

TRACK CLUB

NEWSLETTER Vol. XIII, No. 2 February 25, 1981

STEVE FISHER & JEFF MITTELHAUSER TIE AND SET A FIVE MILE
RECORD IN HAM n' SPAM RACE February 8, 1981

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
1	Steve Fisher	24	25:29	103	Dan Schuppan	35	38:20
2	Jeff Mittelhauser	24	25:29	104	Robert Burchett	22	38:52
3	David Harris	26	28:10	105	Erick Rocksund	30	37:13
4	Bob O'Connell	31	27:03	106	Brad Buescher	19	37:15
5	Jim Heady	17	27:29	107	Mike Smith	29	37:24
6	John Weston	26	27:32	108	Tom Howell	18	37:26
7	Kirk Sloan	18	28:08	109	E.O. Schiemper	41	37:27
8	Kevin Stock	19	28:16	110	Kim Stearman	29	37:31
9	Richard Hessler	39	28:22	111	Dan Callen	12	37:33
10	Doug Ballows	33	28:29	112	Tim Dillon	22	37:35
11	Tom LaFontaine	34	28:35	113	Robert Coffey	18	37:40
12	John Hemphill	25	28:47	114	Eric Mumford	37	38:09
13	Ben Londeree	46	28:50	115	Ed Strodman	28	38:46
14	Kent Lang	18	28:50	116	Gale Carman	33	38:47
15	Tim Spires	18	29:01	117	Kevin Altis	16	38:52.2
16	Don Lewis	45	29:20	118	Eric Gardner	17	38:52.4
17	Ben Luebbering	46	29:30	119	Don Caldwell	49	38:57
18	Dan Hoxworth	20	29:42	120	Don Frey	55	38:59
19	Ronald Belyea	37	29:54	121	Chuck Mathews	32	39:05.2
20	Peter Pastoret	27	29:58	122	Don Ballenger	38	39:05.4
21	Scott Crawford	16	30:04	123	George Mummert	31	39:10
22	James Tweedle	30	30:22.1	124	David Wilcox	14	39:18
23	Robert Schottman	38	30:22.3	125	Kyle McColium	21	39:20
24	Dave Parker	34	30:23	126	Bobby Hull	15	39:21
25	Joe Marks	43	30:24	127	Kenneth Callen	42	39:22
26	Robert Garcia	20	30:25	128	Cecilia Persse	22	39:26
27	Dick Naumann	34	30:54.2	129	Sid Horan	42	39:29
28	Peter Roman	28	30:54.4	130	Ben Moranville	53	39:45
29	Guy Clark	15	30:55	131	Kevin Teel	21	39:50
30			30:59	132	Jenkins Davis	12	40:08
31	Chris Schaefer	16	31:00	133	Tom Rippeto	36	40:10
32	Mike Koonse	30	31:01	134	Roger Hanson	49	40:18
33	Steve Baurichter	30	31:04.0	135	Joe Polacco	38	40:21
34	John Nieters	30	31:04.2	136	Dean Betts	34	40:28
35	Butch Rushing	17	31:06	137	Gary Zwonitzer	43	40:28
36	Olen Brown	46	31:08	138	Merle Langford	48	40:31
37	Brad Arensberg	19	31:09	139	Dave Hasiag	23	40:40
38	Peter Fritsch	15	31:11	140	Mary Silvinsky	39	40:44
39	Roger Reinsch	37	31:16	141	Angie Ballenger	13	41:01
40	David Johns	25	31:20	142	Mike Bukowsky	15	41:04
41	Tom Moore	22	31:36	143	Jane Kernell	17	41:06
42	Tom Allen	38	31:36	144	Melissa Wilson	17	41:07
43	David Marr	18	31:39	145	John White	40	41:24
44	Mark Bollinger	16	31:43	146	Myrna White	40	41:25
45	Whitney Hicks	45	31:48	147	Amy Hessler	15	41:35
46	Frank Oreilo	19	31:50	148	Jim Jacob	55	41:40
47	Richard Linn	29	31:54	149	Larry Bezold	22	42:00
48	Marc Scholes	29	32:00	150	Mike Moerschell	22	42:02
49	Mark Kelty	24	32:10.0	151	William Justis	43	42:08
50	Mike Walther	23	32:10.3	152	Gary Hogle	25	42:10
51	Milene Hollon	21	32:13	153	John Wilke	35	42:37
52	Carl Babcock	17	32:17	154	Jay Sowash	11	42:51
53	Tim Stroud	22	32:18	155	Amy Settle	30	43:01
54	Brian Bell	14	32:23	156	Louanne Fay	30	43:03
55	Steve Schottman	13	32:32	157	John O'Connor	47	43:08
56	Steve Helmick	13	32:35	158	Georgia Morehouse	47	43:16
57	Tracy Pool	15	32:38	159	Terry Majewski	28	43:34
58	Jay Jackson	15	32:38	160	Greg Freyer	26	44:06
59	Mark Stolzer	25	32:40	161	Dan Atwill	34	44:08
60	Sam Stout	37	32:41	162	Janie Covington	29	44:15
61	Don Johnson	52	32:41.2	163	Anne Seymour	36	44:17
62	Jack Dodson	19	32:42.1	164	Bob Ferris	31	44:20
63	Truman Storvick	52	32:42.8	165	Robert Acuff	37	44:21
64	Joe Goldfarb	40	32:45	166	John McCrory	29	44:27
65	Fred Fritsch	45	32:48	167	Lynne Caldwell	22	44:38
66	Michael Crouch	34	32:59	168	Robert Somers	38	45:00
67	Ron Wampler	33	33:08	169	Susie Mayer	15	45:10
68	James Kelty	21	33:11	170	Jason Melegrito	13	45:14
69	Phil Lang	21	33:18	171	Nancy Clark	26	45:17
70	Marin Blevins	35	33:20	172	Ernie Mindlin	12	45:18
71	Robert McDavid	33	33:25	173	Dianna Underwood	21	45:58
72	Richard Madsen	39	33:29.0	175	Robert Harris	46	45:59
73	Bob Riggs	21	33:29.4	175	Mecca Carpenter	44	46:00
74	Brad Sloan	14	33:44	176	Jeff Sowash	10	46:07
75	Ellen Theroff	16	33:46	177	Nathan Jones	10	46:08
76	Clarence Coats	33	33:47	178	David Melegrito	36	46:28
77	David Kimberling	31	33:49	179	Nancy Fritsch	42	46:39
78	Charles Silvinsky	39	34:07	180	Carla Espy	29	47:12
79	Norris Kruse	45	34:12	181	Cathy York	39	47:28
80	Dan Pierce	27	34:14	182	Sarah Rhiddlehoeover	16	48:46
81	Dennis Jones	33	34:15	183	Cary Theroff	11	48:04
82	Herb Mittelhauser	51	34:18	184	Darlene Londeree	43	48:26
83	Bill Wiecek	43	34:19	185	Lisa Kurth	14	48:35
84	Chris Nauman	11	34:34	186	Heather O'Conner	12	48:43
85	Jim Sowash	42	34:39	187	Marcia Smith	40	49:45
86	David Tedeschi	14	34:47	188	Jonl O'Connor	43	49:45
87	Loyd Rhiddlehoeover	50	34:48	189	Zarrine Banerji	43	50:15
88	Russel Kurth	13	35:02	190	Jane Cornbleet	24	50:18
89	David Hicks	16	35:09	191	Susan Powers	21	51:53
90	Greg Overfelt	31	35:10	192	Cindy Smith	15	51:54
91	Bob Curry	38	35:12	193	Kevin Sharpe	20	51:54
92	Peter Hessler	11	35:14	194	Rob Spier	58	53:14
93	Dean Baxter	45	35:27	195	Tom Kaish	21	54:08
94	Mark Jebens	18	35:37	196	Kathleen Betts	30	55:54
95	Wendy Hager	18	35:38	197	Traci Pangman	20	57:23
96	Rick Rother	32	35:43	198	Trey Rhiddlehoeover	14	58:18
97	Unknown		35:46	199	Gina Garner	21	1:02:11
98	Stephen Fulbright	48	35:49	200	Robbie Mindlin	9	1:04:32
99	Greg Carter	16	35:53	201	Jason Wann	7	1:04:33
100	Lee Pfefer	46	35:54	202	Krista Smith	20	1:05:39
101	Robert Dolphin	51	35:55	203	Suzanne Smith	19	1:08:40
102	Jim Backhus	30	36:14	204	Willia McMillen	54	1:08:40

