

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VIII, No. 7

July 20, 1976

RON TABB SHATTERS BUSBY'S MVAU 15 KILO RUN RECORD--46:13							July 17:	
				5K	10K	15 Kilo	DT	%
1. Ron Tabb	21	CMSU		14:55	30:48	46:13		
2. George Mason	20	KU		15:05	31:23	46:44		
3. Bill Lundberg	21	KU		15:10	31:24	47:18		
4. Jim Zickefoose	30	Manhattan		15:44	32:36	49:03		
5. Steve Fisher	20	MU-Sedalia		15:24	32:47	49:18		
6. Ron Harmon	22	MU		15:21	32:59	49:37		
7. Jim Brocksmith	20	CMSU		15:55	33:04	50:43		
8. Fred Binggeli	25	Columbia		15:50	33:50	51:36		
9. Rex Power	23	CMSU		16:55	35:03	52:07		
10. Walt Renaud	44	CTC		17:10	35:08	52:13		
11. Dick Hessler	34	CTC		17:10	35:09	52:25		
12. Jeff Mittelhauser	19	Sedalia		17:10	35:30	53:14		
13. Don Lewis	40	CTC		17:50	36:30	53:37	83	2.51
14. Denton Childs	27	CTC		17:10	35:30	53:46		
15. Ben Londeree	42	CTC		17:50	36:30	53:59	121	3.30
16. Carl Owczarzak	35	Overland Pk.		17:46	36:13	54:05		
17. Sandy Lawrence	26	CTC		17:46	36:23	54:30		
18. Bob Kelchner	18	Sedalia		17:10	36:07	54:44		
19. Rich Todd	28	CTC		17:10	36:43	55:06		
20. Mike Chaffee	31	Lenexa, Ks.		17:46	36:45	55:06		
21. Bryan Kelchner	18	Sedalia		18:15	38:00	56:04		
22. Tom Hinckley	31	CTC		18:25	38:00	56:56	4	.12
23. Greg Brown	38	CTC		18:40	38:15	57:14		
24. Bartley Ives	17	Sedalia		18:55	39:00	58:12		
25. Rex Frazer	44	CTC		18:55	39:00	58:26	66	1.92
26. Joe Marks	38	CTC		19:15	39:14	58:38	82	2.28
27. Don Carman	27	CTC		19:30	39:45	59:00	30	.85
28. Terry Williams	28	Ashland, Mo.		18:55	40:04	1:00:11		
29. Jim Dickmann	16	Sedalia		18:42	39:18	1:00:41		
30. Del Hendricks	17	Columbia		19:05	39:52	1:01:16		
31. John Kimpel	25	Shawnee, Ks.		19:25	40:28	1:01:33		
32. Don Oster	41	Rolla, Mo.		21:30	42:42	1:01:56		
33. Sam Clemence	37	Rolla		21:25	42:40	1:02:07		
34. Ray Loan	45	CTC		19:15	41:22	1:02:30	90	2.34
35. Turk Storvick	48	CTC		20:35	42:04	1:02:35	125	3.21
36. Mark Landrum	37	CTC		20:50	42:46	1:02:51		
37. Don Johnson	47	CTC		21:15	42:47	1:03:13	167	4.21
38. Tom Luechtefeld	31	Jeff City		20:50	42:34	1:03:29		
39. Bill Daily	30	Columbia		21:10	43:06	1:04:23		
40. Joe Duncan	42	CTC		21:25	43:37	1:04:27	63	1.60
41. Olen Brown	40	CTC		21:10	43:30	1:04:29	151	3.75
42. Randy DeGroot	22	Columbia		20:02	43:47	1:08:28		
43. Bruce Poling	31	Rolla		23:45	48:22	1:09:29		
44. Doug Duncan	15	CTC		21:30	45:02	1:09:51		
45. Bill Wiecek	39?	CTC		22:35	46:55	1:11:56		
46. Dennis Blossom	39	CTC		22:20	47:47	1:12:02		
47. Chris Myers	16	Sedalia		22:45	48:30	1:12:07		
48. Gayle Myers	27	St. Joseph		23:45	48:26	1:12:47		
49. Bill Davis	34	Columbia		22:50	48:13	1:13:33		
50. Mark Kelchner	15	Sedalia		22:45	48:37	1:13:35		
51. Steve Smith	15	Sedalia		23:30	51:48	1:16:09		
52. Bill Liepold	28	Ft. Wood		24:25	51:27	1:16:52		
53. Gabrielle Warrington	10	Kansas City		24:35	52:08	1:16:58		
54. Wesley Paul	7	Columbia		---	---	1:18:23		
55. Mike Wiecek	14	CTC		26:58	57:38	1:30:15		
56. Rob Spier walked	54	CTC		30:59	62:25	1:34:03		
57. Bob Busby	27	Warrensburg		15:22	out at 6 miles	--knee injury		

