

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. V, No. 10

October 18, 1973

SHAUL LADANY, CHUCK HUNTER & JOHN MARKON JOIN CENTURION CLUB Oct. 6&7:  
JOHN ARGO DOES IT FOR THE SECOND TIME:

5	10	15	20	25
30	35	40	45	50
55	60	65	70	75
80	85	90	95	100

1. Shaul Ladany 37 55:10 1:51:15 2:41:00 3:39:45 4:39:40  
Tel Aviv, Israel 5:30:10 6:26:42 7:23:50 8:21:24 9:19:11  
100 Miles 10:17:00 11:15:25 12:16:35 13:17:20 14:20:55  
15:25:25 16:35:30 17:37:45 18:42:45 19:38:26

2. Chuck Hunter 31 56:15 1:57:00 2:59:13 4:02:10 5:06:00  
Longmont, Colo. 6:10:24 7:14:48 8:17:35 9:25:00 10:28:04  
100 Miles 11:35:21 12:41:50 13:43:35 14:49:50 15:55:35  
16:57:15 18:01:45 19:06:40 20:12:50 21:17:33

3. John Markon 44 57:47 1:54:43 2:56:00 4:01:50 5:05:25  
Bronx, N.Y. 6:12:20 7:23:45 8:31:20 9:37:20 10:42:50  
100 Miles 11:47:05 12:53:25 14:01:30 15:12:10 16:28:30  
17:34:40 18:36:48 19:45:25 20:55:50 21:57:40

4. John Argo 59 57:21 1:52:45 2:55:06 3:54:40 4:58:55  
Mattawa, Ontario 6:00:52 7:02:45 8:05:45 9:06:50 10:14:30  
100 Miles 11:43:06 12:56:40 14:18:55 15:39:15 17:06:00  
18:22:55 19:44:45 20:52:45 22:09:50 23:18:46

5. Larry O'Neil 66 56:57 1:54:00 2:51:00 3:49:22 4:46:50  
Kalispell, Mont. 5:47:05 6:48:04 7:48:20 8:50:13 9:52:48  
88 Miles 10:54:54 11:59:24 13:05:10 14:11:43 15:21:40  
19:16:45 16:46:00 18:18:37

6. Leonard Busen 43 1:07:35 2:17:30 3:27:40 4:43:04 5:58:52  
Mehlville, Mo. 7:13:45 8:17:35 9:26:45 10:39:40 11:58:45  
78½ Miles 13:19:59 19:01:00 20:13:00 21:32:30 22:59:20  
24 Hrs. 1:01:00 2:00:30 3:00:30 4:00:35 5:01:55  
7. Bob Chapin 41 6:11:45 7:29:30 8:37:30 9:55:00 11:11:30  
Independence, Mo. 12:48:28 14:07:10 15:17:45 18:37:10 19:48:40  
77 Miles 20:26:45

8. Dave Leuthold 40 59:00 1:56:50 2:58:19 4:06:30 5:13:10  
CTC 6:19:20 7:36:40 8:42:30 9:53:00 11:04:00  
75 Miles 12:25:00 13:40:30 15:04:00 16:29:25 18:31:00

9. Stan Smith 25 57:56 1:59:50 2:58:40 4:01:50 5:13:05  
Des Moines, Ia. 6:18:59 7:27:35 8:33:40 9:50:08 10:53:30  
75 Miles 14:18:09 15:33:15 16:54:45 18:19:35 19:35:10

10. Al Schrik 22 1:08:35 2:18:00 3:22:00 4:31:30 5:37:00  
Independence, Mo. 6:45:10 7:54:10 9:09:30 10:31:40 11:56:49  
75 Miles 14:03:00 16:36:30 18:29:28 19:46:25 21:23:50

11. Bob Gragg 48 59:15 2:00:00 3:01:00 4:14:45 5:28:30  
Shawnee, Mission, Ks 7:45:30 9:48:19 11:21:05 13:03:10 14:18:45  
66 Miles, 21:03:50 17:13:15 18:43:05 20:32:20

12. Augie Hirt 22 57:45 1:54:00 2:51:00 3:54:00 4:55:20  
CTC 5:59:26 7:01:25 8:02:50 9:10:00 10:17:18  
57¼ Miles, 11:59:57 11:21:15

13. Jim Breitenbucher 20 58:00 1:57:00 2:56:00 7:08:54 8:18:15  
Columbia College 9:23:00 10:39:32 12:13:44 13:43:00 14:56:50  
52¼ Miles, 16:09:45

