

COLUMBIA TRACK CLUB NEWSLETTER

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BOB CHAPIN WINS 100 MILE WALK AND BECOMES CENTURION ON 7th TRY; HUNTER
AND O'NEIL DO IT AGAIN WHILE LEUTHOLD AND BUSEN JOIN CENTURIONS:

SEPTEMBER 28 & 29	5 ³⁰	10 ³⁵	15 ⁴⁰	20 ⁴⁵	25 ⁵⁰
5 Mile Splits	55 ⁸⁰	60 ⁸⁵	65 ⁹⁰	70 ⁹⁵	75 ¹⁰⁰
1. Bob Chapin 42	56:15	1:53:00	2:50:00	3:46:02	4:42:18
CTC	5:41:09	6:40:59	7:46:58	8:40:27	9:38:00
Independence, Mo.	10:40:35	11:41:55	12:43:23	13:48:15	14:49:10
	15:50:45	16:52:15	18:00:25	19:06:10	20:09:20
2. Chuck Hunter 37	55:23	1:49:20	2:41:45	3:38:59	4:36:26
Longmont, Mo.	5:38:52	6:41:54	7:50:55	8:52:35	9:55:00
	10:56:15	11:59:07	13:01:43	14:09:00	15:15:00
	16:23:55	17:42:42	18:54:50	20:05:45	21:14:17
3. Larry O'Neil 67	59:26	1:58:00	2:54:10	3:53:24	4:52:10
Kalispell, Mont.	5:51:19	6:52:08	7:54:28	8:59:55	10:00:12
	11:04:15	12:10:32	13:14:16	14:21:00	15:30:55
	16:46:30	18:00:03	19:12:45	20:30:08	21:53:26
4. Dave Leuthold 41	57:22	1:52:00	2:47:27	3:43:31	4:45:52
CTC	5:47:30	6:50:50	7:51:30	9:01:19	10:10:05
	11:21:55	12:32:30	13:42:21	14:53:20	16:05:10
	17:19:00	18:33:03	19:50:45	21:11:55	22:31:43
5. Leonard Busen 44	1:00:40	2:00:40	3:01:40	4:02:25	5:16:10
CTC	6:27:50	7:48:13	10:59:40	11:59:05	12:59:20
St. Louis, Mo.	14:00:55	15:02:00	16:10:25	17:11:45	18:18:02
	19:18:20	20:16:30	21:15:38	22:11:06	23:07:27
6. Rob Spier 52	57:20	1:55:04	2:56:02	3:55:48	5:02:03
CTC	6:03:09	7:07:01	8:10:13	9:19:26	10:26:50
88 Miles in	11:33:53	12:42:20	13:55:35	15:14:50	16:29:15
19:53:30	17:41:00	19:03:50			
7. Bob Gragg 49	1:04:57	2:04:40	3:14:24	4:21:16	5:29:57
Kansas City	7:05:30	8:23:42	9:55:45	11:20:50	12:40:37
80 Miles	15:01:15	16:15:00	17:49:53	19:17:07	20:29:35
	21:45:14				
8. Carl McCoun 27	1:06:47	2:14:20	3:23:35	4:39:59	5:49:15
Great Falls, Mont	7:06:00	8:18:02	9:35:00	10:53:05	12:04:22
75 Miles	13:12:33	14:25:10	15:38:50	17:35:40	19:50:45
9. Larry Young 31	50:22	1:39:55	2:30:25	3:22:14	4:16:51
CTC	5:08:25	5:57:03	6:47:27	7:36:55	8:25:15
70½ Miles	9:21:40	10:16:39	11:12:35	12:13:28	
10. Joyce Schulte	1:04:27	2:11:35	3:17:50	4:26:32	5:55:39
CTC	7:03:36	8:10:58	9:28:38	10:40:52	11:55:15
62½ Miles	14:16:55	15:55:45	100 Kilometers:	16:39:10	
11. Ben Knoppe 31	56:11	1:55:55	2:56:00	3:57:24	4:56:19
St. Louis, Mo.	5:56:38	6:52:53	7:59:33	9:09:27	10:19:45
57 Miles	11:50:05				
12. Al Schrik 23	1:00:44	1:59:40	3:03:00	4:01:58	5:03:52
CTC 54½ Miles	6:18:56	7:22:10	8:31:23	10:06:00	11:35:03
13. Jim Breitenbucher 21	1:00:30	2:00:20	3:00:25	4:01:54	5:05:40
CTC 54 Miles	6:19:01	7:39:15	8:52:35	10:06:25	11:50:07
14. Randy Mimm 20	1:02:37	1:59:05	2:58:01	3:52:50	4:49:12
53½ Miles Col. Coll.	6:11:02	7:38:29	8:43:48	11:44:00	12:53:57
15. Lance Patterson 13	1:15:08	2:31:45	3:51:52	5:25:39	6:40:54
51 mi. Columbia	8:11:50	9:57:25	20:05:25	21:16:51	22:35:45
16. Tom Wilson 15	1:05:25	2:12:05	3:19:42	4:46:28	6:14:28
50 Mi. Columbia	7:41:42	8:58:35	10:10:30	11:39:00	13:19:44
17. Paul Schofer 14	1:33:30	3:14:30	4:58:45	6:54:16	8:47:20
50 Mi. Columbia	10:22:55	12:26:25	14:24:18	16:38:30	18:46:05
18. Greg Waid 14	1:33:30	3:09:43	4:58:50	6:59:02	8:47:20
50 Miles Columbia	10:32:30	12:48:00	14:51:50	17:05:40	19:19:50
19. William Taft 58	1:09:31	2:16:40	3:28:05	6:02:55	7:18:12
50 Mi. CTC	8:43:01	14:43:50	16:14:10	19:51:25	21:18:43

