

TRACK CLUB

NEWSLETTER Vol. XVI, No. 7 July 25, 1984

BEN LONDEREE BEATS 50-59 RECORD FOR 5,000 METERS BY OVER 90 SECONDS, STEVE STONECIPHER-FISHER & DEBBIE HOXWORTH ARE WINNERS 5,000 METER RUN July 21, 1984

1600 Meter Splits:		1600	3200	4800	5,000
1. Steve Stonecipher-Fisher	27	4:47	9:46	14:49	15:23
2. Kent Lang	21	5:09	10:34	16:05	16:46
3. Tom LaFontaine	37	5:24	10:55	16:20	17:00
4. Ben Londeree	50	5:39	11:13	16:38	17:20.5
5. Dick Hessler	42	5:26	11:10	16:54	17:35
6. Dan Kelly		5:38	11:37	17:28	18:11
7. Chuck Butler	21	5:28	11:32	17:34	18:15.5
8. Peter Hessler	15	5:37	11:35	17:35	18:15.7
9. Dave Parker	37	5:39	11:42	17:42	18:19
10. Tim Gibson	13	5:39	11:43	17:42	18:21
11. Steve Baurichter	33	5:38	11:37	17:45	18:27
12. Dick Madsen	42	5:41	11:43	17:52	18:34
13. Joe Kurth	37	5:57	12:07	18:02	18:43
14. Marvin Odneal	41	5:52	11:57	18:11	18:57
15. Tom Allen	42	5:55	12:05	18:25	19:11
16. Mike Walther	26	5:49	12:05	18:26	19:13
17. Doug Tully	14	5:48	12:09	18:48	19:30
18. Debbie Hoxworth	26	6:07	12:20	18:44	19:32
19. Richard Harness	33	5:32	11:38	18:50	19:36
20. Don Johnson	55	6:11	12:36	19:10	19:57
21. Tim Rooney	33	6:29	12:55	19:15	19:59
22. Bernadette Gerke	25	6:25	12:56	19:20	20:07
23. Ron Tauchen		5:59	12:35	19:30	20:17
24. Tom King		6:06	12:37	19:50	20:38
25. Gary Grant	31	6:18	13:12	20:14	20:53
26. Norris Kruse	48	6:50	13:24	20:09	20:52
27. Joe Duncan	50	6:39	13:23	20:14	20:54
28. Ron Wampler	37	6:25	13:25	20:44	21:24
29. Dennis Jones	36	6:41	13:41	20:56	21:42
30. Harry Pendergraft		6:51	13:57	21:05	22:02
31. Jim Sowash	45	6:40	13:45	21:14	22:05
32. Roger Hanson	52	6:44	13:49	21:15	22:09
33. Cheryl Mitchell		6:27	13:06		22:20
34. Gene Kelly		7:31	15:19		23:47
35. Billie Sue Raboin		7:05	15:05		24:19

Low 70's, sunny, no wind.

Ben Londeree two weeks ago set a mile run record for the age 50-59 group by going out at a fairly modest pace and then increasing his speed each mile. He did much the same here, running with a pack for a 5:40 mile then leaving that pack far in arrears by running a 5:35 mile and then a 5:25 finally finishing at 17:20.5 to lower Don Johnson's standard of 18:52 which had been set on September 15, 1979. This onslaught on the age 50 records is just the beginning--Whitney Hicks will join Ben a year from now and then comes Don Lewis some 6 months after that. "Animal" Johnson now looks forward to age 60.

THANKS! to Kent Lang who gets the 25 Race Director points and to Ron & Brian Wampler and the others who helped out.

DON WILLIAMS SHOWS CONSIDERABLE IMPROVEMENT IN WINNING 10,000 METER WALK July 7, 1984

1600 meter splits:	1600	3200	4800	6400	8000	9600	10,000
1. Don Williams	9:13	18:23	27:40	36:57	46:17	55:31	57:38
2. Rob Spier	10:44	21:29	32:16	43:22	54:28	1:05:27	1:08:08
3. John Wilke	12:00	24:02	35:38	47:01	58:18	1:09:27	1:12:05
4. Bob Gerhardt	12:01	24:02	35:38	47:03	58:21	1:09:42	1:12:24
5. William Taft	12:51	25:40	38:23	50:57	1:03:03	1:15:20	1:18:25

Williams is new at the walking game, but with marked improvement in style and technique, he has gained quite a bit of speed over his early efforts. Wilke and Gerhardt make their debuts at racewalking going out conservatively then finding that they can go faster.

1 MILE RUN
HICKMAN TRACK
JULY 7, 1984

						age group place
Dennis Stewart	35	1:06	2:15	3:34	4:37.4	1st
Kent Lang	21	1:12	2:20	3:30	4:44	1st
Tom Moore	26	1:10	2:23	3:38	4:53	1st
John Howland	35	1:06	2:18	3:34	4:53:12	2nd
Tom Coon	29	1:11	2:24	3:41	4:57	2nd
Dave Parker	37	1:13	2:31	3:52	5:06	3rd
Ben Londeree	50	1:20	2:40	3:56	5:08:6	1st
Joe Kurth	37	1:14	2:37	3:58	5:12	
Rich Harness	33	1:13	2:33	3:55	5:12	1st
Steve Baurichter	33	1:14	2:38	4:02	5:20	2nd
Mike Walther	26	1:12	2:39	4:05	5:25	3rd
Dave Gibbons	34	1:21	2:45	4:10	5:26	3rd
Keven O'Bannon	16	1:13	2:31	3:59	5:26	1st
Liz Bulman	25	1:19	2:45	4:06	5:29	1st
Richard Madsen	42	1:17	2:42	4:08	5:30:2	1st
Tim Rooney	33	1:21	2:46	4:16	5:36	
Don Johnson	55	1:21	2:47	4:15	5:38	2nd
Dean Baxter	48	1:21	2:51	4:12	5:38	1st
Doug Tully	14	1:15	2:42	4:20	5:43	1st
Don Williams	35	1:24	2:52	4:21	5:45	
Debbie Hoxworth	26	1:25	2:52	4:19	5:46:3	2nd
Tom Allen	42	1:24	2:53	4:22	5:47	2nd
Chris Ruble	30	1:26	3:00	4:30	5:57	1st
Betty Bohon	33	1:26	3:00	4:30	5:58	2nd
Peter Madsen	14	1:28	3:02	4:35	6:03	2nd
Norris Kruse	48	1:29	3:00	4:33	6:03	2nd
Dennis Jones	36	1:25	3:02	4:37	6:03	
Joe Marks	46	1:28	3:03	4:40	6:10	3rd
Jim Sowash	45	1:30	3:06	4:43	6:15	
Mike Bryant	14	1:29	3:04	4:43	6:15	3rd
Roger Hanson	52	1:29	3:08	4:50	6:28	3rd
John Wilke	37	1:34	3:18	5:06	6:45	
Carole Madsen	41	1:37	3:25	5:15	7:02	1st
Steve Saldana	9	1:55	3:52	5:52	7:33	1st
Bob Gerhardt	65	1:37	3:30	5:30	7:30:7	1st
Shelley Jones	11	1:58	3:55	5:56	7:40	1st
Stephanie Saldana	7	2:10	4:26	6:42	8:22	1st
S. Mullen	44	2:00	4:12	6:26	8:29	2nd
Mary Jones	36	2:07	4:25	6:44	8:36	1st
Sherrill Lahr	40	2:06	4:25	6:44	8:52	3rd
Rumzie Fayad	5	2:00	4:23	6:58	9:34	1st

