

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME IX, NUMBER 3

COLUMBUS, OHIO

MAY 1973

MISTER CONSISTENCY

Des Moines, May 20--Bill Weigle easily won the Senior NAAU 50 Km race walk today completing the distance in 4:22:27. This marked his fourth 50 in less than 11 months with the fastest being 4:20:09 and the slowest 4:22:53. If nothing else, he is consistent. And he is something else--good. Bill walked his usual well-paced race and started pulling clear of his Colorado TC teammate, Jerry Brown, after 20 Km. Brown eventually faded to fourth as John Knifton eased into second, nearly 8 minutes behind Weigle, and Ron Laird, desperate for some more international competition slipped into third. The top four qualified for the Lugano Cup 50 Km in October, but we assume Brown, already qualified at 20, will opt for that distance. This would put fifth place Floyd Godwin, a third Colorado TC member, on the team.

Weigle shared the early pace with Brown, Laird, and Bob Henderson. Laird was dropped after 5 km and Henderson after 15. Bob eventually wound up sixth as he faded badly the last 20 and Godwin came from nearly 8 minutes back of him. Godwin also gained more than 2 minutes on the faltering over the last 5 km and less than a minute out of fourth at the finish. Weigle walked a rather interesting pace with each successive 5 Km through 25 faster than the preceding one and then each one slower through 45 before he picked it up a bit again at the finish. His second half was quite a bit faster with a 2:12:10 at 25 and 2:10:27 for the second half.

Several young walkers showed a good deal of promise. Augie Hirt, in his first year of walking and trying his first 50, captured seventh in an excellent 4:48:50. Dan O'Conner of the LIAC was ninth and most surprising of all was Al Shrik's 4:56:43 in eleventh. Shrik had been walking less than 3 months and had only limited running background. He was working on a college research project regarding the laws of motion, which some way led him to Larry Young and his first walking race, the MVAU 1 Hour, in which he just did 6 miles. A few weeks later he did a 1:54 20 km on the track and now this. The 21-year-old has a promising future if he sticks with it.

The race was started at 7:30 in the morning, which was fortunate as the eventual 81 degree temperature was felt only in the latter stages. The loop course was just over a mile, making 28 3/4 laps for the 50. The Colorado Track Club added another team title to their growing list with their 1,4,5 finish, beating the NYAC by two points. Ron Daniel's rather slow race and Ron Kulik's failure to finish hurt NYAC. Kulik and CTC's Pete VanArsdale were in the top ten most of the way before smacking the wall and dropping out. The results, including splits for the first six, follow:



AMERICAN LANCER SOCIETY
GIVE

FIRST CLASS MAIL

Bill Eganey
One Barker Ct.,
Fairfax, California 92030

1. Bill Weigle, CTC 4:22:27 (27:33, 54:48, 1:21:05, 1:46:45, 2:12:10, 2:38:00, 3:04:05, 3:30:15, 3:56:40) 2. John Knifton, NYAC 4:30:20 (27:56, 55:59, 1:22:50, 1:49:25, 2:15:50, 2:41:30, 3:08:10, 3:35:15, 4:03:08) 3. Ron Laird, NYAC 4:35:51 (27:33, 55:20, 1:22:55, 1:50:41, 2:17:05, 2:43:18, 3:10:10, 3:38:15, 4:06:47) 4. Jerry Brown, CTC 4:37:18 (27:33, 54:47, 1:21:06, 1:46:46, 2:12:30, 2:39:40, 3:07:25, 3:36:40, 4:07:50) 5. Floyd Godwin, CTC 4:38:10 (29:07, 57:58, 1:26:15, 1:54:10, 2:21:09, 2:49:30, 3:16:30, 3:42:50, 4:11:10) 6. Bob Henderson, US Army 4:41:23 (27:34, 54:51, 1:21:10, 1:47:10, 2:14:17, 2:41:55, 3:20:37, 3:40:25, 4:11:05) 7. Augie Hirt, un. 4:48:50 8. Bob Bowman, Beverly Hills Striders 4:52:19 9. Dan O'Conner, LIAC 4:53:19 10. Ron Daniel, NYAC 4:56:27 11. Al Shrik, un. 4:56:43 12. John Kelly, BHS 4:58:16 13. Tom Knatt, Nort Medford Club 5:05:50 14. Ed Bouldin, BHS 5:07:25 15. Mike Dewitt, US Army 5:08:39 16. Bill Walker, Motor City Striders 5:11:25 17. Jerry Bocci, MCS 5:16:27 18. Dave Eidahl, un. 5:27:58 19. George Lattarulo, NMC 5:30:42 20. Steve Reiman, NMC 5:34:15 21. Ben Brown, NMC 5:36:10 22. Chuck Hunter, CTC 5:37:14 23. Francis Maher, NMC 5:41:58 24. Larry O'Neil, Kalispell, Mont. 5:55:12 25. Bob Specht, MCS 6:05:50 26. Greg C. merford, Green & Gold 6:42:22 27. Fred Norling, G&G 6:55:42. DQ--Bill Burley, DNF--Roy Yarborough, Pete VanArsdale, Lance Herold, Dave Leuthold, and R. n Kulik. Judges--Joe Tigerman, Bob Young, Stan Smith, and Elmer Plouzek.

