

Ohio Race Walker
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FIRST CLASS MAIL

OHIO RACEWALKER



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RANNEY COPS BIG ONE

Santa Barbara, April 15--Ancient Bill Ranney (I can say that because I think he is at least a few months older than I) captured a big prize after many years of top-class walking when he won the National Senior 20 Km today. And he did it in convincing manner getting away from Jerry Brown about a mile from the finish to record an excellent 1:34:15. Brown, who has also been at it for quite a few years, also proved that persistence (plus a few miles on the training course) pays off. These two will represent the US in the dual track meets in Europe this summer, including the big one with the Soviets and are also qualified for the Lugano Cup race in the fall. Joining them for that one will be Bob Kitchen and Todd Scully who walked fine races in third and fourth. Thus we have a complete new cast from last summer's Olympic 20 Km squad.

The race saw Ron Laird, Back in good condition after an injury-plagued '72, off to flying start and opening a quick early lead. Unfortunately for Ron, at 5 Km he was informed by the judges that he was indeed flying and requested to kindly remove his body from the course. So much for that comeback for the present.

Among the others, Ranney, Brown, and Kitchen came through 5 Km together in a swift 23:05 with Scully only 5 seconds back and Bill Weigle, Floyd Godwin, Ray Somers, John Knifton, and Bob Henderson not far back. Only Larry Young, apparently not back in top condition yet, and a still ailing Tom Dooley were missing from the field.

At 10 km the first three were still right together, going through in 46:34. Somers had now taken over fourth only 10 seconds back and six seconds ahead of Scully. Weigle and Henderson held the next two places but too far back to challenge for first unless everyone folded. Kitchen had to give up the chase during the next 5 km and Ranney and Brown passed the 15 km mark stride for stride in 1:10:25. Kitchen was 26 seconds back and Scully had moved past Somers and was challenging Bob, only 5 seconds back. Knifton was a solid sixth at this point and Weigle was holding off the surprising Henderson for seventh.

There were no position changes among the leaders over the last 5. Ranney made his move over a slight hill about a mile from the finish and Brown was unable to respond but was in no trouble as far as holding onto second. Kitchen rallied to move slightly away from Scully and Somers easily held off Knifton. Brown led the Colorado Track Club to an easy team title as his teammates, Weigle and Godwin, captured 7th and 9th. The New York AC was second, but with Laird and Ron Daniel having a bad day, were not close. Ever-green and ever-tough John Kelly was the first over-40 finisher with an excellent 1:41:05 in 13th as Rudy Haluza, suffering with torn muscles, required 55 minutes to cover the second half and faded to 17th. Turn the page for results.

1. Bill Ranney, un. 1:34:15 2. Jerry Brown, Colo. TC 1:34:37 3. Bob Kitchen, un. 1:35:02 4. Todd Scully 1:35:14 5. Ray Somers, un. 1:35:47 6. John Knifton, NYAC 1:36:13 7. Bill Weigle, Colo. TC 1:36:48 8. Bob Henderson, US Army 1:37:09 9. Floyd Godwin, Colo. TC 1:38:45 10. Ron Daniel, NYAC 1:40:03 11. Carl Swift, Azusa-Pacific College 1:40:23 12. Pete Van Arsdale, Colo. TC 1:40:23 13. John Kelly, SC Striders 1:41:05 14. Dan O'Connor, LIAC 1:41:51 15. Jim Bean, Oregon Col. of Educ. 1:42:18 16. Ron Kulik, NYAC 1:43:42 17. Rudy Maluza, SC Striders 1:43:20 18. Mike DeWitt, US Army 1:44:03 19. Mike Ryan, SC Striders 1:44:10 20. Wayne Glusker, West Valley TC 1:44:30 21. Howie Palamarchuk, un. 1:45:11 22. Dick Ortiz, SCS 1:46:03 23. Bob Rosencrantz, Snohomish TC 1:47:04 24. Brian Snavelle, Sierra NW 1:49:12 25. Dan Fitzpatrick, US Army 1:53:52 26. Roger Duran, WVTTC 1:54:20 27. Paul Sonnefield, un. 1:54:45 28. Bob Mickey, Blue Angels TC 29. Hank Klein, UC Irvine 2:00:29 30. Mike O'Rourke, Seniors TC 2:00:41 31. Dean Ingram, STC 2:02:30 32. Howard Barnes, SCS 2:04:04 33. Chris Clegg, SCS 2:05:37 34. Irv Spector, un. 2:10:27 35. Ron D'Amilly, un. 2:10:37 36. Hal McWilliams, SCS 2:12:31 37. Phil Koers, un. 2:16:26 38. Marti Litstein, un. 2:19:35 39. Ed Wehringer, un. 2:30:49 DNF—Ron Laird, Manny Adriano, Ed Bouldin. DNF—Goetz Klopfer, Bob Bowman, Tom Williams, Randy Twing, Jim Bowyer

Notes on the 10 Km result carried last month....Manny Adriano had 52:44 in 15th not 51:44 in 14th, which moves Jim Bentley to 14th and Keith had 57:10 in 18th not 55:39 in 17th, which moves Brad Bentley to 17th...Julio Hallock was not allowed as an official competitor because he had not entered by the deadline and apparently did not have a valid AAU card. So he walked exhibition only.

