

# TRACK CLUB

NEWSLETTER Vol. XIII, No. 10 October 20, 1981

ALAN PRICE WINS 100 MILE WALK FOURTH TIME IN A ROW; ONLY  
BOB CHAPIN AND LEONARD BUSEN ALSO COMPLETE 100 MILES  
October 3 & 4, 1981

With what was thought to be ideal weather conditions (60's and cloudy Saturday PM, 50's during the night), except for a steady and fairly strong wind, the 15th Annual 100 Mile Walk concluded with only three finishers out of 26 starters. The three finishers were considerably behind personal bests, therefore, for some reason the quality of performances was down a lot from previous years. However, Alan Price left no doubt about being the master of the 100 mile walk when he opened a wide gap on the very first lap, walked some 20 miles at 10:00 per mile pace and then coasting in from there. Without being pushed by the likes of Paul Hendricks, Price was content to complete the walk as comfortably as he could. And, as usual, he appeared quite comfortable after his performance had ended.

CHAPIN and BUSEN both walked steady races, with both of them having to work through various moments (long moments) when they questioned whether or not they would be able to finish.

For the third straight year Chapin finished second and Busen finished third. Out of 7 100 mile completions in the Columbia race, Busen has finished third six times and second once. Chapin has a first (actually two firsts when you go back to 1969 when no one finished 100 miles, but Chapin went the farthest with 88 miles), three seconds and a fourth.

Chuck Hunter was back on the scene after having skipped a year because of his problems with one kidney. He walked a very relaxed race and was willing not to push himself as he had in previous years. Bob Gragg saw his string of six in a row end, because of having just come off a bout with flu. Most likely he shouldn't even have started the race, but the mystique of the 100 miler couldn't keep him away, just as it couldn't keep away several other Centurions; Blackburn, Spier, Lattarulo and Knoppe. Rich Myers was training hard this summer for the walk--until the last weekend in August when a truck made a U-turn in front of Rich and his motorcycle in West Virginia. Rich suffered a comminuted fracture of one of his legs. The leg is still in a cast and will be for a few more months and then Rich will be on crutches for awhile, but he vows to be back in the next 100 miler even if it is on crutches. Rich sent greetings to all his fellow Centurions, the other competitors and all the people of CTC. John Argo, #5, sent similar greetings from Canada.

Considering the availability of 100 mile walks, at least occasionally, on the east and west coasts, the diminishing quality of the Columbia 100 miler, the constant yearly trek to Columbia (almost an obligation for some of you) and a few other factors, we are seriously considering having our walk every other year with the thought that Hendricks and Lattarulo could have one the odd years. We would like to have the reaction of all of you who are interested in the 100 mile walk to this possibility. For some of you this is an annual affair you would not want to give up; Chapin, Gragg and the Kansas City people feel this way and I'm sure Busen does, too. Anyway, if you have any comments please let us know before we make up our 1982 schedule. In lieu of the 100 miler it is proposed that we have a 50 mile walk with a 12 hour time limit, with the thought that this might attract some "new blood" and give them some idea of what it takes to do 100 in 24.

Once again, we say THANKS to all those who so ably helped in the administration of this race.

COLUMBIA

## 15th ANNUAL 100 MILE WALK 10,000 Meter Splits:

			10	20	30	40	
			50	60	70	80	
			90	100	110	120	100
			130	140	150	160	MILES
1.	Alan Price	34	1:01:00	2:03:34	3:12:17	4:22:38	
	Washington, D.C.		5:38:24	6:49:03	8:02:37	9:14:54	
			10:29:42	11:46:59	13:08:33	14:31:25	
			15:59:08	17:46:20	19:05:30	20:14:45	20:21:33
2.	Bob Chapin	49	1:12:10	2:23:40	3:34:41	4:46:19	
	Independence, Mo.		5:59:10	7:11:02	8:25:08	9:36:50	
			10:54:19	12:37:05	14:18:26	16:08:26	
			17:45:33	19:07:50	20:29:31	21:42:55	21:48:29
3.	Leonard Busen	51	1:12:02	2:26:32	3:42:41	5:02:27	
	St. Louis, Mo.		6:19:18	7:38:23	9:05:55	10:30:04	
			11:57:38	13:30:58	15:04:55	16:44:38	
			18:21:24	19:57:44	21:43:08	23:18:58	23:27:24
4.	Phil Lewis	34	1:16:05	2:32:38	3:50:03	5:09:29	
	Xenia, Ohio		6:28:25	7:54:59	9:29:40	11:04:01	
			12:43:35	14:10:03	15:58:31	17:49:57	
	373 laps	22:32:10	19:31:18	21:03:53			
5.	Jack Blackburn	45	1:09:02	2:20:12	3:32:21	4:42:32	
	Springfield, Ohio		5:54:16	7:05:39	8:19:36	9:33:40	
			11:00:47	12:47:44	19:45:11	21:04:55	
	349 laps	23:58:27	22:30:58				
6.	Bruce Etherton	41	1:15:07	2:33:57	3:58:11	5:22:20	
	Breckenridge, Mo.		6:53:11	8:31:03	10:13:29	11:49:26	
			18:32:09	20:12:22	21:45:39	23:27:38	
	304 laps	23:50:25					
7.	Mac Pullen	38	1:11:51	2:23:43	3:38:11	4:53:11	
	Columbia, Mo.		6:11:54	7:34:27	8:56:30	10:21:07	
	280 laps	18:35:12	13:33:41	14:55:40	18:12:44		
8.	Joyce Withrow	25	1:28:41	3:03:15	4:44:44	6:30:31	
	Blue Springs, Mo.		9:06:29	11:18:56	14:06:23	16:44:45	
	258 laps	23:39:27	20:24:59	22:52:04			
9.	William Taft	65	1:24:10	2:50:57	4:24:45	6:04:58	
	Columbia, Mo.		11:33:10	13:19:50	15:34:10	19:22:07	
	254 laps	23:35:28	21:12:37	23:17:00			
10.	Christina Purdy	28	1:16:59	2:36:32	4:14:54	5:37:22	
	Carbondale, Ill.		7:01:15	8:51:32	10:23:32	11:52:50	
	250 laps (100K)	15:51:21	14:07:07	15:51:21			
11.	Chuck Hunter	44	1:12:02	2:24:28	3:40:54	5:03:05	
	Longmont, Colo.		6:26:58	8:05:02	9:42:14	11:27:55	
	250 laps (100K)	20:55:56	19:32:17	20:55:26			
12.	Chris Knotts	25	1:07:19	2:18:04	3:27:43	4:39:38	
	Springfield, Ohio		6:02:36	7:17:20	8:49:14	10:14:06	
	232 laps	13:52:01	11:40:23				
13.	George Lattarulo	33	1:16:44	2:35:58	4:01:15	5:23:36	
	Boston, Mass.		6:50:45	8:21:31	10:00:03	11:48:24	
	217 laps	13:52:01					
14.	Mark Young	22	1:14:29	2:28:34	3:47:43	5:00:30	
	Parkville, Mo.		6:20:02	7:38:32	14:28:30	19:44:18	
	216 laps	20:41:08					
15.	Rob Spier	59	1:14:21	2:28:13	3:44:41	5:08:23	
	Columbia, M.		6:30:56	8:02:24	9:43:36	11:08:42	
	50 miles	11:12:19					
16.	Tim Blackburn	21	1:16:59	2:38:06	4:13:11	5:44:31	
	Springfield, Ohio		7:27:55	8:53:47	10:57:55	12:40:26	
	50 miles	12:43:29					
17.	Steve Nelson	29	1:21:59	2:38:33	4:06:13	5:39:25	
	Leawood, Ks.		7:25:20	9:08:57	11:02:31	12:59:13	
	200 laps	12:59:13					

