

Ohio Race Walker
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OHIO RACEWALKER



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YOUNG RETURNS HOME; ADDS NINTH TITLE

Columbia, Mo., Oct. 1--In his first race since capturing the bronze medal in the Munich 50, Larry Young withstood a strong challenge from the ever-improving Todd Scully to win the NAAU Senior 30 Km Walk today. Walking in his present hometown, the Columbia College art major added this one to the eight Senior Nationals he had won earlier this year. He missed only at 1 Mile and 1 Hour, races he did not contest. Despite a rather natural letup in his training and a slight touch of flu, Larry turned in a fine 2:28:09 and left a tiring Scully well back in the final 5 Km.

Floyd Godwin, coming back from a rather long layoff, also closed fast to catch Bob Bowman and teammate Jerry Brown in the second half of the race and take third. A real surprise in sixth was ORW photographer par excellent, 19-year-old Bob Specht. He pulled clear of his two Motor City mates, Jerry Bocci and Bill Walker, in the second half with easily his finest race to date. Despite this strong showing, the Weber City cats lost the team title by one point to the Colorado TC, who had Pete Van Arsdale supplementing the 3-4 finish of Godwin and Brown.

The Ohio Track Club was represented only by the aging Jack Blackburn, soon to join your editor at age 37, who had given his all in his stirring US-Canada 20 Km performance a week earlier. In this one he went through 20 Km in just over 1:50, his planned pace, and then proceeded to hit the wall as never before. With severe leg cramps, he crawled through the final 5 km in 40:32 for a final time of 3:05:27 and 12th place. At that he lost only three places in that final 5--all to young collitch kids. Augie Hirt, first seen in race walking right here in his native Ohio this summer, but now back at McPherson College, continued to look like a real prospect in ninth. Close behind him were Oklahoma Christian teammates, Mike Hale and Dale Paas. A distinct disappointment in the race was one Goetz Klopfer who went through 5 km in 28:08 and dropped out a mile later.

Young opened up quickly with a 23:33 first 5 and 47:52 at 10. This completely dropped everyone but Scully, who was 68 seconds back himself. However, when Larry slowed slightly to a 1:37:05 at 20, Scully, maintaining his pace closed the gap to 50 seconds. Todd stayed fairly close through 25, 2:02:10 to 2:03:35, but succumbed to the pace and needed over 29 minutes for his final 5. The results:

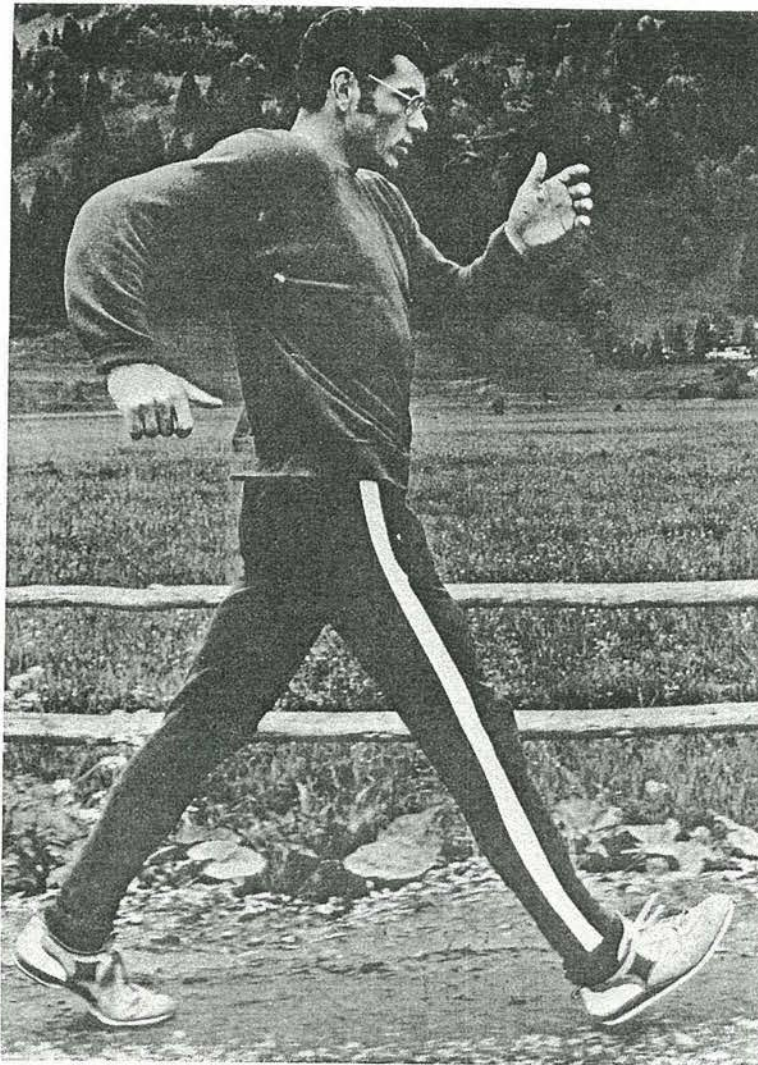
1. Larry Young, Mid-America TC 2:28:09
2. Todd Scully, Lynchburg, Va. 2:32:43
3. Floyd Godwin, Cole. TC 2:38:12
4. Jerry Brown, CTC 2:42:37
5. Bob Bowman, SC Striders 2:43:12
6. Bob Specht, Motor City Striders 2:47:26
7. Jerry Bocci, MCS 2:48:38
8. Bill Walker, ACS 2:50:46
9. Augie Hirt, McPherson Col. 2:58:31
10. Mike Hale, Oklahoma Christian College 2:58:58
11. Dale Paas, OCC 3:00:32
12. Jack Blackburn, CTC 3:05:27
13. Pete VanArsdale, CTC 3:05:43
14. Leonard Busen, Columbia

Steve Hayden
1340 Chelsea Road
Wantagh, N. Y. 11793



FIRST CLASS MAIL

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Olympic champion and world's fastest ever at 50 km, West Germany's Bernd Kannenberg demonstrates his impeccable style. (Photo by Horsmuller first appeared in *Leichtathletik* and then in the *Palle Lassen*, Egon Rassmussen book mentioned elsewhere.)

