

OHIO RACE WALKER
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FIRST CLASS MAIL

OHIO RACEWALKER



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COLUMBUS, OHIO

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KITCHEN, YOUNG HIGHLIGHT U.S. SCENE;
MCDONALD SHINES IN OHIO; SOVIETS SWEEP

The past month has seen an unusual amount of race walking activity for this time of year with many top-level performances. In a poorly scheduled effort, Bob Kitchen just missed the last issue of the ORW with a new American 50 Km record on February 27; a brilliant 4:13:35.8. Three weeks later, Larry Young left the field early to win the Senior National 35 Km by nearly a mile in 2:52:41. Two days before that those two impeccable and irrepressible veterans of the race-walking wars, Nikolai Snaga and Vladimir Golubnichiy, had taken One-two in an indoor 3 Mile at the US-USSR dual meet, despite an outstanding effort by Dave Romansky. On the Ohio scene, Phil McDonald first walked a good 10 mile in icy conditions and then bombed 20 Km in 1:37:25 two weeks later. Details on these races and other goodies of interest from the weird and wonderful world of race walking follow, as the Ohio Race Walker unbelievably enters its eighth year of publication.

KITCHEN DOES IT AGAIN

(Special to the ORW from Steve Lund via the Pacific Association Race Walking Report.) San Francisco, Feb. 27--Bob Kitchen again picks up the glory for the month by walking the fastest ever 50 Km by an American. His performance (4:13:35.8) betters the old U.S. record held by Dave Romansky by 1:43. That's darn near a lap. Looks as though the Olympic team this time around is going to include three 50 Km walkers all of whom will be able to better the old record....they're going to have to, or they "just aint goin' to make it".

There isn't a whole lot one can say about this performance or the race, which started shortly after 9 a.m. As is always the case around here, all the walkers had their own plans, most of which had nothing to do with an Olympic qualifying 50. It was in the 50's at the start, and as the temperature slowly rose to the low 60's everybody dropped out--except Bob.

It positively makes me weak to watch this guy go, and go, and go.... Fatigue sets in, his pace slows a little and he keeps right on truckin'. It seems as though he approaches each lap of that track as though it has meaning unto itself and is of little or no relation to the other 124 laps. He simply starts peeling off U.S. records as though they were simply the skin off a Florida orange. Since his 35 Km record 2 months ago, he hasn't looked too good. For the past couple of races, his form hasn't been altogether too smooth. He set no World, or even U.S., records during that period. A real downer. This weekend all that changed. His form seems to be a good indication of his condition. With his form completely smoothed out (except a little sloppiness during the first couple miles)

FOUR MORE U.S. RECORDS! First to fall was Klopfer's brand new 40 K record of last month. (Really not a record since it was on the road.) His time of 3:20:27 was shaved down to 3:20:00. Klopfer was holding the stop watches and really wasn't too excited for Herr Bob. The next record Klopfer road off was 25 miles in 3:21:16. Then came 30 miles in 4:04:36 and finally the 50 Km. Following are the statistics so you can study the progression. Also included are everybody else's doings. Klopfer and Lund were either sick or just recovering. Snazelle collapsed due to hunger, Lansing due to too much pressure around the household, Bob Jackson due to distance inexperience and optimism, Ranney peeled off at 20 Km with a personal best by something under a minute (1:35:34—a fairly impressive performance in its own right but Bill did have a 1:34:36 in 1968; perhaps Steve refers to track marks), Phil Mooers was getting back in shape after foot problems in the Jr. 35, Mark Price resumed his walking career after finishing college and acquiring a cute little wife named Elizabeth, and Bob Bowman, Kitchen's only competition, called it off at 40 Km, having posted a personal best of 3:29:58. One mile and 5 Km splits:

Kitchen: 7:50, 15:50, 23:51 (24:42), 31:50, 39:44, 47:38 (49:17), 55:31, 63:26, 71:21 (73:34), 79:14, 87:10, 95:08 (98:34), 1:43:03, 1:50:59, 1:58:57 (2:03:10), 2:06:55, 2:14:56, 2:22:58 (2:28:08), 2:31:01, 2:39:06, 2:47:18 (2:53:31), 2:55:37, 3:04:04, 3:12:41 (3:20), 3:21:16, 2:29:56, 3:38:45 (3:47:14), 3:47:28, 3:56:00, 4:04:35.
Bowman: 8:03, 16:14, 24:31 (25:23), 33:25, 41:43, 49:52 (51:38), 58:05, 66:24, 74:41, (77:05) 83:04, 91:23, 99:51 (1:43:31), 1:48:14, 1:56:42, 2:05:12 (2:09:45), 2:13:45, 2:22:41, 2:30:47 (2:35:10), 2:39:14, 2:47:38, 2:56:04 (3:02:23), 3:04:33, 3:13:29, 3:22:24 (3:29:58), 3:31:16 for 25 M
Bob Jackson: 17 miles in 2:36:55
Bill Ranney: 7:37, 15:11, 22:46 (23:34), 30:21, 38:00, 45:39 (47:10), 53:22, 61:03, 68:46 (70:51), 76:31, 84:18, 92:10 (95:34)
Bryan Snazelle: 1:59:02 for 20 Km

U.S.—U.S.S.R.

Richmond, Va., March 17—In the first-ever indoor dual track meet between the U.S. and the Soviet Union, European 20 Km titlist Nikolai Smaga pulled away from teammate Vladimir Golubnichiy and a determined Dave Romansky in the final mile to capture the 3 Mile Walk in 20:08. Golubnichiy, twice Olympic champion, just held off Romansky to take second as Ron Laird suffered the embarrassment of being lapped despite breaking 21 minutes in fourth.

The race was walked at an ever-increasing pace as the two Russians were apparently content to bide their time at the start, if you call Smaga's 6:50 first mile biding one's time. Romansky, who had lead early started to force the pace as the three alternated the lead. Laird, who was close at the mile, was forced to drop off. At 2 miles, Dave had a slight lead in 13:32, with a 6:41 second mile. However, he could not answer Smaga's 6:35 closing mile and also let Golubnichiy get a little too far out to catch him with a closing rush. The Russians, even at this speed, showed their usual smooth, fluid, well-coordinated—yes, impeccable—style, making Dave look a bit ragged—and no criticism intended as they would do the same with most any American walker. Even a stylist like Larry Young might look a bit rough in comparison when going at such speeds. A great effort by Dave, but it shows the problem in beating these guys at 20 since we know they are very strong and now, obviously, very fast. The results:

1. Nikolai Smaga, USSR 20:08 (6:50, 13:33) 2. Vladimir Golubnichiy, USSR 20:11.2 (6:50.5, 13:32.4) 3. Dave Romansky, USA 20:12.8 (6:51.2, 13:32—Dave's time shatters the American record, by the way, which should be some consolation for losing the race.) 4. Ron Laird, USA 20:59.8 (6:52.8, 13:51.8)—Romansky had one caution at about 880 yards—Judges were Laskau, MacDonald, Tigerman, and one other, whose name I didn't quite catch.)

