

COLUMBIA TRACK CLUB NEWSLETTER
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LARRY YOUNG WINS MVAUU ONE HOUR WALK CHAMPIONSHIP, SIX OVER 7 MILES Mar.27:

	1	2	3	4	5	6	7
1. Larry Young	7:36	15:17	23:01	30:52	38:38	46:30	54:37
							7 Miles, 1145 yards
2. Paul Ide	7:36	15:17	23:01	30:52	38:50	46:58	55:17
							7 miles, 998 yards
3. Jerry Young 18	7:41	15:44	23:51	32:04	40:16	48:32	56:56
							7 miles, 669 yards
4. Augie Hirt	7:41	15:59	24:16	32:33	40:39	48:52	57:10
							7 miles, 629 yards 251 off Dt, 1.90%
5. Dave Eidahl Richland, Ia.	8:11	16:44	25:17	34:04	42:38	51:16	59:48
							7 miles, 51 yards
6. Jim Breitenbucher	8:11	16:44	25:17	34:04	42:38	51:16	59:48
							7 miles, 50 yardsPB 50 off DT, .40%
7. Leonard Busen 46	8:35	17:20	26:12	34:53	43:32	52:15	
							6 miles, 1642 yardsPB 118 off DT, .96%
8. Randy Bakewell	8:23	17:46	27:03	36:04	44:44	53:44	
							6 miles, 1207 yards 327 off DT, 2.86%
9. Paul Mack Columbia Coll.	9:02	18:28	28:03	37:39	47:12	57:00	
							6 miles, 536yards
10. Bob Young 56	9:08	18:33	28:13	38:00	47:50	57:47	
							6 miles, 422 yards
11. Rob Spier 53	9:27	19:07	28:47	38:30	48:17	58:12	
							6 miles, 331 yardsPB 291 off DT, 2.74%
12. Dave Leuthold 43	9:20	19:03	28:48	38:47	48:36	58:25	
							6 miles, 304 yards 4 off DT, .04%
13. Erica Dahlstrom 15 Iowa	9:27	19:25	29:24	39:28	49:32	59:38	
							6 miles, 70 yards
14. Jaime Christenson Independence, Mo. 14?	9:27	19:25	29:24	39:28	50:04		
							5 miles, 1287 yards
15. Eric Dahlstrom 12	10:05	23:21	34:39	46:10	57:26		5 miles, 439 yards
16. Wm Taft 60	11:34	23:18	35:16	47:09	58:47		5 miles, 203 yds.PB
17. Henry Bent 75	11:34	23:18	35:16	47:09	58:47		5 miles, 202 yds.
18. Bryan Ruoff 14?	10:49	22:52	35:12	47:52			Independence 4 mi, 1742 yds.
19. Randy Mimm	a bad day for Randy He did an 8:18 mile, a lap & then out.						

Taft was off 203 on his DT, 2.31% while Bent was off 102 (1.15%).

A warm 60 degrees, sun shining, westerly winds. Young and Ide were together for 4½ miles when Larry started pulling away. They were hoping for 7½ per mile, but the warm sun was no help. The best quality hour walk ever with 6 over 7 miles--last year there were 5. 18 year old Jerry Young keeps improving. Young, Ide & Hirt, all CTC, were the MVAUU medal winners. Busen got the age 40 trophy and record, beating the 6 miles, 1473 yards Bob Young had on April 15, 1970. Erica Dahlstrom got her 2nd Women's trophy. She beat 3 women last year, but was alone this time.

PAUL IDE SET TWO AMERICAN RECORDS in the Sr. National AAU 100 Kilo walk in Longmont, Colo. April 3. He was 8:15:06 at 50 miles beating the 8:23:46 held by Augie Hirt and 10:31:30 at 100 Kilo, beating the 11:16:19 also a Hirt record. No doubt this was a career best performance by Ide. Augie was 2nd in the 100 kilo event with 10:45:30 (8:38:30 at 50). Ide & Hirt both pretty well laid back when Jerry Brown & Jerry Young went out fast. Young finally went out at 36 miles while Brown gradually faded & finished 3rd followed by Chuck Hunter, Chris Amoroso & George Latturolo. The race was on a Jr. HS dirt track, 35° to 65°, sun shining.

