

TRACK CLUB

NEWSLETTER

Volume XIV, No. 11 November 30, 1982

d SPORT, 10,000 METER RUN

October 24, 1982

1. Fred Klinge (23)	33:00.9
2. Steve Stonecipher-Fisher (26)	33:01.8
3. Jim Marshall (24)	34:22.3
4. Tom LaFontaine (35)	34:33.7
5. Kent Lang (20)	34:34.8 PB
6. Jim Nowak (31)	35:19.1
7. Don Lewis (46)	35:30.4
8. Dick Hessler (41)	35:41.0
9. Larry Doering (25)	36:21.5
10. Tom Moore (24)	36:37.9
11. Mark Volek (27)	37:04.9
12. Ron Crosswell (19)	37:14.9
13. Mark Hosler (35)	37:15.8
14. Whitney Hicks (47)	37:24.8
15. Wayne Hackshold (30)	37:29.1
16. David Parker (36)	37:31.0
17. Robert Shoemaker (31)	37:35.9
18. Ron Belyea (39)	37:38.3
19. Mark Scholes (31)	37:42.8
20. Joe Marks (45)	37:47.8
21. Richard Huse (37)	37:58.2
22. Peter Hessler (13)	38:48.1 PB
23. Ben Londeree (48)	38:57.3
24. Joe Kurth (35)	39:03.5
25. Tim Gibson (11)	39:32.3
26. Mike Walther (25)	39:34.7
27. Tom Allen (40)	39:58.0
28. Liz Bulman (23)	40:03.9
29. Loyd Rhiddlehoover (52)	41:30.9
30. Gerald Jorgenson (23)	42:05.1
31. Lawrence Henry (42)	42:10.0
32. Mike Little (35)	43:22.0
33. Susan Boyle (39)	43:25.4
34. Dan Schuppan (37)	43:44.6
35. Joe Duncan (48)	44:46.8
36. Floyd Clark (38)	45:39.9
37. Bob Dolphin (53)	45:47.7
38. John Mueller (39)	46:25.6
39. Sid Hose (43)	47:00.2
40. Kurt Keppler (25)	47:05.6
41. Roger Hanson (50)	47:24.4
42. Robert Stallman (43)	47:42.1
43. Christopher Michalski (21)	48:09.5
44. Ken Snow (33)	49:33.3
45. Belinda Fender (28)	49:53.5
46. Theresa Mueller (32)	50:05.6
47. Russell Gish (26)	50:17.8
48. John O'Connor (49)	50:19.7
49. Christine Ruble (28)	50:52.8
50. Denny Knudson (15)	51:52.0
51. Barbara Leslie (42)	52:56.6
52. Robert Marty (49)	52:59.5
53. Norm Stebbins (36)	53:02.0
54. Christine Othie (30)	53:05.3
55. Elton Fay (34)	53:36.3
56. Deborah Scholes (33)	54:10.8
57. Joni O'Connor (44)	57:16.2

A good day, low 50's, moderate winds. Thanks to the Jim Gibson family for so ably handling the administration of this race and to d Sport Shop for sponsoring the race--picking up all the expenses and enhancing the CTC travel fund with the entry fees.

The Dave Schulte Improvement Award is based on the median improvement over your best 10 events during a year. The improvement percent is each race is figured as follows: Your time last year minus your time this year divided by your time last year. Example: 80-81 10-mile time 66:00; 81-82: 63:00. Difference 3:00. Improvement: 4.55% (3/66). The list below shows the percentage improvements and the median improvements.

