

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 3

March 26, 1974

DENNIS STEWART KEEPS WINNING--ONE MILE RUN March 9, 1974:

|                            | 440  | 880  | 1320 | MILE   |
|----------------------------|------|------|------|--------|
| 1. Dennis Stewart          | 1:01 | 2:08 | 3:16 | 4:24   |
| 2. Greg Cross, Springfield | 1:03 | 2:16 | 3:29 | 4:44   |
| 3. Tom Kilburn             | 1:07 | 2:21 | 3:35 | 4:45   |
| 4. Dean Neal               | 1:05 | 2:25 | 3:42 | 4:55   |
| 5. Mike Chippendale        | 1:11 | 2:28 | 3:45 | 5:00   |
| 6. Tom Hinckley            | 1:13 | 2:32 | 3:53 | 5:01   |
| 7. Jim Robinson Sprgfield  | 1:09 | 2:26 | 3:45 | 5:05   |
| 8. Rich Brandel "          | 1:13 | 2:36 | 4:04 | 5:08   |
| 9. David Stern             | 1:10 | 2:30 | 3:53 | 5:08.1 |
| 10. Don Lewis              | 1:09 | 2:27 | 3:49 | 5:11   |
| 11. Don Granberg           | 1:13 | 2:22 | 3:57 | 5:19   |
| 12. Whitney Hicks          | 1:18 | 2:45 | 4:04 | 5:21   |
| 13. Truman Storvick 45     | 1:15 | 2:41 | 4:09 | 5:32   |
| 14. Rex Frazer 42          | 1:18 | 2:45 | 4:11 | 5:40   |
| 15. Jim Fields 42          | 1:22 | 2:53 | 4:25 | 5:48   |
| 16. Jack Siefkas 41        | 1:16 | 2:47 | 4:24 | 5:51   |
| 18. Joe Duncan             | 1:25 | 2:56 | 4:27 | 5:56   |
| 17. Ted Nykiel             | 1:25 | 2:57 | 4:27 | 5:54   |
| 19. Dave Leuthold 41       | 1:26 | 2:56 | 4:28 | 5:58   |
| 20. Dennis Blossom         | 1:20 | 2:54 | 4:30 | 5:59   |
| 21. Tom Dresser            | 1:24 | 3:00 | 4:34 | 6:01   |
| 22. Jeff Rea               | 1:25 | 2:59 | 4:38 | 6:05   |
| 23. D. J. Wilson           | 1:23 | 2:57 | 4:39 | 6:21   |
| 24. Doug Duncan 13         | 1:38 | 3:20 | 4:57 | 6:34   |
| 25. John Leuthold 9        | 1:38 | 3:20 | 5:07 | 6:52   |
| 26. Jay Blossom 8          | 1:48 | 3:32 | 5:19 | 7:05   |
| 27. Jeff Kilburn 7         | 1:40 | 3:31 | 5:22 | 7:18   |
| 28. Janet Siefkas          | 1:36 | 3:33 | 5:30 | 7:21   |
| 29. Mark Lamberti          | 1:50 | 4:09 | 6:57 | 9:32   |

A great day for running a mile, despite a sloppy track and some wind. It was 70 degrees--at 9:00 AM, early in March! Kilburn sets a personal best by a big margin. Frazer and Neal had run the St. Louis Marathon 6 days previously. Also a week previously Stewart had won the 880 at an indoor meet in Champaign, Ill. with a time of 1:53.8--over 51 other 880 runners!

