

# TRACK CLUB

NEWSLETTER

Vol. XIII, No. 8

August 20, 1981

## JOE KURTH BECOMES PROUD POSSESSOR OF GREAT SANDBAGGER AWARD

August 15:

	Elapsed Time	Actual Time 10K	Seconds off DT
1. Joe Kurth	1:08:10.7	48:10.7	110
2. Rich Diehl	1:08:20.5	39:20.5	100
3. Rob Spier	1:09:00.1	1:09:00.1	60
4. Dick Hessler	1:09:28.4	36:28.4	31
5. Mark Hosler	1:09:58.0	40:28.0	2
6. Joe Marks	1:09:59.0	39:29.0	1
7. Ben Londeree	1:10:04.5	37:34.5	4
8. Dean Baxter	1:10:06.4	43:36.4	6
9. Dick Martin	1:10:12.7	44:12.7	12
10. Don Ballenger	1:10:16.1	46:01.1	16
11. Mary Ann Slivinsky	1:10:18.1	52:18.1	18
12. Mike Koonse	1:10:24.1	39:14.1	24
13. Turk Storvick	1:10:27.0	43:27.0	27
14. Frank MacMillan	1:10:34.6	40:34.6	34
15. Jay Hollyman	1:10:42.7	40:12.7	42
16. Dave Ervin	1:10:44.4	44:14.4	44
17. Peter Hessler	1:10:49.7	41:49.7	49
18. Al Garverick	1:10:56.1	45:56.1	56
19. Don Frey	1:11:08.0	47:08.0	68
20. Ron Wampler	1:11:17.8	44:07.8	77
21. Chris Ruble	1:11:36.3	47:36.3	96
22. Bill Kelsay	1:12:02.5	36:32.5	122
23. Dennis Stewart	1:12:09.4	39:09.4	129
24. Charlie Slivinsky	1:12:16.8	45:16.8	136
25. David Plummer	1:12:26.6	46:26.6	146
26. Wesley Schloman	1:12:36.0	42:36.0	156
27. Joe Duncan	1:12:47.4	46:47.4	167
28. Heather Roman	1:13:22.9	53:22.9	202
29. Susan Ledoux	1:13:48.6	53:48.6	228
29t. Ken Snow	1:13:48.6	53:48.6	228
31. Whitney Hicks	1:14:10.2	43:40.2	250
32. Jim Pinkerton	1:14:18.3	54:45.3	258
33. Peter Roman	1:14:35.8	43:35.8	275
34. Michelle Gray	1:16:26.5	1:06:26.5	386

As has happened before an injured runner strode into this Sandbagger affair allowing as to how he was going to test himself with a light workout and then proceeded to be the first across the finish line. So it was with Joe Kurth who went for many months without running because of a knee problem. For the past few weeks he has been coming back and, of course, will eventually be much faster over 10k than his 48:10 in this race. But 48:10 was all he needed to become the proud owner of the Sandbagger montrosity. After having the trophy for two different years, the Gibson family (at Joanne's insistence) left town this year to make certain their mantel would not, once again, be defiled by The Monster.

Low 80's, bright sun, high humidity explains why most runners were slower than their predictions. Fastest time of the day goes to Dick Hessler, while Mark Hosler wins a CTC shirt for his good prediction, Joe Marks having won previously this year.

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Remember in the July newsletter how we told that BEN LONDEREE had the 6th best time, nationally, for 45-49 year olds, for 10,000 meters and that he is 11th, all-time? Well, there is more to it than that. It has been announced that his 34:39 in the 1980 St. Louis Diet Pepsi race established a new US road race record for 10,000 meters for 46 year old men. That feat gets Ben a spot in the National Running Data Center record books as well as a handsome Brooks commemorative belt buckle. This award Ben will keep. (Ben has always recycled the trophies he wins). CONGRATULATIONS, BEN!!

## BOB O'CONNELL SETS AGE 30-39 RECORD 30 KILO RUN AUGUST 1, 1981:

1. Bob O'Connell	32	18:06	36:10	53:24	1:11:04	1:28:25	1:45:07
2. Bob Goodrich	36	19:04	38:03	56:30	1:15:47	1:34:04	1:52:08
3. Tom Barrett		20:59	40:54	1:00:40	1:20:11	1:40:17	2:00:15
4. Joe Marks	43	19:30	39:49	59:39	1:20:16	1:40:39	2:02:31
5. Dru Dixon	28	21:00	41:42	1:01:37	1:21:39	1:42:02	2:03:06
6. Tom LaFontaine	34	20:59	40:54	1:01:21	1:21:48	1:42:30	2:05:35
7. Ben Londeree	47	19:31	40:16	1:00:40	1:21:33	1:42:30	2:06:08
8. Steve Helmick	12	21:59	43:25	1:05:36	1:26:53	1:47:45	2:08:01
9. Mike Koonse	30	20:04	41:26	1:02:17	1:24:26	1:46:59	2:09:11
10. Gale Carman	33	20:11	41:34	1:02:37	1:24:49	1:47:19	2:10:24
11. Dick Naumann	35	22:57	46:44	1:09:51	1:32:46	1:53:38	2:15:58
12. Dick Madsen	39	22:40	45:46	1:07:57	1:30:34	1:53:09	2:17:04
12t. Dave Ervin	36	22:43	45:46	1:07:57	1:30:34	1:53:07	2:17:04
14. Mark Hosler		21:24	44:38	1:07:09	1:30:34	1:54:05	2:18:13
15. Don Johnson	52	22:59	46:44	1:09:51	1:32:40	1:54:48	2:18:50
16. Gene Hansbrough		23:17	46:55	1:09:57	1:32:45	1:56:00	2:19:11
17. Dean Baxter	45	23:17	46:55	1:09:57	1:32:45	1:56:00	2:19:43
18. Bob McDavid	34	23:17	46:55	1:09:57	1:32:45	1:56:31	2:20:47
19. Jim Sowash	42	23:17	46:55	1:09:57	1:33:04	1:56:31	2:21:53
20. John Whiteside	31	24:51	50:10	1:15:00	1:38:52	2:01:50	2:24:43
21. Clarence Coats		23:02	47:00	1:09:58	1:33:06	1:57:28	2:24:53
22. Don Ballenger	39	23:30	47:59	1:12:00	1:36:15	2:00:54	2:27:04
23. Bob Smith	46	24:11	48:38	1:13:11	1:38:27	2:04:39	2:33:53
24. Charles Slivinsky	40	25:56	53:17	1:19:23	1:46:40	2:14:15	2:43:02
26. Mary Ann Slivinsky	40	25:56	53:17	1:19:23	1:47:31	2:14:15	2:45:55
25. Dennis Jones	33	24:51	50:10	1:15:00	1:41:22	2:07:33	2:45:17
26. Charles Matthews	33	25:29	53:19	1:17:56	1:44:33	2:13:20	2:48:14
27. Ron Wampler	34	22:27	45:20	1:07:42	1:30:42		
28. Dick Martin	48	23:37	48:31	1:13:38	1:41:38		

## THE 20 KILO WALK:

1. Rob Spier	59	34:12	69:14	1:44:07	2:20:16
2. William Taft	65	39:07	78:57	1:58:33	2:40:59

## THE 10,000 METER RUN:

## Age 15 &amp; under:

1. Richard Diehl	15	22:41	41:45
2. Chris Naumann	12	20:52	42:08
3. Tim Gibson	10	20:42	42:13
4. Russ Kurth	13	20:43	43:25
5. Steve Helmick	12	21:59	43:25

## Women:

1. Linda Hardcastle	22	21:16	44:19
2. Angie Ballenger	14	22:43	46:11
3. Susan Boyle	38	--	47:21
4. Amy Settle		24:17	50:03
5. Mary Wulff	14	25:39	51:12
6. Sherry Wulff	14	25:40	52:18
7. Mary Ann Slivinsky	40	25:56	53:17
8. Carole Madsen	38	26:51	54:54

Low 70's, moderate breeze,  
partially cloudy, but too much  
sunshine after the first hour  
or so.

