



TRACK CLUB

NEWSLETTER Vol. XIII, No. 9 September 25, 1981

JON HERBERT WINS HEART OF AMERICA MARATHON WITH SECOND BEST TIME EVER RECORDED: 2:30:26; BOB O'CONNELL 2nd with 3rd best time ever, WENDY THOMAS sets new record for women, DICK HESSLER gets 2nd best age 40 & over time, WESLEY PAUL has new record for age 15 and under, but misses winning the Dave Schulte Award for Improved Performance--that goes to RICHARD MILLER of Springfield, Mo. All these things and a lot more happened on Labor Day, Sept. 7 in the 22nd running of the H of A Marathon.

This year's race truly belonged to Jon Herbert. He had made 6 previous appearances and after the first one he always came back with the notion of winning. A couple of times he raced to early leads, but faded when confronted with heat and a hot sun. Last year he paced himself more sensibly, closed quite fast, but not fast enough to catch Steve Fisher. This year everything was just right. Jon is in perhaps the best condition he has ever been. Three weeks or so ago he got a PB for two miles: 9:31 and had, throughout the summer, competed as well as ever in races in and around Southwest Missouri. Labor Day, 1981, was the one day in a two week period with 100% cloud cover and even some drizzling rain, therefore, with temperatures in the upper 60's, humidity the upper 70's, 100% cloud cover, very moderate winds and the occasional light rain, the situation was just right for Jon and everyone else, not only for PB's, but for a run at some records.

After Herbert went by the 3 mile mark with a 12 second lead Rob Leutwiler took over and built a 150 yard or so margin which he nursed to Easley Hill. On Easley, Herbert pushed pretty hard, closed the gap and then simply drafted the St. Louisian until about 16 miles. After that Herbert took over and began thinking about the record of 2:29:15 set by Dennis Hinkamp in 1977. Herbert was ahead of Hinkamp's record pace the entire race being as much as 90 seconds ahead at 15 miles. However, at 24 miles he was 5 seconds behind and didn't have the kick that Hinkamp had over the final 2-385. Leutwiler, by the way, ran H of A as an 18 year old in 1968 finishing 7th with 2:56:17. Not only that, he still holds the CTC 10 mile course (the old tough hilly course) record of 53:17 set in Feb., 1972.

BOB O'CONNELL had a magnificent performance posting the third best H of A time ever. (He and Herbert were under the age 30-39 record of 2:36:47 held by Gene McClain). Last year Bob got a good feel for the course with a 2:47:32. In our 30 kilo race in August Bob showed he was ready when he knocked off one of Jon Herbert's records. In the marathon Bob ranged along in 5th place through 15 miles, then began picking off the leaders. He got them all, save one--Jon Herbert.

WENDY THOMAS is the wife of the 18th place finisher, Steve Thomas, an Evansville, Ind. lawyer. Wendy had run only one previous marathon, a 3:12 effort in the New York Marathon last October. She certainly showed sub 3:00 potential as she lowered the women's record of 3:09:21 set by Joan Hirt in 1977. DEBBIE HOXWORTH ran with Wendy from about 7 miles to almost the 21 mile timing post, however, Wendy pulled away to her record while Debbie came on to a marathon PB only 2½ minutes away from the record.

WESLEY PAUL was also a record-setter with his 3:02:19 beating the 3:04:09 set by Peter Ewers in 1977. Wesley has 3 more years to improve on that age 15 and under mark. No doubt Wesley was disappointed in not having a sub-3:00 for the first time in his last several marathons, but it is truly remarkable for a 12 year old to feel apologetic for a mere 3:02!

A discordant note in the race this year was the presence of a slow-moving freight train at the Easley crossing which held Miller, LaFontaine, Hessler, Goodrich, Fritz, Guinn, Rothlauf, Beach and Fox for anywhere from 4½ to 1 minute. A frustrating wait for this group while the five leaders at that point were still moving forward. Miller still came on strong to place in the top five while the others probably didn't lose any places. In the future we will try to do something about that train. Once before, in 1976, a train came through at an inopportune time, but it only affected a group of runners who were going at a 4:00+ pace.

FINAL RESULTS

PLACE	NAME	HOMETOWN	AGE	HALFWAY	FINAL	PACE/mile
1	Jon Herbert	Springfield, MO	31	1:14:03	2:30:26	5:43
2	Bob O'Connell	Columbia MO	32	1:17:12	2:32:29	5:48
3	Robert Cline	Burlington, IA	26	1:16:27	2:35:33	5:54
4	Richard Miller	Springfield, MO	30	1:22:13	2:40:57	6:07
5	Rob Leutwiler	St. Louis, MO	31	1:14:01	2:41:14	6:08
6	Tom Goss	Springfield, MO	25	1:16:26	2:42:40	6:11
7	Tom LaFontaine	Columbia, MO	34	1:22:30	2:43:00	6:13
8	Dick Hessler	Columbia, MO	40	1:22:41	2:44:09	6:15
9	Robert Goodrich	Jefferson City, MO	36	1:24:10	2:45:07	6:17
10	Lou Fritz	Verdon, NB	38	1:24:04	2:46:36	6:20
11	Jim Guinn	Raytown, MO	19	1:22:18	2:46:55	6:21
12	David Rothlauf	W. Burlington, LA	29	1:22:20	2:47:58	6:23
13	R. Lien Caldwell	Cibecue, AZ	30	1:25:04	2:48:33	6:25
14	Ken Beach	Raytown, MO	29	1:22:18	2:48:41	6:25
15	Danny Fisher	Manhattan, KS	18	1:25:13	2:49:10	6:26
16	Joe Marks	Columbia, MO	44	1:25:07	2:52:10	6:33
17	Frank Curotto	St. Louis, MO	27	1:29:05	2:52:22	6:33
18	Stephen Thomas	Evansville, IN	30	1:25:47	2:52:37	6:34
19	Bill Fox	Tarkio, MO	39	1:22:26	2:55:11	6:40
20	Leonard Kupersmith	Wichita, KS	34	1:28:44	2:55:40	6:41
21	Joseph Meyer	Evansville, IN	22	1:25:48	2:56:44	6:43
22	Ben Londeree	Columbia, MO	47	1:29:41	2:57:12	6:45
23	Douglas Bellows	Columbia, MO	34	1:28:22	2:57:12	6:45
24	Don Newton, Sr.	Springfield, MO	49	1:25:49	2:57:21	6:45
25	Michael Kelty	no town given	23	1:34:51	2:58:41	6:48
26	Ronald Garofalo	Farmington, MO	31	1:29:39	2:59:06	6:49
27	Billy Smith, Jr	Liberty, MO	33	1:32:40	2:59:35	6:50
28	Mike Burns	no town given	31	1:28:44	2:59:24	6:49
29	Dick Swanson	Columbia, MO	34	1:29:44	3:00:00	6:51
30	James Mays	West Branch, IA	33	1:29:40	3:01:20	6:54
31	Wesley Paul	Overland Park, KS	12	1:25:38	3:02:19	6:57
32	Courtney Jones	St. Louis, MO	36	1:29:38	3:03:37	6:59
33	Mike Wheeler	Kansas City, MO	30		3:04:06	7:01
34	Richard Huse	Columbia, MO	35	1:35:49	3:04:55	7:01
35	Ben Luebbering	Jefferson City, MO	46	1:33:17	3:05:32	7:04
36	James Carroll	Columbia, MO	29	1:35:36	3:05:58	7:04
37	Gale Carman	Columbia, MO	34	1:28:37	3:06:21	7:05
38	R.M. Mahoney	Springfield, MO	54	1:31:27	3:07:07	7:08
39	Wendy Thomas	Evansville, MO	29	1:31:30	3:07:17	7:07
40	Mike Green	Bowling Green, MO	37	1:30:05	3:07:30	7:08
41	Larry Lewis	Warrensburg, MO	46	1:32:57	3:08:13	7:10
42	David Johns	Columbia, MO	25	1:33:18	3:08:25	7:11
43	Frank Macmillan	Durham, NC	27	1:30:19	3:08:41	7:11
44	Mike Koonse	Boonville, MO	31	1:32:35	3:08:41	7:10
45	Fred Fritsch	Columbia, MO	45	1:34:45	3:09:05	7:12
46	Tim Butler	Columbia, MO	22	1:34:38	3:11:40	7:17
47	Debbie Hoxworth	Columbia, MO	23	1:31:45	3:11:48	7:18
48	Kevin Stock	California, MO	19	1:45:34	3:14:04	7:23
49	Darrell Shelton	Belleville, IL	27	1:33:26	3:14:13	7:24
50	John Howland	Jefferson City, MO	32	1:32:38	3:14:23	7:24
51	Peter Butler	St. Paul, MN	49	1:38:40	3:15:21	7:26
52	Sam Stout	Columbia, MO	38	1:33:13	3:16:15	7:28
53	W. Mart Thompson	Springfield, MO	19	1:43:50	3:17:16	7:31
54	James Maxwell	Columbia, MO	27	1:34:52	3:18:02	7:33
55	Joe Goldfarb	Columbia, MO	41	1:36:16	3:18:09	7:33
56	Dean Baxter	Columbia, MO	45	1:39:02	3:18:20	7:33
57	Dennis Hall	Lecoma, MO	42	1:38:16	3:19:48	7:35
58	Don Bagby	Brookfield, MO	25	1:39:29	3:20:17	7:37
59	Mark Hasler	Columbia, MO	34	1:40:29	3:21:50	7:39
60	Jim Blackwell	Brookline Sta, MO	32	1:42:38	3:22:26	7:42

