

COLUMBIA TRACK CLUB NEWS LETTER

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Oct. 13, 1969

RON LAIRD WINS 30 KILO WALK IN 2:29:23, 50th AAU TITLE RAIN RAIN RAIN
 Oct. 12, 1969 Ron Laird, representing the New York AC (altho he's from Calif) stopped over in Columbia on his way to Europe to win the Sr. Natl. AAU 30 kilo walk in an excellent 2:29:23 (8 mi./mile) on an altered course. The course was changed because of floodwaters--it rained and rained and then rained some more, over 6 in. by racetime. Perche Cr. was swirling over Rt ZZ--the normal course could not be used. The race was run (or walked) over the last 5 kilos of the regular course. This made it more hilly; the long Stadium Blvd, Broadway, Rt ZZ downhill and level stretches were eliminated. A tougher course, preventing Laird from beating his record of 2:29:05. Laird won his 50th AAU Natl title, more than any other athlete in any other sport in history. He & 4 others will be representing the U.S. in a 116 kilo relay walk this week in Switzerland. Tom Dooley, Athens TC, San Francisco, gave Laird good competition Laird blasted out an awfully fast first 5 in 22:38 but he slowed some and Dooley gradually narrowed the gap catching Laird shortly before the 15 kilo mark. Dooley took the lead and held it until about 22 kilos when Laird moved by, steadily left Dooley behind to win by 45 sec. Knifton, Daniel, Kulik and Bowman waged an early battle for third with the 4 of them being within 15 sec. of each other at 15 kilo. From that point on Knifton, a Britisher, of the NYAC asserted his authority getting 3rd over his NYAC teammate, Daniel, who slowed between 20 & 25 kilo. Bowman, one of Laird's relay teammates, faded fast between 15 & 20 kilo and was down to 7th at the finish. The first MVAAU finisher was Bob Young, 2nd was CTC's Mark Achen, who started out at an even, sensible pace, gradually picked up speed, walking his last 10 kilo faster than his first 2; 3rd was Fred Young. Achen's time was about 5 min. better than he had hoped for; he is quickly making an impact in the Mo. Valley walking game. Darrell Palmer took off fast, walked a strong 20 kilo, but then ran into trouble with cramps. Joe Duncan followed Achen's pattern, steady 32½ min. per 5 kilo, walking his last 10 kilo faster than his first two, but letting Aubrey Anderson get away from him at the end. Anyway, Anderson was pushed to a personal best by 20 min. Joel Dickinson, preparing for the Tri-States Marathon (by walking?) a week hence, walked 20 kilo about as fast as he had in Indep. the previous week, but faded somewhat over the last 10 kilo. Mirth Madden had a fine visit with the U. of Chicago's Art McClendon (over 50), the two of them walking together at a steady pace while Jim Kaiser and Dr. Merle Hill also walked together until Dr. Hill called it a day at 20 kilo. NYAC, placing 3 in the top 4, walked away with the team trophy. The KC Pacers were 2nd while CTC was close behind. Bob Young won the Ohio Race Walker's best style award. Once again Joan Meuchel of the P & R Dept. did a terrific job in handling all of the pre-race administrative details and the post-race picnic (altho I don't know why she let it rain so much). We wish to say "Thank you" to the unnamed timers and aid station helpers all of whom had to put up with a cold, steady rain. The walkers, however, probably welcomed the mid 60's Temp. and refreshing showers--at least that's better than a hot sun, isn't it?

