

COLUMBIA TRACK CLUB NEWSLETTER

Vol., VI, No. 2
February 26, 1974

DENNIS STEWART WINS SIX MILE RUN Cosmo Park February 2, 1974:

	3	6 Miles	Secs off DT	% off
1. Dennis Stewart	16:15	32:58*	17	.85
2. Dean Neal	16:51	34:00*	0	0
3. Dick Hessler	17:00	34:17*	93	4.32
4. Tom Kilburn	17:05	34:31*	89	4.12
5. Ben Londeree	17:02	34:45*	75	3.47
6. Sandy Lawrence	17:18	34:59	--	
7. Mike Chippendale	17:27	35:19*	91	4.12
8. Don Granberg	17:27	35:56*	64	2.88
9. Tom Hinckley	17:42	36:12	33	1.50
10. Rex Frazer 42	18:06	36:51*	9	.41
11. Jules DeCoster	17:50	38:39	159	7.36
12. Truman Storvick 45	18:50	38:44	46	1.94
13. David Stern	19:28	40:12	--	
14. John Leuthold 9	28:00	65:13	--	
15. Alex Higgins 9	28:00	65:13	--	

*Denotes Personal Best

32 degrees, cloudy, moderate winds. Stewart was 15 seconds off the record set a couple of years ago by Bill Wirtz. Rex Frazer established a new record for Age 40 & over. Most of the Designated Times were way off--an underestimation of ability and of what competition will do.

AUGIE HIRT AND LARRY YOUNG DO SIX MILE WALK IN 51:44 ON SAME DAY:

1. Augie Hirt	---	51:44	76	2.08
1t. Larry Young	---	51:44	--	
3. Jim Breitenbucher	28:00	57:03	42	1.21
4. Dave Leuthold 41	29:10	59:40	--	
5. Albert Van Dyke	30:25	62:18	--	
6. Rob Spier 50	31:30	63:01*	61	1.64
7. Jim Hunter	35:00	70:00	--	
8. William Taft 58	39:30	78:15	15	.32

STEWART BACK AGAIN IN 15 KILOMETER RUN February 16, 1974:

	5 Kilo	10 kilo	15 Kilo	Secs Off	% Off
1. Dennis Stewart	17:54	17:35:31	17:54:53:25	55	1.75
2. Dick Hessler	18:46	36:44	54:35*	115	3.39
3. Tom Kilburn	18:50	17:58 36:53	17:51 54:44*	156	4.53
4. Dean Neal	18:36	18:03 36:50	17:51 55:00*	60	1.78
5. Ben Londeree	18:47	18:14 36:52	18:10 55:11*	109	3.17
6. Don Granberg	19:01	18:05 37:42	18:19 56:40*	140	3.95
7. Tom Hinckley	19:02	18:41 37:42	18:58 57:10	50	1.44
8. Rex Frazer 42	18:50	18:40 37:44	19:28 57:27*	18	.52
9. Mike Chippendale	19:01	18:54 37:58	19:43 59:08	68	1.96
10. Sandy Lawrence (about 8 mins. late)		18:57	21:10	--	
11. Truman Storvick 45	20:44	41:36	1:02:46	14	.37
12. David Stern	21:19	20:52 42:32	21:10 1:04:22*	142	3.82
13. Dick Luecke 43	22:24	21:13 44:35	21:50 1:07:34	214	5.57
14. Joe Duncan	22:26	22:11 45:05	22:59 1:09:46	46	1.11
15. John Leuthold 9	30:27	59:20	1:28:46	374	6.56

THE WALK GOES TO JIM BREITENBUCHER:

1. Jim Breitenbucher	31:04	60:48	1:30:11	289	5.07
2. Dave Leuthold 41	31:10	60:48	1:30:30	--	
3. Rob Spier 50	33:40	67:06	1:41:06	54	.88

*Personal Bests Mid 30's, moderate winds Frazer and

Leuthold both set records for Age 40 & over. The competition between Hessler, Kilburn, Neal and Londeree continues to be hot.

