

TRACK CLUB

NEWSLETTER Vol. XII, No. 3 March 25, 1980

JEFF MITTELHAUSER DOES BEST ON THE SNOW AND ICE, 5,000 METER RUN:

1. Jeff Mittelhauser	17:38	8 seconds off DT	
2. Charlie Markman	18:00	60	
3. Joe Blanck	18:26	94	This was March 1, 1980.
4. Dick Hessler	18:40		The 5,000 meter Nut Race--
5. Tom Hellie	18:52	68	the race for nuts. And,
6. Jon Palks	19:10	50	indeed, it was the true
7. Tom LaFontaine	19:40	20	nuts who showed up for
8. Kent Lang	19:41		this race. There was
9. Joe Kurth	19:42		some 4 inches of snow
10. Ben Londeree	20:57	33	on the ground, except
11. Olen Brown	20:57	33	where it had been blown
12. Jim Gibson	21:09	51	off, which was consid-
13. Russ Kurth 12	21:23	43	erable. But the worst
14. Ron Wampler	21:24	6	part of it all was the
15. Herb Mittelhauser	22:45	45	terrific north winds
16. Matt Gibson 14	22:49		with 12 degree temperature.
17. Joe Duncan	22:56	4	No one attempted any
18. Joe Marks	23:24	36	PB's today--witness the
19. Steve Gibson 12	23:29		winner, he was 2:18 slower
20. Tim Gibson 9	25:54		than last year. The "New
21. Annette LaFontaine	28:06	66	Kid on the Block" award
THE TWO WALKERS WENT:			goes to Charlie Markman,
1. Rob Spier	32:52	8	who has come to UMC as a
2. Jim Wass	33:10	70	grad student in archaeology

Winner of the CTC t shirt this time out is Ron Wampler. Joe Duncan has already won one for this year, so he doesn't get another.

Last year it rained quite hard during the Nut Race and two years ago it was 4 degrees and windy. Truly the first Saturday in March seems an appropriate time to test the mettle of the CTC "nuts" and their friends. And THANKS to Veva Spier, Ann Wass and Jim Gibson who handled the timing chores and made certain everyone got their nutty awards.

CTC runners did quite in the St. Louis Marathon on March 2. In fact CTC was second in the team scoring, second to the Kansas City Track Club. Leading CTC runner was JON HERBERT who was 4th overall (out of 750 or so) and was someplace under 2:30! BOB O'CONNELL was 10th in 2:33. BRUCE MAXEY was 35th in 2:45:17 a PB by four minutes. Bruce is really sold on carbo loading. NORM STEBBINS had 2:48. He and O'Connell are planning to run in the Boston Marathon. DICK HOFT had 3:40 while CHARLES SLIVINSKY had a 3:22 PB. There may have been other CTC runners. Bob Busby won the marathon in 2:21+. ten degrees, but sunny and not too much wind. Craig Virgin won the 10,000 meter race in 29:37 with Don Kardong 2nd in 30:04.

WESLEY PAUL continues to do some magnificent running at age 11. On March 15, in the St. Patrick's Day Lite Beer race in Kansas City Wesley had a PB 35:16 for 10,000 meters. Out of 1000+ runners Wesley was in the top 30, turning 5,000 meters in 16:57. Bob Busby won that race in 29:53, followed by Charlie Gray and Steve Fischer who was only one second behind Gray. Doug Clark won the 5,000 meter race in 14:40.

Then in the Gasparilla 15 kilo race in Florida, Wesley rubbed elbows with a bunch of elite runners like Don Kardong, Jeff Wells, Grete Waitz, etc. He attended banquets had a car at his disposal (no he doesn't really drive yet), the works. Also he ran a race. 15 kilo. 55:40. This was at Tampa Bay on Feb. 9, 75 degrees. And, Wesley has been named the Republic of China's Runner of the Year, and has been invited back to Taiwan for the summer. Remember when Wesley first came to Hickman track as a six year old? We hope his story will go on and on. Congratulations! Wesley.

UMC RUNNERS WIN FOUR MILE RELAY March 15, 1980:

1. THE THIRD OF A DIRTY DOZEN or THE CHAMPAGNE KIDS or TAITT'S TIGERS

Brad Hawthorne	4:37
Marc Shegoski	4:39
Mark Hofius	4:27
Mark Taitt	5:41

Mid 40's, sun shining, wind from the south which helped going up the hill.

2. HEMPHILL'S HELLIONS

John Hemphill	4:56
Tom DeCoster	4:51
Ben Welch	4:58
Tom LaFontaine	4:48

19:33

Brad Hawthorne took his team to an early lead, but Jeff Mittelhauser caught Brad on the run-in. After that though the Tigers opened up a convincing margin, although, Mark Taitt almost loafed a little too much since LaFontaine gained 53 seconds over the last mile. Shegoski ran his lap with his left arm in a sling--some kind of a shoulder injury.

3. DORSCH'S DODGERS

Steve Dorsch	5:23
Steve Faszholz	5:14
Dick Moe	5:11
Ed Schuessler	5:05

20:53

4. THE STOUT HEARTS

Sam Stout	5:26
Mark Flotow	5:04
Mark (?) Kelty	4:55
Debbie Hoxworth	5:58

21:23

The TigerBelles set a new record beating the 24:07 of a different UMC squad (except for Marty Stinson) set last year.

5. GANLY'S GANG

Donna Ganly	5:37
Tom Hellie	5:09
Jon Palks	5:17
Martha Stinson	5:25

21:28

The Gibson boys beat their record, but it won't count as the 15 & under mark since Jim is now 16. However, they certainly have the record for four brothers. The old mark was 24:27.

6. THEM

Steve Gibson	5:35PB
Tim Gibson	6:01PB
Matt Gibson	5:28
Jim Gibson	5:18PB

22:22

The Mixed Doubles record also fell. A team of Karen Oliger, Joe Duncan, Jan Haffey and Ray Loan had 27:23 two years ago. Ganly's Gang beat that as did the Fairweather Kids.