RESULTS:	5 kilo	10 kilo	15 kilo	20 kilo	25 kilo	30 kilo
1. Ron Laird New York AC	22:38	47:15	1:11:53	1:37:48	2:02:23	2:29:23
2. Tom Dooley Athens TC	23:13	47:29	1:11:53	1:37:46	2:03:08	2:30:08
3. John Knifton NYAC	24:27	50:46	1:16:39	1:43:40	2:10:23	2:39:16
4. Ron Daniels NYAC	24:23	50:52	1:16:31	1:43:55	2:14:19	2:44:45
5. Gerald Bocci Detroit	27:12	54:31	1:21:07	1:48:56	2:16:06	2:45:18
6. Floyd Godwin Denver TC	24:57	51:39	1:17:57	1:47:09	2:16:35	2:47:31
7. Bob Bowman So. Cal. S.	23:52	50:17	1:16:35	1:48:07	2:18:06	2:51:10
8. Bill Walker Detroit	27:15	56:25	1:25:22	1:55:10	2:24:30	2:56:13
9. Bob Young KC Pacers	28:12	58:33	1:28:49	2:00:00	2:29:29	3:01:06
10. Mark Achen CTC	31:41	63:27	1:32:57	2:03:59	2:33:34	3:04:14
11. Butch Hammer Iowa TC	27:31	57:10	1:26:28	1:57:48	2:30:33	3:06:07
12. Fred Young KC Pacers	29:19	60:29	1:31:18	2:03:09	2:34:36	3:10:27
13. Gerald Willwerth Phila	27:18	57:11	1:26:33	1:57:48	2:33:32	3:11:40
14. Darrell Palmer CTC	29:00	59:45	1:30:14	2:01:44	2:35:05	3:13:12
15. Aubrey Anderson KCP	32:39	65:34	1:37:51	2:10:24	2:41:09	3:13:47
16. Joe Duncan CTC	32:26	65:33	1:37:50	2:10:23	2:41:08	3:14:27
17. Bob Chapin KC Pacers	32:38	64:47	1:38:22	2:10:03	2:43:30	3:23:12
18. Joel Dickinson CTC	32:26	65:36	1:37:59	2:13:36	2:48:09	3:27:32
19. Mirth Madden CTC	34:55	71:11	1:46:19	2:24:07	3:02:45	3:45:58
20. Art McClendon Chicago	34:55	71:11	1:46:20	2:24:07	3:02:44	3:45:58
21. Jim Kaiser CTC	37:22	76:45	1:54:53	2:37:49	3:22:54	4:10:07
Bruce Adair Ft. Campbell	27:31	57:11	1:27:07	2:02:18	2:44:50	OUT
Merle Hill CTC	37:22	76:44	1:54:52	2:37:49	OUT	

Ron Kulik, NYAC was disqualified somewhere between 20 & 25 prior to that he was in 5th. Fred Barrett, Bill Clark & G.W. Kelling were judges.

A NEW SEASON IS LAUNCHED:

Some 20-25 people helped launch our 1969-1970 running and walking schedule on Mon. Sept. 22nd. It was decided not to have medals for the many local events but rather trophies will be awarded to the top six in two categories at the end of the season: the Designated Time category where the D.T. average (seconds off per race) for the year will be computed. One must compete in at least 12 events to be eligible for a D.T. trophy. Only a competitors 12 best predictions will count, therefore, the more events you participate in, the better your chances of winning a trophy. The 2nd category is the Elapsed Time category. For each event points will be awarded on a 5, 3, 2, and 1 basis for 1st, 2nd, 3rd and 4th places. Total points accumulated at the end of the season will decide the E.T. trophies.

ENTRY FEES AND DUES:

A 50¢ fee will be charged each competitor for each event. Anyone under age 18 will not have to pay an entry fee. These fees will be used primarily for purchase of the D.T. and E.T. trophies. There will be no dues--however, if you want the monthly newsletter it will cost you a dollar for 12 issues. Mail your dollar to me and I will see that it gets into the club treasury and that you will be on the mailing list. Any other donations will certainly be welcome--but the primary objective is to get a lot of runners, joggers, walkers, crawlers, etc. to our events. I for one have found that the competition, the getting together, is the primary motivation and impetus to a consistent running program--and there is no doubt but that running and walking are the best ways to stay physically fit on a long-term lifetime basis.

NEWCOMER EVENTS:

The Sept. 22nd group decided to hold a Newcomer Event in conjunction with each of the "official" races. The Newcomer Events are primarily meant for beginners, joggers, women, children or anyone else who wants to go a short distance only. These races will range from 880 yards to 2 miles. They will count toward the D.T. trophy, but not toward the E.T. trophy. Only six Newcomer Events will be accepted in the D.T. computations. We want to encourage newcomers to move into some of the longer races. No entry fee will be charged for Newcomer Events. These short "for fun" races could prove quite popular.

