

# TRACK CLUB

NEWSLETTER Vol. XV, No. 12 December 20, 1983

Cheese & Kraut 10-Miler, Dec. 17, 1983

GOODRICH WINS EASILY...BUT BEN & DEAN TAKE HOME THE TOP PRIZES, WHILE  
TERRY FULLER CLAIMS THE KRAUT...

Name	5-Mile Split	Finish	Off DT
1. Bob Goodrich	27:27	55:22	1:38
2. Tom LaFontaine	28:45	57:27	33
3. Don Lewis	29:41	59:05	25
4. Norm Stebbins	29:40	59:10	50
5. Mark Hosler	31:16	1:01:27	33
6. Whitney Hicks	30:45	1:01:31	3:29
7. Liz Bulman	31:21	1:03:02	4:58
8. Dick Madsen	33:02	1:06:30	30
Tim Butler	33:02	1:06:30	1:30
10. Bob McGrath	34:25	1:07:20	20
11. Norris Kruse	35:12	1:10:12	1:12
12. Dean Baxter	34:25	1:10:18	18
Ben Londereee	34:25	1:10:18	18
14. Mark Volek	34:25	1:12:13	13 (DQ)
15. Jim Johnson	36:21	1:14:37	5:23
Terry Rackers	36:53	1:14:37	5:23
17. Terry Fuller	38:45	1:20:19	9:41
Charlie Slivinsky	38:52	1:20:19	4:19
19. Sid Hose	41:25	1:22:47	2:17
20. Brian Nichols	45:05	1:32:42	2:42
Cindy Nichols	45:18	1:32:42	2:42
Bob O'Connell	30:00 (out)		
Dennis Jones	36:16 (out)		

Temperature in the teens at the start. Stebbins and Lewis staged the toughest battle with Norm failing to put enough distance between himself and Don in the middle. Mark Volek disqualified himself for the cheese, because he wore a watch. "Heck, I looked at it with a half mile to go and still missed by 13 seconds," moaned Mark. Baxter figured how to get his holiday cheese by predicting the same time and running with Ben (The Machine) Londereee. And Terry Fuller seemed pleased with both his time and the kraut. Race officials for this classic: Joe Marks, Don Johnson and Chris Ruble (who also provided the hot chocolate...and some donuts left over from the 30K). HAPPY HOLIDAZE!!!

FURTHER: BOB GOODRICH set a record for the ten mile run, age 30-39, getting under the 55:36 posted by Dennis Stewart on December 15, 1979.

\*\*\*\*\*

STEVE STONECIPHER-FISHER LEADS SLIM CROWD IN 30 KILO RUN December 3, 1983

5K Splits:	5	10	15	20	25	30
1. Steve Stonecipher-Fisher	27 16:11	33:30	50:22	1:08:13	1:25:13	1:42:56
2. Mark Hosler	36 20:16	41:30	1:01:33	1:23:49	1:44:45	2:07:18
3. Liz Bulman	24 21:09	43:33	1:05:28	1:28:38	1:51:27	2:15:22
4. David Mountjoy	29 21:29	43:55	1:06:17	1:29:49	1:53:23	2:17:43
5. Bob McDavid	36 21:55	45:56	1:10:00	1:35:10	2:00:00	2:28:49
6. Harold Denlow	22 23:29	50:19	1:17:33	1:46:45	2:20:46	
10,000 Meter Run:						
1. Susan Boyle	40 22:11	45:48				
10,000 Meter Walk:						
1. Rob Spier	61 33:47	1:09:16				
2. William Taft	67 38:57	1:19:19				

32-35 degrees, windy, raining, a miserable day. That and the 10,000 meter run at Jeff City and the St. Louis Marathon explain the light turnout--It has been many, many years since we have had such a small field--a throwback to the old days. THANKS to Chris Ruble for being Race Director. And she says "Thanks" to Bob O'Connell, Veva Spier, Kathy Cain and Joe Marks for helping out in such adverse conditions and she further says, "You're the Greatest!"