AUGIE HIRT ALSO KEEPS WINNING--THREE MILE WALK AFTER THE ABOVE:

|                     | 1     | 2     | 3     | Off DT | % Off |
|---------------------|-------|-------|-------|--------|-------|
| 1. Augie Hirt       | 7:29  | 15:42 | 23:47 | 47     | 3.40  |
| 2. Dave Leuthold 42 | 9:28  | 19:18 | 29:07 |        |       |
| 3. Rob Spier 52     | 10:33 | 20:35 | 30:36 | 84     | 4.37  |
| 4. Jim Fields 42    | 10:12 | 21:00 | 31:50 |        |       |
| 5. Joyce Schulte    | 11:32 | 23:35 | 35:24 | 56     | 2.57  |
| 6. John Leuthold    | 13:04 | 26:36 | 38:44 |        |       |
| 7. Mark Lamberti    | 14:21 | 31:08 | 46:53 |        |       |

A personal best by Rob Spier--he'll be tough whenever he decides to get his arms up in true race-walking style.

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IN THE 3, 2, 1 TRIATHLON RESULTS IN THE FEB. NEWSLETTER THE PERFORMANCES OF DAVE LEUTHOLD AND ROB SPIER were somehow ommitted. So I hereby apologize to these fellows and herewith give those results--both of them walked all three races. For Dave it went 29:17 (9:39, 9:46, 9:52), 18:45 (9:19, 9:26), & 9:23 (4:45, 4:38) and for Rob: 32:18 (10:47, 11:00, 10:31), 21:01 (10:35, 10:26) & 10:30 (5:12, 5:18). Rob was only 24 seconds off on his DT, representing .61%.

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The Columbia Track Club Newsletter comes your way every month IF you send Joe Duncan ONE DOLLAR. Your buck will get you 12 monthly issues. Send to Joe at 4004 Defoe Dr., Columbia, Mo. 65201. If any of you wonder when your subscription expires, rest assured that we keep an accurate record and that you will be notified--on the face of your newsletter we write the date of expiration and the word "expired"--this is done only for the month of expiration, therefore if nothing shows on the face of your newsletter then you know that your subscription is current. Some people don't like to fool with pay<sup>ing</sup> a buck every year so they send as much as \$5.00 for five years. What optimists!!!

2 MAN 6 MILE RUN-WALK RELAY DISSOVES INTO A 3 MILE RUN & WALK WITH TWO different sections on two different days. A crippling 6 inch snow-storm was the cause of all this. It was obvious shortly before noon on March 23 that the relay, scheduled for 2:00PM could not be satisfactorily conducted, therefore it was decided to wait until the next day and make an attempt to conduct the event indoors. However, much to our surprise Stewart, Neal & Frazer popped up at the appointed time and place on Saturday, along with Tom Kilburn. These four realized that they couldn't run a decent race on Hickman track, therefore they began looking for indoor facilities. Brewer was closed, the State Indoor Meet took care of Hearnese. These four dedicated, intrepid wanderers eventually found their way to the balcony of the Columbia College gym where they finally got in a 3 mile race--75 laps around that little balcony. Had that balcony been unavailable I'm sure these hard-core nuts would have wound up in Tom Kilburn's basement doing their 3 mile run--some 2,000 laps that would have been. Anyway here are the results of that phase of the weekend's events (with each of the runners getting proper ET points--probably the most deserved points anyone has ever received--in comparison with the next day's event): 1. Dennis Stewart 17:15, 2. Tom Kilburn 18:10, 3. Dean Neal 18:10, 4. Rex Frazer 19:08.

Then on the next day we were unable to get inside, the Columbia College balcony didn't really appeal to us, so we retired to Cosmo Park where we did 3 miles (5 times around the little bit short of .6 mile loop) with the following results:

|                     | .6   | 1.2   | 1.8   | 2.4   | 3.0   | Off DT | % Off |
|---------------------|------|-------|-------|-------|-------|--------|-------|
| 1. Tom Kilburn      | 3:08 | 6:18  | 9:31  | 12:45 | 15:52 | 98     | 9.33  |
| 2. Mike Chippendale | 3:15 | 6:33  | 9:56  | 13:27 | 16:52 | 68     | 6.39  |
| 3. David Stern      | 3:29 | 7:07  | 10:50 | 14:37 | 18:20 | ---    |       |
| 4. Whitney Hicks    | 3:42 | 7:33  | 11:27 | 15:17 | 18:48 | ---    |       |
| 5. Charles Geiss    | 3:41 | 7:34  | 11:28 | 15:18 | 19:00 | 210    | 15.55 |
| 6. Joe Duncan       | 4:04 | 8:08  | 12:13 | 16:16 | 20:07 | 53     | 4.21  |
| 7. Jeff Rea         | 3:55 | 8:10  | 12:34 | 17:06 | 21:19 | 71     | 5.36  |
| 8. John Leuthold    | 4:49 | 9:48  | 14:39 | 19:44 | 24:19 | ---    |       |
| 9. Jeff Kilburn     | 5:01 | 10:53 | 16:38 | 22:27 | 27:56 | ---    |       |