SCHEDULE OF EVENTS:

October 19--Sunday, 2:00 p.m. 2 mile run Hickman track
 19--Sunday Tri-States Marathon, Falls City, Nebr.
 November 2 Sunday 2:00 p.m. 5 mile walk Hickman track
 9 Sunday Mo Valley and Jr. National 50 kilo walk,
 Jefferson City, Mo.
 9 Sunday 2:00 p.m. 6 mile run Cosmo Park
 23 Sunday 2:00 p.m. 2 man- 6 Mile Relay, Alternate Miles
 (Not a point event, but will be D.T.) Hickman track
 29 Saturday Mo. Valley AAU 35 kilo walk Kansas City, Mo.

REMEMBER**A Newcomer event will be held either before or at the same time as the "official" event at all local races.

We want to encourage anyone so inclined to take up race-walking, but if you so desire you may run instead of walk when we have a walking event--if you do you may still count the race as a D.T. event but of course it could not count toward the E.T. point total. Walkers may ~~xxxxxxx~~ walk instead of run when we have a running event and again it would count on the D.T. average.

We have a complete schedule of events scheduled through Oct. 11, 1970. These schedules are available from the Parks and Recreation Dept. Write to the P & R Dept, 10 So. 7th st. or call Joan Meuchel at 442-0161. The schedule, we think, is most attractive--something for everyone 2 or 3 times a month.

CONTRIBUTE TO THE NEWSLETTER:

We invite suggestions, comments, criticism, full-fledged articles and anything else to make this an interesting worthwhile newsletter. Through the letter we hope to keep our program vital, rekindling flagging spirits and giving everyone the opportunity to see their name in print.

RUN RUN RUN WALK WALK WALK STAGGER?