61	Thomas Moore	Columbia, MO	23	1:34:40	3:22:44	7:43
62	Dick Madsen	Columbia, MO	39	1:37:00	3:23:02	7:44
63	Ted Harris, ST	Bridgeton, MO	46	1:32:49	3:23:11	7:44
64	Jim Sowash	Columbia, MO	42	1:40:53	3:23:24	7:45
65	? Wall	unregistered	?	?	3:23:49	7:45
66	Don Johnson	Centralia, MO	53	1:37:57	3:24:23	7:47
67	Robert Fancher	New Baden, IL	41	1:40:51	3:24:36	7:47
68	John Whiteside	Columbia, MO	31	1:42:42	3:25:25	7:49
69	James Buckley	Kansas City, MO	49	1:40:11	3:25:33	7:49
70	Pat O'Laughlin	Columbia, MO	19	1:34:32	3:26:11	7:51
71	Richard Linn	Columbia, MO	29	1:42:38	3:27:59	7:55
72	Robert McDavid	Columbia, MO	34	1:42:38	3:28:58	7:57
73	Bob Ferris	Columbia, MO	32	1:41:03	3:29:06	7:58
74	Charles Lenau	Columbia, MO	44	1:45:52	3:29:18	7:58
75	Lee Pfefer	Columbia, MO	46	1:40:51	3:29:18.5	7:58
76	Louis Bussjaeger	Wichita, KS	39	1:38:54	3:29:28	7:59
77	Mark Lanier	Columbia, MO	22	1:36:23	3:29:31	7:59
78	Larry Bentley	Batesville, AK	41	1:39:04	3:31:49	8:02
79	Dick Martin	Columbia, MO	49	1:44:58	3:32:04	8:05
80	Douglas Bay	St. Louis, MO	39	1:45:15	3:33:24	8:07
81	Michael Walther	St. Louis, MO	23	1:38:30	3:33:29	8:08
82	Regan Thomas	Columbia, MO	34	1:48:06	3:37:26	8:16
83	David Walker	Columbia, MO	37	1:40:18	3:37:26	8:16
84	Dick Chrislip	Bellsville, IL	39	1:38:28	3:38:10	8:18
85	Jay Ward	Columbia, MO	37	1:48:04	3:38:37	8:18
86	Bob Bredlove	Columbia, MO	29	1:40:53	3:39:01	8:21
87	Elmer Schlemper	Columbia, MO	42	1:40:08	3:39:11	8:21
88	Penny Gallogly	Shrewsbury, MO	34	1:55:04	3:40:36	8:23
89	Dan Ovshak	Columbia, MO	32	1:43:45	3:40:56	8:24
90	Leroy Sevier	Bowling Green, MO	36	1:52:26	3:41:32	8:25
91	Jim Gallogly	Shrewsbury, MO	35	1:55:04	3:41:56	8:26
92	Don Ballenger	Columbia, MO	39	1:46:01	3:42:20	8:28
93	Glenn Spielman	Clearwater, FL	31	1:46:35	3:43:02	8:30
94	Carol Spielman	Clearwater, FL	31	1:46:38	3:43:15	8:30
95	Howard Bentley	Jefferson City, MO	52	1:33:13	3:43:29	8:31
96	Beverly Haeffling	Shawnee, KS	24	1:52:33	3:44:03	8:32
97	Peter Hessler	Columbia, MO	12	1:54:49	3:44:49	8:32
98	Mike Hassler	Houston, TX	29	1:54:49	3:44:50	8:33
99	Gregory Prante	St. Peters, MO	19	1:57:54	3:48:10	8:41
100	David Kimberling	Columbia, MO	32	1:58:19	3:48:46	8:42
101	Joe Lecco	Columbia, MO	34	1:58:19	3:48:46	8:42
102	Bill Harbor	little Rock, AK	31	1:57:57	3:53:07	8:53
103	Robert Dolphin	Columbia, MO	51	1:44:01	3:53:46	8:54
104	John Ostroot	Columbia, MO	24	1:51:17	3:53:54	8:54
105	Gilbert Corrigan	Spanish Lake, MO	52	1:57:35	3:55:25	8:58
106	Don Waltman	Louisiana MO	46	2:01:03	3:55:48	8:58
107	William Soloman	Kansas City, MO	43	1:53:48	3:56:00	9:00
108	Susan Matthews	Columbia, MO	23	1:56:46	3:56:02	9:00
109	John Wilke	Columbia, MO	36	1:59:39	3:56:09	9:00
110	Chris Ruble	Columbia, MO	27	1:59:02	3:56:25	9:01
111	Clarence Coats	Columbia, MO	33	2:03:58	3:56:47	9:01
112	Marv Patterson	Columbia, MO	46	1:50:18	3:57:16	9:02
113	John Reinisch	Columbia, MO	37	1:45:54	3:57:34	9:03
114	David Merhaus	St. Louis, MO	30	1:49:12	3:57:49	9:03
115	Wally Herman	Ottawa, Ontario	55	2:10:08	3:58:38	9:05
116	Chuck Matthews	Columbia, MO	33	1:59:22	3:59:47	9:07
117	David Plummer	Jefferson City, MO	36	1:49:23	4:02:15	9:13
118	Tom Boussie	Glauson, MI	?	2:04:17	4:03:57	9:17
119	W. Scott Snider	Columbia, MO	31	1:58:32	4:04:08	9:18
120	William Davis	Columbia, MO	39	1:46:32	4:04:12	9:18
121	Mary Slivinsky	Columbia, MO	40	1:59:04	4:06:40	9:23
122	Don Rouchka	none listed	?	?	4:12:34	9:37
123	William Rotts	Ashland, MO	29	1:56:46	4:17:00	9:48
124	Dennis Jones	Columbia, MO	46	1:54:18	4:18:19	9:50
125	Tom Ward	Chicago, IL	28	2:04:10	4:19:59	9:53
126	Larry Fillmer	New Bloomfield, MO	32	2:06:17	4:22:25	9:59
127	Sy Mah	Toledo, OH	55	2:10:08	4:22:38	9:59
128	Ben Moranville	Columbia, MO	53	2:09:26	4:22:38	9:59
129	Trygre Veum	Columbia, MO	41	2:03:58	4:25:50	10:07
130	James Mantz	Bloomington, IN	36	2:03:43	4:26:24	10:09
131	Al-Nima Sameer Khayri	Columbia, MO	32	2:09:28	4:26:29	10:09
132	Daniel Reardon	none listed	23	1:55:32	4:27:22	10:11
133	Joe Sportsman	Marceline, MO	48	2:10:08	4:27:30	10:12
134	Howard Calkin	Oregon, MO	70	2:10:22	4:30:56	10:16
135	Verle Muhrer	Columbia, MO	71	2:07:17	4:39:37	
136	Kathy Werp	Madison Heights, MI	19	2:04:17	4:40:18	
137	Stan Kreidler	Florissant, MO	28	?	4:48:32	
138	Ed Stroesser		30		5:03:51	
139	Sharon LeDuc	Columbia, Mo.	38	2:10:08	5:07:06	
140	Mac Pullen	Columbia, Mo.	38		5:07:56	
141	Leslie Hill	Republic, Mo.	65		5:54:36	

MORE ON THE HEART OF AMERICA MARATHON:

DICK HESSLER had a scintillating performance in his debut as a 40 year old, posting the second best age 40+ time ever. His 2:44:09 has been bettered only by the 2:36:07 set by by Roger Rouiller in 1979.

Sy Mah, age 55, Toledo, Ohio, made H of A his 221st marathon. Last year was #183, so Sy did 38 marathons in one year. Not only that, he had a "triple" over the Labor Day weekend. Sept. 5 he ran a marathon in Port Huron, Mich., Sept. 6 one in Buchanan, Mich. then an all day and most of the night car ride to Columbia for ours on Sept. 7. I haven't heard of anyone having done a "triple" before.

In the Dave Schulte Award for Improved Performance, Richard Miller improved from the 3:35:49 he had in the 1970 heatbath as a 19 year old School of the Ozarks student to a 2:40:57. This was an improvement of 351 Gardner-Purdy points and 25.42%. Wesley Paul improved 310 points over the 4:04:08 he had as a seven year old in 1976. The percentage spread was much closer, however, as Wesley's percent improvement was 25.32%

We had some 80 people who were involved in the support services for this race and to them we are indebted, for without their help we would not have much of a race. THANKS TO ALL OF YOU!! Also THANKS to Shelter Insurance Companies, the principal financial supporter of the race.

Four runners predicted a time for the marathon and Tom LaFontaine achieved perfection when he predicted 2:43:00 and then ran 2:43:00 with an assist from the MKT railroad. For his effort Tom wins a CTC shirt. Joe Marks was 10 seconds off, Mike Koonse 79 and Ben Londeree 288.

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

- September 1, 1975 Heart of America Marathon 1. Tim Hendricks 2:38:42 (His 5th win), 2. Randy Cook 2:39:17, 3. Dick Hessler 2:39:43 (his PB in 9 tries), 4. Lou Fritz 2:43:46 (Lou, by the way, has now completed 17 consecutive H of A marathons), 5. Rick Katz 2:44:32. . .10. Alex Ratelle, age 50, 2:54:40. . .14. Whitney Hicks 3:02:30. . .22. Joe Marks 3:08:18. . .24. Don Lewis 3:08:30. . .45. Larry Young 3:44:05, walking!. . .48. Augie Hirt 3:46:27, also walking,. . .51 Dennis Blossom 3:48:02 and 27 others.
- September 13, 1975 15 Kilo walk, Hickman track: 1. Larry Young 1:10:45, 2. Augie Hirt 1:14:19. . .7. Rob Spier 1:29:51. . . 9. William Taft 1:58:11
- September 20, 1975: Two Mile Run: 1. Linley Lipper 9:39, 2. Dick Hessler 10:29, 3. Whitney Hicks 10:32, 4. Mike Chippendale 10:46, 5. Don Lewis 10:57, 6. Ben Londeree 11:00. . . 9. Joe Marks 11:41. . .13. Joe Duncan 12:10 . . . 15. Turk Storvick 12:30. . . 22. Jim Gibson, 11, 14:00, 23. Matt Gibson, 10, 15:05, 24. Steve Gibson, 9, 15:06, 25. Amy Hessler, 9, 15:16.
- 10,000 meter walk: 1. Jim Breitenbucher 55:40. . . 3. Dave Leuthold 58:09, 4. Rob Spier 59:35. . . 6. William Taft 1:17:52, 7. Joyce Schulte 1:20:24
- September 28, 1975 Two Mile Cross Country Run 1. Charles Beckerdite 10:59, 2. Dick Hessler 11:02, 3. Whitney Hicks 11:05, 4. Augie Hirt 11:09, 5. Don Lewis 11:14, 6. Ben Londeree 11:20. . .9. Turk Storvick 12:11, 10. Joe Marks 12:17, . . . 14. Joe Ducnan 13:18, 15. Olen Brown 13:34. . . 18. Jim Gibson 14:03. . .20. Matt Gibson 14:47 . . . 28. Kathy Cain 18:54

WE NEED HELP FOR THE ADMINISTRATION OF THE 100 MILE WALK, October 3 & 4. In addition to the 40 people we need for the 8 3 hour timing shifts, we need at least two people per 3 hour shift to serve at the aid station. Therefore please offer to help out. Call Joe Duncan at 445-2684.

