

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VI, No. 5

May 22, 1974

GWEN EBERLE WITH NEW RECORD AND AUGIE HIRT WINNERS IN MISSOURI CUP RACES:

	1	2	3	5,000 Meters
1. Gwen Eberle 18	9:00	18:27	27:54	28:36
2. Linda Ontko 14	9:06	18:38	28:06	28:48
3. Beth Eberle 13	9:21	19:01	28:38	29:23
4. Cinda Morrow 13	10:20	20:52	31:11	31:58
5. Judy Hyten 32	10:19	20:49	31:32	32:25
6. Pam Arth 18	10:25	21:56	33:17	34:07
7. Joyce Schulte	11:10	22:46	34:26	35:16

All these girls, except Joyce, represent Ozark Track Club so it was another intra-squad meet for them. The first three were under Gwen's old record of 30:06 set last year--these gals are getting tough!

	1,7	2,8	3,9	4,10	5,11	6,12	20 KILO
1. Augie Hirt	9:32	19:09	27:32	35:49	44:07	53:14	
2. Jim Breitenbucher	9:04	18:31	25:30	37:10	46:24	55:31	1:49:50
	1:04:45	1:13:40	1:22:38	1:32:08	1:41:55	1:51:31	1:55:18
3. Leonard Busen	9:26	19:21	29:11	38:50	48:03	57:17	
	1:06:35	1:15:49	1:24:56	1:34:25	1:43:40	1:53:17	1:57:20
4. Dave Leuthold	9:32	19:09	29:00	38:59	49:11	59:25	
	1:09:30	1:19:53	1:30:15	1:40:45	1:51:22	2:02:10	2:07:00
5. Rob Spier	10:12	20:27	30:37	40:56	51:08	61:23	
	1:11:35	1:21:54	1:32:23	1:43:00	1:53:50	2:04:35	2:09:13
6. Albert Van Dyke	9:49	20:25	31:07	41:44	52:41	63:35	
	1:14:02	1:25:30	1:37:20	1:49:10	2:01:35	2:13:45	2:19:05

Busen, Leuthold, Spier & Van Dyke had the following 10 Kilo times for the Masters National Postal Race: 58:07, 1:01:32, 1:03:25 & 1:05:53. Hirt had 55:25 at 10 K while Jim B. had 57:27. Mid 60's, cloudy, quite pleasant for the walkers, a little chilly for the timers. Hirt went out fairly easy--he had some pretty fast stages, then would slow and visit a little. He had had four straight weekends of out of town races and wasn't really up for a "big" effort. A PB for Jim B!

THE SUMMER AGE GROUP DEVELOPMENT PROGRAM, EMPHASIZING ENDURANCE RUNNING, has been worked out and officially announced. Those of you with children will get the information sheet and entry blank with this newsletter. I think this program will be well-received--I have already had a few phone calls from interested kids.

The dates are June 12, 19, 26, July 10, 17, 24. The events will be, in order, 440, 880, mile, 2 or 3 mile, mile walk. Starting time is 6:30 PM. Age groups--boys and girls--are 6-7, 8-9, 10-11, 12-13, 14-15, and 16-17. The information sheet shows what events will be offered to each age group. Each child will be permitted to compete in only one running event plus the mile walk. If some of you (over age 18) anticipate competing in any of these events for a time trial--that is fine--but remember, the kids get priority, so if we can't work you in, you must understand why not.

We will need help from CTC members (and non-members) in the conduct of this program. We want a minimum of 8 people to help each Wed. evening. We ask that you be willing to work and that you work on 3 different Wed. evenings. We want to set up a schedule, IN ADVANCE, as to who will help and when. Whitney Hicks is the Director of this program, therefore please call him at 445-2816 and tell him which Wed. evenings you will help. You will be responsible for showing up on the scheduled dates you select or for making arrangements for a substitute if you are unable to be there.

This program promises to be one of the more exciting things we have done. We all know the value of endurance running--we know the value of informal, relaxed, low pressure competition. The kids of Columbia should have the opportunity to participate in this type of a program. The emphasis will be on participation and personal improvement. The slowest kid in town is a winner when he develops the ability to run a mile without stopping and then gradually improves the time it takes him to run that mile. Endurance running probably forms a better base than anything else for whatever a person does--athletics of any kind, general fitness, day-to-day living, what have you--the kids can use this as a springboard to just about anything.