18.	Mike Fietsam	20	1:14:29	2:28:34	3:45:46	5:06:17
	Belleville, Ill.		6:35:33	8:01:16	19:09:51	20:38:26
	200 laps					
19.	John Kirn	71	1:30:00	3:06:41	4:49:15	6:33:11
	St. Louis, Mo.		8:21:25			
	145 laps	10:06:30				
20.	Bob Gragg	56	1:17:43	2:37:59	4:05:18	5:26:20
	Liberty, Mo.		7:16:30			
	141 laps	8:14:35				
21.	Ray Chapin	24	1:32:10	2:54:41	4:30:51	6:05:04
	Independence, Mo.		7:27:38			
	127 laps	7:34:32				
22.	Joyce Schulte	38	1:23:26	2:54:45	4:37:47	6:42:27
	Columbia, Mo.	112 laps	7:40:13			
24.	Adair Andrew	27	1:14:29	19:09:50	20:38:25	
	Black Jack, Mo.	76 laps	20:41:08			
23.	Bob Dodson	40	1:07:31	2:24:26	3:45:57	5:24:20
	El Paso, Texas	114 laps	6:14:07			
25.	Ben Knoppe	38	1:26:10	4:37:17		
	St. Louis, Mo.	73 laps	6:09:22			
26.	Craig Haugaard	24	1:14:12	2:40:05		
	Onida, S. Dak.	55 laps	2:55:30			

This years 100 Mile Walk was dedicated to the memory of Larry O'Neil the "Dean" of the 100 mile walk. His presence was certainly missed. Some of our feelings have been expressed in the following poem written by Bob Gragg and read aloud before the start of the race:

#### EXCEPT FOR ONE

THE CENTURIONS HAVE GATHERED TO DO BATTLE ONCE MORE  
 THE BATTLE AGAINST THE WEARINESS AND DARKNESS - LET IT BE DONE!  
 THE CENTURIONS HAVE GATHERED TO DO BATTLE ONCE MORE  
 THEY'VE GATHERED THAT IS - EXCEPT FOR ONE

THE FIRST MODERN DAY CENTURION -  
 CENTURION NUMBER FOUR  
 HE SET THE PACE - HE SET THE RECORD  
 HE DID ALL THAT - BUT MORE

HE GAVE US PRIDE AND DETERMINATION  
 NOT TO GIVE UP THE FIGHT,  
 HE GAVE US WORDS OF ENCOURAGEMENT  
 THAT GOT US THROUGH THE NIGHT

WE'LL NEVER FORGET THE QUICK, SHORT STEPS  
 THAT PASSED US FROM BEHIND  
 AND WHEN ASKED HOW HE WAS  
 HE'D ALWAYS SAY "I DOIN' FINE"!

IN TIME THE CENTURIONS WILL EACH GO THEIR OWN WAY  
 THEIR BATTLES WILL BE DONE  
 THEY WILL HAVE GIVEN THEIR BEST - BUT PROBABLY NOT REMEMBERED  
 NOT REMEMBERED THAT IS - EXCEPT FOR ONE

The September issue of the Ohio Race Walker had the following about Larry O'Neil, including the eulogy delivered at his funeral by Elsie McGarvey:

LARRY O'NEIL 1907-1981

On September 21, 1967, the good folks in Columbia, Missouri were inspired to stage the first of their annual 100 mile races. That race was blessed by the presence of a gentleman from Montana, two days past his 60th birthday, and a recent convert to the sport of race walking--Larry O'Neil. Larry took off at a pace just over 11 minutes a mile and just kept going. Nineteen hours, 24 minutes, and 34 seconds later he had become the first American to walk the distance since 1878 when three men performed the feat in New York City. (J.B. Gillie won that one in 21:00:42.) So Larry had an American record in one of his earliest races. Before he was finished, Larry completed the 100-mile distance five more times, once on a tiny indoor track in Los Angeles. The most recent was in in Columbia in 1977 when he did a 21:55:23 at age 70.

Two months <sup>ago</sup> we reported that Larry was suffering with amyotrophic lateral sclerosis--the same disorder that felled Lou Gehrig in his prime. This was a battle even Larry couldn't win and he died on September 14, 7 days short of his 74th birthday. Elsie McGarvey, who trained with Larry and was inspired by him to become our first woman Centurion, delivered the eulogy as he was laid to rest and we certainly can offer no more fitting words than those spoken by Elsie.

Many of us have a secret wish that somehow we might find a magic way to make life the way we hoped it would be when we were children: when golden opportunities would be seized; when we would be heroes or heroines, noble and brave; when our efforts would bring fulfillment; and when we would find generous comrades and friendship without flaw. In his late fifties, usually a time of life when dreams are relinquished, Larry became a race walker. Incredibly, and almost magically, those secret ambitions were fulfilled and Larry recaptured the joy and hope which usually belong to youth.

