

# TRACK CLUB

NEWSLETTER Vol. XIV No. 8 August 25, 1982

STEVE STONECIPHER-FISHER TAKES 5th 15 KILO CHAMPIONSHIP; CAROL HAFEMAN, TONY MAYFIELD SET RECORDS August 21, 1982

1. Steve Stonecipher-Fisher	25	CTC	15:25	31:46	47:29
2. Jeff Mittelhauser	25	Sedalia	16:25	33:08	48:55
3. Les Myers	27	GA*	16:25	32:59	48:57
4. Brent Haefner	23	GA	16:25	33:03	49:32
5. Bob Williams	29	GA	16:25	33:29	50:10
6. Craig Barnes	26	Waterloo, Ia	16:25	33:30	50:21
7. Carl Sniffen	29	Westwood, Ks	16:25	33:42	50:25
8. Jim Marshall	24	Columbia	16:25	33:36	50:29
9. Mike Painting	25	Brookfield, Mo.	16:25	33:54	50:30
10. Mark Fels	24	Columbia	16:25	33:52	50:59
11. Bob Goodrich 1-30-39	37	CTC	16:48	34:24	51:02
12. Tom LaFontaine 2 30-39	35	CTC	16:54	34:30	51:17
13. Jay Dirksen 3 30-39	37	CTC	17:06	34:42	52:08
14. Dave Harris	27	Jeff City	17:12	34:59	52:22
15. Ted Glenn	38	Ov. Park, Ks.	16:59	35:02	52:29
16. Norm Stebbins	36	CTC	17:45	35:53	53:08
16t. Bob O'Connell	33	CTC	17:45	35:53	53:08
18. Joe Hollis	32	Springfield	17:24	35:32	53:14
19. Guy Clark	17	Jeff City	18:29	36:43	53:42
20. Ben Londeree 1 40-49	48	CTC	17:38	36:09	53:43
21. Tony Mayfield 1 15U	14	Jeff City	18:16	36:35	54:29
22. Kent Lang	19	CTC	17:42	36:31	54:32
23. Don Lewis 2 40-49	46	CTC	17:50	37:00	55:16
24. Tom Rousset	17	Jeff City	18:29	37:33	55:19
25. Craig Carter	18	Jeff City	18:16	37:28	55:19.1
26. Larry Dametz	27	Marshall, Mo	18:20	36:52	55:20
27. Wesley Paul 2 15U	13	Ov. Park, Ks.	18:05	37:10	56:25
28. Roy Freeman 3 40-49	42	KC, Mo.	18:40	37:51	56:42
29. Tom Moore	24	CTC	18:25	38:08	56:56
30. Mark Bollinger	18	Jeff City	18:40	37:44	57:16
31. David Johns	26	CTC	18:52	38:39	57:25
32. Bruce Maxey	25	CTC	18:47	38:21	57:29
33. Whitney Hicks	47	CTC	19:10	39:11	57:50
34. Carol Hafeman 1st F	34	KC, Mo.	19:07	39:03	57:54
35. Dean Baxter	46	CTC	19:04	39:15	58:39
36. Steve Baurichter	31	CTC	18:50	39:12	58:40
37. Marvin Proctor	34	Russellville	19:45	39:55	59:25
38. Gary Mueller	28	Rolla, Mo.	20:15	40:07	59:31
39. Steve Young	35	CTC	19:50	40:09	1:00:17
40. Michael Crouch	36	CTC	20:06	41:12	1:00:24
41. Mike Koonse	31	CTC	19:14	40:06	1:00:29
42. Ken Thompson 3 15U	15	Jeff City	19:10	40:18	1:00:33
43. Milene Mittelhauser F	23	Sedalia	19:45	40:28	1:00:44
44. Bobby Hull 1 16-29	16	Jeff City	20:13	40:56	1:00:46
45. Gale Carman	35	CTC	19:45	40:23	1:00:47
46. Mike Walther	24	CTC	19:51	41:05	1:01:09
47. Dick Martin	49.98	CTC	20:30	41:38	1:01:12
48. Tim Gibson	11	CTC	19:15	40:58	1:01:26
49. Don Johnson 1 50&0	53	CTC	19:53	41:09	1:01:34
50. Ron Wampler	35	CTC	20:28	41:49	1:01:44
51. Bryan Link	15	Jeff City	20:48	41:34	1:02:01
52. Dick Madsen	40	CTC	20:14	41:41	1:02:47
53. Karen Kokesh F 2 30&0	30	GA	20:01	41:46	1:03:29
54. Norris Kruse	46	CTC	20:52	43:09	1:04:11
55. Russell Moulton	26	Rolla	20:26	42:41	1:04:47
56. Kevin O'Bannon	14	CTC	21:23	43:57	1:05:17
57. Herb Mittelhasuer 2	53	Sedalia	21:07	43:28	1:05:18
58. John Adams	16	Jeff City	21:25	42:36	1:06:33
59. Tracy Pool	17	Jeff City	21:25	42:36	1:06:34
60. David Tedeschi	16	Jeff City	21:25	42:36	1:06:39
61. Don Frey 3 50 & 0	57	CTC	22:18	44:49	1:06:46
62. Ron Hein	24	Columbia	21:17	44:15	1:07:11
63. Susan Boyle 3 30 & 0	39	CTC	22:36	45:39	1:07:13
64. Lindsay Anglen	20	CTC	21:46	44:37	1:07:59
65. Chris Ruble	28	CTC	22:26	45:59	1:08:31

\*Gateway Athletics--Coach Jerry Kokesh

## 15 kilo run continued. . .

66.	John Mueller	39	CTC	21:54	46:10	1:09:09
67.	Bud Brink	41	Jeff City	21:27	45:54	1:09:17
68.	John Karl	26	CTC	23:24	47:18	1:09:19
69.	Don Ballenger	40	CTC	23:26	47:22	1:09:20
70.	Joe Marks	45	CTC	21:18	44:55	1:09:34
71.	Scott Lembrich	15	Jeff City	20:50	45:24	1:09:56
72.	Chuck Matthews	34	CTC	23:25	47:21	1:10:07
73.	Annette Johnston	32	CTC	23:20	47:10	1:10:09
74.	Ken Snow	33	CTC	24:08	48:27	1:11:37
75.	Sid Hose	43	CTC	24:05	48:32	1:12:39
76.	Bob Dolphin	52	CTC	21:46	47:33	1:14:23
77.	Randy Meyer	22	Rolla	26:10	52:38	1:17:30
78.	Damon Hieronymus	73	Sedalia	25:35	52:14	1:18:27
79.	Russ Moulton	26	Rolla	26:13	54:40	1:21:24
80.	Bob Mowery	28	Rolla	26:11	54:41	1:21:25
81.	Mary Ann Slivinsky	41	CTC	26:32	54:21	1:21:43
82.	Theresa Mueller	32	CTC	27:42	55:59	1:22:06
83.	Jennifer Hudder	22	Columbia	29:00	57:30	1:24:46
84.	Kerry Hawk		Columbia	29:00	59:27	1:30:50
85.	Darcy Paul	6	Ov. Park, Ks	30:15	62:53	1:38:40
86.	Rob Spier walked	60	CTC	33:38	68:25	1:41:29
87.	Donna Haley	33	CTC	31:26	64:49	1:41:47
88.	William Taft w	66	CTC	39:39	81:07	2:02:11

60 degrees, cloudy, reasonable humidity, not a bad day at all for this race. Fisher has now competed in this event 8 times and has won five, the last four in a row. Today he was well out in front after a half mile and simply had no one close to him the entire race. Despite no one pushing him he still got within 9 seconds of his PB.

Carol Hafeman set the 30-39 record last year with 1:01:58--this time out she lowered that by a whopping four minutes and tied the overall female record of 57:54 set by Amy Johns in 1979.

Tony Mayfield lowered Wesley Paul's 15 & under male mark of 56:15 also set in 1979 when Wesley was 10 years old. Wesley's 6 year old brother, Darcy, made his racing debut for a distance of this sort.

The "New Kid on the Block" award goes to Jay Dirksen, who finished third, age 30-39, behind Bob Goodrich (what an improved runner he has become!) and Tom LaFontaine. Jay was a runner for South Dakota State and his name, during the sixties, was associated with the Jackrabbit 15 and the Longest Day Marathon, both was a competitor (and frequent winner) and race director. Jay has a marathon best of 2:21:54. He is now a resident of Columbia as the Head Coach of UMC's women's Track & Field.