20. Steve Decker	16	1:18:55	2:39:50	4:34:35	6:39:25	8:37:06
50 Mi. Columbia		10:03:00	14:26:23	16:35:25	19:58:30	22:12:41
20t. Mary Ellen Sooley	17	1:19:00	2:39:45	4:34:50	6:35:53	8:27:05
50 Mi. Grandview, Mo		9:57:40	14:26:23	16:40:15	19:58:30	22:12:41
22. Eddie John	15	1:05:20	2:12:10	3:16:27	4:39:49	6:05:12
50 Mi. Columbia		7:35:20	9:02:30	10:36:40	21:20:20	22:52:47
22t. Steve Spier	15	1:05:25	2:11:35	3:17:50	4:26:32	5:57:50
50 Mi. CTC		7:06:49	8:18:17	9:35:15	20:26:00	22:52:47
24. Mark Lamberti	13	1:19:35	2:41:35	4:29:13	6:44:57	9:38:00
42 Mi. Columbia		11:16:15	20:27:50	22:12:20		
25. Jerry Brown		50:55	1:40:15	2:30:25	3:22:48	4:17:16
38½ Mi. Longmont, Colo		5:21:56	6:32:40			
26. Nathan Chapin	11	1:10:12	2:17:20	4:33:55	5:54:15	7:17:30
36 Mi.		9:52:35	11:37:42			
27. Kevin Betnemann	19	1:05:20	2:17:00	3:30:40	4:50:20	6:13:31
34 Mi. CC		8:14:44				
28. Peter Engelman	13	2:26:55	3:28:05	5:34:40	7:27:21	10:07:40
31 Mi. Columbia		11:53:45				
29. Lori Decker	15	1:21:15	3:08:50	4:46:30	7:33:35	11:04:05
31 Mi. Columbia		13:00:00				
30. Diana Decker	12	1:31:40	3:08:35	4:47:05	6:53:55	9:46:10
30 Mi. Columbia		13:21:45				
31. Steve McMenemin	17	1:06:40	2:04:40	3:11:00	4:51:00	6:44:55
Willingboro, NJ		283¼ Miles				
32. Del Robertson	37	1:00:12	2:02:40	3:09:28	4:18:55	5:55:35
CTC 28 Miles						
33. Betsy Colwill	16	1:24:19	3:00:40	4:24:40	7:11:07	9:11:50
26½ Miles Columbia						
34. Troy Kimmes		1:13:23	2:26:48	3:48:28	5:48:40	7:46:08
26 Miles Columbia						
35. Jim Doran	25	1:03:40	2:24:55	3:35:50	5:24:34	7:04:18
36. Jim Wilson	13	1:15:04	2:36:25	4:12:06	5:39:13	7:37:08
37. Anne Crimmins	15	1:21:15	2:57:00	6:18:12	7:48:28	9:45:55
38. Peter Crimmins	10	1:21:20	2:33:40	3:53:59	6:34:47	23 Mi.
39. Carolyn Colwill	11	1:31:35	3:11:45	4:51:50	6:53:55	23 Mi.
40. Jackie Rice	16	1:24:19	3:20:45	4:57:00	7:11:07	23 Mi.
41. John Leuthold	10	1:19:35	2:41:35	4:29:13	6:41:54	21 Mi.
42. Terri Mott		1:49:15	3:28:30	5:12:20	8:10:40	20½ Mi.
43. Charles Ward	48	1:02:46	2:04:10	3:18:15	18 Miles	
44. Eddie Simms		6:37:40	8:01:05	9:20:07	17 Mi.	
45. Pam Simms	27	6:43:13	8:14:40	13:00:58	16½ Mi.	
46. Mike Behymer	15	1:04:59	2:27:00	4:18:12	15 Mi.	
47. Don Simms	33	6:31:40	8:00:26	9:29:00	15 Mi.	
48. Dave Nichols	12	1:14:08	2:42:15	14 Mi.		
49. Albert Van Dyke	49	1:06:57	2:12:50	13 ¾ Mi.		
50. Bill Taft		1:12:30	2:42:15			
51. Jon Ward	10	1:48:20	9 Mi.			
52. Jeff Ward	9	1:37:10	8 ¾ Mi.			

