

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 6

June 28, 1974

FRED BINGGELI BREAKS HIS OWN MVAUU RECORD IN ONE HOUR RUN June 15, 1974

		Mile Splits					1	2	3	11
		4	5	6	7	8	9	10	11	
1.	Fred Binggeli Fulton, MO.	22 21:24	11 Miles 26:35	346 Yards 31:57	37:25	5:20 42:46	10:40 48:15	16:02 53:37	59:03	
2.	Dennis Stewart CTC	25 21:24	11 Miles 26:36	233 Yards 31:57	37:25	5:21 42:57	10:40 48:25	16:02 54:00	59:23	
3.	Carl Owczarzak Overland Park	33 22:12	10 Miles 27:46	1303 Yards 33:27	39:04	5:33 44:43	11:05 50:24	16:38 56:04		
4.	Dan Kacprowicz Springfield, Mo.	23 22:12	10 Miles 27:48	904 Yards 33:32	39:25	5:23 45:20	10:58 51:25	16:38 57:15		
5.	Ben Londeree CTC	39 23:04	10 Miles 28:51	885 Yards 34:35	40:22	5:34 46:06	11:25 51:50	17:15 57:26		
6.	Dick Hessler CTC	32 23:04	10 Miles 28:51	856 Yards 34:35	40:22	5:45 46:00	11:30 51:40	17:18 57:21		
7.	Rich Todd CTC (Ft. Wood)	26 23:05	10 Miles 28:52	649 Yards 34:35	40:22	5:45 46:05	11:30 52:00	17:18 57:54		
8.	Robert Sympson Overland Park	33 23:04	10 Miles 28:51	527 Yards 34:35	40:22	5:35 46:12	11:25 52:10	17:15 58:12		
9.	Mike Chippendale CTC	34 23:17	10 Miles 29:10	446 Yards 35:02	40:55	5:45 46:55	11:31 52:57	17:25 58:40		
10.	Sandy Lawrence Columbia	24 23:25	10 Miles 29:18	237 Yards 35:15	41:18	5:52 47:18	11:39 53:25	17:31 59:19		
11/	Dean Neal CTC (FT. Wood)	26 23:04	10 Miles 28:53	145 Yards 34:57	41:05	5:34 47:18	11:25 53:25	17:15 59:31		
12.	Rex Frazer CTC (Ft. Wood)	42 23:35	10 Miles 29:41	40 Yards 35:47	41:53	5:46 47:56	11:31 54:00	17:31 59:55		
13.	Don Lewis Columbia	38 24:27	9 Miles 30:32	1617 Yards 36:34	42:37	6:00 48:40	12:10 54:44	18:20		
14.	Don Granberg CTC	32 22:29	9 Miles 29:38	1435 Yards 35:53	42:12	5:45 48:40	11:30 55:00	17:25		
15.	John Kernan KC North Stars	22 24:04	9 Miles 30:15	1320 Yards 36:37	43:02	5:52 49:27	11:56 55:34	17:58		
16.	Jim Conaway Greater KCTC	19 24:02	9 Miles 30:35	1298 Yards 37:18	43:36	5:52 49:42	11:57 55:42	17:57		
17.	Todd Owen WM Jewell	20 24:05	9 Miles 30:10	1236 Yards 36:20	42:44	5:52 49:13	11:56 55:36	17:57		
18.	Truman Storvick CTC	46 24:43	9 Miles 31:03	988 Yards 37:25	43:48	6:00 50:16	12:10 56:35	18:22		
19.	Don Walker Raytown, Mo.	16 23:57	9 Miles 30:00	888 Yards 36:20	42:56	5:52 50:02	11:56 56:56	17:57		
20.	Augie Hirt CTC	23 24:50	9 Miles 31:32	685 Yards 38:05	44:38	6:12 51:10	12:22 57:41	18:32		
21.	Ken Fields Excelsior Sprs.	24 25:49	9 Miles 32:18	597 Yards 38:53	45:22	6:35 51:45	13:04 57:58	19:22		
22.	Roger Stucki Lawson, Mo.	26 25:39	9 Miles 32:04	421 Yards 38:48	45:17	6:35 52:00	13:04 58:43	19:19		
23.	Alan Klein Alma, Mo.	24 24:58	9 Miles 31:40	416 Yards 38:20	45:00	5:54 51:57	12:08 58:39	18:32		
24.	Sandy Quillen Columbia	22 26:13	9 Miles 32:48	33 Yards 39:30	46:15	6:27 53:12	13:00 59:53	19:38		
25.	Chris Marchini Excelsior Sprs.	15 25:49	8 Miles 32:43	1635 Yards 39:24	46:15	6:35 53:33	13:04	19:23		
26.	Terry Kimes Topeka, Ks.	32 26:50	8 Miles 33:37	1589 Yards 40:28	47:14	6:40 54:00	13:23	20:03		
27.	John Wise CTC (Ft. Wood)	20? 26:41	8 Miles 33:30	1514 Yards 40:22	47:14	6:41 54:09	13:20	20:00		
28.	Tom Hinckley CTC	29 27:03	8 Miles 33:52	1426 Yards 40:50	47:45	6:48 54:50	13:33	20:12		

