

COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 12

December 20, 1973

AUGIE HIRT CAPTURES MVAAU 20 KILO WALK

December 1, 1973:

	1 7	2 8	3 9	4 10	5 11	6 12	20 Kilo
1. Augie Hirt CTC	8:11 57:11	16:29 1:05:12	25:14 1:13:30	32:57 1:21:51	40:57 1:30:12	49:04 1:39:06	1:42:46
2. Larry Young	8:11 57:08	16:29 1:05:11	25:14 1:13:34	32:57 1:22:36	40:57 1:32:14	49:04 1:41:20	1:45:02
3. Stan Smith Des Moines	9:19 1:06:30	18:43 1:15:48	28:02 1:25:17	37:47 1:34:11	47:22 1:43:06	56:53 1:52:33	1:56:38
4. Jim Breitenbucher Col. Coll.	9:23 1:07:09	19:01 1:16:26	28:58 1:25:32	38:39 1:34:39	48:15 1:43:43	57:47 1:53:09	1:56:58
5. Dave Leuthold CTC	9:12 1:06:33	18:35 1:16:08	28:06 1:25:44	37:36 1:35:31	47:12 1:45:25	56:52 1:55:23	1:59:37
6. Leonard Busen	10:07 1:08:18	20:10 1:17:45	30:04 1:27:10	39:27 1:37:30	48:56 1:48:13	58:39 1:59:28	2:04:08
7. Rob Spier CTC	11:10 1:15:54	22:01 1:27:07	32:47 1:38:29	43:31 1:49:49	54:15 2:01:09	65:03 2:12:07	2:16:46
8. Bill Taft	12:38 1:30:54	25:24 1:43:59	38:23 1:57:11	51:21 2:10:29	64:21 ---	77:32 ---	2:42:25
9. Albert Van Dyke Renz Farm	9:47 1:16:09	20:31 1:27:45	31:11 1:39:40	42:14 1:48:46	53:35 OUT	64:48	
10. Joyce Schulte	12:11 1:25:51	24:18 3 more laps then out	36:29	48:48	61:06	73:29	
11. Jim Fields	9:18	19:01	29:37	40:13	51:40	OUT	

Busen was 248 seconds off his DT--3.44%. Head Judge was Bill Clark--cautions went to Smith and Van Dyke. MVAAU medals go to Hirt, Young and Leuthold. Hirt was fresh off his third place finish in the USA-Canada dual meet in Denver, obviously in good condition and steadily improving. Young broke away at the end of seven miles opening a gap that amounted to a 12 second lead at its greatest, but Hirt didn't let up and caught Larry at 9 miles--this was about as far as Larry's sporadic training could comfortably take him. In the battle for third, Leuthold had that position through 6½ miles, but Smith went ahead at that point, Dave eventually giving way to Jim B. at 9 miles. Breitenbucher had a personal best--his first time under 2 hours for 20.

STEWART BETTERED MVAAU 5,000 METER RUN RECORD PRIOR TO THE ABOVE:

	1 Mile + 188 yds	2 + 188	5,000 Meters	Secs. off DT	% Error
1. Dennis Stewart	5:20	10:22	15:20.8	9	.97
2. Greg Clauson	5:24	10:29	15:50		
3. Dave Dunleavy	5:25	10:43	15:54		
4. Charlie Evans	5:25	10:43	15:55		
5. Stan Smith	5:35	10:48	16:00	0	0
6. Ron Harmon	5:24	10:37	16:05		
7. Bill Harpool	5:40	11:01	16:18		
8. David Harris	5:46	11:24	16:36		
9. Dean Neal	5:45	11:20	16:42	12	1.21
10. Chris Franklin	5:46	11:27	16:48		
11. Ben Londeree	5:54	11:24	16:55	20	1.93
12. Tom Kilburn	5:59	11:29	16:58	37	3.51
13. Mike Chippendale	5:59	11:29	16:59	46	4.32
14. Bill Rasmussen	5:50	---	16:59.5		
15. Tom Hinckley	6:21	12:15	17:58	2	.19
16. Rex Frazer 42	6:27	12:22	18:12	12	1.11
17. David Stern	6:25	12:31	18:24		
18. Jules DeCoster	6:08	12:18	18:25	55	5.24
19. Truman Storvick 40+	6:59	12:55	19:17	37	3.30
20. Don Johnson 45	6:47	13:40	20:10	0	0
21. Jim Fields 42	7:06	13:48	20:29		
22. Cecil Slaughter	6:58	13:58	21:00	60	5.00
23. Dennis Blossom	7:10	---	21:07	7	.55
24. Al Garverick	8:00	15:10	22:01	1	.08
25. Leonard Busen 41	8:03	15:22	22:37	23	1.67
26. Betsy Lamar	8:05	15:42	22:51		
27. Jeff Rea	---	---	23:50	110	8.33

