

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 2

February 25, 1975

RICK KATZ IS EASY WINNER IN 10,000 METER ROAD RUN February 8, 1975:

	5,000 Meters	10,000	off DT.	% off DT
1. Rick Katz	16:17	33:51	51	2.58
2. Dennis Hinkamp	17:05	34:36	---	
3. Dick Hessler	17:05	35:32	---	
4. Don Lewis	17:15	36:15	---	
5. Whitney Hicks	17:50	36:45	45	2.00
6. Rich Todd	17:10	37:22	---	
7. Don Granberg	18:01	38:04	84	3.82
8. Brian Cooper	18:25	38:48	---	
9. Rex Frazer 43	18:43	38:54	54	2.37
10. Mike Chippendale	18:50	39:35	65	2.81
11. Dan Britton	18:30	40:11	---	
12. Joe Marks	19:35	40:33	34	1.42
13. Turk Storvick 46	19:37	41:14	104	4.39
14. Joe Duncan 40	21:08	45:17	---	
15. Don Johnson 45	23:02	48:58	58	2.01
16. Doug Duncan 14	25:40	52:46	---	

MEANWHILE AUGIE HIRT IS WINNING THE WALK WITH A RELAXED EFFORT:

1. Augie Hirt	---	59:00	---	
2. Leonard Busen 44	---	1:00:09	129	3.56
3. Dave Leuthold 42	---	1:08:42	---	

A cold, cold 22 degrees, with a strong north wind--the first leg of 5,000 meters was easy, so much so that everyone did that pretty fast--and then paid for it going back against that strong wind. Hinkamp, a MU student, was the only one who was able to come even close to doing the 2nd half as fast as the 1st half, and he was slower by 26 seconds. Katz gets a record since this was our first 10,000 meter road race. That means that Frazer and Doug Duncan also get credit for records. This was the day that someone stole a bunch of sweat outfits and Turk's car keys, all of which had been dumped at the starting line. Who would have thought that such things were prey to thieves on a cold, windy Saturday morning? As Dick Hessler said, "Nothing is sacred anymore." But it all ended well since the items were turned into the Police Station a couple of days later. But, we certainly had some cold, scrawny runners trying to keep warm after that race.

THE RUNNER

Runner! Runner! running light
 In the quiet of the night,
 O what mortal mind or eye
 Could understand the reason why?

On what distant hills or skies
 Burned the fire of thy thighs?
 On what wings dare he aspire?
 When his lungs dare seize the fire?

And what purpose, and what pain,
 Could twist the sinews of thy brain?
 And when thy heart is loth to beat,
 What dread calves and what dread feet?

What the hammer? what the chain?
 In what furnace was thy brain?
 What the anvil? what dread grasp
 Dare its deadly terrors clasp?

When the stars threw down their spears,
 And watered heaven with their tears,
 Did He smile His work to see?
 Did He who made the sane, make thee?

Runner! Runner! running light
 In the quiet of the night,
 O what mortal mind or eye
 Could understand the reason why?

.Carole Duncan with an assist from
 William Blake

Well now, Mrs. Duncan, you will have to admit that these half-crazed runners are real tigers!

RICK CALLISON GETS BACK AT KATZ, AFTER 30 KILO, IN 12 MILE RUN Feb. 22:

	6 Miles	12	off DT	% off DT
1. Rick Callison	32:22	1:05:25	---	
2. Rick Katz	34:05	1:10:40	160	3.92
3. Charlie Evans	34:28	1:11:44	---	
4. Dick Hessler	36:53	1:13:29	---	
5. Don Lewis	37:04	1:15:00	180	4.17
6. Mike McCorkle	36:42	1:15:20	---	
7. Dennis Hinkamp	39:09	1:19:50	---	
8. Don Granberg	38:04	1:20:53	---	
9. Rex Frazer 43	39:34	1:21:58	268	5.78
10. Joe Marks	40:43	1:22:01	121	2.52
11. Turk Storvick 46	40:43	1:22:40	100	2.06
12. Don Carmen	45:12	1:29:28	268	5.25
13. Joe Duncan 40	46:24	1:31:22	82	1.52

