

COLUMBIA TRACK CLUB NEWSLETTER
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BIDS FOR 1970 NATIONALS GO AWRY:

But Mousie, thou art no thy lane,
In proving foresight may be vain:
The best-laid schemes o' mice an' men
Gang aft agley,
An' lea'e us nought but grief an' pain,
For promised joy!
...Robert Burns

We have been informed that somehow or other the Mo. Valley AAU bids for two Senior National and two Junior National race walk championships got lost and were never received by the National Race-Walking Committee for consideration at the recent AAU convention at Miami. It was only by coincidence and luck that we did get the Jr. National 35 kilo walk for Kansas City for 1970. We don't know what happened but obviously we are keenly disappointed. Our minimum hope for the Mo. Valley was one Senior National and two Jr. Nationals. Our race-walking program is just beginning to really get off the ground--the Sr. National 30 kilo, here in Columbia, was the real heart of our schedule and now, suddenly, we lose it. Of course, we don't own it and at any time we could well be turned down on our bid, but as one of our walkers put it "this is wretched."

We are protesting this omission quite vigorously, hoping it might do some good, but in any event we will be laying the groundwork for the 1971 bidding. In the meantime, be not dismayed--we still have a full schedule of walks in the Mo. Valley for 1970--let's keep pushing the sport of race-walking--let's not quit now!

*****WALK!

DESIGNATED TIME STANDINGS:

MEN:		D.T. average	WOMEN:		D.T. average
1.	Murrel Jackson	5	1.	Carolyn Leuthold	27
2.	Bob Brouillet	8	2.	Ruth Dickinson	47
3.	Dave Schulte	14	3.	Janet Leuthold	54
4.	Ken Ellingwood	24	4.	Ann Ross	60
5.	Jim Kaiser	27	5.	Alice Taft	69
6.	Joe Duncan	32	6.	Joyce Schulte	75
7.	Larry Carpenter	36	7.	Kathy Kaiser	85
8.	Sal Citarella	40	8.	Myrtle Taft	99
9.	Whitney Hicks	46	9.	Milly Kaiser	107
10.	Don Granberg	62	10.	Jean Barr	153
11.	David Leuthold	62	11.	Erica Dickinson	200
12.	Joel Dickinson	68	12.	Susan Ford	276
13.	Darrell Palmer	69	13.	Kristan Dickinson	351
14.	Mirth Madden	99			
15.	William Taft	103			
16.	Jim Ed Kaiser	113			
17.	Jim Pinkerton	149			
18.	Dick Sallee	157			
19.	Mark Hebron	190			
20.	John Leuthold	203			
21.	Steve Pinkerton	239			

REMEMBER: After you have done 12 D.T. races you can start throwing out your bad predictions. That is what Dickinson is waiting for. Participation is the key to consistency and good health. COMPETE!

ELAPSED TIME STANDINGS:

RUNNERS:		Points	WALKERS		Points
1.	Don Granberg	30	1.	Darrell Palmer	20
2.	Whitney Hicks	22	2.	Mark Achen	16
3.	Sal Citarella	20	3.	Joe Duncan	12
4.	Joe Duncan	20	4.	Mirth Madden	8
5.	Larry Carpenter	18	5.	William Taft	3
6.	Ken Ellingwood	18	6.	Myrtle Taft	2
7.	Bob Brouillet	10	7.	Jim Pinkerton	1
8.	Joel Dickinson	9			
9.	David Leuthold	3			
10.	Mark Hebron	2			
11.	Dave Schulte	1			
12.	Janet Leuthold	1			

Take up race-walking! Almost a sure way to pick up E.T. points--a better chance for a trophy--an untapped fad for staying fit.

Again, frequent participation will be a major factor in the E.T. trophy race--there will be trophies--we promise you that.

JUNIOR NATIONAL AAU 50-KILO WALK

Renz Farm
Missouri State Penitentiary
Nov. 16, 1969

The listings here are according to actual finish. Times are taken for every mile. The first mile time includes the 120 yards over the 31 miles. Bob Young was the only walker involved in the open division. All others were entered in the Junior National race.

