

# COLUMBIA TRACK CLUB NEWSLETTER

Vol. III, No. 10

October 1, 1971

## LARRY YOUNG UNQUESTIONABLY #1 AFTER 100 MILE WALK IN 18:07:12:

The 5th Annual National 100 Mile Walk resulted in two more names being added to the roster of the Centurion Club of America, bringing the total number to seven (four in the "modern" era). 28 year old Larry Young and 54 year old Chris Clegg became the latest Centurions by walking 100 miles in less than 24 hours in Brewer Fieldhouse on Sept. 18 and 19.

Young's victory was a dramatic one, not necessarily because he broke the American Record (19:24:34 set by Larry O'Neil in 1967) by a huge margin, but because of his tremendous finish. Larry's idea at the outset was to go as far as he could at about 11 minute per mile pace--but to stop if he began hurting--for he does have some important races coming up, not to mention the Olympics. Larry's ~~pace~~ early pace was more like 10:40 per mile; he didn't really start doing 11 minute miles consistently until about 60 miles. At 50 miles Larry was tired and he had doubts as to whether or not he could finish, but between 80 and 90 miles he knew he would finish, but he was still down mentally until he got past 90 miles. Then at mile 96 he decided to pick up a little and to his surprise he did a 9:40 mile, then he followed with a 9:21 mile. Having warmed up now with a 98 mile endurance workout, he then threw in a quick two miles--Mile 99 going by in 7:59 and the last mile in 7:50--a two mile time of 15:49 which in itself is beyond most walkers. This long finishing kick was truly astounding--there were a lot of spectators on hand at the 8:00 A.M. finish and the steady applause and cheering certainly spurred Larry on. Larry's final time was 18:07:12 which averages out to 10:52 per mile. He also set new American Records at 75 miles and 100 Kilometers (11:14:30). There are some 500 British Centurions and in checking through the list I notice that only 8 or so have ever walked 100 miles faster than did Larry Young. Prior to this performance, the farthest Larry had ever gone at one stretch was 40 miles in a workout. Larry's recovery was rapid--after the race he only had one small blister on his foot and three days later he was ready for another solid workout.

This accomplishment must truly be one of the most remarkable ever, not only in American Race-walking history, but in all of American sports history. The new record, I predict, is one of those which will be around for a long time, for the only person in America, I think, who has a good chance of beating it is Larry Young. Race-walking being as well-known and accepted as it is, this feat will never be recognized as the rare, remarkable feat it is.

Chris Clegg became American Centurion #7 joining John Argo as the only two people who are members of both the British and American Centurion Clubs. Clegg became British Centurion #135 back in 1947 when he did 100 miles in the Brighton to London and back race in 21:39:42. Clegg came to Canada in 1948 and after 6 months there he moved to Detroit where he lived for six years. In 1948 he won the Senior National AAU 30 Kilo walk. Clegg has lived in the Los Angeles area for the past 17 years and is now a security guard for a Los Angeles department store. Chris is an ardent booster of the 100 mile walk and is anxious to see the Centurion Club grow now that we have "the ball rolling."

Larry O'Neil had troubles in this year's race, the troubles stemming from blisters which Larry picked up on Labor Day in the Senior National 30 Kilo walk in Black Diamond, Wash. The blisters were still there in the 100 miler and by the time O'Neil had done 50 miles his feet were in bad shape. Another gallant effort, though, by the Dean.

I need to apologize for not getting so many of the mile splits. The race had to be moved indoors to Brewer Fieldhouse's 220 yard dirt track because of an all day rain. Our organization wasn't geared to handle 30 walkers (plus one runner) on a 220 track. The first 4 or 5 hours were quite hectic--it was all we could do just to check off the laps--all this was not as well-organized as it should have been and for that I accept full responsibility. Again, Joyce Schulte did an outstanding job on the publicity and as for all those people who helped with the aid station and the timing they must know that the race could not have gone on without them. Many, many thanks to Dr. Morle Hill, Dave Schulte, Don Granberg, Whitney Hicks, David Duncan, Mary Ann Achen, Darrell Palmer, Phyllis Sapp, Ben Londeree, Mrs. Rob Spier, Mr. and Mrs. Polk, Carolyn Leuthold--I hope no one has been forgotten. We also appreciate the fine cooperation we got from the University of Missouri in procuring the use of Brewer Fieldhouse.

