

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 4

April 25, 1972

## LARRY YOUNG GOES EIGHT MILES 415 YARDS FOR MVAAU RECORD

April 16:

	1 Mile	2	3	4	5	6	7
1. Larry Young 8 Mi. 415 Yds.	7:13 58:21 (8)	14:27	21:45	29:04	36:19	43:41	51:03
2. Dave Eidahl 6 Mi. 1640 Yds.	8:20	17:05	25:50	34:37	43:47	52:34	
3. Bob Young 6 Mi. 706 Yds.	9:09	18:27	27:49	37:17	46:47	56:15	
4. Bob Chapin 6 Mi. 613 Yds.	9:09	18:27	27:50	37:30	47:06	56:42	
5. Mike Shanahan 6 Mi. 498 Yds.	9:17	19:07	28:48	38:35	48:10	57:32	
6. Mark Achen 6 Mi. 441 Yds.	9:57	19:56	29:43	39:24	48:36	57:49	
7. Dave Leuthold 6 Mi. 384 Yds.	9:17	18:56	28:35	38:25	48:18	57:55	
8. Dick Hessler 5 Mi. 1640 Yds.	9:27	19:37	30:01	40:26	50:41		
9. Rob Spier 5 Mi. 1166 Yds.	10:43	21:26	32:10	43:00	53:15		

Missed Designated Distance by 154 Yds. (51 Secs.)

60 degrees, sun shining, 18 MPH NW wind. Officials: Joyce Schulte, Dave Schulte, Joe Duncan. Aid Station: Ann Hessler Judges: Darrell Palmer, Paul Ide. One warning was issued and that was to Chapin. Young bettered CTC records for 2,3,4,5,6,7, and 8 miles--he was over his MVAAU record for the One Hour Walk--beating his old mark of 7 miles 1648 yards by more than a quarter of a mile. He was only 381 yards short of the American record for the hour walk. Larry made no attempt to rest up for this race--the previous day he walked 20 miles in 2 hours 45 minutes--this while spearheading a March of Dimes Walk-a-thon in Kansas City. Bob Young, Chapin and Shanahan also took part in the K.C. 20 miler.

## LONDEREE 3rd, HICKS 5th, DUNCAN 8th IN KU RELAYS MILE RUN April 21:

This was the age 35 & over Mile Run. Londeree had a time of 4:36.8, Hicks 4:47.0 & Duncan 5:12.7. For all three CTC runners these were personal bests. The race was won by Malcolm Robinson of Des Moines with 4:29.5, 2nd was Jan Howell, Idaho Springs, Colo., also with 4:29.5. There were 14 starters. Ben was right on the pace at the end of the 1st lap which he turned in 65 secs., however, he let up with two 72 sec. quarters, but was able to come back with a 68 sec. last lap. Whitney's pace was pretty even, while Duncan, trying to stay with his teammate, could not keep that 72-73 sec. pace past the 880 mark and faded so much he couldn't get his hoped for 5 min. mile. The CTC crew looked impressive with the new CTC uniforms--Kelly green shorts, with gold jerseys--CTC got some publicity over the PA system and on some of the local TV stations. Londeree, Hicks and I all live within a block of each other--sometimes I think I'm a pretty fair runner--but I always fall back on the humbling reminder that I can't even beat the old guys on my own block!

We do have some CTC uniforms--we will keep them on hand for anyone who wants to use them in outside competition--simply let me know and I can check them out to you. If you wish, you can buy the set for \$9.00.

Also at the KU Relays, 45 year old Jean Madden ran a 2:13\* 880, finishing 8th in that event which was limited to age 40 & over. Jim Hershberger won with a diving headlong spill across the finish line with a time of 2:03.5.

In the One mile walk, Larry Young walked a relaxed winning mile in 6:56.9. Larry was sick on Thurs., still weak on Fri. & Sat. and had the Senior National 20 Kilo coming up on Sun., therefore, in the Sat. One Miler he wasn't really pushing--all this is to say, I guess, that 6:56.9 for Larry Young isn't so much--but there probably aren't over a dozen guys in the country who would do any better.

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JIM McFADDEN WON THE GARY BROWN MEMORIAL MARATHON WITH A RECORD TIME OF 2:45:52 on a hilly course. 2nd was Bob Hunerdosse with 2:53:06, 3rd Jules DeCoster, 3:06:46, 4th, 36 year old Don Schroeder of Quincy, Ill and 5th, 51 year old Dick King of Chicago. Schroeder had 3:09:54 and King had 3:32:20.

