

Ohio Racewalker
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OHIO RACEWALKER



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YOUNG DOMINATES, LADANY AMAZES IN APRIL

But for one stupendous performance by Shaul Ladany, the U.S. race-walking scene has been pretty well dominated by one Larry Young since last we came to you. Larry added two more national titles, the 25 Km in Seattle on April 9 and the 20 Km on Long Island on April 23, bringing his total for the still young season to three. On other weekends he found time to throw in two very fast track races back home. Ladany meanwhile shattered all known records for 50 miles with a 7:23:50 on the Ocean Twp., N.J. track. The previous ^{best} on record was 7:44:47.2 by Harold Whitlock back in 1935. Over in Europe, the young East German, Karl-Heinz Stadtaueller, took a minute off countryman Christoph Hehne's world's 30 Km record with a 2:14:15.6. Details on these and other happenings in the weird and wonderful world of race walking follow.

YOUNG OVERCOMES KLOPFER TO CAPTURE 25

Seattle, April 9--Larry Young pulled away from a determined Goetz Klopfer in the final mile to capture the National Senior 25 Km Walk in 1:57:28. Klopfer finished about a half minute behind, but for naught, since he had been disqualified at about 18 Km. With Klopfer's disqualification his clubmate, Bill Ranney, moved into second with a more than respectable 2:03:13. Todd Scully continued to look very threatening just a minute behind Bill and Steve Tyrer walked what must have been his best race to date to edge Bob Henderson for fourth. Steve Geiver emerged from hibernation to take sixth and Roger Duran looked pretty tough not far back of him. Young's 5 Km splits, shared by Klopfer, were 22:55, 46:03, 1:09:40, and 1:33:25. A bit slower each 5 Km, but a good strong race none the less. There is little doubt Larry is ready for big things this year. The results:

1. Larry Young, Columbia Col. 1:57:28 2. Bill Ranney, Athens AC 2:03:13 3. Todd Scully, Shore AC and US Army 2:04:15 4. Steve Tyrer, Ore. Col. of Educ. 2:06:20 5. Bob Henderson 2:06:55 6. Steve Geiver, Snohomish TC 2:10:27 7. Roger Duran 2:12:00 8. Jim Bean 2:15:35 9. John Walker, Striders 2:22:10 10. Bob Frank 2:22:47 11. Steve Morrillees, US Army 2:23:05 12. Dennis Reilly, Striders 2:28:15 13. Dennis McPherson 2:29:27 14. Evan Shull 2:31:18 15. James Bentley, Jr. 2:32:14 16. Dean Ingram 2:33:33 17. Bob Rosencrantz 2:34:33 19. Ed Glander 2:35:48 20. Lynden Elodgett 2:39:05 21. Don Jacobs 2:45:36--The race was notable for the absence of Ron Laird who was nursing a pulled hamstring.

SHAUL IS ONE TOUGH, STRONG CAT

Ocean Township, N.J., April 16 (Special from Elliott Derman)--Dr. Shaul Ladany, already chosen for Israel's Olympic Games track and field team, made his long flight from Tel Aviv pay off yesterday as he set world and American records in one of the most stamina-taxing events in the sport, the 50-mile walk. Ladany, who won prior editions of this race in 1966, '67, and '68 when he was graduate student at Columbia and in 1970, came

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back to the U.S. for the race he calls "one of my favorites."

Ladany's time of 7:23:10 shattered his own U.S. All-Comers mark of 7:52:04 set in 1970 and the aforementioned global standard of Britain's Harold Whitlock. Of this performance, one would think that the 36-year old professor of industrial management is now ready to challenge the likes of Hohne and Selzer over this kind of distance, say in the Lugano 100 Km next fall. In the meantime, he prepares for the Olympic 50 Km, which he admits may be a bit too short for him. "I'm going to have to do a lot more speed work", Ladany reports. "I train up to 130-140 miles a week, but much of it is too short."

In this 50 miler he went through 10 miles in 1:23:42, 20 in 2:51:29, 50 Km in 4:30:45.6, and 40 miles in 5:53:17 and still had enough left to do 9 minute miles over the last 10. His average for the whole race was just under 8:50 per mile.

While Ladany was breaking records, six other walkers completed the grind to decide the domestic championship. Detroit's Bill Walker, in his first try at this sort of thing, closed strongly over the second half to claim second in 8:53:21. Shore AC's John Skislak held on to take third in 9:03:05 ahead of defending champion Elliott Denman, also of Shore, who did 9:08:31. The evergreen 64-year-old Larry O'Neill journeyed out from Montana and turned in 10:29:43 to defeat the Shore AC's Don Johnson who battled severe cramps in the last 10 miles to 10:43:03 and 19-year-old Garry Bywaters, a Western Kentucky freshman from Burgettstown, Pa., who set a U.S. teen-age mark of 11:37:45.

In a companion 50 Km, John Knifton turned in a knifty 4:15:11 and Ray Somers made his debut at the distance with 4:42:43.4.

YOUNG AGAIN IN 20 KM

C.W. Post College, Long Island New York, April 23 (special from the sidelined Jack Mortland)—Larry Young pulled steadily away over the last 10 Km to capture his third national title of the year with a 1:32:43.2 in the Senior National 20 Km today. The race was marred somewhat by the absence of Tom Dooley (flu), Ron Laird (pulled hamstring), and Dave Romansky (kidney ailment) but the stylish Mr. Young is going to be very tough for anyone to handle at any distance. He himself was layed up 3 days later with an intestinal virus but recovered in time to win the Mile at the Kansas Relays in Lawrence the day before and then fly in to capture a national.

