

TRACK CLUB

NEWSLETTER Vol. XII, No. 1 January 25, 1980

JEFF MITTELHAUSER WINS ANOTHER ONE--THE FIVE MILE HAM RACE Jan. 5, 1980:

1. Jeff Mittelhauser	26:36	24
2. Bob O'Connell	26:54	66
3. Jim Heady	27:11	199
4. Bruce Maxey	28:17	43
5. Don Lewis 43	28:26	4
6. Dick Hessler	28:34	4
7. Jim Schutt 41	28:43	
8. Tom LaFontaine	28:52	3
9. John Hemphill	29:02	2
10. Ben Londeree 45	29:09	9
11. Jon Palks	30:31	16
12. Olen Brown 44	31:05	25
13. Dave Ervin	31:19	41
14. Pete Pastoret	31:28	
15. Mike Koonse	31:48	42
16. Kevin Stock	32:15	15
17. Dru Dixon	32:38	
18. Jim Gibson	32:55	5
19. Don Johnson 51	33:02	73
20. Norris Kruse	33:11	49
21. Joe Duncan 45	33:23	37
22. Larry O'Brien	33:30	90
23. Ron Wampler	33:37	3
24. Ken Burres 45	33:57	3
25. Matt Gibson 14	34:23	83
26. Julie Mittelhauser	34:27	23
27. Herb Mittelhauser	34:42	18
28. Charles Slivinsky	35:04	134
29. Peter Hessler 10	35:40	
30. Steve Baldwin	37:23	
31. Joe Marks 42	37:57	9
32. Jim Allen	37:55	75
33. Ricky Burres 15	37:58	178
34. Dick Naumann	38:20	100
35. Elaine Sleper	38:25	26
36. Mary Ann Slivinsky	38:25.5	26
37. Chuck Matthews	39:14	196
38. Tim Gibson 9	39:14	46
39. Annette LaFontaine	39:55	5
40. Steve Gibson 12	40:44	224
41. Dennis Blossom 43	43:23	198
42. Jay Blossom 15	43:24	624
43. Jeff Poole 15	43:39	
44. Sharon LeDuc	40:56*	4
45. Sally Allen	44:00	90

32 degrees, moderate winds from the west and north. The first three were out together with Mittelhauser setting the pace. This was the situation until Jeff began pulling away at about the four mile mark. O'Connell is a transplant from Boston in his first CTC event. Both he and Jeff got hams for their efforts. Hams also went to Don Lewis (notice how Jim Schutt gave Lewis an argument), Matt Gibson and Julie Mittelhauser for being the leaders in their categories. Jim Wass got a ham. So did John Hemphill for his good prediction, although their were a number of other close predictions. And then, Sally Allen won a ham by virtue of the drawing. So, it is true that, occasionally, even the last place finisher can be a winner. Cans of spam were forced on various other runners for their valiant achievements. Despite the good weather and the good turnout, there were no records set.

THE WALKERS:

1. Jim Wass	53:10	99
2. William Taft	1:00:09	81

AMY JOHNS won the Schlitz Light National Running Series Marathon in Tampa, Florida on Dec. 15 with a time of 2:46:22. This is Amy's fifth marathon victory--she has won the women's part of every marathon she has entered. Amy qualified for this marathon by winning a road race in Milwaukee in August. In the Tampa race, Amy ran pretty much a solo race, since the second place finisher, Odette Bonnet of Albuquerque, had a time of 2:56:31. First male was Keith Forman, Washington state, in 2:26:58. Ric Rojas won the 10,000 meter race followed by Bill Rodgers. Rojas won in 29:59 with Rodgers at 30:03. These times indicate a long course. First woman in that race was Mary Walsh of Maryland in 36:04.

Amy had a successful cross country season with her U. of Wisconsin team. The team won the Big Ten title, the Regional title and finished 4th in the Nationals, missing 3rd by 3 points to Penn State. In the National race, 5,000 meters, Amy was 61st out of 248 runners.

