

TRACK CLUB

NEWSLETTER

Vol. IX, No. 3

March 25, 1982

THREE RECORDS SET IN FOUR MILE RELAY MARCH 20, 1982

1. Steve Stonecipher-Fisher	25	4:28	
Jeff Mittelhauser	25	4:28	
Mark Montgomery	20	4:32	
Greg Lovercamp	23	4:35	18:03 *
2. State Capitalist Running Dogs			
Robert Goodrich	37	4:42	
John Howland	32	4:59	
Ben Luebbering	47	5:11	
David Harris	27	4:47	19:39
3. Marc Scholes	30	5:04	
Ron Wampler	34	5:38	
Kent Lang	19	4:47	
Mike Koonse	31	5:10	20:39
4. Milene Mittelhauser	22	5:30	
Sam Stout	39	5:24	
Cale Carmen	34	5:25	
Ben Londeree	47	4:55	21:14
5. Tortise and the Hares			
Dave Parker	35	5:18	
Rick Rother	33	5:35	
Joe Marks	44	5:41	
Clarence Coats	34	5:24	21:58
6. Mark Hosler	35	5:03	
Chris Ruble	27	6:15	
Susan LeDoux	30	6:11	
Tom Lafontaine	35	4:53	22:22
7. Don Johnson	53	5:32	
Jean Madden	55	6:13	
Bob Dolphin	52	5:50	
Don Johnson	53	5:37	23:12 *
8. Richard Hessler	40	5:07	
Angela Hessler	8	6:47	
Pat Kernall	12	6:13	
Peter Hessler	12	5:48	23:55
9. Ron Belyea	38	5:15	
Allysen Garverick	7	7:53	
Ryan Belyea	10	7:35	
Allen Garverick	37	5:46	26:29
10. Susan Boyle	30+	6:15	
Joe Duncan	47	6:09	
Norris Kruse	46	5:48	
Joseph Boyle	6	8:18	26:30
11. Chuck Matthews		6:29	
Terry Majewski		6:57	
Chuck Matthews		6:32	
Terry Majewski		7:15	27:13
12. The 4-M Company			
Dick Madsen	40	5:27	
Eric Mumford	30+	6:42	
Peter Madsen	12	7:45	
Cardle Madsen	39	7:53	27:47
13. Joe Kurth	34	5:24	
Karen Taylor	22	8:26	
Tom Hill	46	6:58	
Marie Hill	24	7:03	27:50

14. Mary Slivinsky	7:08	
Tina Slivinsky	7:59	
Juli Slivinsky	7:05	
Charlie Slivinsky	5:53	28:05 *

Three Mile Walk	1 Mile	2 Mile	3 Mile
Rob Spier	10:03	20:06	30:11
Bill Taft	12:00	24:05	36:54

A beautiful, sunny 50 degrees with 8-10 mile per hour northwest wind. The race was held at the University Research Park. Records were set in the open division (Stonecipher-Fisher, J. Mittelhauser, Montgomery, Lovercamp 18:03 - old record 18:05), in the 50+ division (Johnson, Madden, Dolphin, Johnson again 23:12 - old record 23:21), and the parents and two daughters division (Slivinsky's 28:05 - old record 29:21). The mixed doubles winners were Hosler, Ruble, LeDoux and LaFontaine in 22:22. Due to the Spring break many runners were out town but a turnout of 56 was appreciated. A special thanks to the timers: Anne and Amy Hessler, Marge and David Hicks, Darlene, Judi, and Rick Londeree, and Turk Storvick. Joe Duncan brought the supplies and Charlie Slivinsky brought the large digital clock. The race director and typist (for the record) was Ben Londeree.

Ed's Note: And THANKS to Ben for masterminding this affair as Race Director. And notice how casual we are about forming relay teams: Don Johnson ran twice on his team and we do count their performance as an age 50 team record. Majewski and Matthews together were a team--each of them running twice. I'm sure the Penn Relays were never like this, but I bet we have more fun.

BEN LUEBBERING took the first place award in the 45-49 category in the St. Pat's 10,000 meter run in Manhattan, Kansas, March 13. Frank Shorter won that race with a 29:30.

A CLINIC FOR RUNNERS

April 3, 1982, the day before the Pepsi Race, there will be a Runner's Clinic. 10:00 AM. You will need to watch the Tribune for information as to where the Clinic will be held. The speakers will be Gerald Heisler Leland Pfefer and Tom LaFontaine, all of them members of CTC. A Psychologist, a MD and an Exercise Physiologist, all of them runners.

