

TRACK CLUB

NEWSLETTER Vol. XVII, No. 3 March 25, 1985

LIZ BULMAN SETS RECORD, JEFF MITTELHAUSER FINISHES FIRST,
MISSOURI STATE RRCA 15 KILO RUN March 9, 1985

1.	Jeff Mittelhauser	28	16:35	33:14	48:57
2.	Steve Stonecipher-Fisher	28	16:35	33:15	49:11
3.	Gary Fancher	23	16:35	33:12	49:29
4.	Kent Rader	25	16:35	33:13	49:50
5.	Robert Hull	19	17:25	35:32	53:17
6.	Frank Bobbecker	40	17:53	36:25	54:32
7.	Tom Coon	30	17:41	36:20	54:38
8.	Dick Hessler	43	17:53	36:39	55:15
9.	Marvin Odneal	41	17:53	36:57	55:47
10.	Mark Volek	29	18:21	37:57	56:22
11.	Liz Bulman	25	17:55	37:21	56:52
12.	Mike Bender	44	18:06	37:51	57:06
13.	Mike Baker	35	18:25	38:31	58:22
14.	Milene Mittelhauser	25	19:08	38:50	58:29
15.	Joe Marks	47	19:05	39:25	59:00
16.	Dick Madsen	43	19:23	39:55	59:43
17.	Steve Young	38	19:05	39:52	1:00:15
18.	Cheryl Mitchell	19	20:06	40:51	1:01:26
19.	Dan Crosser	42	20:05	41:20	1:02:06
20.	Richard Harness	34	19:05	40:10	1:02:10
21.	Mike Walther	27	19:55	41:40	1:02:40
22.	Tom Allen	42	19:55	41:32	1:02:41
23.	Park Miller	32		43:30	1:04:32
24.	Don Johnson	56	20:57	43:34	1:04:56
25.	Dean Baxter	49	21:28	43:28	1:05:01
26.	John Meehan	31	22:51	45:23	1:07:21
27.	Herb Mittelhauser	55	21:57	44:53	1:07:26
28.	Laura Clarke	26	22:11	45:11	1:07:32
29.	Kevin Lock	27	22:20	45:46	1:07:39
30.	Betty Bohon	33	21:45	45:09	1:07:47
31.	Chris Ruble	30	21:43	45:08	1:08:00
32.	Larry Peterborg	36	21:24	44:58	1:08:17
33.	Turk Storvick	56	22:12	45:32	1:08:40
34.	Brian Nicol	33	23:01	46:33	1:08:54
35.	David Plummer	40	21:38	45:22	1:09:19
36.	Joe Duncan	50	23:22	48:07	1:12:45
37.	Kevin Rudeen	34	22:20	48:28	1:13:24
38.	Mike Imhoff	35	24:57	49:30	1:13:35
39.	Kelly Lock	33	25:07	50:50	1:14:53
40.	Ginny Gardner	42	26:38	53:40	1:19:10
41.	Bill Ward	55	26:00	53:52	1:20:18
42.	Cindy Nicol	31	26:04	53:44	1:20:31
43.	Anne Seymour	40	29:15	58:47	1:26:52
44.	Kris Davis	36	26:50	56:50	1:27:05
45.	Cheryl Odneal	35	29:15	1:01:00	1:33:35
46.	Beverly Chapin	35	29:15	1:01:02	1:34:09
47.	Barbara Martin	38	29:15	1:01:01	1:34:09

WALKERS

1.	Don Williams	35	26:38	56:50	1:22:21
2.	Rob Spier	62	34:23		1:45:18

Beautiful sunny day, little wind, temperature in the 50's.
A new female record by Liz, the old mark being a 57:37 set
by Milene Mittelhauser on Aug. 20, 1983.

THANKS to Tom LaFontaine for his work as Race Director and
to Ben Londeree (on a gradual recovery trail), Veva Spier,
Barb Leslie, Norm Stebbins, Bob O'Connell, Rich Harris and
Don Lewis.

CHRIS RUBLE ran a fine 13:27 in Clayton's Shaw Park for a 2.2
mile distance on March 24. This was a race run along with the
7-Up Half Marathon.

A map of the d Sport Shop 8,000 meter course is on page 8.
T-shirts will be given to all entrants and entries will be
accepted on race day, March 31, 1:00 PM. If you are not
running, be sure to come anyway and help Race Director Jim Gibson.

