

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 4

April 25, 1974

AUGIE HIRT WINS MVAUU ONE HOUR WALK CHAMPIONSHIP April 6, 1974:

	1	2	3	4	5	6	7
1. Augie Hirt CTC 7 Miles, 688 yards	8:20	16:16	24:20	32:26	40:33	48:41	57:00
2. Al Schrik CTC 6 Miles, 1291 yards	9:04	18:07	27:10	36:06	44:55	53:40	
3. Jim Breitenbucher CTC 6 Miles, 1063 yards	9:03	18:05	27:12	36:16	45:27	54:47	
4. Leonard Busen 42 6 Miles, 613 yds	9:30	19:39	29:30	39:14	48:15	57:03	
5. Mike Shanahan Independence, Mo. 6 miles, 406 yds	9:13	18:57	28:41	38:30	48:20	57:55	
6. Dave Leuthold CTC 6 miles, 340 yds	9:24	18:56	28:45	38:25	48:26	58:09	
7. Gwen Eberle Ozark TC 6 miles, 252 yds	18 9:15	19:00	28:47	38:40	48:41	58:43	
8. Jim Fields STRIDERS 6 miles, 85 yds	9:56	20:00	29:52	39:48	49:50	59:31	
9. Beth Eberle OTC 6 miles, 77 yds	13 9:18	19:23	29:23	39:41	49:46	59:40	
10. Rob Spier CTC 5 miles, 1393 yds	10:33	21:08	31:40	42:01	52:05		
11. Cinda Morrow OTC 5 miles, 1091 yds	13 10:22	20:44	31:35	42:30	53:23		
12. Shelley Sim OTC 5 miles, 1074 yds	15 10:23	21:06	31:50	42:37	53:36		
13. Judy Hyten OTC 5 miles, 851 yds	10:26	21:29	32:26	43:35	54:50		
14. Gerry Dammer OTC 5 miles, 765 yds	16 10:31	20:55	32:19	43:32	54:50		
15. Jim Hunter 5 miles, 576 yds	11:00	21:48	32:55	44:38	56:25		
16. Pam Arth 5 miles, 366 yds	18 10:45	22:14	33:50	45:46	57:36		
17. Tom Breitenbucher Keokuk, Ia. 4 miles, 1382 yds	11:56	24:38	37:15	50:00			
18. Cathy Breitenbucher Keokuk 4 miles, 1376 yds	12:42	25:23	37:20	50:22			
19. William Taft CTC 4 miles, 1186 yds	58 13:01	26:03	38:40	51:30			
20. Jim Kissane 4 miles, 143 yds	19:35	32:30	45:55	58:55		came 8 mins. late	

DESIGNATED DISTANCE: Jim Breitenbucher 63 yards off (.54 %);  
Rob Spier 73 yards (.72%); Leonard Busen 267 off (2.33%)/

Only Larry Young has walked farther in an hour of all MVAUU walkers, past or present, than Augie Hirt did today. Augie had competed in the Senior National 100 Kilo Championship just a week previously so he wasn't too sure he had made a proper recovery--if you ever recover from such things. Last year Augie did 7 miles, 545 yards. Also personal bests for Schrik, Jim B., Busen & Fields that I know about. MVAUU medals went to Hirt, Schrik & Breitenbucher (he's eligible since he has been a student at Columbia College for 4 months). Busen won the over age 40 trophy while Gwen Eberle won the Women's trophy.

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IN THE 100 KILO CHAMPIONSHIP MENTIONED ABOVE, AUGIE HIRT PLACED SECOND with an excellent time of 10:51:04--en route he broke the MVAUU 50 mile record with 8:50:20 and set a MVAUU record for 75 kilo with 8:11:50. All this took place in Des Moines, Ia., Fairgrounds Park on March 30. Shaul Ladany, well-known in Columbia, of Israel, won with 10:12:53. Dave Leuthold finished 9th in 12:37:03 (Masters records for MVAUU at 50 miles--9:51:55 & 75 kilo--9:09:53). Rob Spier was 11th in 13:18:13 (10:29:50 at 50 miles & 9:40:38 at 75 kilo). Hirt & Leuthold also set records (MVAUU) with their 100 kilo times. Jim Breitenbucher had to exit the race at 28 miles--shin splints. CTC was 2nd in the team battle behind another CTC (Colo.). Other places: 3. Jerry Brown 11:05:17 4. Bill Walker 11:13:55; 5. Chuck Hunter 11:25:12; 6. Chris Amoroso 11:41:00; 7. John Markon 11:53:18; 8. Larry O'Neil (must have seemed like old home week to these Centurions) 12:01:14; 10. Dave Eidahl 13:01:10 34 degrees at the start, up to 55, lots of wind. Also Dave Leuthold reports 23 blisters and a mass of sore muscles.

