

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 4

April 16, 1975

LARRY YOUNG'S HIBERNATION IS OVER, MVAU ONE HOUR WALK WINNER April 5:

Mile Splits	1	2	3	4	5	6	7
1. Larry Young	8:00	15:56	23:57	31:56	39:45	47:35	55:34
7 Miles, 982 yards							
2. Augie Hirt	8:01	15:58	23:58	32:00	39:57	47:58	56:07
7 Miles, 881 yards--Personal Best							
3. Al Schrik	8:01	16:07	24:25	32:36	40:49	49:04	57:11
7 Miles, 631 yardsPB			631 yds off	DT=5.10%			
4. Randy Mimm	8:00	15:56	24:02	32:25	40:59	49:28	57:50
7 Miles, 473 yardsPB							
5. Dave Eidahl	8:10	16:28	24:57	33:32	42:05	50:47	59:13
7 Miles, 192 yards							
6. Jim Breitenbucher	8:20	17:15	26:01	34:52	43:45	52:29	
6 Miles, 1524 yardsPB			524 yds. off	DT=4.50%			
7. Leonard Busen	8:32	17:33	26:41	35:39	44:25	53:03	
6 Miles, 1441 yds.			319 yds. off	DT=2.50%			
8. Dave Leuthold	9:00	18:26	28:00	37:34	42:25	52:07	
6 Miles, 564 yards							
9. Rob Spier	9:48	19:50	29:50	39:54	49:57	59:58	
6 Miles, 7 yards			7 yds off	DT=.06%			
10. Bob Harris	10:01	20:12	30:23	40:15	50:51		Bob is a Busen recruit
5 Miles, 1608 yards			726 yds. off	DT=7.50%			
11. Erica Dahlstrom	10:38	21:24	32:20	43:00	53:33		
5 Miles, 1089 yards							From Eidahl's area in Iowa
12. Joyce Schulte	11:22	24:00	36:18	48:35		4 Miles, 1715 yds.	
						175 yds off	DT=2.00%
12. William Taft	12:08	24:10	36:18	48:35		4 Miles, 1715 yds.PB	
						395 yds off	DT=4.70%
14. Cricket Twente	12:03	25:05	41:14	51:20		4 Miles, 1145 yds	
						615 yds off	DT=6.90%
15. Pam Simms	13:52	27:47	41:48	55:40		4 Miles, 558 yards	

Low 50's, strong SE winds. MVAU medals go to Young, Hirt & Schrik. Over Age 40 trophy to Busen and Women's trophy to Dahlstrom. This was the best quality field we have ever had for the One Hour Walk--5 walkers over 7 miles, compared to the 3 in '73. Young is beginning to do some serious training--a relaxed workout today, quite a bit short of his record of 8 miles, 415 set in his '72 Olympic year. Augie stayed right with Larry until the  $\frac{1}{2}$  hour mark, when Larry started going under 2 minutes for each lap. Mimm was with Young for 11 laps, with a sizeable lead over Schrik, but steady Al kept coming, finally catching Mimm on lap 19 for 3rd place. Busen was only 32 yards short of Bob Young's over 40 record set in 1970, but he did set CTC event records for 2, 5 & 6 miles.

## STEWART OUTDUELS KATZ IN TWO MILE RUN

April 5:

	880	Mile	1 $\frac{1}{2}$	2 Miles	Off	DT	%off
1. Dennis Stewart	2:21	4:48	7:20	9:41	14		2.35
2. Rick Katz	2:21	4:48	7:20	9:48	7		1.17
3. Keith Coolidge	2:40	5:19	7:56	10:21	19		2.96
4. Ben Londeree 40	2:40	5:16	7:55	10:22	13		2.04
5. Dick Hessler	2:40	5:18	7:56	10:24PB	11		1.73
6. Doug Clark	2:35	5:15	7:55	10:34			
7. Brian Cooper	2:40	5:19	8:05	10:44	4		.62
8. Mike Chippendale	2:43	5:28	8:14	10:56	1		.15
9. Don Granberg	2:43	5:28	8:18	11:00PB	3		.45
10. Pete Pastoret	2:41	5:29	8:18	11:06			
11. Tom Hinckley	2:50	5:43	8:37	11:26	6		.88
12. Craig St. John	2:41	5:29	8:21	11:27	27		4.09
13. Turk Storvick 46	2:50	5:44	8:39	11:31	4		.57
14. David Adams	2:49	5:52	8:53	11:46	14		1.94
15. Joe Marks	3:02	6:05	9:10	12:00PB	1		.13
16. Don Carman	3:03	6:08	9:13	12:07	13		1.75
17. Joe Duncan 40	3:01	6:06	9:11	12:17	7		.95
18. Greg Brown	3:05	6:15	9:31	12:33	3		.40
19. Dennis Blossom	3:04	6:12	9:31	12:46	9		1.16
20. Tom Breitenbucher	3:07	6:25	9:43	12:56			
21. Al Garverick	3:15	6:37	9:59	13:08PB	12		1.50
22. Doug Duncan 14	3:15	6:39	10:02	13:10PB			
23. Don Johnson 46	3:14	6:37	10:01	13:20			
24. John Leuthold 10	3:30	7:14	10:51	14:20PB	0!!!		.00
25. Jay Blossom 11	3:30	7:13	10:52	14:28PB	38		4.57
26. Jim Eberle	2:52	6:01	9:13	OUT			
27. Mark Schupp 9	3:42	7:35	OUT				

