

TRACK CLUB

NEWSLETTER Vol. XVIII, No. 4 April 24, 1986

STEVE STONECIPHER-FISHER & DON LEWIS SET RECORDS d Sport
Shop 8,000 Meter Run April 6, 1986

1. Steve Stonecipher-Fisher	16-29	25:08
2. Gary Fancher	16-29	26:10
3. Tom Coon	30-39	28:37
4. Brent Burdge	16-29	28:53
5. Tom LaFontaine	30-39	29:00
6. Don Lewis	50+	29:06
7. Marvin Odneal	40-49	29:38
8. Dick Hessler	40-49	29:57
9. Dave Parker	30-39	30:07
10. Jamie Mannion	16-29	30:42
11. Steve Baurichter	30-39	30:44
12. Gary Heisler	30-39	31:01
13. Mike Walther	16-29	31:02
14. Ben Londeree	50+	31:04
15. Randy Smith	16-29	31:05
16. Bruce Maxey	16-29	31:25
17. Larry Thornburg	30-39	31:45
18. Joe Marks	40-49	32:08
19. John Gonzalez	30-39	32:11
20. Marc Lammy	30-39	32:37
21. Elmer Schlemper	40-49	32:48
22. Dean Baxter	50+	33:00
23. Tom Allen	40-49	33:10
24. Tim Rooney	30-39	33:15
25. Tim Morrow	16	33:35
26. UNKNOWN		34:39
27. Joe Duncan	50+	34:50
28. Thomas Condron	30-39	34:57
29. Eric Hedges	40-49	34:59
30. Don Johnson	50+	35:38
31. David Johanning	16-29	37:49
32. Angela Hessler	15U	38:00
33. Betty Bohon		38:12
34. Roger Hanson	50+	38:19
35. Kevin Renne	30-39	39:28
36. Mike Hosakawa	40-49	39:30
37. Sharon LeDuc	35+	39:38
38. Linda Price	35+	39:51
39. Bob Shaw	50+	39:57
40. Kim Dude-Lammy	30-39	39:58
41. Bradford Brown	16-29	40:40
42. Chris Ruble	30-39	40:45
43. David Boggeman	30-39	42:06
44. Jeanelle Twillman	35+	42:08
45. Lee Elliott	50+	42:40
46. John Mueller	40-49	42:45
47. Bob Gebhardt	60+	42:56
48. Nancy Fritsch	35+	44:23
49. Ken McSwain	40-49	45:10
50. Debbie Karwoski		46:15
51. Jim Pinkerton	50+	46:41
52. Kaaren Douglas	35+	47:49
53. Patricia Young		49:55
54. Barbara Martin	35+	50:17
55. Joe Cragin	50+	52:39
56. Margaret Johnson	35+	56:18

WARM AND SUNNY. THANKS TO DSPORT FOR THE GIFT CERTIFICATES FOR AGE GROUP WINNERS. A SMALLER GROUP THAN USUAL BUT STILL A NICE SUM TO BE ADDED TO THE CTC TRAVEL FUND.

Stonecipher-Fisher lowered the 25:13 Mark Kennard posted in this race last year while Lewis was way under Ben Londeree's 31:14, also from last year.

THANKS! to Tim Gibson who served as Race Director and to Mom & Dad who gave able assistance.

DAVID VAN HOUTEN OF ST. LOUIS WINS ONE HOUR WALK CHAMPIONSHIP March 29:
1600 meter splits: 1600 3200 4800 6400 8000 9600

1. David Van Houten	27	8:40	17:28	26:23	35:31	44:34	53:33
Total Distance: 10,789 meters (6 miles, 1238 yards)							
2. Tony Adams	24	9:32	19:34	29:35	39:46	50:14	
Jeff City		9,442	(5-1525)				
4. Chris Braudis	11	10:54	21:49	33:10	44:33	56:23	
		8,493	(5-525)				
3. Rob Spier	63	10:56	21:33	32:37	43:44	55:04	
		8,697	(5-711)				
4. Darwin Hindman	52	10:55	21:43	33:03	44:39	56:30	
		8,465	(5-457)				
5. Deborah Johnson	17	9:43	19:32	29:35	44:22		
		7,869	(4-1564)				
6. Bill Taft	70	12:17	24:34	37:03	53:00		
		7,268	(4-908)				
7. Lisa Braudis	7	13:48	29:41	46:55			
		5,606	(3-850)				

DQ: Don Williams

Race Director: Marvin Odneal. Assisted by Veva Spier and Ray Braudis

ROB SPIER HANDILY WINS MISSOURI CUP 50 MILE WALK				April 19, 1986
10,000 Meter Splits:	10	20	30	40
	50	60	70	80
1. Rob Spier	63	1:15:01	2:30:12	3:49:10
		6:33:05	8:06:10	9:32:07
		Final: 11:07:21	for 50 miles	11:03:57
2. Tony Adams	24	1:19:21	2:37:02	3:59:31
Jeff City		6:48:22	8:25:32	9:57:29
		Final: 11:34:04		5:21:17
3. Ken Evans	43	1:32:04	2:52:54	4:17:47
Jeff City		7:42:10	9:28:50	11:29:49
		Final: 176 laps in 11:35:07		5:47:50
4. Bill Taft	70	1:32:33	3:01:36	4:38:46
		Final: 124 laps in 8:12:10	(1 lap short of 50K)	6:15:19

Rock Bridge HS track. Cool & overcast at the start, low 50's, sunshine for a couple of hours in the morning, then mostly overcast & in the upper 60's in the afternoon.

THANKS to Veva Spier for being Race Director, for staying out there the entire time and to Laura Adams (also there for the duration) and to Linda Price who helped so ably.

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

Tony Adams
126 Marshall St. Apt. 6
Jefferson City, MO 65101

Raymond Simmons
1306 Cherokee Lane
Fulton, MO 65251

Craig Christians
505 Ellis Blvd. #E-27
Jefferson City, MO 65101

Gregory Thackery
101 E. Green Meadows Rd.
Columbia, MO 65203

Dawn Lewis
3001 S. Providence
Forest Village Apts. #256
Columbia, MO 65203

MORE INFORMATION ON HUMAN RACE VIII (assuming you get this Newsletter before April 26):

Note where the START is located--on Providence Rd. at the north edge of Burnam Ave. This is at least a third of a mile from the Stadium where you will be parking and registering. It would really help both you and us if you register in advance, so that you can go straight to the start. The assembly area for the start will be the grassy area at the northeast corner of Stadium & Providence between Stadium & Kentucky Ave.

