

TRACK CLUB

NEWSLETTER Vol. XVIII, No. 9 September 20, 1985

TOM COON WINS FIRST CTC EVENT AND FIRST ANNUAL (?) FOREST ACRES
THREE MILE RUN August 31, 1985

| | | |
|----------------------|----|-------|
| 1. Tom Coon | 30 | 16:40 |
| 2. Marvin Odneal | 41 | 17:18 |
| 3. Richard Harness | 34 | 17:19 |
| 4t. Norm Stebbins | 38 | 17:32 |
| 4t. Bob O'Connell | 36 | 17:32 |
| 6. Tim Gibson | 14 | 17:45 |
| 7. Joe Kurth | 38 | 18:29 |
| 8. Tom Allen | 43 | 18:31 |
| 9. Mike Walther | 27 | 18:32 |
| 10. Dick Madsen | 43 | 18:39 |
| 11. Joe Marks | 48 | 19:02 |
| 12. Elmer Schlemper | 46 | 19:10 |
| 13. Gerry Heisler | 38 | 19:22 |
| 14. Don Johnson | 56 | 19:32 |
| 15. Tim Rooney | 34 | 19:47 |
| 16. Lynn Allen | 37 | 19:58 |
| 17. Norris Kruse | 49 | 20:07 |
| 18. Darrell Dunafon | 40 | 20:11 |
| 19. Betty Bohon | 34 | 20:16 |
| 20. Larry Peterborg | 36 | 20:54 |
| 21. Joe Duncan | 51 | 21:17 |
| 22. Ron Wampler | 38 | 21:18 |
| 23. Gary Grant | 33 | 21:28 |
| 24. Kevin Rudeen | 34 | 21:36 |
| 25. Sandy Dunafon | 38 | 21:50 |
| 26. Angela Hessler | 12 | 22:04 |
| 27. Dean Baxter | 49 | 22:24 |
| 28. Turk Storvick | 56 | 22:26 |
| 29. Debbie Hoxworth | 27 | 22:41 |
| 30. Roger Hanson | 53 | 23:11 |
| 31. Rich Duffner | 37 | 24:13 |
| 32. Carole Madsen | 42 | 24:46 |
| 33. Barbara Leslie | 45 | 26:48 |
| 34. Myrtle Parsons | 61 | 28:32 |
| 35. Shawn Harness | 9 | 29:38 |
| 36. Barbara Martin | 39 | 29:53 |
| 37. Judy Miller | 38 | 30:49 |
| 38. Jim Johnson | 34 | 33:42 |
| 39. Margaret Johnson | 56 | 35:03 |
| 40. Heather Harness | 12 | 38:24 |
| 41. Amanda Dunafon | 9 | 50:01 |

mid 70's, 100% humidity, no clouds, bright sun, in other words not the best of conditions for running. But that didn't stop Tom Coon from hammering out one of his best races to win, for the first time, a CTC event.

This race was run on Don & Carole Patterson's running course, accurately measured by Ben Londeree (and to Carole's chagrin she learned that she hasn't been running as far as she thought she had). Anyway, "Thanks" to Ben for laying out what is a nice, gently rolling 3 mile course.

Most of all, "Thanks" to Don & Carole for hosting this event, for the culinary delights they spread out on their back deck and for their general hospitality.

Jim Gibson, Chris Ruble and Anne Hessler helped out with race administration

Don & Carole so willing we hope this becomes a fixture in the CTC running calendar.

JIM GUINN ENDS COON'S WINNING STREAK AT ONE; TWO MILE CROSS COUNTRY
September 14, 1985

| | | | | | |
|---------------------|----|-------|---------------------|----|-------|
| 1. Jim Guinn | | 10:53 | 13. Park Miller | | 12:45 |
| 2. Tom Coon | 30 | 10:54 | 14. Don Johnson | 56 | 12:45 |
| 3. Dick Hessler | 44 | 11:12 | 15. Joe Marks | 48 | 12:48 |
| 4. Dave Parker | 39 | 11:18 | 16. Chris Ruble | 31 | 13:56 |
| 4t. Tim Gibson | 14 | 11:18 | 17. Joe Duncan | 51 | 14:17 |
| 6. Rick Rother | | 11:32 | 18. Angela Hessler | 12 | 14:36 |
| 7. Joe Kurth | 38 | 11:48 | 19. Richard Harness | 34 | 14:45 |
| 8. Steve Baurichter | | 11:52 | 20. Roger Hanson | 53 | 15:04 |
| 9. Don Lewis | 49 | 11:58 | 21. Kristin Henzel | | 16:41 |
| 10. Mike Walther | 27 | 12:06 | 22. Barbara Martin | 39 | 18:31 |
| 11. Pete Pastoret | | 12:18 | 23. Shawn Harness | 9 | 19:03 |
| 12. Tom Allen | 43 | 12:27 | 24. Heather Harness | 12 | 22:25 |

60 degrees, cloudy, little wind, perfect for cross country. We used 2 miles of the High School course, a little rougher footing, perhaps an easier course, and less complaints from the golfers.

THANKS to Dick Hessler & Don Lewis for laying out the course and to Jim Gibson & Anne Hessler who handled the timing chores.

ANNUAL MEETING! ANNUAL MEETING! SUNDAY OCTOBER 20, 1985 7:00 PM
Guitar Community Center

ELAPSED TIME STANDINGS

OPEN MEN

A1 = "359 MARKS
 A2 = "355 ODNEAL
 A3 = "323 ALLEN
 A4 = "316 WALTHER
 A5 = "309 LAFONTAINE
 A6 = "307 HESSLER
 A7 = "305 MADSEN
 A8 = "274 COON
 A9 = "254 O'CONNELL
 A10 = "250 HARNESS
 A11 = "249 STEBBINS
 A12 = "245 BAURICHTER
 A13 = "235 STONECIPHER-FISHER
 A14 = "226 JOHNSON
 A15 = "218 J. MITTELHAUSER
 A16 = "215 VOLEK
 A17 = "173 KRUSE
 A18 = "169 DUNCAN
 A19 = "159 SCHEMPLER
 A20 = "155 H. MITTELHAUSER
 A21 = "149 O'BANNON
 A22 = "133 WHITESIDES
 A23 = "131 YOUNG
 A24 = "131 BAXTER
 A25 = "111 PASTERAT
 A26 = "106 MOUNTJOY
 A27 = "105 KURTH
 A28 = " 97 HANSON
 A29 = " 94 MORENO
 A30 = " 92 PARKER
 A31 = " 87 STORVICK
 A32 = " 77 MILLER
 A33 = " 76 MCQUINN
 A34 = " 71 SCHOLLES
 A35 = " 67 SCHUPPAN
 A36 = " 60 HOSAKAWA
 A37 = " 58 GERHARDT
 A38 = " 52 RACKERS
 A39 = " 51 PETERBORG
 A40 = " 47 RUDEEN
 A41 = " 45 McDONALD
 A42 = " 43 PLUMMER
 A43 = " 43 FOGELBACH
 A44 = " 42 P. HESSLER
 A45 = " 40 ZWONITZER
 A46 = " 39 PECKHAM
 A47 = " 39 O'CONNOR
 A48 = " 38 SHOEMAKER
 A49 = " 35 LONDEREE
 A50 = " 34 MCGRATH
 A51 = " 34 KIRBY
 A52 = " 33 CLINKINBEARD
 A53 = " 32 ROTHER
 A54 = " 31 LITTLE
 A55 = " 31 HOSE
 A56 = " 28 LAMMY
 A57 = " 27 RICHARDSON
 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
 A71 = " 20 LANG
 A72 = " 19 LOCK
 A73 = " 18 HOSLER
 A74 = " 18 BAKER
 A75 = " 17 SMITH

MALE 15 UNDER

A1 = "138 GIBSON
 A2 = " 67 HARNESS
 A3 = " 47 BRYANT
 A4 = " 35 SALDANA
 A5 = " 29 TULLY
 A6 = " 24 PORATH
 A7 = " 23 MADSEN
 A8 = " 14 SCHRQEDER
 A9 = " 12 GUEST
 A10 = " 11 SOLOMON

MEN 30+

A1 = "185 LAFONTAINE
 A2 = "162 O'CONNELL
 A3 = "147 STEBBINS
 A4 = "144 BAURICHTER
 A5 = "127 COON
 A6 = "123 HARNESS
 A7 = " 70 WHITESIDES
 A8 = " 61 MORENO
 A9 = " 51 SCHUPPAN
 A10 = " 45 SCHOLLES
 A11 = " 43 YOUNG
 A12 = " 39 PARKER
 A13 = " 39 MCQUINN
 A14 = " 29 FOGELBACH
 A15 = " 27 NICOL
 A16 = " 23 PASTERAT
 A17 = " 22 CLINKINBEARD
 A18 = " 18 ROTHER
 A19 = " 18 RODNEY
 A20 = " 18 LITTLE
 A21 = " 15 KIMBERLING
 A22 = " 15 JOHNSON
 A23 = " 13 PLUMMER
 A24 = " 12 WILLIAMS
 A25 = " 12 T. RICHARDSON
 A26 = " 12 SLEPPER
 A27 = " 12 RUDEEN
 A28 = " 12 PETERBORG
 A29 = " 11 WAMPLER
 A30 = " 11 RAHM
 A31 = " 11 D. JONES
 A32 = " 11 ANDELIN

MEN 40+

A1 = "224 ODNEAL
 A2 = "221 ALLEN
 A3 = "207 MARKS
 A4 = "206 MADSEN
 A5 = "206 HESSLER
 A6 = "114 SCHLEMPER
 A7 = "105 KRUSE
 A8 = " 96 BAXTER
 A9 = " 69 KURTH
 A10 = " 48 HOSAKAWA
 A11 = " 39 RACKERS
 A12 = " 35 ZWONITZER
 A13 = " 27 PECKHAM
 A14 = " 24 HOSE
 A15 = " 22 RICHARDSON
 A16 = " 22 PLUMMER
 A17 = " 17 GOLDFARB
 A18 = " 14 PURVIS
 A19 = " 11 SOWASH
 A20 = " 11 HOLLERAN
 A21 = " 11 D. JONES

WOMEN 35+

A1 = "108 MARTIN
 A2 = " 98 GONZALEZ
 A3 = " 66 ODNEAL
 A4 = " 66 JOHNSON
 A5 = " 69 MADSEN
 A6 = " 53 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

WOMEN OPEN

A1 = "136 MARTIN
 A2 = "130 RUBLE
 A3 = "109 MITTELHAUSER
 A4 = "108 CLARK
 A5 = "108 BULMAN
 A6 = "106 GONZALEZ
 A7 = "102 GERKE
 A8 = " 92 BOHON
 A9 = " 66 JOHNSON
 A10 = " 65 KARWOSKI
 A11 = " 63 NICOL
 A12 = " 57 SEYMOUR
 A13 = " 56 MADSEN
 A14 = " 43 FRITSCH
 A15 = " 42 HESSLER
 A16 = " 40 ODNEAL
 A17 = " 35 GERHARDT
 A18 = " 33 HASKAMP
 A19 = " 26 JONES
 A20 = " 24 O'CONNOR
 A21 = " 24 HOXWORTH
 A22 = " 23 ROBBINS
 A23 = " 22 SLEPER
 A24 = " 20 GARDNER
 A25 = " 18 LEAKE
 A26 = " 17 LEMKE
 A27 = " 13 MURPHY
 A28 = " 13 DAVIS
 A29 = " 12 LONDEREE

FEMALE 15 UNDER

A1 = " 98 HARNESS
 A2 = " 81 HESSLER
 A3 = " 22 SALDANA
 A4 = " 12 HENZEL
 A5 = " 10 ALLEN

MEN 50+

A1 = "149 JOHNSON
 A2 = "123 H. MITTELHAUSER
 A3 = "114 DUNCAN
 A4 = " 92 HANSON
 A5 = " 75 STORVICK
 A6 = " 45 McDONALD
 A7 = " 45 GERHARDT
 A8 = " 35 O'CONNOR
 A9 = " 24 WARD
 A10 = " 15 LONDEREE
 A11 = " 14 SMITH
 A12 = " 11 PINKERTON

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

September 7, 1970: Heart of America Marathon: 1. Greg Carlberg 2:47:10
2. Henry Shawnee 3. Tim Hendricks 2:59:49--the only
3 under 3 hours as the heat & humidity (the worst we
have ever had) were the big story. 1st CTC was Don
Granberg, 16th, at 3:33:52. Alex Ratelle was 1st over
40 in 3:26:28. 53 finishers including Fred Phelps, Sr.,
Topeka, and ALL ten of his kids ranging from 7 to 17.

