

COLUMBIA TRACK CLUB NEWSLETTER

Vol. III, No. 3

March 16, 1971

MOES WINS 30 KILO RUN IN RECORD TIME, OWCZARZAK MVAUU WINNER Mar. 6:

1. Loren Moes	21	18:00	36:14	54:37	1:12:44	1:31:35	1:47:
NE Mo. State		18:14	18:23	18:07	18:51	16:03	
2. Louis Naeger	21	18:00	36:14	54:37	1:12:47	1:32:00	1:49:10
SE Mo. State		18:14	18:23	18:10	19:13	17:10	
3. Carl Owczarzak	30	18:00	36:14	54:37	1:13:30	1:32:20	1:50:04
Kansas City, Ks.		18:14	18:23	18:53	18:50	17:44	
4. Bill Wirtz	23	18:00	36:14	54:37	1:13:00	1:32:05	1:50:19
St. Louis		18:14	18:23	18:23	19:05	18:14	
5. Bob Hunerdosse	24	19:51	39:12	59:01	1:19:10	1:39:20	2:00:52
NE Mo. State		19:21	19:49	20:09	20:10	21:32	
6. Ed Schneider	28	18:30	39:07	59:40	1:20:30	1:41:15	2:02:56
Florissant		20:37	20:33	20:50	20:45	21:41	
7. John Dishon	24	19:12	40:18	60:54	1:22:10	1:43:26	2:05:01
St. Louis		21:06	20:36	21:16	21:16	21:35	
8. Roman Sage	38	21:11	42:05	63:45	1:25:55	1:48:48	2:12:26
Jeff City		20:54	21:40	22:10	22:53	23:38	
9. Don Granberg	29	20:37	42:01	65:11	1:27:20	1:50:35	2:13:16
CTC		21:24	23:10	22:09	23:15	22:41	
10. David Conrad	29	21:20	43:35	66:05	1:29:05	1:53:25	2:17:52
St. Louis		22:15	22:30	23:00	24:20	24:27	
11. Joe Duncan	36	21:48	43:24	65:39	1:28:49	1:53:05	2:18:46
CTC		21:36	22:15	23:10	24:16	25:41	
12. Ed Williams	41	23:25	47:20	72:05	1:37:10	2:02:10	2:27:30
Cape Girardeau		23:55	24:45	25:05	25:00	25:20	
13. Bob Hinton	31	21:04	43:07	65:35	1:28:49	out	
Lane, Kans.		22:03	22:28	23:14			
14. Paul Redhage	19	20:15	41:05	62:37	1:29:30	out	
		20:50	21:32	26:53			

35 degrees, very strong (20 MPH) Northwest wind. Starter: Dave Carlson, Timers: Art Fleming, Mark Achen, Jim Pinkerton, Dave Schulte,

David Duncan, Karl Metter. Aid Station: Joyce Schulte

Moes, moving at 5:45 per mile pace, shattered the course record by a full 12 mins. The times were surprisingly fast for the first four--cool weather does make a difference--the 4 previous 30 K. runs were conducted in Aug. heat. A vicious NW wind hampered the runners for about two miles on each of the 3 big loops. The wind was reported to be a steady 20 MPH with gusts up to 30 MPH. (I think it "gusted" every time I ran into it especially on the last lap). Bill Wirtz had won this race in '67 and '68, once on the road course and once on the track, while Owczarzak had won in '69 and '70, again once on the road and once on the track. In these races they had never run against each other--but today they did and Owczarzak won this matchup by a slim 15 secs. But neither of them could handle Moes and Louis Naeger, a little guy, who was a bit excited about his finish and who was a big surprise. The four leaders ran as a unit for the first half of the race, but between 15 and 20 Kilos, one of the windy, hilly portions of the race, Moes speeded up, with Naeger hanging on and Wirtz and Owczarzak falling back. Between 20 and 25 Kilos was the toughest portion of the race--this was the slowest 5 kilo segment for most runners, with a full 2 1/2 miles into the wind. But notice how the four leaders stomped through the last 5 kilos, a remarkable finish by all four--their fastest running of the day--each trying to catch the one in front--and the one in front running scared all the way--and Owczarzak did catch Wirtz. Moes' last 5 kilo in 16:03 (about 5:10 per mile) is truly amazing--the wind was pushing everyone along over the last 5000 meters, but they still had all the hills to contend with and I would have thought they would have been a little tired. This old man was certainly tired and the time shows it.

Owczarzak retained his MVAUU Championship and his status as the Mo. Valley's premiere long distance runner. The second place MVAUU medal went to Roman Sage while Don Granberg scored for CTC with a third place MVAUU medal. Owczarzak's time is a new MVAUU record for 30 kilos by 3 mins, 54 secs. I assume this new record will be accepted as such since our 30 kilo runs are certified accurate by the AAU.

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JOHN ROSE has put out an excellent brochure on the 1971 MVAUU T & F schedule--a complete schedule of all races in the Mo. Valley. The booklet also contains a complete account of all the Mo. Valley records--for all events, age groups, everything. A fine publication which I will bring to all races until I run out--let me know if you want one.

