



TRACK CLUB

NEWSLETTER Vol. XI, No. 5 May 25, 1979

JERRY YUNKER WINS MVA AU ONE HOUR RUN TITLE IN LAST CTC RACE May 5:

Mile Splits:		1 6	2 7	3 8	4 9	5 10	11
1. Jerry Yunker	23	5:01	10:12	15:27	20:45	26:02	22 yds
11 mi., 858 yds.		31:17	36:40	41:56	47:09	52:24	57:35 off DT
2. Dennis Hinkamp	23	5:12	10:34	15:54	21:19	26:43	
11 mi., 29 yds.		32:10	37:38	43:08	48:47	54:21	59:50
3. Tom LaFontaine	32	5:42	11:12	16:46	22:43	28:32	166 off
10 mi., 714 yds.		34:05	39:58	45:50	51:42	57:26	
4. Don Lewis	43	5:41	11:29	17:15	23:12	29:03	291 off
10 mi., 589 yds.		34:55	40:46	46:35	52:30	58:16	
5. Bruce Maxey	22	5:37	11:29	17:15	23:09	29:00	316 off
10 mi., 564 yds.		34:52	40:42	46:35	52:27	58:12	
6. Ben Londeree	44	5:44	11:34	17:26	23:19	29:11	3 off
10 mi., 443 yds.		35:04	40:55	46:43	52:40	58:32	
7. Dick Hessler	37	5:43	11:32	17:28	23:23	29:14	
10 mi., 362 yds.		35:06	41:00	46:56	52:52	58:48	
8. Pete Pasteret	26	5:45	11:35	17:28	23:21	29:19	
10 mi., 244 yds.		35:11	41:11	47:16	53:19	59:12	
9. Doug Bellets	31	5:44	11:35	17:27	23:19	29:15	11 off
10 mi., 11 yds.		35:17	41:26	47:44	54:00	59:57	
10. Olen Brown	43	5:46	11:46	17:48	24:03	30:03	212 off
9 mi., 1648 yds.		36:09	42:19	48:25	54:30		
11. Don Granberg	37	5:42	11:36	17:34	23:39	29:45	
9 mi., 1579 yds.		35:53	41:49	48:15	54:33		
12. Jerry Cole	25	5:58	11:59	17:58	23:55	30:01	
9 mi., 1540 yds.		36:11	42:24	48:33	54:45		
13. Joe Marks	41	5:48	11:49	17:56	24:09	30:21	281 off
9 mi., 1319 yds.		36:38	42:52	49:12	55:33		
14. Jon Palks	29	5:56	11:57	17:58	24:02	30:07	550 off
9 mi., 1260 yds.		36:22	42:48	49:12	55:33		
15. Duane Thomas	30	6:19	12:43	18:53	25:06	31:25	
9 mi., 942 yds.		37:29	43:35	50:00	56:38		
16. Whitney Hicks	43	6:14	12:32	18:57	25:26	31:45	270 off
9 mi., 710 yds.		38:13	44:37	51:04	57:32		
17. John Turner	24	6:06	12:32	19:12	25:48	32:30	
9 mi., 403 yds.		38:57	45:31	52:09	58:39		
18. Turk Stervick	51	6:26	12:58	19:30	26:01	32:32	108 off
9 mi., 328 yds.		39:01	45:36	52:11	58:47		
19. Tom Hellie	26	6:19	12:45	19:20	25:56	32:46	111 off
9 mi., 111 yds.		39:34	46:20	53:06	59:34		
20. Dru Dixon	26	6:06	12:25	18:56	25:30	32:05	
9 mi., 24 yds.		38:50	46:57	53:34	59:52		
21. Bob Schettman	34	6:19	12:47	19:25	26:10	32:53	
9 mi., 3 yds.		39:37	46:27	53:21	59:54		
22. Sam Steut	36	6:12	12:49	19:32	26:21	33:19	
8 mi., 1550 yds.		40:18	47:14	54:04			
23. Shaun Sallee	14	6:23	13:04	19:45	26:37	33:18	
8 mi., 1531 yds.		40:12	47:08	54:14			
24. Jay Blossom	15	6:03	12:30	19:05	25:57	32:59	
8 mi., 1473 yds.		40:13	47:27	54:34			
25. Marty Resse	27	6:24	13:06	19:54	26:39	33:26	
8 mi., 1358 yds.		40:22	47:23	54:40			
26. Joe Duncan	44	6:44	13:18	19:55	26:40	33:27	424 off
8 mi., 1336 yds.		40:30	47:50	54:58			
27. Jim Gibson, Jr.	15	6:19	13:03	19:45	26:36	33:32	
8 mi., 1207 yds.		40:50	48:09	55:27			

ONE HOUR RUN continued. . .

