TRACK CLUB

COLUMBIA

COLUMBIA TRACK CLUB

The CTC newsletter is sent out every month. Annual subscription price is $2.00. Or, you can join CTC by paying the annual dues of $5.00. This amount includes the newsletter and includes all family members living in the same household.   Anyone may submit articles, comments, suggestions, race results, etc. for publication in the newsletter.   In fact, CTC members are requested to submit results of their performances in out of town races.   Any item submitted for publication must be typewritten unless it is a fairly short item.   CTC is a non-profit corporation, therefore, any donations to CTC are tax-deductible. Send money, dues, donations (checks payable to Columbia Track Club) to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

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

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US POSTAGE
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COLUMBIA, MO.

Nov. 4, 1979   3 MILE CROSS-COUNTRY TURKEY TROT   Columbia, Mo.

PLACE	NAME	CLUB	AGE	TIME
Women				
35	Martha Stinson	CTC	22	18:23
48	Debbie Hoxworth		21	20:04
61	Marianne Gatti	SLTC	25	21:31
64	Anne Marie Fairweather	CTC	27	21:44
65	Lennis Harrison	SLTC	25	21:46
67	Sandra Lawrence	SLTC	44	21:59
69	Susan Wilson	SLTC	16	22:03
72	Karen Kokesh- 6 months	SLTC	27	22:24
73	Nancy Wilson Pregnant!	SLTC	15	22:27
75	Jane Farl	SLTC	15	22:31
76	Susan Morey	SLTC	18	22:54
79	Betty Scarpino		30	23:04
81	Elaine Sleper		34	23:15
84	Annette LaFontaine	CTC	29	23:51
85	Sharon LeDuc	CTC	36	23:58
86	Frances Young	SLTC	20	24:13
87	Kathy Cain	CTC	35	24:22
88	Mary Slivinsky	CTC	38	24:28
89	Carolyn Wilson	SLTC	41	24:30
90	Barb Brockman		27	25:07
91	Becky Elliott	CTC	27	25:33
92	Sally Allen	CTC	26	25:46
95	Carole Schottman	CTC	34	26:08
97	Wendy Evans	CTC	31	27:02
13-Under				
45	Chris Koon	SLTC	10	19:37
46	Russ Kurth	CTC	12	19:46
52	Stephen Schottman	CTC	12	20:33
53	Steve Helmick	CTC	12	20:33
57	Peter Hessler	CTC	10	20:53
74	Tim Gibson	CTC	8	22:30
77	Bert Granberg	CTC	11	23:00
78	Amy Hessler	CTC	13-F	23:01
80	Rick Londeree	CTC	12	23:09
93	Stephen Vaughan	CTC	11	25:52
96	Allen Russell	CTC	11	26:37
14-19				
3	Mark Whalley		19	14:53
9	Hal Uhlemeyer		19	15:33
17	Kevin Stock	CTC	18	16:59
31	Doug Davies		17	18:14
43	Rob Schroeder		18	19:27
20-29				
1	Mike Sawyer	SLTC	22	14:41
2	Willis Ware		20	14:44
4	Steve Fischer	SLTC	22	15:05
5	Ron DeClue	SLTC	27	15:12
6	Chuck Korte	SLTC	25	15:28
7	Bobby Williams	SLTC	26	15:30
8	Lennie Harrison	SLTC	27	15:32
10	Les Myers	SLTC	24	15:39
11	David Harris	SLTC	24	15:44
12	Glen Powers	SLTC	26	15:49
13	Joe Haake	SLTC	25	15:53
14	Tim Schwegler	SLTC	21	15:55

PLACE	NAME	CLUB	AGE	TIME
16	Bruce Maxey	CTC	23	16:54
19	Dennis Hinkamp	CTC	23	17:18
24	Dan Sebben	SLTC	28	17:37
25	John Hamphill	CTC	25	17:39
26	Tom Hellie	CTC	26	17:42
27	Dan Maloney	SLTC	25	17:46
29	Jerry Kokesh	SLTC	29	18:00
32	Dick Moe	CTC	20	18:14
34	Tom DeCoster	CTC	25	18:23
36	Tom Elliott	CTC	28	18:29
41	Michael Koonse	CTC	29	19:02
62	Jim Allen	CTC	26	21:41
82	Tom Murphy	SLTC	29	23:26
30-39				
15	Tom LaFontaine	CTC	32	16:36
20	Kirk Simpson	SLTC	36	17:18
21	Dick Hessler	CTC	38	17:22
23	Don Granberg	CTC	37	17:28
28	Robert Schottman	CTC	35	17:54
30	Ray Schlotterbeck	SLTC	38	18:04
40	Tom Ekwall	CTC	35	18:58
42	Joe Kurth	CTC	32	19:24
50	Ron Wampler	CTC	32	20:11
55	Bob Curry	CTC	38	20:39
56	Bill Ramlow	CTC	39	20:51
59	Charles Slivinsky	CTC	38	21:09
70	Bob Terrell		36	22:13
94	Lou Steyaert		36	26:02
40-49				
18	Don Lewis	CTC	43	17:00
22	Ben Londeree	CTC	45	17:27
48	Norm Colter	SLTC	48	18:19
37	Dick Lake	SLTC	45	18:30
38	Olen Brown	CTC	44	18:36
39	Bill Wiecek	CTC	41	18:41
44	Ken Burres	CTC	45	19:30
54	Norris Kruse	CTC	44	20:37
58	Joe Duncan	CTC	45	20:56
60	Richard Geekie	CTC	41	21:26
63	William Hansen		45	21:43
66	Bill Wilson	SLTC	41	21:49
68	Yewell Lawrence	SLTC	47	22:00
50-Over				
47	Don Johnson	CTC	51	19:55
49	Paul Schmitt	SLTC	57	20:06
51	Joe Bell	SLTC	51	20:31
83	Don Long	CTC	62	23:45

