



TRACK CLUB

NEWSLETTER Vol. XII, No. 9 September 20, 1980

STEVE FISHER COMES BACK TO WIN HEART OF AMERICA MARATHON Sept. 1:

Steve Fisher had to write off the 1979 race as a "learning experience." What he learned was that a fast early pace will wreak its toll over the major hills that are yet to come after Easley Hill. Fisher had to give up at $24\frac{1}{2}$ miles last year because of severe leg cramps. This came after he had held a record pace for almost 21 miles. This year Fisher was back, he led all the way, he finished and he won with a time of 2:35:32. Steve's mileage for the summer was down quite a bit, only some 55 miles per week with very few of the 16-18 stints which are so necessary. Therefore, he went into this year's race with the announced strategy of a conservative early pace--remember his learning experience of last year? Well, in the cool morning darkness, Fisher, once again, got carried away. In fact, he went out at a pace that was even faster than last year. In '79 he was 16:28 at 3 miles, this time he was 16:16, at 6 he was 1:05 ahead of a year ago (and 1:31 ahead of record pace); at 9 he was still almost a minute ahead of '79 (almost 2 minutes ahead of Dennis Hinkamp's record pace). But then, Steve began to falter a little compared to those previous paces. He was only a little ahead of '79 at 12 and by halfway he had fallen 11 seconds behind, but he was still 49 seconds ahead of Hinkamp, and was 48 ahead at 15. The 3 mile segment between 15 & 18 was Steve's undoing. It took him 19:18 to cover that stretch and he was over two minutes behind record pace. You will notice that almost everyone had a problem between 15 & 18. This is explained by the tough wind out of the northeast--officially the wind had picked up to 15 knots and gusting at 8:00 AM. After that it was a matter of survival, for again Steve was having leg cramp problems and had to walk a little bit in the final mile. But he did survive, and had no trouble preserving that healthy margin he had created in the early miles.

JON HERBERT made inroads into Fisher's margin over the last few miles, but not enough. In his 6th H of A Jon got a PB, he had 2:42:40 in '76. Jon's fine performance got him a 2nd place finish and was a good comeback from last year when his early pace proved to be much too hot (he led in '79 for some 10 miles, but blew up to a 2:53. This year he was out more sensibly, being two minutes slower at $\frac{1}{2}$ way this time as compared to '79.

Jeff Mittelhauser, last year's winner was out this time. He has been plagued with a knee injury and did very little running over the summer.

DEBBIE HOXWORTH won the women's title in her first marathon. She didn't decide to run until the evening before the race, when she found out that there was a possibility of cool weather. Debbie ran a smart race, her second half being 7 minutes faster than her first half. Most runners had a slower second half this time, primarily because of the wind between 15 & 18.

As usual, one of those who was not slower over the second half was LOU FRITZ, in his 16th consecutive H of A. Once again the fastest last 2 miles, 385 yards was turned in by Lou--13:34 (Fisher was 15:06). Next fastest was BOB GOODRICH who had 13:40.

JOE MARKS won the age 40 award for the first time, after finishing second the last two years behind record breaking performances. Joe was after a PB (under 2:48) but his early pace and the wind put that notion aside.

SY MAH, U. of Toledo, was in his 182nd marathon. No. 181 was only two days previously in Flora, Ill. and Sy had done a 50 mile race just a week before. I'm not sure, but I think Ted Corbitt is the only one in the country who has done as many as 200 marathons.

DAVE BERRY of Bartonville, Ill. won the Dave Schulte Award for Improved Performance, an improvement of 274 Gardner-Purdy points over his 4:30:05 of '79 (24.84%). BRUCE MAXEY had a improvement of 249 points (19.74%), improving from 3:39:18 to 2:56:09. Also, Bruce was only 9 seconds off his DT, so he gets a CTC shirt for that. All the other runners who predicted a time were so far off, it would be too embarrassing to print them.

21st HEART OF AMERICA MARATHON
September 1, 1980

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FINAL RESULTS

PLACE	NAME	HOMETOWN	AGE	½ WAY	FINAL	PAGE/MILE
1	Steve Fisher	Columbia, MO	23	1:14:11	2:35:32	5:54
2	Jon Herbert	Springfield, MO	30	1:17:03	2:37:48	5:59
3	Robert Cline	Burlington, IA	25 36	1:16:55	2:43:47	6:13
4	Tim Schmid	Kansas City, MO	22	1:17:11	2:45:00	6:17
5	Bill Fox	Tarkio, MO	38	1:17:46	2:45:11	6:17
6	David Rothlauf	Burlington, IA	28	1:17:04	2:46:22	6:19
7	Ken Beach	Kansas City, MO	28	1:20:12	2:47:10	6:22
8	Bob O'Connell	Columbia, MO	31	1:21:49	2:47:32	6:23
9	Lou Fritz	Verdon, NE	37	1:24:22	2:48:04	6:24
10	Frank Curfototto	Kirkwood, MO	26	1:23:18	2:48:17	6:24
11	Dick Hessler	Columbia, MO	39	1:21:58	2:49:31	6:26
12	Douglas Bellows	Columbia, MO	33	1:24:22	2:51:17	6:31
13	Robert Goodrich	Jeff City, MO	35	1:28:02	2:54:05	6:38
14	Gary L. Smith	Houston, MO	34	1:28:03	2:54:29	6:38
*15	Joe Marks	Columbia, MO	43	1:24:21	2:55:41	6:40
16	Bruce Maxey	Mexico, MO	24	1:24:20	2:56:09	6:42
17	Jim Tweedie	Columbia, MO	30	1:28:01	2:57:31	6:45
18	Randy Bentley-TIE	Mt. Home, ARK	38	1:28:21	3:00:04	6:52
19	Art Bentley-TIE	West Plains, MO	36	1:28:21	3:00:04	6:52
20	Fred Klinge	Columbia, MO	21	1:26:50	3:00:45	6:52
21	Jim Schutt	California, MO	41	1:29:01	3:01:28	6:54
22	Joe Meyer-TIE	Seymour, MO IND.	29	1:31:38	3:01:33	6:55
23	Steve Thomas-TIE	Evansville, IN	29	1:31:37	3:01:33	6:55
24	Mike Fields	King of Prussia, PA	36	1:29:31	3:02:00	6:56
25	Dru Dixon	Kansas City, MO	27	1:28:34	3:04:12	7:01
26	Jack Goldkamp	St. Charles, MO	31	1:28:04	3:05:12	7:03
27	Gary Miller	Columbus, Ohio	30	1:34:17	3:06:13	7:05
28	Olen Brown	Columbia, MO	45	1:30:51	3:07:35	7:08
29	Dale Nielsen	Lincoln, NE	21	1:29:15	3:08:33	7:10
30	Roger Reinsch	Columbia, MO	37	1:28:51	3:08:47	7:11
31	Dick Swanson	Columbia, MO	33	1:34:18	3:08:50	7:11
32	Jewell Carpenter	Kansas City, MO	26	1:33:29	3:09:22	7:13
33	Henry Kreibach	Springhill, KS	35	1:33:39	3:10:32	7:15
34	Gary Johanning	Columbia, MO	30	1:30:13	3:12:08	7:19
35	Bob Schottman	Columbia, MO	36	1:33:30	3:12:13	7:19
36	Mike Green	Bowling Green, MO	36	1:32:04	3:12:20	7:20
37	Gale Carmen	Columbia, MO	32	1:34:23	3:12:48	7:20
38	Jim Buckley	Overland Park, KS	48	1:35:45	3:13:11	7:21
39	Ben Luebbering	Jeff City, MO	46	1:32:13	3:13:58	7:22
40	John Schliffe-TIE	Salina, KS	33	1:39:40	3:14:32	7:23
41	Sam Schofield-TIE	Salina, KS	30	1:39:39	3:14:32	7:23
42	Allen Smith-TIE	Columbia, MO	47	1:35:34	3:15:41	7:27
43	Tim Butler-TIE	Columbia, MO	21	1:38:55	3:15:41	7:27
44	Barth Winkler-TIE	Fulton, MO		1:33:39	3:16:45	7:29
45	Roger Smith-TIE	Ft. Collins, CO	26	1:33:39	3:16:45	7:29

