

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 7

July 23, 1975

BOB BUSBY REVISES HIS MVAU RECORD--15 KILO RUN--47:44 July 19, 1975:

			5 K	10K	15 Kilo	Secs	off	%
							DT	Off
1.	Bob Busby	26	Warrensburg	15:52	31:53	47:44		
2.	Rick Clear	20	"	15:55	33:07	50:27		
3.	Rick Katz	26	CTC	15:55	33:37	51:28		
4.	Paul Rousan	21	Central Meth.	16:21	34:26	52:19		
5.	John Brozovich	22	Warrensburg	16:24	35:03	52:30		
6.	Richard Bruns	23	"	16:24	34:53	52:33		
7.	Steve Fisher	18	Sedalia	17:51	35:52	53:04		
8.	Carl Owczarzak	34	Overland Park	17:57	36:43	55:11		
9.	Don Lewis	39	CTC	17:51	37:05	55:43	17	.51
10.	Ben Londeree	41	CTC	17:51	37:10	56:13	13	.39
11.	Jeff Mittelhauser	18	Sedalia	18:15	38:03	57:02		
12.	Whitney Hicks	39	CTC	18:15	38:04	57:38	38	1.11
13.	Al Kein	25	Alma, Mo.	18:54	39:11	57:55		
14.	Rex Power	22	Mexico, Mo.	18:49	38:39	58:18		
15.	Willis Gunder	29	Farmington, Mo	18:08	38:15	58:39		
16.	Cliff Young, Jr.	20	Warrensburg	17:09	36:36	58:59		
17.	Jon Herbert	25	Springfield	18:10	38:31	59:12		
18.	Roger Stucki	33	Lawson, Mo.	18:15	38:35	59:27		
19.	Ken Fields	25	Excelsior Spr.	19:21	40:26	59:50		
20.	Mike Chippendale	35	CTC	19:04	39:45	1:00:02	2	.06
21.	Ron Roder	19	Warrensburg	19:04	39:55	1:00:35		
22.	Rex Frazer	43	CTC	18:59	39:44	1:01:09	249	7.28
23.	Randall Bentley	32	Farmington, Mo.	18:03	39:29	1:02:07		
24.	Dick Walters	33	Clay, N.Y.	20:02	41:50	1:03:19		
25.	Don Carman	26	CTC	20:27	42:35	1:03:23		
26.	Turk Storvick	47	CTC	20:07	42:02	1:03:42	162	4.43
27.	Bartley Ives	16	Sedalia	20:10	43:14	1:06:20		
28.	Ron Dickey	15	Orrick, Mo.	19:21	42:55	1:07:49		
29.	Joe Duncan	41	CTC	21:03	45:52	1:09:51--Terrible!		
30.	Don Johnson	46	CTC	22:07	47:39	1:13:28		
31.	Mark Kempton	23	Columbia (MU)	22:01	47:18	1:16:37		
32.	Dennis Blossom	38	CTC	21:59	46:56	OUT		

80°, high humidity, not much breeze--but none of this bothered Busby who bettered his 48:10 of last year. Bob will be doing the Omaha Marathon Aug. 2 and then will be in the Pan Am Marathon Trials in New Mexico 3 weeks later. THANKS to the Lee Evans family, to Don Granberg, Judi and Rick Londeree and Doug Duncan for handling the timing and aid chores.

\*\*\*\*\*

NATIONAL MASTERS POSTAL COMPETITION--15 Kilo Walk--June, 1975:

					POINTS
1.	Chris Amoroso	Colorado TC	41	1:26:46	
2.	John Scimone	Florida TC	41	1:31:39	
3.	Rob Spier	CTC	52	1:33:02	Overall
4.	George Lundmark	Northglenn, Colo	53	1:33:08	1. Busen 21
5.	Dave Leuthold	CTC	42	1:33:30	2. Spier 17
6.	Leonard Busen	CTC	45	1:34:27	3. Leuthold 17
7.	Hank Stephenson	Florida TC	43	1:49:37	4. Amoroso 16
8.	William Taft	CTC	59	1:56:44	5. Lundmark 11

Team Title: CTC:4:40:59

40-49		50-59	
1.	Busen 11	1.	Spier 11
2.	Amoroso 11	2.	Lundmark 6
3.	Leuthold 8	3.	Johnson 2
4.	Scimone 7	4.	Taft 2
5.	Barnes 4	5.	Jacobs 1
6.	MacLachlan 2		
7.	Denman 1		
8.	Stephenson 1		