Ron Daniel walked easily his best ever National 20, challenging Young in the early stages and then withstanding a strong challenge from Floyd Godwin to pull out second place in the last half mile.

As usual, Canadian Marcel Jobin moved into the lead at the start but after a mile or so was picked up by Young, Daniel, Godwin, Jerry Brown, and Todd Scully. After the first 2½ km lap, Young and Daniel started to pull clear and the Colorado TC teammates, Godwin and Brown, were left to battle for third. However, who had beaten Godwin in a track 20 a week later, received a caution in the first 5 Km, and soon had to abandon the chase in the interests of safety.

By the end of three laps, Young was out on his own and Daniel had perhaps 50 yards on Godwin. John Knifton was starting to move through the field and Jobin was drifting back. Godwin then slowly closed on Daniel catching him at 15 km before losing out over the last 5 km. A very good race for both of them and with Laird and Romansky both hurting they could be very much in the picture for Olympic berths. Actually, if these two are not in form by July 1 that trial will certainly be a very wide open race. (I am sure many determined athletes will tell me that it is regardless, which is exactly the way determined athletes should feel.)

Knifton finished well clear of Brown in fourth and Scully was a good sixth not far back of Jerry. Jobin just held off Rudy Haluza in seventh and of course we can't count old Rudy out. He has been hurting with one thing and another over the past three years, most recently tendonitis, and surprised even himself here with his 1:37:34, since he had struggled through a 1:44 on the track just 2 weeks earlier. In this race he just got away from Greg Diebold, who is looking stronger and faster. Rounding out the first 10 was the amazing Mr. Ladany, doing some of that speed work.

Three others broke 1:40 in a good display of depth, considering several pretty good people were missing, and Bill Weigle just missed by 2 seconds as he walked his usual strong second half and looked as good style-wise as anyone, including even Larry Young. The Ohio crew did not have a good day, with the exception of Jack Blackburn, just getting fit and well satisfied with his 1:45 effort. Phil McDonald, on schedule for a sub 1:36 performance and feeling good, displeased the judges no end just before 10 km and was banished from the course while in eighth place. Your editor suffered the same fate for the second time in his career, the other also coming on Long Island 12 years earlier, just as he was passing Jerry Bocci around the 10 mile mark. And Bob Smith found himself about 13 minutes slower than a week earlier in the Jr. National.

The team title went to the New York AC over the Colorado TC and the Shore AC. The results, as far as I have them right now (poor reporting on my part, since I was there and even around to watch the finish): 1. Larry Young, Columbia Col. 1:32:43.2 2. Ron Daniel, NYAC 1:34:10 3. Floyd Godwin, Colorado TC 1:34:15 4. John Knifton, NYAC 1:35:12 5. Jerry Brown, Colo. TC 1:36:41.8 6. Todd Scully, Shore AC 1:37:12 7. Marcel Jobin 1:37:32 8. Rudy Haluza, Striders 1:37:34 9. Greg Diebold Shore AC 1:37:37 10. Shaul Ladany, Israel 1:38:13 11. Gary Westerfield LIAC 1:39:12 12. Ray Somers, Baltimore 1:39:37 13. Ron Kulik, NYAC 1:39:55 14. Bill Weigle, Colo. TC 1:40:02 15. Jerry Bocci, Motor City Striders 1:42:47 16. Neville Conway, Canada (17 years old, walked very good 15 Km and then faded) 17. Steve Hayden, LIAC 1:43:23 18. Jack Blackburn, Ohio TC 1:45:12

LOCAL BOY MAKES GOOD

Cornwells Heights, Pa., April 15—Walking in his hometown, Howie Palamarchuk pulled clear of Detroit's Leon Jasionowski in the final 2 miles to win the Junior National 20 Km walk today. Palamarchuk's time was an excellent 1:41:15.3 as both he and Jasionowski qualified for the Final Olympic trials. The Ohio Track Club's Bob Smith moved to his best clocking ever with a 1:57:12 in 13th place. The race was contested in a driving rainstorm.

Palamarchuk and Jasionowski moved clear of the field after one mile and covered their first two mile lap in a swift 15:50 before settling into a steady pace as they went along stride for stride over the next 8 miles. Palamarchuk opened up for a 15:08 final lap to break the race

open as Leon could not quite match this burst. In a tight race for third, Bill Burley of the Fairfield County Striders edged Pete Warren of the U.S. Merchant Marine Academy. The Shore AC's Bob Falciola was a part of this battle through 10 miles where a caution caused him to abandon the battle and settle for fifth. The team race went to the Merchant Marine Academy. The results:

1. Howard Palamarchuk, un. 1:41:15.4
2. Leon Jasionowski, Motor City Striders 1:41:55
3. William Burley, Fairfield County Striders 1:47:00
4. Pete Warren, U.S. Merchant Marine Academy 1:47:06
5. Bob Falciola, Shore AC 1:50:22
6. Rich Pleffner, un. 1:51:44
7. Stan Smith, Iowa Achilles 1:52:57
8. Dan Patt, Green & Gold AC 1:53:14
9. Gary Bywaters, Burgettstown, Pa. 1:53:56
10. Bill Hackulich, Phil. AC 1:54:07
11. Paul Hint, un. 1:55:11
12. Ken Reynolds, USMA 1:56:50
13. Bob Smith, OTC 1:57:12
14. Tom Fyfe, Shore AC 1:57:33
15. Paul Stewart, USMA 1:58:44
16. Bob Carlson, Shore AC 2:01:47
17. Vinny Davy, LIAC 2:02:53
18. Goetzfried, LIAC 2:03:19
19. Ray Leach, Phil. AC 2:03:26
20. Dave Schultze, Shore AC 2:03:32
21. Robert Speck, Motor City Striders 2:03:33
22. John Fredericks, Shore AC 2:04:00
23. Mike Conn, Phil. AC 2:04:02
24. George Lattarulo, N. Medford 2:04:05
25. Marcus Boatwright, Leaguers AC 2:04:54
26. Stephen O'Connell, un. 2:05:29
27. Fred Specter, Shore AC 2:05:46
28. Greg Comerford, Green & Gold 2:08:44
29. Alan Wood, Shore AC 2:09:09
30. Derek Bryan, Shore AC 2:18:09
31. Tim Havalka, Burgettstown 2:20:14
32. George Garland, Shore AC 2:21:25
33. Alex Turner, Shore AC 2:25:09
34. Sixto Izirarry, Shore AC 2:26:38
35. Mike Rancheck, Burgettstown 2:26:46
36. Robin Havalka, Burgettstown 2:26:30 (40 starters)

A THRILL PACKED COMPENDIUM OF OTHER RESULTS THROUGHOUT THE WORLD:

Women's 2 Mile, C.W. Post College, April 23--(preceding Sr. 20 Km)--
 1. Jeanne Bocci, Wolverine Parkettes 17:10 (8:15)

2. Ellen Minkow 18:34 (a Bruce MacDonald protege who adds considerable interest to the race for dirty old men like myself by competing without all her underwear, i.e. sans bra.)

3. Stella Palamarchuk 19:01

4. Nicole Jobin, Canada 19:29

5. Brenda Jaeger 21:19

6. Suzanne Burley 23:11

7. Jaeger 26:02

George Goulding 50 Km, Fairfield, Conn., March 26--1. Dr. John Knifton, NYAC 4:39:50.4

2. Ron Daniel, NYAC 4:59:09

3. Bill Burley, Fairfield County Striders 5:25:33

4. George Lattarulo, N. Medford 6:08:23

5. Mike Segal, Southern Conn. Sports Club 6:55:43.8 (7 others did not finish, including Dave Romaneky.)

6 Mile, Lowell, Mass., April 2--1. Richard Bostick 51:18

2. Kevin Ryan 52:28

3. Gary Geoffrey 55:37

4. Charles Scott 56:05

5. Mike Regan 58:34

6. Ken McGilvery 59:16

7. Dan Regan 60:36

8. Fred Brown, Sr. 61:55 (15 finishers)

10 Mile plus, Lowell, April 15--1. Tony Medeiros 1:35:12

2. Sig Podlozny 1:47:00

3. Fred Brown Sr. 1:51:10

4. Kevin Ryan 1:42:24 (handicap, actual times shown, 7 finishers)

Little Brown Jug 10 Mile, Shore AC vs. Phil. AC, March 12, Penaberton Twp., N.J.--1. Greg Diebold, Shore 1:21:05

2. Bob Mimm, Penn 1:22:44

3. Bob Falciola, S. 1:26:08

4. John Skislak, S. 1:26:46

5. Don Johnson, S. 1:28:41

6. Bob Carlson, S. 1:29:45

7. Randy Mimm, P. 1:30:21

8. Fred Stratton, S. 1:31:11

9. Bill Hackulich, P. 1:31:17

10. Elliott Derman, S. 1:33:58--Shore AC--73, Phil. AC--178, 28 Finishers.

Ron Zinn Memorial 10 Mile, Asbury Park, N.J., April 9--1. Greg Diebold, Shore AC 1:16:04 (making him the New Jersey "boardwalk" king, having won the Seaside Heights boardwalk race earlier)

2. Ron Daniel, NYAC 1:16:29

3. Dr. George Shilling, NYPC 1:26:59

4. Joe Jordan Shore AC 1:27:51

5. Bob Falciola, Shore AC 1:30:29

6. Pete Warren, USMA 1:30:56

7. John Skislak, Shore AC 1:31:21

8. Don Johnson, Shore AC 1:33:45

9. Elliott Derman, Shore AC 1:34:29

10. Vinnie Davy, LIAC 1:34:34 (32 finishers).

6 Mile, Dayton, April 1, 1972--1. Jack Blackburn 50:50

2. Bob Smith 56:32

3. Dale Arnold 59:59

4. Carol Mohanco 62:10--Clair Duckham did not finish. Phil McDonald arrived late and did a 44:30 and went on to 7 miles in 52:00. Actually these times are deceptive because the distances were short. Contested on a loop of 82 yards short of 2 miles and nothing was done to make up the lost distance. The Ohio 25 Km, scheduled as a companion race, was cancelled since there were no takers. Doc Blackburn and your editor were both home with the flu, my second siege of the winter, both costing one full week's training

10 Mile, Continental, Ohio April 15--1. Phil McDonald 78:16.6 (7:35, 15:21, 23:10, 30:59, 38:47, 46:40, 54:37, 62:29, 70:22)

2. Jack Blackburn 86:37

3. Doc Blackburn 87:27 for 8 miles--The race was contested on a one mile out and back course and the back was walked into a gale force wind so McDonald's time was really quite good. Mortland also started but called it a day after huffing and puffing through 2 miles in 16:09 and handled the time-keeping chores from there.