The 8th annual edition of the National 100 Mile Walk Championship started immediately following a violent 30 minute thunderstorm which dumped almost an inch of water on Hickman Track. For the first couple of hours, then, the walkers had to contend with a very sloppy track. However, under the direction of Bill Clark, the track was whipped into shape and the walk proceeded on into the night. The temperature was excellent for the event except that it may have been too cold during the night--it got down to the upper 30's Sunday AM.

Despite all this five walkers managed to walk 100 miles within 24 hours, exceeding the four of last year. Larry O'Neil for the 5th time and Chuck Hunter for the 2nd. CTC member, Bob Chapin, however, was the winner of the race and he brought with him into the Centurion Club of America (open only to those who walk 100 miles in less than 24 hours) two other CTC members, Dave Leuthold and Leonard Busen. The Centurion Club of America now has twelve living members--enough now that Carl McCoun says that they should have some sort of organization and he is going to see to that.

CTC's Larry Young (Centurion #6) and Jerry Brown, Colorado TC and international competitor, set the early pace, moving at brisk 10 minute miles. Brown stayed close behind Young at that pace for the first 25 miles, but then he began incurring stomach distress and finally had to retire at 38½ miles. Young kept going, clicking by 50 miles in 8:25:15 (10:06 pace), 75 kilo in 7:52:44 and 100 kilo in 10:39:43. All three of these times would have been American records had Larry finished the race. They will be MVAU records with his 4:16:51 at 25 miles.

100 mile walk continued. . . .

As time went on Larry began experiencing difficulty with his right knee. With 30 miles to go it was evident to him that he would incur serious damage if he kept going. Therefore, he considered it wise to retire at point. Between now and the Montreal Olympics he has a lot of important races--but wait around awhile and watch him go in the 100 miler in the fall of '76.

Young's retirement put Bob Chapin in the lead, followed by Hunter, O'Neil, Leuthold and Spier--with Busen lagging some 13 miles behind Spier. Rob Spier finally had to give up at 88 miles with 4 hours to go--he was done in by, apparently, a severe metatarsal strain of his left foot--a problem that has plagued him in every walk over 10 miles the past 3 years.

1. CENTURION # 13--BOB CHAPIN--who had been in six previous 100 mile walks, with 5 really serious attempts: 50½ miles in '68, 88 in '69, (50 in 11:11:58), 72½ in '70 (50 in 9:33:02), 70 in '71 (50 in 10:06:15), a mere 25 in '72 and 77 last year (50 in 11:11:30). After each of these unsuccessful attempts Bob always questioned why he made this effort and he doubted that he would try it again--however, he always made it back. This year he was better prepared and probably more determined than ever. In fact, he requested, in advance, #13 for he was certain he would be Centurion #13. And he was. Bob is an engraver for Hallmark Cards in Crown Center, Kansas City.

One of the big differences in Bob's approach this year was his refusal to stop for a rest period as he had done in previous years. All of the Centurions have learned that it is important to keep moving. To sit out for an hour or two, or even 15 minutes, has proven to be poor tactics. Except for Leonard Busen--more on that later. Bob set MVAAU Age 40 & Over records for 50, 75 and 100 miles and 75 kilo (8:58:48) & 100 Kilo (12:06:29).