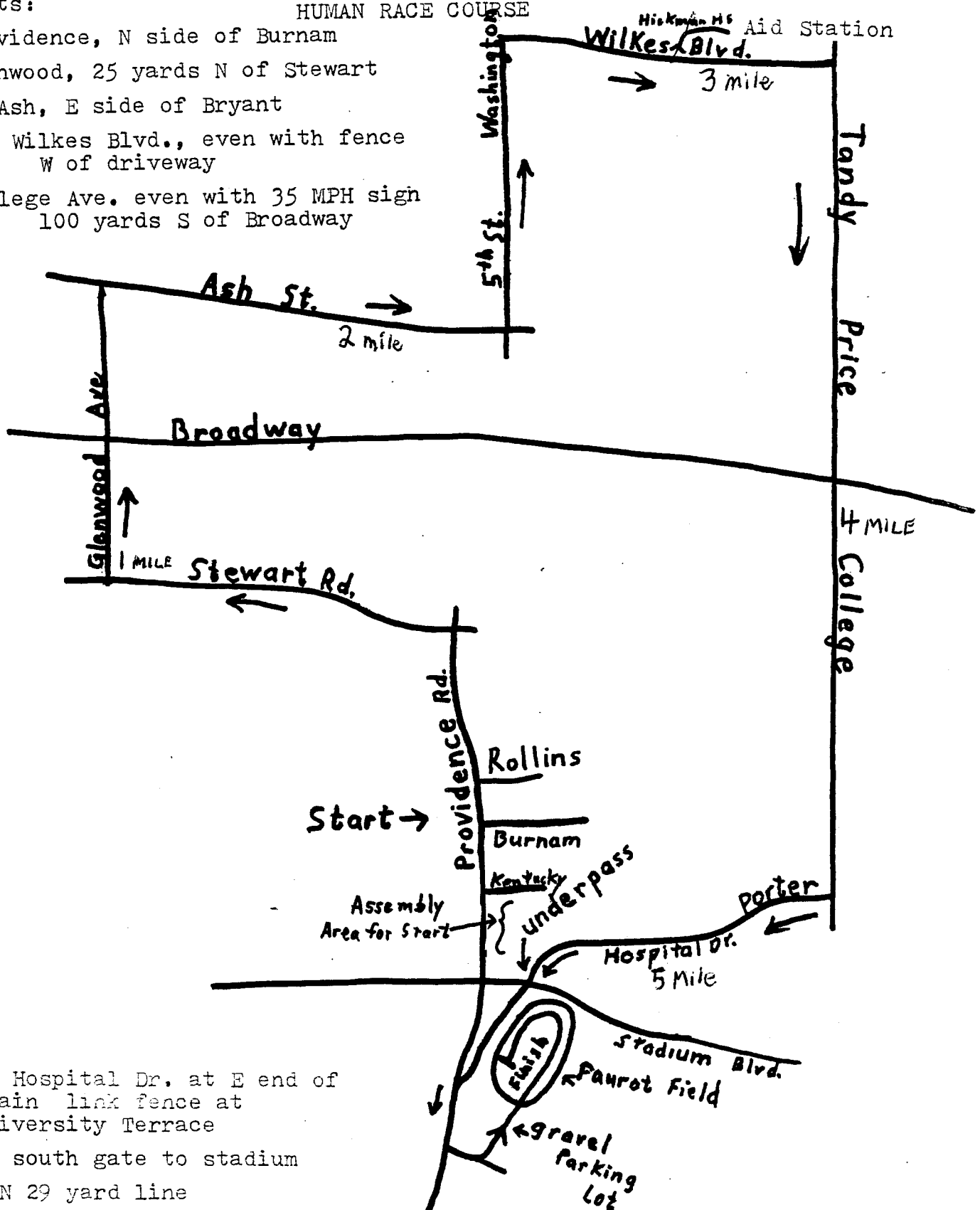
PLEASE avoid

parking on the west side of the stadium since part of the course (after coming through the underpass) goes along the west side of the stadium, across the parking lot and back out to the east shoulder of Providence Rd. BE SURE TO TURN IN YOUR PLACE STICKS IMMEDIATELY AFTER FINISHING. We have all these requests, but it seems the worst offenders are CTC people. PLEASE DO YOUR PART TO MAKE THIS A SUCCESSFUL EVENT. Joe Duncan will need some administrative help the day of the race--if you are not running please let him know that you can help.

Mile Points:

HUMAN RACE COURSE

- 0 On Providence, N side of Burnam
- 1 On Glenwood, 25 yards N of Stewart
- 2 On E. Ash, E side of Bryant
- 3 At 803 Wilkes Blvd., even with fence W of driveway
- 4 On College Ave. even with 35 MPH sign 100 yards S of Broadway



- 5 On Hospital Dr. at E end of chain link fence at University Terrace

- 6 At south gate to stadium

FINISH N 29 yard line

File: MALE15U
Report: CTCRESULTS
NAME POINTS

GIBSON	52*
BRYANT	37
HARNESS	22
RACINE	14
GUEST	13
SALDANA	12

File: MALE1629
Report: CTCRESULTS
NAME POINTS

STONE-FISCHE	69
WALTHER	60
MITTELHAUSER	46
SMITH	45
RADER	44
FANCHER	30
MARSHALL	27
HULL	26
BRYANT	18
LANG	15
ORINGDERFF	14
M. LEWIS	14
BURDGE	14
ADAMS	13
SMITH	12
J. LEWIS	12
O'BANNON	12
MORROW	11
BUTLER	11

File: MALE 3039
Report: CTCRESULTS
NAME POINTS

LAFONTAINE	139*
PARKER	106
HEISLER	98
O'CONNELL	83
RODNEY	73
KURTH	71*
VOLEK	67
HARNESS	62
THORNBURG	62
STEBBINS	49
BAURICHTER	46
COON	44*
HOSLER	43
PETTERBORG	36
BAKER	31
LAMMY	27
JOHNSON	26
WHITESIDE	17
MILLER	15
WILLIAMS	14
GONZALEZ	13
LYDON	13
RUDEEN	12
RICHARDSON	12
RUDEEN	11
QUALY	11
CLINKINBEARD	11

File: MALE 4049
Report: CTCRESULTS
NAME POINTS

ODNEAL	125*
MARKS	115*
ALLEN	113
MADSEN	82
SCHLEMPER	66
HESSLER	63
D. LEWIS	58*
TOM RACKERS	37
SLEPER	35
TERRY RACKER	30
HOSAKAWA	23
PLUMMER	22
BELYEA	16
HEDGES	14
FRITSCH	13
MUELLER	11
SHUPPAN	11
HOLLERAN	11
PECKHAM	11

File: MALE 5059
Report: CTCRESULTS
NAME POINTS

JOHNSON	95
BAXTER	83
LONDEREE	83
STORVICK	79*
DUNCAN	78*
D. LEWIS	54
HANSON	50
HICKS	48
O'CONNOR	35
KRUSE	23
WARD	23
PINKERTON	22
MITTELHAUSER	11

File: MALE 600VER
Report: CTCRESULTS
NAME POINTS

GERHARDT	22
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File: WALKERS
Report: CTCRESULTS
NAME POINTS

SPIER	58
WILLIAMS	35
ADAMS	15
C. BRAUDIS	13
TAFT	12
L. BRAUDIS	11

File: FEMALE15U
Report: CTCRESULTS
NAME POINTS

HESSLER	38
TEERLINCK	22
HARNESS	22
HENZEL	14
CORDIA	13
SALDANA	12

File: FEMALE1634
Report: CTCRESULTS
NAME POINTS

HOXWORTH	53
RUBLE	48
KARWOSKI	45
MITTELHAUSER	39
BOHON	38
BULMAN	28
TEERLINCK	24
GERKE	22
DUDE-LAMMY	13
WULFF	13
HESSLER	12
REINHARDT	11
HOLLAND	11
HASKAMP	11

