

# COLUMBIA TRACK CLUB NEWSLETTER

Vol. III, No. 8

August 18, 1971

## WIRTZ WINS THREE MILE RUN IN COSMO PARK August 14, 1971:

	.6 mi.	1.2	1.8	2.4	3 Mi.	secs	off
1. Bill Wirtz	2:54	6:00	9:09	12:20	15:22	38	DT
2. Ken Ellingwood	3:06	6:23	9:43	13:08	16:33	13	
3. Don Granberg	3:17	6:53	10:39	14:30	18:05	65	
4. Mike Chippendale	3:18	7:02	10:54	14:52	18:43	17	
5. Dave Schulte					24:51	36	

Timer: Dave Schulte. Just as this race was to begin it began to rain. The runners (and walkers) waited for some slackening. However, by the time there was some letup, Hickman track was well-covered with water. The crowd decided then to conduct the race in Cosmo park and that was done. Five laps on an accurate six-tenths of a mile loop with one mild hill on each lap and a lot of downhill.

## NEWCOMER STEVE MERRILEES TAKES 3 MILE WALK AT SAME TIME:

1. Steve Merrilees	5:14	10:30	15:48	21:06	26:22	38
2. David Leuthold	5:45	11:40	17:42	23:55	30:06	84
3. Janet Leuthold	6:30	13:40	21:25	28:48	35:43	177

Merrilees is stationed at Ft. Leonard Wood. He is a product of the California hot-bed of race-walking and should be able to provide our walkers with some interesting competition.

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## LARRY YOUNG WINS GOLD MEDAL IN PAN-AMERICAN GAMES 50 KILO WALK:

Columbia College's Larry Young won his second consecutive Pan-American Games 50 Kilo walk championship the first week in Aug at Cali, Colombia. This goes with the gold medal Larry won at Winnipeg in 1967. Larry's time was 4:35:36, which Larry feels was a bad time. Perhaps for him it is, but most important he won the race despite some rather bad conditions. First of all it was hot-- some 90 degrees with a hot sun. The race began at 1:30 PM. On previous days Larry had noticed that around 2 or 3 in the afternoon the sun would usually go behind some clouds and the temperature would immediately drop some 10 degrees and it would stay cloudy until about 5:30 when the sun would go behind the mountains. However, on this day the sun did not do its disappearing act until the 5:30 drop behind the mountains. Larry and the 10 other entries battled the hot sun for 4 hours. They also battled the Cali traffic--cars, trucks, buses etc--in other words, no traffic controls. In fact, Larry was bothered by the fumes of the radio and TV vehicles running ahead of him. The 3100 foot altitude probably had an affect--the distance runners seemed to think it did. The course started at the athletes Village, wound around the stadium for some 10 kilo, then past the stadium, out of town, into a valley to a turn-around point at 30 kilo and then back into town. The course was fairly flat, altho there were some hills in town. All 11 starters went out more or less together with Canadian Joe B ?? leading for the first 10 Kilo. Up to 20 kilo everyone was still pretty much together, Larry's 20 kilo time being 1:41. At this point Larry forged ahead with the others gradually dropping back. At the 30 kilo turn-around Larry could see that he was about 4 minutes ahead of American John Knifton with Gabriel Hernandez, a 20 year old Mexican, another 2 or 3 mins behind. From 30 kilo on Larry was hurting--the sun was getting to him, he was getting dehydrated, was having stomach cramps. Larry's time at 30 kilo was 2:37. After that he feels he "fell apart" but it actually doesn't seem all that bad to me considering the conditions. Tom Dooley and Goetz Klopfer were keeping Larry posted as to what was going on behind him and at 35 kilo they told him that Knifton was 4 mins. behind. They didn't say anything about the Mexican, but he was there someplace for with about two miles to go Frank Shorter asked Larry how much farther he had to go. When Larry told him about 2 miles, Shorter then told him that there was a Mexican only some 40 yards behind. This was a surprise to Larry, so he really had to push the last two miles. He was able to hold off the young Mexican finally beating him by 25 secs. or some 75 yards. The 45 kilo time was 4:08. Larry's first 20 kilo was better than 8:00 min./mile pace and Larry feels that this was too fast and that a steady 8:30 pace could have been maintained and he would have been in better shape over the later stages of the race. An 8:30 pace would have given a final time of about 4:25. The race was pretty poorly organized--the aid station tables weren't handled too well, the times were somewhat in question (Larry never did get a 10 kilo time) and, of course, the traffic was a problem. Larry knows that his work is out for him for Munich--he found the Pan-Am walk somewhat discouraging--but Munich is a different story altogether. Larry did win at Cali against some good walkers and with the better conditions that will no doubt prevail at Munich, I think Larry can be optimistic.