2. Centurion #11--CHUCK HUNTER--the air traffic controller from Longmont, Colo. had done the London to Brighton 52½ mile walk 2 weeks previously. In that race he was 6th with 10 miles to go. He was set back at that point with ankle problems and had to struggle to get in at 22nd place (out of 150 walkers). Chuck experienced the same problems in out 100 Miler, particularly over the last 30 miles--but as was evident last year, Chuck is a gutty walker--he kept going and actually beat his 21:17:33 of last year.

3. CENTURION #4--LARRY O'NEIL--the Dean of the 100 mile walk. 67 years old. Walking 100 miles in less than 24 hours for the 5th time. Larry didn't complete the 100 in '71 or '73 (he missed '72--the only year he hasn't been here) and I'm sure there was some question as to whether he could do it again in '74. But he did, again showing remarkable staying power despite a severe list to starboard over the last 20 miles.

4. CENTURION #14--DAVE LEUTHOLD--a U. Of Mo. Political Science professor. His 5th attempt after 64½ miles in '70, 51½ in '71, 55 in '72 and 75 in '73. Dave stopped only once, long enough to change socks. He, too, is convinced that you have to keep moving. Dave says that he has a good imagination and he had tried to imagine what the last 20 miles would be like--but it turned out to be tougher for him than anything he had imagined.

5. CENTURION #15--LEONARD BUSEN--the St. Louis journalist, the 3rd CTC member to complete the 100, giving CTC 4 of the 12 living Centurions. Leonard had done 50 miles in '71, 75½ in '72 and 78½ in '73. Leonard's approach was unique. His performance over the last 60 miles was truly amazing. At 36½ miles Leonard had had it--he retired to his motel room, took a long hot bath, debated whether or not to come back--after two hours of this he was back, probably with no real hope of doing a 100. His time at 50 miles was 12:59:20. He then had to do 50 miles in 11 hours. Well he did that--with 53 minutes to spare. His 2nd 50 miles in 10:08:07 was the 3rd fastest ever, exceeded only by the 9:10:25 for Larry Young's 2nd 50 in '71 and the 10:02:12 by O'Neil in the 1967 inaugural event. Busen's last 25 miles in 4:49:25 was faster than from 50-75 by 24 minutes. That last 25 is the 2nd fastest ever, exceeded only by Young's 4:31:37 in '71, for a final 25. Busen's 1st 10 was faster than any other of his 10 mile segments by 8 minutes. Amazing also was the fact that Busen's style and form, rather than deteriorating, became better than it has ever been. It is now obvious that Leonard needs at least a 40 mile warmup before any of his races. What he should do is park his car at the New Florence junction on his way from St. Louis to our races and then walk on in--this would give him a 45 mile warmup. Also what about that fractured bone in Leonard's foot that kept him out of the Heart of America Marathon just a short four weeks ago?

100 mile walk continued. . . .

Joyce Schulte turned in a stellar performance, going farther than any woman has ever gone before, setting MVAAU Women's records for 15, 20, 50 miles, 50 kilo (7:14.43), 75 kilo (11:05.03) and 100 kilo (16:39:10). No doubt some of these would have been American records as well.

Again we have some 60 people to say "Thanks" to--all the CTC members who took 3 hour shifts on timing, to Ben Londeree and Marge Meredith for recruiting some of their students, to Carolyn Leuthold and Veva Spier who headed the "aid" operation, to Joyce Schulte for more excellent publicity, to the P & R Dept. for all the things they do, the Board of Education, etc., etc. All of you people should know that we can't have an event of this sort without your help.

We do need to think of future 100 mile walks, so I might as well say now that starting next year we will have an age limit, perhaps age 18. We need to redirect our emphasis to the 100 Mile race, the National Championship that it is, and away from the 50 mile feature of the race. Otherwise the event will become unmanageable and will lose its stature as a true National Championship meant to foster the acquisition of Centurion status. The kids will simply have to be patient and wait.

