

TRACK CLUB

NEWSLETTER Vol. XII, No. 12 December 24, 1980

STEVE FISHER, JON HERBERT & WESLEY PAUL ALL SET RECORDS IN RRCA
NORTH REGION 30 KILOMETER RUN December 6, 1980:

5,000 meter splits:		5	10	15	20	25	30
1. Steve Fisher	24	16:18	33:32	50:37	1:08:15	1:25:35	1:43:11
2. Jon Herbert	31	17:14	34:48	52:05	1:09:39	1:27:18	1:45:52
3. Tim Fyfe	22	17:48	36:37	54:53	1:13:36	1:32:23	1:51:47
4. Tom LaFontaine	34	17:43	36:37	54:53	1:13:38	1:32:41	1:52:27
5. Dick Hessler	39	18:28	37:43	56:26	1:15:47	1:35:09	1:54:24
6. Bob Goodrich	35	18:19	37:50	57:10	1:17:04	1:36:16	1:56:09
7. Wesley Paul	11	17:49	37:08	56:33	1:16:47	1:36:42	1:57:36
8. John Hemphill	25	19:11	39:15	59:00	1:19:04	1:39:08	2:00:18
9. Kent Lang	18	18:46	38:56	59:05	1:19:53	1:40:54	2:02:58
10. Joe Marks	43	19:06	39:30	59:32	1:20:44	1:41:35	2:03:20
11. John Reel	23	19:42	40:03	59:37	1:19:55	1:40:55	2:04:26
12. Olen Brown	45	19:42	41:01	59:35	1:23:08	1:44:25	2:06:59
13. Peter Roman	26	20:07	41:52	1:03:06	1:24:29	1:45:38	2:07:49
14. Ben Londeree	46	20:06	41:29	1:00:07	1:24:38	1:46:50	2:09:22
14t. Doug Bellows	33	20:07	41:29	1:00:07	1:24:38	1:46:50	2:09:22
16. David Hallett	28	20:07	44:52	1:00:07	1:28:44	1:52:00	2:16:01
17. Mike Koonse	30	19:58	41:11	59:52	1:23:40	1:46:50	2:16:56
17t. Bob Schottman	36	20:59	43:05	1:04:00	1:26:27	1:50:06	2:16:56
19. Al Smith	48	20:54	42:31	1:05:10	1:28:40	1:52:45	2:19:02
20. Milene Hollon	21	20:36	42:10	1:03:54	1:27:13	1:52:24	2:23:48
21. Mike Walther	23	20:17	42:22	1:04:10	1:28:54	1:58:11	2:38:48
22. Richard Diehl	15	22:22	47:13	1:11:29	1:37:17	2:07:23	2:43:09
23. Jim Sowash		21:50	44:52	1:11:20	1:36:46	2:03:38	
24. Chris Ruble		23:12	48:26	1:14:29	1:43:03	2:14:53	
25. Dave Ervin		19:59	41:29	1:00:34	1:24:39		
26. Kevin Stock		18:20	38:12	59:36	1:26:03		
27. Norris Kruse		21:06	43:28	1:06:21	1:28:55		
28. Ron Wampler		21:57	45:03	1:07:26	1:30:46		
29. John Mueller		22:47	47:14	1:10:56	1:35:54		
30. Joe Duncan		22:46	47:14	1:11:28	1:37:16		
31. Annette LaFontaine		25:21	50:19	1:19:12	1:48:27		
32. Barb Brockman		25:21	49:36	1:19:13	1:49:25		
33. Don Lewis		18:11	37:51				
34. Ken Burres		21:57	46:41				
35. Jim Pinkerton							50:27 10K
36. Jeff Mittelhauser		17:27					out 200 yards short of 10K

The 10,000 meter for women:

1. Milene Hollon	42:10
2. Chris Ruble	48:26
3. Barb Brockman	49:36
4. Annette LaFontaine	50:19
5. Amy Hessler	53:13
6. Theresa Whitlock	56:34
7. Denise Moccia	57:13

And for age 15 & under:

1. Wesley Paul	37:08
2. Peter Fritsch	41:17
3. Tim Gibson	42:27
4. Steve Schottman	43:05
5. Chris Naumann	43:15
6. Steve Helmick	43:45
7. Russ Kurth	47:09
8. Richard Diehl	47:13
9. Amy Hessler	53:13

The 20 Kilo Walk:

1. Rob Spier	34:50	1:09:50	1:44:30	2:20:13
2. William Taft	38:57	1:18:25	1:57:37	2:39:11

Seconds off predicted times as follows: Spier 13, T. Gibson 27 (Tim wins a CTC shirt), Lang 28, Londeree & Bellows 38, Taft 71, Fisher 71, Fritsch 77, Annette 101, Goodrich 111, Kruse 125, Hemphill 138, Marks 230, Brown 269, Roman 311, Koonse 356, Bob Schottman 416, Hollon 798.

Kind of a bad day for a long race--quite humid, high 60's, some wind, but cloudy. Notice how many dropouts there were and how the times deteriorated as the race progressed. However, Steve Fisher set a record--by a mere 4 seconds--beating the old mark set by Doug Clark and Jeff Roth in 1978. Jon Herbert beat Dick Hessler's 30-39 mark of 1:46:37 set 5 years ago while Wesley Paul not only beat his own mark of 2:10:09 (at age 8!), he set an American record for age 11 for 30 kilo. In addition he set CTC marks for 5 kilo (going out fast as usual), beating his own 17:57, and 20 kilo, beating a 1:22:02 he had as an 8 year old.

