



# TRACK CLUB

NEWSLETTER Vol. XII, No. 2 February 25, 1980

BOB BECKER AND PAT McQUIRE COME DOWN FROM IOWA TO WIN 10,000  
METER ROAD RACE Feb. 2, 1980:  
off DT

1. Bob Becker	31:04	
2. Pat McQuire	31:08	7
3. Jeff Mittelhauser	33:34	26
4. Bob O'Connell	34:13	
5. Tom LaFontaine	34:38	8
6. David Harris	35:22	82
7. Norm Stebbins	35:27	27
8. Dick Hessler	35:39	
9. Kevin Stock	36:56	64
10. Ben Londeree 45	37:15	15
11. Don Lewis 44	37:29	
12. Joe Blanck	38:14	
13. Jon Palks	38:35	35
13t. Tom Hellie	38:35	5
15. Bruce Maxey	38:41	21
16. Kirk Sloan	38:44	224
17. Will Hileman 15	38:55	
18. Keith Martin	39:02	58
19. Ron Belyea	39:05	
20. Olen Brown 44	39:07	7
21. Kevin Pettit	39:16	136
22. Kent Lane	40:33	
23. Bruce Strickland	40:40	40
24. Joe Kurth	40:53	
25. Jim Gibson	40:59	24
26. Peter Fritsch	41:47	73
27. Ellen Theroff	42:00	480
28. Ken Burres 45	42:33	27
29. Larry O'Brien	42:42	42
30. Jeff Knowles	42:51	51
31. Eric Miller	42:52	188
32. Joe Duncan 45	43:00	0
33. Sam Stout	43:03	183
34. Charles Slivinsky	43:19	
35. Richard Miller	43:35	
36. Don Johnson 51	43:36	186
37. Jay Blossom	44:04	243
38. Russ Kurth 12	46:21	51
39. Carol Frank	49:17	103
40. Dan Hall	49:19*	
41. Rob Dolliver	49:43*	
42. Chuck Matthews	51:10	20
43. Amy Hessler 14	51:23	203
44. Sharon LeDuc	54:43	193
45. Annette LaFontaine	54:44	44
45t. Kathy Cain	54:44	44
47. Bob Schottman	54:55	175
47t. Carole Schottman	54:55	175
49. Dennis Blossom 43	56:07	439
50. John Dunn	55:37*	

\*arrived 30 seconds<sup>late</sup> the times shown are corrected times

The 10,000 Meter Walk went to Rob Spier:

1. Rob Spier	1:06:02	58
2. Jim Wass	1:10:41	401
3. William Taft	1:15:51	69

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JON HERBERT won the 15 mile "Sarcoxie to Carthage" run on Feb. 10, establishing a course record of 1:18:17, beating the old mark of 1:21:59 set last year. Jon will be in the St. Louis marathon, representing CTC and hoping that there will be other CTC runners to help make a run at the team trophy.

Bob Becker and Pat McQuire came down from Iowa to dominate this race running together until the final sprint-in. The Iowa duo were on their way to New Orleans for the Feb. 10 Mardis Gras Marathon, a fast, fast course over the Lake Pontchartrain causeway--almost 25 miles of a straight track over water. Becker was here two years ago for a 10,000 meter race on a windy Rock Bridge track. In that race he posted a 31:38, so he has improved. He is a former Drake runner and now a Des Moines lawyer.

Jeff Mittelhauser got back at Bob O'Connell after the 20 kilo defeat Bob gave Jeff in January.

No records today--a blustery 20 degrees with patches of snow and ice. It should be mentioned, though, that Becker's time is the second fastest on record--second only to the 30:48 set by Ron Tabb on a much better day in July, 1976. But, then, Tabb's mark was enroute to a 46:13 15 kilo.

Joe Duncan wins a CTC t-shirt for so accurately predicting his time. Another something to go with his bowling trophy.

