

COLUMBIA TRACK CLUB NEWSLETTER  
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YOUNG BOUNCES BACK, CTC (BUT NOT THE SUN) SHINES ONE-HOUR WALK APRIL 12

In the absence of Paul Ide, Bob Young came back to the scene of some of his best walking to reassert his authority in the Mo. Valley Race-walking circuit, capturing the MVAU One Hour Championship Walk for the third consecutive year. A terrific rainstorm, which was triggered by the starting gun, frustrated Bob's hope, and the hopes of 2 or 3 others, for a distance of 7 miles in the hour. Despite the rain, Bob's distance of 6 3/4 miles 153 yards was only 119 yards short of his one hour record set in 1968. The rainstorm was something to behold--the rain gods apparently have little liking for our AAU events--last fall's Sr. Nat'l. 30 kilo "swim" is still fresh in our memories. This time the sun had been shining brightly for over a week, but the moment the gun went off, the downpour began--vident, mixed with hail, lasting for some 25 minutes. Lap times became impossible to keep, the first two lanes of Hickman track were under a couple of inches of water almost all the way around so that most of the walking was done in the third lane. Even more strange is the fact that the west part of Columbia (including Rt. 22) received absolutely no rain. Is someone trying to tell us something?

Despite two days in bed with a bad cold and a bandaged ankle (tendonitis), Mark Achen, against the advice of his doctor, hopped out of bed and turned in a fine second place finish. Mark had been unable to do any training during the week. A truly remarkable performance by the clean-cut, gritty Achen who has had a constant, frustrating struggle with illness and injuries all year.

Bob Young's "comeback" was not the only comeback of the day. Spear-headed by Mark Achen, CTC came back from its sorry showing in the 10 kilo walk to capture 2nd, 3rd and 5th places. Joe Duncan wiped out the dissatisfaction of his 9th place finish in the 10 kilo with a third place today, while Darrell Palmer improved from 11th to 5th. CTC finished second in the team scoring which was on the basis of total accumulated yardage for the five man teams. On the usual basis of scoring CTC and the Kansas City Pacers would have tied for first, each with 37 points.

Again we had an excellent field of walkers, particularly as far as depth was concerned. Two years ago only four walkers competed in this race, last year there were 16 walkers, but only four of them went as far as 6 1/4 miles. Today six walkers went over 6 1/2 miles with another couple over 6 1/4 miles--the competition is really getting hot.

In today's race, Palmer took the lead at the gun but was only able to hold it for a couple of laps, with Young taking over, Rose and Achen following, Palmer dropping to 4th. After just three or four more laps, Achen went by Rose. In the meantime Duncan moved from his early 8th position of two laps to 5th on the backstretch of the third lap, then in lap 14 he caught Palmer and after another five laps or so he moved by Rose and with that the final order of finishes was fixed.

RESULTS:

			Miles	yards					
1.	Bob Young	KCP	6 3/4	153	9.	Steve Jarrett	SC	6	257
	1:58 1st 440,	52:40	at 6 miles		10.	Steve Hermann	WKTC	5 3/4	290
2.	Mark Achen	CTC	6 3/4	10	11.	Mark Schmidt	WKTC	5 1/2	217
	53:15 at 6				12.	B. Renberger	WKTC	5 1/2	85
3.	Joe Duncan	CTC	6 1/2	279	13.	David Leuthold	CTC	5 1/4	407
	44:58 at 5, 53:58 at 6				14.	Ray Browne	CTC	5 1/4	298
4.	John Rose	WKTC	6 1/2	298	15.	E. Stark	KCP	5 1/4	96
	45:30 at 5				16.	Murrel Jackson	CTC	5 1/4	0
5.	Darrell Palmer	CTC	6 1/2	158	17.	B. Renberger	WKTC	5	400
6.	Bob Chapin	KCP	6 1/2	92	18.	B. Hoyer	WKTC	5	315
	45:47 at 5, 55:12 at 6				19.	Dave Schulte	CTC	5	233
7.	Aubrey Anderson	KCP	6 1/4	396	20.	Janet Leuthold	CTC	4 1/2	417
	55:30 at 6				21.	Joyce Schulte	CTC	4 1/2	280
8.	Fred Young	KCP	6 1/4	343					
	46:39 at 5, 56:09 at 6								