\*\*\*\*\*

This newsletter is put out by Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201--it costs only one dollar per (twelve issues) year. The little numbers after your name indicate the month and year your subscription expires--Don't let that happen! We need your support!

## RESULTS OF 5th ANNUAL NATIONAL ONE HUNDRED MILE WALK:

|                   | 5 miles  | 10       | 15       | 20       | 25       |
|-------------------|----------|----------|----------|----------|----------|
|                   | 30       | 35       | 40       | 45       | 50       |
|                   | 55       | 60       | 65       | 70       | 75       |
|                   | 80       | 85       | 90       | 95       | 100      |
| 1. Larry Young    | 50:50    | 1:43:20  | 2:47:00  | 3:39:30  | 4:33:00  |
| Columbia          | 5:27:30  | 6:19:50  | 7:13:00  | 8:04:20  | 8:56:47  |
| College           | 9:50:20  | 10:46:41 | 11:45:45 | 12:42:30 | 13:35:35 |
| 100 Miles         | 14:32:00 | 15:28:25 | 16:26:13 | 17:21:25 | 18:07:12 |
| 2. Chris Clegg    | 1:01:00  | 2:02:30  | 3:04:30  | 4:10:00  | 5:10:00  |
| Beverly Hills     | 6:10:25  | 7:17:00  | 8:22:00  | 9:28:15  | 10:31:30 |
| 100 Mi. Calif.    | 11:39:10 | 12:45:50 | 13:56:25 | 15:08:10 | 16:24:38 |
| Los Angeles AC    | 17:35:55 | 18:50:00 | 20:08:30 | 21:28:10 | 22:46:14 |
| 3. Dave Eldahl    | 56:00    | 1:56:00  | -----    | 4:18:00  | -----    |
| Richland, Iowa    | 6:39:10  | 7:47:00  | 9:07:04  | 10:20:00 | 12:05:10 |
| 72 Mi.            | 20:36:00 | 13:45:25 | 15:55:20 | 17:24:10 | 19:03:00 |
| 4. Bob Chapin     | 56:00    | 1:56:00  | -----    | -----    | -----    |
| Independence      | 5:54:00  | 6:56:30  | 7:57:00  | 9:01:50  | 10:06:15 |
| 70 Miles          | 12:06:45 | 13:10:45 | 14:38:00 | 18:30:00 |          |
| 5. Paul Ide       | 44:30    | 1:28:45  | 2:16:00  | 3:09:30  | 9:21:50  |
| Columbia Coll.    | 10:14:30 | 14:05:00 | 15:06:25 | 16:03:39 | 17:05:15 |
| 60 Miles          | 18:26:00 | 19:37:09 |          |          |          |
| 6. Rob Spier      | -----    | -----    | 3:14:00  | 4:45:00  | 6:12:50  |
| Columbia          | 7:33:10  | 9:05:35  | 10:40:25 | 12:12:55 | 13:41:05 |
| 55 Miles          | 22:15:00 |          |          |          |          |
| 7. Janet Leuthold | -----    | -----    | -----    | 5:03:00  | 6:55:50  |
| 12 51½ Mi.        | 10:23:57 | 16:29:07 | 17:57:00 | 19:29:00 | 21:09:29 |
| 8. Dave Leuthold  | -----    | -----    | 3:24:00  | 4:50:00  | 6:09:00  |
| 51½ Mi.           | 7:32:00  | 17:34:00 | 18:47:00 | 20:10:00 | 21:33:41 |
| 9. Maria Moreria  | 21 ----- | -----    | -----    | -----    | 5:55:00  |
| 51½ Mi. Indep.    | 7:14:45  | 8:39:55  | 10:05:45 | 12:23:40 | 15:03:50 |
| 10. John Polk     | -----    | -----    | 3:23:00  | 4:49:00  | 6:46:10  |
| 51 Mi. Col.       | 10:52:10 | 13:16:14 | 15:33:10 | 17:20:20 | 18:51:00 |
| 11. Art Fleming   | -----    | -----    | 2:54:15  | 3:57:00  | 5:35:00  |
| 50½ Mi.           | 6:37:00  | 8:09:00  | 12:21:45 | 18:17:00 | 19:31:30 |
| 12. Fred Young    | 59:00    | 1:58:40  | -----    | 4:15:00  | 5:51:00  |
| 50 Miles          | 7:01:00  | 8:02:25  | 9:37:30  | 11:22:00 | 13:10:30 |
| 13. Rick Baer     | -----    | -----    | 3:28:00  | 5:00:00  | 6:37:20  |
| Col. Coll. 50 Mi  | 8:02:00  | 9:51:00  | 11:50:10 | 13:23:05 | 14:38:50 |
| 14. Steve Spier   | 12 ----- | -----    | -----    | 5:10:00  | 6:58:30  |
| 50 Mi.            | 10:08:56 | 12:31:00 | 16:59:10 | 19:08:00 | 21:08:00 |
| 15. Larry O'Neil  | 53:15    | 1:48:17  | 2:46:00  | 3:44:00  | 4:44:00  |
| 50 Miles          | 6:02:01  | 7:06:00  | 8:44:00  | 9:54:00  | 11:01:30 |
| 16. Roman Sage    | 53:15    | 1:48:17  | 2:46:00  | 3:44:00  | 4:44:00  |
| 50 Miles          | 5:50:00  | 7:06:20  | 8:39:05  | 9:40:45  | 11:56:00 |
| 17. Ben Knoppe    | -----    | -----    | 2:59:45  | 4:05:00  | -----    |
| 50 Miles          | 6:26:30  | 7:51:00  | 9:16:20  | 10:38:30 | 11:53:15 |
| 18. Leonard Busen | -----    | -----    | -----    | 4:25:00  | 5:38:00  |
| 50 Miles          | 7:32:00  | 9:15:00  | 20:07:00 | 21:48:45 | 23:13:47 |
| 19. John Leuthold | 7 -----  | -----    | 6:02:00  | 8:04:00  | 16:11:01 |
| 43½ Miles         | 17:47:00 | 19:21:00 | 21:27:30 |          |          |
| 20. Bob Baker     | ---      | ---      | ---      | 4:17:00  | 5:31:00  |
| Tulsa, Okla.      | 7:08:00  | 9:01:00  | 37 Miles |          |          |
| 21. Jackie Barnes | -----    | -----    | -----    | 6:41:00  | 8:54:18  |
| Columbia          | 10:59:25 | 15:44:30 | 36 Miles |          |          |
| 22. Bob Young     | -----    | -----    | -----    | 4:35:00  | 6:15:30  |
| Sibley, Mo.       | 7:31:50  | 33 Miles |          |          |          |