ONE HOUR RUN RESULTS CONTINUED:

29.	Steve Houghton	16	8 Miles	1187 Yards	6:10	12:40	19:38
	KC North Stars	26:47	34:04	41:18 48:39	55:45		
30.	Joe Duncan	40	8 Miles	1026 Yards	6:32	13:00	19:37
	CTC	26:33	33:34	40:52 48:15	55:50		
31.	Randy DeGroot	17	8 Miles	692 Yards	6:13	12:25	19:12
	Columbia	26:33	34:20	42:06 49:51	57:32		
33.	Don Carman	25	8 Miles	565 Yards	6:40	13:29	20:19
	CTC	27:17	34:17	41:38 49:25	57:43		
34.	Don Johnson	45	8 Miles	414 Yards	7:04	14:25	21:51
	CTC	29:21	36:54	44:16 51:24	58:21		
32.	Dave Leuthold	41	8 Miles	652 Yards	7:04	14:02	21:14
	CTC	28:10	35:35	42:56 50:23	57:29		
35.	Jim Fields	42	8 Miles	373 Yards	7:03	13:59	20:56
	Beverly Hills	S28:05	36:05	43:52 51:22	58:43		
36.	Leonard Busen	44	8 Miles	99 Yards	6:50	14:06	21:30
	St. Louis Y	29:10	37:00	44:47 52:24	59:40		
37.	Mel Schriefer	45	8 Miles	72 Yards	6:55	14:10	21:48
	Illinois TC	29:19	36:50	44:34 52:30	59:39		
38.	Al Garverick	30	8 Miles	40 Yards	7:03	14:24	21:50
	CTC	29:21	36:54	44:41 52:33	59:50		
39.	Dennis Blossom	36	7 Miles	1515 Yards	6:55	14:03	21:28
	CTC	29:08	36:50	44:43 53:06			
40.	George McCuistion	?	7 Miles	1046 Yards	7:27	15:19	23:13
	Gladstone, Mo.	31:14	39:13	47:27 55:30			
41.	Vernon Brown	34	7 Miles	806 Yards	7:40	15:37	23:48
	Topeka, Ks.	32:04	40:14	48:25 56:33			
42.	Marsha Weiss	20?	7 Miles	280 Yards	7:40	15:48	24:00
	CTC	33:00	41:27	50:00 58:43			
43.	Art Fleming	31	7 Miles	0 Yards	5:54	12:11	18:52
	CTC	25:27	32:06	39:29 46:30	OUT		
44.	W. L. Walker	44	6 Miles	1377 Yards	7:59	16:30	25:19
	Raytown, Mo.	34:19	43:38	53:09			
45.	Doug Duncan	13	6 Miles	1165 Yards	7:37	15:36	24:02
	CTC	33:08	43:40	53:33			
46.	Pat Quinn	46	6 Miles	1086 Yards	8:40	17:38	26:47
	KC, Mo.	36:06	45:19	54:30			
47.	John Leuthold	9	6 Miles	206 Yards	7:53	16:18	25:42
	CTC	38:10	48:15	59:00			
48.	Dennis McGuire	?	5 Miles	1069 Yards	9:20	19:28	30:13
	Columbia	41:41	53:08				
49.	Jay Blossom	10	5 Miles	530 Yards	7:48	16:32	28:35
	CTC	41:25	57:14				