14. Ben Knoppe 30 1:00:45 2:01:30 3:02:39 4:04:20 5:08:24  
St. Louis, Mo. 6:33:15 7:33:24 8:32:00 9:58:54 10:01:03  
50½ Miles, 12:05:00

15. Carl McCoun 26 1:05:00 2:14:30 3:24:45 4:38:50 5:55:00  
Great Falls, Mont. 7:05:37 8:20:35 9:39:22 11:14:25 12:29:57  
50½ Miles, 19:05:59

16. Charles Ward 47 1:09:30 2:14:33 3:24:45 4:38:45 5:55:00  
Independence, Mo. 7:44:25 18:23:10 19:45:05 21:02:20 22:14:15  
50½ Miles, 22:20:18

17. Tom Wilson 14 1:04:00 2:20:53 3:40:00 5:04:30 6:34:20  
Columbia 8:08:30 9:59:04 11:44:45 13:43:10 15:06:10  
50¼ Miles, 15:13:00

18. John Polk 17 1:07:30 2:19:00 3:32:45 4:39:35 6:02:08  
Columbia 7:13:23 8:21:50 9:28:55 11:12:15 12:51:20

19. Albert Van Dyke 48 55:00 1:50:10 2:49:05 4:04:20 5:18:15  
Jefferson City 7:22:00 8:36:20 10:04:02 12:44:35 13:55:55  
20. Ed Killin 12 1:06:00 2:21:35 3:41:30 5:05:20 6:54:00  
Des Moines, Ia. 8:15:00 10:17:45 13:47:50 15:23:45 18:31:55

100 MILE WALK CONTINUED:

21.	Dan Engleman Columbia	15	1:08:25 8:48:00	2:25:30 11:07:00	3:49:00 13:22:15	5:30:15 16:00:40	7:03:15 18:51:15
22.	Ferenc Gyulafia Less Summit, Mo.	26	1:07:00 9:120:30	2:14:00 14:13:30	3:24:10 15:45:10	5:24:06 18:01:45	7:49:00 19:27:10
23.	Paul Schofer Columbia	13	1:22:15 10:13:05	2:53:21 12:41:10	4:44:20 14:50:45	6:30:27 17:07:45	7:44:30 19:46:00
24.	Mary Ellen Sooley Grandview, Mo.		161:07:50 8:59:10	2:28:45 15:18:00	3:55:20 17:02:40	5:19:10 18:59:40	6:59:05 20:59:35
25.	John Leuthold CTC	9	1:05:30 10:47:30	2:22:40 12:43:30	3:52:30 14:55:40	6:28:55 19:15:40	8:01:50 21:01:45
26.	Steve Decker Columbia	15	1:07:45 8:59:19	2:21:16 15:44:00	3:54:15 17:51:00	5:20:00 19:49:00	7:15:25 21:49:20
27.	Todd Crimmins Columbia	13	1:07:35 15:24:30	2:44:47 17:31:25	4:28:20 19:37:00	5:58:30 21:21:40	8:42:50 23:11:42
28.	Lance Patterson Columbia	12	1:03:10 8:49:00	2:36:00 17:46:30	3:50:00 19:29:55	5:15:38 21:21:40	7:07:40 23:19:32
29.	Charles Geiss CTC	33	1:00:00 6:34:45	2:04:35 7:49:50	3:12:07 9:11:00	4:17:04 40½ in 9:20:00	5:25:40
30.	Brad Foy Lees Summit, Mo.	13	1:20:25 9:59:40	2:43:00 13:20:10	4:06:32 18:01:40	5:18:35 40½ in 18:09:40	7:27:50
31.	Parker Foy Lees Summit, Mo.	12	1:20:25 10:28:44	2:43:00 16:36:30	4:06:32 38 in 18:01:45	5:18:35	7:27:50
32.	Betsy Colwill Columbia	15	1:13:32 9:06:12	2:39:00 15:49:08	4:05:49 37½ in 16:32:30	5:50:52	7:07:40
33.	Janet Leuthold CTC	13	1:07:45 18:33:10	2:22:30 19:46:00	3:40:00	5:07:00	6:22:05
34.	Mark Lambertti Columbia	12	1:13:25 21:27:05	2:39:20 23:51:55	4:56:45	6:51:50	9:38:03
35.	Clint Dunathan Columbia	15	1:01:12 7:57:20	2:11:09	2:25:45	4:44:30	6:10:50
36.	William Taft CTC	57	1:13:45 8:50:00	2:47:32	4:14:45	5:53:15	7:16:17
37.	Jim Barnhart Columbia	20	1:05:30 28½ in 8:30:40	2:13:45 2:25:30	3:33:00	5:05:35	6:54:30
38.	Greg Waide Columbia	13	1:06:00 27 in 9:01:30	2:25:30	3:58:07	5:47:04	8:25:25
39.	Mike Behmyer Columbia	11	1:12:20 27 in 10:38:50	2:51:55	4:45:37	6:48:00	9:49:43
40.	Peter Crimmins Columbia	9	1:05:10 25½ in 8:04:13	2:44:59	4:20:20	6:26:00	21:27:24
41.	Steve Schofer Columbia	17	1:10:30 25½ in 8:04:13	2:28:00	3:56:00	5:32:15	7:58:38
42.	Dan Chapel Columbia	16	1:15:35 25½ in 8:06:50	2:45:18	4:16:55	5:50:00	7:44:30
43.	Peter Engleman Columbia	13	1:23:00 25½ in 9:30:28	3:07:45	4:44:10	6:30:20	9:21:27
44.	Karen Austin Columbia	12	1:15:00 25½ in 10:16:12	2:44:30	4:35:20	7:11:55	10:08:48
45.	Don Simms CTC	32	1:18:30 25½ in 14:04:15	2:37:00	4:12:00	11:14:00	13:59:59
46.	Dave Wilson	13	1:33:15	3:17:20	4:49:35	6:22:24	8:05:30
47.	Tim Crimmins	17	1:04:45	2:18:00	4:15:45	6:03:00	8:07:00
48.	Steve Spier	14	1:04:45	2:12:30	3:37:30	20:38:45	23½
49.	Joan Harbourt	15	1:15:15	2:57:30	4:45:27	8:25:55	22
50.	Art Fleming	30	1:01:30	2:00:30	3:00:30	4:00:35	20½
51.	Pamela Simms	26	1:07:20	2:38:06	4:34:40	6:21:24	
52.	Anne Crimmins	15	1:24:07	2:55:28	5:05:20	7:10:45	
53.	Jon Ward	9	1:10:00	4:53:00	17:38:17	15½	
54.	Jim Fields	42	50:13	1:45:34	2:41:10	17 in 3:04:55	
55.	Larry Young	30	50:45	6½ in 1:03:00			

