

COLUMBIA TRACK CLUB NEWSLETTER

Vol. III, No. 1
January 20, 1971

IT'S DENNIS STEWART AGAIN--FIVE MILE RUN JANUARY 3, 1971:

Five Mile Run:		Secs. off
		D.T.
1. Dennis Stewart	29:22	5:38
2. Bill Wirtz	31:01	---
3. Don Granberg	32:33	:33
4. Roman Sage	33:46	:56

BUT ALSO MARK ACHEN IN FIVE MILE WALK:

1. Mark Achen	41:32	1:43
2. David Leuthold	49:25	5:35
3. Janet Leuthold	63:12	2:48
4. Joyce Schulte	64:58	3:32

AND THEN RANDY BAKEWELL IN 1.2 MILE RUN:

1. Randy Bakewell	5:57	:27
2. Bill Wirtz	6:11	---
3. John Dishon	7:03	---

35 degrees, moderate wind, the 2:00 P.M. start came just after a cold 2-inch rain had ended. Official: Whitney Hicks (alone) Stewart drove all the way from Wichita, Kansas for this race arriving just in time to get out of his Falcon and hustle over to the starting line. Coming off a two week layoff, he figured on only 7 minute miles, but was obviously in alot better shape than that. Bill Wirtz, a graduate of SE Mo. State at Cape Girardeau, has appeared at some of our longer races in the past, as has John Dishon.

Mark Achen turns in an excellent time for the five mile walk-- on a tough, hilly course.

WIRTZ FIRST AND FIRST--FIVE MILE HANDICAP RUN AND WALK JAN. 16, 1971:

		Elapsed time	Handi-cap	Actual time	ET Place	Secs off
						D.T.
1.	Bill Wirtz St. Louis	62:37	34:00	28:37	1	143
2.	Mike Chippendale CTC	62:54	25:00	37:54	10	126
3.	David Leuthold CTC	63:00	15:35	47:25	2w	120
4.	John Houle CTC	63:20	33:00	30:20	3	100
5.	Whitney Hicks CTC	63:58	33:00	30:58	5	62
6.	Mark Achen	64:18	23:30	40:48	1w	42
7.	Dennis Stewart	64:33	35:40	28:53	2	27
8.	Paul Redhage CTC	64:38	34:00	30:38	4	22
9.	Don Granberg	64:54	33:00	31:54	6	6
10.	John Dishon St. Louis	65:01	32:30	32:31	7	1
11.	Dave Schulte CTC	65:01	21:30	43:31	12	1
12.	Janet Leuthold CTC	65:01	1:45	63:16	3w	1
13.	Steve Spier CTC	65:01	---	65:01	4w	1
14.	Joe Duncan CTC	66:39	33:00	33:39	8	99
15.	Joyce Schulte CTC	66:40	---	66:40	5w	100
16.	Carl Muckler	67:36	33:00	34:36	9	156
17.	Paul Finks CTC	69:02	30:00	39:02	11	242

42 degrees, strong west wind, sun sort of half shining. Officials: Mr. and Mrs. Rob Spier, David Duncan

Bill Wirtz apparently went home and ran a little bit after the 5 miler two weeks ago--either that or he is Joel Dickinson's successor to the title of "The Great Sandbagger." Wirtz was first across the finish line and had the fastest time of the day--he had picked off six of the people ahead of him within two miles, slowed a little on the hills, but when he got the wind behind him there was no longer any doubt as to the outcome. All of which simply means that in the next handicap race he will not find things quite so easy--we shall see to that!

Everybody should have finished with an elapsed time of 65:00--four people missed that (and their designated time) by only one second. Great Handicapping!

Personal bests by Mark Achen and David Leuthold in the walking game--in fact, Mark had never walked this fast even on the track over 5 miles--today, on a rough course, on a cold, windy day, he averaged

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RUNNER
(From Commentary for a film)

<p>All visible, visibly Moving things Spin or swing, One of the two, Move as the limbs Of a runner do, To and fro, Forward and back, Or, as they swiftly Carry him, In orbit go Round an endless track: So, everywhere, every Creature disporting Itself according To the Law of its making, In the rivals' dance Of a balanced pair Or the ring-dance Round a common centre, Delights the eye By its symmetry As it changes place, Blessing the unchangeable Absolute rest Of the space they share.</p>	<p>The camera's eye Does not lie, But it cannot show The life within, The life of a runner Or yours or mine, That race which is neither Fast nor slow For nothing can ever Happen twice, That story which moves Like music when Begotten notes New notes beget, Making the flowing Of time a growing, Till what it could be At last it is Where fate is freedom, Grace and surprise.</p>
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. . .W.H. Auden

