

TRACK CLUB

NEWSLETTER Vol. XIII No. 1 January 25, 1981

JEFF MITTELHAUSER-MILENE HOLLON FASTEST TWOSOME, RON WAMPLER-LINDA HOPE BEST ON TEAM DT, AMY JOHNS & PETER FRITSCH SET RECORDS

Five Mile Twosome Race January 3, 1981:

	5 Miles	Seconds off DT
1. Jeff Mittelhauser	26:19	1
2. David Harris	27:03	27
3. Kevin Stock	27:09	111
4. Kirk Sloan	27:19	44
5. Bob O'Connell	28:12	
6. Dick Hessler	28:32	2
7. John Hemphill	28:48	
8. Doug Bellows	29:00	25
9. Ben Londeree	29:06	24
10. Kent Lang	29:13	18
11. Amy Johns	29:26	24
12. Joe Marks	29:47	17
13. Ben Luebbering	29:56	4
14. Bob Schottman	30:01	1
15. Dru Dixon	30:15	45
16. David Johns	31:44	16
17. Mike Koonse	31:50	20
18. Peter Fritsch	31:55	60
19. Olen Brown	31:56	36
20. Dave Ervin	32:25	5
21. Turk Storvick	32:29	16
22. Dick Naumann	32:51	
23. Tom LaFontaine	32:56	1
24. Joe Duncan	33:33	27
25. Milene Hollon	33:47	73
26. Don Johnson	33:53	53
27. Fred Fritsch	33:55	365
28. Charles Slivinsky	34:05	55
29. Steve Schottman	34:08	8
30. Ron Wampler	34:15	25
31. Debbie Hoxworth	34:40	140
32. Jim Sowash	35:23	83
33. Peter Hessler	36:00	60
34. Ben Luebbert	36:06	
35. Steve Luebbert	36:22	
36.	37:09	
37. Ron Smiley	37:21	
38. Chris Ruble	37:49	79
38t. Russ Kurth	37:49	19
40. Dennis Jones	37:56	146
41. Linda Hope	38:07	23
42. Felicia Manley	38:27	93
43. David Marks	39:32	328
44. Jim Pinkerton	40:57	27
45. Mary Ann Slivinsky	41:29	189
46. Don Ballenger	41:48	18
47. Harvey Green	44:31	91
48. Annette LaFontaine	44:32	47
49. Angie Ballenger	45:40	130
50. Amy Settle	46:12	108
51. Amy Hessler	46:28	388
52. Nancy Fritsch	46:47	193
53. Darlene Londeree	49:26	34
54. Rob Spier walked	52:17	103
55. Paul Fritsch	52:45	435
55t. Tina Martinez	52:45	435
57. Veva Spier walked	1:13:34	111
58. Anne Hessler "	1:13:42	156
58t. Ingrid Ballenger	1:13:42	282

Upper 20's, strong wind for the first mile.

The first twosome race we have ever had. It promises to become one of our most popular events for we have the feeling that the participants in this race can hardly wait for next years race.

The format in which the best award is on a predicted time basis gives every couple a chance to win. (Actually two chances this year with a Dinner for Two at Bobby Buford's going to the two best predicting teams). However, we will probably give awards by adding seconds off together for the two team members rather than on the basis of combined team times, as we did this year. Otherwise, a team can win with one member being horribly off on his prediction with the other member being equally horrible on her prediction in the opposite direction.

Anyway, the Jeff Mittelhauser-Milene Hollon team was the fastest, with Johns-Johns second fastest. Wampler-Hope won on the predicted time basis, only two seconds off (48 off had we added the two together). Johns-Johns were also second here, being 40 seconds off.

PETER FRITSCH set a record for age 15 & under beating the 32:04 set by Wesley Paul 3 years ago, while AMY JOHNS lowered her own mark of 30:02 set two years ago. Amy was home from Wisconsin where she was in a few cross

country races until she got into some injury problems. However, she has recovered and obviously is running well again and we wish her luck in the indoor season where she will be limited to 5,000 meter "sprints."

TEAM RESULTS--FIVE MILE TWOSOME RACE:

	Combined Elapsed time	Combined Seconds off DT			
1. M. Hollon J. Mittelhauser	1:00:06	74	10. A. LaFontaine T. LaFontaine	1:17:28	48
2. D. Johns A. Johns	1:01:10	40	11. B. Londeree D. Londeree	1:18:32	58
3. J. Marks D. Hoxworth	1:04:27	123	12. F. Fritsch N. Fritsch	1:20:42	558
4. K. Lang F. Manley	1:07:24	75	13. R. Kurth A. Ballenger	1:23:29	149
5. M. Koonse C. Ruble	1:09:39	99	14. Paul Fritsch T. Martinez	1:45:30	860
6. L. Hope R. Wampler	1:12:22	2	15. P. Hessler Anne Hessler	1:49:42	96
7. D. Hessler Amy Hessler	1:15:00	390	16. D. Ballenger I. Ballenger	1:55:30	270
8. D. Bellows A. Settle	1:15:12	133	17. R. Spier Veva Spier	2:05:51	104
9. C. Slivinsky M. Slivinsky	1:15:34	244			

Thanks to Bob Goodrich and Joe Kurth for shivering through the timing chores. One of the most pleasant aspects of this event was the debut of Veva Spier and Anne Hessler in competition after having handled the administration of so many, many races. There is a great risk in this, however, for the two of them now know for sure that it is a lot more fun to compete than it is to officiate. All of which emphasizes the need for ALL of us to volunteer to help in race administration whenever possible. Certainly we all would prefer to run and let someone else take care of recording times, but it is only fair that everybody take a turn, occasionally, in making sure that we have adequate help at the timing and aid stations.

