

COLUMBIA TRACK CLUB NEWSLETTER  
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OWCZARZAK AGAIN--THIS TIME THE MO. VALLEY 30 KILO RUN AUGUST 15, 1970:

For the third newsletter in a row Carl Owczarzak's name appears in the front page headlines--this time as winner of the Mo. Valley AAU 30 Kilo run. Carl's time of 2:02:34 was more than 8 minutes slower than the record he set last year. However, last year it was a little cooler and the race in '69 was on the track. This year's race was on the Cosmo Park-Stadium Blvd.-Broadway-Rt. ZZ loop with its various hills. The real culprit today though was the heat and humidity--these had an obvious affect on everybody--causing four dropouts and times way off personal bests. Next year this race is going to be held in March.

RESULTS:

	5 kilo	10	15	20	25 & 30
1. Carl Owczarzak Kansas City, K.	18:35	37:05	56:32	1:16:30	1:38:00 2:02:34
2. Bob Hunerdosse Fairfield, Iowa	18:57	40:54	1:02:42	1:27:15	1:53:10 2:16:09
3. C.E. Baldwin Sedalia	19:50	41:10	1:04:30	1:30:19	1:54:15 2:18:20
4. Don Granberg CTC	21:05	44:03	1:07:43	1:31:30	1:55:35 2:22:56
5. Roman Sage Jeff City	20:02	42:38	1:07:31	1:33:19	2:02:15 2:34:11
6. Charley Moore Sedalia	22:30	47:30	1:15:34	1:46:30	2:20:30 2:54:31
7. Pat Curry Sedalia	22:30	47:30	1:15:34	1:46:30	2:22:30 3:05:30
8. Dick Sallee CTC	25:53	54:15	1:26:00	2:01:38	2:39:00 3:14:55
9. Lee Cain Whiteman AFB	18:49	39:47	1:03:57	1:29:21	out at 13 1/2
10. David Leuthold CTC	25:53	56:06	1:29:30	2:06:49	out at 20 K.
11. Joe Duncan CTC	22:48	47:30	1:16:48	out at 15 K.	
12. Darrell Palmer CTC	21:22	out at 4 miles			
Officials: Joan Lang, Jim Pinkerton, Joel Dickinson, Carolyn Leuthold, Art Fleming Temp: 91 Humidity: terrible					
Owczarzak, Baldwin and Granberg get MVAAU medals. Trophies to top 6.					
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MARK ACHEN DOES 40 KILO IN 4:02:05 IN NEW JERSEY AUGUST 9, 1970:

This is what Mark has to say about this fine performance in a time way below the MVAAU record for 40 kilo (24 miles 1504 yards):  
"Drove out to Long Branch, N.J. last week-end with Bill Walker & Jerry Bocci to compete in the Jr.-Sr. 40 kilo. 15 hours of driving each way in addition to the race made it a tough week-end. It was a successful trip for me though. The course loops the city three times (about 20 K.), then goes along the boardwalk (about 8 K.) and then around a small lake nine times. It was over 90 degrees and humid which were to my advantage. The Ann Arbor weather had prepared me quite well. I started slow (about 40th out of 53 starters at 5 K.) and passed the halfway mark in something like 2:03:18 and in 23rd place. My second 20 kilo was about 4 minutes faster and moved me into 12th place finally with 4:02:05 which may be under the MVAAU record. I almost had 10th place but was not strong enough in the final 100 yard sprint with Larry Newman and Bruce Adair, who had both just come from the Colorado training camp. Newman beat me by 7 secs. and Adair by 5 secs. Another lap on the lake and I would have taken them.. Finished third in the Jr. Nat'l. Rich Airey walked a great 3:54:02 and Newman (4:01:58) was second....Dave Romansky won the Sr. Nat'l. in 3:32:29 with Shaul Ladany of Israel two min. behind."

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The Sluggard

This newsletter is put out by Joe Duncan 12 times a year--you can get it for one dollar per year. Contributions and suggestions are most welcome, in fact, requested.

Marcus, the sluggard,  
dreamed he ran a race,  
and never went to sleep  
again in case--  
... Lucilius

## HEART OF AMERICA MARATHON APPROACHING

RUN RUN RUN

Preparations are progressing quite well for the 11th annual Heart of America Marathon. Entry blanks have gone out to about everybody we can think of, however, if you did not get one, or if you need more, simply write to Joan Lang, Parks and Recreation Dept., Municipal Bldg. Columbia, Mo. 65201. A map of the course accompanies this newsletter. The map is accurate so no one should get lost. A couple of items ought to be added: 1. After the 8-mile hill is completed, you will come to a fork in the road, at which point there is a windmill. The course goes LEFT at this point. 2. there are two other major hills, one at about 1½ miles as soon as you cross the Hinkson Cr. Bridge and the other at 24 miles, at the top of which is Memorial Stadium and Stadium Blvd. Stadium Blvd is the East-West leg of what is shown on the map as College Ave. In any event the course is well-attended. There will be someone at every turn or fork in the road. Aid stations will be plentiful, there will be timing stations every 3 miles and at the halfway point. The course will be patrolled until the last competitor is in. The entries we know about now indicate that this will be the finest Marathon yet staged in Columbia and Barry Crawford's record of 2:34:07 set in 1967 might well fall.

