

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IX, No. 3

March 25, 1977

FRANK CUROTTO WINS 5,000 METER ROAD RACE; LEWIS HAS A GREAT RACE March 5:

			DT	% off	
1. Frank Curotto		16:03			
2. Don Lewis	41	16:11	29	2.90	Temperature in the low 30's--that and the popular distance brought out the crowd--one of the largest ever. A fairly strong NW wind had some adverse effect, especially since it was against the runners on the long uphill stretch of the course--which was the .84 mile loop at Reactor Park.  Curotto is a MU grad student, I think. He made his first appearance on the local running scene in the Heart of America Marathon where he did a 3:00:18.  Don Lewis turned in a remarkable performance, beating Ben Londeree's track 5,000 meter record of 16:25. MU's premiere distance runners, Fisher & Reese, helped Don, by pacing him a little, but I'm sure those two still thought they had a pretty good workout.  Rhonda Bedell set a women's record, beating the 22:51 set by Betsy Lamar in Dec. '73, although that and Ben's mark will still stay in the records since they are track records.  The same is true with Doug Duncan's 15 & under record of 19:05 which was bettered by Dave Forest.
2t. Steve Fisher		16:11			
2t. Brad Reese		16:11			
5. John Durbin		16:29			
6. Don Raney	Ft. Wood	16:34			
7. Walter Renaud	45	16:38			
8. Dean Neal		16:39	21	2.06	
9. Ben Londeree	42	16:56	4	.39	
10. Dick Hessler		17:10			
11. Pete Pastoret		17:21			
12. Whitney Hicks	41	17:38	8	.76	
13. Mike Chippendale		17:55	35	3.15	
14. Tom Hinckley		18:14	26	2.32	
15. Greg Brown		18:26	4	.36	
16. Turk Storvick	48	18:28	17	1.51	
17. Dave Adams		18:51	51	4.72	
18. Ben Welch		18:54	24	2.16	
19. Rhonda Bedell		18:58			
20. Dick Moe		18:59			
21. Ray Loan	45	19:01	29		
22. Dave Forest	14	19:03			
23. Mark Landrum		19:11			
24. Joe Marks	19:12	19:12	12	1.05	
25. Wesley Paul	8	19:43			
26. Keith Pierce		19:52	8	.67	
27. Olen Brown	40	19:52	12	1.02	
28. Joe Duncan	42	20:09	39	3.34	
29. Hengerson		20:12			
30. Dave Ervin		20:16			
31. Al Garverick		20:25	5	.41	
32. Jim Thorne, Jr.	14	20:29			
33. Ai Lo Paul		20:40			
34. Lance Neal (Dean's brother)		20:41			
35. Dennis Blossom	40	21:02	2	.16	
36. Bill Kurtz		21:23			
37. Dean Waring		22:33			
38. Tim Loan	13?	22:46	46	3.48	
39. Matt Gibson	11	22:47			
40. Norma Cousin		23:29	31	2.15	
41. Steve Gibson	9	23:47			
42. Jim Thorne, Sr.		23:51	9	.62	
43. Theresa Knapp		24:27	27	1.87	
44. Amy Hessler	11	24:39			
45. Peter Hessler	7	24:49			
46. Mike Wiecek	14	25:48			
47. Bill Wiecek		26:01			

RANDY MIMM TURNS IN A FINE 25:00 IN THE WALK, AT THE SAME TIME:

1. Randy Mimm	25:00	25:00	a PB	
2. Bob Brugger	34:54	114	5.76	
3. Rob Spier	35:54	82	3.67	
4t. Henry Bent	36:05	95	4.20	
4t. William Taft	36:05	100	4.41	his prediction.)
6. Jim Gibson, Sr.	37:30			(he says a minute and a half better than/
7. Sophie Wiecek	40:11			

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The Columbia Track Club Newsletter can be yours for a mere \$2.00 for an annual subscription (one issue per month) or you can join CTC by paying the annual dues of \$5.00 (this figure includes the newsletter). Further, through the auspices of the RRCA, we have just received word that any donations to CTC are tax deductible. Now that you know this, I'm sure you will be most eager to give generously and get those big deductions. Anyway, send your money to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201 with checks payable to Columbia Track Club.

1. THE WINNERS:

Tom Hinckley		4:59	4:59	3
Al Garverick		5:45	10:44	9t
Ai Lo Paul		5:56	16:40	15t
Wesley Paul	8	6:05	22:45	17

Low 40's, moderate SE winds. The course this time was the same as used for the FUN RUNS--at exact one mile loop at Reactor Park. With the big hill coming in the middle third of the loop and with the last 1/4 mile being downhill, the consensus is that resulting times are pretty comparable to what you would get on the track.

