

COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 5

May 24, 1973

OZARK TC GIRLS GO 1, 2, 3, JANET LEUTHOLD SETS 4 MVAU RECORDS IN
MISSOURI CUP 5,000 METER WALK FOR WOMEN May 6, 1973:

			1 Mi.	2	3	5,000 M.
1.	Gwen Eberle	17 Ozark TC	9:18	19:11	29:01	30:06
2.	Linda Ontko	13 " "	9:33	19:28	29:18	30:21
3.	Beth Eberle	12 " "	9:25	19:28	29:39	30:44
4.	Janet Leuthold	13 CTC	9:26	19:46	29:48	30:52
5.	Joyce Schulte	CTC	11:41	24:11	36:15	37:33

This was the first CTC Race-walking event exclusively for women--it was almost an Ozark TC intra-squad meet. However, Janet Leuthold got in there and gave the St. Louis gals a battle. And, in so doing, she captured the MVAU Women's records for 1, 2, 3 miles in addition to the 5,000 meter record...the old records were 10:01.6, 22:22, 32:53 & 33:32 respectively, the latter three were set by Brenda Whitman and the Mile record by Rhonda Tramp. Janet's training consists solely of swimming during the swim season--such as now. She competes, quite successfully, for the Columbia Swim Club.

PAUL IDE CAPTURES MEN'S PORTION OF MISSOURI CUP COMPETITION--20 KILO WALK:

	Miles	1 & 7	2 & 8	3 & 9	4 & 10	5 & 11	6 & 12	FINAL
1. Paul Ide		8:11	16:33	25:12	34:03	42:37	51:42	
Ft. Hays State		1:00:43	1:09:41	1:18:47	1:27:38	1:36:59	1:46:29	1:50:00
2. Al Schrik		9:19	19:13	28:46	38:00	47:15	56:27	
Southwest Mo.		1:05:46	1:15:04	1:24:13	1:33:14	1:41:55	1:50:45	1:54:30
3. Mark Achen		9:37	19:11	28:43	38:17	47:51	56:52	
CTC		1:06:02	1:15:10	1:24:12	1:33:55	1:44:33	1:56:09	2:00:00
4. Leonard Busen		10:10	20:25	30:22	40:03	49:39	59:11	
CTC		1:08:36	1:18:00	1:27:36	1:37:20	1:46:56	1:56:44	2:00:50
5. Dave Leuthold		9:40	19:14	28:45	38:20	47:58	57:53	
CTC		1:07:53	1:17:55	1:27:54	1:38:01	1:48:10	1:58:23	2:02:30
6. Rob Spier		10:11	20:30	30:40	40:50	50:53	61:08	
CTC		1:11:24	1:21:38	1:32:05	1:42:35	1:53:08	2:03:47	2:08:10
7. Mike Hausch		10:28	21:11	32:12	43:09	54:06	65:28	
Keokuk, Iowa		1:16:55	1:28:30	1:40:04	1:51:41	2:03:13	2:14:59	2:19:30
8. John Leuthold	8	15:04	30:50	44:15	60:26	76:55	93:28	
CTC		1:47:05	2:00:09	2:14:30	2:27:50	Out at 10 Miles		
9. Jim Breitenbucher		9:07	18:44	28:34	38:10	47:53	57:59	OUT
Keokuk, Iowa								

Mid 60's, cloudy, humid, very soft track. A month ago Ide did 1:43 plus for 20 Kilo--he was hoping for that or better in this race in which a year ago Larry Young set the American record of 1:30:10. Paul was on pace for the first six miles or so, however, he couldn't keep it up, tailing off pretty badly towards the end. Al Schrik threw in an amazing effort in his second race. Al has done some running in college, but not much. He started race-walking only two months ago. He was working on a research project regarding the laws of motion, or some such thing, and what better motion is there than the ol' race-walking waddle. Anyway this led him to Larry Young and his first race, the MVAU One Hour Walk when he did 6 ten minute miles. However, today he does 12 miles, 752 yards at about 9:10 pace--and for the last three miles he was clicking along at an 8:50 pace--thereby shaking off Mark Achen (in training now for 3 weeks) who started off slowly, then started after Schrik, got within 7 seconds at 9 miles, but no closer. 21 year old Schrik definitely has a promising future in race-walking--he has fluid, correct style and most importantly, he likes the sport.

Personal bests for Busen, Leuthold and Spier--by wide margins.

