



TRACK CLUB

NEWSLETTER Vol. XVIII, No. 2 February 25, 1986

STEVE STONECIPHER-FISHER & AMY JOHNS-JAEGER ARE THE WINNERS IN THE COLUMBIA REGIONAL HOSPITAL FIVE MILE RUN

February 23, 1986

S-Fisher has won this race 5 of the 6 years it has been run. Last year he was working through an injury and "jogged" through at a 5:30, but he was back this year and must be satisfied with his performance, being unpressed all the way.

Amy Johns has not competed in a CTC event for some 3 years so it was good to have her back. Amy had an injury-riddled career at Wisconsin, but is now healthy, concentrating on cycling and triathlons, at which she has done quite well.

At the start of the race conditions were ideal--mid-40's, little wind. However, after 20 minutes or so the wind picked up out of the west so as to make the last couple of miles a little more difficult. THANKS to JOE KURTH for being Race Director and to all the people who helped him and to Columbia Regional Hospital for sponsoring this very popular winter road race. the 585 finishers represented a record field, exceeding the 1984 crowd by 4 runners.

THE RESULTS:

MALE

PLACE	BIB #	NAME	AGE	TIME
1	1	Steve Stonecipher-Fisher	29	24:56
2	818	Jim Heady	22	25:47
3	183	Gary Fancher	24	25:49
4	809	Marc Romine	31	26:09
5	97	Paul Hockett	23	26:37
6	310	Dwayne Jenkins	21	27:06
7	822	Gary Oringderff	27	27:17
8	309	Pete Friesen	21	27:21
9		Unknown		27:25
10	871	Jim Marshall	27	27:28
11	867	Robert Hull	20	27:30
12	106	Matt Layman	27	27:46
13		Russ Martin	32	27:55
14	210	Jim Guinn	24	27:57
15	45	Bob O'Connell	36	27:58
16		John Lewis	17	27:59
17	800	Jim Snowden	28	28:03
18		Unknown		28:14
19		Unknown		28:19
20	204	Tom May	19	28:21
21	83	Norm Stebbins	39	28:18
22	235	Michael Cole	24	28:20
23	715	Tom Coon	31	28:38
24	924	Don Lewis	50	28:47
25	158	Norm Clark	26	29:04
26	777	Ed Mulholland	28	29:47
27	825	Mike Lairmore	29	29:52
28	838	Tony Adams	24	29:56
29	932	Marvin Odneal	42	29:56
30	342	Brent Burdge	28	29:57
31		Jim Kelly	25	30:04
32	156	David Shaw	35	30:07
33	243	Terry Yeater	34	30:11
34	32	Peter Hessler	16	30:27
35	782	Kevin O'Bannon	17	30:31
36	347	Bucky Handley	25	30:33
37	13	Jamie Mannon	28	30:37
38	751	Tony Evanoski	43	30:39
39		Tom Medary	24	30:54
40	18	Steve Baurichter	35	30:56
41	920	John Whiteside	36	31:00
42	841	Richard Madsen	44	31:06
43	916	Richard Huse	40	31:07
44		Steve Kissane	27	31:09
45	933	Tim Gibson	15	31:15
46	33	Dick Hessler	44	31:17
47	135	Will Sentell	33	31:21
48	131	Rick Rother	37	31:26
49	216	Richard Harness	35	31:35
50	362	Mike Neiters	35	31:46