*Bob Young, Sibley, Mo. (open and Missouri Valley AAU races only). 9:36 18:48 28:11 37:39 47:04 56:30 1:05:54 1:15:07 1:24:40 1:34:22 1:44:01 1:53:47 2:03:41 2:13:37 2:23:37 2:33:36 2:43:43; 2:53:56 3:04:13 3:14:35 3:25:05 3:35:35 3:46:18 3:56:50 4:07:28 4:17:58 4:28:43 4:39:50 4:50:54 5:01:59 5:12:40.7.

Begin Junior National placings.

1. Dave Eidahl, Richland, Iowa. 10:18 20:06 29:47 39:18 48:40 58:02 1:07:37 1:17:11 1:26:49 1:36:34 1:46:22 1:56:22 2:06:12 2:16:23 2:26:20 2:36:20 2:46:22 2:56:33 3:06:55 3:17:28 3:28:05 3:38:38 3:49:15 3:59:55 4:10:45 4:22:01 4:33:16 4:43:58 4:55:16 5:06:25 5:16:43.

* 2. Mark Achen, Columbia, Mo. Track Club. 10:46 21:06 31:30 41:43 51:47 1:01:58 1:12:18 1:22:33 1:43:45 1:54:18 2:04:40 2:15:15 2:25:16 2:35:22 2:45:12 2:55:33 3:06:23 3:16:36 3:26:50 3:36:55 3:57:05 4:07:40 4:17:53 4:28:20 4:40:10 4:49:22 4:58:48 5:08:20 5:17:32. (Clark left out mile times at 9 mi. - 1:33:08 - and at 22 miles - 3:46:18).

* 3. Fred Young, Independence, Mo. (K.C. Pacers) - 10:28 20:30 30:35 41:30 50:29 1:00:40 1:10:52 1:20:52 1:30:56 1:40:57 1:51:03 2:01:08 2:11:06 2:21:14 2:31:17 2:41:25 2:51:35 3:02:01 3:12:33 3:23:01 3:33:29 3:43:55 3:54:25 4:04:57 4:15:30 4:26:08 4:36:37 4:47:40 4:57:50 5:08:19 5:19:40.

* 4. Bob Chapin, Kansas City, Mo. Pacers - 10:57 21:12 31:34 41:45 51:48 1:01:59 1:12:18 1:22:34 1:33:09 1:43:45 1:54:02 2:04:29 2:14:17 2:23:23 2:43:44 2:53:56 3:04:04 3:14:36 3:25:51 3:36:53 3:47:58 3:59:32 4:10:45 4:22:01 4:33:16 4:44:07 4:55:20 5:06:57 5:17:51 5:29:06 5:39:25.

5. Dan Patt, Chicago Green and Gold A.C. - 9:39 18:57 28:24 37:54 47:24 56:36 1:05:54 1:15:12 1:25:07 1:35:07 1:45:23 1:55:48 2:06:43 2:17:58 2:29:23 2:40:41 2:52:09 3:04:14 3:16:01 3:28:26 3:40:50 3:53:27 4:07:25 4:21:25 4:35:28 4:58:55 5:12:02 5:26:08 5:39:30 5:52:43 6:06:24.

* 6. Aubrey Anderson, Kansas City, Mo. Pacers - 11:42 22:58 34:17 45:16 55:53 1:05:55 1:15:08 1:24:40 1:34:23 1:44:01 1:53:47 2:03:42 2:13:43 2:24:40 2:36:09 2:48:17 3:00:44 3:13:32 3:26:55 3:41:01 3:56:23 4:10:24 4:23:54 4:38:15 4:53:02 5:07:35 5:20:39 5:33:54 5:47:14 6:00:42 6:14:47.