TEAM SCORING: 1. Kansas City Pacers, 55,640 yards 2. Columbia Track Club, 54,392 yards 3. West Kansas Track Club, 50,930 yards

DESIGNATED DISTANCE RESULTS: (one second is given to every 3 yards off the predicted distance, e.g., 440 yards off = 2:26 off): 1. David Leuthold off 333 yards = 11 seconds 2. Murrel Jackson (glad to have you back, Murrel!) off 440 yards = 2:26 3. Dave Schulte off 673 yards 3:44 4. Joyce Schulte off 720 yards = 4:00 5. Janet Leuthold off 903 yards = 5:01  
290 yds = 1:33

PLEASE LET ME KNOW OF ANY ERRORS IN ALL OF THE ABOVE

ACHEN STARS, BUT CTC FALTERS 10 KILO WALK KANSAS CITY MARCH 21, 1970

		2500	5000	7500	10,000
		Meters			
1.	Paul Ide WKTC	13:11	26:33	39:44	52:40
2.	John Rose WKTC	13:10	26:32	39:44	52:44
3.	Mark Achen CTC	13:11	26:32	39:51	53:22
4.	Bob Young KCP	13:11	26:53	40:34	54:10
5.	Steve Nelson South Club	13:20	26:59	41:12	54:45
6.	Steve Herrman WKTC	13:52	27:52	41:53	55:20
7.	Aubrey Anderson KCP	14:00	28:07	41:56	55:20
8.	Bob Chapin KCP	13:52	28:07	42:05	55:34
9.	Joe Duncan CTC	13:38	27:59	41:53	55:44
10.	Fred Young KCP	13:53	28:07	42:14	56:37
11.	Darrell Palmer CTC	13:32	27:49	42:16	57:42
12.	Mark Schmidt WKTC	14:34	30:08	45:58	60:47
13.	Mirth Madden CTC	14:35	30:20	47:01	63:26
14.	Ron Reigel SC	16:41	33:34	50:31	66:45
15.	James Thoburn SC	16:41	33:57	51:32	67:45
16.	Pat Polson SC	16:49	33:35	50:35	67:50
17.	Lou Hoyer WKTC	19:28	39:23	57:50	72:57

TEAM SCORING: 1. West Kansas Track Club 1, 2, 6, 12--21 2. Kansas City Pacers 4, 7, 8, 10--29 3. Columbia Track Club 3, 9, 11, 13--36 4. South Club 5, 14, 15, 16--50

Mark Achen had been slowly recovering from a severely lacerated foot and had done virtually no serious walking since last Nov. His idea today was to go 10 kilo in about 56 min. Mark, however, pulled off a big surprise by finishing 3rd in a fine time of 53:22, 13 seconds better than the NVAU 10 kilo walk record of 53:35 set by Bob Young in Long Beach, Calif. in 1968. Mark was only 42 seconds behind winner Paul Ide, the teen-age representative of John Rose's WKTC. With more training Mark should close this gap, but then Ide proclaimed that he hadn't done much walking lately, either. In fact, John Rose said the same thing--I believe they said they had been doing some running--they must be doing something out there on those Kansas plains, if not then perhaps the key to their training is LSD--Lazy Sun-Ballying.

Almost everybody at today's race talked about how little they had been doing--"not ready" and all that--yet this was the fastest field of Mo. Valley walkers in the short history of Valley walking. Eleven walkers were under 58 minutes. We are still way behind the big boys who compete for spots on Olympic teams and what have you--but this all represents progress. This was an exciting start to what promises to be a keenly competitive 1970 program and the best ever.