JOHN WESTON WINS HIS FIRST CTC EVENT, BEN LONDEREE WINS THE BIG
CHEESE TEN MILES December 20:

			off DT			
1. John Weston	55:44			21. Mike Koonse	1:05:44	36
2. Tim Fyfe	55:53			22. Steve Fyfe	1:07:32	
3. Bill Kelsay	56:35	35		23. Brad Jones	1:07:44	313
4. Dennis Stewart	57:57	72		24. Turk Storvick	1:07:57	63
5. Bob O'Connell	58:01	29		25. Charles Slivinsky	1:08:30	30
6. Bob Goodrich	58:03	117		26. Liz Clough	1:09:01	299
7. John Hemphill	58:12	18		27. Norm Stebbins	1:10:09	291
8. Jeff Mittelhauser	58:13	107		28. Tom LaFontaine	1:10:09	141
9. Don Lewis	58:58	28		29. Peter Fritsch	1:10:10	410
10. Tom Billington	59:08	52		30. Jim Gibson, Jr.	1:10:56	326
11. Dick Hessler	59:13			31. Milene Hollon	1:11:18	78
12. Joe Marks	59:58	32		32. unknown	1:11:43	
13. Kent Lang	1:00:17	43		33. Steve Schottman	1:12:15	405
14. Jim Schutt	1:00:24	96		33t. Steve Helmick	1:12:15	405
15. Doug Bellows	1:02:00	60		35. Tim Gibson	1:13:17	223
16. Dave Ervin	1:02:59	121		36. Jim Sowash	1:13:44	74
17. Ben Londeree	1:03:13	13		37. Dick Hoft	1:21:00	60
18. Bob Schottman	1:03:30	150		38. Linda Tannehill	1:23:10	410
19. Steve Tichener	1:04:17	228		39. Kathy Cain	1:33:44	224
20. Olen Brown	1:04:32	92		39t. Annette LaFontaine	1:33:44	224

Rob Spier walked the 10 in 1:48:12, 258 too fast.

The runners today were confronted with a frigid 8 degrees and a stiff north wind. But the sun was shining so that helped a little bit once they started moving. Except for Veva Spier, Jim and Joanne Gibson who handled the timing chores. No records and few PB's, Joe Marks, for one did have a PB, by over 2½ minutes. The cheese winners were Londeree (who else?), Hemphill, Lewis, O'Connell Slivinsky and Marks, while Linda Tannehill took a can of sauerkraut back with her to Manhattan, Kansas. Charles Slivinsky gets the CTC shirt since those ahead of him have already won one this year.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF CTC:

Clarice Burns
1704 Stanford Dr.

Tim DeCoster
108 Edgewood Ave.

Suzanne Dunlap
702 Crescent Dr.

Dan Edwards
116 S. 10th St.

Robert Goodrich
1029 Carousel Dr.
Jefferson City, Mo.
65101

Steve Peth
2712 Greenbriar Dr.

Rick Rother
RR 1
Sturgeon, Mo. 65284

Timothy Stroud
I-70 Dr. NW
Stonehaven Apts.

Herbert Swanson
1914 Garden Dr.

Kevin West
602 W. Blvd. N.

Greg Overfelt
17 Country Hill Dr. Rt. 5

HERE ARE COMPLETE RESULTS OF THE 3 MILE TURKEY TROT, ST. LOUIS Nov. 2:

MEN - 23 & UNDERMEN - 24 - 34

	Age	Time
(nm)Eric Deeken	17	15:59 #1-POA
Jon Delano	20	16:47
Dennis Wallach	23	16:52
Jim Walters	17	17:22
(nm)Scott Laneman	17	17:25
(nm)Ryan Rogers	17	18:25
(nm)Mike Budrovich	15	18:45
CTC James Gibson, Jr.	16	19:10
CTC Richard Diehl	14	19:47
(nm)Byran Whitcraft	15	19:55
Kenneth Vancil	22	20:16
(nm)Dave Cunningham	16	20:19
CTC Tim Gibson	9	20:23
(nm)Mike Leska	14	20:32
(nm)Bob Conner	18	20:39
CTC Tim Stroud	22	20:43
CTC Peter Hessler	10	20:48
CTC Matt Gibson	15	20:56
CTC Steve Helmick	13	20:58
CTC Stephen Schottman	13	21:01
CTC Mike Walther	23	21:14
Stephen Heifetz	9	21:40
CTC Steve Gibson	13	22:10
Scott Ehrlich	13	22:38
(nm)Gregory Maguire	22	23:25
(nm)Sean Pinney	12	23:57
(nm)Paul Hauetsen	9	24:10
CTC John Marks	12	29:28
Doug Heifetz	6	30:22

MEN - 35 - 45

CTC Richard Hessler	39	17:27
CTC Don Lewis	44	17:30
Rich Friedlander	36	17:51
Tom Eckelman	38	18:15
CTC Robert Schottman	36	18:33
Wayne Olson	37	18:35
Richard Jaudes	37	18:53
CTC Joe Marks	43	18:57
James Mieure	39	19:08
CTC Olen Brown	45	19:16
Fred Cotsworth	35	19:31
Jim Gallogly	35	19:48
Joseph Windham	44	19:58
Jon Hawker	35	19:59
Mingo Atkinson	37	20:14
(nm)Mike Flauter	37	21:43
Richard Crislip	39	21:49
Charles Hubbard	45	22:30
Warren Emge	45	22:46
William Banton	35	23:21
(nm)Rudy Zuroweste	43	23:58
Arnold Blewer	44	24:03
David Laufer	43	25:12
(nm)James Terrill	40	25:35
Ernst Spellmeyer	40	26:51
CTC John Duncan	45	29:01
(nm)Gerald Rush	37	30:12
Gary Heifetz	42	30:24

