

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 3

March 25, 1975

FRED BINGGELI SETS RECORD IN THREE MILE RUN March 8, 1975:

	1	2	3	OffDT	% off DT
1. Fred Binggeli	4:52	9:54	14:44	---	---
2. Rick Katz	4:58	10:13	15:24	24	2.17
3. Dennis Stewart	4:52	10:10	15:27	33	3.44
4. Ed Brennan	4:59	10:19	15:46	---	---
5. Paul Rice	5:16	10:42	15:53	---	---
6. Don Lewis	5:21	10:41	16:11PB	13	1.36
7. Whitney Hicks	5:26	11:02	16:31PB	19	1.90
8. Ben Londeree 40	5:25	11:03	16:45	15	1.52
9. Don Granberg	5:35	11:19	16:56PB	14	1.36
10. Mike Chippendale	5:35	11:25	17:18	12	1.14
11. Tom Hinckley	5:42	11:46	17:43	18	1.72
12. Walt McConnell 43	5:37	11:37	17:45	---	---
13. Turk Storvick 46	5:55	12:08	18:19	4	.37
14. Joe Marks	6:17	12:36	18:41PB	---	---
15. Joe Duncan 40	6:28	13:14	19:34	26	2.17
16. Don Carman	6:30	13:15	19:34.1	26	2.17
17. Greg Brown	6:40	13:35	20:08	22	1.79
18. Al Garverick	6:45	13:47	20:40	10	.81
19. Don Johnson 46	6:50	14:04	21:17	---	---
20. Leonard Busen 45	7:10	14:25	21:26	26	2.06
21. Doug Duncan 14	7:25	14:30	21:32PB	---	---
22. Jay Blossom 11	7:30	15:04	22:27	153	10.20
23. John Leuthold 10	7:30	15:30	23:41	104	6.82
24. David Hicks 11	8:32	17:49	27:00	120	6.89

AND AUGIE HIRT WINS THE THREE MILE WALK IN 23:10:

1. Augie Hirt	7:32	15:26	23:10	20	1.46
2. Leonard Busen	8:55	18:00	27:03	3	.18
3. Dave Leuthold	8:57	18:05	27:27	---	---
4. Rob Spier	10:08	20:14	30:11PB	79	4.18

28 degrees, moderate NW wind. The old record for the run was 14:54 set by Stewart, who was back today, short of training because of the problem with the bone spur in his foot. However, he stayed with Binggeli for the first mile, then gradually fell back. Katz caught Stewart at the end of lap 9 and held that for 2nd. Ed Brennan is a Junior College runner from New Jersey and McConnell is his coach.

ELAPSED TIME STANDINGS: RUNNERS:

				AGE 40 & Over:	
1. Katz	175	11. Marks	66.5	21. Blossom	14.1. Londeree 39
2. Hessler	139	12. Cooper	43	22. Logan	12 2. Storvick 32
3. Lewis	133	13. Duncan	41	23. Lindsey	11 3. Duncan 21
4. Londeree	123	14. Hinckley	37.5	24. Kacprowicz	10 4. Frazer 14
5. Granberg	106	15. Todd	36	25. Johnson	8 5. Johnson 6
6. Chippendale	85	16. Neal	33	26. Rydezewski	5 6. Anderson 2
7. Stewart	84	17. Frazer	31	27. Greg Brown	5 7. Busen 2
8. Hicks	79	18. Carman	20	28. Robertson	4
9. Storvick	76	19. Hirt	16	29. Anderson	3
10. Lawrence	73	20. Garverick	16	30. Tom Brown	3

RUNNERS: AGE 15

& Under:

WALKERS-Open:

