

# TRACK CLUB

NEWSLETTER Vol. XVII, No. 8 August 20, 1985

KENT RADER OUTRACES MITTELHAUSER AND S-FISHER, 5,000 METER RUN  
CHRIS RUBLE SETS A RECORD August, 17, 1985

1600 meter splits:		1600	3200	4800	5000
1. Kent Rader	26	4:52	9:53	14:46	15:24
2. Jeff Mittelhauser	28	4:53	9:53	14:48	15:24.1
3. Steve Stonecipher-Fisher	28	4:53	9:53	14:57	15:31
4. Scott Hinton	24	5:03	10:15	15:32	16:09
5. Gary Oringderff	27	4:55	10:20	15:57	16:39
6. Davis Jenkins	16	5:03	10:37	16:10	16:55
7. Norm Stebbins	39	5:38	11:20	16:58	17:41
8. Bobby Hull	19	5:10	11:04	17:01	17:46
9. Richard Harness	34	5:29	11:20	17:16	18:00
10. Steve Baurichter	34	5:43	11:37	17:40	18:23
10. Marvin Odneal	41	5:42	11:37	17:38	18:23
12. Mike Walther	27	5:40	11:43	17:52	18:32
13. John Whiteside	35	5:57	12:01	18:00	18:39
14. Don Scott	32	5:41	11:50	18:04	18:44
15. Tim Gibson	14	5:28	11:36	18:01	18:45
16. Don Archer	17	5:34	11:51	18:07	18:52
17. Dick Madsen	43	5:57	12:01	18:15	18:59
18. Steve Young	38	5:48	12:09	18:38	19:21
19. Joe Kurth	38	6:06	12:22	18:44	19:30
20. John Clowe	17	6:04	12:33	18:59	19:44
21. Joe Marks	48	6:09	12:33	19:03	19:47
21. Tom Allen	43	6:06	12:32	19:02	19:47
23. Gerry Heisler	38	6:10	12:43	19:17	20:02
24. Don Clowe	17	6:04	12:34	19:17	20:04
25. Mike Bryant	15	6:04	12:34	19:21	20:05
26. Larry Thornburg	38	6:08	12:40	19:28	20:15
27. Debbie Hoxworth	27	6:17	12:58	19:42	20:26
28. Don Johnson	56	6:28	13:05	19:52	20:36
29. Chris Ruble	31	6:29	13:10	19:55	20:40
30. Elmer Schlemper	46	6:04	12:32	19:10	20:49
31. Tim Rooney	34	6:34	13:13	20:05	20:50
32. Nathan Oliver	16	6:04	12:52	20:15	20:59
33. Nick Peckham	45	6:23	13:21	20:40	21:23
34. Quinn	39	6:27	13:28	20:35	21:27
35. Joe Duncan	51	6:45	13:40	20:59	21:46
36. Harry Pendergraft	44	6:46	13:53	21:04	21:51
37. Bernadette Gerke	26	6:42	13:48	21:06	22:05
38. Gary Grant	32	6:32	13:48	21:14	22:11
39. Herb Mittelhauser	56	6:45	13:51	21:25	22:19
40. Roger Hanson	53	7:21	15:06	23:00	23:55
41. Carole Madsen	42	7:58	15:54	23:56	24:52
42. Shawn Harness	9	8:41	18:24	32:33	34:05
stopped 3 laps short, by mistake, resumed after 5 minutes					
43. Heather Harness	12	9:36	22:56	35:40	36:59

Also include 17 year old Matt Kephart who was around 20 minutes and Mike Brower who did 10 laps in 15:03 before giving way to stomach cramps.

Low 70's, 100% humidity, little wind, cloudy, soft track.

Rader has been in several of our races off and on for 9 years but this is the first time the Excelsior Springs native has ever won a CTC event. He, Mittelhauser, S-Fisher and Oringderff were out early with Gary dropping off after a mile and Steve (easing into his comeback) slipping back after 2 miles. With a couple of laps to go Rader moved ahead by 10 yards or so but Mittelhauser closed the gap so that at the end the two runners were together, and, in fact, appeared to be wanting to tie, but the nod was given to Rader who was a step ahead at the non-existent tape.

Chris Ruble lowered Susan Boyle's 30-39 record of 20:47 set back in 1979.

## GREAT SANDBAGGER 10K - August 3, 1985

Place	Name	Age	DT	Actual Time	Difference	Actual Time Place
1	John O'Conner	52	55:00	49:20	-5:40	30
2	Stephen Dolan	34	50:00	45:35	-4:25	27
3	Mike Walther	27	44:00	39:40	-4:20	6
4	Mike Brower	26	44:00	39:43	-4:17	8
5	Elmer Schlemper	46	45:00	41:30	-3:30	16
6	Bob Hull	19	39:30	36:50	-2:40	2
7	Newell Katchen	26	44:30	42:14	-2:16	18
8	Richard Harness	34	39:30	37:29	-2:01	14
9	Mary Jones	37	58:00	56:15	-1:45	33
10	Dick Madsen	43	42:00	40:39	-1:21	13
11	Mike Hosokawa	44	50:00	48:51	-1:09	29
12	Chris Ruble	31	46:27.5	45:22.5	-1:05	(23
13	Betty Bohon	34	46:27.5	45:22.5	-1:05	T (23
14	Bernadette Gerke		48:49	47:45	-1:04	28
15	Mike Koonse	34	44:00	43:08	- :52	19
16	Debbie Karwoski	31	58:30	57:40	- :50	34
17	Barbara Martin	39	58:30	57:53	- :37	35
18	John Whiteside	35	39:45	39:05	- :40	5
19	Tom LaFontaine	38	36:00	35:24	- :36	1
20	Ivan Zagilka	45	45:00	44:31	- :29	20
21	Dave Parker	39	40:00	39:51	- :09	9
22	Joe Duncan	51	45:00	45:00	:00	21
23	Marvin Odneal	41	37:30	37:31	+ :01	3
24	Roger Hansen	53	51:30	51:34	+ :04	31
25	Jim Bramlett	35	45:00	45:06	+ :06	22
26	Joe Marks	47	40:50	41:03	+ :13	15
27	Mark Lanier	26	40:00	40:24	+ :24	11
28	Angela Hessler	12	45:00	45:27	+ :27	25
29	Dick Hessler	43	38:00	38:33	+ :33	4
30	Herbert Mittelhauser	56	45:00	45:33	+ :33	26
31	Tom Allen	43	40:00	40:41	+ :41	14
32	Steve Baurichter	34	39:00	39:41	+ :41	7
33	Steve Engelbrecht	19	39:30	40:35	+1:05	12
34	Georgina Gonzalez	46	52:00	53:09	+1:09	32
35	Don Archer	17	39:30	40:22	+ :52	10
36	Anne Seymour	41	55:00	1:01:36	+6:36	36
37	Cheryl Odneal	37	54:59	1:01:37	+6:37	37
38	Shawn Harness	9	58:00	1:12:53	+14:53	38
39	Heather Harness	12	58:00	1:16:30	+18:30	39
WALKER: Dennis Jones 37 1:30:00 1:20:00 -10:00						

Thanks to Jewell Sanders (from Tenn.) for handing out sticks, and Terry Harris for timing.

Dean Baxter  
Race Director

So it is that the Great Sandbagger Monster falls into the hands of John O'Connor who promises to give it tender loving care and restore it to its former beauty.

## ELAPSED TIME STANDINGS

## OPEN MEN

A1 = "304 MARKS  
 A2 = "283 D. HESSLER  
 A3 = "282 LAFONTAINE  
 A4 = "275 ODNEAL  
 A5 = "264 MADSEN  
 A6 = "264 ALLEN  
 A7 = "248 WALTHER  
 A8 = "244 COON  
 A9 = "227 O'CONNELL  
 A10 = "217 STONECIPHER-FISHER  
 A11 = "215 VOLEK  
 A12 = "198 BAURICHTER  
 A13 = "195 STEBBINS  
 A14 = "193 JOHNSON  
 A15 = "189 J. MITTELHAUSER  
 A16 = "170 HARNESSE  
 A17 = "156 KRUSE  
 A18 = "149 O'BANNOON  
 A19 = "144 H. MITTELHAUSER  
 A20 = "126 DUNCAN  
 A21 = "118 BAXTER  
 A22 = "111 YOUNG  
 A23 = "111 SCHLEMPER  
 A24 = "111 PASTERAT  
 A25 = "106 MOUNTJOY  
 A26 = "94 MORENO  
 A27 = "88 WHITESIDES  
 A28 = "77 MILLER  
 A29 = "76 MCQUINN  
 A30 = "75 STORVICK  
 A31 = "71 SCHOLLES  
 A32 = "71 PARKER  
 A33 = "67 SCHUPPAN  
 A34 = "64 HANSON  
 A35 = "61 KURTH  
 A36 = "58 GERHARDT  
 A37 = "52 RACKERS  
 A38 = "47 RUDEEN  
 A39 = "47 HOSAKAWA  
 A40 = "45 McDONALD  
 A41 = "43 PLUMMER  
 A42 = "43 FOGELBACH  
 A43 = "42 P. HESSLER  
 A44 = "40 ZWONITZER  
 A45 = "39 PECKHAM  
 A46 = "38 SHODMAKER  
 A47 = "35 PETERBORG  
 A48 = "35 LONDEREE  
 A49 = "34 MCGRATH  
 A50 = "34 KIRBY  
 A51 = "33 CLINKINBEARD  
 A52 = "32 ROTHER  
 A53 = "31 LITTLE  
 A54 = "31 HOSE  
 A55 = "28 LAMMY  
 A56 = "27 RICHARDSON  
 A57 = "27 O'CONNOR  
 A58 = "27 GOLDFARB  
 A59 = "26 WARD  
 A60 = "25 PAUL  
 A61 = "25 PATTERSON  
 A62 = "25 D. LEWIS  
 A63 = "24 KISSANE  
 A64 = "24 KIMBERLING  
 A65 = "24 HINTON  
 A66 = "22 CRAWFORD  
 A67 = "21 WHEELER  
 A68 = "21 NICOL  
 A69 = "21 CARSTENS  
 A70 = "20 RICHARDSON

## MEN 15 &amp; UNDER

A1 = "113 GIBSON  
 A2 = "36 BRYANT  
 A3 = "35 SALDANA  
 A4 = "34 HARNESSE  
 A5 = "29 TULLY  
 A6 = "24 PORATH  
 A7 = "23 MADSEN  
 A8 = "14 SCHROEDER  
 A9 = "12 GUEST  
 A10 = "11 SOLOMON