TEAM SCORES:

Open -	SLTC - 185	CTC - 351	
40-Over -	CTC - 29	SLTC - 49	
Women -	SLTC - 94	CTC - 115	

The DT for CTC people went like this: Burres 0 seconds off & he wins the T-shirt, Becky Elliott 3 off, Londeree 12, Koonse 27, Hellie 28, T. Elliott 31, Ekvall 33, Brown 36, Duncan 41, T. Gibson 60, Ramlow 69 and DeCoster 87.

In the Open Division, we scored the top 16 from each club, in the 40-Over, the top 6 and for the women, the top 10.

WILLIS WARE AND OTHER UMC RUNNERS SWEEP FIVE MILE CROSS COUNTRY

October 20, 1979:

			Seconds off DT	
1. Willis Ware		26:30		
2. Mike Kruse		28:08		
3. Brian Stotler		28:43		
4. Doug Twyman		29:00		
5. Tom LaFontaine		29:19		
6. Randy McBeath		29:43		
7. Ken Darms		29:54		
8. Duncan Weathers		29:58		
9. Norm Stebbins		30:21		
10. Ben Londeree	45	30:31	1	
11. Dick Hessler		30:52		
12. Joe Marks	42	32:47	123	
13. Dick Moe		32:51		
14. Olen Brown	44	33:04	64	
15. Tom Hinckley		33:21	101	
16. Mike Koonse		33:47	73	
17. Bill Wiecek	40	34:52	128	
18. Tom Ekvall		36:55 got off course		
19. Ron Wampler		37:08		
20. Joe Duncan	45	37:58		
21. Chris Naumann	10	38:37		
22. Susan Boyle		38:38		

Low 70's, quite windy, sun shining, humid.

"Indian Summer"--later on the temperature reached 86, a record high for an Oct. 20. Not really a very good day for a race, so most runners weren't very close to PB's, nor were any records set.

7 of the first 8 runners were UMC cross country personnel, enjoying a weekend off from the races. The CTC exception was Tom LaFontaine who did a good job running with the UMC boys. And, of course, Mike Kruse is really CTC.

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RESULTS OF THE NATIONAL POSTAL AAU TWO HOUR WALK   October 13:

1. Randy Mimm   14 miles 276 yards (Mile Splits: 8:58, 17:33 25:58, 34:12 42:18, 50:33, 58:56, 1:07:18, 1:15:36, 1:23:48, 1:32:08, 1:40:36, 1:49:15 & 1:58:11)

2. Rob Spier   11 miles, 221 yards (11:02, 21:52, 32:37, 43:17, 54:05, 1:04:50, 1:15:46, 1:26:43, 1:37:31, 1:48:10, 1:58:43)

3. Henry Bent   9 miles, 507 yards (12:28, 25:30, 38:29, 51:06, 1:04:08, 1:17:25, 1:30:48, 1:44:01, 1:56:27)

4. Joyce Schulte   9 miles, 471 yards (13:00, 25:55, 38:30, 51:06, 1:03:40, 1:16:17, 1:29:15, 1:42:48 1:56:24)

Spier was 219 yards off his DT, Bent was 383 off & Schulte was 1¼ miles plus 31 yards more than she predicted.

Bari Garner-Holman came down from Shawnee Mission, Kansas to walk 10,000 meters--his first racewalking event. He did exceptionally well for a first race, walking the 10 K in 53:59, with mile splits of 8:17 (pacing off Randy Mimm), 16:47, 25:31, 34:18, 43:10 and 52:08.

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WESLEY PAUL ran both the Chicago marathon (on Oct. 20) and the Macy's marathon in Kansas City (on Oct.28). As might be expected, he did remarkably well in both. But the performances were even astonishing for Wesley, because he was supposed to running them as mere workouts. You see, he had suffered a stress fracture in his foot when he stepped in a ditch during the course of his last long run before the Heart of America marathon. That is the reason he was unable to run H of A. His foot in a cast, Wesley did no running for five weeks. Then he did some slow jogging for some three weeks--this brought him to the Chicago marathon. The only reason he went there (for a "workout") was because of a request by the publisher of the book about Wesley (which will soon hit the book market-- watch for it) to come to Chicago to autograph books. Anyway, Wesley ran in humid, 83° heat and did a leisurely 3:10+. Then he rested a few days and decided he was fit enough to atlleast enter the Macy's marathon and run at least half the distance. He was told to run only as far as he felt like. Well, that is the wrong thing to tell Wesley, for he ran 26 miles, 385 yards and probably would have gone farther had there not been a finish line to stop him. Wesley's time on the hilly Kansas City course was a remarkable 2:55:26, getting him second in the age 17 & under age group. His halfway split was a steaming 1:23:50. So much for "workouts." Wesley's next planned marathon is the Joe Steele Rocket City Marathon, Huntsville, Alabama on Dec. 15. It was there that he set the age 9 marathon record last year at 2:56:57. In fact, the Rocket City marathon is one of the very best marathons in the country from the standpoint of organization, the course (fairly flat), weather, etc. Highly recommended--if anyone is interested check with Joe Duncan for entry blanks.