THANKS to Joe Kurth, Russ Kurth, Mark Hosler, Veva Spier, John Whiteside, Angie Ballenger, Joanne Gibson, Steve Gibson, Kim Stonecipher-Fisher, and Turk Storvick for so ably helping with the administration of this race.

The DT went as follows: Joe Marks 2 seconds off, Kent Lang 2 off, Don Johnson 4, Maxey 29, Kruse 69, Spier 73, LaFontaine 88, Wampler 126, Koonse 171, Ballenger 220, Taft 469

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

August 15, 1976 Senior National 50 Kilometer Walk: 1. Larry Young 4:11:08  
2. Augie Hirt 4:19:44, 3. Dan O'Connor 4:23:13, 4. Floyd Godwin 4:25:45. . .6. Paul Ide 4:45:14, 7. Randy Mimm 4:46:32, 8. Alan Price 4:49:42. . .11. Bob Chapin 5:25:09, 12. Chuck Hunter 5:26:33. . .15. Rob Spier 5:46:06, 16. Leonard Busen 6:25:15 This was back in the heyday of racewalking in Columbia.

August 21, 1976 5,000 meter run 1. Ron Harmon 15:28, 2. Alan Housley 16:46, 3. Dick Hessler 16:51, 4. Don Lewis 16:59, 5. Augie Hirt 17:37. . .7. Ben Londeree 17:44, 8. Tom Hinckley 18:00. . .12. Joe Marks 18:45. . .14. Turk Storvick 19:18. . .16. Doug Duncan 19:42. . .19. Don Johnson 19:55, 20. Joe Duncan 20:12, 21. Olen Brown 20:22. . .22. Wesley Paul, 7, 20:44 (a national age record). . . .

5,000 meter walk: 1. Randy Mimm 26:10, 2. Jim Breit-  
enbacher, 3. Rob Spier 29:54, 4. Dave Leuthold 33:28  
5. William Taft 37:13 6. Joyce Schulte 39:41

ANNETTE JOHNSTON WINS THE SANDBAGGER MONSTER FOR A YEAR, BOB GOODRICH  
HAS THE FASTEST TIME OF THE DAY 10,000 METERS August 7, 1982

	Elapsed Time	Actual Time	Seconds off DT
1. Annette Johnston	1:20:14	47:14	106
2. Clarence Coats	1:20:36	43:36	84
3. Ken Snow	1:20:58	49:58	62
4. Joe Kurth	1:21:25	42:49	35
5. Susan Bpyle	1:21:27	45:57	33
6. Ron Wampler	1:21:38	42:28	22
7. Tony Mayfield	1:21:39	36:39	21
8. Bob Goodrich	1:21:40	35:40	20
9. Ben Londeree	1:21:45	37:15	15
10. Joe Marks	1:21:45.5	38:45.5	14.5
11. Dick Swanson	1:21:55	37:25	5
12. William Taft	1:22:01	1:22:01	1
13. Mike Walther	1:22:09	43:09	9
14. Jim Streeby	1:22:09.5	37:39.5	9.5
15. Don Lewis	1:22:10	37:40	10
16. Mark Schmidt	1:22:10.5	38:10.5	10.5
17. Kent Lang	1:22:18	37:03	18
18. Joe Duncan	1:22:22	45:22	22
19. Jamie Mannion	1:22:36	38:36	36
20. Roger Hanson	1:22:37	51:37	37
21. Peter Hessler	1:22:39	43:39	39
22. Marc Scholes	1:22:40	39:40	40
23. Kevin O'Bannon	1:22:46.7	41:46.7	46.7
24. Gale Carman	1:22:47	41:47	47
25. Norm Stebbins	1:22:50	35:50	50
26. Rob Spier	1:22:58	1:08:28	58
27. Don Patterson	1:23:08	51:08	68
28. Mark Lanier	1:23:08.2	40:08.2	68.2
29. Bob Dolphin	1:23:20	45:20	80
30. Dean Baxter	1:23:39	39:39	99
31. Mark Volek	1:23:39.2	38:39.2	99.2
32. Lynn Steck	1:23:52	50:52	112
33. Dick Martin	1:24:00	43:00	120
34. John Schneider	1:24:08	44:08	128
35. Mark Tychonievich	1:24:23	48:23	143
36. Mike Koonse	1:24:34	41:34	154
37. Jim Cole	1:24:37	1:12:37	157
38. Amy Hessler	1:25:06	50:06	186
39. Jill Stahlhut	1:26:23	47:23	263
40. Mark Hosler	1:26:24	43:24	264
41. Kathy Cain	1:26:28	1:06:28	268

High 70's, cloudy, very humid, muggy. Annette Johnston ran almost two minutes faster than she predicted in order to win the honor of nursing and caring for the Sandbagger Monster for a year. And it does need some care. We can't say that Joe Kurth gave it proper attention. It appeared somewhat emaciated, bedraggled, unkempt--even E.T.'s parents would have found it unappealing.

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CTC RUNNERS DID QUITE RIGHT WELL IN THE DANNON 15K IN ST. LOUIS, AUG. 1. Roger Dougherty, St. Louis, led the 800+ field with an impressive 45:49 after cruising past the 10K mark in 29:40. STEVE STONECIPHER-FISHER, who trailed Dougherty by 1:02 at 10K, came on strong and finished second, just 38 seconds back at 46:27. FRED KLINGE also showed good form on the hilly course, finishing 8th in 48:35 and ahead of DAN WHEELER (Mizzou runner), 48:40, and JIM MARSHALL, 50:21. KENT LANG, our likely ET winner this year, ran an impressive 53:27; Marc Scholes a PR of 56:22 and good for 121st in the quality field; JOE MARKS, 57:27, good for sixth among the 40-year-olds who were led by Roger Roullier's 51+; CHRIS OTHIC and DEBBIE SCHOLES, making their debuts at the long distance, in 1:25:01 and 1:25:03. Give gold stars to Dannon and Jerry Kokesh for conducting a fine race, well marked with plenty of aid stations and post-race refreshments. Race entry fee was only \$1.00 and Adidas shorts or singlets went to the top 125 males, open; top 25 males over 40; etc, etc.

## ELAPSED TIME STANDINGS (not including the 15 k of Aug. 21):

1. Lang	581.5	21. Stout	220.5	41. F. Fritsch	99
2. Lewis	496	22. D. Baxter	214	42. Slivinsky	99
3. Londeree	479.5	23. Lanier	211	43. Coats	98.5
4. LaFontaine	451	24. D. Harris	187.5	44. Odneal	89
5. Hosler	440	25. Martin	178	45. Duncan	87
6. Maxey	416	26. Dolphin	176	46. Parker	80
7. Hessler	416	27. Belyea	173	47. Schuppan	80
8. Mittelhauser	401.5	28. Wampler	155	48. Moe	77
9. Koonse	354	29. Kurth	151.5	49. Crouch	77
10. Scholes	349	30. Dixon	146	50. Bellows	74
11. Stebbins	322	31. Whiteside	146	51. Markman	73
12. Swanson	310	32. Carman	138	52. Stolzer	72
13. Fisher	280.5	33. Volek	130	53. Jones	70
14. Marks	276	34. Luebbering	126	54. Brown	67
15. Baurichter	271	35. Garverick	126	55. Stewart	65
16. Hicks	269.5	36. Kruse	124	56. J. Gibson	62
17. Madsen	263	37. Allen	118	57. B. Baxter	61
18. O'Connell	244	38. Chippendale	109	58. Stock	57
19. Goodrich	241	39. Storvick	109	59. Hoxworth	57
20. Johnson	239	40. Rother	103	60. Frey	55

## 15 &amp; under

1. P. Hessler	41
2. T. Gibson	34
3. S. Helmick	26.5
4. R. Kurth	11.5
5. S. Kirk	11
6. Shear	9
7. Jay Sowash	7
8. S. Gibson	5
9. Chippendale	5
10. J. Sandfry	5

