

TRACK CLUB

NEWSLETTER Vol. XIII, No. 3 March 25, 1981

JEFF MITTELHAUSER, MILENE HOLLON, STEVE SCHOTTMAN, BEN LONDEREE ARE 5,000 METER WINNERS March 7, 1981:

Age 16-39:

off DT

1. Jeff Mittelhauser	15:27	3	Upper 20's, a little wind from the south east. No records were set--Jeff Mittelhauser came the closest being 7 seconds off his own record set two years ago in the rain.
2. Dan Bryant	15:34	26	
3. Bob O'Connell	16:04		
4. Tom LaFontaine	16:55	5	
5. Ken Barnes	16:56	16	
6. Dick Hessler	17:02		
7. Tim DeCoster	17:04	41	
8. John Hemphill	17:07		
9. Kent Lang	17:33	12	
10. Ron Belyea	17:37		
11. Bill Goldkamp	17:39		This was our famous "nut" race--the race for the nuts. Everybody got a sack of peanuts or a bigger package of nuts if they were in the top three of an age group.
12. Pete Roman	17:48	71	
13. Bob Schottman	17:49	11	
14. Dave Parker	17:50		
15. Dick Naumann	18:23		
16. Jay Hollyman	18:27		
17. Mike Koonse	18:30	30	
18. Dick Linn	18:44		
19. Dave Ervin	18:50	5	
20. Sam Stout	18:57	39	
21. Mike Walther	18:59	29	Joe Marks gets an award for so closely predicting his time.
22. Clarence Coats	19:22		
23. Eric Cumberland	19:29		
24. Dick Madsen	19:37	22	
25. Ron Wampler	19:38	17	
26. Dan Pierce	19:53	67	
27. Bruce Maxey	20:02	2	
28. Dennis Jones	20:38	23	
29. Jim Sowash	20:44	44	
30. Joe Polacco	22:13		
31. Greg Freyer	23:55		
32. Greg Zoller	24:01		

Age 15 & under:

1. (20) Steve Schottman	18:36	54
2. (33) Chris Naumann	19:44	
3. (36) Tim Gibson	20:01	19
4. (39) Peter Hessler	20:07	
5. (40) Russ Kurth	20:21	40
6. (46) Dan Callen	21:24	60
7. (53) Jay Sowash	23:21	99
8. (54) Steve Gibson	23:23	143
9. (64) Nathan Jones	26:36	96
10. (67) Ryan Belyea (19:57)	2 laps	

Age 40 & over:

1. (9) Ben Londeree	17:18	2
2. (16) Joe Marks	17:55	01
3. (24) Olen Brown	18:53	8
4. (29) Turk Storvick	19:30	15
5. (32) Don Johnson	19:43	27
6. (41) Herb Mittelhauser	20:32	28
7. (43) Joe Duncan	20:39	81
8. (52) Don Frey	23:02	51

WALKERS:

1. Mark Young	25:50	20
2. Ken Callen	27:28	92
3. William Taft	36:31	89

WOMEN:

1. (27) Milene Hollon	19:25	5
2. (38) Julie Mittelhauser	20:04	71
3. (45) Susan Boyle	21:10	50
4. (47) Chris Ruble	21:25	25
5. (48) Mary Underbrink	21:53	
6. (50) Felicia Manley	22:17	
7. (51) Kathy Kunz	22:46	
8. (55) Susan LeDoux	23:40	
9. (57) Annette LaFontaine	23:59	1
10. (60) J.K. Gottesfeld	24:14	
11. (61) Terry Majewski	24:30	30
12. (63) Nancy Clark-Chiarelli	26:33	
13. (65) Candy Stout	27:08	22
14. (67) Carol Madsen	28:05	82
15. (68) Michelle Grey	32:23	

Mark Young is in school at Park College, walking in various NAIA meets.

Ken Callen makes an auspicious race-walking debut with only a month or so of training.

A BUNCH OF OLD MEN WIN THE FOUR MILE RELAY; JEFF MITTELHAUSER AND
MILENE HOLLON HAVE THE FAST TIMES March 21, 1981:

1. BROWN'S AGED BOMBERS

Don Lewis	45	4:58	
Whitney Hicks	45	5:16	
Ben Londeree	46	4:57	
Olen Brown	45	5:33	20:44
 2. The MITTELHAUSER MOB (and Fisher)

Julie Mittelhauser	6:07		
Milene Hollon	5:46		
Jeff Mittelhauser	4:28		
Steve Fisher	4:32	20:53	
 3. NELLUMS NEMISIS

Peggy Nellums	6:22		
Norm Stebbins	4:54		
Bob O'Connell	4:53		
Ken Barnes	4:59	21:08	
 4. BLANCK'S BOONVILLE WONDERS

Joe Blanck	5:17		
Ron Wampler	5:32		
Mike Koonse	5:20		
Kent Lang	5:06	21:15	
 5. THE ROTHER RUNNERS

Rick Rother	5:43		
Phil Lane	5:14		
Bob Burchett	5:40		
Ken McClure	5:23	22:00	
 6. THE STOUT HEARTS

R. Somers	6:33		
Sam Stout	5:25		
Mark Flotow	5:05		
Charlie Markman	5:08	22:11	
 7. THE FEARSOME FOURSOME (Ma Gibson sure
agrees with that!)