ROB SPIER WINS 40 KILOMETER WALK ON MFA COURSE   November 4, 1979:

5,000 meter splits	10	15	20	25	30
1. Rob Spier	33:50	1:08:34	1:43:22	2:19:05	2:55:06	3:32:02
age 57		35:4:09:09	40 Kilo: 4:46:45			
2. Henry Bent	40:01	1:20:37	2:01:18	2:43:08	3:26:12	4:09:16
age 79		35k: 4:54:25	40 kilo: 5:40:22			
3. William Taft	40:12	1:20:44	2:01:22	2:43:13	3:26:14	4:10:13
age 64		35k: 4:56:11	40 kilo: 5:42:20			
4. Randy Mimm	26:17	53:30	1:19:52	1:46:32	2:13:27	17½ mi: 2:32:30
5. Jerry Young	26:17	53:30	1:19:52	1:46:30	2:13:25	16½ mi: 2:22:50
6. Jim Wass	33:06	1:07:06	1:40:58	2:14:03		

Upper 30's to upper 50's, sun shining, strong south wind. Three "older"
walkers were competing against three young fellers, and age was certainly
victorious on this day since only the old men perservered for the entire
distance. Notice the battle between Bent and Taft. Only once did Taft
assume the lead. That was shortly after 20 kilo, but Dean Bent decided
that he would not let the "kid" take this race, so he went back into the
lead and stayed there.   Mimm and Young had in mind doing a 50 K in
4:35 or less so as to qualify for the Olympic trials. This required an
8:50 per mile pace, which they held through 25 K, but they realized that
this wasn't the day for them to keep that pace, so they lost their in-
centive to keep going.   Spier was 6:45 off his DT while Bent was off
10:22 and Taft 12:20. All of them slower than they had thought--first
it was cold, raw and windy--then, with the sun, it got pretty warm.

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Results of the RRCA National Postal One Mile Run have come in. CTC put
a few runners in the upper echelons of the various age groups. WESLEY
PAUL was 2nd, age 10-11 with 5:17.7, PETER HESSLER was 60th with 6:18.5.
There were 112 in that group. KEVIN STOCK was 5th in 16-17 with 4:38.4,
out of 54. In age 25-19, BEN WELCH was 9th with 4:46.2, TOM DECOSTER 16th
at 4:47.5. In 30-34 TOM LAFONTAINE was 10th with 4:43.9, DOUG BELLOWS
18th at 4:57.2. Then, CTC had two age group winners: DON LEWIS, 40-44,
1st out of 73 with 4:45 and BEN LONDEREE, 45-49, 1st out of 38 with 4:44.0.
In 40-49, OLEN BROWN was 9th at 5:07 and JOE MARKS 11th at 5:09. In 45-49
DICK MARTIN was 7th at 5:15. In 50-55, DON JOHNSON was 8th at 5:19 and
TURK STORVICK 10th (out of 31) at 5:38. For the women, SUSAN BOYLE
had the best showing, placing 5th out of 49 in the 30-39 group at 6:22.4.

The only CTC team which won a team title (top 3 scoring) was the age 45-49
team of Ben Londeree, Dick Martin and Joe Duncan. JOE DUNCAN? WOW!, can
you imagine such a thing? Joe Duncan being part of a winning team? And
with a 5:39 mile? Well, that's the way it came out. But, Joe Duncan has
never won anything before. Well really he has. Eleven years ago he won
the very first CTC race, a ten mile track race in which he was one of some
ten "joggers." Also, one time, he won the singles title in a bowling
tournament. But, all in all, he hasn't really won anything before. So,
Duncan is on a winning team--not only that, but that team set the RRCA
Postal record for the age 45-49 group. The secret, of course, is to
attach yourself to two really good runners and hope that other teams have
no more than two good runners.

Speaking of records, CTC also has the team record for the 40-44 group, the
14:02 set by Lewis, Londeree & Hicks in 1977. Individaully, Lewis has
the age 41 record of 4:36.3, Londeree the age 44 and 45 records of 4:46.0
and 4:44.0 and Don Johnson has the age 49 record of 5:24. Susan Boyle,
for the women, has the age 36 record, her 6:22.4.

Other CTC teams went like this: Women 30-39, 3rd; Men: 25-29, 4th,
30-34, 5th, 35-39, 6th, 40-44, 2nd. A total of 1516 runners
participated in this event. The most outstanding performance was probably
that of Clive Davies who set a world over-60 mile record with an incredible
5:15.2 at age 63. The Oregon RRC won most of the team titles--8, and had
three individual firsts and six individual seconds.