2. THE NOWAKIES

Jim Nowak		4:52	4:52	1
Olen Brown	41	5:47	10:39	12
Norma Cousin		7:03	17:42	25
Ray Loan	45	5:45	23:27	9t

3. THE MOE MOB

Glenna Moe		6:56	6:56	23
Paul Morton		5:49	12:45	13
Dick Moe		5:15	18:00	5
Ron Daugherty		5:46	23:46	11

4. WIECEK'S WONDERS

Bill Wiecek		5:56	5:56	15t
Dave Ervin		5:50	11:46	14
Mike Wiecek	14	6:16	18:02	18t
Bill Kurtz		6:16	24:18	18t

Joe Duncan ran a solo mile in 5:41, going with the first leg runners. Maybe if he would get a little faster he would make somebody's team.

5. THE LONDERAIDS

Ben Londeree	42	4:53	4:53	2
Ole Storvick	11	6:50	11:43	22
Rick Londeree	9	7:33	19:16	28
Turk Storvick	48	5:23	24:39	6

6. HESSLER'S HELPERS

Dick Hessler		5:13	5:13	4
Steve Gibson	9	7:09	12:22	27
Theresa Knapp		6:58	19:20	24
Amy Hessler	11	7:06	26:26	26

7. THE MARKS BROTHERS AND THE OLD MAN

Joe Marks (the old man)		5:34	5:34	7
Danny Marks	10	9:03	14:37	29
David Marks	13?	6:38	21:15	21
Bryan Marks	15?	6:28	27:43	20

RANDY MIMM HAS ANOTHER FINE PERFORMANCE IN THREE MILE WALK:

1. Randy Mimm		7:43	15:33	23:21	Another PB--3:04 better
2. Jim Breitenbucher		7:43	16:20	25:16	than last year
3. Leonard Busen	47	9:00	17:48	26:26	34 secs off DT 2.10%
4. Rob Spier	54	10:58	22:38	34:22	8 .39%
5t. Henry Bent	76	11:29	23:22	34:53	52 2.42
5t. William Taft	61	11:29	23:22	34:53	67 3.10

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DAVE SCHULTE AWARD FOR IMPROVED PERFORMANCE Standings

1. Ben Londeree	6.44	9	8. Augie Hirt	-0.64	5
2. Olen Brown	6.13	5	9. Joe Duncan	-0.81	8
3. Greg Brown	3.86	6	10. Don Lewis	-1.02	5
4. Al Garverick	2.65	7	11. Dick Hessler	-1.50	8
5. Ray Loan	2.17	7	12. Dennis Blossom	-1.82	5
6. Tom Hinckley	2.16	9	13. Rob Spier	-1.52	7
7. Mike Chippendale	1.47	5			

This shows those who have five or more comparisons--it takes ten to qualify. These results are as of the 5,000 meter race.

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REMEMBER--all CTC members are entitled to a 10% discount on running supplies at the Crossroads Sports Center.

## COLUMBIA TRACK CLUB EVENT RECORDS--WOMEN:

One Mile Run	Track	5:10.1	Carol Cook	July 6, 1974
Two Mile Run	"	13:08	Joan Hirt	September 20, 1975
Three Mile Run	Re. Park	21:26	Joan Hirt	March 6, 1976
5,000 Meter Run	Track	22:51	Betsy Lamar	December 1, 1973
5,000 Meter Run	Road	18:58	Rhonda Bedell	March 5, 1977
Five Mile Run	"	35:17	Rhonda Bedell	December 18, 1976
10,000 Meter Run	Track	43:59	Rhonda Bedell	November 27, 1976
10,000 Meter Run	Road	49:09	Rhonda Bedell	February 5, 1977
One Hour Run	Track	8 Miles, 373 yds.	Gabrielle Warrington	May 8, 1976
Ten Mile Run	"	1:10:50	Rhonda Bedell	December 18, 1976
15,000 Meter Run	Road	1:16:58	Gabrielle Warrington	July 17, 1976
20,000 Meter Run	"	1:46:40	Joan Hirt	January 17, 1976
2 Mile Cross Country	Mun. GC	13:55	Mary Magnusson	October 17, 1971
3 Mile	"	Gustin GC 20:12	Joan Hirt	November 16, 1975
Heart of America Marathon		4:34:28	Marsha Weiss	September 2, 1974
Sprint Triathlon	Track	11:08.0	Barbara Brown	June 26, 1976
	(Mile, 880,440)	(6:42, 3:01.0, 85.0)		

## WOMEN'S RACE WALKING RECORDS

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 yards	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