28. Greg Harris	22	6:51	13:59	21:06	28:06	35:10	
8 mi., 1108 yds		42:08	49:04	55:47			
29. Matt Gibson	13	6:43	13:43	20:43	28:15	35:53	
8 mi., 324 yds.		43:43	51:29	58:57			
30. Norris Kruse	43	7:37	15:04	22:25	29:46	37:05	
8 mi., 247 yds.		44:23	51:40	59:02			
31. Nick Peckham	39	6:29	13:33	21:00	28:45	36:30	
8 mi., 35 yds.		44:29	52:30	59:51			
32. Amy Hessler	13	6:55	14:20	21:55	29:45	37:48	
7 mi., 1253 yds.		46:12	54:21				
33. Tim Gibson	8	7:44	15:37	23:19	30:43	38:37	
7 mi., 1225 yds.		46:50	54:52				
34. Grace Schneider	22	7:13	14:46	22:22	30:23	43:01	51:05
7 mi., 293 yds.		51:05	58:47				
35. Nicole Wagner	8	8:10	16:56	26:00	35:06	43:48	362 off
6 mi., 1618 yds.		52:29					
36. Jim Pinkerton	46	8:02	16:37	25:27	34:21	43:22	
6 mi., 1535 yds.		52:20					
37. Candy Stout	33	9:39	19:06	28:31	37:53	47:17	
6 mi., 645 yds.		56:38					
38. Dick Sallee	51	8:56	18:40	28:25	37:53	47:34	
6 mi., 737 yds		56:43					
39. Ken Burre	44	7:00	14:25	22:03	29:46	37:22	out
40; Joe Schroeder		7:00	14:25	28:25	41:10	52:29	5-1095
41. Kevin Schroeder	8	8:51	16:48	25:08	one more lap & out		

In the low 40's at the start of Section 1 at 7:00 AM and then up into the 50's and a bright sun for Section 2. Jerry Yunker was in the first section and was unpressed all the way. Dennis Hinkamp came along for the 2nd section--to get a little extra sleep I guess--and was unable to match Jerry's performance. This was Jerry's last race as a Columbian. He is now going to Houston, Texas where he has a job with Amoco as a geologist. He leaves at an unfortunate time, since he is our Elapsed Time leader and will now have to "sit" with whatever points he now has, unless he decides to come back for a race or two. The only record set was the 9-328 by Turk Stervick to beat the age 50 & over mark of 6-612 set by Sedalia's Damon Hieronymus last year.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB:

Susan Boyle
307 Hogan Dr.

Mary Ann Slivinsky
508 Simmons Ct.

Larry Brown
Rt # 1

Louis Werner
P.O. Box 115
Gideon, Mo. 63848

Fred Kelkhorst
Rt #5

Ed & Jean Vaughan
404 Westmount

Wayne Mountjoy
1704 Kathy Dr.

Beth Steenburgen
Sales Representative
Sheraton Hotel
1111 E. Broadway

Chuck Showalter
Rt 1, Box 281
Hartsburg, Mo. 65039

Anyone else can become a member of the Columbia Track Club by paying the annual dues of \$5.00. This includes the monthly newsletter. For the newsletter alone the annual cost is a mere \$2.00. Anyone who joins CTC during the months of June, July and August will be considered paid up to Labor Day of 1980. Send your money (and all donations--which are tax-deductible) to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

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

May 6, 1973 Missouri Cup Competition: First the 5,000 meter walk for women: 1. Gwen Eberle 30:06 2. Linda Ontko 30:21
 3. Beth Eberle 30:44 4. Janet Leuthold 30:52 (Janet, at age 13, set MVAAU records for 1, 2, 3 miles and for 5,000 meters) 4. Joyce Schulte 37:33

Then, the 20,000 meter walk for men: 1. Paul Ide 1:50:00
 2. Al Schrik 1:54:30 3. Mark Achen 2:00:00 (Mark, by the way, was a visitor in Columbia the day of the Human Race--it was certainly enjoyable visiting with him. Mark didn't compete that day--he was here to coach Art Fleming--but we may see Mark in some races since he is now located at Gladstone, Mo.), 4. Leonard Busen 2:00:50 5. Dave Leuthold 2:02:38 6. Rob Spier 2:08:18

May 19, 1973: 12 mile run: 1. Don Williams (from Ft. Leonard Wood) 1:12:38 2. Dick Hessler 1:13:27 3. Ben Londeree 1:13:35
 4. Don Granberg and Mike Chippendale 1:18:07 6. Rex Frazer 1:20:09 7. Joe Duncan 1:24:08 8. Tom Kilburn 1:25:09 and 4 others