7. Roger Smith, Chicago, Ill., Green and Gold A.C. - 12:09 24:27 36:42 47:57 59:45 1:11:10 1:23:19 1:35:59 1:48:59 2:02:23 2:15:52 2:29:46 2:44:14 2:59:19 3:11:51 3:24:50 3:38:30 3:52:53 4:08:55 4:27:39 4:49:15 5:04:29 5:23:33 5:40:45 5:57:25 6:17:10. Course closed at 26 miles.

8. Mike Riban, Chicago, Ill., Green and Gold A.C. - 12:22, 24:32 36:68 48:52 1:01:08 1:13:16 1:25:21 1:37:47 1:50:26 2:03:23 2:16:40 2:30:16 2:44:33 3:00:23 3:13:37 3:29:05 3:44:10 3:59:45 4:19:13 4:37:10 5:03:43 5:23:35 Out at 22 3/4 miles.

9. Don Johnson, Philadelphia, Pa., Shore A.C. - 10:28 20:27 30:27 41:26 50:32 1:00:40 1:10:53 1:21:26 1:38:12 1:50:26. Out just before reaching the 11-mile mark.

* - Missouri Valley AAU entrants. Caution - Patt. Disqualifications - None. Judges - Fred Barrett, Bill Clark and Darrell Palmer. Timers - Ed Hanauer and Norris Williams. Recorder - Bill Clark.

NOTES

Race was held in 45-degree weather under partly cloudy skies. Wind hampered walkers final two hours. Bob Young led entire race and had trouble only last two miles. Eidahl won the Junior division, but Achen scared everyone. As usual, he went out slow then, with four miles to go, suddenly started sub-10 minute miles and caught Fred Young with less than a mile to go and was within 150 yards of Eidahl at finish. He was less than half a mile behind Bob Young. Missouri State Prison the race sponsor and will bid for race again next year.

TWO-MAN SIX MILE RELAY NOVEMBER 23, 1969:

TEAM:	1st mile	2nd mile	3rd mile	Total time	total team time	secs. off D.T.	total off for team	total for R.T. placing
1. Don Granberg	5:14	5:41	5:42	16:37		:53		2
Jeanne Barr(w)	14:02	14:43	14:04	42:49	59:26	:49	:04	10
2. Whitney Hicks	5:15	5:32	5:35	16:22		:28		1
Jim Kaiser(w)	10:50	11:00	10:43	32:33	48:55	:27	:55	9
3. Joel Dickinson	5:46	6:19	6:15	18:20		:50		4
Janet Leuthold	7:25	7:37	7:14	22:16	40:36	2:14	1:24	7
4. Dave Schulte	6:53	7:41	7:24	21:58		:17		6
Mark Hebron	5:54	6:35	6:21	18:50	40:48	3:10	3:27	5
5. David Leuthold	10:00	7:43	7:13	24:56		6:34		8
Joe Duncan	5:32	5:54	5:48	17:14	42:10	:01	6:35	3

NEWCOMERS MILE:

		D.T.	secs. off			
1. Janet Leuthold	7:25	:55	4. John Leuthold	10:20	1:40	
2. Kathy Kaiser (w)	14:35	1:25	5. Milly Kaiser	14:13	1:47	
3. David Leuthold w	10:24	1:36	6. Jim M Kaiser	10:07	1:53	