DON LEWIS, DICK HESSLER, JOE MARKS & DON JOHNSON did a fine job representing CTC in the KANSAS RELAYS, April 17. Don was 3rd in the Age 40 Mile with 4:43.2 behind Jan Howell's 4:37 & Bernie Gay's 4:38.8. In the 880 Don was 4th with 2:07. Howell had 2:04. HESSLER was 7th in the marathon with 2:39:50. MARKS was 35th at 2:58:15 & JOHNSON 83rd at 3:40:06. RICK KATZ was 10th at 2:45+ behind Larry Aduddell and Tim Hendricks. Winner in the 170 man field was Mike Bordell, Pikes Peak TC at 2:30:01. Jim Nowak, a senior at MU and a prospective CTC member was 29th in 2:56:10. Conditions were really rough--At least a 20 MPH wind the first half, warm & humid. Marks came in 2 mins. faster than he went out, while Hessler was 5 mins. faster coming back, passing some 11 runners.. Arne Richards was 43rd in 3:08:02 after arriving late.

LARRY YOUNG FINISHED 2nd IN THE 25^{Kilo}/SR. NATIONAL WALK, Seattle, Wash. April 17. 1st was Ron Laird with 1:59:09, Larry had 2:00:33 (22:55 at 5K & 1:33:54 at 20 K when he was 1st by a minute, but then hit the "wall"), Tom Dooley was 2:00:40. Paul Ide, still feeling the effects of the 100K was 9th at 2:15, Jim Breitenbucher was 11th & Leonard Busen was 1st over 40.

CHARLIE MCMULLEN WINS 10,000 METER RUN, LEWIS & JIM GIBSON GET RECORDS
April 3, 1976:

	1	2	3	4	5	6	FINAL	
1. Charlie McMullen	4:58	10:05	15:23	20:40	26:02	31:25	32:26	
2. Dick Hessler	5:23	10:51	16:25	22:01	27:44	33:33	34:38	
3. Rich Todd	5:25	10:58	16:36	22:13	27:53	33:35	34:44	
4. Don Lewis 40	5:29	11:22	17:15	23:07	29:08	34:55	36:01	
5. Denton Childs	5:39	11:33	17:38	23:34	29:50	35:56	37:09	
6. Tom Hinckley	5:39	11:34	17:38	23:39	29:54	36:10	37:29	
7. Dennis Stewart	5:24	11:17	17:39	23:57	30:22	36:36	37:51	
8. Greg Brown	5:50	12:01	18:20	24:38	30:57	37:08	38:24	
9. Rex Frazer 44	5:59	12:00	18:19	24:41	31:08	37:33	38:53	
10. Joe Marks	5:55	12:12	18:50	25:42	32:40	39:15	40:30	
11. Ray Loan 44	6:15	12:46	19:21	26:08	32:59	39:46	41:04	
12. Don Johnson 47	6:59	13:56	21:03	28:12	35:23	42:39	43:53	
13. Joe Duncan 41	6:30	13:09	20:13	28:20	36:21	43:44	45:06	
14. Bill Kurtz	6:55	14:16	21:37	29:03	36:33	43:45	45:07	
15. Jim Gibson 12	6:37	13:33	20:42	28:06	35:52	43:33	45:10	
16. Olen Brown 40+	6:42	13:58	21:10	28:48	36:28	43:55	45:19	
17. Matt Gibson 10	6:57	14:34	22:31	30:28	39:02	46:57	48:22	
18. Kevin Hicks	6:48	14:34	22:57	31:19	40:01	48:02	49:40	
19. Dennis Blossom	7:07	15:25	24:09	32:59	41:17	49:39-1 lap short		
20. T. L. Veum	7:30	15:42	24:14	32:57	40:29	50:12	51:41	
21. Leonard Busen walked	8:56	18:28	27:53	36:32	45:17	53:58	55:38	
22. Doug Duncan	6:52	14:07	21:37	out after 2 more laps				
23. Doug Clark	5:04	10:32	then out					
24. Jim Breitenbucher	5:51	12:17	"	"				

