



TRACK CLUB

NEWSLETTER Vol. XIX, No. 1 January 20, 1987

CARL SNIFFEN COMES DOWN FROM KANSAS CITY TO WIN THE FROSTY 10
January 17, 1987

1. Carl Sniffen	34	35:41
2. Ted Glenn	43	36:42
3. Gary Johanning	36	37:53
4. TOM COON	32	39:12
5. MARVIN ODNEAL	43	40:32
6. TOM ALLEN	44	40:51
7. Mark Volek	31	41:05
8. Rich Harness	35	42:45
9. Dick Madsen	45	43:57
10. Bob McGrath	39	43:57
11. Don Johnson	58	44:28
12. MIKE LITTLE	39	44:28
13. Bob O'Connell	37	47:02
14. FRED FRITSCH	50	47:10
15. JOE DUNCAN	52	47:39
15. Norris Kruse	51	47:39
17. NANCY FRITSCH	48	54:29
18. Linda Price	43	56:44
19. Julie Schmidt	26	58:13
20. Georgina Gonzalez	48	58:45
21. ROB SPIER	w 64	1:13:00

Treacherous road conditions (packed snow and ice) caused this event to be shortened from the 20K it was supposed to be to a 10K. Temperature was low 30's, moderate winds, so from that standpoint it was not so bad. Sniffen and Glenn (and Mike Chaffee) came down from Kansas City for this one. It's been sort of an annual thing for them.

THANKS to Race Director Joe Marks for providing awards and hot chocolate and to Veva Spier and Ted Miller for their help.

CTC MEMBERS HAVE MADE A TERRIFIC RESPONSE to help us solve the financial crisis as outlined in the Nov.-Dec. Newsletter. We created the category of the Sustaining Membership (\$25.00 dues instead of \$10.00), and the response has been gratifying. In fact, recognition should be given to those who have become Sustaining Members. Here they are:

Tom Allen, Douglas Bay, Betty Bohon, Mike Chippendale, Craig Christians, Tom Coon, Jim Doyle, Joe Duncan, Lee Elliott, Liz Epple, Fred & Nancy Fritsch, Sandy Fritz, Bob & Boots Gerhardt, Scott Hinton, Mike Little, Jeff & Milene Mittelhauser, Barbara McDonald family, Marvin Odneal, Carl Owczarsak, Jim Pinkerton, Linda Robbins, Tim Rooney, Marc & Debbie Scholes, Rob Spier, Turk Storvick, Bill Taft, John Wilke, Gary Zwonitzer.
Thanks to all of you: o

And by the way, those of you who have not paid your dues, PLEASE do so right away so we won't have to put the word "EXPIRED" on your Feb. Newsletter.

Richard Harness' name was left out of the St. Louis Marathon list of finishers in last month's Newsletter. Rich ran the marathon in 3:14:15.

Did you know that these CTC people have St. Louis Marathon records?: Male, age 8, Wesley Paul, 3:31:27; age 25, Steve S-F, 2:20:32; age 35, Dick Hessler, 2:37:11; age 41, Joe Marks, 2:40:28; and female, age 18, Amy Johns, 2:45:57 also the 2nd best female time ever.

Mike Walther ran the Chicago Marathon, last fall, 3:20:24 1521st of over 8,000 runners, 434th of 1679 20-29 male runners. Mike also ran in the Alton Great River Road 10 mile race, Nov. 24 getting a PB at 1:04:09, 54th of 600 finishers.

Bob Dolphin was in a 50 kilo race on Jan. 3, around Green Lake, Seattle. Bob finished in 3:58:28, 7:41 pace, 3:19 marathon split, 14th of 43, 2nd of 5 50+, PB by 9 minutes.

JEFF & MILENE MITTELHAUSER WIN THEIR ANNUAL FREE MEAL BOBBY
 BUFORD'S FIVE MILE TWOSOME RACE January 3, 1987

5 miles

1. JEFF MITTELHAUSER	30	26:20
2. CRAIG CHRISTIANS	25	26:46
3. Doug Wellman	36	27:53
4. Bob O'Connell	37	28:19
5. Tom Coon	32	28:47
6. Tom LaFontaine	40	28:58
7. Mark Volek	31	29:13
8. Dick Hessler	45	29:29
9. Norm Stebbins	40	29:54
10. Kevin O'Bannon	18	30:24
11. Richard Harness	35	30:58
12. Ben Londeree	52	31:08
13. Mike Walther	29	31:13
14. Dick Madsen	45	31:38
15. TOM ALLEN	44	31:45
16. MILENE MITTELHAUSER f	27	33:01
17. MIKE LITTLE	39	33:11
18. Dean Baxter	51	33:43
19. Liz Epple f	29	34:03
20. Bob McGrath	39	34:05
21. Don Johnson	58	34:13
22. Thurman Gleb	16	34:17
23. JOE DUNCAN	52	35:08
24. Kenna Walker f	16	35:32
25. Norris Kruse	51	35:37
26. Angela Hessler f	13	36:18
27. Herb Mittelhauser	57	36:21
28. TURK STORVICK	58	36:53
29. Linda Robbins f	35	37:04
30. Chris Ruble f	32	37:04
31. FRED FRITSCH	50	37:11
32. JOE MARKS	49	37:44
33. Julie Mittelhauser f		38:03
34. Dianne Seifert-Wade f	31	39:36
35. Linda Price f	43	40:05
36. Amy Hessler f	21	40:44
37. NANCY FRITSCH f	47	41:28
37. Carole Madsen f	43	41:28
39. Leanne Teerlinck f	18	44:47
40. Darlene Londeree f	49	49:44
41. ROB SPIER walked	64	55:31
42. Margaret Johnson f	57	1:06:39

