

TRACK CLUB

NEWSLETTER Vol. XV, No. 11 November 25, 1983

CTC WINS DUAL MEET OVER SLTC BY ALMOST SWEEPING 40+ AND FEMALE RACES, 3 MILE CROSS COUNTRY TURKEY TROT November 20, 1983

The Results:

FEMALE

Name	Age	Club	Time
1. Mary Wulff	16	C	18:28
2. Darla Bryant	16	C	19:54
3. Debbie Hoxworth	25	C	19:56
4. Chris Ruble	29	C	20:17
5. Sherry Wulff	16	C	21:02
6. Barb Currinder	45	S	21:03
7. Jill Stahlhut	25	C	21:24
8. Angela Hessler	10	C	21:30
9. Susan Rudolph	41	S	21:42
10. Susan Boyle	40	C	22:10
11. Carol Peluso	42	S	23:02
12. ?			23:12
13. Julie Bailey	26	S	23:52
14. Mary Jo Tibbits	19	S	24:05
15. Anne Seymour	39	C	24:52
16. Debbie Blattner	29	S	26:52
17. Marilyn Holsinger	61	C	28:45
18. Margaret Johnson	54	C	35:16

MALE

1. Roger Doherty	23	S	14:34
2. Mark Kennard	24	C	14:45
3. Dan Wheeler	24	C	14:48
4. Steve Stonecipher-Fisher	26	C	15:11
5. Ron Ayers	24	S	15:20
6. Jon Delano	23	S	15:23
7. Mike Bridwell	27	S	15:25
8. Fred Klinge	24	C	15:31
9. Dave DeJean	23	S	15:53
10. Bob O'Connell	34	C	15:54
11. Rick Fernandez	27	S	16:05
12. Jeff Mittelhauser	27	C	16:08
13. Kent Lang	21	C	16:13
14. Tom LaFontaine	37	C	16:24
15. Tim Butler	20	C	16:26
16. Larry Helling	37	S	16:30
17. Don Lewis	47	C	16:32
18. Glenn Wright	36	S	16:37
19. Ed Harms	28	S	16:40
20. Bob Bellora	33	S	16:42
21. Norm Stebbins	37	C	16:42
22. Bill Kable	17	U	16:43
23. Tom Coon	29	C	16:44
24. Jim Walters	20	S	16:49
25. Dave Richart	25	S	16:55
26. Dick Hessler	42	C	16:57
27. John Dickey	29	S	16:58
28. Ben Londeree	49	C	16:59
29. Tom Eckelman	41	S	17:02
30. Whitney Hicks	48	C	17:03
31. Terry Wiese	31	S	17:07
32. Mark Gowler	26	S	17:08
33. Rick Jaudes	40	S	17:11
34. Joe Kurth	36	C	17:20
35. Peter Hessler	14	C	17:22
36. Mark Hosler	36	C	17:23
37. Ron Belyea	40	C	17:26
38. Mark Ianier	25	C	17:33
39. Jim Faulkner	34	S	17:41
40. Lloyd Evitts	31	S	17:43
41. Mark Volek	28	C	17:56
42. Don Granberg	41	C	18:09
43. Dean Baxter	48	C	18:18
44. Dick Madsen	41	C	18:35
45. Lee Blount	50	S	18:41

Turkey Trot Results continued. . .

46. Steve Snyder	23	S	18:44
47. Mark Howard	27	U	18:45
48. Mike Walther	26	C	18:48
49. Shep Funderburk	41	C	18:52
50. Gerry Heisler	36	C	18:54
51. Don Johnson	55	C	18:58
52. Doug Tully	14	C	19:02
53. Ron Tauchen	29	C	19:07
54. Richard Harness	32	C	19:15
55. Tim Gibson	12	C	19:18
56. Ted Allen	32	S	19:27
57. Tom Allen	41	C	19:31
58. Don Vetter	51	S	19:42
59. Dean Stone	20	S	19:45
60. Joe Emard	25	U	19:51
61. Joe Polacco	39	U	20:07
62. Park Miller	31	C	20:15
63. Bob Dolphin	54	C	20:30
64. James Dennis	36	C	20:32
65. Jay Sowash	14	C	20:37
66. Turk Storvick	55	C	20:52
67. John Wilke	38	C	21:00
68. Mike Bryant	13	C	21:33
69. Gary Zwonitzer	45	C	22:22
70. Jeff Sowash	13	C	23:08
71. Gene Kelly	45	C	23:52
72. Ryan Belyea	12	C	24:44
73. Jack Fröhlichstein	54	S	26:53
74. Mike Kickham	57	S	29:00

50's, swashine, fairly strong winds were bothersome in the first mile. The new lake of the Woods 3 mile course was well received by the runners, although the surface was soft and a little muddy in places. Thanks to Ben Londeree and Dick Hessler for developing this course and to Don Lewis who masterminded the excellent feast afterwards and to WENDY'S who provided the chili.

The team scoring went like this:

Open Male		40 & over		FEMALE	
(39 & under)		Male			
Scoring 20 each		Scoring 6 each		Scoring 6 each	
SLTC	405	CTC	26	CTC	22
CTC	415	SLTC	52	SLTC	56

Overall CTC comes out the winner to take home the traveling trophy which has been in St. Louis the previous 5 years.

COLUMBIA TRACK CLUB-ST. LOUIS TRACK CLUB THREE MILE CROSS COUNTRY DUAL MEETS

MALE 39 & UNDER				MALE 40 & OVER				FEMALE			
1973*	SLTC	27	CTC	36	CTC	16	SLTC	?			
1974*	CTC	37	SLTC	?							
1975	CTC	100	SLTC	110	CTC	12	SLTC	24	CTC	5 tie	SLTC 5
1976	CTC	150 tie	SLTC	150	CTC	32	SLTC	46	CTC	5 tie	SLTC 5
1977	CTC	238	SLTC	290	CTC	42	SLTC	63	SLTC	10	CTC 26
1978	SLTC	98	CTC	155	CTC	95	SLTC	115	CTC	5 tie	SLTC 5
1979	SLTC	185	CTC	343	CTC	29	SLTC	49	SLTC	94	CTC 115
1980	SLTC	175	CTC	280	CTC	64	SLTC	72	SLTC	3	CTC 7
1981	SLTC	219	CTC	376	CTC	112	SLTC	188	SLTC	70	CTC 101
1982	SLTC	140	CTC	266	SLTC	58	CTC	78	CTC	171	SLTC 180
1983	SLTC	405	CTC	415	CTC	26	SLTC	52	CTC	22	SLTC 56

*The 1973 & 1974 meets were Central USA 10,000 Meter Cross Country Championships held in St. Louis. In 1973 St. Louis YMCA Track Club was first, CTC second and Tulsa Running Club third in open scoring. In 40+, Tulsa was first, CTC second and St. Louis third. In 1974 there was open scoring only with CTC first, Indiana Striders second and St. Louis third. Thereafter, we have had the above dual meet scoring, with scoring on a mass basis. Every odd year the meets have been held in Columbia, every even year in St. Louis.

