



TRACK CLUB

NEWSLETTER Vol. XVI, No. 4 April 24, 1984

STEVE STONECIPHER-FISHER AND LIZ BULMAN LEAD 417 RUNNERS
IN THE PEPSI RACE, ANGELA HESSLER GETS A RECORD, AGE 15 & UNDER
April 8, 1984

Not a bad day for running. The 1:00 PM start proved to be a shrewd move since it had rained pretty much all morning. However, at racetime it had quit raining and it rained no more. Low 50's, 100% cloud cover and a fairly strong east wind, a crosswind. Stonecipher-Fisher gave himself a good test as one of his final tune-ups before going to the Olympic Trials Marathon. He was quite satisfied with his performance falling only 3 seconds short of his own course record, set last year. Liz Bulman also had things all her way in the female portion of the race in her final tuneup before the Boston Marathon. The only course record was by Angela Hessler, her 46:12 bettering the 47:29 posted by Heather Sargent last year. However, Angela was one second short of the CTC record for age 15 & under, female, 10,000 meters on a road course, that record being held by Angie Ballenger. Angela just celebrated her 11th birthday so she has four more years to get that one second.

As usual a lot of people made this race possible--especially RON LAVINDER and his people from the Pepsi Cola Bottling Co. THANKS to them! Then there were all the CTC people who helped: Scorers: Bernadette Gerke, Barbara Williams, Lin Garner, Joni O'Connor, Kim Stonecipher-Fisher, Timers: Mark Volek, Dick Harris, Eric Mumford and sons, Joe Marks, John McCrory, Mark Dopp, Jim Gibson, Dave Gibbons, Chute monitors: Doug & Maria Duncan, Mike & Doris Brower, Don Long and I hope no one has been missed.

The award winners:

FEMALE			
14 & under		30-39	
1. Angela Hessler	46:12	1. Elaine Sleper	44:17
2. Heather Sargent	47:11	2. Betty Bohon	45:53
3. Deanna Rottjakob	55:49	3. Linda Hope	46:27
15-19		40-49	
1. Cheryl Cole	47:33	1. Susan Boyle	46:31
2. Tracy Cox	49:20	2. Virginia Gardner	50:18
3. Lisa Harrison	52:27	3. Phyliss Dopp	51:48
20-29		50-59	
1. Liz Bulman	38:05	1. Kay Kirtley	55:29
2. Milene Mittelhauser	39:08	2. Margaret Johnson	1:12:11
3. Debbie Hoxworth	42:34	3. Rae McKinzie	1:24:07
60 & over			
1. Marilyn Holsinger		1:01:43	
MALE			
14 & under		30-39	
1. Peter Hessler	38:48	1. Tom Rooney Chicago	33:53
2. Tim Gibson	40:34	2. Bob O'Connell	34:07
3. Doug Tully	40:56	3. Tom LaFontaine	34:54
15-19		40-49	
1. Kerry Pudenz	33:47	1. Dick Hessler	35:57
2. Mike Houtz	39:49	2. Don Lewis	36:12
3. Aaron Stover	42:48	3. Frank Hedges	36:41
20-29		50-59	
1. Steve Stonecipher-Fisher	30:43	1. Don Johnson	40:19
2. Jeff Mittelhauser	31:50	2. Turk Storvick	43:33
3. Mark Kennard	32:41	3. Ted Scheske	43:53
60 & over:			
1. Jim Pastoret		49:33,	
2. Bob Gerhardt		52:15	
3. Don Patterson		52:31	