File: FEMALE 350VER
Report: CTCRESULTS
NAME POINTS

PRICE	87
MADSEN	46
JOHNSON	45
FRITSCH	41
O'CONNOR	38
MARTIN	35
GONZALEZ	28
ODNEAL	26
LEDUC	15
SMITH	13
GERHARDT	12
LONDEREE	11

SEDALIA HALF MARATHON
March 23, 1986

1.	Charles Brandon, 30	1:11:51
2.	Kent Rader, 26	1:12:23
3.	Les Pyon, 27	1:12:31
4.	Kent Lang, 23	1:12:53
5.	David Wolfe, 28	1:12:57
6.	Craig Christians, 24	1:13:52
7.	Jack Defreitas, 26	1:14:51
8.	Russell Martin, 32	1:14:57
9.	Bernard Billesbach, 25	1:15:15
10.	Dave Crawford, 35	1:16:25
11.	Henry Grubb, 31	1:17:00
12.	Tom Scott, 30	1:18:31
13.	Jeff Mittelhauser, 29	1:18:40
14.	Allan Woiwood, 29	1:18:50
15.	John Carstens, 33	1:18:54
16.	Stuart Johnson, 26	1:19:31
17.	Bob Hull, 20	1:20:14
18.	Tom May, 19	1:20:35
19.	Gary Hansen, 31	1:21:38
20.	Glenn Sauder, 38	1:21:43
21.	Raul Flores, 30	1:21:54
22.	Stephen Greer, 37	1:22:12
23.	Jake Amberson, 44	1:22:19
24.	Ken Boyce, 39	1:23:24.0
25.	Mark Thomas, 27	1:23:24.3
26.	Mike Baker, 36	1:23:45
27.	Terry Harms, 40	1:23:56
28.	Larry Everly, 36	1:24:04
29.	Burch David, 48	1:24:21
30.	Larry Blazek, 38	1:24:34
31.	Jim Buckley, 53	1:25:13
32.	Lulliel Hickman, 23 *	1:25:54
33.	Lou Joline, 53	1:26:34
34.	Rob Parker, 36	1:26:39
35.	Connie Burroughs, 42F	1:26:42
36.	Gerald Glass, 47	1:27:06
37.	Martin Wesley, 27	1:27:23
38.	Leon Erne, 38	1:27:32
39.	Larry Lewis, 51	1:28:29
40.	Milene Mittelhauser, 26F	1:28:44
41.	David Mullnix, 31	1:28:59
42.	Shari Woiwood, 24F	1:29:55
43.	Larry Thornberg, 39	1:30:10
44.	Chad Mitchell, 15	1:30:56
45.	Melvin Langston, 37	1:30:58
46.	Terry Franks, 35	1:31:07
47.	Michael Reed, 45	1:31:27
48.	George Grubb, 44	1:31:33
49.	Nathan Burroughs, 39	1:32:29
50.	Dean Whipple, 47	1:32:42
51.	Fred Redd, 48	1:32:52
52.	Kenny Parrish, 30	1:32:57
53.	Greg Kuhl, 32	1:33:02
54.	Lee Harms, 49	1:33:58
55.	Robert Risser, 45	1:34:47
56.	Clarence Gass, 44	1:35:03
57.	Don Nail, 53	1:35:27
58.	Mark Kelchner, 25	1:35:57
59.	Bob Norton, 44	1:36:42
60.	Wayne Davies, 44	1:37:12
61.	Don Johnson, 57	1:37:20
62.	Paul Cook, 56	1:37:33.7
63.	Elaine Mercer, 28F	1:37:33.9
64.	Wayne Self, 39	1:38:10
65.	Jim Fahrenholtz, 36	1:38:18
66.	Howard McCabe, 37	1:39:29
67.	David Plummer, 41	1:40:22
86.	Herb Mittelhauser 56	1:50:18
97.	Jill Mackey 29	1:59:40
101.	John Mueller 43	2:07:40
109.	Barbara Martin 40	2:16:23

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

- April 4, 1971: One Hour Walk: 1. Larry Young 7 miles, 1648 yards;
2. Darrell Palmer 6-1344; 3. Fred Young 6-836. . .5. Art
Fleming 6-721; 6. Joyce Schulte 4-1586
- April 18, 1971: Two Man Six Mile Run-Walk Relay (alternate miles between
a runner and a walker): 1. Mark Achen (7:48, 8:01, 7:49)
& Ken Peters; 2. Art Fleming-Mike Chippendale (5:46, 6:16
6:17); 3. Mike Shanahan-Don Granberg (5:23, 5:29, 5:56);
4. Joyce Schulte-Dennis Stewart (4:39, 4:45, 4:43).
This was the first appearance ever for Mike Chippendale.
- April 24, 1971: Missouri Cup 20 kilo Walk: 1. Larry Young 1:37:00; 2.
Bob Henderson 1:46:56; 3. Paul Ide 1:52:22; 4. Mark Achen
1:55:18; 5. Art Fleming 1:55:42; 6. Darrell Palmer 1:57:45

The April, 1971 limerick: There was a young runner named Wirtz
 Who ran until he said, "It hurts."
 Hurt was he
 To have to flee
 From a fast young lady who flirts.

The subject of this nonsense was Bill Wirtz, a runner from
SE Mo. State who came to many CTC events, and is now, I believe,
a successful coach and teacher at Ritenour HS in St. Louis.

FIVE YEARS AGO:

- April 4, 1981: 3, 2, 1 Triathlon: 1. Jeff Mittelhauser (15:24, 10:14, 4:40)
2. Dennis Stewart (15:42, 9:59, 4:41), 3. Bob O'Connell
16:14, 10:49, 5:10), 5. Ben Londeree (17:01, 11:06, 5:14)
6. Don Lewis (17:07, 11:16, 5:18) 7. Dick Hessler 16:58,
11:20, 5:30). . .11. Whitney Hicks (17:32, 11:31, 5:34)
12. Joe Marks 17:37, 11:47, 5:38) and 16 others competed.
- April 4, 1981: One Hour Walk: 1. Jerry Young 7 miles, 1368 yards. . .
4. Leonard Busen 6-834, . . .7. Olen Brown 6-180, 8. Rob
Spier 5-961, 9. Wm Taft 5-260
- April 12, 1981: Pepsi Cola 10,000 meter run: 1. Steve Fisher 31:10, 2.
Jeff Mittelhauser 32:29, 3. Bob O'Connell 33:54. . .6.
Norm Stebbins 35:10. . .8. Ben Londeree 35:45, 9. Don
Lewis 35:56, 10. Bruce Maxey 36:00. . .14. Wesley Paul
36:38. . .54. Milene Hollon 39:54. . .58. Don Johnson 40:05
59. Turk Storvick 40:12. . .72. Tim Gibson 40:46 and some
540 other runners

CHRIS BRAUDIS, age 11, finished 4th in a 5,000 meter walk held in conjunction
with the TAC/USA 25K Championships in Kansas City April 6.
Chris' time was 31:18. SCOTT BRAUDIS was an age group
winner (9 & under) with a time of 38:11, while sister LISA
also won her age group (also 9 & under) with 43:04.

