

COLUMBIA TRACK CLUB NEWSLETTER
Vol. IX, No. 10
October 10, 1977

PAUL HENDRICKS, SAN DIEGO TC, WINS 100 MILE WALK October 1, & 2, 1977:

Ideal weather conditions (for a change) were certainly a factor in producing 8 walkers who were able to complete the 1977 100 mile walk. This number of finishers is the most to date and the quality of the times was the best yet, although Larry O'Neil's time of 19:24:34 set in the very first 100 miler remains unbeaten except for Larry Young's astonishing time of 18:07:12 in the 1971 indoor affair. Three walkers gained membership into the Centurion Club of America, joining five others who had already walked 100 miles within a 24 hour time period. The new Centurions are #20 PAUL HENDRICKS, Chula Vista, Calif. and the San Diego TC, #21 JERRY BROWN, Longmont, Colo. and #22 RICHARD MYERS, Xenia, Ohio.

PAUL HENDRICKS is a high school business & accounting teacher. He called in sick in order to come to Columbia for the event--he didn't figure on winning, but he did, so with the attendant national publicity he will have some explaining to do to his principal, although when he came in on Tuesday after the race he probably did look as if he had just arisen from his deathbed. Hendricks spent two months this summer with relatives in Indianapolis. Almost every day he walked from 5:00 AM to 1:00PM on the infield of the Indianapolis Speedway. Paul walked in the Senior National 50 kilo Championship in Columbia in August but was disappointed with his 15th place and 5:29:32 time--a pace not very much faster than his 100 mile pace since he was 5:34:23 at 30 miles in that event.

JERRY BROWN has been a national class 50 kilo walker (and shorter distances, too) for many years and has represented the US in many international races. He was first here for a 100 miler in 1974 when he did 38½ miles. In that race he went out with Larry Young at 10 minute pace (4:17:16 @ 25). This year he was back and a little wiser, determined to go the full 100.

RICHARD MYERS is a switchboard installer for a telephone company. He had a fairly quick first 30 miles, but slowed after that to a consistent pace. Even at that, however, it didn't really appear that he would ever make it, but he kept moving, completing what he had come to do.

LEONARD BUSEN finished 2nd with a PB by over an hour, and his 4th 100 in a row. A duel between Busen and Hendricks, starting after the 75th mile was interesting. Leonard had passed Chuck Hunter at 61 miles to go into 2nd, over a mile behind Hendricks. He then set out after the leader, catching him at 14:58:12--but 4 laps behind. At this point Hendricks had 77½ miles while Busen had 76½. These two then went head to head for 3 miles at near 10 minute pace before Busen let go. Leonard's thought with all this was that Hendricks might blow up, but he didn't.

CHUCK HUNTER completed his 5th 100 miler in a row, he has never failed to finish. After Albert Van Dyke did his usual bit of set a fast pace, Chuck took over the lead at 15½ miles (the most Van Dyke has ever led) and held the lead until he was caught by Hendricks at 34½ miles. That's not really quite right, because JERRY YOUNG was there doing a quick 50 miles--actually he had the lead from the 26th mile until he stopped at 50.

JACK BLACKBURN completed his 2nd 100 in a row, considerably under his last year's time of 22:11:57. Jack was much better prepared this year--he handled the distance more easily, was in a lot better shape at the end and insure he recovered more quickly.

The Master of the 100 mile walk, LARRY O'NEIL, wrapped up an eleven year career of 100 mile walks, having been here 10 of the 11 times the walk has been held. Larry wrapped up that career on a high note, completing a 100 miler for the 6th time. At age 70, Larry wanted to set a standard for 70 year olds and that he did. No doubt Larry will be back for future walks--a token 50 miles or 100 kilo, perhaps. But, regardless, the 100 mile walk will always be associated with the name of Larry O'Neil. With the passage of time his 19:24:34 at age 60 has become more and more solidly entrenched as a truly remarkable achievement as dozens of attempts have been made to match or better that mark and only Larry Young has succeeded.

BOB GRAGG, finishing his 3rd in a row, also got a PB, shattering his previous best of 23:16:28.

WILLIAM TAFT AND HENRY BENT had remarkable performances--Taft doing 70 miles, his farthest, doing 46 miles nonstop, his farthest nonstop stint. Dean Bent did 50 miles in 12:05+, at age 76! Actually we figure that he did 50 in less than 12 hours since he did all of his walking in the second lane of the track. Bent appeared quite fresh when he stopped--as if he could do another 50 in 12 hours.

Once again we say "THANKS" to all the people who recorded the times and to all those who took care of the walkers, especially the Spiers and Augie Hirt who stayed with it for 24 hours. And to Howard Guscar for the use of his camper and large tent.

