

TRACK CLUB

NEWSLETTER Vol. XIII, No. 12

ZERO DEGREE WEATHER NO PROBLEM FOR 32 RUNNERS, LED BY BOB GOODRICH TEN MILE CHEESE & SAUERKRAUT HOLIDAY RUN NORRIS KRUSE WINS THE BIG CHEESE, ROGER HANSON GETS THE KRAUT
All this on December 19, 1981:

1. Bob Goodrich	36	29:23	58:39	81
2. Don Lewis	45	29:20	58:48	
3. Dick Hessler	40	29:24	1:00:08	78
4. Kent Lang	19	29:47	1:00:14	14
5. Dick Swanson	34	30:41	1:01:41	
6. Kevin Stock	20	29:19	1:02:14	134
7. Ben Londeree	47	32:00	1:04:29	31
7t. Whitney Hicks	46	32:00	1:04:29	31
9. Mark Hosler	34	32:22	1:04:30	30
10. Doug Bellows	34	32:00	1:04:55	65
11. Marc Scholes	30	32:11	1:05:02	178
12. Jeff Mittelhauser	25	31:23	1:05:06	6
13. Tom LaFontaine	35	32:28	1:06:33	57
14. Steve Helmick	14	32:32	1:07:28	152
15. Joe Marks	44	33:30	1:07:45	25.5
16. Olen Brown	46	34:35	1:09:33	273
17. Debbie Hoxworth	23	34:55	1:09:54	306
18. Roger Sulsberger	48	34:50	1:10:16	16
19. Dan Hoxworth	21	34:55	1:10:22	98
20. Dean Baxter	46	36:16	1:12:29	24
21. Norris Kruse	46	36:13	1:13:16	4
22. Turk Storvick	53	36:20	1:13:32	98
23. Milene Mittelhauser	22	35:51	1:13:36	84
24. Dick Martin	49	37:22	1:14:22	38
25. Jim Sowash	43	37:50	1:16:34	86
26. Bob Dolphin	52	37:56	1:16:43	103
27. Don Johnson	53	38:05	1:17:22	38
28. Dennis Jones	34	37:51	1:18:59	361
29. Joe Kurth	34	39:17	1:19:22	38
29t. Russ Kurth	14	39:17	1:19:22	38
31. Sid Hose	43	40:38	1:20:19	81
32. Roger Hanson	50	44:50	1:30:58	542

The temperature was zero at the start, but with very little wind and sunshine it wasn't so bad. In fact Kevin Stock found it so comfortable he ran the race without a shirt. He, however, had adequate headgear and socks over his hands--long socks running almost up to his armpits. Those runners with mustaches and beards appeared to be remnants of some Arctic expedition with their ice-encrusted faces. Bob Goodrich, apparently, had no ill effects from his performance in the Huntsville Marathon the previous Saturday as he won his first CTC event, catching Don Lewis coming off the penultimate curve with a mile to go. Some of the performances were pretty remarkable considering that at least 50% of the course was covered with ice or hard-packed snow. Lewis and Steve Helmick were only a little over a minute off CTC records for their age groups. Norris Kruse, only four seconds off his DT, finally, he says, won something in his racing career. The other five award winners were Jeff Mittelhauser, Kent Lang, Roger Sulsberger (from Sioux City, Iowa, he happened to be in town visiting his brother and heard about the race), Dean Baxter and Joe Marks. For the worst prediction Roger Hanson earned a can of sauerkraut, however, we inadvertently gave the can to Dennis Jones before Hanson finished, therefore, Dennis Jones owes Roger Hanson a can of kraut. His first cold, winter race proved to be a very painful experience for Mark Hosler--a learning experience he will not soon forget. Norris Kruse also wins a CTC shirt for his accurate prediction.

By the way, speaking of those who have won CTC shirts in the last several races, we want you to know that you will get your shirts as soon as our most recent order comes through. For the record the following have won CTC shirts and have not yet received them: Steve Sargent, Steve Baurichter, Mike Koonse, Al Garverick, Dick Swanson and Norris Kruse. Oh! Milene Mittelhauser, also.

