

# TRACK CLUB

NEWSLETTER Vol. XII, No. 6 June 25, 1980

DAN BRYANT & JIM HEADY, RUSSELLVILLE, DOMINATE 10,000 METER RUN:

Showing 1600 meter splits:

June 7, 1980

	1600	3200	4800	6400	8000	9600	10,000
1. Dan Bryant	5:18	10:40	16:06	21:29	26:49	32:04	33:10
2. Jim Heady	5:18	10:40	16:06	21:29	26:49	32:04	33:11
3. Tom LaFontaine	5:22	10:51	16:22	22:03	27:42	33:20	34:41
4. Dennis Hinkamp	5:39	11:11	16:55	22:47	28:39	34:19	35:36
5. Norm Stebbins	5:39	11:11	16:55	22:47	28:41	34:36	35:54
6. Ben Londeree	5:33	11:14	16:59	22:48	28:45	34:41	35:55
7. Bruce Maxey	5:29	11:10	16:52	22:53	28:49	34:40	35:58
8. Tom DeCoster	5:38	11:12	16:55	23:14	29:31	35:31	37:12
9. Randy Starr	5:32	11:20	17:23	23:35	29:58	36:18	37:48
10. Joe Blanck	5:59	12:01	18:17	24:35	31:03	37:18	38:53
11. Tom Hellie	5:44	11:45	18:13	24:39	31:03	37:37	38:55
12. Olen Brown	5:54	12:02	18:17	24:44	31:06	37:30	38:55
13. Mike Koonse	5:55	12:05	18:27	24:56	31:27	37:40	39:01
14. D. Marr	5:32	11:30	17:50	24:23	31:20	38:07	39:28
15. Gene Hansbrough	6:15	12:31	18:56	25:21	31:47	38:09	39:33
16. Joe Kurth	6:17	12:35	19:06	25:46	32:38	39:03	40:25
17. Peter Roman	5:59	12:03	18:27	25:16	32:23	39:15	40:50
18. M. Fischer	5:50	12:07	18:53	25:43	32:36	39:30	41:07
19. Russell Kurth	6:21	13:03	19:51	26:32	33:02	40:09	(41:50)*
20. Sam Stout	6:27	13:01	19:52	26:52	33:49	40:41	42:11
21. Dean Baxter	6:23	13:03	19:51	26:55	34:01	41:01	42:35
22. Jim Gibson	5:57	12:31	19:31	26:32	34:00	41:29	(43:08)*
23. Tim Gibson	6:31	13:20	20:17	27:13	34:27	41:31	(43:10)*
24. Ron Wampler	6:39	13:37	20:43	27:48	34:53	41:40	43:14
25. Norris Kruse	6:37	13:21	20:15	27:22	34:27	41:41	43:15
26. Bob McKelvy	6:24	13:18	20:24	27:43	35:00	42:11	43:47
27. Joe Duncan	6:37	13:20	20:10	27:17	34:55	42:49	44:47
28. Jim Sowash	6:36	14:04	21:47	29:43	37:55	46:04	47:53
29. Steve Gibson	6:42	14:08	21:50	30:03	38:24	46:00	(48:00)*
31. Renee Bryant	6:53	14:52	23:28	31:42	40:14	48:26	(50:26)*
30. George Mummert	7:22	14:52	22:42	30:37	38:40	46:32	48:32
32. Joan Hock	7:36	15:24	23:30	31:57	40:39	49:04	51:08
33. Sharon LeDuc	7:36	15:32	23:54	32:49	41:55	51:20	53:26
34. Jim Pinkerton	7:26	15:27	23:54	32:57	42:14	51:42	53:47
35. Sally Allen	8:12	17:00	26:20	36:07	45:55	55:16	57:16
36. John McCrory	6:14	14:35	23:54	34:06	44:00	56:42	58:51
37. Jay Sowash	6:42	14:13	23:07, two more laps & out				
38. Brian Harpster	5:31	11:11	16:58				
39. Don Farren	6:19	13:30,	three more laps??				
40. Harvey Green	7:50	16:25	"				

80 degrees at the 7:00 AM start and very humid. Only the two leaders, running in tandem, were able to maintain even pacing, in fact they ran the second half of the race a little bit faster than the first half, while everyone else had a deterioration in times as the heat and humidity took its toll. No one wanted to run the second section since it obviously was not going to be any cooler, therefore we had only one heat. This put an added burden on the timers. As usual, we barely had enough helpers. All of which emphasizes the need for people to come on out even if they are injured, sleepy or otherwise not inclined to run. Also runners should recruit friends and relatives to help out. While we try to keep our races low-keyed, relaxing and informal, still we do want accurate splits and some guarantee that everyone runs the proper number of laps. And when there is some confusion we hope that runners do keep in mind that this is not cutthroat competition and that some understanding is in order and that the best solution is to do their part in seeing that we have enough help. By the way the \* indicates that these people were short a lap and the times have been extended accordingly. The DT went like this: Dan Bryant 10 seconds off, Blanck 13 (and he wins a CTC shirt), Maxey 13, Hinkamp 16, LaFontaine 16, Stebbins 24, Hansbrough 27, Londeree 30, Baxter 35, DeCoster 42, Pinkerton 43, everyone else was 60 or more. Oh, except for Heady, he was only 11 off. It appears that Bryant and Heady had this race all figured out. We had six runners from Russellville HS (and they brought their timers--though they didn't know that until they arrived). Dan Bryant has won several <sup>State</sup> Class AA (I think) track and CC titles.

## MARTHA STINSON-DENNIS HINKAMP SET RECORD IN 2 PERSON, 8,000 METER RELAY:

	1600 meter splits:	1600	3200	Total	Individual	Av. Sec.	
		4800	6400	team time	time	per 400 (10 X 400)	
1. Martha Stinson	4:34	9:17			12:36	75.6	Overall & Male-female
Dennis Hinkamp	14:05	18:52		23:40*	11:04	66.4	
2. Randy Starr	4:24	9:07			12:05	72.5	Male-male
Kevin Stock	14:03	19:06		23:54*	11:39	69.9	
3. Jim Lueberring	4:49	9:51			12:13	73.3	
Jim Schutt	14:54	19:58		24:48	12:35	75.5	
4. Peter Fritsch	4:40	9:39			13:33	81.3	
Mike Kruse	14:51	20:04		25:07	11:34	69.4	
5. Tom Luebbering	4:55	10:04			13:44	82.4	
Bob Cain	15:16	20:35		25:43	11:59	71.9	
6. Debbie Hoxworth	5:00	10:14			13:28	80.8	
Tom Helli	15:31	20:52		26:03	12:35	75.5	
7. Art Bentley II	5:08	10:25			12:20	74.0	
Art Bentley, III	15:43	21:03		26:19*	13:59	83.9	Father-son
8. Norm Stebbins	5:00	10:20			12:17	73.7	
Susan Boyle	15:26	21:22		26:43	14:26	86.6	
9. Jeff Poole	5:20	10:39			13:21	80.1	
Norris Kruse	16:06	21:33		27:00	13:39	81.9	
10. Heidi Krause	5:00	10:30			15:33	93.3	
Jay Schroeder	16:08	21:43		27:01	11:28	68.8	
11. Mike Grouws	5:32	11:09			13:59	83.9	
Al Garverick	16:47	22:20		27:47	13:48	82.8	
12. Annette LaFontaine	5:22	11:04			16:17	97.7	Husband- wife
Tom LaFontaine	16:48	22:30		27:49	11:32	69.2	
13. Jeff Sowash	5:09	10:39			16:23	98.3	
Ken Barnes	16:23	22:17		27:59	11:36	69.6	
14. Dick Martin	5:15	10:47			13:04	78.4	
Chris Ruble	16:36	22:27		28:00	14:56	89.6	
15. Jim Sowash	5:19	11:14			14:50	89.0	
Jay Sowash	17:17	23:26		29:14	14:24	86.4	
16. Kathy Cain	5:46	11:39			17:49	106.9	
Don Lewis	17:38	23:37		29:23	11:34	69.4	
17. Dave Grouws	5:44	11:29			15:53	95.3	
Ted Mollett	17:31	23:40		29:36	13:43	82.3	
18. Heather Roman	5:40	11:40			17:08	102.8	
Peter Roman	17:47	24:08		30:04	12:56	77.6	
19. Charles Slivinsky	5:44	11:39			13:39	81.9	
Mary Ann Slivinsky	17:52	23:57		30:04	16:25	98.5	
20. Judi Londeree	5:25	11:34			18:56	113.6	Father-dau. (Ben had 8 69's & 2 70's)
Ben Londeree	17:54	24:19		30:28	11:32	69.2	
21. John Marks	5:46	11:53			17:43	106.3	
Joe Marks	17:52	24:13		30:29	12:46	76.6	
22. Debbie Snyder	6:16	12:43			17:07	102.7	
Jack Snyder	19:12	25:40		32:10	15:03	90.3	
23. Peter Madsen	6:12	12:36			18:06	108.6	
Dick Madsen	19:12	25:38		32:22	14:16	85.6	
24. Eric Madsen	6:25	13:31			17:55	107.5	Mother-Son
Carole Madsen	20:35	28:37		35:38	17:43	106.3	
25. Julie Slivinsky	6:46	14:16			19:01	114.1	Female- female
Kristen Koller	21:50	29:50		37:11*	18:10	109.0	

