

# TRACK CLUB

NEWSLETTER Vol. XI, No. 1 January 25, 1982

JEFF AND MILENE MITTELHAUSER WIN THE BOBBY BUFORD'S FIVE  
MILE TWOSOME RACE January 9, 1982

1. Jeff Mittelhauser	25	26:53	67
2. Bob O'Connell	32	27:05	115
3. David Harris	27	27:18	
4. Jim Marshall	23	27:28	32
5. Bob Goodrich	36	28:02	2
6. Don Lewis	45	28:14	44
7. Kent Lang	19	28:42	8
8. Guy Clark	16	28:56	
9. Ben Londeree	47	28:58	32
10. Norm Stebbins		29:20	
11. Mark Bollinger	17	29:31	
12. Doug Bellows	34	29:45	10
13. Ron Belyea	38	29:54	
14. Mark Hosler	34	30:05	35
15. Bruce Maxey	25	30:11	49
16. Will Sentell	27	30:58	
17. Milene Mittelhauser	22	31:05	55
18. Steve Baurichter	31	31:28	2
19. Tony Mayfield	14	32:03	
20. Steve Faszholz		32:20	
21. Sam Stout	38	32:30	100
22. Dick Madsen	40	32:54	6
23. Debbie Hoxworth	23	33:01	119
23t. Dick Moe		33:01	
25. Tom LaFontaine	35	33:06	114
26. Norris Kruse	46	33:14	21
27. Dean Baxter	46	33:18	102
28. Turk Storvick	53	33:27;	18
29. Joe Kurth	34	33:41	65
30. Mike Koonse	31	33:44	164
31. Clarence Coats	34	34:27	
32. Charles Slivinsky	40	34:37	23
33. Bob Baxter	44	34:53	7
34. Bob Dolphin	52	35:25	35
35. Dennis Jones	34	35:27	42
36. Joe Duncan	47	35:33	
37. John O'Connor	48	36:34	146
38. Dan Ovshak	32	36:54	
39. Russ Kurth	14	37:04	
39t. Steve Helmick	14	37:04	
41. Chris Naumann	12	37:20	
42. Mary Wulff	14	37:37	157
43. Sid Hose	43	37:50	100
44. Chris Ruble	27	37:56	56
45. Don Ballenger	39	38:24	21
46. Willy Heinrich	14	39:03	
47. Terry Majewski	29	40:32	32
47t. Chad McDaniel	32	40:32	32
49. Don Patterson	59	42:00	120
50. Angie Ballenger	14	42:03	123
51. Dick Naumann	35	42:03	
52. Mary Ann Slivinsky	40	43:10	70
52t. Amy Settle	31	43:10	40
54. Annette LaFontaine	31	43:57	147
54t. Dave Sample	44	43:57	147
56. Russ Boudria	37	44:22	
57. Sara Ovshak	24	45:24	
58. Jay Blossom	17	46:54	106
58t. Cheri Thelen	17	46:54	106
60. Kathy Cain	37	47:20	140
61. Joni O'Connor	43	48:35	45
62. Karen Anderson	15	49:01	59
63. Carole Madsen	38	49:22	38
63t. Darlene Londeree	44	49:22	112

#### The Walkers:

1. Mac Pullen		54:28	
2. Rob Spier	59	54:29	19

## The Team Competition--Five Mile Twosome Race:

Age 35 & under:	Total Team Time	Total Seconds off DT
1. Cheri Thelen & Jay Blossom	1:33:48	212
36-59		
1. Jeff & Milene Mittelhauser	57:58	215
2. Bob O'Connell & Debbie Hoxworth	1:00:06	234
3. Bob Goodrich & Karen Anderson	1:17:03	61
4. Angie & Don Ballenger	1:20:27	144
5. Dan & Sara Ovshak	1:22:18	
60-79		
1. Norris Kruse & Mary Wulff	1:10:51	178
2. Amy Settle & Doug Bellows	1:12:55	50
3. Terry Majewski & Chad McDaniel	1:21:04	64
4. Dick & Carole Madsen	1:22:16	44
5. Annette LaFontaine & Dave Sampel	1:27:54	274
80 & over		
1. Chris Ruble & Turk Storvick	1:11:23	74
2. Kathy Cain & Don Lewis	1:15:34	184
3. Mary Ann & Charles Slivinsky	1:17:47	93
4. Ben & Darlene Londeree	1:18:20	144
5. John & Joni O'Connor	1:25:19	191

A chilly 8 degrees with a bitter, biting wind out of the northwest which made the first mile most difficult. However, with a tailwind and facing the sun, the last mile was most pleasant. The winning couples in the four age groups won a dinner for two at BOBBY BUFORD'S. Dick and Carole Madsen get a dinner for their good prediction while the CTC mugs go to Steve Baurichter. The dinner for two drawing went to Don and Angie Ballenger. THANKS to Dan Ovshak and BOBBY BUFORD'S for the Dinner for Two Awards. And THANKS to DON & KATHY LEWIS for being Race Directors and to Reese Lewis, Joe Marks, Veva Spier and Don Johnson for helping out. Johnson, particularly, had a tough time trying to get cold fingers to function with the place sticks. Kent Lang also helped out at the end after he finished running, telling the runners to remember their times, since we had the Chronomix timer going off in a different direction.

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## ACHIEVEMENT AWARDS

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

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

This season, if you did not run the event in 1980-81 but did in '79-80, we will use your time for '79-80. To qualify, you still need to improve in three of the four pairs. For walkers, the pairs will be announced next month.