Here's how the Twosome Teams scored,
 with first place teams getting a
 Dinner for Two at Bobby Buford's:

0-44 (combined ages)

1. Craig Christians	Leanne Teerlinck	1:08:32
2. Kenna Walker	Thurman Gleb	1:09:49
3. Kevin O'Bannon	Amy Hessler	1:11:08

45-59

1. Jeff Mittelhauser	Milene Mittelhauser	59:20
2. Angela Hessler	Doug Wellman	1:04:10

60-74

1. Bob McGrath	Liz Epple	1:08:08
2. Mike Walther	Chris Ruble	1:08:17

75-84

1. Tom LaFontaine	Linda Robbins	1:06:02
2. Herb Mittelhauser	Julie Mittelhauser	1:14:23

85-99

1. Dick Hessler	Linda Price	1:09:34
2. Dick Madsen	Carole Madsen	1:13:06
3. Fred Fritsch	Nancy Fritsch	1:18:39

100 & over

1. Ben Londeree	Darlene Londeree	1:20:52
2. Don Johnson	Margaret Johnson	1:40:52

The names in caps indicate those
 who have become Sustaining
 Members of CTC.

Low 30's, very little wind, cloudy. Dick & Carole Madsen got a
 dinner for two by accurately predicting their times--Dick was only
 two seconds off his DT while Carole was a mere 8 seconds off.

thanks to Don Lewis for a superb job of race directing and to
 his daughter and son-in-law, Kerry & Mark Christianson, for
 helping out and to BOBBY BUFORD'S for providing half of the
 cost of the dinners for two and for providing a room for the
 post race festivities.

Turk Storvick has to give up his job of coordinating the assembly of the
 Newsletter so we need someone in the campus area to take that over.
 Would someone please call Joe Duncan and offer to do that.
 We also need more people to with the newsletter assembly each
 month. What we need are 18 people, 3 each time, that way each
 person need give only 30 minutes of his or her time
 twice a year. PLEASE RESPOND"

11/02/86 1pm - ST. LOUIS TRACK TC vs COLUMBIA TC
vs JEFFERSON CITY TC vs ALTON ROAD RUNNERS
3 MILE CROSS COUNTRY MEET



1986
XC-4

RACE DIRECTOR: Dave Worful

CONDITIONS: Overcast, 45°F

LOCATION: Shaw Park, Clayton

SERIES: 4th of 4 in the SLTC XC Series. Runners score best 3 of 4 races.
50 POINTS: SLTC members enter age group (AG) as of their age on June 30th.

1st per AG = 50 pts, 2nd=45, 3rd=40, 4th=35, 5th=30, 6th=25, 7th=20, 8th=15, 9th=10, all others = 5 pts.
VOLUNTEERS: Mary K Jaudes & Vicky Helling (food layout), Dave Richert, Bob Bellora (course layout & set-up), Dan Sebben & Dan Maloney (finish), Glenn & Jackie Wright (hay bale judges), the Worful Family, Val Bellora, Jim Faulkner, Kevin Lane, Tom Wolfe, many others

The SLTC won 3 of the 3 divisions thus retaining the traveling trophy. In each division points are assigned on a mass scoring basis. The team with the least number of participants determines the number of runners per team that will score (minimum runners needed per team to score: MEN 0-39 = 5, MEN 40+ = 3, WOMEN = 3). All others do not score or displace.

MEN 0-39 (5 PER TEAM SCORED)			A	C	J	S
1	ART WADDLE, 22	14:34				1
2	JOHN BUTLER, 24	14:38	UNATTACHED			2
3	ERNIE REITH, 27	15:32				3
4	CHARLIE LUTZ, 33	15:36				
5	CRAIG CHRISTIANS, 15	15:42			4	
6	DAVE DOBKOWSKI, 28	NTA				5
7	MIKE DAVIES, 27	15:56				6
8	DOUG WELLMAN, 36	16:29		7		
9	BRET BOMAN, 28	16:36				
10	JIM SNOWDEN, 29	16:41	UNATTACHED			
11	STEVE HARMON, 31	16:49	UNATTACHED			
12	BOB BELLORA, 36	16:51				
13	MIKE REID, 20	16:55				
14	KEVIN LANE, 31	16:56				
15	PETE MANNISI, 39	16:59				
17	BOB WHITTIER, 33	17:06				
19	STE ANDERSON, 33	17:14				
21	DAVE DEJEAN, 26	17:26				
22	STEVE MROTEK, 23	17:34				
23	PAUL LUTHER, 35	17:42				
25	RI. FERNANDEZ, 30	17:58				
26	JOHN DICKEY, 32	18:01				
29	JON DELANO, 26	18:20				
32	BRUCE AUCH, 32	19:06				
35	L. FIREHAMMER, 34	19:11				
37	DEMET. PASHOS, 29	19:16				
40	JOHN RACINE, 10	19:59		8		
43	CHUCK CURTIS, 13	20:31	UNATTACHED			
44	DOUG JOHNSON, 21	20:31				
45	NOBUYUK KWABARA	20:53	UNATTACHED			
49	TONY SEBBEN, 34	21:10				
51	GARY GRIEVE, 37	21:42	UNATTACHED			
52	MATT CROSBY, 12	23:06				
53	MARLIN GUEST, 11	23:23		9		
54	DAN KLEYPAS, 38	23:48				
58	TOMMY ALLEN	24:58	UNATTACHED			
59	DEAN LAY, 39	25:20				
60	TIM RUMPSA, 28	25:52	UNATTACHED			
62	CHARLIE BATES, 28	27:40	UNATTACHED			
64	VAL BELLORA, 24	28:43	UNATTACHED			