GHOSTS AND VOICES FROM OUT OF THE PAST (This nostalgia bit appears here this month because I am actually typing it last, as you will learn on later pages) -- 10 Years Ago (From the May 1963 Race Walker)--Times haven't changed much. On the cover is Ron Zinn winning the AAU 2 Mile with both feet clearly off the ground as he hits the tape. Zinn had little trouble winning in 14:03.2 with his Green & Gold teammate, Akos Szekely capturing seconding in 14:45. A honeymooning Jack Mortland nosed out a listless Ron Laird for third with 14:47.2 to 14:50.6. The race was held in St. Louis with no judges present but despite the one indicting picture of Zinn all competitors were satisfied with the outcome. An honorable bunch....The Junior 15 Km title went to 20-year-old Don DeNoon in 1:24:50....Mike Brodie was hot on the coast with a 7:01.4 win in the Modesto Relays and a 6:24.1 1500 meter to win the Coliseum Relays...DeNoon won the the Air Force wide 2 Mile in 15:26.4 over John Shilling's 15:48.

5 Years Ago (From the May 1968 ORW)--As things moved closer to the import-and Olympic Trials races Larry Young won the National 35 in McKeesport, Pa in about 2:53 (times weren't in yet and I'm not going to dig out the next issue right now). Karl Merschenz nosed out Dave Romansky for second about 4 minutes back and Shaul Ladary was fourth just over 3 hours...On Long Island, Bob Kitchen did a 4:26:56 50 Km on the track with Ron Daniel and Shaul Ladary also turning in fast times--4:29:04 and 4:29:09....Jerry Bocci beat Matt Rutyna in the Ron Zinn 10 Km in Chicago in 48:37.5....Young Phil Embleton turned in a 13:31.6 2 Mile in England and Ron Freeman Elasted 13:11, 13:17, and 13:24 in Australian 2 miles....The NAAU Junior 15 km web to Steve Tyrer in 1:20:33...On the Ohio scene, Jack Blackburn won the State 2 mile in 14:59.1 over Mortland's 15:13.8. In third was a Cincinnati student, Gary Westerfield, in his first race, an excellent 15:54

The Ohio Race Walker is published monthly in Columbus, Ohio and is yours for a mere \$3.00 per year. Major demo of our operation is Jack Mortland. Matter of fact, he is the operation. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202.

BENTLEY WINS SECOND JUNIOR TITLE

Portland, Oregon, May 6--Jim Bentley, a 17-year-old Reno, Nevada high school student, captured the NAAU Junior 15 Km Race Walking Championship title today. It was his second title of the year and the Bentley dominance was punctuated by the presence of Jim's 16-year-old brother, Brad, in second place. Bentley's time was 1:18:26.2, better than the fastest ever walked in Junior championships (which was, of course, actually a different category before this year).