\*\*\*\*\*

DESIGNATED TIME STANDINGS:

	Av. %	off	DT	No. of	Events		
1.	Turk Storvick	1.12		12*	8.	Don Granberg	1.70 11
2.	Ben Londeree	1.17		12*	9.	Augie Hirt	1.81 11
3.	Whitney Hicks	1.25		10	10.	Don Lewis	1.86 12
4.	Tom Hinckley	1.26		9	11.	Dick Hessler	1.86 11
5.	Joe Marks	1.32		10	12.	Joe Duncan	2.04 12
6.	Mike Chippendale	1.54		12	13.	Rob Spier	2.21 12
7.	Rick Katz	1.66		11	14.	Leonard Busen	3.63 9

## HICKS-LONDEREE DUO WINS 2-MAN, 10 MILE RELAY--June 21, 1975:

Team	Mile	Splits:	1	2	3	Total	Total	Av. Seconds
			4	5	6	Team	Ind.	Per lap
			7	8	9	Time	Time	
1.	Whitney Hicks		4:52	9:43	14:38		25:23	76.1
	Ben Londeree 40		19:36	24:37	29:39		24:06	72.3
			34:38	39:39	44:39	48:29		
2.	Tom Hinckley		4:50	9:41	14:35		26:59	81.0
	Rick Katz		19:35	24:35	29:37		22:56	68.8
			34:43	39:49	45:00	49:55		
3.	Don Granberg		4:54	9:43	14:41		25:11	75.6
	Dick Hessler		19:36	24:37	29:39		24:54	74.7
			34:48	39:56	45:01	50:05		
4.	Mike Chippendale		4:53	9:44	14:37		25:56	77.8
	Don Lewis		19:37	24:40	29:48		24:29	73.4
			35:01	40:15	45:30	50:25		
5.	Paul Smith 16		5:34	10:46	16:21		27:56	83.8
	Ty Jenkins 16		21:54	27:36	33:18		27:30	82.5
	Jeff City		38:56	44:37	50:04	55:26		
6.	Al Garverick		5:26	11:09	16:52		30:42	92.1
	Don Carman		22:46	28:36	34:35		27:22	82.1
			40:23	46:20	52:16	58:04		
7.	Kevin Watson 15		5:25	10:50	16:32		28:53	86.6
	Steve Wells 15		22:22	28:24	34:23		29:21	87.5
	Jeff City		40:11	46:14	52:10	58:14		
8.	Keith Maynard		5:31	11:18	17:22		31:43	95.2
	Don Johnson 46		23:37	29:56	36:17		29:01	87.1
			42:39	48:52	54:58	1:00:44		
9.	Joe Marks		5:45	11:49	18:02		27:04	81.2
	David Marks 12		24:21	30:47	37:16		35:45	107.3
			43:42	50:10	56:39	1:02:49		
10.	Doug Sloan 14		5:35	11:05	17:34		33:09	99.4
	Larry York		23:45	30:31	36:27		29:57	89.9
	Jeff City		43:38	49:57	57:05	1:03:06		
11.	Dennis Blossom		5:51	12:00	18:32		31:00	93.0
	Jay Blossom 11		25:08	31:48	38:33		35:20	106.0
			45:28	52:29	59:33	1:06:20		
12.	Doug Duncan 14		6:00	12:14	19:21		29:40	89.0
	John Leuthold 10		26:39	33:46	40:28		38:22	115.1
			47:49	54:51	61:45	1:08:02		
13.	Jan Frazer		7:30	16:01	24:52		46:58	140.9
	Teri Maxwell		33:48	43:00	52:43		44:53	134.7
			62:22	72:15	82:12	1:31:51		
14.	Rex Frazer		5:19--Rex did 3 laps, then came up with a pulled					
	Turk Storvick		hamstring and wisely dropped out. Turk then started					
			with Hinckley each lap (getting only as much rest					
			as Katz would allow) winding up with a 28:16 total					
			with an 84.8 per lap average.					

90° at the start, humid. Granberg or Hicks would lead their respective teams--Katz would then pass everyone and give Hinckley the lead--this went on until the 13th lap, when for the first time Katz was unable to catch and pass Londeree--from that point on Hicks continued to lengthen the gap and Katz had more and more distance to overcome--he was always able to pass Hessler, but he couldn't catch Londeree.

Marks-Marks won the father-son race over Blossom-Blossom, while Frazer-Maxwell won the mother-daughter race and set a women's record.