Matt Gibson	5:42		
Tim Gibson	6:02		
Steve Gibson	5:26		
Jim Gibson	5:11	22:21	
 8. PARKERS PUNCH or TURK'S TURKEYS or THE MARKS MADNESS

Dave Parker	5:14		
Herb Mittelhauser	6:02		
Turk Storvick	5:50		
Joe Marks	5:26	22:32	
 9. ORANGE CRUSH

Ron Belyea	5:14		
Jim Sowash	6:18		
Dave Ervin	5:32		
Dennis Jones	5:58	23:02	
 10. THE TWEEDIE TRIPS

Gene Hansbrough	5:21		
Sue Ledoux	6:40		
Chris Ruble	6:12		
Jim Tweedie	5:07	23:20	
 11. TOM'S TERRORS

Tom LaFontaine	4:55		
Luanne Fay	7:07		
Gene Hayes	6:44		
Tom Barrett	5:11	23:57	
 12. HESSLER'S HELLIONS

Dick Hessler	5:02		
Tim DeCoster	4:48		
Angela Hessler	8:07		
Bob Price	6:07		
 13. COLUMBIA CATHOLIC SCHOOL (CCS)
CRUSADERS

Brian Fick	6:48		
Peter Hessler	6:06		
Eric Ng	7:53		
Pat Kernell	6:43	27:30	
 14. BOYLE'S MATURE BUNCH**

Susan Boyle	6:00		
Kathy Cain (Lewis)	8:14		
Annette LaFontaine	6:36		
Betty Scarpina?	7:14	28:04	
 15. CCS SONICS

Brian Heath	7:40		
Danny Reuther	7:16		
Kippy Middendorf	6:16		
David Brouder	7:38	28:40	
 16. THE SLIVINSKY STAMPEDE

Mary Ann Slivinsky	7:17		
Tina Slivinsky	9:03		
Julie Slivinsky	7:13		
Charlie Slivinsky	5:48	29:21	
 17. CCS SUPERSTARS

Robbie Benedict	6:55		
Benzi Birkby	8:03		
Matt Poepsel	7:54		
Joe Renallo	7:13	30:04	
 18. CCS STRIDERS

Terry English	8:39		
Sheila Garrett	8:36		
Lori Sanders	8:47		
Debra Twenter	8:21	33:23	
- **All over age 30
- This event certainly belonged to the
geriatric set with Lewis, Hicks, Londeree
and Brown all being age 45
or more. A stiff east wind
hampered the runners at the
SE corner of the Research
Park loop with cloudy skies
and mid 40's.
- The Mittelhauser Mob set a
record for mixed doubles,
the Gibson brothers set a
mark for 4 brothers, beating
their own record by only one
second, while the Slivinskys
set a new standard for Father-
Mother and 2 daughters.
- THE WALK (3 miles):
- | | | |
|---------------|-------|-----------|
| 1. Ken Callen | 28:57 | 63 off DT |
| 2. Rob Spier | 31:44 | 58 |
| 3. Wm. Taft | 34:31 | 29 |

ELAPSED TIME STANDINGS (Not including events of March 21):

Runners, Open:

1. Hessler 265	21. Goodrich 91	41. Tom Allen 32	61. Rhiddlehoover 13
2. O'Connell 260.5	22. Maxey 89	42. Fritsch 32	62. Kurth 12
3. Mittelhaiser 252	23. D. Johnson 65	43. Kruse 31	63. Overfelt 12
4. Marks 221.5	24. Sloan 80	44. Scholes 30	64. Matthews 12
5. Lang 196	25. Roman 73	45. Sowash 29	65. Curry 11
6. LaFontaine 196	26. Stout 67	46. Stroud 28	66. Pinkerton 11
7. Londeree 184	27. Baurichter 65	47. Madsen 28	67. Mueller 11
8. Hemphill 176	28. Luebbering 63	48. J. Gibson 26	68. Pfefer 9
9. Lewis 176	29. Dan Hoxworth 70	49. Duncan 25	69. Green 7
10. Brown 162	30. Wampler 59	50. Herbert 24	70. Callen 6
11. Schottman 149.5	31. Slivinsky 59	51. Smith 24	71. H. Mittelhauser 5
12. Weston 146	32. DeCoster 54	52. Baxter 23	72. Hoft 6
13. Koonse 134	33. Ervin 51	53. Belyea 21	73. Moranville 4
14. Parker 128	34. D. Johns 50	54. Blevins 21	74. Frey 4
15. Bellows 117.5	35. Stewart 49	55. McDavid 20	75. Jacobs 3
16. Naumann 108	36. A. Johnson 47	56. Thornburg 20	76. Atwill 3
17. Storvick 108	37. Hicks 47	57. Klinge 17	77. Wilke 2
18. Stebbins 107	38. Schutt 44	58. Garcia 17	78. Ditter 1
19. Walther 95.5	39. Crouch 35	59. Wiecek 16	79. McCrory 1
20. Stock 94.5	40. D. Jones 33	60. Ballenger 15	

