

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. II, No. 12

Dec. 24, 1970

## ACHEN WINS A JR. NATL AAU TITLE--35 KILO WALK, KANSAS CITY NOV. 28:

Mark Achen has been in about a dozen Jr. National races and has performed quite well in a bunch of Sr. Nationals, but prior to the 35 Kilo in K.C., a Jr. National crown has always escaped him,, sometimes by only a second or two. Mark's day finally came on Nov. 28, when, heavily favored, he did finally annex a Jr. National title. Mark's time was a fine 3:20:54, his best for 35 Kilo and almost 13 minutes better than the MVAAU record of 3:33:15 set by John Rose back in 1967. So Mark again smashes a MVAAU record--BUT, once again, Larry Young shows up and smashes everything. The steadily improving Olympian stepped up another notch in his training program--his 3:05:14 getting up into the area of national class time. Obviously Mark has picked the wrong year to go around beating MVAAU records. Bob Chapin turned in his best performance over 35 K. by some 7 minutes, barely missing the record. Bob has certainly become a consistent, long distance performer. Paul Ide had a personal for 35 K, although the going in the latter stages was pretty rough for him. However, "Coach" Art Fleming wouldn't let him quit. Dave and Joyce Schulte were on hand doing some of the cheering for CTC and helping Bill Clark and Fred Barrett with the judging. It was a cloudy, raw day--temperature was about 35 degrees.

THE RESULTS: (2,500 meter splits for L. Young and Achen, 5,000 meter splits for the others)

- |                   |         |         |         |         |         |         |         |
|-------------------|---------|---------|---------|---------|---------|---------|---------|
| 1. Larry Young    | 13:36   | 27:03   | 40:21   | 53:44   | 1:07:07 | 1:20:24 | 1:33:32 |
| Mid-America       | 1:46:29 | 1:59:38 | 2:12:39 | 2:25:34 | 2:38:33 | 2:51:55 |         |
| Track Club        | 3:05:14 |         |         |         |         |         |         |
| 2. Mark Achen     | 13:50   | 28:00   | 41:48   | 55:45   | 1:09:42 | 1:23:54 | 1:38:05 |
| CTC               | 1:52:32 | 2:06:47 | 2:21:27 | 2:36:32 | 2:51:33 | 3:06:26 |         |
|                   | 3:20:54 |         |         |         |         |         |         |
| 3. Dave Eidahl    | 29:02   | 58:03   | 1:27:28 | 1:57:16 | 2:27:40 | 2:58:25 |         |
| Richland, Iowa    | 3:29:30 |         |         |         |         |         |         |
| 4. Bob Chapin     | 29:55   | 59:46   | 1:29:25 | 1:59:15 | 2:30:01 | 3:01:14 |         |
| MATC              | 3:33:24 |         |         |         |         |         |         |
| 5. Paul Ide       | 29:02   | 58:04   | 1:27:08 | 1:54:16 | 2:27:41 | 3:02:24 |         |
| CTC               | 3:40:55 |         |         |         |         |         |         |
| 6. Fred Young     | 30:06   | 1:00:36 | 1:31:00 | 1:52:32 | 2:37:09 | 3:13:32 |         |
| MATC              | 3:48:06 |         |         |         |         |         |         |
| 7. Bob Woods      | 29:01   | 58:04   | 1:31:35 | 2:03:44 | 2:41:02 | 3:16:28 |         |
| Chicago, Ill.     | 3:48:32 |         |         |         |         |         |         |
| 8. Mike Shanahan  | MATC    | Final:  | 4:20:13 |         |         |         |         |
| 9. Abbey Anderson | MATC    | Final:  | 4:28:10 |         |         |         |         |
| 10. Bruce Eberton | MATC    | Final:  | 5:07:04 |         |         |         |         |