SCHEDULE OF EVENTS:

MARCH 30 Saturday 2:00 PM MISSOURI STATE ONE HOUR WALK Hickman Track Race Director; Don Johnson
 31 Sunday 1:00 PM d Sport Shop 8,000 Meter Run Rock Bridge HS track Race Director: Jim Gibson
 APRIL 21 Sunday 8:30 AM Human Race VII 10,000 Meter Road Run
 27 Saturday 6:00 AM Missouri Cup 50 Mile Walk Hickman Track Race Director: None yet, we need one.
 MAY 11 Saturday 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track

Selected out-of-town events:

April 6 Saturday 8:00 AM Running Center 5 mile run St. Louis
 CONTACT: The Running Center 9818 Manchester Rock Hill, MO 63119
 13 Saturday Highland Games 10K Swope Park Kansas City
 CONTACT: Jerry Morrison 5617 NW Adrian Kansas City, MO 64151
 13 Saturday 8:45 AM St. Mary's Health Center 4 mile run St. Louis
 CONTACT: St. Mary's Health Center 6420 Clayton Rd. St. Louis 63117
 14 Sunday 9:00 AM LA/MIZZOU RUN Kiener Plaza St. Louis 10K
 CONTACT: St. Louis Track Club 6611 Clayton Rd. Suite 200
 St. Louis, MO 63117
 20 Saturday 7:00 AM Kansas Relays Marathon & 10k Lawrence, KS
 CONTACT: Kansas Relays Marathon 143 Allen Field House
 Lawrence, KS 66045
 20 Saturday Spring Fling 5,000 meter run Jefferson City McClung Park
 CONTACT: Jefferson City Parks & Rec Dept. 320 E. McCarty
 Jefferson City, MO 65101
 May 4 & 5 Saturday & Sunday 10K Volksmarch McClung Park Jefferson City, MO CONTACT: See above
 5 Sunday Research Hospital's & Mid America Masters Women's 10 K (replaces the Avon race) Kansas City CONTACT: Women's 10 K 12645 W. 82nd Lenexa, KS 66215
 11 Saturday 9:00 AM Mother's Day 5k for women only Jefferson City Memorial Airport CONTACT: Becky Taggart Rt. 2 Heritage Highway Jefferson City 65101
 19 9:00 AM Magic City 10K Run Moberly, Mo. CONTACT: RUN Box 614 Moberly Jaycees Moberly, MO 65270
 18 8:00 AM Santa Fe Trail 10 K Run Boonville, Mo. CONTACT: Santa Fe Trail Run PO Box 225 Boonville, MO 65233
 12 Sunday 7:00 AM Kansas City Marathon Volker Park CONTACT: KCTC 4108 Pennsylvania Kansas City, MO 64111
 June 2 Sunday 7:00 AM Hospital Hill Half-Marathon & 7.5 Mile Run Kansas City CONTACT: Hospital Hill Run Crown Center Suite 500 2440 Pershing Road Kansas City, MO 64108

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

Steve Kissane
 217 W. Broadway C-33
 Columbia, MO 65203

Richard Hadlag
 5425 Bagnall
 Jefferson City, MO 65101

Marc Lammy
 Rt 5 2 Hawthorne Dr.
 Columbia, MO 65202

Paul McNeil, Jr.
 100 B Clay St.
 Jefferson City, MO 65101

Mark Reynolds
 2401 W. Broadway Apt 124
 Columbia, MO 65201

Dolores Whiskeyman
 703 Hickman St. C
 Columbia, MO 65201

ELAPSED TIME STANDINGS (not including the 15k):

MEN - OPEN

A1 = "202 MARKS
 A2 = "182 LAFONTAINE
 A3 = "172 ODNEAL
 A4 = "164 O'CONNELL
 A5 = "145 JOHNSON
 A6 = "144 KRUSE
 A7 = "143 VOLEK
 A8 = "135 HESSLER
 A9 = "134 STEBBINS
 A10 = "132 ALLEN
 A11 = "129 BAURICHTER
 A12 = "128 MADSEN
 A13 = "127 J. MITTELHAUSER
 A14 = "117 STONECIPHER-FISHER
 A15 = "116 WALTHER
 A16 = "111 PASTERAT
 A17 = "91 H. MITTELHAUSER
 A18 = "88 DUNCAN *
 A19 = "81 O'BANNON
 A20 = "73 SCHLEMPER
 A21 = "72 MORENO
 A22 = "71 COON
 A23 = "70 WHITESIDE
 A24 = "68 YOUNG
 A25 = "68 MOUNTJOY
 A26 = "68 HARNESS
 A27 = "58 MCQUINN
 A28 = "54 BAXTER
 A29 = "52 RACKERS
 A30 = "48 SCHUPPAN
 A31 = "48 SCHOLLES
 A32 = "47 GERHARDT
 A33 = "43 FOGELBACH
 A34 = "41 HANSON
 A35 = "40 STORVICK *
 A36 = "39 PECKHAM
 A37 = "38 SHOEMAKER
 A38 = "34 McDONALD
 A39 = "34 KIRBY
 A40 = "33 CLINKINBEARD
 A41 = "32 ROTHER
 A42 = "31 PLUMMER
 A43 = "31 LITTLE
 A44 = "30 HOSAKAWA
 A45 = "29 ZWONITZER
 A46 = "27 RICHARDSON
 A47 = "27 GOLDFARB
 A48 = "25 PATTERSON *
 A49 = "25 D. LEWIS *
 A50 = "24 KIMBERLING
 A51 = "22 MILLER
 A52 = "22 CRAWFORD
 A53 = "21 WHEELER
 A54 = "21 NICOL
 A55 = "21 CARSTENS
 A56 = "20 RICHARDSON
 A57 = "20 LANG
 A58 = "18 RUDEEN
 A59 = "18 HOSLER
 A60 = "17 SMITH
 A61 = "17 PETERBORO
 A62 = "16 HOSE
 A63 = "15 WARD
 A64 = "14 D. WILLIAMS
 A65 = "14 D. JONES
 A66 = "14 ANDELIN
 A67 = "13 TAUSHEN
 A68 = "13 QUALY
 A69 = "13 O'CONNOR
 A70 = "12 SOWASH
 A71 = "11 WARD
 A72 = "11 PINKERTON