The old MVAAU record was 15:21.2 set by Richard Woelk of Iola, Kans. back in 1965--so Stewart beat one of the oldest MVAAU records on the books. Clauson, Harmon, Harris & Franklin all run for Northeast Mo. State, while Dunleavy, Evans and Rasmussen run for Westminster College.

November 17, 1973

STEWART SMASHES RECORD IN 10,000 METER RUN; HIRT UNDER 50 MINS IN WALK:

	1	2	3	4	5	6	10,000
1. Dennis Stewart	5:03	10:14	15:32	20:45	26:07	31:09	32:14
2. Don Williams	5:35	11:15	16:58	22:44	28:21	33:48	34:50
3. Paul Rice	5:08	10:47	16:41	22:35	28:28	33:56	34:56
4. Dick Hessler	5:50	11:29	17:10	22:53	28:39	34:17	35:20
5. Sandy Lawrence	5:55	11:44	17:30	23:25	29:20	35:00	36:09
6t. Tom Kilburn	5:51	11:40	17:36	23:30	29:27	35:20	36:33
6t. Mike Chippendale	5:55	11:45	17:38	23:31	29:27	35:20	36:33
8. Don Granberg	5:55	11:45	17:38	23:32	29:30	35:33	36:53
9. Ben Londeree	5:49	11:40	17:35	23:48	30:05	36:00	37:14
10. Rex Frazer 42	5:55	12:01	18:17	24:31	30:45	36:58	38:08
11. David Stern	6:02	12:10	18:37	25:07	31:35	37:44	38:54
12. Joe Duncan	6:32	12:52	19:19	26:01	32:44	39:22	40:45
13. Truman Storvick 40+	6:05	12:50	19:34	26:20	33:02	39:31	40:51
14. Don Johnson 45	6:30	13:42	20:40	27:32	34:18	40:40	42:02
15. Dick Luecke 43	6:29	13:25	20:21	27:18	34:10	40:49	42:09
16. Leonard Busen 43	7:16	14:20	21:35	28:43	35:50	43:02	44:32
17. Joan Hirt	7:57	15:41	23:32	31:36	39:17	47:02	48:25
18. Jeff Rea	8:03	16:11	24:32	33:10	41:39	49:43	51:08
19. Dean Neal	5:17	10:48	16:27	22:23	DNF-new spikes a bother		

Upper 40's, very strong SW wind. The short lap (376 yards) actually was run first--the mile splits as shown are the mile splits beginning with lap #2. There was some confusion on the times of several runners--however, I have carefully analyzed all lap times and the results shown above are accurate--you'll simply have to take my word for it. There is no question, however, that Dennis Stewart convincingly lowered the CTC record of 32:51 which he had set in this race last year, a personal by far for him--this despite what he considered to be awful conditions, esp. the wind. Paul Rice, a runner for M.U., late of Westminster College, went out to a long early lead but Stewart caught him at the end of the first five laps. The D.T. race went as follows: Luecke 9 Seconds off (.36 %); Storvick, 9 (.37); Duncan, 15 (.62); Granberg, 17 (.76); Kilburn, 18 (.83); Busen, 28 (1.04); Hessler, 30 (1.39); Londeree, 59 (2.71); Frazer, 68 (3.06); Stewart, 106 (5.20); Chippendale, 147 (6.28); Hirt, 215 (6.89).

