

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 9
September 12, 1974

LYNN LEE, EXIRA, IOWA, WINS HEART OF AMERICA MARATHON Sept. 2, 1974:

		3 15	6 18	9 21	12 24	Halfway	FINAL
1. Lynn Lee Exira, Iowa	25	19:07 1:34:41	37:07 1:51:52	57:05 2:09:40	1:16:10 2:27:53	1:23:36	2:41:47
2. Martin Smith Cedar Rapids, Ia	25	19:05 1:34:31	37:06 1:51:51	57:05 2:10:37	1:16:10 2:29:30	1:23:32	2:42:39
3. Larry Aduddell Tulsa, Okla.	29	18:57 1:35:34	37:37 1:53:59	57:18 2:12:55	1:16:10 2:31:25	1:23:37	2:44:25
4. Lou Fritz Verdon, Nebr.	31	19:30 1:37:16	38:06 1:55:30	58:45 2:13:48	1:17:50 2:31:40	1:25:39	2:44:32
5. Tim Hendricks Peru, Nebr.	28	19:30 1:37:17	38:07 1:55:30	58:40 2:14:27	1:18:00 2:33:25	1:25:39	2:47:11
6. Roberto Rosales McPherson, Ks.	32	18:56 1:36:15	37:37 1:54:47	57:18 2:14:15	1:16:10 2:33:20	1:24:27	2:47:18
7. Dick Hessler CTC	33	19:30 1:36:31	37:45 1:55:18	57:19 2:14:35	1:17:00 2:33:45	1:24:30	2:47:34
8. Karl Naylor Topeka, KS.	37	17:56 1:33:20	34:57 1:52:30	54:14 2:13:32	1:12:50 2:34:45	1:21:26	2:50:27
9. Ken Geest Kansas City, Mo.	21	18:35 1:36:49	37:05 1:56:45	56:50 2:17:32	1:16:05 2:38:18	1:21:26	2:52:40
10. Rick Caracciolo Valley, Nebr.	18	20:46 1:39:21	39:21 1:58:26	59:55 2:18:35	1:19:30 2:38:55	1:27:30	2:53:02
11. Rex Frazer CTC (Ft. Wood)	42	19:42 1:39:21	38:30 1:58:38	59:02 2:18:43	1:18:40 2:38:50	1:27:07	2:53:12
12. Thom Wilkins Kansas City, Ks.	28	19:48 1:38:39	38:21 1:58:07	58:45 2:18:37	1:18:30 2:39:20	1:26:20	2:54:00
13. Charlie Schmid Kansas City, Mo.	19	19:30 1:37:21	37:45 1:56:45	57:15 2:17:58	1:16:10 2:40:22	1:24:56	2:55:06
14. Don Granberg CTC	32	19:45 1:39:18	37:45 1:58:32	58:00 2:18:48	1:18:00 2:39:25	1:26:38	2:55:19
15. Leland McCrary Florissant, Mo.	26	20:15 1:39:21	38:22 1:58:32	59:15 2:18:57	1:18:50 2:40:22	1:26:54	2:55:38
16. Darrell Steinhoff Cape Girardeau	16	22:50 1:45:10	42:55 2:04:30	1:03:32 2:23:54	1:24:10 2:42:30	1:32:20	2:55:52
17. Ben Londeree CTC	40	19:30 1:39:19	38:05 1:59:10	58:30 2:19:55	1:18:10 2:41:55	1:27:01	2:56:50
18. Richard Caldwell Kirkwood, Mo.	23	18:44 1:33:15	36:04 1:52:53	55:05 2:13:48	1:13:10 2:37:50	1:21:15	2:56:57
19. Bob Hunerdosse Fairfield, Ia.	27	21:34 1:41:44	40:24 2:01:33	1:01:25 2:22:50	1:20:45 2:42:45	1:29:16	2:57:25
20. Dean Neal CTC (Newburg)	26	19:45 1:39:18	38:30 1:58:40	59:02 2:19:55	1:18:45 2:42:05	1:27:00	2:58:07
21. William Fox Tarkio, Mo.	32	19:35 1:42:26	38:31 2:03:00	59:30 2:24:14	1:20:30 2:44:45	1:29:19	2:59:46
21t. Alan Klein Alma, Mo.	24	19:35 1:42:26	38:31 2:03:00	59:30 2:24:14	1:20:30 2:44:45	1:29:19	2:59:46
23. Joe Dickman Clayton, Mo.	24	21:42 1:45:52	41:45 2:05:47	1:03:00 2:26:18	1:24:05 2:46:25	1:32:41	3:01:10
24. Rich Todd CTC (Ft. Wood)	27	19:30 1:36:31	37:45 1:55:18	57:19 2:14:55	1:16:10 2:36:45	1:24:30	3:05:07
25. Jerry Kokesh Manchester, Mo.	24	19:50 1:44:23	38:23 2:05:09	1:00:32 2:26:56	1:22:10 2:49:20	1:30:52	3:05:45
26. Arne Richards Manhattan, Ks.	41	22:19 1:45:53	41:51 2:07:20	1:03:00 2:28:37	1:24:20 2:50:30	1:32:48	3:06:21
27. Jon Herbert Springfield, Mo.	24	18:23 1:34:42	35:25 1:54:42	54:38 2:21:32	1:13:38 2:50:50	1:21:38	3:09:49
28. John McQuary Cape Girardeau	16	22:05 1:47:36	41:51 2:09:25	1:04:00 2:32:39	1:25:00 2:53:50	1:33:47	3:10:45

