

COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 8
August 24, 1973

HESSLER AND LONDEREE TIE IN 30 KILO RUN July 28, 1973:

	5	10	15	20	25	30
1. Dick Hessler	20:07	40:50	1:00:27	1:20:45	1:40:44	2:00:52
	20:43	19:37	20:18	19:59	20:08	
1.tBen Londeree	20:00	40:37	1:00:27	1:20:45	1:40:44	2:00:52
	20:37	19:50	20:18	19:59	20:08	
3. Mark DuFresne Kansas City	20:00	40:37	1:00:46	1:22:17	1:43:20	2:06:00
	20:37	20:09	21:31	21:03	22:40	
4. Rex Frazer 41 166 secs off DT	20:00	40:40	1:00:28	1:22:50	1:44:27	2:07:46
	20:40	19:48	22:22	21:37	23:19	
5. Tom Kilburn	21:25	43:58	1:06:17	1:29:15	1:51:25	2:14:54
	22:33	22:19	22:58	22:10	23:29	
6. Joe Duncan	23:33	46:50	1:09:50	1:33:25	1:56:20	2:20:14
	23:17	23:00	23:35	22:55	23:54	
7. Hadley Grimm Macon, Mo.	23:45	48:25	1:11:41	1:35:45	1:58:15	2:23:39
	24:40	23:16	24:04	22:30	25:24	
8. Chris Kelly 9 Mins. late	19:50	46:32	1:09:00	1:34:29	1:59:40	2:28:01
	26:42	22:28	25:29	25:11	28:21	
9. Robert Masure	22:45	44:17	1:05:26	1:33:15	2:00:15	2:35:26
	21:32	21:09	27:49	27:00	35:11	
10. John McCrory	25:15	53:23	1:20:37	1:51:20	2:30:00	3:03:54
	28:08	27:14	30:41	38:40	33:54	
11. Dean Neal	20:20	41:45	1:03:03	1:25:20	OUT--sore foot	
	21:25	21:18	22:17			

20 KILO WALK AT SAME TIME GOES TO AUGIE HIRT:

1. Augie Hirt	26:00	52:20	1:18:46	1:45:50	
	26:20	26:26	27:04		
2. Larry Young	26:40	54:14	1:22:20	1:54:11	
	27:34	28:06	31:51		
3. Leonard Busen	30:35	61:10	1:32:03	2:04:27	33 secs off DT
	30:35	30:53	32:24		

Low 70's, cloudy, fairly humid, but rather pleasant and quiet at 6:30 AM. Londeree was out in front immediately, taking DuFresne and Frazer with him, but Hessler was well within range. Hessler caught up and about that time DuFresne was dropped (it should be noted that at 15 kilo DuFresne was almost 2 minutes faster than he had been in the 15 kilo race 2 weeks previously). Dick and Ben stayed together at a very even pace for the arranged tie, although Ben says that he was holding Dick back. Lt. Col. Frazer was still hanging on at 15 kilo, but soon after that he fell back and eventually lost 3rd place to DuFresne. However, Frazer was 17 minutes better than the old Master's record for this race.

Augie Hirt, who has been selected for the US team in the 50 kilo walk for the US-Canada dual, looked strong in the walk with fairly even pacing. Larry Young has just started some modest training over short distances--this was his first race since last fall. Following this walk, Leonard Busen went on to the Raytown Golden Trails meet where he won the Master's Mile in 6:14--running that is.

DAVE SCHULTE has completely remeasured the Marathon course with his calibrated bicycle. He did this on a hot Sunday morning while Joe Duncan drove along in an air-conditioned car. Because of the remeasurement, the starting line has been moved up 248 yards--it is now on Providence Rd. at Turner Ave. Furthermore, all intermediate mile points have been definitively established once and for all. Apparently in past years the course has been a little long (only by a minute or so) and there was always some doubt as to the exact location of each mile point.

JOEL DICKINSON writes again from Marquette, Mich., saying "Hello" to all of his running friends. He is doing some serious running and reports on the Paavo Nurmi Marathon which was run a couple of weeks ago. Over 450 starters, a beautiful course, through villages, past lakes and over streams, all paved roads, 3 major hills, otherwise rolling hills etc. Joel had a personal best of 3:53:42 finishing 269th--at 216 pounds! Winner was Lucien Rosa from Ceylon with a record 2:22:53.