HAM N' SPAM RACE Continued

This race was the first major winter road race Columbia has ever had and was the culmination of the efforts of JOE KURTH in suggesting that we have a race on his "home" course. The race was co-sponsored by Columbia Regional Hospital (they bought the ham and spam) and Nowell's Supermarkets (they provided the publicity and the physical facilities). The race proved to be most successful--goodweather (low 20's, moderate west wind, sun shining), a demanding (but not ridiculous) course, a festive atmosphere and a pretty well organized race (some finish line problems and the congestion at Nowell's are problems which will be solved for next years race).

Fisher and Mittelhauser strode in together to an easy victory beating the CTC 5 mile record of 25:35 set by Fred Binggeli on Jan. 4, 1975. The Nowell's course is probably a more difficult course than the Rt. 22 course on which Binggeli set his mark. Also lowering a record was Guy Clark who got under Wesley Paul's 32:04 set in Dec. 1977. Also getting under that age 15 & under mark was Peter Fritsch with 31:11.

MANY, MANY THANKS to JOE KURTH who spent many hours with the pre-race registration and otherwise handling the race organization. And, THANKS also to the 25 or so people who assisted so ably with the conduct of the race.

RON WAMPLER gets the DT award for coming within 2 seconds of his predicted time with the other DT performances going like this: Matthews 5 seconds off, Storvick 12 off, Stock & Spier 14, Lang 15, Hollon 17, Koonse 19, Sowash 21, Schottman, B. 22, Mittelhauser 30, Bellows 31, Londeree 40, Brown 42, Dennis Jones 45, Marks 44, Johnson 49, O'Connell 57, Garcia 65, Kruse 108, Stout 139, Lewis 160, Wilcox 162, Nathan Jones 232, Angie Ballenger 239, Don Ballenger 280.

In a 5,000 meter race in Jefferson City on Feb. 13 BOB O'CONNELL FINISHED SECOND with a time of 15:24, JOHN WESTON was third with 15:40 and JOE MARKS was 11th (first 40+) with 17:16, losing some 10-15 seconds and 2 or 3 places when he took a wrong turn. Winning the race was Jim Heady with 15:20. The race was on a hilly course and was probably more like 3 miles rather than 5,000 meters.

Sometime before the above JOHN WESTON and JOE MARKS were in the Gateway TC's 30 kilo run in St. Louis--3 times around the bike path in Forest Park. Out of 185 starters Weston finished 3rd with 1:47:04 while Marks was 9th at 1:56:40, again the first 40+ beating Norm Colter by some 3½ minutes. Winning time was 1:45:20 on a course which had a slight uphill stretch for about half of each lap.

DRU DIXON ran in the Mardis Gras Marathon--the one which is basically 26 miles over the Lake Pontchartrain causeway. Apparently Dru had a rather forgettable experience, particularly since he was sort of hoping for a PB before he went down there. (A PB for him would be under 2:53). However, Dru met up with quite miserable conditions--a strong headwind that got progressively stronger as the race went on. There was a lot of "drafting" with many clusters of runners huddling together for protection from the wind and rain. Dru was in at 3:16 after having considered dropping out as early as 12 miles. There were some 2300 starters in that race. 65 degrees and pretty humid. Dru recalls only one other marathon he has been in that was more miserable--a race in Carbondale, Ill. in June, 1978 which he says Joe Marks should fondly remember. Dru is now in Tampico, Mexico for awhile.

CONGRATULATIONS to Doug and Pamela Bellows upon the birth of a 9-pound 10-ounce girl, the event having taken place on Feb. 4th. She will soon be in training for the 2004 Olympics Marathon now that that event has been opened to women.

DENNIS STEWART set two records in the TFA/USA National Masters Indoor T & F Championships, Feb. 15 at William Jewell College, Liberty, Mo. First he won the 30-34 880 in 2:01.50 and then the 30-34 440 in 54.96 being unpressed in both races. He won the 880 by 10 seconds and the 440 by 5.

PHIL PRATT, still leading the life of a playboy in California, ran in the Rose Bowl ½ marathon on Feb. 1 and got a time of 1:40:55.