## MEN 50+

A1 = "116 JOHNSON  
 A2 = "111 H. MITTELHAUSER  
 A3 = "75 DUNCAN  
 A4 = "63 STORVICK  
 A5 = "59 HANSON  
 A6 = "45 McDONALD  
 A7 = "45 GERHARDT  
 A8 = "24 WARD  
 A9 = "23 O'CONNOR  
 A10 = "15 LONDEREE  
 A11 = "14 SMITH  
 A12 = "11 PINKERTON

## WOMEN OPEN

A1 = "123 MARTIN  
 A2 = "109 MITTELHAUSER  
 A3 = "108 CLARK  
 A4 = "108 BULMAN  
 A5 = "99 RUBLE  
 A6 = "91 GONZALEZ  
 A7 = "74 GERKE  
 A8 = "74 BOHON  
 A9 = "63 NICOL  
 A10 = "55 JOHNSON  
 A11 = "51 KARWOSKI  
 A12 = "45 SEYMOUR  
 A13 = "43 FRITSCH  
 A14 = "42 HESSLER  
 A15 = "35 GERHARDT  
 A16 = "33 MADSEN  
 A17 = "33 HASKAMP  
 A18 = "29 ODNEAL  
 A19 = "24 O'CONNOR  
 A20 = "23 ROBBINS  
 A21 = "22 SLEPER  
 A22 = "20 GARDNER  
 A23 = "18 LEAKE  
 A24 = "17 LEMKE  
 A25 = "13 MURPHY  
 A26 = "13 JONES  
 A27 = "13 DAVIS  
 A28 = "12 LONDEREE

## MEN 30+

A1 = "170 LAFONTAINE  
 A2 = "135 O'CONNELL  
 A3 = "118 BAURICHTER  
 A4 = "112 STEBBINS  
 A5 = "106 COON  
 A6 = "74 HARNESSE  
 A7 = "61 MORENO  
 A8 = "51 SCHUPPAN  
 A9 = "45 SCHOLLES  
 A10 = "44 WHITESIDES  
 A11 = "44 WALTHER  
 A12 = "39 MCQUINN  
 A13 = "31 YOUNG  
 A14 = "29 FOGELBACH  
 A15 = "27 NICOL  
 A16 = "23 PASTERAT  
 A17 = "22 CLINKINBEARD  
 A18 = "18 ROTHER  
 A19 = "18 LITTLE  
 A20 = "15 KIMBERLING  
 A21 = "15 JOHNSON  
 A22 = "13 PLUMMER  
 A23 = "12 WILLIAMS  
 A24 = "12 T. RICHARDSON  
 A25 = "12 SLEPPER  
 A26 = "12 RUDEEN  
 A27 = "11 RAHM  
 A28 = "11 PETERBORG  
 A29 = "11 D. JONES  
 A30 = "11 ANDELIN

## MEN 40+

A1 = "191 HESSLER  
 A2 = "179 ALLEN  
 A3 = "177 ODNEAL  
 A4 = "169 MARKS  
 A5 = "163 MADSEN  
 A6 = "93 KRUSE  
 A7 = "85 BAXTER  
 A8 = "76 SCHLEMPER  
 A9 = "41 KURTH  
 A10 = "39 RACKERS  
 A11 = "37 HOSAKAWA  
 A12 = "35 ZWONITZER  
 A13 = "28 PARKER  
 A14 = "27 PECKHAM  
 A15 = "24 HOSE  
 A16 = "22 RICHARDSON  
 A17 = "22 PLUMMER  
 A18 = "17 GOLDFARB  
 A19 = "14 PURVIS  
 A20 = "11 SOWASH  
 A21 = "11 HOLLERAN  
 A22 = "11 D. JONES

## WOMEN 15 &amp; UNDER

A1 = "65 HARNESSE  
 A2 = "58 HESSLER  
 A3 = "22 SALDANA  
 A4 = "12 HENZEL  
 A5 = "10 ALLEN

## WOMEN 35+

A1 = "95 MARTIN  
 A2 = "83 GONZALEZ  
 A3 = "55 ODNEAL  
 A4 = "55 JOHNSON  
 A5 = "43 MADSEN  
 A6 = "42 SEYMOUR  
 A7 = "42 FRITSCH  
 A8 = "34 GERHARDT  
 A9 = "22 O'CONNOR  
 A10 = "21 LEMKE  
 A11 = "18 SLEPER  
 A12 = "17 GARDNER  
 A13 = "13 JONES  
 A14 = "12 LONDEREE  
 A15 = "11 ZWONITZER

FIFTEEN AND FIVE YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

August 15, 1970: MVA AU 30 kilo run 5:00 PM, 91°, high humidity 1. Carl Owczarzak 2:02:34. . .4. Don Granberg 2:22:56, 5. Roman Sage (the prisoner from Jeff City) 2:34:11 3 other finishers, also this was on Hickman track

August 22, 1970: First Half of the Marathon Course: 1. Ron Declue 1:20:15 . . .7. Don Granberg 1:32:41, 8. Roman Sage 1:32:41, 9. Joe Duncan 1:38:42. . .12. Dave Leuthold 1:55:57

August 29, 1970: Second Half of the Marathon Course: 1. Ron DeClue 1:24:22 . . .11. Roman Sage 1:49:53, 12. Joe Duncan 1:57:43. . .14. Dave Leuthold 2:04:45 88°, bright sun.

Goodie of the month, August, 1970:

The Sluggard

Marcus, the sluggard,  
dreamed he ran a race,  
and never went to sleep  
again in case--

. . . . . Lucilius

5 Years Ago:

August 2, 1980 30 kilo run: 1. Bob O'Connell 1:52:16 2. Tom LaFontaine 1:54:01 3. Bob Goodrich 1:55:15 4. Norm Stebbins 1:56:28 . . .6. Dick Hessler 1:59:50 7. Jim Schutt 2:00:21 8. Joe Marks 2:00:46 9. Ben Londeree 2:05:36. . .14. Mike Koonse 2:15:09. . .17. Jerry Heisler 2:21:19 & 8 others

Rob Spier walked 20k in 2:19:21

August 19, 1980 Great Sandbagger 10,000 meter run: Jim Gibson, Sr. in a rare competitive racewalking experience (occasioned because of his all-consuming desire to win the "monster") was first across the line. Fast time of the day was turned in by Dennis Hinkamp (34:51) followed by Bob Goodrich (35:35) Dick Hessler (35:36) and 45 others. It was related how the Hessler family gave up the "trophy" by injuring themselves (Dick sliced his thumb with a bow saw and Peter cut his foot with a pair of scissors) and, further, how they had to build an addition to their house to escape the curse of the monster.

\*\*\*\*\*

TODAY'S HEROES AND HEROINES:

CTC sent three teams to the St. Louis Track Club's 3 mile Cross Country kickoff meet, July 28 and the 3 teams did quite well. The women's team (Karla Patterson, 6th 19:35, Chris Ruble 10th, 20:10 and Angela Hessler, 15th, 20:41) finished 2nd, missing first place by only one point.

The Men 35 & over team also finished 2nd, but were some 30 points out of first. Team Members were Norm Stebbins, Dave Parker, Dick Hessler, Bob O'Connell and Tom LaFontaine. The only time we have is Parker's 17:40.

The Open Men's team (John Pendergraft, 8th, 15:37, Scott Hinton 18th, 16:14, Jason Shear, Kevin O'Bannon, and Peter Hessler) finished 6th in the team standings.

CHRIS BRAUDIS won the 1500 meter walk in the Missouri Valley Junior Olympics Meet, took another first in the Region 8 meet and then finished 2nd in the National Meet. CONGRATULATIONS, CHRIS!!

BOB DOLPHIN, reporting from Yakima, Washington, had a couple of good races mixed in with his 15 miles per week of training. On July 20 he was 33rd of 113 (2 of 9, 50-59) in the Chinook Pass 10k Run at 41:53. Bob remarks about the gorgeous scenery and cool air through the sagebrush of Yakima Valley. Then, the following weekend, Bob ran the Capital City Marathon at Olympia, the course of the US Women's Olympic Trials. Hot and sunny. Bob hit 10k at 41:42, 10 miles at 1:08:30, ½ way at 1:32 and then started slowing due to the heat and cramping. But Bob still finished at 3:23:08, 213 of 520, 3 of 21 55-59 and his 5th best marathon time of 26. Then after that (not the same day) Bob climbed Mt. Adams, at 12,000 feet, the 2nd highest mountain in Washington.

## RESULTS OF SHOW-ME STATE GAMES 5,000 METER RUN August 4, 1985:

1. Joe Kirby	17	16:47	22. Dennis Holleran	40	21:54
2. Stuart Hanna	21	16:48	23. John Rea	46	22:18
3. Adam Hylan	15	17:02	24. Sean McDonald	13	22:42
4. Chuck Vermette	17	17:35	25. Tina Hufker	f 13	22:55
5. Sean Larsen	17	17:46	26. Jeff Boley	14	23:05
6. Peter Hessler	16	17:56	27. Tanya Sherman	f 13	23:08
7. Winston Reid	21	18:11	28. Trisha Rowold	f 12	23:52
8. Mike Baker	35	18:17	29. Jodi Swyers	f 11	23:55
9. Matt Kephart	17	18:24	30. Tammy Boley	f 16	24:42
10. John Dickey	31	18:33	31. Shelly Boley	f 15	24:45
11. Simon Rose	20	18:57	32. Westey Gander	14	25:23
12. John Clowe	16	19:37	33. Georgina Gonzalez	46	25:25
13. Ted Denton	32	19:41	34. Sally Holleran	f 34	26:06
14. Tracy Smith	16	20:16	35. Matt Allen	23	26:45
15. D. W. Sherman	42	20:21	36. Sarah Vernon	22	26:45.5
16. Don Johnson	56	20:23	37. Kathy Haywood	f 35	27:04
17. Gary Boley	36	20:29	38. Patty Young	f 30	28:27
18. Mike Bryant	15	20:41	39. Alan Everson	42	28:28
19. Tom Coudron	33	21:29	40. Imy Ernst	f 63	28:37
20. Dave Dent	38	21:34	41. Vanessa Welschmeyer	20	28:53
21. David Rowold	10	21:44	42.		30:55
			43. Margaret Johnson	50	37:16

\*\*\*\*\*

## SUBJECTS NEEDED FOR RUNNING ECONOMY RESEARCH

Through your contribution as a voluntary subject in this investigation of running economy in well-trained runners, you may gain valuable knowledge about the nature of your exercise responses as well. As part of the procedure, you will discover the magnitude of your aerobic capacity (maximal oxygen uptake) and how your running economy (oxygen uptake for given steady state speeds) varies as a function of type of training imposed and length of recovery from racing competition. Some alteration in your training/racing schedule may be necessary. Also, medical clearance (at least a note from your personal physician) will be necessary. If interested, please contact Mark Basecke at 445-5841 (residence), 882-6892 (work), or 882-7601 (work, message) for further details.