BOB DOLPHIN ran another marathon, again with a modicum of training. Bob's
approach this time, since he had a hilly course and some gravel
roads, was to force himself to run (and walk) in last place
for the first mile and then see how many people he could pass.
After that first mile, Bob got up to 7:00 pace and, sure enough,
he passed many runners--47 in the second mile (many of them
with relay batons who were running as part of relay teams), 15
in the next mile, 5 in the next and then it became more difficult
--ten or so during the remainder of the race. Anyway, Bob
finished at 3:16:44, 8th of 61 finishers, 1st of 7, 50-59,
26th overall finisher, including the 45 relay teams, 4th best
marathon of 32, beating 25 of the relay teams--teams of 6
running 4.4 miles each.

Then on April 13 Bob ran the Emerald City Marathon in Seattle
on a flat course, 45 to 50° and overcast. With those good
conditions, Bob was in at 3:12:55, his 4th best of 33. Bob's
training level is down to 30 miles a week, 4-5 miles average
with no long runs. The secret, of course is to race almost
every weekend, or a marathon every other week.

BETTY BOHON & CHRIS RUBLE ran in the LA MIZZOU 3,000 meter run, St. Louis,
April 13. Betty was 2nd in her age category at 12:20 while
Chris was 3rd in the same category at 13:32. More remarkable,
however, is the fact that Betty is 3 months pregnant and Chris
5½ months pregnant--they, no doubt, were 1st & 2nd in the
pregnant women category. MIKE WALTHER (and probably some
other CTC people) ran in the 10k--39:09. Mike is not pregnant.

CTC STUDY
 Jerry Wilmes
 Kaaren Sloan
 Richard Hessler
 Michael Hosokawa

We want to thank everyone who participated in our study of runners. As with most research projects, the analysis of the information took longer than anticipated and we are still running various tests comparing some of the variables. We did want to share our preliminary findings and hope you will find them interesting.

We mailed 243 questionnaires and received 143, a return rate of 59%. The majority of the respondents were male (80%) and professional/managerial (75%). Most (54%) had been members of the Track Club three years or less and 10% had been members for 11 years or more. Responding members ranged in age from 7 to 70; the median age was 39. About 15% of the respondents were in the 20-30 age group, 30% in the 30-40, 25% in 40-50, 10% in 50-60 and 5% 60 and older.

Not surprisingly, two-thirds of the respondents had competed in high school athletics. Track, track/baseball and track/football were the most common sports. One-third competed at the college level. Football was the most common sport, followed by track and basketball.

We recognize the selection bias in our returns -- active runners were probably more likely to return the questionnaire. About half of the members had been running for 10 years or more and about 80% had been running five years or more. Eighty percent of respondents run 20 or more miles per week, 70% run 25 miles or more per week and about half of those responding run 40 miles or more per week. Three-fourths of the members run five days or more per week, half run six days or more per week and about a fourth run seven days per week. About 90% of the respondents run in some or most of the local running events and about one-fourth compete in out-of-town events.

We were interested in the number of runners who were involved in some form of cross training. The most popular form of training was weight training (25%), followed by cycling (24%), swimming (13%) and stationary bicycle (12%). One individual may participate in more than one cross training activity, such as a triathlete would swim and cycle in addition to running.

About one in four members check their pulse during workout, and the same number indicated they knew their maximum heart rate for their age. Most of these respondents targeted 80 to 85 percent during their workouts.

One-half of the respondents had discussed their exercise program with their regular physician, half had not. Only 18% said their physician had made recommendations about type, frequency or intensity of exercise. Thirty percent of the members had consulted their regular physician about an injury, illness or disability and 27% consulted a specialist -- 17% consulted an M.D., 7% consulted a podiatrist and 5% consulted a chiropractor.

About 20% of the respondents were receiving medical care or prescription drugs for a chronic condition. Hypertension was the most common condition (3.5%), followed by allergies (2.8%).

We were interested in other health issues, particularly nutrition. About one-fourth of the members had made a dietary change in the past year -- most often a combined increase in carbohydrates and reduction in fats. Over half had sought dietary information; the most common source of information was books. The majority take some type of vitamin supplement regularly.

During the past 12 months, 45 members (32%) had a running related injury, three (2%) had a running related illness and 10 (7%) had a chronic condition.

Finally, almost all respondents exercise when they travel, the majority plan their day and their eating around their exercise. About one-third plan their sleep pattern around exercise.

We attempted to determine about how much members spend on various items. The majority of members spend less than \$100 on equipment, dietary supplements, medications, medical care, memberships, subscriptions, entry fees and travel. Interestingly, one-third spent less than \$100 on attire and one-third spent between \$100 and \$200 on attire.

Further studies based on the results of this survey are planned. We appreciate the assistance from the CTC we obtained with the project and hope the results are of interest to the club's membership.



Sunday, May 25, 1986

REGISTRATION FORM

(office use)

LAST NAME FIRST

ADDRESS

MALE
FEMALE

AGE ON DAY OF RACE

HOME PHONE BUSINESS PHONE

IN CASE OF EMERGENCY CONTACT:

(1) Name AND/OR (2) Support person:

Address Name

Phone Support vehicle ID info:

Make / Model / License #

DIVISION ENTRY:

The OZARK 100 is composed of 4 major divisions. Please indicate which division you are entering.

KAYAK CANOE TANDEM CANOE* ROWBOAT

*If tandem canoe, give name of teammate:

SHIRT SIZE:

For size determinations, 100% Cotton Beefy-T shirts will be used. Extra t-shirts may be purchased at \$.50 each. Insert number you desire in blank below and add payment with entry fee. Any entry received after May 16, 1986 will not be guaranteed a t-shirt the day of the OZARK 100 but will receive one afterwards.

EXTRA SMALL SMALL MEDIUM LARGE EXTRA LARGE

TIME ESTIMATE:

There are no qualifying times for the OZARK 100. However, we want to know an estimate of your time to complete each event. Listed times are very competitive times but not winning times.

Event	Distance	Competitive Time	Your Estimated Time
RUN	11.5 miles	1 Hour 20 Minutes	
BOAT	25 miles	3 Hours 00 Minutes	
BIKE	63.5 miles	3 Hours 40 Minutes	

ENTRY FEE: \$25.00; required with registration for registration to be effective. This is a charitable event with COLUMBIA MEDICAL GROUP a non-profit, charitable organization as recipient. No Refunds.

WAIVER: Unless signed, registration is incomplete. (See Back)

IMPORTANT

READ THIS WAIVER CAREFULLY BEFORE SIGNING. UPON SIGNATURE YOU WILL BE GIVING UP CERTAIN LEGAL RIGHTS. REGISTRATION WILL NOT BE EFFECTIVE UNTIL WAIVER IS SIGNED AND NO ONE WILL BE ALLOWED TO PARTICIPATE UNLESS WAIVER IS SIGNED. MINOR MUST HAVE GUARDIAN'S CONSENT.

