

TRACK CLUB

NEWSLETTER Vol. XIV, No. 2 February 25, 1982

STEVE STONECIPHER-FISHER AND MILENE MITTELHAUSER LEAD 435 RUNNERS IN COLUMBIA REGIONAL HOSPITAL FIVE MILE RUN February 7:

This winter road race turned out to be a truly magnificent affair mainly because of the tremendous organizational efforts of ROBIN ARMBRUSTER of the Community Relations Department of the Columbia Regional Hospital and the Race Director, JOE KURTH. To them and to the 30 or so volunteer workers go all the accolades. Perhaps the most astonishing feat of Robin was her arranging of the weather. Of all the days preceding February 7 and of all the days after that day, none of them would have really been very fit for an event of this kind. However, Robin (a great name for spring, perhaps that had something to do with it) served up temperatures in the mid 30's, plenty of sunshine and only fairly moderate winds out of the Southwest. But, of course, the runners really made the race, by far the biggest crowd for a winter road race in central Missouri. Dozens and dozens of personal bests, despite the hilly course and records in 16 of the 22 age categories, paced by S-F and Milene, neither of whom were pressed in registering their victories. Steve bettered the course record by 42 seconds, setting a CTC event record, while Milene was a whopping 1:31 under her course record. Wesley Paul also set a CTC event record in addition to a course record, beating the old mark of 30:55 set by Guy Clark in this race a year ago. Don Lewis was only 6 seconds away from Walt Renaud's CTC record for five miles for 40 & over.

Here are the age group award winners with the * denoting course records (notice how tough the male 45-49 group is. The times in that group are consistently superior to the 40-44 group. And there were Ben Londeree, Whitney Hicks, Joe Marks and Olen Brown who didn't run this year; each of them would have been under 30 minutes or close to it. Awesome. It probably occurs to most of you that the only reason this is being mentioned is because that is Joe Duncan's age group. This year it took 8 darn good runners to beat him in that 45-49 category and he hereby announces that next year it will take 12 good runners to beat him!):

FEMALE

Nine & Under

- | | |
|-------------------|----------|
| 1. Angela Hessler | 42:27.5* |
| 2. Carla Sandfry | 50:28.6 |

10-14

- | | |
|--------------------|----------|
| 1. Angie Ballenger | 39:22.8* |
| 2. Mary Wulff | 40:09.1 |
| 3. Heather Sargent | 42:28.1 |

15-19

- | | |
|------------------|---------|
| 1. Nancy Cannon | 34:32.7 |
| 2. Sharon Wesley | 38:34.5 |
| 3. Jane Kernell | 38:40.0 |
| 4. Amy Hessler | 40:22.2 |
| 5. Joann Murfin | 44:16.7 |

20-24

- | | |
|------------------------|----------|
| 1. Milene Mittelhauser | 30:42.8* |
| 2. Helen Wilson | 35:20.2 |
| 3. Cecilia Persse | 36:46.6 |
| 4. Jill Stahlhut | 38:19.1 |
| 5. Martha Keating | 38:22.4 |

25-29

- | | |
|---------------------|----------|
| 1. Vickie Cartee | 34:10.1* |
| 2. Chris Ruble | 36:37.6 |
| 3. Carla Weitzel | 39:55.6 |
| 4. Anne Marie-Dixon | 40:20.6 |
| 5. Terry Majewski | 40:45.2 |

30-34

- | | |
|--------------------|----------|
| 1. Susan LeDoux | 38:33.5* |
| 2. Betty Bohan | 39:01.1 |
| 3. Brenda Coats | 41:03.8 |
| 4. Theresa Mueller | 42:10.6 |
| 5. Sue Knight | 42:58.8 |

35-39

- | | |
|---------------------|----------|
| 1. Susan Boyle | 36:21.5* |
| 2. Anne Seymour | 41:40.8 |
| 3. Candy Stout | 42:19.9 |
| 4. Virginia Gardner | 43:33.1 |
| 5. Sharon LeDuc | 45:32.2 |

40-44

- | | |
|-----------------------|----------|
| 1. Mary Ann Slivinsky | 41:15.1* |
| 2. Cathy York | 47:04.1 |
| 3. Jeanine Elliott | 47:06.6 |

45-49

- | | |
|----------------------|---------|
| 1. Georgia Morehouse | 48:26.7 |
|----------------------|---------|

50-59

- | | |
|----------------------|----------|
| 1. Marilyn Holsinger | 45:12.7* |
| 2. Margaret Johnson | 1:03:11 |

MALE

Nine & Under

1. Shep Funderburk IV	40:30.5*
2. Ben Heibel	50:31.9
3. Jamie York	57:23.9

10-14

1. Wesley Paul	29:41.7*
2. Steve Helmick	30:34.4
3. Jason Shear	30:53.0
4. Tony Mayfield	30:55.7
5. Rusty Powlas	32:36.9

15-19

1. Ian MacLean	26:39.3*
2. Kirk Sloan	26:57.4
3. Jeff Pigg	26:58.7
4. Kent Lang	27:48.1
5. Chris Sylvan	27:57.0

20-24

1. Fred Klinge	25:48.2
2. Jim Marshall	27:04.9
3. Dan Hoxworth	28:42.2
4. Shelly Snook	28:44.5
5. Mark Thomas	28:47.7
6. Carl McCuiba	29:08.0
7. Tom Moore	30:40.5
8. Gary Oringerff	30:52.5

25-29

1. Steve Stonecipher-Fisher	24:48.4*
2. Jeff Mittelhauser	25:53.7
3. Dave Harris	26:41.5
4. Bruce Maxey	28:58.3
5. Dru Dixon	29:26.9
6. Mark Johnson	30:09.7
7. Steve Fasholz	30:39.1
8. Kirby Finders	31:04.4

30-34

1. Marc Scholes	29:35.4
2. Duane Thomas	29:41.4
3. Dick Swanson	29:55.7
4. Terry Yeater	30:06.9
5. Jim Nowak	30:16.2
6. Mike Koonse	30:45.0
7. Steve Baurichter	31:08.3
8. Allen Pringle	32:09.0

35-39

1. Tom LaFontaine	27:48.2*
2. Norm Stebbins	28:28.2
3. Ron Belyea	29:11.0
4. Mark Hosler	29:35.1
5. Tom Allen	31:18.7
6. Dave Parker	31:39.7
7. Sam Stout	31:54.8
8. Marvin Odneal	32:58.6

40-44

1. Dick Hessler	28:32.6*
2. Dick Madsen	31:52.4
3. Jerry Foote	32:42.6
4. Mike Chippendale**	32:49.8
5. Bob Baxter	33:52.1
6. Elmer Schlemper	34:53.7
7. Bud Brink	35:52.4
8. Bob Curry	35:53.3

45-49

1. Don Lewis	27:49.9*
2. Ben Luebbering	29:33.3
3. Fred Dice	30:10.6
4. Dean Baxter	32:24.6
5. Dick Martin	32:36.3
6. Norris Kruse	33:03.3
7. Don Waltman	34:03.1
8. Fred Fritsch	34:20.4

50-59

1. Don Johnson	32:51.7
2. Turk Storvick	32:54.7
3. Herb Mittelhauser	34:01.4
4. Bob Dolphin	34:12.3
5. Jean Madden	37:43.4

60 & over

1. Don Long	42:32.8*
2. Bill Conboy	49:23.8
3. William Taft	1:02:12.0

**Welcome back, Mike!

The DT went like this: Maxey 2 seconds off (so he wins two CTC coffee mugs), Johnson 6, Spier 7, Turk 8, Koonse 15, Lang 32, Wampler 56, Jones 67, LaFontaine 83, Lanier 164.