## CHAFFEE WINS WINDY 20K (1/23/82)

	10K	20K	Sec off DT
1. Mike Chaffee	36:46	1:14:16	
2. Carl Sniffen	36:57	1:15:01	
3. Bob Goodrich	37:50	1:15:41	
4. Bob O'Connell	38:31	1:15:48	
5. Don Lewis	38:12	1:16:36	6
6. Dick Hessler	38:02	1:16:53	
7. Kent Lang	38:12	1:17:30	30
8. Ben Londeree	38:49	1:17:45	75
9. Norm Stebbins	39:20	1:17:48	
10. Tom Hyde	38:14	1:18:44	
11. Bruce Maxey	38:28	1:18:55	145
12. Mark Hosler	40:29	1:20:45	
13. Doug Bellows	39:31	1:21:52	172
14. Mark Scholes	40:51	1:22:31	
15. Mark Lanier	42:38	1:26:02	
16. Steve Faszholz	43:20	1:27:31	
17. Debbie Hoxworth	44:01	1:29:19	
(tie) Gene McClain	42:01	1:29:19	
19. Dean Baxter	44:55	1:30:31	151
20. Turk Storvick	44:54	1:30:35	35
21. Craig Warren	47:32	1:35:36	
22. Mike Koonse	46:48	1:37:00	900
23. Don Johnson	47:07	1:38:49	409
24. Bob Dolphin	47:43	1:39:56	
25. Don Frye	49:00	1:40:32	
26. Clarence Coats	52:52	1:48:10	
*Steve Helmick	42:34		
*Amy Hessler	55:29		
**Mack Pullen		2:16:00	
**Rob Spier		2:17:16	164
27. Don Patterson	55:53	1:59:01	421

\*Theirs was a 10K race only.

\*\*Racewalkers.

Windy (wind WNW at 25-30 mph) and Cold (windchill hit -33). So bad at top of Hilton Hill, Steve Stonecipher-Fischer said, "Phooey!" (or something like that). Unfortunately, for Race Director Joe Marks and his entire crew (VIVA SPIER!), 31 nuts did decide to run with Mike Chaffee out-prevailing the prevailing wind. The wind was so bad that many ran the 5K leg up the Hilton Hill faster than the downhill leg (usually you can figure about a minute in favor of the downhill leg). Some good individual battles (e.g., Lewis vs. Hessler and Storvick and Baxter). Also good to see Norm Stebbins nearing his form of old as he ran his second 10 about a minute faster than his first. Finally, the DTs shall not go unnoticed (although several folks would just soon they would). Lewis showed excellent form (he just copied Ben's DT). As for Koonze, well, we wonder if there's any sauerkraut left over from the 10-miler....

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An account of the "Run for the Third" from the Sedalia paper:

**By BOB MORRISSETTE**  
Sports Editor

A Fayetteville, Ark., man made a nice addition to his holiday vacation here Saturday morning.

Ron Troutman, a 29-year-old architect, defeated 89 area runners in the fourth annual 10,000-meter Run for the Third road race, sponsored by the Third National Bank in cooperation with the Sedalia Runners Club. Troutman was in town visiting his father, H.P. Troutman, assistant director of the State Fair.

Troutman easily outdistanced the field in 30-degree temperatures, finishing more than a half-minute ahead of runnerup Jeff Mittelhauser of Sedalia with a winning time of 32:51.7. Troutman said his best time over the distance is more than a minute faster at 31:33.

"The course was really just right," Troutman said. "It was fast

and had just the right amount of rolling hills.

"But each end of the course had a lot of snow and it really hurt the times. The final lap lost each runner at least 30 seconds off their time."

The race began near the corner of Liberty Park Boulevard and Highway 65, headed to the Broderick and Bascomb Rope Co., Route 3, north of town and returned to the boulevard, finishing with a one-lap run around the Jennie Jaynes Stadium track.

Milene Mittelhauser of Sedalia was the top woman finisher in the group, completing the course in 39:47.9.

She and Troutman received trophies for their efforts. Winners in each age category received walnut plaques with medals to the second and third finishers in each group.

Receiving awards were:

**Male 11-14**

1. Richard Shultz 46:10; 2. Andy Williams 52:08; 3. Larry Robinson 53:28.

**Male 15-19**

1. Ron Clark, 35:13; 2. Craig Shipley 35:19; 3. Kent Lang 36:07.

**Female 15-19**

1. Dana Hayworth.

**Male 20-29**

1. Jeff Mittelhauser 33:33; 2. Tom Goss 34:43; 3. Bernard Billesbach 35:53.

**Female 20-29**

1. Tonya Twillman 40:34; 2. Vicki Wyatt 43:02; 3. Mary Goss 44:14.

**Male 30-39**

1. Robert Goodrich 34:47; 2. Joe Hollis 36:33; 3. Terry Harms 37:13.

**Female 30-39**

1. Marilyn Carmody 46:26; 2. Julie Tennenbaum 50:00; 3. Shirley Cordry 53:38.

**Male 40-49**

1. Don Lewis 35:22; 2. John Wollard 37:31; 3. Don Nail 38:44.

## ELAPSED TIME STANDINGS:

## MALE

1. Lang	191	26. D. Baxter	46	49. Thornburg	14
2. Lewis	186	27. Martin	40	50. Rother	13
3. O'Connell	164	28. Markman	39	51. Frey	13
4. Londeree	154.5	29. Storvick	39	52. Mueller	12
5. Maxey	142	30. Duncan	37	53. P. Fritsch	12
6. Hosler	133	31. Ervin	34	54. M. Gibson	12
7. LaFontaine	127	32. Kurth	31	55. B. Baxter	11
8. Hicks	125.5	33. Dave Harris	30	56. F. Fritsch	10
9. Mittelhauser	103	34. Garverick	26	57. Mumford	8
10. Hessler	102	35. Stewart	25	58. Sowash	7
11. Koonse	95	36. R. Smith	25	59. Ballenger	7
12. Swanson	93	37. Hansbrough	24	60. Wilke	6
13. Marks	93	38. Wampler	20	61. D. Hicks	6
14. Goodrich	88	39. Belyea	19	62. Parker	5
15. Stout	74	40. Roman	19	63. Matthews	5
16. Scholes	72	41. Moe	19	64. Sargent	5
17. Brown	67	42. J. Gibson	17	65. O'Brien	4
18. Madsen	67	43. O'Connor	17	66. Wiecek	4
19. Bellows	63	44. Coats	17	67. Fay	3
20. D. Johnson	62	45. H. Mittelhauser	16	68. Patterson	3
21. Fisher	59	46. Hose	16	69. Pinkerton	3
22. Slivinsky	59	47. Jones	15	70. Hanson	3
23. Baurichter	57	48. Schuppan	14	71. Naumann	2
24. Dolphin	57				