THE 10,000 METER WALK THEN TOOK PLACE:

1. Augie Hirt	8:02	16:08	24:23	32:25	40:28	48:12	49:49
2. Jim Breitenbucher	9:25	19:07	28:52	38:38	48:04	57:21	59:06
3. Charles Geiss	9:36	19:15	29:02	38:39	48:29	58:35	1:00:38
4. Leonard Busen	10:28	20:45	31:07	41:13	51:19	61:27	1:03:37
5. Rob Spier	11:02	21:50	32:27	43:12	51:55	64:21	1:06:54
6. Joyce Schulte	12:37	25:07	37:23	50:52	62:55	75:20	1:17:47

This was the first time Hirt had been under 50 minutes for 10 K--a final tuneup for the USA-Canada Dual Meet which followed a week later--more on that below. DT as follows: Hirt, 11 seconds off (.37 %); Geiss, 38 (1.06); Spier, 54 (1.36); Schulte, 212 (4.76); Busen, 277 (7.82).

AUGIE HIRT THIRD IN USA-CANADA DUAL 50 KILO WALK, AL SCHRIK 6th:

So it was that CTC was represented by two of its members in the USA-Canada walking competition, Broomfield, Colo., Nov. 24, 1973. In the 20 Kilo race on the 23rd the results were: Carl Swift USA, 1:42:23, Jim Bean USA, 1:44:26, Roman Olszewski, CAN., 1:48:15, Ron Kulik USA, 1:49:23, Yvon Groulx CAN., 1:49:45, Helmut Boeck CAN., 1:50:23, John Kelly USA, 1:50:36. The 50 Kilo went: Pat Farrelly CAN., 4:50:45, Dan O'Conner USA, 4:51:58, Augie Hirt USA, 4:54:42, Bob Bowman USA, 4:56:07, Karl Merschenz CAN., 5:02:05, Al Schrik USA, 5:26:10, Max Gould CAN., 5:28:27, Joel Dada CAN., 5:28:55. Altitude of 5400 feet certainly had an effect on the times, as did the cool 35°. In the 50, Farrelly went out fast--a 4 min. lead at 10 K. over O'Conner, Hirt & Merschenz. The lead went to 6 mins. at 25 K over the same 3 who stayed together until O'Conner dropped off at 35 K & then Merschenz at 40 K. Augie thought that O'Conner was way back but the same thing happened as happened here in the 30 K.--O'Conner came on strong and caught Augie at 47 K.

DON GRANBERG FINISHED 8th IN THE MEL VOS MEMORIAL-SUNFLOWER STATE MARATHON, Topeka, Kans., Dec. 1st. 77 starters in the marathon, 80 more in in a half-marathon.. Don's time was 2:58+, winner was Bob Rosales, 2:42+

REX FRAZER 2nd in Masters Div. in Mississippi R. 10 Mile Road Run, Alton Ill. with 58:56 beating Bob Schmitt, Arnie Richards & Jac Griswold all of whom had previous victories over him. In the Open Div., Bill Harpool was 14th, 52:18, D. Stewart 16th 52:45 & Dean Neal 43rd, 57:45, out of 300

STEWART WINS TEN MILE RUN, HESSLER NOT TOO FAR BACK December 15, 1973

	TEN	Secs. off DT	% Error
1. Dennis Stewart	58:38	98	2.87
2. Dick Hessler	59:10	80	2.20
3. Dean Neal	1:01:33	93	2.58
4. Tom Kilburn	1:01:53	7	..18
5. Don Granberg	1:02:27	87	2.38
6. Mike Chippendale	1:03:56	64	1.64
7. Rex Frazer 42	1:04:27	33	.84
8. Joe Duncan	1:13:47	--	
9. Leonard Busen 43	1:30:25	--	

AUGIE HIRT WINS THE TEN MILE WALK SAME DAY:

1. Augie Hirt	1:26:58	182	3.37
2. Jim Breitenbucher	1:39:23	23	.39
3. Lanny Endicott (his first walk)	1:45:25	--	
4. Albert Van Dyke	1:57:56		

32 degrees, fairly strong west wind

DESIGNATED TIME STANDINGS

Av. % Error Events

1. Don Johnson	0.00	1	17. Dave Schulte	2.51	1
2. Dick Luecke	.36	1	18. Rob Spier	2.57	2
3. Don Leake	1.69	4	19. Dean Neal	2.95	7
4. Truman Storvick	1.83	2	20. Dennis Blossom	3.12	4
5. Charles Geiss	1.92	4	21. David Stern	3.13	1
6. Rex Frazer	1.94	8	22. Joe Duncan	3.67	5
7. Ben Londeree	2.10	6	23. Dick Hessler	3.78	4
8. Whitney Hicks	2.11	5	24. Scott Sallee	4.66	1
9. Don Granberg	2.16	7	25. Leonard Busen	4.86	9
10. Joyce Schulte	2.17	3	26. Jim Breitenbucher	5.00	3
11. Dennis Stewart	2.20	7	27. Jeff Rea	5.47	2
12. Augie Hirt	2.20	3	28. Jay Blossom	6.87	1
13. Tom Kilburn	2.35	8	29. Joan Hirt	6.89	1
14. Tom Hinckley	2.38	4	30. Dick Sallee	7.51	2
15. Mike Chippendale	2.43	6	31. Janet Leuthold	9.65	2
16. Lanny Endicott	2.47	4	32. John Leuthold	9.76	2

ELAPSED TIME STANDINGS

Runners--Open:	Points	Runners--40 & Over	15 & Under
1. Dennis Stewart	134	1. Frazer 31	1. Doug Duncan 12
2. Dean Neal	129	2. Johnson 20	2. John Leuthold 11
3. Tom Kilburn	128.5	3. Storvick 8	3. Janet Leuthold 6
4. Ben Londeree	105	4. Luecke 7	4. Jay Blossom 6
5. Don Granberg	102	5. Busen 6	5. Jeff Kilburn 2
6. Rex Frazer	91	6. Fields 4	6. Scott Sallee 1
7. David Stern	79	7. Leuthold 3	7. Amy Hessler 1
8. Mike Chippendale	77.5	8. Sallee 3	
9. Tom Hinckley	76		WOMEN
10. Whitney Hicks	72		1. Janet Leuthold 2
11. Dick Hessler	70		2. Joan Hirt 1
12. Lanny Endicott	61		3. Betsy Lamar 1
13. Don Johnson	57		4. Amy Hessler 1
14. Joe Duncan	42		
15. Don Leake	34		WALKERS:
16. Dennis Blossom	30	Open:	
17. Leonard Busen	21	1. Augie Hirt 48	
18. Jeff Rea	18	2. Dave Leuthold 31	
19. Doug Duncan	16	3. Leonard Busen 23	
20. Truman Storvick	14	4. Charles Geiss 19	
21. John Leuthold	14	5. Al Schrik 14	
22. Dick Luecke	12	6. Jim Fields 9	
23. Jim Breitenbucher	10	7. Rob Spier 7	
24. Jim Fields	8	8. John Leuthold 5	
25. Janet Leuthold	8	9. Joyce Schulte 4	
26. Jay Blossom	8	10. Janet Leuthold 3	
27. Dave Schulte	7	11. Steve Spier 3	
28. Dick Sallee	5	12. Lanny Endicott 1	
29. Dave Leuthold	4		15 & Under
30. Joan Hirt	3		1. Janet Leuthold 3
31. Betsy Lamar	2		2. John Leuthold 3
32. Jeff Kilburn	2		3. Steve Spier 2
33. Amy Hessler	2		
34. Scott Sallee	1		Women:
			1. Joyce Schulte 5
			2. Janet Leuthold 2
			3. Joan Hirt 1

Ben Londeree is a strong advocate of the low carbohydrate-high carbohydrate diet prior to a race. That's fine, but here is what Anne Hessler thinks of all this:

There was a young Londeree lad
Exceedingly smart and usually glad.
Chose a life devoted to glycogen depletion
And propounded it openly on ZZ's completion.