PLACE	NAME	HOMETOWN	AGE	½ WAY	FINAL	PACE/MILE
46	Courtney Jones	Kirkwood, MO	35	1:29:08	3:17:10	7:30
47	John Schwartz	Columbia, MO	21		3:18:00	7:33
48	Dave Ervin	Columbia, MO	35	1:34:17	3:19:25	7:35
49	Jeff Smith	Columbia, MO	24	1:39:11	3:19:46	7:36
50	Gary Jenkins	Lenexa, KS	32	1:30:14	3:19:55	7:36
51	Buddy Wagner	Bolivar, MO	33	1:23:18	3:20:03	7:37
52	Mike Koonse	Boonville, MO	30	1:33:17	3:21:06	7:39
53	James Hill	Grandview, MO	32	1:33:58	3:22:15	7:42
54	Gregg Soli	N. KC, MO	30	1:42:20	3:22:17	7:42
55	Tom Martin	Toledo, Ohio	26	1:53:51	3:22:39	7:43
56	Darrell Shelton	St. Louis, MO	27	1:40:28	3:22:43	7:43
57	Ted Harris	Neosho, Mo Neosho, Mo	45	1:29:45	3:22:55	7:45
58	Dave Berry	Bartonville, IL	26	1:40:38	3:23:00	7:44
*59	Debbie Hoxworth	Columbia, MO	22	1:45:07	3:23:44	7:45
60	Lawrence O'Brien	Ashland, MO		1:44:16	3:25:40	7:50
61	Leland Pfeffer	Columbia, MO	42	1:39:29	3:25:58	7:51
62	John Wright	Ft. Leavenworth, KS	25	1:40:58	3:26:15	7:51
63	David Walker	Columbia, MO	36	1:40:37	3:27:40	7:54
64	David Parker	Columbia, MO	34	1:43:46	3:27:46	7:54
*65	Mike Everding	St. Louis, MO	19	1:38:42	3:28:01	7:56
66	Bob McKee	Columbia, MO	27	1:53:57	3:28:15	7:56
67	Steven Peth	Columbia, MO	45	1:44:40	3:28:16	7:56
*68	Howard Bentley	Jeff City, MO	51	1:45:02	3:28:19	7:56
69	Mark Vandervelden	Kansas City, MO	21	1:42:10	3:28:37	7:57
70	Rex Frazer	Ft. Leavenworth, KS	48	1:41:36	3:28:48	7:57
71	Larry Bentley	Batesville, AK	40	1:41:33	3:29:04	7:58
72	Jay Burchfield	West Plains, MO	34	1:41:33	3:29:26	7:58
73	Robert McDavid	Columbia, Mo	33	1:39:23	3:29:50	7:59
74	Bryan Kichline	St. Louis, MO	26	1:41:09	3:30:02	8:00
75	Richard Huse	Columbia, MO	34	1:43:57	3:30:15	8:00
76	Mark Stahlhuth	Columbia, MO	23	1:42:40	3:31:13	8:02
77	Greg Myre	Chesterfield, MO	20	1:44:28	3:31:59	8:04
78	Mark Davis		27	1:48:24	3:32:40	8:06
79	Daniel Delehanty	Manhattan, KS	22	1:31:39	3:33:06	8:07
80	Lee Roy Sevier	Bowling Green, MO	35	1:44:28	3:33:16	8:07
81	Sy Mah		54	1:48:40	3:34:07	8:09
82	Gerry Heisler	Columbia, MO	34	1:45:17	3:34:12	8:09
83	Ron Garofalo	Farmington, MO	29	1:47:58	3:35:27	8:12
84	Doug McEnery	San Antonio, TX	56	1:37:56	3:36:48	8:15
85	James Carroll	Columbia, MO	29	1:50:44	3:37:39	8:17
86	Richard Madsen	Columbia, MO	38	1:46:42	3:37:40	8:17
87	Dean Wilson	Moline, Ill	29	1:35:13	3:37:48	8:17
88	Ron Wampler	Boonville, MO	33	1:42:10	3:37:49	8:17
89	Regan Thomas	Columbia, MO	34	1:44:40	3:38:10	8:18
90	Sam Stout	Columbia, MO	37	1:49:57	3:38:25	8:18
91	Jay Leek	Ft. Scott, KS	23	1:35:09	3:38:54	8:20
92	David Spencer	Independence, MO	23	1:45:17	3:39:04	8:21
93	Jim Sowash	Columbia, MO	41	1:45:08	3:39:05	8:21
94	Richard Hoft	Columbia, MO	53	1:44:55	3:39:08	8:21
95	James Mays	West Branch, IA	32	1:32:57	3:39:24	8:24
96	Robert Sattelmeyer		34	1:50:04	3:39:26	8:22
97	Tom Solon	Danville, IL	39	1:49:38	3:39:28	8:22
98	Douglas Bay	St. Louis, MO	38	1:42:36	3:40:12	8:23
99	Bob McKelvey	Columbia, MO	31	1:51:09	3:40:18	8:23
100	Don Johnson	Centralia, MO	51	1:43:18	3:40:38	8:24
101	Trent Twiestmeyer	Kansas City, MO	26	1:47:58	3:40:50	8:24
102	Jeff Peters	Columbia, MO	39	1:52:26	3:41:38	8:26
103	Mike Ryan	Las Vegas, Nevada	23	1:38:42	3:42:39	8:29
104	Steven Books Weeks	Alton, IL	24	1:55:10	3:44:37	8:33
105	Dick Linn	Columbia, MO	28	1:39:02	3:46:08	8:37
106	James Swyers	Columbia, MO	25	1:46:59	3:46:58	8:38
107	Doug Baker-TIE	Parsons, KS	36	1:45:23	3:47:18	8:39
108	Don Feho-TIE	Parsons, KS	30	1:45:23	3:47:18	8:39
109	Larry Bledsoe	Ft. Scott, KS	27	1:48:01	3:48:01	8:41
110	Gary Titus	Columbia, MO	26	1:44:40	3:49:38	8:45

