

COLUMBIA TRACK CLUB NEWSLETTER

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May 10, 1971

NEW MVAUU RECORD BY LARRY YOUNG IN MISSOURI CUP 20 KILO WALK April 24:

	Final Time*	Mile Splits (1st 1/2 mile" includes the short 312 yard lap):					
1. Larry Young	<u>1:37:00*</u>	6:55	14:21	21:51	29:28	37:04	44:46
		52:27	1:00:16	1:08:06	1:16:15	1:24:41	
		1:32:58					
2. Bob Henderson	<u>1:46:56*</u>	7:07	15:24	23:55	32:18	40:45	49:21
	58:04	<u>1:06:46</u>	1:15:32	1:24:31	1:33:30	1:42:34	
3. Paul Ide	<u>1:52:22*</u>	7:36	15:57	24:21	32:51	41:28	50:13
	59:16	<u>1:08:32</u>	1:17:57	1:27:31	1:37:25	1:47:29	
4. Mark Achen	<u>1:55:18*</u>	9:03	18:50	28:26	37:53	47:07	56:17
	1:05:26	<u>1:14:13</u>	1:23:10	1:32:09	1:41:17	1:50:37	
5. Art Fleming	<u>1:55:42*</u>	8:46	18:09	27:30	36:48	45:50	54:55
	1:04:21	<u>1:13:33</u>	1:22:56	1:32:15	1:41:27	1:50:56	
6. Darrell Palmer	<u>1:57:45*</u>	8:15	18:25	28:16	37:03	46:01	55:36
	1:04:28	<u>1:13:32</u>	1:22:50	1:32:01	1:41:54	1:52:13	
7. Fred Young	<u>2:01:22*</u>	8:47	18:10	27:33	36:49	46:08	56:18
	1:05:48	<u>1:15:13</u>	1:25:51	1:35:51	1:46:11	1:56:35	
8. Aubrey Anderson	DNF	8:46	18:11	28:15 27:33	36:51	46:09	
		55:31	1:05:09	1:15:23	1:26:10	out at 9 mi.	
9. Joe Duncan	DNF	9:03	18:36	27:52	37:25	47:08	56:27
		1:06:10	1:16:55	out at 8 1/2 miles			
10. Bob Young	DNF	8:40	18:11	28:15	38:30	48:50	59:13
		1:09:41	1:20:13	out at 8 miles			
11. Mike Shanahan	DNF	9:06	19:22	29:47	40:27	51:12	1:02:10
				out at 6 miles			

In the short race for women, Joyce Schulte went 4 miles in 50:34.

Temperature was in low 70's, humid, bright sun Officials: Dave Judge: Fred Barrett Schulte and David Duncan

Larry Young raced off to a new MVAUU record, beating his old record of 1:45:25 set last fall in Kansas City. He covered the first 8 miles in 1:00:50, keeping the same pace for the next mile, but after that he began to slow going over an 8 min. per mile pace for the first time. No doubt the hot sun was a definite factor--causing the dropouts and slowed down paces over the last 2 or 3 miles. Bob Henderson, from the University of Illinois, made the local scene for the first time and turned in an excellent performance, really gutting out the last few miles I'm not sure, but I believe Ide's 1:52:22 is a personal best--he has a 1:52:33 from the fall of 1969. Mark Achen is still beset with leg and ankle problems and had no intention of really racing-- but in the heat of the battle he got carried away after 3 1/2 miles and suddenly started going 7 to 8 seconds faster per lap than he had been and then after 6 1/4 miles he started knocking off another 5 seconds per lap--keeping this up until the last couple of miles--all this moved him from 10th place to his final 4th place finish. Art Fleming's first effort at this distance brought an outstanding time--normally just to get under two hours is a grand achievement for a beginner.

All this was the second annual Missouri Cup Competition--we have great hopes for the future of this race. The race-walking clinic in the morning was most successful from the standpoint of the program and instruction presented--race-walkers get very little real coaching and clinics of this type are far too few. Many, many thanks to Dr. Merle Hill for the use of the Columbia College facilities, the race-walkers breakfast and the post-race steak dinner. Also thanks to Fred Barrett for his valuable work in the clinic and to Bob and Larry Young for their films and comments.