September 20, 1970: 5 Mile Walk: 1. Mark Achen 42:53, 2. Dave Leuthold
54:45. Mile Run: 1. Carl McCoun 5:10 (Carl was here
a week early for the 100 mile walk), 2. Whitney Hicks
5:10.1. . .5. Mike Chippendale 6:06--Mike's first ever
CTC event.

September 26 & 27, 1970: 1. Larry O'Neil 20:42:42 (his 3rd title), 2.
John Argo, Canada, 23:22:50 100 mile walk, this was

FIVE YEARS AGO:

September 1, 1980 Heart of America Marathon 1. Steve Fisher 2:35:32
2. Jon Herbert 2:37:48. . .8. Bob O'Connell 2:47:32
11. Dick Hessler 2:49:31. . .15. Joe Marks (1st 40+)
2:55:41. . .59. Debbie Hoxworth (first female) 3:23:44
144 finishers

September 13, 1980 5,000 meter track run 1. Steve Fisher 15:36, 2. Bob
O'Connell 16:07. . .4. Jeff Mittlehauser 16:54, 5. Norm
Stebbins 17:03, 6. Tom LaFontaine 17:16. . .9. Dick
Hessler 17:31, 10. Don Lewis 17:39. . .12. Joe Marks
17:58. . .15. Kent Lang, in first CTC race, 18:14
and 30 others.

September 27 & 28 100 Mile Walk 1. Alan Price (3rd in a row) 19:28:16
2. Bob Chapin 20:22:07, 3. Leonard Busen 20:52:47
4. Bob Gragg 23:31:33 and 18 others with assorted
distances.

AND TODAY'S HEROES AND HEROINES:

TOM LAFONTAINE was 2nd in the Louisiana River Festival 10K August 17
at 33:55, then on Labor Day, in 97° heat, Tom was 8th overall, 2nd
in age group in another 10K in Topeka with a time of 34:56.

LIZ BULMAN is ranked 5th in the Bud Lite Triathlon Series. Liz has been
accepted as an Ironman participant in the Hawaii event and plans
to be there.

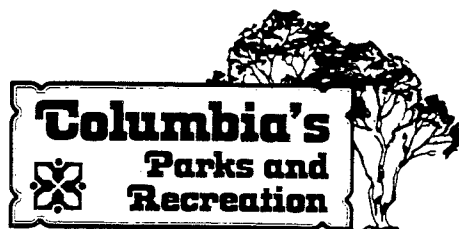
BOB DOLPHIN did a 33:03 8K in a twilight run, Richland, WA, August 24,
43rd of 173, 1st of 6 for the age group. A week later it was a 10K
in the Wapato Harvest Festival, perfect conditions brought about
a PB 39:42, 19th of 78 and 1st of 6 in the age group. Bob thinks
the backpacking and rockclimbing he is doing is providing important
cross-training benefits.

DEBBIE HOXWORTH was 9th female in the Pikes Peak Marathon at a little
over 5 hours.

MARVIN ODNEAL was 38:12 in a 6 mile Cross Country race in Chicago.

CTC runners in the Cannon Twain 10K run, September 7: 4. STEVE STONECIPHER-
FISHER 31:49 (winner was Charlie Gray at 30:29), 16. MIKE WALTHER 39:22,
6. TOM LAFONTAINE 35:44 20. MIKE LITTLE 39:40, 9. MARVIN ODNEAL
37:27 (1st 40-49, Tom was 1st 35-39), LIZ BULMAN was 2nd female
at 39:30. A terribly hot day for running, or anything else.

THANKS to Jim Snowden, Quincy, Ill. attorney & runner for his generous donation
to the CTC Scholarship Fund. Jim was a frequent attendee at some of
our races, especially the summer 5k when he was in school.



SCHEDULE OF EVENTS

September 28 Saturday 9:00 AM 5,000 METER CROSS COUNTRY RUN
Gustin Golf Course

SEPTEMBER 28/29 Saturday & Sunday 1:00 PM to 1:00 PM 19th ANNUAL NATIONAL
100 MILE WALK Hickman Track Be sure to call Joe Duncan
445-2684 or 874-4328, and let him know when you can
help with the timing and recording chores.

OCTOBER 13 Sunday 7:00 AM 26th ANNUAL HEART OF AMERICA MARATHON For this
event, too, Joe Duncan needs help--lots of it. Race
headquarters will be the Campus Inn, therefore, it is
there that people should meet to pick up supplies.

13 Sunday 8:00 AM CHANNEL 8K RUN And, of course, we need help
with this one, too.

26 Saturday 9:00 AM Katy Trail 1-6 mile FUN RUN

27 Sunday 1:00 PM Missouri Turkey Trot 3 Mile Cross Country
Run, Dual Meet with St. Louis Track Club Lake of the
Woods Golf Course

NOVEMBER 10 Sunday 8:30 AM 5K, 10K, 15K Runs for MS. Steve Helmick
Memorial Run

NOTICE OF ANNUAL MEETING

The Annual Meeting of the Columbia Track Club will be Sunday evening
7:00 PM, October 20, 1985 at the Guitar Community Center (the basement
of the Farm & Home Building, 8th & Broadway). Sunday evening is probably
not the best time for this meeting, but this was about the only time we
could get a place to meet. Anyway, we urge all CTC members to attend.
This is your only chance to tell us what you would like CTC to be doing.
Elapsed Time Awards will be given at this meeting and there will be
refreshments.

PHONE CALLS YOU NEED TO MAKE:

Joe Duncan 445-2684 (home) or 874-4328 (work) to tell when you can
help with the 100 mile walk and with the marathon. If you
get Duncan's answer machine, please don't get angry--just leave
your message as to when you can help.

Ingrid Ballenger 474-5864 to tell her you are willing to help with the
Marathon Aid Stations.

KFRU Sports Talk at 6:25 and following, Tuesday evening, October 1. Joe
Duncan will be the guest with Host Mark McNamara at that time.
The topic will be the Heart of America Marathon and the idea is
for people to call in with questions. Now let's hope the questions
are sensible and ones that Duncan can answer. No loaded questions
like "What if I don't want to run?"

Don Lewis 874-1034 to offer to help out with the Channel 8K run.

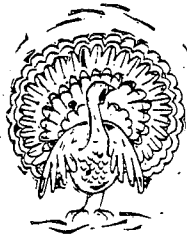
Aid Station personnel for the marathon should pick up their supplies
at the Campus Inn, which is Race Headquarters, sometime Saturday
afternoon, the 12th.

HELP! We need more help, namely a Race Director for the
5,000 Meter Cross Country Run, Sept. 28, the Gustin Golf Course.
We need someone who is familiar with the 5,000 meter course--
who can mark it the day of the race. Let Joe Duncan know who
can do this.

| MALE 39 & UNDER | | | | MALE 40 & OVER | | | | FEMALE | | | |
|-----------------|------|-----|----------|----------------|------|-----|------|--------|------|-----|------------|
| 1973* | SLTC | 27 | CTC | 36 | CTC | 16 | SLTC | ? | | | |
| 1974* | CTC | 37 | SLTC | ? | | | | | | | |
| 1975 | CTC | 100 | SLTC | 110 | CTC | 12 | SLTC | 24 | CTC | 5 | tie SLTC 5 |
| 1976 | CTC | 150 | tie SLTC | 150 | CTC | 32 | SLTC | 46 | CTC | 5 | tie SLTC 5 |
| 1977 | CTC | 238 | SLTC | 290 | CTC | 42 | SLTC | 63 | SLTC | 10 | CTC 26 |
| 1978 | SLTC | 98 | CTC | 155 | CTC | 95 | SLTC | 115 | CTC | 5 | tie SLTC 5 |
| 1979 | SLTC | 185 | CTC | 343 | CTC | 29 | SLTC | 49 | SLTC | 94 | CTC 115 |
| 1980 | SLTC | 175 | CTC | 280 | CTC | 64 | SLTC | 72 | SLTC | 3 | CTC 7 |
| 1981 | SLTC | 219 | CTC | 376 | CTC | 112 | SLTC | 188 | SLTC | 70 | CTC 101 |
| 1982 | SLTC | 140 | CTC | 266 | SLTC | 58 | CTC | 78 | CTC | 171 | SLTC 180 |
| 1983 | SLTC | 405 | CTC | 415 | CTC | 26 | SLTC | 52 | CTC | 22 | SLTC 56 |
| 1984 | SLTC | 128 | CTC | 222 | SLTC | 20 | CTC | 35 | SLTC | 77 | CTC 94 |

*The 1973 & 1974 meets were Central USA 10,000 Meter Cross Country Championships held in St. Louis. In 1973 St. Louis YMCA Track Club was first, CTC second and Tulsa Running Club third in open scoring. In 40+, Tulsa was first, CTC second and St. Louis third. In 1974 there was open scoring only with CTC first, Indiana Striders second and St. Louis third. Thersafter, we have had the above dual meet scoring, with scoring on a mass basis. Every odd year the meets have been held in Columbia, every even year in St. Louis.

SPONSORED BY COLUMBIA TRACK CLUB
AND ST. LOUIS TRACK CLUB
THREE MILE TURKEY TROT
SANCTIONED BY ROAD RUNNERS CLUB OF AMERICA



COLUMBIA, MISSOURI

SUNDAY, OCTOBER 27, 1985 - 1:00 P.M.

- WHERE:** Lake of the Woods Golf Course, Columbia, MO, on St. Charles Rd., North side of I-70, east of Lake of the woods exit.
- COURSE:** Cross country on golf course with short cut grass. Spikes may be worn.
- ELIGIBILITY:** Open to all runners. However, for Columbia Track Club and St. Louis Track Club this race will also be scored as a dual meet. Scoring will be on a mass basis in three categories: OPEN, 40 and OVER, WOMEN.
- ENTRY FEE:** \$2.00 before October 25th. \$3.00 on race day and for all late entries received by mail after October 25th.
- AGE DIVISION:** CTC MEMBERS DO NOT PAY AN ENTRY FEE
Men: 13 and under Women: 13 and under
14 - 19 14 - 19
20 - 29 20 - 29
30 - 39 30 - 39
40 - 49 40 - 49
50 and over 50 and over
- AWARDES:** Will be given to at least the top 5 finishers in each age division. Turkeys and other fowl will be among the awards.
- REGISTRATION:** By mail before October 25, 1985 - or race day from 11:00 to 12:30. Mail entries to Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65203. Please use one entry for each person being registered and include fee.

THREE MILE TURKEY TROT
SUNDAY, OCTOBER 27, 1985

Name _____ Age at 10/27 _____ Male Female
(please print)
Street Address _____ City _____
State _____ zip code _____ Date of Birth _____
Club Affiliation _____ Unattached

In consideration for my entry, I and my heirs do hereby release, Columbia track Club, St. Louis Track Club, Road Runners Club of America, and the City of Columbia from all injuries and damages that might result from my participating in this race on October 27, 1985. I further warrant that I have trained for a race of this distance and weather conditions and that I am physically fit for such and event.

Entrant's Signature _____ Date _____
(Signature of parent if under 18 years of age)

EXERCISE: THE FOUNTAIN OF YOUTH
BY
TOM LaFONTAINE AND JOE MARKS

Exercise slows the aging process.

A recent study of middle-aged men shows those who trained declined only 3.4% in their aerobic or endurance capacity over 18 years!

Untrained men of the same age would see a decline in these capacities of nearly 18% in 18 years—a decline nearly five times as fast as those who exercise.

What this study measured was Vo_2 max, the ability of the muscles to use oxygen. It's the most often used measurement of aerobic or endurance capacity.

Vo_2 max is highly genetically limited and plateaus within the year after initiating training regardless of your age when you start.

But the decline in that capacity can be delayed or slowed down. One scientist calculated that if you remain active and thus keep the aging process to a minimum, you could live to be 110 to 120 years old. Now we have some idea where Dr. Leland Pfefer gets his formula for how to live to be 113 years old!

The beauty of all this is that you really don't have to exercise that much to slow the aging process.

In the study cited earlier, the subjects exercised an average of 3.3 days per week at 77 to 84% of their heartrate reserve for 45 to 59 minutes per session.

The subjects expended an average of about 729 kilocalories per session or about 2400 per week. For the average runner weighing 154 pounds and doing an average pace of 8 minutes a mile, this represents about 20 miles a week.

So, the quantity of training we need to get and keep most exercise health benefits is modest. Dr. Ben Londeree has often stated that once you go beyond 20 miles per week of training you reach a point of diminishing returns, unless you are training to achieve the racer's edge and not just maintain your health. In fact, you may be jeopardizing your health—at least your musculoskeletal health—as many of our 40, 50 and 60 year old running friends are finding out.

It is also interesting to note that as little as 20 miles per week of running will cut the risk of atherosclerosis in half!

So the "right amount" of exercise is less than most of us are doing—unless we have other goals, like doing our best in competition.