WAIVER, RELEASE AND INDEMNIFICATION FORM

In consideration of the acceptance of my entry in the OZARK 100:

1. I hereby agree to comply with all rules and regulations and event instructions of the OZARK 100 and those authorized to speak for the OZARK 100.

2. For myself, my executors, administrators, heirs, next of kin, I hereby:

(a) Waive and release any and all claims that I may have against the OZARK 100 or anyone associated therewith as to the implementation or execution of the OZARK 100, including any and all claims for damage caused by the negligence of any of them, arising out of my participation in the event and its related activities, together with any cost including attorney's fees that may be incurred as a result of any such claim whether valid or not, and

(b) Indemnify and hold harmless the releases and each of them against any such claim that I or my guests or any one or more of my or their executors, administrators, heirs, next of kin may have or assert and against any costs including attorney's fees with respect thereto.

3. I hereby acknowledge that I have sole responsibility for my personal possessions, my boat and my bicycle, and any other athletic equipment during the OZARK 100 event and its related activities. If I transfer custody to any party associated with OZARK 100 of any of the above-mentioned items at any time at or near the day of the event, at no time will their custody be construed as a bailment for hire. I do admit and understand that their custody is purely gratuitous and will in no way attempt to hold OZARK 100 or its associates liable should any harm occur to any of the above-mentioned items.

4. I hereby acknowledge that participation in the OZARK 100 competition carries with it potential hazard. It is my knowing and voluntary desire to assume that risk. I therefore release the OZARK 100 and any party associated with the OZARK 100 of any liability in the event of injury or death to myself during the event.

5. I hereby attest and verify that I am physically fit and have sufficiently trained for this activity and that my physical condition has been verified by a licensed medical doctor.

5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the OZARK 100.

PRINTED OR TYPED NAME OF PARTICIPANT
SIGNATURE OF PARTICIPANT
DATE
CONSENT OF MINOR'S PARENT OR GUARDIAN

REGISTER IN PERSON AT:

TAUM SAUK WILDERNESS OUTFITTERS
911 East Broadway
Columbia, Missouri 65201
1-314-449-1023

MISSOURI TRAILS WILDERNESS OUTFITTERS
2707 Missouri Boulevard
Jefferson City, Missouri
1-314-893-4004

WALT'S BIKE SHOP
1203 Rogers
Columbia, Missouri 65201
1-314-443-0411

REGISTER BY MAIL TO:

THE OZARK 100
P.O.Box 7169
Columbia,
Missouri
65201



TRIATHLON

Sunday, May 25, 1986 - Memorial Weekend

Hawaii may have its Ironman, but Missouri has the OZARK 100. This triathlon is the most varied and physically demanding event of its kind in Missouri. But the OZARK 100 distinguishes itself from other triathlons throughout the nation as well. Instead of swimming, triathletes paddle one section of the three-legged event by canoe, kayak, or rowing rig.

And it happens May 25, 1986, in mid-Missouri. Triathletes participating in the OZARK 100 will test themselves on three levels: a 11.5 mile run, followed by a 25 mile paddle down the Missouri River and then a 63.5 mile bicycle ride. This translates into 100 miles of self-propelled locomotion. The OZARK 100 is an extremely difficult physical experience, and challenges the most dedicated, fittest of contenders.

Participants come from as far away as California and Washington D.C. The OZARK 100 also attracts top athletes such as: Liz Bulman, who finished second in the women's division of the 1985 Hawaii Ironman; Olympic canoeist Peter Buckley; seasoned world triathlete and two-time first place finisher of the OZARK 100 Bruce Holder; Kathy Barrett Johnson, holder of the world record for fastest descent of the Missouri/Mississippi rivershed by kayak; and 1985 men's division champion Jim Neviackas from Decatur, Illinois. But other contenders include a boy of 16, a grandmother and a gentleman of 56, all of whom finished the full 100 mile course.

The OZARK 100 incorporates the best that Mid-Missouri has to offer in each leg of the event. The course forms a huge circle. Triathletes start their 11.5 mile run with the sunrise as they take off from Rock Bridge State Park south of Columbia at 5:30 a.m. Participants run Boone County backroads, which includes the most scenic section of the legendary "Heart of America" Marathon. These quiet, country roads lead down to the river basin and then along the banks of the Missouri River through the tiny river town of Easley.

At Bonne Femme Creek, which flows into the Missouri, the OZARK 100 course turns into the river. Triathletes will take to canoes, kayaks and rowing rigs for a 25 mile paddle to Jefferson City. Triathletes will paddle their watercraft down the river's muddy waters and dodge whirlpools, wing-dikes and the huge river barges that navigate the river. Despite these objective dangers, relatively flat and stable water conditions make this river ideal for the event. If boaters stay close to the banks, they should be safe. The U.S. Coast Guard and the Missouri Water Safety Patrol oversee this section and will assist if needed.

Boating rather than swimming in the OZARK 100 captures the flavor and uniqueness of Missouri and highlights a skill that we Ozark natives are known for. As paddles dig the swirling current, boaters may enjoy the distractions of Canadian Geese or a formation of ducks overhead and other wildlife that may be seen. This section of the Missouri River has virtually no commercial development until one reaches the State Capitol building at Jefferson City.

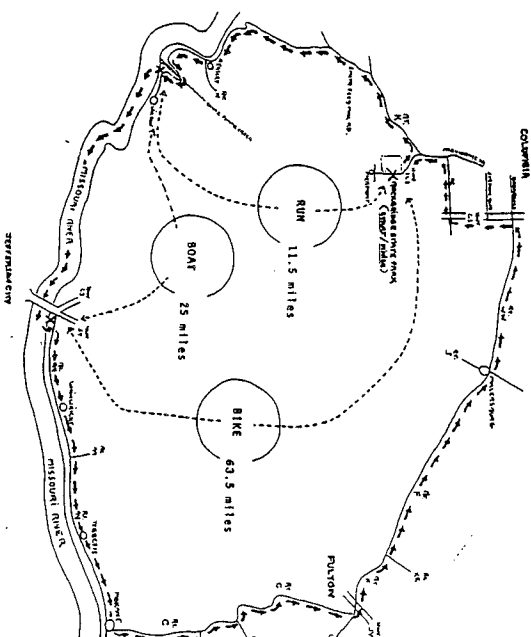
Triathletes exit their boats on the north bank of the river across from the Capitol in anticipation of the 63.5 miles of bicycling remaining. They will pedal the river flats for about 20 miles to the small river town of Mokane. Cyclers then head for the roller-coaster hills toward Fulton and then back to Columbia and, finally, the starting point of Rock Bridge State Park. The special beauty of the bike route is that it includes both of the near halves of the Columbia-to-Herman and Jefferson City-to-Herman bicycle routes, considered classics by area bicycle enthusiasts.

New for 1986 is the Tandem Division. An exciting and bold concept for triathlons, the tandem division begins an hour later than the traditional solo division. The emphasis here is teamwork without sacrificing the flavor of the 100 mile challenge for participants. Teams of two will run, paddle and cycle together through the entire course. Tandem canoeing and bike-drafting will permit fast times for synchronized pairs. It was the consensus of all that only the OZARK 100 could introduce this exciting, new element into triathlons because of its boating design.