15. Mark Achen, MATC 3:20:21 16. Rob Spier, CTC 3:27:44 17. Lynn Huntley, OCC 3:27:55 18. Darrell Palmer, MATC 3:28:00 19. Dan Fitzpatrick, Green & Gold AC 3:28:27 20. Greg Comerford, C&G AC 3:28:33 21. Brian Kichline, Columbia 4:02:28 DNF--Bob Chapin, 25 Km; Steve Spier, 20 Km; Paul Ido, 10½ miles; Dan Patt, 15 km; Merle Hill, 5 miles; Goetz Klepfer, 4½ miles.

ADD TWO CENTURIANS

Columbia, Mo., Sept. 16-17 (Special to ORW from Joe Duncan)—Two "kids" joined Larry O'Neil (now 65), John Argo (58), Larry Young (another kid at 29), and Chris Clegg (55) as living members of the Centurian Club of America. Ben Knoppe of St. Louis, 29, became Centurian #8 by finishing the 100 Mile Walk in 22:15:05. An hour and 37 minutes later, 25-year-old Carl McCoun of Great Falls, Montana became Centurian #9. Knoppe, a bachelor, is a porter for the Maramec Power Station, a part of Union Electric. A year or so ago he began riding a bicycle to and from work when he was injured in a car accident. He feels that all this cycling has given him good leg strength. Actually, Knoppe's conditioning program began a couple of years ago following a double hernia operation and about with infectious hepatitis. Ben made his first appearance in Columbia in August 1971 when he won a half marathon. He came back in the 1971 Heart of America Marathon finishing with a time of 4:06:54. Then he attacked the 1971 100 mile walk, doing 50 miles in 11:53:15. At that time he was in no shape to continue for another 50. But 1972 was another matter—his time at 50 miles was 10:20:12 and he was still strong. Knoppe kept a steady pace to the end, slowing somewhat, but never stopping more than a minute or so to change socks or take a drink.

McCoun is a salesman for Washington General Insurance Co. Until recently he was a physical therapist in the Navy. Two years ago he came to Columbia—made a host of friends—and did 78 ¾ miles in 23:29:40. In that race he went no faster than 15-minute miles, enjoyed himself and at the finish felt as strong as he had at the start. He vowed then that he would be back for the entire 100 and in '72 he was back. In a pre-race interview, Joyce Schulte asked him if he planned to do the entire 100. Without hesitation Carl replied, "Yes I will." He was so convincing that you just knew he would. Joyce then asked him what it took to walk 100 miles within 24 hours. Carl's quick reply was, "Guts!"

Well, Carl McCoun displayed guts here in the '72 walk. For the first 50 miles he did a lot of 15 and 16 minute miles so that his time was 12:05:23. Carl was in a position of having to pick up his pace—not stopping, not slowing down—over the next 12 hours. He didn't pick up much over the next 25 miles, taking 5:59. Not good enough. He had 5:56 left for the last 25—he was tired both mentally and physically and had blistered feet. So then Carl began walking 14 minute miles, faster than any previous mile after his first 15. He kept this up despite terribly blistered feet, a tired body, and the worst sunburn of any of the participants, completing the last 25 miles in 5:48. The performance left Carl with the ultimate realization of what he really meant when he said "Guts." Carl did require medical treatment and was told to stay off his feet for at least 3 days. A long recovery, but extreme satisfaction.

For the first time, the Columbia Track Club got someone fairly close to the century mark when Rob Spier, The Missouri U anthropology professor, went 83 miles. Last year Rob did 55 and next year he says he will add on the next 17. Rob is certainly the right age (50)—he does a

thorough job of preparation, has the proper mental approach, a good sense of pace--in short, he'll definitely be a favorite in '73.

Centurion #7, Chris Clegg, had problems with the 93 degree Saturday afternoon heat, having to lay out an hour and a half or so. He's already proven himself, therefore, he determined early on that his goal would be an easy 75. Chris is a strong supporter of the Centurion Club-- his presence was certainly a boost to the proceedings.

Dave Eidahl was back for the 4th time for his best performance to date--he's close enough now--a cool weekend in '73 will make a lot of difference. John Markon is race walking Chairman of the strong Metropolitan AAU program. He too was bothered by the heat (actually everyone was), losing valuable time Saturday evening. John recently completed the London-to-Brighton 52 mile walk. I would have to consider him a sure thing for 100 miles on a cooler day and after this year's experience.

There were 35 walkers in this year's event--the most yet--and the best overall quality. This means there are 35 different stories that could be told--for instance how Lance Patterson, at age 11, walked almost twice as far as his dad last year, the Fred Symonds story--a prospector from Ontario who sauntered along quite leisurely wearing moccasins, long pants, a shirt and jacket (despite the heat) smoking cigars; Maria, the little gal from Honduras, who really strides out, back for the 2nd time; Merle Hill with the bad back; Roger Duran, who hitch-hiked 2000 miles from California, set the early pace, then gave in to stomach problems and had to hitch hike back. The results:

1. Ben Knepe, St. Louis 22:15:05 (10 mile splits: 2:02:55, 4:04:23, 6:09:13, 8:18:10, 10:20:12, 12:33:45, 14:56:46, 17:13:23, 19:43:32)
2. Carl McCoun, Great Falls, Mon. 23:52:08 3. Rob Spier, Col. TC 83 miles in 22:48:13 4. Chris Clegg, Beverly Hills, Cal. 80 miles in 23:37:25 5. Leonard Eusen, CTC 75½ miles in 23:44:53 6. Dave Eidahl, Richland Iowa 75½ miles in 20:13:25 7. John Markon, LIAC 75 miles in 20:52 8. Dave Leuthold, CTC 55 miles in 21:19:20 9. Stan Smith, Des Moines, Iowa 50½ miles in 11:26:00 10. Maria DeEarth, Independence, Mo. 50½ miles in 14:22:24 11. John Polk, Columbia 50½ miles in 15:37:33 12. Mike Shanahan, Independence 50½ miles in 15:40:25 13. Elair Hostetler, Columbia 50½ miles in 17:50:12 14. Frank Gyulafia, Overland Park, Kan. 50½ miles in 22:30:31 15. Charles Ward, Independence 50 miles in 13:11:09 16. Vernon Weddle, Columbia 50 miles in 17:07:31 17. Steve Spier, CTC (age 13) 50 miles in 17:28:13 18. Fred Symonds, Toronto, Can. 50 miles in 19:07:05 19. Tom Wilson, Columbia 50 miles in 19:54:50 20. Lee Hill, Columbia 50 miles in 20:08:20 21. Mike Sullivan, Des Moines 50 miles in 20:37:08 22. Lance Patterson, Columbia 50 miles in 22:49:00 (13 others went distances from 17½ to 43 miles)

