

COLUMBIA TRACK CLUB NEWSLETTER

September 8, 1972
Vol. IV, No. 9

TIM HENDRICKS WINS HIS THIRD HEART OF AMERICA MARATHON CHAMPIONSHIP:

		3 ¹⁵	6 ¹⁸	9 ²¹	12 ²⁴	Halfway	FINAL
1.	Tim Hendricks 26 Peru, Nebr.	19:30 ¹⁵ 1:35:20	39:12 1:55:59	57:17 2:14:33	1:17:21 2:32:45	1:24:45	2:46:15
2.	Lou Fritz 29 Verdon, Nebr.	19:30 1:35:57	39:52 1:56:56	57:35 2:16:20	1:17:47 2:34:49	1:25:49	2:48:32
3.	Jim McFadden 33 Ft. Madison, Ia.	18:55 1:31:50	37:30 1:51:52	55:00 2:11:17	1:13:58 2:32:10	1:21:35	2:51:12
4.	Ken Katzer 30 Lincoln, Nebr.	19:30 1:37:05	39:52 1:58:00	58:13 2:18:02	1:18:10 2:37:07	1:26:00	2:51:21
5.	August Hirt, Jr. 21 McPherson, Ks.	19:30 1:35:52	39:27 1:57:20	56:00 2:17:49	1:17:16 2:37:18	1:25:10	2:52:14
6.	Ivan Torres 25 Tarkio, Mo.	19:30 1:35:50	39:27 1:57:20	57:20 2:17:53	1:17:16 2:37:50	1:25:01	2:53:26
7.	Don Todaro 20 Westminster Coll.	19:30 1:35:09	39:07 1:56:45	57:11 2:17:38	1:16:44 2:38:17	1:24:30	2:54:47
8.	Alex Ratelle 48 Minneapolis	19:25 1:38:10	39:07 2:00:57	57:45 2:22:01	1:18:30 2:42:31	1:27:00	2:57:24
9.	Bob Rosales 30 Marquette, Ks.	19:00 1:35:55	37:50 1:58:24	56:00 2:20:05	1:16:14 2:41:29	1:24:50	2:57:50
10.	Thom Wilkins 26 Kansas City, Ks.	20:35 1:40:17	41:40 2:01:49	1:00:20 2:22:09	1:21:28 2:43:37	1:28:15	3:01:25
11.	Mike Chaffee 27 Prairie Village, K.	19:00 1:31:05	38:17 1:53:55	55:09 2:16:30	1:13:35 2:41:49	1:21:00	3:01:42
12.	Bob Hunerdosse 25 Macon, Mo.	21:21 1:43:25	44:33 2:06:02	1:03:41 2:26:47	1:24:57 2:47:45	1:31:00	3:05:59
13.	Don Granberg 30 CTC	19:30 1:43:30	40:23 2:06:53	1:00:12 2:28:50	1:23:51 2:50:45	1:30:00	3:06:37
14.	Danny Baird 23 Independence, Mo.	20:48 1:41:47	41:40 2:04:00	1:00:20 2:26:15	1:21:28 2:50:21	1:29:00	3:07:15
15.	Gene Somer 32 Sterling, Nebr.	20:26 1:44:17	41:11 2:09:23	1:00:30 2:31:52	1:25:08 2:54:20	1:32:00	3:09:41
16.	Ben Londerree 38 CTC	19:00 1:37:15	38:35 2:02:08	57:00 2:27:03	1:16:50 2:50:28	1:26:00	3:09:42
17.	Tom Kempf 48 Tulsa, Okla.	22:01 1:47:55	43:48 2:11:44	1:04:31 2:34:04	1:27:12 2:55:30	1:36:00	3:10:20
18.	Tom Snyder 30 Grand Island, Nel.	20:13 1:40:35	40:06 2:06:25	59:06 2:29:54	1:20:30 2:53:21	1:28:13	3:10:45
19.	Ken Geest 19 Liberty, Mo.	21:43 1:46:50	43:48 2:09:53	1:04:31 2:33:17	1:27:12 2:55:23	1:36:00	3:12:24
20.	Bob Schmitt 41 Dodge City, Ks.	19:30 1:42:13	39:42 2:07:32	59:11 2:31:19	1:21:05 2:54:53	1:29:15	3:12:39
21.	Karlton Naylor Topeka, Kans.	35 19:30 1:37:21	39:12 2:01:17	57:30 2:26:42	1:17:40 2:52:42	1:26:40	3:13:28
22.	Art Fleming 29 CTC	23:45 1:52:30	46:26 2:16:43	1:07:13 2:38:38	1:31:30 2:59:52	1:41:30	3:15:22
23.	Martin Bauer 31 St. Louis, Mo.	26:10 1:52:49	50:36 2:15:27	1:10:32 2:37:15	1:31:51 2:58:45	1:42:00	3:16:07
24.	Bill Rasmussen 19 Westminster Coll.	20:26 1:46:50	42:00 2:11:46	1:02:19 2:36:15	1:25:31 2:59:55	1:34:00	3:17:40
25.	Frank Neuner 28 Balinwin, Mo.	23:45 1:47:20	45:10 2:12:51	1:04:36 2:37:07	1:26:25 3:01:17	1:36:00	3:19:25
26.	Jerry Kokesh 22 Chesterfield, Mo.	19:00 1:41:20	39:07 2:07:07	--- 2:30:18	1:21:32 2:59:33	1:27:00	3:19:33
27.	Charles Moore 20 Sedalia, Mo.	22:40 1:52:28	44:58 2:16:49	1:06:19 2:41:46	1:30:29 3:07:03	1:40:30	3:26:16
28.	Bob Baker 34 Tulsa, Okla.	22:40 1:52:28	44:58 2:20:00	1:06:19 2:45:13	1:30:29 3:10:13	1:40:30	3:28:52
29.	Lorn Gwaltney 53 St. Louis YMCA	19:30 1:45:30	39:00 2:15:00	59:23 2:43:04	1:21:17 3:12:15	1:31:25	3:31:47