YOUNG CLOBBERS 35 KM FIELD

Hollywood, Cal., March 19—Larry Young came into tinsel-town today for the National 35 Km and quickly indicated that he is ready to answer the tremendous challenge being thrown up by one Bob Kitchen. Leaving his only challenger, Bob Bowman, after 5 km, he moved through 20 Km in 1:36:10 before the smog slowed him somewhat the rest of the way. His 2:52:41 was, nevertheless, an excellent sole performance. Kitchen had church commitments and could not make the race but it should be very interesting when they do meet.

Bob Bowman walked a very strong race in second, hanging with Young for 5 km then dropping back of Bill Ranney by nearly 2 minutes at 25 km before coming on again in the final 5 to best the Athens AC veteran. Ranney, despite fading in the final 10 km, probably had his best time at anything over 25 Km as, like fine wine, he continues to improve with age. In fourth place, Todd Scully captured the style prize and also turned in his best distance performance. Obviously a fellow to watch. Bob Henderson, now in the Army and training with Scully at Fort MacArthur moved through in the second half of the race to take fifth and Mike Ryan bested Strider teammate John Kelly over the last 15 km for sixth. The Striders took the team title over the Shore AC. Notable absentees besides Kitchen were Goetz Klopfer, just getting back in shape after some illness, and Tom Dooley, concentrating strictly on 20 Km. Ron Laird started, but had a sore hamstring, apparently from the 3 Mile 2 nights before, and went only 2 Km. The results:

1. Larry Young, Columbia College 2:52:41 (24:01, 47:54, 1:11:44, 1:36:10, 2:00:56, 2:26:38) 2. Bob Bowman, Striders 3:00:02 (24:01, 48:33, 1:13:39, 1:39:49, 2:06:17, 2:33:30—Bob was a little put out with the timers for not letting him know how close to 3 hours he was as he approached the line. If they had, he would probably have kicked and got DQ'd.) 3. Bill Ranney, Athens AC 3:01:22 (24:20, 48:43, 1:13:29, 1:38:35, 2:04:24, 2:32:25) 4. Todd Scully, Shore AC 3:03:37 (24:44, 50:02, 1:15:19, 1:40:31, 2:06:53, 2:34:15) 5. Bob Henderson, US Army 3:12:50 6. Mike Ryan, Striders 3:14:17 7. John Kelly, Striders 3:15:32 8. Jim Bean, Striders 3:16:56 9. Greg Diebold, Shore AC 3:18:37 10. Paul Ide, Col. Col. 3:20:40 11. Tom Knatt, N. Medford Club 3:29:21 12. Roger Duran, un. 3:32:57 13. Dave Bryant, Santa Monica TC 3:41:07 14. John Walker, US Army 3:50:10 15. Don Johnson, Shore AC 3:52:46 16. Chris Clegg, Striders 3:53:26 17. Ed Bouldin, Striders 3:59:11 18. Irv Spector, SMTC 4:00:42 19. Hal McWilliams, Striders 4:10:07 20. Howard Barnes, SMTC 4:11:30 21. Marty Lipstein, SMTC 4:28:06—DNF: Ron Laird, 2Km; Carl Warrell, 10 Km; Gerry Willwerth, Dennis Reilly, Paul Roosevelt, 20 Km; Gary McGee, Tom Williams, 25 Km; Paul Chelson, George Mercure, 30 Km—Cautions to Knatt and Kelly. Judges: Bob Whitman, Murray Rosenstein, Bill Chisholm, Tom Carroll. Race held on fairly flat loop of just under 5 Km.

MCDONALD TOUGH

On the local scene, Phil McDonald continues to improve and, at least for the moment, the highly competitive races of last summer and fall are a thing of the past. On March 5, we got a reasonable field together for the first time this year as six showed up for a 10 miler at Worthington High School. With the temperature at 22 and the wind quite strong, we chose to use an 887 yard lap around the school, which offered some shelter from the wind, rather than venturing out on the full 1 mile 1014 yard lap. So we did 20 laps, making a total distance of 10 miles 140 yards. McDonald and Mortland alternated the lead for three laps for a 12:18. Phil then took off on his own, doing sub-four minute laps through 15, where he had a 59:56. He slowed somewhat from there, but still finished in 80:13, excellent for the conditions. Mortland struggled in nearly 3 minutes later. Meanwhile, Jack Blackburn, just getting back into things, couldn't shake an improving Bob Smith until after 6 miles. Doc Blackburn went through 9 miles and Dale Arnold, also very short on training, managed 6.

Thirteen days later and many of the same gladiators were back at the same site for the Region 6 20 Km championship. This time we went on the big loop, which is 40 yards over 2500 meters per lap, meaning 8 laps with the first one 320 yards short. This time McDonald shot right out and was pulling steadily away after the first three steps. He was probably doing 7:30s at the start, and went through 10 km in just under 48:00. He held just under 8-minute pace from there and turned in an excellent 1:37:25, which moves him from 40th to 21st on an all-time U.S. 20 km list recently compiled by Bob Bowman. Phil is extremely tough right now and should get tougher. He has had a knee problem this winter, which was apparently a function of cold weather, and was forced to do all his training in a tunnel under the Cleveland Clinic, where he works and goes to school. Thus he has done all quality type training but no distance work. As the warmer weather comes and he starts to get in a few long ones, we can look for an even stronger Phil. Back to the 20 km, Mortland carried through at a fairly steady pace to meet the Trials qualifying standard with a 1:42:25. Dale Arnold went the whole way this time at about the same pace he had managed for 6 miles 2 weeks earlier and a newcomer, Gary Uhlmann, in his first ever race, held on gamely to finish the distance. Bob Smith ran into problems and called it a day after 5 laps and Doc Blackburn did 15 Km. Jack the Blackburn was off cheering his high school team to a regional basketball championship. The results of these two races:

10 Miles, March 5—1. Phil McDonald, UCTC 80:13 2. Jack Mortland, OTC 83:00 3. Jack Blackburn, OTC 95:48 4. Bob Smith, OTC 98:37, Doc Blackburn—9 miles in 1:41:19, Dale Arnold 6 miles in 63:10
Region 6 AAU 20 Km, March 18—1. McDonald 1:37:25 2. Mortland 1:42:25 3. Arnold 2:11:21 4. Gary Uhlmann, un. 2:49:37, Doc Blackburn 15 km in 1:40:05, Bob Smith 7½ plus in 78:03.