IT'S O'CONNELL OVER MITTELHAUSER IN 15 KILO RUN ON THE ICE AND SNOW  
15 K off DT February 16, 1980:

1. Bob O'Connell	30	53:54			
2. Jeff Mittlehauser	23	55:40	100		
3. Dick Hessler	38	56:08			
4. Bruce Maxey	23	56:26	214		
5. Jim Neviackas	30+	58:34			
6. Tom LaFontaine	33	1:00:08	18		
7. Ben Londeree	45	1:00:25	5		
7t. Olen Brown	44	1:00:25	5		
9. Tom Hellie	26	1:00:45	135		
10. Jon Palks	30	1:00:51	129		
11. Sam Stout	36	1:07:05	115		
12. Joe Duncan	45	1:07:43	118		
13. Jim Gibson, Jr.	16	1:07:56	146		
14. Matt Gibson	14	1:15:30	301		
15. Tim Gibson	9	1:21:56	416		
16. Robt. Dolliver	12?	1:23:23	383		
17. Steve Gibson	12	10K & out			
18. John Fisher	12?	" "			

12 degrees at the start with a strong NW wind throughout, but the sun was shining. The main problem was trying to stay upright since the road was covered with snow and ice. In fact, the Gibson boys, particularly, were sliding all over the place. Matt fell 3 times, Steve fell and had to quit, Tim fell at least once. That leaves Jim, Jr. as the only Upright Gibson.

The 4th matchup between O'Connell and Mittelhauser and now the score is 2-2. The two of them and Maxey and Hessler were in a pack for over 4 miles, but then Bob and Jeff pulled away and after the 10 K turn-around, O'Connell blasted away, completely ignoring the icy conditions.

THE WALK: (and THE SHUFFLE):

The Shuffle first:

1. Joe Marks	42	1:39:56	6
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The Walk:

1. Rob Spier		1:42:38	168
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Welcome back to Joe Marks! He has undergone two operations to remove a neuroma from the ball of his foot. Only a few days before this race did he toss down his crutches and begin his comeback, a comeback that requires flat-footed shuffling for awhile before he can begin bending his foot as required in running. But notice how well he paced his shuffling, missing his DT by only six seconds. He shuffled along with Rob Spier until the last mile or so when he suspected he had to speed up to get his prediction and that he did. For his efforts, he gets the CTC shirt for the most accurate prediction, based on percentage. Normally this award has been going to the closest prediction based on absolute difference rather than percentage. But since Londeree and Brown tied and since Joe's percentage was so much better and since he really earned this one and since we all feel sorry for him running around in this cold weather so often with no shirt and since, after all, he is a pretty nice guy, we decided to go ahead and let him have the shirt.

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In CTC's first opportunity to participate in an indoor meet, BEN LONDEREE, OLEN BROWN and DICK MARTIN put on a pretty good show in a Masters 880 yard run in the Missouri Invitational on Feb. 15. Olen set the pace for the first 180 yards, then Ben took over, steadily increasing his margin. The first 220 went in :34, then Ben threw in a 33, 34 and then another 33, typical steady Londeree pacing. In the meantime, Martin had sneaked up on Brown and passed him at about 600 yards. Olen stayed close though and before the final lap was half over he charged by and pumped hard all the way to the finish. Ben's final time was 2:14, Olen had 2:18 and Dick 2:20. DENNIS STEWART competed in the fast heat of the 1,000 yard race, won by Randy Wilson in 2:10.4. Denny, however, ran an excellent race, going out fast, falling back and then finishing quite well to finish 5th in about 2:15--not shabby at all for a 30 year old. TOM DECOSTER was in the mile run getting a 4:42. KEVIN SCHROEDER and TIM GIBSON competed in a 60 yard dash against a bunch of bigger kids. I have no times for them, but they were crowd pleasers. This meet and the other two indoor meets this year with some CTC events, we hope, will be the beginning of many such events in future years. It would be great to have an all day meet with many events for all age groups, both sexes. We will work on that, but no promises.

