



# OHIO RACEWALKER

VOLUME IX, NUMBER 9

COLUMBUS, OHIO

MARCH, 1973

## SMAGA, IVCHENKO EASILY HANDLE U.S.

Richmond, Va., March 16--Milorai Smaga, veteran of many International contests including two Olympics, strolled to an easy victory tonight in the 3 Mile walk during the USA-USSR Indoor Track and Field dual. With an effortless 20:56, Smaga finished 3 seconds up on his countryman Yevgeniy Ivchenko. Ron Daniel stayed fairly close through 2 miles but then faded to take third in 21:31.2 and Ron Kulik was a distant fourth in 22:20.

Kulik led for the first 3/4 mile and then the Russians took over with Daniel right on their heels as they passed the mile in about 7:03. Kulik started to lose ground then but Daniel hung on to 1 1/2 miles where he started to fade. At 2 miles the Russians were 14:02 to Daniel's 14:11 and Kulik's 14:36. From there, the two Soviets picked it up slightly, but Smaga anyway, could obviously have gone faster throughout had it been necessary.

Not to criticize either of the Ron's, but the fallacy of using a 1 mile race to select competitor's for a 3 mile seems obvious. The ability to blast a fast mile does not necessarily equate with the ability to hold up over three times that distance, apparent in Kulik's case particularly. Now, perhaps had the selection race been set at 3 miles these same two would have been trained for that distance and would have still comprised our team. As it was, they were concentrating on 1 mile races all winter. The fault, of course, is not with the race walking committee, who at least recommended a 2 mile, but with the AAU Meet Committee, who would not allow anything over a mile. If the indoor dual meet is to continue, let us hope that future years will see a proper selection race, even if it has to be held separate from the AAU meet. (Of course, the fact is, we probably don't have anyone that would have beaten these two over that distance, so maybe it doesn't matter.)

## BENTLEY CAPTURES JUNIOR ONE HOUR

Reno, Nev., March 3--(From James Bentley Sr)--due to a 3-inch snowfall on Friday morning, there were a succession of cancellations for the 1973 NAAU Junior 1 Hour Race Walk held at the University of Nevada at 8:30 this morning. However, the snow was completely melted by race time and a dozen junior walkers took the starting line, with the thermometer reading 30 degrees....a relatively warm day for Reno this time of year.

The race was held on a 440 yard all-weather track and the officials outnumbered the competitors---a rare instance in race-walking circles. The event was a three-fold first for the competitors. It was the first Junior Championship held under the 14 through 19 age definition. It was the first Junior Championship of 1973. And, it was the first NAAU race walk championship ever to be held in the state of Nevada.



At the sound of the starter's pistol, Julio Hallack and Jim Bentley, Jr. broke into a decisive lead over Bryan Snazelle, Bob Rosencrantz, and Brad Bentley. Both Julio and James passed the first mile in identical 7:54 times and kept up the stride-for-stride pace through the 2-mile mark, passing in 16:19. At that point, Bentley received a caution and settled into third behind Hallack and Snazelle. During the next 3 miles, Snazelle and Hallack battled back and forth, with Bentley about 50 yards behind. However, at 6 miles, Snazelle was cautioned and shortly thereafter so was Hallack. At 6½ miles, Bentley again took the lead and extended it continuously for the next 880 yards to cover 7 miles 136 yards and take the championship. Both Hallack and Snazelle also exceeded 7 miles in the hour.

Bob Rosencrantz, a 17-year-old Seattle high school student looked strong in the fourth spot, with Brad Bentley settling for the fifth spot for most of the race.

Since Julio Hallack (a 19-year-old from Mexico City just recently arrived in the US to attend the University of Pacific) was not eligible for NAAU competition, his effort was considered an exhibition only. (Ed. First I have heard of a foreign athlete not be eligible to compete since I have seen them cop many top places through the years.) Julio, speaking very little English, seemed very pleased with his effort. He is training for the upcoming Mexico National 20 Km Championship and expects to win the Mexico Junior Championship next month. Results:

1. Jim Bentley, Jr., Sierra Race Walkers 7 mi 136 yds
2. Julio Hallack Mexico City 7 mi 91 yds
3. Bryan Snazelle, SRW 7 mi 11 yds
4. Bob Rosencrantz, Snohomish TC 6 mi 1599 yds
5. Brad Bentley, SRW 6 mi 1098 yds
6. Pete Forman, Reno HS 5 mi 1 477 yds
7. Casey Kozlowsky, Sparks HS 5 mi 335 yds
8. Brandon Wong, Reno HS 5 mi 22 yds
9. Paul Failey, un. 5 mi 22 yds

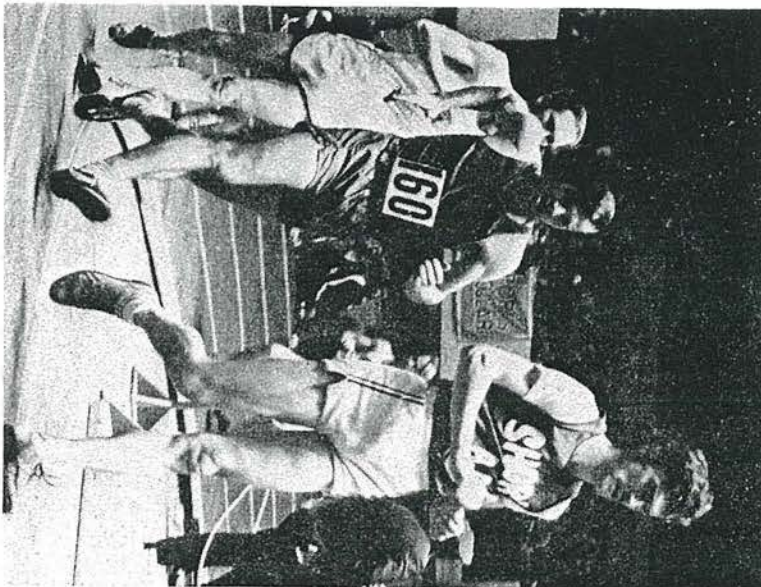
Team Championship--Sierra Race Walkers. Judges--Fred Young, Bob Whitman, Frank Hagarty.--DQ--Dave Swift.