## JUNIOR 15 KILO (Under age 16):

1. Mike Starks 1:45:51
2. Ray Chapin 1:50:23
3. Mark Mayfield 1:55:01

\*\*\*\*\*

## MID-AMERICA TRACK CLUB:

In checking the results of the 35 Kilo walk in K. C. you will notice that there are several members of the Mid-America Track Club. The MATC has recently been formed in the Kansas City area and is open to all athletes "who aspire to a championship level of competition". The MATC is meant to be a highly-organized, financially strong group, specifically seeking the better trackmen of the Midwest so as to be able to compete nationally with clubs like the So. Calif. Striders, Shore AC etc. A club of this type is able to help the athlete with his travel, expenses, coaching, etc. This is something CTC has been unable to do. The MATC even has a track and field head coach. Obviously, most of our local people would have no business competing for MATC, but for guys like Mark Achen, Bob Brouillet, Dennis Stewart, to name a few, this might be an opportunity for them to get some financial help on expenses, better competition and coaching. However, as for a schedule of distance running and race-walking, I Don't think any schedule is better than ours. Anyway, for further information contact Peter Quantrochi 609 Sunset, Olathe, Kansas 66061. The MATC has already absorbed the KC Pacers walking club--but as long as we have people who like to run just for the heck of it there will always be a place for local clubs like CTC--where there is opportunity for all to achieve their personal goals and personal victories.

CTC OVER CSC--FIRST ANNUAL RUN-SWIM BIATHLON						15, 1970
						NOVEMBER <del>XXXXXX</del>
		One mile	2	3	880 yd swim	TOTAL
1.	Lucas Kleyn CTC	5:21	11:12	17:10	12:04	29:14
2.	Leonard Wolff CSC 14	6:37	14:18	21:26	11:08	32:34
3.	Dennis Stewart CTC	5:03	10:26	15:43*	17:05	32:48
4.	Paul Redhage CTC	5:26	11:09	16:45	16:04	32:49
5.	Clint Dunathan CSC 12	6:55	14:23	21:05	11:45	32:50
6.	David Coad CSC 11	7:12	14:50	22:24	11:39	34:03
7.	Janet Leuthold CTC 10	6:54	14:22	21:09	13:05	34:14
8.	Dan Chapel CSC 13	7:08	15:49	24:04	11:05*	35:09
9.	Howard Chapel CSC 11	7:30	15:49	23:38	12:25	36:03
10.	Art Fleming CTC	5:59	11:56	17:44	19:14	36:58
11.	Mark Achen CTC	5:59	11:56	17:44	19:19	37:03
12.	John Houle CTC	5:39	11:32	17:19	20:00	37:19
13.	Steve Schofer CSC 14	7:10	15:49	24:17	13:17	37:34
14.	Phil Jacobs CSC 9	7:46	16:40	24:06	13:41	37:47
15.	John Guyon CSC 10	7:46	15:45	24:31	14:53	39:24
16.	Lynn Cox CSC 14	8:17	18:16	29:12	11:11	40:23
17.	Mary Magnusson CSC 13	8:32	18:16	29:43	11:56	41:39
18.	David Leuthold CTC	6:05	12:26	18:48	25:08	43:56
19.	Phyllis Sapp CTC	10:02	21:41	31:21	24:29	55:50

SCORING: CTC--1, 3, 4, 7, 10=25; CSC--2, 5, 6, 8, 9=30

Paced by Lucas Kleyn, an Arts and Science student at M.U., Columbia Track Club's runners out ran the swimmers of the Columbia Swim Club fast enough to overcome the healthy margin by which the swimmers out-swam the runners. This was the first attempt at this type of competition and it must be termed a success. It was different and fun. The dual meet format provides team competition and the times indicate that the choice of a three mile run coupled with an 880 yard swim is about right..Hopefully this will become an annual affair. The 3 mile run came first on Hickman Track. It was a rather raw (Temp. 36) day, with a brisk wind, but the sun was shining. Dennis Stewart had this race all to himself winning by almost a lap over CTC's Paul Redhage, Kleyn finishing 3rd. The fastest CSC runner was Clint Dunathan in 21:05, finishing 8th.