AND AUGIE HIRT SETS A RECORD IN THE 12 MILE WALK:

1. Augie Hirt	51:16	1:43:15	15	.24
2. Al Schrik	51:16	1:44:12	348	5.27
3. Dave Leuthold 43	1:03:25	2:07:50	---	
4. Rob Spier 50	1:03:26	2:12:00	0!!!	0.00
5. Leonard Busen 44	1:03:05	2:25:08	(no sleep after getting off work at 3:00 AM)	

32 degrees and probably one of the most miserable days we have ever had for a CTC race--rain at the outset, then sleet for 30 minutes, then snow, a prelude to a 13" snowstorm. The footing over the last half of the race was most treacherous--I can't understand how Callison was able to run at 5:27 pace on that kind of footing, especially down the hills. Anyway he shattered the old 12 mile run record of 1:09:50 set by Louie Naeger. Callison also got back at Katz who had beaten him in the MVAU 30 kilo run in December. To indicate how bad the conditions were consider that only Don Lewis showed an improvement over last year--by 5 minutes. Callison is a student at SWMo. U., as is Mc Corkle. Callison is from Ohio and has transferred from Ohio U. A fine runner. In the walk Augie Hirt improved over last year, lowering his own record by 13 seconds--a fine performance, considering the conditions. Al Schrik walked a fine 12 miles--one of his better races. Al is showing potential as a national, and perhaps, an international walker.

DESIGNATED TIME STANDINGS:

	Av. % off DT	No. of Events			
1. Joyce Schulte	.41	3	13. Dennis Stewart	2.08	4
2. Tom Hinckley	1.28	5	14. Don Lewis	2.10	9
3. Ben Londeree	1.49	9	15. Mike Chippendale	2.11	7
4. Whitney Hicks	1.50	6	16. William Taft	2.11	3
5. Don Granberg	1.54	8	17. Joe Duncan	2.12	9
6. Joe Marks	1.60	8	18. Rob Spier	2.55	7
7. Dick Hessler	1.62	8	19. Rex Frazer	2.75	5
8. Turk Storvick	1.76	11	20. Don Carman	3.03	3
9. Rick Katz	1.78	8	21. Dennis Blossom	3.16	4
10. Augie Hirt	1.83	8	22. Leonard Busen	4.35	5
11. Brian Cooper	1.90	2	23. Jim Breitenbucher	5.88	2
12. Al Garverick	1.94	4	24. Jay Blossom	6.83	3

ELAPSED TIME STANDINGS:

RUNNERS--Open-Points				AGE 40 & over runners:	
1. Katz	159	11. Marks	57.5	21. Garverick	13
2. Hessler	132	12. Cooper	43	22. Logan	12
3. Londeree	111	13. Todd	36	23. Lindsey	11
4. Lewis	110	14. Duncan	35	24. Kacprowicz	10
5. Granberg	90	15. Neal	33	25. Johnson	6
6. Lawrence	73	16. Frazer	31	26. Rydezewski	5
7. Chippendale	69	17. Hinckley	24.5	27. Robertson	4
8. Storvick	65	18. Hirt	16	28. Anderson	3
9. Stewart	59	19. Carman	15	29. Brown	3
10. Hicks	58	20. Blossom	14	30. Busen	1

RUNNERS: AGE 15 & Under:		WALKERS--Open:		WALKERS--AGE 40 & Over	
1. Doug Duncan	17	1. Hirt	44	1. Leuthold	18.5
2. Jay Blossom	11	2. Leuthold	29.5	2. Busen	15.
3. John Leuthold	6	3. Young	29	3. Spier	12.5
4. David Marks	5	4. Rob Spier	23.5	4. Chapin	8
5. David Hicks	2	5. Breitenbucher	23	5. Taft	5
6. Amy Hessler	1	6. Busen	22		
		7. Chapin	13		
		8. Schulte	11		
		9. Taft	6		