BOB O'CONNELL OVERTAKES JEFF MITTELHAUSER TO WIN 20 KILO RACE Jan. 19, 1980

	Age	10 kilo	20 kilo	Seconds off DT	
1. Bob O'Connell	30	34:59	1:10:03		
2. Jeff Mittelhauser	23	33:37	1:10:32		
3. Norm Stebbins	33	35:14	1:12:45	150	
4. Bruce Maxey	23	36:32	1:14:32	88	
5. Ben Londeree	45	37:31	1:14:43	17	
6. Tom LaFontaine	33	37:44	1:14:54	64	
7. Jim Schutt	41	38:07	1:16:17		
8. Jon Palks	30	39:33	1:19:52	52	
8t. Tom Hellie	26	39:33	1:19:52	97	
10. Olen Brown	44	40:01	1:21:55	5	
11. Joe Blanck Boonville	17	40:16	1:22:34		
12. John Hemphill	24	43:57	1:25:16		
13. Dick Martin	47	42:44	1:25:50	200	
14. Kent Lang Boonville	17	42:17	1:26:04		
15. Mike Koonse	29	42:16	1:26:31	141	
16. Ron Belyea		43:54	1:26:35		
17. Joe Kurth		44:05	1:27:27		
18. Ron Wampler	44:03	44:03	1:29:23		
19. Jim Walter	40	43:58	1:29:36		
20. Charles Slivinsky		44:21	1:29:41	101	
21. Don Johnson	51	44:28	1:30:16	136	
22. Kevin Stock	18	45:23	1:31:20		
23. Joe Duncan	45	45:29	1:33:47		
24. Richard Hoft	53	45:43	1:34:01	111	wins the CTC
25. John Mueller	37	47:50	1:35:02		shirt for
25t. Joe Marks	42	45:51	1:35:02	62	the best
27. Dick Naumann	33	48:32	1:36:16		prediction
28. Norris Kruse	44	53:07	1:37:56		
29. Chuck Matthews	31	54:08	1:48:44		
30. Ben Luebbring Jeff City	45	37:19	--		another "new kid" on the block to
31. Dale Clithero	31	43:06			threaten the 40 year olds
32. Dennis Poole		51:24			
33. Gale Clithero	23	52:21			
34. Jeff Poole		53:01			

10,000 meters for age 15 & under and for women:

Age 15 & under			off DT	Women
1. Jim Luebbring Jeff City	15	37:19	50	1. Susan Boyle 45:20
2. Russell Kurth	12	46:41	131 29	2. Annette LaFontaine 52:29
2t. Tim Gibson	9	46:41	101 89	2t. Sharon LeDuc 52:29
4. Steve Gibson	12	47:08	188	4. Karettia Dixon 54:05
5. Chris Naumann	10	50:50		5. Brenda Coats 63:25
				6. Jennie Wikoff 66:13

Two Walkers also did 10,000 meters:

1. Rob Spier	57	1:06:38	8
2. William Taft	64	1:17:32	92

Low 30's, a slight drizzle just before the start quit and was not a factor. Nor was there much wind. Mittelhauser, a little short on training since Christmas, nevertheless, was out fast and quickly had a sizeable lead, which at one time, must have been 500 yards or so. Even at 15 K Jeff was ahead by a minute, but O'Connell was closing the gap. With a little more than a half mile to go the newcomer (an electrical engineer at UMC) flew on by to a thumping victory. Mittelhauser was some two minutes slower than he was for the same course in November, but he certainly has a new threat on his hands. O'Connell thus wins the "New Kid On The Block" Award. (Don't get too excited about this, Bob, for there is really no such tangible award).

The word "EXPIRED" may appear on your newsletter. If so, this means that you owe CTC \$5.00 for the annual dues or \$2.00 for the newsletter. (It does NOT mean that you are deceased). You will no longer receive the newsletter unless you pay the \$5.00 or \$2.00. Another point to mention: The newsletter goes by Third Class Mail. This means it is not forwarded in the event you change address. Therefore, if you move, you MUST let us know so we can send the newsletter to your new address

ELAPSED TIME STANDINGS: (not including the 20 kilo event)

Runners Open

1. LaFontaine	132	18. Ervin	35	35. Dixon	15
2. Hessler	118	19. Hinckley	30	36. Slivinsky	15
3. Londeree	110	20. Duncan	30	37. Stout	12
4. Mittelhauser	106	21. O'Connell	29	38. H. Mittelhauser	12
5. Maxey	103	22. Ekvall	29	39. Curry	12
6. Lewis	100	23. Johnson	28	40. Martin	11
7. Stock	100	24. N. Kruse	25	41. Chippendale	11
8. Brown	82	25. Kurth	25	42. Thornburg	9.5
9. Hemphill	81	26. DeCoster	24	43. Naumann	9
10. Granberg	57	27. J. Gibson, Jr.	24	44. Vaillancourt	6
11. Hellie	55	28. Moe	19	45. Allen	6
12. Schutt	52	29. Burres	19	46. Walter	4.5
13. Koonse	51	30. Evans	18	47. Blossom	3
14. Palks	51	31. Pastoret	18	48. Matthews	3
15. Marks	44.5	32. Wiecek	17	49. Jones	2
16. Stewart	43	33. Sloan	15	50. Kearby	1
17. Wampler	37	34. Schottman	15		

Runners, Age 15 & under:

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

WOMEN

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

WALKERS

1. Spier	16
2. Wass	11
3. Taft	10
4. Chapin	9
5. Busen	8
6. Gragg	7
7. Bent	5
8. Mimm	4
Age 40+	
1. Spier	13
2. Chapin	6
3. Taft	6
4. Busen	5
5. Gragg	4
6. Bent	3

Runners, age 40 & over:

1. Londeree	43	8. N. Kruse	13
2. Brown	38	9. Wiecek	11
3. Lewis	37	10. Burres	10
4. Marks	20	11. Martin	9
5. Schutt	20	12. Mittelhauser	7
6. Duncan	15	13. Walter	3
7. Johnson	14	14. Blossom	2

