Certification to your sponsors and collect their pledges. Pledges must be postmarked on or before May 12 to be eligible for the prize competition. One-milers can win, too! Prizes will be awarded based on the total amount of pledges turned in.

THIS MAY BE YOUR LUCKY DAY!

Winners will be announced by the Mid-Missouri Chapter on May 26. You will be notified by mail if you have won. If your summer address will be different from your present address, be sure to include it on the entry form so that your prize can find you!

The 2nd ANNUAL RUN FOR MS WILL BEGIN AT 9 a.m. SATURDAY, APRIL 28, STARTING FROM d SPORT SHOP, 1034 East Walnut. You may register the day of the run by paying the \$5 entry fee or presenting sponsored pledges of \$10 or more. By signing up before April 28, the first 200 entrants will receive a free RUN FOR MS t-shirt. Registration and pledge forms are available at d Sport Shop.

PRIZES AND TROPHIES WILL BE AWARDED to the first five to finish in each age division.

If you use the pledge form reproduced below, then be sure you make another copy to keep for yourself for your use in collecting pledges.



Official Entry Form
RUN FOR MS

Name

Telephone

April 28, 1979 - 9:00 a.m.

Registration 8:00-9:00

Information 445-6357 443-2029

d Sport Shop, 1034 East Walnut, Columbia, Missouri

| SPONSOR | ADDRESS | PHONE | PLEDGE/ MILE | SIGNATURE | AMOUNT PAID |
|---------|---------|-------|-----------------|-----------|----------------|
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All checks (payable to MS Society) must be postmarked by May 11, 1979 to be eligible for prize competition. Return this copy with benefit checks to RUN FOR MS, MS Society, 814 East Broadway, Columbia, MO 65201. Winners will be announced May 25, 1979.

TOTAL
AMOUNT
ENCLOSED

CERTIFICATION

I certify that this individual has completed _____ miles in the 1979 Run for MS.

Signature Official Entry Judge

This section must be completed at end of event.

DETACH AND RETURN THIS PORTION OF THE FORM (WHITE COPY ONLY) TO MS SOCIETY. BRING REMAINDER OF FORM ON DAY OF RACE.

T-Shirts for pre-registrants

Adult T-Shirt Size

- _____ Small
_____ Medium
_____ Large
_____ X-Large

Check One

- _____ \$5.00 entry fee enclosed
(checks payable to MS Society, \$5.00 day of event.)
_____ I will obtain minimum pledge of \$10.00 by day of event.

Print Last Name First Middle Age Sex

Address

Phone

City

State

Zip

Club Affiliation

All funds collected in the name of the Multiple Sclerosis Society will be sent to the Society. In participating in the Run for MS, I for myself, my executors, administrators and assigns, do hereby release and discharge the Multiple Sclerosis Society from all claims of damages, demands, actions and causes of actions whatsoever, in any manner arising or growing out of my participation in this event.

Signature (if under 18, signature of parent or guardian)



CANDLELIGHTERS RUNATHON/WALKATHON

Brewer Fieldhouse - April 19 from 10 am to Midnight
April 20 from 6 am to 10 pm

Co-sponsored by:

Sigma Lambda Sigma Honorary Fraternity, Recreation Club and Columbia Track Club

March 15, 1979

Dear CTC Member:

The Candlelighters have asked the Columbia Track Club to be one of the co-sponsors of the Annual Candlelighters Runathon/Walkathon to be held on Thursday, April 19 and Friday, April 20th at Brewer Fieldhouse.

The Candlelighters is a volunteer support group of the University of Missouri Medical Center--Department of Child Health. This group is comprised of parents, relatives and friends who are concerned with the conquest of cancer in children. The Candlelighters raise funds for support services or equipment which cannot be funded by federal or state appropriations.

The Candlelighters would like to encourage any interested CTC member to participate in this worthwhile fund-raising event--either as a participant or to pledge a contribution to one of the CTC runners/walkers who will be participating.

In order to stimulate an interest toward this cause, the CTC will award a gift certificate (thanks to the generosity of the Crossroads Sports Center, 2101 West Broadway, who is donating the gift certificate) to the CTC member who collects the most dollars for the Runathon/Walkathon. This gift certificate is a special prize given by the track club over and beyond any prizes given by the Candlelighters.

Attached is a Candlelighters Runathon/Walkathon Pledge sheet. (Please indicate next to your name that you are a CTC member if you should decide to enter).

If you should have any questions, please call Phil Pratt (874-2494) or Annette or Tom LaFontaine (449-5781). We'll be at the fun runs and CTC races with additional information.

Thank you,

Annette LaFontaine

Annette LaFontaine
CTC Member

In case you haven't found enough racing activity for the month of April here are two more races to consider: April 14 8:00 AM starting at Union Station, Kansas City, Mo. a 10,000 meter run--the "Highland Games Footrace. April 29: 8:00 AM "Sports Booster Association 10,000 meter run," Whiteman AFB, starting at the Base Gym. Both races have the usual age group trophies and T-shirts for all. In respect to any race, if you want more information you can usually get it from Joe Duncan. Also he will bring whatever entry blanks he has to all of our races.

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK
1979 ENTRY BLANK

TIME: Saturday, April 21, 1979 -- 1:30 PM.

PLACE: Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road exit off of I-70.

ENTRY FEE: \$2.00 - post-entries will be accepted, please try to have your entries in by April 20. Make checks payable to: Columbia Track Club.

AWARDS: Three "Cup" trophies to first three finishers. Certificates to all finishers.

MISSOURI CUP RECORD: 1:30:10 Larry Young - May 7, 1972 (This is also the American Record.)