THE FIRST MEETING OF THE MARATHON COMMITTEE was held at Shelter Insurance on December 12 with Joe Marks, chairman, presiding. Here is Joe's report along with his request that anyone should feel free to give Joe or any of the committee members ideas and suggestions:

Heart of America  
Marathon Committee  
(Committee Minutes...12/12/83)

COMMITTEE MEMBERS

Don Lewis  
Joyce Schulte  
Chris Ruble  
Joe Duncan  
Jean Madden  
Tim Butler  
Carol Weston/Mike Aune  
Don Johnson  
Joe Marks, Chm.

T-SHIRTS. Chris Ruble will be in charge of design contest. She'll contact Marilyn Hosinger, UMC, and others. Contest winner will receive \$50 from Columbia Track Club, plus six T-Shirts and notoriety. Winner will be announced no later than June 1 (earlier if possible so we can start using design in publicity).

PAST WINNERS. Joe Duncan will make every effort to get past winners of H of A to return to 25th annual event. He's missing a few addresses and will "advertise" for these in running magazines which should also help in publicity.

HOUSING. CTC members and others will be asked to offer free housing to runners. Joe Marks will put a note in newsletter and other media to that effect.

MULTIRACE. We agreed to hold either a five-mile or ten-kilometer run in conjunction with the marathon. Don Lewis will determine length and course. We will try to get Columbia Missourian to sponsor the races in exchange for having the shorter race named "Missourian 10K" or whatever. Hopefully that will give us several months of free publicity. Jean Madden will discuss the matter with Bob Humphreys of the Missourian before the end of the year.

Additional discussion of the multirace dealt with finding enough volunteers. Carol Weston said she could probably get help from Parks and Recreation staff, police cadets and others. CTC members, 4-H clubs, fraternities, sororities, etc., might also be enlisted.

TELEVISION. Joe Marks and UMC colleagues will try to produce TV public service announcements. We may get KOMU-TV to produce them and perhaps help sponsor the marathon.

DAVE SCHULTE AWARD. Joyce Schulte is planning a survey of past winners (to be completed by March 1). This information will be used in publicity (after all, this improvement award is unique to H of A). Joyce will also try to get pictures and enough data on each past winner so this may be used in pre-race brochure/entry blank (which we should try to get completed by early summer). Finally, all past Schulte Award winners will be invited back (although we haven't yet agreed to pay any of their expenses as we have with the past overall winners).

MEDIA. Joe Marks plans to write and plant H of A feature stories in various media. In these stories will be comments regarding H of A being one of the oldest in the nation (and one of the toughest), the Schulte Award, "women of the Heart" (re. some of the women who have run and are planning to run), etc. Outlets will include running magazines, the wire services and various sports broadcasters and editors.

PRE-RACE MARATHON PROGRAM. Parks and Recreation and CTC will sponsor summer marathon fun runs and training sessions. We might use Steve Stonecipher-Fisher, Ben Londeree, Dr. Lee Pfeffer, UMC track coaches and runners for these. Carol Weston said she will plan these health and fitness seminars. An effort will be made to encourage as much community involvement as possible---to the extent of at least trying to match the per-capita-completing-a-marathon record set by Honolulu. Jean Madden said he has some information on the Honolulu program which he will exchange with us at our next meeting.

PRE-RACE CLINIC. If Hal Higdon, Alex Ratelle and some of the other past H of A performers will attend and contribute even a little, this would be a very attractive clinic. Perhaps Joe Duncan and Don Johnson can work on this (with help from Londeree and Pfeffer).

PRE-RACE AND POST-RACE FESTIVITIES. We'll put Tim Butler in charge of this. Might get Coors and others to sponsor some portion of pre-race carbo meal and post-race R & R (rest and relaxation).

