

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VII, No. 1

January 22, 1975

KATZ WINS THE RACE, LONDEREE THE CHEESE, MCCRORY THE SAUERKRAUT
TEN MILE HOLIDAY RUN AND WALK December 21, 1974:

	2.5	5	7.5	10	Off DT	% off
1. Rick Katz	13:16	26:45	40:27	53:46	14	.43
2. Tom Logan	13:55	27:52	41:45	55:37	83	2.43
3. Dennis Stewart	13:17	27:27	42:03	56:29	149	4.60
4. Dick Hessler	14:36	29:00	43:11	56:55	95	2.71
5. Ben Londeree 40	14:43	29:32	44:25	59:04	4	.11
6. Don Granberg	14:44	29:30	44:25	59:09	78	2.15
7. Don Lewis	14:45	29:39	45:03	1:00:03	27	.74
8. Whitney Hicks	15:25	31:06	46:46	1:01:55	5	.13
9. Turk Storvick 46	15:25	31:06	46:47	1:02:04	34	.92
10. Hadley Grimm	16:29	32:40	48:27	1:04:59	149	3.99
11t. Tom Hinckley	16:52	33:39	50:30	1:06:53	82	2.00
11t. Joe Marks	16:51	33:39	50:30	1:06:53	7	.17
13. Joe Duncan 40	17:41	35:35	54:05	1:12:21	21	.49
14. Leonard Busen 44	18:44	39:58	59:35	1:18:04	184	4.09
15. John McCrory	19:02	40:55	62:21	1:23:22	202	4.21

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RON LAIRD DROPS BY TO BEAT AUGIE HIRT IN THE TEN MILE WALK, Same Day:

1. Ron Laird	18:24	37:07	56:07	1:15:25	25	.55
2. Augie Hirt	19:31	39:45	60:12	1:20:27	33	.67
3. Al Schrik	25:40	48:30	70:22	1:32:15	135	2.50

35°, a moderate west wind, sun shining, just a little chilly, ideally it could have been about 5 degrees warmer. This was our first Annual Holiday Cheese & Sauerkraut run where awards are given to the one who comes closest to his prediction and to the one who misses the most--hence Londeree got the cheese and McCrory got the sauerkraut. In the run, Dennis Stewart lost his first race since the last week in October--and he had raced every weekend. His string included a win in the Quincy, Ill. 10 Mile Turkey Run (yes, he won a turkey) on Nov. 30. But he couldn't handle Rick Katz in today's 10 miler--in fact, he tailed off so much after staying with Rick for 4 miles that he couldn't handle a fast-closing Tom Logan either. Rob Leutwiler's record of 53:17, set on the tougher course in Feb., 1972 still stands. Ben Londeree set a record for Age 40 & over beating Rex Frazer's 1:04:27 set last year. Personal Bests for Stewart, Hessler, Granberg, Londeree & Hicks, that I know about, although I'm sure Stewart has faster 10 mile times on other courses.

In the walk, Ron Laird really shattered the course record of 1:22:30 held by Mark Achen. In fact, he also bettered Augie Hirt's 5 mile record of 40:48--notice also that Augie beat his own 5 mile record in a 10 mile race. Laird has been training and racing in Europe for several months. He will be in the States now with an eventual home base in California.

MANY, MANY THANKS TO DON & PAUL JOHNSON, MIKE CHIPPENDALE & DOUG DUNCAN for handling the timing of this race on a cold, windy day.

What do runners think about while they are running? Well, around here apparently, we get lines of poetry running through our mental processes. Or at least the muse occasionally strikes one of us as it struck Dennis Stewart recently--here is his effort:

There is still darkness all around,
As I pace silently along the ground;
With stars covering a moonless night;
The road barely visible in my sight.

My pulse grows rapid and my breathing deep;
I long to be in bed asleep,
But legs trod on through early dawn,
As bluebirds give a morning song.

The sun now rises in the East,
As I turn home on rapid feet;
Plunging through an open door,
Good wife greets me with a snore!

So, what do runners think about while running? It seems to me that they are always thinking about a warm bed and what's in it.

