

Sept. 4, 1969

Tim Hendricks of Omaha, Nebr. now of the U.S. Navy, 23 years old ran about as even a pace as possible to win the 10th annual Heart of America Marathon, not taking the lead until about the 23 mile mark. The winning time was 11 min. off Barry Crawford's record set in 1968. It's said that a good marathoner will run the 2nd half of a marathon as fast or faster than the 1st half. Of the leaders, only Hendricks was able to do that running the 1st half in 1:22:54 and running the 2nd half 3 seconds faster. This enabled him overtake a host of runners--he was 21st at 3 miles, 1:18 behind 1st., 13th at 6, 1:22 behind, 12th at 9, 2:06 behind, 6th at the halfway mark, 2:41 behind, 4th at 18, 2:06 behind, 4th at 21, 1:10 behind and at the top of the hill at the MU football stadium, the 24 mile mark, he was 1st by 12 seconds, driving on to the finish by a margin of 2:24 over Harrington, U.S. Army, Ft. Hood, Texas, otherwise of Wilmington, Del. Harrington's 1st $\frac{1}{2}$ was in 1:20:13, the 2nd in 1:27:56; Owczarzak (who had won 4 of our races this summer) had a 1st $\frac{1}{2}$ of 1:21:09 and a 2nd $\frac{1}{2}$ of 1:28:48; Anievas, a 1st $\frac{1}{2}$ in 1:21:01, 2nd $\frac{1}{2}$ in 1:29:07 and Fritz a 1st $\frac{1}{2}$ in 1:22:58 and the 2nd $\frac{1}{2}$ in 1:27:32. Of the local people, Citarella and Duncan ran together for the 1st 18 plus miles, Sal paused momentarily for water then caught Duncan walking up the big hill just past the 20 mile point. Sal moved on to complete his 1st marathon finishing 11 min. ahead of Duncan who was in his 4th marathon. 51 (?) yr. old Murrel Jackson beat his last yr time by 12 min. Joel Dickinson's strength carried him to a marathon finish in his 1st try after he had spent Aug. in Mont. and run only 30 miles in that time. Mirth Madden's leg and knee gave out and he had to give up at 11 miles or so. Don Granberg, on the sociology faculty at MU, newly arrived in Columbia the day before didn't wait to unpack--his method of unwinding after a 400 mile moving trip was to run the marathon--he looks forward to our upcoming races. David Howell and Willy Brandecker turned in creditable 15 mile times with virtually no background of running--these guys are swimmers!