STEVE FISHER AND DAVE HARRIS TEAM UP FOR 15 KILO WIN February 21:

5 kilo splits:	5	10	15 kilo	Seconds off DT
1. Steve Fisher	16:30	33:21	49:47	
1t. David Harris	16:30	33:25	49:47	
3. Bob O'Connell 30+	16:43	34:07	50:40PB	
4. Jeff Mittelhauser	17:11	35:25	53:03	117
5. Bob Goodrich 30+	17:39	36:21	53:40	80
6. Dick Hessler 30+	17:37	36:13	54:07	
7. Dan Hoxworth	17:56	37:01	55:36	99
8. Joe Marks 40+	18:03	37:10	55:38PB	8
9. Ken Barnes	17:51	37:16	56:33	
10. Ben Londeree 40+	18:25	37:58	56:59	119
11. Don Lewis 40+	18:41	38:24	57:06	126
12. John Reel		37:43	57:16	
13. Terrence Kasper		39:12	58:15	
14. Bob Schottman 30+	18:58	39:09	58:49	79
15. Dave Parker 30+	19:26	40:06	59:18	
16. Olen Brown 40+	19:19	40:06	59:37	37
17. Dick Naumann 30+	19:39	40:55	1:00:05	
18. Mike Koonse 30+	19:28	40:48	1:00:59	99
19. Turk Storvick 50+	19:58	40:58	1:01:11	109
20. Jay Hollyman		41:07	1:01:55	
21. Sam Stout 30+		41:40	1:02:33	27
22. Roberto Garcia	18:45	40:42	1:02:52	68
23. Mike Walther		42:10	1:02:54	54
24. Whitney Hicks 40+	20:44	42:26	1:02:55	5
25. John Novak	19:50	41:50	1:02:55	
26. Charles Slivinsky 30+		43:09	1:03:57	
27. Steve Schottman 15-	20:42	43:14	1:04:03	
28. Tim Gibson 15-	20:40	42:38	1:04:19	
29. Steve Helmick 15-	20:41	43:14	1:04:23	
30. Don Johnson 50+	21:06	43:49	1:05:26	146
31. Norris Kruse 40+	21:30	44:13	1:05:56	184
32. John Mueller 30+	21:28	44:25	1:06:05	
33. Mike Crouch		45:18	1:06:13	
34. Milene Hollon 1st F		43:52	1:06:35	35
35. C. Coats	22:30	45:37	1:07:10	
36. Dennis Jones 30+	22:18	45:46	1:07:58	2
37. Dean Baxter 40+		46:55	1:09:26	118
38. Gale Carmen 30+	24:15	49:17	1:10:09	
39. Tim Dillon		47:24	1:10:49	
40. Allan Picard	22:49	47:10	1:10:50	
41. Susan Boyle 2nd F	23:00	47:34	1:10:56	86
42. Don Ballenger	24:15	49:18	1:11:59	61
43. Dick Hoft 50+		48:12	1:12:26	454
44. Chuck Matthews	24:15	49:37	1:13:24	66
45. Peggy Nellums 3rd F	23:16	48:26	1:13:26	
46. Don Frey 50+	23:44	49:27	1:14:58	
47. Tom Rippetto	25:38	51:44	1:16:39	
48. John Wilke	25:11	51:47	1:16:46	44
49. Mary Ann Slivinsky 4th F		51:36	1:18:15	
49t. Elaine Sleper		51:36	1:18:15	
51. Angie Ballenger 15-	25:00	52:03	1:18:23	157
52. Annette LaFontaine		52:03	1:18:50	46
52t. Amy Settle		52:03	1:18:50	
54. Dan Atwill	24:20	52:11	1:21:15	
55. Robert Somers	27:00	56:56	1:25:10	
55t. Terry Majewski	27:00	56:56	1:25:10	
57. Theresa Whitelock	28:15	58:26	1:28:38	
58. Chris Naumann	19:42	41:26		
59. David Hicks 22:59	22:59	45:32		
60. Richard Diehl	22:15	46:50		
61. Bridget Siefner	28:45	59:08		

The Walk:

1. Rob Spier	33:27	68:00	1:41:39	21
2. William Taft	37:55	77:06	1:56:58	62

An excellent day for a race--mid 50's, wind not too bad. However no records were set, but, no doubt, there were many PB's in this record field for the winter 15 kilo. Dennis Jones in his second CTC event wins the award for the best prediction. He learns fast. He gets a choice of a CTC shirt or 2 CTC thermos cups.

RUN FOR THE THIRD 10,000 meters Dec. 27, 1980 Sedalia, Mo. Some Results

1.	Douglas Clark	31:05	Springfield, MO
-2.	Steve Fisher	31:12	Columbia, MO
3.	James Hogue	32:31	Kansas City, MO
4.	Jim Heady	32:37	Russellville, MO
-5.	Jeff Mittelhauser	32:49	Sedalia, MO
-6.	Denton Childs	33:04	Fayetteville, AR
7.	David Harris	33:32	Jefferson City, MO
8.	Gary Ringheiser	34:17	Olathe, KS
9.	Ronald	34:35	Marshall, MO
10.	David Paul	35:11	Sedalia, MO
11.	John Miller	35:11	Sedalia, MO
12.	Michael Wheeler	35:17	Kansas City, MO
13.	John Case	35:31	Lees Summitt, MO
14.	Tim Spires	35:40	Jefferson City, MO
-15.	John Hemphill	35:59	Columbia, MO
-16.	Jim Schutt	36:06	California, MO
17.	Ken Atwell	36:08	Bonner Springs, KS
-18.	Tom Hellie	36:24	Hiram, OH
19.	Ken Derby	36:27	Bolivar, MO
20.	Charlie Gatti	36:28	Kirkwood, MO
21.	Craig Shipley	36:29	Sedalia, MO
22.	Jim Luebbering	36:44	Jefferson City, MO
-23.	Ben Luebbering	36:49	Jefferson City, MO
24.	Mark Thomas	36:52	Sedalia, MO
-25.	Joe Marks	36:52	Columbia, MO
-26.	Wesley ^{Paul}	37:03	Overland Park, KS
27.	Larry Bechtel	37:06	Daly City, CA
28.	Warren Wisner	37:15	Eldorado Springs, MO
29.	Don Wollenhaupt	37:17	Ft. Scott, KS
30.	Terry Harms	37:19	Kansas City, MO
31.	Gary Gribble	37:25	Lenexa, KS
32.	David Graham	37:27	Kansas City, MO
33.	Norman Colter	37:34	Kirkwood, MO
34.	William Adams	37:38	Bartlesville, OK
35.	Daniel Stoddard	37:40	Rayville, MO
36.	Steve Cain	37:42	Sedalia, MO
37.	Dan Boatright	37:51	Denton, TX
38.	Allan Jensen	37:57	Marshall, MO
39.	Jeff Shipley	38:22	Sedalia, MO
41.	Curt Elmore	38:43	Warsaw, MO
43.	Larry Dametz	38:59	Marshall, MO
44.	Nancy Goodwine	39:29	Kansas City, MO
45.	Bernard Billesbach	39:39	Belton, MO
46.	Ron Brunson	39:47	Lees Summit, MO
47.	Rimothy Fischer	39:51	Chillicothe, MO
48.	Don Nail	39:53	Orrick, MO
49.	Art Corbin	39:55	Kansas City, MO
50.	William James	39:47	Holt, MO
51.	Tonya Twillman	39:57	Marshall, MO
52.	Geoffrey Pirnie	40:24	Houston, TX
53.	Steven DeVorss	40:26	Kansas City, MO
54.	Pete Mitchell	40:31	Overland Park, KS
55.	Ebby Norman	40:51	Sedalia, MO
56.	Clarence Gass	41:07	Mission, KS
57.	John Ingram	41:38	Dalton, MO
58.	Leslie Schloman	41:42	Higginsville, MO
59.	Marienne Gatti	41:45	Kirkwood, MO
60.	Herbert Mittelhauser	41:53	Sedalia, MO