AND, NOW A LOOK AT THE PRESENT DAY HEROES:

CTC had three runners in the Drake Relays Marathon on April 28. DICK MARTIN got under three hours for the first time, at age 46, with a time of 2:59:32. He finished 85th out of some 700 runners. JACK WALLACE was not too far behind Dick as he was just over the three hour mark with 3:00:30 and then DON JOHNSON, at age 50, was within two minutes of a PB with 3:24+. The weather was perfect, in the 40's, cloudy, some drizzle. The course is basically a rolling course, with only two hills of any consequence.

JON HERBERT had a busy, and successful, month of running in April. First he was first place finisher in the Ft. Wood Half-Marathon on April 14th with a time of 1:13:00. A week later he was 5th in the Kansas Relays Marathon in 2:37+. On the 29th he won the Wilson's Creek 10,000 Meter Run (which was adorned with the presence of Walt Stack) at Springfield with a time of 33:29 (a course record, on a very hilly course). Then he "jogged" a two mile at Briggs Stadium in 10:02 to win the age 25-29 award. Jon's son, Ryun, ran the two mile for the first time with a 17:14 effort, proudly wearing his CTC shirt.

MIKE FIELDS ran the Penn State Relays marathon in 3:18:19, the same as he had done in the New York race. Mike did the Penn race on a rather modest base of preparation. A hip injury had held him to 30/ week until the 6 weeks prior to the marathon when he was able to get up to 48 miles a week. Up to 19 miles, Mike was at a sub 3:10 pace, but the last 6 miles did him in. Even so, he finished 165th out of 1180 finishers.

WESLEY PAUL and his Dad, ALO, have returned from another trip to Taiwan. Once again it was a grand occasion for the runners of Taiwan. Wesley had eight races in 12 days, doing well in all of them except for the last one when he was sick. A total of some 10,000 runners were in the races with the largest attracting 4800 runners through the streets of Taipei. Wesley had an interview with the President, Mr. Chiang, who gave Wesley two baskets of bananas, knowing that Wesley liked them. Maybe that's why Wesley got sick. Anyway, this interview and the President's remark, "Today we run for national unity, tomorrow we shall run for national recovery," made all the headlines in the next day's papers. There is a possibility that some runners will come here for a visit (and some racing) this summer and there is even a possibility that some CTC runners will be invited to visit Taiwan. Running is just now beginning to boom in Taiwan and they find it amazing that we have several 40 year olds who can run two miles in less than eleven minutes.

CONGRATULATIONS TO AMY JOHNS for winning the State High School One Mile Championship in a very exciting and emotional race. Amy won the race in the last yard from Cathy Corpeny of Kansas City Southwest, the pre-race favorite. In fact, Amy was picked to finish no better than 4th or so even though she is a national class marathoner. It seems, there was some doubt as to her speed since her previous best mile time was 5:17. As was expected, Amy took the lead and worked it up to over 15 yards at the 880 mark. Corpeny began closing and caught Amy with 220 to go and went on by. But coming off the curve, Amy regained the lead, only to lose it again on the straightaway. In most mile races, most observers would think that would be it, but Amy fooled everybody with a furious charge, unleashing some speed that had never been shown before to edge in front just before the tape. Her time? 5:03.1, a PB by 14 seconds.

DENNIS STEWART WINS SPRINT TRIATHLON SETTING AGE 30 RECORDS May 19:

	1500 meters	800	400	Total
1. Dennis Stewart	4:12	2:05.5	55.2	7:12.7
2. Dan Bryant	4:13	2:07	59.1	7:19.1
3. Dennis Hinkamp	4:15	2:08	60.6	7:23.6
4. Don Lewis	4:34	2:14	60.2	7:48.2
5. Ben Londeree	4:33	2:17	62.4	7:52.4
6. Marc Scholes	4:36	2:18	59.8	7:53.8
7. Jay Blossom 15	4:42.5	2:21.5	59.0	8:03.0
8. Doug Bellows	4:44	2:20	59.9	8:03.9
9. Bruce Maxey	4:50	2:23	59.9	8:12.9
10. John Hemphill	4:49	2:25	64.9	8:18.9
11. Olen Brown	4:53	2:25	61.8	8:19.8
12. Jon Palks	4:54	2:26	66.7	8:26.7
13. Don Johnson	5:01	2:27	67.0	8:35.0
14. Jack Wallace	4:59	2:33	67.3	8:39.3
15. Joe Marks	5:03	2:28	68.5	8:39.5
16. Dick Hessler	4:57	2:36	72.0	8:45.0
17. Dru Dixon	5:04	2:43	70.0	8:57.0
18. Ron Wampler	5:30	2:38	66.2	9:14.2
19. Dennis Blossom	6:10	3:09	85.0	10:44.0
20. Nevins	6:29	3:15	73.8	10:57.8
21. Bryant (Dan's sister)	6:16	--	69.2	
22. Dick Martin	4:54	--	--	

