

TRACK CLUB

NEWSLETTER Vol. XI, No. 9 September 10, 1979

JEFF MITTELHAUSER WINS HEART OF AMERICA MARATHON September 3, 1979:

Jeff Mittelhauser, running for the Sedalia Striders, although he is also a member of CTC, won the 20th annual edition of the Heart of America Marathon with the fastest time on record, 2:34:08, only one second behind the mark posted by Barry Crawford in 1966 and equalled by Tony Rodiez in 1976. The only other better times are the course record 2:29:15 set by Dennis Hinkamp in 1977 and Denton Childs' 2:33:04 of last year. Mittelhauser is a second year law student at UMC and is a parttime employee of MFA Insurance Companies, the major financial sponsor of the race. MFA finally gave up on Joe Duncan or Jean Madden ever winning this race so they got some new blood and he didn't let 'em down. Back to the race: Jon Herbert was the early leader, leading up to 200 yards at times until Steve Fisher, Mittelhauser's Sedalia teammate, took over at about 10 miles. Behind Steve was Jeff and a group of 4 other runners, but Jeff soon broke away from this pack and held to within 50 yards of Fisher to the bottom of Easley Hill. However, Fisher stormed up the hill picking up 20 more seconds and Jeff began thinking about second place. Things, however, are not decided so neatly on the Heart of America course. Fisher first felt some cramping in his thighs going downhill at 19 miles, (ironically, Jeff also felt some cramping at this point), and the cramping became steadily worse. At 22 miles Steve was in trouble and his 2½ minute lead began to crumble. Steve was having severe problems with cramping around his hip joint also and he barely made it up the stadium hill. At about 24½ miles Jeff went by, offering a tie, but Steve allowed as to how he didn't think he would be able to make it in, and he didn't. Up to 18 miles both Jeff and Steve were on record pace (at 18 Hinkamp was 1:26:00, Steve 1:24:34 & Jeff 1:25:10); in fact, no one has ever run the first half of the course as fast as the Sedalia duo. Hinkamp was 1:15:00 at halfway, Steve was 1:14:00 and Jeff 1:14:30. But this fast early pace, and the hot sun took its toll. The 6:00 AM temperature was 67, with humidity at 97%. By 8:00 it was up to 70 and the sun was shining brightly. Mittelhauser finished second in this race last year in 2:38:43. He ran the first half of the race this year some 5 minutes faster than the first half last year, so the second half was actually a little slower this time around.

Finishing with good speed to take second was Robert Steven Cline of Burlington who ranged up to 3 minutes behind Mittelhauser as late as 21 miles, but finished within a minute and a half, beating his time of last year by over 8 minutes. And then finishing third and shattering Ben Londeree's age 40 record of 2:49:55, was Roger Rouiller of Chicago. Rouiller turned in a remarkable 2:36:07, at age 41, to post an age 40 standard that would have won most of the previous marathons. Rouiller is a New Balance shoe rep, has run 55 marathons, one of which was on a treadmill--he holds the world record for a treadmill marathon--2:35+, as fast as the treadmill would go.

JOE MARKS also beat that age 40 mark with his 2:48:32 in one of the most notable CTC performances. Otherwise, BEN WELCH was first for CTC. PAIGE BUTLER, CTC and a UMC sophomore won the women's title bettering her last years performance by some 13 minutes. Paige is from Baton Rouge, La., so her summer running of six miles a day in the heat & humidity of Louisiana got her properly ready for this race. She had only an occasional 10-12 mile run.

BOB CHAPIN had a fine first marathon--3:13:50--at age 47. 100 mile walks seem to be good preparation for a marathon. There are many other performances that could be mentioned; JIM SCHUTT under 3:00, TOM HINCKLEY just over 3 with very modest training, JIM, MATT & TIM GIBSON (age 15, 14 & 8) with excellent results, but actually, as always, there are as many individual stories that could be told as there are finishers. MICKEY OWEN, the former Brooklyn Dodger catcher, now Sheriff of Greene County, became the oldest finisher of this marathon, at age 63, his first marathon, after doing 18 miles last year. LOU FRITZ got his 15th in a row, a typical Fritz performance--his last half was 4 minutes faster than the first half, his last 2 miles, 385 yards was faster than anyone's 13:02. That's not unusual, though, e.g., in 1977 Hinkamp was 12:55 over the last 2 miles, 385 yards while Fritz was 12:10!

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Place	Name	Hometown	Age	Halfway	Finish	Avg. per mile pace
1	Jeff Mittelhauser	Sedalia, Mo	22	1:14:30	2:34:08	5:52
2	Robert Cline	Burlington, Iowa	24	1:16:57	2:35:36	5:54
3	Roger Rouiller 1 st 40	Romeaeville, Ill	41	1:17:04	2:36:07	5:56
4	Gene McClain	Overland Park, Is	33	1:16:13	2:36:47	5:57
5	Rex Power	Columbia, Mo	27	1:15:25	2:39:24	6:03
6	Rich Breiner	Carbondale, Il	34	1:18:25	2:42:40	6:12
7	Charles Stewart	Broken Arrow, Ok	27	1:18:50	2:43:59	6:14
8	Ben Welch	Columbia, Mo	25	1:18:18	2:45:28	6:17
9	Lou Fritz	Verdon, NE	36	1:25:12	2:46:10	6:19
10	Joel Cambron	Coffeyville, Ks	23	1:15:48	2:46:59	6:22
11	Bill Fox	Tarkio, Mo	37	1:17:26	2:47:13	6:22
12	Dick Hessler	Columbia, Mo	38	1:22:28	2:47:46	6:23
13	Jim Neviackas	Hartsburg, MO	32	1:22:30	2:48:05	6:24
14	Joe Marks 2 nd 40	Columbia, MO	42	1:22:45	2:48:32	6:25
15	Tim Hendricks	Omaha, NE	33	1:25:14	2:49:10	6:26
16	Kim Proctor	Chicago, IL (+Australia)	27	1:22:59	2:51:25	6:31
17	Jon Herbert	Springfield, MO	29	1:15:05	2:53:29	6:36
18	Don Granberg	Columbia, MO	37	1:24:18	2:55:52	6:41
19	Cobb Young	Springfield, MO	26	1:25:39	2:57:15	6:45
20	Gary Smith	Houston, MO	32	1:29:33	2:57:53	6:46
21	Mike Wheeler	Kansas City, MO	28	1:24:38	2:59:36	6:50
22	Jim Schutt 3 rd 40	California, MO	40	1:29:37	2:59:40	6:50
23	Steve Andes	University City, MO	33	1:26:12	3:01:43	6:54
24	Ken Beach	Raytown, MO	27	1:28:54	3:01:52	6:55
25	Tom Hinckley	Columbia, MO	35	1:29:59	3:02:03	6:56
26	Daniel Brash	St. Louis, MO	28	1:28:29	3:02:08	6:56
27	Olen Brown	Columbia, MO	44	1:29:20	3:02:19	6:56
28	Roger Reinsch	Columbia, MO	36	1:26:42	3:04:41	7:01
29	Mark Young	Elgin, Il	20	1:26:28	3:04:57	7:02
30	Regan Thomas	Columbia, MO	32	1:30:38	3:05:47	7:06
31	Jon Palks	Columbia, MO	30	1:25:24	3:06:58	7:06
32	Mike Fields	King of Prussia, PA	35	1:30:30	3:07:38	7:08
33	Art Bentley	West Plains, MO	36	1:30:50	3:07:56	7:08
34	Greg Soli	North Kansas City, Mo	29	1:27:59	3:08:57	7:11
35	Richard Crane	Albany, MO	20	1:30:35	3:11:03	7:17
36	Steve Holt	Columbia, MO	28	1:38:00	3:11:16	7:17
37	Dan Davidson	Columbia, MO	26	1:26:56	3:12:40	7:20
38	Dennis Vaillancourt	Columbia, MO (+Montreal)	28	1:30:04	3:13:29	7:21
39	Bob Chapin	Independence, MO	47	1:32:16	3:13:50	7:22
40	Frank Curotto	Kirkwood, Mo	23	1:45:48	3:14:54	7:24
41	James Hill	Grandview, MO	31	1:27:50	3:15:04	7:26
42	Chris Moeller	Florissant, MO	22	1:38:00	3:17:01	7:30
43	Roger Smith	Parma, Ohio	25	1:28:11	3:17:48	7:31
44	Dick Swanson	Columbia, MO	32	1:36:59	3:17:49	7:31
45	Bill Wiecek	Columbia, MO	41	1:37:14	3:17:54	7:32
46	Jim Buckley	Overland Park, Ks	47	1:33:16	3:19:17	7:35
47	Mike Koonse	Booneville, MO	29	1:35:41	3:19:26	7:35
48	Jim Gibson, Jr 1 st 19+U	Columbia, MO	15	1:36:04	3:20:40	7:38
49	Kevin Stock 2 nd 19+U	California, Mo	17	1:25:09	3:20:58	7:38
50	Jerry Kokesh	Manchester, MO	29	1:32:17	3:21:42	7:40

