

TRACK CLUB

NEWSLETTER Vol. XVIII, No. 3 March 25, 1986

DAN BRYANT WINS RRCA 15 KILOMETER STATE CHAMPIONSHIP, DON
LEWIS SHATTERS 50-59 RECORD March 8, 1986

1. Dan Bryant	24	49:08	
2. Jamie Burnham	20	49:31	
3. Jeff Mittelhauser	29	49:55	
4. Larry Henner	19	50:01	
5. Kent Rader	26	50:43	
6. Gary Fancher	24	50:52	
7. Jim Marshall	27	51:23	
8. Bob Hull	20	52:22	
9. Don Lewis	50	55:56	New 50-59 record lowereing
10. Terry Sandwith	28	56:58	the 59:07 held by
11. Tom LaFontaine	39	57:39	Don Johnson for almost
12. Bob O'Connell	37	59:18	7 years.
13. Tony Adams	24	59:23	
14. Marvin Odneal	42	1:00:00	
15. Dave Parker	39	1:00:15	
16. Dick Madsen	44	1:00:56	
17. Mark Volek	30	1:00:57	Mid 30's, quite windy,
18. Mike Walther	28	1:01:42	overcast.
19. Milene Mittelhauser	26	1:02:28	
20. Larry Thornburg	39	1:02:30	THANKS! to Tom LaFontaine
21. Rick Rother	37	1:03:08	for being Race
22. Whitney Hicks	50	1:03:54	Director and to
23. Ben Londeree	51	1:03:54	Georgina Gonzales
24. Gerry Heisler	39	1:04:07	Rich Harris, Jan
25. Terry Rackers	41	1:05:27	Suellentrop, Kim
26. Tom Allen	43	1:05:43	Wells and Rusti
27. Jack Lydon	39	1:07:22	Foltz for helping.
28. Don Johnson	57	1:07:30	
29. Alberto A. Diaz-Arias	28	1:07:32	
30. Joe Duncan	51	1:07:38	
31. Eric Hedges	40	1:08:47	
32. Tom Rackers	44	1:08:50	
33. Mike Bryant	15	1:09:00	
34. Turk Storvick	57	1:09:36	
35. Dean Baxter	50	1:11:10	
36. Tim Rooney	35	1:11:10	
37. Jill Murphey	27	1:11:26	
38. John Holland	48	1:11:57	
39. Dave Sleper	40	1:12:16	
40. Dave Plummer	41	1:12:28	
41. Bob Jackson	30	1:18:22	
42. Linda Price	42	1:20:14	
43. Bill Ward	56	1:23:26	
44. Barbara Martin	39	1:31:59	

Walkers:

1. Don Williams	1:15:38
2. Rob Spier	1:46:31

SCHEDULE OF EVENTS

- APRIL 6 Sunday 1:00 PM dSport Shop 8,000 Meter Run Rockbridge HS
Race Director: Jim Gibson \$5.00 entry fee with proceeds
going to CTC Travel Fund
- 19 Saturday 6:00 AM Missouri Cup Competition a 50 Mile Walk
Rock Bridge HS Track (NOT HICKMAN) \$5.00 entry fee
WE NEED A RACE DIRECTOR FOR THIS EVENT!
- 26 Saturday 8:00 AM HUMAN RACE VIII
- MAY 17 Saturday 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track

THE MARCH OF DIMES WALK ACROSS AMERICA is to be held locally on April 27. The national fund-raising event will be held on the same weekend throughout the U.S. The local event will be an approximate 5½ mile route, the walk (or run) to begin at 1:00 PM. Tom LaFontaine is a member of the organizing committee and he urges all CTC members to participate. Packets are available from Madeline at the March of Dimes office 449-0573.

ELAPSED TIME STANDINGS;

These results will be considered official unless Jim Gibson is notified within 30 days of any proposed corrections. * indicates total includes 25 points for being a Race Director.