DESIGNATED TIME STANDINGS (through the 5K of 3-3-82):

1. Kent Lang	0.714	av. % off 12 events		
2. Joe Marks	0.737	5	6. Ben Londeree	2.018 10
3. Rob Spier	1.392	6	7. Don Johnson	2.302 9
4. Sam Stout	1.627	5	8. Ron Wampler	3.649 5
5. Bruce Maxey	1.918	11	9. Mike Koonse	3.807 10

Includes all interested participants with at least 5 events.

The latest issue of the NATIONAL RUNNING DATA CENTER NEWS shows that BEN LONDEREE set a national record for age 47 for the 30 kilometer run last December with his mark of 1:56:14.

The National Running Data Center - is an independent, non-profit, organization devoted to the collection, analysis, publication, and dispersal of long-distance running information. It compiles and maintains the official US road-running records as recognized by the RRCA and TAC. It supplies information to running publications. It is supported by donations by individuals, clubs, race directors, governing bodies, and firms.

5-Kilometer Nut Race - 3-13-82			
Name	Time	Designated Time	Secs. off
1. Jeff Mittlehauser	15:31.06		
2. Greg Lovercamp	16:02.03		
3. David Harris	16:14.07		
4. Bob Goodrich	16:20.07	16:40	20
5. Tom LaFontaine	16:40.05	16:45	5
6. Kent Lang	16:52.00	17:00	8
7. Norm Stebbins	16:58.06		
8. Ben Londeree	17:03.00	17:30	27
9. Charlie Markman	17:19.07	17:30	11
10. Mark Thomas	17:25.03		
11. Ebby Norman	17:26.01		
12. Dick Hessler	17:27.08		
13. Mark Hosler	17:31.05	17:30	1
14. Steve Helmick	17:35.00	18:30	55
15. Bruce Maxey	17:35.09	17:40	5
16. Marc Scholes	17:42.01		
17. Mark Lanier	17:54.02	18:10	16
18. Steve Baurichter	17:55.09	18:10	15
19. Milene Mittlehauser	18:02.06	18:55	53
20. Mark Stolzer	18:10.00		
21. Mike Koonse	18:19.08	18:10	9
22. Sam Stout	18:20.00	18:11	9
23. Jason Shear	18:24.03	19:00	36
24. Will Sentell	18:27.04		
25. Dick Madsen	18:35.09	19:10	35
26. Ronald Belyea	18:38.02		
27. Dick Moe	18:40.09	19:45	55
28. John Whiteside	18:51.06	19:45	49
29. Dean Baxter	19:01.00	19:24	23
30. C. Coats	19:04.00	20:00	56
31. Gale Carman	19:06.00	20:00	54
32. Don Johnson	19:09.09	19:15	6
33. Peter Hessler	19:12.00		
34. Tim Gibson	19:40.04		
35. Turk Storvik	19:42.04	19:30	12
36. Dave Parker	19:45.05		
37. Norris Kruse	19:49.03		
38. Dick Martin	19:50.02	19:30	20
39. Bob Dolphin	20:08.00		
40. Al Garverick	20:31.00		
41. Don Schuppan	20:44.05		
42. Joe Duncan	20:56.70	21:00	3
43. Joe Marks	21:03.03	21:00	3
44. Shep Funderburke III	21:11.03	22:00	49
45. Mark Dapp	21:14.80		
46. Chris Ruble	21:16.05	21:00	16
47. Don Frey	21:26.70	20:32	55
48. Carla Weitzel	21:38.10		
49. Susan Boyle	21:38.60		
50. Susan Ledoux	21:47.40	22:40	53
51. Willy Heinrich	22:03.10	21:00	63
52. Bob Leonberger	22:20.09		
53. Steve Sargent	22:35.08	22:00	35
54. John O'Conner	22:46.60	24:00	73
55. Angela Hessler	22:56.03		
56. Heather Sargent	23:22.40	24:00	38
57. Ken Snow	23:47.40		
58. Roger Hanson	23:48.05	25:00	72
59. Amy Settle	24:45.30	25:00	15
60. Candy Stout	25:05.10	25:00	5
61. Peter Duchrow	25:14.80		
62. Shep Fenderburke IV	25:19.60	23:00	140
63. Chris Othie	25:26.70		
64. Debbie Scholes	25:27.00		
65. Kathy Cain	25:53.00		
66. Belinda Fender	26:07.20		
67. Finn Pullen	26:20.70		
68. Karen Anderson	26:49.20		
69. Carla Sandfry	26:52.00	30:00	188
70. Carol Madsen	27:31.00	28:30	59

Nut Race results continued:

71. Allison Garverick	28:44.40		
72. Heather O'Connor	28:59.00	27:00	119
73. Joni O'Connor	29:00.30	27:00	120
74. Rob Spier	31:07.80		
75. Mac Pullen	31:19.80		
76. Belinda Heath	32:15.80	45:00	???
77. Sean Rose	32:27.10		
78. Karen Taylor	33:47.80		
79. Joe Kurth	33:49.80		
80. Richard Duchrow	50:00.00		
81. Vicki Duchrow	50:00.00		

Annette says "Oops" relative to her forgetting to award the 16-19 male age division. Kent Lang was first with a time of 16:52 and Ebby Norman was second in 17:26. Also, Karen Anderson (time of 26:49.60) should have been awarded 3rd place in the female 15 and under category with Carla Sandfry 4th and Allison Garverick 5th. It was nice to see so many young children at this event as I am sure we all would encourage family participation in CTC events. If Kent, Ebby, and Karen will contact Annette LaFontaine at 449-5781, she will see that they receive their "nuts". Sorry for these mistakes and any inconveniences caused.

Jeff easily won this race with Greg Lovercamp a distant second. Milene won the women's division in a good time of 18:02 and Steve Helmick continued to show good potential with a quality time of 17:35. Al Garverick was announced as the DT winner but he sheepishly admitted that he had not designated until after the race had started. Al must be complimented for this gracious honesty. This left the award for the DT to Mark Hosler who was only one second off.

Annette would like to thank Don Lewis, Dave Irvin, Veva Spier, Amy and Ann Hessler, Jim Gibson, and Joe Duncan for their help and to Joe Marks for bringing the race clock. Annette also has a suggestion for expediting the giving of awards; have each runner give his/her age when they turn in their finish place sticks.

There were two course records in this year's edition of the Nut Race: STEVE HELMICK lowered the 17:49 Wesley Paul had in 1980 while MILENE MITTELHAUSER was well under Rhonda Bedell's 18:58 set back in March, 1977. Don Johnson was 4.9 seconds away from Turk Storvick's record of 19:05 set three years ago. By the way, the times shown above should be read as if every "0" were dropped where there is one in the last two digits. The times should be in tenths, not hundredths. Therefore, 15:31.06 should be 15:31.6 and 20:56.70, of course, is 20:56.7, and don't ask how this came about.

THANKS to Annette LaFontaine for being Race Director and to Tom for typing the results.

Speaking of STEVE HELMICK, which we were up above, he placed third in age 14 & under in the Kansas City Track Club's St. Patrick's Day Race, March 14 with a time of 37:50 for 10,000 meters, only five seconds behind Wesley Paul who was second.

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

Mark Dopp
109 Albany Dr. Apt. B
Columbia, Mo. 65201

James Sandfry
2209 Rose Dr.
Columbia, Mo. 65202

Henry Esposito
1708 Cliff Dr.
Columbia, Mo. 65201

David Williams
1117 St. Christopher
Columbia, Mo. 65201

Jack Jensen
2008 Woodhollow
Columbia, Mo. 65201

Wayne Huckshold
11 Alhambra Dr.
Columbia, Mo. 65201

Russ Harvell
1209 Longwell Dr.
Columbia, Mo. 65201

Kirby Finders
16B Paulina Dr.
Hannibal, Mo. 63401

Jason Shear
2318 Ridgemont
Columbia, Mo. 65201

The Dave Schulte Improvement Award is based on the median improvement over your best 10 events during a CTC year. The improvement percent for each race is figured by this formula for each event: Your time last year minus your time this year divided by your time last year. Example: 80-81 10 mile time: 66:00; 81-82 60:00. Difference: 6:00. Improvement: 9.09% (6/66). The list below shows the percentage improvements and the median improvements.