Temperature was 54 degrees, little wind, low humidity, sun shining. In the relay (alternate miles for each runner) runners were paired on as equal a basis as possible and the close race between the top 3 teams made the pairings look good. Granberg was 53 seconds faster than his D.T. while Mrs. Barr was 49 seconds slower, therefore, the net miss of 4 seconds for the team won the D.T. portion of this race quite handily. In the elapsed time battle, Dave Schulte gave his team a 32 second advantage (over the ultimate winners) after the first mile, but Dickinson-Leuthold gradually narrowed the gap with Janet Leuthold finally taking the lead shortly after the start of the fifth mile--a lead which Dickinson protected comfortably on mile #6 to give the Dickinson-Leuthold combo a 12 second victory margin. Duncan-Leuthold were only 1:24 behind first and would have been much closer had not David Leuthold favored a sore leg by walking his first mile--he realized it didn't hurt so much after all, so he ran his 2nd and 3rd miles. He and Jim Kaiser are good-looking recruits for the race-walking ranks--that is, their walking looks good. Jim, of course, has already shown his stamina in the 100 mile and 30 kilo walks. Granberg and Hicks put on a great show in their head-to-head match in the first mile. They were never more than a second apart with Granberg leading through the 880 mark. Hicks then took the lead about halfway through the third lap but was unable to hold off Don's finishing kick. Even though they must have held back some because of 2 more miles coming up, it was a great competitive battle--it must have taken a lot out of them--but they did come back to turn in creditable 2nd and 3rd mile times.

GRANBERG RUNS IN MISSISSIPPI RIVER RUN

Don Granberg, MU Sociology professor, ran in the tenth annual Mississippi River Run at Alton, Illinois on Nov. 29th. This ten-mile run started at Principia College and included some 5 scenic miles along the river. There were over 100 runners in the Open division of this competition with most of the college cross-country teams of the St. Louis area represented. This made for very tough competition indeed, but Don beat about as many runners as beat him. He came in 54th with a personally satisfying time of a little over 62 minutes. The winning time was 50 min. 24 secs. There are some reports that the course is actually 10 1/2 miles, but we are not sure about that. It is a good course though--this is one of the big events in the St. Louis area--an event which should attract more CTC runners in 1970.

AAU APPLICATION FOR REGISTRATION ATTACHED:

With all the newsletters going to our local people we have attached an AAU-Registration Application for your use in getting properly registered for 1970. All you need do is complete the application and send it along with a check for \$2.00 (payable to Missouri Valley AAU) to Bill Clark who is CTC secretary and, more importantly, MVAAU Registration Chairman. Clark will then send you a card--he says, "Pronto!" This should be done by Jan. 1. The registration will be good for all of 1970 and will enable you to compete in any AAU event anywhere.

MISSOURI VALLEY AND 35 Kilo WALK KANSAS CITY NOVEMBER 29, 1969:

Ever since he strode in from out of the west, from the garish cacophony of Reno, through the vast snowbound reaches of the Rockies, across the plains of Kansas, with a skip and a hop across the Missouri River at Rocheport, Mark Achen has been working his way to the top of the Missouri Valley race-walking show. On Nov. 29 at Kansas City's Swope Park Lagoon, Mark picked off his first Mo. Valley AAU Championship, the 35 kilo walk.

On this cold, but sunshiny day, Mark's strategy was to stay with Bob Young, hoping to outlast Bob at the finish. Stay with Bob he did, through the first 15 kilos, at which point Bob had to retire because of an injured muscle. Walking alone then, without being pushed, Mark hauled down the 1st place trophy with a time of 3:38:42. Left unanswered is the question as to whether Mark could have beaten Bob. It was a bad day for Bob--late arriving he was unable to get a proper warmup, it was cold, he had aggravating injuries and probably wasn't really mentally attuned for this race. The thinking here, however, is that Mark's normal strong finishing push would have prevailed. It should be noted that John Rose's record of 3:33:15, set in 1967, still stands.

In today's race, CTC's Darrell Palmer raced off with the early lead which he held until the 17½ kilo mark--at that point the old brick wall collared him, gave him a vigorous shakedown and he was never the same thereafter, though he did gut it out to the finish. Darrell's finishing duel with Aubrey Anderson over the last 100 yards was a real show--both of these guys had already given it all they had way back yonder and the question at the finish was not who would have the fastest finishing sprint, but rather who would not have the slowest finishing stagger--Palmer out stroot-walked Anderson by 33 seconds.

Bob Chapin,,in taking 2nd, less than 2 minutes behind Achen, probably walked his best race to date, beating his 1968 time by 25 minutes. All that long distance walking is now beginning to pay off.