CHARLIE EVANS WINS 5,000 METER RUN OVER DENTON CHILDS September 17, 1977:

	1 Mi.	2	5,000 Meters	Seconds off DT	% off
1. Charlie Evans	5:16	10:28	16:14		
2. Denton Childs	5:16	10:32	16:18	12	1.21
3. Ben Londeree 43	5:24	10:55	17:00	0	0.00
4. Pete Pastoret	---	---	17:35		
5. Don Lewis 41	5:33	11:21	17:45	45	4.05
6. Mike Chippendale	5:42	11:35	18:00	30	1.85
7. Don Granberg	5:41	11:36	18:08	38	3.52
8. Tom Hinckley	5:53	11:52	18:29	1	.09
9. Don Walker	5:34	11:31	18:54		
10. Turk Storvick 49	5:57	12:04	19:03	12	1.04
11. Bruce Maxey	6:10	12:30	19:12		
12. Keith Pierce	6:09	12:28	19:30	0	0.00
13. Regan Thomas	6:23	12:39	19:35	55	4.47
14. Ray Loan 46	6:23	12:39	19:36	39	3.21
15. John Kimpel	5:38	12:22	19:45		
16. Don Johnson 48	6:25	12:45	19:51	39	3.17
17. Joe Duncan 43	6:24	12:45	20:30	30	2.50
18. Phil Pratt	6:30	13:40	21:36	36	2.86
19. Jim Gibson 13	6:39	13:56	21:38		
20. Dennis Blossom 41	6:42	13:55	21:42	48	3.55
21. Matt Gibson 12	7:19	15:00	23:15		
22. Dick Moe	7:21	15:01	23:20		
23. Glenna Moe	7:21	15:01	23:21	9	.64
24. Rhonda Thomas	7:21	15:02	23:21.5	39	2.02
25. Steve Gibson 10	7:26	15:26	24:28		
26. Dick Harris	7:34	16:16	26:54		
27. David Smith	5:37	Out			

Also, Whitney Hicks, beginning his comeback

walked the distance in 50:14 for a point

AUGIE HIRT TUNES UP FOR LUGANO CUP WITH A 50:47 10,000 METER WALK

	1 mile	2	3	4	5	10,000 Meters		
1. Augie Hirt	7:48	15:56	24:02	32:16	40:37	50:47	107	3.63
2. Dave McCally	8:25	17:37	26:48	35:52	44:55	56:04		
3. Mac Pullen	9:49	20:37	31:41	43:18	53:18	1:09:43		
4. Rob Spier 55	12:04	23:57	35:53	48:05	59:59	1:14:20	10	.22
5. William Taft 62	11:43	23:59	36:23	48:42	61:12	1:16:32	32	.70
6. Henry Bent 75	12:09	24:46	37:25	50:20	63:40	1:20:00		
7. Lisa Parson	12:04	24:35	37:28	50:23	64:07	1:20:50		
8. Joyce Schulte	12:42	25:35	38:50	51:52	65:19	1:22:24		

Low 70's, humid & cloudy. The first event of the new "season" with Charlie Evans, now a graduate student at UMC, holding off Denton Childs. But Ben Londeree isn't too far back and he certainly serves notice that these guys will have to be frequent participators to take away his ET title. Ben further serves notice that it will take close to perfection to take away his DT title--and Keith Pierce says that he has that perfection with Tom Hinckley pretty close.

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

October 10, 1971: 2 Mile Cross Country, Municipal Golf Course:

1. Bob Brouillet, 9:38, 2. Linley Lipper NEMO. State 9:45, 3. Dennis Stewart 9:59, 4. Tom Logan 10:10,10. Ben Londeree 11:08, 11. Whitney Hicks 11:12,16. Mike Chippendale 11:58 and 12 others.

October 17, 1971: 2 Mile Cross Country, same course, same winner:

1. Bob Brouillet 9:53, 2. Ken Ellingwood 11:02, 3. Ben Londeree 11:08, 4. Whitney Hicks 11:19, 5. Mike Chippendale 11:49 and 7 others.

October 23, 1971: 2 Mile Cross Country, Gustin Golf Course, but, once

- again, the same winner: 1. Bob Brouillet 10:09, 2. Ken Ellingwood 10:54, 3. Ben Londeree 11:04, 4. Doug Williamson, 11:38, 5. Mike Chippendale 11:48, 6. Don Granberg 12:03 and 7 others

October 30, 1971: MVAAU 30 Kilometer Walk: 1. Larry Young 2:39:43

2. Paul Ide 2:55:19, 3. Bob Young 3:17:34. . . . 5. Rob Spier 3:39:31 This was on Hickman Track.

The Columbia Track Club Newsletter comes out every month. The cost is \$2.00 per year. Or, you can become a member of CTC by paying the annual dues of \$5.00--this includes the newsletter and includes all members of the family, living together.

