

COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 4

April 24, 1973

LARRY YOUNG WINS ANOTHER MVAU ONE HOUR WALK CHAMPIONSHIP April 15:

	1	2	3	4	5	6	7
1. Larry Young	7:40	15:43	23:46	31:48	39:51	47:57	56:18
7 Miles, 801 Yards							
2. Augie Hirt	7:40	15:43	23:47	31:57	40:17	48:36	57:18
McPherson, Ks. 7 Miles, 545 Yards							
3. Paul Ide	7:40	15:43	24:00	32:41	41:54	51:15	59:59
Ft. Hays State Coll. 7 Miles, 6 Yards							
4. Art Fleming	8:48	18:37	28:03	37:34	47:14	56:52	
6 Miles, 577 Yards							
5. Bob Young	9:14	18:47	28:29	38:13	48:03	57:50	
6 Miles, 417 Yards							
6. Jim Breitenbucher	9:03	18:48	28:40	38:40	48:52	58:37	
Keokuk, Iowa 6 Miles, 271 Yards							
7. Leonard Busen 42	9:58	20:20	30:12	40:00	49:30	58:46	
6 Miles, 242 Yards 83 secs off DT (5 yds=1 sec)							
8. Dave Leuthold 40	9:21	19:00	28:52	38:57	49:05	59:08	
6 Miles, 151 Yards							
9. Rob Spier 50	10:11	20:11	30:10	39:58	49:53	59:55	
6 Miles, 14 Yards 35 secs off DT							
10. Al Schrik	13:30	23:46	33:53	43:40	53:19		
Springfield, Mo. 5 Miles, 1289 Yards Came some 3 mins. late							
11. Steve Spier 13	11:07	22:31	34:10	45:56	56:56		
5 Miles, 530 Yards							
12. Janet Leuthold 13	11:07	22:31	34:10	45:56	56:56		
5 Miles, 529 Yards							
13. Dave Schulte	11:46	23:46	35:29	47:26	59:28		
5 Miles, 81 Yards 28 secs off DT							
14. Joyce Schulte	11:46	24:12	36:30	49:01			
4 Miles, 1563 Yards							
15. Tom Breitenbucher 9?	13:58	28:40	44:23	59:10	4 Miles, 85 Yards		

60 degrees, cloudy, a few sprinkles--rain was a definite threat, but we held it off. Ide set the pace for the first 10 laps, then Young took over with Hirt following--Hirt getting well ahead of Ide thereby avenging the defeat Ide handed Hirt in the MVAU 10,000 Meter walk. In the Hour Walk, Hirt stayed surprisingly close to Young for most of the race. Larry still isn't doing anything close to the training he was doing a year ago when he walked almost 8½ miles in this race.

Bill Clark was the Judge in today's race--Fleming, Ide & Busen got cautions. Officials were Veva Spier, Carolyn Leuthold, Dick Hessler

*denotes 12 best events

DESIGNATED TIME STANDINGS: No of

Av Secs off Events

1. Ben Londeree	29	8	10. Tom Kilburn	65	3
2. Art Fleming	31	8	11. Don Granberg	67	8
3. Joe Duncan	32	12*	12. Darrell Palmer	74	4
4. Dennis Stewart	32	11	13. Rob Spier	80	9
5. Rex Frazer	34	2	14. Sean Clark	89	3
6. Bruce Sewell	39	3	15. Leonard Busen	93	10
7. Dave Schulte	47	12	16. Doug Eckberg	105	3
8. Dick Hessler	49	11	17. Don Johnson	106	4
9. Mike Chippendale	53	11	18. Ralph Anderson	214	8

ELAPSED TIME STANDINGS: Points

1. Londeree	100	12. Kilburn	16	AGE 40 & OVER	
2. Stewart	97	13. Busen	12	1. Anderson	13
3. Chippendale	87	14. Frazer	10	2. Johnson	12
4. Hessler	79.5	15. Shands	9	3. Fields	10
5. Granberg	57.5	16. Sewell	8	4. Busen	7
6. Duncan	56	17. Eckberg	8	5. Frazer	5
7. Fleming	54	18. Parker, Dave	7	6. Leeman	1
8. Anderson	23	19. Palmer	6	AGE 15 & UNDER	
9. Johnson	22	20. Clark, Sean	6	1. Sean Clark	3
10. Fields	17			2. Doug Duncan	2
11. Schulte	17			3. Janet Leuthold	1