Full results of NAAU Indoor 1 Mile, February 29—1. Dave Romansky, SJ Chargers 6:13.4 2. Ron Laird, NYAC 6:14.6 3. Larry Walker, Striders 6:17.5 4. Tod Scully, Shore AC 6:20.4 5. Ron Kulik, NYAC 6:22.6 6. Dr. John Knifton, NYAC 6:29.0 7. Greg Diebold, Shore AC 6:31.5 8. Estetan Valle, WUTC 6:40.0 9. Howie Palamarchuk, un. 6:48.0 10. Joe Stefanowicz Phil. AC 7:07—DQ'd Ron Daniel, Cautions to Laird and Scully

OTHER RESULTS:

2 Mile (road), Huntington, Conn., Feb. 27—1. Jack Boitano, Stratford Spartans 17:33 2. Phil Tarasovic, SS 18:07 3. Mike Segal, South. Conn. Sports Club 18:24 4. John Tannachion, U. of Bridgeport 18:53 5. Dr. Norm Canter, SS 19:34 1 Mile, Franklin, Mass., Feb. 13—1. George Lattarulo 7:43 2. Richard Moore 8:04 3. Don Thompson 8:21 4. Brad Kron 8:36 5. Mike Rounds 8:53 6. Sig Podlozny 9:18 6 Mile, Boston, Mass., Feb. 1. Fred Brown, Sr. 69:58—Fred reports it finally happened. They have always agreed up there that all scheduled walks would be held if one walker and a timer showed up. This was the day of a very damaging Northeaster and others tried to make it but couldn't. Fred's powerful Maverick got him, and his courageous timer Les Balcom, through. His time was about 12 minutes off his best on the course, so conditions were rough. ICAAAA 1 Mile Walk, Princeton, N.J., March 4—1. Howard Palamarchuk, Temple 7:02.2 2. Phil McGaw, Springfield 7:10.7 3. Peter Warren, USMMA 7:36.4 4. Bruce Douglas, U. of Maine 7:40.5 5. Kenneth Reynolds, USMMA 7:41.2 6. Rich Pfeiffer, Manhattan 7:44.8—18 starters, with Princeton, Johns Hopkins, Syracuse, and Alfred also represented, was the biggest field in history. 10 Mile, Asbury Park, N.J.—1. Todd Scully, Shore AC 1:19:29 2. Dave Romansky, SJ Chargers 1:22:00 3. Dr. George Shilling, NYPC 1:25:58 4. Bob Mimm, Phil. AC 1:26:56 5. Bob Falciola, Shore AC 1:34:31 6. Don Johnson, Shore AC 1:34:40 7. Elliott Derman, Shore AC 1:35:51 8. Bill Hakulich, Phil. AC 1:36:11 (16 finishers) Women's 10 Mile, Asbury Park—1. Stella Palamarchuk 1:43:18 2. Nancy Taylor 2:16:13 3. Virginia Lucas 2:17:07 20 Km, Asbury Park, Jan. 30—1. John Knifton, NYAC 1:34:45 2. Todd Scully, Shore AC 1:36:42 3. Ron Daniel, NYAC 1:39:45 4. Ray Somers, un. 1:39:52 5. Ron Kulik, NYAC 1:43:16 6. Howie Palamarchuk, Temple U. 1:43:16 7. Elliott Derman, Shore AC 2:00:19 10 Mile, Long Branch, N.J., March 5—1. Ron Laird, NYAC 1:10:42.6 2. Dave Romansky, SJ Chargers 1:10:55 (he gets back in shape rather quickly) 3. Bob Mimm, Phil AC 1:30:06 4. Randy Mimm, Phil AC 1:30:14 5. Bob Falciola, Shore AC 1:31:44 6. Fred Stratton, Shore AC 1:32:35 7. Bob Carlson, Shore AC 1:33:41 8. Bill Hakulich, Phil. AC 1:33:47 (12 finishers) 20 Km, Detroit, Feb. 27—1. Jerry Bocci 1:43:50 (25:50, 52:45, 1:19:00) 2. Leon Jasionowski 1:43:52 (same splits) 3. Bill Walker 1:48:23 (cold and windy as for the Long Branch 10 miler, too.) 30 Km, Detroit, March 12—1. Jerry Bocci, 2:42:58 2. Bill Walker 2:45:09, Leon Jasionowski did not finish. Bocci's splits: 26:52, 54:10, 1:21:24, 1:48:26, 2:15:50, Walker with him through 20 Km. Women's 10 Km (road), Detroit, March 12—1. Jeanne Bocci 57:45 2. Lynn Olson 59:03 3. Denise Gross 69:14 Women's 1 Mile (Indoor), Detroit, March 18—1. Jeanne Bocci 8:10 2. Laurie Tucholski, Toledo 8:13 3. Mary Honey, Dayton 8:16 4. Carol Mohanco, Dayton ? 5. Denise Gross, Detroit 9:30 6. Kathy Simon, Detroit 9:33 (Lynn Olson arrived late and did 8:16 by herself) 1 Mile, Detroit, March 18—1. Bill Furves, Toronto 6:43.0 2. Jerry Bocci 7:05 3. Leon Jasionowski 7:07.5 4. Roman Olaszewski, Toronto 7:11.5 5. Bill Walker 7:18, Brian Murphy DNF 5 Km, Columbia, Mo., March 18—1. Joe Duncan 30:15 (5 minutes after 5:27 1 mile run) 2. Dave Leuthold 30:50 3. Joe Mize, Atchison, Kan. 32:40 30 Km Run, Columbia, March 4—2. Larry Young 1:55:16 Far Western 25 Km, San Francisco, Feb. 13—1. Bob Kitchen 2:03:35 (24:23, 48:34, 1:13:36, 1:38:32) 2. Bill Ranney 2:03:39 (24:23, 48:50, 1:13:50, 1:38:56) 3. Roger Duran 2:13:11 4. Steve Lund 2:14:06 5. Jim Bean 2:22:06 6. Jerry Lausing 2:27:48 7. Bryan Snazelle 2:28:05 (Steve Tyrer 2:19:12 should be up there. It was just 2 weeks later that Kitchen did 2:03:10 on his way to 50 on the track.)

