

COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 6

June 28, 1973

FRED BINGGELI SETS MVA AU RECORD IN ONE HOUR RUN

June 16, 1973:

		Mile Splits:				1	2	3	11
		4	5	6	7	8	9	10	11
1. Fred Binggeli	21	11 Miles, 155 yards				5:05	10:22	15:44	
Fulton, Mo.		21:12	26:50	32:25	37:53	43:28	49:01	54:21	59:37
2. Dennis Stewart	24	10 Miles, 585 yards				5:03	10:21	15:50	
CTC		21:35	27:24	33:21	39:28	45:38	51:55	58:10	
3. Ken Geest	20	10 Miles 486 yards				5:44	11:35	17:36	
K.C. North Stars		23:28	29:15	35:07	40:53	46:46	52:37	58:30	
4. Paul Rice	20	10 Miles, 381 yards				5:28	11:05	16:46	
Westminster College		22:26	28:20	34:30	40:53	46:58	53:22	59:00	
5. Ben Londeree	38	10 Miles, 27 yards				5:50	11:45	17:46	
CTC		23:47	29:47	35:48	41:54	48:00	54:06	59:52	
6. Alan Grimm	25	10 Miles, 21 yards				5:55	11:53	18:01	
St. Louis		24:04	29:59	35:58	42:01	48:08	54:11	59:54	
7. Roger Fulton	17	10 Miles, 1 yard				5:41	11:27	17:22	
Marissa, Ill.		23:24	29:31	35:37	41:46	47:58	54:06	59:59	
8. Mike Chippendale	33	9 Miles, 1190 yards				6:15	12:31	18:48	
CTC		25:10	31:28	37:35	43:46	50:04	56:12		
9. Tom Kilburn	28	9 Miles 1138 yards				6:15	12:32	18:49	
CTC		25:10	31:28	37:35	43:48	50:00	56:07		
10. Todd Owen	19	9 Miles, 868 yards				5:50	11:52	18:12	
KC North Stars		24:29	31:04	37:40	44:21	50:42	57:07		
11. Rex Frazer	41	9 Miles, 572 yards				5:51	11:48	18:09	
CTC		24:34	31:10	37:52	44:41	51:20	58:00		
12. John Kernan	21	9 Miles, 187 yards				5:50	11:52	18:22	
KC North Stars		25:05	31:57	38:46	45:36	52:26	59:18		
13. Hadley Grimm	30	9 Miles, 174 yards				6:15	12:30	18:49	
Macon, Mo.		25:16	31:55	38:41	45:23	52:38	59:27		
14. Greg Grinstead	20	9 Miles, 58 yards				6:15	12:38	19:12	
Ferguson, Mo.		25:51	32:28	39:11	46:00	52:55	59:50		
15. Charles Schmid	17	9 Miles, 24 yards				5:13	10:50	16:53	
Kansas City		23:59	31:35	39:04	46:14	53:50	59:51		
16. Charles Franklin	20	8 Miles, 1379 yards				6:00	12:38	19:26	
KC North Stars		26:23	33:25	40:39	48:00	55:14			
17. Augie Hirt	22	8 Miles, 1320 yards				5:41	11:27	17:22	
CTC		23:26	29:31	35:37	41:46	47:58	Out at 83/4		
18. Mark DuFresne	22	8 Miles, 840 yards				5:44	11:54	18:54	
KC North Stars		26:31	34:17	41:19	49:05	56:50			
19. Mike Chaffee	28	8 Miles, 0 yards				5:12	10:31	15:55	
Prairie Village Ks		21:27	27:07	32:54	39:21	44:52	Out		
20. Jim Fields	41	7 Miles, 1709 yards				7:23	14:44	22:05	
So. Calif. Str.		29:30	37:15	45:02	53:05				
21. Ralph Anderson	40	7 Miles, 1703 yards				7:22	14:44	22:20	
CTC		29:51	37:28	45:20	53:10				
22. Don Johnson	44	7 Miles, 1430 yards				7:24	14:45	22:21	
CTC		29:53	37:32	45:30	53:15				
23. John McCrory	21	7 Miles, 826 yards				6:47	14:40	23:09	
Columbia		31:25	39:54	48:15	56:39				
24. Dave Schulte	33	7 Miles, 618 yards				7:46	15:47	23:56	
CTC		32:22	40:55	49:19	47:24				
25. Linda Maddox	21?	7 Miles, 478 yards				8:08	16:24	24:42	
Columbia		33:10	41:34	49:53	58:05				
26. Bobby Baker	21	6 Miles, 1751 yards				6:30	14:44	23:17	
Columbia		32:03	41:13	50:53					
27. Dick Sallee	46	6 Miles, 1380 yards				8:58	18:03	26:51	
CTC		35:45	44:48	53:45					
28. Scottie Sallee	11	6 Miles, 456 yards				8:56	17:57	27:27	
CTC		37:32	47:58	57:56					

. . . Continued . . .