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 01/05/80

1. J. HEMPHILL	1	0.11	25. K. BURRES	3	1.86	49. J. MARKS	5	3.75
2. N. STEBBINS	1	0.12	26. J. WASS	3	1.92	50. J. WHITACRE	1	3.87
3. T. LAFONTAINE	4	0.26	27. B. MAXEY	5	2.03	51. B. O'CONNELL	1	3.93
4. B. LONDEREE	6	0.77	28. D. ERVIN	2	2.08	52. T. DECOSTER	2	3.93
5. H. MITTELHAUSER	1	0.86	29. O. BROWN	7	2.11	53. S. STOUT	2	4.04
6. T. KEARBY	1	0.93	30. J. DUNCAN	5	2.21	54. C. SLIVINSKI	2	4.18
7. D. MCCALLY	1	0.98	31. T. HELLIE	5	2.27	55. M. GIBSON	1	4.19
8. D. HESSLER	2	0.99	32. J. MITTELHAUSER	2	2.33	56. D. BLOSSOM	2	4.85
9. D. GRANBERG	3	0.99	33. J. SCHUTT	1	2.35	57. S. GIBSON	2	5.09
10. T. CRAWLEY	1	1.11	34. S. BOYLE	3	2.39	58. B. RAMLOW	1	5.23
11. M. SLIVINSKY	1	1.12	35. L. THORNBURG	1	2.48	59. D. MARTIN	1	5.33
12. E. SLEPER	1	1.12	36. D. BROWN	1	2.78	60. B. WEICEK	1	5.77
13. J. KURTH	1	1.19	37. D. NAUMANN	2	2.79	61. H. HEMPHILL	1	6.19
14. J. GIBSON, JR.	3	1.19	38. D. BRYANT	1	3.08	62. C. MATTHEWS	1	7.69
15. D. LEWIS	3	1.24	39. T. EKVALL	4	3.10	63. R. BURRES	1	8.48
16. R. KURTH	2	1.39	40. M. KOONSE	6	3.17	64. K. SLOAN	1	9.93
17. R. SPIER	6	1.40	41. J. ALLEN	1	3.19	65. B. CURRY	1	12.52
18. W. TAFT	5	1.67	42. D. BELLOWES	1	3.23	66. J. SCHULTE	1	13.32
19. R. WAMPLER	3	1.73	43. S. LEDUC	2	3.23	67. T. HINCKLEY	3	13.42
20. A. LAFONTAINE	3	1.74	44. T. GIBSON	2	3.28	68. D. JOHN	1	15.05
21. D. JOHNSON	3	1.76	45. H. BENT	3	3.34	69. R. KEENE	1	15.13
22. K. STOCK	2	1.82	46. J. MITTELHAUSER	1	3.41	70. J. BLOSSOM	1	31.52
23. D. STEWART	2	1.83	47. S. ALLEN	1	3.53			
24. J. PALKS	3	1.84	48. N. KRUSE	2	3.72			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 01/05/80

1. T. GIBSON	2	12.07	7. W. TAFT	4	0.95	13. J. DUNCAN	6	-2.30
2. J. PALKS	3	6.34	8. R. SPIER	5	0.71	14. B. LONDEREE	6	-3.49
3. T. LAFONTAINE	3	4.02	9. O. BROWN	7	0.68	15. D. JOHNSON	3	-3.64
4. B. MAXEY	6	3.58	10. D. HESSLER	5	0.23	16. J. MARKS	4	-7.55
5. D. LEWIS	4	3.05	11. J. WASS	3	0.14			
6. J. GIBSON, JR.	2	2.80	12. H. BENT	1	-0.91			

