

TRACK CLUB

NEWSLETTER Vol. XV, No. 2 February 25, 1983

February 5, 1983

5,000 Meter Nut Race

Research Park

53 runners prove what they say about us....Dick Hessler leads the pack under real nutty conditions...Milene Mittelhauser leads the females....

1. Dick Hessler	42	17:57:1
2. Mark Hosler	36	17:59:9
3. Bill Kable	16	18:39:3
4. Don Lewis	47	18:42:2
5. Mark Volek	27	19:07:9
6. John Adams	17	19:21:6
7. Bob Shoemaker	32	19:25:0
8. Joe Kirby	14	19:35:9
9. Dean Baxter	47	19:40:0
10. Bobby Hull	16	19:40:5
11. Paul Kmiecik	29	19:48:9
12. Tony Mayfield	15	20:01:5
13. Milene Mittelhauser*	23	20:03:5
14. J. R. Strawn	28	20:09:2
15. Sam Stout	39	20:11:5
16. Liz Bulman	23	20:14:9
17. Peter Hessler	13	20:16:3
18. Steve Engelbrecht	16	20:23:2
19. Tim Gibson	12	20:33:5
20. Tom LaFontaine	36	20:46:9
21. Mike Koonse	32	20:47:5
22. Mike Walther	25	20:52:6
23. Steve Helmick	15	21:02:5
24. Joe Marks	45	21:06:1
25. David Sleper	37	21:17:1
26. Bob Dolphin	53	21:26:1
27. Jim Sowash	44	21:26:4
28. James O'Brien	14	21:34:9
29. Herb Mittelhauser	53	21:35:3
30. Turk Storvik	54	21:43:2
31. Dennis Jones	35	21:45:3
32. Joe Duncan	48	21:48:0
33. Dick Martin	50	21:52:9
34. Chris Ruble	28	22:01:2
35. Jeff Mittelhauser	26	23:03:0
36. John Pendergraft	16	22:40:5
37. Ron Touchen	28	22:42:8
38. Chris Naumann	13	22:58:7
39. Robin Bostater	18	23:05:2
40. Fred Kolkhorst	29	23:23:5
41. Steve Sargent	36	23:51:7
42. Amy Hessler	17	24:31:7
43. Arthur Lee	33	25:13:1
44. D. Naumann	36	25:14:4
45. Heather Sargent	12	25:41:5
46. Carla Sandfry	9	26:05:4
47. Don Patterson	60	26:09:3
48. Jerri Deming	34	26:23:7
49. John O'Connor	49	27:29:0
50. Candy Stout	37	27:51:2

51. Mary Jones	35	28:27:8
52. Kathy Cain	38	28:37:2
53. Rob Spier**	60	34:47:3

**1st walker

Winners of the 1983 nut awards

Male

15 & under

1. Joe Kirby	19:35:9
2. Tony Mayfield	20:01:5
3. Peter Hessler	20:16:3

16-19

1. Bill Kable	18:39:3
2. John Adams	19:21:6
3. Bobby Hull	19:40:5

20-29

1. Mark Volek	19:07:9
2. Paul Kmiecik	19:48:9
3. J. R. Strawn	20:09:2

30-39

1. Mark Hosler	17:59:9
2. Bob Shoemaker	19:25:9
3. Sam Stout	20:11:5

40-49

1. Dick Hessler	17:57:1
2. Don Lewis	18:42:2
3. Dean Baxter	19:40:0

50-59

1. Bob Dolphin	21:26:1
2. Herb Mittelhauser	21:35:3
3. Turk Storvik	21:43:3

60 & over

1. Don Patterson	26:09:3
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Walkers

1. Rob Spier	34:47:3
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Females

15 & under

1. Heather Sargent	25:41:5
2. Carla Sandfry	26:05:4

16-29

1. M. Mittelhauser	20:03:5
2. Liz Bulman	20:14:9
3. Chris Ruble	22:01:2

30-39

1. Jerri Deming	26:23:7
2. Candy Stout	27:51:2
3. Mary Jones	28:27:8

Conditions were awful--to say the least--28", snowy and slippery!!! Surprisingly enough, 53 "nuts" attended the event. Footing was not good and most of the times reflected the conditions. (See the next page for the stars of the day who won awards of a "nutty sort.")