Alice: "Will you tell me, please, which way I ought to go from here?"

Cat: "That depends a good deal on where you want to get to."

Alice: "I don't much care where--"

Cat: "Then it doesn't matter which way you go."

Alice: "--so long as I get somewhere."

Cat: "Oh you're sure to do that if you only walk long enough."

4 walkers walked long enough in the 7th annual edition of the National 100 Mile Walk but we can't really say that they got anywhere. Ladany, Hunter & Markon did walk themselves into membership of the Centurion Club of America. John Argo for the third time did 100 Miles within 24 hours having done it here in 1970 and in England in 1971. 4 hours of rain Sat. PM was messy, but kept it cool--much better than the 90 heat of '72. 5 of the 6 living centurions were here. Larry Young a token appearance only. Knoppe & McCoun had not done any recent serious walking--Knoppe had a fairly involved leg operation a few months ago. McCoun overweight & discovered that 100 miles requires top-notch physical conditioning--it isn't all mental. Larry O'Neil put in a valiant effort for 88 miles--his last 20 or so were painful. Over the past month he had been bitten by a Great Dane, stung on his foot in at least 33 places by yellow hornets and had incurred a groin injury which proved to be his undoing.

SHAUL LADANY--Centurion #10--has won more super long distance walks over the past few years than anyone in the world. Here in 1967 for the first 100 Miler, he did 50 miles on a hot day & I'm sure that ever since he has wanted another crack at the 100. A Professor at Tel Aviv U. in "Operations Research"--Math & statistics in Business. Has a solid background of distance walking: 5 50 Mile U.S. Eastern titles, each time with a new record with a world record of 7:23:50 in '72. In '72 he won the 100 Kilo World Championship, Lugano, Switzerland. Sept. 7, 1973 won his 3rd London-Brighton walk (52½ miles). On two Israeli Olympic teams. As an Israeli reserve officer he almost got taken away to help fight the current Mideast war, he's back home and we hope safe & sound. CHUCK HUNTER--Centurion #11--an air traffic controller, represents the Colorado TC. A former runner, fairly new to race-walking. A really strong walker and gutsy; started with a limp (arthritis knees), smoothed out, but never really seemed relaxed. Last 16 miles had side pains. Had tuned up with a 50 Kilo race on Sept 1 in 5:34:05 and 3:35:27 in the Sr. Nat. 35 Kilo in Seattle.