MEN 15 & UNDER

A1 = "73 GIBSON
 A2 = "24 SALDANA
 A3 = "23 BRYANT
 A4 = "16 TULLY
 A5 = "14 SCHROEDER
 A6 = "12 GUEST
 A7 = "11 SOLOMON

MEN 30+

A1 = "108 LAFONTAINE
 A2 = "99 O'CONNELL
 A3 = "78 STEBBINS
 A4 = "73 BAURICHTER
 A5 = "45 MORENO
 A6 = "39 SCHUPPAN
 A7 = "31 SCHOLLES
 A8 = "29 FOGELBACH
 A9 = "27 NICOL
 A10 = "27 MCQUINN
 A11 = "25 COON
 A12 = "23 PASTERAT
 A13 = "22 CLINKINBEARD
 A14 = "21 WHITESIDE
 A15 = "19 YOUNG
 A16 = "19 HARNESS
 A17 = "18 ROTHER
 A18 = "18 LITTLE
 A19 = "15 KIMBERLING
 A20 = "15 JOHNSON
 A21 = "13 PLUMMER
 A22 = "12 WILLIAMS
 A23 = "12 T. RICHARDSON
 A24 = "12 SLEPPER
 A25 = "12 RUDEEN
 A26 = "11 PETERBORO
 A27 = "11 D. JONES
 A28 = "11 ANDELIN

MEN 40+

A1 = "100 ODNEAL
 A2 = "98 MARKS
 A3 = "86 HESSLER *
 A4 = "81 KRUSE
 A5 = "81 ALLEN
 A6 = "79 MADSEN
 A7 = "44 SCHLEMPER
 A8 = "39 RACKERS
 A9 = "33 BAXTER
 A10 = "27 PECKHAM
 A11 = "24 ZWONITZER
 A12 = "24 HOSAKAWA
 A13 = "22 RICHARDSON
 A14 = "17 GOLDFARB
 A15 = "14 PURVIS
 A16 = "12 HOSE
 A17 = "11 SOWASH
 A18 = "11 PLUMMER
 A19 = "11 D. JONES

MEN 50+

A1 = "87 JOHNSON
 A2 = "71 H. MITTELHAUSER
 A3 = "52 DUNCAN
 A4 = "38 STORVICK *
 A5 = "36 HANSON
 A6 = "34 McDONALD
 A7 = "34 GERHARDT
 A8 = "24 WARD
 A9 = "14 SMITH
 A10 = "12 O'CONNOR
 A11 = "11 PINKERTON

WOMEN- OPEN

A1 = "74 MARTIN
 A2 = "74 GERKE
 A3 = "72 BULMAN
 A4 = "69 RUBLE *
 A5 = "68 MITTELHAUSER
 A6 = "62 GONZALEZ
 A7 = "55 CLARKE
 A8 = "48 NICOL
 A9 = "44 JOHNSON
 A10 = "33 MADSEN
 A11 = "33 HASKAMP
 A12 = "31 SEYMOUR
 A13 = "29 ODNEAL
 A14 = "29 FRITSCH
 A15 = "25 KARWOSKI
 A16 = "25 BOHON
 A17 = "24 O'CONNOR
 A18 = "24 GERHARDT
 A19 = "23 ROBBINS
 A20 = "22 SLEPER
 A21 = "20 GARDNER
 A22 = "18 LEAKE
 A23 = "17 LEMKE
 A24 = "13 MURPHY
 A25 = "13 JONES

WOMEN 15 & U

A1 = "38 HESSLER
 A2 = "23 HARNESS
 A3 = "22 SALDANA
 A4 = "12 HENZEL
 A5 = "10 ALLEN

WOMEN 35+

A1 = "55 GONZALEZ
 A2 = "50 MARTIN
 A3 = "44 JOHNSON
 A4 = "30 MADSEN
 A5 = "28 SEYMOUR
 A6 = "28 ODNEAL
 A7 = "28 FRITSCH
 A8 = "23 GERHARDT
 A9 = "22 O'CONNOR
 A10 = "21 LEMKE
 A11 = "18 SLEPER
 A12 = "17 GARDNER
 A13 = "13 JONES

by

Tom LaFontaine and Joe Marks

No matter what kind of shape you're in, too much cholesterol in your blood can kill you.