## 40-49

1. Londeree	173.5
2. Lewis	168
3. Hessler	146
4. Hicks	109.5
5. Marks	96
6. Madsen	74
7. D. Baxter	69
8. Martin	54
9. Kruse	51
10. Slivinsky	37

## 50 &amp; over

1. Johnson	62
2. Dolphin	54
3. Storvick	33
4. Frey	20
5. Patterson	14
6. Hanson	14
7. H. Mittelhauser	11
8. Humphreys	9
9. Madden	6
10. Long	4

## WALKERS

1. Spier	27
2. Pullen	25
3. Taft	10

## FEMALE

1. Mittelhauser	113
2. Ruble	108
3. Hoxworth	74
4. Johnston	68
5. Boyle	61
6. Slivinsky	58
7. LeDoux	43
8. Stout	40
9. Majewski	38
10. Fay	32
11. Settle	30
12. Hessler	28
13. Cain	27
14. Scholes	22
15. O'Connor	22
16. Mueller	18
17. Madsen	17.5
18. Holsinger	17

## 15 &amp; under

1. Angela Hessler	29
2. Heather Sargent	21
3. Mary Wulff	15
4. Julie Slivinsky	9
5. Angie Ballenger	8
6. Carla Sandfry	8
7. Darla Bryant	5
8. Sherry Wulff	6
9. Tina Slivinsky	5
10. Heather O'Connor	5

## 35 &amp; over

1. Slivinsky	39
2. Boyle	31
3. Stout	27
4. Cain	23
5. O'Connor	18
7. Holsinger	13
6. Madsen	13.5
8. Fritsch	9
9. Londeree	8.5
10. Johnson	4

## DESIGNATED TIME STANDINGS

Events through August 21 (the 15 K):

1. Joe Marks	0.295% off	12 events	8. Tom LaFontaine	1.370	8
2. Kent Lang	0.495	18	9. Rob Spier	1.371	8
3. Mike Koonse	0.705	17			
4. Bruce Maxey	0.810	16			
5. Don Johnson	0.828	15			
6. Ron Wampler	0.949	12			
7. Ben Londeree	1.350	12			



## SCHEDULE OF EVENTS

- SEPTEMBER 4 Saturday 6:30 AM 30 kilo run (10 kilo for women and age 15 & under, although they may do any longer distance if they wish); 30 kilo walk (start at 6:00 AM), The walk may be on the Shelter course-- Check with Rob Spier 442-2126. The run is on the Hilton Inn, Rt. 22 course RACE DIRECTOR: Chris Ruble 874-7703
- 12 Sunday 1:00 PM THE BROADWAY MILE See this newsletter for more details.
- 18 Saturday 9:00 AM 2 Mile Cross Country Run Municipal Golf Course RACE DIRECTOR: Mark Hosler 445-3703
- 25 & 26 Saturday & Sunday 1:00 PM to 1:00 PM 16th ANNUAL 100 MILE WALK Hickman Track WE NEED SOME 50 PEOPLE TO HELP WITH THE ADMINISTRATION OF THIS EVENT!!!! CALL JOE DUNCAN AT 445-2684 or 874-4328
- OCTOBER 2 Saturday 9:00 AM 10,000 meter clock race, meet at West Broadway Swim Club parking lot
- 10 Sunday 6:30 AM 23rd ANNUAL HEART OF AMERICA MARATHON
- 24 Sunday 9:00 AM D Sport Shop 10,000 meter road race Rock Bridge High School Track (start & finish) RACE DIRECTOR: Jim Gibson 657-4553

We have had no reaction as to what to do with the 20 kilo event of Nov. 20 seeing as how the Missouri Turkey Trot is going to be on Nov. 21. Shall we leave the 20K for Nov. 20 or move it to Nov. 6?? A definite decision will be announced in the Sept. Newsletter

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Some selected out-of-town events:

- September 6 Monday 7:45 AM 10,000 Meter JCCA Labor Day Run 11001 Schuetz Rd. St. Louis, Mo. 63141
- September 25 Saturday 11:00 AM Busch Stadium 10,000 Meter Handicap Run Runners start in accordance with their age handicap. Free tickets to a Cardinal baseball game CONTACT: St. Louis TC Box 2956 St. Louis, Mo. 63130
- October 9 Saturday 8:00AM Open Cross Country Meet 3K, 4K, 5K Hidden Valley Park (near Worlds of Fun) Kansas City CONTACT: Kansas City North Stars Box 25113 Kansas City, Mo. 64119
- November 7 Sunday 8:00 AM St. Louis Marathon CONTACT: St. Louis TC
- 7 " 8:00 AM Macy's Marathon and 10,000 Meter Run Kansas City, Mo. CONTACT: Special Events Office Macy's on Main 1034 Main St. Kansas City, Mo. 64105

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In connection with the P & R "Life, Be in it, Fall Leisure Festival" Sept. 12, CTC will have a booth, making available our schedule of events, membership applications, shirts, mugs, entry blanks, in addition to making ourselves available to answer questions. The booth will be staffed from 11:00 AM to 5:00 PM, Sunday, the 12th. The only problem is that we need people to staff the booth. We suggest two people each hour for the six hours, a total of 12 people. If you would like to be one of the 12, then please call Joe Duncan.

Speaking of help we need, don't forget to sign up for one of the three hour shifts for the 100 mile walk, the first 3 hours being from 1:00 PM Saturday, the 25th to 4:00 PM. We need at least 6 people for the first four shifts to handle the recording of split times and two people for each shift for the aid station. For the last four shifts we can get by with 4 or 5 people per shift, plus two for the aid station. There will be a sign up sheet at the 2 mile cross country run, Sept. 18 and it would sure help if you sign up then. Otherwise someone has the burden of making a lot of phone calls.

Much the same applies for the Heart of America Marathon. We will need lots of help with that event. As the time draws nigh, be sure to volunteer your help--don't wait to be asked.

## 1981-82 DAVE SCHULTE IMPROVEMENT AWARD

Up to and including the 5K race on July 24 and with 5 more events to go,  
the contenders and their median improvements are:

	<u>Median</u>
1. Steve Helmick	6.75
2. Dean Baxter	5.61
3. Kent Lang	5.29
4. Tom LaFontaine	5.08
5. Milene Mittelhauser	4.84
6. Peter Hessler	4.74
7. Ben Londeree	4.33
8. Chris Ruble	2.39
9. Don Johnson	2.11

Last Month's newsletter shows more detail.

## ACHIEVEMENT AWARDS

With only one event remaining (the 2-mile Cross-Country Run, September 18)  
we have 10 winners and three potential winners of Achievement Awards:

<u>Name</u>	<u>Imp. in</u> <u>Pair 1</u>	<u>Imp. in</u> <u>Pair 2</u>	<u>Imp. in</u> <u>Pair 3</u>	<u>Imp. or Time</u> <u>to Beat in Pair 4</u>	
				<u>15K</u>	<u>2 Mile</u>
*Don Johnson	yes	yes	yes	yes	12:46.0
*Mike Koonse	yes	yes	yes	no	12:16.9
*Tom LaFontaine	yes	yes	yes	yes	-
*Kent Lang	yes	yes	yes	yes	11:25.1
*Ben Londeree	yes	yes	yes	yes	-
*Milene Mittelhauser	yes	yes	yes	yes	-
*Dean Baxter	yes	no	yes	yes	-
Bob Dolphin	yes	no	yes	-	12:44.7
*Norris Kruse	yes	yes	no	yes	-
Don Lewis	yes	no	yes	-	11:05.2
Bruce Maxey	yes	yes	no	no	11:38.6
*Jeff Mittelhauser	no	yes	yes	yes	-
*Chris Ruble	yes	no	yes	yes	-

\*These 10 have already qualified for Achievement Awards.

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

Lindsay Anglen  
1300 Fieldcrest  
Columbia, Mo. 65201

Jay Dirksen  
2205 Ridgemont  
Columbia, MO. 65201

CPT. Michael Basista  
Kemper Military School  
721 Third St.  
Boonville, Mo. 65233

Bob Shoemaker  
5640 Teton Dr.  
Columbia, Mo. 65201

1982 MISSOURI RIVER FESTIVAL 4-MILE RUN FOR THE ARTS

August 14

Boonville, Mo.

