

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No.1
January 25, 1974

DEAN NEAL WINS COLD FIVE MILE RUN January 5, 1974:

	3	5	Secs off	% off
1. Dean Neal	17:30	29:10	10	.57
2. Dick Hessler	17:30	29:20	20	1.15
3. Ben Londeree	18:12	30:30	0	0.00
4. Tom Kilburn	18:12	30:42	12	.66
5. Rex Frazer 42	18:25	31:20	20	1.08
6. Joe Duncan	20:52	35:58	58	2.76
7. Dave Leuthold 41	22:05	37:43	--	

A chilly 12 degrees, although the sun was shining and there was not much wind. Neal had a 50 yard lead by the end of the first mile, Hessler catching him on the hills in the third mile, but then losing him at mile 4. Dean was running with only 20 miles the previous two weeks--sore feet, which apparently were no problem today.

STEWART BACK AGAIN TO WIN 20 KILO--BUT NOT BY MUCH January 19, 1974:

	5 Kilo	10	15	20	Secs off	%
1. Dennis Stewart	17:37	36:40	55:00	1:13:47	167	3.92
2. Dick Hessler	18:30	37:45	55:49	1:14:26	34	.76
3. Ben Londeree	18:30	38:00	56:47	1:15:52	68	1.47
4. Dean Neal	18:45	38:09	57:16	1:16:55	185	3.85
5. Sandy Lawrence	19:30	38:39	57:31	1:17:39	--	
6. Tom Kilburn	20:02	41:20	1:00:40	1:20:29	--	
7. Rex Frazer 42	18:53	39:27	1:00:00	1:20:57	63	1.28
8. Don Granberg	18:57	39:55	1:00:54	1:22:38	98	2.02
9. Mike Chippendale	20:02	41:20	1:02:15	1:23:56	116	2.36
10. Joe Duncan	22:02	46:32	1:10:25	1:35:42	342	6.33

THE 20 KILO WALK:

1. Augie Hirt	30:50	61:50	1:29:21	1:56:54	714	11.33
2. Dave Leuthold	30:50	65:00	1:39:23	2:14:15	--	

35°, cloudy, moderate easterly winds. Personal Bests for everyone except Granberg, Duncan and the walkers. Duncan had a personal worst. At this distance Stewart begins to get an argument from Hessler.

DESIGNATED TIME STANDINGS

	Av. % Error	Events			
1. Don Johnson	0.00	1	17. Dean Neal	2.78	9
2. Dick Luecke	.36	1	18. Dick Hessler	2.83	6
3. Don Leake	1.69	4	19. Dennis Blossom	3.12	4
4. Ben Londeree	1.76	8	20. David Stern	3.13	1
5. Rex Frazer	1.78	10	21. Joe Duncan	3.44	6
6. Truman Storvick	1.83	2	22. Augie Hirt	4.48	4
7. Charles Geiss	1.92	4	23. Scott Sallee	4.66	1
8. Whitney Hicks	2.11	5	24. Leonard Busen	4.86	9
9. Don Granberg	2.15	8	25. J. Breitenbucher	5.00	3
10. Tom Kilburn	2.16	9	26. Jeff Rea	5.47	2
11. Joyce Schulte	2.17	3	27. Jay Blossom	6.87	1
12. Mike Chippendale	2.37	7	28. Joan Hirt	6.89	1
13. Tom Hinckley	2.38	4	29. Dick Sallee	7.51	2
14. Dennis Stewart	2.41	8	30. Janet Leuthold	9.65	2
15. Lanny Endicott	2.47	4	31. John Leuthold	9.76	2
16. Rob Spier	2.57	2			

ELAPSED TIME STANDINGS

Runners--Open:

1. Stewart	143	15. Leake	34	29. J. Hirt	3
2. Neal	142	16. D. Blossom	30	30. B. Lamar	2
3. Kilburn	137.5	17. Busen	21	31. J. Kilburn	2
4. Londeree	117	18. Rea	18	32. A. Hessler	2
5. Granberg	105	19. D. Duncan	16	33. S. Sallee	1
6. Frazer	98	20. Storvick	14		
7. Hessler	84	21. John Leuthold	14		
8. Chippendale	79.5	22. Luecke	12		
9. Stern	79	23. Breitenbucher	10		
10. Hinckley	76	24. Fields	8		
11. Hicks	72	25. Jan Leuthold	8		
12. Endicott	61	26. J. Blossom	8		
13. Johnson	57	27. D. Sallee	5		
14. Duncan	45	28. D. Leuthold	5		

WOMEN

1. J. Leuthold	2
2. J. Hirt	1
3. B. Lamar	1
4. A. Hessler	1

ET Standings are continued on P. 4. . .