DT went as follows: Loan 4 seconds off, .16%; Kurtz 6 off, .22%; Hinckley 19 off, .85%; Hessler 28 off, 1.37%; Todd 44 off, 2.15%; Frazer 53 off, 2.32%; Stewart 51 off, 2.29%; Greg Brown 69 off, 3.09%; Johnson 83 off, 3.25%; Lewis 51 off, 2.42%; Blossom 159 off, 5.63%; Olen Brown 139 off, 5.39%; Busen 218 off, 6.95%
Duncan, Joe, Marks and Hicks refuse to tell.

Temperature was in the mid 60's at the 12:30 PM start, the sun was shining brightly and there was an awfully strong west wind. All in all the conditions were bad and most runners did not run up to expectations. No one was faster than his DT nor was anyone as fast as he was in the same distance last november, except for the Gibson boys. Charlie McMullen ran a strong race but he was unable to maintain the 5:00 pace he wanted nor was he able to get under Dennis Stewart's record of 32:14. Don Lewis, however, edged Whitney Hicks' record by one solid second. 12 year Jim Gibson turned in a remarkable performance setting a new Age 15 & under record, beating Doug Duncan's 46:15. Leonard Busen also got in the record breaking act by lowering Larry Boies' time of 56+.

ELAPSED TIME STANDINGS:

Open--Runners:		Age 40 & Over:		Age 15 & Under:	
1. Hessler	194.5	1. Londeree	44	1. J. Gibson	33
2. Lewis	156	2. Hicks	39	2. D. Duncan	25
3. Hinckley	139	3. Loan	29	3. M. Gibson	25
4. Greg Brown	121.5	4. Duncan	28	4. T. Loan	15
5. Londeree	116	5. Lewis	20	5. J. Blossom	10
6. Marks	104.5	6. Johnson	16	6. S. Gibson	9
7. W. Hicks	100	7. Frazer	14	7. D. Marks	8
8. Chippendale	80	8. O. Brown	8	8. S. Hicks	7
9. Duncan	65	9. Creighton	7	9. D. Hicks	6
10. Loan	65	10. Storvick	5	10. A. Hessler	6
11. Stewart	62	11. Madden	4	11. R. Londeree	2
12. Carman	55			12. S. Blossom	2
13. Todd	49			13. P. Hessler	1
14. Kacprowicz	45.5				
15. Pastoret	38				
16. Adams	36				
17. Johnson	36				
18. Hirt	35				
19. Logan	34				
20. Frazer	30				
21. Garverick	30				
22. Beckerdite	29				
23. Blossom	26				
24. Olen Brown	25				
25. K. Hicks	22				
26. Kurtz	16				

LARRY YOUNG WINS A TOUGH MVA AU 50 KILOMETER WALK April 10, 1976:

	5 Miles	10	15	20	25	30	FINAL
1. Larry Young	43:15	1:26:16	2:09:14	2:53:45	3:38:23	4:23:10	50 K. 4:31:59
2. Augie Hirt	43:30	1:27:09	2:11:09	3:00:00	3:51:30	4:54:00	5:09:10
3. Randy Mimm	45:35	1:31:30	2:19:20	3:11:00	4:23:38	5:20:10	5:32:37
4. Rob Spier 53	52:10	1:46:41	2:42:50	3:43:24	4:49:33	5:59:50	6:14:30
5. Henry Bent 75	61:21	2:03:41	3:06:25	4:11:20	5:20:40	6:34:00	6:49:15
6. Albert Van Dyke 50	56:38	2:02:00	3:13:24	4:27:50	5:48:10	7:06:50	7:26:02
7. Jerry Young	43:30	1:27:20	2:14:00	3:01:25	OUT		
8. Bob Young 56	57:51	1:57:16	2:57:00	3:58:04	OUT		
9. William Taft 60	61:31	2:05:05	3:14:16	Out after 18 miles			
10. Paul Ide	43:15	1:26:17	2:12:30	OUT			
11. Paul Mack	51:27	1:43:34	2:38:20	OUT			
12. Leonard Busen	51:00	1:43:40	2:42:50	OUT			
13. Jim Breitenbucher	47:10	1:37:20	OUT				

