

COLUMBIA TRACK CLUB NEWSLETTER  
Vol. III, No. 11  
November 10, 1971

LARRY YOUNG WINS MVALU 30 KILO TITLE ON HICKMAN TRACK OCTOBER 30:

Temperature started out in the upper 70's, got over 80 before the race was over, the usual high humidity--but the wind was probably the biggest factor--it was blowing at a steady 20 MPH and was gusting up to 35 to 40 MPH. Young wanted to average 8:10 per mile, but after six miles he started slipping below that pace (or I should say over--anyway he began slowing) and eventually, because of the conditions, he had to settle for a good solid workout--but he still came out with about an 8½ min. per mile average. Paul Ide established a personal best for 30 kilo, while Bob Young headed up the old Men's part of the race. Ward and Spier were both doing a distance of this sort for the first time (not counting the 100 mile walk). Spier walked steady 12 min. miles for the first 12 miles, then stepped up to 11:20 per mile on to the finish. Mark Achen wasn't really ready for this one--he was all set to do the race in Leawood Subdivision and couldn't really get going on the track--although he was clipping along at about 8:45 per mile when he decided to call it a day and take in the MU-K-State football game.

THE RESULTS SHOWING THE MILE SPLITS:

1. Larry Young 8:08, 16:08, 24:15, 32:20, 40:28, 48:34, 56:52,  
2:39:43 1:05:12, 1:13:50, 1:22:26, 1:31:14, 1:39:39, 1:48:24,  
1:57:25, 2:06:25, 2:15:38, 2:24:38, 2:34:00 FINAL:2:39:43
2. Paul Ide 8:50, 17:41, 26:25, 35:17, 44:17, 53:07, 1:02:03, 1:11:03  
2:55:19 1:19:50, 1:28:35, 1:37:22, 1:46:33, 1:57:32, 2:06:48  
2:17:11, 2:27:34, 2:38:32, 2:49:15 FINAL: 2:55:19
3. Bob Young 10:18, 20:36, 30:57, 41:07, 51:18, 1:01:31, 1:11:52,  
3:17:34 1:22:22, 1:32:53, 1:43:42, 1:54:21, 2:05:00, 2:15:50,  
2:26:41, 2:37:32, 2:48:24, 2:59:20, 3:10:31 FINAL:###/###/###  
3:17:34
4. Charles Ward 10:00, 20:28, 30:45, 40:59, 51:25, 1:01:36, 1:12:34,  
3:34:24 1:23:17, 1:34:27, 1:44:57, 1:57:20, 2:08:00, 2:19:50,  
age 45 2:32:45, 2:45:45, 2:58:49, 3:12:35, 3:27:09 FINAL:3:34:24
5. Rob Spier 12:07, 24:11, 36:13, 48:04, 59:54, 1:11:56, 1:23:53,  
3:39:31 1:35:51, 1:47:50, 1:59:55, 2:11:57, 2:23:49, 2:35:23,  
age 49 2:46:46, 2:58:08, 3:09:27, 3:20:50, 3:32:00 FINAL:3:39:31
6. Mark Achen 10:43, 20:23, 29:51, 40:24, 49:11, 57:54, 1:06:41,  
1:15:27, 1:24:12, 1:33:00 out at 10 miles

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KERRY HOGAN'S 20:45 "WORKOUT" WINS FOUR MILE CROSS-COUNTRY Nov. 7, 1971:

	4 miles	secs off DT
1. Kerry Hogan	20:45	---
2. Dennis Stewart	22:07	37
3. Ben Londeree	23:28	32
4. Doug Williamson	23:39	21
5. Whitney Hicks	24:18	12
6. Don Granberg	24:43	13
7. Mike Chippendale	24:53	97
8. Art Fleming	25:30	30
9. Mark Achen	25:36	24
10. Joe Duncan	26:14	44
11. Dave Schulte	33:32	32
12. Dick Hessler	DNF	

###// 40 degrees, sunny, a fair wind, not too bad, tho'--Officials:  
Rob and Veva Spier, Joyce Schulte

Kerry Hogan, one of MU's leading distance runners for the past three years had a tough race the previous day in the Big Eight Cross-Country championship, so our race was simply a good workout for him. Stewart stayed with Hogan for a couple of miles--but lost him for good on the big hill at 2½ miles--in fact, Stewart got so lost he wound up on the High School two mile course, so it's not certain just how far he ran. Londeree and Williamson had a real battle for 3rd with the old man (age 37) pulling away from the Australian with ¾ of a mile to go.