LONDEREE BEATS 20 MAN FIELD IN TWO MILE RUN				APRIL 7, 1973:		
	880	1 Mi.	1½	2 MILES	DT	
1. Ben Londeree	2:34	5:17	7:58	10:29	1	
2. Mike Chippendale	2:36	5:20	8:03	10:44	16	
3. Jules DeCoster	2:34	5:17	8:02	11:07	27	
4. Steve Beck	2:43	5:30	8:26	11:07.5	--	
5. Dick Hessler	2:52	5:39	8:27	11:08	2	
6. Don Granberg	2:43	5:37	8:28	11:13	17	
7. Art Fleming	2:51	5:39	8:28	11:14	4	
8. Tom Kilburn	2:55	5:50	8:50	11:40	20	
9. Joe Duncan	2:57	5:55	9:00	11:57	3	
10. Dave Parker	2:45	6:05	9:17	12:28	--	
11. Marv Lee	2:55	6:10	9:25	12:30	15	
12. Jim Pastoret 49	2:55	6:10	9:25	12:37	13	
13. David Murphy	3:09	6:23	9:33	12:39	--	
14. Don Johnson 44	3:08	6:25	9:44	12:39	46	
15. Ralph Anderson 40	3:05	6:17	9:32	12:40	35	
16. Jim Fields 41	3:08	6:25	9:44	12:41	--	
17. Bob Baker	3:00	6:19	9:46	13:12	108	
18. Leonard Busen 43	3:24	6:52	10:15	13:35	25	
19. Dave Schulte	3:27	7:03	10:42	14:04	16	
20. Doug Duncan 12	3:58	8:05	12:05	15:55	70	

48 degrees, light south wind, track in good shape--just two days before a vicious 4 inch snow and windstorm--a blizzard I believe they called it--and a Merry White Easter to you, too. Anyway, 38 year old Ben Londeree ran a fine even race, picking up a fat 14 ET points to go ahead of Dennis Stewart in that category. Stewart was in Warrensburg in the Mule Relays--the Open 3 Mile Run and the 880. DeCoster tagged along for 5½ laps, but then faded badly, giving up second to Chippendale and almost getting caught by fast-closing Beck and Hessler. The oldest Master, Jim Pastoret, barely held off the young Masters--Johnson, Anderson and Fields. Going into the last lap Johnson and Fields were 17 seconds behind Pastoret and 7 Seconds behind Anderson--but the former two were sprinting--a 78 sec. 440 put Johnson right behind Pastoret and ahead of Anderson, while Fields' 80 sec. 440 almost caught Anderson. The Masters competition is getting hot--an overheard remark was, "Who's this fellow, Rex Frazer, the supposed class of the Masters group?" (See the last newsletter). A lot of personal bests here--but I don't know exactly who. (All the "Masters had personal bests, I'm sure). In all these races everyone who has a personal best is a winner. Also, you are a winner if you have done what you have wanted to do or better. So we have lots of winners and few losers in our races. It's a RUN FOR FUN.

FLEMING COMES BACK 3 MINUTES LATER IN 7 MILE WALK:

	1	2	3	4	5	6	7	DT
1. Art Fleming	9:34	19:28	29:15	38:55	48:32	57:37	1:08:08	--
2. L. Busen	9:32	19:27	29:15	39:06	49:00	58:47	1:08:26	206
3. Rob Spier	10:26	20:57	31:25	41:24	51:35	62:00	1:09:45	80
4. Joyce Schulte	12:15	24:44	37:37	50:14	63:13	76:34	1:29:49	289

DOUG WILLIAMSON WRITES FROM ENGLAND TELLING HOW HE ENJOYS THE NEWSLETTER and how he still has nightmares in which he keeps looking over his shoulder, trying to locate the pounding footsteps of Whitney Hicks and Mike Chippendale who gave him such a tussle in last years One Hour Run. Doug sent along two photos of the English National Cross-Country Championship--an impressive sight--1200 runners--250 club leaders lined up across the front and then five of the rest of each team behind them. The race was a 9 miler won by Rod Dixon, the 3rd place finisher in the Olympic 1500 Meter, from New Zealand. 2nd went to Dave Bedford.

Doug then describes a typical English Cross-Country race in which he participated--and here it is in his own words:

Having been too immersed in the usual tasks resulting from shifting countries, I had only done half a dozen runs since leaving Mizzou in August when I accepted a friends suggestion that I have a jog/run in a typical English Cross Country. This seemed a good idea as it coincided with my sagging abdomen and increasing pounds.