 The Columbia Track Club Newsletter is put ~~off~~ out by Joe Duncan. If you want to be a regular subscriber (12 issues per year) then simply send a dollar to him at 4004 DeFor Dr. Columbia, Mo. 65201

POTPOURRI OF RESULTS Continued:

The MVAUU 25 kilo walk in Kansas City's Swope Park went to Paul Ide in a satisfying 2:21:00. Art Fleming was second in 2:28 plus, while Bob Chapin was 3rd and Aubrey Anderson 4th. Darrell Palmer had to call it a day after 6 laps. Ide burst out fast at the start and was never threatened. Chapin and Palmer had an early battle for 2nd, but Fleming caught them at the end of lap 6. Fleming and Chapin walked two laps together, but Art was all alone in second the last two laps. Chapin barely held off Anderson at the end.

Larry Young annexed a Senior National title on May 2 in Pomona, Calif. when he walked 35 kilo in 2:02 plus beating Ron Laird by some 3 mins. Larry ran into stomach problems on the last two of the two-mile laps but hung on for the victory.

CTC was represented in the 20 mile March of Dimes Walk-a-thon on May 1st. Of the 116 walkers who started some half dozen CTC people were spotted. Gary Cashon ran the 20 miles and was the first to arrive back at Hickman Track some 2 1/2 hours after he left. Joe Duncan alternated walking and running, walking a mile, then running one, etc., coming back third after a 3 hour 15 min. workout. His 14 Yr. old son, David, came in some 10 mins. later, followed by Dave Schulte. Joyce Schulte walked her 20 miles at very near 12 min. pace. I don't know how Phyllis Sapp came out--but she was there. None of this, of course, was meant to be a race, but it was a good workout and for a very worthy cause.

DON GRANBERG shows up again--this time in the Drake Relays Marathon on April 24th. Don's time was 3:07 plus but there were some 40 runners ahead of him in a quality field. Bruce Mortenson was winner in 2:27 plus. Loren Moes finished 5th in 2:35:30, while Bob Hunerdosse was around 2:43. Jim Mcfadden ran with Moes for awhile, but faded, finishing not far ahead of Granberg.

MORE NAMES FROM THE BOSTON MARATHON: Alex Ratelle, from Minn., who has been here for our Marathon several times and who is about 45, was 197 in 2:56:40. Jon Apperson was 214 in 2:58:06, Arne Richards 335 in 3:07:57, Joe Schrag 364 in 3:10:15 and John Dishon 381 in 3:12:43.

 ENTRY BLANKS FOR THE ONE HOUR RUN ARE ENCLOSED. This is another BIG event. Our run is one of several being held across the country on a postal basis for both the Senior National Championship and the Junior National Championship. In addition to the 6 trophies we are awarding and the 3 MVAUU medals, awards to be given nationally are as follows: Senior AAU medals to the first three finishers, Sr. AAU patches to the winner and three members of the winning senior team, Junior AAU medals to the first three eligible for the junior championships, Junior AAU patches to the junior championship winner and first three members of the winning junior championship team, Senior AAU medals to the 2nd and 3rd place senior teams, Junior AAU medals to the 2nd and 3rd place junior teams, medals to the top 30 finishers, 5 medals for each of three veterans classes--40-49, 50-59, 60 and up. Anyone is eligible for the senior awards. A person is eligible for an individual junior award if he: 1. has not won a track, cross country or long distance running national championship in any country, 2. has not won a similar championship in the NCAA, NAIA OR ICMAAA and 3. has not been a member of an Olympic or Pan American team of any country. Eligibility for a junior team includes the above plus not having been a member of a winning team in a junior or senior championship. No doubt the CTC people don't have to worry too much about these national awards, yet we should have a big crowd on hand just to be a part of this national competition. Each competitor will receive the master list of the results shortly after the last section has been run on July 24.