	<u>5k</u>	<u>2mi</u>	<u>10k</u>	<u>3mi</u>	<u>10k</u>	<u>10k</u>	<u>10mi</u>
	<u>5mi</u>	<u>10k</u>	<u>5mi</u>	<u>15k</u>			<u>Median</u>
1. S. Helmick	----- -----	----- -0.79	----- 6.17	----- 6.88	21.01	12.88	6.62 6.75%
2. M. Mittelhauser	----- 7.99	----- -----	1.63 4.67	----- -----	-----	5.06	-3.23 4.67%
3. T. LaFontaine	5.60 -0.51	----- -----	-0.42 2.50	----- -----	-----	-----	5.13 2.50%
4. B. Londeree	3.80 0.86	----- -2.87	----- -----	----- 4.43	-----	10.15	-2.00 2.33%
5. T. Gibson	0.59 -----	5.44 -----	1.89 -----	1.87 -----	-----	-4.71	----- 1.87%
6. K. Lang	5.30 1.77	1.28 0.85	----- 3.58	----- -----	4.37	-----	0.08 1.77%
7. D. Lewis	2.83 -----	-0.30 0.61	0.43 4.78	7.66 -----	3.83	-----	0.28 1.72%
8. B. Goodrich	----- -----	----- -3.58	----- -----	----- 2.46	3.35	-----	-1.03 0.71%
9. C. Slivinsky	1.79 -1.56	2.61 -----	-1.36 -----	----- -----	-----	-----	----- 0.21%
10. M. Koonse	----- -5.97	----- -14.10	1.45 0.86	----- 0.77	-0.72	-----	----- 0.02%
11. B. O'Connell	-0.31 3.96	0.16 -8.39	----- -----	----- -----	-----	-----	----- -0.07%
12. R. Spier	-0.62 -4.21	----- -0.68	----- -----	----- 0.28	0.89	5.22	----- -0.17%
13. D. Johnson	1.89 -----	----- -5.33	-2.22 -0.55	6.94 2.33	-0.76	-----	----- -0.55%
14. T. Storvick	1.06 -2.98	-0.94 -5.76	----- -0.53	3.64 -3.28	-----	-----	-8.22 -0.74%
15. J. Duncan	3.02 -5.96	-1.12 -----	-0.42 -----	----- -----	-----	-----	----- -0.77%
16. J. Mittelhauser	----- -2.15	----- -----	-0.26 -1.62	----- -----	-----	-----	-11.82 -0.94%
17. B. Maxey	-0.74 -----	-1.54 -----	----- -----	8.64 -----	-2.73	-----	----- -1.14%
18. D. Hessler	-0.57 -----	-6.16 -4.84	----- -0.62	2.50 -----	-1.68	-----	-1.55 -1.55%
19. M. Slivinsky	----- -4.06	----- -----	-4.09 -1.27	----- -0.67	-8.21	-----	----- -4.06%
20. J. Marks	1.02 -----	----- -----	----- -----	6.43 -41.16	-----	-----	-12.98 -5.98%

Note: The CTC Executive Committee appointed a committee (Ben Londeree, Charles Slivinsky, and Rob Spier) to look into improving the method we use to compute improvement. The committee decided to use times from both last year and the year before in computing improvements; the faster of those two times would be compared with this year's time. (This new method has yet to be implemented.) The committee also recommended that the CTC President choose the winner after analyzing the data and, if he chooses, consulting with an ad hoc committee.

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

March 6, 1976 3 mile run: 1. Doug Clark 15:47, 2. Dennis Stewart 16:03, 3. Dick Hessler 16:04, 4. Don Lewis, 40, 16:35, 5. Tom Hinckley 17:05, 6. Mike Chippendale 17:11. . .9. Ben Londeree 17:42. . .11. Joe Marks 18:08. . .13. Joe Duncan 18:38. . .15. Al Garverick 20:10, 16. Doug Duncan 20:52. . .18. Jim Gibson, Jr. 21:52. . .21. Matt Gibson, 10 23:25

5 mile walk: 1. Larry Young 37:44, 2. Augie Hirt 39:13 3. Paul Ide 41:08, 4. Jerry Young 41:18, 5. Leonard Busen 44:48. . .10. Rob Spier 52:02, 11. William Taft 59:08, 12. Henry Bent 59:11

March 20, 1976 Four Mile Relay 1. McMullen's Tigers (Dave Rogles, Steve Fisher, Tim & Charlie McMullen) 20:39, then there were 7 other assorted teams with some individual mile times on the Research loop as follows: Stewart 4:50, Londeree 5:04, Marks 5:27, Lewis 4:59, The Gibson family, Matt, 6:45, Jim 6:48, Steve 7:07 and Jim, Jr. 6:22 (yes, that other Jim was Jim, Sr.), Amy Hessler 7:05, Peter 8:34 (age 6), Dick 5:14

3 mile walk: 1. Paul Ide 22:41, 2. Augie Hirt 24:00, 3. Jim B. 25:24, 4. Randy Mimm 26:25, 5. Leonard 26:29. . .7. Dave Leuthold 29:06, 8. Rob Spier 31:01

AND NOW FOR TODAY'S HEROES:

In the 3rd Annual Polar Bear Run, Bolivar, Mo., Feb. 13, 35°, 10-20 MPH south winds, 4 miles of ice & snow, a 10,000 meter run, CTC members went like this: 2. JON HERBERT 32:32 (winner was John Prasuhn in 31:49), 25. MARK HOSLER 37:16, 30. BEN LUEBBERING 37:47, 41. MILENE MITTELHAUSER 39:02 and a course record, 75. BOB DOLPHIN 42:25, 81. HERB MITTELHAUSER 42:51 (where was Jeff? He paced Milene).