STEWART CHASES STAN SMITH AGAIN IN WALK-RUN PENTATHLON April 27, 1974

	Points		
1. Stan Smith	2703	13. John Wise	748
2. Dennis Stewart	2256	14. Don Carman	714
3. Tucker Schaeffer	2003	15. Dennis Blossom	691
4. Dean Neal	1687	16. Joe Marks	602
5. Tom Kilburn	1631	17. Rex Frazer	42 568
6. Don Lewis	1491	18. Al Garverick	463
7. Dick Hessler	1379	19. Doug Duncan	13 234
8. Mike Chippendale	1377	20. Jim Harmon	215
9. Leonard Busen	44 968	21. Art Fleming	206
10. Charles Geiss	898	22. Don Johnson	45 95
11. Truman Storvick	46 836	23. Jay Blossom	9 4
12. Joe Duncan	823	10. Whitney Hicks (sorry)	967

Busen & everyone after him down 1.

Low 70 's, sun shining, fairly strong SW wind. The big issue this year, the 7th edition of this popular event, was whether or not Smith could beat the record 2790 points he had set last year. He claimed to be in not as good condition as last year, but he came down from Iowa to give it a try and Denny Stewart was on hand to pull him along on the running events. To have a chance at the record, Smith knew he had to score big in the 2 mile walk for it was here that he had only a fairly modest time last year. Sure enough, he did get more points in the 2 mile walk--in fact he got 153 more points to get off to a good start. But this effort apparently took away some important reserves, for the Iowan fell short in the running events winding up 87 points short of the record. Leonard Busen, thanks to points in the two walks, set a Masters record beating the 936 points Don Johnson established last year.

TWO MILE WALK		880	Mile	1 1/2	2	Points	
1. Stan Smith	4:14	8:32	12:47	16:53	514	Last year Smith	
2. Leonard Busen	4:15	8:52	13:29	17:57	376	had 18:02 & 361	
3. Joe Duncan	4:44	9:21	14:05	18:52	210	points--so he's	
4. Dennis Stewart	4:44	9:37	14:25	19:21	203	ahead by 153	
5. Charles Geiss	4:41	9:36	14:37	19:32	195	points. Stewart	
6. Tucker Schaeffer	4:52	9:58	14:58	19:49	176	is off to a	
7. Don Johnson	6:11	9:19	15:26	21:31	71	slower start--	
8. Joyce Schulte	5:25	11:05	16:59	22:54	0	in '73 he had	
9. Dr. Wm Taft	6:08	12:25	18:42	24:49	0	18:27--295 pts.	

880 YARD RUN

1. Stewart	:59	1:59	765	16. Joe Duncan	1:18	2:42	212
3. Smith	1:02	2:10	589	17. Garverick	1:18.5	2:44	193
3t. Kilburn	1:05	2:10	589	18. Frazer	1:20	2:46	175
2. Schaeffer	:59	2:05.5	657	19. Busen	1:24	2:49	148
5. Lewis	1:01	2:10.5	581	20. D. Duncan	1:25	2:50	139
6. Neal	1:00	2:12.5	553	20t. Harman	1:17	2:50	139
7. Whitney Hicks	1:06	2:17	491	22. J. Blossom	1:30	3:11	0
8. Hessler	1:08	2:19	465	23. Johnson	1:43	3:20	0
9. Chippendale	1:11	2:22	427	24. Jeff Kilburn	1:35	3:47	0
10. Storvick	1:15	2:31	323	24t. David Marks	1:36	3:47	0
10t. Wise	1:11	2:31	323	26. Schulte	1:53	3:53	0
12. Carman	1:17.5	2:32.5	307	27. Rosalea Johns	1:54	4:01	0
13. Geiss	1:15	2:35	281	28. Taft	1:58	4:18	0
13t. Blossom, D.	1:10	2:35	281	Smith had 2:04.8 & 668 pts last year			
15. Joe Marks	1:18	2:40	231	so he loses 79, but still has +74.			

ONE MILE WALK

	880	Mile	Points
1. Smith	3:42	7:47	473
2. Busen	4:14	8:34	275
3. Schaeffer	4:30	9:00	183
4. Duncan	4:38	9:19	120
5. Geiss	4:37	9:30	89
6. Neal	4:48	9:40	61
7. Schulte	5:51	11:42	0
8. Johnson	5:52	11:47	0
9. Taft	5:59	12:04	0
10. D. Marks	6:13	12:53	0

In '73 Smith did the mile walk in 7:33--543 points. He is now only 4 points ahead of his pace a year ago so he cannot do any less on his two remaining events. Last year Stewart managed to walk a 9:17 mile for 128 points--this time he took 3 steps and was out.