7 Mile, Dayton, April 29 (that was today)--1. Bob Smith, about 67

2. Dale Arnold, about 1/2 mile back

3 and 4. Two girls, one of which must have been Carol Mohanco another 220 or 440 back. 5&6. Doc Blackburn and Clair Duckham, around 75 minutes. Just got these complete results from Doc Blackburn over the phone. A report like this should drive the statistician's crazy.

Central AAU 1 Mile, Chicago, March 25--1. Phil McDonald, UCTC 7:44.5 (Phil was being given considerable difficulty by the judges and just eased through for the win)

2. Dan Patt, Green & Gold AC 7:50.9

3. Bob Woods, UCTC 8:01.2

4. Paul Hint, un. 8:18.9

5. Jim Clinton, UCTC 8:47.5

20 Km, Riis Park, Chicago, March 26--1. Phil McDonald 1:34:44.6 (about 220 yards short according to Phil, which as I recall is about right for walking even laps on that course)

2. Mike DeWitt, U. of Wis., Parkside Branch 1:48:42

3. Paul Hint, un. 1:58:07

4. Dean Kamin, un. 2:13:37 (In a girl's 15 Km, Edith Bentley of Green & Gold walked just under 2 hours and Christine Riban about 2:02)

20 Km, Chicago, April 9--1. Matt Rutyna, Green & Gold 1:35:58

2. Mike DeWitt 1:39:05.6

3. John Dick, Milwaukee 1:55:15

4. Dean Kamin 2:01:50

5. Greg Comerford, Green & Gold 2:13:41

Iowa AAU 30 Km, March 25--1. Butch Hammer 2:41:05

2. Dave Eidahl 2:48:10

3. Stan Smith 2:49:02 (Hammer had splits of 24:40, 51:05, 1:16:25, 1:44:01, and 2:13:0--his 20 Km time qualified him for the Final Trials)

Iowa AAU 20 Km, April 22--1. Butch Hammer 1:43:37

2. Dave Eidahl 1:44:56

3. Stan Smith 1:45:15

4. Woods 2:04:10 (Eidahl kicked his last 5 km in 25:17 to make the qualifying standard and Smith did a 25:00 to just miss.)

MVAU 10 Km, March 25, Independence, Mo.--1. Larry Young 44:34 (7:07, 14:09, 21:17, 28:34, 35:48, 43:03--a rather classy performance)

2. Paul Ide 55:40

3. Bob Young 58:09

4. Bob Chapin 58:21

5. Mike Shanahan 59:39

6. Chuck Ward 61:03

7. Joe Mize 64:53

6 Mile Walk-Run Relay, Columbia, Mo., March 26--1. Mike Kelly (4:49, 4:45, 4:40--the runner, obviously) and Larry Young (6:53, 6:53, 6:53) 34:53--a rather good workout the day after a fast 10 km.

7 Mile, Columbia, April 9--1. Dave Leuthold 69:08

2. Dick Hessler 76:01

Mo. Val. AAU 1 Hour, Columbia, April 16--1. Larry Young 8 mi. 415 yds (7:13, 14:27, 21:45, 29:04, 36:19, 43:41, 51:03, 58:21)