100 MILE WALK RESULTS CONTINUED:

23. Aubrey Anderson 33 Miles in 9:13:00 (4:00:00 at 20, 5:31:00 at 25, 7:08:00 at 30)
24. Joyce ~~Stotler~~ Schulte 32 7/8 Miles in 9:35:00 (5:10:00 at 20, 6:58:45 at 25, 8:43:00 at 30)
25. Mark Achen 28 1/2 Miles in about 5 hours (50:50 at 5, 1:43:20 at 10)
26. Charles Ward Kansas City 28 1/2 Miles (56:00 at 5, 1:56:00 at 10, 5:15:00 at 20, 7:09:00 at 25)
27. Marvin Patterson Columbia 27 Miles in 7:13:00 (4:47:00 at 20, 6:11:30 at 25)
28. Mike Shanahan 24 1/2 miles in 6:39:00 (5:03:00 at 20)
29. Joyce Stotler 22 1/2 miles in 8:27:45 (7:14:25 at 20)
30. Ellen Bishop 20 miles in 20:04:00

Lou Fritz, Verdon, Nebr. ran 56 miles in 8:47:20, with some walking and some rest stops (38:55 at 5, 1:20:30 at 10, 2:00:10 at 15, 2:41:00 at 20, 5:47:00 at 40, 6:29:00 at 45, 7:11:45 at 50, 8:31:10 at 55).