BROUILLET RUNS 9:21 TWO MILE

JULY 30, 1971

HICKMAN TRACK:

	880	Mile	1 1/2	2 Miles Off DT
1. Bob Brouillet	2:18	4:40	7:05	9:21 ---
2. Bill Wirtz	2:18	4:40	7:05	9:25 12
3. Fred Binggeli	2:18	4:41	7:10	9:34 ---
4. Dennis Stewart	2:19	4:46	7:26	9:59 19
5. Ken Ellingwood	2:24	5:03	7:48	10:29 31
6. Art Fleming	2:40	5:27	8:16	11:04 11
7. Whitney Hicks	2:40	5:27	8:17	11:10 20
8. Don Granberg	2:37	5:25	8:16	11:12 13
9. David Duncan 14	2:51	5:50	8:52	11:52 ---
10. Mike Chippendale	2:42	5:47	9:01	12:08 82
11. Lance Baugh	3:15	6:45	10:25	13:55 10
12. Dave Schulte	3:29	7:10	11:00	14:36 64

TWO MILE WALK:

1. Roman Sage	4:30	9:08	13:35	17:53	52
2. Joyce Schulte	5:32	11:55	18:09	23:52	3

Apleasant 75 degrees so that heat and humidity were not the usual debilitating factors. Binggeli set the early pace for two laps. Brouillet then took over with Wirtz hanging on, just a stride behind. Brouillet's last lap in 65 seconds was more than the long-striding, Mustachioed Wirtz could match. Sometime ago I mentioned how the student (Fleming) couldn't beat the professor (Hicks) and as to how he would be smart if he didn't. But today he did--so now we shall see what happens to his grades.

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YOUNG BOB PELIKAN TAKES 30 KILO RUN COSMO PARK AUGUST 7, 1971:

	5 kilo	10	15	20	25	30
1. Bob Pelikan 19	19:50	39:10	59:00	1:18:20	1:38:00	1:57:00
2. Roman Sage	19:25	39:00	1:00:00	1:21:45	1:45:00	2:09:00
3. Don Granberg	20:25	41:35	1:03:50	1:24:25	1:47:15	2:09:18
4. Whitney Hicks	21:55	44:10	1:07:50	1:30:55	1:54:40	2:18:33
5. Bob Cutchens	20:30	41:10	1:03:50	1:25:00	1:53:20	2:23:03
6. Joe Duncan	22:20	44:30	1:07:50	1:31:05	1:55:25	2:24:06

70 degrees, light mist, cloudy, but a little humid. Pelikan will be a sophomore at KU. While he was in High School (Du Bourg, St. Louis) he was the State High School Mile and Cross-Country Champion. Cutchens is from the same area in St. Louis. This was Hicks' first try at a distance over 10 miles--he can't say that he particularly found it easy, however, "it wasn't so bad." Sage and Granberg establish personal bests for this distance. Sage took off pretty fast, leading for the first 7 miles. He slowed over the last 10 kilo and Granberg almost caught him, however, Sage saw him coming up the Corral Motel hill and speeded up a little.

20 KILO WALK\*\*SAME DAY\*\*GOES TO PALMER:

1. Darrell Palmer	29:40 at 5 kilo	2:14:00
2. Art Fleming		2:16:09
3. Mark Achen		2:16:09
4. David Leuthold	1:13:50 at 10 kilo	2:34:15
5. Janet Leuthold		3:05:00

The walkers have been out of serious training and were using this as a workout only. Welcome back to the Leutholds--their first appearance for some six months after a lengthy stay in New Zealand.

