

TRACK CLUB

NEWSLETTER Vol. XII, No. 10 October 25, 1980

ALAN PRICE WINS THIRD STRAIGHT 100 MILE WALK September 27 & 28:

It now almost seems to be a routine occurrence for Al Price to come in from Washington, DC and knock off 100 miles on Hickman track (last year it was 118+). As he did in '79, Price had a warmup 100 miler in August in 95 degree heat at Ft. Meade, Md. He did that one in 20:40 or so. Al was some 31 minutes off his 8:57:01 American outdoor record in this years journey at Hickman. But then he didn't have Paul Hendricks pushing him over those last very difficult 50 miles.

The race for second got pretty exciting at about 85 miles or so. At 50 miles Busen was 52 minutes behind Chapin. But it is well known that Leonard needs to get at least 50 miles under his belt before he is really loosened up and ready to go. So Leonard began a sustained drive which lasted, as it turned out, for 40 miles. During that drive the deficit between the two gradually shrank so that at 86½ miles Busen was only 4½ minutes behind Chapin. He never got any closer. Leonard did the 86th mile in 9:42, Chapin did it in 11:59. When Chapin got lapped again in that mile he resdved that he would then stay within striking distance and not let the fast moving Busen undo any more laps. So then began some furious race-walking from these two. The next mile Busen did in 9:42, but Chapin answered that with 9:51. Mile 88 saw Busen go by in 10:26, but Chapin did 10:13 and shortly thereafter he lapped Busen for the first time in 40 miles and that was the race for second. Busen did walk his second 50 28 minutes faster than the first 50.

Bob Gragg did his usual steady walking to complete his 6th consecutive 100 miler. If anyone has this race figured out then it has to be Gragg--steady pacing, no stops and never try to finish in under 23 hours.

Olen Brown, in his second walking race of any kind walked a startling 50 miles in 9:52:38. Olen's idea was to walk 50 miles and that he did, surprising even himself at the relative ease with which he accomplished that feat. He said the first 50 was fun, but he knew the second 50 would not be so much fun, so he had no inclination to alter his original objective. Does Olen say "Never Again?" Or do any of the others for that matter. Here's what one of them has to say:

NEVER AGAIN

(A Tribute To The Centurions)

NEVER AGAIN! I HEARD THEM SAY
WHEN LAST THEY FINISHED THE 100th MILE.
NEVER AGAIN! I HEARD THEM SAY
AND YET THEY'RE BACK AGAIN WITH A SMILE.

WHAT BREED OF PEOPLE THESE CENTURIONS,
WHAT BRINGS THEM BACK TO BEGIN
ANOTHER JOURNEY INTO THE NIGHT
THAT NEVER SEEMS TO END.

WHAT BREED OF PEOPLE THESE CENTURIONS,
WITH MEMORIES OF HEAT AND COLD,
AND THE CHILLING AND THE AGONY
THAT MAKES YOU FEEL SO OLD.

WHAT BREED OF PEOPLE THESE CENTURIONS,
THAT ENDURE THE STRESS AND PAIN
OF MANY MILES AND COUNTLESS STEPS
AND THOUGHTS THAT ENTER THE BRAIN

LIKE MY RIGHT KNEE HURTS,
THAT BLISTER IS SEVERE,
MAYBE I SHOULD STOP AND REST AWHILE -
OR TRY AGAIN NEXT YEAR.

BUT WHEN IT'S FINALLY OVER
AND THE CENTURIONS HAVE GIVEN THEIR ALL,
NEVER AGAIN! I HEARD THEM SAY
- BUT THEY'LL BE BACK NEXT FALL

From one who knows... Bob Gragg

RESULTS OF THE 14th ANNUAL 100 MILE WALK September 27 & 28:

		5	10	15	20	25
		30	35	40	45	50
		55	60	65	70	75
5 Mile Splits		80	85	90	95	100
1. Alan Price	33	50:14	1:40:26	2:34:59	3:26:52	4:20:57
Washington, DC		5:18:45	6:14:31	7:12:01	8:11:51	9:12:09
		10:12:15	11:14:00	12:16:10	13:15:29	14:18:13
		15:17:12	16:24:00	17:32:31	18:32:46	19:28:16
2. Bob Chapin	49	57:23	1:55:38	2:53:46	3:51:13	4:49:16
Independence, Mo.		5:46:56	6:46:03	7:46:00	8:45:05	9:48:42
		10:49:05	11:53:03	12:57:53	14:03:09	15:10:25
		16:21:53	17:26:27	18:19:54	19:19:13	20:22:07
3. Leonard Busen	50	1:01:07	2:17:57	3:19:45	4:23:00	5:25:48
Mehlville, Mo.		6:26:24	7:32:24	8:35:10	9:36:30	10:40:14
		11:36:46	12:30:33	13:30:34	14:34:23	15:31:41
		16:34:03	17:33:30	18:28:35	19:42:50	20:52:47
4. Bob Gragg	55	1:03:30	2:03:55	3:04:07	4:04:47	5:07:59
Liberty, Mo.		6:13:03	7:30:08	8:40:10	9:49:57	10:56:45
		12:30:47	13:53:44	15:07:59	16:18:43	17:35:37
		18:50:33	19:59:02	21:12:50	22:22:49	23:31:33
5. Rich Myers	44	1:03:42	2:04:27	3:03:50	4:03:08	5:02:11
Xenia, Ohio		6:17:29	7:24:10	8:25:29	9:27:12	10:31:10
86 miles		11:39:07	13:21:08	14:55:53	16:07:30	17:30:39
		18:57:03	21:50:28	(22:14:17)		
6. Jeff Smith	24	1:04:28	2:07:00	3:23:51	4:31:43	6:08:41
Denver, Colo.		7:14:21	8:22:12	9:39:28	10:53:09	12:20:39
81 miles		14:05:00	16:37:25	18:23:04	20:38:44	22:05:38
		23:33:59	(23:56:10)			
7. Rob Spier	58	59:25	1:58:02	2:58:33	3:57:42	5:15:25
Columbia, Mo.		6:14:52	7:36:15	8:41:51	9:48:09	10:53:16
80 miles		15:09:44	16:15:37	17:36:05	19:16:19	20:27:06
		21:51:58	100K: 16:56:58			
8. Craig Haugaard	23	1:01:31	1:59:41	3:02:11	4:05:37	5:07:12
Willmar, Minn.		6:12:39	7:13:15	8:18:16	9:26:52	10:31:28
76½ miles		11:43:18	12:48:35	14:07:35	15:25:03	16:34:47
			(17:14:06)			
9. Jack Blackburn	44	1:04:47	2:09:28	3:14:10	4:18:34	5:23:58
Springfield, Ohio		6:28:06	7:31:30	8:36:19	9:44:19	10:54:30
71 miles		12:13:55	21:41:10	22:37:52	23:46:24	
10. William Taft	64	1:10:10	2:20:42	3:34:02	4:47:47	8:26:52
Columbia, Mo.		9:45:00	14:12:14	15:31:21	16:51:46	18:12:33
		19:54:48	21:15:09	22:37:59		
11. Mac Pullen		59:25	2:03:59	3:03:50	4:06:47	5:14:18
Columbia, Mo.		6:21:27	7:29:11	8:37:30	9:53:12	11:03:25
62 3/4 miles		12:20:09	13:42:09	(14:18:20)		
12. Bruce Etherton	40	1:04:47	2:10:56	3:18:25	4:26:14	5:46:46
Breckenridge, Mo.		7:04:36	8:40:51	10:02:20	16:43:19	18:20:50
100 kilo		20:16:17	21:53:49	(22:32:53)		
13. Phil Lewis	43	1:02:43	2:05:01	3:07:25	4:10:47	5:14:20
Xenia, Ohio		6:19:25	7:24:15	8:34:27	9:51:28	11:07:23
60 miles		12:43:23	14:19:56			
14. Dan "Skip" Halterman	35	1:04:48	2:11:23	3:15:45	4:20:08	5:26:10
Protem, Mo.		6:34:18	7:44:57	8:59:45	10:27:20	11:39:02
54½ miles		(12:55:56)				
15. Ben Calvert	29	1:09:17	2:16:03	3:25:58	4:39:13	5:58:46
Kansas City, Mo.		7:26:20	15:50:00	17:41:27	19:28:50	21:15:04
54 miles		(22:31:44)				
16. Chris Knotts	25	1:04:38	2:09:14	3:13:10	4:18:54	5:23:58
Springfield, Ohio		6:28:06	7:34:37	8:40:58	9:47:55	11:13:47
53 3/4 miles		(12:28:21)				
17. Olen Brown	45	59:12	1:55:40	2:50:30	3:47:11	4:44:32
Columbia, Mo.		5:43:21	6:44:39	7:47:49	8:50:55	9:52:38
18. Elsie McGarvey	51	1:02:38	2:05:27	3:08:45	4:18:46	5:27:44
Kalispell, Mont.		6:41:38	7:57:12	9:06:55	10:18:32	11:27:36