\*\*\*\*\*  
 BELATED "THANK YOUS" GO TO ALL THE PEOPLE WHO HELPED MAKE THE MARATHON such a success. I ran out of space in the last newsletter to properly to this--but this is something that can't be ignored, since it is the general consensus that this was the best organized and smoothest marathon we have ever had. So thanks again to Joyce Schulte, Mark Achen, Jim Pinkerton and Alice Taft who were the head "honchos". And, then, to the following people who really make this sort of thing possible: THE TIMERS: Whitney Hicks, Gary Cashion, Dave Schulte, David Duncan, Joe Saathoff and sons, Mr. and Mrs. Rob Spier, Dr. Merle Hill, Mike Chippendale, Mel Vos, Don Lakey, Wayne and Mike Behymer, and Bob Behrens. THE AID STATIONS: The Cosmo Breakfast Club Men: Paul Christenson, Al McGinnes, Rev. H. Kleindienst, Harold Anthony, Hal Boyer, Ken Dudley, Jack Sapp, Mahlon Fairchild, Bill Anderson, Neal Peterson, Don Flora, Vel Marshand. Then there were Dr. and Mrs. Wm. Taft, Jesse Johnson, Ray Odor, Mr. and Mrs. Vernon Barr, Mr. and Mrs. Murrel Jackson, Lisa L'Hote, Bob Bodenhamer Dan and Doug Duncan. The following businesses contributed various supplies and materials: Sears, Machen Ford, Nowell's United Super, Columbia Donut Shop, Sherwin-Williams, Mid-City Lumber Co., Boone Co. MFA Exchange and Schulte's Whitegate IGA. Other people I forgot to include: Jackie Barnes, Ken Peters, Martin Bauer. THANKS TO ALL!

\*\*\*\*\*  
 JOHN ARGO, AMERICAN CENTURION # 5 wasn't really very lazy this summer. In addition to walking 100 miles in England, he participated in the 5th 122 Mile Ville Marie to North Bay Canoe Race. He and his son Jim teamed up to win the amateur section of the race with an elapsed time of 26:23:58, finishing 11th overall. 12 of 17 canoe teams finished, the winning time being 20:48:19. Argo is the only man to have completed the race in each of its five years. John is now 57 years old.

BOB HUNERDOSSE RECENTLY DID 10 MILES 1038 YARDS in an One Hour Run in Des Moines. This was a personal best for him as were his times at 4 miles (22:07), 6 miles (33:29) and 10 miles (56:43). He still had to settle for second behind Ron Werling, Indianola, Iowa, who lapped Bob with 5 seconds to go.

LARRY YOUNG WON THE SENIOR NATIONAL AAU 30 KILO CHAMPIONSHIP WALK on Labor Day in Black Diamond, Wash. with a fast time of 2:25:40 (48:20 at 10, 1:36:00 at 20). Ron Laird was 2nd in 2:28:10, then, 3. Bill Ranney 2:31:35 4. Goetz Klopfer 2:35:35 5. Bob Bowman 2:38:07 6. Steve Tyrer 2:45:04. There were 14 starters. The course was a road course with some problems as to traffic and a Labor Day parade. It was here that Larry O'Neil got his blisters which plagued him in the 100 miler. Larry's time was only some 2 minutes off the American record which was set by Klopfer last year on a track. The weather for this race was great--cool, low humidity. Larry was quite pleased with this one, especially after his Pan-Am race.

\*\*\*\*\*  
 MEL VOS IS PROMOTING A MARATHON AT WINCHESTER, KANSAS ON DEC. 4, Saturday 1:00 P.M. They will actually have two races--the marathon and a ten mile run, the ten milers doing the first ten miles of the marathon course, with the ten mile mark being back near the starting line. Don Granberg has done an excellent job of representing CTC at various "outside" races. I think more of us should try some of these other races, for I know we are pleased to have runners and walkers come in to our events. For instance, Bob Martin, in Oklahoma would like to see some of our people down there--several Okla. runners have been up here from time to time.