				AGE 40 & Over	
1. Doug Duncan	25	1. Hirt	57	8. Chapin	13
2. Jay Blossom	14	2. Leuthold	36.5	9. Schrik	12
3. John Leuthold	8	3. Busen	32	10. Taft	6
4. David Marks	5	4. Young	29	11. S. Spier	5
5. David Hicks	4	5. Breitenbucher	29	12. Cooper	4
6. Steven Hicks	3	6. Rob Spier	28.5	13. Bryan Marks	2
7. Amy Hessler	3	7. Schulte	14	14. Pete Hessler	1
SCHULTE AWARD FOR IMPROVED PERFORMANCE:				AGE 15 & under	
1. Jay Blossom	7.95%	3	12. Lawrence	1.75	3
2. Don Lewis	7.78	3	13. J. Schulte	1.75	3
3. Leonard Busen	7.32	3	14. Granberg	1.54	10
4. Dennis Blossom	5.81	3	15. Hicks	.98	5
5. J. Breitenbucher	5.69	5	16. J. Leuthold	.93	3
6. Augie Hirt	3.55	9	17. Chippendale	-.15	4
7. Dennis Stewart	2.64	5	18. Dave Leuthold	-.79	9
8. Ben Londeree	2.47	8	19. Frazer	-1.89	5
9. Rob Spier	2.33	6	20. Storvick	-2.22	3
10. Dick Hessler	2.07	10			
11. Joe Duncan	1.98	9			

WOMEN:

1. J. Schulte 5

March 22, 1975

RANDY MIMM AND DENNIS STEWART TEAM UP TO WIN 6 MILE WALK-RUN RELAY:

		1st Mile	2nd	3rd	Total Ind. ET	Team Total ET	ET Placings
1.	Randy Mimm	7:20	7:46	8:03	23:09		2w
	Dennis Stewart	4:39	4:49	4:50	14:18	37:27	1
2.	Augie Hirt	7:24	7:33	7:24	22:21		1w
	Tom Hinckley	5:23	5:36	5:30	16:29	38:50	7
3.	Al Schrik	7:50	7:47	7:41	23:18		3w
	Don Lewis	4:59	5:22	5:18	15:39	38:57	2
4.	Leonard Busen	8:11	8:39	8:47	25:37		4w
	Dick Hessler	5:19	5:16	5:09	15:44	41:21	4
5.	Dave Leuthold 42	8:45	8:57	8:52	26:34		6w
	Turk Storvick 46	5:43	5:45	5:46	17:14	43:48	8
6.	Jim Breitenbucher	8:07	8:55	8:54	25:56		5w
	George Held	5:54	6:11	6:04	18:09	44:05	10
7.	Rob Spier	9:20	9:24	9:26	28:10		7w
	Mike Chippendale	5:24	5:26	5:29	16:19	44:29	5
8.	Joyce Schulte	11:28	11:43	12:04	35:15		8w
	Greg Brown	6:04	6:12	6:08	18:24	53:39	11
9.	Bryan Marks 13	11:42	12:23	12:30	36:35		9w
	Joe Marks	5:52	5:58	5:55	17:45	54:20	9
10.	Pete Hessler 5	16:05	16:27	17:04	49:36		10w
	Amy Hessler 9	7:56	8:02	8:48	24:46	74:22	14

The following were teams of two runners:

1.	Doug Duncan 14	6:36	6:39	6:31	19:46		12
	Don Granberg	5:23	5:30	5:29	16:22	36:08	6
2.	David Hicks 11	7:45	8:42	9:39	26:06		16
	Whitney Hicks	5:05	5:19	5:18	15:42	41:48	3
3.	Todd Wilkenson 8	7:45	8:26	9:12	25:23		15
	Steven Hicks 8	7:14	7:51	7:37	22:42	48:05	13

55 degrees, sun shining, moderate winds. No team was close to the record of 34:53 set by Larry Young and Mike Kelly 3 years ago--that was the day Kelly was chased by a big dog almost the entire first mile. Stewart was only 7 seconds off his record for individual total time, despite being short on training. Mimm got his team in front at the end of the first mile and with Stewart on the run, that team got no argument for first place. There was quite a battle for 2nd, however. Hirt had 26 seconds over Schrik at the end of mile 1, then Lewis came back to get within two seconds of Hinckley, then Hirt moved the margin up to 16 seconds at the halfway point. Again, Lewis brought his team to within two seconds--Hirt moved out again to give Hinckley a 19 sec. lead going into the last mile. Lewis cut the margin by 12 seconds, but ran out of laps. Leuthold-Storvick set a record for Age 40 & over while the two Hessler kids get one for Age 15 & under--one which they can try to better each year for the next 7 years.