Veva Spier's debut was also notable because she was only one second off her prediction, and for that she gets a CTC shirt. And, since Rob is the one who loused up the team effort, Rob has agreed to give Veva a Dinner (for One?) at Bobby Buford's.

CONGRATULATIONS to DON LEWIS and KATHY CAIN who got married (to each other) in New Mexico over the holidays. They are now in training for the Husband-Wife record for the 2 Person 5 Mile Relay this summer.

Some people are thinking about going to the Boston Marathon. Jim Schutt and Ben Luebbering are considering taking a van. Jon Herbert is going-- anyone interested in coordinating travel to Boston should get in touch with Joe Marks.

We will ^{need}HELP with the administration of the Ham n' Spam race on Feb. 8. JOE KURTH is assuming chief responsibilities for the conduct of this race. We need timers for each mile and, of course, lots of people for the finish line administration. If you are not planning to run, then PLEASE offer your assistance. Let Joe know (at 474-2082) that you are willing to help.

If the word "EXPIRED" appears by the address of your newsletter then this means that this newsletter is the last one you will receive unless you pay your \$5.00 dues or pay the \$2.00 annual subscription price.

We will be conducting clinics again this year similar to the ones we had last year. Three of them featuring Ben Londeree and Dr. Leland Pfefer as speakers. They will be Sat. AM, Feb. 28, March 14 and 28, at the Columbia Athletic Club Building at the Municipal Golf Course. FUN RUNS will follow the clinics. The UMC Army ROTC contingent is co-sponsoring the clinics with CTC and we hope to get some good publicity with the the mass of materials available to them. Watch for the publicity for these clinics and encourage people (especially beginning runners) to attend.

STEVE FISHER, MILENE HOLLON, PETER FRITSCH ARE WINNERS IN 20 KILO and
10 KILO RACES January 17, 1981:

	10K	20 Kilo	Seconds off DT	
1. Steve Fisher	33:14	1:06:38		
2. Frank Curotto	33:41	1:07:36	444	A chilly 10 degrees at the start, but the sun was shining and the wind out of the north and west was not too bad.
3. Jim Heady	33:42	1:07:46	46	
4. Kevin Stock	34:52	1:09:56	964	
4t. Bob O'Connell	34:53	1:09:56		
6. John Weston	35:06	1:10:55		
7. Mike Chaffee	35:42	1:12:22		
8. Jeff Mittelhauser	36:12	1:12:44	164	I guess this was just a routine race--a rou- tine victory and work- out for Fisher, no records set.
9. Bob Goodrich	36:20	1:13:04	4	
10. Dick Hessler	36:13	1:13:30		
11. Joe Marks 43	37:25	1:15:35	55	
11t. Ben Londeree 46	37:52	1:15:35	55	
13. Jim Schutt 42	38:05	1:16:39		
14. Don Lewis 44	38:15	1:17:04	4	Hollon and Fritsch were not pressed in their segments of this event.
15. Kent Lang	38:08	1:18:10	10	
16. Norm Stebbins	40:38	1:18:59		
17. Dave Ervin	39:02	1:19:33	27	
18. Olen Brown 45	40:13	1:21:54	36	No doubt there were some PB's--the only one I know for sure was a PB for Joe Marks by 45 seconds--the third race in a row in which Joe has collected a PB.
19. Mike Koonse	41:01	1:25:01	91	
20. Peter Fritsch 15	40:54	1:25:35		
21. Turk Storvick 52	42:23	1:25:39	39	
22. Ron Wampler	43:04	1:26:50	160	
23. Charlie Slivinsky	44:34	1:28:59	19	
24. Dean Baxter	45:34	1:31:26	4	
25. Don Johnson 52	44:11	1:33:49	229	The CTC shirt for best prediction goes to Don Lewis. It was close-- Don was .086% off while Norris Kruse was off .087%.
26. Dick Naumann	46:58	1:34:44		
27. Norris Kruse 45	46:58	1:34:55	5	
28. Whitney Hicks 45	44:57	1:38:20	100	
29. Tom LaFontaine	39:21 out		69	
30. Joe Duncan	43:51 out		9	
Rob Spier walked 20K:32:27 1:05:33, 1:39:11				
		2:16:20	20	

THE 10,000 METER RUN:

Age 15 & under

1. Peter Fritsch	40:54	
2. Steve Schottman	42:14	109
2t. Steve Helmick	42:14	106
4. Tim Gibson	43:02	32
5. Richard Diehl	44:56	236
6. Chris Naumann	45:45	
7. Steve Gibson	51:20	440

WOMEN

1. Milene Hollon	41:38	22
2. Susan Boyle	46:10	
3. Chris Ruble	47:22	192
4. Elaine Sleper	52:13	143
4t. Mary Ann Slivinsky	52:13	143
6. Annette LaFontaine	55:06	86
6t. Amy Settle	55:06	126
8. Kathy Godar	57:25	
9. Caroline Godar	57:29	

Thanks to Jim Gibson, Sr., Jim, Jr. and Matt for handling the timing.

OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980

(as recognized by the Road Runners Club of America and the Athletics Congress)

10 kilo	Men				
	Men	28:24	Greg Meyer, 23, MA	23 Jun 79	at MA
	Women	32:47	Margaret Groos, 20, VA	8 Oct 79	at MA
	Men 16-19	29:37	Steve Ortiz, 19, CA	5 May 79	at CA
	35-39	29:59	Barry Brown, 35, FL	29 Sep 79	at NY
	40-44	31:44	James Bowers, 40, CA	2 Sep 79	at CA
	45-49	33:57	Bob Collins, 48, CA	17 Sep 78	at CA
	50-54	33:51	Joe Burns, 46, NJ	13 Apr 75	at NY
	55-59	34:27	Jim O'Neill, 55, CA	5 Oct 80	at CA
	60-64	38:00	Bob Horman, 60, DC	9 Dec 78	at DC
	65-69	43:49	Bob Boal, 67, NC	25 Nov 79	at NV
	70-79	42:08	Monty Montgomery, 73, CA	25 May 80	at CA
	80+	1:22:50p	Joseph Johnsen, 81,	12 Jul 80	at WA
	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	37:40	Mila Kania, 49, NY	6 Jun 80	at NY
	50-54	38:46	Margaret Miller, 54, CA	25 May 80	at CA
	55-59	41:54	Mary Storey, 56, CA	2 Aug 80	at CA
	60-69	49:46	Kay Atkinson, 62, CA	2 Sep 79	at CA
		49:16p	Lois Edds, 60,	26 Apr 80	at CA
	70+	1:08:20	Bess James, 70, CA	15 Jun 80	at CA

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

January 4, 1975 Five mile run: 1. Fred Binggeli 25:35 (record which still stands), 2. Rick Katz 25:40, 3. Charlie Evans 26:55, 4. Dick Hessler 27:31, 5. Ben Linderee 28:09, 6. Don Lewis 28:35, 7. Mike Chippendale 30:49 (Mike is still around--for the last year or so he has been plagued with back problems), 8. Turk Storvick 31:03, 9. Tom Hinckley 31:05, 10. Joe Marks 31:53 and 5 others (small fields in those days)

The Walk: 1. Augie Hirt 40:15, 2. Leonard Busen 46:33, Dave Leuthold 53:11, 4. Joyce Schulte 1:02:10

January 18, 1975: 20 Kilometer Run: 1. Rick Katz 1:08:47 (a record at the time--the record is now almost 4 minutes faster, held by Steve Fisher), 2. Charlie Evans 1:11:02, 3. Dick Hessler 1:12:22, 4. Don Lewis 1:15:12, 5. Don Granberg 1:18:21, 6. Joe Marks 1:24:05,* 7. Joe Duncan 1:33:58--finishing last, but still it took 11 runners to beat him.

The walk: Augie Hirt 1:43:50, 2. Randy Mimm 1:59:11, 3. Busen 2:04:48, 4. Leuthold & Spier 2:23:04

*This was the race in which Joe Marks suffered a "pulled toe."

AND, NOW FOR TODAY'S HEROES:

DENNIS HINKAMP and JOHN WESTON were in a 2 mile race on Dec. 21 in St. Louis. Actually the distance was 2.2. Dennis won with a time of 11:03 while John was second with 11:20.

The top 5 finishers in the Maynard Cohick Half Marathon, Republic, Mo., Dec. 13 were: 1. Dan Dwyer 1:06:23, 2. Doug Clark 1:07:29, 3. DENTON CHILDS 1:10:50, 4. Scott Mantooth 1:11:19 and 5. JON HERBERT 1:11:43

The Gibson boys competed in the St Louis Track Club Marathon Relay on January 3, finishing 2nd in the Family category and 38th overall out of 91 teams entered. The team composed of Steve, Tim, Matt and Jim ran the 26.2 mile course in 2 hours and 58 minutes. The winning time was 2 hours and 22 minutes. This was the first (?) relay of this type held by the STL Club; 28 degrees with a wind chill of approx 10 above; race was over the 3.3 mile Jewel Box course in Forest Park.

POSSIBLE EXPANSION OF SUMMER AGE GROUP PROGRAM:

AMY JOHNS has volunteered to take charge of some added sessions to our normal 6 Wednesday evening summer program. She has in mind having training sessions other nights of the week, possibly emphasizing the sprints and field events. There are any number of possibilities. However, Amy cannot do this alone. Therefore she asks that anyone who wants to help her to let her know, not only offering to give assistance in the conduct of the sessions, but also for ideas as to what ought to be done. Amy asks that you correspond with her at 116 Slichter Hall, U. of Wis., Madison, Wis. 53706, well before summer arrives so that she will have some idea as to whether or not such a program is wanted and so that she will know whether or not she will have some support.

PAUL WAGNER reports from Houston, Texas that JERRY YUNKER has established himself as one of the leading runners in that area. Jerry won the Gulf TAC 25 kilo championship with a record 1:23:22 over a minute faster than the old record. NICOLE WAGNER ran that race in 2:09:56, a new national age group (age 10, I believe) record--by 12 minutes. The race was on a 5 kilo loop, 90% humidity, mid 70's.

TOM and ARLINE HINCKLEY (and Matthew) send greetings and best wishes for the new year. There is a lot of running activity in the Seattle area, but the Hinckley's have been content with back-packing and hiking activities. It seems that they carry Matthew with them, in the back pack, I guess, and as Matthew increases in weight, the distance they travel decreases. Soon, I suppose, they will be down to stumbling 10 feet or so.

Here are some new US single-age records for 50 miles and 100 miles. The notable fact about these is that they are "running" records achieved by walkers in our 1980 100 mile walk.

50 MILES TRACK

23	10:31:29TP	CRAIG HAUGAARD		WILLMAP	MM	(27 SEP 80, MM-81)
33	9:12:09T	ALAN PRICE	3 JAN 1947	WASHINGTON	DC	(27 SEP 80, MM-81)
50	10:40:14T	LEONARD BUSEN	6 MAR 1930	MEHLVILLE	MO	(27 SEP 80, MM-81)
50	10:53:15T	PAUL SPIER	17 JUN 1922	COLUMBIA	MO	(27 SEP 80, MM-81)
24F	17:51:19TP	JOYCE WITHROW		BLUE SPRINGS	MO	(27 SEP 80, MM-81)
51F	11:27:30T	ELSIE MCGARVEY	30 JUN 1929	KALISPELL	MT	(27 SEP 80, MM-81)

100 MILES TRACK

33	19:29:14T	ALAN PRICE	3 JAN 1947	WASHINGTON	DC	(27 SEP 80, MM-81)
50	20:52:47T	LEONARD BUSEN	6 MAR 1930	MEHLVILLE	MO	(27 SEP 80, MM-81)
55	23:31:33T	BOB GRAGG	19 AUG 1925	LIBERTY	MO	(27 SEP 80, MM-81)

The following is from Tom LaFontaine seeking volunteers for an exercise program he is conducting. Most CTC members won't qualify, but maybe you know someone who will.