29.	William Craig	25	22:27	44:53	1:07:45	1:30:10	1:38:49
	St. Louis, Mo.		1:51:38	2:11:45	2:32:55	2:53:50	3:11:24
30.	Lanny Endicott	30	23:59	46:45	1:10:37	1:33:35	1:42:34
	Tulsa, Okla.		1:55:56	2:16:33	2:37:45	2:59:15	3:14:33
31.	Robert Alzman	21	21:43	41:45	1:03:20	1:25:00	1:34:03
	Greenville, Ill.		1:47:45	2:09:38	2:32:52	2:56:50	3:15:42
32.	Joseph Hoyt	42	21:16	41:51	1:04:56	1:27:30	1:37:14
	Ft. Leavenworth, Ks.		1:51:27	2:14:02	2:36:55	3:01:00	3:18:15
33.	Bob Potter	35	19:30	37:45	59:00	1:19:55	1:30:20
	Ft. Riley, Ks.		1:45:55	2:11:48	2:38:32	3:05:15	3:22:21
34.	Robert Lewis	23	25:52	48:52	1:13:00	1:35:45	1:44:28
	Edwardsville, Ill.		1:58:10	2:19:28	2:42:25	3:06:10	3:23:20
34t.	Jeffrey Keck	28	25:52	48:52	1:13:00	1:35:45	1:44:28
	Rolla, Mo.		1:58:10	2:19:28	2:42:25	3:06:10	3:23:20
36.	Terry Spangler	30	22:27	44:53	1:07:45	1:30:10	1:40:00
	Pittsfield, Ill.		1:54:46	2:18:18	2:42:57	3:08:15	3:26:17
37.	Joe Duncan	40	25:34	47:07	1:11:18	1:33:35	1:43:59
	CTC		1:58:15	2:21:02	2:44:46	3:09:00	3:26:58
38.	Charles Geiss	34	22:28	43:38	1:07:05	1:29:35	1:39:09
	CTC		1:52:14	2:16:04	2:40:59	3:10:00	3:30:51
39.	Paul Mingo	24	19:30	39:57	1:00:53	1:21:20	1:29:43
	Atlanta, Ga		1:42:35	2:04:05	2:27:25	2:53:15	3:33:30*
40.	John Ritchie	16	22:52	44:53	1:09:15	1:32:35	1:42:32
	Cape Girardeau		1:58:00	2:22:13	2:48:26	3:15:30	3:34:52
41.	Charles Gardner	44	22:52	44:53	1:09:15	1:32:35	1:43:08
	Kansas City, Mo.		1:58:00	2:22:13	2:48:26	3:16:00	3:35:35
42.	Dan Lonquist	28	19:08	38:42	1:01:33	1:24:30	1:35:44
	Columbia, Mo.		1:49:58	2:13:42	2:43:20	3:14:25	3:38:12
43.	Dick Moe	23	24:00	48:04	1:13:12	1:40:15	1:49:44
	Columbia, Mo.		2:08:30	2:31:17	2:55:30	3:19:45	3:39:25
44.	John Holak	21	21:43	42:55	1:06:30	1:30:20	1:48:38
	Greenville, Ill		1:56:50	2:24:15	2:53:30	3:24:15	3:45:56
45.	Larry Cates	26	23:00	45:30	1:09:20	1:31:25	1:41:02
	Kansas City, Mo.		1:55:55	2:20:55	2:49:29	3:28:35	3:47:41
46.	Lorn Gwaltney	55	22:42	44:53	1:08:35	1:30:30	1:41:15
	St. Louis, Mo.		1:56:25	2:21:30	2:49:58	3:24:15	3:47:58
47.	Frank Murphy	23	24:00	48:52	1:15:12	1:40:50	1:51:25
	St. Louis, Mo.		2:08:16	2:34:51	3:02:05	3:29:20	3:49:30
48.	Manfred Wuttig	41	28:03	52:17	1:19:00	1:44:40	1:55:41
	Rolla, Mo.		2:12:18	2:37:55	3:04:28	3:30:30	3:49:49
49.	Jean Madden	47	25:55	49:57	1:15:57	1:40:40	1:51:07
	CTC		2:07:17	2:34:28	3:02:55	3:32:10	3:51:48
50.	Phillip Simon	35	25:53	49:05	1:15:25	1:40:30	1:53:10
	Maryland Hgts, Mo		2:09:35	2:35:54	3:03:42	3:32:10	3:52:00
51.	Dennis Blossom	38	22:52	44:53	1:09:15	1:32:35	1:42:53
	CTC		1:58:25	2:26:50	2:57:30	3:30:15	3:53:08
52.	John Bennett	20	23:00	45:40	1:09:54	1:34:10	1:44:42
	Columbia, Mo.		2:00:13	2:27:05	2:58:05	3:30:45	3:55:32
53.	Dick Carr	40	23:40	46:58	1:12:49	1:37:00	1:49:20
	Pittsburg, Ks.		2:08:34	2:33:20	3:01:45	3:34:15	3:58:08
54.	Don Johnson	45	25:59	51:09	1:17:45	1:44:40	1:55:53
	CTC		2:13:08	2:40:45	3:10:37	3:40:45	4:02:59
55.	Greg Buse	26	20:41	42:55	1:07:40	1:31:57	1:43:07
	St. Paul, Minn		1:59:35	2:31:00	3:06:05	3:43:05	4:05:53
56.	Dave Leuthold	41	24:52	46:45	1:11:40	1:36:50	1:48:39
	CTC		2:05:38	2:33:45	3:04:40	3:42:00	4:10:48
57.	Del Robertson	37	24:45	48:38	1:14:42	1:41:00	1:52:32
	Columbia, Mo.		2:09:52	2:38:17	3:11:07	3:46:20	4:11:31
58.	Steve Kramer	17	22:06	44:00	1:09:54	1:36:55	1:49:18
	Alma, Mo.		2:08:37	2:34:28	3:10:37	3:50:45	4:16:04
59.	Marsha Weiss	24	28:43	55:50	1:24:27	1:53:00	2:06:02
	CTC		2:24:44	2:58:26	3:31:30	4:12:00	4:34:28