Chippendale had a DT average of only 4 (after 5 short events) prior to today, but he sure messed up on that with this race.

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The CTC Newsletter costs ONE DOLLAR for 12 issues--send your money to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. I never apologize for the sloppy typing nor for the numerous typing errors, for what can you expect for a dollar?

## LARRY YOUNG WINS USA-CANADA 50 KILO WALK COMPETITION OCTOBER 3, 1971:

A scant two weeks following his rigorous 100 mile walk victory, Columbia College's Larry Young paced the U.S. to a win in the 50 kilo walk against Canada at Lake Placid, N.Y. Larry's winning time was 4:28:58 on a course that may have been a couple of minutes short. After the 100 miler Larry had some knee soreness and during the Lake Placid walk the knee was somewhat bothersome, but obviously it held up quite well during this "sprint." The U.S. and Canada had four men each in this walk with Ron Kulik, Gary Westerfield and Ron Daniel joining Larry to make up the U.S. team. Kulik finished 2nd, Westerfield 5th and Daniel 7th, giving the U.S. 15 points to Canada's 21. In the race Westerfield took off fast--opening up a 25 second lead over Young after only 2500 meters. For the first 7500 meters Larry was walking in 3rd place with Daniel, Kulik 2nd. At 10,000 meters Young and Daniel were 2nd, but by 15,000 meters Young had caught Westerfield, leaving Daniel back in 3rd. Young and Westerfield walked together then for the next 7500 meters, but with the halfway mark in sight, Young speeded up and soon left everyone well behind, finally finishing 13 minutes ahead of Kulik. Larry's 2500 meter splits were: 13:49, 27:27, 40:51, 54:13 (10 kilo), 1:07:18, 1:20:27, 1:34:00, 1:47:28 (20 K 2:00:36, 2:13:53, 2:26:46, 2:40:09 (30 K.), 2:53:16, 3:06:42, 3:19:49, 3:33:37 (40 K.), 3:47:07, 4:01:20, 4:15:18, 4:28:58

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ON SAME DAY PAUL IDE WINS MVARU 20 KILO WALK IN INDEPENDENCE:

He took advantage of Young's absence and established a personal best (I think) for 20 kilo. THE RESULTS: One lap =one kilo, 17 yds. 2ft. 2"

1st lap is short	5 laps	10	15	20 kilo
1. Paul Ide Columbia College	24:35	50:50	1:18:35	1:49:52
2. Bob Chapin MATC	27:40	57:46	1:28:12	1:58:30
3. Aubrey Anderson MATC	31:00	1:02:35	1:32:30	2:03:07
4. Bob Young MATC	29:43	1:01:38	1:32:44	2:05:12
5. Darrell Palmer MATC	27:30	57:55	1:31:54	2:12:02
6. Mike Shanahan MATC	30:52	1:03:37	1:37:26	2:15:49
7. Charles Ward MATC	30:35	1:03:41	1:39:59	2:17:24
8. Rick Baer Columbia College	32:43	1:07:40	1:46:45	2:24:36
9. Dave Best Ft. Leonard Wood	32:18	1:09:52	1:48:45	2:27:36

Palmer obviously not in training!

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THEN ON OCT. 16 LARRY YOUNG WINS SENIOR NATIONAL AMU 40 KILO WALK in Kansas City's Swope Park. The Mexican National Team was in this race and apparently their strategy was to pull Young out at a fast pace. Sanchez took an early lead of 50 yards or so and then Chavez took over and led for the next 8 or 9 of the 2500 meter laps. By this time the Mexicans were beginning to wear down, Young was warmed up, so the American bronze medallist took command and had everything under control from then on, beating Ron Laird by some 10 minutes. Gabriel Hernandez the fellow who was within ~~10~~ 25 seconds of Young in the 50 kilo walk in the Pan-Am Games couldn't handle Young this time out, eventually he had to drop out. It was a bright sun, hot, humid sort of day.

