

TRACK CLUB

NEWSLETTER Vol. X, No. 3 March 25, 1978

JERRY YUNKER WINS A COLD 3.2 MILE RUN OVER DEAN NEAL March 4:

	3.2	off DT
1. Jerry Yunker	16:58	48
2. Dean Neal	17:13	13
3. Tom LaFontaine	18:41	
4. Pete Pastoret	18:55	85
5. Ben Londeree 43	19:10	10
6. Tom DeCoster	19:12	103
7. Whitney Hicks 42	19:27	17
7t. Dick Hessler	19:27	
9. Don Granberg	19:45	65
10. Mike Chippendale	19:55	55
11. Olen Brown 42	20:03	63
12. Mark Kelty	20:19	
13. Regan Thomas	20:25	145
14. Jon Palks	20:27	47
15. Ray Loan 46	20:34	54
16. Don Johnson 49	20:44	49
17. Tom Hinckley	21:01	31
18. Keith Pierce	21:11	
19. Van Court	22:12	
20. Martha Stinson	22:27	
21. Clay Kelley	22:39	99
22. Ken Burres 43	22:47	137
23. Annette LaFontaine	24:18	18
24. Billie Sue Stubblefield	24:37	
25. Amy Hessler	25:11	
26. Peter Hessler	25:15	
27. Dick Harris	25:21	66
28. Gordon Butler	28:48	72

A cold 5 degrees, however the sun was shining and the wind was not too bad. This was supposed to be a 5,000 meter event, however, we messed up on both the start and finish points. We figure everyone actually ran some 200 yards farther than 5,000 meters, therefore, the DT part of the event is meaningless and will not count in the DT averages. Except it will count as one of the 12 events for anyone who needs it to so count.

This was also the MOUND CITY SHELLED NUT RACE--or a race for nuts. Anyway mixed nuts and dried fruits in $\frac{1}{2}$ ounce packages were awarded by JOHN LAYCOB, proprietor of the Nut Co., to the following: Open: Yunker, Neal & Pastoret; 30-39: LaFontaine, Hessler, Granberg; 40 & over: Londeree, Hicks, Brown; 15 & Under: Amy & Pete; Women: Stinson, LaFontaine, Stubblefield; Walkers: Mimm

THE WALK

1. Randy Mimm	25:45
2. Henry Bent 77	40:15

WELCOME BACK TO THE DICK HESSLER family--no more goodies from Sweden. We were very glad that Dick, Amy and Pete all won some nuts and dried fruit. Maybe

that will make up for all the fish they didn't get to eat in Sweden because the Chief Provider was never able to catch any.

CTC RUNNERS MADE A GOOD SHOWING IN THE ST. LOUIS MARATHON AND 10,000 meter race on Feb. 26th. CHARLIE McMULLEN made his marathon debut a resounding success as he ran a 2:20:47 to finish second behind Ron Tabb's (another familiar name in past CTC events, he has our record at 15 kib) 2:16:23. Tabb set a new record for the St. Louis marathon by some 4 minutes. DENTON CHILDS got under 2:30 for the first time finishing 7th at 2:27:00. CTC now has 3 sub 2:30 marathoners (Dennis Hinkamp is the other one) along with at least 3 others who have been under 2:40. Not a bad show for a small town club. CTC also had JIM FELTS at 2:52:41, 59th place, BRUCE MAXEY at 3:02:45, DRU DIXON 3:06:08, DICK MARTIN, under 3:30 by a little bit, LYNN MARTY, 4:01:20 with Regan Thomas running with Lynn to help her through her first marathon. LEONARD BUSEN was in at 4:12:15.

In the 10,000 meter race, TIM McMULLEN ran a little ways with the front-running pack, which included winner Craig Virgin, finally finishing at 31:53 good for 17th place. EFRAIN RONDON won the 40-49 first place trophy with his 37:08, while DAVID HILLIS had 39:03 and PHIL PRATT 41:29. If we have missed anybody, then be sure to let me (Joe Duncan) know. In fact, this can be a reminder to all of you that if you do ever compete in an out of town race then be sure to let me know so that you can get proper recognition in the CTC newsletter.