The concept of the OZARK 100 is to participate and finish. While competition is inevitable and will not be discouraged, the OZARK 100 is not as much a race as it is an event. Its design is to test the physical stamina and endurance of each contender who undertakes the challenge. It is a simple celebration of the human body and what it is capable of doing.

The OZARK 100 is sponsored by Taum Sauk Wilderness Outfitters and Walt's Bike Shop of Columbia and Missouri Trails Wilderness Outfitters of Jefferson City. Also sponsoring is the Columbia Orthopaedic Group. Profits from the event will be donated to Columbia Medi-Group which is a non-profit, charitable organization which provides medical and dental services for the poor. Assistance throughout the event is provided by the Columbia Medi-Group, the staff of the sponsoring stores, medical personnel from the Columbia area (with a usual hats-off to Dr. Lee Pfeiffer), Missouri law enforcement agencies, the U.S. Coast Guard and the Missouri Water Safety Patrol, Rock Bridge State Park personnel, our local ham radio operators club, and my best friends who get better every year we survive putting on this event. So come join us for one of the most unusual triathlons you may ever experience and perhaps the most incredible 100 miles you may ever travel in a day.

Sincerely yours,
Carol Carr
Bill Rotts
OZARK 100 Coordinator



GENERAL INFORMATION

- 1. START** The OZARK 100 will begin at 5:30 a.m., Sunday, May 25, 1986 at the upper parking lot of the main entrance to Rock Bridge State Park and finish at the same location. Rock Bridge State Park is a Missouri State Park and operated through the Missouri Department of Natural Resources. It is located approximately 5 miles south of Columbia on Rt. 163 off Providence Rd.
- 2. TIMES** Times will be given at appropriate points throughout the course. The event will feature overall time records of participants who finish by 7:30 p.m. Timing will cease at 7:30 p.m. Time records will be sent at a later date to all participants.

The fast times to consider, whether it be for competitive or philosophical purposes, are the following:

1985 MEN'S DIVISION WINNER - JAMES NEVIACKAS
Run - 1:10:10 Kayak - 2:45:57 Bike - 3:13:36 Overall - 7:09:43 (new record)

1985 WOMEN'S DIVISION WINNER - KATHY BARRETT JOHNSON
Run - 1:24:05 Kayak - 2:48:33 Bike - 3:42:00 Overall - 7:54:38 (new record)

1985 MEN'S MASTER DIVISION WINNER - LANNY BRENT
Run - 1:20:20 Kayak - 3:10:59 Bike - 4:01:30 Overall - 8:32:49 (new record)

1985 WOMEN'S MASTER DIVISION WINNER - BARBARA LESLIE
Run - 1:45:50 Kayak - 3:42:19 Bike - 5:01:08 Overall - 10:45:53 (new record)

And then there are the just plain-fast times:

FASTEST RUN - 1985 - Dennis Westcott - 1:08:10
FASTEST BOAT - KAYAK - 1984 - Tom Montgomery - 2:29:49
FASTEST " - CANOE - 1984 - Peter Buckley - 2:32:25
FASTEST " - ROWBOAT - 1985 - Don Johnson - 3:12:33
FASTEST BIKE - 1985 - Murray Wilmerding - 3:04:44

- 3. ENTRY FEE** of \$25.00 is required for registration of each participant. Tandem teams must each individually register. \$10.00 from each registration and all proceeds in excess of expenses will be donated to the COLUMBIA MEDICAL GROUP, a charitable, non-profit organization providing medical and dental services to the poor. Because of the recipient of OZARK 100 profits, and the fact that upon each registration costs are incurred which are nonrecoverable, NO REFUNDS WILL BE GIVEN.
- 4. YOU GET** a high quality, pocket T-shirt of 100% cotton with front and back graphics and suitable for formal wear. Also, a commemorative plaque of enduring significance. Also, all the electrolyte you can drink. Also, one of the most finely orchestrated triathlons in the nation, thanks to the logistical wizardry of Brad Lechman, race director.
- 5. AWARDS** The OZARK 100, by design, is an unpretentious event. No cash prizes or merchandise awards are offered. Each finishing participant will receive a walnut inscribed plaque for their achievement. Similar plaques with notation as to position will be awarded to the top 3 finishers in the Men's and Women's Divisions, to the top finisher in the Masters Men and Masters Women Divisions, and to the top finishers in the Tandem Division. First place finishers in the respective categories of each Division and Age Group will be awarded ribbons that will attach to their plaque.

RULES & REGULATIONS

RUN

1. No form of locomotion other than running, walking or crawling is allowed.
2. Runners must wear race number at all times on the course.
3. No individual support vehicles or escort runners are allowed on the running course. Teammates are not considered escort runners.
4. The running course will be closed 3 hours after the start. Timing and services will cease at 7:30 a.m.

BOAT

1. Only non-motorized, self-propelled watercraft may be used. The only form of propulsion permitted is by paddle or oar. Sails, in any form, are not permitted. Paddles and oars must be operated with human energy alone and no form of additional or enhanced assistance is permitted.
2. Watercraft may not be joined together with other watercraft while on the river in any manner. No watercraft may use another watercraft for drafting of wind protection. Surfing watercraft on another watercraft's wake is not permitted. Any assistance which enhances travel is prohibited.
3. Each participant must wear a U.S. Coast Guard approved life vest. Seat cushions and other flotation devices are encouraged as secondary measures but will not substitute for a proper vest.
4. Only one person per watercraft in solo divisions. Only two persons per canoe in tandem division.
5. Assistance in putting-in and taking-out watercraft will be provided by OZARK 100 volunteers. Support teams may also assist but should be careful not to hinder or obstruct OZARK 100 volunteers in the performance of their duties or participants who are acting without support teams. Assistance is limited only to helping the participant carry the watercraft. The participant may not be carried.
6. Each participant must wear a race number on his life vest at all times on river.
7. In the event of a capsizing on the river, each boater must be prepared to rescue oneself. The U.S. Coast Guard and the Missouri State Water Safety Patrol will be monitoring river activity but should not be relied on as there are too many participants and too few of them. Participants are encouraged to assist capsized watercraft if safe to do so and safety permits and this assistance will not be grounds for disqualification.
8. All watercraft must be suitable for river use. OZARK 100 officials reserve the right to disqualify any watercraft which they feel, in their sound discretion, is not so suited. Prior approval may be sought at the river put-in the day before the event should there be doubts in your mind that the watercraft you are using is safe.
9. The OZARK 100 boating course will be closed 8 hours after the start of the event. Timing and services will cease at 1:30 p.m. All watercraft must be removed from the take-out point by 6:00 p.m. the day of the event. After 6:00 p.m. all watercraft will be left unattended and OZARK 100 officials will not take responsibility for watercraft removal.

BIKE

1. No fairings or streamlined bikes of any kind allowed.
2. No drafting of another bike or any vehicle is allowed for solo division entries. Drafting is permitted only between tandem team members and only between those two team members.
3. Each participant must wear a race number at all times while on the course. Number must be placed on the right hip where it is clearly visible.
4. Bicyclist helmet is required during the bike section.
5. Support teams may provide stationary food and fluid handoffs. No other assistance is permitted.