\*denotes a new record for that category and the other verbiage shows the winners of those various categories. THANKS to McDonalds for furnishing the awards. After a tough workout like this carbohydrates and calories are in order. The Starr-Stock team went to the lead right at the beginning and kept it until Marty caught Starr at the end of the 8th lap for each of them. At the end of Hinkamp's 8th lap the lead was now out to 14 seconds for Stinson-Hinkamp and that was the margin of victory as that team beat the 24:06 that Rhonda Bedell-Hinkamp had set a couple of years ago.

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

June 1, 1974: Third Annual Great Sandbagger Race, Six Miles: 1. Don Johnson, actual time was 43:05, 6 minutes faster than his predicted time. Don ran with a heavily bandaged left knee to lend credibility to that story. . . . 3. William Taft 1:15:11; 4. Joe Marks 42:06 (not yet knowing how fast he really is); Charlie Evans had the fastest time of the day--33:15, then Dean Neal at 33:38, Tom Kilburn 33:58, Dick Hessler 34:24, Rich Todd 34:50 Mike Chippendale 34:59 and Ben Londeree 35:10.

June 15, 1974: One Hour Run: 1. Fred Binggeli 11 miles, 346 yards, 2. Dennis Stewart 11-233, 3. Carl Owczarzak 10-1303, 4. Dan Kacprowicz 10-904, 5. Ben Londeree 10-885, 6. Dick Hessler 10-856, 7. Rich Todd 10-649. . . . 9. Mike Chippendale 10-446. . . . 12. Rex Frazer 10-40 (1st over 40) A total of 50 runners, in those days a really large field. That was back when we ran the Hour Run on a warm, humid June evening.

June 22, 1974: Two Person, 10 Mile Relay: 1. Charlie Evans (67.5 per lap average)-Fred Binggeli (65.8-still the record average per lap, even faster than the record for the 5 mile relay we run now) Team Time was 44:26; 2. Mike Shellman-Dave Cooper (67.6) of Jeff City 47:28; 3. Todd-Neal 49:12; 4. Don Granberg 78.0-Hessler (74.5) 50:50; 5. Mike Chippendale-Don Lewis 52:38; 6. Frazer-Storvick 52:49 and 11 other teams. This was such an arduous event that we changed it to a 5 mile relay and made it more of a fun event, especially by prohibiting any team from having two male runners over age 15.

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And, now, here are the doings of today's heroes:

In the Natural Light 10,000 meter run in Sedalia on May 17, JEFF MITTELHAUSER won with 32:42, Dan Bryant was second at 33:15 and Jim Heady 3rd at 34:34. WESLEY PAUL was 7th with 37:24 and JOE BLANCK 11th at 38:51. JULIE MITTELHAUSER was 31st with 42:51 and HERB, Jeff and Julie's Dad checked in with 44:00, but between Julie and Herb we had CTC's JOHN MUELLER at 43:24. There were 106 runners in this race.

On April 27, in Sedalia, a Diet-Pepsi race was held (the same date as ours). Doug Clark won that with 31:11 with Jeff Mittelhauser second at 31:27. JIM SCHUTT was first 40 & over (12th overall) with 37:00. Herb Mittelhauser, age 51, was 39th at 42:28. There were 118 runners in that.

Then several CTC runners were in the Chisholm Trail 10,000 meter run in Sedalia on June 14. I have only a few reports on that race, so we will wait until we get a complete list of finishes before we say any more about that race. Except that there were some 170 runners as the Sedalia Runners Club put on another well organized event. They are really doing a top notch job in promoting running in their area.

Also we will wait until getting a complete report before we attempt to tell about CTC people who participated in the Hospital Hill runs on June 7 in Kansas City. About all I know is that Ron Tabb won the half marathon by a good margin and that JOE MARKS and JIM SCHUTT caught WESLEY PAUL with about a mile to go in the half marathon and considered running in with him for a tie. However, the two old men realized that there aren't many races left in which they will have any chance to beat Wesley, therefore, they decided to beat him "one more time." They will soon get their comeuppance, the kid probably already has it all planned out.

In the TERRE HAUTE Marathon on May 24, on a fairly level course, but on a hot, windy day JOHN HEMPHILL led the small CTC contingent with a 45th place at 2:56:00. JOE MARKS had 2:59:05 for 65th (4th age 40+). CHARLES SLIVINSKY had 3:29:26 while MARY ANN was 51+ in the 6 mile race. New CTC member, BILL KELSAY, (in school at SMSU, Springfield) was 2:48:00+ following a 2:52+ in his marathon debut in the Kansas Relays marathon.

All I know about the Love Run in Jefferson City on May 24 is that WESLEY PAUL was 8th in 36:31 and that JIM SCHUTT (still refusing to let the kid beat him) out-kicked Wesley at the finish.

MARTHA STINSON had a personal best for 10,000 meters in the AIAW Championships in Eugene, Ore. on May 24. Marty finished 16th in 35:17.9, while her teammate, Brenda Saunders was 14th in 34:55.1. Julie Shea won in 33:02.

## SCHEDULE OF EVENTS

- JULY 4 Friday 7:00 AM Tab Freedom 10,000 Meter Run Lenexa, Kansas  
CONTACT: Race Director 13425 Walnut St. Lenexa 66215
- 4 " 7:30 AM Kellwood Classic 1, 2 & 4 Mile Races Queeny Park  
Chesterfield, Mo.
- 5 Saturday 8:00 AM RRCA National Postal One Mile Run Hickman  
Track. We will start with the older ages  
first (50 & over). Awards from Hardee's.  
\$1.00 fee for non CTC members
- 12 " 8:00 AM FUN RUNS Research Park
- 12 " 7:00 AM One Hour Run Parkway North HS St. Louis, Mo.
- 13 Sunday 7:00 PM Second session of the above One Hour Run
- 19 Saturday 7:10 AM RRCA Mo. State 15 kilometer run championship  
also a 15 kilo walk. Hilton Inn Course. Swimming  
until 10:00 AM at the West Broadway Swim Club where  
the trophies will be given at 8:45 or so. In addition  
to the trophies, a pair of 620 New Balance shoes will  
be given to the overall winner, a subscription to RUNNER  
magazine will be given to the first female finisher  
and another subscription to RUNNER magazine will be  
given on the basis of a drawing. WE WILL NEED HELP  
WITH THE ADMINISTRATION OF THIS RACE!!!
- 26 " FUN RUNS Research Park 8:00 AM
- 26 " all day 10th Annual Santa Fe Trail Golden Track  
Classic Raytown, Mo. CONTACT: Alan Lawson  
11705 E. 83rd St. Raytown, Mo. 64130
- AUGUST 2 Saturday 6:30 AM 30 Kilo Run (10 kilo for women and age  
15 & under), 20 kilo walk Hilton Inn

Entry blanks for the Heart of America Marathon are enclosed. It's time for CTC members to start saving one gallon plastic containers to be used at the aid stations. And, of course, it is also time for them to start getting in some long runs.