PAGE 2
PEPSI RACE RESULTS

Male

PLACE/NAME	AGE	TIME			
1 Steve Stonecipher-Fisher	27	30:43	101 Terry Lenz	36	42:52
2 Jeff Mittelhauser	27	31:50	102 David Slepser	38	42:52
3 Mark Kennard		32:41	103 Mick Peckham	43	42:53
4 Kerry Pudenz	19	33:47	104 Behroz Hadegar	24	42:59
5 Tom Rooney	31	33:53	105 James Glodoski	23	43:00
6 Bob O'Connell	35	34:07	106		43:02
7 Jim Marshall	29	34:43	107 Scott Parker	19	43:02
8 Tom LaFontaine	37	34:54	108 Joe Polacco	39	43:06
9 Jeff Knollman	22	35:05	109 Bill Henry	35	43:07
10 Norm Stebbins	37	35:12	110 Edward Barbour	22	43:10
11 Gary Oringderff	26	35:31	111 Mike Murphy	33	43:11
12 Jim Snowden	26	35:43	112 Dan Smith	30	43:17
13 David Dewitt	22	35:47	113 Robert Curry	41	43:19
14 Mark Johnson	31	35:48	114 Fred Fritsch	48	43:21
15 Stan McQuinn	30	35:53	115 Park Miller	31	43:26
16 Tom Coon	29	35:54	116 Mike Goldman	20	43:28
17 Dick Hessler	42	35:57	117 Turk Storvick	55	43:33
18 Don Lewis	48	36:12	118 Herb Heinen	28	43:35
19 Mark Hamlett	27	36:25	119 Jeff Edwards	20	43:37
20 Mark Hosler	37	36:39	120 Tom Rackers	42	43:38
21 Frank Hedges	41	36:40	121 John Rigden	26	43:39
22 Ben Londeree	49	37:04	122 Jerry Gibson	40	43:40
23 Scott Hinton	22	37:24	123 Steve Kuntz	33	43:43
24 David Mountjoy	29	37:27	124 Steve Scherr	34	43:46
25 David Petty	26	37:40	125 Lee Schweighauser	41	43:50
26 Bob Shoemaker	33	37:46	126 Steve Fainaru	22	43:52
27 Jamie Mannina	26	37:53	127 Ted Scheske	50	43:53
28 Rick Brandenburg	29	37:56	128 Danny Harriman	11	43:55
29 Peter Pastoret	31	38:09	129 Roger Baron	32	44:08
30 Frank Janku	26	38:10	130 John Hornback	23	44:11
31 Paul Cohle	27	38:14	131 Randall L. Smith	27	44:16
32		38:18	132 Greg Critchfield	27	44:19
33 Bob McGrath	36	38:23	133 Steve Graves	37	44:27
34 Jim Williams	35	38:31	134 David Plummer	39	44:32
35 Blake Andersen	23	38:38	135 Warren Wilson	31	44:32
36 Tom Allen	41	38:40	136 Mark Wilson	25	44:33
37 Ken Whistler	33	38:42	137 Craig Plaster	27	44:33
38 Norman Clark	24	38:45	138 Bassam Hussien	22	44:41
39 Peter Hessler	14	38:47	139 Ron Crunkilton	30	44:42
40 Mike Baker	34	38:49	140 Rick Knipp	31	44:46
41 John Ackerman	33	38:51	141 Dennis Nilson	31	44:48
42 Richard Madsen	42	38:52	142 Bob Lahidji	38	44:49
43 Mike Nieters	33	38:59	143 John McCormick	40	44:53
44 Mike Little	36	39:06	144 Terry Richardson	35	44:54
45 Steve Young	37	39:08	145 Randall Imhoff	27	44:54
46 Ray Glendening	32	39:16	146 Brian Nicol	32	44:56
47 Dan Horn	30	39:19	147 Jim Ihler	37	45:01
48 Jeff Skimming	22	39:29	148 Elmer Schlemper	44	45:02
49 Richard Harness	33	39:34	149 Keith Campbell	21	45:06
50 Tom Huber	33	39:48	150 Wayne Hansen	33	45:09
51 Gale Clithero	27	39:44	151 Harold Lammers	33	45:14
52 Mike Houtz	19	39:49	152 Tony Dykstra	13	45:18
53 Terry Rackers	39	39:50	153 Mark Hope	11	45:22
54 Dale Wade	26	39:52	154 Kevin Grace	24	45:23
55 John Whitehead	34	39:54	155 Jean Madden	57	45:27
56 Frank Brown	33	39:59	156 Fred Cone	50	45:28
57 Rick Whelove	37	40:00	157 Harry Pendergraft	42	45:36
58 Matt Gray	25	40:03	158 Carlos Moreno	32	45:43
59 Sam Stout	41	40:04	159 Robert Carey	21	45:49
60 Mike Walther	26	40:05	160 Joe Piotrowski	34	45:51
61 Bill Stark	36	40:06	161 Berne Singsen	41	46:00
62 Marc Lammy	28	40:09	162 Joe Blum	24	46:01
63 Randy Harris	28	40:17	163		46:02
64 Don Johnson	55	40:19	164 Ray Harder	36	46:02
65 Mike DeLoughery	34	40:21	165 Rick Bohon	33	46:05
66 Warren Farmer	42	40:22	166 Ron Flatt	37	46:08
67 Mike Chippendale	43	40:22	167 Bob Strom	37	46:10
68 Joe Goldfarb	43	40:24	168 Jim Lampe	41	46:10
69 Janku Christopher	31	40:27	169 Bill Foster	22	46:24
70 Tim Gibson	13	40:34	170 Gary Freelin	37	46:29
71 Daniel Dire	24	40:41	171 Bill Schneider	47	46:34
72 Shep Funderburk	42	40:45	172 Andy Curtis	19	46:36
73 Tim Rooney	33	40:48	173 Sam Wear	28	46:39
74 Doug Tully	14	40:46	174 Larry Petterborg	35	46:42
75 Dennis Veit	29	40:58	175 Kevin Peterson	16	46:48
76 Dan Gilden	25	40:59	176 Jim Bramblett	34	46:49
77 Mark Knudson	28	41:03	177 Bill Masure	18	46:54
78 Jeremy Barnes	24	41:05	178 Jack Dodson	23	46:54
79 John Qualy	36	41:08	179 John Teaford	23	47:05
80 Rick Rother	35	41:16	180 Mark Deaner	29	47:10
81 Chris Starbuck	35	41:17	181 Ryan Bramblett	9	47:14
82 Jerry French	36	41:18	182 Denny Hill	30	47:21
83 Jim McParlan	33	41:26	183 Bob Smith	49	47:25
84 Greg Overfelt	34	41:38	184 Bill Herlong	50	47:34
85 Bill Start	25	41:46	185 Bob Humphreys	57	47:44
86 Ron Wampler	36	41:58	186 Ray Jezewak	25	47:49
87 Stephen Mudrick	39	42:09	187 Bill Nanneman	34	47:54
88 Bill Schermer	27	42:18	188 Robert Wolfe	49	47:55
89		42:24	189 Perry Gustafson	39	47:57
90 Dean Baxter	48	42:29	190 Morgan Newton	26	48:01
91 Tom Coudron	32	42:30	191 Mark Eschenfelder	28	48:06
92 James S. Johnson	33	42:31	192 Hugh Wilson	47	48:10
93 Lawrence Henry	43	42:36	193 Roger Hanson	52	48:13
94 Mike Brown	23	42:38	194 Charlie Leight	26	48:23
95 Glen Farmer	35	42:41	195 Jim Schadt	37	48:25
96 Dan Schuppan	38	42:43	196 Dave Holsinger	41	48:37
97 Gary Kirfman	29	42:44	197 Steve Privette	25	48:40
98 H.C. Russell	27	42:46	198 Patrick Dougherty	50	48:42
99 Mark Lecuru	30	42:47	199 Ken Wirt	22	49:13
100 Aaron Stover	15	42:48	200 Greg Luce	24	49:19

201	Roger Bautista	44	49:20
202	Dennis Dowd	35	49:26
203	Ron Walkenbach	36	49:29
204	Jim Pastoret	60	49:32
205	Gary Zwonitzer	46	49:33
206	Dennis Knudsen	17	49:52
207	Robert Whitier	20	49:56
208	Darwin Hindman	50	49:58
209	Bill Holcomb	35	49:59
210	Jim Slaughter	37	50:00
211	Arthur Lee	34	50:06
212	Greg Arnold	13	50:30
213	Christian O'Brien	13	50:31
214	Justin Wilson	10	50:33
215	Brian Flatt	12	50:37
216	Paul Millard	16	50:38
217	Jim Ritter	46	50:47
218	John Stolt	48	50:47
219	Gail Binkley	24	50:55
220	Terry Kloeppel	26	51:03
221	Tim Doud	22	51:03
222	Don Hostetter	43	51:06
223	Scott Murphy	14	51:06
224	Mark Willey	30	51:07
225	Chris Bennett	22	51:15
226	Joe DeLong	33	51:16
227	Dan Clinkinbeard	34	51:19
228	Steve Mitchell	20	51:30
229	Ken Bryant	35	51:38
230	Shep Funderburk	12	51:39
231	Matt Thornburg	12	51:41
232	Mike Hosokawa	43	51:46
233	Fred Juettner	38	52:09
234	John Mueller	41	52:12
235	Bob Gearhardt	65	52:14
236	Don Patterson	62	52:30
237			52:31
238	Charles Strayhall	63	52:34
239	Dave Martin	19	53:05
240	T.K. Nair	38	53:07
241	Carl Cameron	40	53:08
242	Art Salmon	47	53:09
243	Randy Bryson	30	53:10
244			53:12
245	Joe M. Polacco	11	53:18
246	Ray Cochran	39	53:26
247	Jim Pangman	48	53:33
248	Ron Frederick	44	53:36
249	Joe Giacchi	39	53:46
250	Bill Ward	54	53:58
251	Randy Goins	26	53:59
252	Nick Duggan	29	54:01
253	Mike Happ	43	54:15
254	Ron Burgess	48	54:16
255	Doug McIntire	14	54:29
256	Robert Cook	31	54:41
257	Carlyle Foley	38	54:42
258	Mike Howard	25	54:58
259	John Jackson	36	55:11
260	Jason O'Brien	10	55:12
261	Lawrence O'Brien	34	55:12
262	Van Ayers	28	55:18
263	Chris Singleton	13	55:57
264	Scott Cecil	12	55:57
265	Yonce Gordon	49	56:04
266			56:05
267	Brian Bowman	31	56:18
268	Lewis Garatto	47	56:19
269	Julian Pickens	45	56:51
270	Doug Emery	34	56:59
271	Lee Chartier	9	57:00
272	Vincent St. Omer	49	57:49
273	Larry Fick	42	58:02
274	David Haslag	26	59:49
275	John Stowe	38	59:51
276	Daryl Alexander	25	1:00:09
277	Kevin Robson	12	1:00:47
278	Ben Reiss	12	1:01:36
279	Patrick McGrath	8	1:01:48
280	Robb Martin	10	1:01:53
281	Shawn Dent	10	1:01:59
282	Mark McCormick	10	1:01:59
283	Charlie Neill	40	1:02:35
284	Larry Hightower	35	1:02:41
285	Jason Wilson	12	1:02:56
286	Kevin Kohne	22	1:02:59
287	Colin Harrison	39	1:03:12
288	Kevin Murphy	11	1:08:25
289	Aaron Lee	12	1:09:00
290	Jack Slaughter	49	1:09:33
291	Joe Cragin	56	1:09:53
292	Bill Burns	24	1:09:54
293	Scott Hope	7	1:12:41
294	Bill Hope	38	1:12:42
295		9	1:33:32