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Place	Name	Hometown	Age	Halfway	Finish	Avg. per mile pace
51.	Don Johnson	Centralia, MO ^{1st} 44-50	51	1:39:08	3:22:14	7:42
52.	Richard Gray	St. Louis, MO ^{3rd} 19-24	19	1:35:20	3:22:39	7:42
53.	Richard Avila	Mission, KS	20	1:36:28	3:22:42	7:43
54.	Adel Elnashar	Columbia, MO (* Egypt)	39	1:27:26	3:22:53	7:43
55.	Guy Andrews	Quincy, IL	27	1:35:35	3:23:50	7:45
56.	Charles Beckerdite	Versailles, MO	30	1:37:30	3:24:06	7:46
57.	Michael Green	Bowling Green, Mo	35	1:39:36	3:24:34	7:47
58.	Frank Bushakra	Honolulu	30	1:37:38	3:24:35	7:47
59.	Steve Thomas	Evansville, Ind	28	1:40:38	3:25:33	7:50
60.	Joe Meyer	Seymour, Ind	20	1:40:38	3:25:33	7:50
61.	David Ervin	Columbia, MO	34	1:36:59	3:25:37	7:50
62.	F. L. Burnette	Des Moines, Ia	39	1:41:45	3:26:25	7:51
63.	Charles Bennett	Ft. Scott, KS	36	1:40:00	3:27:00	7:53
64.	Marty Rosso	Columbia, MO	28	1:42:28	3:27:35	7:53
65.	Tom Elliott	Columbia, MO	28	1:42:20	3:28:43	7:57
66.	Robert McDavid	Columbia, MO	22	1:41:47	3:28:43	7:57
67.	James Nowak	Columbia, MO	28	1:24:18	3:29:36	7:59
68.	Matt Gibson	Columbia, MO	14	1:44:47	3:30:10	8:00
69.	Robert McKee	Columbia, MO	26	1:38:11	3:30:24	8:01
70.	Jim Benston	Columbia, MO Chicago	35	1:30:06	3:30:55	8:01
71.	Wilferd Grover	Licking MO	32	1:41:19	3:31:08	8:02
72.	Mike Lairmore	Columbia, MO	23	1:44:48	3:31:48	8:03
73.	Joe Goldfarb	Columbia, MO	39	1:47:00	3:32:01	8:05
74.	Allen Smith	Columbia MO	46	1:44:03	3:34:00	8:09
75.	John Hamilton	Columbia, MO	36	1:44:03	3:34:00	8:09 tie
76.	Clyde Johnson	Springfield, MO	58	1:47:33	3:36:01	8:14
77.	Ted Ayres	Columbia, MO	32	1:43:51	3:36:31	8:14
78.	Henry Grubb	Kansas City	24	1:33:33	3:36:38	8:15
79.	Howard Bentley	Jefferson City, Mo	50+	1:50:45	3:36:50	8:15
80.	Bryan Ebbert	Kansas City	35	1:46:52	3:37:04	8:16
81.	David DeBeau	Springfield, MO	36	1:46:48	3:37:34	8:16
82.	John Turner	Webster Groves, Mo	24	1:43:52	3:37:35	8:17
83.	Trent Twiestmeyer,	Kansas City, MO	25	1:49:11	3:37:45	8:17
84.	Larry D. Bentley	Batesville, AK	40	1:50:45	3:37:58	8:17
85.	Gary Johanning	Columbia, MO	28	1:41:18	3:38:00	8:18
86.	David Walker	Columbia, MO	35	1:44:03	3:39:28	8:21
87.	Roy Stambaugh	Columbia, MO	45	1:43:57	3:39:35	8:22
88.	Alverne Mueller	Ft. Leavenworth, KS	40	1:39:36	3:40:38	8:24
89.	Yoginder Chaddha	Chicago, IL	42	1:42:06	3:40:55	8:24
90.	Bill Rambo	Columbia, MO	38	1:45:10	3:41:01	8:25
91.	David Knorr	Vernon Hills, IL	30	1:44:19	3:41:18	8:25
92.	A. Grant Hemphill	New Orleans, LA	29	1:41:06	3:42:36	8:29
93.	Tom Parker	Kansas City, MO	32	1:51:48	3:43:54	8:31
94.	Paul Reeds	Gallatin, MO	17	1:31:30	3:44:27	8:32
95.	Craig Sanders	Kirkwood, MO	19	1:29:52	3:44:37	8:33
96.	Jewell Carpenter	Kansas City, MO	25	1:30:48	3:45:38	8:35
97.	Paige Butler ^{1st F}	Columbia, MO	20	1:52:07	3:45:47	8:35
98.	Richard Hoft	Columbia, MO	52	1:45:50	3:46:54	8:38
99.	Sharon Nelson ^{2nd F}	Columbia, MO	22	1:53:48	3:47:50	8:40
100.	Gerry Heisler	Columbia, MO	32	1:47:57	3:50:13	8:46
101.	Marvin Patterson	Columbia, MO	44	1:39:16	3:52:33	8:51
102.	Robert Sherman	Springfield, MO	23	1:44:03	3:56:12	9:00
103.	Dick Naunann	Jefferson City, MO	33	1:49:12	3:57:00	9:02
104.	Brian Kichline	St. Louis, MO	25	1:44:43	3:57:05	9:02
105.	Gale Carman	Columbia, MO	32	1:41:49	3:58:04	9:04
106.	Doug Carlson	Harrisburg, MO	30	1:44:03	3:58:12	9:04
107.	Randy Mimm walked	Columbia, MO	25	1:58:03	3:59:03	9:06
108.	Charles Lenau	Columbia, MO	42	1:51:12	3:59:21	9:06
109.	William Brown Jr.	Parkville, MO	32	1:55:00	3:59:26	9:06
110.	Frederick Ranallo	Columbia, MO	32	2:02:40	4:04:21	9:18
111.	Richard Cook	Grandview, MO	21	1:49:36	4:04:25	9:18
112.	Darrell Shelton	Belleville, IL	25		4:05:28	9:20
113.	Paul Whitter	Columbia, MO	31	2:02:46	4:06:02	9:22
114.	Wayne Bowman	Columbia, MO	28		4:06:13	9:22
115.	Patricia Bowman ^{3rd F}	Columbia, MO	29		4:06:13	9:22
116.	Bruce Bicker	Sedalia, MO		1:58:50	4:08:28	9:27
117.	Robert White	Granite City, IL	37	1:44:42	4:09:16	9:29
118.	Bill Radford	Poplar Bluff	23	1:47:22	4:09:22	9:29