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Results of the 10,000 meter walk of May 17th which was left out of the May newsletter: (showing 1600 meter splits)

1. Rob Spier 1:12:25 (11:10, 22:12, 33:30, 45:07, 57:11, 1:09:21)  
34:56 at 5,000 meters and only 5 seconds off his DT
2. William Taft 1:16:50 (12:33, 24:50, 37:21, 49:43, 1:01:55, 1:14:02)  
38:55 at 5,000 and 50 seconds off his DT

And then in the 15,000 meter walk at Hickman Track on June 7th, Bill Taft took on Leonard Busen this time with the following results:

1. Leonard Busen 1:35:32 This time we give the 2,000 meter splits:  
(12:37, 25:24, 38:08, 50:57, 1:03:50-10K, 1:16:24,  
1:29:22,)
2. William Taft 1:59:48 12 seconds off his 2:00:00 DT (15:40, 32:45,  
47:10, 1:03:15, 1:19:20-10K, 1:35:20, 1:52:10)

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CONGRATULATIONS to Dick and Glenna Moe upon the birth of a 7 pound 1 ounce female runner. She was born on June 9 and is now doing some preliminary stretching exercises as a prelude to her running debut.

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Here are a couple more races: July 19 Saturday 8:00 AM 10,000 meter run Bolivar, Mo. CONTACT: Ken Derby 314 W. Colgate Bolivar.

August 3 (if you are not up to 30 kilo) 7:00 AM RRCA Mo. State 10,000 meter Road Championship Liberty Park, Sedalia, Mo.  
CONTACT: Rob Hausam 219 S. Ohio Sedalia, Mo. 65301

JACK WALLACE reports from Minnesota that he participated in a 100 kilo road race recently. Jack tied for 5th with 9:50:01 in his first race ever at a distance greater than a marathon--and this would be almost 2½ marathons. Winner was a John Naslund in 7:37:44.

And, CHRIS CLEGG is at it again--the 24 Hour International Walk at Rouens, France the first weekend in May. Chris had 157.472 km in 24:03:06, almost another 100 miler. The winner, Jan De Jonge, of Holland went 216.672 km in 23:59:50. That's more than 130 miles and he was only 1.2 km ahead of second.

## ELAPSED TIME STANDINGS (not including the two person relay):

## Runners, Open:

1. LaFontaine	344	20. Wampler	96	39. Naumann	47
2. Mittelhauser	310	21. Ervin	95	40. Thornburg	40.5
3. Londeree	295	22. Granberg	94	41. Blevins	39
4. Hessler	270	23. Hinkamp	94	42. Burres	36
5. Maxey	265	24. Stout	85	43. H. Mittelhauser	33
6. Brown	208	25. Bellows	81	44. Markman	31
7. Hellie	205.5	26. Duncan	79	45. Hinckley	30
8. Hemphill	202	27. Welch	77	46. Sloan	29
9. Lewis	192	28. Stebbins	75	47. Blanck	27
10. Palks	166.5	29. Martin	72	48. C. Johnson	27
11. Schutt	139	30. Johnson	71	49. Mueller	27
12. Stewart	130	31. Schottman	67	50. Curry	26
13. Stock	128	32. N. Kruse	67	51. Weston	26
14. Kurth	123	33. Slivinsky	58	52. A. Smith	23
15. Marks	121.5	34. Pastoret	57	53. Jeff Peters	20
16. O'Connell	121	35. Roman	56	54. R. Hoft	19
17. Koonse	116	36. Flotow	52	55. Madsen	19
18. DeCoster	110	37. M. Kruse	51	56. Evans	18
19. J. Gibson	109	38. Wiecek	49	57. Allen	17

## Runners, 15 &amp; under:

1. Matt Gibson	37.5
2. Tim Gibson	35.5
3. Russ Kurth	27
4. Steve Gibson	25
5. Pete Hessler	17
6. Wesley Paul	13
7. S. Schottman	11
8. Amy Hessler	10
9. Jay Sowash	5
10. Jeff Sowash	4
11. H. Schottman	4
12. B. Granberg	4

## 40 &amp; over

1. Londeree	107
2. Brown	89
3. Lewis	66
4. Schutt	52
5. Marks	48
6. Duncan	38
7. Johnson	31
8. Martin	30
9. Kruse	29
10. Wiecek	20
11. Mittelhauser	16
12. Burres	15
13. Walter	9

## WOMEN:

1. Sharon LeDuc	37
2. A. LaFontaine	36.5
3. Amy Hessler	32
4. Slivinsky, M.	32
5. Cain	26.5
6. Sleper	26
7. Stinson	24
8. Hoxworth	24
9. Boyle	20
10. Swietlicki	19
11. C. Schottman	17
12. Carpenter	17
13. Allen	17

## WALKERS

1. Spier	32	1. Spier	30
2. Wass	20	2. Busen	17
3. Busen	18	3. Taft	14
4. Taft	17	4. Gragg	14
5. Mimm	8	5. Bent	3
6. Gragg	7		
7. Bent	5		

Because of a computer breakdown we cannot show the DT standings nor the Schulte Award standings this time, but we will have them next time (a Keith Pierce guarantee).

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OLEN BROWN & STEVE FISHER ran 8,000 meters while the 2 person relay was going on. They ran solo with Olen doing his in 30:40 and Steve at 25:00+ beat most of the 2 person teams.

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## TWO MORE NEW MEMBERS:

The Poole Family  
1657 Sonora  
Columbia, Mo. 65201

Ted Mollett  
Rt. 1, Box 271  
Rocheport, Mo.

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Dr. Larry Lampton of the UMC Medical Center is conducting a study to see what effects conditioning and weight have on lung function. Volunteers above the following weights are needed! For more information, call 443-2511, x6640. FEMALES: 5' 2"-138#, 5' 4"-147, 5' 6" 156, 5' 8" 166  
MALES: 154 163 173 182

FY 5' 10"-175, 6' 0"-184, 6' 2"-193  
M: 192 200 211

This leaves out most conditioned runners, but you might know of someone who would be interested in participating in this.

# JUNIOR OLYMPICS

## Qualifiers for state meet

### BOYS

#### 10 and under

100-meter dash — 1. Craig Burgett (Columbia) 15.84; 2. Marcus Blakey (Jefferson City) 15.85; 3. Nicholas Williams (Columbia) 15.94; 4. D. Gregory (LaPlata) 15.15.  
200 dash — 1. Ricky Odor (Columbia) 33.0; 2. Graig Glover (Jefferson City) 33.27; 3. Nicholas Williams (Columbia) 33.43; 4. Jeff Walker (Jefferson City) 33.93.

400 dash — 1. Tim Gibson (Columbia) 1:13.6; 2. Brad Hassler (Jefferson City) 1:14.8; 3. Brady Rogers (Jefferson City) 1:15.9; 4. Jeff Smedley (New Cambria) 1:18.4.  
800 run — 1. Tim Gibson (Columbia) 2:41.8; 2. Kevin Schroeder (Columbia) 2:42.5; 3. Joe Weis (Columbia) 2:48.7; 4. Jeff Walker (Jefferson City) 3:03.8.