Race director, Annette Johnston, would like to thank all who assisted with the race...Joe Duncan, Jim Gibson Charles Slivinsky for the race clock, Tom Moore and Belinda Fender and Mr. Naumen. For those of you who did not claim your prizes at the race, Joe Duncan will have them. Please contact him at the next race.

Bob Goodrich wins 15 Kilometer and Liz is the female winner
John Wilke Bob Dolphin, and Chris Ruble and Jill Stalhut win
DT awards February 19, 1983 at Hilton Inn race course

	Age	time	seconds off DT
1. Bob Goodrich	38	52:37	7
2. Norm Stebbins	36	55:00	80
3. Dick Hessler	40	57:11	
4. Don Lewis	47	57:37	37
5. Whitney Hicks	47	58:05	175
6. Joe Marks	45	58:23	113
7. Mark Volek	27	58:36	136
8. Dru Dixon	29	59:13	47
9. Dave Parker	??	59:25	
10. Jim Gwinn	??	59:34	
11. Joe Kurth	35	59:53	
12. Mark Hosler	35	60:10	
13. Bob Shoemaker	32	60:19	281
14. Mark Garst	??	60:29	
15. Liz Bulman	23	60:34	177
16. Dean Baxter	47	60:37	43
17. Sam Stout	39	62:13	130
18. Barnard Bade	34	62:24	144
19. Jim Metz	33	62:36	110
20. Shep Funderburk	40	63:09	51
21. Mike Koonse	32	63:37	23
22. Dick Martin	50	63:47	
23. Mike Walther	25	64:16	44
24. Turk Storvik	54	64:30	30
25. Clarnece Coats	35	64:32	28
26. Bob Dolphin	53	64:56	4
27. Dave Sleper	37	66:30	43
28. Bob McDavid	36	66:39	
29. Jim Sowash	44	67:20	
30. Ron Wampler	35	67:21	59
31. Chris Ruble	28	67:52	68
Jill Stalhut	24	67:52	68
33. John Wilke	37	69:59	1
34. Dennis Jones	35	70:11	161
35. Ron Tannen	28	70:14	14
36. Joe Duncan	48	70:42	42
37. Mary Wulff	15	71:37	203
38. Sid Hose	44	74:34	59
39. John Mueller	40	76:30	270
40. John O'Conner	50	78:09	69
41. Teresa Mueller	32	81:15	195
42. Amy Hessler	17	85:29	329
Cheryl Mitchell	??	85:29	329
Sherry Wulff	15	85:29	329
45. Jim Pinkerton	50	86:50	51
46. Donna Haley	34	93:28	

Walkers

1. Mark Young	??	1:22:51	
2. Rob Spier	60	1:42:17	17
3. Bill Taft	67	2:03:46	74

This was very spring like February day with the temperature in the upper 40's to low 50's and a moderate wind. Bob lead the race all the way and was not challenged. Liz also ran easily to win the women's race. Three awards for a large pizza at Shakespeare's were given to the best male, best female and second best overall in the DT category. John Wilke was 1 second off, Bob Dolphin was 4 off, and Jill and Chris were 68 seconds off (can you believe that's the best the women can do on the DT?). Mark Young walked a good race at 1:22:51.

After this race Kathy Cain, Don Lewis, and myself invited everyone over to Kathy and Don's house for a post race breakfast. I believe fun was had by all who came (probably about 30 people). I want to acknowledge Kathy for her beautiful efforts in providing all the excellent breads, eggs, and fruit salad. Having had experienced Kathy's "wholesome" cooking on several previous occasions, I knew we were all in for a real treat. I think I could almost live on the oatmeal nut and raisin bread with cream cheese on it. I hope everyone enjoyed themselves.

I apologize but I forgot to put Candy Stout in the list of runners. She started with the walkers and did a 1:24:38 and 278 seconds off.

THANKS TO TOM LAFONTAINE for serving as Race Director for this race.