59t. Charles Hawley	24	28:43	55:50	1:24:27	1:53:00	2:06:02
Columbia, Mo.		2:24:44	2:58:26	3:31:30	4:12:00	4:34:28
59t. Bob Marquis	25	28:43	55:50	1:24:27	1:53:00	2:06:02
Columbia, Mo.		2:24:44	2:58:26	3:31:30	4:12:00	4:34:28
62. Keith Maynard	26	25:22	49:10	1:15:03	1:41:05	1:52:55
Columbia, Mo.		2:10:23	2:43:40	3:24:00	4:07:00	4:35:35
62t. Fred Morgan	28	23:00	45:30	1:10:35	1:36:40	1:50:14
Columbia, Mo.		2:09:17	2:43:13	3:24:00	4:07:00	4:35:35
64. Jim Watkins	20	---	---	1:45:00	---	---
St. Louis, Mo.		2:46:03	3:15:04	3:49:40	---	4:57:15**
65. Bob Gragg	49	32:05	62:05	1:33:25	---	---
Shawnee Mission		2:38:56	3:14:22	3:55:10	---	5:05:15
66. Steve Cejka	20	29:13	58:40	1:29:40	---	---
Kirkwood, Mo.		2:38:30	3:19:10	4:01:00	---	5:15:30
67. Sally Teel	11	32:04	63:45	1:25:25	---	---
Columbia, Mo.		---	3:54:00	---	---	6:29:31
68. Ray Wade	29	23:00	43:58	1:08:08	1:31:55	1:42:13
Kansas City, Mo.		1:57:00	2:21:16	OUT		
69. Phil Moody	15	22:07	43:58	1:11:18	1:41:48	1:54:58
Kansas City, Mo.		2:16:40	OUT			
70. Rick Murney	23	28:16	54:58	1:21:00	1:48:40	2:01:23
						OUT
71. Charles Harmon	24 KC	28:43	55:52	1:28:00	OUT	
72. Jay Blossom	10 CTC	29:12	58:48	1:38:00	OUT	
73. Clark Rollins	10 Columbia	32:05	63:47	1:41:20	OUT	
74. Mark Zimmerman	23 St. Louis	24:27	44:53	OUT		
75. Darrell Palmer	35 Boise, Idaho	23:54	46:45	OUT		
76. Jim Breitenbucher	21 CTC	31:41	62:42	OUT (too sloppy for walking)		
77. Susie Hulse	9 Columbia	did a couple of miles				
78. Sarah Rollins	7 " " " " " "					