Bob had been 11th in the Olympic Trials Marathon-2:19:05 Low 60's, a marked contrast to the usual 80° and high humidity. The results showed the difference as almost everyone had a PB and Columbia probably had its finest road race ever. Ron Tabb was here 2 years ago with 49:32 and a 2nd behind Bob Busby. This time Ron was out fast & had a good lead after only a half mile to shatter Busby's MVAU record of 47:44. Ron had a 4:57 per mile pace overall. He recently won the Hospital Hill Half Marathon. Mason, Lundberg, Fisher & Harmon all tangled in the Big 8 Meet Steeplechase with all of them finishing in the top six, as here, but in different order, since Lundberg won that race (& finished 5th in the Olympic Trials) with Harmon 2nd, Fisher 4th & Mason 6th. Zickefoose set a MVAU record for age 30-39 beating Dick Hessler's 52:30 while Renaud beat Jim Hershberger's age 40 mark of 52:59.

DESIGNATED TIME STANDINGS:

1. Londeree .78	12	9. O. Brown 1.91	11	1. Londeree 71
2. Marks .92	12*	10. Carman 2.22	11	2. Lewis 68
3. Lewis 1.11	12*	11. Leuthold 2.27	9	3. Loan 51.5
4. Hinckley 1.14	12*	12. Hirt 2.30	12	4. Duncan 43
5. Kurtz 1.17	11	13. Loan 2.39	12	5. Hicks 39
6. J. Duncan 1.19	10	14. Johnson 2.44	11	6. Johnson 38.5
7. Garverick 1.59	11	15. Spier 2.50	12	7. Frazer 29
8. G. Brown 1.61	12*	*Best 12 performances		8. Renaud 24
				9. Storvick 20
				10. O. Brown 14

ELAPSED TIME STANDINGS---WALKERS:

		Age 40 & Over:	RUNNERS:
			Age 15 & Under:*
1. Hirt 92		1. Leuthold 45	1. J. Gibson 61
2. Breitenbucher 61.5		2. Spier 43	2. D. Duncan 55
3. L. Young 61		3. Busen 32	3. M. Gibson 51
4. Spier 57		4. Bent 15	4. S. Gibson 25
5. Leuthold 52		5. Taft 13.5	5. T. Loan 22
6. Ide 47		6. Chapin 7	6. J. Blossom 14
7. Busen 41		7. Van Dyke 7	7. A. Hessler 10
8. Mimm 35		8. Clark 4.5	8. R. Londeree 6
9. J. Young 33			9. S. Blossom 5
10. Bakewell 22.5			
11. Bent 19.5			
12. Taft 15.5			

*Showing those who have at least 4 events.

RUNNERS:

1. Hessler 279.5	12. Duncan 91	23. O. Brown 45
2. Lewis 271	13. Stewart 77	24. Lawrence 42
3. Hinckley 228.5	14. Johnson 72	25. Beckerdite 40
4. Londeree 183	15. Renaud 64	26. Childs 36
5. G. Brown 168.5	16. Pastoret 64	27. Logan 34
6. Marks 168.5	17. Frazer 59	28. Blossom 33
7. Chippendale 113	18. Garverick 56	29. K. Hicks 26
8. Carman 109	19. Hirt 54	30. Herbert 23
9. Loan 107.5	20. Adams 49	31. Kurtz 22
10. W. Hicks 100	21. Kacprowicz 45.5	
11. Todd 94	22. Storvick 45	

With 3 events to go!

