

COLUMBIA TRAIL CLUB NEWSLETTER

Vol. 1 No. 10

November 12, 1969

AAU SANCTIONS FOR OUR RACES:

CTC has applied for and has assurances that it will soon receive a "blanket" sanction for all of our events from the Missouri Valley AAU. This blanket sanction will include everything ~~except~~ the 5 AAU events on our schedule, the 100 mile walk and the marathon. These 7 events will receive individual sanctions when the time comes. The sanctioning of our events means that any amateur athlete in the world can compete in them regardless of club, school or college affiliation. Of course High School or college athletes would still have to abide by their school college state or association regulations. For example, Missouri High School association regulations are quite restrictive and college athletes would have to watch the NCAA. All of this means that all competitors should be registered with the AAU--the registration is good for one year and costs \$2.00. Registration can be handled through the P & R Dept. or through Bill Clark, the MVAAU Registration Chairman. His address is 3906 Grace Ellen Dr., Columbia, Mo. Our events could be conducted as closed competition, i.e., limited only to CTC members or as a group of participants in the city's Recreation program. However, we frequently have "out-of-towners" who want to come and more importantly we want any person to run (or walk) in any of our races without any worry as to his AAU eligibility. So--to ALL amateur athletes--anywhere--come to the races--they have the proper AAU sanction.

DESIGNATED TIME STANDINGS:

Men: D.T. Average (average seconds off per race)

1. Murrol Jackson	5
2. Bob Brouillet	8
3. Dave Schulte	12
4. Ken Ellingwood	12
5. Larry Carpenter	13
6. Joe Duncan	31
7. Don Granberg	32
8. Sal Citarella	51
9. David Leuthold	51
10. Whitney Hicks	52
11. Darrell Palmer	69
12. Joel Dickinson	93
13. Mirth Madden	99
14. William Taft	103
15. Jim Pinkerton	149
16. Dick Saltee	157
17. Steve Pinkerton	239
18. John Leuthold	255

Women:

1. Carolyn Leuthold	27
2. Ruth Dickinson	47
3. Jan Leuthold	54
4. Ann Ross	60
5. Alice Taft	69
6. Joyce Schulte	75
7. Myrtle Taft	99
8. Erica Dickinson	200
9. Joan Barr	258
10. Susan Ford	276
11. Kristan Dickinson	351

ANYONE can win a trophy in Designated Time competition--it matters not how fast you go, but rather whether or not you do what you say you are going to do.

ELAPSED TIME STANDINGS:

Runners:

Points:

1. Ken Ellingwood	18
2. Don Granberg	16
3. Sal Citarella	12
4. Whitney Hicks	12
5. Bob Brouillet	10
6. Joe Duncan	10
7. Larry Carpenter	8
8. Joel Dickinson	3
9. David Leuthold	3
10. Jan Leuthold	1

Walkers:

Points:

1. Darrell Palmer	20
2. Mark Achen	16
3. Joe Duncan	12
4. Mirth Madden	8
5. William Taft	3
6. Myrtle Taft	2
7. Jim Pinkerton	1

At the end of the season there will be trophies awarded to the top six in the four categories.

POINT SYSTEM IN E.T. CATEGORY IS CHANGED:

Points in the E.T. standings will now be awarded for the first 6 places for each event on a 10, 8, 6, 4, 2, 1 basis. This is in accordance with AAU provisions and is probably more desirable anyway since it will encourage more "in-depth" participation and will give recognition to the steady performers who come in 5th or 6th. These 5th and 6th placers, by participating in all possible events, might be able to accumulate enough points to overcome the fast guys who show up only now and then.

COME TO THE RACES AND BRING YOUR FRIENDS!

TRI-STATES MARATHON - Falls City, Nebr. Oct. 19, 1969

A brisk headwind and an extremely sloppy stretch of gravel road, dampened by day-long rain on Sat., failed to slow Jay Dirksen of Brookings, S. D., in his bid to defend his title in the Tri-States Marathon held in Falls City, Nebr., on Sun., Oct. 19. Dirksen quickly built an early lead and, at the halfway mark, was about a half mile ahead of his nearest challengers. He finished first in 2:30:35, breaking his record, set last year, by 14 secs. Tim Hendricks, winner of this year's Heart-of-America Marathon, finished a distant second in 2:38:33. Ken Katzor of the Cornhusker Track Club was third in 2:44:33 and Carl Owczarzak of the West Kansas Track Club took the 4th spot in 2:49:28.

CTC had two entrants, and each improved upon his previous best. Dr. Donald Granberg, Assistant Professor of Sociology at MU, finished 12th in a time of 3:22:18. Don and Larry Wolfrey staged a thrilling stretch duel for 11th place, with the latter finally edging Don by a mere 14 seconds. Don's previous best was in our Labor Day Heart-of-America Marathon where he was 27th in 3:46:13.