Low 70's, sunny, a stiff wind down the backstretch. And here comes Ben Londeree--his debut as a 50 year old was promptly marked by a CTC 50-59 record for the mile run lowering the 5:19 Don Johnson had on July 7, 1979. Having come off some injuries and with minimal speed work Ben tested himself rather gently, with 80 second 1st and 2nd 400's; so that he was able to treat himself to a 76 3rd 400 and a 72.6 final lap, and a soft (for him) mark to shoot at next year. Dennis Stewart, back after a long absence barely got under Tom LaFontaine's 4:38 mark for age 30-39, Tom's mark having been set two years ago. Bob Gerhardt's 7:30.7 sets a mark for 60 & over and came after Bob had done the 10,000 meter walk. THANKS! to Stadium Dairy Queen for providing the gift coupons and to DENNIS JONES for being Race Director.

Those CTC members with Columbia addresses should check the Zip Code which shows on your address label. We have made numerous changes from 65201 to 65203 but we are certain we do not have all of them. Also we may not have all the 65202's and there may be some 65205's we don't have. Please tell either Tim Butler (Vice-President of Computer Operations) or Joe Duncan if your Zip Code as shown is not correct.

On the following two pages are three articles which Joe Marks has submitted for publication in the Columbia Missourian. There will be more in later Newsletters. Joe thought we should publish them herein since most of our CTC members don't get the Missourian (or don't read, or can't read--remember those articles about how running affects intelligence?). Anyway, here they are. . . .

Tough, Old Marathon...Right Here!

It's 14 weeks and counting to the Midwest's oldest and toughest running race, the Heart of America Marathon, that runs from Columbia to Easley and back.

"This will be the 25th annual Heart, and we're going all out to get participation," said race director Joe Marks.

"That includes silver medallions to all finishers, specially designed long-sleeve T-shirts to all entrants, certificates, a pre-race fete featuring famous distance runners, and a smashing post-race award ceremony in the Mizzou football stadium.

"Besides we're going to have an 8 kilometer run (five miles) in conjunction with the 26.2-mile marathon. We're letting people know now so they have time to train for either event."

The 8 kilometer town and campus run is designed to be flat and fast.

The Marathon will be the usual: scenic and challenging to say the least.

"By comparison, the marathons in Boston, New York or even the Olympics are for wimps," Marks said.

The Heart of America has six major hills of a half mile long or more, including Easley Hill which rises 230 feet in three-fourths of a mile.

Columbia Track Club president Joe Duncan said several past participants in the marathon plan to return for the special anniversary celebration including such famous runners as Hal Higdon, Ron Daws, Alex Ratelle.

The course record for men is 2:29:15 set by Dennis Hinkamp in 1977; for women, 3:00:07 by Liz Bulman in 1983. Hinkamp, a former University of Missouri runner, will return from Utah for the event, but knee surgery in April may limit him to the 8K. Bulman, who is working on a graduate degree in exercise physiology at UM, is already training for the Oct. 14 event.

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So You Want to Run a Marathon?

If you're thinking about running a marathon, there are two things you can do:

- (1) Lie down until the thought passes, or
- (2) Make a plan for covering the 26.2 miles.

Assuming you've opted for No. 2, here are some rules of thumb that will get you through Columbia's 25th annual Heart of America Marathon, Oct. 14.

--Don't start from zero. "Three months is not enough time to train for a marathon, unless you have a bit of a running background," said Ben Londeree, University of Missouri exercise physiologist and veteran runner. "I'd say you should already be running at least 20 miles a week."

--Set a reasonable goal. "If you're a novice, just aim to finish," Londeree said.

--Build slowly. Don't increase mileage or intensity more than 10 percent a week.

"Try to build your weekly quantity so you're putting in a minimum of 55-60 miles a week for six to eight weeks prior to the marathon," Londereee said.

--Alternate long, short and hard, easy days. A typical week should have two fast runs, two long ones and three easy days. Example:

Sunday--long, easy run; Tuesday--short, easy run; Wednesday--short, race-pace run; Thursday--long, easy run; Friday, rest or alternative sport; and Saturday--race-pace short run. include your longest run on Saturday or Sunday, then a short run, a short but fast run, a medium long but easy run,

--Be flexible--in body and mind. Stretch before and after runs. Warm up and cool down slowly. And be willing to alter your training plans if your body is telling you to do so.

"More people err by overtraining than undertraining," Londeree said.

"If you're uncertain whether you'll make the distance when Marathon Day rolls around, just check your training the previous month. You'll probably do just fine if you're daily average is up to nine miles and you're longest weekly run is 13 miles or more."

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Columbia Man Plans His Marathon

When Columbia's Gary Zwonitzer decided to run this year's Heart of America Marathon, he immediately put his training plan down on paper.

And then, showing wisdom beyond that normally accorded those who would pit themselves against the H of A's grueling 26.2 miles, Gary consulted University of Missouri exercise physiologist Ben Londeree.