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PLACE	NAME	HOMETOWN	AGE	½ WAY	FINAL	PACE/MILE
111	Michael Walther	Columbia, MO	23	1:42:24	3:50:28	8:46
112	Gilbert Porter	Columbia, MO	42	1:51:13	3:51:49	8:49
113	Diane Busenbark	Flat River, MO	19	1:54:15	3:51:51	8:48
114	Lawrence Hatch	Columbia, MO	30	1:54:01	3:51:53	8:49
115	Robert Riggs	Columbia, MO	20	1:54:27	3:53:08	8:53
116	Kenneth Fattman, JR	Columbia, MO	24	1:41:53	3:53:46	8:54
117	Bill Radford	Las Vegas, Nevada	24	1:49:38	3:54:48	8:56
118	John Hamilton	Columbia, MO	37	1:43:52	3:55:00	8:57
119	Ronald Storm	Miami, Florida	58	1:50:02	3:56:31	9:00
120	Elmer Schlemper	Columbia, MO	41		3:56:53	9:01
121	Craig Sanders	Kirkwood, MO	21	1:38:09	3:56:57	9:01
122	Daniel Ovshak	Columbia, MO	31	1:52:06	3:59:43	9:07
123	Michael Schmutzok	Kansas City, MO	21	1:52:26	4:01:12	9:11
124	Chuck Matthews	Columbia, MO	32	1:54:44	4:02:55	9:14
125	Marcia Noxon	Columbia, MO	28	1:56:53	4:03:00	9:16
126	Kurt Killen	St. Joseph, MO	21	1:45:02	4:03:02	9:16
127	Jerry Young(WALKED)	St. Louis, MO	23	1:55:35	4:04:17	9:18
128	John Hickie	Columbia, MO	24	1:57:29	4:05:34	9:20
129	Tony Arnold	Grenada, Miss	38	2:00:00	4:05:49	9:20
130	James Allen	Columbia, MO	27	2:03:17	4:06:18	9:22
131	Elaine Slepier	Columbia, MO	35	2:00:32	4:06:59	9:24
132	Mary Ann Slivinsky	Columbia, MO	39	2:00:32	4:07:49	9:26
133	Edgar Gedosh	Ft. Smith, ARK	48	2:05:53	4:10:17	9:32
134	Louis Wever	Miami, FLA	29	1:50:02	4:10:22	9:33
135	Susan Peters	Madison, WIS	37	2:01:13	4:12:40	9:36
136	Don Ballenger	Columbia, MO	38	1:56:29	4:19:35	9:52
137	Kerry Kerr	Rolla, MO	25	1:52:06	4:21:23	9:57
138	Gerald Haller	Bridgeton, MO	38	1:57:29	4:22:42	9:59
139	Elaine Menke-TIE	Columbia, MO	29	2:03:46	4:22:53	10:00
140	Thomas Lucas-TIE	Columbia, MO	27	2:03:46	4:22:53	10:00
141	William McCord-TIE	Columbia, MO	29		4:22:53	10:00
142	Bill Solomon	Kansas City, MO	42	2:01:05	4:28:04	10:13
143	Rodney Brown	Helena, MO	19	1:50:26	4:28:53	10:14
144	Trygve Veum	Columbia, MO	40	2:01:49	4:30:06	10:16
145.	Rich Myers	Jefferson City Mo.	42	--	4:33:16	
146.	John Reeder	Florissant Mo.	25		4:36:10	
147.	B. A. Moranville	Columbia Mo.	52		4:36:43	
148.	Bucky Cox	Lawrence Kansas	8	2:01:15	4:40:03	
149.	Mark Young (w)	Elsah Ill.	21		4:47:39	
150.	Jim Shanahan	Normandy Mo.	25		4:54:24	
151.	John Wilke	Columbia Mo.	35		5:02:49	
152.	Don Patterson	Columbia Mo.	58		5:21:04	
153.	Leonard Busen	Mehlville Mo.	50		5:29:26	
154.	Mac Pullen	Columbia Mo.	37		5:30:32	

3 Mile Splits of CTC runners continued:

	3	6	9	12	15	18	21	24
131.	27:02	54:03	1:21:06	1:48:52	2:17:55	2:46:50	3:16:03	3:46:12
132.	27:02	54:03	1:21:06	1:48:52	2:17:55	2:46:50	3:16:03	3:46:21
136.	25:50	51:22	1:17:07	1:43:45	2:14:36	2:45:30	3:18:09	3:55:05
144.	26:08	52:00	1:19:20	1:48:50	2:20:52	2:44:11	3:26:30	4:04:03
147.	27:20	55:24	1:24:15	1:59:35	2:32:36	3:04:47	----	4:11:43
153.	26:30	59:20	1:32:05	2:14:05	3:01:10	3:43:32	----	----

And then, we cannot forget to say THANKS! to the dozens of people who helped in the conduct of the race: the timers, aid station people, all of you--without your help there would be no marathon.

