

COLUMBIA TRACK CLUB NEWSLETTER  
Vol. VII, No. 8  
August 20, 1975

DICK HESSLER OUTDUELS RICK KATZ IN 30 KILO RUN

August 2, 1975:

	5K	10	15	20	25	30 Kilo
1. Dick Hessler	19:13	38:03	56:17	1:14:36	1:32:28	1:50:41
2. Rick Katz	19:09	38:02	56:15	1:14:37	1:32:28	1:52:46
3. Steve Fisher	19:44	39:38	58:52	1:18:35	1:38:23	1:58:32
4. Ben Londeree 41	19:46	40:03	60:37	1:21:26	1:41:32	2:01:14
5. Jeff Mettlehauser	20:47	40:10	60:42	1:21:18	1:41:24	2:01:33
6. Don Lewis	19:47	40:03	60:37	1:21:24	1:41:32	2:03:26
7. Whitney Hicks 40	20:48	42:12	62:54	1:23:39	1:43:34	2:05:13
8. Don Granberg	19:44	40:03	61:04	1:22:40	1:45:08	2:07:03
9. Joe Marks	20:41	42:12	62:48	1:24:23	1:46:02	2:07:52
10. Rex Frazer 43	19:43	40:03	61:07	1:23:00	1:44:45	2:08:30
11. Don Carman	21:26	43:34	65:05	1:26:53	1:47:43	2:09:23
12. Bartley Ives	21:49	41:50	61:59	1:23:07	1:45:55	2:10:27
13. Al Klein	20:48	42:20	62:48	1:24:28	1:45:51	2:10:46
14. Ken Fields	20:41	42:23	63:37	1:26:08	1:48:59	2:13:32
15. Turk Storvick 47	21:25	43:28	65:03	1:27:47	1:50:57	2:16:04
16. Joe Duncan 41	22:53	46:42	69:24	1:33:15	1:55:53	2:19:07
17. Mark Kempton	23:02	47:32	72:00	1:38:26	2:06:03	2:40:27
18. Ray Loan 44	22:58	46:33	71:48	1:37:45	2:08:28	2:42:00
19. Dick Carr	22:06	48:14	72:58	1:40:14	OUT at 14 Miles	
20. Bill Miller	22:29	45:23	69:42	1:34:16	OUT	
21. Dennis Blossom	22:29	46:23	71:41	1:39:15	OUT	
22. Don Johnson 46	23:01	48:43	74:08	1:41:05	OUT	

AT THE SAME TIME LARRY YOUNG TUNES FOR THE PAN AM TRIALS WITH A 1:37:15 20K

1. Larry Young	24:22	48:26	72:38	1:37:15	DT went as follows:	
2. Augie Hirt	24:24	49:38	74:43	1:40:33	Hirt 3 seconds off,	
3. Jim Breitenbucher	27:53	56:45	86:11	1:56:41	.05%; Lewis 34, .46;	
4t. Rob Spier	31:21	63:43	95:49	2:07:46	Spier 46, .60; Duncan	
4t. Dave Leuthold	31:21	63:43	95:49	2:07:46	53, .63; Londeree 106,	
6. William Taft	37:38	77:34	1:57:58	2:42:00	1.44; Marks 142, 1.89;	
					Hessler 161, 2.48;	
					Hicks 227, 2.93; Turk	
					244, 3.08; Jim B. 251,	
					3.72; Katz 286, 4.41;	
					Frazer 330, 4.47; Taft	
					420, 4.52; Granberg	
					423, 5.88; Carman 337,	
					4.16.	

70° at the start, cloudy until halfway, then a bright sun and 80° at the finish. Hessler was just back from California where he had done a lot of running at 7500 feet altitude. Apparently that was beneficial for he had a personal best in beating Katz who just could not keep up over the last, tough 5000 meters. Personal bests also for Lewis, Hicks, Marks, Carman and Hirt that I know about.

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JOE MARKS AND RICK KATZ, CTC's traveling Marathon performers, performed in the Paavo Nurmi Marathon, Hurley, Wis., Aug. 9. Rick finished 14th with 2:39:30 while Joe got 101st with 3:03:46, once again bucking up against the 3 hour barrier, but not going under. There were some 500 runners in the race won by Tom Antczak, Rockford, Ill. and Ed Steingrader, Woodridge, Ill. in a tie finish with a time of 2:26:19.