119.	Sidney Hose	Columbia, MO	40	1:52:30	4:10:00	9:32
120.	Jay Nixon	Columbia, MO	23	1:46:46	4:10:35	9:33
121.	Trygre Veum	Columbia, MO	39	1:58:48	4:11:33	9:35
122.	Tim Gibson	Columbia, MO 8	8		4:12:11	9:36
123.	Jay Thomas	Columbia, MO	39		4:16:28	9:45
124.	Lee Roy Sevier	Bowling Green, MO	34		4:16:51	9:46
125.	William Taylor	Columbia, MO	22		4:16:51	9:46
126.	James Holstein	Columbia, MO	51	1:48:42	4:19:18	9:52
127.	Erik Rocksund	Columbia, MO	29	1:52:08	4:20:31	9:56
128.	Keim Baird	St. Charles, Mo	45		4:20:40	9:56
129.	Frank Greer	Sunset Hills, Mo	35		4:20:40	9:56
130.	Ron Carbaugh	Columbia, MO	25		4:22:40	10:00
131.	Gary Karrer	Hutchinson, Ks	35	1:50:17	4:22:50	10:01
132.	Elmer Schlemper	Columbia, Mo	40	1:52:53	4:23:33	10:02
133.	Richard Madsen	Columbia, Mo	37	1:47:03	4:23:48	10:02
134.	Jeff Stelzer	Columbia, Mo			4:23:51	10:02
135.	Dianne Busenbark F	Flat River, Mo	18		4:24:00	10:04
136.	Pat O'Laughlin	Columbia, Mo	17	1:46:39	4:26:10	10:08
137.	Ron Grandel	Ft. Leavenworth, Ks	35	1:44:03	4:28:58	10:14
138.	Stephen Mineck	Vinton, Iowa	30		4:39:19	10:16+
139.	Charles Matthews	Columbia, Mo.	31	--	4:43:51	
140.	Dan McGavock	"	20	1:54:47	4:44:46	
141.	Greg Stelzer	Kansas City, Mo.	25	--	4:49:10	
142.	Mary Gaye Flentge	Columbia, Mo.	18	2:00:28	4:54:45	
143.	Charles Cuzzo	"	25	1:50:26	4:54:46	
144.	Mike Walther	"	21	1:51:33	4:57:05	
145.	Dan Ovshak	"		--	4:57:31	
146.	Ed Stroesser	Jefferson City, Mo.	30	1:54:45	4:59:00	
147.	Stan Kreitler	St. Ann, Mo.	25	--	5:13:53	
148.	Teena Sechler	Van Buren, Mo.	23	--	5:20:14	
149.	Leonard Busen	Mehlville	49	--	5:21:08	
150.	Dick Sallee	Bowling Green, Mo.	52	--	5:21:26	
151.	Hoyet Hemphill	Columbia, Mo.	29	2:01:50	5:21:36	
152.	Mickey Owen	Springfield, Mo.	63	--	5:22:36	
153.	Jim Wass walked	Columbia, Mo.	27	--	5:30:39	
154.	Jim Andrews	Springfield	56	--	5:31:28	
155.	John Reeder	Florissant, Mo.	24	--	5:37:12	
156.	Katherine Cogswell	Columbia, Mo.	19	--	5:43:16	

Following pages will show the 3 mile splits and the non-finishers.

The 1979 marathon was one of the best from the standpoint of quality. The most ever under 2:50 (15, in 1976 there were 12). However, in 1976 there were 28 under 3:00, which is the best year from that standpoint.

MVAAU medal winners: Mittelhauser, Gene McClain and Rex Power for the men and Butler, Sharon Nelson and Patricia Bowman for the women.

The DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE went to 27 year old Ken Beach of Raytown, Mo. Last year Ken ran Heart of America in 3:36:00. This year he came back in 3:01:52 good for a betterment of 192 Gardner-Purdy points, and a percentage improvement of 15.80%. Second was Bryan Ebbert of Kansas City who improved 147 G-P points and then came Matt Gibson with 118 point improvement (from 3:56:45 to 3:30:10) closely followed by T. L. Veum with 117 points.

MANY, MANY THANKS to all of you who helped in so many ways in providing the organazational support that is so essential in conducting a successful marathon. There were close to 100 of you. Special thanks go to the Jim Gibson and Bob Schottman families for so ably directing the aid operations. Also to the Cosmo Breakfast Club--many of their members have helped at all 20 of our marathons. We especially thank MFA INSURANCE COMPANIES for picking up almost all of the finacial tab. Without this help the entry fees would be much higher, or something would have to go, like T-shirts or something.

This newsletter will go to all finishers of the marathon. We will NOT automatically mail 1980 entry blanks to all of you--only to CTC members and newsletter subscribers. If you will want a 1980 entry blank, then you should mail a stamped, self-addressed envelope to Joe Duncan sometime next May. Most of you don't send a SSAE when asking for entry blanks. You should! It is only common courtesy, because many race directors pay for postage out of their own pocket and you shouldn't really expect them to do this. You might think that the entry fee should cover this. But many runners request entry blanks for many races and then they don't enter. Which is fine, because you may not know what you want to do until you get an entry form. The whole point is that you really should send a SSAE.