HEART OF AMERICA MARATHON 1981

Showing 3 mile splits for first 12 finishers, age group winners and CTC members:

PLACE	3	6	9	12	15	18	21	24
1.	16:36	33:18	50:07	1:07:15	1:24:30	1:41:22	1:58:42	2:16:25
2.	16:56	34:47	52:06	1:10:05	1:27:53	1:44:52	2:02:27	2:19:48
3.	16:56	34:31	51:34	1:09:15	1:27:31	1:45:14	2:03:21	2:21:41
4.	18:24	36:03	53:47	1:11:39	1:33:10	1:51:02	2:09:22	2:27:50
5.	16:48	32:46	49:35	1:06:49	1:24:28	1:42:31	2:02:07	2:26:09
6.	16:56	34:30	51:34	1:09:14	1:27:30	1:47:41	2:08:10	2:28:18
7.	18:25	36:16	54:06	1:11:59	1:33:26	1:51:52	2:10:36	2:28:49
8.	18:25	36:51	55:15	1:13:54	1:34:10	1:52:37	2:11:24	2:30:09
9.	18:24	36:27	55:19	1:16:21	1:35:50	1:54:57	2:13:30	2:31:41
10.	18:49	38:00	56:35	1:16:20	1:36:01	1:55:01	2:14:04	2:32:48
11.	18:25	36:33	54:42	1:13:21	1:33:56	1:52:54	2:12:43	2:32:49
12.	17:40	34:32	52:06	1:10:38	1:33:49	1:53:31	2:14:12	2:33:38
16.	18:55	38:03	57:25	1:17:04	1:37:25	1:57:14	2:17:22	2:37:23
22.	20:14	40:11	1:00:33	1:21:03	1:42:12	2:01:39	2:22:07	2:42:13
23.	19:46	39:36	59:47	1:19:48	1:41:10	2:00:50	2:21:43	2:42:18
31.	18:25	36:31	56:12	1:16:55	1:38:33	2:00:07	2:22:20	2:45:31
34.	22:55	45:06	1:06:06	1:27:54	1:48:21	2:08:18	2:28:57	2:49:35
35.	22:22	43:29	1:03:16	1:24:06	1:45:49	2:06:21	2:27:45	2:49:38
37.	20:15	39:41	59:38	1:19:56	1:41:31	2:02:30	2:25:39	2:48:32
38.	20:15	40:43	1:01:35	1:22:27	1:44:33	2:05:47	2:27:45	2:49:32
39.	20:30	41:23	1:01:36	1:22:33	1:44:45	2:05:51	2:28:13	2:50:21
42.	21:30	42:00	1:03:10	1:24:40	1:46:31	2:08:23	2:30:07	2:52:25
44.	21:21	41:20	1:02:02	1:23:48	1:45:49	2:08:24	2:31:03	2:52:48
45.	21:51	42:06	1:03:25	1:25:41	1:48:04	2:09:26	2:31:33	2:53:52
46.	21:42	41:50	1:03:20	1:25:40	1:48:03	2:09:26	2:31:33	2:54:22
47.	21:25	41:46	1:01:36	1:22:28	1:44:45	2:05:50	2:28:52	2:53:45
48.	26:09	51:57	1:14:16	1:36:55	1:57:59	2:17:34	2:38:48	2:59:14
52.	21:30	41:23	1:02:15	1:24:05	1:46:48	2:09:13	2:33:45	2:58:18
56.	22:40	44:54	1:06:36	1:29:01	1:52:56	2:15:28	2:38:37	3:01:46
59.	23:15	46:25	1:08:01	1:32:56	1:54:51	2:17:34	2:41:05	3:04:44
62.	22:22	44:00	1:05:40	1:27:56	1:51:36	2:14:15	2:38:28	3:03:49
64.	23:23	46:37	1:08:30	1:31:12	1:54:58	2:17:40	2:41:05	3:05:00
66.	20:35	42:38	1:05:10	1:28:06	1:52:20	2:15:31	2:39:54	3:04:59
68.	22:57	44:26	1:08:54	1:32:53	1:57:29	2:20:48	2:44:22	3:07:35
72.	23:35	46:37	1:09:00	1:32:01	1:57:29	2:21:15	2:45:23	3:09:32
73.	23:35	46:37	1:08:52	1:31:33	1:55:21	2:18:26	2:43:05	3:09:53
75.	22:55	46:00	1:07:49	1:30:56	1:55:18	2:18:35	2:43:40	3:09:55
79.	23:23	46:07	1:11:00	1:34:37	1:59:59	2:24:18	2:49:40	3:14:13
82.	24:48	49:12	1:12:38	1:37:27	2:03:16	2:28:01	2:54:18	3:20:29
85.	24:48	49:12	1:12:38	1:37:27	2:03:16	2:28:01	2:54:18	3:20:32
87.	23:23	46:04	1:06:36	1:29:39	1:55:02	2:19:31	2:46:35	3:15:17
89.	22:57	46:04	1:08:54	1:32:54	1:58:40	2:25:37	2:53:50	3:21:51
92.	24:56	48:29	1:11:47	1:35:59	2:00:55	2:24:48	2:50:44	3:19:16
95.	23:23	46:30	1:08:38	1:31:24	1:56:36	2:21:21	2:48:45	3:20:26
97.	28:25	54:34	1:18:44	1:44:32	2:10:49	2:35:49	3:01:03	3:25:29
103.	23:27	46:07	1:08:52	1:33:10	2:00:11	2:28:48	2:59:15	3:30:37
109.	25:32	52:41	1:18:52	1:46:52	2:16:08	2:42:51	3:10:05	3:37:12
110.	25:40	53:38	1:19:42	1:46:28	2:16:08	2:42:26	3:09:23	3:36:23
111.	27:45	54:52	1:22:29	1:52:10	2:20:04	2:46:12	3:11:55	3:38:02
112.	23:58	47:57	1:11:30	1:37:14	2:05:47	2:32:30	3:03:25	3:35:52
116.	25:51	53:38	1:20:35	1:48:10	2:16:46	2:42:54	3:09:50	3:38:16
121.	25:40	53:38	1:19:42	1:46:27	2:16:08	2:43:17	3:12:52	3:42:46
124.	25:32	50:40	1:16:21	1:42:00	2:11:46	2:42:45	3:15:40	3:53:35
128.	29:27	57:00	1:26:07	1:56:16	2:28:04	2:57:14	3:29:00	4:00:48
129.	23:30	46:37	1:21:40	1:50:53	2:22:21	2:53:09	3:26:30	4:01:35
139.	29:28	58:06	1:27:12	1:57:12	2:28:28	2:59:01	3:32:15	4:17:00
140.	32:05	65:34	1:33:00	2:12:39	2:47:59	3:23:05	--	--
ADD: Dick Swanson								
29.	20:15	40:43	1:01:15	1:21:15	1:42:31	2:02:49	2:23:45	2:44:23

DEBBIE HOXWORTH SETS MARK FOR WOMEN, BOB O'CONNELL OVERALL WINNER

5,000 METER RUN September 19, 1981:

		1600	3200	5,000	Seconds off DT
1.	Bob O'Connell	32	5:10	10:22	16:09.5
2.	Tom LaFontaine	34	5:10	10:23	16:18
3.	Jim Snowden Quincy, Ill.	45	5:19	10:36	16:40
4.	Don Lewis	45	5:21	11:00	17:09
5.	Jeff Knollman		5:16	10:50	17:16
6.	Kent Lang	19	5:21	11:00	17:16.1 9
7.	Dick Hessler	40	5:32	11:12	17:37
8.	Ben Londeree	47	5:31	11:13	17:44 14
9.	Whitney Hicks	46	5:37	11:24	17:46 13
10.	Joe Marks	44	5:39	11:25	17:47.5 10
11.	Marc Scholes	30	5:39	11:29	17:58
12.	Bruce Maxey	25	5:31	11:25	18:04 34
13.	Dick Swanson	34	5:39	11:33	18:05 40
14.	Ron Belyea		5:39	11:27	18:06
14t.	Steve Baurichter		5:37	11:29	18:06
16.	Stuart Towns "A"		5:37	11:29	18:11
17.	Mike Koonse	31	5:36	11:32	18:15 15
18.	Dave Ervin	36	5:50	11:40	18:17 43
19.	D. Picher		5:39	11:31	18:22
20.	Mark Hosler	34	5:54	12:05	18:55 19
21.	Larry Thornburg	34	5:42	11:57	19:04 44
22.	Stuart Towns "B"		6:11	12:19	19:10
23.	Dick Madsen	39	6:06	12:20	19:12 48
24.	Dean Baxter	45	6:06	12:22	19:33 3
25.	Tim Gibson	10	6:10	12:39	19:44 19
26.	Bob Dolphin	51	6:03	12:32	19:46 14
27.	Don Johnson	53	6:07	12:24	19:51
27t.	Debbie Hoxworth	23	6:00	12:19	19:51 24
29.	Lanier		5:56	12:32	19:55
30.	Ron Wampler	34	6:22	12:52	19:56 4
31.	Charles Slivinsky	40	6:11	12:46	20:06 6
32.	Turk Storvick	53	6:22	12:52	20:13
33.	Joe Duncan	47	6:34	12:57	20:20 5
34.	Al Garverick	37	6:32	13:08	20:22 33
35.	Norris Kruse	45	6:42	13:30	21:10
36.	Joe Kurth	34	6:59	14:08	21:19 71
37.	Steve Sargent	34	6:55	14:00	22:03 3
38.	Chris Ruble	27	6:58	14:11	22:16 26
39.	Bob Freeman		7:00	14:30	23:27
40.	Jim Pinkerton	48	7:19	15:03	23:47 73
41.	Heather Sargent	10	7:30	15:25	one more lap & out
42.	Jim Thorne (or John?)		5:39	11:24	
43.	Phil Lively		6:10	7 laps in 11:19	