Bentley took the lead after 500 yards on a cool, slightly misty day, toured the first mile in 7:25 and was never challenged. The next five places were rather hotly contested in the early going but Brad Bentley and Seattle's Bob Rosencrantz finally pulled clear to wage a close battle for second with Bentley moving away in the last 2 miles. The results:

1. Jim Bentley, Jr., Sierra Race Walkers 1:18:26.2 2. Brad Bentley, SRW 1:20:23 3. Bob Rosencrantz, Seattle 1:20:42.4 4. Bryan Snazelle, SRW 1:23:15 5. Scott Messinger, Beaverton, Ore. 1:24:29 6. Al Shurman, North Idaho College 1:25:33 7. Wilt Jackson, Anchorage, Alaska 1:28:27 (student at Lewis & Clark College) 8. Jeff Reynolds, Lebanon, Ore. 1:31:20 9. Doug Vermeer, Mt. Hood College 1:31:57 10. Steve Pecinovsky, Beaverton, Ore. 1:34:55

OTHER RESULTS:

More on the Senior 1 Hour held in Lawrenceville, N.J. on April 29. Todd Scully was the early leader in the race but Roger Mills, the British 1973 10 Km Champion, passed him at 3 1/2 miles and held off John Knifton the rest of the way. Knifton led the NYAC to the team title with Ron Daniel fourth and Ron Kulik fifth. King was in the US for a couple weeks on his way to Canada, where he reportedly plans to take up residence. He has been somewhat miffed about being overlooked for last year's British Olympic team after finishing second to Phil Embleton in an announced trial race. He will be a welcome addition to the race walking scene in these parts.

Tom Knatt in sixth place had what must be his best ever speed race going well over 7 1/2 miles. Just behind him, Howie Palamarchuk set American Junior records for both 10 km and 1 Hour.

The results of the race, which was conducted in two heats with 20 in the first and 16 in the second:

1. Roger Mills, Ilford AC 8 mi 252 yds 2. John Knifton, NYAC 8 mi 180 yds 3. Todd Scully, Shore AC 7 mi 1573 yds 4. R. n Daniel, NYAC 7 mi 1162 yds 5. Ron Kulik, NYAC 7 mi 1020 yds 6. Tom Knatt, North Medford Club 7 mi 984 yds 7. Howard Palamarchuk, un. 7 mi 927 yds 8. Gary Westerfield, LIAC 7 mi 667 yds 9. Bob Falciala, Shore AC 7 mi 209 yds 10. Randy Mimm, Penn AC 7 mi 174 yds 11. Roy Yarborough, US Coast Guard 7 mi 18 yds 12. Bob Mimm, Penn AC 6 mi 1741 yds 13. John Fredericks, Shore AC 6 mi 1644 yds 14. Allen Ehrgood, Penn AC 6 mi 1617 yds 15. Francis Maher, NMC 6 mi 1603 yds 16. Steve King, Ilford AC 6 mi 1591 yds 17. Ben Brown, NMC 6 mi 1406 yds 18. Howie Jacobsen, LIAC 6 mi 1382 yds 19. Pete Warren, NYAC 6 mi 1341 yds 20. Dave Schultz, Shore AC 6 mi 1331 yds 21. Don Johnson, Shore AC 6 mi 1305 yds 22. Mike Gann, Penn AC 6 mi 1060 yds 23. BOB SMITH, OHIO TC 6 mi 878 yds 24. Elliott Denman, Shore AC 6 mi 720 yds 25. Roger Barr, Shore AC 6 mi 642 yds 26. George Lattarulo, NMC 6 mi 548 yds 27. Fred Spector, Shore AC 6 mi 477