Coolidge is a Missouriian reporter; Clark is from Wentworth Mil. Acad.

## DESIGNATED TIME STANDINGS:

	% off	Events				
1. Joyce Schulte	.80	4	13. Joe Duncan	2.01	11	
2. Tom Hinckley	1.28	7	14. Don Lewis	2.03	10	
3. Turk Storvick	1.32	12*	15. Dennis Stewart	2.35	6	
4. Don Granberg	1.41	10	16. Rob Spier	2.45	9	
5. Whitney Hicks	1.41	7	17. Don Carman	2.59	5	
6. Joe Marks	1.43	9	18. Rex Frazer	2.75	5	
7. Ben Londeree	1.54	11	19. William Taft	2.75	4	
8. Dick Hessler	1.63	9	20. Dennis Blossom	2.76	5	
9. Al Garverick	1.67	6	21. Charles Geiss	2.81	3	
10. Mike Chippendale	1.77	9	22. Leonard Busen	3.30	8	
11. Augie Hirt	1.78	9	23. Jay Blossom	7.05	5	
12. Rick Katz	1.80	10				

\*Denotes best 12 events--it takes at least 12 events to qualify for an award--the last event is the 1975 Heart of America Marathon.

## ELAPSED TIME STANDINGS:

Runners--Open:		Points			
1. Rick Katz		190	14. Joe Duncan		46
2. Dick Hessler		152	15. Rich Todd		36
3. Ben Londeree		137	16. Dean Neal		33
4. Don Lewis		133	17. Rex Frazer		31
5. Don Granberg		116	18. Don Carman		26
6. Dennis Stewart		100	19. Al Garverick		18
7. Mike Chippendale		96	20. Dennis Blossom		17
8. Turk Storvick		84	21. Augie Hirt		16
9. Whitney Hicks		79	22. Tom Logan		12
10. Joe Marks		73.5	23. Bill Lindsey		11
11. Sandy Lawrence		73	24. Dan Kacprowicz		10
12. Brian Cooper		55	25. Greg Brown		9
13. Tom Hinckley		46.5	26. Don Johnson		9

  

Runners--Age 40 & Over:			Runners--Age 15 & Under:		
1. Ben Londeree		43	1. Doug Duncan		28
2. Turk Storvick		35	2. Jay Blossom		14
3. Joe Duncan		23	3. John Leuthold		11
4. Rex Frazer		14	4. David Marks		5
5. Don Johnson		7	5. David Hicks		4
6. Ralph Anderson		2	6. Steven Hicks		3
7. Leonard Busen		2	7. Amy Hessler		3

Runners--  
Women:  
1. Amy Hessler  
2. points

## Walkers--Open:

1. Augie Hirt	65
2. Dave Leuthold	40.5
3. Larry Young	38
4. Leonard Busen	37
5. Jim Breitenbucher	35
6. Rob Spier	31.5
7. Al Schrik	19
8. Joyce Schulte	15.5
9. Bob Chapin	13
10. William Taft	7.5