PUBLICATIONS:

Here is our annual rundown of various publications in the Track and Field world:

TRACK AND FIELD NEWS: The major publication in track and field. 18 issues per year for \$5.00. T & F News also publishes other periodicals including Track Techniques and a T & F Newsletter. They probably have the most complete catalog of T & F needs and books for sale. T & F News Box 296 Low Altos, Calif. 94022.

LONG DISTANCE LOG: Published monthly under the auspices of the USTFF. Editor is Browning Ross, founder of the Road Runners Club of ~~the~~ America. Tries to include complete results of all distance races in America (including CTC events). \$4.00 per year from USTFF, Box 190, Tucson, Arizona 85702.

THE RUNNER'S WORLD: My #1 recommendation for distance runners--six issues per year for \$3.00. Excellent articles on various races, training techniques, biographical profiles, in-depth interviews and many other features. ~~The~~ The Runner's World, Box 366, Mountain View, Calif. 94040. If you order through CTC, then CTC gets to keep a dollar for each new subscription.

RACING REPORT: A Runner's World publication--24 issues per year--gives prompt reports of every open race (running and walking) over three miles and schedules of such races--you get race re-fast with this item. Each issue also includes a biographical profile. \$5.00 per year from Runner's World Box 366 Mountain View, Calif. 94040

STARTING LINE: Track, field and race-walking magazine for young athletes--This is a new magazine for age group and junior athletes. Has schedules, results, training techniques, features, etc. One year (10 issues) for \$4.00. Starting Line Box 878, Reseda, Calif. 91335

OHIO RACE WALKER: The race-walker's bible--a must for the walker or anyone interested in walking. Comes out monthly for \$2.00 a year. Has results of all walking races in America, with most international races included. Put out by Jack Mortland, former national champion and Olympian, 3184 Summit St., Columbus, Ohio 43202

COLUMBIA TRACK CLUB NEWSLETTER--this is it--12 issues for \$1.00--Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201

SCHEDULE OF EVENTS:

JANUARY 30 Saturday 2:00 P.M. Devil Take The Hindmost--last man on each lap drops out until there is but one left--
Hickman Track

30 Saturday 10:30 A.M. Groundhog Day Marathon Petit Jean State Park, Arkansas

30 " 2:30 P.M. 3 Mile Run Loose Park, Kansas City

FEBRUARY 6 Saturday 2:30 P.M. 3-Man 6 Mile Relay alternate 880's Loose Park, Kansas City, Mo.

6 " 1:00 P.M. 5 Mile road race and 10 Mile Road Race Mattoon, Ill.

7 Sunday 2:00 P.M. 1.8 mile run, 6 Mile Run, 6 Mile Walk, Cosmo Park *

13 Saturday ? 12 Mile Run Springfield, Ill.

13 " 2:30 P.M. 4 Mile Run Loose Park, Kansas City

20 " 2:00 P.M. 3, 2, 1 Mile Triathlon, Run or Walk Hickman Track

21 Sunday 8:00 A.M. New Orleans Mardi Gras Marathon

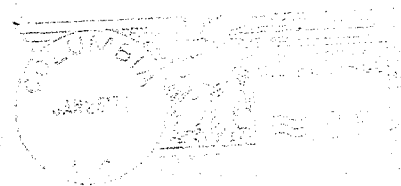
27 Saturday 9:00 A.M. 1.8 Mile Run, 10 Mile run, 10 Mile Walk Cosmo Park **

FLEMING'S FLAW

There was a young runner named Art,
Who ran too quickly at the start.
He went out one day
In his usual way;
But, BANG!---He had fallen apart!

*Course record for 6 Mile Run: 33:28 Don Davidson May 23, 1970
**Course record for 10 Mile Run: 1:00:12 Bob Hunerdosse March 14, 1970

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5 mile Handicap Run & Walk Continued:

8:06 per mile--just on the threshold of national class time--this is what can be done with 60 miles per week of hard walking. Leuthold at 9:30 per mile was ahead of his best by far and has merely been fooling around at walking--on Jan. 31 he and his family embark for New Zealand for a 5 month sabbatical leave--officially, that is--but secretly, this $\frac{1}{2}$ may be a jaunt to train with Lydiard.