51	Mike Walther	28	31:48	151	Chuck Carl	40	36:23
52	Gerry Heisler	39	31:50	152	Jeff Bentley	27	36:24
53	Greg Critchfield	29	31:51	153	Mike Little	45	36:25
54	Winston Reid	22	31:51	154	Bob Jackson	30	36:29
55	Wayne Huckshold	33	31:56	155	Chris Kelly	38	36:29
56	Joe Marks	48	31:59	156	Ted Scheske	52	36:32
57	Mike Green	41	32:01	157	Unknown		36:34
58	Charles Dodson	28	32:04	158	Unknown		36:37
59	John Ostroot	28	32:07	159	Bryan Schultz	18	36:39
60	Mike Nelson	38	32:10	160	Rob Alongi	30	36:43
61	Mark Kelchner	25	32:11	161	Tom LaFontaine	39	36:45
62	John Stumpner	25	32:21	162	Brady Downs	21	36:45
63	Duane Thomas	36	32:24	163	Gerald Arthur	43	36:46
64	John Barry	48	32:29	164	Jim Lockhart	26	36:50
65	Mike Thomas	26	32:33	165	Unknown		36:51
66	Kent Oliver	30	32:34	166	David Spate	49	36:52
67	Larry Thornburg	39	32:38	167	David Sleper	40	36:54
68	Dennis Veit	31	32:41	168	Rob Schulz	27	37:01
69	Wayne Wells	15	32:42	169	Norris Kruse	50	37:05
70	Blaine Thomas	36	32:42	170	Mike Prewitt	35	37:06
71	Jack Lydon	39	32:44	171	Bill Kasmann	33	37:07
72	Jeff Skimming	23	32:50	172	Greg Gagnon	30	37:08
73	Philip Dupont	23	32:54	173	Martin Minogue	28	37:10
74	Dale Wade	28	33:02	174	James Thorne	49	37:11
75	Marc Lammy	30	33:03	175	Jeff Krupsaw	28	37:11
76	Elmer Schlemper	46	33:04	176	Larry Collins	26	37:12
77	Gerald Jorgenson	27	33:07	177	Jonathon Richardson	21	37:12
78	Unknown		33:08	178	David Plummer	41	37:13
79	Andrew York	15	33:15	179	David Evans	37	37:15
80	Brian Smith	25	33:16	180	Marv Patterson	50	37:15
81	Dave Gibbons	36	33:17	181	Tony Dykstra	15	37:16
82	Jay Scruggs	20	33:17	182	John Henzel	47	37:16
83	Stephen Dolan	34	33:21	183	Bill Morgan	35	37:17
84	Keith Moll	27	33:22	184	Gene Gerke	36	37:17
85	Tom Allen	43	33:25	185	Jay Wood	28	37:33
86	Dean Baxter	50	33:31	186	Mike Imhoff	36	37:36
87	Rob Nix	33	33:32	187	Tim McDaniel	16	37:37
88	James S. Johnson	35	33:36	188	Unknown		37:46
89	Tim Fisher	21	33:43	189	Unknown		37:47
90	Tom Edes	31	33:57	190	Steve Wright	33	37:48
91	Tim Morrow	16	34:02	191	Doug Needy	19	37:48
92	Tim Rooney	35	34:08	192	Toby Schadt	14	37:49
93	Larry Wang	14	34:10	193	Unknown		37:50
94	Mike Wimmenauer	29	34:12	194	Dana French	28	37:50
95	David Dent	39	34:14	195	David Fowler	33	37:51
96	Mike Bryant	15	34:15	196	Danny Ludwig	28	37:53
97	Stephen Mudrick	41	34:17	197	Craig Plaster	29	37:55
98	Lawrence O'Brien	36	34:21	198	Bob Humphreys	59	37:59
99	Randy Harris	30	34:22	199	Kevin Rudeen	35	38:00
100	Kevin Lock	28	34:24	200	Leo Cram	50	38:07
101	Mark Knudson	29	34:32	201	Brian Flatt	14	38:18
102	Alberto Diaz-Arias	28	34:33	202	Vic Gollhofer	23	38:19
103	Bob Leonberger	32	34:33	203	Scott Dollens	14	38:22
104	Mike Goldman	21	34:36	204	Luke Curtis	27	38:26
105	Joe Goldfarb	45	34:39	205	Brent O'Connor	29	38:27
106	Bill Rathert	31	34:42	206	Sam Indorante	32	38:30
107	Randy McWilliams	18	34:45	207	Phil Bennett	23	38:31
108	Unknown		34:46	208	Raymond E. Sapp	39	38:35
109	Shawn McDonald	13	34:47	209	Mike Hosokawo	45	38:38
110	Blake Brooks	21	34:47	210	John Gage	32	38:39
111	Michael Hoff	27	34:48	211	Kent Hatfield	33	38:40
112	Ag Slavens	33	34:57	212	Leo Jablonski	29	38:41
113	Mark Chivers	25	34:57	213	Mark Gerling	30	38:42
114	Chuck Kratochvil	33	34:58	214	John Dunn	48	38:43
115	Larry Andershock	20	35:01	215	Muftah Akasha	37	38:54
116	Jon Rigden	28	35:03	216	Roger Bautista	46	38:54
117	John Qualy	38	35:04	217	Jean Madden	58	38:59
118	Bryan Quick	14	35:07	218	Bill Haws	38	39:00
119	Nick Peckham	45	35:08	219	Harris Cooper	34	39:02
120	Chris Janku	33	35:13	220	Gary Melvin	21	39:06
121	Joshua Schonfeld	24	35:13	221	Roger Hanson	54	39:14
122	Rick Spalding	25	35:15	222	Rick Hameson	32	39:21
123	Tom Coudron	34	35:17	223	Kenneth Evans	43	39:23
124	Clyde Maxcy	28	35:18	224	Paul Koenig	37	39:25
125	Mike Rackers	20	35:25	225	David Kelly	21	39:29
126	Ridge Shannon	52	35:27	226	Unknown		39:29
127	Larry Petterborg	37	38:28	227	Jason O'Brien	12	39:31
128	Ray Harder	39	35:29	228	Skip Isaacson	13	39:35
129	Chester Taylor	39	35:30	229	Greg Miller	32	39:36
130	Bob Curry	43	35:32	230	John Boeckman	23	39:37
131	Rob Baker	26	35:37	231	Steven Krieghauser	31	39:39
132	Bob Baxter	48	35:38	232	Tim Vierling	19	39:39
133	Fred Fritsch	50	35:42	233	John Stolt	50	39:40
134	John McCormick	42	35:47	234	Sid Hose	47	39:41
135	Turk Storrwick	57	35:49	235	Robert Williamson	37	39:49
136	Lee Trammell	35	35:50	236	Bill Nanneman	36	39:50
137	Ivan Zabilka	46	35:51	237	Hugh Wilson	49	39:52
138	Robert Burchett	27	35:53	238	Jason Lewis	14	39:53
139	Bill Heberle	26	35:55	239	Vince O'Flaherty	22	39:54
140	Tracy Smith	17	35:59	240	Don Williams	36	39:55
141	Kelly Lock	34	36:00	241	Tom King	36	39:56
142	Terry Richardson	37	36:00	242	Dana King	29	40:00
143	Tom Rackers	44	36:02	243	John Wilke	40	40:02
144	Barry Steevens	41	36:04	244	Unknown		40:04
145	Jim Emmert	19	36:13	245	Guy Lanphere	35	40:05
146	Jerry French	37	36:15	246	Jan Henstorf	34	40:09
147	Gary Grant	33	36:17	247	Unknown		40:13
148	David Baker	16	36:19	248	Doug Drown	43	40:13
149	Brad Hall	28	36:20	249	Ray Simmons	60	40:14
150	Mark Pelton	30	36:21	250	Gary Stamper	29	40:17