As we age and our total health and fitness becomes most important, we all need to continually analyze our goals and motivations for training, use sound judgment and modify our training when and if necessary in order to remain active and fit.

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From the April, 1985 edition of McCall's magazine:

FITNESS FLASH: OLYMPIC COACH SAYS SKIP IT

Thinking of jogging? You might want to skip it, according to a study of Olympic athletes conducted at the Olympic Training Center in Colorado Springs. Dr. Irving Dardik, chairman of the U.S. Olympic Sports Medicine Council, compared skipping and running at comparable speeds using computerized scales built into the track to measure impact on different body parts and high-speed film to determine the varying amounts of time spent on the ground and in the air. Pulse rates following running and skipping were similar, but "runners landed with an average force of three to four times their body weight," Dardik says, "which can cause stress fractures, tendinitis, osteoarthritis and heart strain." Skipping places less stress on vulnerable bones and muscles not only because both feet land at the same time but because a skipper's hop

breaks the shock to legs. And, since skippers spend twice as long in the air between steps, Dardik concludes that muscles have a chance to relax and cardiovascular strain is reduced—so skipping even feels less tiring.

How do Dardik's discoveries affect your fitness regime? He advocates skipping the same distance you now jog, but he realizes runners may feel silly or skeptical. Intersperse a few skips with regular running until it becomes comfortable—physically and socially—then alternate skipping and running days, since skipping improves a runner's stride. You can also get the same benefits by skipping in place at home.

Thick-soled "waffle" shoes used for running have too much traction and unnecessary cushioning for skipping, says Dardik—skippers are better off wearing flat, smooth-sole shoes on a dirt or grass surface.

So, if you don't want to run the Heart of America Marathon, just skip it.

DON'T FORGET THE ANNUAL MEETING
SUNDAY, OCTOBER 20, 7:00 PM
Guitar Community Center

Final Results of the 1985
FOUR-MILE RUN FOR THE ARTS
August 24, 1985 Boonville, Missouri

| | | | |
|----------------------|-------|-----------------------------|-------|
| 1. Kent Lang | 21:33 | 20. Larry Harper | 29:37 |
| 2. Tim Gibson | 23:40 | 21. Nick Whitehurse | 29:39 |
| 3. Kevin O'Bannon | 23:44 | 22. Anthony Brown | 29:46 |
| 4. Mike Baker | 24:10 | 23. Rodolfo Jose Gomez-Diaz | 30:44 |
| 5. Joe Kurth | 25:39 | 24. Ken Hirlinger | 30:47 |
| 6. Joe Marks | 25:43 | 25. Mike Conway | 31:02 |
| 7. Larry Thornburg | 26:26 | 26. Mel Eaton | 31:10 |
| 8. Scott Ritter | 26:48 | 27. Bill Trelc, Jr. | 31:18 |
| 9. Michael Little | 27:35 | 28. Jeanelle Twillmar | 33:27 |
| 10. David Wrenn | 27:48 | 29. Carlos Pena Ojeda | 33:45 |
| 11. Bernadette Gerke | 28:18 | 30. James Lord | 34:15 |
| 12. Paul Davis | 28:27 | 31. Scott Jackson | 35:38 |
| 13. Larry Petterborg | 28:33 | 32. Franklin Brown | 37:32 |
| 14. John Ward | 28:35 | 33. Mary Pat Abele | 37:40 |
| 15. Scott Koerner | 28:51 | 34. Lisa Hirlinger | 39:30 |
| 16. Frank Cerne | 28:52 | 35. Brian Wampler | 40:20 |
| 17. Mariano Polanco | 28:57 | 36. Sharon Dowling | 41:18 |
| 18. Kevin Rudeen | 29:17 | 37. Miriam Eaton | 43:11 |
| 19. Danney Boatman | 29:18 | 38. Mary Lehmann | 50:21 |

FOUR-MILE WALK FOR THE ARTS

| | | | |
|-----------------|-------|---------------------|-------|
| 1. Hank Kuhlman | 50:24 | 7. Phyllis Reesman | NT |
| 2. Linda Sisney | 50:50 | 8. Kathy Murdock | 66:07 |
| 3. Betty Oerly | 58:35 | 9. Mamie Niederhelm | 66:07 |
| 4. Chuck Harris | 59:13 | 10. Carol Harris | 70:46 |
| 5. Oscar Hansen | 59:13 | 11. Megan Wampler | 75:46 |
| 6. Julie Hansen | 59:21 | 12. Jackie Wampler | 75:47 |

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

John Hamilton (Rock Bridge XC
730 Demaret #4 & track coach)
Columbia, MO 65202

Nancy Roberts
2801 W. Broadway A4
Columbia, MO 65203

Beth Hartley
236B Gillett Hall
Columbia, MO 65201

Leanne Teerlinck
Rt 12, Box 299
Old Village Rd.
Columbia, MO 65201

Bobby Hull
Rt 2, Box 304
Holt's Summit, MO 65043

John Weghorst
RR1, Box 67
Fulton, MO 65251

Diane Gay Reinhardt
900 Again
Columbia, MO 65203

Marathon Pacing Chart

| Marathon Time | Pace per Mile | Marathon Time | Pace per Mile | Marathon Time | Pace per Mile | Marathon Time | Pace per Mile |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 2:00:00 | 4:34.6 | 2:42:00 | 6:10.7 | 3:24:00 | 7:46.8 | 4:06:00 | 9:23.0 |
| 2:01:00 | 4:36.9 | 2:43:00 | 6:13.0 | 3:25:00 | 7:49.1 | 4:07:00 | 9:25.2 |
| 2:02:00 | 4:39.2 | 2:44:00 | 6:15.3 | 3:26:00 | 7:51.4 | 4:08:00 | 9:27.5 |
| 2:03:00 | 4:41.5 | 2:45:00 | 6:17.6 | 3:27:00 | 7:53.7 | 4:09:00 | 9:29.8 |
| 2:04:00 | 4:43.8 | 2:46:00 | 6:19.9 | 3:28:00 | 7:56.0 | 4:10:00 | 9:32.1 |
| 2:05:00 | 4:46.1 | 2:47:00 | 6:22.2 | 3:29:00 | 7:58.3 | 4:11:00 | 9:34.4 |
| 2:06:00 | 4:48.3 | 2:48:00 | 6:24.5 | 3:30:00 | 8:00.6 | 4:12:00 | 9:36.7 |
| 2:07:00 | 4:50.6 | 2:49:00 | 6:26.7 | 3:31:00 | 8:02.9 | 4:13:00 | 9:39.0 |
| 2:08:00 | 4:52.9 | 2:50:00 | 6:29.0 | 3:32:00 | 8:05.1 | 4:14:00 | 9:41.3 |
| 2:09:00 | 4:55.2 | 2:51:00 | 6:31.3 | 3:33:00 | 8:07.4 | 4:15:00 | 9:43.6 |
| 2:10:00 | 4:57.5 | 2:52:00 | 6:33.6 | 3:34:00 | 8:09.7 | 4:16:00 | 9:45.8 |
| 2:11:00 | 4:59.8 | 2:53:00 | 6:35.9 | 3:35:00 | 8:12.0 | 4:17:00 | 9:48.1 |
| 2:12:00 | 5:02.1 | 2:54:00 | 6:38.2 | 3:36:00 | 8:14.3 | 4:18:00 | 9:50.4 |
| 2:13:00 | 5:04.4 | 2:55:00 | 6:40.5 | 3:37:00 | 8:16.6 | 4:19:00 | 9:52.7 |
| 2:14:00 | 5:06.7 | 2:56:00 | 6:42.8 | 3:38:00 | 8:18.9 | 4:20:00 | 9:55.0 |
| 2:15:00 | 5:08.9 | 2:57:00 | 6:45.1 | 3:39:00 | 8:21.2 | 4:21:00 | 9:57.3 |
| 2:16:00 | 5:11.2 | 2:58:00 | 6:47.3 | 3:40:00 | 8:23.5 | 4:22:00 | 9:59.6 |
| 2:17:00 | 5:13.5 | 2:59:00 | 6:49.6 | 3:41:00 | 8:25.7 | 4:23:00 | 10:01.9 |
| 2:18:00 | 5:15.8 | 3:00:00 | 6:51.9 | 3:42:00 | 8:28.0 | 4:24:00 | 10:04.1 |
| 2:19:00 | 5:18.1 | 3:01:00 | 6:54.2 | 3:43:00 | 8:30.3 | 4:25:00 | 10:06.4 |
| 2:20:00 | 5:20.4 | 3:02:00 | 6:56.5 | 3:44:00 | 8:32.6 | 4:26:00 | 10:08.7 |
| 2:21:00 | 5:22.7 | 3:03:00 | 6:58.8 | 3:45:00 | 8:34.9 | 4:27:00 | 10:11.0 |
| 2:22:00 | 5:25.0 | 3:04:00 | 7:01.1 | 3:46:00 | 8:37.2 | 4:28:00 | 10:13.3 |
| 2:23:00 | 5:27.2 | 3:05:00 | 7:03.4 | 3:47:00 | 8:39.5 | 4:29:00 | 10:15.6 |
| 2:24:00 | 5:29.5 | 3:06:00 | 7:05.6 | 3:48:00 | 8:41.8 | 4:30:00 | 10:17.9 |
| 2:25:00 | 5:31.8 | 3:07:00 | 7:07.9 | 3:49:00 | 8:44.1 | 4:31:00 | 10:20.2 |
| 2:26:00 | 5:34.1 | 3:08:00 | 7:10.2 | 3:50:00 | 8:46.3 | 4:32:00 | 10:22.5 |
| 2:27:00 | 5:36.4 | 3:09:00 | 7:12.5 | 3:51:00 | 8:48.6 | 4:33:00 | 10:24.7 |
| 2:28:00 | 5:38.7 | 3:10:00 | 7:14.8 | 3:52:00 | 8:50.9 | 4:34:00 | 10:27.0 |
| 2:29:00 | 5:41.0 | 3:11:00 | 7:17.1 | 3:53:00 | 8:53.2 | 4:35:00 | 10:29.3 |
| 2:30:00 | 5:43.3 | 3:12:00 | 7:19.4 | 3:54:00 | 8:55.5 | 4:36:00 | 10:31.6 |
| 2:31:00 | 5:45.6 | 3:13:00 | 7:21.7 | 3:55:00 | 8:57.8 | 4:37:00 | 10:33.9 |
| 2:32:00 | 5:47.9 | 3:14:00 | 7:24.0 | 3:56:00 | 9:00.1 | 4:38:00 | 10:36.2 |
| 2:33:00 | 5:50.1 | 3:15:00 | 7:26.2 | 3:57:00 | 9:02.4 | 4:39:00 | 10:38.5 |
| 2:34:00 | 5:52.4 | 3:16:00 | 7:28.5 | 3:58:00 | 9:04.7 | 4:40:00 | 10:40.8 |
| 2:35:00 | 5:54.7 | 3:17:00 | 7:30.8 | 3:59:00 | 9:06.9 | 4:41:00 | 10:43.1 |
| 2:36:00 | 5:57.0 | 3:18:00 | 7:33.1 | 4:00:00 | 9:09.2 | 4:42:00 | 10:45.3 |
| 2:37:00 | 5:59.3 | 3:19:00 | 7:35.4 | 4:01:00 | 9:11.5 | 4:43:00 | 10:47.6 |
| 2:38:00 | 6:01.6 | 3:20:00 | 7:37.7 | 4:02:00 | 9:13.8 | 4:44:00 | 10:49.9 |
| 2:39:00 | 6:03.9 | 3:21:00 | 7:40.0 | 4:03:00 | 9:16.1 | 4:45:00 | 10:52.2 |
| 2:40:00 | 6:06.2 | 3:22:00 | 7:42.3 | 4:04:00 | 9:18.4 | 4:46:00 | 10:54.5 |
| 2:41:00 | 6:08.4 | 3:23:00 | 7:44.6 | 4:05:00 | 9:20.7 | 4:47:00 | 10:56.8 |

Interpolation: Use the figures at right given in 5 second intervals. Example: for a marathon time of 3:00:25, look up the per mile time for 3:00:00 above (6:51.9); then add the time for an additional 25 at right (.95) for a total per-mile time of 6:52.85.

| | | |
|--------|---------|---------|
| 5-.19 | 25-.95 | 45-1.71 |
| 10-.38 | 30-1.14 | 50-1.90 |
| 15-.57 | 35-1.33 | 55-2.09 |
| 20-.76 | 40-1.52 | |

