

COLUMBIA TRACK CLUB NEWSLETTER
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July 20, 1971

OWCZARZAK WINS THIRD STRAIGHT MVAUU 15 KILO RUN HICKMAN TRACK JULY 17:

Carl Owczarzak has had, for the last 3 years, things well under control in all of our MVAUU distance runs, most of which have been held in summ heat and humidity. This race was no exception. The 30 year old KC Kans. school-teacher won, only 36 secs. off the record he set last year a cooler day. But he probably got his strongest challenge to date-- this time from Kerry Hogan, M.U.'s excellent distance-runner. The top 6 runners were pretty much together for the first mile, but in lap 5 some shaking out occurred, with Hogan taking over the pace-setting. Hogan gradually built ~~up~~ a lead up to 13 secs. over Owczarzak during the middle two laps of the third mile. Carl began cutting the margin, finally catching Hogan at the end of mile 4. The two ran together for 4 laps, Hogan leading. In lap 22 Kerry ran into trouble with his stomach (the heat) and had to stop for 20 secs. or so. He started running again but had to stop once more in the next lap, this time for some 80 secs. During this stop Elzy Miller slipped by so that when Hogan got going again he was running third--I don't think it was realized that Miller was now in second, therefore, Hogan didn't really go after him--he might have caught the Ozark runner had he known all this for he did run strongly over the last two miles--but, then, so did Mr. Miller.

OFFICIALS: Joyce Schulte, David Duncan, Darrell Palmer, Bob Osburn, Jerry Kokesh. Temp: 90 degrees and humid. 15

RESULTS: First mile split includes the extra 124 yards Kilo

1.	Carl Owczarzak	27:51	5:48	11:11	16:37	22:06	51:45
			33:27	39:07	44:46	50:22	
2.	Elzy Miller School of the Ozarks	28:36	5:48	11:11	16:41	22:36	53:18
			34:35	40:23	46:10	51:52	
3.	Kerry Hogan	27:51	5:48	11:02	16:27	22:05	53:45
			35:11	40:42	46:35	52:17	
4.	Richard Miller School of the Ozarks	29:17	5:48	11:36	17:26	23:25	29:17 54:42
			35:24	41:26	47:25	53:17	
5.	Bill Wirtz	28:55	5:48	11:11	16:50	22:50	28x 56:03
			35:09	41:32	48:05	54:31	
6.	Dennis Stewart	29:00	5:48	11:14	16:50	22:50	56:37
			35:24	42:00	48:42	55:14	
7.	Roman Sage 38	30:35	5:48	11:57	18:04	24:15	58:18
			37:07	43:47	50:26	56:55	
8.	Wayne Blight School of the Ozarks	30:30	6:00	11:58	18:04	24:16	58:30
			37:03	43:29	50:23	57:00	
9.	Tim Elliott School of the Ozarks	30:38	5:59	11:45	17:58	24:15	30x38 60:09
			37:14	44:21	51:40	58:50	
10.	Pat Gallagher Lindbergh H. S.	32:17	6:19	12:31	18:54	25:29	61:47
			39:15	46:21	53:16	60:15	
11.	Art Fleming	33:25	6:33	13:03	19:44	26:29	63:57
			40:33	47:42	55:19	62:10	
12.	Don Granberg	33:26	6:19	12:39	19:25	26:29	64:34
			40:33	47:42	55:19	62:59	
13.	Robert Nganga School of the Ozarks	34:54	6:14	12:56	19:55	27:27	68:26
			43:01	50:57	59:15	66:50	
14.	Gary Michael	39:31	6:53	14:35	22:47	31:04	78:12
			48:33	57:39	66:46	76:12	
15.	Dave Schulte	45:00	8:38	17:17	26:11	35:26	
			57:59	OUT			
16.	Blaine Thomas		5:48	11:11	17:10	24:05	OUT
17.	Joe Duncan		6:44	13:24	20:28	OUT	
18.	Ken Ellingwood		5:48	OUT at the end of 7 laps			

This newsletter costs ONE DOLLAR for 12 issues--send your money to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201

THE PAST RECORD OF THE HEART OF AMERICA MARATHON:

1960

1. Joe Schroeder Granite City, Ill. 3:57:00 U. Of Mo. Senior
2. Morris Patterson Caruthersville, Mo. 4:16:00 " " "
3. Darrell Palmer Columbia out at 12 miles--cramps in thighs
5 started, 2 out within 2 miles. The course was from Columbia to
Fulton. The first 6 miles was in slightly over 34 mins. 6:00 AM
Temp. was 68 and at 9:00 AM it was 85--bright sun.

