

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 6

June 28, 1972

BARNEY HANCE SETS RECORD IN ONE HOUR RUN, OWCZARZAK WINS MVAAU TITLE 6-17:

1.	Barney Hance	21	11 Mi., 797 yards	5:10	10:21	15:35	20:42
	Ferguson, Mo.		26:00 31:24 36:40 41:58 47:14 52:29 57:40				
2.	Dick Moritz	21	11 Mi., 321 Yds.	5:11	10:19	15:35	20:41
	St. Louis		26:00 31:24 36:57 42:31 48:00 53:30 59:09				
3.	Loren Moes	22	10 Mi., 1598 Yds.	5:18	10:34	15:59	21:32
	NE Mo. State		27:06 32:40 38:15 43:48 49:22 55:00				
4.	Carl Owczarzak	31	10 Mi., 1238 Yds.	5:20	10:50	16:23	22:02
	MATC		27:38 33:18 38:58 44:39 50:24 56:08				
5.	Dennis Stewart	23	10 Mi., 857 Yds.	5:09	10:26	16:00	21:56
	CTC		28:04 34:03 39:53 45:47 51:41 57:27				
6.	Tim Shaw	20	10 Mi., 472 Yds.	5:13	10:31	16:00	21:32
	Westminster Coll.		27:07 32:49 39:01 45:26 51:41 58:21				
7.	Ben Londeree	37	10 Mi., 340 Yds.	5:39	11:28	17:21	23:19
	CTC		29:21 35:21 41:19 47:16 53:10 59:00				
8.	Blaine Thomas	20	9 Mi., 1550 Yds.	5:39	11:20	16:58	22:44
	Kansas City		28:37 34:36 40:47 46:59 54:12				
9.	Bob Hunerdosse	25	9 Mi., 1497 Yds.	5:39	11:28	17:39	23:50
	Macon, Mo.		30:03 36:21 42:47 49:00 55:05				
10.	Jerry Kokesh	22	9 Mi., 1281 Yds.	5:57	12:01	18:22	24:35
	St. Louis		30:48 37:03 43:21 49:35 55:42				
11.	Doug Williamson		9 Mi., 1032 Yds.	6:05	12:09	18:25	24:35
	CTC		30:49 37:12 43:40 50:09 56:33 206 off DT				
12.	Whitney Hicks	36	9 Mi., 1014 Yds.	6:15	12:36	19:02	25:25
	CTC		31:47 38:12 44:34 50:51 56:52				
13.	Mike Chippendale	31	9 Mi., 973 Yds.	6:05	12:17	18:42	25:12
	CTC		31:39 38:09 44:35 50:52 56:59				
14.	Art Fleming	29	9 Mi., 641 Yds.	6:20	12:38	19:02	25:26
			31:48 38:05 44:34 51:09 57:52				
15.	Greg Grinstead		9 Mi., 440 Yds.	5:57	12:15	18:43	25:10
	Ferguson, Mo.		31:37 38:09 44:47 51:37 58:24				
16.	Joe Duncan	38	9 Mi., 148 Yds.	6:20	12:37	19:02	25:25
	CTC		31:58 38:46 45:39 52:36 59:31				
17.	Dick Hessler		8 Mi., 1692 Yds.	6:23	12:59	19:43	26:32
	CTC		33:09 39:57 46:44 53:36				
18.	John Kernan	21	8 Mi., 1526 Yds.	5:41	12:00	17:48	24:50
	Wm. Jewell Coll		32:26 39:32 46:38 53:48				
19.	John Wilson		8 Mi., 851 Yds.	6:23	12:59	19:43	26:32
			33:47 41:18 49:09 56:45				
20.	Leonard Busen	42	8 Mi., 104 Yds.	6:53	13:54	21:04	28:28
	CTC		36:04 43:40 51:27 59:34 20 Secs. off DT				
21.	Dave Schulte	32	7 Mi., 364 Yds.	7:33	15:47	24:12	32:49
	CTC		41:33 50:17 58:42 25 Secs. off DT				
22.	Don Granberg	DNF	Fell on the very first turn--quite a traffic jam.				

78 degrees, shady, light wind. OFFICIALS: Dave Carlson, Fred Cone, Mrs. Cone, Rob Spier, Veva Spier, Gary Schmidt, John Baird, Ann Hessler, Dan Duncan. Hance made his first appearance on the local scene a successful one. He was the winner of the big Gateway Arch run in St. Louis on April 30 with a time of 1:16:20 for 13.6 miles. In today's hour run he, Moritz and Stewart quickly separated from the pack, with Stewart falling back at the end of 7 laps. From then on to the end of the 6th mile it was Moritz and Hance with Moritz doing most of the pace-setting. After 6 miles, though, Hance took over, running steady 78-80 sec. quarters and before the hour was up he actually managed to lap Moritz. In the meantime Moes caught Stewart at 3 miles and Owczarzak collared him at 4 miles. Owczarzak won the MVAAU Championship for the 5th consecutive year. Carl missed some four or five months of training over the winter because of an injury, so, although he is back, he wasn't really ready to go after his MVAAU record of 11 miles, 35 yards. Everyone of the CTC people established a personal best for this event--taking advantage of the relatively good weather conditiona.

