

COLUMBIA TRACK CLUB NEWSLETTER  
Vol. III, No. 9  
September 8, 1971

HENDRICKS RECLAIMS HEART OF AMERICA MARATHON TITLE      Sept. 6, 1971:

Tim Hendricks came back from last years 3rd place finish in the heat and humidity to reclaim the Marathon Championship he had previously won in 1969. Tim, thus becomes the third double winner of this marathon, along with Bill Silverberg and Ron Daws. The temperature this year was 72 at the start and it got up around 80 some 3 hours later. It didn't seem to be quite so humid this time--but the bright sun was there as usual. Roman Sage, the 39 year old inmate from the Mo. State Pen at Jefferson City, sped off to the early lead and did not relinquish that lead until about 11 miles to the group of Hendricks, Todaro and Pelikan who had been moving along together. On Easley Hill, Todaro took over the lead and lengthened it to 45 secs by 15 miles over Hendricks and Pelikan, and had a one min. margin over Hendricks at 18 miles, Pelikan now having fallen back. At 21 miles Hendricks was 36 secs back and that margin soon dissolved, with Hendricks finishing quite strongly. While all this was going on, Lou Fritz was dawdling along back in 26th place at the 3 mile mark--but by six miles he was 11th, then was soon up to 6th and then 5th. At 24 miles he was in 4th--but he sped the last 2 miles plus in 13:10, picking up 3 mins. on Pelikan and almost 5 on Todaro.

From the local scene, Don Granberg improved his Heart of America time by 16 mins., Paul Ide race-walked the course at better than 10 min. per mile pace--an excellent workout on a really tough course, and Darrell Palmer stuck it out to the end. Ben Londeree has just moved to Columbia from Ind. He is an Exercise Physiologist at MU.

THE RESULTS:		3 mi	6	9	12	Halfway	FINAL
		15	18	21	24		
1. Tim Hendricks	25	20:45	39:31	58:11	1:17:03	1:24:25	
Peru, Nebr.		1:35:45	1:56:22	2:15:12	2:33:55		2:47:42
2. Lou Fritz	28	24:00	41:11	59:56	1:19:10	1:26:40	
Verdon, Nebr.		1:39:00	2:00:41	2:20:08	2:39:10		2:52:20
3. Don Todaro	19	19:46	39:24	58:11	1:17:03	1:24:23	
Westminster Coll		1:35:00	1:55:20	2:14:36	2:35:45		2:53:00
4. Bob Pelikan	19	20:45	39:31	58:11	1:17:03	1:24:30	
KU		1:35:45	1:56:55	2:16:46	2:37:14		2:53:09
5. Bob Hunerdosse	24	21:30	41:10	1:00:07	1:19:28	1:26:44	
Macon, Mo.		1:38:40	1:59:44	2:19:11	2:39:33		2:55:41
6.tie Bill Wirtz	24	21:05	41:13	1:00:29	1:20:04	1:27:23	
St. Louis		1:39:51	2:01:30	2:23:18	2:45:25		3:02:04
6.tie Lou Naeger	22	21:05	41:13	1:00:29	1:20:04	1:27:23	
Ste. Genevieve,		1:39:51	2:01:30	2:23:18	2:45:25		3:02:04
8. Alex Ratelle	46	20:45	40:57	1:01:10	1:22:02	1:30:03	
Rochester, Minn.		1:43:15	2:06:03	2:27:20	2:48:25		3:03:46
9. Arne Richards	38	20:53	41:24	1:01:13	1:21:40	1:29:30	
Manhattan, Ks.		1:42:50	2:05:35	2:27:52	2:50:35		3:07:19
10. Roman Sage	39	19:21	38:32	57:49	1:17:20	1:25:50	
MSP Jeff City		1:38:52	2:03:35	2:28:05	2:55:00		3:14:47
11. Don Granberg	29	21:05	42:30	1:03:29	1:25:07	1:33:03	
Columbia		1:46:55	2:10:31	2:33:51	2:59:50		3:17:05
12. Ted Hoffman		20:21	41:10	1:01:34	1:21:10	1:28:30	
Ft. Hood, Texas		1:41:30	2:03:35	2:25:25	2:52:25		3:17:55
13. Ben Londeree	37	23:47	47:06	1:08:31	1:30:52	1:39:45	
Columbia		1:53:20	2:18:34	2:43:43	3:11:15		3:29:21
14. Chris Watness	18	20:04	39:31	58:58	1:21:02	1:29:10	
Indianapolis		1:44:05	2:11:14	2:37:19	3:11:15		3:30:30
15. Lynnard Phipps	28	23:10	46:30	1:09:32	1:33:14	1:42:28	
Chariton, Iowa		1:57:30	2:24:19	2:49:23	3:14:10		3:31:26
16. Tom Kempf	47	22:54	46:30	1:09:32	1:33:14	1:42:28	
Bartlesville Ok.		1:57:30	2:24:19	2:49:23	3:14:10		3:31:47