The race was to be a Mob Match between two of England's oldest Cross Country Clubs. In fact the particular race had been held ever since before the turn of the century. The Mob Match scoring allows for clubs to compete and still have it that everybody counts despite uneven numbers. If one team has 43 and the other 51 competitors the first forty competitors of each club would score. However the others in excess of the 40th finisher of their club can displace competitors from the other club whilst not scoring themselves.

. . . More on Page 3

WILLIAMSON ON ENGLISH CROSS-COUNTRY CONTINUED:

At any rate, the day arrived and it had rained all morning, really hard. The change rooms atmosphere resembled a football one with liniment, tactics and of course, reminiscences. Everybody had to jog to the start 15 mins. away(so that puffed me) in a cow pasture near an old graveyard. In drizzly rain and mist about ninety dedicated pairs of legs lined up. I noticed most runners had shoes with studs on or tractor tire soles nearly!

The first pasture was a grass field so it felt OK but the second turned out to be a potato field studded with flint stones. I now realised why most other competitors were wearing studs on their shoes. Soon I commenced what seemed to be a losing battle against mud for the next hour plus. For every three feet forward, I slid two backwards. To my horror I found it was quite possible to not only slip and slide forward and backwards but also sideways, upwards and downwards. On the flat parts I caught up the 45 year olds who had passed me up and down the slopes only to lose it on the next up or down hill.

Shattered and splattered with mud I must have finished somewhere in the upper seventies. The only satisfaction to what seemed to be a whole afternoons hard work was the last half mile on a road, a change from ditches, quagmires and barb wire fences.

The changeroom was smoked out as the boiler was burning overtime, so I got my towel and stood in the bath queue. This consisted of a whole process. First a cold leg bath to get excess mud off, secondly a lukewarm body bath followed by the last very hot bath. Each bath was 2 feet square by 18 inches deep!

Following this, everyone retired upstairs for tea, cakes and self service bread, butter and jam. No one knew who had won or which team had won but all were talking about their own involvement. Meanwhile the club's greatest member was looking down over the whole proceedings from his portrait--Mr. Wooderson World Mile Record holder, 1939 at 4:06. I'm sure it hasn't changed in it's spirit since his era. Cross-country seems to be a definite sporting institution in England destined to stay as long as Englishmen have legs!

PAUL IDE WON THE MVA AU TEN KILO WALK HELD IN LA CROSSE, KANSAS ON FEB. 18, with a time of 48:43.9 (7:39, 15:45, 23:43, 31:43, 39:31, 47:13) Second was Augie Hirt in 51:17.5 (7:39, 15:50, 24:32, 33:05, 41:24, 49:37)

TRACK AND FIELD NEWS HAS COME OUT WITH THE 1973 EDITION OF AGE-GROUP records. A very interesting little booklet. It has quite complete records for just about every age up to age 70, even some over 70, including age 1, for every track and field event. And, would you believe that Whitney Hicks has the Age 36 record for the Two Mile Run? Its true--the time was (or is) a 10:44 set on Hickman Track on April 9, 1972. I'm sure that many a 36 year old has done better than that (not meaning to deflate Whitney's ego) but they didn't get it turned in. That record will fall soon--in fact not until age 48 is there a time as slow as that (again, still not meaning to deflate the old Whitney ego), but in the meantime, there in the little green book, for all posterity, is the name of Whitney Hicks. If you want to see for yourself, or if you want to know what you need to do for your age in the shotput, or 220, or whatever, then send \$1.50 to T & F News, Box 296, Los Altos, Calif., 94022.

ELAPSED TIME STANDINGS--WALKERS:

1. Art Fleming 39
2. Dave Leuthold 38
3. L. Busen 32
4. Rob Spier 32
5. D. Palmer 17
6. Steve Spier 12
7. Mark Achen 11
8. Joe Duncan 9
9. Joyce Schulte 7
10. D. Johnson 6
11. J. Leuthold 5
12. D. Schulte 5

SOME KANSAS RELAYS RESULTS:

BEN LONDEREE 5th in the Masters Mile Run with a 4:39.3. Winner was Larry Means in 4:31.5. JOE DUNCAN was 11th in 5:14. 21 starters.
DON GRANBERG 39th in the marathon--2:53:00--a Personal Best--after a frustrating 4½ hour drive, arriving at 1:30 AM--Race at 7:AM
DICK HESSLER had 3:00 plus a few secs.--a PB. John Wilson had a 3:15 plus.
JEAN MADDEN was 2:20 in the Masters 880--at least 6 ahead of him led by Wes Santee in 2:05.7. Jean was a little disappointed in

his effort--no "snap" in the final 220.