MIKE KELLY, LARRY YOUNG AND BIG RED, A DOG, WIN RUN-WALK RELAY MARCH 26

	1st Mile	2nd Mile	3rd Mile	Individual Total ET	Team Total ET	Secs off/DT	Place
1. Mike Kelly	4:49	4:45	4:40	14:14		---	1
Larry Young	6:53	6:53	6:53	20:39	34:53	---	1w
2. Dewey Strobel	5:05	5:21	5:20	15:46		---	5
Rob Spier	10:24	10:15	10:16	30:55	46:41	---	4w
3. John Wilson	5:25	5:58	6:05	17:28		---	7
Dick Hessler	9:47	9:56	9:47	29:30	46:58	---	3w
4. Doug Williamson	5:00	5:14	5:13	15:27		18	4
Janet Leuthold	11:00	10:56	10:43	32:39	48:06	---	5w
5. Bob Collette	5:00	5:09	5:11	15:20		--	3
Fred Lafser	11:06	10:58	10:58	33:03	48:22	---	6w
6. Dave Schulte	6:45	6:58	6:49	20:32		73	9
Dave Leuthold	9:24	9:30	9:32	28:26	48:58	64	2w
7. Joe Duncan	5:42	6:03	5:51	17:36		21	8
Ken Wilson	11:35	11:40	11:56	35:11	52:47	---	7w
8. Dennis Stewart	4:52	4:58	5:04	14:54		48	2
Julia Stewart	13:14	13:32	13:41	40:27	55:21	4:33	9w
9. Mike Chippendale	5:07	5:44	5:28	16:19		21	6
Jay Coleman	13:02	13:19	13:20	39:41	56:00	---	8w

50 degrees, 8-12 MPH South Wind, sun sort of half shining. Kelly, a U. of Mo. distance runner, and Young shattered the old 2-Man 6-Mile Run-Walk Relay record of 42:09 set last year by Ken Peters and Mark Achen. CTC's events usually have something a little different. A gun doesn't go off, no timers show up, there are personal bests to talk about, records beaten, etc.--but these are things you normally read about with any track event. But today's happening did have a quite unusual feature--and that was the Irish Setter which dogged Kelly on the first three laps of his first mile. The dog was hanging around while the race was getting organized but no one paid any attention to it--but with the gun the dog got full attention and Kelly got full attention from the dog who ran beside Kelly, barking all the way--this, obviously, was a little disconcerting. At the end of the second lap, Mike was tripped up by the dog and while Mike was down, Stewart and Williamson went by him. However, Kelly arose again and resumed the chase, and the lead, but so did the dog and Mike was only able to get rid of him by finally throwing his baton at him--and no more was heard from Big Red the rest of the afternoon. Mike wound up with a huge abrasion on his left hip and was unable to run the 4:30 miles he had planned. He recovered sufficiently, however, for a couple of weeks later he was able to anchor M.U.'s four mile relay team to a Texas Relays record of 16:32+. Larry Young turned in some great one mile times--a "speed" workout for him and a new CTC record for the one mile walk. Another one mile personal best by Chippendale.

It was never determined who brought Big Red--one of Kelly's "friends" to make Kelly go faster, Stewart to slow him down or the CTC Handicapper to give him a handicap--anyway, no one was ever brave enough to claim him.

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JOYCE SCHULTE CONTINUES TO PUSH ON THE PUBLICITY--for its size, Columbia Track Club is probably as well-known as any Track Club in the country. Our 100 Mile Walk and Marathon have received lots of national publicity. In fact, Joyce has already sent out a 5 page news release to various national news media on the 100 mile walk. She gets pre-race publicity to the local radio and TV stations and has sent various pre-race and post-race items to at least 14 Missouri radio and TV stations, to all 3 of the major networks, to the AP, UPI and Reuters and to at least 17 different newspapers--some of this gets printed--some does not--but every once in a while an item pops up someplace across the country, giving our program some recognition. If any of you have any ideas as to publicity, be sure to let Joyce know.

The CTC Newsletter comes from Joe Duncan 4004 DeFox Dr. Columbia, Mo. 65201. 12 issues, one a month, cost only one dollar. A real bargain.