## OTHER RESULTS:

10 Km, New London, Conn., Feb. 10, (Indoor)--1. Ron Daniel, NYAC 46:04  
 2. John Knifton, NYAC 46:14 3. Ron Kulik, NYAC 48:09 4. Tom Knatt, North Medford Club 49:29 5. Shaul Ladany, Israel 50:55 6. Roy Yarbrough, Stratford Spartans 51:16 7. Don Johnson, Shore AC 53:31 8. Fran Maher, NMC 55:05 9. Phil Tarasovic, SS 55:36 10. George Lattarulo, NMC 55:37 11. Mike Segal, SS 56:17 12. Norman Canter, SS 58:34 13. Bruce Douglas, NMC 58:35 14. Fred Spector, SAC 58:56 15. Bob Whitney, NMC 58:35(?) 16. Roger Barr, SAC 60:33 17. George Sander, Hartford TC 60:54 18. Steve Reiman, NMC 61:09 19. Jack Doyle, NMC 64:19 20. Chico Scimone, NMC 64:22 21. Sigmund Podlozny, NMC 66:03 (Fred Brown fell just before the race and broke his collarbone, unfortunately after paying his \$1 entry fee) 8.4 Mile, Holbrook, Mass., Feb. 19--1. George Lattarulo 72:11 2. Tony Medeiros 72:15 3. Kevin Ryan 74:17 4. John Courihan 76:41 5. Steve Reiman 78:06 6. Dennis Slattery 78:19 7. Keith Ryan 80:16 8. Dave Morency 81:41 10. Mike Regan 83:07....15. Fred Brown Sr. 103:09 (broken collarbone, and all) 5 Mile (plus), Hudson, Mass., Feb. 25--1. Chico Scimone 52:52 2. Sigmund Podlozny 53:03 3. Keith Ryan 52:14 4. Dave Morency 51:28 (Oh, this is a handicap and these are actual times) 5. Kevin Ryan 48:06 6. Mike Regan 53:08 7. George Lattarulo 46:33 8. Steve Reiman 50:34 9. Tony Medeiros 48:55 10. Dennis Slattery 51:28 11. Greg Georgoulis 55:01 12. Tom Knatt 46:31 10 Km, Adamsdale, Mass., March 10--1. Roger Pike 55:35 2. George Lattarulo 57:52 3. Bob Whitney 57:53 4. Jan Brown 62:15 5. Sig. Podlozny 63:15 6. Jake Frederson 66:12 7. Fred Brown 67:25 8. Frank Scimone 67:26 9. Don Lemieux 67:52



Coming off first turn in N.A.A.V. Indoor 1 mile, Ron Daniel walks just off Todd Scully's shoulder. Don DeNoon, Larry Young, and Ron Kulik follow closely.



Four laps later, Scully still leads with DeNoon now ahead of Daniel.



6 Mile, Massachusetts, March 17--1. George Lattarulo 59:57 2. Bob Whitney 59:57 3. Sig Podlozmy 61:38 4. Frank Scimone 62:39 5. John Counihan 64:38 6. Fred Brown 69:51 (Lattarulo and Counihan did extra 0.4 mile on the first of three laps) Eastern Regional 25 Km, Lawrenceville, N.J., March 18--1. Dr. John Knifton, NYAC 2:00:15 2. Ray Somers, un. 2:01:13 3. Walter Sgardello, Centro Lazio, Italy 2:03:53 4. Mario Taddeo, CL 2:04:05 5. Pier Giorgio Andreotti, CL 2:08:06 6. Bruno Secchi, CL 2:12:31 7. Bob Mimm, Penn AC 2:19:47 8. Gary Westerfield, LIAC 2:21:16 9. Steve Hayden, LIAC 2:21:16 10. Roy Yarbrough, Stratford Spartans 2:25:20 11. Don Johnson, Shore AC 2:25:45 12. Paul Vanatta, Princeton U. 2:28:01 13. David Semar, SS 2:29:17 14. Wayne Dankner, St. John's U. 2:32:19 15. Dave Schultze, SAC 2:37:17 16. Fred Spector, SAC 2:38:15 17. Wayne Marmandin, SAC 2:42:22 18. Rolando Maciera, LIAC 2:47:39 19. Vincente Maciera, LIAC 2:49:25 20. Roger Barr, SAC 2:50:23 21. Alan Wood, SAC 2:50:55 22. Louis Montez, LIAC 2:59:01--The temperature was in the low 30's with high winds, so Knifton's and Somers's performances were outstanding. Somers is going to be very tough yet if he stays clear of injuries. The four Italians were visiting policemen, but I am not sure who, or why, they were visiting. Sgardello has walked internationally. Knifton's 5 km splits were 24:05, 48:03, 1:11:58, 1:35:58. Somers was with him through 17.5 km but dropped back 24 seconds by 20 km. Sgardello was 48:56 and 1:37:36. Ron Daniel dropped out at 17.5 km where he was fifth in 1:27:31 20 Km, Long Branch, N.J., Feb. 11--1. Todd Scully 1:42:39 2. Bob Mimm 1:53:52 3. Don Johnson 1:59:41 4. Fred Spector 1:59:57 5. Tom Fyfe 2:07:09 (very cold and windy) 20 Km, Long Branch, March 11--1. Steve Hayden 1:45:27 2. Randy Mimm 1:49:00 3. Bob Mimm 1:49:37 4. Fran Maher, MMC 1:51:07 5. Don Johnson 1:56:36 6. Wayne Danker 1:59:00 7. Elliott Derman 1:59:19 8. Fred Spector 2:02:38 9. Roger Barr 2:11:14 10. Alan Wood 2:12:50 IC4A 1 Mile, Princeton, NJ, March 4--1. Howie Palamarchuk, Temple 7:02.1 2. Ken Stewart, Kings Point 7:30 3. Jack Schultz, Temple 7:43 4. Paul Vanatta, Princeton 7:49 5. Wayne Danker, St. Johns 8:19 6. Mike Segal, Southern Conn. 7:39 and Ben Reynolds, Kings Point 7:40--Palamarchuk's second straight victory in this one and he has a chance to make it four before he graduates. This was the 18th year for this race, but it is still non-scoring 7 Mile (track) Northampton, Ohio, March 10--1. Daddy 57:17 2. Unc Jack 57:19 3. Grandpa 74:05 4. Greg 79:24 5. Jody 81:13 6. Darl 86:52--Well, that's the way Cathy Blackburn recorded them. Daddy is Jack Blackburn, Unc Jack is me (Jack Mortland), Grandpa is Doc Blackburn and the other three are some of Jack's gang from Continental--Greg Logan, Darl and Jody McCulloch. Good race, and although others won't be frightened by those times, we were very much impressed with our speed. Mortland set a leisurely early pace with 3 miles going in nearly 25:20. The plan was to make a big move at 8 minute pace at the halfway mark (14 laps). But the dastardly Blackburn struck with a move of his own at 12. The next 2 miles were just over 8 each with Mortland leading again for the 19th and 20th laps. Then Blackburn made another move and opened a 20-yard lead as the last mile started. This was closed to about 7 yards with 2 1/2 laps to go but another inch could not be gained by the struggling Mort as the last mile was covered in something close to 7:50. The muscle Blackburn claimed to have pulked about 10 days earlier never did pop, something the unsympathetic Mortland was relying on. Oklahoma AAU 10 Km, Oklahoma Christian College, Dec. 9, 1972--1. Dale Paas 52:54 2. Mike Hale 60:57 3. Gary Alexander 63:48 4. Alton Rawlins 68:17 5. Randy Coburn 68:25