## ELAPSED TIME STANDINGS (not including the 15 kilo event)

## Runners, Open

1. LaFontaine	176	20. Duncan	45	38. Schottman	17
2. Mittelhauser	156	21. Stewart	43	39. Walter	15.5
3. Londeree	151	22. Johnson	42	40. Dixon	15
4. Maxey	141	23. Ervin	35	41. H. Mittelhauser	12
5. Hessler	139	24. J. Gibson, Jr.	35	42. Curry	12
6. Stock	128	25. Slivinsky	31	43. Naumann	12
7. Lewis	118	26. Hinckley	30	44. Chippendale	11
8. Brown	112	27. Sloan	29	45. Thornburg	9.5
9. Hemphill	97	28. Ekvall	29	46. O'Brien	9
10. Hellie	89.5	29. Burres	29	47. Matthews	7
11. Palks	86.5	30. N. Kruse	27	48. Vaillancourt	6
12. O'Connell	79	31. Martin	26	49. Allen	6
13. Schutt	72	32. DeCoster	24	50. Hoft	6
14. Koonse	65	33. Moe	19	51. Mueller	5
15. Granberg	57	34. Stout	19	52. Jay Blossom	5
16. Kurth	50	35. Evans	18	53. D. Blossom	4
17. Wampler	49	36. Pastoret	18	54. Jones	2
18. Marks	48.5	37. Wiecek	17	55. Kearby	1
19. Stebbins	46				

## Runners, 15 &amp; under:

1. Russ Kurth	19
2. Tim Gibson	12
3. Pete Hessler	9
4. Matt Gibson	8
5. S. Schottman	7
6. Steve Gibson	7
7. B. Granberg	4
8. Amy Hessler	4
9. Peter Fritsch	3
10. Chris Naumann	3
11. Rick Londeree	2
12. David Brown	1
13. Steve Vaughan	1

## WOMEN

1. Annette Lafontaine	19.5
2. Sharon LeDuc	17
3. Martha Stinson	16
4. Susan Boyle	16
5. Amy Hessler	14
6. Mary Ann Slivinsky	12
7. Julie Mittelhauser	10
8. Kathy Cain	9.5
9. Elaine Sleper	5
10. Sally Allen	4
11. Carole Schottman	3
12. Wendy Evans	1
13. Dee John	1
14. Brenda Coats	1

## WALKERS

1. Spier	21
2. Wass	13
3. Taft	12
4. Chapin	9
5. Busen	8
6. Gragg	7
7. Bent	5
8. Mimm	4

## Age 40+

1. Spier	17
2. Taft	8
3. Chapin	6
4. Busen	5
5. Gragg	4
6. Bent	3

## Runners, 40 &amp; over:

1. Londeree	60	9. N. Kruse	14
2. Brown	51	10. Burres	14
3. Lewis	43	11. Wiecek	11
4. Schutt	29	12. Walter	9
5. Marks	22	13. Mittelhauser	7
6. Duncan	22	14. Blossom	3
7. Johnson	21	15. Hoft	3
8. Martin	16		

## DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.  
INCLUDES ALL RACES THROUGH 02/02/80

1. R. HOFT	1	0.02	23. R. WAMPLER	3	1.73	45. T. GIBSON	3	3.44
2. J. HEMPHILL	1	0.11	24. D. STEWART	2	1.83	46. N. KRUSE	2	3.72
3. T. LAFONTAINE	6	0.47	25. J. DUNCAN	6	1.85	47. S. LEDUC	4	3.90
4. B. LONDEREE	8	0.71	26. B. MAXEY	7	1.85	48. B. O'CONNELL	1	3.93
5. H. MITTELHAUSER	1	0.86	27. T. HELLIE	7	1.95	49. T. DECOSTER	2	3.93
6. T. KEARBY	1	0.93	28. J. MITTELHAUSER	3	1.98	50. J. WASS	4	4.05
7. D. HESSLER	2	0.99	29. D. ERVIN	2	2.08	51. C. MATTHEWS	2	4.17
8. D. GRANBERG	3	0.99	30. K. STOCK	3	2.15	52. M. GIBSON	1	4.19
9. M. SLIVINSKY	1	1.12	31. S. BOYLE	4	2.26	53. D. MARTIN	2	4.60
10. E. SLEPER	1	1.12	32. J. SCHUTT	1	2.35	54. S. STOUT	3	5.24
11. J. GIBSON, JR.	4	1.14	33. R. KURTH	4	2.39	55. R. SCHOTTMAN	1	5.61
12. J. KURTH	1	1.19	34. L. THORNSBURG	1	2.48	56. C. SCHOTTMAN	1	5.61
13. D. LEWIS	3	1.24	35. D. BROWN	1	2.78	57. S. GIBSON	3	5.76
14. R. SPIER	8	1.26	36. D. NAUMANN	2	2.79	58. B. WEICEK	1	5.77
15. K. CAIN	1	1.36	37. T. EKVALL	4	3.10	59. A. HESSLER	1	7.05
16. A. LAFONTAINE	5	1.50	38. D. JOHNSON	5	3.10	60. D. BLOSSOM	3	8.23
17. J. PALKS	5	1.63	39. M. KOONSE	7	3.12	61. K. SLOAN	2	10.30
18. N. STEBBINS	3	1.65	40. D. BELLWS	1	3.23	62. B. CURRY	1	12.52
19. K. BURRES	4	1.66	41. J. MARKS	6	3.31	63. J. SCHULTE	1	13.32
20. L. O'BRIEN	1	1.67	42. H. BENT	3	3.34	64. T. HINCKLEY	3	13.42
21. O. BROWN	9	1.69	43. J. MITTELHAUSER	1	3.41	65. D. JOHN	1	15.05
22. W. TAFT	7	1.69	44. C. SLIVINSKI	3	3.42	66. J. BLOSSOM	2	20.82

## DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.  
INCLUDES ALL RACES THROUGH 02/02/80

1. T. LAFONTAINE	5	6.02	6. B. MAXEY	8	1.58	11. H. BENT	2	-0.46
2. J. PALKS	5	5.20	7. D. HESSLER	6	0.42	12. B. LONDEREE	8	-0.96
3. D. LEWIS	4	3.05	8. O. BROWN	9	0.36	13. J. DUNCAN	8	-2.30
4. R. SPIER	7	2.89	9. D. JOHNSON	4	0.13	14. J. MARKS	5	-10.58
5. W. TAFT	5	1.64	10. J. WASS	4	-0.31			

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

February 2, 1974: Six mile run: 1. Dennis Stewart 32:58 PB; 2. Dean Neal 34:00; 3. Dick Hessler 34:17; 4. Tom Kilburn 34:31; 5. Ben Londeree 34:45; 6. Sandy Lawrence 34:59; 7. Mike Chippendale 35:19; 8. Don Granberg 35:56; 9. Tom Hinckley 36:12; 10. Rex Frazer 36:51, an age 40+ record; . . . 12. Turk Storvick 38:44

The walk: 1. Augie Hirt & Larry Young 51:44; 3. Jim Breitenbucher 57:03; 4. Dave Leuthold 59:40; 5. Albert Van Dyke 1:02:18; 6. Rob Spier 1:03:01 . . . 8. William Taft 1:18:15

February 16, 1974: 15 kilometer run: 1. Stewart 53:25; 2. Hessler 54:35; 3. Kilburn 54:44; 4. Neal 55:00; 5. Londeree 55:11; 6. Granberg 56:40; 7. Hinckley 57:10; 8. Frazer 57:27 and another 40+ record; 9. Chippendale 59:08. . . 11. Storvick 1:02:46 and 4 others