Does anyone have any color photographs of any part of this event? If so, then please call Robin Armbruster at Columbia Regional Hospital (875-9300). She hopes to use any such photos with next years publicity.

Results: Columbia Regional Hospital Five Mile Race For Your Life:

PL	NAME	AGE	TIME	PL	NAME	AGE	TIME	PL	NAME	AGE	TIME
1	Steve Stonecipher-Fisher	72	24:48.4	73	B.J. Kessler	24	32:49.1	142	Jim Sowash	43	36:06.4
2	Fred Klinge	22	25:48.2	74	Mike Chippendale	41	32:49.8	143	Dean Quick	14	36:08.0
3	Jeff Mittlehouser	25	25:53.7	75	Don Johnson	53	32:51.7	144	Dan Ovshak	32	36:10.1
4	Ian MacLean	19	26:39.3	76	Turk Storvick	53	32:52.4	145	Richard Shafer	33	36:16.5
5	David Harris	27	26:39.3	77	Ken Taylor	19	32:54.7	146	Lawrence O'Brien	32	36:17.0
6	Kirk Sloan	19	26:57.4	78	Ernest Smith	15	32:55.2	147	Terry Rackers	37	36:17.7
7	Jeff Pigg	18	26:58.7	79	Doug Larsen	18	32:55.9	148	Randy Mertes	19	36:18.7
8	Jim Marshall	23	27:04.9	80	Marvin Odneal	38	32:58.6	149	Susan Boyle	39	36:21.5
9	Kent Lang	19	27:48.1	81	Bob McDavid	34	32:59.5	150	Mark Dopp	25	36:24.5
10	Tom La Fontaine	35	27:52.2	82	Norris Kruse	46	33:03.3	151	Joe Custin	22	36:26.6
11	Don Lewis	46	27:55.9	83	Hadley Grimm	39	33:08.0	152	Chad McDaniel	32	36:29.3
12	Chris Sylvan	16	28:08.0	84	Don Green	33	33:18.0	153	John Wilke	36	36:29.3
13	Norm Stebbins	35	28:28.2	85	Linden Moore	24	33:21.0	154	Ron Hein	24	36:30.6
14	Dick Hessler	40	28:32.6	86	Peter Hessler	12	33:27.7	155	Bob Schilling	15	36:35.6
15	Mark Bollinger	17	28:38.8	87	Mark Stolzer	26	33:38.4	156	Bob Riggs	22	36:36.6
16	Dan Hoxworth	21	28:42.2	88	Dan Fox	21	33:41.3	157	Christine Ruble	27	36:40.3
17	Helley Snook	24	28:44.5	89	David Mountjoy	27	33:42.0	158	John Neal	34	36:40.3
18	Mark Thomas	23	28:47.7	90	Brad Miller	15	33:42.7	159	Ben Luebbert	19	36:42.1
19	David Miller	17	28:47.7	91	John Reinisch	37	33:45.4	160	David Schoenherr	20	36:45.2
20	Bruce Maxey	25	28:58.3	92	Patrick Goeckner	24	33:51.3	161	Cecilia Persse	23	36:46.6
21	Guy Clark	16	29:05.9	93	Bob Baxter	44	33:52.1	162	Michael Cartwright	26	36:48.5
22	Carl Macuiba	22	29:08.0	94	Paul Cohle	25	33:58.8	163	Terry Finn	32	36:50.0
23	Ronald Belyea	38	29:11.0	95	Robert Handler	30	33:59.2	164	John Mueller	39	36:54.3
24	Dru Dixon	28	29:26.9	96	Regan Thomas	35	33:59.9	165	Ben Lee	14	36:59.9
25	Ben Luebbering	47	29:33.3	97	Allen Garverick	37	34:00.6	166	Ron Boline	22	37:00.6
26	Mark Hosler	35	29:35.1	98	Herbert Mittelhauser	52	34:01.4	167	David Garver	14	37:03.7
27	Marc Scholes	30	29:35.4	99	Don Waltman	46	34:03.1	168	Rick Brandenburg	26	37:04.6
28	Wesley Paul	13	29:41.7	100	Bob Ferris	32	34:06.2	169	Ray Jezwak	23	37:05.7
29	Duane Thomas	32	29:55.4	101	Gary Grant	28	34:09.3	170	Jim Vesecky	20	37:08.5
30	Dick Swanson	34	29:55.7	102	Vicki Cartier	26	34:10.1	171	Joe Lecco	34	37:09.3
31	Ebby Norman	16	29:58.2	103	Tim Gibson	11	34:11.5	172	Tim Gentry	19	37:09.9
32	Terry Yeater	30	30:06.9	104	Bob Dolphin	52	34:12.3	173	Allen Johnson	19	37:10.5
33	Mark Johnson	29	30:09.7	105	Henry Woodward	20	34:13.7	174	Shep Funderburk III	39	37:13.1
34	Fred Dice	45	30:10.6	106	Dick Naumann	35	34:15.4	175	Sid Hose	43	37:14.5
35	Jim Nowack	30	30:27.8	107	Fred Fritsch	46	34:20.4	176	John Chartier	35	37:15.5
36	Tom May	15	30:27.8	108	Roger Krueger	28	34:26.0	177	Jack Jensen	30	37:16.1
37	Steve Helmick	14	30:34.4	109	Stephen Luebbert	24	34:28.8	178	Jim Gill	13	37:16.7
38	Steve Faszholz	25	30:40.5	110	Dan Schuppan	36	34:30.6	179	Steve Privette	23	37:18.6
39	Tom Moore	23	30:42.8	111	Robert Hull Jr.	16	34:31.2	180	Don Roll	19	37:22.8
40	Milene Mittelhauser	22	30:42.8	112	Nancy Cannon	19	34:32.7	181	unknown		37:24.6
41	Mike Koonse	31	30:45.0	113	Daniel Dire	22	34:39.3	182	Dean Homan	31	37:32.8
42	Gary Oringderff	23	30:52.5	114	Kent Oliver	26	34:45.4	183	John Crutchfield	19	37:34.3
43	Jason Shear	14	30:53.0	115	Phil Wooderson	34	34:46.3	184	Erik Rocksund	31	37:37.4
44	Tony Mayfield	14	30:55.7	116	Elmer Schlemper	42	34:53.7	185	Mark Fridley	27	37:38.1
45	Kirby Finders	27	31:04.4	117	Paul Weaverling	25	34:55.7	186	Ted Ayres	34	37:40.5
46	Steve Baurichter	31	31:08.3	118	John Lumpe	20	34:58.3	187	William Herlong	48	37:42.8
47	Wayne Huckshold	29	31:16.6	119	Tom Edes	27	35:00.1	188	Jean Madden	54	37:43.4
48	Jim Gibson	18	31:17.2	120	Bill Prince	24	35:01.2	189	Russ Harvell	34	37:48.8
49	Tom Allen	39	31:18.7	121	Larry Thompson	15	35:01.9	190	Donn Ovshak	22	37:54.0
50	Mark Schmidt	15	31:26.6	122	David Tedeschi	15	35:04.4	191	Earl Hawkey	28	37:54.7
51	Mark Lanier	23	31:44.0	123	Gale Clithero	25	35:05.0	192	Chris Naumann	12	38:00.3
52	Dave Parker	35	31:49.7	124	John Osteroot	24	35:06.8	193	David Hathman	22	38:00.8
53	Richard Madsen	40	31:52.4	125	Bob Peterson	34	35:07.6	194	Steve Brown	21	38:01.3
54	Greg Carter	17	31:52.9	126	Dennis Jones	34	35:17.2	195	Andrew York	11	38:08.8
55	Sam Stout	38	31:54.8	127	Duane Smith	21	35:17.7	196	Jerry French	34	38:12.4
57	Melvin Schebaum	25	32:14.5	128	Helen Wilson	20	35:20.2	197	Steve Kuntz	31	38:13.8
58	Clarence Coats	34	32:15.1	129	Rick Rother	33	35:25.7	198	Wayne Hansen	31	38:17.8
59	Dale Berlau	30	32:17.4	130	Larry Golden	30	35:27.2	199	Jill Stalhut	23	38:19.1
60	Steve Gelber	22	32:18.2	131	Jim Sandfry	14	35:31.9	200	Martha Keating	24	38:22.4
61	John Whiteside	32	32:22.5	132	Rich Pena	30	35:32.8	201	Kevin Atkins	23	38:28.6
62	Dean Baxter	46	32:24.6	133	Joe Duncan	47	35:36.3	202	Mike Jackson	19	38:32.9
63	Bob Shoemaker	31	32:33.0	134	Tim Dillon	23	35:47.6	203	Susan LeDoux	30	38:33.5
64	Doug English	20	32:34.5	135	Van Stoecker	35	35:48.2	204	Sharon Wesley	18	38:34.5
65	Richard Martin	49	32:36.3	136	Bill Henry	33	35:50.7	205	Deborah Hauck	23	38:37.8
66	Rusty Powlas	14	32:36.9	137	Bud Brink	41	35:52.4	206	Michael Chaney	20	38:39.3
67	Charles Graves	28	32:37.6	138	Bob Curry	40	35:53.3	207	Jané Kernell	18	38:40.0
68	Jerry Foote	43	32:42.6	139	Ron Wampler	34	35:56.5	208	David Kimberling	32	38:45.6
69	Chris Sperry	22	32:47.1	140	David Plummer	37	36:00.8	209	Mike Dardick	20	38:46.9
70	Mark Volek	26	32:47.8	141	Matt Shaneberger	15	36:02.1	210	John Welek	26	38:50.0
71	Dick Moe	30	32:48.3	142	David Hicks	17	36:04.8	211	Erick Mumford	38	38:53.9