	5 K	2 Mi	10 K	3 Mi	20 K	30 K	10 Mi	5 Mi	20 K	5 Mi	15 K	5 K	1 Mi	10 K
	10 K	1 hr	3.2,1	1.5,8.4	10 K	400's	1 Mi	5 K	10 K	15 K	30 K	2 Mi	26.2	Median
1. Dean Baxter	-	-	-	5.61	9.09	5.67	6.40	4.18	9.07	10.44	10.10	-	6.52	9.09
2. Kent Lang	5.30	1.28	-	-	4.37	-	0.08	1.77	.085	3.58	-	3.89	6.21	4.93
	5.28	5.12	-	5.70	8.12	-	5.45	1.07	-	7.16	-	1.27	-	5.38
3. Tom LaFontaine	5.60	-	0.42	-	-	-	5.13	-0.51	-	2.50	-	-	0.68	5.03
	32.78	-0.82	-	-	7.02	5.29	-	-3.99	-	17.22	-	-	-25.58	5.21
4. Milene Mittelhauser	-	-	1.63	-	-	5.06	-3.23	7.99	-	4.67	-	7.12	4.62	5.00
	-	-	-	7.65	-	-	2.89	-	-	3.96	-	-	-	4.84
5. Ben Londeree	3.80	-	-	-	-	10.15	-2.00	0.86	-2.87	-	4.43	1.45	0.67	2.22
	4.78	3.30	2.95	-	-	4.22	5.30	6.58	0.86	5.22	-	-	-	4.61
6. Chris Ruble	-	-	-	9.29	8.61	-	-	-0.31	-	-	-	0.70	-0.81	-
	-	3.13	5.70	-	-	-0.34	1.64	6.06	-	2.87	-	-	9.15	4.42
7. Don Johnson	1.89	-	-2.22	6.94	-0.76	-	-	-	-5.33	-0.55	2.33	2.87	-	1.29
	3.48	-3.33	-	-	-	-	2.76	-0.50	-	0.67	-7.67	0.74	-0.40	2.11
8. Tim Gibson	0.59	5.44	1.89	1.87	-	-4.71	-	-	-	-	-	-	-	-2.68
	-	-	5.61	6.33	-	-	-	-	-	-	3.79	-1.60	-	1.88
9. Don Lewis	2.83	-0.30	0.43	7.66	3.83	-	0.28	-	0.61	4.78	-	-	-	-2.69
	-1.78	-3.09	0.83	1.40	-0.61	0.71	1.40	0.97	-	-	-	-2.92	-	1.40
10. Mike Koonse	-1.67	-5.35	1.45	-	-0.72	-	-	-5.97	-14.10	0.86	0.77	0.98	3.13	1.01
	-	-	0.19	1.66	0.30	-	-	-3.11	-5.94	-0.69	-5.59	-2.13	-2.53	.92
11. Ron Wampler	0.83	-2.73	-	-	-	-	-	-	-	-	-	-	-	-
	6.45	0.70	-	-	-0.43	-	-	0.59	3.77	-8.48	4.30	-	-1.81	3.09
	-	-	-	-	-	-	-	-	-	-	-	-	-	0.77
12. Joe Marks	1.02	-	-	6.43	-	-	-12.98	-	-	-	-41.16	-17.49	-4.60	-4.02
	-	-	-0.57	0.24	4.03	-	0.53	-3.89	1.84	-	-22.43	-	0.01	0.39
13. Jeff Mittelhauser	-	-	-0.26	-	-	-	-11.82	-2.15	-	-1.62	-	-0.44	0.00	2.21
	-	-	1.73	-	-	0.15	5.94	-	9.78	-	-	-	-	0.08
14. Rob Spier	-0.62	-	-	-	0.89	5.22	-	-4.21	-0.68	-	0.28	-	-4.26	-
	-	-	-	-	2.67	-	0.78	-	-	-	-2.31	-	-	-0.17
15. Bruce Maxey	-0.74	-1.54	-	8.64	-2.73	-	-	-	-	-	-	12.22	-	-1.25
	2.02	1.84	-	-0.46	-	-	-	-5.07	-2.03	-	-	-5.57	-	-0.21
16. Dick Hessler	-0.57	-6.16	-	2.50	-1.68	-	-1.55	-	-4.84	-0.62	-	-2.45	-1.66	-
	1.29	-1.25	-1.73	2.53	-	-0.95	-1.92	-0.66	-	-	-	1.27	-4.43	-0.62
17. Joe Duncan	3.02	-1.12	-0.42	-	-	-	-	-5.96	-	-	-	-1.43	-	-
	-	-	1.19	-	-2.52	-	2.89	-5.33	3.04	-	-	-7.75	-	-1.28

TWO POEMS

To a fellow Crazy:

My Shadow/Runner's Version

I have a little shadow
Who runs where ere I go
His name is Rigor Mortis
And he weighs a ton or so.

In a fast 440, at first
He has nothing much to say
Then he leaps upon my back
And Rides me all the way.

Toward the race's finish
He all the fatter grows
And weighs me down like trouble
That fills the world with woes.

Why he sits upon my back
I guess I'll never know
But to get him off again
I have to go so slow.

As long as I go slow
He bothers not a whit
But let the need for speed arise
And, presto, he is it.

If ever I'm to run the mile
Like Coe, Ovette or Scott
I'm almost certain sure that I
Must race when Rigor's not.

At the final turn I reach
Way down for something more
His evil laugh in both my ears
Becomes a mighty roar.

The finish line recedes apace
As heavy, lead-like pain
Attacks both pride and quadriceps
And fill the thighs and brain.

Across the finish line
You'd think Rigor would be through
But still he hangs around my neck
for most a week or two.

The Crazy Responds

I enjoyed the poem on Rigor Mortis
By Poet Laureate Brown
And how it tears at mind and muscle
As he Races 'round the town.

But a greater culprit lurks
Among the runners that I know.
It's when you ask 'em where they're going
...And they answer, "Short---and slow."

Now, these are honorable people,
Staunch citizens of the Earth
Who'd never do a dirty deed
And love life for all it's worth.

But they're not beyond a little lie
When it comes to running with a friend.
They may not mean to break you,
But they love to watch you bend.

Ten tortuous miles later
You stand heaving in the gym.
The salty sweat stings your eyes;
All your senses have gone dim.

"Good workout," says this runner
So innocently you want to cry...
"But next time, don't you
Push so hard," he says with a sigh.

You should just up and hit him
'Cause he's lied to you again
And really run you ragged
...Isn't that some kind of sin?

You really oughtta sock him
For all that he has done
But you don't, 'cause tomorrow
You'll take him on an "easy" run.

--joe marks

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

November 8, 1976 3 Mile Turkey Trot, Shaw Park, St. Louis: 1. Tim Donovan, IVS, 14:41 . . .5. Jim Nowak 15:02. . .7. Dennis Stewart 15:12. . .10. Walter Renaud 15:27. . .16. Don Lewis 15:34. . .19. Ben Londeree 15:40. . .21. Dick Hessler. . .26. Tom Hinckley 16:13. . .29. Augie Hirt 16:19. . .42. Turk Storvick 17:14. . .54. Olen Brown 18:07, 55. Doug Duncan 18:16, 56. Wesley Paul 18:37. . .60. Joe Duncan 19:01. . .Amy Hessler 22:08.

This was a triangular meet between CTC, SLTC and the Illinois Valley Striders. CTC won the meet with 35 points, SLTC 38 and IVS 75. In the Dual Meet scoring with SLTC it was SLTC 150, CTC 154 in the Open, CTC 32, 40 & over, SLTC 46 and a 5-5 tie for the women.