DENNIS STEWART BATTLES THE WIND IN TWO MILE RUN March 30, 1974.

	880	Mile	1 1/2	2	Secs off	%
					DT	off
2. Dennis Stewart	2:22	4:57	7:29	10:01	16	2.74
2. Russ Jedlicka	2:22	4:59	7:44	10:31	--	
3. Ken Geest	2:24	5:05	7:53	10:32	--	
4. Tom Kilburn	2:31	5:13	7:59	10:36	6	.95
5. Dean Neal	2:29	5:13	8:03	10:49	19	3.02
6. Mike Chippendale	2:41	5:24	8:09	10:56	14	2.09
7. Tucker Schaeffer	2:24	5:15	8:06	11:02	--	
8. Sandy Lawrence	2:46	5:34	8:25	11:11	--	
9. Tom Hinckley	2:42	5:30	8:25	11:14	9	1.35
10. Whitney Hicks	2:44	5:38	8:36	11:15	10	1.46
11. Don Granberg	2:42	5:36	8:35	11:22	12	1.79
12. John Kernan	2:58	5:47	8:39	11:23	--	
13. David Stern	2:45	5:47	8:51	11:44	--	
14. Truman Storvick 45	2:50	5:50	8:51	11:45	0	0.00
15. John Wise	3:01	6:09	9:24	12:35	--	
16. Rex Frazer 42	2:52	6:09	9:23	12:37	67	9.71
17. Jim Fields 42	3:14	6:30	9:40	12:44	--	
18. Joe Delong	--	--	--	12:51	--	
19. Dennis Blossom	3:06	6:30	9:58	13:21	24	2.91
20. Jeff Rea	3:14	6:42	10:11	13:25	--	
21. Doug Duncan 13	3:26	7:08	10:43	14:08	--	
22. Janet Leuthold 14	3:14	6:45	10:39	14:34	--	
23. Jay Blossom 9	3:45	7:39	11:46	15:34	26	2.71
24. Jeff Kilburn 7	4:02	8:20	12:53	17:08	--	
25. Steven Hicks 7	4:02	8:19	13:23	18:20	--	
26. David Hicks 10	4:09	10:28	15:14	19:47	--	
27. John Leuthold 9	3:53	11:15	15:40	21:12	--	

48°, sun shining, extremely strong west winds which definitely slowed the runners. Jedlicka is from Vermont, in school at KU, Geest runs for William Jewell, Schaeffer is a student at MU. These three guys gave Stewart an argument for a few laps, but at the end of the mile the Higginsville flash was well clear.

In a 4 mile walk, Joyce Schulte beat Dr. William Taft 49:49 (12:27, 25:08, 36:50) to 51:00 (12:40, 25:30, 38:10). DT's were: Schulte 109 off, 3.78% & Taft 300 off (too fast), 8.93 %.

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CTC PULLED DOWN ANOTHER SECOND PLACE TEAM TROPHY IN A SENIOR NATIONAL WALK--the One Hour, April 14 at Boulder, Colo. Augie Hirt was 4th with 7 miles, 736 yards, a personal best, Al Schrik 10th with 6 miles, 1364 yards, a PB & Jim Breitenbucher was 12th with 6 miles 972 yards. The splits went: Hirt: 7:59, 16:10, 24:21, 32:30, 40:31, 48:31, 56:44; Schrik: 8:43, 17:42, 26:41, 35:32, 44:25, 53:20; Breitenbucher: 8:44, 17:53, 27:11, 36:34, 48:05, 55:20. 39°, high altitude, brisk NW wind. Winner was Jerry Brown with 7 miles, 1671 yards, a close 2nd was Floyd Godwin with 7 miles, 1637 yards. Colo. TC won the team title 11 pts to CTC's 15 pts. And, on the scene was Darrell Palmer, now in Idaho-- Darrell had 6 miles, 852 yards, so he is in pretty good shape.

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DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE

% improvement		Standings:	
1. Al Schrik	17.46	1. event	10. Dave Leuthold 1.68 6
2. Doug Duncan	11.69	2	11. Mike Chippendale 1.47 9
3. Jim Breitenbucher	10.19	2	12. Dennis Stewart .17 8
4. Tom Kilburn	10.06	3	13. Jim Fields .39 1
5. Dick Hessler	6.67	6	14. Rob Spier -1.60 4
6. Augie Hirt	6.60	2	15. Don Leake -2.03 2
7. Leonard Busen	3.43	3	16. William Taft -2.07 1
8. Don Granberg	2.98	7	17. Joe Duncan -4.16 7
9. Ben Londeree	2.95	6	

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Awake my soul, and with the sun  
 Thy daily stage of duty run;  
 Shake off dull sloth, and joyful rise  
 To pay thy morning sacrifice.  
 . . . Bishop Thomas Ken 1709

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The CTC Newsletter comes from Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. It costs but ONE DOLLAR for 12 monthly issues.

