

TRACK CLUB

NEWSLETTER Vol. XVI, No. 10 October 20, 1984

'HEART' KEEPS ITS REPUTATION

Hal Higdon loved it. Frank Curotto conquered it. Debbie Hoxworth barely endured it. And 20 percent of the starters didn't even survive it.

The 25th annual Heart of America Marathon lived up to its advance billing: "Hills, heat, humidity...one of the toughest in the nation...no run for wimps." Those who shared the experience might as well just talk to each other about the 25th Heart; no one else will believe them.

There were mudholes and trains and dogs and devastating humidity and a disappearing aid station or two. Sleek striders were transformed into staggering, sloppy, sweat-soaked sloggers.

But out of all that, there were plenty of winners: the 108 who finished; the 132 who tried; and all those who contributed to the Silver Anniversary celebration. So here are a few salutes:

--To Frank Curotto who finally won after seven tries. His previous best was 2:39:34 in 1982. He finished fourth in both '82 and '83. Frank's splits were 1:18:17 and 1:18:25. None of the other contenders came within a mile of that consistency. After the run, the normally exuberant 30-year-old was even more so. But he seemed surprised, too. The Heart was his third race that week, and he hadn't expected to win. He never dreamed he would win by that much.

--To Jon Herbert, three-time defending champion, who hung on as long as he could (just over the top of Easley Hill), fell back, but never gave up. His time was about 14 minutes slower than his previous best at the Heart. Undoubtedly, the marathon he ran just 13 days before had taken its toll. He admitted the "double" was a mistake; the Heart deserves one's full attention.

--To Debbie Hoxworth who repeated as the women's champion in the closest race in history. At 18 miles, Debbie led Chris Ruble by 7 minutes, 14 seconds; at 21 miles by 6:55; at 24, by 3:24; at the finish, by 23 seconds. Both women deserve a ton of credit. Debbie had hung on despite some nasty cramps, and Chris ran a PB under extremely tough conditions.

--To all the returning champions. Hal Higdon, who won in 1968, just loved the way the Heart "treats runners as they deserve to be treated--with antagonism."

Alex Ratelle enjoyed his weekend by playing games with Higdon. He kept changing his mind about whether to enter the 8K or the marathon, just so he could avoid head-to-head competition with Higdon. Finally, at the Heart's starting line, when he was convinced Hal was going with the marathon, he opted for the 8K (which he ran in a little over 29 minutes... not bad for a 60-year-old).

Dennis Hinkamp, the Heart's record holder, enjoyed his weekend by watching his 1977 time pass out of site of this year's contenders before they got to 25 miles. The night before, at the pre-race buffet, he noted that he hadn't run since knee surgery in April and that he wouldn't try the Heart again until his record was broken. You've got at least one more year of reprieve, Dennis.

Bill Silverburg, who won the Heart in 1961 and 1962, resigned his coaching job at Oklahoma University and is now picking up diamonds in East Africa. He finished second in the 40-49 division of the 8K.

Joe Schroeder, who won the first Heart in 1960, not only entertained us with that story at the buffet (he ran the 26.2 miles in spikes!) but he showed up at the marathon start and ran the first two miles. (Could this be the start of a comeback?)

Liz Bulman, Steve Stonecipher-Fisher and Denton Childs all were winners in the 8K, too.

COLUMBIA

Carl Owczarzak drove to the buffet and back to Kansas City--all in the same evening--just because he didn't want to miss being among some of the greatest people on earth.

--To Don Johnson who coordinated the pre-race buffet at the Campus Inn. No one but Don will ever know the personal contributions he made to this event which included great food, entertainment and camaraderie. This was one of the finest events ever staged and will be permanently etched in the minds of all who attended.

--To Bill Clark who started the whole thing and who entertained us at the buffet with stories of those early days.

--To Jean Madden, the buffet's emcee, who did a masterful job of introductions, presentations...and keeping the whole thing on schedule.

--To Shelter Insurance and all the other sponsors who contributed to the Marathon Day celebration.

--To a couple of amazing masters: Bill Fox who won his age division and finished fourth overall, Lou Fritz who ran his 20th straight Heart and finished ninth overall, and Larry Lewis, 50, who ran 3:06:44 and finished ahead of Hal Higdon in his age division.

--To Ingrid Ballenger who coordinated all the aid stations, especially one at the finish. For those of us who were too dazed to thank you then, Ingrid, we do so now--with gusto!

--To Joyce Schulte who made sure results were typed and did 101 other jobs for the good of the cause. Joyce also had Dave Schulte's three sisters at the awards ceremony to help us present the Dave Schulte Award for improved performance to Stephen Mineck, Vinton, Iowa, who improved his previous performance by over 30%.

--To Don Lewis who served as race director for the accompanying 8K. There were over 250 finishers. Watch this race really go next year!

--To all the rest of you who ran, helped or watched the 25th annual Heart of America Marathon. The Heart is your race. Sure, it's small-town compared to what Hal Higdon calls the "sanitized" races--those flat, fast, big money events. But I'm betting with Hal that those will bite the dust...while the Heart's beat goes on and on!

--joe marks

Ed's note: And accolades to Joe Marks who did a superb job as Race Director for the Marathon. It was a success!

WEATHER CONDITIONS, 1984 Marathon:

<u>Time</u>	<u>Temp.</u>	<u>Humidity</u>	<u>Wind (mph)</u>	<u>Wind Dir.</u>	<u>% Cloud</u>	<u>Cvr.</u>	<u>Precip.</u>
7 a.m.	62	97	7	SE	70		0
8 "	62	100	8	SE	100		0
9 "	64	97	8	SE	100		0
10 "	65	93	8	SSE	100		0
11 "	70	87	12	S	100		0

FOUND: One gray Nike hooded jacket. Contact Joe Marks (882-6546 or 445-1919). Found at marathon finish.

Nov. 3...Tom LaFontaine and Rick Rother, Boone Hosp. Center Cardiac Rehab, will present a three-hour program, 9 a.m. to noon, on developing a individual fitness program. Cost: \$4.

ALL OF THE ABOVE AT THE COSMOS RECREATION CENTER, on Bus. Loop 70, about 1200 Bus. Loop 70 West.

25th ANNUAL HEART OF AMERICA MARATHON FINISHERS

PLACE	NAME	CITY	AGE	½ way	PACE	FINAL TIME
1	Frank Curotto	Kirkwood, MO	30	1:18:17	5:57	2:36:42
2	Jon Herbert	Springfield, MO	34	1:17:21	6:15.30	2:44:24
3	Larry McMahon	St. Louis, MO	33	1:20:20	6:19.88	2:46:19
4	Bill Foxworth	Tarkio, MO	42	1:18:10	6:22:16	2:47:57
5	Dan Hoxworth	Kansas City, MO	24	1:20:18	6:24:45	2:48:00
6	Tom LaFontaine	Columbia	37	1:19:58	6:26:74	2:49:21
7	Tom Coon	Columbia	30	1:19:05	6:26:74	2:49:50
8	Sam Nesbit	Granite City, IL	26	1:29:17	6:29:03	2:50:58
9	Lou Fritz	Verdon, Nebraska	41	1:21:23	6:31:32	2:51:33
10	Norm Stebbins	Columbia	38	1:28:15	6:33:61	2:52:58
11	Paul Brown	University City, MO	29	1:26:32	6:35:89	2:53:16
12	David Mountjoy	Columbia	30	1:24:22	6:35:89	2:53:43
13	Tim Butler	Columbia	25	1:20:53	6:40:47	2:55:11
14	David Dobkowski	Edwardsville, IL	26	1:29:23	6:40:47	2:55:34
15	Dale Nielsen	Brainard, Nebraska	25	1:24:15	6:45:05	2:57:33
16	Thomas Hyde	Town and Country, MO	35	1:23:54	6:49:63	2:59:05
17	John Carstens	Kansas City, MO	31	1:23:59	6:51:91	3:00:44
18	Marvin Odneal	Columbia, MO	41	1:27:15	6:56:49	3:02:12
19	Stephen Thomas	Evansville, Indiana	33	1:24:05	6:58:78	3:03:33
20	John Whiteside	Columbia	34	1:27:35	7:03:36	3:05:21
21	Larry Lewis	Warrensburg, MO	50	1:32:05	7:05:64	3:06:44
22	Mike Green	Bowling Green, MO	40	1:28:40	7:07:93	3:07:04
23	Stanley Kreidler	Florissant, MO	31	1:31:02	7:07:93	3:07:53
24	Martin Bauer	St. Louis, MO	27	1:33:47	7:12:51	3:09:3
25	Stephen Mineck	Vinton, IA	35	1:31:03	7:12:51	3:09:39
26	William Goldkamp	Kansas City, MO	33	1:31:50	7:12:51	3:09:57
27	Jack Goldkamp	St. Charles, MO	35	1:31:40	7:12:51	3:09:58
28	Wayne Olson	St. Charles, MO	41	1:32:00	7:14:80	3:10:38
29	Chris Zinselmeier	Columbia	22	1:31:30	7:19:38	3:12:15
30	Richard Madsen	Columbia	42	1:28:19	7:21:67	3:13:13
31	Hal Higdon	Michigan City, IN	53	1:36:20	7:23:96	3:14:39
32	Frank Files	St. Louis, MO	48	1:31:58	7:28:54	3:16:18
33	John Strawn	Columbia		1:31:14	7:30:83	3:17:33
34	Mike Shifman	Kansas City, MO	46	1:38:	7:35:41	3:19:20
35	Roger Baron	Eldon, MO	32	1:34:27	7:35:41	3:19:29
36	Joe Goldfarb	Columbia	44	1:28:55	7:37:68	3:20:22
37	Rick Brandenburg	Columbia	29	1:33:35	7:42:26	3:22:00
38	Shep Funderburk	Columbia	42	1:33:57	7:42:26	3:22:51
39	Pat O'Laughlin	Columbia	23	1:31:35	7:44:55	3:23:10
40	James Maxwell	San Diego, CA	30	1:31:39	7:44:55	3:23:21
41	Carlos Moreno	Columbia	32	1:37:47	7:44:55	3:23:29
42	William Stark	Columbia	37	1:37:12	7:46:84	3:24:57
43	David Petty	Columbia	27	1:35:44	7:49:13	3:25:05
44	Mike Lairmore	Columbia	27	1:35:44	7:49:13	3:25:05
45	Thomas Allen	Columbia	42	1:35:26	7:49:13	3:25:14
46	Debbie Hoxworth	Boulder, Colorado	26	1:33:56	7:49:13	3:25:45
47	Dean Baxter	Columbia	48	1:39:45	7:49:13	3:25:54
48	Chris Ruble	Columbia	30	1:38:43	7:51:42	3:26:08
49	Sam Stout	Columbia	41	1:36:45	7:53:71	3:27:13
50	Nick Peckham	Columbia	44	1:33:30	7:56:00	3:28:02
51	David Gibbons	Columbia	34	1:40:27	7:56:00	3:28:11
52	Marc Lammy	Columbia	29	1:33:40	7:56:00	3:28:54
53	Bernadette Gerke	Pilot Grove, MO	25	1:38:00	8:00:57	3:30:05

Heart of America Marathon results continued. . .