You could be one of the lucky ones. About seven out of eight of us have the genetic ability to handle fairly high cholesterol diets. We can eat lots of eggs and saturated fats without worry.

Or you could be one of those people who is literally a walking time bomb with arteries that are clogged with fat, cholesterol, calcium and the like. These materials accumulate within the walls of the arteries forming plaques which eventually impair the flow of blood.

That condition is called atherosclerosis.

Highly trained athletes are not immune (Arthur Ashe and Jim Fixx to name a couple).

Fit people do have a little better chance of beating the atherosclerosis problem, though. So do women.

But we're talking odds. And unless you'd like to gamble with your health and maybe your life, please follow these suggestions:

- Get a blood test. Tell your doctor you want to know your serum cholesterol plus the concentration of low-density lipids (LDL) and high-density lipids (HDL).

The LDL's carry about 80 percent of the cholesterol in the bloodstream and are responsible for the deposition of cholesterol in plaque sites in the walls of arteries. LDL's are often high in individuals with heart disease.

HDL's are the "good guys." They transport cholesterol from the arterial plaque sites to the liver and help prevent the accumulation of cholesterol deposits in the artery walls. HDL's are highest in women and lean, fit individuals.

- If your serum cholesterol is over 225 milligrams per deciliter, ask your physician/nutritionist how to reduce that level and your chance of heart disease.

- Plan to have your serum cholesterol checked more than once for reliability. Levels could be skewed if you failed to fast 12-14 hours before the test (drink only water). Likewise, you'll get inaccurate readings if you're unusually stressed.

- Moderate your diet. Obviously, you'll have to cut back in cholesterol if you have high levels in your blood. Even if you don't have those high levels, it's a good idea to moderate cholesterol intake while maintaining a sound aerobic exercise program.

There's no doubt that medical detectives have clearly demonstrated the important role cholesterol plays in the development, progression and regression of atherosclerosis. Studies show that populations with a low incidence of heart attacks also have low blood levels of cholesterol.

For example, the average cholesterol of Japanese men is almost 160 milligrams per deciliter of blood in contrast to the 260 mg/dl average of Finnish men. And Finnish men have a four-fold greater incidence of heart attacks than Japanese men.

Likewise, the association between diet, environment and heart disease is also well established. Japanese men who migrate to Western culture are known to significantly increase cholesterol levels and incidence of heart attacks.

Besides diet, there are a few treatments that will also reduce serum cholesterol levels. One study, called the Coronary Drug Project, showed that nicotinic acid (a B vitamin) given to patients with established heart disease showed a 9 percent reduction in blood cholesterol levels and a 25 percent decrease in new heart attacks.

Another study by the World Health Organization, showed clofibrate was effective for lowering cholesterol among persons with mildly to moderately elevated serum cholesterol (200 to 300 milligrams per deciliter). The study showed a 10 percent reduction in cholesterol levels and a 25 percent lower incidence of heart attacks in the treated groups.

One other study in which dietary modification and reduction in cigarette smoking was a form of treatment produced a 47 percent lower incidence of heart attacks and sudden death in the treated group when compared to a control group.

Finally, we learned first hand the results from a national ten-year cooperative study called the Lipid Research Clinics Coronary Primary Prevention Trial. In this study were 3800 high risk males age 35 to 59 with blood cholesterol levels greater than 265 milligrams per deciliter. Subjects were carefully screened, then randomized to either receive a placebo or drug therapy. The cholesterol-lowering drug Cholestyramine was used in the study.

One group was given a lower cholesterol diet while the other received the diet plus the drug.

After 7½ years the group receiving the modified diet had a 4 percent reduction in cholesterol. The group receiving the drug therapy had a 13 percent reduction in serum cholesterol. The drug-treated group also had a 19 percent reduction in the incidence of heart attacks.

But the main result of the study was that for every 1 percent decrease in cholesterol, there was a 2 percent decrease in the incidence of cardiac events. This study clearly establishes the important role that cholesterol plays in the prevention and treatment of heart disease.

As we said before, the medical detectives have established more than circumstantial evidence to put part of the blame on cholesterol in the heart disease caper.

We rest our case.