Well, I see that I left out Chris  
Ruble--she should be 2nd: 22:39,  
45:31.

BOB O'CONNELL lowered the record of 1:45:52 set last December by Jon Herbert. And he did it the hard way, besides having a warmer day to contend with. Bob started out with 18:06 for the first 5,000 and was already a couple of minutes behind record pace. Another 5k in 18:04 and Bob was now loosened up, so his next 5k's went 17:14, 17:40, 17:21 and 16:42! Bob Goodrich was a convincing second with a PB of over 3 minutes.

STEVE HELMICK wasn't satisfied with 10,000, so he went on to 30,000, doing his second 10,000 only 3 seconds slower than the first 10,000, but then his third 10,000 was in 41:08--2:17 faster than the first, with a quick 20:16 over the last 5,000 meter leg up the hills. Remarkable running for a 12 year old with no previous experience over such a distance.

The DT went like this: Johnson 10 seconds off, Angie Ballenger 11, Baxter 17 (he wins the T-shirt), Spier 16, LaFontaine 25, Ruble 29, Marks 31, Koonse 49, Settle 57, Ervin 64, Hansbrough 49, Londeree 68, Taft 119, Diehl 106, Boyle 141, Mary Wulff 168, Sherry 222, Goodrich 232, Carman 276, Ballenger & Madsen 296, Sowash 293, Jones 317, Matthews 434

"LATE" 15K--VIA TEXAS! (7/18/81)

Someone finally returned our lost 15K results to Joe Duncan. No Message. Postmarked Austin, Texas!

Name	Time	Name	Time	Name	Time
1 Steve Fisher	47:49.7	32 Larry Bentley	1:01:42	64 Dan Schuppan	1:09:52.6
2 Bob O'Connell	50:24.1	33 Tom LaFontaine	1:01:57.1	65 Dave Plummer	1:10:13.4
3 Jim Heady	50:42.2	34 Carol Hafeman	1:01:57.6	66 R. Mattoney	1:10:29.2
4 Carl Sniffen	51:10.2	35 Don Johnson*	1:01:59	67 Chris Ruble	1:10:32.5
5 Jeff Mittelhauser	54:13.3	36 Mark Hosler	1:02:00.4	68 Norm Stebbins	1:10:33.2
6 Mike Chaffee	54:59.5	37 Gene Hansbrough	1:02:43.9	69 George Mummert	1:11:27.3
7 Bob Goodrich	55:42.2	38 Howard Bentley	1:02:58.4	70 Dick Martin	1:11:40.0
8 Dan Hoxworth	55:52.5	39 Fred Fritsch	1:03:03.5	71 Susan Boyle	1:11:44.8
9 Bruce Maxey	56:20.4	40 Milene Hollon	1:03:14.4	72 Russ Kurth	1:11:52.7
10 Ben Londeree	56:40.6	41 Debbie Hoxworth	1:03:21.6	73 Glenna Moe	1:11:55.2
11 Marlin Thomas	56:51.7	42 John Hemphill	1:03:22.0	74 Dick Moe	1:11:55.6
12 Randy Bentley	57:24.8	43 C. Slivinsky	1:03:42.6	75 David Hicks	1:12:15.8
13 W. Roy Freeman	58:00.8	44 Ron Wampler	1:04:30.4	76 Don Rouchka	1:12:33.8
14 Wesley Paul	58:02.8	45 Bill Terrell	1:04:42.7	77 John Mueller	1:12:59.0
15 Mike Wagner	58:40.9	46 Gale Carman	1:04:44.9	78 Kevin Stock	1:13:55.6
16 Kent Lang	58:44.2	47 John Novak	1:04:51.0	79 Mark Marquardt	1:14:24.7
17 Troy Kindred	59:08.5	48 Gale Clithero	1:05:01.7	80 Dick Hoft	1:15:02.4
18 Tom Barrett	59:09.0	49 Ellen Theroff	1:05:03.9	81 Sidney Hose	1:15:45.6
19 Dick Naumann	59:18.5	50 Turk Storvick	1:05:19.1	82 Randy Collins	1:16:14.4
20 Joe Marks	59:42.0	51 Norris Kruse	1:05:22.6	83 J. W. Smith	1:17:49.3
21 Ken Atwell	59:42.5	52 Dean Baxter	1:05:29.2	84 Pam Hanslip	1:18:45.2
22 Mark Stolzer	59:51.2	53 Bob McDavid	1:05:51.5	85 M. Slivinsky	1:20:19.7
23 Dave Ervin	59:52.9	54 Dale Clithero	1:05:58.4	86 A. LaFontaine	1:20:20.1
24 Mike Koonse	1:00:04.1	55 Jim Sowash	1:06:01.5	87 Don Patterson	1:25:24.0
25 Bob Schottman	1:00:12.3	56 Mike Crouch	1:06:21.2	88 Ben Moranville	1:31:30.6
26 Ed Schuessler	1:00:15.5	57 H. Mittelhauser	1:06:42.4	89 K. Cain Lewis	1:33:00.5
27 Marc Sholes	1:00:34.4	58 Marv Patterson	1:08:04.0	90 Teresa Miller	1:34:09.0
28 Peter Fritsch	1:00:36.5	59 Chris Naumann	1:08:17.5	91 Nancy Fritsch	1:34:09.5
29 Whitney Hicks	1:00:55.3	60 Clarence Coats	1:08:54.1	92 Rob Spier	1:44:59.3
30 Jim Hyde	1:01:04.6	61 Don Ballenger	1:08:55.2	93 Bill Taft	1:57:04.3
31 Bill Brazeal	1:01:06.0	62 Don Ovshak	1:09:03.1		

\* Wins T-shirt - 0 sec. off DT

#### RACE CLOCK

We will have a race clock for the Clock Race and for the Heart of America Marathon, but it will be a stand-in for our own. Timing Products reports that Zetachron is having delays in getting the cabinets from their sheet metal shop, and so production is delayed. Instead of a 6-inch double-sided clock, they are sending us (at no charge to us) one of their 9-inch single-sided clocks to use in the 10K race and the marathon. We will send theirs back after the marathon and then wait about 2 weeks for our own 6-inch double-sided clock to arrive.

The delay works to our advantage in two ways. First, we will now get to play with both sizes: 6-inch and 9-inch. Second, we will get the newest version of the Zetachron, which has a simplified control box and is \$400 less expensive.

Since we are spending about \$2200 on the race clock, Timing Products will sell us hand-held timers at a 15% discount. In particular, we can get the new Heuer timers for about \$34, or about half the price in retail stores. If you want to find out more about these or to order one, call Charles Slivinsky.

Here's an item that should have been in last month's newsletter:

A SINCERE THANK YOU TO ALL THOSE WHO HELPED WITH THE PICNIC

We would like to thank all of you who showed up on such short notice for the picnic. Without you we would have had to eat a lot of chicken! We really couldn't adequately thank those who helped at the picnic while it was going on, and would like to say a written thank you here. For the delicious ice cream: the Londerees, the Hicks, the Storvicks, the Gibsons, the Baxters, and the Slivinskys. We enjoyed the guitar of Dave Parker. Thank each of you who pitched in when you saw we needed a hand.

A special thanks should go to our young magician, Gerald Mueller, who gave us a great show under unusual (outdoor) conditions. He didn't ask for it, but we would like to give him a little commercial. He does do birthday parties and other events. His phone number is 445-7323.

