



TRACK CLUB

NEWSLETTER Vol. XVII, No. 1 January 25, 1985

JEFF AND MILENE MITTELHAUSER WIN THEIR ANNUAL DINNER FOR TWO FIVE MILE TWOSOME RACE January 5, 1985

| | | |
|-------------------------|----|---------|
| 1. Jeff Mittlehauser | 28 | 26:32 |
| 2. Tony Mayfield | 17 | 26:32.1 |
| 3. Jim Marshall | | 28:29 |
| 4. Tom LaFontaine | 37 | 28:52 |
| 5. Mark Volek | 29 | 29:14 |
| 6. Joe Kirby | 17 | 29:27 |
| 7. Dick Hessler | 43 | 29:29 |
| 8. Pete Pastoret | 31 | 29:56 |
| 9. Bob O'Connell | 35 | 30:26 |
| 10. Marvin Odneal | 41 | 30:42 |
| 11. Bob Shoemaker | 34 | 30:55 |
| 12. Tim Gibson | 14 | 30:59 |
| 13. Paul Kmiecik | | 30:59.1 |
| 14. Milene Mittelhauser | 25 | 31:07 |
| 15. Dick Madsen | 43 | 31:14 |
| 16. Steve Baurichter | 34 | 31:14.1 |
| 17. Tom Allen | 43 | 31:21 |
| 18. Stan McQuinn | 31 | 31:38 |
| 19. Mike Walther | 27 | 33:04 |
| 20. Don Johnson | 56 | 33:11 |
| 21. Joe Marks | 47 | 33:44 |
| 22. Elmer Schlemper | 45 | 33:50 |
| 23. Brian Nicol | 33 | 34:40 |
| 24. Norris Kruse | 49 | 34:54 |
| 25. Tim Rooney | 34 | 35:10 |
| 26. Dave Slepser | 39 | 35:36 |
| 27. Herb Mittlehauser | 55 | 35:53 |
| 28. Bernadette Gerke | 25 | 36:07 |
| 29. Joe Duncan | 50 | 36:49 |
| 30. Dennis Jones | 37 | 38:36 |
| 31. Ron Tauchen | 30 | 39:10 |
| 32. Roger Hanson | 58 | 40:20 |
| 33. Carole Madsen | 41 | 40:29 |
| 34. Sharon Lemke | 25 | 41:07 |
| 35. Gary Zwonitzer | 47 | 41:18 |
| 36. Cindy Nicol | 31 | 42:20 |
| 37. Georgina Gonzales | 46 | 43:32 |
| 38. Cheryl Odneal | 37 | 43:35 |
| 39. Nancy Fritsch | 45 | 44:14 |
| 40. Mary Jones | 37 | 48:44 |
| 41. Barbara Martin | 38 | 49:28 |
| 42. Margaret Johnson | 55 | 1:08:14 |

22. Elmer Schlemper
Mid 20's, partially
cloudy, not much wind.

THANKS: to BOBBY BUFORD'S
RESTAURANT for helping
provide the Dinners
for Two for the team
winners.

The Team competition went
like this:

Combined ages 50-64:

| | |
|----------------------|---------|
| 1. Jeff Mittelhauser | |
| Milene Mittelhauser | 57:39 |
| 2. Mark Volek | |
| Sharon Lemke | 1:10:21 |
| 3. Brian Nicol | |
| Cindy Nicol | 1:17:00 |

65-79

| | |
|---------------------|---------|
| 1. Bernadette Gerke | |
| Tom Allen | 1:07:28 |
| 2. Marvin Odneal | |
| Cheryl Odneal | 1:14:17 |
| 3. Dennis Jones | |
| Mary Jones | 1:27:20 |

80-99

| | |
|-------------------|---------|
| 1. Dick Madsen | |
| Carole Madsen | 1:11:43 |
| 2. Dick Hessler | |
| Nancy Fritsch | 1:13:43 |
| 3. Joe Marks | |
| Georgina Gonzales | 1:17:16 |
| 4. Joe Duncan | |
| Barbara Martin | 1:26:17 |

100 & over

| | |
|------------------|---------|
| 1. Don Johnson | |
| Margaret Johnson | 1:41:25 |

THANKS: to DON LEWIS who was Race Director
and to DON WILLIAMS, assistant RD. They
were ably assisted by Anne Hessler,
Ben Londeree and Turk Storvick.

SCHEDULE OF EVENTS:

- FEBRUARY 9 Saturday 9:00 AM 5,000 Meter Nut Race, Run or Walk
Research Park \$1.00 fee, non-members. AWARDS of a nutty
sort as follows:(first 3): Female: 15 & under, 16-29, 30-39
40 & over. Male: 15 & under, 16-29, 30-39, 40-49, 50-59,
60 & over. 2 for walkers. one for DT, maybe a surprise or two
RACE DIRECTOR: Tom Coon
- 24 Sunday 2:00 PM COLUMBIA REGIONAL HOSPITAL FIVE MILE WINTER
ROAD RACE Race Director: Joe Kurth Call him at 474-2082
to let him know you can help out if you are not going to run.
- MARCH 9 Saturday 9:00 AM RRCA MISSOURI STATE 15,000 METER RUN CHAMPION-
SHIP, also a 15k walk \$2.00 fee Hilton Inn
Race Director: Tom LaFontaine
- 23 Saturday 9:00 AM Katy Trail Five Mile Fun Run
- 30 " 2:00 PM Missouri State One Hour Walk Championship
Hickman Track
- 31 Sunday 1:00 PM PEPSI COLA 10,000 METER ROAD RUN

'FROSTY 20' LIVES UP TO ITS NAME

With a nasty wind out of the northwest and a wind chill of about -25, Carl Sniffen led a pack of crazies on the Hilton Course, Jan. 19. It was remarkable that 29 showed up and downright amazing that 20 of 'em opted for the 20K (instead of 10K).