1961

1. Bill Silverburg Overland Park, Kans. 3:09:15 Columbia to Fulton
2. Jerry Mathis Columbia 3:21:10 7 starters
3. Gary Orr Belleville, Ill. 3:36:03 6:00 AM: 63
4. Jim Davis Warrensburg, Mo. 3:42:17 9:00 AM: 66
5. Joe Schroeder Columbia 3:44:46 cloudy
6. Darrell Palmer " out at 16 miles

1962

1. Bill Silverburg Overland Park, Kans. 3:09:36 Columbia to Fulton
2. Jim Davis Warrensburg, Mo. 3:29:01 18 starters, 12
3. Daryl Muhrer Columbia 3:36:01 finishers
4. Les Sheets Bowling Green, Mo. 3:53:52 6:00 AM: 60
5. Fred Dinges, 15 Kansas City, Kans. 3:58:09 9:00 AM: 62
6. Jim Matney Columbia 3:58:58 Rain latter part

1963

1. John Rose Garden City, Kans. 2:56:27-Won Pikes Peak Mar.
2. John Grundy Yorkshire, England 2:58:03 previous weekend.
3. Bill Silverburg Overland Park, Kans. 3:03:55 Present Course.
4. John Jarosinski Indianapolis, Ins. 3:04:10 23 starters, 17 fin.
5. Jim Coucill Westerly R.I. 3:07:13 70 at 6, 71 at 9
6. Arne Richards Champaign, Ill. 3:07:59 cloudy

1964

1. Ron Daws Minneapolis, Minn. 2:47:27 21 starters
2. Conrad Nightingale Manhattan, Kans. 3:01:37 18 finishers
3. Arne Richards Chicago 3:02:58 70 at 6:00
4. John Tisdell Manhattan, Kans. 3:04:33 81 at 9:00
5. Gary Schmidt Kirkwood, Mo. 3:05:12 sunny
6. Phil Weiser Minneapolis, Minn. 3:06:00

1965

1. Ron Daws Minneapolis 2:37:17 34 starters
2. Earl Eblen Huntsville, Ala. 2:46:22 26 finishers
3. Lou Coppens Philadelphia 2:48:09 6:00 Am: 60
4. Gene Somer Curtis, Nebr. 2:55:56 9:00 Am: 68
5. Arne Richards Manhattan, Kans. 2:57:39
6. Bob Mohler Wichita 2:59:54

1966

1. Barry Crawford Boulder, Colo. 2:34:07 **Course Record
2. Ron Daws Minneapolis 2:37:17 51 starters
3. Earl (Jessie) Eblen Huntsville, Ala. 2:40:00 48 finishers
4. Karl Weiser Minneapolis 2:41:03 6:00 Am: 55
5. Tim Hendricks Omaha, Nebr. 2:44:00 9:00 AM: 65
6. Phil Weiser Minneapolis 2:46:07

1967

1. Tom Hoffman Fort Atkinson, Wisc. 19 2:41:52 45 Starters
2. Tim Hendricks Omaha 2:44:30 41 Finishers
3. Carl Owczarzak Kansas City, Kans. 2:46:48 6:00 AM: 58
4. Louis Fritz Verdon ~~xxxx~~ Nebr. 2:47:19 9:00 AM: 65
5. Virgil Yehbert Ohio 2:49:44
6. Pat Lanin Minneapolis 2:50:48

1968

1. Hal Higdon Michigan City, Ind. 2:41:45 43 Starters
2. Carl Owczarzak Kansas City, Kans. 2:42:41 37 Finishers
3. Ken Katzer Lincoln, Nebr. 2:44:05 6:00 AM: 65
4. Louis Fritz Verdon, Nebr. 2:47:09 9:00 AM: 71
5. Bill Wirtz St. Louis 2:51:30
6. Tom Snyder Lincoln, Nebr. 2:55:03

