

TRACK CLUB

NEWSLETTER Vol. XII, No. 5 May 25, 1980

MARK HOFIUS AND DEBBIE HOXWORTH ARE WINNERS AGAIN Diet-Pepsi
10,000 meter race April 27, 1980:

An easier course and cool weather sure make a difference. I think every runner who ran both the Human Race and the Diet-Pepsi race improved their times by quite a bit in the latter race. Temperature at the 8:30 AM start for the Diet-Pepsi race was in the upper 40's and the sun was not a factor. There was some wind, though from the north, but overall the conditions for a race were excellent. The Diet-Pepsi course is devoid of the monster hills that mark the Human Race course. Actually the variety one gets in running both courses is desirable--it is good to have a challenging, tough course and then one which is easier. Anyway, times were consistently faster. Mark Hofius was 55 seconds faster and Debbie was 2:05 faster. Here are some other differences: Shegoski 2:10 faster, McMullen :26, Londeree :41 (and a PB!), Hessler 1:27, Hemphill :59, Maxey :40, Palks :50 (this was Jon's last CTC race--he has moved to Wichita and a job with the VA Hospital), Hellie 1:20, Pastoret 2:39, Bellows :37, Lewis 1:37, Marks 1:40, Koonse 1:17, Jim Gibson 2:06, etc., etc., you get the idea.

While this race was not a scheduled CTC race, still since it was essentially one of "our" races, it will count insofar as CTC event records are concerned. Therefore, the following records fell: Randy Starr lowered the age 15 & under 10,000 meter road mark set by Wesley Paul in July, 1979. Starr had 37:04 while Wesley had 37:12, which was enroute to 15 K. In July '76 Ron Tabb was 30:48 enroute to his 15 K, so Hofius beat that. Then Ben Londeree got under Walt Renaud's 34:44. It is amazing that Ben gets a PB at age 45, especially when you keep in mind that his times over the years are really exceptional. He is in as good shape as he has ever been in. Don Johnson was six seconds off Turk's record, while Amy Johns' 38:00 wasn't threatened nor was Jim Zickefoose's 32:36 for 30-39.

We are very appreciative of the role of the Pepsi Cola Company for sponsoring this race. Special kudos to Pepsi's RON LAVINDER for the many hours of work he put into the event and to NEAL PETERSON of BHN Advertising who masterminded the promotional efforts and who, on race day, did most of the typing of the results. Ron Lavinder recruited some 15 Pepsi employees to help. THANKS also to Ben Londeree for getting the course certified, to Dr. Leland Pfefer who acted as race physician and to the followein other CTC people who assisted in the conduct of the race: Jim Walter, Vonn Walter, Jim Gibson, Joann Gibson, Matt Gibson, Steve Gibson, Tom LaFontaine, Annette LaFontaine, Russ Kurth, Joyce Schulte, Carl Schulte, Dennis Schulte, Marin Blevins and Ben Welch. Then THANKS to Robin Lingle for all the equipment he loaned and for opening up the UMC facilities, and to the Columbia Police Reserves headed by Harry Gowan.

We were fairly satisfied with the finish line administration of the race. This was the first time we had used the "pull tag" system and there is nothing like the first time to learn what all can go wrong. There are errors in the results for 25-30 runners in the early-mid 300's. Probably this came about because of reversing some of the tags. We didn't post immediate results after the race, because of uncertainties, but next time we will. And, I apologize to the poor runner who came to the chutes, found them all closed, ducked under and into one of them, only to find that the other end was also closed, since he got into an aisle instead of a chute. He must really have felt trapped. This happened when Duncan closed a chute just a little before another got open. So, we do learn. I wonder if he is still in there?