\*\*\*\*\*

Jerry Wilmoth, a third year medical student at UMC, is studying the health and illness behaviors of runners. He is working under the supervision of Drs. Richard Hessler, Michael Hosokawa and Kaaren Sloan in the Department of Family and Community Medicine.

The purpose of the study is to survey runners about:

- (1) exercise patterns
- (2) diet and eating habits
- (3) medical care and injuries
- (4) other health behaviors related to running

A survey will be mailed to all CTC members in the next month, and the results will be shared through the newsletter.

\*\*\*\*\*

ANOTHER NEED FOR VOLUNTEERS is for the 100 Mile Walk. Joe Duncan needs 6 people for each of 8 3-hour shifts, September 28 & 29, starting 1:00 PM, the 28th.

SCHEDULE OF EVENTS:

- AUGUST 31 Saturday 8:00 AM FOREST ACRES 3 MILE RUN Meet At Don  
Patterson's house (see map in the July Newsletter)
- SEPTEMBER 14 Saturday 9:00 AM 2 Mile Cross Country Run Municipal  
Golf Course
- 22 Sunday ? 2nd Annual Heart of Missouri Biathlon  
15k run & 45k bike; 8k run & 22.5k bike CONTACT:  
Tom LaFontaine
- 28 Saturday 9:00 AM 5,000 Meter Cross Country Run Gustin  
Golf Course
- 28/29 Saturday/Sunday 1:00 Pm to 1:00 PM 19th ANNUAL 100 MILE  
WALK Hickman Track
- OCTOBER 13 Sunday 7:00 AM 26th ANNUAL HEART OF AMERICA MARATHON  
7:30 AM CHANNEL 8K RUN
- 26 Saturday 9:00 AM Katy Trail One-to-six Mile Fun Run
- 27 Sunday 1:00 PM MISSOURI TURKEY TROT Dual Meet 3 mile  
Cross Country Run with St. Louis TC Lake of the Woods  
Golf Course NOTE THE CHANGE OF DATES FOR THIS to  
avoid a conflict with the St. Louis Marathon

\*\*\*\*\*

Some selected out-of-town events;

- September 7 Saturday 9:00 AM Mexico Area Family YMCA Triathlon Bike  
23 miles, canoe 3 miles, run a 10k CONTACT: Mexico  
Area Family YMCA Mexicom MO 65265
- 7 Saturday 8:30 AM 2nd Annual Cannon-Twain 10k Run Monroe  
City, Mo. CONTACT: Monroe City Chamber of Commerce  
200 S. Main St. Monroe City, MO 63456 314 735-4391
- 21 Saturday 8:30 AM 4 Mile Soybean Run Lakeview Park Mexico, MO  
CONTACT: Richard Duffner P. O. Box 44 Mexico, MO 65265
- 22 Sunday 11:00 AM Bud Light Stadium 10k Run CONTACT: St.  
Louis Track Club 6611 Clayton Rd. St. Louis, MO 63117
- 28 Saturday 6:30 AM The Great Southern Marathon, 10k Run  
Springfield, Mo. CONTACT: Ridge Runner Sports 1771 S.  
Fremont Springfield, MO 65807
- October 5 Saturday 8:00 AM Apple Festival 10,000 Meter Run Versailles, MO  
CONTACT: Dan Jordan Versailles High School Versailles  
Mo. 65084
- November 17 Sunday St. Louis Marathon

ENTRY BLANK FOR PI KAPPA ALPHA "Woody's Run 85" FOR MDA

A minimum of \$8.00 donation is required to participate. Send checks or money order payable to Pi Kappa Alpha's Woody's Run for MDA, 916 S. Providence Road, Columbia, MO 65201. Or call 442-5154 for more information.

PLEASE PRINT

NAME:
AGE:
As of race date


ADDRESS:

CITY:
STATE:
ZIP CODE:

T-Shirt Size: Youth Small Medium Large X-Large (circle one)

SEX: FEMALE MALE

WHICH RACE 5K or 10K



SIGNATURE

In consideration of Muscular Dystrophy Association, Inc. (MDA) permitting me (or my child if under 18) to participate in the event, I hereby, for my (or my child's) heirs, executors and administrators, waive and release any and all rights and claims of any nature I may have against MDA, its officers, employees, agents, chapters, assignees, licensees, and cooperating entities, their representatives, heirs, executors, administrators, successors and assigns for and against any and all injuries or damages of any nature which I may suffer while taking part in any activities connected with the event. Consent is also given to use my name, picture or portrait, writings or biographical information as well as the audiotape or videotape recording and sound or silent motion pictures of me (or that of my child) in any media for editorial, educational, promotional and advertising purposes for the solicitation of contributions and for any other purpose in furtherance of the objectives of MDA. This release and consent shall be binding upon my (or my child's) heirs, executors, administrators or assigns.

- A 5K and a 10K run - All proceeds go to Muscular Dystrophy Assoc.
- Starts at Faurot Field, September 14 at 8 AM
- Prizes and Awards in 9 different age division for both men & women in each of the 5K and 10K races
- Each participant will be given an official Pi Kappa Alpha's "Woody's Run 85" for MDA t-shirt.
- Entries must be in by Tuesday, September 10, 1985.

Here are some of the SUMMER AGE GROUP performances. Some 60 youngsters participated at least once in this Wednesday evening program. THANKS to Dick & Anne Hessler and to Tom Allen who were the administrative mainstays of this program.

## GIRLS

400 Meters 7 & under

Emily Ruble 1:33.9  
Brigitta Hessler 1:37.0

8-9

Laura Pauly 1:22.8  
Karla Pudenz 1:26.2  
Joanie Pauly 1:27.9  
Jenny Cordia 1:29.0

10-11

Caroline Knight 1:21.5  
Amy Allen 1:23.8

12-13

Angela Hessler 1:13.4  
Heather Harness 1:24.0

14-15

Kris Pudenz\* 1:06.6\*

800 Meters7 & under

Destiny Thomas 3:47  
Brigitta Hessler 3:59

8-9

Karla Pudenz 3:27  
Jenny Cordia 3:28

10-11

Allyson Garverick 3:08  
Amy Allen 3:26

12-13

Chrissie Carl 2:46.2  
Deanna Rottjakob 2:49  
Angela Hessler 2:54  
Lisa Gregory 2:59

14-15

Kris Pudenz 2:46.2

MILE RUN8-9

Karla Pudenz 7:06

10-11

Allyson Garverick 6:38  
Kristen Henzel 6:47  
Jennifer Landrum 7:08

12-13

Chrissie Carl 5:51\*  
Angela Hessler 5:55.5  
Deanna Rottjakob 6:01

16-17

Jean McIntosh 7:21.1

Two Mile Run8-9

Jenny Cordia 19:11

12-13

Lisa Gregory 14:14

16-17

Jean McIntosh 16:59

Three Mile Run8-9

Joanie Pauly 28:50

12-13

Lisa Gregory 23:30

16-17

Jean McIntosh 25:35

MILE WALK7& under

Brigitta Hessler 12:35  
Destiny Thomas 13:44

8-9

Jenny Cordia 12:30  
Karla Pudenz 12:51  
Laura Pauly 12:51

10-11

Allyson Garverick 11:45  
Amy Allen 12:56

12-13

Angela Hessler 12:05  
Lisa Gregory 12:11  
Heather Harness 12:16

14-15

Kris Pudenz 12:11

16-17

Jean McIntosh 12:46

\*Denotes a new record

## BOYS

400 Meters7 & under

Justin Quick 1:31.6  
Andy Wieschhaus 1:31.8  
Brian Rooney 1:36.0

8-9

John Racine 1:23  
Tommy Allen 1:25.9  
B. J. Mumford 1:28

Summer Age Group continued. . .

## BOYS

400 meters10-11

Matt Nivens	1:16
Will Markel	1:19.1

800 meters7 & under

Andy Wieschhaus	3:26.2
-----------------	--------

8-9

John Racine	3:02
Marlin Guest	3:13
Tommy Allen	3:19.8
Shawn Harness	3:26

12-13

Shawn McDonald	2:36.8
----------------	--------

14-15

Wayne Wells	2:40
Doug Tully	2:40.2
Peter Hessler	2:42

16-17

Peter Hessler	2:36.7
---------------	--------

MILE RUN7 & under

Andy Wieschhaus	7:03.5
-----------------	--------

8-9

Marlin Guest	6:37
Shawn Harness	7:32.9

12-13

Shawn McDonald	5:31.7
----------------	--------

14-15

Doug Tully	5:31.9
------------	--------

16-17

Kevin O'Bannon	5:07.3
Peter Hessler	5:07.8

\*\*\*\*\*

## MORE CTC PERFORMANCES:

Sedalia Stride &amp; Ride, August 10, 10k Run, 20 Mile Bike:

3. JEFF MITTELHAUSER 1:27:42 (32:40 run, 55:02 bike), 14. MARK LANIER 1:36:58 (41:07, 55:51), 19. AMY JOHNS 1:38:57 (39:09, 59:48)  
 28. JOE MARKS 1:45:24 (44:10, 1:01:14), 34 DON JOHNSON 1:51:17 (43:33, 1:07:44), 36. HERB MITTELHAUSER 1:56:16 (45:49, 1:10:27)  
 Charlie Gray won the event with 1:25:07 (30:58, 54:09).

Twilight 5,000 Meter Run Jefferson City August 10:

1. JOE KIRBY 16:18	5. BOBBY HULL 16:59	22. DENNIS HALL 18:56
24. JOHN WHITESIDE 18:58	28. STEVE BAURICHTER 19:10	29. TERRY RACKERS 19:22
39. MARY WULFF 20:16	45. TERRY RICHARDSON 20:53	
47. TIM ROONEY 21:07	60. TOM RACKERS 21:37	65. DAVE PLUMMER 21:48
78. SHERRY WULFF 22:45	98. MARY HASKAMP 24:42	113. BILL WARD 26:04
117. DEBBIE KARWOSKI 26:16	126. NANCY FRITSCH 27:16	
138. BARBARA MARTIN 31:23		







## Missing Todd

In this time of deepest sorrow  
 you have reached out to help us.  
 Hands that brought food and flowers.  
 Empty hands that wanted to be full  
 of a child you could not bring.  
 By giving us your love, each of you  
 received a broken heart and shared our  
 endless  
 timeless  
 unspeakable  
 grief.  
 Your prayers have to help us —  
 we aren't strong enough alone.  
 Flashes of light are the images of Todd  
 Alive!  
 A loving, generous person... greatly loved.  
 Remember him, as we must,  
 for that's all we have.  
 What has helped us so much are your  
 hands...  
 the touching, the human warmth,  
 the hands that looked empty but were full  
 of love.