15 & under:

40 & Over:

WOMEN:

1. S. Schottman 58	1. Marks 95.5	1. Hollon 67	WALKERS:
2. T. Gibson 49	2. Brown 75	2. Ruble 35	1. Spier 21
3. P. Fritsch 48	3. Londeree 74.5	3. Slivinsky 32	2. Taft 10
4. S. Helmick 37	4. Lewis 71	4. LaFontaine 25	3. Busen 6
5. R. Kurth 33	5. Storvick 51	5. Ballenger 23	4. Cragg 5
6. C. Naumann 33	6. Johnson 44	6. Boyle 22	5. Brown 5
7. R. Diehl 32	7. Luebbering 24	7. Amy Hessler 16	6. Callen 2
8. P. Hessler 26	8. Hicks 20	8. Settle 14.5	7. Walter 1
9. S. Gibson 18	9. Schutt 19	9. Majewski 12	
10. A. Ballenger 14	10. Duncan 15	10. Johns 11	
11. Amy Hessler 13	11. Kruse 15	11. Mittelhauser 7	
12. Brad Sloan 12	12. Fritsch 13	12. Fritsch 6	
13. Joe Weis 12	13. Baxter 13	13. Carpenter 5	
14. W. Paul 9	14. Wiecek 9	14. Lewis 4.5	
15. D. Hicks 9	15. Pinkerton 7	15. Epple 3	
16. Jay Sowash 8	16. Rhiddlehoover 7	16. S. Rhiddlehoover 3	
17. D. Marks 4	17. Green 5	17. Londeree 3	
18. Jeff Sowash 4	18. Pfefer 5	18. Candy Stout 2	
19. Nathan Jones 4	19. Callen 4	19. Angela Hessler 1	
20. Lisa Kurth 2	20. H. Mittelhauser 3	20. Lisa Kurth 1	
21. Angela Hessler 1	21. Burres 2	21. C. Madsen 1	
22. John Marks 1	22. Moranville 2		
23. Paul Fritsch 1	23. Frey 2		
24. T. Rhiddlehoover 1	24. Hoft 3		
25. Dan Callen 4	25. Jacobs 1		

ACHIEVEMENT AWARDS

The second pair of events for the 1980-81 Achievement Awards consists of the 10k Diet Pepsi and the 10k Human Race. Last month's newsletter lists the times-to-beat. If your name was inadvertently left off (like Jim Pinkerton's), call Charles Slivinsky: 882-2083 or 445-1298. Fifteen members have already "improved" in the first of the 4 pairs of events. To qualify for an Achievement Award, you must improve in 3 of the 4 pairs of events for the season.

Speaking of Achievements, CONGRATULATIONS to BOB & TIZZIE O'CONNELL upon the birth of their son, Timothy, on March 10. Tim checked in at a hefty (440 size) 9 pounds, 4 ounces and with a length of 21½ inches, and some fast moving feet, he's going to put Ma and Pa to the test when he starts sprinting in a couple of months.

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

March 8, 1975 Three Mile Run: 1. Fred Binggeli 14:44, 2. Rick Katz 15:24, 3. Dennis Stewart 15:27. . .6. Don Lewis 16:11, 7. Whitney Hicks 16:31, 8. Ben Londeree 16:45. . .13. Turk Storvick 18:19, 14. Joe Marks 18:41 and 10 others

The Walk: 1. Augie Hirt 23:10, 2. Leonard Busen 27:03, 3. Dave Leuthold 27:27 4. Rob Spier 30:11

March 22, 1975 Six Mile Run-Walk Relay: 2 person teams alternated miles, one walking, one running: 1. Randy Mimm-Dennis Stewart 37:27 (7:20, 7:46, 8:03 for Mimm, 4:39, 4:49, 4:50 for Stewart), 2. Augie Hirt-Tom Hinckley 38:50, 3. Al Schrik-Don Lewis 38:57, 4. Leonard Busen-Dick Hessler 41:21, 5. Dave Leuthold-Turk Storvick 43:48. . .7. Rob Spier-Mike Chippendale 44:29. . .10. Peter Hessler, age 5-Amy Hessler, age 9 74:22

Six years ago, Dick Hessler was 13th at 2:40:02 in the Third Olympiad Memorial Marathon in St. Louis, Joe Marks was 3:18:22 in his FIRST marathon--he's had about 30 since then. Joe Duncan had 3:28:15.