Note: The March issue was Volume IX, Number 1, not Number 2 as it said on the masthead. We make at least one of these type mistakes a year (plus about one typing error per line) and I feel sorry for anyone having a complete collection trying to put them in the proper order

WORLD 50 KM RECORD

Hamburg, April 8—Gerhard Weidner, sixth in the Munich 50 Km, broke Benjamin Soldatenko's world record for 50 on the track today with a 4:00:27. Soldatenko's old mark was 4:03:42.6 set last fall. On the way he had world best's of 2:46:44.2 at 35 km, 3:11:07 at 40, 3:12:14.8 at 25 miles, and 3:51:48.6 at 30 miles.

ENGLISHMAN STEVE KING WINS 50 MILE

West Long Branch, N.J., April 15—Steve King of Ilford, England, who flew 4000 miles to walk 50 here yesterday, made it a winning trip by convincingly capturing the 6th annual Eastern Regional 50-mile walking championship at Hiram College. King reeled off the 200 laps in 8:42:35.

For 19 miles, 19-year-old Manhattan College sophomore Rich Pleffner and Shore AC president Elliott Derman stayed right on King's heels, but the two U.S. challengers weakened after that and the Britisher went on to win by 2½ miles. Derman moved past Pleffner at 20 miles and went on to claim second in 9:13:03, short of his goal of 8:47:47, the US citizen's record set by John Kelly in 1966. Pleffner hung on to third and finished in 9:42:52, fastest ever by a U.S. teenager.

In an accompanying 20 Km, King's teammate and British 10 Km champion, Roger Mills, blasted a 1:32:00, which would have easily won the US title race held the same day.

King is a 24-year-old stock broker and had been race walking for 5 years. He was third in last year's London-to-brighton (52½ miles) in 9:11. Only Shaul Ladary has gone faster in this 50 miler than King but his record of 7:23:50 is considerably faster. Johnson finished the race for the sixth time and Derman for the fifth. Well, I say Johnson, but I haven't mentioned him before. That's the Shore AC's Don Johnson, 4th in 9:57:31. Other finishers were: John Markon, LIAC 1:14:00; Bruce MacDonald 10:20:40; Bib Hornek, NY Pioneer Club 10:24:30; Luis Montes, LIAC 11:50:47; Vicente Maceira, LIAC 11:59:26; and Rolando Maceira, LIAC 11:58:42. Other finishers at 20 Km were Bob Mimm 1:49:29; James Murchie 1:51:29; Wayne Normandin 1:57:11, and Stella Palamarchuk 2:19:09.

OTHER RESULTS

7½ Mile, Cambridge, Mass., March 31—1. Francis Maher 63:51 (Handicap race) 2. George Lattarulo 67:41 3. Tom Knatt 61:25 4. Frank Scimone 77:57 5. Bob Whitney 72:22 6. Steve Rebmam 77:51 7. Sig Podlozny 83:07 8. Fred Brown Sr. 83:18 9. Jack Doyle 83:04 10. John Cunihan 78:07
5 Mile Handicap, Cambridge, April 8—1. Jan Brown 50:25 2. George Lattarulo 44:03 3. Fred Brown Sr. 54:06 4. Bob Whitney 48:10 5. Francis Maher 42:28 6. Tom Knatt 41:31 7. Steve Rebmam 50:45 8. Sigmund Podlozny 54:01 9. Chico Scimone 53:42 11 Miles (Approximate) Handicap, Lowell, Mass., April 15—1. Dave Morency 1:53:02 2. Kevin Ryan 1:46:33 3. Keith Ryan 1:54:17 4. Toney Medeiros 1:47:57 5. Jim Regan 2:03:42 6. Fred Brown 2:07:36 7. Dennis Slaterry 2:02:12 8. Sigmund Podlozny 2:39:27 New Jersey AAU 1 Mile (Indoor), Princeton, March 24—1. John Fredericks, Shore AC 7:14.9 2. Bob Falciola, Shore AC 7:17.3 3. Dave Schultze, Shore AC 7:39 4. Paul Vanatta, Princeton 7:52.1 5. Don Johnson, Shore AC 7:58 6. Terry Alderson, Shore AC 7:59 7. Roger Barr, Shore AC 8:02 8. Fred Spector, Shore AC 8:02 9. Wayne Normandin, Shore AC 8:03 10 Mile, Abury Park, N.J.—Ray Somers 1:15:27 2. Ron Daniel, 1:17:25 3. Howie Palamarchuk 1:17:41 4. Ron Kulik 1:24:21 5. John Fredericks 1:24:58 6. Randy Kimm 1:27:29 7. Bob Falciola 1:28:48 8. Dr. John Shilling 1:29:41 9. Peter Warren 1:29:50 10. Dave Semar 1:31:38 11. Dave Schultze 1:31:40 12. Ray Yarbrough 1:32:58 13. Wayne Normandin 1:33:00 14. Don Johnson 1:33:38 15. Elliott Denman 1:33:43 16. Evin Ryan 1:33:44 17. Roger Barr 1:35:39 18. Bob Carlson 1:38:38 19. Tony Medeiros 1:37:11 (34 finishers)
10 Mile, Continental, Ohio, April 1—1. Jack Blackburn 1:27:04 2. Milt Place 1:27:19 3. Bob Smith 1:50:34 — Blackburn just got away from the persistent Place in the latter stages. Milt is an Ohio boy going to school in Colorado and through the ORW found his way to Continental while home on spring vacation. First time he had gone this far and he looked very strong. Smith had a 49:01 for 5 miles and then died completely. Doc Blackburn did 7 miles in 75:33 and five of Jack's Continental kids went 5 miles. After the race, the great Jack Blackburn announced his retirement from the sport pleading lack of interest in training and fear he is going to really hurt himself on efforts like this without training. However, he is doing some running and qualified his "retirement" by saying he will probably try walking again in a year or so. Let us indeed hope so. In the meantime, all of our future races scheduled for Continental are relocated to Columbus or Dayton. 10 Km (Track), Worthington, Ohio HS, April 22—1. Jack Mortland 51:18.8 2. Bob Smith 58:46.8 3. Gary Rywaters, Burgettstown, Pa. TC 60:02 .8 4. Jeff Lauff,