3 MILE SPLITS--HEART OF AMERICA MARATHON 1979:

PLACE	3	6	9	12	15	18	21	24
1.	16:30	33:27	50:30	1:07:11	1:25:10	1:42:50	2:01:42	2:19:58
2.	17:05	34:18	51:19	1:09:35	1:28:13	1:46:04	2:04:30	2:22:22
3.	17:00	33:51	51:37	1:09:27	1:28:23	1:46:15	2:04:35	2:22:50
4.	16:45	33:27	50:30	1:08:40	1:27:04	1:44:30	2:03:23	2:22:15
5.	16:43	33:27	50:30	1:07:59	1:26:38	1:45:10	2:04:46	2:24:34
6.	17:13	34:35	52:37	1:10:27	1:29:42	1:48:20	2:09:10	2:28:03
7.	18:00	35:26	53:19	1:11:13	1:30:37	1:49:20	2:08:46	2:28:36
8.	17:02	33:55	51:59	1:10:45	1:30:08	1:49:07	2:08:51	2:29:32
9.	19:30	38:58	57:46	1:17:20	1:37:08	1:55:52	2:14:56	2:33:08
10.	16:45	33:27	50:32	1:08:10	1:27:24	1:47:00	2:07:35	2:30:24
11.	17:09	33:55	51:21	1:09:49	1:29:16	1:48:22	2:08:51	2:30:20
12.	18:06	36:22	55:16	1:14:33	1:34:38	1:53:53	2:13:55	2:33:09
13.	18:17	36:46	55:30	1:14:33	1:34:38	1:53:50	2:13:40	2:33:11
14.	18:16	36:46	55:33	1:14:41	1:34:47	1:53:54	2:13:58	2:33:39
15.	19:30	38:58	57:58	1:17:20	1:37:15	1:56:20	2:15:47	2:34:57
16.	18:41	37:31	56:17	1:15:24	1:34:49	1:53:50	2:13:41	2:34:12
17.	16:24	32:53	49:55	1:07:43	1:26:41	1:46:35	2:08:55	2:34:29
18.	18:16	36:46	56:11	1:15:58	1:36:47	1:56:45	2:18:01	2:39:45
19.	19:13	38:25	57:37	1:17:33	1:38:24	1:59:14	2:20:42	2:41:43
20.	20:50	40:47	1:00:59	1:21:15	1:41:49	2:01:15	2:22:00	2:42:21
21.	19:12	38:04	57:25	1:16:31	1:37:06	1:55:55	2:16:45	2:40:28
22.	20:33	40:20	1:00:21	1:21:04	1:42:17	2:02:50	2:23:47	2:44:23
23.	18:34	38:04	57:28	1:18:10	1:38:41	1:59:10	2:21:10	2:43:56
24.	21:44	41:57	1:01:19	1:20:44	1:41:20	2:01:12	2:23:01	2:45:39
25.	20:34	40:35	1:01:05	1:21:25	1:42:49	2:03:04	2:24:12	2:45:35
26.	20:42	40:12	1:00:00	1:20:17	1:41:09	2:01:10	2:22:10	2:45:07
27.	19:24	39:52	1:00:08	1:20:33	1:42:20	2:03:04	2:24:45	2:46:04
28.	18:46	37:48	57:39	1:18:02	1:39:47	2:00:25	2:22:35	2:46:00
29.	20:28	39:50	59:08	1:18:45	1:38:15	1:57:50	2:19:36	2:43:59
30.	21:35	40:35	1:01:03	1:22:07	1:43:33	2:04:34	2:26:46	2:28:45
31.	19:17	38:25	57:36	1:17:33	1:37:45	1:57:47	2:20:15	2:45:36
32.	21:07	40:41	1:01:00	1:21:44	1:43:22	2:04:35	2:27:39	2:50:41
33.	20:50	40:57	1:01:04	1:21:57	1:44:12	2:05:30	2:27:41	2:50:17
34.	18:49	38:16	58:13	1:19:29	1:41:37	2:04:04	2:27:24	2:51:24
35.	19:18	40:24	1:00:49	1:22:00	1:44:28	2:06:16	2:28:56	2:53:08
36.	24:28	45:42	1:07:55	1:29:18	1:51:16	2:12:05	2:35:02	2:56:21
37.	19:17	38:14	57:36	1:18:20	1:40:53	2:03:40	2:27:50	2:53:36
38.	20:33	40:16	1:00:21	1:21:26	1:43:17	2:04:55	2:28:13	2:54:10
39.	20:44	40:29	1:00:59	1:21:59	1:45:58	2:07:55	2:31:04	2:55:16
40.	35:12	55:49	1:16:37	1:37:48	1:58:06	2:17:55	2:38:39	2:59:41
41.	19:40	38:58	58:53	1:18:55	1:41:15	2:03:07	2:27:20	2:55:33
42.	22:58	45:09	1:07:08	1:29:16	1:51:55	2:13:52	2:36:40	2:59:07
43.	19:18	38:40	58:32	1:19:36	1:41:28	2:03:50	2:28:03	2:54:27
44.	21:52	43:38	1:05:43	1:28:03	1:51:31	2:13:18	2:37:06	3:00:08
45.	21:52	43:49	1:05:44	1:28:03	1:51:23	2:13:25	2:36:37	2:59:59
46.	21:30	42:05	1:03:02	1:24:28	1:46:36	2:09:00	2:33:38	2:59:16
47.	22:52	42:52	1:04:30	1:26:32	1:49:38	2:12:45	2:36:27	3:01:36
48.	22:58	45:12	1:06:43	1:27:51	1:49:45	2:11:08	2:34:18	2:59:49
49.	20:02	39:10	57:38	1:17:20	1:37:35	1:58:35	2:21:57	2:51:49
50.	19:52	39:56	1:00:53	1:23:11	1:46:32	2:10:05	2:42:12	3:01:13
51.	22:58	45:12	1:07:27	1:30:00	1:53:04	2:16:10	2:40:00	3:03:49
52.	21:10	42:28	1:04:05	1:26:30	1:49:04	2:22:12	2:36:38	3:03:08
53.	22:44	44:55	1:06:33	1:27:50	1:49:43	2:11:00	2:33:50	2:57:46
54.	18:24	37:17	57:27	1:18:02	1:41:28	2:04:15	2:31:16	2:58:36
55.	--	43:22	1:01:05	1:26:31	1:48:58	2:11:30	2:36:00	3:01:51
56.	21:52	43:38	1:05:45	1:28:03	1:51:23	2:13:25	2:36:37	3:01:58
57.	22:35	45:21	1:07:53	1:30:22	1:54:06	2:16:55	2:41:05	3:06:00
58.	--	43:15	1:05:41	1:28:13	1:52:11	2:15:45	2:40:04	3:05:20
59.	22:41	45:42	1:08:12	1:32:03	1:54:48	2:18:00	2:42:12	3:07:06
60.	22:41	45:42	1:08:12	1:32:03	1:54:48	2:18:00	2:42:12	3:07:06
61.	--	43:38	1:05:43	1:28:03	1:51:29	2:13:18	2:37:06	3:03:15
62.	24:08	45:53	1:08:39	1:31:15	1:56:38	2:19:55	2:44:39	3:08:30
63.	22:36	44:55	1:07:26	1:30:34	1:54:36	2:18:20	2:43:28	3:08:18
64.	--	45:17	1:08:06	1:32:08	1:57:23	2:21:30	2:46:03	3:10:16
65.	--	45:47	1:08:37	1:33:04	1:56:40	2:20:30	2:44:57	3:09:56
66.	--	45:53	1:08:35	1:31:15	1:56:30	2:20:30	2:44:57	3:09:52
67.	17:51	36:02	55:23	1:15:30	1:37:27	2:04:45	2:32:37	3:07:05
68.	--	48:18	1:11:29	1:35:50	1:59:23	2:22:20	2:47:15	3:11:58
69.	24:18	45:53	1:07:19	1:29:41	1:52:24	2:15:30	2:39:24	3:05:35
70.	19:53	39:23	1:00:00	1:20:55	1:43:51	2:07:57	2:39:49	3:10:51
71.	--	45:10	1:07:58	1:31:35	1:56:17	2:19:55	2:44:59	3:10:59
72.	--	48:18	1:11:30	1:35:50	1:59:23	2:22:20	2:45:59	3:13:08
73.	--	47:48	1:12:12	1:37:25	2:02:14	2:26:25	2:51:25	3:15:44
74.	23:58	47:34	1:11:08	1:34:48	1:59:06	2:23:10	2:47:38	3:12:58
75.	23:58	47:34	1:11:08	1:34:48	1:59:06	2:23:10	2:47:38	3:12:58