THE WALK:

|                  |      |       |       |       |       |     |      |
|------------------|------|-------|-------|-------|-------|-----|------|
| 1. Dave Leuthold | 5:40 | 11:27 | 17:04 | 22:35 | 28:09 | --- |      |
| 2. Rob Spier     | 6:16 | 12:37 | 19:00 | 25:21 | 31:42 | 78  | 3.93 |

25 degrees, sun shining, some wind, melting slush and snow.

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JIM BREITENBUCHER PARTICIPATED IN A COUPLE OF EVENTS WHEN HE WAS HOME for spring break in Keokuk, Iowa. First of all, Jim put on a 10 Mile run & 10 Mile walk in Keokuk on March 9. He had 10 open runners, 3 Jr. High runners in a 2 Mile Run, 2 women in a 2 miler, 3 walkers in a 10 mile walk and 2 women in a Women's 2 mile walk. Dave Eidahl won the 10 mile walk with 1:28:49 with Jim 2nd in 1:31:17. Then a week later Jim was 2nd to Jim McFadden in a 2 mile walk in Ft. Madison, Ia. McFadden had 16:28 and Jim B. had 16:35, both under the old record of 16:59. There were four other walkers in that race.

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The following note is from Joyce Schulte:

My thanks to each one who was so generous to Carl and Dennis. The bonds will be of help in their education. program and a fine remembrance of the Track Club friends. About all I've been able to say or think after seeing the bonds is, "Wow, What nice friends."

My thanks, too, for the desire by the Track Club to honor Dave with a trophy, and also to honor each one who receives that trophy by encouraging them to continue an exercise program. Self-improvement was Dave's goal and I'm happy to know that will be the basis of the trophy.

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Here are the current figures (through the Mile Run) in the competition for the Schulte Memorial Award for Improved Performance:

|                      | Median | % | Events              |       |   |                          |
|----------------------|--------|---|---------------------|-------|---|--------------------------|
| 1. Jim Breitenbucher | 13.08  | 1 | 9. Mike Chippendale | 1.73  | 8 |                          |
| 2. Tom Kilburn       | 12.19  | 2 | 10. Dave Leuthold   | 1.61  | 5 |                          |
| 3. Augie Hirt        | 12.10  | 1 | 11. Rob Spier       | 1.01  | 3 |                          |
| 4. Doug Duncan       | 10.77  | 1 | 12. Dennis Stewart  | .17   | 8 |                          |
| 5. Dick Hessler      | 6.67   | 6 | 13. Don Leake       | -2.04 | 2 |                          |
| 6. Leonard Busen     | 4.56   | 2 | 14. William Taft    | -2.07 | 1 |                          |
| 7. Don Granberg      | 3.02   | 6 | 15. Joe Duncan      | -4.16 | 7 | --now we                 |
| 8. Ben Londeree      | 2.95   | 7 |                     |       |   | know who's been loafing! |