DESCENTE STARTEST 10,000 METER RUN

Columbia Regional Airport

Race Director: Don Patterson

November 12, 1983

Female

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Gold</u> <u>Silver</u> <u>Bronze</u>
1	Donna Ganly	22	37:42	G
2	Debbie Hoxworth	25	41:05	G
3	Mary Wulff	16	42:00	G
4	Elizabeth Epple	26	44:26	G
5	Teri Cone	23	44:28	G
6	Angie Rupp	21	45:06	S
7	Karen Sperry	30	45:23	G
8	Darla Bryant	16	46:22	S
9	Diane Mountjoy	28	46:23	G
10	Grace Dorta	28	46:42	G
11	Susan Dunkerley	19	46:52	S
12	Mary Haskamp	27	49:25	S
13	Ann Scott	24	50:23	S
14	Sherry Wulff	16	50:26	S
15	Diane Seifert	28	51:12	S
16	Teresa Moran	21	52:36	S
17	Nancy Fritsh	43	55:04	S
18	Pat VanBooven	44	57:53	S
19	Darlene Londere	46	58:05	S
20	Kristine Schwend	20	58:12	B
21	Susan Ward	35	58:17	B
22	Anne Strozier	36	58:32	B
23	Lea Konkle	30	59:14	B
24	Ann Tapp	50	59:15	S
25	Sima Moktari	32	59:20	B
26	Pamela Simms	36	1:02:37	B
27	Ann Mell	25	1:02:55	B
28	Elizabeth Gerhardt	63	1:03:28	S
29	Beth Purves	14	1:06:56	B

MALE

1	Dan Wheeler	24	32:18	G
2	Bob Goodrich	38	34:13	G
3	Jason Shear	16	35:51	G
4	Joe Kurth	36	36:35	G
5	Stan McQuinn	30	36:38	G
6	Ron Belyea	40	37:16	G
7	Don Lewis	47	37:19	G
8	Mark Hosler	36	37:20	G
9	Whitney Hicks	48	37:22	G
10	Mark Lanier	25	37:52	S
11	David Mountjoy	29	37:56	S
12	Ben Londeree	49	38:16	G
13	Dean Baxter	48	38:17	G
14	Mike Little	36	38:28	G
15	Terry Rackers	39	38:50	G
16	Chris Rackers	15	39:17	S
17	Tom Allen	41	39:23	G
18	Willy Heinrich	15	39:48	S
19	Richard Harness	32	40:13	S
20	Gale Clithero	27	40:33	S
21	Abdol-Majid Banankhah	33	40:37	S
22	Chris Janku	31	40:41	S
23	Ron Tauchen	29	40:56	S
24	Behroz Yadegar	23	40:58	S
25	Norris Kruse	48	41:17	S
26	Ron Wampler	36	41:25	S
27	John Whiteside	33	41:39	S
28	Frank Brown	32	41:40	S
29	Mark Stolzer	27	41:43	S
30	Tim Rooney	33	41:53	S

31	Joe Duncan	49	42:02	S
32	James Johnson	33	42:27	S
33	Tim Gibson	12	42:32	G
34	Eric Purves	39	42:34	S
35	Mike Hays	14	42:40	S
36	Dan Schuppan	38	42:46	S
37	Richard Johns	34	42:57	S
38	Rick Brandenburg	28	42:58	S
39	Jim Sowash	45	42:59	S
40	Gary Kirfman	29	43:03	S
41	Mike Tangora	15	43:05	S
42	Mike Shellman	25	43:18	S
43	Dave Plummer	38	43:19	S
44	Joe Polacco	39	43:20	S
45	Gary Grant	30	43:26	S
46	Aaron Stover	15	43:43	S
47	Bob Dolphin	54	43:44	S
48	Dennis Jones	36	43:52	S
49	Jeff Carter	25	44:12	S
50	Herb Swanson	45	44:13	S
51	Dan Custer	29	44:17	S
52	Dave Gibbons	33	44:23	S
53	Paul Yates	30	44:26	S
54	Jim Bramblett	34	44:35	S
55	Dave Sleper	38	44:39	S
56	Jean Madden	56	44:44	S
57	Eugene Gerke	33	44:47	S
58	George Mazurak	30	44:51	S
59	Rick Whelove	36	45:56	S
60	Dave Evans	34	45:59	S
61	Marv Patterson	48	46:18	S
62	Wendell Folks	35	46:37	S
63			46:55	
64	Fred Juettner	38	47:17	B
65	Kerry Peveler	24	48:02	B
66	Gary Zwonitzer	45	48:04	S
67	Rasert Wolfe	49	48:09	S
68			48:39	
69	Derick Amos	33	48:51	B
70	Hugh Wilson	46	49:13	B
71	Patrick Dougherty	50	49:32	S
72	Patrick Mulkey	13	49:44	S
73	Ryan Bramblett	8	49:50	G
74	Bill Clark	29	49:55	B
75	Jim Pangman	46	50:13	B
76	Robert Gerhardt	65	51:19	S
77	Ron Brooks	27	51:56	B
78	Andy Bathke	13	51:56	S
79	Mike Bryant	13	53:36	B
80	Ron Burgess	47	53:39	B
81	Rusty Meredith	27	54:38	B
82	Steve Bohnemeyer	35	54:38	B
83	Bill Ward	53	55:07	B
84	Bill Conboy	64	59:54	B
	Don Patterson (Late Start)	61	51:27	S

Mid 30's, little wind, a course with rolling, but not severe hills. Don Patterson and his crew did a superb job with the administration of this race.

The medals went like this: Male: 19.3%

Gold, 65.1% silver, 15.6% bronze

Female: 27.6% gold, 44.8% silver,
27.6% bronze.

Combined: 21.5% gold, 59.8% silver
18.7% bronze

THE ANNUAL MEETING OF THE COLUMBIA TRACK CLUB was held on October 26 and the Executive Committee met shortly thereafter. Some important changes resulted from these meetings: First of all, the annual dues were raised from \$5.00 to \$10.00 per family. Single students pay \$6.00, while people joining for the first time pay only \$5.00, either family or single student. Dues are payable by December 17. If not paid by then you will not get credit for ET points you have accumulated prior to that date. REMEMBER: ANNUAL DUES ARE \$10.00 PER FAMILY, \$6.00 FOR SINGLE STUDENTS, PAYABLE NOW.

Secondly--Committees. CTC has gotten along for 15 years without any committees. That has changed. We now have five committees as follows:

CTC TRAVEL COMMITTEE

Rob Spier, Chairman
Chris Ruble
Tom Coon

The primary purpose of this committee is to develop guidelines for the disbursement of money for travel expenses to out-of-town races. The committee has met and here is their report: For 1984 we will budget \$1200 for travel expenses. No one can receive more than \$100 for any one event and no more than \$400 total for the year. No one may receive support unless he (or she) has actively participated in local CTC events either by competing or helping with administration. One is not eligible for expenses if receiving any other support from someone else. If the person getting expense money wins any cash awards, then half of the cash award shall be given to CTC, or half the expense money shall be returned, whichever is the smaller amount. The person shall wear a CTC singlet or T-shirt. Expense money will not be given for attendance at events less than 100 miles from Columbia, unless it involves a car pooling arrangement.

CTC SCHOLARSHIP COMMITTEE

Ben Londeree, Chairman
Joyce Schulte
Dr. Leland Pfefer

CTC has started a scholarship fund for the purpose of providing financial support to a person majoring in exercise physiology or a related field. Criteria have not yet been established as to exactly who would be eligible for a stipend, nor, of course, do we have enough money to do anything. However, the fund has been started and over a period of time we hope to have sufficient resources so that we can really do some worthwhile things. If you want to contribute to this fund then simply send your check designating it for the Scholarship Fund. It is tax-deductible.

MARATHON COMMITTEE

Joe Marks, Chairman	Joyce Schulte
Chris Ruble	Tim Butler
Don Lewis	Jean Madden
Don Johnson	

This committee, of course, will be primarily responsible for the 1984 Heart of America Marathon, the 25th Annual.