STEWART COMES UP WITH RECORD IN SPRINT TRIATHLON AUG. 4, 1973:

	Mile	880	440	TOTAL	DT
1. Dennis Stewart	4:29.2(2:12)	2:01	53.6	7:23.8	11
2. Al Brown School of Ozarks	4:36.3(2:15)	2:02	56.1	7:34.4	--
3. David Cooper 16 Jeff City	4:42.2(2:21)	2:08	54.5	7:44.7	---
4. Ben Londeree	4:56.4(2:26)	2:17	58.6	8:12.0	5
5. Robert Masure Fulton	4:59.0(2:29)	2:19	58.6	8:16.6	---
6. Bryce Allmon 14 Jeff City	5:00(2:29)	2:19.5	60.6	8:20.1	---
7. Tom Kilburn	5:01(2:30)	2:24	61.0	8:26.0	9
8. Mike Chippendale	5:02.5(2:30)	2:25.5	62.8	8:30.8	6
9. Dick Hessler	5:05(2:34)	2:27	62.0	8:34.0	5
10. Joe Duncan	5:38.3(2:46)	2:36	67.6	9:21.9	9
11. Dave Leuthold 40	5:34(2:49)	2:39	72.5	9:25.5	---
12. Don Johnson 44	5:43(2:49)	2:40	68.4	9:31.4	---
13. Ralph Anderson 40	5:48(2:52)	2:41	70.5	9:39.5	16
14. Tom Wilson	5:55(2:53)	2:47	67.5	9:49.5	---
15. Dennis Blossom	5:56(2:48)	2:37	70.8	9:43.8	---
16. Jim Fields 42	6:03(3:04)	2:42	70.0	9:55.0	---
17. Rick Petty 14 Jeff City	5:58.9(2:49)	2:46	76.6	10:01.5	---
18. Vince Murphy	6:08(2:56)	2:46	73.4	10:07.4	---
19. Al Garverick	6:15(2:56)	2:56	75.9	10:26.9	10
20. Dave Schulte	6:28(3:16)	3:04	76.4	10:48.4	8
21. Doug Duncan 12	7:04(3:31)	3:14	78.1	11:36.1	---
22. Richard Anderson 9	7:46(3:55)	3:53	95.6	13:14.6	--
23. Jeff Kilburn 7	8:18(4:02)	4:07	2:27.4	14:52.4	--
24. Linda Maddox	6:31(3:16)	3:00	OUT	----	
25. Jay Blossom 8?	-----	3:27	88.5	----	
26. Art Fleming	5:18(2:41)	OUT with pulled hamstring			
27. Laura Anderson 8	-----	---	2:28.6	-----	

Mid 70's, sun shining. So you didn't realize that a Mile and an 880 were "sprints"--perhaps not, but that distinguishes this event from the 3, 2, 1 Triathlon. Also compared to our usual distance races (none shorter than a mile) these are indeed "sprints." Anyway, Stewart lowered his record of 7:48.3 (4:48.3, 2:07.2, 52.8) set last Aug. At that time the 440 was run first, then the 880 and the mile. Everyone agrees that it is best to run the mile first.

STEWART HAS ANOTHER RECORD IN THE THREE MILE RUN AUG. 11, 1973:

	1	2	3	DT
1. Dennis Stewart	4:50	9:55	14:54	6
2. Charlie Evans	5:09	10:28	15:59	--
3. Ben Londeree	5:16	10:50	16:17	13
4. Dean Neal	5:16	11:12	16:56	--
5. Mike Chippendale	5:32	11:19	16:58	32
6. Tom Kilburn	5:37	11:32	17:03	7
7. Rich Harvey Quincy, Ill HS	5:30	11:24	17:13	--
8. Robert Masure	5:35	11:51	18:22	---
10. Tom Hinckley	6:05	12:21	18:28	--
11. Joe Duncan	5:59	12:12	18:31	--
12. Don Nye Quincy HS	6:00	12:14	18:42	--
13. Don Johnson 44	6:23	13:03	19:25	95
14. Ralph Anderson 40	6:23	13:02	19:25.1	25
15. Phil Franke Quincy HS	6:00	12:35	19:35	--
16. Jim Fields 42	6:23	13:03	19:41	--
17. Vince Murphy	6:52	14:17	21:39	---
18. Leonard Busen 41	7:15	14:35	21:47	13
19. Al Garverick	6:55	14:22	21:57	3
20. Linda Maddox	7:08	14:47	22:10	---
21. Doug Duncan 12	7:24	14:51	22:34	--
22. Lanny Endicott	6:29	13:25	out at 2 1/2	
23. Dave Bell	6:57	out at 1 3/4		

Upper 80's old record was 15:33 by Bob Collette in Oct., 1972

Jim Snowden of Quincy HS was 9th with 18:24 (6:00, 12:14) Sorry, Jim!