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## OPEN RACE WALKING RECORDS: MEN

One Mile	Track	6:53(3 times)	Larry Young	March 26, 1972
Two Miles	"	14:22	Larry Young	April 29, 1972
Three Miles	"	21:45*	Larry Young	April 16, 1972
Four Miles	"	29:04*	Larry Young	" " "
Five Miles	"	36:19*	Larry Young	" " "
Five Miles	Road	37:07**	Ron Laird	Dec. 21, 1974
Six Miles	"	45:16	Larry Young	Feb. 7, 1971
Six Miles	Track	43:41*	Larry Young	April 16, 1972
Seven Miles	"	51:03*	Larry Young	" " "
Eight Miles	"	58:21*	Larry Young	" " "
One Hour Walk	"	8 Miles, 415 yards	Larry Young	" " "
Ten Miles	Road	1:15:25	Ron Laird	Dec. 21, 1974
Twelve Miles	"	1:43:15	Augie Hirt	Feb. 22, 1975
5,000 Meters	Track	23:59	Larry Young	July 6, 1974
10,000 Meters	"	44:15***	Larry Young	May 7, 1972
15,000 Meters	"	1:07:32***	Larry Young	" " "
20,000 Meters	"	1:30:10****	Larry Young	" " "
20,000 Meters	Road	1:35:34*****	Larry Young	Oct. 26, 1975
25,000 Meters	"	2:02:10*****	Larry Young	" " "
30,000 Meters	"	2:25:20	Larry Young	" " "
50,000 Meters	"	4:11:08	Larry Young	August 15, 1976
100 Miles	Track (220 yd. dirt indoor)	18:07:12	L. Young	Sept. 18-19, 1971
100 Miles	" (440 yd. outdoors)	19:24:34	L. O'Neil	Sept. 22-23, 1967

\*Enroute to One Hour Walk

\*\*Enroute to Ten Miles

\*\*\*Enroute to 20,000 Meters

\*\*\*\*This is also the American Record

\*\*\*\*\*Enroute to 30,000 Meters

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Bill Taft has an excellent pair of size 10 Adidas blue-white shoes for sale for \$10.00. They have only been worn a couple of times. He got mixed up with sizes with a local store and wound up with shoes he can't use.

ADDITIONS TO THE COLUMBIA TRACK CLUB ROSTER:

Randy Bakewell 5-7-51  
3659 Campbell  
Kansas City, Mo. 64109

Bob Creighton 1-30-34  
Box 46  
Atwood, Kansas 67730

Norma Cousin  
4414 W. Broadway  
Columbia, Mo. 65201

Mike Fein 9-22-58  
1515 Engel Rd. #305  
Lawrence, Kansas 66045

Tom Goss  
2149 E. Sunshine Apt. 316-D  
Springfield, Mo. 65804

Dean Neal  
Oakwood Trailer Ct. #19 Rt. 2  
Waynesville, Mo. 65583

Lance Neal  
Success, Mo. 65570

Robert Wilson  
Rt.3, Box 297C  
Columbia, Mo. 65201

A hearty welcome to all of you new members!

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DESIGNATED TIME STANDINGS:

	Av. % off	No. of Events		
1. Greg Brown	.93	6	15. Mike Chippendale	2.17 9
2. Don Granberg	.98	6	16. Ray Loan	2.25 10
3. Don Johnson	1.00	5	17. Wesley Paul	2.66 6
4. Don Carman	1.07	9	18. William Taft	2.70 10
5. Rex Frazer	1.40	5	19. Augie Hirt	2.98 6
6. Tom Hinckley	1.44	11	20. Henry Bent	3.20 8
7. Joe Marks	1.47	9	21. Pete Pastoret	3.39 6
8. Rob Spier	1.53	7	22. Theresa Knapp	3.62 10
9. Joe Duncan	1.63	10	23. Dennis Blossom	3.66 8
10. Turk Storvick	1.65	11	24. Bill Wiecek	4.30 7
11. Olen Brown	1.77	11	25. Jim Breitenbucher	4.64 6
12. Al Garverick	1.82	7		
13. Ben Londeree	1.93	12*		
14. Don Lewis	2.00	7		

\*denotes the best 12 predictions.