MALES NEEDED FOR
EXERCISE TRAINING PROGRAM

FREE

Exercise Testing: To scientifically evaluate your cardiorespiratory and musculoskeletal fitness and to assess your body composition (% body fat and % fat free weight). These tests will be administered before and after participation in a ten week professionally supervised exercise training program.

Exercise Training: A scientifically formulated and individually prescribed training program will be prepared for you. The training will take place five days per week for ten weeks. Each session will last 30 to 60 minutes. You may train any time between the hours of 7 to 9 am, 11 am to 1 pm or 5 to 7 pm.

Prerequisites for participation:

1. males, ages 18 to 34 years
2. reliable, dependable and available at one of the times mentioned above for 12 weeks.
3. you must be presently running 3 to 12 miles per week in 3 or more sessions per week.

Contact: Thomas P. LaFontaine
Human Performance Laboratory
Room 125 Rothwell Gymnasium
Corner of Hitt and Rollins Sts.
University of Missouri-Columbia
Department of Health and Physical Education

Phone: DAY - 882-6892 or 882-4021 (leave name and phone # if I am not there)
NIGHT - 449-5781 (not after 11 pm)

Starting Date of Program: The program will begin on January 12, but participants will be needed and recruited through the middle to the end of February of 1981.

ELAPSED TIME STANDINGS (not including the Jan. 17 event):

Runners, Open:

1. Hessler 142	14. Bellows 68.5	27. Schutt 29	40. Roman 16
2. O'Connell 124	15. Schottman 65.5	28. Sloan 28	41. Sowash 13
3. Marks 122	16. Koonse 55	29. Ervin 26	42. Kurth 12
4. LaFontaine 119	17. Stewart 49	30. J. Gibson 26	43. Pinkerton 11
5. Mittelhauser 117	18. al Johnson 47	31. Herbert 24	44. Granberg 10
6. Kent Lang 116	19. Parker 47	32. Smith 24	45. Stout 9
7. Hemphill 105	20. Storvick 46	33. Wampler 22	46. Green 7
8. Stebbins 95	21. Goodrich 42	34. Duncan 22	47. Burres 4
9. Lewis 93	22. Walther 39.5	35. Slivinsky 21	48. D. Jones 4
10. Brown 84	23. D. Johnson 35	36. Stock 21	49. M. Gibson 3
11. Maxey 83	24. Naumann 30	37. Thornburg 20	50. Ballenger 2
12. Londeree 72.5	25. Baurichter 30	38. Klinge 17	51. Wiecek 1
13. Weston 72	26. DeCoster 29	39. D. Johns 17	52. Ditter 1
			53. Hoft 1

15 & under

40 & over:

WOMEN:

1. T. Gibson 33
2. R. Diehl 29
3. P. Fritsch 26
4. S. Schottman 23.5
5. R. Kurth 18
6. S. Gibson 15
7. S. Helmick 14.5
8. Joe Weis 12
9. C. Naumann 12
10. P. Hessler 12
11. W. Paul 9
12. Amy Hessler 7
13. D. Marks 4
14. A. Ballenger 4
15. D. Wilcox 2
16. Angela Hessler 1
17. John Marks 1
18. Paul Fritsch 1

1. Marks 53
2. Brown 41
3. Lewis 38
4. Londeree 29
5. Storvick 23
6. Johnson 20
7. Duncan 13
8. Schutt 11
9. Luebbering 8
10. Pinkerton 7
11. Smith 5
12. Green 5
13. Fritsch 3
14. Burres 2
15. Wiecek 1
16. Hoft 1

1. Hollon 34
2. Ruble 25
3. LaFontaine 16.5
4. Slivinsky 14
5. Johns 11
6. Ballenger 10
7. Amy Hessler 8
8. Lewis (nee Cain) 4.5
9. Boyle 4
10. Settle 4
11. Epple 3
12. Majewski 2
13. Fritsch 2
14. Angela Hessler 1
15. Londeree 1

WALKERS:

1. Spier 17
2. Taft 8
3. Busen 6
4. Gragg 5
5. Brown 5
6. Walter 1

ACHIEVEMENT AWARDS

The two January events (the 5 mi and the 20k) are complete, and the people listed below have bettered their last season's times in at least one of these two events.

Olen Brown	Ben Londeree	Bob O'Connell
Tim Gibson	Joe Marks	Charles Slivinsky
John Hemphill	Jeff Mittelhauser	Rob Spier
Dick Hessler	Chris Nauman	Kevin Stock
Mike Koonse	Dick Nauman	Ron Wampler
Kent Lang		

Those on the list must now show improvements in two of the following three remaining pairs of events:

10k Diet Pepsi, April 12, 1981
10k Human Race, April 26, 1981

1 mi Run, July 4, 1981
15k Run, July 18, 1981

5k Run, September 19, 1981
2 mi Cross Country Run, October 3, 1981

CTC members not on the above list can still qualify for an Achievement Award by improving in all three of the remaining pairs of events. To "improve", you must beat your last season's time in only one of the two events in each pair and there is no limit on how many members can win.

Next month your individual times-to-beat for the 10k races will be listed.