Dick Ditter of d SPORTS SHOP, 1034 E. Walnut, provided the Pepsi. Many of us have drunk a lot of free Pepsi courtesy of Dick, and we would like to encourage you to shop at his store.

We would also like you to know that the SAFEWAY store in Crossroads west gave us the charcoal and sold us the chickens, and Mc Donalds restaurant on the Business Loop provided the orange drink. *cheap.*

Olen and Richard

Well, now, Dick and Olen, what you say is fine, but CTC is truly indebted to the two of you for so ably arranging this picnic--the best one we have ever had. Your talent with the barbequeing of the chicken could hardly be topped--which assures you a permanent place on the Picnic Committee! THANKS!!!

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WILLIAM TAFT officially retired from the UMC faculty on August 1. On that day he got up at 5:30AM to do the 20 kilo walk. Some retirement! Here's a little account from the Mizzou Alumni paper about Dr. Taft:

## Retiring Taft seeks anecdotes from alumni

The history of journalism is not complete without the name of Dr. William Howard Taft.

The 65-year-old professor, who has taught History and Principles of Journalism since 1956, recently gave his final lecture for the required course, and his students gave him a standing ovation.

The sharp wit of his teaching style amused some and irritated others. Author of a syndicated Sunday School column, Taft used a deadpan delivery to poke fun at everything from red-headed girls to the Republic of China.

After teaching more than 10,000 students at the University, Taft feels modernization has taken some of the romance from journalism. "I'm old-fashioned," says the director of graduate studies for 12 years. "I like to see someone edit with a pencil—that's what makes it distinctively journalism. It's good to get printer's ink on your hands."



William Taft

Jim Curley/Columbia Daily Tribune

Taft plans to research and write, one of his first projects being a history of the School of Journalism. "What I'm interested in is alumni anecdotes," he says. "Any experience related to the School is what I want."

Perhaps a *maneater* editorial put it best: "The first third of the course is spent in absolute outrage that

William Howard Taft would foist his class off on college students . . . The second third is spent in frustration over ungodly amounts of trivia to be consumed and retained for exams . . . And the final third of the semester, most students have realized that the 65-year-old balding guy at the podium is pretty goddamn great. And what he teaches is well worth learning in the end . . . Thanks Willy."

How about a history of The Columbia Track Club when you run out of things to do?



PAGE 5  
SCHEDULE OF EVENTS

AUGUST 29 Saturday 7:00 AM 10,000 meter Clock Race, to try out our new finish line clock given to us by the Pepsi-Cola Co. This will be an informal fun event, no times will be recorded, nor places, nor records kept--you will have to look at the clock to get your time. Meet at West Broadway Swim Club.

SEPTEMBER 7 Monday 6:00 AM 22nd ANNUAL HEART OF AMERICA MARATHON Start on Providence Road at Burnham Ave. REMEMBER--NO POST ENTRIES!!! Entry Deadline is 7:00 PM Sept. 6. People to help with the Aid and Timing Stations should be calling Joe Duncan. Also we will need some help Sunday PM about 3:00 or so to fill the water containers. Aid Station people should plan to pick up their supplies Sunday afternoon.

19 Saturday 9:00 AM 5,000 Meter Run Hickman Track

20 Sunday 6:30 AM MISSOURI State 30 Kilo Walk Championship Shelter Ins. course Trophies \$2.00 fee

OCTOBER 3 & 4 Saturday & Sunday 1:00PM to 1:00 PM 15th ANNUAL 100 MILE WALK Hickman Track

3 Saturday 9:00 AM 2 Mile Cross Country Run Municipal Golf Course

SOME OUT-OF-TOWN EVENTS:

September 19 Saturday 9:00 AM Women's 3 mile Kelly Girl Run Tower Grove Park St. Louis, Mo. CONTACT: Kelly Girl Run 500 Northwest Plaza Suite 401 St. Ann, Mo. 63074

20 Sunday 8:00 AM RUN FOR THE SUN 10,000 meters Sedalia, Mo. CONTACT: Sedalia Runners Club 219 S. Ohio Sedalia 65301

27 Sunday 9:00 AM Bonne Bell Women's 10,000 Meter Run Overland Park, Kansas CONTACT: Bonne Bell Run Johnson County Community College College Blvd. at Quivira Rd. Overland Park, Kansas 66210

27 Sunday 11:30 AM Natural Light Stadium Run 10,000 meters Busch Stadium Handicapped Start

October 3 Saturday all day Tin Man Triathlon Swim 2½ miles, Cycle 40 miles, Run a half marathon Macomb, Ill. CONTACT: Gil Belles Dept. of History WIU Macomb, Ill. 61455

11 Sunday 10:00 AM Pink Panther 5,000 Meter Run SAFECO Ins. Co. 3637 Geyer Rd. Sunset Hills, Mo. 63127

November 1 Sunday 8:00 AM Macy's Marathon and 10,000 meter run CONTACT: Special Events Office Macy's on Main 1034 Main St. Kansas City, Mo. 64105

22 Sunday 8:00 AM St. Louis Marathon CONTACT: St. Louis Track Club P. O. Box 2956 St. Louis, Mo. 63130

3 more events:

September 13 Sunday 7:00 AM TAC National 35 kilo Walking Championship Northwest Plaza St. Louis, Mo. Also Natioanl Masters 35 kilo and an Open 10 kilo CONTACT: Jerry Young 4317A Walker Lane St. Louis, Mo. 63121

" 19 Saturday 2:15 PM 4 Mile Country Fair Fall Run Higginsville, Mo. (Hook up with Dennis Stewart on his home grounds) CONTACT: Jack Hayslett P.O. Box 450 Higginsville, Mo. 64037

" 19 Saturday RAX Roast Beef 7 Mile and 5,000 meter runs 7:30 AM 8695 Bluejacket at the Rax Roast Beef Restaurant in Lenexa, Kansas CONTACT: Johnson Co. YMCA 4200 W. 79th St. Shawnee Mission, Ks. 66208 Attn: Andrea Ray

## ELAPSED TIME STANDINGS (not including Great Sandbagger race):

## Runners, Open:

1. O'Connell	498	13. Naumann	233.5	25. Baurichter	159	37. Kruse	90
2. Mittelhauser	454	14. Parker	222	26. Slivinsky	141	38. Allen	89
3. Londeree	414	15. Stebbins	202	27. Walther	122.5	39. Madsen	89
4. Hessler	404	16. Hicks	193	28. Stout	118	40. Fritsch	89
5. Lang	378	17. Bellows	190.5	29. Wampler	115	41. Sloan	80
6. Lewis	372	18. Storvick	184	30. Belyea	114	42. A. Johnson	79
7. Marks	365.5	19. DeCoster	170	31. Stock	109.5	43. Sowash	77
8. LaFontaine	317	20. Brown	170	32. Ervin	105	44. D. Jones	69
9. Koonse	284.5	21. D. Johnson	170	33. Luebbering	102	45. McDavid	66
10. Maxey	262.5	22. Weston	169	34. Crouch	98	46. Baxter	64
11. Schottman	249.5	23. Roman	162	35. Hoxworth	98	47. Wiecek	56
112. Hemphill	244	24. Goodrich	162	36. J. Gibson	91		

## 15 &amp; under:

1. T. Gibson	88
2. S. Schottman	83
3. C. Naumann	67
4. R. Diehl	58
5. P. Fritsch	56
6. P. Hessler	52
7. R. Kurth	52
8. S. Gibson	47
9. S. Helmick	45
10. W. Paul	32
11. Jay Sowash	25
12. A. Ballenger	24
13. Amy Hessler	21
14. Joe Weis	23
15. Brad Sloan	12

## 40 &amp; over:

1. Londeree	165.5
2. Marks	149.5
3. Lewis	148
4. Johnson	101
5. Storvick	91
6. Hicks	79
7. Brown	78
8. Kruse	46
9. Fritsch	41
10. Sowash	39
11. Luebbering	38
12. Baxter	35
13. Wiecek	27
14. Duncan	29
15. Schutt	19

## WOMEN:

1. Hollon	118
2. Ruble	69
3. Slivinsky	62.5
4. Boyle	59
5. LaFontaine	51.5
6. Ballenger	37
7. Settle	31.5
8. Majewski	23
9. Amy Hessler	22
10. Hoxworth	22
11. Epple	19
12. Stout	14
13. Fritsch	14
14. C. Madsen	13
15. Johns	11

## WALKERS:

1. Spier	32
2. Taft	16
3. Busen	11

## DESIGNATED TIME STANDINGS

8/19/81

Awards will be given at the end of the season to the top 6 in the D.T. category. One must compete in 10 or more D.T. events to qualify, and the best 10 predictions are averaged.