	3	6	12	18	24	FINAL
1. Tim Hendricks Omaha, Nebr.	20:04	39:40	1:15:42	1:52:56	2:31:36	2:45:45
2. B. Harrington Wilmington, D.	19:15	38:08	1:13:36	1:50:50	2:31:48	2:48:09
3. C. Owczarzak K.C., Ks.	19:18	38:08	1:14:00	1:51:46	2:32:38	2:49:57
4. Ralph Anievas Ft. Riley, Ks.	19:15	38:08	1:13:38	1:51:04	2:32:38	2:50:08
5. Louis Fritz Verdon Nebr.	20:03	38:39	1:15:42	1:53:35	2:33:51	2:50:30
6. Tom Snyder Lincoln Nebr.	19:18	38:08	1:14:44	1:53:00	2:35:22	2:51:15
7. Ken Katzer Lincoln Nebr.	19:31	38:09	1:15:23	1:55:18	2:37:45	2:53:25
8. Alex Ratelle Minneapolis, Minn.	18:52	38:08	1:15:30	1:55:18	2:38:10	2:53:33
9. Ben Huntley Carbondale Ill.	19:36	38:08	1:16:04	1:56:13	2:38:57	2:55:11
10. Ken Wilson Wayzata Minn.	19:10	38:08	1:17:00	1:58:40	2:42:47	3:00:03
11. Ronald Johnson Independence Mo.	19:18	38:08	1:14:46	1:55:56	2:46:42	3:03:08
12. Robt. Foley Hopkins Minn.	19:31	38:39	1:17:43	1:59:04	2:45:22	3:05:50
13. Arne Richards Manhattan Ks.	19:36	38:09	1:16:50	2:00:44	2:49:51	3:05:55
14. J. Birmingham Worthington O.	20:03	39:20	1:16:50	1:58:00	2:51:31	3:07:47
15. John Frater Carbondale Ill.	20:30	42:01	1:21:52	2:05:09	2:53:09	3:09:50
16. James Vos Ellwood City Pa.	20:03	40:02	1:20:11	2:02:33	2:53:03	3:14:01
17. Dwight Pierson Rochester M.	22:17	45:23	1:28:04	2:13:05	2:59:11	3:16:59
18. Larry Boies St. Paul Minn.	20:37	42:17	1:24:03	2:09:14	3:00:02	3:19:00
19. John Dunn Lake Bluff Ill.	23:11	45:00	1:28:03	2:13:32	3:02:18	3:19:01
20. Doayne Hahn Manhattan Ks.	21:38	44:30	1:29:13	2:17:00	3:09:10	3:28:51
21. Lynnard Phipps Council Blu.	24:30	49:09	1:33:17	2:18:14	3:16:00	3:39:01
22. Bill Becker Overland Mo.	18:46	38:08	1:16:50	2:10:48	3:21:19	3:43:09
23. Sal Citarella Columbia	23:35	46:16	1:31:04	2:20:53	3:23:17	3:43:33
24. Bill Hanks Bunker Hill Ill.	20:48	46:18	1:35:48	2:21:13	3:23:17	3:43:54
25. Dwain Akins St. Louis	19:16	39:40	1:21:52	2:11:20	3:21:19	3:44:54
26. Don McMahon Pueblo Colo.	25:58	51:14	1:40:46	2:37:16	3:29:18	3:45:36
27. Don Granberg Columbia	22:17	45:23	1:28:55	2:17:59	3:21:21	3:46:13
28. Robt Mohler Wichita Ks.	25:04	51:25	1:39:28	2:27:55	3:26:27	3:49:36
29. Fred Helsabeck E. Lansing M.	25:58	51:14	1:37:37	2:28:52	3:24:55	3:50:05
30. Roman Sage Jefferson City	19:15	40:20	1:22:23	2:13:41	3:28:48	3:52:18
31. Joe Duncan Columbia	23:35	46:16	1:31:04	2:20:53	3:30:28	3:54:42
32. Keith Browne Independence	20:04	39:40	1:22:23	2:17:11	3:36:04	4:00:48
33. Ken Turner Tulsa Okla.	19:26	41:07	1:24:21	2:20:50	3:38:34	4:07:02
34. R.E. Bruce Lake Bluff Ill.	27:38	56:57	1:53:22	2:50:12	3:48:56	4:08:39
35. Craig Rindt Wichita Ks.	24:30	49:09	1:33:17	2:28:12	3:39:43	4:12:54
36. Eugene Sallee Columbia	24:38	49:20	1:37:37	2:38:32	3:53:36	4:26:26
37. Ralph Pidcock Michigan City	21:45	44:43	1:32:05	2:33:23	4:04:00	4:34:00
38. Murrel Jackson Columbia	27:38	56:57	1:53:32	2:55:23	4:08:13	4:36:41
39. Murray Medley Great Bend Ks.	25:04	51:25	1:39:28	2:43:26	4:23:15	4:57:05
40. Joel Dickinson Columbia	23:35	46:16	1:41:47	3:03:11	4:34:00	5:01:08
41. Mark Staples Great Bend Ks.	24:35	50:37	1:49:03	3:03:11	4:44:40	5:18:30
Bob Rice, Allan Wenstrand out at 22 miles, L. Carpenter, M. Patterson, J. Waltz, W. Brandecker, D. Howell and M. Madden out at 15 miles						

NOTICE OF MEETING:

All persons interested in the running, jogging and walking program of the Parks and Recreation Dept. and the Columbia Track Club are urged to attend a meeting to be held on Sept. 22, 1969 in the Parks and Recreation Dept.'s large meeting room located on the 3rd floor of the Payhe Building at 10 S. 7th St. Time of meeting is 7:30 P.M. This is an important meeting-IMPORTANT. If you have been wondering about our program now is the chance to find out--a new running season is coming up and now is the best time to become involved--our program is such that a rank (it doesn't take long for a runner to become rank) beginner can compete with the fastest runners and derive just as much satisfaction and pleasure from it all (and probable have more fun). 66 year-old Sterling Kelley will tell you that age need not be a limiting factor although I'm sure older, out of condition people should be checked and guided by a physician. The most important item for discussion at the meeting will be next year's schedule--dates, times, distances, etc. All of you must have your ideas as to what should be done--let us hear from you--otherwise you may not get what you want--ATTEND THE MEETING! Most likely we will have 2 races a month: Designated Time competition as a part of all events and perhaps a 2 mile Run For Your Life event held at the same time as each of the other events. The 2 mile RFYL event will be primarily for joggers, beginners, children and women--but not necessarily so--a fast runner may want a good 2 mile workout or time trial. The RFYL 2-miler just could become the most popular event of our program.

MEETING SEPT. 22 7:30 P.M.

NATIONAL 100 MILE WALKING CHAMPIONSHIP:

The 3rd annual National 100 mile walking Championship is scheduled for Sept. 20, 1969, 1:00 P.M. at Hickman track. This 400 lap "race" walk is probably the toughest (and nuttiest) track event currently being held in this country. The 100 mile walk event is fairly common in England and the Centurion Club of England has many members. One automatically becomes a member of the Centurion Club by walking 100 miles within a 24 hour period. The U.S. Centurion Club has one member so far--Larry O'Neil, the 62 year old Kalispell, Mont. lumber Co. president who is the only American walker of recent times known to have completed the 100 mile distance in 24 hours or less and he did it in both 1967 and 1968. In 1967 he set an American record of 19 hours 25 minutes and in 1968 he covered the distance in 20 hours 51 minutes and 30 seconds. Hopefully O'Neil will be back to defend his title and to encourage other walkers to join the Centurion Club--he gets rather lonely at the Club meetings. There will be a 24 hour time limit, however, competitors are free to rest as often as they like for as long as they like within the 24 hours. Anyone who likes to walk should come on out--it matters not how fast you walk or how far--just to participate will give you satisfaction and a good workout.

THANKS TO ALL YOU HELPERS:

One of the reasons the Marathon is always so successful is because of the fine ~~help~~ ^{help} we get from all the volunteer workers who man the aid stations, keep the stopwatches going, shout encouragement etc. etc. Certainly the Columbia Track Club wants these people to know we appreciate their help--Special thanks to the Parks and Recreation Dept. for all of the work they do and for the financial help and an extra special "Hats Off" to Alice Taft who spent many hours doing all of the necessary paper-work, recruiting of helpers, procuring and filling water and tea containers, marking the course (with brother Bill's help) and many other things. Dr. Logue and Dr. Leeper got out of bed early on Labor Day as did several members of the Cosmo Breakfast Club--Thanks to these people and to all the others whose names I would like to mention but I haven't the space and I would be sure to leave out someone. SEE YOU ALL NEXT YEAR!

MO. VALLEY 30 KILO RUN (18 $\frac{1}{2}$ miles 248 yards)
Hickman Track August 9, 1969

On another hot sunshiny afternoon (88) Carl Owczarzak ran steady 6 minute miles, to win the Mo. Valley AAU 30 Kilo run at Hickman track. Owczarzak's time of 1 hour 53 minutes 58 seconds broke the record set last year by Bill Wirtz of Overland, Mo. Wirtz's old record was 1:56:59. Only six other competitors joined Owczarzak at the starting gun and of these only Citarella and Carpenter completed the distance although Dave Schulte quit only because he wanted to let everybody to go on home. These three and Mirth Madden gave the distance a real battle and the times show that it was quite a struggle. 66 year old Sterling Kelley ran 2 miles in 18:38 after having run 5 miles in the morning--he would like to see other people in his age group out for these events. He runs up to 5 miles almost every morning. David Duncan ran 4 miles in 36:49 before giving up to the heat. RESULTS (Mile splits for 0.):

1: Carl Owczarzak 5:57, 11:55, 17:50, 23:44, 29:32, 35:22, 41:08, 46:55, 52:42, 58:35, 1:04:32, 1:10:30, 1:16:22, 1:23:33, 1:30:06, 1:36:32, 1:43:09, 1:50:09 FINAL:1:53:58

2. Sal Citarella FINAL 3:17:19 3. Larry Carpenter FINAL: 3:41:40

Dave Schulte completed 16 $\frac{3}{4}$ miles in a time of 3:45:06 and Mirth Madden completed 11 miles in 2:24:46.