COLUMBIA TRACK CLUB EVENT RECORDS as of January 1, 1980

	Age 15 & under			16-29			30-39			40-49			50 & over			WOMEN
400 meters	54.0 6-28-75 Bryce Allmon	52.8 8-26-72 Dennis Stewart	55.2 5-21-79 Dennis Stewart	57.0 6-26-76 Don Lewis	67.0 5-21-79 Don Johnson	67.8 5-20-78 Martha Stinson	20,000 meters r 1:22:02 12-3-77 Wesley Paul	1:04:54 11-18-78 Steve Fisher	1:12:35 12-4-76 Walter Renaud	1:22:59 11-18-78 Turk Storvick	1:17:41 1-20-79 Amy Johns	15,000 meters r 56:15 7-21-79 Wesley Paul	46:13 7-17-76 Jim Zickefoose	52:13 7-17-76 Walter Renaud	59:07 7-21-79 Don Johnson	57:54 2-17-79 Amy Johns
800 meters	2:03.3 6-28-75 Bryce Allmon	1:58.0 5-8-71 Dennis Stewart	2:05.5 5-21-79 Dennis Stewart	2:08.5 6-26-76 Don Lewis	2:24.0 4-16-77 Jean Wadden	2:29.7 5-20-78 Martha Stinson										
1500 meters	4:42.5 5-21-79 Jay Blossom	4:11.0 5-20-78 Dennis Stewart	4:12.0 5-21-79 Dennis Stewart	4:30.0 5-20-78 Ben Londeree	5:01.0 5-21-79 Don Johnson	4:56.3 5-20-78 Martha Stinson										
One Mile Run	4:39.0 6-28-75 Bryce Allmon	4:19.0 3-18-72 Tom Logan	4:40.0 7-5-75 Don Lewis	4:36.7 7-6-74 Ben Londeree	5:19.0 7-7-79 Don Johnson	5:10.1 7-6-74 Carol Cook										
Two Mile Run	11:52 7-30-71 David Duncan	9:08.0 7-29-72 Charles McMullen	10:11.0 4-9-72 Ben Londeree	9:57.2 4-16-77 Don Lewis	11:46.0 4-21-79 Don Johnson	13:08.0 9-20-75 Joan Hirt										
Three Mile Run	18:27 5-7-77 Wesley Paul	14:22.0 4-16-77 Mike Kelly	16:17.0 8-11-73 Ben Londeree	15:47.0 6-5-76 Don Lewis	32:23 12-16-78 Turk Storvick	21:19.0 4-16-77 Joan Hirt										
Five Miles r	32:04 12-17-77 Wesley Paul	25:35 1-4-75 Fred Binggeli	27:41 1-8-77 Dick Hessler	27:49 1-8-77 Walter Renaud	1:05:40 12-16-78 Turk Storvick	30:02 12-16-78 Amy Johns										
Ten Miles r	1:06:12 12-17-77 Wesley Paul	53:17 2-26-72 Rob Leutwiler	55:36 12-15-79 Dennis Stewart	57:30 12-16-76 Walter Renaud	9-328 5-5-79 Turk Storvick	1:01:05 12-16-78 Amy Johns										
One Hour Run	9 m, 546y 5-7-77 Wesley Paul	11-1187 5-6-78 Charles McMullen	10-1690 5-8-76 Mike Chaffee	10-1487 5-8-76 Walter Renaud	9-328 5-5-79 Turk Storvick	8-1450 5-6-78 Rhonda Bedell										
Heart of America Marathon	3:04:09 9-5-77 Peter Ewers	2:29:15 9-5-77 Dennis Hinkamp	2:36:47 9-3-79 Gene McClain	2:36:07 9-3-79 Roger Roullier	2:54:40 9-1-75 Alex Ratelle	3:09:21 9-5-77 Joan Hirt										
5,000 meters t	18:44 9-16-78 Wesley Paul	15:15.0 9-15-79 Jeff Mittelhauser	16:19.0 9-15-79 Tom LaFontaine	16:25.0 8-24-74 Ben Londeree	18:52.0 9-15-79 Don Johnson	20:47.0 9-15-79 Susan Boyle										
5,000 meters r	17:57.0 7-21-79 Wesley Paul	15:20.0 3-3-79 Jeff Mittelhauser	15:44.0 7-17-76 Jim Zickefoose	16:11.0 3-5-77 Don Lewis	19:05.0 3-3-79 Turk Storvick	18:58.0 3-5-77 Rhonda Bedell										
10,000 meters t	41:27 4-2-77 Wesley Paul	31:34 4-1-78 Charles McMullen	32:30 4-1-78 Dean Neal	34:33 11-27-76 Walter Renaud	40:31 8-19-78 Turk Storvick	39:48 4-1-78 Tina Gandy										
10,000 meters r	37:12 7-21-79 Wesley Paul	30:48 7-17-76 Ron Tabb	32:36 7-17-76 Jim Zickefoose	34:44 2-5-77 Walter Renaud	59:07 7-21-79 Don Johnson	38:00 1-20-79 Amy Johns										
15,000 meters r	56:15 7-21-79 Wesley Paul	46:13 7-17-76 Ron Tabb	49:03 7-17-76 Jim Zickefoose	52:13 7-17-76 Walter Renaud	59:07 7-21-79 Don Johnson	57:54 2-17-79 Amy Johns										
20,000 meters r	1:22:02 12-3-77 Wesley Paul	1:04:54 11-18-78 Steve Fisher	1:08:28 11-18-78 Howard Guscar	1:12:35 12-4-76 Walter Renaud	1:22:59 11-18-78 Turk Storvick	1:17:41 1-20-79 Amy Johns										

30,000 meters 2:10:09 8-6-77 1:43:15 12-2-78 1:46:37 12-6-75 1:50:53 12-4-76 2:16:07 8-5-78 2:12:00 8-6-77

2 Mile XC Wesley Paul Doug Clark & Jeff Roth Dick Hessler Walter Renaud Turk Storvick Joan Hirt
Municipal Doug Duncan Bob Brouillet Howard Guscar Ben Londeree Don Johnson 12:15 10-1-77