DESIGNATED TIME STANDINGS:

	Av. % off DT	No. of Events			
1.	Joyce Schulte	.41	3	13.	Don Lewis 2.03 10
2.	Tom Hinckley	1.35	6	14.	William Taft 2.11 3
3.	Whitney Hicks	1.41	7	15.	Joe Duncan 2.12 10
4.	Ben Londeree	1.49	10	16.	Dennis Stewart 2.35 5
5.	Don Granberg	1.52	9	17.	Rob Spier 2.75 8
6.	Joe Marks	1.60	8	18.	Rex Frazer 2.75 5
7.	Dick Hessler	1.62	8	19.	Don Carman 2.81 4
8.	Turk Storvick	1.64	12	20.	Charles Geiss 2.81 3
9.	Al Garverick	1.71	5	21.	Dennis Blossom 3.16 4
10.	Augie Hirt	1.78	9	22.	Leonard Busen 3.42 7
11.	Rick Katz	1.88	9	23.	Jay Blossom 7.67 4
12.	Mike Chippendale	1.98	8		

The Columbia Track Club Newsletter comes out every month. 12 issues per year cost only ONE DOLLAR, said dollar to be sent to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201. Hot weather is coming--CTC is still a Dealer's representative for E.R.G., through Joe Duncan. The cost, per pack, to CTC members is 45¢ (55¢ if mailed), the cost to non-members is 55¢ per pack (65¢ if mailed).

COLUMBIA TRACK CLUB EVENT RECORDS---WOMEN:

One Mile Run	Track	5:10.1	Carol Cook	July 6, 1974
Two Mile Run	"	13:55	Joan Hirt	August 25, 1973
Three Mile Run	"	22:10	Linda Maddox	August 11, 1973
5,000 Meter Run	"	22:51	Betsy Lamar	Dec. 1, 1973
Five Mile Run	Road	42:35	Janet Leuthold	Oct. 13, 1973
10,000 Meter Run	Track	48:25	Joan Hirt	Nov. 17, 1973
One Hour Run	"	7 Miles, 478 Yds.	Linda Maddox	June 16, 1973
2 Mile Cross-Country Mun	GC	13:55	Mary Magnusson	Oct. 17, 1971
2 Mile " " " Gustin GC		14:02	Janet Leuthold	Oct. 21, 1973
Heart of America Marathon		4:34:28	Marsha Weiss	Sept. 2, 1974
Sprint Triathlon	Track	11:37.7	Marsha Weiss	August 3, 1974
(Mile, 880, 440)		(6:59, 3:11.5, 87.2)		
Two Mile Walk	Track	18:29	Beth Eberle	Oct. 27, 1973
Three Mile Walk	"	28:37	Gwen Eberle	Sept. 22, 1974
5,000 Meter Walk	"	28:36	Gwen Eberle	May 4, 1974
5 Mile Walk	"	47:59	Gwen Eberle	Sept. 22, 1974
6 Mile Walk	"	57:47	Gwen Eberle	Sept. 22, 1974
10,000 Meter Walk	"	56:19	Ellen Minkow	Oct. 27, 1973
One Hour Walk	"	6 Miles, 252 Yds	Gwen Eberle	April 6, 1974
Ten Mile Walk	Road	2:10:09	Janet Leuthold	Jan. 4, 1970
50 Mile Walk	Track	11:55:15	Joyce Schulte	Oct. 5-6, 1974
100 Kilo Walk	"	16:39:10	Joyce Schulte	Oct. 5-6, 1974