SCHEDULE OF EVENTS

- MARCH 7 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk
Research Park \$1.00 fee for non-CTC members
Awards of a nutty sort to the top 3 in the following
categories: 15 & under, 16-19, 20-29, 30-39, 40-49,
50 & Over, Women: 15 & under, 16-29, 30-39, 40
& over, Walkers and predicted time.
- 14 Saturday 9:00 AM Free clinic with Steve Fisher and Robin
Lingle Arts & Science Auditorium followed by Fun Run
at Research Park
- 21 " 9:00 AM Four Mile Relay (four person teams, each
person does one mile), 3 mile walk Research Park
- 28 " 9:00 AM Free clinic with Dr. Leland Pfefer
Arts & Science Auditorium, followed by fun run
at Research Park
- APRIL 4 " 8:00 AM Walk-run Pentathlon: 2 mile walk, 800
- meter run, one mile walk, 2 mile run, 200 meter
dash. ALSO 3, 2, 1 mile triathlon HICKMAN
TRACK (at least as of now)
- 4 " 2:00 PM MO. STATE ONE HOUR WALK CHAMPIONSHIP
Hickman Track Trophies to top 3. \$2.00
- 12 Sunday 8:30 AM PEPSI-COLA 10,000 METER RACE. Memorial
Stadium.

SOME OUT OF TOWN EVENTS;

- MARCH 14 Saturday 10:00 AM Natural Light St. Patrick's Day Five
Mile Run downtown St. Louis CONTACT: John L.
Sullivan 7 North 7th St. St. Louis, Mo. 63101
- 14 " 2:00PM St. Pat's 10,000 meter road race
(Frank Shorter is to be there). Manhattan, Kansas
CONTACT: Kansas State Bank, St. Pat's Celebration,
P.O. Box 69, Manhattan, Kansas 66502
- 21 Saturday 8:00 AM MVAAU 50 kilometer Championship Run
Blue Springs, Mo. CONTACT: Robert Boyd 1309 55th
St. Blue Springs, Mo. 64015
- 22 Sunday 7:30 AM 9th Annual St. Louis Track Club Marathon
Start & finish at west side of Busch Stadium Entry
deadline: March 15. CONTACT: Ben Uchitelle c/o St.
Louis Marathon Box 2956 St. Louis, Mo. 63130
- 29 Sunday 9:00 AM Sedalia Marathon Sedalia, Mo. CONTACT:
Sedalia Runners Club 219 So. Ohio Sedalia, Mo. 65301
- 29 " 8:00 AM Nutri-Run 5 mile race through Ladue, Mo.
CONTACT: St. Louis District Dairy Council 8710
Manchester St. Louis, Mo. 63144

INTERESTED IN TRANSPORTATION TO THE BOSTON MARATHON? If so call Joe Marks at 882-6546 or 445-1919. He and Bob O'Connell and at least 3 other CTC runners are going by plane, but it looks as if they will have room for one more. Joe can give you the details as to cost, etc. but you will need to act quickly in order to get signed up in time.

TWO REVISIONS IN THE RECORDS as shown in January's Newsletter need to be made. BOB O'CONNELL and MILENE HOLLON set records (16:07 and 20:14 respectively) in last September's 5,000 meter track race. Those makrs failed to get recorded in the new list. SORRY!

Speaking of records, WESLEY PAUL set a World Record for 11 year olds for the marathon on Dec. 13, 1980 in the Joe Steele Rocket City Marathon, Huntsville, Alabama with a time of 2:47:17, Wesley's first time under 2:50. Wesley was 73rd overall out of some 2,000 runners. The previous best was a 2:48:53 set by Eric Davis in 1978. That Huntsville marathon is one of the best organized in the country. The things they do for the runner in Huntsville are really fantastic. A very highly recommended early winter marathon for those who are thinking that far ahead.

February 8, 1975: 10,000 meter road run: 1. Rick Katz 33:51, 2. Dennis Hinkamp 34:36 (his first CTC event), 3. Dick Hessler 35:32, 4. Don Lewis 36:15, 5. Whitney Hicks 36:45 (you will notice in the Ham race results that Whitney is staging a modest comeback after a year in Mexico and an injury), 6. Rich Todd 37:22, 7. Don Granberg 38:04 (and where is Granberg?). . . 9. Rex Frazer 38:54, 10. Mike Chippendale 39:35. . . 12. Joe Marks 40:33, 13. Turk Storvick 41:14 and 3 other plodders.

The walk: 1. Augie Hirt 59:00, 2. Leonard Busen 1:00:09
3. Dave Leuthold 1:08:42

This was the day that someone took the sweat outfits (and Turk's car keys) which had been left at the start line. That caused a lot of misery after the race on a cold (22) windy day. The items later turned up at the Columbia Police Dept.

February 22, 1975: 12 mile run & walk 1. Rick Callison 1:05:25
2. Rick Katz 1:10:40, 3. Charlie Evans 1:11:44 4.
Dick Hessler 1:13:29, 5. Don Lewis 1:15:00,
10. Joe Marks, 1. Turk Storvick 1:22:40 (by the way
the time for Marks was 1:22:01)

The walk: 1. Augie Hirt 1:43:15, 2. Al Schrik 1:44:12
3. Dave Leuthold 2:07:50 4. Rob Spier 2:12:00

One of the most miserable days ever for a CTC race--rain at the outset, sleet for 30 minutes, then snow, a prelude to a 13" snowstorm--and Callison was able to run a 5:27 pace!

The Feb., 1975 newsletter had Carole Duncan's version of William Blake's The Tiger, except she changed the tiger into a Runner (we all know that runners are real tigers!), like so:

THE RUNNER

Runner! Runner! running light
In the quiet of the night,
O what mortal mind or eye
Could understand the reason why?

On what distant hills or skies
Burned the fire of thy thighs?
On what wings dare he aspire?
When his lungs dare seize the fire?

And what purpose, and what pain,
Could twist the sinews of thy brain?
And when thy heart is loth to beat,
What dread calves and what dread feet?

What the hammer? what the chain?
In what furnace was thy brain?
What the anvil? what dread grasp
Dare its deadly terrors clasp?

When the stars threw down their spears,
And watered heaven with their tears,
Did He smile His work to see?
Did He who made the sane, make thee?

Runner! Runner! running light
In the quiet of the night,
O what mortal mind or eye
Could understand the reason why?