Bobby Williams	27	16:12
John Dickey	26	17:06
(nm)Steve Smith	25	17:17
CTC Dave Parker	34	17:24
Larry Helling	34	17:28
Dusty Morris	30	17:40
Dan Maloney	26	17:45
Don Kueneker	24	17:55
Jack Goldkamp	31	18:01
Dan Sebben	29	18:08
CTC Bruce Maxey	24	18:27
(nm)Ken Baldwin	27	19:09
Mark Kleinbach	26	19:29
(nm)Pat McCoy	27	19:46
David McFadden	32	20:25
Gary Koenig	33	20:49
Don Denham	32	21:18
Bob Adrian	29	23:18
Roy Cleveland	31	26:16
(nm)Ken Zehnder	33	28:01

MEN - 55 & UP

Walter Bauer	55	19:37
Bill Schmitt	58	20:51
Paul Schmitt	58	21:38
George Perry	64	24:51
John Bralowski	65	25:32
Stoke Westcott	67	30:25
(nm)Robert Carmody	59	31:11
(nm)Theo Brumfield	56	32:30

WOMEN - 34 & UNDER

First		
Woman--Penny Gallogly	34	19:12
Nancy Sandhagen	24	20:44
Marianne Gatti	26	20:53
Jean Tokheim	25	21:54
CTC Christine Ruble	26	22:29
(nm)Beth Doerr	15	22:30
(nm)Kathleen Regan	16	23:37
CTC Amy Hessler	14	24:29
Donna Springer	32	25:24
(nm)Laura Whitman	18	25:44
Laurie Grandcolas	26	26:45
(nm)Pat King	32	27:24
Angela Hessler	7	28:59
Amy Newman	26	30:14
Jan Denham	33	30:15
Marigrace Clarke	34	30:26
Vicki Petty	20	31:47
(nm)Gina Garner	21	34:47
(nm)Barb Fabian	25	NA

MEN 46 - 54

Norm Colter	49	18:39
Bill Stewart	46	18:55
Delbert Metheny	47	19:43
CTC Don Johnson	52	19:58
CTC Truman Storvick	52	20:03
CTC Ken Burres	46	20:51
Dick Lake	46	21:14
CTC Joe Duncan	46	21:48
Joe Eigner	46	22:04
Joseph Bell	52	22:23
Bill Krebs	47	22:55
Gene Rains	52	25:16
Jack Frohlichstein	51	28:47

TURKEY TROT continued
on page 4 . . .

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS/ACHIEVEMENT AWARDS

Shows the percentage improvements over last season's races and the average improvement.
Includes this season's races on 9/13 (5k), 10/4 (2 mi), 10/18 (5 mi), 11/2 (3 mi),
11/15 (20k), and 12/16 (30k or 20k walk). Also shows the times-to-beat for the Achievement
Awards races on 1/3 (5 mi) and 1/17 (20k).

	5k	2mi	5mi	3mi	20k	30k	Average	5mi	20k
1.Chris Nauman	-----	12.97	7.47	-----	-----	-----	10.22	-----	50:50
2.Dick Nauman	-----	9.13	-----	-----	-----	-----	9.13	38:20	1:36:16
3.Tim Gibson	-----	7.23	-----	10.38	-----	-----	8.81	39:14	46:41
4.Steve Gibson	-----	8.08	-----	-----	-----	-----	8.08	40:44	47:08
5.Jim Sowash	-----	-----	-----	-----	7.41	-----	7.41	-----	-----
6.Ron Wampler	-----	3.81	4.45	-----	-----	-----	4.13	33:37	1:29:23
7.Steve Fisher	-----	-----	-----	-----	3.68	-----	3.68	-----	-----
8.Norm Stebbins	-----	-----	4.96	-----	0.72	-----	2.84	-----	1:12:45
9.Joe Marks	-0.19	3.49	5.07	-----	-----	-----	2.79	37:57	1:35:02
10.John Hemphill	1.06	-----	-----	-----	4.27	-----	2.67	29:02	1:25:16
11.Mike Koonse	-----	-----	4.16	-----	0.66	0.72	1.85	31:48	1:26:31
12.Ron Belyea	-----	1.29	-----	-----	-----	-----	1.29	-----	1:26:35
13.Kevin Stock	-----	1.21	-----	-----	-----	-----	1.21	32:15	1:31:20
14.Joe Kurth	0.52	-----	-----	-----	-----	-----	0.52	-----	1:27:27
15.Peter Hessler	-----	-----	-----	0.40	-----	-----	0.40	35:40	-----
16.Mary Ann Slivinsky	-----	-----	-----	-----	0.37	-----	0.37	38:25	-----
17.Dennis Stewart	-----	0.33	-----	-----	-----	-----	0.33	-----	-----
18.Dick Hessler	-0.95	-----	-----	-0.48	1.68	0.82	0.27	28:34	-----
19.Annette LaFontaine	-----	-----	-----	-----	-0.16	-----	-0.16	39:55	52:29
20.Charles Slivinsky	-----	-----	-----	-----	-0.23	-----	-0.23	35:07	1:29:41
21.Bill Taft	-----	-----	-----	-----	-----	-1.37	-1.37	1:00:09	1:17:32
22.Tom LaFontaine	-5.50	-----	-0.85	-----	1.37	-0.53	-1.38	28:52	1:14:54
23.Rob Spier	-----	-----	-----	-----	-1.16	-2.38	-1.77	-----	1:06:38
24.Olen Brown	-3.02	-1.88	2.64	-3.46	-----	-3.98	-1.94	31:05	1:21:55
25.Steve Helmick	-----	-----	-----	-1.99	-----	-----	-1.99	-----	-----
26.Joe Duncan	-3.18	0.75	-----	-3.98	-----	-----	-2.14	33:23	1:33:47
27.Steve Schottman	-----	-----	-----	-2.22	-----	-----	-2.22	-----	-----
28.Bruce Maxey	1.02	-1.89	-----	-8.40	-0.09	-----	-2.34	28:17	1:14:32
29.Sam Stout	-2.75	-----	-----	-----	-----	-----	-2.75	-----	-----
30.Bob Schottman	-----	-----	-----	-3.50	-----	-----	-3.50	-----	-----
31.Don Johnson	-6.75	-----	-----	-0.25	-----	-----	-3.50	33:02	1:30:16
32.Susan Boyle	-3.56	-----	-----	-----	-----	-----	-3.56	-----	45:20
33.Jeff Mittelhauser	-9.76	0.63	-----	-----	-----	-----	-4.57	26:36	1:10:32
34.Russ Kurth	-4.79	-----	-----	-----	-----	-----	-4.79	-----	46:41
35.Dick Ditter	-4.97	-----	-----	-----	-----	-----	-4.97	-----	-----
36.Amy Hessler	-----	-----	-----	-5.99	-----	-----	-5.99	-----	-----
37.Larry Thornburg	-6.19	-----	-----	-----	-----	-----	-6.19	-----	-----
38.Ken Burres	-----	-----	-----	-6.47	-----	-----	-6.47	33:57	-----
39.Ben Londeree	-9.95	-----	-----	-----	-----	-----	-9.95	29:09	1:14:53
40.Bob O'Connell	-----	-----	-----	-----	-----	-----	-----	26:54	1:10:03
41.Kent Lang	-----	-----	-----	-----	-----	-----	-----	-----	1:26:04
42.Joe Kurth	-----	-----	-----	-----	-----	-----	-----	-----	1:27:27
43.Matt Gibson	-----	-----	-----	-----	-----	-----	-----	34:23	-----
44.Jim Gibson	-----	-----	-----	-----	-----	-----	-----	32:55	-----
45.Sharon LeDuc	-----	-----	-----	-----	-----	-----	-----	?	52:29

