

COLUMBIA TRACK CLUB NEWSLETTER

Vol. III, No. 9
September 8, 1971

HENDRICKS RECLAIMS HEART OF AMERICA MARATHON TITLE Sept. 6, 1971:

Tim Hendricks came back from last years 3rd place finish in the heat and humidity to reclaim the Marathon Championship he had previously won in 1969. Tim, thus becomes the third double winner of this marathon, along with Bill Silverberg and Ron Daws. The temperature this year was 72 at the start and it got up around 80 some 3 hours later. It didn't seem to be quite so humid this time--but the bright sun was there as usual. Roman Sage, the 39 year old inmate from the Mo. State Pen at Jefferson City, sped off to the early lead and did not relinquish that lead until about 11 miles to the group of Hendricks, Todaro and Pelikan who had been moving along together. On Easley Hill, Todaro took over the lead and lengthened it to 45 secs by 15 miles over Hendricks and Pelikan, and had a one min. margin over Hendricks at 18 miles, Pelikan now having fallen back. At 21 miles Hendricks was 36 secs back and that margin soon dissolved, with Hendricks finishing quite strongly. While all this was going on, Lou Fritz was dawdling along back in 26th place at the 3 mile mark--but by six miles he was 11th, then was soon up to 6th and then 5th. At 24 miles he was in 4th--but he sped the last 2 miles plus in 13:10, picking up 3 mins. on Pelikan and almost 5 on Todaro.

From the local scene, Don Granberg improved his Heart of America time by 16 mins., Paul Ide race-walked the course at better than 10 min. per mile pace--an excellent workout on a really tough course, and Darrell Palmer stuck it out to the end. Ben Londeree has just moved to Columbia from Ind. He is an Exercise Physiologist at MU.

THE RESULTS:	3 mi	6	9	12	Halfway	FINAL
	15	18	21	24		
1. Tim Hendricks Peru, Nebr.	25 20:45 1:35:45	39:31 1:56:22	58:11 2:15:12	1:17:03 2:33:55	1:24:25	2:47:42
2. Lou Fritz 28 Verdon, Nebr.	24:00 1:39:00	41:11 2:00:41	59:56 2:20:08	1:19:10 2:39:10	1:26:40	2:52:20
3. Don Todaro 19 Westminster Coll	19:46 1:35:00	39:24 1:55:20	58:11 2:14:36	1:17:03 2:35:45	1:24:23	2:53:00
4. Bob Pelikan 19 KU	20:45 1:35:45	39:31 1:56:55	58:11 2:16:46	1:17:03 2:37:14	1:24:30	2:53:09
5. Bob Hunerdosse 24 Macon, Mo.	21:30 1:38:40	41:10 1:59:44	1:00:07 2:19:11	1:19:28 2:39:33	1:26:44	2:55:41
6. tie Bill Wirtz 24 St. Louis	21:05 1:39:51	41:13 2:01:30	1:00:29 2:23:18	1:20:04 2:45:25	1:27:23	3:02:04
6. tie Lou Naeger 22 Ste. Genevieve,	21:05 1:39:51	41:13 2:01:30	1:00:29 2:23:18	1:20:04 2:45:25	1:27:23	3:02:04
8. Alex Ratelle 46 Rochester, Minn.	20:45 1:43:15	40:57 2:06:03	1:01:10 2:27:20	1:22:02 2:48:25	1:30:03	3:03:46
9. Arne Richards 38 Manhattan, Ks.	20:53 1:42:50	41:24 2:05:35	1:01:13 2:27:52	1:21:40 2:50:35	1:29:30	3:07:19
10. Roman Sage 39 MSP Jeff City	19:21 1:38:52	38:32 2:03:35	57:49 2:28:05	1:17:20 2:55:00	1:25:50	3:14:47
11. Don Granberg 29 Columbia	21:05 1:46:55	42:30 2:10:31	1:03:29 2:33:51	1:25:07 2:59:50	1:33:03	3:17:05
12. Ted Hoffman Ft. Hood, Texas	20:21 1:41:30	41:10 2:03:35	1:01:34 2:25:25	1:21:10 2:52:25	1:28:30	3:17:55
13. Ben Londeree 37 Columbia	23:47 1:53:20	47:06 2:18:34	1:08:31 2:43:43	1:30:52 3:11:15	1:39:45	3:29:21
14. Chris Watness 18 Indianapolis	20:04 1:44:05	39:31 2:11:14	58:58 2:37:19	1:21:02 3:11:15	1:29:10	3:30:30
15. Lynnard Phipps 28 Chariton, Iowa	23:10 1:57:30	46:30 2:24:19	1:09:32 2:49:23	1:33:14 3:14:10	1:42:28	3:31:26
16. Tom Kempf 47 Bartlesville Ok.	22:54 1:57:30	46:30 2:24:19	1:09:32 2:49:23	1:33:14 3:14:10	1:42:28	3:31:47