DESIGNATED TIME STANDINGS:

|                      | Av. % Error | Events | *(12 best predictions) |        |
|----------------------|-------------|--------|------------------------|--------|
| 1. Don Johnson       | 0.00        | 1      | 17. Dick Hessler       | 3.09 8 |
| 2. Rex Frazer        | 1.46        | 12*    | 18. Dennis Blossom     | 3.12 4 |
| 3. Truman Storvick   | 1.54        | 5      | 19. Joe Duncan         | 3.13 9 |
| 4. Don Leake         | 1.69        | 4      | 20. David Stern        | 3.47 2 |
| 5. Ben Londeree      | 2.07        | 10     | 21. Augie Hirt         | 3.90 6 |
| 6. Tom Hinckley      | 2.07        | 6      | 22. Jim Breitenbucher  | 4.25 5 |
| 7. Whitney Hicks     | 2.11        | 5      | 23. Charles Geiss      | 4.64 5 |
| 8. Dennis Stewart    | 2.19        | 11     | 24. Scott Sallee       | 4.66 1 |
| 9. Dean Neal         | 2.28        | 12     | 25. Leonard Busen      | 4.86 9 |
| 10. Don Granberg     | 2.29        | 11     | 26. Jeff Rea           | 5.43 3 |
| 11. Rob Spier        | 2.36        | 7      | 27. Jay Blossom        | 6.87 1 |
| 12. Joyce Schulte    | 2.36        | 5      | 28. Joan Hirt          | 6.89 1 |
| 13. Lanny Endicott   | 2.47        | 4      | 29. Dick Sallee        | 7.51 2 |
| 14. Tom Kilburn      | 2.50        | 12     | 30. John Leuthold      | 8.69 3 |
| 15. Mike Chippendale | 2.79        | 11     | 31. Janet Leuthold     | 9.65 2 |
| 16. Dick Luecke      | 2.96        | 2      |                        |        |

ELAPSED TIME STANDINGS

| Runners--Open         | Points | Runners--Age 40 & Over  |
|-----------------------|--------|-------------------------|
| 1. Dennis Stewart     | 212    | 1. Rex Frazer 46        |
| 2. Dean Neal          | 202.5  | 2. Don Johnson 20       |
| 3. Tom Kilburn        | 197    | 3. Truman Storvick 17   |
| 4. Don Granberg       | 146    | 4. Dick Luecke 8        |
| 5. Ben Londeree       | 135    | 5. Jim Fields 7         |
| 6. Rex Frazer         | 132    | 6. Leonard Busen 6      |
| 7. Mike Chippendale   | 126.5  | 7. David Leuthold 5     |
| 8. David Stern        | 113    | 8. Dick Sallee 3        |
| 9. Dick Hessler       | 107    | 9. Jack Siefkas 2       |
| 10. Tom Hinckley      | 106    |                         |
| 11. Whitney Hicks     | 93     | Runners--Age 15 & Under |
| 12. Joe Duncan        | 62     | 1. John Leuthold 18     |
| 13. Lanny Endicott    | 61     | 2. Doug Duncan 17       |
| 14. Don Johnson       | 57     | 3. Jay Blossom 8        |
| 15. Truman Storvick   | 38     | 4. Janet Leuthold 6     |
| 16. Dennis Blossom    | 37     | 5. Jeff Kilburn 4       |
| 17. Don Leake         | 34     | 6. Scott Sallee 1       |
| 18. Jeff Rea          | 27     | 7. Amy Hessler 1        |
| 19. Doug Duncan       | 22     |                         |
| 20. John Leuthold     | 22     | Runners--Women          |
| 21. Leonard Busen     | 21     | 1. Janet Leuthold 2     |
| 22. Jim Fields        | 19     | 2. Joan Hirt 1          |
| 23. Dick Luecke       | 15     | 3. Betsy Lamar 1        |
| 24. David Leuthold    | 13     | 4. Amy Hessler 1        |
| 25. Jay Blossom       | 11     | 5. Janet Siefkas 1      |
| 26. Jim Breitenbucher | 10     |                         |
| 27. Jack Siefkas      | 10     | WALKERS--OPEN           |
| 28. Janet Leuthold    | 8      | 1. Augie Hirt 62        |
| 29. Charles Geiss     | 5      | 2. Dave Leuthold 47     |
| 30. Dick Sallee       | 5      | 3. Jim Breitenbucher 42 |
| 31. Jeff Kilburn      | 5      | 4. Leonard Busen 23     |
| 32. Joan Hirt         | 3      | 5. Charles Geiss 19     |
| 33. Betsy Lamar       | 2      | 6. Rob Spier 17         |
| 34. Amy Hessler       | 2      | 7. Al Schrik 14         |
| 35. Scott Sallee      | 1      | 8. Jim Fields 12        |
| 36. Janet Siefkas     | 1      | 9. Joyce Schulte 6      |
|                       |        | 10. John Leuthold 6     |
| WALKERS-15 & Under    |        | 11. Janet Leuthold 3    |
| 1. John Leuthold      | 4      | 12. Steve Spier 3       |
| 2. Janet Leuthold     | 3      | 13. William Taft 2      |
| 3. Steve Spier        | 2      | 14. Lanny Endicott 1    |
|                       |        | 15. Albert Van Dyke 1   |
| Women                 |        |                         |
| 1. Joyce Schulte      | 6      |                         |
| 2. Janet Leuthold     | 2      |                         |
| 3. Joan Hirt          | 1      |                         |