Special thanks to Don and Barb Williams for the special ceramic cups they made as prizes for the event. Thanks, too, to Rob Spier who managed a time-keeping crew of the Marks Bros. and their friend, Sean Clark.

| <u>Frosty 20</u> | | <u>Place</u> | <u>10K- 10K</u> |
|-------------------|---------|--------------|---|
| Carl Sniffen | 1:10:00 | 1 | Mike Chaffee 39:10 |
| Gene Mc Clain | 1:14:15 | 2 | Tim Gibson 41:52 |
| Jeff Mittelhauser | 1:14:15 | 3 | Milene Mittelhauser 42:35 |
| Bob O'Connell | 1:16:41 | 4 | Tim Rooney 44:14 |
| Norm Stebbins | 1:17:52 | 5 | Joe Duncan 48:58 |
| David Mountjoy | 1:19:53 | 6 | Mary Hoskamp 53:51 |
| Marvin Odneal | 1:23:48 | 7 | Gary Zwonitzer 55:02 |
| Liz Bulman | 1:23:57 | 8 | Joni O'Connor 1:00:53 |
| Tom LaFontaine | 1:24:00 | 9 | John O'Connor 1:00:53 |
| Joe Marks | 1:25:11 | 10 | Carl Sniffen is a 32 year old lawyer from Kansas City. He was here in August with a 4th place finish in the 15K run with 51:57. Gene McClain, 38, Overland Park, Kansas has also been here before, most notably in 1977 when he was 2:36:47 in the Heart of America Marathon. |
| Dick Madsen | 1:28:53 | 11 | |
| Marc Scholes | 1:29:45 | 12 | |
| Herb Mittelhauser | 1:33:29 | 13 | |
| Gary Fogelbach | 1:33:39 | 14 | |
| Nick Peckham | 1:36:06 | 15 | |
| John Qualy | 1:36:48 | 16 | |
| Dan Schuppan | 1:36:48 | 17 | |
| Don Johnson | 1:38:03 | 18 | |
| Norris Kruse | 1:46:06 | 19 | |
| Don Williams (W) | 2:11:53 | 20 | THANKS: to Joe Marks, Race Director. |

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

- January 4, 1970: 10 Mile Walk, won by Joe Duncan (1:32:26) over Fred Young (1:33:30). Sal Citarella won the 10 mile run in 1:07:26 when Tom Logan and Larry Carpenter failed to turn and come back at Broadway, thus running some 2 or more miles extra.
- January 10, 1970: Five Mile Run--Logan didn't get lost this time, winning in 26:27. Loren Moes had 26:39, . . . 4. Whitney Hicks, 31:46, 5. Joe Duncan, 33:18 beating Don Granberg and his sore knee(34:02).
- January 31, 1970: Whitney Hicks won a Devil-take-the-Hindmost race--beating 11 others. Everybody ran a mile and supposedly the last one dropped out with each succeeding lap. However, it got somewhat confusing with people dropping out prematurely or not dropping out at all. Anyway, Whitney did 19:47 for 3 miles and that was the last time we did that crazy event.

5 YEARS AGO:

- January 5, 1980: Five Mile Ham Race: 1. Jeff Mittelhauser 26:36 2. Bob O'Connell, in his first CTC event:26:54. . .5. Don Lewis 28:26, 6. Dick Hessler 28:34, 7. Jim Schutt 28:43 8. Tom LaFontaine 28:52. . .10. Ben Londeree 29:09. . .15. Mike Koonse 31:48. . .19. Don Johnson 33:02, 20. Norris Kruse 33:11, 21. Joe Duncan 33:23. . .29. Peter Hessler, 10, 35:40. . .38. Tim Gibson, 9, 39:14
- January 19, 1980: 20 Kilo: 1. Bob O'Connell 1:10:03, 2. Jeff Mittelhauser 1:10:32, 3. Norm Stebbins 1:12:45. . .5. Ben Londeree 1:14:43, 6. Tom LaFontaine 1:14:54. . .14. Kent Lang, 17, 1:26:04, 15. Mike Koonse 1:26:31, 16. Ron Belyea 1:26:35, 17. Joe Kurth 1:27:27, 18. Ron Wampler 1:29:23. . . 20. Charles Slivinsky 1:29:41 and 14 others
- 10K: 1. Jim Luebbering 37:19, 2. Russ Kurth 46:41 & Tim Gibson, 4. Steve Gibson, 12, 47:08. 1. Susan Boyle 45:20. 1. Rob Spier 1:06:38, 2. Bill Taft 1:17:32

The Day My Heart Ran Amuck

By Joe Marks

Man, I never expected "heart trouble"! Not me. The Old Marathoner (37 of 'em...over 30,000 miles...more than 11 years of distance running).

But there it was. All of a sudden. A heart "out of sync"—top and bottom halves going at two different speeds.

Doc called it "arrythmia." In my case, atrial fibrillation.

My God, that's what killed Arne Richards! (For those who don't know, Arne was a pioneer distance runner, an early member of CIC from Kansas, who just up and died one day on a run.)

Well, I got it. Or had it. And probably will get it again. Chances are pretty good you will, too.

I don't expect to die from it, nor quit running because of it. I don't have the blockage that apparently contributed to Arne's demise. In fact, three pills and a shot set me straight in a couple of hours. I'll just have to watch it if I feel that way again. And I should give up caffeine and alcohol.

So, fans, not to worry—about me. But my doctor and I want you to be wary that arrhythmia is common among distance runners. Treatment will vary from a few pills to surgery and a pacemaker. Ignoring the symptoms will make you feel bad and could kill you.

Doc is a real authority on it. His name is Leland Pfefer, and he has had an arrhythmia problem for 12 years (first noticed it after he'd been running nine years). Lee's case is much worse than most. He self-treats it up to 20 times a year. His treatment for people like me is modest—the cost of an office call and a few pills. But he can tell you the time he had to go to an emergency room in Boston after the marathon there, and his insurance company had to pay a tab of \$1,400!

Now that you know that arrhythmia is nothing to take lightly, let's talk about symptoms and your chances of getting this condition.

Classic symptoms are weakness, fatigue and maybe some stomach distress. Example: BA (before arrhythmia) I ran the 30K Dec. 15 at a 6:43 pace, Hilton Hills and all. On Jan. 5, with arrhythmia, I couldn't hold that pace for five miles on a much easier course. I'd start out fine, and even with a base of more than 70 miles a week, would find myself stopping completely from fatigue after a mile or two. In a short time, I'd feel good and start again, and get almost instantly fatigued. Start-stop, start-stop. Mileage plummeted as did my pace. Resting heart rate was over 70 (normal is 38-42). But worse is that I couldn't read my pulse, the beats were so irregular.

So I had Tom LaFontaine give me an EKG at Boone Hospital Center's Cardiac Rehab Lab. You should have seen the EKG graph paper. Spaces between heartbeat "peaks" varied all over the place. My heart rate in one three-second period ranged from 49 to 110 and once hit 140 while I was resting.