1,500 run — 1. Tim Gibson (Columbia) 5:31; 2. Brad Hassler (Jefferson City) 5:47; 3. Robbie Mindlin (Columbia) 6:16; 4. Jeff Sowash (Columbia) 6:20.

5,000 walk — 1. Jeff Sowash (Columbia) 10:19.9; 2. Michael Griffin (Jefferson City) 10:34.2; 3. Robert Miller (Fulton) 11:44.8.

Long jump — 1. Anthony Gillmore (Ashland) 11-11 1/4; 2. Grant Caloy (Jefferson City) 11-14; 3. Sean Halls (Jefferson City) 10-10 1/2; 4. Brian Bollick (Columbia) 10-7 1/2.

High jump — 1. Kevin Schroeder (Columbia) 4-1; 2. Lerome Richmond (Fulton) 3-10; 3. Eric DeVenney (Columbia) 2-10.

Shot put — 1. Charles Atwell (Columbia) 24-6; 2. Kam Loehner (Jefferson City) 21-11 1/2; 3. Marc Tuttle (Columbia) 21-3 1/4; 4. Mike Griffin (Jefferson City) 20-7.

400 relay — 1. Eric Young, Jeremy Meinhardt, Ben Schafer, Craig Wilson (Jefferson City) 1:03.87; 2. Joe Summers, Mark Argotsinger, Jeff Berril, Matt Lucas (Macon) 1:10.1.

50 dash — 1. Randy Hinton (Columbia) 8.08; 2. Ben Schafer (Jefferson City) 8.48; 3. Brady Rogers (Jefferson City) 8.65; 4. Jason Bennett (Columbia) 8.66.

#### 11-12-year-olds

50 dash — 1. Kevin Honeycutt (Columbia) 7.48; 2. Todd Shannon (Keytesville) 7.53; 3. Jeffery Jones (Jefferson City) 7.63; 4. Lerone Monroe (Columbia) 7.70.

100 dash — 1. Dean Grigsby (New Cambria) 14.12; 2. Shaun Geary (Jefferson City) 14.30; 3. Kevin Galbreath (Fulton) 14.38; 4. Pat Sullivan (Jefferson City) 14.44.

200 dash — 1. Kevin Honeycutt (Columbia) 29.53; 2. Jini Linzie (Columbia) 29.82; 3. Shaun Geary (Jefferson City) 30.41; 4. Brad Binkley (Jefferson City) 30.67.

400 dash — 1. Jini Linzie (Columbia) 1:07.8; 2. Verdis Morgan (Fulton) 1:09; 3. Shawn Echols (Jefferson City) 1:09.8; 4. Jay Sowash (Columbia) 1:10.5.

800 run — 1. Anthony Ferguson (Fulton) 2:48.1; 2. Peter Heesler (Columbia) 2:47.9; 3. Russ DeVenny (Columbia) 2:51.9; 4. Chris Naumann (Jefferson City) 2:57.4.

1,500 run — 1. Peter Heesler (Columbia) 5:25; 2. Chris Naumann (Jefferson City) 5:37.1; 3. Jeff Huston (Fulton) 5:44.4; 4. Eric Romph (Jefferson City) 5:48.1.

50 hurdles — 1. Brad Fitzmaurice (Jefferson City) 9.0; 2. Verdis Morgan (Fulton) 9.54; 3. Stephen Rasmussen (Hallsville) 9.88; 4. Jeff Huston (Fulton) 10.57.

1,500 walk — 1. Jay Sowash (Columbia) 10:05.1; 2. Ricky Mann (Columbia) 11:41.8.

Long jump — 1. Mike Logan (Fulton) 15-5; 2. Kevin Honeycutt (Columbia) 14-5 1/4; 3. Pat Sullivan (Jefferson City) 13-1; 4. Brad Fitzmaurice (Jefferson City) 13-1/4.

Discus — 1. Brad Dobbs (Columbia) 72-1 1/2; 2. Brian Sprouse (Columbia) 54-2 1/2; 4. D. Thompson (Fulton) 58-2; 4. Mike Marsh (Columbia) 55-10.

High jump — 1. Brad Dodds (Columbia) 4-1; 2. Roger Rudkin (Macon) 4-1; 3. Tracy Clark (Fulton) 3-10; 4. Mark Sinner (Jefferson City) 3-8.

Shot put — 1. Mike Logan (Fulton) 28-1; 2. Aaron Tatum (Columbia) 27-0; 3. John Maupin (Jefferson City) 26-5; 4. Tim Echelmeier (Fulton) 24-11 1/2.

400 relay — 1. Tim Echelmeier, Billy Smallworth, T. Clark, Mike Logan (Fulton) 59.03; 2. Jeff Jones, Brad Binkley, Russell Camp, Brad Fitzmaurice (Jefferson City) 59.13.

1,000 relay — 1. Santa, Williams, Farmer, Atterberry (Columbia) 5:10.35.

#### 13-14-year-olds

100 dash — 1. Scott Williams (Columbia) 11.87; 2. Tracy Brown (Columbia) 12.38; 3. Tony Tapp (Columbia) 12.40; 4. John Glover (Jefferson City) 12.52.

200 dash — 1. Scott Williams (Columbia) 24.65; 2. Tony Tapp (Columbia) 25.21; 3. John Glover (Jefferson City) 25.46; 4. Tracy Brown (Columbia) 25.85.

400 dash — 1. Lee Williams (Columbia) 58.0; 2. Dennis Henderson (Fulton) 59.2; 3. Kendal Gonneman (LaPlata) 1:01.9; 4. John Pendergraft (Columbia) 1:03.3.

800 run — 1. Chris Sylvan (Jefferson City) 2:13.0; 2. Lee Williams (Columbia) 2:17.9; 3. Brad Sloan (Columbia) 2:19.7; 4. Andy Williams (Columbia) 2:19.8.

1,500 run — 1. Steve Gibson (Columbia) 4:58.8; 2. Russell Kurth (Columbia) 5:00.5; 3. Matt Reed (Columbia) 5:05.7; 4. Ronnie Watts (Macon) 5:09.1.

80 hurdles — 1. James Hickam (Columbia) 15.47; 2. Mike Jones (Columbia) 17.08; 3. Arnell Monroe (Columbia) 17.30; 4. Todd Dunn (Macon) 17.47.

1,500 walk — 1. John Schneider (Jefferson City) 9:26.4; 2. Steve Walker (Jefferson City) 9:44.9; 3. Shaun Schafer (Jefferson City) 10:13.4.

3,000 walk — 1. Vonn Walter (Columbia) 19:01.8; 2. John Schneider (Jefferson City) 19:34.2; 3. Steve Walker (Jefferson City) 21:48.2.

Long jump — 1. Randy Ellis (Columbia) 17-11 1/2; 2. Chris Sylvan (Jefferson City) 17-8 1/2; 3. Joe Warren (Columbia) 17-8 1/4; 4. Tracy Brown (Columbia) 17-3 1/4.

Triple jump — 1. Tim Fine (Mexico) 38-1 1/4; 2. Jon Heisinger (Jefferson City) 35-2; 3. Brad Sloan (Columbia) 35-1 1/2; 4. Robert Johnson (Jefferson City) 32-7 1/2.

Pole vault — 1. Mike Nacy (Jefferson City) 9-0; 2. (tie) Mike Phillips (Columbia), Kris Grimes (Jefferson City) 5-6.

Shot put — 1. Dillard Atwell (Columbia) 44-1 1/4; 2. Mike Pipes (Columbia) 37-5; 3. Jeff Kramer (Columbia) 35-11 1/2; 4. Mark Jefferson (Jefferson City) 31-7.