WE NEED MILE MARKER SIGNS.

What we need is for someone to volunteer to make some permanent mile marker signs to be used in the Pepsi race and The Human Race. We suggest the use of plywood so they would be substantial and permanent. We need 6 of them--miles 1-6. CTC will reimburse you for the materials. Anyone willing to do this? If so, please call Joe Duncan at 445-2684.

CRH 5 mile results continued:

212 Daniel Reed	32	39:10.4	282 Sue Knight	32	42:54.8	359 Bob Heckathorn	34	50:00.4
213 Betty Bohon	30	39:01.1	283 Frank Budd	23	42:59.0	360 Wendy Evans	33	50:11.2
214 Ann Brooks	23	39:03.2	284 Diane Hunter	27	42:59.8	361 Carla Sandfry	8	50:28.6
215 Bob Humphreys	55	39:06.8	285 Virginia Gardner	38	43:33.1	362 Andrea Struss	37	50:30.0
216 Nick Peckham	42	39:10.4	286 Michelle Hayes	20	43:33.5	363 John Byrne	28	50:30.6
217 Rob Harl	29	39:11.6	287 Berne Singsen	39	43:36.6	364 Ben Heibel	8	50:31.9
218 Joe Emard	23	39:12.7	288 Jerry Templer	43	43:51.0	365 Cathy Henry	32	50:39.4
219 Kate Flynn	20	39:14.4	289 Mark Bollinger	26	43:58.6	366 Marcia Smith	41	50:43.9
220 Paul Fritsch	15	39:22.4	290 Joe Giacchi	37	44:00.4	367 Bill Crowley	47	51:00.1
221 Angie Ballenger	14	39:22.8	291 Joann Murfin	16	44:16.0	368 David Williams	38	51:00.5
222 Richard Bohon	31	39:36.4	292 Vicki Roweton	21	44:16.7	369 Carolyn Werner	21	51:21.9
223 Neal Perimutter	24	39:40.4	293 Shreela Banerji	15	44:21.3	370 Maria Kontras	20	51:40.0
224 Mark McClendon	21	39:45.2	294 Amy Settle	31	44:41.5	371 Jeanie David	40	51:40.5
225 Joe Sportsman	48	39:49.0	295 Mary Marroson	29	44:44.2	372 Tom Vanbooven	22	52:01.9
226 Carla Weitzel	28	39:55.6	296 Gayle Schneider	18	44:56.4	373 Bruce Hinterleitner	22	52:20.0
227 Greg Luce	22	39:56.7	297 Bill Schneider	46	45:12.3	374 Rod Cox	22	52:28.2
228 Gale Carman	34	39:58.5	298 Marilyn Holsinger	59	45:12.7	375 Kelly Conforti	11	52:39.1
229 Lance Sago	23	39:59.2	299 Scott Spencer	20	45:16.5	376 Mac Pullen	38	52:42.9
230 Terry Baer	24	39:59.6	300 Tom Markamp	19	45:23.8	377 Rob Spier	59	52:07.7
231 Thomas King	32	40:00.2	301 Steve Garrotto	15	45:16.4	378 Tina Slivinsky	10	53:07.7
232 Bob Decker	38	40:03.4	302 Kurt Rall	18	45:24.0	379 Tom Forbush	34	53:19.2
233 Roger Hanson	50	40:06.8	303 Richard Roberts	42	45:26.5	380 Teresa McKinney	26	53:20.3
234 Mary Wulff		40:09.1	304 Robert Kauffman	34	45:27.3	381 Anita Cox	32	53:37.2
235 Chuck Patterson	39	40:09.8	305 Sharon LeDuc	38	45:32.2	382 Kenna Walker	11	54:11.9
236 Jeff Gaeth	13	40:14.6	306 Jerry Reihsen	46	45:32.8	383 Meritt Walker	13	54:40.2
237 Don Patterson	59	40:15.8	307 Holly Reihsen	15	45:33.7	384 David Deans	24	54:42.1
238 Tom O'Connor	15	40:17.4	308 Russell Sublette	53	45:37.5	385 Marcia McGinnis	23	54:55.1
239 Ann-Marie Dixon	29	40:20.6	309 Brian LeDuc	13	45:39.6	386 Kevin Rose	12	54:55.7
240 unknown		40:21.2	310 John Schilling	13	45:39.9	387 Jim Signaigo	27	55:09.6
241 Amy Hessler	16	40:22.2	311 Eric Metzdorf	11	45:43.2	388 Clint Tennill	36	55:16.8
242 John O'Connor	49	40:23.1	312 Julie Slivinsky	14	45:46.2	389 David Scott	43	55:21.4
243 Dan Bromley	22	40:24.6	313 John Wilson	51	45:46.6	390 Bette Scott	37	55:38.0
244 Rick Bass	23	40:25.8	314 Freddy Watts	14	45:47.0	391 Donna McArtor	40	55:38.4
245 Cindy Mace	24	40:28.4	315 Frank David	41	45:48.6	392 Donna Haley	33	55:50.9
246 Shep Funderburk IV	9	40:30.5	316 Dave Finkel	33	45:50.6	393 Sally Allen	28	55:52.2
247 Chuck Matthews	33	40:31.4	317 Russell Boudria	37	46:01.2	394 Pat Vanbooven	42	55:53.9