YOUTH PROGRAM COMMITTEE

Dick Hessler, Chairman
Joe Schroeder
Mike Aune (Parks & Rec. Dept.)
Jim Gibson
Jim Sowash

This committee is charged with the responsibility of surveying our present programs, especially the Junior Olympics, and recommending any changes, new programs, etc.

THE PUT-THE-NEWSLETTER-TOGETHER COMMITTEE

Turk Storvick, Chairman Anyone who is normally around the UMC campus should volunteer for this committee. Once a month four of you will have the task of putting together the newsletter. What Turk needs is a long list of names of people he can call on for this task. The idea is to not have the same people having to do this all the time. Please let Turk know that you want to be on his list.

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

- NOVEMBER 15, 1968 The first issue of the Columbia Track Club Newsletter came out, written by Bill Clark, the Recreation Director for the P & R Dept. Bill was the fellow who started it all--The Heart of America Marathon in 1960, the Race-walking program, the 100 mile walk--and the Columbia Track Club. A meeting had been held in October with about a dozen people who had responded to a notice put in the Tribune by Bill as to the feasibility of organizing such a club. The first formal meeting of the club was held in November with the following Board of Directors (and the entire membership): Joe Duncan, President, Dave Schulte, Secretary, Murrel Jackson, Treasurer, Joel Dickinson, Dave Carlson, Myrtle Taft (Bill's wife), Faye Mantle, Bill Wickersham and Sid Larson. This first issue of the newsletter reviewed race results for the previous several months--the Heart of America Marathon won by Hal Higdon, the Senior National 30 kilo walk won by Larry Young, a 3 mile run, a five mile run and a 3, 2, 1 mile triathlon (Larry Carpenter 16:04, 10:41, 5:06, Joe Duncan 18:31, 12:05, 5:49), a Senior National 50 kilo walk at Jeff City and a couple of others.
- November 5, 1978: Turkey Trot 3 mile cross country. St. Louis won the Open and Female categories while CTC won the over 40 male category. In St. Louis. 1. Tim McMullen 15:38. Others: Howard Guscar 16:01, Dennis Stewart 16:51, Dick Hessler 17:31, Ben Londeree 17:45, Don Lewis 18:15, Joe Marks 18:38, Turk Storvick 19:09, Don Johnson 19:54, Amy Johns 18:06
- November 18, 1978: 20 kilometer run: 1. Steve Fisher 1:04:54, 2. Jerry Yunker 1:06:30, 3. Howard Guscar 1:08:28, 4. Ben Londeree 1:13:27, 5. Dick Hessler 1:13:51. . .9. Joe Marks 1:16:14. . .12. Olen Brown 1:18:30. . .17. Turk Storvick 1:22:59. . .20. Don Johnson 1:24:44 & 28 others.

AND A LOOK AT TODAY'S HEROES AND HEROINES:

- Macy's Marathon Oct. 30: Second female: LIZ BULMAN, a PB 2:55:12. 4th female, age 18-29: BERNADETTE GERKE 3:24:18 a remarkable first marathon! 2nd male, 40-49: BILL FOX 2:45:58. TED AYRES 3:17:59, MARK VOLEK 2:55:30, DON WALTMAN 3:41+, BOB DOLPHIN 3:46:08
- Macy's 10,000 meter run: 5th overall: STEVE STONECIPHER-FISHER 30:24. 3rd, 18-29, JEFF MITTELHAUSER 30:54, 4th female: MILENE MITTELHAUSER 37:03 1st 30-39 DENNIS STEWART 32:05, 3rd 40-49 DON LEWIS 34:38, 2nd 60-69, MARILYN HOLSINGER 54:50, KENT LANG 32:07, TOM LAFONTAINE 33+, DON JOHNSON 40:01, MARGARET JOHNSON 1:05+
Milene, Kent, Tom, Don had PB's, that we know about.
50-54⁰, overcast, postrace mist, calm to light breeze. 10K: flat
Marathon: flat to long, gentle slopes, steep downgrade in last mile, mostly blacktop.
- CAROL HEDDINGHAUS, CTC member from Rolla had an excellent 3:33:25 in her marathon debut in the New York City Marathon.
- Mexico YMCA 5,000 meter run, Nov. 6: 1. Jack Defreitas 16:00. 1. JEAN WHITE 20:41. Male 20-29: 1. DAVE HARRIS 16:31, 2. DAN HOXWORTH 16:55, 3. TOM COON 17:22. 40-49: 1. DEAN BAXTER 18:49, 50-59: 1. DON JOHNSON 20:01, 2. BOB DOLPHIN 21:15, 60+: 1. DON PATTERSON 24:31
Female, 50-59: 2. MARGARET JOHNSON 32:43
- JOE KURTH was first out of 54 runners in a 5,000 meter race held in conjunction with his national convention in Portland, Oregon on Oct. 31. The time was 17:12 on a course Joe thinks was a bit long.
- Jefferson City River Bottom 5,000 meter run Oct. 29. 1. BOB GOODRICH 15:52. . .6. DEAN BAXTER 18:27 (first 40-49), 7. TIM ROONEY 19:22 (2nd 30-39). . .29. DON PATTERSON 25:14 (1st 60+).
- MARY WULFF was 5th in the State High School Cross Country Meet, Jefferson City, Nov. 5, a 5,000 meter course: 19:50.7
- Then there were DICK HESSLER and DON LEWIS being chased down the Katy Trail by a bear when Dick stopped to change into racing flats. "Why are you doing that," said Don. "Do you think you can outrun the bear?" "No, I only have to outrun you," Dick replied.

SCHEDULE OF EVENTS:

- DECEMBER 3 Saturday 9:00 AM 30 kilo run (10 kilo for women & age 15 & under unless they want to do more), 20 kilo walk Hilton Inn course
- 17 Saturday 9:00 AM Holiday Cheese & Sauerkraut Ten Mile Run, Ten Mile Walk (8:30), West Broadway Swim Club Awards (of a cheesy variety) to the six who best predict their time, a can of sauerkraut to the worst predictor. \$1.00 fee to non-members
- JANUARY 7 Saturday 9:00 AM FROSTY TWENTY (20 kilo run, 10 kilo for female & age 15 & under, unless they want to do more), 20 kilo walk at 8:30 Hilton Inn RACE DIRECTOR: Joe Marks
- 21 Saturday 9:00 AM SATURDAY'S RESTAURANT FIVE MILE TWOSOME RACE Male-female teams (open to individual runners, also) Dinners for Two are the awards. \$1.00 fee for non-CTC members Meet at West Broadway Swim Club

- December 17 Saturday 10:00 AM Run for the Third 10,000 Meter Road Race Jennie Jaynes Stadium Sedalia, Mo;
- 31 Saturday 9:00 AM Marathon Relay Forest Park Field House Each team has four runners St. Louis CONTACT: Jean Tokheim 3938A Shenandoah St. Louis, Mo. 63110

For some 1984 CTC events we still need a Race Director. As our present Race Directors will tell you, to be a Race Director is a rewarding experience and it certainly gets you actively involved in Race Administration, and it is another way you can help CTC. One gets 25 ET points for being a Race Director, however, you cannot also get ET points in the same race you direct. Most Race Directors find that they cannot be a Race Director and a competitor in the same race.