| BROUILLET OVER STEWART IN ONE MILE RUN |     |      |      |        | Sept. 11, 1971: | secs. off |
|--|-----|------|------|--------|-----------------|-----------|
|  | 440 | 880  | 1320 | Mile   | D.T             |           |
| 1. Bob Brouillet                       | :69 | 2:18 | 3:27 | 4:29.5 | 3               |           |
| 2. Dennis Stewart                      | :68 | 2:17 | 3:27 | 4:34   | 1               |           |
| 3. Whitney Hicks                       | :75 | 2:35 | 3:53 | 5:05   | 6               |           |
| 4. Mike Chippendale                    | :76 | 2:40 | 4:05 | 5:28   | 7               |           |
| 5. Bob Morrison                        | :77 | 2:44 | 4:14 | 5:40   | 5               |           |
| 6. Martin Trumbo                       | :69 | 2:41 | 4:22 | 6:04   | 19              |           |
| 7. Lance Baugh                         | :82 | 2:52 | 4:29 | 6:10   | 10              |           |
| 8. Don Lakey                           | :90 | 3:20 | 5:04 | 6:49   | 7               |           |

84 degrees This was event #1 of our new season--a "season" running from Marathon to Marathon. We have a lot of short races coming up including 4 cross-country events, so now is an excellent chance to become acquainted with the CTC program. In the above mile run, Brouillet let Stewart set the pace for 7/8 of the distance, but with 220 yards to go Brouillet easily went on by, obviously with a lot of run left. Hicks was right on pace for a 5:00 mile except for a slow 2nd quarter. A personal best for Mike Chippendale.

| LARRY YOUNG IN FIVE MILE WALK ON SAME DAY: |          |       |       |       |       | secs. off |
|--|----------|-------|-------|-------|-------|-----------|
|  | 1        | 2     | 3     | 4     | 5     | DT        |
| 1. Larry Young                             | 7:07     | 14:28 | 21:59 | 29:36 | 37:10 | 50        |
| 2. Paul Ide                                | 7:51     | 16:31 | 25:35 | 35:07 | 44:14 | --        |
| 3. Steve Spier                             | 12:11:52 | 23:16 | 34:45 | 46:09 | 57:22 | 458       |
| 4. Rob Spier                               | 11:59    | 23:59 | 35:32 | 46:55 | 57:56 | 424       |

Larry Young used this as a "workout"--but in so doing he merely set a new MVAU record for all of the mile distances from one through five, bettering the records he set last April in the One Hour Walk. These new marks should be accepted since we had three watches on him. Ide took off fast but was having stomach problems even before the race started and was unable to maintain his quick early pace. The Spiers use this race as a "tuneup" for the hundred miler.

\*\*\*\*\*

| BROUILLET OVER STEWART AGAIN |      |       |                |         | TWO MILE RUN | Sept. 26, 1971: | secs. off |
|------------------------------|------|-------|----------------|---------|--------------|-----------------|-----------|
|                              | 880  | Mile  | 1 1/2          | 2 Miles | DT           |                 |           |
| 1. Bob Brouillet             | 2:27 | 4:56  | 7:30           | 9:49    | 14           |                 |           |
| 2. Dennis Stewart            | 2:25 | 4:56  | 7:38           | 10:15   | 30           |                 |           |
| 3. Ben Londeree 37           | 2:43 | 5:30  | 8:18           | 10:58   | 12           |                 |           |
| 4. Whitney Hicks 36          | 2:42 | 5:30  | 8:18           | 11:02   | 8            |                 |           |
| 5. Don Granberg              | 2:42 | 5:33  | 8:35           | 11:39   | 9            |                 |           |
| 6. Mike Chippendale          | 2:44 | 5:45  | 8:55           | 12:01   | 1            |                 |           |
| 7. Dave Schulte              | 3:38 | 7:33  | 11:30          | 15:17   | 43           |                 |           |
| 8. Mark Achen                | 2:48 | 5:40  | 5 laps in 7:13 |         |              |                 |           |
| 9. Carolyn Leuthold          | 4:28 | 10:34 | out            |         |              |                 |           |

82 degrees, humid, windy. Stewart led for 5 laps, Brouillet then took the lead, stepped up the pace and Stewart couldn't stay with the ex-Marine and U. of Mass. runner. Londeree, Exercise Physiologist at M. U. late of Purdue, made an auspicious debut. He ran in college for Defiance (Ohio) and resumed running 2 or 3 years ago. This was his first effort at two miles, so here is a personal best. He and Hicks traded their "lead"--but Londeree's kick with 300 yards to go took care of that race. However, Whitney had a personal best for two miles in his "modern" era of running, that is, since his K-State days.