AGE 15 & Under	
1. Steve Spier	3

WOMEN: 1. Schulte 4

COLUMBIA TRACK CLUB EVENT RECORDS: AGE 40 & OVER

220 Yard Dash	Track	29.0	Don Johnson	April 28, 1973
440 Yard Dash	"	66.6	Turk Storvick	August 3, 1974
880 Yard Run	"	2:28.1	Turk Storvick	August 3, 1974
One Mile Run	"	4:36.7	Ben Londeree	July 6, 1974
Two Mile Run	"	10:10.0	Ben Londeree	September 22, 1974
Three Mile Run	"	15:55	Ben Londeree	August 24, 1974
Five Mile Run	Road	28:09	Ben Londeree	January 4, 1975
Six Mile Run	"	36:51	Rex Frazer	February 2, 1974
Eight Mile Run	"	47:31	Ben Londeree	October 12, 1974
Ten Mile Run	"	59:04	Ben Londeree	December 21, 1974
Twelve Mile Run	"	1:20:09	Rex Frazer	May 16, 1973
5,000 Meter Run	Track	16:25	Ben Londeree	August 24, 1974
10,000 Meter Run	"	36:13	Ben Londeree	November 23, 1974
10,000 Meter Run	Road	38:54	Rex Frazer	February 8, 1975
15,000 Meter Run	"	56:02	Ben Londeree	July 13, 1974
20,000 Meter Run	"	1:17:34*(to	Ben Londeree	July 27, 1974
30,000 Meter Run	"	1:56:19 30 K)	Ben Londeree	December 7, 1974
Heart of America Marathon		2:53:12	Rex Frazer	September 2, 1974
One Hour Run	Track	10 Miles, 40 Yds.	Rex Frazer	June 15, 1974
Two Mile Cross-Country Run	Mun. GC	11:08	Ben Londeree	September 29, 1974
Two Mile " " " "	Gustin GC	11:04	Ben Londeree	November 2, 1974
Five Mile " " " "	"	29:20	Arne Richards	October 26, 1974
3, 2, 1 Mile Triathlon	Track	35:41	Rex Frazer	February 23, 1974
		(17:49, 11:58, 5:54)		

Sprint Triathlon Track 8:52.7 Turk Storvick August 3, 1974
(Mile, 880, 440) (5:18, 2:28.1, 66.6)

Walk-Run Pentathlon Track 968 Points Leonard Busen April 27, 1974
2 Mile Walk--17:57, 376 pts.; 880 Run--2:49, 148 pts.; Mile Walk:
8:34, 275 pts.; 2 Mile Run: 13:50, 169 pts.; 220: 34.6; 0

2 Man-10 Mile Relay Track Team: 52:49 Rex Frazer & Turk Storvick
Alternate 440's June 22, 1974

Four Mile Relay Track 22:51 Columbia Track Club (Rex Frazer
5:28, Joe Duncan 5:42, Dave Leuthold 6:06, Jean Madden 5:35)
May 25, 1974

Two Mile Walk	Track	17:54	Leonard Busen	August 10, 1974
Three Mile Walk	"	26:29	Leonard Busen	August 10, 1974
Five Mile Walk	"	46:05	Dave Leuthold	September 15, 1973
Six Mile Walk	"	56:10	Dave Leuthold	September 1, 1974
Six Mile Walk	Road	57:20	Dave Leuthold	June 2, 1973
Ten Mile Walk	"	1:33:30	Fred Young	January 4, 1970
Twelve Mile Walk	"	2:03:05	Dave Leuthold	May 18, 1974
15,000 Meter Walk	"	1:30:30	Dave Leuthold	February 16, 1974
20,000 Meter Walk	Track	1:59:37	Dave Leuthold	December 1, 1973
30,000 Meter Walk	Road	2:55:53	Leonard Busen	October 19, 1974
One Hour Walk	Track	6 Miles, 1473 Yds.	Bob Young	April 15, 1970
100 Mile Walk	"	19:24:34	Larry O'Neil	September, 1967