## STEWART WINS TWO MILE RUN APRIL 9, 1972:

	880	Mile	1½ Mile	Two Miles	Secs off D.T.
1. Dennis Stewart	2:20	4:50	7:28	10:02	17
2. Ben Londeree 37	2:24	4:58	7:37	10:11	4
3. Bob Collette	2:25	5:02	7:42	10:12	27
4. Doug Williamson	2:30	5:07	7:49	10:27	2
5. Whitney Hicks 36	2:37	5:21	8:06	10:44	31
6. Mike Chippendale 31	2:37	5:21	8:10	10:58	17
7. Don Granberg 30	2:38	5:26	8:26	11:18	3
8. Joe Duncan 37	2:44	5:36	8:33	11:29	16
9. Dick Hessler	2:38	5:32	8:44	12:10	10
10. Marv Lee 32	2:54	6:10	9:36	12:45	30
11. Jim Pastoret 48	3:02	6:27	9:55	13:15	5
13. Dave Schulte 32	3:24	7:00	10:40	14:03	42
12. Fred Van Peenen 13	3:31	7:05	10:42	13:55	65
14. Doug Duncan 11	4:00	8:12	12:25	16:01	24
15. Brad Wolken 11	3:32	8:30	13:18	17:45	135

## SEVEN MILE WALK TO DAVE LEUTHOLD:

1. Dave Leuthold	9:27	19:18	29:14	39:09	49:10	59:13	69:08
2. Dick Hessler	11:12	22:30	33:55	44:31	55:17	65:52	76:01

60 Degrees, fairly strong SW wind, sun shining OFFICIALS: Joyce Schulte, Ann Hessler

A lot of personal bests--Londeree's 10:11 is an all time best--and he showed a lot of speed in holding off fast-closing Collette down the home stretch. Also personal bests for Hicks (in the Modern, old man, Era), Chippendale, Duncan, Hessler and Schulte. Also for Lee and Pastoret, probably, who, apparently, have recently taken up running and have decided to do a little competing. Lee is a grad student in English and an instructor while Pastoret is on the faculty of the School of Forestry.

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M IS FOR THE MANY MILES HE RUNS EVERY SINGLE DAY.

Y IS FOR THE YEARNING IT TAKES TO MAKE A MAN THAT WAY.

H IS FOR THE HUGS HE GETS WHEN HE CROSSES THE FINISH LINE.

U IS FOR THE UNDERSTANDING HE NEEDS WHEN HE'S NOT FIRST ALL THE TIME.

S IS FOR THE SWEAT HE WORKS UP WHEN HE'S RUNNING IN A MEET.

B IS FOR THE BLISTERS THAT SHOW UP ON THE BOTTOMS OF HIS FEET.

A IS FOR THE AAU MEETS HE RUNS, WINTER, SPRING, SUMMER, OR FALL.

N IS FOR THE NUMBER OF SHINY MEDALS HE HAS HANGING ON OUR WALL.

D IS FOR THE DOGS THAT FOLLOW HIM ON HIS MERRY LITTLE WAY.

T IS FOR THE TROPHIES HE BRINGS HOME TO PUT PROUDLY ON DISPLAY.

H IS FOR THE HOPE HE HAS OF DOING BETTER TODAY THAN IN THE PAST.

E IS FOR THE EFFORT IT TAKES TO RUN FASTER THIS TIME THAN THE LAST.

R IS FOR THE ROADS HE'S COVERED A HUNDRED TIMES, MAYBE MORE.

U IS FOR THE "UNDERTHINGS" AND SWEATY CLOTHES HE HAS LYING ON THE FLOOR.

N IS FOR THE NIPPY WEATHER THAT HITS HIM WHEN WINTERTIME SETS IN.

N IS FOR THE NAUSEA HE FEELS IF HE'S RUN TOO HARD TO WIN.

E IS FOR THE EXPERIENCE HE'S GAINED FROM TIME TO TIME, AND

R IS FOR THE REWARD I FEEL JUST BY KNOWING HE'S MINE!