Central AAU Indoor 1 Mile, March 24--1. Bob Woods, UCTC 7:44.5 2. Dan Patti, Green & Gold 8:14.2 3. Greg Comerford, G&G 9:02.8 4. Art McLendon UCTC 9:23.7 EVAU 10 Km, LaCrosse, Kan., Feb. 18--1. Paul Ide, Fort Ha ys State 48:43.9 (7:39, 15:45, 23:43, 31:43, 39:31, 47:13) 2. Augie Hirt, McPherson College 51:17.5 (7:39, 15:50, 24:32, 33:05, 41:24, 49:37) 3. Denton Hayer, LaCrosse 58:11.3 4. Mitch Patton 59:32.3 5. Eroderick Hayer 60:25.2 6. Bruce Renberger 60:48.9 7. Mark Schutte, LaCrosse 71:44.1 8. Tom Cape, McPherson 73:09.7 3 Mile Hdcop, Boulder, Colo., Jan. 14--1. Bernie Gay 18:24.5 2. Pete VanArsdale 15:21 3. Jeanne Griffin 21:44 4. Floyd Godwin 15:07 5. Chuck Hunter 18:18 6. Joe Manning 18:37 7. Ellie Argimbau 22:13 8. Tom Cloyd 18:14 Grade School 800 (same place)--1. Randy Turner 4:41 2. Joe Lutz 4:44 3. Chuck Smart 4:46 4. Jimmy Manning 4:46 5. Charlie Drake 4:57 (10 finishers) 1 Mile, Albuquerque, Ja n. 27--1. Jerry Brown, CTC 6:56.8 2. Floyd Godwin, CTC 7:00.4 3. Pete VanArsdale, CTC 7:06.3 4. Jim Bentley, Sierra RW 7:19.6 5. Jesse Castaneda, Mexico 7:25 6. Brad Bentley, SRW 7:48 7. Hank Klein, UC Irvine 7:57 1 Mile, Boulder, Jan. 28--1. Mike DeWitt, US Army 7:14.3 2. Bernie Gay 8:16.3 3. Vic Karels 8:28 4. Tom Cloyd 8:32 5. George Lundmark 10:00.0 Women's 1 Mile, same place--1. Ellie Argimbau 10:04.4 2. Jeanne Griffin 10:09.6 3. Debbie Kirchhofen 10:29.5 Girls 12-13 800 (same place)--1. Lori Thomas 4:57.5 2. Mary Bareln 5:02.8 3. Cindy Dodson 5:02.9 Girls 10-11 800--1. Sylvia Hardy 5:24 2. Julie Rogowski 5:25 (5 finishers) Girls 9 800--1. Becky Gappa 6:39 2. Kathy Rogers 6:49 2 Mile Hdcop, Boulder, Feb. 10--1. Gail Bristow 20:53 2. Bernie Gay 17:46 3. Joe Manning 17:56 4. Pete VanArsdale 15:10 5. Milt Place 17:17 Grade School 800 (same Place)--1. Chuck Smart 4:55.4 2. Jim Manning 5:00 3. Kevin Manning 5:18.2 2 Mile, Boulder, Feb. 11--1. Jerry Brown 14:28.9 2. Pete VanArsdale 15:05.9 3. Mike DeWitt 15:21.6 4. Milt Place 16:42.6 5. Bernie Gay 17:07.7 6. Dick Moritz 18:30 Women's 1 Mile (same Place)--1. Marie Kelly 10:48.4 2. Martha Fiege 10:49.5 Girls 9 and under 800--1. Becky Gappa 5:08 2. Portia Bowman 5:10 Girls 10-11 800--1. Sylvia Hardy 5:07 2. Kathy Malville 5:27 3. Michelle Wood 5:49 Girls 12-13 800--1. Lori Thomas 4:27 2. Mary Barela 4:35 3. Norma Hewitt 4:56 4. (no, tied for third) Cindy Dodson 4:56 (7 finishers) 2 Mile, Boulder Feb. 24--1. Jerry Brown 14:22.7 2. Milt Place 16:11 3. Tom Cloyd 17:36 Women's 1 Mile--1. Elisa Haire 9:40.7 2. Ellie Argimbau 10:00 3. Martha Fiege 10:28 Girls 800's: 9 and under--1. Becky Gappa 4:56 and Portia Bowman 4:56 10-11--1. Sylvia Hardy 5:14 2. Ann Jarvis 5:15 (9 finishers) 12-13--1. Lori Thomas 4:51 2. Norma Hewitt 4:52 (6 finishers) 3 Mile Hdcop, Broomfield, Colo. March 11 (hilly road course)--1. Joe Manning 28:28 2. Floyd Godwin 23:26 3. Pete VanArsdale 24:12 4. George Lundmark 29:57 5. Bernie Gay 29:35 Grade school 800--1. Chuck Smart 4:56 2. Randy Turner 4:57 3. Mimmy Manning 5:05 4. Kevin Manning 5:20 Colorado Invitational 2 Mile, March 24--1. Jerry Brown 14:13.9 2. Floyd Godwin 14:56.2 3. Pete VanArsdale 15:08 4. Mike DeWitt 15:08 5. Milt Place 15:48 6. Vic Karels 16:52 7. Bernie Gay 17:12.4 8. Chuck Hunter 17:58.3 9. Tom Cloyd 17:58.5 REAAU 2 Mile, Boulder, Mar. 25--1. Jerry Brown 14:23 2. Floyd Godwin 14:47 3. Pete VanArsdale 14:55 4. Milt Place 15:47 5. Vic Karels 16:34 6. Bernie Gay 16:44 7. Chuck Hunter 17:51 (3rd through 6th had personal bests) Girls 10-11 800--1. Portia Bowman and Ann Jarvis 4:57 3. Michelle Wood 4:58.9 4. Kathy Malville 5:06.2 Girls 12-13 800--1. Maureen Wood 4:49.3 2. Sallie Simpson 4:59.3 3. Brenda Jesser 5:27.6 Girls 14 and over 1 Mile--1. Shauna Ka licki 9:54.5 2. Martha Fiege 10:01.1 3. Debby Kirchoffer 10:10.9 4. Susan Petrelli 11:19.5