100 Mile Results continued:

19. Jim Walter	41	1:07:30	2:15:15	3:20:39	4:23:55	5:32:57
Columbia, Mo.		7:05:17	8:21:48	9:51:26	11:18:37	12:47:30
20. Christina Purdy	27	1:08:28	2:18:21	3:36:12	4:51:41	6:23:12
Carbondale, Ill.		7:44:33	9:21:33	11:00:11	13:18:30	15:10:16
21. Rueben Stern	32	1:08:28	2:18:21	3:29:52	4:47:27	6:23:12
Prairie Village, Ks.		8:05:52	12:02:50	13:49:01	15:42:40	17:38:13
22. Joyce Withrow	24	1:08:28	2:24:07	3:33:00	4:50:52	6:12:49
Blue Springs, Mo.		7:34:58	9:38:12	12:22:58	15:53:39	17:51:19

One of the walkers not on hand this year was Chuck Hunter, Centurion #11. Chuck had been here seven consecutive times, doing the full 100 each time. His aim was to get 10 in a row---1,000 miles.

A couple of weeks before the walk Chuck sent the following letter which explains why he has to bow out of 100 mile walk competition:

"Dear Joe,

This is probably one of the toughest decisions I've made in my life. I hate the thought of not being able to compete in the Missouri 100 mile race. Last year as you well know I had some difficulties after 50 miles. When I got home I thought I was recovering from a bad flu. After four days of laying around in bed, Dr. Amoroso thought I should have some blood tests. As it turned out my kidney was not working. I only have the one kidney so I was in real trouble. After several days in the hospital and medications, mostly blood thinners, they were able to get it working again. The doctors surmised that I had completely dehydrated in the 100 mile race. I had torn loose muscle tissue in the body. This muscle tissue was blocking the kidney and causing it to clog up. I took liquid almost every lap and this was really a surprise to me. They said I shouldn't chance doing another 100 miler as next time I may not be able to get the kidney going again.

I want to wish the competitors a lot of luck this year. Again I would like to express my appreciation for all the good people of Missouri who have helped with the race over the years. I really enjoyed it. I would like to be remembered as a guy who gave it everything he had.

Thanks,

Chuck Hunter"

There is no question but that Chuck Hunter will be remembered as one of the guttiest of the 100 mile walkers. No one stormed around Hickman Track with quite the force of Chuck Hunter.

THANKS to all of you who helped with the recording of the 440 splits and to those who helped in other ways. Special mention to Pam Simms who began recording splits at 4:00PM on Sat. and continued straight through to the 1:00 PM finish on Sunday. She probably had as much difficulty unkinking her body as did the 100 mile walkers. Joyce Schulte was on hand for many, many hours as chief trouble-shooter--and she did have various and unusual troubles to shoot down. Tom and Annette LaFontaine did double duty recording splits as did Joe Marks and Richard Diehl.

Also THANKS to the Phi Kappa Psi fraternity. They had at least two people the entire 24 hours in 3 hour shifts manning the aid station. And we had the usual cooperation of the Board of Education and the Parks and Recreation Dept.

Attendance was down for the 100 miler this year. The main reason was because the National AAU 100 miler was set for the first weekend in November for San Diego. So, we got none of the West Coast walkers and probably a few others, and, of course, that is as it should be. Al Price will be in the San Diego race and should be considered the favorite.

This was the first year since 1969 that we had no new Centurions. That certainly shows how exclusive the club is. There are still a total of 30 American Centurions (including those three who did the 100 in less than 24 hours in 1878). No doubt more will be added from the San Diego race.