3, 2, 1 TRIATHLON GOES TO STEWART; FRAZER SETS TWO RECORDS Feb. 23:			Total	Total	Av.	
	3	2	1	ET	Secs off	% off
1.	Mile Run	Mile Run	Mile Run			
1. Dennis Stewart	15:58 (5:14, 5:21, 5:23)	10:41 (5:20, 5:21)	5:05 (2:32, 2:33)	31:44	32	2.23
2. Dean Neal	16:26 (5:21, 5:35, 5:30)	10:56 (5:26, 5:30)	5:17 (2:38, 2:39)	32:39	11	.66
3. Tom Kilburn	16:30 (5:24, 5:36, 5:30)	10:55 (5:28, 5:27)	5:16 (2:39, 2:37)	32:41	49	1.96
4. Sandy Lawrence	17:01 (5:41, 5:43, 5:37)	11:23 (5:44, 5:39)	5:21 (2:39, 2:42)	33:45	--	
5. Mike Chippendale	17:07 (5:47, 5:45, 5:35)	11:30 (5:50, 5:40)	5:26 (2:46, 2:40)	34:03	32	1.66
6. Don Granberg	17:19 (5:38, 5:53, 5:48)	11:44 (5:50, 5:54)	5:38 (2:49, 2:49)	34:41	30	1.25
7. Rex Frazer 42	17:49 (5:53, 6:00, 5:56)	11:58 (6:03, 5:55)	5:54 (2:58, 2:56)	35:41	33	1.41
8. David Stern	18:24 (6:05, 6:19, 6:00)	11:57 (6:02, 5:55)	5:39 (2:53, 2:46)	36:00	--	
9. Truman Storvick 45	18:37 (6:07, 6:17, 6:13)	12:16 (6:11, 6:05)	5:49 (2:55, 2:54)	36:42	35	1.74
10. Joe Duncan	20:14 (6:41, 6:46, 6:47)	13:40 (6:45, 6:55)	6:38 (3:17, 3:21)	40:32	62	2.34
11. Doug Duncan 13	23:28 (8:01, 7:49, 7:38)	16:33 (8:16, 8:17)	7:33 (3:45, 3:48)	47:34	--	
12. Don Lewis	---	12:07 (6:02, 6:05)	5:43 (2:53, 2:50)			
13. Joyce Schulte	---	24:25 (12:41, 11:44)	11:35 (5:43, 5:52)		45	2.74
14. John Leuthold 9	28:25 (8:01, 7:49, 12:35)	---	---			
15. Betsy Lamar	----	----	7:13 (3:31, 3:42)			
16. Jim Fields	----	---	7:14 (3:31, 3:43)			
17. Lee Ann Fields	----	---	7:37 (3:41, 3:56)			
18. Jeff Kilburn 8	----	---	8:58 (4:30, 4:28)			

Low 30's, strong east wind on backstretch. Rex Frazer established a record for the Age 40 & over category not only for the triathlon but also for the 3 mile run. Kilburn beat Neal 2 races out of 3 but Dean's four second margin in the 3 miler gave him a better total elapsed time. Don Johnson was on hand--he was also on crutches--he fell on the snow & ice while running in Centralia a few weeks ago. Conservative treatment didn't help, a knee cartilage operation resulted so it will be awhile before Don will be running again--in the meantime he experiences the frustration that comes from the inactivity. Anyway, best wishes, Don and we hope your recovery is speedier than expected.