RICK KATZ WINS TWO MILE CROSS COUNTRY September 29, 1974:

	DT	% off			
1. Rick Katz	10:39		10. Joe Marks	12:33	--
2. Sandy Lawrence	11:01	---	11. Dennis Blossom	13:48	18 2.22
3. Ben Londeree	11:08	40 7 1.04	12. Jeff Rea	14:11	--
4. Mike Chippendale	11:10	10 1.47	13. Al Garverick	14:26	46 5.61
5. Don Lewis	11:11	29 4.14	14. Vince Murphy	14:57	--
5t. John Nordmeyer	11:11	--	15. Doug Duncan	15:54	--
7. Don Granberg	11:28	2 .29	16. Jay Blossom	15:58	2 .21
8. Whitney Hicks	11:42	2 .29	17. Tom Brown	17:38	98 10.21
9. Turk Storvick	11:48	46 12 1.67	18. David Marks	17:43	--

This was held right after the 100 mile walk. The chalk line which Londeree, Marks & Duncan had so laboriously laid down Friday PM was washed away by Saturday's rain so the runners jogged over the course first. Also the course was remeasured with the calibrated bicycle & was found to short by 150 yards or so the way we had been running it. The times were thus a little slower than previously. Otherwise a beautiful day for CC--sun shining, mid 50's.

SECOND ANNUAL DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE:

1. Jim Breitenbucher	10.01	3	8. John Leuthold	1.81	2
2. Jay Blossom	9.60	2	9. Joyce Schulte	1.59	2
3. Augie Hirt	7.12	2	10. Mike Chippendale	1.47	2
4. Dennis Blossom	5.81	3	11. Whitney Hicks	1.35	2
5. William Taft	4.92	2	12. Don Granberg	-0.20	2
6. Jeff Rea	4.28	2	13. Ben Londeree	-0.66	2
7. Dave Leuthold	2.26	3			

This shows only those who have at least two events to compare--but I must mention that Joe Duncan has an improvement of 3.01% in his one event. This must be mentioned for it might be his only positive score.

NATIONAL POSTAL RACE-WALKING MASTERS STANDINGS:

The Sept event was 100 miles, it went like this: Chapin, O'Neil, Leuthold, Busen, Spier, Gragg, Taft, Ward, Van Dyke. CTC won the team title with a total time of 64:48:30. POINTS TO DATE:

OVERALL

1. Chris Amoroso	54	18. Albert Van Dyke	4
2. Leonard Busen	45	20. John Dick	2
3. Dave Leuthold	36	21. Charles Ward	2
4. Don Johnson*	29		
5. Spier, Rob	24	Age 40-49	
6. Larry Boies	24	1. Amoroso	30
7. Gershuny	24	2. Busen	23
8. O'Neil, Larry	21	3. Leuthold	17
9. George Lundmark	21	4. Chapin	12
10. Anthony Medeiros	20	5. Boies	9
11. Jim Fields	16	6. Gershuny	9
12. Mooers	7	7. Fields	5
13. Bob Young	7	8. Van Dyke	4
14. Don Jacobs	5	9. Gragg	3
15. John Markon	4	10. Markon	2
16. Bob Gragg	4	11. Carlson	2
17. Bob Carlson	4	12. Ward	2
18. William Taft	4		

Age 50-59

1. Spier	14
2. Lundmark	13
3. Johnson*	12
4. Mooers	5
5. Young	5
6. Jacobs	3
7. Taft	2

Age 60 & over

1. O'Neil	5
2. Medeiros	5
3. Dick	1

*This is not CTC's Don Johnson, rather it's the one who belongs to the Shore AC.

COOPER OVER KATZ IN MILE RUN; LARRY YOUNG DOES 5 MILES IN 37:32 Sept. 14:

		440	880	1320	MILE
1.	Brian Cooper	1:05	2:17	3:28	4:33.6
2.	Rick Katz	1:05	2:16	3:28	4:35
3.	Ben Londeree 40	1:05	2:19	3:31	4:42
4.	Don Lewis	1:05	2:19	3:32	4:49
5.	Sandy Lawrence	1:11	2:28	3:45	4:57
6.	Dick Hessler	1:11	2:28	3:45	4:58
7.	Mike Chippendale	1:11	2:28	3:45	4:59
8.	Whitney Hicks	1:10	2:28	3:46	5:05
9.	Don Granberg	1:13	2:32	3:55	5:10
10.	Charles Geiss	1:14	2:33	3:56	5:18
11.	Joe Duncan 40	1:17	2:42	4:12	5:34
12.	Joe Marks	1:18	2:46	4:16	5:35
13.	Don Carman	1:19	2:50	4:18	5:39
14.	Dennis Blossom	1:15	2:44	4:16	5:44
15.	Don Johnson 45	1:12	2:36	4:15	5:52
16.	Jeff Rea	1:22	2:58	4:35	5:58
17.	Al Garverick	1:19	3:02	4:36	6:03
18.	Del Robertson	1:19	3:07	4:50	6:28
19.	Doug Duncan 13	1:36	3:19	5:02	6:39
20.	Jay Blossom 10	1:41	3:30	5:20	6:55
21.	John Leuthold 9	1:44	3:34	5:23	7:08
22.	David Marks 10	1:36	3:31	5:27	7:13
23.	David Hicks 10	1:43	3:57	5:33	7:21
24.	Amy Hessler 9	1:44	3:41	5:41	7:34