BTC (age 15) 67:00 5. Dr. John Blackburn 67:25 6. Mike Rencheck, BTC (age 11) 69:04.6 7. Park Marshall, BTC (10) 70:59 8. Mike Marshall, BTC (11) 71:17 9. Ralph Phillis, BTC (11) 74:04.6--As you see, the Burgettstown crew came over for this one. Eywaters is in school at Western Kentucky and had a 9-hour bus ride just prior to the race, which didn't help him. Lauff, in only his second race, looked very tough. The younger boys showed good style but it tended to deteriorate in the middle of the race with fatigue and my own thought is that this may be too long distance to expect kids of this age to race walk. Smith showed the results of some good training in the three weeks since his breakdown at 10 miles and held on much better this time. Mortland failed to break 50 in a track 10 for the first time since his first one back in 1960 and maybe he too should retire. Must be old age. Doing the same 100 to 110 miles a month (note month, not week) that has been carrying me for the last 5 years and at about the same intensity, but the weary old legs wouldn't respond to the challenge 3 Mile, Chicago, April 8--1. Jim Clinton 28:28 2. Fred Norling 35:32 (Now there was a time when old Jim could hold that pace for 50km. He must be getting old too) 2 Mile, Chicago, April 15--1. Bob Woods, UCTC 16:35 2. Fred Kuhn, UCTC 17:18 3. Greg Comerford, Green & Gold 19:40 4. Fred Norling, G&G 22:33 10 Km (road), Chicago, April 20--1. Bob Woods, UCTC 51:16 2. Dan Fitzpatrick, US Army 53:28 3. Dan Fatt, G&G 55:16 4. Fred Kuhn, UCTC 57:12 5. Jim Clinton, UCTC 57:47 6. Greg Comerford, G&G 63:24 7. Fred Norling G&G 70:55 Women's 10, same place--1. Angela Annorino 86:17 2. Pam Hodgson 87:10 3. Daine Patt Wisconsin AAU 1 Mile (Indoor), Whitefish Bay, March 16--1. Larry Larson 7:52 2. Rick Colbo 9:43 3. Mike Stridde 10:15 4. John Rodahl 12:35.7 Wisconsin AAU Master's Mile, same place--1. John Dick 9:25.3 Wis. AAU Women's Mile, same place--1. Eileen Reilly 11:36 2. Mary Cyr 12:53 Region 8 20 Km, Lacrosse, Kan., March 11--1. Augie Hirt, Jefferson College 1:41:26 (50:50 at 10) 2. Paul Ide, Ft. Hays State 1:43:27 3. Mike Hale, Oklahoma Christian 1:57:06 Oklahoma Christian Relays 1 Mile, March 31--1. Dale Paas, OCC 7:13 2. Augie Hirt 7:39 3. Mike Hale, OCC 7:44 4. Gary Alexander, OCC 8:16 (Hirt had the flu and had vomited, barfed, or what have you seven times the morning of the race, which probably didn't help his performance) Emporia Relays 2 Mile--1. Paul Ide 14:34 2. Augie Hirt 14:35 3. Mike Hale 15:56 4. John Brown 16:28 Kansas Relays 1 Mile, April 22--1. Augie Hirt 7:04.4 2. Paul Ide 7:11.7 EVA U 1 Hour, Columbia, April 15--1. Larry Young 7 miles 801 yds (7:40, 15:43, 23:46, 31:48, 39:51, 47:57, 56:18) 2. Augie Hirt 7 miles 545 yds (7:40, 15:43, 23:47, 31:57, 40:17, 48:36, 57:18) 3. Paul Ide 7 miles 6 yds 4. Art Fleming 6 miles 577 yds 5. Bob Young 6 miles 417 yds 6. Jim Breitenbuncher 6 miles 237 yds. 7. Leonard Busen 6 miles 242 yds 8. Dave Leuthold 6 miles 141 yds 9. Rob Spier 6 miles 14 yds 10. Al Schrik 5 miles 1289 yds 11. Steve Spier (age 13) 5 miles 530 yds 12. Janet Leuthold (age 13) 5 miles 529 yds. 13. Dave Schulte 5 miles 81 yds. 14. Joyce Schulte 4 miles 1563 yd 15. Tom Breitenbuncher (age 9) 4 miles 85 yds. 7 Mile, Clumbis, April 7 1. Art Fleming 68:08 (3 minutes after 11:14 for 2 mile run) 2. Leonard Busen 68:26 3. Rob Spier 69:45 4. Joyce Schulte 69:49 6 Miles, Des Moines, Ia., March 4--1. Stan Smith 58:40 2. Tom Carr 59:25 4 Mile, Keokuk, Ia., March 10--1. Dave Eidahl 34:41 2. Jim Breitenbuncher 37:54 3. Vince Michl 45:46 4. Mike Mauseh 46:19 (Last two in first walking race) Iowa AAU 30 Km, Newton, March 17--1. Dave Eidahl 2:47:18 2. Stan Smith 2:49:50 3. Jim Breitenbuncher 3:43:06 (hilly course, high winds) Iowa AAU, 20 Km, Cedar Rapids, April 14--1. Dave Eidahl 1:54:30 2. Stan Smith 2:15:00 Rocky Mountain AAU 20 Km, March 25, Boulder (track)--1. Jerry Brown 1:34:27 2. Floyd Godwin 1:44:17 3. Chuck Hunter 2:12:00