It was not just the glory and the recognition, although that was there almost from the beginning. Within two years after he started training, he was one of the most respected American race walkers. He became the first American in this century to walk 100 miles in less than 24 hours; a remarkable achievement of imagination, personal insight, and endurance. His fellow walkers named him "Man of the Year" and in the years that followed there were many trophies and records. But more important--and the reason, I think, that he continued training through the years--were the emotional and spiritual benefits. Walking, Larry became the best he could be. Exhaustion, discouragement, pain, and injuries were irrelevant. His pace never wavered; there was a sense of an indomitable will, of a man who was unable to give less than his best. He walked with joy, and counted a day lost when he could not train.

In everyday life he was a reticent, almost taciturn man. His sister once told me that Larry had always had difficulty expressing his feelings. But when he walked, he became a delightful companion, entertaining those who trained with him with fine stories--funny, dramatic, engrossing. Sometimes, after walking 10 or 15 miles, he spoke of things close to his heart. So I was privileged to hear of his hopes--and he was an optimist--and of his feelings for those he cared about. He talked about his children and grandchildren, and his pride in them. Once in awhile, he told me of some of the sorrows which had entered his life and the anguish he had felt. As he walked, he was freed from everyday repressions, and was able to express those feelings which usually went unexpressed. Walking was medicine for physical ills, solace for worry and sorrow. Though the large amount of training may have sometimes seemed overly absorbing of his time and energy, it was the only way in which he could be a whole person. Carolyn knows this because she also walked many miles with Larry. I think that she asked me to talk today because she wanted you to know something of the man who was revealed through walking.

Larry wanted everyone to experience the joy and release he had found, and the best way he knew to do this was to try to get everyone to learn the satisfaction which can be found in physical activity. It was his way of showing friendship and love. The memorial he would most appreciate would be to have his accomplishments serve as an example and inspiration.

A little more than three years ago, Larry called me and said, "I have wonderful news! There is a new coat of asphalt in the Conrad Cemetery." He knew this would be a fine place to put in some training walks of 25 or 30 miles. Since then, we have walked many hundreds of miles. Far from being oppressed by the location, we recalled and reminisced about friends who are gone. Now Larry will be resting here, but as long as we live, we shall sense his spirit, moving along these roads at a fast and even pace.

\*\*\*\*\*

CTC had a 10,000 meter road walk on October 10. Mac Pullen won with 1:03:52 (31:49 at 5k), but Rob Spier hung close with 1:04:14 (32:17). So close, in fact, that he really messed up on his DT--letting Pullen pull him to 256 seconds faster than he had predicted.

## BOB O'CONNELL OVER DENNIS STEWART IN TWO MILE CROSS COUNTRY Oct. 3:

off DT

1. Bob O'Connell	10:15.0				
2. Dennis Stewart	10:19.0		3		
3. Don Lewis	11:05.2	45			
4. Jim Thorne, Jr.	11:22.9				
5. Kent Lang	11:25.1		15		
6. Whitney Hicks	11:36.0	46	4		
7. Bruce Maxey	11:38.6		23		
8. Peter Roman	11:39.2		21		
9. Dave Ervin	11:46.1		14		
10. Steve Baurichter	11:47.0		2		
11. Dick Hessler	11:51.3	40			
12. Mark Hosler	11:56.6		4		
13. Mike Koonse	12:16.9		6		
14. Rick Rother	12:30.0		30		
15. Dick Moe	12:35.0		70		
16. Olen Brown	12:36.2	46			
17. Tim Gibson	12:38.4	10	22		
18. Charles Slivinsky	12:43.5	40	18		
19. Joe Kurth	12:44.0				
20. Bob Dolphin	12:44.7	51	31		
21. Don Johnson	12:46.0	53	14		
22. Turk Storvick	12:51.3	53	6		
23. Debbie Hoxworth	12:56.2		4		
24. Ron Wampler	13:01.8		1		
25. Joe Duncan	13:34.0	47	14		
26. Bill Wiecek	13:54.3	43			
27. Steve Sargent	14:01.2		79		
28. Dennis Jones	14:04.0				
29. Ken Snow	14:51.2		99		
30. Heather Roman	15:24.6		36		
31. Jim Pinkerton	15:53.6	48	7		
32. Annette LaFontaine	16:06.6		54		
33. Terry Majewski	16:51.3		39		
34. Heather Sargent	17:01.8		61		
35. Kathy Cain	17:06.1				

Mid 50's, windy, but still a great day for cross country. Stewart took the lead at the outset but O'Connell maintained contact and was able to close the gap after topping the final hill.

Notice the battle between the 50 year olds. Johnson led this group until the final drive for the finish line when Dolphin got in front. A "New Kid On The Block" award should go to Bob Dolphin since he is a new CTC member and has asserted his authority among the aged group in his first few CTC races.

Steve Baurichter gets a CTC shirt for his good prediction, Ron Wampler having previously won one this year.

\*\*\*\*\*

Another item from a recent Ohio Race Walker, about Ann Sayer, the first female Centurion, an Englishwoman:

ANN SAYER'S LAND'S END TO JOHN O'GROATS RECORD  
(From the Race Walking Record, May 1981)

Ann Sayer last year set a new record of 13 days, 17 hours, 42 minutes for the 840 mile route on foot from Land's End to John o'Groats. Ann walked all the way (no running) and beat the previous record for the route of 16 days 21 hours 55 minutes, set by South African runner Mavis Hutchinson earlier in the year, by 3 days, 4 hours, and 13 minutes.

Ann Set off from Land's End at 6 a.m. on Saturday, Sept. 20, 1980, and arrived at John o'Groats at 11:42 p.m. on Friday, Oct. 3. She walked for about 14-15 hours a day, covering an average of just under 60 miles. On her last day she set off at 4 a.m. and covered 76 miles in 19 hours 42 minutes. Ann was supported throughout by a team numbering about five at any time, made up almost entirely of the Long Distance Walkers Association.

Biography

Ann, aged 43, is a geologist with British Petroleum, and she lives in South Woodford, London. She belongs to the Long Distance Walkers Association and Essex ladies A.C. and has a number of walking achievements to her credit:

- April 1977: Pennine Way in 6½ days; walking all the way.
- October 1977: Bristol: first woman to become a Centurion--time 20:37.
- May 1979: Rouen, France: set world best distance for the women's 24-hour walk with 116.6 miles.
- September 1979: British Three Peaks: 420 miles; set overall record (still women's record) of 7 days 0 hours 31 minutes.
- May 1980: unofficially improved 24-hour distance; official result was 116 miles in 23:34, but Ann continued to cover 118.5 miles in 24 hours.
- June 1980: Sint-Oedenrode, Netherlands; walked 100 miles in 19:32; the first woman to break 20 hours for the distance.