Six years later, DICK HESSLER and JOE MARKS were again in the Third Olympiad Memorial Marathon. Dick was 17th this time, but he didn't slow very much since he had 2:40:47. Joe, however, got a PB, by 12 minutes, on this course which he was running for the 4th time. He had 2:45:07, 2nd in the age 40+ group, a last 6.2 miles at 6:17 pace, moving from 36th place to 29th. Other CTC performances: JOHN WESTON 2:41:11, 18th, 1:15+ at halfway; PETER FRITSCH, at age 15, in his first marathon, a sparkling 3:10:46, 4th in his age group; FRED KLINGE 2:46:26, JIM NEVIACKAS 2:54:30, LEONARD BUSEN 4:46:56. All this was on March 1. 34-40 degrees, the usual hills between 8 and 13 miles, strong NW wind for the first half of the race, some 426 runners. Winner was Christopher Thomas of Carbondale, Ill at 2:26:49.

JON HERBERT and DENTON CHILDS swept the Booneville, Ark. Marathon on March 7. Jon won the race in 2:28+ while Denton finished 2nd with 2:34+. Some 200 finishers on a flat course. Jon's time was a marathon PB, his first under 2:30.

Jon didn't let up any the following two weeks. He got a PB for 10,000 meters on March 14 in a race in Springfield--31:27 on a flat course. Jon finished 2nd behind Dan Dwyer's 30:33. But the following week Jon won a 10,000. This time in the rain, on a hilly course in West Plains, a winning time of 32:03.

DESIGNATED TIME STANDINGS

3/24/81

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

The list below shows the % deviations from the estimates and their average for all those who have designated their times for 5 or more events through March 7. (Where more than 10 events are indicated, only the best 10 were averaged.) More names will be added in future months as more members increase the number of events in which they have designated their times.

	Nb.	Avg.		Nb.	Avg.
1. Joe Marks	12	0.76	12. Don Johnson	9	2.41
2. Ben Londeree	9	1.17	13. Don Lewis	8	2.42
3. Olen Brown	12	1.29	14. Jeff Mittelhauser	9	2.47
4. Kent Lange	9	1.29	15. Bruce Maxey	6	2.60
5. Rob Spier	8	1.30	16. Milene Hollon	10	2.83
6. Turk Storvick	10	1.48	17. Tim Gibson	5	3.05
7. Ron Wampler	7	1.55	18. Bob Schottman	8	3.39
8. Tom LaFontaine	7	1.56	19. Mike Walther	5	3.51
9. Doug Bellows	5	1.67	20. Joe Duncan	7	3.63
10. Mike Koonse	9	2.16	21. Chris Ruble	5	3.85
11. Annette LaFontaine	8	2.32	22. Steve Schottman	6	4.29

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS

3/24/81

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

	5k	2mi	5mi	3mi	20k	30k	10mi	5mi	20k	15k	5k	1mi	Median
1 J. Marks	-0.19	3.24	4.83	-----	-----	-----	13.30	21.52	20.47	44.33	23.43	15.76	15.76
2 K. Lang	-----	-----	-----	-----	-----	-----	-----	-----	9.18	-----	9.82	-----	9.50
3 D. Nauman	-----	9.13	-----	-----	-----	-----	-----	14.30	1.59	-----	-----	-----	9.13
4 T. Gibson	-----	6.74	-----	9.41	-----	-----	-----	-----	7.82	21.50	22.72	-0.28	8.62
5 S. Gibson	-----	7.48	-----	-----	-----	-----	-----	-----	-8.91	-----	.43	2.69	5.09
6 R. Wampler	-----	3.67	4.26	-----	-----	-----	-----	-1.88	2.85	-----	8.26	-----	3.67
7 C. Slivinsky	-----	-----	-----	-----	-0.23	-----	3.36	2.80	.78	-----	-----	-----	1.79
8 M. Koonse	-----	-----	4.00	-----	0.65	0.71	2.86	-.10	1.73	-----	-----	-----	1.22
9 M. Gibson	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1.10	1.10
10 J. Mittelhauser	-10.82	0.62	-----	-----	-----	-----	-----	1.07	-3.12	4.70	12.38	2.19	1.07
11 J. Hemphill	1.05	-----	-----	-----	4.10	-----	-----	0.80	-----	-----	-----	-----	1.05
12 J. Schutt	-----	-----	-----	-----	-----	-----	1.82	-----	-.48	-----	-----	-----	0.67
13 S. Stout	-2.82	-----	-----	-----	-----	-----	-----	-----	-----	6.76	-----	0.31	0.31
14 B. O'Connell	-----	-----	-----	-----	-----	-----	-----	-4.83	0.17	6.00	-----	-----	0.17
15 D. Hessler	-0.96	-----	-----	-0.48	1.65	0.81	-1.23	0.12	-----	3.59	8.75	-2.01	0.12
16 J. Duncan	-3.28	0.74	-----	-4.14	-----	-----	-----	-.50	-----	-----	9.96	-----	-0.50
17 T. LaFontaine	-5.82	-----	-0.85	-----	1.35	-----	-23.98	-14.09	-----	-----	13.56	-2.43	-0.85
18 R. Spier	-----	-----	-----	-----	-1.16	-2.44	-.92	-----	1.63	0.96	-----	-3.42	-1.04
19 B. Londeree	-11.04	-----	-----	-----	-----	-----	-3.72	0.17	-1.16	5.68	17.42	-1.71	-1.16
20 B. Taft	-----	-----	-----	-----	-----	-1.39	-----	-----	-----	-----	-----	-----	-1.39
21 S. Boyle	-3.69	-----	-----	-----	-----	-----	-----	-----	-1.84	-----	-----	0.67	-1.84
22 O. Brown	-3.11	-1.92	2.57	-3.58	-----	-4.14	-2.68	-2.73	0.02	1.32	9.86	-1.22	-1.92
23 N. Stebbins	-----	-----	4.72	-----	0.71	-----	-23.94	-----	-8.57	-----	-----	-----	-1.93
24 D. Lewis	-4.64	-----	-----	-2.94	-2.22	-1.39	-2.25	-----	-----	-----	-----	-----	-2.23
25 D. Johnson	-7.24	-----	-----	-0.25	-----	-----	-----	-2.57	-----	-----	-----	-----	-2.51
26 M. Slivinsky	-----	-----	-----	-----	0.37	-----	-----	-7.98	-----	-----	-----	-----	-3.80
27 A. LaFontaine	-----	-----	-----	-----	-0.16	-----	-11.43	-11.57	-4.99	-----	14.65	-----	-4.99