MARATHON RESULTS CONTINUED:	6	9	12	HALFWAY FINAL	
	3 & 15	18	21	24	
17. Martin Bauer, Jr. St. Louis	30 26:37 2:07:35	53:39 2:31:18	1:20:06 2:53:26	1:44:41 3:16:50	1:54:09 3:37:45
18. Jerry Kokesh Chesterfield, Mo.	21 22:25 1:49:30	44:24 2:18:08	1:05:52 2:48:00	1:27:13 3:21:20	1:35:43 3:44:00
19. Fred Helsabeck E. Lansing Mich.	34 24:00 2:06:30	49:47 2:35:52	1:14:25 3:03:06	1:40:39 3:30:00	1:50:26 3:48:15
20. Bob Baker Tulas, Ok.	33 24:00 1:58:50	48:00 2:26:38	1:10:51 2:56:00	1:34:37 3:30:00	1:43:45 3:51:27
21. Ben Knoppe St. Louis	28 24:00 2:04:20	48:38 2:35:15	1:13:15 3:06:20	1:38:15 3:41:35	1:48:08 4:06:54
22. Bill Rhodd De Soto, Ks.	36 23:47 2:00:30	47:06 2:31:37	1:08:30 3:02:56	1:33:10 3:43:10	1:42:50 4:08:03
23. Paul Ide Columbia College	19 walked 30:33 2:26:30	60:55 2:59:57	1:29:59 3:29:00	1:59:47 3:57:40	2:09:49 4:18:37
24. Darrell Palmer Columbia	32 22:54 2:07:35	46:24 2:47:21	1:10:51 3:36:50	1:39:00 ----	1:49:38 5:01:17
25. Joe Duncan Columbia	37 25:00 2:00:45	49:35 2:28:25	1:13:00 3:05:56	1:37:02 out at 23 miles	1:46:01
26. Bob Cutchens St. Louis	19 21:14 1:46:55	42:08 2:12:24	1:02:59 2:42:35	1:23:56 OUT	1:32:14
27. Bill Becker Ft. Hood, Texas	25 20:21 1:54:44	41:06 2:28:37	1:01:36 3:13:45	1:26:05 OUT	1:36:39
28. Gene Somer Sterling, Nebr.	31 20:53 1:43:07	41:24 2:12:09	1:01:12 OUT	1:21:40	1:29:38
29. Eric Richman Columbia, MU	18 23:28 2:00:45	48:00 2:36:15	1:10:42 OUT	1:34:37	1:44:03
30. Leland Pfefer Columbia	38 24:00 2:10:40	49:47 2:46:29	1:15:05 OUT	1:41:50	1:52:59
31. Bob Morrison Columbia	16 24:00 -----	56:28 3:50:00	1:24:32 OUT	1:53:34	2:09:26
32. Kevin Buse Albert City, Iowa	16 24:00 -----	54:06 4:00:00	1:20:06 OUT	1:52:31	2:09:26
33. Tom Snyder Lincoln, Nebr.	24 20:34 OUT at 15 miles	40:44	1:00:05	1:20:27	1:29:09
34. David Best Ft. Leonard Wood	21 21:05	43:51	1:07:25	1:32:44	1:43:24 OUT