1969

1. Tim Hendricks Omaha 2:45:45 49 Starters
2. Brian Harrington Wilmington, Del. 2:48:09 41 Finishers
3. Carl Owczarzak Kansas City, Kans. 2:49:57 6:00 AM: 65
4. Ralph Anievas Ft. Riley, Kans. 2:50:08 9:00 AM: 67
5. Louis Fritz Verdon, Nebr. 2:50:30 Cloudy
6. Tom Snyder Lincoln, Nebr. 2:51:15

1970

1. Greg Carlberg Lincoln, Nebr. 2:47:10 64 Starters
2. Henry Shawnee Weatherfork, Okla. 2:59:02 53 Finishers
3. Tim Hendricks Omaha 2:59:49 6:00 AM: 75
4. Larry Aduddell Tulsa, Okla. 3:00:02 9:00 AM: 82
5. Louis Fritz Verdon, Nebr. 3:01:14 quite humid--
6. Tom Snyder (who else?) Lincoln, Nebr. 3:04:26 worst conditions ever

SCHEDULE OF EVENTS:

- JULY 31 Saturday 7:30 PM Two Mile Run, Two Mile Walk Hickman Track
 AUGUST 2 Monday 7:00 PM 9 Mile Run South Park Quincy, Ill.
 ? ? ? ? Silver Dollar City Marathon Contact Fred Lyon
 Western Ill. Un. Macomb, Ill. 61455
 7 Saturday 6:30 A.M. 30 Kilo Run, 20 Kilo walk Cosmo Park
 7 " ? Three Mile Run Loose Park, Kansas City
 9 Monday 7:00 PM. 10 Mile Run South Park Quincy, Ill
 14 Saturday 7:30 P.M. Three Mile run, Three Mile walk, Hickman
 14 " ? Running Pentathlon (100, 220, 440, 880, Mile)
 Kansas City, Kansas
 14 " 8:00 A.M. Paavo Nurmi Marathon Hurley, Wisc.
 15 Sunday 7:30 A.M. Pike's Peak Marathon Colorado Springs
 21 Saturday 5:00 P.M. First Half of Marathon Course Meet at
 Hickman Track
 21 " 7:00 P.M. 10 Mile Walk Ft. Osage H.S. Independence
 21 " ? Kansas City P & R "All Corners" Cross Country
 Meet (High School and College) Swope Park
 21 " 6:00 A.M. Quincy Marathon Quincy, Ill.
 24 Tuesday 7:30 P.M. One Hour Run Webster H.S. Tulsa, Okla.
 28 Saturday 5:00 P.M. Second Half of Marathon Course Meet at
 Hickman Track
 28 " ? Kansas City P&R "All Corners" Cross Country
 Meet Swope Park

SEPTEMBER 6 MONDAY 6:00 A.M. TWELTH ANNUAL HEART OF AMERICA MARATHON

"My friends think I run to keep in shape. Not at all. I run to work out the hate, anger and resentment, the love and the fury, to tire out the animal in me, and then I put him back on a leash and come back home, pleasantly emptied in that state of physical fatigue which takes care of all your inner boilings." . . . Romain Gary, White Dog. Thanks to Jean Madd

There was a fast runner named Houle.
 Who, everyone said, was a fool
 To run, run, run
 In the hot, hot sun
 When he could cool it in the pool.

Joe Duncan
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 Columbia, Mo. 65201



Track and Field News
 Box 296
 Los Altos, Calif 94022

LOUIS NAEGER WINS TWELVE MILE RUN COSMO PARK July 10, 1971:

	6 Mi.	12 Miles	secs off	BT
1. Louis Naeger Ste. Genevieve, Mo.	34:01	1:08:40	200	
2. Bill Wirtz	34:01	1:10:19	101	
3. Roman Sage age 16	35:50	1:12:56	124	
4. XXXX Jaris Miller/ DeBour H.S.	38:45	1:21:48	492	
5. Don Granberg	41:00	1:22:36	24	
6. Joe Duncan	41:42	1:23:44	44	

Temp: 75, cloudy, humid. OFFICIALS: David Duncan, Dan Duncan
 This race had been held in the late afternoon the previous two years and in both years the heat took its toll. The 6:30 AM start this year, however, made for a much better race, although, the early time did cut down the field. Naeger traveled all the way from Ste. Genevieve to win this event smashing Lee Cain's record of 1:15:01 set last year. In fact the top 3 were easily under the old record. Naeger and Wirtz ran together for eleven miles, but Wirtz ran into stomach problems and had to pull over to the side of the road for a short time. Joe Duncan finished last--but it took 5 good runners to beat him.