251	Jerald Evanoski	27	40:18	331	Richard Watson	50	45:28
252	Unknown		40:20	332	Chad Isaacson	10	45:49
253	Mike Schneider	8	40:21	333	Randy Lalk	33	45:56
254	Wayne Schneider	42	40:26	334	Chad Shettlesworth	14	45:57
255	Louis Bussjaeger	44	40:29	335	Scott Williams	14	45:59
256	Ken McSwain	44	40:29	336	Jake Skouby	23	46:02
257	Randy Harbert	22	40:57	337	Anton Mayer	21	46:08
258	Terry Brennan	33	41:20	338	J. D. Coffman	20	46:09
259	Dwayne Wallace	27	41:24	339	Brent Cloud	20	46:15
260	Dwight Fay	26	41:24	340	Mark Wedekind	22	46:19
261	Jim Schadt	39	41:26	341	Marty Judlowe	40	46:25
262	Terry Brennan	14	41:30	342	Mike Happ	45	46:33
263	Jim Loveless	36	41:31	343	Eddie Kaiser	24	46:37
264	Mark Malley	32	41:32	344	Norm Benedict	46	46:39
265	Unknown		41:35	345	Bill Emerson	63	46:49
266	Mike Marks	30	41:36	346	Ron Burgess	49	47:02
267	Unknown		41:38	347	Jim Pinkerton	53	47:03
268	Lee Chartier	11	41:44	348	Paul Linhart	23	47:09
269	Gary Geiger	30	41:45	349	Rick Walk	32	47:17
270	John Holdmeyer	24	41:51	350	Rick Justice	20	47:22
271	Kevin Daniel	20	41:52	351	Dan Cassidy	23	47:23
272	Craig Lingle	26	41:53	352	Lee Elliott	55	47:40
273	Lance Tamerius	20	41:59	353	Larry Fick	44	47:42
274	Jerry Meeks	42	41:59	354	Jason Patton	15	47:43
275	William Hill	30	42:03	355	Jim Frech	14	47:56
276	Unknown		42:05	356	Al Simpson	63	48:19
277	David Boggeman	30	42:06	357	Claude Pecquet	47	48:28
278	Lee Meyers	39	42:07	358	Steve Mittenberger	39	48:42
279	John Karl	30	42:08	359	Lewis Garrotto	49	48:47
280	Greg Logan	24	42:10	360	Aaron Rowe	11	48:48
281	Andy Clubb	21	42:11	361	Gary Rowe	38	49:03
282	Ron Welschmeyer	35	42:19	362	Phillip Garverick	9	49:35
283	Lawrence Kaylor	36	42:20	363	Charlie Little	33	49:48
284	Unknown		42:24	364	Unknown		49:51
285	Mike Moser	29	42:24	365	Michael McGlasson	32	49:59
286	Cliff Tompson, Jr.	25	42:28	366	Mark Schlottach	12	50:11
287	Bill Kellerman	26	42:30	367	Mike Hayden	22	50:19
288	Brian Sells	21	42:36	368	Paul Porter	14	50:33
289	Gordon Yonce	51	42:36	369	Jamie Cramer	14	50:34
290	Nate Kester	27	42:37	370	Greg Copeland	37	51:36
291	Bill Dale	32	42:55	371	Jacob Chartier	8	52:04
292	Tim Henzel	23	42:56	372	David Schulman	31	52:05
293	Ralph Dralla	31	43:02	373	Jeff Doyle	18	52:06
294	Richard Hu	26	43:03	374	Unknown		52:07
295	Stan Huels	28	43:11	375	Tom Howell	23	52:25
296	Bob Lorenz	34	43:19	376	Jake Hose	12	52:57
297	Tom McBride	25	43:22	377	Steven Saldana, Sr.	35	53:36
298	Mike Forbis	12	43:23	378	Joe Hose	12	53:41
299	Gene Kelly	47	43:24	379	Joe Cargin	58	53:54
300	Carlos Monzon	36	43:30	380	Ron Frederick	46	54:32
301	Mike Teter	20	43:31	381	Jonathan Ihler	8	54:32
302	Sonny Phillips	39	43:47	382	Jim Ihler	39	54:55
303	Brent Quick	9	43:48	383	Unknown		57:31
304	Ron Flatt	38	43:49	384	Tony Moulton	41	58:09
305	Bill Ward	56	43:49	385	Chris Sticht	12	58:10
306	Galahad Phillips	8	43:50	386	Russell Burckett	36	59:34
307	Mike Halliburton	39	43:50	387	Danny Friedrich	29	1:00:59
308	Dave Holsinger	43	44:01	388	Ralph Poff	53	1:03:21
309	Unknown		44:01	389	Unknown		1:04:29
310	Rick Kennedy	13	44:03	390	Steve Zimmer	34	1:05:22
311	Bob Shaw	57	44:08	391	John Rolfes	29	1:05:35
312	Keith Brown	21	44:11	392	Brent Wade	9	1:05:36
313	John Morgan	23	44:12	393	Chad Mawhinney	12	1:05:37
314	Bryan McHugh	26	44:15	394	Bob Gray	52	1:08:59
315	Joe Giacchi	41	44:19	395	Robin Yarbrough	13	1:12:05
316	John Witte	37	44:33	396	York Rehklau	10	1:13:42
317	Martin O'Connell	26	44:33	397	Carl Enyart	38	1:13:49
318	Dan Clinkinbeard	36	44:34	398	Jeremy Sims	11	1:14:37
319	Unknown		44:41	399	Bill Crabb	61	1:16:38
320	William Ferguson	24	44:47	400	Unknown		
321	Fling Gregory	43	44:49	401	Dane Elletson	7	1:18:16
322	Luther Solomon	10	44:52	402	Rick Rother	7	1:18:29
323	Stephen Saldaha	10	44:55	403	Lloyd Peterson	61	1:20:58
324	Unknown		44:55	404	Unknown		1:23:25
325	Van H. Ayers	29	44:56	405	Unknown		
326	Roy Elfrink	28	45:01	406	Jacob Zimmer	9	
327	Carlyle Foley	40	45:09	407	Shawn Foster	11	
328	Kenneth Crompton	41	45:14				
329	Ron Walkenbach	37	45:24				
330	Jeff Stevens	14	45:25				

Columbia Regional Hospital 5 mile run results continued. . .