## Age 15 &amp; under:

1. T. Gibson	10
2. S. Helmick	8.5
3. P. Hessler	8
4. R. Kurth	7.5
5. S. Gibson	5
6. S. Kirk	2
7. P. Fritsch	2
8. T. O'Connor	1
9. C. Naumann	1

## Age 40-49

1. Lewis	75
2. Londeree	72.5
3. Hicks	62.5
4. Hessler	46
5. Marks	36
6. Slivinsky	26
7. Brown	23
8. D. Baxter	21
9. Martin	19
10. Kruse	15
11. Duncan	14
12. Madsen	11
13. Fritsch	6
14. O'Connor	6
15. Hose	6

16. B. Baxter	4
17. Pinkerton	3
18. Wiecek	2
19. Sowash	2

## 50 &amp; over:

1. Dolphin	15
2. Johnson	13
3. Storvick	10
4. Frey	3
5. H. Mittelhauser	2
6. Hanson	1
7. Patterson	1

## FEMALE

1. D. Hoxworth	34
2. C. Ruble	34
3. M. Mittelhauser	31
4. A. LaFontaine	30
5. M. Slivinsky	25
6. T. Majewski	22
7. K. Cain	14
8. L. Fay	10
9. B. Fender	9
10. J. O'Connor	8
11. T. Mueller	7
12. D. Scholes	6
13. C. Stout	6
14. H. Roman	5
15. D. Londeree	2.5
16. M. Johnson	2
17. S. Currier	1
19. N. Fritsch	1
18. C. Madsen	1.5

## 15 &amp; under

1. Mary Wulff	2
2. Angie Ballenger	1
3. Amy Hessler	1
4. Heather Sargent	1
5. Heather O'Connor	1
6. Angela Hessler	1

## 35 &amp; over

1. M. Slivinsky	17
2. K. Cain	13
3. J. O'Connor	7
4. C. Stout	5
5. D. Londeree	2.5
6. C. Madsen	1.5
7. N. Fritsch	1
8. M. Johnson	1

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If the word "EXPIRED" appears on your newsletter, then that means that this is the last newsletter you will receive unless you pay your \$5.00 dues or the \$2.00 subscription price.



## SCHEDULE OF EVENTS

- FEBRUARY 7 Sunday 2:00PM COLUMBIA REGIONAL HOSPITAL FIVE MILE  
WINTER ROAD RACE RACE DIRECTOR: Joe Kurth  
474-2082 We will need at least 20 people to help  
with the administration of this race, therefore, if you  
can help, be sure to call Joe.
- 20 Saturday 9:00 AM 15 kilo run, 15, kilo walk (8:30 AM)  
Hilton Inn RACE DIRECTOR: Tom LaFontaine 882-6892
- MARCH 6 Saturday 5,000 meter nut race Research Park RACE DIRECTOR:  
Annette LaFontaine 449-5781 Awards of various kinds  
of nuts in various age categories. \$1.00 fee for Non-CTC  
members. 9:00 AM
- 20 Saturday 9:00 AM Four Mile Relay, 3 mile walk Research  
Park Four person teams for the relay. RACE DIRECTOR:  
Ben Londeree 445-2550
- APRIL 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 10,000 meters Memorial  
Stadium RACE DIRECTOR: Columbia Daily Tribune (Rod  
Green)
- 24 Saturday 6:00 AM Missouri Cup Competition A 50 Mile Walk  
Hickman Track \$3.00 fee Trophies

\*\*\*\*\*WE NEED RACE DIRECTORS FOR MOST EVENTS FROM MAY THROUGH  
DECEMBER\*\*\*\*\* Please look over the schedule and tell Joe  
Duncan which race you would like to have.

## Some out-of-town events:

- February 13 Saturday 11:00 AM Polar Bear Run 10,000 Meters  
Bolivar, Mo. CONTACT: Ken Derby 110 W. Auburn Apt. A  
Bolivar, Mo. 65613 417/326-5482
- February 14 Sunday All day 1982 National Indoor Masters Championships  
William Jewell College Liberty, Mo. TFA/USA Championships  
5 year age divisions, 30 & up, men & women Entry Deadline:  
February 8. CONTACT: Jim Shoemaker 10201 W. 98th Terr.  
Overland Park, Kansas 66212
- February 14 Sunday 7:30 AM 20 Mile Run Marathon Sports (Chesterfield  
Plaza Shopping Center--Woods Mill & Olive St. Roads) St. Louis  
CONTACT: Jerry Kokesh Marathon Sports 314/434-9577
- February 28 Sunday 8:00 AM 10th Annual Third Olympiad Memorial Marathon  
& 10,000 Meter Run St. Louis, Mo. 1982 TFA/USA  
National Marathon Championship CONTACT: Marathon Sports
- March 13 Saturday St. Patrick's Day Parade 5 Mile Run St. Louis
- March 21 Sunday 9:00 AM Seven-up  $\frac{1}{2}$  Marathon Championship  
Shaw Park, Clayton, Mo.