W-R Pentathlon results continued on Page 3. . . .

The Columbia Track Club Newsletter is published monthly by Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201 and is sent to all those who pay ONE DOLLAR for a one year subscription. No Dollar--No newsletter.

WALK-RUN PENTATHLON CONTINUED:

TWO MILE RUN:

	880	Mile	1½	2	Points
1. Stewart	2:31	5:02	7:37	10:10	671
2. Smith	2:34	5:12	7:53	10:24	628
3. Neal	2:32	5:10	7:53	10:26	623
4. Kilburn	2:39	5:20	8:01	10:32	605
5. Chippendale	2:44	5:23	8:02	10:39	585
6. Hessler	2:47	5:30	8:11	10:57	535
7. Schaeffer	2:34	5:23	8:23	11:15	488
8. Hicks	2:48	5:41	8:35	11:20	476
9. Lewis	2:59	5:57	8:45	11:34	442
10. Storvick	2:57	5:56	8:57	11:49	406
11. Frazer	2:58	5:58	8:58	11:55	393
12. Wise	3:05	6:19	9:34	12:37	303
13. Carman	3:10	6:31	9:54	13:06	247
14. Geiss	3:09	6:24	9:48	13:07	245
15. D. Blossom	3:17	6:41	10:04	13:16	227
16. Joe Marks	3:15	6:41	10:10	13:16.5	227
17. J. Duncan	3:21	6:40	10:04	13:35	194
18. Garverick	3:17	6:44	10:15	13:44	179
19. Busen	3:25	7:01	10:36	13:50	169
20. Harmon	3:39	7:19	11:09	15:05	53
21. D. Duncan	3:45	7:36	11:25	15:15	39
22. Johnson	3:46	7:43	11:35	15:26	24
23. J. Blossom	3:51	7:42	11:59	15:41	4
24. Jeff Kilburn	4:01	8:16	12:45	16:49	0
25. Taft	4:35	9:40	14:45	19:45	0

This was a key event. Last year Smith had 10:02.5 and 695 points. He is now behind by 67 points which means he needs a 24.6 in the 220 to exceed his record and after these previous races it is not likely that he is capable of that.

By the way, it is good to have Don Johnson back again after his knee surgery--no doubt he is very happy at this point even if he's only going at half speed. The restless days have ended.

Amy Hessler ran a mile in 8:17 and Rosalea John did one in 9:48.

220 YARD DASH

1. Stewart	24.3	617	16. Storvick	31.8	107
2. Smith	25.7	499	17. Garverick	32.1	91
2t. Schaeffer	25.7	499	18. D. Duncan	32.8	56
4. Lewis	26.1	468	19. Harmon	33.5	23
5. Kilburn	26.5	437	20. Busen	34.6	0
6. Neal	26.6	430	21. Johnson	36.6	0
7. Hessler	27.3	379	22. Frazer	37.5	0
8. Chippendale	27.5	365	23. Taft	40.5	0
9. Fleming	30.0	206	24. J. Blossom	41.4	0
10. D. Blossom	30.4	183	25. J. Kilburn	44.0	0
10t. J. Duncan	30.4	183	26. D. Marks	50.3	0
12. Geiss	30.5	177			
13. Carman	30.8	160	22. should be Schulte	37.1	0
14. J. Marks	31.1	144			
15. Wise	31.5	122			

SPECIAL NOTE ON THE ONE HOUR RUN SET FOR JUNE 15; last year we had 36 runners, all running at the same time--this is probably more than we should try to handle all at one time. Therefore we have decided to have two sections this year--a slow section starting at 6:00 PM. This section is meant for those who will likely run less than 9 miles in the hour. We will not refuse to let you run in section 2 if for some reason you really want to, but, all those who really should run in Section 1, PLEASE do so. Also we are asking each runner to bring along a friend or relative to record his 440 splits. If you fail to do so we will have the people to take care of this but it will help immeasurably if you would bring your own recorder.. Be sure to explain to your recorder that all he will need do is record the times as they are called out--for only one runner (you). He will not need to read a stop watch or keep track of any other runners.