50. Bruce Murray of the Parks & Recreation Dept. did 4 miles in 33 mins.

Upper 70's and hot sun for the slow heat (30 runners) at 6:00 PM, a very pleasant low 70's (and no sun) for the fast heat at 7:40. Binggeli lowered his MVAU record of 11 miles 155 yards which he set last year, but he was still short of Barney Hance's track and meet record of 11 miles 797 (the entry blank showed 379 yards--that is wrong--it's 797) yards set in 1972. Denny Stewart ran one of the best races he's ever had staying glued right behind Binggeli until the end of lap 35 when the Fulton flash threw down his transistor radio and reeled off 3 laps which were each 8 seconds faster than he had been running, leaving Stewart in his wake. Once before Binggeli had tried to shake Stewart by throwing in a 5:11 5th mile but Denny stayed right with him that time. There were many really outstanding performances by CTC people--Londeree, Chippendale and Frazer had personal bests by over a half mile each. Granberg and Hessler had personal bests. Storvick was good at age 46, etc Designated Distances went: Storvick 108 yards off (.65%); Stewart 673 yards off (3.56 %); Duncan 734 off (4.63%) & Busen 781 off (5.22%).

The COLUMBIA TRACK CLUB NEWSLETTER comes your way every month IF AND ONLY IF you send Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201 ONE DOLLAR--your dollar will then get you a one year subscription.

THE STEWART STOMPERS WIN FOUR MILE RELAY IN RECORD TIME May 25, 1974:

	440	880	1320	Mile	Total Team Time
1. The Stewart Stompers					
Eric Lawman	1:12	2:27	3:40	4:49	
Tom Hoft	1:09	2:18	3:30	4:43	
Charlie Evans	1:07	2:18	3:32	4:43	
Dennis Stewart	1:04	2:10	3:18	4:20	18:35
2. Columbia Track Club "A"					
Mike Chippendale	1:11	2:26	3:39	4:54PB	
Truman Storvick	1:14	2:37	4:02	5:17PB	
Ben Londeree	1:11	2:27	3:39	4:48	
Tom Kilburn	1:07	2:20	3:34	4:41PB	19:40
3. Ft. Leonard Wood					
Rich Todd	1:12	2:27	3:40	4:52	
Don Williams	1:17	2:26	3:44	4:57	
Tony Alioto	1:20	2:40	3:59	5:12	
Dean Neal	1:06	2:19	3:33	4:49	19:50
4. Columbia Track Club "B"					
Don Lewis	1:13	2:27	3:40	4:53PB	
Dick Hessler	1:08	2:28	3:44	4:57PB	
Tom Hinckley	1:28	2:48	4:10	5:29	
Al Garverick	1:25	3:00	4:34	6:04PB	21:23
5. The Old Men					
Rex Frazer 42	1:20	2:41	4:06	5:28	
Joe Duncan 40	1:26	2:52	4:21	5:42	
Dave Leuthold 41	1:26	3:01	4:36	6:06	
Jean Madden 45	1:20	2:46	4:11	5:35	22:51
6. Bob's Bombers					
Bob Marquis	1:14	2:28	4:01	5:24	
Marcia Weiss	1:36	3:23	5:13	7:01	
John Leuthold	1:45	3:50	5:53	7:40	
Doug Duncan	1:35	3:18	4:57	6:30PB	26:35
7. Schulte's Sloggers					
Joyce Schulte	1:59	3:52	6:08	8:04PB	
Jeff Kilburn	1:46	3:50	5:44	7:34	
David Grouws	1:50	3:47	5:58	7:58	
Sandy Lawrence	1:16	2:34	3:50	5:07	28:43
8. Amy's Army					
Amy Hessler	1:47	3:54	6:08	8:05PB	
David Marks	1:45	3:49	5:43	7:26	
Joe Marks	1:24	2:58	4:32	5:53	
Mike Grouws	2:00	4:12	6:19	8:12	29:36

The old record, set by CTC (Chippendale, Londeree, Kilburn & Stewart) last year was 19:10. 70 degrees, wind not a factor, sun shining. In the battle for second, Ft. Wood lead until Londeree went by Alioto on their respective last laps--Kilburn then had a 10 yard lead, which Neal quickly closed (perhaps too quickly). Neal dogged the long-striding Kilburn until with 200 yards to go Long Tom took off and Lean Dean could dog no longer.

