

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 5

May 26, 1972

ROTHWELL HEIGHTS HAS WINNING FOUR MILE RELAY TEAM					May 21, 1972:	
	440	880	1320	Mile	Total	Team Time
1. Joe Duncan	77	2:38	4:02	5:21		
Tony Martin	66	2:30	4:05	5:29		
Whitney Hicks	68	2:24	3:43	4:53		
Ben Londeree	71	2:24	3:37	4:45		20:28
2. Don Granberg	72	2:31	3:54	5:09		
Marv Lee	76	2:46	4:16	5:37		
Mike Chippendale	66	2:24	3:46	5:01	(personal best)	
Bob Brouillet	70	2:21	3:40	4:57.9		20:44.9

Dave Schulte ran a 6:43 mile (95, 3:15, 5:00, 6:43). 90 degrees, Rob Spier officiating.

The winning team is composed of Rothwell Heights neighbors--the fastest block of old men (and one kid) in town--we are willing to challenge any other assorted group of runners so long as the other team has at least three runners over age 36. An exciting race with the outcome in doubt until the 3rd lap of the last mile when Londeree began pulling away from Brouillet who obviously was not in top form. Granberg took a quick lead over Duncan at the start and at the handoff, Martin went out at his 880 pace to catch Lee, and he did that shortly after their first lap, however Martin's early speed exacted its toll and Lee was back in front so that Chippendale got a 4 sec. lead over Hicks. Mike added 2 secs. to that by the end of his 1st lap, but Hick's even pace brought him up to Mike's Shoulder before their 3rd lap had ended--Whitney took the lead going into the 1st turn of their 4th lap, but still had difficulty shaking the persistent Chippendale until about the 220 mark. So then it all came down to Londeree and Brouillet. Brouillet made up the 4 sec. deficit by the 880 mark, but could never get in front and Londeree began pulling away on their 3rd lap and with a good kick on the last lap the issue was settled quite handily as Brouillet's lack of training became apparent.

LARRY YOUNG SETS AMERICAN RECORD IN MISSOURI CUP 20 KILO WALK May 7:

1. Larry Young	7:00	14:00	21:06	28:16	35:26	42:45	50:22	
	57:47	1:05:14	1:12:34	1:19:49	1:27:06	FINAL:1:30:09		
2. Paul Ide	8:44	17:37	26:28	35:15	44:24	53:27	1:02:14	
	1:11:31	1:20:45	1:30:19	1:39:50	1:50:06	FINAL:1:54:04		
3. Bob Young	10:13	20:08	30:07	39:47	49:33	59:19	1:09:02	
	1:18:53	1:28:40	1:38:54	1:49:07	1:59:30	FINAL:2:03:53		
4. Tim Wason	9:14	19:46	28:22	38:01	47:53	58:03	1:08:25	
	1:18:51	1:29:37	1:40:40	1:52:06	2:03:29	FINAL:2:07:45		
5. Rob Spier	11:09	22:03	32:44	43:31	54:13	1:04:55	1:15:51	
	1:26:52	1:37:47	1:48:48	2:00:07	2:11:34	FINAL:2:16:26		
6. Mike Shanahan	9:50	19:41	29:30	39:21	49:18	59:15	1:09:27	
	1:20:00	DNF	9 miles in	1:29:56				
7. Dave Leuthold	9:53	20:09	30:08	40:08	50:41	1:01:20	DNF	
			10 kilo in	1:03:32				

70 degrees, Partially cloudy OFFICIALS: Dave Schulte, Joyce Schulte, Veva Spier, Darrell Palmer. Not much to say about this race--Larry's great performance at the important 20 kilo distance beat Tom Dooley's record of 1:30:39 set in San Francisco on May 9, 1971. What more can be said?

DESIGNATED TIME STANDINGS:	Events	ELAPSED TIME STANDINGS:	Points
1. Mike Chippendale 15	12*	1. Ben Londeree	130
2. Whitney Hicks 15	11	2. Stewart	101
3. Ben Londeree 18	12*	3. Chippendale	78
4. Doug Williamson 23	7	4. Hicks	76
5. Joe Duncan 27	12*	5. Williamson	64
6. Dennis Stewart 30	12	6. Granberg	56
7. Dave Schulte 30	12*	7. Duncan	54
8. Dick Hessler 39	6	8. Schulte	28
9. Don Granberg 66	12	9. Hessler	21
10. Dave Leuthold 143	8	10. Art Fleming	17
11. Rob Spier 145	6		

Higgledy-Piggledy
Michael D. Chippendale
Went running through the hills
To win some gold.