7. THE TIGER BELLES or THE STINSON STAMPEDE

Martha Stinson	5:38
Bridget Collins	5:36
Cindy Seikkula	5:43
Donna Ganly	5:31

22:28

The Mittelhauser Mob has the record for father, mother and two children, beating out the Schottgunners for that distinction.

Yes, Stinson and Ganly ran twice.

8. THE FAIRWEATHER KIDS

1. Anne-Marie Fairweather	6:14
2. Susan Boyle	6:04
3. Doug Bellows	5:07
4. John Fairweather	5:09

22:34

We still don't have a record for the age 30-39 group, so that is a record free for the taking for any group of 30 year olds come next year.

9. THE OLD MEN

Joe Duncan	5:50
Olen Brown	5:29
Ben Londeree	4:52
Joe Marks	6:27

22:38

THE THREE MILE WALK:

1. Jim Wass	9:36	19:35
	29:32	

2. Rob Spier	10:18	20:39
	30:41	

3. William Taft	11:33	23:09
	34:45	

10. THE MITTELHAUSER MOB

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

25:32

Wass was 62 seconds off his DT, Spier 139 & Taft 75. Rob was going to predict 31:00 until he turned his ankle just before the race. Joe Marks would have told him that such things wouldn't slow him down and it appears that he would have been right.

11. THE HESSLER HUSTLERS & COACH

Dick Hessler	4:59
Angela Hessler	8:22
Amy Hessler	6:34
Harry Lewis	5:58

25:53

12. THE SCHOTTGUNNERS

Carole Schottman	7:42
Steve Schottman	6:07
Bob Schottman	5:35
Heather Schottman	7:16

26:40

THE THREE MILE WALK:

ELAPSED TIME STANDINGS (not including the four mile relay)

Runners, Open

1. LaFontaine	193	20. Stebbins	46	39. Walter	15.5
2. Mittlehauser	182	21. Stewart	43	40. Dixon	15
3. Londeree	164	22. Johnson	42	41. H. Mittelhauser	15
4. Hessler	161	23. J. Gibson, Jr.	41	42. Markman	14
5. Maxey	150	24. Ervin	35	43. Blanck	13
6. Stock	128	25. Slivinsky	31	44. Curry	12
7. Brown	125	26. Hinckley	30	45. Naumann	12
8. Lewis	118	27. Sloan	29	46. Chippendale	11
9. Hellie	105.5	28. Ekvall	29	47. Thornburg	9.5
10. Palks	100.5	29. Burres	29	48. O'Brien	9
11. Hemphill	97	30. N. Kruse	27	49. Matthews	7
12. O'Connell	91	31. Martin	26	50. Vaillancourt	6
13. Schutt	72	32. DeCoster	24	51. Allen	6
14. Koonse	65	33. Stout	22	52. Hoft	6
15. Kurth	58	34. Moe	19	53. Mueller	5
16. Granberg	57	35. Evans	18	54. Jay Blossom	5
17. Wampler	53	36. Pastoret	18	55. D. Blossom	4
18. Marks	49.5	37. Wiecek	17	56. Jones	2
19. Duncan	49	38. Schottman	17	57. Kearby	1

Runners, 15 & under

WOMEN

WALKERS

1. Russ Kurth	23	1. Annette LaFontaine	20.5	1. Spier	24
2. Tim Gibson	15	2. Sharon LeDuc	17	2. Wass	14
3. Matt Gibson	14	3. Martha Stinson	16	3. Taft	12
4. Pete Hessler	9	4. Susan Boyle	16	4. Busen	8
5. Steve Gibson	9	5. Amy Hessler	14	5. Gragg	7
6. S. Schottman	7	6. Mary Ann Slivinsky	12	6. Bent	5
7. B. Granberg	4	7. Julie Mittelhauser	10	7. Mimm	4
8. Amy Hessler	4	8. Kathy Cain	9.5		
9. Peter Fritsch	3	9. Elaine Sleper	5		
10. Chris Naumann	3	10. Sally Allen	4		
11. Rick Londeree	2	11. Carole Schottman	3		
12. David Brown	1	12. Wendy Evans	1		
		13. Dee John	1		
		14. Brenda Coats	1		

Runners 40 & over

1. Londeree	67	9. N. Kruse	14
2. Brown	58	10. Burres	14
3. Lewis	43	11. Wiecek	11
4. Schutt	29	12. Mittelhauser	10
5. Duncan	25	13. Walter	9
6. Marks	23	14. Blossom	3
7. Johnson	21	15. Hoft	3
8. Martin	16		

DESIGNATED TIME STANDINGS.

SHOWING NUMBER OF RACES AND AVERAGE PERCENTAGE DEVIATION OF BEST 10 ESTIMATES.

1. R. HOFT	1	0.02	23. J. MITTELHAUSER	5	1.96	45. N. KRUSE	2	3.72
2. J. HEMPHILL	1	0.11	24. J. GIBSON, JR.	6	2.02	46. S. LEDUC	4	3.90
3. T. LAFONTAINE	8	0.63	25. D. ERVIN	2	2.08	47. B. O'CONNELL	1	3.93
4. B. LONDEREE	10	0.84	26. H. MITTELHAUSER	2	2.13	48. T. DECOSTER	2	3.93
5. T. KEARBY	1	0.93	27. K. STOCK	3	2.15	49. J. WASS	5	3.97
6. D. HESSLER	2	0.99	28. J. PALKS	7	2.25	50. C. MATTHEWS	2	4.17
7. D. GRANBERG	3	0.99	29. S. BOYLE	4	2.26	51. D. MARTIN	2	4.60
8. M. SLIVINSKY	1	1.12	30. J. SCHUTT	1	2.35	52. S. STOUT	4	4.62
9. E. SLEPER	1	1.12	31. B. MAXEY	8	2.37	53. T. GIBSON	4	4.89
10. J. KURTH	1	1.19	32. L. THORNBURG	1	2.48	54. R. SCHOTTMAN	1	5.61
11. D. LEWIS	3	1.24	33. T. HELLIE	9	2.54	55. C. SCHOTTMAN	1	5.61
12. R. SPIER	10	1.33	34. R. KURTH	5	2.60	56. M. GIBSON	2	5.65
13. K. CAIN	1	1.36	35. D. BROWN	1	2.78	57. S. GIBSON	3	5.76
14. R. WAMPLER	4	1.41	36. D. NAUMANN	2	2.79	58. B. WEICEK	1	5.77
15. O. BROWN	11	1.45	37. J. MARKS	8	2.81	59. A. HESSLER	1	7.05
16. N. STEBBINS	3	1.65	38. T. EKVALL	4	3.10	60. D. BLOSSOM	3	8.23
17. K. BURRES	4	1.66	39. D. JOHNSON	5	3.10	61. K. SLOAN	2	10.30
18. L. O'BRIEN	1	1.67	40. M. KOONSE	7	3.12	62. B. CURRY	1	12.52
19. W. TAFT	7	1.69	41. D. BELLAWS	1	3.23	63. J. SCHULTE	1	13.32
20. J. DUNCAN	8	1.79	42. H. BENT	3	3.34	64. T. HINCKLEY	3	13.42
21. D. STEWART	2	1.83	43. J. MITTELHAUSER	1	3.41	65. D. JOHN	1	15.05
22. A. LAFONTAINE	6	1.93	44. C. SLIVINSKI	3	3.42	66. J. BLOSSOM	2	20.82