PLACE	NAME	AGE	TIME				
1	David Harris	27	21:36	49	Mike Berry	19	30:25
2	Jim Marshall	24	21:45	(50)	Don Patterson	60	30:38
(3)	Kent Lang	19	22:10	(51)	Roger Hanson	50	30:39
4	Henry Devereaux	26	22:21	52	Pete Davis	33	30:42
5	Max Lewis	15	22:42	53	Dwight Twillman	14	30:42
6	Terry Sandwith	24	23:36	54	Tom Burns	40	31:09
7	Steve Baurichter	31	23:53				
8	Jack Robinson	40	24:06	55	Joe Sportsman	49	31:32
9	James Maxwell	28	24:35	56	Sarah Reesman	18	32:37
10	Darrin Young	15	24:36	57	Michael Trinklein	51	32:49
11	Mark Lanier	23	24:47	(58)	Theresa Mueller	32	32:56
12	Mike Koonse	31	24:49	59	Dave Abbett	20	32:57
13	Joe Kurth	35	25:06	60	Neal Blank	13	33:05
14	Mike Baker	32	25:14	61	Heather Dyer	14	33:12
15	Brad Willbrand	21	25:26	62	Merle Langford	50	33:13
16	Tom Max	15	25:54	63	Larry Kaylor	32	33:16
17	Ron Wampler	35	25:57	(64)	Don Long	65	33:32
18	Greg Overfelt	32	26:32	65	Audrey Schultz	22	33:57
19	Tom Edes	28	26:37	66	Tom Parsons	53	34:18
20	Brian Sampson	17	26:59	67	Michelle Barnes	28	34:47
21	John Wilke	37	27:12	68	Bill Hope	37	35:02
22	Richard Hyde	35	27:13	69	Stacy Warren	14	36:03
23	Richard Shafer	33	27:15	70	Larry Long	32	36:15
24	David Berry	22	27:24	71	Ann Frazier	27	36:31
25	Bob Leonberger	29	27:37	72	Jeanelle Twillman	50	36:33
26	Richard Schultz	15	27:52	73	Myrtle Parsons	57	37:06
27	Lindsay Anglen	20	27:52	74	Jill Young	12	37:14
28	Joe Ducan	48	27:57	75	Mel Eaton	32	37:46
29	Bill Smith	34	28:04	76	Marcey Rowland	14	38:03
30	Bob Dolphin	52	28:11	77	Linda Young	33	38:05
31	Linda Hope	36	28:30	78	Melody Eaton	11	38:11
32	Lee Schweighauser	39	28:37	79	Jim Ward	11	38:21
33	John Mueller	39	28:45	80	Franklin Knowles	11	38:24
34	Sid Hose	43	28:52	(81)	Brian Wampler	8	38:32
35	Derik Amos	32	28:54	82	Joe Shellner	23	38:34
36	Bernadette Gerke	23	28:56	83	Cynthia Dyer	42	39:45
37	Michael Basista	37	29:01	(84)	Pat Van Bouven	43	39:52
38	Paul Conover	15	29:09	85	Sue Burns	30	40:41
39	Mike Conway	27	29:14	86	Linda Brangarth	34	40:41
40	Richard Johns	33	29:17	(87)	Trey Rhiddlehoover	15	41:12
41	John Ward	39	29:21	88	Mirian Eaton	31	41:46
42	Lloyd Rhiddlehoover	51	29:26	(89)	Donna Haley	33	42:27
43	Robert Wolff	47	29:44	90	Esther Huecker	36	42:29
44	Mark Hope	9	29:57	91	Carolyn Knowles	35	43:28
45	John Lewis	14	29:58	92	Bertha Wolfe	44	45:00
46	Brian Lingham	34	30:05	93	Dave Remington	50	45:55
47	Christie Kempf	20	30:09	94	Sylvia Remington	41	104:47
48	J.D. Twenter	43	30:16	95	Gene Russell	66	104:52
				96	Sandy Bieber	74	109:21

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From BOB GOODRICH. . .

During vacation I tried the Deseret News Marathon July 24 in Salt Lake City. Actually it starts 18 miles outside the city and comes in on part of the old Mormon pioneer route. I'm told the road is much improved since 1847.

It's billed as a tough mountain course, but despite how people out there talk I'd say it's easier than Heart of America. It doesn't go much over 6,000 feet elevation and has a net drop of over 1,000. Essentially it is 11 miles of mostly upgrade and then 15 of almost entirely downgrade.

The last 2.5 miles—if you get there before three and a half hours when they divert you to an alternate route—is in front of the 100,000 or so folks gathered for the annual Days of '47 Parade. So it's good to save a little kick.

Winner for the seventh consecutive year was Demetrio Cabanillas, a transplanted Mexican, in a record 2:16 something. I think he was eighth last year at New York.

I ended up 31st overall at 2:42:50 in 1300 or 1400 starters and felt great—until that night anyway when my quads tightened up and felt like they were full of broken glass for three days, I guess from all that downhill stuff.



## Notes from Dennis Blossom. . .

The Columbia Track Club's 4 x 800 Meter Relay Team placed 10th at the 1982 National TAC/USA Junior Olympic Games Track and Field Championships held last weekend at the University of Nebraska in Lincoln. There were over 1,100 athletes from thirteen regions across the United States represented. The team members indicated that the competition was very tough and that there were several outstanding performances by many athletes.

The relay team consisted of Columbia Hickman athletes Jeff Balmer and Richard Diehl, former Hickman runner Jay Blossom (Central Missouri State University) and Kansas City runner Garren Henderson of Bishop-Hogan High School.

The team's respectable time of 8:14.2 was not fast enough to defeat the other teams present. First place time of 7:35.6 went to the Cheetah Track Club of Detroit, Michigan and second place went to the Royal Knights of East St. Louis, Illinois. The Knights were the same team that beat the Columbia Track Club in the Region 8 finals two weeks ago in Manhattan, Kansas.

Five Columbia Track and Field athletes, having survived local, state, and regional competition to qualify for nationals, participated in the XVI Annual AAU/USA Junior Olympic Games in Memphis Tennessee last weekend. Over 2,800 athletes from across the nation competed in the games which included thirteen different sports.

Melanie Combs, Columbia Hickman, in spite of a dropped baton exchange, ran a fine leg on the 4 x 800 Meter Relay for the Kansas City Roadrunners which placed 8th with a time of 50.9.


A unique situation occurred at the meet in that two Columbia Hickman teammates opposed each other in the opening leg of the 4 x 800 Meter Relay. Jeff Balmer, running for the Kansas City Roadrunners, ran a 2:00.5 opening leg but was edged out by former Hickman Track Captain Jay Blossom who, by running a 2:00.2 first leg, placed their teams third and fourth at the first hand-off. Dan Nelson, Columbia Rockbridge, 2:04.8 and Richard Diehl, Columbia Hickman, 2:05.8 along with Curtis Todd from Bonner Springs, Kansas, 2:10.8 rounded out Columbia Track Club's team effort of 8:21.0 which was good for eighth place.

The 4 x 800 Meter Relay National title was won by Music City Track Club of Nashville, Tennessee, with Mississippi Valley Track Club, Greenville, Mississippi placing second. The Kansas City Roadrunners placed third and the East Coast Track Club from New York placed fourth. The winning time was 7:51.0 on a very hot and muggy day.

Thanks for all your help on the Junior Olympics. The boys certainly profited from the invaluable experience at both the TAC and the AAU/USA nationals. Even though we lacked some of the quality necessary to be a threat on a competitive basis as far as placing was concerned, the opportunity to associate and compete with other national class athletes is something that the boys will remember for a long time.

Although the Columbia Track Club wasn't among the leaders, it was nice to see our shirts up among some of the bigger track clubs: Music City, EAC, Cheetum, the Royal Knights, the Oregon Track Club, and the Atlantic Coast Club. While they may have more "name" recognition, not to mention a great deal more financing, none of them have a better organized or more dedicated group of individuals supporting them. Thanks again for giving us the opportunity to compete on a national level.

Sincerely,



Dennis K. Blossom





# FALL LEISURE FESTIVAL Broadway Mile Fun Run

ATTENTION runners of all ages and abilities!

Get ready for Columbia's first BROADWAY MILE FUN RUN to be held in conjunction with the Life. Be in it. Fall Leisure Festival, Sunday, September 12, 1982.