3 Mile XC 19:37 11-4-79 14:40 11-6-77 16:12 11-6-77 16:25 11-6-77 19:55 11-4-79 18:23 11-4-79
Gustin Chris Koon Mark Whalley Howard Guscar Ben Londeree Don Johnson Martha Stinson

5 Mile XC 32:24 10-15-77 25:21 10-15-77 28:04 10-15-77 28:20 10-25-75 32:29 10-21-78 38:38 10-20-79
Wesley Paul Clark Hamilton Howard Guscar Walter Renaud Turk Storvick Susan Boyle

Sprint Triathlon 7:36.3 6-28-75 7:04.8 5-20-78 7:12.7 5-21-79 7:47.9 5-20-78 8:35.0 5-21-79 8:33.8 5-20-78
1500, 800, 400 (4:39m, 2:03.3, 54.0)(4:11, 2:00.9, 52.9)(4:12, 2:05.5, 55.2)(4:30, 2:15.0, 62.9)(5:01, 2:27, 67.0)

3, 2 Triathlon 36:54 4-16-77 28:33 4-16-77 31:45 5-17-75 31:16 6-5-76 15:47, 10:32, 4:57 43:44 4-5-78
18:37, 12:18, 5:59 Mike Kelly Dick Hessler Ben Londeree Don Johnson 22:13, 14:44, 6:47

Wesley Paul Bryce Allmon Dennis Stewart Dennis Stewart Ben Londeree Don Johnson 22:13, 14:44, 6:47
Annette LaFontaine

Walk-Run Pentathlon 809 pts. 4-24-76 2:790 4-28-73 1:735 4-26-75 1:705 4-24-76 0, 2:09.0(604) 0, 10:50.5(553), 25.1(548)
2 mi. walk, 880 0, 2:28(357) 18:02(361), 2:04.8 0, 2:07.1(633) 0, 10:50.5(553), 25.1(548)

mile walk, 2 mi 0, 14:11(134) (668), 7:33(543) 0, 10:53(546), 25.0(556) 25.1(548)
run, 220 28.2(318) 10:02.5(695) 25.4(523) Don Lewis

Doug Duncan Stan Smith Don Lewis
Four Mile Relay 24:27 3-17-79 18:05 3-17-79 20:27 3-18-78 23:21 3-17-79 24:07 3-17-79

Steve Gibson 6:25 Steve Fisher 4:24 Olen Brown 5:25 Jean Madden 5:46
Tim Gibson 6:40 Rex Power 4:40 Don Lewis 4:58 Don Johnson 5:28

Jim Gibson 5:45 Jerry Yunker 4:32 Whitney Hicks 5:08 Jim Pastoret 6:32
Matt Gibson 5:37 Jeff Mittelhauser 4:29 Ben Londeree 4:56 Turk Storvick 5:35

2-Person, 5 Mile Male-male 24:34 Bryce Allmon-Doug Sloan 69.1 av. sec. per lap & 78.3 Martha Stinson 5:32
Fay, Alternate Female-female 38:58 Karen & Nicole Wagner 124.6, 109.2 6-17-78

4-Person, On the 3 Male-female 24:06 Dennis Hinkamp-Rhonda Bedell 66.7, 77.9 6-18-77
male-male teams, 25:28 Augie & Joan Hirt 70.9, 81.9 6-18-77

one of the runners 27:18 Bob & Kyle Hendricks 92.0, 71.8 6-19-76
is age 15 or under. 28:45 Dick & Amy Hessler 74.2, 98.3 6-17-78

Wother-son 35:00 Sharon & Brian LeDuc 100.7, 109.3 6-17-78
Wother-daughter 38:58 Karen & Nicole Wagner 124.6, 109.2 6-17-78

Brother-brother 30:19 Bryan & David Marks 89.1, 92.8 6-18-77
Brother-sister 26:10 Pete & Susan Pastoret 73.3, 83.7 6-19-76

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

January 5, 1974 Five Mile Run: 1. Dean Neal 29:10, 2. Dick Hessler 29:20
3. Ben Londeree 30:30, 4. Tom Kilburn 30:42, 5.
Rex Frazer 31:20, 6. Joe Duncan 35:58, 7. Dave Leuthold 37:43
Only 7 runners on a cold day (12°), but then there were no hams to give away. No Spam, either.

January 14, 1974 20 kilo run: 1. Dennis Stewart 1:13:47, 2. Dick Hessler 1:14:26, 3. Ben Londeree 1:15:52, 4. Dean Neal 1:16:55, 5. Sandy Lawrence 1:17:39, 6. Tom Kilburn 1:20:29, 7. Rex Frazer 1:20:57, 8. Don Granberg 1:22:38, 9. Mike Chippendale 1:23:56, 10. Joe Duncan 1:35:42, a PW (personal worst), but even at that it took 9 good runners to beat him.