The walk: 1. Jim B. 1:30:11; 2. Leuthold 1:30:30; 3. Spier 1:41:06

February 23, 1974: 3, 2, 1 mile triathlon: 1. Stewart 31:44 (15:58, 10:41, 5:05); 2. Neal 32:39 (16:26, 10:56, 5:17). . . 5. Chippendale 34:03 (17:07, 11:30, 5:26); 6. Granberg 34:41 (17:19, 11:44, 5:38); 7. Frazer 35:41 afe 40+ record (17:49--record for 3 miles, 11:58, 5:54). . . 9. Storvick 36:42 (18:37, 12:16, 5:49) and 9 others did various things, including Dave Leuthold and Rob Spier who walked the distances, Dave with a total time of 57:51 (29:17, 18:45, 9:23) and Rob with 1:03:49 (32:18, 21:01, 10:30)

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## AND NOW A LOOK AT TODAY'S HEROES:

REX FRAZER ran in the Honolulu marathon on December 9. He had qualified for the trip by finishing 12th in a 25 mile qualifying race held in Korea. The top 12 finishers got to make the trip to Hawaii. Rex was the oldest at age 48. Rex was one of 7500 runners in the Honolulu race on a hot (76+), humid (92%) day. Rex elected to go at 8:00 pace and posted a time of 3:31:19. That race was won by Dean Matthews of South Carolina (Clemson) with 2:16:21, Frank Shorter 2nd at 2:17:50 and Ron Tabb 3rd at 2:17:59. Tabb had led the race for the first 14½ miles. The newspaper coverage given to this race is remarkable. Everyone in Honolulu must surely know what is going on that day. The radio and TV coverage must also be quite good. Rex is to report to Ft. Leavenworth, Kansas by March 15, so we look forward to welcoming him back to the fold. Johnson and Storvick better get those age 50+ records in good shape for Frazer will soon hit that milestone.

WESLEY PAUL set another age record for the marathon--this time the age 10 mark. Wesley ran in the Houston marathon on January 19 and had a time of 2:50+. The old age 10 mark was 2:57:24 set by Reggie Haywood of Calif. NICOLE WAGNER also ran in the Houston marathon and also set a record--the Texas marathon record for age 9 females and a Houston and Gulf AAU mark for girls age 14 & under. Nicole's time was an outstanding 3:50+. She got a neat trophy and her choice of a new pair of shoes. After running in a couple of 5 mile races and a 10k, Nicole began pestering her folks about the Houston marathon and was told that she would have to do all her training on her own because of the time factor. Obviously, Nicole did a pretty good job of self-coaching and displayed a lot of determination. The Houston course is excellent, flat, aid every two miles, timers every mile. An entire 6 lane highway is blocked off with absolutely no traffic permitted during the race. Paul Wagner wants CTC people to know that if they are ever in Houston they are welcome to stay with the Wagners, especially for the 1981 Houston race.

The Houston marathon, by the way, was won by the intrepid Ron Tabb. CTC people will recall Tabb appearing in several local races, the most notable one being that 15 kilo race he won in 46:13 in 1976. In Houston Ron had a PB 2:13:35 and got his face in the crowd in a recent Sports Illustrated. 4th in the Houston race was Doug Clark, who had a terrific 2:17:40 in his very first marathon. Both Tabb and Clark are originally from Lexington, Mo. Tabb's college running was at Central Mo. State, where Clark now is, although Doug's college running was at Southwest Mo. State.