5,000 METER POSTAL RACE WALK

August 9, 1969

1. Paul Ide WKTC	25:23	8. Steve Herman WKTC	29:11
2. John Rose WKTC	26:09	9. Bruce Renberger WKTC	29:35
3. Bob Young KCP	26:11	10. Bob Chapin KCP	29:40
4. Darrell Palmer CTC	27:32	11. Jerry Oborny WKTC	35:59
5. Fred Young WKTC KCP	27:47	12. Mark Harvey KCP	37:03
6. Joe Duncan CTC	28:27	13. Doug Duncan CTC	43:22
7. A. Anderson KCP	29:10		

CTC's Darrell Palmer and Joe Duncan were the only local entrants in the 5 Kilo Postal Race Walk, however Palmer held a steady pace to beat Duncan by a sizable margin and when the results of the races held in Hays, Kansas and Kansas City became known, Palmer was pleasantly surprised with a 4th place finish. Duncan's 6th place was not good enough for a medal. Ide's time of 25:23 is a new Mo. Valley AAU record and I assume it will be accepted as such. Bob Young held the old record of 25:50. 8 year-old Doug Duncan showed good form in walking 3 14 minute miles. Results of the CTC walkers (mile splits):

Darrell Palmer: 8:48, 17:40, 26:38 Joe Duncan: 8:49, 18:03, Doug Duncan: 13:39, 27:25, 41:53 27:31

MO. VALLEY AAU 25 KILO WALK August 16, 1969

Fort Osage High School. Due to error the actual distance was 15 miles 60 yards--880 yards short of 25 Kilo. RESULTS:

1. Paul Ide WKTC	2:19:41	5. Aubrey Anderson KCP	2:29:44
2. Bob Young KCP	2:21:31	6. Bob Chapin KCP	2:45:57
3. Fred Young KCP	2:26:16	7. Keith Couch KCP	2:54:10
4. John Rose WKTC	2:28:27	8. Darrell Palmer out at 11 $\frac{1}{2}$	

Ide, fast-rising teen-age walker from LaCrosse, Kansas, threatens to dominate the Mo Valley race-walking scene. Rose stayed with his protege during the early stages of this walk but was gradually overtaken by the Young boys. Palmer had to drop out after 11 $\frac{1}{2}$ miles because of stomach problems. His mile splits through 10 miles follow: 10:01, 19:51, 29:47, 39:38, 49:38, 59:26, 69:32, 79:59, 90:28, 102:56

ATTEND THE MEETING!!

MARATHON NOTE: Murrel Jackson won the over-50 trophy--this man has had a rough year, but his dedication to running and the program of CTC is most gratifying--his consistent performances ought to inspire all of us--not only the 50 year olds but us young bucks as well. Come to the meeting and let Murrel tell how it's done

HALF MARATHON August 16, 1969

A good field of runners appeared for the running of the first half of the marathon course with Carl Owczarzak continuing his domination of the local races, winning with 6 minute mile time of One hour eighteen minutes and fifty four seconds. Owczarzak had strong competition however beating fast finishing Don Hoelting by only 46 seconds after Hoelting, representing the Florissant Valley Track Club, had picked up 44 seconds over the final 7 miles. Ralph Anieva, U.S. Army, stationed at Ft. Riley, Kansas, a former Farleigh-Sickinson runner, ran second for the first 7 or 8 miles, but finished 3rd. almost 3 minutes behind Hoelting. Sal Citarella led the local contingent, running steadily at 7½ minute mile pace, but could finish no better than 12th although he did catch and pass 2 runners in the last 4 miles. Mirth Madden shrugged off some local thugs in his struggle up Basley Hill to complete the race in exactly 2 hours. Murrel Jackson, age 52, improves with age as he beat his last years time by 8 minutes. David Duncan, 12, ran the first 3 miles in 30 minutes then turned left at Rock Bridge school, instead of right, but still ended up with about a ten mile workout. Temp. was 80, it was humid the gun went off at 5:26

