

COLUMBIA TRACK CLUB NEWSLETTER

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January 18, 1971/2

STEWART WINS FIVE MILE RUN IN 28:20

January 9, 1972:

	3 milesz	5 miles	secs. off D.T.
1. Dennis Stewart	16:54	28:20	35
2. Ben Londeree	17:07	28:41	49
3. Doug Williamson	17:12	29:14	76
4. Mike Chippendale	18:12	30:47	103
5. Joe Duncan	18:53	31:33	72
6. Dick Hessler	19:59	33:59	61
7. Dave Schulte	---	42:00	60
8. Jim Bannwart	---	44:39	21
9. Dave Leuthold walked	---	56:33	213

52 degrees, Sunny, fairly brisk west wind--but, generally speaking a great day for running. OFFICIALS: Joyce Schulte, Diane Williamson

Everybody, except Stewart, was way under their respective Designated Times. All kinds of personal bests--Londeree, Chippendale, Duncan, Hessler and Schulte all established personal bests for 5 miles--and all this on a tough course, with the hilly third mile. A year ago Chippendale took 37:54 on this course, Duncan 33:39 and Schulte 43:31. Three weeks ago, on the track, Hessler did 5,000 meters at about a 7:05 per mile pace. Today, on the hills he does 6:45 per mile for 5 miles. Stewart was 33 seconds faster than a year ago, but still not as fast as he had hoped--and he had his hands full pulling Londeree along with him. Bannwart is with Air Force ROTC at MU (Ithink)--he began jogging when he was with the Air Force in Germany. He says jogging is a big thing in Germany with lots of participation in the races which have several age groups.

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WIRTZ IS THE FASTEST POLAR BEAR 20 KILO RUN JANUARY 15, 1972:

	5 Kilo	10 Kilo	15 kilo	20 kilo
1. Bill Wirtz	17:53	36:45	56:10	1:15:16
2. Ben Londeree	19:45	40:15	61:15	1:22:02
3. Jerry Kokesh	19:53	40:35	62:05	1:23:08
4. Don Granberg	20:25	41:40	63:45	1:24:47
5. Joe Duncan	20:55	41:55	63:45	1:25:53
6. Dean Smith	23:00	46:40	----	1:38:02

Temperature was minus eight degrees, that is, 8 degrees below zero, in other words, brother, it was cold! The wind chill index was 30 below. Just a week ago we were congratulating ourselves for having a race in midwinter on a sunny 52 degree afternoon. A scant six days later we find a 20 kilo run scheduled for the coldest day of the year, so far anyway. Six hard-core nuts showed up for this venture and three of those nuts are from the very heart of the hard core--for they saw fit to rise at about 6:30 AM and drive all the way from St. Louis for this 9:00 AM happening. Whitney Hicks showed a touch of sanity by declining to run, but agreeing to serve as timekeeper--from the comfort of his car. Dick Hessler showed up about halfway through to help with the timing--these two guys are only soft-core nuts. Actually Jerry Kokesh is (or was) in school at San Jose State in Calif.--and he leaves the sunny climes of Calif. for this--but he did set a personal best for 20 kilos as did Londeree and Duncan. Perhaps Dean Smith did too. I believe he is new at this sort of distance--he teaches in the same St. Louis High School as does Wirtz.

There are things to be learned from an experience such as this--we read a lot about the problems of heat exhaustion and running in hot weather. Ultra-cold weather presents problems, too, primarily that of keeping warm. But actually the problems with cold aren't really so bad. Obviously one needs to dress properly, but one can be overdressed. The activity of running itself will keep you warm--after the first mile or so your body's heating mechanism is functioning quite well, you are sweating and if you have too much clothing, you will be uncomfortable and sweating too much.