		3	6	9	12	Halfway	FINAL
29t	Rick Martin 17	15	18	21	24	1:23:51	1:32:40
	St. Louis	19:45	40:23	1:00:12	1:23:51	1:32:40	3:31:47
31.	Dick Hessler 31	27:25	52:23	1:15:27	1:41:20	1:51:35	3:33:03
	CTC	2:03:30	2:29:40	2:53:55	3:16:10		
31t	John Wilson 22	27:25	52:23	1:15:27	1:41:20	1:51:35	3:33:03
	CTC	2:03:30	2:29:40	2:53:55	3:16:10		
33.	Joe Duncan 38	26:10	49:41	1:11:34	1:35:40	1:46:30	3:40:57
	CTC	1:58:20	2:25:00	2:50:15	3:16:53		
34.	Steve Beck 26	20:35	41:35	1:02:07	1:25:10	1:35:35	3:42:49
	CTC	1:48:25	2:17:24	2:46:02	3:17:10		
35.	Ben Knoppe 29	22:45	45:43	1:07:59	1:32:12	1:43:40	3:44:51
	St. Louis	1:55:50	2:25:45	2:55:07	3:24:20		
36.	Bill Stintzman 29	22:40	44:58	1:06:19	1:30:29	1:41:25	3:52:51
	Whiteman AFB	1:52:29	2:20:50	2:51:44	3:26:14		
37.	Jim Abernathy 29	20:13	41:11	1:02:34	1:25:17	1:35:25	3:53:51
	St. Louis	1:48:12	2:18:30	2:50:46	3:30:45		
38.	Don Leake 19	23:20	47:25	1:10:32	1:35:28	1:46:25	4:01:02
	Columbia	1:59:11	2:28:01	2:58:15	3:35:10		
39.	David Major 24	22:40	44:50	1:07:05	1:32:10	1:43:20	4:01:25
	St. Louis	1:56:10	2:35:55	3:14:36	3:43:18		
40.	David Leuthold 39	26:10	50:51	1:16:09	1:44:08	1:57:20	4:02:14
	CTC	2:09:35	2:40:00	3:08:34	3:41:30		
41.	Leland Pfefer 37	22:45	46:08	1:10:10	1:36:26	1:48:00	4:04:30
	Columbia	2:01:15	2:34:50	3:06:22	3:38:55		
42.	Jimmy Butler 53	24:28	50:08	1:15:15	1:45:14	1:59:00	4:08:04
	Nevalla, Okla	2:14:25	2:48:20	3:17:29	3:46:40		
43.	Tom Kilburn 27	23:25	47:25	1:11:00	1:38:58	1:51:20	4:14:45
	Columbia	2:04:35	2:39:56	3:14:40	3:48:35		
44.	Randy Fletcher 19	19:50	41:52	1:05:19	1:35:58	1:50:00	4:21:30
	Independence, Mo	2:06:39	2:45:40	3:19:15	3:59:15		
44t.	D. E. Beckman 46	22:30	46:08	1:11:00	1:41:42	1:54:00	4:21:30
	St. Louis	2:10:10	2:45:40	3:19:15	3:59:15		
46.	Leonard Busen 42	23:25	45:46	1:08:00	1:32:18	1:44:00	4:34:18
	St. Louis (CTC)	1:57:50	2:41:45	3:22:02	---		
47.	Rob Spier 50	33:30	67:40	1:40:30	---	2:29:31	5:03:32
	CTC	---	3:25:00	---	---		
48.	Don Parker 21	26:10	50:49	1:15:17	1:47:37	2:03:00	5:14:15
	Columbia	2:21:35	3:08:00	2:53:55	---		
49.	Mark Achen 29	26:10	50:51	1:15:15	1:43:37	1:57:00	
	Ferguson, Mo.	2:10:22	2:46:00	3:24:15	Out (on 9 miles training)		
50.	Tim Ohlmann 17	22:45	50:35	1:21:11	---	2:14:00	
	Atchison, Ks.	2:33:40	out				