CTC is beginning to accumulate a pretty good crew of fast runners--runners who can compete on a national level. Unfortunately, as is always true with post collegiate runners (and walkers), the big problem is in getting to the various races without having to go into debt. The one weakness in the CTC program is in our inability to properly finance out of town trips. We have been able to help to some extent, but we simply cannot do all we would like to do. The solution, of course is to find an "angel" somewhere, conduct fund-raising ventures of some sort or rely on personal donations. Any ideas would certainly be welcomed. So would cash donations. CTC has the proper IRS exemptions so that any contribution to CTC is tax deductible.

TAITT, SEGOSKI, HOFIUS & HAMILTON SET NEW MARK IN FOUR MILE RELAY:

1. TAITT'S TIGERS						
Mark Taitt	4:37	4:37				
Mark Segoski	4:40	9:17				
Mark Hofius	4:26	13:43				
Clark Hamilton	4:31	18:14				
2. FERBER'S FORCE						
Steve Ferber	4:43	4:43				
Dennis Hinkamp	4:41	9:24				
Brad Hawthorne	4:29	13:53				
Dennis Stewart	4:31	18:24				
3. THE EVANS EXAMPLE						
Jerry Yunker	4:45	4:45				
John Durbin	4:54	9:39				
John Hemphill	5:22	15:01				
Charlie Evans	4:38	19:39				
4. FRANK'S FOLLY						
Frank Pascoe	4:57	4:57				
Russell Edwards	5:04	10:01				
Don Diesel	4:54	14:55				
Joel Kichline	5:10	20:05				
5. THE OLD MEN						
Olen Brown 42	5:25	5:25				
Don Lewis 41	4:58	10:23				
Whitney Hicks 42	5:08	15:31				
Ben Londeree 43	4:56	20:27				
6. THE HESSLER HORDE						
Dick Hessler	5:28	5:28				
Don Granberg	5:24	10:52				
Tom DeCoster	5:01	15:53				
Tom LaFontaine	5:01	20:54				
7. PETE'S PARADE						
Pete Pastoret	5:05	5:05				
Tom Hinckley	5:04	10:09				
Mike Chippendale	5:17	15:26				
Dave Ervin	5:44	21:10				
8. TOM'S STORM						
Tom Baurath	5:38	5:38				
Don Walker	4:56	10:34				
Doug Patterson	5:45	16:19				
Kevin Heil	4:59	21:18				
9. THE PIERCE PUNCH						
Keith Pierce	5:40	5:40				
Cathy Breitenbucher	8:36	14:16				
Ken Burres	6:13	20:29				
Don Leake	5:10	25:39				
10. THE TIGER BELLES						
Martha Stinson	5:34	5:34				
Kris Toft	6:40	12:14				
Billie Sue Stubblefield	6:48	19:02				
Kathy Weber	6:38	25:40				
12. AMY'S ARMY						
Peter Hessler	6:56	6:56				
Amy Hessler	6:41	13:37				
Bertrand Granberg	8:20	21:57				
David Brown	7:40	29:33				
11. THE MIXED SET						
Karen Oliger	8:06	8:06				
Joe Duncan	5:52	13:58				
Jan Haffey	7:40	21:38				
Ray Loan	5:45	27:23				
13. ANNETTE & THE WAGS						
Annette LaFontaine	7:16	7:16				
Nicole Wagner	9:11	16:27				
Paul Wagner	6:54	23:21				
Karen Wagner	8:30	31:51				
14. THE WENDY WAVE						
Diane Hunter	7:56	7:56	Ces Wittmer	8:42	25:25	
Sharon Krumm	8:57	16:43	Wendy Evans	8:02	33:27	

This was on March 18 on the one mile loop in Research Park. Temperature was in the low 30's, sun was shining but there was a very strong wind from the south--which helped boost the runners on the long uphill stretch.

Taitt's Tigers were in the lead from the outset, but they felt pressure all the way from The Force, as both teams were under the old record of 18:35. Also setting a record was The Old Men team smashing the old standard of 22:29 set last year by Lewis, Loan, Madden and Brown. For the first time, an all female team ran (in fact, two of them) so a women's record was set. Also, I guess Oliger, Duncan, Loan and Haffey get a Mixed Doubles record.