DENNIS STEWART SETS 30-39 RECORD IN WINNING TWO MILE X-C October 4;

2 Mi. off DT

1. Dennis Stewart	10:10	15	
2. Bob O'Connell	10:16	104	
3. Marc Shegoski	10:23	28	
4. Jeff Mittelhauser	10:39	9	
5. Norm Stebbins	10:56		
6. Kevin Stock	11:02	3	
7. Don Lewis	11:03	2	
8. Dave Parker	11:09		
9. Dick Hessler	11:10		
10. Al Johnson	11:13		
11. Doug Bellows	11:19	19	
12. Tom Billington	11:23	53	
13. Bruce Maxey	11:28	13	
14. Tom LaFontaine	11:32	28	
15. Kent Lang	11:34	4	
16. Steve Baurichter	11:35		
17. Joe Kurth	11:39		
18. Ron Belyea	11:40.5		
19. Dick Naumann	11:41		
20. Don Granberg	11:46		
21. Joe Marks	11:56	4	
22. Larry Thornburg	12:01	74	
23. Joe Weis	12:11	45	
24. Rob Schroeder	12:15		
25. Olen Brown	12:23	2	
26. Milene Hollon	12:38	22	
27. Ron Wampler	12:41	19	
28. Turk Storvick	12:44		
29. Steve Gibson	12:47		
30. Chris Naumann	12:51		
31. Charles Slivinsky	13:04	4	
32. Tim Gibson	13:22		
33. Joe Duncan	13:25	5	
34. Jim Castle	13:42		
35. Russ Kurth	13:45	45	
36. Debbie Hoxworth	13:48		
37. Chris Ruble	14:01	11	
38. Angie Ballenger	15:05		
39. Annette LaFontaine	15:06	54	
40. Jim Pinkerton	16:12	12	
41. Wendy Evans	16:30	30	
42. Kathy Cain	17:12		
43. & 44 Bill Wiecek & Pat Estevez	--no time recorded		

DENNIS HINKAMP has moved to Utah State University (Information Services) Logan, Utah and has quickly established himself as the top gun on the local running scene. Dennis says running is still in the "Gee Whiz!" stage there with a sprinkling of First and Second Annual events.

Dennis has competed in four races and won them all, namely: Sweetwater Resort 10K in 35:48; Bear Lake Monster Race, 6.4 miles in 35:21; Utah State 5K fundraising race in 16:30 and Mantua Lake run, 4.2 miles in 22:42. For winning the first race Dennis got 3 days and 2 nights at a fancy ritzy condo at Bear Lake. Logan is at altitude, but Dennis is unsure as to the effect on his times. He does notice that he cannot charge the hills like he could in Missouri.

CTC runners turned in the best team performance ever for a marathon by placing 3 runners in the top 10 in the Freedom Marathon, Champaign, Ill. on Oct. 12. BOB O'CONNELL paced the CTC contingent, finishing 4th (out of 365) with 2:32:46, with NORM STEBBINS 7th at 2:37:32 and JOHN WESTON 10th at 2:38:32. But that's not all. JIM NEVIACKAS was 16th in 2:41:40, JOE MARKS 23rd with 2:44:12 to win the age 40 trophy, STEVE PETH was in at 3:08+ and BOB CURRY at 3:44:10. O'Connell's time was his second best, Stebbins had a PB by 1 minute, Weston a PB by 11 minutes, Neviackas a PB by 3 minutes, Marks a PB by 3½ minutes in his 22nd marathon and Peth a PB by a whopping 20 minutes. Low 30's at the start, 50 at the finish, a rolling course, 3 loops, 2 miles of loose gravel. Winner was one D. Hoover in 2:22:58. First female was Becky Baum in 2:54+.

In the October 11 10,000 meter road walk on the Hilton Inn course, Bill Taft was the only competitor. He walked a 1:16:45, 15 seconds faster than his DT. So he gains a point on all the other walkers.

ELAPSED TIME STANDINGS: (not including the 5 mile X-C of Oct. 18)

Runners--Open:

1. O'Connell	54	11. Marks	29	21. Brown	14	31. Parker	8
2. Mittelhauser	50	12. Weston	28	22. Smith	13	32. D. Johnson	6
3. Stebbins	48	13. Stewart	26	23. Wampler	13	33. Duncan	6
4. Lewis	42	14. Hemphill	24	24. Kurth	12	34. Pinkerton	4
5. Hessler	42	15. Shegoski	24	25. Naumann	11	35. Wiecek	1
6. LaFontaine	40	16. Stock	21	26. Walther	10	36. Ditter	1
7. Maxey	37	17. Thornburg	20	27. Granberg	10		
8. Al Johnson	33	18. DeCoster	19	28. Storvick	10		
9. Kent Lang	32	19. Bellows	17	29. Stout	9		
10. Baurichter	30	20. Londeree	16	30. Slivinsky	8		

15 & under:

1. Joe Weis	12
2. S. Gibson	8
3. T. Gibson	8
4. R. Diehl	7
5. R. Kurth	6
6. C. Naumann	4
7. D. Wilcox	2
8. A. Hessler	1
9. A. Ballenger	1

40 & over:

1. Lewis	16
2. Marks	14
3. Brown	11
4. Londeree	7
5. Storvick	7
6. Smith	5
7. Duncan	5
8. Johnson	4
9. Pinkerton	3
10. Wiecek	1

WOMEN:

1. Milene Hollon	13
2. Debbie Hoxworth	7
3. Chris Ruble	6
4. Angie Ballenger	5
5. Susan Boyle	4
6. Annette LaFontaine	4
7. Wendy Evans	3
8. Mary Ann Slivinsky	3
9. Kathy Cain	2
10. Amy Hessler	2
11. Pat Estevez	1
12. Terry Majewski	1

WALKERS

1. Chapin	7	5. Taft	5
2. Busen	6	6. Brown	5
4. Gragg	5	7. Walter	1
3. Spier	6		

MANY THANKS TO CHARLES
SLIVINSKY for taking over
the DT and Schulte Award records.

DESIGNATED TIME STANDINGS

Shows the percentage deviations from the estimates and their average. Includes this season's races on 9/13 (5k) or 9/14 (30k Walk), and 10/4 (2 mi).

1. Susan Boyle	0.23	----	(0.23)	15. John Hemphill	2.06	----	(2.06)
2. Kent Lang	0.09	0.58	(0.33)	16. Bruce Maxey	2.48	1.93	(2.20)
3. Ben Londeree	0.36	----	(0.36)	17. Mike Walther	2.35	----	(2.35)
4. Joe Marks	0.19	0.56	(0.37)	18. Jeff Mittelhauser	3.47	1.43	(2.45)
5. Sam Stout	0.43	----	(0.43)	19. Dennis Stewart	----	2.52	(2.52)
6. Kevin Stock	----	0.45	(0.45)	20. Joe Duncan	4.83	0.62	(2.72)
7. Charles Slivinsky	----	0.51	(0.51)	21. Doug Bellows	----	3.00	(3.00)
8. Don Lewis	0.86	0.30	(0.58)	22. Wendy Evans	----	3.12	(3.12)
9t. Turk Storvick	0.91	----	(0.91)	23. Russ Kurth	3.13	5.77	(4.45)
9t. Jim Pinkerton	0.58	1.25	(0.91)	24. Mark Shegoski	----	4.71	(4.71)
10. Rob Spier	1.28	----	(1.28)	25. Don Johnson	5.11	----	(5.11)
11. Olen Brown	2.36	0.27	(1.31)	26. Annette LaFontaine	----	5.62	(5.62)
12. Chris Ruble	----	1.33	(1.33)	27. Larry Thornburg	1.97	9.31	(5.64)
13. Ron Wampler	1.34	2.44	(1.89)	28. Joe Weis	----	5.80	(5.80)
14t. Milene Hollon	1.17	2.82	(1.99)	29. Tom Billington	----	8.41	(8.41)
14t. Tom LaFontaine	0.10	3.89	(1.99)	30. Bob O'Connell	----	14.44	(14.44)

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS

Shows the percentage improvements over last season's races and the average improvement. Includes this season's races on 9/13 (5k) and 10/4 (2 mi).