November 13, 1976 20 kilometer run: 1. Jim Nowak 1:11:02. . .3. Don Granberg (whatever happened to him?) 1:16:50. . .5. Tom Hinckley 1:17:26. . .7. Ben Londeree 1:18:56. . .15. Wesley Paul, 7, 1:28:05. Theresa Knapp won the women's 10 kilo in 55:48. This was the beginning of consistent participation by women in CTC events. Theresa was the first and for several months she was alone.

November 27, 1976 10,000 meter run, on the track, MVAU Championship: 1. Jon Herbert 33:19, 2. Doug Clark 33:40, 3. Dave Harris 33:53, 4. Dennis Stewart 34:16, 5. Walt Renaud, 45, 34:33, 6. Dick Hessler 35:11, 7. Ben Londeree 35:43. . .13. Joe Marks 40:25, 14. Turk Storvick 40:29. . .16. Wesley Paul 41:52 (American record for age 7), 17. Joe Duncan 42:13 & 14 others
The Walk: 1. Rob Spier 1:03:34. . .3. William Taft 1:17:00, 4. Henry Bent 1:19:54

AND A POTPOURRI OF PRESENT DAY ACTIVITIES:

Versailles 10,000 Meter Apple Festival Run October 2: 1. Bob Goodrich 33:10.3, 2. Dave Harris 33:56.3. . .4. Ben Luebbering 36:01.2. . .8. Dick Martin 38:25. . .11. Steve Young 39:17. . .19. Bud Brink 42:11. . .20. David Plummer 42:23. . .28. John Mueller 45:25. . .41. Roger Hanson 48:16. . .44. Theresa Mueller (1st female) 50:03. . .46. John Hamilton 50:14.

JON HERBERT is still running strongly after winning the Heart of America Marathon. He won his first medal ever in a college cross-country race, finishing 13th overall and 2nd in the Open Division in the SMSU 10,000 Meter Classic on the Willard Golf Course with a time of 32:08. Jon sent a donation for the "Around the World" Club. He's done his 25,000 miles. Also to be added to that club are Don Johnson, Leland Pfefer and Leonard Busen.

Run for the Sun 10,000 Meters Sedalia October 3: 1. Jeff Mittelhauser . . .2. Kent Lang 35:42. . .7. Mark Hosler 37:42. . .14. Milene Mittelhauser 40:05. . .16. Ron Wampler 40:40. . .21. Herb Mittelhauser 43:58.

Jefferson City Racquet Club Race 10,000 Meters October 23: 1. Bob Goodrich 31:28. . .3. Steve Baurichter 34:48, 4. Steve Young 37:01. . .7. David Plummer 39:06. . .15. Bob Dolphin 40:45. . .17. Kevin Justis. . .18. Dan Reed 42:38

St. John's Sunshine Run 10,000 Meters Springfield, Mo. October 23: 2. Denton Childs 31:08, 3. Jeff Mittelhauser 31:27. . .5. Jon Herbert 31:49. . .Dean Whipple 38:24. . .Milene Mittelhauser 38:29 (6th woman) 600+ runners

October Classic 10,000 Meters Mexico, Mo. October 31: 1. Dan Bryant 33:27. . .6. Mark Hosler 38:47, 7. Tom Moore 38:47, 8. Dave Parker 39:05, 9. Steve Baurichter 39:21. . .16. David Plummer 44:25. . .19. Bob Dolphin (1st 50-59) 45:12. . .23. Fred Hettig 46:08 24. Mike Basista 46:09. . .Grace Dorta 55+

There were some 200 participants in the Halloween Fun Run for K.I.D.S for the Ronald McDonald House. The event featured participation by a variety of people in a variety of costumes and is slated to become an annual event. An effort was made to keep track of places and times for the 1.5 mile event but no final results were produced for the record. We do know that one Mike Goodman won, followed by Rich Tims. Jim Rothwell won age 16 & under, as did Angela Hessler.

POTPOURRI OF PRESENT DAY ACTIVITIES continued. . .

St. Louis Marathon November 7, fairly strong headwind for first half 50's, sunny 1. Chris Bunyan (his first marathon) SIU 2:17:03, 2. Steve Stonecipher-Fisher 2:20:30 a PB & under his own course record of 2:21:12 set last year with better conditions). . . 5. Fred Klinge 2:26:54. . . 11. Jim Marshall 2:31:58. . . 39. Jim Neviackas 2:43:49 . . . 52. Tom LaFontaine 2:45:55, winning the first place award for 35-39, although there were some 35 year olds in the top 50, in fact, 7 of them. Joe Marks got first, 45-49 with 2:51:09, although, again, there was a 49 year old in the top 50. Then there were Norris Kruse with a 3:19 PB, Joe Duncan with 3:37:55, Mike Basista around 3:55, Charlie Slivinsky in the 3:40's, I think, Perry Gustafson at 3:53, Bob Dolphin at 4:05:17 and David Sleper with 4:04. No doubt there were other CTC people. Just found out that Charlie Slivinsky had the unique time of 3:59:59.9--a bad day for Charlie, but with a furious sprint over the last 1/4 mile he was able to get under four hours.