60's, moderate winds, cloudy, wet track. Denny Stewart is age 30 now and he will, no doubt be rewriting the age 30 list of CTC event records. So he did in this event by beating Howard Guscar's record of 7:26.0 (4:22.2, 2:07.1, 56.7) set last year. Not only that, but he edged under Ben Londeree's 800 mark of 2:05.6 and Don Lewis' 56.0. Don Johnson set new marks in the age 50 category where there was no previous record.

JUST BEFORE THE ABOVE RANDY MIMM WON A 10,000 METER WALK:

Mile Splits	1	2	3	4	5	6	10,000 meters	seconds off DT
1. Randy Mimm	7:51	15:44	24:06	32:47	40:59	49:04	50:53	103
2. Randy Bakewell	9:34	19:00	28:47	38:28	48:10	57:41;	59:42	18
3. Rob Spier	10:43	21:12	31:39	42:15	52:53	63:29	1:05:44	4
4. William Taft	12:16	24:18	36:27	48:41	60:50	72:43	1:15:07	83
5. Henry Bent	12:17	24:37	37:35	50:26	63:25	75:47	1:18:19	19

THE AMERICAN CENTURION CLUB gained two new members from the 100 mile walk put on by the San Diego Track Club (Paul Hendricks, race director) on May 12 & 13. The race also included a 100 mile run and was held on the San Diego State U. track. The problem was that Paul picked the hottest weekend of the year for his race--100+ degrees both days. These horrible conditions obviously allowed for very few finishers out of the 26 starters, 19 runners and 7 walkers. In fact, there were only four finishers, two runners (Bob King with 18:50:37 and T. J. Key with 20:55:23) and two walkers, Dave Hugener, who becomes Centurion #26 and Doug Reeves who is Centurion #27. Hugener is age 41, while Reeves becomes the youngest person who has ever become an American Centurion, at age 23. Augie Hirt, at age 25, was the previous youngest.

AMY JOHNS followed up her State One Mile Championship by running a sparkling 36:01.5 10,000 meter on Hickman Track in the 10,000 meter run for women. Also in the race were Jane Kernell and Debbie Hoxworth but I have no times for them. Anyway, the big story is that Amy's remarkable performance was under the 36:15 qualifying standard for the Senior SAU Outdoor T & F Championships to be held in Walnut, Calif. June 14-16. Amy intends to be there. Her mile splits in the qualifying run were 5:34, 11:20 (a PB for 2 miles), 17:11, 23:04, 29:00 and 34:49, and, of course, all these latter splits were also PB's for those distances.

JOE MARKS is coordinating travel to Kansas City for the Hospital Hill Run on June 9 (although, I suppose everyone is going up the day before). If you need a ride, or if you have room in your car and are willing to take some passengers, then call Joe at 445-1919. Joe also has the new CTC t-shirts and singlets. It would be nice if everyone who runs in an out of town race would wear the CTC shirt. They do cost \$5.00 each, but are quite attractive with the red and blue lettering.

ELAPSED TIME STANDINGS (not including the Sprint Triathlon)

Open Runners

1. Yunker	277.5	22. Hinkamp	67
2. Londeree	272.5	23. Chippendale	60
3. Maxey	261	24. Thornburg	53
4. Hessler	259	25. Martin	52
5. Brown	226	26. Herbert	49
6. Marks	201	27. Helt	47
7. Lewis	181	28. Walker	46
8. Palks	177.5	29. Schutt	46
9. Bellows	163	30. Ekvall	40
10. LaFontaine	125	31. Lairmore	36
11. Hellie	115.5	32. Walter	35
12. Stervick	108	33. Brace	32
13. Stewart	102	34. Shegoski	31
14. Gascar	102	35. W. Hicks	31
15. Granberg	90	36. Neviackas	29
16. Mittelhauser	88	37. Renner	26
17. Duncan	86.5	38. Resse	26
18. M. Kruse	83	39. Vaillancourt	25
19. Dixon	74.5	40. Wallace	24
20. Johnson	72	41. Childs	23
21. Tom DeCoster	70.5	42. Schettman	23