CTC EVENT RECORDS---AGE 15 & UNDER:

One Mile Run	Track	4:42.8	Bryce Allmon	August 3, 1974
Two Mile Run	"	11:52	David Duncan	July 30, 1971
Three Mile Run	"	21:16	Richard Griffin	August 12, 1972
Five Mile Run	Road	40:16	Doug Duncan	Oct. 13, 1973
Six Mile Run	"	46:06	Mike Diment	June 6, 1971
10,000 Meter Run	"	52:46	Doug Duncan	Feb. 8, 1975
One Hour Run	Track	9 Miles, 212 yds.	Steve Dolinar	June 21, 1969
15,000 Meter Run	Road	56:48	Bryce Allmon	July 13, 1974
Eight Mile Run	"	1:07:32	Doug Duncan	Oct. 12, 1974
2 Mile Cross-Country Mun.		13:22	Sean Clark	Oct. 8, 1972
2 Mile " " " Gustin GC		14:02	Janet Leuthold	Oct. 21, 1973
5 Mile " " " " "		41:17	Sean Clark	Nov. 5, 1972
3, 2, 1 Mile Triathlon		45:58	David Duncan	Feb 20, 1971
		(23:52, 15:20, 6:46)		
Sprint Triathlon	Track	7:47.4	Bryce Allmon	August 3, 1974
(Mile, 880, 440)		(4:42.8, 2:10, 54.6)		
Walk-Run Pentathlon		505 Points	Lee Cone	April 28, 1973
		(2 Mile Walk-22:38, 0 pts; 880 Run-2:40,		231 pts.;
		Mile Walk-11:31, 0; 2 Mile Run-13:17,		223 pts.;
		220 yd. Dash-32.9, 51 pts.)		
Heart of America Marathon		5:14:27	Jon Phelps	Sept. 7, 1970
Two Mile Walk	Track	18:29	Beth Eberle	Oct. 27, 1973
5,000 Meter Walk	"	28:48	Linda Ontko	May 4, 1974
Five Mile Walk	"	57:22	Steve Spier	Sept. 11, 1971
Six Mile Walk	"	1:03:24	Linda Ontko	Sept. 23, 1973
10,000 Meter Walk	"	58:48	Cristy Dotseth	Oct. 27, 1973
One Hour Walk	"	6 Miles, 77 Yds.	Beth Eberle	April 6, 1974
Ten Mile Walk	Road	2:10:09	Janet Leuthold	Jan. 4, 1970
20,000 Meter Walk	"	2:34:57	Ray Chapin	Feb. 16, 1970
30,000 Meter Walk	"	3:58:02	Mike Starks	Oct. 18, 1970

CTC RUNNERS DID QUITE WELL IN THE THIRD OLYMPIAD MEMORIAL MARATHON on March 2, 1975, battling a strong north wind (especially on the hilly 8-13 mile stretch), 18 degrees, wind chill of -12. 172 starters, 142 finishers. Katz and Todd had personal bests, Hessler was only 2 seconds off his PB, Marks was in his first Marathon, thus running conservatively.

THE RESULTS:		5	10	1/2 Way	15	20	FINAL
1. Bob Busby	27:27	55:47	1:12:46	1:22:39	1:48:15	2:21:00	
2. Bob Fitts	26:23	53:48	1:11:33	1:21:41	1:49:03	2:25:13	
8. Rick Katz	28:50	58:12	1:16:23	1:26:51	1:54:41	2:34:46	
13. Dick Hessler	32:35	61:28	1:21:30	1:32:52	2:02:45	2:40:02	
16. Rich Todd	32:35	61:28	1:21:30	1:32:52	2:03:22	2:42:40	
43. Rex Frazer	31:39	65:00	---	---	2:12:50	2:55:33	
48. Arne Richards	33:32	68:39	---	1:43:39	2:17:15	2:57:25	
84. Joe Marks	--	75:21	1:40:15	1:54:27	2:31:48	3:18:22	
100. Joe Duncan	37:55	77:26	1:43:21	1:58:18	2:35:45	3:28:15	