Wirtz LOWERSE COURSE RECORD 10 MILE RUN FEB. 27, 1971:

	5	10 miles	secs off D.T.
1. Bill Wirtz	28:42	57:55	65
2. Bob Hunerdosse	30:02	1:00:53	53
3. Dennis Stewart	30:35	1:01:44	104
4. Whitney Hicks	33:09	1:05:06	84
5. John Houle	33:09	1:05:31	59
6. Roman Sage	32:30	1:05:50	50
7. Don Granberg	33:37	1:07:13	43
8. <del>John Dishon</del> John Dishon	32:03	1:07:24	---
9. Gary Cashon	38:55	1:16:11	131
10. Dave Schulte	42:55	1:28:05	125

## ACHEN TURNS IN SUPERB 10 MILE WALK ON SAME DAY:

1. Mark Achen	41:46	1:22:30	90
2. Art Fleming	48:50	1:37:01	179

## 1.8 MILE RUN:

1. Ken Peters	15:14	14	
2. Ellen Bishop	15:14	14	Hand-in-hand they go

35 degrees, sun shining, but strong west wind was most troublesome during second and third miles, especially the hilly third mile.

Officials: Jim Pinkerton, Joyce Schulte

Six weeks prior to this race Bill Wirtz ran five miles in 28:37-- now he runs the same distance only five seconds slower, then runs the course in reverse in 29:13 for a total 10 mile time of 57:55, 2 minutes 17 seconds faster than the course record set by Bob Hunerdosse on March 14, 1970. Hunerdosse was here again today but couldn't stay with ~~Wirtz's~~ Wirtz's quick early pace. Personal bests were set up by Schulte and Cashon--although they came in 9th and 10th, this simply points up how in every race there can be personal victories of one sort or another. And that after all is what our program is all about--the competition with fellow runners is great--but the competition with one's self ~~is~~ is even greater and more satisfying.

In the walk, Mark Achen shows continued improvement--his second five miles in 40:44 is only a few seconds off his personal best for 5 miles. Looks as if he is ready for the great walking program for 1971, to be kicked off with the MVAAU 10 Kilo walk in Kansas City. Before that program is concluded, Coach Fleming is sure to make his presence known.

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## NEW EIGHT MILE RECORD BY STEWART, CASHON SURPRISES MARCH 13, 1971:

		8 miles	secs off DT
1. Dennis Stewart		47:21	39
2. Don Granberg	CTC	51:50	30
3. Gray Cashon	CTC	52:35	265
4. Joe Duncan	CTC	53:23	37
5. Dennis Will	NMTC	54:45	---
6. Carl Bohn	NMTC	56:07	---
7. Wayne Parsell	NMTC	57:45	165
8. Robert Walsh	NMTC	1:01:10	70
9. Dick Sallee	CTC	1:11:31	91
10. Dave Schulte	CTC	1:12:07	187

## FLEMING ALL BY HIMSELF IN WALK

1. ART Fleming	CTC	1:12:07	201
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## ALL NMTC IN 2.4 MILE RUN:

1. Joe Beam	NMTC	13:48	132
2. Tom Allen	NMTC	14:16	-
3. Gil Lamb	NMTC	14:17	-
4. <del>Dan Kessinger</del> Dan Kessinger	NMTC	15:32	-

60 degrees, moderate southerly winds, bright sun. Officials: Jim Pinkerton, Phyllis Sapp, Carol ?

The Navy-Memphis Track Club is a newly organized outfit in the Memphis, Tenn. area with runners from the Naval Air Station. They hadn't done much training, but, wanting some competition, they drove all Fr. night to make our 9:00 AM start. Those who tried the 8 miler were rudely shaken by the hills so that the 3 top CTC runners gradually picked them off during the 4th and 5th miles. They vow to be back

8 MILE RUN CONTINUED:

in May, however, in better shape and ready for the hills--if they can find some hills in Memphis on which to train. Stewart gets in a nice easy workout with no one pushing him. Still he set a course record, beating Whitney Hicks' old record by 3 mins. 35 secs. Gary Cashon has been doing some running--he easily shattered all of his personal bests--with this rapid improvement, guys like Hicks and Granberg may have to move over a little.