STEVE STONECIPHER-FISHER "EASES" TO A 30 KILO "WORKOUT" WIN;
STEVE HELMICH, MILENE MITTELHAUSER AND ROB SPIER ARE ALSO WINNERS

December 5, 1981

December 5, 1981								
		5 Kilo	10K	20K	30 Kilo	Seconds off DT		
1.	Steve Stonecipher-Fisher	25	17:26	35:14	1:10:33	1:44:48	312	
2.	Mark Kennard		18:51	36:57	1:11:45	1:46:51		
3.	Bob O'Connell	32	18:07	36:35	1:11:37	1:48:00		
4.	Jeff Mittlehauser	25	18:07	36:35	1:12:09	1:51:45	195	
5.	Charlie Markman		18:28	36:56	1:15:14	1:53:29	391	
6.	Ben Londeree	47	19:06	38:53 1/4	1:17:55	1:56:14	526 1/2	
6t.	Bob Goodrich	36	18:40	38:09	1:16:59	1:56:14	106	
8.	Kent Lang	19	18:41	38:10	1:17:24	1:57:30	30	
9.	Joe Marks	44	18:45	38:28	1:18:07	1:57:52	128	
10.	Bruce Maxey	25	19:38	39:58	1:20:32	2:03:20	80	
11.	Olen Brown	46	19:31	40:35	1:22:42	2:05:25		
12.	Mark Ianier		20:27	42:09	1:24:50	2:07:50	50	
13.	Walt Eversman	Rolla	20:43	43:03	1:24:43	2:08:11	409	
14.	Jim Cubit	Rolla	20:43	43:09	1:24:48	2:08:38	202	
15.	Mark Hosler	34	21:05	43:18	1:26:50	2:10:05	185	
16.	Dick Madsen	40		43:08	1:26:51	2:10:18	42	
17.	Dean Baxter	46		43:06	1:26:51	2:11:53	113	
18.	Sam Stout	38	20:39	42:21	1:27:10	2:14:53	101	
19.	Don Oster	Rolla	46	22:43	45:41	1:30:07	2:16:08	68
20.	Clarence Coats	34		45:44	1:31:19	2:21:10	70	
21.	Bruce Poling	Rolla		22:03	45:00	1:30:32	2:23:22	202
22.	Joe Duncan	47	22:51	46:43	1:34:36	2:25:37		
23.	Don Frey	56	22:52	47:03	1:36:50	2:29:12	132	
24.	Bob Dolphin	52	22:04	46:32	1:37:13	2:32:44		
25.	Jim Heady		17:26	35:14	1:10:29			
26.	Fred Klinge		17:26	35:14	1:10:37			
27.	Kirk Sloan		19:16	38:08	1:15:19			
28.	Norm Stebbins		21:30	42:55	1:23:42		5	
29.	Ron Wampler		22:38	46:13	1:32:52			
30.	Bob Baxter			46:08	1:35:36			
31.	Tom LaFontaine		21:30	42:54			6	
32.	Joe Kurth		21:50	43:53				
33.	Chad McDaniel		24:11	50:08			112	

THE 10,000 METER RUN:

Age 15 & ;under;

1.	Steve Helmick	19:16	38:07	53
2.	Peter Hessler	20:02	41:20	20
3.	Tim Gibson	20:27	44:27	267
4.	Willy Heinrich		48:51	111

WOMEN:

1.	Milene Mittelhauser	19:16	40:02	2
2.	Debbie Hoxworth	20:28	41:13	13
3.	Martha Keating	23:10	47:19	
4.	Terry Majewski	24:11	49:53	127
5.	Amy Settle	25:16	51:42	
6.	Candy Stout	26:53	54:52	22

THE 20,000 METER WALK:

1.	Rob Spier	31:53	1:04:13	2:12:54	66
2.	Mac Pullen	31:50	1:05:13	2:18:17	

Upper 30's, 100 % cloud cover, moderate NW winds, in other words, excellent conditions. Steve S-F was wanting an "easy" workout at 6:00 pace, but, he must have felt good for he went out fairly hard and didn't ease off any. He finished only 90 seconds or so off his own course record.