Low 50's, no clouds, bright sun, fairly strong wind from the west. Tom LaFontaine took out the pace with O'Connell tucked right behind him until just after completion of the 7th lap when Bob went on by. Both of the frontrunners were still feeling the effects of the marathon but still created a good threat to the 30-39 record of 16:07 set last year by O'Connell. Despite stopping for a few seconds in the 10th lap to get through a session of dry heaving and then getting on her knees to offer some prayers to the heavenly Gods (Mercury, I suppose) Debbie Hoxworth came on to set a record for women, getting well under the 20:14 set last year by Milene Hollon. Jim Pinkerton had a PB, so did Joe Marks by 10 seconds, and no doubt there were others. I think LaFontaine had a PB by one second. Steve Sargent, from Fulton, wins a CTC shirt in his first competition as A CTC member--in fact, his first competition since his high school days. It didn't take him long to figure out how the DT format works.

THE NEXT DAY MAC PULLEN WON A 30 KILO WALK:

	5k	10	15	20	25	30
1. Mac Pullen	32:46	1:05:13	1:37:31	2:10:02	2:44:07	3:20:55
2. Rob Spier	33:26	1:06:21	1:40:33	2:16:07	2:51:22	3:27:37
3. William Taft	40:32	1:20:27	2:01:47	2:42:23	3:23:40	4:09:42

Temperature started in the low 60's but with a bright sun it eventually got pretty warm, despite the 6:30 AM start. Taft was only 18 seconds off his DT while Spier was 23 off. This was billed as the Missouri State 30 Kilo Championship.

1.	J. B. COLLIE	New York City	May 10 & 11, 1878	21:00:42
2.	M. J. ENNIS	New York City	May 10 & 11, 1878 (103 mi)	23:31:56
3.	J. SCHMIDT	New York City	May 10 & 11, 1878	23:46:15
4.	LARRY O'NEIL	Kalispell, Montana		
	1. Columbia, Mo.	Age 60	Sep. 23 & 24, 1967	19:24:34
	2. Columbia, Mo.	61	Sep. 21 & 22, 1968	20:51:30
	3. Columbia, Mo.	63	Sep. 26 & 27, 1970	20:42:42
	4. Los Angeles	63	Oct. 30 & 31, 1970	21:49:32
	5. Columbia, Mo.	67	Sep. 28 & 29, 1974	21:53:26
	6. Columbia, Mo.	70	Oct. 1 & 2, 1977	21:55:23
5.	JOHN ARGO	Mattawa, Ontario, Canada		
	1. Columbia, Mo.	56	Sep. 26 & 27, 1970	23:22:50
	2. Columbia, Mo.	59	Oct. 6 & 7, 1973	23:18:46
	3. Columbia, Mo.	62	Sep. 25 & 26, 1976	23:43:10
6.	LARRY YOUNG	Columbia, Mo.		
	Columbia, Mo.	28	Sep. 18 & 19, 1971	18:07:12
7.	CHRIS CLEGG	Beverly Hills, Calif.		
	Columbia, Mo.	54	Sep. 18 & 19, 1971	22:46:14
8.	BEN KNOPPE	St. Louis, Mo.		
	Columbia, Mo.	29	Sep. 16 & 17, 1972	22:15:05
9.	CARL McCOUN	Great Falls, Montana		
	Columbia, Mo.	25	Sep. 16 & 17, 1972	23:52:08
10.	SHAUL LADANY	Tel Aviv, Israel		
	Columbia, Mo.	37	Oct. 6 & 7, 1973	19:38:26
11.	CHUCK HUNTER	Longmont, Colorado		
	1. Columbia, Mo.	36	Oct. 6 & 7, 1973	21:17:33
	2. Columbia, Mo.	37	Sep. 28 & 29, 1974	21:14:17
	3. Columbia, Mo.	38	Oct. 4 & 5, 1975	20:26:29
	4. Columbia, Mo.	39	Sep. 25 & 26, 1976	20:05:50
	5. Columbia, Mo.	40	Oct. 1 & 2, 1977	20:55:25
	6. Columbia, Mo.	41	Sep. 23 & 24, 1978	21:23:44
	7. Columbia, Mo.	42	Sep. 22 & 23, 1979	23:13:56
12.	JOHN MARKON	Bronx, New York		
	Columbia, Mo.	44	Oct. 6 & 7, 1973	21:57:40
13.	BOB CHAPIN	Independence, Mo.		
	1. Columbia, Mo.	42	Sep. 28 & 29, 1974	20:09:20
	2. Columbia, Mo.	46	Sep. 23 & 24, 1978	19:46:23
	3. Columbia, Mo.	47	Sep. 22 & 23, 1979	21:13:44
	4. Columbia, Mo.	48	Sep. 27 & 28, 1980	20:22:07
14.	DAVE LEUTHOLD	Columbia, Mo.		
	Columbia, Mo.	41	Sep. 28 & 29, 1974	22:31:43
15.	LEONARD BUSEN	St. Louis, Mo.		
	1. Columbia, Mo.	44	Sep. 28 & 29, 1974	23:07:27
	2. Columbia, Mo.	45	Oct. 4 & 5, 1975	22:39:00
	3. Columbia, Mo.	46	Sep. 25 & 26, 1976	21:49:21
	4. Columbia, Mo.	47	Oct. 1 & 2, 1977	20:04:46
	5. Columbia, Mo.	48	Sep. 23 & 24, 1978	19:40:20
	6. Columbia, Mo.	49	Sep. 22 & 23, 1979	22:11:19
	7. Columbia, Mo.	50	Sep. 27 & 28, 1980	20:52:47
	8. San Diego, Ca.	50	Nov. 1 & 2, 1980	21:11:06
	9. Methuen, Ma.	51	May 9 & 10, 1981	22:50:59
16.	ROB SPIER	Columbia Mo.		
	1. Columbia, Mo.	53	Oct. 4 & 5, 1975	21:18:33
	2. Columbia, Mo.	54	Sep. 25 & 26, 1976	22:35:01
17.	BOB GRAGG	Kansas City, Mo.		
	1. Columbia, Mo.	50	Oct. 4 & 5, 1975	23:16:28
	2. Columbia, Mo.	51	Sep. 25 & 26, 1976	23:37:30
	3. Columbia, Mo.	52	Oct. 1 & 2, 1977	23:07:52
	4. Columbia, Mo.	53	Sep. 23 & 24, 1978	23:03:42
	5. Columbia, Mo.	54	Sep. 22 & 23, 1979	23:48:42
	6. Columbia, Mo.	55	Sep. 27 & 28, 1980	23:31:53
18.	AUGIE HURT	Columbia, Mo.		
	Columbia, Mo.	25	Sep. 25 & 26, 1976	19:55:16
19.	JACK BLACKBURN	Springfield, Ohio		
	1. Columbia, Mo.	40	Sep. 25 & 26, 1976	22:11:57
	2. Columbia, Mo.	41	Oct. 1 & 2, 1977	21:18:26
	3. Columbia, Mo.	42	Sep. 23 & 24, 1978	21:13:54
	4. Methuen, Ma.	45	May 9 & 10, 1981	20:50:19
20.	PAUL HENDRICKS	San Diego, CA		
	1. Columbia, Mo.	34	Oct. 1 & 2, 1977	19:45:17
	2. Columbia, Mo.	35	Sept. 23 & 24, 1978	19:10:37
	3. San Diego, Ca.	37	Nov. 1 & 2, 1980	18:48:52
21.	JERRY BROWN	Longmont, Colorado		
	1. Columbia, Mo.	35	Oct. 1 & 2, 1977	21:59:34
22.	RICHARD MYERS	Xenia, Mo.		
	1. Columbia, Mo.	41	Oct. 1 & 2, 1977	22:57:36
	2. Columbia, Mo.	42	Sept. 23 & 24, 1978	21:44:26
23.	ALAN PRICE	Washington, DC		
	1. Columbia, Mo.	31	Sept. 23 & 24, 1978	18:57:01
	2. Ft. Meade, Md.	32	Aug. 11 & 12, 1979	21:09:09
	3. Columbia, Mo.	32	Sept. 22 & 23, 1979	19:52:15
	4. Columbia, Mo.	33	Sept. 27 & 28, 1980	19:28:16
	5. San Diego, Ca.	33	Nov. 1 & 2, 1980	19:55:22
	6. Methuen, Ma.	34	May 9 & 10, 1981	20:09:18
24.	ELSIE McGARVEY	Kalispell, Montana		
	1. Columbia, Mo.	49	Sept. 23 & 24, 1978	22:52:31
	2. San Diego, Ca.	51	Nov. 1 & 2, 1980	23:46:17
25.	ALBERT VAN DYKE	Jefferson City, Mo.		
	1. Columbia, Mo.	53	Sept. 23 & 24, 1978	23:12:56
26.	DAVE HUGENER	San Diego, CA		
	1. San Diego, Ca.	41	May 12 & 13, 1979	21:30:27
	2. San Diego, Ca.	43	Nov. 1 & 2, 1980	20:34:39
27.	DOUG REEVES	San Diego, CA		
	1. San Diego, Ca.	31	May 12 & 13, 1979	23:19:50
	2. San Diego, Ca.	32	May 9 & 10, 1980	22:45:12
28.	CHRIS AMOROSO	Longmont, Colo.		
	1. Columbia, Mo.		Sept. 22 & 23, 1979	22:40:01
29.	GERARD HERRMAN	San Diego, CA		
	1. Columbia, Mo.	35	Sept. 22 & 23, 1979	23:39:53
30.	GEORGE LATTARULO	Wollaston, Mass.		
	1. Columbia, Mo.	31	Sept. 22 & 23, 1979	23:50:37
31.	JONATHAN REM	San Diego, CA		
	1. San Diego, Ca.	25	Nov. 1 & 2, 1980	19:19:46
32.	DALE SUTTON	San Diego, CA		
	1. San Diego, Ca.	41	Nov. 1 & 2, 1980	22:03:45
33.	ROBERT MARSHALL	San Diego, CA		
	1. San Diego, Ca.	38	Nov. 1 & 2, 1980	22:39:34
34.	MARIO ESCOBEDO	Chula Vista, CA		
	1. El Cajon, Ca.	22	Feb. 28-March 1, 1981	21:57:23
	2. Methuen, Ma.	22	May 9 & 10, 1981	23:06:50
35.	BOB KEATING	Nashua, New Hampshire		
	1. Methuen, Ma.		May 9 & 10, 1981	20:31:26