Ann hated sport at school, but took up rowing at London University, and later, in 1960-4, was in the British crew in the Eights in the European Rowing Championships. Later she took up rock climbing, then mountain walking. She went on her first challenge walk, the 50-mile Longmynd Hike in Shropshire, in October 1973, and her first 100-mile cross-country challenge in 1974. She took up race walking in 1977. She has done ten 100-mile or longer cross-country challenge walks and race walks.



## RACE FOR LIFE - 10 K October 18, 1981

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>SECS OFF DT</u>
1	Steve Stonecipher-Fisher 24	31:54.7	
2	Bob O'Connell 31	32:36.4	
3	Jeff Mittlehauser 24	32:52.1	
4	Tom LaFontaine 34	34:29.0	
5	Jim Marshall 23	35:31.1	
6	Kent Lang 19 PB	35:42.7	17
7	Don Lewis 45	35:43.5	1
8	Dick Swanson 34	36:54.9	
9	Bruce Maxey 25	37:01.8	58
10	Marc Scholes 30	37:04.4	
11	Ben Londeree 47	37:25.9	26
12	Whitney Hicks 46	37:32.0	
13	Joe Marks 44	37:57.4	3
14	Michael DeLoughery 31	38:07.6	
15	Mike Koonse 31	38:17.2	17*wins a
16	Mark Hosler 34	38:32.4	CTC shirt
17	Danny Ludwig 24	39:05.0	
18	Jack Robinson 40	39:17.5	
19	Bill Brennan 25	39:51.3	
20	Richard Madsen 39	39:55.0	
21	Steve Cain 30	39:56.5	
22	Sam Stout 38	40:02.2	62
23	Robert Smith 44	40:06.5	
24	Gene Hansbrough 29	40:36.0	
25	Tim Gibson 10 PB	40:40.0	
26	Olen Brown 46	40:47.6	
27	Patrick Brown 24	40:50.3	
28	Milene Mittelhauser 28	41:12.1	
29	Don Johnson 53	41:20.8	24
30	Peter Tuz 30	41:22.8	
31	UNKNOWN	41:27.8	
32	Charles Slivinsky 40	41:37.3	
33	Robert Dolphin 52	41:38.3	
34	Michael Walther 24	42:02.6	123
35	Richard Martin 49	42:21.4	
36	Norris Kruse 46	42:24.3	
37	Al Garverick 37	42:34.4	76
38	Herb Mittelhauser 52	43:02.9	
39	Joe Duncan 47	43:12.9	
40	UNKNOWN	43:17.2	
41	Dan Schuppan 36	44:01.7	
42	Bob Ferris 32	44:39.7	
43	Shannon Kirk 12	45:08.8	
44	Bill Henry 33	45:19.2	
45	John Mueller 38	45:19.2	
46	Don Frey 56	45:29.9	
47	Joe Polacco 37	45:49.0	
48	Annette LaFontaine 31	46:03.8	
49	Christine Ruble 27	46:10.7	
50	Dennis Jones 34	46:24.3	54
51	Ken Snow 32	46:40.0	
52	John O'Connor 48	46:49.3	
53	TIE Tom Lucas 28	46:50.0	
	Kevin Evens 30	46:50.0	
54	John Qualy 34	47:04.7	
55	Matt Shaneberger 15	47:11.0	
56	Kirk Kennler 24	47:18.8	
57	Eric Mumford	47:20.2	
58	Tom O'Connor 14	47:28.6	
59	Jon Ott 34	47:30.2	
60	Sid Hose 42	47:41.0	
61	Gene Brechler 38	48:09.6	
62	John Wilke 36	48:13.6	194
63	Charles Bergman 49	48:16.6	
64	Chuck Matthews 33	48:20.5	
65	Laurence O'Brien 32	48:21.0	
66	Don Hostetter 40	48:34.2	
67	David Garver 14	49:11.5	
68	Robert Wolfe 46	49:12.2	
69	Elton Tay 33	49:32.7	27
70	Roger Hanson 49	49:35.5	

71	Louanne Ray 31	49:41.9	18
72	Robert Marty 48	50:25.8	
73	Jim Pinkerton 48	50:37.2	
74	Carla Qualy 32	51:07.4	
75	Gary Giles 36	51:16.3	
76	Belinda Fender 27	51:30.3	
77	Mary Ann Slivinsky 40	51:35.1	
78	David Kimberling 32	51:58.9	
79	Joe Lecco 34	52:08.1	
80	Fred Gilland 38	53:00.1	
81	Sue Knight 32	54:02.2	
82	Theresa Mueller 31	54:04.7	
83	Chris Othie 29	54:16.5	
84	Deborah Scoles 32	54:32.5	
85	Candy Stout 36	54:39.6	
86	Ronald Burgess 45	55:19.3	
87	Ruth Zander-Parker	55:34.0	
88	John Karl	55:46.0	
89	Kathy Cain 37	57:44.7	
90	Heather O'Connor 12	58:59.5	
91	Joni O'Connor 43	59:02.9	
92	Ron McClure 29	1:01:26.6	
93	Cathy Henry 31	1:01:54.4	
94	Susan Currier 30	1:02:03.0	
95	Lara Chancellor	1:08:44.3	
96	Margaret Johnson 52	1:13:00.9	

A raw, but sunny day, 50° with an extreme WNW wind which had an adverse effect, especially for the first 2½ miles, but despite that there were a lot of PB's. Bob O'Connell was four-tenths of a second away from the CTC 10,000 meter road record, Jim Zickefoose of Lawrence, Ks. having 32:36 enroute to 15 kilo on July 17, 1976, for the 30-39 group. THANKS to the Jim Gibson family, which, with virtually no help, took care of the administration of this race. Also THANKS to Ferd LaBrunerie who gave financial support to the event so that it could be known as the Transamerica/Occidental Life Race for Life.