	3 miles	6 miles	9 miles	FINAL
1. Carl Owczarzak K.C.	16:53	34:20	50:56	1:18:54
2. Don Hoelting FVTC	17:27	35:48	51:50	1:19:40
3. Ralph Anievas	16:59	35:19	52:50	1:22:30
4. Arne Richards, Manhattan	18:58	37:44	55:05	1:24:02
5. Louis Naeger, Ste. Gen.	17:34	36:50	55:05	1:26:22
6. Bill Wirtz, Overland, Mo.	17:39	37:04	55:05	1:28:07
7. Larry Fisher FVTC	18:58	40:10	59:55	1:30:23
8. Steve Parker St. Louis	17:39	37:23	57:55	1:33:26
9. Joe Tuthill FVTC	18:18	39:12	59:35	1:34:12
10. John Dishon Webster Grov.	18:58	42:57	63:10	1:36:43
11. Doayne Hahn, Manhattan	20:16	42:00	62:50	1:37:00
12. Sal Citarella CTC	20:34	42:27	63:10	1:37:05
13. Tom Senadenos Florissant	19:32	40:52	61:30	1:37:49
14. Bill Burton FVTC	17:57	38:12	59:35	1:41:04
15. Joe Duncan CTC	21:32	44:20	66:20	1:44:48
16. Mirth Madden CTC	24:10	50:35	74:35	2:00:00
17. Murrel Jackson CTC	26:00	52:05	78:50	2:03:54
18. Steve Dolinar K.C.K., 15	20:34	42:27	66:35	2:10:04
19. Larry Carpenter Calif, Mo.	20:50	47:55	76:10	2:17:20
20. David Duncan 12	30:00	took wrong turn		

HALF MARATHON August 23, 1969

Only 3 runners and one walker--Don't know why such a small turnout--resting for the marathon, I guess. Temp was 83.

1. Sal Citarella	24:21	47:25	1:11:00	1:43:58
2. Murrel Jackson	28:37	55:30	1:24:12	2:07:30
3. Mirth Madden	28:37	56:30	1:31:30	2:31:20

Darrell Palmer took off early and walked the 13 plus miles in 2:29:30. Jackson turns in another consistent job. Amazing!

SCHEDULE OF EVENTS

Sept. 20-21 NATIONAL 100 MILE WALKING CHAMPIONSHIP

Hickman track 1:00 P.M. Columbia, Mo.

Sept. 28 Designated time and open 5 mile road run Cosmo Park May also have a 2 mile Run For Your Life

Oct. 5 MO. VALLEY AAU 20 Kilo walk Independence, Mo.

Oct. 12 SENIOR NATIONAL AAU AND MO. VALLEY AAU 30 KILO WALK Cosmo Park Columbia, Mo. 2:00 P.M.

MEETING--SEPT. 22, 1969 7:30 P.M. BE THERE!!

1969 - 1970 TRACK AND FIELD SCHEDULE PRESENTED BY
PARKS AND RECREATION DEPARTMENT, COLUMBIA, MISSOURI

We are listing below the events, dates, site, time and divisions. All inquiries concerning further information about the events should be directed to the Parks and Recreation Department, Municipal Building, Columbia, Missouri 65201.

ENTRY BLANKS: In most of our races you don't need an entry blank. We would appreciate a post card announcing your arrival though. Entry blanks for the Heart of America Marathon, Missouri Valley and National AAU events will be sent at a later date, upon your request or (if we have your up-to-date address) the blanks can be sent to your address.

AAU REGISTRATION: All athletes must have a valid AAU card, regardless of the class of competition.

LOCATION OF EVENTS: Hickman High School Track is located off Interstate 70, the Providence Road Exit. It is a red shale track. Cosmo Park is located off the Conley Road Exit off Highway 70, on the north side.