Age 15 & under

43. Tim DeCoster	22	1. M. Gibsen	42
44. T. McMullen	21	2. J. Gibsen	42
45. Curry	21	3. A. Hessler	22
46. Pastoret	20	4. T. Gibsen	16
47. Sewell	18	5. W. Paul	14
48. Turner	20	6. J. Blessem	14
49. Pratt	18	7. P. Hessler	11
50. Mountjoy	17	8. S. Gibsen	11
51. Wampler	15	9. N. Wagner	9
52. Steck	14	10. D. Hicks	8

WOMEN

1. A. Hessler	27
2. A. Johns	19
3. Annette	17
4. G. Mee	10
5. N. Wagner	10
6. P. Butler	6
7. S. LeDuc	5
8. M. Carpenter	3

Age 40 & over

1. Londeree	109	6. Duncan	39.5
2. Brown	92.5	7. Johnson	34
3. Marks	82.5	8. Martin	23
4. Lewis	75	9. Hicks	21
5. Stervick	51	10. Schutt	17

WALKERS

1. Mimm	66
2. Wass	35
3. Spier	33
4. Busen	27
5. Taft	20.5
6. Bakewell	17
7. Van Dyke	12
8. Bent	9.5

40 & over

1. Spier	30
2. Busen	21
3. Taft	19.5
4. Van Dyke	10
5. Bent	8.5

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 04/21/79

1. B. LONDEREE	13	0.39	11. T. STORVICK	9	1.87	21. R. SPIER	10	2.80
2. L. THORNBURG	4	0.59	12. D. LEWIS	7	1.89	22. D. DIXON	6	3.80
3. J. DUNCAN	12	0.80	13. T. LAFONTAINE	6	2.05	23. A. JOHNS	5	3.82
4. O. BROWN	13	0.92	14. T. DECOSTER	6	2.06	24. T. GIBSON	5	4.27
5. J. PALKS	13	1.01	15. T. HELLIE	6	2.07	25. N. WAGNER	4	4.42
6. B. MAXEY	12	1.19	16. W. HICKS	6	2.27	26. L. BUSEN	4	4.59
7. J. WASS	8	1.46	17. D. BELLWS	8	2.31	27. J. GIBSON, JR.	4	4.69
8. D. MARTIN	4	1.50	18. H. BENT	7	2.61	28. R. MIMM	7	5.80
9. J. MARKS	10	1.57	19. W. TAFT	10	2.62	29. M. GIBSON	5	7.98
10. J. YUNKER	9	1.69	20. D. JOHNSON	8	2.67			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 04/21/79

1. D. JOHNSON	5	3.04	3. O. BROWN	14	2.79	5. J. MARKS	7	0.56
2. R. MIMM	8	2.92	4. J. DUNCAN	13	1.00	6. B. LONDEREE	13	-1.61

The annual 2-person, 5 mile relay will be at 7:30 PM on June 16 at Hickman Track. There will be 12 categories as follows: Male-male, female-female, Male-female, Husband-wife, Father-son, Father-daughter, Mother-son, Mother-daughter, Brother-brother, Brother-sister, designated time and a drawing (with award winners in any of the other categories not being eligible for the drawing, also the DT award goes to a non-winning couple). This is one of our fun events. Awards will be gift certificates from the Business Loop Dairy Queen store with the winning couples in each category getting the awards, that is, each person on each winning team gets a certificate. IMPORTANT: EACH TEAM SHOULD HAVE SOMEONE THERE TO RECORD THE 440 SPLITS. Also keep in mind that each team of two male runners must have one runner of age 15 or under.

