

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. II No. 7

July 22, 1970

OWCZARZAK LOWERS RECORD IN 15 KILO RUN HICKMAN TRACK July 18, 1970:  
heat

With no 95 degree/to contend with (as in 1969), Carl Owczarzak had no difficulty lowering the Mo. Valley AAU 15 Kilo record by over two minutes. The old record was 53:20 set by Bruce Zamrzla (it seems you need two "z's" in your name to hold this record) in 1967. Carl's time of 51:09 was only 19 seconds slower than the time I had predicted for him (he was unaware of this prediction--but it is in last month's newsletter). Lee Cain gave Carl good competition for 9 laps but after that the Shawnee Mission school teacher had the race all to himself. Cain finished some four minutes behind but was able to hold off a pack of four runners from the School of the Ozarks. Owczarzak had participated in a 2-man 6 mile relay in Kansas City in the morning where he ran 3 alternate miles at about a 5:25 average--this obviously was a mere tune-up for the evening 15 kilo.

There was undoubtedly a record attendance--there must have been around 30 people in the stands. Temp. was 80 degrees. Timers: Darrell Palmer, Pat Shiner, Jim Pinkerton, Art Fleming, Coach Bob Osburn.

RESULTS: Final time first, then the mile splits with the first mile including the extra 124 yards:

1.	Carl Owczarzak	Kansas City, Kans.	51:09	5:41	11:07	16:35
			22:00	27:31	33:02	38:37
				44:12	49:50	
2.	Lee Cain	Whiteman AFB	55:05	5:41	11:07	16:50
			22:46	28:44	34:54	41:00
				47:24	53:40	
3.	Dennis Blauvelt	School of the Ozarks	55:10	5:56	11:37	17:31
			23:39	29:43	35:43	41:47
				47:53	53:53	
4.	Earl Miller	School of the Ozarks	56:01	5:42	11:20	17:18
			23:20	29:28	35:46	42:22
				48:40	54:40	
5.	Richard Miller	School of Ozarks	56:02	5:55	11:44	17:47
			24:00	30:16	36:25	42:49
				48:55	54:49	
6.	Elzy Miller	School of the Ozarks	56:05	5:43	11:37	17:44
			23:55	30:08	36:15	42:30
				48:40	54:48	
7.	Greg Jackson	Springfield, Mo.	58:43	5:58	11:55	18:03
			24:17	30:40	37:07	43:43
				50:25	57:10	
8.	Roman Sage	Jefferson City	61:15	5:56	12:17	18:50
			25:32	32:27	39:04	45:53
				52:50	59:41	
9.	Don Granberg	CTC	61:33	6:05	12:27	19:05
			25:38	32:20	39:15	46:15
				53:19	60:08	
10.	Al Klein	Maryville, Mo.	61:52	6:09	12:24	18:58
			25:38	32:20	39:15	46:17
				53:19	60:31	
11.	Dennis Gobhardt	Knob Noster, Mo.	62:41	6:38	12:54	19:32
			26:34	33:50	40:46	47:24
				54:24	61:15	
12.	Richard Dowar	Kansas City, K.	63:38	6:38	12:53	19:32
			26:34	33:50	40:39	47:45
				55:00	62:06	
13.	Tim Elliot	School of the Ozarks	64:23	5:58	12:13	18:55
			25:56	33:17	40:50	48:02
				55:49	63:10	
14.	Joe Duncan	CTC	65:27	7:09	13:59	21:03
			28:11	35:24	42:42	49:59
				56:59	64:02	
15.	Dennis Williams	Jefferson City, 15	66:07	7:02	13:59	21:12
			28:20	35:35	42:44	49:47
				57:04	64:41	
16.	Lyndell Farmer	School of the Ozarks	70:20 (?)	6:34	13:37	21:12
			29:06	36:58	44:20	52:20
				60:20	68:20	3 laps short
17.	Dick Sallee	CTC	70:52	7:20	14:50	22:29
			30:20	37:59	45:35	53:30
				61:25	69:11	
18.	Joel Dickinson	CTC	71:28	7:47	15:08	22:37
			30:27	38:10	45:57	54:00
				61:46	69:45	
19.	Mark Achen	CTC	walked 64 yards short of 5 kilo in 26:50--			
			9:12	18:06	26:50	
20.	Whitney Hicks	CTC	A severe leg cramp got him early on--he had to drop out after 2 miles in 12:53			