Ontario 3 Km Championship, Toronto, March 4--1. Frank Johnson 13:04.4
 2. Bill Purves 13:06.2 3. Pat Farrelly 13:21.8 4. Neville Conway
 13:56.8 5. Roman Olszewski 14:47.0 6. R. Walmbolt 15:13.0 7. J. Mon-
 acco 16:30.6 9. G. Salisbury 16:38.8 (Felix Cappella and Karl Merschenz
 did not finish) 15 Mile, Toronto, March 12--1. Pat Farrelly 2:02:08
 2. Karl Merschenz 2:02:11 3. Max Gould 2:21:51 4. Ernie Sharp 2:39:58
 5. G. Salisbury 2:56:13 6. Art Keay 3:06:43 15 Km, Stockport, Eng.
 1. John Paddick 70:12 (Member 1964 Olympic team at 20 Km who has walked
 sporadically since apparently making strong effort this year) 2. Ron
 Wallwork 71:04 3. D.J. Vickers 72:48 4. Julian Hopkins 73:32 (Results
 thanks to former clubmate Barry Richardson who has recently put in a
 56:32.7 mile effort on a measured course. Jolly good thing the bloke is
 back in England where I don't have to contend with such stellar perfor-
 mances) 15 Km, Hayes, Engl, Jan. 8--1. Ron Laird 73:36 15 Km, Steyning,
 Eng., Jan. 1--1. Laird 70:23 2. Alan Buchanan 72:13 7 Mile, London,
 Jan. 15--1. Laird 50:11 2. Shaun Lightman 50:42 3. Bill Sutherland
 51:14 4. Amos Seddon 51:22 5. C. Lawton 51:30 6. George Chaplin 51:47
 7. Eric Tsyler 51:57 8. J. Callow 52:18 (30 under 55, 38 under 56:00,
 92 under 1 Hour) 10 Mile, London, Jan. 22--1. Paul Nihill 70:15 (2 Mile
 splits: 13:44, 14:09, 14:04, 14:18, and 14:00) 3 Km, London, Jan. 19--
 1. Roger Mills 12:35.0 2. Ron Laird 12:46.6 3. Amos Seddon 12:58 4.
 J. Callow 13:00.6 5. Alan Buchanan 13:13.4

UPCOMING RACES (Letters in parentheses refer to persons to contact re-
 garding the race as listed following the schedule.)

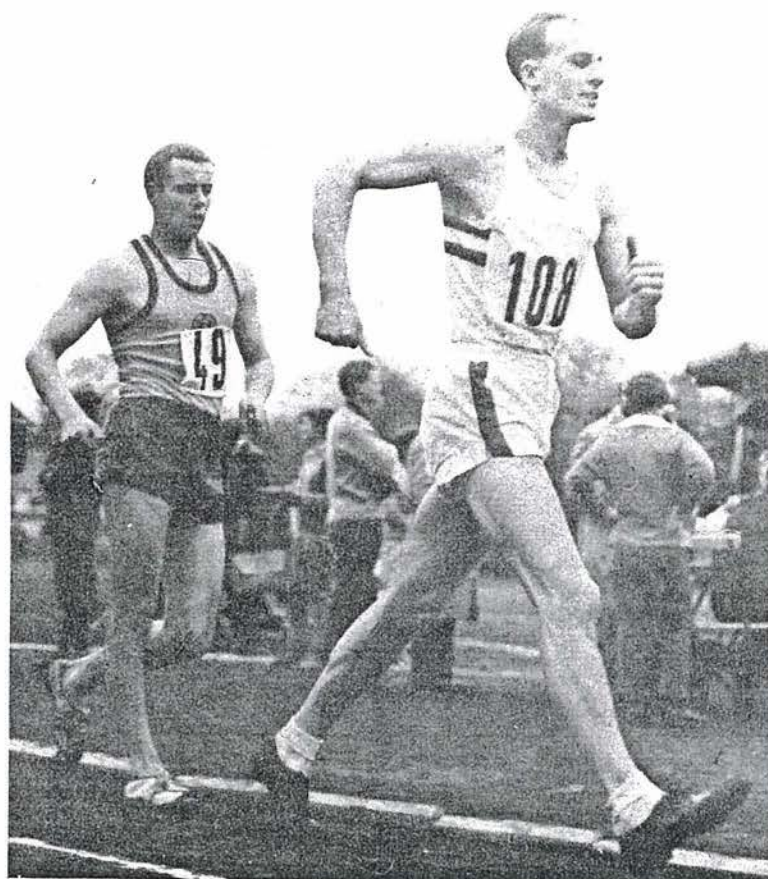
Sun. April 9--15 Km, Belle Isle, Detroit, Mich., 10 a.m. (A)
 Capt. Ron Zinn Memorial 10 Mile, Astury Park, N.J. 10 am (B)
 7 Mile, Hickman Track, Columbia, Mo., 2 p.m. (R)
 NAAU SENIOR 25 Km, SEATTLE, WASH., 9:30 a.m. (C)
 Wed. April 12--Los Angeles Athletic Club Invitational 4 Mile
 Sat. April 15--NAAU JR. 20 KM, CORNWELLS HEIGHTS, PA., 10 a.m. (D)
 10 Mile, Continental, Ohio, 12 noon (E)
 2 Mile, UCLA Track, Los Angeles, 12:30 p.m. (F)
 RMAAU 20 Km and Open, Adams County Fairgrounds, Col. (G)
 PNAAU 15 Km with Birch Day Marathon (C)
 Sun. April 16--Eastern Regional 50 Mile, Monmouth Col. Track 7 a.m. (B)
 MVAU 1 Hour, Hickman Track, Columbia, Mo., 2 p.m. (R)
 Sat. April 22--1 Mile, Kansas U Relays, Lawrence (sub 7:30 to qualify) (H)
 50 Km, West Seattle, Wash. Track, 7 a.m. (C)
 Iowa AAU 20 Km, Waterworks Park, Des Moines, 10 a.m. (I)
 Sun. April 23--NAAU Sr. 20 KM, C.W. POST COLLEGE, LONG ISLAND (J)
 Sat. April 29--7 Mile and 40 Km, Dayton, Ohio, 12 noon (E)
 NAAU JR. 10 KM, COLORADO U. TRACK, BOULDER, 10 a.m. (G)
 5 Km, Mt. SAC Relays, Walnut, Calif. (F)
 Walk-Run Pentathlon, Hickman Track, Columbia, Mo. (2 Mile
 Walk, 880 run, 1 Mile Walk, 2 Mile Run, 220 Dash), 9 a.m. (R)
 Sun. April 30--10 Mile Boardwalk Walk, Seaside Heights, N.J. 10:30 a.m. (B)
 20 and 50 Km, Woodside, Calif. (K)
 10 Km, Mt. SAC Relays, Walnut, Calif. (F)
 Dr. Tripp Memorial 10 Km, Women's 5 Km, Broomfield, Col. (G)
 Bill's Tap 10 Mile HDCP, Lowell, Mass. (L)
 Sat. May 6--Iowa AAU 50 Km, State Fairgrounds, Des Moines, 8 a.m. (I)
 RMAAU 50 Km, Adams County Fairgrounds, 8 a.m. (G)
 1 Mile, Quantico Relays, Quantico, Va.