While all this was going on there was a three mile walk taking place. It went as follows:

1. Randy Mimm 7:19, 15:00
22:35, a PB by 45 seconds
2. Jim Breitenbucher 8:59, 19:10
28:28
3. Albert Van Dyke 9:19, 18:53
28:56 154 off DT 8.14
4. Jim Wass ? 20:16
30:42 68 off DT 3.56
5. Henry Bent 11:21, 22:57,
34:45 135 off DT 6.08
6. William Taft 11:21, 23:06
35:02 148 off DT 6.58

RANDY MIMM also won the MVAU 3 Mile Indoor Championship on March 5th in Pittsburg, Kansas. His time was 23:54. He was followed by Jim Breitenbucher who had 25:46, Carl Lewton at 29+ and Dick Carr at 34+. There were two other walkers who basically were there for a stroll and I don't know who they were.

SIX YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

March 4, 1972: MVAAU 30 Kilometer Run: Only 6 runners: 1. Loren Moes 1:47:47, 2. Larry Young 1:55:16, 3. Bob Hunerdosse 2:05:25, 4. Don Granberg 2:06:46, 5. Jerry Adams, St. Louis 2:06:59 6. Paul Ide 2:07:22 Young was MVAAU Champion--probably the only person who has ever been an MVAAU champion for both running and race-walking.

March 11, 1972: 8 mile run: 1. Tom Logan 44:36, 2. Dennis Stewart 45:04 3. Ben Londeree 48:38, 4. Bob Hunerdosse 50:49 5. Mike Chippendale 52:44. . . .8. Joe Duncan 54:52.

March 18, 1972: Mile Run: 1. Tom Logan 4:19 (the CTC record still), 2. Dennis Stewart 4:22, 3. Ben Londeree (age 37) 4:40 4. Doug Williamson 4:47, 5. Whitney Hicks 5:00, 6. Mike Chippendale 5:10, 7. Don Granberg 5:14, 8. Dick Hessler 5:17, 9. Jean Madden 5:23, 10. Joe Duncan 5:27, 11. Dave Schulte 6:32 Right afterwards was the 5,000 meter walk which went: 1. Duncan 30:15, 2. Dave Leuthold 30:50

March 26, 1972: 6 mile Run-Walk Relay, 2 man teams, one walker, one runner, alternate miles: 1. Mike Kelly 4:49, 4:45, 4:40 and Larry Young 6:53, 6:53, 6:53 (still the one mile walk record), 2. Dewey Strobel and Rob Spier 10:24, 10:15, 10:16, 3. John Wilson and Dick Hessler (walking) 9:47, 9:56, 9:47. There were several other teams, a part of it all was a PB for Mike Chippendale for a mile, 5:07. Also a part of it all was a big, red dog who paced Kelly for two laps, causing Mike to fall once. The dog was not discouraged until Mike beat him with the baton.

Ben Londeree's article about pre-race protocol was in this newsletter--talking about carbohydrate loading before running long races. His article brought the following response from the editor:

There was an old runner named Ben
Who gorged on spaghetti, and then,
He would waddle about
But, would always come out
Ahead of the other old men.

I'm sure it occurs to all of you that that little goodie is not worth repeating--that it would be so much better to repeat Ben's article. We must admit that Ben's article was one of the most worthwhile items this old rag has ever had. Maybe someday we can have a booklet containing the "Best of the Columbia Track Club Newsletter," for all those who have missed those goodies. Assuming you have really missed anything.

ELAPSED TIME STANDINGS--Runners:

1. Londeree 235.5	16. Hinkamp 86	31. Dixon 57	46. L. Neal 16
2. Childs 233	17. T. McMullen 83	32. Hemphill 55	47. Madden 15
3. Yunker 227	18. Herbert 83	33. D. Neal 53	48. A. Smith 14
4. Evans 203	19. Stewart 82	34. Schutt 53	49. Martin 14
5. Lewis 163.5	20. Maxey 81	35. Durbin 51	50. Harris 12
6. Brown 147.5	21. DeCoster 76	36. Garverick 42	51. Holt 10
7. Hicks 133.5	22. Storvick 72	37. Felts 38	52. L. Patterson 10
8. Walker 131.5	23. Duncan 72	38. Wiecek 38	53. Wheeler 8
9. Pastoret 122	24. Thomas 71	39. Pierce 36	54. Kurtz 7
10. Chippendale 120	25. C. McMullen 69	40. Renaud 34	55. Moe 6
11. Granberg 119	26. Palks 69	41. Schneider 28	56. Swanson 6
12. Hinckley 112	27. Landrum 67	42. Fields 28	57. Brubaker 6
13. Guscar 111	28. Walter 65	43. Vaillancourt 23	58. Lowe 5
14. Marks 110.5	29. Pratt 62	44. Burres 22	59. Thorne, Sr. 5
15. Loan 96	30. Johnson 62	45. Hessler 18.5	60. Conboy 3
			61. P. Wagner 1