Tom sent me to see Dr. Pfefer who treated me, then showed me graphs of his EKG. When he gets arrhythmia (also atrial fib), his heartrate goes as low as 8 then jumps way up. He skips beats all over the place!

If you think our cases are unusual, guess again. Lee told me of a recent Northeast U.S. study of 180 distance runners that showed 45 percent had significant arrhythmia. Three of the runners, one only 19 years old, required pacemakers. The rest could be treated by drugs. More about that later.

But maybe the most significant aspect of the study was that only 13 percent of those who had arrhythmia exhibited the symptoms. That means a bunch of you are running around with an arrhythmia and don't even know it.

What causes it? Lee says there are several theories. One is that distance runners' heart rates are so slow the body feels it has to take over. So it throws in extra beats. In my case, my heart rate would be slow, suddenly speed up, then skip the atrial beat, triggering arrhythmia.

Another theory has to do with the norepinephrine hormone. That hormone increases when you exercise and stimulates the heart. Some doctors believe that you have an excess of this hormone when you stop exercising which can affect a sensitive heart. (That's why it's a good idea to "warm down" after a workout.)

Another possibility is magnesium deficiency. You lose this electrolyte through sweat and urine when you exercise. (Dr. Pfefer prescribes multinutrients that include magnesium for people like me.)

Then there's the "lean" theory. Dr. Thomas Bassler feels an arrhythmia can be triggered by fat deficiencies common among ultra lean runners and dieters.

As noted earlier, extreme cases of arrhythmia require surgery, but most can be treated with drugs. Dr. Pfefer gave me quinidine which did the job just fine. Its only side affects are that it is a diuretic and can stimulate diarrhea and/or urination. That drug doesn't work for some people, though, and they have to go with something like amidrone. This corrects better than 90 percent of the arrhythmia problems (and they stay corrected). But it has some side effects (your skin turns blue, for one).

Other treatments include calcium blocking agents such as procordia.

For me, I'll just keep taking the micronutrients and listening to my body. I don't expect any more problems, but if they do occur, they can be easily corrected.

You may not be so lucky.

"We're going to find more cases of cardiac irregularity because of fitness," Pfefer says. "That doesn't mean we should discontinue fitness programs, but it wouldn't hurt to see a doctor once in awhile. Also, we have to learn to do a good job of monitoring ourselves."

I'm glad I did.

COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1984

| | Age 15 & Under | 16-29 | 30-39 |
|-------------------------------------|--|---|---|
| 400 meters | 54.0 6-28-75 Bryce Allmon | 52.8 8-26-72 Dennis Stewart | 54.3 5-28-82 Dennis Stewart |
| 800 meters | 2:03.3 6-28-75 Bryce Allmon | 1:58.0 5-8-71 Dennis Stewart | 2:01.0 5-28-82 Dennis Stewart |
| 1,500 meters | 4:42.5 5-21-79 Jay Blossom | 4:11.0 5-20-78 Dennis Stewart | 4:12.0 5-21-79 Dennis Stewart |
| One Mile Run | 4:39.0 6-28-75 Bryce Allmon | 4:19.0 3-18-72 Tom Logan | 4:37.4 7-7-84 Dennis Stewart |
| Two Mile Run | 11:18 5-14-82 Steve Helmick | 9:08.0 7-29-72 Charles McMullen | 9:59.5 4-4-81 Dennis Stewart |
| Three Mile Run | 16:39 5-14-82 Steve Helmick | 14:22.0 4-16-77 Mike Kelly | 15:42.0 4-4-81 Dennis Stewart |
| Five Miles r | 28:44 3-6-83 Steve Helmick | 24:10 3-6-83 Steve S-Fisher | 26:54 1-5-80 Bob O'Connell |
| Ten Miles r | 1:06:12 12-17-77 Wesley Paul | 53:17 2-26-72 Rob Leutwiler | 55:22 12-17-83 Bob Goodrich |
| Heart of America Marathon | 3:02:19 9-7-81 Wesley Paul | 2:29:15 9-5-77 Dennis Hinkamp | 2:30:26 9-7-81 Jon Herbert |
| 5,000 meters t | 17:11 6-4-83 Wesley Paul | 14:52 7-24-82 Steve S-Fisher r | 16:07 9-20-80 Bob O'Connell |
| 5,000 meters r | 17:35 3-6-82 Steve Helmick | 15:20.0 3-3-79 Jeff Mittelhauser | 15:44.0 7-17-76 Jim Zickefoose |
| 10,000 meters t | 34:53 6-4-83 Wesley Paul | 31:19 6-12-82 Steve S-Fisher | 32:30 4-1-78 Dean Neal |
| 10,000 meters r | 35:59 4-24-83 Wesley Paul | 30:40 4-10-83 Steve S-Fisher | 32:36 7-17-76 Jim Zickefoose |
| 15,000 meters r | 53:32 8-20-83 Tony Mayfield | 46:13 7-17-76 Ron Tabb | 49:03 7-17-76 Jim Zickefoose |
| 20,000 meters r | 1:16:47 12-6-80 Wesley Paul | 1:04:54 11-18-78 Steve Fisher | 1:08:28 11-18-78 Howard Guscar |
| 30,000 meters | 1:57:36 12-6-80 Wesley Paul | 1:40:22 9-4-82 Steve S-Fisher | 1:45:52 12-6-80 Jon Herbert |
| 2 Mile XC Municipal | 12:11 10-4-80 Joe Weis | 9:38 10-10-71 Bob Brouillet | 10:10 10-4-80 Dennis Stewart |
| 3 Mile XC Gustin | 19:37 11-4-79 Chris Koon | 14:40 11-6-77 Mark Whalley | 16:12 11-6-77 Howard Guscar |
| 3 Mile XC LW | 17:22 11-20-83 Peter Hessler | 14:34 11-20-83 Roger Doherty | 15:54 11-20-83 Bob O'Connell |
| Sprint Triathlon 1,500; 800; 400 | 7:36.3 6-28-75 4:39m, 2:03.3, 54.0 Bryce Allmon | 7:04.8 5-20-78 4:11, 2:00.9, 52.9 Dennis Stewart | 7:08.4 5-28-82 4:13.1, 2:01, 54.3 Dennis Stewart |
| 3,2,1 Triathlon | 33:23 5-14-82 16:39, 11:18, 5:26 Steve Helmick | 28:33 4-16-77 14:22, 9:43, 4:28 Mike Kelly | 30:22.5 4-4-81 15:42.9, 9:59.5, 4:41 Dennis Stewart |
| Four Mile Relay | 24:27 3-17-79 Steve Gibson 6:25 Tim Gibson 6:40 Jim Gibson 5:45 Matt Gibson 5:37 | 18:03 3-20-82 Steve S-Fisher 4:28 Jeff Mittelha'r 4:28 Mark Montgomery 4:32 Greg Lovercamp 4:35 | |

COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1984

| | 40-49 | 50-59 | 60 & Over |
|-------------------------------------|---|---|---|
| 400 meters | 57.0 6-26-76 Don Lewis | 66.0 5-20-83 Bob Dolphin | |
| 800 meters | 2:08.5 6-26-76 Don Lewis | 2:24.0 4-16-77 Jean Madden | |
| 1,500 meters | 4:29.0 5-20-83 Don Lewis | 5:01.0 5-21-79 Don Johnson | |
| One Mile Run | 4:36.7 7-6-74 Ben Londeree | 5:08.6 7-7-84 Ben Londeree | 7:30.7 7-7-84 Bob Gerhardt |
| Two Mile Run | 9:57.2 4-16-77 Don Lewis | 11:46.0 4-21-79 Don Johnson | 16:04 5-12-84 Bob Gerhardt |
| Three Mile Run | 15:47.0 6-5-76 Don Lewis | 18:26 4-4-81 Don Johnson | 23:48 5-12-84 Bob Gerhardt |
| Five Miles r | 27:49 1-8-77 Walter Renaud | 29:25 3-6-83 Jim Buckley | 39:25 2-26-84 Jim Pastoret |
| Ten Miles r | 57:30 12-16-76 Walter Renaud | 1:05:40 12-16-78 Turk Storvick | |
| Heart of America Marathon | 2:36:07 9-3-79 Roger Rouiller | 2:54:40 9-1-75 Alex Ratelle | 4:23:13 10-10-82 Howard Calkin |
| 5,000 meters t | 16:25.0 8-24-74 Ben Londeree | 17:20.5 7-21-84 Ben Londeree | 24:44 7-16-83 Bob Gerhardt |
| 5,000 meters r | 16:11.0 3-5-77 Don Lewis | 19:05.0 3-3-79 Turk Storvick | |
| 10,000 meters t | 34:33 11-27-76 Walter Renaud | 40:36 6-6-81 Turk Storvick | |
| 10,000 meters r | 34:39 4-27-80 Ben Londeree | 39:33.0 4-4-82 Don Johnson | 47:16 4-29-84 Larry Patterson |
| 15,000 meters r | 52:13 7-17-76 Walter Renaud | 59:07 7-21-79 Don Johnson | |
| 20,000 meters r | 1:12:19 11-21-81 Don Lewis | 1:22:59 11-18-78 Turk Storvick | |
| 30,000 meters | 1:50:53 12-4-76 Walter Renaud | 2:16:07 8-5-78 Turk Storvick | |
| 2 Mile XC Municipal | 10:51 10-1-77 Ben Londeree | 12:10 10-7-78 Don Johnson | 15:59 9-18-82 Don Patterson |
| 3 Mile XC Gustin | 16:25 11-6-77 Ben Londeree | 19:55 11-4-79 Don Johnson | |
| 3 Mile XC LW | 16:32 11-20-83 Don Lewis | 18:41 11-20-83 Lee Blount | |
| Sprint Triathlon 1,500; 800; 400 | 7:46.1 5-28-82 4:32, 2:14.2, 59.9 Don Lewis | 8:35.0 5-21-79 5:01, 2:27, 67.0 Don Johnson | |
| 3,2,1 Triathlon | 31:16 6-5-76 15:47, 10:32, 4:57 Don Lewis | 36:44 4-4-81 18:26, 12:23, 5:55 Don Johnson | 47:46 5-12-84 23:48, 16:04, 7:54 Bob Gerhardt |
| Four Mile Relay | 20:27 3-18-78 Olen Brown 5:25 Don Lewis 4:58 Whitney Hicks 5:08 Ben Londeree 4:56 | 23:12 3-20-82 Don Johnson 5:32 Jean Madden 6:13 Bob Dolphin 5:50 Don Johnson 5:37 | |