BLACKBURN STARS IN ORW ORGY

Sharon Woods, Columbus, Ohio, October 21-22--Since his tremendous fold-up at the National 30 three weeks ago, poor, decrepit Jack Blackburn had been able to do nothing but 3 or 4 miles about three times a week at 10 minute pace with his weary legs all crampy and tight. His arch rival, Elack Jack Mortland, had been nursing a sore knee for some six weeks. Dale Arnold had not walked, races or training, since sometime last summer. These three, plus an excuseless Bob Smith, faced the starter for 10 miles, the first race of the ORW Race Walking Orgy. Not an impressive field for our annual extravaganza. Doc Blackburn, also hobbled by injuries of late, was relegated to officiating chores along with Mary Jo Blackburn. Jerry

Bocci was expected but sent his regrets, having stubbed his toe rather severely several days earlier on a piece of furniture his loving wife had rearranged. We should have a tape of the conversation following that incident. We could pass it on to the Guane Press. All of Jerry's teammates were also unavailable for one reason or another. The immortal Chris McCarthy had also been listed as a possible, having indicated to Blackburn he might come. (He had, incidentally, journeyed to Continental for a clandestine workout with the fat one a couple months earlier.) Apparently, he didn't want to lay his reputation on the line against Ohio's cripples. Bernd Kannenberg and Peter Frenkel did not even have the decency to send their regrets. So, four lonely people it was.

The race was no contest. Mortland decided to let it all out in this race, figuring if the old knee did hold up it would be too stiff for other races anyway. All wasn't really a heckuva lot, amounting to a 1:22:55 clocking, but this included about 8:10 miles between 4 and 8, after loosening up and before tightening up again. Blackburn relegated himself to his practice pace of recent weeks and had a close tussle with Smitty, until the latter folded at 7 miles. Arnold showed his complete lack of conditioning and had to street walk the last 2 miles at about 18 minute pace.

About 75 minutes after Mortland finished, the same four lined up for the 2 mile, no one else having shown. This was a different story. Blackburn, affectionately called "sandbagger" by Mortland, decided to let it all hang out until something pulled. Again, all wasn't really a heckuva lot but it was a bit more than Mortland's all and enough to provide the Continental thespian (he had to rush back after the race for the final night of "Our Town") with a few dry heaves the other side of the finish line. Arnold strolled in last again, munching on some peanuts he had won in the first race. (The others got "Peanuts" towels and wash cloths, continuing the Ohio tradition of superior prizes.)

Sunday morning's 20 miler was called off because there were no takers. For that afternoon's 10 Km, Mortland, with a stiff knee, grabbed a stop watch and clipboard, and Doc Blackburn took his place on the read. Also joining the field were young Ben Benedict from Dayton, newcener Tom Fiscus, a Mortland protege of some 2-weeks experience now in Law School at Ohio State via the Air Force Academy, and Stan Ting, a student at Case-Western Reserve in Cleveland via California and last seen at the 1967 Distance Carnival (forerunner of the Orgy). Blackburn, with his new found speed, dominated the race. Hitting 2 miles in 17:02 he increased the pace slightly from there and turned in a very respectable 52:22.4. Bob Smith also came back well from his exertions of the previous day and snuck under the magic 60-minute barrier. Dale Arnold's day of training did him some good as he passed 4 miles in 39:38 before fading on the last lap. Doc Blackburn's gimpy leg held up fairly well and he fought the pain to close on Dale and Ben the last lap. Tom showed good style and was pleased to get through his longest walk to date. The results, with all races held on a 2 Mile 92 Yard road loop:

10 Mile--1. Jack Mortland 1:22:55 2. Jack Blackburn 1:38:54 3. Bob Smith 1:42:33 4. Dale Arnold 2:06:47 2 Mile--1. Jack Blackburn 15:51 2. Jack Mortland 15:57 3. Bob Smith 20:53 4. Dale Arnold 22:38 10 Km--1. Blackburn 52:22.4 2. Smith 59:52 3. Arnold 63:34.2 4. Ben Benedict 65:34.4 5. Doc Blackburn 65:58 6. Tom Fiscus 68:57.6 7. Stan Ting 75:45

NEWCOMER SHULL WINS JUNIOR 30 KM

Seattle, Oct. 22—Evan Shull, with little race-walking experience, hung with the leaders for the first half of the race, and then, holding his pace, moved away to win the NAAU Jr. 30 Km walk today. Shull is a good runner and is president of the Snohomish Track Club. He utilized a very cautious and very legal style to record an excellent time for a novice of 2:49:31. His fine pace judgement is shown by 5 Km splits of 28:23, 27:22, 28:45, 27:56, 28:04, and 28:56.

The morning race was held on a 2.8 mile course in overcast, slightly humid conditions. Dennis McPherson, a 21-year-old student from Central Washington, and 15-year-old Brad Bentley, from Reno, walked stride for stride through the first 5 km with Shull close behind in third.