DAVE SCHULTE IMPROVEMENT AWARD STANDINGS.

SHOWING NUMBER OF RACES AND MEDIAN PERCENTAGE IMPROVEMENT OF BEST 10 RACES.
INCLUDES ALL RACES THROUGH 03/01/80

1. T. LAFONTAINE	6	5.31	6. B. MAXEY	8	1.58	11. J. DUNCAN	10	-2.30
2. J. PALKS	7	4.66	7. D. HESSLER	8	0.42	12. B. LONDEREE	10	-2.56
3. D. LEWIS	4	3.05	8. D. JOHNSON	4	0.13	13. J. MARKS	6	-15.41
4. R. SPIER	8	1.80	9. O. BROWN	11	0.03			
5. W. TAFT	5	1.64	10. J. WASS	5	-0.76			

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

March 9, 1974 One Mile Run on Hickman Track: 1. Dennis Stewart 4:24
 2. Greg Cross, Springfield 4:44; 3. Tom Kilburn 4:45,
 4. Dean Neal 4:55, 5. Mike Chippendale 5:00, 6. Tom
 Kilburn 5:01. . .10. Don Lewis 5:11, 1. Don Granberg
 5:19, 12. Whitney Hicks 5:21, 13. Turk Storvick 5:32,
 14. Rex Frazer 5:40 and 15 others.

Three Mile Walk: 1. Augie Hirt 23:47, 2. Dave Leuthold
 29:07, 3. Rob Spier 30:36 and 4 others

March 23, 1974 What was supposed to have been a 2 man-6 mile run-walk
 (alternating mile runs and mile walks) was wiped out by a 6 inch snow-
 storm. A decision was made to have the event indoors
 the next day (the only time a CTC event has ever been
 postponed). However, four really hard-core nuts (3 of
 them from out of town), Stewart, Frazer, Neal and Kil-
 burn, showed up at the appointed place and time. It
 was obvious to them that they could not use Hickman
 track so they shopped around for someplace indoors
 and had to settle for the balcony of the Columbia
 College gym. This required 75 laps to get three miles.
 Stewart won that race with 17:15 followed by Neal and
 Kilburn with 18:10 and Frazer with 19:08. Then, the
 next day the "softies" had a 3 mile race at Cosmos
 Park. Actually a little short of 3. 1. Kilburn 15:52
 2. Chippendale 16:52. . .4. Hicks 18:48. . .6. Duncan
 20:07.

The walk: 1. Leuthold 28:09 and Spier 31:42

March 30, 1974 Two mile run: 1. Stewart 10:01, 2. Russ Jedlicka
 KU 10:31. . .4. Kilburn 10:36, 5. Neal 10:49,
 6. Chippendale 10:56. . .9. Hinckley 11:15, 10. Granberg
 11:22. . .14. Storvick 11:45. . .16. Frazer 12:37
 12 others 70 degrees and windy

On March 3, 1974, Dick Hessler ran his first sub 3:00 marathon, a 2:54+
 effort at St. Louis. He finished 11th. Dean Neal
 also had a sub 3:00 while Rex Frazer had 3:10. This
 was the race where Rex showed up with a leg cast on
 and he was on crutches. But then, he threw down his
 crutches and ran a marathon.

A note from Augie Hirt: Augie has announced that he is retiring from com-
 petitive race-walking. For the past year or so Augie has been plagued
 with injuries and simply has not been able to produce the mileage that
 is necessary for the 50 kilometer walk. Thus, Augie is now fulltime with
 Continental Illinois bank, knowing that he did have a successful career
 and gave it his best shot.

Augie said that he had recently talked to Larry Young and that Larry, too,
 has officially retired from competitive walking. Larry's artistic en-
 deavors have become quite demanding of his time. He now has works in at
 least six galleries around the country.

The retirement of Hirt and Young, together with the move away of Randy Mimm,
 marks the end of an era. An era that, for a time, saw Columbia recognized
 as the race-walking center of the country. It all started back in 1963
 when Bill Clark, of the P & R Dept., and Darrell Palmer were sitting around
 looking for something to do. Clark talked Palmer into trying race-walking,
 which Palmer did. He quickly established himself as one of the leading
 walkers of the Midwest and began competing on the national level. Columbia
 first hosted a national race when the Jr. NAAU 50 kilo race was held on
 Sept. 5, 1964 in conjunction with the H of A marathon. Larry Young made
 his first appearance in Columbia in the Sr. NAAU 30 kilo race on the 4th
 of July, 1966.