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We have received word of another death of a runner--Dick Sallee. Again
we find this information shocking and upsetting. Dick had completed four
Heart of America marathons and he and his sons had been in many other of
our races. Dick had done a 20 mile run on Oct. 14 in preparation for Tri-
States. Then on Oct. 16, in the evening, Dick had jogged a mile on the track
and then started to walk. His running companion, Lee Roy Sevier, then saw
him down. Dick had a massive coronary attack and was probably dead before
he hit the ground. Dick lived in Bowling Green, Mo. He had been a
teacher there until recently when he got into construction work. We cer-
tainly convey our sympathy to Mrs. Sallee and her four children.

ELAPSED TIME STANDINGS; (Not including the Turkey Trot)

Runners   Open

1.	Londeree	54	21.	Thornburg	15.5	
2.	Mittelhauser	51	22.	Belyea	15	
3.	Power	51	23.	Wiecek	13	
4.	Stock	47	24.	Holt	12	
5.	Hemphill	39	25.	Martin	11	
6.	LaFontaine	38	26.	Duncan	10	
7.	Palks	36	27.	Vaillancourt	9	
8.	Marks	34.5	28.	Moe	8	
9.	Maxey	34	29.	Wampler	8	
10.	Hessler	31	30.	Johnson	8	
11.	Brown	30	31.	J. Gibson, Jr.	8	
12.	Hellie	28	32.	Stout	7	
13.	Ekvall	26	33.	Naumann	7	
14.	Stewart	25	34.	Kurth	6	
15.	Hinckley	25	35.	Walter	5.5	
16.	Evans	24	36.	Mark Johnson	5	
17.	Lewis	22	37.	Dave Rickerson	3	
18.	DeCoster	17	38.	Hoyet Hemphill	3	
19.	Chippendale	17	39.	Rick Jones	2	
20.	Gregg Brown	16	40.	Blossom	1	

Age 15 & under

1. Steve Gibson   3
2. Russell Kurth   2
3. Chris Naumann   2
4. Tim Gibson   2
5. David Brown   1

Age 40 & over

1. Londeree   20
2. Marks   14
3. Brown   14
4. Lewis   6
5. Martin   6
6. Wiecek   6
7. Duncan   6
8. Walter   3.5
9. Johnson   3
10. Blossom   1

WOMEN

1. Susan Boyle   6
2. Debbie Hoxworth   4
3. Glenna Moe   3
4. Theresa Fullerton   2
5. Dee John   1

WALKERS

				age 40 & over		
1.	Spier	10				
2.	Chapin	9	1.	Spier	7	
3.	Busen	8	2.	Chapin	6	
4.	Gragg	7	3.	Busen	5	
5.	Wass	7	4.	Gragg	4	
6.	Taft	6	5.	Taft	3	
7.	Mimm	4	6.	Bent	2	
8.	Bent	4				
9.	LaKaytis	2				
10.	Schulte	2				

The above includes everyone who competed in the first 3 races of the new year. In order for you to keep the points (and DT average) earned to date, you MUST pay your $5.00 dues by Dec. 1. After that date, adjustments will be made as to number of points.

Anyone can compete in this competition--even non-CTC members--by paying $5.00.

DESIGNATED TIME STANDINGS.
SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 10/20/79

1. R. KURTH	1	0.33	14. D. NAUMANN	1	1.42	27. R. POWER	1	2.92
2. T. DECOSTER	1	0.56	15. D. BLOSSOM	1	1.46	28. B. MAXEY	2	3.06
3. D. RICKERSON	1	0.68	16. J. GIBSON,JR.	1	1.60	29. T. EKVALL	3	3.14
4. D. LEWIS	1	0.70	17. J. WASS	1	2.02	30. J. MITTELHAUSER	1	3.17
5. D. HOXWORTH	1	0.87	18. H. BENT	1	2.28	31. M. KOONSE	1	3.48
6. B. LONDEREE	3	0.96	19. O. BROWN	3	2.31	32. J. MARKS	3	3.53
7. D. MCCALLY	1	0.98	20. J. PALKS	2	2.32	33. T. HINCKLEY	2	3.63
8. S. BOYLE	1	1.03	21. R. WAMPLER	1	2.47	34. S. STOUT	1	5.58
9. W. TAFT	1	1.12	22. L. THORNBURG	1	2.48	35. B. WEICEK	1	5.77
10. D. JOHNSON	1	1.14	23. J. DUNCAN	2	2.74	36. H. HEMPHILL	1	6.19
11. J. KURTH	1	1.19	24. D. BROWN	1	2.78	37. D. JOHN	1	15.05
12. R. SPIER	2	1.27	25. T. HELLIE	2	2.80			
13. T. FULLERTON	1	1.31	26. D. STEWART	1	2.86			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.
SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 10/20/79

1. J. WASS	1	63.00	6. D. LEWIS	1	5.86	11. J. MARKS	2	-0.73
2. R. SPIER	2	9.90	7. T. LAFONTAINE	1	4.02	12. B. LONDEREE	3	-3.04
3. T. GIBSON	1	7.82	8. D. JOHNSON	1	3.90	13. J. DUNCAN	3	-3.44
4. W. TAFT	2	6.56	9. B. MAXEY	2	3.58	14. O. BROWN	3	-3.55
5. J. PALKS	2	5.93	10. D. HESSLER	1	-0.58	15. R. MIMM	1	-82.86