DESIGNATED TIME STANDINGS

Av. % error Events			*(12 best predictions)		
1. Don Johnson	0.00	1	17. Dennis Blossom	3.07	5
2. Truman Storvick	1.28	6	18. Dick Hessler	3.09	8
3. Rex Frazer	1.46	12*	19. Joe Duncan	3.13	9
4. Don Leake	1.69	4	20. David Stern	3.47	2
5. Tom Hinckley	1.96	7	21. Jim Breitenbucher	3.63	6
6. Dean Neal	1.98	12*	22. Augie Hirt	3.90	6
7. Whitney Hicks	2.00	6	23. Leonard Busen	4.60	10
8. Ben Londeree	2.07	10	24. William Taft	4.62	2
9. Tom Kilburn	2.11	12*	25. Charles Geiss	4.64	5
10. Rob Spier	2.15	8	26. Scott Sallee	4.66	1
11. Dennis Stewart	2.23	12	27. Jay Blossom	4.79	2
12. Don Granberg	2.24	11	28. Jeff Rea	5.43	3
13. Lanny Endicott	2.47	4	29. Joan Hirt	6.89	1
14. Joyce Schulte	2.59	6	30. Dick Sallee	7.51	2
15. Mike Chippendale	2.73	12	31. John Leuthold	8.69	3
16. Dick Luecke	2.96	2	32. Janet Leuthold	9.65	2

ELAPSED TIME STANDINGS

Runners--Open	Points	Runners--Age 40 & Over	Points
1. Dennis Stewart	232	1. Rex Frazer	48
2. Dean Neal	220.5	2. Don Johnson	20
3. Tom Kilburn	216	3. Truman Storvick	20
4. Don Granberg	160	4. Dick Luecke	8
5. Mike Chippendale	143.5	5. Jim Fields	8
6. Rex Frazer	143	6. Leonard Busen	6
7. Ben Londeree	135	7. Dave Leuthold	5
8. David Stern	126	8. Diak Sallee	3
9. Tom Hinckley	122	9. Jack Siefkas	2
10. Whitney Hicks	108		
11. Dick Hessler	107		
12. Joe Duncan	62		
13. Lanny Endicott	61		
14. Don Johnson	57		
15. Truman Storvick	50		
16. Dennis Blossom	46		
17. Jeff Rea	35		
18. Don Leake	34		
19. Doug Duncan	29		
20. Jim Fields	29		
21. John Leuthold	23		
22. Leonard Busen	21		
23. Jay Blossom	16		
24. Dick Luecke	15		
25. Janet Leuthold	14		
26. David Leuthold	13		
27. Jim Breitenbucher	10		
28. Jack Siefkas	10		
29. Jeff Kilburn	9		
30. Charles Geiss	5		
31. Dick Sallee	5		
32. Joan Hirt	3		
33. Steven Hicks	3		
34. Betsy Lamar	2		
35. David Hicks	2		
36. Amy Hessler	2		
37. Scott Sallee	1		
38. Janet Siefkas	1		

Runners--Age 15 & Under

1. Doug Duncan	24
2. John Leuthold	19
3. Jay Blossom	13
4. Janet Leuthold	12
5. Jeff Kilburn	8
6. Steven Hicks	3
7. David Hicks	2
8. Scott Sallee	1
9. Amy Hessler	1

Runners--Women

1. Janet Leuthold	3
2. Joan Hirt	1
3. Betsy Lamar	1
4. Amy Hessler	1
5. Janet Siefkas	1

WALKERS--Open

1. Augie Hirt	70
2. Jim Breitenbucher	48
3. Dave Leuthold	47
4. Leonard Busen	28
5. Al Schrik	21
6. Charles Geiss	19
7. Rob Spier	19
8. Jim Fields	15
9. Joyce Schulte	8
10. John Leuthold	6
11. William Taft	4
12. Janet Leuthold	3
13. Steve Spier	3
14. Lanny Endicott	1
15. Albert Van Dyke	1

WALKERS--15 & Under

1. John Leuthold	4
2. Janet Leuthold	3
3. Steve Spier	2

Women

1. Joyce Schulte	7
2. Janet Leuthold	2
3. Joan Hirt	1

REMEMBER--Trophies go to the top six in each category--provided you have at least 12 events in the DT category and 5 events in the ET.