RESULTS OF THE BOONE COUNTY JUNIOR OLYMPICS MEET May 20 Hickman Track

First 4 places

*denotes a new record

	GIRLS					
	Bantam (8-9)		Midget (10-11)		Junior (12-13)	
50 yard dash	Cindy Pollock	7.9	Mia Jones	6.9		
	Kim Hellebusch	8.0	Laura Dye	7.2		
	Amy McDonald	8.2	Xrian Nyuyen	7.4		
	Tracy Bush	8.3	Julie Pendegraft	7.5		
100 yard dash			Laurie Cox	*13.7	Lisa Kurth	*12.7
			Miriam Judy	13.9	Neressa McKinney	13.3
			Vivian Khabil	14.0	Sheili Stalling	13.4
			Kerry Saums	15.2	Mistz Crane	13.5
220 yard dash	Debby Nelson	37.0	Mara Judy	32.1	Lisa Kurth	31.8
	Heather Schottman	37.4	Franchel Bennett	32.5	Sally McDonald	32.2
	Kim Hellebusch	39.3	Mia Jones	33.1	Lori Terzopoulos	33.6
	Lisa Scott	41.4	Laurie Cox	33.4	Leigle Mosley	35.7
440 yard dash	Debby Nelson	1:30.7	Angela Ballenger	*1:17.1	Kris Metter	*1:11.3
	Deborah York	1:57.9	Miriam Khabil	1:21.5	Laura Vaughan	1:16.2
			Julie Pendergraft	1:23.9	Kathy Pinkerton	81.5
			Cindy Gerke	1:29.6	Lori Behymer	1:23.1
880 yard run	Nicole Wagner	3:13.7*			Cheryl Mitchell	*12:42.4
	Heather Schottman	3:14.7			Vivian Ganaway	2:47.4
					Karen Howard	3:02.4
Mile Run	Nicole Wagner	7:53.0	Carm Modica	6:50.6	Vivian Ganaway	*6:07.5
			Alissa Griffith	7:25	Amy Hessler	6:09.6
					Tracy Cox	7:14.11
80 meter LH					Kim Sheets	12.9
					Brenda Rutter	13.4
					Sheila Stalling	13.8
					Lori Terzopoulos	14.5
Mile Walk			Leah Bowser	13:36	Amy Hessler	*10:03.1
					Karen Howard	11:09
					Kathy Pinkerton	17:05
					Laura Vaughan	17:05
440 yard relay			Alissa Griffith		Andrea Frazier	
			Franchel Bennett	1:01.7	Neressa McKinney	
			Mia Jones		Kim Sheets	1:01.9
			Carm Modica		Kim Porter	
Baseball Throw	LaDonya Hill	57'2½"	Angela Ballenger	122'*	Cheryl Mitchell	114'8"11"
	Robin Wilcox	45'10½"	Kerry Saums	103'	Courtney Gray	96'2½"
	Kathryn Black	41'6"	Carrie Leech	76'2"	Kathy Pinkerton	65'8½"
	Kim Hellebusch	37'8"	Laurie Cox	75'4"		
Long Jump	Amy McDonald	9'93/4"	Laura Dye	12'93/4"	Sheila Stalling	13'4½"
	Valerie Manahan	8'¼"	Leah Bowser	12'4½"	Neressa McKinney	12'9"
	Lisa Scott	7'8"	Xrian Nguyen	11'11½"	Lori Terzopoulos	12'3"
	Jonna Gillespie	7'5"	Franchel Bennett	11'9½"	Leigh Mosley	11'5½"
High Jump	Valerie Manahan	2'10"	Mary Sara Gordon	3'8"	Kim Sheets	4'4"
	Heather Schottman	2'8"	Rita Gulstad	3'0"	Laura Vaughan	4'2"
Triple jump			Carrie Leech	17'4"	Courtney Gray	22'8"
Shot put					Lisa Kurth	31' 1"
					Misty Crane	25' 8"
Discus	Brenda				Brenda Rutter	75'6½"
					Carol Buchner	61'3½"
					Karen Howard	55' 5"

MANY, MANY THANKS to Norris Kruse
 Jim & Midge Pinkerton and Mr. & Mrs.
 Joe Schroeder for putting in the many,
 many hours in preparation for this
 meet. Also Thanks to all the CTC members
 who assisted and Thanks to SEARS for their
 financial support.

Some 250 boys and girls participated in this
 event. No doubt there will be more next
 year.

Boone County Junior Olympics Results continued. . . .