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

March 14, 1970: Ten Mile Run. 1. Bob Hunerdosse 1:00:12 2. Don Granberg 1:06:15 3. Joe Duncan 1:08:48. . . .8. Leonard Busen 1:24:48----this was the very first appearance made by Leonard on the local running scene. At that time there was nothing in St. Louis, so Leonard came here looking for a race.

March 21, 1970: MVAAU 10 Kilo Walk, Swope Park, Kansas City. Won by Paul Ide in 52:40. CTC was third in the team scoring with Mark Achen 3rd at 53:22, Joe Duncan 6th at 55:44, Darrell Palmer 57:46 and Mirth Madden at 1:03:26.

5 years ago. . .

March 1, 1980 5,000 Meter Nut Race: 1. Jeff Mittelhauser 17:38 . . .4. Dick Hessler 18:40. . .7. Tom LaFontaine. . .9. Joe Kurth, 10. Ben Londeree, 11. Olen Brown 20:57 (Oh, Ben was also 20:57), 12. Jim Gibson 21:09, 13. Russ Kurth 21:23, . . .15. Herb Mittelhauser 22:45. . .16. Matt Gibson 22:49. . . 19. Steve Gibson, 20. Tim Gibson 25:54. WALKERS: 1. Rob Spier, 2. Jim Wass 33:10, Rob was 32:52. Terrible north winds, 12, degrees, 4 inches of snow and ice.

March 15, 1980: Four Mile Relay: 1. A group of UMC runners--Brad Hawthorne 4:37, Marc Shegoski 4:39, Mark Hofius 4:27, Mark Taitt 5:41. Tom LaFontaine anchored the 2nd place team with a 4:48; The Gibson brothers were 6th: Steve 5:35, Tim 6:01, Matt 5:28, Jim 5:18. Ben Londeree at age 45 had 4:52, Dick Hessler 4:59, Angela 8:22, Amy 6:34.

3 mile walk: 1. Jim Wass 29:32, 2. Rob Spier 30:41, 3. Bill Taft 34:45.

AND NOW A LOOK AT TODAY'S HEROES:

Third Olympiad Marathon, March 3: DAVID MOUNTJOY had the best time for a CTC runner--2:45:47, finishing 8th overall and 1st in the 30-34 age group. BOB O'CONNELL was 18th at 2:49:01, JOE MARKS 29th (1st 45-49) with 2:57:18, JOHN WHITESIDE 30th at 2:57:19, DAN SCHUPPAN 111th with 3:48:17 and JOHN QUALY 120th at 3:54:20. MARC SCHOLLES got in 20 miles before retiring with a hamstring problem. Winner was Brian Franke of Lees Summit at 2:25:14. Mike Chaffee of KC and a frequent participant in CTC events was in at 2:50+ and 2nd 40-45. Some 230 runners battled headwinds the second half of the race and there were three episodes of rain.

BOB DOLPHIN ran the Trail's End Marathon, Seaside, Oregon, Feb. 23, in a time of 3:25:07, his 6th best of 24 marathons, 255th of 657 finishers, 15th of 53, age 50-59. Rolling blacktop, upper 40's, humid, strong headwind for second half. Bob went into the race with 3 days rest forced upon him by sore legs which had reduced him to a 9 min./mile shuffle 4 days prior to the race.

Most of you who participated in the race are probably aware that the times for the female runners in the Regional Hospital 5 mile race are suspect. They are inaccurate. This came about because we used our new Seiko Timing System and didn't teach ourselves clearly enough which button to punch when a runner crossed the finish line. However, we did have our manual select backup. Starting at about 12th place the times range from a few seconds off to about a minute off to 100th place or so and then they range up to two minutes off toward the end. For the sake of the record here are the times for those female runners who broke a record: Official times: Margaret Smith 28:54, new female overall and age 20-24 record; Susan LeDoux, 33:01, 30-34 record; Liz Bulman, 29:03, 25-29 record; Elaine Sleper, 35:59, 35-39, Angela Hessler 36:25, 10-14, Phyllis Dopp 41:16, 45-49 and Jeanelle Twillman 44:01, 50-54.

NATIONAL RUNNING DATA CENTER- PUBLICATIONS LIST

1. Certified Road Running Courses, 1985 edition. Lists and describes all courses certified by the National Standards Committee through 1 January 1985 that are currently active. \$3.95
2. Running Records by Age, 1985 edition. Lists US single-age records based on races through 1 January 1985 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. (available April 1st) \$5.95
3. U.S. Distance Rankings, 1985 edition. 1984 rankings and all-time lists for open men, open women and all junior (19 and under) age groups. Depth of rankings is based on competition. E.g., the open men/women rankings are 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. (available June 1st) \$6.95
4. U.S. Masters Distance Rankings, 1985 edition. 1984 rankings and all-time lists by five year age groups, from 35-39 and older. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. Depth of ranking is based on participation, from 50 deep for 10 km and marathon, 30 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. (available June 1st) \$9.95
5. NRDC News, issued monthly. Contains updates to certified course and age record lists, statistical summaries, information on course certification and record-keeping policies, and much more. Twelve issues sent without charge to all persons who make a tax-deductible contribution of at least \$15.00
6. NRDC News, back issues: individual number (Feb 1980 to present) \$2.00@

DISCOUNTED ITEMS: The following back issues have been discounted to \$1.00 per volume to cover postage and handling. Offer good as supplies last.