10 Km, Indio, Calif., Feb. 18--1. Bill Ranney 47:10 2. Rudy Haluza 47:26 3. Don DeMoon 48:14 4. Ed Bouldin 48:41 5. Ron Laird 51:05 6. Bob Bowman 51:34 7. Bob Hickey 53:59 8. Mike Ryan 54:49 9. Larry Pelleter 55:21 10. Hank Klein 59:57 11. Carl Warrell 60:08 12. George Mercure 60:29 13. Hal McWilliams 60:59 15. Jeff Fenkins 61:29 16. Irv Spector 64:59 17. Martii Lpstein 65:22 18. Phil Mooers 66:20 1 Mile, San Diego, Feb. 17--1. Don DeMoon 6:37.6 2. Bill Ranney 6:48.6 3. Ron Laird 6:49.8 4. Jim Bentley 7:04.1 5. Bob Hickey 7:25 6. Brad Bentley 7:33 7. Hank Klein 7:53 Girls 1 Mile, Valencia, Calif., March 3--1. Sue Brodack (ave 16) 7:47.4 2. Jane Janousek 9:49 Girls 14-17 1 Mile (same place)--1. Jaydee Falkens 9:19.5 2. Sheila Thomson 9:32.6 3. Janene Eigham 10:22.9 Girls 12-14 1 Mile, March 4--1. Dayna Berth 8:22.2 2. Lisa Matheny 9:05.1 3. Marie Flores 9:05.1 (but wait, she was Daid--therefore) 3. Becky Villavazzo 9:17.5 4. Tami Furguson 9:30 5. Carlene Masvon 9:57.8 6. Dena Morton 9:57.8 Girls 10-11 1 Mile--1. Joyce Brodack 8:51.7 2. Sharlene McGinley 10:04.3 3. Suzy Simpson 11:31.6 2 Mile, Gresham, Oregon--1. Doug Verkeer 17:10.8 2. Wil Jackson 17:21.6 3. Doug Buhler 19:06 4. Don Jacobs 19:40 5. Joe Bogoges 21:46 1 1/2 Mile, Portland, March 3--1. Jim Bean 11:05.4 2. Rob Frank 11:16.2 3. Steve Pecinovsky 11:45 4. Scott Massinger 11:55 5. Doug Verkeer 12:49.7 6. Wil Jackson 13:08.5 7. Joe Bogoges 13:24 8. Don Jacobs 14:30.5 5 Km, Lewterg, Ore., March 24 (long due to official's error)--1. Steve Pecinovsky 31:04 2. Scott Massinger 31:54 3. Don Jacobs 34:31 Ontario Indoor 3 Km Championship, Toronto, Feb. 24--1. Neville Conway 13:42.6 2. Pat Farrelly 13:55 3. Roman Olszewski 13:56.8 4. Karl Merschenz 15:05.4 5. Joe Levy 15:27.8 6. Ron Wambolt 15:38.8 7. Joe Monaco 17:14.8 5 Mile, Toronto, March 4--1. Pat Farrelly 39:47 2. Alex Oakley 40:11 3. Karl Merschenz 41:10 4. Max Gould 41:19 5. Joe Levy 43:12 6. Ron Wambolt 44:59 7. Ron Wilkins 45:59 8. Peter Thomson 47:23 9. Joe Monaco 48:35 10. Denis Vallianatos 54:12 1500 Meter, Toronto, March 10--1. Pat Farrelly 6:34.7 2. Roman Olszewski 6:36.3 3. Alex Oakley 6:44.7 3. Ron Wambolt 6:46.5 5. Karl Merschenz 6:54.5 6. Helmut Boeck 7:28.5 7. Ron Wilkins 7:32.8

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Here is something I should do more often, i.e. credit my faithful contributors. Although putting this together is a one-man job, there wouldn't be much in it without the results and schedules regularly supplied by some faithful readers. No doubt I will forget someone in trying to list them all--to that someone, my apologies. So, my associate editors are: Fred Brown Sr., Jack Eoitano, Bruce MacDonald, Elliott Derman, Bob Mirm, the Palamarchuks, Greg Diebold (via the infamous Guano Press), Gary Bywaters, the Eocis, Mike Riban, Joe Duncan, Augie Hirt, Mike Sullivan, Pete VanArsdale, Martin Rudow, Steve Lund, Don Jacobs, Bob Whitney, Doug Walker, Roman Olszewski, Ron Daniel (if your following the sort of geographic order of this, you can see I almost forgot poor Ron), Jim Bentley Sr.

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#### OVERSEAS RESULTS:

15 Km, London, Dec. 16--1. Shaun Lightman 68:48 10 Km, London, Dec. 16--1. Olly Flynn 44:17 2. Steve Gower 44:17 3. Roger Mills 45:12 4. Amos Seddon 45:58 British National Women's 6500 Meter, Bromsgrove, Dec. 2--(roughly 70 yards over 4 miles)--1. Barbara Jenkins 33:51 2. Brenda Cook 34:07 3. V. Lovell 34:32 4. C. Coleman 34:47 10 Mile, South Croxdon, Eng., Jan. 20--1. Paul Nihill 76:29 (first race since Oct. 1) 2. Paul Selby 76:48 10 Mile, Pewsey, Eng. Jan. 20--1. Alan Smallwood 76:22 2. Kevin Ensley 77:54 3. Brian Eley 78:21 3 Km, London, Jan. 24--1. Roger Mills 12:25.6 2. Amos Seddon 13:07.8 3. Paul Selby 13:19.4 4. JackyLord 13:19.6 (still just 17 years old; birthday March 2)

10 mile, London, Feb. 10--1. Bob Dobson 73:47 2. John Webb 74:24 3. Shaun Lightman 75:46 8. Paul Selby 75:54 10 Mile, Coventry, Feb. 10--1. Geoff Toone 74:55 2. Alan Smallwood 76:38 3. Bob Adams 77:45 4. Eric Taylor 77:55 5 Km (Indoor), Abo, Finland, Feb. 18--1. Paavo Pohjola 21:36.6 (maybe the Finnish rejuvenation in distance running is going to carry over to race walking) Women's 3 Km (Indoor), Abo, Feb. 18--1. Anne Froberg 15:59.8 5 Km (Indoor), Bergen, Norway, Feb. 24--1. Jan Rolstad 21:15 2. Kjell Lund 21:17 3 Km (Indoor), Geneva, Feb. 21--1. Vittorio Visini 12:26.8 2. Edoardo Quirino 12:41.8 Women's 3 Km (Indoor), Vasteras, Swed., Jan. 20--1. Pritt Holmquist 15:31 2. Margarets Simu 15:35 Women's Junior 3 Km (same place)--1. Siv Gustavsson 15:39 20 Km (track), Barcelona, Spain, Jan. 14--1. Victor Campos Lopez 1:32:44.2 (Spanish record--23:00, 46:24, 1:09:24) West German Indoor 10 Km Championship, Mainz, Feb. 11--1. Bernd Kannenberg 42:32.6 2. Gerhard Weidner 44:11.2 3. Heinz Mayr 46:24.2 10 Km (Indoor), Halle, EG, Feb. 24--1. Siegfried Zscheigner 44:54.6 2. Reinhard Ammon 44:58 EG Indoor 10 Km Championship, Senftenberg, March 3--1. Horst Staps 43:09 2. Siegfried Zscheigner 43:15.4 3. Peter Selzer 43:37.6 4. Karl-Heinz Stadtmuller 43:56 EG Junior 10 Km--1. Hartwig Gauder 44:20.8