FEMALE

<u>PLACE</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
1	Amy Johns-Jaeger	25	30:12
2	Milene Mittelhauser	26	31:46
3	Debbie Hoxworth	27	31:54
4	Bernadette Gerke	26	34:35
5	Betty Bohon	34	34:49
6	Cathy Romine	28	35:44
7	Colleen Fantz	36	36:06
8	Linda Kretlow	24	36:12
9	Nancy Savage	31	36:24
10	Jean Reuter	24	36:39
11	Angela Hessler	12	36:51
12	Lori Sevcik	24	36:57
13	Unknown		37:10
14	Beth Hartley	19	37:11
15	Denise Wilfley	25	37:34
16	Chris Ruble	31	37:42
17	Anne Sears	24	38:04
18	Stephanie Douglas	18	38:26
19	Judy Thompson-Reitz	28	38:30
20	Polly Pastoret	28	38:49
21	Diane Seifert-Wade	31	39:30
22	Maggie Burns	28	39:44
23	Kirsten Butler	21	39:49
24	Judy Gramling	32	40:15
25	Bronwen Howells	23	40:25
26	Linda Price	42	40:38
27	Carole Madsen	42	40:40
28	Andrea Johnson	34	40:45
29	Ann Hartley	44	40:50
30	Wendy Flatt	15	41:04
31	Phylis Dopp	47	41:13
32	Kelly Stoll	20	41:20
33	Jeanelle Twillman	53	41:28
34	Silvia Jurisson	29	41:38
35	Aileen Hermann	23	41:40
36	Debbie Karwoski	32	41:41
37	Kim Dude-Lammy	34	41:46
38	Cheryl Odneal	38	41:48
39	Allyson Garverick	11	41:50
40	Anne Seymour	41	41:51
41	Jill Johann	19	41:53
42	Bernie Swanko	23	41:55
43	Nancy Fritsch	47	42:10
44	Darla Bryant	19	42:26
45	Mary Haskamp	29	42:32
46	Anne Fitzsimmons	27	42:41
47	Louanne Fay	36	42:56
48	Kay Asher	26	42:59
49	Jill Mackey	29	43:15
50	Daun Gooding	21	43:19
51	Kristen Henzel	12	43:23
52	Shari Wren	17	43:32
53	Anne Kaylen	29	43:35
54	Mary Jones	38	43:40
55	Mary Moore	21	43:57
56	Belinda Fender	31	44:17
57	Debbie Coleman	26	44:19
58	Stacy Schoeneck	21	44:27
59	Betsy Nelson	37	44:30
60	Dawn Lewis	24	44:33
61	Valerie Sharon	14	44:35
62	Kaaren Sloan	41	44:36
63	Jan Landry	29	44:43
64	Barbara Leslie	45	44:45
65	Cyndy Kruger	30	44:46
66	Georgia Morehouse	52	44:56
67	Diane Bruckerhoff	31	44:58
68	Donna Burkhardt	50	45:07
69	Joan Crist	32	45:09
70	Lisa Miller	21	45:15

71	Cynthia Foley	36	45:17	123	Sandra Pendleton	14	51:12
72	Robin Iven	17	45:18	124	Kay Kirtley	56	51:30
73	Sherri Mellskog	25	45:22	125	Donna Fitzpatrick	33	51:59
74	Julie George	26	45:23	126	Leslie Rose	22	52:08
75	Claire Shannon-Klann	24	45:24	127	Teresa Gales	22	52:10
76	Marion Crowell	24	45:24	128	Valiree Green	22	52:17
77	Sharon Leduc	42	45:59	129	Susan Wessler	33	52:27
78	Louise O'Toole	36	46:04	130	Robyn Armer	37	52:35
79	Stacy Holsinger	15	46:11	131	Linda Miller	32	52:39
80	Michelle Malloy	16	46:11	132	Jullie Roberts	14	52:58
81	Joni O'Connor	47	46:15	133	Stephanie Saldana	9	52:57
82	Marcia Smith	46	46:20	134	Judy Smith	43	53:27
83	Becky Judlowe	35	46:21	135	Angie Holsinger	13	53:32
84	Darlene Londeree	48	46:25	136	Anita Coy	36	54:37
85	Marsha Mitchell	34	46:36	137	Donna McArtor	44	55:02
86	Barbara Martin	39	46:38	138	Bonnie Hennecke	34	55:13
87	Jana Boeckman	19	46:41	139	Yolanda Enyart	14	55:27
88	Anne Strozier	38	46:51	140	Lisa Frech	18	55:28
89	Patti Ross	33	46:54	141	Tracy Davison	20	56:07
90	Unknown		46:58	142	Linda Russell	24	56:13
91	Tammy Grimsley	21	47:01	143	Zoe Moulton	12	57:26
92	Becky Duzan	34	47:21	144	Cindy Neubauer	24	58:19
93	Martha Bowden	43	47:25	145	Lisa Williamson	26	58:22
94	Polly Shannon	49	47:28	146	Cindy Buck	25	59:34
95	Bethel Everhart	38	47:56	147	Lynne Blocke	36	1:00:32
96	Cara Richardson	23	48:02	148	Elaine Kent	37	1:00:38
97	Beth Bates	33	48:03	149	Terry Burkett	26	1:02:08
98	Marilyn Holsinger	63	48:07	150	Linda Rogers	39	1:02:58
99	Sally Cummins	31	48:28	151	Marilyn White	37	1:03:38
100	Rose Ward	38	48:37	152	Jana Caldwell	11	1:04:28
101	Paulette Bealmear	13	48:52	153	Ronda Henstorf	34	1:08:46
102	Annette Bealmear	13	48:54	154	Regina Moser	30	1:08:48
103	Rebecca Lorenz	27	48:55	155	Mary Walker	31	1:09:07
104	Pam Haslag	33	49:04	156	Dolores Morris		1:09:31
105	Barbara Martin	35	49:10	157	Hazel White		1:10:12
106	Kass Lear	27	49:16	158	Pam Bryson	30	1:11:04
107	Unknown		49:16	159	Carla Springer	27	1:11:04
108	Irene Pearman	38	49:20	160	Jeanine Elliott	49	1:11:17
109	Ginny Shiflett	37	49:26	161	Unknown		1:11:19
110	Suzanne Crews	22	49:34	162	Sandee Shepp	28	1:12:52
111	Karen Schmidt	22	49:42	163	Mona Vassos-Finch	30	1:12:53
112	Cathy York	44	50:07	164	Regina Brown	30	1:13:34
113	Julie Adams	22	50:12	165	Cheryl Sims	35	1:13:48
114	Patricia Avery	32	50:13	166	Carol Crabb	57	1:14:49
115	Anne Moll	23	50:20	167	Lynn Ann Wade	8	1:14:57
116	Lisa Damhorst	24	50:23	168	Ellen Lanphere	35	1:18:46
117	Lisa Dabanian	31	50:32	169	Cindi Runowski	36	1:19:17
118	Tabatha Cramer	15	50:33	170	Stephanie Elletson	37	1:19:30
119	Tamara Bergman	25	50:34	171	Barbara Foster	41	1:19:31
120	Cynthia Schreen	31	50:43	172	Unknown		1:19:37
121	GariAnn Clark	18	51:04	173	Unknown		1:19:38
122	Sharon Isaacson	36	51:05	174	Linda Morrow	38	1:19:39
				175	Unknown		1:20:04
				176	Donna Zimmer	34	
				177	Angie Ganbino		
				178	Melissa Ganbino		

RECORDS SET IN THE COLUMBIA REGIONAL HOSPITAL RACE:

MALE	30-34	Marc Romine's 26:09 lowered Bob O'Connell's 27:03
	50-54	Don Lewis' 28:47 lowered Jim Buckley's 29:25
FEMALE	45-49	Phyllis Dopp lowered her own 41:16 to 41:14
	50-54	Jeanelle Twillman lowered her own 44:01 to 41:29--quite an improvement!

