

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 7

July 20, 1972

CHUCK McMULLEN BLASTS 15 KILO RUN RECORD--50:26.5

July 15, 1972:

	5 Kilo	10 Kilo	15 Kilo
1. Charles McMullen 21 U. of Mo.	17:11	33:32	50:26.5
2. Jim Milton 22 School of the Ozarks	16:38	33:14	51:26.5
3t. Don Todaro 20 Westminster College	17:14	34:15	52:42
3t. Fred Binggeli 21 " "	17:11	34:32	52:42
5. Bob Pelikan 20 U. of Kansas	17:16	34:56	52:55
6. Tim Shaw 20 Westminster College	17:12	34:37	53:28
7. Greg Roy 19 U. of Mo., St. Louis	17:29	35:38	54:13
8. Bob Arnold 20 U. of Mo.	17:45	36:03	55:02
9. Ben Londeree 38 CTC	18:26	37:10	56:45
10. Doug Williamson CTC	---	38:13	57:41
11. Jerry Adams 33 YMCA TC St. Louis	19:06	38:24	57:53
12. Art Fleming 29 CTC	19:14	38:38	58:33
13. Charles Moore 20 School of the Ozarks	19:27	38:58	58:41
14. Mike Chippendale 32 CTC	19:06	39:31	58:54
15. Jerry Kokesh 22 San Francisco Olympic C.	19:27	39:31	60:13
16. Berry Alexander 19 School of the Ozarks	19:15	41:30	62:25
17. Don Granberg 30 CTC	19:08	39:31	62:46
18. Joe Duncan 38 CTC	21:15	42:40	65:33
19. Tim Elliott 19 School of the Ozarks	19:24	---	67:25
20. David Major 24 St. Louis	21:06	---	69:17
21. Dan Smith St. Louis 30	22:20	---	71:22
22. Charles Talley 39 CTC	24:43	---	73:37

72 degrees, cloudy, humid OFFICIALS: Whitney Hicks, Gary Schmidt, Doug Duncan

The speed boys came to town today and really shoved the CTC runners in the background. McMullen, probably M.U.'s top distance runner, was content to let Jim Milton race out to a big early lead, but after the 5 Kilo checkpoint, McMullen took after the Englishman, who has been at the School of the Ozarks for the past year. McMullen's second 5 kilo in 16:21 over the downhill stretches of the course brought him close and then he had the race all to himself over the hills. McMullen is not MVAU registered, therefore, Carl Owczarzak's MVAU record of 51:09 (set on Hickman Track in 1970) still stands. Owczarzak had won this race the three previous years, but this year's 8:00 A.M. start didn't work out for the Mo. Valley Champion. For CTC, Williamson, Fleming and Chippendale turned in personal bests, however, Londeree, Granberg and Duncan apparently were not up for this one as they were for the previous week's 12 miler--each of them negotiating today's race at a per mile pace slower than in the 12 miler--and the 12 miler would have to be considered a tougher course. Londeree did salvage the 3rd place Mo. Valley medal--1st going to Milton and 2nd to Binggeli.

***** Valley Medal--1st going to Milton and 2nd to Binggeli. *****

OLD MAN LONDEREE WINS 12 MILE RUN BY WIDE MARGIN COSMO PARK July 8, 1961

	3 Mi.	6 Mi.	12 Mi.	DT	Per	Pace
1. Ben Londeree	17:37	35:33	1:11:56	---	50	6:59.6
2. Don Granberg	18:02	37:05	1:17:10	---	50	6:25.8
3. Art Fleming	20:30	39:50	1:17:35	---	50	6:28
4. Joe Duncan	20:03	39:50	1:19:19	71	50	6:36.5
5. Dick Hessler	19:45	39:16	1:19:51	--	50	6:39.2
6. John Wilson	19:45	39:16	1:22:07	--	50	6:50.6
7. Leonard Busen	21:35	---	1:29:51	9	50	7:29.2
8. Darrell Palmer	20:35	out at 8 miles				
9. Dave Schulte	24:30	out at 6 miles				

A very pleasant 70 degrees at the 6:35 AM start--which probably explains why every finisher set a personal best for this distance--on a tough course, with the 3rd, 5th and 12th miles including the monster hills. The early morning start kept the out-of-town hotshots away, so after Londeree shook off Granberg after the first mile and a half, the race was all his. That left 2nd to Granberg, although he lost a lot of ground over the second half to the fast-closing Fleming. Fleming ran a relaxed first six, then he and Duncan went after Hessler and Wilson who were running surprisingly strong in their first race ever over 9 miles. It took almost two miles for Fleming to get ahead and about that time Wilson began dropping back. Hessler kept holding off Duncan until about the 10 mile mark, when Duncan finally got on by on a downhill stretch.