ONE HOUR RUN CONTINUED:

28t.	Shane Sallee	9	6 Miles, 456 yards	8:56	17:57	27:27
	CTC	37:32	47:58 57:50			
30.	Don Williams	21	5 Miles, 880 yards	5:20	11:00	16:52
	Ft. Wood	22:51	28:56 Out at 5½			
31.	Shaun Sallee	8	5 Miles, 844 yards	9:10	18:03	28:09
	CTC	41:27	55:12			
32.	Shang Sallee	8	5 Miles, 460 yards	8:55	18:03	31:19
	CTC	43:07	57:35			
33.	Jeff Brown	20	5 Miles, 0 yards	5:23	11:00	16:46
	West Plains, Mo.	22:44	29:07 Out			
34.	Jay Maddox	21?	4 Miles, 880 yards	8:08	16:24	24:42
	Columbia	33:10	Out at 4½			
	were					

Then there/two guys from KC here for a ballgame who ran--one Loveless did 3 slow miles and one Sears did 2. SECONDS OFF DT (5 yards off= 1 second) went as follows: Londeree 5, Anderson 51, Schulte 79, Stewart 83, Frazer 60, Chippendale 150 and Kilburn 227. Upper 80's, cloudy, muggy. 36 starters--I can recall the first MVAAU Hour Run we had 6 years ago--there were only 3 starters--Arne Richards (the winner), Bob Whitman and Joe Duncan. Next year we will have to go to two sections--a slow one (for those under 9 miles) and a fast one.

Fred Binggeli becomes the first MVAAU One Hour Run Champion in six years, since Carl Owczarzak had won five consecutive championships. Carl was unable to be on hand because of a stone bruise which has limited him to five mile jogs. Not only did Owczarzak lose his crown, he lost his MVAAU record of 11 miles, 35 yards set in 1970. Stewart got ahead of the big crowd at the start, but Binggeli soon went after him--they were together for the first 2½ miles with Binggeli, late of Westminster College, pulling away at that point and taking his transistor radio with him. Mike Chaffee then came on strong, passing Stewart at about 3½ miles. Chaffee, however, was having foot problems--he had to stop a couple of times, he shedded his shoes and was running barefooted most of the time. He fell behind Stewart, caught him again and was running ahead by 40 secs when he finally had to give up at 8 miles.

Rex Frazer took the Masters Trophy (over age 40)--this should help create interest in the burgeoning MVAAU Masters program--and whet Ben Londeree's appetite. Linda Maddox set a MVAAU record for women--if you gals will get your fellow runners in these races we can also have a trophy for women.

THE GREAT SANDBAGGER, ROB SPIER, RISES AGAIN--SIX MILE HANDICAP June 2:

		Elapsed Time	Actual 3 Mile	Actual 6 Miles	Secs off
1.	Rob Spier w 50	1:17:37	38:30	77:37	DT
2.	Jeff Brown West Plains	1:18:13	19:02	38:13	143
3.	Bruce Fleming Central Mo.	1:18:36	19:02	38:36	107
4.	Tom Kilburn	1:18:58	18:03	37:43	84
5.	Dave Leuthold w	1:19:20	28:00	57:20	62
6.	Rex Frazer	1:19:40	18:33	37:40	40
7.	Art Fleming	1:19:53	19:12	39:53	20
8.	Al Garverick	1:19:55	23:21	48:55	7
9.	Ben Londeree	1:20:06	18:00	36:36	5
9t.	Mike Chippendale	1:20:06	18:13	37:06	6
11.	Ralph Anderson	1:20:16	21:06	44:16	6
12.	Dennis Stewart	1:20:19	15:50	33:04*	16
13.	Joe Duncan	1:20:21	19:15	40:21	19
14.	Dave Schulte	1:22:09	24:12	53:09	21
15.	Leonard Busen w	1:22:25	30:19	60:25	129
16.	Don Johnson	1:29:51	21:20	51:51	145
					591