11th Annual 100 Mile Walk October 1, 1977

October 1, 1977

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		5, 55	10, 60	15, 65	20, 70	25, 75	30, 80	35, 85	40, 90	45, 95	50, 100
1. Paul Hendricks	34	57:30 10:25:30	1:54:10 11:27:55	2:49:47 12:28:10	3:45:33 13:28:52	4:40:22 14:31:22	5:34:23 15:26:04	6:29:12 16:26:21	7:27:12 17:31:40	8:24:43 18:39:07	9:23:12 19:45:17
2. Leonard Busen	47	53:12 10:40:25	1:47:38 11:41:17	2:42:17 12:41:30	3:39:54 13:43:57	4:38:35 14:44:00	5:34:03 15:37:35	6:34:18 16:44:50	7:35:38 17:44:56	8:38:55 19:00:08	9:38:30 20:04:46
3. Chuck Hunter	40	53:10 10:33:35	1:47:35 11:39:15	2:41:20 12:49:42	3:36:30 13:54:35	4:32:05 15:03:17	5:28:27 16:08:59	6:26:25 17:21:00	7:28:55 18:32:00	8:30:35 19:45:21	9:32:00 20:55:25
4. Jack Blackburn	41	57:30 10:51:46	1:56:03 11:56:50	2:53:16 13:00:22	3:51:58 14:10:10	4:49:50 15:16:26	5:47:12 16:22:40	6:44:45 17:28:20	7:44:15 18:41:05	8:44:55 19:52:09	9:48:50 21:18:26
5. Larry O'Neil	70	1:01:24 11:22:28	2:07:33 12:28:01	3:05:50 13:35:12	4:05:07 14:39:36	5:04:53 15:42:12	6:05:25 16:45:40	7:07:12 18:01:52	8:08:45 19:15:04	9:12:40 20:27:39	10:16:40 21:55:23
6. Jerry Brown	35	56:19 10:48:45	1:50:34 12:13:04	2:45:24 13:14:37	3:43:00 14:29:35	4:39:41 15:34:19	5:40:49 16:56:12	6:42:00 18:10:21	7:41:58 19:30:54	8:42:03 20:43:12	9:45:12 21:59:34
7. Richard MYERS	41	57:30 12:09:20	1:54:48 13:17:38	2:49:27 14:33:47	3:46:35 15:42:43	4:45:13 17:04:04	5:45:12 18:14:30	6:47:58 19:21:25	8:32:30 20:38:49	9:45:40 21:46:09	10:56:00 22:57:36
8. Bob Gragg	52	59:28 11:59:25	1:58:50 13:02:46	2:49:35 14:06:58	3:49:26 15:16:45	4:49:52 16:50:00	5:55:13 17:58:30	6:57:55 19:08:22	8:05:55 20:40:17	9:15:20 21:58:55	10:30:25 23:07:52
9. Ben Knoppe	34	1:01:33 11:26:22	2:00:50 12:46:10	3:02:47 14:36:28	3:54:37 15:51:31	4:49:02 17:09:25	5:54:02 18:33:22	7:02:50 20:50:24	8:05:40 22:07:10	9:05:20 9 1/4 miles (21:25:19)	10:05:00
10. Bob Chapin	45	1:04:53 12:00:20	2:09:12 13:04:05	3:11:10 14:04:15	4:19:25 15:18:03	5:23:04 16:43:05	6:28:52 18:45:21	7:36:30 19:52:10	8:46:45 21:09:57	9:52:35 90 miles	10:56:00
11. William Taft	61	1:13:14 19:20:02	2:27:07 20:41:24	3:38:55 22:04:02	4:56:10 23:25:52	6:12:47 70 Miles - a Personal Best	7:32:45	8:53:05	10:25:00	11:48:05	18:02:18
12. Dale Sutton	38	1:04:53 14:32:55	2:07:00 16:08:43	3:03:00 62 miles - 16:45:26	4:04:55	5:12:32	6:19:43	7:26:26	8:36:25	9:48:00	10:58:50
13. Albert Van Dyke	52	52:26 12:27:25	1:45:30	2:40:46	3:41:53	4:48:37	5:48:20	6:49:08	7:55:37	9:03:19	10:17:30