yds 28. Bob Whitney, NMC 6 mi 428 yds 29. Wayne Normandon, Shore AC 6 mi 170 yds 30. Wayne Dancy, St. Johns U. 6 mi 144 yds 31. Larry Newman, LIAC 5 mi 1681 yds 32. James Schicitano, un. 5 mi 1434 yds 33. Sandy Kalb, Shore AC 5 mi 1083 yds. 34. Howard Silberstein, Smith-orn, NY. 5 mi 497 yds (a 13-year-old Junior High School student of Gary Westerfield's who went to watch the race and was talked into walking by C. Silcock. He is now hooked to the extent that he is subscribing to this very rag.) 35. Thomas Saunders, un. 5 mi 10 yds; Robert Carlson, Shore AC DQ'd. Team scores: NYAC--8; Shore AC--19; Penn AC--28; North Medford Club--30; Long Island AC--38; Shore AC "B"--48. Judges: Charles Silcock, Henry Laskau, and Greg Diebold.

10 Mile, Lowell, Mass., May 13--1. Dennis Slattery 1:40:35 2. Tony Medeiros 1:37:47 (actual time in handicap) 3. Mike Regan 1:45:53 4. Dave Morency 1:47:47 5. Fred Brown Sr. 1:57:48 6. Francis Scanlon 2:27:25 7. Sigmund Podlozny 2:20:35 5 Mile, Cambridge, Mass., May 20--1. Paul Schell 42:58 2. Sig Podlozny 52:12 3. Frank Scimone 55:24 4. Fred Brown Jr. 5. Francis Scanlon 73:43 5.5 Mile, East Chelmsford, Mass., May 21--1. Kevin Ryan 48:09 2. Tony Medeiros 50:32 3. Keith Ryan 52:27 4. Sig Podlozny 59:10 5. Fred Brown Sr. 59:42 6. Don Hines 65:56 7. Leon Morency 69:47 College Track Conference 2 Mile, Stony Brook, L.I., May 5 (scoring event, as the walk continues to move into the college track scene)--1. Tony Wilner, Marist Col. 17:09.5 2. Jack Menezes, Kings Point 17:34.3 3. Mike Segal, Southern Connecticut 18:16.7 4. Lee Sabine, C.W. Post Col. 18:25.4 5. Gadowsky, Hofstra 20:11.5 6. Foubert, Hofstra 21:11.5 (Gary Slavin, Marist 20:18.5 and Miers, Kings Point 21:07 were DQ'd.) 10 Mile, Seaside Heights, N.J., May 6--1. Ron Daniel, NYAC 1:18:59 2. Ron Kulik, NYAC 1:19:40 3. Bob Mimm, Penn AC 1:24:10 4. John Fredericks, Shore AC 1:25:39 5. Randy Mimm, Penn AC 1:26:00 6. Bob Falciola, Shore AC 1:29:08 7. Peter Warren, NYPC and Mike Conn, Penn AC 1:29:56 9. Don Johnson, Shore AC 1:30:00 10. Dave Schultze, Shore AC 1:31:46 11. Wayne Normandin 12. Fred Spector, Shore AC --40 finishers 1 Mile, Quantico Relays, May 5--1. John Fredericks, Shore AC 7:43.3 2 Mile, Titusville, Fla., April 29--1. Joe Jordan 16:46.5 2. Joseph Brearley 20:49.4 1 Mile, Titusville, May 6--1. Joe Jordan 7:56 2. Steve Cooper 9:23--5 finishers Women's 1 Mile, Titusville, May 6--1. Joan Branham (age 11) 12:19 6 Mile, Dayton, Ohio, May 6 (actually, 3 laps of 83 yards under 2 miles each)--1. Bob Smith 56:15 2. Dr. John Blackburn 59:37 3. Clair Duckham 60:14.5--the Doc blazed a 19:10 for his last lap to drop Duck who led him by 25 seconds after the first lap. Ohio 1 Hour Championship, Worthington, May 20--1. Jack Mortland 7 mi 597 yds 2. Bob Smith 6 mi 667 yds 3. Carol Mohanco 6 mi 292 yds 4. Doc Blackburn 5 mi 1604 yds 5. Terri Teegarden (age 13) 5 mi 1335 yds. 6. Marcia Henry (age 13) 5 mi 1103 yds 7. Anne Pramaggiore (age 14) 5 mi 68 yds--the girls are all from Dayton and showed great style. Carol continues to get stronger and appeared to be headed for better than 10 km until she faltered slightly the last couple of miles. 1 Mile, Ft. Madison, Iowa, May 20--1. Dave Eidahl 7:34 2. Mimi McFadden 7:56 3. Jim Breitenbucker 7:59 (I dare not make anymore disparaging remarks about the difficulty of his name since he is now subscribing and sending results) 4. Rex Klein 8:07 5. Randy Powell 9:05 6. Mike Hausch 9:05.5 Missouri Cup Women's 5 Km, Columbia, May 6--1. Gwen Eberle, Ozark TC (age 17) 30:06 (9:18, 19:11, 29:01) 2. Linda Ontko, Ozark TC (age 13) 30:21 3. Beth Eberle, Ozark TC (age 12) 30:44 4. Janet Leuthold, Columbia TC 30:52 (age 13) 5. Joyce Schulte, CTC 37:33 Missouri Cup 20 Km, Columbia, May 6 (track)--1. Paul Ide, Ft. Hays State 1:50:00 2. Al Schrik, Southwest Missouri 1:54:30 (these times are not exact as Joe Duncan apparently typed one space to far on his master and cut off the final digit, so I am making that digit 0, which may be as much as 9 seconds off) 3. Mark Achen, CTC 2:00:00 4. Leonard Bisen, CTC 2:00:50 5. Dave Leuthold, CTC 2:02:30 6. Rob Speir, CTC 2:08:10 7. Mike Hausch, Keokuk, IA. 2:19:30