The Walk: 1. Augie Hirt 1:56:54, 2. Dave Leuthold 2:14:11

It was six years ago on December 31, 1973 that Dave Schulte died. In his memory we have the Dave Schulte award for improved performance, both in our year round competition and as part of the Heart of America marathon awards. Dave was one of the charter members of CTC and was its first Sec.-Treas. Dave was one of those runners (like most of us) whose main goal in most races was one of personal improvement. Dave's approach to competition is symbolic of the fact that our competitive events are meant for everyone, not just the highly motivated competitive runners battling for the win. Distance running is a highly personal, individual activity and Dave Schulte certainly conveyed that message in his running career.

Speaking of the past, we are now announcing that we have compiled, on index cards, a complete record of everyone who has ever participated in a CTC event. We show the event, date, time and place of finish. Dorinda Landrum (Mark's wife) is the keeper of those records. If any of you want any information as to your record in CTC events you should send inquiries to Dorinda at Box 1867, Columbia. You should include a Stamped, self addressed envelope. No phone calls, please.

It is interesting to see how many CTC events various people have been in. Joe Duncan leads the list with 275 events as of Dec. 31, 1979. Next is Ben Londeree with 193. And, then, following are all those with 100 or more events: Don Granberg 164, Dick Hessler 152, Mike Chippendale 139, Dave Leuthold 126, Rob Spier 125, Whitney Hicks 119, Dennis Stewart 118 (he obviously has driven more miles than anyone else--a 150 mile roundtrip from his home), Don Johnson 115, Joe Marks 111, William Taft 108, Leonard Busen 107, Augie Hirt 103, Dave Schulte, before his death, 101 and Don Lewis, also 101.

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

Brenda Coats
Rt. 3
Columbia, Mo. 65201

Todd Kearby
1008 Sunset Dr.
Columbia, Mo. 65201

Richard Madsen
106 N. Greenwood Ave.
Columbia, Mo. 65201

Bob O'Connell
3105 Yorktown Dr.
Columbia, Mo. 65201

Dave Parker
910 E. Walnut Apt. 2
Columbia, Mo. 65201

Jim Reeds
200 E. 56th St.
Kansas City, Mo. 64113

Elaine Sleper
3815 W. Rollins Rd.
Columbia, Mo. 65201

Kirk Sloan
Rt. 4
Columbia, Mo. 65201

James Sowash
1408 St. Andrews
Columbia, Mo. 65201

Norm Stebbins
111 Hubbell St.
Columbia, Mo. 65201

And THANKS to the following for their generous donations of money to the CTC treasury: Mecca Carpenter, Leo Cram, Carl Owczarzak, Art Fleming and Richard Hoft. These additional funds really assist our program, especially in providing funds for those who compete in out-of-town races.

JON PALKS recently completed a study which was inspired by a similar study reported in the winter edition of RRCA's Footnotes. Here is a summary of what Jon found:

The RRCA survey consisted of 35 questions, occasionally, multi-answer, that appeared in the winter edition of the club's Footnotes. The total response was approximately 900 members or 6-7% of the total membership.

The CTC survey was a telephone interview of 15 questions (see Appendix A), duplicating 11 questions asked by the RRCA survey. There were 50 CTC respondents that comprised approximately 25% of the total membership.

Data Collection

In the CTC survey questions one, two, four and twelve did not pertain to the RRCA survey due to the absence of comparative data. The CTC survey was conducted from November 15, 1979 to November 19, 1979. A total of eight working hours were involved.

Analysis of Data

Question One
Age(CTC only)

Average age - 31.56

Male	31.37	N= 35	range 8-47
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Female	32.0	N= 15	range 13-43
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Question Two

Sex (CTC only)

Male - 70%

Female - 30%

Question Three

Average weekly training mileage(see table 1)

Implications: Comparison not valid due to differing sampling methods.

Question Four

Specialized Training (CTC only) 36% yes

Question Five

Time of Day Running Done

	Morning (before 10AM)	Noon (10AM-3PM)	Evening (after 3PM)
CTC	24.8%	25.2%	50%
RRCA	41%	21%	38%

Implications: Difference primarily due to location of many RRCA chapters in the South which would encourage morning running.

Question Six

Percentage of Running Done Alone

CTC - 61.4%

RRCA - 83%

Implications: Difference due less noon group runners in RRCA

Question Seven

Whether Injured During Running

CTC - 40%

RRCA - 44%

Implications: Injury rate approximately the same between clubs.

Question Eight

Number of Races Run (see table 2)

Implications: Close comparison in over 20 races category, CTC-26% RRCA-27%, and in 5 races category, CTC-40% RRCA-36%.

Question Nine

Favorite Racing Distance (see table 3)

Implications: Close comparison in single major category.

Question Ten

Types of Training and Racing Shoes (see table 4)

Implications: Close comparison in top five training shoes and the top racing shoe.

Question Eleven

Eating/Drinking Habits

A. Vegetarianism

CTC - 4%

RRCA - 15%

B. Carbohydrate Loading

CTC - 38% 44% when adjusted for long distance runners

RRCA - 25% (unadjusted)

C. Liquid Replacements (see table 5)

Implications: Close comparison in top two liquids, CTC beer consumption twice as great and also significant Body Punch use.