## THE RESULTS:

1. Larry Young	3:29:18	8. Raul Gonzalez	3:53:07
26:37 at 5 K., 52:52 at 10		9. Paul Ide	3:53:37
1:18:36 at 15, 1:44:52 at 20		10. Thomas Knott	3:57:58
2:36:18 at 30		11. Dr. Christian Amoroso	4:36:29
2. Ron Laird	3:39:04	12. Bob Chapin	4:40:33
3. Ron Kulik	3:42:23	13. Don Johnson 54	????
4. Floyd Godwin	3:43:17	14. Pam Weigle	????
5. Bill Weigle	3:45:22	There were 26 starters so	
6. Miguel Sanchez	3:48:34	the heat and humidity were definit	
7. Francisco Chavez	3:51:45	factors what with 12 dropouts.	

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HOWEVER, THE MEXICANS EVENED THE SCORE IN THE SENIOR NATIONAL 15 KILO Walk in Des Moines on Oct 24. Furthermore Ron Laird finished ahead of Larry Young and that hadn't happened for a long time. Young was not at his best--in this "speed" race he did not have his usual "snap"--this was probably because of the very heavy racing load over the long, long distances Larry has tackled over the last couple of months. Jose Oliveros of Mexico won this race with an astonishing time of 1:06:23, Laird was in at 1:06:44, Hernandez 3rd at 1:07:20, Raul Sanchez 4th at 1:07:37 and then Young at 1:07:54--which, despite Larry's tiredness, was still a personal best over 15 kilo (if the course is accurate and Butch Hammer insists that it is--also the weather was perfect, the course was flat and the competition keen). Floyd Godwin was 6th in 1:08: In 22nd place was Paul Ide with 1:13:48, a personal best, Mark Achen was 25th with 1:18:59 and Darrell Palmer 30th with 1:20:36--imagine walking 8:38 per mile and getting only 30th place!

## BROUILLET WINS TWO MILE CROSS-COUNTRY OCTOBER 10, 1971:

	2 miles	secs off
1. Bob Brouillet	9:38	DT
2. Linley Lipper NE Mo. State	9:45	20
3. Dennis Stewart	9:59	9
4. Tom Logan NE Mo. State	10:10	5
5. William Smotherman Lincoln U.	10:26	
6. Ken Ellingwood	10:47	
7. Kenneth Bynom Lincoln U.	10:53	
8. Mike Davis Lincoln U.	10:58	
9. Willie Lyles Lincoln U.	10:59	
10. Ben Londeree	11:08	18
11. Whitney Hicks	11:12	13
12. Donnie Thomas Lincoln U.	11:25	
13. Larry Grundy Lincoln U.	11:38	
14. Robert Townsend Lincoln U.	11:47	
15. Dave Best Ft. Leonard Wood	11:48	
16. Mike Chippendale	11:58	2
17. Eric Richman M.U.	12:11	
18. Joe Duncan	12:12	22
19. Mark Achen	12:37	
20. Bob Rosenthal	13:11	109
21. Lance Baugh	14:25	70
22. Al Johnson	14:55	5
23. Dave Schulte	15:51	21

A beautiful day--sunshine, 62 degrees, light wind. Officials: Jim Pinkerton, Don Granberg, Joyce Schulte  
Brouillet did 9:40 a year ago--on a course that did not measure a full 2 miles--today's course was some 10-15 seconds longer than last year's--but the 2 miles this year is accurate (a 150 foot steel tape took care of that). Lipper improved his time by 9 seconds--he is a sophomore at NE Mo State, Kirksville and a graduate of my High School alma mater (Kahoka, Mo.). Tom Logan is back after a two year interlude in the army. Originally from Sedalia, he is now a graduate assistant at NE Mo. State.