## SCHEDULE OF EVENTS

- MARCH 1 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk Research Park \$1.00 entry fee for non-CTC members AWARDS of a nutty variety to the first 3 in the following categories: 15 & under, 16-19, 20-29, 30-39, 40-49, 50 & over; Women (29 & under, 30 & over), walkers, predicted time. No one can get more than one.
- 1 Saturday 2:15 & 2:20 PM Open 1,000 yard for men and Masters Men 1,000 yard run. Hearnes Indoor Track as a part of the Women's Invitational Meet. This is March 1 and NOT Feb. 29 as shown in the Jan. newsletter. If we don't have many age 40 & over runners, then we can have the Masters race be 35 & over, or even 30 & over.
- 2 Sunday 8:00 AM 8th Annual Third Olympiad Memorial Marathon and a 10,000 meter run St. Louis, Mo. CTC members who compete and want reimbursement for the entry fee and some of their expenses should so advise Joe Duncan or Olen Brown.
- 8 Saturday 9:00 AM FUN RUNS Research Park
- 9 Sunday 8:00 AM National TFA/USA 30 kilo walk championship and Olympic Trials 20 kilo and 50 kilo walk and a novice 10,000 meter walk Florissant Valley Community College Track CONTACT: Jerry Young 4317A Walker Lane (very appropriate) St. Louis, Mo. 63121
- 13 & 14 Starting at 10:00 AM Thursday and then anytime thereafter during the next 36 hours--RUN FOR CANDLELIGHTERS--Brewer Fieldhouse
- 15 Saturday 9:00 AM Four Mile Relay Four person teams, each member running one mile Also a 3 mile walk Research Park
- 15 " 8:00 AM MVAU 50 kilo Run Championship Blue Springs Mo. CONTACT: Bob Boyd 2406 Jackson Blue Springs 64015
- 15 " 10:30 AM St. Patricks Day Parade Run 5 miles St. Louis CONTACT: John L. Sullivan 7 N. 7th St. St. Louis, Mo. 63101
- 22 Saturday 9:00 AM FUN RUNS Research Park
- 23 Sunday 8:00 AM 5 mile "Nutri-Run" Through the streets of Ladue, Mo. CONTACT: St. Louis District Dairy Council 8710 Manchester St. Louis, Mo. 63144
- 29 Saturday 9:00 AM FUN RUNS Research Park
- 29 " ? 5 kilo & 25 kilo runs Topeka, Kansas CONTACT: American Cancer Society 3003 Van Buren Topeka, Ks. 6661
- 30 Sunday 8:00 AM Maryville College-St. Louis 4 mile run Maryville College campus
- 30 " 9:00 AM Sedalia Marathon Sedalia, Mo. CONTACT: Mark Thomas 219 S. Ohio St. Sedalia, Mo. 65301
- APRIL 5 Saturday 8:00 AM Walk-Run Pentathlon: 2 mile walk, 880 yard run, one mile walk, 2 mile run, 220 yard dash. Also: 3, 2, 1 mile triathlon.
- 5 " 2:00 PM MVAU & OPEN ONE HOUR WALK Hickman Track

Another race: The Arne Richards Memorial Race, the MVAU 20 kilometer Championship Run and MVAU 10 kilometer Women's Championship. March 8, 1980, 1:00 PM, St. George, Kansas. The 11th annual Flint Hills 20 Kilometer Road Race, a race that was started and nurtured by Arne Richards. CONTACT: Eugene Russell 3424 Dickens Ave. Manhattan, Kansas 66505.

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CONGRATULATIONS to MIKE KOONSE and his wife, April, upon the birth of their 8 pound, 9 ounce daughter, an event which took place on Jan. 22. And that, no doubt, explains why Mike has missed the last couple of races.

Dear CTC Member:

Once again, the Candlelighters have asked the Columbia Track Club to be one of the co-sponsors of the Annual Candlelighters Runathon/Walkathon to be held on Thursday, March 13 and Friday, March 14 at Brewer Fieldhouse.

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

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

In order to stimulate an interest toward this cause, the CTC will award a gift certificate (thanks to the generosity of the Crossroads Sports Center, 2101 West Broadway, who is donating the \$25.00 gift certificate) to the CTC member who collects the most dollars for the Runathon/Walkathon. This gift certificate is a special prize given by the track club and the Crossroad Sports Center.

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

If you should have any questions, please call me (449-5781). I'll be at most of the fun runs and CTC races with additional information.

Thank you,

*Annette LaFontaine*  
Annette LaFontaine  
CTC Member



# Candlelighters

## Runathon/Walkathon

**Brewer Fieldhouse**

**Sponsored by: Sigma Lambda Sigma;  
Recreation Club; Columbia Track Club**

**Thursday, March 13 10 a.m. - Midnight**

**Friday, March 14 6 a.m. - 10 p.m.**

**Will you run/walk to fight  
childhood leukemia?**