The list below shows the % deviations from the estimates and their average for all those who have designated their times for 6 or more events through August 1. (Where more than 10 events are indicated, only the best 10 were averaged.) More names will be added in future months as more members increase the number of events in which they have designated their times.

1. Joe Marks	(18)	.39%	12. Milene Hollon	(12)	1.82%
2. Ben Londeree	(15)	.51%	13. Bruce Maxey	(11)	2.07%
3. Kent Lange	(14)	.53%	13. Annette LaFontaine	(11)	2.07%
4. Rob Spier	(10)	.84%	15. Tim Gibson	(8)	2.84%
5. Turk Storvick	(14)	.87%	16. Mike Walther	(6)	2.94%
6. Mike Koonse	(12)	1.24%	17. Bob Schottman	(9)	3.04%
6. Ron Wampler	(11)	1.24%	18. Joe Duncan	(9)	3.12%
8. Tom LaFontaine	(12)	1.27%	19. Russ Kurth	(6)	3.90%
9. Olen Brown	(13)	1.28%	20. Jeff Mittelhauser	(10)	3.96%
10. Don Lewis	(11)	1.33%	21. Steve Schottman	(7)	4.00%
11. Don Johnson	(12)	1.38%			

## ACHIEVEMENT AWARDS

8/19/81

In the July Newsletter, two names were mistakenly omitted from the list of candidates for the Achievement Awards:

Name	Improvement in Pair 1	Improvement in Pair 2	Improvement in Pair 3	Times-to-Beat in Pair 4	
				5k	2 mi.
Dick Hessler	Yes	Yes	No	17:31	11:10
Joe Marks	Yes	Yes	No	17:58	11:56

Six runners have already qualified for these awards. Eight other runners have chances to win by improving in either the 5K or 2 mile races in September and October. See the July newsletter for your times-to-beat.

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

August 2, 1975 30 kilo run: 1. Dick Hessler 1:50:41, 2. Rick Katz 1:52:46, 3. Steve Fisher 1:58:32, 4. Ben Londeree 2:01:14, 5. Jeff Mittelhauser 2:01:33, 6. Don Lewis 2:03:26, 7. Whitney Hicks 2:05:13, 8. Don Granberg 2:07:03, 9. Joe Marks 2:07:52. . .15. Turk Storvick 2:16:04, 16. Joe Duncan 2:19:07 and 6 others

20 kilo walk: 1. Larry Young 1:37:15, 2. Augie Hirt 1:40:33, . . .4. Rob Spier & Dave Leuthold 2:07:46 6. William Taft 2:42:00

August 16, 1975 5,000 meter run: 1. Rick Katz 16:21, 2. Dick Hessler 16:38, 3. Augie Hirt 17:24, 4. Mike Chippendale 17:41. . .7. Don Lewis 18:41. . .10. Joe Marks 18:54, 11. Turk Storvick 19:08. . .12. Joe Duncan 20:14. . .19. Doug Duncan 22:56. . .22. Amy Hessler, 9, 26:24

5,000 meter walk: 1. Augie Hirt 24:10 (after running the above), 2. Jerry Young 28:16, 3. Rob Spier 28:43, 4. Linda Ontko 30:32 (she ran track for UMC last year), 5. William Taft 36:45, 6. Don Lewis 38:15 (Don Lewis racewalking?, Yes, it actually happened--six years ago).

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CONGRATULATIONS to JEFF MITTELHAUSER and MILENE HOLLON who got married to each other on August 8 in Kirksville. CTC played cupid in this matchup--the first time two of our members have met through CTC and then gotten married. So, in answer to the question "What are the benefits of membership in CTC?" Jeff and Milene certainly have a ready answer. They will be living in Sedalia where Jeff will be in the practice of law.

Also, Jeff's running buddy, STEVE FISHER, was married the preceding weekend to Kim Stonecipher, so CONGRATULATIONS to them.

And to PHIL PRATT, whose playboy days on the beaches of California came to an end on July 25 in Santa Monica when one Mary Olson ran him down and got him to the altar.

And we might mention that Joe Duncan got two of his sons married off this summer--DAN to Cheryl Krummenacher (a niece of Rob and Veva Spier) and DOUG to Maria Aslanidis. So, for Duncan there's only one to go.

So concludes the wedding column of the month.

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DON JOHNSON ran in the Pepsi Regional 10,000 meter run in Omaha on July 26, getting a PB 39:04 and finishing 3rd for 50 and over. First 50 year old was Hal Higdon who set a new age 50 record--33:26. Jim Bowers, 42, Santa Rosa, Calif. set an age 40 & over mark of 31:19. These are national records. Bill Rodgers won the race in 29:04 the 5th fastest 10 k of his career. Cool weather and a flat course help explain the fast times. MARGARET JOHNSON was also in the race and she, too, got a PB at 1:07:00. Don got a medal and a very nice Seiko Quartz clock for his efforts.

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THANKS! to Mecca Carpenter and Bob Curry for their generous donations to the CTC treasury. Mecca's gift was to assist with the clock purchase and Bob's to assist with the marathon.

Also "Thanks" to Dr. Leland Pfefer for a generous cash gift--to go along with all the time he so freely devotes to the running community in helping it stay free of injuries. You will also notice that Lee has pretty much become established as CTC's official Medical Director for our major events. And if the CTC Newsletter ever decides to emulate some well known running magazines and publish a monthly medical advice column, then Lee Pfefer would be the person to write such a column and to answer questions.

## DAVE SCHULTE IMPROVEMENT AWARD STANDINGS

8/19/81

The Dave Schulte Improvement Award is based on the median improvement over your best 10 events during a CTC year. The improvement percent for each race should be figured by this formula for each event: Your time last year minus your time this year divided by your time last year. Example: 1980 10 mile time: 66:00, 1981 60:00. Difference: 6:00. Improvement:  $\frac{9.09\% (6/66)}$ . The list below shows the percentage improvements and the median improvements.