15 & 5 YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

February 7, 1971: Six Mile Run: 1. Loren Moes 33:12, 2. Bill Wirtz 34:00, . . .4. Whitney Hicks 37:14, 5. Don Granberg 37:27, . . .7. Roman Sage 40:01, 8. Joe Duncan 40:59 3 others.
The Walk: 1. Larry Young 45:16 (the first appearance of Larry in one of our races), 2. Mark Achen 48:29
3. Paul Ide 49:50 5 others

February 20, 1971: 3, 2, 1 Mile Triathlon: 1. Dennis Stewart 31:49(16:10, 10:43, 4:56), 2. John Houle 33:16, 3. Whitney Hicks 34:19 (17:25, 11:28, 5:26), 4. Carl Muckler 34:46
5. Don Granberg 35:42 (18:05, 11:56, 5:41)
7 others

February 27, 1971: Ten Mile Run 1. Bill Wirtz 57:55, 2. Bob Hunerdosse 1:00:53, 3. Dennis Stewart 1:01:44, 4. Whitney Hicks 1:05:06 6 others 1. Mark Achen 1:22:30
2. Art Fleming 1:37:01

5 Years ago:

February 8, 1981: Steve Fisher wins the 5 Mile Ham 'n Spam race--the first of what became the Columbia Regional Hospital 5 Mile Winter Road Race. Steve's time was 25:29. Oh!, I just noticed, Steve wasn't the sole winner--he and Jeff Mittelhauser tied for first. They were followed by Dave Harris at 26:10 and Bob O'Connell at 27:03. Ben Londere was top 40 at 28:50, Don Johnson top 50 at 32:41.2--Turk Storvick was 32:42.6. First female finisher was Milene Hollon at 32:13. There were 204 runners in what has become one of Columbia's most popular races. And Hollon became Mittelhauser.

February 21, 1981: Steve Fisher was in another tie--this time with Dave Harris in a 15 kilo run at 49:47. Bob O'Connell had a PB 50:40, 4. Jeff Mittelhauser 53:03. . .6. Dick Hessler 54:07. . .8. Joe Marks 55:38 PB. . .15. Dave Parker 59:18. . .19. Turk Storvick 1:01:11. . .24. Whitney Hicks 1:02:55. . .26. Charles Slivinsky 1:03:57. . .34. Milene Hollon 1:06:35 and 27 others. Rob Spier was 1:41:39 in the walk with Bill Taft at 1:56:58.

In the Frostie 4 Miler, Yakima, Washington, BOB DOLPHIN finished 27th of 229, 1st of 6 in 50-59 with a time of 26:05, a 6:13 pace, a PB with split PB's at 3 miles, 5k and 4 miles of 18:39, 19:15 and 24:52 and not only that, Bob had a one mile split PB of 5:40. all this was on February 8.

In the Underground 10,000 meter run in Kansas City, February 2, TOM LAFONTAINE was in at 34:49, finishing 6th in the 30-39 group, not bad for a 39 year old, while DON LEWIS, making his debut as a 50 year old racer, won that age group award with a time of 35:52. BARBARA MARTIN was there and had a 56:35 performance.

HENRY BENT 1900-1986

Henry Bent died on February 16 in Bloomington, Indiana, where he had made his home the past three years. Henry was a member of the Columbia Track Club, showing that one is never too old to begin a fitness program, or we should say a competitive program, since he had been active his entire life. Henry made his competitive debut in racewalking at the age of 75 in a 50K walk at the Renz Farm at Jefferson City on November 9, 1975. For the next four years he and William Taft hooked up in many a duel, sometimes competing fiercely and sometimes walking together. The highlight of Henry's racewalking career came on October 1 and 2, 1978, when at the age of 77, Henry walked 50 miles in 11:59:45--non-stop walking on Hickman track as a part of the 100 mile walk.

REACTOR PARK, COLUMBIA
FEBRUARY 8, 1986

PLACE	NAME	AGE	TIME
1.	Kent Lang	23	16:09.2
2.	Gary Oringderff	27	17:05.0
3.	Don Lewis	50	17:13.3
4.	Mark Hosler	39	17:24.9
5.	Dave Parker	39	17:35.2
6.	Tom LaFontaine	39	17:52.5
7.	Tony Adams	24	18:10.4
8.	Ben Londeree	51	18:13.8
9.	Marvin Odneal	42	18:15.5
10.	Randy Smith	29	18:25.6
11.	Richard Harness	34	18:40.3
12.	John Whiteside	36	18:40.8
13.	Steve Baurichter	35	18:41.8
14.	Richard Madsen	44	18:43.5
15.	Joe Kurth	39	18:44.2
16.	Mike Walther	28	19:20.5
17.	Joe Marks	48	19:31.5
18.	Gerry Heisler	39	19:35.5
19.	Debbie Hoxworth	27	19:44.0
20.	Tim Rooney	35	19:45.0
21.	Tom Allen	43	19:54.8
22.	Elmer Schlemper	46	20:04.3
23.	Dean Baxter	50	20:07.5
24.	Dick Hessler	45	20:47.7
25.	Bob Leonberger	33	20:58.0
26.	Joe Polacco	41	20:59.9
27.	Betty Bohann	34	21:00.4
28.	Tom Rackers	44	21:13.0
29.	Larry Peterborg	37	21:19.5
30.	Turk Storvick	57	21:35.6
31.	David Slepser	40	21:42.1
32.	Don Johnson	57	22:04.0
33.	Terry Richardson	37	22:13.3
34.	Kevin Rudeen	35	22:34.4
35.	Angela Hessler	12	22:49.6
36.	Chris Ruble	31	22:59.8
37.	Roger Hanson	54	23:42.2
38.	John O'Connor	52	23:52.8
39.	Carol Madsen	42	24:06.7
40.	Linda Price	42	24:13.8
41.	Bill Ward	56	24:30.8
42.	Debbie Karwoski	31	24:39.7
43.	Don Williams (WALKER)	36	24:50.7
44.	Heather Harness	12	25:02.7
45.	Shawn Harness	9	25:05.7
46.	Marcia Smith	45	29:00.3
47.	Joni O'Connor	48	29:14.3
48.	Darlene Londeree	48	30:04.1
49.	Jim Pinkerton	53	30:04.2
50.	Rob Spier (WALKER)	63	34:09.0

New 50-59 record

New 30-39 record

THANKS! to Tom Coon for being Race Director and to Jim Kelley who assisted.