4.

10 KILOMETERS

NEW US SINGLE-AGE RECORDS

11	37:03	WESLEY PAUL	25 JAN 1969	OVERLAND PK	KS	(27 DEC 80,MO-A)
38	31:30	IRELAND SLOAN	6 MAY 1942	ROANOKE	VA	(17 MAY 80,NC-A)
53	35:35	HERR CHISHOLM	7 JUN 1926	ALEXANDRIA	VA	(1 JAN 80,DC-A)
85	1:15:49	AG IVOIR WELCH	19 JAN 1895	PACIFICA	CA	(19 OCT 80,CA-A)
10F	39:41A	STACEY DOLLY	23 DEC 1969	NEW SMYRNA BCH	FL	(6 DEC 80,GA-A)
29F	36:37 P	MINDY IRELAND				(8 NOV 80,CA-A)
64F	59:07 P	JUDY SIMON		LA MESA	CA	(5 JUN 80,CA-A)
69F	1:08:04	MILORED JUDD	15 SEP 1910	SAN DIEGO	CA	(15 JUN 80,CA-A)
71F	1:17:14	FELICITAS SALAZAR	7 MAY 1909	SAN DIEGO	CA	(15 JUN 80,CA-A)

MARATHON

11	2:47:17	WESLEY PAUL	25 JAN 1969	OVERLAND PK	KS	(13 DEC 80,AL-A)
22	2:09:41A	ALBERTO SALAZAR	7 AUG 1958	WAYLAND	MA	(26 OCT 80,NY-A)
46	2:35:20	JIM KNEER	7 APR 1934	SIMI VALLEY	CA	(23 NOV 80,CA-A)
58	2:54:09	HUBERT MORGAN	20 MAR 1922	SAYRE	PA	(13 APR 80,MO-A)
77	4:28:51	BEN MOSTOW	5 SEP 1903	SKOKIE	IL	(28 SEP 80,IL-A)
27F	2:29:33A	OPATRICIA CATALANO	6 APR 1953	W ROXBURY	MA	(26 OCT 80,NY-A)
30F	2:44:15A	JANICE ARENZ	24 MAY 1950	WILLISTON PK	NY	(26 OCT 80,NY-A)
33F	2:38:09A	LAURIE BINDER	10 AUG 1947	SAN DIEGO	CA	(26 OCT 80,NY-A)
36F	2:45:03	SUE PETERSEN	6 SEP 1944	LAGUNA BCH	CA	(28 SEP 80,IL-A)
47F	3:06:18	MARGARETTE DECKEPT	19 FEB 1933	LAGRANGEVILLE	NY	(7 DEC 80,NJ-A)
56F	3:08:48	AG HELEN DICK	4 AUG 1924	LOS ANGELES	CA	(28 SEP 80,IL-A)
74F	4:48:35 P	IDA MINTZ		GLENCOE	IL	(28 SEP 80,IL-A)

A = point-to-point mark P = pending AG = new age-group record or best O = open best T = track

50 MILES TRACK

50	9:37:45T	LEONARD BUSEN	6 MAR 1930	MEHLVILLE	MO	(1 NOV 80,CA-A)
51F	11:06:10T	ELSIE MCGARVEY	30 JUN 1929	KALISPELL	MT	(1 NOV 80,CA-A)