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The Wesley Paul book, Wesley Paul, Marathon Runner, is now out. One place where it may be purchased is from the bookstore owned by Mike Chaffee (Whistler's Books Meadowbrook Village, 5345 W. 94th Terrace Prairie Village, Kansas 66207). Send Mike a check for $7.95 and he will send you a copy signed by Wesley. The Pauls have been gracious enough to earmark a certain percentage of the royalties to be given to CTC for its age group program..We certainly appreciate them doing this

PREVIOUS WINNERS OF DESIGNATED TIME AND ELAPSED TIME COMPETITION:

DESIGNATED TIME		
1969	Joel Dickinson	
1970	Joe Duncan	
1971	Don Granberg	
1972	Mike Chippendale	
1973	Dennis Stewart	
1974	Rex Frazer	.83% off
1975	Turk Storvick	.98%
1976	Ben Londeree	.35%
1977	Ben Londeree	1.00%
1978	Ben Londeree	.72%
1979	Ben Londeree	.28%

ELAPSED TIME--RUNNERS

Open

1970	Don Granberg
1971	Dennis Stewart
1972	Ben Londeree
1973	Ben Londeree
1974	Dean Neal
1975	Rick Katz
1976	Dick Hessler
1977	Ben Londeree
1978	Ben Londeree
1979	Ben Londeree

ELAPSED TIME--WALKERS

1970	Mark Achen
1971	Mark Achen
1972	Dave Leuthold
1973	Art Flaming
1974	Augie Hirt
1975	Augie Hirt
1976	Augie Hirt
1977	Augie Hirt
1978	Randy Mimm
1979	Randy Mimm

Age 40 & over

1972	Leonard Busen
1973	Rex Frazer
1974	Rex Frazer
1975	Ben Londeree
1976	Ben Londeree
1977	Ben Londeree
1978	Ben Londeree
1979	Ben Londeree

Age 15 & under

1972	Doug Duncan
1973	Doug Duncan
1974	Doug Duncan
1975	Doug Duncan
1976	Jim Gibson
1977	Wesley Paul
1978	Jim Gibson
1979	Jim Gibson

Age 40 & over

1975	Dave Leuthold
1976	Rob Spier
1977	Leonard Busen
1978	Leonard Busen
1979	Rob Spier

DAVE SCHULTE AWARD

1974	Dick Hessler	5.99% Impr.
1975	Augie Hirt	7.90%
1976	Don Johnson	9.97%
1977	Olen Brown	8.98%
1978	Olen Brown	8.98%
1979	Joe Marks	5.23%

WOMEN

1974	Marsha Weiss
1975 & '76	none
1977	Theresa Knapp
1978	Glenna Moe
1979	Amy Hessler

walkers

1974 & '75 Joyce Schulte

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REX FRAZER continues to run and race in Korea. He has been in seven races over there, winning 3 (for his age division) and finishing 2nd in the other four. His latest was a 10 kilo race with hills and heat and a time of 38:03 for a first by 7 seconds. Rex plans a marathon on Nov. 4 which, he hopes, will qualify him for the Honolulu marathon-- or, that is, qualify him for a trip to that race.

CONGRATULATIONS to TOM & ARLINE HINCKLEY for the birth of their son, Michael Joseph, who was born on Oct. 15, which happens also to be Tom's birthday. The lad checked in at 8 pounds, 6 ounces and with a Morton's toe. And a lusty voice, I'm sure.

JON HERBERT won a 5.3 mile race in Springfield on Oct. 14 with a time of 27:12, almost two minutes ahead of second. Then the following week Jon finished second in the MVAAU 30 kilo run (the race which was a Columbia fixture for many years), also in Springfield, with a time of 1:44:21. Winner was Dan Dwyer with 1:38:42 and third was DENTON CHILDS with 1:45:04. The winning time would be a new MVAAU record, assuming the race was on a certified course. The old mark was 1:43:15 held by Doug Clark & Jeff Roth and set here last year. The Springfield course was reported as being pretty hilly.

JOAN HIRT ran in the Chicago marathon with a time of 3:43:50 under the adverse conditions of heat and wind. Joan isn't doing even close to her training in 1977 when she did Heart of America in 3:09, so her idea in Chicago was simply to run and finish and that she did.

CTC RUNNERS DID QUITE WELL IN MACY'S KANSAS CITY MARATHON & 10,000 METER RUN. In addition to Wesley Paul's 2:55:26, we had JEFF MITTELHAUSER at 2:44+ for 22nd place (out of 780 some finishers). Jeff was pretty disappointed with his performance since this was a personal worst for him by five minutes. At halfway he was 1:13:50 and not feeling too comfortable, so he thinks he was out a little too fast. BRUCE MAXEY was 39th at 2:49:26, a PB by four minutes. DAVE ERVIN was 121st with 3:08:26, 17 minutes better than H of A. BOB CHAPIN and DENIS VAILLANCOURT were both around 3:12. BOB SCHOTTMAN was 3:12:54. MARIN BLEVINS, in his first marathon, was a little over 3:30. DICK MADSEN was around 3:43. MIKE KOONSE was there, but I have no time. DENTON CHILDS was 10th, around 2:35, I suppose. Winner was Bob Busby at 2:20:34 while Steve Fisher finished 2nd at 2:26:03. Rex Power was 7th at about 2:34.