248 Clay Newman	32	40:34.8	318 Tom Bridsell	24	46:10.2	395 Dave Plattner	26	56:34.6
249 Dennis Coats	23	40:37.9	319 Bob Proffer	36	46:25.4	396 Todd Odneal	13	57:20.1
250 unknown		40:41.3	320 Kathy Cain	37	46:47.1	397 Jamie York	8	57:23.9
251 Terry Majewski	29	40:45.2	321 Ellen Walker	16	46:48.7	398 Steve McArtor	9	58:07.1
252 David Duffy	42	40:46.0	322 Mary Ellen Klingaman	20	46:50.0	399 unknown		58:07.4
253 David Grovws	16	40:58.6	323 Marcia Noxon	29	46:50.9	400 unknown		1:00:03.1
254 Jim Stann	22	40:59.1	324 Greg Shanklin	28	46:52.6	401 Joey Patterson	13	
255 Ed Brown	22	41:03.7	325 Susan Shanklin	25	46:53.8	402 unknown		
256 Brenda Coats	30	41:06.8	326 Mary Kernell	22	46:54.6	403 Sonja Phillips	43	
257 Gary Kirfman	27	41:06.8	327 Jan Link	28	46:55.3	404 Bill Taft	66	
258 Dennis Figg	23	41:14.7	328 Rose Ward		47:01.8	405 Tully Spiva	7	
259 Mary Slivinsky	40	41:15.1	329 Frankye Mehrie	35	47:03.5	406 Genell Garner	17	
260 Sue Menz	24	41:14.5	330 Cathy York	40	47:04.1	407 Greta Pemberton	16	
261 Julie Fischer	24	41:27.3	331 Jeremy Brown	13	47:04.3	408 Teri Ross	24	
262 Tom Rippeto	37	41:27.3	332 Shane Bond	12	47:06.3	409 Patty Byfield	20	
263 John Jordan	45	41:34.5	333 Jeanine Elliott	44	47:06.6	410 Martin Ryan	34	
264 Anne Seymour	37	41:40.8	334 Ron Burgess	45	47:14.5	411 Margaret Johnson	52	
265 Gene Rainey	36	41:43.5	335 Kelly Dude	32	47:23.7	412 Jeremy Smith	8	
266 unknown		41:59.2	336 Sandee Shepp	24	47:29.3	413 Sandy Newman	9	
267 Chuck Shortz	30	42:07.0	337 Carole Madsen	38	47:44.4	414 Shelly Nichols	12	
268 Susan Walker	26	42:07.4	338 Joni O'Connor	44	47:46.6	415 Jill Pudivitr	13	
269 Cynthia Kempf	21	42:09.5	339 unknown		47:55.4	416 Mary Eisonoggle	14	
270 John Karl	26	42:10.1	340 unknown		48:03.0	417 Jina Pudivitr	14	
271 Theresa Mueller	31	42:10.6	341 Lewis Garrotto	45	48:14.9	418 Patsy Garner	44	
272 Keith Applegate	13	42:11.2	342 Doug Emerson	22	48:25.7	419 Gayle Locke	25	
273 David Mechlin	33	42:17.2	343 Georgia Morehouse	48	48:26.7	420 Darran Alberti	8	
274 Candy Stout	36	42:19.9	344 Sherri Wulff	14	48:32.2	421 Jeff Ruth	13	
275 Merle Langford	49	42:25.4	345 Lynn Nill	29	48:39.8	422 David Neal	14	
276 Angela Hessler	8	42:27.5	346 Karen Chinn	19	48:40.8	423 unknown		
277 Heather Sargent	11	42:28.1	347 Margo Farnsworth	22	48:42.5	424 unknown		
278 Don Long	64	42:32.8	348 Kay Marsh	26	48:43.0	425 unknown		
279 Rich Fedder	28	42:34.0	349 Carrie Hawk	23	48:44.8	426 Susan Magruder	11	
280 Robbie Lieberman	27	42:34.5	350 Jerri Deming	33	48:45.5	427 Vickie Patterson	9	
281 Perry Gustafson	37	42:42.0	351 Nancy Fritsch	43	49:23.0	428 Becky Patterson	8	
			352 Bill Conboy	62	49:28.7	429 Aaron Froese	13	
			353 Mike Patterson	19	49:28.7	430 Bob Heibel	39	
			354 Simone LaVant	17	49:50.6	431 unknown		
			355 Dianne Drainer	32	49:51.1	432 unknown		
			356 Valerie Baker	34	49:56.7	433 Diane Magruder	37	
			357 Bob Rice	23	49:57.3	434 Archer Heibel	2	
			358 Richard Rice	48	49:58.1	435 Dottie Heibel	40	

401 1:01:10
 1:01:25
 1:02:10
 1:02:12
 405 1:02:15
 1:02:24
 1:02:36
 1:02:36
 1:03:10
 410 1:03:10
 1:03:11
 1:03:43
 1:04:58
 1:05:00
 415 1:05:06
 1:08:38
 1:08:38
 1:09:17
 1:09:37
 420 1:09:37
 1:09:41
 1:10:48
 1:10:54
 1:12:08
 425 1:12:08
 1:12:16
 1:12:35
 1:12:36
 1:14:17
 430 1:15:53
 1:16:17
 1:18:50
 1:18:53
 1:19:18
 435 1:19:18

THANKS ONCE AGAIN TO RACE DIRECTOR JOE KURTH and to the CRH liaison person, ROBIN ARMBRUSTER. They did a magnificent job.