FRED BINGGELI COLLARS KATZ IN FIVE MILE RUN January 4, 1975

	2.5 Miles	5 Miles	Secs off DT	% off
1. Fred Binggeli	12:57	25:35	---	
2. Rick Katz	12:50	25:40	20	1.28
3. Charlie Evans	13:07	26:55	---	
4. Dick Hessler	13:54	27:31	1	.06
5. Ben Londeree 40	14:05	28:09	21	1.23
6. Don Lewis	14:06	28:35	5	.29
7. Mike Chippendale	15:03	30:49	71	3.70
8. Turk Storvick 46	14:59	31:03	63	3.50
9. Tom Hinckley	15:31	31:05	10	.53
10. Joe Marks	15:58	31:53	22	1.14
11. Joe Duncan 40	16:36	34:07	67	3.38
12. Dennis Blossom	18:33	38:57	87	3.87
13. Doug Duncan 14	20:28	41:41	---	
14. Ralph Anderson 42	20:11	41:48	---	
15. Jay Blossom 10	--	45:38	188	7.37
16. Tom Brown	--	45:59	---	

AND AT THE SAME TIME AUGIE HIRT WINS THE FIVE MILE WALK:

1. Augie Hirt	---	40:15	75	3.20
2. Leonard Busen 44	---	46:33	93	3.44
3. Dave Leuthold 42	---	53:11	---	
4. Joyce Schulte	---	1:02:10	20	.53

34 degrees, sun shining, moderate winds, not too bothersome. Not only did Binggelli hand Katz a defeat, he also beat the CTC 5 mile road run record by a substantial margin, and, of course, Rick also beat that record. I was quite glad to see this record go. The old record was a pretty good 26:26 set by Rob Leutwiler on the tougher, hilly, old course in February of 1972. What bothered me was the fact that Leutwiler's record was set in a ten mile race. In all the five mile races we had had before or since, no one had been able to better his 5 mile time in a ten mile race. That bothered me. With an easier course and with Binggelli and Katz running I knew the record would go today. It did and by a big enough margin that I'm sure the old record would have gone even on the old course. Anyway, Binggelli and Katz had a fine duel, with Evans being in there for the first mile. Rick had about a 40 yard lead at halfway, which he kept for another half mile. However, Binggelli (another "Fulton Flash"--along with Helen Stephens, Bake McBride and Tony Galbreath) began closing and caught Rick before the hill at 3 1/2 miles and then pulled away. Rick was closing the gap at the end, but not enough. Hessler and Londeree had personal bests. The only injury was the "pulled toe" suffered by Joe Marks. You will have to ask him for his explanation of that mishap.

Without Ron Laird or Larry young pulling him along, Augie Hirt walked a relaxed 5 miles--his time was 30 seconds slower than his 5 mile time in the 10 mile race two weeks ago.

THANKS to Don Granberg, Don Johnson, Ann Hessler and Don Hessler (Dick's brother) for handling the timing chores.

ELAPSED TIME STANDINGS:

AGE 40 & over runners:

RUNNERS--Open-Points					
1. Katz	135	11. Hicks	48	21. Logan	12
2. Hessler	112	12. Cooper	36	22. Lindsey	11
3. Londeree	111	13. Neal	33	23. Kacprowicz	10
4. Lewis	92	14. Duncan	32	24. Rydzewski	5
5. Granberg	76	15. Hinckley	24.5	25. Johnson	5
6. Lawrence	73	16. Frazer	20	26. Robertson	4
7. Chippendale	64	17. Hirt	16	27. Anderson	3
8. Stewart	59	18. Blossom	14	28. Brown	3
9. Storvick	59	19. Carman	13	29. Busen	1
10. Marks	49.5	20. Garverick	13		

WOMEN:
1. Amy Hessler 1

RUNNERS: AGE 15 & Under:

1. Doug Duncan	16
2. Jay Blossom	11
3. John Leuthold	6
4. David Marks	5
5. David Hicks	2
6. Amy Hessler	1

WALKERS--Open:

1. Hirt	36
2. Young	29
3. Leuthold	25.5
4. Breitenbucher	23
5. Rob Spier	21.5
6. Busen	19
7. Chapin	13
8. Schulte	11
9. Taft	6
10. S. Spier	5
11. Cooper	4

WALKERS: AGE 40 & Over:

1. Leuthold	14.5
2. Spier	10.5
3. Busen	12
4. Chapin	8
5. Taft	5

Age 15 & Under

1. Steve Spier	3
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WOMEN:

1. Joyce Schulte	4
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RICK KATZ ALL ALONE IN 20 KILO RUN AND HAS NEW RECORD					January 18, 1975:	
	5 Kilo	10	15	20 Kilo	Off DT	% off DT
1. Rick Katz	16:58	34:50	52:20	1:08:47	13	.31
2. Charlie Evans	18:24	36:16	53:47	1:11:02	---	
3. Dick Hessler	18:40	36:50	54:57	1:12:22	158	3.51
4. Dave Dunleavy	18:23	37:08	55:19	1:14:13	---	
5. Don Lewis	18:54	38:00	57:00	1:15:12	108	2.34
6. Sandy Lawrence	18:59	38:00	57:09	1:16:19	---	
7. Vern Scheiter	18:55	38:03	57:42	1:17:39	---	
8. Don Granberg	19:21	39:15	59:22	1:18:21	39	.82
9. Dean Neal	19:06	39:06	59:25	1:18:43	---	
10. Rex Frazer 42	19:20	39:52	60:46	1:19:29	91	1.87
11. Joe Marks	20:35	41:47	63:02	1:24:05	---	
12. Joe Duncan 40	22:15	45:39	70:10	1:33:58	238	4.41
13. Ralph Anderson	25:34	54:47	87:02	OUT		
14. Ed Burns	22:35	51:21	OUT			

AT THE SAME TIME THE 20 KILO WALK GOES TO AUGIE HIRT:

1. Augie Hirt	---	52:20	1:18:00	1:43:50	70	1.11
2. Randy Mimm	32:40	1:05:21	1:32:35	1:59:11	---	
3. Leonard Busen	29:32	1:00:11	1:31:23	2:04:48	288	4.00
4. Dave Leuthold	34:56	1:10:00	1:46:00	2:23:04	---	
4t. Rob Spier	34:56	1:10:00	1:46:00	2:23:04	184	2.19

40 degrees, sun shining, moderate SW wind, fine conditions. Katz had a sizable lead after 100 yards and the only question was whether he get the record--he did, beating the 1:10:25 set by Loren Moes on the same course, March, 1973, enroute to 30 Kilo. Evans, Dunleavy, Scheiter all run for Westminster College. Dick Hessler has a solid personal best. Don Lewis had one of his best races--he is fast working into a top competitor over the longer distances--after starting out as basically an 880 man.

DESIGNATED TIME STANDINGS:

	Av. % off DT	No. of Events			
1. Steve Spier	.39	1	15. Don Carman	1.92	2
2. Joyce Schulte	.41	3	16. Al Garverick	1.94	4
3. Don Granberg	1.22	7	17. Mike Chippendale	2.02	6
4. Tom Hinckley	1.28	5	18. Augie Hirt	2.06	7
5. Rick Katz	1.30	6	19. Dennis Stewart	2.08	4
6. Whitney Hicks	1.41	5	20. William Taft	2.11	3
7. Turk Storvick	1.45	9	21. Joe Duncan	2.20	8
8. Joe Marks	1.48	6	22. Rob Spier	2.98	6
9. Ben Londeree	1.49	9	23. Dennis Blossom	3.16	4
10. Dick Hessler	1.62	8	24. Leonard Busen	4.55	4
11. Don Lewis	1.85	8	25. John Leuthold	4.76	1
12. Rex Frazer	1.88	3	26. Jim Breitenbucher	5.88	2
13. Dean Neal	1.88	1	27. Jay Blossom	6.83	3
14. Brian Cooper	1.90	2	28. Tom Brown	10.21	1

Katz leaps from 18th place to 5th, while Stewart plummets from 5th to 19th, Chippendale goes from 8th to 17th, Lewis from 20 to 11--those are the big changes from last month.

THE MISSOURI VALLEY MASTERS TRACK AND FIELD ASSOCIATION has fast become a large, solid organization. It now has over 200 members and the group may eventually become a regional association including much more than the MVAU area. The Association caters to all Track & Field people (men & women) over 30 years of age. Their newsletter "Master-pieces" is an excellent publication. Annual dues are \$6.00 payable to MVMT&FA 8228 Eby, Overland Park, Kansas 66204. I suggest you add another 75¢ and ask for the Jan. 15, 1975 Annual Edition of "Master-pieces"--a 25 page missive that includes results, a complete directory of members, a profile of Rex Frazer, schedule of events, contacts, some general interest articles, etc., etc. The MVMT&FA, of course, includes the entire range of T & F events. Our emphasis has historically been Distance running and Race-walking. However, the needs of the sprinter, hurdler and field event people are well-served by MVMT&TA. There is plenty of competition in the eastern Kansas and Kansas City area. If the interest is there, we ought to encourage and develop a "short Distance" and field event segment of CTC. Any feedback on this would be most welcome. In the meantime, endurance type running can be nothing but beneficial for a sprinter or even a shot-putter--or a poker player or magician or hermit or tribble or glutton, sex maniac, thief or gurnist.