DENNIS STEWART RAN A 1:53.5 880 FOR FIRST PLACE AT THE MVAU T & F MEET, Ottawa, Ks., May 18 and followed that with a 51.2 440 -- which, however, was only good for 5th. Then a couple of weeks later in the Kansas Meet of miles he won the Mile Run in 4:13--he's now off to Colorado for a couple of weeks & high altitude running.

AL SCHRIK AND JIM BREITENBUCHER DID A GOOD JOB FOR CTC IN THE TWO 10 Kilo walks in Chicago on May 25th & 26th. In the Sr. Nat'l. AAU 10 Al got 5th with 51:35 and Jim 10th in 53:40. In the Ron Zinn Memorial 10 Al was 4th in 50:39 and Jim 9th in 52:36. Al didn't realize that he was on the last lap when Jack Mortland pulled away from him, otherwise, he might have been in 3rd, though Jack may not agree. On June 1, Jim won the Region 8 3 Mile Walk at Belleville, Ill. in 25:32.

TOM KILBURN HAS NOW MOVED TO CENTER, TEXAS, a running wasteland--we are sorry to see Tom go, but we wish him the best of luck and we hope he can stir up some interest in running down there to keep him going--that may be a little difficult since the town has no track--but they do have a fine football stadium. Tom's address is 315 Logansport St., Center, Texas 75935--and he has been named Manager of the Texas Branch of CTC.

DON JOHNSON WINS THIRD ANNUAL GREAT SANDBAGGER AWARD: Six Miles June 1:

		Elapsed Time	Actual 3 Mile	Actual 6 mile	Secs off DT	% Error
1.	Don Johnson	45	1:04:05	---	43:05	475 15.52
2.	Sandy Quillen		1:07:28	---	42:28	272 11.05
3.	Dr. Wm Taft	58 w	1:15:11*	---	1:15:11	169 3.61
4.	Joe Marks		1:10:06	20:50	42:06	114 4.31
5.	Dave Leuthold	w	1:10:13	---	56:43	107 3.04
6.	Leonard Busen	w	1:10:32	---	55:32	88 2.57
7.	Dean Neal		1:10:38	16:50	33:38PB	82 3.90
8.	Mike Chippendale		1:10:44	17:20	34:59PB	76 3.49
9.	Don Carman		1:11:00	19:50	41:00	60 2.38
10.	Ben Londeree		1:11:10	17:25	35:10	50 2.31
11.	Tom Kilburn		1:11:18	16:40	33:58PB	42 2.02
12.	Dick Hessler		1:11:24	16:50	34:24	36 1.71
13.	Rob Spier	w	1:11:29	---	60:59	31 .84
14.	Turk Storvick	46	1:11:33	18:05	37:03PB	27 1.20
15.	Joe Duncan	40	1:11:43	19:40	40:13	17 .70
16.	Charlie Evans		1:11:45	16:20	33:15**	15 .75
17.	Rich Todd		1:11:50	16:50	34:50	10 .48
18.	Al Garverick		1:12:04	22:05	45:04	4 .14
19.	Joyce Schulte		1:12:28	---	1:12:28	28 .65
20.	Don Lewis		1:12:37	18:05	38:07	37 1.64
21.	Rex Frazer	42	1:12:44	18:10	37:14	44 2.01
22.	Dennis Mcguire		1:19:10	---	66:45	440 12.34
23.	John Leuthold	9 w	1:23:25	---	72:55	685 18.56

*started late but this is where his handicap would have put him.

**Fast Time. Low 60's, a nice day for running--and for the picnic afterwards. Notice that 18 people ran faster than their prediction--lots of sandbagging. Rob Spier was resoundingly dethroned as the Great Sandbagger--12 runners & walkers managed to beat him with Don Johnson leading the way with his gimpy leg. Johnson, therefore, wins the Great Sandbagger Award after Spier had won the first two. Like Spier in '73, Johnson showed up in the recovery stages from an injury, talking about his "awful" condition and how he might manage 8½ minute miles. To lend authenticity to his tale of woe he did have his left knee heavily bandaged--but he then proceeded to run 7:10 miles to prove himself more adept at sandbagging than even Rob Spier--Anyway Don, we are all happy you have recovered so well.