. Carole Duncan with an assist from
William Blake

ELAPSED TIME STANDINGS (not including the Feb. 21 event):

Runners, Open:

1. Hessler 210	19. Sloan 80	38. Fritsch 32	57. Rhiddlehoover 13
2. O'Connell 200.5	20. Storvick 79	39. Scholes 30	58. Kurth 12
3. Mittelhauser 192	21. Naumann 71	40. DeCoster 29	59. Overfelt 12
4. Marks 177.5	22. Walther 68.5	41. Stroud 28	60. Curry 11
5. Lang 174	23. D. Johnson 65	42. Sowash 27	61. Pinkerton 11
6. LaFontaine 169	24. Baurichter 65	43. J. Gibson 26	62. Ballenger 9
7. Hemphill 152	25. Luebbering 63	44. Crouch 25	63. Pfefer 9
8. Lewis 151	26. Goodrich 61	45. Herbert 24	64. Matthews 8
9. Weston 146	27. Roman 53	46. Smith 24	65. Green 7
10. Londeree 135	28. Wampler 51	47. Duncan 22	66. Callen 6
11. Brown 128	29. D. Johns 50	48. Blevins 21	67. Moranville 4
12. Bellows 117.5	30. Stewart 49	49. McDavid 20	68. Jacobs 3
13. Stebbins 107	31. A. Johnson 47	50. Thornburg 20	69. Atwill 2
14. Schottman 106.5	32. Slivinsky 45	51. D. Jones 20	70. Ditter 1
15. Koonse 99	33. Schutt 44	52. Kruse 19	71. Hoft 1
16. Stock 94.5	34. Ervin 37	53. Madsen 19	72. McCrory 1
17. Parker 87	35. Stout 36	54. Klinge 17	
18. Maxey 83	36. Tom Allen 32	55. Wiecek 16	
	37. Hicks 32	56. Baxter 15	

ADD:

Dan Hoxworth 42

15 & under:

1. P. Fritsch 48
2. S. Schottman 43
3. T. Gibson 37
4. S. Helmick 33
5. R. Diehl 32
6. R. Kurth 28
7. C. Naumann 25
8. P. Hessler 20
9. S. Gibson 16
10. Amy Hessler 13
11. Brad Sloan 12
12. Joe Weis 12
13. A. Ballenger 11
14. W. Paul 9
15. D. Hicks 9
16. Jay Sowash 5
17. D. Marks 4
18. Jeff Sowash 4
19. Nathan Jones 3
20. Lisa Kurth 2
21. Angela Hessler 1
22. John Marks 1
23. Paul Fritsch 1
24. T. Rhiddlehoover 1

40 & over:

1. Marks 77.5
2. Lewis 62
3. Brown 61
4. Londeree 56.5
5. Storvick 39
6. Johnson 35
7. Luebbering 24
8. Schutt 19
9. Hicks 14
10. Duncan 13
11. Fritsch 13
12. Kruse 11
13. Baxter 10
14. Wiecek 9
15. Pinkerton 7
16. Rhiddlehoover 7
17. Green 5
18. Pfefer 5
19. Callen 4
20. Burres 2
21. Moranville 2
22. Hoft 1
23. Jacobs 1

WOMEN:

1. Hollon 52
2. Ruble 30
3. Slivinsky 27
4. Ballenger 19
5. LaFontaine 18.55
6. Amy Hessler 16
7. Settle 12
8. Johns 11
9. Boyle 10
10. Majewski 8
11. Fritsch 6
12. Carpenter 5
13. Lewis 4.5
14. Eppe 3
15. S. Rhiddlehoover 3
16. Londeree 3
17. Angela Hessler 1
18. Lisa Kurth 1

WALKERS:

1. Spier 19
2. Taft 8
3. Busen 6
4. Gragg 5
5. Brown 5
6. Walter 1

RRCA POSTAL

MEET OF MILES TEAM RECORDS

This list of the Meet of Miles Team records is taken from the Winter issue of the RRCA Footnotes which had complete results of the 1980 Postal Meet of Miles. It is obvious that the main purpose of printing this list herein is to show that JOE DUNCAN has his name in there as part of a record holding team. The record will no doubt fall in 1981 for CTC with Londeree, Lewis, Hicks (who have the 40-44 record--a mark that may stay for awhile) Brown, Luebbering, Martin, etc. can field at least two teams which will do better than any team with Duncan on it. But, in the meantime, Duncan's name is there--it's been there for two years. Not only that, but Duncan has the biggest part of the record--Londeree only contributed some 4 minutes, 40 seconds of the record, Martin 5:20 while Duncan put in all of the rest--5:38!

7 & under	MEN
18:52	SWAT (PA) 1978 (James Peterson, Ali Watts, Bryan Wilson)
8 and 9	17:05 Blue Angels (CA) 1979 (Robbie Barrios, Brent Timmons, Troy Bush)
10 and 11	15:22 Rialto RR (CA) 1975 (Mike Assumma, Frank Jewett, David Trussel)
12 and 13	14:42 Landon TC (MD) 1975 (Donald Kerwin, Parker Somerville, John Schelp)
14 and 15	13:25 Rialto RR (CA) 1975 (Frank Assumma, Burt Shirley, Chuck Assumma)
16 and 17	13:50 Oregon RRC (OR) 1977 (Jeff Harding, Joel Stamp, Ken Campbell)
18 and 19	13:20 Cavalier RC (MD) 1976 (Kent Burno, Rick Samaha, Adrian Allen)
20 thru 24	13:39 Oregon RRC (OR) 1979 (Dave Hamilton, Gary Peterson, Scott Hayes)
25 thru 29	13:37 Oregon RRC (OR) 1979 (Paul Zitzelsberger, Philip Phimister, Brent Marsden)
30 thru 34	14:10 Oregon RRC (OR) 1979 (Paul Kirland, Dennis Bromka, Tony Rennie)
35 thru 39	13:55 Oregon RRC (OR) 1979 (David Bakley, Pat Becker, John Emrick)
40 thru 44	14:02 Columbia TC (MO) 1977 (Don Lewis, Ben Londeree, Whitney Hicks)
45 thru 49	15:38 Columbia TC (MO) 1979 (Ben Londeree, Dick Martin, Joe Duncan)
50 thru 59	16:10 Oregon RRC (OR) 1979 (Robert Kuepper, Leo Sherry, Don Uppendahl)
60 thru 69	17:07 Oregon RRC (OR) 1979 (Clive Davies, Frans Pauwels, Lars Bong)
70 & over	No teams.

ACHIEVEMENT AWARDS

The second pair of events for the 1980-81 Achievement Awards consists of the 10K races on April 12 and April 26, 1981. Those on the list below can "improve" by beating their own corresponding times in either of these two races. In the list, the asterisks indicate those who have improved in the first pair of events. To qualify for an Achievement Award, you must improve in 3 of the 4 pairs of events for the season.