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SIX YEARS AGO--ALOOK AT YESTERDAY'S HEROES:

August 9, 1969--Carl Owczarzak won the MVA AU 30 Kilo Championship Run with a remarkable 1:53:58 on a hot Hickman Track--88 degrees, bright sun. There were only six other runners and only two of those finished: Sal Citarella and Larry Carpenter both of whom did a lot of walking and took over 3 hours. Even Owczarzak had to do some walking during one of the final laps.

August 16, 1969--Owczarzak came back to win a half-marathon--the first half of the Heart of America course, with a time of 1:18:54. Arne Richards was 4th in 1:24:02, Citarella 12th with 1:37:05 and Joe Duncan 15th with 1:44:48. 80 degrees.

August 23, 1969--The second half of the Marathon course--only 4 runners: 1. Citarella 1:43:58, 2. Murrel Jackson 2:07:30 3. Mirth Madden 2:31:20 and Darrell Palmer walked the course in 2:29:30.

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The Columbia Track Club Newsletter comes your way every month if you pay but One Dollar (\$1.00) for a year's subscription. Your dollar should be sent to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201.

## RICK KATZ RUNS TO EASY VICTORY IN 5,000 METER RUN

August 16, 1975:

	1	2	3	5,000 Meters	Secs. off DT	% off
1. Rick Katz	5:04	10:21	15:49	16:21	51	5.48
2. Dick Hessler	5:20	10:44	16:05	16:38	8	.81
3. Augie Hirt	5:19	10:55	16:40	17:24	6	.57
4. Mike Chippendale	5:26	11:10	17:06	17:41	11	1.05
5. Ray Wade	5:24	11:21	17:19	17:56		
6. ? Moody	5:28	11:17	17:28	18:02		
7. Don Lewis	5:19	10:43	18:10	18:41		
8. Don Carman	5:52	12:03	18:10	18:43	13	1.17
9. Don Oster 40	5:53	12:09	18:14	18:48		
10. Joe Marks	5:55	12:07	18:20	18:54	5	.44
11. Turk Storvick 47	5:54	12:08	18:29	19:08	8	.70
12. Sam Clemence	5:53	12:10	18:35	19:18		
13. Joe Duncan 41	6:24	12:58	19:35	20:14	44	3.76
14. Greg Brown	6:31	13:14	19:57	20:36	21	1.73
15. Ray Loan 44	6:32	13:25	20:34	21:16	31	2.49
16. Dennis Blossom	6:31	13:29	20:44	21:23	23	1.83
17. Don Johnson 46	6:49	13:55	20:50	21:29		
18. Owen Babbe	6:19	13:23	20:59	21:46	46	3.65
19. Doug Duncan 14	7:07	14:31	22:18	22:56		
20. Bill Kurtz	7:51	14:50	22:55	23:40	10	.71
21. David Marks 12	7:26	15:40	24:17	25:06		
22. Amy Hessler 9	7:34	16:22	25:34	26:24		
23. Jay Blossom 11	7:13	16:07	OUT			

AFTER A THIRD IN THE RUN, HIRT COMES BACK WITH A FIRST IN THE WALK:

1. Augie Hirt	7:38	15:27	23:22	24:10	50	3.33
2. Jerry Young 18	8:39	18:07	27:18	28:16	166	10.85
3. Rob Spier 53	9:10	18:22	27:40	28:43	107	5.85
4. Linda Ontko 15	9:24	19:23	29:30	30:32	32	1.78
5. William Taft 59	11:49	23:38	35:31	36:45	105	4.55
6. Don Lewis!!!	12:18	24:47	37:03	38:15		

7. Joyce Schulte Did a half mile then was out with a side ache.  
 Spier and Taft had personal bests for each of their miles and for 5 K.

Low 80's, hot bright sun. Wade, Moody & Babbe are from KC, while Oster & Clemence are from Rolla. Jerry Young is from Illinois. Bill Kurtz is a new neighbor of Whitney Hicks. Welcome to Ray Loan as a new member of CTC. Also to Paul Ide who will give great strength to CTC's walking team. Doug Duncan's time is a record for 15 & under and his improvement of 90 seconds no doubt clinches for him the Schulte Award for Improved Performance, since this was Doug's 10th event to count.