The run will be one of the featured events of the Leisure Festival which is but one of hundreds of festivals going on all over the country the second weekend in September. The main focus of the festivals which are supported by the National Recreation and Park Association is to get people "up and moving".

The Columbia Parks and Recreation Department has organized a gigantic "street fair" in which organizations, clubs, and business establishments whose main products are leisure oriented have been invited to "show-off-their-wares" in over 90 booths located up and down Broadway and Ninth streets in downtown Columbia.

A center stage located at the intersection of 9th and Broadway will feature exhibitions and demonstrations by dance and exercise groups, karate clubs, bands, and much more.

More about the fun run...

**REGISTRATION:** Registration for the run will begin at 11:00 a.m. at the northeast corner of Eastgate IGA's parking lot on East Broadway (at old 63 S). A registration fee of \$2.00 is required to enter but all participants will receive a festival T-shirt (Life. Be in it. colored shirt)

**ROUTE:** Up Broadway from Eastgate IGA to 10th Street

**HEATS:** MEN'S (1:00 p.m.)

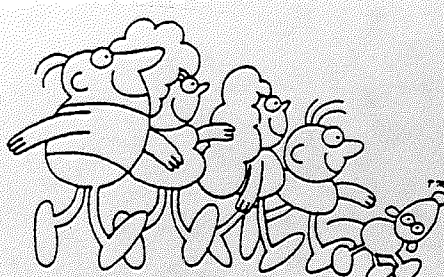
WOMEN'S (Just after the men's)

Places and times will be given to each participant.

**NATURE OF RACE:** This is a "fun run" meaning that all ages and abilities are encouraged to participate. No awards will be given to distinguish place but all participants will receive a free T-shirt. The emphasis is participation!

The first BROADWAY MILE fun run is co-sponsored by the Columbia Track Club and the Columbia Parks and Recreation Department.

SPREAD THE WORD !!!



## Life. Be in it.

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THE 145 BEST PERFORMANCES AND ALL SUB 3:00 PERFORMERS  
IN THE HEART OF AMERICAN MARATHON 1960-1981

1.	1.	2:29:15	DENNIS HINKAMP	21	COLUMBIA	MO.	1977	1
2.	2.	2:30:26	JON HERBERT	31	SPRINGFIELD	MO.	1981	1
3.	3.	2:32:29	BOB O'CONNELL	32	COLUMBIA	MO.	1981	2
4.	4.	2:33:04	DENTON CHILDS	28	COLUMBIA	MO.	1978	1
5.	5.	2:34:07	BARRY CRAWFORD	29	BOULDER	COLO.	1966	1
6.	6.	2:34:07	TONY RODIEZ	20	MILWAUKEE	WIS.	1976	1
7.	7.	2:34:08	JEFF MITTELHAUSER	22	SEDALIA	MO.	1979	1
8.	8.	2:35:32	STEVE FISHER	23	COLUMBIA	MO.	1980	1
9.	9.	2:35:33	ROBERT STEVEN CLINE	26	BURLINGTON	IOWA	1981	3
10.		2:35:36	CLINE (2)	24	BURLINGTON	IOWA	1979	2
11.	10.	2:36:07	ROGER ROILLER	41	ROMEQUILLE	ILL.	1979	3
12.	11.	2:36:47	GENE McLAIN	33	OVERLAND PARK	KS.	1979	4
13.	12.	2:37:17	RON DAWES	28	MINNEAPOLIS	MINN	1965	1
14.		2:37:17	DAWES (2)	29			1966	2
15.		2:37:18	CHILDS (2)	27			1977	2
16.		2:37:48	HERBERT (2)	30			1980	2
17.	13.	2:38:09	RICK KATZ	27	BOULDER	COLO	1976	2
18.	14.	2:38:42	TIM HENDRICKS	29	PERU	NEBR	1975	1
19.		2:38:42	HENDRICKS (2)	30	OMAHA	NEBR	1976	3
20.		2:38:43	MITTELHAUSER (2)	21			1978	2
21.	15.	2:38:45	KIRK DUNCAN	28	KANSAS CITY	KS	1977	3
22.		2:39:12	RODIEZ (2)	21			1977	4
23.	16.	2:39:17	RANDY COOK	27	LIBERAL	MO	1975	2
24.	17.	2:39:24	REX POWER	27	COLUMBIA	MO	1979	5
25.	18.	2:39:43	DICK HESSLER	34	COLUMBIA	MO	1975	3
26.		2:39:45	HESSLER (2)	35			1976	4
27.	19.	2:40:00	EARL EBLEN	30	HUNTSVILLE	ALA	1966	3
28.	20.	2:40:57	RICHARD MILLER	30	SPRINGFIELD	MO	1981	4
29.	21.	2:41:03	KARL WEISER		MADISON	WIS	1966	4
30.	22.	2:41:14	BILL FOX	36	TARKIO	MO	1978	3
31.	23.	2:41:14	ROB LEUTWILER	31	ST. LOUIS	MO.	1981	5
32.	24.	2:41:20	LOU FRITZ	33	VERDON	NEB.	1976	5
33.	25.	2:41:39	LARRY ADUDDLELL	32	BROKEN ARROW	OKLA	1977	5
34.	26.	2:41:45	HAL HIGDON	36	MICHIGAN CITY	IND.	1968	1
35.	27.	2:41:47	LYNN LEE	25	EXIRA	IOWA	1974	1
36.	28.	2:41:52	TOM HOFFMAN	19	FT. ATKINSON	WIS.	1967	1
37.	29.	2:42:03	AL SETTLE	23	COLUMBIA	MO.	1976	6
38.	30.	2:42:39	MARTIN SMITH	25	CEDAR RAPIDS	IOWA	1974	2
39.		2:42:40	HERBERT (3)	26			1976	7
40.	31.	2:42:40	RICH BREINER	34	CARBONDALE	ILL	1979	6
41.	32.	2:42:40	TOM GOSS	25	SPRINGFIELD	MO	1981	6
42.	33.	2:42:41	CARL OWCZARZAK	27	KANSAS CITY	KS.	1968	2
43.	34.	2:43:00	TOM LAFONTAINE	34	COLUMBIA	MO	1981	7
44.	35.	2:43:09	R. LION CALDWELL	26	SALVESTON	TEX	1977	6
45.	36.	2:43:12	HOWARD GUSCAR	33	COLUMBIA	MO	1978	4
46.		2:43:25	FRITZ (2)	34			1977	7
47.		2:43:40	HENDRICKS (3)	27			1973	1
48.		2:43:46	FRITZ (3)	32			1975	4
49.		2:43:47	CLINE (3)	25			1980	3
50.		2:43:58	CLINE (4)	23			1978	5
51.	37.	2:43:59	ROBERT ROSALES	31	MARQUETTE	KS.	1973	2
52.	38.	2:43:59	CHARLES STEWART	27	BROKEN ARROW	OKLA	1979	7
53.		2:44:00	HENDRICKS (4)	20			1966	5
54.	39.	2:44:00	JOHN HAWKINS	29	OMAHA	NEBR.	1976	8
55.	40.	2:44:00	GARY SCHAPPER	26	ST. LOUIS	MO	1978	6
56.	41.	2:44:05	KEN KATZER	25	LINCOLN	NEBR	1968	3
58.		2:44:25	ADUDDLELL (2)	29			1974	3
57.		2:44:09	HESSLER (3)	40	COLUMBIA	MO	1981	8
59.		2:41:30	HENDRICKS (5)	21			1967	2
60.		2:44:32	FRITZ (4)	31			1974	4
61.		2:44:32	KATZ (2)	26			1975	5
62.	42.	2:44:47	MARK COWLEY	20	USAF ACADEMY	COL.	1976	9
63.	43.	2:45:00	TIM SCHMID	22	KANSAS CITY	MO	1980	4
64.	44.	2:45:07	ROBERT GOODRICH	36	JEFFERSON CITY	MO	1981	9
65.		2:45:11	FOX (2)	38			1980	5
66.	45.	2:45:28	BEN WELCH	25	COLUMBIA	MO	1979	8
67.		2:45:36	HERBERT (3)	28			1977	8
68.		2:45:45	HENDRICKS (6)	23			1969	1
69.	46.	2:45:48	IVAN TORRES	22	HUTCHINSON	KS	1975	6
70.		2:45:58	HENDRICKS (7)	31			1977	9
71.	47.	2:46:05	CHARLIE SCHMID	20	KANSAS CITY	MO	1976	10
72.	48.	2:46:07	PHIL WEISER		MINNEAPOLIS	MINN	1966	6
73.		2:46:10	FRITZ (5)	31			1979	9
74.	49.	2:46:11	BOB WINCHELL	29	KIRKSVILLE	MO	1978	7
75.		2:46:15	HENDRICKS (8)	26			1972	1
76.		2:46:22	EBLEN (2)	29			1965	2
77.	50.	2:46:22	DAVID ROTHLAUF	28	BURLINGTON	IOWA	1980	6
78.		2:46:36	FRITZ (6)	38			1981	10
79.		2:46:48	OWCZARZAK (2)	26			1967	3
80.		2:46:54	HESSLER (3)	37			1978	8
81.	51.	2:46:55	JIM GUINN	19	RAYTOWN	MO	1981	11
82.	52.	2:46:59	JOEL CAMBRON	23	COFFEYVILLE	KS	1979	10
83.		2:47:09	FRITZ (6)	25			1968	4
84.	53.	2:47:10	GREG CARLBERG	21	LINCOLN	NEBR	1970	1
85.	54.	2:47:10	KEN BEACH	28	KANSAS CITY	MO	1980	7