As we have indicated, we did get a welcome break on the weather. It was 83° at 4:00 AM--not very good--but then it began to cool--77 at the 6:00 AM start, humidity 74 and it gradually cooled from that point--down to 68 at 10 (84 hum.). Also it was cloudy the entire time and after 8:30 we got some rain. So, all in all, not too bad except for the wind between 15 & 18 miles.

THREE MILE SPLITS HEART OF AMERICA MARATHON 1980

For all sub 3:00 and CTC members only If anyone
wants the splits for anyone else, then a stamped self-
addressed envelope needs to be sent to Joe Duncan.

PLACE	3	6	9	12	15	18	21	24
1.	16:16	32:22	49:09	1:06:41	1:25:12	1:44:30	2:01:37	2:20:26
2.	17:27	34:43	52:02	1:10:02	1:28:04	1:47:40	2:04:53	2:23:54
3.	16:39	33:36	50:53	1:09:12	1:28:32	1:48:20	2:06:46	2:27:44
4.	17:06	34:36	52:03	1:10:01	1:28:16	1:48:45	2:07:40	2:28:44
5.	16:40	33:37	51:20	1:10:03	1:29:39	1:50:30	2:09:18	2:30:16
6.	16:59	33:34	51:05	1:09:25	1:28:56	1:49:50	2:09:05	2:29:53
7.	18:00	35:56	53:56	1:12:35	1:30:16	1:52:04	2:11:17	2:31:41
8.	17:50	36:05	54:28	1:13:46	1:33:53	1:54:00	2:13:24	2:33:36
9.	19:30	38:32	57:18	1:16:25	1:36:22	1:56:00	2:14:54	2:34:30
10.	19:31	38:21	56:59	1:15:29	1:35:05	1:54:35	2:13:53	2:34:31
11.	18:00	36:06	54:36	1:13:45	1:34:11	1:54:40	2:14:25	2:34:40
12.	18:50	37:38	56:59	1:15:56	1:36:22	1:56:20	2:15:58	2:36:10
13.	19:31	39:05	58:55	1:19:22	1:40:38	2:00:00	2:20:10	2:40:25
14.	20:00	40:15	1:00:00	1:19:22	1:40:38	2:00:00	2:20:10	2:40:25
15.	18:15	36:52	56:06	1:15:35	1:36:56	1:58:30	2:18:08	2:39:52
16.	18:15	37:26	56:25	1:15:56	1:36:46	1:58:20	2:18:39	2:40:19
21.	20:30	40:20	1:00:20	1:20:22	1:41:57	2:03:00	2:23:47	2:45:27
24.	20:20	39:25	1:00:11	1:20:45	1:42:34	2:03:35	2:25:01	2:46:40
25.	20:19	39:21	59:10	1:19:42	1:41:56	2:03:28	2:24:51	2:47:56
28.	20:18	39:34	1:00:33	1:21:40	1:44:28	2:06:57	2:29:39	2:52:19
30.	19:50	39:05	59:14	1:19:41	1:42:13	2:04:50	2:27:27	2:51:49
31.	21:30	42:38	1:03:31	1:25:00	1:47:50	2:09:35	2:31:29	2:53:09
35.	21:32	42:01	1:02:30	1:24:40	1:46:42	2:08:40	2:30:52	2:54:27
37.	21:26	42:05	1:03:41	1:25:12	1:48:06	2:10:40	2:32:48	2:55:40
42.	21:30	42:19	1:04:28	1:26:10	1:49:21	2:12:14	2:35:57	2:59:09
43.	22:40	45:30	1:07:09	1:29:45	1:52:01	2:13:00	2:34:53	2:58:27
48.	21:30	42:11	1:03:24	1:25:00	1:48:59	2:11:35	2:35:11	3:00:27
52.	21:13	40:45	1:01:37	1:24:12	1:46:55	2:12:20	2:37:10	3:02:52
59.	24:00	47:37	1:10:58	1:34:37	1:59:44	2:22:04	2:44:29	3:07:15
60.	22:17	46:50	1:10:22	1:34:35	1:59:18	2:22:47	2:45:51	3:09:04
61.	22:00	44:14	1:06:45	1:29:23	1:53:55	2:17:30	2:41:50	3:07:18
63.	22:20	45:34	1:08:01	1:30:54	1:55:19	2:19:14	2:43:38	3:08:45
64.	22:20	46:07	1:10:14	1:33:40	1:58:50	2:22:45	2:46:02	3:11:22
68.	23:45	46:58	1:10:22	1:33:51	1:59:49	2:23:40	2:47:53	3:11:40
70.	22:10	44:31	1:07:33	1:31:12	1:56:20	2:20:40	2:45:14	3:10:49
73.	22:05	44:12	1:06:46	1:29:41	1:53:54	2:17:24	2:41:37	3:07:37
75.	23:00	47:02	1:10:12	1:34:21	1:59:18	2:23:57	2:48:40	3:17:37
82.	22:55	46:49	1:10:34	1:35:10	2:00:48	2:25:50	2:50:41	3:16:28
86.	22:52	46:48	1:11:36	1:36:35	2:02:27	2:27:30	2:53:05	3:18:45
88.	23:00	46:08	1:10:22	1:32:18	1:56:48	2:20:30	2:45:20	3:15:32
89.	22:45	45:35	1:09:09	1:34:08	2:00:19	2:25:20	2:51:24	3:19:40
90.	24:55	49:49	1:15:03	1:40:00	2:04:55	2:29:54	2:55:20	3:21:02
93.	--	47:45	1:10:58	1:34:38	1:59:44	2:24:37	2:50:29	3:18:54
94.	22:45	45:28	1:08:55	1:33:58	2:01:15	2:28:32	2:54:00	3:21:06
99.	25:00	50:01	1:15:07	1:40:19	2:07:24	2:33:00	2:58:14	3:23:27
100.	23:15	45:42	1:09:15	1:32:50	1:59:08	2:23:30	2:47:53	3:17:37
102.	27:00	52:24	1:17:46	1:43:17	2:08:20	2:33:27	2:58:14	3:23:33
111.	21:13	43:33	1:06:45	1:30:36	1:59:06	2:27:52	2:53:38	3:25:48
116.	22:10	44:16	1:07:48	1:31:26	1:58:23	2:25:47	2:56:06	3:30:58
118.	23:40	46:06	1:09:50	1:33:37	2:00:19	2:27:57	2:55:52	3:29:21
122.	24:43	50:02	1:14:45	1:40:18	2:08:58	2:38:44	3:08:35	3:40:05
124.	25:55	51:24	1:17:08	1:40:42	2:11:24	2:37:48	3:06:31	3:38:54
128.	26:20	52:27	1:18:57	1:45:40	2:15:25	2:44:50	3:15:42	3:45:10
130.	27:19	54:34	1:22:04	1:51:30	2:21:04	2:49:59	3:17:42	3:46:47