Joel Dickinson finished 24th in 3:57:38, an improvement of better than one hour over his previous best of 5:01:08, which he logged while finishing 40th in our Marathon. Joel, in his second marathon, maintained a steady pace throughout the race and came from near last place to overtake many runners in the last three miles. He and Bob Martin of Tulsa ran neck-and-neck during the final 3/4 of a mile with Joel eventually pulling ahead to notch 24th place by nearly a minute.

This demanding race begins in White Cloud, Kansas, follows a blacktop road north along the Missouri River to the Nebr. state line, where the road becomes gravel for the next nine miles. This gravel stretch was extremely treacherous because of the earlier rain--a lot like running through inch-deep grease, according to one runner. At about the 11 mile mark, the course turns east onto state highway 4 and crosses the Missouri R. bridge at Rulo, Nebr. (where in previous years, believe it or not, each runner was charged a nickel, both ways, to cross the bridge) then stretches into Missouri for about three miles to the halfway point. The runners then reverse their paths and journey back across the river and continue west on highway 4 directly into Falls City. The race features an Olympic-style finish of two laps around the high school stadium track.

55 degrees at the 8:00 A.M. start--70 at the finish. Strong headwinds of 18 MPH plagued the runners during the 2nd half of the race.

A delicious, varied, buffet meal and soft drinks were served by the wives of the Falls City Jaycees after the race.

--Joel R. Dickinson

RESULTS:

1. Jay Dirksen	2:30:35	19. Gary Catus	3:41:47
2. Tim Hendricks	2:38:33	20. Bruce Bernhardt	3:42:43
3. Ken Katzor	2:44:33	21. Dennis Stewart	3:47:31
4. Carl Owczarzak	2:49:28	22. Bob Olson	3:51:25
5. Bob Cullenberg	2:51:25	23. Frank Falgiano	3:53:55
6. Bob Hunerdosse	2:52:29	24. Joel Dickinson	3:57:38
7. Ken Wilson	3:01:52	25. Bob Martin	3:58:34
8. Lou Fritz	3:03:16	26. Larry Shughart	3:59:46
9. Gene Somer	3:19:44	27. Alan Klein	4:06:20
10. Bill Mackie	3:20:57	28. Steve Morse	4:08:12
11. Lawrence Wolfrey	3:22:04	29. Bill Smith	4:34:34
12. Don Granberg	3:22:18	30. Tim Pierce	4:38:00
13. Bernie Moore	3:22:23	31. John Retzlaff	4:50:05
14. Lynnard Phipps	3:23:40	32. Dr. T. C. Peace	4:58:46
15. Robert Bartling	3:30:40	33. Dan Linderman	5:17:19
16. Joe Schrag	3:32:29	34. Dave Oman	5:19:07
17. Ken Turner	3:32:58	35. Rex Stice	5:22:03
18. Clifford Welles	3:40:00	36. Bob Meyer	5:23:48

ERRATA! ERRATA!

Fred Young's time in the Sr. National 30 Kilo walk was 3:07:56 and not 3:14:27. Sorry, Fred! If there are ever any errors in any of the printed results (including split times) then please call these to my attention. There's not much point in printing them if they are incorrect. Might give you an excuse to write to me. Please write anyway.

ONE DOLLAR PLEASE!!! \$1.00 \$\$\$\$\$\$ \$1.00 A LOUSY BUCK!!

12 issues of this newsletter costs one dollar (\$1.00)--some of you have paid a dollar--most have not--if you wish to continue receiving this truly amateur publication then please send a dollar. Along with your dollar, send your ideas as to how we can improve our program--send comments, editorials, articles, jokes, results etc., etc., but above all--send a dollar.
BUT IS IT WORTH IT?????

OCTOBER 19, 1969

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OCTOBER 19, 1969

1.	Joyce Schultze	:20	6:33	14:08	21:15	28:20	7
2.	Mirth Madden	:30	4:35	9:17	14:07	18:30	4
3.	Dr. Wm. Taft	:41	6:33	13:07	19:51	26:44	6
5.	Mrs. Wm. Taft	1:45	6:33	13:06	19:51	26:43	5
4.	Darrell Palmer	1:06	4:00	8:12	12:35	16:54	1
6.	Jean Barr	4:18	7:10	14:35	22:10	29:18	8
7.	Mark Achon	----	4:07	8:25	12:49	17:07	2
8.	Joe Duncan	----	4:43	9:30	14:12	18:26	3

(There were some

Men		Women		Children		Total	
1.	Dave Schulte	:10	43:10	7.	Darroll Palmer	1:41	43:29
2.	Larry Carpenter	:22	28:38	8.	Mirth Madden	2:28	52:28
3.	Joel Dickinson	:46	34:14	9.	Jim Pinkerton	2:29	68:31
4.	Sal Citarolla	:56	31:04	10.	Steve Pinkerton	3:59	63:59
5.	Mrs. Wm. Taft	1:33	68:27	11.	Mark Achen	----	44:38
6.	Dr. Wm. Taft	1:33	68:27	12.	Joe Duncan	----	44:48

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2.	Mark Henen	9:03	18:10	27:04	33:55	44:38
3.	Joe Duncan	9:03	18:10	27:04	36:00	44:48
4.	Mirth Madden	10:34	21:00	31:24	41:58	52:28

really we are generally better organized than we seemed to be today!