54	Ron Tauchen	Columbia	30	1:36:43	8:05:15	3:32:13
55	Elmer Schlemper	Columbia	45	1:38:	8:12:02	3:35:05
56	R. D. Linn	St. Charles, MO	32	1:37:18	8:16:60	3:37:28
57	Theodore Harris	Bridgeton, MO	49	1:41:57	8:16:60	3:37:54
58	Gerry Heisler	Columbia	37	1:43:40	8:18:89	3:38:43
59	Jerry French	Columbia	36	1:45:22	8:21:18	3:39:04
60	Richard Hoft	Columbia	57	1:39:35	8:23:46	3:40:28
61	Liz Eppele	Columbia	26	1:50:26	8:23:46	3:40:42
62	Stephen Luebbert	Columbia	26	1:39:55	8:25:75	3:41:51
63	Greg Overfelt	Columbia	34	1:38:	8:28:04	3:42:30
64	Don Johnson	Centralia, MO	56	1:40:25	8:30:33	3:43:09
65	John Murply	Columbia	21	1:39:40	8:30:33	3:43:41
66	Mark LeCurv	Jefferson City, MO	31	1:44:45	8:32:62	3:44:15
67	Bentley Ritchie	St. Louis, MO	22	1:50:27	8:37:20	3:46:53
68	Larry Petterbarg	Columbia	35	1:43:35	8:39:59	3:47:56
69	Michael Hoff	Columbia	25	1:50:28	8:41:88	3:48:23
70	Jim Sowash	Columbia	46	1:41:59	8:53:22	3:53:22
71	Herb Swanson	Columbia	45	1:43:41	8:55:51	3:54:31
72	James Wass	Gulfport, MS	32	1:46:57	9:00:09	3:56:00
73	Mark Swanson	Columbia	16	1:46:05	9:00:09	3:56:42
74	Ted Cox	Columbia	42	1:41:56	9:02:38	3:57:48
75	Mark Chivers	Columbia	24	1:50:29	9:04:67	3:58:10
76	Anne Sears	Columbia	22	1:54:47	9:06:96	3:59:45
77	Douglas Thompson	Columbia	26	1:48:59	9:11:53	4:01:07
78	Douglas Bay	St. Louis, MO	42	1:42:29	9:20:69	4:05:13
79	Jerald Bonifield	Belleville, IL	42	1:53:39	9:22:98	4:06:29
TIE 80	Kevin Evens	Columbia	33	1:58:01	9:25:27	4:07:02
81	Michael Evens	Cedar Hill, MO	37	1:57:55	9:25:27	4:07:02
82	Gary Grant	Columbia	31	1:53:10	9:27:56	4:08:15
83	Chuck Matthews	Kansas City, MO	36	2:24:25(15)	9:36:71	4:12:34
84	Louanne Fay	Columbia	34	1:56:34	9:41:29	4:14:46
85	Angie Rupp	Columbia	22	2:24:10(15)	9:43:58	4:15:27
86	Mark Stolzer	Madisonville, KY	28	2:24:10(15)	9:43:58	4:15:56
87	Michael Robbins	Columbia	45	1:56:12	9:45:87	4:16:34
88	John Wilke	Columbia	39	2:02:39	9:52:74	4:19:46
89	Marvin Patterson	Columbia	49	1:46:40	9:57:31	4:21:25
90	James Arnold	Grenada, MS	42	1:58:58	9:57:31	4:21:43
91	Nancy Theriot	Columbia	34	1:59:20	9:57:31	4:21:52
92	Bill Solomon	Raytown, MO	46	1:48:58	10:01:89	4:23:34
93	Gene Kelly	Columbia	46	1:56:33		4:31:09
94	Paul Whitter	Columbia	36	2:36:30(15)		4:35:19
95	Dan Clinkenbeard	Columbia	35	2:37:40(15)		4:35:51
96	Greg Critchfield	Columbia	38	2:24:10(15)		4:40:25
97	Michael Asbury	Pagedale, MO	45	2:32:30		4:44:58
98	Gary Zwonitzer	Columbia	46	1:55:49		4:47:18
99	Tracy Cox	Columbia	18	1:52:22		4:47:36
100	William Huffmon	Carrollton, MO	16	2:02:40		4:53:38
101	Larry Huffmon	Carrollton, MO	33	1:56:40		4:53:41
102	Randall Imhoff	Boonville, MO	27	1:56:35		4:56:55
103	Tryg Veum			2:35:30		5:02:08
104	Howard Calkin	Oregon, MO	73	2:35:30(15)		5:05:20
105	Phillip Jacobs	Kansas City, MO	38	2:25:15(15)		5:06:10
106	John O'Connor	Columbia, Mo	51	1:58:03		5:19:08
107	Christine Idel	Columbia, Mo	31	2:36:30		5:20:59
108	Carmen Abbott	Ashland, Mo	34	3:06:25 (15 miles)		5:41:03

THANKS: to Bill Taft and Sid Hose for their generous donations to CTC. These donations will be added to the CTC Scholarship Fund.

25th HEART OF AMERICA MARATHON October 14, 1984

3 mile splits of all those under 3:00 and all CTC members:

Place

1	17:27	35:49	53:33	1:11:49	1:30:18	1:47:55	2:05:50	2:23:29
2	17:00	35:06	52:26	1:10:40	1:29:45	1:48:14	2:08:15	2:29:20
3	18:14	37:07	55:07	1:13:42	1:33:30	1:52:27	2:11:49	2:31:48
4	17:01	35:10	52:52	1:11:21	1:30:49	1:49:39	2:09:23	2:30:43
5	17:46	36:39	54:52	1:13:40	1:34:24	1:53:27	2:13:06	2:33:27
6	17:45	36:31	54:30	1:13:20	1:33:30	1:52:41	2:12:33	2:33:45
7	17:11	35:52	53:33	1:12:23	1:32:19	1:52:50	2:13:41	2:35:12
8	20:12	41:02	1:01:14	1:21:52	1:43:30	2:01:45	2:19:41	2:37:43
9	18:00	37:05	55:42	1:14:32	1:34:29	1:54:14	2:14:15	2:35:33
10	20:07	41:02	1:00:50	1:21:41	1:41:50	2:01:20	2:20:22	2:39:11
11	19:36	40:23	59:36	1:19:30	1:40:05	1:59:58	2:19:36	2:39:09
12	18:41	38:33	57:40	1:17:15	1:37:52	1:58:06	2:18:03	2:38:48
13	17:25	36:15	54:12	1:14:10	1:35:54	1:57:02	2:18:28	2:39:53
14	20:13	41:02	1:01:14	1:21:15	1:43:42	2:03:41	2:23:10	2:41:44
15	18:55	38:30	58:28	1:17:27	1:37:40	1:56:53	2:17:22	2:41:52
16	18:28	38:13	57:10	1:16:47	1:37:44	1:58:14	2:19:31	2:41:55
18	19:00	39:01	59:04	1:19:50	1:41:05	2:01:59	2:23:13	2:44:20
19	18:13	37:49	56:51	1:16:59	1:38:15	1:59:35	2:21:53	2:45:24
20	19:35	40:23	59:36	1:20:16	1:41:57	2:02:49	2:24:36	2:47:55
21	21:07	42:35	1:03:10	1:24:30	1:47:18	2:08:11	2:29:04	2:50:26
22	19:02	39:35	59:36	1:20:36	1:42:43	2:04:54	2:27:18	2:50:11
30	19:20	39:51	59:41	1:20:37	1:43:12	2:05:24	2:28:46	2:53:40
31	21:52	45:02	1:06:50	1:29:01	1:51:20	2:11:49	2:33:25	2:56:29
36	19:32	40:25	1:00:00	1:21:36	1:44:43	2:07:39	2:31:39	2:58:39
37	20:11	41:50	1:03:17	1:25:06	1:46:45	2:11:40	2:36:25	3:02:46
38	21:35	43:42	1:04:31	1:26:10	1:45:47	2:12:33	2:37:15	3:03:48
41	21:42	44:39	1:06:45	1:29:21	1:53:49	2:17:29	2:40:53	3:04:40
43	21:49	44:01	1:05:48	1:27:42	1:51:33	2:14:15	2:38:27	3:05:13
43t.	21:49	44:01	1:05:48	1:27:42	1:51:33	2:14:15	2:38:27	3:05:13
45.	20:27	42:33	1:04:12	1:27:00	1:51:38	2:15:00	2:39:40	3:05:37
46.	21:32	43:42	1:04:31	1:26:10	1:49:42	2:11:53	2:36:50	3:05:05
47.	22:45	45:53	1:08:41	1:31:32	1:54:53	2:17:31	2:41:25	3:07:29
48.	22:00	44:51	1:06:50	1:30:25	1:55:30	2:19:07	2:43:45	3:08:29
49.	21:31	44:03	1:05:49	1:28:37	1:52:30	2:15:54	2:40:28	3:06:51
50.	20:35	42:19	1:02:50	1:25:05	1:45:37	2:13:37	2:39:10	3:07:30
51.	22:35	46:12	1:09:02	1:32:21	1:56:00	2:19:07	2:42:55	3:08:09
52.			1:02:57	1:24:57	1:48:51	2:12:38	2:37:44	3:06:48
53.	21:06	43:52	1:06:40	1:29:47	1:54:22	2:17:50	2:42:30	3:09:35
54.	21:31	44:03	1:05:49	1:28:37	1:52:30	2:15:54	2:41:12	3:10:22
58.	22:00	46:08	1:09:46	1:34:33	2:01:28	2:26:45	2:53:09	3:19:04
60.		44:17	1:06:25	1:30:35	1:56:57	2:22:35	2:50:49	3:18:53
61.	23:02		1:15:14	1:41:06	2:08:20	2:34:39	2:58:46	3:23:06
55*	21:10	43:55	1:06:25	1:30:14	1:55:15	2:19:10	2:44:07	3:12:26
63.	22:02	45:03	1:07:14	1:30:07	1:55:30	2:19:25	2:50:57	3:17:13
68.	22:20	46:35	1:09:46	1:34:43	2:01:45	2:27:28	2:55:00	3:24:30
70.	22:45	46:12	1:09:02	1:33:10	2:00:18	2:26:31	2:55:34	3:29:06
71.	22:25	46:34	1:09:48	1:34:37	2:02:15	2:29:46	2:59:14	3:31:40
73.	22:30	46:44	1:11:09	1:36:39	2:04:19	2:32:53	3:05:15	3:37:20
82.	22:12	48:01	1:15:03	1:42:47	2:12:15	2:39:51	3:12:12	3:44:48
84.	24:23	51:25	1:18:44	1:46:29	2:20:30	2:48:28	3:22:25	3:52:36
88.	26:58	55:24	1:23:51	1:52:05	2:24:45	2:54:51	3:25:04	3:57:06
89.	22:55	47:23	1:11:19	1:37:19	2:07:05	2:38:12	3:16:34	3:56:57
93.	24:23	51:25	1:17:41	1:46:29	2:20:35	2:48:28	3:23:00	4:01:30
98.	24:57	51:46	1:18:18	1:45:43	2:16:22	2:49:13	3:26:00	4:08:57
106.	24:40	52:04	1:18:06	1:48:03	2:24:58	3:00:18		4:44:47