Female

1	Liz Bulman	24	38:05
2	Milene Mittelhauser	24	39:08
3	Debbie Hoxworth	25	42:34
4	Christine Ruble	29	43:35
5	Elaine Slep	38	44:17
6	Sharon Falasco	28	44:35
7	Diane Mountjoy	28	44:48
8	Amy Pantzer	22	44:55
9	Leigh Anne Porcher	27	45:28
10	Betty Bohon	32	45:53

11	Angela H	er	10	46:12
12	Linda Hop		38	46:27
13	Susan Boyle		42	46:31
14	Colleen Fantz		34	47:03
15	Angie Rupp		21	47:04
16	Heather Sargent		13	47:11
17				47:26
18	Cheryl Cole		19	47:33
19	Bernie Swanko		21	47:33
20	Linda Wuestenberg		24	48:16
21	Judy Gramling		30	48:16
22	Lynda Robbins		32	48:34
23	Jackie Fick		23	49:19
24	Tracy Cox		18	49:20
25	Anne Fitzsimmons		25	49:31
26	Betty Groshong		39	49:40
27	Mary Sue Gibson		34	49:51
28	Judie Leino		30	49:52
29	Laurie Crafton		29	49:53
30	Linda Woodland		32	49:54
31	Diane Seifert		30	50:05
32	Jennifer Schuller		24	50:15
33	Virginia Gardner		40	50:18
34	Janet Carson		21	50:36
35	Laurie Mitchell		24	50:43
36	Mary Haskamp		27	51:06
37	Phyllis Lammy		28	51:08
38	Louise O'Toole		34	51:12
39	Tammy McMurphy		20	51:17
40	Kim Dude		32	51:28
41	Shellee Botts		30	51:40
42	Phyllis Dopp		45	51:48
43	Pam Hanslip		25	52:18
44	Carla Qualy		35	52:19
45	Betsy Lake		25	52:24
46	Lisa Harrison		18	52:27
47	Pam Hedges		37	52:52
48	Muffy Drew		20	52:52
49	Carole Madsen		41	52:59
50	Laurel Carpenter		18	53:14
51	Karen Derrick		23	53:17
52	Sharon Lamke		27	53:18
53	Debbie Stone		21	53:43
54	Ann Seymour		39	53:55
55	Sally Duggan		26	54:01
56	Ann Hensarling		24	54:46
57	Sharon LeDue		40	54:49
58	Marilyn Remiger		23	54:51
59	Alice Gartzke		19	55:42
60	Linda Stuart		23	55:46
61	Deanna Rottjakob		11	55:49
62	Cindy Nicol		30	55:27
63	Kay Kirtley		54	55:29
64	Nancy Fritsch		45	55:31
65	Mary Ellen Sears		12	55:43
66	Joanie Prenger		27	55:45
67	Cyndy Kurger		28	55:45
68	Theresa Mueller		34	56:00
69	Susan Snider		18	56:37
70	Elisabeth O'Neil		26	57:11
71	Jana Boeckman		17	57:43
72	Mary McKee		29	58:15
73	Sherri Melliskog		23	58:34
74	Gayle Schneider		20	59:32
75	Allyson Garverick		9	59:36
76	Susan Ward		36	59:49
77	Anne Strozier		36	59:55
78	Pat Van Booven		44	1:00:02
79	Chris Cott		29	1:00:13
80	Donna McParlan		30	1:00:46
81	Marilyn Holsinger		61	1:01:43
82	Dolores Hudson		33	1:01:54
83	Rebecca Irby		9	1:02:04
84	Jan March		27	1:02:38
85	Ann Mell		25	1:02:45
86	Kathy Neiner		36	1:02:45
87	Kay Lindner		33	1:02:52
88	Glenda Singleton		35	1:02:54
89	Natalie Rabiner		26	1:03:17
90	Kim Helton		21	1:03:17
91	Nancy Lankford		41	1:03:32
92	Mary Allcorn		31	1:03:32
93	Mary Ellen Rauba		21	1:03:41
94	Amy Powell		10	1:03:45
95	Nancy Weart		29	1:03:53
96	Linda Cooper		40	1:03:56
97	Peggy Kirkpatrick		31	1:04:01
98	G. Mahoney		44	1:04:10
99	Jean Zwonitzer		43	1:04:20
100	Dee White		43	1:04:20
101	Mary Flood		30	1:04:22
102	Patty Devine		28	1:06:21
103	Debra Schepker		30	1:06:22
104	Cathy Glasser		30	1:06:23
105	Mary Kauffman		24	1:06:46
106	Susan Doyle		25	1:06:47
107	Mary C. Green		31	1:07:42
108	Amy Woods		11	1:08:06
109	Shirley Kephart		48	1:09:19
110	Andrea Woods		37	1:12:07
111	Margaret Johnson		54	1:12:11
112	Tammy Poe		18	1:12:25
113	Janet Quade		25	1:13:46
114	Rebecca Stoker		33	1:13:47
115	Katherine Cassatt		35	1:14:18
116	Leslie Spiegelberg		20	1:14:59
117				1:14:59
118	McKenzie-Roe		55	1:24:07
119	Jannefier Hobbs		9	1:33:32
120	Tanya Novinger		10	1:33:32
121	Stephanie Saldana		7	1:42:21
122	Robertta Saldana		33	1:42:22

MARK YOUNG WINS MISSOURI STATE ONE HOUR WALK CHAMPIONSHIP March 31:

1600 Meter Splits:	1600	3200	4800	6400	8000	9600	11,200
1. Mark Young	24	7:46	15:58	24:20	32:45	41:21	49:45
11,502 meters (7 Miles, 239 yards)							58:25
2. Adair Andrews	39	8:17	16:42	25:23	34:22	43:20	52:12
11,045 meters (6 miles, 1519 yards)							
3. Debbie Spino-Lawrence	26	8:38	17:41	26:51	35:53	44:50	53:45
10,786 meters (6 miles, 1236 yards)							
4. Don Williams	34	10:08	20:19	30:24	40:24	50:17	59:50
9634 meters (5 miles, 1736 yards)							
5. Rob Spier	61	10:12	20:28	30:47	41:08	51:43	
9255 meters (5 miles, 1321 yards)							
6. Darwin Hindman	50	10:30	20:48	31:23	42:01	52:43	
9075 meters (5 miles, 1124 yards)							
7. Bob Gerhardt	60+	11:01	22:07	33:14	44:38	56:13	
8525 meters (5 miles, 523 yards)							
8. Bill Tsft	68	12:10	24:21	36:32	48:40		
7954 meters (4 miles, 1659 yards)							

40 degrees, a dry Hickman HS track, no wind--ideal, you might say. Also in the race was 24 year old Don Lawrence from Florissant who quickly took the lead, but got a caution after 6 laps and ultimately had to be disqualified, an ejection which Mr. Lawrence did not take too graciously. He is fast, but he obviously needs some coaching on correct technique.