10 Km, Claremont Relays, March 31 (track)--1. Larry Walker 47:40 (14:47, 30:34, 46:05 at 2 mile marks) 2. Ed Bouldin 48:52 (15:30, 31:00, 47:13) 3. Carl Swift 48:53 (15:30, 31:28, 47:20) 4. John Kelly 49:33 (15:30, 31:21, 48:00) 5. Mike Ryan 50:32 6. Hank Klein 53:41 7. Ed Ramirez 55:01 8. Barry Carlson 56:27 9. Dan Fitzpatrick 56:33 10. Hal McWilliams 61:45 2 Mile, Los Angeles, March 25--1. Ron Laird 14:02.6 2. Ed Bouldin 14:42.6 3. John Kelly 15:05 4. Bob Bowman 15:18.4 5. Hank Klein 15:50--Larry Walker Did 2 Mile, Los Angeles, April 6--1. Ron Laird 13:99 2. Ed Bouldin 14:07 3. Bob Henderson 14:12 15 Km, San Francisco--I think Goetz Klopfer won but I can't quite make out the time. This jerk, Steve Lund, who is a worse typist than I although that has no bearing on the present dilemma, has published the results of this race in the form of a sexy graph showing comparative pace of the contestants. This is bad enough in itself when one tries to discern the outcome of the race, but to compound the crime it is mimeographed on some chintzy pink paper and is not what one could call legible. So, at least for the time being, you will have to do without the results of this race and the accompanying Master's and Women's 10 Km. Girl's 10 Km, Claremont Relays, March 31--1. Sue Brodock (age 16) 56:47.4--new American record 2. Dayne Gerth (14) 60:00.2--on her birthday 3. Jaydee Folkens (14) 60:38 4. Joyce Brodock (10) 60:41.8 5. Becky Villavalzo (13) 60:42 6. Jane Janousek 61:50.8 2 Mile, Eugene, Oregon, Oregon College of Education vs. Oregon TC--1. Jim Bean 14:23 2. Dennis Reilly 14:49.4 3. Rob Frank 14:56.6 2 Mile, La Grande, Ore. April 14, Lewis & Clark vs. Eastern Oregon--1. Bob Korn 16:06 2. Wilt Jackson 17:30.8 2 Mile, OCE vs. Southern Oregon, April 14--1. Rob Frank 15:20.4 2. Keith Wolf 15:52.4 10 Km, Tigard, Oregon, April 15--1. Jeff Reynolds 55:18 2. Doug Van Leer 57:22 3. Don Jacobs 61:22.6 2 Mile, Mt. Hood Relays, Gresham, Ore., April 21--1. Rob Frank 15:13.6 2. Keith Wolf 15:51.6 3. Scott Hassinger 16:27.6 4. Wilt Jackson 16:57.8 5. Doug Van Leer 17:16.8 6. Steve Nabors 18:41.8 7. Don Jacobs 19:09.2 Addition to Kansas Relays result: 3. Lance Herold, Un. of Nebraska, Omaha 7:16 4. Milt Place, Adams State 7:23 5. Mike Hale OCC 7:25 Kansas Relays High School Mile--1. Steve Herrman 7:14 2. Mitch Patton 7:18 (3 D.'s) Colorado Relays 1 Mile--1. Pete Van Arsdale 7:05.3 2. Milt Place 7:24 3. Vic Karels 7:4.5 4. Norm Kostocki 8:29 Ontario 10 Mile Championship, Toronto, April 7--1. Neville Conway 1:18:4 2. Pat Farrelly 1:18:49 3. Roman Olszewski 1:21:55 4. Frank Johnson 1:25:19 5. Ron Wambolt 1:29:39 6. Peter Thomson 1:36:35--Alex Oakley Did 3.6 Mile, Toronto, April 14--1. Frank Johnson 28:30 2. Roman Olszewski 28:38 3. Tom Manski 28:55 4. Helmut Foeck 30:38 5. Ron Wambolt 31:31 6. Gordon Follett 31:35 7. Ron Wilkins 32:34 8. Steve Caws 33:13 9. Joe Monaco 34:00 Canadian National Senior 50 Km, Toronto, April 15--1. Pat Farrelly 4:34:03.6 2. Alex Oakley 4:43:21 3. Gordon Follett 5:17:57.2 4. Joel Dada 5:29:25.4 5. Art Heay--Did not finish--Marcel Jobin, Neville Conway, Roman Olszewski, Tom Manski and others 50 Km, Erfurt, E.G., April 1--1. Fugner 4:16:23.8 2. Sternberg 4:17:50.2 10 Mile, Countesthorpe, Eng., Feb. 24--1. Geoff Toone 74:58 2. Eric Taylor 76:29 3. Bob Adams 77:34 6 Mile, London, Feb. 28--1. Len Duquemin 43:38 2. Jacky Lord 43:53 6 Mile, London, March 3--1. Len Duquemin 44:02 2. Carl Lawton 44:23 3. Jacky Lord 44:27 15 Km, Blackburn, Eng., Feb. 24--1. Tony Taylor 70:23 British RWA 10 Mile, Leyland, March 17--1. John Webb 72:43 2. Roger Mills 73:06 3. Jake Warhurst 73:20 4. Olly Flynn 74:01 5. Ron Wallwork 74:11 6. Roy Thorpe 74:28 7. Carl Lawton 74:54 8. Rob Dobson 74:59 9. Peter Marlow 75:13 10.