IN THE GATEWAY ARCH RUNS, MAY 5, IN ST. LOUIS, CTC MADE A GOOD SHOWING IN THE PERSONS OF DIC HESSLER, DENNIS STEWART, REX FRAZER & DEAN NEAL. Hessler finished 4th in the 14 Mile Run (actually about 13.8) with a time of 1:21:30, and finished 1st for his age group. Stewart, for the 3rd year in a row finished 2nd in the 4 mile run. Frazer was in the 14 miler with a time of 1:27+ (I don't know what place) while Neal was a few seconds behind the Lt. Col....that's right--Frazer beat Neal! Dean showed up at the starting line with a newly shaven head--in his addled condition he went out too fast--the hot sun and wind got to his thinly protected brain and he suffered therefrom....but he certainly made up for all that--and the razzing he took--in our May 18 12 miler.

DEAN NEAL WINS 12 MILE RUN--HIS FIRST CTC VICTORY

May 18, 1974:

	6	12	secs off DT	% off
1. Dean Neal	36:00	1:11:29	151	3.40
2. Dick Hessler	36:00	1:11:47	13	.30
3. Rich Todd Ft. Wood	36:00	1:14:00		
4. Tom Kilburn	36:06	1:14:20	80	1.82
5. Sandy Lawrence	36:33	1:14:23		
6. Ben Londeree	37:20	1:15:09	171	3.65
7. Bob Hunerdosse	37:30	1:15:33		
8. Don Williams Ft. Wood	36:23	1:16:03		
9. Mike Chippendale	38:30	1:16:55	125	2.63
10. Don Granberg	37:20	1:17:03	57	1.21
11. Rex Frazer 42	38:03	1:17:54	54	1.17
12. Truman Storvick 46	39:56	1:20:50	10	.21
12t. Don Lewis	39:56	1:20:50		
14. Joe Duncan	41:00	1:26:17	137	2.72
15. Don Carman	42:52	1:27:54	66	1.23
16. Dennis Blossom	46:30	10 miles in 1:18:30		
17. Al Garverick	46:20	10 miles in 1:21:45		
18. John Leuthold 9	61:01	Out		

65 degrees, cloudy, humid, but really a pretty pleasant morning for running. Last year Williams won in 1:12:38, so he obviously is not now is as good condition. Neal & Hessler were together until the last .6 mile go round when Ol' Baldy turned on the speed and left Hessler behind. Because of flooding on ZZ the course had to be changed--but it was an accurate 12 miles--and tougher. PERSONAL BESTS: Hessler, Kilburn, Chippendale, Granberg, Frazer. Storvick & Lewis turned in fine performances in their first race at this sort of distance.

IN THE 12 MILE WALK AUGIE HIRT SHATTERS PAUL IDE'S RECORD BY 4½ MINUTES:

1. Augie Hirt	52:07	1:43:28	212	3.30
2. Dave Leuthold	1:00:18	2:03:05		
3. Rob Spier	1:01:26	2:07:52	112	1.48

DESIGNATED TIME STANDINGS: *(12 best predictions)

1. Storvick	1.13	7	9. Spier	2.09	10	17. Duncan	3.10	10
2. Frazer	1.27	12*	10. Londeree	2.22	11	18. Hirt	3.35	8
3. Leake	1.69	4	11. Stewart	2.23	12	19. Breit'er	3.63	6
4. Neal	1.79	12*	12. Chippendale	2.42	12*	20. Busen	4.36	11
5. Kilburn	1.89	12*	13. Endicott	2.47	4	21. Geiss	4.64	5
6. Hinckley	1.96	7	14. Schulte	2.59	6	22. Rea	5.43	3
7. Hicks	2.00	6	15. Hessler	2.78	9	23. John Leuthold	8.69	
8. Granberg	2.02	12*	16. Blossom	3.07	5			

ELAPSED TIME STANDINGS:

Runners--Open	Points			AGE 40 & OVER
1. Stewart	250	12. J. Duncan	74	23. J. Blossom 19
2. Neal	249.5	13. Strovick	68	1. Frazer 54
3. Kilburn	242	14. Endicott	61	24. Luecke 15
4. Granberg	167	15. Johnson	61	2. Storvick 26
5. Chippendale	166.5	16. D. Blossom	55	25. Geiss 15
6. Frazer	161	17. Rea	35	3. Johnson 22
7. Londeree	144	18. Leake	34	26. J. Leuthold 14
8. Hessler	132	19. D. Duncan	34	4. Busen 9
9. Stern	126	20. Fields	29	27. D. Leuthold 13
10. Hinckley	122	21. Busen*	27	5. Luecke 8
11. Hicks	108	22. J. Leuthold	23	28. Wise 11
				6. Fields 8
				29. J. Kilburn 11
				7. Leuthold 5
				30. Breiten'er 10
				8. Sallee 3
				31. Siefkas 10
				9. Siefkas 2
				32. Garverick 7
				10. Taft 1