ELAPSED TIME STANDINGS (Does not include the 1/2 k run & walk):

MALE

Open, Runners

1. Lewis	188*	24. Scholes	57	45. Hoxworth	30
2. Hessler	180*	23. Storvick	63	46. Plummer	29
3. Marks	166*	25. Duncan	54	47. Kruse	28
4. Londeree	139.5	26. Madsen	52	48. Chippendale	27
5. LaFontaine	154	27. Jones	51	49. Huse	27
6. Hosler	133	28. O'Connor	46	50. Snow	25
7. Volek	130	29. Mueller	46	51. Sleper	25
8. Baxter	115	30. Sowash	44	52. Patterson	25
9. Walther	112	31. Schuppan	44	53. Rhiddlehoover	22
10. Goodrich	102	32. H. Mittelhauser	44	54. Jorgenson	21
11. Dolphin	102	33. Dirksen	42	55. Garverick	20
12. Lang	96	34. Stock	40	56. Clark	18
13. Hicks	96	35. Nowak	39	57. Brown	18
14. Mittelhauser	84	36. Lanier	39	58. Tauchen	16
15. Koonse	82	37. Allen	36	59. Fritsch	16
16. Kurth	81	38. Shipp	34	60. Terry Rackers	16
17. Moore	79	39. Martin	33	61. Hanson	15
18. Stout	74	40. Finders	32	62. Sargent	14
19. Stebbins	72	41. Parker	32	63. Naumann	13
20. Hose	70*	42. Johnson	31	64. Fick	12
21. S-Fisher	66	43. Strawn	31	65. Tom Rackers	12
22. Shoemaker	64	44. Belyea	30	66. Fay	11

*includes 25 points for being an official race director

15 & under

1. P. Hessler	70
2. T. Gibson	67
3. S. Helmick	40.5
4. J. Sandfry	28.5
5. R. Kurth	24.5
6. F. Forsyth	13
7. J. Shear	12.5
8. M. Forsyth	12
9. E. Hines	11
10. J. Sowash	12
11. C. Naumann	11
12. P. Neuner	11

30-39

1. LaFontaine	91
2. Hosler	72
3. Koonse	53
4. Goodrich	47
5. Kurth	46
6. Stebbins	40
7. Shoemaker	38
8. Jones	35
9. Scholes	34
10. Stout	31
11. Schuppan	28
13. Nowak	23
12. Snow	24
14. Parker	21
15. Dirksen	19
16. Belyea	19
17. Huse	17
18. Mueller	14
19. Sleper	14
20. Rackers	12
21. Garverick	12
22. Sargent	12
23. Naumann	11
24. Fay	11

40-49

1. Marks	90
2. Hessler	88
3. Londeree	83.5
4. Lewis	82
5. Baxter	68
6. Hicks	56
7. O'Connor	44
8. Duncan	39
9. Hose	38
10. Madsen	33
11. Sowash	29
12. Shipp	28
13. Mueller	26
14. Allen	25
15. Kruse	17
16. Fritsch	13
17. Tom Rackers	12
18. Brown	11
19. Fick	11

50-59

1. Dolphin	74
2. Storvick	26
3. Mittelhauser	26
4. Martin	25
5. Johnson	24
6. Patterson	22
7. Rhiddlehoover	13
8. Hanson	11

WALKERS

1. Spier	57
2. Taft	22

FEMALE

Open

1. Ruble	108	13. Cain	25
2. Bulman	105	14. Hoxworth	23
3. Johnston*	62	15. Fay	20
4. Fender	56	16. Fritsch	16
5. Fischer	55	17. Deming	14
6. Amy Hessler	48	18. Stout	13
7. Mueller	47	19. Coats	13
8. Boyle	41	20. Whitley	12
9. Mary Jones	40	21. Finders	11
10. Mittelhauser	34	22. O'Connor	11
11. Scholes	30	23. Madsen	11
12. Stahlhut	27		

15 & under

1. Mary Wulff	41
2. Sherry Wulff	38
3. Angela Hessler	25
4. Carla Sandfry	22
5. J. Jurgensmeyer	13
6. D. Rottjakob	12
7. Heather Sargent	12