THE ONE HUNDRED MILE WALK
1967-1980
Columbia, Missouri

1.	18:07:12*	Larry Young		28	Columbia	Mo	1971
2.	18:57:01	Alan Price		31	Washington	D.C.	1978
3.	19:10:37	Paul Hendricks		35	Chula Vista	Ca	1978
4.	19:24:34	Larry O'Neil		60	Kalispell	Mont	1967
5.	19:28:16	Alan Price	(2)	32	Washington	D.C.	1980
6.	19:38:26	Shaul Ladany		37	Tel Aviv	Israel	1973
7.	19:40:20	Leonard Busen		48	St. Louis	Mo	1978
8.	19:45:17	Paul Hendricks	(2)	34	Chula Vista	Ca	1977
9.	19:46:12	Bob Chapin		46	Independence	Mo	1978
10.	19:52:15	Alan Price	(3)	32	Washington	D.C.	1979
11.	19:55:16	Augie Hurt		25	Columbia	Mo	1976
12.	20:04:46	Leonard Busen	(2)	47	St. Louis	Mo	1977
13.	20:05:50	Chuck Hunter		39	Longmont	Colo	1976
14.	20:09:20	Bob Chapin	(2)	42	Independence	Mo	1974
15.	20:22:07	Bob Chapin	(3)	48	Independence	Mo	1980
16.	20:26:29	Chuck Hunter	(2)	38	Longmont	Colo	1975
17.	20:42:42	Larry O'Neill	(2)	63	Kalispell	Mont	1970
18.	20:51:30	Larry O'Neill	(3)	61	Kalispell	Mont	1968
19.	20:52:47	Leonard Busen	(3)	50	St. Louis	Mo	1980
20.	20:55:25	Chuck Hunter	(3)	40	Longmont	Colo	1977
21.	21:13:44	Bob Chapin	(4)	47	Independence	Mo	1979
22.	21:13:54	Jack Blackburn		42	Springfield	Ohio	1978
23.	21:14:17	Chuck Hunter	(4)	37	Longmont	Colo	1974
24.	21:17:33	Chuck Hunter	(5)	36	Longmont	Colo	1973
25.	21:18:26	Jack Blackburn	(2)	41	Springfield	Ohio	1977
26.	21:18:33	Rob Spier		53	Columbia	Mo	1975
27.	21:12:44	Chuck Hunter	(6)	41	Longmont	Colo	1978
28.	21:44:26	Richard Myers		42	Xenia	Ohio	1978
29.	21:49:21	Leonard Busen	(4)	46	St. Louis	Mo	1976
30.	21:53:26	Larry O'Neil	(4)	67	Kalispell	Mont	1974
31.	21:55:23	Larry O'Neil	(5)	70	Kalispell	Mont	1977
32.	21:57:40	John Markon		44	Bronx	N.Y.	1973
33.	21:59:34	Jerry Brown		32	Longmont	Colo	1977
34.	22:11:19	Leonard Busen	(5)	49	St. Louis	Mo	1979
35.	22:11:57	Jack Blackburn	(3)	40	Springfield	Ohio	1976
36.	22:15:05	Ben Knoppe		29	St. Louis	Mo	1972
37.	22:31:43	Dave Leuthold		41	Columbia	Mo	1974
38.	22:35:01	Rob Spier	(2)	54	Columbia	Mo	1976
39.	22:39:00	Leonard Busen	(6)	45	St. Louis	Mo	1975
40.	22:40:01	Chris Amoroso			Longmont	Colo	1979
41.	22:46:14*	Chris Clegg		54	Beberly Hills	Ca	1971
42.	22:52:31	Elsie McGarvey		49	Kalispell	Mont	1978
43.	22:57:36	Richard Myers	(2)	41	Xenia	Ohio	1977
44.	23:03:42	Bob Gragg		53	Liberty	Mo	1978
45.	23:07:27	Leonard Busen	(7)	44	St. Louis	Mo	1974
46.	23:07:52	Bob Gragg	(2)	52	Liberty	Mo	1977
47.	23:12:56	Albert Van Dyke		53	Jefferson City	Mo	1978
48.	23:13:56	Chuck Hunter	(7)	42	Longmont	Colo	1979
49.	23:16:28	Bob Gragg	(3)	50	Liberty	Mo	1975
50.	23:18:46	John Argo		59	Mattawa, Ont.	Canada	1973
51.	23:22:50	John Argo	(2)	56	Mattawa, Ont.	Canada	1970
52.	23:31:33	Bob Gragg	(4)	55	Liberty	Mo	1980
53.	23:37:30	Bob Gragg	(5)	51	Liberty	Mo	1976
54.	23:39:53	Gerard Herman		35	San Diego	Ca	1979
55.	23:42:10	John Argo	(3)	62	Mattawa, Ont.	Canada	1976
56.	23:48:42	Bob Gragg	(6)	54	Liberty	Mo	1979
57.	23:50:37	George Lattarulo		31	Wallaston	Mass	1979
58.	23:52:08	Carl McCoun		25	Great Falls	Mont	1972

Walkers who have completed at least
100 Kilometers, or have walked 50 miles
in less than 12 hours in Columbia, Mo.,
100 mile walk.