86.	2:47:11	HENDRICKS (9)	28			1974	5
87.	2:47:13	FOX (3)	37			1979	11
88.	2:47:18	ROSALES (2)	32			1974	6
89.	2:47:19	FRITZ (7)	23			1967	4
90.	2:47:20	FOX (4)	34			1976	11
91.	2:47:27	DAWS (3)	27			1964	1
92.	48. 2:47:32	O'CONNELL	31			1980	8
93.	2:47:34	HESSLER (4)	33			1974	7
94.	2:47:38	KATZ (3)	29			1978	9
95.	2:47:42	HENDRICKS (10)	25			1971	1
96.	2:47:46	HESSLER (5)	38			1979	12
97.	2:47:58	ROTHLAUF(2)	29			1981	12
98.	2:47:59	FOX (5)	34			1977	10
99.	2:48:04	FRITZ (5)	37			1980	9
100.	55. 2:48:05	JIM NEVIACKAS	32	HARTSBURG	MO	1979	13
101.	56. 2:48:09	LOU COPPENS		PHILADELPHIA PA		1965	3
102.	57. 2:48:09	BRIAN HARRINGTON	23	KILLEEN	TEX	1969	2
103.	58. 2:48:17	FRANK CUROTTO	27	KIRKWOOD	MO	1980	10
104.	2:48:32	FRITZ (9)	29			1972	2
105.	59. 2:48:32	JOE MARKS	42	COLUMBIA	MO	1979	14
106.	2:48:33	CALDWELL (2)	36	CIBECUE	AZ	1981	13
107.	2:48:41	BEACH(2)	29	RAYTOWN	MO	1981	14
108.	60. 2:48:57	MIKE CHAFFEE	32	LEAWOOD	KAN	1977	11
109.	61. 2:49:01	DENNIS KATZER	20	HAPIER	NEBR	1973	3
110.	62. 2:49:02	LANNY ENDICOTT	32	TULSA	OKLA	1976	12
111.	2:49:10	HENDRICKS (11)	33			1979	15
112.	63. 2:49:10	DANNY FISHER	18	MANHATTAN	KS	1981	15
113.	2:49:30	HESSLER (6)	30			1980	11
114.	2:49:37	FRITZ (10)	30			1973	4
115.	64. 2:49:41	ROBERT LOWE		DENVER	COLO	1966	7
116.	65. 2:49:44	URGIL YEHNERT	38	AKRON	OHIO	1967	5
117.	66. 2:49:55	BEN LONDEREE	44	COLUMBIA	MO	1978	10
118.	2:49:57	OWCZARZAK (3)	28			1969	3
119.	67. 2:50:08	RALPH ANIEVAS	21	FT. RILEY	KANS	1969	4
120.	68. 2:50:08	SANDY LAWRENCE	26	COLUMBIA	MO	1976	13
121.	2:50:25	WINCHELL (2)	28			1977	12
122.	2:50:27	OWCZARZAK (4)	25			1966	8
123.	69. 2:50:27	KARL NAYLOR	37	TOPEKA	KAN	1974	8
124.	2:50:30	FRITZ (11)	26			1969	5
125.	70. 2:50:48	PAT LANIN		ST. PAUL	MINN	1967	6
126.	2:50:55	SMITH (2)	27			1976	14
127.	71. 2:51:08	JOE OROZCO	28	COLUMBIA	MO	1978	11
128.	72. 2:51:10	GENE SOMER	26	CURTIS	NEBR	1966	9
129.	73. 2:51:12	JIM MCFADDEN	33	FT. MADISON	IOWA	1972	3
130.	74. 2:51:15	TOM SNYDER	27	LINCOLN NEBR	NEBR	1969	6
131.	75. 2:51:17	DOUG BELLOW	33	COLUMBIA	MO	1980	12
132.	2:51:21	KATZER (2)	29			1972	4
133.	76. 2:51:25	KIM PROCTOR	27	AUSTRALIA		1979	16
134.	77. 2:51:30	BILL WIRTZ	21	ST. LOUIS	MO	1968	5
135.	2:51:30	CUROTTO (2)	23			1977	14
136.	78. 2:51:35	STACEY COOKE	19	JUNCTION CITY	KS	1976	15
137.	79. 2:51:57	JAY BIRMINGHAM	21	DAYTON	OHIO	1966	10
138.	80. 2:52:03	MARK LANDRUM	38	COLUMBIA	MO	1977	14
139.	2:52:10	MARKS (2)	44	COLUMBIA	MO	1981	16
140.	81. 2:52:11	JOHN SIEBEL	33	KIRKWOOD	MO	1976	16
141.	82. 2:52:14	AUGIE HIRT	21	MCPHERSON	KAN	1972	5
142.	2:52:15	CHILD (3)	26			1976	17
143.	2:52:20	FRITZ (12)	28			1971	2
144.	2:52:22	-CUROTTO (2)	27			1981	17
145.	83. 2:52:27	JOE DICKMANN	26	CLAYTON	MO	1976	18
	84. 2:52:37	STEVE THOMAS	38	EVANSVILLE	IND	1981	18
	85. 2:52:39	ELLIOTT EVANS	19	OMAHA	NEB	1966	11
	86. 2:52:40	KEN GEEST	21	KANSAS CITY	MO	1974	9
	87. 2:52:41	MICHAEL MURRAY	35	ST. LOUIS	MO	1978	12
	88. 2:53:00	DON TODARO	19	ST. LOUIS	MO	1971	3
	89. 2:53:02	RICK CARACCILO	18	VALLEY	NEB	1974	10
	90. 2:53:03	RICH TODD	28	FT. LEONARD WOOD	MO	1975	8
	91. 2:53:09	BOB PELIKAN	19	ST. LOUIS	MO	1971	4
	92. 2:53:12	REX FRAZER	42	FT. LEONARDWOOD	MO	1974	11
	93. 2:53:33	ALEX RATELLE	44	MINNEAPOLIS	MINN	1969	8
	94. 2:53:35	JACK MAHURIN		WASHINGTON	OHIO	1966	13
	95. 2:53:37	BOB POTTER	37	JUNCTION CITY	KS	1976	19
	96. 2:53:46	LELAND MCCRARY	27	FLORISSANT	MO	1975	9
	97. 2:54:00	CARL GANS	20	KIRKWOOD	MO	1967	7
	98. 2:54:00	THOM WILKINS	28	KANSAS CITY	MO	1974	12
	99. 2:54:07	JOHN ROSE	28	LACROSSE	KAN	1966	14
	100. 2:54:29	GARY SMITH	34	HOUSTON	MO	1980	14
	101. 2:54:49	ROBERT HUGHES	35	LAWRENCE	KAN	1977	16
	102. 2:55:11	BILL FOX	39	TARKIO	MO	1981	19
	103. 2:55:19	DON GRANBERG	32	COLUMBIA	MO	1974	14
	104. 2:55:24	JOHN MILLER	28	OAK CREEK	WIS	1976	21
	105. 2:55:40	LEONARD KUPER SMITH	34	WICHITA	KS	1981	20
	106. 2:55:41	BON HUMERDOSSE	24	MACON	MO	1971	5
	107. 2:55:45	JOEL RABDAU	40	CREVE COEUR	MO	1975	11
	108. 2:55:48	COURTNEY JONES	33	KIRKWOOD	MO	1978	13
	109. 2:55:52	DARRELL STEINHOFF	16	CAPE GIRARDEAU	MO	1974	16
	110. 2:55:58	MIKE WHEELER	27	KANSAS CITY	MO	1978	14
	111. 2:56:09	BRUCE MAXEY	24	MEXICO	MO	1980	16
	112. 2:56:36	JAMES VEDDER	26	MADISON	WIS	1967	9
	113. 2:56:44	JOSEPH MEYER	22	EVANSVILLE	IND	1981	21
	114. 2:57:17	COBB YOUNG	26	SPRINGFIELD	MO	1979	19
	115. 2:57:21	DON NEWTON, JR.	49	SPRINGFIELD	MO	1981	24
	116. 2:57:25	BOB MOHLER		WICHITA	KAN	1966	16
	117. 2:57:31	JIM TWEEDIE	38	COLUMBIA	MO	1980	17
	118. 2:57:39	ARNE RICHARDS	32	MANHATTAN	KAN	1965	5
	119. 2:57:57	STEVE ANDES	31	ST. LOUIS	MO	1977	18