Sun. May 7--7 Mile, Belle Isle, Detroit, 10 a.m. (A)
 Walking Pentathlon, Sunnyvale, Cal. 10 a.m. (K)
 20 Km, East River Drive, Philadelphia (M)
 20 Km, Missouri Cup, Hickman Track, Columbia, Mo. 2 p.m. (R)
 20 Km, West Seattle Track, Wash. 9 a.m. (C)
 Sat. May 13--WESTERN HEMISPHERE 20 KM CHAMPIONSHIP, Sharon, Pa. (J)
 SPAU 20 Km Championship, Cal Tech Track, 9:30 a.m. (F)
 2 Mile Hdcp, Grade School 3/4 Mile, Longmont H.S. Track,
 Denver, 9 a.m. (G)
 Sun. May 14--Ohio AAU 10 Km, Worthington H.S., 12 noon (E)
 20 Km, San Francisco State Track 10 a.m. (K)
 10 Km, Cedar Rapids, Iowa 10 a.m. (I)
 1 Mile, Martin Luther King Games, Philadelphia
 Sun. May 21--NAAU SR. 1 HOUR, LAWRENCEVILLE, N.J. (N) (if you don't have
 entry blank by first of May contact Daniel immediately)
 5 Mile, Belle Isle, Detroit, 10 a.m. (A)
 Sat. May 27--2 Mile, California Relays, Modesto 2 p.m. (K)
 Sun. May 28--9 Mile Hdcp, Lakewood, N.J. (E)
 NAAU SR. 10 KM, STAGG FIELD, CHICAGO (O)
 Mon. May 29--Zinn Memorial 10 Km, Chicago (P)
 Sat. June 3--Kennedy Games 5 Km, Berkeley, 1 p.m. (K)
 Iowa AAU 2 Mile, Dewitt, Iowa (I)
 20 Km, Women's 5 Km, Greenwich, Conn. (Q)
 RMAAU 2 Hour, Colorado U. Track, Boulder 8 a.m. (G)
 6 Mile Hdcp, Cosmo Park, Columbia, Mo. 9 a.m. (R)
 Sun. June 4--2 Mile, Belle Isle, Detroit, 10 a.m. (A)
 10 Mile, Lansdowne, Pa. (M)
 Sat. June 10--Ohio AAU 1 Mile, Dayton (E)
 3 Mile Hdcp, Grade School 1 Mile, Broomfield, Colo. 9 a.m. (G)
 Sun. June 11--NAAU 2 Mile, Monmouth College (B)
 7 Mile (Track), Cleveland, Ohio (E)
 Sun. July 1--OLYMPIC TRIAL 20 KM, EUGENE, OREGON (J)
 Tue. July 4--OLYMPIC TRIAL 50 KM, EUGENE, OREGON (J)

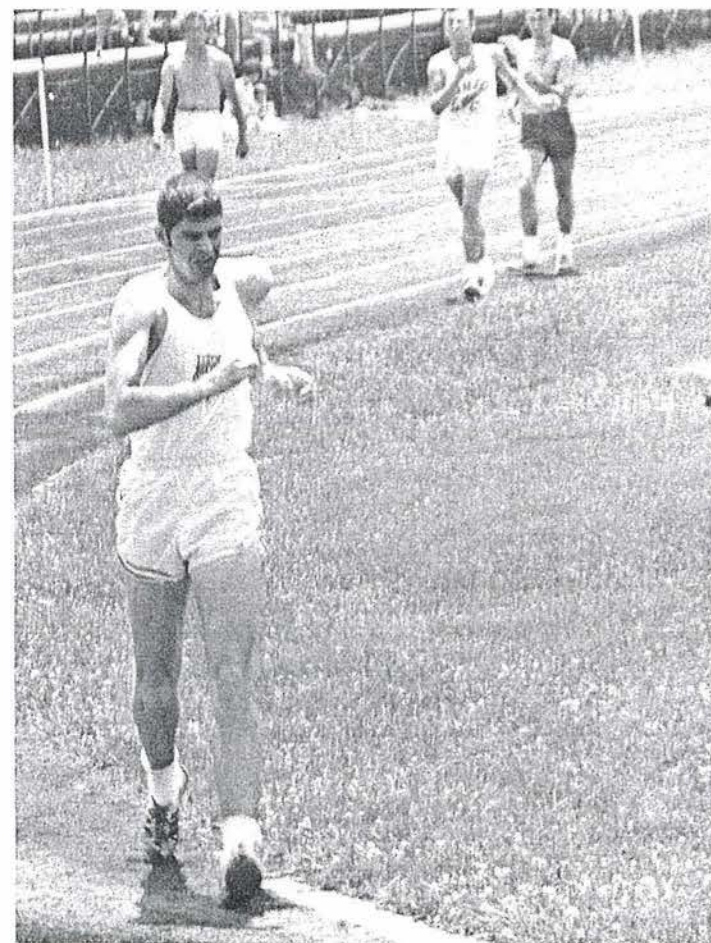
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The Ohio Race Walker is published monthly in Columbus, Ohio by one Jack
 Mortland, who deserts his wife for three or four nights while beating it
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A CLASSIC EXAMPLE OF RELAXED, HIGH-SPEED WALKING. Ken Matthews, still this writer's pick as the all-time 20 km. king, seen as he laps a lesser man during a 43:26 10 km effort in East Germany in May 1961. That, my friends, is 6:59.4 per mile, and what could look easier, or more legal.



AND A NOT-SO-CLASSIC EXAMPLE. Your editor, also during a 10 km race, looking equally legal but not nearly as relaxed and going nearly a minute a mile slower. This was early in a 48:39 effort in 1970 with Barry Richardson and Jerry Brown in arrears. Jerry Brown is not very often seen in arrears these days.