	<u>Diet Pepsi</u>	<u>Human Race</u>		<u>Diet Pepsi</u>	<u>Human Race</u>
Steve Fisher	31:23	-----	Wesley Paul	-----	37:21
Tim McMullen	32:30	32:56	Richard Moe	-----	38:24
Bob O'Connell*	33:39	-----	Steve Holt	-----	38:27
Ben Londeree*	34:39	35:20	Jim Schutt	-----	38:30
Richard Hessler*	35:12	36:39	Dave Erwin	-----	39:23
John Hemphill*	35:17	36:16	Roger Reinsch	-----	39:42
Bruce Maxey	35:30	36:10	Don Granberg	-----	39:45
Tom DeCoster	36:00	37:02	Mike Larimore	-----	40:43
John Weston	36:02	-----	Regan Thomas	-----	40:55
Jim Nowak	36:10	-----	Art Fleming	-----	41:12
John Palks	36:27	37:17	Clyde Johnson	-----	41:58
Peter Pastoret	36:47	39:26	Matt Gibson	-----	42:00
Randy Starr	37:04	-----	Marin Blevins	-----	42:01
Doug Bellows	37:09	37:46	Larry Thornburg	-----	42:09
Ron Belyea	37:12	38:08	John Mueller	-----	42:59
Don Lewis	37:21	38:58	Peter Hessler	-----	43:30
Joe Marks*	37:44	39:24	Tom Elliot	-----	43:41
Bob Schottman	38:14	41:07	Joe Duncan	-----	44:36
Mike Koonse*	38:25	39:42	Herb Mittelhauser	-----	44:37
Jim Gibson Jr.	38:27	40:33	Marc Scholes	-----	44:40
Bill Wiecek	39:01	40:56	Richard Hoft	-----	45:09
Olen Brown*	39:03	40:34	Steve Gibson	-----	45:23
Dick Martin	39:15	-----	Al Smith	-----	46:10
Joe Kurth	39:25	41:56	Jim Allen	-----	46:49
Sam Stout	39:41	40:05	Dan Schuppan	-----	47:13
Dick Naumann*	39:49	41:52	Rick Jones	-----	47:35
Debbie Hoxworth	40:11	42:16	Ken Burres	-----	49:16
Don Johnson	40:37	42:32	Jim Pastoret	-----	50:04
Ron Wampler	40:50	42:43	Charles Matthews	-----	51:23
Norris Kruse*	41:01	43:03	Don Long	-----	52:43
Jeff Peters	41:16	43:17	Richard Henderson	-----	52:54
Dick Madsen	42:00	43:42	Jim Jacob	-----	52:55
Charlie Slivinsky	42:13	44:22			
Tim Gibson	42:34	43:52	Lee Pfefer	-----	1:00:34
Bill Kurtz	43:08	45:34	Brenda Coats	-----	1:00:37
Jon Naumann	43:18	52:47	Heather Schottman	-----	1:00:58
Chris Ruble	43:41	-----	Fred Kolkhorst	-----	1:01:38
Susan Boyle	44:42	-----	Nancy Fritsch	-----	1:03:01
Jim Sowash	44:46	48:59	Deborah Scholes	-----	1:05:33
Ken Fattmann Jr.	45:24	55:05	Jim Wass	-----	1:05:37
Jay Sowash	45:45	54:32	Wendy Evans	-----	1:06:42
Richard Ives	48:07	52:46	Sharon Krum	-----	1:11:55
David Sleper	49:11	-----	Pat VanBooven	-----	1:18:14
Elaine Sleper	49:34	53:03	Margaret Johnson	-----	1:19:29
Mary Slivinsky	49:47	53:04	Kent Lang*	-----	-----
Sharon LeDuc	50:15	54:51	Chris Nauman*	-----	-----
Sally Allen	51:23	58:57	Rob Spier*	-----	-----
Cathy Swietlicki	51:47	54:49	Kevin Stock*	-----	-----
John Marks	52:09	-----			
Jeff Sowash	52:56	54:58			
Mecca Carpenter	54:33	57:47			
Carole Schottman	54:34	58:37			
Heather Schottman	55:07	-----			
Kathy Lewis	56:03	58:25			
Carole Madsen	56:07	-----			
Candy Stout	56:11	1:02:30			
Darlene Londeree	58:05	-----			
Trishia Nikolai	59:46	1:15:43			
Julie Slivinsky	59:46	1:15:41			
Summer Allen	1:07:12	1:31:25			
Jeff Mittelhauser*	-----	32:24			
Mike Kruse	-----	33:46			
Dennis Stewart	-----	34:04			
Tom LaFontaine	-----	35:08			

The 4 pairs of events for the 1980-81 Achievement Awards are:

1. 5 mi Run, January 3, 1981
20k Run, January 17, 1981
2. 10k Diet Pepsi, April 12, 1981
10k Human Race, April 26, 1981
3. 1 mi Run, July 4, 1981
15k Run, July 18, 1981
4. 5k Run, September 19, 1981
2 mi Cross Country Run, October 3, 1981

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

Dan Atwill
1317 Woodhill

Roger Hansen
710 Hulen Dr.

Anne Seymour
202 Manor Dr.

Dean Baxter
Rt. 4, Box 45A

Dan Hoxworth
505 High St.

Ron Belyea
7361 Sunrise Ct.

Dennis Jones
1413 St. Andrews

Kenneth Callen
3111 Skylark Dr.

Phil Lane
1509 Rosemary

Michael Crouch
1901 Garden Dr.

Andrea Struss
3509 Monterey Apt. B

Don Frey
2801 W. Broadway

Marlin Thomas
1401 Jake Lane

Roberto Garcia
2306 Whitegate Dr. 2J

Ron Gresham
1403 Satinwood
Jefferson City, Mo. 65101

NEW AWARDS AVAILABLE FOR THE DT WINNERS. At each of our races we give an award to the person who comes closest to his or hers predicted time. For the past couple of years that award has been a CTC shirt. We now have a new award--a Thermos type stacking cup with the CTC logo. The winner of the DT award will now have a choice of a CTC shirt or 2 of the cups. We still retain the rule that a person can win only one DT award during the calendar year. For those who don't want to wait until they win one of the awards, or those who don't think they can win one, we will sell the cups at \$1.50. They are really nice cups and will help raise a little money for CTC. Of course, you can always buy CTC shirts, \$5.00 each. We have shirts on order. They should be here soon--t-shirts (mesh or solid) or singlets (mesh) and, we hope,

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS

Shows the percentage improvements over last season's races and the average improvement. Next month you'll notice some changes in percentages from earlier races because we will change the formula to be consistent with past years.

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 10-mile time - 60:00. Difference: 6:00. Improvement: 9.09% (6/66).

At the end of the year (after the Heart of America Marathon), we will figure the median improvement by averaging the fifth and sixth best of your top 10 improvements.

If you're still confused, talk with Charles Slivinsky who's figuring these or one of the past winners, like Olen Brown (1977 & 78), Joe Marks (1979), and Tom LaFontaine (1980).