File: MALE15U

Report: CTCRESULTS

NAME	POINTS
BRYANT	37
GIBSON	27
HARNESS	22
RACINE	14
GUEST	13
SALDANA	12

File: MALE1629

Report: CTCRESULTS

NAME	POINTS
STONE-FISCHE	53
WALTHER	47
MITTELHAUSER	46
SMITH	45
RADER	44
MARSHALL	27
HULL	26
BRYANT	18
LANG	15
FANCHER	15
ORINGDERFF	14
M. LEWIS	14
ADAMS	13
J. LEWIS	12
O'BANNON	12
BUTLER	11

File: MALE 3039

Report: CTC RESULTS

NAME	POINTS
LAFONTAINE	116*
PARKER	89
HEISLER	83
O'CONNELL	83
VOLEK	67
KURTH	66*
HARNESS	62
ROONEY	62
STEBBINS	49
THORNBURG	48
HOSLER	43
PETTERBORG	36
BAKER	31
BAURICHTER	30
JOHNSON	26
COON	20*
WHITESIDE	17
MILLER	15
LAMMY	15
WILLIAMS	14
LYDON	13
RUDEEN	12
RICHARDSON	12
RUDEEN	11
QUALY	11
CLINKINBEARD	11

File: MALE 4049

Report: CTCRESULTS

NAME	POINTS
ALLEN	99
MARKS	94*
MADSEN	82
ODNEAL	82
D. LEWIS	53*
SCHLEMPER	51
HESSLER	46
TOM RACKERS	37
SLEPER	35
TERRY RACKER	30
PLUMMER	22
BELYEA	16
HEDGES	14
FRITSCH	13
SHUPPAN	11
HOSAKAWA	11
HOLLERAN	11
PECKHAM	11

File: MALE 5059

Report: CTCRESULTS

NAME	POINTS
JOHNSON	82
STORVICK	74*
BAXTER	68
LONDEREE	67
DUNCAN	59*
HICKS	48
HANSON	38
D. LEWIS	37
O'CONNOR	35
KRUSE	23
WARD	23
PINKERTON	11
MITTELHAUSER	11

File: MALE 600VER

Report: CTC RESULTS

NAME	POINTS
GERHARDT	11

File: WALKERS

Report: CTCRESULTS

NAME	POINTS
SPIER	44
WILLIAMS	35

File: FEMALE15U

Report: CTC RESULTS

NAME	POINTS
HESSLER	27
TEERLINCK	22
HARNESS	22
HENZEL	14
CORDIA	13
SALDANA	12

File: FEMALE1634

Report: CTC RESULTS

NAME	POINTS
HOXWORTH	53
MITTELHAUSER	39
RUBLE	36
KARWOSKI	34
BULMAN	28
TEERLINCK	24
BOHON	24
GERKE	22
WULFF	13
HESSLER	12
REINHARDT	11
HOLLAND	11
HASKAMP	11

File: FEMALE 350VER

Report: CTC RESULTS

NAME	POINTS
PRICE	73
MADSEN	46
O'CONNOR	38
JOHNSON	33
GONZALEZ	28
FRITSCH	28
ODNEAL	26
MARTIN	23
SMITH	13
GERHARDT	12
LONDEREE	11

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

March 6, 1971: MVA AU 30 Kilo Run: 1. Loren Moes 1:47:38 (16:03 over last 5 K.); 2. Louis Naeger 1:49:10; 3. Carl Owczarzak 1:50:04; 4. Bill Wirtz 1:50:19. . . .8. Roman Sage 2:12:26; 9. Don Granberg 2:13:16. . . .11. Joe Duncan 2:18:46 & 3 others.

March 13, 1971: 8 Mile Run: 1. Dennis Stewart 47:21, 2. Don Granberg 51:50. . . .4. Joe Duncan 53:23 & 6 others including 4 from the Memphis, Tenn. Naval Air Station. Art Fleming walked in 1:12:07.