MVAU medals to Richards, Sage & Granberg. 40-49 Trophy to Ratelle.
 MANY, MANY THANKS to Joyce Schulte, Mark Achen, Alic@ Taft & Jim Pinkerton

DESIGNATED TIME STANDINGS (FINAL):			ELAPSED TIME STANDINGS (FINAL):		
	av. secs.	Events	Runners:	Points	
1. Don Granberg	15	12*	1. Dennis Stewart	140	
2. Dennis Stewart	24	12*	2. Bill Wirtz	111	
3. Whitney Hicks	30	12*	3. Don Granberg	67	
4. Mark Achen	30.5	12	4. Whitney Hicks	60	
5. Art Fleming	37	12*	5. Bob Brouillet	49	
6. Dave Schulte	55	12*	6. John Houle	39	
7. Joe Duncan	56	12	7. Roman Sage	35	
8. David Leuthold	172	12*			WALKERS:
*denotes the best 12. No one else had the required 12 events.			1. Mark Achen	68	
Women:			2. Art Fleming	53	
1. Joyce Schulte	53	12*	3. David Leuthold	41	
2. Janet Leuthold	281	10	4. Joyce Schulte	38	
			5. Janet Leuthold	27	
			6. Darrell Palmer	22	

A total of 90 different people participated in this year's program-- we would have quite a field if they all came at once. This number does not include the marathon.

BEN KNOPPE DOES FIRST HALF OF MARATHON COURSE ALL ALONE AUGUST 21:

	3	6	10	13½
1. Ben Knoppe	23:30	49:30	1:23:15	1:53:25
2. Darrell Palmer	21:30	45:50	1:23:15	out at 11 miles
3. Steve Spier ll w	39:11	77:06	2:14:50	2:55:11 (13)
4. Janet Leuthold w	39:11	77:06	2:14:50	2:55:11 (13)
5. Joyce Schulte w	41:54	80:00	2:14:47	2:55:55 (13)

Ben Knoppe came in from St. Louis and found only one other runner willing to do battle with him over the first half of the Marathon course. Palmer took out well ahead but he ran into blister trouble and eventually had to drop out. Knoppe made it to the top of Esley Hill--the only one to do so as the walkers decided to call it a day at the bottom of the hill--no doubt that was the wisest decision that has ever been made by those who have ever been confronted by that monstrous hill.

CHARLES McMULLEN, MU, TAKES SECOND HALF MARATHON, NEW RECORD AUG. 28:

	3	6	9	13½
1. Charles McMullen RTTC*	16:45	33:47	50:35	1:17:46
2. Don Hoelting RTTC	16:45	33:47	50:55	1:18:58
3. Don Todaro, Westminster G.	17:10 17:10	33:56	51:20	1:20:20
4. Ron Declue Florissant V.	16:50	34:12	51:33	1:20:30
5. Fred Binggeli, Westminster	17:10	34:42	54:17	1:26:42
6. Bob Hunerdosse Macon, Mo	17:50	37:01	56:32	1:26:56
7. Mike Porcelli FVTC	18:55	38:18	57:32	1:28:27
8. Paul Redhage	18:04	37:30	57:23	1:31:04
9. Mel Vos Winchester, Ks.	19:03	38:58	59:35	1:33:29
10. Bob Pruett St. Louis	19:03	40:52	62:57	(1:40:00)**
11. Ben Knoppe St. Louis	21:52	44:55	70:01	1:53:25
12. Paul Ide walked	30:33	62:22	94:06	2:17:59
13. Mark Achen walked	30:33	62:22	94:06	2:17:59
14. Rob Spier walked	37:36	1:14:03	----	2:51:03
15. Don Putnam Columbus, Miss.	16:28	33:33	50:50	out at 11 miles
16. Dave Rogles RTTC	17:50	38:05	59:50	out at 11 miles
17. King Hollis RTTC	18:35	39:40	out	
18. Joyce Schulte walked	38:36	75:03	out at 10 mi.	(2:06:04)
19. Steve Spier walked	37:36	74:03	out at 10 mi.	(2:06:04)

