

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. I, No. 7

Aug. 5, 1969

This pre-marathon newsletter hopefully will get to you before Aug. 9 since we want everyone to be in on the fine series of races coming up, culminating in the Heart of America Marathon. Again many free copies are being sent out--we want all mid-Missouri track devotees to be a part of the Columbia Track Club--annual dues are \$3.00--one dollar will bring you 12 issues of the newsletter.

### SCHEDULE OF EVENTS:

August 9: Mo. Valley AAU 30 kilo run, Columbia, Mo.,  
Hickman track 5:00 P.M. Also Designated Time run.  
August 9: 5,000 meter postal race-walk, Hickman track,  
8:00 P.M. (tentative)  
August 10: PIKE'S PEAK MARATHON Manitou Springs, Colo.  
August 16: Half Marathon (1st half) Columbia 5:00 P.M.  
August 17: Mo. Valley AAU 25 kilo walk, Kansas City  
August 23: Half Marathon (2nd half) Columbia 5:00 P.M.

Sept. 1: HEART OF AMERICA MARATHON Columbia 6:00 A.M.  
Sept. 20-21 National 100 Mile Walking Championship,  
Columbia, Hickman Track, 1:00 P.M.  
Sept. 28: 5 Mile Road Run Columbia Cosmo Park  
2:00 P.M. Also Designated Time Run

### FIVE KILOMETER POSTAL RACE WALKING MEET:

A 5 kilo race-walk was to have been held in Salina, Kansas on July 4, however, the event was called off leaving the West Kansas Track Club with a set of 5 beautiful medals. It has been decided to go ahead with the race on a postal basis, the competition to take place at three different locations--Kansas City, Hays, Kans. and Columbia--all races to be staged on Aug. 9. This is the same day as our 30 Kilo. run, therefore, the walk can be held right after the run or during the run since the timers and judge (Dave Carlson) will already be on hand. We need five walkers to form a team--Palmer and Duncan are walking--a choice will need to be made but perhaps it will not be too difficult--would you rather run 18½ plus miles or walk 3 plus miles? There will be a one dollar entry fee for the walk to help defray the cost of the medals--they were expensive.

### HEART OF AMERICA MARATHON:

We hope everyone has been preparing for the Labor Day Heart of America Marathon. This is definitely the high point and climax of our distance running season--It is here that we are able to jog along (at least for the first 100 yards or so) with some of the nation's top marathoners. Marathon Madness month begins on Aug. 9 with the Mo. Valley AAU 30 kilo run, followed by the two half marathons on the 16th and 23rd. The 30 kilo run will be held on Hickman track--74 laps plus 248 yards. This race has already been scheduled for 5:00 P.M. so we will only pray for cool weather--last year it was cool and most pleasant, i.e., the weather was pleasant. The half marathons will be contested over the marathon course, however, all entrants should report to Hickman track at 5:00 P.M., from whence transportation will be furnished to the starting line. As for the marathon itself, the starting time will be the usual 6:00 A.M. and all entrants will meet at the Daniel Boone hotel for numbers, final instructions, etc. The course is the same, although in a year or two the hills at the 1½ mile and 24 mile points will be eliminated--run the course this year, for when it becomes easier it just won't be the same! The flood waters of the Missouri River have receded so that should be no problem--anyway there's always the railroad track! The mosquitos should be out

in full force and no doubt bigger than ever. THERE WILL BE A TWO DOLLAR ENTRY FEE FOR THIS YEAR'S MARATHON. We don't like to do this but the City of Columbia's budget is like the budget of all municipalities (and individuals), not enough to go around--so we need help on the trophies. There will be trophies for all finishers, trophies for the first 12 finishers a trophy to the winner of the 40-50 age group and to the over 50 winner. All interested non-contestants are urged to volunteer for aid station and timing duties. We need at least 50 helpers--we record the times of all runners at 3 mile intervals and try to maintain refreshment and aid stations every mile or so--occasionally these are exceptionally long miles. If you want to help simply be at the Daniel Boone hotel as soon after 5:00 A.M. as possible. WE NEED YOUR HELP! HELP!

### RUN THE MARATHON!

#### RACE RESULTS:

Mo. Valley AAU 15 Kilo run (9½ miles 124 yards):  
Hickman Track, July 12, 1969

The heat and humidity took a terrific toll in the 15 Kilo Mo Valley AAU Championship run. The temperature was officially 95 degrees but was no doubt considerably hotter under the broiling sun on Hickman track. Only 8 of the 12 starters completed the distance and only 2 of these were able to run continuously without stopping or walking. Carl Owczarzak of Kansas City, Kansas annexed another in his long line of Mo. Valley AAU Championships but even he was slowed by the heat, considering that 3 weeks previously he had hit the 9 mile mark in 49:12 in the one hour run whereas today he did not reach 9 miles until 52:24. Ted Senadenos of St. Louis or someplace nearby, also a member of the U. of Mo. track team, held the early pace with Owczarzak (my leisurely typing pace is slowed considerably by that name) for two miles but he gradually dropped back, slowing to near 7 min. miles, far off his usual form under better conditions. Bill Hanks, a runner from Southern Illinois University admitted he was not in good condition, but still he hung on for a 3rd place finish in his first appearance in one of our races. The first CTC runner was Ron Edwards whose pre-race talk of having been sick for 2 or 3 weeks was supposed to indicate an early drop-out. We have now had enough of these "in-the-heat-of-the-day" races to convince us that next year's schedule will include more 7:00 P.M. or 8:00 P.M. events--maybe even a few 6:00 A.M. races--or midnite? Following are the mile lap times with the first lap including the extra 124 yards:

1. Carl Owczarzak 5:45, 11:16, 16:58, 22:46, 28:42, 34:36,  
40:41, 46:43, 52:44 FINAL: 54:16
2. Ted Senadenos 5:45, 11:16, 17:46, 24:31, 31:27, 38:16,  
45:23, 52:44, 60:13 FINAL: 62:03
3. Bill Hanks 6:28, 13:17, 20:53, 28:06, 36:54, 45:47,  
54:35, 63:54, 72:14 FINAL: 73:56
4. Ron Edwards FINAL: 79:15 No lap times--3rd in Designated  
Time competition--missed prediction by 16:15
5. Sal Citarella CTC 6:47, 13:29, 20:53, 27:32, 35:09, 43:47,  
56:18, 67:17, 80:33 FINAL: 82:13
6. Joel Dickinson CTC 7:13, 14:35, 23:14, 34:02, 46:24, 57:18,  
66:26, 81:33, 91:39 FINAL: 93:10
7. Mirth Madden CTC FINAL: (1:)&(translation: 98:07) 2nd  
in Designated Time missing by 13:07
8. Murrel Jackson CTC FINAL: 98:50 First in Designated  
Time--underestimating the heat by 12:50
9. William Webb Kansas City, Kansas out after 5½ miles--first  
appearance here--we hope to see you often, Bill
10. Gary Flippin California, Mo. out at 4 3/4 miles, 11. Larry  
Carpenter out at 4½ miles, 12. Joe Duncan and Tom Senadenos out at 3 1/4 miles

DECATHLON June 28, 1969 Hickman Track:

Bob Bodenhamer, Age 16, George Hessenbruch, 17, Mirth Madden, ?, and 15 year old Bruce Darr staged a decathlon before a sparse crowd on a hot Hickman track. The four finished in the order listed but I'm unable to publish the times etc. since our faithful secretary tells me that the sheet has been misplaced. Perhaps these four gentlemen will issue a sigh of relief to know that their performances will not become a part of the public record. It should be told however, that they completed all of the decathlon events within a four hour period on one day instead of having the events spread over the customary two day period. Actually this "happening" was not a decathlon since the pole vault was dropped because of the non-existence of a vaulting box. Each contestant was assigned an arbitrary number of points for an arbitrary (but low) height for the pole vault. The nine events actually contested should properly be called a "nonathlon," however that seems to connote a negative sort of thing, therefore CTC is not going to seek any credit or recognition for staging the world's first nonathlon. Plaudits to these men for putting on a good four hour show!

JUMPING CLASSIC July 19, 1969 Hickman Track:

The University of Missouri's high jumper (one of them), Jim Cook handily won the six-event jumping classic with only four other competitors furnishing him competition. Cook's best mark was in his specialty, the high jump, with a leap of 6 feet 2 inches. Note that in the standing high jump he outperformed two of the marks in the running high jump--shades of Ray Ewry! It is interesting to see Mirth Madden's name show up in all of these events--This guy apparently will try anything--I haven't yet heard how he came out in the weight classic or some of the local swimming meets but be sure to look for his name when you read the results of the Boone County Fair's tractor pulling contest or watermelon-eating contest (beauty contest?) The Results:

1. Jim Cook	6' 2"	4' 4"	18'	8' 4"	36' 3"	27' 8"	4134
2. S. Wehrman	5' 4"	4' 2"	17' 7"	8'	35'	24' 6"	3478
3. Bodenhamer	5' 2"	4'	17' 5"	7' 8"	35' 3"	24' 7"	3080
4. M. Madden	3' 10"	3' 6"	14' 11"	6' 10"	27' 10"	20' 6"	1721
5. Roy Bond	4' 2"	3' 4"	13' 2"	5' 9"	27' 11"	19' 3"	1451

Roy Bond is age 14. The distances as listed above are in order: Running High Jump, Standing High Jump, Running Long Jump, Standing Long Jump, Running Triple Jump and Standing Triple Jump. The last column shows the total points for each.

OPTIMIST AGE GROUP MEET Kansas City, Mo. July 26, 1969

CTC sent 9 boys to this meet with 8 of them bringing home ribbons. Scott Anderson, in the 9-10 group, got a 4th in the high jump with a jump of 3' 10", his brother, in the 11-12 group, Dave Anderson, took 2nd in the high jump with 4 feet, 6th in the 220 and 6th in the long jump. Also in the 11-12 group was David Duncan with a 6th in the 440 in a time of 71 sec. In the 13-14 group, the 440 Relay team of Roger Broadus, Burnis White, Raymond White and Derrick Washington came in 3rd. Individually, Broadus sped to a 2nd place finish in the 440 and took 6th in the high jump, Raymond White leaped 4' 8" for 3rd in the high jump and finished 6th in the 220 while Roy Bond tied for 6th in the high jump. There were 653 Age Group performers in K.C. for this meet and we were disappointed to have so few representing CTC. Transportation was not a problem this time--probably the biggest problem is the fact that many of the boys also play baseball and their team allegiance necessarily prevails over their individual track ambitions--but the boys who went had fun and worked hard.