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

Bob Baxter (Dean's brother)	David Harris
Rt. 1, Box 71	2702 St. Louis Rd.
Warrenton, Mo. 63383	Jefferson City, Mo. 65101
Clarence Coats	Carol Heddinghaus
109 Oak St.	802 E. 7th
Columbia, Mo. 65201	Rolla, Mo. 65401
Thomas Fanning	Marilyn Holsinger
Kemper Military	301 Tiger Lane #308
Boonville, Mo. 65233	Columbia, Mo. 65201

DENNIS HINKAMP ran in the Run for the Republic of China  
5,000 meters in Forest Park, St. Louis, on Dec. 27th  
finishing second in 14:57 behind a 14:54. Apparently  
there will be a series of these runs across the country  
this year, featuring Wesley Paul.

RUN FOR THE THIRD  
December 26, 1981 Sedalia, MO

<u>NAME</u>	<u>HOMETOWN</u>	<u>TIME</u>
1. Ron Troutman 29	Fayettesville, AK	32:51.7
(2) Jeff Mittelhauser 25	Sedalia	33:33
3. Tom Goss 26	Springfield	34:43
(4) Robert Goodrich 36	Columbia	34:47
5. Ron Clark 19	Marshall	35:13
6. Craig Shipley 18	Sedalia	35:19
(7) Don Lewis 45	Columbia	35:21
8. Bernard Billesbach 21	Belton	35:53
(9) Kent Lang 19	Columbia	36:07
10. Joe Hollis 32	Springfield	36:33
11. Ken Derby 25	Bolivar	36:56
12. Curt Elmore 17	Warsaw	37:09
13. Terry Harms 35	Kansas City	37:13
14. David Cooley 37	Warrensburg	37:16
15. Johnnie Wollard 37	Springfield	37:31
(16) Mark Hosler 34	Columbia	37:42
17. Dick Babcock 39	Springfield	38:23
18. Don Nail 49	Orrick	38:44
19. John Ingram 22	Belton	39:00
20. Terry Sandwith 24	Slater	39:11
21. Joe Cummings 18	Belton	39:35
22. Tom May 15	Sedalia	39:38
(23) Milene Mittelhauser 22	Sedalia	39:47
24. Steve Cain 30	Sedalia	39:51
(25) Jim Schutt 43	California	40:09
26. Tonya Twillman 20	Marshall	40:34
27. Gary Berry 18	Sedalia	41:09
28. John Ball 29	Blue Springs	41:38
29. Max Lewis 15	Sedalia	41:40
30. Brian Samson 16	Marshall	42:23
(31) Michael Koonse 31	Boonville	42:26
(32) Herb Mittelhauser 52	Sedalia	42:38
33. Vicki Wyatt 28	Springfield	43:02
34. Clarence Gass 40	Mission, KS	43:10
(35) Robert Dolphin 52	Columbia	43:14
36. Edwin Alexander 47	Overland Park, KS	43:24
37. Joe Random		43:38
38. Mary Goss 26	Springfield	44:14
39. Hal Krause 43	Warrensburg	44:28
40. Janna Haston 20	Independence	44:46
41. Don Rouchka 40	Sedalia	44:47
42. Robert Boyd 55	Blue Springs	45:14
(43) Don Frey 56	Moberly	45:31
44. Ernie Buso 46	Sedalia	45:52
45. Richard Shultz 14	Sedalia	46:10
46. Marilyn Carmody 31	Whiteman AFB	46:26
47. Edwin Elmore 43	Warsaw	47:12
48. Gerald Jenkins 40	Sedalia	47:17
49. Kenneth Cordry 57	Sedalia	47:54
50. Daisy Fatovic 29	Whiteman AFB	47:56
51. Robert Hausam 28	Sedalia	48:29
52. Harold Finke 41	Sedalia	48:46
53. Edward Jacques 33	Warrensburg	49:36
(54) Roger Hanson 50	Columbia	49:50
55. Cornelius Carmody 32	Whiteman AFB	49:54
56. Julie Tenenbaum 31	Kansas City	50:00
57. James Reeds 60	Kansas City	50:02
58. Harry Harmon 37	Sedalia	52:04
59. Gordon Yonce 46	Sedalia	52:08
60. Andy Williams 13	Greenridge	52:45
(61) Don Patterson 59	Columbia	52:58
62. Ronald Alexander 26	Topeka, KS	53:28
63. Larry Robinson 14	Sedalia	53:38
64. Shirley Cordry 31	Bridgeton	53:49
65. Bert Moore 54	Sedalia	53:57
66. Harry Gish 25	Blue Springs	54:08
67. Deirdre Abbey 33	Warrensburg	55:35
68. Damon Hieronymus 72	Sedalia	56:00
69. Cheryl Shipley 36	Sedalia	56:46
70. William Watkins 21	Knob Noster	58:10

Conditions: sunny, 33 degrees.

Course: Flat with rolling hills, partially snow and ice covered.