CTC OPEN RACE-WALKING RECORDS

One Mile	Track	6:53(3 times)	Larry Young	March 26, 1972
Two Miles	"	14:27*(To	Larry Young	April 16, 1972
Three Miles	"	21:45*Hour	Larry Young	" " "
Four Miles	"	29:04* Walk)	Larry Young	" " "
Five Miles	"	36:19*	Larry Young	" " "
Five Miles	Road	37:07-(to	Ron Laird	December 21, 1974
Six Miles	"	45:16	Larry Young	February 7, 1971
Six Miles	Track	43:41*(Miles)	Larry Young	April 16, 1972
Seven Miles	"	51:03*	Larry Young	" " "
Eight Miles	"	58:21*	Larry Young	" " "
Ten Miles	Road	1:15:25	Ron Laird	December 21, 1974
Twelve Miles	"	1:43:15	Augie Hirt	February 22, 1975
5,000 Meters	Track	23:59	Larry Young	July 6, 1974
10,000 Meters	"	44:15**	Larry Young	May 7, 1972
15,000 Meters	"	1:07:32**	Larry Young	" " "
20,000 Meters	"	1:30:10#	Larry Young	" " "
20,000 Meters	Road	1:37:05##	Larry Young	October 1, 1972
25,000 Meters	"	2:02:10##	Larry Young	" " "
30,000 Meters	"	2:28:09	Larry Young	" " "
100 Miles	Track(220 Yd. dirt indoor)	18:07:12	Larry Young	Sept. 18-19 '71
100 Miles	Track(440 Yd. outdoors)	19:24:34	Larry O'Neil	Sept. 1967

**Enroute to 20,000 Meters

#This is also the American Record

##Enroute to 30,000 Meters

SCHEDULE OF EVENTS:

- MARCH 8 Saturday 9:00 AM 3 Mile Run, 3 Mile Walk
 Hickman Track RECORDS: 14:54 Dennis Stewart
 August 11, 1973 21:45 Larry Young April 16, 1972
- 8 Saturday 2:00 PM Iowa AAU 10,000 Meter Race-Walk
 Championship, Men & Women. Also Open 10 Mile
 Run; trophies to top 3 in each race. Cardinal
 Stritch H.S. Keokuk, Iowa
- 15 Saturday Missouri Valley AAU & Open 20 Kilometer
 Road Run St. George, Kansas 2:00 PM A strongly
 recommended race for CTC runners CONTACT: Arne
 Richards 1223 N. 12th, Manhattan, Ks., 66502
- 15 Saturday 10 Mile & 3 Mile Runs Jacksonville, Ill.
 CONTACT: Dan Moy 816 Woodland "
- 22 Saturday 11:00 AM 2-Man, 6 Mile Run-Walk Relay
 (Each 2 man team has one runner & one walker) alter-
 nate miles Hickman Track RECORD: 34:53 Mike
 Kelly & Larry Young March 26, 1972
 This is also the day for the 20 Mile March of Dimes
 Walk-a-thon--You would have time to get in a 20 mile
 workout before the relay event.
- 22 Saturday 9:00 AM 5th Annual Oil Capitol Marathon
 Mohawk Park Tulsa, Okla. CONTACT: Larry Aduddell
 4519 So. Kingston, Tulsa, Ok. 74135
- 23 Sunday 2:00 PM 5 Mile Run Forest Park, St. Louis

Dick and Anne Hessler want to express a hearty "Thank You" to those
 tired runners who helped them get their car out of a stuck condition
 right after the 12 mile run--Callison, Katz, Lewis, Evans & McCorkle.