15-Kilometer, February 20, 1982

Hilton Inn Course

Race Director:

Tom LaFontaine

Runners Name	Age	Time	DT	secs. off
1. Dave Harris	27	51:16.8	55:00	223
2. Bob Goodrich	37	52:20.9	54:00	99
3. Norm Stebbins	35	54:10.6		
4. Ben Londeree	47	54:27.4	55:00	33
5. Kent Lang	19	55:08.7	55:30	21
6. Bruce Maxey	25	56:19.5	58:00	101
7. Chris Schaefer	17	57:13.7		
8. Mark Hosler	35	58:32.9	58:00	33
9. Marc Scholes	30	59:02.0		
10. Tony Mayfield	14	59:35.0		
11. Mark Lanier	20	59:41.0	59:00	41
12. John Whiteside	32	59:42.0	64:00	258
13. Steve Helmick	14	59:57.1	58:00	117
14. Mike Koonse	31	1:00:30.8	1:00:20	11
15. Dick Madsen	40	1:00:46.4	1:03:00	134
16. Dean Baxter	46	1:01:12.3	1:04:45	213
17. Dick Martin	49.7	1:01:47.8		
18. Sam Stout	38	1:01:57.9	1:01:00	58
19. Rob Schroeder	20	1:02:45.9		
20. Turk Storvik	53	1:03:11.4	1:03:30	19
21. Norris Kruse	46	1:03:43.3		
22. Don Johnson	53	1:03:54.5	1:04:00	5.5
23. Bob Dolphin		1:04:46.1		
24. Gale Carmen	34	1:05:28.2	1:12:00	392
25. Bobby Hull	16	1:07:15.2		
26. Dave Plummer	37	1:07:29.0		
27. Ron Wampler	34	1:07:39.4		
28. Joe Duncan	??	1:08:36.9		
29. Don Frey	56	1:09:06.4		
30. Ernie Smith	15	1:09:24.0		
31. Chris Ruble	27q	1:10:19.9		
32. Don Ballenger	39	1:14:25.5	1:15:15	50
33. Chuck Matthews	33	1:15:34.8	1:18:30	175
34. John Karl	26	1:15:34.8		
35. Dick Hoft	55	1:16:17.7	1:13:00	198
36. Don Patterson	59	1:17:06.6	1:16:00	67
37. Joe Marks	44	1:18:32.0	1:19:00	28
38. Maryanne Slivinsky	40q	1:18:46.3		

Walkers

1. Mark Young	1:21:22.0		
2. Rob Spier	1:41:22.0	1:41:30	8
3. Mac Pullen	1:41:22.0		
4. Bill Taft	1:58:55.0	2:00:00	65

The weather for this race was a nice mild spring-like February day with partially clear skies, temperatures in the mid 40's to low 50's, and a moderate wind. Dave Harris led from the start and won uncontested. Norm Stebbins ran a good race as he seems well on his way back from a nagging groin injury. I understand he had just a little more left at the end than Ben (at least that was what I thought I overheard Ben saying). Bob Goodrich also ran a good race. With Norm and Bob running so well, this turned out to be a good race for me to be race director and not run. I

am sure I would have been watching their heels from afar. Tony Mayfield and Steve Helmick, both 14, ran good races although Steve had hoped for a 58:00 by his DT. He'll get it next time. Dick Martin was pleased with his run and seems to be recovering from his knee surgery and plantar fasciitis. Joe Marks ran his first race since his most recent foot surgery (X-mas time I believe). He stated that he felt pretty good except for some slight swelling. It was good to see Joe back as we have all missed his "smiling" face during races. Chris Ruble was the first female finisher for 10-K in 46:54 and she did the 15-k in 70:19. Don Johnson grabbed the DT being only 5.5 seconds off with Spier at 8, Koonse at 11, Lang at 21, Storvik at 19, Marks at 28, and Hosler and Londeree at 33. Thanks to Veva, Mark Volek, Lyndon, Martha Keating, John Hemphill, and Susan Ledoux for their able assistance.

The only course and CTC event record set for this race was by Mary Ann Slivinsky who lowered the 1:20:20 she had last year for the 40-49 group.

MALE

1. Lang	265	29. D. Harris	91	56. R. Smith	25
2. Lewis	260	30. Slivinsky	59	57. Hansbrough	24
3. Maxey	208	31. Coats	58	58. Mueller	23
4. Hosler	195	32. Duncan	55	59. D. Hicks	21
5. LaFontaine	185	33. Moe	55	60. Schlemper	21
6. O'Connell	182	34. Garverick	54	61. O'Connor	21
7. Hessler	173	35. D. Hoxworth	54	62. Belyea	19
8. Londeree	168.5	36. Ianier	52	63. Roman	19
9. Mittelhauser	165	37. Dixon	52	64. Wilke	18
10. Koonse	148	38. Luebbering	51	65. Curry	17
11. Swanson	141	39. Parker	47	66. Sowash	21
12. Scholes	131	40. Tom Allen	44	67. Mumford	17
13. Hicks	125.5	41. H. Mittelhauser	43	68. Hose	16
14. Fisher	122	42. B. Baxter	40	69. Frey	16
15. Stout	114	43. Markman	39	70. Thornburg	14
16. Madsen	108	44. Wampler	36	71. P. Fritsch	12
17. Goodrich	107	45. Schuppan	36	72. M. Gibson	12
18. Baurichter	103	46. Chippendale	35	73. Patterson	9
19. D. Johnson	101	47. Jones	35	74. Hanson	9
20. Marks	93	48. Ervin	34	75. Humphreys	8
21. D. Baxter	92	49. F. Fritsch	33	76. Matthews	8
22. Dolphin	86	50. Rother	32	77. Carman	7
23. Storvick	79	51. Odneal	32	78. Ballenger	7
24. Bellows	74	52. Kurth	31	79. Wiecek	4
25. Stebbins	70	53. Kruse	30	80. Fay	3
26. Brown	67	54. Naumann	26	81. Pinkerton	3
27. Martin	77	55. Stewart	25	82. Long	2
28. J. Gibson	62			83. Conboy	1

Age 15 & under:

1. S. Helmick	14.5
2. T. Gibson	13
3. P. Hessler	12
4. R. Kurth	7.5
5. S. Gibson	5
6. P. Fritsch	3
7. C. Naumann	3
8. S. Kirk	2
9. T. O'Connor	1

WALKERS:

1. Pullen	18
2. Spier	14
3. Taft	5

Age 40-49:

1. Lewis	93
2. Londeree	74.5
3. Hicks	62.5
4. Hessler	62
5. Marks	36
6. D. Baxter	32
7. Martin	28
8. Slivinsky	26
9. Brown	23
10. Madsen	22
11. Kruse	22
12. Duncan	18
13. Luebbering	12
14. Fritsch	11
15. B. Baxter	10
16. Chippendale	8
17. Hose	8
18. O'Connor	7