. . . KATHY MOES (LOREN'S WIFE)

## LARRY YOUNG SETS MVA AU RECORD IN TEN KILO WALK--44:34! March 25, 1972:

	1 Mile	2	3	4	5	6	10 KILO
1. Larry Young	7:07	14:09	21:17	28:34	35:48	43:03	44:34
2. Paul Ide	8:24	16:59	25:46	34:59	44:25	53:37	55:40
3. Bob Young	9:20	18:40	28:14	37:38	46:54	56:05	58:09
4. Bob Chapin	9:35	19:07	28:47	38:04	47:11	56:25	58:21
5. Mike Shanahan	9:38	19:02	28:40	38:24	48:04	57:40	59:39
6. Chuck Ward	9:36	19:02	29:28	39:20	49:00	59:10	61:03
7. Joe Mize	10:00	20:24	30:43	41:14	51:55	62:43	64:53

Larry also set MVA AU records for 3, 4, 5, and 6 miles. The race was held on the Truman H.S. track, Independence, Mo. Temperature was 45 degrees and it was cloudy. The 44:34 was very close, if not the, to Larry's personal best for this distance.



## STEWART ALMOST GETS OVERTAKEN IN TWO MILE CROSS COUNTRY RUN April 23:

	2 Miles	Secs. Off DT			
1. Dennis Stewart	10:37	37	9. Dick Hessler	12:26	16
2. Doug Williamson	10:39	28	10. Bob Rosenthal	12:51	9
3. Ben Londeree	10:40	20	11. Marv Lee	13:19	19
4. Mike Chippendale	11:10	5	12. Fred Van Peenen	13 14:26	36
5. Whitney Hicks	11:16	1	13. Darrell Palmer	14:30	150
6. Gary Schmidt	11:45	14	14. Dave Schulte	14:31	1
7. Joe Duncan	12:12	22	15. Doug Duncan	11 17:28	28
8. Don Granberg	12:19	64			

54 degrees, cloudy, fairly strong west wind. OFFICIALS: Joyce Schulte Julia Stewart. Stewart led all the way and was never really threatened, although he very nearly got caught when Williamson and Londeree were trying to outsprint each other. This was out first annual spring cross-country race on the Municipal Golf Course--no one got hit by a golf ball, although I'm sure we did startle a few golfers and might have been the cause of a bogey or two.

## LARRY YOUNG WINS THE FIRST THREE SENIOR NATIONAL WALKS OF 1972:

Larry won the Sr. National 35 kilo walk on March 19 in Pomona, Calif, leading all the way, winning by over a mile. He had hoped to meet Bob Kitchen, who three weeks previously had set a new American record of 4:13:35 over 50 kilo. However, Kitchen had a prior commitment of some sort. Larry's time at 35 kilo was 2:52:41, an excellent time despite smog and lack of competition. The 5 kilo splits were 24:01, 47:54, 1:11:44, 1:36:10, 2:00:56, 2:26:38, 2:52:41. Paul Ide finished 10th with a time of 3:20:40, a personal best. Centurion Chris Clegg was 16th in 3:53:26. There were 30 walkers--the course was on a fairly flat loop of just under 5 kilo.

Larry then won the Sr. National 25 kilo walk on April 9, in Seattle with a time of 1:57:28, again an outstanding time. Goetz Klopfer was with Larry until the last mile when Larry pulled away finishing a half minute ahead. However, Klopfer got a caution at 10 kilo and was DQ'd at 18 K. He kept walking, thinking he might have a legitimate protest since he thought the judge had checked while the judge was on a bicycle. But it turned out that the judge had checked him from the ground.

Then Larry won one of the really big ones--the Sr. National 20 kilo on April 23. This one was held on the C.W. Post College Campus, Long Island, NY. The temperature started at 50 degrees, but with the sun shining it got up to around 65 towards the finish. The course had some long gradual, not steep hills. Anyway, Larry turned in a personal best of 1:32:43, blasting the first 5 kilo with Ron Daniel in 21:37, then pulling away from Daniel, but slowing to a 45:25 for 10 kilo, then pick-up, hitting 15 kilo in 1:08:55. There were some 75-80 starters. All this puts Larry well on the road to Munich--he's walking as well as he ever has and is willing to meet anyone at any distance. He now has a lull with no big races until the Olympic trials, but there are a lot of little races around to keep him in shape. In the 20 kilo the next 8 places went like this: 3. Floyd Godwin 1:34:15, 4. John Knifton 1:35:12 5. Jerry Brown 1:36:41 6. Todd Scully 1:37:12 7. Marcel Jobin 1:37:32 8. Rudy Haluza 1:37:34 9. Greg Diebold 1:37:57 10. Shaul Ladany 1:38:01.