ALL SUB 3:00 PERFORMANCES
HEART OF AMERICA MARATHON 1962-1984

| | | | | | | | |
|-----|---------|---------------------|-----|---------------------|------|------|----|
| 1. | 2:29:15 | DENNIS HINKAMP | 21 | COLUMBIA | MO | 1977 | 1 |
| 2. | 2:30:26 | JON HERBERT | 31 | SPRINGFIELD | MO | 1981 | 1 |
| 3. | 2:32:29 | BOB O'CONNELL | 32 | COLUMBIA | MO | 1981 | 2 |
| 4. | 2:33:04 | DENTON CHILDS | 28 | COLUMBIA | MO | 1978 | 1 |
| 5. | 2:34:07 | BARRY CRAWFORD | 29 | BOULDER | COLO | 1966 | 1 |
| 6. | 2:34:07 | TONY RODIEZ | 20 | MILWAUKEE | WIS | 1976 | 1 |
| 7. | 2:34:08 | JEFF MITTELHAUSER | 22 | SEDALIA | MO | 1979 | 1 |
| 8. | 2:34:10 | JON HERBERT | (2) | 32 SPRINGFIELD | MO | 1982 | 1 |
| 9. | 2:35:31 | JON HERBERT | (3) | 33 SPRINGFIELD | MO | 1983 | 1 |
| 10. | 2:35:32 | STEVE FISHER | 23 | COLUMBIA | MO | 1980 | 1 |
| 11. | 2:35:33 | ROBERT STEVEN CLINE | 26 | BURLINGTON | IOWA | 1981 | 3 |
| 12. | 2:35:36 | R.S. CLINE | (2) | 24 BURLINGTON | IOWA | 1979 | 2 |
| 13. | 2:35:58 | BOB O'CONNELL | (2) | 33 COLORADO SPRINGS | COLO | 1982 | 2 |
| 14. | 2:36:07 | ROGER ROUILLER | 41 | ROMEDEVILLE | ILL | 1979 | 3 |
| 15. | 2:36:42 | FRANK CUROTTO | 30 | KIRKWOOD | MO | 1984 | 1 |
| 16. | 2:36:47 | GENE MCLAIN | 33 | OVERLAND PARK | KS | 1979 | 4 |
| 17. | 2:37:17 | RON DAWS | 28 | MINNEAPOLIS | MINN | 1965 | 1 |
| 18. | 2:37:17 | RON DAWS | (2) | 29 MINNEAPOLIS | MINN | 1966 | 2 |
| 19. | 2:37:18 | DENTON CHILDS | (2) | 27 COLUMBIA | MO | 1977 | 2 |
| 20. | 2:37:23 | R.S. CLINE | (3) | 28 BURLINGTON | IOWA | 1982 | 3 |
| 21. | 2:37:48 | JON HERBERT | (4) | 30 SPRINGFIELD | MO | 1980 | 2 |
| 22. | 2:38:09 | RICK KATZ | 27 | BOULDER | COLO | 1976 | 2 |
| 23. | 2:38:42 | TIM HENDRICKS | 29 | PERU | NEBR | 1975 | 1 |
| 24. | 2:38:42 | TIM HENDRICKS | (2) | 30 OMAHA | NEBR | 1976 | 3 |
| 25. | 2:38:43 | JEFF MITTELHAUSER | (2) | 21 SEDALIA | MO | 1978 | 2 |
| 26. | 2:38:45 | KIRK DUNCAN | 28 | KANSAS CITY | KS | 1977 | 3 |
| 27. | 2:39:12 | TONY RODIEZ | (2) | 21 MILWAUKEE | WIS | 1977 | 4 |
| 28. | 2:39:17 | RANDY COOK | 27 | LIBERAL | MO | 1975 | 2 |
| 29. | 2:39:24 | REX POWER | 27 | COLUMBIA | MO | 1979 | 5 |
| 30. | 2:39:34 | FRANK CUROTTO | (2) | 34 WEBSTER GROVES | MO | 1982 | 4 |
| 31. | 2:39:43 | DICK HESSLER | 34 | COLUMBIA | MO | 1975 | 3 |
| 32. | 2:39:45 | DICK HESSLER | (2) | 35 COLUMBIA | MO | 1976 | 4 |
| 33. | 2:39:45 | R.S. CLINE | (4) | 29 BURLINGTON | IOWA | 1983 | 2 |
| 34. | 2:40:00 | EARL EBLEN | 30 | HUNTSVILLE | ALA | 1966 | 3 |
| 35. | 2:40:57 | RICHARD MILLER | 30 | SPRINGFIELD | MO | 1981 | 4 |
| 36. | 2:41:03 | KARL WEISER | | MADISON | WIS | 1966 | 4 |
| 37. | 2:41:14 | BILL FOX | 36 | TARKIO | MO | 1978 | 3 |
| 38. | 2:41:14 | ROB LEUTWILER | 31 | ST. LOUIS | MO | 1981 | 5 |
| 39. | 2:41:20 | LOU FRITZ | 33 | VERDON | NEBR | 1976 | 5 |
| 40. | 2:41:29 | TOM LAFONTAINE | 36 | COLUMBIA | MO | 1983 | 3 |
| 41. | 2:41:39 | LARRY ADUDEL | 32 | BROKEN ARROW | OKLA | 1977 | 5 |
| 42. | 2:41:42 | FRANK CUROTTO | (3) | 35 WEBSTER GROVES | MO | 1983 | 4 |
| 43. | 2:41:45 | HAL HIGDON | 36 | MICHIGAN CITY | IND | 1968 | 1 |
| 44. | 2:41:47 | LYNN LEE | 25 | EXIRA | IOWA | 1974 | 1 |
| 45. | 2:41:52 | TOM HOFFMAN | 19 | FT. ATKINSON | WIS | 1967 | 1 |
| 46. | 2:42:03 | AL SETTLE | 23 | COLUMBIA | MO | 1976 | 6 |
| 47. | 2:42:04 | DAN HOXWORTH | 22 | COLUMBIA | MO | 1982 | 5 |
| 48. | 2:42:39 | MARTIN SMITH | 25 | CEDAR RAPIDS | IOWA | 1974 | 2 |
| 49. | 2:42:40 | JON HERBERT | (5) | 26 SPRINGFIELD | MO | 1976 | 7 |
| 50. | 2:42:40 | RICH BRIENER | 34 | CARBONDALE | ILL | 1979 | 6 |
| 51. | 2:42:40 | TOM BOSS | 25 | SPRINGFIELD | MO | 1981 | 6 |
| 52. | 2:42:41 | CARL DWZARZAK | 27 | KANSAS CITY | KS | 1968 | 2 |
| 53. | 2:42:46 | BILL FOX | (2) | 41 TARKIO | MO | 1983 | 5 |
| 54. | 2:43:00 | TOM LAFONTAINE | (2) | 34 COLUMBIA | MO | 1981 | 7 |
| 55. | 2:43:04 | MARC ROMINE | 28 | MACON | MO | 1983 | 6 |
| 56. | 2:43:09 | R. LION CALDWELL | 26 | GALVESTON | TX | 1977 | 6 |
| 57. | 2:43:12 | HOWARD GUSCAR | 33 | COLUMBIA | MO | 1978 | 4 |
| 58. | 2:43:25 | LOU FRITZ | (2) | 34 VERDON | NEBR | 1977 | 7 |
| 59. | 2:43:36 | BILL FOX | (3) | 40 TARKIO | MO | 1982 | 6 |
| 60. | 2:43:40 | TIM HENDRICKS | (3) | 27 PERU | NEBR | 1973 | 1 |
| 61. | 2:43:46 | LOU FRITZ | (3) | 32 VERDON | NEBR | 1975 | 4 |
| 62. | 2:43:47 | R.S. CLINE | (4) | 25 BURLINGTON | IOWA | 1980 | 3 |
| 63. | 2:43:58 | R.S. CLINE | (5) | 23 BURLINGTON | IOWA | 1978 | 5 |
| 64. | 2:43:59 | ROBERT ROSALES | 31 | MARQUETTE | KS | 1973 | 2 |
| 65. | 2:44:20 | LOU FRITZ | (4) | 40 VERDON | NEBR | 1983 | 7 |
| 66. | 2:43:59 | CHARLES STEWART | 27 | BROKEN ARROW | COLO | 1979 | 7 |
| 67. | 2:44:00 | TIM HENDRICKS | (4) | 20 PERU | NEBR | 1966 | 5 |
| 68. | 2:44:00 | JOHN HAWKINS | 29 | OMAHA | NEBR | 1976 | 8 |
| 69. | 2:44:00 | GARY SCHAPPER | 26 | ST. LOUIS | MO | 1978 | 6 |
| 70. | 2:44:05 | KEN KATZER | 25 | LINCOLN | NEBR | 1968 | 3 |
| 71. | 2:44:09 | DICK HESSLER | (3) | 40 COLUMBIA | MO | 1981 | 8 |
| 72. | 2:44:21 | LOU FRITZ | (5) | 40 VERDON | NEBR | 1983 | 7 |
| 73. | 2:44:21 | LOU FRITZ | (6) | 39 VERDON | NEBR | 1982 | 7 |
| 74. | 2:44:24 | JON HERBERT | (6) | 34 SPRINGFIELD | MO | 1984 | 2 |
| 75. | 2:44:25 | LARRY ADUDEL | (2) | 29 BROKEN ARROW | COLO | 1974 | 3 |
| 76. | 2:44:30 | TIM HENDRICKS | (5) | 21 PERU | NEBR | 1967 | 2 |
| 77. | 2:44:32 | LOU FRITZ | (7) | 31 VERDON | NEBR | 1974 | 4 |
| 78. | 2:44:32 | RICK KATZ | (2) | 26 BOULDER | COLO | 1975 | 5 |
| 79. | 2:44:47 | MARK COWLEY | 20 | USAF ACADEMY | COLO | 1976 | 9 |
| 80. | 2:45:00 | TIM SCHMID | 22 | KANSAS CITY | MO | 1980 | 4 |
| 81. | 2:45:07 | ROBERT GOODRICH | 36 | JEFFERSON CITY | MO | 1981 | 9 |
| 82. | 2:45:11 | BILL FOX | (4) | 38 TARKIO | MO | 1980 | 5 |
| 83. | 2:45:28 | BEN WELCH | 25 | COLUMBIA | MO | 1979 | 8 |
| 84. | 2:45:36 | JON HERBERT | (7) | 28 SPRINGFIELD | MO | 1977 | 8 |
| 85. | 2:45:45 | TIM HENDRICKS | (6) | 23 PERU | NEBR | 1969 | 1 |
| 86. | 2:45:48 | IVAN TORRES | 22 | HUTCHINSON | KS | 1975 | 6 |
| 87. | 2:45:58 | TIM HENDRICKS | (7) | 31 PERU | NEBR | 1977 | 9 |
| 88. | 2:46:05 | CHARLIE SCHMID | 20 | KANSAS CITY | MO | 1976 | 10 |
| 89. | 2:46:07 | PHIL WIESER | | MINNEAPOLIS | MINN | 1966 | 6 |
| 90. | 2:46:10 | LOU FRITZ | (8) | 31 VERDON | NEBR | 1979 | 9 |