NATIONAL 100 MILE WALKING CHAMPIONSHIP SEPT. 21, 1969

No one was able to go 100 miles in the 3rd annual National 100 mile Walking Championship, however, 3 walkers were able to walk farther than anyone else has ever walked, except for Larry O'Neil, who walked 100 miles in both 1967 and 1968. The previous second best was the 67½ miles walked by Bryon Overton in 1968. Bob Chapin of the Kansas City Pacers won this year's event by walking 88 miles in 22 hours 15 min. 35 sec. A K.C. teammate, Aubrey Anderson finished second with a distance of 85 miles in 22 hours 10 min. 35 sec. O'Neil walked 73 miles in 22 hours 36 min. 38 sec. He had a huge lead (about 5½ miles) when he was forced to retire after completing 57½ miles in 11:36:30. However, almost 8 hours later O'Neil came back to add on the extra mileage. O'Neil had walked 50 Kilo just a week before in the Senior National at Lake Tahoe where he finished 6th. This 63 yr. old lumberman from Kalispell, Montana was plagued with stomach distress in the 100-miler this year, but his record of 19:24:34, set in 1967, still stands and with each passing year it looks more and more secure and probably will never be seriously assaulted until some of our national 50 Kilo competitors decide to give it a go and even then it will take some doing. Can anyone in America do it? In the last newsletter I mentioned O'Neil as being the only American known to have walked 100 miles in 24 hours or less since 1878. I was wrong. Back issues of the Ohio Race Walker tell me that on Oct. 8 & 9, 1965, John Kelly (of New York?) walked 100 miles in the Metropolitan Police 100 mile walk in England in 22 hours 53 min. He was the only American to finish. As an indication of what the walkers in England do, in that walk, Kelly only finished 23rd. There were 54 entrants and 34 finished. The winning time was 19 hours 16 min. 37 sec...there were six under 20 hours! That walk consisted of 10 10 mile laps. O'Neil tells me that there are only 141 men known to have walked 100 miles within 24 hours..Back to the race: Dave Eidahl from someplace up in Iowa, was the third man to beat Overton's previous 2nd best mileage, by walking 70 miles in 22:23:15. Chapin walked 5 miles an hour for the first 25 miles, had long rest periods during the next 10 miles, then hit 5 miles an hour again up to 50 miles from where he simply worked it in the best he could to 88 miles. Anderson's schedule called for 100 miles in exactly 24 hours--his steady pace was kept for the first 65 miles but he finally had to take longer rest periods and nurse some bad blisters. Both Chapin and Anderson had quit for good when O'Neil hopped back on the track, so the K.C. duo doctored their feet, squeezed their shoes back over their painful toes and blisters & re-entered the fray to prevent the Dean from getting ahead. There was pre-race talk of having a time limit on "drop-outs" but this idea was discarded for, after all, the objective is to walk as far as one can in 24 hours and there may be several ways to do it, including a lengthy rest period or so...Eight Columbians got in on this weekend stroll, headed by Joel Dickinson's 63 miles in 22:18:30. Dickinson and Hirth Madden (the dynamic duo) walked together much of the way at a slow easy pace, having a good time, visiting and getting lots of exercise. Ray Browne, a Missourian reporter, gets the award for the most blisters. He did some running in the early stages and finally logged 60 ¾ miles with sporadic boosts and cheers from his fans. Dr. Merle Hill, Pres. of Christian College, put in 54 miles. Jim Kaiser walked a sensible 30½ miles while Bruce Luccke, a vet student at MU, former distance runner, walked 11½ minute miles, street style, for 18 ¾ miles--an excellent race-walking prospect. Dr. William Taft, walking off and on got in a solid 18½ miles of exercise. Joe Duncan got in a good workout of 15 miles altho he had hoped it could have been longer. Fred Young of the K.C. Pacers trio did 46 miles in 10:14:10 before heel blisters stopped him. He came back to walk 4 more miles in order to get an over 50 miles trophy. After the race I'm sure Chapin and Anderson questioned the wisdom of such a race but when the pain is gone the memory of the struggle will aim and these fellows probably won't be satisfied until they make the 100 miles. We will have this race for years to come, confident that any long distance walker in America will sooner or later ask himself whether or not he could do such a thing. The Centurion Club of America has 2 members--but its a long way between Mont. and New York, so Hickman Track in Mid-America is a natural meeting ground for club members and prospective members. Many, many thanks to Joan Meuchel who did a terrific job on all the little details of pre-race organization, stayed with it from beginning to end--this was her first experience in handling one of our events and after this one I'm sure anything else will be ridiculously easy. During the early part of the race she swept the gravel to make a nice two foot wide path all around the 440 oval--figuring conservatively, she took 13,280 strokes with her broom--I don't know what her time was--but it must have been a record despite all the interruptions by a bunch of nutty walkers.

