

COLUMBIA TRACK CLUB NEWSLETTER

Vol. II, No. 11

Nov. 15, 1970

GRANBERG DOES TWO MARATHONS IN ONE WEEK--3:03:00 and 3:00:15:

Don Granberg, one of the controversial faculty members of M.U.'s Sociology Dept., turned loose a lot of his frustration the week of Oct. 18-24 by competing in two marathons and establishing a personal best time in each. On Oct. 18, Don ran the Tri-States Marathon at Falls City, Nebr., finishing 12th with a time of 3:03:00. There were some 30 runners in this race, with the field being considerably faster than in 1969 when Granberg's time was 19 mins. slower but with the same 12th place finish. Winning time was 2:38 plus by An Oral Roberts U., Tulsa, Okla., student with Carl Owczarzak less than a min. behind. CTC's Art Fleming and Dick Sallee also made this marathon with Art finishing 16th in 3:25:00 and Sallee just a shade over 4 hours.

On Oct. 24th, Don helped inaugurate the 1st annual Linn Tech Marathon, run from Linn, Mo. to Jeff. City, by finishing third with a time of 3:00:15 (maybe his next Marathon will break the 3 hour barrier). Jim McFadden won the Linn Tech race in 2:26 plus while 18 year old Jim Nordmeyer of Glasgow, Mo. and Mo. Southern College, was 2nd, just a few secs over 3 hours. Don passed Roman Sage in the last mile, beating him out of 3rd by over a min. There were some 45 starters in the well-organized Linn Tech race. The course is fairly hilly, but no "monsters".

CHAPIN WINS MVAUU 50 KILO WALK--CTC NOT REPRESENTED NOV. 8, 1970:

The MVAUU 50 Kilo walk was supposed to be the big front page story of this newsletter but Mark Achen had a severe cold, Paul Ide had tendonitis and Darrell Palmer was nursing a foot injury, therefore, no one from CTC was in the walk held at the Renz farm in Jeff. City. Larry Young had the race all to himself but at 24 miles he was suffering from stomach trouble and decided he had better call it a day. Larry had been doing 8:50 to 9 Min. miles (24 mi. in 3:38:12). This left the race to steady Bob Chapin--Bob did 10 min. miles for the first 18, then he began slowing and was unable to get under Mark Achen's record of 5:17:32. Bob's time was 5:24:50. Bob's KCP teammate, Fred Young, was the only other finisher, coming across in 5:40:18.

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	12	1
7.	Mark Achen	15	4
8.	Ron Chacey	18	1
9.	Gary Cashion	20	3
10.	Joe Duncan	21	2
11.	Dennis Stewart	22	3
12.	Tim Swisher	24	1
13.	Mel Cotton	27	1
14.	Whitney Hicks	28	6
15.	Art Fleming	29	6
16.	John Houle	30	3
17.	John Leuthold	33	2
18.	Dave Schult@	35	4
19.	Bob Brouillet	35	1
20.	Don Granberg	40	3
21.	Jim McFadden	42	1
22.	Dick Sallee	44	2
23.	Mike Chippendale	46	4
24.	Mark Hebron	46	3
25.	Paul Redhage	52	2
26.	Ken Peters	104	3
27.	David Leuthold	119	5
28.	John Lyle	132	1
29.	Steve Spier	207	3

	Women		
1.	Joyce Schulte	43	3
2.	Carolyn Leuthold	116	2
3.	Phyllis Sapp	234	4
4.	Barbara Henning	318	1
5.	Joyce Stotler	424	1
6.	Janet Leuthold	530	4

ELAPSED TIME STANDINGS:

	Runners:	Points
1.	Dennis Stewart	26
2.	Whitney Hicks	22
3.	Paul Redhage	11
4.	Art Fleming	11
5.	Don Granberg	11
6.	Bob Brouillet	10
7.	Jim McFadden	10
8.	John Houle	10
9.	Mel Cotton	8
10.	Randy Bakewell	6
11.	Linley Lipper	6
12.	Mark Achen	6
13.	David Leuthold	5
14.	Loren Moes	4
15.	Ken Ellingwood	4
16.	Tim Swisher	2
17.	Gary Cashion	2
18.	Mike Chippendale	1

WALKERS:

1.	Mark Achen	10
2.	David Leuthold	8
3.	Carl McCoun	6
4.	Janet Leuthold	4

ACHEN 2nd, PALMER 3rd, IDE 4th--ALL/BREAK MVAAU 30 KILO WALK RECORD:

Larry Young of Sibley, Mo. and U.S. Olympian, won the race of Oct. 18 in Leawood Subdivision. He also shattered the MVAAU record for the 30 Kilo walk by some 19 mins. The record, set by John Rose back in 1967 was 2:59:10. But what Larry did was predictable and completely expected. Larry, no doubt, is beginning the long road back to race-walking greatness and a berth on the 1972 Olympic team. He has only begun serious training and his performance today was about ten mins. slower than it would have been with Larry in peak condition. For instance, Larry walked 30 K. here two years ago in 2:31 on the old Stadium Blvd-Broadway-Rt ZZ course--a much tougher course.

The performance of the CTC trio of Achen, Palmer and Ide wasn't really surprising in view of what they have been doing this summer and fall but the way they completely demolished the old record did lift a few eyebrows. All three established personal bests by wide margins--in fact they were all fairly close to their personal bests for 20 kilos. Mark, for example, was only a minute off his 20 K. best and he did beat his best for 25 K. by a minute or so.

Dave Eidahl wandered in from Iowa to establish a personal best and also beat the MVAAU record. Bob Chapin held a remarkably even pace missing the 3 hour barrier by only two secs., while Fred Young also set a personal best. David Leuthold shows that he is about ready to enter the ranks of the serious Midwest coterie of walkers. Joe Duncan's problem was a too-fast first ten K., so that he was only good for a decent 20 K. Mirth Madden came back after a long absence, obviously not ready for this distance, but he still got a good workout.

In the battle for first place, Mark took the lead at the outset and kept it until shortly before the end of the 6th lap (10 kilo). Larry took over then and was actually picking up speed, with Mark gamely hanging on. Mark did remain only a step or two behind for three more laps but after the halfway point, Larry gradually widened his margin.

Special "Thanks" to Dave and Joyce Schulte for staying with the race from beginning to end--they were chief "honchos" on the timing assisted by Jim Pinkerton, and Merle Hill (bad leg and all). Parks and Recreation Dept. provided 6 trophies and the 3 MVAAU medals.

THE RESULTS:

		5 Kilos	10	15	20	25	30
1.	Larry Young KCP	26:57	53:23	1:19:42	1:45:53	2:12:11	2:40:38
2.	Mark Achen CTC	26:51	53:23	1:19:44	1:47:10	2:16:41	2:46:21
3.	Darrell Palmer CTC	28:38	56:54	1:25:18	1:54:00	2:22:58	2:55:33
4.	Paul Ide CTC	28:38	56:53	1:25:27	1:55:34	2:26:41	2:57:42
5.	Dave Eidahl	28:55	57:49	1:27:23	1:57:12	2:28:00	2:58:51
6.	Bob Chapin KCP	30:50	1:00:31	1:29:17	1:59:03	2:29:13	3:00:02
7.	Fred Young KCP	29:42	58:59	1:28:47	1:59:05	2:30:24	3:03:40
8.	Dave Leuthold CTC	30:52	1:02:47	1:38:15	2:12:54	2:47:38	3:25:50
9.	Mike Starks KCP	34:20	1:08:03	1:45:25	2:27:15*	3:15:55*	3:58:02*
10.	Joe Duncan CTC	28:46	57:48	1:28:04	1:59:39	out at 14 laps	
11.	Bob Young KCP	30:51	1:00:55	1:32:18	out at 11 laps		
12.	Janet Leuthold CTC	48:14	1:40:03	2:34:00	3:33:05		
12.	Steve Spier CTC	48:14	1:40:03	2:34:00	3:33:05		
14.	Mirth Madden CTC	32:32	1:09:04	1:51:22			

HIGH BROW

Temp. around 60, slightly overcast
humidity about 50%, little wind.

He climbed up the peak
To the manner born,
And claimed it was mind
Over Matterhorn.