THANKS very much to DON & MARGARET JOHNSON who served as Race Directors and to Veva Spier and Barbara Williams who so ably helped out.



ELAPSED TIME STANDINGS

Male 30-39

1) Hosler	151	20) Nichols	39
2) Lafontaine	119	21) Huse	29
3) Stebbins	114	22) Parker	28
4) Harness	109	23) Young	28
5) O'Connell	95	24) Crouch	27
6) McGrath	89	25) Pastoret	24
7) T. Rackers	87	26) Rother	23
8) Dixon	82	27) Grant	22
9) McQuinn	79	28) Sleper	21
10) Rooney	70	29) Schuppan	20
11) Miller	60	30) Plummer	15
12) Wampler	60	31) Bramblett	14
13) Kurth	59	32) Baurichter	13
14) Shoemaker	57	33) Hanson, W.	13
15) Goodrich	57	34) Richardson	24
16) King	54	35) Freelin	12
17) Whistler	48	36) Wilke	11
18) Jones	40	37) Lee	11
19) Heisler	40	38) Gibbons	12

Male 40-49

1) Londeree	131	19) Hose	39
2) Madsen	129	20) Kelly	22
3) Hicks	89	21) Goldfarb	22
4) Hessler	97	22) Chipendale	21
5) Lewis	80	23) Swanson	17
6) Dunaan	68	24) Ballenger	16
7) Belyea	64	25) Shipp	12
8) Kruse	56	26) Slivinsky	12
9) Stout	50	27) Fick	11
10) Baxter	47		
11) Rackers	38		
12) Funderburk	38		
13) Allen	38		
14) Zwonitzer	36		
15) Fritsch	32		
16) Swanson	29		
17) Curry	29		
18) Odneal	27		

SEDALIA HALF MARATHON
SEDALIA, MO
MARCH 25, 1984

1. Mike Heuton, 22	1:09:47	61. Shannon Ridge, 50	1:36:00
2. Jeff Mittelhauser, 27	1:10:51	62. Paul Cook, 54	1:36:25
3. Jon Herbert, 34	1:12:10	63. J.C. Goodin, 43	1:36:53
4. Steve Davis, 24	1:13:21	64. Herbert Mittelhauser, 54	1:36:57
5. Dave Crawford, 33	1:14:47	65. Jim Bliss, 43	1:37:25
6. Jack Defreitas, 24	1:15:24	66. Randy O'Neal, 34	1:37:27
7. John Carstens, 31	1:18:01	67. Don Nail, 51	1:37:36
8. Ken Beach, 31	1:18:25	68. Todd Bellem, 22	1:37:40
9. Ken Derby, 28	1:18:51	69. John Bender, 32	1:37:41
10. Stuart Johnson, 24	1:19:08	70. Lee Boley, 35	1:38:13
11. Russell Martin, 30	1:19:31	71. Andy Grubb, 16	1:38:21
12. Richard Stensrud, 29	1:19:37	72. Elaine Mercer, 26F	1:39:12
13. Lullel Hickman, 21	1:19:54	73. Angela Zook, 26F	1:39:38
14. Paul Bishop, 34	1:20:27	74. Roger Tygart, 45	1:39:55
15. Frank Hedges, 41	1:20:32	75. Shari Woiwood, 22F	1:41:28
16. Dru Dixon, 31	1:20:55	76. Gary Wood, 42	1:41:40
17. Keith Schepker, 20	1:21:08	77. Albert Nichols, 36	1:42:01
18. Henry Grubb, 29	1:21:31	78. Hal Krause, 45	1:42:21
19. Frank Bolbecker, 39	1:22:18	79. Sharon Falasco, 28F	1:43:31
20. Mike Bender, 43	1:22:25	80. Les Jones, 34	1:43:45
21. Terry Harms, 38	1:22:31	81. Larry Everly, 34	1:44:25
22. Henry Yeager, 48	1:23:08	82. Richard Johns, 35	1:44:44
23. Gaylerd Quigley, 24	1:23:27	83. Larry Dowdy, 36	1:45:10
24. Warren Wisner, 28	1:23:36	84. Penny Gallogly, 37F	1:45:12
25. Bill Lovewell, 33	1:23:39	85. Carol Turner, 39F	1:45:45
26. Robin Bullock, 29	1:24:20	86. Michael Henry, 41	1:45:52
27. Rob Parker, 34	1:25:13	87. Donald McDonald, 38	1:46:17
28. John Ostroot, 26	1:25:30	88. Steve Cain, 33	1:46:27
29. Mark Kempton, 32	1:26:03	89. Harry Gish, 28	1:46:47
30. Larry Lewis, 49	1:26:17	90. Patricia Osborn, 25F	1:46:57
31. Kevin Duchscherer, 22	1:26:35	91. Donald Stewart, 34	1:47:54
32. Leo Eilts, 33	1:27:08	92. Edward Spalty, 37	1:48:01
33. John Ball, 31	1:27:12	93. Patrick Sherwood, 42	1:48:25
34. Larry Dametz, 28	1:27:18	94. Rick Roe, 33	1:48:38
35. Severin Blenkush, 41	1:28:01	95. Ann Parker, 33F	1:48:50
36. Jack Robinson, 42	1:28:06	96. Robert Norton, 42	1:49:01
37. Michael Spitzer, 35	1:28:07	97. Suzy Clune, 33F	1:49:25
38. Ben Mengel, 37	1:28:10	98. Jerry Woodward, 32	1:51:02
39. George Grubb, 42	1:28:52	99. Ronald Simon, 23	1:51:16
40. Kristopher Kriner, 35	1:28:59	100. Grace Dorta, 28F	1:54:31
41. Milene Mittelhauser, 24F	1:29:14	101. Michael Basista, 28	1:54:32
42. Mark Lanier, 25	1:29:20	102. Cleo Casady, 70	1:55:18
43. Jim Gallogly, 38	1:29:22	103. William Gieselmann, 42	1:55:33
44. Martin Wesley, 25	1:29:29	104. Una King, 30F	1:56:08
45. Shannon Ennis, 18	1:29:32	105. Victor Watson, 24	1:56:15
46. Donald Scott, 31	1:29:39	106. Jewel Scott, 24F	1:56:33
47. Stephen Young, 37	1:29:41	107. Gareth Beale, 29	1:56:59
48. Lou Joline, 51	1:30:02	108. Ron Rommel, 36	2:00:34
49. Don Peter, 28	1:31:16	109. Daniel Gilbert, 24	2:03:48
50. Mike Rasmussen, 20	1:31:20	110. David Rahm, 30	2:04:31
51. Daniel Hall, 30	1:31:54	111. John Mueller, 41	2:05:32
52. Don Johnson, 55	1:32:02	112. Theresa Mueller, 33F	2:05:33
53. John Bachman, 36	1:32:27	113. Bob Bellard, 56	2:08:30
54. Dave Milligan, 22	1:32:53	114. James Parker, 37	2:09:45
55. Raul Flores, 28	1:33:33	115. Onnie Tucker, 50	2:13:18
56. Dale Lindsey, 41	1:33:36	116. Krista Buesing, 15F	2:27:38
57. Aaron Wood, 13	1:34:03	117. Jim Hoelzel, 25	2:30:46
58. Wheeler, 50	1:34:30		
59. Ron Wampler, 36	1:35:46		
60. Ruth Obadal, 35F	1:35:48		

Speaking of Sedalia here is a good place to tell how JEFF MITTELHAUSER finished 27th (there must have been an awful lot of good runners) in the Lincoln, Nebraska Statehood 10 mile run on Feb. 25 with a time of 51:56. MILENE was 10th female with 1:04:26 while LIZ BULMAN was 4th at 1:01:34.