Although post entries will be accepted, we ask you to PLEASE have your entries in no later than Sept. 4th, including the medical certificate and the entry fee. It is awfully confusing to accept post entries at a bleary-eyed 5:00 A.M. PLEASE HELP US ON THIS.

The Marathon results will be mailed out as a part of the CTC Newsletter, hopefully by Sept. 10th. These results will include all the 3 mile splits and will be mailed to all competitors.

WE NEED HELP for manning the aid stations and timing stations--we could use some 50 volunteers who are willing to rise up in the middle of the night on a Labor Day holiday to help us stage this event. If you can help please call Joan Lang, P & R, 442-0161 or let me (Joe Duncan) know at 445-2684.

We also have two half-marathons coming up--we need at least a half dozen helpers for these two events--we will need transportation to the starting line and then back to Hickman track after the finish. If you can help on these simply be at Hickman by 5:00 P.M. on the 22nd and 29th.  
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## MARK ACHEN THIRD IN TEN MILE WALK IN VAN WERT, OHIO JULY 26, 1970:

Mark Achen, CTC's wandering pedestrian, strolled into Van Wert, Ohio for a ten mile road walk, one of the "Tour of Ohio" series, and strolled out with a third place finish. Mark's time was an excellent 1:26:37 which he figures to be about 30 seconds faster, at 15 kilo, than his 15 kilo record time in Kansas City the previous weekend. There were 8 finishers in the Ohio race on a very hot and humid day. Winner was Bill Walker of Detroit in 1:21:24, second was Jack Blackburn of Van Wert in 1:25:56. Mark let Blackburn get too far ahead in the first 7 miles, so that Mark's increased pace over the last 3 miles, while cutting the gap considerably, still left him a little short of second. The 4th place finisher, Doc Blackburn, was nearly 13 minutes behind Mark in 1:39:33. The Results:

	1 3/4	4 1/2	7 1/4	10 miles
1. Bill Walker	12:50	35:15	57:57	1:21:24
2. Jack Blackburn	13:20	36:27	1:00:37	1:25:56
3. Mark Achen	14:29	38:45	1:02:52	1:26:37

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ONE MILE RUN	A D.T. SPECIAL	GRANBERG WINS	AUGUST 1, 1970:
	Secs. off 440	880	1320 One Mile
1. Don Granberg	5 1:06	<del>1:18</del> 2:22	3:47 5:05
2. Art Fleming	13 1:14	2:34	3:58 5:17
3. Joel Dickinson	21 1:28	3:00	4:33 6:09
4. Dave Schulte	58 (!) 1:36	3:15	4:57 6:42

Only 4 runners for this short notice insertion in our schedule. The main purpose of the race was to fill the month long gap appearing in the schedule. In the process Granberg and Dickinson helped themselves to more ENT points and the D.T. battle for second becomes much closer. Granberg set a personal best for the mile as did Schulte, I'm not sure about Fleming. Granberg obviously is not an experienced miler--with an even pace he certainly could have gotten under 5 minutes.

NATIONAL 100 MILE WALK COMING UP SEPT. 26 & 27:

The Fourth Annual National 100 Mile Walking Championship, the only one of its kind in the Western Hemisphere is set for Sept. 26 and 27 starting at 1:00 P.M. on the 26th at Hickman Track. The three previous walks have only produced one person who was able to walk 100 miles--Larry O'Neil, who is now 63. The Kalispell, Mont. Lumber Co. president did 100 miles in 1967 in 19 hours 25 minutes, establishing an American record, and again in 1968 with a time of 20 hrs 51 min 30 secs. In 1969 Bob Chapin, Kansas City Pacers, was the winner. Although he did not make 100 miles, he did go 88 miles in 22 hrs 10 min. Look for Bob to go 100 miles this year to join Larry O'Neil as a member of the Centurion Club of America. We are hoping more of our long distance walkers will make this year's scene--we should get at least a half dozen or so who could go 100 miles within the allotted 24 hour period.

The Centurions of England is a highly organized club. It was founded in 1911 and since that time only a little over 400 men have been able to join that select group by walking 100 miles in 24 hours. One of them, John Kelly, now living in Calif., is the only American, having done his 100 miles in 1965 in England in 22 hours 51 min. Centurion #13 is H. Swabey who is now 91 years old and living in Ontario, Canada. He did 100 miles in 24 hours on three different occasions in 1907, '08 and '09. Centurion #135 is Chris Clegg, now in Calif. and still walking some out there. He has been kind enough to provide me with one of the Centurions Handbooks. Clegg did his 100 miles in 1947 in 21 hrs 39 min 42 secs. Centurion #149 is Peter Lambert, Toronto, Canada who did 100 miles in 1949 in 22:33:10. These four, with O'Neil, are the only Centurions living in the Western Hemisphere.