Writing purely from the standpoint of a layman, I should think that several light layers of clothing (no more than 2 or 3 layers)

20 KILO RUN CONTINUED:

would suffice. For instance, I had on two T-shirts, two pair of jockey shorts, my usual running shorts, ordinary cheap cotton sweatpants and a hooded sweatshirt. A face mask or scarf may have been desirable, for the tip of my nose got pretty cold, particularly when heading into the wind--and I don't have a big nose. The one pair of gloves I had were not sufficient, I should have had another pair of mittens or perhaps another pair of cotton gloves.. I wore no socks--my ankles were bare, however, I felt absolutely no discomfort in those extremities. A lot of non-runners ask me about the danger of the cold "freezing my lungs" or some such. I can't imagine that there is much danger of anything like this happening--again, I'm a lawyer, not a doctor. Perhaps sprinting hard on a really cold day, much colder than 8 below, would be damaging, but all in all I have found that the human body is most adaptable and I just think that it is more adaptable than my non-running friends would think.

As to the effect of the cold weather on times, I'm sure your times would be slower. Although I had a personal best, I know I would have done better on a warmer day. Again speaking from a logical, not a medical viewpoint, your circulatory system is going to have an extra burden assigned to it--just to keep this nutty human organism warm. Counterbalancing this would be the mental factor of wanting to get this crazy race over with so you can get the h--- out of the cold! So while the good people of our community shake their heads, the six of us must have a certain amount of pride in knowing that our physical condition is such that we can go out and run 20 kilometers in below zero weather without any ill effects. Our mental condition has already been in question for so long that something like this is merely affirmation of our collective insanity.

IT IS TIME FOR EVERYONE TO GET YOUR AAU REGISTRATION FOR 1972 in so that your eligibility and the eligibility of others will not be in question. Again, AAU registration costs \$2.00. Also, some accident insurance is being offered for \$1.00. Dave Schulte and I have the necessary blanks and we will bring them to all the races so that you can take care of this. The application blanks have been completely changed from what you are used to and because of the new design we are unable to attach them with the newsletter as we did in the past.

WE WERE DEEPLY SHOCKED TO LEARN OF THE DEATH OF REV. MEL VOS. Mel was killed on Dec. 29th while running on a blacktop road near his Winchester Kansas home. Mel was struck by a car, but I know of no other details. Mel is survived by his wife and two children. ~~xxxxxx~~ He was in his early 30's and was pastor of the Reformed Presbyterian Church in Winchester. Mel first appeared on the local scene in the 1969 Heart of America Marathon with a time of 3:14:01. He did 9 miles 1565 yards in the 1970 MVAAU One Hour Run, finishing 2nd. He came for two of our half marathons running a little over 1:33:00 in each of them. I remember him particularly for coming to our 1971 Marathon, not as a runner, but in order to help out as a timekeeper. He was a quiet, unassuming person who was very interested in assisting with and supporting the MVAAU running program. He organized and promoted the 1971 Sunflower Marathon and finished 3rd with a time of 2:57:32. In Oct. 1971 he won the Linn Tech marathon with a 2:46:55. I have inquired as to any Memorial Fund--I haven't yet had a reply, but as soon as I hear of anything I will pass on the word.

YOUR LIST OF CTC RECORDS NEEDS TO BE CORRECTED AS TO THE 10,000 Meter Run. The record should go to Larry Carpenter who did this run in 34:42 on Hickman Track on Dec. 14, 1968.

DESIGNATED TIME STANDINGS: No. of

Men	Av. Secs off	Events
1. Whitney Hicks	15	8
2. Dennis Stewart	17	7
3. Ben Londeree	21	9
4. Mike Chippendale	28	10
5. Doug Williamson	29	4
6. Dave Schulte	30	8
7. Lance Baugh	40	2
8. Don Granberg	45	5
9. Joe Duncan	49	7
10. Dick Hessler	61	1
11. Steve Spier	188	3
12. Dave Leuthold	235	3
13. Rob Spier	256	2

Women		
1. Judy Londeree	54	1
2. Beth Londeree	179	1
3. Janet Leuthold	671	1

ELAPSED TIME STANDINGS:

1. Ben Londeree	61
2. Dennis Stewart	52
3. Whitney Hicks	39
4. Mike Chippendale	38
5. Doug Williamson	26
6. Joe Duncan	20
7. Don Granberg	17
8. Dave Schulte	15
9. Bill Wirtz	12

SCHEDULE OF RACES:

January 22 Saturday 2:00 P.M. 3 Mile Run Loose Park Kansas City, Mo.
 29 Saturday 10:30 A.M. 5th Annual Ground Hog Day Marathon
 Petit Jean State Park, Ark.
 30 Sunday 2:00 P.M. One Mile Run, Two Mile Walk
 Hickman Track

FEBRUARY 5 Saturday 2:00 P.M. 2 Man-6 Mile Relay alternate
 Miles, Loose Park, Kansas City
 5 Saturday 11:00 A.M. Oklahoma AAU 25 kilo State
 Championship, Mohawk Park Tulsa, Okla. A Run.
 6 Sunday 2:00 P.M. 6 Mile Run, 6 Mile Walk Cosmo Park
 Course Records: The Run: 32:43 Bill Wirtz May 23, '71
 The Walk: 45:16 Larry Young Feb. 7, 1971
 12 Saturday 2:00 P.M. 8.5 Mile Run Shawnee Mission
 Park Shawnee Mission, Kansas
 19 Saturday 9:00 P.M. 3, 2, 1 Mile Triathlon, Run
 or walk. Hickman Track Triathlon Record:
 31:49 (16:10, 10:43, 4:56) Dennis Stewart Feb. 20, 1971
 26 Saturday 9:00 A.M. Ten Mile Run, Ten Mile Walk
 Cosmo Park Course Records: The Run: 57:55 Bill
 Wirtz Feb. 27, 1971 The Walk: 1:22:30 Mark
 Achen Feb. 27, 1971

ELAPSED TIME STANDINGS CONTINUED:

10. Dick Hessler	5	AGE 40 and over: 1. Rob Spier 1 point
11. Steve Spier	4	40 year olds: Here is your chance!
12. Lance Baugh	3	Age 15 and under: 1. Steve Spier 7,
13. Rob Spier	3	2. Mary Magnuson 6, 3. Jutes Magnu-
14. Beth Londeree	2	son 4, 4. Dan Duncan 3, 5. Beth
15. Dan Duncan	2	Londeree 2, 6. Doug Duncan 2, 7.
16. Judy Londeree	1	Judy Londeree 1, 8. Greg Stickney
17. Doug Duncan	1	1 point

WALKERS: 1. Dave Leuthold 8; 2. Rob Spier 8; 3. Janet Leuthold 6;
 4. Steve Spier 5; 5. John Leuthold 2; 6. Joyce Schulte 1.

A young runner named Chippendale
 Was so fast, he seemed to sail.
 But the men in blue
 Thot from crime he flew,
 So now, poor thing, he runs in jail.

JOE DUNCAN
 4004 Defoe Dr.
 Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 30 KILO RUN
1972 ENTRY BLANK

TIME: Saturday, March 4, 1972 2:00 p.m.

PLACE: Cosmo Park (meet at Burford Shelter House) Columbia, Missouri.
Cosmo Park is located on north side of I-70, off the Stadium
Blvd. exit.

THE COURSE: An AAU certified road course. Start in Cosmo Park, then to
Stadium Blvd., to West Broadway, to Route ZZ, all the way back to
Stadium Blvd., do this loop three times, then finish in Cosmo Park.
5,000 meter splits will be recorded.

ENTRY FEE: \$1.00 Post entries will be accepted.

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

COURSE RECORD: 1:47.38 Loren Moes March 6, 1971, MVAAU Record: 1:50.04
Carl Owczarzak March 6, 1971

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 Ass'n. _____
	BIRTH _____	
SIGNATURE _____	DATE _____	HT. _____ WT. _____

ADDRESS _____

SCHOOL OR CLUB _____

NAME AND ADDRESS OF HOMETOWN NEWSPAPERS _____

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. THIS RACE IS SANCTIONED BY
THE MISSOURI VALLEY AAU.

Return to:

Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201