ELAPSED TIME STANDINGS:

Male 50 + Over	Male 15 + under	Elapsed Time Standings Walkers
1) Johnson 102	1) Hessler 57	1) Spier 95
2) Hanson 54	2) Gibson 40	2) Taft 55
3) Ward 36	3) Bryant 25	3) Williams 41
4) Storvick 35	4) Belyea 22	4) Hindman 13
5) Mittelhauser 32	5) Tully 16	5) Ward 12
6) Patterson 26	6) O'Bannon 14	6) Derhardt 12
7) Madden 30	7) Jay Sowash 14	
8) Scheske 18	8) Jeff Sowash 12	
9) Humphreys 16	9) Rackers 11	
10) Dougherty 15	10) Funderburk 11	
11) O'Connor 12	11) Joseph Boyle 11	
12) Long 11		

Mexico Audrain County Library 5K Run April 1, 1984

abbreviated list of results

CTC member	place	name	time	place in age class
	1	Jack Defreitas	15:33	1st (20-24)
	2	Tom Holzhauer	16:23	
	3	Brian Sudheimer	16:44	
	4	Mark Johnson	17:19	1st (30-34)
*	7	Shep Funderburk	18:29	1st (40-44)
*	9	Ken Whistler	18:40	2nd (30-34)
*	13	Don Johnson	19:11	1st (55-59)
*	21	Terry Richardson	20:14	2nd (35-39)
*	?	Bernadette Gerke	?	1st (20-24) and 1st woman
*	32	Jim Bramblett	22:02	9th (30-34)
*	37	Ryan Bramblett	22:38	1st (under 9)
	43?	Mel Eaton	23:24	10th (30-34)
*	44?	Pat Dougherty	23:27	2nd (50-54)
	45	Virginia Gardner	23:33	1st (40-44) and 3rd woman
*	51	Don Patterson	24:02	1st (over 60)
	?	Teresa Mueller	?	2nd (30-34)
*	67	Marilyn Holsinger	28:16	1st (over 60)
*	70	Ashley Funderburk	29:07	1st (under 9)
*	86	Margaret Johnson	33:41	1st (50-54)

Add Bruce Maxey 1st 25-29, 17:39 and John Mueller, 4th, 40-44 25:36, Mike Green 2nd, 40-44, 18:36, Merle Langford 1st, 50-54, 22:29, Pat Dougherty, 2nd, 50-54, 23:37, Richard Duffner 5th, 35:39, 23:26, Wayne Hanson, 24:09

The weather at racetime (2:30) was beautiful--bright sunny with a 58 degree temperature and very light breeze. About 90 people ran the 5K, and there were about 60 or so running a one-mile fun run before the 5K. Fancy "gold", "silver" and "bronze" medals were awarded to the top 3 in each age category, so the CTC entrants brought back at least 8 golds and 3 silvers from Mexico.

THANKS! to Ken Whistler for providing this information.

REPORT from BOB DOLPHIN: Since moving to Iowa, Bob has not missed a day of running, much of it taking place indoors. Bob competed in a 5k race recently, run in conjunction with a 10 k, turning in a stellar performance, finishing 10th in a field of 52, winning the 1st place over 40 award and even beating the age 30+ winner, all with a time of 19:52. Gee, maybe we should all move to Iowa. No, let's not. Too cold.

MARK KENNARD represented CTC in a track meet in Kansas on April 14 posting a time of 4:02 for the 1500 meter run, a time he says he wasn't too excited about, but that isn't exactly pedestrian.

ELAPSED TIME STANDINGS:

Open Female

1) Ruble 132 *	15) Haskamp 39
2) Bulman 121	16) Fritsch 33
3) Hoxworth 110	17) Odneal 30
4) Boyle 86	18) white 28
5) Murphy 66	19) Slepser 27
6) Madsen 55	20) Dorta 25
7) Gerke 51	21) Morrison 20
8) Wulff, S. 50	22) Carpenter 19
9) Seymour 49	23) Hessler, Amy 18
10) Johnson 44	24) Strozier 17
11) Nicols 42	25) O'Connor 15
12) Bryant, 42	26) Londeree 14
13) Wulff, M. 41	27) Jones 13
14) Slivinsky, J. 41	

Female

15+ Under

1) Hessler, Angela 45
2) Ruble, Emily 11

35+ over

1) Boyle 70
2) Madsen 54
3) Seymour 48
4) Johnson 44
5) Holsinger 37
6) Fritsch 33
7) Odneal 30
8) Slepser 22
9) Strozier 17
10) O'Connor 15
11) Londeree 14
12) Jones 13

Maximum Oxygen Uptake (VO_2) Does It!

By Tom LaFontaine, Liz Bulman & Joe Marks

Your ability to work or run hard depends a great deal on the capacity of your cardiovascular-respiratory system to take up, transport and give off oxygen to active tissues and for those tissues to use oxygen. That's called your "maximal oxygen uptake" or VO_2 max which is a good measure of your fitness level. In endurance events such as running, a competitor with low VO_2 has little chance against one with high values if he/she cannot compensate with very good efficiency and/or stamina.

When you hear figures about maximal oxygen uptake, that's the largest volume of oxygen than can be used by working muscles in one minute during exhaustive exercise. In untrained persons, VO_2 max will be highest when running on an inclined treadmill. Trained persons hit their highest VO_2 max when performing the activity they're best trained for (runners when running, bicyclists while cycling, etc.).

Before we tell you how you can improve your maximal oxygen uptake--and, therefore, your exercise performance--here's a little background on what is involved. (By the way, much of what we say here is partially based on counsel with Ben Londeree who has contributed much to the exercise physiology knowledge base.)

Determining 'Max'

Physiologically, VO_2 max is determined by your heart rate (beats per minute) times stroke volume (milliliters of blood pumped per beat) times the arterial-venous oxygen difference. The latter is the difference between the amount of oxygen pumped from the heart in the arteries and the amount that comes back via the veins. Arterial-venous oxygen difference, then, is the amount of oxygen used during exercise (all but about 5 ml/100 mls of blood is used during an exhaustive workout).

Let's say a young untrained male becomes fatigued during a treadmill test at a heart rate of 200, stroke volume of 0.12 liters and arterial-venous difference of 0.15 liters of oxygen per liter of blood. His VO_2 max, then, is $200 \times 0.12 \times 0.15 = 3.6$ liters oxygen. Since measuring your stroke volume and arterial-venous difference requires collecting blood samples, this is not a very practical way to measure VO_2 max. That's why many physiologists use calorimetry, a procedure in which the subjects' exhaled air is collected and the amount of consumed oxygen is calculated. To compare individuals of different body weights, the absolute amount of oxygen used is multiplied by 1,000 then divided by the individual's body weight in kilograms. That value (milliliters of oxygen per kilogram of bodyweight) expresses the relative distribution of the total volume of oxygen used.