		5	10	15	20	25	30	35	40	45	50
14. Mac Pullen	34	1:04:53	2:07:58	3:11:27	4:15:38	5:18:50	6:23:56	7:31:45	8:37:30	9:43:35	10:56:00
Columbia		12:13:14	58 1/4 miles -	13:16:25							
15. Chuck Berkey	32	1:08:10	2:11:23	3:15:55	4:22:01	5:26:14	6:49:12	7:55:10	11:19:25	13:28:40	16:11:32
Eugene, Ore.		22:42:00	58 1/4 miles -	23:57:59							
16. Bruce Etherton	37	1:01:40	2:02:08	3:07:58	4:16:08	5:26:28	6:46:57	8:23:50	9:56:22	10:57:58	12:02:57
Breckenridge, Mo		18:59:08	55 1/4 miles -	19:02:25							
17. Chris Amoroso		56:25	1:52:02	2:48:00	3:46:01	4:44:01	5:42:30	6:42:00	7:44:05	8:48:00	9:49:20
Longmont, Colo				54 1/4 miles -	10:59:58						
18. Ray Chapin	20	1:12:15	2:22:35	3:34:40	4:50:20	6:17:55	7:40:52	8:57:05	10:52:05	12:16:15	13:56:05
Kansas City, Mo				50 1/2 miles -	14:04:21						
19. Jerry Young	20	53:24	1:52:02	2:46:40	3:39:47	4:33:59	5:26:50	6:21:45	7:19:40	8:18:59	9:17:45
CTC St. Louis											
20. Larry Aviles	22	52:26	1:46:40	2:45:49	3:51:55	4:57:55	6:00:18	7:08:15	8:23:35	10:00:40	11:41:30
Ft. Riley, Kans.											
21. Henry Bent	76	1:05:32	2:12:42	3:21:10	4:30:54	5:47:08	6:58:23	8:12:04	9:26:27	10:49:40	12:05:55
CTC											
22. Bruce Sanders	20	1:12:14	2:22:35	3:34:37	4:50:20	6:10:07	7:36:35	8:56:05	10:56:45	12:22:50	14:14:30
Independence, Mo											
23. Trent Twiestmeyer	23	1:13:12	2:22:35	3:39:23	5:00:30	6:34:22	7:58:35	10:08:15	16:50:08	18:18:12	20:06:21
Kansas City, Mo											
24. Chris Knotts	21	1:05:50	2:07:00	3:09:26	4:13:15	5:19:53	6:21:58	7:20:31	8:25:15	20:39:58	21:59:26
Springfield, Ohio											
25. Barry Schneider	24	1:06:23	2:10:17	3:14:25	4:18:42	5:26:45	6:34:23	7:49:25	8:59:07	43 1/2 miles -	9:54:35
CTC											
26. Randy Mimm	23	59:06	1:54:00	2:49:56	3:48:45	4:52:42	6:03:55	7:05:38	8:45:10	42 1/2 miles -	9:21:18
CTC											
27. Ralph Vaca	K.C. Kans.	1:08:10	2:12:33	3:26:55	4:41:05	5:57:27	7:56:58	33 1/2 miles -	9:13:33		
28. Scott Browning	Cape G., Mo	1:10:04	2:22:15	3:50:20	5:31:27	7:13:22	8:54:22	31 miles -	9:15:10		
29. Chuck Martin	23	1:09:32	2:19:18	3:32:05	4:56:30	6:57:00	8:34:25				
Renwick, Iowa											
30. Jack Hamilton	Jefferson City, Mo	1:07:15	2:19:47	3:25:55	4:40:33	5:58:00	25 1/2 miles	6:05:37			

EVANS, CHILDS AND LONDEREE AGAIN--TWO MILE CROSS COUNTRY RUN October 1:

		Off DT	% off	
1. Charlie Evans	10:18			Low 60's, cloudy, soft
2. Denton Childs	10:36	6	.95	footing, wet grounds--
3. Ben Londeree 43	10:51	9	1.36	to which Howard Guscar
4. Howard Guscar	10:57	7	1.08	can attest. First and
5. Don Lewis 41	11:08	12	1.76	seconds places were decided
6. Pete Pastoret	11:10	10	1.51	early on so that the real
7. Don Walker	11:19			battle was for third.
8. Tom Hinckley	11:25	5	.73	Gus and Don Lewis (coming
9. Mike Chippendale	11:46			back quite strongly) did
10. Don Granberg	11:54			the early battling with
11. Bruce Maxey	12:11			Londeree and Pastoret
12. Joan Hirt	12:15	30	3.92	not far behind. Don's
13. Turk Storvick 49	12:18	3	.41	lack of training showed
14. Regan Thomas	12:20			over the latter stretches
15. Olen Brown 42	12:36	46	6.48	so that left Ben to do
16. Bill Wiecek	12:40			battle with Gus and that
17. Jim Schmidtlein	12:42			he did over the last 200
18. Ray Loan 46	12:53	23	3.67	yards. As a result, Ben
19. Al Garverick	13:05	15	1.95	beat Whitney Hicks' age
20. Wesley Paul 8	13:28			40 record set in Sept.,
21. Joe Duncan 43	13:33	53	6.97	1975, of 11:05, and Gus
22. Phil Pratt	13:54	54	6.92	lowered the 30-39 mark
23. Dennis Blossom 41	14:05	6	.71	of 11:10 held by Mike
24. Chris Gibbs	14:13			Chippendale. Also setting
25. Jim Gibson 13	14:58			a record was Joan Hirt
26. Matt Gibson 12	15:28			beating the 13:55 set by
27. Steve Gibson 10	15:31			Mary Magnusson way back
28. Dick Harris	16:50			in October, 1971. Several
29. Jan Haffey	18:45			new faces and a note to
30. Robert Krumm	19:03			those here for the first
31. Ces Wittmer	19:17			time: Don't let all those
32. Sharon Krumm	20:24			hotshot frontrunners
*****				bother you--the most
				important thing is your
				race with yourself!

