

COLUMBIA TRACK CLUB NEWSLETTER

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CTC 16, KC PACERS 20 IN FIRST ANNUAL MISSOURI CUP BATTLE:

CTC and the KC Pacers managed to scrape together two four-man teams to do battle in the inaugural Missouri Cup competition, a 20 Kilo race-walk in Leawood Subdivision on Feb. 8, 1970. Both teams were without their number one walkers. K.C.'s Bob Young was barely recovering from the flu while CTC's Mark Achen was hobbling around as a result of a severely lacerated ankle--an injury suffered some two weeks previously. In addition, KC's Aubrey Anderson could not be on hand and CTC's Joel Dickinson was also set back with a touch of the flu. Darrell Palmer had just arisen from his flu-bed, so he was way off form. Despite all this a fine race was held in raw, nippy 30 degree weather. A great deal of attention was given to the race by the people in Leawood, by KOMU-TV and the two newspapers. Many, many more people are now familiar with race-walking--perhaps our ranks will grow--there must be more people out there who are willing to admit that they are somewhat crazy and who will realize that this an excellent way to physical fitness--so they laugh at you--how long do you suppose it would take them to walk 12 miles?

Back to the race: Palmer took the early lead by about 10-15 yards with Duncan catching him towards the end of the 2nd lap (each lap being one mile, 90 yards). They then walked together for about 3/4 of a mile with Young tagging along about 20 yards behind. Palmer's lack of training and weakened condition prevented him from keeping the pace, hence Duncan moved on ahead and was never challenged for the lead. Young got ahead of Palmer in the 4th lap and then in the 6th lap Chapin passed Palmer. Young began faltering about here and lost 2nd position to Chapin in lap #7. Mirth Madden walked a good solid 10 kilo--probably his best time for 10 kilo. David Leuthold, in his second effort at a distance of this sort took 6th, nailing down the CTC team victory. Ray Chapin, age 13 and Mark Harvey, age 14, did a good job representing their KC team while rank newcomer Tom Dresser, an U. of Mo. student, in his first walking race, was quite pleased and is ready for more. 9 year old Janet Leuthold ran and walked giving encouragement and good company to her Dad.

We consider this race and the post-race clinic a fine success, though, of course, we are disappointed that each team could not field all of their walkers. This, however, is to be expected so early in the season--these cold winter months are poor ones for training. We hope that the Missouri Cup is an annual fixture--it is open to any race-walking team in Mo.--are there any race-walkers in the St. Louis area or anyplace else in Mo.? CTC could probably field 3 or 4 teams in years hence--what great competition this could be! We think 20 kilo is the ideal distance for this event, Feb. is not the ideal time--but we want this to be a prestige event all its own, therefore, it should be a separate race from any of the Mo. Valley AAU races. The new course is great according to most competitors, but perhaps a little tougher than we had thought--the long Braemore Rd. slope going east begins to take its toll after a few miles.

Each of the winning team members got a gold cup trophy while Columbia's P & R Dept. presented a handsome traveling team trophy. Many thanks to Joan Meuchel, Dave Schulte, Jim Pinkerton, Carolyn Leuthold, Mrs. Vernon Barr, Whitney Hicks, Joel Dickinson and Art Fleming for their help in timing, etc. I hope I've not forgotten anyone. A special "Thank you" goes to Fred Barrett for judging the race and for conducting the clinic and to Bob Young for the showing of his fine movies, showing the 1968 20 and 50 kilo Olympic Games walks, various other races, all of them showing the styles of the world's finest walkers--the sort of thing you never see on TV.

RESULTS:		5 kilo	10 kilo	15 kilo	20 kilo
1.	Joe Duncan CTC	29:42	58:57	1:28:49	1:59:59
2.	Bob Chapin KCP	30:53	61:26	1:32:04	2:03:32
3.	Fred Young KCP	30:08	61:20	1:34:29	2:10:22
4.	Darrell Palmer CTC	30:07	61:32	1:37:21	2:14:49
5.	Mirth Madden CTC	30:53	61:46	1:43:48	2:25:57
6.	David Leuthold CTC	35:03	70:44	1:48:20	2:29:19
7.	Ray Chapin KCP	35:22	74:06	1:56:20	2:34:57
8.	Mark Harvey KCP	34:08	73:19	1:58:07	2:45:16
9.	Tom Dresser CTC	37:04	75:47	1:57:02	2:46:02
10.	Janet Leuthold CTC	35:03	70:44	1:48:20	2:29:19