	3	6	9	12	15	18	21	24
76.	26:13	50:13	1:14:19	1:37:57	2:02:12	2:26:25	2:51:48	3:16:24
77.	24:08	46:59	1:10:08	1:34:17	1:59:05	2:23:45	2:49:03	3:16:29
78.	21:07	41:39	1:02:40	1:24:19	1:48:10	2:13:15	2:42:35	3:13:30
79.	--	48:39	1:14:48	1:39:27	2:05:52	2:30:15	2:55:36	3:19:18
80.	26:04	49:42	1:13:29	1:37:17	2:02:18	2:26:30	2:51:35	3:18:03
81.	26:13	50:13	1:14:19	1:37:07	2:02:12	2:26:25	2:51:25	3:16:24
82.	24:32	47:43	1:10:22	1:34:50	1:58:15	2:24:30	2:47:56	3:14:58
83.	24:18	49:08	1:14:05	1:39:30	2:05:08	2:29:55	2:55:40	3:20:53
84.	24:18	48:38	1:14:19	1:39:27	2:05:52	2:30:15	2:55:36	3:19:32
85.	23:01	46:03	1:08:43	1:31:50	1:55:57	2:20:10	2:46:36	3:16:02
86.	--	47:47	1:11:08	1:34:48	1:58:56	2:23:15	2:49:06	3:16:52
87.	23:30	46:35	1:10:20	1:33:55	1:58:29	2:22:20	2:50:15	3:19:52
88.	22:32	45:21	1:08:06	1:30:22	--	2:17:35	2:44:08	3:15:25
89.	22:58	45:42	--	1:32:31	1:57:23	2:22:55	2:50:14	3:19:00
90.	25:05	48:18	1:11:32	1:35:50	2:00:08	2:24:15	2:50:24	3:18:31
91.	23:39	48:39	1:11:39	1:35:14	1:59:50	2:23:55	2:49:19	3:18:52
92.	24:11	46:23	1:08:28	1:31:44	1:56:12	2:21:55	2:49:50	3:20:37
93.	25:44	53:26	1:17:21	1:42:06	2:06:47	2:31:00	2:55:56	3:22:48
94.	19:06	38:25	59:50	1:22:07	1:46:22	2:13:00	2:46:19	3:23:20
95.	19:24	39:53	1:00:09	1:20:38	1:46:26	2:19:00	2:51:31	3:22:48
96.	21:10	40:29	1:00:59	1:21:59	1:45:02	2:09:30	2:49:31	3:23:40
97.	--	49:56	1:15:12	1:41:30	2:08:20	2:35:05	2:59:48	3:26:10
98.	22:38	46:59	1:10:42	1:35:13	2:01:55	2:29:00	2:57:22	3:25:22
99.	25:41	51:43	1:17:20	1:43:05	2:09:40	2:35:07	3:01:04	3:28:27
100.	--	--	1:12:20	1:37:28	2:03:15	2:29:15	2:58:30	3:28:41
101.	21:58	43:38	1:05:52	1:29:27	1:54:02	2:18:05	2:50:42	3:26:38
102.	25:52	50:13	1:13:15	1:35:10	1:58:59	2:24:18	2:57:48	3:32:13
103.	26:27	51:35	1:14:48	1:39:27	2:05:09	2:29:55	2:58:48	3:30:27
104.	24:20	48:28	1:11:46	1:35:45	2:00:00	2:26:10	2:55:42	3:35:38
105.	--	46:29	--	1:32:09	1:57:31	2:26:05	2:57:22	3:33:29
106.	23:20	46:28	1:10:08	1:35:07	1:58:26	2:22:40	2:54:19	3:31:14
107.	--	53:03	1:19:12	1:47:36	2:15:05	2:41:55	3:09:37	3:38:08
108.	--	51:35	1:15:58	1:41:15	2:07:05	2:32:15	2:58:29	3:26:38
109.	28:16	53:35	1:18:27	1:44:25	2:11:12	2:36:55	3:05:32	3:36:00
110.	--	51:08	1:20:19	1:51:35	2:20:49	2:49:30	3:17:57	3:46:02
111.	24:45	48:39	1:13:27	1:38:16	2:05:30	2:33:55	3:03:33	3:35:38
112.	25:19	50:50	1:21:32	1:54:50	2:21:23	2:49:00	3:17:22	--
113.	28:35	55:57	1:23:45	1:52:25	2:20:45	2:49:00	3:17:46	3:46:47
114.	28:36	56:15	1:25:08	1:53:26	2:21:31	2:49:20	3:17:53	3:46:02
115.	28:36	56:15	1:25:08	1:53:26	2:21:31	2:49:20	3:17:53	3:46:02
116.	--	64:35	1:26:38	1:49:09	2:13:35	2:37:50	3:08:26	3:42:32
117.	--	48:28	1:11:46	1:35:14	2:00:00	2:27:00	3:00:28	3:35:37
118.	25:18	49:14	1:13:38	1:37:40	2:04:14	2:32:25	3:06:28	3:42:19
119.	25:33	50:33	1:15:30	1:41:15	2:09:00	2:36:57	3:09:37	3:44:44
120.	--	45:47	--	1:35:07	2:04:52	2:36:30	3:10:10	3:45:27
121.	--	52:46	1:19:34	1:46:46	2:16:08	2:45:05	3:17:30	3:49:37
122.	27:52	55:57	1:21:32	1:48:02	2:18:45	2:47:10	3:19:20	3:50:23
123.	28:33	56:15	1:24:46	1:54:37	2:24:50	2:55:10	3:24:58	3:55:00
124.	28:23	55:57	--	1:55:07	2:26:02	2:55:55	3:25:00	3:55:42
125.	--	51:04	1:20:19	1:51:36	2:25:10	2:56:50	3:27:37	3:57:04
126.	--	48:17	1:12:40	1:37:57	2:05:00	2:34:50	3:09:49	3:44:58
127.	25:27	49:42	1:14:12	1:40:20	2:08:13	2:36:20	3:09:12	3:49:07
128.	27:52	55:25	1:23:47	1:52:21	2:21:47	2:50:50	3:23:47	3:55:31
129.	27:52	55:23	1:23:47	1:52:23	2:21:41	2:50:45	3:23:41	3:55:00
130.	23:34	47:30	1:11:29	1:36:30	2:04:45	2:32:50	3:09:50	3:49:57
131.	24:02	47:34	1:12:23	1:38:44	2:08:04	2:40:50	3:16:34	3:54:33
132.	--	49:14	1:14:57	1:41:30	2:09:30	2:38:30	3:15:15	3:54:33
133.	--	47:47	1:12:09	1:37:25	2:02:45	2:29:45	3:01:36	3:53:46
134.	--	57:55	1:25:57	1:53:10	2:23:56	2:50:05	3:19:23	3:55:40
135.	30:21	61:01	1:32:15	2:02:19	2:33:43	3:04:30	3:33:14	4:02:18
136.	--	42:52	1:06:38	1:30:01	2:05:03	2:45:51	3:23:47	4:03:11
137.	24:07	46:59	--	1:34:17	2:08:04	2:55:40	3:26:50	4:02:13
138.	29:38	57:35	1:25:25	1:53:06	2:23:26	2:54:35	3:22:45	4:02:13
139.	29:40	57:09	1:25:02	1:54:43	2:23:57	2:54:35	3:30:15	4:11:37
140.	25:38	51:02	1:16:37	1:42:37	2:13:19	2:47:14	3:31:28	4:13:13
141.	29:44	57:55	1:24:57	1:53:10	2:23:54	2:59:35	3:36:20	--
142.	25:41	51:47	1:18:34	1:47:52	2:19:48	2:54:00	3:28:26	4:17:57
143.	24:45	48:40	1:13:27	1:39:30	2:05:46	2:43:00	3:21:56	4:17:15
144.	24:30	48:23	1:12:20	1:38:44	2:11:04	2:49:15	3:33:50	4:22:16
145.	29:45	57:55	1:24:57	1:53:10	2:23:54	3:07:15	3:52:30	4:32:35
146.	25:41	49:27	1:15:12	1:42:04	2:15:35	2:58:35	3:40:50	4:31:45
147.	33:56	67:49	1:42:00	2:17:44	2:53:47	3:29:40	4:15:23	4:45:06
148.	29:36	58:55	1:31:57	1:52:19	2:41:44	3:21:56	4:05:23	4:47:31
149.	--	61:01	1:38:30	1:56:12	2:58:30	3:28:20	4:17:00	4:56:53
150.	33:56	68:14	1:43:00	1:40:45	--	3:40:05	4:19:51	4:56:40