1. Chris Nauman	----	12.97	(12.97)	14. Joe Duncan	-3.18	0.75	(-1.21)
2. Dick Nauman	----	9.13	(9.13)	15. Olen Brown	-3.02	-1.88	(-2.45)
3. Steve Gibson	----	8.08	(8.08)	16. Sam Stout	-2.75	----	(-2.75)
4. Tim Gibson	----	7.23	(7.23)	17. Susan Boyle	-3.56	----	(-3.56)
5. Ron Wampler	----	3.81	(3.81)	18. Don Lewis	-4.44	----	(-4.44)
6. Joe Marks	-0.19	3.49	(1.65)	19. Jeff Mittelhauser	-9.76	0.63	(-4.56)
7. Ron Belyea	----	1.29	(1.29)	20. Russ Kurth	-4.79	----	(-4.79)
8. Kevin Stock	----	1.21	(1.21)	21. Dick Ditter	-4.97	----	(-4.97)
9. John Hemphill	1.06	----	(1.06)	22. Tom LaFontaine	-5.50	----	(-5.50)
10. Joe Kurth	0.52	----	(0.52)	23. Larry Thornburg	-6.19	----	(-6.19)
11. Dennis Stewart	----	0.33	(0.33)	24. Don Johnson	-6.75	----	(-6.75)
12. Bruce Maxey	1.02	-1.89	(-0.43)	25. Ben Londeree	-9.95	----	(-9.95)
13. Dick Hessler	-0.95	----	(-0.95)				

SCHEDULE OF EVENTS

NOVEMBER 2 Sunday 7:30 AM 40 Kilometer Walk MFA course

2 " 1:00 PM Missouri Turkey Trot 3 Mile Cross Country Run Queeny Park St. Louis County Dual Meet with St. Louis Track Club Scoring is on a mass or "mob" basis--every runner scores. We hope all CTC members will plan to go. SLTC has plans for some fine post race eating and social activities. CTC members should not pay the entry fee. That will be paid by CTC. However, you MUST still go ahead and send in your entry blank IN ADVANCE. Joe Marks is travel coordinator. If you need a ride or if you are willing to transport some runners, then please let him know. 445-1919.

8 Saturday 9:00 AM FUN RUNS Research Park

9 Sunday 9:00 AM ERA 10,000 meter run MFA Gardens

15 Saturday 9:00 AM 20 kilo run (10 kilo for Women and age 15 & under) 20 kilo walk at 8:30 AM Hilton Inn

22 Saturday 9:00 AM FUN RUNS Research Park

29 " 9:00 AM FUN RUNS Research Park

DECEMBER 6 Saturday 10:00 AM RRCA NORTH REGION and OPEN 30 kilometer Run. There will be a 10 kilo run for women and age 15 & under, however, no awards for that. Also a 20 kilo walk. Hilton Inn Course

OTHER SELECTED EVENTS:

November 2 Sunday 8:00 AM Ramada 5 mile road race Ramada Inn Sedalia, Mo.

8 Saturday 9:00 AM Bushwacker Marathon (also a half marathon) Nevada, Mo. CONTACT: Bushwacker Marathon 1008 N. Washington Nevada, Mo. 64722

9 Sunday 8:00 AM Macy's Marathon and 10,000 meter run CONTACT: Special Events Office Macy's 1034 Main Kansas City, Mo. 64105

On Sunday, November 9 at 12 noon, the Columbia chapter of the National Organization for Women will host an ERA '80 Walk/Run fund-raiser. We are asking you to pick up a pledge sheet, to solicit the support of as many sponsors as you can, then join us on the 9th near the MFA fountain to walk or run the 6.2-mile course. You can enter the event with a minimum of \$10 in pledges, but we are encouraging each participant to set a goal of no less than \$100 -- that's only 10 sponsors at \$10 each. We've set our overall goal at \$10,000, so please don't settle for anything but the most you can possibly collect for the ERA this year. You are an integral part of our ratification strategy. Without your strong support, the future of the ERA in Missouri is questionable, but with your efforts, failure is impossible.

Jan Warneke

Jan Warneke, coordinator
Columbia NOW, 442-2696

Sue Cummings

Sue Cummings, asst. coordinator
Columbia NOW, 443-4723

DICK HESSLER finished 4th out of 60 in the Tri-States Marathon, Falls City, Nebr. on Oct. 19. Dick was at 2:43:30 (17:30 at 3 & 1:51:10 at 18) a mere 10 seconds behind Tim Hendricks. Bill Fox was some 5 minutes back for 5th. DENNIS STEWART, in a rare marathon for him was in at 2:57 or so. Temperature started at 30 and was at 55 when Dick finished. The only problem was a strong headwind over the last 9 miles, which also had hills. Dick does not recommend his day-before-the-race workout--a ride on the Worlds of Fun Orient Express. On some of the turns he was at 3.4 g's and did 4 360 degree loops. At about 20 miles of the marathon he was still feeling the Express in his right shoulder. Dick will run many another marathon, but the Orient Express? Never again!. He will let Peter handle that task in the future, alone.

BOB O'CONNELL GROPEs WAY TO VICTORY IN FIVE MILE CROSS COUNTRY Oct. 18:

	5	Seconds off	
		DT	
1. Bob O'Connell	28:39	1	Beautiful day, sun shining low 40's. The only problem was that three days previous to the race, there was a fine white line marking the course. The first rains in more than 30 days eliminated that line. Following the little red flags we have is a bit difficult for the leaders who are moving at a fast pace. So O'Connell and Mittelhauser spent most of the race conferring with each other as to where to go. It was pretty frustrating for them, but somehow they found the finish as did the others but we will never know as to who found shortcuts and as to who might have run an extra distance. We do know, though, that Milene Hollon got another record in beating the 38:38 posted by Susan Boyle last year. O'Connell came out ok on his prediction, getting the CTC t shirt, so his stop and go manner of running this race paid off in that respect.
2. John Weston	28:48	12	
3. Norm Stebbins	28:55		
4. Robert Goodrich	29:06		
5. Jeff Mittelhauser	29:15	75	
6. Tom LaFontaine	29:34		
7. Bruce Maxey	30:04.5	85	
8. Jim Schutt	30:05		
9. Al Johnson	30:05.5		
10. Dave Parker	30:19		
11. Kent Lang	31:09	21	
12. Joe Marks	31:12	78	
13. Tim DeCoster	31:18		
14. Jake DeCoster	32:03		
15. Olen Brown	32:13	73	
16. Mike Koonse	32:26	34	
17. Dick Naumann	32:31		
18. Mike Walther	33:12	48	
19. Don Johnson	33:42	18	
20. Turk Storvick	34:41	1090	
21. Mike DeLaughery	34:47		
22. Richard Diehl	35:22	98	
23. Ron Wampler	35:33	27	
24. Tim Gibson	35:49		
25. Milene Hollon	35:54	114	
26. Chris Naumann	35:56		
27. Russ Kurth	36:00		
28. Steve Helmick	36:00.5		
29. Harvey Green	36:27		
30. Joe Trewyn	36:37	203	
31. Jim Pinkerton	36:40 (4 miles?)		
32. Kathy Uhlmeier	45:21		
33. Carolyn Epple	46:05		
34. Wendy Evans	48:29		
35. Terry Majewski	48:30		