DESIGNATED TIME STANDINGS

1.	Av. % Error	Events	*(12 best predictions)	
1. Don Johnson	0.00	1	17. Dick Luecke	2.96 2
2. Rex Frazer	1.46	12*	18. Joe Duncan	3.00 8
3. Truman Storvick	1.54	5	19. Dick Hessler	3.09 8
4. Rob Spier	1.65	5	20. Dennis Blossom	3.12 4
5. Don Leake	1.69	4	21. David Stern	3.47 2
6. Charles Geiss	1.92	4	22. Augie Hirt	4.00 5
7. Ben Londeree	2.07	10	23. Jim Breitenbucher	4.25 5
8. Tom Hinckley	2.07	6	24. Scott Sallee	4.66 1
9. Whitney Hicks	2.11	5	25. Leonard Busen	4.86 9
10. Dennis Stewart	2.19	11	26. Jeff Rea	5.47 2
11. Dean Neal	2.28	12	27. Jay Blossom	6.87 1
12. Don Granberg	2.29	11	28. Joan Hirt	6.89 1
13. Joyce Schulte	2.31	4	29. Dick Sallee	7.51 2
14. Mike Chippendale	2.43	10	30. John Leuthold	8.69 3
15. Lanny Endicott	2.47	4	31. Janet Leuthold	9.65 2
16. Tom Kilburn	2.50	12		

REMEMBER!--Participation is the key to victory in this category--we count your best 12 predictions and you are not eligible for an award unless you have at least 12 DT events--the last of which is the Marathon--so you still have plenty of time.

ELAPSED TIME STANDINGS

Runners---Open:	Points	Runners Age 40 & Over	
1. Dennis Stewart	179	1. Rex Frazer	41
2. Dean Neal	173	2. Don Johnson	20
3. Tom Kilburn	166.5	3. Truman Storvick	12
4. Ben Londeree	135	4. Dick Luecke	8
5. Don Granberg	131	5. Leonard Busen	6
6. Rex Frazer	114	6. Jim Fields	4
7. Dick Hessler	107	7. David Leuthold	4
8. Mike Chippendale	99.5	8. Dick Sallee	3
9. David Stern	89		
10. Tom Hinckley	89	Runners Age 15 & Under	
11. Whitney Hicks	72	1. Doug Duncan	13
12. Lanny Endicott	61	2. John Leuthold	13
13. Don Johnson	57	3. Janet Leuthold	6
14. Joe Duncan	49	4. Jay Blossom	6
15. Don Leake	34	5. Jeff Kilburn	2
16. Dennis Blossom	30	6. Scott Sallee	1
17. Truman Storvick	25	7. Amy Hessler	1
18. Leonard Busen	21		
19. Jeff Rea	18	Runners---Women	
20. Doug Duncan	17	1. Janet Leuthold	2
21. John Leuthold	16	2. Joan Hirt	1
22. Dick Luecke	15	3. Betsy Lamar	1
23. Jim Breitenbucher	10	4. Amy Hessler	1
24. Jim Fields	8		
25. Janet Leuthold	8	WALKERS OPEN:	
26. Jay Blossom	8	1. Augie Hirt	56
27. Dick Sallee	5	2. Jim Breitenbucher	42
28. David Leuthold	5	3. Dave Leuthold	40
29. Joan Hirt	3	4. Leonard Busen	23
30. Betsy Lamar	2	5. Charles Geiss	19
31. Jeff Kilburn	2	6. Al Schrik	14
32. Amy Hessler	2	7. Rob Spier	12
33. Scott Sallee	1	8. Jim Fields	9
		9. John Leuthold	5
WALKERS 15 & Under:		10. Joyce Schulte	4
1. Janet Leuthold	3	11. Janet Leuthold	3
2. John Leuthold	3	12. Steve Spier	3
3. Steve Spier	2	13. William Taft	2
		14. Lanny Endicott	1
Women:		15. Albert Van Dyke	1
1. Joyce Schulte	5		
2. Janet Leuthold	2		
3. Joan Hirt	1		

The Bard of Westmount strikes again--the following comes from Dick Hessler--so this is what runners think about!

O Toothless One

With rue my soul is laden
for days when bees do swarm
and many a tee-shirted maiden
to run when days are warm.

Londeree lad and I run far
on ZZ's frozen expanse
Twelve degrees, landscape bizarre
Good grief, did I remember my pants?

Stride out and run in loops
Breathe shallow less lungs retire.
O toothless one complains in poops
We'll set the old road on fire.

To stave untimely demise.
Freezing to long distance rocks
Londeree, ever so wise,
Sports baggy electrified socks.

Tomorrow after new swift fools
Old Man Winter pursues with his life.
But I shall not move an inch
For my moustache is frozen to dear wife.

