

COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 2
February 23, 1972

STEWART SMASHES HIS OWN RECORD--3, 2, 1 MILE TRIATHLON				Feb. 19, 1972:	
	3 Miles	2 Miles	1 Mile	Total Elapsed Time	Total off DT
1. Dennis Stewart	15:43 (5:03, 5:22, 5:18)	10:22 (5:06, 5:16)	4:50 (2:22, 2:28)	30:55	28
2. Larry Young	16:39 (5:30, 5:33, 5:36)	10:57 (5:25, 5:32)	5:13 (2:34, 2:39)	32:49	15
3. Ben Londeree	17:12 (5:35, 5:36, 5:41)	11:09 (5:29, 5:40)	5:07 (2:32, 2:35)	33:28	27
4. Whitney Hicks	17:47 (5:50, 5:55, 6:02)	12:02 (6:04, 5:58)	5:32 (2:45, 2:47)	35:21	58
5. Don Granberg	17:58 (5:44, 6:02, 6:12)	11:53 (5:49, 6:04)	5:34 (2:45, 2:49)	35:25	16
6. Mike Chippendale	17:48 (5:45, 5:51, 6:12)	12:12 (6:04, 6:08)	5:33 (2:44, 2:49)	35:33	56
7. Joe Duncan	18:49 (6:11, 6:23, 6:15)	12:02 (6:05, 5:57)	6:02 (2:56, 3:06)	36:53	49
8. Dick Hessler	19:29 (6:04, 6:40, 6:45)	12:20 (6:06, 6:14)	5:37 (2:40, 2:57)	37:26	49
THE WALKERS:					
1. Dave Leuthold	31:24 (10:28, 10:33, 10:23)	20:54 (10:18, 10:36)	10:05 (4:59, 5:06)	63:23	112
2. Rob Spier	34:06 (11:22, 11:31, 11:13)	22:15 (11:11, 11:04)	10:09 (5:14, 4:55)	66:30	82

Temp: 25-30 degrees, moderate NW wind, sun shining. OFFICIALS: Veva Spier, Mrs. Dick Hessler

Stewart easily won all three races, getting under his old records by wide margins in each race. His previous record was set just a year ago with marks of 16:10, 10:43 and 4:56, a total elapsed time of 31:49. In the 3 miler and the 2 miler, Young trailed Londeree for a couple of laps, then moved on by, but on the mile, the old man kept Young behind all the way. Whitney Hicks brought along a lap counter to assure no error in the distances he was to run. Apparently he needs another gadget of some sort to remind him to click the lap counter button, because sure enough, he lost count and ran an extra lap in the three mile and also coned Chippendale into running the extra lap with him. So much for lap counters. Without the extra lap, Mike established a personal best for 3 miles--the first time under 18 minutes. Also personal bests for Hessler--who is young and obviously improving rapidly.

In the walks, Spier surprised himself with a 10:09 mile--now all we need do is get him to get his arms up and to develop the proper pelvic action.

ENTRY FORMS FOR THE 30 KILO RUN ARE SLOW COMING IN--this is one of our "big" races--a MVAAU championship and an open affair, as well. We should have some top runners and, hopefully, a large field. The course is fairly tough, yet most fair and interesting. It's a road course, all blacktop or concrete--3 huge loops. Six trophies and 3 MVAAU medals will be awarded and each finisher will get a certificate showing his place and time. We will have 5,000 meter splits. The race will begin in Cosmo Park promptly at 2:00 P.M., Saturday, March 4th.
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The CTC Newsletter comes out monthly--the cost is only \$1.00 for 12 issues--obviously we make no money on this, since postage alone is 96 / for the 12 issues. Send your dollar to Joe Duncan 4004 Defoe /cents Dr. Columbia, Mo. 65201. Also, we welcome your comments, letters, poetry or what have you and we are willing to print your race results in the Mo. Valley area.

Aging is a matter of mind. If you don't mind
it doesn't matter.

More

DESIGNATED TIME STANDINGS:			No. of			
	av. secs	off	Events			
1. Dennis Stewart	18		8	11. Dick Hessler	55	2
2. Whitney Hicks	20		9	12. Jim Pinkerton	64	1
3. Ben Londeree	21		11	13. Leonard Busen	92	1
4. Dave Schulte	29		8	14. Steve Spier	188	3
5. Doug Williamson	29		4	15. Rob Spier	191	4
6. Mike Chippendale	31		12	16. Dave Leuthold	204	4
7. Don Granberg	34		7	17. Lucas Kleyn	274	1
8. Art Fleming	40		3	REMEMBER--participation is the key		
9. Lance Baugh	40		2	to winning a DT trophy--it takes		
10. Joe Duncan	47		9	12 events to be eligible and we		
				only consider your 12 best events.		