TABLE 1

Average Mileage Per Week

Miles/week	CTC	RRCA
less than 30	52%	5%
30	8%	23%
35	16%	15%
40	6%	25%
45	4%	4%
50	4%	11%
55	0	4%
60	0	6%
over 60	10%	7%

TABLE 2

Races Run Per Year

	CTC	RRCA
over 25	18%	12%
20	8%	15%
15	4%	9%
10	16%	25%
5	40%	36%
0	14%	3%

TABLE 3

Favorite Racing Distance

Number of Miles	CTC	RRCA
less than 5	19%	6%
6-10	66%	60%
11-15	5%	20%
16-20	5%	0
Marathon	5%	14%

TABLE 5

Liquid Replacement

Type/liquid	CTC			RRCA
	during	after	total%	
Water	65%	41%	52%	48%
OJ/fruit juice	6.5%	18%	13%	23%
Soda	0	6.5%	3.4%	9%
ERG	5.5%	3%	4%	6%
Gatorade	5.5%	5%	5.2%	6%
Beer	0	11.5%	6%	5%
Body Punch	17%	10%	13%	0
other	.5%	5%	3.4%	3%

TABLE 4

Training Shoes

	CTC	RRCA
Nike	18%	28%
Brooks	21%	22%
Adidas	14.5%	20%
New Balance	23%	18%
Tiger	5%	6%
Etonic	8%	3%
Lydiard	0	2%
Puma	2%	1%
other	8%	

Racing Shoes

	CTC	RRCA
Nike	64%	36%
Adidas	9%	16%
Tiger	0	16%
New Balance	0	14%
Brooks	18%	12%
Lydiard	0	4%
Etonic	0	2%
other	9%	1%

SCHEDULE OF EVENTS

FEBRUARY 2 Saturday 9:00 AM 10,000 meter run, 10,000 meter walk
Hilton Inn course

3 Sunday 3:00 PM Sarcoxie (Mo.) to Carthage 15 mile run
CONTACT: Carl Lewton 417 358-3942

3 " 8:00 AM 20 mile marathon tuneup Meet at Kirkwood (MO).
Community Center between 7:00 & 7:45 AM

9 Saturday 9:00 AM FUN RUNS Research Park

9 " 11:00 AM "Polar Bear Run" 10,000 meters Bolivar,
Mo. CONTACT: Ken Derby 707½ So. Clark Bolivar 65613

16 " 9:00 AM 15 kilo run, 15 kilo walk (starts at 8:30)
Hilton Inn course

17 Sunday ? Frostbite 10,000 meter run Springfield, Mo.
CONTACT: Dave Black 417 883-4062

22 Friday around 6:00 PM There will be an open mile run for CTC
male runners and a masters mile run (age 40 & over) Male)
in connection with the Missouri Relays (women) @ Hearn's

15 Friday In connection with the Missouri Invitation (men) there
will be an Open Mile Run at 7:20 PM, a Masters 880
at 8:15 and an Open 3 mile run at 8:40 Hearn's Track

23 Saturday 9:00 AM FUN RUNS Research Park

29 Friday ? In connection with the Missouri Invitation (women)
there will be an open 1000 yard run^{male} and a Masters (male)
1000 yard run. Times will be announced.

MARCH 1 Saturday 9:00 AM 5,000 meter Nut Race, run or walk Research
Park There will be "nut" awards \$1.00 fee
for non CTC members

2 Sunday 8:00 AM 8th Annual Third Olympiad Memorial Marathon
and a 10,000 meter run St. Louis, Mo. CONTACT:
Jerry Kokesh c/o Marathon Sports 13453 Chesterfield
Plaza Chesterfield, Mo. 63017 Entry deadline is
Feb. 23, 1980

JEFF MITTELHAUSER finished second in the 20th annual Alton, Ill. 10 mile run Thanksgiving weekend. There were over 530 runners in that race. Jeff's time was 52:32, only five seconds behind Paul Craig at 52:27. Jeff bested such luminaries as Ken Norton (52:35), Bob Busby (52:37). Rex Power was 12th at 54:44. UMC's Mary Ellen Kunkel won the women's part of the race with 1:01:47.

Some gleanings from the Run For The Third 10,000 meter race, Sedalia, on Dec. 29. The most remarkable performance was that of WESLEY PAUL--13th overall (out of 173), a National Age Record for age 10, a quick 35:40.3. Greg Lovercamp won the race with 30:57.2 with Mark Montgomery 2nd at 31:07.6. JON HERBERT was 3rd, 31:59, Rex Power 4th, 32:51, JEFF MITTELHAUSER 6th, 33:43, JIM SCHUTT 17th (1st 40+), 36:45, TOM HELLIE 19th, 36:52, Ben Luebbering 21st, 37:21, JON PALKS 27th, 37:46, KEN ATWELL 45th, 40:03, RON WAMPLER 59th, 41:45, HERB MITTELHAUSER 65th 42:16, JULIE MITTELHAUSER 73rd, 42:56. A flat, certified course.