DON FREY ran in the Perrier Mardi Gras Marathon, New Orleans, turning in a sub 3:30 which would be a PB for him, I beleive.

In the Third Olympiad Memorial Marathon & 10,000 Meter Run on Feb. 28 we had STEVE STONE-CIPHER FISHER at 30:21.5 in the 10,000 and a 4th place finish. DON JOHNSON was 39:25 and 2nd, age 50. FRED KLINGE was 7th at 31:46. MARGARET JOHNSON was in at 1:10:45.

In the marathon, BOB DOLPHIN pops up 5th place, age 50-59 with a time of 3:36:43, a EB by 17 minutes. Bob was 184th out of 331 runners.

How many of ^{you} remember RAY LOAN? Well, he did a very respectable 3:17:59 marathon in celebration of his 50th birthday on a flat course outside Houston.

JON HERBERT finished 2nd in the Booneville, Ark. Marathon in 2:30:43 behind Barney Klecker's 2:27:11. Jon is planning to run the Boston Marathon.

A note from AUGIE HIRT: He recently passed his CPA exam and is doing quite well in his job at Continental National Bank. He race-walks for fun and had a 3:54+ in the Chicago Marathon. Augie is pretty involved with TAC, serving on the Budget & Audit Committee and the RW Executive Committee. He would like a visit from any of you who happen to be in Chicago.

DENNIS STEWART ran a 2:00.6 880 in the TFA/USA National Masters Indoor T & F Championship on Feb. 14 at Liberty, Mo. This was a record for the 30-34 group. Then he turned in a 54.00 440. Denny had a 1:57.6 800 in another indoor meet in Kansas City, so he certainly hasn't lost much speed with age.

In that same TFA/USA meet, DICK MARTIN had a 5:36.7 mile and an 11:38.5 2 mile.

THANKS to MARC & DEBBIE SCHOLLES for their generous contribution to the CTC treasury, their favorite charity. One of our needs is a portable PA system, therefore, the Scholes money will be the nucleus for a PA fund. The next several donations to CTC will go to that fund, so if any of you are moved to make such a tax-deductible donation, you will know what the money will be used for.

MALE

1. Lang	327	35. J. Gibson	62	61. R. Smith	25
2. Maxey	263	36. Parker	62	62. Hansbrough	24
3. Lewis	260	37. Slivinsky	59	63. O'Connor	24
4. Hosler	250	38. Kruse	57	64. Mueller	23
5. Londeree	229.5	39. Hoxworth	54	65. D. Hicks	21
6. LaFontaine	223	40. Dixon	52	66. Schlemper	21
7. Mittelhauser	206	41. Luebbering	51	67. Sowash	21
8. Hessler	206	42. Schuppan	46	68. Roman	19
9. Koonse	193	43. Wampler	45	69. Wilke	18
10. Scholes	183	44. Tom Allen	44	70. Curry	17
11. O'Connell	182	45. H. Mittelhauser	43	71. Mumford	17
12. Goodrich	174	46. Belyea	42	72. Hose	16
13. Dave Harris	160	47. Whiteside	41	73. Thornburg	14
14. Stout	154	48. B. Baxter	40	74. Ballenger	13
15. Madsen	150	49. Chippendale	35	75. Matthews	13
16. Swanson	141	50. Jones	35	76. P. Fritsch	12
17. Baurichter	131	51. Carman	35	77. M. Gibson	12
18. D. Johnson	130	52. Ervin	34	78. Patterson	11
19. D. Baxter	129	53. F. Fritsch	33	79. Hanson	10
20. Hicks	125.5	54. Rother	32	80. Humphreys	8
21. Fisher	122	55. Odneal	32	81. Funderburk	7
22. Storvick	109	56. Kurth	31	82. Dopp	6
23. Dolphin	109	57. Frey	28	83. Wiecek	4
24. Martin	106	58. Stolzer	27	84. Karl	4
25. Ianier	102	59. Naumann	26	85. Sargent	4
26. Marks	102	60. Stewart	25	86. Fay	3
27. Coats	77			87. Pinkerton	3
28. Moe	77			88. Hoft	3
29. Bellows	74			89. Long	2
30. Markman	73			90. Snow	2
31. Duncan	72			91. Conboy	1
32. Stebbins	133*				
33. Brown	67				
34. Garverick	65				

*obviously out of place

Age 15 & under:

1. S. Helmick	19.5
2. T. Gibson	15
3. P. Hessler	15
4. R. Kurth	7.5
5. S. Gibson	5
6. P. Fritsch	3
7. C. Naumann	3
8. S. Kirk	2
9. T. O'Connor	1
10. S. Funderburk	1

WALKERS

1. Pullen	21
2. Spier	19
3. Taft	6

Age 40-49

1. Lewis	93
2. Londeree	90.5
3. Hessler	70
4. Hicks	62.5
5. D. Baxter	43
6. Marks	39
7. Martin	36
8. Madsen	35
9. Kruse	30
10. Slivinsky	26
11. Brown	23
12. Duncan	23
13. Luebbering	12
14. Fritsch	11
15. B. Baxter	10
16. Chippendale	8
17. Hose	8
18. O'Connor	8

19. Sowash	5
20. Pinkerton	3
21. Wiecek	2

50 & over

1. Johnson	36
2. Storvick	33
3. Dolphin	31
4. Frey	10
5. H. Mittelhauser	9
6. Hanson	6
7. Patterson	6
8. Madden	5
9. Humphreys	5
10. Hoft	2
11. Long	2
12. Conboy	1

FEMALE

1. Ruble	62
2. Mittelhauser	60
3. Slivinsky	38
4. Hoxworth	36
5. Majewski	35
6. LaFontaine	30
7. Boyle	26
8. Cain	25
9. Stout	23
10. Hessler	20
11. Mueller	18
12. O'Connor	14
13. Fender	13
14. Scholes	12
15. Madsen	9.5
16. LeDoux	9
17. Fay	10
18. Settle	8

19. Holsinger	8
20. Roman	5
21. Fritsch	4
22. Johnson	3
23. Londeree	2.5
24. Evans	2
25. Currier	1

15 & under

1. Angela Hessler	11
3. Angie Ballenger	8
3. Mary Wulff	8
2. Heather Sargent	9
5. Julie Slivinsky	3
6. Carla Sandfry	3
7. Sherry Wulff	2
8. Allyson Garverick	2
9. Heather O'Connor	2
10. Tina Slivinsky	1

35 & over

1. Slivinsky	26
2. Cain	21
3. Stout	17
4. Boyle	15
5. O'Connor	12
6. Madsen	7.5
7. Holsinger	7
8. Fritsch	3
9. Londeree	2.5
10. Johnson	2

SCHEDULE OF EVENTS

APRIL 3 Saturday 2:00 PM MISSOURI STATE ONE HOUR WALK CHAMPIONSHIP
Hickman Track RACE DIRECTOR: Don Johnson

4 Sunday 8:30 AM PEPSI-COLA 10,000 METER RUN Memorial
Stadium RACE DIRECTOR: Joe Duncan 445-2684

18 " 8:30 AM HUMAN RACE IV 10,000 meters Memorial
Stadium RACE DIRECTOR: Duncan

24 Saturday 6:00 AM MISSOURI CUP COMPETITION 50 Mile Walk
Hickman Track RACE DIRECTOR: None yet

MAY 1 Saturday 7:00 AM RRCA MISSOURI STATE ONE HOUR RUN CHAMPIONSHIP
Hickman Track RACE DIRECTOR: None yet

15 " 8:00 AM 3, 2, 1 Mile Triathlon Hickman Track
RACE DIRECTOR: None yet

28 Friday 6:00 PM Sprint Triathlon 1500, 800, 400
Hickman Track 7:30 PM 10,000 Meter Walk
RACE DIRECTOR: None yet

JUNE 12 Saturday 7:00 AM 10,000 Meter Run Hickman Track
RACE DIRECTOR: None yet

12 " 8:00 AM Missouri State 15,000 Meter Walk
Rock Bridge Track RACE DIRECTOR: None yet

25 Friday 7:30 PM 2 Person, 8,000 Meter Relay (alternate 400's)
Hickman Track RACE DIRECTOR: None yet

You will note that we still have a need for Race Directors. If you have not yet selected your race for the year, there is still plenty of time to do so and you still have quite a choice of races.

The Pepsi race, The Human Race and the 50 Mile Walk will each require some 30 people for race administration, therefore, if you or your friends, family or relatives are not competing, then please help us with these events by recruiting yourself and them.

Some out-of-town events:

April 10 Saturday 9:00 AM 4-State Olympic Health 10,000 meter run
Joplin, Mo. Frank Shorter is supposed to be there.
CONTACT: Olympic Racquetball Courts 22nd & Connecticut
Joplin, Mo. 64801 417/782-2103

April 24 Saturday 10:00 AM Gorilla 10,000 meter road race Pittsburg,
Kansas CONTACT: Professor of Military Science
Room 201, Hartman Hall Pittsburg State U. Pittsburg,
Ks. 66762.