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## DESIGNATED TIME STANDINGS:

	Av.	% off	DT	No. Of Events		
1. Turk Storvick	.94			12*	7. Rob Spier	1.54 12*
2. Ben Londeree	1.10			12*	8. Don Lewis	1.55 12*
3. Joe Marks	1.26			12	9. Dick Hessler	1.62 12*
4. Mike Chippendale	1.31			12*	10. Joe Duncan	1.64 12*
5. Whitney Hicks	1.40			11	11. Rick Katz	1.88 12
6. Augie Hirt	1.44			12*	12. Don Granberg	2.04 12

## ELAPSED TIME STANDINGS:

## Runners-Open:

1. Katz	318	7. Hicks	171	13. Hirt	77
2. Londeree	257	8. Stewart	143	14. Hinckley	76.5
3. Hessler	255	9. Storvick	137.5	15. Duncan	76
4. Lewis	245	10. Marks	116.5	16. Frazer	71
5. Chippendale	183	11. Lawrence	86	17. Cooper	69
6. Granberg	174	12. Carman	77.5	18. Todd	66

## Runners-Age 40 &amp; Over:

1. Londeree	89	Age 15 & Under:	
2. Storvick	67	1. Duncan	57
3. Duncan	41	2. Blossom	26
4. Frazer	35	3. Leuthold	19
5. Johnson	17	4. D. Marks	15
6. Hicks	6	5. J. Gibson	7
7. Loan	4	6. A. Hessler	6
8. Busen	4	7. D. Hicks	5
9. Leuthold	3	8. S. Hicks	3

## WALKERS:

Open:		Age 40 & Over:	
1. Hirt	89	1. Leuthold	33.5
2. Young	52	2. Busen	30
3. Spier	49.5	3. Spier	29.5
4. Leuthold	48.5	4. Taft	10
5. Busen	46		
6. Breit'cher	39	WOMEN:	
7. Schrik	26	1. J. Schulte	7
8. Taft	16.5		

Not all these kids have the required 5 events

ANOTHER SUCCESS WITH AGE GROUP SUMMER PROGRAM: We had 56 participants this year who received certificates for having participated on at least 4 different Wednesday evenings. This compares to the 45 we had last year. In addition we had about a dozen or so runners from Jeff City each night except for the last one. Those who received participation certificates were: Richard Anderson, Jay Blossom, Stuart Blossom, Carol Buchner, Karen Buchner, Karen Cantrell, Michael Carlile, Steve Chippendale, Dana Craig, Deric Craig, Kerry Clark, Derek DeGroot, Glenn Devino, Mark Devino, Fred Dockweiler, Jeff Dockweiler, Joe Duncan, Doug Duncan, Jim Gibson, Matt Gibson, Steve Gibson, Alex Farish, Lincoln Farish, Bertrand Granberg, David Guell, Margaret Guell, Danny Hagerman, Del Hendricks, David Hicks, Steven Hicks, Paul Johnson, Tim Kamp, Brian LeDuc, John Leuthold, Elliott Lockett, Judi Londeree, Rick Londeree, John Love, Danny Marks, John Marks, John Mullen, Debi Peel, Greg Roper, Mark Roper, Carl Schulte, Carol Smith, Jay Sowash, David Storvick, Cassandra Sutton, Jerry Sutton, Larry Sutton, Debbie Taylor, Gary Taylor, Scott Taylor, Dickie Walls, Suzie Watson. THANKS VERY MUCH to all of you who helped with the officiating.

Here are the Age Group Records and the 1975 First Place winners:

### GIRLS

<u>440</u>		<u>MILE WALK</u>	
6-7		6-7	
Courtney Gray	1:41	Dana Craig*	13:19
Dana Craig		8-9	
8-9		Deanne Greenhalgh	11:09
Paula Tucker	1:21	Amy Hessler	
Carol Smith		10-11	
<u>880</u>		Karen Buchner*	11:15
8-9		12-13	
Amy Hessler	3:21	Margie Fields	9:48
10-11		Debi Peel	
Karen Buchner*	2:56	14-15	
12-13		Allyson DeGroot*	11:03
Debi Peel	3:09	<u>MILE RUN</u>	
Karen Fulbright		8-9	
14-15		Amy Hessler*	7:18
Janet Leuthold	3:10.6	14-15	
		Janet Leuthold	6:59
		Judi Londeree	