Prior to the competition, Larry Young and his Dad conducted a race-walking clinic. We certainly appreciate their help with this clinic. It was pretty well-attended and we know that almost all the walkers benefited greatly from the films, instructions and criticism. THANKS!!

The CTC Newsletter is put out monthly at a cost to you of only ONE DOLLAR per year--12 issues--what else has not gone up in price over the past 5 years? Course, maybe it isn't even worth a dollar, but we can still use the money so send your buck anyway to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201.

STAN SMITH COBBERS RECORD IN RUN-WALK PENTATHLON APRIL 28, 1973:

	Points	Total	secs	off	DT	Points	DT
1. Stan Smith	2790	162				13. Ralph Anderson 40	711 131
2. Dennis Stewart	2486	1167				14. Mike Nolan	684 --
3. Art Fleming	1780	85				15. Rex Frazer 41	676 43
4. Mike Shanahan	1577	--				16. Leonard Busen 42	672 237
5. Ben Londeree	1497	--				17. Jim Fields 41	603 --
6. Steve Beck	1479	--				18. Lee Cone 15	505 --
7. Joe Duncan	1362	28				19. Mike Chippendale	478 --
8. Dick Hessler	1222	--				20. Jack Siefkas 40	354 --
9. John Wilson	1158	--				21. Dave Schulte	206 --
10. Don Granberg	1153	--				22. Jay Maddox	94 --
11. Tom Kilburn	1140	--				23. Linda Maddox	77 --
12. Don Johnson 40	936	--				24. Doug Duncan 12	39

Temp. in the 50's, sun shining, a mild South wind--not a bad day at all. Smith and Stewart waged a fine duel with the big difference coming in the One Mile Walk where Smith had 415 more points than did Stewart. Larry Young's record was shattered by Smith--by 319 points. Stewart also got by the old record, exceeding Larry's 2471 total by 15 points--and Stewart insists he did not go out secretly at night to practice race-walking--not in Higginsville, with the School Board keeping an eye on him. Smith is from Des Moines, Iowa--one of the top walkers up there and not a bad runner.

THE RESULTS:

TWO MILE WALK:

	880	Mile	1½	2	Points	
1. Duncan	4:32	8:59	13:25	17:55	382	And Duncan takes
2. Smith	4:28	9:00	13:33	18:02	361	the early lead--
3. Fleming	4:28	9:00	13:36	18:04	356	a rarity that is--
4. Shanahan	4:18	9:59	13:36	18:17	323	seldom does he ever
5. Stewart	4:32	9:12	13:49	18:27	295	lead anything.
6. Busen	4:48	9:17	14:48	19:45	180	Smith obviously is
7. Siefkas	5:30	11:18	16:47	21:52	48	holding back--this
8. Johnson	5:30	11:18	16:48	21:53	43	is where he could
9. Frazer	5:23	11:05	16:45	22:23	12	get many more points
10. Anderson	5:30	11:18	16:58	22:29	6	if he decides to
11. Cone	5:28	11:12	16:32	22:38	0	try to beat his
All the others	DNF					record. Two years

ago, when Stewart set the old, old record of 2170 points, he had only 62 points in this event and none in the mile walk. Last year Young had 14:22 and a fat 882 points--so Smith is 521 points behind.

880 YARD RUN:

	440	880	Points			
1. Stewart	60	2:01.9	716	12. Johnson	77	2:32 312
2. Smith	64	2:04.8	668	13. Duncan	74	2:35 281
3. Londeree	62	2:08.5	611	14. Anderson	81	2:39 240
4. Beck	64	2:12	560	15. Frazer	80	2:39.5 236
5. Fleming	70	2:17	491	16. Cone	75	2:40 231
6. Chippendale	65	2:18	478	17. Fields	84	2:46 175
7. Hessler	71	2:19	465	18. Siefkas	79	2:49 148
8. Kilburn	70	2:22.1	426	19. Busen	83	2:49.5 144
9. Wilson	70	2:22.8	417	20. Schulte	83	2:53 114
10. Granberg	70	2:24	403	21. D. Duncan	81	3:02.5 39
11. Shanahan	66	2:25.2	385	22. L. Maddox	84	3:03 36

Nolan and J. Maddox not in this one. In 1972 Young had 2:26.2 and 366 points, so Smith has gained 302 and is only 209 behind the record pace. Smith also takes the lead with 1029 points, Stewart having 1011. They are both way ahead of Fleming in 3rd with 847 points.