120.	2:58:03	JOHN GRUNDY	YORKSHIRE	ENGLAND	1963	2
121.	2:58:07	DEAN NEAL	26 SUCCESS	MO	1974	20
122.	2:58:21	FRANK NEUMER	32 BALLWIN	MO	1976	25
123.	2:58:22	CHARLES SAYWARD	LINCOLN	NEB	1968	9
124.	2:58:23	LOUIS NAEGER	19 STE. GENEVIEVE	MO	1968	10
125.	2:58:23	JIM CONAWAY	18 KANSAS CITY	MO	1973	7
126.	2:58:41	MICHAEL KELTY	23 CAPE GIRARDEAU	MO	1981	25
127.	2:59:01	DAN KACPROWICZ	22 SPRINGFIELD	MO	1973	8
128.	2:59:02	HENRY SHAMNEE	WEATHERFORK	OKLA	1970	2
129.	2:59:03	JULIAN SCOTT	MINNEAPOLIS	MINN	1967	10
130.	2:59:06	RONALD GARAFALO	31 FARMINGTON	MO	1981	26
131.	2:59:09	JOE RICE	23 KANSAS CITY	MO	1978	18
132.	2:59:10	DAVID CRAYCRAFT	21 KANSAS CITY	MO	1976	26
133.	2:59:19	JERRY KOKESH	26 MANCHESTER	MO	1976	27
134.	2:59:24	MIKE BURNS	31 WICHITA	KS	1981	27
135.	2:59:33	JOHNNIE HURST	26 ST. LOUIS	MO	1976	28
136.	2:59:35	BILLY SMITH	33 LIBERTY	MO	1981	28
137.	2:59:36	TOM FINDLEY	COLUMBUS	OHIO	1967	12
138.	2:59:40	NORM COLTER	47 VALLEY PARK	MO	1978	20
139.	2:59:40	JIM SCHUTT	40 CALIFORNIA	MO	1979	22
140.	2:59:46	ALAN KLEIN	24 ALMA	MO	1974	21
141.	2:59:55	LARRY SWANSON	26 LOVES PARK	ILL	1977	22
142.	3:00:00	DICK SWANSON	34 COLUMBIA	MO	1981	29

ALL SUB-3:30 PERFORMANCES AGE 40 AND OVER

1.	1.	2:36:07	ROGER ROUILLER	41	ROMEDEVILLE	ILL	1979
2.	2.	2:44:09	DICK HESSLER	40	COLUMBIA	MO	1981
3.	3.	2:48:32	JOE MARKS	42	COLUMBIA	MO	1979
4.	4.	2:49:55	BEN LONDEREE	44	COLUMBIA	MO	1978
5.	5.	2:52:10	MARKS(2)	44	COLUMBIA	MO	1981
6.	5.	2:53:12	REX FRAZER	42	FT. LEONARD WOODMO		1974
7.	6.	2:53:33	ALEX RATELLE	44	MINNEAPOLIS	MINN	1969
8.		2:54:40	RATELLE (2)	50			1975
9.		2:55:01	MARKS (3)	43			1980
10.		2:55:44	RATELLE (3)	48			1973
11.	7.	2:55:45	JOEL RABDAU	40	CREVE COEUR	MO	1975
12.		2:55:46	RABDAU (2)	41			1976
13.		2:56:50	LONDEREE (2)	40			1974
14.		2:57:17	LONDEREE (3)	47			1981
15.	8.	2:57:21	DON MENTON	49	SPRINGFIELD, MO		1981
16.		2:57:24	RATELLE (4)	47			1972
17.		2:57:27	RATELLE (5)	43			1968
18.		2:57:51	MARKS (4)	41			1978
19.	9.	2:59:16	ARNE RICHARDS	45	MANHATTAN KANS		1978
20.		2:59:31	RABDAU (3)	42			1978
21.	10.	2:59:40	NORM COLTER	47	VALLEY PARK	MO	1978
22.	11.	2:59:40	JIM SCHUTT	40	CALIFORNIA	MO	1979
23.		2:59:55	FRAZER (2)	44			1976
24.		3:00:03	COLTER (2)	46			1977
25.		3:00:58	RICHARDS (3)	43			1975
26.		3:01:27	RICHARDS (4)	43			1976
27.		3:01:28	SCHUTT (2)	41			1980
28.	12.	3:02:04	WAYNE YONCE	46	WICHITA	KAN	1978
29.	13.	3:02:19	OLEN BROWN	44	COLUMBIA	MO	1979
30.	14.	3:02:30	WHITNEY HICKS	40	COLUMBIA	MO	1975
31.		3:02:30	BROWN (2)	43			1978
32.		3:02:50	RICHARDS (4)	40			1973
33.		3:03:46	RATELLE (6)	46			1971
34.	15.	3:05:32	BEN LUEBERING	46	JEFFERSON CITY	MO	1981
35.		3:06:21	RICHARDS (5)	41			1974
36.	16.	3:07:07	R. H. MAHONEY	54	SPRINGFIELD	MO	1981
37.		3:07:30	BROWN (3)	42			1977
38.		3:07:35	BROWN (4)	45			1980
39.	17.	3:08:13	LARRY LEWIS	46	WARRENSBURG	MO	1981
40.	18.	3:08:22	JAY CLARK	40	HONOLULU	HAWAII	1975
41.		3:08:30	RICHARDS (6)	44			1977
42.		3:09:00	FRAZER (3)	43			1975
43.	19.	3:09:05	FRED FRITSCH	45	COLUMBIA	MO	1981
44.	20.	3:10:11	DICK MARTIN	46	COLUMBIA	MO	1978
45.	21.	3:10:20	TOM KEMPF	48	BARTLESVILLE	OKLA	1972
46.	22.	3:10:56	ERIC BENGSTON	40		SWEDEN	1978
47.	23.	3:11:55	ROBERT SCHMITT	42	DODGE CITY	KAN	1973
48.		3:12:39	SCHMITT (2)	41			1972
49.	24.	3:13:11	JIM BUCKLEY	48	OVERLAND PARK	KAN	1980
50.	25.	3:13:32	ALLEN SMITH	45	COLUMBIA	MO	1978
51.	26.	3:13:50	BOB CHAPIN	47	INDEPENDENCE	MO	1979
52.	27.	3:13:58	LUEBERING(2)	46	JEFFERSON CITY	MO	1980
53.	28.	3:14:42	A. R. POSEY	42	ENID	OKLA	1978
54.	29.	3:15:21	PETER BUTLER	49	ST. PAUL	MINN	1981
55.		3:15:41	SMITH (2)	47			1980
56.		3:16:00	SMITH (3)	44			1977
57.	30.	3:17:32	WILLIAM ANDERB.	57	ANOKA	MINN	1968
58.	31.	3:17:54	BILL WIECEK	41	COLUMBIA	MO	1979
59.	32.	3:18:09	JOE GOLDFARB	41	COLUMBIA	MO	1981
60.	33.	3:18:15	JOSEPH HOYT	42	FT. LEAVENWORTH	KS	1974
61.	34.	3:18:20	DEAN BAXTER	45	COLUMBIA	MO	1981
62.		3:19:09	FRAZER (4)	41			1973
63.		3:19:17	BUCKLEY (2)	47			1979
64.	35.	3:19:48	DENNIS HALL	42	LECOMME	MO	1981
65.		3:20:09	RATELLE (7)	42			1967
66.	36.	3:20:16	CARL GLADSTONE	43	NEW HAMPTON	MO	1978
67.	37.	3:20:38	JERRY WITHERSPOON	42	BLUE SPRINGS	MO	1977
68.	38.	3:21:46	DON JOHNSON	50	CENTRALIA	MO	1978
69.		3:22:14	JOHNSON (2)	51			1979
70.	39.	3:22:55	TED HARRIS	45	BRIDGETON	MO	1980
71.		3:12:11	HARRIS(6)	46	COLUMBIA	MO	1981
72.	40.	3:23:24	JIM SOWASH	42	COLUMBIA	MO	1981
73.	41.	3:23:47	JOHN EBERS	43	KIRKSVILLE	MO	1978
74.		3:24:23	JOHNSON(3)	53			1981
75.	42.	3:25:05	THOMAS WOLF	51	RICHLAND	IOUA	1978