... Robert Fitch

REDHAGE RULES--TWO-MILE CROSS-COUNTRY GUSTIN COURSE OCT. 10, 1970:

			Secs. off	D.T. place
1.	Paul Redhage	11:01	1:29	8
2.	Whitney Hicks	11:04	:56	5
3.	Mark Achen	11:09	:51	3
4.	Don Granberg	11:15	:15	1
5.	Art Fleming	11:20	1:10	6
6.	Dave Leuthold	12:55	:35	2
7.	Mike Chippendale	13:33	1:27	7
8.	Janet Leuthold 11	16:52	3:08	10
8.	Steve Spier 11	16:52	3:08	10
10.	John Leuthold 6	17:07	:53	4
11.	Carolyn Leuthold	19:32	2:28	9

Beautiful day, little wind, bright sun, 60 degrees. Our first cross-country run was most successful. The times for everyone were faster than expected, therefore, there is some question as to whether this was a true two miles. Paul Redhage, 18, a freshman at MU made his first appearance at one of our races. He led all the way--perhaps the beginning of a student uprising against Prof. Hicks and Prof. Granberg. Race-walker Achen shows that he can also run.

BROUILLET COMES BACK TWO MILE CROSS-COUNTRY MUNICIPAL COURSE OCT. 25:

	2 miles	Secs. off	DT place
1. Bob Brouillet	9:40	:35	14
2. Dennis Stewart	9:48	:11	6
3. Linley Lipper NE Mo. State	9:54	:06	84
4. Loren Moes NE Mo. State	10:09	:09	5
5. Tim Swisher NE Mo. State	10:44	:24	13
6. Paul Redhage	10:45	:15	11
7. John Cowen NE Mo. state	10:51	:11	6
8. Ron Chacey NE Mo. State	10:58	:18	12
9. John Houle	11:06	:54	17
10. Whitney Hicks	11:08	:12	9
11. Mark Achen	11:12	:03	1
12. Darrell Palmer	11:20	:05	5
13. Art Fleming	11:42	:12	9
14. Dave Leuthold	12:34	:11	6
15. Mark Hebron 13	12:35	:35	14
16. John Lyle	12:48	2:12	22
17. Dave Schulte	14:43	:47	16
18. Dick Martin	14:56	:04	2
19. Steve Spier	15:42	1:18	19
20. Janet Leuthold	15:42	1:18	19
21. Phyllis Sapp	19:03	:57	18
22. Barbara Henning	19:42	5:18	23
23. Joyce Schulte	28:18	1:18	19

Another great day--72 degrees, 55% humidity, 13 MPH South W.

Timers: Don Granberg and Jim Pinkerton

One of the largest fields we've ever had. Brouillet led the classy field across the finish line avenging a defeat Dennis Stewaatt had given him over six miles last June. Brouillet ran for the U. of Mass. and the Quantico Marines. Stewart, former K.U. half-miler, now a school-teacher in Higginsville, Mo., showed considerably better form and greater speed than he exhibited in the 100 mile walk with his shuffling gait--he didn't even have time to read a book as he ran. Linley Lipper is only a freshman at Kirksville--his High School running was done at Kahoka--which happens to be Joe Duncan's H.S. alma mater.

A lot of personal bests and new faces. Palmer also shows that he can run--he, Achen and Ide should wage some terrific competition in next May's Walk-Run Pentathlon. The girls, the kids--and the old men all had a great time. This must be running in its purest form--anyone who wants to can run, at their own gait, for their own personal goals and well-being--no pressure, no schedules--just running for the sheer enjoyment of it. Anyone can compete in our races--I cannot think of any possible restrictions CTC would want to impose--other groups may want to bar the gates--but not CTC. And don't worry about keeping up with the "speed boys"--they can have their fun up ahead--but so can the rest of us back in the pack.

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McFADDEN FIRST IN 4 MILE CROSS COUNTRY

NOVEMBER 1, 1970:

	4 mi.	secs off DT	Dt place
1. Jim Mcfadden NE Mo. State	21:42	:42	6
2. Dennis Stewart	22:06	:36	3
3. Randy Bakewell	22:48	:12	2
4. John Houle	24:09	:09	1
5. Whitney Hicks	24:33	:57	8
6. Don Granberg	24:44	1:44	12
7. Art Fleming	24:45	1:15	11
8. Joe Duncan	26:36	:36	3
9. Dave Leuthold	27:18	1:12	10
10. Dick Sallee	28:23	2:37	5
11. Ken Peters	28:41	3:19	13
12. Mark Hebron 13	29:29	:59	9
13. Dave Schulte	32:45	:45	7
14. Steve Spier	40:57	5:57	14
15. Janet Leuthold	40:57	5:57	14
16. Joyce Stotler	42:04	7:04	17
17. Phyllis Sapp	47:46	4:46	16

TIMER: Joyce Schulte with help from Beth and Bertrand Granberg.