\*\*\*\*\*

#### SCHEDULE OF EVENTS:

- NOVEMBER 1 Sunday 7:30 AM 40 kilometer walk Shelter Ins. Course
- 1 Sunday 1:00PM Missouri Turkey Trot 3 Mile Cross Country Run--dual meet with St. Louis Track Club Gustin Golf Course \$2.00 for non-CTC members WE WILL NEED HELP WITH THE ADMINISTRATION OF THIS RACE.
- 21 Saturday 9:00 AM 20 kilometer run (10 kilo for women and age 15 & under unless they want to do the 20),
- DECEMBER 5 Saturday 10:00AM 30 kilometer run (10 kilo for women and age 15 & under), 20 kilometer walk Hilton Inn course

\*\*\*\*\*

#### Some selected out-of-town events:

- November 8 8:00 AM 5 mile Ramada Inn Run Sedalia, Mo. CONTACT: Sedalia Runners Club 219 S. Ohio Sedalia, Mo. 65301
- 14 Saturday 8:30 AM 1st Annual Run Thru The Ozarks 10,000 meter run West Plains, Mo.
- 14 Springfield Marine Corps Reserve 10,000 Meter Run Springfield, Mo. CONTACT: Marine Corps Reserve Center 1110 N. Fremont Ave. Springfield, Mo. 65802
- 21 & 22 A 24 Hour Run on the track at Southwest Missouri State, Springfield, Mo., Starting at 7:00 AM the 21st. Limited to 20 runners (so they say). CONTACT: Gary McMurtrey 3460 South Franklin Springfield, Mo. 64807
- 22 Sunday 8:00 AM St. Louis Marathon We have lots of entry blanks.
- 28 Saturday 10:00 AM Alton YMCA Mississippi River 10 Mile Road Run A great opportunity for a 10 mile PB-- a fast, fast course. CONTACT: Alton YMCA Alton, Ill.

ELAPSED TIME STANDINGS (not including the Occidental Life race):

Open, Runners:

1. O'Connell	56	14. Thorne	23	26. Rother	13
2. Lewis	52	15. Marks	23	27. Madsen	13
3. Lang	49	16. Scholes	22	28. Kurth	13
4. Hicks	45	17. Dolphin	20	29. Baxter	12
5. Hessler	42	18. Swanson	20	30. Brown	12
6. Maxey	41	19. Roman	19	31. Duncan	11
7. Baurichter	35	20. Belyea	19	32. Garverick	5
8. Ervin	34	21. Slivinsky	19	33. Sargent	5
9. Koonse	31	22. Johnson	18	34. Kruse	4
10. Hosler	30	23. Wampler	15	35. Wiecek	4
11. LaFontaine	29	24. Storvick	14	36. Pinkerton	2
12. Stewart	25	25. Thornburg	14	37. Jones	2
13. Londeree	25				

Age 15 & under

1. T. Gibson	3
2. H. Sargent	1

Age 40 & over

1. Lewis	24
2. Hessler	21
3. Hicks	20
4. Dolphin	13
5. Slivinsky	12
6. Londeree	11
7. Johnson	11
8. Marks	9
9. Baxter	8
10. Storvick	8
11. Duncan	6
12. Kruse	2
13. Wiecek	2
14. Pinkerton	2

WOMEN:

1. Hoxworth	8
2. H. Sargent	5
3. LaFontaine	4
4. Majewski	3
5. Roman	2
6. Ruble	1
7. Lewis	1

WALKERS:

1. Pullen	8
2. Chapin	5
3. Busen	4
4. Spier	4
5. Taft	3

Some results of the UMC Alumni Run, a 5,000 meter cross country affair on the Gustin course, Oct. 10. Notice how CTC dominated the 30-45 and over 45 group: All ten of the top 30-45 were CTC runners and the top 6 over 45 were CTC. In fact, the 30-45 men dominated the overall standings, placing the top four. Don Lewis was in a strange situation. Had he been 3½ months older he would have won the age over 45 category, BUT, had he been 15 years younger, he would have won the under age 30 category!

Here are some results from the third annual Natural Light Stadium Run, Sept. 28. Notice Tim Gibson in 5th, Peter Hessler 14th, Dick Hessler 22nd. There were other CTC runners in this very popular event, Jim Sowash, Bill Wiecek and John Weston that I know about. Bob Dolphin was 71st.

Men Under 30	
1. Craig Ault	18:30
2. Tim Lewis	18:48
3. Patrick Lee	18:49
4. Jim Thorne	18:58
5. Chris Beamstedt	19:17
6. Steve Burnett	19:22
7. Mark L. Soler	19:24
8. Jim Castle	19:24
9. Ted Natt Jr.	19:25
10. Dennis Singer	19:27
Men 30-45	
1. Bob O'Connell	17:16
2. Al Johnson	17:30
3. Don Lewis	17:50
4. Dick Swanson	17:53
5. Dave Ervin	18:38
6. Joseph Marks	18:48
7. Michael Koonse	18:56
8. Mark Hosler	19:04
9. Rick Rother	19:29
10. Robert McDavid	20:08
Men Over 45	
1. Whitney Hicks	18:40
2. Robert Dolphin	18:54
3. Thomas Storvick	19:59
4. Richard Martin	20:24
5. Norris Kruse	20:56
6. John O'Connor	22:06
7. Shanka Bawell	22:10
8. Lyle Howell	22:56
9. Jack McCausland	23:09
10. Roger Hanson	23:56
Women Under 30	
1. Debbie Hoxworth	20:00
2. Ginger Wallace	20:52
3. Wendy Hager	21:05
4. Joan Grossman	21:30
5. Christine Ruble	21:51
6. Wendy Jones	21:59
7. Beth Smith	22:11
8. Jill Burr	24:24
9. Laurie Mackel	24:39
10. Donna Hansen	25:44
Women 30-45	
1. Cathy Powell	27:04
2. Joni O'Connor	27:34

Polly Peacock Is First In Stadium Run

Polly Peacock led a field of 1,058 runners into Busch Stadium on Sunday as the winner of the third annual Natural Light Stadium Run.

The race was highlighted by its handicapped start. Runners were grouped according to age and sex, and the groups were started at 30-second intervals.

Peacock, 37, had a 9½-minute "hand start" and led most of the way. Finishing with a time of 27 minutes 56 seconds for the 6.2-mile course. Her actual time was 37:26.