Discus — 1. Kenneth Kuntz (Columbia) 119-8; 2. Jeff Kramer (Columbia) 107-2 1/2; 3. Mike Pipes (Columbia) 101-3 1/2; 4. Ray Morgan (Fulton) 58-11.

High jump — 1. Mike Nacy (Jefferson City) 5-6; 2. Greg Highbarger (Columbia) 5-2; 3. (tie) Robert Johnson (Jefferson City), Jon Heisinger (Jefferson City) 4-10.

400 relay — 1. James Hickam, Tony Tapp, Randy Ellis, Scott Williams (Columbia) 49.55; 2. K. L. 49.5, Neal Richards, Dennis Henderson, Tim Robinson (Fulton) 54.2.

1,000 relay — 1. Heisinger, Glover, Kellar, Griffin (Jefferson City) 4:32.27; 2. Conrad, Story, Anderson, Topash (Hallsville) 4:57.32.

3,200 relay — 1. Scott Williams, Steve Gibson, Lee Williams, Brad Sloan (Columbia) 9:51.4; 2. Pickard, Carey, Russell Kurth, Mike Phillips (Columbia) 10:53.31.

#### 15-16-year-olds

100 dash — 1. Greg Maire (Jefferson City) 11.7; 2. Rusty Crane (Columbia) 11.8; 3. Edward Orr (Fayette) 11.8; 4. Greg Shannon (Keytesville) 12.3.

200 dash — 1. Greg Maire (Jefferson City) 24.1; 2. Edward Orr (Fayette) 25.0; 3. Kevin Sullivan (Huntsville) 25.2; 4. Honey Jackson (Jefferson City) 27.9.

400 dash — 1. Greg Maire (Jefferson City) 53.5; 2. Tim Kamp (Columbia) 53.6; 3. Jeff Balmer (Columbia) 55.2; 4. Chris Eubanks (Fayette) 1:01.9.

800 run — 1. Kirk Ekern (Mexico) 2:15.3; 2. Matt Gibson (Columbia) 2:25.3.

1,500 run — 1. Jay Blossom (Columbia) 4:30.1; 2. Dan Nelson (Columbia) 4:30.2; 3. Mark Betz (Columbia) 4:35.0; 4. Richard Diehl (Columbia) 4:42.5.

3,000 run — 1. Will Hileman (Fayette) 9:46.9; 2. David Marr (Russellville) 10:20.8; 3. Randy Starr (Eugene) 10:20.8.

1,500 walk — 1. Matt Gibson (Columbia) 8:39.9; 2. Clinton Brooks (Fulton) 9:06.3.

3,000 walk — 1. Matt Gibson (Columbia) 18:38.9.

110 hurdles — 1. Tom Christensen (Auxvasse) 17.31.

High jump — 1. Tom Christensen (Auxvasse) 6-4.

Long jump — 1. Larry Barkett (Jefferson City) 18-9 1/4.

Triple jump — 1. John Ford (Jefferson City) 37-3 1/2; 2. Neal Coates (Jefferson City) 35-5 1/2; 3. Greg Shannon (Keytesville) 35-4 1/2.

Shot put — 1. Russell Logan (Fulton) 44-10; 2. Casey Loehner (Jefferson City) 44-5; 3. Barry Nichols (Columbia) 40-14; 4. Kent Padgett (Holt Summit) 38-6.

Pole vault — 1. Pat Fine (Mexico) 11-6; 2. (tie) John Ford (Jefferson City), Brian Johnson (Keytesville), Mike Moran (Columbia) 11-0.

Discus — 1. Russell Logan (Fulton) 122-11; 2. Casey Loehner (Jefferson City) 116-7 1/2; 3. Barry Nichols (Columbia) 112-4 1/2; 4. Randy Ray (Columbia) 111-8.

3,200 relay — 1. Balmer, Kernell, Knowles, Blossom (Columbia) 9:32.78.

400 relay — 1. Jackson, Brandt, Coates, Barrett (Jefferson City) 48.4; 2. Cooper, Eubanks, Eubanks, Orr (Fayette) 50.7.

1,000 relay — 1. Knowles, Rafferty, Blossom, Balmer (Columbia) 3:40.3; 2. Harris, Betz, Bruce, Kamp (Columbia) 3:41.9.

800 relay — 1. Crane, Wilkins, Estes, Rafferty (Columbia) 1:37.8; 2. Jackson, Barrett, Coates, Brandt (Jefferson City) 1:44.3.

#### 17-18-year-olds

100 dash — 1. Herbert Johnson (Fulton) 10.75; 2. Bruce Strickland (Columbia) 11.43.

200 dash — 1. Herbert Johnson (Fulton) 22.9; 2. Rod Wright (Columbia) 24.0.

400 dash — 1. Bruce Strickland (Columbia) 51.9.

800 run — 1. Andy Rice (Columbia) 2:02.4.

1,500 run — 1. Mike Clavin (Brunswick) 4:45.9.

3,000 run — 1. Kirk Sloan (Columbia) 9:10.3; 2. Mike Clavin (Brunswick) 11:12.

Long jump — 1. Dan Budig (Jefferson City) 19-9 1/2; 2. Clinton Collier (Fulton) 19-7 1/4; 3. Brad Byrd (Keytesville) 16-11 1/4.

Triple jump — 1. Carlos Lee (Fulton) 41-7; 2. Clinton Collier (Fulton) 38-11.

1,500 walk — 1. Jim Gibson (Columbia) 8:23.5.

5,000 walk — 1. Jim Gibson (Columbia) 31:38.6.

High jump — 1. Eric Smith (Jefferson City) 6-4; 2. Robert Coffey (Columbia) 6-2; 3. Clinton Collier (Fulton) 6-0; 4. Bruce Strickland (Columbia) 5-10.

5,000 run — 1. Mike Clavin (Brunswick) 19:27.8.

#### GIRLS

##### 10 and under

50-meter dash — 1. Kandi Nicken (Fulton) 8.4; 2. Bobbi Galbreath (Fulton) 8.8; 3. Michelle Jackson (Fulton) 8.9; 4. Marsha Perkins (Columbia) 9.2.

100 dash — 1. Lisa Limbrick (Jefferson City) 15.97; 2. Lisa Smith (Columbia) 17.14; 3. Amy McDonald (Columbia) 17.75; 4. Joyce Yokum (LaPlata) 17.94.

200 dash — 1. Tracy Bush (Columbia) 34.73; 2. Darcy Garner (Jefferson City) 35.33; 3. Marsha Perkins (Columbia) 35.85; 4. Amy McDonald (Columbia) 36.50.

400 dash — 1. Lisa Smith (Columbia) 1:19.8; 2. Darcy Garner (Jefferson City) 1:20.4; 3. Deanna Emery (Columbia) 1:27.0; 4. Kerry Bartels (Macon) 1:27.4.

800 dash — 1. Stephanie Kelly (Columbia) 3:22.2; 2. Christy Howes (Macon) 3:27.3.

1,500 run — 1. Laurel Bryant (Fulton) 8:25.

1,500 walk — 1. Stephanie Kelly (Columbia) 10:40.4; 2. Jenny Mann (Columbia) 12:05.7.

Long jump — 1. Lisa Smith (Columbia) 10-7 1/4; 2. Tammy Findley (Fulton) 9-8; 3. Marsha Perkins (Columbia) 9-8 1/2; 4. Deanna Emery (Columbia) 9-7 1/2.

Shot put — 1. Sheila Orr (Columbia) 10-9.

400 relay — 1. Tammy Findley, Michelle Jackson, Bobbie Galbreath, Shelly Wilson (Fulton) 1:08.16; 2. Christy Howes, Karen Bartels, A. Whitney, Abby Edwards (Macon) 1:14.51.