Milene Mittelhauser gets a CTC shirt for so accurately predicting her time. Ben Londeree was the worst preditor, a rarity. I can't remember Ben being so far off in any other event. He, too, wanted a good workout, an easy 2:05, but he obviously got carried away with the excitement of the battle.

We got two complaints from motorists about runners running down the middle of the road. The complaints did not come early on, during the first mile or so, when, understandably, the outbound lane was congested with runners. They came later on when there was absolutely no reason why any runner should have been away from the left edge of the road. Somehow we have got to get the message through that the roads and streets are not designed for, nor do they exist for, running events. They are still occupied and used by vehicular traffic and the runner must always give way. In all CTC road events, unless instructed otherwise, runners MUST run as near the left edge of the road as possible.

Attached is the 1982 Schedule of Events. There are some changes, e. g., a couple of Friday evening races, but the most notable change is the new date for the Heart of America Marathon. The sole reason for the change is for the health and well-being of the runners.

Many of our people, especially some of our physician members, have felt that it is a mistake to continue to hold H of A on Labor Day when the chances are good that we will have hot, humid weather. October 10 could be hot and humid, but certainly nothing like what we can usually expect on Labor Day. We realize that there are several other marathons in the Midwest on the same weekend--The Freedom Marathon, Covered Bridge, Tri-States the next weekend--however, we feel that the safety of our runners has priority. We hope the Race Directors of these other marathons will understand and accept our move.

Another change with H of A: The Course. Plans are to start the race at the present finish line at 7th and Broadway, run the course in reverse to the Rock Bridge School, then do the 17 mile loop as we have always done (this will put Easley Hill at about 15 miles) then on to a finish in Memorial Stadium, eliminating most of the Stadium Hill.

Beginning with the 1982 program we will have a system of Race Director assignments for each race.. We want 25 people to volunteer to be a Race Director for at least one of our races. Therefore, please look through the Schedule and select a race for which you would like to be Race Director. Notify Joe Duncan as soon as possible of your selection. Races through April have already been assigned.

This Race Director system will give various people the experience of being a Race Director and, of course, will distribute the workload of Race Administration. No one will be allowed to be a Race Director for more than two races per year. The task is not as difficult as imagined. The Race Director's main responsibility will be to be sure there are adequate numbers of people to staff the timing and aid stations. However, the RD for each race is free to use his or hers imagination to make out of the race whatever he or she wishes. If The RD wants awards we will be able to give the RD an expense budget, and of course, each RD will have available all of the resources of CTC.

This system will not obviate the need for people to show up at each race to volunteer their assistance with race administration. But, perhaps, we will not be imposing on the same people time after time. In the Schedule of Events in each Newsletter we will show the races for the next three months, showing the name of the RD and his phone number. That way, anyone who wants to help with a particular race will be able to so advise the RD.

We have a Checklist which will be given to each RD well before the time for his event. The idea is to make it as easy for you as possible, in fact, we hope you will find it a fun thing to do.

A note on the Designated Time Competition: We will give away a pair of CTC coffee mugs to the runner who comes closest to his prediction in each race. This year we will NOT have the restriction of only one award for the calendar year--a person can, therefore, win many mugs. As for the DT standings and the year-long competition in which we keep track of your DT average, we want to make a change so that the arduous task of computing the average, each time, is not so burdensome. What we want to do is have those who are really interested in this competition to so state, in advance, so that we keep only the averages for those who are interested (and who will predict in at least 10 races). IF YOU WANT TO COMPETE FOR THE ANNUAL DT AVERAGE AWARD THEN PLEASE NOTIFY BEN LONDEREE BEFORE JANUARY 10. Phone number: 445-2550. Only those who notify Ben by that date will be involved in the year-long DT Standings.

Joe and Carole Duncan wish each of you a most enjoyable Holiday Season and a successful 1982, not only in your running and walking endeavors, but also in anything you undertake.