But race-walking really began to boom in the early 70's when Young became
 a student at Columbia College. Dr. Merle Hill, president of CC was a great
 booster of walking and established RW scholarships. Paul Ide came to CC,
 so did Jim Breitenbucher and later, Randy Mimm. Non CC walkers were Mark
 Achen, who came from Nevada in the spring of '72. Then came Augie Hirt
 in the fall of '72. Art Fleming and Al Shrik rounded out the CTC contingent
 of national class walkers. Jerry Young joined the club. Joining these
 walkers were, perhaps, a dozen others, including the Masters corps of Leonard
 Busen, Dave Leuthold and Rob Spier. CTC would send 10-12 walkers to nearby
 races and 3 or 4 to many national races. CTC won a few national titles and
 sponsored a national AAU (sometimes 2) each year. But, apparently, that
 chapter in CTC's history is now closed. We still have the "local" walkers,
 the kids program, the 100 mile walk, but it is doubtful that CTC will ever
 again be in the race walking limelight as it was in the mid 70's.

Missouri Valley Association



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February 22, 1980

Mr. Joe Duncan
2980 Maple Bluff
Columbia, Mo. 65201

Dear Joe,

Carl and I have discussed your recent application for sanction of the various athletic events being sponsored by the Columbia Track Club and the Columbia Parks and Recreation Department for the balance of this year. As you know, we are in a reorganizing phase in the AAU, and the Athletics Congress is now the National governing body for the sport of Athletics in the U.S. The Athletics Congress has arranged a service agreement to have the normal service functions carried out by the different associations similar to the way the association serviced the track and field, long distance, and race walking committees in the past. In connection with the new general liability policy we have for all the AAU sanctioned events, the association has established a service fee of \$6.00 per day to cover our association's share of the liability premium.

In the case of the rather numerous events you have on your schedule here's what we have come up with as a policy of the Missouri Valley Board of Athletics and the Missouri Valley Association AAU:

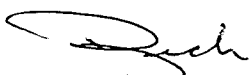
(1) A blanket sanction for all of the non-Missouri Valley championships and national type events which involves a sanction fee of \$10.00 and service charge of \$6.00.

(2) The Missouri Valley Championships and the national events then should be sanctioned separately, and these would be the events on the following dates; April 5, May 3, May 18, May 24, June 7, July 19, September 1, September 14 and September 27-28,

Each of these latter events would be sanctioned at our normal sanction fee which is \$10.00 per day for member clubs and \$6.00 per day service charge to pay the liability coverage.

These sanctions are actually being authorized and granted by the Missouri Valley Board of the Athletics Congress, Inc. and administratively issued by the Missouri Valley Association of the AAU. I am enclosing a copy of the basic sanction fee and policy we are operating under this year. Let me know if you have any questions.

Cordially yours,


Richard E. Harkins
Secretary-Treasurer

Here is our response to the letter from the MVAAU asking that we begin paying a sanction fee for MVAAU events. We have chosen not to do so. We had a meeting to discuss the situation and its ramifications. The CTC treasury is not particularly flush and we decided we could use our money better in other ways.

Here is the reply:

Missouri Valley Association, AAU
Mr. Richard Harkins
4422 Belleview
Kansas City, Mo. 64111

Dear Mr. Harkins:

The Executive Committee of the Columbia Track Club has decided that it is not willing to authorize the payment of the proposed sanction fees and service charges for conducting MVAAU/AC Championships.

Therefore, Columbia Track Club, by direction of its Executive Committee, hereby advises that, effective immediately, it will no longer sponsor any MVAAU/AC Championship races. Those events shown on the CTC 1980 Schedule of Events as MVAAU races will not now be considered as such.

Yours very truly,



Joseph W. Duncan
President

cc: Carl Owczarzak

Along with this letter we sent the following which explains our rationale for the above decision.

Over the past few years we have noted with considerable interest the conflict various track clubs have had with their local AAU District Associations. We have always been pleased that we have never had any such problems with the Missouri Valley AAU. The Columbia Track Club has sponsored some 100 MVAAU Championships over the past ten years or so and never have we had any problems. Mo. Valley has pretty much let us do what we wanted to do. We have appreciated this "hands off" approach and we have appreciated the financial support Mo. Valley has given to many of our people in national competition.

However, CTC cannot accept the idea of having to pay \$16.00 for each of the MVAAU/AC Championships we propose to sponsor. There is something wrong here. It seems to us as if the AAU/AC should be paying CTC to put on these races..

Not only would CTC have to pay the \$16.00, we would still have to buy the medals at \$6.00 per set and the trophies which cost anywhere from \$50 to \$100. We have always bought the medals and trophies although we have often wondered why the AAU didn't at least provide the medals. Only the 15 kilo run and the marathon generate enough money from entry fees to cover the expenses. Overall, CTC certainly makes no profit from all the events we sponsor. Rather, it has always been a losing proposition.

CTC paid \$40.00 for 1980 AAU/AC dues and we cannot agree that we ought to pay additional money to put on MVAU/AC Championship races. CTC, over the years, has sponsored far more distance running and racewalking championships than any other organization in the Missouri Valley. Were it not for CTC most of these events probably would never have been held. We have always thought there should be better distribution of the championship events, but no other club seemed to be willing to sponsor them. Witness the attempt in 1979 to spread them around. The 10,000 meter road race was held but the 30 kilo race never did take place. We realize that \$6.00 of the charge is for insurance. However, CTC already has liability insurance through its membership in the RRCA.

In lieu of MVAU championships, CTC proposes to conduct RRCA Missouri State Championships, hoping to develop a network of such races with other Missouri track clubs. For 1980 CTC will have RRCA state championships for the Hour Run, the 15 kilo, marathon and the 30 kilo (which will also be the North Region Championship. CTC will continue with the Junior Olympic program within the AAU/AC framework (which means we will pay the sanction fees for those events). For race-walking we still have the Missouri Cup and the 100 mile walk. We will continue to have state championships or even CTC championships open to all walkers.

Another letter: February 25, 1980

TO: Members of the Columbia Track Club

RE: Participation at UMC indoor races held at Hearnese

As most of you probably know, the UMC Athletic Department and the Columbia Track Club arranged to have some open races during the intercollegiate indoor meets held at Hearnese Center. Coaches Lingle and Weiss, along with many meet officials, went to considerable trouble to make it possible for CTC members and other non-University athletes to race indoors. Unfortunately, their trouble has gone almost for naught because CTC members stayed away from the races in droves.

