

COLUMBIA TRACK CLUB NEWSLETTER

Vol. ~~XX~~^{VIII}, No. 2

February 25, 1976

DICK HESSLER WINS 10,000 METER ROAD RUN; STEWART IS BACK February 7:

	5K	10 Kilo	Seconds off DT	% off DT
1. Dick Hessler	17:38	34:56		
2. Dennis Stewart	17:38	36:21	111	5.36
3. Greg Brown	18:49	37:39	21	.92
4. Pete Pastoret	18:50	38:10		
5. Tom Hinckley	18:50	38:24	24	1.05
6. Joe Marks	19:47	40:02	17	.71
7. Don Carman	20:06	40:47		
8. Ray Loan 44	19:48	41:34	26	1.03
9. Dan Lonnuquist	20:00	41:39		
10. David Adams	21:22	42:45	45	1.78
11. Joe Duncan 41	21:17	42:57	27	1.06
12. Al Garverick	22:03	44:33	3	.11
13. Mike Madson	22:05	44:35		
14. Kevin Hicks	22:29	45:15		
15. Don Johnson 47	21:34	45:25	85	3.22
16. Bill Kurtz	22:30	46:41	41	1.49
17. Doug Duncan 15	24:53	51:05		

JERRY YOUNG WINS THE 10,000 METER WALK AT THE SAME TIME:

1. Jerry Young	25:45	52:56		
2. Randy Mimm	30:10	59:15		
3t. Jim Breitenbucher	30:28	1:00:55		
3t. Randy Bakewell	30:28	1:00:55		
5. Paul Mack	30:41	1:01:54		
6. Mark Young	31:50	1:02:47		
7. Rob Spier 53	30:45	1:02:54	426	10:14
8. Dave Leuthold	30:45	1:03:41		
9. Henry Bent 75	37:05	1:14:49	251	5.29
10. Bill Clark	36:50	1:14:54	66	1.44

About 16 degrees, a fairly strong west wind, but not too bothersome, sun shining. Welcome back to Dennis Stewart who was in his first race since last summer after having undergone heel spur surgery. He ran quite comfortably with Dick Hessler for some four miles, until his lack of endurance type training became evident; Hessler actually picked up the pace and went on to an unpressed personal best. Jerry Young had the walk well in hand from the outset, getting a good time for this time of year. Dean Henry Bent and Bill Clark had a stirring race with the lanky Dean out-kicking Clark over the last quarter mile.

SIX YEARS AGO--A LOOK AT YESTERDAY'S HEROES:

February 8, 1970--The first Annual Missouri Cup 20 Kilometer race-walking competition. This first race was a team battle between CTC and the KC Pacers, with CTC winning 16-20, paced by Joe Duncan's 1:59:59. 2nd was Bob Chapin, 2:03:32, 3. Fred Young 2:10:22; 4. Darrell Palmer 2:14:49. . . .6. Dave Leuthold 2:29:19 10 finishers

February 15, 1970--4, 2, 1 Mile Triathlon--1. Whitney Hicks 43:15 (25:14, 12:13, 5:48); 2. Don Granberg 44:12 (25:39, 12:23, 6:02); 3. Joe Duncan 47:47 (27:50, 13:27, 6:30) 4 other competitors on a Hickman Track which was covered with 3" of snow.

February 28, 1970--Eight Mile Run. Another victory for W. Hicks in 50:56 2. Don Granberg 51:27; 3. Joe Duncan 55:20. . . .6. Dave Leuthold. 8 other runners

The Columbia Track Club Newsletter goes to everyone who is a member of CTC and to anyone else who pays but ONE DOLLAR (\$1.00) for 12 monthly issues. To become a member of CTC requires payment of the annual dues of \$5.00--\$4.00 for a first time membership. Remember: One can be a member of CTC and another club or clubs, but can only compete for one club. We have several people across the midwest who like our program and who contribute \$5.00 for a "Sustaining" membership. Of course, any amount will be accepted, particularly for contributions to the CTC Travel Fund.