Macy's 10,000 Meter Run, also on November 7, Kansas City: Milene Mittelhauser, 2nd woman, 38:05.1, Liz Bulman, 5th woman, 38:52.5. Jeff Mittelhauser, 4th male, 31:34.9, Dennis Stewart, 2nd, 30-39, 32:23.5, Jon Herbert, 4th, 30-39, 32:39.2, Dick Hessler, 2nd 40-49, 35:17.1, Don Lewis, 3rd, 40-49, 35:23.8, Steve Helmick, 5th, 17 & under, 34:16.5, Dick Martin, 3rd, 50-59, 38:39.3. Peter Hessler was there at about 38+ and there were probably others. I don't know of any CTC runners in Macy's marathon, but Bill Fox, a familiar name at H of A (this years age 40 winner) was 11th overall, losing both the 10th place open award and the 1st place 40+ award in the last 100 yards.

You see DICK MARTIN's name scattered around in the above, turning in stellar performances as a newly arrived 50 year old. It is obvious that life has just begun for Dick. Here is a little recap of what Dick has been up to:

September 4 Omaha Septemberfest 10 k 2nd place 39:20.7
 12 Metro North/AHA 10 k, Kansas City, 2nd place, 39:30.2
 25 Busch Stadium Run 10 k 17th overall (handicapped),
 38:17.3 (best since '78).
 October 2 Versailles, Mo. 10k First, 38:28
 10 Adirondack Colors Run 10k (North Creek, New York) First
 38:32 Frank Shorter won the 30-39 award here.
 24 Cleveland Heart Assoc 10k Burton, Ohio First 39:15
 November 7 Macy's 10 k 3rd 38:39.

Dick was going to run the Tulsa 15k on Oct. 30, but he smashed his car into a deer and had to come back home.

DENNIS HINKAMP wandered through Missouri, stopping over in St. Louis on Nov. 14 long enough to place second in the Chrrry Diamond 4 Mile run with a PB time of 20:08.

ROB SPIER WALKS A SOLO 40 KILOMETERS, November 7, on the Shelter Ins. course. Bill Taft was there, but he elected to go 10 kilo, which he did in 1:21:47 (41:25 at 5k).

Rob's 5,000 meter splits: 36:38, 1:10:56, 1:45:40, 2:21:21, 2:56:30, 3:33:15, 4:10:02, 4:46:56 (final). Rob had a DT of 4:45, so he was 1:56 too slow.

Then, on November 20, Rob came back to win the 20 kilo walk on the Hilton Inn course with a time of 2:23:01, a walk interspersed with picking up cans along the way. Rob was 34:45 at 5k and 1:12:40 at 10. Bill Taft had 2:49:53 (45:45 & 1:32:49. Jim Gibson and Tim did a 1:32:49 10k.

More Macy's 10k results: John Mueller 46:50, Theresa Mueller 49:31 (PB), Burt Thompson 36:40. Don Johnson 39:40, Margaret 1:09:12

The annual meeting of the Columbia Track Club was held on October 20. Many items were discussed; some of them will be reflected in the 1983 schedule. DEBBIE HOXWORTH is our new Secretary-Treasurer. Many THANKS to JIM SOWASH for so ably serving in that office the past two years. (Jim says Dottie really did the work, so THANKS! to her, too). Annual dues were set at \$5.00 per family (no change there) payable on or before December 18. If the dues are not paid by then you will not get credit for Elapsed Time points accumulated to that date.

SCHEDULE OF EVENTS

DECEMBER 4 Saturday 9:00 AM 30 kilo run (10 kilo for women and age 15 & under unless they want to go farther), 20 kilo walk Hilton Inn RACE DIRECTOR: Sid Hose

18 Saturday 9:00 AM Holiday Cheese and Sauerkraut 10 Mile Run, 10 Mile Walk (8:30 AM) W. Broadway Swim Club
Some kind of cheese award goes to the six who best predict their times whilst a can of sauerkraut goes to the one who misses the most \$1.00 fee to non-CTC members

JANUARY 8 Saturday 9:00 AM BOONE TAVERN FIVE MILE TWOSOME RACE
Male-female teams (but also open to individuals)
Awards will be dinners for two. \$1.00 fee, non-members
RACE DIRECTOR: Don & Kathy Lewis Meet at W. Brdy.

22 Saturday 9:00 AM 20 kilometer Run (10 kilo for women & age 15 & under) 20 kilo walk (8:30am) Hilton Inn

A couple of out-of-town events:

December 18 Saturday 10:00 AM Run for the Third 10,000 Meter Road Race Sedalia CONTACT: SRC 1832 S. Carr 65301

January 2 Sunday 10:00 AM Marathon Relay Forest Park St. Louis CONTACT: Jean Tokheim 776-4174

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

Kristen Henzel
3908 Faurot

Douglas Bay
25 Oakwood Lane
St. Louis, Mo. 63129

Jan Monk
2500 Shepherd Blvd.

Craig Campbell
320 Howell Manor
Mexico, Mo. 65265

Terry Neuner
504 Westmount

Phil Sigler
612 Ziegler Ave. Apt. 9
Linden, NJ 07036

Craig Yates
3303 Barberry Ave.
65202

Julie Jurgensmeyer
2712 Surfside Ct.

Deanna Rottjakob
1173 S. Pecos Ct.

CTC-SLTC 3 MILE TURKEY TROT DUAL MEET: It is now Nov. 30 and I don't yet have the results of this, therefore you will have to look for the complete results in the December Newsletter, since we are way past our deadline. Suffice it to say that JEFF MITTELHAUSER led the CTC harriers with a time of 15:33 over the somewhat hilly and muddy two lap course. Jeff's time was the fastest of the day. For the women, MILENE MITTELHAUSER, was the fastest with 19:01. DON LEWIS captured the first place over 40 turkey with 16:43, followed by DICK HESSLER with 17:01. Don was 14th overall while Dick was 26th. 8th overall was Tom LaFontaine. CTC won the team scoring for the women's category, was pretty well clobbered in the open category and apparently lost in the over 40 category. The latter has not been verified since the age 50 males may not have been counted at the time.