DESIGNATED TIME STANDINGS:

1. Storvick	1.09	9	6. Spier	1.98	11	11. Londeree	2.23	12
2. Frazer	1.21	12*	7. Hicks	2.00	6	12. Schulte	2.31	7
3. Kilburn	1.72	12*	8. Granberg	2.02	12*	13. Hessler	2.67	10
4. Neal	1.79	12*	9. Staart	2.10	12*	14. Duncan	3.03	12
5. Hinckley	1.96	7	10. Chippendale	2.19	12*	15. Hirt	3.35	8
						16. Busen	4.36	12*

ELAPSED TIME STANDINGS:

Runners-Open-Points				AGE 40 & OVER			
1. Neal	310.5	11. Storvick	113	21. Leake	34	1. Frazer	71
2. Stewart	310	12. Hicks	108	22. Leuthold	32	2. Storvick	43
3. Kilburn	274	13. J. Duncan	102	23. J. Leuthold	29	3. Johnson	27
4. Chippendale	223.5	14. Johnson	77	24. Wise	26	4. Busen	10
5. Frazer	207	15. D. Blossom	65	25. Garverick	26	5. Fields	10
6. Londeree	195	16. Todd	62	26. J. Blossom	22	6. Leuthold	10
7. Granberg	194	17. D. Duncan	43	27. Carman	20	7. Duncan	9**
8. Hessler	193	18. Fields	38	**I've		8. Luecke	8
9. Hinckley	154	19. Busen	35	waited 40 years		9. Sallee	3
10. Stern	126	20. Rea	35	for this--but		10. Madden	3
						11. Siefkas	2

then Frazer & Storvick came along & next Londeree-- Oh Well, let's see if those old guys are still around when I'm 50!

Runners--Age 15 & Under

WOMEN:		WALKERS-OPEN	
1. Duncan	35	1. Hirt	79
2. John Leuthold	24	2. Breit'er	53
3. Jay Blossom	18	3. Leuthold	57
4. Janet L.	12	4. Busen	44
5. Jeff Kilburn	12	5. Spier	26
6. David Marks	4		

15 & Under

1. John Leuthold	5
2. Janet L.	3
3. S. Spier	2
Women: J. Schulte	9

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE: 1. Tom Kilburn 10.55 % Improvement (6 Events); 2. Augie Hirt 7.31 (3); 3. Dick Hessler 5.96 (7); 4. Leonard Busen 3.43 (5); 5. Ben Londeree 3.28 (10*); 6. Mike Chippendale 2.21 (10*); 7. Don Granberg 2.18 (8); 8. Dave Leuthold 1.49 (8); 9. Dennis Stewart .68 (9); 10. Rob Spier -.26 (10); 11. Joe Duncan -3.00 (10). Doug Duncan has 10.77 (3).