Said Zwonitzer: "I want to run this marathon in 3 hours, 45 minutes or less (8:35 per mile pace) and to get through this one in better shape than I did my only other try (1978) when it took me almost 4½ hours, 10:15 pace."

Londeree said Zwonitzer's initial training plan was good, "but it needed some smoothing out. He was increasing his mileage too much some weeks and not enough in some others."

Zwonitzer, 46, who started his marathon training from a relatively low base, is typical of many who plan to run H of A on October 14.

"If you're planning to run the marathon, you can basically follow Gary's plan, adjusting your schedule according to your starting point compared to Gary's," Londeree said.

Gary's Marathon Training Plan:

(Note that Gary started from a running base of about 25 miles a week.)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Wk. Total
7/9	4 mi.	7 mi.	4 mi.	7 mi.	4 mi.	12 mi.	Rest	38
7/16	5	7	5	7	5	14	"	43
7/23	5	8	5	8	5	16	"	47
7/30	5	9	5	9	5	18	"	51
8/6	5	10	5	10	5	19	"	54
8/13	5	11	5	11	5	20	"	57
8/20	6	12	6	11	6	20	"	61
8/27	6	13	6	11	6	20	"	62
9/3	6	14	6	11	6	20	"	63
9/10	7	14	7	11	7	20	"	66
9/17	7	14	7	11	7	22	"	68
9/24	7	16	7	11	7	20	"	68
10/1	7	16	7	11	7	20	"	68
10/8	5	10	5	10	rest	rest	Marathon	

Finally, Londeree told Zwonitzer to stretch before and after his runs, then added this note to the bottom of Gary's plan:

"On one or two days a week, but not two days in a row, I'd suggest running faster than race pace. And don't be afraid to back off if you feel too tired. Listen to your body."

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

July 12, 1969: MVAAU 15 Kilometer Run, Hickman Track, 6:00 PM, 85 degrees, hot sun beating down; 1. Carl Owczarzak 54:16, 2. Ted Senadenos 1:02:03 Modest times, but exceptional considering the conditions. There were 10 other starters, but only 6 other finishers, all of whom did a lot of walking. Their times and names are best forgotten.

5 Years ago:

July 7, 1979: Meet of Miles--Some selected performances: Wesley Paul an American Age 10 Record at 5:17.7; Peter Hessler, 10, a PB 6:18.5; 14-15-Jay Blossom 5:13, Matt Gibson 5:30, David Hicks 5:34; 8-9- Kevin Schroeder 6:24.5, Tim Gibson 6:42.9; 16-19-Kevin Stock 4:38.4; 20-29-Mike Koonse 5:22; 30-39-Tom LaFontaine 4:43.9, Doug Bellows 4:57.2, Dick Hessler 5:05, Ron Belyea 5:23, Ron Wampler 5:32; 40-49-Ben Londeree 4:44, Don Lewis 4:45, Olen Brown 5:07, Joe Marks 5:09, Joe Schroeder 7:37; 50-59- Don Johnson 5:19, Turk Storvick 5:38 Female: Amy Hessler, 12, 6:25

This was followed by a 10,000 meter walk: 1. Randy Mimm 50:50, 2. Neal Picken 52:50, 3. Rob Spier 1:05:14. . .7. Wm Taft 1:14:26, 8. Henry Bent 1:17:13

July 21, 1979: MVAAU 15 Kilometer Run--this time we were on the road and instead of 12 starters, we had 114 and we ran in the morning instead of late afternoon. We have learned a few things. 1. Steve Fisher 47:20, 2. Dave Harris 47:54. . .4. Mark Montgomery 48:03, 5. Jeff Mittelhauser 48:35. . .12. Mike Kruse 52:27. . .14. Dick Hessler 54:15, 15. Ben Londeree 54:25. . .18. Don Lewis 54:43. . .21. Joe Marks 55:31. . .25. Wesley Paul, 10, 56:15, age 10 (and 11 and 12) American record. . .28. Jim Walter 57:08. . .40. Don Johnson 59:07, 41. Turk Storvick 59:10. . .56. Mike Koonse 1:01:53, 69. Joe Duncan 1:05:37. . .90. Tim Gibson, 8, 1:12:47. . .92. Nicole Wagner, 8, 1:14:54

The 15 K Walk: 1. Jerry Young 1:13:13, 2. Randy Mimm 1:14:14 . . .5. Rob Spier 1:39:53. . .7. Wm Taft 1:52:37

TODAY'S HEROES AND HEROINES:

The VP Fair races, St. Louis, July 1: The 10,000 meter race: LIZ BULMAN, 2nd, 36:06; DEBBIE HOXWORTH, 9th, 39:34; STEVE STONE-CIPHER-FISHER, 4th, 30:34; MARK KENNARD, 11th, 31:38. The 3,000 meter: CHRIS RUBLE, 10th, 11:36; MIKE WALTHER 10:52

ERRATA: ERRATA: ERRATA: It wasn't Liz Bulman who ran an 18:44 in the University City Memorial Day 5,000 meter run--it was CHRIS RUBLE, who, with that performance, got a PB for 5,000 meters. Sorry, Chris-- That's what happens when this rag is so hastily thrown together at midnite before a deadline that never seems to go away.

KEN WHISTLER has moved to California and promptly got a PB for 10,000 meters--36:59 in the 8th Annual San Leandro Shoreline Run, a flat course. Ken also won a 10k event when the top 3 runners got disqualified for getting lost on the course. Ken doesn't admit that he gave them a description of the course layout.

DRU DIXON has gotten married and moved to Tennessee to begin a three year residency in family medicine at the U of Tenn. Dru says that if any CTC people ever show up in Knoxville to call him at 615 577-1850. Address: 2329 Belt Rd. Apt. B Knoxville, TN 37920.

LIZ BULMAN ran one of the finest races of her career in posting a time of 73:03 for the 20 kilo Midnite Madness race in Ames, Iowa a couple of weeks ago. Other CTC people were, but I have no results for them.