CTC EVENT RECORDS AGE 40 & OVER

220 yard dash	Track	29.0	Don Johnson	April 28, 1973
440 yard dash	"	68.4	Don Johnson	August 4, 1973
880 yard run	"	2:32.0	Don Johnson	April 28, 1973
One Mile run	"	5:17.0	Don Johnson	September 15, 1973
Two Mile run	"	11:15.0	Rex Frazer	August 25, 1973
Three Mile run	"	19:25.0	Don Johnson	August 11, 1973
Five Mile run	Cosmo-ZZ	30:14	Rex Frazer	October 13, 1973
Six Mile run	"	36:51	Rex Frazer	February 2, 1974
Eight Mile run	"	52:25	Rex Frazer	March 17, 1973
Ten Mile run	"	1:04:27	Rex Frazer	December 15, 1973
Twelve Mile run	"	1:20:09	Rex Frazer	May 19, 1973
5,000 Meter run	Track	18:12	Rex Frazer	December 1, 1973
10,000 Meter run	"	38:08	Rex Frazer	November 17, 1973
15,000 Meter run	Cosmo-ZZ	57:51	Rex Frazer	July 14, 1973
20,000 Meter run	"	1:20:57	Rex Frazer	January 19, 1974
30,000 Meter run	"	2:07:46	Rex Frazer	July 28, 1973
Heart of America Marathon		2:53:33	Alex Ratelle	September 4, 1969
One Hour Run	Track	9 miles, 572 yds.	Rex Frazer	June 16, 1973
Two Mile Cross-Country Mun. GC.		11:31	Rex Frazer	October 7, 1973
Two Mile " " " " " "	Gustin GC.	12:10	Rex Frazer	October 21, 1973
Five Mile " " " " " "		29:25	Arne Richards	November 4, 1973
3, 2, 1 Mile Triathlon	Track	40:35	Jim Fields	February 24, 1973
		(20:34, 13:35, 6:26)		
Sprint Triathlon	Track	9:25.5	Dave Leuthold	August 4, 1973
(Mile, 880, 440)		(5:34, 2:39, 72.5)		
Walk-Run Pentathlon	Track	936 Points	Don Johnson	April 28, 1973
2 Mile Walk-21:55 (43 Pts.); 880 Run-2:32 (312); Mile Walk-10:41 (0)				
2 Mile Run-12:31 (315); 220 yard dash-29.0 (266)				
Two Mile Walk	Track	18:26	Dave Leuthold	August 25, 1973
Three Mile Walk	"	27:12	Dave Leuthold	July 7, 1973
Five Mile Walk	"	46:05	Dave Leuthold	September 15, 1973
Six Mile Walk	Cosmo-ZZ	57:20	Dave Leuthold	June 2, 1973
Ten Mile Walk	"	1:33:30	Fred Young	January 4, 1970
20,000 Meter Walk	Track	1:59:37	Dave Leuthold	December 1, 1973
30,000 Meter Walk	Cosmo-ZZ	3:01:06	Bob Young	October 13, 1969
One Hour Walk	Track	6 miles, 1473 yds.	Bob Young	April 15, 1970

CTC OPEN RACE WALKING RECORDS

One Mile	Track	6:53 (3 times)	Larry Young	March 26, 1972
Two Miles	"	14:27*	Larry Young	April 16, 1972
Three Miles	"	21:45*	Larry Young	" " "
Four Miles	"	29:04*	Larry Young	" " "
Five Miles	"	36:19*	Larry Young	" " "
Five Miles	Cosmo-ZZ	40:48	Augie Hirt	October 13, 1973
Six Miles	" "	45:16	Larry Young	February 7, 1971
Six Miles	Track	43:41*	Larry Young	April 16, 1972
7 Miles	"	51:03*	Larry Young	" " "
8 Miles	"	58:21*	Larry Young	" " "
10 Miles	Cosmo-ZZ	1:22:30	Mark Achen	February 27, 1971
12 Miles	"	1:48:50	Paul Ide	July 11, 1970
5,000 Meters	Track	25:25	Mark Achen	December 19, 1970
10,000 Meters	"	44:15**	Larry Young	May 7, 1972
15,000 Meters	"	1:07:32**	Larry Young	" " "
20,000 Meters	"	1:30:10##	Larry Young	" " "
20,000 Meters	Leawood Sub.	1:37:05#	Larry Young	October 1, 1972
25,000 Meters	" "	2:02:10#	Larry Young	" " "
30,000 Meters	" "	2:28:09	Larry Young	" " "
100 Miles	Track (220 Yd. dirt indoor)	18:07:12	L. Young	Sept. 18-19 '71
100 Miles	" (440 Yd. outdoors)	19:24:34	Larry O'Neil	Sept. 1967