CHARLIE McMULLEN AND DON LEWIS SET RECORDS IN TWELVE MILE RUN Feb. 21:

	3	6	9	12 Miles	Seconds off DT	% off
1. Charlie McMullen	16:29	32:45	48:54	1:05:00		
2. Dick Hessler	17:00	33:55	51:03	1:08:05PB		
3. Don Lewis 40	18:35	37:36	56:38	1:15:22	128	2.75
4. Tom Hinckley	19:12	38:53	58:14	1:17:41	14	.29
5. Joe Marks	19:13	38:57	58:45	1:18:49PB	49	1.05
6. Don Carman	20:40	42:10	1:03:04	1:23:12	48	.95
7. Joe Duncan 41	20:53	42:00	1:03:05	1:24:55	55	1.09
8. Stuart Wahlers	20:12	42:55	1:05:41	1:29:58		
9. Don Johnson 47	22:06	45:10	1:08:47	1:32:33	147	2.55
10. Bill Kurtz	21:54	45:03	1:08:43	1:34:09	111	1.93

PAUL IDE WINS THE WALK QUITE HANDILY:

1. Paul Ide	26:45	53:06	1:19:30	1:45:55		
2. Randy Bakewell	29:16	58:00	1:26:10	1:54:58	302	4.19
3. Dave Leuthold 43	30:49	62:10	1:33:36	2:05:15	95	1.22
4. Rob Spier 53	30:49	62:10	1:33:36	2:06:06	126	1.69
5. William Taft 60	36:34	74:15	---	2:32:36	204	2.33

A pleasant 50 degrees, a sharp contrast with last year when we had a most miserable day of rain, sleet and snow on an icy road. Today we had some sunshine and a strong south wind. McMullen took advantage of the better conditions to beat the 1:05:25 Rick Callison set up on the ice last year. Don Lewis made his debut as an age 40 runner by beating the 1:20:09 set by Rex Frazer in May, 1973. Notice Randy Bakewell in the walk--by far his best performance. A new Olympic threat?

THANKS to Olen Brown, Arline Hinckley, Veva Spier, Turk Storvick and Doug Duncan for handling the timing chores. Welcome back to Bill Taft who had a hernia repair a couple of months ago.

DESIGNATED TIME STANDINGS:

	Av. % off	No of Events			
1. Ben Londeree	.61	9	16. Rex Frazer	2.11	2
2. Olen Brown	.73	5	17. Don Johnson	2.21	8
3. Turk Storvick	.76	2	18. Augie Hirt	2.22	7
4. Joe Duncan	.85	7	19. Ray Loan	2.37	8
5. Don Lewis	1.00	9	20. Dick Hessler	2.46	5
6. Joe Marks	1.18	10	21. Tim Loan	2.60	2
7. Bill Kurtz	1.33	7	22. William Taft	2.65	3
8. Tom Hinckley	1.35	10	23. Don Carman	2.76	7
9. Rich Todd	1.41	2	24. Jim Breitenbucher	2.90	4
10. Pete Pastoret	1.41	2	25. Dennis Blossom	3.15	6
11. Whitney Hicks	1.51	8	26. David Adams	3.35	3
12. Dave Leuthold	1.60	4	27. Rob Spier	3.43	7
13. Al Garverick	1.71	8	28. Randy Bakewell	3.90	3
14. Greg Brown	1.94	10	29. Jay Blossom	4.87	2
15. Mike Chippendale	2.00	5	30. Kevin Hicks	6.39	2

ELAPSED TIME STANDINGS:

Open--Runners:

	Points		
1. Hessler	149.5	23. Storvick	14
2. Lewis	109	24. Olen Brown	14
3. Hicks	100	25. Herbert	10
4. Hinckley	95	26. Creighton	10
5. Londeree	92.5	27. Breitenbucher	8
6. Greg Brown	86.5	28. K. Hicks	8
7. Marks	76.5	29. Wade	7
8. Chippendale	53.5	30. Kurtz	7
9. Duncan	46		
10. Kacprowicz	45.5	<u>Age 40 & Over:</u>	
11. Loan	44	1. Hicks	39
12. Hirt	35	2. Londeree	35
13. Logan	34	3. Duncan	21
14. Carman	34	4. Loan	20
15. Todd	32	5. Johnson	13
16. Adams	30	6. Frazer	9
17. Beckerdite	29	7. Creighton	7
18. Pastoret	28	8. Storvick	5
19. Johnson	27	9. O. Brown	5
20. Garverick	23	10. Lewis	3
21. Blossom	22		
22. Stewart	14		

Age 15 & Under:

1. J. Gibson	24
2. M. Gibson	19
3. D. Duncan	15
4. J. Blossom	10
5. T. Loan	9
6. D. Marks	8
7. S. Hicks	7
8. S. Gibson	7
9. D. Hicks	6
10. A. Hessler	3
11. R. Londeree	2
12. S. Blossom	2

Women:

1. Teri Maxwell	4
2. Amy Hessler	3
3. M. Blossom	2
4. Jan Frazer	2
5. Joan Hirt	2

THE COLUMBIA TRACK CLUB TRAVEL FUND is a reality. As of now the fund contains \$65.00 before any solicitation begins. The active solicitation campaign can now be considered to be underway. The First National Bank (Mark Landrum, CTC member, President) has been kind enough to allow us to display the Team Trophy won by CTC in the 1975 Senior National AAU 50 Kilometer Walk Championship held in New York. With the trophy will be a sign asking for contributions to the CTC Travel Fund with emphasis on financial support for our walkers in the following 1976 national races:

April	3	Sr. National AAU 100 Kilometer Walk	Longmont, Colo.
	11	" " " 75 " "	West Long Branch, NJ
	17	" " " 25 " "	Seattle, Wash.
May	2 or 9	" " " 20 " "	New York, NY
	15	" " " 10 " "	Boulder, Colo.
	29	" " " 15 " "	Chicago, Ill.
June	19	US Olympic Trial for 20 Kilo Walk	Eugene, Ore.

Our walkers will likely participate in at least four of these walks, but only if they can get some help on expenses. They absolutely must be tested and strengthened on the anvil of national competition if they are to have any hope of making the US Olympic Team in the 20 kilometer walk. We feel that four of our walkers have a good shot at that team: Larry Young, Augie Hirt, Paul Ide and Randy Mimm. We have no specific goal, but if 200 people gave \$5.00 each that would be \$1,000 and obviously a big help. We visualize this being a community effort giving recognition to our fine walkers, to our potential Olympians and to Columbia TC.

Checks are to be made payable to the Columbia Track Club Travel Fund and sent to or given to Joe Duncan or to Augie Hirt, 3405 Valencia, or sent directly to the First National Bank, 801 E. Broadway, where they will be put into a special account.

THANKS FOR YOUR SUPPORT TO THIS PROGRAM!

ELAPSED TIME STANDINGS--WALKERS:

1. Hirt	36	8. Bakewell	15.5
2. Spier	30	9. Mimm	14
3. Breitenbucher	29.510	10. Chapin	11
4. Leuthold	29	11. Taft	5
5. Ide	20	12. Bent	3
6. Young	18	13. Carman	2
7. Busen	18	14. Schulte	1

Age 40 & Over:

1. Leuthold	23
2. Spier	21
3. Busen	12
4. Chapin	7
5. Taft	4
6. Bent	3

DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE

Standings:

		% Impr. Events					
1. D. Duncan	12.40	3	8. Garverick	3.67	5	15. Carman	.35 2
2. Johnson	10.36	2	9. Marks	3.13	10	16. Busen	.12 2
3. Mimm	7.68	2	10. Hicks	2.45	5	17. Brei'cher	-1.09 5
4. Hinckley	7.51	4	11. Spier	1.92	7	18. Taft	-1.18 3
5. Blossom	4.68	3	12. L. Young	1.87	2	19. Chippendale	-2.62 3
6. J. Duncan	4.01	7	13. Hessler	1.42	10	20. Hirt	-2.80 5
7. Leuthold	3.97	6	14. Lewis	1.00	7	21. Londeree	-4.93 9