Thirty-six-year-old Larry Patterson, given a 14-minute advantage, led in the early stages of the race and finished second. His handicapped time was 30:25, with an actual time was 44:25. Third was Walter Bauer, 56, in 30:53 (28:25 actual time).

Penny Gallogly, 34, was fourth in 30:58 (28:56), and 10-year-old Tim Gibson was fifth in 31:01 (41:01).

Natural Light Stadium Run

MILEMETERS (6.2 MILES)	
Handicapped Times	
1. Polly Peacock, 27 minutes 56 seconds	2. Larry Patterson, 30:25
3. Walter Bauer, 30:53	4. Penny Gallogly, 30:58
5. Tim Gibson, 31:01	6. Michael Duback, 31:28
7. Bob Howard, 31:39	8. Norma Collier, 31:49
9. Ben Davis, 31:59	10. Randy Berzon, 32:12
11. Pat Gallagher, 32:13	12. Stephen Heston, 32:14
13. Chris Kook, 32:26	14. Peter Heister, 32:34
15. Chuck Cornetta, 32:38	16. Marci Cornetta, 32:41
17. Marianne Galt, 32:49	18. Francis Martin, 32:58
19. Randy Henderson, 32:54	20. Debra Bounstork, 33:00
21. Alecia Martin, 33:51	22. Dick Hansen, 33:08
23. Mike Strawell, 33:07	24. Bob Denney, 33:07
25. Herb Tyson, 33:09	26. Fernando Ariza, 33:14
27. Joe Grubbs, 33:13	28. Tom Patten, 33:14
29. John Zales, 33:20	30. Al Smith, 33:23

Bob Dolphin has just given me some more alumni run results: Men 30-45: 12. Charles Slivinsky 20:31, 13. Tom Elliott 20:47, 15. Ken Snow 22:39. Over 45: 11. Jim Jacob 24:39 Under 30: Tom O'Connor 23:24. No other CTC people.

We are having trouble hanging on to our various items of equipment. For instance, we used to have a dozen or so reflective safety vests (marked "CTC") but now we only have three. If any of you have any of those vests, please let us know. We use them primarily for the Pepsi race and the marathon. From the marathon one of our large yellow water coolers (marked "Columbia Track Club") turned up missing. Maybe one of you have it or know where it is. If so, we need it back. And then the road sign "Caution Runners" which was stolen a couple of years ago never did show up. I guess it is gone for good. Anyway, if you ever see someone (a non-CTC member) with items marked "CTC" then please inquire (discreetly, if he is bigger than you are) as to whether or not you may return it to the proper owner.



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

- October 4 & 5, 1975: 100 mile walk, Senior National 100 kilometer walk: 1. Chuck Hunter 20:26:29, 2. Rob Spier 21:21:45--the year Rob Spier became a Centurion, 3. Leonard Busen 22:39:00 and so did 4. Bob Gragg 23:16:28. Augie Hirt won the 100 kilo walk setting American records at 50 miles (8:26:04) and 100 kilo--
1. Augie Hirt 11:16:19, 2. Dave Leuthold 11:57:37, 3. Hunter 12:08:02, 4. Jerry Young 12:08:09, 5. Spier 12:15:08, 8. Busen 13:09:37, 9. Chapin 13:57:32 10. Gragg 13:58:24 etc.
- October 11, 1975: Eight Mile Run 1. Tom Logan 42:25, 2. Charles Torpey 43:56, 3. Dick Hessler 44:34, 4. Walter Renaud, 43, 45:35--this was the debut of Walt Renaud who had a short CTC career of setting many age 40 records, . . . 7. Don Lewis 47:05, 8. Whitney Hicks 47:14. . . 10. Ben Londeree 49:59. . . 14. Joe Marks 50:49. . . 22. Al Garverick 58:36. . . 24. Olen Brown 1:00:15 (this was before Olen got good) & 7 others.
- October 18, 1975 Tri-States Marathon a PB for Dick Hessler at 2:34:53 and Joe Marks' first trip under 3:00--2:59:02.
- October 25, 1975: Five Mile Cross Country Run: 1. Walter Renaud 28:20 2. Dick Hessler 28:33, 3. Rich Todd 28:34, 4. Don Lewis 29:03, 5. Whitney Hicks 30:07, . . . 7. Ben Londeree 31:34. . . 12. Joe Marks 32:48. . . 14. Don Johnson 34:29 and 9 others

\*\*\*\*\*

CTC AWARDS FOR 1981

Achievement Awards

1. Tim Gibson
2. Mike Koonse
3. Norris Kruse
4. Chris Naumann
5. Dick Naumann
6. Charles Slivinsky
7. Don Johnson
8. Don Lewis
9. Ben Londeree
10. Bob O'Connell
11. Jim Pinkerton
12. Ron Wampler
13. Joe Marks

Dave Schulte Improvement Award

Joe Marks

Heart of America Marathon Dave Schulte Award for Improved Performance

Richard Miller

Elapsed Time Awards

Runners, Open

1. Bob O'Connell
2. Jeff Mittelhauser
3. Ben Londeree
4. Dick Hessler
5. Joe Marks
6. Kent Lang
7. Dick Lewis
8. Tom LaFontaine
9. Mike Koonse
10. Bruce Maxey
11. Bob Schottman
12. John Hemphill

15 & Under

1. Tim Gibson
2. Steve Schottman
3. Chris Naumann
4. Richard Diehl
5. Peter Fritsch
6. Peter Hessler

40 & Over

1. Ben Londeree
2. Joe Marks
3. Don Lewis
4. Don Johnson
5. Turk Storvick
6. Whitney Hicks

Women

1. Milene Hollon
2. Chris Ruble
3. Mary Slivinsky
4. Susan Boyle
5. Annette LaFontaine
6. Angie Ballenger

Walkers

1. Rob Spier

Designated Time Awards

1. Joe Marks
2. Ben Londeree
3. Rob Spier
4. Kent Lange
5. Turk Storvick
6. Mike Koonse

THE OFFICIAL CTC WINNERS ARE LISTED ABOVE. They join all the rest of the winners who have ever run for personal improvement, enjoyment or whatever. This was the biggest year ever for CTC membership, and the quality of nice folks has never been better!

As you know, we emphasize personal improvement with our Dave Schulte and Achievement Awards. We also emphasize participation by giving an Elapsed Time point to everyone who even participates in a race. Finally, we even give trophies to the hard core competitors who race to win.