19. Sowash	5
20. Pinkerton	3
21. Wiecek	2

50 & over:

1. Johnson	26
2. Dolphin	24
3. Storvick	23
4. H. Mittelhauser	9
5. Frey	5
6. Hanson	5
7. Patterson	5
8. Humphreys	5
9. Long	2
10. Conboy	1

FEMALE

1. C. Ruble	49
2. M. Mittelhauser	48
3. M. Slivinsky	37
4. D. Hoxworth	36
5. T. Majewski	35
6. A. LaFontaine	30
7. A. Hessler	29
8. K. Cain	20
9. T. Mueller	18
10. Boyle, S.	16
11. C. Stout	16
12. J. O'Connor	12
13. L. Fay	10
14. B. Fender	9
15. M. Holsinger	8
16. C. Madsen	6.5
17. D. Scholes	6
18. H. Roman	5
19. N. Fritsch	4
20. M. Johnson	3
21. D. Londeree	2.5
22. W. Evans	2
23. S. Currier	1

15 & under

1. Angie Ballenger	8
2. Mary Wulff	8
3. Angela Hessler	6
4. Heather Sargent	5
5. Julie Slivinsky	3
6. Sherry Wulff	2
7. Heather O'Connor	1
8. Tina Slivinsky	1

35 & over

1. M. Slivinsky	26
2. K. Cain	18
3. C. Stout	13
4. J. O'Connor	11
5. S. Boyle	10
6. M. Holsinger	7
7. C. Madsen	5.5
8. N. Fritsch	3
9. D. Londeree	2.5
10. M. Johnson	2

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

February 7, 1976 10,000 Meter Run: 1. Dick Hessler 34:56
 2. Dennis Stewart 36:21 (his first race for several months, following heel spur surgery),
 3. Greg Brown 37:39. . .6. Joe Marks 40:02,
 . . .11. Joe Duncan 42:57, 12. Al Garverick 44:33. . .15. Don Johnson 45:25
 The Walk: 1. Jerry Young 52:56, 2. Randy Mimm 59:15. . .7. Rob Spier 1:02:54, 8. Dave Leuthold 1:03:41, 9. Henry Bent 1:14:49, 10. Bill Clark 1:14:54

February 21, 1976 12 Mile Run: 1. Charlie McMullen 1:05:00,
 2. Dick Hessler 1:08:05, 3. Don Lewis 1:15:22,
 4. Tom Hinckley 1:17:41, 5. Joe Marks 1:18:49,
 . . .7. Joe Duncan 1:24:55. . .9. Don Johnson 1:32:33 This was Lewis' first race as an age 40 runner. . .A mere beginning. . .

The Walk: 1. Paul Ide 1:45:55, 2. Randy Bakewell 1:54:58, 3. Dave Leuthold 2:05:15, 4. Rob Spier 2:06:06, 5. Bill Taft 2:32:36

DESIGNATED TIME STANDINGS			includes the 15 k event of Feb. 20:		
	Avg. off				
1. Whitney Hicks	0.916	4 events	6. Bruce Maxey	2.195	10
2. Kent Lang	1.148	11	7. Don Johnson	2.536	8
3. Rob Spier	1.392	6	8. Dennis Jones	3.585	4
4. Sam Stout	1.827	4	9. Ron Wampler	3.649	5
5. Ben Londeree	1.957	9	10. Mike Koonse	4.138	9

Includes members who have expressed interest in the DT competition and who have at least four events.

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

Larry Golden
 1101 University Ave.

Mark Stolzer
 603 Bus. 63N. Apt. 3

J. Perry Gustafson
 3103 Crawford

Daniel L. Reed
 1007 Holly Dr.
 Jefferson City, Mo. 65101

Bob Humphreys
 1510 Mary Lee Dr.

Kent Oliver
 Rt. 14, Box 85
 Columbia, Mo. 65202

John D. Karl
 38 Columns IV

Martha Keating
 217 W. Broadway G-39

Mark Ianier
 3201 Apt. A Martha Dr.

Susan LeDoux
 1301 S. Bus Rt 63 #203

Lynn Nill
 2923 Leeway Dr. Apt. B

John Whiteside
 816 Edgewood Ave.

Marvin Odneal
 607 W. Ash

John Reinisch
 Rt. 4 Hillcreek Acres

- MARCH 6 Saturday 9:00 AM 5,000 Meter Nut Race Run Or Walk
Research Park \$1.00 Fee for Non-CTC members
Awards of a nutty sort to the top 3 in the following
categories: 15 & under, 16-19, 20-29, 30-39, 40-49,
50 & over (that's for male runners); Female: 15 & under,
16-29, 30-39, 40 & over. Walkers and predicted time.
RACE DIRECTOR: Annette LaFontaine 449-5781
- 13 Saturday 9:00AM CLOCK RACE 10,000 Meters Meet at
West Broadway Swim Club
- 20 Saturday 9:00 AM Four Mile Relay (Four Person Teams, each
person does one mile), 3 mile walk Research Park
RACE DIRECTOR: Ben Londeree 445-2550
- 27 Saturday 9:00 AM College of Engineering 5,000 Meter
Run Gustin Golf Course This race replaces the
Clock Race which shows on your schedule. THERE WILL
BE NO CLOCK RACE THIS DAY!
- APRIL 3 Saturday 2:00PM MISSOURI STATE ONE HOUR WALK CHAMPIONSHIP
Hickman Track RACE DIRECTOR: None yet
- 4 Sunday 8:30 AM PEPSI COLA 10,000 METER RACE Memorial
Stadium RACE DIRECTOR: Joe Duncan
- 18 Sunday 8:30 AM HUMAN RACE IV Memorial Stadium
RACE DIRECTOR: Joe Duncan
- 24 Saturday 6:00 AM MISSOURI CUP COMPETITION A 50 Mile
Walk Hickman Track RACE DIRECTOR: None yet
- MAY 1 Saturday 7:00 AM RRCA MISSOURI STATE ONE HOUR RUN
CHAMPIONSHIP Hickman Track Trophies \$2.00 Fee
RACE DIRECTOR: None yet
- 15 Saturday 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track
RACE DIRECTOR: None yet
- 28 Friday 6:00 PM Sprint Triathlon, 1500, 800, 400;
10,000 Meter Walk (7:30 PM) Hickman Track
RACE DIRECTOR: None yet

The Columbia Track Club is going to be responsible for the
conduct of Human Race IV. This is going to be quite a challenge for
us, but our efforts will enhance the CTC treasury. In fact, April
is going to be a busy month with 3 events requiring between 30 & 40
volunteer workers. WE WILL NEED LOTS OF HELP!!