76.	43.	3:24:36	ROBERT FANCHER	41	NEW BADEN	ILL	1981
77.		3:25:33	BUCKLEY (3)	49			1981
78.	44.	3:25:58	LELAND PFEFER	42	COLUMBIA	MO	1980
79.		3:26:28	RATELLE (8)	45			1970
80.	45.	3:26:58	JOE DUNCAN	49	COLUMBIA	MO	1974
81.		3:27:06	ANDBERG (2)	56			1967
82.	46.	3:27:34	MARVIN PATTERSON	42	COLUMBIA	MO	1978
83.	47.	3:27:36	RAY LOAN	46	COLUMBIA	MO	1977
84.	48.	3:28:16	STEVEN PETH	45	COLUMBIA	MO	1980
85.	49.	3:28:19	HOWARD JENNEY	51	JEFFERSON CITY	MO	1980
86.		3:28:48	FRAZER (5)	48			1980
87.	50.	3:29:04	LARRY BENTLEY	41	BATESVILLE	ARK	1980
88.		3:29:17	LOAN (2)	45			1976
89.	51.	3:29:18	CHARLES LENAUK	44	COLUMBIA	MO	1981
90.		3:29:18	PFEFER (2)	46			1981
91.		3:29:40	LENAUK (2)	41	COLUMBIA	MO	1978
92.		3:29:45	PFEFER (3)	43			1978

## ALL SUB-5:00 PERFORMANCES -- WOMEN

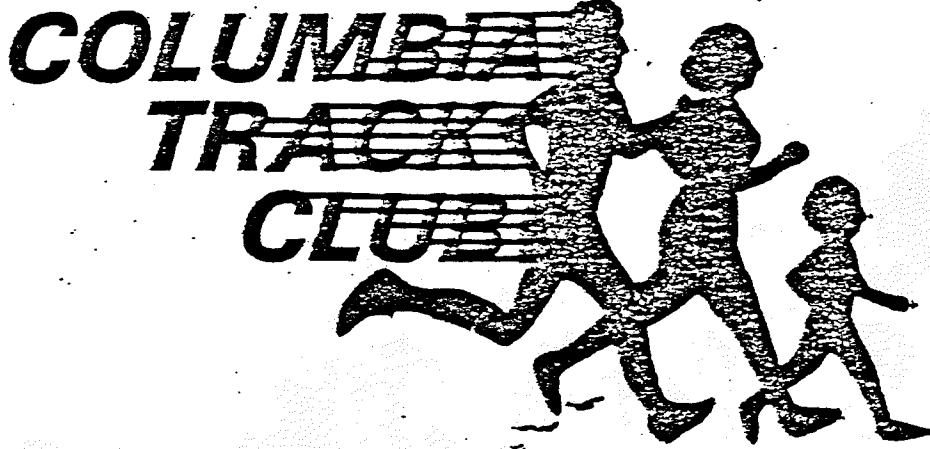
1.	3:07:17	WENDY THOMAS	29	EVANSVILLE	IND	1981
2.	3:09:21	JOAN HIRT	24	COLUMBIA	MO	1977
3.	3:11:48	DEBBIE HOKWORTH	23	<del>EVANSVILLE</del>	<del>IND</del>	1981
4.	3:23:44	HOKWORTH (2)	22	COLUMBIA	MO	1980
5.	3:37:31	NORMA COUSIN	29	GRINNELL	IOWA	1978
6.	3:40:36	PENNY GALLOGLY	34	SHREWSBURY	MO	1981
7.	3:43:15	CAROL SPIELMAN	31	CLEARWATER	FLA	1981
8.	3:44:03	BEVERLY HAEFLING	24	SHAWNEE	KS	1981
9.	3:44:17	MARIAN KULICK	24	SPRINGFIELD	MO	1977
10.	3:44:43	SUSAN SPEVAK	33	SKOKIE	ILL	1978
11.	3:45:47	PAIGE BUTLER	20	COLUMBIA	MO	1979
12.	3:47:50	SHARON NELSON	22	COLUMBIA	MO	1979
13.	3:51:51	DIANE BUSENBARK	19	FLAT RIVER	MO	1980
14.	3:56:02	SUSAN MATTHEWS	23	COLUMBIA	MO	1981
15.	3:56:25	CHRIS RUELE	27	COLUMBIA	MO	1981
16.	3:57:07	COUSIN (2)	28			1977
17.	3:58:30	BUTLER (2)	19			1978
18.	3:59:33	RHONDA THOMAS	29	COLUMBIA	MO	1977
19.	4:03:00	MARCIA NOXON	28	COLUMBIA	MO	1980
20.	4:06:13	PATRICIA BOWMAN	29	COLUMBIA	MO	1979
21.	4:06:40	MARY ANN SLIVINSKY	40	COLUMBIA	MO	1981
22.	4:06:59	ELAINE STEPER	35	COLUMBIA	MO	1980
23.	4:07:49	SLIVINSKY (2)	39	COLUMBIA	MO	1980
24.	4:12:40	SUSAN PETERS	37	MADISON	WIS	1980
25.	4:18:33	GAIL KONAGABLE	24	COLUMBIA	MO	1978
26.	4:22:53	ELAINE MENKE	29	COLUMBIA	MO	1980
27.	4:24:00	BUSENBARK (2)	18			1979
28.	4:34:28	MARSHA WEISS	24	COLUMBIA	MO	1974
29.	4:40:18	KATHY WERP	19	MADISON HTS	MICH	1981
30.	4:40:21	CATHY RUSSELL	26	WEST PLAINS	MO	1975
31.	4:45:38	KATHY PHELPS	15	TOPEKA	KAN	1970
32.	4:51:49	JILL BRAKE	33	OVERLAND PARK	KAN	1978
33.	4:53:04	GABRIELLE MARRINGTON	11	KANSAS CITY	MO	1976
34.	4:54:45	MARY GAYE FLENTGE	18	COLUMBIA	MO	1979

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JOHN WHITESIDE, in his second marathon, had a fine performance in the Paavo Nurmi Marathon, August 15, Hurley, Wis., finishing 69th out of 500+ runners with a time of 2:55:49, some 30 minutes better than he did last year in the Heart of America. It was a cool, overcast day, in the 60's. Joe Marks accompanied John and got the job (or took the job) of giving the halfway splits. Joe didn't run because of his recurring foot problem. John was intrigued by the presence of a cemetery near the finish line of the race. It is, of course, the repository of those runners who didn't quite make it.

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Heart of America Marathon entry blanks are enclosed, along with an insert (we hope that is ready by the time we assemble this newsletter) which gives the details of the pre-race clinic. Notice that the charge for the clinic is different than as related in the Entry Blank Information. The correct charges are as shown in the insert.



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

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