MANY, MANY THANKS to Dick Hessler for leading the CTC expedition and for recruiting so many young runners. His young girls were very instrumental in the women's victory. Also THANKS to Jim Nowak, Annette Johnston, the Gibsons, Nancy Sandfry, Anne Hessler, Don Lewis and maybe one or two others for providing the eggs which have been traditional for this event.

Henry and Florence Bent have moved to Bloomington, Ind. for their retirement years. They continue to correspond with Rob and Veva Spier. One of Henry's recent letters has an excellent description of his day:

Well, first I got up about six thirty for my morning walk. I have found a pretty good place to walk. First I wend my way through the more or less temporary roads where the building equipment has tracked mud on the roads and they are now dusty. Then I come out on the black top to Bob's lab with a parking lot about 200 yards long. This gives me a pretty good distance with no traffic at that time. If I get out on the highway there are narrow shoulders and traffic at all hours of the day and night, so I stay clear of them. When you come to see us you may come in on Dunn St. which would be a lovely place walking if there were only sidewalks. The houses are set about 300 ft back from the street and have lovely trees. Each house has two or three acres which are beautifully landscaped. I hope to increase my distance as time goes on now that we are getting settled but am not sure just where I will walk. I believe there will be more black top here in Meadowood where there will be nice grass and trees.

After breakfast I made the discovery that I could use the vacuum cleaner on the whole house using but two outlets. So there are advantages in a small house. I find that the house does change our style of living a bit. For one thing the table top space in the kitchen is not great so that I find it best to finish everything I start before beginning on the next job. If I fix orange juice for example I put it on the table in order to have room for the next job. When I wipe dishes I open the drawers and doors and put each item where it belongs so that I handle each but once and when I wipe the last dish the table is clear. Another result of the small size of the house is that Florence and I have discovered that we have many interests in common. I always knew this but it seems more obvious when we try to go through the same door at the same time. If I were an artist I might make a good cartoon of the two of us back to back in the kitchen simultaneously leaning over to put something in the lowest drawer on each side of the kitchen.

After the vacuum cleaning of the whole house I sat down to a sip of local cidar which had nothing added and contemplated my work. This led me to the conclusion that had I taken a different outlet for the vacuum cleaner I could have done the whole house without moving the plug, two bedrooms, living room, kitchen and bath room. So I have my work cut out for me in a few days to see if I am correct.

Then I walked up the road to see what they were doing on our house. I was just in time to see the first roof truss being put in place. It was quite interesting. They are made in a shop and brought in tied in bundles of fifteen or twenty and lifted by crane up on top of the walls of the house. Three men would then carry one by walking on the plate on the top of each wall. A pretty narrow path. They stepped very carefully you may be sure. When they got to the end the middle man who had been walking on a partition which ran down the middle of the house pushed it up, perhaps with the help of a long pole in the hands of a fourth man on the floor below. They measured its position, singing out the reading to one sixteenth of an inch and hammered in the nails.

One more illustration of the amount of space we have. All we need, to be sure, but made for items which were in the minds of some planners. When I found our push broom I was delighted, as the dust in the air from the workmen make frequent sweeping of the sidewalk and patio desirable. But where to put it? After several attempts I ended up by taking it apart and storing the brush and the handle separately. This works fine and is not too much trouble each time I sweep.

Dean Bent is now 82 and very much in love with life.

Back to the Macy's 10,000 Meter Run Results: Milene Mittelhauser tells me that the times for the top women finishers were not accurately reported in the Kansas City Star. Apparently the confusion arises because of chute changes at the finish. Milene's correct time was 37:18, instead of 38:05. I guess, then, that Liz Bulman's time was 38:05 instead of 38:52, but I'm not sure.

Some Age Record Updates from the National Running Data Center News.

Age Record Update- 8 kilometers

6.						
13	29:07	Brian Albea	8 Nov 68	Lilburn	GA	7 Aug 82,NC-F
17	24:54p	Billy Convey				7 Aug 82,NC-F
20	24:03p	Mark Plaatjes		Athens	GA	7 Aug 82,NC-F
22	23:36	Herb Willis	29 Apr 60	Tallahassee	FL	7 Aug 82,NC-F
27	22:47	Craig Virgin	2 Aug 55	Labanon	IL	7 Aug 82,NC-F
31	23:51	Gary Faneili	24 Oct 50	Oreland	PA	7 Aug 82,NC-F
33	24:45	Lee Fidler	21 Mar 49	Stone Mtn	GA	7 Aug 82,NC-F
46	26:35	Bill Olrich	13 Sep 35	Lexington	KY	7 Aug 82,NC-F
49	26:35m	Bill Foulk	24 Apr 33	Tempe	AZ	7 Aug 82,AZ-F
70	36:30ap	Aaron Fialkow		Bronx	NY	14 Mar 82,NY-F
76	50:34	Laurence Davis	14 Dec 05	Grand Island	NE	28 Aug 82,NE-F
12F	29:33	Stacey Dolly	23 Dec 69	New Smyrna Bch	FL	7 Aug 82,NC-F
21F	27:29	Beth Sheridan	29 Nov 59	Poland	OH	1 Aug 81,NC-F
24F	26:52	Ellen Hart	19 May 58	Boulder	CO	7 Aug 82,NC-F
26F	28:19	Kathy Whitcomb	28 Aug 55	Wichita	KS	11 Jul 82,KS-F
28F	27:01	Brenda Webb	30 May 54	Knoxville	TN	7 Aug 82,NC-F
29F	28:37	Marilyn Taylor-Allen	4 Nov 52	San Francisco	CA	16 Jan 82,CA-F
49F	33:45	Wendy Williams	15 Oct 32	Oak Ridge	TN	7 Aug 82,NC-F
64F	42:51m	Edna Laflin	2 Feb 18	Sun City West	AZ	7 Aug 82,AZ-F
76F	1:07:02m	Marion Markey	1 Jun 06	Sun City	AZ	31 Jul 82,AZ-F