JOHN MARKON--Centurion #12--back after his 75 mile go in '72 when the early heat set him back. An Industrial Education teacher, track & C/C coach. 6'4", a very smooth, relaxed style, practically expressionless until he smiled with a mile to go. Represents the Long Island AC. JOHN ARGO did it again. The snowshoe and canoe racer from the far North overcame back problems to beat his previous time by 4 mins. Over the years has had a lot of neck & back injuries from working in the "bush." Doctor told him not to do the 100 miler, but he did it anyway. FOR CTC, LEONARD BUSEN & DAVE LEUTHOLD bettered previous performances (Dave by 20 miles). John Leuthold became the youngest walker ever to win a 50 mile trophy.

Once again it was apparent that to do 100 miles within 24 hours one has to keep moving. Of the 9 living centurions only Argo has stopped for as long as 15 or 20 mins. and he has done that only to get relief for his back. CHRIS CIEGG (Centurion #7), by the way, was absent only because he was in Australia for their 100 mile walk. In that race only Fred Redman, age 62!, did the 100. Chris did 86½ miles in 20:04:00 to take 2nd. Only one other walker did over 50 miles--the walkers had extreme heat and strong northerly winds, lots of dust. Back to our walk! Team trophy went to the Orange team--Markon, Ladany & O'Neil--288 miles. 2. Green Team--Argo, Vandylke & Schrik--225 Miles. 3. White Team--Chapin, Gragg & Gyulafia--193½ miles. 4. Gold Team--McCoun, Busen & P. Schofer--178½ miles. 5. Blue Team--Breitenbucher, Smith & Killin--177½ miles; 6. Red Team--Leuthold, Leuthold & Leuthold--160 miles.

MANY, MANY THANKS to all who helped make this another success...I haven't space to mention you by name--there were about 40 of you who helped--the Spiers, Leutholds, Marge Meredith were the ringleaders. THANKS!!!

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FIVE MILE ROAD RACE TO STEWART; THE WALK TO AUGIE HIRT October, 13:

1. Dennis Stewart	3	5	DT	10. David Stern	--	31:58. 62
2. Dean Neal	16:38	27:51PB	4	11. Don Leake	19:47	33:22 22
3. Ben Londeree	16:58	28:22	8	12. Joe Duncan	20:08	33:42 32
4. Tom Kilburn	17:22	28:47PB13		13. Don Johnson	45 20:09	34:16 --
5. Don Granberg	17:23	28:50PB40		14. Leonard Busen	4223:42	39:29 119
6. Rex Frazer	17:50	29:57PB33		15. Doug Duncan	12 24:30	40:16 --
7. Tom Hinckley	17:51	30:14 29		16. John Leuthold	9 --	40:48 552
8. Whitney Hicks	18:03	30:28 92		17. Janet Leuthold	13--	42:35 350
9. Lanny Endicott	--	31:05 70		18. Jeff Rea	22:44	42:42 --
	18:35	31:27 --				

THE FIVE MILE WALK: 1. Augie Hirt 40:48, 72 secs off DT; 2. Charles Geiss 46:59 (61 secs off); 3. Dave Leuthold 47:20  
4. Rob Spier 1:04:57 (153 secs. off) beginning a comeback after a siege of back trouble.