July 23, 1985  
 Cheryl Venet Odneal

Marvin and Cheryl  
 want CTC members  
 to know that their  
 support and expressions  
 of sympathy have  
 been appreciated  
 and that in times  
 like this the bonds  
 of friendship become  
 stronger and more  
 meaningful than ever.



Todd Odneal

This poem and drawing by  
 Cheryl Odneal were sent to  
 all the friends and strangers  
 who helped the Odneals after  
 their son's death.

REMEMBER RANDY MIMM? Here's an article from the Gazette Telegraph by Scott Smith that tells what Randy has been up to:

# SOLE

Imagine, if you can, Larry Holmes, Michael Spinks and Pinklon Thomas sharing an apartment ("Pinky, my man, it's your day to take out the trash. And if it ain't done in the next five minutes, I'm gonna punch your lights out.")

Or how about John McEnroe, Ivan Lendl and Jimmy Connors renting a nice little house in a nice little neighborhood in the middle of a nice little city ("You call this slop food, Ivan? Maybe in Transylvania. Not here. That's it — we're never allowing you in the kitchen again.")

Or Mary Decker and Zola Budd taking a friendly jog together and then going out on the town for some brews and laughs ("Go ahead, Zola. He's cute — ask him to dance.")

Hard to fathom. There's something about individual sports that fosters intense personal rival-

ries, competitive jealousy and unavoidable grudges. It's me against you, and, let's face it, it's tough to be best buddies with an archrival. Tough, but not impossible.

It's all for one and one for all, say racewalkers Smurf, Gumby and Annie

Smurf, Gumby and Annie laugh a lot. They laugh at each other. They laugh at themselves. They can be sarcastic, they can be sweet, they can be silly. But they always seem to see the humorous side of a given situation.

Most importantly, they laugh together. They live a happy-go-lucky existence that belies their dedicated devotion to their particular athletic

avocation. They guzzle beer and giggle and generally have a great old time frolicking through life.

But when Smurf, Gumby and Annie wax

Continued on Page 10

# MATES

\*\*\*\*\*

Down below is a letter from RICH MYERS to Jack Mortland which appeared in a recent edition of the Ohio Racewalker:

Friend Mort,

It has been some year. I got married in August to Joanne and now have two sons, J.R., 6, and Jack, 14. You probably will be seeing J.R.'s name in future race reports; he has a natural form and enjoys a quick sprint from the car to the grocery store. Jack has tried his feet at running, but prefers basketball. Joanne is not competitive, but when the weather is warm, she gets in a mile about every evening. My daughter got married 2 months after I did. Her husband is one of those runners, but has shown some interest in walking, so there may be some hope.

My training for the 100 did not start until July, and without Joanne's encouragement, I would have passed up the '84 race. As it turned out, it was one of the hardest races I have been in. I started out at a very slow pace, but when I needed the speed to hold my pace, my lower back, which has been getting worse ever since I got back on my feet, started hurting more and I could not maintain my pace. With the temperature falling to the low 30s, I had to get into my sleeping bag. I made it just as hypothermia set in. I slept for a couple of hours and when I awoke, I saw Blackburn leaving the track. Well, you know how competitive spirit can warm the bones. Need I say more. I put on all the clothes I could find and started out again. After I started making up ground on Jack and he couldn't find a motel to get out of the cold, he came back on the track. This brought out other Masters walkers and at the same time my back started to act up again and I started to get exhausted again. It was back to the sleeping bag again until sun up.

As the sun rose, so did my spirits and I started looking for a reason to continue since I was already out of the medals. I fixed my sites on the 80 mile mark, since that was what I had gone in '83. As more competitors returned to the track with 5 hours to go, I found myself racing again; this time with a walker from Texas. Thanks to him, I completed about 80 miles. The Texan made up all but 20 seconds of a three-lap lead I had when we locked (bull) horns 3 hours earlier.

Now I know Price won the race, but my eighth place was mighty sweet. It was a very successful race for me because, for the first time, I did not get sick; no blisters, and I was able to drink plain ice cold water. But I also knew that until I found the problem with my lower back, I would not make another attempt at the 100. Well, it seems that '85 will be my next attempt.

X-rays taken by my chiropractor confirmed our suspicions. My surgeon's guarantee that my left leg was not short was wrong; it was short by about 3/8 inch. While that doesn't seem like a lot, it left my backbone looking like an "s" turn. After only 3 days of using a lift or 1/4 inch in my left

serious, they're the best. The country's best. Together, this unlikely triumvirate forms three-eighths of the U.S. national racewalking team.

Smurf — 22-year-old Tim Lewis — won the recent 20-kilometer national trials. Gumby — 30-year-old Randy Mimm — finished third in the 50K trials, thereby earning a berth on the eight-man national team (four walkers in each event). And Annie — 29-year-old Carl Schuler — won the 50K trials (America's top-ranked walker, he also finished sixth in the 1984 Olympics).

What makes racewalking a version of the Three Musketeers somewhat amazing is that they have lived together in a rental house in central Colorado Springs for the past nine months. They wrestle with domestic issues (yes, washing the dishes can be an emotional experience), train together (sometimes) and party together (as often as possible).

And their friendship has thrived. The only visible problem, it would seem, is Annie's sink etiquette. Poor Annie, they always abuse him.

"He's (Annie) easy to pick on," Gumby said, "but he does his share, too. We give him a lot of crap about washing dishes, but he deserves it. Today I pulled out a pot that was still covered with stuff. He's just terrible. He just dips 'em in the water, puts 'em in the thing and that's it. We have to do 90 percent of the stuff over."

"I'd say it's really more of a 30 percent return favor," Smurf said. "The rest you can kinda put off and say, 'I guess we can handle this.' But it's always fun to pull out a spoon and find another spoon stuck to it."

The quick-tongued Annie, a guilty smile on his face, said nothing in his defense. Must be the truth.

"Actually, we've got no problems," Gumby

The rest of the awards are meaningless this is the one that means the most to us," he said. The modest plaque was awarded for first place in a lip-synch, air guitar contest at a local nightclub. "I think it was for 'Legs,' a ZZ Top rock hit."

"Usually we dance a lot when we go out good cardiovascular exercise. If they have bar contests, we usually get in them."

All of this is not to say that the walkers are heavy drinkers. Not really. Not always. "We do train and we do work," Gumby said. "It's just that we also know how to have a good time."

"Like there was one time that I walked through Meadow Muffins with a lampshade on my head," Smurf said. "I'd had no drinks whatsoever that night, but most people thought I was just crooked to the gills. I had more people talk to me that night in the bar than ever. It was really weird — but it's fun to do things like that."

Smurf is also the one who zipped over to the department store one sizzling Saturday afternoon and purchased a plastic wading pool (the \$10 variety) — the perfect patio accessory. It was bright blue, patterned with ducks and frogs, and of course it was a big hit with the rest of the household.

Smurf is our one conspicuous consumer," Annie said.

"But I'm getting better," Smurf said.

All is not fun and frivolity, though. They all moved to Colorado Springs to train at the Olympic Training Center, and although they no longer live at the OTC, the training regimen continues with one goal in mind: world championships, both individual and team.

With that in mind, they walk and walk and walk — and run a little bit, also — to stay in shape. It's not easy.

"You're talking about going out on three-hour workouts in 90-degree weather," Gumby said. "Wait, didn't you quit your workout halfway through?" asked a roommate.

"Yeah," Gumby said. "I was hung over."

More raucous laughter.

Seriously, though, the walkers work hard. "Unless you're (Annie) — then all you do is talk about retiring, complain about not having the time to practice and then go out and win the big races anyway," Smurf said. "It makes you want to kick him and throw him out the door."

"Yeah," Annie dead-panned. "I'm an Olympic

said. "Nothing serious, anyway. There are always little things, like when you don't want to deal with somebody. We're always sniping at each other and stuff, but it's all in fun."

"We seem to survive fairly well, with some exceptions," Annie said. "Like somebody ate my ice cream last night — without asking."

"I've never been in an environment where nicknames have such a major role. It's kind of like a fraternity, without the hazing."

For the record, Smurf is called Smurf because of his elfin appearance. ("And his big ears," said one of his loving roomies). Annie is called Annie because of his frizzy "Little Orphan Annie" hair. And Gumby is called Gumby for no reason in particular — it just stuck.

That the fun-loving trio get along so well is no surprise to anyone who has dared traipse into the racewalking cosmos. They're a different breed. Laid-back in some respects, intensely competitive in others. But first and foremost, walkers aren't shackled by other's opinions.

They are free spirits who care little about public perceptions. After all, people who waddle about town in their underwear heel-toeing like hyperactive ducks can't afford to be all that conscious of maintaining an unsullied public image.

Therefore, most racewalkers are merely themselves. Loose, funny, joyous individuals, who happen to enjoy working and playing — in no particular order.

"I guess it's because we're such a small operation nationally (there are an estimated 2,000 registered racewalkers)," Gumby said. "We all know each other really well, and we seem to party and get along really well. There's a lot of camaraderie, but there's also a lot of competition."

The camaraderie, of course, is more fun. Hardy partying seems to be one of the sport's prerequisites — and if you don't believe that,

just take a look around the house.

Check out the fireplace. It's crammed full of empty cardboard beer containers of all brands and sizes. Six-packs. Twelve-packs. Cheap brands. Expensive brands. There's even one empty shoebox in there, just for variety's sake, one presumes.

And down in the basement there are seven — count 'em, seven — trash bags jammed full of smashed aluminum cans (couldn't be beer, could it?).

"Last time we turned 'em in, we made enough to buy another two cases," Gumby said.

"There's a certain amount of extroversion in this sport," Annie said. "For instance, there's one fellow who is in seminary school. He's never had a drink, never came on Sundays. Nevertheless, he'd come to parties and start dancing this crazy dance in front of everybody — he was called the man with the four-way hips. A lot of people would worry about something like that, worry about their image."

"We had a party here at the house a couple of weeks ago when there were a bunch of walkers in town — kind of a reunion. We had people out dancing in the back yard at 3 o'clock on a Sunday afternoon, and it went on like that all night."

Of course, the racewalkers' celebrations are by no means limited to home, sweet home. Do they go out? Of course. "Are you kidding?" said Melanie Bradley, Gumby's girlfriend. "Are they ever home? They go out, I'd say, an average of five nights a week."

"No, no, no," the boys chorused in unison.

"Maybe three nights."

"They go wherever they go in large groups."

Melanie said. "And they take over the bar. And it's always a wonderful time."

Annie plucked an award off the cluttered fireplace mantle and blew away some dust.

I had a gun pulled on me once — actually it was a group of us and the guy was a convicted felon or something. He tried to run us off the road and then he pulled out a sawed-off shotgun.

But people can also be very supportive. And sometimes women try to punch you on the rear end.