##### 11-12-year-olds

50 dash — 1. Franchel Bennett (Columbia) 7.51; 2. Janet Brandt (Fulton) 7.53; 3. Kim Greene (Fulton) 7.68; 4. Paula Hagar (Columbia) 7.93.

100 dash — 1. Cheryl Johnson (Jefferson City) 13.89; 2. Kathie Wilson (Jefferson City) 14.47; 3. Suzanne Gue (Jefferson City) 15.05; 4. Tonia Feters (Macon) 15.63.

200 dash — 1. Cheryl Johnson (Jefferson City) 29.91; 2. Kathie Wilson (Jefferson City) 31.26; 3. Suzanne Gue (Jefferson City) 31.89; 4. Alissa Griffith (Columbia) 32.46.

400 dash — 1. Franchel Bennett (Columbia) 1:10.3; 2. Tonia Feters (Macon) 1:15.3; 3. Jan Gentry (Fulton) 1:17.6; 4. Leigh Calley (Jefferson City) 1:19.5.

800 run — 1. Shana Swindler (Columbia) 3:04.4; 2. Jodi Rhodes (Two Mile Prairie) 3:09.3; 3. Francis Dawson (Bevier) 3:13.8; 4. Dawn Smith (Bevier) 3:27.9.

1,500 run — 1. Heather Scholtman (Columbia) 6:12.1.

1,500 walk — 1. Deborah Bratkowski (Fulton) 12:39.2.

50 hurdles — 1. Janet Brandt (Fulton) 10.0; 2. Alisa Griffith (Columbia) 10.13; 3. Angie Jones (Jefferson City) 10.15; 4. Paula Haefner (Jefferson City) 10.86.

Long jump — 1. Kay Greene (Fulton) 12-6 1/4; 2. Tonia Feters (Macon) 11-10 1/4; 3. Paula Haefner (Jefferson City) 11-5 1/2; 4. Tony Nikens (Fulton) 11-4 1/4.

Discus — 1. Lisa Dyson (Columbia) 40-2; 2. B. Baird (Fulton) 31-3 1/2; 3. Cindy Gerke (Columbia) 29-8; 4. Teri Smith (Fulton) 28-1 1/2.

High jump — 1. Lavonda Pittman (Fulton) 3-10; 2. Colleen Cieser (Columbia) 3-10; 3. Janelle Laqua (Columbia) 3-10; 4. Sara Albright (Bevier) 3-8.

Shot put — 1. Colleen Cieser (Columbia) 26-1 1/2; 2. Jan Gentry (Fulton) 25-5; 3. Lisa Dyson (Columbia) 18-2; 4. Teri Smith (Fulton) 14-8.

400 relay — 1. Janet Brandt, C. Johnson, Kay Greene, A. Jones (Fulton) 58.42; 2. Sharon Hayes, Kish, V. Lawson, Pittagur (Columbia) 1:03.42; 3. Eieska Moorer, Moore, Ti Nickalaus, Lavonda Pittman (Fulton) 1:03.92; 4. Julie Boehm, Susan Therott, Stacy Reichard, Jane Hubbs (Jefferson City) 1:03.88.

##### 13-14-year-olds

100 dash — 1. Lorida Richardson (Columbia) 12.55; 2. Lisa Landcaster (Fulton) 13.55; 3. Lisa Kurth (Columbia) 13.78; Dawna Martin (Fulton) 14.09.

200 dash — 1. Kelly Polk (Jefferson City) 28.45; 2. Lisa Kurth (Columbia) 28.71; 3. Cheryl Wilson (Macon) 28.84; 4. Amy Boyd (Jefferson City) 28.97.

400 dash — 1. Dede Case (Jefferson City) 1:04.7; 2. Anjanette Glasgow (Columbia) 1:07.6; 3. Vicki Tumlin (Macon) 1:09.2; 4. Joan Howard (Macon) 1:10.2.

800 run — 1. Amy Boyd (Jefferson City) 2:39.7; 2. Elizabeth Jackson (Jefferson City) 2:48.8; 3. Nenna Moberly (Jefferson City) 2:50.4; 4. Cheryl Heiple (Bevier) 2:50.6.

1,500 run — 1. Dede Case (Jefferson City) 5:21.0; 2. Angela Bailenger (Columbia) 5:26.8; 3. Renee Bryany (Jefferson City) 5:57.0.

1,500 walk — 1. Amy Heesler (Columbia) 9:10.8; 2. Tammy Pendergast (Fulton) 10:45.8; 3. Kelly Atterberry (Fulton) 11:42.0.

80 hurdles — 1. Delin David (Jefferson City) 14.48; 2. Alicia Rona (Jefferson City) 14.84; 3. Lisa Thompson (Fulton) 15.66; 4. Carol Buckner (Columbia) 16.32.

Long jump — 1. Laura Dye (Columbia) 14-6; 2. Neresia McKenney (Columbia) 14-4 1/2; 3. Sheila Stallings (Columbia) 14-3; 4. Amy Boyd (Jefferson City) 14-2 1/4.

Triple jump — 1. Laura Dye (Columbia) 29-1.

Shot put — 1. Kristin Schinkle (Jefferson City) 30-10; 2. Melissa Baker (New Cambria) 27-6; 3. Mirian Khalil (Columbia) 27-4; 4. Nancy Wehmeyer (Jefferson City) 26-11.

Discus — 1. Kristin Schinkle (Jefferson City) 70-7; 2. Carol Buchner (Columbia) 61-6; 3. Nancy Wehmeyer (Jefferson City) 59-2; 4. Michelle Schaeffer (Macon) 48-6.

High jump — 1. Kim Sheets (Columbia) 5-3; 2. Lorida Richardson (Columbia) 5-1; 3. Lori Cox (Columbia) 4-8; 4. Laura Dye (Columbia) 4-8.

400 relay — 1. Delin David, Michelle Sear, Crystal Robinson, Kelly Polk (Jefferson City) 53.97; 2. L. Kurth, S. Stallings, T. Wright, N. Crane (Columbia) 54.44; 3. L. Turner, G. Thornton, L. Richardson, A. Glasgow (Columbia) 54.63; 4. K. Jones, T. Hutchins, L. Cox, M. Ganaway (Columbia) 57.90.

3,200 relay — 1. Amy Gose, Alicia Ronan, Lisa Goelzer, Janna Moberly (Jefferson City) 12:33.

##### 15-16-year-olds

100 dash — 1. Jenny Oldweiler (Columbia) 12.9; 2. Debbie Buckner (Columbia) 13.4; 3. Trina Linzie (Columbia) 13.6.

200 dash — 1. Jenny Oldweiler (Columbia) 27.0; 2. Debbie Buckner (Fulton) 28.4.

400 run — 1. Vivian Gannaway (Columbia) 2:39.2; 2. Tracy Cox (Columbia) 2:57.4.

1,500 run — 1. Vivian Gannaway (Columbia) 5:22.5; 2. Stephanie Knowles (Macon) 5:31.1; 3. Karen Howard (Columbia) 6:14.7.

High jump — 1. Liz Bush (Fayette) 5-5; 2. Dawn Shaffmaster (Keytesville) 4-4.

Long jump — 1. Melanie Combs (Columbia) 16-2 1/2; 2. Liz Bush (Fayette) 15-1/2; 3. Trina Linzie (Columbia) 14-10; 4. Dawn Shaffmaster (Keytesville) 12-11 1/4.

Triple jump — 1. Rachelle Richmond (Fulton) 33-7 1/4; 2. Melanie Combs (Columbia) 33; 3. Liz Bush (Fayette) 32-2; 4. Dawn Shaffmaster (Keytesville) 27-10 1/2.