March 28, 1971: 2 Mile Run: 1. Bill Wirtz 9:45, 2. Dennis Stewart 9:48, 3. Bob Brouillet 10:05. . . .7. Don Granberg 11:23 only 2 others including Steve Pinkerton, age 11, 15:40. 7 mile walk: Darrell Palmer over Fleming 64:28 to 64:45

5 Years ago:

March 7, 1981: 5,000 Meter Nut Race: 1. Jeff Mittelhauser 15:27, 2. Dan Bryant 15:34, 3. Bob O'Connell 16:04, 4. Tom LaFontaine 16:55. . . .6. Dick Hessler 17:02. . . .9. Ben Londeree 17:18. . . .16. Joe Marks 17:55. . . .27. Milene Hollon 19:25 29. Turk Storvick 19:30, . . .32. Don Johnson 19:43. . . ; 47. Chris Ruble 21:25 and 21 others

March 21, 1981: Four Mile Relay: A team of 40 year olds won this event: Don Lewis, 4:58, Whitney Hicks, 5:16, Ben Londeree, 4:57 Olen Brown 5:33 resulting in a team time of 20:44. Then there was the Mittelhauser Mob at 20:53 and 16 other teams with some neat names: The Rother Runners, the Stout Hearts, The Tweedie Trips, Turk's Turkeys, The Slivinsky Stampede, The Fearsome Foursome (the 4 Gibson Brothers), Hesslers Hellions, etc.

Remember BOB GOODRICH, who was pretty^{well} dominating the 30 year old group before moving to St. Louis a year or so ago? Well, he has surfaced in a few St. Louis races as a 40 year old and has quickly established himself as the dominant force in that age group in St. Louis. For example, he finished 3rd overall in the SLTC 20 K Championship with a time of 1:10:46 some 2½ minutes faster than the next 40 year old. Then he topped that on Feb. 1 when he was the overall winner in the SLTC 30 K Championship with a time of 1:48:50--probably the first time a 40 year old has won a SLTC championship race.

STEVE STONECIPHER-FISHER won the St. Louis Marathon on March 2 with a time of 2:23:15, winning by some four minutes. RANDY SMITH ran in the 10 K race finishing with a time of 40:02.

BOB DOLPHIN ran the Trail's End Marathon at Seaside, Oregon, Feb. 22 finishing at 3:25:24, 174th of 548, 9th of 41 in the 50-59 group. High 40's, steady rain, 20 MPH winds impeded progress on the road back.

Dr. Clayton Edwards Memorial Run, 10 K, Macon, MO, March 16: 1. BOB HULL 33:07, 2. GARY ORINGDERFF 34:27, 3. GERALD JORGENSEN 39:14. . . .6. SONNY Phillips 41:57. . . .7. MIKE ROBBINS 42:40. . . .10. TERRY RICHARDSON 43:48. . . .12. LINDA ROBBINS 45:22

5,000 Meter Run Jefferson City, March 15 1. Jim Heady 15:42, 2. Tony Mayfield 15:48, 3. Craig Christians 15:50, 4. Jim Marshall 15:59, 5. Bob Hull 16:04. . . .9. Jim Guinn 17:02. . . .13. DON LEWIS 17:26. . . .22. TERRY RACKERS 18:47. . . .28. BOB LEONBERGER. . . .36. DON JOHNSON 19:59. . . .45 TOM RACKERS 21:01. . . .48. DAVID PLUMMER 21:16. . . .91. Mary Haskamp 24:18. . . .101. JILL MACKEY 25:04. . . .116. BARBARA MARTIN 26:46. . . .144. MARGARET JOHNSON 34:56

BARBARA MARTIN ran in the Sedalia Half-Marathon on March 23--her first race over 9.3 miles. Barbara came in with a time of 2:19:15. Don Johnson and Jill Mackey were also there, and perhaps a few other CTC people, but we have no further results.

MORE INFORMATION: HUMAN RACE VIII April 26, 8:00 AM to be a part of the UMC Fun-Fest, leading to the Black & Gold football game. NO ENTRY FEE!! This will be a 10,000 meter run and VOLKSMARCH--we expect wide community participation--runners, walkers, strollers, all ages. A new course has been mapped out--much, much easier than the old course. A key chain medallion to the first 1200 male finishers and to the first 600 female finishers, plus free entry to the football game. Wath the Tribune for more information.

A note from Coach Dick Hessler:

The Columbia Track Club Colts announces the third annual fun-filled and illustrious track and field program for youth, third grade through high school (if not competing for a junior or senior high school team). The program is designed to improve general fitness levels, to develop track and field skills such as high jumping, long jumping, and the hurdles, and to participate in competitions for those who want to do that.