	<u>5k</u> <u>10k</u>	<u>2mi</u> <u>10k</u>	<u>5mi</u> <u>1hr</u>	<u>3mi</u> <u>10k</u>	<u>20k</u> <u>2p,5mi</u>	<u>30k</u> <u>1mi</u>	<u>10mi</u> <u>15k</u>	<u>5mi</u> <u>30k</u>	<u>50k</u> <u>Median</u>	<u>15k</u>	<u>5k</u>	<u>1mi</u>	<u>3,2,1</u>
1. J. Marks	-0.19 1.59	3.24 -14.47	4.83 1.17	----- -----	----- -----	----- -2.5	13.30 -1.79	21.52 -1.45	20.47 14.53	44.33	23.43	15.76	4.54
2. C. Naumann	----- 7.97	11.48 21.72	6.95 -----	----- -----	----- -----	3.61 -----	----- -4.84	----- -----	----- 7.46	-----	-----	-----	-----
3. T. Gibson	----- 4.27	6.74 6.34	----- 9.70	9.41 5.29	----- -----	----- 5.00	----- -----	----- -----	7.82 7.28	21.50	22.72	-0.28	-1.49
4. D. Naumann	----- 3.14	9.13 7.09	----- -----	----- -----	----- -----	----- -----	----- -----	14.30 -----	1.59 7.09	-----	-----	-----	-----
5. B. O'Connell	----- -0.74	----- -----	----- -----	----- -----	----- -----	----- -----	----- 4.73	-4.83 -----	0.17 4.73	6.00	-----	-----	-----
6. M. Slivinsky	----- -0.74	----- 5.87	----- -----	----- -----	0.37 -1.02	----- -4.13	----- 9.94	-7.98 6.37	----- 3.12	-----	-----	-----	-----
7. M. Koonse	----- 1.65	----- 3.11	4.00 -----	----- -0.43	0.65 -----	0.71 -----	2.86 4.02	-1.10 4.41	1.73 2.99	-----	-----	-----	0.49
8. S. Gibson	----- -----	7.48 1.25	----- -----	----- -----	----- -----	----- 10.46	----- -----	----- -----	-8.91 1.97	-----	.43	2.69	-----
9. R. Wampler	----- -2.57	3.67 -4.02	4.26 1.38	----- 2.39	----- -----	----- -----	----- -2.35	-1.88 -----	2.85 1.89	-----	8.26	-----	-1.81
10. D. Johnson	-7.24 1.35	----- 2.39	----- 7.61	-0.25 -----	----- -----	----- -0.99	----- 5.97	-2.57 8.95	----- 1.35	-----	-----	-----	-----
11. D. Hessler	-0.96 -----	----- 1.59	----- 0.26	-0.48 -----	1.65 -----	0.81 -0.97	-1.23 -----	0.12 -----	----- 1.20	3.59	8.75	-2.01	-4.30
12. C. Slivinsky	----- -0.47	----- 1.31	----- 0.24	----- -----	-0.23 0.97	----- 1.43	3.36 3.34	2.80 -----	.78 1.14	-----	-----	-----	-----
13. J. Mittelhauser	-10.82 -----	0.62 -3.50	----- -15.46	----- -----	----- -----	----- -----	----- -----	1.07 -----	-3.12 0.90	4.70	12.38	2.19	-2.42
14. S. Stout	-2.82 0.29	----- -3.12	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- 0.29	6.76	-----	0.31	-----
15. J. Hemphill	1.05 -----	----- -10.06	----- -----	----- -----	4.10 -----	----- -1.62	----- -10.00	0.80 -----	----- -0.41	-----	-----	-----	-----
16. J. Duncan	-3.28 -----	0.74 -3.40	----- -----	-4.14 2.42	----- -----	----- -----	----- -----	-.50 -----	----- -0.50	-----	9.96	-----	-----
17. S. Boyle	-3.69 -1.79	----- -----	----- -----	----- -----	----- -5.18	----- -----	----- 3.97	----- -----	-1.84 -0.59	-----	-----	0.67	-----
18. B. Londeree	-11.04 -3.17	----- -4.86	----- -2.25	----- -2.78	----- -4.06	----- -4.17	-3.72 -0.93	0.17 -0.42	-1.16 -1.05	5.68	17.42	-1.71	-4.33
19. D. Lewis	-4.64 3.84	----- 6.93	----- 7.48	-2.94 -----	-2.22 .38	-1.39 -----	-2.25 -----	----- -----	----- -1.39	-----	-----	-----	-----
20. B. Maxey	1.02 -8.93	-1.89 -----	----- -----	-8.40 -1.95	-0.09 -----	----- -----	----- -----	----- -----	----- -1.92	-----	-----	-----	-----
21. O. Brown	-3.11 -----	-1.92 -----	2.57 -----	-3.58 -----	----- -----	-4.14 -----	-2.68 -----	-2.73 -----	0.02 -2.30	1.32	9.86	-1.22	-3.05
22. A. LaFontaine	----- -----	----- -----	----- -----	----- -----	-0.16 -2.40	----- -----	-11.43 22.14	-11.57 -----	-4.99 -2.40	-----	14.65	-----	-----
23. T. LaFontaine	-5.82 -----	----- -46.20	-0.85 -8.93	----- -23.93	1.35 3.90	----- -----	-23.98 -12.99	-14.09 -10.14	----- -4.13	-----	13.56	-2.43	-----



THE 128 BEST PERFORMANCES AND ALL SUB 3:00 PERFORMERS  
IN THE HEART OF AMERICA MARATHON 1960-1988

1	1	2:29:15	DENNIS HINKAMP	21	COLUMBIA	MO	1977	1
2	2	2:33:04	DENTON CHILDS	28	COLUMBIA	MO	1978	1
3	3	2:34:07	BARRY CRAWFORD	29	BOULDER	CO	1966	1
4	4	2:34:07	TONY RODIEZ	20	MILWAUKEE	WI	1976	1
5	5	2:34:08	JEFF MITTELHAUSER	22	SEDALIA	MO	1979	1
6	6	2:35:32	STEVE FISHER	23	COLUMBIA	MO	1980	1
7	7	2:35:36	ROBERT STEVEN CLINE	22	BURLINGTON	IA	1979	2
8	8	2:36:07	ROGER ROUILLER	41	ROMEDEVILLE	IL	1979	3
9	9	2:36:47	GENE MCLAIN	33	OVERLAND PARK	KS	1979	4
10	10	2:37:17	RON DAVIS	28	MN EAPOLIS	MN	1965	1
11		2:37:17	DAVIS (2)	29			1966	2
12		2:37:18	CHILDS (2)	27			1977	2
13	11	2:37:48	JON HERBERT	30	SPRINGFIELD	MO	1980	2
14	12	2:38:09	RICK KATZ	27	BOULDER	CO	1976	2
15	13	2:38:42	TIM HENDRICKS	29	PERU	NE	1975	1
16		2:38:42	HENDRICKS (2)	30	OMAHA	NE	1976	3
17		2:38:43	MITTELHAUSER (2)	21			1978	2
18	14	2:38:45	KIRK DUNCAN	28	KANSAS CITY	KS	1977	3
19		2:39:12	RODIEZ (2)	21			1977	4
20	15	2:39:17	RANDY COOK	27	LIBERAL	MO	1975	2
21	16	2:39:24	REX POWER	27	COLUMBIA	MO	1979	5
22	17	2:39:43	DICK HESSLER	34	COLUMBIA	MO	1975	3
23		2:39:45	HESSLER (2)	35			1976	4
24	18	2:40:00	EARL EBLEN	30	HUNTSVILLE	AL	1966	3
25	19	2:41:03	KARL WEISER		MADISON	WI	1966	4
26	20	2:41:14	BILL FOX	36	TARKIO	MO	1978	3
27	21	2:41:20	LOU FRITZ	33	VERDON	NE	1976	5
28	22	2:41:39	LARRY ADUDELL	32	BROKEN ARROW	OK	1977	5
29	23	2:41:45	HAL HIGDON	36	MICHIGAN CITY	IN	1968	1
30	24	2:41:47	LYNN LEE	25	EXIRA	IA	1974	1
31	25	2:41:52	TOM HOFFMAN	19	FT. ATKINSON	WI	1967	1
32	26	2:42:03	AL SETTLE	23	COLUMBIA	MO	1976	6
33	27	2:42:39	MARTIN SMITH	25	CEDAR RAPIDS	IA	1974	2
34		2:42:40	HERBERT (2)	26			1976	7
35	28	2:42:40	RICH BREINER	34	CARBONDALE	IL	1979	6
36	29	2:42:41	CARL OWCZARZAK	27	KANSAS CITY	KS	1968	2
37	30	2:43:09	R. LION CALDWELL	26	GALVESTON	TX	1977	6
38	31	2:43:12	HOWARD GUSCAR	33	COLUMBIA	MO	1978	4
39		2:43:25	FRITZ (2)	34			1977	7
40		2:43:40	HENDRICKS (3)	27			1973	1
41		2:43:46	FRITZ (3)	32			1975	4
42		2:43:47	CLINE (2)	25			1980	3
43		2:43:58	CLINE (3)	23			1978	5
44	32	2:43:59	ROBERT ROSALES	31	MARQUETTE	KS	1973	2
45	33	2:43:59	CHARLES STEWART	27	BROKEN ARROW	OK	1979	7
46		2:44:00	HENDRICKS (4)	20			1966	5
47	34	2:44:00	JOHN HAWKINS	29	OMAHA	NE	1976	8
48	35	2:44:00	GARY SCHAPPER	26	STLOUIS	MO	1978	6
49	36	2:44:05	KEN KATZER	25	LINCOLN	NE	1968	3
50		2:44:25	ADUDELL (2)	29			1974	3
51		2:44:30	HENDRICKS (5)	21			1967	2
52		2:44:32	FRITZ (4)	31			1974	4
53		2:44:32	KATZ (2)	26			1975	5
54	37	2:44:47	MARK COWLEY	20	USAF ACADEMY	CO	1976	9
55	38	2:45:00	TIM SCHMID	22	KANSAS CITY	MO	1980	4
56		2:45:11	FOX (2)	38			1980	5
57	39	2:45:28	BEN WELCH	25	COLUMBIA	MO	1979	8
58		2:45:36	HERBERT (2)	28			1977	8
59		2:45:45	HENDRICKS (6)	23			1969	1
60	40	2:45:48	IVAN TORRES	22	HUTCHINSON	KS	1975	6
61		2:45:58	HENDRICKS (7)	31			1977	9
62	41	2:46:05	CHARLIE SCHMID	20	KANSAS CITY	MO	1976	10
63	42	2:46:07	PHIL WEISER		MINNEAPOLIS	MN	1966	6
64		2:46:10	FRITZ (5)	31			1979	9
65	43	2:46:11	BOB WINCHELL	29	KIRKSVILLE	MO	1978	7
66		2:46:15	HENDRICKS (8)	26			1972	1
67		2:46:22	EBLEN (2)	29			1965	2
68	44	2:46:22	DAVID ROTHLAUF	28	BURLINGTON	IA	1980	6