TOTAL TEAM POINTS - NS NS NS 17

NTA = NO TIME AVAILABLE

NS = NO SCORE; DID NOT HAVE MINIMUM NUMBER OR RUNNERS ON TEAM

A = ALTON, ILL. ROAD RUNNERS
C = COLUMBIA, MO. TRACK CLUB
J = JEFFERSON CITY, MO. TRACK CLUB
S = ST. LOUIS, MO. TRACK CLUB

MEN 40+ (4 PER TEAM SCORED)			A	C	J	S
16	LARRY HELLING, 40	17:02				1
18	DAVE PARKER, 40	17:08		2		
20	GORDON REITER, 40	17:21				3
24	DICK HESSLER, 45	17:44		4		
27	JIM POWERS, 43	18:05				--
28	TOM ECKELMAN, 44	18:12				--
30	CLA. BRADFORD, 45	18:24				5
31	BILL STEWART, 52	18:29				6
33	JOHN MUNCH, 48	19:07				--
34	TOM ALLEN, 44	19:08		7		--
36	GUTDAYZKE, 45	19:16				--
38	RICK JAUDÉS, 43	19:46				--
39	DON JOHNSON, 58	19:54		8		--
41	ERNIE CARR, 40	20:20				--
42	DARRE. WEAVER, 40	20:25				--
46	CA. SCHAEFFER, 56	20:58				--
47	PAUL ADAMS, 51	21:02				UNATTACHED
48	JIM CARNEY, 49	21:05				--
50	HERSCH. ASNER, 59	21:28				--
55	ALBERT MYERS	24:08				--
56	CARL SPECKING, 55	24:17				--
57	DAVID BRANDT, 47	24:34				--
61	J. FROHLICHSTEIN	27:21				--
63	TIM FOLEY, 46	27:45				UNATTACHED

TOTAL TEAM POINTS - NS 21 NS 15

WOMEN (3 PER TEAM SCORED)			A	C	J	S
1	LY. DOBKOWSKI, 24	19:22				1
2	RUTH SIDWELL, 21	20:03				2
3	ANGE. HESSLER, 13	20:05		3		
4	CAROL BELLORA, 39	20:15				4
5	MI. ZIELINSKI, 33	20:42				--
6	JACKIE CORN, 43	20:55				--
7	CAROL LAMPE, 33	21:15				--
8	DONNA FORD, 26	21:22				--
9	MARIE SEPER, 28	22:01				--
10	BEV. RICHERT, 28	22:24				--
11	LORRAINE KURZ, 44	23:29				--
12	C. FIREHAMMER, 29	24:05				--
13	MARY SPECKING, 56	25:10				--
14	ANN M. WILSON, 50	26:39				--
15	NANCY POWERS, 41	27:09				--
16	MA. BLANDFORD, 35	27:46				UNATTACHED
17	CHER. SIMMONS, 42	27:56				--
18	JENNY CORDIA, 11	28:08		5		--
19	BARB SARHMAN, 44	28:26				--
20	SARA CROSBY, 10	28:43				--
21	DESSIE PASHOS, 48	30:14				--
22	JOAN FROMME, 34	32:51				--
23	MARC. JOHNSON, 57	36:01		6		--

TOTAL TEAM POINTS - NS 14 NS 7

WINNING TRACK CLUBS TO DATE:

	1975	1976	1977	1978	1979	1980	1981	1982	1983	1984	1985	1986
OPEN MEN 0-39	CTC	TIE	CTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC	SLTC
MASTER MEN 40+	CTC	CTC	CTC	CTC	CTC	CTC	CTC	CTC	CTC	CTC	CTC	CTC
WOMEN	TIE	TIE	SLTC	TIE	SLTC	SLTC	SLTC	CTC	CTC	SLTC	SLTC	SLTC
BEST OF 3	CTC	CTC	CTC	TIE	SLTC	SLTC	SLTC	SLTC	CTC	SLTC	SLTC	SLTC

- R. BELLORA 12/3/86

ELAPSED TIME STANDINGS (does not include Frosty 20)

*indicates a Race Director

If you think there is any error, let Jim Gibson know within 30 days

File: MALE 15U
Report: CTCRESULTS
NAME POINTS

BJ MUMFORD	12
J QUICK	11

File: MALE 1629
Report: CTCRESULTS
NAME POINTS

MIKE WALTHER	45
STONECIP-FISHER	32
JIM MARSHALL	27
DON ARCHER	25
KENT RADER	14
DOIT HINTON	13
LICK MUMFORD	13
OBANNON	12
P GROSHONG	12
G MEYER	11
SIMON ROSE	11

File: MALE 3039
Report: CTCRESULTS
NAME POINTS

MARC ROMINE	34
J MITTELHAUSER	31.5
BOB OCONNELL	30.5
RICHARD HARNES	28
MARK VOLEK	27
MIKE LITTLE	26
MARC LAMMY	25
J HEISLER	25*
J STONE-FISHER	18
TOM COON	17
RANDY SMITH	14
LAFONTAINE	12
L PETTERBORG	11
CLINKENBEARD	11
BOB MCGRATH	11

File: MALE 4049
Report: CTCRESULTS
NAME POINTS

TOM ALLEN	51
J MARKS	36*
DICK HESSLER	30
TOM LAFONTAINE	30
NORM STEBBINS	27
MARVIN ODNEAL	23
DAVE PARKER	15
DICK MADSEN	13
ELMER SCHLEMPER	13
J MCCORMICK	13
H PENDERGRAFT	12
D GOLDSTEIN	12
S HALLIBURTON	11
RUSS MEYER	11
MIKE HOSAKAWA	11

File: MALE 5059
Report: CTCRESULTS
NAME POINTS

DON JOHNSON	51*
JOE DUNCAN	38
BEN LONDEREE	28
NORRIS KRUSE	24
H MITTELHAUSER	23
TURK STORVICK	22
DEAN BAXTER	14
FRED FRITSCH	12
DAVID MCDONALD	11