DESIGNATED TIME STANDINGS:

	Av. % off		
1. Keith Pierce	0.00	13. Rhonda Thomas	2.02
2. Rob Spier	.22	14. Dennis Blossom	2.13
3. Tom Hinckley	.41	15. Don Lewis	2.90
4. Glenna Moe	.64	16. Don Johnson	3.17
5. Ben Londeree	.68	17. Ray Loan	3.44
6. Wm. Taft	.70	18. Don Granberg	3.52
7. Turk Storvick	.72	19. Augie Hirt	3.63
8. Denton Childs	1.08	20. Joan Hirt	3.92
9. Howard Guscar	1.08	21. Regan Thomas	4.47
10. Pete Pastoret	1.51	22. Joe Duncan	4.73
11. Mike Chippendale	1.85	23. Phil Pratt	4.89
12. Al Garverick	1.95	24. Olen Brown	6.48

ET--WALKERS:

ELAPSED TIME STANDINGS:

Runners--Open: Points		Age 40 & Over:		Open:	
1. Charlie Evans	41	1. Londeree	15	1. Leonard Busen	9
2. Denton Childs	39	2. Lewis	13	2. Bob Gragg	8
3. Ben Londeree	37	3. Storvick	11	3. Wm Taft	8
4. Pete Pastoret	33	4. Loan	8	4. Bob Chapin	7
5. Don Lewis	33	5. Duncan	5	5. Albert Van Dyke	5
6. Mike Chippendale	28	6. Brown	4	6. Henry Bent	5
7. Don Walker	27	7. Johnson	4	7. Augie Hirt	4
8. Tom Hinckley	27	8. Blossom	3	8. Jerry Young	3
9. Don Granberg	26	9. Hicks	1	9. Rob Spier	3
10. Bruce Maxey	22	<u>Women:</u>		10. Randy Mimm	2
11. Turk Storvick	21	1. Glenna Moe	2	11. Barry Schneider	1
12. Howard Guscar	17	2. Joan Hirt	1	Age 40 & Over:	
13. Regan Thomas	17	3. Rhonda Thomas	1	1. Busen	6
14. Ray Loan	14	<u>Age 15 & Under:</u>		2. Gragg	5
15. Keith Pierce	10	1. Jim Gibson	6	3. Taft	5
16. Joe Duncan	10	2. Wesley Paul	4	4. Chapin	4
17. Phil Pratt	8	3. Matt Gibson	4	5. Spier	3
18. Olen Brown	7	4. Steve Gibson	2	6. Van Dyke	2
19. Don Johnson	7	<u>Women:</u>		7. Bent	2
20. Bill Wiecek	6	1. Joyce Schulte	1		
21. Dennis Blossom	6				
22. Al Garverick	5				
23. Dick Moe	3				
24. Dick Harris	3				
25. Whitney Hicks	1				

ALL CONVENTION JOG
Designated Time Competition
MAHPER State Convention
5:15 p.m., October 29, 1977
Columbia, Missouri

The Missouri Association of Health, Physical Education, and Recreation and the Columbia Track Club will sponsor a "Designated Time" run/jog/walk competition on Saturday, October 29, at 5:15 p.m. at the Ramada Inn (the MAHPER State Convention site). Competition will be at a distance of 3 miles with trophies awarded to the first three individual places. Order of finish will be based upon closeness to a previously, individually predicted time. In addition, teams of 5-7 members may be entered representing schools or other organizations. For the team competition, the sum of the best-5 finishers on each team will be used and plaques will be awarded to the winning team members. Participants should report for registration 15 minutes prior to race time.

The event is open and free of charge to "all-comers" regardless of age or sex. Only medically and physically sound individuals should plan to participate.

For additional information contact: Ben R. Londeree,
36 Rothwell Gymnasium, University of Missouri, Columbia, MO 65201
or telephone (314) 882-6892.

This is a little something extra for all CTC members, fun runners and the public in general. This would be a nice tuneup for the Turkey Trot.

PREVIOUS WINNERS OF DESIGNATED TIME AND ELAPSED TIME COMPETITION:

<u>Designated Time</u>			<u>ELAPSED TIME</u>	
1969	Joel Dickinson		<u>Open--Runners:</u>	
1970	Joe Duncan		1970	Don Granberg
1971	Don Granberg		1971	Dennis Stewart
1972	Mike Chippendale		1972	Ben Londeree
1973	Dennis Stewart		1973	Ben Londeree
1974	Rex Frazer	.83% off	1974	Dean Neal
1975	Turk Storvick	.98% off	1975	Rick Katz
1976	Ben Londeree	.35% off	1976	Dick Hessler
1977	Ben Londeree	1.00% off	1977	Ben Londeree
<u>ELAPSED TIME--WALKERS:</u>			<u>Age 40 & Over--Runners:</u>	
1970	Mark Achen		1972	Leonard Busen
1971	Mark Achen		1973	Rex Frazer
1972	Dave Leuthold		1974	Rex Frazer
1973	Art Fleming		1975	Ben Londeree
1974	Augie Hirt		1976	Ben Londeree
1975	Augie Hirt		1977	Ben Londeree
1976	Augie Hirt		<u>Age 15 & Under: Runners:</u>	
1977	Augie Hirt		1972	Doug Duncan
<u>Age 40 & Over:</u>			1973	Doug Duncan
1975	Dave Leuthold		1974	Doug Duncan
1976	Rob Spier		1975	Doug Duncan
1977	Leonard Busen		1976	Jim Gibson
<u>DAVE SCHULTE AWARD</u>			1977	Wesley Paul
1974	Dick Hessler	5.99% Imp.	<u>Women--Runners:</u>	
1975	Augie Hirt	7.90%	1974	Marsha Weiss
1976	Don Johnson	9.97%	1977	Theresa Knapp
1977	Olen Brown	8.98%	<u>Women--Walkers:</u>	
			1974 & 1975 Joyce Schulte	