	3	6	9	12	15	18	21	24
151.	24:57	51:40	1:18:36	1:47:37	2:22:11	3:07:15	3:52:30	4:37:37
152.	28:35	59:03	1:32:20	1:56:32	2:44:05	3:19:48	4:00:23	4:44:35
153.	32:23	64:13	1:36:40	1:51:11	2:49:09	3:28:10	4:10:26	4:57:19
154.	--	64:15	1:40:10	1:40:45	--	3:41:00	4:20:50	5:01:15
155.	26:01	53:03	1:20:42	1:53:16	2:27:56	3:08:04	3:59:43	5:01:33
156.	32:23	64:15	1:36:42	1:51:09	2:51:15	3:34:45	4:21:40	5:08:45

The following did not finish:

Steve Fisher 24+ miles (16:28, 33:27, 50:03, 1:06:59, 1:24:34, 1:41:20, 1:59:06, 2:19:04 and 1:14:00 at halfway), Jack Snyder, 27, Columbia, 24 in 3:44:48, Mike Chaffee, 34, Leawood, Kansas, 24 in 4:03:05 (1:32:55 at 15), Mike Manley, 33, Columbia, 4:04:12 at 24, Carl Gladstone, 44, New Hampton, Mo., 21 in 2:29:24, Michael Schmutzok, 20, Kansas City, Mo., 21 in 2:45:35, Norbert Bagley, 37, Columbia, 21 in 3:26:50, Lorren Leatherman, 19, Columbia, 21 in 3:34:34, Odell Newkirk, 23, Columbia, 21 in 3:37:46, Mark Vander-velden, 20, Kansas City, 18 in 2:17:40, Dennis Blossom, 43, Columbia, 18 in 2:45:50, Bob Harris, 27, Danville, Ill., 18 in 2:51:05, Tom Holloway, 31, 18 in 3:30:25, Summer Allen, 30, Columbia, 18 in 3:41:08, Dandi Knorr, 30, Vernon Hills, Ill. 17 in?, Tom DeCoster, 25, Columbia, 15 in 1:40:40, Asim Khawaja, 30, Jefferson City, 15 in 2:12:52, James Doesburg, 30, Jefferson City, 15 in 2:12:52, Jim Pierce, 41, Gallatin, Mo., 15 in 2:50:32, Ron Lee, Columbia, 12 in 1:20:24, ? Ward, Columbia, 12 in 31:31, John Denton, 30 Columbia, 12 in 1:17:39, Leslie Uhlmeier, 23, Columbia, 12 in 1:52:25, Don Patterson, 57, Columbia, 12 in 1:57:56, Debra Snyder, 27, Columbia, 12 in 2:02:19, Mike Wass, 25, Republic, 12 in 2:09:45, and Frank Daley 3 in 30:12?

SHOULD WE CHANGE THE DATE OF THE HEART OF AMERICA MARATHON?

There has been some discussion (and requests) for changing the date of the Heart of America marathon from the traditional Labor Day date to a date later in the fall. The suggested new date is the third Sunday in November.