File: WALKERS
Report: CTCRESULTS
NAME POINTS

SPIER	11
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File: FEMALE 15U
Report: CTCRESULTS
NAME POINTS

ANGELA HESSLER	22
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File: FEMALE 1634
Report: CTCRESULTS
NAME POINTS

CHRIS RUBLE	33
M MITTELHAUSER	27
LIZ EPPLER	13
J MITTELHAUSER	13
SIEFERT-WADE	12
LIZ BULMAN	12
AMY HESSLER	11
JULI SCHMIDT	11

File: FEMALE 35OVER
Report: CTCRESULTS
NAME POINTS

LINDA PRICE	40
D LONDEREE	24
M JOHNSON	22
LINDA ROBBINS	16
CAROLE MADSEN	13.5
NANCY FRITSCH	13.5
G GONZALEZ	11
BARBARA MARTIN	11

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Divisions:
RUNNERS - Male: (1) Age 15 and under; (2) Age 16-29; (3) Age 30-39; (4) Age 40-49; (5) Age 50-59;
(6) Age 60 and over. Female: (1) Age 15 and under; (2) Age 16-34; (3) Age 35 and over.
WALKERS: Open only.

Points will be accumulated during the season with each eligible competitor getting points per race equal to the number of eligible competitors (s)he beats, plus one. Example: There are 8 eligible runners in a race. The first finisher of those 8 gets 8 points, the last finisher gets 1 point. In addition, each finisher gets 10 participation points. A race director gets 25 points for directing a race, maximum of 50 points. At the end of the season, awards will be given as follows: One must compete in at least 5 events to be eligible for an award. At least one award will be given in each division (if the 5 event criteria is met). Fifty percent (rounded down) of the "5 event" competitors in each division will receive an award up to a maximum of 6 awards. Thereafter, awards will be given at a 1-5 ratio (rounded to the nearest 5), with a maximum of 10 awards in any one division. EVERY race (except the Regional Hospital Race, Human Race IX, and the Channel 8K Race) will count as an Elapsed Time event; however, only one's best 18 events (10 for walkers) will count. This gives 2 "free" events.

	Age 15 & Under	16-29	30-39
400 meters	54.0 6-28-75 Bryce Allmon	52.8 8-26-72 Dennis Stewart	54.3 5-28-82 Dennis Stewart
800 meters	2:03.3 6-28-75 Bryce Allmon	1:58.0 5-8-71 Dennis Stewart	2:00.0 5-30-86 Dennis Stewart
1,500 meters	4:42.5 5-21-79 Jay Blossom	4:00.0 5-30-86 Rob Carney	4:02.0 5-30-86 Dennis Stewart
One Mile Run	4:39.0 6-28-75 Bryce Allmon	4:19.0 3-18-72 Tom Logan	4:34.4 7-5-86 Dennis Stewart
Two Mile Run	11:07 5-11-85 Tim Gibson	9:08.0 7-29-72 Charles McMullen	9:59.5 4-4-81 Dennis Stewart
Three Mile Run	16:39 5-14-82 Steve Helmick	14:22.0 4-16-77 Mike Kelly	15:42.0 4-4-81 Dennis Stewart
Five Miles r	28:44 3-6-83 Steve Helmick	24:05 2-24-85 Mark Kennard	26:09 2-23-86 Marc Romine
Ten Miles r	1:06:12 12-17-77 Wesley Paul	53:17 2-26-72 Rob Leutwiler	54:52 12-13-86 Steve Stonecipher- Fisher
Heart of America Marathon	3:02:19 9-7-81 Wesley Paul	2:29:15 9-5-77 Dennis Hinkamp	2:30:26 9-7-81 Jon Herbert
5,000 meters t	17:11 6-4-83 Wesley Paul	14:52 7-24-82 Steve S-Fisher r	16:07 9-20-80 Bob O'Connell
5,000 meters r	17:35 3-6-82 Steve Helmick	15:20.0 3-3-79 Jeff Mittelhauser	15:44.0 7-17-76 Jim Zickefoose
8,000 meters r	33:54 10-5-86 Terry Brennan	24:54 10-5-86 Rob Carney	24:54 10-5-85 Vernon Darling
10,000 meters t	34:53 6-4-83 Wesley Paul	31:19 6-12-82 Steve S-Fisher	32:30 4-1-78 Dean Neal
10,000 meters r	35:59 4-24-83 Wesley Paul	30:40 4-10-83 Steve S-Fisher	32:36 7-17-76 Jim Zickefoose
15,000 meters r	53:32 8-20-83 Tony Mayfield	46:13 7-17-76 Ron Tabb	49:03 7-17-76 Jim Zickefoose
20,000 meters r	1:16:47 12-6-80 Wesley Paul	1:04:54 11-18-78 Steve Fisher	1:08:28 11-18-78 Howard Guscar
30,000 meters	1:57:36 12-6-80 Wesley Paul	1:40:22 9-4-82 Steve S-Fisher	1:45:07 8-1-81 Bob O'Connell
2 Mile XC Municipal	12:11 10-4-80 Joe Weis	9:38 10-10-71 Bob Brouillet	10:10 10-4-80 Dennis Stewart
3 Mile XC Gustin	19:37 11-4-79 Chris Koon	14:40 11-6-77 Mark Whalley	16:12 11-6-77 Howard Guscar
3 Mile XC LW	17:22 11-20-83 Peter Hessler	14:34 11-20-83 Roger Doherty	15:33 10-27-85 Charlie Lutz
Sprint Triathlon 1,500; 800; 400	7:36.3 6-28-75 4:39m, 2:03.3, 54.0 Bryce Allmon	7:04.8 5-20-78 4:11, 2:00.9, 52.9 Dennis Stewart	6:56.3 5-30-86 4:02, 2:00, 54.3 Dennis Stewart
3,2,1 Triathlon	33:23 5-14-82 16:39, 11:18, 5:26 Steve Helmick	28:33 4-16-77 14:22, 9:43, 4:28 Mike Kelly	30:22.5 4-4-81 15:42.9, 9:59.5, 4:41 Dennis Stewart
Four Mile Relay	24:27 3-17-79 Steve Gibson 6:25 Tim Gibson 6:40 Jim Gibson 5:45 Matt Gibson 5:37	18:03 3-20-82 Steve S-Fisher 4:28 Jeff Mittelha'r 4:28 Mark Montgomery 4:32 Greg Lovercamp 4:35	21:15 7-20-85 Dave Parker 5:04 Gerry Heisler 5:44 Joe Kurth 5:28 Tom LaFontaine 4:59