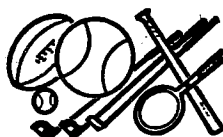
DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE:

1. Don Johnson 9.97%	9	8. Doug Duncan 3.25	10	15. Leuthold -.15	9
2. Tom Hinckley 5.86	8	9. W. Hicks 2.45	5	16. Blossom -.86	5
3. Joe Duncan 4.51	10*	10. Don Lewis 2.22	10*	17. Chippendale -1.71	
4. Al Garverick 3.99	10	11. Dick Hessler 2.04	10*	18. Hirt 2.65	
5. Joe Marks 3.89	10*	12. L. Busen 1.67	5	19. Turk -3.42	
6. Don Carman 3.84	8	13. Rob Spier .94	10	20. Londeree -4.11	
7. Wm Taft 3.67	5	14. J. Breitenb'r .64	6		

WESLEY PAUL set a NATIONAL age 7 record in the 3 mile run on July 14 in our Wed. nite age group races. Wesley had a time of 20:11.2 beating the standard set in 1971 by one Mike McKinney of Dale City, Va. Wesley started out with a 6:38 mile, slowed with a 6:53 2nd mile, but like a seasoned veteran he came back with a 6:40 (3:15 final 880-his fastest 2 laps) to get the record.

JOE MARKS was in Kansas City on business on July 14, so he dropped by the Center North Jr. HS track for one of Bill Taft's All Comers Meet, where in 90⁰ heat he got a 3rd in the 30-39 mile behind Carl Owczarzak's 5:09, with a 5:49 & then got 2nd in the 2 mile with a 12:14.

Arrangements have been worked out with CROSSROADS SPORTS CENTER AT the Crossroads West Shopping Center wherein all members of CTC will receive a 10% discount on all running supplies (including all shoes). In order to get the discount you will have to show your CTC membership card. As yet we have no such cards but we are working on that & will have distribution as soon as possible. So it is that the CTC newsletter has its first advertiser after 7½ years.



CROSSROADS
SPORTS CENTER

CROSSROADS WEST SHOPPING CENTER
2101 WEST BROADWAY
COLUMBIA, MISSOURI 65201
314/445-5311

CTC EVENT RECORDS---AGE 15 & UNDER:

440 Yard Run	Track	54.0	Bryce Allmon	June 28, 1975
880 Yard Run	"	2:03.3	Bryce Allmon	June 28, 1975
One Mile Run	"	4:39.0	Bryce Allmon	June 28, 1975
Two Mile Run	"	11:52	David Duncan	July 30, 1971
Three Mile Run	"	20:42	Doug Duncan	May 17, 1975
5,000 Meter Run	"	22:56	Doug Duncan	August 16, 1975
Five Mile Run	Road	37:05	Doug Duncan	January 3, 1976
Six Mile Run	"	45:01	Doug Duncan	May 31, 1975
10,000 Meter Run	"	51:05	Doug Duncan	February 7, 1976
10,000 Meter Run	Track	45:10	Jim Gibson	April 3, 1976
One Hour Run	"	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	October 12, 1974
2 Mile Cross-Country	Mun. GC	13:01	Doug Duncan	September 27, 1975
2 Mile	" " Gustin GC	13:36	Doug Duncan	November 2, 1975
5 Mile	" " " "	36:22	Doug Duncan	October 25, 1975
Heart of America Marathon		3:11:52	Mark Young	September 1, 1975
3, 2, 1 Mile Triathlon		42:00 (20:42, 14:27, 6:51)	Doug Duncan	May 17, 1975
Sprint Triathlon	Track	7:36.3	Bryce Allmon	June 28, 1975
(Mile, 880, 440)		(4:39, 2:03.3, 54.0)		
Walk-Run Pentathlon		692 Points	Doug Duncan	April 26, 1975
(2 Mile Walk--0 pts.;		880 yd. Run--2:38.1	249 pts.;	
Mile Walk--0 pts.;		2 Mile Run--13:45	177 pts.;	
220 yard dash--29.0		266 pts.)		
Four Mile Relay	Track	26:34	The Kids	(Jay Blossom 6:46, Mark Schupp 7:13, John Leuthold 6:53, Doug Duncan 6:02) May 3, 1975
Two Mile Walk	Track	18:29	Beth Eberle	October 27, 1973
5,000 Meter Walk	"	28:48	Linda Ontko	May 4, 1974
Five Mile Walk	"	57:22	Steve Spier	September 11, 1971
Six Mile Walk	"	1:03:24	Linda Ontko	September 23, 1973
10,000 Meter Walk	"	58:48	Cristy Dotseth	October 27, 1973
One Hour Walk	"	6 Miles, 77 yds.	Beth Eberle	April 6, 1974
Ten Mile Walk	Road	2:10:09	Janet Leuthold	January 4, 1970
20,000 Meter Walk	"	2:34:57	Ray Chapin	February 16, 1970
30,000 Meter Walk	"	3:58:02	Mike Starks	October 18, 1970

