

20 KILO RUN CONTINUED:

would suffice. For instance, I had on two T-shirts, two pair of jockey shorts, my usual running shorts, ordinary cheap cotton sweat-pants and a hooded sweatshirt. A face mask or scarf may have been desirable, for the tip of my nose got pretty cold, particularly when heading into the wind--and I don't have a big nose. The one pair of gloves I had were not sufficient, I should have had another pair of mittens or perhaps another pair of cotton gloves.. I wore no socks--my ankles were bare, however, I felt absolutely no discomfort in those extremities. A lot of non-runners ask me about the danger of the cold "freezing my lungs" or some such. I can't imagine that there is much danger of anything like this happening--again, I'm a lawyer, not a doctor. Perhaps sprinting hard on a really cold day, much colder than 8 below, would be damaging, but all in all I have found that the human body is most adaptable and I just think that it is more adaptable than my non-running friends would think.

As to the effect of the cold weather on times, I'm sure your times would be slower. Although I had a personal best, I know I would have done better on a warmer day. Again speaking from a logical, not a medical viewpoint, your circulatory system is going to have an extra burden assigned to it--just to keep this nutty human organism warm. Counterbalancing this would be the mental factor of wanting to get this crazy race over with so you can get the h--- out of the cold! So while the good people of our community shake their heads, the six of us must have a certain amount of pride in knowing that our physical condition is such that we can go out and run 20 kilometers in below zero weather without any ill effects. Our mental condition has already been in question for so long that something like this is merely affirmation of our collective insanity.

IT IS TIME FOR EVERYONE TO GET YOUR AAU REGISTRATION FOR 1972 in so that your eligibility and the eligibility of others will not be in question. Again, AAU registration costs \$2.00. Also, some accident insurance is being offered for \$1.00. Dave Schulte and I have the necessary blanks and we will bring them to all the races so that you can take care of this. The application blanks have been completely changed from what you are used to and because of the new design we are unable to attach them with the newsletter as we did in the past.

WE WERE DEEPLY SHOCKED TO LEARN OF THE DEATH OF REV. MEL VOS. Mel was killed on Dec. 29th while running on a blacktop road near his Winchester Kansas home. Mel was struck by a car, but I know of no other details. Mel is survived by his wife and two children. ~~xxxxxxx~~ He was in his early 30's and was pastor of the Reformed Presbyterian Church in Winchester. Mel first appeared on the local scene in the 1969 Heart of America Marathon with a time of 3:14:01. He did 9 miles 1565 yards in the 1970 MVAU One Hour Run, finishing 2nd. He came for two of our half marathons running a little over 1:33:00 in each of them. I remember him particularly for coming to our 1971 Marathon, not as a runner, but in order to help out as a timekeeper. He was a quiet, unassuming person who was very interested in assisting with and supporting the MVAU running program. He organized and promoted the 1971 Sunflower Marathon and finished 3rd with a time of 2:57:32. In Oct. 1971 he won the Linn Tech marathon with a 2:46:55. I have inquired as to any Memorial Fund--I haven't yet had a reply, but as soon as I hear of anything I will pass on the word.

YOUR LIST OF CTC RECORDS NEEDS TO BE CORRECTED AS TO THE 10,000 Meter Run. The record should go to Larry Carpenter who did this run in 34:42 on Hickman Track on Dec. 14, 1968.

DESIGNATED TIME STANDINGS:			No. of		
Men	Av. Secs off	Events	Women		
1. Whitney Hicks	15	8	1. Judy Londeree	54	1
2. Dennis Stewart	17	7	2. Beth Londeree	179	1
3. Ben Londeree	21	9	3. Janet Leuthold	671	1
4. Mike Chippendale	28	10	ELAPSED TIME STANDINGS:		
5. Doug Williamson	29	4	1. Ben Londeree	61	
6. Dave Schulte	30	8	2. Dennis Stewart	52	
7. Lance Baugh	40	2	3. Whitney Hicks	39	
8. Don Granberg	45	5	4. Mike Chippendale	38	
9. Joe Duncan	49	7	5. Doug Williamson	26	
10. Dick Hessler	61	1	6. Joe Duncan	20	
11. Steve Spier	188	3	7. Don Granberg	17	
12. Dave Leuthold	235	3	8. Dave Schulte	15	
13. Rob Spier	256	2	9. Bill Wirtz	10	

SCHEDULE OF RACES:

- January 22 Saturday 2:00 P.M. 3 Mile Run Loose Park Kansas City, Mo.
 29 Saturday 10:30 A.M. 5th Annual Ground Hog Day Marathon
 Petit Jean State Park, Ark.
 30 Sunday 2:00 P.M. One Mile Run, Two Mile Walk
 Hickman Track
- FEBRUARY 5 Saturday 2:00 P.M. 2 Man-6 Mile Relay alternate
 Miles, Loose Park, Kansas City
 5 Saturday 11:00 A.M. Oklahoma AAU 25 kilo State
 Championship, Mohawk Park Tulsa, Okla. A Run.
 6 Sunday 2:00 P.M. 6 Mile Run, 6 Mile Walk Cosmo Park
 Course Records: The Run: 32:43 Bill Wirtz May 23, '71
 The Walk: 45:16 Larry Young Feb. 7, 1971
 12 Saturday 2:00 P.M. 8.5 Mile Run Shawnee Mission
 Park Shawnee Mission, Kansas
 19 Saturday 9:00 P.M. 3, 2, 1 Mile Triathlon, Run
 or walk. Hickman Track Triathlon Record:
 31:49 (16:10, 10:43, 4:56) Dennis Stewart Feb. 20, 1971
 26 Saturday 9:00 A.M. Ten Mile Run, Ten Mile Walk
 Cosmo Park Course Records: The Run: 57:55 Bill
 Wirtz Feb. 27, 1971 The Walk: 1:22:30 Mark
 Achen Feb. 27, 1971

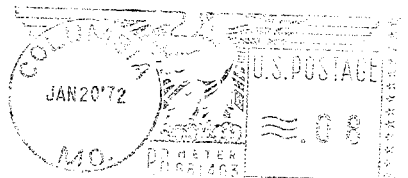
ELAPSED TIME STANDINGS CONTINUED:

- | | | |
|-------------------|---|---------------------------------------|
| 10. Dick Hessler | 5 | AGE 40 and over: 1. Rob Spier 1 point |
| 11. Steve Spier | 4 | 40 year olds: Here is your chance! |
| 12. Lance Baugh | 3 | |
| 13. Rob Spier | 3 | Age 15 and under: 1. Steve Spier 7; |
| 14. Beth Londeree | 2 | 2. Mary Magnuson 6, 3. Jutes Magnu- |
| 15. Dan Duncan | 2 | son 4, 4. Dan Duncan 3, 5. Beth |
| 16. Judy Londeree | 1 | Londeree 2, 6. Doug Duncan 2; 7. |
| 17. Doug Duncan | 1 | Judy Londeree 1, 8. Greg Stickney |
| | | 1 point |

WALKERS: 1. Dave Leuthold 8; 2. Rob Spier 8; 3. Janet Leuthold 6;
 4. Steve Spier 5; 5. John Leuthold 2; 6. Joyce Schulte 1.

A young runner named Chippendale
 Was so fast, he seemed to sail.
 But the men in blue
 Thot from crime he flew,
 So now, poor thing, he runs in jail.

JOE DUNCAN
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 Columbia, Mo. 65201



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