There was a young runner named Wirtz,
 Who ran until he said, "It hurts."
 Hurt, was he,
 To have to flee
 From a fast young lady who flirts.

DESIGNATED TIME STANDINGS:

	Av. Secs.	off	Events			
1. Darrell Palmer	19		2	21. Dave Schulte	77	12*
2. Don Granberg	20		12*	22. John Dishon	85	2
3. Randy Bakewell	20		3	23. Gary Cashion	86	7
4. Loren Moes	28		2	24. John Houle	99	7
5. Ken Ellingwood	28		2	25. Steve Spier	110	6
6. Mark Achen	30		12	26. Carl Muckler	110	2
7. John Leuthold	33		2	27. David Leuthold	113	10
8. Whitney Hicks	34		12*	28. Ken Peters	121	7
9. Dennis Stewart	34		12*	29. Jim McFadden	135	2
10. Mike Shanahan	35		2	30. Roman Sage	144	4
11. Joe Duncan	37		8			
12. Bob Brouillet	37		4			
13. Paul Redhage	38		4			
14. Mark Hebron	41		4			
15. Art Fleming	43		12*			
16. Bob Hunerdosse	50		2			
17. Mel Cottom	51		2			
18. Mike Chippendale	53		7			
19. Dick Sallee	54		4			
20. Bill Wirtz	60		5			

Women:

1. Joyce Schulte	84	11
2. Carolyn Leuthold	116	2
3. Joyce Stotler	222	2
4. Phyllis Sapp	237	7
5. Janet Leuthold	295	8

ELAPSED TIME STANDINGS:

Runners	Points
1. Dennis Stewart	116
2. Bill Wirtz	67
3. Whitney Hicks	56
4. Don Granberg	43
5. Bob Brouillet	34
6. John Houle	32
7. Paul Redhage	25
8. Art Fleming	21
9. Randy Bakewell	19
10. Loren Moes	14
11. Mark Achen	14
12. Bob Hunerdosse	14
13. Mel Cottom	12
14. Joe Duncan	11
15. Jim McFadden	10
16. Carl Muckler	10
17. John Dishon	10
18. Gary Cashion	10
19. Ken Ellingwood	8
20. Linley Lipper	6
21. David Leuthold	5
22. Roman Sage	5
23. Joe Beam	5
24. Mike Chippendale	5
25. Tom Allen	3
26. Tim Swisher	2
27. Ken Blalock	2
28. Dennis Will	2
29. Pam Herbst	2
30. Ken Peters	2
31. Aubrey Anderson	2
32. Mark Hebron	1
33. Dave Schulte	1
34. Gil Lamb	1
35. Carl Bohn	1
36. Mike Shanahan	1

Walkers:

1. Mark Achen	68
2. Art Fleming	45
3. David Leuthold	32
4. Joyce Schulte	25
5. Janet Leuthold	22
6. Darrell Palmer	12
7. Larry Young	10
8. Roman Sage	10
9. Aubrey Anderson	8
10. Carl McCoun	6
11. Paul Ide	6
12. Joe Duncan	6
13. Mike Shanahan	6
14. Jim McFadden	4
15. Steve Spier	4
16. Bill Wirtz	4
17. Phyllis Sapp	2
18. Dennis Stewart	2

In case all the fans of Whitney Hicks have been wondering where he has been, the answer is simply that he has never been able to solve the problem he has been having with his injured ankles. He's had practically a complete layoff for a couple of months, but apparently he needs even more time. We look forward to having him back with us. Mark Achen is having similar problems and is also taking a complete, but discouraging rest. He'll be back!!!

THE HUNTER

The hunter crouches in his blind
 'Neath camouflage of every kind,
 And conjures up a quacking noise
 To lend allure to his decoys.
 This grown-up man, with pluck and luck,
 Is hoping to outwit a duck.

. . . Ogden Nash

MORAL: It isn't we runners (or walkers), it's those other people who are crazy.