McPherson then pulled ahead to hit 10 Km in 55:20 with Shull and Bentley together 20 seconds back. McPherson still led at 15 in 1:23:50, with Shull now 40 seconds back and Bentley just behind him. During the next 10, Shull became much stronger, proving the power and endurance of a devoted marathon runner. McPherson folded completely, a la Blackburn, taking 32 and 46 minutes for his last two 5s and faded to sixth. Bentley also hit the old Gardel wall the last 5 and was passed 16-year-old Bob Rosencrantz and 18-year-old Al Schuman. A "special" walker on the same course was Mary Hevey from right here in Ohio and now a student at the University of Washington. His 18-year-old Miss with impeccable form finished in 3:22:24 after hitting 20 in 2:08:35. The team title went to Franklin High School. The results:

1. Evan Shull, Snohomish TC 2:49:31 2. Bob Rosencrantz, Franklin HS 2:52:45 3. Al Schuman, North Idaho Jr. Col. 3:00:15 4. Brad Bentley, Sierra Race Walkers 3:03:10 5. Dick Arkley, Snohomish Track Club 3:03:22 6. Dennis McPherson, Central Washington Col. 3:11:25 7. Paul Kaald, Kongsberger Ski Club 3:27:45 8. Don Jacobs, Portland TC 3:28:27 9. Dean Ingram, Snohomish TC 3:34:57 10. Joe James, Port Townsend TC 3:58:45 11. Carter Makashima, Franklin HS 4:02:30 12. Jeff Stevens, FHS 4:02:30 13. Matt Caldwell, Port Townsend TC 4:09:12 14. Mike Thacker, PTTG 4:09:12 (thanks to Jim Bentley and Dean Ingram for results and details)

Further detail on the US-Canada match reported last month. Splits for the first five in the 50: Oakley 26:30, 54:40, 1:21:58, 1:49:11, 2:15:53. 2:42:39, 3:09:59, 3:38:48, 4:09:26, 4:39:27; Farrelly 27:40, 53:41, 1:19:28, 1:45:13, 2:11:50, 2:40:03, 3:10:00, 3:40:11, 4:10:53, 4:41:59; Becci 28:46, 57:42, 1:26:10, 1:54:35, 2:22:34, 2:51:20, 3:20:51, 3:50:01, 4:18:22, 4:46:56; Merschenz 28:47, 57:40, 1:25:21, 1:52:23, 2:19:12, 2:46:11, 3:14:10, 3:44:58, 4:17:29, 4:47:59; Knatt 28:13, 57:23, 1:25:20, 1:52:23, 2:19:33, 2:49:18, 3:19:57, 3:49:12, 4:18:49, 4:48:32. Splits for first five in 20 Km: Scully 22:40, 46:15, 1:10:52, 1:36:58; Blackburn 25:13, 50:33, 1:16:14, 1:43:06; Groulx 24:15, 49:21, 1:15:56, 1:43:58; Palamarchuk 25:26, 52:02, 1:18:24, 1:46:04; Olszewski 26:27, 53:14, 1:20:34, 1:48:20.

OTHER RESULTS:

International Master's Competition: A U.S. Master's Team toured Europe in August and September with competition in 40-49, 50-59, and 60 and over classes. Several walkers were included on the team and the following results were furnished by Justin Gershuny.

15 Km, London, Aug. 24: 40-49--1. Ken Harding, GB 72:44 2. J.A. Barraclough, GB 73:03 3. Len Duquemin, GB 74:45....21. J. Gershuny, US 96:24 ..23. A.P. Wood 1:43:00 50-59--1. George Coleman, GB 82:18 2. A.H. Poole GB 83:04 3. Don Johnson, USA 86:31 4. George Braceland, USA 86:41..11. Bob Long, USA 93:46 60 and over--1. A.G. Roberts, GB 87:54 2. W.D. Symes, GB 89:30 3. McSweeney, GB 92:48 4. Larry O'Neil, USA 93:49..... 8. J.T. Sheppard, USA 106:31

20 Km, Helsinki, Aug. 27--40-49--1. Olavi Vaisanen 1:49:35 2. Justin Gershuny, USA 1:59:10 3. A. Wood, USA 2:15:16 50-59--1. Paavo Saire 1:54:10 2. Don Johnson, USA 1:56:40 3. Pekka Vilj?? 2:01:32 4. Bob Long, USA 2:18:14 60-69--1. Larry O'Neil, USA 2:18:01 2. Matti Laitinen, USA 3:01:25

5 Km, Stockholm, Aug. 31--1. Ake Soderlund, Swed. 23:36 2. Alan Scott 23:38 3. Ake Andersson, Swed. 26:18 4. Justin Gershuny, USA 27:34 5. A. Wood, USA 31:00 50-59--1. Rune Enilsson, Swed. 26:22 2. George Braceland, USA 26:41 3. Don Johnson, USA 26:49 4. Ragnar Jansson, Swed 28:32 5. John Gardia, USA 30:25 60 and over--1. Conney Grees 29:17 2. Larry O'Neill, USA 29:26 3. Allan Werle 29:39 4. Fritz Schreiber 32:24 5. David Fowler, USA 40:22

5 Km, Gothenburg, Swed., Sept. 7--1. Gunnar Likars 25:12 2. Justin Gershuny, USA 27:00 3. Eddie Andersson 28:29 50-59--1. Kurt Eriksson 24:38 2. Don Johnson, USA 25:58 3. George Braceland, USA 25:59 4. Herbert Pettersson 26:54 5. John Garcia, USA 28:42 60 and over--1. Henry Carlstedt 27:22 2. Larry O'Neil, USA 28:57 3. Dave Fowler, USA 39:04

10 Km, Cologne, Sept. 14--1. Lennard Simu, Swed. 48:19.4 2. Karl Svenson, Swed. 48:31.6 3. Allan Scott, Swed. 50:10.6.....Justin Gershuny, USA 56:40....11. Allan Wood, USA 62:12 50-59--1. Helmut Seifert, Germany 50:09.2 2. Max Gould, Canada 51:35.2 3. Arthur Lieberknecht, Germ. 54:04 6. George Braceland, USA 55:08....9. Don Johnson, USA 57:25 10. Bob Long, USA 57:35

This tour was organized and led by David H.R. Pain who is also founder of the US Masters T&F Meet. Another is planned for December 14, 1973 to January 2, 1974 to Hawaii, Fiji, Australia, and New Zealand. The cost will be around \$750.00. Anyone over 40 interested in this tour should contact David H.R. Pain, 1160 Via Espana, LaJolla, Calif. 92037.

9* Mile Hdcp., Guelph, Ontario, October 9 (actual times shown)--1. Ron Wambolt 84:55 2. Pat Farrelly 75:31 3. Max Gould 80:41 4. P. Thomson 91:52 5. Frank Johnson 77:12 6. Karl Merschenz 78:31 7. Joe Levy 84:41 8. Joe Monace 95:11 9. A. Kesikensen 91:15 10. Gordon Follett 86:36 11. Forest Follett 89:38 12. Harold Hoffman 93:07 13. Don Thompson 95:42 50 Km, Moscow, Oct. 5 (track)--1. Benjamin Soldatenko, USSR 4:03:42.6-- New World Record! No further detail at this point.