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DT STANDINGS:	secs	events	ET STANDINGS:	Runners:
1. Don Granberg	15	12	1. Dennis Stewart	140
2. Dennis Stewart	24	12	2. Bill Wirtz	111
3. Mark Achen	30	12	3. Don Granberg	67
4. Whitney Hicks	30	12	4. Whitney Hicks	60
5. Art Fleming	37	12	5. Bob Brouillet	49
6. Bill Wirtz	53	9	6. John Houle	39
7. Dave Schulte	55	12	7. Roman Sage	35
8. Joe Duncan	56	12	Walkers:	
9. M. Chippendale	62	10	1. Mark Achen	74
10. David Leuthold	172	12	2. Art Fleming	53
Women:			3. David Leuthold	39
1. Joyce Schulte			4. Joyce Schulte	38
2. Janet Leuthold			5. Janet Leuthold	25
			6. Darrell Palmer	22

## ENTRY BLANKS FOR THE 100 MILE WALK ARE ENCLOSED:

The 100 Mile Walk is an unique experience for all who attempt this distance. Anyone in reasonable good condition probably figures he could walk 100 miles in 24 hours--after all that is only a little less than  $4\frac{1}{2}$  miles per hour or 14 minute miles ( a pace which would allow 40 minutes of rest). However, in the past 4 years, 35 different people have tried this event and so far only two walkers have completed the distance--Larry O'Neil, who has done it three times and John Argo who did it last year.

One of these years there will be a big breakthrough, perhaps this will be the year. Larry O'Neil has already told us he will be on hand. His presence alone is a major factor for this 63 year old man adds considerable prestige to the event and furnishes great incentive to those who would like to match his endurance or beat him or his American record. Larry will be bringing some other walkers with him. John Argo wants to come, but he isn't certain he can swing it financially. John competed in the Surrey Walking Club's 100 miler in England in June (more on that later)--and that pretty well took care of his money and that of his backers, we hope he can make it,,however.

Bob Chapin will be back. This may be his year. If I were to pick a favorite to beat O'Neil and his record, it would be Chapin. Carl McCoun will be winging his way from California a week or so early--he can't wait to get back to lively, exciting Columbia and his version of " training". He promises to be more experienced at the 100 miler game and will be dead serious on completing the distance. His boisterous good humor gives considerable spirit to the occasion and helps the time go by.

There will be many other seasoned walkers on hand. If you want to be a part of one of the toughest mental and physical challenges in America, simply be on hand on Hickman track, Columbia, Mo., 1:00 PM Sept. 18. This can be a real all night festive occasion.

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## JOHN ARGO COMPETES IN 100 MILE WALK IN ENGLAND:

John Argo, American Centurion #5, the tough 57 year old "bush-man" (timber worker) from Northerh Ontario, competed in the Surrey Walking Club's 100 Mile walk in England on June 25 & 26. John finished 32nd in a field of 73 starters. Nine of those starters did 100 miles in less than 20 hours and forty made it within 24 hours. The winning time was 16 hours 55 minutes 44 seconds, a new 100 mile record. (This is a 10 min. 9 sec. per mile pace!). Hohn's time was 22 hrs. 27 mins. 15 secs. He stopped only once and that was to change shoes and socks at 67 miles.

The winner was a Britisher, however, five of the first nine finishers were Dutch and the Dutch won the team prize. There were 23 entries from Holland, some from Belgium and West Germany. John was the only Canadian entry--apparently there were no Americans. It was apparent to John that walkers in North America have a long way to go to equal the type of walking the Europeans demonstrate at the 100 mile distance.

We're coming though--after all, they have been at it on a consistent basis since 1902. Prior to the 1971 Surrey race there were a total of 459 British Centurions--or rather 459 different men (including one American, John Kelly, #376 and Chris Clegg, now an American citizen who will probably be here for our race) who have walked 100 miles in 24 hours, in Great Britain, since 1877.

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## HEART OF AMERICA MARATHON FAST APPROACHING:

Organization for the Marathon (Labor Day, 6:00 AM) is shaping up quite well. Joyce Schulte has done a tremendous amount of work selling ads, handling publicity, printing brochures, etc., etc. Race Director Mark Achen has taken time off to get married (Congratulations to him and Mary Ann!), but he will be back in time to take charge. WE NEED LOTS OF VOLUNTEER WORKERS--in fact we need at least 30 such workers--15 to operate the 10 timing stations and another 15 to handle the 10 aid stations. If you can help, then PLEASE CALL Joe Duncan at 445-2684. If you don't call us, then most likely we will be calling you.

A mass of cool air has been ordered from Canada and arrangements have been made to ship the humidity down South. We have never tried this before so there may be a few bugs in this operation. We shall see.