### BOYS

<u>440</u>		<u>MILE RUN</u>	
6-7		6-7	
Scott Taylor	1:27	Steve Wieschhaus	7:10
Richard Anderson*	1:27	Stuart Blossom	
8-9		8-9	
Tim Kamp	1:17	Tim Kamp	6:36
Scott Taylor		10-11	
<u>880</u>		Jay Blossom*	6:31
6-7		12-13	
Steve Wieschhaus	3:25.8	Joe Siefkas	5:30
8-9		14-15	
Tim Kamp*	2:58	Tom Wilson	5:18
10-11		Doug Duncan	
Jim Gibson*	2:52	16-17	
12-13		Tom Hoft	4:48
Joe Siefkas	2:25.5	Del Hendricks	
David Guell		<u>THREE MILE RUN</u>	
14-15		14-15	
Steve Pinkerton*	2:15	Tom Wilson	18:53
16-17		16-17	
Tom Hoft	2:10.5	Tom Hoft	16:30

The second name listed for each event is the 1975 first place winner.  
\*Denotes that this person is also the 1975 first place winner.

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## AGE GROUP RECORDS AND 1975 FIRST PLACE WINNERS continued:

BOYSTWO MILE RUN

10-11	
Jay Blossom	16:30
Dickie Walls	
12-13	
Doug Duncan	14:02
14-15	
Tom Wilson	11:59
16-17	
Tom Hoft	10:24

MILE WALK

6-7	
Fred Dockweiler	11:47
Rick Londeree	
8-9	
John Leuthold	10:26
Scott Taylor	
10-11	
John Leuthold*	10:27
12-13	
Paul Johnson*	10:24
14-15	
Steve Spier	8:29
Mike Clark	
16-17	
Randy DeGroot	9:27

Most likely we will be back with the same program next year--if you want any changes be sure to let us know. We will try to do what most people want, within reason. We retain the right to decide what is "within reason."

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## MEMBERS OF THE CENTURION CLUB OF AMERICA

1.	J. B. Gillie	New York City	May 10 & 11, 1878	21:00:42
2.	M. J. Ennis	New York City	May 10 & 11, 1878	23:31:56(103)
3.	J. Schmidt	New York City	May 10 & 11, 1878	23:46:15
4.	Larry O'Neil	Kalispell, Montana		
	1. Columbia, Mo. Age 60	September 23 & 24, 1967		19:24:34
	2. Columbia, Mo. 61	September 21 & 22, 1968		20:51:30
	3. Columbia, Mo. 63	September 26 & 27, 1970		20:42:42
	4. Los Angeles, Cal. 63	October 30 & 31, 1970		21:49:32
	5. Columbia, Mo. 67	September 28 & 29, 1974		21:53:26
5.	John Argo	Mattawa, Ontario, Canada		
	1. Columbia, Mo. 56	September 26 & 27, 1970		23:22:50
	2. Columbia, Mo. 59	October 6 & 7, 1973		23:18:46
6.	Larry Young	Columbia, Mo.		
	Columbia, Mo. 28	September 18 & 19, 1971		18:07:12
7.	Chris Clegg	Beverly Hills, Calif.		
	Columbia, Mo. 54	September 18 & 19, 1971		22:46:14
8.	Ben Knoppe	St. Louis, Mo.		
	Columbia, Mo. 29	September 16 & 17, 1972		22:15:05
9.	Carl McCoun	Great Falls, Montana		
	Columbia, Mo. 25	September 16 & 17, 1972		23:52:08
10.	Shaul Ladany	Tel Aviv, Israel		
	Columbia, Mo. 37	October 6 & 7, 1973		19:38:26
11.	Chuck Hunter	Longmont, Colorado		
	1. Columbia, Mo. 36	October 6 & 7, 1973		21:17:33
	2. Columbia, Mo. 37	September 28 & 29, 1974		21:14:17
12.	John Markon	Bronx, New York		
	Columbia, Mo. 44	October 6 & 7, 1973		21:57:40
13.	Bob Chapin	Independence, Mo.		
	Columbia, Mo. 42	September 28 & 29, 1974		20:09:20
14.	Dave Leuthold	Columbia, Mo.		
	Columbia, Mo. 41	September 28 & 29, 1974		22:31:43
15.	Leonard Busen	St. Louis, Mo.		
	Columbia, Mo. 44	September 28 & 29, 1974		23:07:27

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RICK KATZ AND DON LEWIS, CTC'S ITINERANT RACING DUO, SHOWED UP AT THE SANTA FE GOLDEN TRAILS Meet, Raytown, Mo., July 26 where they ran into some pretty tough competition. Rick was 4th in the Open 2 mile with 9:44. Bob Busby won in 9:21 beating Mike Kelly down the stretch after a fierce battle over the last couple of laps. Busby also won the mile--in 4:22. LEWIS was 6th in the 220 with 26.3, 3rd in the 440 with 55.4 and 2nd in the 880 in 2:09. all this was in the age 30-39 category which Don leaves in January.