AGE GROUP PRIZES:

WOMEN:

	<- 15	16-29	30-39	40 ->
1st	Angela Hessler	Debbie Hoxworth	Betty Bohann	Carol Madsen
2nd	Heather Harness	-----	Chris Ruble	Linda Price
3rd	-----	-----	Debbie Karwoski	Marcia Smith

MEN

	<- 15	16-29	30-39
1st	Shawn Harness	Kent Lang	Mark Hosler
2nd	-----	Gary Oringderff	Dave Parker
3rd	-----	Tony Adams	Tom LaFontaine
	40-49	50-59	60-69
1st	Marvin Odneal	Don Lewis	Rob Spier
2nd	Richard Madsen	Ben Londeree	-----
3rd	Joe Marks	Dean Baxter	-----

WALKERS

MEN: 1st: Don Williams
2nd: Rob Spier

DESIGNATED TIME:

1. Joe Kurth	PREDICTED TIME: 18:45	ACTUAL TIME: 18:44.2	-:00.8
2. Darlene Londeree	PREDICTED TIME: 30:00	ACTUAL TIME: 30:04.1	+:04.1

WEATHER: Clear and sunny; brisk wind out of the north; temperature at race time: 24 degrees F.

ELAPSED TIME STANDINGS (through 5,000 meter Nut Race)

Be sure to look this over--if you think your point total is incorrect then please tell Jim Gibson right away. The point totals will be considered official if you do not protest before the next newsletter.

File: MALE15U

Report: CTC RESULTS

NAME	POINTS
GIBSON	27
BRYANT	26
HARNESS	22
RACINE	14
GUEST	13
SALDANA	12

File: MALE1629

Report: CTC RESULTS

NAME	POINTS
STONE-FISCHE	53
WALTHER	47
SMITH	45
MITTELHAUSER	29
RADER	28
LANG	15
ORINGDERFF	14
M. LEWIS	14
ADAMS	13
MARSHALL	13
HULL	12
J. LEWIS	12
O'BANNON	12
BUTLER	11

File: MALE 3039

Report: CTC RESULTS

NAME	POINTS
LAFONTAINE	76
PARKER	71
HEISLER	69
O'CONNELL	64
HARNESS	62
VOLEK	50
ROONEY	50
STEBBINS	49
KURTH	46
HOSLER	43
PETTERBORG	36
THORNBURG	32
BAKER	31
BAURICHTER	30
JOHNSON	26
WHITESIDE	17
MILLER	15
LAMMY	15
WILLIAMS	14
RUDEEN	12
RICHARDSON	12
RUDEEN	11
QUALY	11
CLINKINBEARD	11

File: MALE 4049

Report: CTC RESULTS

NAME	POINTS
ALLEN	84
MARKS	74
MADSEN	65
ODNEAL	64
SCHLEMPER	51
HESSLER	46
TOM RACKERS	24
SLEPER	23
BELYEA	16
TERRY RACKER	14
FRITSCH	13
SHUPPAN	11
PLUMMER	11
HOSAKAWA	11
HOLLERAN	11
PECKHAM	11

File: MALE 5059

Report: CTC RESULTS

NAME	POINTS
JOHNSON	67
BAXTER	56
LEWIS	52
LONDEREE	51
STORVICK	41
HANSON	38
O'CONNOR	35
HICKS	31
DUNCAN	25
KRUSE	23
WARD	12
PINKERTON	11
MITTELHAUSER	11

File: MALE 600VER

Report: CTC RESULTS

NAME	POINTS
GERHARDT	11

File: WALKERS

Report: CTC RESULTS

NAME	POINTS
SPIER	33
WILLIAMS	23

File: FEMALE15U

RESULTS

NAME	POINTS
HESSLER	27
TEERLINCK	22
HARNESS	22
HENZEL	14
CORDIA	13
SALDANA	12

File: FEMALE1634

Report: CTC RESULTS

NAME:	POINTS:
HOXWORTH	53
RUBLE	36
KARWOSKI	34
BULMAN	28
MITTELHAUSER	27
TEERLINCK	24
BOHON	24
GERKE	22
WULFF	13
HESSLER	12
HASKAMP	11
REINHARDT	11

File: FEMALE 350VER

Report: CTC RESULTS

NAME	POINTS
PRICE	61
MADSEN	46
O'CONNOR	38
JOHNSON	33
GONZALEZ	28
FRITSCH	28
ODNEAL	26
SMITH	13
MARTIN	12
GERHARDT	12
LONDEREE	11



Heart Rate is Key to Optimum Training

By Tom LaFontaine and Joe Marks

To get the most out of your training, know your aerobic and anaerobic thresholds and train accordingly.

The key is knowing your heart rate at these thresholds.

Before we give you a formula for optimum training, here's what those thresholds mean. First, the aerobic threshold is the critical exercise intensity where lactic acid first begins to rise in the blood stream. The anaerobic threshold is the critical exercise intensity where blood lactic acid is approximately four times what it would be if you were resting.

Several researchers in the late 1960s and early 1970s first recognized the relationship between the aerobic and anaerobic thresholds and endurance performance. They reported that Derek Clayton and Frank Shorter could run at 85 to 90 percent of their maximal oxygen uptake before beginning to accumulate lactic acid in the blood. Other researchers noted that the order of finish in a 10-mile road race could be predicted by knowing the percentage of maximal oxygen uptake a runner was using; the greater the percentage, the higher the finish.

Aerobic threshold is associated with a moderate increase in breathing, but the runner remains relatively comfortable. You usually can talk as you run.