SCHEDULE OF EVENTS:

FEBRUARY 8 Sunday 2:00PM 5 Mile Ham n' Spam Race Nowell's East
 21 Saturday 9:00 AM 15 Kilo Run, 15 Kilo Walk (8:30 AM)
 Hilton Inn Course
 MARCH 7 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk
 Research Park Awards \$1.00 fee, non-members

OUT OF TOWN EVENTS

February 15 Sunday All Day 1981 National Indoor Masters Championships
 TFA/USA and Mid America Masters Ages 30 & up,
 Men & Women William Jewell College Liberty, Mo.
 CONTACT: Jim Shoemaker 10201 W. 98th Terr.
 Overland Park, Kansas 66212
 15 Sunday 9:00 AM St. Louis TC 30 Kilo Race (also a 10K)
 Forest Park Fieldhouse St. Louis
 March 1 8:00 AM 9th Annual Third Olympiad Memorial Marathon
 St. Louis, Mo.
 22 7:30 AM St. Louis Track Club Marathon New, flat course
 within city limits of St. Louis.
 29 9:00 AM Sedalia Marathon Sedalia, Mo.

There will be no indoor races on Feb. 21 or March 6 or 7.
 Only 5 people responded to the little questionnaire we had
 in the last newsletter and that just isn't enough support
 to justify having the events.

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS

Shows the percentage improvements over last season's races and the average improvement.
 Includes this season's races on 9/13 (5k), 10/4 (2 mi), 10/18 (5 mi), 11/2 (3 mi), 11/15
 (20k), 12/16 (30k or 20k walk), 12/20 (10 mi), and 1/3 (5 mi). Listed are members who
 had entries for one or both of the last two races. The data for runners not listed is
 still being retained for future use in Improvement Award calculations this season.

		<u>5k</u>	<u>2mi</u>	<u>5mi</u>	<u>3mi</u>	<u>20k</u>	<u>30k</u>	<u>10mi</u>	<u>5mi</u>	<u>Average</u>
1.	Joe Marks	-0.19	3.49	5.07	-----	-----	-----	15.34	27.42	10.23
2.	Dick Nauman	-----	9.13	-----	-----	-----	-----	-----	16.69	10.22 12.91
3.	Kevin Stock	-----	1.21	-----	-----	-----	-----	-----	18.78	10.00
4.	Ron Wampler	-----	3.81	4.45	-----	-----	-----	-----	-1.85	2.14
5.	Charles Slivinsky	-----	-----	-----	-----	-0.23	-----	3.48	2.89	2.05
6.	John Hemphill	1.06	-----	-----	-----	4.27	-----	-----	.81	2.03
7.	Jim Schutt	-----	-----	-----	-----	-----	-----	1.85	-----	1.85
8.	Mike Koonse	-----	-----	4.16	-----	0.66	0.72	2.94	-.10	1.68
9.	Doug Bellows	-----	-----	-----	-----	-----	-----	1.45	-----	1.45
10.	Jim Gibson	-----	-----	-----	-----	-----	-----	1.15	-----	1.15
11.	Dick Hessler	-0.95	-----	-----	-0.48	1.68	0.82	-1.21	.12	0.00
12.	Peter Hessler	-----	-----	-----	0.40	-----	-----	-----	-.93	-.27
13.	Dave Ervin	-----	-----	-----	-----	-----	-----	2.67	-3.39	-.36
14.	Rob Spier	-----	-----	-----	-----	-1.16	-2.38	-.91	-----	-1.48
15.	Joe Duncan	-3.18	0.75	-----	-3.98	-----	-----	-----	-.50	-1.73
16.	Dennis Stewart	-----	0.33	-----	-----	-----	-----	-4.06	-----	-1.87
17.	Olen Brown	-3.02	-1.88	2.64	-3.46	-----	-3.98	-2.61	-2.66	-2.16
18.	Don Lewis	-----	-----	-----	-----	-----	-----	-2.20	-----	-2.20
19.	Jeff Mittelhauser	-9.76	0.63	-----	-----	-----	-----	-----	1.07	-2.69
20.	Don Johnson	-6.75	-----	-----	-0.25	-----	-----	-----	-2.51	-3.17
21.	Mary Ann Slivinsky	-----	-----	-----	-----	0.37	-----	-----	-7.37	-3.50
22.	Kathy Lewis	-----	-----	-----	-----	-----	-----	-4.21	-----	-4.21
23.	Ben Londeree	-9.95	-----	-----	-----	-----	-----	-3.59	.17	-4.46
24.	Norm Stebbins	-----	-----	4.96	-----	0.72	-----	-19.34	-----	-4.55
25.	Bob O'Connell	-----	-----	-----	-----	-----	-----	-----	-4.61	-4.61

AN OPPORTUNITY FOR CTC MEMBER TO WIN A \$25. GIFT CERTIFICATE FROM CROSSROADS SPORTS CENTER. The certificate goes to the CTC member who generates the largest total sum of money during the Candlelighters Runathon/Walkathon fund raising project to be held in Brewer Fieldhouse on February 20-21, 1981. CTC has always been one of the sponsors of this event. The money is used to pay the rent, utilities and related expenses for the Candlelighter fully-furnished apartment near the UMC Medical Center. The apartment is used by families who are forced to spend long periods of time in Columbia while their children are being treated for leukemia and other forms of cancer. Joe Duncan has pledge sheets for this very worthwhile project.



Candlelighters

present

Run/Walk/Wheelathon

Help us outrun
childhood leukemia

at Brewer Fieldhouse

Fri., February 20

10 a.m. - Midnight

Sat., February 21

6 a.m. - 10 p.m.