| | | | | | | | |
|------|---------|------------------|------|------------------|------|------|----|
| 91. | 2:46:11 | BOB WINCHELL | | 29 KIRKSVILLE | MO | 1978 | 7 |
| 92. | 2:46:15 | TIM HENDRICKS | (8) | 26 PERU | NEBR | 1972 | 1 |
| 93. | 2:46:19 | LARRY MCMAHON | | 33 ST. LOUIS | MO | 1984 | 3 |
| 94. | 2:46:22 | EARL EBLEN | (2) | 29 HUNTSVILLE | ALA | 1965 | 2 |
| 95. | 2:46:22 | DAVID ROTHLAUF | | 28 BURLINGTON | IOWA | 1980 | 6 |
| 96. | 2:46:34 | DRU DIXON | | 30 COLUMBIA | MO | 1983 | 8 |
| 97. | 2:46:36 | LOU FRITZ | (9) | 38 VERDON | NEBR | 1981 | 10 |
| 98. | 2:46:48 | CARL OWZARZAK | (2) | 26 KANSAS CITY | KS | 1967 | 3 |
| 99. | 2:46:54 | DICK HESSLER | (4) | 37 COLUMBIA | MO | 1978 | 8 |
| 100. | 2:46:55 | JIM GUINN | | 19 RAYTOWN | MO | 1981 | 11 |
| 101. | 2:46:59 | JOEL CAMBRON | | 23 COFFEEVILLE | KS | 1979 | 10 |
| 102. | 2:47:09 | LOU FRITZ | (10) | 25 VERDON | NEBR | 1968 | 4 |
| 103. | 2:47:10 | GREG CARLBERG | | 21 LINCOLN | NEBR | 1970 | 1 |
| 104. | 2:47:10 | KEN BEACH | | 28 KANSAS CITY | MO | 1980 | 7 |
| 105. | 2:47:11 | TIM HENDRICKS | (9) | 28 PERU | NEBR | 1974 | 5 |
| 106. | 2:47:20 | BILL FOX | (5) | 37 TARKIO | MO | 1979 | 11 |
| 107. | 2:47:18 | ROBERT ROSALES | (2) | 32 MARQUETTE | KS | 1974 | 6 |
| 108. | 2:47:19 | LOU FRITZ | (11) | 32 VERDON | NEBR | 1967 | 4 |
| 109. | 2:47:20 | BILL FOX | (6) | 34 TARKIO | MO | 1976 | 11 |
| 110. | 2:47:27 | RON DAWS | (3) | 27 MINNEAPOLIS | MINN | 1964 | 1 |
| 111. | 2:47:32 | BOB O'CONNELL | (3) | 31 COLUMBIA | MO | 1980 | 8 |
| 112. | 2:47:34 | DICK HESSLER | (5) | 33 COLUMBIA | MO | 1974 | 7 |
| 113. | 2:47:38 | RICK KATZ | (3) | 29 BOULDER | COLO | 1978 | 9 |
| 114. | 2:47:42 | TIM HENDRICKS | (10) | 25 PERU | NEBR | 1971 | 1 |
| 115. | 2:47:45 | MARK VOLEK | | 27 COLUMBIA | MO | 1982 | 8 |
| 116. | 2:47:46 | DICK HESSLER | (6) | 38 COLUMBIA | MO | 1979 | 12 |
| 117. | 2:47:57 | BILL FOX | (7) | 42 TARKIO | MO | 1984 | 4 |
| 118. | 2:47:58 | DAVID ROTHLAUF | (2) | 29 BURLINGTON | IOWA | 1981 | 12 |
| 119. | 2:47:59 | BILL FOX | (8) | 34 TARKIO | MO | 1977 | 10 |
| 120. | 2:48:00 | DAN HOXWORTH | (2) | 24 KANSAS CITY | MO | 1984 | 5 |
| 121. | 2:48:04 | LOU FRITZ | (12) | 37 VERDON | NEBR | 1980 | 9 |
| 122. | 2:48:05 | JIM NEVIACKAS | | 32 HARTSBURG | MO | 1979 | 13 |
| 123. | 2:48:09 | LOU COPPENS | | PHILADELPHIA | PENN | 1965 | 3 |
| 124. | 2:48:09 | BRIAN HARRINGTON | | 23 KILLEEN | TEX | 1969 | 2 |
| 125. | 2:48:17 | FRANK CUCOTTO | (4) | 27 KIRKWOOD | MO | 1980 | 10 |
| 126. | 2:48:32 | LOU FRITZ | (13) | 29 VERDON | NEBR | 1972 | 2 |
| 127. | 2:48:32 | JOE MARKS | | 42 COLUMBIA | MO | 1979 | 14 |
| 128. | 2:48:33 | CALDWELL | | 30 CIBECUE | AZ | 1981 | 13 |
| 129. | 2:48:41 | KEN BEACH | (2) | 29 RAYTOWN | MO | 1981 | 14 |
| 130. | 2:48:53 | NORM STEBBINS | | 36 COLUMBIA | MO | 1982 | 9 |
| 131. | 2:48:57 | MIKE CHAFFEE | | 32 LEAWOOD | KS | 1977 | 11 |
| 132. | 2:49:01 | DENNIS KATZER | | 20 NAPIER | NEBR | 1973 | 3 |
| 133. | 2:49:02 | LANNY ENDICOTT | | 32 TULSA | OKLA | 1976 | 12 |
| 134. | 2:49:10 | TIM HENDRICKS | (11) | 33 PERU | NEBR | 1979 | 15 |
| 135. | 2:49:10 | DANNY FISHER | | 18 MANHATTAN | KS | 1981 | 15 |
| 136. | 2:49:21 | TOM LAFONTAINE | (3) | 37 COLUMBIA | MO | 1984 | 6 |
| 137. | 2:49:30 | DICK HESSLER | (7) | 30 COLUMBIA | MO | 1980 | 11 |
| 138. | 2:49:37 | LOU FRITZ | (14) | 30 VERDON | NEBR | 1973 | 4 |
| 139. | 2:49:41 | ROBERT LOWE | | DENVER | COLO | 1966 | 7 |
| 140. | 2:49:44 | VIRGIL YEHNERT | | 38 AKRON | OHIO | 1967 | 5 |
| 141. | 2:49:50 | TOM COON | | 30 COLUMBIA | MO | 1984 | 7 |
| 142. | 2:49:55 | BEN LONDEREE | | 44 COLUMBIA | MO | 1978 | 10 |
| 143. | 2:49:56 | JOSEPH MEYER | | 24 EVANSVILLE | IND | 1983 | 9 |
| 144. | 2:49:57 | CARL OWZARZAK | (3) | 28 KANSAS CITY | KS | 1969 | 3 |
| 145. | 2:50:08 | RALPH ANIEVAS | | 21 FT. RILEY | KS | 1969 | 4 |
| 146. | 2:50:08 | SANDY LAWRENCE | | 26 COLUMBIA | MO | 1976 | 13 |
| 147. | 2:50:08 | JIM HYDE | | 37 SPRINGFIELD | MO | 1982 | 10 |
| 148. | 2:50:13 | VERNON DARLING | | 27 COLUMBIA | MO | 1983 | 10 |
| 149. | 2:50:25 | BOB WINCHELL | (2) | 28 KIRKSVILLE | MO | 1977 | 12 |
| 150. | 2:50:27 | CARL OWZARZAK | (4) | 25 KANSAS CITY | KS | 1966 | 8 |
| 151. | 2:50:27 | KARL NAYLOR | | 37 TOPEKA | KS | 1974 | 8 |
| 152. | 2:50:30 | LOU FRITZ | (15) | 26 VERDON | NEBR | 1969 | 5 |
| 153. | 2:50:48 | PAT LANIN | | ST. PAUL | MINN | 1967 | 6 |
| 154. | 2:50:55 | MARTIN SMITH | (2) | 27 CEDAR RAPIDS | IOWA | 1976 | 14 |
| 155. | 2:50:58 | SAM NESBIT | | 26 GRANITE CITY | ILL | 1984 | 8 |
| 156. | 2:51:08 | JOE DRUZCO | | 28 COLUMBIA | MO | 1978 | 11 |
| 157. | 2:51:10 | GENE SOMER | | 26 CURTIS | NEBR | 1966 | 9 |
| 158. | 2:51:12 | JIM MCFADDIN | | 33 FT. MADISON | IOWA | 1972 | 3 |
| 159. | 2:51:15 | TOM SNYDER | | 27 LINCOLN | NEBR | 1969 | 6 |
| 160. | 2:51:17 | DOUG BELLOWS | | 33 COLUMBIA | MO | 1980 | 12 |
| 161. | 2:51:21 | DENNIS KATZER | (2) | 29 NAPIERS | NEBR | 1972 | 4 |
| 162. | 2:51:25 | KIM PROCTOR | | 27 AUSTRALIA | | 1979 | 16 |
| 163. | 2:51:25 | DICK HESSLER | (8) | 42 COLUMBIA | MO | 1982 | 11 |
| 164. | 2:51:30 | BILL WIRTZ | | 21 ST. LOUIS | MO | 1968 | 5 |
| 165. | 2:51:30 | FRANK CUCOTTO | (5) | 23 KIRKWOOD | MO | 1977 | 14 |
| 166. | 2:51:33 | LOU FRITZ | (16) | 41 VERDON | NEBR | 1984 | 9 |
| 167. | 2:51:35 | STACEY COOKE | | 19 JUNCTION CITY | KS | 1976 | 15 |
| 168. | 2:51:57 | JAY BIRMINGHAM | | 21 DAYTON | OHIO | 1966 | 10 |
| 169. | 2:52:03 | MARK LANDRUM | | 38 COLUMBIA | MO | 1977 | 14 |
| 170. | 2:52:09 | JOE MARKS | (2) | 45 COLUMBIA | MO | 1982 | 12 |
| 171. | 2:52:10 | JOE MARKS | (3) | 44 COLUMBIA | MO | 1981 | 16 |
| 172. | 2:52:11 | JOHN SIEBEL | | 33 KIRKWOOD | MO | 1976 | 16 |
| 173. | 2:52:14 | AUGIE HIRT | | 21 MCPHERSON | KS | 1972 | 5 |
| 174. | 2:52:15 | DENTON CHILDS | (3) | 26 COLUMBIA | MO | 1976 | 17 |
| 175. | 2:52:19 | JOHN CARSTENS | | 30 GRANDVIEW | MO | 1983 | 11 |
| 176. | 2:52:20 | LOU FRITZ | (17) | 28 VERDON | NEBR | 1971 | 2 |
| 177. | 2:52:20 | KEN BEACH | (3) | 31 RAYTOWN | MO | 1983 | 12 |
| 178. | 2:52:22 | FRANK CUCOTTO | (6) | 27 KIRKWOOD | MO | 1981 | 17 |
| 179. | 2:52:27 | JOE DICKMAN | | 26 CLAYTON | MO | 1976 | 18 |
| 180. | 2:52:37 | STEVE THOMAS | | 30 EVANSVILLE | IND | 1981 | 18 |