Exceeding the anaerobic threshold results in a rapid rise in lactic acid and a marked increase in breathing. Talking while running at this pace is very difficult.

The aerobic threshold occurs between 60 and 80 percent of maximal oxygen uptake depending upon level of conditioning. The anaerobic threshold usually occurs between 70 and 90 percent. Highly motivated and conditioned runners of any ability can perform a marathon at or just below their aerobic threshold and a 10-kilometer at or near their anaerobic threshold.

Now, we'll show you how to figure your thresholds and what kind of a training program you should follow.

The first step is to run an all out two-mile race or time trial. Be sure to be well rested and to warm up properly. Then give a strong maximal effort during the run.

Use the table below to determine your aerobic threshold pace. This is the approximate pace you can run before beginning to accumulate lactic acid in your blood stream.

The second step is to determine your heart rate while running your aerobic threshold pace. To do this, simply run for 10 minutes at this pace. Again, be sure to warm up properly and to be well rested and recovered before you do this. Run for five minutes at your aerobic threshold pace, stop, and take a 10-second pulse count. Immediately resume running. Stop again at 10 minutes to take a second pulse rate count. These two counts will be very similar if you're truly running at or near your aerobic threshold. This pulse rate is your aerobic threshold heart rate.

By the way, it's best to use an accurate heart rate monitor for this purpose. These cost \$50 to \$125, so you may have to settle for a fingertip check at your neck, wrist or chest. Just be careful to count your pulse rate accurately.

Research indicates that the anaerobic threshold occurs at a pace about 30 to 40 seconds per mile faster than the aerobic threshold. Determine this pace on the same or another day when you're well rested, recovered and warmed up. Run seven to ten minutes at this pace. At the end of the run, take an accurate 10-second pulse rate count. This pulse rate will be your approximate anaerobic threshold heart rate.

Now you have the information you need to maximize your training.

Your weekly mileage should be distributed so that 30 percent is done at or near your aerobic threshold pace, 10 percent at or near your anaerobic pace and 60 percent at a slower than aerobic threshold pace. For example, suppose your aerobic threshold occurs at six minute per mile pace and your anaerobic threshold at 5:30 per mile pace. A typical week of 50 miles of running would mean five miles at 5:30 per mile (anaerobic pace), 15 miles at six minutes a mile (aerobic pace), and 30 miles at a 6:30 to 7 minutes a mile (slower than aerobic pace).

But the real key to this training method is your heart rate. Let's say your aerobic threshold heart rate is about 160 and your anaerobic threshold heart rate is 175. Then 10 percent of your training should be done at a heart rate of 170 to 180 beats per minute (bpm), 30 percent at 155 to 165 bpm and 60 percent at 140 to 150 bpm or less. Obviously, these heart rates are going to vary with individuals. For example, older runners often have slower heart rates than younger ones.

Here's the bottom line: Even if you are running slower than your aerobic threshold pace but your heart rate is at your aerobic threshold, you are still getting the benefits. The training stimulus is still optimal. Heart rate is more important than pace when it comes to training benefit.

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Editor's Note: If enough people show interest in learning their aerobic and anaerobic thresholds and optimum training pace, Tom LaFontaine will schedule a two-mile race and heart rate check at a future date. Call Tom at work (875-3870) or home (474-4938) if you're interested.

LaFontaine's Table:

<u>2-Mile</u>	<u>Pace</u>	<u>Aerobic Threshold</u> <u>Pace (min/mile)</u>	<u>2-Mile</u>	<u>Pace</u>	<u>Aerobic Threshold</u> <u>Pace (min/mile)</u>
24:00		18:00	15:00		9:15
23:30		17:30	14:30		8:45
23:00		17:00	14:00		8:30
22:30		16:30	13:30		8:00
22:00		15:30	13:00		7:30
21:30		15:00	12:30		7:15
21:00		14:45	12:00		7:00
20:30		14:00	11:30		6:30
20:00		13:45	11:00		6:15
19:30		13:00	10:30		6:00
19:00		12:45	10:00		5:30
18:30		12:15	9:30		5:15
18:00		11:45	9:00		5:00
17:30		11:15	8:30		4:30
17:00		10:45	8:00		4:15
16:30		10:30			
16:00		10:00			
15:30		9:45			

DENNIS STEWART sends a note with his dues payment, saying that he is still alive and 80% recovered from bone spur surgery on the right heel. His foot had been giving him problems for a couple of years and he finally had to do something drastic. Dennis hopes to compete in some of our spring events.

THANKS to Bill Taft and Tom LaFontaine for their generous contributions to the CTC Scholarship Fund. We hope soon to publish specific guidelines and an application for the allocation of the scholarship money. Bill Taft mentioned that in 1985 he walked 1600 miles--the most ever in one year and he turned 70 in October.

Speaking of paying dues, the word "EXPIRED" once again appears on many of this months newsletters. If it appears on yours, then that means that this is the last newsletter you will receive unless you pay your dues (\$10.00 for family memberships, \$6.00 for single students, \$3.00 for the newsletter subscription only). Please pay--both you and CTC will benefit.

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

Ray Cope
908 Martin Dr.
Columbia, MO 65203

Albert Mungo
2304 Whitegate Dr. 1F
Columbia, MO 65202

Steven Miltenberger
3213 Wooddale
Columbia, MO 65203

Suzanne Stillman
901 Richmond
Columbia, MO 65201

RUNNER SAFETY
Bob Humphreys

Never argue with a ten ton-truck - or a 1,000-pound subcompact ! That's my basic safety philosophy. However, it doesn't seem to reflect the attitude of some Columbia street runners. More often than not when someone in a social gathering observes that I am addicted to running our city streets, someone else voices the complaint that runners fail to observe basic safety rules. In fact ^{they} ,/seem to dare motorists to hit them.

You and I know that running can be a meditative time. If that's your mood I suggest the MKT facility in Columbia. You'll probably hit nothing more than a tree! On the byways of Columbia you can't afford to space out. I am constantly amazed at the number of runners I see who put headphones between themselves and the world. Listening to the radio while you're running certainly doesn't facilitate awareness. I , on the other hand , find more music in the sounds of the city.