7. Running Records by Age, 1983 edition.
8. Running Records by Age, 1979 edition.
9. Running Records by Age, 1978 edition.
10. U.S. Distance Rankings, 1984 edition.
11. U.S. Masters Distance Rankings, 1984 edition.
12. U.S. Distance Rankings, Vol II, 1983 edition.
13. U.S. Distance Rankings, 1982 edition.
14. U.S. Distance Rankings, 1980 edition.
15. National Ranking of Runners, 1979 edition.
16. U.S. Marathoners, 1981 edition. Vol I contains summary tables and statistics; Vol II contains ages 29 and under; Vol III (sold out); Vol IV contains ages 40 and over.
17. U.S. Marathoners, 1980 edition.
18. U.S. Marathoners, 1979 edition.

Please allow two to three weeks for delivery. All publications are priced post-paid which covers domestic BOOK RATE mailing costs. If you wish publications to be mailed first class, please write (SASE please) or call for quote. All publications are available from

NRDC, PO Box 42888, Tucson AZ 85733

On the next page is a list of all CERTIFIED COURSES IN MISSOURI as of 1-1-85. The new standard for course certification is that a course must be measured along the SHORTEST POSSIBLE ROUTE a runner could run on race day and also must have a "short course prevention factor" included in the course length which is equal to 0.1 percent of the advertised distance of the course. ALL courses which were not certified according to this standard were decertified on December 31, 1984. This means that all Columbia courses have been decertified since we certified them years ago in accordance to the then-prevailing standards. One of our major projects, then, will be the recertification of all our courses. Ben Londeree⁹ our course certifier. He has spent countless hours measuring our courses to acceptable standards, so that we can be certain our distances, and times, are accurate.

Certified courses in Missouri as of 1-1-85

MISSOURI

Western Missouri Regional Certifier:

Tom Knight, PO Box 620460, Woodside CA 94062

Eastern Missouri Regional Certifier:

Tom Benjamin, PO Box 8715, San Francisco CA 94128

5 kilometers:

Kansas City	"Swope Park"											
	S 950 F 950 L 830 H 950	MO-84013-TK	4 Aug 84	loop	S/F	76m						
		TC 120+	map	mb William Glauz								

8 kilometers:

Chesterfield	"V-8 Missouri River Run"											
	elevation data not available	MO-83011-TC	8 Jul 83	keyhole	S/F	?						
				mb Kent Bohling								
St Louis	"Stroh's Run for Liberty"											
	elevation data not available	MO-84018-TB	25 Sep 84	keyhole	S/F	549m						
			map	mb Clark Emmons								

10 kilometers:

Bolivar	"Beat the Heat Run"											
	S1022 F1022 L1022 H1078	MO-83005-TC	15 May 83	out/back	S/F	?						
		TC 56+		mb Ken Derby								
Bolivar	"Polar Bear Run"											
	S1070 F1070 L1030 H1078	MO-83001-TC	30 Dec 82	out/back	S/F	?						
		TC 48+		mb Ken Derby								
Chesterfield	"Chesterfield Chase"											
	S 635 F 650 L 470 H 660	MO-83006-TC	1 May 83	figure 8	S/F	140m						
		TC 190+		mb Kent Bohlinh								
Joplin	"Diet-Pepsi"											
	S1006 F1006 L 975 H1006	MO-84012-TK	3 Aug 84	out/back	S/F	0m						
		TC 31+	map	mb Gln/Cnl Lafarlette								
Kansas City	"Autumn Chase Run for Health"											
	S 960 F 910 L 910 H1010	MO-84019-TK	4 Aug 84	pt/pt	S/F	8km						
		TC 50+	map	mb William Glauz								
Kansas City	"Avon Women's"											
	S 850 F 850 L 850 H 960	MO-84021-TK	18 Mar 84	loop	S/F	100m						
		TC 140	map	mb William Glauz								
Kansas City	"Macy's"											
	S 850 F 850 L 810 H 870	MO-83012-TC	31 Jul 83	loop	S/F	0m						
		TC 60+		mb William Glauz								
Kansas City	"Run thru the Zoo"											
	S 820 F 820 L 800 H 950	MO-83003-TC	23 Apr 83	2 loops	S/F	?						
		TC 150+		mb William Glauz								
Kansas City	"Swope Park"											
	S 950 F 950 L 830 H 950	MO-84014-TK	4 Aug 84	loop x 2	S/F	149m						
		TC 240+	map	mb William Glauz								
St Louis	"Pepsi Challenge"											
	S 465 F 465 L 460 H 530	MO-83007-TC	21 May 83	loop	S/F	66m						
		TC 70+		mb Tom Eckelman								
St Louis	"Third Olympiad"											
	elevation data not available	MO-84036-TB	8 Dec 84	pt/pt	S/F	9.6km						
			map	mb Clark Emmons								
St Louis	"V P Fair"											
	S 470 F 470 L 455 H 540	MO-83008-TC	25 May 83	figure 8	S/F	?						
		TC 85+		mb Tom Eckelman								
Sedalia	"Run for the Third"											
	elevation data not available	MO-83013-TC	19 Nov 83	out/back	S/F	180m						
				mb Herb Mittelhauser								
Springfield	"St Johns"											
	S1151 F1110 L1100 H1151	MO-84029-TK	12 Oct 84	loop	S/F	900m						
		TC 10+	map	mb Tom Goss								
Whiteman AFB	"The Minuteman Myriameter"											
	S 830 F 830 L 825 H 865	MO-83004-TC	23 Apr 83	out/back	S/F	0m						
		TC 40+		mb David Cooley								