| | | | | | | | |
|------|---------|---------------------|----|------------------|---------|------|----|
| 181. | 2:52:39 | ELLIOT EVANS | 19 | OMAHA | NEBR | 1966 | 11 |
| 182. | 2:52:40 | KEN GEEST | 21 | KANSAS CITY | MO | 1974 | 8 |
| 183. | 2:52:41 | MICHEAL MURRAY | 35 | ST. LOUIS | MO | 1978 | 12 |
| 184. | 2:52:58 | NORM STEBBINS (2) | 38 | COLUMBIA | MO | 1984 | 10 |
| 185. | 2:53:00 | DON TODARO | 19 | ST. LOUIS | MO | 1971 | 3 |
| 186. | 2:53:02 | RICK CARACCILO | 18 | VALLEY | NEBR | 1974 | 10 |
| 187. | 2:53:03 | RICH TODD | 28 | FT. LEONARDWOOD | MO | 1975 | 8 |
| 188. | 2:53:09 | BOB PELIKAN | 19 | ST. LOUIS | MO | 1971 | 4 |
| 189. | 2:53:12 | REX FRAZER | 42 | FT. LEONARDWOOD | MO | 1974 | 11 |
| 190. | 2:53:16 | PAUL BROWN | 29 | UNIVERSITY CITY | MO | 1984 | 11 |
| 191. | 2:53:33 | ALEX RATELLE | 44 | MINNEAPOLIS | MINN | 1969 | 8 |
| 192. | 2:53:35 | JACK MAHURIN | | WASHINGTON | OHIO | 1966 | 13 |
| 193. | 2:53:37 | BOB POTTER | 37 | JUNCTION CITY | KS | 1976 | 19 |
| 194. | 2:53:43 | DAVID MOUNTJOY | 30 | COLUMBIA | MO | 1984 | 12 |
| 195. | 2:53:46 | LELAND MCRRARY | 27 | FLORISSANT | MO | 1975 | 9 |
| 196. | 2:53:58 | WAYNE HOBELMANN | 44 | KANSAS CITY | MO | 1983 | 13 |
| 197. | 2:54:00 | CARL GANS | 20 | KIRKWOOD | MO | 1967 | 7 |
| 198. | 2:54:00 | THOM WILKINS | 28 | KANSAS CITY | MO | 1974 | 12 |
| 199. | 2:54:07 | JOHN ROSE | 28 | LACROSSE | KS | 1966 | 14 |
| 190. | 2:54:29 | GARY SMITH | 34 | HOUSTON | MO | 1980 | 14 |
| 200. | 2:54:46 | STAN MCQUINN | 30 | COLUMBIA | MO | 1983 | 14 |
| 201. | 2:54:49 | ROBERT HUGHES | 35 | LAWRENCE | KS | 1977 | 16 |
| 202. | 2:54:53 | STEVE THOMAS (2) | 31 | EVANSVILLE | IND | 1982 | 13 |
| 203. | 2:55:11 | TIM BUTLER | 25 | COLUMBIA | MO | 1984 | 13 |
| 204. | 2:55:11 | BILL FOX (9) | 39 | TARKIO | MO | 1981 | 19 |
| 205. | 2:55:19 | DON GRANBERG | 32 | COLUMBIA | MO | 1974 | 14 |
| 206. | 2:55:24 | JOHN MILLER | 20 | OAK CREEK | MO | 1976 | 21 |
| 207. | 2:55:34 | DAVID DOBKOWSKI | 26 | EDWARDSVILLE | ILL | 1984 | 14 |
| 208. | 2:55:40 | LEONARD KUPER SMITH | 34 | WICHITA | KS | 1981 | 20 |
| 209. | 2:55:41 | BON HUNERDOSSE | 24 | MACON | MO | 1971 | 5 |
| 210. | 2:55:44 | GALE CARMAN | 35 | COLUMBIA | MO | 1982 | 14 |
| 211. | 2:55:45 | JOEL RABDAU | 40 | CREVE COEUR | MO | 1975 | 11 |
| 212. | 2:55:48 | COURTNEY JONES | 33 | KIRKWOOD | MO | 1978 | 13 |
| 213. | 2:55:52 | DARELL STEINHOFF | 16 | CAPE GIRARDEAU | MO | 1974 | 16 |
| 214. | 2:55:58 | MIKE WHEELER | 27 | KANSAS CITY | MO | 1978 | 14 |
| 215. | 2:56:04 | JOE MARKS (4) | 46 | COLUMBIA | MO | 1983 | 15 |
| 216. | 2:56:07 | MIKE GREEN | 38 | BOWLING GREEN | MO | 1982 | 15 |
| 217. | 2:56:09 | BRUCE MAXEY | 24 | MEXICO | MO | 1980 | 16 |
| 218. | 2:56:27 | JOHN ROSE | | LACROSSE | KS | 1963 | 1 |
| 219. | 2:56:36 | JAMES VEDDER | 26 | MADISON | WISC | 1967 | 9 |
| 220. | 2:56:44 | JOSEPH MEYER | 22 | EVANSVILLE | IND | 1981 | 21 |
| 221. | 2:57:01 | JOSEPH MEYER (2) | 23 | EVANSVILLE | IND | 1982 | 16 |
| 222. | 2:57:07 | GARY ORINGDERFF | 25 | COLUMBIA | MO | 1983 | 16 |
| 223. | 2:57:17 | COBB YOUNG | 26 | SPRINGFIELD | MO | 1979 | 19 |
| 224. | 2:57:21 | DON NEWTON | 49 | SPRINGFIELD | MO | 1981 | 24 |
| 225. | 2:57:25 | BOB MOHLER | | WICHITA | KS | 1966 | 16 |
| 226. | 2:57:31 | JIM TWEEDIE | 30 | COLUMBIA | MO | 1980 | 17 |
| 227. | 2:57:33 | DALE NIELSEN | 25 | BRAINERD | NEBR | 1984 | 15 |
| 228. | 2:57:39 | ARNE RICHARDS | 32 | MANHATTAN | KS | 1965 | 5 |
| 229. | 2:57:57 | STEVE ANDES | 31 | ST. LOUIS | MO | 1977 | 18 |
| 230. | 2:58:03 | JOHN GRUNDY | | YORKSHIRE | ENGLAND | 1963 | 2 |
| 231. | 2:58:07 | DEAN NEAL | 26 | SUCCESS | MO | 1974 | 20 |
| 232. | 2:58:21 | FRANK NUENER | 32 | BALLWIN | MO | 1976 | 25 |
| 233. | 2:58:22 | CHARLES SAYWARD | | LINCOLN | NEBR | 1968 | 9 |
| 234. | 2:58:23 | LOUIS NAEGER | 19 | STE. GENEVIEVE | MO | 1968 | 10 |
| 235. | 2:58:23 | JIM CONAWAY | 18 | KANSAS CITY | MO | 1973 | 7 |
| 236. | 2:58:41 | MICHEAL KELTY | 23 | CAPE GIRARDEAU | MO | 1981 | 25 |
| 237. | 2:59:01 | DAN KACPROWICZ | 22 | SPRINGFIELD | MO | 1973 | 8 |
| 238. | 2:59:02 | HENRY SHAWNEE | | WEATHERFOLK | OKLA | 1970 | 2 |
| 239. | 2:59:03 | JULIAN SCOTT | | MINNEAPOLIS | MINN | 1967 | 10 |
| 240. | 2:59:05 | THOMAS HYDE | 35 | TOWN AND COUNTRY | MO | 1984 | 16 |
| 241. | 2:59:06 | RONALD GARAFALO | 31 | FARMINGTON | MO | 1981 | 26 |
| 242. | 2:59:09 | JOE RICE | 23 | KANSAS CITY | MO | 1978 | 18 |
| 243. | 2:59:10 | DAVID CRAYCRAFT | 21 | KANSAS CITY | MO | 1976 | 26 |
| 244. | 2:59:13 | JACK GOLIKAMP | 34 | ST. CHARLES | MO | 1983 | 17 |
| 245. | 2:59:14 | BILL GOLDKAMP | 32 | FLORISSANT | MO | 1984 | 18 |
| 246. | 2:59:19 | JERRY KOKESH | 26 | MANCHESTER | MO | 1976 | 27 |
| 247. | 2:59:24 | MIKE BURNS | 31 | WICHITA | KS | 1981 | 27 |
| 248. | 2:59:33 | JOHNNIE HURST | 26 | ST. LOUIS | MO | 1976 | 28 |
| 249. | 2:59:35 | BILLY SMITH | 33 | LIBERTY | MO | 1981 | 28 |
| 250. | 2:59:36 | TOM FINDLEY | | COLUMBUS | OHIO | 1967 | 12 |
| 251. | 2:59:40 | NORM COLTER | 47 | VALLEY PARK | MO | 1978 | 20 |
| 252. | 2:59:40 | JIM SCHUTT | 40 | CALIFORNIA | MO | 1979 | 22 |
| 253. | 2:59:40 | DAVID JOHNS | 26 | COLUMBIA | MO | 1982 | 17 |
| 254. | 2:59:46 | ALAN KLIEN | 24 | ALMA | MO | 1974 | 21 |
| 255. | 2:59:53 | DICK BABCOCK | 40 | SPRINGFIELD | MO | 1982 | 18 |
| 256. | 2:59:53 | LARRY SWANSON | 26 | LOVES PARK | ILL | 1977 | 22 |
| 257. | 3:00:00 | DICK SWANSON | 34 | COLUMBIA | MO | 1981 | 29 |

HEART OF AMERICA MARATHON
 AI SUB 5:00 PERFORMANCES--FEMALE
 1962 - 1984

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| | | | | | | |
|-----|---------|---------------------|----|---------------|------|------|
| 1. | 3:00:07 | LIZ BULMAN | 23 | COLUMBIA | MO | 1982 |
| 2. | 3:05:05 | DEBBIE HOXWORTH | 25 | COLUMBIA | MO | 1983 |
| 3. | 3:07:17 | WENDY THOMAS | 29 | EVANSVILLE | IND | 1981 |
| 4. | 3:09:21 | JOAN HIRT | 24 | COLUMBIA | MO | 1977 |
| 5. | 3:11:48 | DEBBIE HOXWORTH (2) | 23 | COLUMBIA | MO | 1981 |
| 6. | 3:23:44 | DEBBIE HOXWORTH (3) | 22 | COLUMBIA | MO | 1980 |
| 7. | 3:25:45 | DEBBIE HOXWORTH (4) | 26 | BOULDER | COLO | 1984 |
| 8. | 3:26:08 | CHRIS RUBLE | 30 | COLUMBIA | MO | 1984 |
| 9. | 3:27:38 | JILL STALHUT MURPHY | 25 | FULTON | MO | 1983 |
| 10. | 3:27:38 | CHRIS RUBLE (2) | 29 | COLUMBIA | MO | 1983 |
| 11. | 3:30:05 | BERNADETTE GERKE | 25 | PILOT GROVE | MO | 1984 |
| 12. | 3:32:35 | SUSAN MATTHEWS | 26 | COLUMBIA | MO | 1983 |
| 13. | 3:34:47 | CHRIS RUBLE (3) | 28 | COLUMBIA | MO | 1982 |
| 14. | 3:34:47 | JILL STALHUT (2) | 24 | COLUMBIA | MO | 1982 |
| 15. | 3:36:21 | SUSAN MOKHTARI | 29 | COLUMBIA | MO | 1983 |
| 16. | 3:37:16 | SUSAN MATTHEWS (2) | 25 | COLUMBIA | MO | 1982 |
| 17. | 3:37:41 | NORMA COUSIN | 29 | GRINNELL | IOWA | 1978 |
| 18. | 3:40:36 | PENNY GALLOGLY | 34 | SHREWSBURY | MO | 1981 |
| 19. | 3:40:42 | LIZ EPFLE | 26 | COLUMBIA | MO | 1984 |
| 20. | 3:43:15 | CAROL SPIELMAN | 31 | CLEARWATER | FLA | 1981 |
| 21. | 3:43:50 | PENNY GALLOGLY (2) | 35 | ST. LOUIS | MO | 1982 |
| 22. | 3:44:03 | BEVERLY HEAFLING | 24 | SHAWNEE | KS | 1981 |
| 23. | 3:44:17 | MARION KULICK | 24 | SPRINGFIELD | MO | 1977 |
| 24. | 3:44:43 | SUSAN SPEVAK | 33 | SKOKIE | ILL | 1978 |
| 25. | 3:45:47 | PAIGE BUTLER | 20 | COLUMBIA | MO | 1979 |
| 26. | 3:47:50 | SHARON NELSON | 22 | COLUMBIA | MO | 1979 |
| 27. | 3:47:59 | CAROLYN WILSON | 44 | ST. LOUIS | MO | 1982 |
| 28. | 3:51:51 | DIANE BUSENBARK | 19 | FLAT RIVER | MO | 1980 |
| 29. | 3:54:51 | SHERRY MARCH | 42 | HALE | MO | 1982 |
| 30. | 3:56:02 | SUSAN MATTHEWS (3) | 23 | COLUMBIA | MO | 1981 |
| 31. | 3:56:25 | CHRIS RUBLE (4) | 27 | COLUMBIA | MO | 1981 |
| 32. | 3:57:07 | NORMA COUSIN (2) | 28 | GRINNELL | IOWA | 1977 |
| 33. | 3:57:40 | SUE HADEN | 41 | LADUE | MO | 1982 |
| 34. | 3:58:30 | PAIGE BUTLER (2) | 19 | COLUMBIA | MO | 1978 |
| 35. | 3:59:33 | RHONDA THOMAS | 29 | COLUMBIA | MO | 1977 |
| 36. | 3:59:45 | ANNE SEARS | 22 | COLUMBIA | MO | 1984 |
| 37. | 4:00:56 | ELAINE SLEPER | 38 | COLUMBIA | MO | 1983 |
| 38. | 4:03:00 | MARCIA NOXON | 38 | COLUMBIA | MO | 1980 |
| 39. | 4:03:57 | ANN HENSARLING | 24 | COLUMBIA | MO | 1983 |
| 40. | 4:05:04 | TRACY COX | 17 | COLUMBIA | MO | 1983 |
| 41. | 4:06:13 | PATRICIA BOWMAN | 29 | COLUMBIA | MO | 1979 |
| 42. | 4:06:40 | MARY ANN SLIVINSKY | 40 | COLUMBIA | MO | 1981 |
| 43. | 4:06:59 | ELAINE SLEPER (2) | 35 | COLUMBIA | MO | 1980 |
| 44. | 4:07:49 | MARY SLIVINSKY (2) | 39 | COLUMBIA | MO | 1980 |
| 45. | 4:08:22 | MARY SLIVINSKY (3) | 42 | COLUMBIA | MO | 1983 |
| 46. | 4:12:04 | MARY ELSEA | 21 | COLUMBIA | MO | 1983 |
| 47. | 4:12:06 | KAREN ROLPH | 21 | COLUMBIA | MO | 1983 |
| 48. | 4:12:40 | SUSAN PETERS | 37 | MADISON | WISC | 1980 |
| 49. | 4:18:33 | GAIL KONAGABLE | 24 | COLUMBIA | MO | 1978 |
| 50. | 4:22:53 | ELAINE MENKE | 29 | COLUMBIA | MO | 1980 |
| 51. | 4:24:00 | DIANE BUSENBARK (2) | 18 | COLUMBIA | MO | 1979 |
| 52. | 4:26:28 | DONNA HALEY | 34 | COLUMBIA | MO | 1983 |
| 53. | 4:34:28 | MARSHA WIESS | 24 | COLUMBIA | MO | 1974 |
| 54. | 4:40:18 | KATHY WERP | 19 | MADISON HTS | MICH | 1981 |
| 55. | 4:40:21 | CATHY RUSSELL | 26 | WEST PLAINS | MO | 1975 |
| 56. | 4:45:38 | KATHY PHELPS | 15 | TOPEKA | KS | 1970 |
| 57. | 4:51:49 | JILL BRAKE | 33 | OVERLAND PARK | KS | 1978 |
| 58. | 4:53:04 | GABRIELE WARRINGTON | 11 | KANSAS CITY | MO | 1976 |
| 59. | 4:54:45 | MARY GATE FLENTGE | 18 | COLUMBIA | MO | 1979 |
| 60. | 4:57:49 | JENNY MOORER | 25 | COLUMBIA | MO | 1983 |