John Kelly has written me of the 100 mile walk he completed in Oct. 1965. 84 walkers started this race known as the Claywell 100, the course consisting of ten 10 mile laps--one of the hilliest courses in England. Most of the entrants were British with 15 or 20 from Holland, two South Africans and one "Wank" (John Kelly). Kelly planned to walk an even pace--five miles per hour. He maintained that pace for the first 50 miles but at 70 miles he had slowed to 14 hours, 15 min. He had had nothing to eat until then--but at that point he did make the mistake of stopping to eat some Scotch oat cakes and when he started again he couldn't move. One Maurice Horton got him going, ~~how~~ (Kelly didn't say how) but the next 20 miles was pretty slow going. Kelly was ready to quit at 90 miles but, again, Horton "worked wonders on me." Part of the "wonders" was a pint of beer. Kelly finished then feeling fresher than he had felt at 70 or 90 miles. His time was 22:51:07. Kelly found ~~that~~ coming down the hills to be quite troublesome and considers the downhill walking the cause of badly swollen ankles. One Neilson of England won the race in 19 hrs 7 min., with a Dutchman second. These two were the only ones under 20 hours. About 30 finished within 24 hours (the race ended at this time), thus becoming Centurions. Most of the walkers had handlers and a large crowd stayed out all night during perfect weather.

Kelly's Centurion number is 376. He points out that to become a Centurion you have to walk your 100 miles in England. However, the Centurion Club of America is an independent organization--there is one member--Larry O'Neil--American Centurion #1--certainly the most select, exclusive club in America--but membership is open to anyone who can walk 100 miles in 24 hours.

Kelly advises that to walk 100 miles is more mental than physical. A 64 year old man beat him. He advises a 100 mile walker to drink plenty of juices or soup during the race and to "take the feet up well." Kelly developed bad blisters after 10 miles--this may have been due to lack of extensive preparation, for he points out that this was only his second walking race.

In the September issue of this newsletter I will have more on the history of the Centurions. In the meantime, Larry O'Neil's record poses a most difficult challenge to even the strongest of America's long distance walkers. The 100 mile walk is a tough, mind-boggling athletic feat--any walker must wonder whether or not he could do it--why not try?

They shoot horses, don't they?

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A runner with a sore bunion  
Was lightfooted J. Dickinson.  
The reason, that  
He was so fat  
His feet put on a rebellion.



SCHEDULE OF EVENTS:

August 22 Saturday 5:00 P.M. First half of Marathon course--meet at Hickman track  
 22 " 6:00 P.M. Open 10 mile walk Ft. Osage High School Note to Ide and Palmer: Larry Young plans to walk in this one.  
 29 " 5:00 P.M. Second half of Marathon course--meet at Hickman track.  
 September 7 Monday 6:00 A.M. ELEVENTH ANNUAL HEART OF AMERICA MARATHON meet at Daniel Boone Hotel no later than 5:30 A.M.  
 20 Sunday 2:00 P.M. 5 Mile walk Hickman Track  
 26 & 27 Sat. & Sun. 1:00 P.M. FOURTH ANNUAL NATIONAL 100 MILE WALK Hickman Track  
 28 Monday 7:30 P.M. Public meeting to consider 1971 schedule, "how things ought to be done" etc., etc. Also presentation of 1970 awards.

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DESIGNATED TIME STANDINGS:

	av. off	Events	Women:
1. Joe Duncan	37	12*	1. Janet Leuthold 132 10
2. Dave Schulte	54.3	12*	
3. Joel Dickinson	54.5	12*	Two races to go--the two 1/2
4. Don Granberg	59	12*	Marathons.
5. Whitney Hicks	97	11	
6. David Leuthold	99	12*	

ELAPSED TIME STANDINGS;

	Points
1. Don Granberg	97
2. Whitney Hicks	76
3. Joe Duncan	64
4. Joel Dickinson	41
5. Art Fleming	27
6. Bob Brouillet	26
7. Larry Carpenter	24
8. Don Davidson	20
9. Sal Citarella	20
10. Ken Ellingwood	18

It has been decided that the 5 AAU events, the Marathon and the 100 mile walk will not count in the E.T. standings. Two reasons: the entry fees for these events go to P & R--only the 50¢ fees for the other events are applied to the E.T. trophies. At least 6 trophies are awarded in each of these 7 events--no further award is necessary. All this mainly affects Carl O., but we are sure that he would agree. ~~XXXXXXXXXX~~

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