About an hour after the run came the  $\frac{1}{2}$  mile swim in Hickman's Indoor pool. Dan Chapel's 11:05 paced 5 other Swim Club swimmers who dug deep into the margin built up by CTC in the run. But, thanks to Kleyn's ability in the swim (I don't know whether he is a runner turned swimmer or a swimmer turned runner), his 12:04 and 7th place swim finish, CTC was able to hang on to win this affair by a 25-30 cross-country type score. Second fastest swimmer for CTC was Janet Leuthold in 13:05. This with her 21:09 time in the run, gave Janet a 7th place combined finish and certainly was an important factor in the CTC victory.

A meet of this kind poses a lot of interesting questions. Notice that the Swim Club competitors were pretty young so their performance against CTC's "old men" must be considered outstanding. Does a swimmer's conditioning help his running more than a runner's conditioning ~~help~~ would help his swimming? I can't reach any conclusion based on the above results, but had CSC had some of their older swimmers, then CTC would have been in trouble. One thing to keep in mind is that anyone can run (even swimmers) insofar as technique, breathing, etc., are concerned--but when it comes to swimming, it does help if one knows how to swim--and the technique of some of CTC's "swimmers" looked mighty funny to this observer. It isn't quite like race-walking, however,--a swimmer can "run" in the water, I suppose--no judges bothering him.

Anyway, CTC is now ready to challenge the Boonslick Hostel Club's Cycling Team to, say, a 3 mile run-5 mile cycle event. Or are we?/

\*\*\*\*\*

#### THE MOUNTAINS

The mountains? Rising from some wet ravine,  
After a night impaled on evergreen,  
The hiker crawls up ledges and down ridges,  
Pursued by flies, mosquitos, gnats, and midges,  
Until, sore-footed, and sore-headed too,  
He scales a rockface and admires the view--  
Far off, below, a city on the plain.  
Oh how he wishes he were there again!

. . . Walker Gibson

## JOYCE SCHULTE HAS PERFECT PERFORMANCE--2-MAN 6 MILE RELAY NOV. 22:

		1st mile	2nd	3rd	Total	Team Total	Secs. off DT	Ind. ET	Finish DT
1.	Art Fleming	5:29	5:35	5:30	16:34		1:08	3	13
	Dick Sallee	6:35	6:47	6:46	20:08	36:42	:37	9	8
2.	Dave Leuthold	5:45	6:40	6:22	18:47		:32	7	7
	Mike Chippendale	6:22	6:27	6:28	19:17	38:04	:17	8	4
3.	Mark Achen	5:29	5:39	5:36	16:44		:16	5	3
	Dave Schulte	7:02	7:13	7:22	21:37	38:21	1:53	11	14
4.	Whitney Hicks	5:24	5:44	5:29	16:37		1:03	4	11
	Steve Spier	7:28	7:46	8:01	23:15	39:52	:15	12	2
5.	Mark Hebron	5:45	6:30	6:26	18:41		:26	6	6
	Janet Leuthold	7:17	7:02	7:04	21:23	40:04	1:03	10	11
6.	Randy Bakewell	5:09	5:22	5:21	15:52		:22	2	5
	Phyllis Sapp	9:21	10:08	10:15	29:44	45:36	:44	13	9
7.	Dennis Stewart	5:06*	5:05*	5:11*	15:22*		:47	1	10
	Joyce Schulte	13:41	13:49	13:30	41:00	56:22	:00	14	1

30 Degrees (and dropping fast), strong NW wind, cloudy, a cold, raw day. Timers: Don Granberg, Mr. and Mrs Bob Spier

Partners were paired off as equitably as possible, resulting in a close contest for 2nd and 3rd and for 4th and 5th. Fleming-Sallee were only three seconds ahead after two miles but Fleming picked up more than a minute in the 3rd mile, so that took care of first. Meanwhile, Achen got his team in second each time he ran, but Dave Schulte couldn't hold off the speedier Chippendale on their respective legs. Stewart and Bakewell easily out-ran everybody else but we pretty well had it fixed so their teams couldn't win even if they had run four min. miles. They did get in good workouts, however, and picked up some ET points. Joyce Schulte turns in a perfect walking performance--doing just exactly what she said she would do--so, you see, the women can win even on the playing fields.