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

Elizabeth Epple
1206 Frances Dr.
Columbia, Mo. 65201

Mary Haskamp
1011 Laurel Dr.
Jefferson City, Mo. 65101

Stan McQuin
1707 Garden Dr.
Columbia, Mo. 65202

James Johnson
Rt. 1, Box 130B
Williamsburg, Mo. 63388

Jim Bramblett
P. O. Box 153
Monroe City, Mo. 63456

Dan Wheeler
Rt. 2
Canton, Mo. 63435

DON'T FORGET!!! Annual dues are payable now! \$10.00 for families, \$6.00 for single students.

Would anyone like to volunteer to write a monthly column of some sort for the Newsletter? The column could be a potpourri of items emphasizing biographical tidbits of some of our runners, training tips, medical information, running workouts or whatever else the hoped-for columnist would conjure up. In any event anyone, at anytime, is welcome to submit anything for publication in the Newsletter, with no guarantee that said item would be published.

IN MEMORIAL

STEVE HELMICK 1967-1983

Steve was killed in an automobile accident on November 11. Steve was a distance runner. A good distance runner with all the discipline and dedication it takes to be a good distance runner. Steve was also disciplined and dedicated to what he thought was worthwhile in his young personal life. He was a member of the Columbia Track Club, but was more than just a member. He attended the annual meeting and actively participated in the discussion as to the future of CTC. Moreover, he volunteered to be a member of the marathon committee, showing a commitment unusual among 16 year olds. Steve was a good runner. He held age 15 & under CTC records for two miles (11:18), three miles (16:39) and 5,000 meters (17:35). In addition he had the age 16-17 two mile mark (10:21) from our Summer Age Group Program.

All CTC members extend heartfelt sympathy to Steve's parents, Richard and Sandy Helmick and to Steve's sister, Kristen. Memorials are suggested to the Youth Development Fund of the Unitarian-Universalist Fellowship, 2615 Shepard Blvd., Columbia, Mo. 65201.

Another record Steve had was a National Age 12 record for 30 kilometers set on August 1, 1981---2:08:01 set on the tough Rt. 22 course.

There has been some discussion about having a race in Steve's memory, with, perhaps, entry money going to the CTC Scholarship Fund. More on that later.

TRACK RECORDS

These lists reflect track marks submitted to the NRDC by 1 Oct 1983. Marks carried as pending (marked "p") have not been verified by submission of lap record sheets. In such cases, better intermediate marks than those listed may have been run but we have no way of knowing what the proper time would be. Please note that we recognize age group records for each event listed under the Open Men. If an event is omitted, it is because we have not received any acceptable marks. We request that runners listed as having pending records, please submit copies of their lap record sheets so that we may properly recognize their achievements.

Times are reported to tenths of seconds in accordance with TAC Rule 37.8. Times that are reported to full seconds reflect either times that were reported already rounded or are "running" watch times which have had one full second added. All time limit events (one, two and 24 hour runs) have distances reported in meters which reflects the distance actually covered, i.e., all fractions of meters have been truncated, in accordance with TAC Rule 65.14.

Open Men

15,000 m	43:39.8	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
10 miles	49:05	Dick Beardsley (26,MN)	12 Aug 82	Brookings SD
20,000 m	58:15.0	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
one hour	20,547m	Bill Rodgers (29,MA)	9 Aug 77	Boston MA
25,000 m	1:14:11.8	Bill Rodgers (31,MA)	21 Feb 79	Saratoga CA
30,000 m	1:31:49.0	Bill Rodgers (31,MA)	21 Feb 79	Saratoga CA
20 miles	1:47:17.1	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
	1:44:56.4 p	Bill Clark (27,CA)	13 Feb 71	Los Altos CA
two hour	35,824m	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
	36,552m p	Bill Clark (27,CA)	13 Feb 71	Los Altos CA
40,000 m	2:15:04	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
30 miles	2:46:39.1	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
50,000 m	2:52:47.5	Barney Klecker (30,MN)	15 Nov 81	Tucson AZ
40 miles	4:08:30.2	Ken Young (30,IL)	14 May 72	Chicago IL
50 miles	5:21:21.7	Ken Moffitt (26,CA)	9 Sep 78	Santa Monica CA
100,000 m	7:14:17	Warren Finke (41,OR)	10 Sep 83	Gladstone OR
150,000 m	12:26:07	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
100 miles	13:22:09	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
200,000 m	18:30:10	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
24 hour	252,309m	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME

Men- 19 and under

10 miles	49:15 p	George Aguirre (17,CA)	26 Jul 75	Santa Barbara CA
one hour	19,446m p	George Aguirre (17,CA)	25 Jul 75	Santa Barbara CA
two hour	33,339m p	Will Albers (19,VA)	5 Jan 75	VA
50 miles	6:49:29 p	Greg Hill (10,CA)	12 Sep 76	Santa Monica CA
100 miles	19:43:09 p	Stanley Leventhal (19,CA)	26 Sep 81	Greenwich CT
24 hour	173,089m p	Stanley Leventhal (19,CA)	26 Sep 81	Greenwich CT

Men- 35 thru 39

10 miles	53:42 p	Chris Winters (36)	31 Jan 81	Greenbelt MD
20,000 m	1:13:38	Steve Goldberg (39,IL)	14 May 72	Chicago IL
one hour	18,681m p	Ken Mueller (35,MA)	13 May 72	MA
25,000 m	1:33:19	Steve Goldberg (39,IL)	14 May 72	Chicago IL
30,000 m	1:51:45	Steve Goldberg (39,IL)	14 May 72	Chicago IL
20 miles	1:59:28	Steve Goldberg (39,IL)	14 May 72	Chicago IL
two hour	33,822m p	Ray Stevens (39,NE)	11 Nov 79	Lincoln NE
40,000 m	3:13:31	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
30 miles	3:46:08	George Gardiner (39,RI)	26 Sep 81	Greenwich CT
50,000 m	3:46:08	George Gardiner (39,RI)	26 Sep 81	Greenwich CT
40 miles	5:10:44	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
50 miles	6:27:34	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
	5:39:06 p	Joe Burgasser (36,CA)	6 Sep 75	Santa Monica CA
100,000 m	7:42:33	Warren Pinke (38,OR)	2 Aug 80	Portland OR
150,000 m	12:26:07	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
100 miles	13:22:09	George Gardiner (39,RI)	20 Jun 81	Brunswick ME
200,000 m	20:49:44	Ron Bomberger (39,PA)	26 Sep 81	Greenwich CT
24 hour	223,469m	Ron Bomberger (39,PA)	26 Sep 81	Greenwich CT

Men- 55 thru 59

15,000 m	52:57	Alex Ratelle (56,MN)	22 Aug 81	New Hope MN
10 miles	55:41.3	Alex Ratelle (56,MN)	22 Aug 81	New Hope MN
20,000 m	1:22:44	Bob Bartling (56,SD)	3 Oct 82	Brookings SD
one hour	16,802m p	Jim O'Neil (56,CA)	4 Aug 81	CA
25,000 m	1:44:06	Bob Bartling (56,SD)	3 Oct 82	Brookings SD
30,000 m	2:30:21	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
20 miles	2:41:21	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
two hour	29,251m	Bob Bartling (56,SD)	3 Oct 82	Brookings SD
	29,783m p	Richard Houston (55,CA)	18 Jun 77	CA
40,000 m	3:19:57	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
30 miles	3:59:58	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
50,000 m	4:09:49	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
40 miles	5:21:33	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
50 miles	6:55:01.4	Fred Nagelschmidt (55,CA)	28 Oct 79	Santa Monica CA
	6:13:18 p	Ed Almeida (56,CA)	9 Sep 78	Santa Monica CA
100,000 m	10:43:16	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
150,000 m	17:43:10	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
100 miles	20:02:10	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME
24 hour	194,118m	Fred Robbins (55,MA)	19 Jun 82	Brunswick ME