TOM KILBURN writes--he has a new address: Rt. 2, Box 175, Russellville, Ark. 72801. His company's poultry division was sold to Valmac Industries in Russellville and Tom says he was fortunate enough to get transferred. He expects to find a little more running activity in Ark. It seems he got a little fat and lazy in Texas.

## SCHEDULE OF EVENTS:

SEPTEMBER 1 Monday 6:00 AM 16th ANNUAL HEART OF AMERICA  
MARATHON  
13 Saturday 9:00 AM 15 Kilo Walk Hickman Track  
Record: Larry Young 1:07:32 May 7, 1972  
20 Saturday 9:00 AM 2 Mile Run, 10,000 Meter Walk  
Hickman Track Records: 9:08 Charles McMullen  
July 29, 1972; 44:15 Larry Young May 7, 1972  
21 Sunday ? National AAU 15 Kilo Masters (40 & Over  
only) Championship Run Chicago, Ill. CONTACT:  
Ted Haydon 5640 S. University Ave. Chicago 60637  
28 Sunday 2:00 PM 2 Mile Cross-Country Run Municipal  
Golf Course RECORD: 9:38 Bob Brouillet Oct. 10, '71

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE Standings (Does not  
include the 5,000 Meter Events):

Those who will have 10 or more events: Those who will not have 10 events:

	% improvement	Events			
1. Doug Duncan	7.73	9	1. Don Carman	6.71	7
2. Augie Hirt	6.67	10*	2. Don Lewis	6.35	8
3. Rob Spier	3.27	9	3. Jim Breitenbucher	5.30	6
4. Joe Duncan	3.14	10*	4. Jay Blossom	5.10	8
5. Don Granberg	3.09	10*	5. John Leuthold	4.26	7
6. Dick Hessler	2.93	10*	6. Leonard Busen	3.84	6
7. Ben Londeree	2.08	10*	7. Dennis Stewart	2.64	7
8. Rex Frazer	.14	10*	8. Sandy Lawrence	2.04	4
9. Dave Leuthold	-.24	10*	9. Joyce Schulte	1.57	4
10. Mike Chippendale	-.34	10*	10. Whitney Hicks	.98	5
11. Turk Storvick	-1.18	10*	11. Dennis Blossom	-1.56	7
12. Don Johnson	-4.88	8	12. Tom Hinckley	-2.08	6
			13. Al Garverick	-2.87	5

\*Denotes the 10 best improvements

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201

SENIOR NATIONAL AAU, MASTERS AAU, MISSOURI VALLEY AAU  
AND OPEN 30 KILO WALK

1975 ENTRY BLANK

TIME: Sunday, November 2, 1975, 10:00 a.m.

PLACE: Leawood Subdivision (the South side of Broadway, west of Stadium Boulevard), Columbia, Missouri. Meet at Skye Wynd Court and Braemore Road.

THE COURSE: Each lap is a little over one mile around, typical residential subdivision streets, one moderate hill.

ENTRY FEE: \$2.00

AWARDS: Trophies to first 10 finishers, Senior National AAU medals to first 6 finishers, trophies to first 3 age 40 or over finisher, team medals and patches to members of the winning team, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers.

RECORDS: Course Record: 2:28:09, Larry Young, October, 1970  
MVAAU Record: 2:25:40, Larry Young, September 6, 1971  
American Record: 2:23:14, Goetz Klopfer

FACILITIES: There are no rest rooms facilities on this course, however, there are nearby service stations, so plan accordingly. Post-race showers may be taken at Hickman High School.

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. \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

HT. \_\_\_\_\_ WT. \_\_\_\_\_ SCHOOL OR CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

If entrant is under 18, parent or guardian must sign below:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ZIP \_\_\_\_\_

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.