Walk-Run Pentathlon, Columbia, Mo., April 28--1. Stan Smith, Iowa 2790 points (18:02 for 2 Mile walk, 2:04.8 for 880 run, 7:33.0 for 1 Mile walk, 10:02.5 for 2 mile run, and 25.4 for 220 run) 2. Dennis Stewart 2486 points (18:27, 2:01.9, 9:17, 9:59.8, 24.0) 3. Art Fleming 1780 (18:04, 2:17, 8:57, 12:08.6, 27.3) --best 2 mile walk was Joe Duncan's 17:55 with Smith's 7:33 mile leading there. Smith's total broke Larry Young's record total by 319 points as he was far stronger in the runs Women's 5 Km, Walnut, Calif., April 28--1. Sue Brodock 26:29 2. Dayna Gerth 27:54.3 3. Ester Marquez 29:02 4. Sheila Thmsen 29:33.1 5. Joyce Brodock 30:44.7 6. Becky Villaluzo 29:44.7 7. Jaydee Folkens 29:58 8. Lisa Matheny 30:14 9. Jane Janousek 31:52 10. Karlene Waskow 32:15 11. Bridgit Quinlan 32:18....there were also men's races at this meet (the Mt. SAC Relays) but the results I have at this time show Ron Laird winning the 10 km in 40:07, which I find a bit difficult to swallow Girl's 1 Mile, Hanford, Calif., May 5--1. Sue Brodock (17) 7:44.4 (American girl's record) 2. Chris Guzzo 9:58.4 1 Mile (age 12-13), Hanford, May 5--1. Chris Sakelarios (13) 9:05.1 2. Lisa Matheny (12) 9:20.3 3. Georgia Sakelarios (12) 9:25.9 Age 10-11--1. Joyce Brodock (10) 9:11.9 2. Joielin Fisher 10:23.1 3. Kim Durhan 11:01.5 Girl's 1 Mile, Lakewood, Calif., May 5--1. Dayna Gerth (14) 8:14 Girl's 1 Mile, Walnut, Cal., May 12: Age 10-11--1. Joyce Brodock 8:57.9 2. April Hickey 9:16.4 3. Jessica Waskow 9:31 5. Vicki Flores 9:38.1 6. Donna Sanchez 9:40 7. Kim MacMillan 9:43 8. Sharleen McGinley 9:52 9. Lori Stevens 9:53 10. Tina Santiago 9:57.2 (15 finishers) Age 12-13--1. Becky Villaluzo 8:50.9 2. Lisa Matheny 8:57.4 3. Karlene Waskow 9:26.5 4. Clare Trettler 9:30.1 5. Debbie Carrdos 9:36.1 6. Lyn Fox 9:40 7. Kim Narwold 9:40.1 8. Dana Morton 9:57 9. Kathleen Coreoran 10:05.1 10. Laura Cooper 10:25.5 11. Nancy Miller 10:36.7 Age 14-15--1. Dayna Gerth 8:21.5 2. Sheila Thmsen 8:27.6 3. Sonia Gerth 8:51.7 4. Jaydee Falkens 9:18 5. Daria Vest 9:29.4 6. Maria Flores 9:45.1 7. Ronda Connor 10:04.8 (Dayna Gerth's time is new National age 14-15 record) Girl's 1 Mile, May 13--1. Sue Brodock 7:57.7 2. Dayna Gerth 8:30.3 3. Sue Robinson 9:30.2 (Ester Marquez did 8:10 but was DQ'd) --Girl's walking is obviously very active in Southern California. Girl's 1 Mile (age 13 and up) Millbrae, Cal., April 7--1. Chris Sakelarios 9:01 Age 12 and under: 1. Briggitta Korelenaar 9:47 Women's 2 Mile, Stockton, Calif., April 29--1. Sandy Briscoe 19:14 2. Susan Homick 20:08 3. Cindy 20:42 4. Karen Bessey 20:55 2 Mile, Mt. Hood CC, Ore. May 5--1. Jim Bean 14:18.5 2. Rob Frank 14:59.3 3. Al Rothenberger 16:42.9 2 Mile, Mt. Hood CC, May 12--1. Doug VerWeer 17:38.4 2. Don Jacobs 18:45.8 (his best time in 10 years!) 2 Mile, NAIA District Meet, Mornmouth, Ore. May 19--1. Jim Bean 14:52.3 2. Rob Frank 15:23.9 3. Keith Wolf 15:38 4. Bob Korn 16:02.9 5. Al Rothenberger 16:46.7 6. Wilt Jackson 17:37.5 7. Bruce Long 18:00.8 2 Mile, Evergreen Conference, Ashland, Ore., May 12 (non-scoring)--1. Jim Bean 14:45.5 2. Rob Frank 15:45.5 3. Keith Wolf 15:54.8 4. Bob Korn 16:32 5. Al Rothenberger 17:21 6 Mile, Ottawa, Canada, April 28--1. Roman Olszewski 51:00 2. Ron Wilkins 56:28 3. Peter Thomson 65:43 Junior Boys 3 Mile, Ottawa, April 28--1. Peter Conway 25:52.1 2. Scott Brown 37:21 2 Mile, Brantford, Ont., May 6--1. Pat Farrelly 15:12.2 2. Roman Olszewski 15:33.8 3. Ron Wambolt 17:02 4. Ron Wilkins 17:14.8 5. Joe Monaco 18:00 6. Peter Thomson 19:17.8 10 Km (track), Toronto, May 13--1. Marcel Jobin 46:04.8 2. Pat Farrelly 48:42 3. Alex Oakley 48:59 4. Roman Olszewski 49:23 5. Helmut Boeck 54:03 6. Ron Wambolt 54:27 7. Ron Wilkins 54:46 8. Rene Caron 63:34--this was a Maccabiah Games trial but the results don't show who was eligible. Jobin's time establishes a new Canadian native and open record.