	Age 15 & under	16-19	20-29	30-39	40-49	50 & over
400 meters	54.0 6-28-75 Bryce Allmon	52.8 8-26-72 Dennis Stewart	55.2 5-21-79 Dennis Stewart	57.0 6-26-76 Don Lewis	67.0 5-21-79 Don Johnson	
800 meters	2:03.3 6-28-75 Bryce Allmon	1:58.0 5-8-71 Dennis Stewart	2:05.5 5-21-79 Dennis Stewart	2:08.5 6-26-76 Don Lewis	2:24.0 4-16-77 Jean Madden	
1500 meters	4:42.5 5-21-79 Jay Blossom	4:11.0 5-20-78 Dennis Stewart	4:12.0 5-21-79 Dennis Stewart	4:30.0 5-20-78 Ben Londerree	5:01.0 5-21-79 Don Johnson	
One Mile Run	4:39.0 6-28-75 Bryce Allmon	4:19.0 3-18-72 Tom Logan	4:40.0 7-5-75 Don Lewis	4:36.7 7-6-74 Ben Londerree	5:19.0 7-7-79 Don Johnson	
Two Mile Run	11:52 7-30-71 David Duncan	9:08.0 7-29-72 Charles McMullen	9:59.5 4-4-81 Dennis Stewart	9:57.2 4-16-77 Don Lewis	11:46.0 4-21-79 Don Johnson	
Three Mile Run	18:27 5-7-77 Wesley Paul	14:22.0 4-16-77 Mike Kelly	15:42.0 4-4-81 Dennis Stewart	15:47.0 6-5-76 Don Lewis	18:26 4-4-81 Don Johnson	
Five Miles r	30:55 2-8-81 Guy Clark	25:29.9 2-8-81 Fisher & Mittel	26:54 1-5-80 Bob O'Connell	27:49 1-8-77 Walter Renaud	32:23 12-16-78 Turk Storvick	
Ten Miles r	1:06.12 12-17-77 Wesley Paul	53:17 2-26-72 Rob Leutwiler	55:36 12-15-79 Dennis Stewart	57:30 12-16-76 Walter Renaud	1:05:40 12-16-78 Turk Storvick	
One Hour Run	10 m. 68 y 5-3-80 Wesley Paul	11-1187 5-6-78 Charles McMullen	10-1747 5-3-80 Dennis Stewart	10-1487 5-8-76 Walter Renaud	9-513 5-9-81 Don Johnson	
Heart of America Marathon	3:02.19 9-7-81 Wesley Paul	2:29.15 9-5-77 Dennis Hinkamp	2:30.26 9-7-81 Jon Herbert	2:36.07 9-3-79 Roger Roullier	2:54:40 9-1-75 Alex Kattelle	
5,000 meters t	18:44 9-16-78 Wesley Paul	15:15.0 9-15-79 Jeff Mittelhauser	16:07 9-20-80 Bob O'Connell	16:25.0 8-24-74 Ben Londerree	18:52.0 9-15-79 Don Johnson	
5,000 meters r	17:49 12-6-80 Wesley Paul	15:20.0 3-3-79 Jeff Mittelhauser	15:44.0 7-17-76 Jim Zickefoose	16:11.0 3-5-77 Don Lewis	19:05.0 3-3-79 Turk Storvick	
10,000 meters t	40:53 6-6-81 Tim Gibson	31:34 4-1-78 Charles McMullen	32:30 4-1-78 Dean Neal	34:33 11-27-76 Walter Renaud	40:36 6-6-81 Turk Storvick	
10,000 meters r	36:37.3 4-12-81 Wesley Paul	30:42.8 4-27-80 Mark Hofius	32:36 7-17-76 Jim Zickefoose	34:39 4-27-80 Ben Londerree	40:04.1 4-12-81 Don Johnson	
15,000 meters r	56:15 7-21-79 Wesley Paul	46:13 7-17-76 Ron Tabb	49:03 7-17-76 Jim Zickefoose	52:13 7-17-76 Walter Renaud	59:07 7-21-79 Don Johnson	
20,000 meters r	1:16.47 12-6-80 Wesley Paul	1:04.54 11-18-78 Steve Fisher	1:08.28 11-18-78 Howard Guscar	1:12.19 11-21-81 Don Lewis	1:22.59 11-18-78 Turk Storvick	



[illegible]

Wesley Paul     Steve Fisher     Jon Herbert     Walter Renaud     Turk Storvick

2 MILE XC	12:11	10-4-80	9:38	10-10-71	10:10	10-4-80	10:51	10-1-77	12:10	10-7-78
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Municipal Joe Wells Bob Brouillet Dennis Stewart Ben Londerree Don Johnson

3 Mile XC	19:37	11-4-79	14:40	11-6-77	16:12	11-6-77	16:25	11-6-77	19:55	11-4-79
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Gustlin	Chris Koon	Mark Whalley	Howard Guscar	Ben Londerree	Don Johnson
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5 Mile XC	32:24	10-15-77	25:21	10-15-77	28:04	10-15-77	28:20	10-25-75	32:29	10-21-78
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Wesley Paul	Clark Hamilton	Howard Guscar	Walter Renaud	Jurk Storvick
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Sprint	7:14.4	5-20-78	7:12.7	5-21-79	7:14.7	5-20-78	8:13.0	5-21-79
Triathlon	6-28-75	7:04.8	5-20-78	7:12.7	5-21-79	7:14.7	5-20-78	8:13.0
Marathon	7:36.3	6-28-75	7:04.8	5-20-78	7:12.7	5-21-79	7:14.7	5-20-78

1500, 800, 400 (4.39m, 2.03.3, 54.0) (4.11, 2.00.9, 52.9) (4.12, 2.05.3, 55.2) (4.130, 2.15.0, 62.9) (5.01, 2.22.8, 67.0)

Bryce Almon	Dennis Stewart	Dennis Stewart	Ben Londerree	Don Johnson
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[illegible]

Wesley Paul	Mike Kelly	Dennis Stewart	Don Lewis	Don Johnson
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W-R Pentathlon 1023 pts. 4-4-81

2 mi. walk, 880 27:31(5), 2:32(312) 18:02(361), 2:04.8 0, 2:07.1(633

mile walk, 2 9.45(47), 12.12(355 (668), 7.33(543) 0, 10.53(546).

mile run, 220	28.4 (304)	10:02.5(695)	25.0(556)
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Matt Gibson	25.4(523)	Don Lewis
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Stan Smith