SCHEDULE OF EVENTS:

- MAY 22 Saturday MVAU T & F Championships Shawnee-
Mission High School X
- 23 Sunday 2:00 P.M. 1.2 Mile run, 6 Mile Run, 6 Mile
Walk Cosmo Park Course Records: 6 Mile
Run: 33:12 Loren Moes Feb. 7, 1971 6 Mile
Walk: 45:16 Larry Young Feb. 7, 1971
- 29 Saturday 6:00 A.M. Little Egypt Marathon, Carbondale, Ill.
Contact: Bill Fritz, RR 2 Box 42 Carterville, Ill 6291
- 31 Monday ? Mid-America Meet of Miles Kansas City, Mo.
- JUNE 5 Saturday 9:00 A.M. 1.8 Mile Run 6 Mile Handicap Run
6 Mile Handicap Walk Cosmo Park
- ? ?? ?? Iowa AAU Marathon Redfield, Iowa Contact:
Dr. T.C. Peace Redfield Hospital, Redfield, Iowa
50233
- 11 Friday 8:30 A.M. (Be sure to check date and time) USTFF
Marathon Wichita, Kansas Contact: Herb Wilson
Track Coach, Wichita State U. Wichita, Kans. 67208
- 12 Saturday 7:30 P.M. 2-Man, 10 Mile Relay alternate 440's
Hickman Track
- 13 Sunday ? 2-Man, 10 Mile Relay Kansas City, Kansas
- 15 Tuesday 6:00 P.M. P & R Pentathlon (14-15, 16-17, Open)
Lawrence, Kans. H.S.
- 16 Wednesday 6:00 P.M. Kansas City P&R "All Comers" Meet
(16-17, Open) Southeast H. S. Kansas City, Mo.
- 19 Saturday 7:30 P.M. 2 Mile Run, 10,000 Meter Run, 10,000
Meter Walk Hickman Track
- 20 Sunday ? MVAU FIVE KILO RUN Kansas City, Kansas
- 25th & 26th MVAU Junior Olympic Championships Shawnee-Mission
H.S.
- 26 Saturday 7:30 P.M. MVAU ONE HOUR RUN, SR. NATIONAL AND
JR. NATIONAL POSTAL ONE HOUR RUN Hickman Track
MVAU record: 11 Miles 35 yards Carl Owczarzak
June 20, 1970
- 29 Tuesday 7:30 P.M. 2-Man, 10 Mile Relay Haskell Institute
Lawrence, Kansas
- 30 Wednesday 6:00 P.M. Kansas City P & R "all Comers" Meet
(15-16, Open) Southeast H. S. K.C., Mo.

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Track and Field News
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STEWART NARROWLY TAKES WALK-RUN PENTATHLON May 8, 1971:

	Total Points	D.T.	Total Elapsed time	E.T. points go as follows
1. Dennis Stewart	2170	39	45:44	1. Stewart 2. Wirtz 3. Houle
2. Bill Wirtz	2164	85	44:02	4. Granberg 5. Anderson 6. Shannhan
3. Aubrey Anderson	2152	--	39:12	This is for the runners. For the Walkers:
4. Roman Sage	1851	112	39:35	1. Sage 2. Anderson 3. Duncan
5. John Houle	1832	400	58:41	(4) 4. Wirtz 5. Stewart 6. J. Schulte.
6. Joe Duncan	1640	29	40:47	Mark Achen's record of 1705 points easily went under in this
7. Mike Shanahan	1189	40	25:33	
8. Don Granberg	1076	140	52:53	
9. Dave Schulte	81	83	57:13	
10. Joyce Schulte	0	25	39:15 (4 events)	

tremendous competition--with only 15 mins. between events, this becomes a great workout--especially for the guys who really push on the walks.