## SIX YEARS AGO--A LOOK AT YESTERDAYS HEROES:

July 12, 1969: MVAU 15 Kilo Run, Hickman Track, 6:00PM, 95°, sun shining. 12 starters, 8 finishers and ~~and~~ only 2 of those did no walking. Carl Owczarzak won another MVAU Championship with a modest 54:16, but exceptional, under the circumstances. 2nd was Ted Senadenos with 1:02:03, the other times aren't worth mentioning and those involved would as soon forget this event.

June 28, 1969: A decathlon with all events being run off in a four hour period. Actually a "nonathlon" (and believe me, it was really a negative event) since the pole vault was not included--no vaulting box. No familiar names--the results were not even recorded.

PAUL RICE, BRYCE ALLMON, BEN LONDEREE SHATTER RECORDS IN SPRINT TRIATHLON  
June 28, 1975

		MILE	880	440	TOTAL
1. Paul Rice		4:29(2:16)	1:59.2	53.4	7:21.6
2. Bryce Allmon	15	4:39(2:19)	2:03.3	54.0	7:36.3
3. Dennis Stewart		4:41(2:20)	2:03	54.0	7:38
4. Rick Katz		4:35.5(2:16)	2:06	58.0	7:39.5
5. Charlie Evans		4:44(2:16)	2:07	56.0	7:47.0
6. Don Lewis		4:46(2:21)	2:11	56.0	7:53.0
7. Ben Londeree	40	4:45(2:23)	2:12.5	59.8	7:57.3
8. Dan Kacprowicz		4:48(2:20)	2:12	59.7	7:59.7
9. Augie Hirt		4:53(2:25)	2:10	57.5PB	8:00.5
10. Mike Shellman	16	4:54(2:23)	2:12	59.1	8:05.1
11. Whitney Hicks		4:57(2:26)	2:15	59.1	8:11.1
12. Dick Hessler		4:55(2:27)PB	2:19	62.7	8:16.7
13. Dirk Allmon	15	4:53(2:20)	2:30.1	56.7	8:19.8
14. Dan Sullivant	16	4:57(2:23)	2:20.8	62.9	8:20.7
15. Mike Chippendale		4:56(2:24)	2:21	64.7	8:21.7
16. Rob Record	16	5:06(2:24)	2:18	62.5	8:26.5
17. Don Granberg		4:58(2:29)	2:30	63.8	8:31.8
18. Paul Smith	16	5:02(2:29)	2:27	64.7	8:33.7
19. Del Hendricks	16	5:06(2:30)	2:26	64.7	8:36.7
20. Rick Petty	16	5:19(2:34)	2:30	67.8	8:56.8
21. Kevin Watson	15	5:33(2:36)	2:32	61.5	9:06.5
22. Joe Marks		5:27(2:48)	2:33	68.3	9:08.3
23. Steve Wells	15	5:40(2:47)	2:31	65.0	9:16.0
24. Turk Storvick	47	5:31(2:46)	2:36	71.1	9:18.1
25. Larry York		5:36(2:46)	2:35.1	68.4	9:19.5
26. Joe Duncan	41	5:41(2:54)	2:35	68.3	9:24.3
27. Dennis Blossom		5:51(2:49)	2:37	69.4	9:37.4
28. Doug Duncan	14	5:51(2:53)	2:44	69.6	9:44.6
29. Don Johnson	46	5:58(3:01)	2:46	72.5	9:56.5
30. Keith Maynard		6:01(3:03)	2:52	67.2	10:00.2
31. Jim Gibson	11	6:30(3:16)	3:09	82.5	11:01.5
32. Jay Blossom	11	6:31(3:21)	3:30	94.8	11:35.8
33. David Marks	12	6:55(3:31)	3:18	92.7	11:45.7
34. David Rahm		4:59(2:20)	---	---	---
35. Joan Hirt		6:12(3:02)	---	---	---
36. Arlen Allmon	44	---	---	65.5	---
37. Bobby York	5	---	---	1:43.7	---

Low 80's, very humid. Paul Rice, another Fulton Flash, is on the MU track squad. He handily won all three events to break Dennis Steart's record which was set on August 4, 1973. On that date Steart had a 7:23.8 total (4:29.2, 2:01, 53.6). Defending champion Bryce Allmon came in 2nd today with an outstanding performance for a 15 year old, beating the 7:47.4 (4:42, 2:10, 54.6) which he had last year. Then Ben Londeree checked in with an age 40 record, well under Turk Storvick's 8:52.7(5:18, 2:28.1, 66.6).