TRACK OFFICIALS CLUB. UMC has formed one, and it includes several CTC members. We'll ask them for advice, counsel and help in making the Silver Anniversary of the Heart of America a smashing success.

POSTSCRIPT. We will meet at least once a month to make sure we keep on target. Those assigned jobs will try to make some progress by the time of our next meeting which is...

Noon  
Jan. 9, 1984  
Shelter Insurance

## ELAPSED TIME STANDINGS (Not including the ten mile event)

## Open Male

Steve S. Fisher	59
Mark Kennard	47
Dan Wheeler	46
Fred Klingner	44
Mark Hosler	44
Bob O'Connel	43
Jeff Mittalhauser	42
Kent Lang	41
Tom LaFontaine	40
Tim Butler	39
Don Lewis	38
Norm Stebbins	37
Tom Coon	36
Dick Hessler	35
Ben Londeree	34
Whitney Hicks	33
Joe Kurth	32
Ron Belyea	31
Mark Voleck	28
Don Granberg	27
Mark Lanier	29
Dean Baxter	26
Dick Madsen	25
Mike Walther	24
Shep Funderburk	23
Gerry Heisler	22
Don Johnson	21
Ron Tauchen	20
Richard Harnes	19
Tom Allen	18
Park Miller	17
Bob Dolphin	16
James Dennis	15
Turk Storvick	14
John Wilke	13
David Mountjoy	12
Gary Zwonitzer	12
Gene Kelly	11
Bob McDavid	11

## 50 and over

Don Johnson	13
Bob Dolphin	12
Turk Storvick	11

Compiled by  
Chris Ruble

## 30-39

Mark Hosler	28
Bob O'Connel	20
Tom Lafontaine	19
Norm Stebbins	18
Joe Kurth	17
Gerry Heisler	15
Richard Harnes	14
Park Miller	13
Jones Dennis	12
John Wilke	11
Bob McDavid	11

## 40-49

Don Lewis	22
Dick Hessler	21
Ben Londeree	20
Whitney Hicks	19
Ron Belyea	18
Don Granberg	17
Dean Baxter	16
Dick Madsen	15
Shep Funderburk	14
Tom Allen	13
Gary Zwonitzer	12
Gene Kelly	11

## 15 and under

Peter Hessler	17
Doug Tully	16
Tim Gibson	15
Jay Sowash	14
Mike Bryant	13
Jeff Sowash	12
Ryan Belyea	11

## Open Female

Chris Ruble	42	*
Susan Boyle	25	
Mary Wulff	20	
Darla Bryant	19	
Debbie Hoxworth	18	
Sherry Wulff	16	
Jill Murphy	15	
Anne Seymour	13	
Liz Bulman	12	
Marilyn Holsinger	12	
Margaret Johnson	11	

## 35 and over

Susan Boyle	25
Anne Seymour	13
Marilyn Holsinger	12
Margaret Johnson	11

\*= Race Director

15 and 5 YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

December 14, 1968 10,000 meter track run 1. Larry Carpenter, Lincoln U. 34:42 2. Joe Duncan 41:04 3. Bob Mabry 50:48 the only 3 runners

December 15, 1968 5 mile walk, Hickman track 1. Darrell Palmer 45:55 2. Joe Duncan 47:31 3. Joel Dickinson 49:21 4. Murrel Jackson 50:23 5. David Duncan 1:00:50 6. Dave Schulte 1:04:30. . .8. Dan Duncan 1:12:35 9. Doug Duncan 1:13:38 Bill Taft ran the distance in 1:03:16--Yes, he was a runner back then (he walked a little bit, too, however). Women: 1. Joyce Schulte 1:08:26 2. Myrtle Taft 1:10:55