	40-49	50-59	60 & Over
400 meters	57.0 6-26-76 Don Lewis	64.5 5-30-86 Don Lewis	
800 meters	2:08.5 6-26-76 Don Lewis	2:21.0 5-30-86 Don Lewis	
1,500 meters	4:29.0 5-20-83 Don Lewis	4:37 5-30-86 Don Lewis	
One Mile Run	4:36.7 7-6-74 Ben Londeree	5:08.6 7-7-84 Ben Londeree	7:30.7 7-7-84 Bob Gerhardt
Two Mile Run	9:57.2 4-16-77 Don Lewis	11:46.0 4-21-79 Don Johnson	16:04 5-12-84 Bob Gerhardt
Three Mile Run	15:47.0 6-5-76 Don Lewis	18:26 4-4-81 Don Johnson	23:48 5-12-84 Bob Gerhardt
Five Miles r	27:49 1-8-77 Walter Renaud	28:47 2-23-86 Don Lewis	38:45 2-24-85 Bonnard Moseley
Ten Miles r	57:30 12-16-76 Walter Renaud	1:05:40 12-16-78 Turk Storvick	
Heart of America Marathon	2:36:07 9-3-79 Roger Rouiller	2:54:40 9-1-75 Alex Ratelle	4:23:13 10-10-82 Howard Calkin
5,000 meters t	16:25.0 8-24-74 Ben Londeree	17:20.5 7-21-84 Ben Londeree	24:44 7-16-83 Bob Gerhardt
5,000 meters r	16:11.0 3-5-77 Don Lewis	17:14 2-8-86 Don Lewis	
8,000 meters r	28:17 10-13-85 Don Lewis	29:06 4-6-86 Don Lewis	34:42 10-5-86 Ray Simmons
10,000 meters t	34:33 11-27-76 Walter Renaud	40:36 6-6-81 Turk Storvick	
10,000 meters r	34:39 4-27-80 Ben Londeree	39:33.0 4-4-82 Don Johnson	45:16 11-9-86 Ray Simmons
15,000 meters r	52:13 7-17-76 Walter Renaud	59:07 7-21-79 Don Johnson	
20,000 meters r	1:12:19 11-21-81 Don Lewis	1:22:59 11-18-78 Turk Storvick	
30,000 meters	1:50:53 12-4-76 Walter Renaud	2:16:07 8-5-78 Turk Storvick	
2 Mile XC Municipal	10:51 10-1-77 Ben Londeree	12:10 10-7-78 Don Johnson	15:59 9-18-82 Don Patterson
3 Mile XC Gustin	16:25 11-6-77 Ben Londeree	19:55 11-4-79 Don Johnson	
3 Mile XC LW	16:32 11-20-83 Don Lewis	18:41 11-20-83 Lee Blount	24:16 10-27-85 George Perry
Sprint Triathlon 1,500; 800; 400	7:46.1 5-28-82 4:32, 2:14.2, 59.9 Don Lewis	8:02.5 5-30-86 4:37, 2:21, 64.5 Don Lewis	
3,2,1 Triathlon	31:16 6-5-76 15:47, 10:32, 4:57 Don Lewis	36:44 4-4-81 18:26, 12:23, 5:55 Don Johnson	47:46 5-12-84 23:48, 16:04, 7:54 Bob Gerhardt
Four Mile Relay	20:27 3-18-78 Olen Brown 5:25 Don Lewis 4:58 Whitney Hicks 5:08 Ben Londeree 4:56	23:12 3-20-82 Don Johnson 5:32 Jean Madden 6:13 Bob Dolphin 5:50 Don Johnson 5:37	