## MARATHON RESULTS CONTINUED:

MARATHON RESULTS CONTINUED:					HALFWAY FINAL	
		3 & 15	6	9	12	
			18	21	24	
17. Martin Bauer, Jr.	30	26:37	53:39	1:20:06	1:44:41	1:54:09
St. Louis		2:07:35	2:31:18	2:53:26	3:16:50	3:37:45
18. Jerry Kokesh	21	22:25	44:24	1:05:52	1:27:13	1:35:43
Chesterfield, Mo.		1:49:30	2:18:08	2:48:00	3:21:20	3:44:00
19. Fred Helsabeck	34	24:00	49:47	1:14:25	1:40:39	1:50:26
E. Lansing Mich.		2:06:30	2:35:52	3:03:06	3:30:00	3:48:15
20. Bob Baker	33	24:00	48:00	1:10:51	1:34:37	1:43:45
Tulas, Ok.		1:58:50	2:26:38	2:56:00	3:30:00	3:51:27
21. Ben Knoppe	28	24:00	48:38	1:13:15	1:38:15	1:48:08
St. Louis		2:04:20	2:35:15	3:06:20	3:41:35	4:06:54
22. Bill Rhodd	36	23:47	47:06	1:08:30	1:33:10	1:42:50
De Soto, Ks.		2:00:30	2:31:37	3:02:56	3:43:10	4:08:03
23. Paul Ide	19	walked 30:33	60:55	1:29:59	1:59:47	2:09:49
Columbia College		2:26:30	2:59:57	3:29:00	3:57:40	4:18:37
24. Darrell Palmer	32	22:54	46:24	1:10:51	1:39:00	1:49:38
Columbia		2:07:35	2:47:21	3:36:50	----	5:01:17
25. Joe Duncan	37	25:00	49:35	1:13:00	1:37:02	1:46:01
Columbia		2:00:45	2:28:25	3:05:56	out at 23 miles	
26. Bob Cutchens	19	21:14	42:08	1:02:59	1:23:56	1:32:14
St. Louis		1:46:55	2:12:24	2:42:35	OUT	
27. Bill Becker	25	20:21	41:06	1:01:36	1:26:05	1:36:39
Ft. Hood, Texas		1:54:44	2:28:37	3:13:45	OUT	
28. Gene Somer	31	20:53	41:24	1:01:12	1:21:40	1:29:38
Sterling, Nebr.		1:43:07	2:12:09	OUT		
29. Eric Richman	18	23:28	48:00	1:10:42	1:34:37	1:44:03
Columbia, MU		2:00:45	2:36:15	OUT		
30. Leland Pfefer	38	24:00	49:47	1:15:05	1:41:50	1:52:59
Columbia		2:10:40	2:46:29	OUT		
31. Bob Morrison	16	24:00	56:28	1:24:32	1:53:34	2:09:26
Columbia		-----	3:50:00	OUT		
32. Kevin Buse	16	24:00	54:06	1:20:06	1:52:31	2:09:26
Albert City, Iowa		-----	4:00:00	OUT		
33. Tom Snyder	24	20:34	40:44	1:00:05	1:20:27	1:29:09
Lincoln, Nebr.		OUT at 15 miles				

~~34.~~ David Best 21 21:05 43:51 1:07:25 1:32:44 1:43:24 OUT  
Ft. Leonard Wood

MVAAU medals to Richards, Sage & Granberg. 40-49 Trophy to Ratelle.