Alan Smallwood 75:40 11. Bob Adams 76:00 12. John Moullin 76:14 13.
Mick Holmes 76:25 14. Geoff Toone 76:27 15. Len Duquemin 76:52
....146. Harry Richardson 1:33:00—a bad day for old CTC mate. 32
under 20:00, 114 under 90:00, 191 finishers.

RACING SCHEDULE

Sun. May 6—Junior NAAU 15 Km, Portland, Oregon, 11 a.m. (J)
Missouri Cup 20 Km, Columbia, Mo., 2 p.m. (A)
10 Mile, Seaside Heights, N.J., 10:30 (D)
Ohio 20 Km, Dayton, 12 noon (E)
2 Mile, Toronto, 11:30 (K)
Sat. May 12—3 Km, Toronto (K)
1 Mile, Philadelphia, 2 p.m. (S)
Sun. May 13—2 Mile Hdc, 280 yd Grade School, Longmont, Colo. 1 p.m. (B)
10 Km (Track), Toronto, 9 a.m. (K)
Sat. May 19—12 Mile, Columbia, Mo., 7:30 a.m. (A)
Sun. May 20—SENIOR NATIONAL AAU 50 KM, DES MOINES, IOWA, 7:30 a.m. (H)
25 Km Men, 5 Km women, Stockton, Calif. (G)
Ohio 1 Hour Championship, Worthington, 12 noon (E)
Sat. May 26—2 Mile, California, Redondo (G)
10 Mile Hdc, Des Moines, Ia., 3 p.m. (H)
Sun. May 27—9 Mile Hdc, Lakewood, N.J. (D)
20 Mile, Hamilton, Ontario, 8 a.m. (K)
Capt. Ronald Zinn Memorial 10 Km, Chicago, 10 a.m. (C)
3 Km, Von's Classic, Los Angeles (I)
Sat. June 2—5 Km, Kennedy Games, Berkeley, Cal. (G)
6 Mile Hdc, Columbia, Mo., 9 a.m. (A)
5 Km, Men and Women, Greenwich, Conn. (C)
5 Mile Hdc, Los Angeles, 10 a.m. (I)
Sat. June 9—3 Mile Hdc, 1 Mile Grade School, Broomfield, Colo. (B)
Sun. June 10—Pac. AAU 5 Km, Women's 1 Mile, San Francisco State (G)
5 Km, Columbus, Ohio, 12 noon
5 Miles, Toronto, 9 a.m. (K)
SEAAU 5 Km, U.C. Irvine (I)
Sat. June 16—NAAU SENIOR 5 Km, BURLINGAME, CALIFORNIA
PACAAU 1 Hour, Boulder, Colo., 9 a.m. (B)
Wisconsin AAU 3 Km, Milwaukee (P)
Sat. June 23—NAAU JUNIOR 10 KM, Miami, Fla.
Sun. June 24—SENIOR NATIONAL AAU 15 KM, DENVER, COLO., 8 a.m. (B)
20 Miles, Mississauga, Ontario, 8 a.m. (K)
1 Mile, Kenosha, Wis., 1 p.m. (P)

KEY TO RACE CONTACTS:

A—Joe Duncan 4004 Defoe, Columbia, Mo. 65201
B—Pete Van Arsdale, 2050 Athens St., Ant. 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
G—Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904
H—Mike Sullivan, 2510 40th Place, Des Moines, Ia. 50310
I—Bob Bowman, 1961 Windsor Place, Pomona, Calif. 91767
K—Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
P—Larry Larson, 909 Ostersaard Avenue, Racine, Wis. 53406
Q—Bill Ross, 2835 N. Lincoln, Chicago, Illinois 60657
S—John Sanders, 45-2 Revere Rd., Drexel Hill, Pa. 19020

FROM HEEL TO TOE

For those of you who may have ^{been} wondering about the Zinn Award, which is presented each year by the Green & Gold AC of Chicago to the outstanding walker in the U.S., for 1972, we have the following information. Bill Ross, who handles this, has been laid up all winter and unable to get the ballots out as he usually does. There will be an award, however, based on the votes of walkers throughout the country as always. This is your notice to send your ballot to Bill Ross, 2835 North Lincoln Ave., Chicago, Ill. 60657. You should vote for who you feel to be the top six walkers, based on total contribution to the sport, for 1972, listed in order of preference from one through six. Bill will tabulate the votes and announce the winner of the 12th Annual award as soon as possible.... Don Jacobs reports that the USTFF has an official's manual out that devotes four pages to race walking, including one page of stick-man drawings. However, he feels it needs some revision.... Don also has available several copies of Falle Lassen's 1972 Race Walking Statistics, a must for those who want a statistical rundown of who did what throughout the world in 1972. They are available for \$1.25 per copy (including postage) from Don Jacobs, Box 23146, Tigard, Ore. 97223. That incidentally is also the address for entries for the Junior 15 Km, which I seem to have neglected in the list of contacts, not that you are likely to have this in time for it to do you much good anyway.... Bob Whitman is the new National Women's Race Walking Statistician and would like to receive all girls' and women's results, including information on age of the competitors and whether the race was road or track. Bob's address is 1351 W. 9th St., San Pedro, Calif. 90732.... The Women's Race Walking Committee has also approved the holding of team championships on the local and regional levels and will approve National Championships if there is enough team interest.... National Postal Race Walking Meets for women have been announced at 1 and 2 miles and at 5 and kilometers. These may be held on any 440 track, but the 1 mile had to be in April so if you missed that, forget it. The 2 Mile may be held from May 20 - 28, the 5 Km from Sept. 1-30, and the 10 Km from Oct. 7-14. The same set of dates apply for a 1 mile, 2 mile, and 5 Km for girls 13 and under. Send entries to: Bruce Macdonald, 39 Fairview Avenue, Port Washington, N.Y. 11050 or contact him for further information. There are medals for the first 15 finishers in each race.... The Senior 25 Km, originally announced for June 3, is now set for July 22 in Taunton, Mass. Entry blanks from Win Ferton, 29 Graylock St., Taunton, Mass. 02780.... Whoops! Two races missing from the schedule; a 1 Mile at Ft. Campbell, Kentucky on May 12 (write the Commanding General, it's his meet) and a 20 Km in Pittsburgh on May 28. Contact C.A. Herman, 5001 Lougan Ave., Pittsburgh, Pa. 15207 on that one.... Pete Van Arsdale writes: "The New York AC may not have seen it this way, but the Colorado Track Club saw the NAAU 20 Km as a 'grudge match'. Last year in New York, the NYAC beat the CTC for the team title 12 pts. to 15 pts. This year in Santa Barbara, the CTC came out on top 8 to 15. That NYAC victory last year was the only time in the last eight NAAU Senior Championships in which the CTC entered a full team that CTC did not win the team title; a victory string stretching back to mid-1971." So there is a challenge for the AC.... Further details on last month's 10 km national. Splits for the first three were: Jerry Brown—7:25, 14:56, 22:17, 29:43, 37:10, 44:43, 46:19; Ron Laird—7:14, 14:57, 22:20, 29:51, 37:28, 45:05, 46:42; Bill Ranney—7:13, 14:45, 22:19, 29:55, 37:37, 45:15, 46:51.... Paul Nihill, England's great champion who was very disappointed over his results in Munich, has announced his retirement from the sport. Like that other great who just announced his retirement, Jack Blackburn, Paul's enthusiasm for the sport was way down and so he decided 16 years was

enough....I almost felt a need to hide the April issue of the Rocky Mountain Walker from my lovely wife for fear she would become jealous of my clandestine affairs. Van Arsdale again reports: "Kathy, my wife, had a dream wherein she raced against Jack Mortland. This may not sound too strange, except that she has never seen or talked to the Mort—for that matter, I've never seen him either. Maybe he is only a spirit in that musty garret of his, mysteriously cranking out the Ohio "Race Walker each month." Gee! I don't remember that dream at all. I'm sure she beat me though, as I have yet to stand up through a race-walking dream. I usually wind up literally clawing my way along, which strangely doesn't seem too unusual in the dreams....And from Larry Larson: "At school (the high school where I teach) the other day a film was shown (quite new, in color) "Future Shock" based on the book of the same name. Host was Orson Welles. About midway in the film was a scene showing Orson Welles walking down a narrow hilly road (perhaps in a suburban California area) on a cloudy day. All of a sudden out of nowhere comes this race walker dressed in white shorts and maroon meet shirt with name not readable on top of another shirt. He whips past Welles, looks up and gives this sheepish smile and wave at the camera and keeps moving. It was a legit walker I think (not some actor) who probably happened on the filming and the editors thought it was too good to be true so left it in. "Future Shock" yet!!! All my students really went wild (most of the school saw it during the day sometime). So would the walker turned actor (an ORW reader?) please identify himself.".....Mike Sullivan remarks regarding my comments in last month's issue that he feels we need one milers for kids and beginners, which is a good point with which I would not argue.