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

April 5, 1970--7 Mile Walk 1. Mark Achen 1:01:31, 2. Darrell Palmer
1:03:16; 3. Joe Duncan 1:03:58

April 12, 1970--MVAU One Hour Walk: 1. Bob Young 6 3/4 Miles, 153 yards
(Bob's 3rd straight MVAU One Hour Championship)
2. Mark Achen 6 3/4, 10 yards; 3. Joe Duncan 6 1/2, 279;
4. John Rose 6 1/2, 218 yards; 5. Darrell Palmer 6 1/2, 158
A total of 21 Walkers

April 25, 1970--First Half of the Marathon Course: 1. Don Davidson 1:22:05
2. Roman Sage 1:33:44; 3. Don Granberg 1:37:15

The April, 1970 Newsletter also had the first of many limericks:

There was a young runner named Bright,
Whose speed was much faster than light,
He set out one day
In a relative way,
And returned on the previous night.

There were many of these limericks in subsequent issues--we won't make you suffer through them again, except for an occasional one we don't think is too bad. Was there ever a good one?

RICK KATZ REPORTS THAT HE FINALLY WON A HIGH ALTITUDE RACE--a 15 miler in Littleton, Colo. Rick's winning time was 1:23:36 (27:50 at 5 miles, 56:00 at 10) while 2nd went to Jim Gusek (a 2:32 marathoner) at 1:25:05. This race was on March 21, cool (30's) and windy. 50 runners.

SUPPORT OUR ITINERANT WALKERS & RUNNERS BY CONTRIBUTING TO THE CTC TRAVEL FUND!!

THE BICENTENNIAL RUN ACROSS MISSOURI is May 15 & 16, 1976. Altogether, 39 runners will cover 312 miles (8 miles an hour each). Columbia Track Club participants are:

Richard Hessler
Joe Duncan
Greg Brown
Joe Marks
Olen Brown
Rex Frazer
Joan Hirt
Augie Hirt
Tom Hinckley

Doug Duncan
Jean Madden
Kevin Hicks
Bill Kurtz
Dennis Stewart
Ben Londeree
*Mike Madson
*Al Garverick
*alternates

Rex Frazer is overall coordinator; Joe Marks, CTC coordinator. Joe asks that each CTC participant contact him (phone: 445-1919, home; 882-6546, office...or write to him at 509 Defoe Drive) within the next five days. Joe wants to know which leg you would prefer to run. (Dennis Stewart has already asked for the last leg.) If he doesn't hear from you, he'll assume you have no preference and put you where needed. A complete CTC bicentennial run schedule will be mailed to all participants by the end of April.

Joe would also like a little biographical information on each participant. (If you don't volunteer any information, Duncan and Marks will compose "something.") Here's an example:

Rex Frazer, 44, Ft. Leonard Wood, Mo., Bicentennial Run chairman. The colonel has logged 17,000 running miles in the last five years, including a 2:53:12 MVAAU Masters record in the 1974 Heart of America Marathon and a 2:51 that same year at Tri-States.

For those who have less spectacular accomplishments, you might want to note such things as other hobbies...but at least give Joe your age, occupation and anything about your running (and walking) you'd like printed. Joe plans to produce a printed handout on the Bicentennial run and distribute to participants and friends.

Another thing: Bicentennial Run Across Missouri patches are available from Joe Duncan at \$1.60 each. Blue on a white background, they'll be nice souvenirs of the event.

The CTC "leg" of the Run is included in this newsletter. Marks also has maps of the entire run and more information if you need it.

So...if you're participating in the Run, contact Marks as soon as possible. He needs the information for publicity through the media.