*Red Table Track Club **took wrong turn with half mile to go.
 78 degrees, bright sun, fairly humid. Officials: David Duncan, Joe Duncan, Mary Ann Achen, Dan Duncan, Mrs. Rob Spier
 Charles McMullen is a Junior College transfer to MU from Rochester, NY who has been caught up in the unfortunate NCAA ruling as to Junior College transfers, so he has to sit out a year of eligibility before he can run for MU. He obviously is a good one, however, as he beat the old course record by well over a minute--the old record having been set by Ted Senadenos back in 1968. Don Putnam led this race until the big hill at 9 miles. Putnam is in the Air Force, originally from New Hampshire. He had won a 10 mile race the previous weekend in the Blue Ridge Mtns in a time of 51 plus. Today, however, he ran into achilles tendon problems on the downhill stretches. He says there are absolutely no hills in Columbus, Miss. on which to train. Last years winner, Ron Declue, improved his time by 3 mins. 52 secs, yet had to settle for 4th. The Red Table Track Club is a collection of MU distance runners living on Wilson Ave. . . . The fastest house in town.

JIM McFADDEN WRITES OF HIS DOINGS DURING THE SUMMER: He is now in Ft. Madison, Iowa, teaching. During the summer he did a lot of run and walk doubles, obviously preparing for our annual May walk-run Pentathlon. In the Iowa AAU One mile walk on Aug. 6 Dave Eidahl was 1st in 7:16.4, with McFadden right behind in 7:17.2. 20 mins. later McFadden did a 4:49 Mile (6th). The following day he won a Two Mile run in 10:02 and then won a mile walk in 7:36.4. The previous weekend he had been 2nd in a mile run in 4:46.1 and 1st in a mile walk in 7:31.2. He then topped off his summer by winning the Jr. National AAU Two Mile Walk in Chicago with a time of 15:24 (7:27 at one mile).

Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201 puts out the CTC Newsletter at a nominal cost of One Dollar per year. For your dollar you get 12 monthly issues of the newsletter--nowhere else will you find your name so often in print with a complete record of all your races in our area. We welcome any contributions any of you may have--suggestions, comments, letters--and perhaps most important, results of races in which you have participated with an account of how you did--if it is not too embarrassing.

Suddenly with intense
feet he moves by motion
and no sound to round

the corner heading
North; the pure cold
lost last place, his head

lost too between
the sharp uncertain flowers
of the high air and

the harshest mountain
flut@song for his breath O
helmeted with hair

he rides the silhouette
of stylized ecstasy
until untranced he stops

but his heart runs.
. . .Alexander Grilikhes

THE ONE HUNDRED MILE WALK is generating a lot of interest. This unique event is intriguing a lot of walkers and a lot of local people--there is something about this race that captures the imagination of those who think about it. It's challenging, it's difficult, there is nothing quite like it. Entries have begun to come in--Larry O'Neil will be here, as will Bob Chapin, Chris Clegg (a British Centurion, now living in Calif., he is 54 years old, so he would have to be one of the favorites, altho' he is still pretty young--O'Neil will be 64, John Argo is 57) and, perhaps some 20 other walkers.

SOMETIME IN OCTOBER CTC WILL HAVE ITS ANNUAL MEETING. The primary purpose of this meeting will be to award the DT and ET trophies and to establish the 1972 program of races. Some of you will be unable to attend the meet therefore, in order that we may have your ideas we have prepared the following questionnaire so you can have an opportunity to be heard. The exact time and place of the meeting will be announced in the next newsletter. In the meantime please give some thought to our program and share with us your ideas as to how we can improve it. If we don't hear from you, then you will have lost your chance to get what you want.