MANY, MANY THANKS to Joyce Schulte, Mark Achen, Alice Taft & Jim Pinkerton  
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## DESIGNATED TIME STANDINGS (FINAL):

	av. secs.	Events
1. Don Granberg	15	12*
2. Dennis Stewart	24	12*
3. Whitney Hicks	30	12*
4. Mark Achen	30.5	12
5. Art Fleming	37	12*
6. Dave Schulte	55	12*
7. Joe Duncan	56	12
8. David Leuthold	172	12*

\*denotes the best 12. No one  
else had the required 12 events.

## Women:

1. Joyce Schulte	53	12*
2. Janet Leuthold	281	10

## ELAPSED TIME STANDINGS (FINAL):

Runners:	Points
1. Dennis Stewart	140
2. Bill Wirtz	111
3. Don Granberg	67
4. Whitney Hicks	60
5. Bob Brouillet	49
6. John Houle	39
7. Roman Sage	35

## WALKERS:

1. Mark Achen	68
2. Art Fleming	53
3. David Leuthold	41
4. Joyce Schulte	38
5. Janet Leuthold	27
6. Darrell Palmer	22

A total of 90 different people participated in this year's program--  
we would have quite a field if they all came at once. This number does  
not include the marathon.

## BEN KNOPPE DOES FIRST HALF OF MARATHON COURSE ALL ALONE AUGUST 21:

	3	6	10	13½
1. Ben Knoppe	23:30	49:30	1:23:15	1:53:25
2. Darrell Palmer	21:30	45:50	1:23:15	out at 11 miles
3. Steve Spier 11 w	39:11	77:06	2:14:50	2:55:11 (13)
4. Janet Leuthold w	39:11	77:06	2:14:50	2:55:11 (13)
5. Joyce Schulte w	41:54	80:00	2:14:47	2:55:55 (13)

Ben Knoppe came in from St. Louis and found only one other runner willing to do battle with him over the first half of the Marathon course. Palmer took out well ahead but he ran into blister trouble and eventually had to drop out. Knoppe made it to the top of Hasley Hill--the only one to do so as the walkers decided to call it a day at the bottom of the hill--no doubt that was the wisest decision that has ever been made by those who have ever been confronted by that monstrous hill.

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## CHARLES McMULLEN, MU, TAKES SECOND HALF MARATHON, NEW RECORD AUG. 28:

	3	6	9	13½
1. Charles McMullen RTTC*	16:45	33:47	50:35	1:17:46
2. Don Hoelting RTTC	16:45	33:47	50:55	1:18:58
3. Don Todaro, Westminster 6.	<del>17:10</del>	33:56	51:20	1:20:20
4. Ron Declue Florissant V.	16:50	34:12	51:33	1:20:30
5. Fred Binggeli, Westminster	17:10	34:42	54:17	1:26:42
6. Bob Hunerdosse Macon, Mo	17:50	37:01	56:32	1:26:56
7. Mike Porcelli FVTC	18:55	38:18	57:32	1:28:27
8. Paul Redhage	18:04	37:30	57:23	1:31:04
9. Mel Vos Winchester, Ks.	19:03	38:58	59:35	1:33:29
10. Bob Pruett St. Louis	19:03	40:52	62:57	(1:40:00)**
11. Ben Knoppe St. Louis	21:52	44:55	70:01	1:53:25
12. Paul Ide walked	30:33	62:22	94:06	2:17:59
13. Mark Achen walked	30:33	62:22	94:06	2:17:59
14. Rob Spier walked	37:36	1:14:03	----	2:51:03
15. Don Putnam Columbus, Miss.	16:28	33:33	50:50	out at 11 miles
16. Dave Rogles RTTC	17:50	38:05	59:50	out at 11 miles
17. King Hollis RTTC	18:35	39:40	out	
18. Joyce Schulte walked	38:36	75:03	out at 10 mi.	(2:06:04)
19. Steve Spier walked	37:36	74:03	out at 10 mi.	(2:06:04)

\*Red Table Track Club \*\*took wrong turn with half mile to go.