	Age 15 & Under	16-29	30-39
400 meters	1:14.0 5-30-86 Angela Hessler	66.0 5-28-82 Milene Mittelhauser	1:17.0 5-28-82 Susan Boyle
800 meters	2:51.0 5-30-86 Angela Hessler	2:29.6 5-28-82 Milene Mittelhauser	2:49.0 5-28-82 Susan Boyle
1,500 meters	5:43.0 5-30-86 Angela Hessler	4:56.3 5-20-78 Martha Stinson	5:41.0 5-28-82 Susan Boyle
One Mile Run	5:33.9 7-10-82 Darla Bryant	5:10.1 7-6-74 Carol Cook	5:56.0 7-5-80 Susan Boyle
Two Mile Run	15:16 9-20-75 Amy Hessler	11:32 5-11-85 Liz Bulman	12:41 5-11-85 Chris Ruble & Betty Bohon
Three Mile Run	23:25 5-2-83 Carla Sandfry	17:24 5-11-85 Liz Bulman	19:41 5-12-84 Chris Ruble
Five Miles r	35:43 1-8-83 Carrie Wieberg	27:34 1-8-83 Andrea Fischer	33:01 2-24-85 Susan LeDoux
Ten Miles r	1:32:41 12-16-78 Nicole Wagner	57:05 12-18-82 Andrea Fischer	1:05:27 12-17-77 Dorothy Doolittle
Heart of America	4:45:38 9-7-70 Kathy Phelps	3:00:07 10-10-82 Liz Bulman	3:26:08 10-14-84 Chris Ruble
5,000 meters t	21:53 8-24-82 Mary Wulff	19:10 7-24-82 Milene Mittelhauser	20:40 8-17-85 Chris Ruble
5,000 meters r	21:51 3-20-79 Amy Hessler	18:03 6-5-82 Milene Mittelhauser	21:01 2-8-86 Betty Bohon
8,000 meters r	35:08 10-13-85 Angela Hessler	26:59 10-5-86 Sabrina Dornhoefer	34:15 3-31-85 Susan LeDoux
10,000 meters t	45:31 6-6-81 Angie Ballenger	39:48 4-1-78 Tina Gandy	47:22 6-6-81 Susan Boyle
10,000 meters r	46:11 8-1-81 Angie Ballenger	37:19 4-10-83 Donna Ganly	43:05 9-4-82 Susan Boyle
15,000 meters r	1:11:37 2-18-83 Mary Wulff	56:52 3-9-85 Liz Bulman	57:54 8-21-82 Carol Hafeman
20,000 meters r	1:51:15 8-4-79 Nicole Wagner	1:17:41 1-20-79 Amy Johns	1:33:23 12-3-77 Carole Brockman
30,000 meters	2:49:18 8-4-79 Nicole Wagner	2:03:08 12-1-84 Liz Bulman	
2 Mile XC Municipal	14:56.0 10-7-78 Amy Hessler	12:15.0 10-1-77 Joan Hirt	12:56 9-15-84 Chris Ruble
3 Mile XC Gustin	22:27.0 11-4-79 Nancy Wilson	18:23.0 11-4-79 Martha Stinson	21:45.0 11-6-77 Sandra Holmberg
3 Mile XC LW	21:23 10-27-85 Angela Hessler	18:28 11-20-83 Mary Wulff	19:32 10-27-85 Chris Ruble
Sprint Triathlon 1,500; 800; 400	9:48.0 5-30-86 5:43, 2:51, 1:14 Angela Hessler	8:32.6 5-25-82 4:57, 2:29.6, 66.0 Milene Mittelhauser	9:47.0 5-28-82 5:41, 2:49, 77.0 Susan Boyle
3,2,1 Triathlon	46:57 5-7-83 23:25, 16:13, 7:19 Carla Sandfry	34:33 5-11-85 17:24, 11:32, 5:37 Liz Bulman	
Four Mile Relay		22:28 3-15-80 Martha Stinson Bridget Collins Cindy Seikkula Donna Ganly	28:04 3-21-81 Susan Boyle Kathy Cain A. LaFontaine Betty Scarpino
		5:38 5:36 5:43 5:31	6:00 8:14 6:36 7:14

	40-49	50-59	60 & Over
400 meters			
800 meters			
1,500 meters			
One Mile Run	6:34 5-12-84 Susan Boyle	9:03.0 7-1-78 Jeanne Wixom	7:54 7-5-86 Myrtle Parsons
Two Mile Run	13:29 5-12-84 Susan Boyle		19:36 5-11-85 Elizabeth Gerhardt
Three Mile Run	20:53 5-12-84 Susan Boyle		29:00 5-12-84 Elizabeth Gerhardt
Five Miles r	34:55 3-6-83 Susan Boyle	41:28 2-23-86 Jeannelle Twillman	45:45 3-6-83 Marilyn Holsinger
Ten Miles r			
Heart of America	3:47:30 10-10-82 Carolyn Wilson		
5,000 meters t	20:23 7-16-83 Susan Boyle		32:50 7-16-83 Elizabeth Gerhardt
5,000 meters r	21:01 2-11-84 Susan Boyle	45:59 9-9-79 Margaret Sigler	
8,000 meters r	37:48 10-13-85 Ann Hartley	39:08 10-13-85 Jeannelle Twillman	46:45 10-13-85 Marilyn Holsinger
10,000 meters t		1:03:48 4-1-78 Jean Ryberg	
10,000 meters r	44:19 4-24-83 Susan Boyle	52:58 4-27-80 Jean Griffin	57:17 4-10-83 Marilyn Holsinger
15,000 meters r	1:09:27 8-20-83 Susan Boyle		
20,000 meters r	1:47:31 8-1-81 Mary Ann Slivinsky		
30,000 meters	2:45:55 8-1-81 Mary Ann Slivinsky		
2 Mile XC Municipal			
3 Mile XC Gustin	21:59.0 11-4-79 Sandra Lawrence		
3 Mile XC LW	20:40 10-27-85 Jackie Corn	26:08 10-27-85 Mary Specking	28:18 10-27-85 Elizabeth Gerhardt
Sprint Triathlon 1,500; 800, 400			
3,2,1 Triathlon	40:56 5-12-84 Susan Boyle		58:37 5-12-84 Elizabeth Gerhardt
Four Mile Relay	29:52 7-19-86 Anne Seymour 7:36 Carole Madsen 7:08 Georgina Gonzales 8:08 Linda Price 7:00		

MORE FOUR MILE RELAY MARKS

Father-Mother & 2 Kids

25:32 3-15-80

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

Father-Mother & 2 Daughters

28:05.0 3-20-82

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

Mixed Doubles

20:53 3-21-81

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

Four Brothers

22:21 3-21-81

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

20-30-40-50

21:52 7-19-86

Mike Koonse	5:43
Steve Stonecipher-Fisher	5:06
Whitney Hicks	5:38
Marvin Odneal	5:25

Shelter Team

22:22 7-19-86

Joe Duncan	5:42
Eric Mumford	6:42
Dave Parker	5:07
Scott Hinton	4:51

2-Person, 8,000 meter Relay.