So, whatever kind of winner you are, CONGRATULATIONS!!

by Joe Marks

It was the national championship 50-miler and 100K (3rd annual AMJA Ultramarathons), Oct. 4, Chicago. There were 310 entered...150+ had run at least one ultra; 35, 25 or more marathons; 84 were in my 40-49 age division. Contestants' list read like a Who's Who: Barney Klecker, who set the world record for 50 miles last year on this course (4:51:25 or a little over 5:40 a mile for 50 mi.); Park Barner, famous ultra marathoner, who has run 68 ultras including 162.5 in 24 hrs.; Sue Ellen Trapp, woman's record holder for 50 mi. (6:12:12); Alex Ratelle, who ran H of A eight times and last spring ran a 2:30 marathon at age 56; Tom Bassler, M.D., who has run 6 ultras and calls the 50-miler the "Sissy Fifty;" Sy Mah, who ran H of A to give him three marathons for a weekend and who has now completed over 225 marathons, including 14 ultras; and a whole hunch of other folks whose endurance credentials would knock your socks off. (And you think I'm a running "junkie"?)

The fascinating part of the race was how I compressed so long a time into a relatively short "happening." It wasn't boring either---even though the course went up five miles from Chicago's Loop (mostly on a bike path) along Lake Michigan. Up. Then Back. Five times. Aid stations every mile. I had stashed a mix of glucose and "Squencher" at Station #2 so I could get drinks at 4- and 6-mile intervals. Not often enough. More about that later.

I remember the start. Slight rain. About 57 degrees. Felt chilly. I thought of wearing my sweatshirt, because many people around me were dressed warmly. They said the slow pace wouldn't keep me warm enough. They were wrong. Shoes, socks, shorts, and singlet (with "Columbia Track Club" splashed across it) were all I wanted to tote for 50 miles. The start was very casual; people chattering, visiting, renewing old acquaintances. I passed the first mile in 7:45 and said aloud to no one in particular, "Only 49 miles to Miller time." (Actually, Natural Lite was one of the sponsors and provided beer at every mile. Now there's a record worth shooting at!)

I passed 5 miles in 36:26; 10 in 1:17:15; 20 in 2:32:27; marathon in 3:19:35; 30 mi. in 3:48; 40 in 5:05:51. Ave. thru 40 was 7:35/mi. In fact, I passed Barney Klecker briefly in my 39th mile. Unfortunately, he was 10 miles ahead of me and "sprinted" on in to finish the 50 in a winning time of 5:05:04 (6:06/mi.). As I rounded the barrel that marked 40 miles, I thought, "A piece of cake. All I've got to do is average 8 1/2 min. a mile for the last 10 and I'll break 6 hrs., 30 min." And it seemed that was the way it was going to be. Mile 41 passed in a little over 8 min.; likewise mile 42. Then, about 42.5 into the race, I got cramps in both calves at once. I stopped to do a wall pushup to uncramp and started running again. And that's the way it went from then on: 'bout 200 yards of running, then wall pushups...time after time. I averaged nearly 11 min. a mile the last 7 mi. to finish with 6:44:42 (overall ave. of 8:05/mi.)...29th out of 209 finishers. Among those finishers were a 78-year-old man (oldest ever for that distance) and a guy who had a triple coronary bypass).

As for my age division, the winner was Bernd Heinrich, 41, Burlington, VT, a 2:22 marathoner, who set a new world's master's record of 5:12:12 to finish second to Klecker...and then kept on going to win the 100K in 6:38:20 (about 6:20 a mile for 62 mi.!). Second in 40-49 was Dave Worthen (from ?) in 6:14; third, William Barker, M.D., 40, Davenport, IA in 6:35:20. If I hadn't cramped, I might have picked off one of those trophies...or at least stayed ahead of the first place female, Sue Ellen Trapp, who finished 50 mi. in 6:42:58, passing me with a little more than a mile to go.

By the way, Alex Ratelle finished 6th overall in 5:53, probably another age group record for the amazing 57-year-old.

Oh, yes, after I finished the race, my lips were blue, I had lost 10 pounds and burned up 6,000 calories, was shivering even though it was sunny and 70 degrees and my core body temp. was likely 103+. My mistake had been that I had not taken in enough fluids and should have loaded potassium and magnesium several days before the run. After getting back to my hotel, I took a hot shower, drank all I could, and slept an hour and a half, pouring sweat all the time. Then awoke, spent six minutes getting on my right sock (leg cramps), finally checked out, drove as far as Normal (can you believe that name?), IL, slept another 8 hours, and drove back to Columbia (eating and drinking much of that time). Amazingly, I recovered better than I have from most marathons (ran a PB in Alumathon 5K six days later). And just last week I called the Ultra's race director...and told him to look for me again next year!!

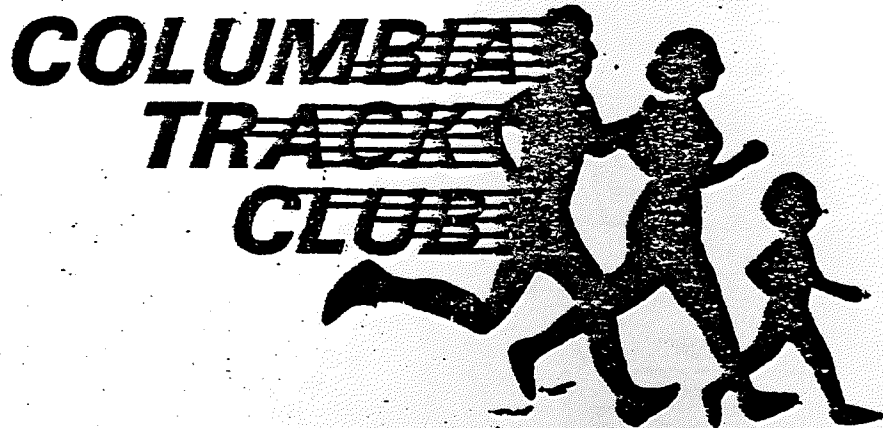
Ed's Note: An amazing performance by Joe Marks. CONGRATULATIONS, JOE!! The first ultra by a CTC member, to our knowledge.