COLUMBIA TRACK CLUB RECORDS - FEMALE

AS OF DECEMBER 31, 1984

| | Age 15 & Under | 16-29 | 30-39 |
|-------------------------------------|---|---|---|
| 400 meters | 1:17.0 5-20-83 Angela Hessler | 66.0 5-28-82 Milene Mittelhauser | 1:17.0 5-28-82 Susan Boyle |
| 800 meters | 2:54.0 5-20-83 Angela Hessler | 2:29.6 5-28-82 Milene Mittelhauser | 2:49.0 5-28-82 Susan Boyle |
| 1,500 meters | 5:57.0 5-20-83 Angela Hessler | 4:56.3 5-20-78 Martha Stinson | 5:41.0 5-28-82 Susan Boyle |
| One Mile Run | 5:33.9 7-10-82 Darla Bryant | 5:10.1 7-6-74 Carol Cook | 5:56.0 7-5-80 Susan Boyle |
| Two Mile Run | 15:16 9-20-75 Amy Hessler | 11:45 4-5-80 Martha Stinson | 13:24 4-5-80 Susan Boyle |
| Three Mile Run | 23:25 5-2-83 Carla Sandfry | 17:45 4-5-80 Martha Stinson | 19:41 5-12-84 Chris Ruble |
| Five Miles r | 35:43 1-8-83 Carrie Wieberg | 27:34 1-8-83 Andrea Fischer | 33:26 12-17-77 Dorothy Doolittle |
| Ten Miles r | 1:32:41 12-16-78 Nicole Wagner | 57:05 12-18-82 Andrea Fischer | 1:05:27 12-17-77 Dorothy Doolittle |
| Heart of America | 4:45:38 9-7-70 Kathy Phelps | 3:00:07 10-10-82 Liz Bulman | 3:26:08 10-14-84 Chris Ruble |
| 5,000 meters t | 21:53 8-24-82 Mary Wulff | 19:10 7-24-82 Milene Mittelhauser | 20:47 9-15-79 Susan Boyle |
| 5,000 meters r | 21:51 3-20-79 Amy Hessler | 18:03 6-5-82 Milene Mittelhauser | 21:10 3-7-81 Susan Boyle |
| 10,000 meters t | 45:31 6-6-81 Angie Ballenger | 39:48 4-1-78 Tina Gandy | 47:22 6-6-81 Susan Boyle |
| 10,000 meters r | 46:11 8-1-81 Angie Ballenger | 37:19 4-10-83 Donna Ganly | 43:26 10-24-82 Susan Boyle |
| 15,000 meters r | 1:11:37 2-18-83 Mary Wulff | 57:37 8-20-83 Milene Mittelhauser | 57:54 8-21-82 Carol Hafeman |
| 20,000 meters r | 1:51:15 8-4-79 Nicole Wagner | 1:17:41 1-20-79 Amy Johns | 1:33:23 12-3-77 Carole Brockman |
| 30,000 meters | 2:49:18 8-4-79 Nicole Wagner | 2:03:08 12-1-84 Liz Bulman | |
| 2 Mile XC Municipal | 14:56.0 10-7-78 Amy Hessler | 12:15.0 10-1-77 Joan Hirt | 15:02.0 10-7-78 Sharon LeDuc |
| 3 Mile XC Gustin | 22:27.0 11-4-79 Nancy Wilson | 18:23.0 11-4-79 Martha Stinson | 21:45.0 11-6-77 Sandra Holmberg |
| 3 Mile XC LW | 21:30 11-20-83 Angela Hessler | 18:28 11-20-83 Mary Wulff | 24:52 11-20-83 Anne Seymour |
| Sprint Triathlon 1,500; 800; 400 | 10:08.0 5-20-83 5:57, 2:54, 1:17 Angela Hessler | 8:32.6 5-25-82 4:57, 2:29.6, 66.0 Milene Mittelhauser | 9:47.0 5-28-82 5:41, 2:49, 77.0 Susan Boyle |
| 3,2,1 Triathlon | 46:57 5-7-83 23:25, 16:13, 7:19 Carla Sandfry | 35:12.0 4-5-80 17:45, 11:45, 5:42 Martha Stinson | |
| Four Mile Relay | | 22:28 3-15-80 Martha Stinson Bridget Collins Cindy Seikkula Donna Ganly | 28:04 3-21-81 Susan Boyle Kathy Cain A. LaFontaine Betty Scarpino |
| | | 5:38 5:36 5:43 5:31 | 6:00 8:14 6:36 7:14 |

COLUMBIA TRACK CLUB RECORDS - FEMALE

AS OF DECEMBER 31, 1984

| | 40-49 | 50-59 | 60 & Over |
|-------------------------------------|--------------------------------------|------------------------------------|-------------------------------------|
| 400 meters | | | |
| 800 meters | | | |
| 1,500 meters | | | |
| One Mile Run | 6:34 5-12-84 Susan Boyle | 9:03.0 7-1-78 Jeanne Wixom | 9:52 5-12-84 Elizabeth Gerhardt |
| Two Mile Run | 13:29 5-12-84 Susan Boyle | | 19:45 5-12-84 Elizabeth Gerhardt |
| Three Mile Run | 20:53 5-12-84 Susan Boyle | | 29:00 5-12-84 Elizabeth Gerhardt |
| Five Miles r | 34:55 3-6-83 Susan Boyle | 45:13 2-7-82 Marilyn Holsinger | 45:45 3-6-83 Marilyn Holsinger |
| Ten Miles r | | | |
| Heart of America | 3:47:30 10-10-82 Carolyn Wilson | | |
| 5,000 meters t | 20:23 7-16-83 Susan Boyle | | 32:50 7-16-83 Elizabeth Gerhardt |
| 5,000 meters r | 21:01 2-11-84 Susan Boyle | 45:59 9-9-79 Margaret Sigler | |
| 10,000 meters t | | 1:03:48 4-1-78 Jean Ryberg | |
| 10,000 meters r | 44:19 4-24-83 Susan Boyle | 52:58 4-27-80 Jean Griffin | 57:17 4-10-83 Marilyn Holsinger |
| 15,000 meters r | 1:09:27 8-20-83 Susan Boyle | | |
| 20,000 meters r | 1:47:31 8-1-81 Mary Ann Slivinsky | | |
| 30,000 meters | 2:45:55 8-1-81 Mary Ann Slivinsky | | |
| 2 Mile XC Municipal | | | |
| 3 Mile XC Gustin | 21:59.0 11-4-79 Sandra Lawrence | | |
| 3 Mile XC LW | 21:03 11-20-83 Barb Currindes | 35:16 11-20-83 Margaret Johnson | 28:45 11-20-83 Marilyn Holsinger |
| Sprint Triathlon 1,500; 800, 400 | | | |
| 3,2,1 Triathlon | 40:56 5-12-84 Susan Boyle | | 58:37 5-12-84 Elizabeth Gerhardt |
| Four Mile Relay | | | |

COLUMBIA TRACK CLUB RECORDS

AS OF DECEMBER 31, 1984

MORE FOUR MILE RELAY MARKS

Father-Mother & 2 Kids

25:32 3-15-80

| | |
|----------------------|------|
| Jeff Mittelhauser | 4:34 |
| Coleene Mittelhauser | 9:05 |
| Julie Mittelhauser | 5:56 |
| Herb Mittelhauser | 5:57 |

Father-Mother & 2 Daughters

28:05.0 3-20-82

| | |
|--------------------|------|
| Mary Ann Slivinsky | 7:08 |
| Tina Slivinsky | 7:59 |
| Julie Slivinsky | 7:05 |
| Charles Slivinsky | 5:53 |

Mixed Doubles

20:53 3-21-81

| | |
|--------------------|------|
| Julie Mittelhauser | 6:07 |
| Milene Hollon | 5:46 |
| Jeff Mittelhauser | 4:28 |
| Steve Fisher | 4:32 |

Four Brothers

22:21 3-21-81

| | |
|--------------|------|
| Matt Gibson | 5:42 |
| Tim Gibson | 6:02 |
| Steve Gibson | 5:26 |
| Jim Gibson | 5:11 |

2-Person, 8,000 meter Relay.

Alternate 400's.