69	2:46:48	OWCZARZAK (2)	26			1967	3
70	2:46:54	HESSLER (3)	37			1978	8
71	45 2:46:59	JOEL CAMBRON	23	COFFEYVILLE	KS	1979	10
72	2:47:09	FRITZ (6)	25			1968	4
73	46 2:47:10	GREG CARLBERG	21	LINCOLN	NE	1970	1
74	47 2:47:10	KEN BEACH	28	KANSAS CITY	MO	1980	7
75	2:47:11	HENDRICKS (9)	28			1974	5
76	2:47:13	FOX (3)	37			1979	11
77	2:47:18	ROSALES (2)	32			1974	6
78	2:47:19	FRITZ (7)	23			1967	4
79	2:47:20	FOX (4)	34			1976	11
80	2:47:27	JAMS (3)	27			1964	1
81	48 2:47:32	BOB O'CONNELL	31	COLUMBIA	MO	1980	8
82	2:47:34	HESSLER (4)	33			1974	7
83	2:47:38	KATZ (3)	29			1978	9
84	2:47:42	HENDRICKS (10)	25			1971	1
85	2:47:46	HESSLER (5)	38			1979	12
86	2:47:59	FOX (5)	34			1977	10
87	2:48:04	FRITZ (8)	37			1980	9
88	49 2:48:05	JIM NEVIACKAS	32	HARTSBURG	MO	1979	13
89	50 2:48:09	LOU COPPENS		PHILADELPHIA	PA	1965	3
90	51 2:48:09	BRIAN HARRINGTON	23	KILLEEN	TX	1969	2
91	52 2:48:17	FRANK CURATTO	27	KIRKWOOD	MO	1980	10
92	2:48:32	FRITZ (9)	29			1972	2
93	53 2:48:32	JOE MARKS	42	COLUMBIA	MO	1979	14
94	54 2:48:57	MIKE CHAFFEE	32	LEAWOOD	KS	1977	11
95	55 2:49:01	DENNIS KATZER	20	NAPIER	NE	1973	3
96	56 2:49:02	LANNY ENDICOTT	32	TULSA	OK	1976	12
97	2:49:10	HENDRICKS (11)	33			1979	15
98	2:49:31	HESSLER (6)	30			1980	11
99	2:49:37	FRITZ (10)	30			1973	4
100	57 2:49:41	ROBERT LOWE		DENVER	CO	1966	7
101	58 2:49:44	VIRGIL YEHNERT	38	AKRON	OH	1967	5
102	59 2:49:55	BEN LONDEREE	44	COLUMBIA	MO	1978	10
103	2:49:57	OWCZARZAK (3)	28			1969	3
104	60 2:50:08	RALPH ANIEVAS	21	FTRILEY	KS	1969	4
105	61 2:50:08	SANDY LAWRENCE	26	COLUMBIA	MO	1976	13
106	2:50:25	WINCHELL (2)	28			1977	12
107	2:50:27	OWCZARZAK (4)	25			1966	8
108	62 2:50:27	KARL NAYLOR	37	TOPEKA	KS	1974	8
109	2:50:30	FRITZ (11)	26			1969	5
110	63 2:50:48	PAT LANIN		ST. PAUL	MN	1967	6
111	2:50:55	SMITH (2)	27			1976	14
112	64 2:51:08	JOE OROZCO	28	COLUMBIA	MO	1978	11
113	65 2:51:10	GENE SOMER	26	CURTIS	NE	1966	9
114	66 2:51:12	JIM MCFADDEN	33	FT. MADISON	IA	1972	3
115	67 2:51:15	TOM SNYDER	27	LINCOLN	NE	1969	6
116	68 2:51:17	DOUG BELLWS	33	COLUMBIA	MO	1980	12
117	2:51:21	KATZER (2)	29			1972	4
118	69 2:51:25	KIM PROCTOR	27	AUSTRALIA		1979	16
119	70 2:51:30	BILL WIRTZ	21	ST. LOUIS	MO	1968	5
120	2:51:30	CUROTTO (2)	23			1977	14
121	71 2:51:35	STACEY COOKE	19	JUNCTION CITY	KS	1976	15
122	72 2:51:57	JAY BIRMINGHAM	21	DAYTON	OH	1966	10
123	73 2:52:03	MARK LANDRUM	38	COLUMBIA	MO	1977	14
124	74 2:52:11	JOHN SIEBEL	33	KIRKWOOD	MO	1976	16
125	75 2:52:14	AUGIE HIRT	21	MCPHERSON	KS	1972	5
126	2:52:15	CHILDS (3)	26			1976	17
127	2:52:20	FRITZ (12)	28			1971	2
128	76 2:52:27	JOE DICKMANN	26	CLAYTON	MO	1976	18
	77 2:52:39	ELLIOTT EVANS	19	OMAHA	NE	1966	11
	78 2:52:40	KEN GEEST	21	KANSAS CITY	MO	1974	9
	79 2:52:41	MICHAEL MURRAY	35	STLOUIS	MO	1978	12
	80 2:53:00	DON TODARO	19	STLOUIS	MO	1971	3
	81 2:53:02	RICK CARACCILOLO	18	VALLEY	NE	1974	10
	82 2:53:03	RICH TODD	28	FT. LEONARDWOOD	MO	1975	8
	83 2:53:09	BOB PELIKAN	19	ST. LOUIS	MO	1971	4
	84 2:53:12	REX FRAZER	42	FT. LEONARDWOOD	MO	1974	11
	85 2:53:33	ALEX RATELLE	44	MINNEAPOLIS	MN	1969	8
	86 2:53:35	JACK MAHURIN		WASHINGTON	OH	1966	13
	87 2:53:37	BOB POTTER	37	JUNCTION CITY	KS	1976	19
	88 2:53:46	LELAND MCCRARY	27	FLORISSANT	MO	1975	9
	89 2:54:00	CARL GANS	20	KIRKWOOD	MO	1967	7
	90 2:54:00	THOM WILKINS	28	KANSAS CITY	MO	1974	12
	91 2:54:05	ROBERT GOODRICH	35	JEFFERSON CITY	MO	1980	13
	92 2:54:07	JOHN ROSE	28	LACROSSE	KS	1966	14