Age 40 trophy went to Ratelle for the 5th straight year. Gwaltney got the Age 50 award. MVA AU medals went to Torres, Rosales and Wilkins. Hirt was Ohio AAU registered. Region 8 medals went to Torres, Todaro, Rosales, Wilkins, Chaffee & Hunderdosse. Perfect weather--upper 50's, no higher than 61. Cloudy, humidity didn't seem so bad. About 2 hrs. into the race a gentle rain fell for about 5 mins., very refreshing, yet not enough to make squishing feet. Hendricks wins his third Heart of America Marathon--his time about the same as previously. He laid back, as usual, making his move after the Stadium Blvd. hill at 24 miles. McFadden, winner of the Quincy Marathon on Aug. 19 in 2:52+ (90°), led for the 1st 24 miles, except for about a four mile stretch between 12 & 16 when Chaffee had the lead. Hendricks was 2-4 mins. behind until closing the gap after 21 miles. Fritz was 2nd again, running his usual race, similar to Hendrick hanging back in 8th place through 15 miles then gradually moving up. He was some 5 mins faster than McFadden over the last 2 miles. A best for Granberg, on this course, by 11 mins. Londeree ran 4th for the first 12, but faded to 16th, still better than last year by 20 mins. Fleming improved by 34 mins--the last ½ over 7 mins faster than the first. Hessler & Wilson in their first Marathon, ran very intelligently, passing some 17 runners, their last ½ almost 12 mins faster than the first. Duncan improved his best by 14 mins.. Beck was in his first Marathon (he says his last). Leuthold improved by an hour, Busen found our course tougher than the others he's been on and Spier, walking all the way, got a nice tune-up for the 100 miler. So went the CTC competition.