ONE MILE WALK:

	440	880	1320	Mile	Points	
1. Smith	1:49	3:40	5:34	7:33.0	543	This is the only
2. Fleming	2:14	4:32	6:49	8:57	192	event Smith wins, but
3. Duncan	2:20	4:36	6:51	8:57.5	191	he throws in an excel-
4. Fields	2:15	4:33	6:59	9:07	159	lent time--only 15
5. Shanahan	2:05	4:26	6:50	9:10	149	seconds slower than
6. Busen	2:20	4:40	7:00	9:14	137	Young in '72, so he
7. Stewart	2:15	4:40	7:00	9:17	128	only loses 77 points
8. Johnson	2:21	5:02	7:54	10:41	0	to Larry's 620 and is
9. Frazer	2:40	5:27	8:11	10:52	0	now 286 behind record
10. Siefkas	2:52	5:40	8:28	10:57	0	pace. Stewart picks
11. Anderson	2:46	5:39	8:33	11:21	0	up 128 crucial points,
12. Schulte	2:59	6:10	9:20	12:23	0	he is 719 behind Young
The others	DNF					with only 2 events to

go, but they are runs.

WALK-RUN PENTATHLON CONTINUED:

TWO MILE RUN:

	880	Mile	1½	2	Points	
1. Stewart	2:22	4:52	7:29	9:59.8	703	In '72 Young had
2. Smith	2:27	4:59	7:32	10:02.5	695	11:00, worth 527
3. Londeree	2:37	5:17	8:03	10:45	568	points. Smith ex-
4. Beck	2:43	5:32	8:26	11:09	504	ceeds that by 168
5. Granberg	2:44	5:33	8:26	11:12	496	points so that he
6. Frazer	2:51	5:50	8:48	11:41	428	only needs to gain
7. Hessler	2:56	5:49	8:48	11:52	399	119 points to set
8. Wilson	2:56	5:58	9:05	11:56	390	a new record--and
9. Kilburn	3:03	6:07	9:11	12:05	370	that should be easy
10. Fleming	3:02	6:06	9:07	12:08.6	362	as long as Smith
11. Duncan	3:07	6:18	9:27	12:29	319	stays on his feet
12. Johnson	3:00	6:15	9:29	12:31	315	in the 220 Yd. dash
13. Nolan	3:03	6:20	9:39	12:47	283	Young poked along
14. Fields	3:07	6:19	9:39	12:54	269	in 32.4 for only
15. Cone	3:12	6:27	9:56	13:17	223	76 points in the
16. Anderson	3:12	6:36	10:07	13:19	223	220 (no he didn't
17. Busen	3:28	6:55	10:19	13:28	207	race-walk it)--
18. Shanahan	3:10	6:30	9:59	13:29	205	all Smith needs is
19. Maddox	3:37	7:25	11:23	14:37	94	30.0 or better.
20. Schulte	3:38	7:22	11:04	14:38	92	Stewart is too far
21. Siefkas	3:24	7:10	11:05	14:48	77	behind Smith but he
22. L. Maddox	3:37	7:25	11:23	15:14	41	has a chance to
						break Young's record
						if he can do 24.1
						or better.

220 YARD DASH:

		Points			
1. Stewart	24.0	644	11. Johnson	29.0	266
2. Smith	25.4	523	12. Granberg	29.2	254
3. Shanahan	25.5	515	13. Anderson	29.4	242
4. Beck	26.8	415	14. Duncan	30.3	188
5. Nolan	27.0	401	15. Siefkas	32.3	81
6. Fleming	27.3	379	16. Cone	32.9	51
7. Hessler	27.6	358	17. Schulte	33.2	37
8. Wilson	27.7	351	18. Busen	33.9	4
9. Granberg	29.2	254	19. Frazer	35.0	0
10. Londeree	28.2	318			6th year we have
					had it.