TWO MILE WALK:	880	Mile	1 1/2	2	Points	D.T.	secs off
1. Anderson	4:15	8:24	12:35	16:41	532	---	Stewart picks up 62 pts which prove to be important.
2. Sage	4:16	8:23	12:36	16:42	531	18	Sage is astonishing since he had never before competed in a walk. Houle needs some speed work.
3. Duncan	4:17	8:36	12:54	17:12	469	8	
4. Wirtz	4:27	9:02	13:53	18:39	265	---	
5. Stewart	5:01	10:24	16:03	21:38	62	22	
6. J. Schulte	5:30	11:20	17:15	23:08	0	8	
7. D. Schulte	6:35	13:18	19:26	25:12	0	48	
8. Granberg	6:20	12:44	19:11	25:48	0	108	
9. Houle	7:31	15:03	23:00	31:15	0	315	
10. SHanahan	arrived too late for this						

880 YARD RUN:	880	Points	Secs off	D.T.
1. Stewart	1:58	783	1	
2. Houle	2:02	714	2	
3. Wirtz	2:03	698	3	
4. Shanahan	2:23	415	7	
5. Granberg	2:24	403	3	
6. Anderson	2:26	380	--	
7. Sage	2:27	368	10	
8. Duncan	2:31	323	1	
9. D. Schulte	3:00	58	10	
10. J. Schulte	4:16	0	14	

At this point Wirtz was ahead with 963 points, Anderson following with 912, Sage with 899, then Stewart with 845. Obviously this was going to be anybody's ballgame going into the last event.

ONE MILE WALK:	880	Mile	Points	D.T.	Secs off
1. Sage	3:59	8:01	408	59	
2. Anderson	4:03	8:06	388	--	
3. Duncan	4:08	8:21	324	6	
4. Shanahan	4:22	9:11	146	--	
5. J. Schulte	5:24	11:12	0	2	
6. Stewart	6:00	11:59	0	1	
7. D. Schulte	6:22	12:59	0	14	
8. Granberg	6:22	12:59	0	15	
9. Wirtz	6:30	13:08	0	68	
10. Houle	7:18	13:50	0	73	

Sage now takes the lead with 1307 points closely followed by Andersons 1300. Duncan is third with 1116, then comes Wirtz with 963, Stewart 845 and Houle with the 714 he picked up in the 880. By the way, Sage is 40 years old.

TWO MILE RUN:	880	Mile	1 1/2	2	Points	D.T.
1. Stewart	2:27	4:56	7:22	9:45	752	14
2. Wirtz	2:26	4:55	7:23	9:46	749	13
3. Houle	2:36	5:23	8:22	11:10	501	10
4. Granberg	2:42	5:30	8:22	11:12	496	13
5. Anderson	3:00	5:54	8:43	11:33	444	--
6. Sage	2:49	5:49	8:54	11:54	395	24
7. Duncan	3:10	6:21	9:32	12:44	289	14
8. Shanahan	3:13	6:30	10:05	13:33	198	33
9. D. Schulte	3:50	7:45	11:43	15:27	23	7
10. J. Schulte	out after one lap					

A great battle after a hard 880 30 mins. previously. Now Anderson has the overall lead with 1744 pts, Wirtz is close with 1712, as is Sage with 1702. Stewart appears out of it since his 1597 is 147 pts behind with but one event to go.

220 YARD DASH:	220	Points
1. Houle	24.3	617
2. Stewart	24.8	573
3. Wirtz	26.3	452
4. Shanahan	26.6	430
5. Anderson	26.9	408
6. Duncan	29.5	235
7. Granberg	30.8	177
8. Sage	31.0	149
9. D. Schulte	35.0	0
10. J. Schulte	39.0	0

Stewart's swift 220 gives him the Pentathlon championship--but just barely. Had Wirtz been .1 sec. faster in the 220, his overall pt. total would have been 2 more than Stewarts, while Anderson could have picked up 22 pts. by being .3 sec. faster. But, then, these pts. could have been picked up a lot easier in the other races--e.g., an 11:24 2 mi. run gives Anderson 24 more pts. while an 18:35 2 mi. walk gives Wirtz 8 more.