COLUMBIA

Diet- Pepsi Results

1 Mark Hofius	23 12:42.3	142 Martin Messacker	24 12:11	232 Sarah Ball	18 12:10
2 Steve Fisher	12 11:22.3	143 Steven Fletcher	21 12:22.3	233 Don Patterson	38 12:28
3 Marc Shegorki	12 12:22.7	144 Thomas E. Brown	12 12:22.7	234 Thomas Mark Adams	12 12:31
4 Timothy McMullen	7 12:20	145 Susan Boye	17 12:41	235 Janie Covington	23 12:34
5 Hal Gulemeyer	13 12:40	146 Jim Sowash	11 12:48	236 Julie Stincoaden	12 12:50
6 Dan Wheeler	13 13:17	147 Joe Kirkpatrick	24 12:50	237 Jeff Sowash	1 12:55
7 Bob O'Connell	21 13:29	148 Xavier Chavez	13 12:52	238 Ed Godelux	23 12:55
8 Duncan Westhurs	13 14:23	149 Dan Weeks	15 12:57	239 Timothy M. Bantrup	24 12:57
9 Charlie Markman	21 14:28	150 Roy Forcia	17 13:03	240 Jean Grinn	21 13:17
10 Ben Landeree	15 14:39	151 Kenneth Skoudy	12 13:03	241 Carol L. Schutte	13 13:19
11 Joseph Schroeder	13 14:53	152 Gary W. Grant	27 13:04	242 Tom O'Connor	24 13:23
12 Mark Kelly	13 15:02	153 Tim Ollion	21 13:11	243 Sue Wenken	24 13:23
13 Richard Messier	13 15:12	154 Patrick Goeckner	12 13:17	244 Mike Gammons	12 13:24
14 Brother Russen Martin	13 15:15	155 Steve Chims	21 13:18	245 Bill Graham	13 13:31
15 John Hamonill	24 15:17	156 Kenneth J. Farnmann, Jr.	24 13:24	246 Amy Settle	19 13:35
16 Bruce Maxey	13 15:20	157 Michael Ray	13 13:33	247 Kate Thaden	24 13:35
17 Tom DeCoaster	15 15:30	158 Rick Pomer	21 13:39	248 James McInturf	24 13:35
18 Timothy DeCoaster	25 15:31	159 Bill Kaves	15 13:43	249 Ann Klopp	15 13:51
19 John Weston	25 15:32	160 Jay Sowash	11 13:45	250 Patty Wain	14 13:52
20 Jim Nowak	24 15:31	161 John Reinison	16 13:52	251 Connie Giosume	13 13:53
21 John Paks	13 15:27	162 Wes Bailey	12 13:55	252 Amy Wilson	14 14:04
22 Tom Hefke	17 15:27	163 John Youngblood	13 13:57	253 Brian Smith	12 14:08
23 David Wieland	25 15:44	164 Bill Kneager	13 14:03	254 John Fred Linderwon	27 14:07
24 Peter Pastorel	17 15:47	165 Richard Echon	13 14:07	255 Donna Pissacox	16 14:14
25 Kevin Fyler	24 15:48	166 Terry Vander Heyden	23 14:15	256 Kenneth Holland	13 14:15
26 Randy Starr	15 15:54	167 Ted Mohart	23 14:15	257 Laura Allen	17 14:18
27 Douglas Edwards	12 15:59	168 Rob Nix	27 14:17	258 Frederick Loessing	17 14:23
28 Ronald Selye	17 15:52	169 Jay Nixon	24 14:25	259 John O'Connor	11 14:25
29 James Tweedie	27 15:55	170 Peggy Nelums	19 14:25	260 Heather O'Connor	21 14:25
30 Donald Lewis	4 15:55	171 William Hill	24 14:28	261 Margie Meyer	21 14:30
31 Nick Jacobson	13 15:51	172 John Stin	12 14:27	262 Ron Casurn	12 14:31
32 Joe Klinge	13 15:52	173 Peter Orsheiman	12 14:38	263 Andrew Bobbit	14 14:33
33 Jeff Smith	13 15:52	174 Nick Pecknam	10 14:38	264 Mecca Carpenter	16 14:34
34 Joe Marks	42 15:44	175 Allan Plead	13 14:32	265 Carol Schottman	22 14:38
35 James Pinsky	19 15:46	176 Bobby George	13 14:33	266 Mary Reinison	20 14:41
36 Roger Reinson	18 15:51	177 Gary Maddox	18 14:33	267 Marilyn Manson	13 14:44
37 Gene Mansbrough	17 16:01	178 W. Scott Snyder	30 14:33	268 Frankie Merris	12 15:01
38 Mark Hunter	18 16:08	179 Christoffer Gios	15 14:34	269 Rose Ward	17 15:08
39 Robert Schottman	13 16:14	180 Tom Sagrenza	13 14:38	270 James Pinkerton	13 15:08
40 Joseph Gilchrist	13 16:15	181 Jaannette King	13 14:38	271 Laura VanMatre	13 15:07
41 Dan Fenneman	25 16:21	182 Allen Mayden	14 14:32	272 Heather Schottman	13 15:12
42 Gary Jonanning	29 16:23	183 Matt Winnacker	19 14:33	273 Patricia Wagner	21 15:21
43 Michael Koonse	15 16:25	184 Kevin Shuts	27 14:33	274 Alan Worden	13 15:22
44 James Gibson, Jr.	16 16:27	185 Rob Hart	17 14:33	275 James Bourne	13 15:22
45 David Kannewurf	24 16:48	186 Frederick Jones	24 14:33	276 Matthew Reed	24 15:45
46 Richard Swanson	12 16:48	187 James Chastain, Jr.	14 14:33	277 Ave Johnson	13 15:45
47 Richard Linn	15 16:51	188 David Hewitt	14 14:33	278 Alan Chase	13 15:45
48 Clyde W. Johnson, Jr.	17 16:59	189 Virginia Thompson	25 14:33	279 Kathleen Cain	17 15:47
49 Bill Wlecek	42 16:01	190 Grant Nelson	27 14:33	280 Carol Madden	14 15:49
50 Glen Brown	44 16:03	191 Debra Mosley	16 14:34	281 Roger Hanson	4 15:50
51 Owen Akuts	28 16:08	192 Eric Mumford	14 14:35	282 Harvey Greer	13 15:51
52 Richard Martin	47 16:15	193 Shanna Banerji	23 14:35	283 Greta Weranus	24 15:51
53 Phil Remkomeyer	15 16:18	194 Mark Sappington	23 14:38	284 Candace Stolt	12 15:51
54 Gale Carmas	22 16:19	195 Dan Ovsnak	30 14:37	285 Curtis Egnort	23 15:53
55 Joe Kurni	33 16:25	196 Terry Price	15 14:38	286 Elizabeth Moscar	21 15:53
56 Dennis Oberg	30 16:30	197 Betty Scardino	30 14:39	287 David Grouws	24 15:53
57 Steve Zych	21 16:32	198 Dan Gerot	20 14:41	288 Anne Jaworskowi	20 15:58
58 Jim O. Vermilion	28 16:32	199 Susan LeGoux	23 14:42	289 Scott Spring	21 15:58
59 James Helmott	24 16:38	200 Glen Himmelsberg	42 14:43	290 Jeff Autemueier	24 15:58
60 Sam Stout	17 16:41	201 Tom Ross	15 14:49	291 Nancy Bindbeutel	27 15:58
61 Mark Stanthorn	22 16:43	202 John Goina	22 14:50	292 Joseph Jann	12 15:58
62 Eric Skann	13 16:48	203 Jani Mosey	25 14:51	293 Jimmy McCumsee	14 15:58
63 Olex Naumann	23 16:48	204 Tom Kresanck	23 14:55	294 Lisa Tweedie	13 16:04
64 Mark Belwood	23 16:48	205 Heidi Kraus	19 14:59	295 Walter Johnson	12 16:05
65 John Nieters	24 16:58	206 Richard Ives	22 14:57	296 Candene Landeree	22 16:08
66 Tim Hayden	24 17:02	207 Chuck Matthews	21 14:10	297 John Walen	19 16:11
67 David Pierce	21 17:04	208 Gary Badstener	15 14:14	298 William Alvord	13 16:12
68 Philo Scardino	21 17:04	209 Mike Rasmussen	15 14:18	299 Dennis Nois	12 16:22
69 Mark Eckelkott	27 17:07	210 Penny Simon	18 14:18	300 Donna Walls	24 16:25
70 Cecile Howorth	21 17:11	211 Unregistered	17 14:25	301 Norma Fair	13 16:25
71 Joe Goldaro	13 17:12	212 Robert G. Acuff	17 14:25	302 Tamr Mansbrough	13 16:25
72 Thomas E. Edes	13 17:27	213 John Gilbert	13 14:32	303 Kelly Joss	19 16:25
73 Steve Pennington	22 17:34	214 Judith A. Nelson	23 14:33	304 Debra Soencer	23 16:25
74 Dan Johnson	11 17:37	215 Chris Mittenberger	22 14:33	305 Gavie Latterman	23 16:25
75 James L. Schorr	31 17:40	216 Bruce Ginsberg	19 14:55	306 Lisa Zahers	24 16:40
76 George Hoert	15 17:42	217 Ken Londa	18 14:59	307 Vanetta Weagle	13 16:48
77 Ron Wamoler	12 17:50	218 Nicholas Klaus	14 14:59	308 John Cooley	12 16:48
78 Ken Nelson	22 17:55	219 Randy Slater	15 14:59	309 Trisha Nikolai	12 16:48
79 Norris Kruse	44 17:57	220 Robert Waite	22 14:59	310 Julie Slivinsky	12 16:48
80 Audi Smith	47 17:57	221 Ginger Frazer	22 14:59	311 Sandy Rother	22 16:48
81 James Ryan	23 17:59	222 Eric O. Vance	24 14:59	312 Tricia Alford	10 16:48
82 Steve A. Rockers	15 18:15	223 Joe Jacob	11 14:59	313 Martin Avon	10 16:48
83 Jeff Peters	40 18:18	224 Kevin Klein	14 14:59	314 Todd Williams	23 16:48
84 Mike DeLoagnery	30 18:22	225 David Sleser	32 14:59	315 Joanne Pranger	23 16:48
85 Russell Carney	30 18:29	226 Jim Graul	22 14:59	316 Kathleen Mitchel	24 16:48
86 Richard Bowles	25 18:33	227 Smt Thomas	23 14:59	317 Sharon Fugoni	27 16:48
87 Oran Prince	12 18:51	228 Anthony Gie	18 14:59	318 Rebecca Wright	10 16:48
88 Terry Kruse	13 18:54	229 David Johnson	23 14:59	319 Chris Hueser	21 16:48
89 John Mueller	17 18:59	230 Jim Sheno	23 14:59	320 Brenda Easton	24 16:48
90 Richard Madden	18 19:00	231 Kate Hartung	23 14:59	321 David Elton	19 16:48
91 Steve Tomka	22 19:04	232 Roger Fischer	20 14:59	322 Susan Harrison	26 16:48
92 Robert Breedlove	22 19:08	233 Daniel J. Stewart	21 14:59	323 Linda Gooden	13 16:48
93 Mike Simons	17 19:10	234 Chris Schwenler	28 14:59	324 Neil Blaney	13 16:48
94 Charlie Slivinsky	28 19:13	235 Norm Bagley	14 14:59	325 Dan Larkin	13 16:48
95 Stewart Miller	22 19:24	236 Elaine Sleser	19 14:59	326 Beth Conrad	13 16:48
96 Dan Proctor	30 19:25	237 John White	23 14:59	327 Tammy McLawhlan	13 16:48
97 Greg Codeband	12 19:28	238 Mary Slivinsky	21 14:59	328 John Dunn	1 16:48
98 Klen Liberman	23 19:31	239 Frank Mantreda	21 14:59	329 Daniel Purcell	10 16:48
99 Steve Oerscn	18 19:32	240 Tony Kriog	23 14:59	330 Chris Hauser	10 16:48
100 Tim Gibson	1 19:34	241 Russ Camen	23 14:59	331 Dixie Bort	40 16:48
101 Kevin Kenick	22 19:38	242 Chris Sawwin	53 15:01	332 Geraldine Manoney	40 16:48
102 Jay Ward	18 19:42	243 Jim Jacob	19 15:02	333 Lorna Lynn Forrest	27 16:48
103 F.C. Fred White	15 19:45	244 Mark Callman	14 15:04	334 Chris Igel	32 16:48
104 Charles Moore	11 19:48	245 James Pangman	19 15:12	335 Maxine Gill	32 16:48
105 John Qualy	22 19:49	246 Katherine Cogswell	38 15:15	336 Karen Atwell	32 16:48
106 Gary Titus	28 19:52	247 Sharon LaDuc	21 15:19	337 James Abernathy	11 16:48
107 Paul Whitenead	21 19:58	248 Eric Gorf	21 15:22	338 John Dye	21 16:48
108 John M. Howard	25 19:59	249 Paul Graznak	22 15:24	339 Keith Overton	11 16:48
109 David Nichols	23 19:57	250 Susan Maynews	34 15:25	340 Zanne Banerji	43 16:48
110 William Kurtz	16 19:58	251 John Wilke	10 15:25	341 James Wright	29 16:48
111 Allen Garvancx	15 19:58	252 Sean Stoy	19 15:25	342 Marinda Carder	17 16:48
112 Roger Krueger	28 19:58	253 James Pailot	23 15:30	343 Ben Prince	29 16:48
113 James Allen	28 19:58	254 Bruce Hamilton	33 15:30	344 Summer Allen	10 16:48
114 Bob McKee	10 19:58	255 Joseph Leco	30 15:31	345 Jocelyn Wright	1 16:48
115 Jon Neumann	10 19:58	256 George K. Mummert	11 15:37	346 Mason Fasel	1 16:48
116 Stephen Lawandowski	21 19:58	257 Arthur Thurman	27 15:41	347 Molly Laberge	20 16:48
117 Steve Zamortuski	22 19:58	258 Steve Hale	21 15:43	348 Nancy Burkett	14 16:48
118 Jeffrey L. Krussaw	28 19:58	259 Scott Samman	21 15:54	349 Leona McCoschne	23 16:48
119 Daniel W. Kelly	18 19:58	260 Dan Callen	11 15:59	350 Michael E. Manary	23 16:48
120 Greg Maximovitch	24 19:58	261 Michael Morton	31 15:59	351 Jenny Pecknam	15 16:48
121 Dan Martin	21 19:58	262 Robert Perkins	24 15:59	352 Tom Foster	23 16:48
122 Michael Ugarte	22 19:58	263 Jeffrey Foster	19 15:59	353 Steve Maccker	23 16:48
123 Kns Fort	15 19:58	264 Hani Al-Sonaldi	15 15:59	354 Paula Elam	13 16:48
124 Tracy Rademan	15 19:58	265 James Soencer	23 15:59	355 Camans Maccker	13 16:48
125 Greg Somine	29 19:58	266 Crona Soencer	23 15:59	356 Kevin Blake	9 16:48
126 Jerry McSherry	43 19:58	267 Jill Houct	25 15:59	357 Tommy Watson	10 16:48
127 Robert B. Smith	27 19:58	268 Sally Allen	41 15:59	358 Brian Van Mays	22 16:48
128 Christoffer Jantxu	20 19:58	269 Robert Blake	15 15:59	359 Carolyn Gamache	23 16:48
129 Mark Kenick	15 19:58	270 Myrna White	40 15:59	360 Kathy Perkins	23 16:48
130 Christine Rucie	23 19:58	271 Diane Perkins	26 15:59	361 Carol Barnard	30 16:48
131 Al Wagner	23 19:58	272 Camenne Swistich	33 15:59	362 Patricia Vandooen	31 16:48
132 Sharon Nelson	23 19:58	273 Dale Schmidt	25 15:59	363 Linda Merio	11 16:48
133 Mark Lanier	13 19:58	274 Darren Hett	12 15:59	364 Margaret Johnson	50 16:48
134 James W. Golden	13 19:58	275 Christine Link	19 15:59	365 Kim Pangman	17 16:48
135 John VanFassel	19 19:58	276 Dan Atwell	33 16:00	366 Jose P. Estezan	13 16:48
136 Kio Williams	19 19:58	277 Diane Daugherty	24 16:08	367 Pamela Simms	23 16:48
137 William Friend	16 19:58	278 Billi Coopeage	11 16:09	368 Barry Bartied	25 16:48
138 Steven Harber	16 19:58	279 John Marks	11 16:09	369 Kathleen Alvord	15 16:48
139 William Haronq	16 19:58				
140 Bob Bryant	14 19:58				
141 Robert Oelliver	14 19:58				

Tags
got
reversed
some-
where
in this
area.