TEAM SCORING: CTC: 1st, 4th, 5th, 6th 16 points
KCP: 2nd, 3rd, 7th, 8th 20 points

DEVIL-TAKE-THE-HINDMOST (BUT NOT HICKS) HICKMAN TRACK JANUARY 31, 1970:

	No. of	x**	1st	2nd	3rd
	laps	Time	mile	mile	mile
1. Whitney Hicks	13	21:29	6:25	13:08	19:47
2. Ron Edwards	12	21:09	6:22	13:47	21:09
3. Joel Dickinson	11	20:18	6:25	14:08	
4. Joe Duncan	10(out)	16:23	6:25	13:09	
5. David Leuthold	10	19:12	7:22	15:12	
6. Mark Hebron, 12	9(out)	14:47	6:27	13:09	
7. Dave Schulte	9	18:28	7:58	16:21	
8. Janet Leuthold, 9	8	17:18	7:56	17:18	
9. Carolyn Leuthold	7	20:11	10:42		
10. John Leuthold, 5	6	20:36	13:42		
11. Mrs. Vernon Barr w	5	18:04	14:45		

Temp. 55, strong west wind, heavy track

This turned out to be a confusing race--everybody was supposed to run a mile and then beginning with lap #5, the last person was to drop out and so on until there was only one person left. Because slower runners were being lapped in the first mile, it became a problem determining who was to drop out and when. As a result almost everybody ran farther than was necessary. After getting everybody stopped, a post-race analysis of the lap times brought forth the above results. This is a "fun" sort of race, but in any future race of this type, we will probably have to tinker with the format, perhaps we should start dropping the last person beginning with the very first lap. Special mention should be made of Mark Hebron's efforts--he is only 12 years old and he stayed with the leaders all the way until dropping out after 9 laps--and he brought a broken arm along with him!

GRANBERG SIXTH IN GROUNDHOG MARATHON:

Don Granberg ran his third marathon in 5 months on January 31st. and made another vast improvement for a personal best time. The scene this time was Pettit Jean Mountain, some 30 miles NW of Little Rock, Ark. The occasion was the third annual Groundhog Marathon sponsored by the Ark. AAU. Don finished 6th (out of a field of 32 runners) in a fine time of 3:14:24. Winner was Ricky Richardson in a time of 2:42:47. Don reports that the race was very well organized and in a place of scenic beauty. The course is in a state park with part of it running by Gov. Winthrop Rockefeller's spread. Don ran steady 7:15 min. miles for the first 20 miles but then slowed a bit over the last six, but even at that he picked off a few of the faster starters and in turn was not passed by anyone over the latter stages of the race. Don's 5 mile splits were: 34:55, 1:11:30, 1:48:33, 2:25:01 and 3:05:03

HICKS FROLICS IN THE SNOW--4, 2, 1, mile TRIATHLON FEBRUARY 15, 1970									
	Four	Secs.	Two	Secs.	One	Secs.	Total	Total	E.T.
	mile	off	mile	off	mile	off	off	E.T.	place
1. Joe Duncan	27:50	10	13:27	12	6:30	0	22	47:47	3
	(6:51,6:59)		(6:47,6:40)		(3:16,3:14)				
	6:48,7:12)								
2. Joel Dickinson	29:14	46	14:00	0	6:24	6	52	49:38	4
	(7:18,7:08)		(7:01,6:59)		(3:17,3:07)				
	7:18,7:30)								
3. David Leuthold	30:14	76	14:50	10	7:27	2	88	52:31	5
	(7:21,7:24)		(7:19,7:31)		(3:33,3:54)				
	7:37,7:52)								
4. Dave Schulte	34:11	41	16:16	61	7:33	3	105	58:00	7
	(8:09,8:40)		(8:11,8:05)		(3:42,3:51)				
	8:54,8:28)								
5. Whitney Hicks	25:14	106	12:13	7	5:48	12	125	43:15	1
	(6:18,6:28)		(6:16,5:57)		(2:53,2:55)				
	6:29,5:59)								
6. Don Granberg	25:39	141	12:23	7	6:02	8	156	44:12	2
	(6:19,6:28)		(6:17,6:06)		(2:52,3:10)				
	6:29,6:23)								
7. Art Fleming	33:17	283	16:19	41	7:30	0!	324	57:06	6
	(8:06,8:25)		(8:10,8:09)		(3:41,3:49)				
	8:22,8:24)								