Broadcast live by KCMQ radio

Prizes donated by & pledge sheets available at

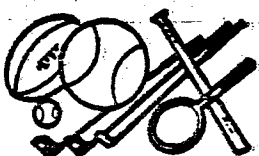
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Sponsored by: Sigma Lambda Sigma; Recreation Club and Columbia Track Club

COLUMBIA TRACK CLUB EVENT RECORDS

as of January 1, 1981

Age 15 & under

16-29

30-39

40-49

50 & over

WOMEN

400 meters	54.0	6-28-75	Bryce Allmon	52.8	8-26-72	Dennis Stewart	55.2	5-21-79	Dennis Stewart	57.0	6-26-76	Don Lewis	67.0	5-21-79	Don Johnson	67.8	5-20-78	Martha Stinson
800 meters	2:03.3	6-28-75	Bryce Allmon	1:58.0	5-8-71	Dennis Stewart	2:05.5	5-21-79	Dennis Stewart	2:08.5	6-26-76	Don Lewis	2:24.0	4-16-77	Jean Madden	2:29.7	5-20-78	Martha Stinson
1500 meters	4:42.5	5-21-79	Jay Blossom	4:11.0	5-20-78	Dennis Stewart	4:12.0	5-21-79	Dennis Stewart	4:39.0	5-20-78	Ben Londeree	5:01.0	5-21-79	Don Johnson	4:56.3	5-20-78	Martha Stinson
One Mile Run	4:39.0	6-28-75	Bryce Allmon	4:19.0	3-18-72	Tom Logan	4:40.0	7-5-75	Don Lewis	4:36.7	7-6-74	Ben Londeree	5:19.0	7-7-79	Don Johnson	5:10.1	7-6-74	Carol Cook
Two Mile Run	11:52	7-30-71	David Duncan	9:08.0	7-29-72	Charles McMullen	10:11.0	4-9-72	Ben Londeree	9:57.2	4-16-77	Don Lewis	11:46.0	4-21-79	Don Johnson	11:45	4-5-80	Martha Stinson
Three Mile Run	18:27	5-7-77	Wesley Paul	14:22.0	4-16-77	Mike Kelly	16:17.0	8-11-73	Ben Londeree	15:47.0	6-5-76	Don Lewis	18:49	4-5-80	Don Johnson	17:45	4-5-80	Martha Stinson
Five Miles r	32:04	12-17-77	Wesley Paul	25:35	1-4-75	Fred Binggeli	26:54	1-5-80	Bob O'Connell	27:49	1-8-77	Walter Renaud	32:23	12-16-78	Turk Storvick	30:02	12-16-78	Amy Johns
Ten Miles r	1:06:12	12-17-77	Wesley Paul	53:17	2-26-72	Rob Leutwiler	55:36	12-15-79	Dennis Stewart	57:30	12-16-76	Walter Renaud	1:05:40	12-16-78	Turk Storvick	1:01:05	12-16-78	Amy Johns
One Hour Run	10 m, 68 y	5-3-80	Wesley Paul	11:1187	5-6-78	Charles McMullen	10-1747	5-3-80	Dennis Stewart	10-1487	5-8-76	Walter Renaud	9-328	5-5-79	Turk Storvick	8-1450	5-6-78	Rhonda Bedell
Heart of America Marathon	3:04:09	9-5-77	Peter Ewers	2:29:15	9-5-77	Dennis Hinkamp	2:36:47	9-3-79	Gene McClain	2:36:07	9-3-79	Roger Rouiller	2:54:40	9-1-75	Alex Ratelle	3:09:21	9-5-77	Joan Hirt
5,000 meters t	18:44	9-16-78	Wesley Paul	15:15.0	9-15-79	Jeff Mittelhauser	16:19.0	9-15-79	Tom LaFontaine	16:25.0	8-24-74	Ben Londeree	18:52.0	9-15-79	Don Johnson	20:47.0	9-15-79	Susan Boyle
5,000 meters r	17:49	12-6-80	Wesley Paul	15:20.0	3-3-79	Jeff Mittelhauser	15:44.0	7-17-76	Jim Zickefoose	16:11.0	3-5-77	Don Lewis	19:05.0	3-3-79	Turk Storvick	18:58.0	3-5-77	Rhonda Bedell
10,000 meters t	41:27	4-2-77	Wesley Paul	31:34	4-1-78	Charles McMullen	32:30	4-1-78	Dean Neal	34:33	11-27-76	Walter Renaud				39:48	4-1-78	Tina Gandy
10,000 meters r	37:04	4-27-80	Randy Starr	30:42.8	4-27-80	Mark Hofius	32:36	7-17-76	Jim Zickefoose	34:39	4-27-80	Ben Londeree	40:31	8-19-78	Turk Storvick	38:00	1-20-79	Amy Johns
15,000 meters r	56:15	7-21-79	Wesley Paul	46:13	7-17-76	Ron Tabb	49:03	7-17-76	Jim Zickefoose	52:13	7-17-76	Walter Renaud	59:07	7-21-79	Don Johnson	57:54	2-17-79	Amy Johns
20,000 meters r	1:16:47	12-6-80	Wesley Paul	1:04:54	11-18-78	Steve Fisher	1:08:28	11-18-78	Howard Guscar	1:12:35	12-4-76	Walter Renaud	1:22:59	11-18-78	Turk Storvick	1:17:41	1-20-79	Amy Johns