----My apologies for getting all this in this cramped space----

CHARLIE EVANS & FRED BINGGELI SET RECORD IN 2-MAN, 10 MILE RELAY June 22

	TEAM MILE SPLITS			Total	Total	Av. Secs.
	Miles 1-9	Team Time		Ind. Time	Per lap	
1. Charlie Evans	4:18	8:44	13:10		22:30	67.5
Fred Binggeli	17:36	22:05	26:35		21:56	65.8
	31:08	35:39	40:04	44:26		
2. Mike Shellman 15	4:37	9:15	13:51		24:56	74.8
David Cooper 17	18:37	23:20	28:09		22:32	67.6
Jeff City	33:02	37:51	42:47	47:28		
3. Rich Todd	4:41	9:30	14:30		24:01	72.1
Dean Neal	19:31	24:34	29:34		25:11	75.6
	34:32	39:36	44:32	49:12		
4. Don Granberg	4:57	9:59	15:01		26:00	78.0
Dick Hessler	20:07	25:15	30:20		24:50	74.5
	35:34	40:41	45:44	50:50		
5. Mike Chippendale	4:58	10:07	15:20		24:55	74.8
Don Johnson 45	20:38	26:00	31:28		27:43	83.2
	36:49	42:09	47:28	52:38		
6. Rex Frazer 42	5:06	10:18	15:34		??	??
Truman Storvick 46	20:55	26:18	31:36		??	??
	36:58	42:21	47:40	52:49		
7. Bryan Daniel 15	4:59	10:10	15:26		25:50	77.5
Ty Jenkins 15	20:45	26:06	31:34		27:18	81.9
Jeff City	37:03	42:35	48:03	53:08		
8. Tom Hinckley	?	?	15:40		??	??
Leon Bell	?	26:33	31:58		??	??
	37:28	42:55	?	53:56		
9. Rick Petty 15	5:12	10:37	16:12		27:13	81.7
David Grothaus 16	21:51	27:34	33:16		28:32	85.7
Jeff City	39:01	44:31	50:12	55:45		
10. Al Garverick	5:22	10:56	16:39		29:29	88.5
Don Carman	22:28	28:26	34:21		27:41	83.1
	40:17	45:55	51:40	57:10		
11. Don Tamm 16 JC	5:15	10:42	16:24		28:41	86.0
Dennis Blossom	22:13	28:08	34:08		28:50	86.5
	40:07	45:56	51:44	57:31		
12. Randy DeGroot 17	5:18	10:56	16:45		27:29	82.5
Steve Pinkerton 14	22:45	28:47	34:46		30:44	92.3
	40:51	46:59	52:56	58:13		
13. Bret Derrick 15	5:22	11:00	16:44		28:32	85.7
Tom Mullin 15	22:47	28:46	34:51		30:07	90.3
Jeff City	40:59	47:04	53:02	58:38		
14. Randy Clark 14	5:08	10:44	16:36		29:53	89.7
Greg Nichol 14	22:42	28:50	35:02		29:57	89.9
Jeff City	41:15	47:36	53:56	59:50		
15. Ben Londeree	The times are all messed up but we know Ben averaged					
Darlene, Beth, Judi, Bob & Rick Londeree	about 70 secs. Each					
	of his family members alternated 440's--team time was 66:00					
16. Jay Blossom 10	Again the times are meaningless--but apparently					
John Leuthold 9	Jay averaged 1:50-1:58 & John 1:55-2:00. Team:????					
17. Charlie Brandon	4:30	9:13	13:53		18:16 (15)	73.2
Al Brown	18:55	23:58	29:03		17:04 (14)	73.3
Mo. Western	34:04 & Brown had to drop out					

Upper 60's, very pleasant, some gusty wind. Evans & Binggeli lowered the old event record of 45:08 set on June 12, 1971 by Dennis Stewart & Bill Wirtz. Binggeli also lowered the individual record for best average--he had 66.7 in 1971. Today Stewart started each lap even with Binggeli and finished about 2-3 seconds behind him--a 68-69 average. DT: Granberg was off 60 secs. (4.00%) & Chippendale was off 125 (7.71).

MASTERS POSTAL RACE WALKING COMPETITION TO DATE: 100 Kilo, One Hour Walk & 10 K. walk. Chris Amoroso won all 3 events & Columbia TC won team titles in the Hour walk & the 10 K. POINT STANDINGS: Overall: Amoroso 17, Busen 10, Leuthold 10, Spier 6, Markon 4, Fields 4, O'Neil 3, VanDyke 2, Lundmark 2. AGE 40-49: Amoroso 12, Busen 7, Leuthold 6, Fields 2, VanDyke 2, Markon 2. Age 50-59: Spier 4, Lundmark 1. AGE 60+: O'Neil 1. The June event is the 5 K walk & July is the 20 K. I will publish results of all races to date in the July Newsletter.

schedule of events;

JULY 2 & 18 Thursdays 7:00 PM Open Track Meets, Topeka, Ks.
Topeka West Track

6 Saturday 9:00 AM One Mile Run, 5,000 Meter ~~KM~~Walk
Hickman Track RECORDS: 4:19.0 Tom Logan March 18,
1972; 21:45 Larry Young April 16, 1972

8 Monday 7:00 PM One Hour Run South Park Quincy, Ill.

11 Thursday 6:30 PM 4th Annual Auburn to Topeka 12 Mile Run

12 Friday 7:30 PM 2.8 Mile Run around Macon Lake at Macon,
Mo. Country Club

13 Saturday 8:00 AM MVA AU & OPEN 15 KILOMETER RUN
Meet at Cosmo Park by 7:30 AM

13 " Open Track Meet and MVA AU Masters Championships
Christian Track, K-State, Manhattan, Ks.