Four Mile Relay	24:27	3-17-79	18:05	3-17-79	20:27	3-18-78	23:21	3-17-79
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Steve Gibson	6:25	Steve Fisher	4:24	Olen Brown	5:25	Jean Madden	5:25
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Jim Gibson	6:40	Rex Power	4:40	Don Lewis	4:58	Don Johnson
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Jim Gibson	5.45	Jerry Yunker	4.32	Whitney Hicks	5.08	Jim Pastoret	5.11
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Ben Londerree	4:56	Turk Storvick	5:32
Jeff Mittelhauber	4:29		
Matt Gibson	5:37		

Male-male	23.07	Jeff Mittelhauser-Ebby Norman	65.7, 73.0	10-20-01

Female-female	37.11	Julie Slivinsky-Kristen Koller	114.1, 109.0	6-21-80
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Male-female	23.40	Dennis Hinkamp-Martha Stinson	66.4, 75.6	6-21-80

Husband-wife	25.28	Augie Hirt-Joan Hirt	70.9, 81.9	6-18-77
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Father-son	26.19	Art Bentley II-Art Bentley III	74.0, 83.9	6-21-80
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Father-daughter	28,36	Dick Hessler-Amy Hessler	73.6, 98.0	6-20-81
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Mother-son	35.00	Sharon LeDuc-Brian LeDuc	100.7, 109.3	6-17-78
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Mother-daughter	38.58	Karen Wagner-Nicole Wagner	124.6, 109.2	6-17-76
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Brother-brother	25:32	Tom Luebbering-Jim Luebbering	80.0, 73.2	6-20-81
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Sister-sister	39.02	Julie Slivinsky-Tina Slivinsky	108.2, 126.0	6-20-81
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Brother-Elster	26.10	Pete Pastoret-Susan Pastoret	73.3, 83.7	6-19-76
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COLUMBIA TRACK CLUB EVENT RECORDS FEMALE  
as of January 1, 1982

PAGE 9

	15 & under	16-29	30-39	40-49	50 & over
400 meters	1:20.0 5-23-81 Amy Hessler	67.8 5-20-78 Martha Stinson	1:25.4 5-17-80 Annette LaFontaine		
800 meters	3:06.0 5-23-81 Amy Hessler	2:29.7 5-20-78 Martha Stinson	3:17.0 5-17-80 Annette LaFontaine		
1500 meters	6:16.0 5:23:81 Amy Hessler	4:56.3 5-20-78 Martha Stinson	6:37.0 5-17-80 Annette LaFontaine		
One Mile Run	5:59.1 7-4-81 Angie Ballenger	5:10.1 7-6-74 Carol Cook	5:56.0 7-5-80 Susan Boyle	7:58.0 7-5-80 Nancy Fritsch	9:03.0 7-1-78 Jeanne Wixom
Two Mile Run	15:16 9-20-75 Amy Hessler	11:45 4-5-80 Martha Stinson	13:24 4-5-80 Susan Boyle		
Three Mile Run	29:34 4-15-78 Nicole Wagner	17:45 4-5-80 Martha Stinson	20:03 4-5-80 Susan Boyle		
Five Miles r	41:01 2-8-81 Angie Ballenger	29:26 1-3-81 Amy Johns	33:26 12-17-77 Dorothy Doolittle	41:25 2-8-81 Myrna White	1:08:40 2-8-81 Willa McMillen
Ten Miles r	1:32:41 12-16-78 Nicole Wagner	1:01:05 12-16-78 Amy Johns	1:05:27 12-17-77 Dorothy Doolittle		
One Hour Run	8 mi., 373 yds 5-8-76 Gabrielle Warrington	9-6:27 5-9-81 Milene Hollon	7-13:15 5-9-81 Linda Hope	7-8 5-8-76 Patsy Quinn	
Heart of America	4:45:38 9-7-70 Kathy Phelps	3:07:17 9-7-81 Wendy Thomas	3:40:36 9-7-81 Penny Gallogly	4:06:40 9-7-81 Mary Ann Slivinsky	
5,000 meters t	22:06 9-16-78 Amy Hessler	19:51 9-21-81 Debbie Hoxworth	20:47 9-15-79 Susan Boyle		
5,000 meters r	21:51.0 3-20-79 Amy Hessler	18:58.0 3-5-77 Rhonda Bedell	21:10.0 3-7-81 Susan Boyle	25:14.0 3-20-79 Mecca Carpenter	45:58.1 9-9-79 Margaret Siegler
10,000 meters t	45:31.0 6-6-81 Angie Ballenger	39:48.0 4-1-78 Tina Gandy	47:22.0 6-6-81 Susan Boyle	1:03:48 4-1-78 Jean Ryberg	
10,000 meters r	46:11.0 8-1-81 Angie Ballenger	38:00.0 1-20-79 Amy Johns	45:30.1 4-12-81 Susan Boyle	49:54.3 4-12-81 Judy Nelson	56:04.6 4-20-80 Jean Griffin
15,000 meters r	1:14:54 7-21-79 Nicole Wagner	57:54 2-17-79 Amy Johns	1:01:58 7-18-81 Carol Hafeman	1:20:20 7-18-81 Mary Ann Slivinsky	
20,000 meters r	1:51:15 8-4-79 Nicole Wagner	1:17:41 1-20-79 Amy Johns	1:33:23 12-3-77 Carole Brockman	1:47:31 8-1-81 Mary Ann Slivinsky	

30,000 meters	2:49.18	8-4-79	2:12.00	8-6-77	2:45.55	8-1-81
	Nicole Wagner		Joan Hirt		Mary Ann Slivinsky	

2 Mile XC	14:56.0	10-7-78	12:15.0	10-1-77	15:02.0	10-7-78
Municipal	Amy Hessler		Joan Hirt		Sharon LeDuc	

3 Mile XC	22:27.0	11-4-79	18:23.0	11-4-79	21:45.0	11-6-77	21:59.0	11-4-79
Gustin	Nancy Wilson		Martha Stinson		Sandra Holmberg		Sandra Lawrence	