30,000 meters	1:57.36	12-6-80	1:43.11	12-6-80	1:45.52	12-6-80	1:50.53	12-4-76	2:16.07	8-5-78	2:12.00	8-6-77
	Wesley Paul		Steve Fisher		Jon Herbert		Walter Renaud		Turk Storvick		Joan Hirt	
2 Mile XC	12:11	10-4-80	9:38	10-10-71	10:10	10-4-80	10:51	10-1-77	12:10	10-7-78	12:15	10-1-77
Municipal	Joe Weis		Bob Brouillet		Dennis Stewart		Ben Londeree		Don Johnson		Joan Hirt	
3 Mile XC	19:37	11-4-79	14:40	11-6-77	16:12	11-6-77	16:25	11-6-77	19:55	11-4-79	18:23	11-4-79
Gustin	Chris Koon		Mark Whalley		Howard Guscar		Ben Londeree		Don Johnson		Martha Stinson	
5 Mile XC	32:24	10-15-77	25:21	10-15-77	28:04	10-15-77	28:20	10-25-75	32:29	10-21-78	35:54	10-18-80
	Wesley Paul		Clark Hamilton		Howard Guscar		Walter Renaud		Turk Storvick		Milene Hollon	
Sprint Triathlon	7:36.3	6-28-75	7:04.8	5-20-78	7:12.7	5-21-79	7:47.9	5-20-78	8:35.0	5-21-79	8:33.8	5-20-78
1500, 800, 400	(4:39m, 2:03.3, 54.0)		(4:11, 2:00.9, 52.9)		(4:12, 2:05.5, 55.2)		(4:30, 2:15.0, 62.9)		(5:01, 2:27.67.0)		(4:56.3, 2:29.7, 67.8)	
	Bryce Allmon		Dennis Stewart		Dennis Stewart		Ben Londeree		Don Johnson		Martha Stinson	
3,2.1 Triathlon	36:54	4-16-77	28:33	4-16-77	31:45	5-17-75	31:16	6-5-76			35:12	4-5-80
	18:37, 12:18, 5:59		14:22, 9:43, 4:28		16:20, 10:28, 4:57		15:47, 10:32, 4:57				17:45, 11:45, 5:42	
	Wesley Paul		Mike Kelly		Dick Hessler		Don Lewis		Leonard Busen		Martha Stinson	
Walk-Run Pentathlon	809 pts.	4-24-76	2:790	4-28-73	1,735	4-26-75	1,705	4-24-76	648	4-5-80		
2 mi. walk, 880	0, 2:28(357)		18:02(361), 2:04.8		0, 2:07.1(633)		0, 2:09.0(604)		18:18(321), 0			
mile walk, 2 mi	0, 14:11(134)		(668), 7:33(543)		0, 10:53(546),		0, 10:50.5(553),		8:29(288), 15:15			
run, 220	28.2(318)		10:02.5(695)		25.0(556)		25.1(548)		(39), 0			
	Doug Duncan		25.4(523)		Don Lewis		Don Lewis					
			Stan Smith									
Four Mile Relay	24:27	3-17-79	18:05	3-17-79			20:27	3-18-78	23:21	3-17-79	22:28	3-15-80
	Steve Gibson	6:25	Steve Fisher	4:24			Olen Brown	5:25	Jean Madden	5:46	Martha Stinson	5:38
	Tim Gibson	6:40	Rex Power	4:40			Don Lewis	4:58	Don Johnson	5:28	Bridget Collins	5:36
	Jim Gibson	5:45	Jerry Yunker	4:32			Whitney Hicks	5:08	Jim Pastoret	6:32	Cindy Seikkula	5:43
	Matt Gibson	5:37	Jeff Mittelhauser	4:29			Ben Londeree	4:56	Turk Storvick	5:35	Donna Ganly	5:31
2-Person, 8,000 meter Relay. Alternate 400's. On the 3 male-male teams one of the runners is age 15 or under.			Male-male		23:54	Randy Starr-Kevin Stock					6-21-80	
			Female-female		37:11	Julie Slivinsky-Kristen Koller					6-21-80	
			Male-female		23:40	Dennis Hinkamp-Martha Stinson					6-21-80	
			Husband-wife		25:28	Augie Hirt-Joan Hirt					6-18-77	
			Father-son		26:19	Art Bentley II-Art Bentley III					6-21-80	
			Father-daughter		28:45	Dick Hessler-Amy Hessler					6-17-78	
			Mother-son		35:00	Sharon LeDuc-Brian LeDuc					6-17-78	
			Mother-daughter		38:58	Karen Wagner-Nicole Wagner					6-17-78	
			Brother-brother		30:19	Bryan Marks-David Marks					6-18-77	
			Sister-sister									
			Brother-sister		26:10	Pete Pastoret-Susan Pastoret					6-19-76	

Additional Four Mile Relay Marks:

FATHER-MOTHER & 2 KIDS

25:32 3-15-80

Jeff Mittelhauser 4:34
 Coleene Mittelhauser 9:05
 Julie Mittelhauser 5:56
 Herb Mittelhauser 5:57

MIXED DOUBLES

21:28 3-15-80

Donna Ganly 5:37
 Tom Hellie 5:09
 Jon Palks 5:17
 Martha Stinson 5:25

FOUR BROTHERS

22:22 3-15-80

Steve Gibson 5:35
 Tim Gibson 6:01
 Matt Gibson 5:28
 Jim Gibson 5:18

DESIGNATED TIME STANDINGS

Shows the percentage deviations from the estimates and their average. Includes this season's races on 9/13 (5k) or 9/14 (30k walk), 10/4 (2 mi), 10/18 (5 mi), 11/2 (3 mi), 11/15 (20k), 12/6 (30k or 20k walk), 12/20 (10 mi), and 1/3 (5 mi). Listed are members who have run in one or more of the first six races along with one or both of the last two races, and members who have run in both of the last two events. The data for runners not listed is still being retained for future use in DT calculations this season.