December 2, 1978 30 kilo run 1. Doug Clark & Jeff Roth 1:43:15. . .4. Jerry Yunker & Dennis Hinkamp 1:47:47, 6. Jon Herbert 1:48:42, 7. Dick Hessler 1:56:03. . .10. Joe Marks 1:59:34, 11. Don Granberg 2:01:14, 12. Ben Londeree & Olen Brown 2:02:46 and 20 others

20 kilo run: 1. Jim Gibson, 14, 1:39:51 2. Nicole Wagner, 8, 1:57:18

20 kilo walk: 1. Randy Mimm 1:44:57. . .3. Rob Spier 2:16:11. . .6. William Taft 2:37:24, 7. Henry Bent 2:45:51

December 16, 1978 Ten Mile Cheese & Sauerkraut Run 1. Jerry Yunker 54:16 2. Mike Kruse 58:09, 3. Jeff Mittelhauser 58:30. . .5. Ben Londeree 58:38 (also Dick Hessler), 7. Tom LaFontaine 58:41, 8. Don Lewis 58:43. . .12. Amy Johns 1:01:05. . . 15. Joe Marks 1:02:33, 16. Mike Chippendale 1:03:07 17. Olen Brown 1:03:49, 18. Turk Storvick 1:05:40. . . 22. Don Johnson 1:07:17. . .24. Joe Duncan 1:08:38. . . 33. Tim Gibson, 8, 1:29:31

The Walk: 1. Randy Mimm 1:19:39, 2. Leonard Busen 1:43:10, 3. Rob Spier 1:47:59, 4. William Taft 1:58:13

\*\*\*\*\*

And a look at our present day heroes and heroines:

St. Louis Marathon, December 4: A large CTC contingent led by Jim Marshall with a 9th place finish at 2:32:43, BOB O'CONNELL, 38th, 2:43:14, TIM BUTLER, 46th, 2:44:42, DICK HESSLER, 2:45:49, (2nd, 40-44), 16 year old JASON SHEAR, 2:54+, DONNA GANLY, 3rd female, 3:01:08, DICK MADSEN, 3:00:50, DEAN BAXTER 3:10:25, SHEP FUNDERBURK 3:10:31, MIKE GREEN 3:11:40, DON JOHNSON 3:20:23 (1st, 55-59), JOE DUNCAN 3:21:02 (a particularly noteworthy performance since after 17 years of running and 19 maratons, at age 49, Duncan gets a personal best by 4 minutes--and who says one cannot improve with age?), RICK BRANDENBURG 3:10+, BOB DOLPHIN 3:42:30, BOB BAXTER 3:41+, DICK HOFT 3:57:10, ROGER HANSON 4:06:40, DON WALTMAN 4:12+, NORM STEBBINS was 2:46 or so, STAN McQUINN was also around there someplace. Also on hand were the following with times unknown to the editor: Leonard Busen, Norris Kruse, Mark Lanier, Bob Mc David, Bob McGrath, Sasan Mokhtari, Jim Sowash, Mike Walther and maybe some others. A familiar name: Robert Steven Cline was 8th with 2:34:22

Way back in August we never did tell how BOB O'CONNELL finished 8th in the Pikes Peak Marathon with a time of 3:59:23 (with a 2:24 summit split). Bob was first age 30-34. JIM METZ was 45th, 30-34, with 5:21:04, TOM LAFONTAINE was 39th, 35-39 at 5:29:26 and MARK VOLEK was also on hand with a "At least I finished" 7:06:16.

DON JOHNSON competed in the Lawrence Masters T & F Championships in Sept. and garnered two first place finishes for age 55-59: 1500 meter run, 5:19.1 800 meter run, 2:38.9.

DAN NELSON was 6th in the State High School Cross Country Championship, Jefferson City, with a time of 16:57 on a tough 5,000 meter course.

ROGER HANSON competed in a five mile run on Nov. 12 at the University of Wisconsin, LaCrosse and got a personal best with 35:29.