Age 40 & Over:

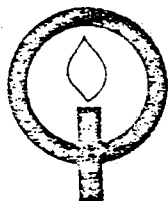
1. Londeree 98.5	8. Duncan 33
2. Lewis 68.5	9. Johnson 32
3. Brown 65.5	10. Renaud 15
4. Hicks 58	11. Burres 12
5. Loan 50	12. Madden 9
6. Marks 41.5	13. Martin 9
7. Storvick 35	14. A. Smith 8
	15. Brubaker 4
	16. Thorne 3
	17. Conboy 3

Age 15 & Under:

1. W. Paul 20
2. J. Gibson 13
3. M. Gibson 8
4. D. Forest 7
5. M. Wiecek 7
6. A. Hessler 7
7. S. Gibson 6
8. P. Hessler 5
9. V. Walter 4
10. D. Brown 3
11. N. Wagner 3
12. B. Granberg 2

WOMEN:

1. W. Evans 12
2. A. Johns 10
3. G. Moe 9
4. D. Hunter 8
5. C. Wittmer 8
6. A. Hessler 7
7. N. Cousin 6
8. R. Bedell 5
9. R. Thomas 5
10. K. Wagner 3
11. N. Wagner 2



*"It is better to light one candle
than to curse the darkness."*

Candlelighters of the University of Missouri Medical Center

Health Affairs Development Office
M170 Medical Center
Columbia, Missouri 65201
Telephone (314) 882-8078

Candlelighters is a volunteer support group for the UMC Medical Center Pediatric Hematology/Oncology unit of the Department of Child Health. We are comprised of parents, relatives and friends who are primarily concerned with the conquest of cancer in children. Leukemia is our public enemy No. 1!

We are a young group that organized in September 1977. Our charter membership now totals 60 families and the list grows daily. We have members ranging from Joplin to Hannibal and all points in between. A heavy concentration centers in the Cole, Boone and Audrain County areas.

The Pediatric Hematology/Oncology staff accept children with diagnosed cancer and provide excellent clinical treatment services. They take a child, help him into a remission and then prescribe and monitor varying types of chemotherapy treatments. They have a solid applied research program and are part of a national treatment network, sponsored in part by the National Cancer Institute and the National Institute of Health.

One of the major objectives of our Candlelighter chapter is to raise funds for support services and equipment which cannot be funded through Medical School resources. We are presently directing our attention to the needs of parents of newly diagnosed children who must spend long, continuous periods of time in the Medical Center. We have purchased some portable cots so parents do not have to sleep on the floor in their child's hospital room. We want to locate and furnish a lounge-type room where the parents can find a few minutes of solitude away from the rigors of the treatment. We are obtaining a microwave oven which parents can use to prepare food that has been donated or which they bring with them. We need books, toys and assorted learning materials for the children. On the horizon looms the possibility of generating support for a post-doctoral fellow, nursing staff, and other services to the clinic. The list goes on and on!

The Candlelighters are sponsoring a Run-A-Thon, Walk-A-Thon on Thursday and Friday, April 27 & 28. This event will be in the Brewer Field house facility, the indoor track. The event will start at 10:00 AM, Thursday and will go on until midnite. It will resume at 6:00 AM Friday and then go on until 10:00 PM. The idea is for all walkers and runners to be sponsored by various people who agree to contribute so much per lap, the proceeds to go to the Candlelighters. Anyone may participate--you will be admitted to the Fieldhouse during the above hours without having to show any ID. You may run as often as you wish, whenever you wish and go as far as you wish. There will be an aid station. CTC, through the persons of Jon and Patty Palks and Phil Pratt, is actively involved in the organization of this event. Within a short time more information and sponsor sheets will be available at various places around town.