The following is from Dick Hessler who has obviously found an ideal training situation in Sweden--at least until it starts being dark 18 hours out of every 24! We consider Dick "on loan" to the Swedish club he mentions.

I have joined up with a bunch of long distance freaks who espouse vegetarianism and other interesting beliefs in addition to being the number one distance club in all of Sweden. The name of this club is Solvikingarna (sons of the Vikings). It is one of 5 running clubs in town and this one specializes in long distance running whereas the others are mainly track and field clubs. There are over 60 marathoners in the club and it has the distinction of holding the world club championship for the marathon. There are three sub-2:20 marathoners and one 56 year old fellow who ran 2:24 several months ago. Many of the club members are vegetarians.

There was a district 25 kilo championship held last Saturday at Hindås, a very pretty skiing place 30 kilometers from Göteborg where I live. I ran for the S. V. and had a very good race considering that it was my first race in two months. I finished 9th out of 45 in 1:27:34. I was 3rd for the S.V.'s and had 43:56 at 12½ kilos. The road upon which we ran was very hilly. I can say with certainty that it is a much tougher course than ZZ. The weather was perfect for racing so that was in our favor. I ran well over the last 5,000 meters and passed several of the early leaders who had faded. I had the pleasure of beating two supposedly good Finnish runners, both of them in their early 20's. The winning time was 1:22:07 and the 56 year old marathoner I mentioned earlier finished 5th in 1:25:38. As you can see, there are some tough customers in these northern climes. I have my work cut out for me in the marathon coming up on the 18th of this month. *As can be seen from the championship, a S.V. was 1st, 5th, 9th, 12th.*

Training is very nice here. There are so many wooded trails, bike paths, the waterfront, etc., that I never run the same routetwice in any given week. I can go over to the local track stadium and meet several club members and other runners at 4:30 every weekday if I choose to run with someone. I do this twice a week and for my long run on Sunday but the other days I run alone. Just 2 miles from our apt. is a nature preserve which goes for 40 or 50 kilometers. There are miles and miles of trails ranging from narrow and steep paths to broad and gentle paths with a kind of sandy dirt surface. It makes for perfect running and I often see elk on my runs out there. I can do 30 kilometers and never run over the same terrain.

The weather is turning to fall and it will not be long before it gets dark at 4:00 pm. We are taking advantage of the good weather while it lasts and have gone on all sorts of sight seeing excursions. We take the tram everywhere or else we hoof it. For all the exercise we get, all of us have lost weight but we feel very strong and healthy. We eat a lot of fresh fish because it is so available and cheap compared to other meat.

On Sunday, September 25, 4 CTC members had great performances in two events, some 5,000 miles apart. In London, England, LARRY YOUNG finished 13th in 4:19:56 and AUGIE HIRT finished 14th in 4:20:06 in the Lugano Cup 50 kilometer walk, the World Championships in non-Olympic years. There were 48 walkers, with Paul Gonzales of Mexico winning in 4:04:16. The race was on a 2.5 kilo loop which included one quite long hill. It rained during the race, especially hard over the last 5 kilo. The CTC walkers were pleased to beat 3 of the Russians, all the British, Swedes and French. Neither Dan O'Conner nor Tom Dooley the other two Americans finished.

Then in Chicago, in the Mayor Daley Marathon, MARK LANDRUM finished 32nd, out of 5,000 runners, with a remarkable 2:42:20. WESLEY PAUL finally collared the elusive American marathon record for 8 year olds, but barely, with 3:15:30. This beat the record by a scant 12 seconds. Wesley was 1:38+ at halfway, having lost at least 6 minutes for a pit stop at about 9 miles. Further, he had difficulty muscling his way through the pack, there being some 4,999 runners much bigger than he. Wesley was quite strong at the finish doing the last 2.2 miles under 14 and earning a spot on the "Today" show. Women's winner was Dorothy Doolittle at 2:50+. Dorothy is the new track coach for the UMC women and a prospective CTC member. The Chicago course was basically flat, 65°, partially cloudy, lots of shade.

Mark Landrum tuned up for this marathon by running in 3 races in Oklahoma City while going through the depletion phase of his preparation. On Sept. 10 he ran 2 miles, 252 yards in 12 minutes and followed that with 9 miles, 1512 yards in an hour run. The following Saturday he was in a 10 mile race in 1:02+.