The basic reason for the change is the obvious one of avoiding the heat and humidity we get at least 50% of the time on Labor Day. A more important reason for the change, however, is because preparation for Heart of America has to take place during the months of July and August, the worst two months of the year for preparing for a marathon.

The arguments for keeping the Labor Day date involve those of tradition and the avoidance of conflict with other area marathons (Kansas City, Tri-States, Topeka). Those arguments are answered by saying that we should not stubbornly insist on tradition when we are talking about the proper training and preparation for running a marathon. Heat and humidity can actually endanger the lives of runners. As to conflicts, we would be a month away from Tri-States, three weeks from K. C. and 2 or 3 weeks from Topeka. There are so many people running marathons now (and there are so many marathons to run) that it is not so important to space and work around a handful of races like we did in the "old" days. So the argument goes.

There are, no doubt, many things to consider, e.g., the third weekend in November will frequently be a football weekend. Will that make any difference?

What we want is feedback from all of you who are involved in the Heart of America marathon, in whatever capacity. Please write to Joe Duncan (2980 Maple Bluff Dr., Columbia, Mo. 65201). Tell him what you think. We want your opinion, comments and suggestions (include any suggestions you have for improving race administration). If we don't hear from you, then we will assume that none of this makes any difference to you.

Another item for future discussion relates to the course. Here tradition may be more important. Heart of America is no ordinary, run of the mill marathon. This is so because of the challenging course, and Easley Hill. However, the present course, especially in recent years with more runners, concerns us because of the conflict with fairly heavy, high speed traffic. The suggestion is that we incorporate the Katy trail into the course. This would be about 16 traffic free miles, but it will be several years before the trail is completed. That is something to think about in the future, for again, maybe there is no room for tradition when we are talking about the well-being of the runner.

Anyway, let us have your comments before October 15.

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

September 3, 1973: Heart of America Marathon: 1. Tim Hendricks 2:43:40 (his 4th title out of the last 5) passing Bob Rosales on College Ave., with barely a half mile to go; 2. Bob Rosales 2:43:59; 3. Dennis Katzer 2:49:01; 4. Lou Fritz 2:49:37. . .6. Alex Ratelle 2:55:44 (his 6th straight over 40 title). . .12. Dick Hessler 3:03:55, first CTC; . 15. Ben Londeree 3:08:47; . . 19. Don Granberg 3:13:20; 20. Dean Neal 3:14:07; . . 22. Rex Frazer 3:19:09 the first marathon for both Neal and Frazer. 48 finishers.

September 15, 1973: Mile Run: 1. Dennis Stewart 4:27.1; 2. Ben Londeree 4:47.9; 3. Dean Neal 4:49.6; 4. Tom Kilburn 4:50; 5. Dick Hessler 4:57.1; 6. Sandy Lawrence 5:04; 7. Tom Hinckley 5:13.6; 8. Don Granberg 5:16.7; 9. Don Johnson (45) 5:17--new record for over 40, 16 others, including Don Lewis who was in his first CTC event ever, but not his first finish, because he only ran 3 laps (in 4:10)

5 Mile Walk: 1. Augie Hirt 40:55; 2. Jim Breitenbucher 45:45; 3. Dave Leuthold 46:05 5 others

September 23, 1973: 2 Mile Run: 1. Stewart 9:44.2; 2. Charlie Evans 9:53.3; 3. Neal 10:33.9; 4. Kilburn 10:39.2; 5. Lawrence 10:53; 6. Mike Chippendale 10:54.6; 7. Granberg 11:12.3; 8. Frazer 11:17; 9. Hinckley 11:18.7; 10. Whitney Hicks 11:26 21 others, including Don Lewis, who, once again, failed to finish, this time he did a mile in 5:45; progress, however.

6 mile walk: 1. Hirt 51:11; 2. Breitenbucher 57:09; 3. Leuthold 57:26; 4. Charles Geiss 59:10; 5. Jim Fields 1:00:40; 6. Gwen Eberle 1:01:27, who led 10 other Ozark TC girls, total of 22 walkers, including Don Lewis, who figured that one way to finish a race would be by walking--well, he did finish, in 1:13:04 for 17th place.

ELAPSED TIME STANDINGS		FINAL	*will receive awards on October 19				
Open, runners:			Age 15 & under				
1. Londeree*	375	15. Schutt	115	29. Thornburg	67	1. J. Gibson*	47
2. Hessler*	352	16. M. Kruse	114	30. Chip ¹ / ₂ endale	60	2. M. Gibson*	48
3. Maxey*	327	17. Johnson	112	31. Ekvall	59	3. W. Paul*	28
4. Marks*	301	18. Guscar	108	32. Lairmore	56	4. A. Hessler*	26
5. Brown*	294	19. Tom DeCoster	103.5	33. Walter	55	5. J. Blossom*	24
6. Yunker*	277.5	20. Stewart	102	34. Schottman	54	6. T. Gibson*	23
7. Lewis*	277.5	21. Duncan	100.5	35. Wallace	52	7. D. Hicks	22
8. Bellows*	254	22. Hinkamp	96	36. Hemphill	51	8. P. Hessler	20
9. Palks*	245.5	23. Neviackas	93	37. Hinckley	48	9. S. Schottman	13
10. LaFontaine*	157	24. K. Stock	91	38. Walker	46	10. S. Gibson	11
11. Mittlehauser*	144	25. Martin	89	39. Rosso	45	12. N. Wagner	11
12. Granberg	143	26. Dixon	78.5	40. Vaillancourt	43	WOMEN	
13. Storvick	128	27. Holt	75	41. Moe	42	1. A. Hessler*	32
14. Hellie	123.5	28. Herbert	68	42. Wampler	36		

Age 40 & over runners:

1. Londeree*	152.5	6. Johnson	51	1. Mimm*	100
2. Marks*	122.5	7. Duncan	47.5	2. Wass*	49
3. Brown*	121.5	8. Schutt	40	3. Spier*	47
4. Lewis*	114.5	9. Martin	39	4. Busen*	35
5. Storvick*	60	10. Hicks	21	5. Bakewell	33
				6. Taft	30.5

WALKERS:

1. Spier*	42
2. Taft*	29.5
3. Busen*	27
4. Bent	11.5
5. Van Dyke	10

Olen Brown was the only person to participate in every event.

Jon Palks missed only one.

The cry for 1980: "Break up Londeree!"

The new "season" begins with the Sept. 15 events.