5 Km, Long Branch, N.J., Aug. 28 (season's finale)--1. Danny O'Connor, NY 26:51.6 2. Ron Salvio, Shore AC 27:14 3. Rich Fleffner, NYAC 30:13 4. Lou Stalworth, Shore AC 31:28 5. Alex Turner, Shore AC 31:58 George Casner 7 Mile, Philadelphia, Oct. 1--1. Ron Daniel 57:38 2. Bob McMan 3. Larry Simmons London-to-Brighton 52 3/4 Mile, Sept. 2--1. Peter Selby 8:13:47 2. Shaun Lightman 8:22:02 3. Roger Michel 8:29:52 4. Dave Boxall 8:40:31....10. John Lees 8:52:13 (the trans-US record holder)....24. John Markon, LISC 9:57:54 5 Mile (track), Portland, Sept. 23--1. Jim Bean 39:56 2. Steve Pecinovsky 46:15 3. Ken Fowler 46:21 4. Doug VanMeer 48:35 5. Roger Barr 51:45 7 Mile, Fairfax, Cal.--1. Bill Ramney

53:21 (7:26, 14:53, 22:31, 30:09, 37:42, 46:00) 2. Bob Kitchen 55:49
 3. Brian Szazelle 64:00 4. John Disty 67:12 5. Art Smith 67:33 6.
 Jack Halligan 72:42 Steve Lund Did after 2 miles in 16:07 Ladies
 and Novice 2 Mile, Fairfax--1. Sheryl Robinson 19:15 2. Lauren Lund
 20:35 3. Sandy Erisco 20:43 4. Eric Steried 22:44 5. Jo Ann Smith
 23:50 6. Susan Homick 24:31 7. Ivette Merced 25:14 15 Km Hdep, Lake
 Merced, Calif., Sept. 24--1. Art Smith 1:31:54 2. John Disty 1:29:23
 3. Steve Lund 1:25:28 4. Frank Hagerity 1:38:46 1 Mile Races, Kalispell,
 Montana, Oct. 7--Boys age 8 and 9--1. Arnold Baving 11:00, Boys age 10
 and 11--1. James Kellier 9:55; Girls age 10 and 11--1. Patty Kason 12:25;
 Boys age 12 and 13--1. Lance Byrdahl 11:31; Girls age 12 and 13--1.
 Julie Hobbs 11:31; Girls age 14 and 15--1. Anita Hamilton 13:17; Girls
 age 16 and 17--1. Jeanne Hamilton 10:54; Women--1. Carolyn O'Neil 11:02
 15 Km, Detroit, Oct. 15--1. Bill Weigle 1:12:45 (24:10, 24:21, 24:14)
 2. Bill Walker 1:19:04 2 Mile, Portland, Oct. 14--1. Jim Bean 15:26
 2. Ken Fowler 18:13 3. Roger Barr 19:03 4. Don Jacobs 19:55 5. Scott
 Massinger 20:45 Women's 5 Km, Trenton, N.J., Sept. 24--1. Stella Pala-
 marchuk 28:46.5 Women's 8.90, Trenton, N.J., Oct. 14--1. Stella Pala-
 marchuk 4:12 2. Karen Potash 4:48 Women's 2 Mile, Trenton, Oct. 14--1.
 Stella Palamarchuk 18:06.3 (8:47) 5 Km, Reno, Nev., Oct. 14--1. Gortz
 Klopfer 23:30 2. Jim Bentley Jr. 24:27.4 3. Steve Lund 24:57 4. Dave
 Swift 27:16.4 Women's 5 Km, Reno, Oct. 14--1. Sheryl Robinson 28:46
 2. Lauren Lund 30:45 3. Sandy Eriscoe 32:19 Age 14 and 15 5 Km, Reno
 Oct. 14--1. Brad Bentley 25:59.4 2. Brian Piazza 29:08 3. Casey Koz-
 lewski 31:01.2 Age 10 and 11 5 Km, Reno, Oct. 14--1. Greg Bentley
 30:40 Age 9 and under 1 Mile, Reno, Oct. 14--1. Steve Bentley 10:44

THIS, THAT, AND THE OTHER:

For the statistically minded among our readership, here are two morsels to sate your appetite. First, Paul Chelson, the National Statistics Chairman of the Race Walking Committee, has issued the 1971 U.S. Race Walking Statistics. This lists top performers in the US for distances from 1 Mile to 50 Km and also includes a list of the All-Time best performances at 20 and 50 Km. The booklet is available for \$1.00 (or 3 for \$4.00) from Paul Chelson, 3070 Mount Curve Ave., Altadena, Cal. 91001. A package deal of the year's book plus the 1969-70 Statistics is offered at \$1.50.....The second item is "Olympic Distances and Olympic Results in Race Walking" by the Danish statisticians Palle Lassen and Egon Rasmussen. This book covers the 10 Km, 20 Km, and 50 Km races including progress of world records for each, world rankings in each for each year from 1935 for the 10, 1955 for the 20, and 1933 for the 50, and complete results of all Olympic walking races. It is also full of interesting pictures, including many of past greats, and although the reproduction is not too good on these, they are quite interesting. The book is 76 pages of rather fine print and well worth the price if you dig this kind of thing. Don Jacobs, Box 23146, Tigard, Oregon has five copies available on a first-come, first-served basis at \$3.50 plus \$.50 postage, or \$1.00 for first class. It is also available from Palle Lassen, Bilowvej 46, DK-1870 Copenhagen V., Denmark at \$3.50.... For the food faddists among you, our friend Dr. Blackburn calls attention to an article in the July, 1972 Clinical Medicine, "Food Fads in Athletic Training", by Ellington Darden, PH.D and Harold E. Schendel, PH.D. Quoting from here and there in the article, it begins: "There is probably more interest and misinformation concerning food, nutrients, and various diets at the present time than ever before.....Most foods are beneficial if prepared correctly and consumed in the proper amounts.