20 Km, Uzhgorod, USSR--1. Vavilov 1:28:27.6 50 Km, Uzhgorod--1. Girgoryev 4:04:36.8 2. Sergiy Bondarenko 4:04:36.8 British 10 Km, London, March 31
1. Roger Mills 44:38.6 2. Olly Flynn 44:52.4 3. Shaun Lightman 44:53.2
4. Ron Wallwork 45:05.8 5. Tony Taylor 45:18 6. Bob Dobson 45:28.2
7. Alan Smallwood 45:50.4 8. Peter Selby 46:28.4 9. Julian Hopkins 46:43
10. John Moullin 46:56 11. Jacky Lord 47:32 12. Bill Sutherland 47:49.4
13. Ray Middleton 47:59 14. Ben Emsley 48:29.2 15.6 Km, Spain, March 25--1. Victor Campos, Spain 73:06.2 2. A. Zamboldo, Italy 76:29.8
3. Olly Flynn, Eng. 77:18.4 4. Abdon Pamich, Italy 77:29.6 5. Mike Holmes, Eng. 78:28.2 6. P. Rusca, Italy 80:21.2 20 Km, London, April 7--
1. Bob Dobson 92:56 2. Olly Flynn 93:34 3. Alan Smallwood 95:36 4. Ken Carter 96:01 5. Roy Court 96:22 6. John Moullin 96:31 7. Mike Holmes 96:56 20 Km, Gdansk, Poland, April 15--1. Feliks Sliwinski 1:32:25.6
2. Mieczyslaw Gorski 1:32:48.4 3. Eugeniusz Rogowski 1:33:16.4 4. Boguslaw Seidel 1:33:22.2 50 Km, Gdansk, April 15--1. Marek Kasprzyk 4:23:00
2. Henryk Wypick 4:33:14.4 20 Km, Pretoria, S. Africa, April 6--1. Bernd Kannenberg, WG 1:35:15.6 2. P. Meyer, SA 1:39:46 20 Km, Athens, Greece March 21--1. Georgios Fakiolas 1:30:44 (track--44:46 at 10) 10 Km (track) Bucharest, Rumania, April 1--1. Constantin Stan 41:46 2. Ion Gasitu 42:29
3. Constantin Staicu 43:35.6 4. Constantin Enache 44:10 5. Spicu Hascu 45:20 6. Leonida Earaisiofogi 45:51.4 20 Km, Fuisse, Bulgaria, April 15--
1. Stefan Tzukev 1:28:08 2. Constantin Stan, Rumania 1:29:13 3. Ion Gaitsu, Rum 1:29:32 4. Constantin Enoche, Rum. 1:29:40 5. Constantin Staicu, Rum. 1:31:18 6. Dobrev Dobri, Bul. 1:31:22 7. Gheorghe Juganaru, Rum. 1:32:14 8. Racu, Rum. 1:32:38 9. Nicolae Maxim, Rum. 1:32:59 10. Tanase Brandt, Rum. 1:33:00 11. Vasile Ilie, Rum. 1:33:01 (Either Rumania is pretty tough these days or they have have short courses, lousy judges, or both in those parts) 20 Km, Akja, Hung., April 8--1. Sandor