Sprint Triathlon	10:42.0	5-23-81	8:33.8	5-20-78	11:19.4	5-17-80
1500, 800, 400	(6:16, 3:06, 1:20)		(4:56.3, 2:29.7, 67.8)		(6:37, 3:17, 85.4)	
	Amy Hessler		Martha Stinson		Annette LaFontaine	

3,2,1 Triathlon	35:12.0	4-5-80	(17:45, 11:45, 5:42)
	Martha Stinson		

Four Mile Relay

22:28	3-15-80	28:04	3-21-81	6:00
Martha Stinson		Susan Boyle		8:14
Bridget Collins		Kathy Cain		6:36
Cindy Seikkula		Annette LaFontaine		7:14
Donna Ganly		Betty Scarpino		

More Four Mile Relay Marks:

FATHER-MOTHER & 2 KIDS
25:32    3-15-80

Jeff Mittelhauser	4:34
Coleene Mittelhauser	9:05
Julie Mittelhauser	5:56
Herb Mittelhauser	5:57

FATHER-MOTHER & 2 DAUGHTERS	MIXED DOUBLES
29:21    3-21-81	20:53    3-21-81

Mary Ann Slivinsky	7:17	Julie Mittelhauser	6:07
Tina Slivinsky	9:03	Wilene Hollon	5:46
Julie Slivinsky	7:13	Jeff Mittelhauser	4:28
Charles Slivinsky	5:48	Steve Fisher	4:32

FOUR BROTHERS
22:21    3-21-81

Matt Gibson	5:42
Tim Gibson	6:02
Steve Gibson	5:26
Jim Gibson	5:11

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

January 3, 1976 Five Mile Run: 1. Tom Logan & John Eads 27:20,  
 3. Don Lewis 28:18, 4. Ben Londeree 29:26,  
 5. Greg Brown 29:42, 6. Tom Hinckley 29:47,  
 7. Augie Hirt 30:12, 8. Pete Pastoret 30:49,  
 9. Joe Duncan 32:59. . .12. Don Johnson 34:05,  
 13. Olen Brown 34:13, 14. Al Garverick 34:28,  
 15. Dennis Blossom 35:36 . . .17. Doug Duncan  
 37:05, 18. Jim Gibson, 12, 37:30

This was a race scheduled for 10:00 AM which caused  
 Dick Hessler and Mike Chippendale problems  
 when they showed up at the customary 9:00. They  
 went ahead with a 32:45 workout.

January 17, 1976 20 kilometer Run: 1. Al Settle 1:11:05, 2. Dick  
 Hessler (showing up at the proper time) 1:11:38PB,  
 3. Jon Herbert 1:16:02. . .7. Joe Marks 1:23:20  
 . . .11. Don Johnson 1:37:45, 12. Joan Hirt  
 1:38:30, 13. Olen Brown did 10 miles  
 20 Kilo Walk: 1. Augie Hirt 1:46:30, 2.  
 Jerry Young 1:51:39 3. Henry Bent & Bill Clark  
 2:39:51

January 2, 1976: Don Granberg bought a new car.

\*\*\*\*\*

A couple of tidbits picked out of a recent Tribune:

DENNIS STEWART won the Masters Mile (30-39) in the TFA/USA Indoor Meet  
 in Kansas City, January 23 with a time of 4:29.94 and placed 6th in  
 the 880 with 1:58.68. The 40-49 Mile went in 5:02.98, a time well  
 within reach of at least four of our age 40 runners.

RANDY MIMM was third in the Phil adelphia Classic's One Mile Walk  
 with 6:40.0 behind Todd Scully's 6:01.8 and Tim Lewis' 6:14.1.

\*\*\*\*\*

## DESIGNATED TIME STANDINGS Includes 20K event of Jan. 23

1. Tom LaFontaine	0.172 av. % off	1 events
2. Candy Stout	0.673	1
3. Whitney Hicks	0.916	4
4. Kent Lang	1.124	9
5. Milene Mittelhauser	1.605	3
6. Sam Stout	1.908	3
7. Rob Spier	2.000	4
8. Ben Londeree	2.077	8
9. Bruce Maxey	2.366	8
10. Jeff Mittelhauser	2.784	3
11. Don Johnson	3.304	6
12. Dennis Jones	3.690	3
13. Mike Koonse	5.162	7

All individuals who indicated an interest in competing in the  
 designated time competition are listed above. If anybody has been  
 missed, call Ben Londeree right away. Subsequent listings will  
 include only those with D.T.'s in at least one-third of the events.

Ed's note: After some of our cold winter races I think ALL of  
 our runners have had DT's.

It is Better to  
Light  
One  
Candle  
Than to  
Curse the Darkness

# CANDLELIGHTERS

UNIVERSITY OF MISSOURI-COLUMBIA MEDICAL CENTER

CANDLELIGHTER NEWSLETTER

DECEMBER 1981



## Candlelighters

present

## Run/Walk/Wheelathon

Help us outrun  
**childhood leukemia**

at Brewer Fieldhouse

**Thur., February 18**

**10 a.m. - Midnight**

**Fri., February 19**

**6 a.m. - 10 p.m.**

**Broadcast live by KCMQ radio  
And periodic reports from KRCG-TV 13**

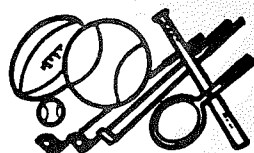
**Prizes donated by & pledge sheets available at**