The Colts are coached by Dick Hessler with the able assistance of Peter Hessler along with world-class UMC track and field athletes. Practice starts Saturday, April 5, 4-5 p.m. at Hickman High School track and will be each Saturday thereafter, same time, same place. If the weather is inclement, please call Dick Hessler (874-2906) before 3:00 p.m. Saturday for the alternative plan. All you need for practice is a pair of comfortable shorts, T-shirt, sweat pants and top, and running shoes.

Some dates of competition to keep in mind are: Junior Olympics - May 24 (or 26), June 7, and June 14.

The summer running program starts on Wednesday, June 11, 6:00 p.m., Hickman track, and continues for the next 6 Wednesdays, same time and place.

There is no charge for the youth program and CTC Colts shirts are provided for those who are members of Columbia Track Club.





UNIVERSITY OF MISSOURI-COLUMBIA

P 35

School of Health Related Professions

200 Clark Hall
Columbia, Missouri 65211
Telephone (314) 882-8011

February 27, 1986

CALL FOR SPONSORS

The School of Health Related Professions at the University of Missouri-Columbia (UMC) is in the process of planning a major conference entitled, "Aerobics and Total Wellness." This conference is scheduled for May 19-20, 1986 on the UMC campus.

The featured speaker for this conference will be Dr. Kenneth Cooper, founder of The Aerobics Center in Dallas, Texas, and author of several books dealing with aerobics and with total well-being.

Dr. Cooper will present four lectures on Monday, May 19, 1986. Topics he will cover include:

- 1) Historical Review of Preventative Medicine and Wellness
- 2) Exercise is Only a Part of a Total Wellness Program
- 3) Testing Cardiovascular Fitness
- 4) Aerobics and the Competitive Athlete

In addition to Dr. Cooper other speakers will also be speaking on Tuesday, May 20, 1986 on topics that relate to wellness, nutrition, preventive cardiology, and fitness training programs.

The School of Health Related Professions is currently seeking sponsors to help underwrite the major expenses involved in bringing Dr. Cooper to our campus. The School is therefore seeking a maximum of twenty (20) sponsors, each willing to contribute \$500 to this conference. In return each sponsor will be listed on the program brochure and conference materials that will be mailed to over 10,000 individuals and institutions in mid-Missouri and the midwest. In addition, for each \$500 contribution a sponsor will receive two paid registrations to attend the conference. Those institutions wishing to provide support for this conference but cannot contribute at the \$500 level may wish to underwrite the costs associated with providing refreshments at the break periods. A contribution of \$300 is required to receive recognition of support at the break periods. These contributors will not be listed on the program brochure but will be recognized at the conference.

Columbia Track Club is contributing \$100 toward the expense of bringing Dr. Cooper to Columbia. If anyone wants to contribute additional money in the name of CTC that is fine--if enough money is so given then CTC can be considered a major sponsor. One thing you need to know, however, is that the registration fee for the two day seminar is \$50.00, although there may be some sort of break for contributors.

DR. KENNETH H. COOPER

Recognized through his writing and research as the leader of the international physical fitness movement, Kenneth H. Cooper, M.D., M.PH., has been credited with getting more people to exercise in pursuit of good health than any other person.

From the time of his first book, Aerobics, (1968), Dr. Cooper has advocated revolutionizing the field of medicine away from disease treatment to disease prevention through aerobic exercise. His Aerobics concept has stressed it is easier to maintain good health through proper exercise, diet and emotional balance than it is to regain it once it is lost.

Dr. Cooper continued. . .

After 13 years in the U.S. Air Force (1957-70) during which the senior flight surgeon developed the Aerobics point system that led to his first book, Lt. Col. Cooper left the service because the Air Force could not see the benefit of his system, and founded The Aerobics Center in Dallas, Texas (1970). Today, U.S. Air Force, Army, Navy, Secret Service, several foreign military organizations, many U.S. corporations and more than 500 universities and public schools utilize this program.

Through his reserach and books -- Aerobics (1968), The New Aerobics (1970), Aerobics for Women (1972 co-authored with his wife, Millie), The Aerobics Way (1977), The Aerobics Program for Total Well-Being (1982), and his most recent book, Running Without Fear, which is now available in bookstores, Dr. Cooper's Aerobics Program has helped people of all languages understand and measure the results of their exercise.