Here are results of Columbia people in the Western Missouri Junior Olympics in Warrensburg:

BANTAM BOYS
100m--1. Marcus Turner (Columbia), 14.02.190m dash--1. Christopher Braudie (Columbia), 2:25.98; 1. Marcus Turner (Columbia), 13:11.48m relay--2. Columbia Track Club (Craig Schuler, Russell Blane, Russell Matthews, Gregory Heilebusch), 51:50.18m relay--3. CCS (Will Markel, Tom Hart, Joel English, Martin Gueset), 5:38.17.
MIDGET BOYS
100m--2. Jeff Maggsen (Columbia), 13.19.40m dash--1. Sean Rose (Columbia), 58.96.190m run--2. Matt Thornburg (Columbia), 2:39.38.130m run--1. Matt Thornburg (Columbia), 5:28.44.30m hurdles--2. Jeff Maggsen (Columbia), 9.24.

JUNIOR BOYS
300m run--4. Tim Gibson (Columbia), 4:40.84; 3. Kevin Schroeder (Columbia), 4:42.27.300m walk--3. Shawn Steuber (Halleville), 22:42.5.130m relay--4. Shane Meuschke (Halleville), 33:10.1.320m relay--1. Columbia Track Club (Wayne Wells, Bobby Hooks, Joel Porath, Tim Gibson), 10:18.27.
INTERMEDIATE BOYS
300m run--2. Tom Rottjakob (Columbia), 9:34.96.190m walk--3. John Dye (Columbia), 8:34.51.
SENIOR BOYS
100m relay--3. Columbia Track Club (Jim Rotwell, Mark Schmidt, Dean Livingston, Dennis Gross), 3:55.22.320m relay--1. Columbia Track Club (Jim Rotwell, Mark Schmidt, Dean Livingston, Dennis Gross), 12:11.4.

BANTAM GIRLS
100m run--4. Allyson Garvick (Columbia), 1:01.33.190m relay--3. Allyson Garvick (Columbia), 6:15.02; 4. Kristin Henzel (Columbia), 8:31.56.400m relay--4. Columbia Track Club (Rebecca Reed, Kimberly Bolick, Susan Emery, Angie Allori), 8:42.18m relay--1. Columbia Track Club (Amy Powell, Allyson Garvick, Courtney Seibert, Kara Pudenz), 5:28.38; 3. CCS #1 (Amy Ketter, Caroline Knight, Julie Hactor, Kristen Henzel), 8:01.58; 4. CCS #2 (Stephanie Saidak, Kate Foreyth, Laura Pauly, Joan Pauly), 8:13.38.
MIDGET GIRLS
100m dash--4. Samantha Potter (Columbia), 13.02.300m run--2. Angela Hessler (Columbia), 2:42.21; 3. Deanna Rottjakob (Columbia), 2:45.58.130m run--2. Deanna Rottjakob (Columbia), 5:42.58.300m run--1. Angela Hessler (Columbia), 12:05.07; 3. Julie Jergens-meyer (Columbia), 12:40.58m hurdles--2. Kathy Kyger (Columbia), 9:05; 3. Kimberly Stewer (Columbia), 9:33.190m relay--2. CCS #1 (Julie Jergens-meyer, Angela Hessler, Deanna Rottjakob, Carla Gendry), 4:54.25; 4. CCS #2 (Belinda Hest, Amy Dunn, Rachael Granberg, Deana Reiney), 5:25.59.

JUNIOR GIRLS
100m--1. Sharmica Turner (Columbia), 12.57; 3. Tammie Nichols (Ashtand), 13.08.200m dash--2. Tammie Nichols (Ashtand), 27.50.100m relay--1. Tammie Nichols (Ashtand), 14:11.48m relay--3. Columbia Track Club (Felicia Cheatum, Sharmica Turner, Tracey Bush, Augustine Linzel), 53.08.
INTERMEDIATE GIRLS
400m dash--4. Angela Buuck (Columbia), 58.03.400m relay--4. Columbia Track Club (Althea Richardson, Robin Wright, Arnita Jordan, Jackie Robinson), 53.02.190m relay--2. Columbia Track Club (Angela Buuck, Sally Marcum, Shawna Kisleng, Laura Sievert), 4:52.50.320m relay--2. Columbia Track Club (Angela Buuck, Sally Marcum, Shawna Kisleng, Laura Sievert), 12:07.
SENIOR GIRLS
200m dash--3. Ladonya Dixon (Columbia), 29+. 190m run--3. Dana Bryant (Columbia), 5:52.0.300m run--1. Mary Wulf (Columbia), 11:20.01; 3. Sherry Wulf (Columbia), 12:52.11.320m relay--1. Columbia Track Club (Miriam Khalil, Sherry Wulf, Mary Wulf, Dana Bryant), 11:01.58.

Taken from the Columbia Daily Tribune

SCHEDULE OF EVENTS:

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- AUGUST 4 Saturday 7:30 AM Great Sandbagger 10,000 Meter Handicap
Run/Walk Meet at West Broadway Swim Club RD: Dean Baxter
- 18 Saturday 6:30 AM RRCA Missouri State 15,000 Meter Run
Championship Trophies \$2.00 Entry Fee Also a 15 kilo
walk - Hilton Inn We do not yet have a Race
Director for this event--we need one.
- SEPTEMBER 1 Saturday 8:00 AM d Sport Shop 8,000 Meter Run Meet
at Rock Bridge HS Track RACE DIRECTOR: Jim Gibson
- 15 Saturday 9:00 AM 2 Mile Cross Country Run Municipal
Golf Course Again, we need a Race Director

Some selected out-of-town events:

- August 11 Saturday 7:00 AM Sedalia Triathlon 700 meter swim,
25 mile cycle, 12 kilo run Centennial Park Sedalia, Mo.
CONTACT: Jeff or Milene Mittelhauser 500 W. 5th Sedalia
Mo. 65301 816 826-0147
- August 18 Saturday 8:30 AM 3rd Annual River Festival 10,000 meter
Run Louisiana, Mo. Also 3,000 meter & 2,000 meter runs
CONTACT: River Festival Run c/o Louisiana Chamber of
Commerce Louisiana, Mo. 63353
- August 25 Saturday 8:30 AM Fitness Run "5000" Jefferson City
High School Track (start & finish, this is a road race)
CONTACT: Ed Mulholland 424 Stadium Dr. Jefferson City 65101
- September 8 Saturday 8:30 AM 1st Annual Cannon-Twain 10,000 Meter
Run Mark Twain Lake near Monroe City, Mo. Indian Creek
Access Area CONTACT: Monroe City Area Chamber of
Commerce 200 S. Main Monroe City, Mo. 63456 314 735-4391 or
735-2856
- September 15 Saturday 8:00 AM 2nd Annual Ozark Triathlon .6 mile swim
20.2 Bike, 5 mile run Springfield, Mo. CONTACT: Ridge
Runner Sports 1771 S. Fremont Springfield, Mo. 65804
- September 16 Sunday 8:30 AM 2nd Annual Kingdom of Callaway 10,000
meter run veteran's Park Fulton, Mo. CONTACT: SERVE,
Inc. 642-6388 or 1-800 392-2186 2 St. Louis Ave. Fulton
65251
- September 22 Saturday 8:30 AM 3rd Annual Soybean Festival 4 mile
run Mexico, Mo. Lakeview Park CONTACT: Richard
Duffner P. O. Box 44 Mexico 65265
- ADD:
- August 11 Saturday 7:00 PM Twilight 5,000 Meter Run Capital Mall
Jefferson City, Mo. CONTACT: Dave Harris 430-B Hutton
Lane Jefferson city, Mo. 65101
- August 25 Saturday 7:30 AM 4 Mile Run for the Arts Boonville, Mo.
CONTACT: Missouri River Festival Box 1776 Boonville 65233

MISSOURI VALLEY JUNIOR OLYMPICS Shawnee Mission, Kansas: 1st Place:
OTC's 3200 meter relay team of Mary & Sherry Wulff, Miriam Khalil,
Darla Bryant with a time of 11:09. This team also won the Region
VIII Championship on July 14, Manhattan, Ks. and so qualify for
the National Championships in Jacksonville, Florida.

Also: 1st place: Bantam boys: Chris Braudis, 1500 meter walk in
9:30 or so and bantam girls 1600 meter relay (Amy Powell, Allyson
Garverick, Courtney Siebert, Karla Pudenz) with 5:25.

Other qualifiers for the Region VIII meet: Matt Thornburg & John
Hector, midget boys 1500 meters; Kevin Schroeder junior boys
1500 meter run, Allyson Garverick bantam girls 1500 meter run
Angela Hessler, midget girls 800 & 3000 meter runs; Darla Bryant
& Sherry Wulff, senior girls, Darla in the 1500 meter run and
Sherry in the 3000.

<u>Male 50 + Over</u>	<u>Male 15 + Under</u>	<u>Female 15 + Under</u>
1) Landeree 145	1) Hessler 84	1) Hessler, A. 69
2) Johnson 130	2) Gibson 53	2) Harness, H. 23
3) Duncan 102	3) Tully 42	3) Ruble, E. 22
4) Hanson 77	4) Bryant 36	
5) Storvick 48	5) Madsen, P. 35	
6) Mittelhauser 46	6) Harness 23	<u>Walkers</u>
7) Ward 36	7) Belyea 22	1) Spier 110
8) Madden 30	8) Sowash, Jay 14	2) Taft 77
9) Patterson 26	9) Sowash, J. 12	3) Williams 53
10) Gerhardt 22	10) Bramblett 11	4) Hindman 26
11) Scheske 18	11) Rackers 11	5) Custer 14
12) Humphreys 16	12) Funderburk 11	6) Ward 12
13) Dougherty 15	13) Mumford 12	7) Gerhardt 12
14) O'Connor 12		8) Gragg 12
15) Long 11		

Elapsed Time Standings

Open Male

1) Madsen 347 *	31) Shoemaker 107	61) Goldfarb 52
2) Londeree 316 *	32) Moore 106	62) Nicols 51
3) Lafontaine 297	33) Goodrich 106	63) chippendale 51
4) Hosler 275	34) King 105	64) Curry 50
5) Harness 274	35) Stout 103	65) Kelly 49 *
6) Hessler 248 *	36) whistler 103	66) Williams 47
7) Johnson 232	37) Miller 98	67) Madden 47
8) Coon 230	38) Brandenburg 94	68) Rother 46
9) Walther 229	39) Hanson, R. 92	69) Plummer 45
10) Lang 223	40) Mittlehausen, J. 90	70) Sleper, D. 44
11) Stebbins 222	41) Stolzer 90	71) Zwonitzer 43
12) Fisher 217	42) Odneal 89	72) Schuppan 43
13) O'Connell 198	43) Funderburk 82	73) Gibbons 41
14) Lewis 196 *	44) Harris 81	73) Marks 39 *
15) Hicks 163	45) Mountjoy 81	74) Grant 38
16) Dixon 162	46) Jones 79	75) O'Bannon 38
17) Oringerff 160	47) Parker 79	76) Pastoret 37
18) McGrath 157	48) Mittlehauser, H. 71	77) Ward 37
19) McQuinn 154	49) Heisler 71	78) Stewart 35
20) Duncan 151	50) Baurichter 70	79) Hose 35
21) Rooney 150	51) Storvick 63	80) Ballenger 30
22) Belyea 148	52) Huse 61	81) Patterson 28
23) Rackers 142	53) Clithero 60	82) Bramblett 26
24) Uolek 127	54) Butler 60	83) Scheske 26
25) Tauchen 123	55) Fritsch 59	84) Dopp 26
26) Wampler 122 *	56) Rackers ^{Tom} 57	85) Wilke 24
27) Kurth 120 *	57) Young 55	86) Hanson, W. 24
28) Kruse 117	58) Lanier 55	87) Oushak 22
29) Allen 111	59) Crouch 54	88) Gerhardt 22
30) Baxter 109	60) Richardson 54	89) Humphreys 21
		90) Froelin 20