Training Effect

VO_2 max peaks when you're 20-25 years of age, then it declines about 0.9% per year if you don't train. In a normal, non-diseased and untrained male, that max is about 50 ml oxygen/kg. of bodyweight at age 20 and 25 ml at age 70. But if this same individual had trained, his VO_2 max would have been 30% greater or about 65 ml at age 20. And his training would have slowed the decline with age to 0.04% a year. So, at age 70, his VO_2 max might be about 50 ml--the same as the untrained 20-year-old!

For females, VO_2 max is about 15 to 20% less than it is for males. That's because of less muscle mass, smaller heart volume and lower hemoglobin values than males.

The highest recorded VO_2 max is among cross country skiers with one individual's running 92 mls/kg/min. The highest recorded among distance runners was the 84 of Steve Prefontaine. A study of elite runners showed marathoners averaged 74 while middle distance runners (5 kilometers or less) averaged 78. Elite female runners ranged from the high 60s to low 70s. And young sedentary males recorded 45-50.

VO_2 max is highly related to successful running performance. For example, Jim Ryun had a VO_2 max of 65 when deconditioned and 82 when in top shape. Ryan's 65 when "out of shape" is 30% higher than the average for young males, and his 82 ml represents a 27 percent increase due to training. So, we can conclude that VO_2 max is somewhat heritable, but it can be improved significantly with training. And while VO_2 is highly related to successful performance, it's not as important among the elite runners as other physiological factors such as anaerobic threshold and running efficiency (and probably some psychological factors, such as "guts").

VO₂ Does It! continuedImproving Your 'Max'

Now let's get to the knitty gritty: namely, how you can get the most out of your genetically limited capacity to use oxygen. First, you should remember that VO₂ max is dependent upon the heart rate X stroke volume X the arterial-venous difference. Since heart rate max is usually unchanged or decreased after prolonged training (in men less than age 40), any increase in the VO₂ max comes from increasing the stroke volume and the arterial-venous oxygen difference. Notice how the VO₂ max is increased in this 30-year-old:

	<u>Pre-training</u>	<u>Post-training</u>
Heart Rate (beats/min.)	190	185
Stroke Volume (liters/beat)	0.120	0.150
Arterial-venous O ₂ difference	0.15	0.16
VO ₂ max (liters of oxygen uptake per minute)	3.42	4.44

This table shows that increasing VO₂ is a result of increasing the stroke volume and the capacity of the exercising muscles to use oxygen. So next we're going to show you how to increase your heart stroke volume and tissue use of oxygen most effectively.

First, to increase the aerobic capacity of your muscles to use oxygen, you need a large volume of training. That means 90 to 120 minutes (10 to 15 miles) daily. Studies show the capacity of muscles to use oxygen will continue to increase up to this point, but there is some loss of training benefit beyond this point. (You've heard of possibly over-training.) Of course, you should progress slowly and take such factors as your age and previous training history into account.

Now, the good news is that most of this training (4-5 days a week) should be done at a moderate, comfortable pace (you should be able to talk aloud while running). The bad news is that some of your training (5-10%) will have to be hard (95% of your maximal heart rate) in order to increase your VO₂ max. You can estimate your maximum heart rate by subtracting your age from 220. Or, if you are trained and accustomed to maximal efforts, you can run an all-out 880 and take your pulse for 10 seconds immediately after you stop running (on the wrist at the base of the thumb; at the carotid artery in the neck or just over the left breast). Then figure 95% of that value. That should be the target rate for your training.

The Training

Your hard training should be 85-90 percent of your all-out effort (that will give you 95% of your maximum heart rate). For example, if your best 880 time is 3:00, your training speed should be 3:20 to 3:30. If your best mile is 6:30, your training speed should be between 7:00 to 7:20.

Assuming you already have a fair running base, you should start your training by doing 3-4 repeat 880s and 2-3 repeat miles with a 3-minute jog between each run. Put enough time between these workouts (e.g., do them on Monday and Thursday or Tuesday and Friday) to allow for recovery. Continue the program until you can do 6-8 repeat 880s and 3-5 repeat miles. Then begin to increase your speed by 2-4 seconds in the 880s and 5-6 seconds in the miles. That should bring you to peak VO₂ max in 6-10 weeks.

Warning: Monitor your body carefully, warm up properly and don't be excessively rigid and compulsive about your workouts. To see if you are becoming over-fatigued and stressed, check your resting heart rate (count for a full minute immediately after you awake in the morning). If you see an excessive increase in that rate (say, your usual resting pulse rate was 50 and jumps up to 60 the next morning), that's a good sign you should be backing off in your training.

Unfortunately, getting your VO₂ max checked isn't easy. But you'll know yours has improved when you start seeing those running times come down!

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SCHEDULE OF EVENTS:

MAY 12 Saturday 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track
RACE DIRECTOR: Gene Kelly

25 Friday 6:00 PM Sprint Triathlon 1500 meter run, 800, 400
10,000 meter walk at 7:30 PM Hickman Track RD: Dick Madsen

26 Saturday All day Boone County Junior Olympics T & F Meet
Race Director: Joe Schroeder Rock Bridge track

JUNE 2 Saturday All day Eastern Area Junior Olympics T & F Meet
Rock Bridge HS track Race Director: Joe Schroeder

9 Saturday 7:00 AM 10,000 meter run Hickman Track
RACE DIRECTOR: Kent Lang or Ron Wampler

9 Sunday " 9:00 AM State 15,000 meter walk Hickman Track

On April 28 we have the Missouri Cup Competition, a 50 mile walk on Hickman Track starting at 6:00 AM. Mike Koonse is Race Director, however he can only be there part of the time. HE WILL NEED HELP! Therefore, if you can help out then please call Mike at 445-8854 or 449-0084.

Then, of course, Joe Duncan will need help with the HUMAN RACE on Sunday, the 29th, so call him at 445-2684 or 874-4328.

Some selected out of town events (be sure to call the Patterson Clearing Service if you can give someone a ride or if you want a ride):

May 5 Saturday 10:00 AM Bud Light Olympic Torch Run Busch Stadium
The same format as Busch's Handicap Race Tickets to Cardinals v. San Francisco afterwards. 10,000 meters CONTACT: Bud Light Olympic Torch Run P.O. Box 2986 St. Louis, 63130

May 6 Sunday 7:00 AM Kansas City Marathon & Half Marathon Volker Park
CONTACT: KC Track Club 4108 Pennsylvania Kansas City 64111

May 13 Sunday 9:00 AM Magic City 10,000 Meter Run Moberly Rothwell Park
CONTACT: Moberly Jaycees Box 614 Moberly, Mo. 65270 (816) 263-8400

May 19 Saturday 8:00 AM Santa Fe Trail 10,000 Meter Run Boonville
CONTACT: Boonville Jaycees P.O. Box 225 Boonville, Mo. 65233

May 20 Sunday 7:30 AM a 5,000 Meter Run Tan-Tar-A Estates CONTACT: Ozarks General Hospital P.O. Box 187CB Osage Beach, Mo. 65065

June 3 Sunday 7:00 AM Hospital Hill Run a Half-Marathon and a 7.5 Mile Run Kansas City, Mo. CONTACT: Hospital Hill Run Crown Center Special Events 2440 Pershing Rd. (Suite 500) Kansas City, Mo. 64108.