- 6. REGISTRATION CUT-OFF** Only the first 150 registrants for solo divisions and the first 50 tandem teams (100 registrants) will be accepted for participation in the OZARK 100. Registration will be dated on receipt at any registration headquarters and only if fully completed and entry-fee paid. Tandem Team registrations will be considered completed only when both team members have registered and paid. Entry fees will be refunded if not accepted for participation.

- 7. ORIENTATION MEETING** An orientation meeting for all interested participants will be held May 24, 1986 at 6:30 p.m. at the Shelter House at the upper parking lot of Rock Bridge State Park (where the OZARK 100 will begin the next morning.) It is strongly recommended that all participants attend to brief themselves on details of the course, last minute changes should they occur, and other basic considerations.

- 8. EQUIPMENT** Volunteers will be located at transition points (boat put-in and boat take-out and bike start) to oversee bikes and boats after 6:30 p.m., May 24. Equipment may be left at these points overnight at your own risk. Means for lock-up is dubious at best. The only thing we can promise is that should you choose to leave your equipment overnight there will be OZARK 100 volunteers to camp with it. The only security that can be offered beyond that is that in the last 3 years there has never been a problem. However - BE AWARE THAT YOU DO SO AT YOUR OWN RISK! All equipment must be cleared from transition points by 6:00 p.m., May 25th.

- 9. OZARK 100 CANCELLATION** OZARK 100 officials retain the right to cancel the event due to weather or river conditions. Bad conditions will not cause the event to be cancelled. Dangerous conditions will. Electrical storms, extreme high winds, and river out of the banks. Cancellation may be last minute and if cancellation occurs, your entry fee will be refunded. There will be no rescheduling.

- 10. AGE** Minimum age is 16 years old. Minors over 16 must have written consent of parent/guardian. (See-waiver)

- 11. FREE BIKE INSPECTION** can be had at Walt's Bike Shop for those registered.

- 12. SUPPORT CREWS** Personal support crews are permitted and encouraged. They may provide help at transition points and stationary food and fluid hand-offs to bicyclists. Support crews may not provide any assistance that would have a tendency to physically propel the participant through the course. Support crews are not allowed to provide parts, repair materials, tools or equipment to the cyclist. The only appropriate support beyond the above-mentioned assistance is spiritual encouragement. Support crews must not be on the running course with motor vehicles. Much of the running route involves narrow dirt roads and the tranquility of the run and the quality of the air is seriously affected by cars on the route.

- 13. YOUR HEALTH** One should seriously train for the OZARK 100. The extended and remote nature of the route make this more of an adventure than any other triathlon you may have experienced. While medical and paramedical oversight is provided for, you are your own best judge of your own physical condition. Please be careful and have a safe trip. Don't take this event lightly.

6. Each participant will be individually responsible for repair and maintenance of own bicycle. Cyclist must be prepared to handle any possible mechanical malfunction. This necessarily disallows the use of spare wheels, back-up bicycles and tools or repair materials provided by others. OZARK 100 volunteers reserve the right to provide on-site repairs to participants bicycles so they may finish the course but those finishers will not qualify for awards and their finish will be qualified on time sheets.
7. Cyclists may walk bicycle, if necessary, but both must cross finish line.
8. Cyclists are individually responsible for following traffic laws and are solely responsible for the consequences of infraction.
9. Bicycles must pass minimum safety requirements to insure that they are not patently dangerous. The OZARK 100 officials reserve the right to disqualify bicycles on the day of the event should they distinguish themselves as a menace to the road.
10. The bicycle course will be closed 14 hours after the start of the event. Cyclists still on the course after that time will be required to withdraw from the event, but may finish the course at their leisure and without the benefits of times or acknowledgement of achievement.

TANDEM TEAMS

1. Tandem team means two participants, no more than two, acting together as a team.
2. Tandem teams will start their division at 6:30 a.m., one hour behind solo participants. The route is the same.
3. Tandem teams must abide by all rules and regulations provided with these exceptions:
A.) Tandem teammates may run together. In fact, there is little advantage to be gained from not doing so.
B.) Tandem teammates are allowed to tandem paddle a canoe. Only two persons allowed to the canoe. Tandem teammates may not use any other watercraft than a canoe and must paddle in the same canoe.
C.) Tandem teammates are allowed to draft one another throughout the bicycle course. Drafting between other participants or other teams is prohibited. Tandem bicycles are prohibited. Each tandem teammate must have a single person bicycle.
4. Tandem teams must register as such. Status as a tandem team must be designated no later than 6:30 p.m., May 24, to OZARK 100 officials. Participants are not allowed to change status after that time. Both members of the tandem team must finish to qualify as finishers and the finishing time for the team is the slowest time of the respective team member. There is no advantage to finishing faster than your teammate! A disqualification of one teammate for any reason (health, rule violation, etc.) disqualifies the other teammate.

DIVISIONS

		MASTERS			
		16-29	30-39	40-49	50-up
SOLO	KAYAK - MALE				
	KAYAK - FEMALE				
	CANOE - MALE				
	CANOE - FEMALE				
	ROWBOAT - MALE				
	ROWBOAT - FEMALE				
TANDEM	FEMALE & MALE				
	FEMALE & FEMALE				
	MALE & MALE				

Note that ribbons honoring first place finisher in each category will be awarded.

SCHEDULE OF EVENTS

MAY 17 Saturday 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track RACE
DIRECTOR: None Yet--We need one

26 Monday All Day Boone County Junior Olympics Track & Field Meet
Rock Bridge High School MEET DIRECTORS: Tom Coon &
They will need lots of help! Tom Allen

30 Friday 6:00 PM Sprint Triathlon: 1500, 800, 400 Hickman Track
Race Director: Dick Madsen

30 Friday 7:30 PM 10,000 Meter Walk Hickman Track

JUNE 7 Saturday 9:00 AM Missouri State 15,000 Meter Walk Hickman Track
\$2.00 entry fee Awards to first 3 finishers and to first
over age 40. Race Director: Don Johnson

7 " Missouri Valley Area VI Junior Olympics Track & Field Meet
Rock Bridge High School Meet Director: Joe Schroeder
He, too, will need lots of help!



P. O. BOX N COLUMBIA, MISSOURI 65205 (314) 874-7460

Columbia Parks and Recreation Department
And
Columbia Track Club
Present

THE 1986 SUMMER PROGRAM OF RUNNING AND RACE WALKING

A series of six Wednesday evening races to be held on Hickman High School Track on June 11, 18, 25, July 2, 9, 16. The races will begin at 6:00pm and proceed in the following order: Mile Run, 400 Meter Run, 800 Meter Run, Mile Walk, 2 or 3 Mile Run. Emphasis will be on participation and personal improvement. There will be a \$1.00 charge to help cover the cost of ribbons.

Age groups (boys and girls) will be as follows: 7 and under, 8-9, 10-11, 12-13, 14-15, and 16-17. Anyone over the age of 18 can also participate in any of the events as "Fun Runs".