Our plans are to develop computer printouts on most CTC members with your times and improvements throughout the year. These will be made available to you at the end of the season.

	5k	2mi	5mi	3mi	20k	30k	10mi	5mi	20k	Avg.
1. Joe Marks	-0.19	3.49	5.07	-----	-----	-----	15.34	24.72	25.73	12.81
2. Dick Nauman	-----	9.13	-----	-----	-----	-----	-----	16.69	1.63	9.15
3. Ron Wampler	-----	3.81	4.45	-----	-----	-----	-----	-1.85	2.94	2.34
4. Mike Koonse	-----	-----	4.16	-----	0.66	0.72	2.94	-.10	1.76	1.69
5. Charles Slivinsky	-----	-----	-----	-----	-0.23	-----	3.48	2.89	.79	1.73
6. Jim Schutt	-----	-----	-----	-----	-----	-----	1.85	-----	-.48	.69
7. Dick Hessler	-0.95	-----	-----	-0.48	1.68	0.82	-1.21	.12	-----	0.00
8. Rob Spier	-----	-----	-----	-----	-1.16	-2.38	-.91	-----	1.65	-.70
9. Joe Duncan	-3.18	0.75	-----	-3.98	-----	-----	-----	-.50	-----	1.73
10. Olen Brown	-3.02	-1.88	2.64	-3.46	-----	-3.98	-2.61	-2.66	.02	-1.87
11. Bob O'Connell	-----	-----	-----	-----	-----	-----	-----	-4.61	.17	-2.22
12. Jeff Mittelhauser	-9.76	0.63	-----	-----	-----	-----	-----	1.07	-3.02	-2.77
13. Don Johnson	-6.75	-----	-----	-0.25	-----	-----	-----	-2.51	-----	-3.17
14. Ben Londeree	-9.95	-----	-----	-----	-----	-----	-3.59	.17	-1.15	-3.63
15. Norm Stebbins	-----	-----	4.96	-----	0.72	-----	-19.34	-----	-7.89	-5.39

MAKE TRACKS



GET YOUR BODY IN SHAPE!

Got a few pounds you'd like to drop? Or a muscle you haven't seen for awhile? Learn how to get your body in top condition by starting a jogging program suited to you. We'll show you how.

Come to any or all of our free clinics to find out how to start and stay on a flexible running program. If you've been neglecting your body, now's your chance to give it the attention it needs. Call Pat McMillan for more information at 882-7721.

COME TO OUR FREE SATURDAY CLINICS

(Lectures followed by optional "Fun Run" at Research Park).

Feb. 28.... Dr. Ben Londeree explains how to start a running program suited to your body. Plus a film by Frank Shorter, Olympic runner.

March 14.... Local marathon runner Steve Fisher gives you the inside track on choosing running gear, and talks about Advance Running/Training Programs. Also, Missouri Distance Coach Robin Lingle will be present.

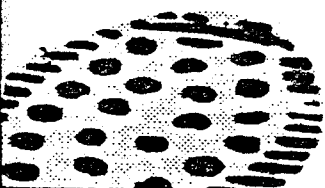
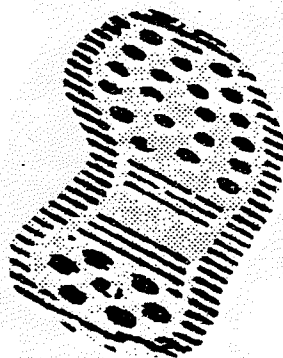
March 28.... Dr. Leland Pfefer offers insight to the medical aspects of running, including injury prevention.

9:00 - 10:00 a.m.

**Auditorium in the Arts and Science Bldg.
(on the UMC campus)**

Don't sleep away your Saturday! Get out and get ready for the Diet Pepsi 10,000 and the Human Race. Come and see how to start your jogging program and get in shape now.

sponsored by Army ROTC
in cooperation with Columbia Track Club



Here is the entry blank for the PEPSI-COLA 10,000 METER RACE. Registration and receipt of race packets can be done at d Sport Shop or by giving your registration to Joe Duncan who will reserve a packet for you. We want you to encourage all the people you know to run in this race. For each entrant CTC will receive \$1.00. That \$1.00 is to be earmarked for a large overhead digital race clock. Such a clock is becoming more and more a need for our races because of the ever increasing number of entrants and the difficulty in giving them their times promptly. Let's try to have a thousand runners for the Pepsi race!

Official Registration Center:

d Sport
1034 E. Walnut, Columbia,
Columbia, Missouri 65201

Please enter
competitor number here
at time of registration

NAME _____
Last First Middle
ADDRESS _____
City State Zip
AGE _____ SEX M F BIRTHDATE _____
PHONE (____) _____
TEAM/AFFILIATION _____

Include \$4.00 registration fee by check, cash or money order payable to Pepsi-Cola Bottling Co.

T-SHIRT SIZE XL ☐ L ☐ M ☐ S ☐ CHILD-L ☐

PAID BY ☐ CHECK

☐ CASH

REGISTERED BY _____

PRE-REGISTRATION \$4.00
DAY OF RACE \$5.00

For More Information:

CONTACT
JOE DUNCAN
2980 Maple Bluff Dr.
Columbia, MO. 65201
314-445-2684

[or]
PEPSI-COLA BOTTLING CO.
P.O. Box P
Columbia, MO. 65205
ATTN: Ron Lavinder
314-449-0911

ENTRIES WILL BE ACCEPTED UP
TO AN HOUR BEFORE RACE TIME
ON APRIL 12,

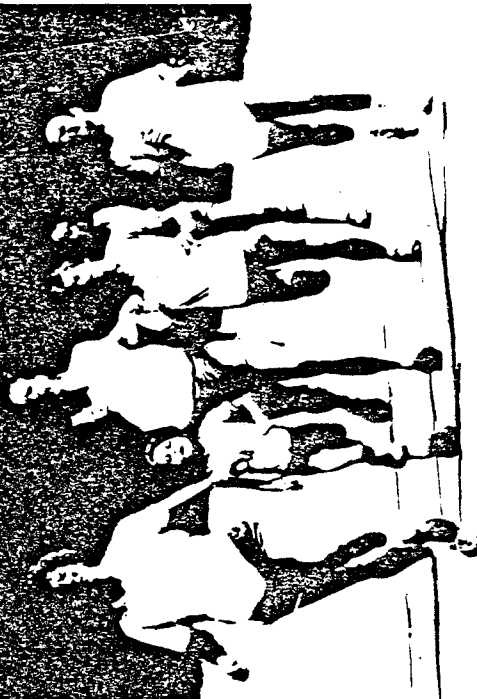
However, entry fee will be
\$5.00 on day of Race.