ELAPSED TIME STANDINGS:

Open-Runners:

1. Londeree	241.5
2. Hinckley	196
3. Pastoret	188
4. Hessler	187
5. Renaud	179
6. Lewis	172.5
7. Chippendale	157
8. Carman	137
9. Storvick	136
10. Marks	110
11. G. Brown	105
12. W. Hicks	96
13. Loan	92.5
14. O. Brown	88
15. Granberg	81
16. Nowak	70
17. Landrum	69
18. J. Duncan	69
19. Hirt	68

20. Welch	61.5
21. Stewart	60
22. Frazer	59.5
23. Ai Lo Paul	55.5
24. Walker	53
25. Herbert	52
26. Adams	48
27. Garverick	45.5
28. Dean Neal	43
29. B. Wiecek	42
30. Doug Clark	40
31. Blossom	28
32. Pierce	26
33. D. Duncan	23
34. Johnson	23
35. DeCoster	22.5
36. Breitenbucher	20
37. Kurtz	19

Age 40 & Over:

1. Londeree	92.5
2. Renaud	78
3. Lewis	67.5
4. Storvick	60
5. Loan	41
6. Hicks	40
7. O. Brown	36
8. Duncan	32
9. Frazer	31
10. Johnson	12
11. Blossom	12
12. Rondon	8

Age 15 & Under:

1. Paul	52
2. J. Gibson	23
3. M. Wiecek	22
4. Duncan	20
5. M. Gibson	20
6. J. Thorne, Jr.	20
7. Forest	15
8. S. Gibson	15
9. Loan	12
10. Hose	9
11. A. Hessler	9
12. B. Marks	7
13. D. Marks	6
14. Ole Storvick	5
15. P. Hessler	4
16. J. Blossom	3
17. R. Londeree	2
18. Danny Marks	1

FUN RUNS

WOMEN:

Our first FUN RUN was on March 12 with some 30 participants, all of whom had an enjoyable experience, particularly since they could run whatever distance they chose at the most relaxing pace they wanted without any concern whatsoever about beating anybody. Even CTC's hardcore competitive racers found this a satisfying occasion. MANY, MANY THANKS TO RAY LOAN for assuming control of the FUN RUNS. However, I know he would welcome people to volunteer to help so that he will not have to be responsible each and every time. Also THANKS to the FIRST NATIONAL BANK (Mark Landrum, President) for financing the printing of the flyers which have been used to publicize the FUN RUNS.

1. Knapp	15
2. Cousin	7
3. A. Hessler	4
4. Blossom	1
5. Simms	1

## ELAPSED TIME STANDINGS--WALKERS:

Open:				Age 40 & Over	
1. Hirt	34	8. Gragg	13	1. Spier	21
2. Spier	34	9. Chapin	10	2. Taft	20.5
3. Mimm	30.5	10. Brugger	10	3. Busen	16
4. Breitenbucher	27.5	11. Geiss	8	4. Bent	15.5
5. Taft	27.5	12. J. Young	7	5. Gragg	8
6. Busen	22	13. Van Dyke	7	6. Chapin	7
7. Bent	20.5	14. B. Wiecek	6	7. Van Dyke	4

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TEN CTC RUNNERS FINISHED THE RRCA NATIONAL MARATHON CHAMPIONSHIP, St. Louis, Mo., Feb. 27, 1977 with almost all of them establishing personal bests. Furthermore, CTC finished second in the team race (scoring the top 3) behind the Illinois Valley Striders. CTC runners were: Dick Hessler, 15th place, 2:37:11, 30. Denton Childs 2:41:32(PB), 32. Jon Herbert 2:42:51(PB), 83. Joe Marks 2:57:23, 116. Charles Beckerdite 3:06:48(PB), 124. Efrain Rondon 3:08:19, 175. Joe Duncan 3:26:08(PB), Don Johnson, 178th, 3:26:32PB 191. Marvin Patterson 3:30:15(PB), 202. Wesley Paul, age 8, 3:31:27(PB by 33 minutes). There were 326 finishers on a fairly typical winter day--temperature in the upper 20's, a raw NW wind, icy street conditions in a few places, but really not too bad a day for a marathon. Winner for the second year in a row was Dan Cloeter with 2:20:31, beating Bob Busby who had 2:21:33. Cloeter also set a course record beating his previous time by 18 seconds.

In the 10,000 meter run which went off just before the start of the marathon, WHITNEY HICKS finished second in the age 40 group with a time of 34+. In that race there were some 225 runners with at least 50 of them being 40+.

DENNIS STEWART has been a little active over the winter. On Jan. 29, at the new indoor facility of Central Missouri State U., Warrensburg, Mo., Dennis posted a 1:57.65 for a 3rd place finish in the 880. Then a couple of weeks later he returned to the same site to do a 32.7 300 yard dash, good for 2nd, and a 50.74 440 for 3rd. In these same meets TOM LOGAN threw in a couple of 4:13 mile runs. Another note of interest was a two mile run where BOB BUSBY got a first with an 8:55.0.