93	2:54:29	GARY SMITH	34	HOUSTON	MO	1980	14
94	2:54:49	ROBERT HUGHES	35	LAWRENCE	KS	1977	16
95	2:55:11	BEN HUNTLEY		CARBONDALE	IL	1969	9
96	2:55:19	DON GRANBERG	32	COLUMBIA	MO	1974	14
97	2:55:24	JOHN MILLER	20	OAK CREEK	WI	1976	21
98	2:55:41	BON HUMERDOSSE	24	MACON	MO	1971	5
99	2:55:45	JOEL RABDAU	40	CREVE COEUR	MO	1975	11
100	2:55:48	COURTNEY JONES	33	KIRKWOOD	MO	1978	13
101	2:55:52	DARRELL STEINHOFF	16	CAPE GIRARDEAU	MO	1974	16
102	2:55:58	MIKE WHEELER	27	KANSAS CITY	MO	1978	14
103	2:56:09	BRUCE MAXEY	24	MEXICO	MO	1980	16
104	2:56:17	ROB LEUTWILER		ST. LOUIS	MO	1968	7
105	2:56:36	JAMES VEDDER	26	MADISON	WI	1967	9
106	2:56:57	RICHARD CALDWELL	23	KIRKWOOD	MO	1974	18
107	2:57:17	COBB YOUNG	26	SPRINGFIELD	MO	1979	19
108	2:57:25	BOB MOHLER		WICHITA	KS	1966	16
109	2:57:31	JIM TWEEDIE	30	COLUMBIA	MO	1980	17
110	2:57:39	ARNE RICHARDS	32	MANHATTAN	KS	1965	5
111	2:57:57	STEVE ANDES	31	ST LOUIS	MO	1977	18
112	2:58:03	JOHN GRUNDY		YORKSHIRE	ENG	1963	2
113	2:58:07	DEAN NEAL	26	SUCCESS	MO	1974	20
114	2:58:21	FRANK NEUNER	32	BALLWIN	MO	1976	25
115	2:58:22	CHARLES SAYWARD		LINCOLN	NE	1968	9
116	2:58:23	LOUIS NAEGER	19	ST. GENEVIEVE	MO	1968	10
117	2:58:23	JIM CONAWAY	18	KANSAS CITY	MO	1973	7
118	2:59:01	DAN KACPROWICZ	22	SPRINGFIELD	MO	1973	8
119	2:59:02	HENRY SHANNEE		WEATHERFORK	OK	1970	2
120	2:59:03	JULIAN SCOTT		MINNEAPOLIS	MN	1967	10
121	2:59:09	JOE RICE	23	KANSAS CITY	MO	1978	18
122	2:59:10	DAVID CRAYCRAFT	21	KANSAS CITY	MO	1976	26
123	2:59:19	JERRY KOKESH	26	MANCHESTER	MO	1976	27
124	2:59:33	JOHNNIE HURST.		26 STLOUIS	MO	1976	28
125	2:59:36	TOM FINDLEY		COLUMBUS	OH	1967	12
126	2:59:49	NORM COLTER	47	VALLEY PARK	MO	1978	20
127	2:59:49	JIM SCHUTT	40	CALIFORNIA	MO	1979	22
128	2:59:46	ALAN KLEIN	24	ALMA	MO	1974	21
129	2:59:55	LARRY SWANSON	26	LOVES PARK	IL	1977	22

ALL SUB-3:30 PERFORMANCES -- AGE 40 AND OVER

+ 73							
1	1	2:36:07	ROGER ROUILER	41	ROMEDEVILLE	IL	1979
2	2	2:48:32	JOE MARKS	42	COLUMBIA	MO	1979
3	3	2:49:55	BEN LONDEREE	44	COLUMBIA	MO	1978
4	4	2:53:12	REX FRAZER	42	FT. LEONARDWOOD	MO	1974
5	5	2:53:33	ALEX RATELLE	44	MINNEAPOLIS	MN	1969
6		2:54:40	RATELLE (2)	50			1975
7		2:55:01	MARKS (2)	43			1980
8		2:55:44	RATELLE (3)	48			1973
9	6	2:55:45	JOEL RABDAU	40	CREVE COEUR	MO	1975
10		2:55:46	RABDAU (2)	41			1976
11		2:56:50	LONDEREE (2)	40			1974
12		2:57:24	RATELLE (4)	47			1972
13		2:57:27	RATELLE (5)	43			1968
14		2:57:51	MARKS (2)	41			1978
15	7	2:59:16	ARNE RICHARDS	45	MANHATTAN KANS		1978
16		2:59:31	RABDAU (3)	42			1978
17	8	2:59:40	NORM COLTER	47	VALLEY PARK	MO	1978
18	9	2:59:40	JIM SCHUTT	40	CALIFORNIA	MO	1979
19		2:59:55	FRAZER (2)	44			1976
20		3:00:03	COLTER (2)	46			1977
21		3:00:58	RICHARDS (3)	43			1975
22		3:01:27	RICHARDS (4)	43			1976
23		3:01:28	SCHUTT (2)	41			1980
24	10	3:02:04	WAYNE YONCE	46	WICHITA	KS	1978
25	11	3:02:19	OLEN BROWN	44	COLUMBIA	MO	1979
26	12	3:02:30	WHITNEY HICKS	40	COLUMBIA	MO	1975
27		3:02:30	BROWN (2)	43			1978
28		3:02:50	RICHARDS (4)	40			1973
29		3:03:46	RATELLE (6)	46			1971
30		3:06:21	RICHARDS (5)	41			1974
31		3:07:30	BROWN (3)	42			1977
32		3:07:35	BROWN (4)	45			1980