Course is A.A.U. Certified

Co-Sponsors:



PEPSI-COLA 10,000 METER SERIES



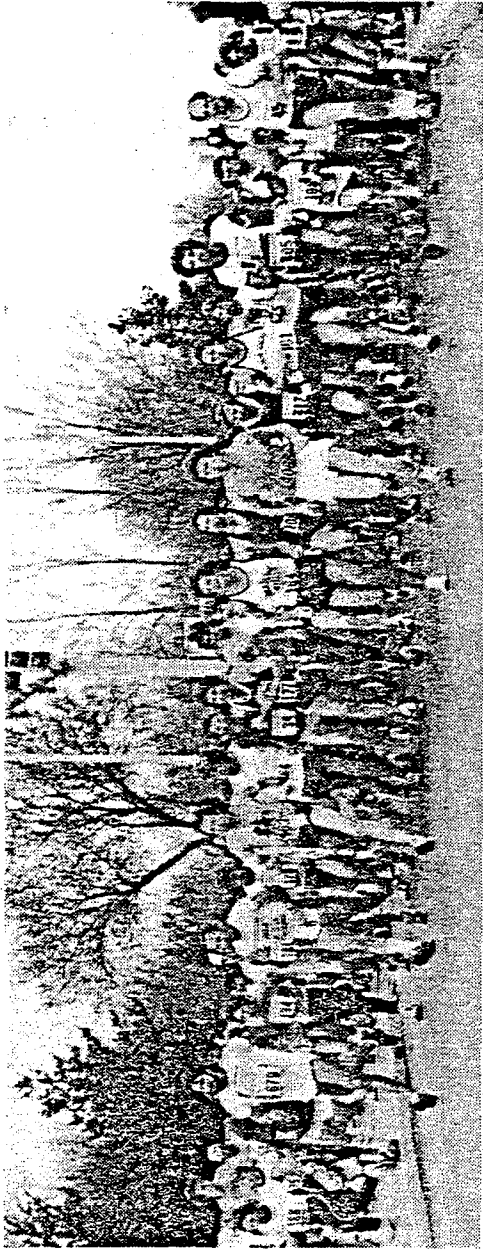
Columbia, Missouri
Stadium Blvd. and Providence Rd.
Finish in Memorial Stadium

APRIL 12, 1981
8:30 A.M.

THE RACE FOR EVERY PACE



Pepsi-Cola 10,000 Meters is an open Competition for Runners of All Ages and Paces



Columbia Race April 27th, 1980

How Do You Compare with the Runners of America?

A program has been developed to compare your performance in this race with the standards set by runners in your age group nationwide.

Each finisher will receive his personal Pepsi-Cola® rating card comparing his performance with the national standard for his or her age group.

Postrace Refreshments

Your local Pepsi-Cola® bottler will be on hand with refreshments free to all racers.

Awards

Trophies for the top male and female finisher. Medals to the top three in the following age categories:

- Men/Women 13-19
- Men/Women 20-29
- Men/Women 30-39
- Men/Women 40-49
- Men/Women 50 and over

Special Categories for Columbia Only: Boys/Girls 12 and under Handicap Class (wheel-chairs, crutches, etc.)

The top male and female winners will receive an all-expense-paid trip to Omaha for the Regional Pepsi-Cola® competition.

T-Shirt To All Competitors

Fill out the entry form on the back of this flyer and a Pepsi-Cola® 10,000 Meter Race Series T-Shirt is yours as part of your race packet.

The Pepsi-Cola® Bottling Co. of Columbia would appreciate your help in the success of this event by your wearing the official Pepsi shirt for this run.

Official Entry Form

Please read the following statement and sign below before submitting entry.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release PepsiCo, Inc., TRV, Inc. and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, 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. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE

PARENT/GUARDIAN

If applicant is under 18 years of age, form must be co-signed by parent or guardian.

9.

Rankings -- Records -- NRDC Books - 1981 Editions -- Records -- Rankings

Certified Road Running Courses - the official list of road running courses certified by the National Standards Committee. Shows location, elevation, type of course, major race, and date of measurement. This book is a guide in selecting races that can give meaningful times and can qualify runners for records and national ranking. Includes information on how to measure and certify road running courses and details on qualifying for records and rankings. Lists all of the 1,326 courses certified by the National Standards Committee to 1 Jan 81.

Running Records by Age - shows every single-age record for men and women in 28 standard track and road-running events, 100 meters to 100 miles. Over 2,000 runners hold single-age records, and hundreds of records are open for the taking. Shows the best pending mark and the best mark on a point-to-point course, if these better the official record. Includes the official open and age-group road running records as recognized by the RRCA and TAC. Explains standards for setting records and how to qualify for them. Many runners hold single-age records and don't even know it, but even if you don't hold an age record, this book shows what it takes to set one.

U. S. Distance Rankings - in-depth rankings both for 1980 and all-time for 16 standard events from 10 kilometers to 100 miles and 24 hours. Ranks the top 100 men and top 50 women, plus up to 10 in each of 28 age/sex groups. Includes both road and track marks for U. S. citizens and resident foreigners. Contains complete list of 1980 races used in compiling the rankings, which is helpful in finding future events. Many runners are listed in the rankings who are not aware of it, and in a number of age groups in several events it is not possible to find enough marks to fill the spaces allotted in the rankings. Even if you aren't one of the thousands of runners listed, this book will show what marks are needed for ranking.

U. S. Marathoners - the largest listing of US runners marks ever published. Every reported 1980 marathon mark by a US citizen on a certified course is included. Since the vast majority of marathon marks are on certified courses, most marathon finishers will be listed. This book ranks runners within their age group and shows how each mark ranks nationally. It shows each runner's time, age, home state, and the date and place of the race. Includes complete data on each race, both those on certified and uncertified courses. Contains numerous summary tables, analyzing US marathoning in every detail. Includes comprehensive analyses by state, age, sex, race course, and time. Issued in four volumes. Those interested only in their own ranking will need only Volume 1, Explanation and summary, and the volume applicable to their own age. Even if you haven't completed a marathon, this book will help you select one to try and show where you might rank when you finish your first one.

Order form:

☐ Certified Road Running Courses - \$2.95
☐ Running Records by Age - \$4.95 (available Mar 81)
☐ U. S. Distance Rankings - \$6.95 (available Apr 81)
☐ U. S. Marathoners -Vol 1, Explanation and summary - \$2.45
☐ U. S. Marathoners -Vol 2, Age 29 and under - \$4.95
☐ U. S. Marathoners -Vol 3, Age 30-39 - \$4.95 (Marathoners
☐ U. S. Marathoners -Vol 4, Age 40+ - \$3.95 available May
☐ U. S. Marathoners -All four volumes - \$13.95 1981)
☐ Other _____

All prices postpaid.
Order from:

NRDC
Box 42888
Tucson, AZ 85733

Amount enclosed _____

Name _____

Address _____

City/State/Zip _____

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.
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