A RUNNING COUP IN EIGHTY-TWO!

ELAPSED TIME STANDINGS (not including December 19 race):

Runners, male, open:

1. Lang	140	24. Ervin	34	47. Kurth	13
2. O'Connell	133	25. Goodrich	32	48. Frey	13
3. Lewis	132	26. Martin	32	49. Mueller	12
4. Maxey	119	27. Duncan	29	50. P. Fritsch	12
5. Londeree	108	28. Garverick	26	51. M. Gibson	12
6. Hicks	105	29. Stewart	25	52. F. Fritsch	10
7. LaFontaine	94	30. R. Smith	25	53. O'Connor	10
8. Hosler	89.5	31. Hansbrough	24	54. Hose	9
9. Koonse	81.5	32. Thorne, Jr.	23	55. Mumford	8
10. Marks	79	33. A. Johnson	22	56. Wilke	6
11. Hessler	77	34. Kruse	22	57. D. Hicks	6
12. Swanson	70	35. Bellows	20	58. Parker	5
13. Fisher	59	36. Wampler	20	59. Matthews	5
14. D. Johnson	57	37. Belyea	19	60. Sargent	5
15. Mittelhauser	55	38. Roman	19	61. O'Brien	4
16. Scholes	55	39. Baxter	18	62. Wiecek	4
17. Brown	54	40. J. Gibson	17	63. Coats	4
18. Stout	53	41. Ferris	16	64. Ballenger	3
19. Slivinsky	47	42. H. Mittelhauser	16	65. Fay	3
20. Madsen	47	43. Storvick	14	66. Thorne, Sr.	3
21. Dolphin	41	44. Thornburg	14	67. Pinkerton	3
22. Markman	39	45. Schuppan	14	68. Jones	2
23. Baurichter	35	46. Rother	13	69. Hanson	2

Age 15 & under:

1. T. Gibson	10
2. P. Hessler	8
3. S. Gibson	5
4. R. Kurth	4
5. S. Helmick	4
6. S. Kirk	2
7. P. Fritsch	2
8. T. O'Connor	1

40-49

1. Lewis	54
2. Londeree	43
3. Hicks	42
4. Hessler	36
5. Marks	29
6. Slivinsky	21
7. Martin	16
8. Brown	16
9. Duncan	11
10. Baxter	10
11. Kruse	7
12. Fritsch	6
13. O'Connor	4
14. Hose	4
15. Madsen	3

16. Pinkerton	3
17. Thorne, Sr.	3
18. Wiecek	2

50 & over:

1. Johnson	11
2. Dolphin	10
3. Storvick	3
5. H. Mitt'r	2
4. Frey	3

WOMEN:

1. A. LaFontaine	24
2. C. Ruble	24
3. D. Hoxworth	21
4. M. Mittelhauser	18
5. M. Slivinsky	17
6. T. Majewski	13
7. L. Fay	10
8. K. Lewis	10
9. B. Fender	9
10. T. Mueller	7
11. D. Scholes	6
12. C. Stout	6
13. H. Roman	5
14. J. O'Connor	5
15. M. Johnson	2
16. A. Settle	2
17. S. Currier	1
18. N. Fritsch	1
19. D. Londeree	1

WALKERS

1. Pullen	11
2. Spier	10
3. Chapin	5
4. Busen	4
5. Taft	4

WOMEN:

15 & under:

1. Heather Sargent	1
2. Heather O'Connor	1
3. Amy Hessler	1
4. Angela Hessler	1

35 & over:

1. M. Slivinsky	12	5. M. Johnson	1
2. K. Lewis	9	6. N. Fritsch	1
3. C. Stout	5	7. D. Londeree	1
4. J. O'Connor	4		

DESIGNATED TIME STANDINGS*

For those who have designated at least half of the races (3 of 6) through the 30 K):

1. Ron Wampler	.40	3	8. Sam Stout	1.91	3
2. Joe Marks	.95	3	9. Al Garverick	2.17	3
3. Whitney Hicks	.96	3	10. Bruce Maxey	2.19	6
4. Debbie Hoxworth	1.01	3	11. Mark Hosler	2.27	4
5. Kent Lang	1.44	6	12. Ben Londeree	2.48	5
6. Mike Koonse	1.80	5	13. Don Johnson	2.90	4
7. Tim Gibson	1.86	3			

*See the note on page 3 in respect to the DT standings and competition. If you want to be included in the DT standings and competition, then you have to so notify Ben Londeree by Jan. 10.