Male 40-49

91) Lee 18	1) Madsen 183	13) Zwonitzer 36
92) Gibson 18	2) Hessler 125	14) Fritsch 32
93) Swanson, 17	3) Lewis 95	15) Swanson 29
94) Dougherty 17	4) Hicks 89	16) Curry 29
95) Dunn 16	5) Kruse 80	17) Odneal 27
96) Shipp 15	6) Baxter 74	18) Kelly 22
97) O'Connor 13	7) Allen 64	19) Goldfarb 22
98) Sowash 13	8) Belyea 64	20) chippendale 21
99) Sliivinsky 13	9) stout 60	21) Swanson 17
100) Peckham 12	10) Hose 39	22) Ballenger 16
01) Long 12	11) Rackers 38	23) Marks 12
02) Fick 11	12) Funderburk 38	24) Shipp 12
		25) Sliivinsky 12
		26) Fick 11
		27) Sowash 11
		28) Peckham 11

<u>Open Female</u>		<u>Female 35+ Over</u>
1) Bulman 168	16) Fritsch 33	1) Madsen 88
2) Ruble 160 *	17) Odneal 30	2) Seymour 48
3) Hoxworth 124	18) Bohon 29	3) Johnson 44
4) Madsen 89	19) White 28	4) Holsinger 37
5) Murphy 80	20) Sleper 27	5) Fritsch 33
6) Wolff, M. 68	21) Oorta 25	6) Odneal 30
7) Gerke 62	22) Morrison 20	7) Sleper 22
8) Wolff, S. 63	23) Carpenter 19	8) Strozier 17
9) Seymour 49	24) Mittelhauser 19	9) O'Connor 15
10) Johnson 44	25) Hessler, A. 18	10) Londerree 14
11) Nicols 42	26) Strozier 17	11) Jones 13
12) Bryant 42	27) O'Connor 15	12) Gerhardt 11
13) Slivinsky, J. 41	28) Londerree 14	
14) Has Kamp 39	29) Jones 13	
15) Holsinger 37	30) Mittelhauser 12	
	31) Gerhardt 11	

Here is another entry blank for the 15 kilorun of August 18. Recognizing that High School runners find this a popular race, we have created an age 16-19 awards bracket for them.

1984 ENTRY BLANK
RRCA Missouri State Championship 15 Kilo Run

TIME: Saturday, August 18, 1984 6:30 AM

PLACE: Columbia, Missouri - near at Hilton Inn parking lot, located on the south-west corner of I-70 and Stadium Boulevard intersection.

THE COURSE: An IAC certified road course, 3-5,000 meter legs, back and forth on asphalt and concrete. Start at Hilton Inn.

ENTRY FEE: \$2.00. This includes swimming privileges at West Broadway Swim Club. Post entries will be accepted but PLEASE try to have your entries in by August 17. Make checks payable to Columbia Track Club.

AWARDS: To be presented at 8:30 am at the West Broadway Swim Club. Trophies to first three finishers in each of the following categories: MALE: age 15 and under, 16-19, 20-29, 30-39, 40-49, 50 and over. FEMALE: 15 and under, 16-29, 30 and over. POST RACE SWIM: All competitors and families are invited to use the facilities at the West Broadway Swim Club until 10:00 am. These facilities are across the street from the finish line.

COURSE RECORDS: 46:13 Ron Tabb July 17, 1976
57:37 Milene Mittelhauser August 20, 1983

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby for myself, my heirs and assigns, waive any and all claims to damages which I might have against the City of Columbia, Missouri, the Columbia Track Club and the Road Runners Club of America for all injuries suffered by me in said race.

PRINT NAME _____ BIRTHDATE _____
SIGNATURE _____ SCHOOL/CLUB _____
ADDRESS _____ street _____ city _____ state _____ ZIP _____

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

NAME _____

Return to: Joe Duncan, 1980 Maple Bluff Drive, Columbia, Missouri 65201



Male 30-39

9

- | | | | |
|-------------------|-------------------------------------|------------------|-------------------|
| 1) Harness 175 | 20) ^{zurichter} Heisler 40 | | |
| 2) Hosler 151 | 21) Nichols 39 | | |
| 3) Lafontaine 147 | 22) Grant 33 | 13) Whistler 62 | 32) Stewart 21 |
| 4) Stebbins 114 | 23) Huse 29 | 14) Miller 60 | 33) Schuppan 20 |
| 5) Rooney 96 | 24) Young 28 | 15) Wampler 60 | 34) Bramblett 14 |
| 6) O'Connell 95 | 25) Grouch 27 | 16) Shoemaker 57 | 35) Hanson, W. 13 |
| 7) McGrath 89 | 26) ^{Gibbons} Plummer 26 | 17) Goodrich 57 | 36) Williams 13 |
| 8) Rackers, T. 87 | 27) Pastoret 24 | 18) Jones 52 | 37) Freelin 12 |
| 9) Dixon 82 | 28) Richardson 24 | 19) Parker 47 | 38) Lee 11 |
| 10) McQuinn 79 | 29) Rother 23 | | |
| 11) Kurth 77 | 30) Wilke 22 | | |
| 12) King 65 | 31) Slepser 21 | | |

D SPORT

8000 METER RUN

SATURDAY, SEPTEMBER 1, 1984

8:00 AM

ROCK BRIDGE HIGH SCHOOL, COLUMBIA, MO

The Course: 8,000 meters. Start on old Route K south of Rock Bridge High School, north to Nifong, west on Nifong to Bethel Church Rd., north on Bethel Church to El Cortez, East on El Cortez to Old Route K, north on K past Greenmeadows to first access road, east on access to Providence, south on Providence past the city limit sign and turn right at the last south access road to old Route K. Route K north to Rock Bridge High School. onto the track and run 1 1/4 laps to finish line. Maps available the day of the race at the track.

Classes: Men and Women

15 and under	40-49
16-29	50 and over
30-39	

Awards: D Sport Shop will award merchandise certificates to the first three finishers in each age category.

Entry Fee. Entry fee is \$3.00. All proceeds go to the CTC Travel Fund. Entries should be received by August 28. Registration until 7:30 AM the day of the race.

High School Cross Country Runners: The Missouri State High School Activities Association prohibits junior and senior high school students participating in cross country from competing in this event. CONSULT YOUR COACH OR PRINCIPAL REGARDING YOUR ELIGIBILITY.

ENTRY FORM

D SPORT, 8,000 meter run

Mail with check for \$3.00 to:
CTC, Box 147
Columbia, MO 65205

Name _____

Age on _____

Address _____

Race Date _____

Male ___ Female ___ In consideration of the benefits I will derive from the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal injury or property damage. I attest I am physically fit and have sufficiently trained for completion of this event.