100 MILES TRACK

25	19:19:46TP	JONATHAN REM		SAN DIEGO	CA	(1 NOV 80,CA-A)
37	18:49:52T	PAUL HENDRICKS	11 NOV 1942	CHULA VISTA	CA	(1 NOV 80,CA-A)
51F	23:46:17T	ELSIE MCGARVEY	30 JUN 1929	BILLINGS	MT	(1 NOV 80,CA-A)

SCHEDULE OF EVENTS:

APRIL 4 Saturday 8:00 AM Walk-Run Pentathlon: 2 mile walk, 880 yard
 = run, one mile walk, 2 mile run, 220 yard dash.
 Also: 3, 2, 1 mile triathlon Hickman Track

4 " 2:00 PM MO. STATE ONE HOUR WALK CHAMPIONSHIP
 \$2.00 entry fee Hickman track

12 Sunday 8:30 AM Pepsi-Cola 10,000 meter race Will not
 count in ET standings*-ET only. Memorial Stadium

18 Saturday 1:30 PM Missouri Cup Competition 20 kilometer
 walk \$2.00 fee Hickman track

26 Sunday 10:00 AM THE HUMAN RACE 10,000 meter run ET*&DT

MAY 9 Saturday 7:00 AM RRCA MO. STATE ONE HOUR RUN CHAMPIONSHIP
 Hickman Track

A few selected out-of-town events:

APRIL 18 Saturday 8:00 AM Kansas Relays Marathon Lawrence, Kansas
 CONTACT: Ed Elbel Kansas Relays Office Room 217
 Allen Fieldhouse Lawrence, Ks. 66045 Entry
Deadline is April 2. There will also be a
 10,000 meter run at the same time and place.

25 " 7:00 AM 10,000 meter run Swope Park Kansas City
 CONTACT: The American Cancer Society 3515
 Broadway Kansas City, Mo. 64111 or any area
 Arby's Roast Beef Restaurant

MAY 2 Saturday 7:00 AM Dannon 7 mile run Kansas City, Ks. (City
 Hall, 7th & Ann CONTACT: Dannon 7 Miler Room 609
 701 N. 7th St. Kansas City, Ks. 66101

3 Sunday 1:30 PM College-Community 5,000 meter run Rolla, Mo.
 CONTACT: Rolla College-Community Run c/o Pi
 Kappa Alpha Fraternity P.O.Box 156 Rolla 65401

10 " 8:30 AM Natural Light Half Marathon Kansas City, Mo.
 CONTACT: Natural Light Half Marathon 822 Broadway
 Kansas City, Mo. 64105 Attn: KC Track Club

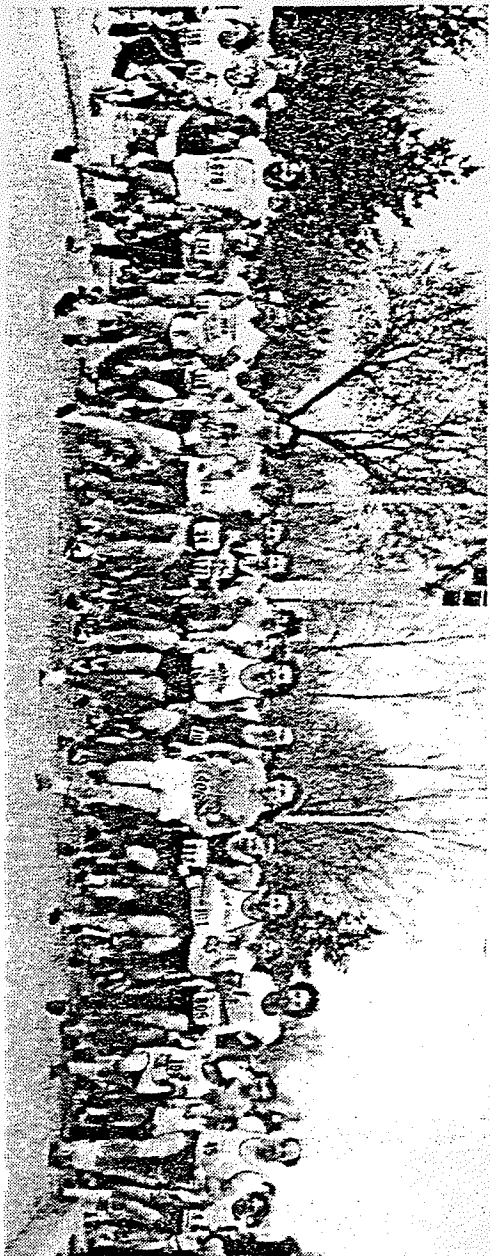
*The Pepsi race and The Human Race will count as both ET and DT races, despite what the 1981 schedule shows. What we will do, however, in the ET category, is count only those who presently have accumulated ET points in previous races, as shown in the ET standings. That way those two races will not unduly distort the ET rankings by ballooning the points because of CTC members who run in only those two events.