35 & over

1. Jones	36
2. Boyle	27
3. Cain	23
4. Fritsch	14
5. O'Connor	11
6. Madsen	11

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

February 5, 1977 10,000 Meter Road Run: 1. Dennis Hinkamp (his first CTC event) 33:23, 2. Walt Renaud 34:44, 3. Don Lewis 34:48, 4. Dick Hessler 34:54, 5. Ben Londeree 36:01. . .7. Whitney Hicks 37:15. . .13. Joe Marks 39:17 (a PB at the time), 14. Turk Storvick 39:25. . .17. Wesley Paul, 8, 41:25. . .30. Debbie Hoxworth (her first CTC race) 50:36

10,000 meter walk: 1. Jerry Young 54:18 2. Henry Bent & William Taft 1:17:01, 4. Jim Gibson, Sr. (yes, it was "Sr.") 1:24:27

February 19, 1977 15,000 meter run: 1. Walt Renaud 52:45, 2. Dick Hessler 52:54 (another of the Renaud-Hessler duels--although Don Lewis squeezed in above). . .4. Don Lewis 53:26 (but not here). . .6. Ben Londeree 55:32. . .9. Whitney Hicks 57:39, 10. Joe Marks 58:45, 11. Rex Frazer 58:47. . .15. Turk Storvick 1:00:17. . .19. Olen Brown 1:05:06, 20. Joe Duncan 1:05:53, 21. Don Johnson 1:07:20 and 9 others

The Walk: 1. Augie Hirt 51:14 (10,000 meters), 2. Jerry Young 53:15

JOE KURTH NEEDS HELP with the Columbia Regional Hospital race. Be sure to call him if you can help. You should call before March 3 since Joe will be gone the 3rd, 4th and 5th.

DICK HOFT is in Tokyo for a year--a sabbatical at the University of Tokyo. Dick continues to run and is learning to speak Japanese so he can reply intelligently when the crazy American's running is discussed. Dick is planning to run a marathon in April so we can say that marathon will have an international flavor.

REFLECTIVE TAPE: CTC has purchased 150 yards of 3M Iron-on 1½" reflective tape. We propose to sell the tape at \$1.00 for 2 yards. That is a little over half our cost. The tape will be available at the Columbia Regional Hospital Run.

A CORRECTION: We did not give DON LEWIS credit for his record performance in the 1982 Sprint Triathlon, in our Records update which appeared in the Jan. Newsletter. The records should show a total time of 7:46.1 for Don with a 4:32 1500, a 2:14.2 800 and a 59.9 400. Ben Londeree had the previous record of 7:47.9.

CONGRATULATIONS! to LARRY FICK for his outstanding contribution to the Candlelighters Runathon event. Larry raised over \$900 to help the Candlelighters to their total pledges of \$13,500. Also seen at the event were Bill Conboy, Eric Mumford, Chris Ruble, Rob Spier, Tom Allen, Mark Hosler and Joe Duncan.

Once again, the word "EXPIRED" appears on some of this month's Newsletters. If that word is on your Newsletter, then that means that this is the last Newsletter you will get unless you pay your \$5.00 annual dues or the \$2.00 one year subscription price.

Here is a list of the RRCA/Running Times road racing All-Americans for 10,000 meters;

10K

Open Men

Craig Virgin, Lebanon, IL 28:04
Thom Hunt, Eugene, OR 28:12
Bruce Bickford, Wellesley Hills, MA 28:28
Herb Lindsay, Boulder, CO 28:29
Marcus Nenow, Lexington, KY 28:33
Tom Marino 28:35
Greg Meyer, Holliston, MA 28:37
Benji Durden, Stone Mountain, GA 28:37
Robert Perkins, Greensboro, NC 28:40
Kyle Heffner, Boulder, CO 28:45

Open Women

Jan Merrill, New London, CT 32:04
Patricia Catalano, Dedham, JA 32:09
Brenda Webb, Knoxville, TN 32:38
Joan Benoit, Exeter, NH 32:41
Margaret Groos, Charlottesville, VA 33:03
Linda McLennan, Tuscaloosa, AL 33:13
Katy Schilly, Central Square, NY 33:18
Patty Matava, Bellevue, WA 33:22
Karlene Erickson, Ericson, NE 33:29
Francie Larriue, Denton, TX 33:31