IT'S JEFF MITTELHAUSER IN ONE HOUR RUN, WESLEY PAUL SETS AMERICAN RECORD:
 RRCA MISSOURI STATE CHAMPIONSHIP May 3, 1980:

		1600 meter splits: 1600 3200 4800 6400 8000 9600 11,200 12,800 14,400 16,000 17,600							
1.	Jeff Mittelhauser 23 18,208 meters 11 miles, 550 yards	5:15 42:16	10:33 47:31	15:51 52:54	21:05 58:12	26:22	31:38 10K: 32:58	36:58	
2.	Dennis Stewart 31 17,692 (10-1747)	5:15 43:05	10:25 48:48	15:47 54:22	21:05	26:32	32:02 10K: 33:22	37:30	
3.	Bob O'Connell 31 17,690 (10-1745)	5:15 43:24	10:32 48:48	15:53 54:10	21:29	27:06	32:31 10K: 33:52	37:58	
4.	Tom LaFontaine 33 16,990 (10-980)	5:34 44:48	11:10 50:31	16:48 56:17	22:21	27:53	33:29 10K: 34:53	39:09	
5.	Ben Londeree 45 16,848 (10-823)	5:34 45:28	11:10 51:17	16:48 57:03	22:28	28:11	33:55 10K: 35:21	39:40	
6.	Dick Hessler 38 16,629 (10-584)	5:34 45:36	11:10 51:38	16:48 57:39	22:28	28:12	33:55 10K: 35:23	39:42	
7.	Bruce Maxey 23 16,568 (10-517)	5:36 46:17	11:26 52:11	17:12 58:02	23:00	28:47	34:38 10K: 36:08	40:31	
8.	John Weston 25 16,357 (10-286)	6:02 47:14	12:00 53:05	17:58 58:48	23:48	29:40	35:33 10K: 37:02	41:25	
9.	Wesley Paul 11 16,157 (10-68)	5:26 47:24	11:10 53:25	17:02 59:25	23:00	29:05	35:10 10K: 36:40	41:12	
10.	Frank Curotto 26 15,776 (9-1411)	6:16 48:58	12:28 55:06	18:30	24:30	30:34	36:42 10K: 38:15	42:50	
11.	Jim Schutt 41 15,720 (9-1349)	5:46 48:50	11:49 54:57	18:00	24:10	30:15	36:32 10K: 38:07	42:46	
12.	Tom Hellie 27 15,640 (9-1263)	5:58 49:01	11:57 55:19	17:58	23:59	30:14	36:28 10K: 38:03	42:47	
13.	Joe Marks 42 15,524 (9-1136)	6:00 49:28	12:05 55:50	18:13	24:26	30:38	36:53 10K: 38:27	43:10	
14.	Don Lewis 44 15,496 (9-1105)	6:03 49:45	12:14 56:04	18:23	24:33	30:48	37:10 10K: 38:44	43:24	
15.	Olen Brown 44 15,390 (9-989)	6:00 49:45	12:05 56:17	18:15	24:36	30:54	37:15 10K: 38:48	43:34	
16.	Dave Ervin 33 15,305 (9-897)	6:00 50:14	12:10 56:38	18:23	24:44	31:03	37:26 10K: 39:02	43:48	
17.	Doug Bellows 32 15,301 (9-892)	6:04 50:00	12:14 56:32	18:24	24:33	30:48	37:15 10K: 38:51	43:36	
18.	Jim Gibson, Jr. 16 15,050 (9-617)	5:48 50:35	12:04 57:28	18:31	25:11	31:43	37:42 10K: 38:26	43:35	
19.	Dick Martin 47 14,880 (9-432)	6:19 51:35	12:51 58:08	19:15	25:47	32:13	38:39 10K: 40:18	45:09	
20.	Bob Schottman 35 14,870 (9-421)	6:03 51:35	12:18 58:12	18:42	25:14	31:43	38:15 10K: 39:58	44:59	
21.	Pete Roman 26 14,869 (9-420)	6:20 51:50	12:45 58:15	19:13	25:42	32:12	38:40 10K: 40:18	45:17	
22.	Sam Stout 37 14,831 (9-378)	6:20 51:53	12:40 58:29	19:08	25:38	32:12	38:45 10K: 40:26	45:21	
23.	Joe Kurth 33 14,468 (8-1740)	6:27 53:25	13:10	19:54	26:35	33:20	40:00 10K: 41:39	46:42	
24.	Allen Smith 47 14,372 (8-1636)	6:18 53:29	12:44	19:17	26:00	32:48	39:36 10K: 41:22	46:32	
25.	Norris Kruse 44 14,306 (8-1564)	6:31 53:40	13:09	19:55	26:40	33:18	40:01 10K: 41:41	46:52	
26.	Charles Slivinsky 38 14,249 (8-1501)	6:21 54:07	12:56	19:40	26:40	33:35	40:23 10K: 42:08	47:19	
27.	Marin Blevins 34 14,193 (8-1441)	6:31 54:11	13:14	19:57	26:46	33:35	40:25 10K: 42:15	47:10	
28.	Bob McDavid 33 14,142 (8-1385)	6:24 54:10	13:02	19:44	26:47	33:18	40:12 10K: 41:55	47:10	

One Hour Run continued:

29. Larry Thornburg 14,138 (8-1379)	33	6:20 54:11	12:47	19:23	26:07	32:56	39:57 10K: 41:41	47:00
30. Ron Wampler 14,003 (8-1233)	33	6:27 55:00	13:11	19:55	26:47	33:49	40:57 10K: 42:43	48:04
31. Don Johnson 13,897 (8-1117)	51	6:29 55:10	13:11	19:55	26:36	33:20	40:35 10K: 42:24	47:53
32. Joe Duncan 13,543 (8-730)	45	6:45 56:47	13:21	19:56	27:01	34:25	41:47 10K: 43:41	49:20
33. Matt Gibson 13,211 (8-366)	14	6:42 58:11	13:27	20:44	28:11	35:37	43:05 10K: 44:58	50:40
33t. Tim Gibson 13,211 (8-366)	9	6:45 58:12	13:27	20:44	28:11	35:38	43:06 10K: 44:59	50:40
35. Kathy Cain 11,000 (6-1469)		8:22	16:55	25:34	34:23	43:18	52:26 10K: 54:42	
36. Jim Pinkerton 10,937 (6-1399)	47	7:56	16:17	24:03	34:07	43:21	52:33 10K: 54:52	
37. Candy Stout 10,372 (6-781)	34	9:09	18:13	27:21	36:40	46:06	55:41 10K: 57:56	
38. Chuck Berkey 10,284 (6-686)	35	7:58	16:42	25:57	34:54	45:41	55:55 10K: 58:25	
39. Terry Majewski 9,234 (5-1297)	27	9:45	20:07	30:46	41:48	52:38		

Low 50's for the first (fast) heat, upper 50's and a bright sun for the 2nd section. Mittelhauser, Stewart & O'Connell were out together. After 5 laps, Stewart took the lead and kept it until Jeff took over for good after four miles. Stewart & O'Connell then battled it out for 2nd with Stewart using his 880 speed to burst ahead of O'Connell just before the end of the hour. Both of them beat Mike Chaffee's 30-39 record of 10 miles, 1690 yards set in May, 1976. Wesley Paul got another American record. The Age 11 mark for the hour run previously held by Reggie Heywood of Calif. Wesley, however, does have a better age 10 mark by some 100 yards. All of the Gibson boys had a PB. DT went like this: Jim Pinkerton wins the CTC shirt for being the closest, but by only 1 yard. Jim was 99 yards off while LaFontaine was 100 off. Then we had Brown at 109 off, Duncan 150, Lewis 225, Johnson 237, Marks 184, Londeree 277, Maxey 363, Schottman 459 & Wampler 626.

By the way, Tom Hellie won the t shirt for the Human Race--he was 13 seconds off while Don Lewis was 17 off.

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

Capt. Robert Acuff
4701 Georgetown Dr.
Columbia Mo. 65201

Jeff Peters
2216 Grace Ellen Dr.
Columbia, Mo. 65201

Tim Butler
376 Crown Point
Columbia, Mo. 65201

Penny Simon
701 Westwood
Columbia, Mo. 65201

Debbie Hoxworth
1620 University Ave.
Columbia, Mo. 65201

Tim still has Hickman's
2 mile mark: 9:36

Robert B. Smith
Route 4, Hillcreek Acres
Columbia, Mo. 65201

Patricia Van Booven

3616 Southland Dr.
Columbia, Mo. 65201

Linda Davis
1634 Towne Dr. 3A
Columbia, Mo. 65201

Bill Kelsay
1410 E. Seminole
Springfield, Mo. 65804

Kenneth Fattmann, Jr.
1208 N. 7th St.
Columbia, Mo. 65201

Ed Stracke
P.O. Box 592
Lebanon, Mo. 65536

Gayle Letterman
3416 Balboa #62
Columbia, Mo. 65201

Donald Burke
Green Acres Dr.
Fayette, Mo. 65248

Terry Majewski
101 Anderson
Columbia, Mo. 65201

Jonathan Beck
215 Snead Dr. #1
Columbia, Mo. 65201

Loren Nikolai
2800 Middlebush Dr.
Columbia, Mo. 65201

Patricia Estevez
1005 Westwinds Dr.
Columbia, Mo. 65201

Trish, 12, is the
runner of the family

ELAPSED TIME STANDINGS (not including the May 17 events):

Runners, Open:

1. LaFontaine	311	21. Granberg	94	41. Blevins	39
2. Mittelhauser	310	22. Wampler	87	42. Burres	36
3. Londeree	277	23. Welch	77	43. H. Mittelhauser	33
4. Hessler	263	24. Stout	77	44. Markman	31
5. Maxey	239	25. Hinkamp	75	45. Hinckley	30
6. Hellie	192.5	26. Duncan	75	46. Sloan	29
7. Brown	192	27. Bellows	73	47. Clyde Johnson	27
8. Lewis	181	28. Martin	72	48. Mueller	27
9. Hemphill	174	29. Johnson	71	49. Curry	26
10. Palks	166.5	30. Schottman	67	50. Weston	26
11. Schutt	139	31. N. Kruse	62	51. Allen Smith	23
12. Stewart	130	32. Slivinsky	58	52. Jeff Peters	20
13. Stock	128	33. Pastoret	57	53. Hoft	19
14. O'Connell	121	34. Flotow	52	54. Madsen	19
15. Marks	119.5	35. M. Kruse	51	55. Evans	18
16. Kurth	108	36. Wiecek	49	56. Allen	17
17. Koonse	105	37. Roman	47	57. Walter	15.5
18. J. Gibson, Jr.	102	38. Stebbins	46	58. Dixon	15
19. DeCoster	95	39. Naumann	41	59. Scholes	15
20. Ervin	95	40. Thornburg	40.5	60. Blanck	13

Runners 15 & under:

40 & over:

WOMEN

1. Matt Gibson	34.5	1. Londeree	102	1. Annette LaFontaine	35.5
2. Tim Gibson	30.5	2. Brown	83	2. Sharon LeDuc	35
3. Russ Kurth	23	3. Lewis	63	3. Amy Hessler	32
4. Steve Gibson	22	4. Schutt	52	4. Mary Ann Slivinsky	32
5. Pete Hessler	17	5. Marks	47	5. Kathy Cain	26.5
6. Wesley Paul	13	6. Duncan	36	6. Elaine Sleper	26
7. S. Schottman	11	7. Johnson	31	7. Martha Stinson	24
8. Amy Hessler	10	8. Martin	30	8. Debbie Hoxworth	24
9. Jay Sowash	5	9. N. Kruse	26	9. Susan Boyle	20
10. Jeff Sowash	4	10. Wiecek	20	10. Catherine Swietlicki	19
11. H. Schottman	4	11. Mittelhauser	16	11. Carole Schottman	17
12. B. Granberg	4	12. Burres	15	12. Mecca Carpenter	17
		13. Walter	9	13. Sally Allen	16
		14. Allen Smith	7	14. Heather Schottman	12
		15. Dick Hoft	6	15. Brenda Coats	12
				16. Candy Stout	11

WALKERS:

1. Spier	30	1. Spier	28
2. Wass	20	2. Busen	15
3. Busen	16	3. Taft	12
4. Taft	15	4. Gragg	4
5. Mimm	8	5. Bent	3
6. Gragg	7		
7. Bent	5		

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.
INCLUDES ALL RACES THROUGH 05/03/80

1. T. LAFONTAINE	9	0.62	13. J. GIBSON, JR.	7	2.17	25. H. BENT	3	3.34
2. B. LONDEREE	11	0.73	14. J. PALKS	7	2.25	26. C. SLIVINSKI	3	3.42
3. D. GRANBERG	3	0.99	15. S. BOYLE	4	2.26	27. D. JOHNSON	7	3.43
4. R. SPIER	13	1.05	16. A. LAFONTAINE	7	2.27	28. T. DECOSTER	3	3.58
5. D. LEWIS	5	1.15	17. D. STEWART	3	2.28	29. J. WASS	8	3.77
6. O. BROWN	13	1.18	18. B. MAXEY	9	2.33	30. S. LEDUC	4	3.90
7. N. STEBBINS	3	1.65	19. T. HELLIE	10	2.35	31. T. GIBSON	5	4.31
8. K. BURRES	4	1.66	20. W. TAFT	9	2.49	32. S. STOUT	5	4.52
9. R. WAMPLER	6	1.67	21. J. MARKS	10	2.59	33. S. GIBSON	4	4.94
10. J. DUNCAN	10	1.90	22. R. KURTH	5	2.60	34. D. BLOSSOM	3	8.23
11. J. MITTELHAUSER	5	1.96	23. T. EKVALL	4	3.10	35. T. HINCKLEY	3	13.42
12. K. STOCK	3	2.15	24. M. KOONSE	8	3.29			

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 05/03/80

1. T. LAFONTAINE	9	4.59	5. B. MAXEY	10	1.58	9. R. SPIER	10	0.10
2. J. PALKS	9	2.10	6. D. HESSLER	9	0.62	10. O. BROWN	14	0.03
3. D. LEWIS	5	1.79	7. W. TAFT	7	0.25	11. J. WASS	7	-0.76
4. B. LONDEREE	12	1.62	8. D. JOHNSON	4	0.13	12. J. DUNCAN	13	-1.05

SCHEDULE OF EVENTS

JUNE 7 Saturday 7:00 AM 10,000 meter run Rock Bridge Track
 7 " 8:00 AM CTC 15 Kilo Walk Championship Hickman Track
 Trophies \$2.00 entry fee
 7 " 7:00 AM Hospital Hill 7.7 & 13.1 mile runs Kansas City, MO
 Joe Marks is travel co-ordinator--if you want a ride or
 if you are willing to take some people, then let him know
 at 445-1919. Also, Ailo Paul has offered to put up no
 more than 10 runners the night of June 6. he will also
 get those runners to the starting line in his van, the
 next morning. If you want to stay with the Pauls, be sure
 to give them advance notice at 9738 Antioch Overland Park,
 Kansas 66212
 14 " 8:00 AM FUN RUNS RESEARCH PARK
 14 " 7:30 AM Sedalia Democrat Chisholm Trail 10,000 meter
 Run Sedalia, Mo.
 14 " 8:00 AM TAC Fleischmann's 15 kilo walk, 15 kilo run
 Metro North Shopping Center Hiway 169 & Barry Road
 Kansas City, Mo. CONTACT: North Stars TC 508 Hawthorne
 Smithville, Mo. 64089
 21 " 7:30 PM 2person, 5 mile relay, alternate 440's. A team
 of male runners must have one runner age 15 or under. from
 Hickman Track Awards, \$1.00 fee to non-members. An award/
 McDonalds will be given to the winners of each of the 10 categories
 as shown in the CTC list of records (see the Jan. '80 News-
 letter) plus the sister-sister & DT categories.
 14 " 8:00 AM First Annual "Lite" 10,000 meter run Mexico, Mo.
 Start at Lawrence Shelter House, Plunkett Park
 28 " 8:00 AM FUN RUNS Research Park
 JULY 5 Saturday 7:00 AM 10,000 meter walk Hickman Track
 5 " 8:00 AM One mile run RRCA National Postal Awards
 \$1.00 fee to non-members Hickman Track

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

May 4, 1974: Missouri Cup Competition: 5,000 meter walk for women:
 1. Gwen Eberle 28:36, 2. Linda Ontko 28:48, 3. Beth Eberle
 29:23; 4. Cinda Morrow 31:58, Judy Hyten 32:25, 6. Pam
 Arth 34:07; 7. Joyce Schulte 35:16. This was essentially
 an Ozark intrasquad meet since all but Joyce were Ozark TC.
 Mens 20 kilo: 1. Augie Hirt 1:49:50; 2. Jim Breitenbucher
 1:55:18; 3. Leonard Busen 1:57:20; 4. Dave Leuthold 2:07:00
 5. Rob Spier 2:09:13; Albert Van Dyke 2:19:05
 May 18, 1974: 12 mile run: 1. Dean Neal 1:11:29 (his first CTC victory);
 2. Dick Hessler 1:11:47; 3. Rich Todd 1:14:00 (his first
 CTC appearance) 4. Tom Kilburn 1:14:20. . .6. Ben Londeree
 1:15:09. . .9. Mike Chippendale 1:16:55; 10. Don Granberg
 1:17:03; 11. Rex Frazer 1:17:54 12t. Turk Storvick & Don
 Lewis 1:20:50 (first time either of them had ever gone so far).
 The walk: 1. Hirt 1:43:28, 2. Leuthold 2:03:05 3. Spier 2:07:52
 May 25, 1974: Four Mile Relay: 1. Lawman, Hoft, Evans & Stewart 18:35 (a
 record) Stewart had the fast time for the day of 4:20;
 2. CTC "A": Chippendale, Turk, Londeree, Kilburn 19:40;
 3. Ft. Wood: Todd, Williams, Alioto, Neal 19:50 this was
 the race where Kilburn and Neal waged a furious battle over
 the final mile with Kilburn blasting over the final 200 yards.
 . . and there were five other assorted teams

Also in May, 1974 Dennis Stewart did some fine running in the MVAAU T & F
 Meet in Ottawa, Kansas: a 1:53.5 880 and a 51.2 440 and a couple of weeks
 later he had a 4:13 mile in the Kansas Meet of Miles.
 And in May, 1974 Tom Kilburn moved to Center, Texas.

LAFONTAINE WINS 'EM ALL IN SPRINT TRIATHLON

May 17, 1980

	<u>1500 M</u>	<u>800</u>	<u>400</u>	<u>Total</u>
1. Tom LaFontaine	4:31.04	2:12.0	59.4	7:42.44
2. Sewell	4:43	2:13	59.9	7:55.90
3. John Hemphill	4:35	2:19	1:04.05	7:58.05
4. Dick Moe	4:41	2:18.46	59.61	7:59.07
5. Don Lewis	4:42	2:18.96	1:00.71	8:01.67
6. Norm Stebbins	4:38	2:18	1:05.71	8:01.71
7. Bruce Maxey	4:47.62	2:22	1:00.1	8:09.72
8. Doug Bellows	4:53	2:21	1:00.6	8:14.60
9. Dick Hessler	4:43	2:25	1:09.75	8:17.75
10. Dick Naumann	4:52	2:25.6	1:03.76	8:21.36
11. Joe Kurth	5:00.10	2:27	1:01.31	8:28.41
12. Matt Gibson	5:04	2:27	1:03.59	8:34.59
13. Olen Brown	5:10	2:35	1:03.40	8:48.40
14. Ron Wampler	5:13	2:33	1:06.13	8:52.13
15. Joe Marks	5:18	2:36	1:16.10	9:10.10
16. Tim Gibson	5:43	2:53	1:15.64	9:51.64
17. John McCrory	5:58	2:51	1:06.6	9:55.60
18. Steve Gibson	5:55	2:57	1:21.65	10:13.65
19. Annette LaFontaine	6:37	3:17	1:25.42	11:19.42

Very humid morning. Fog just lifted at the start. Temp. in 60s. Some tight battles with Tom L. lookin' smooth as he cruised to first place in all three events. Matt Gibson had PBs in all three events. Brother Tim had one--in the 400--as he blasted by Joe Marks who was heard to mutter something about slow twitch and old age. Probably the toughest match of the morning was between Dick Moe and Don Lewis. Check those times!

And MANY THANKS! to Joe Marks for being Race Director for this affair.

We know how five of the Columbia people did in the Regional Diet Pepsi race in St. Louis on May 18. JEAN GRIFFIN placed second in the female over 50 group with 51+, a couple of minutes behind her age group winner. SUSAN BOYLE was third in female 36-49 with around 41:00. BEN LONDEREE was only a couple of seconds off a PB for 10,000 meters with 34:41 to place 4th in the male 36-49. DON JOHNSON was 5th, male 50 & over with 40:20 while MARK HOFIUS was 10th or so overall, but I have no time. Nor have I heard how Debbie Hoxworth did. There were over 2,000 runners in this race, running over almost a perfectly level course, starting and ending at Kingshighway and Lindell. Temperature was good, but it was humid. The race was won by Bill Rodgers, by a slim margin, indicating that he was probably not extending himself. The organization of the race was excellent and the Columbia people were very appreciative for the kindnesses given them at the reception the evening before by the Pepsi people.

JON HERBERT finished second in the Kansas Relays marathon in 2:32:25, some 5½ minutes behind the winner, Tony Conroy. Jon included in his preparations some fine running in a couple of Springfield races. In a 20 kilo race he was first at 1:06:14 ahead of Dan Dwyer at 1:09:38 and Denton Childs at 1:09:39. Then in a 10 Kilo race, Dwyer evened the score with a winning 31:44 with Jon at 32:10. Jon's son, Ryun, was the age 9 & under winner with 61:25.