Age Record Update- 10 kilometers

18	29:23	Andre Woods	30 Jul 63	Las Vegas	NV	31 Jan 82,AZ-A
45	33:00p	Rex Perrine		Garden City	MI	6 Sep 82,MI-A
46	32:53	Robert Paklaian	11 Jun 36	Detroit	MI	6 Sep 82,MI-A
61	37:05	Jack Start	11 Oct 20	Trenton	NJ	7 Aug 82,NJ-A
63	38:50	George Sheehan	5 Nov 18	Red Bank	NJ	7 Aug 82,NJ-A
79	54:47	Max Popper	15 Jun 03	Flushing	NY	12 Sep 82,NY-A
83	1:40:40p	F Fetter				12 Sep 82,MA-A
4F	1:08:00	Windi-Sue Guntsch	16 Nov 77	Montorse	MI	6 Sep 82,MI-A
11F	37:07	Kelly Madden	15 Nov 67	Dorchester	MA	8 Oct 79,MA-A
12F	36:29	Chris Cardwell	14 Apr 69	Orlando	FL	27 Mar 82,FL-A
36F	36:24	Betty Hite	25 Mar 46	North Webster	IN	22 Aug 82,IN-A
47F	36:45	Vicki Bigelow	22 Jul 35	San Lorenzo	CA	3 Oct 82,CA-A
58F	40:52	Helen Dick	4 Aug 24	Los Angeles	CA	12 Sep 82,CA-A
61F	45:43	Jaclyn Caselli	28 Mar 21	San Jose	CA	3 Oct 82,CA-A
75F	53:40	Leona Luggers	26 Nov 06	Holland	MI	11 Sep 82,MI-A
81F	1:09:46	Ruth Rothfarb	18 Jun 01	Cambridge	MA	29 Aug 82,MA-A

Age Record Update- 15 kilometers

12	54:14	Jeff Evans	26 Jun 69	Martinsville	IN	12 Jun 82,IN-A
15	50:14	Chris Vasquez	23 Dec 65	San Diego	CA	5 Dec 81,CA-A
17	47:08	Tom Ansberry	22 Aug 63	Tucson	AZ	8 Mar 81,AZ-A
17	46:07p	David Reid			FL	14 Mar 81,FL-A
18	46:39	Curt Carey	16 Aug 63	Spencer	IN	13 Jun 82,IN-A
39	49:17	Karl Weiser	18 Jan 43		WA	8 May 82,WA-A
46	49:01	Earl Ellis	10 Feb 36	Seattle	WA	8 May 82,WA-A
47	49:40	Brian Harris	21 May 35	Royal Oak	MI	13 Jun 82,IN-A
52	54:12	Clyde Baker	6 May 30	Evanston	IL	13 Jun 82,IN-A
67	1:08:05	Larry Patterson	30 Jun 15	Ferguson	MO	1 Aug 82,MO-A
80	1:40:39	Everett Amos	9 Nov 01	Knox	IN	13 Jun 82,IN-A
17F	53:58	Adrienne Lorvick	12 May 64	Seattle	WA	8 May 82,WA-A
30F	54:03	Linda Edgar	25 Aug 51	Federal Way	WA	8 May 82,WA-A
31F	58:29	Linda Donkelaar	23 Oct 50	Mesa	AZ	22 Nov 81,AZ-A
36F	55:49	Betty Hite	25 Mar 46	North Webster	IN	13 Jun 82,IN-A
42F	57:20	Patricia Thomas	12 Apr 40	Seattle	WA	3 May 82,WA-A
53F	1:08:30	Nola Bruhn	20 Nov 28	Seattle	WA	8 May 82,WA-A
57F	1:06:00	Mary Storey	4 May 24	Riverside	CA	5 Dec 81,CA-A
59F	1:17:47	Margaret McNeill	7 Aug 22	San Diego	CA	5 Dec 81,CA-A
75F	2:03:31p	Marion Markey		Sun City	AZ	22 Nov 81,AZ-A
78F	1:53:47	Mia Wilshusen	17 Apr 03	Sun City	AZ	22 Nov 81,AZ-A
24	43:14	Jon Sinclair	4 Sep 57	Ft Collins	CO	27 Jun 82,OR-A
27	44:03	Herb Lindsay	12 Nov 54	Boulder	CO	27 Jun 82,OR-A
30	44:33	Benji Durden	28 Aug 51	Stone Mtn	GA	27 Jun 82,OR-A
50	50:13	Ray Hatton	4 Feb 32	Bend	OR	27 Jun 82,OR-A
53	54:01	Ed Stabler	30 May 29	N Syracuse	NY	18 Sep 82,NY-A
66	55:53	Clive Davies	7 Aug 15	Tillamook	OR	27 Jun 82,OR-A
24F	51:04	Ellen Hart	19 May 58	Albuquerque	NM	27 Jun 82,OR-A
25F	51:50	Nancy Konz	1 May 57	Easthampton	MA	27 Jun 82,OR-A
26F	51:08	Debbie Eide	31 Jan 56	Salem	OR	27 Jun 82,OR-A
31F	57:10	Sharlet Gilbert	2 Mar 51	Richmond	CA	27 Jun 82,OR-A
34F	52:41	Laurie Binder	10 Aug 47	Oakland	CA	27 Jun 82,OR-A
40F	54:46	Cindy Dalrymple	5 Mar 42	New York	NY	27 Jun 82,OR-A
63F	1:12:46	Patricia Dixon	15 Feb 19	Bend	OR	27 Jun 82,OR-A
64F	1:20:01	Josephine Hess	10 Apr 13	Selah	WA	27 Jun 82,OR-A
66F	2:04:23	Hilda Richardson	19 Jan 16	Honolulu	HI	27 Jun 82,OR-A