SUGGESTIONS FOR IMPROVING THE CTC PROGRAM: (Please underline your choice where indicated, complete the blanks, tear off and return to Joe Duncan.

1. I (am, am not) satisfied with the Designated Time format. I have the following suggestions:
2. I (am, am not) satisfied with the Elapsed Time format. I have the following suggestions:
3. I think we should have (more, fewer, the same) number of races.
4. I think we should have more short races (1-5 miles). Yes, No.
Preferred Distance _____
5. I think we should have more long races (6 miles and up) Yes, No.
Preferred Distance _____
6. My favorite type of race is: Cross-Country (Preferred Distance _____)
Road Races (Preferred Distance _____), Track Races (Preferred Distance _____),
Triathlons (Distances? _____), Relays (type _____)
Handicap races (Preferred Distance _____), Other _____
7. I prefer to race on (Saturday, Sunday). Any other day? _____
8. If Saturday, I prefer to race at: WINTER: 8:00 AM, 9:00 AM, 10:00 AM
2:00 PM Other _____. SUMMER: 6:30 AM, 7:30 PM Other _____
9. I am in favor of awarding (trophies, merchandise) for the AAU events and charging a \$2.00 entry fee. Yes, No.
10. I am in favor of charging no entry fee and having no awards (other than the 1st, 2nd and 3rd place medals) for the AAU events. Yes No
11. I have the following additional comments and suggestions as to the CTC program (dues; newsletter, officiating, aid stations, participation, etc., etc.):

SCHEDULE OF EVENTS:

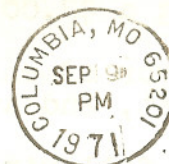
SEPTEMBER 11 Saturday 2:00 PM One Mile Run Five Mile Walk
Hickman Track
18 and 19 Saturday and Sunday FIFTH ANNUAL NATIONAL 100
MILE WALK Hickman Track
26 Sunday 2:00 PM Two Mile Run Six Mile Walk Hickman
Track

OCTOBER 3 Sunday 2:00 PM MVAU 20 Kilo Walk Northwest Parkway
Independence, Mo.
10 Sunday 2:00 PM Twomile (2 mile) Cross-Country Run
Municipal Golf Course
10 Sunday ? ? Winola, Iowa Marathon Contact: Bob Kalden-
berg 304 No. "J" st. Indianola, Ia.
50125
16 Saturday 10:00 AM SENIOR NATIONAL AND MVAU 40 KILO WALK
Swope Park, Kansas City, Mo.
17 Sunday 2:00PM Two Mile Cross Country Run Municipal
Golf Course
17 " 8:00 AM Tri-States Marathon Falls City, Nebr.
Contact: Louis Fritz Verdon, Nebr. 68457
23 Saturday 2:00 PM Two Mile Cross Country Run A L Gustin
Golf Course
23 " 10:00 AM Linn Tech Marathon Linn to Jefferson
City, Mo. Contact: James Symmonds Linn Tech
College Linn, Mo. 65051
30 " 10:00 AM MVAU 30 KILO WALK CHAMPIONSHIP Leawood
Subdivision MVAU Record: 2:38:33 by Larry
Young, Kansas City 11-28-70. Course Record:
2:40:38 by Larry Young 10-18-70

OCTOBER 2 Saturday 2:30 PM Open Three Mile Cross-Country held in
conjunction with Emporia State Invitational Cross-
Country Meet. Emporia, Kansas Contact:
Edward Rowe 1318 Grand Emporia, Kansas 66801

Four Knights of the Red Table ran out one day,
To the Hink, running swiftly, without delay.
A Maiden in distress, they saw.
Lovely was she, without a flaw.
But alas, her lover was bigger than they.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201



Track & Field News
Box 296
Los Altos, Calif 94022