Men- 60 thru 64

10 miles	58:55 p	Clive Davies (60,OR)	5 Nov 77	Portland OR
20,000 m	1:35:18	Bob Martin (61,AZ)	3 Jan 82	Houston TX
one hour	16,277m p	Clive Davies (61,OR)	7 Aug 76	Portland OR
25,000 m	2:00:00	Bob Martin (61,AZ)	3 Jan 82	Houston TX
30,000 m	2:29:12	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
20 miles	2:39:45	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
two hour	27,911m p	Charles Seekins (62,CA)	8 Oct 78	CA
40,000 m	3:22:52	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
30 miles	4:07:53	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
50,000 m	4:19:21	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
40 miles	5:40:27	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
50 miles	7:16:30	Paul Reese (60,CA)	10 Sep 77	Santa Monica CA
100,000 m	12:10:54	Robert Bruce (60,IL)	24 Apr 82	Springfield IL
150,000 m	19:08:16	Robert Bruce (60,IL)	24 Apr 82	Springfield IL
100 miles	20:37:37	Robert Bruce (60,IL)	24 Apr 82	Springfield IL
24 hour	182,801m	Robert Bruce (60,IL)	24 Apr 82	Springfield IL

Men- 40 thru 44

15,000 m	47:59.3 p	Herb Lorenz (40,NJ)	1 Jan 80	Stanford CA
10 miles	52:44 p	Peter Mundle (41,CA)	26 Jul 69	CA
20,000 m	1:16:12	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
one hour	18,379m p	Ray Hatton (44,OR)	7 Aug 76	OR
25,000 m	1:35:47	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
30,000 m	1:54:05	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
20 miles	2:01:55	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
two hour	33,098m p	Truman Clark (40,CA)	12 Sep 76	CA
40,000 m	2:33:11	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
30 miles	3:06:16	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
50,000 m	3:14:55	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
40 miles	4:21:45	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
50 miles	5:42:03	Peter Jeffers (40,NY)	7 Jul 79	Hannibal NY
100,000 m	7:14:17	Warren Finke (41,OR)	10 Sep 83	Gladstone OR
150,000 m	13:29:34	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
100 miles	14:29:05	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
200,000 m	18:30:10	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME
24 hour	252,309m	Bernd Heinrich (43,VT)	3 Sep 83	Brunswick ME

Men- 45 thru 49

15,000 m	51:12	Paul Noreen (46,MN)	22 Aug 81	New Hope MN
10 miles	53:52	Paul Noreen (46,MN)	22 Aug 81	New Hope MN
20,000 m	1:18:08	Joe Cary (49,AZ)	21 Mar 82	Ft Huachuca AZ
one hour	17,906m p	Hal Higdon (48,IN)	25 Jun 79	Michigan City IN
25,000 m	1:40:29	Joe Cary (49,AZ)	21 Mar 82	Ft Huachuca AZ
30,000 m	2:37:19	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
20 miles	2:47:16	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
two hour	29,695m	Joe Cary (49,AZ)	21 Mar 82	Ft Huachuca AZ
	31,073m p	William R Smith (46,TX)	21 Mar 81	San Antonio TX
40,000 m	3:26:46	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
30 miles	4:05:40	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
50,000 m	4:14:57	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
	4:05:54 p	Gerald Warnock (46,OR)	2 Aug 80	Portland OR
40 miles	5:25:02	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
50 miles	6:43:16	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
	6:30:23 p	Dan Sheeran (48,CA)	6 Sep 75	Santa Monica CA
100,000 m	8:18:18	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
150,000 m	12:48:15	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
100 miles	13:49:26	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
	13:33:06 p	Ted Corbitt (49,NY)	25 Oct 69	GBR
200,000 m	18:10:58	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT
24 hour	250,529m	Cahit Yeter (46,NY)	26 Sep 81	Greenwich CT

Men- 50 thru 54

10 miles	55:44 p	Peter Mundle (50,CA)	1 Oct 78	CA
20,000 m	1:36:33	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
one hour	17,314m p	Peter Mundle (50,CA)	1 Oct 78	CA
25,000 m	2:02:33	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
30,000 m	2:30:03	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
20 miles	2:39:55	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
two hour	29,646m p	Bob Bartling (54,SD)	15 Nov 80	Lincoln NE
40,000 m	3:20:32	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
30 miles	4:02:55	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
50,000 m	4:12:09	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
	4:03:52 p	Robert Bruce (50,IL)	14 May 72	Chicago IL
40 miles	5:19:44	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
50 miles	6:39:33.1	Fred Nagelschmidt (54,CA)	9 Sep 78	Santa Monica CA
	6:20:50 p	Conrad Eroen (51,CA)	20 Dec 80	Santa Monica CA
100,000 m	8:50:09	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
150,000 m	14:32:59	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
100 miles	15:48:59	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
	15:22:37 p	Ted Corbitt (53,NY)	3 Nov 73	GBR
24 hour	182,246m	Jim Roser (50,PA)	26 Sep 81	Greenwich CT
	216,367m p	Ted Corbitt (53,NY)	3 Nov 73	GBR

Open Women- Mixed Races

15,000 m	53:06	Nancy Konz (24,MA)	25 Jun 81	Amherst MA
10 miles	55:58	Nancy Konz (24,MA)	25 Jun 81	Amherst MA
one hour	17,273m	Nancy Konz (24,MA)	25 Jun 81	Amherst MA
20,000 m	1:22:24	Maxine Johnson (26,SD)	3 Oct 82	Brookings SD
25,000 m	1:42:28	Maxine Johnson (26,SD)	3 Oct 82	Brookings SD
30,000 m	2:14:52	Jacqueline Hansen (29,CA)	9 Sep 78	Santa Monica CA
20 miles	2:23:52	Jacqueline Hansen (29,CA)	9 Sep 78	Santa Monica CA
two hour	29,369m	Maxine Johnson (26,SD)	3 Oct 82	Brookings SD
40,000 m	3:01:50	Jacqueline Hansen (29,CA)	9 Sep 78	Santa Monica CA
30 miles	3:45:47	Jacqueline Hansen (29,CA)	9 Sep 78	Santa Monica CA
50,000 m	3:59:26	Jacqueline Hansen (29,CA)	9 Sep 78	Santa Monica CA
40 miles	5:20:37	Marcy Schwam (27,NY)	1 Nov 80	Greenwich CT
	5:18:04 p	Judy Ikenberry (35,CA)	10 Sep 77	Santa Monica CA
50 miles	6:43:24	Marcy Schwam (27,NY)	1 Nov 80	Greenwich CT
100,000 m	8:46:36	Marcy Schwam (27,NY)	1 Nov 80	Greenwich CT
150,000 m	14:25:25	Marcy Schwam (27,NY)	1 Nov 80	Greenwich CT
100 miles	15:44:28	Marcy Schwam (27,NY)	1 Nov 80	Greenwich CT
200,000 m	23:41:09	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
24 hour	203,462m	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT

Open Women- Women Only Races

(no marks available)