His five books have sold more than 12½ million copies in 29 languages and Braille.

In 1982, The London Times named Dr. Cooper among 74 people in the world as "The Greatest" of the last 20 years and noted, "The drop in deaths from heart disease in America by 14% in the 1970s is commonly credited to Dr. Cooper, as is the jogging boom which got more than 25 million Americans on the roads by the end of that decade".

The figure has reached an estimated 30 million Americans by 1983.

In Brazil, where 25,000 persons ran in the race in 1982 led by Dr. Cooper, his name is used rather than the word running. Brazilians do not ask if you have run, they say, "Have you done your Cooper today?"

In Japan outside Tokyo, a 750-acre model of the Dallas Aerobics Center is being built with Dr. Cooper's counsel from the planning through the construction and operation stages to help combat obesity and stress among the Japanese population. Dr. Cooper has been asked to assist with similar efforts in other countries including Australia, Saudi Arabia, France and Italy.

With nationalities throughout the world reading his books in their languages, Dr. Cooper has spoken in Argentina, Australia, Brazil, Canada, Chile, China, Colombia, El Salvador, Finland, France, Germany, Indonesia, Israel, Japan, Korea, Mexico, Norway, Portugal, Puerto Rico, Russia, Singapore, South Africa, Tahiti, Venezuela and the Bahamas.

From The Aerobics Center's beginning, Dr. Cooper has emphasized the importance of basic research to monitor the effects of aerobic exercise on human health.

Dr. Cooper continued. . .

THE INSTITUTE FOR AEROBICS RESEARCH, one of the four divisions of The Aerobics Center, is where daily researchers study the role of exercise and its value in a person's life. The Institute utilizes the largest and only known computerized exercise data base on record (more than 100,000 person years of data) with an objective measure of fitness -- the treadmill stress test.

Dr. Cooper's research into coronary heart disease and risk factors affecting heart disease and fitness (high blood pressure and hypertension, HDL cholesterol and cholesterol/HDL ratios, percent body fat, smoking and alcohol consumption, treadmill performance time and pulmonary functions) have been the subject of papers at international scientific conferences and in international scientific journals.

His Fitnessgram project providing standard tests and individualized fitness report cards for an estimated 12.9 million public school children, grades 4-12, by 1985, and a total wellness program to relieve stress and absenteeism for more than 5,000 teachers in the Dallas Independent School District during 1982-83, are landmark programs furthering research.

Similar research data is collected daily at two other divisions of The Aerobics Center. THE COOPER CLINIC, medical facility of nine physicians including Dr. Cooper, has given comprehensive physical evaluations, individual counseling and specific recommendations for attaining and maintaining good health to more than 30,000 patients.

At THE AEROBICS ACTIVITY CENTER, 2,600 members participate in medically prescribed and supervised exercise programs and contribute their exercise data to the computerized scientific data base.

In-patient care for injury and cardiac rehabilitation is available through THE AEROBICS CENTER GUEST LODGE.

The Cooper family includes Dr. Cooper, his wife, Millie, daughter, Berkley and son, Tyler.

MORE INFORMATION: HUMAN RACE VIII: The major financial sponsor of Human Race VIII is GTE (thanks to Mike & Carolyn Little who work for GTE and who are CTC members). Not only that, but GTE is contributing 75 cents per runner, not to exceed \$1,000, to the CTC Scholarship Fund. We should say per finisher, not per runner. Anyway, we are extremely grateful to GTE for their generosity. Because of this we are able to have this event without charging an entry fee. We anticipate close to or more than 2,000 participants which will make this one of the finest community events we have ever had. CTC will handle the t-shirt concession. Human Race T-shirts will be available at the CTC booth at the Funfest for \$5.00 each. Entry blanks and race numbers will be available at the GTE Phone Mart, the UMC athletic Dept. (2nd floor, west side, Hearn's Building) and at a Sport Shop. We urge you to register early and pick up your number so you can avoid the day of the race registration crush. This is an event for everybody in Columbia and environs!