1.	95	23:45:59	Mike Rummelhart	23	Hills	Iowa	1975	61.	64	13:37:40	Randy Mimm	24	Columbia	Mo	1978
2.	94	23:09:23	Larry O'Neill	71	Kalispell	Mont	1978	62.	63	14:23:45	Ben Knoppe	33	St. Louis	Mo	1976
3.	93	21:56:16	Elsie McCarvey	50	Kalispell	Mont	1979	63.	63	22:18:30	Joel Dickinson	33	Columbia	Mo	1976
4.	91	22:25:35	Ben Knoppe	34	St. Louis	Mo	1977	64.	62	14:18:20	Mac Pullen	24	Columbia	Mo	1980
5.	90	21:09:57	Ed Williams	45	Independence	Mo	1977	65.	100-K	11:16:19	Augie Hirt	24	Columbia	Mo	1975
6.	90	23:43:29	Larry O'Neill	46	Cape Girardeau	Mo	1975	66.	100-K	12:08:09	Jerry Young	18	St. Louis	Mo	1975
7.	88	19:16:45	Rob Spier	66	Kalispell	Mont	1973	67.	100-K	15:18:37	Ray Purdy	21	Columbia	Mo	1975
8.	88	19:53:30	Rob Chapin	52	Columbia	Mo	1974	68.	100-K	15:36:10	Mike Richey	20	Cape Girardeau	Mo	1975
9.	88	22:15:35	Rob Chapin	38	Independence	Mo	1969	69.	100-K	16:39:10	Joyce Schulte	31	Columbia	Mo	1974
10.	86	22:14:17	Rich Myers	44	Xenia	Ohio	1980	70.	100-K	16:45:26	Dale Sutton	38	San Diego	Ca	1977
11.	85	22:10:35	Audrey Anderson	50	Independence	Mo	1969	71.	100-K	20:43:10	Rob Spier	56	Columbia	Mo	1978
12.	83	22:48:13	Rob Spier	45	Columbia	Mo	1972	72.	100-K	22:32:53	Bruce Etherton	40	Breckenridge	Mo	1980
13.	81	21:32:50	Bob Chapin	24	Denver	Mo	1975	73.	100-K	22:40:18	Carl McCoun	32	Billings	Mont	1979
14.	81	23:56:10	Jeff Smith	57	Springfield	Mass	1980	74.	100-K	22:59:29	William Taft	60	Columbia	Mo	1976
15.	80	17:18:00	Rufus Reed	57	Northglenn	Colo	1975	75.	100-K	23:06:09	William Taft	63	Columbia	Mo	1979
16.	80	21:13:57	George Lundmark	49	Kansas City	Mo	1974	76.	60	13:02:38	Jack Blackburn	43	Springfield	Ohio	1979
17.	80	21:45:14	Bob Gragg	58	Columbia	Mo	1974	77.	60	13:02:58	Chris Knotts	43	Springfield	Ohio	1978
18.	80	21:51:58	Rob Spier	55	Beverly Hills	Ca	1980	78.	60	14:19:36	Phil Lewis	43	Springfield	Ohio	1980
19.	80	23:37:25	Chris Clegg	23	Great Falls	Mont	1970	79.	53	12:28:44	Sally Grimm	49	Javre	Mont	1979
20.	78	23:29:40	Carl McCoun	43	St. Louis	Mo	1973	80.	51	10:43:18	Jerry Brown	34	Longmont	Colo	1979
21.	78	24:00:00	Leonard Busen	43	Xenia	Ohio	1979	81.	50	9:17:45	Jerry Young	20	St. Louis	Mo	1977
22.	78	19:50:35	Rich Myers	43	Independence	Mo	1979	82.	50	9:45:20	Chris Amoroso	45	Longmont	Colo	1977
23.	77	20:26:45	Bob Chapin	41	Independence	Mo	1973	83.	50	9:52:38	Olen Brown	45	Columbia	Mo	1980
24.	76	17:14:06	Craig Haugeard	23	Willmar	Minn	1970	84.	50	9:58:00	Bob Chapin	44	Independence	Mo	1976
25.	76	23:26:14	Bob Baker	39	Tulsa	Okl	1976	85.	50	10:01:03	Ben Knoppe	30	St. Louis	Mo	1973
26.	75	23:44:53	Leonard Busen	42	St. Louis	Mo	1972	86.	50	10:13:19	Randy Mimm	22	Columbia	Mo	1976
27.	75	20:13:25	Dave Eldahl	31	Richland	Iowa	1972	87.	50	10:17:18	Angie Hirt	22	Columbia	Mo	1973
28.	75	16:39:00	Chris Clegg	59	Beverly Hills	Ca	1976	88.	50	10:17:30	Albert Van Dyke	52	Jefferson City	Mo	1977
29.	75	17:35:26	Kathy Keller	30	El Cajon	Ca	1978	89.	50	10:19:45	Ben Knoppe	31	St. Louis	Mo	1974
30.	75	18:31:00	Dave Leuthold	40	Columbia	Mo	1973	90.	50	10:36:27	Rufus Reed	58	Springfield	Mass	1976
31.	75	19:35:10	Stan Smith	25	Des Moines	Iowa	1973	91.	50	10:38:00	Shaul Ladany	31	Tel Aviv	Israel	1967
32.	75	19:50:45	Carl McCoun	27	Great Falls	Mont	1974	92.	50	10:54:15	Randy Mimm	21	Columbia	Mo	1975
33.	75	20:52:00	John Markon	43	Bronx	N.Y.	1972	93.	50	10:56:00	Mac Pullen	34	Columbia	Mo	1977
34.	75	21:23:50	Al Schrik	22	Independence	Mo	1973	94.	50	10:58:30	Tim Blackburn	17	Springfield	Ohio	1977
35.	75	23:11:25	Rob Spier	57	Columbia	Mo	1979	95.	50	11:01:30	Larry O'Neill	64	Kalispell	Mont	1971
36.	73	22:36:38	Larry O'Neill	62	Kalispell	Mont	1969	96.	50	11:04:41	Larry O'Neill	68	Kalispell	Mont	1975
37.	72	21:56:43	Bob Chapin	39	Independence	Mo	1970	97.	50	11:07:55	George Lattarulo	30	Brooklyn	N.Y.	1978
38.	72	20:36:00	Dave Eldahl	30	Richland	Iowa	1971	98.	50	11:13:47	Kenton Crockett	26	Springfield	Ohio	1980
39.	72	21:58:45	Stan Smith	27	Des Moines	Iowa	1975	99.	50	11:13:47	Chris Knotts	25	Springfield	Ohio	1980
40.	71	17:23:35	Fred Rohner	28	Holland	Iowa	1979	100.	50	11:24:01	Steve Nelson	18	Leewood	Kans	1970
41.	71	17:36:28	George Lundmark	54	Northglenn	Colo	1975	101.	50	11:26:00	Stan Smith	24	Des Moines	Iowa	1972
42.	71	18:41:38	Dale Sutton	38	San Diego	Ca	1978	102.	50	11:27:36	Elsie McCarvey	51	Kalispell	Mont	1980
43.	71	23:46:24	Jack Blackburn	44	Springfield	Ohio	1980	103.	50	11:31:40	Jim Breitenbucher	22	Keokuk	Iowa	1975
44.	70	20:29:30	Audrey Anderson	31	Independence	Mo	1970	104.	50	11:34:48	Clair Duckham	70	Dayton	Ohio	1976
45.	70	12:13:28	Larry Young	62	Columbia	Mo	1974	105.	50	11:35:03	Al Schrik	23	Independence	Mo	1974
46.	70	21:44:20	Chris Clegg	39	Beverly Hills	Ca	1978	106.	50	11:39:02	Dan Halterman	35	Springfield	Mo	1980
47.	70	18:30:00	Bob Chapin	34	Independence	Mo	1971	107.	50	11:40:32	Jim Wass	27	Columbia	Mo	1979
48.	70	18:59:58	Ray Purdy	29	Nashville	Tenn	1978	108.	50	11:41:51	Larry Ayiles	22	St. Riley	Kans	1977
49.	70	20:18:06	Gerrard Herzman	34	San Diego	Ca	1978	109.	50	11:44:30	Brace Etherton	38	Breckenridge	Mo	1978
50.	70	21:50:45	Dave Leuthold	42	Columbia	Mo	1975	110.	50	11:45:30	Bob Young	48	Sibley	Mo	1968
51.	70	22:23:15	Dave Eldahl	29	Richland	Iowa	1969	111.	50	11:47:26	Danny Halterman	33	Columbia	Mo	1978
52.	70	23:25:52	William Taft	61	Columbia	Mo	1977	112.	50	11:50:07	Jim Breitenbucher	21	Keokuk	Iowa	1974
53.	67	16:14:30	Bryon Overton	25	Los Angeles	Ca	1968	113.	50	11:50:22	Ben Knoppe	19	Independence	Mo	1976
54.	66	21:03:50	Bob Gragg	48	Kansas City	Mo	1973	114.	50	11:53:15	Chris Patterson	28	St. Louis	Mo	1971
55.	65	14:28:15	Larry O'Neill	72	Springfield	Ohio	1979	115.	50	11:53:50	Roman Sage	24	Columbia	Mo	1979
56.	65	16:16:02	William Taft	64	Kalispell	Mont	1979	116.	50	11:56:00	Henry Bent	38	Jefferson City	Mo	1971
57.	65	22:37:59	William Taft	64	Kalispell	Mont	1980	117.	50	11:59:45	Henry Bent	77	Columbia	Mo	1978
58.	64	13:37:37	Larry O'Neill	47	Sibley	Mo	1976								
59.	64	15:54:40	Bob Young	37	Columbia	Mo	1967								
60.	64	23:57:59	Dave Leuthold	37	Columbia	Mo	1970								

ELAPSED TIME STANDINGS
FINAL*means that these people will receive an award
at the annual meeting

Runners, Open:

1. O'Connell*	519	13. Naumann	233.5	24. Weston	169	35. Madsen	99
2. Mittelhauser*	454	14. Parker	222	25. Baurichter	159	36. Crouch	98
3. Londeree*	451	15. Bellows	208.5	26. Slivinsky	147	37. Hoxworth	98
4. Hessler*	442	16. Hicks	203	27. Stout	129	38. J. Gibson	91
5. Marks*	391.5	17. Stebbins	202	28. Walther	125.5	39. Kruse	90
6. Lang*	378	18. Storvick	197	29. Wampler	124	40. Allen	89
7. Lewis*	372	19. Goodrich	180	30. Stock	123.5	41. Sowash	85
8. LaFontaine*	337	20. D. Johnson	177	31. Luebbering	119	42. Baxter	82
9. Koonse*	313.5	21. Roman	174	32. Belyea	114	43. Sloan	80
10. Maxey*	262.5	22. DeCoster	170	33. Ervin	112		
11. Schottman*	249.5	23. Brown	170	34. Fritsch	101		
12. Hemphill*	244						

15 & under:

1. T. Gibson*	88
2. S. Schottman*	83
3. C. Naumann*	67
4. R. Diehl*	60
5. P. Fritsch*	56
6. P. Hessler*	54
7. R. Kurth	52
8. S. Gibson	47
9. S. Helmick	45
10. W. Paul	34
11. Jay Sowash	25
12. A. Ballenger	24
13. Amy Hessler	21

40 & Over:

1. Londeree*	173.5
2. Marks*	158.5
3. Lewis*	148
4. Johnson*	104
5. Storvick*	91
6. Hicks*	79
7. Brown	78
8. Fritsch	47
9. Kruse	46
10. Luebbering	45
11. Sowash	43
12. Baxter	40

WOMEN

1. Hollon*	118
2. Ruble*	74
3. Slivinsky*	65.5
4. Boyle*	59
5. LaFontaine*	51.5
6. Ballenger*	37
7. Settle	31.5
8. Majewski	23
8. Hoxworth	25
10. Amy Hessler	22

WALKERS

1. Spier*	33
2. Taft	16
3. Busen	11

DESIGNATED TIME STANDINGS

9/14/81

The DT awards for 1980-81 go to the top 6 below. The list shows the % deviations from the estimates and their average for all those who have designated their times for 10 or more events. (Where more than 10 events are indicated, only the best 10 were averaged.)

# events	% deviation	# events	% deviation
1. Joe Marks (20)	.22%*	9. Ron Wampler (12)	1.30%
2. Ben Londeree (17)	.40%	10. Don Lewis (11)	1.33%
3. Rob Spier (12)	.51%	11. Don Johnson (12)	1.38%
4. Kent Lange (14)	.53%	12. Milene Hollon (12)	1.79%
5. Turk Storvick (15)	.81%	13. Bruce Maxey (11)	2.07%
6. Mike Koonse (15)	.91%	13. Annette LaFontaine (11)	2.07%
7. Tom LaFontaine (14)	.94%	15. Joe Duncan (10)	3.39%
8. Olen Brown (13)	1.28%	16. Jeff Mittelhauser (10)	3.96%

*new CTC record

DENNIS HINKAMP, whose Heart of America record has stood the test since 1977, continues to zing some quick ones in Utah and other places. In one of his most recent efforts, he finished 3rd in a 4-mile run in Provo, UT, in 20:11---just two seconds behind Doug Padilla, 2AA Indoor 2-mile champ. The winner was Demitrio Cabanillas in 19:06. Cabanillas also won the Deseret News Marathon in 2:18. (Note: Dennis is planning to run the Honolulu Marathon in December, then return to Missouri for a couple weeks. We might see him at our holiday 10-miler Dec. 19.)