The CTC newsletter is put out by Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201, every month. It costs only ONE DOLLAR for a 12 month subscription.

DESIGNATED TIME STANDINGS:

	Av. Secs	Events			
1. Mike Chippendale	10	12*	7. Dick Hessler	39	6
2. Ben Londeree	16	12*	8. Don Granberg	47	12*
3. Whitney Hicks	18	12	9. Leonard Busen	47	7
4. Dennis Stewart	21	12*	10. Doug Williamson	54	10
5. Joe Duncan	22	12*	11. Rob Spier	145	7
6. Dave Schulte	27	12*	12. Dave Leuthold	153	10

ELAPSED TIME STANDINGS:

	Points
1. Ben Londeree	165
2. Dennis Stewart	130
3. Mike Chippendale	105
4. Whitney Hicks	98.5
5. Doug Williamson	93.5
6. Don Granberg	72
7. Joe Duncan	72
8. Art Fleming	42
9. Dave Schulte	34
10. Dick Hessler	32

Age 40 & over

1. Leonard Busen	7
2. Wayne Leeman	2
3. Rob Spier	1

Age 15 & under:

1. Doug Duncan	8
2. Fred Van Peenen	7

WALKERS:

1. Dave Leuthold	27	2. Rob Spier	18.5	3. Dick Hessler	10.5
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ENTRY BLANKS FOR THE 13th ANNUAL HEART OF AMERICA MARATHON ARE ATTACHED. There are only 4 or 5 marathons in America which are older than this one--and our marathon is one of the toughest in the country--probably the toughest of all other than those (such as Pike's Peak) which go up a mountain. (Did I hear some comments that Easley Hill was a mountain?). Race Headquarters will still be the Daniel Boone Building. However, this building is no longer a hotel, therefore, those of you who have stayed overnite there in the past can no longer do so. You can stay at the Tiger Hotel which has comparable rates and is only a couple of blocks away. This years marathon will not only be the Missouri Valley Championship, but will also be the Region 8 Championship. Region 8 includes the Mo. Valley, Ozark, Oklahoma and Arkansas AAU Associations. THE RECORD TO DATE:

1960			1966		
1. Joe Schroeder	3:57:00		1. Barry Crawford	2:34:07	
2. Morris Patterson	4:16:00		2. Ron Daws	2:37:17	
3. Darrell Palmer	out at 12 mi.		3. Earl Eblen	2:40:00	
1961			1967		
1. Bill Silverburg	3:09:15		1. Tom Hoffman	2:41:52	
2. Jerry Mathis	3:21:10		2. Tim Hendricks	2:44:30	
3. Gary Orr	3:36:03		3. Carl Owczarzak	2:46:48	
1962			1968		
1. Bill Silverburg	3:09:36		1. Hal Higdon	2:41:45	
2. Jim Davis	3:29:01		2. Carl Owczarzak	2:42:41	
3. Daryl Muhrer	3:36:01		3. Ken Katzer	2:44:05	
1963			1969		
1. John Rose	2:56:27		1. Tim Hendricks	2:45:45	
2. John Grundy	2:58:03		2. Brian Harrington	2:48:09	
3. Bill Silverburg	3:03:55		3. Carl Owczarzak	2:49:57	
1964			1970		
1. Ron Daws	2:47:27		1. Greg Carlberg	2:47:10	
2. Conrad Nightingale	3:01:37		2. Henry Shawnee	2:59:02	
3. Arne Richards	3:02:58		3. Tim Hendricks	2:59:49	
1965			1971		
1. Ron Daws	2:37:17		1. Tim Hendricks	2:47:42	
2. Earl Eblen	2:46:22		2. Lou Fritz	2:52:20	
3. Lou Coppens	2:48:09		3. Don Todaro	2:53:00	

SONG OF THE OPEN ROAD

Afoot and light-hearted I take to the open road,
 Healthy, free, the world before me,
 The long brown path before me, leading wherever I
 choose.