Women- 19 and under

one hour	16,442m p	Gail Volk (18,WA)	11 Jul 79	Seattle WA
30,000 m	3:59:26	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
20 miles	4:18:41	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
two hour	26,649m p	Stormi-Ann Guntsch (13,MI)	2 Nov 80	Toledo OH
40,000 m	5:40:11	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
30 miles	6:51:19	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
50,000 m	7:15:36	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
40 miles	9:46:37	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
50 miles	12:22:11	Cherie Hayes (15,MO)	21 Nov 81	Springfield MO
	8:01:23 p	Kathy Seager (19,NY)	27 Jun 81	NY

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Women- 35 thru 39

10 miles	1:06:08 p	Mina Kuscsik (36,NY)	24 May 75	NY
20,000 m	1:39:56	Sue Mellen (35,AZ)	15 Nov 81	Tucson AZ
one hour	15,953m p	Vicki Foltz (37,WA)	16 Jun 81	Seattle WA
two hour	24,792m	Sue Mellen (35,AZ)	15 Nov 81	Tucson AZ
50,000 m	6:16:09 p	Anita Byrnes (36,NY)	25 Sep 82	Greenwich CT
50 miles	7:12:51 p	Donna Gookin (37,CA)	Sep 74	Santa Monica CA
100,000 m	12:50:19	Kathy Shipp (37,AZ)	30 Dec 79	Tucson AZ
24 hours	136,400m p	Anita Berkey (38,IL)	24 Apr 82	Springfield IL

Women- 40 thru 44

10 miles	1:12:54 p	Donna Gookin (40,CA)	13 Mar 77	CA
20,000 m	1:58:53	Kay Moore (40,CO)	27 Nov 82	Aurora CO
one hour	15,578m p	Linda Sipprelle (43,AUT)	29 Jul 78	CA
25,000 m	2:33:30	Kay Moore (40,CO)	27 Nov 82	Aurora CO
30,000 m	3:01:01	Kay Moore (40,CO)	27 Nov 82	Aurora CO
20 miles	3:20:21	Kay Moore (40,CO)	27 Nov 82	Aurora CO
two hour	25,419m p	Linda Sipprelle (43,AUT)	15 Jul 78	CA
40,000 m	4:10:21	Kay Moore (40,CO)	27 Nov 82	Aurora CO
30 miles	5:05:17	Kay Moore (40,CO)	27 Nov 82	Aurora CO
50,000 m	5:16:41	Kay Moore (40,CO)	27 Nov 82	Aurora CO
	4:08:08.5 p	Donna Gookin (40,CA)	27 Nov 82	Aurora CO
40 miles	7:04:29	Kay Moore (40,CO)	27 Nov 82	Aurora CO
50 miles	9:10:57	Kay Moore (40,CO)	27 Nov 82	Aurora CO
	7:37:25 p	Donna Gookin (40,CA)	10 Sep 77	Santa Monica CA
100,000 m	11:30:24	Kay Moore (40,CO)	27 Nov 82	Aurora CO
150,000 m	19:37:09	Kay Moore (40,CO)	27 Nov 82	Aurora CO
100 miles	21:26:22	Kay Moore (40,CO)	27 Nov 82	Aurora CO
24 hour	177,794m	Kay Moore (40,CO)	27 Nov 82	Aurora CO

Women- 45 thru 49

10 miles	1:07:59 p	Nicki Hobson (45,CA)	15 Feb 76	CA
one hour	14,826m p	Dorothy Stock (48,CA)	4 Aug 81	CA
25,000 m	2:34:07	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
30,000 m	3:02:24	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
20 miles	3:14:09	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
two hour	27,655m p	Ruth Anderson (47,CA)	18 Jun 77	CA
40,000 m	4:02:49	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
30 miles	4:53:31	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
50,000 m	5:04:30	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
	4:45:21 p	Sue Medaglia (47,NY)	30 Oct 82	New York NY
40 miles	6:35:50	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
50 miles	8:22:54	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
	7:51:51 p	Sue Medaglia (47,NY)	30 Oct 82	New York NY
100,000 m	10:27:37	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
	10:02:11 p	Sue Medaglia (47,NY)	30 Oct 82	New York NY
150,000 m	17:12:55	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
100 miles	18:42:43	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
	17:46:12 p	Sue Medaglia (47,NY)	30 Oct 82	New York NY
200,000 m	23:41:09	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT
24 hour	203,462m	Sue Medaglia (46,NY)	26 Sep 81	Greenwich CT

Women- 50 thru 54

15,000 m	1:18:41	Joanita Reed (54,TX)	28 Dec 81	San Antonio TX
10 miles	1:22:49	Joanita Reed (54,TX)	28 Dec 81	San Antonio TX
one hour	14,304m p	Nicki Hobson (50,CA)	25 Apr 81	San Diego CA
two hour	20,816m p	Maria Heissler (50,CA)	19 Nov 77	CA
50,000 m	4:54:16 p	Beryl Skelton (52,NY)	1 Nov 81	NY
50 miles	11:58:17 p	Ilona Kallai (52,NY)	30 Oct 82	New York NY
100,000 m	17:03:15 p	Ilona Kallai (52,NY)	30 Oct 82	New York NY
24 hour	117,487m p	Ilona Kallai (52,NY)	30 Oct 82	New York NY

Women- 55 thru 59

15,000 m	1:18:05	Joanita Reed (55,TX)	28 Dec 82	San Antonio TX
10 miles	1:21:43	Joanita Reed (55,TX)	28 Dec 82	San Antonio TX
20,000 m	1:43:03	Joanita Reed (55,TX)	28 Dec 82	San Antonio TX
one hour	11,667m	Joanita Reed (55,TX)	28 Dec 82	San Antonio TX
	12,199m p	Marcie Trent (58,AK)	18 Jul 76	Anchorage AK
two hour	23,365m	Joanita Reed (55,TX)	28 Dec 82	San Antonio TX

Women- 60 thru 64

one hour	13,075m p	Marcie Trent (62,AK)	12 Jul 80	Anchorage AK
two hour	19,412m p	Kay Atkinson (60,CA)	18 Jun 77	CA

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Men- 65 thru 69

15,000 m	1:14:03	Lorne Bartling (66,SD)	5 Apr 81	Brookings SD
10 miles	1:17:48	Lorne Bartling (66,SD)	5 Apr 81	Brookings SD
	1:14:34 p	Lorne Bartling (66,SD)	4 Oct 81	Brookings SD
20,000 m	1:38:14	Lorne Bartling (67,SD)	3 Oct 82	Brookings SD
one hour	15,036m p	Norman Bright (65,WA)	13 Jun 75	WA
25,000 m	2:26:26	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
30,000 m	2:54:01	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
20 miles	3:06:00	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
two hour	24,502m	Lorne Bartling (67,SD)	3 Oct 82	Brookings SD
	26,809m p	John Montoya (65,CA)	3 Apr 77	CA
40,000 m	3:55:21	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
30 miles	4:52:36	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
50,000 m	5:04:28	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
40 miles	7:01:56	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
50 miles	9:24:24	Cleo Casady (68,MO)	21 Nov 81	Springfield MO
	7:51:24 p	John Montoya (65,CA)	10 Sep 77	Santa Monica CA

Men- 70 thru 74

15,000 m	1:07:04	William Andberg (70,MN)	22 Aug 81	New Hope MN
10 miles	1:10:35	William Andberg (70,MN)	22 Aug 81	New Hope MN
20,000 m	1:51:19.3	Arne Johnson (70,WA)	12 Dec 82	Tucson AZ
one hour	13,700m	William Andberg (70,MN)	22 Aug 81	New Hope MN
	13,908m p	William Andberg (70,MN)	4 Oct 81	Brookings SD
two hour	21,374m	Arne Johnson (70,WA)	12 Dec 82	Tucson AZ
	22,759m p	Paul Fairbank (73,MD)	29 Dec 79	MD

Men- 75 thru 79

one hour	13,181m p	Lou Gregory (75,FL)	17 Dec 77	FL
two hour	24,333m p	Paul Spangler (78,CA)	11 Jun 77	Sn Luis Obspo CA

Men- 80 thru 84

one hour	12,130m p	Paul Spangler (81,CA)	1 Nov 80	Sn Luis Obspo CA
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NRDC News is published and distributed monthly by the National Running Data Center, Inc., PO Box 42888, Tucson AZ 85733. (602) 326-6416 (street address for UPS or Federal Express: 4145 E 6th St, Tucson AZ 85716)

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NRDC News is edited and published by Jennifer Hesketh Young and Ken Young.