MANY, MANY THANKS TO ALL OF THE FOLLOWING FOR THEIR INVALUABLE HELP IN the conduct of the Marathon: First of all Dave and Joyce Schulte--esp. Joyce--spent may hours in promotion and publicity--all this while taking care of a new baby, moving into a new house and having no telephone. Then thanks to the timers headed by Veva Spier--Dave Schulte, John Ott Joe Saathoff, Charles Talley, Fred Cone, Marv Lee, Mike Chippendale, Marge Meredith, Steve Spier, Wayne Leeman. Thanks to the Aid Station people--the Cosmo Breakfast Club: Harold Anthony, Charles Martin, Jack Sapp, Mahon Fairchild, Harold Boyer, Ralph Jones, Denver Lemon, Val Marchand, Al McGinnes and Henry Kleindienst. And then to the Leuthold family, Dan & Doug Duncan and the Murrel Jackson family. Thanks to Dr. John Logue and Dr. Leeper, who once again were up early on a rare free day to give medical support. The following businesses gave financial support: MFA Insurance companies (they also printed the brochures), D & H Drugs, Otto's Metropolitan Life Ins. Agency, Boone County National Bank, First National Bank, MFA Oil Company, Happy House, Hartmann Pharmacy The Shoe Emporium, Interstate Pancake House, Red Weir Sporting Goods, Orian Smith MFA Ins. Agency. Joe Machens Ford let us use two their pickup trucks, Nowell's Supermarket donated the fruit, Schulte's IGA stores donated the Gatorade and paper cups and George Defoe the microphone and speaker. Then, as always, the people with the Parks and Recreation Dept. helped out in so many ways that defy listing specifically. Without the help of all these people and businesses the Marathon could not possibly have been the success it was.

CONGRATULATIONS TO LARRY YOUNG FOR HIS AMAZING PERFORMANCE IN WINNING THE BRONZE MEDAL IN THE 50 KILO WALK IN THE MUNICH OLYMPICS. For those of you who saw the ABC coverage of Larry's finish, you would have to agree that this was a stirring moment for those of us who know him, and for the American race-walking program. Larry's time of 4:00:46, almost a 7:45 per mile pace!!, shatters by over 12 mins. the American record (which will still stand since Larry's feat was not on a track) and puts him up with the world's best where no American has ever been before. The "experts" weren't quite willing to put him there even after his bronze at Mexico City. CTC sent Larry the following telegram just before the 20 kilo walk (where he finished 10th in 1:32#): "Fifty in four would be nifty, Good Luck, Larry." Well, Larry got his "50 in 4" which I thought would be good enough to win. Larry had thought 4:05 would win, but I disagreed with him on that. The early pace was wicked in the 50 kilo walk in fairly cool weather. At 5 kilo Larry was 12th or 13th, but at 15 kilo he realized he had better start moving. He did work through the field finally catching a Russian in third place. The Russian didn't appear too legal and was eventually waved off the course. Larry's time at 20 kilo was an awfully fast 1:35:35--and he was 3 minutes behind!!! Even though he was wondering whether he was in over his head, he kept pushing, closed the gap and was only a minute behind at 30 kilo. From here to 40 kilo he was thinking of the gold medal. Between 40 and 45 kilo, however, Larry hit a bad stretch (he thinks he should have had more liquid before this) and Kannenberg really pushed the pace over the last 10 kilo. In any previous year Larry's performance would easily have been good enough for a gold medal. CONGRATULATIONS, LARRY!!!