THE EFFECTS OF MARATHONING ON INTELLIGENCE

A medical journal recently carried a report of a study on long distance runners. It was conducted by a James L. Blatherskite, M.D., and noted a negative correlation between the number of marathons run by an individual and corresponding intelligence as determined by the Stanford-Binet I.Q. Inventory. Blatherskite concludes that each marathon reduces an individual's I.Q. by an average of 6.7%. This, he suggests, is probably due to the damaging effects upon brain cells caused by several hours of elevated body temperature, blood pressure, and toxin levels. Dr. Blatherskite states emphatically, "Irreversible neural destruction will occur whenever the resulting bilvation creates intercellular pyruvation, adversely effecting the leptag ratio-- particularly where a condition of mitochromiasis has previously existed." This is, as we all know, precisely the condition that exists from approximately the 20 mile mark on in, and though we colloquially refer to this as "brain cramp," it is evident from Blatherskite's research that the ramifications are much more severe than previously suspected.

... Wes Alderson,

President, Culver City (Calif.) Athletic Club

COLUMBIA TRACK CLUB EVENT RECORDS: AGE 40 & OVER

220 yard dash	Track	27.9	Ben Londeree	April 26, 1975
440 yard dash	"	59.8	Ben Londeree	June 28, 1975
880 yard run	"	2:09.6	Ben Londeree	April 26, 1975
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	"	34:28	Ben Londeree	May 31, 1975
Eight Mile Run	"	45:35	Walter Renaud	October 11, 1975
Ten Mile Run	"	59:04	Ben Londeree	December 21, 1974
Twelve Mile Run	"	1:15:22	Don Lewis	February 21, 1976
5,000 Meter Run	Track	16:25	Ben Londeree	August 24, 1974
10,000 Meter Run	"	36:02	Whitney Hicks	November 22, 1975
10,000 Meter Run	Road	35:39*	Walter Renaud	December 6, 1975
15,000 Meter Run	"	54:21*	Walter Renaud	December 6, 1975
20,000 Meter Run	"	1:13:46*	Walter Renaud	" " "
30,000 Meter Run	"	1:51:46	Walter Renaud	" " "
Heart of America Marathon		2:53:12	Rex Frazer	September 2, 1974
One Hour Run	Track 10 Miles, 637 yards		Ben Londeree	June 7, 1975
Two Mile Cross-Country Run	Mun. GC	11:05	Whitney Hicks	September 27, 1975
Two Mile " "	" Gustin GC	11:04	Ben Londeree	November 2, 1974
Five Mile " "	" " "	28:20	Walter Renaud	October 25, 1975
3, 2, 1, Mile Triathlon	Track	31:45.3	Ben Londeree	May 17, 1975
		(16:24, 10:26, 4:55.3)		
Sprint Triathlon	Track	7:57.3	Ben Londeree	June 28, 1975
(mile, 880, 440)		(4:45, 2:12.5, 59.8)		
Walk-Run Pentathlon	Track	1535 Points	Ben Londeree	April 26, 1975
		2 Mile Walk--no time, 0 pts.; 880 yard run--2:09.6, 595 pts.;		
		Mile Walk--no time, 0 pts.; 2 Mile Run--10:33, 602 pts.;		
		220 yard dash--27.9, 338 pts.		
Four Mile Relay	Track	22:51	Columbia Track Club	May 25, 1974
		(Rex Frazer 5:28, Joe Duncan 5:42, Dave Leuthold 6:06, Jean Madden 5:35)		
Two Mile Walk	Track	17:11	Leonard Busen	April 26, 1975
Three Mile Walk	"	26:29	Leonard Busen	August 10, 1974
Five Mile Walk	"	44:25**	Leonard Busen	April 5, 1975
Six Mile Walk	"	53:03**	Leonard Busen	" " "
Six Mile Walk	Road	55:32	Leonard Busen	June 1, 1974
Ten Mile Walk	"	1:33:30	Fred Young	January 4, 1970
Twelve Mile Walk	"	2:03:05	Dave Leuthold	May 18, 1974
10,000 Meter Walk	Track	56:41	Larry Boies	September 20, 1975
15,000 Meter Walk	Road	1:23:04***	Leonard Busen	October 19, 1974
20,000 Meter Walk	"	1:52:38***	Leonard Busen	" " "
20,000 Meter Walk	Track	1:56:55	Leonard Busen	May 3, 1975
30,000 Meter Walk	Road	2:55:53	Leonard Busen	October 19, 1974
One Hour Walk	Track 6 Miles, 1473 yards		Bob Young	April 15, 1970
100 Mile Walk	"	19:24:34	Larry O'Neil	September, 1967