NEW SEASON GETS STARTED WITH STEVE FISHER WINNING 5,000 METER RUN;
BOB O'CONNELL AND MILENE HOLLON SET RECORDS September 13, 1980:

		1600 Meters	3200 Meters	5,000 Meters	Seconds off DT	
1.	Steve Fisher	4:52	9:55	15:36		
2.	Bob O'Connell	31 5:04	10:17	16:07		
3.	John Weston	5:15	10:38	16:52		
4.	Jeff Mittelhauser	5:15	10:45	16:54	34	
5.	Norm Stebbins	30+ 5:26	10:53	17:03		
6.	Tom LaFontaine	30+ 5:35	11:11	17:16	1	
7.	John Hemphill	5:35	11:11	17:21	21	
8.	Ray Franson	5:25	11:08	17:24		
9.	Dick Hessler	39 5:35	11:11	17:31		
10.	Don Lewis	44 5:35	11:20	17:39	9	
11.	Bruce Maxey	5:36	11:19	17:56	26	
12.	Joe Marks	43 5:44	11:33	17:58	2	
13.	Tim DeCoster	5:44	11:33	17:59		
14.	Ron Belyea	5:44	11:31	18:12		
15.	Kent Lang	5:36	11:31	18:14	1	Wins CTC shirt!
16.	Steve Baurichter	5:44	11:33	18:15		(in 1st race as
17.	Ben Londeree	46 5:50	11:46	18:26	4	CTC member)
18.	Al Johnson	5:50	11:53	18:39		
19.	Olen Brown	45 5:50	11:53	18:46	26	
20.	Allen Smith	47 5:54	12:09	18:59		
21.	Larry Thornburg	33 6:01	12:09	19:07	23	
22.	Joe Kurth	33 5:44	11:36	19:20		
23.	Mike Walther	6:05	12:19	19:22	28	
24.	Richard Diehl	14 6:01	12:11	19:22		
25.	Sam Stout	37 6:02	12:12	19:25	5	
26.	Dave Parker	34 6:14	12:48	19:31		
27.	Joe Weis	11 6:22	12:47	19:49		
28.	Tim Gibson	9 6:22	12:47	19:51		
29.	Ron Wampler	33 6:19	12:44	20:06	16	
30t.	Milene Hollon f	6:14	12:45	20:14	14	
30t.	Don Johnson	51 6:09	12:42	20:14	59	
32.	Turk Storvick	52 6:25	12:59	20:26	11	
33.	Charles Slivinsky	39 6:06	12:41	20:28		
34.	Russ Kurth	13 6:20	12:50	20:53	38	
35.	Joe Duncan	46 6:26	13:03	20:58	58	
36.	Steve Gibson	13 6:18	12:58	20:58		
37.	Wendy Hager f	6:33	13:22	20:59		
38.	Susan Boyle f	6:34	13:29	21:33	3	
39.	David Wilcox	13 6:26	14:05	23:10		
40.	Mary Ann Slivinsky f	7:33	15:20	24:02		
41.	Edwards	7:20	15:28	24:40		
42.	Amy Hessler f	14 7:05	15:20	25:04		
43.	Jim Pinkerton	47 7:42	16:06	25:51		
44.	Terry Majewski f	7:54	16:36	26:20		
45.	Dick Ditter	8:08	17:08	27:01		

Cloudy and humid at the 9:00 AM start of the first heat with the sun beginning to shine brightly for the last 2 or 3 laps and then by the time the second heat started the sun was really a factor as the temperature began reaching close to 80. The race for first was all Steve Fisher as he showed a good recovery from the marathon, but he left intact Jeff Mittelhauser's record of 15:15. BOB O'CONNELL and MILENE HOLLON, however, established records; Bob lowered Tom LaFontaine's mark of 16:19 while Milene took the women's record from Susan Boyle. Susan had 20:47 last year. The O'Connell mark comes in the 30-39 category.

THEN, THE NEXT DAY, BARI GARNER-HOLMAN WINS THE 30 KILO WALK AS OLEN BROWN MAKES HIS RACE-WALKING DEBUT:

	5 K	10 K	15 K	20 K	25 K	FINAL 30K
1. Bari Garner-Holman	30:13	57:47	1:25:14	1:54:19	2:24:34	2:54:21
2. Olen Brown!!	33:00	67:07	1:41:16	2:13:58	2:54:57	3:17:23
3. Rob Spier	33:00	67:07	1:41:16	2:14:50	2:48:57	3:26:20
4. Mac Pullen	32:20	66:13	1:39:54	2:14:29	2:50:51	3:30:13
5. William Taft	38:45	78:00	1:57:23	2:38:48	3:21:01	4:06:04

Low 60's at the start, working up to the 70's and a bright sun. Bari is from the Kansas City area and walked a good steady race on the flat MFA course. Olen walked with Rob Spier for 11 laps, and then, thinking he had it all figured out, he knocked off 3 10 minute miles, then eased off for a very successful debut to the race-walking game. He pulled Rob to a time which was 2:40 off their predictions. That put Olen 12:37 faster than he thought he would do.