DAVE SCHULTE AWARD for Improved Performance: Steve Mineck, Vinton, Iowa had run 4:34:33 in 1978. In 1984 he ran 3:09:39 to register an improvement of 30.92% (5094 Gardner-Purdy Points), a record improvement.

5,000 METER CROSS COUNTRY RUN

Gustin Golf Course September 29, 1984

1. Steve Stonecipher-Fisher	27	16:37.2	13. Mike Walther	26	19:59.6
2. Kent Lang	22	17:44.0	14. Richard Harness	33	20:03.4
3. Gary Oringderff	26	17:55.2	15. Dick Madsen	42	20:47.8
4. Tom Coon	29	18:10.4	16. Eric Purves	40	21:29.2
5. Tom LaFontaine	37	18:46.0	17. Joe Marks	47	21:31.6
6. Dick Hessler	43	18:46.3	18. Chris Ruble	30	21:32.7
7. Norm Stebbins	36	19:17.5	19. Turk Storvick	56	21:48.6
8. Dave Parker	38	19:39.6	20. Norris Kruse	48	22:09.6
9. Paul Kmiecik	30	19:39.9	21. Roger Hanson	52	25:17.0
10. Steve Baurichter	33	19:43.6	22. Carole Madsen	41	27:53.3
11. Marc Lammy	29	19:56.9	23. Marlin Guest	9	27:54.5
12. Tim Gibson	12	19:57.4	24. Barbara Martin		32:31.3

40 degrees, clear wind not much of a factor. The course may have been a little long, although it was the course normally used by UMC in its meets. Anyway, Thanks to Roger Grooters and Dick Hessler for marking the course and to RACE DIRECTOR Peter Hessler and to Doug Tully, Paul Neuner and Angela Hessler who all helped out.

ELAPSED TIME AWARD WINNERS:

The following will receive trophies at the Annual Meeting Friday, 7:00 PM, November 2, 1984:

Open, Male	Points	Male, 15 & under	
1. Dick Madsen	505	1. Peter Hessler	135
2. Tom LaFontaine	464	2. Tim Gibson	121
3. Richard Harness	403		
4. Dick Hessler	385	Male, 30-39	
5. Ben Londeree	378	1. Richard Harness	276
6. Steve Stonecipher-Fisher	374	2. Tom LaFontaine	253
7. Mike Walther	368	3. Norm Stebbins	161
8. Kent Lang	362	4. Mark Hosler	151
9. Tom Coon	331	5. Tim Rooney	124
10. Norm Stebbins	293	6. Tom King	120
		7. Steve Baurichter	117
Male, 40-49		8. Steve McQuinn	115
1. Dick Madsen	291	9. Ron Wampler	102
2. Dick Hessler	210		
3. Ben Londeree	182	Male, 50 & over	
4. Norris Kruse	162	1. Don Johnson	167
5. Joe Duncan	151	2. Roger Hanson	132
6. Dean Baxter	136	3. Turk Storvick	84
7. Tom Allen	96		
8. Don Lewis	95		
9. Marvin Odneal	92		
Female, Open		Female, 15 & under	
1. Chris Ruble	215	1. Angela Hessler	80
2. Liz Bulman	184		
3. Debbie Hoxworth	151	Female, 35 & over	
4. Carole Madsen	124	1. Carole Madsen	111
5. Bernadette Gerke	86		

WALKERS

1. Rob Spier	135
2. William Taft	102

Now, certainly all these people will attend the Annual Meeting, as should all other CTC members.

From our Yakima, Washington correspondent, BOB DOLPHIN:

A Half-marathon PB, 1:32:34, by 4 minutes, October 7, Yakima, four major hills and gentle grades. Bob has just turned 55 and looks forward to the 55-59 age division, but has to contend with one Bob Washburn who is also 55 and was 1:30 ahead of Bob in the $\frac{1}{2}$ marathon.

Sept. 8: a 10k in 43:16, 1st 50+; Sept. 15: 8.5 in 58:23, 1st 50+; Sept. 22: 10k in 40:53, steady rain, also a first in 50+ and beating Washburn by a strong kick with 250 yards to go.

WEATHER NO PROBLEM AT THE 18th ANNUAL 100 MILE WALK AS ALAN PRICE
WINS FOR SEVENTH CONSECUTIVE TIME IN RECORD TIME - September 29-30

Twenty-three walkers started the 18th edition of Columbia's National 100 mile walk, which this year was the TAC National Championship. As usual, weather was a major concern as it has substantial impact on the performance of the walkers and this year conditions were about 85% perfect. The afternoon temperatures on Saturday were in the 60s, gentle breeze and bright sky beautified by two hot air balloons. Once the sun went down, the temperature dropped steadily to about 32° just after dawn so all save one walker proceeded through the night well garbed. The cool weather gave Alan Price a welcome boost on his way to setting a new national record in this event. By contrast, last year Alan had his slowest time ever when the temperature soared to 96°. Bob Keating, from New Hampshire, who had completed two other 100 mile walks elsewhere, came in second, and racing the clock to get under the 24 hour deadline was Bruce Etherton already a Centurion.

A change instituted this year - namely banning from the track all save those entered in competition - made a much better race in several respects. Most of us have felt over the years that "pacers" detracted from the achievement of the walker - the distance was not done solely by that person's individual effort as well as giving those who had pacers an advantage. Also those on the track this year developed several races between themselves that made for the most exciting and, in some ways, entertaining finishing hours we've ever had. Bruce Etherton was competing against the clock; Carl McCoun and Jack Blackburn had a long tussle for 5th and 6th places while Rich Myers and Scott Demaree went at it for 8th and 9th - note the very close time at the finish. There were thirteen walkers still on the track during the final hours due in part to challenges for place, working for team points and the favorable weather.

Four teams captained by Alan Price, Bob Keating, Leonard Busen and Jack Blackburn walked for lap totals by members who landed on teams by drawing of lot. Alan Price's team included Scott Demaree, Bill Hillman, Darwin Hindman and Carl McCoun; they covered 1539 laps. Bob Keating's team took second place with 1467 laps; Blackburn's was third with 1465 laps and Busen's did 1362. Incidentally, Alan Price continued beyond the 100 miles to ultimately walk 453 laps.

The successful staging of this "Why do you do it??"..."Just because" event takes much organization and volunteers' time. Joe Duncan had a conflict during the specific hours of the race but did his usual superb job of organizing people, keys, supplies, etc. so turned the event over to co-meet directors Rob and Veva Spier and Joyce Schulte with everything ready to go. All of those who assisted at trackside can't be mentioned but special thanks to Axie Hindman, Myrtle Taft and Dennis Schulte for orchestrating the aid table and to Barbara Williams for a variety of services. The timers sitting at the table hours on end always have a most difficult task in faithfully recording the time of passage of each walker (and giving those words of cheer that mean so much) but this time they also had to cope with keeping cold fingers flexible enough to write. Rob rigged a tarp over the tables and partially enclosed three sides. Greg Overfelt brought a kerosene heater that was certainly a help in taking some of the chill off the air but still those timers through the night hours deserve extra thanks.