Please notice that we need Race Directors. The task is not all
that difficult (ask Joe Kurth), especially if you are responsible for
only one event per year and can pour all your energies and imagination
into that one event. Please sign^{up} with Joe Duncan for YOUR race.
THANKS TO TOM LAFONTAINE FOR SO ABLY DIRECTING THE 15 K event.

Some out-of-town events:

- March 13 Saturday 9:00 AM St. Patrick's Day Natural Light Parade
Run One mile & 5 mile (10:00 AM) 9th & Market St. Louis
CONTACT: Casey's Sports Stores 100 S. Kirkwood St. Louis
- March 21 Sunday 9:00 AM The Seven-Up Half-Marathon Clayton
Community Center Shaw Park Clayton, Mo. CONTACT:
St. Louis Track Club P.O. Box 2956 St. Louis, Mo. 63130
- March 28, Sunday 9:00 AM Sedalia Marathon CONTACT: Sedalia
Runner's Club 501 S. Grand Sedalia, Mo. 65301
- April 3, Saturday 9:00 AM The Celebrity 10,000 Meter Run Lenexa,
Kansas CONTACT: The Celebrity China Co. P.O. Box 14070
Lenexa, Kansas 66215 913/492-6360
- April 17 Saturday Kansas Relays Marathon (a new, much flatter
course) 7:00AM & 10,000 Meter Run also 7:00 AM
CONTACT: Kansas Relays Road Race c/o Track Office
University of Kansas 143 Allen Field House Lawrence,
Kansas 66045 913/864-3486

Compliments of:
Columbia Track Club
MIZZOU Optimists
The Traveler's Protective
Association

RUNNER SAFETY AND COURTESY CODE

Be Alert --- Run Defensively.

Running and jogging are very popular and most runners are outdoors using the roads with motor vehicles. A runner colliding with an automobile is 'no contest'. The runner is usually injured and often the injury is serious. We want to share our experience with you and hope it will reduce the risks of running. The cardinal rule, "Your safety usually depends on your courtesy".

Road and Street Running

1. Always run facing the traffic (on the left hand side of the road). Watch the approaching traffic. Be ready to yield to the vehicle.
2. Use less traveled roads or streets and roads with wide shoulders. More space is safer.
3. Listen to the traffic. You can hear traffic approaching from the rear. Do not wear a radio headset which covers your ears.
4. If vehicles approaching from opposite directions will pass near to you, then allow more space for the vehicles.
5. Run in single file if cars are approaching.
6. Be extra careful at intersections. If there are traffic lights follow the pedestrian rules. At all intersections watch and listen. Give way to vehicles turning across your path; for example:
 - a. A driver making a right turn into the lane in which you are running usually will check traffic to his left but often forgets to look to the right.
 - b. A driver in a vehicle approaching from your rear in the far lane making a left turn into the intersection you are approaching often focuses his attention on oncoming traffic and you may not be seen. Glance over your right shoulder and be ready to yield the right of way.
 - c. Don't run in front of a vehicle stopped at a stop sign unless you are sure that the motorist sees you.
7. Night running is especially dangerous. Use light colored clothing and reflective stripes. We assume no driver will intentionally hit a runner. You must be seen to be avoided.
8. Wet and icy roads require special care. Both you and the vehicles are more likely to deviate from your path when it's wet or icy. A slip ~~and/or a fall~~ may result in injury. A fall in front of a vehicle can become a very serious injury.
9. When sidewalks are available they provide added safety from vehicles. When overtaking or meeting other pedestrians, run in single file well in advance of meeting or passing. A group of runners will tend to intimidate other pedestrians. Be careful not to frighten them.
10. When running in a group be careful of the "lead instinct". Statistics show that trailing runners tend to be less alert. For example, if lead runners in your group cross an intersection with marginal space, inattentive trailing runners will be at great risk. You must always be alert to traffic.
11. Always be attentive to events around you. Do not day-dream or think about other matters while jogging on streets and roads.

Friendliness is always a good policy. A wave and smile to acknowledge that you see or are seen is always best. Most of us who run also drive. Treat other drivers as you would have a runner treat you when you drive.

The above was written by Turk Storvick (with input from Don Lewis and Ben Londeree) and received considerable publicity in conjunction with sale of the safety vests. The vests were sold for \$2.00 (actual cost was \$6.40) in an effort to get all joggers in one.

ACHIEVEMENT AWARDS

The runners listed below bettered their times over last year in the five mile run on February 7:

Steve Stonecipher-Fisher
Kirk Sloan
Kent Lang
Tom LaFontaine
Don Lewis
Dan Hoxworth
Ron Belyea
Marc Scholes

Milene Mittelhauser
Mike Koonse
Richard Madsen
Sam Stout
Dean Baxter
Bob McDavid
Norris Kruse
Peter Hessler

Herb Mittelhauser
Rick Rother
Sid Hose
Angie Ballenger
John O'Connor
Terry Majewski
Anne Seymour
Joni O'Connor

You qualify for an Achievement Award by improving in three of these four pairs of events:

Pair 1: 5 mi., February 7
5K, March 6

Pair 2: 10K Pepsi, April 4
10K Human Race, April 18

Pair 3: 10K track, June 6
1 mi., track, July 10

Pair 4: 15K, August 21
2 mi., September 18

To improve in a given pair you must beat your last season's time in one of the two events of that pair. (If you did not run the event in 1980-81 but did in 1979-80, we will use your time for 1979-80.) There is no limit on how many CTC members can win.

ACHIEVEMENT AWARDS FOR WALKERS

The Achievement Awards for Walkers for the 1981-82 season will be:

Pair 1: 15K, February 20
3 mi., March 20

Pair 2: 1 hour track, April 3
10K track, May 28

Pair 3: 15K track, June 12
10K track, July 10

Pair 4: 30K, September 4
100 mi. track 25-26

This season, if you did not walk the event in 1980-81 but did in 1979-80, we will use your time for 1979-80. To qualify, you still need to improve in three of the four pairs.

UMC ENGINEER'S CLUB 5K RUN

WHEN: 9:00 a.m., Saturday, March 27, 1982

WHERE: University Golf Course (Gustin)

ENTRY FEE: \$3.00 (Donated to Candlelighters)

AWARDS: Trophies to top male and female finishers
Prizes (to be announced) for male and female winners in each of these age groups: 15 & under, 16-25, 26-39, 40 and over

Any questions? Please call Mark Schwendeman 875-4447
Keith Stamm 875-6679



APPLICATION

Name _____ Male or Female _____ Age _____

Address _____

Phone _____

Please mail with \$3.00 entry fee to Engineer's Club, 1010 Engineering,
University of Missouri-Columbia, Columbia, Mo. 65211

Here is the entry blank for the Pepsi Race, although the regular printed blanks will be available soon. Please do not register at d Sport Shop before March 15, because they will not have the shirts and numbers before then. The finish line procedure will be the same as in the Columbia Regional Hospital 5 mile race, that is, each runner will be handed a place stick which he must then turn in to the appropriate scorer, located at a table under the south stands of Faurot Field.