*****VISITING RAY YARBROUGH TAKES THREE MILE WALK AFTER THE ABOVE:

1. Ray Yarbrough	8:01	16:41	25:34	---
2. Art Fleming	9:45	19:07	28:35	85
3. Leonard Busen	9:41	19:31	28:36	84
4. Charlie Giess	9:30	19:24	29:14	46
5. Joyce Schulte	11:56	24:03	36:13	13
6. Dr. William Taft	12:43	25:29	37:58	122

Yarbrough is in the US Coast Guard at New London, Conn., home on leave at Vandalia, Ill--a big, strong walker. Giess is fast improving--a new threat.

LT. COL. REX FRAZER WINS HIS FIRST RACE AT AGE 41--HALF-MARATHON Aug. 18:

		3	6	9	13½
1.	Rex Frazer 41	20:03	40:32	1:01:45	1:33:51
2.	Dean Neal Success, Mo.	19:50	39:55	1:01:00	1:36:05
3.	Tom Kilburn	21:25	42:10	1:03:50	1:43:22
4.	Mark DuFresne Kansas City	20:40	42:30	1:05:50	1:46:01
5.	John McCrory	23:15	46:42	1:11:03	1:50:18
6.	Jean Madden 46	23:15	47:20	1:11:55	1:51:05
7.	Ralph Anderson 40	23:25	46:50	1:13:15	2:06:28
8.	Bill Wirtz St. Louis	19:00	38:40	1:00:10	out at 9.7
9.	Gary Williams St. Louis	21:20	44:45	1:13:00	OUT
10.	Mike Kessler Florissant	31:20	out at 7 miles		

90 degrees, sun shining--too hot even at the 6:15 PM start... However, Frazer did an excellent job of battling the heat, the hills, the 3 miles of fresh oil and gravel and the younger runners. Bill Wirtz was back for the first time since he ran our 20 kilo race in Jan. of '72 when it was 8 below zero (wind chill of -38)--he's waited all this time for a warmer day! He led today for 9.7 miles but off only a month's training and with the conditions he gave way to Neal, who in turn gave in to his Ft. Wood compatriot--something about feeling sorry for the old man.

In a 6.8 mile walk starting shortly before the run, Augie Hirt won with a time of 57:50, Larry Young 2nd with 58:24 and Leonard Busen 3rd with 82:25--Busen had done two six mile running stints in the Florissant Valley 60 mile relay that morning.

DESIGNATED TIME STANDINGS: No. of
av. secs off Events

1.	Dennis Stewart	14	12*	7.	Dave Schulte	38	12*
2.	Joe Duncan	16	12*	8.	Leonard Busen	59	12*
3.	Ben Londeree	18	12*	9.	Ralph Anderson	77	12*
4.	Dick Hessler	32	12*	10.	Rob Spier	91	11
5.	Mike Chippendale	36.75	12*	11.	Rex Frazer	109	10
6.	Art Fleming	36.91	12				

ELAPSED TIME STANDINGS:

1.	Runners	Points	AGE 40 & OVER
1.	Londeree	214.5	1. Frazer 37
2.	Stewart	208	2. Anderson 34
3.	Chippendale	172.5	2.t Johnson 34
4.	Hessler	139.5	4. Fields 24
5.	Duncan	109	5. Busen 11
6.	Kilburn	107	AGE 15 & UNDER
7.	Granberg	98	1. Doug Duncan 15
8.	Fleming	86	2. Richard Anderson 6
9.	Frazer	75	3. John Leuthold 5
10.	Johnson	68	4. Jeff Kilburn 4
11.	Anderson	64	5. Carl Schulte 2
12.	Fields	48	6. Janet Leuthold 1
13.	Schulte	38	7. Laura Anderson 1

WALKERS:

1.	Art Fleming	54	7.	Mark Achen	16
2.	Dave Leuthold	50	8.	Steve Spier	12
3.	Leonard Busen	47	9.	Joyce Schulte	10
4.	Rob Spier	34			
5.	Joe Duncan	23			
6.	Darrell Palmer	17			

AUGIE HIRT WON THE INDEPENDENCE TRAILS DAYS TEN KILO WALK WITH A TIME OF 50:26, beating Paul Ide (50:50) and Larry Young (51:17). The top three were together at 5 Kilo with 24:48. Dave Leuthold tied for 9th (out of 28 walkers) with 58:34 (28:32) winning the 35 & over division. Others in the top ten were: 4. Mitch Patton, 17, 53:47; 5. Steve Herrman 54:22; 6. Dave Eidahl 54:34; 7. Ron Peach 16, 54:36 8. Broderick Hoyer 58:00; 9t. Tim Votapka 58:34; 11. Mark Shutte 59:06; 12. Pat Blackburn 60:33.