FLASH!!!

Results of Senior 1 Hour in Lawrenceville, N.J. on April 29--1. Roger Mills, Ilford AC (Eng.) 8 miles 252 yds 2. John Knifton, NYAC 8 miles 180 yds 3. Todd Scully, Shore AC 7 miles 1573 yds 4. Ron Daniel, NYAC 7 miles 1162 yds 5. Ron Kulik, NYAC 7 miles 1020 yds 6. Tom Knatt, N. Bedford Club 7 miles 984 yds 7. Howie Palamarchuk, un. 7 miles 927 yds 8. Gary Westerfield, LIAC 7 miles 667 yds 9. Bob Falcicola, Shore AC 7 miles 209 yds 10. Randy Mimm, Penn AC 7 miles 174 yds. Full results and details next month.

OHIO RACE WALKER

Bill's Ta p 10 Mile, Massachusetts, April 22--1. Tom Knatt 1:25:16 2. Regan 1:50:18 3. Jim Regan 1:52:51 4. Sig Podlozny 1:49:58 (Aha! This was a handicap) 5. Ben Brown 1:37:01 6. Fred Brown Sr. 1:56:07 7. Keith Ryan 1:45:17 8. George Lattarulo 1:41:04 9. Tony Medeiros 1:41:28 10. Frank Scimone 1:57:04 11. Bob Whitney 1:49:07 12. Kevin Ryan 1:45:03 13. Dave Morency 1:52:48 14. Steve Rebnan 1:49:58 15. Francis Scanlon 2:51:11 1 Mile, Morrilton, Ore. April 23--1. Jim Bean 6:39 2. Steve Tyrer 6:56 3. Rob Frank 6:58 4. Al Rothenberger 7:56 2 Mile, McMinnville, Ore., April 28--1. Keith Wolfe 16:06.8 2. Doug Van Meer 17:19 3. Ken Fowler 18:48.6 6 Km (road) McMinnville, April 28--1. Jim Bean 28:22 2. Rob Frank 29:31 3. Keith Wolfe 31:28 4. Doug Van Meer 34:00 5. Don Jacobs 36:45 (This race was one hour after the above two.)

The Ohio Race Walker is edited and published monthly by Jack Mortland at 3184 Summit St., Columbus, Ohio 43202. The price of meat is up, which has nothing to do with our publishing costs but everything else is up too and we are forced to follow suit. Henceforth, the ORW is going to be \$3.00 per year, which I regret but anyone who thinks I make anything off this is welcome to examine the books.

(That includes the IRS, incidentally.)

NOSTALGIA TIME:

10 Years Ago (From the April 1963 Race Walker)--Alex Oakley won the Pan American 20 Km Championship in Sao Paulo with a rather pedestrian 1:42:43 thanks largely to temperature in the 80's and 3000 foot altitude. Nick Marone was second in 1:46:35 completing a Canadian sweep as Ron Zinn managed only 1:49:44 and Ron Laird 1:52:13. Judging was reportedly nonexistent despite some 15 officials on hand to support the six walkers....Nick Brodie strolled to victory in the NAAU 30 Km in LA with a 2:49:33.6, better than five minutes ahead of Ron Daniel with Bob Bowman another minute back....Eighteen days before the Sao Paulo debacle, Zinn had done 1:32:05 for 12 miles in Philadelphia as Akos Szekely followed in 1:33:12....One Jerry Brown edged John Harwick by .1 second with 1:23:57.5 for 15 km in Waynesburg, Pa. Times change....The April issue of this magazine was apparently quite late, as an insert carried the results of the Senior 10 in Chicago on May 25. Ron Zinn bettered the American citizen's record with a 46:35.4 leaving Ron Laird more than a minute behind. Just back of Laird came the Ohio Track Club's dynamic duo of Jack Blackburn and Jack Mortland in 48:00 and 48:07. However, Laird's finish gave the NYAC the team title as both they and the OTC totaled 15 points. Zinn also had American records at 4, 5, and 6 miles....Included in this issue is the training schedule of one Jack Mortland for the 30 days prior to each of three races, which he considered his best efforts at that time. Interesting to see what one was doing then.