78 degrees, bright sun, fairly humid. Officials: David Duncan, Joe Duncan, Mary Ann Achen, Dan Duncan, Mrs. Rob Spier

Charles McMullen is a Junior College transfer to MU from Rochester, NY who has been caught up in the unfortunate NCAA ruling as to Junior College transfers, so he has to sit out a year of eligibility before he can run for MU. He obviously is a good one, however, as he beat the old course record by well over a minute--the old record having been set by Ted Senadenos back in 1968. Don Putnam led this race until the big hill at 9 miles. Putnam is in the Air Force, originally from New Hampshire. He had won a 10 mile race the previous weekend in the Blue Ridge Mtns in a time of 51 plus. Today, however, he ran into achilles tendon problems on the downhill stretches. He says there are absolutely no hills in Columbus, Miss. on which to train. Last years winner, Ron Declue, improved his time by 3 mins. 52 secs, yet had to settle for 4th. The Red Table Track Club is a collection of MU distance runners living on Wilson Ave. . . . The fastest house in town.

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JIM McFADDEN WRITES OF HIS DOINGS DURING THE SUMMER: He is now in Ft. Madison, Iowa, teaching. During the summer he did a lot of run and walk doubles, obviously preparing for our annual May walk-run Pentathlon. In the Iowa AAU One mile walk on Aug. 6 Dave Eidahl was 1st in 7:16.4, with McFadden right behind in 7:17.2. 20 mins. later McFadden did a 4:49 Mile (6th). The following day he won a Two Mile run in 10:02 and then won a mile walk in 7:36.4. The previous weekend he had been 2nd in a mile run in 4:46.1 and 1st in a mile walk in 7:31.2. He then topped off his summer by winning the Jr. National AAU Two Mile Walk in Chicago with a time of 15:24 (7:27 at one mile).

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Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201 puts out the CTC Newsletter at a nominal cost of One Dollar per year. For your dollar you get 12 monthly issues of the newsletter--nowhere else will you find your name so often in print with a complete record of all your races in our area. We welcome any contributions any of you may have--suggestions, comments, letters--and perhaps most important, results of races in which you have participated with an account of how you did--if it is not too embarrassing



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THE RUNNER

Suddenly with intense  
feet he moves by motion  
and no sound to round

the harshest mountain  
flut@song for his breath O  
helmeted with hair

the corner heading  
North; the pure cold  
lost last place, his head

he rides the silhouette  
of stylized ecstasy  
until untranced he stops

lost too between  
the sharp uncertain flowers  
of the high air and

but his heart runs.  
. . . Alexander Grilikhos

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THE ONE HUNDRED MILE WALK is generating a lot of interest. This unique event is intriguing a lot of walkers and a lot of local people--there is something about this race that captures the imagination of those who think about it. It's challenging, it's difficult, there is nothing quite like it. Entries have begun to come in--Larry O'Neil will be here, as will Bob Chapin, Chris Clegg (a British Centurion, now living in Calif., he is 54 years old, so he would have to be one of the favorites, altho' he is still pretty young--O'Neil will be 64, John Argo is 57) and, perhaps some 20 other walkers.

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SOMETIME IN OCTOBER CTC WILL HAVE ITS ANNUAL MEETING. The primary purpose of this meeting will be to award the DT and ET trophies and to establish the 1972 program of races. Some of you will be unable to attend the meet therefore, in order that we may have your ideas we have prepared the following questionnaire so you can have an opportunity to be heard. The exact time and place of the meeting will be announced in the next newsletter. In the meantime please give some thought to our program and share with us your ideas as to how we can improve it. If we don't hear from you, then you will have lost your chance to get what you want.

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SUGGESTIONS FOR IMPROVING THE CTC PROGRAM: (Please underline your choice where indicated, complete the blanks, tear off and return to Joe Duncan.