On the other hand, any food can be considered at least harmless, and at worst dangerous, if prepared or consumed in improper amounts.

"Most food fads overemphasize the need for a particular food or nutrient and often unbalance the diet. By tending to unbalance the diet, food fads can lead to deficiencies of one or more nutrients and can cause tissue damage. Furthermore, diets based on food fads are often very expensive since most of these foods are very costly and actually overpriced. Food fads can be dangerous if they act as a type of self-medication, which in turn delays early attention to clinical problems."

More specifically, on vitamin and mineral supplements, "In general, reports in the scientific literature seem to be in agreement and indicate that additional vitamin and mineral supplements do little to improve athletic performance." (I have read elsewhere that since the body has no means to store vitamins, all they will do for the person who already has a proper, balanced diet, is give him very expensive urine.) On wheat germ oil, they conclude, "It would appear that claims made concerning the beneficial effects of supplements of vitamin E and wheat germ oil have not been definitely substantiated." The paper also discusses quick energy foods and high-protein diets. The final conclusions are: "The nutrient requirements for the healthy athlete can be met with suitable amounts of a variety of palatable foods. Anything other than a mixed diet is generally wasteful or harmful. The athlete should be aware of quick cures from special food preparations or nutrient supplements, as well as information which is in conflict or in competition with the medical and scientific fields. The athlete should also develop an intelligent skepticism in order to recognize the effects of glamorous advertising and half truths. Much of this can be accomplished by reading reliable sources, e.g., textbooks and journals on nutrition. One cannot assume that best sellers are reliable and valid sources of dietary information. In all cases, if problems do arise or doubt exists, the athlete should consult any of the following sources: (1) State Health Department, nutrition specialist; (2) State Experiment Station, extension nutritionist; (3) college and universities, food and nutrition teachers; and (4) U.S. Department of Agriculture, consumer services." The authors of this paper are in the Departments of Physical Education, Health, and Recreation, and Food and Nutrition, respectively at Florida State University, Tallahassee....Doc, a veritable fountain of information on such matters, also points out an article in the July 12 Medical Tribune concerning the amazing endurance powers of the Tarahumara Indians of Mexico. Doc has written of some of the endurance feats of these men in the pages before. They live at 8000 feet in the Sierra Madres and are noted for their ability to run great distances, both in chasing animals for food and in competitive races. In these races, they kick a wooden ball as they go and may cover 160 miles in 48 hours. This article presents several factors that seem to explain their running ability: (a) heredity--2000 years of outdoor living where nature demands running for a livelihood; (b) Body conditioning--well muscled and without obesity; (c) diet--corn, peas, beans, squash, and jerked meat furnish survival needs without unnecessary additives; (d) competition--their only sport is their marathon kick-ball games, a challenge they accept individually as well as one village competing against another; (e) amusement--fortunately a sport universally enjoyed and offering a source of necessary competition, and (f) psychologic--opportunity to develop and share their worshipping

LOOKING BACK

10 Years Ago (From the October 1962 Race Walker)--Alex Oakley had a great month, winning the Canadian 50 in 4:28:51.2 and then journeying down to Providence to beat Ron Laird in the US 25 Km with a 2:03:14. Laird was 1½ minutes back with John Allen third, Bob Mima fourth, and Bruce MacDonald fifth....National Junior titles went to Terry Anderson at 35 and Ed Glander at 20 with 3:38:12 and 1:55:09 respectively.... In England, Don Thompson won the London-to-Brighton in 7:49:58 and also the Hastings-to-Brighton 38 miler in 5:32.7 with Colin Yang second in both....In yet another British endurance race, Frank O'Reilly won the Leicester-to-Skegness 100 mile in a startling 16:58:16. 26 finished this race under 24 hours with another 38 of the 45 starters going beyond 50 miles....In the European Championships, Ken Matthews beat out Hans-Georg Reimann and Vladimir Golubnichiy, rather familiar names, at 20 and Abdon Pamich defeated Grigoriy Panischkin and Don Thompson at 50....One other Junior title went to editor Chris McCarthy with an excellent 4:49:21.2 in Chicago....Carl Kurr, he with the thighs larger than my waist, was featured as Pedestrian of the Month and listed his hobbies as (1) women, (2) beer, and (3) race walking.

5 Years Ago (From the October 1967 Ohio Race Walker)--The US fielded a team in the Lugano Cup, the International Race Walking Championship, for the first time and finished sixth among eight teams, but just two points back of Sweden. East Germany was an easy winner with Chris Hdne, Peter Selzer, and Kurt Sakowski finishing 1,2,4 in the 50, Nikolai Szaga and Vladimir Golubnichiy gave the USSR a one-two in the 20 with Ron Laird a close third in 1:29:12.6, easily the best performance ever by an American to that date. Others on the US team were Tom Dooley and Jack Mortland at 20 and Larry Young, Goetz Klepfer, and Jim Chinton at 50. The races were held in Bad Saarow, E.G....In a pre-Olympic meet in Mexico City, Jose Pedraza excited the locals by beating Hans-Georg Reimann and Gennadiy Agapov in 1:34:22. Bill Ranney and John Kelly finished 13th and 14th....Ron Laird prepped for the Bad Saarow with a 1:59:18 in winning the Senior 25 Km title in Seattle. Goetz Klepfer, Bill Ranney, and Jim Lopes occupied the next three places to take the team title for Athens AC....The promising Dave Romansky walked a 2:05:16 for 25 in Atlantic City....In England, Shaun Lightman edged Don Thompson in the Hastings-to-Brighton 38 miler 5:35:10 to 5:36:17

RACE WALKING COMPETITIONS OF WHICH WE HAVE HEARD AND IN WHICH YOU MIGHT CARE TO PARTICIPATE, IF THE MOOD SHOULD STRIKE YOU