JOE MARKS has a good suggestion for all of you who will, no doubt, be wiped out by the events of April 4. Here is the suggestion:

CARBO LOAD for a good cause after the Saturday, April 4 running and walking events at the Kiwanis Annual Pancake Day, 6 a.m. - 7 p.m., Tiger Hotel Ballroom, Columbia. "All the pancakes you can eat" for \$2.00. Meal also includes ham, orange juice (in morning), milk, soda or coffee. Tickets available from any Kiwanian or at the door.

Here is another entry blank for the Pepsi race, although the best way to register is to go to d Sport Shop. That way you can get your shirt and race number. The important thing, though, is that we need at least 22 people to help with race administration on race day. Therefore, PLEASE, non-runners, offer to help out. Non running spouses, kids, we NEED YOUR HELP. Call Joe Duncan at 445-2684 or 874-4328. It is always best for you to call and volunteer, so as to save him a lot of time making needless phone calls. THANKS!

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 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., TRY, 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.

NON-RUNNERS: Be sure to call Joe Duncan and offer your help with race administration on race day. THANKS!

Official Entry Form

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

Official Registration Center:

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

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,

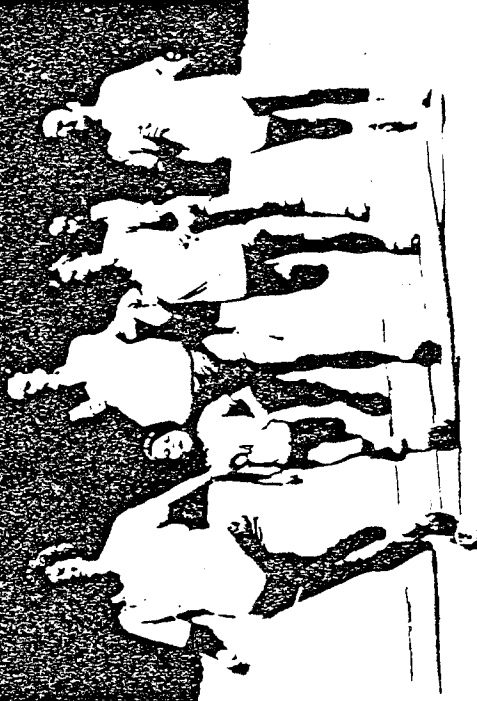
However, entry fee will be
\$5.00 on day of Race.

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



JOIN THE HUMAN RACE


**SUNDAY, APRIL 26, 1981
10 AM**

Men, women, boys and girls...It's time to join the Human Race! If you missed last year's great event, you won't want to miss this one. The 6 mile, 378 yard course will start and finish on the track of Memorial Stadium.

Experience the thrill of running with thousands of other runners from Columbia and beyond. Trophies and plaques will be awarded in twelve age categories and all runners will, of course, receive an official Human Race III t-shirt. Entry fee is \$4.00 if postmarked by Monday, April 20, 1981. \$5.00 afterwards.

Keep pace with some fast company...Join the Human Race!

**MAIL ENTRY FORM WITH CHECK OR MONEY ORDER
FOR \$4.00 PAYABLE TO THE COLUMBIA DAILY TRIBUNE**

Sponsored by
Columbia Daily Tribune
In cooperation with
 **UNIVERSITY OF MISSOURI
ATHLETIC DEPARTMENT**

PREREGISTRATION DEADLINE: Monday, April 20th

THE HUMAN RACE ...a 10,000 meter run Sponsored by the Columbia Daily Tribune in cooperation with the UMC Athletic Department		<div style="border: 1px solid black; width: 100px; height: 20px; margin: 0 auto;"></div> DO NOT WRITE IN THIS SPACE	
NAME _____ LAST FIRST INITIAL		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____		AGE (ON 4-26-81) _____ T-SHIRT SIZE (Circle One) YOUTH S M L XL	
<small>In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Columbia Daily Tribune, the University of Missouri, the City of Columbia, the County of Boone, and the State of Missouri from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Sunday, April 26, 1981. I agree to follow all rules of this race and to permit myself to be removed from competition if</small>		<small>In the opinion of the race medical personnel my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.</small> SIGNATURE _____ PARENT OR GUARDIAN'S SIGNATURE (IF UNDER 18) _____	

MAIL TO: HUMAN RACE III, C/O Columbia Daily Tribune, P.O. Box 798, Columbia, MO. 65205

8.

NATIONAL RUNNING DATA CENTER - PUBLICATIONS LIST

1. Certified Road Running Courses, 1981 Edition - Lists and describes all courses certified by the National Standards Committee to Jan, 1981. Explains how to certify a course and how to qualify for national rankings and records. \$2.95
2. Running Records by Age, 1981 Edition - Lists single-age records as of 1 Jan 81 for 28 track and road-running events, 100 meters to 100 miles, plus official national open and age-group records. (available Mar 81) \$4.95
3. U.S. Distance Rankings, 1981 Edition - Ranks top 100 men, 50 women, up to 10 in age/sex groups, for each standard distance event, for 1980 and all-time. (available Apr 81) \$6.95
4. U.S. Marathoners, 1981 Edition - Ranks by age group each reported certified-course marathon finish in 1980. Includes numerous summary tables. (available May 81).