ST. CHARLES HALF MARATHON: 4th FRED KLINGE 1:09:40, 84th MIKE WALTHER 1:27:52, 124th GALE CLITHERO, 1:31:04, 145th DOUG BAY 1:32:32, GARY KIRFMAN 1:41:21, ROGER HANSON 1:45:33

## SCHEDULE OF EVENTS

- JANUARY 7 Saturday 9:00 AM FROSTY 20 (20 kilo run, 10 K for Women & age 15 & under unless they want to go farther) 20 kilo walk (8:30) Hilton Inn RACE DIRECTOR: Joe Marks Joe may have some surprise awards!
- 21 Saturday 9:00 AM SATURDAY'S RESTAURANT FIVE MILE TWOSOME RACE Male-female teams (but also open to individual runners) Awards as follows: 5 combined ages: 39 & under, 40-59, 60-69, 70-79, 80 & over, one drawing and one to the team with the best prediction (combined seconds off). Awards are Dinners for Two to Saturday's Restaurant. \$1.00 fee, non-CTC members. Meet at West Broadway Swim Club RACE DIRECTOR: Don Lewis Awards (and hot chocolate and hot tea) will be at Hilton Inn.
- FEBRUARY 17 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk Research Park Awards (of a nutty variety) \$1.00 fee non-members WE NEED A RACE DIRECTOR!
- 26 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL FIVE MILE WINTER ROAD RACE RACE DIRECTOR: Joe Kurth

\*\*\*\*\*

NOTE re the FROSTY 20: Race Director Joe Marks says everyone is to come over to his house, 509 Defoe Dr., afterwards for a brunch. He will have some refreshments and will award a few trophies. On what basis he will award the trophies we are not sure yet, but come on over and we will find out.

\*\*\*\*\*

CAPITAL CITY CLASSIC 10,000 METER RUN Jefferson City  
December 3, 1983

## A few results:

1. Craig Virgin	30:18		
2. Dan Bryant	31:18	40-49	
3. Jeff Mittelhauser	31:36	1. Den Lewis	35:23
4. Mike Hevton	?	2. Jim Bliss	43:04
5. Phil Menton	32:00	4. Tom Rackers	45:39
30-39			
1. Bob Goodrich	33:48	50-59	
2. Tom LaFontaine	34:52	1. Gerald Whitten	39:03
		2. Herb Mittelhauser	43:55
FEMALE		5. Pat Dougherty	51:01
1. Tammy Townsend	38:18		
2. Alicia Goodwin	39:49		
3. Mary Wulff	41:29		
5. Sherry Wulff	46:49		
18-29			
4. Grace Dorta	49:18		

\*\*\*\*\*

BEST WISHES DURING THE HOLIDAY SEASON  
TO EACH OF YOU FROM JOE AND CAROLE  
DUNCAN AND MAY 1984 BE WHAT YOU WANT  
IT TO BE! "RUNNING MORE IN '84!"

Here is a Dennis Hinkamp article which appeared in the Logan, Utah Herald Journal on November 14, titled "12 years on the Run."

by Dennis Hinkamp

Dripping with that afterglow of exercise I enter the locker room passing other men in various stages of dilapidation after finishing their runs. For the hundredth time this week someone asks whether the locker room scale is weighing three pounds heavy or light today.

An only slightly overweight man stares at the scale's digital readout with the intensity of a teenage video game addict hoping his effort will change the score. Another man gives an out-of-the-corner of his eye glance at the full-length mirror wondering if this jogging program is really working. I wonder how vanity became associated with women.

Tom returns after a eight-miler complaining about his age again and I chime in with my best sarcastic retort saying, "Yea, if this wasn't so damn much fun I'd quit too."

The unsarcastic truth is that I've been at this running stuff for 12 years and I'm still not sure how I started and why I continue.

I started long before anyone discovered the coveted "runner's high" or other existential reasons for exercise.

I don't love pain. I still turn white and threaten to faint when I give blood samples at the hospital.