BOYS

	Bantam		Midget		Junior	
50 dash	Leron Monroe	7.4*	Mark Lindall	7.0		
	Doug Walden	7.6	Barry Snyder	7.5		
	Jeff St. Omer	7.7	Kevin Honeycutt	7.6		
	Gary North	7.8	Kevin Kain	7.7		
100 dash	Scott Bink	15.0*	Greg Graves	13.9	Rusty Crane	11.4*
	Thomas Pluschke	15.3	Mark Adler	14.0	Scott Williams	12.0
	Pat Kernell	15.4	Paul Rystrom	14.3	Paul Reynolds	12.4
	Larry Trumbo	15.8	Clifford Williams	14.4	Charles Burgett	12.5
220 dash	Doug Walden	33.5*	Rob Odor	32.6	Tim Kamp	26.5*
	Leron Monroe	33.5*	John Eibert	32.9	Scott Williams	27.6
	Ricky Odor	35.3	Doug Thornsberry	33.3	Lee Williams	29.1
	Jeff St. Omer	35.7	Proctor & Monroe	33.9	John Pendergraft	30.0
440 dash	Ricky Odor	1:18.4*	Jim Rothwell	1:10.6*	Tim Kamp	57.4*
	Scott Bink	1:20.6	Steve Gibson	1:11.5	Troy Thompson	60.3
	Chris Paulus	1:22.4	Paul Rystrom	1:13.8	Richard Diehl	65.2
	Tim Gibson	1:22.5	Jason Shear	1:14.3	John Pendergraft	65.7
880 run	Peter Hessler	2:59.0*	Steve Gibson	2:42.9*	Matt Gibson	2:21.7*
	Kevin Schroeder	3:00.5	Russell Kurth	2:48.1	Dan Nelson	2:26.3
	Tim Gibson	3:00.6	Trever Hourigan	3:00.3	Brad Sloan	2:36.1
	Pat Kernell	3:07.1			Andy Williams	2:39.4
Mile run	Wesley Paul	5:24.6*	Steve Gibson	5:48.3*	Dan Nelson	5:15.6*
	Peter Hessler	6:10.4	Steve Schottman	5:57.5	Matt Gibson	5:24.5
	Tim Gibson	6:24.6	Jason Shear	6:04.1	Steve Hicks	6:04.6
	Chris Paulus	6:52.2	Russell Kurth	6:04.4	Lloyd Lowe	6:27.7
50 yd LH			Rob Odor	9.4		
			John Eibert	9.5		
			Jason Shear	10.0		
			Todd Shapira	10.1		
70 yd LH					Rusty Crane	10.4*
					Jame Nichols	10.7
					Paul Reynolds	11.4
					Jeff Royer	11.9
880 yd walk	Jay Sowash	5:38.2*				
	Leo Martin	6:23.4				
	Bob Peery	6:24.8				
	Eric Flanagan	7:54.2				
Mile walk	Jay Sowash	10:48.2*	Brian Voth	11:50	Matt Gibson	9:39*
	Jeff Sowash	12:00			David Wilcox	11:17
440 yd relay					James Nichols	
					Tony Tapp	
					Lee Williams	53.4*
					Rusty Crane	
880 medley relay					Burgett	
					Petty	
					Simmons	2:02.2*
					Thompson	
Long Jump	Scott Bink	11' 2½"	Kevin Honeycutt	11' 10"	James Hickem	16' 1½"
	Jay Sowash	11' 2½"	Rob Odor	11' 9"	Craig Walden	15' 6 3/4"
	Gary North	11' ¼"	Brad North	11' 8"	Charles Phillips	14' 6 3/4"
	Larry Trumbo	10' 11½"	Steve Schottman	11' 6"	Stewart Pickard	14' 4"
Triple jump					Brad Sloan	28' 11"
					David Wilcox	28' 10½"
					Carl McDonald	26' 1"
					Ray Odor	23' 10"
High jump	Kevin Schroeder	3' 10"	Jeff Byler	3' 6"	Charles Phillips	4' 2"
	James Fashing	3' 4"	Todd Schapira	3' 3"	John Schmidt	4' 0"
	Thomas Pluschke	3' 2"	Robert Marshall	3' 3"	Paul Corwin	3' 9"
	Shawn Daniel	3' 2"	Greg Powell	3' 0"	Damon Pinet	3' 8"
Shot put	Charles Atwell	19' 10"	Paul Rystrom	27' 8"	Barry Nichols	42' 9"
	Andy York	19' 4"	David Sparrowe	19' 9"	Dillard Atwell	36' 10"
	Tim Pingleton	18' 9 3/4"			Robert Goldman	36' 4"
	John Atwell	16' 1½"			Randy Ray	34' 1"
Discus					Barry Nichols	122' 3 3/4
					Randy Ray	121' 1"
Pole Vault Junior	Brent Gibson	8' 0"			Mike Pipes	85' 9 3/4
	Tim Mordica	7' 6"			Mack Honey cutt	59' 9½"

1979 ENTRY BLANK
MISSOURI VALLEY AAU, AND RRCA NATIONAL POSTAL OPEN 15 KILO RUN

TIME: Saturday, July 21, 1979, 7:10 a.m.

PLACE: Columbia, Missouri - meet at Hilton Inn parking lot, located on the southwest corner of I-70 and Stadium Boulevard intersection.

THE COURSE: An AAU Certified road course, 3-5,000 meter legs, back and forth on asphalt and concrete. Start at Hilton Inn.

ENTRY FEE: \$2.00. This includes entry into the RRCA Postal Competition and swimming privileges at West Broadway Swim Club. Post entries will be accepted but PLEASE try to have your entries in by July 20. Makes checks payable to Columbia Track Club.