Alternate 400's.

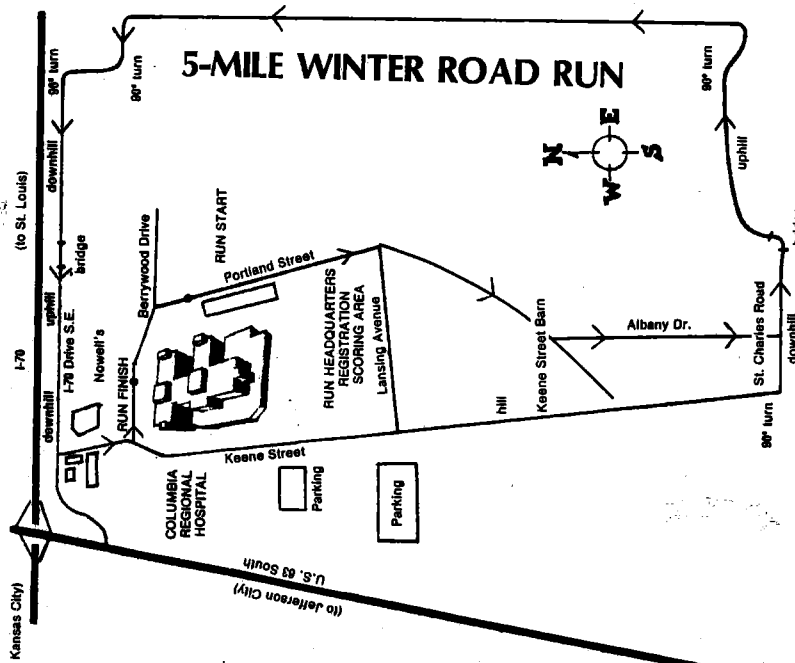
On the 3 male-male teams, one of the runners is age 15 or under.

Male-male	23:07	Jeff Mittelhauser-Ebby Norman	65.7	73.0	6-20-81
Female-female	28:09	Betty Bohon-Chris Ruble	86.3	82.6	6-21-85
Male-female	23:36	Jeff & Milene Mittelhauser	65.6	76.0	6-28-82
Husband-wife	23:36	Jeff & Milene Mittelhauser	65.6	76.0	6-28-82
Father-son	24:51	Dick Hessler-Peter Hessler	75.2	73.9	6-22-84
Father-daughter	28:06	Dick Hessler-Amy Hessler	74.3	94.3	6-28-82
Mother-son	31:25	Carole Madsen-Peter Madsen	99.3	89.2	6-22-82
Mother-daughter	38:58	Karen Wagner-Nicole Wagner	124.6	109.2	6-17-78
Brother-brother	25:32	Tom Luebbering-Jim Luebbering	80.0	73.2	6-20-81
Sister-sister	29:51	Sherry Wulff-Mary Wulff	93.8	85.3	6-22-84
Brother-sister	25:56	Angela Hessler-Peter Hessler	85.4	70.2	6-20-86
Grandfather-Grandmother	31:17	Ben Londeree-Darlene Londeree	68.1	119.6	6-28-82
Father-in-law-Daughter-in-law	30:10	Herb Mittelhauser-Milene Mittelhauser	96.7	84.3	6-20-86
Pregnant Women (Each at least 5 months pregnant)	37:35	Chris Ruble-Betty Bohon	120.5	105.0	6-20-86

Course Records

Course Record	24:05
Age Category — Male	
9 & under	Ryan Bramblett 39:19
10-14	Wesley Paul 29:42
15-19	Ian MacLean 28:40
20-24	Mark Kennard 24:05
25-29	S. Stonecipher-Fisher 24:10
30-34	Marc Romine 28:09
35-39	Jay Dirksen 27:15
40-44	Dick Hessler 28:33
45-49	Don Lewis 27:58
50-54	Don Lewis 28:47
55-59	Don Johnson 32:28
60 & over	Bonnard Moseley 38:45

Age Category — Female	
9 & under	Angela Hessler 41:45
10-14	Angela Hessler 38:25
15-19	Ellen Theroff 33:46
20-24	Margaret Smith 28:54
25-29	Liz Bulman 29:03
30-34	Susan LeDoux 33:01
35-39	Elaine Sleper 35:59
40-44	Susan Boyie 34:55
45-49	Phyllis Dopp 41:14
50-54	Jeanette Twillman 41:29
55-59	Marilyn Holsinger 45:13
60 & over	Marilyn Holsinger 45:45



Run For Your Life

5-Mile Winter Road Run

Live Broadcast on KFRU Radio, 1400/AM

1:00 p.m. to 3:00 p.m.

When

Sunday, February 22, 1987, 2:00 p.m.

Where

Columbia Regional Hospital
 404 Keene Street
 Columbia, MO 65201

Entry Blanks

Available at:
 Office of Community Relations
 Columbia Regional Hospital
 404 Keene Street
 Columbia, MO 65201
 (314) 875-9500

And area sporting goods stores
 and fitness centers.

Entry Fee

\$7.00, age 15 and over, \$5.00 age 14
 and under. All entries postmarked
 after Saturday, February 14 will be
 \$4.00 higher. Make checks payable
 to Columbia Track Club. Mail entry
 fee with registration form to:
 Run Coordinator
 Columbia Regional Hospital
 404 Keene Street
 Columbia, MO 65201

DEADLINE for registration is Fri-
 day, February 20, at 5 p.m.