STEWART OPENS NEW SEASON WITH VICTORY IN ONE MILE RUN      Sept. 15, 1973:

	440	880	1	1320	MILE
1. Dennis Stewart	1:07	2:15	3:22	4:27.1	
2. Ben Londeree	1:09	2:23	3:37	4:47.9	
3. Dean Neal	1:10	2:24	3:39	4:49.6	
4. Tom Kilburn	1:12	2:28	3:43	4:50	
5. Dick Hessler	1:14	2:27	3:44	4:57.1	
6. Sandy Lawrence	1:15	2:26	3:46	5:04	
7. Tom Hinkleley	1:13	2:32	3:55	5:13.6	
8. Don Granberg	1:14	2:32	3:55	5:16.7	
9. Don Johnson	1:14	2:36	3:58	5:17	
10. David Stern	1:14	2:38	4:01	5:18	
11. Rex Frazer	1:15	2:35	3:58	5:20	
12. Whitney Hicks	1:16	2:37	3:59	5:21	
13. Lanny Endicott	1:22	2:45	4:06	5:22	
14. Dick Moe	1:15	2:43	4:25	5:33	
15. Tom Wilson	1:23	2:49	4:21	5:46	
16. Dennis Blossom	1:19	2:53	4:33	6:04	
17. Vince Murphy	1:25	2:58	4:36	6:06	
18. Jeff Rea	1:32	3:15	4:33	6:24	
19. Linda Maddox	1:33	3:15	4:56	6:27	
20. Dave Schulte	1:42	3:32	5:24	7:09	
21. John Leuthold	1:46	3:43	5:37	7:12	
22. Duane Hombs	1:21	2:45	4:54	7:19	
23. Jay Blossom	1:48	3:44	5:40	7:28	
24. Jeff Kilburn	1:51	3:55	6:08	8:15	
25. Don Lewis	1:13	2:37	4:10	OUT	

An excellent turnout to kick off the new season. Kilburn and Hessler got personal bests that I know about--probably a few of the others also got personal bests. Johnson gets the Masers race off to a hot start by outkicking Col. Frazer and setting a Masters record for the Mile run, beating the 5:18 set by Frazer a couple of months ago. Welcome back to Whitney Hicks! Now that he is back among his running friends he will soon be whipped back into shape.

AUGIE HIRT TAKES FIVE MILE WALK, SAME DAY AS ABOVE:

	1	2	3	4	5	DT
1. Augie Hirt	7:46	15:50	24:11	32:43	40:55	--
2. Jim Breitenbucher	8:45	17:58	27:12	36:50	45:45	180
3. Dave Leuthold	8:52	17:58	27:13	36:41	46:05	--
4. Charles Geiss	9:17	19:04	28:52	38:35	48:13	47
5. Jim Fields	41	19:29	30:25	41:20	51:43	326
6. Jim Barnhart	10:23	21:33	33:02	45:11	57:26	38
7. Joyce Schulte	12:30	24:23	36:29	48:03	60:38	188
8. Dr. Wm. Taft	13:20	26:20	39:11	51:59	OUT	
9. Steve Spier	13	24:55	36:50	OUT		

Breitenbucher, from Keokuk, Iowa, is now at Columbia College--young and strong

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STEWART COMES BACK THE NEXT WEEK TO BEAT EVANS IN TWO MILE RUN Sept. 23:

	880	Mile	1½	2 Miles	DT
1. Dennis Stewart	2:23	4:47	7:16	9:44.2	2
2. Charlie Evans	2:18	4:47	7:22	9:53.3	--
3. Dean Neal	2:32	5:08	7:55	10:33.9	3
4. Tom Kilburn	2:39	5:20	8:03	10:39.2	11
5. Sandy Lawrence	2:42	5:24	8:08	10:53	67
6. Mike Chippendale	2:44	5:26	8:10	10:54.6	11
7. Don Granberg	2:41	5:29	8:24	11:12.3	7
8. Rex Frazer	2:43	5:30	8:27	11:17	7
9. Tom Hinkleley	2:58	5:49	8:28	11:18.7	22
10. Whitney Hicks	2:43	5:36	8:32	11:26	4
11. Gene Gianladis	2:40	5:32	8:37	11:35	5
12. Danny Lavin	2:40	5:38	8:46	11:40.8	5
13. David Stern	2:43	5:41	8:47	11:45.4	--
14. Lanny Endicott	2:51	5:51	8:54	11:48.7	2
15. Don Leake	3:03	6:12	9:24	12:21	21
16. John McCrory	2:46	5:51	9:18	12:30	--
17. Joe Duncan	2:52	5:56	9:17	12:31.8	47
18. Don Johnson	2:59	6:11	9:30	12:38	--
19. Dennis Blossom	3:03	6:25	9:54	13:15	15

TWO MILE RUN CONTINUED:

20. Jack Frohlichstein/ <sup>44</sup>	3:26	7:05	10:47	14:15	5
21. Doug Duncan 12	3:26	6:58	10:40	14:17	--
22. Melinda Prewitt 17 <sup>?</sup>	3:27	7:09	11:03	14:44	--
23. Leonard Busen 41	3:59	7:58	11:35	14:45	15
24. John Leuthold 9	3:39	7:41	11:42	15:24	--
25. Jay Blossom 9	3:40	7:42	11:41	15:30	--
26. Dave Schulte	3:46	7:43	11:44	15:38	23
27. John Gianladis 6	4:33	10:36	16:26	20:51	--
28. Amy Hessler 7	4:34	11:42	16:32	20:53	--
29. Clifton Woods 10	4:22	7:39	14:10	21:26	--
30. Jeff Rea	3:58	8:00	14:00		
31. Don Lewis	2:45	5:45	OUT	OUT	

80°, Humid. And the number of participants continues to increase-- we are getting more kids for these low pressure events--and that is good--all they have to do is put forth a good effort--if they have done their best then they have achieved a victory. Charlie Evans, the State Class S Mile and Two Mile Champion in '73, is now at Westminster College, Fulton. Gianladis, Lavin and Frohlichstein are from the St. Louis YMCA TC--we were glad to have them. There must be a lot of personal bests here, Kilburn for one. You people should tell us whenever you establish a personal best, for after all this makes you a winner and it deserves recognition--let us know after each race. All the kids had personal bests since I don't recall any of them having run this distance before except for Doug D. and his was a best.

AUGIE HIRT HANDILY WINS SIX MILE WALK--SAME DAY:

1. Augie Hirt	8:35	16:52	25:32	34:05	42:35	51:11	DT
2. Jim Breitenbucher	9:11	18:31	28:10	37:39	47:33	57:09	---
3. Dave Leuthold	9:10	18:30	28:03	37:40	47:37	57:26	---
4. Charles Geiss	9:33	19:20	29:11	39:07	49:08	59:10	100
5. Jim Fields	10:08	20:18	30:26	40:45	50:57	1:00:40	--
6. Gwen Eberle	17 9:33	19:38	29:52	40:19	50:43	1:01:27	--
7. Linda Ontko	13 9:39	19:51	30:27	41:17	52:22	1:03:24	--
8. Leonard Busen	10:49	21:43	32:54	43:37	54:24	1:04:45	315
9. Beth Eberle	1310:09	20:32	31:22	42:34	53:57	1:05:10	--
10. Jim Barnhart	10:11	21:28	32:55	44:49	56:54	1:08:39	--
11. Bev Pakovich	14 11:12	22:58	34:51	46:36	57:53	1:06:39*	--
12. Shelley Sim	14 11:43	23:24	35:12	46:34	58:11	1:09:47	--
13. Robin Ondes	16 11:12	22:58	34:51	46:36	58:32	1:07:11*	--
14. Cinda Morrow	13 11:40	23:03	34:55	46:52	59:07	1:11:18	--
15. Pam Arth	18 11:13	23:08	35:05	47:28	59:51	1:08:38*	--
16. Joyce Schulte	11:35	23:48	36:08	48:31	61:55	1:13:01	31
17. Don Lewis	12:41	24:00	36:58	49:03	61:06	1:13:04	--
18. Gerry Dammer	15 12:14	24:55	36:56	49:24	62:47	1:16:39	--
19. Dr. Wm. Taft	13:30	26:00	38:30	52:00	65:14	1:18:30	--
20. Kay Firsching	18 12:49	25:53	38:36	51:55	65:14	1:18:42	--
21. Judy Hyten	---	---	40:40	---	---	1:23:09	--
22. John McCrory	12:46	3 more laps, then out					

In a tuneup for the Women's National 10,000 Meter race, 11 Ozark Track girls with Coach Bob Hyten were on hand in one of the largest walking fields we have ever had for a non-National event.