Speaking of DENTON CHILDS, he won the Hogeye Marathon (I guess that was run someplace in Arkansas) with a time of 2:32+ on a hilly course.

The 1980 MVAU Track & Field Guides are now available. However, MVAU is unable to give free distribution this year. On an individual basis the booklets sell for \$1.50, however, CTC can get them for \$1.00 for a mass purchase. On June 15 we will order some of the booklets at \$1.00 each. If you want one of them then it will cost you a dollar and you should send your dollar to Joe Duncan before June 15. After June 15 you can order them from MVAU 4422 Belleview Kansas City, Mo. 64111, but it will cost you \$1.50.

Ken Young, founder of the National Running Data Center, has done a countless array of statistical projects. Among them are various age handicap systems. Don Johnson came across the 15 kilo handicap tables recently and did some interesting comparisons with some of the 15 kilo results of our July, 1979 race. Here is the 15 K table and the comparisons Don selected. Not surprisingly, Wesley Paul is by far the best after application of his 21 minute handicap. He beats Steve Fisher, the runner-up by almost 10 minutes! We don't know that any of this proves anything but it is of interest.

THE UNIQUENESS OF THE AGE HANDICAP SYSTEM

The age handicap is a unique approach to racing. The handicap system offers all runners the same opportunity to win. Entrants will start the race at different times, giving younger and the older runners an advantage over those in their prime racing years. The result creates an exciting start and a challenge throughout the entire race. The tables below list the handicap by age and sex. They were first developed by Ken Young in 1977, and have been modified each year.

HANDICAPS

Age	Handicap	Age	Handicap
M&F 5	74:40	M&F 13, F34, 35	11:20
M&F 6	55:45	M54, F14, 15, 16, 17	10:50
M&F 7	42:10	F18, 19, 20, 21, 32, 33	10:35
M over 84	35:55	M53, F22, 23, 24,	
F over 70, M83	35:00	25, 26, 27	10:20
M82	34:00	F28, 29, 30, 31	10:00
M81	33:10	M52	9:30
M&F 8	32:45	M14, 51	9:00
M80	32:15	M50	8:15
M79, F68, 69	31:25	M49	7:40
M78	30:25	M15, 48	7:00
M77, F66, 67	29:35	M47	6:25
M76	28:40	M16, 46	5:50
M75, F64, 65	27:50	M45	5:20
M74, F62, 63	27:00	M17, 44	4:45
M73, M&F 9	26:00	M43	4:15
M72, F60, 61	25:10	M18, 42	3:45
M71	24:20	M41	3:15
M70, F58, 59	23:25	M19, 40	2:45
M69	22:35	M39	2:25
M68, F56, 57	21:40	M20	2:10
M67, F54, 55, M&F 10	21:00	M38	2:00
M66	20:15	M21, 37	1:40
F52, 53	19:40	M36	1:20
M65	19:10	M22	1:10
M64, F50, 51	18:30	M35	1:00
M63	17:40	M23, 34	:45
M62, F48, 49, M&F 11	16:50	M24, 33	:30
M61	16:10	M25, 32	:20
M60, F46, 47	15:20	M26, 31	:10
M59, F44, 45	14:40	M27, 28, 29, 30	:00
M58, F42, 43, M&F 12	14:00		
M57, F40, 41	13:20		
M56, F38, 39	12:40		
M55, F36, 37	12:00		

M = Male
F = Female

15 K July 25, 1979

Place	Name	Age	Time	K.Young Age H-Cap System	Time Less H-Cap	H-Cap Place
1.	S.Fisher	22	47:20	1:10	46:10	2
5.	J. Mittelhauser	22	48:35	1:10	47:25	3
11.	R.Power	26	50:36	:10	50:26	5
14.	D.Hessler	37	54:15	1:40	52:35	11
15.	B.Londeree	45	54:25	5:20	49:05	4
17.	J.Schutt	40	54:38	2:45	51:53	8
18.	D.Lewis	43	54:43	4:15	50:28	6
21.	J.Marks	41	55:31	3:15	52:16	9
22.	J.Palks	30	55:35	:00	55:35	14
25.	W.Paul	10	56:15	21:00	35:15	1
26.	D.Granberg	37	56:20	1:40	54:40	13
29.	O.Brown	43	57:39	4:15	53:24	12
33.	D.Martin	46	58:22	5:50	52:32	10
40.	D.Johnson	50	59:07	8:15	50:52	7

And this leads to some general touting of the amazing amount of material put out by Ken Young and Bob Martin on behalf of the NRDC. Following is some idea of what is available from them:

Four New NRDC Books for 1980

The NRDC is pleased to announce publication of four new and improved annual books to be available in the first part of 1980. This year the books will be both compiled and distributed by the NRDC. We believe this will result in better quality control, and it will enable us to include more data. In order of release, the books are:

NRDC books:

Certified Road Running Courses lists over 850 road running courses certified by the National Standards Committee. A printing delay has enabled us to include all of the courses ever certified through mid-April, 1980. This compares with the 437 courses listed in last year's book. The location, date of measurement, and type of course are shown. Necessary to choose races in which you can qualify for national records and rankings.

Running Records by Age shows the single-age records for both men and women in 25 track and road running events. Improvements from last year include the complete track records for both men and women of all ages and the listing of both the official mark and the best pending mark if it is better. Lists best mark on a point-to-point course if it betters the official record. Includes official age-group records. Records as of 1 Jan 80.

U. S. Distance Rankings is more than double the size of last year's book. That is because it includes the first-time compilation of in-depth all-time rankings, as well as rankings for 1979. In each event, it lists the top 100 men and top 50 women, as well as up to 10 in each age group. The number of age groups are increased, too. The all-time rankings and the 1979 rankings are listed to the same depth. Includes list of races used in book.

U. S. Marathoners will be the largest listing of U. S. runners' performances ever made. It will rank well over 100,000 individual marathon marks. Every marathon performance in 1979 on a certified course that was reported to the NRDC is included. Since the vast majority of marathons are run on certified courses, the majority of marathoners will find each of their marks ranked in this book. Runners can determine their rank on a national basis and within their age group. The book contains a wealth of summary tables, providing hours of interesting reading for the marathon buff. The format and printing will be improved, with book form rather than newspaper style being used.

Books will be shipped as they are completed.

8

All-time Road Running Rankings

The first-time compilation of all-time road running rankings is prepared on the basis of best marks. These rankings will appear in the 1980 edition of the NRDC book "U. S. Distance Rankings". The all-time rankings are shown to the same depth as the annual rankings for 1979 shown in this book. While the annual rankings show the best mark for each runner, a single runner could theoretically fill an entire list in the all-time rankings.

Some highlights from the 15k and 20k all-time rankings, first off the computer and being readied for printing in the book: the 100th best men's 15k mark is 47:15, while the 50th best for the women is 58:40...Wesley Paul leads three age groups, 7 and under, 8 and 9, and 10 and 11, with a best time of 56:15...Hal Higdon has five of the top ten marks in the 45-49 group...he also leads the 40-44 division...Ed Almeida has the top two times at 55-59, while George Sheehan has four of the top ten...third best time for girls 8 and 9 is 1:13:18...a time of 1:55:59 ranks Marion Epstein fifth for women 60 and over...Randy Thomas and Mike Slack own the two 20k marks under an hour...the 50th best is 1:03:26 and 100th is 1:04:30...50th best for women is 1:21:45...31 of the top 50 women's marks were made in 1979...Wesley Paul leads the two youngest age groups at 20k...Paul Noreen has four of the top ten marks in age 40-44...Alex Ratelle owns the top three in age 50-54...only seven over-70 marks at 20k have been recorded, ranging from 1:36:45 by Ray Sears to 2:45:51 recorded by Henry Bent...Lora Cartwright leads the girls 12 and 13 with 1:22:16 and ranks third for girls 14 and 15 with 1:25:24...Ruth Anderson has three of the top five age 45-49 times...just two marks are recorded for women 60 and over...Miki Gorman and Trudy Rapp are 40+ women that make the top-50 open list.

Dramatic Improvement in Marks for 10k, 20k

The 1980 edition of "U. S. Distance Rankings", now going to the printer, brings out the great improvement in road running marks in the last year. Taking the 10k and 20k road distances as examples, the marked improvement is evident both at the top and in the depth of the rankings. Comparing equivalent rankings for the two years 1978 and 1979, the 1979 mark is better in almost every case. Thus, it takes a faster run to make the rankings list. Some examples, using the open division and comparable adult age groups, the time at the bottom of the list compares as follows: (another position on list used in some cases)

	10 kilometers			20 kilometers		
	1978	1979	change	1978	1979	change
Open men(100th)	31:13	30:26	-0:47	1:09:53	1:07:00	-2:53
Open women(50th)	37:34	36:00	-1:34	1:37:23	1:25:31	-11:52
Men 35-39(10th)	33:03	32:10	-0:53	1:12:06	1:12:28	+0:22
Men 40-44(10th)	34:23	33:21	-1:02	1:14:12	1:11:39	-2:33
Men 45-49(10th)	37:13	35:47	-1:31	1:21:19	1:16:59	-4:20
Men 50-54(10th)	37:40	36:13	-1:22	1:21:46	1:19:56	-1:50
Men 55-59(10th)	42:21	40:05	-2:16	1:31:43	1:27:41	-4:02
Men 60-69(10th)	46:43	43:40	-3:03	1:45:27	1:35:07	-10:20
Women 40-44(3rd)	41:01	38:23	-2:38	1:47:39	1:26:33	-21:04
Women 45-49(2nd)	40:57	40:08	-0:49	1:49:31	1:40:13	-9:18
Women 50-59(1st)	41:36	41:23	-0:08	2:34:50	1:53:09	-41:41
Women 50-59(5th)	48:37	43:24	-5:13	none	none	
Women 60+(5th)	1:15:44	58:42	-17:02	none	none	

Comparison of marks in other age groups would show the same general trend. Some comparisons are more difficult because there aren't enough marks to fill out all the available spots in the rankings. However the number of marks in the higher age groups is increasing. For men 70+ at 10k, there were just seven marks reported in 1978, while in 1979 the tenth place was 55:46.

Who Holds the Most Single-Age Running Records?

That question came up as the computer sheets were being put in final form for the 1980 edition of "Running Records by Age", which has now gone to the printer. While the NRDC computer system can do things that even amaze us sometimes, it's not set up to give us the leaders in number of age records. The 1980 edition of this book lists records for both men and women of all ages in 14 track events from 100 meters to 100 miles and 24 hours, and in 13 road events from 10 kilometers to 100 miles.