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

December 6, 1975: MVAAU 30 Kilo Run: 1. Dick Hessler 1:46:37, 2. Walt Renaud 1:51:46 (one of the famous Hessler-Renaud duels, but Dick had this in the bag from about 5 miles on), 3. Bob Creighton, Atwood, Ks., 1:53:12, 4. Jon Herbert 1:56:46, 5. Don Lewis 1:57:49, 6. Whitney Hicks 1:58:44, 7. Rex Frazer 1:59:13. . . 9. Ben Londeree 2:07:07. . .13. Joe Duncan 2:19:43 . . .15. Don Oster 2:20:15 & 4 others. Hessler (30-39) and Renaud(40-49) set a flock of MVAAU records in this race, some of them still standing.

December 20, 1975: Holiday Cheese & Kraut 10 Mile Run: 1. Dick Hessler 56:35, 2. Don Lewis 58:03, 3. Whitney Hicks 1:00:22, 4. Ben Londeree & Mike Chippendale 1:02:15, 6. Joe Marks & Greg Brown 1:02:37. . .12. Joe Duncan 1:08:34 . . .15. Olen Brown 1:13:12 and 5 others.

Here's a note from that race: "The "Noon Group" would like everyone to note that they swept the first seven places. Okay, fellas, it has been duly noted. We might even mention it again the the 'Six Years Ago' column, six years from now, if we survive so long."

Well, now, "fellas", we did survive so long and we do hereby give you new recognition. Five of the seven still have the "Noon Group" with Chippendale a by-stander for quite some time with his back problems and Greg Brown having moved North quite some time ago.

There was a walk that day, too: 1. Augie Hirt 1:27:30, 2. Dave Leuthold 1:46:30, 3. Bill Clark 2:07:57 4. Henry Bent 2:09:52.

The cheese went to Pete Pastoret for being only four seconds off his DT, while Clark got a can of sauerkraut for being off 2:20.

HERE IS WHAT OUR PRESENT DAY HEROES HAVE BEEN UP TO:

In that St. Louis Marathon we learned that LOYD RHIDDLEHOOVER was at a PB of 3:14+ and at age 50+ he qualified for Boston. DON PATTERSON had a PB but he still isn't sure of his time. BOB DOLPHIN, still smarting from Macy's, went through a leisurely workout in 4:14.

RHIDDLEHOOVER ran in the "Breathe Easy" 10K race in Johnson County, Kansas in mid-October, placing 39th and 2nd in his age group with 41:02.

DON JOHNSON was in the Fiesta Bowl Marathon--3:29:18.

BOB O'CONNELL, 43rd, 2:32:03 (5:39 pace over the last half), BOB GOODRICH 88th, 2:39:13 (a PB by over six minutes, which got him a free dinner from O'Connell and Marks) and JOE MARKS 171st, 2:49:02 (8th in age group). These were the performances for these CTC runners in the Joe Steele Rocket City Marathon, Huntsville, Alabama on Dec. 12th. A flat course and excellent weather conditions.

DENNIS HINKAMP, running in Utah, recently got a couple of PB's at short distances. 31:01 for a road 10,000 meters, second behind Henry Marsh, American record-holder in the steeple chase and two-time U.S. Olympian., and 8:44 for an indoor 3,000 (equal to about 9:19 for two miles). In the cross country season Dennis was able to beat all the Utah State U. runners. All this was in preparation for the Honolulu Marathon, the results of which have not yet come through.