ATTEND THE ANNUAL MEETING

1980-81 FINAL STANDINGS
DAVE SCHULTE IMPROVEMENT AWARD

page 11

9/14/81

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 is 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 60:00. Difference: 6:00. Improvement: 9.09% (6/66). The list below shows the percentage improvements and the median improvements.

	5k 10k	2mi 10k	5mi 1hr	3mi 10k	20k 2p,5mi	30k 1mi	10mi 15k	5mi 30k	50k 10k	15k 25.2	5k Median	1mi	3,2,1
1. J. Marks	-0.19 1.59	3.24 -14.47	4.83 1.17	----- -----	----- -----	----- -2.50	13.30 -1.79	21.52 -1.45	20.47 -4.27	44.33 2.00	23.43 14.53	15.76	4.54
2. T. Gibson	----- 4.27	6.74 6.34	----- 9.70	9.41 5.29	----- -----	----- 5.00	----- -----	----- -----	7.82 -----	21.50 -----	22.72 7.28	-0.28	-1.49
3. M. Koonse	----- 1.65	----- 3.11	4.00 -----	----- -0.43	0.65 -----	0.71 -----	2.86 4.02	-1.10 4.41	1.73 -----	----- 6.17	----- 2.99	-----	0.49
4. R. Wampler	----- -2.57	3.67 -4.02	4.26 1.38	----- 2.39	----- -----	----- -----	----- -2.35	-1.88 -----	2.85 -3.23	----- -----	8.26 1.89	-----	-1.81
5. D. Johnson	-7.24 1.35	----- 2.39	----- 7.61	-0.25 -----	----- -----	----- -0.99	----- 5.97	-2.57 8.95	----- -----	----- 7.37	----- 1.87	-----	-----
6. D. Hessler	-0.96 -----	----- 1.59	----- 0.26	-0.48 -----	1.65 -----	0.81 -0.97	-1.23 -----	0.12 -----	----- -2.45	3.59 3.17	8.75 1.20	-2.01	-4.30
7. C. Slivinsky	----- -0.47	----- 1.31	----- 0.24	----- -----	-0.23 0.97	----- 1.43	3.36 3.34	2.80 -----	.78 -----	----- -----	----- 1.14	-----	-----
8. J. Mittelhauser	-10.82 -----	0.62 -3.50	----- -15.46	----- -----	----- -----	----- -----	----- -----	1.07 -----	-3.12 -----	4.70 -----	12.38 -9.90	2.19	-2.42
9. B. Londeree	-11.04 -3.17	----- -4.86	----- -2.25	----- -2.78	----- -4.06	----- -4.17	-3.72 -0.93	0.17 -0.42	-1.16 -----	5.68 -----	17.42 -1.05	-1.71	-4.33
10. O. Brown	-3.11 -----	-1.92 -----	2.57 -----	-3.58 -----	----- -----	-4.14 -----	-2.68 -----	-2.73 -----	0.02 -----	1.32 -----	9.86 -1.57	-1.22	-3.05
11. T. LaFontaine	-5.82 -----	----- -46.20	-0.85 -8.93	----- -23.93	1.35 3.90	----- -----	-23.98 -12.99	-14.09 -10.14	----- -----	----- -----	13.56 -4.13	-2.43	-----

PREVIOUS WINNERS OF DESIGNATED TIME AND ELAPSED TIME COMPETITION:

DESIGNATED TIME

1969	Joel Dickinson	
1970	Joe Duncan	
1971	Don Granberg	
1972	Mike Chippendale	
1973	Dennis Stewart	
1974	Rex Frazer	.83% off
1975	Turk Storvick	.98%
1976	Ben Londeree	.35%
1977	Ben Londeree	1.00%
1978	Ben Londeree	.72%
1979	Ben Londeree	.28%
1980	Tom LaFontaine	.42%
1981	Joe Marks	.22%

ELAPSED TIME--RUNNERS

Open	
1970	Don Granberg
1971	Dennis Stewart
1972	Ben Londeree
1973	Ben Londeree
1974	Dean Neal
1975	Rick Katz
1976	Dick Hessler
1977	Ben Londeree
1978	Ben Londeree
1979	Ben Londeree
1980	Tom LaFontaine
1981	Bob O'Connell

ELAPSED TIME--WALKERS

1970	Mark Achen
1971	Mark Achen
1972	Dave Leuthold
1973	Art Flaming
1974	Augie Hirt
1975	Augie Hirt
1976	Augie Hirt
1977	Augie Hirt
1978	Randy Mimm
1979	Randy Mimm
1980	Rob Spier
1981	Rob Spier

Age 40 & over

1975	Dave Leuthold
1976	Rob Spier
1977	Leonard Busen
1978	Leonard Busen
1979	Rob Spier
1980	Rob Spier
1981	Rob Spier

DAVE SCHULTE AWARD

1974	Dick Hessler	5.99% Impr.
1975	Augie Hirt	7.90%
1976	Don Johnson	9.97%
1977	Olen Brown	8.98%
1978	Olen Brown	8.98%
1979	Joe Marks	5.23%
1980	Tom LaFontaine	4.91%
1981	Joe Marks	14.53%

Age 40 & over

1972	Leonard Busen
1973	Rex Frazer
1974	Rex Frazer
1975	Ben Londeree
1976	Ben Londeree
1977	Ben Londeree
1978	Ben Londeree
1979	Ben Londeree
1980	Ben Londeree
1981	Ben Londeree

Age 15 & under

1972	Doug Duncan
1973	Doug Duncan
1974	Doug Duncan
1975	Doug Duncan
1976	Jim Gibson
1977	Wesley Paul
1978	Jim Gibson
1979	Jim Gibson
1980	Matt Gibson
1981	Tim Gibson

WOMEN (ET)

1974	Marsha Weiss
1975 & '76	none
1977	Theresa Knapp
1978	Glenna Moe
1979	Amy Hessler
1980	Annette LaFontaine
1981	Milene Hollon

walkers

1974 & '75 Joyce Schulte

THE DAVE SCHULTE IMPROVEMENT AWARD...

...goes to Joe Marks for the second time in the last three years. He joins the immortal Olen Brown as a two-time winner. (Olen won it two years in a row.) Marks' "secret" was a healthy year after two foot operations in '79-'80. By the way, this establishes a new CTC record for percent improvement--a record Tom LaFontaine could shatter in '81-'82 if he has a "normal" year (for him). Also watch for Tim Gibson who is improving rapidly...and has youth on his side!

THE NEW RECORD FOR D.T...

...by Joe Marks eclipses the 0.28% deviation record established by the amazing Ben Londeree a couple years ago. To finish ahead of Ben this year, Joe missed his predicted times by 4 seconds or less in five races and by 10 seconds or less in nine races. His worst prediction was a 4-second miss in a 2-mile cross country run (0.56%). He missed a 30K by 31 seconds, but that was only a 0.42% deviation.

On the whole, there were some amazing numbers in this category with seven runners averaging less than 1% deviation. The closest battle was for the last DT trophy where LaFontaine hit his marathon on the nose, falling just short of Mike Koonse in overall average. (Mike missed by 79 sec., but that was close enough to toss out a worse miss than Tom could eliminate from his races.)



THE ALUMNI CENTER
Serving 125,000 Mizzou Alumni

ALUMNI ASSOCIATION OF THE UNIVERSITY OF MISSOURI-COLUMBIA
132 Alumni Center □ South Stadium Boulevard □ Columbia, Missouri 65211 □ (314) 882-6611

Fourth Annual Alumni Association "ALUMATHON-RUN FOR THE FUN"
October 10, 1981

Sign up now for the fourth annual UMC Alumni Association Student Board "ALUMATHON-RUN FOR THE FUN" to be held Saturday, October 10, 1981.

The "ALUMATHON-RUN FOR THE FUN" is a 3.2 mile (5000 meter) cross country race over the A.L. Gustin Golf Course. It is open to alumni, students, faculty/staff, and the general public.

The race will begin at 8:00am on the golf course. Report to the start-finish line by 7:30am for numbering.

There is an entry fee of \$5.00 which goes towards the Alumni Association scholarship fund.

Each runner will receive a T-shirt and certificate of participation the morning of the race. Trophies will be awarded to winners of various categories.

So get out and join the others who will be running for fun in AASB's fourth annual "ALUMATHON-RUN FOR THE FUN." Entry deadline is Friday, October 9, 1981.

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Make checks payable to UMC Alumni Association and mail along with this entry form to: "ALUMATHON-RUN FOR THE FUN", 132 Alumni Center, Columbia Missouri 65211. Deadline for entries is Friday, October 9. For answers to questions concerning the race, please contact (314) 882-6611.

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____ Shirt Size _____

Men's Division _____ Women's Division _____

Age Group: Under 30 _____ 30-45 _____ Over 45 _____

Category: Student _____ Alumni _____ Faculty/Public _____

SCHEDULE OF EVENTS:

OCTOBER 3 Saturday 9:00 AM 2 Mile Cross Country Run Municipal Golf Course

3 & 4 Saturday & Sunday 1:00PM to 1:00PM 15th ANNUAL 100 MILE WALK Hickman Track Those of you (at least 40 of you) who can help with the 3 hour timing shifts should be calling Joe Duncan for assignment.