Temp: 47, Humidity: 47%, moderate breezes, cloudy.

Jim McFadden, a product of Jeff. City High School, now a graduate student at NE Mo. State At Kirksville, a sometime race-walker and winner of the Winona, Iowa Marathon on Oct. 11 and the Linn Tech Marathon on Oct. 24, decided to see if he could win one of our local races, which 5 members of the Kirksville track team failed to do a week previously. McFadden did what he came to do, but he got a pretty argument from Dennis Stewart who has now been in three of our races and who has finished second all three times. Randy Bakewell is a student at Lindenwood College, St. Charles, Mo.--he says the only athletic program they have is a girl's hockey team and Randy can't qualify for that--something about not being good enough, I think he said.

ANNUAL MEMBERSHIP DUES! ONE DOLLAR TO BECOME A CTC MEMBER:

We will have annual membership dues of one dollar effective immediately 1971 dues are payable now. Official membership in CTC has been rather vague. We don't really know who is a CTC member and who is not, nor do we know what it takes to be a member. To date it has been generally understood that any local runner or walker who participates in any of our races is a member of CTC. Since we are struggling financially and will continue to be in financial straits on a more or less permanent basis, the membership dues will help raise money. More important, though, we will have a definite roster of CTC members who will be so designated in the listing of race results. If you don't pay your dues, then you will be labeled "unattached." Only CTC members will have the "privilege" of wearing the CTC uniform, of competing for CTC and of having any say-so as to how we run things. Anyone age 17 or under will not have to pay dues. We will have no "family" memberships, therefore, if a husband and wife both want to belong to CTC the cost will be \$2.00. SEND YOUR DOLLAR TO TREASURER DAVE SCHULTE 2708 Squire Circle, Columbia, Mo. 65201.--PRONTO--to avoid the "unattached" label.

BEST WISHES FOR A SPEEDY RECOVERY to Dr. Merle Hill. Dr. Hill, CTC's race-walking promoter and a long-distance walker in his own right is in (or was) Boone Co. Hospital for back surgery. We hope all goes well with him and that he will be back better than ever and ready for future walking competition.

JOEL DICKINSON WRITES that he is running some 42 miles a week and feeling pretty good. He is a great believer in the LSD method. He is trying to start a running club in Ft. Hays, but has had a tough time getting anything started so far. GOOD LUCK, JOEL.

There was a young walker named Ide
Who, when it came to walking, was speedy.

But as to girls,

With lovely curls,

Galloping Paul, was not fast, but needy.

(could be greedy or seedy).

STEWART FINALLY WINS ONE TWO MILE CROSS COUNTRY NOV. 7, 1970:

	Time	Secs off DT	Dt Place
1. Dennis Stewart	9:59	:19	5
2. Mel Cottom	10:03	:27	7
3. John Houle	10:31	:29	8
4. Ken Ellingwood	10:33	:03	2
5. Whitney Hicks	10:57	:33	9
6. Art Fleming	11:01	:14	4
7. Mark Achen	11:30	:00	1
8. Joe Duncan	11:59	:06	3
9. Mike Chippendale	12:36	:54	13
10. Gary Cashion	12:49	:56	14
11. Ken Peters	12:51	1:39	15
12. Mark Hebron	13:20	:45	11
13. Dave Schulte	14:45	:25	6
14. Dick Sallee	15:08	:52	12
15. Phyllis Sapp	20:25	4:35	16
16. Joyce Schulte	27:35	:40	10

A beautiful day--60 degrees, sun shining, no wind. The fourth try worked for Stewart. He knew that if he kept coming back eventually he would find a race he could win. He found it today--but it wasn't easy since he was pushed all the way by newcomer Mel Cottom, a civil engineering student at M.U., by way of St. Louis' Lutheran South High School. John Houle made a 46 sec. improvement over his time in our first Municipal Golf Course 2 mile run as did Art Fleming. Houle is a graduate student in civil engineering. He is from Rochester, N.Y. and did his undergraduate work at Villanova. However, he did no running at Villanova--guys like Marty Liquori were a shade faster than he.