#### IDE WINS SIX MILE WALK ON SAME DAY:

|                   | 1     | 2     | 3                | 4     | 5   | 6     | DT  |
|-------------------|-------|-------|------------------|-------|---|-------|-----|
| 1. Paul Ide       | 8:05  | 16:31 | 25:09            | 34:05 | 43:11   | 52:10 | --- |
| 2. Mark Achen     | 8:50  | 18:05 | 26:55            | 35:49 | 45:04   | 54:02 | --- |
| 3. David Leuthold | 10:47 | 22:15 | 33:39            | 45:12 | 57:08   | 69:25 | 385 |
| 4. Janet Leuthold | 12:47 | 26:55 | 41:49            | 57:08 | 72:05   | 86:56 | 671 |
| 5. Joyce Schulte  | 11:50 | 24:50 | 10 laps in 31:35 |       |   |       |     |
| 6. Rick Baer      | 10:16 | 22:05 | out              |       | The walkers obviously were still recovering from the 100 mile walk. |       |     |

\*\*\*\*\*

#### NOTICE OF ANNUAL MEETING:

The annual meeting of CTC will be held Monday night in Assembly Room B at the Public Library, W. Broadway and Garth at 7:30 P.M. EVERYONE interested in running, walking, jogging are welcome--you do not have to be a member of CTC to attend, although you will have no vote unless a member. THIS MEETING IS IMPORTANT, because it is here that we will set up next years program--everything we do is subject to change--nothing is sacrosanct--we might even elect a new president. Refreshments of some sort will be served. The DT and ET awards for 1971 will be given UNLESS our plans for a banquet 2/ (that's banquet) are worked out.

SCHEDULE OF EVENTS:

OCTOBER 3 Sunday 2:00 P.M. MVAAU 20 Kilo Championship Walk, Boys  
age 15 and under 10 kilo walk Northwest Parkway,  
Independence, Mo.

10 Sunday 2:00 P.M. Two Mile Cross-Country Run Municipal  
Golf Course

11 Monday 7:30 P.M. Annual Meeting of CTC Assembly Room B,  
Public Library, Garth and Broadway

16 Saturday 10:00 A.M. Senior National AAU 40 Kilo Champion-  
ship Walk Swope Park, Kansas City, Mo.

17 Sunday 2:00 P.M. Two Mile Cross-Country Run Municipal  
(not Bear Cr. Trail) Golf Course

17 Sunday 8:00 A.M. Tri-States Marathon Falls City, Nebr.

23 Saturday 2:00 P.M. Two Mile Cross-Country run A.L. Gustin  
(U. Of Mo.) Golf Course

23 Saturday 10:00 A.M. Linn Tech Marathon Linn, Mo.

24 Sunday ? ? ? Senior National AAU 15 Kilo Championship  
Walk Des Moines, Iowa

30 Saturday 10:00 A.M. MVAAU AND OPEN 30 KILO CHAMPIONSHIP  
WALK Leawood Subdivision THIS RACE MUST START  
AT 10:00 AM SHARP because of the MU-K-State game at  
1:30. IF YOU ARE NOT THERE WE WILL START WITHOUT YOU!

NOVEMBER 7 Sunday 2:00 P.M. 4 mile Cross-Country Run A.L. Gustin  
Golf Course

14 Sunday 9:00 A.M. MVAAU 50 Kilo Championship Walk  
Renz Prison Farm Jefferson City, MO

20 Saturday 2:00 PM 2 Man-6 Mile Relay Alternate Miles

\*\*\*\*\*

A One Hundred Mile Walk was done  
By a well known fellow named Young,  
Who walked from here  
To there, to nowhere,  
Wondering where he had begun.

JOE DUNCAN  
4004 Defoe Dr.  
Columbia, Mo. 65201

AGENDA  
COLUMBIA TRACK CLUB ANNUAL MEETING

1. Minutes of last meeting
2. Treasurer's Report
3. Program for 1972:
  - A. Schedule of Events--Saturday or Sunday?, Time?
  - B. Dues
  - C. Entry fees
  - D. Designated time format
  - E. Elapsed time format--age groups?, 40 and over?
  - F. Awards
  - G. Timers, aid stations
4. Uniforms
5. Banquet
6. Election of Officers
7. Any other business
8. Awarding of 1971 DT and ET plaques