2. Dave Eidahl 6 mi 1640 yds

3. Bob Young 6 mi 706 yds

4. Bob Chapin 6 mi 613 yds

5. Mike Shanahan 6 mi 498 yds

6. Mark Achen 6 mi 441 yds

7. Dave Leuthold 6 mi 384 yds

8. Dick Hessler 5 mi 1640 yds

9. Rob Spier 5 mi 1166 yds.

10 Km (Indoors), Boulder, Colo., 1. Jerry Brown 45:17 (7:16, 14:37, 21:55, 29:12, 36:36, 43:44--not too bad either)

2. Floyd Godwin 47:42

3. Pete VanArsdale 52:38

3 Mile Hdep (Road), Northglenn, Colo., April 8--1. Rick Tidrick 29:45 (actual time)

2. George Lundmark 28:43

3. Steve Christian 25:57

4. Elisa Haire 31:58

5. Floyd Godwin 21:57.8

7. Sid Arnold 32:25

Cole. AAU 20 Km (Track), Northglenn, Colo., April 15--1. Jerry Brown 1:36:58 (7:21, 15:02, 22:53, 30:43, 38:34, 46:20, 54:03, 62:00, 69:44, 77:42, 85:33, 93:39) 2. Floyd Godwin 1:37:24.8 (7:39, 15:29, 23:20, 31:09, 38:56, 46:45, 54:40, 62:24, 70:22, 78:16, 86:09, 94:10) 3. Bill Weigle 1:43:39 4. Steve Hayden, LIAC 1:50:08 5. Bob Penland 1:52:31 6. Chris Amoroso 1:54:32 7. Georg Lundmark 2:12:26--temperature in low 40's with winds of 25-30 mph and gusts to 40 mph, plus altitude; so this was a very impressive performance 2500 Meters, Newberg, Ore., April 1--1. Steve Robinson 14:32 2. Ken Fowler 14:33 3. Don Derbyshire 14:53 4. Dan Jacobs 15:25 880 Walk (scoring event at Oregon College of Education--Willamette dual meet), Monmouth, Ore., March 30--1. Steve Tyrer 3:02.2 2. Roger Farr 3:56.5 3. Balaiges 4:26 2 Mile, Mt. Hood Relays, Gresham, Ore., April 22--1. Steve Tyrer 13:59.6 2. Bob Frank 15:31.2 3. Don Derbyshire 18:07.4 4. Steve Robinson 18:37 5. Terry Robinson 19:11.6 6. Don Jacobs 19:33 3 Mile, Monmouth, Ore., April 15--1. Steve Tyrer 22:43.2 2. Dennis Reilly 23:21.8 3. Bob Frank 24:32 7 Mile, Lake Merced, Cal., March 26--1. Tom Dooley 51:26 2. Jerry Lansing 55:36 3. Steve Lund 56:55 4. Bryan Snazelle 61:26 5. Manny Adriano 62:06 6. Phil Mooers 71:43 7. Mark Price 51:55 for 5 miles. 15 Km, San Francisco, March 12--1. Roger Duran 75:26 2. Jerry Lansing 76:38 3. Phil Mooers 94:52 4. Manny Adriano 96:37 5 Km, Stockton, Cal., April 23--1. Roger Duran, San Jose Yearlings 23:16 (Whoops, as I read the account it says he was disqualified at the finish) yet they list him first in the results??? 2. Jerry Lansing, Athens TC 24:05.6 3. James Bentley, Jr., Stockton RW 24:44.6 4. Jim Bean 24:59 (Stockton RW) 5. Mick Brodie, Pleasant Hill Track Club 25:47 6. Bryan Snazelle, Stockton RW 26:13.4 7. Lyndon Hledgett, Stockton RW 27:03 1 Mile (Age 14-15), Stockton, April 23--1. Brad Bentley, Stockton RW 7:43.0 2. Mike Benner, St. George Track Club 8:19 Women's 5 Km, Stockton, 1. Sheryl Robinson, Stockton RW 28:54 1 Mile (12-13), Stockton, April 23--1. Dave Fuschak, San Jose Yearlings 9:29.5 2. Chris Johnson, SJY 9:41 3. Kirk Fuschak, SJY 10:24.5 1 Mile (9 and under), Stockton April 23--1. Greg Bentley, Stockton RW 9:22 2. Steve Bentley, SRW 11:32 (age 7) 3. Danny Quiliantang, St. George 11:32.2 Ontario 10 Mile Championships, Toronto, April 1--1. Pat Farrelly 1:16:37 2. Marcel Jebin 1:16:58 3. Bill Furies 1:17:08 4. Neville Conway 1:17:20 5. Karl Merschenz 1:18:21 6. Frank Johnson 1:20:36 7. Alex Oakley 1:23:43 8. Max Gould 1:26:36 9. R. Wambolt 1:29:22 10. M. Paquette 1:36:33 11. Don Thomson 1:38:05 12. G. Salisbury 1:40:12 13. R. Caren 1:50:40

European Stuff:

British National 10 Mile, London, March 18--1. Paul Nihill 73:33 2. Phil Embleton 73:54 3. Peter Marlow 74:06 4. Shaun Lightman 74:38 5. Bill Sutherland 74:45 6. John Webb 74:54 7. Jake Warhurst 75:00 8. Carl Lawton 75:32 9. J. Callow 75:36 10. Amos Seddon 75:45 11. Olly Caviglioli 75:50 12. Steve Gower 75:59 13. Bob Adams 76:11 14. George Chaplin 76:21 (about 45 years of age, I believe) 15. Olly Flynn 77:30 ...67. Barry Richardson, ex-OTC 84:05, third on his team, which means he won his vest--some sort of big deal over there that I have never quite understood. I don't know if you have to walk bare chested before winning it or not. If so, I trust the same rules apply to the women's side of the sport, just to keep things interesting, you know. In any case, the race was contested on a warm, humid day on a very tough course, which slowed the times. Nonetheless, 24 finished inside 80 minutes, 73 at 85 or better, and 135 inside 90. There were 288 starters and 239 finishers, with several disqualifications, including that of Bob Dobson in the final 100 yards dropping his team from first to seventh. Northern 10 Mile, Sheffield, Eng., March 4--1. Jake Warhurst 74:48 2. Roy Thorpe 76:59

3. P. Etches 77:29 4. M. Holmes 78:05 5. Guy Goodair 78:51...12. Barry Richardson 83:58 (41:11 at 5 miles) 30 Km (Apparently track), Berlin, A April 16--1. Karl-Heinz Stadtmueller 2:14:15.6 (Betters Hohn's world record of 2:15:16 set last year and that seemed an amazing mark. Stadtmueller was still competing as a Junior last year, so he can't be over 20. He has had fast 10 km races but nothing really startling at 20 so this is a real bombshell and certainly thrusts him into the Olympic picture at 20. No details on his splits or others in the race.) New Zealand 20 Km, March 4 (Yeh, I know New Zealand isn't in Europe, but let's not get hung up on detail)--1. Warner 1:37:02.6 15 Km (Indoors), Senftenberg, E.G., Feb. 12--1. Peter Frenkel 1:07:27.6 10 Km (Indoors), E.G., March 4--1. Lutz Lipkowski 44:59.8 20 Km, Dresden, E.G. (Road), March 25--1. Hans-Georg Reimann 1:26:13.4 (World's best ever valid performance on the road) 2. Lutz Lipkowski (age 19) 1:26:56.8 (Reimann and Lipkowski had identical splits of 43:42 and 1:04:53. It would appear that the East Germans are intent on giving Messrs. Smaga and Golubnichiy a bit of a tussle, not too mention one Paul Nihill) 3. Siegfried Zschneigener 1:29:25 4. Reinhard Ammon (age 19) 1:33:44.6 5. Rolf Neumann (2 days short of 19th birthday) 1:35:02.8 (the future one might say is bright for East German walking fortunes) 6. Michael Sternberg 1:35:31.4 7. Joachim Durke 1:36:04.2 British 10 Km, London, March 25--1. Phil Embleton 44:26.8 2. Peter Marlow 45:37 3. Olly Flynn 46:28.4 20 Km, London, April 1--1. Phil Embleton 1:29:19 2. Bill Sutherland 1:32:45 3. John Webb 1:33:40 5 Km, London, March 29--1. Bill Sutherland 21:47.4 6 Mile, London, March 11--1. Allen Callow 43:52 2. Carl Lawton 44:26 3. Jacky Lord (age 17) 44:59 10 Mile, Lindholme, Eng. 1. Roy Thorpe 72:06 2. Jake Warhurst 73:15 3. Bryon Williams 74:21 4. John Eddershaw 74:26 20 Km, Croydon, Eng., Feb. 20--1. Ian Brooks 1:34:17 10 Mile, Chigwell, Eng., Feb. 26--1. Phil Embleton 73:56 2. John Webb 75:15 10 Mile, Engfield, Eng., Feb. 26--1. Bill Sutherland 73:56 15 Km, Stockport, Eng., Feb. 19--1. John Paddick 70:12 2. Ron Wallwork 71:04 20 Km, Douglas, Isle of Man, Feb. 27--1. Paul Nihill 1:26:55 (42:24 at 10) 2. Olly Caviglioli 1:37:27 (Nihill was 21:01, 42:24, and 64:20)