BITS OF THIS AND THAT

If you want to continue to see purty pictures in the ORW send me some. Glossy prints preferred although good halftones can be used. (The picture of Matthews is taken from a cover of one of McCarthy's old rags.) Any size, they can be reduced. Can't guarantee they will be used, as I can only run two or three a month. Current things will be preferred, but some oldies are of interest, as well....Dave Lakritz, one of the real likeable veterans of the walking game, is retiring from his job and moving to Israel in April. I am sure all in the walking fraternity wish him well....Joe Tigerman will be on the International Panel of Walking Judges for the Olympic Games in Munich as the only U.S. representative....A women's race walking subcommittee of the National AAU Women's T&F Committee has been established with Don DeNoon, Apt. 2, 635 Coronado Ave., Long Beach, Cal. 90814 as the 1972 Chairman. Don has asked that all Association RW Chairmen include women's events at shorter distances on their schedules. Send names and addresses of any women race walkers in your area and results of races to Don....Ron Laird's race walking book is due out in early April and is being printed and distributed by Track & Field News, P.O. Box 296, Los Altos, Calif.... Speaking of Track & Field News, as noted some time ago, the Publication is now giving race walking more play and Bob Bowman is doing an excellent job as their Walking Editor. However, for those who keep harping on the necessity of 1 Mile walks for exposure of the sport, consider the following from their article on the AAU Indoor T&F Championships as written by Jim Dunaway and Bob Hersh, "In the mile walk, television slow-motion replays often revealed considerable air under the 'walkers' yet only most-flagrant Ron Daniel was canned, as Dave Romansky won in a meet best 6:13.4." Now I don't know if the replays really showed this or not, or if these guys don't know what they are looking at. But I am sure this is not the kind of exposure we need....A Junior National Track and Field Meet for boys 14 to 19, to include a 10 Km Walk, will be held in Denver June 23 and 24. The first two in each event will qualify to compete in a dual meet with the USSR to be held July 28-29 in either Chicago, El Paso, or Sacramento. A return match will be held in the Soviet Union next year....Whoops! Some more results I had buried in the wrong stack of stuff. (I work from stacks of stuff.) 10 Km, Indio, Calif., Feb. 20--1. Bob Bowman 48:10.6 2. Don DeNoon 49:11 3. Rudy Haluza 50:52 4. Mike Ryan 51:28 5. John Kelly 52:00 6. Dick Ortiz 53:41 7. Ed Bouldin 54:50 8. Jim Bean 56:31 9. Manny Adriano 57:36 10. Carl Warrell 58:11 11. Howard Barnes 60:16 12. Hal McWilliams 60:29 13. George McCure 61:17 14. Marty Lipstein 68:00 4 Mile (Indoor), Los Angeles, Feb. 23--1. Larry Walker 30:40 2. Don DeNoon 30:48 3. Mike Ryan 31:35 4. Ed Bouldin 34:59 5. Carl Warrell 35:53 6. George McCure 37:12 7. Chris Clegg 38:35 8. Hal McWilliams 39:10 15 Km, Altadena, Cal. Feb. 12--1. Bob Bowman 1:14:12 2. Steve Tyrer 1:14:40 3. Don DeNoon 1:18:17 4. Jim Bean 1:21:53 5. Ed Bouldin 1:26:31 6. Dave Bryant 1:26:36 7. John Kelly 1:31:35

LOOKING BACK:

10 Years Ago (From March, 1962 American Race Walker): The cover shows Jack Blackburn and Rudy Haluza during 1959 10 Km, which Rudy won on a very soft track in 48:03 with Blackburn second in 49:15 (which actually has nothing whatsoever to do with 10 years ago)....Ron Zinn won the IC4A 1 Mile in 6:18.3 to break Henry Laskau's American record as Henry watched helplessly from a judges position. Zinn was 1:30 at the 440 and 3:03 at the half before slowing to 1:41 on the third quarter and then kicking in. Ron Daniel was a distant second in 7:07.4....Jack Blackburn blazed a 5:31:17 to win the Midwest Race Walking Association 50 Km in Columbus. In a race held at the same time, Jeff Loucks of the Ohio Track Club beat Chris McCarthy for the 20 Km Championship in 1:46:33....Elliott Denman was featured

as Pedestrian of the Month and I note that he is exactly 1 year older than your editor.

5 Years Ago (From the March 1967 ORW): Jack Blackburn slipped away from Jack Mortland in the last mile as both recorded their best ever track 10 km with 47:22 and 47:28. Norm Rothe, up from Texas to visit relatives, took third in 53:25 as the 9-man field comprised one of the largest in Ohio history....Don DeNoon edged Larry Walker 6:28 to 6:29.9 to capture the National 1 Mile in Oakland as defending titlist Rudy Haluza came third in 6:34.2. Ron Laird, Larry Young, and Bob Kitchen filled out the first six....Larry Walker also turned in an outstanding track 10 Km with a 46:21.2 to beat Ron Laird by nearly a minute and Larry Young by nearly two.

I recently received a letter from one of the nation's leading judges, who, off the record, expressed the opinion that we might do well to try and provide expense money for judges if we expect them to travel great distances to judge our walks. My good friend Dr. Blackburn has often talked along these lines to the extent of indicating that if we want professional judging we had better make judges professionals. He has also discussed training courses for judges in the past. Because this is an important issue, and because at least two of our better judges are concerned about it, I asked Doc to briefly set down some of his thoughts on matters related to the quality of judging with the thought that it might instigate some positive action along the lines he lays down. Here is what he gave me:

"There should be formal training for judges. There should be examinations--oral, written, and practical--before one is permitted to act as a judge. When a judge is considered qualified, his expenses to a walking event should be paid, and he should receive an honorarium.

"Formal training should consist of a curriculum in anatomy, physiology, and mechanics of walking. It should include a period of apprenticeship wherein the aspiring judge is assigned to a qualified senior judge for each race. Each designated judge should have a student judge at each race.

"Just because a man has judged many races does not automatically qualify him as competent. Qualifications of judges should be reviewed on a yearly basis.

"Qualifications for student judges need not necessarily include a background of race walking, since they would be trained in the basics in any case. Experienced race walkers may in some instances have too much empathy with competitors to be objective.

"Personality of the applicant for judgeship should be considered. He or she needs to be a rather rigid, perfectionistic, compulsive type. The convivial "hail fellow, well met" extrovert will not do. He will overlook too many faults in order to preserve the pleasant atmosphere he requires.

"A judge should be required to disqualify himself when friends or relatives are competing.

"By the very nature of his work, the judge should expect to be excluded from pre- and post-race social gatherings and camaraderie, which is an important part of the sport. The competitors who would most often

him for the calls he made, will be upset for the calls he didn't make. This is all aggravated by the fact that race-walking is one of the most strenuous of sports, and most of the competitors are in an unreasonable state of mind during and after the event. Therefore, judges should be paid. There is no other reward. No satisfaction in a job well done. The enmity and hostility encountered send judges home feeling rather depressed or angry. There is a universal desire to be liked, and being a race-walking judge does nothing for this.

"Establishing a few of these principles will obviate such things as a recent national race in which one judge gave all but three competitors at least one call, and two of those were the slowest. In another recent event, a veteran competitor was disqualified, and never found out why--all judges were evasive.

"Many glaring faults of judging may be cited by all of us. Perhaps this plan will help."

Comments, please.