WESLEY PAUL won the Natural Lite 10,000 meter handicap run in St. Louis on Sept. 28. This is the race which starts and finishes in Busch Stadium prior to a Cardinal ball game and in which the runners are sent out in groups according to age. Wesley, at age 11, got a 10 minute handicap over the scratch starters and no one was able to pass him and he passed everyone who had started before him. Wesley had a time of 36:33 and, of course, even Craig Virgin can't run a 10,000 in 26:33. And he didn't. Virgin finished 3rd with the fastest time--30:15. 2nd was a 9 year old kid from Illinois. PETER HESSLER finished 17th and Father Dick Hessler was 50th. This out of some 2240 runners.

The ANNUAL MEETING of CTC was held on October 17. Many items were discussed and you will see the result of most of them in the schedule for 1981 which will appear in the December Newsletter. In the meantime you should pay your annual dues which, once again, are set at \$5.00 per family. Dues are payable by December 6, 1980. If you do not pay by then you will forfeit the DT average and ET points you have accumulated up to that date. Those of you who first became members of CTC after June 1, 1980 are considered paid for this next year. You won't have to pay any more dues until the Fall of 1981.

JIM SCHUTT finished 7th out of 45 in the Coors Light 30 kilo run in Springfield on Sept. 20, and 2nd in the age 40 group (by 15 seconds) with a time of 2:04:35. Winner was Rich Miller at 1:58:02. The age 40 winner was Lanny Brent. Jon Herbert was not in that race.

OCCIDENTAL
RACE FOR LIFE
10,000 METERS
OCT. 12, 1980

<u>PLACE</u>	<u>NAME</u>	<u>AGE CATEGORY</u>	<u>TIME</u>
1.	Steve Fisher	22-29	31:10.6
2.	Jeff Mittelhauser	22-29	32:46.9
3.	Marc Shegoski	22-29	33:22.3
4.	Tom LaFontaine	30-39 PB	34:20.3
5.	Jim Schutt	40-49	35:40.7
6.	Dick Hessler	30-39	35:44.5
7.	Don Lewis	40-49	35:52.8
8.	Bob Schottman	30-39	37:02.9
9.	Ronald Belyea	30-39	37:17.1
10.	Bill Goldkamp	22-29	37:49.4
11.	Dan Hoxworth	16-21	37:53.5
12.	Ben Luebbering	40-49	37:56.2
13.	Steve Baurichter	30-39	38:02.7
14.	Michael Koonse	30-39	38:50.9
15.	Mike Crouch	30-39	38:51.3
16.	Joe Kurth	30-39	38:51.7
17.	Gale Carmen	30-39	38:52.3
18.	Danny Ludwig	22-29	38:56.1
19.	Dick Naumann	30-39	39:03.4
20.	Jim Vermillion	30-39	39:04.1
21.	Richard Linn	22-29	39:06.8
22.	Eugene Hansbrough	22-29	39:08.9
23.	James Baldwin	16-21	39:10.0
24.	Thomas Allen	30-39	39:22.3
25.	Peter Roman	22-29	39:28.0
26.	John Moon	22-29	39:30.4
27.	Richard Huse	30-39	39:34.5
28.	Paul Whitehead	22-29	39:37.7
29.	Robert Smith	40-49	39:41.1
30.	Miguel Zarzosa	22-29	39:42.1
31.	David Caporale	30-39	39:47.7
32.	Michael Walther	22-29	39:58.2
33.	John Nieters	30-39	40:04.4
34.	Gary Titus	22-29	40:09.0
35.	Mark Johnson	22-29	40:24.5
36.	Chris Naumann	15 & under	40:25.9
37.	Don Johnson	50 & over	40:26.9
38.	Bob Carey	16-21	40:50.4
39.	Mike DeLoughery	30-39	40:51.7
40.	Larry O'Brien	30-39	40:54.8
41.	Charles Slivinsky	30-39	41:03.7
42.	Richard Diehl	15 & under	41:11.4
43.	George Mummert	30-39	41:15.0
44.	Martin Rosso	22-29	41:15.7
45.	Donald Green	30-39	41:16.8
46.	Howard Bentley	50 & over	41:17.7
47.	Norris Kruse	40-49	41:21.4
48.	Tim Gibson	15 & under PB	41:27.1
49.	John Novak	30-39	41:44.4
50.	Milene Hollon	16-21	41:53.0
51.	Herb Mittlehauser	50 & over	42:13.0
52.	Keith Ridgway	22-29	42:55.7
53.	William McCord	22-29	42:59.6
54.	Joe Duncan	40-49	43:02.0
55.	Oran Pringle	30-39	43:06.3
56.	Timothy Stroud	22-29	43:11.7
57.	Dan Pierce	22-29	43:19.8
58.	James Sowash	40-49	43:22.9
59.	David Gibbons	30-39	43:29.1
60.	Bill Henry	30-39	43:29.7
61.	Dan Schuppan	30-39	43:31.2
62.	Kenneth Skouby	22-29	43:38.2
63.	Charles Moore	30-39	43:45.6
64.	William Herlong	40-49	43:52.6
65.	David Rickerson	22-29	44:10.4
66.	Robert Harl	22-29	44:11.2