Ribbons will be awarded each night to the first five places, each event and each age group.

Participants can do only two running events plus the Mile Walk each night.

PLEASE COMPLETE THIS FORM AND BRING IT AND \$1.00 ON JUNE 11.

NAME _____ BIRTHDATE _____

ADDRESS _____ PHONE _____

I, _____ (father/mother) of _____

_____ consent to my child's participation in this program and I hereby waive any and all claims for damages which I might have against the City of Columbia, Missouri, or the Columbia Track Club for any injuries suffered by my child as a result of or during this program.

AAU/USA JUNIOR OLYMPICS
BOONE COUNTY TRACK AND FIELD MEET
at Rock Bridge High School Stadium, Rt. K
(3 mi. south of MU Stadium)
Monday, May 26, 1986 , starting at 9:30 a.m.

PAGE 12

Bantam, Midget & Junior Divisions

Boys and Girls

Meet is sponsored by Columbia Parks and Recreation Dept., Columbia Track Club, and Sears, Roebuck & Co. Participation ribbons will be awarded to all participants. Pre-registration is encouraged as shown at the bottom of this form. Pre-Registration fee \$2.00

DIVISION	YEAR OF BIRTH	AGE OF 1986 BIRTHDAY
Bantam	1976 or later	10 and under
Midget	1974 or 1975	11 and 12
Junior	1972 or 1973	13 and 14

The age is based on the year of birth. Whatever age a competitor is on his birthday during the current calendar year shall be considered for the entire 1986 season. (If a competitor is eleven years old on his birthday in 1986, he will compete all year as an eleven year old.)

Bantam and Midget division may compete in a maximum of three events. Junior division may compete in a maximum of our events. This includes dashes, field events and relays. Relay team members and alternates must be on the entry form (see back) from the first meet entered and must remain the same in subsequent meets. Relay teams should wear identical shirts. List relay members and alternates on back of form.

The track is red dog (1/2" spikes.). Jumping pits have asphalt runways and approaches (1/4" spikes). Spikes are NOT required. Blocks may be used in Junior Division only. Pole vaulters must furnish their own pole. The top four places in each event shall qualify for the Area VI meet to be held in Columbia on June 7 at the Rock Bridge High School Stadium.

Please COMPLETE, TEAR OFF, AND RETURN THIS FORM TO: Mr. Tom Coon
710 Spencer Ave.
Columbia, MO 65201

with \$2.00 registration fee by no later than 5:00 p.m., Thursday, May 22, 1986. NO ENTRIES WILL BE ALLOWED THE DAY OF THE MEET)

NAME (please print) _____ Boy ___ Girl ___ Phone _____

Address _____ School _____

Age of 1986 birthday _____ Birthday (Month) _____ (Day) _____ (Year) _____

Circle events in your age group (Bantam, Midget, or Junior) you wish to enter. Be sure to circle either Boys or Girls. List relay team (runners and alternates on back of form) from same division. "I certify that the birthdate is correct. I assume all responsibility for the health and welfare of my child while participating."

Parent or Guardian _____

Bantam Div. 1976 or later Midget Div. 1974 or 1975 Junior Div. 1972 or 1973

BOYS AND GIRLS
(maximum 3 events)
100 m. dash
200 m. dash
400 m. dash
800 m. run
1500 m. run
3000 m. run
1500 m. walk
High Jump
Long Jump
Shot Put 6#
400 m. relay
1600 m. relay

BOYS AND GIRLS
(maximum 3 events)
100 m. dash
200 m. dash
400 m. dash
800 m. run
1500 m. run
3000 m. run
1500 m. walk
High Jump
Long Jump
Shot Put 6#
Discus 1 kg.
50 m. hurd.
(4-30")
400 m. relay
1600 m. relay

BOYS AND GIRLS
(maximum 4 events)
100 m. dash
200 m. dash
400 m. dash
800 m. run
1500 m. run
3000 m. run
1500 m. walk
3000 m. walk
High Jump
Long Jump
Triple Jump
Boys Pole Vault
Girls Shot Put 6#
Boys Shot Put 8#
Discus 1 kg.
400 m. relay
1600 m. relay
3200 m. relay
Boys 100 m. hurd.
(10 - 33")
Girls 80 m. hurdles
(8 - 30")
Girls Triple Jump

Here's a shoe list compiled by Randy Smith:

RUNNING SHOES 1985-86
compiled by Randall L. Smith
revised 4/1/86

- Hyperpronation: Adidas ZX500, ZX600, Centaur, Phantom,
Peachtree*, Fire II
Avia 590, 600, 581, 620
Brooks Apex*, Trilogy, Chariot, Contour,
Response*
Converse Odessa, Force-5, Revenge
Etonic Europa, Maestro, Mirage*, Quasar ZX
Kangaroo Coil R1
Kaepa K-225
Lynx GRS-1
New Balance M or W440*, M or W670, 520,
995
Nike Venue, Dauntless, Epic, Equinox,
Vortex, Pegasus Gx
Reebok GL6000, LX8500
Sako Tri-Eva, Skyline
Saucony America, Echo*, Advance
Tiger Alliance, Extender, Striker ST
Turntec Apex, Lady Quixote, Quantum,
Quantum Plus, Flexlite 575
- Hypersupination: Adidas ZX500, Centaur, Phantom,
Peachtree*, Fire II
Avia 590, 600, 581
Converse Odessa, Force-5
Nike Dauntless, Epic, Equinox, Vengeance
Sako Super XL, Skyline
Saucony America
Tiger Alliance
Turntec Apex, Quicksilver Plus, Vista,
Flexlite 575
- Midfoot or Forefoot Stiker: Adidas The Web, Starlite, Silverstar
Brooks Nexus
Converse Gazelle*, Equinox
Etonic Sigma, Maestro
Nike Vengeance
- High Arch or Rigid Foot: Diadora Seb Coe Impact 1000
Kangaroo Rally
Nike Windrunner
Reebok DL5600, LX8500
Tiger Ultra 1000, Concerto
- Orthotics: Adidas deCastella Centaur*
Brooks Sentry, Phoenix
Etonic Europa
Reebok Hurricane*, 5600
Tiger RX
- Racing Shoes: Adidas DeCastella, Helsinki, Grete Waitz
Brooks Tempo
Converse Equinox
Etonic PR, Sigma, Maestro
Kangaroo Ghost
New Balance 250, 400, 500
Nike Spiridon Gold, Terra T/C, Sock Racer,
Sock Trainer, Air Edge, Axis,
Pursuit, Vendetta
Puma Stellar
Saucony Dixon Trainer
Tiger Ultra 1000, Colorado, Epirus,
X-Calibur GT, Jayhawk XR
Turntec Vista

* denotes an inexpensive shoe that may be
useful for the beginning or low mileage
runner

This list is compiled from manufacturer descriptions and
shoe reviews from the various running magazines. It is not
exhaustive for all running shoes made but those that should
be better quality shoes. This list is not a recommendation
of any shoe but a tool to facilitate the selection of shoes
that will meet the needs of individual runners. It is
updated every two or three months.