It's not because of an innate love for the sport. I only took up running in the early 70's because I got cut from the baseball team. In an all-American Midwestern boys Catholic high school, you either played sports or got beat up. In my first and only high school fight some guy on the golf team chipped my tooth. I figured if I could get beat up by a golfer, I ought to take up running.

Running surely doesn't pay. I have \$300 worth of worn out running shoes beneath my bed to prove it. This graveyard of miles contain the ripped, torn and worn-down remains of 25,000 miles of running. I tell myself the acrid fragrance of this ancient sweat under my bed will act as an effective roach repellent.

If cornered, I would have to say the people I've met along the way are a reason for running. Some have been sucked into the black hole of obscurity, but others are memorable enough to keep me going on days when I'm inclined to trade beer and pizza for the prescribed eight mile run.

As a freshman at St. John's High School running was still in its infancy. There were still people who ran in high topped tennis shoes and those genuine wool sweat socks that lost their shape after the first washing. These were the days when gym shorts were baggy and jockstraps had teeth.

Running around St. Louis in short pants was a hazard in this pre-Rocky I, II and III era. I had to duck beer cans, water balloons, lit cigarette butts and even a whole peach pie thrown from a passing school bus.

I bought my pre-Nike running shoes from a store whose slogan was "Man alive! Two pairs for \$5." This was before you could buy shoes with stripes. My first pair of real track spikes were bought with money earned from three weekends of folding huge mounds of sheets in a steamy laundry company.

Due to its unpopularity, distance running didn't leave much room for cockiness, but we did the best we could. We used to taunt the opposition with such banalities as "We're faster than prune juice through an old man." Or, we would paint the name of an opposing team on the back of an unsuspecting box turtle and take it along as our team mascot.

Long before the first debate on running nutrition in Runner's World magazine, Rick, our best runner, was wolfing down half jars of honey en route to cross country meets. He would steal those little packs of sugar from restaurants for pre-practice pick-me-ups.

Kevin was not our best runner, but he certainly was the most serious. He could quote all the world records down to the hundredth of a second and would always scold me for skipping workouts.

Life is full of wonderful ironies, though. Kevin has now settled down, owns a home, a beer-belly and has forsaken running for the hearty challenges of suburban lawn care. I, on the other hand, am still found lusting after the perfect race and the gold-painted plastic replicas of runners I receive for winning obscure road races.

If high school was my first taste of running, college was a full-blown severe course meal of athletic indulgence. It was five years of twice-a-day training sessions, eating with runners, rooming with runners, going to parties with runners and dating women runners. Whereas my high school associates were loosely-screwed free spirits, the inhabitants of big time college track were finely-tuned eccentrics.

Like race horses and other products of selective breeding, my track buddies were highly strung. Many of the former high school heroes and state champs went up in

flames after a couple months of college because they could not stand being second to anyone.

The most intense of these thoroughbreds was Jim. He was the most intense person I had ever seen. He was the kind of guy who waited at the mailbox for the Runner's World magazine to arrive. If everyone else was running twice a day, Jim would run three times. Then it happened, Jim took a philosophy class and met the real world.

Within six months Jim had quit running. The last time I saw him he had become a pseudo-intellectual wearing corduroy jackets with patched elbows. He began muttering such blasphemies such as "You know, running is really socially counterproductive. How can you do that to yourself?"

One of the more colorful tracksters I encountered was a long-jumper named Peppie. As a jumper, he had little use for distance runners. He nicknamed us the D.C.'s which stood for Distance Chumps. Peppie was also into negative training. "The less I train the better I get — some of us are just lucky I guess," he would say.

Being a D.C. wasn't so bad. It was a rather exclusive group that had no use for football players or anyone else

who couldn't run a mile faster than 4:30. The laughs and the friendships made up for the death-march seriousness of the actual college competition.