15 kilometers:

St Louis	"Gateway"											
	elevation data not available	MO-84035-TB	3 Nov 84	figure 8	S/F	109m						
			map	mb Clark Emmons								

5 miles:

Rock Hill	"Running Center of St Louis"											
	elevation data not available	MO-84001-TC	31 Mar 84	loop	S/F	215m						
				mb Kent Bohling								

Half Marathon:

Kansas City	"Hospital Hill Run"											
	S 800 F 820 L 800 H1000	MO-84022-TK	18 Mar 84	loop	S/F	122m						
		TC 660	map	mb William Glauz								
Kansas City	"Kansas City"											
	S 810 F 810 L 770 H 870	MO-84024-TK	15 Apr 84	figure 8	S/F	0m						
		TC 100+	map	mb William Glauz								

Marathon:

Cape Girardeau	"Bulletin Journal"											
	S 478 F 478 L 438 H 478	MO-83034-PR	10 Jul 83	keyhole	S/F	0m						
		TC 40+		mb Dan Wilson								
Kansas City	"Kansas City"											
	S 810 F 810 L 770 H 870	MO-84023-TK	15 Apr 84	2 x fig 8	S/F	0m						
		TC 200+	map	mb William Glauz								
Kansas City	"Macy's"											
	S 850 F 845 L 810 H1015	MO-84030-TK	14 Oct 84	2 out/back	S/F	970m						
		TC 200+	map	mb Russ Niemi								
St Louis	"St Louis"											
	S 480 F 480 L 400 H 560	MO-84032-TB	13 Nov 84	loop	S/F	1m						
		TC 160+	map	mb Tom Eckelman								
St Louis	"Third Olympiad"											
	elevation data not available	MO-83002-TC	8 Jan 83	pt/pt	S/F	10km						
				mb Jerry Kokesch								
Springfield	"Great Southern"											
	S1120 F1090 L1090 H1145	MO-84018-TK	3 Sep 84	out/back	S/F	3200m						
		TC 25+	map	mb Tom Goss								

3 kilometers:

Chesterfield	"Chesterfield Chase"											
	S 630 F 650 L 540 H 660	MO-83009-TC	1 May 83	loop	S/F	45m						
		TC 120+		mb Kent Bohling								
St Louis	"V P Fair"											
	S 470 F 470 L 455 H 470	MO-83010-TC	25 May 83	pt/pt	S/F	500m						
		TC 15+		mb Tom Eckelman								

TO: Columbia Track Club Members
 FROM: Steve Kissane, Hickman H.S.
 TOPIC: Schedule for Hickman Track Meets

Dear Fellow Runners,

With the last snowfall its hard to imagine a discussion on track, but its almost here and I've been preparing myself mentally if not physically for this season.

I have enclosed some copies of our schedule for '85, and as you can see there are three home dates and a meet at Rock Bridge. I don't know if Fred Kolkhost kept in touch with any of you, but I'd like to establish better contact with more of you since you've been such a big help to us in the past, especially in cross-country. (Chris Ruble and Dick Hessler were very helpful this Fall in the discovery of Karla Patterson, who is now one of our top athletes.) Dick's daughter Amy is a former captain of the girl's team and his son Peter is also moving up in the ranks.

If any of you are able to assist us in the officiating of any home meets, I would be very grateful. I had wanted to get more in touch with the Club this Past Fall, but with just settling in this August and getting acquainted with so many things at Hickman, I never did get around to it and I apologize. I will definately return the favor of your help with any help I can give you with your Spring or Summer events.