ROB SPIER STARTS FIRST AND FINISHES FIRST--SIX MILE HANDICAP June 3:

	Elapsed Time	Handicap	Actual 3 Mile Time	Actual 6 Mile Time	Secs Off DT
1. Rob Spier	1:05:02	---	---	1:05:02	148
2. Whitney Hicks	1:06:48	29:30	18:10	37:18	42
3. Ben Londeree	1:07:08	30:30	17:52	36:38	22
4. Mike Chippendale	1:07:25	29:00	18:33	38:25	5
5. Dennis Stewart	1:07:31	33:00	16:36	34:31	1
6. Leonard Busen	1:07:31	23:10	21:50	44:21	1
7. Joe Duncan	1:07:43	27:45	19:30	39:58	13
8. Dave Schulte	1:09:30	15:30	---	54:00	120
9. Dennis Scott	1:10:16	31:30	18:20	38:46	166
10. Jim Pinkerton	DNF--stopped under a shade tree only .4 mile from the finish				

80 degrees, hot, bright sun, moderate west wind. OFFICIALS: John Baird
Veva Spier

Rob Spier, walking, took off way ahead of everybody else and that big early lead went to his head so that he set a personal best time for 6 miles and permitted none of the runners to catch him--all this despite at least a minute of wandering off course. So Rob was the recipient of the first annual "Great Sandbagger" Award. Dennis Scott represented the Army--he is stationed at Ft. Riley, Kansas--he ran the 3 mile and Cross-Country at Campbell College (No. Car.). After an interim layoff, he has just resumed training--this was his first post-college race--today's heat, humidity and hills gave him a pretty rough go. Leonard Busen ran in 4 marathons this spring (3 of them in March) doing 3:27:46 (3rd in age 40 group) in the White Rock Marathon, Dallas, tex., 3:50:56 in the Windy Marathon, Indianapolis, 3:28:23 (3rd in age group) in the Oil Capitol Marathon, Tulsa and 3:35:00 at Boston. He says he has only one pace regardless of the length of a race and that is his marathon pace.

The picnic after this race was most successful according to the comments I heard--the consensus was that we should have 2 or 3 picnics each year. The good health of those at the picnic was most notable--not a pudgy body in sight--rather a bunch of gaunt, skinny runners and their put-upon wives and kids. Dennis Stewart, particularly, noticed the fresh, clean air--he and Julia found it refreshing to attend a function such as this and not have to be subjected to smoke-filled air created by cigarette smokers. Our readers probably won't believe this, but a reporter actually came by wondering where the "tournament" for the handicapped was being held--he was advised that the only handicapped people here were a bunch of runners, but that their only problem was a mental problem.

WILLIAMSON-LONDEREE WIN TWO-MAN TEN MILE RELAY

June 10, 1972:

	Mile Splits(team)			total	Total	Av. Secs.
	Miles 1-9			team	Ind. time	per lap
1. Doug Williamson	4:53	9:45	14:39	time	24:52	74.6
Ben Londeree	19:33	24:27	29:17	48:46	23:54	71.7
	34:11	39:04	43:58			
2. Art Fleming	4:53	9:54	15:06		26:00	78.0
Gary Schmidt	20:18	25:35	30:44	51:23	25:23	76.1
	35:57	41:12	46:24			
3. Leonard Busen	5:14	10:41	16:17		30:19	90.9
Steve Beck	22:01	27:46	33:37	57:14	26:55	80.7
	39:32	45:25	51:25			
4. Mike Chippendale	5:33	11:10	17:00		25:45	77.2
Dave Schulte	22:52	28:42	34:26	57:56	32:11	96.5
	40:26	46:20	52:10			
5. Dave Leuthold	5:20	10:49	16:28		30:53	92.6
Ed Laird	22:36	28:34	34:21	58:45	27:52	83.6
	40:22	46:28	52:52			

70 degrees, pleasant. The record of 45:03 set by Dennis Stewart and Bill Wirtz was not threatened this time out. Steve Beck is a math grad student at MU--his college running was for Morehead State in Minn. Ed Laird is back after having run our eight miler over two years ago. Fleming and Schmidt stayed with the winners for six laps but on lap 7 Williamson picked up 4 secs. on Fleming and then on lap 8 Londeree increased the margin to 9 secs and with that the outcome was settled. Williamson was only 8 secs off his Dt--the other guys were way off.