Joel Dickinson was also there for CTC, strictly out for a Saturday morning stroll he turned in a time of 4:38:53 to finish 6th. He had done absolutely no walking since the 30 kilo some 6 weeks previously.

THE RESULTS:

1. Mark Achen	CTC	3:38:42	7. Joel Dickinson	CTC	4:38:53
2. Bob Chapin	KC Pacers	3:40:32	8. Bob Gragg KCP 5:08:12		
3. Fred Young	KCP	3:45:12	8. Bob Gragg	KCP	5:08:12
4. Steve Nelson	KC, Kans	3:50:15	Bob Young--DNF (15 kilo)		
5. Darrell Palmer	CTC	4:13:47			
6. Aubrey Anderson	KCP	4:14:20			

2500 meter splits for Achen and Palmer are as follows:

Mark Achen: 14:47, 29:52, 44:57, 1:00:05, 1:15:13, 1:30:22, 1:45:40
2:01:04, 2:16:47, 2:32:47, 2:48:55, 3:05:02, 3:21:22, 3:38:42

D. Palmer: 14:25, 29:10, 44:00, 59:06, 1:14:29, 1:30:01, 1:46:53
2:04:09, 2:25:47, 2:47:52, 3:05:37, 3:25:00, 3:51:19, 4:13:47

MEUCHEL'S MEMO:

The plates for the 30 kilo Survivor's Trophy are in at Red Weir's. If you did not get one call me (Joan Meuchel) at 442-0161 and I'll get one for you.

We are formulating plans now for a summer track program, if you have any ideas or know of anyone who wants to work with the kids during the summer, then please let me know.

....Joan Meuchel

TIMERS NEEDED:

Even if you don't feel like running or walking at one of our events, if you are not doing anything else on that particular day then we ask that you come on out anyway and give us an assist on the timing, recording lap times, etc. So far at each of our events there has always been someone available for this chore and we haven't missed a lap time yet. But one of these days (probably some day when it's zero, a foot of snow on the ground and a 30 MPH north wind) we may have to delegate the keeping of the stopwatch to Carpenter or the most likely front-runner. So, your help would be appreciated--besides the cheering of the crowd always does something for us, at least we kind of think it might do something for us--such unknown sounds would probably frighten us and stop us in our tracks--barking of dogs we are used to--but the roar of the crowd??

RIP 'EM UP, TEAR 'EM UP, GIVE 'EM HELL, CITARELLA!!
YEA! YEA! Yeah

CARPENTER A. TRIPLE THREAT--TRIATHLON DECEMBER 13, 1969:

3 mile off 2 mile off 1 mi. off total E.T. E.T. place
 1.S. Citarella 18:30 :00 12:20 :05 5:41 :04 :09 36:32 2
 (6:05,6:26,5:59)(6:17,6:03)(2:47,2:54)
 2.J.Dickinson 20:58 :02 14:26 :04 6:36 :06 :12 42:00 5
 (6:41,7:02,7:15)(7:06,7:20)(3:16,3:20)
 3.Joe Duncan 18:30 :30 13:02 :32 6:04 :04 1:06 37:36 4
 (6:01,6:23,6:06)(6:30,6:32)(3:03,3:01)
 4.L.Carpenter 16:37 :27 11:57 :57 5:14 :04 1:28 33:48 1
 (5:15,5:39,5:43)(5:44,6:13)(2:34,2:40)
 5.Don Granberg 18:28 1:28 12:20 :35 6:04 :09 2:12 36:52 3
 (5:51,6:22,6:15)(6:12,6:08)(3:00,3:04)

Ken Ellingwood took enough time from his Med School studies to do the 3 mile run in 16:58 (5:25,5:38,5:55) but he then had to leave.