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A reporter asked an elderly man celebrating his one hundredth birthday, "To what do you attribute your longevity, sir?" "I never overate or drank liquor or smoked," the old man said, "and I always got up at 6 AM and ran 5 miles."

"Very commendable," the reporter said. "But, my uncle lived the same way and he died at 65. Can you explain that?"

---This tale is continued on Page 5--for punchline---

THE CTC EXECUTIVE COMMITTEE MET RECENTLY AND BLOCKED OUT GENERAL PLANS for the Dave Schulte Memorial Awards and for a Summer Age Group Endurance Development program. For the Memorial Awards it was decided to have an Award for the Heart of America Marathon--this award to be given to the runner who makes the most improvement over his previous best Heart of America Marathon performance. This award is to be sponsored by MFA Insurance Companies, Dave's employer. Anyone who has previously completed a Heart of America Marathon will be eligible.

The other Memorial Award will be given to the CTC member who shows the most improvement during the year compared to his previous years performance. A CTC member is eligible for this award only if he competes in at least 10 races in the current year that he had competed in in the previous year, not counting relays. Improvement will be computed on a percentage basis per race (both negative and positive improvement). Winner of the award will be determined on the basis of the best median percentage improvement considering the 10 best improvements of each competitor. (I hope this is clear--if not check with Chief Statistician Dave Leuthold). This award obviously puts a premium not only on improvement but on participation--but these are the very things which were best exemplified by Dave Schulte. There are only about a dozen of us who will be eligible for the 1974 award, but, of course, the participation of the rest of you, this year, will lay the basis for your eligibility for the 1975 award. We anticipate that both of these Memorial Awards will be truly prestigious and much desired.

As for the age group summer development races, it was decided to have a series of six Wednesday evening endurance type races, most likely beginning June 12 and running through July 24, skipping the 3rd of July. Whitney Hicks has agreed to be the Director of this program.

The age groups will follow the Junior Olympic grouping of ages 6-7, 8-9, 10-11, 12-13, 14-15 & 16-17 and of course the sessions will be open to both boys and girls. More specific information will be given to all Columbia children sometime in May, either by way of newspaper publicity or through the school system. Any ideas you people have are certainly welcome.

The emphasis and primary objective of these races will be to develop endurance and stamina in young runners. It is thought that the development of a running endurance base will be beneficial not only for runners, track and field athletes, but also for all athletes in general, not to mention those youngsters who can do nothing but run--and that pretty slowly. The emphasis will deliberately be directed away from formal technical training (except for race-walking), speed and the high pressure one finds with the "speed" events. Again individual personal improvement will be the chief objective. The shortest race will be a 440 yard run with the other races being the 880 yard run, Mile run, 2 or 3 mile runs and one mile walk. This type of emphasis, hopefully, will encourage the youngsters to run at relaxed, slow speeds and yet permit them to experience the excitement of competition...keeping in mind that the greatest competition in this type program is with one's self. We would hope that the kids would soon realize that to run distances requires something more than just showing up on race-day. This low-keyed approach would not "burn out" a kid before he is able to develop an adequate endurance base and would instill in him an appreciation of the benefits and joys of running, which, after all comes naturally, without any type of technical training, to every child.