ACHEN AND PETERS TAKE TWO-MAN SIX MILE RUN-WALK RELAY						APRIL 18, 1971:		
		1st mile	2nd	3rd	Total	Team Total	Secs off	ET Pl.
1.	Mark Achen w Ken Peters	7:48*	8:01*	7:49*	23:38*	42:09	2:29	2 1w 5
		6:04	6:24	6:03	18:31			
2.	Art Fleming w Mike Chippendale	8:22	8:43	8:30	25:35	43:54	85	2w 4
		5:46	6:16	6:17	18:19		41	
3.	Mike Shanahan w Don Granberg	8:37	9:40	9:13	27:30	44:18	30	3w 3
		5:23	5:29	5:56	16:48		2	
4.	Joyce Schulte w Dennis Stewart	11:20	11:55	12:06	35:21	49:28	9	4w 1
		4:39*	4:45*	4:43*	14:07*		33	
5.	Phyllis Sapp w Bob Brouillet	13:10	13:43	13:22	40:15	54:39	255	5w 2
		4:43	4:54	4:47	14:24		6	

Dave Schulte ran 3 miles in 23:09 (7:36, 7:46, 7:47), 141 seconds off his Designated Time (too fast). Temperature in 70's, humid.

Ken Peters ran a lot faster than he said he would and that made the difference in this fun-sort-of-thing relay...and Achen didn't give Ken very much rest between his mile stints. Stewart and Brouillet turn in some real consistent mile times with Stewart a shade ahead, though, of course, they were not running head to head. Joyce Schulte turns in a personal best for a one mile walk.

A POTPOURRI OF RESULTS:

April 11, 1971: The Senior One Hour Walk, Boulder, Colo. In a well-organized race, Ron Laird won, going 7 miles, 1510 yards, Floyd Godwin was second with 7 mi., 1213 yds, and Larry Young came in 3rd with 7 mi., 1157 yards. Mark Achen did 7 miles 14 yards for 11th, while Darrell Palmer turned in a personal best for one hour with 6 miles, 1640 yards for 12th. Paul Ide did 6 miles, 1540 yards for 13th. Art Fleming got his first taste of Sr. Competition, doing 6 miles, 731 yards, for 17th, while Bob Young did 6 miles 82 yds. for 18th.

In the MVAU 25 kilo run in Kansas City on April 10th, Don Granberg did his stint in 1:47:21 for 5th place. Carl Owczarzak won in 1:30:18, 2. Mike Nichols 1:39:29, 3. Arne Richards 1:40:08, 4. Tom Debacker 1:41:29, 6. Robert Hinton 1:49:58, 7. Richard Dower 1:51:28, 8. Bill Weitz 1:53:29. 5 other runners started and DNF.

In the KU Relays Marathon Chuck Ceronsky from Minnesota won in 2:31:25 Tim Hendricks was 3rd in 2:37:03, Carl Owczarzak 4th in 2:38:22, Ricky Richardson 5th in 2:43:13 and Mel Vos 11th in 2:57:11. There were 19 starters.

In the One Mile Walk at the KU Relays we had: 1. Larry Young 6:49, 2. Paul Ide 7:28, 3. Mike Conn, Philadelphia, 7:31, 4. Steve Nelson 7:45 5. John Rose 7:56 and 6. Art Fleming 7:59. In the Masters Mile (over age 35) Joe Duncan ran a 5:10 mile finishing someplace between 15th and 20th out of a 30 man field. Larry Means USAF won in 4:25.8, scant inches ahead of Jan Howell, from Colorado, in probably the most exciting race of the day, although it was exciting watching Jim Ryun run a 3:55.8 mile.

Jim McFadden won the Gary Brown Memorial Marathon on April 3rd, in Canton, Mo. in a time of 2:52:02, a record. There were 120 starters 70 finishers including 2 girls. First 13 miles was flat, second 13, rolling hills, all of this out and back on different roads. Jim had the lead after the first mile, but was cautious because of a slight head cold the fact that this was his first Marathon of the season. No one else was under 3 hours.

In the Boston Marathon, Louis Naeger's name pops up in 79th place with a time of 2:41:54. Naeger was 2nd in our 30 kilo run. He is 19. Another familiar name, Hal Higdon, was in 94th place, 2:43:56, while Bill Wirtz shows up in 118th with 2:47:35. There were 887 starters, mid-60s, sunny, headwind.

POTPOURRI Continued.