		<u>5k</u>	<u>2mi</u>	<u>5mi</u>	<u>3mi</u>	<u>20k</u>	<u>30k</u>	<u>10mi</u>	<u>5mi</u>	<u>Average</u>
1.	Ben Londeree	0.36	-----	-----	-----	0.76	0.49	.34	1.37	0.66
2.	Jim Pinkerton	0.58	1.25	-----	-----	-----	-----	-----	1.10	0.98
3.	Dick Hessler	-----	-----	-----	1.87	-----	-----	-----	.12	1.00
4.	Don Lewis	0.86	0.30	-----	2.78	0.94	-----	.79	-----	1.13
5.	Charles Slivinsky	-----	0.51	-----	-----	-----	-----	.73	2.69	1.31
6.	Joe Marks	0.19	0.56	4.00	1.07	0.06	3.21	.89	.95	1.37
7.	Kent Lange	0.09	0.58	1.11	-----	5.19	0.38	1.19	1.03	1.37
8.	John Hemphill	2.06	-----	-----	-----	1.40	1.95	.52	-----	1.48
9.	Tom LaFontaine	0.10	3.89	-----	-----	0.14	-----	3.35	.05	1.51
10.	Turk Storvick	0.91	-----	4.98	0.25	0.63	-----	1.55	.82	1.52
11.	Ron Wampler	1.34	2.44	1.25	-----	-----	-----	-----	1.22	1.56
12.	Doug Bellows	-----	3.00	-----	-----	-----	0.49	1.61	1.44	1.64
13.	Dave Ervin	-----	-----	-----	-----	-----	-----	3.20	.26	1.73
14.	Don Johnson	5.11	-----	0.88	1.40	1.69	-----	-----	.03	1.82
15.	Rob Spier	1.28	-----	-----	-----	0.71	0.15	3.97	3.28	1.88
16.	Olen Brown	2.36	0.27	3.35	0.34	0.95	3.66	2.38	1.88	1.90
17.	Mike Koonse	-----	-----	1.72	-----	2.92	4.53	.91	1.05	2.23
18.	Dennis Stewart	-----	2.52	-----	-----	-----	-----	2.07	-----	2.30
19.	Jeff Mittelhauser	3.47	1.43	4.46	-----	-----	-----	3.06	.06	2.50
20.	Jim Gibson	-----	-----	-----	0.43	0.92	-----	6.44	-----	2.60
21.	Annette LaFontaine	-----	5.62	-----	-----	0.34	3.24	3.98	1.76	2.99
22.	Russ Kurth	3.13	5.77	-----	-----	-----	-----	-----	.84	3.25
23.	Chris Ruble	-----	1.33	-----	-----	5.71	-----	-----	3.48	3.51
24.	Kevin Stock	-----	0.45	-----	-----	-----	-----	-----	6.81	3.63
25.	Joe Duncan	4.83	0.62	-----	9.00	2.75	-----	-----	1.34	3.69
26.	Steve Schottman	-----	-----	-----	4.47	2.37	-----	9.34	.39	4.14
27.	Tim Gibson	-----	-----	-----	6.28	-----	1.07	5.07	-----	4.14
28.	Milene Hollon	1.17	2.82	5.59	-----	-----	10.19	1.82	3.60	4.20
29.	Mary Ann Slivinsky	-----	-----	-----	-----	1.06	-----	-----	7.59	4.33
30.	Bob Schottman	-----	-----	-----	7.25	6.05	5.33	3.94	.06	4.53
31.	Tom Billington	-----	8.41	-----	-----	-----	-----	1.47	-----	4.79
32.	Bob O'Connell	-----	14.44	0.06	-----	-----	-----	.83	-----	5.11
33.	Peter Fritsch	-----	-----	-----	-----	-----	3.21	9.74	3.13	5.36
34.	Kathy Lewis	-----	-----	-----	-----	10.93	-----	3.98	-----	7.46
35.	Steve Helmick	-----	-----	-----	4.70	9.17	-----	9.34	-----	7.74

COLUMBIA REGIONAL HOSPITAL—NOWELL'S

Ham n' Spam

5 Mile Winter Road Race

Presented by Columbia Parks and Recreation Dept.
and Columbia Track Club

WHEN: Sunday, February 8, 1981 - 2:00 p.m.

WHERE: Start and finish at Nowell's East Store,
900 N. Keene Street, Columbia, MO

PLEASE DO NOT PARK in the Nowell's parking lot. Parking should be at the Boone Medical Clinic on the west side of Keene Street, south of Nowell's.

ENTRY FEE: None! Unless your entry is not received by 6:00 p.m. Feb. 7. Thereafter, there will be a \$2.00 entry fee.

AWARDS: A canned ham to the first and second place finishers in the following categories:

Male: 9 or under, 10-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49, 50-59,
60 and over

Female: Same

Two hams will be given away by a drawing.
A can of Spam will be given to all other finishers.

THE COURSE: A certified 5 mile road course. Start on Keene Street at Nowell's, south on Keene to St. Charles Road, east and north on St. Charles Road to I-70 Drive, S.E., west on I-70 Drive, S.E., to finish at Nowell's.

**NUMBER
PICKUP:**

Numbers may be picked up at the Nowell's store at 1005 West Worley between 1:00 p.m. and 6:00 p.m. Saturday, February 7. We urge all entrants to get their numbers then. Otherwise, numbers will be given out between noon and 1:45 p.m. the day of the race.

MAIL ENTRY BLANKS TO:

JOE KURTH
209 SUNRISE COURT
COLUMBIA, MO 65201

or leave at the office of either Nowell's store.

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 Nowell's, Columbia Regional Hospital, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME: _____ ☐ MALE ☐ FEMALE

SIGNATURE: _____ BIRTH DATE: _____

ADDRESS: _____ CITY _____ STATE _____ ZIP _____

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

Return to: Joe Kurth
209 Sunrise Court
Columbia, MO 65201

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.

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