AWARDS: To be presented at 8:45 a.m. at the West Broadway Swim Club. Trophy to overall winner. Trophies to first three finishers in each of the following categories: age 15 and under, 16 - 29 (first 6), 30 - 39, 40 - 49, 50 and over; women: first under, 16 - 29, 30 and over. Certificates to all finishers, MVA AU medals to first three MVA AU finishers, men and women. Post-race swim: all competitors and families are invited to use the facilities at the West Broadway Swim Club until 10:00 a.m. These facilities are across the street from the finish line.

MVA AU &
COURSE RECORD: 46:13, Ron Tabb, July 17, 1976.

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, and the Columbia Track Club for all injuries suffered by me in said race.

PRINT NAME _____ AAU # _____ ASSOC. _____

SIGNATURE _____ BIRTHDATE _____

ADDRESS _____ ZIP _____ School/Club _____

street city state

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. THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

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

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 desired further information regarding Title VI should write immediately to: The Office of Equal Opportunity, U.S. Department of the Interior, Office of the Secretary, Washington, D. C. 20240.

Here is the form for the summer Wednesday evening age group races. Each night we will need at least 6 officials and we will simply rely on recruiting officials from the CTC people who show up, so be sure that at least 6 of you show up each time. Notice that the races begin at 6:00 PM each time instead of 6:30 as in previous years. Further, ribbons will be given out each night to the first five places, each event, each age group. All races are open to all age groups.

COLUMBIA PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB PRESENT

A SUMMER PROGRAM OF RUNNING AND RACE WALKING

A series of six Wednesday evening races to be held on Hickman High School Track on June 6, 13, 20, 27, July 11, 18. (NOTE: There will be no session on July 4.) The races will begin at 6:00 p.m. and proceed in the following order: mile run, 440 yard dash, 880 yard run, mile walk, 2 or 3 mile run. Emphasis will be on participation and personal improvement. There will be a \$1.00 charge to help cover the cost of participation certificates and ribbons.

Age groups (Boys and Girls) will be as follows: 7 and under, 8 - 9, 10 - 11, 12 - 13, 14 - 15, and 16 - 17.

Ribbons will be awarded each night to the first 5 places, each event and each age group.

Participants can do only two running events plus the mile walk each night.

Please complete this form and bring it and \$1.00 on June 6.

NAME _____ BIRTHDATE _____

ADDRESS _____ PHONE _____

I, _____ (father, mother) of

_____ consent to my child's participation in this program and I hereby waive any and all claims for damages which I might have against the City of Columbia, Missouri, or the Columbia Track Club for any injuries suffered by my child as a result of or during this program.

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 believe 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. Dept. of the Interior, Office of the Secretary, Washington, D.C. 20240.

SCHEDULE OF EVENTS:

- JUNE 2 Saturday 8:00 AM MVAAU 15,000 METER WALK CHAMPIONSHIP
Hickman Track
- 3 Sunday 7:00 AM St. Louis Track Club $\frac{1}{2}$ marathon St. Louis, Mo.
CONTACT: Famous-Barr Special Events Dept., 601 Olive
St. Louis, Mo. 63101
- 9 Saturday 8:00 AM FUN RUNS Research Park
- 16 Saturday 7:30 PM 2 person, 5 mile relay, alternate 440's
Any team of male runners must have one runner
age 15 or under. There will be awards for the
various categories. There is a charge of \$1.00
for non CTC members.
- 16 " 8:00 AM Sedalia Democrat Chisholm Trail 10,000 meter
Run
- 16 " 8:00 AM 6th Annual Steamboat Classic 15 Kilo Run
Peoria, Ill.
- 17 Sunday 8:00 AM Santa Fe Trail 20 Kilo Run Raytown, Mo.
CONTACT: Alan Lawson 11705 E. 83rd Raytown 64138
- 23 Saturday 8:00 AM FUN RUNS Research Park
- 23 " 9:30 AM Thousand Hills 10,000 meter run age groups,
T-shirts CONTACT: Terry Ledge P & R Dept.
City Hall Kirksville, Mo. 63501
- 23 " Sunflower Invitational Track Meet age groups, masters
Topeka, Kansas
- 30 " 8:00 AM FUN RUNS Research Park
- 30 & July 1 Independence, Mo. Invitational Track Meet Blue Springs,
Mo. CONTACT: Tom Evans 420 E. Gelfview
Blue Springs, Mo. 64015
- 30 Saturday 12:00 Noon Open Men & Women's Track Meet
Florissant Valley Jr. College
- JULY 7 Saturday 8:00 AM One Mile Run RRCA Postal event Awards
10,000 Meter Walk Hickman Track

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

NO PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT 226
COLUMBIA, MO.