*****	5,30,55,	10,35,	15,40,	20,45,	25,50,
	80 miles	60,85	65,90	70,95	75,100
1. Bob Chapin	59:10	1:56:49	3:00:30	3:58:37	4:58:23
88 miles in	6:15:07	8:03:55	9:06:17	10:08:26	11:11:58
22:15:35	12:44:56	13:57:35	15:28:00	16:43:00	18:01:00
	19:26:29	21:29:26			
2. Aubrey Anderson	1:12:37	2:21:15	3:38:05	4:35:51	5:46:56
85 miles in	7:00:25	8:16:36	9:35:38	10:47:38	12:01:05
22:10:35	13:15:02	14:29:24	15:46:20	17:35:05	19:14:30
	20:51:05	22:10:35			
3. Larry O'Neil	55:48	1:47:30	2:43:40	3:39:40	4:35:58
73 miles in	5:33:23	6:33:20	7:34:59	8:42:33	9:53:20
22:36:38	11:04:17	19:58:53	20:56:29	21:57:34	
4. Dave Eidahl	1:03:30	2:05:07	3:10:30	4:18:03	5:26:57
70 miles in	6:49:15	8:04:45	9:24:05	10:37:23	11:53:00
22:23:15	14:07:35	16:33:50	19:35:20	22:23:15	
5. Joel Dickinson	1:17:03	2:30:15	4:03:25	5:20:16	7:05:05
63 miles in	8:19:40	10:07:31	11:46:25	15:08:00	16:29:35
22:18:30	18:36:20	20:09:17			
6. Ray Browne	49:25	1:49:22	2:43:18	4:38:51	6:02:42
60 3/4 miles	7:16:54	10:04:17	11:43:17	12:56:00	14:16:17
in 21:51:50	15:44:00	19:21:11			
7. Meryle Hill	1:05:54	2:14:25	3:21:25	4:33:04	5:58:25
54 mi.-21:28:27	7:19:46	8:52:45	14:08:10	15:58:30	17:55:30
8. Fred Young	1:01:51	2:04:27	3:02:32	3:57:05	5:10:10
50 1/2 mi.	6:21:50	7:27:23	8:49:45	9:59:09	22:12:16
9. Mirth Madden	1:14:07	2:26:52	4:03:25	5:20:16	7:05:05
35 miles	9:34:00	22:18:30			
10. Jim Kaiser	1:13:59	2:25:17	3:38:55	4:59:15	6:24:57
30 1/2 mi.-8:14:00	8:09:00				
11. Bruce Luecke	55:15	1:51:07	2:52:07	18 3/4 mi.-3:54:43	
12. Dr. Wm. Taft	1:14:10	2:56:23	6:00:16	18 1/2 mi.-7:19:56	
13. Joe Duncan	56:34	1:53:54	2:55:47	16 mi.-3:17:16	

FIVE AND THREE MILE ROAD RUNS SEPT. 28, 1969

Five mile results:

Secs. off
from D.T.

1. Ken Ellingwood	28:46	:01	2	E.T.		
2. Murrel Jackson	40:40	:05	8	placings	secs.	E.T.
3. Bob Brouillet	27:22	:08	1	THREE MILE:	off	
4. Joe Duncan	33:11	:41	5	1. Ann Ross	38:00	60 3
5. Don Granberg	32:15	:45	3	2. David Leuthold	24:00	60 1
6. Sal Citarella	32:48	:48	4	3. Alice Taft	38:09	1:09 4
7. Mirth Madden (w)	53:14	2:01	9	4. Jan Leuthold	24:09	2:21 2
8. Dick Sallee	37:23	2:37	7			secs
9. Dr. Wm. Taft (w)	62:56	2:56	10	1.2m. NEWCOMER'S EVENT:	off	
10. Joel Dickinson	36:36	3:36	6	1. Whitney Hicks	6:33	57
				2. John Leuthold	12:52	2:08
				3. Joyce Schultel	14:10	2:10

These were the first events of the new season--everybody is now starting anew in the competition for Designated Time trophies and Elapsed Time trophies--a bright sunshiny day in the mid 70's--we see some new faces and for that we rejoice and hope that these people like our program and will become regular participants and bring their friends. Bob Brouillet and Ken Ellingwood sped away from everyone at the start and were out of sight within the first mile.. Ellingwood was running on a bad ankle and couldn't prevent Brouillet from gaining about 25 yards per mile. Duncan, Granberg and Citarella were together for the first 3 miles but Granberg pulled steadily away and Duncan couldn't stay with Sal. The first three finishers in the D.T. category came quite close to their predictions and certainly are off to a good start. Dickinson isn't worried tho'--This was a bad prediction for him--he looks forward to tossing it after he gets the required 12 races under his belt--but suppose Ellingwood is off only a second every race--what then, Joel? NOTES: John Leuthold is only 5 years old--by a month!! Jan Leuthold is 9--how long will the old man be able to stay ahead?