Timers were Mrs. Vernon Barr and Jim Pinkerton Attendance: 3 & 1 dog
 Temp in 40's, sun shining, moderate NW wind, soft track. Larry Carpenter
 Lincoln U's premiere distance runner, returned to the fray after having
 missed our last 2 events. No one was close to him in any of today's 3
 races, although Ellingwood gave him a battle in the 2nd mile of the 3-
 mile run, but was unable to stay close over the final mile.

Each of the 3 races was highlighted by a terrific stretch duel with
 Citarella, Granberg and Duncan each being involved in two of the duels
 and each winning and losing one. In the 3 mile run, Sal dogged Duncan
 for the 1st 11 laps, caught him with a $\frac{1}{2}$ lap to go--then the race (for
 4th place) was on with both really opening up coming out of the final
 curve. Duncan held Sal off (to a taunt of "you dirty old man!") altho'
 the finish was so close they had the same time. 15 min. later, in the 2-
 mile, Granberg led Citarella in the battle for 2nd for the 1st 7 laps,
 then the 2 ran the last 440 in tandem with Sal prevailing by inches, again
 the same time was given to both. Making sure that the runners didn't
 get any more than the allotted 15 min. rest, Ruthless Jim Pinkerton got
 the 1 mile run going and in that race Citarella made sure he would not
 get involved in a mad sprint by quickly opening a sizeable gap over Gran-
 berg & Duncan, who were content to let him go. Duncan trailed Don to the
 final curve where the wild race for 3rd began. This duel went to Don,
 but not even a tenth of a sec. separated the two. See what all you non-
 spectators missed? Of course, Larry Carpenter toyed with all these guys,
 laid them all out with ease and Hey! Joel Dickinson was there too. His
 objective was an even pace, emphasis on D.T. No 75 yd. dashes for him!
 *****John Carlos, Don't worry

MISSOURI CUP COMPETITION: A new idea:

Ideas are being exchanged regarding what we hope will become an annual
 affair--the Missouri Cup Competition--a 20 kilo team championship for
 5-man race-walking teams in Missouri. The inaugural battle will be
 between the Kansas City Pacers and CTC on Feb. 8, 1970 over a 20 kilo
 course. Details haven't been worked out yet, the weather will be a
 factor, but we will have more information in the January newsletter
 including announcement of a race-walking clinic to be held in conjunc-
 tion with that event. Now is the time to start training, anyone can
 compete--the first five finishers for each team will figure in the
 team scoring. Also let us have your ideas on this--trophies, etc.

Phone no. _____ Age _____
 (Name) _____
 Address _____

My interest in CTC is running (), walking (), fan (), official ().

Please continue sending the newsletter--Yes () No () Enclosed is \$1.00
 for 12 issues

COMMENTS:(how to improve the newsletter, the running (walking) program,
 awards, participation, etc., etc.):

SCHEDULE OF EVENTS:

January 4	SUNDAY	2:00 P.M.	10 mile walk (runners welcome)	Cosmo Park
January 10	SATURDAY	1:30 P.M.	5 mile run	Cosmo Park
January 17	SATURDAY	1:30 P.M.	5 mile handicap run	Cosmo Park
January 17	SATURDAY	2:00 P.M.	Race-walking clinic	Kansas City, Mo.
January 31	SATURDAY	1:30 P.M.	Devil-Take-The-Hindmost	Hickman track
			(Not a D.T. event)	

A foot of snow has been ordered for all of the January events. There will also be a Newcomers Event on each of the above dates--bring your friends--beginners or not, fat or thin, slow or fast

Please make the following changes on your 1970 schedule:

1. The walk-run pentathlon from May 3rd to May 9th.
2. The 15 kilo run from July 25th to July 18th.
3. The 100 mile walk from Sept. 26 & 27 to Sept. 19 & 20.
4. The 30 kilo walk from Oct. 11 to Oct. 18.

We were out with our schedule before anyone else in the country, therefore when it came time to dovetail all the AAU events and other races in the Midwest, we had to make these changes. MARK YOUR CALENDAR NOW!

JOE DUNGAN
4004 DeForest Dr.
Columbia, Mo. 65201