RESULTS OF THE 100 MILE WALK SHOWING 10,000 METER SPLITS

		10	20	30	40
		50	60	70	80
		90	100	110	120
		130	140	150	160
1. Alan Price	37	57:41	1:56:42	2:57:10	3:58:34
Washington, D.C.		5:04:53	6:09:34	7:16:25	8:23:58
50 MILES	8:27:17	9:38:30	10:53:14	12:08:50	13:27:30
100 MILES	18:46:13-Record	14:46:11	16:19:05	17:35:24	18:40:36
113 MILES	22:59:09				
2. Bob Keating	37	1:04:03	2:09:31	3:15:18	4:21:32
Nashua, N.H.		5:28:43	6:39:33	7:52:38	9:11:56
50 MILES	9:15:46	10:37:45	12:08:17	13:44:20	15:21:38
100 MILES	21:42:53	17:00:12	18:34:07	20:04:48	21:35:10

100 MILE WALK continued. . .

3. Bruce Etherton	44	1:10:00	2:23:50	3:41:14	5:05:29
Independence, MO		6:35:40	8:07:36	9:40:40	11:11:30
50 MILES 11:14:43		12:53:40	14:27:30	16:11:09	17:41:19
100 MILES 23:51:16		19:12:35	20:39:00	22:15:53	23:44:10
4. Tom Kline	40	1:10:48	2:23:48	3:42:05	4:59:24
Scarsdale, N.Y.		6:19:53	7:48:16	10:22:08	11:58:33
50 MILES 12:02:44		13:45:52	15:24:32	17:36:35	18:57:15
372 laps 23:48:32		20:24:38	22:17:06		
5. Carl McCoun	37	1:23:49	2:48:54	4:15:58	5:51:19
Billings, MT.		7:32:00	9:10:27	10:50:05	12:44:37
50 MILES		14:28:44	16:01:01	17:38:26	19:12:25
346 laps 23:51:31		21:59:07			
6. Jack Blackburn	48	1:09:41	2:20:21	3:32:13	4:45:20
Springfield, Ohio		6:02:47	7:26:02	9:03:16	10:39:46
50 MILES 10:44:14		15:50:05	17:28:50	19:06:38	21:01:58
345 laps 23:59:57		22:58:54			
7. John Stowers	55	1:13:10	2:27:33	3:41:57	4:56:14
Houston, TX		6:10:51	7:31:51	9:03:45	10:32:26
50 MILES 10:36:14		17:23:32	18:48:21	20:30:20	22:01:54
335 laps 23:58:42		23:27:46			
8. Rich Myers	48	1:27:17	2:54:29	4:21:37	5:46:35
Xenia, Ohio		7:14:03	8:39:51	10:23:48	14:21:42
50 MILES 14:26:20		16:21:50	19:51:18	21:20:23	22:59:50
317 laps 23:58:41					
9. Scott Demaree	33	1:07:08	2:16:42	3:27:40	4:42:08
Houston, TX		5:53:58	7:05:48	8:42:10	10:09:36
50 MILES 10:14:05		11:41:26	13:45:50	21:38:14	23:10:50
317 laps 23:59:08					
10. Dave Garver	17	1:50:37	3:50:58	5:26:32	7:10:33
Columbia, MO		9:19:19	10:57:45	12:59:40	15:45:17
50 MILES 15:50:25		17:44:50	19:59:44	21:51:09	23:28:30
309 laps 23:58:09					
11. Bob Gragg	59	1:18:37	2:35:09	3:56:14	5:18:26
Liberty, MO		6:58:02	8:34:15	10:13:28	11:57:55
50 MILES 12:02:09		14:22:41	18:03:01	19:59:48	22:00:58
300 laps 22:00:58					
12. Don Williams	35	1:16:34	2:32:47	3:49:12	5:07:15
Columbia, MO		6:33:36	7:54:07	9:32:25	11:08:46
50 MILES 11:12:46		19:14:28	20:53:25	22:49:37	
282 laps 23:19:22					
13. Darwin Hindman	51	1:11:51	2:26:55	3:43:07	5:02:24
Columbia, MO		6:23:35	7:58:34	9:31:08	10:59:04
50 MILES 11:03:11		12:11:52	23:29:22		
259 laps 23:58:49					
14. Leonard Busen	54	1:15:10	2:38:48	4:04:23	5:35:25
Maryland Heights, MO		7:10:26	8:53:29	13:25:21	18:41:55
50 MILES		20:17:30	21:57:31		
254 laps 22:13:00					
15. Wm. Taft	68	1:33:09	3:07:35	4:47:48	6:36:57
Columbia, MO		8:35:13	10:09:33	18:35:33	20:24:38
50 MILES		22:14:56			
242 laps 23:28:52					
16. Craig Haugaard	28	1:16:50	2:29:56	3:47:32	5:26:58
Hutchinson, MN		6:55:13	8:35:53	11:36:44	16:39:45
50 MILES					
221 laps 18:14:40					
17. Adair Andrews	40	1:14:30	2:22:26	3:30:31	4:46:21
Blackjack, MO		6:01:20	7:16:58	8:39:52	10:17:20
50 MILES 10:21:52					
18. John Wilke	39	1:28:40	3:00:27	4:48:26	6:46:03
Columbia, MO		12:55:16	17:43:58	20:15:24	22:56:20
50 MILES 23:02:46					

100 MILE WALK continued. . .

19. Phil Lewis	48	1:18:51	2:36:45	3:57:47	5:22:31
Xenia, OHIO		6:53:19	8:29:16		
170 laps 10:02:07					
20. Bill Hillman	55	1:22:42	3:05:07	4:50:28	6:57:20
Washington, D.C.		20:34:40	22:41:50		
164 laps 23:54:00					
21. Assam Inshirah		1:27:31	2:54:26	4:33:34	7:14:36
Columbia, MO		9:18:00			
139 laps 12:22:24					
22. Robert Dodson	53	1:15:26	2:45:04	4:07:22	5:43:28
El Paso, TX		7:25:57			
132 laps 7:53:34					
23. Wesley Cox, Jr.	17	1:50:37	3:50:58	5:26:32	7:10:33
Columbia, MO					
122 laps 8:45:18					

Kingdom of Callaway 10-K results

Place	Name	Age	M/F	Time
1	Jack Defreitas	25	M	32.12
2	Kent Lang	22	M	33.19
3	Jim Blitz	24	M	34.05
4	Jim Marshall	25	M	34.09
5	Dennis Baumstark	29	M	34.13
6	Gary Oringderff	26	M	34.27
7	Scott Hinton	23	M	34.41
8	Tom Coon	29	M	34.49
9	John Howland	35	M	35.21
10	Tom LaFontaine	37	M	35.31
11	David Mountjoy	30	M	35.36
12	Richard Haflag	25	M	35.44
13	Mark Johnson	31	M	35.48
14	Tony Adams	22	M	37.40
15	Marvin Odneal	41	M	37.46
16	Mike Little	37	M	38.32
17	Rick Brandenburg	29	M	38.50
18	Paul Rice	31	M	39.13
19	Mike Brown	24	M	39.22
20	Mike McElwaine	28	M	39.25
21	Richard Harness	33	M	39.37
22	Peter Schroeder	27	M	39.51
23	Shep Funderburk	42	M	40.06
24	John Weghorst	28	M	40.16
25	Nick Peckham	44	M	40.19
26	Tom King	35	M	41.04
27	Dana Burch	29	M	41.25
28	Dan Custer	30	M	41.31
29	Steve Kuntz	33	M	41.34
30	Brian Steele	21	M	41.58
31	Mike Schnitzlar	19	M	41.59
32	Howard Bentlage	54	M	42.20
33	Joe Polacco	40	M	42.32
34	Brian Nicol	33	M	42.36
35	David Plummer	39	M	42.45
36	Thomas Zins	30	M	42.48
37	Diane Mountjoy	29	F	42.48
38	James S. Johnson	33	M	42.56
39	Dave Haus	33	M	43.12
40	Dwight Lemons	32	M	43.23
41	Jim Cline	39	M	43.47
42	Todd Payne	18	M	43.52
43	Ron Thill	29	M	43.55
44	Linda Robbins	33	F	44.02
45	Steven Yates	38	M	44.04
46	Ken Babcock	40	M	44.05
47	Mike Hayes	37	M	44.20
48	Mike Bryant	14	M	44.32
49	Jerry Curry	19	M	44.34
50	Bob Curry	42	M	44.36
51	Larry Ault	33	M	44.43

52	Marty Kehoe	34	M	44.46
53	Dennis Cesari	34	M	44.54
54	John Borst	38	M	44.55
55	Denis Dowd	36	M	44.58
56	James Marcantonio	58	M	44.58
57	Jim Flink	23	M	45.09
58	Gary Kirfman	30	M	45.29
59	Polly Pastoret	27	F	45.35
60	Jim Pyle	28	M	45.55
61	Tony Evanoski	42	M	46.20
62	Tim Rutledge	26	M	46.25
63	Jim Schnitzler	45	M	46.40
64	Hugh Wilson	47	M	46.43
65	Did not register			
	Dan Kelly	19	M	47.18
67	Heather Sargeant	13	F	47.28
68	Bob Smith	49	M	47.30
69	J.W. Smith	20	M	47.43
70	Larry Merriman	26	M	47.57
71	Ken Bryant	36	M	48.00
72	Laura Clarke	26	F	48.05
73	JoAnn Kunza	31	F	48.07
74	Michael Brown	22	M	48.18
75	Kevin Renne	31	M	48.25
76	Richard Plautz	37	M	49.00
77	Ron Maasen	28	M	49.35
78	Anne Seymour	40	F	50.02
79	Rochelle Renken	29	F	50.26
80	Joe Cassidy	40	M	50.37
81	Armon Keaster	51	M	50.44
82	Art Salmons	48	M	51.02
83	Tom Parsons	56	M	51.03
84	Mary Haskamp	28	F	51.04
85	Cathy Callaway	27	F	51.56
86	Charles Losh	36	M	52.11
87	Ken McSwain	43	M	52.52
88	Mike Lintecum	26	M	53.04
89	Cindy Nichol	30	F	53.10
90	Don Patterson	62	M	53.14
91	Mary Mehmert	28	F	54.01
92	Nancy Roberts	24	F	54.18
93	Ann Hoffman	30	F	54.18
94	Myrtle Parsons	60	F	54.38
95	Becky Taggart	31	F	54.40
96	Joan Bland	48	F	55.15
97	Lee Elliott	54	M	56.25
98	Sue Weill	30	F	56.29
99	Judy Grundler	27	F	56.41
100	Marilyn Holsinger	62	F	57.18
101	Ed Bland	50	M	57.24
102	Susan Ault	29	F	59.29
103	Eve Saunders	47	F	60.14
104	Bonnie Allard	33	F	60.17
105	Elda Kurzejewski	54	F	60.59
106	Anne VanBuskirk	24	F	66.52
107	Joe Cragin	56	M	67.20
108	Grant Duncan	23	M	69.08
109	Beverly Kozlowski	34	F	NT
110	Linda Doornbos	30	F	NT
111	Billy Carroll	32	M	1:36.39