In the 10,000 meter run we had TOM EKVALL with a 38:24 PB on virtually no training, JOHN HEMPHILL around 36:00, CAROLE SCHOTTMAN with 56:04, son Steve in the low 50's, FRED & NANCY FRITSCH and two children were there. In fact, there, no doubt, were many other CTC people in both races but I have no results for them. There were some 2000 people in the 10,000 with Craig Virgin winning that race by a large margin in 29:25.

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CTC held its annual meeting on Oct. 19. Basically it was decided to continue with the same program and format as in previous years, but, as always, we will see some innovations and expansion. Annual dues were fixed at $5.00 with the dues being payable on or before December 1, 1979. If you first joined CTC sometime after June 1, 1979, then you are paid for the '79-80 "season."

A personal note from Joe Duncan: I want to say "Thanks" to all of you who contributed to the gifts which were given me at the annual meeting. I'm like anyone else, that is, it means a lot to me to know that my efforts are appreciated. But it must be understood that CTC could not possibly function without all of the work and effort of all of you. The cooperation we get from you in race administration, the FUN RUNS (Jim Walter, especially), and in all aspects of our operation is really great and that is what makes CTC work. So, I guess I'm saying that I don't really deserve all those things when no one else gets anything, but I will keep and use them!

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

Rich Geekie
172 A Baker-Park
UMC
Columbia, Mo. 65201

Gary Karrer
104
Crescent Blvd.
Hutchison, Kansas 67501

Bill Hansen
505 Ellis Blvd. #E18
Jefferson City, Mo. 65101

Joe Kurth
209 Sunrise
Columbia, Mo. 65201

Michael Joseph Hinckley
6 Edgewood Ave.
Columbia, Mo. 65201

Mickey Owen
2731 E. Lombard
Springfield, Mo. 65802

Jim Jacob
1208 Jefferson
Columbia, Mo. 65201

Bill Ramlow
Forum Shopping Center
Columbia, Mo. 65201

Martha Stinson
1515 Bouchelle
Columbia, Mo. 65201

RANDY MIMM has left us, moving to Cedar Falls, Iowa, where he hopes to find a job and continue heavy training looking towards the 50 kilo Olympic trials of 1980. GOOD LUCK!

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

November 4, 1973: Region VIII AAU Masters Five Mile Cross Country Run:
1. Arne Richards 29:25, 2. Jac Griswold, St. Louis
31:08, 3. Rex Frazer 31:45. . .7. Don Johnson 37:01. . .
9. Dave Leuthold 38:06. . . 11. Leonard Busen 39:13

The Open Race: 1. Charlie Evans 26:53, 2. William Har-
pool, Ft. Wood, 27:36, 3. Dennis Stewart 27:58, 4.'
Bob Faber St. Louis, 28:40, 5. Dean Neal 29:10, 6.
Dick Hessler 29:14 (this is the race where Dick & Arnie
took a short cut and we added a minute to their times),
7. Tom Kilburn 29:59, 8. Sandy Lawrence 30:04, 9. Ben
Londeree 30:05, 10. Don Granberg 30:43, 11. Whitney
Hicks 30:56, 12. Tom Hinckley 31:36 6 others

November 17, 1973: 10,000 meter run, Hickman track: 1. Dennis Stewart
32:14 (a record which stood for five years), 2. Don
Williams, Ft. Wood, 34:50, 3. Paul Rice, Fulton, 34:56,
4. Dick Hessler 35:20, 5. Sandy Lawrence 36:09, 6.
Tom Kilburn & Mike Chippendale 36:33, 8. Granberg 36:53,
9. Londeree 37:14, 10. Frazer, 1st 40 year old, 38:08
. . .12. Joe Duncan 40:45, 13. Turk Storvick 40:51--
This was Turk's CTC debut--as has happened with so many
runners in their first CTC race, Turk's main objective
was to stay close to Duncan--and then, two or three races
later Duncan is left way behind . . .14. Don Johnson 42:02

The walk: 1. Augie Hirt 49:49 (his first time under 50:00),
2. Jim Breitenbucher 59:06, 3. Charles Geiss 1:00:35,
4. Leonard Busen 1:03:37, 5. Rob Spier 1:06:54
6. Joyce Schulte 1:17:47

Thought of the month: "As you slide down the bannister of life, may all
the splinters be pointed in the right direction."

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SCHEDULE OF EVENTS

NOVEMBER 17 Saturday 9:00 AM 20 kilo run (10 K for women and age 15
and under); 20 kilo walk starts at 8:30 AM Hilton Course

17 " 12 Noon National AAU 25 kilo Championship Run
Mohawk Park Tulsa, Okla

17 " 10:00 AM 1st Annual Turkey Twosome Male/Female
teams 10,000 meter run Arrowhead Stadium Kansas
City CONTACT: Kansas City TC 1820 McGee KC,Mo. 64108

18 Sunday 9:00 AM 2nd Annual Pumpkin Pie Run 3 miles
Francis Field Washington U. St. Louis, Mo.

*** usually the Alton, Ill. 10 mile Mississippi River Road Run
is held Thanksgiving weekend, but I have nothing on that, as yet.