*Enroute to 30,000 Meters

**Enroute to One Hour Walk

***Enroute to 30,000 Meter Walk

After reading the medical journal report on "The Effects of Marathonizing on Intelligence" I decided to test some of Blatherskite's ideas by interviewing one of our local runners who has run many marathons. I don't know what exactly, if anything, was proven, however, to every question I asked I got a low, guttural, somewhat unintelligible response.

SCHEDULE OF EVENTS:

MARCH	6	Saturday	9:00 AM	3 Mile Run, 5 Mile Walk	Reactor Park--along the west side of Providence/South of Stadium Blvd. A New race location
	13	"	1:00 PM	3 & 10 Mile Road Runs	Jackonsville, Ill. Contact: Jackonsville YMCA 62650
	20	"	11:00 AM	Four Mile Relay, 3 Mile Walk	Reactor Park Memo to Hessler, Chippendale, Madson & Hicks: PAY ATTENTION TO THE TIME!
	20	"	?	MVAUU 20 Kilometer Run	Manhattan, Kans. CONTACT: Arne Richards 1223 N. 12th 66502
	27	"	9:00 AM	Oil Capitol Marathon	Mohawk Park, Tulsa, Okla. CONTACT: Vern Whiteside 6916 S. Knoxville, Tulsa, 74135
APRIL	3	"	12:00 NOON	10,000 Meter Run	Hickman Track
	MARCH 27*	"	2:00 PM	MVAUU & OPEN ONE HOUR WALK	" "

*A CHANGE IN DATES!!!

RICK KATZ and FRANK SHORTER hooked up in a Two Mile Run duel on Feb. 8 in the CU Fieldhouse, Boulder, Colo. RICK was right with Shorter for the first part of the race, but Shorter's long 1 and 7/8 mile finishing kick gave him the victory since Rick couldn't quite match that sprint. In fact, Shorter picked up 47 seconds on that finishing kick to record an excellent "altitude" time of 8:50.8, beating the fieldhouse record by 10 seconds. Rick had a 9:37--a time he figures to be one of his best ever, considering the altitude.

THE ONE HOUR WALK will be March 27, not April 3. This avoids the conflict with the Senior National 100 Kilo walk in Colorado.

THE ANNUAL MARCH OF DIMES WALK-A-THON WILL BE HELD ON SATURDAY, MARCH 27th. This is a date which has no race scheduled (except the Hour Walk), therefore, this is an excellent opportunity for a 20 mile workout on a different course than usual and an opportunity to be of service for a charitable organization. We urge all CTC runners to participate in this event. What you do is get people to sponsor you at so much per mile. We will have more information later on and, of course, there will be the usual newspaper publicity. The run will begin at 8:00 AM, probably.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

MISSOURI CUP MEN'S 20 KILOMETER RACE WALK
5,000 METER WALK FOR WOMEN
1976 ENTRY BLANK

TIME: Saturday, May ²², 1976 - 10:00 a.m. (Men's race at 10:45 a.m.)

PLACE: Rock Bridge High School Track. Rock Bridge Track is on the west side of Providence Road, about two miles south of Stadium Boulevard.

ENTRY FEE: \$1.00 - post-entries will be accepted; however, please try to have your entries in by ~~April 29~~
May 20

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 ASSN. _____ 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