Temp. 25, 3" of snow on Hickman track, cloudy. Timers: C. Leuthold & J. Pinkerton

NEWCOMERS ONE MILE: Carolyn Leuthold 10:26 off 26 seconds
Jim Pinkerton 9:32 off 28 seconds

TRIATHLON continued:

Today was Whitney Hicks' day--he outkicked Don Granberg in all three races, winning all three by wide margins. In the 4 mile run Don led after two laps, but midway in lap 3, Whitney took over with Don remaining one stride behind until 250 yards in to lap 15 at which point Hicks decided to move on out--and that he did, steadily increasing the lead to a final margin of a solid 150 yards. In the two mile run the story was much the same--Granberg remained a stride behind Hicks for the first 7½ laps, when again Hicks took off, speeding to a 10 second victory. In the one mile run, Granberg switched tactics, deciding to set the pace himself, hoping to nullify Hicks' finishing kick--that didn't work either, for at the start of the final lap Hicks sped away to a convincing win. Hickman track was covered with 3 inches of snow, with the beaten inside track soon becoming hard-packed and with no one wearing spikes, all times were considerably slower than normal, but everyone got in a worthwhile workout.

DESIGNATED TIME STANDINGS:

Men:			Women:		
	Av. secs. off	Events			
1. Murrel Jackson	5	1	1. Carolyn Leuthold	27	3
2. Bob Brouillet	8	1	2. Ruth Dickinson	47	1
3. Ken Ellingwood	24	3	3. Ann Ross	60	1
4. Jim Kaiser	27	1	4. Alice Taft	69	1
5. Joe Duncan	29	9	5. Joyce Schulte	75	2
6. Dave Schulte	57	7	6. Kathy Kaiser	85	1
7. Whitney Hicks	59	6	7. Myrtle Taft	99	2
8. Darrell Palmer	69	3	8. Milly Kaiser	107	1
9. Don Granberg	77	7	9. Jean Barr	153	2
10. Joel Dickinson	80	9	10. Janet Leuthold	159	5
11. Larry Carpenter	81	5	11. Erica Dickinson	200	2
12. Jim Pinkerton	88	2	12. Susan Ford	276	2
13. Mirth Madden	99	3	13. Kristan Dickinson	351	2
14. William Taft	103	3			
15. Jim Ed Kaiser	113	1			
16. David Duncan	127	1			
17. Loren Moes	141	1			
18. Dick Sallee	157	1			
19. David Leuthold	158	6			
20. Mark Hebron	190	1			
21. John Leuthold	203	3			
22. Steve Pinkerton	239	1			
23. Tom Logan	276	2			
24. Art Fleming	324	1			
25. Bill Clark	928	1			

ELAPSED TIME STANDINGS:

Runners:		Points:	Walkers:		Points:
1. Don Granberg	49		1. Joe Duncan	32	
2. Whitney Hicks	46		2. Darrell Palmer	24	
3. Joe Duncan	40		3. Mark Achen	16	
4. Joel Dickinson	25		4. Fred Young	14	
5. Larry Carpenter	24		5. Mirth Madden	10	
6. Sal Citarella	20		6. Bob Chapin	8	
7. Ken Ellingwood	18		7. Joel Dickinson	6	
8. Tom Logan	10		8. David Leuthold	5	
9. Bob Brouillet	10		9. William Taft	3	
10. Loren Moes	8		10. Bill Clark	2	
11. Ron Edwards	8		11. Myrtle Taft	2	
12. David Leuthold	7		12. Jim Pinkerton	1	
13. Steve Dickinson	4				
14. Dave Schulte	3				
15. Mark Hebron	3				
16. Art Fleming	1				
17. Janet Leuthold	1				

Points are given on a 10, 8, 6, 4, 2, 1 basis for each event.

SCHEDULE OF EVENTS:

February 28	SATURDAY	9:00 a.m.	8 mile run	Cosmo Park
March 14	SATURDAY	9:00 a.m.	10 mile run	Cosmo Park
March 21	SATURDAY	2:00 p.m.	MVAU 10 Kilo Walk	Swope Park K.C.
March 22	SUNDAY	?	MVAU 20 Kilo Run	Manhattan, Kans.

PROPER TECHNIQUES FOR RUNNING--Some helpful tips:

The Centipede was happy quite,
Until the Toad in fun
Said 'Pray which leg goes after which?'
And worked her mind to such a pitch,
She lay distracted in the ditch
Considering how to run.

. . .Attrib. to Mrs. Edmund Craster