Upper 50's at the 9:00 AM start, 70 3 hours later and a bright sun all the way with a fairly strong SW wind. This was the first time the 50 K walk had been held on the Rt. ZZ course. I believe all walkers agreed that they did not like the course. The concrete was hard on the feet as was the slope of the pavement. However, Larry Young did a good job of overcoming the conditions with a pace that was better than 8:45/ mile. Hirt, Jerry Young and Ide were still feeling the effects of the Sr. National 100 Kilo walk. Randy Mimm did a mile and a half in the One Hour Walk, yet he comes back today and does 31 miles--that's really coming back with a vengeance. Spier, Bent and Van Dyke showed great perserverance in keeping with their ages (and maturity).

DESIGNATED TIME STANDINGS:

	Av. % off	No. of Events			
1. Ben Londeree	.57	10	14. Dick Hessler	2.30	7
2. Joe Duncan	.98	8	15. Don Johnson	2.32	9
3. Don Lewis	1.12	11	16. Augie Hirt	2.36	10
4. Joe Marks	1.25	11	17. Jim Breitenbucher	2.39	6
5. Bill Kurtz	1.34	8	18. Don Carman	2.61	8
6. Tom Hinckley	1.50	112	19. Henry Bent	2.63	6
7. Whitney Hicks	1.51	8	20. Rob Spier	2.77	10
8. Al Garverick	1.56	9	21. David Adams	3.09	4
9. Olen Brown	1.58	7	22. William Taft	3.28	5
10. Dave Leuthold	1.96	7	23. Dennis Blossom	3.53	7
11. Greg Brown	2.01	12	24. Randy Bakewell	3.64	4
12. Ray Loan	2.14	10	25. Leonard Busen	5.11	5
13. Mike Chippendale	2.19	6			

ELAPSED TIME STANDINGS--WALKERS:

				Age 40 & Over:	
1. Hirt	74	8. Mimm	30	1. Spier	36
2. L. Young	52	9. Bakewell	22.5	2. Leuthold	35
3. Spier	50	10. J. Young	17	3. Busen	26
4. Breitenbucher	49.5	11. Bent	16.5	4. Bent	11.5
5. Ide	47	12. Chapin	11	5. Taft	8
6. Leuthold	42	13. Mack	10	6. Chapin	7
7. Busen	35	14. Taft	10	7. Clark	4.5
				8. Van Dyke	3

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE

1. Hinckley	6.16	6	7. D. Duncan	3.03	5
2. Carman	5.70	4	8. Hicks	2.45	5
3. Blossom	4.68	3	9. Spier	1.92	9
4. J. Duncan	4.01	9	10. Busen	1.88	4
5. Garverick	3.67	7	11. Taft	1.62	4
6. Marks	3.37	10+	12. Hessler	1.42	10+
13. Breitenbucher	1.28	6	16. Chippendale	-1.22	5
14. Leuthold	.96	8	17. Hirt	-2.80	7
15. Lewis	.28	8	18. Londeree	-5.02	10+

MORE ABOUT THE EFFECT OF MARATHON RUNNING ON ONE'S INTELLIGENCE:

I visited with Dr. Sydney B. Fustian who is studying the relationship between Exercise and Intelligence. His thesis is whether one's intelligence is affected by exercise, not whether intelligent people do or do not exercise-- or run marathons. Fustian's research involves marathon runners and their IQ's, as measured by the various IQ tests.