Forian 1:26:53 2. Andor Antal 1:28:08.8 3. Janos Dalmati 1:29:39.4 4. Antal Kiss 1:32:25.2 50 Km, Gothenburg, Sweden, March 31--1. Daniel Bjorkgren 4:18:51 2. Tommy Dahloff 4:27:53 Women's 5 Km (road), Uidevalla, Swed., March 10--1. Elisabeth Klang 25:27 2. Elisabeth Olsson 25:42 3. Lena Bodin 26:00 4. Ylva Lingh 27:47 20 Km, Erfurt, EG, April 1--1. Peter Selzer 1:30:04.6 2. Hans-Georg Reimann 1:30:05.4 3. Stefan Muller 1:32:01.6 4. Dietmar Hennig 1:33:46.8 (track) 30 Km (track), Berlin, EG April 15--1. Karl-Heinz Stadtmuller 2:16:45.4 (45:20, 1:30:08) 2. Hans-Georg Reiman 2:17:38 (45:20, 1:30:35.6) 3. Gerhard Sperling 2:18:00.8 (45:20, 1:29:59.4) 4. Peter Selzer 2:18:46.4 (45:20, 1:30:08) 5. Reinhard Ammon 2:18:36.2 (something wrong there) 6. Stefan Muller 2:20:53.6 7. Michael Sternberg 2:23:20.8 8. Ralf Fugner 2:24:52.8 9. Joachim Krause 2:25:07 10. Bernd Faulbruck 2:25:14 10 Km, Dresden, EG, April 14
1. Olaf Pilarski 44:10.6 20 Km (road), Naumburg, EG, May 1--1. Gerhard Sperling 1:31:19.6 2. Karl-Heinz Stadtmuller 1:33:32.2 3. Siegfried Zschneigner 1:33:41.4 4. Lutz Kipkowski 1:33:47 50 Km, Naumburg, May 1--
1. Yevgeniy Torgov, USSR 4:14:38.6 2. Winfried Skotnicki 4:19:03.8 3. Mathias Kroel 4:22:45 4. Peter Selzer 4:24:49.2 5. Karlis Apalais, US SR 4:29:04 6. Ralf Fugner 4:30:25.4 Tour du Var 222 Km, April 7--
1. Roger Cuemener, France 25:28:22 2. Roland Anxionnat 26:58:40 3. Colin Young, Eng. 27:44:42 4. J. Brandt 28:10:45 5. T. Besnier 28:49:18 (Only five finishers of 66 starters on a mountainous course with a bitterly cold night and torrential downpour at the end. This is about 138 miles.) 20 Km, Chelmsford, Eng., April 14--1. John Webb, 1:32:00 2. Steve Gover 1:32:00 10 Km, Newham, Eng., April 11--1. Roger Mills 44:38.6 2. Olly Flynn 45:18 3. Bob Dobson 45:25 10 Km, West London, April 18--1. Shaun Lightman 45:17 2. Jacky Lord 46:20 (UK Junior record) 20 Mile, Wimbledon, Eng., April 14--1. Ray Middleton 2:43:08 2. Len Duquemin 2:44:31