Thank you for your continued support. Without your interest in our program, we would certainly suffer. I hope you can help us if your schedule permits.

Best Wishes for a great '85,

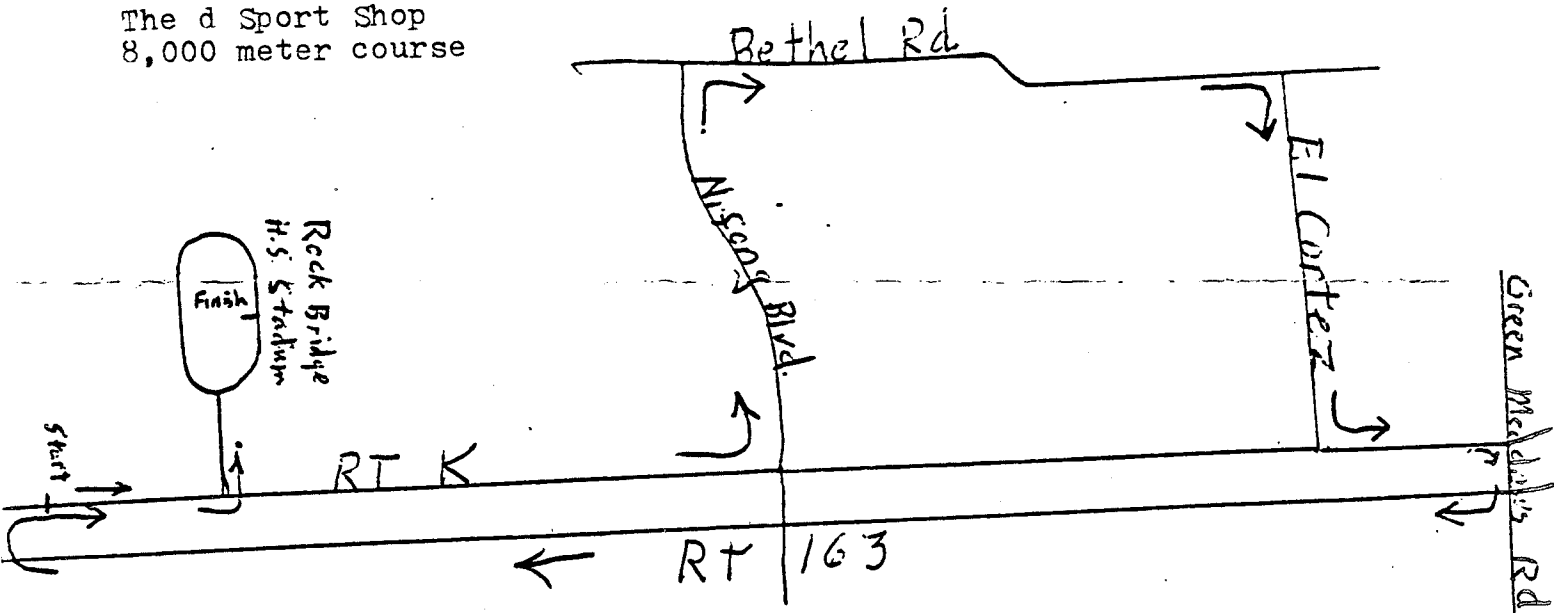
Steve

Steve Kissane
 Track & Cross-Country
 Coach
 Hickman High School
 II04 N. Providence
 Columbia, Mo. 65203
 home phone: 449-2I09

P.S. There is also a Columbia Junior High Relay Meet, tentatively scheduled for early May. There have been problems in this meet with getting competent help, to say nothing of HELP, period. We could really need help with this one, lest we lose it over to Jeff City. They have plenty of meets as it is. Thanks again, S.K.

The meets Steve mentions as home meets are: March 26 4:00 PM, dual with Mexico; April 9, 4:00 PM, dual with Fatima; May 3, 4:00 PM, dual with Jefferson City; and the meet at Rock Bridge is a triangular with Rock Bridge and Marshall.

The d Sport Shop
 8,000 meter course



COLUMBIA PARKS AND RECREATION
COLUMBIA TRACK CLUB
- MISSOURI CUP 50 MILE RACE WALK -
1985 Entry Blank -

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

Missouri Cup



COLUMBIA TRACK CLUB: Annual Dues: Families-\$10.00, Single Students-\$6.00. New Members-\$5.00
Newsletter to Non-members-\$3.00

The CTC Newsletter is an open forum to anyone. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten, unless fairly short.

DONATIONS to CTC are tax-deductible.

PATTERSON CLEARING SERVICE: Call Don Patterson (office: 874-3066, home: 445-7268) if you are going to an out-of-town event and need a ride or are willing to take someone.

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

Columbia Track Club
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Columbia, Mo. 65203

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