Official Registration Center:

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

Please enter
competitor number here
at time of registration

NAME _____
Last First Middle

ADDRESS _____

AGE _____ SEX M F BIRTHDATE _____
City State Zip

PHONE (____) _____

TEAM AFFILIATION _____

Include \$4.00 registration fee by check, cash or
money order payable to Pepsi-Cola Bottling Co.

T-SHIRT SIZE XL ☐ L ☐ M ☐ S ☐ CHILD-L ☐

PAID BY ☐ CHECK

☐ CASH

REGISTERED BY _____

PRE-REGISTRATION \$4.00
DAY OF RACE \$5.00

For More Information:

CONTACT
JOE DUNCAN
2980 Maple Bluff Dr.
Columbia, MO. 65201
314-445-2684

PEPSI-COLA BOTTLING CO.
[or]
P.O. Box P
Columbia, MO. 65205
ATTN: Ron Lavinder
314-449-0911

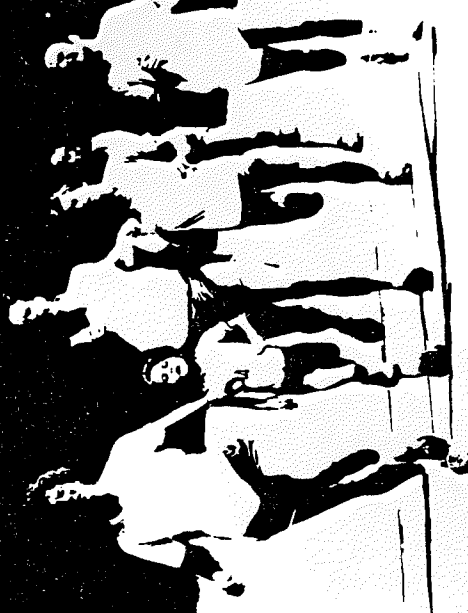
ENTRIES WILL BE ACCEPTED UP
TO AN HOUR BEFORE RACE TIME
ON APRIL 12,
However, entry fee will be
\$5.00 on day of Race.

Course is A.A.U. Certified

Co-Sponsors:



**PEPSI-COLA
10,000
METER SERIES**



Columbia, Missouri
Stadium Blvd. and Providence Rd.
Finish in Memorial Stadium

April 4, 1982
8:30 A.M.

THE RACE FOR EVERY PACE



Pepsi-Cola 10,000 Meters is an open Competition for Runners of All Ages and Paces



Columbia Race April 27th, 1980

How Do You Compare with the Runners of America?

A program has been developed to compare your performance in this race with the standards set by runners in your age group nationwide.

Each finisher will receive his personal Pepsi-Cola® rating card comparing his performance with the national standard for his or her age group.

Postrace Refreshments

Your local Pepsi-Cola® bottler will be on hand with refreshments free to all racers.

Awards

Trophies for the top male and female finisher.
Medals to the top three in the following age categories:

- Men/Women 14 & under, 15-19
- Men/Women 20-29
- Men/Women 30-39
- Men/Women 40-49
- Men/Women 50 and over

Overall male & female winners get an all expense-paid trip to the Regional race at Kansas City, May 22.

T-Shirt To All Competitors

Fill out the entry form on the back of this flyer and a Pepsi-Cola® 10,000 Meter Race Series T-Shirt is yours as part of your race packet.

The Pepsi-Cola® Bottling Co. of Columbia would appreciate your help in the success of this event by your wearing the official Pepsi shirt for this run.

Official Entry Form

Please read the following statement and sign below before submitting entry.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release PepsiCo, Inc., TRY, Inc. and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE _____

PARENT/GUARDIAN _____
If applicant is under 18 years of age, form must be co-signed by parent or guardian.

COLUMBIA PARKS AND RECREATION
COLUMBIA TRACK CLUB
MISSOURI CUP 50 MILE RACE WALK -
- 1982 Entry Blank -

TIME: Saturday, April 24, 1982 - 6:00 a.m.. There will be a 12 hour time limit.

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

ENTRY FEE: \$3.00. Post-entries will be accepted; however, please try to have your entries in by April 23. Make checks payable to the Columbia Track Club.

AGE LIMIT: None, however we do not anticipate anyone entering without some training and some hope of finishing within 12 hours.

AWARDS: Ten (10) "Cup" trophies to first ten (10) finishers. Plaques to all finishers.

AID: There will be plenty of water, ice, GATORADE, Pepsi, etc.. Competitors may bring whatever refreshments they desire. EACH COMPETITOR SHOULD BRING SOMEONE TO ASSURE PROPER CARE. Columbia Track Club will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing, shower, and restroom facilities are available at the track.

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

- PLEASE PRINT -

NAME _____ BIRTHDATE ____/____/____

SIGNATURE _____

ADDRESS _____ street _____ city _____ state _____ zip _____

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

NAME _____

NAMES OF "HANDLERS": _____

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

MISSOURI CUP

COLUMBIA PARKS AND RECREATION
COLUMBIA TRACK CLUB
MISSOURI STATE AND OPEN ONE HOUR WALK CHAMPIONSHIP
- 1982 ENTRY BLANK -

TIME: Saturday, April 3, 1982, at 2:00 p.m..

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

ENTRY FEE: \$2.00 - post-entries will be accepted; however, please try to have your entries in by April 2nd. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first three (3) finishers. Small trophy to first "Over 40" finisher.

MAJAU RECORD: 8 miles, 415 yards - April 16, 1972 by Larry Young.

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

- PLEASE PRINT -

NAME _____ BIRTHDATE ____/____/____

SIGNATURE _____

ADDRESS _____ street _____ city _____ state _____ zip _____

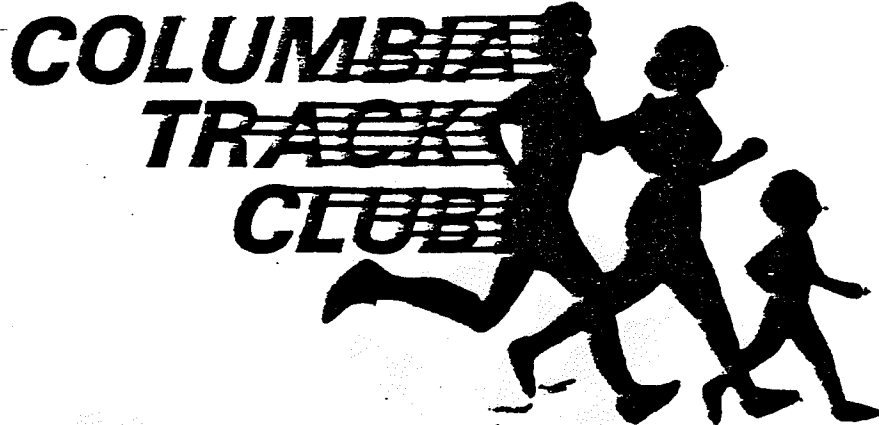
SCHOOL OR CLUB _____

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

NAME _____

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

ONE HOUR WALK



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

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

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