75°, Partially cloudy, humid, windy--as usual the hilly third mile took its toll, so that no one had enough left for the rugged sixth mile in order to run the 2nd half of the course as fast as the first half. Brown came closest, going 19:02-19:11. Rob Spier talked about his injuries, his reluctance to walk, etc., finally deciding he would stroll along at 13:00 plus pace as against his normal 10:30 or less. His Sandbagging instincts emerged strongly--he "thought" he "might" be able to do 80 minutes--so off he went--the rabbit--and for the second year in a row no one could catch him. Fair warning is hereby given--in '74, we will knowingly listen to Mr. Spier's prediction--and then adjust accordingly! Again, the picnic afterwards was most enjoyable, although the wind kind of swirled the food around.

CTC GROUP SETS RECORD IN FOUR MILE RELAY June 9, 1973:

	440	880	1320	Mile	Total Team Time
1. Columbia Track Club					
Mike Chippendale	1:16	2:28	3:45	4:57	
Ben Londeree	1:10	2:25	3:38	4:47	
Tom Kilburn	1:13	2:32	3:50	5:00	PB
Dennis Stewart	1:02	2:10	3:19	4:26	19:10
2. Fleming's Flashes					
Bruce Fleming	1:15	2:28	3:44	4:53	
Don Granberg	1:11	2:32	3:56	5:16	
Steve Beck	1:07	2:26	3:47	5:01	
Tom Hoft	1:09	2:25	3:45	5:01	20:11
3. Ft. Leonard Wood					
Don Williams	1:15	2:28	3:44	4:56	
Rex Frazer	1:17	2:38	4:01	5:23	PB
George Frazier	1:19	2:43	4:14	5:33	
Tony Alioto	1:12	2:32	3:50	5:04	20:56
4. Vaughan's Vices					
Ed Vaughan	1:24	3:00	4:46	6:31	PB
Al Garverick	1:26	3:05	4:45	6:22	PB
Don Johnson	1:24	2:53	4:21	5:41	PB
Bob Bryant walked	2:32	5:09	8:51	10:20	28:54
5. Duncan's Drags					
Joe Duncan	1:22	2:45	4:09	5:30	
Doug Duncan 12	1:42	3:28	5:12	6:48	PB
Ralph Anderson	1:30	2:59	4:29	5:49	PB
Joyce Schulte walked	2:38	5:23	8:13	10:47.1	PB
					28:54.1

PB=Personal Best

Dave Schulte did 6:37 (1:30, 3:15, 4:57, 6:37)

Upper 70's, sun shining, wind not a factor. The old record of 20:23 set by the Rothwell Heights crew (Duncan, Martin, Hicks & Londeree) went under. Fleming had his team in front at the end of Mile 1, but Londeree got his team ahead to stay in lap # 6. Quite a battle for 4th--the issue was not decided until the last yard, with the two walkers sprinting--and maybe running just a little?????

RESULTS OF THE UMC FACULTY AND STAFF 60 MILE (12 X 5 MILE) RELAY IN WHICH the MU boys accepted the challenge of the Southwest Mo. State faculty and defeated them by some 35 minutes and in which Ben Londeree had the fast time but by only 2 seconds over Mike Chippendale and 3 seconds over Dick Hessler and in which there were a lot of personal bests:

	1	2	3	4	5
1. Dean Baxter 38	6:18	12:57	19:37	26:52	32:53
2. Dick Hessler 31	5:52	11:41	17:26	23:08	28:45
3. John Roberts 48	7:15	14:37	22:12	30:00	37:47
4. Robin Lingle 31	5:48	11:48	17:41	23:34	29:10
5. Tom Kilburn 28	5:39	11:46	17:54	24:10	30:02
6. Jim Pastorett 49	6:30	13:26	20:25	27:26	34:13
7. Don Granberg 31	5:43	11:43	17:44	23:53	29:49
8. Tom Hinkley 28	6:02	12:43	19:29	26:08	32:38
9. Dick Luecke 43	6:37	13:25	20:20	27:16	33:53
10. Al Shimkunas 33	6:06	12:49	19:46	26:50	33:36
11. Ben Londeree 38	5:50	11:41	17:29	23:17	28:42
12. Mike Chippendale 34	5:32	11:17	17:05	22:57	28:44

TOTAL TEAM TIME. . . 6:20:11

ELAPSED TIME STANDINGS:

1. Ben Londeree	159
2. Dennis Stewart	153
3. Mike Chippendale	130.5
4. Dick Hessler	100.5
5. Don Granberg	82
6. Joe Duncan	77
7. Art Fleming	72
8. Tom Kilburn	58
9. Rex Frazer	46
10. Don Johnson	43
11. Ralph Anderson	41
12. Jim Fields	31
13. Dave Schulte	26
14. Leonard Busen	17

AGE 40 & OVER:

1. Frazer	26
2. Anderson	24
3. Johnson	23
4. Fields	19
5. Busen	10

15 & UNDER:

1. Doug Duncan	5
2. Sean Clark	3
3. J. Leuthold	1

WALKERS:

1. Fleming	46	7. Achen	16
2. D. Leuthold	43	8. S. Spier	12
3. Busen	42	9. Johnson	9
4. R. Spier	34	10. J. Schulte	8
5. Palmer	17		
6. Duncan	17		

ELLIOTT-BRASIOLA, SCHOOL OF THE OZARKS, WIN 2-MAN, 10 MILE RELAY June 23:

	Team Mile Splits			TEAM	Ind.	Av. Secs
	Miles 1-9			TOTAL	Total	Per lap
1. Tim Elliott	4:30	9:00	113:37		23:38	70.9
Rick Brasiola	18:30	23:24	28:04		23:48	71.4
S. of O.	32:52	37:54	42:47	47:26		
2. Tom Hoft	4:30	9:10	13:52		25:39	76.9
Charlie Evans	18:41	23:37	28:53		23:14	69.7*
Columbia	33:59	39:00	44:00	48:53		
3. Russ Stephenson	4:30	9:00	13:52		25:05	75.2
Berry Alexander	18:50	23:56	29:01		24:05	72.2
S. of O	34:12	39:20	44:18	49:10		
4. Tom Kilburn	4:52	9:38	14:33		25:14	75.7
Ben Londerree	19:32	24:35	29:34		24:07	72.3
CTC	34:34	39:34	44:32	49:21		
5. Bryce Allmon 13!!	4:53	9:54	15:00		26:16	78.8
David Cooper 16	20:09	25:19	30:33		24:29	73.4
Jeff City	35:45	40:54	45:56	50:45		
6. John Wilson	4:56	9:59	14:56		27:48	83.4
Dennis Stewart	20:04	25:32	30:40		23:30	70.5
	36:04	41:19	46:27	51:18		
7. Rex Frazer	4:48	9:52	15:03		26:15	78.7
Tony Alioto	20:24	25:49	31:10		26:18	78.9
Ft. Wood	36:35	41:59	47:25	52:33		
8. Mike Chippendale	4:58	10:20	15:57		25:36	76.8
Don Johnson	21:38	27:21	33:14		30:26	91.3
CTC	39:05	44:48	50:36	56:02		
9. Kirk Schreiber 14	5:13	10:49	16:39		29:59	89.9
Ty Jenkins 14	22:29	28:34	34:26		27:57	83.8
Jeff City	40:24	46:21	52:15	57:56		
10. Joan Hirt	5:45	11:30	17:25		33:47	101.3
Augie Hirt	23:30	29:34	35:42		25:44	77.2
CTC	41:45	47:40	53:48	59:31		
11. Dean Neal	5:29	11:19	17:30		27:44	83.2
Dave Schulte	23:42	29:57	36:01		32:11	96.5
	42:05	48:17	54:16	59:55		
12. Jim Fields	5:35	11:50	18:14		30:03	90.1
Linda Maddox	24:45	31:18	37:52		33:37	100.8
	44:32	51:04	57:30	63:40		
13. Mike Shellman 14	5:23	11:14	17:48		31:17	93.8
Rick Petty 14	24:28	31:01	37:41		32:28	97.4
Jeff City	44:12	51:05	57:41	63:45		
14. Bret Derrick 14	5:27	11:27	17:46		34:45	104.3
Dan Sullivant 14	24:10	30:39	37:39		30:04	90.2
Jeff City	44:32	51:25	58:26	64:49		
15. Doug Duncan 12	5:53	12:42	19:40		34:12	102.6
Steve Pinkerton 13	26:46	33:48	41:06		36:14	108.7
CTC	48:38	55:58	63:27	70:26		
16. Al Brown	4:30	9:00	13:45		9:08	68.5
Chris Franklin	19:14	Franklin sick and out			10:06	(8 L) 75.7
S. of O.						
17. Keith Maynard	5:45	12:25	19:50	Maynard went on to 3 M. in 28:00		
Dick Andrews		Andrews out--7 laps in 12:34 (107.7), Maynard				
		had 8 laps in 11:43 (100.4)				

Dave Leuthold used Augie Hirt's start times, doing 20 laps in 30:17(90.8)

DT went as follows: (Seconds Off total time): Stewart 10, Frazer 15, Schulte 49, Pinkerton 76, Chippendale 84.