On February 15, the master division runners lined up for the 880 in front of a fairly large and enthusiastic crowd. No crowd on the track, however, where all 3 runners gave it their best. Glen Brown, Ben Londeree, and Dick Martin had excellent performances and the crowd appreciated their efforts, but everyone concerned would have liked a bit more company in the form of more runners. On the same evening, the kids were allowed to run a 60 yard dash and enough of the little speedsters lined up to avoid the embarrassment of the masters' 880. However, we should have had twice the number there, enough to warrant two heats at least.

. . .continued

Another letter continued. . .

On February 22, things got worse, if you can imagine. So few people signed up for the masters' mile that Coach Weiss called Olen a couple of days prior to the meet and told him that it would help matters if some derelict 35-40 year olds would sign up to help swell the ranks, consisting at that point of Olen and Ben. One slightly derelict 38 year old was located so the race was run by a grand total of 2 masters and one quasi-master. Poor Denny Stuart fell victim to the numbers problem as he ran all by himself in the open mile.

We all gain from these experiences and so this letter is an attempt to discuss some of the lessons learned. Perhaps one of most difficult points to articulate is the notion of commitment to CTC's program for advancing the sport of running. We learned from the two meets at Hearn's that commitment goes beyond simply voting at the annual meeting in favor of having the indoor races. If we are to succeed in our goals, in this case if we are to have another opportunity to race alongside the UMC athletes, words and deeds must converge such that those who conceive of an idea actually help to carry it out. For the sake of the common good of CTC, even persons who do not support an idea may see the advantages for the club in getting the program off to a good start and on these grounds should participate along with the supporters of the idea. A case in point goes back to the annual meeting when the indoor track meet idea was first proposed and voted in. At that time, neither Olen, Ben, nor Dick H. supported the notion but the three of them ran in the indoor races anyway. Anything for a little excitement.

The other lesson is that it is always better to have participated than to have watched. Surely, many of you had important commitments and the notice was a little short. But some of the reasons we heard for not showing up were not in the best interests of the commitment we mentioned above. Several individuals said that they were not trained well enough to run the indoor distances.

It is hard to imagine anyone less fit to run a fast mile than Hessler and he admits to having second thoughts about participating. But then again there are many times when we run under less than ideal circumstances and in all the years of our collective experiences, there are probably only a handful of times when any of us can recall a negative remark from a fellow competitor concerning one's performance. In the final analysis, if we are running for approval from others or racing to gain status, we are probably in the wrong game. Every runner knows what a terrific method running is for keeping up with the Jones family, for making that lasting impression on the boss, and for keeping marital relations at levels near the sublime. Ask any dog owner or golfer about the prestige associated with running but do not wait too long for the answer. You may miss the next indoor race and the opportunity to get the 1500 meter hack (low humidity makes one cough) chasing after Ben or Olen. Let's support CTC's program.

Sincerely,

Dick Hessler

Dick Hessler

Ben Londeree

Ben Londeree

Olen R. Brown

Olen Brown

In that mile race, Denny Stewart did a solo mile in 4:21. Then, in the next heat Ben Londeree had 4:49, Dick Hessler 5:00.5, Olen Brown 5:11 and Peter Hessler 6:10. The next Saturday afternoon, after the Nut Race, in a 1000 yard indoor race, Tom LaFontaine won in 2:32. Then came Dennis Hinkamp with 2:34, Ben in 2:36, then Hessler, Joe Kurth and Olen in times unknown. They were followed by Russ Kurth in 3:04 who out kicked Joe Marks. Joe should know he should never try to outkick a 12 year old. But he did stay ahead of Peter Hessler who had 3:15.

BOB CURRY JUST COMPLETED HIS 4TH STRAIGHT YEAR OF CONSECUTIVE DAYS RUNNING, ALL OUTDOORS. THE LAST DAY HE HASN'T RUN WAS MARCH 16, 1976. THAT'S 1,461 DAYS STRAIGHT. THE STREAK CONTINUES!

SCHEDULE OF EVENTS

- APRIL 5 Saturday 8:00 (not 9) AM Walk-Run Pentathlon: 2 mile walk, 880 yard run, mile walk, 2 mile run, 220. Also: 3, 2, 1 mile triathlon. Competitors elect which they wish to do-- if some glutton wants to do all of the events, then he must choose which will count as ET. Hickman Track
- 5 Saturday 2:00 PM CTC OPEN ONE HOUR WALK Hickman Track
Trophies \$2.00 entry fee
- 12 " 8:00 AM Scottish Highlands 10,000 meter run
Shawnee Mission, Kansas CONTACT: Highland Games, Inc.
P. O. Box 1112 Shawnee Mission, Kansas 66222
- 13 Sunday 2:00 PM Pem Day 10,000 meter run Kansas City CONTACT:
Pembroke Country Day School 5121 State Line Rd. KC, Mo. 64111
- 19 Saturday 7:00 AM Kansas Relays Marathon Lawrence, Ks.
- 19 " 1:30 PM MISSOURI CUP COMPETITION 20 kilometer Walk
Hickman Track Trophies \$2.00 entry fee
- 20 Sunday 10:00 AM HUMAN RACE II, a 10,000 meter run. Meet
at Memorial Stadium. CTC will have a table under the west
stands. You may leave your DT at that place.
- 26 Saturday 9:00 AM FUN RUNS Research Park
- 27 Sunday 8:30 AM Diet-Pepsi 10,000 meter road run. Staging
area will be in the lot at the Southwest corner of Stadium
Blvd. and Providence Rd. You may also park in that lot.
- MAY 3 Saturday 7:00 AM MISSOURI STATE RRCA ONE HOUR RUN CHAMP-
ionship, also National Postal One Hour Run Fast heat
(those who will likely run 9 miles or more) go at 7:00 AM
with the slow heat at 8:40 AM. Trophies \$2.00 fee.