Some selected out of town events:

- April 6 Sunday 2:00 PM 3rd Annual Mexico Audrain County Library Run
5,000 Meters CONTACT: Run Director Mexico-Audrain County
Library 305 W. Jackson Mexico, MO 65265
- April 27 Sunday The Research Run A Race For Women 10,000 meters
9:00 AM Kansas City CONTACT: The Research Run PO Box 4034
Overland Park, KS 66204
- May 4 Sunday 7:00 AM Lincoln Marathon, Nebraska CONTACT: Race Director
5309 S. 62nd Lincoln, NE 68516
- May 4 Sunday 11:00 AM Celebrity China 5k and 10k CONTACT: Celebrity
China PO Box 14070 Lenexa, KS 66213
- May 10 Saturday 9:00 AM Mother's Day 5k For Women Only Jefferson
City Memorial Airport CONTACT: Mary Haskamp 1011 Laurel
Dr. Jefferson City, MO 65101
- May 10 Saturday 8:00 AM 4th Annual Mayoer's Cup 10k Road Race
Independence, Mo. CONTACT: Mike Bratcher 201 N. Dodgion
Independence, MO 64050
- June 1 Sunday 7:00 AM Hospital Hill Run Half-Marathon & 7.7 Mile Run
Kansas City, MO CONTACT: Hospital Hill Run Crown Center
Suite 500 2440 Pershing Rd. Kansas City, MO 64108

THE BOONE COUNTY JUNIOR OLYMPICS MEET (now set for May 24) WILL BE CANCELLED UNLESS WE GET A MEET DIRECTOR!!! We will still have the Eastern Area Meet (Joe Schroeder, Meet Director) on June 7, however, Boone County youngsters will not be able to compete in that meet unless they first qualify in a Boone County Meet, which we will not have unless we have a Meet Director. One thing we do is pay the Meet Director \$100--which isn't a great sum considering the work invovled, yet it is a little incentive. If someone wants to undertake this awfully important task, please tell Joe Duncan right away since there is a lot to be done between now and then.