CHANNEL 8K RUN

October 14, 1984

<u>PLACE</u>	<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>TIME</u>
1	Steve Stonecipher-Fischer	27	M	24:04.9
2	Mark Kennard	24	M	24:15.9
3	Paul Hockett	22	M	26:08.5
4	Denton Childs	34	M	26:24.9
5	Greg Reecht	19	M	26:45.2
6	Jim Marshall	26	M	27:36.8
7	Jerry Smith	33	M	27:59.2
8	Tom May	18	M	28:21.5
9	Dick Hessler	43	M	28:27.6
10	Liz Bullman	25	F	28:29.2
11	Dave Parker	38	M	28:40.7
12	Larry Dametz	29	M	28:53.5
13	Dan Kelly	31	M	29:02.0
14	Mark Volek	29	M	29:03.3
15	Alex Ratelle	60	M	29:07.3
16	Winston Reid	21	M	29:10.9
17	Tim Gibson	13	M	29:22.8
18	Steve Bavrichter	34	M	29:27.9
19	Blake Andersen	23	M	29:53.6
20	Bob McGrath	36	M	30:41.0
21	Peter Schroeder	27	M	30:48.2
22	Bill Silverberg	42	M	30:54.2
23	Michael Brown	24	M	31:32.5
24	Richard Harness	33	M	31:34.9
25	Asim Kawaja	35	M	31:50.5
26	Dave Kelp	20	M	31:56.3
27	Jeremy Barns	24	M	31:57.2
28	Rick Rother	36	M	31:59.5
29	Dan Molloy	24	M	32:11.2
30	Joe Marks	47	M	32:30.3
31	Peter Lang	18	M	32:42.1
32	Jeffrey Hite	21	M	32:46.8
33	Tom Radcliff	24	M	32:56.5
34	Rick Clark	25	M	33:00.2
35	Richard Vaughn	24	M	33:11.2
36	Mike Hayes	38	M	33:12.7
37	Kerry Peveler	25	M	33:14.3
38	Betty Bohon	33	F	33:16.9
39	Mike Bryant	14	M	33:20.0
40	Diane Mountjoy	29	F	33:26.2
41	Norris Kruse	49	M	33:29.8
42	Don Mitzelfelt	25	M	33:43.0
43	Richard Spaulding	33	M	33:57.0
44	David Plummer	39	M	34:01.0
45	Peter Pallag	31	M	34:02.0
46	Linda Robbins	33	F	34:05.0
47	Greg Miller	31	M	34:12.0
48	Terry Richardson	36	M	34:15.0
49	John McCormick	41	M	34:22.0
50	Beth Murray-Stangler	28	F	34:25.0
51	Bassam Hussien	22	M	34:29.0
52	Rick Mumford	15	M	34:32.0
53	Alan Creek	28	M	34:34.0
54	Tony Evanoski	42	M	34:43.0
55	Rob Welch	26	M	34:46.0
56	Tom Coudron	32	M	34:48.0
57	David Pearce	24	M	34:51.0
58	Greg Gagnon	29	M	34:52.0
59	Gary Boley	35	M	34:53.0
60	Amy Pantzer	22	F	34:53.6
61	Beth Hartley	17	F	34:54.0
62	Alberto Diaz-Arias	26	M	35:04.0
63	Scott Gutwein	19	M	35:16.3
64	Alan Fleischer	23	M	35:17.0
65	Elaine Sleper	39	F	35:21.0
66	Tim Rutledge	26	M	35:22.0
67	Bob Curry	42	M	35:28.0
68	Greg Luce	25	M	35:33.0
69	Randall L. Smith	27	M	35:39.0
70	Jim Ihler	37	M	35:41.0
71				35:48.0
72	Barbara Gilman	20	F	35:57.0
73	Dan Pierce	30	M	36:01.0
74	Terry Brennan	31	M	36:04.0
75	Michele McFadden	24	F	36:14.0
76	David Huibregtse	30	M	36:15.0
77	Dave Gotlob	35	M	36:16.0
78	Mike Brower	25	M	36:16.5
79	Mike Prewitt	34	M	36:27.0
80	Jane Kester	21	M	36:39.0
81	Steve Wilson	30	M	36:43.0
82	Scott Koerner	32	M	36:44.0
83	John Ruby	22	M	36:48.0
84	Kevin Rudeen	34	M	36:50.0
85	Randy Bryson	30	M	36:54.0

86	Howard Hackman	40	M	36:58.0
87	Frank Schmidt	37	M	37:03.0
88				37:08.0
89				37:09.0
90	Gerald Evanoski	26	M	37:11.0
91	Hugh Wilson	47	M	37:14.0
92	Rick Logsdon	30	M	37:16.0
93	Richard Duffner	36	M	37:28.0
94	J. D. Kemper	31	M	37:29.0
95	Sid Hose	45	M	37:30.0
96	John Dunn	47	M	37:31.0
97	Ryan Bramblett	9	M	37:32.0
98	Eric Mumford	40	M	37:37.0
99	John Strawn	25	M	37:43.0
100	Bill Wiecek	46	M	37:45.0
101	Barbara Berry	24	F	37:46.0
102	Mark Deaner	30	M	37:50.0
103	Colleen Gibler	23	F	37:50.6
104	Phyllis Lammy	29	F	37:51.0
105	Dan Brophy	24	M	37:53.0
106	Ken Hirlinger	34	M	37:55.0
107	Dave Holsinger	42	M	37:57.0
108	Robert Wolfe	49	M	37:57.1
109	Amy Hessler	18	F	37:58.0
110	Ann Hartley	43	F	38:09.0
111	Mike Hosokawa	44	M	38:11.0
112	Rob Alongi	30	M	38:17.0
113	Dennis Holleran	40	M	38:18.0
114	Jeff Boley	13	M	38:23.0
115	Roger Allbee	52	M	38:26.0
116	Steve Weddle	37	M	38:34.0
117	Wilson Lucas	38	M	38:35.0
118	T. K. Nair	38	M	38:37.0
119	Vina Hyde	36	F	38:40.0
120	Jim Ritter	47	M	38:45.0
121	Ann Seymour	40	F	38:51.0
122	Roger Hanson	52	M	38:55.0
123	John Stolt	49	M	38:59.0
124	Jill Adams	23	F	39:03.0
125	Amy Mason	24	F	39:07.0
126	Carole Madsen	41	F	39:10.0
127	John Mueller	41	M	39:15.0
128	Dwight Fay	25	M	39:23.0
129	David Spate	47	M	39:24.0
130	Nancy Roberts	25	F	39:31.0
131	Ann Hoffman	30	F	39:32.0
132	Frederick Juettner	39	M	39:34.0
133	Steve Johnson	28	M	39:39.0
134	Jim Schadt	38	M	39:42.0
135	Tammy Boley	16	F	39:50.0
136	Howard Rifkin	18	M	39:55.0
137	Theresa Mueller	34	F	39:57.0
138	Georgia Morehouse	50	F	40:04.0
139	Karen Castelli	24	F	40:05.0
140	Ted Petchell	32	M	40:18.0
141	Susan Ward	36	F	40:53.0
142	Mary Jo McClure	22	F	41:05.0
143	Kent Brown	22	M	41:10.0
144	Harvey Thomas	36	M	41:16.0
145	Lisa Harrison	19	F	41:21.0
146	Sandra Greenstone	41	F	41:22.0
147	Steve Scroggs	22	M	41:24.0
148	Bill Holcomb	36	M	41:27.0
149	Steve Lare	33	M	41:28.0
150	Jim Loveless	35	M	41:42.0
151	Dick Carr	50	M	41:53.0
152	Jan Sanders	29	F	41:53.0
153	Jim Bornhauser	33	M	42:00.0
154	Rick Leonard	36	M	42:01.0
155	Tracy Hillery		M	42:08.0
156	Joe Sportman	51	M	42:09.0
157	Jerri Deming	36	F	42:12.0
158	Karen Schmidt	21	F	42:18.0
159	Ann Wass	33	F	42:20.0
160	Barbara Sacba	39	F	42:22.0
161	Mary Haskamp	28	F	42:23.0
162	Arlene Dethloff	31	F	42:25.0
163	Georgina Gonzalez	46	F	42:36.0
164	Bob Stepanich	36	M	42:46.0
165	Jeanette Twillman	52	F	42:44.0
166	Becky Taggart	31	F	42:47.0
167	Luther Solomon	9	M	42:48.0
168	Josh Hawkins	10	M	42:49.0
169	Ken Hawkins	34	M	42:50.0
170	Ann Massey	26	F	42:59.0
171	Laura Gabel	24	F	43:07.0
172	Cindy Spaulding	22	F	43:08.0
173	Milton Glick	47	M	43:09.0
174	Ron Burgess	48	M	43:15.0
175	Cheryl Odneal	36	F	43:16.0
176	Don Long	67	M	43:18.0
177	Kimberly Hart	15	F	43:27.0
178	Carolyn Quinn	22	F	43:41.0
179	Richard Basye	34	M	43:43.0
180	Jon Skorburg	25	M	43:45.0