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

Columbia, Mo. 65201:

Tom Allen
1800 Parklawn Dr.

Don Ballenger
Route 6, Box 215A

Mary Beck
Rt. 3, No. 23 Country Woods

Gale Carman
Rt. 1

Richard Hatley
3901 Rollins

Martin Heesacker
711 Maryland

John Hickie
902 Hope Place

Milene Hollon
60 Columns IV Tr. Ct.

Richard Huse
Rt. 4, Box 195

Terri Kaish
103 N. Stadium #222

Fred Klinge
305B Hitt St.

Jolene Koester
409A W. Broadway

Al Johnson
1307 Ashland Gravel Rd. K

Larry Lampton, MD
512 Onofrio

B. A. Moranville, MD
Villa Capri Apts
1720A E. Broadway

George Mummert
1112 E. Broadway

Dan Ovshak
106 Lexington Sq.

Christine Ruble
1301 Bus. 63 S. #406

Bruce Smith, MD
1304 Fieldcrest

Mike Walther
331B Graham Hall UMC

Jay Ward, MD
1300 Danforth Dr.

Kent Lang
1112 Krohn St.
Boonville, Mo. 65233

Brig. Gen. Loyd Rhiddlehoover
601 3rd St.

Boonville, Mo. 65233
(President of Kemper Military
School & College)

MIKE FIELDS reports a new runner has joined his family in Philadelphia. One Eric Johnson Fields was born at 7:33 AM July 29th. Mike reports that the soles of the lad's feet appeared to be "waffled" somewhat and that of his 7 lbs., 7 oz., 90% appeared to be lungs. We were glad Mike was back for H of A and he certainly must be happy with his PB, a five minute improvement over '79.

WESLEY PAUL, once again, stormed through Taiwan, this time accompanied by Jerry Kokesh. The Paul family and Jerry spent 20 days in Taiwan and created tremendous interest wherever they went. Wesley and Jerry ran some 12 races in 14 days with Wesley winning 7 of the races. Each of the races had thousands of participants with one race in Taipei attracting over 100,000 runners. Wesley is a national hero in Taiwan, accorded the respect and accolades received by very few athletes in America. Three years ago running in Taiwan was virtually non-existent. Now, because of Wesley's three trips to Taiwan, and because of the interest created by the Wesley Paul Jogging Clubs, it seems that running has become the principal recreational activity on the island.

Another runner out of the Wesley Paul mold is 8 year old Bucky Cox of Lawrence, Kansas. Bucky first gained notice when he ran The Sundown Salute marathon, Junction City, Kansas, as a five year old and since then he has been the center of some controversy as to youngsters running marathons. Anyway, Bucky was in the 1980 H of A and did 4:40:03 for close to 29 miles--he missed the turn at College and Broadway and ran all the way out to Bus. Loop 70 and back before finishing. He handled the race quite well and obviously loves to run. Bucky attracted a trio from The TODAY SHOW which had a feature on Bucky (and some of the H of A) on the Sept. 18 Today program.

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

September 2, 1974: Heart of America Marathon 1. Lynn Lee, Exira, Iowa 2:41:47, 2. Martin Smith, Cedar Rapids, 2:42:39, 3. Larry Aduddell, Tulsa, 2:44:25, 4. Lou Fritz 2:44:32 5. Tim Hendricks 2:47:11. . . 7. Dick Hessler 2:47:34 . . . 11. Rex Frazer 2:53:12, age 40 record. . . 27. Jon Herbert 3:09:49 (1:21:38 at $\frac{1}{2}$ way). . . 37. Joe Duncan 3:26:58 (his PB for H of A out of 10 tries) a total of 67 finishers, the first time CTC ever had anyone under 3:00 and there were 5 of them (Hessler, Frazer, Don Granberg 2:55:19, Ben Londeree 2:56:50 and Dean Neal 2:58:07. Dick Carr won the First Dave Schulte Award for Improved Performance.

September 14, 1974: Mile Run 1. Brian Cooper 4:33.6, 2. Rick Katz 4:35, 3. Ben Londeree, 40, 4:42, 4. Don Lewis 4:49. . . 6. Dick Hessler 4:58, 7. Mike Chippendale 4:59, 8. Whitney Hicks 5:05, 9. Don Granberg 5:10. . . 11. Joe Duncan 5:34, 12. Joe Marks 5:35 (close!) and 12 others. This was the first race for Katz in a CTC event.

5 mile walk: 1. Larry Young 37:32, 2. Augie Hirt 38:44, 3. Randy Mimm 42:43 (his first CTC race) . . . 6. Rob Spier 47:31. . . 8. Joyce Schulte 59:49 . . . 10. William Taft 62:41

September 22, 1974: Two Mile Run: 1. Dennis Stewart 9:29.2; 2. Rick Katz 9:30; 3. Brian Cooper 9:58; 4. Ben Londeree 10:10 (an age 40 record; 5. Don Lewis 10:27; 6. Mike Chippendale 10:29; 7. Dick Hessler 10:36; 8. Turk Storvick 11:27. . . 10. Joe Marks 12:07PB and he beats 11. Joe Duncan 12:10 and 14 others.

6 mile Walk: 1. Larry Young 46:47; 2. Augie Hirt 47:08; 3. Randy Mimm 49:03; 4. Jim B. 51:57; 5. Dave Leuthold 56:10. . . 7. Rob Spier 57:35 and 13 others--a lot of racewalking activity in those days.

September 28 & 29, 1974: 100 Mile Walk: 1. Bob Chapin 20:09:20 Bob first becomes a Centurion after 7 tries; 2. Chuck Hunter 21:14:17 #2 for Chuck; 3. Larry O'Neil 21:53:26 #5 at age 67; 4. Dave Leuthold 22:31:43; 5. Leonard Busen 23:07:27 This was the year he took a two hour nap in his motel room during the night and then had to do 50 miles in 11 hours--and he did the final 50 in 10:07 to become a Centurion. 6. Rob Spier comes close with 88 miles in 19:53:30. This was the year a Wall Street Journal reporter was in attendance.