April 25 Sunday 9:00 AM 4th Annual AVON Women's 10,000 meter run
Kansas City, Mo. CONTACT: "AVON RUN" P.O. Box
4034 Overland Park, Ks. 66204 913/341-9352

May 9 Sunday 9:00 AM Magic City 10,000 meter run Moberly, Mo.
CONTACT: Mike Foxworth 816/263-8400

JOIN THE 2ND ANNUAL RUN FOR FUN

COMING SUNDAY, APRIL 25. REGISTRATION BEGINS AT 12:30 PM, THE 3 MILE RACE STARTS AT 2 PM, FROM MIDDLEBUSH AUDITORIUM AT THE INTERSECTION OF 9TH AND UNIVERSITY. THE \$5 ENTRY FEE INCLUDES A TEE SHIRT. TROPHIES AND PRIZES WILL BE AWARDED. RUN FOR FUN IS SPONSORED BY THE ASSOCIATION OF ACCOUNTANCY STUDENTS FOR THE MUSCULAR DYSTROPHY ASSOCIATION.

FOR MORE INFORMATION CONTACT THE MDA OFFICE AT 443-7217

NATIONAL RUNNING DATA CENTER- PUBLICATIONS LIST

1. Certified Road Running Courses, 1982 edition. Lists and describes all courses certified by the National Standards Committee through 1 January 1982. Explains how to certify a course and how to qualify for national rankings and records. \$2.95
2. Running Records by Age, 1982 edition. Lists US single-age records based on races through 1 January 1982 for 29 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. \$4.95
3. U.S. Distance Rankings, 1982 edition. Ranks top 100 men, top 50 women and up to 10 deep in 28 different age/sex groups, for each of 14 standard road-running distances plus the one, two and 24 hour track runs, for 1981 races plus all-time lists. \$6.95
4. In-Depth Masters Road Rankings, 1982 edition. Ranks top 50 runners for each five year age division, from 35-39 and up, men and women separately, for 10, 15, 20, 25 kilometers, 10 miles and half marathon and 100 top runners for the same age divisions for the marathon. \$5.95
5. Running Records by Age, 1981 edition. As for 1982 edition except through 1 Jan 1981. \$4.95
6. Running Records by Age, 1980 edition. As for 1982 edition except through 1 Jan 1980. ***DISCOUNTED*** \$2.35
7. Running Records by Age, 1979 edition. As for 1982 edition except through 1 Jan 1979. ***DISCOUNTED*** \$2.35
8. United States Age Group Records for Standard English and Metric Road Distances, Lists single-age road records through 1 January 1978. ***DISCOUNTED*** \$1.50
9. U.S. Distance Rankings, 1980 edition. As for 1982 edition except based on 1979 performances. ***DISCOUNTED*** \$3.35
10. National Rankings of Runners, 1979 edition. As for 1982 edition of "Rankings" except based on 1978 performances with NO all-time lists. ***DISCOUNTED*** \$2.35
11. U.S. Distance Rankings- 1976, Ranks all reported finishers for standard distances, 15 km and longer for both certified and uncertified courses. In two volumes with the half and full marathon in Vol. II and all other distances in Vol. I.
 Volume I ***DISCOUNTED*** \$2.50
 Volume II ***DISCOUNTED*** \$2.25
12. U.S. Marathoners, 1981 edition. Ranks all reported marathon finishes on certified courses by US citizens. In four volumes.
 Vol. I- summary tables, statistics \$2.45
 Vol. II- ages 19 and under \$4.95
 Vol. III- ages 30 through 39 \$4.95
 Vol. IV- ages 40 and over \$3.95
 all four volumes \$13.95
13. U.S. Marathoners, 1980 edition. As for 1981 edition but all in one volume covering certified course marathon finishes for 1979. ***DISCOUNTED*** \$5.45
14. U.S. Marathoners, 1979 edition. As for 1980 edition but covering certified course marathon finishes for 1978. ***DISCOUNTED*** \$3.45
15. Runners and Races, 1980 edition. Detailed race participation statistics for five years, 1975 thru 1979. Analyses by age, state, distance and race size. \$4.75
16. NRDC News, issued approximately monthly. Contains statistical analyses, news and record-keeping policy updates, updates on newly certified courses and age records plus more. Twelve issues sent with-out charge to all persons who make a tax-deductible contribution of at least \$15.00
17. NRDC News, back issues- each \$1.00
 1980 complete (11 issues) \$8.00
 1981 complete (10 issues) \$8.00

DISCOUNTED items are prices effective as of 1 Feb 1982

All publications are priced postpaid and are available from

NRDC, PO Box 42888, Tucson AZ 85733

RUNNING RECORDS BY AGE -- 1982 EDITION

- ** Over 3,000 records listed
- ** Every single age from one to ninety
- ** 28 track and road-running events from 100 meters to 100 miles and 24 hours
- ** Official US open and age group road-running records as recognized by the RRCA and TAC
- ** Records to 1 January 1982

Available from: NRDC, Box 42888, Tucson, AZ 85733 Over 60 pp. \$4.95 postpaid.