VALLEY 20 KILO WALK OCT. 5, 1969

RESULTS:

	5 laps	10 laps	15 laps	20 kilo
1. Paul Ide, 17 West Kans. TC	26:06	54:20	1:23:19	1:52:33
2. Bob Young KC Pacers	26:06	54:32	1:24:15	1:53:03
3. Mark Achen CTC	28:24	58:08	1:27:30	1:56:27
4. Fred Young KC Pacers	27:36	57:34	1:27:30	1:56:36
5. Darrell Palmer CTC	28:40	59:32	1:28:50	1:58:43
6. Joe Duncan CTC	28:50	59:40	1:32:15	2:05:10
7. John Rose WKTC	28:40	1:00:00	1:32:18	2:10:07
8. Joel Dickinson CTC	31:17	65:07	1:38:07	2:10:08
9. Murrel Jackson CTC	31:35	65:37	1:41:04	2:12:44
10. Mirth Madden CTC	30:55	63:30	1:42:24	2:20:35
11. Aubrey Anderson KCP	28:48	59:40	1:38:07	out

INDEPENDENCE, MO.--CTC's walking contingent travelled to Independence Oct. 5th for the MVAAU 20 kilo championship and returned with the unofficial team title. The six club members making the trip turned in respectable performances but revealed a general lack of training. If these guys can come from a running schedule and perform this well, they are capable of even better efforts. West Kansas' Paul Ide and the KC Pacer's Bob Young dominated the race as they quickly left the pack lengthening their lead throughout. The 17 year old Ide slowly drew away from Bob and then held off the latter's furious finish. Paul's 1:52:33 is a new course record despite watch difficulties that probably slowed his time. Behind these front runners, Fred Young of KC and Mark Achen, a newcomer, from out of the west, to CTC, battled the last 10 kilos for third place. They were within ten secs. of one another throughout this portion of the race until Achen pulled 40 yards in front and barely withstood Fred's final kick. Back of these two were Palmer, Duncan, Rose and Anderson. They jockeyed back and forth through the first 8000 meters until Palmer took leave of his compatriots, pushing home in 5th with a personal best of 1:58:43--this was off a very limited training program. Soon after Palmer pulled away, Rose began to fade and left Duncan and Anderson fighting for 6th. Anderson had to retire with blister trouble lingering from his attempt at 100 miles two weeks prior. Meanwhile, CTC's Joel Dickinson, erstwhile marathoner and 50 plus mile walker was gaining on Rose, but Joel's bid for the 7th and last trophy was unsuccessful as Rose heard the thunder and noise behind him, got scared and took off to beat Joel by mere inches. Ageless Murrel Jackson, after shaking off his early stiffness, showed his stamion by outlasting Mirth Madden for 9th. All in all a good show by CTC--good publicity for Columbia in the Kansas City Times--Palmer is no longer alone.

DESIGNATED TIME STANDINGS:

	average seconds off
1. Ken Ellingwood	1
2. Murrel Jackson	5
3. Bob Brouillet	8
4. Joe Duncan	41
5. Don Granberg	45
6. Sal Citarella	48
7. Whitney Hicks	57
8. David Leuthold	60
9. Mirth Madden	121
10. John Leuthold	128
11. Dick Sallee	157
12. Wm. Taft	176
13. Joel Dickinson	216

Women:

1. Ann Ross	60
2. Alice Taft	69
3. Joyce Schultel	130
4. Jan Leuthold	141

ELAPSED TIME STANDINGS: points

1. Bob Brouillet	5
2. Ken Ellingwood	3
3. Don Granberg	2
4. Sal Citarella	1

COLUMBIA ~~AND~~ TRACK CLUB AND PARKS AND RECREATION DEPT: A TEAM

CTC and the Columbia P & R Dept. work in close cooperation in staging our various events. P & R will focus its efforts on the 5 AAU events on our schedule and the Marathon and 100 mile walk. CTC will run off the local events charging a 50¢ entry fee per person per event for the D.T. and E.T. trophies to be awarded at the end of the season. P & R then sponsors the 7 "big" events--buying the trophies and furnishing all the necessary administrative requirements so necessary to success. CTC will work closely with P & R on these events, particularly in providing help at aid stations, timers, leg work etc. etc. We feel that an excellent working relationship has been established between CTC and P & R--we need to do our share of volunteer work for the "big" events so they will keep coming to Columbia--Columbia is definitely on the map now insofar as the distance running and race-walking worlds are concerned--as long as we have people in P & R like Joan Meuchel continued success in our program is insured. P & R AND CTC**A TEAM!