## STRANGERS TAKE FIRST AND SECOND IN 12 MILE RUN COSMO PARK JULY 11

	3 miles	6 miles	12 miles
1. Lee Cain	17:13	36:23	1:15:01
2. David Santry	18:10	37:00	1:16:20
3. Don Granberg	18:57	40:16	1:24:03
4. Joe Duncan	20:51	43:22	1:35:10
5. Dick Sallee	24:27	50:30	1:43:26
6. Paul Ide walked	28:10	55:36	1:48:50
7. Darrell Palmer w	28:10	55:42	1:54:53
8. Joel Dickinson	24:27	53:22	1:55:48
9. Roman Sage	18:13	38:12	took wrong turn--did about 9 miles in 1:03:38
10. Art Fleming	21:15	46:30	out at 9 miles

88 degrees, humid--the usual mid-summer Missouri weather. Timers:  
The Leuthold family, Joan Meuchel (whoops!) Lange, W. Hicks  
(congratulations to Joan on her marriage)

Lee Cain, a runner for Eastern New Mexico State, now stationed at Whiteman AFB, and David Santry, from Ft. Riley, Kansas, made their first appearances at one of our races. They far outdistanced the local folk refusing to let the heat, humidity and hills bother them. Roman Sage and Cain did the first couple of miles together, but Sage dropped back considerably on the hills and was passed by Santry. Sage later made a wrong turn and wound up with a 9 mile workout, covering the major hills twice. Cain held his lead all the way, although Santry did manage to close the gap some in the middle portions of the race.

Ide and Palmer got in excellent workouts. Ide made his race-walking debut in Columbia by doing 12 nine minute miles--an excellent showing considering the conditions. Paul, in fact, did his second 6 miles some 2 minutes faster than the first six.. This gives some indication of Ide's strength. Dr. Merle Hill of Columbia College is certainly to be commended for his imagination and interest in promoting race-walking in our colleges. Paul got an excellent write-up in a recent Columbia Tribune Sunday edition. All this helps our sport greatly.

The only designated time competitors were Granberg and Sallee. Granberg was only 57 seconds off his prediction, while Sallee was 1:34 faster than he thought he would be.

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## PALMER THIRD, IDE FOURTH IN 4th OF JULY 4-MILER, DES MOINES, IOWA:

Darrell Palmer and Paul Ide journeyed to Des Moines, Iowa to take on Butch Hammer and his crew in an Independence Day 4 mile walk. Hammer, a great promoter for the Iowa AAU, but a questionable walker, won the race in a time of 32:14. Dave Eidahl, of Iowa, who has appeared on the local scene, was second at 34:35, outsprinting Palmer who came in at 34:37. Ide went out with Hammer, stayed with him for awhile but faded, finishing at 34:59, this race coming right at the beginning of his training program. Palmer has promised him some rugged workouts on Palmer's Parkade course (a hilly one).

In Des Moines the temperature was around 69, it was cloudy and not too humid. Both Palmer and Ide were most upset over Hammer's style. They insist that Butch simply does not walk legally--Palmer says he (Hammer) "ran" four miles. This, of course, is unfortunate and certainly not fair to those who are walking legally.

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## ACHEN STILL TRAVELING--SECOND AND THIRD IN TWO MONTANA RACES:

Mark Achen celebrated the 4th of July by taking a long train ride to Miles City, Mont., where he joined some 15 other walkers for the Mont. AAU 2 mile walk on the 4th and the Jr. National One Hour Walk on the 5th. Mark represented CTC quite well, taking 2nd in the 2-miler and 3rd in the hour walk. Bruce Adair, from Calif., won both races. He had placed 4th in the AAU 2 mile in Bakersfield, Calif. the week before.

Adair's time in the 2 mile was 15:40 (7:34 at one mile), Achen's time was 16:38 (8:10) while 14 year old Jim Bentley, from Miss. was 3rd in 17:20 (8:13). Temp. was 91 and Mark says "dry on the throat."

In the Hour walk, Adair went 7 miles 300 yards (8:10, 16:16, 24:40, 33:10, 41:51, 50:34), Ned Olmstead, Denver, was 2nd, going 7 miles 100 yards (8:45, 17:12, 25:59, 34:40, 43:23, 51:52) with Achen going 6 miles 1720 yards (8:45, 17:07, 25:50, 34:30, 43:13, 51:52). With this performance Mark was only 40 yards short of being the first Mo. Valley walker to go 7 miles in one hour. Bruce Adair was in our 30 Kilo walk last fall. At that time he apparently was not in the condition he is now, for after doing 9 min. miles for the first 6 miles or so, he gradually faded and finally dropped out after 25 kilo.