Fustian concludes that Dr. Blatherskite is wrong. Blatherskite had reported that one's IQ is lowered 6.7% for each completed marathon. Fustian won't say that one's IQ increases by any certain percentage with each marathon, but he sees a definite correlation between the IQ of marathon runners and the number of marathons they complete. Without question, he says, one becomes more intelligent with each marathon.

Dr. Fustian explains that there are over 12 billion nerve cells in the brain. A majority of the cells in the association areas of the cortex are never used. It is known that marathon running develops a more effective circulatory system by developing unused capillaries. Similarly, the millions of nerve cells in the cortex are nourished to an extent impossible by normal modes of exercise. The cortex, then, becomes more receptive to "memory" messages and recollection of previous learning. In addition, the brain assimilates more knowledge and solves more complex problems.

Fustian is aware of the "brain cramp" phenomena at the 20 mile mark of a marathon. He admits that within an hour or so of a marathon, one's IQ does drop. After all, the marathoner is not only physically exhausted, he is also mentally exhausted. However, the marathon has the long term effect of producing a "buildup," of "strengthening" the cortex, just as the body is strengthened so that the marathoner achieves better times. Likewise, he will score progressively higher on IQ tests. Fustian suspects that Blatherskite made his IQ testings within an hour or so following various marathons. The IQ is reduced at that time, just as the ability to run another race is reduced. Further, the more marathons one runs, the lower the IQ immediately following the marathon because the marathoner will have put more into the race to improve his time.

I then realized that the two interviews I had with our runner who has run many marathons were right after he had run a marathon. I recalled our discussion several days after his first marathon. At that time he was completely unable to determine his pace per mile even though he knew he was 2:40 at twenty miles and 3:28 plus at the finish. I'm not sure he ever did figure it out, even though he doodled around for some time with pencil and paper. I also remember his saying his goal was to improve by 10 minutes for his next marathon (3:18), 9 minutes the next (3:09), eight the next (3:01) . . .but he was unable to state the next time in the sequence.

With the information from Dr. Fustian, I, once again, talked to our runner. This time it is one week after his 14th marathon (yes, he did run 2:33 in his 11th marathon). The result was astonishing. I asked what his time was in his latest marathon. He said 2:28:57. Of course, he had long since figured out that this was about a 5:40 pace. But, I wanted to know if he was any smarter. So I asked him about improvement of his marathon time. "Suppose," I said, "you would improve by 2% in your next marathon, what would your time be?" I expected him to use pencil and paper, but he thought a few seconds and said, "Why that would be--let's see, that would be right at 2:25:59. I should be able to do that. In fact, if I could keep improving at the rate of 2% then I would have"--he thought a few seconds-- "a 2:23:04 for my 16th marathon. Then I would have" . . .a pause. . ."2:20:13 for the next one. . .2:17:25 for the one after that, number 19 would be. . . 2:14:40, number 20 would be. . .2:11. . ." I quietly slipped away for it was obvious he was going on and on until he had his time down to 0:00:00.

In order to stay abreast of the latest thinking and trends in long distance racing and race-walking you really should subscribe to the CTC Newsletter. Not only do you get complete results of all races on the local scene, you also get the benefit of research papers and reports such as the above. A subscription to the newsletter costs \$2.00 for the 12 monthly issues, except if you become a member of the Columbia Track Club, then you pay \$5.00 for the annual dues and that includes the newsletter. Send your money to 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 9, 16, 23, July 7, 14, 21. 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:

AGE GROUPS

June 9, 23, July 14	June 16, July 7, 21
6-7, 8-9 440, Mile, Mile Walk	440, 880, Mile Walk
10-11, 12-13 440, Mile, Mile Walk	880, 2 Mile, Mile Walk
14-15, 16-17 Mile, 3 Mile, Mile Walk	880, 2 Mile, Mile Walk

Participants can do only one running event each night. The evening of June 30 we will have informal workouts for those who wish to come.

Please complete this form and bring it and \$1.00 on June 9.

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 Joe Duncan, 4004 DeFoe Drive, 445-2684.