## Walkers--Age 40 &amp; Over:

1. Dave Leuthold	25.5
2. Leonard Busen	25
3. Rob Spier	16.5
4. Bob Chapin	8
5. William Taft	6

## Walkers--Age 15 &amp; Under:

1. Steve Spier	3
2. Brian Marks	2
3. Pete Hessler	1

Walkers--Women: 1. Joyce Schulte 6

## DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE:

1. Don Lewis	7.78	3	13. Dick Hessler	2.07	10
2. Jay Blossom	7.77	4	14. Joe Duncan	1.98	9
3. Leonard Busen	7.36	4	15. John Leuthold	1.80	4
4. Doug Duncan	5.67	3	16. Sandy Lawrence	1.75	3
5. Jim Breitenbucher	5.30	6	17. Joyce Schulte	1.75	3
6. Dennis Blossom	5.17	4	18. Whitney Hicks	.98	5
7. Rob Spier	3.27	7	19. Mike Chippendale	.00	5
8. Al Schrik	3.13	3	20. Turk Storvick	-.09	4
9. Augie Hirt	3.11	10	21. Dave Leuthold	-.24	10
10. Dennis Stewart	3.04	6	22. Rex Frazer	-1.89	5
11. Ben Londeree	2.47	8	23. Tom Hinckley	-5.42	3
12. Don Granberg	2.36	10*			

\*Denotes 10 best improvements--it takes 10 improvements to qualify for the award.

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The Columbia Track Club Newsletter comes your way every month from Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201. The cost is only ONE DOLLAR (\$1.00) for 12 issues. CTC membership can be had by simply paying the annual dues of \$4.00, which includes the newsletter.

SIX YEARS AGO--APRIL, 1969--A LOOK AT YESTERDAY'S HEROES:

April 20, 1969--MVAAU One Hour Walk: Bob Young, with his second win in a row went 6 miles, 1393 yards over John Rose's 6 miles, 1223 yards. Fred Young was 3rd, while Joe Duncan, at the beginning of his short walking career, took 4th with 6 miles, 469 yards. There were 20 walkers in this race.

April 27, 1969--2, 4, 1 Mile Triathlon, in a driving rainstorm and on a flooded Hickman Track. Jeff Rapp, a teenage runner from Webster Groves, won in 40:48 (11:30, 23:47, 5:31) over Sal Citarella's 44:34 (12:30, 26:34, 5:30).

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LEONARD BUSEN WROTE A FINE ARTICLE ABOUT RACE-WALKING IN THE METRO-EAST JOURNAL, his employer, the Sunday issue, April 6, 1975. The Columbia program, CTC, the 100 Mile Walk and some of our walkers, viz., Young, Hirt and Schrik, receive prominent mention.

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BEN LONDEREE HAS A 3 PAGE AUTOBIOGRAPHICAL SKETCH IN THE APRIL 15 ISSUE OF MASTER-PIECES, the official voice of the Mid-America Masters T & F Association. Ben gives an excellent rundown as to some of his running philosophy, his training, race preparation, etc. REX FRAZER had a similar article in a previous issue. One thing Ben failed to mention was the formative years of his youth in which running first made an impact on his life. Ben grew up in a "running" area and he didn't forget it for a minute. "My arteries would quiver violently," he says, "my muscles would contract spasmodically, my limbs tremble, my feet and hands would go numb." That was from anticipation before a Junior High School race. But wait till you hear what happened when he found out about girls!

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RICK KATZ FINISHED SECOND IN THE MUSIC CITY FESTIVAL (Nashville, Tenn) 11.2 Mile Run. This was on March 29. The winner was Rick Richardson of Little Rock, Ark. in a time of 1:01:24 while Rick had 1:01:37. These times were some 3 minutes better than the old course record. Rick and Rick ran together most of the way with Katz setting the pace most of the time on the very hilly course. The Music City Runs are quite popular--various distances with a wide range of age groupings but the 11.2 miler is the big event.

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AUGIE HIRT PICKED UP A THIRD PLACE IN THE KU RELAYS TWO MILE WALK LAWRENCE, KANSAS, April 19, in what, I believe is a personal best 14:38.4. PAUL IDE was first in 14:30.1, while AL SCHRIK was 6th with a personal best 15:24.6.

DON GRANBERG FINISHED 24th IN THE KU RELAYS MARATHON with a time of 2:51+. Don was 31st at halfway--up to that point a strong wind was pretty much at the back of the runners, but coming back, they met the wind head-on. Even though the temperature wasn't too high (around 50) the hot sun did make for some trouble with heat, since the start was not until 9:00 AM. RICH TODD had around a 2:55, while REX FRAZER CHECKED IN with about 2:56. Rex won the over age 40 category--he (and CTC) got quite a bit of publicity before the big Relays crowd on Sat. PM--Rex got escorted to the victory stand, a lot of words were said about his race, age, where he is from, etc., etc., and Rex got to wave to the crowd. Truly an exciting, inspirational pause in the days activities.