#### SCHEDULE OF WALKING-TYPE RACES

Sat. April 7--10 Km, Sacramento State College (G)  
5 Km Hdcp, 1320 yd. Grade School, Northglenn, Colo. (B)  
7 Mile, Hickman Track, Columbia, Mo., 9 a.m. (A)  
Ontario Senior 10 Mile, High Park, Toronto, 9:30 a.m. (K)  
Sun. April 8--Penn AC 20 Km, Fairmount Park, Philadelphia (N)  
Fri. April 13--1 Mile, Colorado Relays, Boulder, Colo. (B)  
Sat. April 14--7 Mile, Toronto, Canada (L)  
Sun. April 15--SENIOR NATIONAL 20 KM, SANTA BARBARA, CALIF. 10 a.m. (I)  
MVAU 1 Hour, Hickman Track, Columbia, Mo. 2 p.m. (A)  
Eastern Regional 50 Mile, Marmouth College, West Long Branch, N.J., 7 a.m. (D)  
Senior Canadian 50 Km, High Park, Toronto, 8 a.m. (K)  
Mon. April 16--Boston Marathon--special walk will start at 10 a.m., 2 hours ahead of runners. Contact Jake Brederesen, 5 Short St., Attleboro, Mass.  
Sat. April 21--6 Mile Men, 3 Mile Women, 880 Grade School, Broomfield, Colo., 1 p.m. (B)  
Sun. April 22--Ohio 10 Km Championship, Worthington (E) 12 noon  
10 Mile Hdcp, Lowell, Mass. (M)  
Thur. April 26--2 Mile, Penn Relays, Philadelphia, 8 p.m.  
Sat. April 28--Walk-Run Pentathlon, Hickman Track, Columbia, Mo., 9 a.m.  
(2 Mile Walk, 880 run, 1 Mile walk, 2 Mile run, 220 run)  
Pacific AAU 30 Km, Women's 2 Mile, Stockton, Calif. (G)  
Sun. April 29--SENIOR NAAU 1 HOUR, LAWRENCEVILLE, New Jersey, 10 a.m. (O)  
(Note: This is changed from April 28 in Cornwells Heights Pa. because their new track will not be finished.)  
Sun. May 6--JUNIOR NATIONAL AAU 15 KM, PORTLAND, OREGON, 11 a.m. (J)  
Missouri Cup 20 Km, Hickman Track, Columbia, Mo. 2 p.m. (A)  
10 Mile, Seaside Heights, N.J., 10:30 a.m. (D)  
Ohio 20 Km Championship, Dayton, 12 noon (E)  
Sun. May 13--2 Mile Hdcp, 880 yd. Grade School, Longmont, Colo. 1 p.m. (B)  
Sat. May 19--12 Mile, Cosmo Park, Columbia, Mo. 7:30 a.m. (A)



Sun. May 20--Senior NAAU 50 Km, Des Moines, Iowa, 8 a.m. (H)  
 Men's 25 Km, Women's 5 Km, Stockton, Calif. (G)  
 Ohio 1 Hour Championship, site indefinite, (E)  
 Sat. May 26--2 Miles, California Relays, Modesto (G)  
 Sun. May 27--9 Mile Handicap, Lakewood, N.J. (D)  
 Sat. June 2--5 Km, Kennedy Games, Berkeley, Calif. (G)  
 6 Mile Hdcp, Cosmo Park, Columbia, Mo. 9 a.m. (A)  
 5 Km, Greenwich, Conn. (C)  
 Sun. June 3--Senior NAAU 25 Km, Taunton, Mass. (M)

Key to cats to contact per those letters in parentheses:

A--Joe Duncan, 4004 Daffoe, Columbia, Mo. 65201  
 B--Pete Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80802  
 C--Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497  
 D--Elliott Derman, 28 N. Locust, West Long Branch, N.J.  
 E--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202  
 F--James Bentley, P.O. Box 6466, Reno, Nev. 89507  
 G--Steve Lund, 402 Via Hildago, Greenbrae, Calif. 94904  
 H--Mike Sullivan, 2510 40th Place, Des Moines, Iowa 50310  
 I--Bob Bowman, 1961 Windsor Place, Pomona, Calif 91767  
 J--Don Jacobs, Box 23146, Tigard, Ore. 97223  
 K--Doug Walker, 29 Alhambra, Toronto, Canada  
 L--Roman Olszewski, 138 Indian Road, Toronto 156, Ontario, Canada  
 M--Fred Brown Sr. 151 Walsh St., Medford, Mass. 02135  
 N--Bob Mimm, 44 Endwell Lane, Willingboro, N.J. 08046  
 O--Stephen Palamarchuk, 6357 Crescent Ave., Cornwells Heights, Pa. 19020

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 A FEW MORE BRITISH TYPE RESULTS:

20 Km, South Croydon, Feb. 17--1. Paul Nihill 1:36:51 2. Paul Selby  
 1:37:17 10 Mile, Southend, Feb. 24--1. Olly Flynn 73:31 2. John Webb  
 73:44 3. Bob Dobson 74:30 4. Peter Marlow 75:33 5. Colin Young 78:03  
 6. Alec Banyard 78:13 10 Mile, Salisbury, Feb. 24--1. Len Duquemin 74:31  
 2. John Moulton 75:47

Incidentally, while giving proper credit to my sources, most of the foreign results come from either the British publication, Athletics Weekly, or from International Race Walking Report, put out monthly by Egon Rasmussen in Denmark.