\*\*\*\*\*

## REDHAGE WINS 2 OUT OF 3--3, 2, 1 Mile TRIATHLON DECEMBER 5, 1970:

	3 Mi. Off DT	2 Mi. Off	1 Mi. off	TOTAL ET	Total DT
1. Paul Redhage	17:12* :12	11:17* :13	5:21 :01	33:50	:26
	(5:36,5:48,5:48)	(5:42,5:35)	(2:40,2:41)		
2. Whitney Hicks	17:25 :45	11:19 :21	5:18 :12	34:02	1:18
	(5:47,5:52,5:46)	(5:42,5:37)	(2:40,2:38)		
3. Mark Achen	17:25 :25	11:32 :02	5:29 :04	34:26	:31
	(5:47,5:52,5:46)	(5:41,5:51)	(2:40,2:49)		
4. Mel Cottom	17:20 :40	11:57 :27	5:28 :08	34:45	1:15
	(5:38,5:51,5:51)	(5:41,6:16)	(2:38,2:50)		
5. Joe Duncan	18:24 :06	12:15 :05	5:56 :11	36:35	:22
	(6:02,6:09,6:13)	(6:07,6:08)	(2:56,3:00)		
6. Don Granberg	19:04 :04	12:12 :18	5:54 :14	37:10	:36
	(6:45,6:13,6:06)	(6:06,6:06)	(2:54,3:00)		
7. David Leuthold	19:07 :22	12:53 :13	6:10 :00	38:10	:35
	(6:08,6:27,6:32)	(6:23,6:30)	(3:02,3:08)		
8. Art Fleming	17:50 :10	16:19 1:40	5:14* :06	39:23	1:56
	(5:48,6:01,6:01)	(7:55,8:24)	(2:38,2:36)		
9. Ken Peters	19:41 1:19	13:13 :17	6:25 :10	39:29	1:46
	(6:16,6:46,6:39)	(6:27,6:46)	(3:07,3:18)		
10. Dave Schulte	23:30 1:00	15:28 :28	7:18 :12	46:28	1:40
	(7:36,8:03,7:51)	(7:45,7:43)	(3:34,3:44)		

Joyce Stotler did one mile in 8:39 (3:49,4:50), 21 secs. off her DT Low 40's, sun shining, some wind, Paul Finks, Ellen Bishop, Mary Ann Uzzell were the timers. In the 3 mile, Redhage all the way, Cottom not too far behind. Hicks an eyelash ahead of Achen for 3rd. In the 2 mile Achen led for 6 laps, then Hicks, but Redhage got him with a strong kick. Fleming jogged his 2 miles, but in the one mile he shucked his sweats. Cottom's lead didn't last long, only Hicks gave him a battle but Hicks couldn't match the finishing kick of the rested Fleming.



Brouillet in 5,000 meter run				December 19, 1970:	secs. off
				1 Mile + 188Yds/2 Mi + 188/5,000 Meters	D.T.
1.	Bob Brouillet	5:48	11:05	16:25	55
2.	Dennis Stewart	5:48	11:05	16:34	4
3.	Whitney Hicks	6:30	12:17	18:12	2
4.	Art Fleming	6:30	12:17	18:27	17
5.	Don Granberg	6:30	12:44	18:47	2
6.	Joe Duncan	6:38	12:50	18:58	13
7.	Mark Achen walked	8:56	17:17	25:25	20
8.	David Leuthold w	10:10	20:52	30:47	13
9.	Janet Leuthold w	14:45	28:02	40:15	15

30 Degrees, 12 MPH NW wind. Jim Pinkerton, Mike Norman, Timers.

Bob Brouillet showed up again for a race, winning quite handily, altho' not doing as well as he had hoped. Stewart was on Brouillet's tail for the first 8 laps, but after that Brouillet pulled steadily away. In the race for third it was much the same story--Hicks and Fleming were together for the first two miles, Fleming setting the pace, but on lap #9, Hicks took over and that took care of third.