LARRY YOUNG TAKES MVALU 15 KILO WALK IN RECORD TIME INDEPENDENCE ~~XXXX~~
 July 10, 1971:

	5 kilo	10 kilo	15 kilo
1. Larry Young	23:04	47:03	1:11:05
2. Paul Ide	28:00	56:05	1:25:57
3. Bruce Renburger	29:41	60:18	1:29:06
4. John Rose	29:40	60:17	1:29:13
5. Bob Chapin	29:40	60:17	1:29:29
6. Mike Shanahan	30:18	62:03	1:34:34

BOY'S 5 KILO: (15 and under) 1. Raymond Chapin 30:35 2. Tim Bunker
 32:05 3. Brent Stearns 32:47 4. Ricky Wilson 36:00

ONE HOUR RUN HASKELL STADIUM LAWRENCE, KANSAS JULY 10, 1971:

1. Dennis Stewart	10 miles	400 yards
2. Randy Cook	10 miles	220 yards
3. Karlton Naylor	9 1/2 "	340 "
4. Joe Schrag	9 1/2 "	20 "
5. Robert Millay	9 "	100 "

17 and under: 1. Larry Grecian 9 3/4 mi. 380 yds.; 2. John Rinken-
 baugh 9 1/4 mi. 50 yds. 3. Dave Ingle 9 mi. 380 yds. 4. Rich
 Tyler 9 mi. 90 yds. 5. Kent Reed 7 3/4 mi. 260 yds.

LAST MAN OUT MARATHON HASKELL STADIUM JULY 13:
 1. Doug Smith, KU miler 2. Kent McDonald Lawrence H.S. 3. Randy Cook
 4. Dennis Stewart 5. Ronald Nacho 6. Karlton Naylor 7. Chet Schmitend
 I don't know how far these fellows went

USTFF MARATHON WICHITA, KANSAS JUNE 11:

1. Terry Zeigler Okla.	2:27:46.	4. Tim Hendricks	2:34:22
5. Loren Moes	2:34:40.	10. Bob Hunerdosse	2:45:52

THE QUINCY CROSS COUNTRY CLUB HAS DECIDED TO HOLD A MARATHON ON AUG. 21 at 6:00 AM. This is their first effort at a marathon--in fact the club was just organized a few weeks ago. This could be a good tuneup for the Heart of America Marathon. The Quincy Marathon will be run on a 4.3 mile circuit; beginning and ending in South Park. I don't know for sure, but I have the impression that this is a fairly flat course. For further info contact Steve Goers 2501 Katherine Rd. Quincy, Ill. 62301

MARATHON ENTRY BLANKS ARE ATTACHED, if you need more let me know. We have ordered cool weather--this is one of the finest Marathon courses in America, primarily because it is a tough, yet fair test. The top 12 finishers will get a trophy and a Tee shirt as will the first over-40 and first over-50. All other finishers will have a choice of an "I Finished" trophy or a Tee shirt--as long as a choice is possible--otherwise later finishers will have to accept whatever is left--but all finishers are assured of one or the other. Times will be recorded for every 3 miles and complete results will be in the mail within 3 days.

DT STANDINGS: 1. Don Granberg 16 Secs off (12*) 2. Dennis Stewart 26 (12*) 3. Mark Achen 30 (12) 4. Whitney Hicks 34 (12) 5. Art Fleming 43 (12*) 6. Joe Duncan 56 (12) 7. Bill Wirtz 61 (7) 8. Mike Chippendale 66 (8) 9. Dave Schulte 67 (12*) 10. Gary Cashon 86 (7) 11. John Houle 103 (10) 12. Steve Spier 110 (6) 13. David Leuthold 113 (10) 14. Roman Sage 116 (7) 15. Ken Peters 121 (8) *denotes 12 best events.
 ET STANDINGS: 1. Dennis Stewart 136 points 2. Bill Wirtz 93 3. Whitney Hicks 56 4. Don Granberg 55 5. Bob Brouillet 39 6. John Houle 39 7. Roman Sage 27 8. Paul Redhage 25 9. Joe Duncan 24 10. Art Fleming 21 11. Randy Bakewell 19 WALKERS: Same as in last newsletter. There are 5 ET events left and 6 DT events, counting the Marathon.