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 09/03/79

Final

1. B. LONDEREE *	17	0.28	7. W. TAFT	16	1.24	13. T. STORVICK	10	1.75
2. O. BROWN *	17	0.60	8. R. SPIER	15	1.33	14. H. BENT	10	2.31
3. J. DUNCAN *	15	0.60	9. J. YUNKER	10	1.53	15. D. JOHNSON	10	2.64
4. J. PALKS *	16	0.88	10. J. WASS	12	1.57	16. R. MIMM	11	4.03
5. J. MARKS *	15	0.91	11. D. BELLWS	12	1.70			
6. B. MAXEY *	15	1.11	12. D. LEWIS	11	1.73			

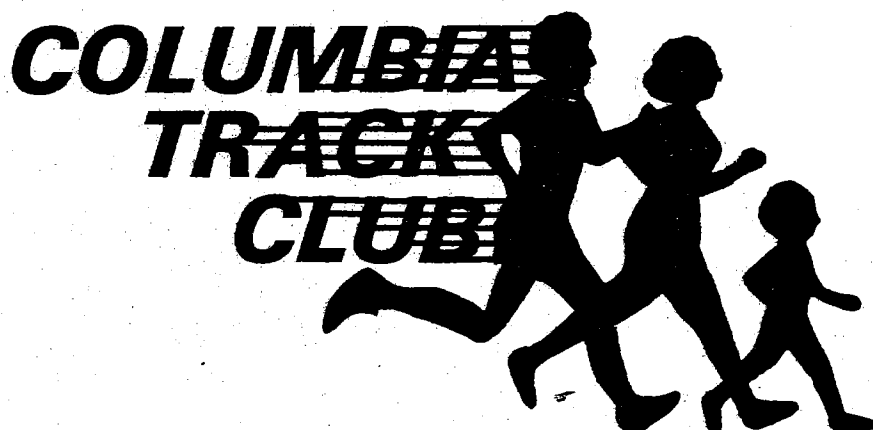
DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 09/03/79

FINAL

1. J. MARKS *	15	5.23	3. O. BROWN	22	2.79	5. B. LONDEREE	20	0.60
2. R. MIMM	11	4.30	4. J. DUNCAN	17	1.00			

Here is the new CTC logo, a Randy Mimm design. You will eventually see it on certificates, emblems, medals, T-shirts, etc. CTC does include all family members, all ages and you notice that the child and maybe even the woman are race-walking.



WE NEED HELP FOR THE 100 MILE WALK September 22 & 23 As in the past we will have 8 3 hour timing stints with the need for 7 timers and recorder of splits for each 3 hour shift--that's 56 people, so please pick out a 3 hour session (beginning at 1:00 PM Saturday, the 22nd and let Joe Duncan know that you can help (his phone # is 445-2684, home, or 874-4328 at work). In addition we need people to help dispense aid. On that, we can use help for any length of time, at any time, during the 24 hour period. Therefore, we ask that you simply come down to Hickman Track any time you can and offer to help out. Now that the marathon is over, we need to gear up for this walk, but CTC people have always responded.

NOTICE TO RACEWALKERS: We just got word that two National AAU Postal events are to be held before Nov. 30--a Two Hour Walk and a One Hour Walk. Therefore we propose to have these two walks. The Two Hour event will be at 8:00 AM on October 13 at Hickman Track. Entry fee is \$2.00 which goes to the national co-ordinator. That means that there will NOT be a 10,000 meter walk as is shown on the regular schedule. MARK YOUR CALENDARS!! The One Hour Walk will be at 9:00 AM, November 10 on Hickman Track and again there will be a \$2.00 entry fee.

The Jim Gibson family was on vacation in the Upper Michigan peninsula on August 12 when they found a T & F Meet at Munising. The boys (and even the old man) entered and did quite well. Jim, Jr. and Matt ran in the age 14-19 mile run with Jim posting a 5:23 PB and Matt a 5:38.4. Steve had 6:01 in age 11-13 and Tim 6:22 for 10 & under. Both Steve and Tim got 2nd places. Jim, Sr. (the old man?) was 3rd in the Masters Mile. Then, in what must have been the highlight of the day, the Gibson Brothers won the Mile Relay in 4:52.6 with Tim leading off, followed by Steve, Jim and Matt anchoring. In a 3 mile road race, Jim finished 5th in 19:30 while Tim checked in with a 23:27, getting certificates from the UPRRC.

DICK MARTIN ran in the World Cup Marathon (the "slow" section, the fast one was the next day), Montreal, Canada on August 25th. Dick had a 3:11+ on a hot day (low 70's) although it was raining at the start. Dick tuned up for this marathon by winning his age group category in both the Mexico Ledger race and the Schlitz Light Ten Mile Run in Kansas City. These two "wins" are Dick's first victories ever, any race, any age, including high school and college. In that Kansas City race Dick was first of 25 runners in the 45-49 age group with a time of 1:04:40 on a terribly hilly course and on a hot, humid day. Dick tells how the man to beat in that age group was Jim Buckley who had beaten Dick in the Hospital Hill run. However, Dick didn't know Buckley and couldn't find him before the race. So Dick went out quite fast thinking that Buckley would pass him. Sure enough, that's what happened--an old guy went by, Dick checked his number--it was Buckley. Dick then "tailgated" him, almost let him get away, but caught sight of him on the penultimate hill. The adrenalin flowed, Dick put on a furious sprint, caught Buckley and beat him by 5 seconds.

SCHEDULE OF EVENTS:

SEPTEMBER 15 Saturday 7:30 AM 10,000 meter Walk Hickman Track
 15 " 9:00 AM 5,000 meter run Hickman Track
 22 " 9:00 AM FUN RUNS Research Park
 22 " 8:00 AM Run for the Sun 10,000 meter run Sedalia
 CONTACT: Mark Thomas 219 S. Ohio Sedalia, Mo. 65301
 22 & 23 Sat. & Sun. 1:00 PM 13th ANNUAL 100 MILE WALK, AAU CHAMPIONSHIP
 Hickman Track
 29 Saturday 9:00 AM FUN RUNS RESEARCH PARK
 29 " ? Raytown Roundup Days 15 kilo run Raytown, Mo.
 CONTACT: Alan Lawson 11705 E. 83rd Raytown 64138
 OCTOBER 6 Saturday 9:00 AM 2 mile cross country run Municipal Golf Course
 13 " 8:00AM NATIONAL POSTAL TWO HOUR WALK Hickman Track
 13 " FUN RUNS RESEARCH PARK
 19 Friday 7:00 PM ANNUAL MEETING OF THE COLUMBIA TRACK CLUB
 Guitar Community Center
 20 Saturday 9:00 AM 5 mile cross country run Gustin Golf Course
 21 Sunday 6:15 AM 14th Annual Tri-States Marathon Falls City, Nebr.
 CONTACT: Lou Fritz Verdon, Nebr. 68457
 27 Saturday 9:00 AM FUN RUNS RESEARCH PARK
 28 Sunday Macy's Marathon Kansas City, Mo.

The CTC newsletter comes out every month. Annual subscription: \$2.00.
 OR, join the CTC by paying the annual dues of \$5.00. That amount includes the newsletter. Send money to Joe Duncan 2980 Maple Bluff Dr. Columbia 65201

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