Shot put — 1. Debbie Gerke (Columbia) 29-6 1/2; 2. Brenda Rutter (Columbia) 25-5.

Discus — 1. Debbie Gerke (Columbia) 89-10; 2. Brenda Rutter (Columbia) 68-5.

400 relay — 1. Linzie, Combs, Richmond, Oldweiler (Columbia) 52.7.

##### 17-18-year-olds

800 run — 1. Julie Martin (Fulton) 2:34.4.

Long jump — 1. Judy Vaughn (North Callaway) 16-3 1/4.

Triple jump — 1. Judy Vaughn (North Callaway) 32-10 1/2.

Shot put — 1



## EXERCISE TESTING AND PRESCRIPTION NOW AVAILABLE

Exercise related testing services are now available to the public in the Human Performance Lab at the University of Missouri-Columbia. Available tests include incremental stress tests, body composition (% fat), muscle strength tests, flexibility tests, body alignment tests, maximal oxygen consumption, anaerobic threshold, and evaluation of common exercise related problems. Interpretations and prescriptions can lead to a more knowledgeable approach to starting an exercise program, training for a particular race, or solving exercise related problems. The breadth and depth of services probably are not available in any other single setting in the country. The prices generally are well below what they are in most labs and clinics around the country. Specifics about the program are shown below.

Ben R. Londeree

6/9/80

## Human Performance Lab Service Fees

Graded Treadmill Exercise with ECG	\$10.00
Body Composition-Underwater Weighing	\$10.00
Groups of 2	\$17.50
3	\$24.00
4.	\$29.00
Muscle Strength and Flexibility	
Deluxe	\$20.00
Standard	\$10.00
Maximal Oxygen Consumption	\$40.00
Anaerobic Threshold including Maximal Oxygen Consumption	\$100.00
Exercise Prescription	\$5.00
Consulting by lab assistants	\$10.00/hr.
Standard package for fitness evaluation and exercise prescription (Graded Treadmill or Step Test with ECG, Body Composition by Underwater Weighing, Standard Muscle Tests, and Prescription)	\$30.00
Economy package for fitness evaluation and exercise prescription (Step Test, Body Composition by skinfolds, Standard Muscle Tests, and Prescription)	\$20.00
Supervised Exercise Enrollment--16 weeks of supervised exercise in the Fitness for Living Program	\$50.00

Telephone: 882-6892 or 882-4021

Here's an announcement of a free clinic for runners and would be runners. CTC recommends your attendance at this session... . . . .

If you've thought about beginning running, or have tried getting started but were unable to keep it up, a program developed by Columbia Clinical Psychologists Gerry Heisler and Bob Frank, and Physiologist Dave Wiegman could be of value to you. This innovative approach to encouraging people to join the ranks of daily joggers will be sponsored by d Sport Shop and offered as a public service on July 12, 10:00 AM, Jaycee Bldg.

"We have combined a variety of psychological and practical techniques aimed at reducing the stress which can be involved when some approach the sport without preparation," says Heisler. The program also focuses on the psychological and physiological benefits of running.

"Running doesn't have to be painful unless the person wants it to be," Frank emphasizes. "Proper pacing, equipment, warm ups, and most importantly goal setting can help. We find that unrealistic expectations can lead to many becoming disappointed and disillusioned because they are unable to move like they think they should. In our program, we talk about setting realistic expectations, increasing comfort, planning time management, and focusing on the positive aspects of running." They caution that anyone who hasn't been active should consult a physician and undergo an examination before attempting strenuous exercise. "Running isn't for everyone especially if you approach it as just another should to be added to a list each day. Choosing to do it remains paramount."

"Our program is flexible," adds Wiegman, "We ask the audience what it is they want to know and what questions they need answered. If we're able to add some information, we do. Some of what we attempt is similar to the preparation for childbirth exercises many may have completed. The program deals with relaxation training, imagery, breathing techniques, and overcoming body image concerns. We like to have fun in what we're doing and mix up sharing information with some structured exercises which emphasize points we make."

The Jaycee Building is on the west edge of Stadium Blvd. North across from the Municipal Golf Course. Across the road and south a little ways from the Columbia Athletic Club Building. Gerry Heisler is a CTC member.\*\*\*\*\*

The Missouri Park & Recreation Association (and the Columbia P & R Dept.) is sponsoring the Hershey Youth Foundation T & F Meet on Friday, July 11. The meet is for 9-15 year olds with qualifications being through various Day Camps sponsored by local P & R Depts. The meet is to be held at Hickman Track, in two sessions, 10-12 AM and 1-3 PM. CTC has been asked to provide personnel to help with the administration of the meet. If you want to help then you should so advise Brenda Adams of the Columbia P & R Dept. phone #874-7460. A lunch will be provided for the volunteer help, but you need to let Brenda know in advance if you want a lunch. Even if you are unable to commit yourself in advance, you should feel free to simply show up that day and offer your help.

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A resounding THANKS! to the AiLo Paul family for their donation of \$200 to CTC for the support of our Junior Olympic and summer age group programs. This money is a part of the royalties from the book about Wesley, a Marathoner. What we have done is establish a Wesley Paul Trust Fund. We hope that other people will contribute to this Fund with the understanding that the principal will remain intact and that the income will be used only for the programs for the kids. If you want to contribute to the Fund you should make checks payable to Columbia Track Club and you should specify that the contribution is to go to the Fund. As with all donations to CTC, these contributions would be tax-deductible.

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Another race to put on the schedule--the Lake Atwood Ten Mile Road Race, Saturday, July 26, 1980, 7:45PM, Atwood, Kansas. This is the race put on by Bob Creighton, the 9th Annual. This is one of the best organized and most hospitable races anywhere. The prerace booklet Bob publishes is full of a great amount of statistical information about the previous races. I have never seen anything like it. All kinds of records, ages, families, states (Mo.: Greg Lovercamp 59:18, '79), counties, averages, comparisons, etc., etc. CTC will pay the gas expense for anyone who might want to take a car load of runners. A worthwhile race. though Atwood is a long way off.



ROAD RUNNERS CLUB OF AMERICA  
1980 NATIONAL POSTAL MEET OF MILES  
COLUMBIA, MISSOURI SECTION

- EVENT: A One Mile Run
- DATE: 7-5-80 8:00 a.m., starting with oldest age group; (50 & over)  
separate heats for each age group, each sex, unless number of entrants does not justify a separate heat for a particular group.
- PLACE: Columbia, Missouri, Hickman High School Track
- ENTRIES: No entry fee is required. No pre-registration is necessary.  
Simply come, prepared to run.
- AGE GROUP: 7 and under; 8-9, 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-over. Male and female in separate groups.
- AWARDS: HARDEE'S FAMILY RESTAURANT, 608 Business Loop 70 W, will give certificates to the first 3 places, each group (a possible 66 awards) as follows:
- First Place: A HARDEE'S Big Roast Beef Sandwich,  
regular fries, and medium soft drink.
- Second Place: A regular Roast Beef Sandwich, medium soft drink,
- Third Place: A Hardee's Regular Roast Beef Sandwich.
- TEAMS: Cumulative time totals of the top 3 Columbia Track Club runners, each age group, each sex, will be scored. If any other clubs are present, they, too, will be scored.
- RESULTS: Participants will be competing with thousands of other runners throughout the world. Both individual and team results will be sent to Ken Young, University of Arizona, Tuscon, Arizona, who will co-ordinate the results which will then be sent to most of the national running publications.
- SPONSORS: HARDEE'S FAMILY RESTAURANT, Business Loop 70 West  
COLUMBIA PARKS AND RECREATION DEPARTMENT  
COLUMBIA TRACK CLUB