September 29, 1974: Two Mile Cross Country: 1. Rick Katz 10:39 2. Sandy Lawrence 11:01; 3. Londeree 11:08; 4. Chippendale 11:10; 5. Lewis 11:11; 7. Granberg 11:28; 8. Whitney Hicks 11:42; 9. Storvick 11:48 10. Marks 12:33 and 8 others

NOTICE OF ANNUAL MEETING October 17, 1980:

The Annual Meeting of the Columbia Track Club will be at 7:00PM Friday, October 17, at the Guitar Community Center, 8th & Broadway. This is about the only chance for CTC members to discuss what is wanted in our program, therefore, we urge all of you to attend and share with us your ideas as to what we should be doing in 1981. The year end DT and ET Awards will be given at this meeting. REFRESHMENTS afterwards!!

THANKS to Bob Curry and Dr. Leland Pfefer for their \$25.00 contributions for the support of the CTC program.

The race-walking picture in the Columbia area may brighten a little bit in the future. Dave McCalley, from Kansas City, is a Student at UMC. Dave has won some AAU Junior National Races and has been on the USA Junior International Team. He is presently working through some tendinitis problems, but, most likely will soon be in attendance at some of our races. Now, if we can just keep OLEN BROWN going. . . .

ELAPSED TIME STANDINGS FINAL FOR '79-80 *indicates these
people get awards at the annual meeting

1. LaFontaine*	449.5	16. Koonse	151.5	31. Duncan	80
2. Londeree*	385.5	17. Stewart	151	32. Welch	77
3. Hessler*	373	18. Kurth	151	33. Naumann	74.5
4. Mittelhauser*	310	19. Stebbins	150	34. Slivinsky	73.5
5. Maxey*	305	20. Schottman	139.5	35. Al Smith	63
6. Hemphill*	282	21. Bellows	134	36. M. Kruse	62.5
7. Brown*	270	22. Wampler	128.5	37. Blanck	60
8. Hellie*	260.5	23. DeCoster	110	38. Dixon	59
9. Lewis*	245.5	24. Ervin	110	39. Pastoret	57
10. Marks*	213.5	25. J. Gibson	109	40. Roman	56
11. Schutt*	207	26. Stout	107	41. Wiecek	54
12. O'Connell*	196	27. Johnson	105.5	42. Sloan	52
13. Hinkamp	185	28. Martin	99.5	43. Flotow	52
14. Palks	166.5	29. Granberg	94	44. Weston	42
15. Stock	158	30. N. Kruse	84.5	45. Thornburg	40.5

Runners, 15 & U

40 & over

WOMEN

1. Matt Gibson*	45.5	1. Londeree*	137.5	1. A. LaFontaine*	53
2. Tim Gibson*	36.5	2. Brown*	118.5	2. M. Stinson*	49.5
3. Russ Kurth*	35	3. Lewis*	87	3. M. Slivinsky*	45
4. Steve Gibson*	31	4. Marks*	86	4. D. Hoxworth*	42.5
5. Pete Hessler*	21	5. Schutt*	80	5. S. LeDuc*	42
6. Amy Hessler*	14	6. Johnson*	48	6. Amy Hessler*	42
7. Wesley Paul	13	7. Martin	45	7. S. Boyle	40
8. S. Schottman	11	8. Kruse	40	8. K. Cain	34
9. Jay Sowash	11	9. Duncan	39	9. E. Sleper	34
10. C. Naumann	10	10. Al Smith	25	10. J. Mittelhauser	22

WALKERS

1. Spier*	39	1. Spier*	37
2. Busen*	21	2. Busen*	20
3. Wass	20	3. Taft	17
4. Taft	20	4. Gragg	4
5. Mimm	8	5. Bent	3

DESIGNATED TIME STANDINGS

FINAL

1. LaFontaine*	13	0.42	5. Taft*	14	0.89
2. Londeree*	15	0.46	6. Maxey*	12	1.40
3. Spier*	18	0.51	7. Marks	13	1.50
4. Brown*	16	0.78	8. Duncan	11	1.77

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS:

FINAL

1. LaFontaine*	13	4.91	6. Spier	14	0.10
2. Londeree	18	2.91	7. Brown	18	0.03
3. Palks	9	2.10	8. Duncan	15	-1.05
4. Maxey	14	1.58	9. Taft	12	-1.63
5. Hessler	12	1.09			

10,000 METER RUN

DATE: October 26, 1980

TIME: 2:00 p.m.

STARTING POINT: Lawrence Shelter AT PLUNKETT PARK MEXICO

CLASSES: MEN'S and WOMEN'S; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and Over. Under 14 boys and girls combined.

AWARDS: The first 225 runners will receive an official YMCA 10,000 Meter Run T-Shirt. Awards will be given to first male and female to complete the course and the first three finishers in each class.

FEES: \$4.00 if Pre-Registered \$5.00 day of race

SPONSORED BY: Kaiser Refractories; Commerce Bank of Mexico; Lierheimer MFA Insurance; Citizens Savings Association.

For more information or to Register call the YMCA at 581-8270 or write; YMCA, P.O. Box 591, Mexico, MO 65265.

SCHEDULE OF EVENTS:

September 27 & 28 Saturday 1:00 PM 100 MILE WALK Hickman Track
We need at least 40 people to record 440 splits.
PLEASE call Joe Duncan (445-2684, home or 874-4328,
work) to offer your help.

October 4 Saturday 9:00 AM 2 mile cross country run Municipal
Golf Course

11 " 9:00 AM 10,000 meter walk Hilton Inn course

11 " 9:00 AM FUN RUNS Research Park

12 Sunday 9:00 AM Occidental Life 10,000 meter Race for
Life Rock Bridge High School

17 Friday 7:00 PM Annual Meeting of the Columbia Track
Club Guitar Community Center 8th & Broadway

18 Saturday 9:00 AM 5 Mile Cross Country Run Gustin Golf
Course

25 " 9:00 AM FUN RUNS Research Park

26 Sunday 9:00 AM Annual Run for MS 10 mile, 10,000
meter & 5,000 meter runs. Start & Finish at dSport
Shop. By the time you get this newsletter, entry
blanks will be available at dSport Shop. Entry fee is \$5.00
which is waived if you secure at least \$10.00 of pledges.