*Mingo missed the turn at Stadium Blvd, had to come back and lost, perhaps 25 minutes. **Watkins came about 20 minutes late.

Lower 50's, cloudy, rain after the 3½ hour mark, may have been humid, but if so, not a factor. In short the best weather conditions we have ever had. There was a lot of fresh rock on the gravel road--this and some extremely sloppy stretches cost a few minutes--still not perfect.

Lynn Lee ran four years for Drake U. He is now a schoolteacher and had come off a fairly modest running program during the summer.

As was true last year, Karl Naylor had the early lead which he held until Richard Caldwell took over on Easley Hill. Shortly thereafter Lee and Martin Smith (a 50 Mile Run specialist) moved to the front and waged a little battle until Lee took over for good shortly after 18 miles.

As usual there are many stories that could be told, for example, the record number of starters and finishers, the most ever under 3 hours, the dethroning of Tim Hendricks, 4 times Champion (Tim had done a 2:32 marathon on Aug. 4 in Omaha, finishing 3rd, but then he had a mishap with a steam hose, suffered extensive burns on the inner aspect of his left thigh, spent 8 days in the hospital--so obviously he was not in top form). The most outstanding story, however, in my opinion, is the performance of Rex Frazer. Dick Hessler paced the CTC contingent, but you could sort of expect a 2:47 from Dick--or Granberg Neal & Londeree being under 3 hours. But Frazer was something else--he not only won the over age 40 trophy, he also set a new age 40 record beating the 2:53:33 set by Alex Ratelle. In addition to the 5 CTC leaders, Joe Duncan also had a personal best--by 6 minutes. This was the first time CTC has ever had anyone under 3 hours in the Heart of America--and they had five of them.