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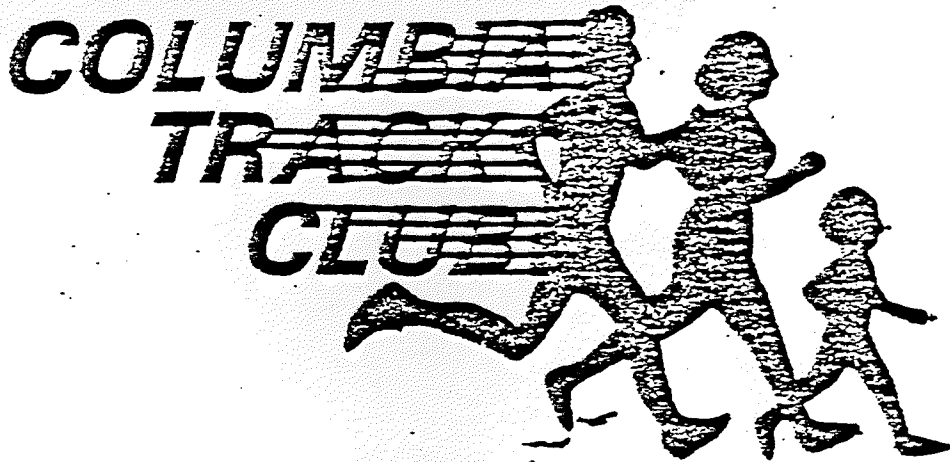
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The National Running Data Center - is an independent, non-profit, organization devoted to the collection, analysis, publication, and dispersal of long-distance running information. It compiles and maintains the official US road-running records as recognized by the RRCA and TAC. It supplies information to running publications. It is supported by donations by individuals, clubs, race directors, governing bodies, and firms.



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
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1983 RUNNING AND WALKING SCHEDULE PRESENTED BY
PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

All inquiries should be directed to Joe Duncan, 2980 Maple Bluff Dr.
Phone: 445-2684

ENTRY BLANKS: For most of our races, you don't need an entry blank. Entry blanks for the major races will be available six weeks or so before the event.

LOCATION OF EVENTS: Hickman High School Track is one block south of Interstate 70 at the Providence Road exit. Hilton Inn is at the southwest corner of Interstate 70 and Stadium Boulevard. Rock Bridge High School Track is on the west side of Providence Road, 2 miles south of Stadium Boulevard. West Broadway Swim Club is about one mile west of Broadway and Stadium Boulevard. Research Park is on the west side of Providence Road, about 1/2 mile south of Stadium Boulevard.

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Divisions: **RUNNERS -** Male: 1) Open (not including age 15 and under); 2) Age 30-39; 3) Age 40-49; 4) Age 50 and over; 5) Age 15 and under. Female: 1) Open (not including age 15 and under); 2) Age 35 and over; 3) Age 15 and under. **WALKERS:** Open only. Points will be accumulated during the season with each eligible competitor getting points per race equal to the number of eligible competitors he beats, plus one. Example: There are 8 eligible runners in a race. The first finisher of those eight gets eight points, the last finisher gets one point. At the end of the season, awards will be given as follows: One must compete in at least 5 events to be eligible for an award. At least one award will be given in each division (if the 5 even criteria is met). Fifty percent (rounded down) of the "5 event" competitors in each division will receive an award up to a maximum of 6 awards. Thereafter, awards will be given at a 1 - 5 ratio (rounded to the nearest 5), with a maximum of 10 awards in any one category. EVERY race will count as an Elapsed Time event; however, only one's best 20 events 13 for walkers) will count. This gives 2 "free" events. *see below. . .

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE AND ACHIEVEMENT AWARDS: An award given to the competitor who improves the most over the preceding season. The improvement is computed on a median percentage basis. One must have at least 10 duplicate events in order to be eligible for this award. Only the 10 best improvements are considered. Achievement Awards will be given those who have a net positive improvement.

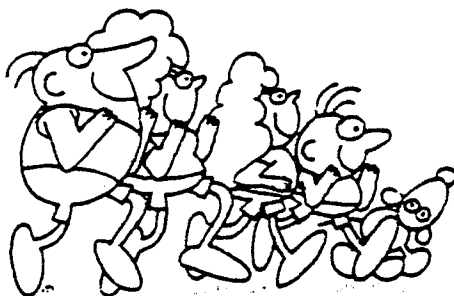
THE SEASON: The "season" commenced with the first race after the 1982 Heart of America Marathon and concludes with the 1983 Marathon.

ELIGIBILITY FOR AWARDS: Only CTC members and non-members who pay \$5.00 will be eligible to compete for E.T., and improvement awards. No competitor can accumulate E.T. points until the \$5.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1983 dues for CTC membership will be \$5.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$5.00 will provide a membership for all family members living together in the same household. The CTC Newsletter (12 monthly issues) is included in the \$5.00. For non-members the newsletter is \$2.00 for an annual subscription.