During these winter months most of us are running in the dark. My running habit calls for early morning jaunts, which means that of the hour and a half on the road each morning most of the time it's pitch dark. Over several years I have acquired the gear and "street smarts" to make my runs as safe as possible.

First and foremost, I always run against the traffic. I want to see what's going to hit me! The best way to avoid being hit is to run defensively. Treat every car you meet as a definite threat and don't relax until it's past. At this time of year you can see headlights approaching, so you have a warning.

That's why I also wear a reflective vest. It may be hard for you as a veteran runner to believe, but practically every morning I see some runner out on the street wearing dark clothing as though inviting disaster. Recently I passed a runner going out West Boulevard , running with traffic and wearing a navy blue sweat suit topped off with a black wool cap. That runner was courting serious injury.

The bite of raw December and January mornings can take it's toll, too , so select your clothing not only in a bright and reflective vein but with an eye to maximum protection. Selection of proper fabrics is important. For the inner layer, wear a fabric that transfers moisture from the body. Wool, cotton and silk traditionally have been used. I'm partial to my polypropylene long johns. Usually this suit worn with an outer layer of wind-resistant Gortex keeps me plenty warm , even on subzero mornings. However, when it's really cold I layer a cotton warm-up suit over the polypropylene.

Be sure to wear a good wool cap that you can pull down over your ears. Experts claim that we lose a lot of heat through the head. I know I do , if the holes are exposed. I have also found that a ski mask comes in handy when the wind chill factor comes into play. Otherwise , I use a wool cap pulled down over the ears with a liberal amount of petroleum jelly applied to those portions of my face exposed to the elements. I learned that trick years ago from Navy buddies who sailed the North Atlantic in the dead of winter.

For your hands , mittens are better than gloves. Gloves isolate the fingers and are never as warm as a nice pair of wool mittens.

When in doubt, I say overdress. You can always take clothing off when you've layered properly.

Remember , no matter what the temperature , run defensively. This 59 year old hunk of meat and bones knows he's no match for a hurtling metal monster. I'll bet you aren't either!

Here are entry blanks for the One Hour Walk and for the Missouri Cup 50 Mile Walk

Note that the Missouri Cup event has been moved to the Rock Bridge Track

We need Race Directors for both events.

MISSOURI STATE AND OPEN ONE HOUR WALK CHAMPIONSHIP
1986 ENTRY BLANK -

TIME: Saturday, March 29, 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 March 28, checks payable to Columbia Track Club.

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

MVAAU 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 assigns, 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

- MISSOURI CUP 50 MILE RACE WALK -
1986 Entry Blank -

TIME: Saturday, April 19, 6:00 a.m.. There will be a 12 hour time limit.

PLACE: Rock Bridge High School Track
Note change from Hickman

ENTRY FEE: \$3.00. Post-entries will be accepted; however, please try to have your entries in by April 18, 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 assigns, 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

SCHEDULE OF EVENTS:

MARCH 8 Saturday 9:00 AM RRCA MISSOURI STATE 15 KILO CHAMPIONSHIP
 RUN 15K Walk Hilton Inn RACE DIRECTOR: Tom LaFontaine

22 " 9:00 AM Katy Trail 1-6 Mile Fun Run

29 " Mo. State One Hour Walk Championship Hickman Track
 WE NEED A RACE DIRECTOR! Any volunteers?

APRIL 6 Sunday 1:00 PM d Sport Shop 8,000 Meter Run Rock Bridge
 RACE DIRECTOR: Jim Gibson

19 Saturday 6:00 AM Missouri Cup Competition 50 Mile Walk
 Rock Bridge HS Track WE NEED A RACE DIRECTOR!

26 Saturday 8:00 AM HUMAN RACE VIII 10,000 Meter Run

Some selected out of town events:

March 15 Saturday 9:00 AM St. Pat's 5K run Jefferson City CONTACT:
 Ed Mulholland YMCA 314 635-9136

16 Sunday 11:00 AM St. Pat's 4 Mile Run Kansas City CONTACT:
 Kansas City TC 816 931-8882

16 Sunday 9:00 AM 10,000 Meter Run Macon, MO. CONTACT:
 Sonny Phillips 816 263-3819

23 Sunday 10:00 AM KCBW's Sedalia Half Marathon CONTACT:
 Sedalia Runners Club 500 W. 5th Sedalia, MO 65301

April 6 Sunday 9:00 (?) AM Run the Four Seasons 10,000 Meter Run
 Lake Ozark CONTACT: Helen McNally Rt. 73, Box 264M
 Lake Ozark, MO 65049

D SPORT 8K RUN

SUNDAY, APRIL 6, 1986 1:00 PM

ROCK BRIDGE HIGH SCHOOL, COLUMBIA, MO

The Course: 8 kilometers. Start on Old Route K south of Rock Bridge High School, north to Nifong Blvd., west on Nifong to Bethel Church Rd., to El Cortez. East on El Cortez to Old Route K, north on K to Green Meadows Rd. East on Green Meadows to Providence Rd. Then turn south onto Providence and run south on Providence past the city limit sign and turn right at the last south access road onto old Route K. Route K north to Rock Bridge High School, onto the track and run 1 1/4 laps to finish line.

Awards: D Sport shop will award merchandise certificates to the first three finishers in each of the following age categories.

Classes: Men and Women

15 and under	40-59
16-29	50 and over
30-39	

Entry Fee: Entry fee is \$5.00 Mail entries must be received by April 4. Race day entry fee will be \$7.00 Registration until 12:30 the day of the race. All entry fees go to the CTC Travel Fund.

High School Track Participants: The Missouri State High School Activities Association prohibits junior and senior high school student participating in track from competing in this event. CONSULT YOUR COACH OR PRINCIPAL REGARDING YOUR ELIGIBILITY.

ENTRY FORM

D SPORT, 8 K RUN
 APRIL 6, 1986

MAIL WITH CHECK FOR \$5.00 TO:
 CTC
 PO BOX 10024
 COLUMBIA, MO 65205

NAME _____ AGE ON RACE DATE _____

ADDRESS _____ MALE _____ FEMALE _____

In consideration of the benefits I will derive from participating in the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal injury or property damage. I attest I am physically fit and have trained sufficiently for completion of this event.

Signature (parents if under 18) _____