Two here for the first time-- Carl Muckler, from St. Louis, or more specifically, from Florrisant--and Paul Finks, by way of Chicago and the U. of Denver--a business student and a recruit of Prof. Whitney Hicks--something was said as to how Paul could get a good grade if he came out and ran--provided he didn't beat the professor. He didn't

DESIGNATED TIME STANDINGS:

Mon	Av. Secs off	Events		
1. John Dishon	1	1	25. Mike Chippendale	55 6
2. Ken Ellingwood	3	1	26. Roman Sage	56 1
3. Dick Martin	4	1	27. Dennis Stewart	68 7
4. Linley Lipper	6	1	28. Ken Peters	104 4
5. Loren Moes	9	1	29. David Leuthold	113 10
6. John Cowen	11	1	30. Steve Spier	127 5
7. Ron Chacey	18	1	31. John Lyle	132 1
8. Randy Bakewell	20	3	32. Bill Wirtz	143 1
9. Gary Cashon	20	3	33. Carl Muckler	156 1
10. Tim Swisher	24	1	34. Paul Finks	242 1
11. Don Granberg	28	7		
12. Mark Achen	30	9		
13. John Leuthold	33	2		
14. Joe Duncan	35	5		
15. Whitney Hicks	37	10		
16. Paul Redhage	38	4		
17. Art Fleming	41	9		
18. Mark Hebron	41	4		
19. Dick Sallee	42	3		
20. Jim McFadden	42	1		
21. Bob Brouillet	45	2		
22. John Houle	48	4		
23. Dave Schulte	51	7		
24. Mel Cottom	51	2		

Women:

1. Joyce Schulte	73	6
2. Carolyh Leuthold	116	2
3. Phyllis Sapp	196	5
4. Joyce Stotler	222	2
5. Janet Leuthold	295	8
6. Barbara Henning	318	1

ELAPSED TIME STANDINGS:

Runners:	Points
1. Dennis Stewart	62
2. Whitney Hicks	42
3. Paul Redhage	25
4. Bill Wirtz	21
5. Don Granberg	21
6. Art Fleming	21
7. Bob Brouillet	20
8. Randy Bakewell	19
9. John Houle	16
10. Mark Achen	14
11. Mel Cottom	12
12. Jim McFadden	10
13. Linley Lipper	6
14. David Leuthold	5
15. Loren Moes	4
16. Ken Ellingwood	4
17. Roman Sage	4
18. Joe Duncan	3
19. Tim Swisher	2
20. Gary Cashon	2
21. John Dishon	1
22. Mike Chippendale	1
23. Mark Hebron	1

Walkers:	Points
1. Mark Achen	40
2. David Leuthold	32
3. Janet Leuthold	22
4. Carl McCoun	6
5. Joyce Schulte	6
6. Steve Spier	4

A decision must be made on assigning ET points for the short races and when a runner does both the short and long race. The Proposal: Give points to the top 3 in the short race on a 5,3,1 basis; permit one to accumulate points in both races--but count the short race ONLY if at least 3 runners compete. If a runner does both he owes 50¢ for each. IF YOU DO NOT AGREE WITH THIS PLEASE LET US KNOW. We always want your ideas--we want to do do what you want to do, but we won't know unless you tell us. THESE ARE YOUR RACES!

ENTRY BLANKS FOR THE MVAU AND OPEN 30 KILO RUN ARE ATTACHED. The first of our 8 "big events." Post entries will be accepted--but PLEASE try to get your entries in at least a couple of days prior to the race. The course is all blacktop or concrete and is basically a 3 loop course with the start and finish in Cosmo Park. Times will be given every 5 kilo--two aid stations with water and gatorade--and for the first time in 5 years we actually guarantee no 80 plus degree weather with high humidity--this is a MONEY-BACK GUARANTEE! All finishers will receive a certificate of participation showing the place of finish and time. Top runners of the Midwest should be here--Carl Owczarzak and Bill Wirtz will be here--Wirtz to defend his course record, O. his MVAU record.