ENTRY FEES AND AWARDS: Events shown as "Awards" events will have some kind of merchandise awards. Non-CTC members will be charged \$1.00 for these events. For "Trophies" events, there will be an entry fee for ALL entrants. In addition, in every designated time event, two Columbia Track Club coffee mugs will be given the person who comes closer to his/her predicted time.

*In addition to the ET points as shown here, every finisher will get 10 points for participating, each event, and each official Race Director will get 25 points for his event (no more than two events).



Life. Beinit.

1983 EVENTS

January 8	Saturday, 9:00 am	BOONE TAVERN, 5-mile Twosome Race, male-female teams (open to individual runners also). Meet at West Broadway Swim Club, <u>AWARDS</u> (to teams only). \$1.00 fee non-members
January 22	Saturday, 9:00 am	FROSTY 20-Kilo Run (10 Kilo for Women and Age 15*) 20-Kilo Walk (8:30 am) - Hilton Inn
February 5	Saturday, 9:00 am	5,000 Meter Nut Race, Run or Walk - Research Park <u>AWARDS</u> . \$1.00 fee non-members
February 19	Saturday, 9:00 am	15 Kilo Run, 15 Kilo Walk (8:30 am) Hilton Inn
February 26	Saturday, 9:00 am	5-Mile Clock Run/Walk. Meet at West Broadway Swim Club
March 6	Sunday, 2:00 pm	COLUMBIA REGIONAL HOSPITAL, 5-Mile Winter Road Race
March 19	Saturday, 9:00 am	Four-Mile Relay, 3-Mile Walk - Research Park
March 26	Saturday, 9:00 am	10,000 Meter Clock Run/Walk. Meet at West Broadway Swim Club.
April 2	Saturday, 2:00 pm	MO STATE One-Hour Walk Championship - Hickman Track <u>TROPHIES</u> - \$2.00 fee
April 10	Sunday, 8:00 am	Pepsi-Cola, 10,000 meter race
April 24	Sunday, 8:00 am	HUMAN RACE V, a 10,000 meter road run.
April 30	Saturday, 6:00 am	Missouri Cup Competition, 50-mile walk, Hickman Track <u>TROPHIES</u> - \$3.00 fee
May 7	Saturday, 8:00 am	3, 2, 1-Mile Triathlon Hickman Track
May 20	Friday, 6:00 pm	Sprint Triathlon, 1,500; 800; 400; 10,000 meter walk (7:30 pm) - Hickman Track
June 4	Saturday, 7:00 am	10,000 meter run, Hickman Track
June 4	Saturday, 8:00 am	State 15,000 meter walk, Rock Bridge Track, <u>TROPHIES</u> \$2.00 fee
June 17	Friday, 7:30 pm	2 person, 8,000 meter relay - Alternate 400's -- A team of male runners must have one runner age 15 or under, Hickman Track, <u>AWARDS</u> , \$1.00 fee, non-members
July 2	Saturday, 8:00 am	1-mile run, <u>AWARDS</u> , \$1.00 fee non-members; 10,000 meter walk (6:30 am) Hickman Track
July 16	Saturday, 7:30 am	5,000 meter run, Hickman Track
August 16	Saturday, 7:30 am	Great Sandbagger 10 Kilo handicap run, walk - meet at West Broadway Swim Club
August 20	Saturday, 6:30 am	RRCA MO State 15-Kilo Run Championship, <u>TROPHIES</u> , \$2.00 fee; 15-kilo walk, Hilton Inn
September 4	Sunday, 7:30 am	D SPORT SHOP 10,000 meter road run. Rock Bridge Track
September 17	Saturday, 9:00 am	2-Mile Cross-Country Run - Municipal Golf Course
September 17, 18	Saturday and Sunday, 1:00 pm	17TH ANNUAL NATIONAL 100-MILE WALK, <u>TROPHIES</u> , \$3.00 fee, Hickman Track
October 1	Saturday, 9:00 am	10,000 meter clock run/walk--meet at West Broadway Swim Club
October 9	Sunday, 7:00 am	24th ANNUAL HEART OF AMERICA MARATHON, <u>TROPHIES</u> , \$3.00 fee
October 22	Saturday, 9:00 am	10,000 Meter Clock, Run/Walk, meet at West Broadway Swim Club
November 20 (tentative)	Sunday, 1:00 pm	Missouri Turkey Trot, 3-mile Cross Country Run - dual meet with St. Louis Track Club, \$2.00 fee for non-CTC members.
December 3	Saturday, 9:00 am	30-Kilo Run (10 Kilo for women and age 15*) 20-Kilo Walk, Hilton Inn
December 17	Saturday, 9:00 am	Cheese and Sauerkraut 10-mile run, 10-mile walk (8:30 am) West Broadway Swim Club, <u>AWARDS</u> , \$1.00 fee non-members

Most track races will have two heats, with the fast heat being first. Clock run/walks are fun events, no records are kept, you get your time by looking at the finish line clock.

*Women and children may run the longer race if they wish.

CTC members will again sponsor the Boone County and Eastern Region Junior Olympic Meets in May.

Summer Age Group Program: Wednesday evenings starting at 6:00 pm, June 8, 15, 22, 29, July 6 and 13: 400, 800, mile, 2 miles, 3 miles, mile walk for ages 6 to 17, boys and girls.

Non-Competitors: (Especially CTC members) Please offer to help with the officiating for any race you attend. CTC Members: If you are not competing in a given race, then please come anyway, if you can, for we will need your help with timing and with the aid stations.