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## BROUILLET AGAIN ON THE SAME COURSE A WEEK LATER OCTOBER 17, 1971:

	2 Miles	Secs. off DT
1. Bob Brouillet	9:53	7
2. Ken Ellingwood	11:02	27
3. Ben Londeree	11:08	8
4. Whitney Hicks	11:19	4
5. Mike Chippendale	11:49	6
6. Don Lakey St. Louis	15:02	182
7. Dave Schulte	15:18	17
8. Mary Magnusson 14	13:55	185
9. Jutes Magnusson 10	14:12	228
10. Beth Londeree 13	15:41	179
11. Judy Londeree 11	16:06	54
12. Phyllis Sapp	23:27	417

75 degrees, partially cloudy, windy which might have hampered the times. Official: Joyce Schulte

With no one pushing him, Brouillet didn't really extend himself. He has now won the last six consecutive races he has entered. Ellingwood was also slower than last week, while in the Londeree-Hicks battle, the result was the same, but with Hicks a little slower than the previous week. Chippendale was 9 seconds faster--this guy keeps improving--a year ago his time for this race was 12:36.

The four girls (Sapp excepted) strayed off the course--their times probably should be a minute and a half, at least, slower than shown above, since they were all behind Schulte when they were on course and none of them ever passed him..

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## GRANBERG NINTH IN TRI-STATES MARATHON October 16, 1971:

Don Granberg made his third trip to Falls City, Nebr. and the Tri-States Marathon and came back with his best time and a ninth place finish out of a field of 35 runners. His time was 3:01:19, again quite close to his 3 hour goal. Greg Carlberg, U. of Nebr., won with a record time of 2:26:25, Lee Courkamp, Denver, Colo., was 2nd with 2:38:00 while Tim Hendricks, the Heart of America winner, came in 3rd with 2:38:17. Dennis Stewart, in his third try, did 3:25:58 for a personal best and an 18th place finish. Granberg and Stewart ran together the first 9 miles in less than 60 mins. At 12 miles Don was under 80 mins and had left Stewart behind. At 18 miles Don was still under 3 hour pace, but between 18 and 21 he fell off that pace and a speedy final 2 miles couldn't make up the deficit.



BROUILLET AGAIN ON DIFFERENT TWO MILE COURSE OCT. 23, 1971:

1. Bob Brouillet	10:09	24
2. Ken Ellingwood	10:54	24
3. Ben Londerree	11:04	16
4. Doug Williamson	11:38	2
5. Mike Chippendale	11:48	2
6. Don Granberg	12:03	33
7. Bill Hartner	14:45	45
Rob Spier 8.	15:08	88
9. Don Lakey	15:54	6
10. Dave Schulte	15:54	24
11. Steve Spier	14:29*	46*
12. Mary Magnuson	14:50*	35*
13. Jutes Magnuson	18:39	169

\*cut a corner somewhere--ran a short course

Officials: Joyce Schulte, Veva Spier, Mark Achen. Drizzle just before the start, misty during the race. Williamson is an Australian a student in Phys Ed--he apparently has been traveling around a lot since he is late of Oregon and Europe. Rob Spier is in his first running race. Hartner, a local Columbian, moves up from the jogging ranks. This race was on the Gustin Golf Course at MU and Brouillet remains undefeated in these fall races.

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MEL VOS WON THE LINN TECH MARATHON ON OCT. 23 with a time of 2:46:55. Tom Snyder was 2nd in 3:13:25 while Leonard Busen (of 100 Mile Walk fame--well he did 50 miles) finished 4th in 3:37:40. Six days previously Busen did 3:58:18 in the Tri\*States Marathon--his first Marathon. There were 34 starters in the Linn Tech affair, a hilly run from Linn to Jefferson City, finishing at the State Capitol.

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THE ANNUAL MEETING OF THE COLUMBIA TRACK CLUB WAS HELD in the Library building on Oct. 11. Most of the time was spent discussing the CTC Schedule of Events for 1972 and the attached schedule reflects most of the discussion. A few changes were made in the CTC program and again all of these show up in the Schedule sheet. The most important thing to note is that we are not charging 50 cents per race in 1972--rather we are charging a flat \$3.00 for the fiscal year (marathon to marathon) per family--this will be the CTC dues. Only by paying the \$3.00 can one be eligible for DT or ET trophies. YOU DO NOT HAVE TO BE A MEMBER OF CTC IN ORDER TO BE ELIGIBLE FOR DT OR ET TROPHIES, HOWEVER, YOU WILL HAVE TO PAY THE \$3.00 if you want to try for one of these trophies. Keep in mind that ALL of our races are open to everyone--men, women, children, old, young, fast, slow, serious, indifferent and Darrell Palmer. As we go along be sure to give us your ideas as to how the program can be made even better--we try to have something for everyone. BE SURE TO PAY YOUR \$3.00 BY JANUARY 1, 1972--send your check to Dave Schulte 2708 Squire Circle, Columbia, Mo. 65201