IDE SMASHES RECORD 15 KILO WALK INDEPENDENCE, MO. JULY 18, 1970:

Columbia College's (and CTC's) Paul Ide smashed the Mo. Valley AAU record for the 15 kilo walk by over three and a half minutes, walking the distance over the Northwest Parkway course in 1:18:52. Mark Achen and Darrell Palmer also got under the record of 1:22:28 which had been set by Bob Young in 1968, with Achen coming in at 1:21:06 and Palmer at 1:21:45. Ide, Achen and Palmer went out together for the first five kilo which was around 26:50. When Ide decided to quit fooling around he moved on out hitting 10 kilo at around 52:30 with Achen almost a minute behind and Palmer another 30 seconds behind. Fred Young finished fourth at 1:25 plus while Bob Young was fifth in 1:28:00 and Mike Shanahan sixth in 1:33:00. The morning race was held during a rainstorm so that heat was not the factor it usually is in the summer.

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#### DESIGNATED TIME STANDINGS:

	Av. Secs. off	Events	Women:		
1. Joe Duncan	37	12*	1/2 Janet Leuthold	132	10
2. Dave Schulte	63	12*			
3. Joel Dickinson	68	12*	*Best 12 events. Close race		
4. Don Granberg	69	12*	for 2nd--only 5 events to go		
5. Whitney Hicks	97	11	including the Marathon, and		
6. David Leuthold	99	12*	the Aug. 8 special race.		

#### ELAPSED TIME STANDINGS:

	Points		
1. Don Granberg	88	17. Ron Edwards	8
2. Whitney Hicks	76	18. Roman Sage	8
3. Joe Duncan	64	19. Mel Vos	8
4. Joel Dickinson	35	20. David Santry	8
5. Bob Brouillet	26		
6. Ken Ellingwood	24		
7. Larry Carpenter	24		
8. Don Davidson	20		
9. Carl Owczarzak	20		
10. Sal Citarella	20		
11. Art Fleming	19		
12. Lee Cain	18		
13. Tom Logan	10		
14. Bob Hunerdose	10		
15. <del>KarenxMeds</del> Leuthold	10		
16. Loren Moes	8		

#### Walkers:

1. Mark Achen	54
2. Joe Duncan	52
3. Darrell Palmer	42
4. Joel Dickinson	14
5. Mirth Madden	14
6. Fred Young	14

TWELVE ISSUES OF THIS NEWSLETTER  
COST ONE DOLLAR--SEND YOUR DOLLAR  
TO JOE DUNCAN 4004 Defoe Dr.  
Columbia, Mo. 65201

#### SCHEDULE OF EVENTS:

AUGUST 1 Saturday 7:30 P.M. One or Two Mile run A special event THIS  
WILL COUNT AS A D.T. & E.T. EVENT Hickman Track  
1 Saturday 10:00 A.M. 3 Mile Run Loose Park Kansas City, Mo.  
2 Sunday 11:00 A.M. 12 Mile Run Forest Park St. Louis  
8 Saturday 7:30 P.M. RRC 10 Mile Road Run La Crosse, Kansas  
9 Sunday 11:00 A.M. 6 Mile Run Forest Park St. Louis  
15 Saturday 6:00 P.M. Mo. Valley AAU 30 Kilo Run Cosmo Park  
15 " 10:00 A.M. Six Mile Relay (alternate miles)  
Loose Park, Kansas City, Mo.  
16 Sunday 6:30 P.M. 10 Mile Milk Run SIU Edwardsville, Ill.  
16 " 7:30 A.M. 15th Annual Pikes Peak Marathon  
22 Saturday 5:00 P.M. First half of Marathon Course--meet at  
Hickman Track 13 plus miles  
22 " 6:00 P.M. Open 10 Mile Walk Fort Osage H.S.  
29 " 5:00 P.M. Second half of Marathon Course--Meet  
at Hickman Track 13 plus miles  
SEPTEMBER 7 Monday 6:00 A.M. 11th Annual Heart of America Marathon  
Write to Parks and Recreation Dept., Columbia, Mo. for  
entry blanks--Medical certificate is required  
26 and 27 1:00 P.M. 4th Annual National 100 Mile Walk Cham-  
pionship NOTE THE CHANGE IN DATES!! Hickman Track

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A Student of running will go far back  
To find runners as tough as Owczarzak.  
One day he ran fast  
To Tibet and past,  
Up Mt. Everest to beat slow Czar Yak.