TURKEY TROT CONTINUED

SLTC took the new Traveling Trophy with the following scores:
(Low Score Wins)

		<u>MEN</u>	<u>SLTC</u>	<u>CTC</u>		
23 & Under	Top 5		22	33		
24 - 34	Top 2		3	7		
35 - 45	Top 6		42	36	<u>WOMEN (3)</u>	6
46 - 54	Top 4		13	23		15
55 & Up		No CTC Entries				
					TOTALS:	86
						114

Shows the percentage deviations from the estimates and their average. Includes this season's races on 9/13 (5k) or 9/14 (30k walk), 10/4 (2 mi), 10/18 (5 mi), 11/2 (3 mi), 11/15 (20k), and 12/6 (30k or 20k walk).

	<u>5k</u>	<u>2mi</u>	<u>5mi</u>	<u>3mi</u>	<u>20k</u>	<u>30k</u>	<u>Average</u>
1. Susan Boyle	0.23	-----	-----	-----	-----	-----	0.23
2. Sam Stout	0.43	-----	-----	-----	-----	-----	0.43
3. Kevin Stock	-----	0.45	-----	-----	-----	-----	0.45
4. Charles Slivinsky	-----	0.51	-----	-----	-----	-----	0.51
5. Ben Londeree	0.36	-----	-----	-----	0.76	0.49	0.54
6. Jim Gibson	-----	-----	-----	0.43	0.92	-----	0.68
7. John Weston	-----	-----	0.69	-----	-----	-----	0.69
8. Rob Spier	1.28	-----	-----	-----	0.71	0.15	0.71
9. Bill Taft	-----	-----	-----	-----	0.67	0.75	0.71
10. Steve Gibson	-----	-----	-----	0.76	-----	-----	0.76
11. Al Johnson	-----	-----	-----	-----	0.86	-----	0.86
12. Jim Pinkerton	0.58	1.25	-----	-----	-----	-----	0.92
13. Mary Ann Slivinsky	-----	-----	-----	-----	1.06	-----	1.06
14. Steve Fisher	-----	-----	-----	-----	-----	1.16	1.16
15. Don Lewis	0.86	0.30	-----	2.78	0.94	-----	1.22
16. Tom LaFontaine	0.10	3.89	-----	-----	0.14	-----	1.38
17. Joe Marks	0.19	0.56	4.00	1.07	0.06	3.21	1.52
18. Kent Lange	0.09	0.58	1.11	-----	5.19	0.38	1.47
19. Bob Goodrich	-----	-----	-----	-----	-----	1.57	1.57
20. Ron Wampler	1.34	2.44	1.25	-----	-----	-----	1.68
21. Turk Storvick	0.91	-----	4.98	0.25	0.63	-----	1.69
22. Doug Bellows	-----	3.00	-----	-----	-----	0.49	1.75
23. John Hemphill	2.06	-----	-----	-----	1.40	1.95	1.81
24. Olen Brown	2.36	0.27	3.35	0.34	0.95	3.66	1.83
25. Dick Hessler	-----	-----	-----	1.87	-----	-----	1.87
26. Bruce Maxey	2.48	1.93	4.52	5.43	1.04	-----	3.08
27. Don Johnson	5.11	-----	0.88	1.40	1.69	-----	2.27
28. Norris Kruse	-----	-----	-----	-----	-----	2.29	2.29
29. Dennis Stewart	-----	2.52	-----	-----	-----	-----	2.52
30. Richard Diehl	-----	-----	4.41	1.08	-----	-----	2.75
31. Mike Koonse	-----	-----	1.72	-----	2.92	4.53	3.06
32. Wendy Evans	-----	3.12	-----	-----	6.14	-----	4.63
33. Jeff Mittlenhauser	3.47	1.43	4.46	-----	-----	-----	3.12
34. Peter Fritsch	-----	-----	-----	-----	-----	3.21	3.21
35. Annette LaFontaine	-----	5.62	-----	-----	0.34	3.24	3.07
36. Chris Ruble	-----	1.33	-----	-----	5.71	-----	3.52
37. Steve Schottman	-----	-----	-----	4.47	2.37	-----	3.42
38. Tim Gibson	-----	-----	-----	6.28	-----	1.07	3.68
39. Peter Roman	-----	-----	-----	-----	-----	3.90	3.90
40. Joe Duncan	4.83	0.62	-----	9.00	2.75	-----	4.30
41. Russ Kurth	3.13	5.77	-----	-----	-----	-----	4.45
42. Mike Walther	2.35	-----	2.35	8.89	-----	-----	4.53