- Sat. Nov. 11 Ohio AAU 50 Km, Continental, Ohio, 12 noon (A). (Come even if you are not interested in 50 and go as far as you like.)
2 Mile Hdep., 880 yards Grade School, Boulder, Colo. 1 pm (B)
2 Mile Veteran's Walk, Philadelphia (C)
- Sun. Nov. 12 IAAU JUNIOR 25 Km, LOS ANGELES (D)
NJAAU 20 Mile, Long Branch, N.J., 1 p.m. (E)
- Sat. Nov. 18 MVAAU 40 Km, Kansas City, Mo., 9 a.m. (F)
- Sun. Nov. 19 6 Mile, Belle Isle, Detroit, 10 a.m. (G)
NJAAU and Open 10 Mile Hdep, Long Branch, N.J., 1 p.m. (E)
3 Mile Cross Country Walk, Philadelphia, 11:30 (C)
- Sat. Nov. 25 ½ Marathon Walk, Portland, Ore., (H)
3 Mile, Philadelphia, 11:30 a.m. (C)
- Sun. Nov. 26 Coney Island 10 Mile Hdep., New York City, 10 a.m. (I)
- Sat. Dec. 2 SPAAU 2 Hour, Occidental College Track, 2 p.m. (J)
10 Km (track), Columbia, Mo., 9 a.m. (F)

- Sun. Dec. 3 8 Mile Hdep., Sharon Woods, Columbus, Ohio 12 noon (A)
- Sat. Dec. 9 3 Mile Hdep, 880 Grade School, Northglenn, Colo., 1 p.m. (B)
- Sun. Dec. 10 10 Km, Long Branch, N.J., 1 p.m. (E)
5 Mile Hdep., Belle Isle, Detroit, 10 a.m. (G)
- Sat. Dec. 16 7 Mile Hdep., Van Nuys, Calif., 3 p.m. (J)
5 Km (track), Columbia, Mo., 9 a.m. (F)
3 Mile, Richland, Iowa, 2 p.m. (K)
- Sun. Dec. 17 10 Mile, Asbury Park, N.J., 12 noon (E)
- Sun. Dec. 24 25 Km Hdep, Belle Isle, Detroit, 10 a.m. (G)

Decoder for race contacts:

- A--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
B--Pete Van Arsdale, 2050 Adams St. #E, Boulder, Colo. 80302
C--Larry Simmons, 406 W. Mt. Pleasant St., Philadelphia, Pa. 19119
D--Martin Rudow, 4839 San Gordiano Ave., Apt. C, Santa Barbara, Cal. 93111
E--Elliott Derman, 28 N. Locust, West Long Branch, N.J.
F--Joe Duncan, 4004 DeFoe, Columbia, Mo. 65201
G--Jerry Bocci, 11444 Beaconsfield, Detroit, Mich. 48224
H--Don Jacobs, Box 23196 Tigard, Ore.
I--John Marken, 2094 Ryer Ave., Bronx, N.Y. 10457
J--Bob Bowman, 1961 Windsor, Pomona, Calif. 91767
K--Mike Sullivan, 2510 40th Place, Des Moines, Ia. 50310

Walking Rules, Judging, etc.

I have had in my possession for some time a booklet provided to me by friend Joe Tigerman entitled "Guidance for Walking Judges", prepared by the I.A.A.F. Walking Committee and dated 1972. (I.A.A.F. being the International Amateur Athletic Federation, for those who may not know.) This is a good little booklet and I have been meaning to mention it for sometime and have neglected to do so because of broken typewriters, extensive space devoted to Olympic coverage, and other such things. (Excuse the pause. I have a tape of an old Bix Beiderbecke recording on and had to give particular attention to one beautiful, swinging passage. Gee, I haven't reviewed any jazz concerts in these pages for a long time. Well, Bix is done, so back to the trivia of the race walking world.) Anyway, I can now tie my mention of this booklet in with a letter Dale Arnold has just sent to Charles Silcock with a copy to the ORW.

Dale is pointing up a conflict in the Track & Field Rules in which Rule LVI, 1d reads: "Competitors may be cautioned once; a second violation of above shall mean disqualifying" and Rule XIX, Section 4 reads: "A competitor may be cautioned when his mode of progression, style, or form is in danger of ceasing to comply with the definition of contact; but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure as for disqualifying set out in Paragraph 2." Dale is concerned about the lack of clarity here as to what is caution and what is disqualification, or at least I think he is. In any case, the IAAF judges guide begins with the IAAF Rule on Walking, which is rather explicit on this point and which we might all do well to review. It would seem wise for us to adopt these rules as they stand and as is recommended by the IAAF Walking Committee. So, here it is, IAAF Rule 191--Walking:

1. Definition: Walking is progression by steps so taken that unbroken contact with the ground is maintained.

2. **Judging:** Judges of walking must be careful to observe that the advancing foot of the walker makes contact with the ground before the rear foot leaves the ground, and in particular that, during the period of each step in which a foot is on the ground, the leg shall be straightened (i.e. not bent at the knee) at least for one moment.
3. **Judging and Disqualifications:** The appointed Judges of walking shall elect a Chief Judge. All the judges shall act in an individual capacity. When is the opinion of (a) two of the Judges, one being the Chief Judge or (b) three Judges other than the Chief Judge a competitor's mode of progression fails to comply with the definition during any part of the competition, he shall be disqualified and informed of this disqualification by the Chief Judge. In a competition either directly controlled by the IAAF or taking place under permit, in no circumstances shall two Judges of the same nationality have the power to disqualify.
4. Effect may be given to any such disqualification immediately after the conclusion of the competition, if circumstances render impracticable an earlier notice to the competitor of his disqualification.
5. A competitor may be cautioned when by his mode of progression he is in danger of ceasing to comply with the definition of contact; but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure as for disqualification set out in paragraph 3.
6. In track races a competitor who is disqualified must immediately leave the track, and in road races the disqualified competitor must immediately after his disqualification remove the distinguishing number that he is wearing.

There are five more rules dealing with refreshments, medical certification for the 50, recommended time of day for the 50, length of course, and safety. These are of interest but not pertinent to the discussion and should not necessarily be recommended as part of our rules.

The point that bothers me in the rules is the statement in Rule 5 "but he is not entitled to a second caution." This seems easily subject to misinterpretation. This apparently means that if a competitor continues to be in danger of an illegal mode of progression after being told of this danger once he cannot be told again. It cannot mean, as I think some may interpret it, that if he continues in this mode of progression, and since you cannot caution him again, you must then disqualify him. "We've given Jones one caution and he still looks the same. Better pitch him." But a man can continue to be in danger of illegal walking for the entire race and each judge can feel impelled to caution him every time they see him but so long as it only danger and he remains legal, no matter how close, he cannot be fairly disqualified. Thus, in the minds of the judges, a walker can have a thousand cautions, but he can only be told about it once. And any time they are agreed the progression is actually illegal, out he goes, caution or no. Or so I see it.