**NO ENTRIES ACCEPTED DAY OF
 RUN**

Run Packets

Run packets will be mailed to en-
 trants whose registration is post-
 marked by midnight Saturday, Feb-
 ruary 14. Entries postmarked after
 Saturday, February 14 will need to
 pick up their run packets at run
 headquarters between 11 a.m. and
 1 p.m. the day of the race. There
 will be no other pre-run procedure;
 simply be at the starting line no
 later than 1:45 p.m.

Times

Run times will be recorded with
 electronic chronomix timers. Split
 timing will be called at each mile
 marker. A two-sided digital clock
 will precede the runners and will
 be on display at the finish line.

Parking

Parking is available at the Boone
 Clinic parking lots on the west side
 of Keene Street, across the street
 from Columbia Regional Hospital.

Restrooms

Facilities will be provided outside
 the hospital adjacent to the regi-
 stration area.

Weather

The run will be held regardless of
 weather conditions.

Publication of Results

Runners' names, place, ages, and
 times will be published in the
 Columbia Daily Tribune during the
 week following the run.

Certified Course

Certified 5-mile road course. Start
 on Portland Street east of Colum-
 bia Regional Hospital, south on
 Portland past Lansing Avenue to
 Albany Drive. South on Albany
 Drive to St. Charles Road, east and
 north on St. Charles Road to I-70
 Drive S.E., then proceed west.
 Head south on Keene Street to
 east on Berrywood to finish. Splits
 will be read at each mile mark.

Run Headquarters

Proceed from the parking area due
 east to Lansing Avenue. Cross the
 hospital employee parking lot to
 the north and follow signs to the
 rear (east side) of the hospital.
**PLEASE DO NOT USE THE FRONT
 ENTRANCE OF THE HOSPITAL.**

Finish Line Procedure

Be sure to enter your appropriate
 chute according to sex. Stay in the
 male or female finishing chute in
 order of finish until you are handed
 a "place" stick. Take the stick to
 the appropriate scorer's table at
 run headquarters. Give your
 name, age and stick to the scorer.
**PLEASE TURN YOUR STICKS IN
 IMMEDIATELY SO AWARDS CAN
 BE ASSIGNED.** Run officials have
 the authority to disqualify from re-
 ceiving awards runners who leave
 headquarters without submitting
 place sticks.

Sponsored

By Columbia Regional Hospital in
 cooperation with the Columbia
 Parks and Recreation Department
 and Columbia Track Club.

Awards

Award ceremony at run head-
 quarters scheduled to begin at 3:00
 p.m., barring delays.

Plaques to be given:

Age	No. of Plaques:	
	Females	Males
9 & under	5	5
10-14	5	5
15-19	8	10
20-24	8	10
25-29	8	10
30-34	8	10
35-39	8	10
40-44	8	10
45-49	8	10
50-54	3	5
55-59	3	5
60 & over	3	5
Wheelchair	5	

Lost and Found

A Lost and Found will be set up at
 run headquarters. Any found items
 may be turned in the day of the run.
 After February 22, items may be
 claimed at the Community Rela-
 tions Office at Columbia Regional
 Hospital.

— Long-sleeve T-shirts to all registered runners —

NAME (Please print) _____
 LAST FIRST MIDDLE

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ /// T-SHIRT SIZE: S M L XL

AGE ON FEB. 22, 1987: _____ BIRTHDATE _____ /// CRH EMPLOYEE: YES NO

SEX: M _____ F _____ Month Date Year

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Regional Hospital, KFRU, the Columbia Track Club, the City of Columbia, Missouri, 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 Sunday, February 22, 1987.

I agree to follow all rules of this run 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 _____

Mail or deliver with entry fee by
 5:00 p.m., Feb. 20, to:

Run Coordinator
 Columbia Regional Hospital
 404 Keene Street
 Columbia, MO 65201

Parent or Guardian's Signature (if under 18)

COMING EVENTS

February 7	Saturday, 9:00 a.m.	5,000 Meter Nut Race, Run or Walk. Research Park. AWARDS. \$1 fee non-members. RD: Tom Coon
February 22	Sunday, 2:00 p.m.	COLUMBIA REGIONAL HOSPITAL 5-MILE WINTER ROAD RACE. TROPHIES. \$5 fee.
March 7	Saturday, 9:00 a.m.	RRCA MO State 15,000 Meter Run Championship. TROPHIES. \$2 fee; 15K Walk, Hilton Inn. RD: Tom LaFontaine
March 21	Saturday, 9:00 a.m.	Katy Trail 1-6 Mile Fun Run.
March 28	Saturday, 2:00 p.m.	MO STATE One-Hour Walk Championship. Hickman Track. TROPHIES. \$2 fee. RD: Don Johnson

In the 5,000 meter Nut Race on Feb. 7 Tom will have awards of a nutty variety for the top 3 finishers in the following age groups: Male: 15 & under, 16-29, 30-39, 40-49, 50-59, 60 & over. Female: 15 & under, 16-29, 30-39, 40 & over. Plus two for walkers.

Joe Duncan will need lots of help with the Regional Hospital race on Feb. 22. PLEASE be sure to offer your help if you are not running, but you will not be able to get in touch with him until after Feb. 18.

1987 ENTRY BLANK

RRCA MISSOURI STATE CHAMPIONSHIP 15 KILO RUN

TIME: Saturday, March 7, 1987 9:00 AM

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

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

ENTRY FEE: \$3.00 Post entries will be accepted, but PLEASE try to have your entries in by March 6. Make checks payable to Columbia Track Club.

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

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

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

PRINT NAME _____ BIRTHDATE _____

SIGNATURE _____ SCHOOL/CLUB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

NAME: _____

ANNUAL DUES

COLUMBIA TRACK CLUB: Families: \$10.00
 Sustaining Members: 25.00
 Single Students: 6.00
 New Members: 5.00
 Newsletter only: 3.00

ALL DONATIONS TO CTC 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. 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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