"Of course, that's because you're an Olympic god," Smurf said.

For the most part, the walkers are too busy concentrating on their form and stride to become embroiled in shouting matches, etc. And for that matter, their eyes are cast downward much of the time, scanning the pavement for "Tools," Annie said.

"We've got kind of a running competition here to see how many tools we can find on the road," Gumby said. "Adjustable wrenches, sockets, everything."

"I'm kind of oblivious to everything when I'm out training," Annie said. "These two see women in cars. But I see tools."

"The sick thing is not that we find these tools, but that we carry them with us for miles," Smurf said. "During a three-hour workout last week, we found a big wrench that weighed a couple of pounds, a roll of masking tape, a roll of packing tape and a socket. But I've seen a lot more tools than I've picked up — they're a pain to carry."

So even when training, the racewalkers have a helluva time. But they also compete. They always compete.

We all racewalk to compete — that's what we all have in common. It's not like running a race, where you could do your best and still finish 400th back in the pack. In walking, we're all competing at the front of the pack, and it's usually for something like a national championship or a spot on the world cup team. There's a lot to strive for.

— Tim Lewis —

god — it's one of the burdens I have to carry. When the racewalkers do hit the streets of Colorado Springs they tend to attract plenty of attention — not all of it pleasant. "A lot of people are quick to yell at us from cars, but a lot are quick to drive on, too," Gumby said. "Most of the stuff you can ignore."

There are verbal jabs ("sexual preference is a popular topic"). There are hurled projectiles, ranging from full beer cans to ice cubes to oranges. There are obscenities. There are drivers who try to run them off the road. There are occasional incidents of racewalkers being spat upon.

"It's not too bad if you're by yourself," Annie said. "The bigger the group the more comments you're likely to hear. You're always going to get some hunk and catcalls."

"But I don't think it's a big problem here — it's been a lot worse in other places I've been

shoe. I could sneeze without grabbing a telephone pole to keep from falling down. You know, Mort, I was looking for one race. And, my shattered leg was the perfect excuse. But it was the drive to walk and finally to race again. Whether I ever make that distance again really doesn't matter. With the support of my wife as a pit member and my chief booster, I will be in Missouri on the last weekend of September for many years to come.

Richard Myers

Scott Smith is a sports writer for the Gazette Telegraph.

MEMBERS OF THE CENTURION CLUB OF AMERICA

1.	J. B. GILLIE, New York City		May 10-11, 1978	21:00:42
2.	M. J. ENNIS, New York City		May 10-11, 1978	23:31:56 (103 m)
3.	J. SCHMIDT, New York City		May 10-11, 1978	23:46:15
4.	LARRY O'NEIL, Kalispell, MT			
	1. Columbia, MO	Age 60	Sept 23-24, 1967	19:24:34
	2. Columbia, MO	61	Sept 21-22, 1968	20:51:30
	3. Columbia, MO	63	Sept 26-27, 1970	20:42:42
	4. Los Angeles	63	Oct 30-31, 1970	21:49:32
	5. Columbia, MO	67	Sept 28-29, 1974	21:53:26
	6. Columbia, MO	70	Oct 1-2, 1977	21:55:23
5.	JOHN ARGO, Mattawa, Ontario, Canada			
	1. Columbia, MO	56	Sept 26-27, 1970	23:22:50
	2. Columbia, MO	59	Oct 6-7, 1973	23:18:46
	3. Columbia, MO	62	Sept 25-26, 1976	23:43:10
6.	LARRY YOUNG, Columbia, MO			
	Columbia, MO	28	Sept 18-19, 1971	18:07:12
7.	CHRIS CLEGG, Beverly Hills, CA			
	Columbia, MO	54	Sept 18-19, 1971	22:46:14
8.	BEN KNOPPE, St. Louis, MO			
	Columbia, MO	29	Sept 16-17, 1972	22:15:05
9.	CARL MCCOUN, Great Falls, MT			
	Columbia, MO	25	Sept 16-17, 1972	23:52:08
10.	SHAUL LADANY, Tel Aviv, Israel			
	Columbia, MO	37	Oct 6-7, 1973	19:38:26
11.	CHUCK HUNTER, Longmont, CO			
	1. Columbia, MO	36	Oct 6-7, 1973	21:17:33
	2. Columbia, MO	37	Sept 28-19, 1974	21:14:17
	3. Columbia, MO	38	Oct 4-5, 1975	20:26:29
	4. Columbia, MO	39	Sept 25-26, 1976	20:05:50
	5. Columbia, MO	40	Oct 1-2, 1977	20:55:25
	6. Columbia, MO	41	Sept 23-24, 1978	21:23:44
	7. Columbia, MO	42	Sept 22-23, 1979	23:13:56
12.	JOHN MARKON, Bronx, NY			
	Columbia, MO	44	Oct 6-7, 1973	21:57:40
13.	BOB CHAPIN, Independence, MO			
	1. Columbia, MO	42	Sept 23-29, 1974	20:09:20
	2. Columbia, MO	46	Sept 23-24, 1978	19:46:23
	3. Columbia, MO	47	Sept 22-23, 1979	21:13:44
	4. Columbia, MO	48	Sept 27-28, 1980	20:22:07
	5. Columbia, MO	49	Oct 3-4, 1981	21:48:29
	6. Columbia, MO	50	Sept 25-26, 1982	20:23:09
14.	DAVID LEUTHOLD, Columbia, MO			
	Columbia, MO	41	Sept 28-29, 1974	22:31:43
15.	LEONARD BUSEN, St. Louis, MO			
	1. Columbia, MO	44	Sept 28-29, 1974	23:07:27
	2. Columbia, MO	45	Oct 4-5, 1975	22:39:00
	3. Columbia, MO	46	Sept 25-26, 1976	21:49:21
	4. Columbia, MO	47	Oct 1-2, 1977	20:04:46
	5. Columbia, MO	48	Sept 23-24, 1978	19:40:20
	6. Columbia, MO	49	Sept 22-23, 1979	22:11:19
	7. Columbia, MO	50	Sept 27-28, 1980	20:52:47
	8. San Diego, CA	50	Nov 1-2, 1980	21:11:06
	9. Methuen, MA	51	May 9-10, 1981	22:50:59
	10. Columbia, MO	51	Oct 3-4, 1981	23:27:24
	11. Columbia, MO	52	Sept 25-26, 1982	23:17:44
16.	ROB SPIER, Columbia, MO			
	1. Columbia, MO	53	Oct 4-5, 1975	21:18:33
	2. Columbia, MO	54	Sept 25-26, 1976	22:35:01
17.	BOB GRAGG, Kansas City, MO			
	1. Columbia, MO	50	Oct 5-5, 1975	23:16:28
	2. Columbia, MO	51	Sept 25-26, 1976	23:37:30
	3. Columbia, MO	52	Oct 1-2, 1977	23:07:52
	4. Columbia, MO	53	Sept 23-24, 1978	23:03:42
	5. Columbia, MO	54	Sept 22-23, 1979	23:48:42
	6. Columbia, MO	55	Sept 27-28, 1980	23:31:33
18.	AUGIE HIRT, Columbia, MO			
	Columbia, MO	25	Sept 25-26, 1976	19:55:16
19.	JACK BLACKBURN, Springfield, OH			
	1. Columbia, MO	40	Sept 25-26, 1976	22:11:57
	2. Columbia, MO	41	Oct 1-2, 1977	21:18:26
	3. Columbia, MO	42	Sept 23-24, 1978	21:13:54
	4. Methuen, MA	45	May 9-10, 1981	20:50:19
	5. Columbia, MO	46	Sept 25-26, 1982	22:03:35

20.	PAUL HENDRICKS, San Diego, CA			
	1. Columbia, MO	34	Oct 1-2, 1977	19:45:17
	2. Columbia, MO	35	Sept 23-24, 1978	19:10:37
	3. San Diego, CA	37	Nov 1-2, 1980	18:48:52
21.	JERRY BROWN, Longmont, CO			
	Columbia, MO	35	Oct 1-2, 1977	21:59:34
22.	RICHARD MYERS, Xenia, OH			
	1. Columbia, MO	41	Oct 1-2, 1977	22:57:36
	2. Columbia, MO	42	Sept 23-24, 1978	21:44:26
23.	ALAN PRICE, Washington, D.C.			
	1. Columbia, MO	31	Sept 23-24, 1978	18:57:01
	2. Ft. Meade, MD	32	Aug 11-12, 1979	21:09:09
	3. Columbia, MO	32	Sept 22-23, 1979	19:52:15
	4. Ft. Meade, MD	33	Aug 2-3, 1980	21:51:35
	5. Columbia, MO	33	Sept 27-28, 1980	19:28:16
	6. San Diego, CA	33	Nov 1-2, 1980	19:55:22
	7. Methuen, MA	34	May 9-10, 1981	20:09:18
	8. Columbia, MO	34	Oct 3-4, 1981	20:21:33
	9. Ft. Meade, MD	35	Aug 7-8, 1982	19:43:51
	10. Columbia, MO	35	Sept 25-26, 1982	19:43:51
	11. San Diego, CA	35	Nov 20-21, 1982	19:35:44
	12. Fort Meade, MD	36	Aug 6-7, 1983	23:09:33
	13. Columbia, MO	36	Sept 17-18, 1983	22:36:54
	14. Ft. Meade, MD	37	Aug 4-5, 1984	21:18:27
	15. Columbia, MO	37	Sept 29-30, 1984	18:46:13
24.	ELSIE MCGARVEY, Kalispell, MT			
	1. Columbia, MO	49	Sept 23-24, 1978	22:52:31
	2. San Diego, CA	51	Nov 1-2, 1980	23:46:17
25.	ALBERT VAN DYKE, Jefferson City, MO			
	Columbia, MO	53	Sept 23-24, 1978	23:12:56
26.	DAVE HUGENER, San Diego, CA			
	1. San Diego, CA	41	May 12-13, 1979	21:30:27
	2. San Diego, CA	43	Nov 1-2, 1980	20:34:39
27.	DOUG REEVES, San Diego, CA			
	1. San Diego, CA	31	May 12-13, 1979	23:19:50
	2. San Diego, CA	32	May 9-10, 1980	22:45:12
28.	CHRIS AMOROSO, Longmont, CO			
	Columbia, MO		Sept 22-23, 1979	22:40:01
29.	GERARD HERRMAN, San Diego, CA			
	Columbia, MO	35	Sept 22-23, 1979	23:39:53
30.	GEORGE LATTARULO, Wollaston, MA			
	Columbia, MO	31	Sept 22-23, 1979	23:50:37
31.	JONATHAN REM, San Diego, CA			
	San Diego, CA	25	Nov 1-2, 1980	19:19:46
32.	DALE SUTTON, San Diego, CA			
	1. San Diego, CA	41	Nov 1-2, 1980	22:03:45
	2. San Diego, CA	43	Nov 20-21, 1982	23:36:55
33.	ROBERT MARSHALL, San Diego, CA			
	San Diego, CA	38	Nov 1-2, 1980	22:39:34
34.	MARIO ESCOBEDO, Chula Vista, CA			
	1. El Cajon, CA	22	Feb 28-Mar 1, 1981	21:57:23
	2. Methuen, MA	22	May 9-10, 1981	23:06:50
35.	BOB KEATING, Nashua, NH			
	1. Methuen, MA	34	May 9-10, 1981	20:31:26
	2. Columbia, MO	37	Sept 29-30, 1984	21:42:53
36.	BRUCE ETHERTON, Breckenridge, MO			
	1. Columbia, MO	42	Sept 25-26, 1982	23:25:46
	2. Columbia, MO	44	Sept. 29-30, 1984	23:51:16
37.	PHIL SIGLER, Linden, NJ			
	Columbia, MO	43	Sept 25-26, 1982	23:54:00
38.	JOHN KELLY, Santa Monica, CA			
	San Diego, CA	53	Nov 20-21, 1982	19:42:11
39.	BEVERLY LA VECK, Seattle, WA			
	San Diego, CA	46	Nov 20-21, 1982	21:42:14
40.	TOM DOOLEY, Sunnyvale, CA			
	San Diego, CA	36	Nov 20-21, 1982	22:30:31
41.	LIZ KEMP, San Diego, CA			
	San Diego, CA	19	Nov 20-21, 1982	23:50:50
42.	CHRIS CUSTER, Columbia, MO			
	Columbia, MO	30	Sept 17-18, 1983	23:50:49