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DENNIS STEWART WINS TWO MILE CROSS COUNTRY October 7, 1973:

1. Dennis Stewart	10:09	29	13. David Stern	11:43	--
2. Dean Neal	10:17	43	14. Don Leake	12:16	16
3. Dick Hessler	10:39	36	15. Randy Carnahan	12:28	12
4. Bob Faber	10:41	4	16. Don Johnson 44	12:52	--
5. Tom Kilburn	10:42	18	17. Dennis Blossom	13:30	90
6. Ben Londeree	10:45	15	18. Mark Achen	14:21	41
7. Mike Chippendale	11:02	3	19. Jeff Rea	14:22	22
8. Don Granberg	11:12	8	20. Jim Fields 41	14:38	--
9. Whitney Hicks	11:24	16	21. Dick Sallee 40+	14:42	18
10. Terry Faber	11:29	16	22. Scott Sallee	15:01	44
11. Rex Frazer 41	11:31	14	23. Steve Starr	15:03	--
12. Lanny Endicott	11:33	57	24. Debbie Roper	15:04	--

80 degrees, humid. This event took place on the Municipal Golf Course some 30 minutes after the conclusion of the 100 Mile Walk--Leonard Busen, for once was not quite up to doubling. The Faber boys are from Florissant, Mo. Bob recently won the Kirkwood Green Tree Festival Two Mile Run. Looks as if Londeree is going to have his hands full this year in defending his ET Championship--the young guys are coming!

SCHEDULE OF EVENTS:

OCTOBER	20	Saturday	2:30 PM	Open 4 Mile Run, Masters Two Mile Run (35 & over) Shawnee-Mission Park, Kansas
	21	Sunday	2:00 PM	Two Mile Cross-Country Run A. L. Gustin Golf Course RECORD: 10:09 Bob Brouillette
	27	Saturday	1:00 Pm	Central USA Cross-Country Club Championship Forest Park, St. Louis, Mo.
	27	Saturday	10:00 AM	Cross-Country Meet One & Two Miles, Various divisions and ages, including women Ottawa, Kansas
	27	Saturday	5:00 PM	NATIONAL AAU 10,000 METER WOMEN'S RACE-WALKING CHAMPIONSHIP Hickman Track
	28	Sunday	10:00AM	SENIOR NATIONAL AND MVAU 30 KILO RACE-WALKING CHAMPIONSHIP Leawood Subdivision
NOVEMBER	3	Saturday	3:00 PM	Open 4 Mile Run, Masters 2 Mile Run Shawnee-Mission Park, Kansas
	4	Sunday	2:00 Pm	Open 5 mile Cross-Country Run & REGION 8 MASTERS (OVER 40) C/C CHAMPIONSHIP A. L. Gustin Golf Course RECORD: 28:29 D. Stewart
	10	Saturday	12:30 PM and later;	Missouri Valley AAU Cross-Country Championships Old Golf Course, south of Emporia, Kans. Various age groups & Distance
	17	Saturday	9:00 AM	10,000 Meter Run, 10,000 Meter Walk Hickman Track RECORDS: 32:51 Dennis Stewart Dec. 2, 1972; 44:15 Larry Young May 7, 1972
	17	Saturday	1:00 PM	Trukey Trot, 3 & 6 Mile Runs Tower Grove Park, St. Louis, Mo.
	24.	"	2:45 PM	Open 6 Mile Run, Masters 2 Mile Shawnee-Mission Park, Kans.
	24	"	1:00 PM	Mississippi River 10 Mile Run Alton, Ill. YMCA

The Columbia Track Club Newsletter comes to you every month IF you send Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201 One Dollar. A lousy buck will get you 12 issues of this exciting rag.

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NOTICE: The 1973 MVAU 50 Kilo WALK CHAMPIONSHIP will be held on Nov. 11 at 9:00 AM at the Renz Prison Farm site, Jefferson City, Mo. Check with Dave Leuthold for further details.

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The annual meeting of CTC was held on Oct. 12. I have not space to give a full report, but the important thing for now is that you MUST pay your \$3.00 dues on or before December 1, 1973 if you want your DT average and ET points earned prior to that date to count. Otherwise we count only what you earn after the date you pay up. Remember that anyone can participate in the DT and ET categories--it will not affect your status as a member of another club. However, you cannot be a member of CTC unless you pay the \$3.00.

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

1973 ENTRY BLANK  
MISSOURI VALLEY AAU AND OPEN 20 KILOMETER WALK

TIME: Saturday, December 1, 1973 - 9:30 A.M.

PLACE: 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: \$1 - Post Entries will be accepted; however, please try to have your entries in by November 30th.

AWARDS: Trophies to first six finishers, certificates to all finishers, MVAAU medals to first three MVAAU finishers, trophy to first over age 40 finisher and to first woman finisher.

MVAAU RECORD: 1:30:10, Larry Young, May 7, 1972.  
(Also American Record)

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. \_\_\_\_\_

AAU ASS'N. \_\_\_\_\_

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