43. Mark Shegoski	-----	4.71	-----	-----	-----	-----	4.71
44. Milene Hollon	1.17	2.82	5.59	-----	-----	10.19	4.94
45. Mike Gibson	-----	-----	-----	5.46	-----	-----	5.46
46. Larry Thornburg	1.97	9.31	-----	-----	-----	-----	5.64
47. Tim Gibson	-----	-----	-----	6.28	-----	1.07	3.68
48. Bob Schottman	-----	-----	-----	7.25	6.05	5.33	6.21
49. Steve Helmick	-----	-----	-----	4.70	9.17	-----	6.94
50. Ken Burres	-----	-----	-----	6.92	-----	-----	6.92
51. Bob O'Connell	-----	14.44	0.06	-----	-----	-----	7.25
52. Tom Billington	-----	8.41	-----	-----	-----	-----	8.41
53. Ralph Wahlers	-----	-----	-----	-----	9.68	-----	9.68
54. Fred Klinge	-----	-----	-----	-----	10.43	-----	10.43
55. Mike Proctor	-----	-----	-----	-----	10.51	-----	10.51
56. Joe Trewyn	-----	-----	9.59	-----	-----	-----	9.59
57. Kathy Cain	-----	-----	-----	-----	10.93	-----	10.93
58. John Marks	-----	-----	-----	11.19	-----	-----	11.19

ELAPSED TIME STANDINGS (not including the Dec. 20 event):

Runners, open:

1. LaFontaine 103.5	17. Schottman 36.5	33. Wampler 16
2. Hessler 99	18. Bellows 31.5	34. Roman 16
3. Stebbins 90.5	19. Koonse 31	35. Schutt 15
4. Marks 85	20. Baurichter 30	36. Kurth 12
5. Maxey 83	21. DeCoster 29	37. Duncan 12
6. Kent Lang 79	22. Stewart 26	38. Granberg 10
7. O'Connell 75	23. Storvick 26	39. Stout 9
8. Lewis 75	24. D. Johnson 26	40. Slivinsky 8
9. Mittelhauser 68	25. Herbert 24	41. Pinkerton 8
10. Hemphill 64	26. Smith 24	42. Sowash 6
11. Brown 60	27. J. Gibson 23	43. Green 6
12. Weston 48	28. Stock 21	44. Burres 4
13. Al Johnson 47	29. Goodrich 21	45. M. Gibson 3
14. Parker 47	30. Thornburg 20	46. Wiecek 1
15. Walther 39.5	31. Naumann 18	47. Ditter 1
16. Londeree 38.5	32. Klinge 17	

15 & under:

1. T. Gibson 32
2. R. Diehl 29
3. P. Fritsch 15
4. S. Schottman 15
5. S. Gibson 15
6. R. Kurth 13
7. Joe Weis 12
8. C. Naumann 12
9. S. Helmick 12
10. W. Paul 9
11. P. Hessler 7
12. Amy Hessler 5
13. D. Wilcox 2
14. Angela Hessler 1
15. A. Ballenger 1
16. John Marks 1

40 & over:

1. Marks 38
2. Lewis 31
3. Brown 31
4. Johnson 16
5. Londeree 15
6. Storvick 15
7. Duncan 8
8. Schutt 6
9. Smith 5
10. Pinkerton 5
11. Green 4
12. Burres 2
13. Wiecek 1

WOMEN:

1. Hollon 21
2. Ruble 17
3. LaFontaine 9
4. Slivinsky 7
5. Ballenger 5
6. Amy Hessler 5
7. Boyle 4
8. Epple 3
9. Cain 3
10. Majewski 2
11. Angela Hessler 1

WALKERS:

1. Spier 12
2. Taft 8
3. Busen 6
4. Gragg 5
5. Brown 5
6. Walter 1

NEW AWARDS FOR CTC MEMBERS

A new set of awards, which may be called the "Better Than Last Year's Achievement Awards," will be presented at the 1981 Annual Meeting.

The idea is to recognize members who achieve significant improvement in their own running ability without regard to how they compare to anyone else. Each winner will receive a trophy with the inscription "Achievement Award 1981" and the runner's name. Every CTC member can win by improving his or her finish times over last season's in any 3 of the 4 events or alternates below.