ANNUAL
MEETING
October 21

10 Saturday 9:00 AM 10,000 meter walk Hilton Inn course

18 Sunday 9:00AM Occidental Life 10,000 Meter Run Rock Bridge High School

10 Saturday 8:00 AM 4th Annual Alumni Association Run 5,000 meters Gustin Golf Course

NOVEMBER 1 Sunday 7:30 AM 40 Kilometer walk Shelter Course

1 " 1:00 PM Missouri Turkey Trot 3 Mile Cross Country Run--Dual Meet with St. Louis TC Gustin Course

SELECTED OUT-OF-TOWN EVENTS:

OCTOBER 3 Saturday 10,000 Meter & 5,000 Meter Runs Forum Plaza Rolla, Mo. CONTACT: Forum Plaza Run 1346 Forum Dr. Rolla, Mo. 65401

3 Saturday 8:00 AM 10,000 Meter Run Versailles, Mo. CONTACT: Vern Frank Versailles HS, Versailles, 65084

3 Saturday 6:45 AM 12th Annual YMCA Monsanto Run to the Arch 10 miles, 7 miles & 3 miles St. Louis, Mo. CONTACT: SLTC Box 2956 St. Louis, Mo. 63130

4 Sunday 2:00 PM Maple Leaf Festival-Run for the Sun 10,000 meter run Sedalia, Mo. CONTACT: Sedalia Runners Club 219 S. Ohio Sedalia, Mo. 65301

4 Sunday 8:00 AM 3rd Annual Paragon/Landmark 5 mile run Westgate Centre Creve Coeur, Mo. CONTACT: Westgate Centre 12398 Olive Blvd. Creve Coeur, Mo. 63141

10 Saturday 9:00 AM 9th Annual Green Tree 5 mile Run Kirkwood, Mo. CONTACT: SLTC

10 Saturday 8:00 AM "Breathe-Easy" 10,000 meter run Johnson County Community College CONTACT: American Lung Ass'n Suite 210, 6811 W. 63rd St. Shawnee Mission, Ks. 66202

11 Sunday 10:00 AM Safeco Pink Panther 5,000 meter run CONTACT: SLTC

11 Sunday 8:00 AM Santa Fe Trail 20 kilo run Raytown, Mo. CONTACT: Raytown Optimist Club 6528 Raytown Rd. Suite H Raytown, Mo. 64133

17 Saturday 9:00 AM 2nd Annual Loehmann's Plaza 10,000 meter run Overland Park, Kansas CONTACT: Philippides 9051 Metcalf Ave. Overland Park, Ks. 66212

17 Saturday 9:00 AM St. John's Sunshine 10,000 meter run Springfield, Mo. CONTACT: St. John's Regional Health Center 1235 E. Cherokee Springfield, Mo. 65802

18 Sunday 8:00 AM Tri States Marathon 16th Annual Falls City, Nebr. CONTACT: Lou Fritz Verdon, Nebr. 68457

24 Saturday 9:00 AM Maynard Cohick Memorial Run Half Marathon Republic, Mo.

25 Sunday 2:00 PM The October Classic 10,000 meter run Mexico, Mo. CONTACT: Buck Green 1418 N. Western Mexico, Mo. 65265

25 Sunday 7:00 AM 6th Annual Fairfield Fifty Mile Run CONTACT: Bob Hunerdosse 901 N. 10th Fairfield, Iowa

31 Saturday 7:30 AM Halloween 10,000 meter run Maplewood, Mo. CONTACT: Mike Kickham c/o Citizens National Bank 7305 Manchester Maplewood, Mo. 63143

NOVEMBER 1 Sunday 8:00 AM Macy's Marathon and 10,000 meter run CONTACT: Special Events Office Macy's 1034 Main St. Kansas City, Mo. 64105

22 Sunday 8:00 AM St. Louis Marathon CONTACT: SLTC Box 2956 St. Louis, Mo. 63130

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB:
Columbia, Mo. 65201:

Robert A. Almony, Jr.
301 Rothwell

Belinda Fender
1409A Ashland Gravel Rd.

Mac Pullen
Rt. 4, Box 62A

Erik Rocksund
Rt. 2, Box 141
65202

Paula Ronan
2613 Quail Dr. Apt. B

Elmer Schlemper
Route 3

Matthew Stephens
3209A Greenridge Rd.
65202

Dick Swanson
1805 University Ave.

Mark Volek
2012 W. Ash Apt. I-10

Gale Clithero
109 E. 4th Apt. 3
Hermann, Mo. 65041

Evan Bachtell
1901 Delmar St.
Burlington, Iowa 52601

Robert Cline
410 S. Central
Burlington, Iowa 52601

Mike Green
Route 1
Bowling Green, Mo. 63334

Rob Harl
211 West Sedgwick
Brookfield, Mo. 64628

Shannon Kirk
505 Greenbrier, R.D.
Moberly, Mo. 65270

IN MEMORIAM

Larry O'Neil 1904-1981

Larry O'Neil died of amyotrophic lateral sclerosis on September 14, 1981 in Kalispell, Montana. Larry will forever be remembered as the first American in the "modern era" to walk 100 miles in less than 24 hours. In effect, he thereby became the founder of the Centurion Club of America and was fondly known as the Dean of the 100 mile walk. At age 60, on September 23 and 24, 1967, Larry walked a lonely 100 miles in 19:24:34 on the Hickman High School track. This time was bettered only one time (by Larry Young, indoors, 1971, 18:07:12) until Alan Price posted his 18:57:01 in 1978. Larry's mark is still fourth best All-time out of some 65 Centurion performances. The 100 mile walk has been held 14 times on Hickman track and, until last year, Larry had missed only one of the walks, that in 1972 when he was in Europe touring with a Masters team. Six times Larry walked 100 miles in less than 24 hours. In every future 100 mile walk conducted on Hickman track, all who knew Larry will always feel his presence. He will be missed.

*****NOTICE OF ANNUAL MEETING*****

The Annual meeting of the Columbia Track Club will be on Wednesday, October 21, 1981, 7:00 PM. This is your one principal opportunity to tell us what changes or additions you would like to see in our program. There will be an election of officers, presentation of annual awards and REFRESHMENTS! The meeting will be at the Guitar Community center, the basement of the Farm & Home building, 8th & Broadway.

ATTEND THE ANNUAL MEETING

TRANSAMERICA
OCCIDENTAL LIFE

10,000 METER
RACE FOR LIFE

SUNDAY, OCTOBER 18, 1981
9:00 AM

ROCK BRIDGE HIGH SCHOOL
COLUMBIA, MO

The Course: 10,000 meters. Start on old Route K south of Rock Bridge High School, north to Reactor Park loop, clockwise on the loop exiting onto the bike path at the north end of the loop, then south on the bike path to the west shoulder of Providence Rd. Run south on Providence Road past the city limit sign and turn right at the last south access road to old Route K. Route K north to Rock Bridge High School, onto the track and run 1 and 1/4 laps to finish line. Maps will be available at the track.

Classes: Men and Women
15 and under 40-49
16-29 50 and over
30-39

Awards: Trophies will be awarded in each age category

Entry Fee: Entry fee is \$2.00
The attached entry form must be used. Entries should be received by October 13. Late entrants may register until 8:45 the day of the race.

High School Cross Country Runners
The Missouri State High School Activities Association rules prohibit junior and senior high school students participating in an in-season track team from competing in this event. CONSULT YOUR COACH OR PRINCIPAL REGARDING YOUR ELIGIBILITY.

THREE MILE TURKEY TROT
SPONSORED BY COLUMBIA TRACK CLUB
AND St. Louis Track Club
SANCTIONED BY ROAD RUNNERS CLUB OF AMERICA

COLUMBIA, MISSOURI
SUN., Nov. 1, 1981 - 1:00 P.M.

WHERE: A. L. Gustin Golf Course (University of Missouri), Columbia, MO, of Stadium Boulevard, 1/4 mile west of Providence Road.

COURSE: Cross country on golf course with short cut grass. Spikes may be worn.

ELIGIBILITY: Open to all runners. However, for Columbia Track Club and St. Louis Track Club this race will also be scored as a dual meet. Scoring will be on a mass basis in three categories: OPEN, 40 and OVER, WOMEN.

ENTRY FEE: \$2.00 before October 30th. \$3.00 on race day and for all late entries received by mail after October 30th.

AGE DIVISIONS: Men: 15 and under 16 - 29 30 - 39 40 - 49 50 and over
Women: 15 and under 16 - 29 30 - 39 40 - 49 50 and over

AWARDS: Will be given to at least the top 5 finishers in each age division. Turkeys and other fowl will be among the awards.

REGISTRATION: By mail before October 30th, 1981 - or race day from 11:30 to 12:30. Mail entries to Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65201. Please use one entry for each person being registered and include fee. CTC MEMBERS DO NOT PAY THE FEE

THREE MILE TURKEY TROT
SUNDAY, NOVEMBER 1, 1981

Name _____ Age at 11/1 _____ ☐ Male ☐ Female
(Please Print)
Street Address _____ City _____
State _____ Zip Code _____ Telephone Number _____
Club Affiliation _____ ☐ Unattached

In consideration for my entry, I and my heirs do hereby release Columbia Track Club, St. Louis Track Club, Road Runners Club of America and the University of Missouri from all injuries and damages that might result from my participating in this race on November 1, 1981. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such an event.

Entrant's Signature _____ Date _____
(Signature of parent if under 18 years of age)

ADDRESS _____ Age on 10/18/81
MALE _____
FEMALE _____
I will derive from participation in the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal injury or property damage. I attest I am physically fit and have sufficiently trained for completion of this event.
Signature (parent's sig. if under 18) _____

ENTRY FORM
Transamerica/Occidental Race for Life
Race begins at 9:00 AM
Sunday, October 18, 1981
Rock Bridge High School
Columbia, MO
MAIL WITH CHECK
FOR \$2.00 to:
CTC, BOX 147,
COLUMBIA, MO 65205