Upper 80's for this tough, tough workout. Another big field--35 runners a lot of congestion in the relay zone--but the big crowds are lots of fun. The 3 teams from the School of the Ozarks took the lead early on leaving Hoft-Evans behind after one mile. After 3 miles, Elliott-Brasiola had the lead to themselves and gradually lengthened it. At 3½ miles Hoft-Evans moved back into second and there they stayed to the finish. The record of 45:08 remains intact--that time set by Dennis Stewart and Bill Wirtz two years ago begins to look pretty good--as does the 66.7 sec. per lap average established by Fred Binggeli.

*****DON GRANBERG WAS 6th IN THE CYCLONE MARATHON, Ames, Iowa in 3:00:11., Don's 20th Marathon. Ken Katzer won in 2:41 plus.

SCHEDULE OF EVENTS:

JULY 2 Monday 7:00 PM Runners Track Meet (440, 880, 1, 2, 2 mile relay) Quincy, Ill. Stadium

4 Wednesday 7:30 PM 5,000 Meter Run Shawnee-Mission East HS track, Kansas

7 Saturday 9:00 AM One Mile Run, 3 Mile Walk Hickman Track

7 " 1:00 PM Florissant Valley Track Meet, Florissant Valley Community College, includes a walk and a Masters Mile

9 Monday 7:00 PM One Hour Run, 30 Min. Run, 15 Min. Run (or walks) South Park, Quincy, Ill.

14 Saturday 8:00 AM MVAAU AND OPEN 15 KILOMETER RUN Meet at Cosmo Park by 7:30 AM

14 " 6:30 PM 2-Man, 10 Mile Relay (5 X 1 Mile each) K-State track, Manhattan, Kans.

14 " 6:00 PM All-Comers Masters Track Meet (30-39, 40-49, 50-59, over 60) Southwest HS, K. C, Mo.

15 Sunday 7:30 PM 3.4 Mile Run, Shawnee-Mission, Park, Kans.

16 Monday 7:00 PM 3 Mile Run South Park Quincy, Ill.

21 Saturday 7:00 AM Panther Pant (20 Kilo Run)--a Midwest "Biggie" Charleston, Ill

23 Monday 7:00 PM 1, 2, & 4 mile Cross-Country South Park

23 " 7:45 PM 6.8 Mile Run Quincy, Ill. Shawnee-Mission Park, Kansas.

28 Saturday 6:30 AM 30 Kilo Run, 20 Kilo Walk Cosmo Park

28 " ? 3,000 Meter team race on track--4 man teams, this is part of an open track meet on the K-State track, Manhattan, Kans.

28 " 6:00 PM MVAAU Masters Track Meet--Age Divisions as above Southwest HS, Kansas City, Mo.

30 Monday 7:00 PM 5 Mile Run South Park Quincy, Ill.

DESIGNATED TIME STANDINGS: No. of
Av. Secs Off Events

1. Joe Duncan	21	12*	8. Rex Frazer	72	7
2. Dennis Stewart	25	12*	9. Don Granberg	79	9
3. Ben Londeree	25	10	10. Rob Spier	91	11
4. Art Fleming	34	10	11. Tom Kilburn	92	6
5. Dave Schulte	41	12*	12. Leonard Busen	94	12*
6. Mike Chippendale	46	12*	13. Ralph Anderson	179	12
7. Dick Hessler	61	12	14. Don Johnson	203	5

BILL CLARK IN THE SALINA TRACK CLUB'S MASTER'S TRACK MEET, at age 40 & 245 pounds, won the shot put and the discus, was 2nd in the high jump (can you imagine Clark getting off the ground?) at 4-0, 4th in the 100 yard dash in 12.8 (pretty good--and the earth rumbled), and 2nd in the broad jump at 14-10 $\frac{1}{2}$ (a new depression in the flat Kansas countryside) Thank God he didn't try the Pole Vault!

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