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

Steve Baurichter  
Rte. 4  
Columbia, Mo. 65201

Richard Diehl, Jr.  
103 Tracy Dr.  
Columbia, Mo. 65201

Carolyn Epple  
1229 Sunset Dr.  
Columbia, Mo. 65201

Harvey Green  
209 Spring Valley Rd.  
Columbia, Mo. 65201

Bruce Strickland  
4100 Defoe Dr.  
Columbia, Mo. 65201

LABOR DAY, SEPTEMBER 1, 1980, COLUMBIA, MISSOURI

- STARTING TIME: 6:00 a.m., CDT, be at Guitar Community Center by 5:30 a.m., unless you already have your number. If so, you can go directly to the starting line.
- ELIGIBILITY: Race is open to any amateur athlete in the world.
- ENTRY FEE: \$3.00 if paid before 7:00 p.m., August 31. After that time entry fee will be \$5.00. Make checks payable to Columbia Track Club.
- ENTRY DEADLINE: Post entries will be accepted, but earlier entries will be appreciated. For instance, no later than August 30th.
- MEDICAL CERTIFICATE: No formal medical certificate will be required, however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.
- PRE-RACE MEETING: Sunday, August 31st, numbers will be handed out between 5:00 p.m. and 7:00 p.m. at the Guitar Community Center.
- AID STATIONS: Aid cars tour the course continually. Aid stations are about every two miles and remain open until the last person is past.
- HEADQUARTERS: Race headquarters will be the Guitar Community Center, Number 2 Guitar Street, just east of the finish line at 7th and Broadway, downtown Columbia.
- AWARDS: Trophies to first 12 finishers, plaques to the next 88 finishers. Trophies to first three finishers in 40-49 age group and to first three women finishers. Trophy to the first over-50 finisher. Marathon t-shirts and certificates to all finishers. Dave Schulte Memorial Award for Improved Performance will be presented to the runner who has the greatest percentage improvement over his previous best (any year) Heart of America Marathon in less than five hours.
- CERTIFICATION: Course has been certified by the Long Distance Running Committee of the AAU.

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To be returned to : Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65201

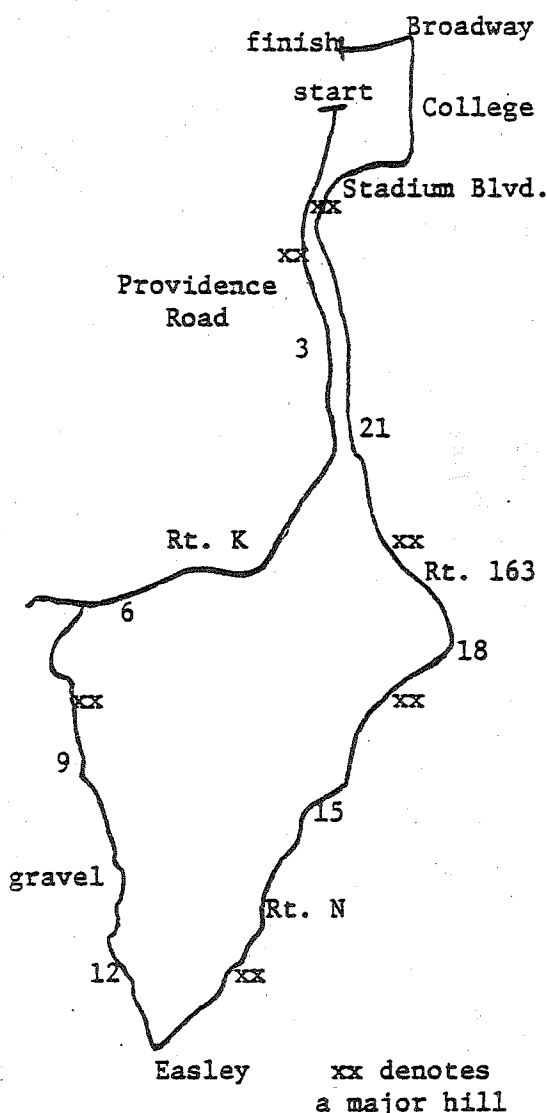
ENTRY BLANK

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the City of Columbia, Missouri or the Columbia Track Club for all injuries suffered by me at said race.

Print Name \_\_\_\_\_  
Signature \_\_\_\_\_ Birthdate \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_

If entrant is under 18, parent or guardian must sign below:

Name \_\_\_\_\_  
How many marathons have you completed? \_\_\_\_\_ Where and when was your most recent marathon? \_\_\_\_\_  
Your best marathon time? \_\_\_\_\_ Your time? \_\_\_\_\_  
Where? \_\_\_\_\_ When? \_\_\_\_\_



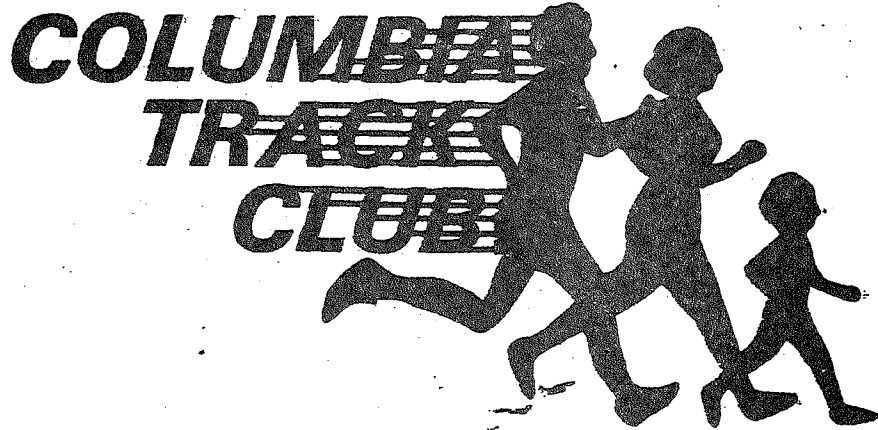
Please BE FAMILIAR WITH ALL INSTRUCTIONS - THEY ARE IMPORTANT!

1. PLEASE REGISTER IN ADVANCE. It isn't fair to the other runners for post entrants to cause possible delays in the starting time.
2. WEAR NUMBERS ON THE FRONT.
3. Run on the RIGHT side of the road to the Rt. "K" - 163 intersection (almost 4 miles). Thereafter run on the left the entire distance, except on the hill leading to the 24 mile point, by Memorial Stadium, where you should run on the right side of Providence Road. Also the finishing chute will be on the right or north side of Broadway.
4. Avoid running in groups or bunches which obstruct traffic lanes. The Highway Patrol requests that runners go single file as much as possible. This request is for your own safety.
5. BE CAREFUL. Do not challenge automobile traffic. Remember that all of the roads on which you run were built for and are heavily used by vehicular traffic.
6. We mean what we say when we say a runner must quit if directed to do so by one of the course physicians. We will not bodily remove you from the course, but you will be disqualified.
7. Race headquarters will be closed at 12 noon. This means a 6 hour time limit. Anyone finishing thereafter will receive no awards. If you are not fit enough to run a marathon in less than six hours, then you have no business making the attempt.
8. All spectator vehicles should stay off the course between the start and Easley, when the runners are outward bound. There is considerable congestion for the first several miles and automobile traffic is a definite hazard. SPECTATORS, FRIENDS AND RELATIVES: PLEASE COOPERATE WITH US AS TO THIS REQUEST!

As a recipient of Federal Funds from the U. S. Department of the Interior, Columbia Parks and Recreation operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act.

Under Title VI, the U. S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its Federally assisted programs.

Any person who believes he or she has been discriminated against in any program, activity, or facility of the Columbia Parks and Recreation, or desires further information regarding Title VI, should write immediately to: The Office for Equal Opportunity, U. S. Department of the Interior, Office of the Secretary, Washington, D. C. 20240.



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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