ALL SUB 3:30 PERFORMANCES -- AGE 40 AND OVER
 1962 - 1984

| | | | | | | |
|-----|---------|-------------------|----|-----------------|------|------|
| 1. | 2:36:07 | ROGER ROULLIER | 41 | ROMEDEVILLE | ILL | 1979 |
| 2. | 2:42:46 | BILL FOX | 41 | TARKIO | MO | 1983 |
| 3. | 2:43:46 | BILL FOX (2) | 40 | TARKIO | MO | 1982 |
| 4. | 2:44:09 | DICK HESSLER | 40 | COLUMBIA | MO | 1981 |
| 5. | 2:44:20 | LOU FRITZ | 40 | VERDON | NEB | 1983 |
| 6. | 2:47:57 | BILL FOX (3) | 42 | TARKIO | MO | 1984 |
| 7. | 2:48:32 | JOE MARKS | 42 | COLUMBIA | MO | 1979 |
| 8. | 2:49:55 | BEN LONDEREE | 44 | COLUMBIA | MO | 1978 |
| 9. | 2:51:25 | DICK HESSLER (2) | 42 | COLUMBIA | MO | 1982 |
| 10. | 2:51:33 | LOU FRITZ (2) | 41 | VERDON | NEB | 1984 |
| 11. | 2:52:09 | JOE MARKS (2) | 45 | COLUMBIA | MO | 1982 |
| 12. | 2:52:10 | JOE MARKS (3) | 44 | COLUMBIA | MO | 1981 |
| 13. | 2:53:12 | REX FRAZIER | 42 | FT. LEONARDWOOD | MO | 1974 |
| 14. | 2:53:33 | ALEX RATTELLE | 44 | MINNEAPOLIS | MINN | 1969 |
| 15. | 2:53:58 | WAYNE HOBELMANN | 44 | KANSAS CITY | MO | 1983 |
| 16. | 2:54:40 | ALEX RATTELLE (2) | 50 | MINNEAPOLIS | MINN | 1975 |
| 17. | 2:55:44 | ALEX RATTELLE (3) | 48 | MINNEAPOLIS | MINN | 1973 |
| 18. | 2:55:45 | JOEL RABDAU | 40 | | | 1975 |
| 19. | 2:55:46 | JOEL RABDAU (2) | 41 | | | 1976 |
| 20. | 2:56:04 | JOE MARKS (4) | 46 | COLUMBIA | MO | 1983 |
| 21. | 2:56:50 | BEN LONDEREE (2) | 40 | COLUMBIA | MO | 1974 |
| 22. | 2:57:17 | BEN LONDEREE (3) | 47 | COLUMBIA | MO | 1981 |
| 23. | 2:57:21 | DON NEWTON | 49 | SPRINGFIELD | MO | 1981 |
| 24. | 2:57:24 | ALEX RATTELLE (4) | 47 | MINNEAPOLIS | MINN | 1972 |
| 25. | 2:57:27 | ALEX RATTELLE (5) | 43 | MINNEAPOLIS | MINN | 1968 |
| 26. | 2:57:51 | JOE MARKS (5) | 41 | COLUMBIA | MO | 1978 |
| 27. | 2:59:16 | ARNE RICHARDS | 45 | MANHATTEN | KS | 1978 |
| 28. | 2:59:31 | JOEL RABDAU (3) | 42 | | | 1978 |
| 29. | 2:59:40 | NORM COLTER | 47 | VALLEY PARK | MO | 1978 |
| 30. | 2:59:40 | JIM SCHUTT | 40 | CALIFORNIA | MO | 1979 |
| 31. | 2:59:53 | DICK BABCOCK | 40 | SPRINGFIELD | MO | 1982 |
| 32. | 2:59:55 | REX FRAZER (2) | 44 | FT. LEONARDWOOD | MO | 1976 |
| 33. | 3:00:03 | NORM COLTER (2) | 46 | VALLEY PARK | MO | 1977 |
| 34. | 3:00:56 | ARNE RICHARDS (2) | 43 | MANHATTAN | KS | 1975 |
| 35. | 3:01:09 | DICK MADSEN | 41 | COLUMBIA | MO | 1983 |

| | | | | | | |
|------|---------|-------------------|-----|--------------------|--------|------|
| 36. | 3:01:27 | ARNE RICHARDS | (3) | 44 MANHATTAN | KS | 1976 |
| 37. | 3:01:28 | JIM SCHUTT | (2) | 41 CALIFORNIA | MO | 1979 |
| 38. | 3:02:04 | WAYNE YOUNCE | | 46 WICHITA | KS | 1978 |
| 39. | 3:02:12 | MARVIN ODNEAL | | 41 COLUMBIA | MO | 1984 |
| 40. | 3:02:19 | OLEN BROWN | | 44 COLUMBIA | MO | 1979 |
| 41. | 3:02:30 | WHITNEY HICKS | | 40 COLUMBIA | MO | 1975 |
| 42. | 3:02:30 | OLEN BROWN | (2) | 43 COLUMBIA | MO | 1978 |
| 43. | 3:02:50 | ARNE RICHARDS | (4) | 40 MANHATTAN | KS | 1973 |
| 44. | 3:03:46 | ALEX RATTELLE | (6) | 46 MINNEAPOLIS | MINN | 1971 |
| 45. | 3:04:56 | DICK MADSEN | (2) | 40 COLUMBIA | MO | 1982 |
| 46. | 3:05:24 | DEAN BAXTER | | 46 COLUMBIA | MO | 1982 |
| 47. | 3:05:32 | BEN LUEBBERING | | 46 JEFFERSON CITY | MO | 1981 |
| 48. | 3:05:52 | JOE GOLDFARB | | 42 COLUMBIA | MO | 1982 |
| 49. | 3:06:21 | ARNE RICHARDS | (5) | 41 MANHATTAN | KS | 1974 |
| 50. | 3:06:44 | LARRY LEWIS | | 50 WARRENSBURG | MO | 1984 |
| 51. | 3:07:04 | MIKE GREEN | | 40 BOWLING GREEN | MO | 1984 |
| 52. | 3:07:07 | R.H. MAHONEY | | 54 SPRINGFIELD | MO | 1981 |
| 53. | 3:07:30 | OLEN BROWN | (3) | 42 COLUMBIA | MO | 1977 |
| 54. | 3:07:35 | OLEN BROWN | (4) | 45 COLUMBIA | MO | 1980 |
| 55. | 3:08:13 | LARRY LEWIS | | 46 WARRENSBURG | MO | 1981 |
| 56. | 3:08:22 | JAY CLARK | | 40 HONOLULU | HAWAII | 1975 |
| 57. | 3:08:30 | ARNE RICHARDS | (6) | 44 MANHATTAN | KS | 1977 |
| 58. | 3:09:00 | REX FRAZER | (3) | 43 FT. LEONARDWOOD | MO | 1975 |
| 59. | 3:09:05 | FRED FRITSCH | | 45 COLUMBIA | MO | 1981 |
| 60. | 3:10:11 | DICK MARTIN | | 46 COLUMBIA | MO | 1981 |
| 61. | 3:10:20 | TOM KEMPF | | 48 BARTLESVILLE | OKLA | 1972 |
| 62. | 3:10:33 | WAYNE OLSON | | 40 ST. CHARLES | MO | 1983 |
| 63. | 3:10:38 | WAYNE OLSON | (2) | 41 ST. CHARLES | MO | 1984 |
| 64. | 3:10:46 | DAVID CUNDIFF | | 44 HATTIESBURG | MISS | 1982 |
| 65. | 3:10:56 | ERIC BENGSTON | | 40 SWEDEN | | 1978 |
| 66. | 3:10:59 | WAYNE OLSON | (3) | 40 ST. CHARLES | MO | 1982 |
| 67. | 3:11:55 | ROBERT SCHMITT | | 42 DODGE CITY | KS | 1973 |
| 68. | 3:12:39 | ROBERT SCHMITT | (2) | 41 DODGE CITY | KS | 1972 |
| 69. | 3:13:11 | JIM BUCKLEY | | 48 OVERLAND PARK | KS | 1980 |
| 70. | 3:13:13 | DICK MADSEN | (3) | 42 COLUMBIA | MO | 1984 |
| 71. | 3:13:32 | ALAN SMITH | | 45 COLUMBIA | MO | 1978 |
| 72. | 3:13:50 | BOB CHAPIN | | 47 INDEPENDENCE | MO | 1979 |
| 73. | 3:13:58 | BEN LUEBBERING | (2) | 46 JEFFERSON CITY | MO | 1980 |
| 74. | 3:14:08 | ROBERT BISH | | 43 OKLAHOMA CITY | OK | 1982 |
| 75. | 3:14:42 | A.R. POSEY | | 42 ENID | OK | 1978 |
| 76. | 3:14:39 | HAL HIGDON | (2) | 53 MICHIGAN CITY | IND | 1984 |
| 77. | 3:15:21 | PETER BUTLER | | 49 ST. PAUL | MINN | 1981 |
| 78. | 3:15:41 | ALLEN SMITH | (2) | 47 COLUMBIA | MO | 1980 |
| 79. | 3:15:43 | DENNIS HALL | | 43 LACOMA | MO | 1982 |
| 80. | 3:16:00 | ALLEN SMITH | (3) | 44 COLUMBIA | MO | 1977 |
| 81. | 3:16:18 | FRANK FILES | | 48 ST. LOUIS | MO | 1984 |
| 82. | 3:17:32 | WILLIAM ANDBERG | | 57 ANOKA | MINN | 1968 |
| 83. | 3:17:54 | BILL WIECEK | | 41 COLUMBIA | MO | 1979 |
| 84. | 3:18:09 | JOE GOLDFARB | (2) | 41 COLUMBIA | MO | 1981 |
| 85. | 3:18:15 | JOSEPH HOYT | | 42 FT. LEAVENWORTH | KS | 1974 |
| 86. | 3:18:20 | DEAN BAXTER | (2) | 45 COLUMBIA | MO | 1981 |
| 87. | 3:19:09 | REX FRAZER | (4) | 41 FT. LEONARDWOOD | MO | 1973 |
| 88. | 3:19:17 | JIM BUCKLEY | (2) | 47 OVERLAND PARK | KS | 1979 |
| 89. | 3:19:48 | DENNIS HALL | (2) | 42 LECOMA | MO | 1981 |
| 90. | 3:19:20 | MIKE SHIFMAN | | 46 KANSAS CITY | MO | 1984 |
| 91. | 3:20:09 | ALEX RATTELLE | (7) | 42 MINNEAPOLIS | MINN | 1967 |
| 92. | 3:20:16 | CARL GLADSTONE | | 43 NEW HAMPTON | MO | 1978 |
| 93. | 3:20:22 | JOE GOLDFARB | (3) | 44 COLUMBIA | MO | 1984 |
| 94. | 3:20:37 | MIKE SHIFMAN | (2) | 45 KANSAS CITY | MO | 1983 |
| 95. | 3:20:38 | JERRY WITHERSPOON | | 42 BLUE SPRINGS | MO | 1977 |
| 96. | 3:21:46 | DON JOHNSON | | 50 CENTRALIA | MO | 1978 |
| 97. | 3:22:05 | MARVIN ODNEAL | | 40 COLUMBIA | MO | 1983 |
| 98. | 3:22:14 | DON JOHNSON | (2) | 51 CENTRALIA | MO | 1979 |
| 99. | 3:22:51 | SHEP FUNDERBURK | | 42 COLUMBIA | MO | 1984 |
| 100. | 3:22:55 | TED HARRIS | | 45 BRIDGETON | MO | 1980 |
| 101. | 3:23:11 | TED HARRIS | (2) | 46 COLUMBIA | MO | 1981 |
| 102. | 3:23:24 | JIM SOWASH | | 42 COLUMBIA | MO | 1981 |
| 103. | 3:23:47 | JOHN EWERS | | 43 KIRKSVILLE | MO | 1978 |
| 104. | 3:24:23 | DON JOHNSON | (3) | 53 CENTRALIA | MO | 1981 |
| 105. | 3:24:36 | ROBERT FANCHER | | 41 NEW BADEN | ILL | 1981 |
| 106. | 3:25:05 | THOMAS WOLF | | 51 RICHLAND | IOWA | 1978 |
| 107. | 3:25:12 | DON JOHNSON | (4) | 54 CENTRALIA | MO | 1982 |
| 108. | 3:25:14 | THOMAS ALLEN | | 42 COLUMBIA | MO | 1984 |
| 109. | 3:25:33 | JIM BUCKLEY | (3) | 49 OVERLAND PARK | KS | 1981 |
| 110. | 3:25:54 | DEAN BAXTER | (3) | 48 COLUMBIA | MO | 1984 |
| 111. | 3:25:58 | ELMER SCHLEMPER | | 43 COLUMBIA | MO | 1982 |
| 112. | 3:25:58 | LELAND PFEFER | | 42 COLUMBIA | MO | 1980 |
| 113. | 3:26:28 | ALEX RATTELLE | (8) | 45 MINNEAPOLIS | MINN | 1977 |
| 114. | 3:26:51 | DOUGLAS BAY | | 41 ST. LOUIS | MO | 1983 |
| 115. | 3:26:58 | JOE DUNCAN | | 40 COLUMBIA | MO | 1974 |
| 116. | 3:27:06 | WILLIAM ANDBERG | (2) | 56 ANOKA | MINN | 1967 |
| 117. | 3:27:13 | SAM STOUT | | 41 COLUMBIA | MO | 1984 |
| 118. | 3:27:17 | DON JOHNSON | (4) | 55 CENTRALIA | MO | 1983 |
| 119. | 3:27:34 | MARVIN PATTERSON | | 42 COLUMBIA | MO | 1978 |
| 120. | 3:27:36 | RAY LOAN | | 46 COLUMBIA | MO | 1977 |
| 123. | 3:28:16 | STEVEN PETH | | 45 COLUMBIA | MO | 1980 |
| 124. | 3:28:02 | NICK PECKHAM | | 44 COLUMBIA | MO | 1984 |
| 125. | 3:28:19 | HOWARD JENNEY | | 51 JEFFERSON CITY | MO | 1980 |
| 126. | 3:28:41 | MARTIN BAUER | | 42 ST. LOUIS | MO | 1983 |
| 127. | 3:28:48 | REX FRAZER | (5) | 48 FT. LEONARDWOOD | MO | 1980 |
| 128. | 3:29:04 | LARRY BENTLEY | | 41 BAYTESVILLE | ARK | 1980 |
| 129. | 3:29:12 | DOUGLAS BAY | | 40 ST. LOUIS | MO | 1982 |
| 130. | 3:29:17 | RAY LOAN | (2) | 45 COLUMBIA | MO | 1976 |
| 131. | 3:29:18 | CHARLES LENAUE | | 44 COLUMBIA | MO | 1981 |
| 132. | 3:29:18 | LELAND PFEFER | (2) | 46 COLUMBIA | MO | 1981 |
| 133. | 3:29:40 | CHARLES LENAUE | (2) | 41 COLUMBIA | MO | 1978 |
| 134. | 3:29:45 | LELAND PFEFER | (3) | 46 COLUMBIA | MO | 1978 |
| 135. | 3:29:58 | DON WALTMAN | | 48 LOUISIANA | MO | 1983 |