\*\*\*\*\*

ENTRY BLANKS FOR THE 16th ANNUAL HEART OF AMERICA MARATHON are enclosed. Please let me know if you can help on either the timing stations or aid stations. It helps if you let me know so that I won't have to call you. RUNNERS: PLEASE RETURN ENTRY BLANKS BEFORE LABOR DAY WEEKEND. The race starts promptly at 6:00 AM Labor Day morning. You are not doing your part in seeing that we get off on time if you wait until then to turn in your Entry Blank. PLEASE COOPERATE!! Race Headquarters this year is the Guitar Community Center located in the Farm & Home Savings Ass'n. Building next door to the Daniel Boone County-City Building. If at all possible, please come by there between 6 & 7 PM Sunday to pick up your number. Again we want to caution you about the early morning traffic on Rte. 163(Providence Rd.)--it is surprisingly heavy coming into town Mon. AM. Therefore, as last year, we ask that you run on the RIGHT side of the road for the first 4 miles--there will be escort vehicles for this stretch--thereafter, you should stay on the left side of the road.

Once again, we are imposing a Six Hour Time Limit. If one cannot complete the course within six hours, then he is in no condition to even attempt the race. We want to discourage anyone from running in this event unless he is in proper condition. Everything will shut down at NOON!

Joe Duncan has compiled a list of those who have finished a H of A Marathon. The list orders all finishers over the previous 15 years, ranked according to time, showing year(s) run, no. of races completed, time, place, age, town & state. Rick Katz includes Climatic data for each of the 15 previous Labor Days showing 6:00 AM & 9:00 AM temperatures, humidity, wind, cloud cover and precipitation together with a statistical summary.

FIFTEEN YEARS OF THE HEART OF AMERICA MARATHON--a Compilation. . . .

If you have ever completed a H of A Marathon you are certainly interested in having this compilation. A charge of 50 cents is being made for this missive with proceeds going to CTC. Actually it is easier to mail a dollar so I suggest you order two copies--you might know someone who would want this publication but who may not know of its availability. Send your request and 50¢ or (\$1.00) to Joe Duncan. 306 different runners have completed a Heart of America Marathon so there is a market of at least 306 people.

\*\*\*\*\*

RICK KATZ EASY WINNER OVER STEWART IN ONE MILE RUN July 5, 1975:

	440	880	1320	MILE
1. Rick Katz	67	2:14	3:24	4:32
2. Dennis Stewart	67	2:15	3:25	4:37.5
3. Don Lewis	70	2:21	3:33	4:40
4. Ben Londeree 41	70	2:21	3:33	4:41.5
5. Dan Kacprowicz	71	2:22	3:36	4:42.8
6. Whitney Hicks	73	2:27	3:42	4:52
7. Mike Chippendale	72	2:27	3:43	4:57
8. Del Hendricks 16	75	2:30	3:51	5:08.5
9. Don Granberg	73	2:29	3:52	5:21.5
10. Don Davis 15	78	2:42	4:09	5:30
11. Joe Duncan 41	81	2:45	4:11	5:30.1
13. Doug Duncan 14	82	2:52	4:21	5:44
12. John McCrory	79	2:44	4:18	5:37
14. Mark Bly 16	79	2:47	4:18	5:44.1
15. Dennis Blossom	82	2:52	4:28	6:02
16. Don Johnson 46	82	2:52	4:31	6:04
17. Al Garverick	92	3:05	4:42	6:10
18. Jim Gibson 11	93	3:12	4:56	6:22
19. Jay Blossom 11	102	3:24	5:04	6:45
20. Matt Gibson 10	95	3:20	5:03	7:02
21. David Hicks 10	110	3:51	6:03	8:04

Low 80's, high humidity, sun shining. This was Stewart's last race before he undergoes surgery for a heel spur situation. He will out for a couple of months. GOOD LUCK!, Denny. Notice the close race for third--Londeree did the pace setting, but was unable to hold off the hyped-up Lewis.

THE 5,000 METER WALK WENT:

	1	2	3	5K	5K	% off
1st. Rob Spier	9:36	19:14	28:55	39:55	35	1.98
1st. Dave Leuthold	9:36	19:14	28:55	39:55		
3. William Taft	12:06	24:30	36:56	39:13		

\*\*\*\*\*

JOE MARKS DID QUITE WELL IN THE WHITEWATER, WIS. MARATHON ON JULY 6, although he says he had a bad day. He had a cold and slight fever, 3 tees taped for blisters before the race. No sleep the previous night (80° in his room & fireworks going off beneath his window), had a sideache for 5 miles, almost quit at halfway, got off course near the finish--with all that 3:02 sounds awfully good to me. Joe finished 21st out of 64, with everyone ahead of him being younger fellows. In high humidity & 70°, despite the 5:00 AM start, the winning time was 2:31. Joe didn't say who.