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DON'T FORGET THE CHANGE OF DATES FOR THE WALK-RUN PENTATHLON AND THE 3, 2, 1 TRIATHLON. THESE EVENTS WILL BE ON APRIL 16, NOT April 23 as shown in the 1977 Schedule. FURTHERMORE, the location is also being changed, because the P & R Dept. has their Special Olympics scheduled for Hickman Track, that date. THEREFORE, these events will be held at MU'S MEMORIAL STADIUM, 9:00 AM, April 16. We do have clearance to use the Memorial Stadium track. DON'T FORGET ALL THIS!! MARK YOUR CALENDARS NOW!!!

Speaking of the Special Olympics, the P & R Dept. can use some help in timing, recording, etc. in this event for children with disabilities. They will be at Hickman track from 9:00 AM until midafternoon. Therefore, if you are not participating in the W-R Pentathlon, or if you want to help out afterwards, then I'm sure Bill Oliver of the P & R Dept. would appreciate your help. You can call him at 874-7460.

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The 10,000 meter run on April 2, the MVAU Championship, promises to be an affair with many participants. We might even have 3 heats. Anyway, we will need a large flock of timers and recorders. Therefore, we hope a lot of non-runners show up. Also, keep in mind that if the ROCK BRIDGE HS TRACK (Don't forget the location of this race) is too sloppy because of rain, then we will retire to the Hilton Inn course and have a road race...however, in any case you should check in at RB track first to see what will happen. If we go to Hilton Inn we will try to start promptly at 9:30 AM. Also, remember that a pair of New Balance shoes will go to the winner of this race, compliments of the Earth Shoe Store.

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A Memo to the Over Age 40 crowd (and Joe Marks):  
 "Age, cunning, deceit and treachery can defeat  
 youth and skill."

As Rob & Veva Spier say, "On with the Dirty Tricks."

## SCHEDULE OF EVENTS

APRIL 2 Saturday 9:00 AM MVA AU & OPEN 10,000 Meter Run Rock  
Bridge HS Track.

2 " 2:00 PM MVA AU & OPEN ONE HOUR WALK Hickman Track

9 " 9:00 AM Fun Runs Reactor Park

16 " 9:00 AM Walk-Run Pentathlon: 2 mile walk, 880 yard  
run, 1 mile walk, 2 mile run, 220 yard dash. Also:  
the 3, 2, 1 mile triathlon. Only one of these events will  
count ET points. NOTICE THE CHANGE IN DATES--these are  
APRIL 16, not the 23rd as shown in our schedule.  
LOCATION: MU'S MEMORIAL STADIUM Take Note of that!!

17 Sunday 1:00 PM 5 Mile Run--age divisions, trophies UMKC  
track, 5100 Rockhill Rd. Kansas City, Mo.

18 Monday 12 Noon Boston Marathon

23 Saturday Kansas Relays Lawrence, Kansas Marathon at  
7:00 AM, Age 40 & over Mile Run at 10:10 AM, Age 40 &  
over 880 at 3:24 PM

23 Saturday 9:00 AM Fun Runs Reactor Park

30 " 9:00 AM MISSOURI CUP COMPETITION 20 Kilo Walk,  
Women's 5,000 meter walk Rock Bridge Track

30 " 9:00 AM Fun Runs Reactor Park

30 " ? Drake Relays Marathon Des Moines, Iowa

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## SIX YEAR'S AGO--A LOOK AT YESTERDAY'S HEROES:

March 6, 1971: MVA AU 30 Kilo Run: 1. Loren Moes 1:47:38 (16:03 over  
last 5 K.); 2. Louis Naeger 1:49:10; 3. Carl Owczarzak  
1:50:04; 4. Bill Wirtz 1:50:19. . . .8. Roman Sage  
2:12:26; 9. Don Granberg 2:13:16. . . .11. Joe Duncan  
2:18:46 & 3 others.

March 13, 1971: 8 Mile Run: 1. Dennis Stewart 47:21, 2. Don Granberg  
51:50. . . .4. Joe Duncan 53:23 & 6 others including 4 from  
the Memphis, Tenn. Naval Air Station. Art Fleming  
walked in 1:12:07.

March 28, 1971: 2 Mile Run: 1. Bill Wirtz 9:45, 2. Dennis Stewart  
9:48, 3. Bob Brouillet 10:05. . . .7. Don Granberg 11:23  
only 2 others including Steve Pinkerton, age 11, 15:40.  
7 mile walk: Darrell Palmer over Fleming 64:28 to 64:45

Joe Duncan  
4004 Defoe Dr.  
Columbia, Mo. 65201