67.	John Mueller 30-39	44:14.8
68.	Daniel Ovshak 30-39	44:33.1
69.	Duane Tharp 15 & under	44:36.5
70.	Larry David 40-49	44:37.3
71.	Russell Kurth 15 & under	44:44.5
71.	Steve Helmick 15 & under	44:44.5
73.	Charles Graves 22-29	44:53.4
74.	Steve Gibson 15 & under	45:02.4
75.	Dennis Jones 30-39	45:26.5
76.	Daniel Atwill 30-39	45:28.8
77.	Dwight Clevenger 22-29	45:46.1
78.	Thomas Lucas 22-29	45:53.0
79.	Bill Rathert 22-29	46:17.0
80.	Dick Rother 30-39	46:19.0
81.	Charles Matthews 30-39	46:31.0
82.	Clarence Coats 30-39	46:35.9
83.	Sidney Hose 40-49	46:42.4
84.	Richard Bohon 22-29	46:49.6
85.	Marc Anderson 30-39	46:50.0
86.	Jack Dodson 16-21	47:10.3
87.	Susan Dunlap 30-39	47:34.8
88.	Amy Hessler 15 & under	48:06.9
89.	William Ramlow 40-49	48:18.3
90.	Annette LaFontaine 30-39	48:29.6
91.	Joseph Lecco 30-39	48:46.9
92.	John Stith 22-29	48:48.2
93.	Tom O'Connor 15 & under	48:52.0
94.	John Wilke 30-39	48:55.5
95.	Dennis Kent 30-39	49:12.2
96.	Michael Cheshire 30-39	49:15.0
97.	Male, unknown number	49:17.0
98.	Roger Hanson 40-49	49:19.3
99.	Mary Slivinsky 30-39	49:33.6
100.	Dan Edwards 22-29	49:46.3
101.	Robert Wolfe 40-49	50:15.0
102.	John O'Connor 40-49	50:19.1
103.	Jim Pinkerton 40-49	50:44.2
104.	Linda Davis 22-29	50:48.1
105.	Sara Ovshak 22-29	51:17.1
106.	Harvey Green 40-49	51:43.8
107.	Don Long 50 & over	51:51.7
108.	William Duemmel 40-49	53:11.5
109.	Wendy Evans 30-39	53:19.5
110.	Robert Perry 30-39	54:06.2
111.	Kathleen Cain 30-39	54:30.5
112.	Carolyn Epple 22-29	54:40.2
113.	Pam Mendenhall 30-39	55:04.0
114.	Dianna Underwood 16-21	55:05.6
115.	Dick Ditter 30-39	55:44.1
116.	Kate Hartung 30-39	55:45.1
117.	Sonja Berry 30-39	56:01.6
118.	Teresa Whitelock 30-39	56:04.0
119.	Robert Epple 50 & over	56:28.5
120.	Jeanine Lindstrom 40-49	56:28.5
121.	Jim Millar 22-29	57:01.7
122.	Cindy Wolfe 16-21	57:08.5
123.	Laurie Millar 22-29	57:15.1
124.	Samantha Cheshire 30-39	57:15.8
125.	Karen Miller 30-39	58:45.1
126.	John Cooley 50 & over	58:54.9
127.	Paul Boettcher 15 & under	1:00:44.4
128.	Pat Epple 50 & over	1:02:43.4
129.	Jolene Koester 30-39	1:02:50.7
130.	Heather O'Connor 15 & under	1:03:27.9
130.	Joni O'Connor 40-49	1:03:27.9
132.	Unknown runner	1:05:13.5
133.	Margaret Johnson 50 & over	1:11:14.4

THANKS to the Ferd LaBrunerie Agency (Occidental Life) for sponsoring this event and to the Jim Gibson family for working so hard to bring it all about. This will become a fixture on the local running scene--a major fall road race. Joe Duncan won the DT competition, missing by a mere two seconds. Tom LaFontaine was 5 off and Richar Diehl 11. Duncan also, by luck of the draw, (despite suspicions to the contrary, it was pure luck!) won a pair of New Balance shoes. Thanks to Don Long for that.

10,000 METER "RUN FOR THE SUN" II

Sedalia, Mo.

SEPTEMBER 21, 1980

PLACE	TIME	NAME	HOMETOWN	AGE	SEX
1	31.38.2	FISHER, STEVEN D.	COLUMBIA, MO	23	M
2	31.59.9	CLARK, DOUGLAS	LEXINGTON, MO	24	M
3	33.35	HARRIS, DAVID	JEFFERSON CITY, MO	25	M
4	34.05	MILLER, JOHN	SEDALIA, MO	18	M
5	34.15.4	JOHNSON, GERALD	WARRENSBURG, MO	19	M
6	34.53.4	HARRIS, DAVID	WARRENSBURG, MO	19	M
7	34.53.6	MEJIA, ARTURO	KANSAS CITY, MO	21	M
8	35.49.7	LICKTEIG, TY	WARRENSBURG, MO	18	M
9	35.50.0	ADAMS, TOM	WARRENSBURG, MO	23	M
10	37.12.8	PAUL, WESLEY	OVERLAND PARK, KANSAS	11	M
11	37.15.8	JENSEN, ALLAN	MARSHALL, MISSOURI	39	M
12	37.26.2	BALLARD, BRUCE	HOLDEN, MO	31	M
13	37.39.7	SCHULT, JIM	CALIFORNIA, MO	41	M
14	38.20.4	NAUMANN, DICK	JEFFERSON CITY, MO	34	M
15	38.43.6	MITTELHAUSER, JEFF	SEDALIA, MO	23	M
16	38.55.0	LANG, KENT	BOONVILLE, MO	18	M
17	39.07.5	CAIN, STEVE	SEDALIA, MO	29	M
18	39.07.8	LOGAN, BOB	ROCHEPORT, MO	27	M
19	39.12.2	YEAGER, HENRY	HOLDEN, MO	44	M
20	39.22.9	ROBINSON, JACK	SEDALIA, MO	38	M
21	39.33.8	DAMETZ, LARRY	MARSHALL, MO	25	M
22	39.37.4	HARMS, TERRY	KANSAS CITY, MO	34	M
30.	40:52.5	<u>Naumann, Chris</u>	Jefferson City, MO	11	
31.	41:55.2	Parham, Samuel	Knob Noster, MO	29	
32.	42:00.4	Finke, Harold	Green Ridge, MO	40	
33.	42:08.6	Bentley, Howard	Jefferson City, MO	51	
34.	42:10.5	Lynn, Kevin	Boonville, MO	18	
35.	42:17.2	<u>Hollon Milene 1st F.</u>	Columbia, MO	21	
36.	42:27.1	Walker, David	Trenton, MO	27	
37.	42:53.5	<u>Riddleboover, Lloyd</u>	Boonville, MO	50	
38.	42:55.9	Dudding, Ralph	Boonville, MO	18	
39.	43:02.6	Leigh, Audrey	Warrensburg, MO	45	
40.	43:11.5	Adams, Mary	Warrensburg, MO	21	
41.	43:26.5	Gann, David	Holden, MO	33	
42.	43:34.4	Douglas, Edward	Chillicothe, MO	28	
43.	43:47.6	<u>Mueller, John</u>	Columbia, MO	37	
44.	43:53.5	Hamlin, David	Warrensburg, MO	41	
45.	43:59.5	Clithero, Dale	Jefferson City, MO	31	
46.	44:10.2	Jones, Leslie	Sedalia, MO	30	
47.	44:31.3	Yeager, Christopher	Sedalia, MO	24	
48.	44:47.2	Varner, Howard	Kansas City, MO	26	
49.	44:50.6	Kimble, Bert	Edina, MO	30	
50.	45:10.1	Wooderson, Phil	Columbia, MO	33	
51.	45:12.1	<u>Mittelhauser, Herbert</u>	Sedalia, MO	51	
52.	45:19.1	Krause, Hal	Warrensburg, MO	42	
53.	46:17.5	Leigh, Patrick	Warrensburg, MO	12	
54.	46:19.5	Callis, James B	Sedalia, MO	46	
55.	46:28.3	Cordry, Kent	Bridgeton, MO	28	
56.	46:33.2	Shewart, Hugh	Independence, MO	47	
57.	47:43.3	Tapain, Brian	Edina, MO	15	
58.	48:03.7	Blowers, Mark	Sedalia, MO	26	
59.	48:25.7	Cordry, Kenneth	Sedalia, MO	56	
60.	49:24.4	Sapp, David	Columbia, MO	34	
61.	49:27.9	Lawson, Robert	Sedalia, MO	19	
62.	49:38.6	Buckley, Tom	Independence, MO	31	
63.	49:45.1	Everson, John	Warrensburg, MO	46	
64.	49:50.3	Bryant, Lynn	Holden, MO	18	
65.	51:05.3	Dolloff, Scott	Boonville, MO	19	
66.	51:18.6	Rouchka, Don	Hughesville, MO	39	
82.	57:38.0	Hickonymus, Damon	Sedalia, MO	71	
83.	57:55.5	<u>Ditter, Richard</u>	Columbia, MO	33	
84.	58:25.9	Cowary, Charlotte	Sedalia, MO	52	
85.	59:39.5	Walla, Edward	Sedalia, MO	63	
86.	59:40.2	Stewart, Kathleen	Warrensburg, MO	22	
87.	59:58.4	Whitlock, Theresa	Columbia, MO	30	
88.	1:01.53	<u>Vanbooven, Pat</u>	Columbia, MO	41	