DON WILLIAMS OF FORT WOOD WINS 12 MILE RUN May 19, 1973:

		6	12	secs off DT
1. Don Williams		36:09	1:12:38.6	---
2. Dick Hessler		36:22	1:13:27	193
3. Ben Londeree		36:09	1:13:35	---
4. Don Granberg		38:56	1:18:07	173
4½. Mike Chippendale		39:12	1:18:07	293
6. Rex Frazer		38:11	1:20:09	309
7. Joe Duncan		41:39	1:24:08	128
8. Tom Kilburn		41:40	1:25:09	69
9. Jim Robinson Raytown, Mo.		41:39	1:25:11	---
10. Hardy Menees St. Louis Y		42:56	1:28:53	---
11. Leonard Busen		46:44	1:33:32	212
12. Ralph Anderson		45:07	1:33:56	236

Mid 60's, following a brief thunderstorm, cloudy, humid. Everybody way off on their predictions. Williams is in a MP Co. at Ft. Wood--originally from Pittsburgh, Pa. Londeree had the lead until shortly before 5 miles. Frazer stayed with him for the first 3 or so, but the pace was too much for the Lt. Col. This was his longest race. Also the longest for Chippendale and Kilburn. A personal best for Hessler--by 8 minutes! Mark Achen was the only walker doing the 12 in 2:03:06, not one of his better days.

DAVE LEUTHOLD HAS GIVEN ME A SKETCHY REPORT ON THE SENIOR NATIONAL 50 Kilo Walk held in Des Moines, Iowa on May 20. First of all Dave walked 35 Kilo before calling it a day. With the hot sun, modest training and all, Dave wasn't really ready for 50, but he was satisfied with his performance for the 35, especially over the first 20 kilo. Winner was Bill Weigle with 4:23 (maybe 4:28), 2nd was John Knifton, 3rd Ron Laird, 4th Jerry Brown and 5th Floyd Godwin. There were 36 starters and 27 finishers. Augie Hirt finished 7th, raising a few eyebrows and Al Schrik raised even more eyebrows by finishing 11th, barely beaten out by Ron Daniel. Al's time was under 5 Hours--a time hardly ever approached by a beginner.

DESIGNATED TIME STANDINGS:			No. of
	Av Secs off		Events
1. Joe Duncan	26	12*	
2. Ben Londeree	29	8	
3. Art Fleming	37	9	
4. Dennis Stewart	43	12	
5. Dave Schulte	47	12	
6. Dick Hessler	61	12	
7. Tom Kilburn	66	4	
8. Mike Chippendale	73	12	

9. Darrell Palmer	74	4
10. Don Granberg	79	9
11. Rob Spier	85	10
12. Leonard Busen	100	12*
13. Rex Frazer	102	4
14. Don Johnson	106	4
15. Ralph Anderson	208	10

The averages will improve greatly by next time since those with 12 events can throw out their bad ones.

ELAPSED TIME STANDINGS:	
Runners	Points
1. Londeree	122
2. Stewart	112
3. Hessler	100.5
4. Chippendale	98.5
5. Granberg	75
6. Duncan	68
7. Fleming	67
8. Anderson	31
9. Johnson	31
10. Kilburn	29
11. Frazer	21
12. Fields	21
13. Schulte	19
14. Busen	17

AGE 40 & OVER:

1. Anderson	18
2. Johnson	17
3. Fields	12
4. Frazer	11
5. Busen	10

AGE 15 & UNDER

1. Sean Clark	3
2. Doug Duncan	3
3. Janet Leuthold	1

WALKERS:

1. Fleming	46
2. D. Leuthold	40
3. Busen	40
4. R. Spier	33
5. Palmer	17
6. Duncan	17
7. Achen	16
8. S. Spier	12
9. Johnson	9
10. J. Schulte	8
11. J. Leuthold	7
12. D. Schulte	5

Remember, participation is the real factor as to how well you do on both DT & ET--when you can start throwing out bad predictions your DT average will improve rapidly. You are assured of at least 1 point for just finishing a race. With some 15 events to go there is plenty of time for big improvements.

----IMPORTANT NOTICE ON THE JUNE 2nd PICNIC----

The 2nd Annual CTC Picnic (and Great Sandbagger Award--Rob Spier defending champion) will be on Saturday June 2 following the Six Mile Handicap Run (Walk). Burford Shelter House is reserved from 10:00 AM to 2:00 PM. We should plan to start eating around 11:00 or 11:30. Each family is asked to bring one meat dish AND one vegetable, salad OR dessert. CTC will furnish soft drinks. Single runners--without families-- need not bring any food, however they are to pay \$1.00. We hope for a large turnout, both for the run and the picnic--this is a real fun event--one of our rare opportunities for a lot of visiting. If you can't make the run, you should still come for the picnic.