HERE IS MORE FROM DICK HESSLER (adds considerable life to this old rag):

I have learned more about the Solvikingarna club which I joined last month. A fellow who has become a friend of ours through running picked me up last Sat. to take me out to the club's training house in a nature preserve called Scåtos which is only 5 or 6 kilometers from our apt. We met a group of club members and started out on the usual weekend long run. I had 30 kilometers in mind but we got on this huge loop and ended up running the usual 47 kilometers. I was really worried that my knee would fail me as I still have a little water on it but I felt fine. The club house has showers and a sauna so all-in-all it turned out to be a nice running experience. One of the members is the former Swedish national champion in the marathon (2:14; 08) but he tore his achilles and now he can only bike. He rode along. Most of the members are vegetarians and they all seem to have a very great fondness for keeping competition in the background of their training and running. I like the low key approach most of the runners I've met take although there are so many fast distance types among them. This friend of mine ran a 1:22 for a tough 25 kilometer race and another fellow has a 3:58 1500 meters, 1:39 for 30 kilometers, and a 2:22 marathon last year. It goes on like that for many of these characters yet they take running much less seriously than we seem to take it. It may be related to the fact that Swede's view nature and natural processes as a religion. There is this strong ethos for fitness through the avoidance of the stresses of modern life. One leads the modern life but when you exercise it must be in pleasant natural surroundings with none of the pressures associated with work, etc. around. This is why there are so many little running and exercise club houses scattered all over the place. Also I think that the Solvikingarna was founded more as a philosophy about diet than as a running club although the running part has taken up as much importance today. Apparently a very prominent Swedish poet died and his wife left a sum of money from his estate to found the vegetarian running club I associate with. Her picture hangs very prominently above the fireplace in the meeting room of the club house.

Göteborgs-Maraton

Sönd. 18/9 1977

1. Erik Östbye	Solvikingarna	2.27.05
2. Morgan Gardtman	Solvikingarna	2.31.33
3. Leif Wrigfeldt	Kinna IF	2.32.22
4. Richard Hessler	Solvikingarna	2.32.27

By now Joe Marks should have the results of the Göteborg Marathon. It was a very interesting experience mainly because the Swedes and Finlanders who competed go about the business of racing in such a different way than we are used to in the U.S. They really take their racing seriously in the sense that there is a lot of strategy going on during the race. For example, people try very hard to work on each other's minds by drafting or changing pace drastically to confuse the drafters, etc. No one talks during races here and when I asked some of the runners why this is the case they all said essentially the same thing, namely that they concentrate and get inside themselves too much for talk. I am an inveterate chatterer as you well know so I ended up talking to the race officials and other non-competitors found along the course. The problem with this, of course, is the short duration and one-sidedness of the conversation. (Ed's Also, how is your Swedish?)

Otherwise we did fairly well as a club. The conditions were pretty good but the wind was a factor and I think it prevented Erik and Morgan from going a bit faster. Morgan is capable of running 2:24 or so and Erik has done a 2:15 so you can see that they did not have great times for their abilities. I was not bothered by much of anything except that I misunderstood the pre-race instructions and thought we had one lap on the track at the finish. Instead it was a half of a lap and I missed a good chance at third as the guy was very near to collapsing and I was feeling very strong. I don't know why my time wasn't faster as I felt very good during the entire race and had my fastest sections at the end of the marathon. I need to do some intensity training if possible in order to get more speed. We have a marathon coming up in a couple of months and I am going to train with Erik and Morgan some to see if their methods will help get me under 2:30. I am convinced that I have it in me and it is just a matter of the right training.

Amy and Pete are running 5000 meters every day and once a week we go out to the Solvikingarna club house and run the 10,000 meter trail which winds all through the woods. It is lovely running, very hilly, and the trail is nice and firm underfoot yet soft. The nicest part is the sauna which we find so relaxing. The Swedes really know how to work out. They make sure that training takes place in pleasant surroundings and that you end on a good note. Hence the inevitable sauna which is found in all training camps, gyms, etc. Ours is a very nice one with a window and a view of the pine forest. This is part of the sauna mystique, the other being that it should be a family or friendly affair, an occasion to be with people you like. However, talk is to be hushed and kept to a min., just like church. It sure gets the stiffness out, that is for certain.

Below is the entry blank for the 3 mile Turkey Trot. This is basically a dual meet between CTC and the St. Louis Track Club--the third year for this. We think that we have now established a traditional event to always be held on the first Sunday in November with the race to be in Columbia every odd-numbered year and in St. Louis the other years. This is really a grand social occasion with a little competition thrown in. Scoring is such that virtually all team members can score. Scoring will be on a mass or "mob" basis in four categories: 20-39 Men, Women (all ages), 19 & under Male, 40 & Over Male. We need ALL CTC members, all categories!

THREE MILE TURKEY TROT

Sponsored by Columbia Track Club,
St. Louis Track Club, and
Road Runners Club of America

November 6, 1977 1:00 P.M.