THE ONE HUNDRED MILE WALK  
1967-1984

Columbia, Missouri

(\*) Indoor

1.	18:07:12*	Larry Young		28	Columbia	MO	1971
2.	18:46:13	Alan Price		37	Washington	DC	1984
3.	18:57:01	Alan Price	(2)	31	Washington	DC	1978
4.	19:10:37	Paul Hendricks		35	Chula Vista	CA	1978
5.	19:24:34	Larry O'Neil		60	Kalispell	MT	1967
6.	19:28:16	Alan Price	(3)	32	Washington	DC	1980
7.	19:38:26	Shaul Ladany		37	Tel Aviv	Israel	1973
8.	19:40:20	Leonard Busen		48	St. Louis	MO	1978
9.	19:43:51	Alan Price	(4)	35	Washington	DC	1982
10.	19:45:17	Paul Hendricks	(2)	34	Chula Vista	CA	1977
11.	19:46:12	Bob Chapin		46	Independence	MO	1978
12.	19:52:15	Alan Price	(5)	32	Washington	DC	1979
13.	19:55:16	Augie Hirt		25	Columbia	MO	1976
14.	20:04:46	Leonard Busen	(2)	47	St. Louis	MO	1977
15.	20:05:50	Chuck Hunter		39	Longmont	CO	1976
16.	20:09:20	Bob Chapin	(2)	42	Independence	MO	1974
17.	20:21:33	Alan Price	(6)	34	Washington	DC	1981
18.	20:22:07	Bob Chapin	(3)	48	Independence	MO	1980
19.	20:23:09	Bob Chapin	(4)	50	Independence	MO	1982
20.	20:26:29	Chuck Hunter	(2)	38	Longmont	CO	1975
21.	20:42:42	Larry O'Neil	(2)	63	Kalispell	MT	1970
22.	20:51:30	Larry O'Neil	(3)	61	Kalispell	MT	1968
23.	20:52:47	Leonard Busen	(3)	50	St. Louis	MO	1980
24.	20:55:25	Chuck Hunter	(3)	40	Longmont	CO	1977
25.	21:13:44	Bob Chapin	(5)	47	Independence	MO	1979
26.	21:13:54	Jack Blackburn		42	Springfield	OH	1978
27.	21:14:17	Chuck Hunter	(4)	37	Longmont	CO	1974
28.	21:17:33	Chuck Hunter	(5)	36	Longmont	CO	1973
29.	21:18:26	Jack Blackburn	(2)	41	Springfield	OH	1977
30.	21:18:33	Rob Spier		53	Columbia	MO	1975
31.	21:22:44	Chuck Hunter	(6)	41	Longmont	CO	1978
32.	21:42:53	Bob Keating		37	Nashua	NH	1984
33.	21:44:26	Richard Myers		42	Xenia	OH	1978
34.	21:48:29	Bob Chapin	(6)	49	Independence	MO	1981
35.	21:49:21	Leonard Busen	(4)	46	St. Louis	MO	1976
36.	21:53:26	Larry O'Neil	(4)	67	Kalispell	MT	1974
37.	21:55:23	Larry O'Neil	(5)	70	Kalispell	MT	1977
38.	21:57:40	John Markon		44	Bronx	NY	1973
39.	21:59:34	Jerry Brown		32	Longmont	CO	1977
40.	22:03:35	Jack Blackburn	(3)	46	Springfield	OH	1982
41.	22:11:19	Leonard Busen	(5)	49	St. Louis	MO	1979
42.	22:11:57	Jack Blackburn	(4)	40	Springfield	OH	1976
43.	22:15:05	Ben Knoppe		29	St. Louis	MO	1972
44.	22:30:12	Alan Price	(7)	36	Washington	DC	1983
45.	22:31:43	Dave Leuthold		41	Columbia	MO	1974
46.	22:35:01	Rob Spier	(2)	54	Columbia	MO	1976
47.	22:39:00	Leonard Busen	(6)	45	St. Louis	MO	1975
48.	22:40:01	Chris Amoroso			Longmont	CO	1979
49.	22:46:14*	Chris Clegg		54	Beverly Hills	CA	1971
50.	22:52:31	Elsie McGarvey		49	Kalispell	MT	1978
51.	22:57:36	Richard Myers	(2)	41	Xenia	OH	1977
52.	23:03:42	Bob Gragg		53	Liberty	MO	1978
53.	23:07:27	Leonard Busen	(7)	44	St. Louis	MO	1974
54.	23:07:52	Bob Gragg	(2)	52	Liberty	MO	1977
55.	23:12:56	Albert Van Dyke		53	Jefferson City	MO	1978
56.	23:13:56	Chuck Hunter	(7)	42	Longmont	CO	1979
57.	23:16:28	Bob Gragg	(3)	50	Liberty	MO	1975
58.	23:17:44	Leonard Busen	(8)	52	St. Louis	MO	1982
59.	23:18:46	John Argo		59	Mattawa, Ontario, Canada		1973
60.	23:22:50	John Argo	(2)	56	Mattawa, Ontario, Canada		1970
61.	23:25:46	Bruce Etherton		42	Breckenridge	MO	1982
62.	23:27:24	Leonard Busen	(9)	51	St. Louis	MO	1981
63.	23:31:33	Bob Gragg	(4)	55	Liberty	MO	1980
64.	23:37:30	Bob Gragg	(5)	51	Liberty	MO	1976
65.	23:39:53	Gerard Herman		35	San Diego	CA	1979
66.	23:42:10	John Argo	(3)	62	Mattawa, Ontario, Canada		1976
67.	23:48:42	Bob Gragg	(6)	54	Liberty	MO	1979
68.	23:50:37	George Lattarulo		31	Wallason	MA	1979
69.	23:50:44	Chris Custer		30	Columbia	MO	1983
70.	23:51:16	Bruce Etherton	(2)	44	Independence	MO	1984
71.	23:52:08	Carl McCoun		25	Great Falls	MT	1972
72.	23:54:00	Phil Sigler		43	Linden	NJ	1982

Walkers who have completed at least 100 kilometers, or have walked  
50 miles in less than 12 hours in Columbia's 100-Mile-Walk.

1.	95	23:45:59	Mike Rummelhart		23	Hills	IA	1975
2.	94	23:09:23	Larry O'Neil		71	Kalispell	MT	1978
3.	93	21:56:16	Elsie McGarvey		50	Kalispell	MT	1979
4.	93	22:32:10	Phil Lewis		34	Xenia	OH	1981
5.	92	23:48:32	Tom Kline		40	Scarsdale	NY	1984
6.	91¼	22:25:35	Ben Knoppe		34	St. Louis	MO	1977
7.	90	21:09:57	Bob Chapin		45	Independence	MO	1977
8.	90	23:43:29	Ed Williams		46	Cape Girardeau	MO	1975
9.	88	19:16:45	Larry O'Neil	(2)	66	Kalispell	MT	1973
10.	88	19:53:30	Rob Spier		52	Columbia	MO	1974
11.	88	22:15:35	Bob Chapin	(2)	38	Independence	MO	1969
12.	87	23:30:59	Bob Gragg		58	Liberty	MO	1983
13.	87	23:57:54	Jack Blackburn		47	Springfield	OH	1983
14.	87	23:58:27	Jack Blackburn	(2)	45	Springfield	OH	1981
15.	86	22:14:17	Rich Myers		44	Xenia	OH	1980
16.	86	23:51:31	Carl McCoun		37	Billings	MT	1984
17.	86	23:59:57	Jack Blackburn	(3)	48	Springfield	OH	1984
18.	85	22:10:35	Aubrey Anderson			Independence	MO	1969
19.	83	22:48:13	Rob Spier	(2)	50	Columbia	MO	1972
20.	81	21:32:50	Bob Chapin	(3)	45	Independence	MO	1976
21.	81	23:56:10	Jeff Smith		24	Denver	CO	1980
22.	80	17:18:00	Rufus Reed		57	Springfield	MA	1975
23.	80	21:13:57	George Lundmark		57	Northglenn	CO	1978
24.	80	21:35:20	Tom Kline	(2)	39	Scarsdale	NY	1983
25.	80	21:45:14	Bob Gragg		49	Kansas City	MO	1974
26.	80	21:51:58	Rob Spier	(3)	58	Columbia	MO	1980
27.	80	23:37:25	Chris Clegg		55	Beverly Hills	CA	1972
28.	80	23:37:54	Rich Myers	(2)	47	Xenia	OH	1983
29.	79	23:58:35	Bob Chapin	(3)	51	Independence	MO	1983
30.	79	23:58:41	Rich Myers	(3)	48	Xenia	OH	1984
31.	79	23:59:08	Scott Demaree		33	Houston	TX	1984
32.	78¾	23:29:40	Carl McCoun	(2)	23	Great Falls	MT	1970
33.	78½	24:00:00	Leonard Busen		43	St. Louis	MO	1973
34.	78	19:50:35	Rich Myers	(4)	43	Xenia	OH	1979
35.	78	23:52:40	Bob Marshall		40	Marlton	NJ	1982
36.	77	20:26:45	Bob Chapin	(4)	41	Independence	MO	1973
37.	77	23:58:09	David Garver		17	Columbia	MO	1984
38.	76½	17:14:06	Craig Haugaard		23	Willmar	MN	1980
39.	76	23:26:14	Bob Baker		39	Tulsa	OK	1976
40.	76	23:50:25	Bruce Etherton		41	Breckenridge	MO	1981
41.	76	23:44:53	Leonard Busen	(2)	42	St. Louis	MO	1972
42.	76	23:54:06	Chris Knotts		26	Springfield	OH	1982
43.	76	23:58:40	David Garver	(2)	16	Columbia	MO	1983
44.	75¼	20:13:25	Dave Eidahl		31	Richland	IA	1972
45.	75	16:39:00	Chris Clegg	(2)	59	Beverly Hills	CA	1976
46.	75	17:35:26	Kathy Keller		30	El Cajon	CA	1978
47.	75	18:31:00	Dave Leuthold		40	Columbia	MO	1973
48.	75	19:35:10	Stan Smith		25	Des Moines	IA	1973
49.	75	19:50:45	Carl McCoun	(3)	27	Great Falls	MT	1974
50.	75	20:52:00	John Markon		43	Bronx	NY	1972
51.	75	21:17:05	Bob Gragg		57	Liberty	MO	1982
52.	75	21:23:50	Al Schrik		22	Independence	MO	1973
53.	75	23:11:25	Rob Spier	(4)	57	Columbia	MO	1979
54.	74	22:00:58	Bob Gragg	(2)	59	Liberty	MO	1984
55.	73	22:36:38	Larry O'Neil	(3)	62	Kalispell	MT	1969
56.	74¼	21:56:43	Bob Chapin	(5)	39	Independence	MO	1970
57.	72	20:36:00	Dave Eidahl	(2)	30	Richland	IA	1971
58.	72	21:58:45	Stan Smith	(2)	27	Des Moines	IA	1975
59.	71¼	17:23:35	Fred Rohner		28	Holland		1979
60.	71	17:36:28	George Lundmark	(2)	54	Northglenn	CO	1975
61.	71	18:41:38	Dale Sutton		38	San Diego	CA	1978
62.	71	23:46:24	Jack Blackburn	(4)	44	Springfield	OH	1980
63.	70¼	20:29:30	Aubrey Anderson	(2)		Independence	MO	1970
64.	70¼	12:13:28	Larry Young		31	Columbia	MO	1974
65.	70¼	21:44:20	Chris Clegg	(3)	62	Beverly Hills	CA	1978