JEFF and MILENE MITTELHAUSER recently won the big (from the standpoint of number of participants) Twosome Race held recently in Kansas City. I lost the piece of paper which gave the details, but anyway they did win. A mere tuneup for the BOBBY BUFORD'S FIVE MILE TWOSOME RACE.

The word "EXPIRED" appears on many of this month's Newsletters. If it appears on yours, then that means that in order to continue getting the Newsletter you will need to pay your annual dues of \$5.00 or the \$2.00 subscription price. If you don't pay then you will be cut off. Once again, we do give this assurance: "Expired" does NOT mean you are deceased. Do not let anyone tell you otherwise.

SCHEDULE OF EVENTS

JANUARY 9 Saturday 9:00 AM BOBBY BUFORD'S 5 Mile Twosome Run Male-Female teams with the following categories, with a Dinner for Two to the winner of each category: 4 Age Groups, Combined Ages: 35 & under, 36-59, 60-79, 80 & over; Predicted Time and a Drawing. Only teams are eligible for awards, however, the race is open to anyone. Non-CTC members competing for awards pay a \$1.00 fee. Meet at West Broadway Swim Club. RACE DIRECTOR: Don & Kathy Lewis 874-1034

23 Saturday 9:00 AM 20 Kilo Run (10 Kilo for Women and Age 15 & under) 20 Kilo Walk (8:30 AM) Hilton Inn
RACE DIRECTOR: Joe Marks 445-1919, 882-6546

FEBRUARY 7 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL-NOWELL'S 5 Mile Ham and Spam Race Nowell's East 900 N. Keene St.
RACE DIRECTOR: Joe Kurth 474-2082 ***

20 Saturday 9:00 AM 15 Kilo Run, 15 Kilo Walk (8:30 AM) Hilton Inn
RACE DIRECTOR: Tom LaFontaine 882-6892

MARCH 6 Saturday 5,000 Meter Nut Race Research Park RACE DIRECTOR: Annette LaFontaine 449-5781

20 " Four Mile Relay, 3 Mile Walk Research Park
RACE DIRECTOR: Ben Londeree 445-2550

***There may be a change for the Ham & Spam race, viz., sole sponsorship by Columbia Regional Hospital and increased publicity and awards. Plans are not yet definite but will be announced in the January Newsletter.

SOME SELECTED OUT-OF-TOWN EVENTS:

January 1 Friday 10:30 AM 3rd Annual Resolution 5 Mile Run
St. Clair (Mo.) City Park CONTACT: Jon Delano
10318 St. Helen St. Ann, Mo. 63074

10 Sunday 7:30 AM 25 Kilometer Run Marathon Sports at
Chesterfield Plaza Shopping Center

17 Sunday 8:00 AM SLTC 25 kilo Championship Washington
U. Fieldhouse.

23 Saturday 7:30 AM 30 Kilo Run Forest Park Handball Courts
CONTACT (for this and Jan. 10 race) Jerry Kokesh
13453 Chesterfield Plaza, Chesterfield, Mo. 63017

From the NATIONAL RUNNING DATA CENTER NEWS:

4.