Here is information about another race--one for ERA.
This does not mean to be an endorsement of ERA by CTC, but is
merely a report of another opportunity for a race.

November 9, 1980

ERA '80 WALK/RUN

Who: Attention all supporters of the Equal Rights Amendment
Women, men and children who would like to get sponsors and walk.

What: The Columbia National Organization for Women is sponsoring a WALK/Run to raise funds for the ERA ratification campaign in Missouri.

Where: MFA Gardens, 1817 West Broadway.

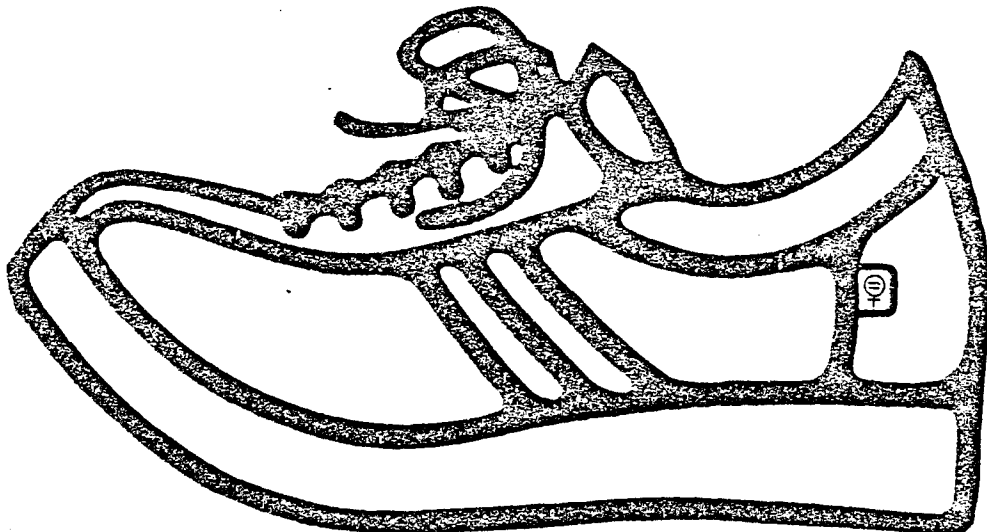
When: November 9, 1980
12 noon registration
1 p.m. send-off rally

Please wear green and white to show your support.
For more information and pledge sheets please call:

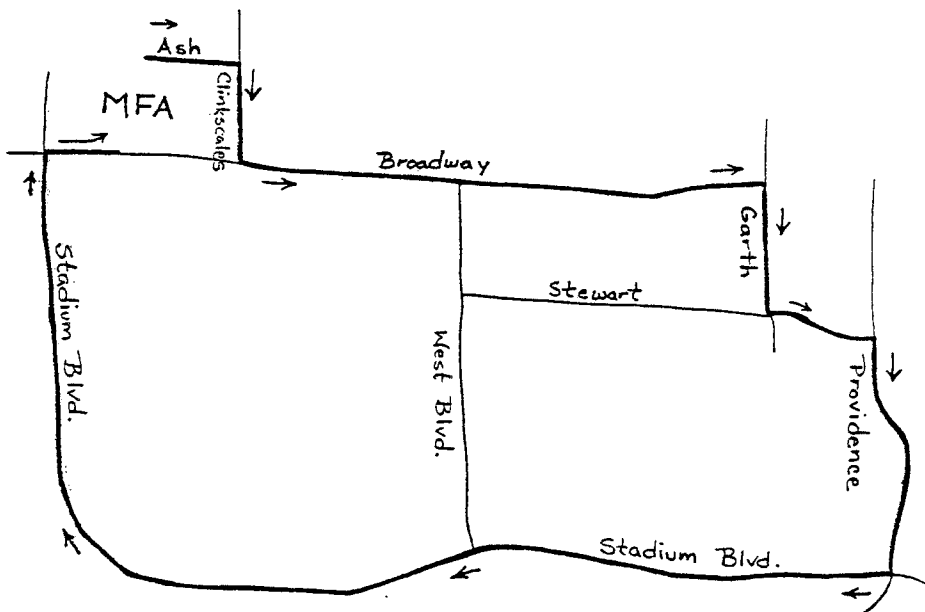
Jan - 442-2696 Chris - 442-5892
Nancy - 445-4274

Child care will be available.

-----CTC has white shirts
with the green CTC
logo @ \$3.00.