1. ⁵ Mile Run, ~~December 20~~ ^{January 3}, 1980
(20 K Run, January 17, 1981)
2. 10 K Human Race, April 26, 1981
(10 K Diet Pepsi, April 12, 1981)
3. 15 K Run, July 18, 1981
(1 Mile Run, July 4, 1981)
4. 5 K Run, September 19, 1981
(2 Mile Cross Country Run, October 3, 1981)

Each year the events selected may change.

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

December 7, 1974 MVA AU 30 Kilo Run 1. Rick Katz 1:44:30 (a new MVA AU record), 2. Rick Callison 1:44:48 (Rick has since gone on to a 2:11 marathon, among other things), 3. Charlie McMullen 1:47:15. . . .5. Tim McMullen 1:47:57. . .11. Dick Hessler 1:52:11. . . .14. Ben Londeree 1:56:19 (age 40 record), 15. Don Granberg 1:57:32. . .19. Turk Storvick 2:03:23. . .23. Joe Marks 2:13:59

December 21, 1974 10 Mile Run, Walk 1. Rick Katz 53:46, 2. Tom Logan 55:37, 3. Dennis Stewart 56:29, 4. Dick Hessler 56:55, 5. Ben Londeree 59:04, 6. Don Granberg 59:09, 7. Don Lewis 1:00:03, 8. Whitney Hicks 1:01:55, 9. Turk 1:02:04. . .11. Tom Hinckley & Joe Marks 1:06:53
Ben Londeree won the Big Cheese by being only 4 seconds off his prediction, and he set an age 40 record.
In the walk, Ron Laird dropped by and did 10 in 1:15:25 while Augie Hirt had 1:20:27 and Al Schrik 1:32:15. Laird's record still stands.

AND NOW A LOOK AT TODAY'S HEROES (AND HEROINES):

JEFF MITTELHAUSER and MILENE HOLLON have turned in some good performances in a few races. First, they were in a five mile race (called The Human Race) in Kirksville on Nov. 15. Jeff finished 2nd with 25:06 behind Ken Garrett's 24:31, while Milene was first female with 29:48. Jeff says that the course was obviously short, so I guess he doubts his ability to run 5 5:00 miles, or does he doubt Milene's ability to run 5 6:00 miles? Then on Nove. 22 Jeff and Milene teamed up in the Turkey Twosome at Arrowhead Stadium in Kansas City finishing 4th as a team in the six mile race. Milene was in at 38:11 and Jeff at 30:28. Herb Mittelhauser had 39:57 and Julie 40:45.

Then Milene was first female in the Jappy Dickson Turkey Day Race in Quincy, Ill., a 6 mile event, with a time of 38:00.

JOHN WESTON, JOHN HEMPHILL AND JOE MARKS were in the Alton, Ill. 10 mile Mississippi River run on Nov. 29 and I believe they all got a 10 mile PB on the fast, fast course. Out of almost 600 runners Weston was 15th in 53:47, Hemphill 43rd in 57:30 and Marks 65th with 59:03 (3rd in the 40-49 group).

JIM BREITENBUCHER has moved to Alamosa, Iowa (he is NOT in the Iowa State Men's Reformatory there) and has been doing quite a bit of racing (running, not walking). He's had a 10,000 meter time of 33:31, a 7 miler in 38:35 (The Bix 7 miler, Davenport, Iowa, 2,000 runners, including Bill Rodgers who won in 33:58), a hlaif marathon in 1:14:42, a 15 mile in 1:30:52 and 60th place in the America's Marathon in Chicago with 2:42:35, a PB by over 7 minutes.

LOYD RHIDDLEHOOVER, President of Kemper Military, was the winner of the age 50 group in that Mexico YMCA 10,000 meter run on Oct. 26, the race in which Don Johnson was 2nd. Loyd had 40:33. Previous to that he had finished first in the age 50 category in the JC Penney "Breathe Easy" 10K run at Johnson County Community College, Kansas. That was on Oct. 13 and Loyd's time in that was 40:13.

DON and MARGARET JOHNSON celebrated their 25th wedding anniversary by a trip to Hawaii where they both intended to run the Honolulu Marathon on Dec. 6. Don did run the marathon with a time of 3:31:00, but Margaret had to watch because she had sprained her ankle a week earlier. At least that is the story. We suspect, however, that was simply a ploy to con Don into another trip to Hawaii.

RANDY MIMM, who has moved back home to New Jersey, had one of his better races--a 3rd place finish in the National AC 40 kilo walk in Long Branch, NJ on Nov. 3rd. Randy had a time of 3:33:24 finishing behind Dan O'Connor at 3:24:21 and Ray Sharp at 3:28:40. 42 walkers started that race.

The word "EXPIRED" shows up on many of this month's newsletters. If it appears on your newsletter this means that you have not paid your \$5.00 CTC dues or you have not paid \$2.00 to renew your subscription. If you want to continue receiving the newsletter then you must pay the \$5.00 or the \$2.00. A REASSURING NOTE: The word "EXPIRED" does NOT mean you are deceased. Pay up or you will be cut off!!

SCHEDULE OF EVENTS

PAGE 8

JANUARY 3 Saturday 9:00 a.m. 5 mile twosome race. Male-female teams. Run or walk. Two dinners^{for two} at Bobby Bufords to the two couples who come closest to their predicted time. A dinner for two at McDonald's for the fastest couple. \$1.00 fee for non-CTC members. Meet at West Broadway Swim Club.