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#### THAT NAAU MILE

Last month we had incomplete results on the NAAU Indoor 1 Mile and scanty information. Now we have more information and perhaps wish we didn't. First, the complete results were:

1. Ron Daniel, NYAC 6:22.0 2. Ron Kulik, NYAC 6:24.2 3. Clark T. Scully 6:25.4 4. Donald DeNoon, Calif. Blue Angels 6:30.1 5. Larry Young, Mid-America Track Club 6:43.3 6. Howard Palamarchuk, un. 6:46.8 7. David Romansky, un. 6:46.9 (John Knifton was disqualified after finishing second in 6:23.3)

Scully and DeNoon were the early pace setters through 1:36 and 3:44 splits. Daniel was out front by 3/4 in 4:48 and Kulik stayed close enough to get the second, knowing Knifton had gotten the heave. As the pictures on the inside cover show, it was probably quite typical of 1 Mile races. These photos were provided by Don Johnson. He sent 11, taken coming off the first turn on each of the 11 laps. We are not publishing them to embarrass any walkers or the judges (Charles Silcock, John Deni, Bruce MacDonald, Henry Laskau, and Jack Boitano). Practi-

cally every shot showed one or more walkers either definitely off the ground or in such a position that it was obvious they had been a split second before or were going to be a split second later. The pictures are just another good demonstration of the fallacy of 1 mile walking. From the photographic evidence, Larry Young should probably have won the race but he was far enough back that he wasn't in many of the pictures and who knows that he couldn't have been caught in an equally compromising pose at several points. And I seriously, if any judges anywhere, for those who lay this at the feet of the particular judges involved, would have tossed all of the first four had they been at the race. Just look at Daniel in the first picture. A perfect example of relaxed race walking except that he is an inch or two in the air. But who could detect that at that speed. He undoubtedly looked very good. As Don Johnson said in his letter accompanying the pics, in which he assured he was not being critical of anyone in particular, "Would just hope that these pictures would help ring the death knell of 1 mile race walking. I would especially hope that this race would be the last time that a 1 mile race is used as a qualifying vehicle to select 3 mile competitors."

In the actual judging of the race, Palamarchuk, Kulik, and Romansky were cautioned for loss of contact and Knifton's DC was for failure to straighten the right knee during the latter half of the race. The race was videotaped but after checking the director and control room crew, it was found to be impossible to review the tape within the time limit established by the new rules. So the stupidity of 1 Mile walks, which we have harped on from time to time through the life of this publication is one thing. The stupidity of the AAU is another.

The entry blank for the women's race listed a qualifying time of 9:08 a date of Dec. 1, 1971 after which it had to be achieved. This was a n error and should have been 9:00 after Dec. 1, 1972. But an innocent athlete completing the blank in good faith had no way of knowing it was an error. So Stella Palamarchuk, who everyone knows can better 9:00 and who has given so much of herself to build the sport, submitted a qualifying time achieved before Dec. 1, 1972. So Stella was informed by phone two nights before the meet that she could not compete. An effort by Bruce MacDonald to have an intermediate time during a 5000 meter race accepted was also refused. Stella went to New York anyway trying to get a last-minute reprieve, but to no avail. Another girl with a qualifying time of 9:00.2, under that listed on the blank, was also refused entry. So the mighty AAU goofs and once again the athlete pays. Of course, the track was crowded with a field of six starters. Now, I have always been fairly tolerant of the repeated arrogance and stupidity of the AAU, realizing the pitfalls of bureaucracy and redtape that any such organization can plunge into, but will these idiots never learn that they are serving the athlete and not vice versa. Well, the conservative Ohio Race Walker better not go to far. For the rantings of the far left on the subject, get the Guano Press. Of course, you must stumble through the usual exaggerated rhetoric of the underground press, but, in essence, they tell it like it is. I hope we have an Indoor 3 Mile next year, on the pro circuit of course.

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Commentary from Ron Daniel (who did not know he was going to be embarrassed by obscene pictures showing both his feet off the ground when he wrote this): "After many years of competition, viewing films of Americans and the European 'greats', I have come to the following conclusion. That 100 percent contact in race walking is non-existent at the championship level, especially in the high-speed races such as a 20 Km. (Ed. Not to mention one mile.) My guess is that the problem is one of mechanics not one of poor execution by the athlete. Let me try to explain. First, we assume that 100 percent can be attained. The ideal condition would be a perfectly flat surface and physically ready body (no injuries, no fatigue). There is now some maximum speed where 100 percent contact exists. In order to maintain this top speed and contact a very high degree of coordination and timing is taking place. Neglecting fatigue or other physical problems, loss of contact can be caused by an irregular surface. The worst type being a blacktop road with occasional waves; this type of surface is so innocuous in appearance that the walker is lulled into complacency by the "smooth" fast surface. What occurs at high speed is similar to a car wheel with poor shocks. The walker steps off of one of the hidden waves and bingo, he's lifting before he is even aware of it and his reflexes have started to damp out the lift. But not before several non-contact steps go by. Now take other irregular surfaces, or a moving surface (indoor track) and add fatigue, strain, etc. and we have the ingredients for less than 100 percent contact. Usually this type of break in contact is so slight that it only can be detected on film. Without further speculation, that is my theory on speed walking that wins the big ones."

Editor's comments: Some points well taken. I don't know if 100 percent contact is completely non-existent at the top level but I have been told that close viewing of films shows all of the first six in the Munich 20 off the ground. Yet these are all men who are recognized as 'excellent stylists--who look like race walkers should. As stated at other times it is physically impossible to detect loss of contact at these speeds when it is slight and the judge must rely on subjective factors. And these factors indicate that these guys are very legal on their good days. I suppose the answer is that 20 Km races should be won at 1:35, not 1:26. As Ron states, the effects of irregular surfaces is a very important factor and becomes even greater as fatigue builds up. And this is true not only in the speed races. I think this is one reason we often find more disqualifications in high-level 50's than in 20's. It becomes extremely difficult to maintain a fluid style over an irregular surface after 3 hours or so. Perhaps the loss of contact is no greater than in a 20, but the style deteriorates so one no longer "looks like a walker" and the judges move in. Those subjective factors again. As to the real high-speed races, films taken of several of our walkers doing all-out 110 yard sprints at the 1968 Olympic camp show that it is definitely possible to maintain contact at a pace of better than 6 minutes a mile. But it is very tenuous and they would not have to go many more yards before the fatigue factor (or heading into a turn) would throw them right off. So much for that.

Commentary from Doc Blackburn regarding the glycogen loading discussion in last month's issue: "Before an athlete embarks on this training plan, he should determine whether he has any susceptibility to diabetes. He may do this by inquiry as to its existence among his relations. If any doubt exists, a glucose tolerance is recommended."

"Diabetes is largely a genetically determined metabolic disorder. A small percentage of us are latent diabetics. It is my opinion that this alternative starving and stuffing with carbohydrates could very well convert a latent diabetic condition into an active one."

"The training plan otherwise has much to recommend it and should not cause difficulty in those having no diabetic genes. It will be interesting to note in the next few years how universally accepted this practice becomes. That will be the proof of its usefulness."