There are two other events of this sort in April--the March of Dimes 25 Kilometer Walk-A-Thon (Run-A-Thon) on April 15th, an event which has traditionally been supported by CTC, although this year it is in conflict with our Pentathlon and Triathlon. Then there is the 10 Mile Run for MS on April 22. Bill Rodgers, who is on the National MS Board, has been invited to run in this event and he has tentatively agreed, IF he does not win the Boston Marathon.

So, there will be plenty of opportunity for running and walking events in the month of April right here in Columbia.

The Columbia Track Club Newsletter is sent every month to all CTC members and to those who pay the annual Subscription price of \$2.00. To join CTC requires payment of the \$5.00 annual dues. Send money to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201.

Run for MS

a community project sponsored
by KTGR-KTGC and d Sport Shop

DETAILS, DETAILS, DETAILS

All registration fees will help fight MS. Preregistrants will receive Run for MS t-shirts on April 15.

To register in advance, complete and return the white bottom section of the Official Entry Form to the MS Society. You may either enclose your \$5.00 entry fee or obtain a minimum of \$10.00 in pledges before April 22.

Registration on April 22 will be at d Sport Shop, 1034 E. Walnut from 8-9 a.m. Entry fee will be \$5.00 or a pledge form showing a minimum of \$10.00 in pledges.

YOU'RE A ONE-, TWO-, THREE-MILER??

The official course will begin at d Sport Shop on East Walnut and will follow a course of exactly ten miles, as certified by the Road Runners Club of America.

Trophies and prizes awarded to 1st, 2nd, and 3rd places, to oldest to finish and youngest to finish of both sexes. KTGR will be there to interview the winners live.

You're a one-, two-, three-miler? You can still run for MS! Checkout points will be set up at each mile point. Stop only if you wish to check out. Each checkout point will be a pickup point for return transportation to d Sport Shop.

GET EVERYONE INVOLVED!

Sign up sponsors, explaining the Run for MS and that all pledges are tax deductible contributions to the MS Society. Sponsors should base pledges on the number of miles you expect to complete. Example: \$10.00/mile if you want to run one mile; \$1.00/mile if you want to run the total course--both pledges equal \$10.00.

Be sure all information is complete and correct. Prizes will be awarded based on the total amount of pledges turned in.

APRIL 22 IS HERE!

Rain or shine, pack your gear and official entry form and come to d Sport Shop. Pick up t-shirt and number at d Sport Shop from 8-9 a.m.

MAKE IT ALL OFFICIAL!

Have the Certification section of the entry form completed and signed by the Official Entry Judge. All participants will receive a certificate of accomplishment.

THE FINISH LINE IS NOT THE END!

Show the Certification to your sponsors and collect their pledges. Pledges must be postmarked on or before May 10 to be eligible for the prize competition. One-milers can win, too! Prizes will be awarded based on the total amount of pledges turned in.

Make all checks payable to the MS Society. Return the total amount with the white copy of the official entry form.

THIS MAY BE YOUR LUCKY DAY!

Winners will be announced by the Mid-Missouri Chapter on May 22. You will be notified by mail if you have won.

ELAPSED TIME STANDINGS--WALKERS:

1. Mimm	26.5	6. Spier	12
2. Busen	25	7. Gragg	11
3. Van Dyke	24	8. Jim B.	11
4. Taft	16.5	9. Jim Wass	3
5. Bent	16	10. B. Clark	2.5

40 & over:

1. Busen	22
2. Van Dyke	19
3. Taft	13.5
4. Bent	13
5. Spier	11
6. Gragg	8
7. Clark	2.5

Designated Time Standings are
the same as shown in the last
newsletter except for Bent & Taft

ROB SPIER recently underwent coronary bypass surgery in Kansas City. We are pleased to say that Rob has made a good recovery and that he anticipates an appearance soon at one of our events. Rob made a quicker recovery than most patients who have undergone this procedure. His good recovery is accredited in large part to his excellent conditioning program developed through race-walking. GOOD LUCK, ROB!!