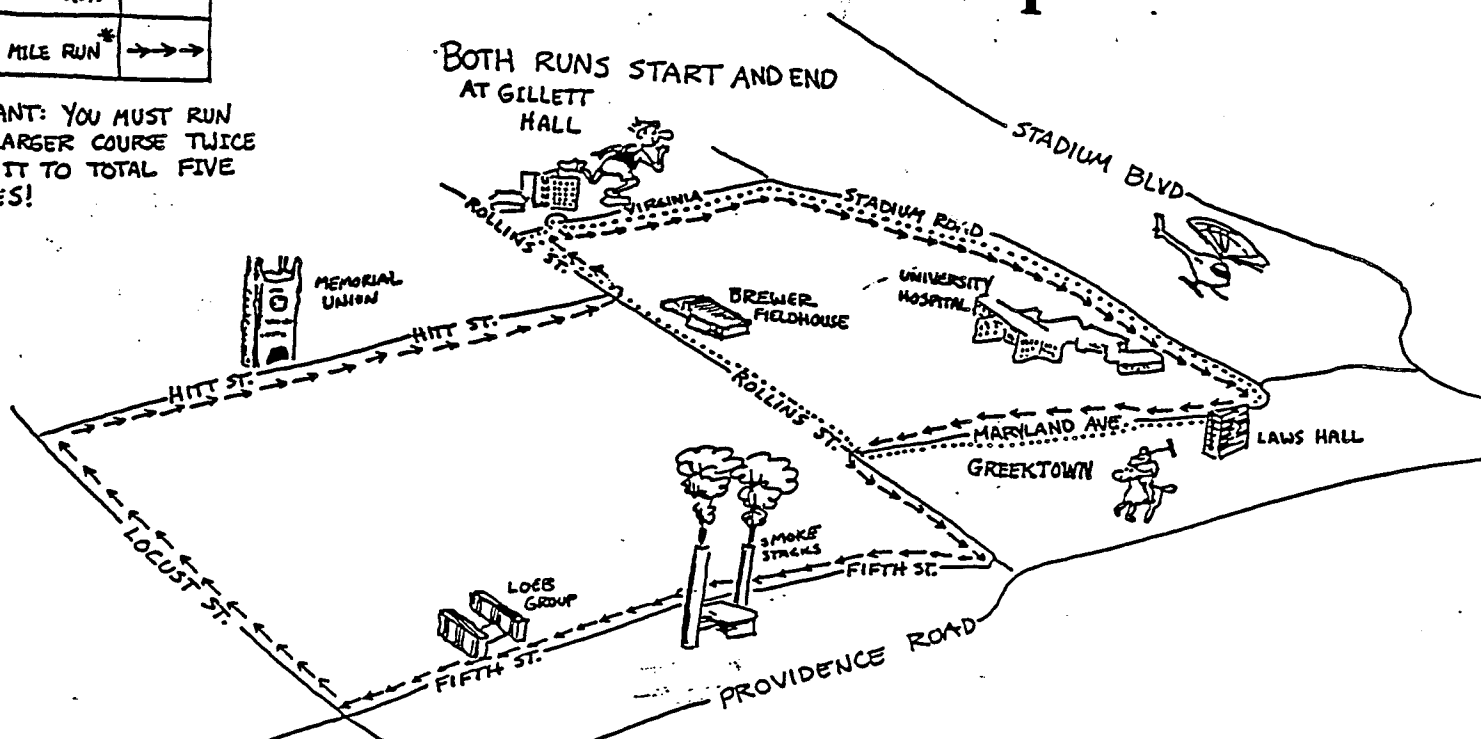
more information

KEY

1.3 MILE RUN
FIVE MILE RUN*	→→→→→

* IMPORTANT: YOU MUST RUN THE LARGER COURSE TWICE FOR IT TO TOTAL FIVE MILES!

wellness run map



WRITTEN SEQUENCE OF DIRECTIONS

1.3 MILE RUN: START AT GILLETT, L ON VIRGINIA, R ON STADIUM ROAD, R ON MARYLAND, R ON ROLLINS TO GILLETT.
5 MILE RUN: START AT GILLETT, L ON VIRGINIA, R ON STADIUM ROAD, R ON MARYLAND, L ON ROLLINS, R ON FIFTH ST, R ON LOCUST, R ON HITT, L ON ROLLINS TO GILLETT AND RUN COURSE AGAIN.

The UMC Department of Residential Life presents its 4th annual Wellness Week Run, Saturday, April 12th. The runner will have the choice of a fun run of 1.3 miles (starting time 9:00 a.m.) or a 5 mile race (starting 9:20 a.m.). Each runner will receive a Wellness T-shirt and will be timed. The results will appear in the Maneater and the Tribune.

Registration is \$3.00 for UMC students and \$4.00 for faculty, staff and public if paid by noon Friday April 11, and \$4.00 for UMC students and \$5.00 for faculty, staff and public up until the race.

The races begin in front of Gillett Hall on Virginia Avenue (see map).

Everyone is welcome to become a part of the Wellness program. It will be a great training run for the Human Race. Feel free to fill out this registration form and mail it to Kim Dude, 101 Hatch Hall, UMC, Columbia, MO. 65201.

WELLNESS WEEK RUN



April 12, 1986 9:00 a.m.

Sponsored by:

UMC Residential Life-
Programming.

Co-Sponsored by:

Coca Cola

Please return form to

Kim Dude
101 Hatch Hall
University of Missouri
Columbia, MO 65201
882-2834

Name: _____

Address: _____

Phone: _____

Entering: 1.3 mile _____
 5 mile _____

T-shirt size: S M L XL

PRE-REGISTRATION

Student	\$3.00
Faculty, Staff and Public	\$4.00

REGISTRATION AT RACE

Student	\$4.00
Faculty, Staff and Public	\$5.00

The 1.3 fun run begins at 9:00 a.m. while the 5 mile begins at 9.20 a.m. in the circle drive of Gillett Hall on Virginia Avenue. Individual times will be recorded. T-shirts will be provided.

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge UMC Residential Life, University of Missouri, Boone Hospital Center, the City of Columbia, the County of Boone, or the State of Missouri, 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 have entered on Saturday, April 12, 1986

I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race 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 whatsoever.

SIGNATURE _____