WALK/RUN ROUTE



COLLECTION PROCEDURES:

○ You may choose one, or a combination of the three options, as follows:

- 1) You collect "pre-paid" pledges before the walk.
- 2) You collect your pledges within a few days after the walk.
- 3) NOW/ERA Walk Committee "bills" your sponsors for pledges of 50¢/mile or more, following the walk.

○ Please be sure to indicate your preference for each pledge in the appropriate column on the pledge card.

○ Make checks payable to ERA '80 WALK/RUN and mail pledge card to:

Columbia NOW
c/o Sharon Mitchell
407 Parkade Blvd.
Columbia, MO 65201

○ All remaining sponsors will be billed directly by NOW/ERA Walk Committee.

HOW TO GET SPONSORS

(and walk for lots of money)

○ Ask everyone you know: friends, relatives, neighbors, co-workers, etc.

○ Wear an ERA button. (Ask everyone you don't know who indicates their approval.)

○ Start early. The more time you have, the more sponsors you will get.

○ Start your pledge card off with a large pledge (\$2/ klm) Ask for large pledges.

○ Set a goal for total pledges. (\$100 is a good start.)

If you need help, have any questions, or need more pledge cards — please let us know.

Here is the entry blank for what will be the RRCA North Region 30 kilo Run Championship. The RRCA North Region consists of the states of Minnesota, Iowa, Missouri, Wisconsin, Illinois, Michigan, Indiana, Ohio and Kentucky.

If the number of entries justify it, we will have more trophies for women.

The 10,000 meter run for age 15 & under and for women as shown on the CTC schedule will still be held, but no trophies for that since this is a 30kilo championship.

Please notice that this race is at 10:00 AM. The 10,000 meter will start at the same time.

COLUMBIA PARKS & RECREATION
COLUMBIA TRACK CLUB
1980 ENTRY BLANK
RRCA NORTHERN REGION AND OPEN 30 KILO RUN

TIME: Saturday, December 6, 1980, 10:00 a.m.

PLACE: Hilton Inn, Route ZZ Course, Columbia, Missouri. Hilton Inn is located at the southwest corner of I-70 and Stadium Boulevard.

THE COURSE: An TAC certified 5,000 meter road course. The race will be back and forth on this course; asphalt and concrete, moderate hills.

ENTRY FEE: \$2.00. Post entries will be accepted, however, please have your entries in by December 5th, if at all possible. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first six finishers age 18-29, first three 17 and under, 30-39, 40 and over, and women.

COURSE RECORDS: 1:43:15 Doug Clark and Jeff Roth, December 2, 1980.
2:12:00 Joan Hirt, August 6, 1977.

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 Road Runners Club of America, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Club or School _____

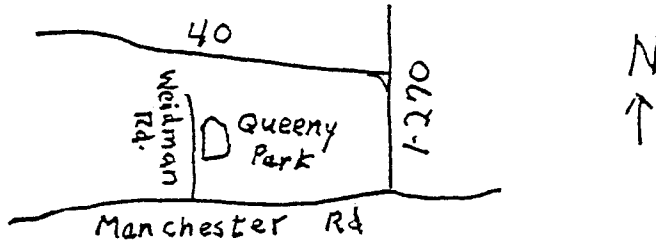
If entrant is under 18 years of age, parent or guardian must sign below:

Name _____

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

30K Run

How to get to Queeny Park: Go into St. Louis County on Highway 40 to I-270. Go south on 270 to Manchester Rd. Go west on Manchester about 2 miles to Weidman Rd. Byerly Travel Trailers is on the left side of Manchester at this point. The 13900-14000 block. Go north on Weidman about 3/4 mile to Queeny Park, which is on the east side of Weidman.



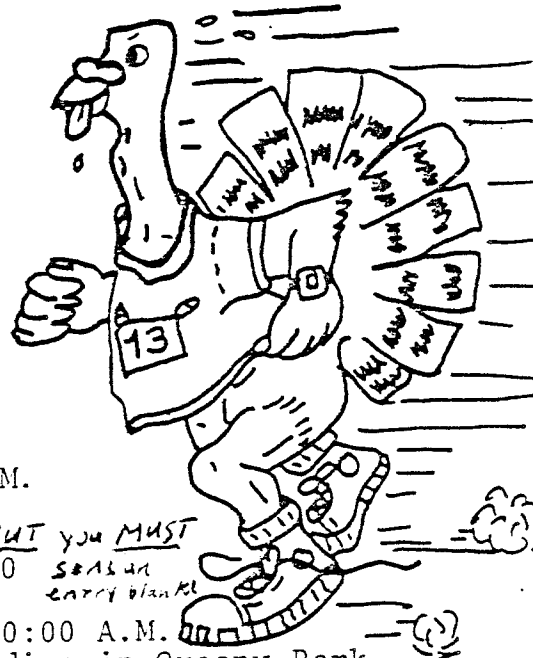
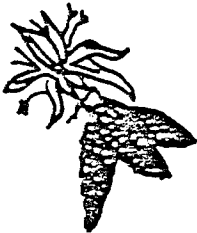
THREE MILE TURKEY TROT

SPONSORED BY ST. LOUIS TRACK CLUB

AND COLUMBIA TRACK CLUB

ST. LOUIS, MISSOURI

SUNDAY, NOV. 2, 1980 - 1:00 P.M.



This is a 3 mile cross country race open to all runners. It's also a dual meet for the SLTC and the Columbia Track Club. Starting time is 1:00 P.M. on November 2 at Queeny Park in St. Louis County.

Registration fee is \$2.00 before October 28. *CTC members don't pay this, BUT you MUST* \$3.00 *SALES TAX* on race day and all entries received by mail after *ENTRY BLANK!* October 28. Late registration will be held from 10:00 A.M. until 12:30 P.M. race day at the Greensfelder Building in Queeny Park.

Runners must report to the Greensfelder Building for number pickup no later than 12:30 P.M. race day.

AGE DIVISIONS

Men: 23 and under
24 - 34
35 - 45
46 - 54
55 and up

Women: 34 and under
35 and up

Awards will be given to at least the top 5 finishers in each age division. Turkeys and other fowl will be among the awards.

This is a SLTC Championship race and points will be awarded as usual for members. 50 points.

SPECIAL SURPRIZE to all finishers...So enter early.

P.S. If you don't want to run, offer to help. Call 968-8149

Mail this entry form with \$2.00 payable to St. Louis Track Club to:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE AS OF NOV. 2, 1980 _____ CIRCLE ONE: MALE FEMALE

CLUB AFFILIATION _____

UNATTACHED

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees do hereby release and discharge the St. Louis Track Club, the Columbia Track Club and the County of St. Louis from all claims or damages, demands, actions whatsoever in any manner arising or growing out of my participation in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____ Tel. No. _____
(Parent if under 18 years of age)

COLUMBIA TRACK CLUB



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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