- WHERE:** A. L. Gustin Golf Course, Columbia, Missouri. Highway 70 to Columbia; take Providence Road exit south 2½ miles to Stadium Boulevard; turn right; drive 1 mile to the golf course which is on the left side of street.
- COURSE:** Cross country, on golf course with short cut grass. Spikes may be worn.
- ELIGIBILITY:** Open to all runners. However, for Columbia Track Club and St. Louis Track Club this race will also be scored as a dual meet.
- ENTRY FEE:** \$2.00 before November 1st. \$3.00 on race day and for late entries received by mail.
- AWARDS:**
- | | | | | | |
|--|--------------|--------------|--|--------------|--------------|
| <u>20-29</u> | <u>30-39</u> | <u>40-49</u> | <u>19-Under</u> | <u>50-Up</u> | <u>Women</u> |
| Turkeys or other fowl to at least top 5 finishers in each age group. | | | Turkeys or other fowl to at least top 3 finishers in each age group. | | |
- At least twelve turkeys will be given away. We urge you to send in your entry as soon as possible so that increases in awards necessitated by an increased number of participants can be decided. Also, ribbons to first 150 finishers. Also, hard-boiled eggs to all finishers. Or, raw eggs to grow a chicken.
- REGISTRATION:** By mail before November 1, 1977 - Or race day 11:30 to 12:30. Mail entries to Jerry Kokesh, Marathon Sports, 13453 Chesterfield Shopping Plaza, Chesterfield, Missouri 63017.

NOTE TO SLTC MEMBERS BY CLUB PRESIDENT, JERRY KOKESH:

We would like to encourage all SLTC and CTC members to participate in this event, especially SLTC members! The Columbia Track Club has swept all divisions of this event for the past two years, including last year on our own course. Hopefully St. Louis will be able to lead a successful challenge this year in Columbia.

THREE MILE TURKEY TROT ENTRY BLANK

CTC MEMBERS: CTC will pay your entry fee, but you should still mail this in/
Name _____ Age _____ () Male () Female

Address _____ City _____ State _____

Club _____ () Unattached

In consideration for my entry, I and my heirs do hereby release Columbia Track Club, St. Louis Track Club, Road Runners Club of America, A. L. Gustin Golf Course, University of Missouri and the City of Columbia from all injuries and damages that might result from my participation in this race on Nov. 6, 1977.

Entrant's Signature _____ Date _____
(Signature of parent if under 18 years of age)

Please return this form and entry fee payable to St. Louis Track Club to Jerry Kokesh, Marathon Sports, 13453 Chesterfield Shopping Plaza, Chesterfield, Mo. 63017 no later than November 1, 1977. (314) 434-9577.

SCHEDULE OF EVENTS:

- OCTOBER 14 Friday 7:30 PM ANNUAL MEETING OF THE COLUMBIA TRACK CLUB
Guitar Community Center, 8th & Broadway. Everyone's
chance to express ideas as to our program, annual awards,
refreshments. Malcolm Duke, of the P & R dept. will discuss
the prospects of jogging trails in Columbia. AT 7:30!
- 15 Saturday 9:00 AM 5 Mile Cross Country Run Gustin Golf Course
- 16 Sunday 8:00 AM Tri-States Marathon Falls City, Nebr.
- 22 Saturday 9:00 AM FUN RUNS Research Park
- 23 Sunday 10:00 AM SENIOR NATIONAL AAU, MASTERS AAU, CLASS B,
MVAAU and OPEN 30 Kilometer walk MFA Course
- 29 Saturday 1:00 Pm National AAU 20 Kilometer Run Championship
Mohawk Park Tulsa, Okla.
- 29 " 9:00 AM FUN RUNS Research Park
- 29 " 5:15 PM MAHPER Designated Time 3 Mile Jog or Run
Ramada Inn Columbia
- NOVEMBER 6 Sunday 1:00 PM MISSOURI TURKEY TROT 3 Mile Cross Country
Run Gustin Golf Course Dual Meet with St. Louis TC.
We need all CTC members for this event!!
- 12 Saturday 9:00 AM FUN RUNS Research Park
- 12 " 10:00AM & 2 JUNIOR NATIONAL, WOMEN'S and OPEN 20 Kilometer
Walk Hickman Track Women's race at 10:00 AM
& Jr. National race at 2:00PM
- 13 Sunday 10:00 AM NATIONAL MASTERS AAU, CLASS B AAU, MVAAU
and OPEN 50 Kilometer Walk Hickman Track
- 13 " 1:00 PM 5,000 Meter Run, 2 and 1 mile runs UMKC
Track 5100 Rockhill Rd. Kansas City, Mo.
- 19 Saturday 9:00 AM 20 Kilometer Run (10,000 meters for women
and age 15 & under), 20 Kilometer walk Hilton Inn
- 26 " 9:00 AM FUN RUNS Research Park
- 26 " 1:00 PM Alton YMCA Mississippi River Road Run
10 Miles Alton, Ill.

Joe Duncan
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