Would the leader be Hal Higdon, who holds a variety of records in both track and road running over a long period of years? Could it be Irene Obera, who holds 12 age records in the 200 meters alone? How about oldsters Paul Spangler or Harold Chapson, who holds a string of eight consecutive age records in the 1500 meters? Then there's Marion Epstein, who once held the most road running age records. Or could it be a youngster like Steve Parsons, who holds more age one records than anybody? One thing we're pretty sure of -- it's not likely to be a top open division runner, like Bill Rodgers, Frank Shorter, or Joan Benoit.

NATIONAL RUNNING DATA CENTER

PUBLICATIONS LIST

1980 BOOKS

1. U.S. Marathoners - - Lists and ranks by age group each reported marathon finish on a certified course in 1979. Analyzes over 100,000 individual performances. Contains numerous summary tables. (avail. Jun 80) \$9.95
2. Running Records by Age - - Contains single-age records as of 1 Jan 80 for 25 track and road-running events, 100 meters to 100 miles. Includes national and age-group records as officially recognized. (avail. Apr 80) \$3.95
3. U.S. Distance Rankings - - Ranks top 100 men and top 50 women, plus up to 10 in each age group for all standard distance events. Complete all-time US rankings and rankings for 1979. (avail. Apr 80) \$5.95
4. Certified Road Running Courses - - Lists and describes all road-running courses certified by the National Standards Committee by Feb 1980. \$1.95

EARLIER BOOKS STILL AVAILABLE

5. U.S. Marathoners, 1979 - - Lists and ranks each reported marathon finish by a US runner on a certified course in 1978. 80,005 performances, summaries. \$5.95
6. Running Records by Age - - Single-age records as of 1 Jan 79 for 100 meters to 100 miles. (Contains names of many runners not in the latest edition) \$3.95
7. National Rankings of Runners - - Ranks 100 top men and 50 top women, plus up to 10 in each age group for 1978. \$3.95
8. Age Records as of 1 Jan 78 - - The first complete compilation of age records for all standard long-distance events. \$2.00
9. U.S. Distance Rankings, 1976 - - These landmark volumes were the last rankings of all reported finishers of races at standard distances 15 kilo and longer, both on certified and uncertified courses. Only a few copies left. Vol. I contains participation statistics and all distances 15k and up, except half-marathon and marathon. Vol I \$4.00
Vol II is half-marathon and marathon. Vol II \$3.50

STATISTICAL REPORTS

10. U.S. Ultramarathon rankings, 1979 - - Shows up to 100 open and up to 15 age-group ultramarathon leaders for 1979, as compiled by Nick Marshall \$1.00
11. National Rankings of Runners - - Summary statistics for 1978. Shows top 10 men and top five women, and age-group leaders for 16 long-distance events. \$1.00
12. Race Participation Statistics, 1978 - - Shows number of races and finishers by state, largest races by state and distance, per-capita participation. \$1.00
13. Ultramarathon Rankings, 1978 - - Detailed rankings for 1978 and all-time for all ultramarathon distances, as compiled by Nick Marshall. \$1.00
14. U.S. Distance Rankings, Summary for 1977 - - Shows top 25 open men and top 10 open women, plus up to 5 in each age group for eight standard distances. \$1.00
15. Race Participation Statistics, 1977 - - Shows number of races and finishers by state and by distance, 50 largest races, other data. \$1.00

All National Running Data Center publications are available from:
NRDC Books, Box 42888 Tucson, AZ 85733

For books, please add 75 cents per book for shipping. Statistical reports are postpaid.
on orders of \$100 or more, a 20% discount applies.

RESULTS OF THE BOONE COUNTY JUNIOR OLYMPICS PRELIMINARY MEET May 18, 1980;

JUNIOR OLYMPICS

Qualifiers for area meet
BOYS

10 and under

50-METER DASH — 1. Randy Hinton (Russell) 8.4; 2. Cronston Van Buren (West Blvd.) 8.7; 3. Jason Bennett (Russell) 8.7; 4. Paul Livingston (New Haven) 8.8.

100-METER DASH — 1. Craig Brugett (Blue Ridge) 18.1; 2. Jimmy Armer (Sturgeon) 18.6; 3. Nicholas Williams (Grant) 18.7; Charles Atwell (Blue Ridge) 18.7.

200-YARD DASH — 1. Ricky Odor (Shepard) 31.95; 2. Nicholas Williams (Grant) 33.2; Brian Bolick (Shepard) 33.4; Gary Conrad (Hallsville) 34.7.

400-YARD DASH — 1. Tim Gibson (Ridgeway) 1:18.2; 2. Gary Conway (Hallsville) 1:20.3; Brad Rowe (Blue Ridge) 1:22; 4. Anthony Gilmore (Ashland) 1:23.

800-YARD DASH — 1. Tim Gibson (Ridgeway) 2:47; 2. Joe Weis (Lady of Lourdes) 2:47; 3. Kevin Schroeder (Russell) 2:57; 4. Andrew York (Shepard) 3:01.

1500-METER RUN — 1. Timothy Gibson (Ridgeway) 5:37.1; 2. Kevin Schroeder (Russell) 5:55.4; 3. Robbie Mindlin (New Haven) 6:09.9; 4. Jeff Sowash (Russell) 6:23.5.

1500-METER WALK — 1. Jeff Sowash (Russell) 11:27; 2. Jimmy Azmer (Sturgeon) 12:08; 3. Scott Rybolt (Hallsville) 13:33.

LONG JUMP — 1. Randy Hinton (Russell) 12-0; 2. Anthony Gilmore (Ashland) 10-10; 3. Paul Livingston (New Haven) 10-9; 4. (tie) Brian Bolick (Shepard) and Joe Weis (Our Lady of Lourdes) 10-6 1/2.

HIGH JUMP — Kevin Schroeder (Russell) 4-0; 2. Eric DeVenny (Midway) 2-11; 3. Shawn Blakey (Shepard) 2-9.

SHOT PUT — 1. Charles Atwell (Blue Ridge) 24-11; 2. Marc Tuttle (Russell) 23-2 1/4; 3. Andrew York (Shepard) 23-2; 4. John Rys-torm (Two Mile Prairie) 20-4.

400-METER RELAY — 1. M. Ballenger, D. Smith, M. Rowe, P. Livingston 71.1

11- and 12-year-olds

50-METER DASH — 1. Kevin Honeycutt (Parkade) 7.7; 2. Laron Monroe (West Blvd) 7.7; 3. Lee Harvey (Blue Ridge) 7.9; 4. Warren Mahoney (Blue Ridge) 8.0.

100-METER DASH — 1. Larry Atteberry (Two Mile Prairie) 15.1; 2. Brian McAfee (Field) 15.3; 3. Mike Cassey (Blue Ridge) 16.4; 4. Phillip Williams (Two Mile Prairie) 16.8.

200-METER DASH — Kevin Honeycutt (Parkade) 28.5; 2. Jim Linzie (Blue Ridge) 29.5; 3. Laron Monroe (West Blvd) 30.4; 4. Lee Harvey (Blue Ridge) 30.4.

400-METER DASH — 1. Jay Sewash (Russell) 1:20; 2. Jim Linzie (Blue Ridge) 1:23; 3. Kevin Klein (Parkade) 1:28; 4. Rance Poole (Field) 1:27.

800-METER RUN — 1. Peter Hessler (Columbia Catholic) 2:53; 2. Scott Patterson (Rock Bridge) 2:55; 3. Russell DeVenny (Midway) 2:58; 4. Phillip Krause (Grant) 3:01.

1500-METER RUN — 1. Peter Hessler (Columbia Catholic) 5:38; 2. Kevin Klein (Parkade) 5:50.4; 3. Russell DeVenny (Midway) 6:02.3; 4. Raymond Doug Wells (New Haven).

50-METER HURDLES — 1. Brian McAfee (Field) 10.4; 2. Stephen Rasmussen (Hallsville) 10.42; 3. (tie) Vince Key and Tony Ehler (Blue Ridge) 10.88.

1500-METER WALK — 1. Jay Sowash (Russell) 10:44; 2. Lindell Chambers (Fairview) 10:58; 3. Ricky Mann (Midway) 11:45.

LONG JUMP — 1. Kevin Honeycutt (Parkade) 14-7 1/2; 2. Jay Sowash (Russell) 12-0; 3. John Dye (Russell) 11-9; 4. Kyle Bryant (Blue Ridge) 11-1.

DISCUS — 1. Bradley Dodds (New Haven) 74-4; 2. Brian Sorouse (Two Mile Prairie) 64-8; 3. Mike Marsh (Field) 58-6; 4. Raymond Wells (New Haven) 57-6 1/2.

HIGH JUMP — 1. Bradley Dodds (New Haven) 3-10; 2. John Dye (Russell) 3-8; 3. Ricky Mann (Midway) 3-4; 4. (tie) Mike Schaeffer (New Haven) and Lindell Chambers (Fairview) 3-4.

SHOT PUT — 1. Raymond Wells (New Haven) 29-2; 2. Aaron Tatum (Benton) 27-8; 3. Bradley Dodds (New Haven) 27-4; 4. Greg Ford (Fairview) 22-8.

400-METER RELAY — 1. L. Atteberry, M. Banta, S. Farmer, and B. Sorouse 62.3; 2. R. Poole, M. March, V. Key and D. Graves 64.6; 3. D. Dawson, S. Birk, A. Tatum and T. Poluski 64.9.

1500-METER RELAY — 1. M. Banta, P. Williams, S. Farmer and L. Atteberry (Two Mile Prairie) 5:24.3.

13- and 14-year-olds

100-METER DASH — 1. Scott Williams (Jeff Jr) 12.4; 2. Tracey Brown (Oakland) 12.8; 3. Tony Tapp (Jeff Jr) 12.7; 4. Joe Warren (Jeff Jr) 13.0.

200-METER DASH — 1. Scott Williams (Jeff Jr) 24.3; 2. Tony Tapp (Jeff Jr) 25.2; 3. James Hickam (Jeff Jr) 25.4; 4. Tracy Brown (Oakland) 25.4.

400-METER DASH — 1. Lee Williams (West Jr) 58.5; 2. John Pendergraft (West) 82.4; 3. Matt Reed (Jeff Jr) 87.5; 4. Larry Kinney (West Jr) 71.

800-METER RUN — 1. Bradley Sloan (Jeff Jr) 2:18.2; 2. Andy Williams (West Jr) 2:20.2; 3. Lee Williams (West Jr) 2:20.8; 4. Mike Phillips (West Jr) 2:25.3.

1500-METER RUN — 1. Steven A. Gibson (Jeff Jr) 5:04.8; 2. Russell Kurth (Jeff Jr) 5:10; 3. Matt Reed (Jeff Jr) 5:14.4; 4. Brian Lee Hughes (Hallsville) 5:18.8.