RICK KATZ & DON LEWIS REPRESENTED CTC IN THE KSU-MANHATTAN ALL-COMERS E & F Meet, July 12. Rick handily won the Open Division of the 2 mile run in 9:48 and then came back less than 30 mins. later for a 4:37 mile workout which was good for 3rd, behind Chuck Copp's 4:22 & Luke Littrell's 4:24. Lewis was 3rd in the 35-39 440 with 56.0 and 2nd in the 880 with 2:06 behind Lonnie Graves' 2:05.8. Graves also won the 440 in 53+.

\*\*\*\*\*

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE--Standings:

% Improvement and no. of events			
1. Doug Duncan	7.73 9	12. Joe Duncan	2.64 10*
2. Augie Hirt	6.67 10*	13. Dennis Stewart	2.64 7
3. Don Lewis	6.35 8	14. Ben Londeree	2.03 10*
4. Jim Breitenbucher	5.30 6	15. Rex Frazer	1.85 9
5. Don Carman	5.21 6	16. Whitney Hicks	.98 5
6. Jay Blossom	5.10 8	17. Dave Leuthold	-.24 10*
7. John Leuthold	4.26 7	18. Mike Chippendale	-.34 10*
8. Leonard Busen	3.84 6	19. Dennis Blossom	-1.56 7
9. Rob Spier	3.47 8	20. Turk Storvick	-1.89 10*
10. Don Granberg	3.09 10*	21. Tom Hinckley	-2.08 6
11. Dick Hessler	2.78 10*	22. Don Johnson	-4.88 8



NINTH ANNUAL NATIONAL 100 MILE WALKING CHAMPIONSHIP

AAU SENIOR NATIONAL 100 KILOMETER CHAMPIONSHIP WALK  
AAU CLASS B 100 KILOMETER CHAMPIONSHIP  
AAU NATIONAL MASTERS 100 KILOMETER CHAMPIONSHIP

- TIME AND PLACE: All races begin at 1:00 p.m., Saturday, October 4, 1975, at Hickman High School Track, Columbia, Missouri. For the 100 Mile Walk, the object is to walk 100 miles within a 24 hour time period, therefore the walk will end at 1:00 p.m., Sunday, October 5.
- ENTRY FEES: 100 Mile Walk - \$2.00 except for members of the Centurion Club of America. 100 Kilometer Walk - \$2.00. Total of \$4.00 if you walk more than 100 Kilometers. Entries MUST be received by 10:00 p.m. Friday, October 3.
- QUALIFICATION: No one under the age of 19 will be allowed to enter without having qualified by walking 20 Kilometers in less than 3 hours within the past six months. Any such entrant must submit a statement signed by two witnesses as to his qualification.
- AID: There will be plenty of water, ice, Gatorade, E.R.G., etc. Competitors may bring whatever refreshments they desire. Each competitor should bring someone to be his "handler" in order to assure proper care. Dressing, shower, and rest-room facilities are available at the track. We will do everything possible to make the race as comfortable as 100 miles can be.
- AWARDS: 100 Mile Walk: Trophies for first through 10th, based on distance walked. 100 Kilo Walk: Trophies and Senior National AAU Championship medals for first 6 places. Trophies and medals for first 3 places in class B race (open to those who have never previously won a national championship).
- CENTURION CLUB: All who complete 100 miles within 24 hours will become members of the Centurion Club of America - perhaps the most exclusive club in the Western Hemisphere. See the attached newsletter for the record to date since 1878.

SANCTIONED BY MISSOURI VALLEY AAU

ENTRY BLANK

For 100 Kilo Walk only \_\_\_\_\_ \$2.00      For 100 Mile Walk \_\_\_\_\_ \$4.00

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, and 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. \_\_\_\_\_ AAU ASSOC. \_\_\_\_\_  
SIGNATURE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ HT. \_\_\_\_\_ WT. \_\_\_\_\_  
ADDRESS \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_  
SCHOOL OR CLUB \_\_\_\_\_

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

NAME \_\_\_\_\_

Return this form to: Joe Duncan  
4004 Defoe Drive  
Columbia, Mo. 65201

Phone Number:  
(314 445-2684)