5 Years Ago (From the April 1968 Ohio Race Walker)---We were getting well into an Olympic year with this issue and along came an unknown to walk away with the National 10. In his first walking race Ray Somers won in 47:59.4 for 10 km plus 440 yards as the officials completely botched the race..Ray moved easily away from an unbelieving Ron Laird, who didn't even know who Somers was, over the last 4 miles and won by 40 seconds. Dave Romansky was third, Ron Daniel fourth, Ron Kulik fifth, and John Knifton sixth as the NYAC swept the team title....One week later, Somers proved it was no fluke as he reeled off 8 miles 797 yards in the hour. He walked 7 minute miles for 4 miles and then slowed only slightly over the last half....In the National 25 Km in Detroit, Don DeKoon had his greatest race ever whipping Larry Young by nearly two minutes in 1:55:13. Ron Laird and Bill Ranney took the next two places, still under 2 hours and Karl Merschenz just missed breaking that barrier in fifth. Dave Romansky, Goetz Klopfer, and Bob Bowman were also under 8 minute miles in the greatest mass finish in U.S. race walking history to that time.... Jack Blackburn and Jack Mortland turned in fast 10 Kms on the Upper Arlington track with Blackburn edging away in the last 3 miles to win 48:57.5 to 49:14 (That's not fast. I was looking at the 6 mile splits of 47:17 and 47:32 when I wrote fast. That was some other year when we had 10 km times like that.)....Larry Young set a US 50 Km record on the track in Columbia with 4:21:01.8....And Shaul Ladary took his annual 50 mile stroll in New Jersey, breaking his own record with a 8:05:18.

Found a landmark paper, from the standpoint of we race walkers anyway, written by E.S. Rush and A.A. Rulaof the US Army Engineer Waterways Experiment Station at Vicksburg, MISSISSIPPI entitled "A Limited Study of Effect of Soil Strength on Walking Speed". For your edification, I will repeat the report's Summary; "The purpose of this study was to establish a relation between soil strength and walking speed. Ten tests were conducted on fine-grained soil and a wide range of soil strengths with

five walking participants in most tests. Best relations were developed between walking speed and depth of footprint versus soil strength in terms of cone index. Walking speeds ranged from 0 mph on a cone index of 6 (very soft) to about 4 mph on a cone index of 11; average walking speed on pavement was 4.67 mph. Walking speed increased from 0 to about 4 mph for depths of 22 in. (mobilization) and 5 in. respectively. Between the 5- and 0-in. footprint depths, speed varied between 4.0 and 4.5 mph." They really put the poor subjects through their paces making them walk anywhere from 100 to 500 feet in the various tests! Anyway, you now know officially that you can't walk as fast on soft soil as on the pavement.

It was reported in the NY Times of Nov. 2 that Olympic 50 Km champion, Don Thompson of England, had won the International 100 Km in Bollete, Italy on Nov. 1 in 8:19:37 breaking the world 50 Km record on the way with 4:01:05. The article stated the former world record was 4:16:08.6 by S.A. Lobastov of the Soviet Union set in 1958, as if Thompson's time would indeed be accepted. The race was not on a track of course and turned out to be considerably short besides, as one might guess.

Something we haven't done for a while. Old Olympic results: 1908, London--3000 meters (300 plus yards over 2 miles)--1. George Larnar, GB 14:55.0 2. Ernest Webb, GB 15:07.5 3. Harry Kerr, Australia 14:53.4 4. George Goulding, Canada 15:49.8 5. Arthur Howland, Australia 16:07 6. Charles Westergaard, Denmark 17:21.8--heats were held the previous day with 25 competitors but none from the U.S. Nine went to the final.

10 Mile (track)--1. George Larnar 1:15:57.4 2. Ernest Webb 1:17:31 3. Edward Spencer 1:21:20.2 4. Frank Carter, GB 1:21:20.2 5. Erik Larnar, GB 1:24:26.2---This was held 2 days after the 3500 with 10 mile heats on the intervening day. Larnar did 1:12:19 in his heat, so he had a good four days work. There were 26 entries for this but none from U.S.

1912, Stockholm: 10 Km (track)--1. George Goulding, Canada 46:28.4 2. Ernest Webb, GB 46:50.4 3. Fernando Altirani, Italy 47:37.6 4. Aage Rasmussen, Denmark 48:00.0 Edward Dumbill, GB; William Yates, GB; and Arthur St. Norman, South Africa D'd. Frank Kaiser, USA, William Palmer, GB; and Wilhelm Gysche, Denmark did not finish. In heats the day before, Goulding did 47:14.6 and Webb 47:25.4. Kaiser had done 51:31.8 to qualify. Sam Schwartz and Edward Renz of the US both did 53:30.8 finishing sixth and seventh in the first heat. There were 32 starters.

1920, Antwerp: 10 Km (Track)--1. Ugo Frigerio, Italy 48:06.2 2. Joe Pearman, USA 3. Charles Gunn, GB 4. Cecil McAlister, South Africa 5. William Behir, GB 6. Thomas Maroney, US...8. William Plant, US. No times available after first. Frigerio had done 47:06.4 in his heat the day before and Behir won the second heat in 51:34.6. 3 Km (Track)--1. Frigerio 13:14.2 2. George Parker, GB 3. Richard Remyer US 4. Cecil McAlister, SA 5. Maroney 6. Charles Dawson, GB. William Roelker, US failed to qualify. Frigerio did 13:40 in his heat and Dorato Pavesi won the other heat in 13:46.4 but finished only eighth in the final. 23 starters in the 10 and 20 in the 3.

The following cartoon appeared in Punch, Jan 10, 1968 and was sent to me by a reader a couple of years ago (or more) but I forget who. Will the real donor please come forward.