JON HERBERT won the Maynard Cohick Memorial Half Marathon, Springfield, Mo. (that's not right--it was at Republic) back in December with a time of 1:10:06, beating Doug Clark who had 1:12:55 and 105 other runners.

TURK STORVICK finds numerous recreational type runners in the Blacksburg, Va. area, but no club. Turk has run in a couple of races while there. Back in October he was in a 5 mile "dirt" run (actually 4.1 because of mud on the VPI agronomy farm's dirt service roads). But the big news is that Turk won that race, his first win of a running race since 1946! Turk's time was 26:00 flat and he does point out that the big guns were in Roanoke for a half marathon. But a win is a win. Then on Dec. 1 he was 35th of 150 (2nd age 50 & over) in the Lexington-Buena Vista 10,000 meter race. Two miles uphill in 12:55, 5k in 19:15, then off course for a half mile to finish in 42:50 (probably 39:00 for 10k).

Charlie McMullen recruited PHIL PRATT into the Santa Monica Track Club. The only problem was the stiff annual dues payment of \$250.00. But Phil points out that they have three professional coaches--one for the Charlie McMullen caliber runners and two for the Phil Pratt class.

CTC HAS THREE OPPORTUNITIES FOR INDOOR RACES ON THE HEARNES TRACK! At various times many of you have inquired about the possibility of having some indoor races in Hearnese. Thanks to Coach Robin Lingle and Coach Dick Weis we will have some races in connection with three different meets in February. The events are detailed below. It is very important that you complete the entry blanks and return them by the deadline in order for the coaches to know how many runners they will have in each event. If there is not sufficient interest for any particular event, then that event will be eliminated. All CTC members should volunteer to help with the administration of these events if you are willing to do so. Many of you already are regular helpers for UMC meets.

UNIVERSITY OF MISSOURI/COLUMBIA
TRACK AND FIELD

MISSOURI INVITATION
FRIDAY, FEBRUARY 15th

In addition to the normal schedule of collegiate track and field events sponsored in UMC meets, the university will host five events where competition will be open to athletes not necessarily involved in a college program. These events will be;

INVITATIONAL 60 YD HURDLES at 7:10 (trials) and 7:50 (finals)
OPEN MILE RUN at 7:20
MASTERS 880 YARD RUN (limited to 40 and over) at 8:15
INVITATIONAL 1000 YD RUN at 8:30
OPEN THREE MILE RUN at 8:40

If there are a large number of entries in any of these events that would prohibit the safe, smooth operation of that event it may be necessary to limit the field. Also if there is not enough interest in an event to justify the competition, that event will be cancelled. Meet officials will contact each person entering before the deadline.

ENTRY DEADLINE: Postmarked Wednesday, February 6, 1980
NO ENTRY FEE REQUIRED

Complete and
return to;

NAME: _____

Robin Lingle

ADDRESS: _____

367 Hearnese

CITY, STATE _____

Univ. of Missouri

AND ZIP: _____

Columbia, MO

65211

TELEPHONE: AC/ _____

314/882-6501

EVENT(S): _____

If you want to participate in the Open Mile Run or the Masters Mile Run on Feb. 22 or the 1,000 yard run (Open or Masters) on Feb. 29 then you should complete this form and return to Dick Weis Hearnese Building UMC Columbia, Mo. 65211. Return no later than Feb. 15 for the Feb. 22 events and no later than Feb. 22 for the Feb. 29 events.

NAME: _____

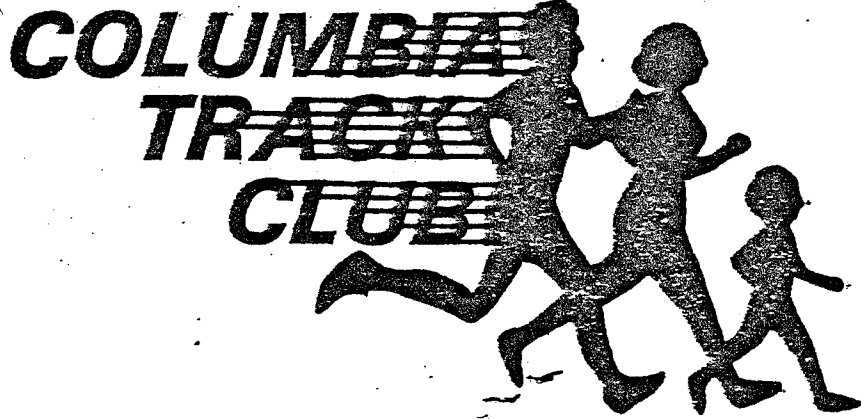
EVENTS: (Feb. 22) _____

ADDRESS: _____

City, State, Zip _____

Telephone: _____

EVENTS: (Feb. 29) _____



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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