17 " 9:00 a.m. 20 kilo run (10 kilo for women and age 15 & under), 20 kilo walk (8:30) Hilton Inn

FEBRUARY 8 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL-NOWELL'S HAM N' SPAM FIVE MILE WINTER ROAD RACE Nowell's East Store More details below

OUT OF TOWN EVENTS:

JANUARY 3 10:00 AM MARATHON RELAY Forest Park Fieldhouse St. Louis

10 all day 5th Annual Sub-Masters & Masters Indoor Invitational T & F Meet Lincoln, Nebr. CONTACT: Forrest Doling 5030 South 65th St. Lincoln, Nebr. 68516

18 10:00 am 11th Annual Frostbite 8 mile Run Meet at 209 Sheffield Dr., Belleville, Ill., no later than 9:30 am

24 Saturday 8:00 am St. Louis TC 25 kilo Run Wash. U. Fieldhouse

February 1 Sunday ? NIKE/ Penn Mutual Masters Gran Prix 15 kilo Run St. Louis, Mo.

PARTICIPATION IN INDOOR MEETS AT HEARNES

We have two opportunities to participate indoors in connection with a couple of Coach Dick Weis' meets. We can have 12 minutes at about 3:00 PM on Sat. Feb. 21st and then we can have some time on March 6 or 7. What we need to decide now, however, is whether or not there is sufficient interest to proceed. We can have a mile run or a few 880 (or even 440) sections. On both of those weekends we have a CTC event, the 15 kilo on the 21st and the 5,000 meter Nut Race on the 7th. We WILL NOT have any indoor race unless we have specific commitments, in advance. In fact, we want the commitments by Jan. 15 so we will have time to publicize the events in the Jan. Newsletter. Therefore, below is a little form for you to send to Joe Duncan if you want to participate. We will not give the go ahead to Coach Weis UNLESS we have at least 6 people show a definite interest (and not just a "maybe"). Here is the form:

YES, I WANT TO PARTICIPATE IN AN INDOOR RACE ON EITHER FEB. 21 or March 6 or 7. Which date? _____ Both? _____

What distance do you prefer? _____

Name _____ Phone # _____

Address _____

Return form to Joe Duncan 2980 Maple Bluff Dr. no later than Jan. 15, 1981.

In the meantime if you are interested in a big indoor meet then you can try the TFA/USA Indoor Invitational T & F Meet to be held at the Kansas City Municipal Auditorium on Jan. 23 & 24. There will be a wide range of events for Junior Age Groups, High School, College, Open, Masters, Men & Women. Entry deadline is Jan. 2. CONTACT: Indoor Meet TFA/USA 10920 Ambassador Dr. Suite 322 Kansas City, Mo. 64153

Columbia will have a major winter road race--the COLUMBIA-REGIONAL HOSPITAL-NOWELLS Five Mile Ham N' Spam Race to be held on Sunday Feb. 8. One thing we hope to prove is that there is no reason not to continue a running program through the winter. Cold, ice and snow should not be allowed to interfere with your program. On Feb. 8 it may be 10 below with a foot of snow, but we will have the race. Plans are to give away 46 hams (and a can of spam to those who win no hams) in 11 different age categories (5 year age groups)& two drawings. There will be no entry fee!!



OHIO RACEWALKER

VOLUME XVI, NUMBER 9

COLUMBUS, OHIO

NOVEMBER, 1980

NATIONAL TITLES TO HENDRICKS, O'CONNOR

The first weekend in November saw two National Athletics Congress race-walking titles decided. In San Deigo, Paul Hendricks not only hosted the 100 mile championship, he walked off with the title in American record time--18:49:52. On the other side of the country--Long Branch, New Jersey, to be exact--Dan O'Connor withstood a strong challenge from Ray Sharp to take the 40 Km race in 3:24:21.

Hendricks, coming back from semi-retirement following last year's 100 miler in Columbia, was unphased by hot weather (high 80's at the start) and the presence of Allen Price, known for his fast early pace. Paul went out faster than even Allen cares to travel, hitting 5 miles in 44:59 and 10 in 1:31:18. Price was only 2:21 back at that point, but the lead grew quickly from there and Hendricks was never seriously challenged.

The real surprise in the race was Jonathan Rem, walking for only 9 months. Starting slowly, he passed Price just before 25 miles. At that point, he was 29 minutes behind Hendricks, still blazing along with a 4:00:26. The lead grew only slightly over the next 25 miles, with Paul going through 50 in 8:18:30:12 and Rem in 9:06:40. Price had 9:32:52 and was being challenged by the tough veteran, Leonard Busen, just 5 minutes back.

Rem started to close on Hendricks, feeling the effects of his fast early pace, and closed the gap to less than 21 minutes by 80 miles. Price was now an isolated third, with Dave Hugener having passed Busen. Rem then ran into difficulties of his own, losing about 12 minutes over the next 10 miles before coming on again to get the final margin down to a half hour. Rem's time has been bettered only by Hendricks and Price among U.S. walkers. (Note: Larry Young walked 18:07:12 in 1971 on a 220-yard indoor track when floodlike conditions hit Columbia. Not being on a quarter-mile track, it is not recognized as a record, but is obviously a more significant accomplishment than the recognized performances.) Hugener had no trouble holding off Busen for fourth with Dale Sutton, Robert Marshall, and Elsie McGarvey also going the distance. It was the second time for Elsie and she remains the only female U.S. Centurion. Rem, Sutton, and Marshall joined the Centurion ranks. It was number eight for Busen, moving him ahead of Chuck Hunter, and number six for Price. More significantly, it was Allen's third 100-miler in less than 4 months, with a 100 and a 75 Km race in the same period. Hendricks finished his third 100 miler, improving his best time from 19:10:37 and Hugener did his second.