## EVENTS 1972

|                   |   |
|-------------------|---|
| January 9         | Sunday, 2:00 P.M. 5 Mile Run, 5 Mile Walk - Cosmo Park  |
| January 15        | Saturday, 9:00 A.M. 20 Kilo Run, 20 Kilo Walk - Cosmo Park  |
| January 30        | Sunday, 2:00 P.M. 1 Mile Run, 2 Mile Walk - Hickman Track   |
| February 6        | Sunday, 2:00 P.M. 6 Mile Run, 6 Mile Walk - Cosmo Park  |
| February 19       | Saturday, 9:00 A.M. 3, 2, 1 Mile Triathlon, Run or Walk<br>Hickman Track  |
| February 26       | Saturday, 9:00 A.M. 10 Mile Run, 10 Mile Walk - Cosmo Park  |
| March 4           | Saturday, 2:00 P.M. Missouri Valley AAU and Open 30 Kilo<br>Run - Cosmo Park  |
| March 11          | Saturday, 9:00 A.M. 8 Mile Run, 8 Mile Walk - Cosmo Park  |
| March 18          | Saturday, 9:00 A.M. 1 Mile Run, 5,000 Meter Walk<br>Hickman Track   |
| March 26          | Sunday, 2:00 P.M. 2-Man 6 Mile Run-Walk Relay<br>(Each 2-man team has one runner and one walker) Alternate<br>miles - Hickman Track |
| April 9           | Sunday, 2:00 P.M. 2 Mile Run, 7 Mile Walk - Hickman Track   |
| April 16          | Sunday, 2:00 P.M. MVAAU and Open 1 Hour Walk<br>Hickman Track   |
| April 23          | Sunday, 2:00 P.M. 2 Mile Cross-Country Run - Municipal<br>Golf Course   |
| April 29          | Saturday, 9:00 A.M. Walk-Run Pentathlon - Walk 2 miles,<br>Run 880 yards, Walk 1 mile, Run 2 miles, 220 yard dash<br>Hickman Track  |
| May 7             | Sunday, 2:00 P.M. Missouri Cup Competition, 20 Kilo Walk<br>Hickman Track   |
| May 21            | Sunday, 2:00 P.M. 4 Mile Relay - Hickman Track  |
| June 3            | Saturday, 9:00 A.M. 6 Mile Handicap Run, 6 Mile Handicap<br>Walk - Cosmo Park - Picnic afterwards                                   |
| June 10           | Saturday, 7:30 P.M. 2-Man 10 Mile Relay - alternate 440's<br>Hickman Track  |
| June 17           | Saturday, 7:30 P.M. Missouri Valley AAU and Open 1 Hour<br>Run - Hickman Track  |
| June 25           | Sunday, 8:00 A.M. 1 Mile Run, 3 Mile Walk - Hickman Track   |
| July 8            | Saturday, 6:30 A.M. 12 Mile Run - Cosmo Park  |
| July 15           | Saturday, 8:00 A.M. Missouri Valley AAU and Open 15 Kilo<br>Run - Meet at Cosmo Park by 7:30 A.M.                                   |
| July 29           | Saturday, 8:00 A.M. 2 Mile Run, 2 Mile Walk - Hickman Track   |
| August 5          | Saturday, 6:30 A.M. 30 Kilo Run, 20 Kilo Walk - Cosmo Park  |
| August 12         | Saturday, 7:30 P.M. 3 Mile Run, 3 Mile Walk - Hickman Track   |
| August 19         | Saturday, 5:00 P.M. First 1/2 of Marathon Course - Meet<br>at Hickman Track   |
| August 26         | Saturday, 8:00 A.M. Sprint Triathlon - 440, 880, 1 Mile Run<br>Hickman Track  |
| September 4       | Monday, 6:00 A.M. 13th Annual Heart of America Marathon<br>(meet at Daniel Boone Hotel no later than 5:30 A.M.)                     |
| September 9       | Saturday, 9:00 A.M. 1 Mile Run, 5 Mile Walk - Hickman Track   |
| September 16 & 17 | Saturday and Sunday, 1:00 P.M. 6th Annual National<br>100 Mile Walk - Hickman Track   |
| September 24      | Sunday, 2:00 P.M. 2 Mile Run, 6 Mile Walk - Hickman Track   |
| October 8         | Sunday, 2:00 P.M. 2 Mile Cross-Country Run - Municipal<br>Golf Course   |
| October 14        | Saturday, 9:00 A.M. 3 Mile Run, 3 Mile Walk - Hickman Track   |
| October 21        | Saturday, 10:00 A.M. Senior National and MVAAU 30 Kilo Walk<br>Leawood Subdivision  |
| October 29        | Sunday, 2:00 P.M. 2 Mile Cross-Country Run - A. L. Gustin<br>Golf Course  |
| November 5        | Sunday, 2:00 P.M. 4 Mile Cross-Country Run - A. L. Gustin<br>Golf Course  |
| November 18       | Saturday, 2:00 P.M. 2-Man 6 Mile Relay - Alternate miles<br>Hickman Track   |
| December 2        | Saturday, 9:00 A.M. 10,000 Meter Run, 10,000 Meter Walk<br>Hickman Track  |
| December 16       | Saturday, 9:00 A.M. 5,000 Meter Walk and 5,000 Meter Run<br>Hickman Track   |