Any women interested in the 1984 Avon International Marathon, Paris, France should get in touch with Donna Haley. She is planning to go, and mentions the possibility of sharing expenses. Phone Donna at 882-3916 or 449-0384.

BOB O'CONNELL, TOM LAFONTAINE AND LIZ BULMAN (and maybe some other CTC people) ran in the Boston Marathon which featured a steady rain and temperatures in the 40's. LIZ got a marathon PB with 2:53+, while Bob checked in at 2:43+ and Tom at 2:45+.

Belle, Mo. 5 mile run, April 15:

1. Mark Hosler	29:43
2. Scott Connors	30:32
3. Richard Huse	30:38
4. Ken Whistler	31:00
5. David Plummer	34:49
9. Virginia Gardner	41:17
10. Don Patterson	41:46

There was a small turnout for the race, with just 12 finishers--but among them 6 (?) CTC members. About 20 others ran the 2 mile fun run at the same time. The weather cooperated--with a break and some clearing in an otherwise drizzly day. 50° at race time.

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

April 20, 1969 Missouri Valley One Hour Walk 1. Bob Young (father of Larry) 6 3/4 miles, 73 yds, 2. John Rose 6 1/2 miles, 343 yds, 3. Fred Young (uncle of Larry) 6 1/2 m, 316 yds, 4. Joe Duncan 6 1/4 m, 29 yds, . . . 6. Bob Chapin 6 m, 187 yds, 7. Darrell Palmer 6 m, 17 yds and 13 others
Sal Citarella ran 8 1/4 miles, 45 yds while Ron Edwards went 8 1/4 m, 26 yds.

This was CTC's first "big" walking event--the beginning of an era in which Columbia became one of the nation's foremost racewalking centers.

April 27, 1969 A 2 mile, 4 mile, 1 mile triathlon 3. Ron Edwards 45:44 (12:38, 27:06, 6:00), 2. Sal Citarella 44:34 (12:30, 26:34, 5:30), 1. Jeff Rapp 40:48 (11:30, 23:47, 5:31)
5. Al Shimkunas 51:18, 4. Joel Dickinson 49:26
6. Dave Schulte 59:52 Joe Duncan walked in 66:32 (18:35, 38:50, 9:07) A steady rain and a flooded Hickman Track.

5 Years ago:

April 7, 1979 MVA AU ONE HOUR WALK 1. Dave McCalley 7 miles, 687 yds, 2. Jerry Young (no relation to Larry) 7-209, 3. Randy Mimm 6-1350, 4. Leonard Busen 6-155, 5. Jim Wass 5-1665, 6. Rob Spier 5-1180, 8. Albert Van Dyke 5-674, . . . 10. Wm Taft 5-94, 11. Henry Bent 4-1498

April 7, 1979 6 mile run Research Park 1. Jerry Yunker 30:24, 2. Denton Childs 31:14, 3. Bruce Maxey 33:48, 4. Dick Hessler 33:57, 5. Don Lewis 34:13, . . . 10. Joe Marks 36:19, . . . 14. Turk Storvick 38:19 and 16 others

April 21, 1979 Missouri Cup 20 Kilometer Walk 1. Randy Mimm 1:50:06, 2. Jim Breitenbucher 2:00:44, 3. Leonard Busen 2:06:36 . . . 5. Wm Taft 2:31:13 6. Henry Bent 2:44:45

April 21, 1979 3, 2, 1 Mile Triathlon 1. Tom LaFontaine 33:32 (16:24, 11:52, 5:16) 2. Ben Londeree 33:59 (17:27, 11:18, 5:14) 3. Jon Palks & Jim Schutt 34:29, . . . 8. Whitney Hicks 38:15 (19:10, 13:11, 5:54), 9. Joe Duncan 39:04 (19:26, 13:12, 6:26) and 4 others.

ELAPSED TIME STANDINGS:

Open Male

1) Londeree 286 *	34) Kruse 90	66) Zwonitzer 43
2) Hosler 275	35) Stolzer 90	67) Schuppan 43
3) Lafontaine 258	36) Odneal 89	68) Mittelhauser 42
4) Madsen 247	37) Funderburk 82	69) Pastoret 37
5) Stebbins 222	38) Harris 81	70) Ward 37
6) Fisher 217	39) Mountjoy 81	71) Hose 35
7) Hessler 204 *	40) Whistler 81	72) Madden, J.
8) O'Connell 198	41) Allen 80	72) Plummer 31
9) Johnson 191	42) Moore 73	73) Ballenger 30
10) Harness 183	43) Baxter 72	74) Williams 28
11) Coon 177	44) Heisler 71	75) Patterson 28
12) Walther 171	45) Hanson, R. 68	76) Grant 27
13) Lewis 170	46) Jones 64	77) Baurichter 27
14) Hicks 163	47) Huse 61	78) Bramblett 26
15) Dixon 162	48) Clithero 60	79) Scheske 26
16) Lang 162	49) Butler 60	80) Dopp 26
17) Oringderff 160	50) Frithsch 59	81) Marks 25*
18) McGrath 157	51) Rackers Tom 57	82) Hanson, W. 24
19) McQuinn 154	52) Mittlehauser, H. 55	83) Kelly 24
20) Belyea 148	53) Young 55	84) Ovshak 22
21) Rackers, T. 142	54) Lanier 55	85) Humphreys 21
22) Tauchen 123	55) Crouch 54	86) Freelin 20
23) Duncan 110	56) Richardson 54	87) Lee 18
24) Volek 109	57) Goldfarb 52	88) Gibson 18
25) Rooney 109	58) Nicols 51	89) Swanson, M. 17
26) Shoemaker 107	59) Chippendale 51	90) Dougherty 17
27) Goodrich 106	60) Curry 50	91) Dunn 16
28) Stout 103	61) Swanson, H. 49	92) Gibbons 16
29) Miller 98	62) Storvick 48	93) Shipp 15
30) Wampler 97	63) Parker 48	94) O'Connor 13
31) Brandenburg 94	64) Rother 46	95) Wilke 13
32) King 93	65) Sleper, D. 44	96) Slivinsky 13
33) Kurth 91 *	Madden 47	97) Long 12
		98) Fick 11
		99) Gerhardt 11

Saturday,
May 26, 1984

AAU/USA JUNIOR OLYMPICS
BOONE COUNTY TRACK AND FIELD MEET
at Rock Bridge High School Stadium, Rt. K
(3 mi. south of MU Stadium)

~~Monday, May 28, 1984~~, starting at 9:30 a.m.

Bantam, Midget & Junior Divisions

Boys and Girls



Meet is sponsored by Columbia Parks and Recreation Dept., Columbia Track Club, and Sears, Roebuck & Co. Participation ribbons will be awarded to all participants. Pre-registration is encouraged as shown at the bottom of this form. Registration fee \$1.00. LATE day of meet registration fee \$2.00 Late registration will be 8 a.m. for those who have not pre-registered.