. . . .AND THEN THE 5 MILE WALK:

	1	2	3	4	5	Secs Off DT	% Off
1.	Larry Young	7:30	14:59	22:24	30:01	37:32	--
2.	Augie Hirt	7:30	15:15	23:03	31:02	38:44	76
3.	Randy Mimm	7:38	16:07	25:10	34:17	42:43	--
4.	Jim Breitenbucher	8:23	17:27	26:26	35:33	44:03	--
5.	Dave Leuthold	9:12	18:31	27:55	37:14	46:27	--
6.	Rob Spier	9:34	19:01	28:27	37:58	47:31	269
7.	Charles Geiss	9:42	19:32	29:25	39:14	48:50	190
8.	Joyce Schulte	11:56	23:48	35:45	47:47	59:49	11
8t.	Steve Spier 15	11:56	23:48	35:45	47:47	59:49	--
10.	William Taft	13:06	25:55	38:13	50:29	62:41	--
11.	Brian Cooper	13:06	25:55	OUT			
12.	Tesla Kuo	14:11	29:50	OUT			

Low 50's, now wind sun shining, excellent day for a Mile Run and even for a 5 mile walk. Cooper & Katz are new members of CTC--they were certainly evenly matched and it is apparent that Dennis Stewart is now going to get more of an argument in his favorite races. Katz is from Virginia, by way of Penn State. He recently finished 160th or so in the Charleston, W. Va. 15 Mile Road Run in which there were 1600 runners. He is with the Environmental Data Service

Randy Mimm is a 20 year old student at Columbia College--Merle Hill's latest Race-walking scholar. Randy is from New Jersey. He and his father, Bob, are well-known in race-walking circles. Randy has been race-walking since he was 12 years old. Bob was on the U.S. Olympic Team in 1960 at 20 K and Randy was on the 1973 U.S. Junior team which competed in a series of races in Europe. Rob Spier had a personal best at every mile point. Sandy Lawrence for the first time made it under the 5 min. mark in the mile run.

DESIGNATED TIME STANDINGS: No. of

		Av. % off DT	Events				
1.	Dennis Stewart	.14	1	10.	William Taft	2.25	2
2.	Brian Cooper	.33	1	11.	Mike Chippendale	2.48	1
3.	Joyce Schulte	.35	2	12.	Augie Hirt	2.49	2
4.	Steve Spier	.39	1	13.	Charles Geiss	2.81	3
5.	Turk Storvick	.43	1	14.	Jim Breitenbucher	2.90	1
6.	Don Lewis	.48	1	15.	Dennis Blossom	4.13	1
7.	Dick Hessler	.63	1	16.	John Leuthold	4.76	1
8.	Joe Duncan	.69	1	17.	Rob Spier	5.51	2
9.	Ben Londeree	1.61	1	18.	Jay Blossom	12.92	1

So, we are already into the new year--the above people have already paid their 1975 dues OR I am assuming that they will. We can't do any elapsed time standings until after the dues-paying cutoff date for until then we won't know who is eligible. Also some changes may be made at the annual meeting--both as to DT & ET. All of you should give this some though