Late Results:

Region 6 50 Km Championship, Detroit, March 26--4:40:15 (29:11, 58:24, 1:26:43, 1:55:20, 2:22:50, 2:49:36, 3:15:42, 3:42:40, 4:11:32) My gosh! I forgot to put a name. 1. Karl Merschenz, Gladstone AC (see foregoing for time and splits) 2. Jerry Bocci, Motor City Striders 4:40:27 (dropped back after 35 km and then nearly got back up again) 3. Bill Walker, MCS 4:47:50 (with leaders through 25 km) Leon Jasionowski out after 2:52:28 for 30 km. NY Collegiate Track Conference 1 Mile, March 11--1. Pete Warren, USMA 7:33.4 2. Ken Reynolds, USMA 7:34.4 3. Mike Segal, Southern Connecticut 8:00.3 4. Stewart, USMA 8:10.9 5. Sabine, C.W. Post 8:18.5 NJAAU 1 Mile, Princeton, March 25--1. Greg Diebold 7:01.3 2. Joe Jordan 7:25.8 3. Bob Falciola 7:26 4. Terry Anderson 8:19.4 5. Ron Brooks 8:34.5 6. McCarthy 8:50 50 Km, Fairfield, Conn., March 26--1. John Knifton 4:39 plus 2. Ron Daniel 4:59:09 (apparently walking to qualify. 3 Mile Hdc, Boulder, Colorado, March 11 (actual times shown)--1. Gail Eristow 31:24 2. Joe Manning 29:51 3. Pete Van Arsdale 25:51 4. Elisa Kaire 33:24 5. Floyd Godwin 22:47 (did 1:15:55 for 15 Km in the morning participating as a walker in a running race) 6. Steve Christian 2 8:07 7. Jerry Brown 22:28 8. Ted Rick 33:55 2 Mile (Indoor), Boulder, March 18--1. Jerry Brown 14:12.4 2. Bill Weigle 14:55.8 3. Floyd Godwin 15:07.6 4. Pete Van Arsdale 16:22 5. Chris Amoroso 16:51 Jr. 3/4 Miles, Boulder, March 18--1. Jim Manning (age 8) 7:54.8 2. Kevin Manning (10) 8:07 3. Dteve Easton (13) 8:08 4. Julie Easton (11) 8:46 RMAAU 2 Mile, Boulder, March 19--1. Jerry Brown 14:15.6 2. Bill Weigle 14:48.6 3. Floyd Godwin 15:06.8 4. Pete Van Arsdale 16:10.6 RMAAU Women's 880--1. Ingrid Martin 3:58.2 15 Km, Montreal, March 12--1. Yvon Groulx 1:14:09 2. Bill Purves 1:19:48 3. Joel Dadda 1:24:45 4. Michel Rose 1:26:14 (9 finishers)

Canadian Races:

April 16--20 Km, 3Km Juvenile, 1500 meters Women, Montreal
April 23--20 Km, Midland, Ontario, 2 p.m.
April 26--10 Km, Central Tech H.S. Track, Toronto, 7 p.m.
April 30--Italy "B" vs Canada, Montreal
May 5--10 Km (Track), Hamilton, Ontario
May 18--30 Km, 5 Km Jr., 5 Km Women, 3 Km Juvenile, Montreal
May 24--Canadian 20 Km (Open), Toronto (I think)
June 18--Canadian 50 Km (Open), Toronto (I think)

LARRY YOUNG CAPTURES ZINN AWARD

The Eleventh Annual Capt. Ronald L. Zinn Memorial Trophy, presented each year by the Green & Gold AC to the outstanding race walker in the U.S., has been awarded to Larry Young for 1971. The recipient is determined by a vote of walkers throughout the U.S. Larry received 34 first place votes among the 49 ballots cast and compiled 414 points to 286 for runner-up Ron Laird, himself a four time winner of the award. Young had also won the trophy in 1968. The only other man to receive it more than once was Ron Zinn who won it three of its first four years before his death in Vietnam. At that time it was known as the Michael Riban, Jr. Trophy. Fifty-one athletes were mentioned on ballots this year with the first ten being Young, Laird, Tom Dooley, Bob Kitchen, Goetz Klopfer, Jim Hanley, John Knifton, Jack Mortland, Elliott Derman, and Bill Ranney.

OFFICIAL SUMMARY OF 1971 JUNIOR OLYMPIC RACE WALKS

Bantam Division (8 and under): 440--1. Mike Rencheck, Burgettstown, Pa. 1:54.2 2. Tim Bunker, LaCrosse, Kan. 2:00.0 3. Rick Wilson, Independence Mo. 2:04.0 4. John Resnik, Burgettstown 5. Greg Bentley, Stockton, Cal 2:12.1 1 Mile--1. John Resnik 10:06.9 2. Mike Rencheck 10:08.9 3. Tim Bunker 10:18.8 4. Greg Bentley 10:19.0 5. John Gailey, Mt Lebanon, Pa. 10:23.2

Midget Division (10 and 11): 440--1. Dave Schmidt, Dalles, Ore. 1:47.1 2. Vernie Harris, Portland, Ore. 1:47.2 3. Gene Spear, Hillsboro, Ore. 1:52.7 4. Rodney Harms, Salina, Kan. 1:59.7 5. Greg Johnson, LaCrosse, Kan. 2:02.0 880--1. Harry Bertrand, Burgettstown, Pa. 4:20.1 2. Jim Bennet, Burgettstown 4:21.5 3. Joe Harewicz, Mt. Lebanon, Pa. 4:24.0 4. Daniel Martinez, San Jose, Cal. 4:35.0 5. Rodney Harms 4:35.2 1 Mile--1. Rodney Harms 9:14.9 2. Greg Johnson 9:19.4 3. Mac Sutherland, Mt. Lebanon 9:48.1 4. Jim Bennett 9:49.5 5. Joel Kuchera, Pawnee Rock, Ka n. 9:57.2

Junior Division (12 and 13): 880--1. Brad Cardwell, Carthage, Mo. 3:58.9 2. Raymond Chapin, Independence, Mo. 4:02.0 3. Bennett Moeder, LaCrosse 4:03.4 4. Scott Smythe, Arlington, Ore. 4:07.7 5. Jim Kellames, Sparks, Nev. 4:08.0 1 Mile--1. Raymond Chapin 8:49.4 2. Jon Gray, Middletown, N.J. 8:55.0 3. Bennett Moeder 9:02.4 4. Denton Hoyer, LaCrosse 9:03.1 5. Mark Fitzpatrick, Rehoboth, Pa. 9:43.1 2 Mile--1. Raymond Chapin 18:35.6 2. Denton Hoyer 18:49.4 3. Bennett Moeder 18:53.6 4. Ricky Woods, Salina, Kan. 18:59.6 (this event contested in Mo. Valley only)