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK 1978 ENTRY BLANK

TIME: Saturday, April 29, 1978 - 9:00 a.m.

PLACE: Rock Bridge High School Track. Rock Bridge Track is on the west side of Providence Road, about two miles south of Stadium Boulevard.

ENTRY FEE: \$1.00 - post-entries will be accepted, please try to have your entries in by April 28. Make checks payable to: Columbia Track Club.

AWARDS: Three "Cup" trophies to first three finishers.
Certificates to all finishers.

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

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. 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 _____ BIRTHDATE: _____

AAU# _____ AAU ASSN. _____ HT. _____ WT. _____

SIGNATURE _____

ADDRESS _____ City _____ State _____ Zip _____

SCHOOL OR CLUB _____

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

NAME _____

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

MISSOURI CUP

Below is the entry blank for the One Hour Run. Be sure to note that this year, for the first time, we are going to have this race in the morning. Hopefully, we will avoid the heat and produce even better performances than in past years. Also, for the first time, we will have a MVAAU Championship for women--3 MVAAU medals to the first 3 MVAAU women finishers. Each person should bring someone to record the 440 splits.

MISSOURI VALLEY AAU (Men and Women), AND OPEN ONE HOUR RUN
1978 ENTRY BLANK

also
1978 Senior National Postal One Hour Run
1978 Junior National Postal One Hour Run

TIME: Saturday, May 6, 1978, Section 1 (for those who will likely run more than 9 miles) starts at 7:00 a.m., Section 2 at 8:40 a.m.

PLACE: Columbia Missouri, 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 I-70.

ENTRY FEE: \$2.50, \$1.50 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 5. If you do not choose to participate in the National Postal competition, the entry fee is \$1.00. Make checks payable to Columbia Track Club. Each runner is to bring someone to record his 440 splits.

AWARDS: Trophy to overall winner, trophies to first 3 finishers in each of the following categories: age 15 and under, 16 to 29 (first 5), 30 to 39, over 40 and women. MVAAU medals to first 3 MVAAU finishers (men and women). Certificates to all participants.

MVAAU RECORD: 11 miles, 527 yards, Doug Clark, May 7, 1977.
Track Record: 11 miles, 797 yards, Barney Hance, June 17, 1972.

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 the said race.

Print Name _____ AAU No. _____ AAU Assoc. _____
Signature _____ Ht. _____ Wt. _____
Address _____ city _____ state _____ zip _____ Birthdate _____
School or Club _____

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

Name: _____

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.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

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

HOUR RUN

SCHEDULE OF EVENTS

APRIL 1 Saturday 9:00 AM MVAAU 10,000 Meter Run Championship
Rock Bridge Track Park in the area to
the north of the school. The main gate
will be locked.

1 " 2:00 PM MVAAU and Open One Hour Walk Hickman Track

8 " 9:00 AM FUN RUNS Research Park

15 " 9:00 AM Walk-Run Pentathlon: 2 Mile walk, 880 run
1 mile walk, 2 mile run, 220 dash ALSO:
3, 2, 1 mile Triathlon Hickman Track

15 " 8:00 AM March of Dimes 25 Kilometer Walk-a-thon
Meet at Biscayne Mall

22 " 9:00 AM FUN RUNS Research Park

22 " 8:00 AM MS 10 Mile Run Meet at d Sport Shop
1034 E. Walnut

22 " 7:00 AM Kansas Relays Marathon Lawrence, Kansas

27 & 28 Thursday and Friday starting 10:00 AM Thursday Run-a-tthon
Walk-a-thon for the Candlelighters Brewer Field
House

29 Saturday 9:00 AM Missouri Cup 20 Kilo Walk
Rock Bridge Track

29 " 9:00 AM FUN RUNS Research Park

30 Sunday 2:00 Pm 4 mile and 2 mile runs UMKC Track
5100 Rockhill Rd. Kansas City, Mo.

MAY 6 Saturday 7:00 AM MVAAU ONE HOUR RUN CHAMPIONSHIP Heat
for those who will likely run less than 9 miles
will be at 8:40 AM

Columbia Track Club
4004 Defoe Dr.
Columbia, Mo. 65201

No PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT 226
COLUMBIA, MO.