CTC "Leg" of BICENTENNIAL RUN ACROSS MISSOURI

<u>LEG</u>	<u>TIME</u>	<u>START</u>	<u>RUNNER</u>
15.	7:00 pm	1 mile E. of Mokane	
16.	8:00 pm	1 mile E. of Tibbets	
17.	9:00 pm	2 mile W. of Wainwright	
18.	10:00 pm	Cedar City	
19.	11:00 pm	8 miles W. of Cedar City on 63	
20.	12:00 M	Ashland (Highway Y and M)	
21.	1:00 am	Highway 63 at 163	
22.	2:00 am	Columbia/Hiway WW at 63	
23.	3:00 am	Midway	
24.	4:00 am	Highway 40 at 240	
25.	5:00 am	Highway 40 at 5 (New Franklin)	
26.	6:00 am	Highway 5 at 70	
27.	7:00 am	2 miles W. of Lamine	
28.	8:00 am	3 miles S. of Arrowrock	
29.	9:00 am	Highway 41 at D	

SCHEDULE OF EVENTS:

- APRIL 24 Saturday 9:00 AM Walk-Run Pentathlon Hickman Track
- MAY 2 " 10:00 AM Gateway Arch 10 and 5 kilo Runs St. Louis
- 8 " 5:00 PM (slow Heat) (fast Heat at 6:40 PM) MVAAU ONE HOUR RUN CHAMPIONSHIP Hickman Track
Each runner is to bring someone to record their 440 splits.
- 15-16 Saturday-Sunday BICENTENNIAL RUN ACROSS MISSOURI
- 22 Saturday 10:00 AM MISSOURI CUP COMPETITION 20 Kilometer Walk for men; 5,000 Meter Walk for Women. Rock Bridge Track This race will not be on May 1 as shown on the schedule.
- 29 Saturday 9:00 AM 6 Mile Handicap Run, 6 Mile Handicap Walk Hilton Inn. Great Garbage Award Picnic afterwards at Dexheimer Shelter House, Cosmo Park. RECORDS: 32:40 Charlie Evans May 31, 1975
45:16 Larry Young Feb. 7, 1971
- 29 Saturday 10:00 AM Senior National AAU 15 Kilometer Walk Champaign, Ill. CONTACT: Bob Henderson 803 So. Cedar St., Urbana, Ill. 61801

WHITNEY HICKS REPORTS FROM WASHINGTON D.C.: He finished 99th out of 900+ runners in the famous Cherry Blossom 10 Mile Classic. Whitney was 3rd in the 40-44 class with a 58:10. He was 5:48 at 1 mile, 29:30 at 5, and passed a lot of runners over the last 2 miles. He ran a 5 miler in Reston, Va. in Jan. winning the 40 & over division and did the same in a 12 miler along the C & O canal. He has done 2 or 3 other races and is getting in 60 or so miles a week preparing for Boston. Whitney says he can tell that the 40+ division is tougher in Columbia than in Washington. He doesn't have people like Lewis, Londeree & Frazer (and Duncan?) to contend with. Whitney's Heart of America Marathon shirt has attracted some recognition from a few runners who know about our race.

HELP COLUMBIA'S WALKERS MAKE THE

U.S. OLYMPIC TEAM

U.S. OLYMPIC TRIALS

20 Kilometer Walk June 19 Eugene, Oregon

BY SUPPORTING THEM IN THE NECESSARY NATIONAL AAU COMPETITION:

Your financial support is needed to help defray travel expenses.

NATIONAL AAU

Checks should be made payable to

- 10 Kilometer Walk April 3 Longmont, Colorado
- 15 Kilometer Walk April 11 West Long Branch, New Jersey
- 15 Kilometer Walk April 17 Seattle, Washington
- 10 Kilometer Walk May 2 New York, New York
- 10 Kilometer Walk May 15 Boulder, Colorado
- 15 Kilometer Walk May 29 St. Louis, Missouri

Columbia Track Club Travel Fund and sent to:

August A. Firt, Jr.
3405 Valencie
Columbia, Missouri

The CBS Travel Fund is right at \$200--this has been a big help and our walkers (and runners) who have had some support appreciate your contributions. We haven't been able to do as much as we like and we still need much more--so, if you haven't given yet, please give it some thought and do what you can.

Joe Duncan
4004 DeFee Dr.
Columbia, Mo. 65201