1. I (am, am not) satisfied with the Designated Time format. I have the following suggestions:
2. I (am, am not) satisfied with the Elapsed Time format. I have the following suggestions:
3. I think we should have (more, fewer, the same) number of races.
4. I think we should have more short races (1-5 miles). Yes, No.  
Preferred Distance \_\_\_\_\_
5. I think we should have more long races (6 miles and up) Yes, No.  
Preferred Distance \_\_\_\_\_
6. My favorite type of race is: Cross-Country (Preferred Distance \_\_\_\_\_),  
Road Races (Preferred Distance \_\_\_\_\_), Track Races (Preferred Distance \_\_\_\_\_),  
Triathlons (Distances? \_\_\_\_\_), Relays (type \_\_\_\_\_),  
Handicap races (Preferred Distance \_\_\_\_\_), Other \_\_\_\_\_
7. I prefer to race on (Saturday, Sunday). Any other day? \_\_\_\_\_
8. If Saturday, I prefer to race at: WINTER: 8:00 AM, 9:00 AM, 10:00 AM,  
2:00 PM Other \_\_\_\_\_. SUMMER: 6:30 AM, 7:30 PM Other \_\_\_\_\_
9. I am in favor of awarding (trophies, merchandise) for the AAU events and charging a \$2.00 entry fee. Yes, No.
10. I am in favor of charging no entry fee and having no awards (other than the 1st, 2nd and 3rd place medals) for the AAU events. Yes No
11. I have the following additional comments and suggestions as to the CTC program (dues, newsletter, officiating, aid stations, participation, etc., etc.):

SCHEDULE OF EVENTS:

SEPTEMBER 11 Saturday 2:00 PM One Mile Run Five Mile Walk  
Hickman Track  
18 and 19 Saturday and Sunday FIFTH ANNUAL NATIONAL 100  
MILE WALK Hickman Track  
26 Sunday 2:00 PM Two Mile Run Six Mile Walk Hickman  
Track  
OCTOBER 3 Sunday 2:00 PM MVAAU 20 Kilo Walk Northwest Parkway  
Independence, Mo.  
10 Sunday 2:00 PM Twomile (2 mile) Cross-Country Run  
Municipal Golf Course  
10 Sunday ? ? Winola, Iowa Marathon Contact: Bob Kalden-  
berg 304 No. "J" st. Indianola, Ia.  
50125  
16 Saturday 10:00 AM SENIOR NATIONAL AND MVAAU 40 KILO WALK  
Swope Park, Kansas City, Mo.  
17 Sunday 2:00PM Two Mile Cross Country Run Municipal  
Golf Course  
17 " 8:00 AM Tri-States Marathon Falls City, Nebr.  
Contact: Louis Fritz Verdon, Nebr. 68457  
23 Saturday 2:00 PM Two Mile Cross Country Run A L Gustin  
Golf Course  
23 " 10:00 AM Linn Tech Marathon Linn to Jefferson  
City, Mo. Contact: James Symmonds Linn Tech  
College Linn, Mo. 65051  
30 " 10:00 AM MVAAU 30 KILO WALK CHAMPIONSHIP Leawood  
Subdivision MVAAU Record: 2:38:33 by Larry  
Young, Kansas City 11-28-70. Course Record:  
2:40:38 by Larry Young 10-18-70  
OCTOBER 2 Saturday 2:30 PM Open Three Mile Cross-Country held in  
conjunction with Emporia State Invitational Cross-  
Country Meet. Emporia, Kansas Contact:  
Edward Rowe 1318 Grand Emporia, Kansas 66801

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Four Knights of the Red Table ran out one day,  
To the Hink, running swiftly, without delay.  
A Maiden in distress, they saw.  
Lovely was she, without a flaw.  
But alas, her lover was bigger than they.

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 30 KILLO WALK  
1971 Entry Blank

Time: Saturday, October 30, 1971 10:00 a.m.

Place: Leewood Subdivision, Columbia, Missouri. Meet at Skye Wynd Court and Braemore Road.

The Course: Each lap is a little over one mile around, typical residential subdivision streets, one moderate hill.

Entry Fee: \$2.00

Awards: Trophies to first 6 finishers, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers.

Records: Course Record: 2:40:38, Larry Young, October, 1970  
MVAAU Record: 2:38:33, Larry Young, November 28, 1970  
American Record: 2:23.14, Goetz Klopfer

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. \_\_\_\_\_

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

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

SCHOOL \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States. The race

THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

Return to:

Joe Duncan  
4004 Defoe Dr.  
Columbia, Missouri 65201