50-METER HURDLES — 1. James Hickam (Jeff Jr) 15.8; 2. Mike Jones (West Jr) 17.4; 3. Arnell Monroe (West) 17.9; 4. Pat Lacy (Ashland) 20.8.

1500-METER WALK — 1. John Schneider (Jeff Jr) 9:32; 2. Dean Livingston (New Haven) 10:50.

300-METER WALK — 1. John Walter (Jeff Jr) 18:47.5; 2. John Schneider (Jeff Jr) 20:04.5.

LONG JUMP — 1. Randy Ellis (West Jr) 17-3 1/2; 2. Joe Warren (Jeff Jr) 15-9; 3. Tracy Brown (Oakland) 16-8; 4. June Myler (Oakland) 15-8 1/2.

TRIPLE JUMP — 1. Brad Sloan (Jeff Jr) 32-1; 2. David Wilcox (Jeff Jr) 31-6; 3. Rob Odor (Shepard) 30-3.

POLE VAULT — 1. Mike Phillips (West Jr) 8-6.

SHOT PUT — 1. Dillard Atwell (Oakland) 43-11; 2. Robert Gold-man (Jeff Jr) 42-7 1/2; 3. Michael Pipes (Jeff Jr) 38-2 1/2; 4. Jeff Kramer (Jeff Jr) 34-5.

DISCUS — 1. Kenneth Kurtz (West Jr) 119-3; 2. Michael Pipes (Jeff Jr) 109-10; 3. Jeffrey Kramer (Jeff Jr) 109-6; 4. Robert Gold-man (Jeff Jr) 98-7 1/2.

HIGH JUMP — 1. Greg Highbarger (Jeff Jr) 5-2; 2. Jim Frerking (West Jr) 4-10; 3. David Wilcox (Jeff Jr) 4-8; 4. William David Mauck (New Haven) 4-0.

400-METER RELAY — 1. J. Hickam, T. Tapp, R. Ellis and S. Williams 50.2; 2. J. Frerking, N. Lindell, S. Bolick and M. Honeycutt 55.3.

1500-METER RELAY — 1. T. Canrad, M. Story, R. Anderson and D. Tappash (Hallsville) 5:09.6.

3200-METER RELAY — 1. Williams, Gibson, Williams and Sloan 9:58; 2. Pickard, Carey, Kurth and Phillips 10:30.9.

GIRLS

10 and under

50-METER DASH — 1. Verma Buckner (Lee) 8.5; 2. Tracy Gordon (Fairview) 8.6; Marsha Perkins (Benton) 8.7; 4. Tracy Toller (New Haven) 8.8.

100-METER DASH — 1. Lisa Smith (West) 17.5; 2. Sherry O'Brien (Blue Ridge) 17.8; 3. Amy McDonald (Russell) 17.8; 4. Lori Ballenger (New Haven) 18.2.

200-METER DASH — 1. Tracey Bush (Russell) 35.04; 2. Amy McDonald (Russell) 35.39; 3. Marsha Perkins (Benton) 35.59; 4. Sherr O'Bryan (Blue Ridge) 36.10.

400-METER DASH — 1. Lisa Smith 1:29; 2. Tracy Toller 1:29.2; 3. Tracy Gordon 1:31; 4. Deanna Emery 1:32.

800-METER DASH — 1. Stephanie Kelly (Lee) 3:36; 2. Dee York (Columbia Catholic) 3:37.

1500-METER WALK — 1. Stephanie Kelly (Lee) 11:45; 2. Jenny Mann (Midway) 12:10.

LONG JUMP — 1. Lisa Smith (West Blvd) 10-7; 2. Amy McDonald (Russell) 10-0; 3. Deanna Emery (New Haven) 9-10; 4. Marsha Perkins (Benton) 9-6.

HIGH JUMP — 1. Casey Schapira (Fairview) 2-6.

SHOT PUT — 1. Sheila Orr (Field) 10-4 1/4.

11- and 12-year-olds

50-METER DASH — 1. Francine Bennett 7.9; 2. Paula Hagar 8.2; 3. Jody Rhodes 8.4; 4. Jullie Smeed 8.6.

100-METER DASH — 1. Debra Walker (New Haven) 18.0; 2. Jamie Hobbs (New Haven) 18.2; 3. Lisa Short (Blue Ridge) 18.6; 4. Lori Kovar (New Haven) 18.8.

200-METER DASH — 1. Alisha Griffith (Midway) 31.2; 2. Jody Rhodes (Two Mile Prairie) 32.9; 3. Sherry Plummer (Blue Ridge) 33.4; 4. Silvia Manson (Blue Ridge) 33.4.

400-METER DASH — 1. Francine Bennett (Russell) 1:13; 2. Mary Ann Powell (New Haven) 1:17; 3. Silvia Manson (Blue Ridge) 1:19; 4. Deanna Kaylor (Blue Ridge) 1:20.

800-METER RUN — 1. Jody Rhodes (Two Mile Prairie); 2. Shana Swinder (Russell); 3. Stacy Chambers (Blue Ridge); 4. Silvia Manson (Blue Springs), no times available.

1500-METER RUN — 1. Heather Schottman (Russell) 5:27.7; 2. Tracy Grier (Field) 5:48.9; 3. Duffy Chandler (New Haven) 6:50.

50-METER HURDLES — 1. Alisha Griffith (Midway) 11:21; 2. Mary Sara Gordon (Shepard) 11:51; 3. Margaret Bentlage (Rock Bridge Elementary) 12:68.

LONG JUMP — 1. Shellie Cooper (Benton) 11-5; 2. Colleen Clear (New Haven) 11-2; 3. Duffy Chandler (New Haven) 11-0; 4. Jodi Jordan (Fairview) 10-11.

DISCUS — 1. Lisa Dyson (New Haven) 42-7; 2. Mary Ann Powell (New Haven) 41-8; 3. Lori Kovar (New Haven) 41-2; 4. Cindy Gerke (Blue Ridge) 27-3.

HIGH JUMP — 1. Colleen Clear (New Haven) 3-10; 2. Janelle Laqua (New Haven) 3-10; 3. Alice Fassner (New Haven) 3-0.

SHOT PUT — 1. Miriam Khalil (Oakland) 23-4; 2. Lori Kovar (New Haven) 19-6; 3. Lisa Dyson (New Haven) 17-11.

400-METER RELAY — 1. S. Hayes, Y. Kish, V. Lawson, P. Hagar 1:08.5; 2. D. Walker, A. Fassner, B. Sparks, J. Hobbs 67.2; 3. C. Woneke, J. Smeed, S. Plummer, C. Stuck 70.5.

13- and 14-year-olds

100-METER DASH — 1. Lorrinda Richardson (West) 13.2; 2. Neressa McKinney (Oakland) 13.9; 3. Kim Sheets (Oakland) 14.1; 4. Lisa Kurth (Jefferson) 14.1.

200-METER DASH — 1. Neressa McKinney (Oakland) 27.2; 2. Lisa Kurth (Jefferson) 27.9; 3. Lori Cox (West) 29.1; 4. Mia Jones (Russell) 29.4.

400-METER DASH — 1. Anjanatta Glasgow (West) 1:08.5; 2. Joan Patterson (New Haven) 1:12; 3. Kim Porter (Oakland) 1:13; 4. Carm Modika (Russell) 1:15.

800-METER RUN — 1. Miriam Khalil (Oakland) 2:56.2; 2. Carm Modika (Russell) 3:09.5; 3. Deanna Crites (Blue Ridge) 3:21.6; 4. Denise Martin (Blue Ridge) 3:43.2.

1500-METER RUN — 1. Angela Ballenger (Jefferson) 5:55.8.

50-METER HURDLES — 1. Kim Sheets (Oakland) 14.2; 2. Sheila Stalling (Jefferson) 15.7; 3. Carol Buckner (Jefferson) 16.4.

LONG JUMP — 1. Sheila Stalling (Jefferson) 15-5; 2. Laura Dye (West) 14-1; 3. Neressa McKinney (Oakland) 14-1; 4. Misty Crane (Jefferson) 13-2.

TRIPLE JUMP — 1. Laura Dye (West) 29-4.

SHOT PUT — 1. Miriam Khalil (Oakland) 27-11; 2. Stacey Wind-sor (New Haven) 23-9; 3. Kerri Powell (New Haven) 22-3.

DISCUS — 1. Carol Buckner (Jefferson) 68-8.

HIGH JUMP — 1. Kim Sheets (Oakland) 5-1; 2. Lorrinda Rich-ardson (West) 5-1; 3. Lori Cox (West) 4-4; 4. Lori Dye (West) 4-4.

400-METER RELAY — 1. L. Turner, G. Thornton, L. Richardson, A. Glasgow 55.2; 2. L. Kurth, S. Stalling, T. Wright, N. Crane 58.3; 3. K. Jones, T. Hutchins, L. Cox, M. Gansway 58.8.

Some 350 youngsters for this years edition of the Junior Olympics-- 100 more than last year. JOE & DARLENE SCHROEDER, NORRIS KRUSE AND JIM & WIDGE PINKERTON get the credit for masterminding this event. It takes many hours of work in preparation, in the event itself and then in putting together the results, and then, almost before they can catch their breath, they are at it again for the Eastern Region Meet, an all day affair on May 24, which will be reported in the June Newsletter.

And THANKS to all the CTC people who helped out with these two meets. Once again this is a demonstration as to how CTC can do something for the community. A little something to make Columbia a better place to live.



Henry Bent

Bent named Jefferson Award recipient

Henry E. Bent, former graduate dean and professor emeritus of chemistry at UMC, has been selected the 1980 recipient of the UM system's annual Thomas Jefferson Award.

Although retired, Dr. Bent is still active in University and civic affairs. He joined the UMC faculty in 1936, was dean of the graduate school from 1938 until 1966 and was named professor emeritus in 1971.

Dr. Bent will receive a monetary award derived from interest accrued from a \$10,000 gift by the Robert Earl (cq) McConnell Foundation, and a citation which will be presented in a campus ceremony next month.

The selection was made by a system committee from nominees submitted from the four campuses. The award is made to that member of the University community who best exemplifies the principles and ideals of Jefferson. This year's selection was announced by UM President James C. Olson at the March 28 Board of Curators meeting in Kansas City.

"Henry Bent's actions in his department, as dean of the Graduate School, and elsewhere have always indicated a respect for diverse opinion and an abiding faith in the democratic process, both characteristics of Thomas Jefferson," states the chemistry department's nomination statement.