Twelve years of running has also had its more somber moments. My first high school coach died of throat cancer...the promising sophomore sprinter who mysteriously collapsed and died at the finish of a race...my best Nigerian friend and former Olympian who was shot by a border guard for not having the correct identification papers in his homeland. Athletics as a lifestyle covers a range of emotions for me.

I look at the book racks today and see running books extolling how running will improve your love life, cure baldness, make you live longer and smell better. It makes me feel a bit arrogant at having been a runner when it was just something you did and not something you were "into."

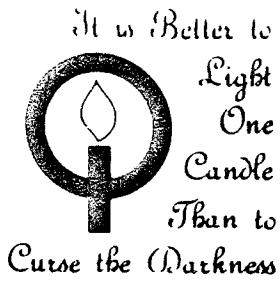
If I'm lucky maybe running will go the way of disco as a passing fad and people will go back to throwing beer bottles and peach pies at me. Then, running will be special again.

But for now, like I told Tom the other day, "If this wasn't so damn much fun, I'd quit."

#### A REMINDER:

ANNUAL DUES ARE PAYABLE NOW!!  
\$10.00 per family, \$6.00 for  
single students.





# CANDLELIGHTERS

University of Missouri-Columbia  
**Hospital  
& Clinics**

UNIVERSITY OF MISSOURI-COLUMBIA MEDICAL CENTER



## Candlelighters present Run/Walk/Wheelathon

Help us outrun  
**Childhood Cancer**

at Brewer Fieldhouse

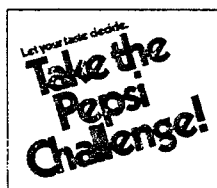
Thurs., February 2nd                      10 a. m. - Midnight  
and "Children's Night"

Fri., February 3rd                      6 a. m. - 10 p. m.

Co-sponsored by KRCG-TV 13

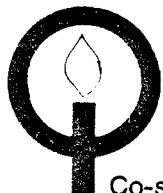
Prizes donated by & pledge sheets available at

d Sport Shop



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

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



**Brewer Fieldhouse - February 2 from 10 am to Midnight  
February 3 from 6 am to 10 pm**

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

Permanent Address \_\_\_\_\_

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

[illegible]

or mail to:  
Candlelighter, P. O. Box 1708  
Columbia, MO 65205  
(checks only - no cash please)

**Please submit contributions by March 2**  
**Winners announced on March 13**



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

RUNNER SAFETY AND COURTESY CODE

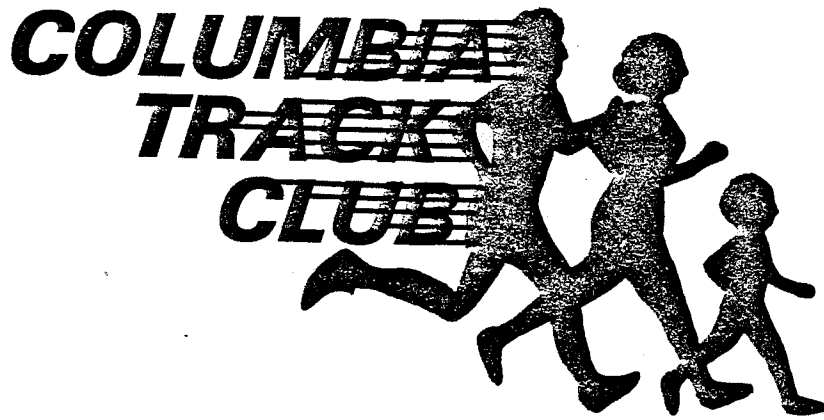
Be Alert -- Run Defensively.

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.



---

COLUMBIA TRACK CLUB: Annual Dues: Families-\$10.00, Single Students-\$6.00. New Members-\$5.00

Newsletter to Non-members-\$3.00

The CTC Newsletter is an open forum to anyone. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless fairly short.

DONATIONS to CTC are tax-deductible.

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

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