- | | | |
|------------------------|--------------|---------|
| 1. Bernd Kannenberg | West Germany | 3:56:11 |
| 2. Venjamin Soldatenko | Russia | 3:58:24 |
| 3. Larry Young | U.S.A. | 4:00:46 |
| 4. Otto Bartch | Russia | 4:01:35 |
| 5. Peter Selzer | East Germany | 4:04:44 |
| 6. Gerhard Weidner | West Germany | 4:06:26 |
| 7. Vittorio Visini | Italy | 4:08:31 |
| 8. Gabriel Hernandez | Mexico | 4:12:09 |
| 9. Paul Nihill | England | 4:14:09 |
| 10. Charles Sowa | Luxembourg | 4:14:21 |
| 17. William Weigle | U.S.A. | 4:22:52 |
| 27. Steve Hayden | U.S.A. | 4:36:07 |

NOTICE: LARRY YOUNG WILL BE ARRIVING AT COLUMBIA REGIONAL AIRPORT ON THURSDAY, SEPT. 14 AT 11:15 A.M. IT IS PLANNED THAT A LARGE CONTINGENT OF COLUMBIA COLLEGE PEOPLE AND CITY OF COLUMBIA OFFICIALS WILL BE ON HAND TO GREET HIM. ~~WE~~ URGE ANY OF YOU WHO WANT TO GIVE RECOGNITION TO LARRY TO BE A PART OF THE LARGE CROWD AT THE AIRPORT. WE WANT CTC TO BE WELL-REPRESENTED. THURSDAY WILL BE "LARRY YOUNG DAY".

The Columbia Track Club newsletter comes from Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. 12 monthly issues cost only ONE DOLLAR. SUBSCRIBE!!!

ART FLEMING BEATS THREE OTHERS IN HALF MARATHON AUG. 19, 1972:

	3	6	9	Final
1. Art Fleming	20:32	41:10	1:00:00	1:30:11
2. Ben Londeree	20:32	40:20	1:00:03	1:35:28
2.t Don Granberg	20:32	40:20	1:01:05	1:35:28
4. John Wilson	21:30	44:10	1:07:30	1:46:35

99 degrees at 3:00 P.m.--but our order for a cool wave came through 30 minutes later, with some rain, and at the 5:20 PM start the temperature was down to 82, but it was quite humid. No doubt the heat kept away a lot of runners. The four who did run decided to take it easy and more or less jog the distance. That idea didn't last long, for after 3 miles it turned into a race. First, Londeree and Granberg pulled away from Fleming, but Art caught them on the 8 mile hill and after running with Londeree for a mile or so, he pulled away, looking quite strong. This race is actually closer to 14 miles, the extra distance coming by making the runners go all the way to the top of Easley Hill, rather than letting them stop halfway up. Large ditch-to-ditch waterholes made the dirt stretch to Easley a little uncomfortable. The solution to that is to run down the railroad track.

DENNIS STEWART HANDILY WINS FIRST SPRINT TRIATHLON AUG. 26, 1972:

	440	880	Mile	Total	DT
1. Dennis Stewart	52.8	2:07.2	4:48.3	7:48.3	11.6
			(2:22)		
2. Mike Chippendale	67.0	2:29.6	5:07.6	8:44.2	12
			(2:29)		
3. Steve Beck	57.6	2:26.4	5:41.3	9:05.3	5.1
			(2:52)		
4. Art Fleming	60.2	2:27.0	5:52.0	9:19.2	10.8
			(2:59)		
5. Joe Duncan	68.3	2:39.3	5:51.0	9:38.6	7.7
			(2:56)		
6. Doug Duncan	84.9	3:21	---	---	---
7. Dan Duncan	86.5	3:44.1	---	---	---

A pleasant 70 degrees. Official: Ben Londeree (saving up for the Marathon). The first time for this event so Stewart sets a record, also setting a record for the 440, since we had never run it before. About 15 minutes rest between events--a nice interval workout. Stewart and Duncan also had a Designated Time battle. Going into this event Duncan's average was 20 while Stewart had 21. After today's shootout and after each threw out his worst short event, Duncan ended up the year with a 18.81 average with Stewart at 18.88, he settling for the 6th place award. Each counted their best six short events (under 3 miles) among their total of 12. No doubt Mr. Stewart insists that a recount is in order, since had he been one second closer to his prediction in any one event, during the course of the year, he would have had 5th. Such is life, and running.