## SCHEDULE OF EVENTS:

APRIL 27 Saturday 9:00 AM Walk-Run Pentathlon 2 Mile Walk,  
880 yard run, 1 mile walk, 2 mile run, 220  
Hickman Track

MAY 4 Saturday 4:00 PM (Notice change in time from the printed  
schedule). MISSOURI CUP COMPETITION 5,000 Meter  
Walk for women, 20 kilo walk for men Hickman Track

4 " 10:00 AM 1st Annual Hospital Hill Runs--Quarter  
Marathon and Mile Runs--Age Groups Kansas  
City, Mo. These will be run in the Crown  
Center and Penn Valley Park area

5 Sunday 1:00 PM Gateway Arch Runs; 4, 8 & 14 Mile  
Runs--Age Groups St. Louis, Mo. An ex-  
cellent out of town event for CTC members  
CONTACT: Bob Fitts 1242 Eastover St. Louis  
63130

18 Saturday 8:00 AM 12 Mile Run, 12 Mile Walk  
Cosmo Park Records: 1:09:50 Louis Naeger  
July 10, 1971; 1:48:50 Paul Ide July 11, '70

19 (?) Sunday (?) MVA AU Men's & Women's T & F Championships  
Ottawa, Kansas

25 Saturday 9:00 AM Four Mile Relay Hickman Track  
Record: Columbia Track Club-- 19:10  
(Chippendale 4:57, Londeree 4:45, Kilburn 5:00  
& Stewart 4:26)

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AUGIE HIRT FINISHED SECOND AND JIM BREITENBUCHER THIRD IN THE ONE MILE WALK, KU Relays, April 21. Hirt had 7:10.5, two seconds behind Lance Herold. Jim B. had 7:33.3, a personal best. DON GRANBERG had a best in the KU Relays Marathon--2:50:00, finishing 23rd out of over 100 starters. Don was 1:25:00 at halfway and was 38th at that point. DENNIS BLOSSOM ran in the Masters Mile Run and recorded a personal best of 5:53--a first quarter in 72 seconds cost him over the 3rd & 4th laps.

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

"ENTRY BLANK"

MISSOURI VALLEY AAU, MASTERS AND OPEN ONE HOUR RUN

1974 Senior National Postal One Hour Run  
1974 Junior National Postal One Hour Run

TIME: Saturday, June 15, 1974, Section 1 (For those who will likely run less than 9 miles) starts at 6:00 p.m. Section 2 at 7:30 p.m.

PLACE: Columbia, Missouri, 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: \$2.00, \$1.00 for each entrant will be forwarded to the Postal One Hour Run Co-ordinator, Post entries will be accepted, however, PLEASE try to have your entries in by June 13.

AWARDS: Trophies to first 6 finishers, certificate to all finishers, MVAUU medals to first 3 MVAUU finishers, trophies to first three over age 40 finishers.

MVAUU RECORD: 11 miles 155 yards, Fred Binggeli, June 16, 1973

TRACK RECORD: 11 miles 379 yards, Barney Hance, June 17, 1972

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 the said race.

PRINT NAME \_\_\_\_\_ AAU NO. \_\_\_\_\_ AAU ASSOC. \_\_\_\_\_

SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

SCHOOL OR CLUB \_\_\_\_\_

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

Columbia Parks and Recreation Department  
and  
Columbia Track Club  
Present

A Summer Program of Running and Race-walking

A series of six Wednesday evening races to be held on Hickman High School Track on June 12, 19, 26, July 10, 17, 24. The races will begin at 6:30 p.m. and proceed in the following order: 440 yard dash, 880 yard run, mile run, 2 or 3 mile run, mile walk. Emphasis will be on participation and personal improvement. There will be \$1.00 charge to help cover the cost of participation patches and awards.

The Events will be as follows:

June 12, 26, July 17

June 19, July 10, 24

AGE GROUPS

6-7, 8-9	440, Mile, Mile Walk	440, 880, Mile Walk
10-11, 12-13	880, Mile, Mile Walk	880, 2 Mile, Mile Walk
14-15, 16-17	Mile, 3 Mile, Mile Walk	880, 2 Mile, Mile Walk

Please Complete This Form and Bring it and \$1.00 on June 12:

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

I \_\_\_\_\_ (father, mother) of \_\_\_\_\_  
consent to my child's participation in this program and I  
hereby waive any and all claims to damages which I might have  
against the City of Columbia, Missouri or the Columbia Track  
Club for any injuries suffered by my child as a result of or  
during this program.

For further information contact Dr. Whitney Hicks, 213 Devine  
Court, 445-2816 or Joe Duncan, 4004 DeFoe Drive, 445-2684.