Dick Carr, 40 year old PR man from the Kansas State College of Pittsburg, won the first Annual Dave Schulte Trophy given for best percentage improvement over previous best Heart of America performance. Dick improved by 13.86%. Rex Frazer's performance was underscored by his 13.03% improvement as he almost won a 3rd trophy. The Dave Schulte Trophy is, without doubt, the finest, most unique trophy given at any marathon in this country. It doesn't go to the fastest runners, necessarily, but to the one who shows the most improvement--one who may well be a "back of the pack" type runner--such as Dick Carr. The trophy is a solid bronze statue of a marathon runner (his expression indicates that he has just topped Easley Hill). It is the work of Larry Young who may well be as good a sculptor as he is a race-walker. Larry plans to make 20 of these statues so that there will be one for the next 19 years.

Marathon continued.

Marathon continued.
 The Trophy is a tribute not only to Dave Schulte, but to all those runners who have no hope of winning anything, but who are ever trying to better their own performances and thereby achieve their own personal victories--and for most runners, that is what running competition is all about. MFA Insurance Companies commissioned Larry to do this work. They are to be commended for this recognition of Dave Schulte, one of their employees, and for their support of the Heart of America Marathon and for the sport of Distance-running. THANKS TO MFA INSURANCE!

THANKS also to all the people, other than the runners, who have once again made possible the Heart of America Marathon. I will try to name them at the risk of missing some: To Joyce Schulte, a great job on publicity and she was responsible for the computer printouts of the results. To the Timers--Chief Rob Spier & Veva--their crew: John Ott, Jim Pinkerton, John McCrory, Lang Smith, Turk Storvick, Joe Marks, Mike Chippendale, Wayne Leeman, Bob Bryant & Sandy Lawrence. To Chief of Aid Carolyn Leuthold and her crew: Janet Leuthold, Jeff Rea, Vernon & Jeanne Barr, Dr. & Mrs. Wm. Taft, Marilyn Blossom, Doug Duncan, Darlene & Judi Londeree, Ray Odor, Murrel & Ruby Jackson, Lynn Storvick, George Ann Larson, Dolores Clark & son, The Cosmo Breakfast Club: Harold Anthony, Jack Sapp, Mahlon Fairchild, Hal Boyer, Ken Dudley, Al McGinnes, Rev. Henry Kleindienst. Then to the inside help on posting of results, relay messengers: Carole Duncan, Doug & Joe, Jr., Margaret Johnson & son, Paul. Ann Hessler for the certificates, Jim Crosby on the calculations for the Dave Schulte Trophy. Pickup truck drivers Tony Martin & Bob Bodenhamer. Dr. Sidlee Leeper & Dr. Leland Pfefer, course physicians. Hardy Menees came from St. Louis and helped. Jim Conaway came from Kansas City.

THANKS VERY MUCH TO ALL OF YOU FINE PEOPLE!!