On the 3 male-male teams, one of the runners is age 15 or under.

| | | | | | |
|-------------------------|-------|-------------------------------|-------|-------|---------|
| Male-male | 23:07 | Jeff Mittelhauser-Ebby Norman | 65.7 | 73.0 | 6-20-81 |
| Female-female | 28:34 | Betty Bohon-Chris Ruble | 84.3 | 87.1 | 6-22-84 |
| Male-female | 23:36 | Jeff & Milene Mittelhauser | 65.6 | 76.0 | 6-28-82 |
| Husband-wife | 23:36 | Jeff & Milene Mittelhauser | 65.6 | 76.0 | 6-28-82 |
| Father-son | 24:51 | Dick Hessler-Peter Hessler | 75.2 | 73.9 | 6-22-84 |
| Father-daughter | 28:06 | Dick Hessler-Amy Hessler | 74.3 | 94.3 | 6-28-82 |
| Mother-son | 31:25 | Carole Madsen-Peter Madsen | 99.3 | 89.2 | 6-22-82 |
| Mother-daughter | 38:58 | Karen Wagner-Nicole Wagner | 124.6 | 109.2 | 6-17-78 |
| Brother-brother | 25:32 | Tom Luebbering-Jim Luebbering | 80.0 | 73.2 | 6-20-81 |
| Sister-sister | 29:51 | Sherry Wulff-Mary Wulff | 93.8 | 85.3 | 6-22-84 |
| Brother-sister | 26:10 | Pete Pastoret-Susan Pastoret | 73.3 | 83.7 | 6-19-76 |
| Grandfather-Grandmother | 31:17 | Ben Londeree-Darlene Londeree | 68.1 | 119.6 | 6-28-82 |

IMPORTANT NOTICE----

The word "EXPIRED" appears on many of this month's Newsletters. If it appears on yours then this means that your annual dues are due and payable NOW! \$10.00 to renew your membership (family) or \$6.00 (single student) or \$3.00 if you merely want a newsletter subscription. If you don't pay up then you will no longer get the newsletter and all of the benefits and privileges of CTC membership.

ELAPSED TIME STANDINGS

Compiled by Jim Gibson

OPEN MALE
 91 O'CONNELL
 87 MARKS
 85 KRUSE
 83.5 LAFONTAINE
 76 D. JOHNSON
 72 DUNCAN
 69 VOLEK
 67 ALLEN
 58 WALTHER
 56 BAURICHTER
 55 ODNEAL
 54.5 J. MITTELHAUSER
 50 HESSLER
 47 GERHARDT
 44 MADSEN
 34 KIRBY
 32 YOUNG
 32 PASTORET
 32 H. MITTELHAUSER
 31 LITTLE
 27 FOGELBACH
 25 STORVICK
 25 PATTERSON
 25 D. LEWIS
 24 HANSON
 22 STONECIPHER-FISHER
 22 McDONALD
 22 J. JOHNSON
 22 CRAWFORD
 21 WHEELER
 21 SCHLEMPER
 21 MORENO
 21 CARSTENS
 20 STEBBINS
 20 LANG
 20 CLINKINBEARD
 19 MCQUINN
 18 RUDEEN
 18 HOSLER
 17 SMITH
 16 HOSAKAWA
 15 WARD
 14 D. JONES
 14 ANDELIN
 13 TAUSHEN
 13 SCHUPPAN
 13 RACKERS
 12 SOWASH
 12 PLUMMER
 11 ZWONITZER

MALE 15 & UNDER
 MALE 15 & UNDER
 *38 GIBSON
 *16 TULLY
 *14 SCHROEDER
 *13 SILDANA
 *12 GUEST
 *11 SOLOMON
 *11 BRYANT

MEN 50+
 *45 JOHNSON
 *38 DUNCAN
 *34 GERHARDT
 *30 H. MITTELHAUSER
 *25 STORVICK
 *23 HANSON
 *22 McDONALD
 *14 SMITH
 *13 WARD

MEN 30-39
 MEN 30-39
 *54 O'CONNELL
 *52 LAFONTAINE
 *33 BAURICHTER
 *29 ODNEAL
 *27 MCQUINN
 *19 YOUNG
 *18 LITTLE
 *16 FOGELBACH
 *15 JOHNSON
 *14 NICHOL
 *14 MORENO
 *13 STEBBINS
 *12 SLEPPER
 *12 RUDEEN
 *11 SCHUPPAN
 *11 D. JONES
 *11 CLINKINBEARD
 *11 ANDELIN

OPEN WOMEN
 OPEN WOMEN
 *52.5 RUBLE
 *51 MARTIN
 *51 MARTIN
 *48 GERKE
 *36 MITTELHAUSER
 *33 MADSEN
 *33 JOHNSON
 *30 GONZALEZ
 *24 GERHARDT
 *18 LEAKE
 *17 NICHOL
 *15 ODNEAL
 *15 CLARK
 *15 BULMAN
 *14 FRITSCH
 *13 MURPHEY
 *13 JONES
 *12 SEYMOUR

MEN 40-49
 MEN 40-49
 *43 MARKS
 *43 ALLEN
 *42 ODNEAL
 *41 HESSLER
 *39 KRUSE
 *28 MADSEN
 *14 PURVIS
 *12 SCHLEMPER
 *12 RACKERS
 *11 SOWASH
 *11 PLUMMER
 *11 HOSAKAWA
 *11 D. JONES

WOMEN 15 & UNDER
 WOMEN 15 & UNDER
 *13 HESSLER
 *12 MENZEL
 *11 SILDANA
 *10 ALLEN

WOMEN 35 +
 WOMEN 35 +
 38 MARTIN
 33 JOHNSON
 30 MADSEN
 28 GONZALEZ
 23 GERHARDT
 21 LENKE
 15 ODNEAL
 14 FRITSCH
 *13 JONES
 *12 SEYMOUR

PEPSI RACE IS CANCELLED. The Pepsi Cola Bottling Co. has decided to discontinue the Pepsi Race. This is strictly a business decision at the local level. We have had an excellent relationship with the Columbia Pepsi people and they will to continue to help us with refreshments for many of our events. We appreciate the support they have given us, not to mention the Chronomix timer and the race clock.

So, we have an open date. February's Newsletter will announce what we will do. Please give us your ideas. Perhaps we could move the d Sport Shop race to March 31 (or March 24, or a Saturday) and make it an 8k.

MARVIN & CHERYL were in a 6 mile race in Chicago's Riis Park on Dec. 22. Not only that they both finished first in their respective age groups: Marvin with a time of 37:17 and Cheryl checking in at 56:04. Post-race fare was beer and cookies.