Last year Hessler was 11th with 2:54+ & Frazer had 3:10+

SCHEDULE OF EVENTS:

APRIL	5	Saturday	1:00 PM	2 Mile Run	Hickman Track
	5	"	2:00 PM	MVAAU AND OPEN ONE HOUR WALK	Hickman Track
	13	Sunday	?	4 Mile Run	Lake Jacomo Kansas City, Mo.
	19	Saturday	7:00 AM	Kansas Relays Marathon	Lawrence, Kansas
	21	Monday	High Noon	Boston Marathon	
	26	Saturday	9:00 AM	Walk-Run Pentathlon:	2 Mile
				Walk, 880yard run, 1 mile walk, 2 mile run	
				220 yard dash 15 minutes rest between each event.	<u>HICKMAN TRACK</u>
			RECORD:	2,790 points by Stan Smith, April 28	
				1973 (18:02, 361pts.; 2:04, 8, 668;	
				7:33, 543; 10:02.5, 695; 25.4, 523)	
	26	"	9:15 AM	Drake Relays Marathon	Des Moines Iowa
	26	"	?	RoadRunner Marathon	Gage, Okla.
	11	Friday	5:45 PM	One Mile Open Run, One Mile Open Walk.	Part of the Keokuk, Iowa Relays
	18	Friday	7:00 PM	8th Annual Jack Reeves Memorial Mile Run, in conjunction with the Quincy High Track Relays. Divisions: 25-34, 35-44 45-up. Contact: Angelo Rinchiuso 4021 State, Quincy, Ill. 62301	
	27	Sunday	1:00 PM	5th Annual Gateway Arch Runs, St. Louis, Mo. 5 Kilo, 10 Kilo, 20 Kilo. Many Age Groups for each race. A Big, Big Event. CONTACT: St. Louis Track Club Box 13428 St. Louis, Mo. 63138	

RICK KATZ, RICH TODD & REX FRAZER REPRESENTED CTC IN THE MVAAU 20 KILO RUN on March 15, Manhattan, Ks. Rick was second (a field of about 40) with a time of 1:07:16, after being 5th at halfway. Rich was 11th in 1:12:23 PB and Rex had 1:18:32PB for 3rd in the 40-49 group. Winner was Charles Copp, Topeka, in 1:05:38, 3rd: Paul Shimon, 1:07:21. Bob Creighton, the Atwood, Ks. lawyer, won the age 40 and Arne Richards was 2nd, times unknown. The 1st half of the course flat, the 2nd $\frac{1}{2}$ hilly. The first 5,000 meters went in a quick 16:25 for Rick.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK
5,000 METER WALK FOR WOMEN
1975 ENTRY BLANK

TIME: Saturday, May 3, 1975 - 4:00 p.m. (Men's race at 4:45 p.m.)

PLACE: 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 of I-70.

ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by May 1.

AWARDS: Three "Cup" trophies to first three finishers in each race. Certificates to all finishers.

MISSOURI
CUP RECORD: 1:30:10 Larry Young - May 7, 1972 (This is also the American Record.) Women's 5,000 Meter Record: 28:36 Gwen Eberle, May 4, 1974.

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 A.A.U., the A.A.U. 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 _____ BIRTH
DATE _____

AAU# _____ AAU Ass'n. _____ HT. _____ WT. _____

Signature _____

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 A.A.U. of the United States.

Sanctioned by the Missouri Valley Association of the A.A.U.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 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 further information contact Dr. Whitney Hicks, 213 Devine Court, 445-2816 or Joe Duncan, 4004 DeFoe Drive, 445-2684.