DENNIS STEWART WINS 5,000 METER RUN, BUSEN TAKES THE WALK

	1 Mile	2	3	5,000 M	Aug. 24:	
					Secs off DT	% Off
1. Dennis Stewart	4:55	10:09	15:28	15:57	12	1.27
2. Brian Cooper	5:11	10:37	15:50	16:22	--	
3. Ben Londeree 40	5:12	10:36	15:55	16:25	5	.50
4. Dean Neal	5:21	11:00	16:27	16:58	2	.19
5. Mike Chippendale	5:34	11:09	16:34	17:09	21	2.00
6. Whitney Hicks	5:34	11:10	16:47	17:21	19	1.79
7. Don Granberg	5:35	11:18	17:06	17:35	10	.94
8. Augie Hirt	5:38	11:20	17:12	17:44	4	.38
9. Rex Frazer 42	5:45	11:34	17:23	17:55	15	1.38
10. Turk Storvick 46	5:44	11:42	17:39	18:11	4	.36
11. Dick Moe	5:58	12:09	18:29	19:04	--	
12. Charles Geiss	5:46	12:14	18:58	19:31	1	.08
13. Joe Duncan 40	6:00	12:25	18:56	19:36	6	.51
14. Joe Marks	6:17	12:51	19:15	19:46	--	
15. Don Johnson 45	6:15	12:45	19:14	19:50	--	
16. Leonard Busen 44	6:47	13:42	20:27	21:03	30	.24
17. Dennis Blossom	6:52	14:00	21:02	21:44	74	6:01
18. Keith Maynard	7:00	14:12	21:08	21:45	--	
19. Lang Smith	7:38	15:29	23:06	23:41	--	
20. Jeff Rea	7:14	15:34	23:39	24:16	--	
21. Doug Duncan 13	7:27	15:24	23:40	24:26	--	
22. Jay Blossom 10	7:27	15:48	23:53	24:30	30	2.08
23. John Leuthold 9	7:38	15:48	23:53	24:38	--	
24. David Hicks 10	7:50	15:59	24:00	24:45	--	
25. Tom Brown	7:51	15:59	25:12	26:07	--	
1. Leonard Busen	8:56	18:12	27:25	28:25	25	1.48
2. Dave Leuthold	8:59	18:19	28:05	29:10	--	
3. Augie Hirt	9:10	18:54	28:45	29:46	--	
3t. Linda Ontko	9:10	18:54	28:45	29:46	--	
5. Rob Spier	9:50	19:42	29:16	30:19	41	2.21
6. Charles Geiss	9:50	19:42	29:41	30:54	--	
7. Mike Clark	11:12	22:15	33:21	34:37	--	
8. Joyce Schulte	10:56	22:24	34:03	35:19	19	.90
9. William Taft	12:40	25:12	37:22	38:41	--	

Low 70's, little wind, quite pleasant. Cooper is a Junior College transfer to MU. He is from Glen Ellyn, Ill. and is one of the running organizers and promoters in that area. Ben Londeree set two MVAU records for the 40-49 age group: his time at 3 miles was under the 16:03 he had established just two weeks previously and his 5,000 Meter time shattered the 18:02 Rex Frazer had set last year. Otherwise everything else went pretty much as expected.

DESIGNATED TIME STANDINGS---FINAL:

	Av. %	No. of			
	Off DT	Events			
1. Rex Frazer*	.83	12	7. Dennis Stewart	1.64	12
2. Dean Neal*	.84	12	8. Tom Kilburn	1.72	12
3. Turk Storvick*	.91	12	9. Dick Hessler	1.723	12
4. Ben Londeree*	1.35	12	10. Leonard Busen	1.89	12
5. Rob Spier*	1.39	12	11. Joe Duncan	1.96	12
6. Don Granberg*	1.43	12	12. Mike Chippendale	2.01	12

*Indicates that these people will receive awards

ELAPSED TIME STANDINGS---FINAL:

		Runners Age 40 & Over	
1. Dean Neal*	409.5	1. Rex Frazer*	99
2. Dennis Stewart*	359	2. Turk Storvick*	69
3. Ben Londeree*	286	3. Don Johnson*	45
4. Dick Hessler*	280	4. Ben Londeree*	33
5. Don Granberg*	280	5. Joe Duncan*	28
6. Rex Frazer*	280	6. Leonard Busen*	13
7. Tom Kilburn	274	7. Jim Fields	11
8. Mike Chippendale	269.5	8. Dave Leuthold	11
9. Turk Storvick	175	Runners Age 15 & Under	
10. Joe Duncan	160	1. Doug Duncan*	48
11. Tom Hinckley	154	2. Jay Blossom*	27
12. David Stern	139	3. John Leuthold*	26
13. Whitney Hicks	136	4. Jeff Kilburn*	12
14. Don Johnson	131	No one else had 5 events	
15. Rich Todd	118	Runners--Women	

Hessler, Granberg & Frazer are in a 3 way tie. Therefore we go to our tiebreaker system of considering head-to-head competition. Thus, Hessler gets 4rd since he beat the other two in every race & Granberg gets 5th since his record against Frazer is 20-4.