AUGIE HIRT WON the Mile Walk in 7:04.4, with Paul Ide 2nd in 7:11.7

SCHEDULE OF EVENTS:

APRIL 28 Saturday 9:00 AM Walk-Run Pentathlon 2 Mile
Walk, 880 Yard Run, 1 Mile Walk, 2 Mile Run, 220
Yard Dash MEMORIAL STADIUM

MAY 6 Sunday MISSOURI CUP COMPETITION Race-walking
Clinic at 11:00 AM at Columbia College, Women's
5,000 Meter Walk at 1:15 P.M., Men's 20 Kilo Walk
at 2:00 PM

12 Saturday 8:00 AM Oklahoma AAU & Open One Hour Run
Broken Arrow High School

19 " 8:00 AM 12 Mile Run, 12 Mile Walk Cosmo
Park

19 " 7:00 AM Road-Runners Marathon Gage, Okla.

m 20 Sunday 8:00 AM Senior National 50 Kilo Race-Walk
Championship Fairgrounds Des Moines, Iowa

28 Monday 2:00 PM Mid-America Meet of Miles
Shawnee-Mission West High School, Kans.

20 Sunday MVAAU Track & Field Ottawa, Kans. Includes
a walk, a 3 Mile Run, a 100 Yard dash for 30 & over,
an 880 Run for 40 & over and a Mile Run for 30
& over.

REX FRAZER, age 41, was 4th in both the 5,000 Meter Run (18:02) and the 10,000 Meter Run (38:12) in the annual Fort Leonard Wood Track Meet on April 17 & 18. The 3 guys ahead of him were all under 25 years old.

DENNIS STEWART won the 3 Mile Run at the Mule Relays on April 6 with a 15:05. He lapped everybody and because of lack of competition he was unable to get under the 14:20 he needed to qualify for the KU Relays. He was 2nd in the Gateway Arch 4 Mile Run (actually 3.75 miles) with 18:24, winner was Pat Sullivan with 18:09. There were 230 runners in the 4 miler.

GET WELL WISHES TO JULIA STEWART WHO HAS BEEN in the Johnson Co. Memorial Hospital for almost 3 weeks with an acute attack of appendicitis.

AND, CONGRATULATIONS TO ANNE & DICK HESSLER FOR THE BIRTH OF THEIR third Daughter--a couple of weeks ago. A female Race-Walking dynasty is being started.

The CTC Newsletter comes out every month for \$1.00 per 12 issues

JOE DUNCAN
4004 Defoe Dr.
Columbia, Mo. 65201

"ENTRY BLANK"

MISSOURI VALLEY AAU AND OPEN ONE HOUR RUN

1973 Senior National Postal One Hour Run

1973 Junior National Postal One Hour Run

TIME: Saturday, June 16, 1973 7:30 p.m.

PLACE: Columbia, Missouri, Hickman High School Track, Hickman track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70.

ENTRY FEE: \$2.00, \$1.00 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator; Post entries will be accepted, however, PLEASE try to have your entries in by June 13.

AWARDS: Trophies to first 6 finishers, certificate to all finishers, MVAU medals to first 3 MVAU finishers, trophy to first over age 40 finisher.

MVAU RECORD: 11 miles 35 yards, Carl Owczarzak, June 20, 1970

TRACK RECORD: 11 miles 379 yards, Barney Hance, June 17, 1972

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 the 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 _____

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.

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU

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

Courses:

5 Mile: Once around Cosmo Park loop (.6 mi), then out → I-70 Dr. NW to overpass to Finish past Hilton Inn

6 Mile: Do 5 Mile Course, then to Cosmo PK.
"Exit", then to Finish (5yds E of "Start")

8 Mile: Do 1st 3 miles of 5 mile course, then
over overpass to RT 22, then to stop
sign at Broadway (TT), reverse, then to
I-70 Dr. SW pass Hilton Inn, over stadium
Blvd, overpass to Finish (on Hill on Road 90
back to Caswell Park)