ELAPSED TIME STANDINGS:

Runners	No.	of Points
1. Ben Londeree	80	
2. Dennis Stewart	59	
3. Mike Chippendale	47	
4. Whitney Hicks	44	
5. Joe Duncan	29	
6. Don Granberg	28	
7. Doug Williamson	26	
8. Dave Schulte	18	
9. Art Fleming	17	
10. Bill Wirtz	12	
11. Lucas Kleyn	10	
12. Dick Hessler	9	
13. Steve Spier	4	
14. Lance Baugh	3	
15. Leonard Busen	3	
16. Rob Spier	3	
17. Beth Londeree	2	
18. Dan Duncan	2	
19. Jim Pinkerton	1	
20. Judy Londeree	1	
21. Doug Duncan	1	

AGE 40 AND OVER:

1. Rob Spier	1
2. Leonard Busen	1

AGE 15 AND UNDER:

1. Steve Spier	7
2. Mary Magnuson	6
3. Jutes Magnuson	4
4. Dan Duncan	3
5. Beth Londeree	2
6. Doug Duncan	2
7. Judy Londeree	1
8. Greg Stickney	1

WALKERS:

1. Dave Leuthold	11
2. Rob Spier	10
3. Janet Leuthold	6
4. Steve Spier	5
5. Art Fleming	4
6. John Leuthold	2
7. Joyce Schulte	1

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Higgledy-Piggledy
Benjamin Londeree
Wondered why he ran so
Far each day.

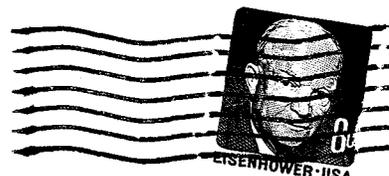
Finally answered with
Oversimplicity,
"It's for my heart so pure,
Come what may."

DON GRANBERG FINALLY GETS UNDER THREE HOURS--in the Groundhog Marathon held in Petit Jean State Park, Ark. on Jan. 30. Don finished 10th in 2:59:37. For the third straight year Don finished one place behind Ron McDonald--and like I said last year it takes a "Big Mac" to catch little Mac, so I guess Don didn't get his Big Mac. Anyway Don's Five Mile splits were as follows: 33:03, 1:05:53, 1:39:42, 2:11:55 and 2:51:10. Notice that Don was pretty quick between 15 and 20 miles--it was through here that McDonald caught Don and Don was trying to stay with him. This was Don's 14th Marathon in just a little over two years (he finished 13 of them) and his long-range goal has been the three hour mark and that he finally achieved. Winner of the Ar. Marathon was Loren Moes with a time of 2:32:21 (5 mile splits: 28:58, 57:05, 1:24:51, 1:51:35 and 2:23:40.). Ricky Richardson of Little Rock led for the first 15 miles, was 2nd at 20, but dropped out someplace between 20 and 25. There were 52 starters and 44 finishers. Temperature hovered a little above the freezing mark, no wind, foggy and cloudy perfect weather as far as Don was concerned. There were 5 divisions: High School, Competitive, Veterans (40-50), Masters (over 50) and Novice. Bob Martin of Tulsa won the Masters Div. in 3:21:44. Leonard Busen was 2nd in the Veterans Div. with 3:31:22. This was Don's third trip to this Marathon; as was true the previous two years, Don was most impressed with the warm hospitality of the Arkansas people and with the organization of the race.

SCHEDULE OF EVENTS

- FEBRUARY 26 Saturday 9:00 A.M. 10 Mile Run, 10 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
- MARCH 4 Saturday 2:00 P.M. Mo. Valley AAU and Open 30 Kilo Run
Cosmo Park Course Record: 1:47:38 Loren
Moes March 6, 1971; MVA AU Record: Carl Ow-
zarzak 1:50:04 March 6, 1971
- 11 Saturday 9:00 A.M. 8 Mile Run, 8 Mile Walk Cosmo
Park Course Record for the Run: 47:21
Dennis Stewart March 13, 1971
- 18 Saturday 9:00 A.M. One Mile Run, 5,000 Meter Walk
Hickman Track
- 18 " 1:00 P.M. Jacksonville YMCA 3 Mile & 10 Mile Runs
various divisions Jacksonville, Ill. Contact:
Dan Moy 806 Woodland Jacksonville, Ill. 62650
- 18 " evening CU Indoor Meet, Boulder, Colo. Includes
open Men's Two Mile Walk, lots of awards & specta-
tors, free housing Contact: Floyd Godwin
935 Ash St. Broomfield, Colo.
- 25 " ? ? ? MVA AU & Open 10 Kilo Walk Independence, Mo.
- 25 " 9:00 A.m. 2nd Annual Oil Capitol Marathon Mohawk
Park Tulsa, Okla. Flat, asphalt road, good for
fast times Contact: Larry Aduddell 1849 No. Louis-
ville, Tulsa, Okla. 74115
- 26 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 Relay Record: 42:09
Mark Achen & Ken Peters April 18, 1971
- 18 Saturday ? ? ? Flint Hills and MVA AU 20 Kilo Run
Manhattan, Kansas