This page
was left
out of
last
month's
Newsletter

Open Women- Women Only Races Track races

| | | | | |
|----------|-----------|-----------------------|-----------|-----------|
| 15,000 m | 1:10:30.3 | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |
| 10 miles | 1:15:52.8 | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |
| 20,000 m | 1:34:28.9 | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |
| 25,000 m | 1:58:47.9 | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |
| one hour | 12,973 m | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |
| two hour | 25,268 m | Patti Mericle (35,AZ) | 26 Nov 83 | Tucson AZ |

Open Women- Mixed Races

| | | | | |
|-----------|------------|---------------------------|-----------|-----------------|
| 15,000 m | 53:06 | Nancy Konz (24,MA) | 25 Jun 81 | Amherst MA |
| 10 miles | 55:58 | Nancy Konz (24,MA) | 25 Jun 81 | Amherst MA |
| 20,000 m | 1:22:24 | Maxine Johnson (26,SD) | 3 Oct 82 | Brookings SD |
| 25,000 m | 1:44:06 | Maxine Johnson (26,SD) | 3 Oct 82 | Brookings SD |
| 30,000 m | 2:14:52 | Jacqueline Hansen (29,CA) | 9 Sep 78 | Santa Monica CA |
| 20 miles | 2:23:52 | Jacqueline Hansen (29,CA) | 9 Sep 78 | Santa Monica CA |
| 40,000 m | 3:01:50 | Jacqueline Hansen (29,CA) | 9 Sep 78 | Santa Monica CA |
| 30 miles | 3:45:47 | Jacqueline Hansen (29,CA) | 9 Sep 78 | Santa Monica CA |
| 50,000 m | 3:59:26 | Jacqueline Hansen (29,CA) | 9 Sep 78 | Santa Monica CA |
| 40 miles | 5:22:39 | Marcy Schwam (27,NY) | 1 Nov 80 | Greenwich CT |
| 50 miles | 6:49:33 | Marcy Schwam (27,NY) | 1 Nov 80 | Greenwich CT |
| 100,000 m | 8:56:40 | Marcy Schwam (27,NY) | 1 Nov 80 | Greenwich CT |
| 150,000 m | 14:30:48 | Marcy Schwam (27,NY) | 1 Nov 80 | Greenwich CT |
| 100 miles | 16:25:52 | Marcy Schwam (27,NY) | 1 Nov 80 | Greenwich CT |
| 200,000 m | 23:01:56.5 | Lorna Richey (25,OH) | 19 May 84 | Ottawa ON (CAN) |
| one hour | 17,273 m | Nancy Konz (24,MA) | 25 Jun 81 | Amherst MA |
| two hour | 29,369 m | Maxine Johnson (26,SD) | 3 Oct 82 | Brookings SD |
| 24 hour | 210,106 m | Lorna Richey (25,OH) | 19 May 84 | Ottawa ON (CAN) |

Women- 19 and under

| | | | | |
|----------|-------------|----------------------------|-----------|----------------|
| 15,000 m | 1:06:14 d | Amy Gamber (14,WV) | 24 Oct 82 | Morgantown WV |
| 10 miles | 1:10:45.0 d | Beth Gamber (14,WV) | 24 Oct 82 | Morgantown WV |
| 20,000 m | 1:35:49 d | Stormi-Ann Guntsch (13,MI) | 14 Sep 81 | New Lothrop MI |
| 25,000 m | 3:25:44 d | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 30,000 m | 3:59:26 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 20 miles | 4:18:41 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 40,000 m | 5:40:11 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 30 miles | 6:51:19 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 50,000 m | 7:15:36 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 40 miles | 9:46:37 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| 50 miles | 12:22:11 | Cherie Hayes (15,MO) | 21 Nov 81 | Springfield MO |
| one hour | 16,442 m pd | Gail Volk (18,WA) | 11 Jul 79 | Seattle WA |
| two hour | 26,649 m d | Stormi-Ann Guntsch (13,MI) | 2 Nov 80 | Toledo OH |

Women- 40 thru 44

| | | | | |
|-----------|-------------|--------------------------|-----------|-----------------|
| 15,000 m | 1:12:54 pd | Donna Gookin (40,CA) | 13 Mar 77 | CA |
| 10 miles | 1:12:54 pd | Donna Gookin (40,CA) | 13 Mar 77 | CA |
| 20,000 m | 1:43:46 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 25,000 m | 2:12:02 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 30,000 m | 2:39:02 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 20 miles | 2:51:56 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 40,000 m | 3:34:01 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 30 miles | 4:22:19 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 50,000 m | 4:31:28 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 40 miles | 5:55:50 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 50 miles | 7:32:31 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 100,000 m | 9:27:16 | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| 150,000 m | 19:51:58 d | Kathy Schubert (41,IL) | 24 Sep 83 | Greenwich CT |
| 100 miles | 21:36:00 d | Kathy Schubert (41,IL) | 24 Sep 83 | Greenwich CT |
| 200,000 m | 46:24:56 d | Mary Goodwin (41) | 3 Sep 83 | Brunswick ME |
| one hour | 15,578 m pd | Linda Sipprelle (43,AUT) | 29 Jul 78 | CA |
| two hour | 22,800 m | Kay Moore (41,CO) | 21 Jul 84 | Millersville PA |
| | 25,419 m pd | Linda Sipprelle (43,AUT) | 15 Jul 78 | CA |
| 24 hour | 176,000 m d | Kathy Schubert (41,IL) | 24 Sep 83 | Greenwich CT |

Women- 45 thru 49

| | | | | |
|-----------|-------------|-------------------------|-----------|--------------|
| 15,000 m | 1:05:31 d | Ruth Anderson (47,CA) | 18 Jun 77 | San Mateo CA |
| 10 miles | 1:09:06 d | Ruth Anderson (47,CA) | 18 Jun 77 | San Mateo CA |
| 20,000 m | 1:26:53 d | Ruth Anderson (47,CA) | 18 Jun 77 | San Mateo CA |
| 25,000 m | 1:48:12 d | Ruth Anderson (47,CA) | 18 Jun 77 | San Mateo CA |
| 30,000 m | 2:49:22 d | Mary Ann Miller (46,TX) | 13 Nov 82 | Mesquite TX |
| 20 miles | 3:01:17 d | Mary Ann Miller (46,TX) | 13 Nov 82 | Mesquite TX |
| 40,000 m | 3:54:45 d | Mary Ann Miller (46,TX) | 13 Nov 82 | Mesquite TX |
| 30 miles | 4:48:27 d | Mary Ann Miller (46,TX) | 13 Nov 82 | Mesquite TX |
| 50,000 m | 5:02:05 d | Mary Ann Miller (46,TX) | 13 Nov 82 | Mesquite TX |
| 40 miles | 6:38:40 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| 50 miles | 8:28:18 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| 100,000 m | 10:37:55 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| 150,000 m | 17:19:20 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| 100 miles | 18:51:44 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| 200,000 m | 23:46:51 d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |
| one hour | 14,826 m p | Dorothy Stock (48,CA) | 4 Aug 81 | CA |
| two hour | 27,655 m d | Ruth Anderson (47,CA) | 18 Jun 77 | CA |
| 24 hour | 203,011 m d | Sue Medaglia (46,NY) | 26 Sep 81 | Greenwich CT |