The FUN RUNS on March 29 and April 12 will NOT be held at Research Park. Rather they will be held at the Municipal Golf Course as a part of the clinics which CTC is sponsoring. The clinics begin at 8:00 AM and will be held in the Columbia Athletic Club building. The March 29 clinic will be a presentation by Ben Londeree on training, stretching, and advanced running. The April 12 session will be conducted by Dr. Leland Pfefer and will be concerned with running related injuries. WE URGE YOU TO SUPPORT THESE CLINICS, particularly urging you to pass the word to the beginning runners you know.

WELCOME TO THE FOLLOWING AS NEW MEMBERS OF THE COLUMBIA TRACK CLUB:

MAJ. Clyde Johnson, Jr.
P.O. Box 1018
The Armory
Columbia, Mo. 65201

Joel Kichline
3924 Summerview Dr.
St. Charles, Mo. 63301

Charles Markman
501 Turner Apt. C
Columbia, Mo. 65201

Peter Roman
5629 S. Bethel Church Rd.
Columbia, Mo. 65201

Dan Schuppan
1213 Bradshaw
Columbia, Mo. 65201

John Weston
240 Apple Tree Ct. Apt. #4
Columbia, Mo. 65201

Merle Langford
926 Emmons
Mexico, Mo. 65265

Ben Luebbering
968 Westwood
Jefferson City, Mo. 65101

BEN LONDEREE'S total running mileage now exceeds 24,902 miles, the distance around the earth at the Equator. Ben's mileage reached that total shortly after Feb. 1. This is the number of miles Ben has run in his "second childhood." It doesn't include his high school and college mileage. Ben's second career began a little over 9 years ago when he was 36. We don't know whether he has set any sort of record since he has had a little difficulty getting the course around the Equator certified. His calibrated bicycle doesn't do too well over the oceans, not to mention the jungles of the Amazon or the Sahara Desert. Olen Brown was quick to point out that he, too, has run once around the world. It seems, though, that he did his running at the 80th degree of latitude.

JOIN THE HUMAN RACE II

Sunday April 20 10:00 AM
A 10,000 METER RUN

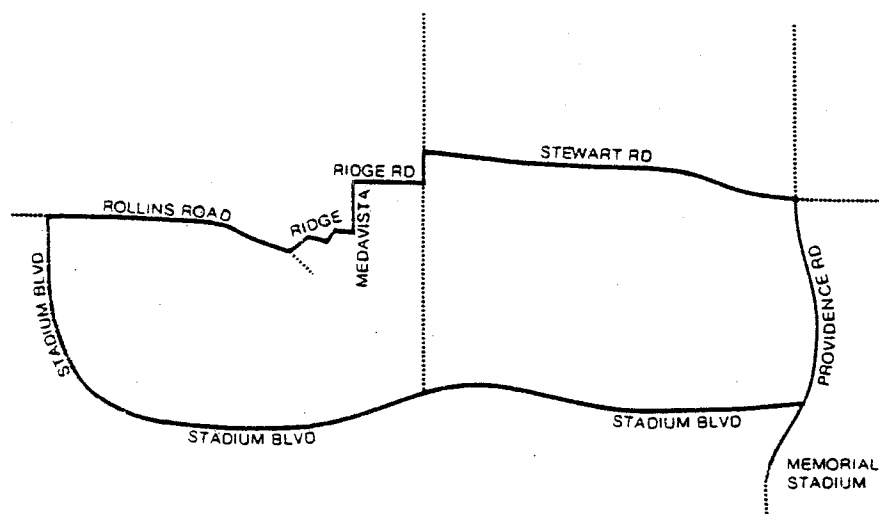
PRE-RACE RUNNING CLINICS: The Columbia Track Club will hold a series of running clinics prior to the Columbia Daily Tribune's Human Race. The clinics will be held on Saturday, March 22, March 29 and April 12th at 8:00 a.m. in the Columbia Athletic Building across from the Municipal Golf Course. Each clinic will be followed by a Fun Run at 9:00 a.m.

The first two clinics will be conducted by Dr. Ben Londeree, Director of the Human Performance Laboratory at the University of Missouri-Columbia. The March 22nd clinic is entitled "Why Run and How to Do It". The clinic will discuss the benefits of running for fitness and how to begin a program. The March 29th clinic will be "Advanced Training for Running" and will deal with competitive training and how to maintain a fitness level.

The third clinic will be led by Dr. Leland Pfeffer who will discuss "Running Related Injuries". All clinics are open free to the public. Question and answer session will be incorporated into each clinic. For further information contact Joe Duncan, Columbia Track Club, at 445-2684 after 5 p.m.

FOR FURTHER RACE INFORMATION,
CALL Rod Green at the Columbia Daily Tribune, 449-3811 ext. 244 between the hours of 9 A.M. and 4 P.M., Monday through Friday.

COURSE: 10,000 Meters - 6 miles, 378 yards. Start/Finish at the University of Missouri Memorial Stadium - Faurot Field. Half lap around track and out southwest exit of the stadium to Route K. North on Rt. K to Providence Rd. Take Providence Rd. to Stewart Rd. Proceed on Stewart to West Boulevard. Take West Boulevard to Ridge Rd., Medavista and back on to Ridge Rd. Proceed to Rollins Rd. to Stadium Boulevard. And Stadium Boulevard back to the Memorial Stadium. Enter again through the southwest entrance.



MILE MARKERS AND AID STATION: Entire course will be marked by arrows and mile markers will be posted. Times will be called at the 1-mile and 3-mile marks. An aid station will be located at the 3-mile mark (in front of Russell Blvd. Elementary School on Rollins Rd). Water will be available for all runners. Medical team will be available throughout the race. The Columbia and University of Missouri Police Departments will control traffic along the route.

ENTRY FEE: Entry fee is \$4.00 if postmarked by Monday, April 14, 1980. Late entries: \$5.00. Attached entry form must be used for this event. Entry fees are non-refundable. Race will be held rain or shine.