DESIGNATED TIME STANDINGS: FINAL

	Secs off	Events		
1. Mike Chippendale*	10	12	7. Don Granberg	34 12
2. Ben Londeree*	14	12	8. Dick Hessler	35 7
3. Whitney Hicks*	15	12	9. Leonard Busen	47 7
4. Joe Duncan*	18.81	12	10. Doug Williamson	49 11
5. Dennis Stewart*	18.88	12	11. Rob Spier	129 8
6. Dave Schulte*	25	12	12. Dave Leuthold	146 11

ELAPSED TIME STANDINGS, FINAL:

	Points	Age 40 & Over:
1. Ben Londeree*	187.5	
2. Dennis Stewart*	134	1. Leonard Busen*
3. Mike Chippendale*	108	Age 15 & under:
4. Whitney Hicks*	105.5	
5. Doug Williamson*	99.5	1. Doug Duncan*
6. Don Granberg*	86.5	WALKERS:
7. Joe Duncan	79	
8. Art Fleming	61	1. Dave Leuthold*
9. Dick Hessler	40	2. Rob Spier*

*Means that these people will receive awards at our Oct. 16 meeting. A new "season" has already started for the 1973 DT & ET awards--it started with the One Mile run & 5 mile walk, results of which will appear in the next newsletter. PARTICIPATION IS THE KEY FACTOR IN THESE AWARDS--Now is the time to get started, slow joggers have a chance to win.

SCHEDULE OF EVENTS:

SEPTEMBER 9 Saturday 9:00 PM One Mile Run, 5 Mile Walk Hickman Tr.
16 & 17 1:00 PM-1:00 PM Saturday & Sunday ~~400~~ SIXTH ANNUAL
NATIONAL 100 MILE WALK Hickman Track

16 Saturday 9:00 AM One Mile Run South Park Quincy, Ill.
23 Saturday 9:00 AM 2 Man-5 Mile Relay " "
24 Sunday 2:00 PM 2 Mile Run, 6 Mile Walk Hickman Track
Record: Run: 9:08.0 Charles McMullen July, 29, 1972
The Walk: 43:41 Larry Young April 18, 1972
30 Saturday 9:00 AM 2 Mile Run South Park Quincy, Ill.

OCTOBER 1 Sunday Noon SENIOR NATIONAL AND MVAU 30 KILO WALK
Leawood subdivision

7 Saturday 10:00 AM Open Cross Country 4 Mile & Masters
2 Mile (35+) Shawnee-Mission Park 79th &
Renner Rd. Shawnee-Mission Park, KS.

8 Sunday 2:00 PM 2 Mile Cross-Country Run Municipal
Golf Course Record: 9:38 Bob Brouillet Oct 10, 72

15 Sunday 8:00 AM Tri-States Marathon Falls City, Nebr.
Contact: Lou Frittz Verdon, Nebr. 68457

CTC IS 16th IN ONE HOUR RUN--out of 20 teams--this was the Senior National One Hour Run Conducted on a postal basis. A total of 440 runner participated. The CTC scores were Dennis Stewart, 98th, Ben Londerée 130th, Doug Williamson 206th, Whitney Hicks 207th and Mike Chppendale 210th. And then there were Art Fleming 233, Joe Duncan 268, Dick Hessler 282, John Wilson 343, Leonard Busen 372 and Dave Schulte 426. Winner was Paul Talkington, Ohio, 11 Miles 1463 yards. Our winner, Barney Hance was 14th with his 11 mi., 797 yards.

NOTICE OF ANNUAL MEETING: October 16, 1972, Monday night, 7:30 PM in Assembly room "A" of the Columbia Public Library. Refreshments, DT and ET awards. Next years schedule etc., etc.

JOE DUNCAN
400# Defoe Dr.
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