DESIGNATED TIME STANDINGS:			No. of	*denotes best 12 events	
	Av.secs	off	Events	ELAPSED TIME STANDINGS:	
1. Mike Chippendale	15		12*	1. Ben Londeree	118
2. Whitney Hicks	15		10	2. Dennis Stewart	101
3. Doug Duncan	15		4	3. Mike Chippendale	74
4. Ben Londeree	18		12*	4. Whitney Hicks	66
5. Doug Williamson	23		7	5. Doug Williamson	57
6. Joe Duncan	27		12*	6. Don Granberg	49
7. Dennis Stewart	30		12	7. Joe Duncan	49
8. Dave Schulte	31		12*	8. Dave Schulte	26
9. Dick Hessler	39		5	9. Dick Hessler	19
10. Art Fleming	40		3	10. Art Fleming	17
11. Don Granberg	54		11	11. Bill Wirtz	12
12. Dave Leuthold	143		8	12. Lucas Kleyn	10
13. Rob Spier	145		6	AGE 40 & OVER: 1. Busen 2, 2.	
14. Steve Spier	188		3	Spier 1. AGE 15 & UNDER: 1.	
WALKERS: 1. D. Leuthold 24, 2. Rob				Steve Spier 7, 2. Doug Duncan	
Spier 16.5, 3. D. Hessler 8.5				7, 3. Mary Magnuson 6, 4. Fred	
				Van Peenen 5, 5. Jutes Magnuson 4.	

## SCHEDULE OF EVENTS:

APRIL 29 Saturday 9:00 A.M. Walk-Run Pentathlon Hickman Track

MAY 6 " 9:00 A.M. 2 Mile Cross-Country Run South Park  
Quincy, Ill.

6 " 8:00 A.M. 4th Annual Road-Runners Marathon GAGE,  
Oklahoma CONTACT: Darrell Johnson Gage, Ok. 73843

7 Sunday 2:00 P.M. MISSOURI CUP COMPETITION--20 Kilo Walk  
Qualifying race for Olympic Trials Hickman Track  
Some of the better (and not so better) Midwest  
walkers should be on hand.

13 Saturday 9:00 A.M. 4 Mile Run South Park Quincy, Ill.

20 " 9:00 A.M. 2 Mile Run " " "

21 Sunday 2:00 P.M. Four-Mile Relay Teams of 4 runners, with  
each runner running one mile. If you don't have  
a team, come anyway and we will create some at the  
site. Hickman Track

? ? ? Little Egypt Marathon, Carbondale, Ill. CONTACT: Dr.  
R.G. Knowlton, Research Lab, SIU Arena, SIU, Carbondale,  
Ill. 62901

FROM THE OHIO RACE WALKER: "The 11th Annual Capt. Ronald L. Zinn Memorial Trophy, presented each year by the Green & Gold AC to the outstanding race walker in the U.S., has been awarded to Larry Young for 1971. The recipient is determined by a vote of walkers throughout the U.S. Larry received 34 1st place votes among the 49 ballots cast and compiled 414 points to 286 for runner-up Ron Laird, himself a four time winner of the award. Young had also won the trophy in 1968. The only other man to receive it more than once was Ron Zinn who won it three of its first four years before his death in Vietnam. At that time it was known as the Michael Riban, Jr. Trophy."

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There was a young runner named Hessler  
Who was an accomplished hustler.  
But, to his dismay,  
On a dismal day,  
He lost to a twenty-ton rassler.

JOE DUNCAN  
4004 Defoe Dr.  
Columbia, Mo. 65201

"Entry Blank"

MISSOURI VALLEY AAU AND OPEN ONE HOUR RUN

1972 Senior National Postal One Hour Run  
1972 Junior National Postal One Hour Run

Time: Saturday, June 17, 1972 7:30 p.m.

Place: Columbia, Missouri, Hickman High School Track, Hickman track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70

Entry Fee: \$2.00, \$1.00 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator; Post entries will be accepted, however, PLEASE try to have your entries in by June 15.

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

MVAAU Record: 11 miles 35 yards, Carl Owczarzak, June 20, 1970

In consideration of your acceptance of this entry, I, Intending to be legally bound, hereby, for myself, my heirs and assigners, 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 the said race.

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

SIGNATURE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

NAME \_\_\_\_\_

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

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.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU

Return To:

Joe Duncan  
4004 Defoe Drive  
Columbia, Missouri 65201