"Both men have held very dear the concept and ideal of public education and the state university—Jefferson in establishing the University of Virginia and Henry Bent as graduate dean for

28 years, striving constantly to upgrade the quality of research and graduate education in the first state university of Jefferson's Louisiana Purchase, and throughout the nation," the statement says.

The award recipient is a 1922 graduate of Oberlin College. He received an M.S. degree at Northwestern University in 1923 and a Ph.D. degree from the University of California, Berkeley, in 1926. He was on the chemistry faculty at Harvard from 1926 to 1936, before coming to Missouri.

Dr. Bent has been instrumental in helping many young graduate students and staff launch successful research programs, and is credited for providing summer research opportunities at UMC. He also is known for his zeal and ingenuity in teaching large general chemistry classes and in devising special equipment for demonstrating the phenomena and principles taught.

He has had more than 50 scientific articles published in refereed journals, has written numerous other articles on various academic subjects and was editor of the Association of American Universities proceedings.

For many years he was councilor of the American Chemical Society and served on various society committees. He also is a member of Sigma Xi and Phi Beta Kappa. Last year he was a delegate to the White House Conference on Libraries, and has served as chairman of the resolutions committee for the Governor's Conference on Libraries.

What is not mentioned about Dean Henry Bent in this article is how, at age 75, he began a career in race-walking. He holds a few over age 70 walking records (American records) and his battles with "the kid," William Taft, were the highlight of many walking races. Perhaps Dean Bent's most outstanding achievement was his completion of 50 miles of walking in less than 12 hours in the 1978 100 mile walk-- at age 77! Dean Bent hasn't competed for several months now, but still gets in a long walk almost every day. His doctor has advised him not to subject himself to the stress of competition-- perhaps the doctor knows how badly Dean Bent likes to stay close to the "kid."

New Age Records Accepted

Following are new single-age records at 15k and 20k which update records shown in the 1980 edition of "Running Records by Age". That book showed single-age records as of 1 Jan 80. The additions represent marks made in 1980 and earlier marks provided since that book went to press, as well as pending marks verified by dates of birth or final course certifications. New 15k marks:

7	1:14:02 P	Guy Sutton				16 Apr 77, CA
8	1:06:28	Kevin Strain	18 Jun 67	Grants Pass	OR	3 Jan 76, OR
11	55:45	Wesley Paul	25 Jan 69	Overland Park	KS	9 Feb 80, FL
14	50:49	Mike Chavez	22 Oct 65	Tucson	AZ	9 Mar 80, AZ
15	52:31	Tom Teschner	2 Apr 64	Tucson	AZ	9 Mar 80, AZ
17	45:47	George Aguirre	30 Aug 57	Santa Barbara	CA	4 Jul 75, CA
18	47:23	Andy Almadova	12 Aug 61	Tucson	AZ	9 Mar 80, AZ

Here is the 1980 Summer Age Group Program announcement. Once again we will need six people each Wednesday evening to assist with the conduct of the races. So, we ask that at least six of you show up each time ready to help out. And, it should not be the same six.

COLUMBIA PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB

PRESENT

THE 1980 SUMMER PROGRAM OF RUNNING AND RACE WALKING

A series of six Wednesday evening races to be held on Hickman High School Track on June 11, 18, 25, July 2, 9, and 16. The races will begin at 6:00 p.m. and proceed in the following order: mile run, 440 yard dash, 880 yard run, mile walk, 2 or 3 mile run. Emphasis will be on participation and personal improvement. There will be a \$1.00 charge to help cover the cost of ribbons.

Age groups (Boys and Girls) will be as follows: 7 and under, 8 - 9, 10 - 11, 12 - 13, 14 - 15, and 16 - 17.

Ribbons will be awarded each night to the first 5 places, each event and each age group.

Participants can do only two running events plus the mile walk each night.

Please complete this form and bring it and \$1.00 on June 11.

NAME _____ BIRTHDATE _____

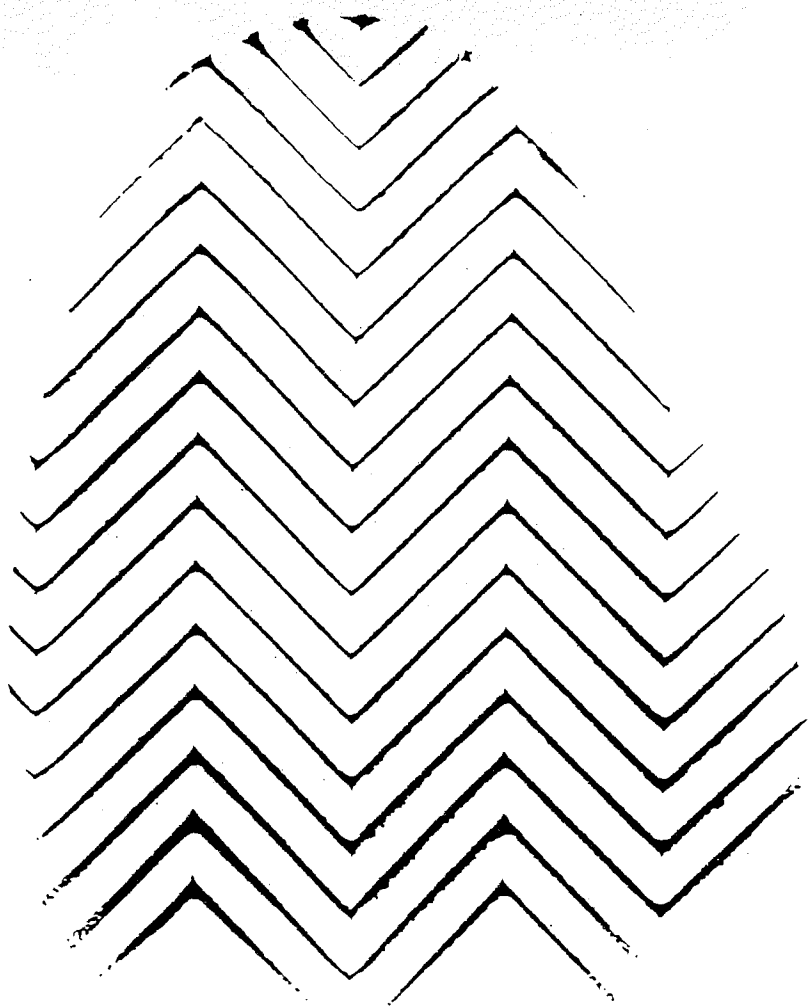
ADDRESS _____ PHONE _____

I, _____ (father, mother) of _____

_____ consent to my child's participation in this program and I hereby waive any and all claims for damages which I might have against the City of Columbia, Missouri, or the Columbia Track Club for any injuries suffered by my child as a result of or during this program.

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. Dept. of the Interior, Office of the Secretary, Washington, DC 20240

Here is another opportunity for CTC members to relate their running activity to the support of a worthy cause:



JOIN

America's Love RunSM

Everybody's running in 'America's Love Run.'

You don't have to be an Olympic champion to join. Set a reasonable goal...then ask friends, neighbors, and business associates to pledge 5¢ or more to the Muscular Dystrophy Association for every mile you run during May. Run in your neighborhood, on a track, at a local park—anywhere you'd like—and at any time.

Send in the registration form below along with your \$2.50 tax deductible entry fee (check payable to MDA), and we'll send you an official T-Shirt, Sponsorship Form, Runner's Log, and complete instructions.

Registration Form	MDA
Mail to:	811 Cherry St. Columbia, Mo. 65201
Name	_____
Address	_____
City	_____ State _____ Zip _____
Running Club Affiliation (if any)	_____
T-shirt Size (circle one)	S M L XL

Jim Ryun
Chairman
America's Love Run



America's Love RunSM
To benefit the Muscular Dystrophy Association

1980 ENTRY BLANK
RRCA MISSOURI STATE CHAMPIONSHIP, AND RRCA NATIONAL POSTAL OPEN 15 KILO RUN

TIMES: Saturday, July 19, 1980, 7:10 a.m.

PLACES: Columbia, Missouri - meet at Hilton Inn parking lot, located on the southwest corner of I-70 and Stadium Boulevard intersection.

THE COURSE: An AAU Certified road course, 3-5,000 meter legs, back and forth on asphalt and concrete. Start at Hilton Inn.

ENTRY FEE: \$2.00. This includes entry into the RRCA Postal Competition and swimming privileges at West Broadway Swim Club. Post entries will be accepted but PLEASE try to have your entries in by July 18. Make checks payable to Columbia Track Club.

AWARDS: To be presented at 8:45 a.m. at the West Broadway Swim Club. Trophy to overall winner. Trophies to first three finishers in each of the following categories: age 15 and under, 16 - 29 (first 6), 30 - 39, 40 - 49, 50 and over; women: first 3 under age 15, 16 - 29, 30 and over. Certificates to all finishers. Post-race swim: all competitors and families are invited to use the facilities at the West Broadway Swim Club until 10:00 a.m. These facilities are across the street from the finish line.

MVA AU &
COURSE RECORD: 46:13 Ron Tabb, July 17, 1976.
 57:54, Amy Johns, February 17, 1979

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

PRINT NAME _____

SIGNATURE _____ **BIRTHDATE** _____

ADDRESS _____ **ZIP** _____ **School/Club** _____

street city state

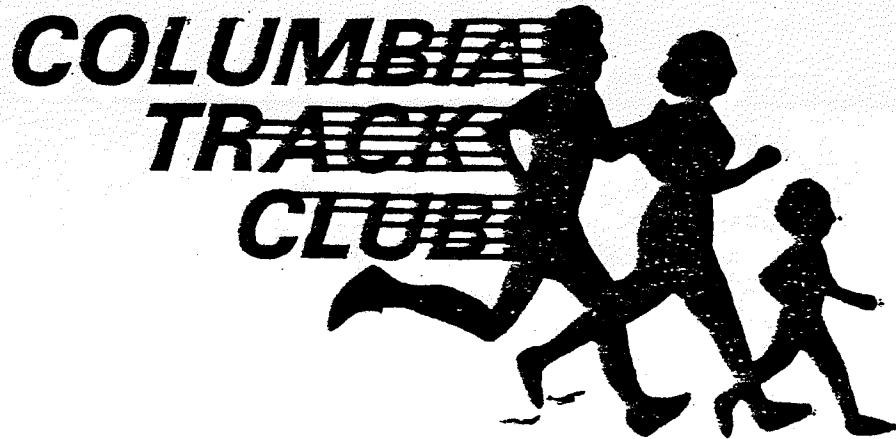
If entrant is under 18, parent or guardian must sign below:

NAME _____

Return to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65201

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, DC 20240.

15 kilo run



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
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