<u>DIVISION</u>	<u>YEAR OF BIRTH</u>	<u>AGE ON 1984 BIRTHDAY</u>
Bantam	1974 or later	10 and under
Midget	1972 or 1973	11 and 12
Junior	1970 or 1971	13 and 14

The age is based on the year of birth. Whatever age a competitor is on his birthday during the current calendar year shall be considered for the entire 1984 season. (If a competitor is eleven years old on his birthday in 1984, he will compete all year as an eleven year old.)

Bantam and Midget division may compete in a maximum of three events. Junior division may compete in a maximum of four events. This includes dashes, field events and relays. Relay members must be in the same division and wear identical uniforms. List four relay members on back of form.

The track is red dog (1/2" spikes). Jumping pits have asphalt runways and approaches (1/4" spikes). Spikes are NOT required. Blocks may be used in Junior Division only. The top four places in each event shall qualify for the Eastern Area meet to be held in Columbia on June 2 at the Rock Bridge High School Stadium. The western Missouri Championship meet will be June 9-10 at Central Missouri State University in Warrensburg, Missouri.

Please COMPLETE, TEAR OFF, AND RETURN THIS FORM TO: Mr. Norris Kruse
2511 Lily Court
Columbia, Missouri 65201

with \$1.00 registration fee by no later than
May 20, 1984

NAME (print) _____ Boy ___ Girl ___ Phone _____

Address _____ School _____

Age on 1984 birthday _____ Birthdate Mo. ___ Day ___ Yr. ___

Circle events in your age group (Bantam, Midget, or Junior) you wish to enter. Be sure to circle either Boys or Girls. List relay team (runners and alternates on back of form) from same division. "I certify that the birthdate is correct. I assume all responsibility for the health and welfare of my child while participating."

Parent or Guardian

<u>Bantam Div. 1974 or later</u>	<u>Midget Div. Born 1972 or 1973</u>	<u>Junior Div. Born 1970 or 1971</u>
BOYS and GIRLS (maximum 3 events)	BOYS AND GIRLS (maximum 3 events)	BOYS and GIRLS (maximum 4 events)
100 m. dash	100 m. dash	100 m. dash
200 m. dash	200 m. dash	200 m. dash
400 m. dash	400 m. dash	400 m. dash
800 m. run	800 m. run	800 m. run
1500 m. run	1500 m. run	1500 m. run
1500 m. walk	3000 m. run	3000 m. run
High Jump	1500 m. walk	1500 m. walk
Long Jump	High Jump	3000 m. walk
Shot Put 6#	Long Jump	High Jump
400 m. relay	Shot Put 6#	Long Jump
1600 m. relay	Discus 1 kg.	Triple Jump
	50 m. hurd. (4-30")	Boys Pole Vault
	400 m. relay	Girls Shot Put 6#
	1600 m relay	Boys Shot Put 8#
		Discus 1 kg.
		400 m. relay
		1600 m. relay
		3200 m. relay
		Boys 100 m. hurd. (10-33")
		Girls 80 m. hurdles (8 - 30")

For your reference, list the events you circled here and the Division you are in.

Division _____

Events _____

Other information _____

Relay teams must have at least four (4) members and may have up to four (4) alternates.

Relay Event: _____

1. _____

2. _____

3. _____

4. _____

Alt. _____

Alt. _____

Alt. _____

Alt. _____

Relay Event: _____

1. _____

2. _____

3. _____

4. _____

Alt. _____

Alt. _____

Alt. _____

Alt. _____

CHECK EVENTS ENTERED
(maximum 4 events)

EVENTS	BOY	GIRL
100 m. dash	_____	_____
200 m. dash	_____	_____
400 m. dash	_____	_____
800 m. run	_____	_____
1500 m. run	_____	_____
3000 m. run	_____	_____
110 m. high hurd.	_____	xxx
100 m. 33" hurd.	xxx	_____
400 m. low hurd.	xxx	_____
400 m. int. hurd.	_____	xxx
1500 m. walk	_____	_____
3000 m. walk	_____	_____
High Jump	_____	_____
Pole Vault	_____	xxx
Long Jump	_____	_____
Triple Jump	_____	_____
Shot Put	12# _____	4 kg. _____
Discus	1.6 kg _____	1 kg. _____
400 m. relay	_____	_____
1600 m. relay	_____	_____
3200 m. relay	_____	_____
List relay team members and alternates on back of form.		
Registration fee \$2.00		
Late (day of meet) registration \$3.00		
Checks to Columbia Track Club		

AAU/USA JUNIOR OLYMPICS
Missouri Valley Assn.-Western Missouri
Eastern Area Track and Field Meet
Saturday, June 2, 1984
Rock Bridge High School Stadium
Rt. K. (3 mi. south of MU Stadium)
Columbia, Missouri
Sponsored by Columbia Track Club & Columbia
Parks and Recreation. National Sponsor is Sears



Name (print) _____
School _____
Birthdate: Mo. _____ Day _____ Yr. _____
Age on birthday in 1984 _____
Address _____
City _____ Phone _____
Intermediate Division Senior Division
Born 1968 or 1969 Born 1966 or 1967
(Circle one of the above)

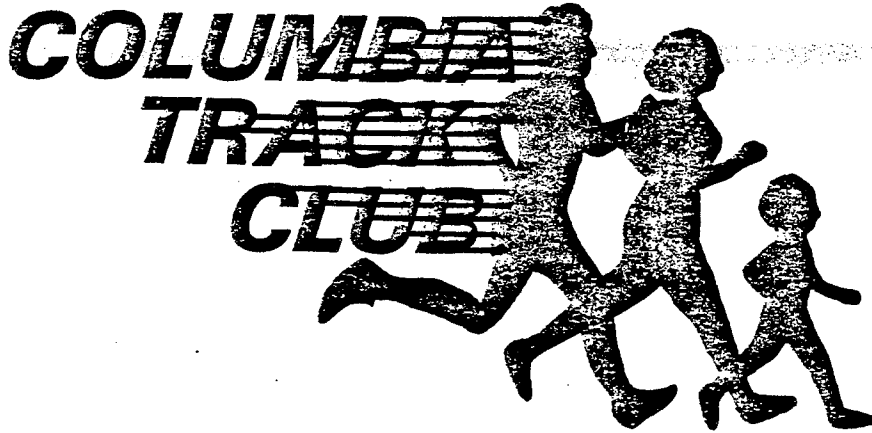
Entries due by May 30. Send to:
Joe Schroeder, 1232 Ridge Road, Columbia, MO 65201
Tentative Int. & Sr. Time Schedule
9:30 a.m. Field Events
11:30 a.m. Pole Vault
1:40 p.m. Track Events

Relay teams must have at least four (4) members and may have up to four (4) alternates. All team members must be in the same division.

Relay Event: _____
Team members and alternates
1. _____
2. _____
3. _____
4. _____
Alt. _____
Alt. _____
Alt. _____
Alt. _____

Relay Event: _____
Team members and alternates
1. _____
2. _____
3. _____
4. _____
Alt. _____
Alt. _____
Alt. _____
Alt. _____

All relay team member should wear identical team jerseys. This is required at the state level.



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.

PATTERSON CLEARING SERVICE: Call Don Patterson (office: 442-6187, home: 445-7268) if you are going to an out-of-town event and need a ride or are willing to take someone.

Then be sure to pass on to Joe Duncan the results of your out-of-events.

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

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