US Road Running Records		- 10 kilometers -		as of 1 Dec 81
Men	28:12	Thom Hunt	(22, AZ)	1 Feb 81 at AZ
	28:04a	Craig Virgin	(25, IL)	4 Jul 81 at GA
Women	32:24	Patricia Catalano	(27, MA)	13 Oct 80 at MA
Men 16-19	29:37	Steve Ortiz	(19, CA)	5 May 79 at CA
35-39	29:17	Barry Brown	(36, FL)	7 Mar 81 at AL
40-44	31:20	Jim Bowers	(42, CA)	26 Jul 81 at NE
	30:42a	Herb Lorenz	(42, NJ)	4 Jul 81 at GA
45-49	32:45	John Brennand	(45, CA)	6 Sep 81 at CA
	32:30a	Earl Ellis	(45, WA)	4 Jul 81 at GA
50-54	33:17	Hal Higdon	(50, IN)	26 Jul 81 at NE
55-59	34:06	Jim O'Neil	(55, CA)	19 Oct 80 at CA
60-64	38:23	Don Longenecker	(64, NM)	19 Aug 80 at CO
	38:06a	George Sheehan	(64, NJ)	6 Sep 80 at NY
65-69	43:37	Earl Wirt	(67, AL)	7 Mar 81 at AL
	39:30p	Eddie Lewin	(65, CA)	6 Sep 81 at CA
70-79	42:08	Monty Montgomery	(73, CA)	25 May 80 at CA
80+	58:47	Noel Johnson	(80, CA)	16 Dec 79 at CA
Women 16-19	33:41	Lynn Jennings	(19, MA)	8 Oct 79 at MA
	33:30p	Martha White	(18, PA)	3 Jun 78 at NY
35-39	34:23	Judy Fox	(39, CA)	5 Apr 80 at CA
40-44	35:23	Miki Gorman	(43, CA)	17 Sep 78 at CA
45-49	36:29	Mila Kania	(49, NY)	5 Oct 80 at NJ
50-54	38:08	Marion Irvine	(51, CA)	11 Oct 81 at CA
55-59	40:40	Helen Dick	(57, CA)	6 Sep 81 at CA
60-69	46:44	Althea Wetherbee	(61, NY)	27 Sep 80 at NY
	46:23a	Marcie Trent	(63, AK)	6 Jan 81 at AK
70+	57:57	Bess James	(72, CA)	6 Sep 81 at CA

a= a point-to-point mark that exceeds the official record. p= pending

Here's a little goodie from the Richmond (Va.) Times-Dispatch which Bill Taft passes along:

Dispatch, Sun., Oct. 18, 1981 G-

Off

And

Running

By Robert G. Holland

A marathon run.
A race well run.
Run for your life.
Run for the money.
Run for office.
Run for cover.
See how they run.
Run off at the mouth.
A run-down condition.
Run it up the flagpole and see who salutes.
Run against the wind.
Run against the grain.
A run-on sentence.
Run that by me again.
A home-run.
Run home.
A run in your stockings.
A run on stocks.
A 100-yard runback for a touchdown.
A runaway best-seller.
A run-off election.
In the running.
Running scared.
In the long run.
In the short run.
Running out the clock.
Running around.
Running in circles.
Run out on your family.
Running one's reputation down.
Run down by a Mack truck.
On the dead run.
Grabbing breakfast on the run.
Got to eat and run.
Runny eggs.
Run smack into a wall.
Run up the stairs.
Run down the street.



Run around the block.
Run to the bathroom.
Running water.
First runner-up.
Runabout.
Running mate.
Runagate.
Runway.
Runaway.
Run-of-the-mill.
Runnymede.
Run against the tide.
Running a good thing into the ground.
Run yourself ragged.
Run an errand.
The train runs.
The bus runs.
The car runs.
The clock runs.
Who's running the government?
Run for the arts.
Run for fun.
Run so others may walk.
Run like hell.
Run for the health of it.
Run your tail off.
Run for the bus.
Run to exhaustion.
He had the run of the house.
He ran out of beer and pretzels.
Running shorts.
Running shoes.
Running times.
A well-run business.
Run this through the computer.
A run-in with the local gendarmes.
A running feud.
Run afoul of the law.
Got to run.
Runny nose.
Off to a running start.
Up and running.
Hit the ground running.
Run aground.
There he goes, running to mama again.
His tongue runs on and on.
The vine runs over the fence.
Tomatoes are running three to the pound.
Runner beans.
He ran the stop light.
The street ran red with blood.
His eyes ran over the papers.
She had a run of good luck.
The play had a year's run on Broadway.
They ran off and got married.
Running amok.
Running wild.
Running free.
Run along now.
Run into a friend.
Run for it!
Hickory, dickory, dock, the mouse ran up the clock.
Running dogs of capitalism.
My story ran today.
Run strong, run long, noble marathoners! Keep on running!
(Editor's Note: Mr. Holland, who is associate editor of The Times-Dispatch editorial page and a runner, wishes to run this moving tribute to those who will run the 4th annual Richmond Newspapers Marathon next Sunday.)