A decision has also been made to give a little financial aid to any CTC member who competes in an important (defined as one in which an entry fee is charged) outside race. We want to encourage participation in Non-local races and we hope that CTC can have some impact in some of these races. FIVE DOLLARS expense money will be given to each person who competes in an important outside race, with a limit per person of \$25.00 per year, with the money to be given only if the competitor wears a CTC jersey or T-shirt (now on order). The jersey or T-shirt can be either purchased or borrowed. Augie Hirt, Secretary-Treasurer, will handle this phase of our program. To get your money simply let him know when and where you competed and with what results. See Joe Duncan for a jersey or T-shirt--or for ERG at 40¢ a packet (50¢ if mailed) or for a Runner's World subscription (new only) for \$5.00.

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DICK HESSLER, DEAN NEAL AND REX FRAZER REPRESENTED CTC IN THE ST. LOUIS OLYMPIC MEMORIAL MARATHON on March 3. Dick finished 11th (out of 121) with a time of 2:54+, his first under 3 hours. Dean was 14th, just a shade under 3 hours while Rex finished 2nd in the Age 40 group in about 3:10, causing considerable consternation when he appeared on the scene, before the race with a leg cast on and on crutches. It was a warm, windy 74 degrees. Dick ran his usual smart race--slow at first--passing dozens of runners over the last few miles.

## SCHEDULE OF EVENTS:

MARCH 30 Saturday 9:00 AM 2 Mile Run, 7 Mile Walk  
 Hickman Track Records: 9:08 Charles  
 McMullen; 11:15 Rex Frazer; 51:03  
 Larry Young

APRIL 6 Saturday 2:00 PM MVA AU & OPEN ONE HOUR WALK  
 Hickman Track

7 Sunday 1:00 PM 4th Annual Gateway Arch YMCA Runs  
 3.6, 7.2, 14 Miles; Age Groups CONTACT;  
 Jerry Adams 619 Villa Garden Dr. Kirkwood, Mo  
 63123

18, 19, 20 Kansas Relays. Includes Marathon, Masters  
 Mile & Masters 880 Lawrence, Kansas

27 Saturday 9:00 AM Walk-Run Pentathlon; 2 Mile Walk,  
 880 Yard Run, One Mile Walk, 2 Mile Run, 220  
 Yard Dash Hickman Track RECORDS:  
 2790 Points Stan Smith April 28, 1973  
 (18:02, 12:04, 7:33, 10:02.5, 25.4--Points:  
 361, 668, 543, 695, 523). 936 Points  
 Don Johnson (21:55, 2:32, 10:41, 12:31,  
 29.0--43, 312, 0, 315, 266

And now for the exciting conclusion to the Tale of the Old  
 Man Who Ran and The Uncle Who Died:

The old man thought a moment, then said: "Your  
 uncle just didn't keep it up long enough."

Joe Duncan  
 4004 Defoe Dr.  
 Columbia, Mo. 65201

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK  
5,000 METER WALK FOR WOMEN  
1974 ENTRY BLANK

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TIME: Saturday, May 4, 1974 - 4:00 p.m. (Men's race at 4:45 p.m.)

PLACE: Hickman High School Track. Hickman track is on the Southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off of I-70.

ENTRY FEE: \$1.00 - Post-entries will be accepted; however, Please try to have your entries in by May 2.

AWARDS: Three "Cup" trophies to first three finishers in each race.

MISSOURI CUP RECORD: 1:30:10 Larry Young - May 7, 1972 (This is also the American Record)

*Women: 50:06 Gwen Clark 5-6-73*

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 \_\_\_\_\_ Birth Date \_\_\_\_\_

AAU # \_\_\_\_\_ AAU Ass'n \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

School or Club \_\_\_\_\_

If entrant is under 21, parent or guardian must sign below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the A.A.U. of the United States.