Runners--Age 15 & Under Women

1. Duncan	27	1. Leuthold	3
2. John Leuthold	19	2. Hirt	1
3. Jay Blossom	15	3. Lamar	1
4. Janet Leuthold	12	4. Hessler	1
5. Jeff Kilburn	9	5. Siefkas	1
6. Steven Hicks	3		
7. David Hicks	2		
8. Scott Sallee	1		
9. Amy Hessler	1		

WALKERS--OPEN

1. Hirt	79	15 & Under	
2. Breitenbucher	53	1. John L.	4
3. Leuthold	52	2. Janet L.	3
4. Busen	38	3. Spier	2
5. Geiss	23		
6. Spier	22	Women	
7. Schrik	21	1. Schulte	8
8. Fields	15	2. Janet L.	2
9. Schulte	10	3. Joan Hirt	1

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE--Standings:

	% Improvement	Events		
1. Tom Kilburn	12.31	4	8. Dennis Stewart	0.17 8
2. Dick Hessler	5.96	7	9. Rob Spier	-0.93 5
3. Leonard Busen	2.89	4	10. Joe Duncan	-3.33 8
4. Ben Londeree	2.29	8		
5. Don Granberg	2.18	8	REMEMBER--it takes 10 events to	
6. Dave Leuthold	1.61	7	qualify for this award--we take your	
7. Mike Chippendale	1.52	10	10 best improvements.	

SCHEDULE OF EVENTS:

MAY 25 Saturday 9:00 AM 4 Mile Relay Hickman Track

JUNE 1 Saturday 9:00 AM 6 Mile Handicap Run, 6 Mile Handicap Walk Cosmo Park--picnic afterwards RECORDS: 32:43 Bill Wirtz May 23, 1971; 45:16 Larry Young 2/7/71

1 Saturday 11:00 AM AAU Women's Junior National 5000 Meter Race Walking Championship SIU-Edwardsville, Ill. Then at 11:40 AM is the Region 8 Men's & Women's Track & Field Championships

2 Sunday 5:00 PM 4 & 2 mile run & walk, age groups, Cardinal H.S., Keokuk, Iowa

12, 19, & 26 Wednesdays 6:00 PM "All-Comers Meets"-- Southeast H.S., Kansas City, Mo.

15 Saturday 6:00 Pm & 7:30 PM MVAAU, MASTERS AND OPEN ONE HOUR RUN Hickman track

16 Sunday 7:00 PM 2 Man, 10 Mile Relay Shawnee-Mission East H.S., Kansas

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

24 Monday 7:00 PM 5.1 Mile Run Shawnee Mission Park, KS.

29 Saturday 6:30 PM 2 Man, 10 Mile Relay Christian track, Manhattan, Kansas

29 Saturday 7:00 PM 10,000 Meter Road Race Winfield, Ks.

THE THIRD ANNUAL CTC PICNIC (AND GREAT SANDBAGGER AWARD) WILL BE ON SATURDAY, June 1, following the six mile Handicap race. The winner the past two years has been Rob Spier--but this time out he has fair warning that he will be handicapped out of sight. 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 along--need not bring any food, however, they are asked to pay \$1.00. This is one of our rare opportunities to visit and have a social affair--even if you can't make the run, you should still come to the picnic and bring your family.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 15 KILO RUN

1974 ENTRY BLANK

TIME: Saturday, July 13, 1974 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 at 7:30 a.m. for transportation to the starting line.

THE COURSE: An AAU certified road course, 35,000 meter legs, back and forth on asphalt and concrete.

ENTRY FEE: \$1.00 post entries will be accepted, but PLEASE try to have your entries in by July 10.

AWARDS: Trophies to first 6 finishers, trophy to first 3 over age 40 finisher. Trophy to first woman finisher, certified to all finishers, MVA AU medals to first 3 MVA AU finishers.

MVA AU AND
COURSE RECORD: 48:55, Fred Binggeli, July 14, 1973.

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 of the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____ 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