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 A.A.U. 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 _____ BIRTHDATE: _____

AAU# _____ AAU ASSN. _____ HT. _____ WT. _____

SIGNATURE _____

ADDRESS _____ City _____ State _____ Zip _____

SCHOOL OR CLUB _____

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

NAME _____

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

Sanctioned by the Missouri Valley Association of the A.A.U.

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

MISSOURI CUP

WANTED: Runners for fitness study (doctoral dissertation) who meet all three of the following requirements:

1. Consistant level of training for the last 6 months.
2. Age: 17-28.
3. In one of the following fitness catagories:

| | <u>miles/week</u> | <u>ave. mile pace</u> |
|---|-------------------|-----------------------|
| A | 45-48 | 5:43-6:40 |
| | 51-57 | 6:40-8:00 |
| B | 49-56 | 5:43-6:40 |
| | 60-66 | 6:40-8:00 |
| C | 56-64 | 5:43-6:40 |
| | 68-76 | 6:40-8:00 |
| D | 63-72 | 5:43-6:40 |
| | 77-86 | 6:40-8:00 |

Continued. . . .

| | | |
|---|------------------|------------------------|
| E | 70-80 85-95 | 5:43-6:40 6:40-8:00 |
| F | 77-88 94-105 | 5:43-6:40 6:40-8:00 |
| G | 84-96 102-114 | 5:43-6:40 6:40-8:00 |

Information to be gained from this study regarding your present fitness level will be: (1) Maximum oxygen consumption, (2) anaerobic threshold, (3) determination of the optimal recovery running pace that you should use following a period of strenuous activity, and (4) percent of body fat.

For more information call Bill Spath or Ben Londeree (882-6892).

MISSOURI VALLEY AAU (Men and Women), AND OPEN ONE HOUR RUN
1979 ENTRY BLANK

also

1979 Senior National Postal One Hour Run
1979 Junior National Postal One Hour Run

TIME: Saturday, May 5, 1979, Section 1 (for those who will likely run more than 9 miles) starts at 7:00 a.m., Section 2 at 8:40 a.m.

PLACE: Columbia, Missouri, Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70.

ENTRY FEE: \$2.50, \$1.50 for each entrant will be forwarded to the Postal One Hour Run Coordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 5. If you do not choose to participate in the National Postal competition, the entry fee is \$1.00. Make checks payable to Columbia Track Club. Each runner is to bring someone to record his 440 splits.

AWARDS: Trophy to overall winner, trophies to first 3 finishers in each of the following categories: Males-age 15 and under, 16 to 29 (first 5), 30 to 39, 40 to 49, and over 50. Females-age 15 and under, 16 to 29, over 30. MVAAU medals to first 3 MVAAU finishers (men and women). Certificates to all participants.

MVAAU & TRACK

RECORD: 11 miles, 1187 yards, Charlie McMullen, May 7, 1978
Women: 8 miles, 1450 yards, Rhonda Bedell, May 6, 1978

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 the said race.

Print Name _____ AAU No. _____ AAU Assoc. _____

Signature _____ Birthdate ____ / ____ / ____

Address _____ city _____ state _____ zip _____

School or Club _____

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

Name _____

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.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

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

HOURLY RUN

SCHEDULE OF EVENTS

| | | | | | |
|-------|---------|----------|---|--|---|
| APRIL | 1 | Sunday | 9:00 AM | Sedalia Marathon | Sedalia, Mo. |
| | 7 | Saturday | 9:00 AM | 10,000 Meter Run | Rock Bridge HS track |
| | | | | If the track is too sloppy, then we will have this as a road race at 9:30, the Hilton-ZZ course. | |
| | 7 | " | 2:00 PM | MVAAU & OPEN ONE HOUR WALK | Hickman track |
| | 14 | " | 9:00 AM | FUN RUNS | Research Park |
| | 14 | " | 1:00 PM | Ft. Wood Ozark Runs, Marathon, half-marathon & quarter-marathon | |
| | 19 | Thursday | 4:25 PM | 5,000 meter walk as part of the Kansas Relays, | Lawrence, Kansas |
| | 19 & 20 | Thursday | (10:00 AM to midnight) & Friday (6:00 AM to 10:00 PM) Candlelighters Runathon/walkathon Brewer Fieldhouse | | |
| | 21 | Saturday | 9:00 AM | 3, 2, 1 Triathlon | Hickman track |
| | 21 | " | 1:30 PM | MISSOURI CUP COMPETITION | 20 KILOMETER WALK Hickman track |
| | 21 | " | 7:00 AM | Kansas Relays Marathon | Lawrence, Kansas |
| | 22 | Sunday | 11:00 AM | "The Human Race" 10,000 meter run | Start & finish at Faurot Field |
| | 22 | " | 10:00 AM | Avon 10,000 meter run for women | Kansas City, Mo. Start & finish at Midwest Research Institute |
| | 22 | " | 10:00 AM | Diet Pepsi 10,000 meter run | Sedalia, Mo. |
| | 22 | " | 8:30 AM | 1st Annual Overland Trail 15 kilo Road Race | St. Louis, Mo. |
| | 28 | Saturday | 9:00 AM | FUN RUNS | Research Park |
| | 28 | " | 9:00 AM | 2nd Annual Run for MS | 5 & 10 mile runs Start & finish at d Sport Shop |
| | 29 | Sunday | ? | Drake Relays Marathon | Des Moines, Iowa |
| | 29 | " | 2:00 PM | Wilson's Creek 10,000 meter run/walk | Springfield, Mo. |
| MAY | 5 | Saturday | 7:00 AM (& 8:40 AM) | MVAAU & OPEN ONE HOUR RUN | Hickman |
| | 13 | Sunday | 7:00 AM | Lincoln (Nebr.) Marathon | |

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

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COLUMBIA, MO.