COLUMBIA TRACK CLUB EVENT RECORDS

EVENT	COURSE	TIME	WHO	WHEN
220 yard dash	Track	24.3*	John Houle	May 8, 1971
440 yard dash	"	52.8**	Dennis Stewart	August 26, 1972
880 yard run	"	1:58.0*	Dennis Stewart	May 8, 1971
One Mile Run	"	4:19.0	Tom Logan	March 18, 1972
Two Mile Run	"	9:08.0	Charles McMullen	July 29, 1972
Three Mile Run	"	14:54.0	Dennis Stewart	August 11, 1973
Five Miles	Road	25:35	Fred Binggeli	Jan. 4, 1975
Six Miles	"	32:43	Bill Wirtz	May 23, 1971
Eight Miles	"	43:19	Rick Katz	Oct. 12, 1974
Ten Miles	"	53:17	Rob Leutwiler	Feb. 26, 1972
Ten Miles	Track	52:29***	Barney Hance	June 17, 1972
Twelve Miles	Road	1:09:50	Louis Naeger	July 10, 1971
Heart of America Marathon	Marathon	2:34:07	Barry Crawford	Sept. 5, 1966
One Hour Run	Track	11 Mi., 797 yds.	Barney Hance	June 17, 1972
5,000 Meter Run	"	15:20.8	Dennis Stewart	Dec. 1, 1973
10,000 Meter Run	"	32:14	Dennis Stewart	Nov. 17, 1973
15,000 Meter Run	Road	48:10	Bob Busby	July 13, 1974
20,000 Meter Run	"	1:08:47	Rick Katz	Jan. 18, 1975
25,000 Meters	"	1:27:33****	Rick Katz	Dec. 7, 1974
30,000 Meter Run	"	1:44:30	Rick Katz	Dec. 7, 1974
2 Mile Cross-Country Mun.	GC	9:38	Bob Brouillet	Oct. 10, 1971
2 Mile " " Gustin	GC	10:09	Bob Brouillet	Oct. 23, 1971
5 Mile " " " "	"	26:53	Charlie Evans	Nov. 4, 1973
3, 2, 1 Mile Triathlon	Track	30:55 (15:43, 10:22, 4:50)	Dennis Stewart	Feb. 19, 1972
Sprint Triathlon (Mile, 880, 440)	Track	7:23.8 (4:29.2, 2:01, 53.6)	Dennis Stewart	Aug. 4, 1973
Walk-Run Pentathlon (2 Mile Walk: 18:02, 361 points; 880 Yard Run: 2:04.8, 668 points; 1 Mile Walk: 7:33, 543 points; 2 Mile Run: 10:02.5, 695 points; 220 Yard Dash: 25.4, 523 points)	Track	2,790 Points	Stan Smith	April 28, 1973
2 Man-10 Mile Relay (alternate 440's)	Track	44:26 (Team)	Charlie Evans (67.5 average secs. per 440) & Fred Binggeli (65.8 av. per 440)	June 22, 1974
Individual:	21:56	Fred Binggeli		
2 Man-6 Mile Run-Walk Relay (alternate miles)	Track	34:53 (Team)	Mike Kelly & Larry Young	
Individual:	Runner: 14:07	Dennis Stewart		
	Walker: 20:39	Larry Young		
	All on March 26, 1972			
Four Mile Relay	Track	18:35	Stewart's Stompers (Mike Lawman 4:49, Tom Hoft 4:43 Charlie Evans 4:43 & Dennis Stewart 4:20)	May 25, 1974

*Part of Walk-Run Pentathlon

**Part of Sprint Triathlon

***Enroute to One Hour Run

****Enroute to 30,000 Meters

These are the "Open" records. Next newsletter will have the Age 40 & over records, and the race walking records. Later we will have the Age 15 & under and the Women's records.