While Achen was doing his part, his CTC teammates weren't much help. Joe Duncan was in sixth or seventh position for the first 3 laps, but Herrman, Anderson and Chapin all made him pay for his early burst of speed and shoved him back to ninth. Palmer and Madden also slowed from fast early paces. All this gave CTC 3rd in the team scoring.

Paul Ide sped away from the starting line, opening up a very quick 20 yard gap which Rose, Achen, Bob Young, Nelson and Duncan all closed within the first half-mile. This group of six then moved together for another half-mile, with Duncan being the first to drop back, Palmer moving by him into 6th. The group then shed Nelson before the first lap was completed and Young fell behind after about 2 miles. The trio of Rose, Achen and Ide toured the next couple of miles together, Rose in front most of the way. Mark ran into trouble about 2/3 through lap 3 and after that it was Ide and Rose. Ide's last lap in 12:56 (fastest of the day) tossed off his mentor and nailed down a new NVAU record.

Perhaps the biggest surprise of the day was turned in by 14 year old Steve Herrman, another of Rose's proteges. Just a few months ago Steve competed only in the Junior kids races--but today he bid farewell to the kid stuff with a sparkling 6th place finish. The way he did it is the big story: The kid refused to give up despite continual pressure from Duncan for 2 1/2 laps and even more pressure from Anderson on the last lap. At the start of the last lap Herrman and Duncan were together with Anderson roaring up from behind. With a little over a mile to go Anderson caught the old man and kid duo and when Anderson moved ahead, Duncan went with him...Herrman falling behind. But not very far behind. When Duncan and Anderson got through with their little duel, Steve perked up, pushed on up to Duncan, went by and took off after Anderson, perhaps 20 yards up the road. The kid caught him, didn't slow down, Anderson couldn't respond, so that took care of 6th place--a really courageous race by young Herrman. LOOK OUT IDE!!

EASTER DAY SIX MILE SPECIAL WALK HICKMAN TRACK MARCH 29, 1970:

This was a hastily arranged 6 mile walk. We got the word around to everybody, but family responsibilities apparently kept everyone away, except for Mark Achen, Darrell Palmer and Mirth Madden. These three went ahead with the race with a trackside stopwatch. As I understand it, Achen and Palmer alternated the lead every half-mile, with Achen pulling away in the last mile for a solid victory. These two averaged around 8:55 for each mile with the final time for both being 53 minutes plus ? Madden hung on for some four miles but had to drop out--these short "sprints" aren't for him, he says.

SEVEN MILE WALK HICKMAN TRACK APRIL 5, 1970:

1. Mark Achen	8:43, 17:30, 26:32, 35:26, 44:09, 52:55, 61:31
2. Darrell Palmer	8:43, 17:38, 27:00, 35:55, 45:10, 54:20, 63:16
3. Joe Duncan	8:47, 17:53, 27:02, 36:06, 45:17, 54:39, 63:58
4. Mirth Madden	10:26, 21:17, 31:31, 41:21, 51:32, 63:28, 75:14
5. Joel Dickinson	10:26, 21:17, 32:15, 42:58, 54:20, 66:28, 77:07
6. David Leuthold	10:40, 21:25, 32:15, 43:24, 54:48, 66:30, 78:11
7. Joyce Schulte	16:05, 32:18, 47:40, 65:00, 81:20, 96:32, 1:51:11

Dave Schulte ran seven miles in 57:27 (a personal best) while Janet Leuthold ran, walked, shuffled and jogged her 7 in 88:38.

DESIGNATED TIME RESULTS: 1. Janet Leuthold 22 secs. off 2. Joyce Schulte off:49 3. Joel Dickinson off 1:07 4. Dave Leuthold off 1:11 5. Dave Schulte off 2:33 6. Mirth Madden off 10:14

Timers: Hicks, Granberg, Pat Shiner and Jim Pinkerton. Sun shining strong west wind, low 50's.

In this tune-up for the Mo. Valley one hour walk, Mark Achen was dissatisfied with the pace after the first two laps, so he moved from third position to first, pulling Palmer with him. Palmer began dropping back after lap 6 and after that it was all Achen. Duncan tried a couple of times to get by Palmer, but the thin man wouldn't permit such a thing.