NEWS, NOTES, MISCELLANY, AND A BIT OF ETC.

Tom Knatt was forced to abandon his walk across at the New Mexico-Texas border with severe shin splints. This was his third bad bout with the ailment and the other two having put him well back of his planned schedule he decided there was no use in continuing. He had covered about 1000 miles in 29 days, or about 35 miles a day, but was reduced to a very slow pace....Ron Laird's book, Competitive Race Walking is now available from Track & Field News, P.O. Box 296, Los Altos, Calif. 94022 for \$3.50 plus \$.25 for postage and handling. I do not yet have a copy but I have gone through Phil McDonald's and read part of it. It appears Ron has done an excellent job and the book should appeal particularly to the newer race walker thirsting for information. We will have a more complete review in the near future....Speaking of Track & Field News, I guess I owe them an apology for statements made in last month's issue, which were subject to misinterpretation. This is what happens when you compose your copy and do final typing in one easy operation as time constraints force me to do. Anyway, when I said "this is not the kind of exposure we need" in reference to T&F News comments on the mode of progression of contestants during the AAU 1 Mile, I had no intent of questioning their right to publish such statements but rather meant that we don't need this kind of publicity, and indeed we don't, but we are probably going to get it if we persist in emphasizing 1 Mile walks. I don't think what I just said in an unnecessarily long sentence is really

much clearer. All I wanted to do was knock 1 mile walks, not Track & Field News. At least let us not justify them by their exposure value when this is the kind of publicity they rate from the trade press. Okay?.. Ed Grant, a Track & Field News Correspondent, has questioned the inclusion of John Dick marks in my list of best track and field performances by race walkers and cites some of John's performances in decathlons in the late '40s, which were pretty poor. I tend to have some question in my mind of these marks, too, but do not have the resources to check them and probably no one else does, since they are going to be fairly obscure. When I started putting that list together about 5 years ago it was sort of an "on your honor" type thing. All I required by way of verification was that the place and date of each performance be listed, and John did this, most of his marks coming in Milwaukee in the late '30s as I recall. If anyone can shed any more light on the subject, let me know....Don Jacobs points out that Gerry Lindgren was second in the 1970 Jr. 15 Km behind Steve Geiver, not Jim Bean, as stated in the Feb. issue. Bean won the Jr. 10 way back in '66. Don is a guy I should have right by side to verify such things....No purty pictures this month mainly because I dropped the ball on getting anything into the printer but also because I am not getting anything from out there in the real world. Mr. Palamarchuk did give me some good shots of the Jr. 20 when I saw him at the Sr. 20, but, as I say, I didn't get anything done with them in time. If you have pictures of your races, send them along. They can be returned if you desire. Next month we will be dressed up again with the color back in our masthead so we need some colorful walkers to feature, too. A good shot of Larry Young hiding behind his luxurious growth of facial hair would be great....The International Book of Statistics, 1971 is available from Palle Lassen, Bulowsvej 46, DK--1870 Copenhagen V, Denmark for one dollar. This lists top performers in the world, both men and women, in each event for 1971 and covers important International meets. Also available from the same address for five dollars is a compilation of all-time best performers at 10, 20, and 50 Km compiled by Egon Rasmussen...Oh Rats! As usual some misplaced results and probably a disgruntled reader in Larry Larson because they weren't listed with the others. A very faithful reader, too. Here they are: Wisconsin AAU 1 Mile, Milwaukee, April 1 (Indoors)--1. Mike DeWitt 7:07.4 2. Larry Larson 7:42.3 3. Tom Boehm 9:45.8 4. Mark Roack 10:00.2.... Larry also sends a copy of a few pages from the US Track & Field Federation Officials Manual for 1972-73, which includes four pages on race walking--a step in the right direction, and there is no apparent misinformation. Along the same line, Elliott Derman sends a copy of the N.A.I.A. Statistical Report, which includes the 2 Mile walk. As Elliott comments: "Isn't this just great???? Race Walkers treated just like normal people, typical college athletes, competing in a typical college event!!!! A dream come true, thanks to the fine organization that is the NAIA....NCAA....Are you listening????".....Back to Larry Larson, who we are trying desperately to appease, he also sends an item from a book "Pacemakers in Track & Field" on Edward Payson Weston, who was featured in our article on the "Webble". Might find space for it some time.... The Green & Gold AC of Chicago is selling two types of patches to raise money for the National Race Walking fund. Both patches are red, white, and blue, with gold trim. One reads A.A.U.--U.S.A and the other reads Munich 1972. These sell for \$1.00 each, \$.25 of which will go to the race walking fund. For a purchase of 40 or more patches, they are sold for \$.50 each with a dime of that going to the fund. The patches can be obtained from Mike Riban, 1334 W. Huron St., Chicago, Ill. 60622

PLACES TO GO IF YOU WANT TO WALK (The big letters in parentheses refer to cats to contact about the race as shown in the list that follows.)