Intermediate Division (14 and 15): 1 Mile--1. James Bentley, Stockton, Cal. 7:53.0 2. Ron Brooks, Erick Twp., N.J. 7:55.0 3. Steve Herrman, LaCrosse, Kan. 8:06.6 4. Bill Romansky, Carney's Point, N.J. 8:23.0 5. Rudy Pearson, Trout Lake, Wash. 8:32.0 2 Mile--1. James Bentley 16:41.6 2. Ron Brooks 17:27.4 3. Steve Herrman 18:12.2 4. Brad Bentley, Stockton 18:12.8 5. Mark Berger, Erick Twp. 18:15.0 3 Mile--1. James Bentley 27:20.2 2 Brad Bentley 27:31.0 3. Steve Herrman 27:31.0 4. Bryan Snazelle, San Rafael, Cal. 27:34.4 5. Ron Brooks 27:47.8 Senior Division (16 and 17): 1 Mile--1. Howie Palamarchuk, Cornwell Hts., Pa. 7:01.0 2. Wes Edwards, Portland, Ore. 7:08.6 3. Jerry Lansing, Redwood City, Cal. 7:26.0 4. Barry Harwick, Mt. Lebanon, Pa. 7:41.7 5. Joe Jordan, Eatontown, N.J. 7:51.0 3 Mile--1. Jerry Lansing 24:58 2. Barry Harwick 25:19.8 3. Tom Wolf, Pittsburgh, Pa. 25:20.4 4. Randy Mimm, Willingboro, N.J. 25:54 5. Carl Yahara, Middletown, N.J. 26:29.6 6 Mile--1. Jerry Lansing 50:39.6 2. Tom Wolf 54:23.2 3. Randy Mimm 55:10.8 4. Barry Harwick 56:12.0 5. Carl Yahara 56:22.2

Many years ago, in our more breezy, uninhibited days before we had such a class clientele, we used to make frequent references to the "Cromwell Theory". Your editor had once read a book by the noted track coach Dean Cromwell in which the author included the usual naughty, naughty section at the end, i.e. you shall not drink, smoke, and eat bad food. However, Mr. Cromwell went one step further and blatantly stated, "Sexual gratification is the worst thing for the athlete." Well, we had considerable fun with that for some time, even suggesting such things as "sex breaks" during 24 hour walks, just by way of experimentation, you know. And we were, of course, called to task by a few readers, including one C. Silcock. So now, who should send me the following article, knowing full well that I will probably use it—that's right—one C. Silcock. And thanks to Charlie, here it is: "Is Sex Bad for Athletes" by Charles Maher of the Los Angeles Times, printed in our usual bold manner without copyright release.

Weeks before the big fight, the boxer goes to a training camp in the mountains. His manager wants him to get away. From what? Sex.

Several days before each game, the coach at a big-time football school moves his married players into a dormitory. Does he want to make sure they get just the right amount of sleep? No, he wants to make sure they get just the right amount of sex. NONE. (Boos and hisses from readers)

There is evidence, you see, that sex has gained a foothold in America, and, indeed, is ever practiced to some extent on the continent. Of course, it may be nothing more than a fad. But while it lasts, say some coaches and managers, it must be recognized for the peril it is. After all, they say a little carnal knowledge can be a dangerous thing, especially just before a big event. So, to their athletes, they keep singing that old refrain: "Refrain."

But does sexual intercourse really have an adverse effect on an athlete's performance if indulged in, say, on the eve of a contest? Suey Welch, a fight manager for most of the 20th century, thinks it does. "Kids get with their wives or girlfriends and they don't know when to stop" Suey said. "They come out weak as a cat. I know a lot of fighters who went bad just because of that."

"That's why they send fighters to training camps," said boxing promoter Don Fraser, "To get them away from temptations." "Like sex and booze?" "Not many fighters are really boozers," Fraser said. "It's sex."

The effect of intercourse on athletic performance was taken up last August by a British publication, World Sports. The magazine mentioned a British runner who did a sub-4 minute mile less than 90 minutes after making love. But there was also a question from Dr. Ian Adams, club physician of the Leeds soccer team:

"A lot of people say that sex has no more effect than a sneeze on you. That of course is rubbish....I think it all depends on the length of the sex act. If a player had sex on Friday night which lasted for half an hour, I don't think it would make any difference to his performance the following day....but if sex went on for a few hours, then that would have a bad effect. Energy would be sapped."

A call to the American Medical Association in Chicago produced this comment from a spokesman of the AMA Committee on Medical aspects of sports:

"The best guess of our experts is that sexual intercourse the night before a game would make no difference in the performance of a married man if intercourse is a regular part of his life. (Good Lord! I hope so.) He might even perform better if he gets rid of a tension or two. (Right on.) But, among singles, chances are the act is going to be done in such an atmosphere that the effect might be to put the guy a little off, unless he's a fellow who'd done a lot of this—established a regular pattern of sex."

The AMA man quoted from a book called "Sports Medicine", edited by an English doctor J.G.P. Williams, published about 10 years ago:

"Generally speaking, it may be said that a married couple should maintain the normal pattern of sexual relationships during the training and competitive season. There is no evidence that intercourse the night before a race or game will adversely affect performance. Indeed, it is often the case that the athlete's performance will suffer if intercourse is avoided. Neither promiscuity nor celibacy has a place in the training schedule of the married athlete....."

"Intercourse among unmarried athletes is a totally different problem. Quite apart from moral considerations, the...effect of the somewhat clandestine atmosphere in which such affairs are usually carried out may be unsettling and detract from performance." (I hope Ron Laird is carefully taking all this in.).....

Broadway Joe Namath, reputed to be among the more accomplished bedroom artists, talked about sex in football: "When I was at Alabama," he said, "even the married fellows had to spend the last 4 days before a game in a dormitory. They didn't like it much but that's the philosophy they believed in there. You're limited in pro ball, too. The night before a game, we have a curfew and a bed check."

If Namath is not much of an authority on the effect of intercourse the night before a game, his reputation would seem to qualify him to comment on the effect of indulgence at other times.

"Personally", he said, "I think it helps. It helps my nerves. Even if you don't partake of sex, it's nice being around a girl, just to relax yourself. I've been in situations where two days before a game I couldn't eat because I was so nervous. That's not a good feeling."

And in such a situation you find the companionship of a young lady tends to alleviate the problem? "Well", Namath said, "regardless of whether it's football or what I'm doing, I'm always looking to be in the company of a young lady I can have a good relationship with, whether it's with sex or just as friends....I've checked with our team doctor because I didn't want to do something if it would really hurt me. The doctor told me it has no effect. No adverse effect. Of course, if you abuse it—if you stay up all night and abuse yourself—then it's going to affect you"

And so on goes the article, which we don't have room to complete here, (nor do we have room for several other things stacked at typewriter side) without reaching any definite conclusions, probably because there are no firm ones to be reached. But I still think Dean Cromwell was some kind of a nut!