MY APOLOGIES TO 3½ YEAR OLD PETER HESSLER--in the last newsletter when I mentioned the birth of his little sister, I said that this made 3 daughters for the Hesslers--I was wrong and Pete has let me know quite clearly that I was wrong and that he is very much a boy--Sorry!, Pete.

WHITNEY HICKS TOOK OFF FOR CALIFORNIA LAST AUGUST ON A YEAR'S LEAVE AND no one has heard from him since--until I made what he calls various "demeaning" comments as to his Age Group Record for the 2 Mile Run. Sure enough, those comments stirred Whitney to action--he quickly shot off a card to the editor suggesting that his ego was not at all deflated pointing out that 36 was a difficult age and he allowed as to how he had proven that by running 13 seconds faster shortly after turning 37. Whitney went on to say that he hasn't run for several months. So, the soft California life has corrupted our wandering economist. I hope he gets back to CTC land before it's too late to shape him up again.

I am a stranger here in Gloucestershire
These high wild hills and rough uneven ways
Draw out our miles and make them wearisome.

. . . Shakespeare Richard II

And this is fair warning for those who try our hills for the first time.

SCHEDULE OF EVENTS:

JUNE 2 Saturday 9:00 AM 6 Mile Handicap run or Walk Cosmo
Park Picnic Afterwards RECORDS: For
the run: 32:43 Bill Wirtz May 23, 1971
For the Walk: 45:16 Larry Young 2-7-71

2 Saturday 9:00 AM-Noon Meet of Miles 17 Age Group One
Mile Runs South Park Quincy, Ill

3 Sunday 7:00 AM Cyclone Country Marathon River Valley
Park Ames, Iowa CONTACT: Karl Larson 2721 Luther
Dr. Ames, Iowa

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

9 Saturday 9:00 AM 4 Mile Relay Hickman Track (4 runners
to a team--each runs a mile) Teams can be made up
at the time of the race--or bring your own arrange-
ment. RECORD: Rothwell Heights Neighbors--20:28

9 & 23 Saturdays 1:00 PM Both Dates Florissant Valley Track
Meets, Florissant Valley Community College

11 Monday 7:00 PM 1, 2, 4 Mile Cross-Country Runs
South Park Quincy, Ill.

16 Saturday 7:30 PM MISSOURI VALLEY AAU & OPEN ONE HOUR
CHAMPIONSHIP RUN Hickman Track

16 " 5:00 PM 4 Mile Run, 4 Mile Walk Cardinal
Stritch H.S. Keokuk, Iowa

18 Monday 7:00 PM 5 Mile Run South Park Quincy, ILL

23 Saturday 7:30 PM 2-Man, 10 Mile Relay Alternate 440's
Hickman Track RECORD: 45:08 Dennis Stewart
& Bill Wirtz June 12, 1971

25 Monday 7:00 PM 5 Mile Relay South Park Quincy, Ill.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 15 KILO RUN
1973 ENTRY BLANK

TIME: Saturday, July 14, 1973 8:00 a.m.

PLACE: Cosmo Park (meet at Burford Shelter House) Columbia, Missouri,
Cosmo Park is located on the north side of I-70, off the Stadium
Boulevard exit. Be there by 7:30 a.m. for transportation to
the starting line.

THE COURSE: An AAU certified road course. Start on Route ZZ, then to Stadium
Blvd., then to West Broadway to ZZ, then finish in Cosmo Park.
5,000 meter splits will be recorded.

ENTRY FEE: \$1.00 Post entries will be accepted.

AWARDS: Trophies to first 6 finishers, trophy to first over-age 40
finisher, certificates to all finishers, MVAAU medals to first
3 MVAAU finishers.

MVAAU RECORD: 51:09.0, Carl Owczarak, July 18, 1970 (on the track)

COURSE RECORD: 50:26.5, Charles McMullen, July 15, 1972

In consideration of your acceptance of this entry, I intending to be legally
bound, hereby, for myself, my heirs and assigness, 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 of the Columbia Track Club for all injuries
suffered by me at said race.

PRINT NAME _____ AAU NO. _____ AAU
ASSN. _____

SIGNATURE _____ BIRTH DATE _____ HT. _____ WT. _____

ADDRESS _____

SCHOOL OR CLUB _____

NAME AND ADDRESS OF HOMETOWN NEWSPAPERS. _____

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. THIS RACE IS SANCTIONED
BY THE MISSOURI VALLEY AAU.

Return to: Joe Duncan
4004 Defoe Drive
Columbia, Mo. 65201