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RUNNERS QUALIFIED FOR US OLYMPIC MARATHON TRIALS

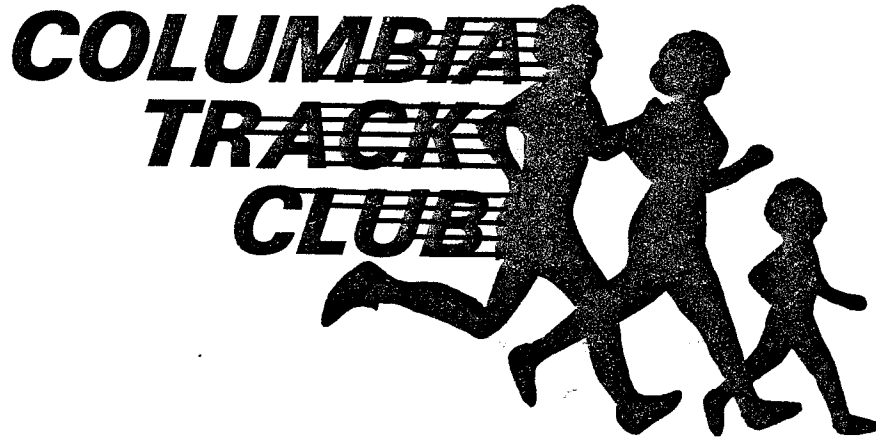
The following runners have achieved valid qualifying performances for their respective Olympic Marathon Trials. The times listed are those officially reported and verified as correct by the race director. A copy of the TAC sanction is on file with the NRDC and the race director has verified that the race was run on the course as it was certified. Runners must have a 1984 TAC registration card in order to participate in the trials.

MEN

Anderson, Jon	2:16:20a		Maxon, Tom	2:16:52a	
Antczak, Thomas	2:18:48a	Milw	McCarey, Kevin	2:14:10a	
Avrit, Doug	2:16:57		Mendoza, Ed	2:10:07a	
Barthlow, Larry	2:15:44a		Mesler, Mark	2:15:45a	
Bautista, Manny	2:18:39		Metcalfe, Joe	2:17:03a	
Brothwell, Monte	2:17:58	Port	Meyer, Greg	2:09:00a	
Brower, Kevin	2:17:42a		Miller, James D	2:18:18a	
Brown, Lindsay	2:18:47a		Molnar, Steve	2:16:42a	
Callison, Rick	2:18:07a		Nikceovich, Tim	2:17:38a	
Caprioglio, Daniel	2:18:08		Oman, Al	2:18:48a	Lake
Cassaday, Michael	2:18:40		Patterson, David	2:15:21a	
Cendejas, Armando	2:17:16a		Patterson, Michael	2:16:46a	
Clifford, Bob	2:17:54a		Pfitzinger, Peter	2:12:34	
Coates, Budd	2:13:03a		Pinocci, Michael	2:15:51a	
Cox, Ricky	2:17:43a		Prior, Chris	2:17:51a	
Cummings, Paul	2:12:38		Ratcliffe, Tom	2:16:13	
Davide, Roland	2:15:13a		Raunig, Tom	2:18:25a	
Dill, James	2:18:38a	Lake	Rawlins, Jeff	2:17:37a	
Dimick, John	2:15:24a		Refitt, Gary	2:18:42a	
DiSebastian, Richard	2:19:06a		Rinde, Dennis	2:13:49a	
Dunlap, Michael	2:18:27a		Rodgers, Bill	2:11:59a	
Durden, Benji	2:09:58a		Roscoe, John	2:17:49a	
Edwards, Ralph	2:18:45a		Ryberg, Daniel	2:17:19a	
Eggers, Jon	2:18:07a		Saeger, Walter	2:18:06a	
Fanelli, Gary	2:17:30a		Sanders, Odis	2:18:56	Mont
Fleming, Tom	2:14:15a		Sayre, Rick	2:13:50a	
Friedman, Paul	2:17:18a		Schiller, Tony	2:18:51a	
Fritzke, Ron	2:17:32a		Schlesinger, Dan	2:11:37a	
Gawlik, Greg	2:17:33a		Schulz, Harold	2:13:38a	
Gordon, David	2:13:12a		Serna, Ralph	2:16:27a	
Gregory, Gary	2:18:18	Wich	Shafer, David	2:17:38a	
Hagemann, Robert	2:17:06a		Sharp, Jeffrey	2:17:46a	Lake
Harvey, Daniel	2:19:03		Sheeran, Joe	2:16:56a	
Hellerer, Matthew	2:18:11a		Siriano, Gary	2:12:33	
Hensley, Robert	2:16:51a		Smead, Chuck	2:18:59	
Hernandez, George	2:18:37		Stonecipher & Fisher, Steve	2:16:36a	
Higdon, Kevin	2:18:51a		Tabb, Ron	2:09:32a	
Hill, Leonard	2:18:16	Port	Thomas, Randy	2:16:29a	
Hinz, David	2:12:06a		Tjeerdsma, Virgil	2:18:46a	
Hitchcock, Greg	2:18:54		Tornedon, Fred	2:14:44a	
Holm, Craig	2:17:56a		Treffinger, Alan	2:17:31a	
Hope, Joel	2:16:11a		Trigg, Marcus	2:17:20	
Hopfensperger, Jed	2:18:05a		Tuttle, Gary	2:17:41a	
Jenkins, Stuart	2:19:01a		Tuttle, John	2:12:32a	
Kasich, Alex	2:16:40		Vega, Sal	2:14:02a	
Kreutz, Joseph	2:17:54a		Vernon, Thom	2:18:50	
Kurtis, Doug	2:16:22		Vigil, Charles	2:18:06	
Law, Carlton	2:14:22a		Wachholz, Michael	2:18:21a	
Layman, Michael	2:11:25a		Wells, Jeff	2:11:43a	
Lodwick, John	2:12:50a		Wilson, Ben	2:18:52a	
Macdonald, Duncan	2:12:50a		Wilson, Matt	2:12:57a	
Martin, Nick	2:17:43a		Wood, Neil	2:17:05a	DeMar
Matteson, Michael	2:18:57		Yara, Robert	2:18:16	
Matthews, Dean	2:14:47a				