15 Monday 7:00 PM 3 Mile Run South Park Quincy, Ill.

20 Saturday 8:00 AM National AAU Senior "B" 30 Kilo Walk
Keokuk, Iowa

22 Monday 7:00 PM 4 Mile Run South Park Quincy, Ill.

27 Saturday 6:30 AM 30 Kilo Run, 20 Kilo Walk Cosmo
Park Record for the run: 1:46:39 Loren Moes 3/3/73

27 " Santa Fe Trail Golden Track Meet--Events for all
ages Raytown, Mo. H.S. Stadium

27 " Lake Atwood 10 Mile Road Race Atwood, Ks.

29 Monday 7:00 PM 5 Mile Run South Park Quincy, Ill.

If you are ever interested in any of the out of town races which we list then you may call me or write me and I can usually give you a lot more information--contacts, entry fees, awards, etc.

I have plenty of E.R.G. for sale at the following prices: 45 cents per pack (makes $\frac{1}{2}$ gallon of liquid) to Columbia Track Club members (55 cents per pack if mailed) and 55 cents per pack to Non-members of CTC (65 cents per pack if mailed). Any profits (none at 45 cents) go to CTC.

Columbia Track Club T-Shirts are available at \$3.00 each--we are presently out of size small for the little kids but more have been ordered.

Also keep in mind that I can get new Runners World Subscriptions at \$5.00 vs. the regular rate of \$7.00--also Bike World, Nordic World, etc.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

15TH ANNUAL HEART OF AMERICAN MARATHON AND MVAUU
MARATHON CHAMPIONSHIP

LABOR DAY, September 2, 1974 COLUMBIA, MISSOURI
Sanctioned by the Missouri Valley A.A.U.

- Starting Time: 6:00 a.m., CDT, be at Daniel Boone County-City Building by ~~6:00~~ 5:30 a.m.
- Eligibility: Race is open to any registered amateur athlete in the world.
- Entry Fee: \$2.00
- Entry Deadline: Post entries will be accepted, but earlier entries will be appreciated - for instance, no later than September 1st.
- Medical Certificate: No formal medical certificate will be required, however, no one should attempt this race without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by one of the course physicians.
- Course Tour: A tour of the course is set for 6:00 p.m., Sunday, September 1st. Numbers will be handed out at this time. Meet at the Daniel Boone County-City Building.
- Aid Stations: Aid cars tour the course continually. Aid stations are about every two miles and remain open until the last man is past.
- Headquarters: Race headquarters will be the Daniel Boone County-City Building, at 7th and Broadway, downtown Columbia. The race starts a short walking distance from this building and ends at the front door.
- Awards: Trophies to first 12 finishers. 1st, 2nd, and 3rd place M.V.A.A.U. medals to first three Missouri Valley finishers. Trophies to first 3 finishers in 40-49 age group. Trophy to the first over 50 finisher and to the first woman finisher. Also small "I finished" trophies to all other finishers. Marathon Tee shirts and certificates to all finishers. The 1st Annual Dave Schulte Memorial Award for Improved Performance will be presented to the runner who has the greatest percentage improvement over his previous best Heart of America performance. To be eligible for this award a runner must have completed at least one previous Heart of America Marathon in less than 5 hours.
- Certification: Course has been certified by the Long Distance Running Committee of the A.A.U.

To be returned to: Joe Duncan
4004 Defoe Drive
Columbia, Mo. 65201

ENTRY BLANK

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

PRINT NAME	A.A.U. NUMBER	A.A.U. ASSOC.
SIGNATURE	BIRTH DATE	HT. WT.
ADDRESS	ZIP	

1974
11/15

How many Marathons have you completed? _____

When was your most recent Marathon? _____

Where? _____

What was your time? _____

What is your best Marathon time? _____ Where? _____

When? _____

Other than Marathons when was your most recent race over 10 Miles?

Where? _____ Your time _____