RACE RESULTS, RUN-FOR-THE-SUN III, HELD AT 2:00 P.M., SUNDAY, OCTOBER 4, 1981  
AT SEDALIA, MISSOURI, ON A COURSE WHICH IS PENDING CERTIFICATION WITH THE  
NATIONAL STANDARDS COMMITTEE. 10,000 METERS.

FINISH POSITION	TIME	NAME (AGE)	ADDRESS	SEX
1.	30:48.1	* <u>STONECIPHER-FISHER, STEVE (24)</u>	Columbia, Mo.	M
2.	32:52	<u>O'CONNELL, BOB (32)</u>	Columbia, MO.	M
3.	33:17	<u>MITTELHAUSER, JEFF (24)</u>	Sedalia, MO	M
4.	33:31	<u>LOGAN, TOM (33)</u>	Lees Summit, MO	M
5.	33:35	<u>WESTON, JOHN (26)</u>	Columbia, MO	M
6.	33:56	<u>WILLIAMS, RODNEY (20)</u>	Camden, MO	M
7.	35:11	<u>HOXWORTH, DAN (21)</u>	Columbia, MO	M
8.	35:31	<u>TRIPLETT, CHARLES (31)</u>	Warrensburg, MO	M
9.	35:52	<u>LANG, KENT (19)</u>	Boonville, MO	M
10.	36:15	<u>DAMETZ, LARRY (26)</u>	Marshall, MO	M
11.	36:19	<u>BALLARD, BRUCE (32)</u>	Holden, MO	M
12.	36:51	<u>NEWELL, ROGER (34)</u>	Branson, MO	M
13.	37:08	<u>THOMAS, MARK E. (23)</u>	Sedalia, MO	M
14.	37:36	<u>YEAGER, HENRY (45)</u>	Holden, MO	M
15.	37:48	<u>SCHOLES, <del>BOB</del> MARC (30)</u>	Columbia, MO	M
16.	38:04	<u>ATWELL, KEN (50)</u>	Bonner Springs, KS	M
17.	38:08	<u>COOLEY, DAVID A. (37)</u>	Warrensburg, MO	M
18.	38:10	<u>KLEIN, ALAN (31)</u>	Peculiar, MO	M
19.	38:38	<u>LEWIS, LARRY (46)</u>	Warrensburg, MO	M
20.	38:41	<u>KOONSE, MICHAEL (31)</u>	Boonville, MO	M
21.	39:11	<u>ROBINSON, JACK (40)</u>	Sedalia, MO	M
22.	39:44	<u>CAIN, STEVE (30)</u>	Sedalia, MO	M
23.	39:46	<u>THORNBURG, LARRY (35)</u>	Columbia, MO	M
24.	39:50	<u>HAMLIN, DAVID (42)</u>	Warrensburg, MO	M
25.	39:59	<u>MITTELHAUSER, MILENE (22)</u>	Sedalia, MO	F
26.	40:01	<u>KEMPTON, MARK (30)</u>	Sedalia, MO	M
27.	40:05	<u>FANNING, THOMAS (19)</u>	Boonville, MO	M
28.	40:18	<u>GROTT, BILLY (20)</u>	Sedalia, MO	M
29.	40:26	<u>SMITH, ROBERT (44)</u>	Columbia, MO	M
30.	40:39	<u>BLACKMON, THOMAS (21)</u>	Whiteman AFB, MO	M
31.	41:06	<u>HOXWORTH, DEBORAH (23)</u>	Columbia, MO	F
32.	41:20	<u>HOLLYMAN, JAY (28)</u>	Fulton, MO	M
33.	41:35	<u>GRUBB, ROBERT (35)</u>	Odessa, MO	M
34.	41:42	<u>GIBSON, TIM (10)</u>	Columbia, MO	M
35.	41:42	<u>SANDWITH, TERRY (24)</u>	Slater, MO	M
36.	41:42	<u>WALLACE, STEVEN (24)</u>	Columbia, MO	M
37.	41:59	<u>ODOM, OLIVER (24)</u>	Knob Noster, MO	M
38.	42:35	<u>ARNETT, DOUGLAS (28)</u>	Knob Noster, MO	M
39.	42:36	<u>BENOY, CLYDE (28)</u>	Knob Noster, MO	M
40.	42:37	<u>ROWELL, EDWARD (23)</u>	Knob Noster, MO	M
41.	42:47	<u>DECKER, DAVID (31)</u>	Lincoln, MO	M
42.	42:48	<u>JONES, LES (31)</u>	Sedalia, MO	M
43.	42:50	<u>PRIVITT (21)</u>	Sedalia, MO	F
44.	42:53	<u>HARRIS, CLARK (16)</u>	Cole Camp, MO	M
45.	43:42	<u>FINKE, HAROLD (41)</u>	GREENRIDGE, MO	M
46.	43:47	<u>RHIDDLEHOOVER, LOYD (51)</u>	Boonville, MO	M
47.	43:58	<u>OCELLO, FRANK (20)</u>	Boonville, MO	M
48.	44:02	<u>KRAUSE, HAL (43)</u>	Warrensburg, MO	M
49.	44:31	<u>ORTON, PHILLIP (10)</u>	Plattsburg, MO	M
50.	44:44	<u>GALLOWAY, GARY (38)</u>	Sedalia, MO	M
51.	45:07	<u>MITTELHAUSER, HERBERT (52)</u>	Sedalia, MO	M
52.	45:21	<u>REED, GENE (35)</u>	Sedalia, MO	M
53.	45:28	<u>LYNN, KEVIN (19)</u>	Boonville, MO	M
54.	45:33	<u>JENKINS, GERALD (40)</u>	Sedalia, MO	M
55.	45:38	<u>BAILEY, BOB (48)</u>	Sedalia, MO	M
56.	45:39	<u>CARMODY, MARILYN (31)</u>	Whiteman AFB, MO	F
57.	45:41	<u>ROUCHKA, DON (40)</u>	Hughesville, MO	M
58.	45:58	<u>FREY, DONALD (56)</u>	Columbia, MO	M
59.	46:28	<u>BLOWERS, MARK (27)</u>	Sedalia, MO	M
60.	46:31	<u>GRUBB, ROBIN (12)</u>	Odessa, MO	F
61.	47:07	RUNNER 0		

\*Steve Fisher has had his name legally changed to Steve Stonecipher-Fisher

There 42 other runners, only one more CTC person--45 year old Roger Hanson was 70th in 51:46



---

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.