Men, 19 and under

Larry Chumley 30:00
Jon Butler, Huntington Beach, CA 30:05
Keith Morrison 30:14

Men, 35 thru 39

Barry Brown, Glens Falls, NY 29:17
Jeff Galloway, Atlanta, GA 31:08
Alfonso Jennings 31:39

Men, 40 thru 44

Herb Lorenz, Willingboro, NJ 30:42
Dan Conway, Chetek, WI 31:03
Jim Bowers, Santa Rosa, CA 31:19

Men, 45 thru 49

Ray Hatton, Bend, OR 31:26
Earl Ellis, Seattle, WA 32:30
Bill Olrich, Lexington, KY 32:42

Men, 50 thru 54

Hal Higdon, Michigan City, IN 33:17
Ross Smith, Reno, NV 34:16
Gordon MacKenzie, Great Neck, NY 34:20

Men, 55 thru 59

Alex Ratelle, Edina, MN 33:22
Jim O'Neil, San Diego, CA 34:00
Hubert Morgan, Sayre, PA 36:32

Men, 60 thru 64

Stephen Richardson, Riverside, CT 38:12
Harold Daughters, Blue Jay, CA 38:13
George Sheehan, Red Bank, NJ 38:38

Men, 65 thru 69

Eddie Lewin, CA 39:30
Robert Kroger, Riverside, CA 39:38
Reg Rollason, Satsuma, FL 41:30

Men, 70 and over

William Andberg, Anoka, MN 42:19
Norman Bright, Seattle, WA 43:57
Monty Montgomery, Sherman Oaks, CA 44:33

Women, 19 and under

Patty Matava, Bellevue, WA 33:22
Karlene Erickson, Ericson, NE 33:29
Mary Wazeter, Wilkes-Barre, PA 34:24

Women, 35 thru 39

Iris Black 36:00
Vicki Foltz, Monroe, WA 36:41
Madeline Harmeling, Merrick, NY 36:46

Women, 40 thru 44

Joyce Black, Plattsburgh, NY 36:55
Patricia Thomas, Seattle, WA 37:57
Barbara Pike, Mountain View, CA 38:04

Women, 45 thru 49

Vicki Bigelow, San Lorenzo, CA 37:53
Jennifer Wright, Indio, CA 38:11
Linda Sipprelle 38:58

Women, 50 thru 54

Marion Irvine, San Rafael, CA 38:08
Mila Kania, Warwick, NY 38:20
Ruth Webber, Longmeadow, MA 40:42

Women, 55 thru 59

Helen Dick, Los Angeles, CA 40:40
Margaret Miller, Thousand Oaks, CA 41:57
Kaino Syvari, Fitchburg, MA 42:29

SCHEDULE OF EVENTS

- MARCH 6 Sunday 2:00PM COLUMBIA REGIONAL HOSPITAL FIVE MILE WINTER ROAD RACE RACE DIRECTOR: Joe Kurth 474-2082
Joe needs a lot of help with the administration of this race, therefore, if you are not running, PLEASE call Joe right away and offer your help.
- 19 Saturday 9:00 AM Four Mile Relay, 3 mile walk Research Park RACE DIRECTOR: Ben Londeree
- 26 Saturday 9:00 AM 10,000 Meter Clock Run/walk Meet at West Broadway Swim Club
- APRIL 2 Saturday 2:00PM MISSOURI STATE ONE HOUR WALK CHAMPIONSHIP Hickman Track Trophies to first (3) finishers \$2.00 entry fee
- 10 Sunday 8:00 AM PEPSI COLA 10,000 METER RACE Memorial Stadium
- 24 Sunday 8:00 AM HUMAN RACE V 10,000 meters Memorial Stadium
- 30 Saturday 6:00 AM Missouri Cup Competition A 50 mile walk Hickman Track

Selected out of town events:

- March 12 Saturday 10:00 AM St. Patricks Day Natural Light five mile run St. Louis CONTACT: 241-0535
- 20 Sunday 9:00 AM The Seven-Up Half-Marathon and 2 Mile Run Shaw Park, Clayton CONTACT: St. Louis TC Box 2956 St. Louis 63130
- 26 Saturday 12:00 Noon Run the Four Seasons 10,000 meter run Lake of the Ozarks CONTACT: Helen McNally Four Seasons USA Rt. 2, Box 264-M Lake Ozark, Mo. 65049
- 27 Sunday 1:00PM King of the Road Race 10,000 meters Swope Park Kansas City
- 27 Sunday 10:00 AM Sedalia Half-Marathon Sedalia, Mo.