MAIL ENTRY FORM WITH CHECK OR MONEY ORDER FOR \$4.00 PAYABLE TO COLUMBIA DAILY TRIBUNE.
MAIL TO: HUMAN RACE II, C/O Columbia Daily Tribune, P.O. Box 798, Columbia, MO. 65205

CLASSES: Men's and Women's

14 and Under	30 - 39
15 - 19	40 - 49
20 - 29	50 and Over

PLEASE NOTE: A Missouri State High School Activities Association rule prohibits all junior and senior high school students currently participating on an in-season track team from running in this event. All students active in other spring sports should obtain their coach's approval.

Awards: All runners will receive an official Human Race T-shirt. Trophy will be awarded to first male and first female to complete the course and the first three finishers in each age category. Plaques will be awarded to the youngest and oldest runners to finish.

SIGN-IN FOR RACE: Due to the large number of runners expected for the race, the Columbia Daily Tribune will be open from 10 A.M. to 5 P.M. on Saturday, April 19th. Runners are encouraged to pickup their race numbers, packet and t-shirt on this date to save the hassle of doing so on race day. All runners who have not obtained their race packets prior to day of race should report to the west side of Memorial Stadium between 8:30 and 9:30 A.M. on day of race. All runners should be on track by 9:30 A.M.

RESULTS OF RACE: All results of the race will be published in the Columbia Daily Tribune on Monday, April 21, 1980.

THE HUMAN RACE...a 10,000 meter run

Sponsored by the Columbia Daily Tribune
in cooperation with the UMC Athletic Department

NAME _____
LAST FIRST INITIAL

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE _____

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DO NOT WRITE IN THIS SPACE

☐ MALE ☐ FEMALE

AGE (ON 4-20-80) _____

T-SHIRT SIZE (Circle One)

YOUTH S M L XL

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Columbia Daily Tribune, the University of Missouri, the City of Columbia, the County of Boone, and the State of Missouri from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run.

I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Sunday, April 20, 1980.

I agree to follow all rules of this race and to permit myself to be removed from competition if in

the opinion of the race medical personnel my continuing would endanger my health. Further I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE _____

PARENT OR GUARDIAN'S SIGNATURE (IF UNDER 18) _____

CTC and THE PEPSI COLA BOTTLING CO. are sponsoring a DIET PEPSI 10,000 meter race, April 27, 8:30 AM. Joe Duncan is race director and he is announcing now that anyone who can assist in the race management should tell him so. Obviously he will need lots of help.

How Do You Compare with the Runners of America?

A program has been developed to compare your performance in this race with the standards set by runners in your age group nationwide.

About six weeks after the race each runner gets a rating card which tells how he or she did compared to everyone else for their age in the local race and how they compared on an age group basis nationally.

Postrace Refreshments

Your local Pepsi-Cola® bottler will be on hand with refreshments free to all racers.

Not only is Pepsi Cola giving a part of the entry fee to CTC, but the local bottling company (RON LAVINDER, Sales Manager) is donating a Chronomix Print Timer to the club.

Awards

Trophies for the top male and female finisher medals to the top three in the following age categories:

- Men/Women 20 and under
- Men/Women 21-35
- Men/Women 36-49
- Men/Women 50 and over

Therefore, we really want CTC people to give their very best support to this race.

The top finishers in each age group will also receive an expense paid trip to the Diet Pepsi Regional Championship in St. Louis on May 18.

The course will start in the southbound lane of Providence Rd. just south of Stadium Blvd. proceed south for a little over a mile, then onto the access road to a little way beyond Rock Bridge HS, then over a crossover to the east shoulder of Providence Rd., then back to the finish in Memorial Stadium.

T-Shirt To All Competitors

Fill out the entry form on the back of this flyer and a Diet Pepsi® 10,000 Meter Race Series T-Shirt is yours as part of your race packet.

Registration can be done at d Sport Shop, the Jock Shop or Crossroads West Sport Center. We recommend that you register at one of those places since you can receive your race packet at that time. If you prefer, you may complete the entry blank below and send with your \$3.50 to Joe Duncan. He will reserve a race packet for you which you may pick up at the race site at least 30 minutes before the start or he will deliver it to you some other time. Also a registration table will be set up at the Human Race so you can register at that time and get your packet.

Official Entry Form

Please read the following statement and sign below before submitting entry.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release PepsiCo, Inc., TRY, Inc. and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE _____

PARENT/GUARDIAN _____
If applicant is under 18 years of age, form must be co-signed by parent or guardian.

Please enter competitor number here at time of registration

NAME _____
Last

First Middle

ADDRESS _____

City State Zip

AGE _____ SEX M F BIRTHDATE _____

PHONE (____) _____

TEAM AFFILIATION _____

Include \$ ⁵⁰3 registration fee by check or money order payable to TRY, Inc.

T-SHIRT SIZE XL ☐ L ☐ M ☐ S ☐ CHILD-L ☐

Paid By ☐ Check ☐ Cash

Registered By: _____

ROAD RUNNERS CLUB OF AMERICA 1980 NORTHERN REGIONAL CHAMPIONSHIPS

- 10K Lincoln 10,000 meter run, October 19, 1980, 2:00 p. m., Fort Wayne, Indiana
Contact: Gary Dexheimer, Fort Wayne Track Club, 9614 Wolf River Place, Fort
Wayne, Indiana 46804
- 15K Steamboat Classic, June 21, 1980, 8:00 a. m., Peoria, Illinois, Contact:
Stephan Shostrom, Illinois Valley Striders, c/o Running Central, 700 Main
Peoria, Illinois 61606
- 25K Litchfield Watercade 25K, July 12, 1980, 8:00 a. m., Litchfield, Minnesota,
Contact: Stephan Sperry, 810 E. 2nd Street, Litchfield, Minnesota 55355
- 30K Columbia Track Club 30K, December 6, 1980, Columbia, Missouri, Contact Joe
Duncan, 2980 Maple Bluff Drive, Columbia, Missouri 65201
- One Illinois Track Club, May 4, 1980, 10:00 a. m. Parkland Junior College, Cham-
hr. paign, Illinois, Contact Mary Ann Carmack, Illinois Track Club, Box 2976,
run Champaign, Illinois 61820
- Marathon City of Lakes Marathon, October 19, 1980, Minneapolis, Minnesota, Contact
Jim Ferstle, 1480 Carroll, St. Paul, Minnesota 55104

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK
1980 ENTRY BLANK

TIME: Saturday, April 19, 1980 - 1:30 p.m.