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

2 " 1:00 PM Annual Missouri Turkey Trot 3 Mile
Cross Country Run Dual Meet with St. Louis Track
Club. Scoring on a "mass" basis (ALL runners count
in the scoring) in the following categories: 19 &
under, open, 40 & over, women. Queeny Park,
St. Louis. We hope all CTC members can make this
trip--it is a grand social occasion. Entry blanks
will soon be available. CTC will pay the entry fees
of all CTC members, so you need not pay any fee,
BUT you MUST still complete and send in the entry.
JOE MARKS (445-1919) is travel coordinator, so if
you need a ride, or if you ^{can} transport a runner or
two or three, then you should check with Joe.

SOME OUT OF TOWN RACES:

OCTOBER 4 Saturday 9:00 AM 5 mile run Springfield, Mo. CONTACT:
Great Southern S & L 1451 E. Battlefield Rd. Springfield, 65804

5 Sunday 8:00 AM Breathe-Easy 10,000 meter run Johnson
County Community College Quivera Rd at College Blvd.
Overland Park, Kansas

5 Sunday 11:30 AM Natural Light Stadium Run 10,000 meters
A Handicap race with the start determined by age &
sex. Finish in Busch Stadium just prior to the
Cardinal-Mets game. Entry deadline is Sept. 26.

12 Sunday 8:00 AM MVAAU 25 kilometer Cahmpionship Run
Shawnee Mission Park, Kansas CONTACT: Carl Owczarzak
6823 W. 77th Terr. Overland Park, Kansas 66204

18 Saturday 8:00 AM 4 Mile Run Clinton, Mo. CONTACT: Clinton
P & R Dept. Box 413 Clinton, Mo. 64735

19 Sunday 8:00 AM The Landmark to Landmark 5 Mile Run Creve
Coeur, Mo. CONTACT: Landmark Bank 11456 Olive St.
Road Creve Coeur, Mo. 63141

19 " 8:00 Keefer's Sporting Foot-Webster 10,000 meter run
Keefers 8136 Big Bend Blvd. Webster Groves, Mo. 63119

19 " 1:30 PM Run for the Heart of It 10,000 Meters
Stockdale Area--Tuttle Creek Manhattan, Kansas
CONTACT: Eugene Russell Civil Engineering-Seaton Hall
K State U. Manhattan, Kansas 66506

19 " 8:00 AM 15th Annual Tri States Marathon Falls City,
Nebraska CONTACT: Lou Fritz Verdon, Nebr. 68457

26 " 2:00 PM 10,000 Meter Run Plunkett Park, Mexico,
Mo. You can do this after you do the MS run in
Columbia that morning.

Occidental Life



Transamerica Life

10,000 Meter RACE FOR LIFE

Sunday, October 12, 1980

9:00 AM

**Rock Bridge High School
Columbia, MO**

THE COURSE: 10,000 meters (6 miles, 378 yards). Start on old Route K south of Rock Bridge High School, north to Reactor Park loop, clockwise on the loop exiting onto the bike path at the north end of the loop, then south on the bike path to the west shoulder of Providence Rd. Run south on Providence Road past the city limit sign and turn right at the last south access road to old Route K. Route K north to Rock Bridge High School, onto the track and run 1 and 1/4 laps to finish line. The course will be clearly marked; maps will be available at the sign-in.

CLASSES: Men and Women

15 and under

16-21

22-29

30-39

40-49

50 and over

AWARDS: All entrants receive an official T-shirt. Trophies will be awarded to the first three finishers in each age category. Merchandise drawings for non-trophy winners will include athletic bags and shirts and a pair of New Balance 420 running shoes. You must be present to win the merchandise drawing.

SPONSORS: Occidental Agency of Columbia and the Columbia Track Club. HIGH SCHOOL CROSS COUNTRY

RUNNERS PLEASE NOTE: The Missouri State High School Activities Association rules prohibit junior and senior high school students participating in an in-season track team from competing in this event. *If you are a high school athlete, you should consult your coach or principal regarding your eligibility to accept a trophy or merchandise award.*

ENTRY FEE: Entry fee is \$5.00. The attached entry form must be used. All entries must be postmarked by October 8, 1980. Entry fees are not refundable. Late entrants may register at the sign-in area on October 11. **There will be no registration the day of the race.**

RACE SIGN-IN: All runners who have registered may pick up their race number and T-shirt at the Eastgate Office Building from 10 AM to 4:30 PM, Saturday, October 11, 1980. Late entrants may register at this time. Runners who have registered by mail and are from out-of-town may pick up their T-shirt and number at Rock Bridge High from 8-8:30, Sunday, October 12.

RACE PHYSICIAN: Dr. Leland U. Pfefer

AID STATIONS: Aid stations will be located at approximately 3 miles and at the finish. Water will be available for all runners.



ENTRY FORM OCCIDENTAL 10,000 METER RACE FOR LIFE

Race begins at 9:00 AM

Sunday, October 12, 1980

Rock Bridge High School,
Columbia, MO

NAME _____
Last First Initial Male Female

ADDRESS _____ Age on 10/12/80 _____

CITY _____ STATE _____ PHONE _____

T-Shirt size: Circle one YOUTH SMALL MEDIUM LARGE X LARGE

In consideration of the benefits I will derive from participation in the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal injury or property damage I may have against Occidental Agency of Columbia, the University of Missouri, City of Columbia, Columbia Track Club, the County of Boone, and the Columbia Public Schools, and any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I am fully aware of all risks involved to my health and do hereby assume all such risks. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Signature _____

Parent's signature if under 18 _____

Mail with check or money order for \$5.00 payable to: PCG Associates, P.O. Box 147, Columbia, MO 65205

SPONSORED BY OCCIDENTAL AGENCY OF COLUMBIA AND THE COLUMBIA TRACK CLUB

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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