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BOB HENDERSON, URBANA, ILL. FINISHED 13th IN THE LONDON -BRIGHTON 52 1/2 mile road walk. Bob, who has been on the local walking scene in the past and who hopes to make our 100 miler next year, had a time of 9 hrs., 20 mins., 51 secs. Winner was Shaul Ladany of Israel (and who did a fast 50 miles in our first 100 mile walk) with a time of 7:57:17. There were 70 starters and 53 finishers in this famous race's 46th edition. Bob was the first of three American finishers.

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DESIGNATED TIME STANDINGS: No. of

MEN			Events			
	av. secs	off				
1. Tom Logan	5		1	19. Bill Hartner	45	1
2. Al Johnson	5		1	20. Larry Young	50	1
3. Bob Morrison	5		1	21. Don Lakey	65	3
4. Whitney Hicks	8		5	22. Bob Rosenthal	109	1
5. Doug Williamson	11		2	23. Steve Spier	252	1
6. Bob Brouillet	12		4	24. Rob Spier	256	1
7. Ben Londerree	17		5	25. David Leuthold	385	1
8. Don Granberg	18		3	WOMEN:		
9. Mike Chippendale	19		6	1. Judy Londerree	54	1
10. Dennis Stewart	19		4	2. Mary Magnuson	110	2
11. Martin Trumbo	19		1	3. Jutes Magnuson	132	2
12. Linley Lipper	20		1	4. Beth Londerree	179	1
13. Mark Achen	24		1	5. Phyllis Sapp	417	1
14. Ken Ellingwood	25		2	6. Janet Leuthold	7/ 671	1
15. Dave Schulte	27		5	REMEMBER THAT AFTER 12 EVENTS		
16. Art Fleming	30		1	YOU CAN START THROWING OUT		
17. Joe Duncan	33		2	YOUR BAD PREDICTIONS. ALSO:		
18. Lance Baugh	40		2	DON'T FORGET YOUR \$3.00 DUES!!		

SCHEDULE OF EVENTS:

NOVEMBER 13 Saturday 1:00 P.M. Cross-Country Runs--Open 6 mile,  
Over 35 2 mile Shawnee Mission Park 79th  
Renner Rd. Shawnee Mission, Kansas

20 Saturday ~~7/XX~~ 2:00 P.M. 2-Man, 6 Mile Relay Alternate  
Miles Hickman Track

20 " 10:00 A.M. Ten Mile Turkey Run South Park  
Quincy, Ill Contact: Jerry Jindra, Padua Hall  
Quincy College This will be a BIG event.

27 " ??? 10 Mile Mississippi River Road Run  
Alton, Ill.

DECEMBER 4 Saturday 9:00 A.M. 3, 2, 1 Mile Triathlon (run or  
walk) Hickman Track

4 " 1:00 P.M. Sunflower State Marathon and Ten  
Mile Road Run Winchester, Kansas Contact:  
~~7/~~ J. Mel Vos, Box B, Winchester, Kansas 66097

4 " 11:00 A.M. North Central Marathon Naperville,  
Ill. Contact: Al Carius, Track Coach  
North Central College Naperville, Ill ~~8024~~  
~~85~~ 60540

4 " 2:00 P.M. 15 Mile Walk Truman High School  
Independence, Mo.

4 " 1:00 P.M. Cross-Country Runs Open 6 miles  
Over 35 2 miles Shawnee Mission Park

There is certainly plenty to do on December 4th!!

18 Saturday 9:00 A.M. 5,000 Meter Run 5,000 Meter Walk  
Hickman Track

18 " 2:00 P.m. 12 Mile Road Run Shawnee Mission  
Park

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There was a fast runner, Brouillet.  
The fastest that I'd ever met.  
He trotted so fast  
He never was passed,  
Except once when racing a jct.

Joe Duncan  
4004 Defoe Dr.  
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