181				
182	Vincent St. Omer	49	M	43:46.0
183	Terry Brennan	12	M	43:49.0
184	Beth Bales	32	F	43:55.0
185	Debbie Roth	27	F	44:00.0
186	George Prica	33	M	44:03.0
187	Nancy Fritsch	45	F	44:21.0
188	Ed Hoeper	44	M	44:40.0
189	Frank Flores	55	M	44:41.0
190	Jon Harpert	45	M	45:01.7
191	Karen Gagnon	28	F	45:02.0
192	Gary Cox	30	M	45:03.0
193	Jeanine Elliott	47	F	45:06.0
194				45:11.0
195	Lisa Brown	19	F	45:12.0
196	Judy Grundler	27	F	45:19.0
197				45:26.0
198	Doris Brower	22	F	45:27.0
199	Susanne Mason	19	F	45:30.0
200	Marilyn Hollsinger	62	F	45:32.0
201	Nancy Fuchs	37	F	45:35.0
202	Amy Harms	20	F	45:40.0
203	Martin Craft	19	M	46:00.0
204	Mary Lee Gerke	49	F	46:01.0
205	Jeannette French	35	F	46:18.0
206	Anna Hernandez	30	F	46:41.0
207	Minnette Bumpus	24	F	46:45.0
208	Duby McDowell	24	F	46:48.0
209	Bob McClure	52	M	47:26.0
210	Lorrie Minor	17	F	47:29.0
211	Martha Mitchell	17	F	47:42.0
212	Erik Klinkenborg	10	M	47:43.0
213	Lisa Dodson	28	F	47:49.0
214	Kathy Castelli	22	F	47:54.0
215	Julie George	25	F	48:13.0
216	Barbara Martin	38	F	48:18.0
217	Annette Young	35	F	48:23.0
218	Linda Miller	30	F	48:51.0
219				49:04.0
220	Bill Trumbower	39	M	49:24.0
221	Patty Miller	27	F	49:37.0
222	Greg Thackery	21	M	50:02.0
223	Lisa Baechle	24	F	50:05.0
224	Jason Hudnell	10	M	50:08.0
225	Carol Catanese	33	F	50:13.0
226	Susan Peterson	23	F	50:14.0
227	Lillian Roberts	25	F	50:15.0
228	Kim Hilton	22	F	50:16.0
229	Sandi Kormeier	41	F	50:17.0
230	Maxine Gill	36	F	50:19.0
231	Dale Pipes	44	M	50:21.0
232	Dean Roth	27	M	50:22.0
233	Bruce Stunad	37	M	50:35.0
234	Peggy Huffmon	34	F	50:41.0
235	John Balk	35	M	50:44.0
236	Judy Kelleher	25	F	50:55.0
237	Brevard Law	53	M	50:59.0
238	Natalie Rabiner	27	F	51:13.0
239	David McDonald	51	M	51:33.0
240	Diane Buchmann	25	F	52:12.0
241	Betty Holcomb	39	F	52:31.0
242	John Rolfes	27	M	53:54.0
243	Shari Slaughter	12	F	53:55.0
244	Jack Slaughter	50	M	55:55.0
245	Robyn Aldridge	23	F	55:56.0
246	Margaret Johnson	55	F	56:56.0
247	Sunderrajan	35	M	57:04.0
248	Reta Hughes	24	F	57:43.0
249	Melba Speiss	25	F	57:44.0
250	Eileen Jackson	42	F	59:30.0
251	Kelly Kohrs	26	F	59:34.0
252	Elizabeth Geden	42	F	1:00:50.0
253	David Evans	47	M	1:14:22.0
254	Jacob Solomon	7	M	1:19:45.0
255	John Solomon	5	M	1:19:57.0
256	Sebastian Faulhaber	16	M	1:19:57.0
257	Nancy Solomon	37	F	1:20:33.0
258	Travis Solomon	37	M	1:20:51.0
259	Kim Shelton	13	F	1:20:53.0
260	Nicole Weitzel	14	F	1:21:26.0
				1:21:46.5

SCHEDULE OF EVENTS:

- OCTOBER 27 Saturday 9:00 AM Katy Trail 5 Mile FUN RUN
- 28 Sunday 1:00PM 3 Mile Cross Country Run Shaw Park St. Louis
Dual Meet with St. Louis Track Club WE WANT EVERY CTC
MEMBER TO COMPETE IN THIS EVENT. We WILL be taking a bus
to St. Louis. Those riding the bus should be at the Hilton
Inn parking lot no later than 9:00 AM*
- NOVEMBER 3 Saturday 8:00 AM Startest 10,000 Meter Run Columbia Regional
Airport RACE DIRECTOR: Don Patterson
- 11 Sunday 8:30 AM Steve Helmick Memorial Run for MS 5, 10 & 15
kilo runs (see enclosed entry blank)
- DECEMBER 1 Saturday 9:00 AM 30 kilo run (10 kilo for women and age 15 &
under unless they want to go farther), 20 kilo walk
Hilton Inn RACE DIRECTOR: Chris Ruble

NOTICE OF ANNUAL MEETING

The Annual meeting of the Columbia Track Club will be November 2, Friday, 7:00 PM at the Guitar Community Center, 8th & Broadway. If you want any say so as to CTC's program then it is essential that you attend this meeting. It is the only meeting we have. ET awards will be given at the meeting and there will be refreshments.

BE SURE TO ATTEND THE ANNUAL MEETING!!

*MORE ON THE BUS TRIP TO ST. LOUIS: We do hope all CTC members will participate in what has always been a fun event. The St. Louis Track Club is a fine host, providing good competition and good food afterwards. Keep in mind that scoring is on a mass basis--every runner counts with scoring in 3 categories: Open male, open female and male over 40. Lots of turkeys and chickens will be given away. Now, about the bus: We encourage you to ride the bus--it will be fun, save you some expenses and give you a chance to win a "bus prize"--a few gift certificates will be given out by drawing to those riding the bus with the Grand Prize being a turkey to go to someone who didn't win a turkey in the race. And best of all, Dick Hessler will lead group singing. GO CTC!!

Some selected out-of-town events:

- November 4 Sunday 7:30 AM Macy's Marathon (10k at 8:20) CONTACT:
Marathon, Macy's Special Events Dept., 1034 Main St.
Kansas City, Mo. 64105
- November 17 Saturday 9:00 AM Run for the Third 8,000 meter run
Sedalia CONTACT: Sedalia Runners Club 500 W. 5th
Sedalia, Mo. 65301
- November 18 Sunday 8:00 AM St. Louis Marathon CONTACT: St. Louis
Track Club 6611 Clayton Rd. St. Louis, Mo. 63117

Even more on the bus trip to St. Louis--we need some advance idea as to how many we will have on the bus--we hope to have a full busload of runners--anyway, if you plan to ride the bus, please tell Dick Hessler right away at 874-2906.

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

Wm Joe Cragen 2211 Country Lane Columbia, Mo. 65201	Scott Hinton 1309 Golf Blvd. Rd. Columbia, Mo. 65202	Sandy Poore 607 Donnelly Ave. Columbia, Mo. 65201
Greg Critchfield Rt. 1, Box 68 Harrisburg, Mo. 65256	Michael Hosokawa 1718 Cliff Dr. Columbia, Mo. 65201	Eric Purves 1806 Stanford Dr. Columbia, Mo. 65203
Joe Genovese 618 Union Ave. Moberly, Mo. 65270	Wayne Lowen 5 Windsor Pl. Moberly, Mo. 65270	Wayne Schneider Rt. 3 Mexico, Mo. 65265

Here's a note from our Northfield, Minnesota correspondent, Amy Hessler, who is there attending St. Olaf College. She says that her Dad suggested a letter to CTC, but Amy's exuberance is so obvious that we question whether any prompting was really necessary:

TOUGH and TALENTED, YOU ARE WHAT YOU THINK, FREEDOM, FAITH, RESPONSIBILITY, PERFORM, DESIRE...These are all terms describing the attitude of the St. Olaf Cross Country team. As I reflect on my first three weeks as a collegiate runner, I remember many events from my past running career. The thrill of winning the Western Regional Junior Olympics mile run, the records in the summer programs--great times for socializing and performing, Hickman Cross Country and Track--and the thousands of road races in CTC--these are all part of a different running career. My college experiences have already created a new Amy Hessler.

After being heartily welcomed to the St. Olaf Cc team in Northfield, Mn, I found myself anxious and scared. I was soon to find out how I compared to a "college" runner. Despite my extensive summer workouts I felt young and unexperienced. As we donned our shorts and t-shirts, I noticed apprehension in the faces of my fellow freshmen, we were all in the same boat. The 62 stairs we climbed from Skoglund Center were leading to a new phase of life.

We started out along the shoulder of a highway at a good pace. As we turned onto the gravel road the runners had already split into three groups. I realized I was in the second group and I felt my old confidence return. We ran along "The Turkey Farm" five-miler and soon the sound of breathing was replaced by the horrendous squawking of over 500 turkeys. This was the ultimate ice-breaker; runners from Wisconsin, Minnesota, Iowa, and of course Missouri became fast friends--joined together through running and laughing. We were hooked!

After two Cross Country races the team spirit is incredible. The personal bests are motivating people to push harder; to enjoy the success they can achieve. Weights are done three times a week to build a whole, strong body. The intensity of intervals is so incredible. Everyone approaches each 800, fartlek, or mile as a way to improve; both personally and for the team.