Sanctioned by the Missouri Valley Association of the A.A.U.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 65201

## NATIONAL MASTERS POSTAL RACE WALKING COMPETITION, 1974

Sponsored by COLUMBIA TRACK CLUB, Columbia, Missouri and  
COLUMBIA PARKS AND RECREATION

**Purpose:** To provide an opportunity for competition among Masters walkers, including those who are not able to travel to the national championship races. Generally there will be one race a month in the month of the National Masters championship. All entrants in the national championship will be eligible to submit their time also for the national postal competition.

**Groups:** (1) Open--Over 40 (2) 40-49 years (3) 50-59 years (4) 60 and over (5) Women  
Age on the day of competition determines category.

| Races    | Postal month of competition | Date and place of national Masters  |
|----------|-----------------------------|---|
| 100K     | March (till May 31)         | March 30 Des Moines (National Open)   |
| One Hour | April (till May 31)         | April 14 Boulder, Colorado  |
| 10K      | May                         | Not scheduled yet   |
| 5K       | June (till July 7)          | July 5-7 Gresham, Oregon  |
| 20K      | July                        | July 5-7 Gresham, Oregon  |
| 15K      | August                      | August 3 Boulder, Colorado  |
| 100 Mile | September (till October 6)  | October 5-6 Columbia (Open)   |
| 30K      | October                     | October 19 Columbia   |
| 50K      | November                    | November 3 Jefferson City, Missouri<br>(Other national masters (35K)<br>Kalispell, Montana July 10) |

**Combined annual competition:** In addition to the individual events, total annual rankings will be compiled. Each walker will receive one point for a race in each category for which he is eligible, plus another point for each person he beats in that category.

**Team:** Team competition is encouraged, utilizing three man teams in following age categories: (1) Total age 120 years or more (all must be at least 40) (2) Total age 150 years or more (3) Total age 180 years or more. Scoring on basis of combined time. Team members must belong to same club, as in AAU rules, but need not walk on same day or track.

**Rules:** All events must be walked on a regulation track or certified course, timed by a non-participant. Judges are encouraged but not required. Walkers may submit only one time but it may be their best time during the month. Otherwise AAU rules apply. Entries must be postmarked by the first of the next month (or the first day after the competition period ends). No entry fee.

**Awards:** Certificates to the top three in each race. Appropriate awards to top winners in combined annual competition. Results will be published monthly in Columbia Track Club Newsletter (Joe Duncan, 4004 Defoe, Columbia, 65201 \$1 per year) and Ohio Race Walker (Jack Mortland, 3184 Summit Street, Columbus, Ohio 43202 \$3 per year).

### ENTRY FORM (PLEASE MAKE ADDITIONAL COPIES FOR NEXT MONTH'S RACE)

Distance \_\_\_\_\_ Time \_\_\_\_\_ Date Walked \_\_\_\_\_

Name (Be legible) \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

AAU number \_\_\_\_\_ Club \_\_\_\_\_

Name of regulation track or certified course \_\_\_\_\_

Timer's name \_\_\_\_\_ Judge's name (if present) \_\_\_\_\_

#### FOR TEAM COMPETITION (one entry suffices for all 3)

1st teammate name & address \_\_\_\_\_

Track \_\_\_\_\_ Date Walked \_\_\_\_\_ Time \_\_\_\_\_

Birthdate \_\_\_\_\_ Timer's name \_\_\_\_\_ Judge \_\_\_\_\_

2nd teammate name & address \_\_\_\_\_

Track \_\_\_\_\_ Date Walked \_\_\_\_\_ Time \_\_\_\_\_

Birthdate \_\_\_\_\_ Timer's name \_\_\_\_\_ Judge \_\_\_\_\_

Mail to: David Leuthold, 1501 Ross Street, Columbia, Missouri 65201