KATZ GIVE STEWART AN ARGUMENT IN TWO MILE RUN

September 22, 1974,

		880	Mile	1½	2 Miles	Secs off	% off
						DT	DT
1.	Dennis Stewart	2:18	4:40	7:09	9:29.2	.8	.14
2.	Rick Katz	2:19	4:40	7:09	9:30	--	
3.	Brian Cooper	2:19	4:51	7:26	9:58	2	.33
4.	Ben Londeree 40	2:24	4:59	7:35	10:10	10	1.61
5.	Don Lewis	2:30	5:08	7:51	10:27 PB	3	.48
6.	Mike Chippendale	2:32	5:15	7:54	10:29 PB	16	2.48
7.	Dick Hessler	2:40	5:20	8:00	10:36 PB	4	.63
8.	Turk Storvick 46	2:45	5:40	8:37	11:27 PB	3	.43
9.	Charles Geiss	2:41	5:30	8:31	11:34	4	.58
10.	Joe Marks	3:01	6:05	9:14	12:07 PB	--	
11.	Joe Duncan 40	3:03	6:07	9:12	12:10	5	.69
12.	David Ragsdale Col	Coll 12:59	6:06	9:13	12:22	--	
13.	Dennis Blossom	3:01	6:04	9:16	12:23 PB	32	4.13
14.	Jeff Rea	3:10	6:34	10:03	13:08 PB	--	
15.	Kevin Bernemann CC	3:03	6:30	9:57	13:16	--	
16.	Al Garverick	3:14	6:34	9:59	13:18 PB	19	2.44*
17.	Doug Duncan 13	3:31	7:01	10:17	13:31 PB	--	
18.	Robby Hyten 10?	3:26	6:55	10:24	13:35	--	
19.	Mark Elliott CC	3:28	6:56	10:18	13:39	--	
20.	Jay Blossom 10	3:31	6:58	10:21	13:56 PB	124	12.92
21.	Del Robertson	3:17	6:46	10:28	14:04	--	
22.	John Leuthold 9	3:51	7:30	11:23	15:00	45	4.76
23.	Mark Hyten 8?	3:51	7:47	11:42	15:12	--	
24.	Mark Schupp	3:55	7:50	11:48	15:33	87	8.53
25.	David Marks 10	3:56	7:50	12:01	15:37 PB		

*Big Al's Dt failed to get included in the DT Standings--he should show up there in the 11th spot. 60°, sun shining, moderate wind from the east, dry & dusty. Stewart, indeed, got an argument from Katz & Cooper. Cooper was able to hang on for only two laps, but Katz was right on Stewarts tail all the way. They both sped the last lap in 68 seconds. Londeree set yet another MVAU record for age 40 & Over beating the 10:28.8 set by Jim Hershberger of Wichita, Ks.

AND THEN LARRY YOUNG AND AUGIE HIRT GO AT EACH OTHER IN THE SIX MILE WALK--almost as many walkers as runners. Larry & Augie started early since Augie had to drive to Kansas City where he received the MVAU Award for the MVAU Race-Walker of the year--CONGRATULATIONS, AUGIE!

	1	2	3	4	5	6	DT	% off
1. Larry Young	7:47	15:37	23:31	31:24	39:11	46:47	--	--
2. Augie Hirt	7:47	15:37	23:32	31:24	39:12	47:08	52	1.81
3. Randy Mimm	8:10	16:24	24:48	33:00	41:11	49:03	--	
4. Jim Breitenbucher	8:11	17:14	26:04	34:56	43:53	51:57	93	2.90
5. Dave Leuthold	9:11	18:26	27:48	37:15	46:41	56:10	--	
6. Charles Geiss	9:24	18:56	28:30	38:14	47:58	57:33	33	.96
7. Rob Spier	9:43	19:22	29:11	38:46	48:24	57:35	85	2.40
8. Gwen Eberle	9:11	18:46	28:37	38:15	47:59	57:47	--	
9. Tom Kline	9:43	20:21	30:53	41:34	52:22	62:49	49	
10. Judy Hyten	10:10	20:29	30:54	41:34	52:24	62:50	--	
11. Bob Hyten	10:53	21:44	32:30	43:15	54:16	65:19	--	
12. Brian Cooper	--	21:--	--	47:20	58:47	70:13	--	
13. Joyce Schulte	11:52	23:45	35:39	47:37	59:47	71:43	17	.39
13t. Steve Spier 15	11:52	23:45	35:39	47:37	59:47	71:43	17	.39
15. William Taft	12:28	25:04	37:24	50:24	62:08	74:17	43	.95
16. Willie Jones	12:11	25:04	41:34	54:38	OUT			
17. Tesla Kuo	10:45	23:10	47:00	62:20	OUT			
18. Beth Eberle	9:30	19:50	30:23	OUT	after 2 more laps			
19. Mary Kay Hyten	9 13:47	27:00	OUT					
20. Allen Kuo	13:30	31:05	OUT					

Tom Kline was here from Puerto Rico--he is one of two race-walkers on the island--the 3rd member of their team lives on the Virgin Islands. Tom was in St. Louis on business. And so we attract them from all over!

DENNIS STEWART WON TWO RACES IN ST. LOUIS ON SEPTEMBER 14²¹⁵ THE KIRKWOOD GREEN TREE RUN AND THE BEVO DAY SIX MILE RUN. The Green Tree run was billed as 2 miles, but was actually 1.76+; Denny's time was 8.48.5, a new record for the run. In that race there were almost 200 runners. On the same day DEAN NEAL placed 3rd in the Green Tree 5 mile run.