33	13	3:08:22	JAY CLARK	40	HONOLULU	HA	1975
34		3:08:30	RICHARDS (6)	44			1977
35		3:09:00	FRAZER (3)	43			1975
36	14	3:10:11	DICK MARTIN	46	COLUMBIA	MO	1978
37	15	3:10:20	TOM KEMPF	48	BARTLESVILLE	OK	1972
38	16	3:10:56	ERIC BENGSTON	40		SW	1978
39	17	3:11:55	ROBERT SCHMITT	42	DODGE CITY	KS	1973
40		3:12:39	SCHMITT (2)	41			1972
41	18	3:13:11	JIM BUCKLEY	48	OVERLAND PARK	KS	1980
42	19	3:13:32	ALLEN SMITH	45	COLUMBIA	MO	1978
43	20	3:13:50	BOB CHAPIN	47	INDEPENDENCE	MO	1979
44	21	3:13:58	BEN LUEBBERING	46	JEFFERSON CITY	MO	1980
45	22	3:14:42	A R POSEY	42	ENID	OK	1978
46		3:15:41	SMITH (2)	47			1980
47		3:16:00	SMITH (3)	44			1977
48	23	3:17:32	WILLIAM ANDBERG	57	ANOKA	MN	1968
49	24	3:17:54	BILL WIECEK	41	COLUMBIA	MO	1979
50	25	3:18:15	JOSEPH HOYT	42	FTLEAVENWORTH	KS	1974
51		3:19:09	FRAZER (4)	41			1973
52		3:19:17	BUCKLEY (2)	47			1979
53		3:20:09	RATELLE (7)	42			1967
54	26	3:20:16	CARL GLADSTONE	43	NEW HAMPTON	MO	1978
55	27	3:20:38	JERRY WITHERSPOON	42	BLUE SPRINGS	MO	1977
56	28	3:21:46	DON JOHNSON	50	CENTRALIA	MO	1978
57		3:22:14	JOHNSON (2)	51			1979
58	29	3:22:55	TED HARRIS	45	BRIDGETON	MO	1980
59	30	3:23:47	JOHN EWEES	43	KIRKSVILLE	MO	1978
60	31	3:25:05	THOMAS WOLF	51	RICHLAND	IA	1978
61	32	3:25:58	LELAND PFEFER	42	COLUMBIA	MO	1980
62		3:26:28	RATELLE (8)	45			1970
63	33	3:26:58	JOE DUNCAN	40	COLUMBIA	MO	1974
64		3:27:06	ANDBERG (2)	56			1967
65	34	3:27:34	MARVIN PATTERSON	42	COLUMBIA	MO	1978
66	35	3:27:36	RAY LOAN	46	COLUMBIA	MO	1977
67	36	3:28:16	STEVEN PETH	45	COLUMBIA	MO	1980
68	37	3:28:19	HOWARD BENTLEY	51	JEFFERSON CITY	MO	1980
69		3:28:48	FRAZER (5)	48			1980
70	38	3:29:04	LARRY BENTLEY	41	BATESVILLE	AR	1980
71		3:29:17	LOAN (2)	45			1976
72	39	3:29:40	CHARLES LEMAU	41	COLUMBIA	MO	1978
73		3:29:45	PFEFER (2)	43			1978

## ALL SUB-5:00 PERFORMANCES -- FEMALE

1	3:09:21	JOAN HIRT	24	COLUMBIA	MO	1977
2	3:23:44	DEBBIE HONWORTH	22	COLUMBIA	MO	1980
3	3:37:31	NORMA COUSIN	29	GRINNELL	IA	1978
4	3:44:17	MARIAN KULICK	24	SPRINGFIELD	MO	1977
5	3:44:43	SUSAN SPEVAK	33	SKOKIE	IL	1978
6	3:45:47	PAIGE BUTLER	20	COLUMBIA	MO	1979
7	3:47:50	SHARON NELSON	22	COLUMBIA	MO	1979
8	3:51:51	DIANE BUSENBARK	19	FLAT RIVER	MO	1980
9	3:57:07	COUSIN (2)	28			1977
10	3:58:30	BUTLER (2)	19			1978
11	3:59:33	RHONDA THOMAS	29	COLUMBIA	MO	1977
12	4:03:00	MARCIA NOXON	28	COLUMBIA	MO	1980
13	4:06:13	PATRICIA BOWMAN	29	COLUMBIA	MO	1979
14	4:06:59	ELAINE SLEPER	35	COLUMBIA	MO	1980
15	4:07:49	MARY ANN SLIVINSKY	39	COLUMBIA	MO	1980
16	4:12:40	SUSAN PETERS	37	MADISON	WI	1980
17	4:18:33	GAIL KONAGABLE	24	COLUMBIA	MO	1978
18	4:22:53	ELAINE MENKE	29	COLUMBIA	MO	1980
19	4:24:00	BUSENBARK (2)	18			1979
20	4:34:28	MARSHA WEISS	24	COLUMBIA	MO	1974
21	4:40:21	CATHY RUSSELL	26	WEST PLAINS	MO	1975
22	4:45:38	KATHY PHELPS	15	TOPEKA	KS	1970
23	4:51:49	JILL BRAKE	33	OVERLAND PARK	KS	1978
24	4:53:04	GABRIELLE MARRINGTON	11	KANSAS CITY	MO	1976
25	4:54:45	MARY GAYE FLENTGE	18	COLUMBIA	MO	1979



## FIFTEENTH ANNUAL 100 MILE WALKING CHAMPIONSHIP

TIME AND PLACE: 1:00 p.m., Saturday, October 3, 1981, at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24-hour time period, therefore the walk will end at 1:00 p.m., Sunday, October 4, 1981.

ENTRY FEES: \$3.00 except for members of the Centurion Club of America. Entries MUST be received by 10:00 p.m., Friday, October 2. Make checks payable to Columbia Track Club.

QUALIFICATIONS: No one under the age of 14 will be allowed to enter.

AID: There will be plenty of water, ice, GATORADE, Pepsi, etc. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to assure proper care. Columbia Track Club will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing, shower, and restroom facilities are available at the track.

AWARDS: The Larry O'Neil Trophy for the winner, then trophies for second through tenth, based on distance walked. Small plaques for those who complete at least 50 miles.

CENTURION CLUB: All who complete 100 miles within 24 hours will become members of the Centurion Club of America - perhaps the most exclusive club in the Western Hemisphere.

PRE-RACE GET-TOGETHER: A pre-race buffet and get-together of all entrants and families will be held at the Heritage House, 1010 I-70 Drive S. W. Cost will be \$6.95 per person - all you can eat and drink. We need some idea as to how many will be at the buffet, so please let us know. This will be Friday evening October 2nd, at 7:00 p.m.

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ENTRY BLANK

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

PRINT NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_ HT. \_\_\_\_ WT. \_\_\_\_

ADDRESS \_\_\_\_\_  
                     Street                                      City                                      State                                      Zip

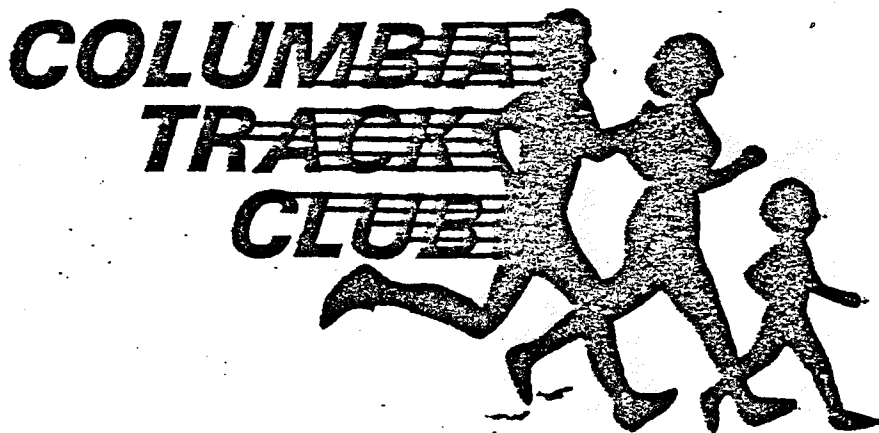
Names of "handlers" \_\_\_\_\_

Return this form to: Joe Duncan                                      Phone Number;  
                             2980 Maple Bluff Drive                                      314-445-2684  
                             Columbia, Mo. 65201

My plans for the pre-race buffet:

\_\_\_\_\_ I definitely will attend. How many? \_\_\_\_\_

\_\_\_\_\_ I'm not sure yet. \_\_\_\_\_ I definitely will not attend.



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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.

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