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DESIGNATED TIME STANDINGS:

Av. Secs off		Events		
1. Ken Ellingwood	3	1	29. Robert Walsh	70 1
2. Dick Martin	4	1	30. Dave Schulte	76 11
3. Linley Lipper	6	1	31. John Dishon	85 2
4. Paul Ide	10	1	32. Gary Cashon	92 6
5. John Cowen	11	1	33. Bob Young	106 1
6. Ron Chacey	18	1	34. Steve Spier	110 6
7. Darrell Palmer	19	2	35. Carl Muckler	110 2
8. Randy Bakewell	20	3	36. David Leuthold	113 10
9. Tim Swisher	24	1	37. Don Leak	129 1
10. Loren Moes	28	2	38. John Lyle	132 1
11. Don Granberg	31	11	39. Joe Beam	132 1
12. Mark Achen	33	11	40. Ken Peters	135 6
13. John Leuthold	33	2	41. Jim McFadden	135 2
14. Whitney Hicks	34	12*	42. Roman Sage	155 3
15. Paul Redhage	38	4	43. Wayne Parsell	165 1
16. Joe Duncan	39	7	44. Paul Finks	242 1
17. Mark Hebron	41	4		
18. Aubrey Anderson	44	1		
19. Larry Young	44	1		
20. Bob Brouillet	45	2		
21. John Houle	49	6		
22. Bob Hunerdosse	50	2		
23. Mel Cottom	51	2		
24. Dick Sallee	54	4		
25. Mike Chippendale	55	6		
26. Art Fleming	64	12		
27. Dennis Stewart	67	10		
28. Bill Wirtz	69	3		

Women:

1. Ellen Bishop	14	1
2. Joyce Schulte	64	8
3. Carolyn Leuthold	116	2
4. Joyce Stotler	222	2
5. Phyllis Sapp	234	6
6. Janet Leuthold	295	8
7. Barbara Henning	318	1
8. Mary Alice Klein	538	1

ELAPSED TIME STANDINGS:

Runners	Points		
1. Dennis Stewart	88	26. Dennis Will	2
2. Whitney Hicks	56	27. Pam Herbst	2
3. Bill Wirtz	49	28. Mile Chippendale	1
4. Don Granberg	33	29. Mark Hebron	1
5. John Houle	26	30. Dave Schulte	1
6. Paul Redhage	25	31. Gil Lamb	1
7. Art Fleming	21	32. Carl Bohn	1
8. Bob Brouillet	20		
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 Cashon	9		
19. Linley Lipper	6		
20. David Leuthold	5		
21. Roman Sage	5		
22. Joe Beam	5		
23. Ken Ellingwood	4		
24. Tom Allen	3		
25. Tim Swisher	2		

Walkers

1. Mark Achen	58
2. David Leuthold	32
3. Art Fleming	29
4. Janet Leuthold	22
5. Joyce Schulte	14
6. Larry Young	10
7. Carl McCoun	6
8. Paul Ide	6
9. Jim McFadden	4
10. Steve Spier	4
11. Darrell Palmer	2

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STARTER

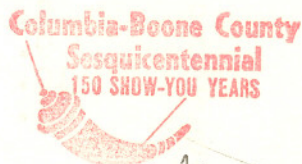
If anyone has fun, Why that's the starter with his gun--- The which he'd gladly aim At the jumper of the same. X . . .David McCord

SCHEDULE OF EVENTS:

- MARCH 20 Saturday 2:00 P.M. MVAUU and OPEN 10 Kilo Walk, Swope Park, Kansas City, Mo. MVAUU Record: 52:40  
Paul Ide March 21, 1970
- 20 " 4:00 P.M. MVAUU 20 Kilo Run K-State U. Manhattan, Kans.
- 28 Sunday 2:00 P.M. 2 Mile Run 7 Mile Walk Hickman Track
- APRIL 4 Sunday 2:00 P.M. MVAUU and OPEN ONE HOUR WALK Hickman Track MVAUU RECORD: 6 mi. 1720 yds Mark Achen Miles City, Mont. July, 1970
- 10 Saturday ? MVAUU 25 Kilo Run Kansas City, Mo.
- 10 " 10:00 A.M. Okla. AAU 25 Kilo State Championship and 5/8 kilo run Tulsa, Okla.
- 11 Sunday ? Senior National AAU One Hour Walk Boulder, Colo
- 10 or 11 ? ? ? Gary Brown Memorial Marathon Canton, Mo. Contact: Bill Schade, P. E. Dept. Culver-Stockton College Canton, Mo. 63435
- 15 Thursday 8:00 A.M. KU Relays Marathon Lawrence, Kansas
- 17 Saturday Kansas Relays includes open one mile walk and 35 and over one mile run
- 18 Sunday 2:00 P.M. 2-Man 6-Mile Run-Walk Relay (Each 2-Man team has one runner and one walker) alternate miles Hickman Track This will be both a DT and an ET event
- 19 Monday High Noon Boston Marathon Contact: Will Cloney Boston Garden, Boston, Mass. 02199
- 24 Saturday 9:45 A.M. Drake Relays Marathon Des Moines, Iowa Contact: Bob Ehrhardt, Track Coach, Drake Univ. Des Moines, Iowa 50311
- 25 Sunday 2:00 P.M. MISSOURI CUP COMPETITION 20 Kilo Walk-- 5-Man Team competition--any teams from anyplace are welcome-- This may also be a qualifying race for the Summer U.S. Olympic Training Camp. Leawood Sub-division

\*\*\*\*\*  
 There was a young runner named Moes  
 Who seemed very light on his toes.  
 He floated, when bloated  
 And nearly exploded  
 With hot air from his dubious foes.

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