SHAW'S QUICK LAST QUARTER TAKES STEWART IN MILE RUN June 25, 1972:

	440	880	1320	MILE
1. Tim Shaw	1:04	2:11	3:24	4:26.5
2. Dennis Stewart	1:03	2:11	3:24	4:32.7
3. Doug Williamson	1:12	2:31	3:47	4:49.8
3.t Whitney Hicks	1:11	2:30	3:45	4:49.8
5. Mike Chippendale	1:12	2:31	3:45	4:55
6. Gary Schmidt	1:15	2:37	3:52	4:56
7. Don Granberg	1:14	2:30	3:47	4:57
8. Art Fleming	1:15	2:35	3:52	5:02
9. Steve Beck	1:14	2:35	3:55	5:25
10. Joe Duncan	1:20	2:43	4:03	5:27
11. Dick Hessler	1:17	2:41	4:05	5:27
12. John Wilson	1:20	2:46	4:14	5:30
13. Wayne Leeman 48	1:22	2:57	4:32	6:10
14. Dave Schulte	1:35	3:15	4:55	6:30
15. Leonard Busen 42	1:30	3:20	5:10	6:49
16. Chris ? Baker (Fleming's roommate)	1:18	3:04	4:55	7:00
17. Doug Duncan 11	1:45	3:39	5:32	7:16
18. Linda Jackson (?)	2:14	4:27	6:46	8:22

BENJAMIN BROWN OVER DUNCAN IN 3 MILE WALK TEN MINUTES LATER:

	1	2	3	Secs off DT
1. Benjamin Brown Principia Coll.	9:12	18:42	27:26	
2. Joe Duncan	9:35	18:41	27:54	66
3. Dave Leuthold	9:35	19:46	30:17	77
4. Leonard Busen	10:31	22:19	34:50	44
5. Dave Schulte	12:16	24:38	36:45	55

72 degrees--8:00 AM--the first Sunday morning race we have ever had-- seems to be popular--people still had time to go to church. Stewart led Shaw until Shaw threw in his blistering last 440 of 62.5. The race for 3rd and 4th was hot--Williamson also did a 62 sec. last 440 but Hicks held him off for the dead-heat. Chippendale was pulled to a personal best--the first time under 5:00 for him and the same can be said of Granberg's performance. Fleming was close and had a personal best. Leeman is an Economics Prof. at MU--one of Hicks' cohorts. His specialty is really kayaking but he is convinced that he'll be able to handle any kind of white-water with the conditioning he gets from running.

DESIGNATED TIME STANDINGS: No. of Events *denotes 12 best events

	Av. Secs off	No. of Events		
1. Mike Chippendale	10	12*	7. Dick Hessler	39 6
2. Ben Londeree	16	12*	8. Doug Williamson	46 8
3. Whitney Hicks	18	12	9. Leonard Busen	54 6
4. Dennis Stewart	21	12*	10. Don Granberg	66 12
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	152
2. Dennis Stewart	130
3. Mike Chippendale	102
4. Whitney Hicks	98.5
5. Doug Williamson	88.5
6. Joe Duncan	67
7. Don Granberg	64
8. Dave Schulte	34
9. Art Fleming	33
10. Dick Hessler	29

40 & over:

1. Leonard Busen	6
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 18.5	2. Rob Spier	10.5
3. Dick Hessler			

CONGRATULATIONS TO DAVE AND JOYCE SCHULTE FOR THE BIRTH OF THEIR SECOND SON--DENNIS LEE--born June 9--weight 7 pounds--the babe was some eleven days late which means that Joyce missed her Designated Time by 951,841 seconds, give or take a few seconds.

IN THE MVAU T & F MEET, THE 3RD SATURDAY IN MAY, DENNIS STEWART DID the 440 in 50.6, the 880 in 1:55 and the Mile in 4:16--all within two hours. Arne Richards won the Master's Mile in 4:59.6. Stewart runs someplace just about every weekend--sometimes two or three races in one weekend. He wins many of them, is always at the front and shows a lot of versatility. He never tells me how or what he has done--I get it by rumor. LARRY YOUNG IS LIKE THAT, TOO--HE WON THE AAU 5,000 METER WALK IN 21:39 which, according to my info beats the Amer. record of 21:49.5 set by Ron Laird in 1967. Larry won the AAU Sr. Nat. 10,000 Meter Walk in Chicago in 44:51 on May 27. I understand that Larry walked 50 Kilo someplace recently in 4:13:?? but that is all I have on that. GOOD LUCK TO HIM IN THE OLYMPIC TRIALS!!!