66.	70	18:30:00	Bob Chapin	(6)	39	Independence	MO	1971
67.	70	18:35:12	Mac Pullen		38	Columbia	MO	1981
68.	70	18:59:58	Ray Purdy		24	Nashville	TN	1978
69.	70	20:18:06	Gerard Herrman		34	San Diego	CA	1978
70.	70	21:50:45	Dave Leuthold	(2)	42	Columbia	MO	1975
71.	70	22:23:15	Dave Eidahl	(3)	29	Richland	IA	1969
72.	70	23:19:22	Don Williams		35	Columbia	MO	1984
73.	70	23:25:52	William Taft		61	Columbia	MO	1977
74.	67	16:14:30	Bryon Overston		25	Los Angeles	CA	1968
75.	66	21:03:50	Bob Gragg	(3)	48	Kansas City	MO	1973
76.	66	22:34:14	Phil Jacobs		37	Kansas City	MO	1983
77.	65	14:28:15	Chris Knotts		23	Springfield	OH	1979
78.	65	15:31:29	Phil Lewis		45	Xenia	OH	1982
79.	65	16:16:02	Larry O'Neil	(4)	72	Kalispell	MT	1979
80.	65	21:42:31	Bob Dolphin		53			1983
81.	65	22:37:59	William Taft	(2)	64	Columbia	MO	1980
82.	64¼	13:37:37	Larry O'Neil	(5)	69	Kalispell	MT	1976
83.	64½	15:54:40	Bob Young		47	Sibley	MO	1967
84.	64½	22:39:29	Rob Spier	(5)	60	Columbia	MO	1982
85.	64¼	23:57:59	Dave Leuthold	(3)	37	Columbia	MO	1970
86.	64	13:37:40	Randy Mimm		24	Columbia	MO	1978
87.	64	13:47:02	Chuck Hunter		45	Longmont	CO	1982
88.	64	23:39:27	Joyce Withrow		25	Blue Springs	MO	1981
89.	63	14:23:45	Ben Knoppe	(2)	33	St. Louis	MO	1976
90.	63	22:18:30	Joel Dickinson			Columbia	MO	1969
91.	63	22:35:49	Bill Hillman		54			1983
92.	63	23:35:28	William Taft	(3)	65	Columbia	MO	1981
93.	62¼	14:18:20	Mac Pullen	(2)	37	Columbia	MO	1980
94.	100K	11:16:19	Augie Hirt		24	Columbia	MO	1975
95.	100K	12:08:09	Jerry Young		18	St. Louis	MO	1975
96.	100K	15:18:37	Ray Purdy	(2)	21	Columbia	MO	1975
97.	100K	15:36:10	Mike Richey		20	Cape Girardeau	MO	1975
98.	100K	15:51:21	Christina Purdy		28	Carbondale	IL	1981
99.	100K	16:39:10	Joyce Schulte		31	Columbia	MO	1974
100.	100K	16:45:26	Dale Sutton	(2)	38	San Diego	CA	1977
101.	100K	19:33:51	Marsha Luther		38	Fairway	KS	1982
102.	100K	20:43:10	Rob Spier	(5)	56	Columbia	MO	1978
103.	100K	20:51:55	Neal Pickens		41	Bentonville	AR	1983
104.	100K	20:55:56	Chuck Hunter		44	Longmont	CO	1981
105.	100K	22:32:53	Bruce Etherton	(2)	40	Breckenridge	MO	1980
106.	100K	22:40:18	Carl McCoun	(4)	32	Billings	MT	1979
107.	100K	22:59:29	William Taft	(4)	60	Columbia	MO	1976
108.	100K	23:06:09	William Taft	(5)	63	Columbia	MO	1979
109.	60	13:02:38	Jack Blackburn	(5)	43	Springfield	OH	1979
110.	60	13:02:58	Chris Knotts	(2)	22	Springfield	OH	1978
111.	60	14:19:36	Phil Lewis	(2)	43	Xenia	OH	1980
112.	58	13:52:01	Chris Kotts	(3)	25	Springfield	OH	1981
113.	53	12:28:44	Sally Grimm		49	Javre	MT	1979
114.	51	10:43:18	Jerry Brown		34	Longmont	CO	1979
115.	50	9:17:45	Jerry Young	(2)	20	St. Louis	MO	1977
116.	50	9:45:20	Chris Amoroso			Longmont	CO	1977
117.	50	9:52:38	Olen Brown		45	Columbia	MO	1980
118.	50	9:58:00	Chris Chapin	(7)	44	Independence	MO	1976
119.	50	10:01:03	Ben Knoppe	(3)	30	St. Louis	MO	1973
120.	50	10:13:19	Randy Mimm	(2)	22	Columbia	MO	1976
121.	50	10:17:18	Augie Hirt	(2)	22	Columbia	MO	1973
122.	50	10:17:30	Albert Van Dyke		52	Jefferson City	MO	1977
123.	50	10:19:45	Ben Knoppe	(4)	31	St. Louis	MO	1974
124.	50	10:36:27	Rufus Reed	(2)	58	Springfield	MA	1976
125.	50	10:38:00	Shaul Ladany		31	Tel Aviv	Israel	1967
126.	50	10:54:15	Randy Mimm	(3)	21	Columbia	MO	1975
127.	50	10:56:00	Mac Pullen	(3)	34	Columbia	MO	1977
128.	50	10:58:36	Tim Blackburn		17	Springfield	OH	1977
129.	50	11:01:30	Larry O'Neil	(5)	64	Kalispell	MT	1971
130.	50	11:03:11	Darwin Hindman		51	Columbia	MO	1984
131.	50	11:04:41	Larry O'Neil	(6)	68	Kalispell	MT	1975
132.	50	11:07:55	George Lattarulo		30	Brooklyn	NY	1978

133.	50	11:11:50	Kenton Crockett		26	Springfield	OH	1979
134.	50	11:12:19	Rob Spier	(6)	59	Columbia	MO	1981
135.	50	11:13:47	Chris Knotts	(2)	25	Springfield	OH	1980
136.	50	11:24:01	Steve Nelson		18	Leawood	KS	1970
137.	50	11:26:00	Stan Smith	(3)	24	Des Moines	IA	1972
138.	50	11:27:36	Elsie McGarvey	(2)	51	Kalispell	MT	1980
139.	50	11:31:40	Jim Breitenbucher		22	Keokuk	IA	1975
140.	50	11:34:48	Clair Duckham		70	Dayton	OH	1976
141.	50	11:35:03	Al Schrik	(2)	23	Independence	MO	1974
142.	50	11:39:02	Dan Halterman		35	Springfield	MO	1980
143.	50	11:40:32	Jim Wass		27	Columbia	MO	1979
144.	50	11:41:30	Larry Aviles		22	Fort Riley	KS	1977
145.	50	11:44:51	Bruce Etherton	(3)	38	Breckenridge	MO	1968
146.	50	11:45:30	Bob Young	(2)	48	Sibley	MO	1968
147.	50	11:47:26	Danny Halterman	(2)	33	Columbia	MO	1978
148.	50	11:50:07	Jim Breitenbucher	(2)	21	Keokuk	IA	1974
149.	50	11:50:22	Ray Chapin		19	Independence	MO	1976
150.	50	11:53:15	Ben Knoppe	(5)	28	St. Louis	MO	1971
151.	50	11:53:50	Chris Patterson		24	Columbia	MO	1979
152.	50	11:56:00	Roman Sage		38	Jefferson City	MO	1971
153.	50	11:59:45	Henry Bent		77	Columbia	MO	1978

FIRST NATIONAL  
BANK

RELIACARE



# 4 MILE SOYBEAN RUN

## COURSE RECORD

BRENTLINGERS  
JEWELRYMEXICO LIFE  
UNDERWRITERSA.M.C. CHARITABLE  
FOUNDATION, INC.MALE: JACK DEFRETAS - 19.58.7  
FEMALE: DEBBIE HOXWORTH - 24.35.6

SEPTEMBER 21st, 1985 (RAIN or SHINE)

STARTING TIME AND PLACE:

8:30 A.M. LAKEVIEW PARK

COURSE: 4 MILE PAVED COURSE MOSTLY FLAT MEASURED COURSE.