Vol. 1, Explanation and summary tables	\$2.45
Vol. 2, Age 29 and under	\$4.95
Vol. 3, Age 30-39	\$4.95
Vol. 4, Age 40+	\$3.95
All four volumes	\$13.95
5. Running Records by Age, 1980 Edition - Contains single-age records as of 1 Jan 80 for track and road-running events, 100 meters to 100 miles. \$3.95
6. U.S. Distance Rankings, 1980 Edition - Ranks top 100 men, 50 women, up to 10 in each age group for standard distance events, for 1979 and all-time. \$5.95
7. U.S. Marathoners, 1980 Edition - Ranks by age group each reported certified-course marathon finish in 1979. Numerous summary tables. \$9.95
8. Running Records by Age, 1979 Edition - Single-age records as of 1 Jan 79 for 100 meters to 100 miles. \$3.95
9. National Rankings of Runners, 1979 Edition - Ranks 100 top men and 50 top women, plus up to 10 in each age group for 1978. \$3.95
10. U.S. Marathoners, 1979 - Lists and ranks each reported marathon finish by a US runner on a certified course in 1978. Numerous summary tables. \$5.95
11. Age Records as of 1 Jan 78 - First road-running single-age records. \$2.00
12. U.S. Distance Rankings, 1976 - Rankings of all reported finishers, 15 kilo and up, both on certified and uncertified courses.

Vol. 1 - Summaries and distances except half-marathon & marathon.	\$4.00
Vol. II - Half-marathon and marathon.	\$3.50
13. Runners and Races, 1980 Edition - Detailed race participation statistics for five years, 1975-79. Analyses by age, state, distance, race size. \$4.75
14. Ultramarathon Rankings, 1980 Edition - Shows up to 100 open and up to 15 age-group ultramarathon leaders for 1979. \$1.00
15. Ultramarathon Rankings, 1979 Edition - Rankings for 1978, all-time. \$1.00
16. U.S. Distance Rankings, Summary for 1977 - Shows top 25 open men and top 10 open women, plus up to 5 in each age group for eight standard distances. \$1.00
17. NRDC News - issued monthly. Contains statistical information, news, and lists all newly-certified courses and new single-age records. Sent to individuals who make an annual tax-deductible donation to the NRDC of at least ... \$15.00
18. NRDC News, back issues.....\$1.00 ea. 1980 complete, 11 issues \$10.00

All publications are priced postpaid and are available from:
 NRDC Box 42888 Tucson, AZ 85733

RRCA MISSOURI STATE ONE HOUR RUN CHAMPIONSHIP
1981 ENTRY BLANK
ALSO
1981 RRCA NATIONAL POSTAL ONE HOUR RUN

TIME: Saturday, May 9, 1981 Section 1 (for those who will likely run more than 9 miles) starts at 7:00 a.m., Section 2 at 8:40 a.m.

PLACE: Columbia, Missouri, Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70.

ENTRY FEE: \$2.00, 50¢ for each entrant will be forwarded to the Postal One Hour Run Coordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 2. Make checks payable to Columbia Track Club. Each runner is to bring someone to record his 440 splits.

AWARDS: Trophy to overall winner, trophies to first 3 finishers in each of the following categories: males-age 15 and under, 16 to 29 (first 5), 30 to 39, 40 to 49, and over 50. Females-age 15 and under, 16 to 29, over 30.

RECORD: 11 miles, 1187 yards, Charlie McMullen, May 7, 1978
Women: 8 miles, 1450 yards, Rhonda Bedell, May 6, 1978

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

PRINT NAME: _____

SIGNATURE: _____

BIRTH DATE: _____

ADDRESS: _____
City State Zip

SCHOOL OR CLUB: _____

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

NAME: _____

Return to: Joe Duncan
2980 Maple Bluff Drive
Columbia, Missouri 65201

HOUR RUN

COLUMBIA TRACK CLUB



The CTC newsletter is sent out every month. Annual subscription price is \$2.00. Or, you can join CTC by paying the annual dues of \$5.00. This amount includes the newsletter and includes all family members living in the same household. Anyone may submit articles, comments, suggestions, race results, etc. for publication in the newsletter. In fact, CTC members are requested to submit results of their performances in out of town races. Any item submitted for publication must be typewritten unless it is a fairly short item. CTC is a non-profit corporation, therefore, any donations to CTC are tax-deductible. Send money, dues, donations (checks payable to Columbia Track Club) to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

Columbia Track Club
2980 Maple Bluff Dr.
Columbia, Mo. 65201

NO PROFIT ORG.
US POSTAGE
PAID
PERMIT 226
COLUMBIA, MO.