JEAN MADDEN was at the KU Relays as a Masters 880 competitor--he finished in the middle of the pack in 2:19, off his over age 40 best of 2:12. Winner was Jan Howell, Colo. TC in 2:03.0, 2nd Larry Means, 3rd, Bernie Gay, 4th, Jim Hershberger. The order of finish for the 1st 3 places was the same order of finish in the Masters Mile on Friday, won with a time of 4:31.5.

I forgot to mention the winner of the KU Marathon: Bob Busby in 2:22:38, some 7 minutes better than 2nd.

FRED BINGGELI was third in the open Three Mile Run in an excellent 13:42.0, 10 seconds behind first.

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Be sure to notice the CHANGE OF TIMES for the FOUR MILE RELAY and the MISSOURI CUP COMPETITION on May 3. This comes about because of the Columbia Junior High Relays. The FOUR MILE RELAY will be at 3:00 PM while the MISSOURI CUP COMPETITION will begin at 4:00 PM with the Women's 5,000 Meter walk, followed by the Men's 20 Kilo at 4:45 PM.

BE SURE TO NOTE THIS CHANGE ON YOUR CALENDAR AND SCHEDULE--NOW!!!

## SCHEDULE OF EVENTS:

APRIL 26	Saturday	9:00 AM	Walk-Run Pentathlon	Hickman Track
MAY 3	"	3:00 PM	Four Mile Relay	Hickman Track
			RECORD: 18:35 (Lawman, Hoft, Evans, Stewart)	
3	"	4:00 PM	MISSOURI CUP COMPETITION	Hickman Track
			Women's 5,000 Meter Walk, Men's 20 Kilo Walk (at 4:45 PM).	
11	Sunday	?	10,000 Meter Run	Raytown South HS
17	Saturday	9:00 AM	3,2,1 Mile Triathlon	Hickman Track
			RECORD: 30:55 Dennis Stewart Feb. 19, 1972 (15:43, 10:22, 4:50)	
25	Saturday	4:00 PM	"Family Fun Run"& Picnic	.6, 1.7, 3.4 & 5.1 Mile Runs Shawnee-Mission Park
31	Saturday	9:00 AM	6 Mile Handicap Run (or walk)--the Great Sandbagger Run	Hilton Inn
			Picnic afterwards at Cosmo Park RECORD: 32:43 Bill Wirtz May 23, 1971	
31	"	7:00 AM	USTFF Marathon	Wichita, Kansas

It was decided last fall that no one under the age of 19 would be allowed to enter the 100 Mile walk. That decision was modified by deciding that anyone under the age of 19 would be allowed to enter IF he or she qualified by walking 20 Kilometers in less than 3 hours sometime during 1975, prior to the 100 miler in October. Hopefully this standard will eliminate those who do no training or preparation for the race. John Leuthold has already qualified by walking his 20 K. last month with a time of 2:43:00. Anyone who proposes to qualify for the 100 miler by walking 20 kilometers in less than 3 hours must qualify by walking the 20 kilometers on a standard 440 yard track. The feat must be witnessed by at least two non-participants who shall sign a statement to the effect that the qualifier was officially so timed. Remember, this is applicable to those under 19 only.

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 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 11, 18, 25, July 9, 16, 23. The races will begin at 6:30 p.m. and proceed in the following order: 440 yard dash, 880 yard run, mile run, mile walk, 2 or 3 mile run. Emphasis will be on participation and personal improvement. There will be a \$1.00 charge to help cover the cost of participation certificates and awards.

The events will be as follows:

June 11, 25, July 16

June 18, July 9, 23

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

No events on July 2. Participants can do only one running event each night.

Please complete this form and bring it and \$1.00 on June 11.

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

"ENTRY BLANK"

MISSOURI VALLEY AAU, MASTERS AND OPEN ONE HOUR RUN

ALSO

1975 Senior National Postal One Hour Run  
1975 Junior National Postal One Hour Run

TIME: Saturday, June 7, 1975, Section 1 (For those who will likely run less than 9 miles) starts at 6:00 p.m., Section 2 at 7:40 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: \$2.50, \$1.50 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 5. If you do not choose to participate in the National Post competition, the entry fee is \$1.00.

AW/RDS: Trophies to first 6 finishers, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers, trophies to first three over age 40 finishers.

MVAAU RECORD: 11 miles 346 yards, Fred Binggeli, June 15, 1974.  
TRACK RECORD: 11 miles, 797 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 18, 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