MORE:

- March 13 Sunday 8:00 AM The New Westport St. Patrick's Day Run 5k and 10k Penn Valley Community College Kansas City Mo. CONTACT: KCTC (816) 931-8882
- 19 Saturday ? Tulip Time 10,000 meter run Springfield, Mo. CONTACT: Ridge Runner Sports 1249-B E. Battlefield Springfield, Mo. 65807 (417) 882-5590
- April 23 Saturday 7:00 AM 14th Annual Kansas Relays Marathon Lawrence, Kansas CONTACT: Kansas Relays Office Room 143 Allen Field House KU Lawrence, KS 66045

Women..girls...interested in a women's race???

There has been an expression of some interest in holding a women's race--perhaps in conjunction with National Women's Running week (I think the end of July) and perhaps finding a sponsor such as Avon, etc. The purpose of such an event would be to promote and support women's running. The Columbia Track Club would like to know if there is interest in such a run and what type of support we could get for such a race--it would take volunteers and time to pull it off. Please consider the following:

1. There is a two mile women's race in Sedalia during National Women's Running Week. Do we need to have a different race in Columbia?
2. Is there even an interest in a women's race?
3. When should we hold such an event--during the designated week (not to conflict with the Sedalia run) or in the fall when UMC students would be around?
4. What is a good distance--or should we have several choices--one for the more experienced runner and one for the novice??
5. Such an event would take much planning and effort to promote and manage. Is there interest from Track Club members in volunteering their time and effort?

I have volunteered to find out the answers to these questions--if you have any ideas, suggestions, or might be interested in working on a committee to sponsor the race, please call me or drop me a line by March 15, 1983.

Annette Johnston
3413 Sierre Madre
Columbia, Missouri 65201 (449-5781)

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

Derick Amos
#27 Sunset Trailer Ct.
Columbia, Mo. 65201

James A. Signaigo
Rt 8, Box 292
Columbia, Mo. 65202

Bernard Bade
905 Hardin
Columbia, Mo. 65201

John Strawn
1411 W. Worley
Columbia, Mo. 65201

J. W. Clemons
2401 W. Broadway #327
Columbia, Mo. 65201

Robert Dopp
3409 St. Mary's Ave.
Hannibal, Mo. 65401

Thomas Rackers
815 Dean Dr.
Jefferson City, Mo. 65101

F. L. Burnette II
Hubbell Bldg. 10th Fl
Des Moines, Iowa 50309

ELIGIBILITY OF JUNIOR AND SENIOR HIGH SCHOOL ATHLETES

From time to time questions are asked as to the eligibility of those who are competing in Junior High or Senior High track or cross country. Can they compete in CTC events and what awards can they accept? Here is the definitive answer to these questions, provided by Coach Fred Kolkhorst:

There seems to be a general lack of understanding of the Missouri State High School Activities Association eligibility rules governing junior and senior high school athletes. This has caused some confusion as to when high school athletes may compete and what they may accept as awards. The following three items pertain to rules regarding participation in Columbia Track Club events and the receiving of awards. If an athlete or race director feels uncertain about a possible conflict with the MSHSAA eligibility rules, contact myself or Jack Miles, Executive Secretary of the MSHSAA.