- Sat. May 6--Iowa AAU 50 Km, State Fairgrounds, Des Moines, 8 am (I)
RMAAU 50 Km, Adams County Fairgrounds, 8 am (G)
1 Mile, Quantico Relays, Quantico, Va.
- Sun. May 7--7 Mile, Belle Isle, Detroit (A)
Walking Pentathlon, Sunnyvale, Cal. H.S., 10 am (K)
20 Km, West Seattle Track, Wash., 9 am (C)
20 Km, East River Drive, Philadelphia (M)
Missouri Cup 20 Km, Hickman Track, Columbia, Mo., 2 pm (R)
- Sat. May 13--Western Hemisphere 20 Km Championship, Sharon, Pa. 1:30,
Open 20 Km, 11:30, Women's 10 Km 10:30 (S)
SPAAU 20 Km, Cal Tech Track, 9:30 am (F)
- Sun. May 14--Ohio AAU 10 Km, Worthington HS Track, 12 noon (E)
10 Km, Cedar Rapids, Iowa 10 am (I)
1 Mile, Martin Luther King Games, Philadelphia
MAAU JUNIOR 15 KM, DELTA PARK, PORTLAND, OREGON 1 pm (T)
- Thurs. May 18--30 Km, 5 Km Jr., 5 Km Women, 3 Km Juvenile, Montreal
- Sun. May 21--NAAU SENIOR ONE HOUR, LAWRENCEVILLE, NEW JERSEY (N)
5 Mile, Belle Isle, Detroit, 10 am (A)
- Sat. May 27--California Relays 2 Mile, Modesto, Cal. 2 pm (K)
MAAU SENIOR 10 Km, CHICAGO (or Sun. May 27. I have no entry blanks on this yet but my original information told me it was on Sunday and I assumed it was sponsored by the UCTC as always and held at Stagge Field. A letter from Mike Riban noted that both the National and the Zinn Memorial would be at Riis Park on the 27th and 28th. Write Mike to find out) (I)
- Sun. May 28--9 Mile Handicap, Lakewood, N.J. (B)
Zinn Memorial 10 Km, Riis Park, Chicago (or the next day)
- Sat. June 3--Kennedy Games 5 Km, Berkeley, Cal. 1 pm (K)
Iowa AAU 2 Mile, Dewitt, Iowa (I)
20 Km Men, 5 Km Women, Greenwich, Conn. (Q)
RMAAU 2 Hour, Boulder, Colo. 8 am (G)
6 Mile Hdec, Cosmo Park, Columbia, Mo. 9 am (R)
16 Km, Lansdale, Pa. 11 am (M)
- Sun. June 4--2 Mile, Belle Isle, Detroit (A)
- Sat. June 10--Ohio AAU 1 Mile, Dayton (E)
3 Mile Hdec., Grade School 1 Mile, Broomfield, Colo. (G)
- Sun. June 11--7 Mile, Cleveland, Ohio (E)
NJAAU 2 Mile, Monmouth Col. (B)
Canadian 50 Km Championship, Toronto (U)
- Sat. June 17--NAAU SENIOR 5 KM, SEATTLE
RMAAU 15 km, Adams County Fairground, Colo. 9 am (G)
- Sun. June 18--8 Mile, Belle Isle, Detroit, Mich. (A)
NJAAU Jr. 1 Mile, Clifton HS, N.J. (B)
- June 23 & 24--10 Km, USA National Junior T&F Championships, Lakewood, Colo. (Age 16-19, first two compete against USSR July 28-)
- Sat. June 24--7 Miles, Continental, Ohio 12 noon (E)
- Sun. June 25--3 Mile, Hickman Track, Columbia, Mo. 8 am (R)
- Sat. July 1--OLYMPIC TRIALS 20 KM, EUGENE, OREGON
- Tues. July 4--OLYMPIC TRIALS 50 KM, EUGENE, OREGON

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F--Martin Ridow, 1024 3rd St., Apt. 2, Santa Monica, Calif. 90403
 G--Floyd Godwin, 935 Ash St., Broomfield, Colo.
 I--Mike Sullivan, 2510 40th Place, Des Moines, Iowa 50310
 K--Bill Ranney, One Parker Court, Fairfax, Cal. 94930
 M--Bill Hackulich, RD 1, Upper State Rd., Nort Wales, Pa.
 N--Ron Daniel,
 P--Mike Riban, 1334 W. Huron, Chicago, Ill. 60622
 Q--Bill Mengovan, 1 Putnam Hall, Apt 3D, Greenwich, Conn.
 R--Joe Duncan, 4004 Defee, Columbia, Mo. 65201
 S--Charles Herman, 5001 Longean, Pittsburgh, Pa. 15207
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The Ohio Race Walker is edited and published monthly by Jack Mortland, 3184 Summit St., Columbus, Ohio. Subscription rate is \$2.50 per year. Editorial comment, news, pictures, and money are welcome at the above address. Once was a time we had trouble filling four pages and now I have trash laying all over the place I can't find space for. Send the trash anyway and if it drifts to the top of a stack it may appear on these hallowed pages.