...Walt Whitman

LARRY YOUNG WINS SENIOR NATIONAL 15 KILO WALK NORTHGLEN, COLO. July 15:

Larry Young stopped by in Northglen, Colo. on his way back to Missouri after the Olympic Trials in Eugene to win the Sr. National 15 kilo walk with a time of 1:10:21--simply a speed workout for Larry. Second was Jerry Brown of the Colo Track Club with 1:12:25 and third was Larry's U.S. Olympic 50 kilo teammate, Bill Weigle, also of the Colo. T.C. with 1:14 +. The race was contested on a flat 1.35 mile loop in warm 80 degree weather. Larry has won every walk he has entered this year including seven Senior National titles and the two Olympic trial races. Larry was in Columbia this week and I had a chance to visit with him. Now that the pressure of making the U.S. Olympic team is gone, Larry is relaxed, in great shape and full of confidence. I think that the hotshot East Germans and Russians are in for a surprise, particularly in the 50 Kilo event. Larry figures it will take a 4:05 to win that race and with decent weather he feels he can do it.

In Oregon, as everyone knows by now, Larry won both the 20 kilo and 50 kilo Olympic Trials races. The 20 was on a 2500 meter lap course, moderately hilly, on a hot 90 degree day. Larry's time of 1:35 was pretty ordinary for him but three days later he threw in a tremendous 50 kilo race in 4:13:04, under the American record, but cannot be accepted as a record since the race was not on a track. The 50 was on basically the same course as the 20 but each lap was 5000 meters. The race unfolded (about 8:20 per mile) rather slowly with the 20 kilo point going by in 1:44+. Bob Kitchen, the American record-holder, had stayed with Larry to this point with the next group about a minute behind. Larry began picking up here and Kitchen fell behind, ultimately fading to 4th. Larry picked up the pace to 8:00 minute miles hitting 25 kilo in 2:08+. The temperature at the early morning start was 60 degrees, it was now beginning to warm up (it got up to 85) but then so was Mr. Young, for he proceeded to knock off the second half of the race faster than the first, doing the final 25 K in 2:04+ to get his 4:13:04. Larry felt strong after this race and was greatly encouraged with his performance. He followed Ben Londeree's theories on supercompensation (see the March '72 CTC newsletter) and was very pleased with the way that worked out.

Larry's schedule now looks like this: he will spend a week in Maine at Bowdoin College. During this time he hopes to pick off the Senior National 40 kilo in Long Branch N.J. on the 23rd. On the 26th he leaves for Oslo, Norway where he will spend a month in training and race in at least one international event. In Munich he goes in the 20 K at 5:15 PM on Aug. 31st and in the 50 K on Sept. 3rd at 4:00 PM. Munich time is 7 hours ahead of us. Very few walkers will be doubling, however, after his Eugene experience, Larry has no qualms about doubling.

GOOD LUCK, LARRY YOUNG IN THE 1972 OLYMPIC GAMES!!!!!!

A fifty in four would be nifty!

OLYMPIC TRIAL RESULTS:

20 Kilometer Walk:

1. Larry Young	1:35:56
2. Goetz Klopfer	1:38:03
3. Tom Dooley	1:39:10
4. Todd Scully	1:39:25
5. Bill Ranney	1:41:35
6. Steve Hayden	1:42:24
7. Floyd Godwin	1:42:56
8. Mike Ryan	1:43:03
9. Larry Walker	1:45:07
10. Jack Blackburn	1:50:00
11. Ron Daniel	1:50:47
12. Steve Tyrer	1:50:57
13. Howard Palamarchuk	1:53:45
14. Bob Gray	1:54:53
15. Roger Duran	1:55:10
16. Larry Lansing	1:55:23
17. Dave Eidahl	2:00:07
18. Mike DeWitt	2:06:56
19. Tom Knatt	2:18:37
19.t Jim Johnson	2:18:37

50 Kilometer Walk:

1. Larry Young	4:13:04
2. Bill Weigle	4:20:09
3. Steve Hayden	4:23:22
4. Bob Kitchen	4:25:06
5. Ron Kulik	4:30:50
6. Gary Westerfield	4:31:11
7. Todd Scully	4:33:50
8. Bob Henderson	4:37:37
9. Mike Ryan	4:40:28
10. Gerry Bocci	4:43:40
11. Bob Bowman	4:46:45
12. Tom Knatt	4:53:40
13. John Kelly	4:53:51
14. Steve Tyrer	5:18:45

Rudy Haluza finished second in 1:37:53 but was disqualified.