The only problem then is that of determining when a competitor is not walking legally. As we all know, this can be sticky. The booklet gives some pretty good guidelines in Chapter IV, Guidance To Judges For Uniformity in Judging. That chapter follows.

"Walking is progression by steps so taken that unbroken contact with the ground is maintained." (Rule 191, paragraph 1)

This definition is the simplest yet the most comprehensive and all-embracing form of words required. It implies that NEVER must BOTH FEET be off the ground at the same time or, in different words, AT ALL TIMES THERE MUST BE ONE, OR PART OF ONE FOOT ON THE GROUND.

The prime object of judging is therefore to ensure that this condition is satisfied by every competitor throughout the race.

The struggle for speed has introduced a special technique, somewhat artificial, into race walking; for example, exaggerated movement of the pelvis, fully extended legs, and so on; actions which are not so emphatic in persons walking about during their daily tasks. This special racing technique, after long observance by experienced judges and participants, has provided an image in the mind of what a race walker should look like. Let us call this image a style. Every judge likes to see a good style but opinions on style tend to differ.

We now meet difficulties. Rule 191, paragraph 2 includes the following: "The leg shall be straightened (i.e. not bent at the knee) at least for one moment." This rule as it now stands leaves the precise moment of the straightening to the discretion of the judge, and sometimes judges may have differing opinions, particularly on this question of the straightening of the leg.

To ensure that all judges act alike, the Walking Committee, in application of the above words, has defined the critical "moment" in which the leg must be straight, by recommending the addition of the following words to paragraph 2:

"...at least for one moment, AND IN PARTICULAR THE SUPPORTING LEG MUST BE STRAIGHT IN THE VERTICALLY UPRIGHT POSITION."

It is intended that this criteria shall be applied by all judges and that failure of the athlete to straighten at this point merits disqualification. (Diagrams are included to illustrate this.)

LET US NOW CONSIDER THE FOOT

Many judges like to see the heel of the advancing foot reach the ground first. Obviously, under no circumstances on level ground would we expect the toe to reach the ground first, but on steep gradients perhaps the foot must come down flat in certain circumstances.

Again, if a leg has straightened ONCE in the step according to the newly recommended Rule 191, paragraph 2, and the forward knee is slightly bent, the foot could conceivably reach the ground flat.

If we say that the heel must reach the ground first, it should be remembered that an angle of 1 or 2 degrees only would satisfy the requirement, but obviously the human eye is not capable of differentiating between such a small angle and the perfect horizontal.

The Walking Committee also recommends an addition to Rule 142, paragraph 4, to ensure that walking shoes must have heels thicker than the sole line, and, if passed, this may well remove many of the faults at

at present when the heelless shoes are used.

Accordingly, although judges may use the criterion of the walker's heel touching the ground first for guidance, it is not recommended that this criteria be a hard and fast rule.

The Torso

Faulty progression is sometimes indicated by an excessive forward or backward lean, but the real test is whether proper contact is being maintained, and therefore too much importance for judging purposes should not be applied to this fault in technique of excessive lean.

The Head

Generally, in good progression, the top of the head maintains a horizontal path. A sudden lifting or bobbing up on the head above the horizontal plane could indicate lifting, but this should never be accepted as other than an indication. Contact, or lack of it, can only be decided at foot level. Observations show for example that some walkers roll the head from side to side, others drop it from time to time yet maintain good contact. The carriage or movement of the head whilst providing an indication can never of itself be conclusive.

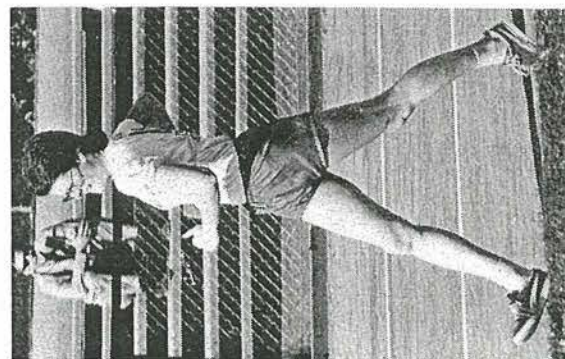
The Arms and Shoulders

There are many different actions which produce satisfactory motion and little can be gained for judging purposes by observing the arms and shoulders.

In regard to straightening and the IAAF recommended definition, the obviously read read Chris McCarthy's Oct. 1962 Race Walker, from which we quote him on this subject: "...for we have yet to meet a "creeper" who did not claim that he straightened his leg either at the instant of making forward contact, or at the instant of breaking rear contact; Nor have we ever seen movies of a "creeper" who actually did this. We have concluded that if a race walker's supporting leg is not fully straightened during that part of the stride in which the traveling leg has already passed by (i.e. the walker being in what Toomsalu terms the "anterior supporting phase"), then the walker will not straighten his leg at all. And since, as we have emphasized before, not all walking is race walking—whereas all race walking is walking, and the unique definition of race walking being progression by steps so taken as to maintain continuous contact with the ground (genus) plus the straightening of the knee for at least an instant during each stride (differentia), then "creeping" is not race walking—i.e. if the generic definition of walking is met. (This continues into a long harangue on the practicality of race walking as a competitive sport, the typical sort of philosophical drivel one came to expect from the erudite Mr. McCarthy. Rather interesting, of course, but far beyond the comprehension of the average dull race walker, your editor included. Fortunately, we don't have room to continue.)

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The Ohio Race Walker is regurgitated monthly by a sweaty old, broken-down race walker name of Jack Mortland and brings a few moments of joy and inspiration into your dull training routine each month for a mere \$2.50 per year. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202.



The distaff side. Left: Carol Mohanco, Lynn Olson, Jeanne Bocci, and Laurie Tucholski start a 1 mile in Detroit last summer. Right: The great Swedish champion Eivor Johansson in action. (Photo from Swedish magazine Gangsport.)