*Enroute to One Hour Walk
 **Enroute to 20,000 Meters
 #Enroute to 30,000 Meters
 ##This is also the American Record

The CTC Newsletter comes your way every month if you pay a dollar-- your buck gets you 12 issues. Send your money to Joe Duncan 4004 Defoe Dr. , Columbia, Mo. 65201. Also feel free to send any comments, letters to the Editor, results, corrections, poetry, jokes (clean ones), short stories, trash or anything else that might be of any interest.

SCHEDULE OF EVENTS:

MARCH	3	Sunday	8:00 AM	2nd Annual St. Louis Olympic Memorial Marathon	St. Louis, Mo.
	9	Saturday	9:00 AM	One Mile Run, 3 Mile Walk	Hickman Track RECORDS: 4:19.0 Tom Logan March 18, 1972; 21:45 Larry Young April 16, 1972
	9	Saturday	1:00 PM	10 Mile run, 10 Mile Walk	Keokuk, Ia. CONTACT: Jim Breitenbucher 1311 Concert
	16	"	2:30 PM	5th Annual Flint Hills & MVAU Championship 20 Kilo Run, Age divisions	Manhattan, Kans. CONTACT: Arne Richards 1430 Fairchild Manhattan, Kans. 66502
	23	"	2:00 PM	2 Man-6 Mile Run-Walk Relay (Each 2 Man Team has one runner & one walker, alternate miles)	Hickman Track RECORD: 34:53 Mike Kelly & Larry Young March 26, 1972
	23	"	9:00 AM	4th Annual Oil Capital Marathon	Mohawk Park Tulsa, Okla CONTACT: Larry Aduddell 1849 No. Louisville Tulsa, Ok. 74115
	30	"	9:00 AM	2 Mile Run, 7 Mile Walk	Hickman Track RECORDS: 9:08 Charles McMullen July 29, 1972 Larry Young 51:03 April 16, 1972
	30	"	6:00 AM	Senior National AAU 100 Kilo Walk Championship	Fairgrounds Des Moines, Iowa in

CTC IS an official dealer/ERG--if you wish to buy some ERG (Gookinaid) you can do so for 40 cents (our cost) per packet (each of which makes a half gallon of ERG). Plenty of liquids during hot weather runs is a Must. I personally recommend ERG and so do several other of our runners.

Not only that, you can subscribe to Runner's World magazine (or Bike World, or Aquatic World or Nordic World) through CTC at a new subscription rate of \$5.00 (regular rate is \$7.00). If you are not now a subscriber to Runner's World, you should be.

The CTC Newsletter comes your way every month from Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201. Cost is only ONE DOLLAR per 12 monthly issues. You should also contact him for ERG at 40¢ per packet and for a subscription to RW as mentioned above.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN ONE HOUR WALK
1974 ENTRY BLANK

TIME: Saturday, April 6, 1974, 2:00 p.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 April 13.

AWARDS: Trophies to first 6 finishers, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers. Small trophies to first woman finisher and first over age 40 finisher.

MVAAU Record: 8 miles, 415 yards, Larry Young, April 16, 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 said race.

PRINT NAME	AAU # No.	AAU Ass'n
SIGNATURE	Birth Date	Ht. Wt.
ADDRESS		Zip
SCHOOL OR CLUB		

If entrant is under 21, parent or guardian must sign below:

NAME _____

ADDRESS _____

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