MARK AND MARY ANN ACHEN HAVE MOVED TO FERGUSON, MO. WHERE MARK IS ASSIS-
to the City Manager. He's doing a little bit of everything while learn-
the job and has managed to get out of shape--but will soon correct that
condition. They say "Hi!" to everyone.

SCHEDULE OF EVENTS:

- JULY 2 Sunday 6:00 AM Freedom Marathon Monticello, Ill (Allerton Pk
3 Monday 7:00 PM One Hour Run South Park Quincy, Ill
8 Saturday 6:30 AM 12 Mile Run Cosmo Park Course Record:
1:08:40 Louis Naeger July 10, 1971
8 " 10:00 AM 5 Kilo Shawnee-Mission East HS, Kansas ~~xxxxx~~
8 & 9 Sat.-Sun. MVAU Men's Decathlon Championship Salina, Ks.
9 Sunday 8:15 AM Joggers Olympics 5,000 Meter Run, 10,000 Meter
Run Florissant Valley Community Coll. Track--
various age divisions.
10 Monday 7:00 PM 2 Mile Run South Park Quincy, Ill.
14. Friday 6:00 PM 6 Mile Run Baring, Mo. CONTACT: Hadley
Grimm, Atty, Macon, Mo. The second race of the newly
formed Northeast Missouri Track Club.
15 Saturday 8:00 AM MVAU and Open 15 Kilo run Meet at
Cosmo Park by 7:30 PM Entry Blank Attached
17 Monday 7:00PM 4 Mile Run South Park, Quincy, Ill
19 Wednesday 6:00 PM KC "All Comers Meet" (16-17 & open)
Southeast H. S. Kansas City, Mo.
24 Monday 7:00 Pm 2-Man One Hour Relay South Park, Quincy, Ill
29 Saturday 8:00 AM 2 Mile Run, @ Mile Walk Hickman Track
Record for the Run: 9:21.0 Bob Brouillet July 30,
1971 For the Walk: 14:27 Larry Young April 16 '72
29 Saturday Santa Fe Trail Golden Track Meet Raytown H.S.
Raytown, Mo. 4 Age Groups 10-17 plus an Open
section (100 yd dash to 2 Mile run & field events)
CONTACT: Allan Lawson Noland Rd. "66" Service,
I-70 and Noland Rd., Independence, Mo. 64050
31 Monday 7:00PM 3 Mile Run South Park Quincy, Ill.

There was a young runner named Shaw,
Who, as a babe, had a fast crawl.
He grew and he ran
And became a fast man
To win a mile without a flaw.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo.

13th ANNUAL HEART OF AMERICA MARATHON, MVA AU,

AND REGION 8 MARATHON CHAMPIONSHIPS

LABOR DAY, September 4, 1972 COLUMBIA, MISSOURI
Sanctioned by the Missouri Valley AAU

STARTING TIME: 6:00 am., CDT, be at Daniel Boone City-County Building
by 5:30 a.m.

ELIGIBILITY: Race is open to any registered amateur athlete in the world.

ENTRY FEE: \$2.00

ENTRY DEADLINE: Post entries will be accepted, but earlier entries will be
appreciated - for instance, no later than September 1st.

MEDICAL CERTIFICATE: All runners must furnish evidence of physical ability to run
this distance. They must present a certification from a
physician following a physical examination within 120 days
prior to the race. No medical certificate - no race.

COURSE TOUR: A tour of the course is set for 6:00 p.m., Sunday, September
3rd. Numbers will be handed out at this time. Meet at the
Daniel Boone Building.

AID STATIONS: The race is closely attended. Aid cars tour the course con-
tinually. Aid stations are open about every two miles and
remain open until the last man is past.

HEADQUARTERS: Race headquarters will be the Daniel Boone Building, located
at 7th and Broadway in downtown Columbia. The race starts
just a short walking distance from this building and ends
at the front door,

AWARDS: Trophies to first 12 finishers. 1st, 2nd, and 3rd place
Missouri Valley A.A.U. medals to first three Missouri Valley
finishers, and medals for first six Region 8 finishers.
First place trophy to first finisher in 40-49 age group, and
to the first over-50 finisher, also small "I finished"
trophies or tee shirts to all other finishers.

CERTIFICATION: Course has been certified by the Long Distance Running
Committee of the AAU.

To be returned to:

Joe Duncan
4004 Defoe Dr.

ENTRY BLANK

Columbia, Missouri 65201

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. _____ ASSOC. _____ AAU

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 _____

MEDICAL CERTIFICATE: To be completed not earlier than 120 days prior to entry
deadline. DATE _____

I certify that I have examined _____ and find him to be
medically fit to compete in the Heart of America Marathon (26 miles, 385 yards) to
be held September 4, 1972. SIGNED _____

ADDRESS _____