Fast he went, nearly spent,
But all he got was, so
Characteristically,
A bad, bad cold.

LARRY YOUNG SETS RECORD IN WALK-RUN PENTATHLON

APRIL 29, 1972:

	Points	Total secs				
		off DT				
1. Larry Young	2471	---	8. Joe Duncan	1442	68	
2. Paul Ide	1934	---	9. Dick Hessler	1200	40	
3. Doug Williamson	1825	---	10. Gary Schmidt	1187	---	
4. Ben Londeree	1682	---	11. Don Granberg	1083	193	
5. Dewey Strobel	1610	---	12. Fred Van Peenen	15 324	251	
6. Mark Achen	1544	---	13. Dave Schulte	123	56	
7. Whitney Hicks	1487	---	14. Brad Wolken	12 0	---	

60-65 degrees, sun shining, not much wind. OFFICIALS: Joyce Schulte, Ann Hessler, Mary Ann Achen. Dennis Stewart had the old record of 2170 points set last year. RESULTS OF THE FIVE EVENTS:

TWO MILE WALK:	880	Mile	1½ mi.	two Miles	Points	secs off	
1. Larry Young	3:33	7:12	10:51	14:22	882	---	DT 882 pts gives
2. Paul Ide	3:58	8:11	12:30	16:47	525	---	Young more
3. Mark Achen	4:30	8:59	13:23	17:36	419	---	than a third
4. Joe Duncan	4:31	8:58	13:23	17:36	419	-24	of his total
5. Dick Hessler	4:33	9:20	14:20	19:22	205	12	and a big
6. Dewey Strobel	4:35	9:30	14:44	20:05	159	---	lead.
7. Fred Van Peenen	6:21	12:31	18:24	23:20	0	100	
8. Don Granberg	5:49	11:48	17:52	23:22	0	138	
9. Dave Schulte	5:54	11:55	17:53	23:35	350	35	
10. Brad Wolken	6:20	12:26	18:20	24:05	0	55	
Londeree, Hicks, Schmidt, Williamson DNF							

880 YARD RUN:	440	880	Points	Secs. off	
1. Williamson	1:02	2:01.6	721	---	Schmidt led early, Lone
2. Londeree	1:01	2:05.6	656	---	deree took over after the
3. Schmidt	1:01	2:05.6	656	---	220 mark and Williamson
4. Hicks	1:04	2:12.2	557	---	sped into the bad coming
5. Strobel	1:03	2:17.0	491	---	out of the first turn on
6. Ide	1:15	2:26.1	378	---	the gun lap. Young hangs
7. Granberg	1:15	2:27.0	368	2	in there to keep a sub-
8. Young	1:16	2:28.2	366	---	stantial lead after two
9. Duncan	1:18	2:36.0	270	5	events.
10. Hessler	1:20	2:39.0	240	4	
11. Achen	1:20	2:42.0	212	---	
12. Van Peenen	1:24	2:53.0	114	8	
13. Schulte	1:31	3:00.0	58	2	
14. Wolken	1:38	3:31.0	0	41	

ONE MILE WALK:	880	1 Mile	Points	Secs Off	
1. Young	3:41	7:18	620	---	
2. Ide	4:05	8:16	344	---	A modest time for
3. Achen	4:09	8:18	336	---	Young but another
4. Duncan	4:19	8:47	226	17	big block of points.
5. Hessler	4:25	9:12	143	8	
6. Londeree	5:03	9:40	62	---	
7. Strobel	4:50	9:57	18	---	
8. Granberg	5:55	11:29	0	16	
9. Van Peenen	6:01	11:31	0	91	
10. Wolken	5:58	11:35	0	55	
11. Schulte	6:05	11:59	0	1	
Hicks, Schmidt and Williamson DNF					