7 ENT--One Mile G

2. Ruth Dickinson 9:55
3. Kristan Dickinson 12:10
4. Erica Dickinson 12:13

SIX MILE RUN NOVEMBER 9, 1969 COSMO PARK-RT. ZZ:

D.T. FINISH:	Seconds	Time	Finish	E.T.	NEWCOMERS EVENT		1.2 mi.	E.T.
					sec.	off		
1. Joel Dickinson	:18	40:18	5		1. Jan Leuthold	:04	8:15	1
2. Don Granberg	:20	37:10	1		2. Susan Ford	:06	10:54	3
3. Joe Duncan	:29	38:31	4		3. Carolyn Leuthold	30	10:30	2
4. Darrell Palmer (w)	:40	53:10	7		4. R. Dickinson	:47	11:47	5
5. Sal Citarella	:49	37:11	2		5. E. Dickinson	1:30	13:30	6
6. David Leuthold	1:15	52:45	6		6. K. Dickinson	3:28	11:32	4
7. Whitney Hicks	1:40	37:20	3					

Beautiful day, Temp. around 70, no wind. Granberg was off fast and had a 100 yard lead by 2 miles over Citarella who was another 75 yards or so ahead of Hicks, Duncan and Dickinson who stayed together until the hills began separating them. Hicks broke away first, just past the 2-mile mark and caught Citarella on the big hill just before the 3-mile point and it was on this hill that Dickinson fell behind Duncan. Running together, Citarella and Hicks took off after Granberg and slowly narrowed the gap, Granberg finding miles 4 and 5 pretty rough going. Just past the turn-around, at 5 miles, Sal was within 10 yards of Granberg, with Hicks another 10 yards back. Sal quickly made up the 10 yards, but couldn't get past Don. These two then staged a real thriller finish for the standing room only crowd (there were no seats for the 3 spectators)--a long, long sprint with Don coming out in front by one second. With a modest training program, Hicks surprised himself by being able to stay close to the leaders. Both Duncan and Dickinson established personal bests for this distance on the road. David Leuthold in his first try at a distance of this sort, was pleased and is ready for more (a safe statement?). Darrell Palmer threw in another strong workout on a tough course for walkers.

MEUCHEL'S MEMO--A MESSAGE FROM JOAN MEUCHEL OF P & R:

We have compiled a list of addresses from all the correspondence received at our office. This list of runners and walkers is available to anyone who would like to have one. To make the list more complete please let us know of changes of address and phone numbers. We need walking judges--they need to be trained--if anyone is interested, let us know. (Editor's note: I'm sure Bill Clark is available as an instructor).

We receive many entry blanks for races all over the country and through the newsletter we will try to list them. For example: Dec. 7--"Frostbite 6 mile handicap, Jan. 4 "New Year's Special" 4 & 8 mile handicap (Editor: Where are these two events?), Jan. 31 Mardi Gras Marathon, New Orleans, Jan. 10 Mission Bay Marathon, San Diego, Calif.

Joel Dickinson and Sal Citarella recently received their awards for races last summer. If there is anyone else who has not received their awards we would appreciate it if you would let us know.

I wish to thank everyone who helped at the 100 mile walk and the 30 kilo walk. Volunteers are the only reason a race is successful. Your willingness to volunteer really shows how interested you are in an active Columbia Track Club. Thank you also for the consideration and patience you have shown since I became Parks and Recreation liason to CTC.

SCHEDULE OF EVENTS:

- Nov. 15 Sat. 2:00 P.M. Region 6 and MVAU Cross-country Championship
5 miles Hays, Kansas
- Nov. 16 Sun. Jr. National and open 50 kilo (and MVAU CHAMPIONSHIP)
walk Renz Farm Jefferson City, Mo. 8:00 A.M. (?)
- Nov. 23 Sun. 2:00 P.M. 2 man- 6 mile relay--each person runs 3 alter-
nate miles--each person designates his total time for the
3 miles Hickman track
- Nov. 23 $\frac{1}{2}$ marathon Lincoln, Nebr.
- Nov. 29 Sat. 10:00 A.M. MVAU and OPEN 35 kilo walk Swope Park
Lagoon (around the lagoon--not in it) Kansas City, Mo.
- Nov. 29 Sat. 1:00 P.M. 10th annual Mississippi River Run 10 miles
Alton, Illinois
- Dec. 13 SATURDAY 9:30 A.M. (before it gets hot!) 3, 2, 1 mile
Triathlon 15 min. recovery between races Hickman track

If you want more information on any of these races call me--Joe Duncan
at 445-2684