Here is an entry blank for HUMAN RACE IV. Keep in mind that CTC is responsible for the administration of both the PEPSI race and the HUMAN RACE. Both races will use the "place stick" system for the finish line procedure. That means we need lots of help for the recording of names, ages and times. For maximum efficiency we need some 20 people to do this recording, therefore, please, all you non-participants, we have a job for you. Call Joe Duncan at 445-2684 or 874-4328.

JOIN THE HUMAN RACE IV

SUNDAY, APRIL 18, 1982 8:30 AM

Sponsored by the Columbia Daily Tribune, the
Columbia Track Club & Univ. of Mo. Athletic Dept.

Men, women, boys and girls...It's time to join the Human Race...Human Race IV. If you've never run in this race before...you won't want to miss this one! The 6 mile, 37 $\frac{1}{2}$ yard course which starts and finishes on the track of Memorial Stadium stretches through southwestern Columbia.

Experience the thrill of running with thousands of other runners in the biggest run in Mid-Missouri. Trophies and plaques will be awarded in seven age categories for both men and women plus a handicap division. Human Race IV t-shirts will be distributed to the first 1200 runners to register. (Late entrants may not receive t-shirts until after the race...so be sure to register soon!)

Entry fee is only \$4.00 if postmarked by Wednesday, April 14, 1982...\$5.00 afterwards.

Keep pace with some fast company...Join the fourth annual Human Race!

Register at the Columbia Daily Tribune or send a stamped, self-addressed No. 10 envelope to: HUMAN RACE IV, c/o Columbia Daily Tribune, P.O. Box 798, Columbia, MO 65205.

PREREGISTRATION DEADLINE:
Wednesday, April 14, 1982

THE HUMAN RACE ...a 10,000 meter run
Sponsored by the Columbia Daily Tribune
in cooperation with the Columbia Track Club &
the UMC Athletic Dept.

NAME _____
LAST FIRST INITIAL
ADDRESS _____
CITY _____ **STATE** _____
ZIP _____ **PHONE** _____

DO NOT WRITE IN THIS SPACE
☐ **HANDICAP DIV'N.**
☐ **MALE** ☐ **FEMALE**
AGE (ON 4-18-82) _____
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 Columbia Track Club, 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 18, 1982. 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) _____

A new NRDC book for 1982 - this year the NRDC introduces a new book, "In-Depth Masters Road Rankings". This book will rank masters runners in the seven most popular road events 50-deep in each age group and 100-deep in the marathon. Age groupings will be the same as masters runners are ranked in "U. S. Distance Rankings", extending by five-year groups from 35-39 to 70-79 and 80+ for men and to 60-69 and 70+ for women. This new book reflects the great increase in running by older runners and their interest in rankings and records.

The new book will enable many more masters runners to be ranked than are shown in "U. S. Distance Rankings", which shows the top ten men and top five women in each event. Based on past data, it appears that all men 60+ and women 45+ with certified course marks will be listed. In other age groups, some relatively slow marks will make the top fifty. The events covered are the 10km, 15km, 20km, 25km, 10 mile, half marathon, and marathon.

NRDC News - issued approximately every month, contains statistical information, analyses, and news that may be reprinted by other publications. Publications may print items in their entirety or extract portions applicable to their coverage area. Contains record-keeping policy updates, lists newly-certified courses and age record updates, plus much more. Individuals making annual tax-deductible donations of \$15 or more to the NRDC may be added to the mailing list for NRDC News.

RRCA MISSOURI STATE ONE HOUR RUN CHAMPIONSHIP
1982 ENTRY BLANK

- TIME: Saturday, May 9, 1982, Section 1 (for those who will likely run more than 9 miles) starts at 7:00 p.m., Section 2 at 8:30 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. Post entries will be accepted, however, PLEASE try to have your entries in by April 30. 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 5; females - age 15 and under, 16 to 29, over 30.
- RECORD: 11 miles, 1187 yards, Charlie McMullen, May 7, 1978
Women: 9 miles, 627 yards, Milene Hollon, May 9, 1981

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: _____

ADDRESS: _____

city state zip

BIRTHDATE: _____ 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