CHANNEL 8K

8:00 a.m.
Sunday, October 13, 1985
Faurot Field
Columbia, Missouri

GENERAL INFORMATION

Entry Fee (payable to "8K-Columbia Track Club)

\$7.00 OPTION (Available to Oct. 9, 1985)
Entry fee includes:

- Long sleeve crew neck shirt of 100% cotton
- Results published in Columbia Missourian
- Plenty of PEPSI after the race

\$5.00 OPTION

Entry fee includes:

- Gift certificate worth \$3.00 at D's-Sport
- Results published in Columbia Missourian
- Plenty of PEPSI after the race.

(Register under this option until 30 minutes before Race Time)

Your registration will be acknowledged by mail. Be sure that the enclosed race number is completed. It must be worn on your chest during the race. If the \$5 option is selected a gift certificate from D's Sport will be included. If the \$7 option is selected long sleeve shirts may be picked up after the race.

Co-Sponsored by:
Boone County National Banks
Boone Hospital Center
Columbia Missourian
D's Sport Store

RACE DIRECTOR
DON LEWIS
(314) 874-1034

SCHEDULE

Saturday, October 12, 1985

Noon to 6:00 p.m.

Late Registration and
Shirt pickup at **CAMPUS
INN**; Stadium Drive, Columbia

Sunday, October 13, 1985

6:45 a.m. to 7:30 a.m.

late Registration at
Faurot Field parking lot, west
corner of Stadium & Providence.

8 KILOMETER RACE (45 yds. short of 5 miles)

- Fast, flat course along Stadium, Broadway, through the University campus, finishing in the football stadium.
- Cool PEPSI & water after the race
- Plaques for Top 3 Finishers in all age divisions — wheel chair division & for the oldest finishers.

AWARDS PRESENTATION

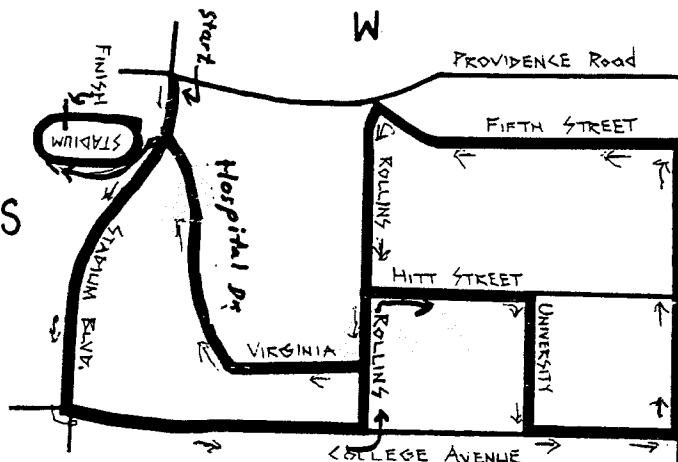
10:00 a.m. Faurot Field

Male/female,
Special Trophy
For Top Male
& Female Finisher

11 & younger
12-14
15-19
20-29
30-39
40-49
50-59
60+



RACE DIRECTOR
DON LEWIS
(314) 874-1034



Boone County National Bank



**DSPORT
SHOP**

**Columbia
Missourian**

MAIL COMPLETED FORM & CHECK TO:
8K - Columbia Track Club
P.O. Box 1385, Columbia, MO 65205
Please fill out completely

RACE REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Daytime phone () _____ Night phone () _____

RELEASE:

In consideration of the foregoing, I, for myself, my executors, administrators and assignees, do hereby release and discharge the University of Missouri, KOMU-TV, Columbia Track Club, Shelter Insurance Companies, and Columbia Parks and Recreation from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event.

I agree to follow all the rules of this race and permit myself to be removed from competition if in the opinion of the run's medical personnel my continuing would endanger my health.

Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatever.

(Caution: Competing in this event could affect college or high school eligibility. Check with your coach.)

Signature _____

Date _____

Parent's Signature if Under 18 _____

Date _____

Fill in all items below

Sex: Male _____ Female _____

Age or Race Day _____

\$7 Fee Option _____
100% cotton long sleeve shirt

S — M —

L — XL —

(When in doubt order larger size)

\$5 fee option _____

\$3 Gift Certificate from D's Sport will be mailed with official race number.

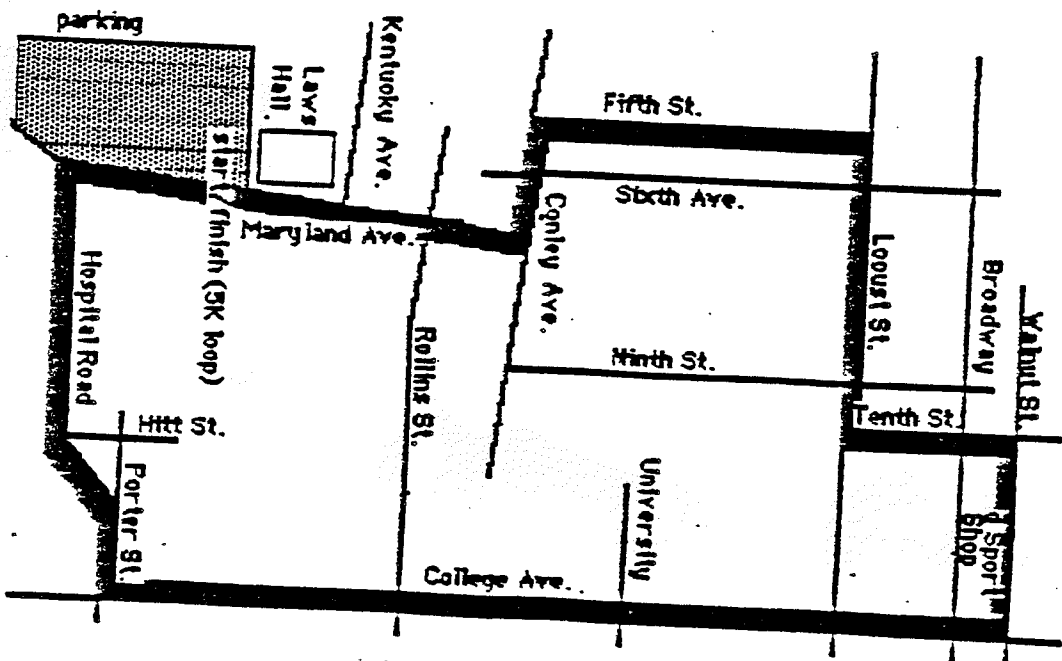
STEVE HELMICK
MEMORIAL RUN - 5K, 10K & 15K

PAGE 14

FOR MS

SPONSORED BY Coca-Cola d Sport

COORDINATED BY THE COLUMBIA TRACK CLUB



STEVE HELMICK MEMORIAL RUN
for MULTIPLE SCLEROSIS

5k, 10k & 15k

Sunday, November 10, 1985

8:30 a.m.

Laws Hall, UMC

\$10 Entry Fee or \$20 Pledges

T-shirts, Medals & Awards!

Coordinated by the
Columbia Track Club

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

or
Register the day of the Run

ENTRY FORM

STEVE HELMICK
MEMORIAL RUN FOR MS

SUNDAY, NOVEMBER 10, 1985 8:30 AM
REGISTRATION 7-8:30 AM

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

For official use only

Number _____

Time _____

Amount turned in _____

Shirt Size
Small Medium Large XL

Please check your choice of participations:

- ☐ \$10 day of the Run
☐ \$10 honorary participation
☐ I am turning in a minimum of \$20 in pledges today.

Chosen Course:

☐ 5k ☐ 10K ☐ 15K

Last Name First Middle Initial Age

Address Phone

City State Zip Club Affiliation

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

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

PRIZES

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

physically handicapped

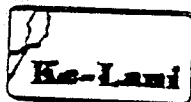
aged 9 & under
10-19
20-29
30-39
40-49
50-59
60 & over

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

The sponsors, Columbia Track Club and the MS Society, Mid-Missouri Chapter, dedicate this Run to Steve Helmick. A member of the Columbia Track Club, Steve died in an automobile accident in 1983.



Sponsored by:



HOW TO ENTER

All participants must fill in the attached entry form and sign the waiver. (if you're under age 18, you must have a parent or guardian sign the waiver.) Bring it with you Sunday, November 10, 1985

Next, choose one of the following options:

* Collect pledges (\$20 minimum)

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

* Registration (\$10.00)

Mail \$10.00 with the entry form to:

National MS Society
1201 Pequin, Suite G-2
Columbia, MO 65201

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

* Honorary Participation (\$10.00)

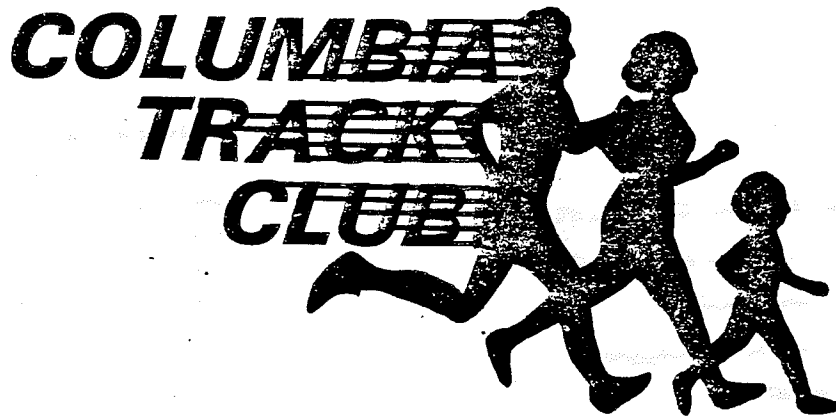
Can't be there but want to help fight MS?
Please fill in your name and address on the
entry form and mail it with your donation
to the MS Office, 1201 Pequin, Suite G2,
Columbia, MO 65201

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

SPONSOR LIST

[illegible]

Use additional sheets if necessary.



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

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