DESIGNATED TIME STANDINGS:

Men:			Women:		
	Av. Secs.	off			
1. Ken Ellingwood	24		1. Carolyn Leuthold	34	4
2. Joe Duncan	34		2. Myrtle Taft	99	2
3. Jim Pinkerton	63		3. Joyce Schulte	109	4
4. Darrell Palmer	69		4. Janet Leuthold	140	8
5. Murrel Jackson	75		5. Jean Barr	153	2
6. Don Granberg	76		6. Erica Dickinson	200	2
7. Whitney Hicks	76		7. Susan Ford	276	2
8. Larry Carpenter	81		8. Kristan Dickinson	351	2
9. Joel Dickinson	86				
10. Dave Schulte	103				
11. William Taft	103				
12. David Leuthold	149				
13. John Leuthold	162				
14. Mirth Madden	228				
15. Tom Logan	276				
16. Art Fleming	323				
17. Bill Clark	615				

I'm sure everyone has noticed that I have dropped the names of those who have been in only one event.

LAPSED TIME STANDINGS:

		Walkers:	
1. Don Granberg	65	1. Mark Achen	44
2. Whitney Hicks	56	2. Joe Duncan	44
3. Joe Duncan	52	3. Darrell Palmer	42
4. Joel Dickinson	31	4. Fred Young	14
5. Larry Carpenter	24	5. Mirth Madden	14
6. Sal Citarella	20	6. Bob Young	10
7. Ken Ellingwood	18	7. Bob Chapin	9
8. Tom Logan	10	8. Joel Dickinson	8
9. Bob Brouillet	10	9. David Leuthold	6
10. Bob Hunerdose	10	10. John Rose	4
12. David Leuthold	9	11. William Taft	3
12. Loren Moes	8	12. Bill Clark	2
13. Ron Edwards	8	13. Myrtle Taft	2
14. Steve Dickinson	4	14. Jim Pinkerton	1
15. Ed Laird	4		
16. Dave Schulte	3		
17. Mark Lebron	3		
18. Art Fleming	3		
19. Janet Leuthold	1		

SCHEDULE OF EVENTS:

April 18 Saturday 11:15 A.M. One Mile walk KU Relays Lawrence, Kan.  
 April 18 " 8:00 A.M. KU Relays Marathon  
 April 19 Sunday 2:00 P.M. Ohio Race-Walker 20 kilo Postal Race Walk  
 Fort Osage High School, Independence, Mo.  
 April 25 Saturday 4:00 P.M.  $\frac{1}{2}$  Marathon (first half of marathon course  
 if Mo. River isn't flooding) Meet at Hickman Track  
 April 25 Saturday ? Senior National 35 kilo walk Des Moines, Iowa  
 April 25 Saturday ? USTFF Marathon Championship Des~~Mo~~ines, Iowa  
 (I don't know whether or not this is an open event)  
 May 2 Saturday 10:00 A.M. Mo. Valley 25 kilo walk Swope Park KC, MO.  
 May 9 Saturday 2:00 P.M. Walk-run Pentathlon Hickman Track - Two  
 mile walk, 880 yard run, one mile walk, two mile run, 220  
 yard dash 15 minutes recovery between each event.  
 May 23 Saturday 2:00 P.M. Mo. Valley AAU T & F Championships Mc-  
 Pherson, Kan. includes a 10,000 meter run and 2 mile walk  
 May 23 Saturday 7:30 P.M. 6 mile run Cosmo Park  
 May 30 Saturday ? Curtis Country Lane Marathon Curtis, Nebr.  
 May 31 Sunday ? Mid-America Meet of Miles Independence, Mo.

There was a young runner named Bright,  
 Whose speed was much faster than light,  
 He set out one day  
 In a relative way,  
 And returned on the previous night.

This thing is put out by Joe Duncan with help from four little  
 Duncans--12 issues cost one dollar SUBSCRIBE!!

Joe Duncan  
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