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COLUMBIA TRACK CLUB EVENT RECORDS

EVENT	COURSE	TIME	WHO	DATE
220 yard dash	Track	24.3*	John Houle	May 8, 1971
440 yard dash	"	52.8**	Dennis Stewart	Aug. 26, 1972
880 yard run	"	1:58.0*	Dennis Stewart	May 8, 1971
One Mile Run	"	4:19.0	Tom Logan	March 18, 1972
Two Mile Run	"	9:08.0	Charles McMullen	Jul. 29, 1972
Three Mile Run	"	14:54.0	Dennis Stewart	Aug. 11, 1973
Five Miles	Cosmo-ZZ	26:26****	Rob Leutwiler	Feb. 26, 1972
Six Miles	"	32:43	Bill Wirtz	May 23, 1971
Eight Miles	"	44:36	Tom Logan	March 11, 1972
Ten Miles	"	53:17	Rob Leutwiler	Feb. 26, 1972
Ten Miles	Track	52:29***	Barney Hance	June 17, 1972
12 Miles	Cosmo-ZZ	1:09:50	Louis Naeger	July 10, 1971
Heart of America Marathon		2:34:07	Barry Crawford	Sept. 5, 1966
One Hour Run	Track 11 Miles, 379 yards		Barney Hance	June 17, 1972
5,000 Meter Run	"	15:20.8	Dennis Stewart	Dec. 1, 1973
10,000 Meter Run	"	32:14	Dennis Stewart	Nov. 17, 1973
15,000 Meter Run	Cosmo-ZZ	48:55	Fred Binggeli	July 14, 1973
20,000 Meters	"	1:10:25#	Loren Moes	March 3, 1973
25,000 Meters	"	1:28:12#	Loren Moes	March 3, 1973
30,000 Meters	"	1:46:39	Loren Moes	March 3, 1973
2 Mile Cross-Country	Mun. GC	9:38	Bob Brouillet	Oct. 10, 1971
2 Mile "	" Gustin GC	10:09	Bob Brouillet	Oct. 23, 1971
5 Mile "	" "	26:53	Charlie Evans	Nov. 4, 1973
3, 2, 1 Mile Triathlon	Track	30:55 (15:43, 10:22, 4:50)	Dennis Stewart	Feb. 19, 1972
Sprint Triathlon	Track	7:23.8 (4:29.2, 2:01, 53.6)	Dennis Stewart	Aug. 4, 1973
Walk-Run Pentathlon	Track	2,790 Points	Stan Smith	April 28, 1973
(2 Mile Walk: 18:02, 880 Yard Run: 2:04.8, 1 Mile Walk: 7:33, 2 Mile Run: 10:02.5, 220 Yard Dash: 25.4)				Points per Event: 361, 668, 543, 695, 523
2 Man-10 Mile Relay	Track	45:08(Team)	Dennis Stewart (68.4 av. per 440) & Bill Wirtz (67.0)	
(alternate 440's)		Individual: 22:14 (66.7 av.)	Fred Binggeli	All on June 12, 1971
2 Man-6 Mile Relay	Track	33:10(Team)	Bob Collette & John Victor	
(alternate miles)		Nov. 18, 1972	Individual: Dennis Stewart 14:37 Nov. 20, 1971	
2 Man-6 Mile, Run-Walk Relay		34:53(Team)	Mike Kelly & Larry Young	
(alternate miles)		Individual: Runner: 14:07	Dennis Stewart	
		Walker: 20:39	Larry Young	All on March 26, 1972
Four Mile Relay	Track	19:10	Columbia Track Club	June 9, 1973
				(Mike Chippendale 4:57, Ben Londeree 4:45, Tom Kilburn 5:00, Dennis Stewart 4:26)

*Part of Walk-Run Pentathlon
 **Part of Sprint Triathlon
 ***Enroute to One Hour Run
 ****Enroute to 10 Miles
 #Enroute to 30,000 Meters

RECORDS ARE MEANT TO BE BROKEN!!

Records for Race-walking and Over Age 40 will come next newsletter

DAVE SCHULTE 1939-1973

Dave Schulte died of melanoma cancer on December 31, 1973. Dave Schulte was a Distance Runner. That is not to say he was a fast runner (although in a five mile run he probably could run faster than 99% of our populace) or that he won any races. But he was a distance runner. He was not an on-again, off-again jogger. He didn't start a running program then quit after a couple of weeks. He came to the very first P & R Dept. sponsored organizational meeting of interested runners over five years ago. He soon became one of the most active persons in the administration of CTC, serving as Secretary-Treasurer the past four years.

Everyone who comes to our races wants to run.. They don't usually care to hold a stopwatch or record splits or dispense aid. Dave, however, was willing to do all these things. He did more of this type work than anyone else in CTC. In October, 1969, he stood in a driving rainstorm for over four hours until the last man finished in the Senior National 30 Kilo walk. As recently as October, 1973, he put in another four hours, again for the Senior National 30 Kilo, in a 40 degree cold drizzle. Over the past five years he spent more time with the watches and recording of times in the 100 mile walk than anyone else. He was also responsible for the accurate measurement of all our road courses, with the use of his calibrated bicycle. Dave gave many other countless hours in "behind the scenes" work in almost every race we had.