1972 TRACK AND FIELD SCHEDULE PRESENTED BY

PARKS AND RECREATION DEPARTMENT AND COLUMBIA TRACK CLUB, COLUMBIA, MISSOURI

We are listing below the events, dates, site, time and divisions. All inquiries concerning further information about the events should be directed to the Parks and Recreation Department, Municipal Building, Columbia, Missouri 65201 or to Joe Duncan, 4004 Defoe Drive, phone 445-2684.

ENTRY BLANKS: In most of our races you don't need an entry blank. Entry blanks for the Heart of America Marathon, Missouri Valley and National AAU events will be available six weeks or so before the event.

AAU REGISTRATION: All athletes must have a valid AAU card, regardless of the class of competition. All events are sanctioned by the Missouri Valley AAU.

LOCATION OF EVENTS: Hickman High School Track is located off Interstate 70, the Providence Road Exit. It is a red shale track. Cosmo Park is located off the Stadium Blvd. Exit off Interstate 70, on the north side.

DESIGNATED TIME CATEGORY: All events (except the 1 mile runs) will be Designated Time (D.T.) events at the option of the competitor. There will be a Men's Division and a Women's Division. Trophies will be awarded at the end of the season for the top six in the D.T. category. One must compete in 12 D.T. events to qualify for a trophy. Only the best 12 predictions will be used in computing the D.T. average (average seconds off per race). Only six short races (3 miles or less) can count on the D.T. average.

ELAPSED TIME CATEGORY: There will be the following Elapsed Time Divisions:  
RUNNERS: 1) Open, 2) Age 40 and over, 3) Age 15 and under. WALKERS: 1) Open, 2) Age 15 and under. Points will be accumulated during the season with each eligible (see below) competitor getting points per race equal to the number of eligible competitors he beats, plus one. Example: There are 8 eligible runners in a race. The first finisher of those eight gets eight points, the last finisher gets one point. An over-age-40 or under-age-15 competitor may accumulate points in both his division and the open division. At the end of the season, six trophies will be awarded in each open division and at least one trophy in each of the other three divisions. EVERY race will count as an Elapsed Time event (including MVAAU races).

THE SEASON: The "season" commenced with the first race after the 1971 Heart of America Marathon and concludes with the 1972 Marathon.

ELIGIBILITY FOR D.T. AND E.T. TROPHIES: Only CTC members and those who pay \$3.00 will be eligible to compete for D.T. and E.T. trophies. The D.T. average and Elapsed Time points accumulated since the 1971 Marathon will be counted only if the \$3.00 is paid by 12:01 A.M., January 1, 1972. Thereafter no competitor can establish a D.T. average or accumulate E.T. points until the \$3.00 is paid.

COLUMBIA TRACK CLUB MEMBERSHIP: 1972 dues for CTC membership shall be \$3.00 per family. One can be a member of CTC and another track club; however, he can only compete for one club. The \$3.00 will provide a membership for all family members living together in the same household.

ENTRY FEES: Entry fees for all MVAAU events and the Missouri Cup will be \$1.00. Entry fees for the Marathon and 100 Mile Walk will be \$2.00. No entry fees will be charged for any of the other races.