Women- 50 thru 54

| | | | | |
|-----------|-------------|------------------------|-----------|--------------|
| 15,000 m | 1:13:55.1 | Barbara Dibble (53,AZ) | 26 Nov 83 | Tucson AZ |
| 10 miles | 1:21:27.6 | Barbara Dibble (53,AZ) | 26 Nov 83 | Tucson AZ |
| 20,000 m | 1:42:06.5 | Barbara Dibble (53,AZ) | 26 Nov 83 | Tucson AZ |
| 25,000 m | 2:18:23 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 30,000 m | 2:47:55 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 20 miles | 3:02:28 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 40,000 m | 3:50:33 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 30 miles | 4:45:08 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 50,000 m | 4:54:56 | Beryl Skelton (54,NY) | 5 Nov 83 | Rochester NY |
| 40 miles | 8:40:28 d | Ilona Kallai (53,NY) | 24 Sep 83 | Greenwich CT |
| 50 miles | 11:22:51 d | Ilona Kallai (53,NY) | 24 Sep 83 | Greenwich CT |
| 100,000 m | 15:19:21 d | Ilona Kallai (53,NY) | 24 Sep 83 | Greenwich CT |
| one hour | 12,973 m | Barbara Dibble (53,AZ) | 26 Nov 83 | Tucson AZ |
| two hour | 23,388 m | Barbara Dibble (53,AZ) | 26 Nov 83 | Tucson AZ |
| 24 hour | 132,399 m d | Ilona Kallai (53,NY) | 24 Sep 83 | Greenwich CT |

Women- 55 thru 59

| | | | | |
|-----------|-------------|-----------------------|-----------|----------------|
| 15,000 m | 1:12:33 | Beryl Skelton (55,NY) | 9 Jun 84 | Rochester NY |
| 10 miles | 1:18:10 | Beryl Skelton (55,NY) | 9 Jun 84 | Rochester NY |
| 20,000 m | 1:38:59 | Beryl Skelton (55,NY) | 9 Jun 84 | Rochester NY |
| 25,000 m | 4:17:57 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 30,000 m | 5:09:07 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 20 miles | 5:32:35 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 40,000 m | 6:54:41 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 30 miles | 9:03:30 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 50,000 m | 9:20:09 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 40 miles | 12:24:13 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 50 miles | 15:18:29 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| 100,000 m | 19:20:41 d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |
| one hour | 12,400 m | Beryl Skelton (55,NY) | 9 Jun 84 | Rochester NY |
| two hour | 23,365 m | Joanita Reed (55,TX) | 28 Dec 82 | San Antonio TX |
| 24 hour | 123,475 m d | Shirley Segar (57,CA) | 17 Mar 84 | Santa Rosa CA |

Channel 8 Wind Chill Chart

Instant Weather News

7:25 AM-8:25 AM-12 Noon-6:00 PM-10:00 PM-12 Midnight

| TEMP→ | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 |
|------------------|---|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|
| WIND MPH ↓ | (EQUIVALENT TEMPERATURE) --Equivalent in cooling power in exposed flesh under calm conditions | | | | | | | | | | | | | | | | |
| CALM | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 |
| 5 | 33 | 27 | 21 | 16 | 12 | 7 | 1 | -6 | -11 | -15 | -20 | -26 | -31 | -35 | -41 | -47 | -54 |
| 10 | 21 | 16 | 9 | 2 | -2 | -9 | -15 | -22 | -27 | -31 | -38 | -45 | -52 | -58 | -64 | -70 | -77 |
| 15 | 16 | 11 | 1 | -6 | -11 | -18 | -25 | -33 | -40 | -45 | -51 | -60 | -68 | -70 | -78 | -85 | -90 |
| 20 | 12 | 3 | -4 | -9 | -17 | -24 | -32 | -40 | -46 | -52 | -60 | -68 | -76 | -81 | -88 | -96 | -103 |
| 25 | 7 | 0 | -7 | -15 | -22 | -29 | -37 | -45 | -52 | -58 | -67 | -75 | -83 | -89 | -96 | -104 | -112 |
| 30 | 5 | -2 | -11 | -18 | -26 | -33 | -41 | -49 | -56 | -63 | -70 | -78 | -87 | -94 | -101 | -109 | -117 |
| 35 | 3 | -4 | -13 | -20 | -27 | -35 | -43 | -52 | -60 | -67 | -72 | -83 | -90 | -98 | -106 | -113 | -123 |
| 40 | 1 | -4 | -15 | -22 | -29 | -36 | -45 | -54 | -62 | -69 | -76 | -87 | -94 | -101 | -107 | -116 | -128 |
| 45 | 1 | -6 | -17 | -24 | -31 | -38 | -46 | -54 | -63 | -70 | -78 | -87 | -94 | -101 | -108 | -118 | -128 |
| 50 | 0 | -7 | -17 | -24 | -31 | -38 | -47 | -56 | -63 | -70 | -79 | -88 | -96 | -103 | -110 | -120 | -128 |

1985 ENTRY BLANK

RRCA Missouri State Championship 15 Kilo Run

TIME: Saturday, March 9, 1985 9:00 AM

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

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

ENTRY FEE: \$2.00. Post entries will be accepted, but PLEASE try to have your entries in by March 8. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first three finishers in each of the following categories: MALE: age 15 & under, 16-29 (1st 5), 30-39, 40-49, 50 & over. FEMALE: 15 & under, 16-29, 30 & over.

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

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

PRINT NAME _____ BIRTHDATE _____

SIGNATURE _____ SCHOOL/CLUB _____

ADDRESS _____ ZIP _____

street city state

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

NAME _____

Return to: Joe Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65203