IF YOU HAVE HALF A MIND TO RUN, THEN GO AHEAD---THAT'S ALL YOU NEED.
 . . . Duncan For Want of Anything Else (1975)

DAVE SCHULTE MEMORIAL AWARD FOR IMPROVED PERFORMANCE--Standings:
 Av. % Improvement & No. of Events

1. Leonard Busen	7.32	3	9. Ben Londeree	2.47	8
2. Augie Hirt	6.87	6	10. Don Granberg	2.36	8
3. Dennis Blossom	5.81	3	11. Joe Duncan	2.12	8
4. Jim Breitenbucher	5.69	5	12. Rex Frazer	1.85	3
5. Dennis Stewart	3.81	3	13. Sandy Lawrence	1.75	3
6. Dick Hessler	3.41	8	14. Mike Chippendale	.89	3
7. Rob Spier	3.27	3	15. Dave Leuthold	-.79	5
8. Whitney Hicks	3.12	4			

SCHEDULE OF EVENTS;

FEBRUARY 1 Saturday 10:30 AM 8th Annual Ground Hog Marathon
Petit Jean State Park, Arkansas

8 Saturday 9:00 AM 10 Kilo Run, 10 Kilo Walk
Hilton Inn

9 Sunday 8:00 AM 20 Mile Run St. Louis, Mo.
Contact: Jerry Adams 617 Villa Garden Dr.
Kirkwood, Mo. 63122

15 Saturday 10:00 AM Indoor 2 Mile Run St. Louis
Contact: Jerry Adams

16 Sunday 8:00 AM 22 Mile Confidence Run Forest
Park, St. Louis

22 Saturday 9:00 AM 12 Mile Run, 12 Mile Walk (walk
will start at 8:30 AM) Meet at the DEXHEIMER
Shelterhouse (the one in the Southwest corner)
Cosmo Park RECORDS: 1:09:50
Louis Naeger July 10, 1971; 1:43:28 Augie
Hirt May 18, 1974

MARCH 2 Sunday 8:00 AM Third Olympiad Memorial Marathon
St. Louis, Mo. Several CTC people are planning
to do this Marathon. I have some Entry Blanks
CONTACT: Jerry Adams

ERRATA! ERRATA! ERRARA!

I caught the error on our schedule re the November 2nd 2 mile Cross-Country Run--the correct time of course is 2:00 PM (not AM) and I believe most schedules got corrected. However, we failed to catch the error re the Sprint Triathlon on June 28. The correct time for that is 9:00 AM (Not PM)--CHANGE THIS NOW!! Before you forget.

I have just learned that DENNIS STEWART has a bone chip (in his foot, I think) and that he is going to have to undergo surgery. This will put Denny on the shelf for awhile--but he will still do a lot of cycling. We hope his recovery is quick and that he'll soon be running again.

The Columbia Track Club Newsletter is yours for only ONE DOLLAR per year--twelve monthly issues. Send your dollar to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201. CTC membership costs \$4.00 (this includes the newsletter). It is now time to get your AAU registration in--I will have the AAU applications at our races. The cost is \$3.00 without insurance and \$4.00 with. The \$1.00 increase is supposed to go to the particular sport you show on the application--such as Distance Running or Race-walking. I don't know exactly what will be done with it, but perhaps some of it can or will filter back to us.

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201

1975 ENTRY BLANK
MISSOURI VALLEY AAU AND OPEN ONE HOUR WALK

TIME: Saturday, April 5, 1975, 2:00 p.m.

PLACE: Hickman High School Track, Hickman Track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70.

ENTRY FEE: \$1 - Post entries will be accepted; however, please try to have your entries in by April 3.

AWARDS: Trophies to first six finishers, certificates to all finishers, MVA AU medals to first three MVA AU finishers. Small trophies to first women finisher and first over 40 finisher.

MVA AU RECORD: 8 miles, 415 yards, Larry Young, April 16, 1972.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

PRINT NAME _____	AAU Number _____	AAU Association _____
SIGNATURE _____	Birth Date _____	HT. _____ WT. _____
ADDRESS _____		ZIP _____
SCHOOL OR CLUB _____		

If entrant is under 21, parent or guardian must sign below:

NAME _____

ADDRESS _____

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States.

Sanctioned by the Missouri Valley Association of the AAU.

Return to:

Joe Duncan
4004 Defoe Drive
Columbia, Missouri 65201