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Tracks Field News
Box 296
Los Altos, Calif 94022

TOM LOGAN WINS ONE MILE RUN ON THE ICE JANUARY 30, 1972:

	440	880	1320	One Mile
1. Tom Logan	1:11	2:32	3:54	4:53.4
2. Lucas Kleyn	1:15	2:34	3:54	5:11
3. Paul Redhage	1:11	2:32	3:54	5:12
4. Ben Londeree	1:20	2:42	4:05	5:22
5. Art Fleming	1:26	2:51	4:15	5:37
6. Dick Hessler	1:27	3:01	4:29	5:52
7. Joe Duncan	1:27	3:01	4:39	6:18
8. Dave Schulte	1:40	3:28	5:23	7:11

TWO MILE WALK, SAME DAY: 1. Dave Leuthold 20:58 (10:05) 2. Janet Leuthold 23:31 (12:15) Also Carolyn Leuthold, John Leuthold, Jeff Tsay, Doug Duncan and Joe Duncan Jr. did a little running. Temp: 30 degrees, little wind, cloudy. Officials: Joyce Schulte, Mike Chippendale, Jim Pinkerton

Hickman track was completely covered with about an inch of icy snow--not the soft, powdery kind, but the smooth, hard and slick kind-- conditions were excellent for ice-skating--only those runners with spikes were able to run somewhat all-out--and Logan, indeed, ran all out on the last lap, turning that one in 59.4 to completely demolish the opposition.

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LOGAN BACK AGAIN IN SIX MILE RUN ALONG WITH MOES FEBRUARY 6, 1972:

	3 Miles	6 Miles	Seconds Off D.T.
1. Tom Logan Kirksville	16:20	33:05	---
1. (tie) Loren Moes "	16:20	33:05	---
3. Larry Young Columbia College	16:43	34:31	89
4. Louis Naeger Ste Genevieve	16:50	35:17	---
5. Ben Londeree CTC	17:05	35:41	19
6. Don Granberg CTC	18:22	38:32	2
7. Mike Chippendale CTC	18:32	39:35	35
8. Joe Duncan CTC	19:50	40:32	32
9. Lucas Kleyn CTC	18:45	40:34	274
10. Bob Hunerdosse Macon	20:45	44:22	---
11. Leonard Busen 41 CTC(St. Louis)	21:47	45:02	92
12. Dave Schulte CTC	24:19	51:27	27
13. Jim Pinkerton CTC	25:24	55:04	64

WALKERS:

1. Tim Wason Principia College	26:29	54:17	163
2. Rob Spier CTC	29:00	1:08:50	170

21 degrees, 10-14 MPH Northwest wind. Officials: Veva Spier, Candy Cartwright

Moes and Logan, both from NE Mo. State, Kirksville, were 22 seconds off Bill Wirtz's course record, set last year in May. Moes, the previous weekend, had won the Groundhog Marathon, in Arkansas, with a record time of 2:32:21. Larry Young shows that a good race-walker can also do a good job of running. Larry has been doing a lot of running this winter for general conditioning. He is running up to 30 miles a week and walking some 70 miles a week. Hopefully, it will all culminate in the Munich Olympics. Larry should be ready. Tim Wason from Principia College, Elsau, Ill., walks nine minute miles in his first walking race, certainly an auspicious beginning for a newcomer.

BILL WIRTZ FINISHED FIFTH IN THE TRIAD TRACK CLUB TEN MILE RUN, St. Jacob Ill on Jan. 22, 1972--a week after he did our 20 kilo run in eight below zero cold. Bill's time in the ten-miler was 55:16. Winner was Rob Leutwiler of St. Louis in 52:06. Bob Cutchens, 19, of St. Louis, who has been on the local scene, was 13th in 60:37. There were 52 finishers.

Joe Duncan puts out this CTC Newsletter--it comes out every month--I haven't missed yet, although it has been close occasionally--anyway, if you want it you need to send me a dollar--this will get you 12 exciting issues--there are no unexciting issues. Also, if you want to be a member of CTC or if you want to be a part of our exciting D.T and E.T. races (and a chance at some trophies) you need to pay \$3.00--this will get you free entry into some 30 races--but that wouldn't be free, would it? Anyway, we can use all the support anyone can give.