- * A track or cross country athlete may compete in a non-school race at any time except during the period from the school team's first day of practice through the state meet championship. (Exception: Cross country runners may compete in a non-school race from the period of the school team's first day of practice up until the opening day of school provided they do not attend cross country practice and compete in a non-school race on the same day.)
- * A high school athlete, not participating in track or cross country during the respective season, may participate in a non-school race at any time during the school year provided they do not attend a school practice or competition and compete in a non-school race on the same day. (Example: Boy's baseball and Girl's swimming athletes may compete in the Human Race held in the spring provided they do not attend a school practice or competition on that day. Boy's and Girl's track athletes are prohibited, regardless, from competing in that event because track is considered "in-season" at that time.)
- * A high school athlete may accept only a medal, trophy, or certificate as an award for their accomplishment in a school or non-school competition. Cash prizes, merchandise and t-shirts are all considered to be in violation of MSHSAA eligibility rules. (Clarification: High school athletes may accept souvenir items such as t-shirts when the cost of the item is included in the entry fee and given to all participants. An example of this is the t-shirt given to all Human Race participants.)

COLUMBIA PARKS AND RECREATION
COLUMBIA TRACK CLUB
- MISSOURI CUP 50 MILE RACE WALK -
- 1983 Entry Blank -

TIME: Saturday, April 30, 1983 6:00 a.m.. There will be a 12 hour time limit.

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

ENTRY FEE: \$3.00. Post-entries will be accepted; however, please try to have your entries in by April 29. Make checks payable to the Columbia Track Club.

AGE LIMIT: No one under the age of 10 will be allowed to enter.

AWARDS: Ten (10) "Cup" trophies to first ten (10) finishers. Plaques to all finishers.

AID: There will be plenty of water, ice, GATORADE, Pepsi, etc.. Competitors may bring whatever refreshments they desire. EACH COMPETITOR SHOULD BRING SOMEONE TO ASSURE PROPER CARE. Columbia Track Club will provide "handlers" ONLY for those out-of-town walkers unable to bring their own support. Dressing, shower, and restroom facilities are available at the track.

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.

- PLEASE PRINT -

NAME _____ BIRTHDATE ____/____/____

SIGNATURE _____

ADDRESS _____ street _____ city _____ state _____ zip _____

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

NAME _____

NAMES OF "HANDLERS": _____

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

Missouri Cup

COLUMBIA PARKS AND RECREATION
COLUMBIA TRACK CLUB
MISSOURI STATE AND OPEN ONE HOUR WALK CHAMPIONSHIP
- 1983 ENTRY BLANK -

TIME: Saturday, April 2, 1983 at 2:00 p.m..

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

ENTRY FEE: \$2.00 - post-entries will be accepted; however, please try to have your entries in by April 1st. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first three (3) finishers. Small trophy to first "Over 40" finisher.

MVA/NU RECORD: 8 miles, 415 yards - April 16, 1972 by Larry Young.

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.

- PLEASE PRINT -

NAME _____ BIRTHDATE ____/____/____

SIGNATURE _____

ADDRESS _____ street _____ city _____ state _____ zip _____

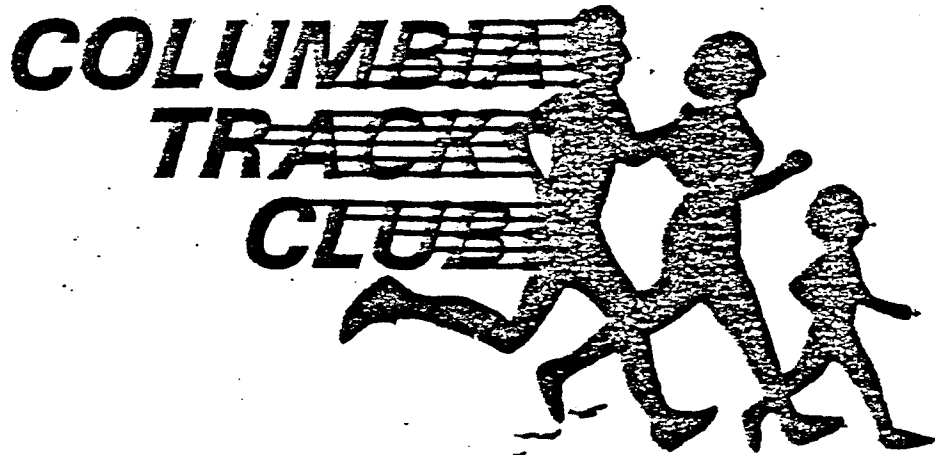
SCHOOL OR CLUB _____

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

NAME _____

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

Hour Walk



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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