PLACE: Hickman High School Track. Hickman Track is on the southeast corner
of Business Loop 70 and Providence Road exit off of I-70.

ENTRY FEE: \$2.00 post-entries will be accepted, please try to have your entries
in by April 18. 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

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

PRINT NAME: _____ BIRTHDATE: _____

SIGNATURE: _____

ADDRESS: _____
City State Zip

SCHOOL OR CLUB: _____

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

NAME: _____

Return to: Joe Duncan
2980 Maple Bluff Dr.
Columbia, Missouri 65201

ARE YOU A RUNNER OR A JOGGER? Don Johnson sent the following which might help you decide.

Leah Shatavsky

The Serious Runner and I have been considering the characteristics that distinguish a runner from a jogger—

A runner runs because he or she likes to run. A jogger jogs because it's "good for you." Most important to the jogger is getting the jogging over with.

A runner looks almost emaciated—as if he or she hasn't had a decent meal in weeks. A jogger has a pot belly and jiggy thighs.

When it's 90 degrees, a runner trains in as few clothes as possible. A jogger wears an Adidas coordinated warm-up suit.

When it's 40 degrees, a runner trains in an old gray sweatshirt. A jogger wears an Adidas coordinated warm-up suit.

When it's 10 degrees, a runner trains in two old gray sweatshirts. A jogger doesn't go out. The Adidas coordinated warm-up suit is worn around the apartment.

A runner thinks up schemes and strategies to make time for running. A jogger thinks up schemes and strategies to avoid jogging.

A runner wears dirty New Balance running shoes or clean Nike Waffle Trainers. A jogger wears footwear in a color to complement his or her Adidas coordinated warm-up suit.

A runner warms up before starting to run. A jogger warms up by the time he or she finishes jogging.

A runner enters races. A jogger watches races.

A runner trots slowly around the Central Park Reservoir while talking with friends. A jogger trots slowly around the Central Park Reservoir while talking with friends.

A runner subscribes to Runners World and Running Times. A jogger hasn't heard of them.

A runner takes the subject of foot anatomy seriously and knows almost as much about it as an orthopedist. A jogger thinks people who think seriously about feet are fetishists.

A runner would rather live in a cramped fifth floor walk-up near Central Park than a spacious apartment anywhere else in town. A jogger rents an apartment for any number of reasons, but none is related to jogging.

A runner runs to improve his or her running. A jogger jogs to improve his or her tennis game, health, weight, sex life, or social status. Anything, it seems, but running.

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Reprinted from SPORTSWISE: New York,
December 1977

RRCA MISSOURI STATE ONE HOUR RUN CHAMPIONSHIP

1980 ENTRY BLANK

ALSO

1980 RRCA NATIONAL POSTAL ONE HOUR RUN

- TIME:** Saturday, May 3, 1980, 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:** \$2.00, 50¢ for each entrant will be forwarded to the Postal One Hour Run Coordinator. Post entries will be accepted, however, PLEASE try to have your entries in by May 2. 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: males-age 15 and under, 16 to 29 (first 5), 30 to 39, 40 to 49, and over 50. Females-age 15 and under, 16 to 29, over 30.
- RECORD:** 11 miles, 1187 yards, Charlie McMullen, May 7, 1978
Women: 8 miles, 1450 yards, Rhonda Bedell, May 6, 1978

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 Road Runners Club of America, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME: _____

SIGNATURE: _____ BIRTH DATE: _____

ADDRESS: _____
City State Zip

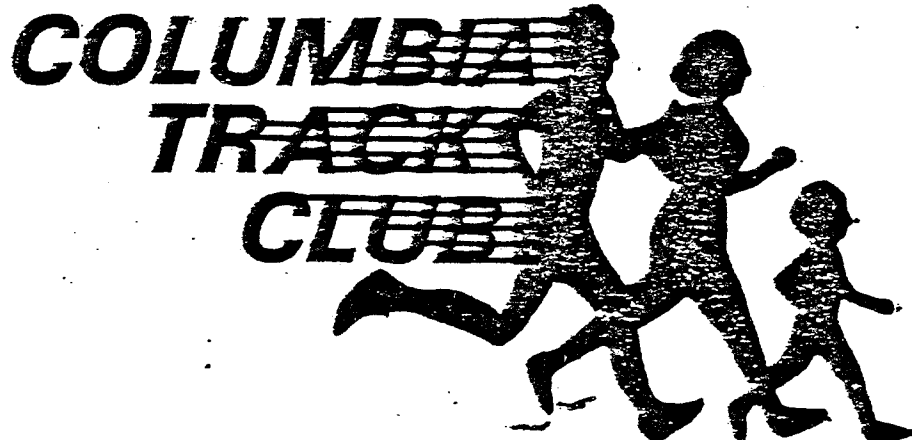
SCHOOL OR CLUB: _____

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

NAME: _____

Return to: Joe Duncan
2980 Maple Bluff Drive
Columbia, Missouri 65201

_____ HOUR RUN



The CTC newsletter is sent out every month. Annual subscription price is \$2.00. Or, you can join CTC by paying the annual dues of \$5.00. This amount includes the newsletter and includes all family members living in the same household. Anyone may submit articles, comments, suggestions, race results, etc. for publication in the newsletter. In fact, CTC members are requested to submit results of their performances in out of town races. Any item submitted for publication must be typewritten unless it is a fairly short item. CTC is a non-profit corporation, therefore, any donations to CTC are tax-deductible. Send money, dues, donations (checks payable to Columbia Track Club) to Joe Duncan 2980 Maple Bluff Dr. Columbia, Mo. 65201.

Columbia Track Club
2980 Maple Bluff Dr.
Columbia, Mo. 65201

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