TWO MILE RUN:	880	Mile	1½ Mi.	Two Miles	Points	DT	
1. Londeree	2:38	5:18	8:00	10:34	599	---	Young planned to
2. Young	2:50	5:34	8:14	11:00	527	---	take it easy, but
3. Williamson	2:50	5:38	8:23	11:02	522	-28	he surprised with
4. Hicks	2:47	5:38	8:23	11:02	522	---	a 2nd place finish
5. Granberg	2:54	5:45	8:48	11:42	423	27	and enough points
6. Strobel	2:47	5:44	8:52	11:58	386	---	to exceed the old
7. Ide	2:56	6:11	9:28	12:49	279	---	record without
8. Duncan	3:12	6:29	9:39	12:52	273	22	even doing the
9. Hessler	3:12	6:30	9:47	13:06	247	16	220.
10. Achen	3:10	6:28	9:54	13:10	239	---	
11. Van Peenen	3:51	7:35	11:26	14:52	72	52	
12. Schulte	3:43	7:34	11:21	14:57	65	18	
Schmidt and Wolken DNF							

WALK-RUN PENTATHLON'S 220 YARD DASH:

	220	Points				
1. Williamson	24.7	582	8. Achen	27.9	338	Williamson's speedy 220 gives him third overall and makes him best of the runners. Young has his record so he jogs the 220-- although he insists he was doing his best
2. Strobel	25.0	556	9. Granberg	28.6	292	
3. Schmidt	25.3	531	10. Duncan	29.2	254	
4. Ide	26.9	408	11. Van Peenen	31.2	138	
4. Hicks	26.9	408	12. Young	32.4	76	
5. Londeree	27.5	365	13. Schulte	34.6	0	
5. Hessler	27.5	365	14. Wolken	37.9	0	

SCHEDULE OF EVENTS:

- MAY 29 Monday 1:00 PM Mid-America Meet of Miles Truman High School Independence, Mo. One mile runs and walks. Age Divisions
- JUNE 3 Saturday 9:00 A.M. 6 mile handicap run, 6 mile handicap walk. Course Record for the run: 32:43 Bill Wirtz, May 23, 1971. Cosmo Park PICNIC AFTERWARDS: Burford Shelter house is reserved from 10 am to 2:00 Pm. Each family is asked to bring enough salad, vegetables, dessert, etc., to feed its family, plus a little extra. Each family is asked to give \$1.50 (each runner without a family--\$1.00) for some Col. Sanders chicken. This is our first annual picnic--one of the few times we gather for a non-running event--so bring your kids and lets have a big social event.
- 3 Saturday 9:00 am Mile Carnival South Park Quincy, Ill.
- 5 Monday 7:00 pm 3 Mile Run " " " "
- 10 10 Saturday 7:30 pm 2-Man 10 Mile Relay, alternate 440's. Hickman track. Record: 45:08 Bill Wirtz (67.0 av./quarter) & Dennis Stewart (68.4 av.) June 12, 1971
- 10 Saturday Florissant Valley Summer Track Meet Contact: Ron Buss Florissant Valley Community College 3400 Pershall Rd. St. Louis, Mo. 63135
- 12 Monday 7:00pm 4 Mile Run South Park Quincy, Ill.
- 17 Saturday 7:30 PM Senior National AAU, & Junior Nat. AAU Postal, Mo. Valley AAU One Hour Run Hickman Track
- 19 Monday 7:00 PM 2-Man, 5 Mile relay South Park Quincy, Ill
- 24 Saturday Florissant Valley Summer Track Meet
- 25 Sunday 8:00 AM One Mile Run, 3 Mile Walk Hickman Track
- 26 Monday 7:00 PM 5 Mile Run South Park Quincy, Ill

LARRY YOUNG WON THE WESTERN HEMISPHERE 20 KILO WALK in Sharon, Pa. on May 13. Larry's margin was 2 or 3 mins. on a fairly hilly course with a time of 1:31:59. I have no other times-- all I know is that the four Americans finished in the first four places over the Mexicans and Canadians.

LOREN MOES WAS 14th IN THE DRAKE RELAYS MARATHON ON April 29 with a good time of 2:39:28.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 15 KILO RUN
1972 ENTRY BLANK

TIME: Saturday, July 15, 1972 8:00 a.m.

PLACE: Cosmo Park (meet at Burford Shelter House) Columbia, Missouri.
Cosmo Park is located on north side of I-70, off the Stadium
Boulevard exit. Be there by 7:30 a.m. for transportation to
starting line.

THE COURSE: An AAU certified road course. Start on Route ZZ, then to Stadium
Blvd., then to West Broadway to ZZ, 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.

MVAAU RECORD: 51:09.0, Carl Owczarak, July 18, 1970 (on the track)

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. _____

SIGNATURE _____ BIRTH
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:

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