JOYCE SCHULTE COMPETED IN THE FIRST NATIONAL WOMEN'S AAU RACE WALK in Boulder, Colo., July 21, finishing 17th with a personal best 36:15, battling the altitude and 16 younger competitors. Winner was Sue Brodock Rialto, Calif with 27:39. 2. Ellen Minkow, N.Y. 28:02; 3. Ester Marquez Rialto, 28:20; 4. Cindy Arbelbide Alaska 28:47. . . . 8. Gwen Eberle Ozark TC 29:42. Joyce reports excellent organization, great enthusiasm among the girls, close judging, but not too sharp techniques--too much emphasis on speed probably sacrificing style.

SCHEDULE OF EVENTS:

AUGUST 25 Saturday 9:00 AM 2 Mile Run, 2 Mile Walk Hickman Track
 26 Sunday 4:00 PM All Comers Masters (30 & up) Track Meet
 Haskell Stadium Lawrence, Kansas
 26 " 5:30 PM 3 Mile Run Kirksville, Mo. Country Club
 SEPTEMBER 2 Sunday 5:00 PM 3 Mile Cross-Country Run, shorter
 runs for younger ages and women Cardinal Stritch
 High School (North Park) Keokuk, Iowa
 3 Monday 6:00 AM 14th ANNUAL HEART OF AMERICA MARATHON
 Meet at Daniel Boone Building, 7th & Broadway
 no later than 5:30 AM
 15 Saturday 9:00 AM One Mile Run* , 5 Mile Walk Hickman
 15 " 8:00 AM Oklahoma AAU & Open 20 Kilo Track
 Run Mohawk Park, Tulsa, Okla.
 15 " 11:00 AM Kirkwood, Mo. Green Trees Runs
 2 Miles and 5 Miles Kirkwood Park Various Ages
 23 Sunday 2:00 PM 2 Mile Run, 6 Mile Walk Hickman Track
 OCTOBER 6 & 7 Saturday & Sunday 1:00 PM SEVENTH ANNUAL NATIONAL 100
 MILE WALK Hickman Track

NOTICE THE CHANGE OF DATES FOR THE 100 MILER--this is
 necessary because Rock Bridge HS has scheduled a football game
 on Hickman Field for Sat PM, Sept. 29. RB is a new school--we
 had set our dates long before they had even thought of a foot-
 ball schedule, but, of course, we have to give way.

*****100 MILES OCTOBER 6 & 7*****

The Columbia Track Club Newsletter comes your way from the kitchen of
 Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201--these goodies only cost
 ONE DOLLAR for 12 monthly issues--so, climb aboard for a buck.

CONTENTMENT

I care not much for gold or land;
 Give me a mortgage here and there,
 Some good Bank-stock, some note of hand,
 Or trifling railroad share,
 I only ask that Fortune send
 A little more than I shall Spend.
 . . .Oliver Wendell Holmes

JOE DUNCAN
 4004 Defoe Dr.
 Columbia, Mo. 65201

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

1973 ENTRY BLANK

TIME: Sunday, October 28, 1973, 10:00 a.m.

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: 2:28:09, Larry Young, October, 1970
MVAAU Record: 2:25:40, Larry Young, September 6, 1971
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

NATIONAL AAU 10,000 METER WOMEN'S RACE WALK
CHAMPIONSHIP

1973 Entry Blank

TIME: Saturday, October 27, 1973, 5:00 p.m.

PLACE: Hickman High School track, located at the Southeast corner of Business Loop 70 and Providence Road, Columbia, Mo.

ENTRY FEE: \$2.00

AWARDS: Trophies to first 10 finishers, National AAU Championship medals to first 6 finishers, Team medals and patches to members of the winning team, certificates to all finishers.

FACILITIES: Rest room and shower facilities are available at the race site.

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 _____

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 she 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