Entries are beginning to trickle in. Indications are that we will have a flock of runners from St. Louis, Kansas City, Ohio, Oklahoma, Arkansas and Nebraska. There are, of course, many runners we have yet to hear from, but we are expecting a record turnout.



SCHEDULE OF EVENTS:

AUGUST	21	Saturday	5:00 PM	First Half of Marathon Course---Meet at Hickman Track
	21	"	7:00 PM	Open 10 Mile Walk Ft. Osage H.S. Independence, Mo.
	21	"	6:00 AM	Quincy Marathon Quincy, Ill.
	28	"	5:00 PM	Second Half of Marathon Course---Meet at Hickman Track
	28	"	10:00 AM	Half mile run, Men & Women South Park Quincy, Ill
SEPTEMBER	4	Saturday	6:00 AM	Jr. National AAU 50 Mile Championship Des Moines, Iowa
	4	"	10:00 AM	One Mile Run, Men & Women South Park Quincy, Ill.
	6	Monday	6:00 AM	TWELTH ANNUAL HEART OF AMERICA MARATHON
	11	Saturday	2:00 PM	One Mile Run 5 Mile Walk Hickman Tr.
	11	"	10:00 AM	5 Mile Run (men) 1 1/2 Mile Run (women) South Park Quincy, Ill.
	18 & 19	Saturday & Sunday	1:00 PM	FIFTH ANNUAL NATIONAL 100 MILE WALK HICKMAN TRACK
	18	Saturday	10:00 AM	2 mile run (men) 3/4 mile run (women) South Park Quincy, Ill
	25	"	10:00 AM	2 Mile Run Men & Women South Park Quincy, Ill
	26	Sunday	2:00 PM	" 2 Mile Run 6 Mile Walk Hickman Tr.

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Stewart was a lad who ran a race,  
Moving his body with style and grace.  
But he ran so slowly,  
The folks whispered lowly,  
"Why he's only running in place."

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The CTC newsletter comes out once a month. You can get your 12 issues  
per year by sending one dollar to Joe Duncan 4004 Defoe Dr. Columbia, MO.  
65201

JOE DUNCAN  
4004 DEFOE DR.  
COLUMBIA, MO. 65201

5th ANNUAL NATIONAL 100 MILE WALKING CHAMPIONSHIP

The Event

This is a 100 mile walk, 400 laps, probably the toughest race in America.

Time and Place

Race begins at 1:00 pm Saturday, September 18, 1971 at Hickman H.S. track, Columbia, Mo. The object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 pm Sunday, September 19.

Entry Fee

\$2.00 for all entries except for members of the Centurion Club of America ( this means no fee for Larry O'Neil and John Argo )

AID

There will be plenty of water, ice and Gatorade. Competitors may bring whatever other refreshments they might desire. Dressing, shower and restroom facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.

Awards

Large trophies to all who compete 100 miles, smaller trophies to all who go over 50 miles.

Centurion Club:

All who complete 100 miles within 24 hours will become members of the Centurion Club of America.-- perhaps the most exclusive club in the Western Hemisphere. Here is the record to date since 1878:

1. J.B. Gilhe New York City-May 10 & 11, 1878  
21:00:42 (108 miles in 23:04:00)
2. M.J. Ennis New York City-May 10 & 11, 1878  
23:31:56 (103 miles)
3. J. Schmidt New York City-May 10 & 11, 1878  
23:46:15
4. Larry O'Neil Kalispell, Montana  
Columbia Sept. 1967 19:24:34\* American Record  
Columbia Sept. 26 & 27, 1970 20:42:42  
Los Angeles Oct. 30 & 31, 1970 21:49:32  
Columbia Sept. 1968 20:51:30
5. John Argo Mattawa, Canada-Columbia Sept. 26-27, 1970  
23:22:50

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ENTRY BLANK

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME \_\_\_\_\_ AAU NO. \_\_\_\_\_ AAU ASSOC. \_\_\_\_\_

SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ HT \_\_\_\_\_ WT \_\_\_\_\_

ADDRESS \_\_\_\_\_

SCHOOL OR CLUB \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

If entrant is under 21, parent or guardian must sign below:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

Return To:

Joe Duncan  
4004 Defoe Drive  
Columbia, Missouri 65201

Phone Number: 445-2684