**FECHTEL'S BEVERAGE AND SALES, INC.  
COLUMBIA - JEFFERSON CITY - SEDALIA**



**d Sport Shop**



**CROSSROADS  
SPORTS CENTER**



**COMMERCE BANK**  
of Columbia <sup>NA</sup>

Sponsored by: Sigma Lambda Sigma; Recreation Club and Columbia Track Club





## CANDLELIGHTERS RUNATHON/WALKATHON/WHEELATHON

Brewer Fieldhouse - February 18 from 10 am to Midnight  
February 19 from 6 am to 10 pm

Co-sponsored by:

Sigma Lambda Sigma Honorary Fraternity, Recreation Club and Columbia Track Club

PARTICIPANT: Name \_\_\_\_\_

Local Address _____	Phone _____
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Permanent Address \_\_\_\_\_

Total Laps Pledged \_\_\_\_\_ Day 1  
(7 laps = 1 mile)

\_\_\_\_\_ Day 2      Total Laps Completed \_\_\_\_\_

## SPONSOR INFORMATION

[illegible]

Make checks payable to: Candlelighters  
Pledge sheet(s) and contributions can be taken to:  
-Room N - 104 Med Center, Social Services  
-Room S - 102 Memorial Union (Yvonne Snell)  
-Room 618 Clark Hall (Marguerite Smith)  
or mail to:  
Candlelighter, P. O. Box 1708  
Columbia, MO 65205  
(checks only - no cash please)

(Grand Total)

Please submit contributions by March 25  
Winners announced on March 26

# COLUMBIA REGIONAL HOSPITAL

A **LIFEMARK**

Health  
Care Center

Presents

## **"RUN FOR YOUR LIFE"**

### 5 Mile Winter Road Race

In Cooperation with the Columbia Parks and Recreation Dept. and Columbia Track Club

**WHEN** Sunday, February 7, 1982 - 2:00 PM

**WHERE** Columbia Regional Hospital  
404 Keene Street  
Columbia, Missouri 65201

#### **RACE HEADQUARTERS**

Enter at Emergency Room entrance located in the north side of Columbia Regional Hospital. Conference Room down hall, on right. Restrooms located inside Emergency Room entrance. PLEASE DO NOT USE THE FRONT ENTRANCE OF THE HOSPITAL.

#### **PARKING**

Boone Clinic parking lots on the west side of Keene Street, across the street from Columbia Regional Hospital.

#### **ENTRY FEE**

\$2.00, age 16 and over, \$1.00 age 15 and under. Late registration will be noon to 1:30 PM, February 7. No entries accepted after 1:30 PM. Mail entry fee and registration form to:

Joe Kurth  
7341 Sunrise Court  
Columbia, Missouri 65201

Make checks payable to Columbia Track Club.

There will be no other pre-race procedure; simply be at the starting line no later than 1:45 PM.

#### **AWARDS**

**T-shirts to all finishers.**  
**Trophies to be given:**

Age	Females # of Trophies	Males # of Trophies
9 or under	3	3
10-14	3	5
15-19	5	5
20-24	5	8
25-29	5	8
30-34	5	8
35-39	5	8
40-44	3	8
45-49	3	8
50-59	3	5
60 or over	3	3

If you are not planning to run in this race, then be sure to offer to help with the administration thereof, by calling Joe Kurth. To the runners: This race replaces the Ham & Spam Race. Awards will be trophies and T-shirts--no ham or spam. The course will be the same course as last year.

## *"RUN FOR YOUR LIFE"*

### 5 Mile Winter Road Race

#### COURSE

Certified 5 mile road course. Start on Keene Street and I-70 Drive, S.E., south on Keene to St. Charles Road, east and north on St. Charles Road to I-70 Drive, S.E. to finish, at point of start. Splits will be read at each mile mark.

#### FINISH LINE PROCEDURE

Stay in the finishing chute in order of finish until you are handed a "place" stick. Take the stick to the appropriate scorer's table at race headquarters. Give your name and age to the scorer and receive your t-shirt.

#### ENTRY BLANKS

Available at: Office of Public Relations  
Columbia Regional Hospital  
404 Keene Street  
Columbia, Missouri 65201  
314-875-9500

Award ceremony at race headquarters scheduled to begin at 3:00 p.m., barring delays.

-----

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

PRINT NAME \_\_\_\_\_ ☐ MALE ☐ FEMALE

SIGNATURE \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

AGE ON DAY OF RACE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

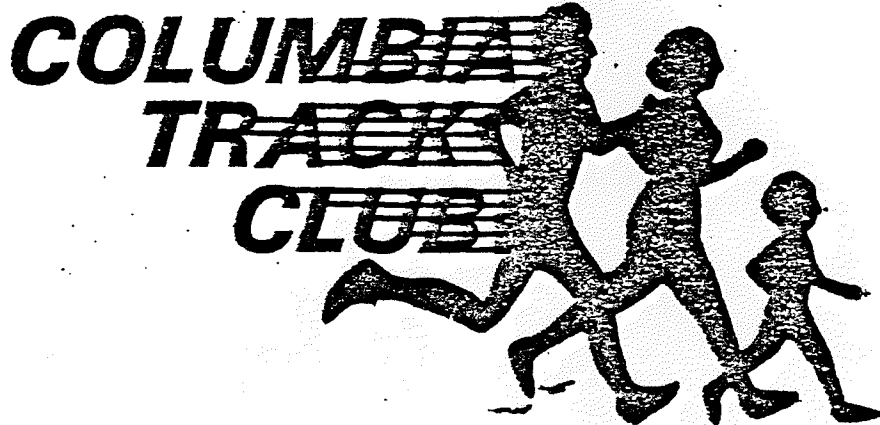
\_\_\_\_\_

Mail by February 3 to: Joe Kurth  
7341 Sunrise Court  
Columbia, MO 65201

Columbia Regional Hospital

A **LIFEMARK**

Health Care Center



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

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