We enjoy team dinners twice a week. These create a more formal unity and are our PSYCH-UP sessions. The mental part of running is greatly stressed here. Friday nights find the "OLE" team enjoying ice-cream socials before a Saturday meet. Already we are a big, happy family.

I am really happy to be on a team of diversified runners. From nationally ranked runners to nine minute milers, we share a wonderful bond. With such a diversity we can enjoy each others improvements and accomplishments. Positive Mental Attitude (PMA) is our motto. Despite the fact that I am constantly reminded of me "southern twang", I am proud to be a Missourian running in a college so unique and wonderful!

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

- October 5, 1969: 17 year old Paul Ide won the MVAU 20 Kilo Walk, Independence, Mo. CTC won the team title with 6 walkers. Ide's time was 1:52:33
- October 12, 1969: Senior National 30 kilo walk held in a driving rainstorm on Rt. 22, looping back into Cosmos Park. Ron Laird won in 2:29:23, followed by Tom Dooley at 2:30:08. Mark Achen led the CTC walkers with 3:04:14. Darrell Palmer was 3:13:12 and Joe Duncan 3:14:27.
- October 19, 1969: Two Mile Run: 1. Ken Ellingwood 10:20, Larry Carpenter 10:24. Whitney Hicks 11:45, Joe Duncan 11:57.
Two Mile Walk: 1. Darrell Palmer 16:54, Achen 17:07
3. Duncan 18:26.

5 YEARS AGO:

- October 6, 1979: 2 Mile Cross Country Run: 1. Steve Fisher 10:10, 2. Dennis Stewart 10:12 (30-39 record), 3. Rex Power 10:31, 4. Jeff Mittelhauser 10:43. . .7. Ben Londeree 11:23. . . 17. Matt Gibson 12:19 (15 & under record), 18. Joe Marks 12:21 and 16 others
- October 20, 1979: Five Mile Cross Country Run: 1. Willis Ware 26:30, 2. Mike Kruse 28:08, . . .5. Tom LaFontaine 29:19. . .9. Norm Stebbins 30:21, 10. Ben Londeree 30:31, 11. Dick Hessler 30:52, 12. Joe Marks 32:47. . .16. Mike Koonse 33:47. . .22. Susan Boyle 38:38

THREE MILE TURKEY TROT

SPONSORED BY

ST LOUIS TRACK CLUB AND COLUMBIA TRACK CLUB
CLAYTON, MISSOURI -- SUNDAY, OCTOBER 28, 1984 -- 1:00PM

WHERE: SHAW PARK, CLAYTON, MISSOURI
FROM COLUMBIA TAKE I-70 EAST TO I-40 EAST, EXIT NORTH ONTO BRENTWOOD BLVD, LEFT ON FORSYTH TO CLAYTON COMMUNITY CENTER AND SHAW PARK

COURSE: CROSS COUNTRY THROUGH PARK. SPIKES MAY BE WORN

ELIGIBILITY: OPEN TO ALL RUNNERS. HOWEVER, FOR COLUMBIA TRACK CLUB AND ST. LOUIS TRACK CLUB THIS RACE WILL ALSO BE SCORED AS A DUAL MEET. SCORING WILL BE ON A MASS BASIS IN THREE CATEGORIES: OPEN, 40 AND OVER, WOMEN.

ENTRY FEE: \$2.00 BEFORE OCTOBER 20TH. \$3.00 ON RACE DAY AND FOR ALL LATE ENTRIES RECEIVED BY MAIL AFTER OCTOBER 25th. NO FEE FOR CTC MEMBERS*

AGE DIVISIONS:	MEN: 13 and under	WOMEN: 13 and under
	14 - 19	14 - 19
	20 - 29	20 - 29
	30 - 39	30 - 39
	40 - 49	40 - 49
	50 and over	50 and over

AWARDS: WILL BE BASED ON PARTICIPATION IN EACH AGE GROUP
TURKEYS AND OTHER FOWL WILL BE AMONG THE AWARDS

REGISTRATION: BY MAIL BEFORE OCTOBER 25th - OR RACE DAY FROM 11:30 to 12:30.
MAIL ENTRIES TO ST LOUIS TRACK CLUB, PO BOX 2956, ST LOUIS, MO 63130

*CTC MEMBERS FEES WILL BE PAID BY CTC, HOWEVER YOU MUST STILL SEND IN AN ENTRY BLANK

THREE MILE TURKEY TROT - SUNDAY, OCTOBER 28, 1984

NAME _____ AGE AT 10/28 _____ MALE _____ FEMALE _____
(PLEASE PRINT)

STREET ADDRESS _____ CITY _____

STATE _____ ZIP CODE _____ DATE OF BIRTH _____

CLUB AFFILIATION _____ UNATTACHED _____

IN CONSIDERATION FOR MY ENTRY, I AND MY HEIRS DO HEREBY RELEASE, ST LOUIS TRACK CLUB COLUMBIA TRACK CLUB, CITY OF CLAYTON FROM ALL INJURIES AND DAMAGES THAT MIGHT RESULT FROM MY PARTICIPATING IN THIS RACE ON OCTOBER 28, 1984. I FURTHER WARRANT THAT I HAVE TRAINED FOR A RACE OF THIS DISTANCE AND WEATHER CONDITIONS AND THAT I AM PHYSICALLY FIT FOR SUCH AN EVENT.

RACE INFORMATION

16

WHO: COLUMBIA TRACK CLUB
C/O Don Patterson
P.O. Box 7214
Columbia, Mo. 65205
(314) 874-3066

WHAT: DESCENTE STAR Test 10K

WHEN: Saturday, November 3, 1984 at 8:00 a.m.

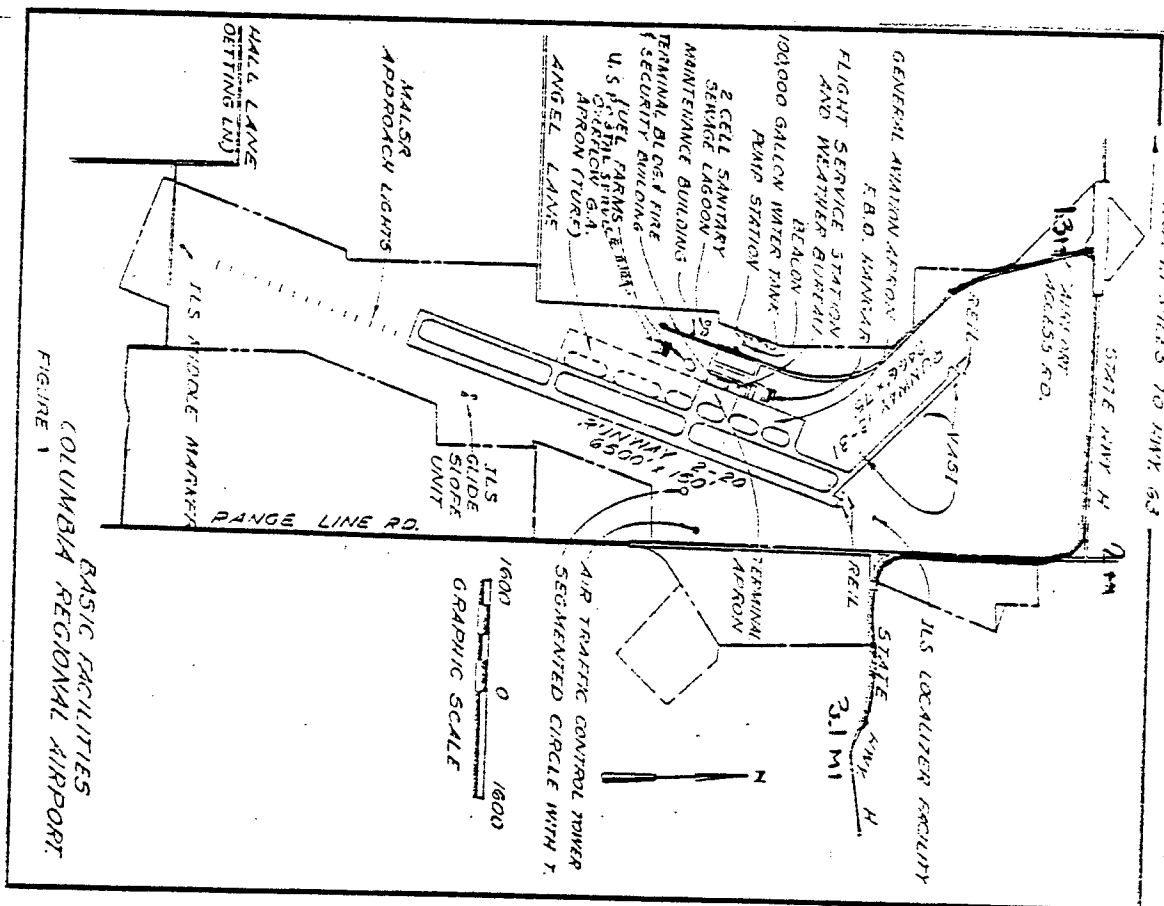
WHERE: Columbia Regional Airport

HOW: Pre-registration (postmarked before October 29)
\$5.00
Late-registration/Race day
\$6.00

ENTRY: Pick up race information at d'Sport Shop or contact:
Columbia Track Club
P.O. Box 7214
Columbia, Mo. 65205
(314) 874-3066

AWARDS: You could earn a Gold, Silver or Bronze DESCENTE STAR Test pin based on your time, age and sex. Challenge yourself, and run against the national standards. **All runners will receive a gear bag.**

Your toughest competition is yourself! Check the DESCENTE STAR Chart and run for an award.