Then on the next day Stewart won the Bevo Day Race with 31:42 while Neal came in 4th. Again there were some 200 runners.

SCHEDULE OF EVENTS:

October 11 7:30 PM THE ANNUAL MEETING OF THE COLUMBIA TRACK CLUB
 Friday Columbia Public Library, Broadway & Garth
 Use the Garth Ave. Entrance. Your atten-
 dance is essential if you want to give us
 your ideas as to how our program can be im-
 proved. REFRESHMENTS AWARDS

12 Saturday 9:00 AM 8 Mile Run Cosmo Park

13 Sunday ? Covered Bridge Marathon Indianola Maratho

19 Saturday 10:00 AM NATIONAL AAU 10,000 METER WOMEN'S
 RACE WALK CHAMPIONSHIP Hickman Track

19 " 12:30 PM SENIOR NATIONAL, NATIONAL MASTERS
 MVA AU & OPEN 30 KILO WALK CHAMPIONSHIPS Leawood
 Subdivision Picnic afterwards at the Columbia
 Athletic Club Building where showers are available.

20 Sunday 8:00 AM Tri-Staes Marathon Falls City, Nebr

26 Saturday 11:15 AM Five Mile Cross Country Run OPEN
 AND REGION 8 MASTERS (40 & over) CC CHAMPIONSHIP
 A. L. Gustin Golf Course

26 " 2:00 PM 2nd Annual Central USA Cross Country
 Club Championship Forets Park, St. Louis, Mo.
 We sent 3 teams to this last year, however,
 the over age 40 race above is in conflict. If any
 of you young guys want to go as a team (it takes 5)
 let us know & we will pay your way.

NOVEMBER 2 Saturday 2:00 PM 2 Mile Cross Country Run A.L.
 Gustin Golf Course

9 " 1:00 PM National AAU 25 Kilometer MASTERS
 Championship Mohawk Park Tulsa, Okla

16 " 10:00 AM 10 Mile and 2 Mile Turkey Runs
 South Park Quincy, Ill.

23 " 9:00 AM 10,000 Meter Run 10,000
 Meter Walk Hickman Track

30 " 11:00 AM & 1:00 PM 6 Mile Walk, 2 Mile
 handicap run; 6 mile run, 2 mile handicap
 walk Keokuk, Iowa H.S. tennis courts

ARNE RICHARDS 1223 No. 12th st. Manhattan, Kansas 66502, maintains
 very extensive files of entry blanks and schedules. He is willing to ~~an~~
 answer inquiries from CTC members regarding races anywhere in the USA.

How many of you remember SAL CITARELLA? I was scanning through the
 results of the Yonkers Marathon and saw his name--57th place with a
 time of 2:47:50, June 2, 1974--a big improvement over his Heart of America
 1969 when he and I ran together for 18 miles. Sal was our #1 runner
 until Granberg came along--yes at one time Granberg was #1!

The CTC Newsletter still only costs one dollar for 12 monthly issues--
 Send your dollar to Joe Duncan. No where is there a finer bargain.

Joe Duncan
 4004 Defoe Dr
 Columbia, Mo. 65201

MISSOURI VALLEY AAU AND OPEN 30 KILO RUN
1974 ENTRY BLANK

TIME: Saturday, December 7, 1974, 12:00 noon

PLACE: Cosmo Park (meet at Burford Shelter House) Columbia, Missouri. Cosmo Park is located on North side of I-70, off the Stadium Boulevard Exit.

THE COURSE: An AAU certifies 5,000 meter road course. The race will be back and forth on this course; asphalt and concrete, moderate hills.

ENTRY FEE: \$1.00-Post entries will be accepted, however please have your entries in by December 5, if at all possible.

AWARDS: Trophies to first 5 finishers, certificates to all finishers, MVA AU medals to first 3 MVA AU finishers. Trophies to first 3 over age 40 finishers.

COURSE RECORD: 1:46:39 Loren Moes, March 3, 1973, MVA AU Record: 1:50:04 Carl Owczarzak, March 6, 1971

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.

Name _____ Birth Date _____ AAU No. _____

Address _____ City _____

State _____ Zip _____

Club or School _____

If entrant is under 21 years of age, parents 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. This race is sanctioned by the Missouri Valley AAU.

Return to: Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201