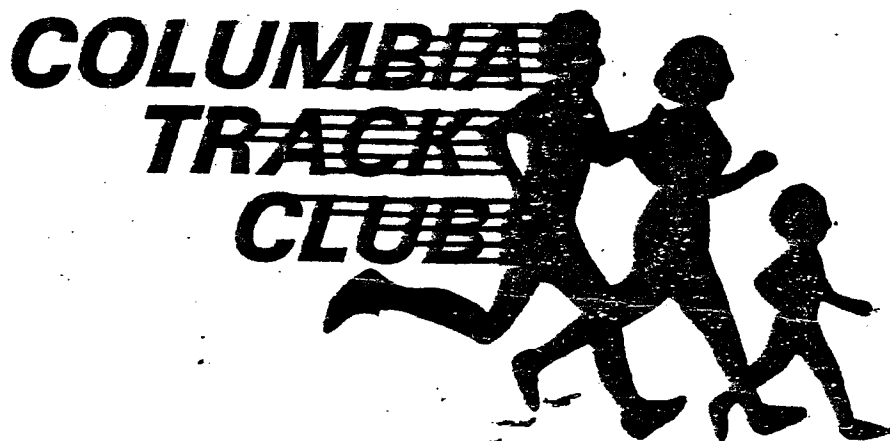
1. Paul Hendricks 18:49:52 (American record. Former record 18:57:01 by Allen Price, Columbia, Mo., Sept. 23-24, 1978) (1:31:18, 3:09:28, 4:57:05, 6:42:01, 8:30:12, 10:26:05, 12:27:30, 14:35:35, 16:41:50) 2. Jonathan Rem 19:19:46 (1:47:41, 3:36:16, 5:23:25, 7:12:35, 9:06:40, 10:59:45, 13:01:33, 14:56:28, 17:14:41) 3. Allen Price 19:55:22 (1:33:39, 3:28:46, 5:27:00, 7:30:08, 9:32:52, 11:37:45, 13:33:35, 15:40:05, 17:48:55) 4. Dave Hugener 20:34:39 (1:53:47, 3:52:20, 5:50:57, 7:46:22, 9:41:45, 11:43:25, 13:49:30,

(Hey, typewriter, why you do that?) 5. Busen: 21:11:06

10 KILOMETERS

NEW US SINGLE-AGE RECORDS
(as recognized by the RRCA and by TAC)

11	37:13	WESLEY PAUL	25 JAN 1969	OVERLAND PK	KS	(21 SEP 80, MO-A)
14	32:34	GUSTAV QUINONEZ	22 OCT 1965	HUNTINGTON BCH	CA	(5 OCT 80, CA-B)
18	30:14 P	SEAN EVANS				(6 SEP 80, CA-A)
22	28:37	THOM HUNT	17 MAR 1958	TUCSON	AZ	(6 SEP 80, CA-A)
32	28:43	BILL RODGERS	27 DEC 1947	MELROSE	MA	(6 SEP 80, CA-A)
41	32:10	JIM BOWERS	6 NOV 1938		CA	(6 SEP 80, CA-A)
45	34:35	BOB ELWOOD	31 JUL 1934	LINCOLN	NE	(5 JUL 80, NE-A)
49	34:20A	HAL HIGDON	17 JUN 1931	MICHIGAN CITY	IN	(4 JUL 80, GA-A)
51	34:41	ED STABLER	30 MAY 1929	SYRACUSE	NY	(21 JUN 80, NY-A)
55	34:27	JIM O NEIL	14 MAY 1925	SACRAMENTO	CA	(5 OCT 80, CA-A)
62	39:09	ROBERT DELLWO	10 DEC 1917	SPOKANE	WA	(12 JUL 80, WA-A)
63	42:50	WAYNE ZOOK	29 JAN 1917	SAN DIEGO	CA	(2 AUG 80, CA-A)
64	38:23	DON LONGENECKER	25 MAR 1916	SILVER CITY	NM	(17 AUG 80, CO-A)
74	55:54 P	GREG A WHITE				(17 AUG 80, CO-A)
75	54:54	JACK GARNER	26 SEP 1905	ANGOLA	IN	(4 OCT 80, IN-A)
81	1:22:50 P	JOSEPH JOHNSEN				(12 JUL 80, WA-A)
14F	34:43	KARLENE ERICKSON	6 JUL 1965	ERICSON	NE	(5 JUL 80, NE-A)
15F	33:46	KARLENE ERICKSON	6 JUL 1965	ERICSON	NE	(6 SEP 80, CA-A)
16F	35:08	VICKIE COOK	29 MAY 1964	NORTHBRIDGE	CA	(6 SEP 80, CA-A)
33F	34:12	LAURIE BINDER	10 AUG 1947	SAN DIEGO	CA	(6 SEP 80, CA-A)
48F	38:31	DOROTHY STOCK	12 SEP 1932	LA MESA	CA	(3 OCT 80, CA-A)
51F	40:29	ANNE JOHNSON	21 OCT 1928	OLIVENHAIN	CA	(6 SEP 80, CA-A)
59F	51:00	JACLYN CASELLI	28 MAR 1921	SAN JOSE	CA	(6 SEP 80, CA-A)
56F	1:03:28 P	PEARL MEHL				(17 AUG 80, CO-A)
59F	1:09:04 P	MILDRED JUDD				(6 SEP 80, CA-A)



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.

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