One other note of caution before we leave this subject. In the March Runner's World, Dr. Gabe Mirkin, a distance runner himself, discusses his experience with one patient he had who had experimented with such a diet. With out going into details of the case history, Dr. Mirkin concluded that in susceptible runners carbohydrate-loading can be risky because all excess calories can clog the arteries of the heart. Again, this is probably the rare case, but it further indicates that it would behoove one to undertake such a program under some degree of medical supervision.

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Some late news, fresh out of today's mail: 8 Mile, Columbia, Mo., March 17--1. Leonard Eusen 80:17 2. Rob Spier 85:17 Walking Triathlon, Columbia, Feb. 24 (3, 2, & 1 Mile)--1. Art Fleming 55:08 (27:49, 18:21, 8:58) 2. Rob Spier 64:16 (32:27, 21:16, 10:33) 3. William Taft 76:49 3 Mile, Columbia, March 10--1. Dave Leuthold 26:53 2. Joe Duncan 27:42 3. Leonard Eusen 29:33 4. Don Johnson 34:58 5. Dave Schulte 37:23 2-Mile, 6 Mile Run-Walk, Columbia, March 26--(one guy runs, the other walks, alternate miles)--1. Stan Smith (4:55, 4:51, 4:51) and Dave Eidahl (7:37, 7:43, 7:57) 37:54 2. Ben Londeree (4:59, 5:13, 5:12) and Art Fleming (8:24, 8:32, 8:17) 40:37 3. Bob Young (6:12, 6:21, 6:27) and Larry Young (6:57, 7:29, 7:37) 41:03 (Larry did 3 in 6:53 last year and is obviously a bit short on training at this point) --13 teams finished. Add to the Race Walking Schedule: April 28--10 Km and 5 Km at Mt. SAC Relays, Walnut, Calif. 10 is at 9 a.m. and the 5 at 5 p.m. Contact Bowman.

#### APEEK INTO THE PAST:

10 Years Ago (From the March 1963 Race Walker)--The 20 Km National was held early because of an early date for the Pan-Am Games and one Ronald Owen Laird walked off with the title in Chicago. Ron Zinn started the race off with a 6:58 mile and held his lead through 8 miles. The next 2 miles were touch and go before Laird's strength payed off for the win in an excellent 1:34:52. Zinn faded to 1:36:02 at the finish with Alex Oakley (1:36:36) and Akos Szekely (1:36:44) closing on him at the finish. Jack Mortila was almost 2 minutes further back in fifth, just ahead of John Allen, and 50 Km man, Chris McCarthy, walked his fastest race ever missing the 1:40 barrier by just 7 seconds in 8th--Ken Matthews beat Paul Mihill in the British RWA 10 Miler, 73:00 to 73:34 with Rudy Haluza coming 10th in 77:19. Two weeks later, Rudy was ninth in the above 20 Km....Incidentally, to show that race walkers can make vast improvements, 14th, 15th, and 16th in that 20 with times in the 1:48 to 1:49 range were a Goetz Klopfer, a Jerry Brown, and a Don DeKoon. 5 Years Ago (from the March 1968 ORW)--On the Mt. SAC track in California, Larry Young bettered the American 50 Km record with 4:25:40 (he has improved too) and Ron Laird also bettered Klopfer's old mark with a 4:29:29.4....Tom Dooley also had a fast track race with a 1:08:50 15 Km in San Francisco. Bill Ranney had a 1:10:28 in this one and went



to 10 miles in 1:15:30....On the East Coast, Ron Daniel got into the record breaking act with a 3:05:42.8 for 35 Km, beating John "nifton" by 2 minutes....Dave Romansky turned in a 1:16:36 for 10 miles on the Astury Park boardwalk....Mortland made an early pick for spots on the U.S. Olympic team tagging Laird, Dooley, and Romansky at 20 and Klopfer, Young, and ? at 50. Not bad prognostication with all five making it, although Romansky filled the question mark at 50 and Rudy Haluza took his place at 20.

More late news, out of today's mail (today being one day later than when I said the same thing a few pages ago). Also, I should add the name of Dean Ingram to that list of contributors. 20 Km, Seattle, Dec. 10 (cold--20 F--but sunny)--1. Jim Bean 1:38:07 2. Evan Shull 1:52:17 3. Bob Rosencrants 1:56:57 4. Ken Neville 1:58:08 15 Km, Kent, Wash., Dec. 23--1. Evan Shull 1:24:14 2. Ken Neville 1:27:18 5 Km, Seattle, Jan. 6--1. Ken Neville 27:16 2. Bob Rosencrants 27:25 5 Mile, Tacoma, Jan. 20--1. Bob Rosencrants 44:20 2. Ken Neville 44:25 3. Ed Glander 48:30 4. Dean Ingram 51:21 10 Km, Feb. 3--1. Jim Bean 47:45 2. Evan Shull 51:30 3. Bob Rosencrants 51:40 4. Ken Neville 52:25 5. Steve Geiver 55:10 3 Marathon, Feb. 17--1. Bob Rosencrants 1:54:45 2. Ken Neville 1:55:32 20 Km, Snohomish, March 10--1. Jim Bean 1:40:55 2. Bob Frank 1:45:01 (only 30 seconds back at 15 Km) 3. Bob Rosencrants 1:49:53 4. Dean Ingram 2:04:13 (cold and windy).

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FROM HEEL TO TOE (A column of miscellany known from time to time as This and That, Odds and Ends, Potpourri, etc.)

Here is something knew--secret training times. In Colorado, Jerry Brown has turned in 1:39:15, 1:38:15, and 1:36:40 for 20 km in Jan., Feb. and March, as well as a 4:50:05 for 10, and 2:36:00 for 30 in March. Floyd Godwin, on limited training, has turned in 50:00 and 48:20 for 10 and fast-improving Pete Van Arsdale a 1:44:36 for 20 and 50:00 for 10. A timed training workout in Toronto saw the following times (looks like a race to me): Pat Farrelly 1:15:42, Alex Oakley 1:16:25, Roman Olszewski 1:17:12 (by the way, this is 15 Km for those who might be interested), Max Gould 1:21:07, Ron Wambolt 1:25:01, Ron Wilkins 1:25:36, Peter Thomson 1:29:36, Helmut Boeck 1:31:25, and Joe Monaco 1:32:11 (They even list 2 judges).....This has been mentioned in these pages before, but we might bring to your attention once again the US Masters International Track Team tour to the South Pacific beginning Dec. 13. The 20-day tour includes competition in Fiji, New Zealand, Australia, and Hawaii in age divisions 40-49, 50-59, 60-69, and 70 up. You pay your own way of course. For further information contact David H.R. Pain, U.S. Masters International Track Team, 1160 Via Espana, La Jolla, California 92037....Where or where is the famous Chris McCarthy. His last ORW came back marked "Address Unknown....The Shore AC and Penn AC have a dual meet on again this year for May 13, 1973. A unique affair in this country....In the Feb. 24 Athletics Weekly, Colin Young has a short feature on two Latvian walkers of some note (Latvia now being a part of the Soviet Union). Arnold Kruklins turned in a 49:26 for 10 Km as early as 1935 and also a 4:50 50 Km that same year, but dropped out of the Berlin Olympic 50 in 1936. During the war, he brought his 10 down to 45:44 in 1943 and continued to improve to track bests of 1:36:13.8 for 20 in 1950 and 45:31.8 for 10 in 1952. A fairly lengthy career of top flight times. But nothing like his countryman, Adofls Liepaskalins. Born in 1910, he first came to note in 1938 with times of 46:00 and 1:36:44.4. Eleven years later, he had the 20 down to 1:34:17.2 and had a world-leading 50 of 4:32:03, at age 39. However, he was just getting started. Another 10 years and he turns in