Mark Achen walked a fine 5,000 meters, only two seconds off the listed MVAAU record. Mark is experimenting with a change in style--his "new look" seems to require less effort and, perhaps, will produce more speed. Unless some of our other walkers come out of the woods, the two Leutholds, father and daughter, are going to garner most of the 2nd and 3rd place elapsed time points.

\*\*\*\*\*  
BELOW IS A FORM WHICH WE ASK ALL MEMBERS OR PROSPECTIVE MEMBERS OF CTC TO COMPLETE. Also any non-members might choose to help support the CTC program by subscribing to the newsletter or to Runner's World by ordering through CTC.. Be sure to include your comments or suggestions as to how we can improve the CTC program, the newsletter or anything else you care to sound off about. Again we want to emphasize the importance of paying your 1971 dues of one dollar--without that dollar, you will not be considered a member of CTC. Also attached to some of the newsletters are AAU registration blanks--these should be completed and sent to MVAAU Registration Chairman Bill Clark 3906 Grace Ellen Dr., Columbia, Mo. 65201, along with your \$2.00--this will take care of your AAU registration for 1971. Please complete the form-- we need a roster, your ages and your ideas.....and your money?

-----DETACH HERE-----

NAME \_\_\_\_\_ PHONE NO. \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ Zip Code? \_\_\_\_\_

Please send the newsletter--enclosed is \$1.00 for 12 issues.....( )

Please order Runner's World magazine. Enclosed is \$5.00(2-yr. Sub).( ).  
\$3.00 (1-yr. Sub.) ( ). CTC gets to keep one dollar for each new  
RW Subscription--Make check payable to Columbia Track Club.

Enclosed is my dollar for 1971 CTC Membership Dues ( ).

Enclosed is \$ \_\_\_\_\_ for the general support of the CTC program.(Any  
contribution of \$2.00 or more entitles the contributor to 12 issues  
of the newsletter and a CTC Sustaining Membership.

I am willing to help officiate, assist with the timing of races, man  
aid stations etc. at any of the races ( ). Please feel free to call upon  
me at least two days prior to any race in which I may help ( ).

COMMENTS OR SUGGESTIONS:

RETURN this form to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201  
YOUR COOPERATION IS APPRECIATED!!

DESIGNATED TIME STANDINGS:

Men	Av. Secs. off	Events
1. Ken Ellingwood	3	1
2. Dick Martin	4	1
3. Linley Lipper	6	1
4. Loren Moes	9	1
5. John Cowen	11	1
6. Randy Bakewell	17	2
7. Mark Achen	18	7
8. Ron Chacey	18	1
9. Joe Duncan	19	4
10. Gary Cashon	20	3
11. Dennis Stewart	23	5
12. Tim Swisher	24	1
13. John Houle	30	3
14. Don Granberg	32	5
15. John Leuthold	33	2
16. Whitney Hicks	34	9
17. Mike Chippendale	40	5
18. Art Fleming	41	9
19. Mark Hebron	41	4
20. Dick Sallee	42	3
21. Jim McFadden	42	1
22. Paul Redhage	43	3
23. Bob Brouillet	45	2
24. Mel Cottom	51	2
25. Dave Schulte	59	6
26. David Leuthold	84	8
27. Ken Peters	104	4
28. John Lyle	132	1
29. Steve Spier	159	4

Women:

1. Joyce Schulte	32	4
2. Carolyn Leuthold	116	2
3. Phyllis Sapp	196	5
4. Joyce Stotler	222	2
5. Barbara Henning	318	1
6. Janet Leuthold	366	6

REMEMBER: Participation is the key to success in the Designated Time competition--after you have done 12 of these events you can start throwing out your bad predictions. Only 6 short (3 ~~xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx~~ miles or less) races can count on your D.T. average.--except for the women--no limit as to short races for them.