SCHEDULE OF EVENTS:

JULY 29 Saturday 8:00 AM 2 Mile Run, 2 Mile Walk Hickman Track

AUGUST 1 Tuesday 7:30 PM Oklahoma AAU State One Hour Run
Championship Tulsa, Okla

5 Saturday 6:30 AM 30 Kilo Run, 20 Kilo Walk Cosmo
Park Course Record for the run: 1:47:38 Loren Moes
March 6, 1971

5 Saturday 60 Mile Relay--5 Man teams Florissant Valley
Community College Florissant, Mo.

7 Monday 7:00 PM 10 Mile Run South Park Quincy, Ill.

12 Saturday 7:30 PM 3 Mile Run, 3 Mile Walk Hickman Track
Record for the run: 15:22 Bill Wirtz Aug. 14, 1971

12 Saturday 7:00 PM 10 Mile Road Race LaCrosse, Kansas
Contact: John Rose Box 728 LaCrosse, Ks. 67548

14 Monday 7:00 PM One Mile Run South Park Quincy, Ill

19 Saturday 5:00 PM First Half of Marathon Course Meet
at Hickman Track Course Record: 1:18:46 Bill Wirtz
Aug. 17, 1968

19 Saturday 6:00 AM Quincy Marathon South Park Quincy, Ill
Contact: Don Schroeder 1261 Park Place Quincy 62301

21 Monday 7:00 PM 2 Mile Run South Park Quincy, Ill

,26 Saturday 8:00 AM Sprint Triathlon 440, 880, Mile
Hickman Track

SEPTEMBER 4 Monday 6:00 AM 13th ANNUAL HEART OF AMERICA MARATHON

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

SIXTH ANNUAL NATIONAL 100 MILE WALKING CHAMPIONSHIP

- The Event This is a 100 mile walk, 400 laps, probably the toughest race in America.
- Time and Place Race begins at 1:00 p.m. Saturday, September 16, 1972 at Hickman High School Track, Columbia, Mo. The object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 p.m. Sunday, September 17.
- Entry Fee \$2 for all entries except for members of the Centurion Club of America.
- Aid There will be plenty of water, ice and Gatorade. Competitors may bring whatever other refreshments they might desire. Dressing, shower and restroom facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.
- Awards Large trophies to all who complete 100 miles, medium size trophies to those making between 75 and 100 miles and smaller trophies to those who go between 50 and 75 miles.
- Centurion Club All who complete 100 miles within 24 hours will become members of the Centurion Club of America--perhaps the most exclusive club in the Western Hemisphere. Here is the record to date since 1878:
1. J. B. Gillie - New York City - May 10 & 11, 1878
21:00:42 (108 miles in 23:04:00)
 2. M. J. Ennis - New York City - May 10 & 11, 1878
23:31:56 (103 miles)
 3. J. Schmidt - New York City - May 10 & 11, 1878
23:46:15
 4. Larry O'Neil - Kalispell, Montana
Columbia, Mo. - September, 1967 - 19:24:34
Columbia, Mo. - September, 1968 - 20:51:30
Columbia, Mo. - September 26 & 27, 1970 - 21:49:32
 5. John Argo, Mattawa, Canada - Columbia - September 26 & 27, 1970 - 23:22:50
 6. Larry Young - Columbia College - Columbia - September 18 & 19, 1971 - 18:07:12 (American Record)
 7. Chris Clegg - Beverly Hills, California
Columbia - September 18 & 19, 1971 - 22:46:14

ENTRY BLANK

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 ASSOC. _____

SIGNATURE _____ BIRTH DATE _____ HT. _____ WT. _____

ADDRESS _____

SCHOOL OR CLUB _____ CITY _____ STATE _____

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

NAME _____

ADDRESS _____ CITY _____ STATE _____

Return to:

Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201

Phone Number: 445-2684

SENIOR NATIONAL AAU, MISSOURI VALLEY AAU
AND OPEN 30 KILO WALK

1972 Entry Blank

TIME: Sunday, October 1, 1972

PLACE: Leawood Subdivision (the South Side of Broadway, west of Stadium Boulevard), 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 10 finishers, Senior National AAU medals to first 6 finishers, Team medals and patches to members of the winning team, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers.

RECORDS: Course Record: 2:40:38, Larry Young, October, 1970
MVAAU Record: 2:25:40, Larry Young, September 6, 1972
American Record: 2:23:14, Goetz Klopfer

FACILITIES: There are no rest rooms facilities on this course, however, there are nearby service stations, so plan accordingly. Post-race showers may be taken at Hickman High School.

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.

THIS RACE IS SANCTIONED BY THE MISSOURI VALLEY AAU.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 65201