times of 43:10.6 and 90:25.4 at age 49. At 50, he started to slow, managing "only" 43:50.2 and a year later really showed the signs of creeping old age with a pedestrian 44:58.2. But not for long did old age keep him down. In his final flourish, he recorded a 43:59.8 in 1965, which is more than commendable at any age, let alone 55!.....Lugano Cup Zone matches in Europe will find the United Kingdom, Sweden, France, Norway, Ireland, and Belgium locking horns in Boras, Sweden on Sept. 8-9 and Italy, Spain, and the Eastern European countries (presumably Hungary, Czechoslovakia, and possibly Poland and Romania) contesting at Triest, Italy on the same dates. Two teams from each will go into the final along with the East Germans and Soviets, who qualify from their 1-2 finish in 1970, and the U.S. We would have to go through a zone competition also should both Canada and Mexico, or Japan, or Cuba decide to enter since only two teams are allowed from outside Europe....Incidentally, one thing we forgot to mention in discussing the hassle at the Women's mile. Apparently, Larry Young had not met the qualifying standard for the Men's walk, and volunteered this information on Stella's behalf, at the risk of being tossed out himself and wasting a trip to New York. To no avail of course. Larry still walked and Stella watched. Nonetheless, Larry's actions on her behalf are to be commended and the AAU knocked down another notch for another apt demonstration of their hypocrisy.

### The Long Walks

For those who like long walks and detest sleeping, you might go after the record for non-stop walking, which was recently set in Albuquerque by 33-year-old Jesse Castaneda, a Spanish teacher at Albuquerque Academy. Castaneda covered 302 miles in 102 hours and 24 minutes on a quarter mile track. The old mark of 300 miles 145 yards had been set in Pembroke, Ontario in October by Canadian Army Warrant Officer Phillippe Latulippe, age 53. Latulippe, however, required only 78 hours on his walk, which makes it look more commendable from the standpoint of race walking, but I suppose less challenging from the standpoint of staying awake.

Latulippe is very big on this sort of thing having first set the world's record in September, 1971 with 218.65 miles in 63 hours. Nine days later a New Zealander, John Sinclair, did 230.8 miles and Latulippe began earnest training by jogging 45 miles three times a week. In April he set off after the record again, with 250 miles as a target, only to learn after he was already under way that a member of the British Parliament, Richard Crashaw, had just covered 255.84 miles. So he proceeded to do 256 miles in 81:55 to again take the record.

Guidelines for these records are laid down by the Guinness Book of Records: independent corroboration by local press clippings, signed authentication by an organization of standing, and a signed log showing the attempt has been subject to constant surveillance and stating the times and duration of rest breaks taken. The guidelines state that a walker may stop only 5 minutes per hour for eating, changes of footwear, etc. (This would have allowed Latulippe 6 hours and 27 minutes off the track, but he used only 2:21:20).

On the experience, Latulippe stated: "From past experience I figured my most serious moments against sleep would come some 24 hours after the start. But incredibly, the awful urge to quit and lie down blanketed me less than 6 hours after the start. I worried that something was wrong; certainly I couldn't visualize lasting at least 3 more days. But I fin-



ally shook myself out of it by spurts of jogging (Hey! C'mon!) and about 1 a.m. got my second wind. Never again did I feel seriously pooped."

Castanada had failed in two earlier attempts at the record but in his record effort walked much faster than in the other two, although much slower than Letulippe. Following the race his heart rate, blood pressure, and tempera ture were all found to be within normal limits. He had deliberately put on about 4 1/2 pounds of fat prior to the race, which was felt to be enough to go 75 to 80 hours without food.

As good as these two efforts are from the viewpoint of physical endurance, they do not compare with what has been accomplished by trained race walkers. The Paris-to-Strasbourg race last year went in 67 plus hours and that is a distance of more than 320 miles. However, they have three enforced rest stops of more than an hour each, as I recall, so times in that race do not qualify under the Guinness definition. None-the less, they are covering more distance in less time, and still with very little rest. Letulippe's performance would not leave him completely outclassed in this race but Castenada would have a way to go.

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HOT SCOOP BEFORE WE CLOSE THIS OUT FOR ANOTHER MONTH.

A phone call to friendly Steve Lund has given us the results of yesterday's (March 31) National Senior 10 Km in Reno. And here they are:

1. Jerry Brown 46:19 2. Ron Laird 46:42 3. Bill Ranney 46:51 4. Bill Weigle 47:16 5. Bob Kitchen 47:19 6. Floyd Godwin 47:31 7. Bob Henderson 49:18 8. Pete VanArsdale 49:33 9. Steve Lund 49:57 10. Jim Bean 50:20 11. Wayne Glusker 51:04 12. Roger Duran 51:32 13. Bob Frank 51:44 14. Manny Adriano 51:44 15. Jim Bentley 52:00 16. Bryan Snazelle 53:40 17. Wolf 55:00 18. Erad Bentley 55:39 19. Keith Foman 66:10 20. Phil Mooers 69:06--Bob Henderson had early lead and then it was traded between Laird, Ranney, Weigle, and Kitchen before Brown moved out at 3 miles and pulled steadily away covering his second 5 Km faster than the first. Laird is apparently very hard on the comeback trail now and it appears he may now be a contender in the 20. Goetz Klopfer chose to watch saving his competitive juices for the 20. That race looks pretty wide open, with Larry Young not yet back in top shape. You can read about it in the next exciting, thrill-packed issue of the OHIO RACE WALKER.



Derek Mortland is all alone out front in what he said was a big cross-country race



And here come the other two contestants, brother Scott and Mommy.