Likewise for the walkers-- Busen gets 2nd since he beat Leuthold 5 times and lost 3 times.

Those entitled to awards will have a choice of a trophy, plaque, gift certificate, credit to an out-of-town race, etc. I will be calling to see what you want.

1. Marsha Weiss* 7 The only one to have 5 events & she had to do the Marathon to get her 5.

WALKERS

1. Augie Hirt*	91
2. Leonard Busen*	64
3. Dave Leuthold*	64
4. Jim Breitenbucher*	59
5. Rob Spier*	38
6. Charles Geiss*	27
7. Jim Fields	22
8. Joyce Schulte	18

Women

1. Joyce Schulte*	12
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DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE--FINAL RESULTS:

The following had the required 10 events;

	% improvement:
1. Dick Hessler--gets the award	5.99
2. Leonard Busen	5.71
3. Ben Londeree	3.84
4. Mike Chippendale	2.42
5. Don Granberg	2.18
6. Dennis Stewart	1.43
7. Dave Leuthold	1.40
8. Joe Duncan	-1.63

LARRY YOUNG WON THE SENIOR NAT'L 50 KILO WALK on Sept. 1 in 4:25:51 demonstrating that he is well into his comeback. Augie Hirt was 3rd after having stayed with Larry for 30 K in 2:39. John Knifton was 2nd in 4:30:51 & Ron Kulik 4th, 4:48:16. Bob Young had 5:40+ to give CTC a 3 man team and a 2nd in the team race. NYAC had 14 pts., CTC 15.

PAUL IDE WON THE SANTA-CALI-GON 10 kilo walk Aug. 31, Independence. He had 52.59. Representing CTC were Bob Chapin, 2nd, 55:32, Jim Breitenbucher 3rd, 57:05 & Albert Van Dyke 5th, 64:12. Watch Chapin go in the 100 Miler--this may be the year!

The results for everybody & Events:

1. Schrik	17.46	1	Dave Leuthold reports the following;
2. Young	13.31	1	Median performance of everybody was 2.00%.
3. Kilburn	11.04	7	2/3 of all performances were better.
4. Breitenbucher	10.20	2	Improvement for those now over 40 was 1.3% while the young guys showed 2.9%.
5. Garverick	6.64	3	Walkers improved 2.9% & runners 1.7%. Of the top 15 improvements 9 were by walkers. Of the runners Kilburn had 3 of the top 6. So Long Tom has given up yet another trophy.
6. Hessler	5.96	11	
7. Busen	5.71	10	
8. Neal	5.30	5	
9. Hirt	4.67	6	
10. J. Schulte	3.70	4	
11. Fields	3.02	3	
12. Granberg	2.81	10	
13. Londeree	2.17	17	
14. Faft	1.72	3	
15. Johnson	1.66	5	
16. Chippendale	1.56	15	
17. D. Duncan	1.55	6	
18. Leuthold	1.18	11	
19. Frazer	1.16	9	
20. R. Spier	.40	7	
21. Stewart	.17	14	
22. Leake	-2.04	2	
23. J. Duncan	-2.81	17	
24. Geiss	-3.84	1	

SCHEDULE OF EVENTS:

SEPTEMBER 14 Saturday 9:00 1 Mile Run, 5 Mile Walk Hickman
 14 " 11:00 AM Kirkwood Green Tree 2 & 5 Mile
 Runs Kirkwood Park, Kirkwood, Mo.
 15 Sunday 10:00 AM Bevo Day 6 Mile Road Run
 St. Louis, Mo.
 22 Sunday 2:00 PM 2 Mile Run, 6 Mile Walk Hickman
 28 & 29 Saturday & Sunday 1:00 PM EIGHTH ANNUAL NATIONAL
 100 MILE WALK Hickman Track
 OCTOBER 12 Saturday 9:00 AM 8 Mile Run Cosmo Park RECORD:
 44:36 Tom Logan March 11, 1972
 19 " 10:00 AM NATIONAL AAU 10,000 METER WOMEN'S
 RACE-WALK CHAMPIONSHIP Hickman Track
 19 " 12:30 PM SENIOR NATIONAL & MVAU & MASTERS 30
 KILO WALK Leawood Subdivision. On the Entry
 blank I forgot to say that this is also the
 National Masters 30 K Championship--there will
 be 3 trophies for age 40-49 & 1 for age 50 & over.
 There MAY be a picnic after all this. We'll see
 20 Sunday 8:00 AM 9th Annual Tri-States Marathon Falls City
 Nebr.
 26 Saturday 2:00 PM 2nd Annual Central USA Cross-Country
 Club Championship Meet Forest Park, St. Louis
 26 " 11:15 AM 5 Mile Cross-Country Run--OPEN & REGION
 8 CROSS-COUNTRY CHAMPIONSHIP A.L.Gustin
 Gdf Course RECORD: 26:53 Charlie Evans
 Nov. 4, 1973; 29:25 (over 40) Arne Richards

RESULTS OF NATIONAL
 POSTAL MASTERS 15 KILO
 WALK:

1. Chris Amoroso 40 1:22:57
 2. Leonard Busen 44 1:27:34
 3. Bob Carlson 49 1:31:54
 4. George Lundmark 52 1:31:57
 5. Rob Spier 52 1:33:13
 6. Dave Leuthold 41 1:33:29
 TEAM: Colo TC 4:26:48
 Columbia TC 4:34:16

MASTERS POSTAL STANDINGS:
 1. Amoroso 54 11. Chapin 14
 2. Busen 39 12. O'Neil 13
 3. Johnson 29 13. Mooers 7
 4. Leuthold 29 14. Young 7
 5. Boies 24 15. Jacobs 5
 6. Gershuny 24 16. Markon 4
 7. Lundmark 21 17. Carlson 4
 8. Medeiros 20 18. Van Dyke 3
 9. Spier 19 19. Dick 2
 10. Fields 16 20. Taft 1

Age 40-49
 1. Amoroso 30
 2. Busen 19
 3. Leuthold 12
 4. Boies 9
 5. Gershuny 9
 6. Chapin 6
 7. Fields 5
 8. Van Dyke 3
 9. Markon 2
 10. Carlson 2

Age 50-59
 1. Lundmark 13
 2. Spier 12
 3. Johnson 12
 4. Mooers 5
 5. Young 5
 6. Jacobs 3
 7. Taft 1

Age Over 60
 1. Medeiros 5
 2. O'Neil 4
 3. Dick 1

Still not enough space for a
 poem or limerick--maybe next time
 as you wait with bated breath.

 The CTC Newsletter
 is put out by Joe
 Duncan 4004 Defoe
 Dr., Columbia, Mo.
 at a cost of only
 ONE DOLLAR for 12
 Monthly issues.

Joe Duncan
 4004 Defoe Dr.
 Columbia, Mo. 65201

REGION 8 AAU MASTERS 5 MILE CROSS-COUNTRY CHAMPIONSHIP

1974 Entry Blank

TIME: Saturday, October 26, 1974, 11:15 A.M.

PLACE: A. L. Gustin Golf Course, located off the south side of Stadium Boulevard, about one half mile west of Providence Road, Columbia, Missouri.

ELIGIBILITY: Open to all runners who have reached their 40th birthday on or before October 26, 1974, and who are registered in the Missouri Valley, Ozark, Oklahoma or Arkansas District AAU Association.

ENTRY FEE: \$2.00.

AWARDS: Trophies to first 6 finishers, certificates to all finishers.

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 AAU, the AAU 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 _____ AAU NO. _____

SIGNATURE _____ BIRTH DATE _____

HT. _____ WT. _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

This race is sanctioned by the Missouri Valley AAU.

Return to:

Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201