Signature (parents if under 18) _____

EIGHTEENTH ANNUAL 100 MILE WALKING CHAMPIONSHIP

TAC NATIONAL 100 MILE CHAMPIONSHIP

TAC NATIONAL 100 MILE MASTERS CHAMPIONSHIP

TIME AND PLACE: 1:00 p.m., Saturday, September 29, 1984 at Hickman High School Track, Columbia, Missouri. The object is to walk 100 miles within a 24-hour time period, therefore, the walk will end at 1:00 p.m., Sunday, September 30, 1984.

ENTRY FEES: \$5.00 except for members of the Centurion Club of America. Entries MUST be received by 10:00 p.m., Friday, September 28. Make checks payable to Columbia Track Club.

QUALIFICATIONS: No one under the age of 14 will be allowed to enter.

AID: There will be plenty of water, ice, GATORADE, Pepsi, etc.. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to assure proper care. Columbia Track Club will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing, shower, and restroom facilities are available at the track. **PACING BY NON-COMPETITORS WILL NOT BE ALLOWED.**

AWARDS: The Larry O'Neil Trophy for the winner, then trophies for second through tenth, based on the distance walked. Small plaques for those who complete at least 50 miles.

CENTURION CLUB: All who complete 100 miles within 24 hours will become members of the Centurion Club of America - perhaps the most exclusive club in the Western Hemisphere.

PRE-RACE GET-TOGETHER: A pre-race buffet and get-together of all entrants and families will be held at the Heritage House, 1010 I-70 Drive S.W.. Cost will be about \$7.00 per person - all you can eat and drink. We need some idea as to how many will be at the buffet so please let us know. This will be Friday evening, September 28, at 7:00 p.m..

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

PRINT NAME _____
SIGNATURE _____ BIRTHDATE ____ / ____ / ____ HEIGHT ____ WEIGHT ____
ADDRESS _____
street city state zip

Names of "Handlers" _____

Return this form to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65201
phone number: 314-445-2684

My plans for the pre-race buffet:

_____ I definitely will attend. How many? _____

_____ I'm not sure yet.

_____ I definitely will not attend.

HEART OF MISSOURI BIATHLON August 26, 1984 7:00 AM Columbia, Mo.

EVENTS:

5K Run/15K Bike Ride - Participation Event
10K Race/30K Bike Race - Competitive Event

TIME:

Both events will start at 7:00 a.m.

DATE:

August 26, 1984

RACE HEADQUARTERS:

Boone Hospital Center Cardiac Rehab Facility, Ground floor of Stephens
Park Medical Building, 1701 E Broadway, Columbia, Missouri

ENTRY FEE:

\$12.00 for both events if received by August 18, 1984.

LATE FEE:

After August 18, \$15.00 for both events.

DEADLINE:

August 25, 5:00 p.m. No entries will be accepted after this date.

RUNNERS RECEIVE:

All runners receive T-shirts and the race results will be posted.

RACE PACKETS:

Must be picked up between 9:00 a.m. and 6:00 p.m. on August 25, or between
5:30 a.m. and 6:30 a.m. on August 26 at the RACE HEADQUARTERS.

AWARDS:

For the 10K/30K plaques will be awarded to the top three finishers in the
following categories:

Open Male (Age 39 & Under)
Open Female (Age 39 & Under)
Masters Male (40 & Older)
Masters Female (40 & Older)

For the 5K/15K event all participants will receive a commemorative key ring.

SPLITS:

Will be given at 1, 3, and 5 miles during the 10K race, and at the 5 and 15
mile mark during the 30K bike race.

Will be given each mile during the 5K run and at the 5 mile mark during the
15K bike ride.

AID STATIONS:

There will be aid stations with water and ERG at the 3 and 5 mile marks in the
10K race. During the 30K bike race, there will be an aid station at the 10 mile
mark.

During the 5K run, there will be aid at each mile.

During the 15K bike ride, there will be no aid station.

There also will be aid at the finish of all events.

MEDICAL SUPPORT:

Dr. Lee Pfefer will serve as medical director of the event with assistance from
the Boone Hospital Center Emergency Room staff.

HEART OF MISSOURI BIATHLON continued. . .

AWARDS CEREMONY:

The awards for the 10K/30K event will be presented at 10:00 a.m. Participants in the 5K/15K event will be given their award as they finish.

EQUIPMENT:

All participants are responsible for having their own bikes ready at the exchange area.

RACE NUMBERS:

All participants will be given two copies of their race number, one for the run and one for the bike. A race number should be pinned to the front of your running clothes and your bicycle clothes.

BIKE RULES & REGULATIONS:

1. No fairings or streamlined bikes.
2. No drafting allowed.
3. Bike helmet is required.
4. No individual support vehicles allowed.
5. Cyclists may walk bicycle if necessary.
6. Each cyclist is totally responsible for his own repairs.
7. Cyclists must obey all traffic laws.
8. The director of the Heart of Missouri Biathlon reserve the right to disqualify any cyclist or cycle.
9. All entrants are expected to follow the directions of the race officials and medical staff.

Send entry forms to: Walt's Bike Shop
Attn: Frank Morris
1203 Rogers
Columbia, MO 65201

Make checks payable to Boone Hospital Center.

Further Information: Call Race Directors -

Frank Morris - 1-314-443-0411
Tom LaFontaine - 1-314-875-3870

REGISTRATION FORM

PLEASE TYPE OR PRINT LEGIBLY

LAST NAME _____ FIRST _____ MALE _____ FEMALE _____

STREE ADDRESS OR P.O. BOX _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ BUSINESS PHONE _____

AGE ON RACE DAY _____ OCCUPATION _____

IN CASE OF EMERGENCY CONTACT:

NAME _____

ADDRESS _____

PHONE _____

SHIRT SIZE Small _____ Medium _____ Large _____ X-Large _____

REGISTRATION IS INCOMPLETE UNLESS WAIVER IS SIGNED (OVER). MINOR MUST HAVE GUARDIAN CONSENT.

4 mile run for the Arts

BOONVILLE, MO.
SAT., AUGUST 25, 1984
7:30 A.M.