'Twas a tale of no carbohydrates
Not to mention starvation and high hunger rates.
Eat meat and eggs and not much more,
Run, Run, Run to the grocery store.

A few days of this in the average abode,
He's about to eat baby a la mode.
And the eyes of the wife, usually the model of devotion
Become quite livid with angry emotion.

The cries go out from East and West
Cookies, cakes and bread are best
Impeach Londeree, little book and all
No amnesty for home wreckers this Fall!

Or, let me put it another way:

There was a young wife
Had married for life,
"No fat," said hubby,
"I won't be tubby,
Despite marital strife."

OR

There was a young runner named Dean,
Who, his wife said, was terribly mean.
No carbo he ate,
A horrible fate
For his love's connubial scene.

But, then, there is another viewpoint:

There was an old tubby
Who was a poor hubby.
"I want fat,
Dear dingbat."
And he died all blubbly.

OR

No Carbo
Protein High
High Carbo
Protein Low
So, a swift race.
Now for you, dear wife,
Strong for Life
Is Love's embrace.

. . . And who started all this?

'Twas none other than Ben
Who had run from his den.
"Low Carbo," he hollered
But quickly was collared
By wife not so taken in.

Now, you see what you get for only a dollar--What?--you want your money back? No refunds--you're stuck. Anyway, 12 issues of the CTC newsletter only costs one dollar--send your buck to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201. So, with that, Joe and Carole Duncan and their four sons wish each of you a Merry Christmas and a Happy 1974--a year for more and better running and don't forget to appreciate your understanding wives--I hope they understand!
-----'74 will be no Bore-----

SCHEDULE OF EVENTS:

DECEMBER 29 Saturday 1:00 PM Region VIII & Ark. State AAU 15
Kilo Championship Runs Burns Park,
North Little Rock, Ark. Age Divisions
CONTACT: Rick Richardson 422B Sierra Madre
North Little Rock, Ark. 72118

JANUARY 5 Saturday 9:00 AM 5 Mile Run, 5 Mile Walk Cosmo Park
Course Records: 26:26 Rob Leutwiler Feb. 26,
1972; 40:48 Augie Hirt Oct. 13, 1973

5 " 1:00 PM 2 Man, 6 Mile Relay alternate
miles Loose Park, Kansas City, Mo.

13 Sunday 2:00 PM 3 Man, 6 Mile Relay alternate
2 miles Loose Park, Kansas City

19 Saturday 9:00 AM 20 Kilo Run, 20 Kilo Walk Cosmo
Park Record: 1:10:25 Loren Moes 3-3-73

20 Sunday 2:00 PM 3 Mile Run Loose Park Kansas City

27 " 2:00PM 2 Man, 6 Mile Relay alternate miles
Loose Park Kansas City

FEBRUARY 2 Saturday 10:30 AM Region VIII & Ark. State AAU
"Groundhog Day" Marathon One
of Don Granberg's favorites.

The 1974 schedule is attached--we have changed several of the Sunday afternoon races to Saturday afternoon since gasoline cannot be purchased on Sunday. Be sure to check the time for Saturday races--it won't always be 9:00 AM. We have left a few more gaps in our schedule this year--we have 35 events instead of 39. Hopefully this will encourage more participation in out of town races--and also alleviate some of the problems of "over-racing."

A LATE NOTE FROM ARNE RICHARDS re some indoor events preceding the K-State-Wichita State dual meet at about 6:30 PM on Jan. 31 (Thursday): Open 440, no age limits; Masters & joggers 440--must be 30 or older or unable to break 65 secs.; Masters Mile (30 or older or joggers unable to break 5:40) --- also an open mile to be run concurrently.

Richards also mentions that over the holidays he will be competing in Australia, New Zealand & Hawaii with the U.S. Masters International Team.

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