DECEMBER 1 Saturday 9:00 AM 30 Kilo run (20 K for women and age 15 &
under), 20 kilo walk Hilton Inn course

1 " 9:00 AM RRCA Northern Region 20 Kilo Championships
Forest Park St. Louis CONTACT: Charlie Gatti
Box 1067 Washington U. St. Louis, Mo.63130

8 " 10:00 AM 8th Annual Mel Vos Memorial Sunflower State
Marathon & ½ marathon Topeka, Kansas CONTACT:
Gene Johnson 4330 Windsor Ct. Topeka, Ks. 66608

8 " 10:00 AM 1st Annual Will Rogers Marathon Mohawk
Park Tulsa, Okla.

8 " 9:00 AM FUN RUNS Research Park There will
be no FUN RUNS on Dec. 22 or 29.

15 " 9:00 AM Cheese & Sauerkraut Ten Mile Run-Ten
Mile Walk Hilton Inn Course At least the top
six who do best on predicting their times will get
cheeses, whilst he who does the worst gets a can
of sauerkraut.

29 " 10:00 AM "Run for the Third" 10,000 meter run
Sedalia, Mo.

JANUARY 5 " 9:00AM Five mile Race for the Hams Hilton Inn
Course

***I just got some entry blanks for the Mississippi River Ten Mile
Run, Alton, Ill. The race is on Sat., Nov. 24, 10:00 AM CONTACT:
Alton YMCA 2300 North Henry St. Alton, Ill. 62002.

1980 RUNNING AND WALKING SCHEDULE PRESENTED BY
PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to Joe Duncan, 2980 Maple Bluff Dr.
phone 445-2684

Entry Blanks: For most of our races, you don't need an entry blank. Entry
blanks for the Heart of America Marathon, Missouri Valley, National AAU and
RRCA events will be available six weeks or so before the event.

AAU Registration: All events are santioned by the Missouri Valley AAU. Our
AAU club number is 207. Application blanks for AAU registration may be ob-
tained at the race site. Columbia TC is also a member of the Road Runners
Club of America.

Location of Events: Hickman High School Track is one block south of Inter-
state 70, the Providence Road exit. Hilton Inn is at the Southwest corner
of Interstate 70 and Stadium Boulevard. Rock Bridge High School Track is on
the west side of Providence Road, 2 miles south of Stadium Boulevard. Research
Park is on the west side of Providence Road, about one-half mile south of
Stadium Boulevard.

Designated Time Category: All events (except the sprint triathlon, and relays)
will be Designated Time (D.T.) events at the option of the competitor. Awards
will be given at the end of the season for the top six in the D.T. category.
One must compete in at least 10 D.T. events to qualify for an award. Only the 10
best predictions will be used in computing the D.T. average (computed on basis
of percentage error). DT participants are not to wear watches.

Elapsed Time Category: There will be the following Elapsed Time Divisions:
RUNNERS: 1) Open (not including Age 15 and Under or Women), 2) Age 40 and
Over, 3) Age 15 and Under, 4) Women; WALKERS: 1) Open, 2) Age 15 and Under,
3) Age 40 and Over, 4) Women. Points will be accumulated during the season
with each eligible competitor getting points per race equal to the number of
eligible competitors he beats, plus one. Example, there are 8 eligible
runners in a race. The first finisher of those eight gets eight points, the
last finisher gets one point. At the end of the season, awards will be given
as follows: one must compete in at least 5 events to be eligible for an award.
At least one award will be given in each division (if the 5 event criteria is
met). 50% (rounded down) of the "5 event" competitors in each division will
receive an award, up to a maximum of 6 awards. Thereafter, awards will be
given at a 1-5 ratio, (rounded to the nearest 5). EVERY race will count as an
Elapsed Time event, however, only one's best 22 events (20 for walkers) will
count. This gives 2 "free" events.

Dave Schulte Award for Improved Performance: An award given to the competitor
who improves the most over the preceding season. The improvement is computed
on a median percentage basis. One must have at least 10 duplicate events in
order to be eligible for this award. Only the 10 best improvements are con-
sidered.

The Season: The "season" commenced with the first race after the 1979 Heart
of America Marathon and concludes with the 1980 Marathon.

Eligibility for Awards: Only CTC members and non-members who pay $5.00 will
be eligible to compete for D.T., E.T., and improvement awards. No competitor
can establish a D.T. average or accumulate E.T. points until the $5.00 is paid.

Columbia Track Club Membership: 1980 dues for CTC membership shall be $5.00
per family. One can be a member of CTC and another track club; however, he
can only compete for one club. The $5.00 will provide a membership for all
family members living together in the same household. The CTC Newsletter
(12 monthly issues) is included in the $5.00. For non-members, the newsletter
is $2.00 for an annual subscription.

Entry Fees and Awards: Events shown as "Awards" events will have some kind of
merchandise awards. Non-CTC members will be charged $1.00 for these events.
For "Trophies" events all entrants will be charged $2.00 or $3.00. In addition, in
every event, a Columbia Track Club t-shirt will be given the CTC member who
comes closest to his predicted time, but no one can win more than one shirt
during the calendar year.

Fun Runs: "Fun Runs" will be held at 9 a.m. (8 a.m. for June, July and August)
the 2nd, 4th, and 5th Saturdays of each month at Research Park. This will be
informal running, jogging, or walking at any distance the participant wishes up
to six miles. Each participant will receive a certificate showing the time for
his selected distance, but there will be no determination of placing.