ELAPSED TIME STANDINGS:

Runners:	Points
1. Dennis Stewart	44
2. Whitney Hicks	40
3. Paul Redhage	21
4. Art Fleming	21
5. Bob Brouillet	20
6. Don Granberg	14
7. Randy Bakewell	14
8. Mark Achen	14
9. Mel Cottom	12
10. Jim McFadden	10
11. John Houle	10
12. Linley Lipper	6
13. David Leuthold	5
14. Loren Moes	4
15. Ken Ellingwood	4
16. Joe Duncan	3
17. Tim Swisher	2
18. Gary Cashon	2
19. Mike Chippendale	1
20. Mark Hebron	1

Walkers:

1. Mark Achen	20
2. David Leuthold	16
3. Janet Leuthold	10
4. Carl McCoun	6

Walking would seem to be the easiest way to get an elapsed time trophy. The E. T. competition includes some 30 events, therefore there is plenty of time to rack up E. T. points--This will go on through the 2nd Half-Marathon in August.

JOYCE SCHULTE has been doing a lot of work on publicity. In addition to getting the pre-race write-up to the newspapers and giving them the post-race results, she has been traveling around to some of the towns in Central Mo., seeing the P & R Depts and some of the track coaches. She has also arranged for at least 3 radio interviews and one on TV. She is keeping Columbia Track Club's name before the public--this is most important--we are gradually gathering momentum and this kind of work is assurance that our program will attract more and more people--fast or slow, we don't care.

MORE ON THE 100 MILE WALK: GORDON DOUBLEDAY, secretary of the British Centurion Club (Centurion # 142), in reference to my comments as to how many men had done 100 miles in less than 24 hours at age 60 or more, writes that Len Matthews did 100 at age 68. In 1969 E. McNeir, age 67, 100 miles inside 24 hours, TWICE--once in a 24 hour track walk and then a road 100-miler in the fall. In 1970 he did 100 miles once again. At the other end of the scale one Hall did his 100 miles at age 18 back in 1939. The BIG event in England in 1971 will be the Surrey Walking Club's 100 miler (10 laps) commencing 6 P.M. June 25, 1971.

SCHEDULE OF EVENTS:

JANUARY 3 Sunday 2:00 P.M. 1.2 Mile run, 5 mile run, 5 mile walk  
Cosmo Park Course Record for 5 mile run:  
26:27 Tom Logan Jan. 10, 1970

9 Saturday 2:30 P.M. 2-Man six-mile relay--alternate 3 miles  
Loose Park, Kansas City, Mo.

16 Saturday 2:00 P.M. 1.8 mile run, 5 mile handicap run, 5  
mile handicap walk Cosmo Park

16 " 2:30 P.M. 2-Man 6-mile relay--alternate miles  
Loose Park Kansas City

23 " 2:30 P.M. Pot Luck Relay--draw for a partner  
Loose Park, Kansas City

30 " 2:00 P.M. Devil Take The Hindmost--The last man  
on each lap drops out until there is but one left.  
Hickman Track

30 " 2:30 P.M. 3 MILE open run Loose Park Kansas City

30 " 10:30 A.M. 4th annual Groundhog Day Marathon  
Pettit Jean State Park, Arkansas

Check with me (Joe Duncan) for information on any of the above.  
\*\*\*\*\*

Dazzling Darrell steps along quite fast,  
Fearing the horror of being last.  
"You should be calmer,"  
They say to Palmer,  
"For all the others have long since passed."

Joe Duncan and his family, through this letter, wish all of you a  
joyful holiday season and a successful 1971. FUN IN '71.

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201