DESIGNATED TIME CATEGORY: All events will be Designated Time (D.T.) events at the option of the competitor. Trophies will be awarded at the end of the season for the top six in the D.T. category. One must compete in 12 D.T. events to qualify for a trophy. Only the best 12 predictions will be used in computing the D.T. average (average seconds off per race).

ELAPSED TIME CATEGORY: Trophies at the end of the season will be awarded to the 6 fastest competitors with points awarded on a 5, 3, 2, 1 basis per event.

NEWCOMER EVENTS: A newcomer event will be held just before or at the same time as each of the "official" events. These will range from 880 yards to 2 miles. These are designed for beginners, women, children and are strictly "fun" events. Walk, run or jog.

ENTRY FEES: 50¢ entry fee per person per event for anyone age 18 and over - no entry fee for newcomer events. \$1 per year will get you the monthly newsletter.

EVENTS 1969

September 28	Sunday, 2:00 p.m., 5 Mile Road Run, 1.2 miles - Newcomers Event Cosmo Park
October 12	Sunday, 2:00 p.m., Sr. National and Missouri Valley AAU - 30 Kilo Walk, Cosmo Park - Newcomers Event 1:30 p.m.
October 19	Sunday, 2:00 p.m., 2 Mile Walk, Run, or Jog, Hickman Track
November 2	Sunday, 2:00 p.m., 5 Mile Walk - Hickman Track
November 9	Sunday, 2:00 p.m., 6 Mile Run - Cosmo Park
November 23	Sunday, 2:00 p.m., 2 Man - 6 Mile Relay, Alternate Miles (Not a point event, but will be D.T.) - Hickman Track.
December 13	Saturday, 9:30 a.m. 3, 2, 1 Mile Triathlon - Hickman Track

EVENTS 1970

January	4	Sunday, 2:00 p.m., 10 Mile Walk - 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	31	Saturday, 1:30 p.m., Devil Take The Hindmost - Hickman Track (Not a D.T. Event)
February	8	Sunday, 2:00 p.m., 20 Kilo Walk - Cosmo Park
February	15	Sunday, 2:00 p.m., 4, 2, 1 Mile Triathlon - Hickman Track
February	28	Saturday, 9:00 a.m., 8 Mile Run - Cosmo Park
March	14	Saturday, 9:00 a.m., 10 Mile Run - Cosmo Park
April	5	Sunday, 2:00 p.m., 7 Mile Walk, - Hickman Track
April	12	Sunday, 2:00 p.m., Missouri Valley AAU, One Hour Walk - Hickman Track
April	25	Saturday, 4:00 p.m., 1/2 Marathon Meet - Hickman Track
May	3	Sunday, 2:00 p.m., Walk - Run Pentathlon - walk 2 miles, run 880 yards, walk 1 mile, run 2 miles, 220 yard dash - Hickman Track
May	23	Saturday, 7:30 p.m., 6 Mile Run - Cosmo Park
June	6	Saturday, 7:30 p.m., 6 Mile Handicap Run - Cosmo Park
June	20	Saturday, 7:30 p.m., Missouri Valley AAU One Hour Run - Hickman Track
July	11	Saturday, 6:30 p.m., 12 Mile Run - Cosmo Park
July	25	Saturday, 7:30 p.m., Missouri Valley AAU 15 Kilo Run - Hickman Track
August	15	Saturday, 6:00 p.m., Missouri Valley AAU 30 Kilo Run - Cosmo Park
August	22	Saturday, 5:00 p.m., First 1/2 Marathon Course Meet - Hickman Track
August	29	Saturday, 5:00 p.m., Second 1/2 Marathon Course Meet - Hickman Track
September	7	Monday, 6:00 a.m., Heart of America Marathon (Meet at Daniel Boone Hotel no later than 5:30 a.m.)
September	20	Sunday, 2:00 p.m., 5 Mile Walk - Hickman Track
September	26 & 27	Saturday and Sunday, 1:00 p.m. National 100 Mile Walk - Hickman Track
October	11	Sunday, 2:00 p.m., Sr. National and Missouri Valley AAU 30 Kilo Walk - Cosmo Park