MORE ON THE 100 MILE WALK:

JOHN KELLY WRITES from California advising that a few years ago he and Elliott Denman were going to form a U.S. Centurion Club but never got it going. The point Kelly makes is that they were to make J. B. Gillie Centurion #1 in recognition of his American 100 Mile Walk record which was set in 1878 and stood for 89 years--until Larry O'Neil came along. This seems like a good idea. However, in that 1878 race (about which I will have a lengthy article next summer) two other amateur walkers completed 100 miles in less than 24 hours. So then, should O'Neil and John Argo be Centurion numbers 2 and 3 respectively or 4 and 5? What do you people who are interested in this think?

JOHN ARGO WRITES that everyone in Mattawa, Ontario was amazed and delighted that he was able to finish 100 miles in 24 hours. Many of his friends thought that he was too old for this sort of thing--so they were indeed amazed to learn that the man who defeated him so easily was seven years older and that he had completed the walk three times. Argo definitely plans to return next year--a year older--a year better.

CHRIS CLEGG WRITES THAT LARRY O'NEIL DOES IT AGAIN!!! On Oct. 31, only six weeks after O'Neil did his 100 miler in Columbia, he walked another 100 miles in Los Angeles on an indoor track at the L.A. Athletic Club. His time was 21 hrs. 49 mins. 32 secs. It is my understanding that the track was 11 or so laps to the mile, so imagine what a mind-bending feat that would be--over 1,000 laps! The race began at midnight Friday, Oct. 30. O'Neil stopped only three times, once to change shoes and twice to enter a lavatory. Jim Hanley, one of the better distance walkers in the Calif. Hotbed of walkers was second, completing 56 miles while Clegg did 54 miles. Hanley allowed as to how O'Neil was "incredibly" and as to how it was "frustrating" trying to beat him over this distance. Clegg started the walk with a bad cold and took off at 12 min. miles with O'Neil just a little faster. Clegg walked steadily until about 8 A.M. when he had breakfast. At this time he felt ok and despite his cold thought he could finish in around 22 to 23 hours. But when he reached 50 miles, he was feeling weak. He took a break, got a rubdown, but upon returning he was still weak and at 54 miles he felt he had had enough. Hanley apparently had no intention of going the full route, but got in a fairly fast workout of between 40 and 50 miles. When he realized that Clegg was out for good he came back to work his mileage up to the 56 mark. I don't know whether there were any other walkers, but I'm sure that O'Neil made a believer out of the staid, sophisticated Calif. Walkers. Isn't it about time to make the 100 mile walk an official National AAU Championship?

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SCHEDULE OF EVENTS:

November	21	Saturday	1:00 P.M. (?)*	6 mile run	Shawnee-Mission Park
	22	Sunday	2:00 P.M.	2 Man 6 Mile Relay	Shawnee Mission, Kansas
	28	Saturday	?	10 Mile	Hickman Track
	28	Saturday	10:00 A.M.	Jr. National and	Mississippi River Run Alton, Ill.
				Swope Park	Kansas City, Mo. MVAAU Record:
					3:33:15 John Rose
DECEMBER	5	Saturday	?	North Central Marathon	Naperville, Ill.
	5	"	9:00 A.M.	3, 2, 1 Mile Triathlon	(run or walk)
				Hickman Track	
	5	"	1:00 P.M. ?*	6 Mile Run	Shawnee Mission Park
				Shawnee Mission, Kansas	
	19	Saturday	9:00 A.M.	5000 Meter Run, 5000 Meter Walk	
				Hickman Track	
	19	"	1:00?*	12 Mile Run	Shawnee Mission Park

*Don't go without first checking with Carl Owczarzak
 4144 Booth Place Apt. #7
 Kansas City, Kansas
 Phone No.: 236-4751

JOE DUNCAN
 4004 Defoe Dr.
 Columbia, Mo. 65201