REGISTRATION

NAME:

Last Name First Name Middle Initial

AGE: **SEX:** M F

ADDRESS:

Home Street No. or Box No. Home Street Name

CITY: **STATE:** **ZIP:**

In consideration of being permitted to participate in the STAR Test program, I, the undersigned participant, for myself, my heirs, executors and administrators forever release and discharge the sponsors of this event, including Road Runners Club and its affiliates, its agents, any person officially connected with this event, Descente America Incorporated and its affiliates, corporate parents, officers, directors, employees and agents, from all claims, causes of action, costs and judgements that I now or hereafter may have against such sponsors for personal injuries, including death, and damage to property, real or personal, caused by or arising out of my participation in this event. I warrant that I am aware of the risks of this type of event and that I am in good health and that I have no physical condition which would prevent me from participating in this event.

Your signature _____ Date _____

If under 18, parent's or guardian's signature _____

If under 18, parent's or guardian's signature

FOR CLUB USE ONLY

Participant Race Number

Finishing Time

STAR Club #

--	--	--	--

Bronze ☐ Silver ☐ Gold ☐



What is STAR Test?

STAR Test is a standardized rating system for recreational runners, sponsored by DescENTE and produced by Road Runners Club of America chapters nationwide. It lets you know how good you are in 10-kilometer running races compared to other runners of the same age and sex around the country.

Who's It For?

STAR Test is designed for all runners, regardless of age or ability level. It is based on a three-level set of standards that compares a runner's time in STAR Test 10K races to a national standard, and awards bronze, silver and gold medals according to how well one places within his or her age group. This self-challenge encourages one to improve his pace over a 6.2-mile distance, and experience the thrill of steady improvement.

I'm Not Very Competitive..

The beauty of this program is that the emphasis is not on how well you do compared to the rest of the field, but how well you run for yourself. You know in advance just how fast you must run to earn a bronze, silver or gold medal simply by checking the STAR Chart on your registration card. Your chances of earning a medal are not determined by the field that day, but by the consistent national standard. What better way to measure self-improvement?

How Do I Participate?

STAR Test is administered only by the RRCA, although not every RRCA race is a Descente STAR Test event. The RRCA chapters hosting STAR Test races were invited to participate by the RRCA Board of Directors. If your club is interested in producing a race but was not one of the original clubs selected, or if you are a runner who wants to challenge yourself and aren't sure if a STAR Test is scheduled nearby, contact SportStar USA, 3333 Iris, Boulder, Colorado 80301, 303/447-1247.

How Does The Star Chart Work?

The Descente STAR Chart was formulated specifically for STAR Test and the Road Runners Club to provide a set of national standards for runners of all age groups. The data was compiled by the National Running Data Center in Tucson, and will be updated every year. Basically, the STAR Chart outlines a series of times that represent a norm for typical times being run across the country each year; incremental times above and below these norms represent the times necessary to win one of the three medals — the bronze, silver or gold — in a given age group.

STAR Chart

Men	Bronze	Silver	Gold
Age	Time	Time	Time
Under 10	73.00	60.30	51.00
10-11	67.00	56.30	47.00
12-13	62.30	52.00	43.00
14-15	58.00	46.20	38.40
16-17	53.50	43.50	36.50
18-19	52.30	42.20	36.10
20-24	53.00	44.30	36.10
25-29	54.00	45.20	37.30
30-34	54.30	46.00	38.40
35-39	55.10	46.40	39.40
40-44	55.50	47.20	40.20
45-49	57.00	48.20	41.10
50-54	58.30	49.40	42.20
55-59	61.30	51.20	43.30
60-64	65.00	53.20	45.20
65-69	69.00	55.20	47.10
70 and over	71.00	56.00	49.20

Women	Bronze	Silver	Gold
Age	Time	Time	Time
Under 10	78.30	68.30	53.00
10-11	75.40	64.30	49.40
12-13	72.30	60.20	47.00
14-15	66.00	56.20	45.30
16-17	62.30	52.40	44.30
18-19	63.00	51.00	44.00
20-24	65.00	54.30	45.00
25-29	66.30	56.00	46.50
30-34	67.20	57.00	48.00
35-39	68.00	57.40	48.40
40-44	69.40	59.10	49.30
45-49	70.10	60.20	49.50
50-54	72.40	61.40	50.30
55-59	75.00	63.40	
60 and over	83.00		



FIRST ANNUAL
STEVE HELMICK
MEMORIAL RUN - 5K, 10K & 15K
FOR

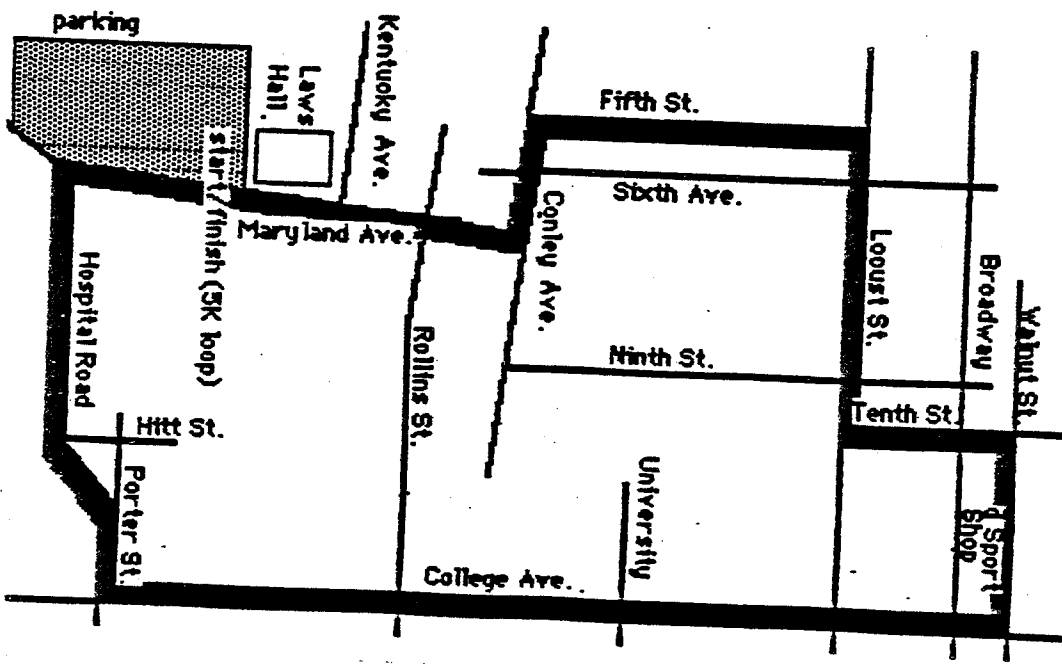
MS

SPONSORED BY

Coca-Cola d Sport Shop



COORDINATED BY THE COLUMBIA TRACK CLUB



STEVE HELMICK MEMORIAL RUN
for MULTIPLE SCLEROSIS

5k, 10k & 15k

Sunday, November 11, 1984
8:30 a.m.

Laws Hall, UMC

\$10 Entry Fee or \$20 Pledges

T-shirts, Medals & Awards!

Coordinated by the
Columbia Track Club

Pre-Register at d Sport Shop
1034 E. Walnut
Columbia

or
Register the day of the Run

ENTRY FORM

FIRST ANNUAL
STEVE HELMICK
MEMORIAL RUN FOR **MS**

SUNDAY, NOVEMBER 11, 1984 8:30 AM
REGISTRATION 7-8:30 AM

MAIL THIS FORM TO MS
OR BRING IT WITH YOU TO THE RACE.

For official use only

Number _____

Time _____

Amount turned in _____

T-Shirt Size
Small Medium Large XL

Please check your choice of participation:
\$10 day of the Run
\$10 honorary participation
I am turning in a minimum of \$20 in pledges today.

Chosen Course:
5k 10K 15K

Last Name First Initial Sex Age

Address Phone

City State Zip Club Affiliation

All funds collected in the name of the Multiple Sclerosis Society will be sent to the Society. In participating in the Run for MS, I for myself, my executors, administrators and assigns, do hereby release and discharge the Multiple Sclerosis Society from all claims of damages, demands, actions and causes of actions whatsoever in any manner arising or growing out of my participation in this event.

Signature (If under 18, signature of parent or guardian)

PRIZES

* Medals awarded to the first, second and third place finishers in each category listed below:

physically handicapped

aged 9 & under

10-19

20-29

30-39

40-49

50-59

60 & over

*GRAND PRIZES awarded to top fundraisers
(minimum of \$20 in collected pledges)

The sponsors, Columbia Track Club and the MS Society, Mid-Missouri Chapter, dedicate this Run to Steve Helmick.

A member of the Columbia Track Club, Steve died in an automobile accident in 1983.



HOW TO ENTER

All participants must fill in the attached entry form and sign the waiver. (if you're under age 18, you must have a parent or guardian sign the waiver.) Bring it with you Sunday, November 11, 1984.

Next, choose one of the following options:

* Collect pledges (\$20 minimum)

Prior to the event, ask friends, neighbors and family members to help the MS Society by sponsoring you for each mile you plan to run/walk. Remind them that their contribution, in check form made payable to the MS Society, is tax deductible. Have them sign the sponsor sheet and inform them that IN ORDER FOR YOU TO BE ELIGIBLE FOR FUNDRAISER'S PRIZES IMMEDIATELY FOLLOWING THE RUN, YOU MUST TURN IN YOUR PLEDGES AT THE TIME OF REGISTRATION.

*** Registration (\$10.00)**

Mail \$10.00 with the entry form to:

National MS Society

1201 Paquin, Suite G-2

Columbia, MO 65201

or bring entry fee and forms with you the day of the race.

* Honorary Participation (\$10.00)

Can't be there but want to help fight MS?
Please fill in your name and address on the
entry form and mail it with your donation
to the MS Office, 1201 Pequin, Suite G2,
Columbia, MO 65201

MAIL ENTRY FORM AND CHECK TO:
MS SOCIETY
1201 PAQUIN, G-2
COLUMBIA, MO 65201
(314)875-6767

SPONSOR LIST

[illegible]



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. 65203

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