January 5	Saturday, 9:00 a.m.	5 mile Ham and Spam Race run or walk - Hilton Inn, Awards $1.00 fee, non-members
January 19	Saturday, 9:00 a.m.	20 Kilo Run, (10 Kilo for Women and Age 15) 20 Kilo Walk (8:30 a.m.) - Hilton Inn
February 2	Saturday, 9:00 a.m.	10 Kilo Run, 10 Kilo Walk - Hilton Inn
February 16	Saturday, 9:00 a.m.	15 Kilo Run, 15 Kilo Walk (8:30 a.m.) - Hilton Inn
March 1	Saturday, 9:00 a.m.	5,000 Meter Nut Race, Run or Walk - Research Park, Awards, $1.00 fee, non-members
March 15	Saturday, 9:00 a.m.	Four Mile Relay, 3 Mile Walk - Research Park
April 5	Saturday, 8:00 a.m.	Walk-Run Pentathlon: 2 mile walk, 880 yard run, one mile walk, 2 mile run, 220 yard dash. 3, 2, 1, mile Triathlon. Location to be announced.
April 5	Saturday, 2:00 p.m.	MVAAU AND OPEN ONE HOUR WALK - Hickman Track, Trophies, $2.00 fee.
April 19	Saturday, 1:30 p.m.	Missouri Cup Competition, 20 Kilo Walk - Hickman Track, Trophies, $2.00 fee.
April 20	Sunday,	THE HUMAN RACE, a 10,000 meter road run.Will count as DT & ET.
May 3	Saturday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 1 HOUR RUN, Hickman Track, Trophies, $2.00 fee.
May 17	Saturday, 9:00 a.m.	Sprint Triathlon - 1,500; 800; 400; 10,000 meter walk (7:30 a.m.) - Hickman Track
May 18	Sunday, 1:00 p.m.	Boone County Junior Olympics, Rock Bridge Track
May 24	Saturday, 9:00 a.m.	Eastern Region Junior Olympics, Rock Bridge Track
June 7	Saturday, 7:00 a.m.	10,000 Meter Run, Rock Bridge Track
June 7	Saturday, 8:00 a.m.	MVAAU 15,000 meter walk - Hickman Track, Trophies, $2.00 fee
June 21	Saturday, 7:30 p.m.	2 person, 5 mile relay - alternate 440's - A team of male runners must have one runner age 15 or under - Hickman Track, Awards, $1.00 fee, non-members
July 5	Saturday, 8:00 a.m.	1 Mile Run, Awards, $1.00 fee, non-members, 10,000 Meter Walk (7:00 a.m.), Hickman Track
July 19	Satruday, 7:00 a.m.	MISSOURI VALLEY AAU AND OPEN 15 KILO RUN, Trophies, $2.00 fee; 15 Kilo Walk - Hilton Inn
August 2	Saturday, 6:30 a.m.	30 Kilo Run (10 Kilo for Women and Age 15) 20 Kilo Walk - Hilton Inn
August 16	Saturday, 8:00 a.m.	Great Sandbagger 10 Kilo Handicap Run, Walk - Meet at W. Broadway Swim Club - swim and picnic afterwards at Lakeshore Estates
September 1	Monday, 6:00 a.m.	21st ANNUAL HEART OF AMERICA MARATHON, Trophies, $3.00 fee
September 13	Saturday, 9:00 a.m.	5,000 Meter Run, Hickman Track
September 14	Sunday, 6:30 a.m.	MVAAU 30 Kilometer Walk - MFA Course, Trophies, $2.00 fee
September 27 & 28 (tentative)	Saturday & Sunday 1:00 p.m.	14th ANNUAL 100 MILE WALK, Trophies, $3.00 fee, Hickman Track
October 4	Saturday, 9:00 a.m.	2 Mile Cross-Country Run - Municipal Golf Course
October 11	Saturday, 9:00 a.m.	10,000 Meter Walk - Hilton Inn
October 18	Saturday, 9:00 a.m.	5 Mile Cross-Country Run - Gustin Golf Course
November 2	Sunday, 7:30 a.m.	40 Kilometer Walk - MFA Course
November 2	Sunday, 1:00 p.m.	Missouri Turkey Trot 3 Mile Cross-Country Run - Dual meet with St. Louis TC in St. Louis, $2.00 fee, non-members. Counts as DT & ET.
November 15	Saturday, 9:00 a.m.	20 Kilo Run (10 Kilo for Women and Age 15) 20 Kilo Walk (8:30 a.m.) - Hilton Inn
December 6	Saturday, 10:00 a.m.	30 Kilo Run (10 Kilo for Women and Age 15), 20 Kilo Walk - Hilton Inn
December 20	Saturday, 9:00 a.m.	Cheese and Sauerkraut 10 Mile Run, 10 Mile Walk, (8:30 a.m.) - Hilton Inn, Awards, $1.00 fee, non-members.

Most track runs will have a fast heat (at the scheduled time) followed by a slow heat.

Summer Age Group Program: Wednesday evenings starting at 6:00 p.m. June 11, 18, 25, July 2, 9, 16   440, 880, mile, 2 mile, 3 mile, mile walk, ages 6 - 17, boys and girls.

Non-Competitors: (Especially CTC members) Please offer to help with the officiating for any race you attend. CTC Members: If you are not competing in a given race, then please come anyway, if you can, for we will need your help with timing and recording.