Yet Dave loved to run (and walk) as much as anyone. His attitude best exemplifies the spirit of CTC. Dave was usually last in his races. But he won many "personal best" victories. He constantly sought improvement. He participated.. He ran hard, to the best of his ability. He was as excited as a winner when he gained these "personal bests": a 6:21 mile in July, 1973; 7 miles, 618 yards in the '73 One Hour Run; a 1:08:25 eight mile, March, '73; 49:03 for six miles, Feb., '73; 22:57 three mile, Oct., '73 and a 14:03 two mile, April, '72. While Dave won a lot of personal victories, he certainly knew the bitterness of defeat. He was realistic, he didn't give up. So it was when he faced the ultimate defeat--that of death. Dave was prepared, he faced this challenge realistically. His wife, Joyce, is convinced that Dave's running program helped condition him both physically and mentally for the final lap. For all of us, Dave's approach to life, running and death is meaningful and therein lies his final victory.

When one says that Dave was a distance runner, he is saying that Dave recognized the worth of challenges and of a strong body. That he knew the pleasure and loneliness of intense individual effort. Distance running is a highly personal sport, The runner fails or succeeds on his own effort. A distance runner is given to introspection. He is quiet, unassuming, unselfish, no sham or pretense. So it was with Dave. He came to the races. He worked hard, not only in developing his own body, but in giving CTC effective administration..

Dave's two sons, Carl and Dennis, will always know that their Dad was a father, a husband, a computer programmer, a Christian. But more, perhaps, is said of his character and personality by the simple statement, "He was a Distance Runner."

"I have fought the good fight, I have finished the race,
I have kept the faith." II Timothy 4:7

For those of you who wish to do something in remembrance of Dave, other than contributions to the Cancer Research Fund which Joyce suggested, we have decided to have contributions toward the purchase of bonds for Carl and Dennis. Many of you have already contributed for this purpose but we wanted everyone to have an opportunity to give before we make the purchase. If you want to contribute then send your contribution to Joe Duncan by Feb. 15. As a club, CTC will have an annual award for improved performance in the Heart of America Marathon as a memorial to Dave and also, perhaps, an award for improved performance over the year in the Elapsed Time categories. If any of you have ideas along these lines then please let us know before we work out the details.

ELAPSED TIME STANDINGS CONTINUED:

Runners--Age 40 & Over:

1. Frazer 34
 2. Johnson 20
 3. Storvick 8
 4. Luecke 7
 5. Busen 6
 6. Fields 4
 7. Leuthold 4
 8. Sallee 3

Runners--Age 15 & Under

1. Doug Duncan 12
 2. John Leuthold 11
 3. Janet Leuthold 6
 4. Jay Blossom 6
 5. Jeff Kilburn 2
 6. Scott Sallee 1
 7. Amy Hessler 1

WALKERS 15 & Under

1. Janet L. 3
 2. John L. 3
 3. S. Spier 2

WOMEN

1. Joyce S. 5
 2. J. Leuthold 2
 3. Joan Hirt 1

WALKERS--Open: Points:

1. Augie Hirt 50
 2. Jim Breitenbucher 34
 3. Dave Leuthold 32
 4. Leonard Busen 23
 5. Charles Geiss 19
 6. Al Schrik 14
 7. Jim Fields 9

8. Rob Spier 7
 9. John Leuthold 5
 10. Joyce Schulte 4
 11. Janet Leuthold 3
 12. Steve Spier 3
 13. Lanny Endicott 1

The CTC News-
 letter comes
 from Joe Duncan
 4004 Defoe Dr.
 Columbia, Mo.
 65201--cost is
 \$1.00 for 12 issues

SCHEDULE OF EVENTS:

FEBRUARY 2 Saturday 10:30 AM Region VIII & Ark. State AAU
 Groundhog Day Marathon
 2 " 2:00 PM 6 Mile Run, 6 Mile Walk (walk
 starts at 1:30) Cosmo Park Records: 32:43 Bill
 Wirtz, May 23, 1971; 45:16 Larry Young Feb. 7, 1971
 3 Sunday 2:00 PM 2 Man, 6 Mile Relay alternate 3
 miles Loose Park Kansas City, Mo.
 10 Sunday 2:00 PM 2 Man, 6.8 Mile Relay alternate
 1.7 Miles Shawnee Mission Park, Kansas
 16 Saturday 9:00 AM 15 Kilo Run, 15 Kilo Walk
 (walk starts at 8:30) Cosmo Park Run Record:
 48:55 Fred Binggeli 7-14-73
 17 Sunday 2:00 PM 8.5 Mile Run Shawnee Mission Park
 23 Saturday 9:00 AM 3, 2, 1 Mile Triathlon Hickman
 Track Record: 30:55 (15:43, 10:22, 4:50)
 Dennis Stewart Feb. 19, 1972
 MARCH 3 Sunday 8:00 AM 2nd Annual Olympiad Memorial Marathon
 St. Louis, Mo.

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