WOMEN

Adams, Linda	2:49:55a		Ireland, Melinda	2:39:08a	
Anderson, Gabriele	2:38:15		Joiner, Colleen	2:50:09	
Arenz, Jan	2:50:11a		King, Laurie	2:49:33a	
Bange, Mary	2:49:23a		King, Sue	2:33:53a	
Barbano, Sharon	2:49:07a		Kleckner, Janis	2:35:44	SF
Barnett, Posie	2:50:59a		Larson, Lisa	2:35:04a	
Beaulieu, Kimberly	2:50:07a		Lasee-Johnson, Jeanne	2:40:47a	
Benoit, Joan	2:22:43a		Lockwood, Robin	2:47:38a	
Binder, Laurie	2:40:09a		Lupica, Susan	2:50:56a	
Bray, Mary Ann	2:50:11a		Madeira, Ford	2:50:38a	
Brown, Julie	2:26:26a		Madson, Laurie	2:48:51a	
Buch, Jane	2:36:54a		Martland, Terri	2:49:07a	
Bukowski, Karen	2:49:21a		Mathews, Marilyn	2:48:06a	
Burge-Roark, Donna	2:46:04a		McMullin, Leslie	2:42:45	
Burns, Kim	2:42:11a		Meade, Patricia	2:50:56a	
Bustad, Jan	2:48:03		Millsbaugh, Jane	2:50:16a	
Carmichael, Isabelle	2:44:08a		Peisch, Ann	2:44:42a	
Carter, Melinda	2:50:13a		Pikschus, Angela	2:39:42a	
Cossaboon-Holm, Kare	2:37:41a		Randall, Vicki	2:49:12	SF
Dalrymple, Cindy	2:44:18	SF	Rinde, Laura	2:47:49	SF
Davis, Michele	2:44:54a		Schilly, Katy	2:39:44	SF
Denniston, Rita	2:49:13a		Schwam, Marcy	2:48:42	
Deuster, Patricia	2:48:36a		Shea, Mary	2:33:24a	
DeWald, Laura	2:38:57a		Silva, Jill	2:48:48	SF
Dickerson, Marianne	2:33:45a		Smythe, Peggy	2:48:16	SF
Dillinger, Beth	2:46:47a		Soderberg, Michelle	2:50:20	
Ditz, Nancy	2:37:57a		Somers, Linda	2:42:44	SF
Dunn, Karen	2:33:36a		Spangler, Jenny	2:33:52a	
Eide, Debbie	2:35:16a		Springs, Betty Jo	2:37:15	
Erickson, Karlene	2:43:46a		Suarez-Blackwd, Norma	2:50:33a	
Filutze, Barbara	2:48:46a		Thometz, Debbie	2:38:55a	
Gilroy, Charlene	2:48:34a		Villasenor, Teresa	2:47:35a	
Gladue, Ann	2:46:40	SF	Vinella-Brusher, Sue	2:50:03	SF
Groos, Margaret	2:37:03a		Weaver, Shirley	2:50:43	
Harmeling, Madeline	2:51:10a		Welzel, Jane	2:45:13a	
Heckman, Kathy	2:49:09a		Williams, Mary Ellen	2:50:38	
Henderson, Susan	2:44:14a		Wipf, Jane	2:37:19a	
			Zimmer, Sally	2:49:53a	



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

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1984 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 event 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 (except the Pepsi Race and Human Race VI) will count as an Elapsed Time event; however, only one's best 18 events (21 for walkers) will count. This gives 2 "free" events.

Also 10 participation points to each finisher, each event.

DAVE SCULTE 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 to those who have a net positive improvement.

THE SEASON: The "season" commenced with the first race after the 1983 Heart of America Marathon and concludes with the 1984 Marathon.

COLUMBIA TRACK CLUB MEMBERSHIP: 1984 dues for CTC membership will be \$10.00 per family. Dues for single students will be \$6.00. New members pay initial dues of \$5.00 (family memberships) 1 One can be a member of CTC and another track club; however, he can only compete for one club. For non-members the CTC newsletter is \$3.00 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.

1984 EVENTS

January 7	Saturday, 9:00 am	FROSTY 20 (20 Kilo ^{Run, 10K} for Women and Age 15*) 20-Kilo Walk (8:30 am) - Hilton Inn
January 21	Saturday, 9:00 am	SATURDAY RESTAURANT FIVE MILE TWOSOME RACE, 5-mile Twosome Race, male-female teams (open to individual runners also). Meet at West Broadway Swim Club, AWARDS (to teams only). \$1.00 fee non-members.
February 11	Saturday, 9:00 am	5,000 Meter Nut Race, Run or Walk - Research Park AWARDS. \$1.00 fee non-members
February 26	Sunday, 2:00 pm	COLUMBIA REGIONAL HOSPITAL, 5-MILE WINTER ROAD RACE
March 10	Saturday, 9:00 am	15 Kilo Run, 15 Kilo Walk (8:30 am) Hilton Inn
March 24	Saturday, 9:00 am	Four-Mile Relay, 3-Mile Walk - Research Park
March 31	Saturday, 9:00 am	Katy Trail, 5-Mile ^{Fun} Run
March 31	Saturday, 2:00 pm	MO STATE One-Hour Walk Championship - Hickman Track TROPHIES - \$2.00 fee
April 8	Sunday, 1:00 pm	Pepsi-Cola, 10,000 METER ROAD RUN
April 28	Saturday, 6:00 am	Missouri Cup Competition, 50-mile Walk, Hickman Track TROPHIES - \$5.00 fee
April 29	Sunday, 8:00 am	HUMAN RACE V, a 10,000 METER ROAD RUN.
May 12	Saturday, 8:00 am	3,2,1-Mile Triathlon Hickman Track
May 25	Friday, 6:00 pm	Sprint Triathlon, 1,500; 800; 400; 10,000 ^{meter} walk (7:30 pm) - Hickman Track
June 9	Saturday, 7:00 am	10,000 meter run, Hickman Track
June 9	Saturday, 9:00 am	State 15,000 meter walk, Hickman Track, TROPHIES \$2.00 fee
June 22	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, AWARDS, \$1.00 fee, non-members
July 7	Saturday, 8:00 am	1-mile run, AWARDS, \$1.00 fee non-members; 10,000 meter walk (6:30 am) Hickman Track
July 21	Saturday, 7:30 am	5,000 meter run, Hickman Track
August 4	Saturday, 7:30 am	Great Sandbagger 10 kilo handicap run, walk - meet at West Broadway Swim Club
August 18	Saturday, 6:30 am	RRCA MO State 15-Kilo Run Championship, TROPHIES, \$2.00 fee; 15-kilo walk, Hilton Inn
September 1	Saturday, 8:00 am	D SPORT SHOP 8,000 meter road run. Rock Bridge Track
September 15	Saturday, 9:00 am	2-Mile Cross-Country Run - Municipal Golf Course
September 29	Saturday, 9:00 am	5,000 Meter Cross Country Run Gustia Golf Course
September 29/30	Saturday and Sunday 1:00 pm	18TH ANNUAL NATIONAL 100-MILE WALK, TROPHIES, \$3.00 fee, Hickman Track
October 14	Sunday, 7:00 am	25TH ANNUAL HEART OF AMERICA MARATHON, TROPHIES, \$8.00 fee
October 27	Saturday, 9:00 am	Katy Trail, 5-MILE FUN RUN
November 3	Saturday, 8:00 am	Startest 10,000 Meter Run, Columbia Regional Airport
November 18	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 1	Saturday, 9:00 am	30-Kilo Run (10 Kilo for women and age 15*)
December 15	Saturday, 9:00 am	20-Kilo Walk, Hilton Inn ^{run} Cheese and Sauerkraut 10-mile walk (8:30 am) West Broadway Swim Club, AWARDS, \$1.00 fee non-members

Most track races will have two heats, with the fast heat being first.

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

Summer Age Group Program: Wednesday evenings starting at 6:00 pm, June 13, 20, 27, July 11, 18, and 25: 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.