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE--Standings:

		Av. % Improvement & No. of Events			
1. Leonard Busen	7.32	3	9. Joe Duncan	1.98	9
2. Dennis Blossom	5.81	3	10. Sandy Lawrence	1.75	3
3. Jim Breitenbucher	5.69	5	11. Don Granberg	1.54	10
4. Augie Hirt	4.60	8	12. Rob Spier	.39	4
5. Dennis Stewart	3.81	3	13. Mike Chippendale	-.15	4
6. Whitney Hicks	3.12	4	14. Rex Frazer	-1.89	5
7. Ben Londeree	2.47	8	15. Turk Storvick	12.22	3
8. Dick Hessler	2.07	10	16. Dave Leuthold	-3.72	7

JOE DUNCAN, 4004 Defoe Dr. Columbia, is responsible for the CTC newsletter
 To get 12 issues per year, simply send him ONE DOLLAR (only \$1.00)!

Joe Duncan
 4004 Defoe Dr.
 Columbia, Mo. 65201

SCHEDULE FOR 1975 MASTERS RACE WALKING POSTAL COMPETITION (10 events)

Month	Event	40-49	50-59	60+	Team Record	National Meet
March	(1) 25K	Record	Record	Record	-----	Championship
April	(2) 1 hour	6 mi, 1387 yd. Amoroso	6 mi, 18 yd. Spier	-----	18 mi, 1231 yd Columbia	Mar. 23, Natl Senior, Seattle
May	(3) 10K	54:53 Amoroso	63:25 Spier	-----	180 min, 7 sec Columbia	Postal ?
June	(4) 15K	1:22.57 Amoroso	1:31.57 Lundmark	-----	4:26 48 Colorado	? ?
July (to Aug 3)	(5) 5K	25:33 Amoroso	26:34 Johnson	28:16 Medeiros	83:36 Columbia	Aug 1-3, White Plains, NY
August	(6) 20K	1:46.51 Amoroso	1:53.57 Johnson	2:00.12 Medeiros	6:06.12 Columbia	Aug 13-17, World, Toronto
September (to Oct 5) also	(7) 100K (8) 100 mile	11:41.00 Amoroso 20:09.20 Chapin	13:18.13 Spier 88 miles Spier	12:01.14 O'Neil 21:53.26 O'Neil	----- 65:48.30 Columbia	Aug 13-17, World, Toronto
October	(9) 30K	2:55.53 Busen	5:50.18 Spier	-----	9:06.03 Columbia	Oct. 4-5, Columbia
November	(10) 50K	5:13.50 Busen	-----	-----	-----	Oct. 19, Columbia
November						Nov. 9, Jefferson City, Missouri

1974 leaders Overall: Amoroso, 57; Busen, 53; Leuthold, 40; Don Johnson, 29; Spier, 26
 40-49 yrs: Amoroso, 32; Busen, 29; Leuthold, 20; Chapin, 16; Boies, 10.
 50-59 yrs: Spier, 16; Lundmark, 13; Don Johnson, 12.
 60+: O'Neil, 5; Medeiros, 5.

Rules: Age categories 1. Open, 40 and over 2. 40-49 3. 50-59 4. 60+ 5. Women 40 and over

Point scoring. Walker receives one point, plus a point for each competitor in his category that he beats. Team competition encouraged. 3 men on same club, need not walk on same day or track. ~~Track, time and judging.~~ In general AAU rules apply.

Must be on regulation track or certified course, timed by a non-participant. No judge required, but judges are encouraged

Awards: Appropriate awards to top winners in combined annual competition.

Other national masters championships: 35K, Nov 2, Pittsburgh, Pa
 40K, July 27, West Long Branch, N.J.
 75K, April 20, West Long Branch, N.J.

WORLD 5K & 25K, TORONTO, Aug 13-17

ENTRY FORM

Distance _____ Time _____ Date walked _____
 Name _____ Birth date _____
 Address _____
 AAU number _____ Club _____
 Name of regulation track or certified course _____
 Timers name _____ Judges name (if present) _____

FOR TEAM COMPETITION, LIST INFORMATION ON OTHER SIDE.

MAIL TO: DAVID LEUTHOLD, 1501 Ross Street, Columbia, Missouri 65201