Held in conjunction with the MISSOURI RIVER
FESTIVAL OF THE ARTS-August 17-25, 1984
SPONSORED BY THE BOONVILLE DAILY NEWS &
CENTRAL MISSOURI STATE BANK

START: Race starts at 7:30 a.m. Late registration
6:15-7:00 a.m. day of race, Saturday,
August 25, 1984. Start of race will be on
High St., near Courthouse, Boonville,
MO.

COURSE: All within city limits of Boonville. Some
hills but none severe. Splits will be given
at each mile. Water station at 2.7 miles.
Finish at Thespian Hall on Main St.
where awards will be presented at
approximately 8:30 a.m.

Course Records:

Men - Vernon Darling - 21:10
Women - Debbie Hoxworth - 25:42

ENTRY: Fee is \$5.00 if entry is postmarked by
August 21, 1984; thereafter, up until 7:00
a.m. on race day, it is \$6.00. Send entry
to and make check payable to
MISSOURI RIVER FESTIVAL, Box 1776,
Boonville, MO 65233.

AGE DIVISIONS AND AWARDS: Trophies to overall
male and female winners. Medals will be
awarded in various age divisions. The
following is a listing of those divisions
and the number of medals that will be
awarded (in parenthesis): 11 and under
M(3) & F(1); 12-15 M(3) & F(2); 16-19
M(3); 16-29 F(5); 20-29 M(5); 30-39 M(5)
& F(3); 40-49 M(4) & F(2); 50-59 M(4); 50
and over F(1); and 60-69 M(1).
A specially designed race T-shirt will be
given to the first 125 entrants.
Race packets to be picked up the day of
race between 6:15 and 7:00 a.m.

1984 RUN FOR THE ARTS ENTRY FORM

NAME _____
ADDRESS _____
Street _____

City _____ State _____ Zip _____

AGE (as of 8/25/84) _____

MALE _____ FEMALE _____

PH. # _____

S M L X-L

(Circle Shirt Size)

In consideration of your acceptance of this entry, I, intending to be
legally bound, hereby, for myself, my heirs and assigns, waive any
and all claims of injury and damages which I might have against the
race directors, the Friends of Historic Boonville, the Boonville Daily

News, Central Missouri State Bank, the City of Boonville, MO, and
the County of Cooper, Missouri, resulting from or arising out of my
participation in the 1984 4-mile Run for the Arts.

Signed _____ (Entrant)
Parent or Guardian must sign below if entrant is under
18.

(Parent or Guardian)

Enclose check for \$5.00 (if mailed on or before 8/21/84, \$6.00 if
mailed later) or brought on day of race, payable to MISSOURI RIVER
FESTIVAL, and mail to MISSOURI RIVER FESTIVAL, P.O. Box 1776,
Boonville, MO 65233.



1ST NATIONAL
BANK

3rd ANNUAL Soybean Festival 4 MILE RUN

BRENTLINGERS
JEWELRY
MEXICO LIFE
UNDERWRITERS

Sponsored By:
Mexico Life Underwriters, First National Bank,
Brentlingers Jewelry and Budweiser Light.
For Benefit of AMERICAN CANCER SOCIETY

DATE: September 22nd, 1984
TIME: 8:30 A.M. (Rain or Shine)

STARTING PLACE: Race will Start and End At Lakeview Park.
Take Hy. 54 South to Lakeview, West on
Lakeview to Park.

AWARDS, AGE DIVISIONS: T-SHIRTS TO ALL ENTRANTS
(PACKET PICKUP AT LAKEVIEW PARK)

TROPHIES—METALS To First 6 Places In Most Age Groups.
DRAWING FOR ATTENDANCE PRIZES AFTER RACE.

AGE DIVISIONS: Men - Women;
11 under-12-14-15-19; 20-29; 30-34; 35-39; 40-49; 50-59; 60 over.

ENTRY FEE: \$5.00 (\$6.00 Day of Race)
MAKE CHECKS PAYABLE TO MEXICO LIFE UNDERWRITERS.
MAIL TO: RICHARD DUFFNER, P.O. BOX 44, MEXICO, MO. 65265.
ENTRY FORMS CAN BE PICKED UP AT WESTERN-SOUTHERN OFFICE, RODES INSURANCE
OR PRUDENTIAL INSURANCE.

ENTRY FEE

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE AS OF 8/22/84 _____

MALE ☐ FEMALE ☐

SHIRT SIZE (Circle One)
S M L XL

Release:

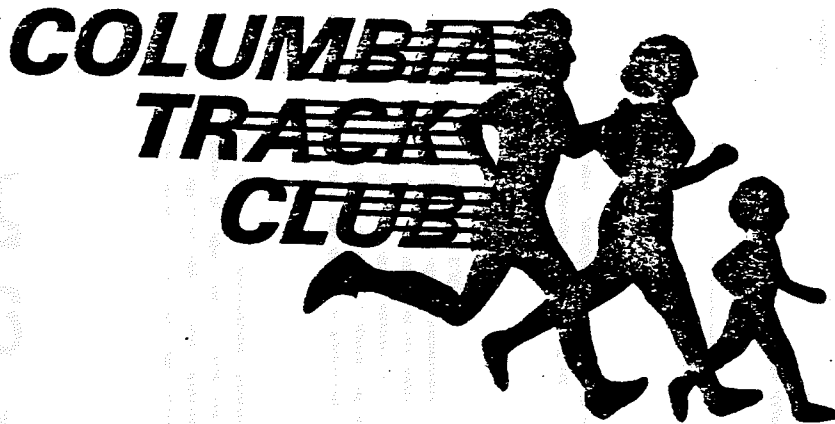
In consideration of the acceptance of my entry, I for myself, my executors, and assigns, administrators, do hereby release, and
discharge the City of Mexico, Mexico Life Underwriters, First National Bank, Brentlinger Jewelry, Golden Eagle Distributing Co., for all claims
of damages, demands, and actions, whatsoever in any manner arising or growing out of my participating in said athletic event, I attest and
verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

SIGNED _____

(If under 18, parent or guardian)

DATE _____

REFRESHMENTS FURNISHED BY MEXICO COCA COLA BOTTLING CO.



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: 874-3066, 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

NO PROFIT ORG.
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COLUMBIA, MO.