 CONTEST!!! CONTEST!!! CONTEST!!!

Pick the six members of the 1972 U.S. Olympic Walking team and win a year's subscription to the Ohio Race Walker. The winner will be the one who comes closest to picking the right three men in each event. Ties will be broken by the one coming closest to picking the winning time in the 20 Km Trial. Entries must be postmarked no later than June 30 or handes to me before I hit the starting line in Eugene on July 1, providing I do indeed make it out there.

LOOKING BACK

10 Years Ago (From the April 1962 American Race Walker, the honorable Christopher McCarthy, editor and publisher)...John Allen won the Nations 40 Km in his home town of Buffalo with an excellent 3:30:22, beating Ron Laird by 12 minutes. The article states: "The exchange of leadership took place near the 18 mile mark but Laird was unable to withstand Allen's assault and faded towards the end." The way Jack Blackburn tells it now, the assault was with snowballs when Laird tried to get away from Allen and the latter went into a rage. Laird was completely shaken emotionally and strolled in, holding off Bob Munn by only 3 seconds. Young Ron Daniel was fourth and Carl Kurr, with a goal of 3:45, did exactly that to beat Blackburn by 25 seconds for fifth...Ron Zinn walked a course record 1:33:31 to win the Penn AC 12 miler over Jack Mortland (1:34:54) and Ron Laird (1:36:02)...Free beer offered at McCarthy's place immediately after the Senior 10 Km on May 26. Store bought for subscribers; home brew for others

5 Years Ago (From the April 1967 Ohio Race Walker)--A good article by Do Blackburn on Race Walking Fundamentals, which I think I will use to finish this issue off, though I will have to do some condensing...Ron Laird edged Don DeNoon in a fast 20 Km in California by one second in 1:33:23. DeNoon earlier did a 2:30 30 km to beat Laird by 2 minutes...Jack Mortland won Ohio 20 Km in 1:41:13...Mortland also predicted the finish of the Nation 20 Km: 1. Haluza 2. DeNoon 3. Laird 4. Walker 5. Merschenz 6. Daniel 7. Young 8. Kitchen 9. Deoley 10. Kelly. See next month to see how well he did (he modestly left Mortland out of his predictions, probably not wanting to shake the opposition.

RACE WALKING FUNDAMENTALS by Dr. John Blackburn

Race walkers are a queer lot. The only skill they need to acquire is the ability to keep one foot on the ground at all speeds and to straighten the supporting leg at sometime during the stride. But are they content to stop there? No, they must weave and bob. They must grimace, move their heads about, flail their arms, belch, groan, and wheeze. They expectorate copiously and cry loudly for sustenance. They wear all manner of outlandish gear, such as veils over their heads and ribbons tied to their shirts. They leave a smell of flatulence and strong, stale respiration in their wake, so that on a warm, still day on a lap course, the atmosphere is quite foul. Is it any wonder that spectators lose interest and melt away? Is it any wonder the casual observer feels he is witnessing an outing by the inmates of the nearest mental institution? Is it any wonder race walking will never be as popular as baseball?

My plea is for all race walkers to try to shed any or all of these dramatic side effects and concentrate on proper race walking form. Seriously speaking, a good race walker is a pleasure to behold and does more for the sport than anything else. So let's get back to the fundamentals of how to keep one foot on the ground and to straighten that leg.

To accomplish this the athlete must learn to walk with a rotary motion of the hip joints. In ordinary walking, the hips are fixed in one plane and nearly all motion is dependent on the knees. The head and body bob along in a vertical plane and if walking speed is increased there is a great strain on the thigh musculature. When speed is again increased, the double supporting phase (when both feet are on the ground) disappears and running is the result. That is--both feet are off the ground.

It is at this point that the skill of the true race walker becomes evident. The forward and downward rotation of the hip joints increases his length of stride and enables him to maintain contact up to 200 steps a minute. The vertical motion of the head and body disappears, which means that the center of gravity remains at the same point above the ground. This is a very important item, because the body weight must no longer be raised several inches at every step. All muscular energy can therefore be used to create forward motion. The arms are flexed at 90 degrees at the elbow and swing freely. The hands rise to nearly shoulder height in front and drop to a position just to the rear of the hip.

Race walking was once called "heel-and-toe walking", since it is obvious that the heel of one foot is landing as the toes of the other foot are driving off, both being in contact with the ground for an instant. I think we have all seen the race walker who sprints to the finish with perfect form but is showing an inch or more of daylight under each foot.

Walking judges should use some of the following faults to help determine the validity of race-walking form and style: (1) Motion of the head and body in a vertical plane. This implies inadequate hip motion and eventual loss of contact. (2) Goose stepping or high knee lift. This may pull the rear foot off the ground too soon. (3) Forward lean of the body. Again there is danger of pulling the rear foot off too soon. (4) Hands carried too high. This in turn lifts the shoulders and tends to pull the walker off the ground during the double supporting phase, even though his hip motion may be perfect. (5) Knees bent. This is nearly always associated with absence of hip motion. At racing speeds the competitor will be jogging. In conclusion, I beg for us to leave off the dramatics, the exotic attire, wear clean uniforms and concentrate on decent walking form. This, I am convinced, will help the sport as much as anything. (Whew, I squeezed it all in.)