AWARDS: T-SHIRTS TO ALL ENTRANTS DRAWING FOR ATTENDANCE PRIZES  
TROPHIES AND MEDALS TO FIRST 5 PLACES IN MOST AGE GROUPS**AGE DIVISIONS: Men&Women;**11 and under, 12-14, 15-19, 20-29, 30-34, 35-39, 40-49, 50-59, 60-69  
and 70 +.**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: MAY BE PICKED UP AT WESTERN-SOUTHERN, RODES INSURANCE,  
PRUDENTIAL INSURANCE OR BRENTLINGERS JEWELRY.

ENTRY BLANK

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE AS OF 9/21/85 \_\_\_\_\_ SHIRT SIZE (Circle One)

MALE ☐ FEMALE ☐ S M L XL

**RELEASE:** In consideration of the acceptance of my entry, I for myself, my executors, and assignees, administrators, do hereby release, and discharge the city of Mexico, Mo., Mexico Life Underwriters, First National Bank, Brentlingers Jewelry, Golden Eagle Distributing Co., Reliacare, Inc. and A.M.C. Charitable Foundation, Inc., Audrain Medical Center for all claims of damages, demands, and actions, whatsoever 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 trained for this event.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

(If under 18, parent or guardian)



# Heart of Missouri Biathlon

### Events

Participation Event - 8K Run 22.5K Bike Ride  
Competitive Event - 15K Race 45K Bike Race

### Date

Both events will start at 7 a.m., September 22, 1985

### Race Headquarters

Boone Hospital Center Cardiac Rehab facility, ground floor of  
Stephens Park Medical Building, 1701 E. Broadway, Columbia,  
Missouri

### Entry Fee

\$10 for both events if received by September 12, 1985. Late fee: after  
September 12, \$15 for both events.

### Deadline

September 21, 5 p.m. No entries will be accepted after this date.

### Runners Receive

All runners receive T-shirts and key rings: the race results will be  
posted. Refreshments will be provided.

### Race Packets

Must be picked up between 9 a.m. and 6 p.m. on September 21, or  
between 5:30 a.m. and 6:30 a.m. on September 22 at the race  
headquarters.

### Awards

For the 15K, 45K plaques will be awarded to the top three finishers in  
the following categories:

Open Male (age 39 and under)  
Open Female (age 39 and under)  
Masters Male (40 and older)  
Masters Female (40 and older)

### Splits

Will be given at one, three, five and seven miles during the 15K race,  
and at the 22.5K mark during the 45K bike race.

Will be given at one and three miles during the 8K run. No splits will  
be given during the 22.5K bike ride.

### Aid Stations

There will be aid stations with water and ERG at the three-, five- and  
seven-mile marks in the 15K race. During the 45K bike race, there  
will be an aid station at the 22.5K mark.

During the 8K run, there will be aid at the three-mile mark.

During the 22.5K bike ride, there will be no aid station.

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

### Medical Support

Dr. Lee Pfeifer will serve as medical director of the event with  
assistance from the Boone Hospital Center emergency department  
staff.

### Courses

The 15/45K begins 1/2 mile south of Rock Bridge High School on old  
Route K. Go north on old Route K to Nifong Rd. Runners turn left or  
to the west on Nifong to Bethel Church Rd. Turn right or to the north  
to El Cortez (Rock Bridge Subdivision). Turn right or to the east on El  
Cortez. Go to old Route K, turn left or north to Green Meadows.  
Turn right or go east to new Route K. Turn right and go south back  
near to the start. Turn right to old Route K on Short Access Rd. Go  
north on old Route K and repeat the course. At the end of the  
second lap, turn left into the parking lot north of Rock Bridge High  
School. On parking lot follow the cones to the finish. The bike

exchange will occur adjacent to finish of the run. The bike event  
starts where the run finished. The bike course goes south out of the  
parking lot on old Route K at access road. Go on to new Route K and  
ride approximately 7 miles to Route KK intersection. Turn right  
(watch for loose gravel here) onto Route KK. Proceed on Route KK  
for about 3 1/2 miles to Green Meadows (at end of Route KK). Turn  
right onto Green Meadows and ride about two miles to Bethel  
Church Rd. Turn right onto Bethel Church Rd. (be careful making this  
sharp turn). Go to the first stop sign at Nifong Rd. (turn left here).  
Ride about 1/2 mile back to old Route K. Turn right and go south, back  
to high school. Repeat course for the finish.

The 8/22.5K event will follow the same lap courses except that  
these participants will do only one of each course.

### Optional Clinic

**Anaerobic Threshold Training.** Saturday, September 21, 9 a.m. to  
3:30 p.m. The clinic will include discussions, laboratory and field  
testing of anaerobic threshold, percent body fat analysis, use of the  
perceived exertion scale, injury prevention, overtraining, etc. The  
speakers will include Liz Bulman, nationally-ranked triathlete; Steve  
Stonecipher-Fisher, Olympic marathon trails competitor; Rick  
Rother, physical therapist; and Tom LaFontaine, Ph.D., exercise  
physiologist. Computerized dietary analysis and video taping of  
running technique will also be available at a minimal fee. The clinic  
fee is \$25, to cover cost of clinic, all testing, refreshments, and use of  
BHC outpatient physical therapy and cardiac rehabilitation facility.  
For more information contact Tom LaFontaine at 875-3870.

### Post-Race Refreshments

Pepsi and other soda will be provided courtesy of Columbia Pepsi-  
Cola Bottling Company. Fruit will also be provided.

### Awards Ceremony

The awards for the 15K, 45K event will be presented at 11:30 a.m.

### Equipment

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

### Race Numbers

Each participant will be given two copies of his or her race number,  
one for the run and one for the bike race. A race number should be  
pinned to the front of your running clothes and your bicycle clothes.

### Bike Rules and 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 reserves 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:** Cardiac Rehab  
Boone Hospital Center  
Stephens Park Medical Building  
1701 E. Broadway  
Columbia, MO 65201

Make checks payable to Heart of Missouri Biathlon.

**Further Information** Call Race Directors:

Mark Volek or  
Greg Thackery -1-314-875-3870  
Walt's Bike Shop - 1-314-443-0411

## Waiver, Release and Indemnification Form

In consideration of the acceptance of my entry in the Heart of Missouri  
Biathlon:

1. I hereby agree to comply with all rules and regulations and event  
instructions of the Heart of Missouri Biathlon and those authorized to  
speak for the Heart of Missouri Biathlon.
2. For myself, my executors, administrators, heirs, next of kin, I hereby:  
  - a) Waive and release any and all claims that I may have against the Heart  
of Missouri Biathlon or anyone associated therewith as to the implemen-  
tation or execution of the Heart of Missouri Biathlon, including any and all  
claims for damage caused by the negligence of any of them, arising out  
of my participation in the event and its related activities, together with  
any cost including attorney's fees that may be incurred as a result of any  
such claim whether valid or not, and
  - b) Indemnify and hold harmless the releasees and each of them against  
any such claim that I or my guests or any one or more of my or their  
executors, administrators, heirs, next of kin may have or assert and  
against any cost including attorney's fees with respect thereto.
3. I hereby acknowledge that I have sole responsibility for my personal  
possessions, my bicycle, and any other athletic equipment during the  
Heart of Missouri Biathlon event and its related activities. If I transfer  
custody to any party associated with the Heart of Missouri Biathlon of  
any of the above-mentioned items at any time at or near the day of the

event, at no time will their custody be construed as a bailment for hire. I  
do admit and understand that their custody is purely gratuitous and will  
in no way attempt to hold the Heart of Missouri Biathlon or its associates  
liable should any harm occur to any of the above-mentioned items.

4. I hereby acknowledge that participation in the Heart of Missouri Biathlon  
competition carries with it potential hazard. It is my knowing and  
voluntary desire to assume that risk. I therefore, release the Heart of  
Missouri Biathlon and any party associated with the Heart of Missouri  
Biathlon of any liability in the event of injury or death to myself during the  
event.
5. I hereby attest and verify that I am physically fit and have sufficiently  
trained for this activity and that my physical condition has been verified  
by a licensed medical doctor.
6. I hereby consent to receive medical treatment which may be deemed  
advisable in the event of injury, accident, and/or illness during the Heart  
of Missouri Biathlon.

**Printed or Typed Name of Participant** \_\_\_\_\_

**Signature of Participant** \_\_\_\_\_ **Date** \_\_\_\_\_

**Consent of Minor's Parent or Guardian** \_\_\_\_\_

### Please Type or Print Legibly

Last Name \_\_\_\_\_ First \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Street 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 \_\_\_\_\_

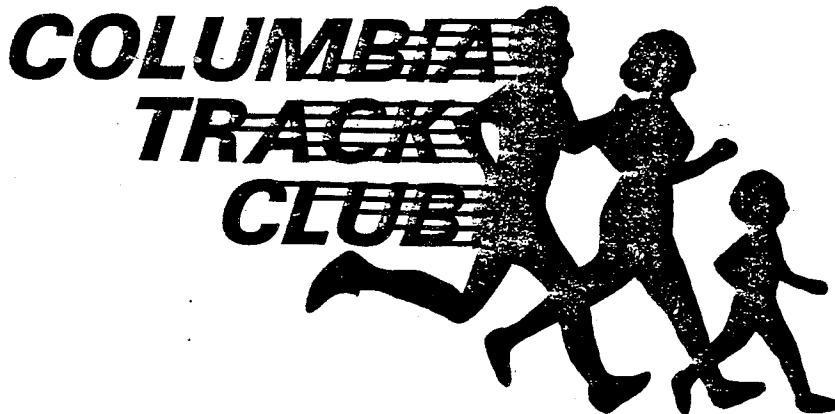
Shirt Size Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

Event 15K, 45K \_\_\_\_\_ 8K, 22.5K \_\_\_\_\_

Estimate Time Run \_\_\_\_\_ Bike \_\_\_\_\_

**Registration is incomplete unless waiver is signed (over). Minor must have guardian consent.**

\_\_\_\_\_ I will be attending the Clinic (include \$25 with the entry  
registration form, enrollment limited to 25 participants)



COLUMBIA TRACK CLUB: Annual Dues: Families:\$10.00

Single Students:\$6.00

New Members: \$5.00

Newsletter Subscription  
to non-members: \$3.00

DONATIONS ARE TAX-DEDUCTIBLE

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. Deadline is the third Saturday of each month.

CTC singlets, both male and female, are available from Don Patterson at \$8.00 each. Don's office number: 874-3066, Home: 445-7268.

Be sure to pass on to Joe Duncan your out-of-town race results so we can all know what CTC people have been up to.

Please offer to help with the administration of any race in which you will not be a participant--Remember, these events don't just happen.

This Newsletter has been printed by the COLUMBIA PARKS & RECREATION DEPT.

COLUMBIA TRACK CLUB  
2980 Maple Bluff Dr.  
Columbia, MO 65203

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