RACING OPPORTUNITIES IN JUNE-JULY

Sat., June 9--3 Mile hdep., 1 mile grade school, Broomfield, Colo. (B)
3 Mile men and high school, 2 Mile women, 880 for 12 and under, Philadelphia (U)
Sun., June 10--Men's 5 Km, Master's 5 Km, Women's 2 Mile, San Francisco State U., 10 a.m. (G)
5 Km, Worthington, Ohio High School, 12 noon (E)
Bert Life Memorial 5 Mile, Toronto, 9 a.m. (K)
SPAAU 5 Km, U. of California Irvine (I)
Mon., June 11--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sat. June 16--NAAU SENIOR 3 MILE, BAKERSFIELD, CALIF. (or 14th or 15th)
RMAAU 1 Hour, Boulder, Colo., 9 a.m. (B)
Wisconsin AAU 3 Km, Milwaukee (P)
Mon. June 18--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sat. June 23--NAAU JUNIOR 10 KM, MIAMI, FLORIDA (or 22nd or 24th)
3 Mile men and high school, 2 mile women, 880 for 12 and under, Philadelphia, 10 a.m. (U)
Sun. June 24--SENIOR NAAU 15 KM, DENVER, COLORADO, 8 a.m. (B)
20 Mile, Mississauga, Ontario, 8 a.m. (K)
1 Mile, Kenosha, Wis., 1 p.m. (P)
Mon. June 25--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sun., July 1--Ohio 15 Km, Dayton, 12 noon (E)
Mon. July 2--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Wed. July 4--5 Mile, Bridgeport, Conn. (T)
Sat. July 7--3 Mile, Hickman Track, Columbia, Mo., 9 a.m. (A)
Walker's Pentathlon (5 mile, 1 mile, 880, 2 mile, 440), Philadelphia, Pa. (U)
Sun. July 8--PAC. AAU 1 Hour--men, women, masters, and age groups (G)
20 Km, Midland, Ontario (K)
Mon. July 9--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sat. July 14--3 mile men and high school, 2 mile women, 880 age 12 and under, Philadelphia (U)
Sun. July 15--2 mile hdep., 1 mile grade school, Broomfield, Colo., (B)
7 Mile, Cambridge, Ohio, 12 noon (E)
Mon. July 16--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sat. July 21--NAAU WOMEN'S 5 KM, BOULDER, COLORADO, 10 a.m. (G)
Sun. July 22--NAAU SENIOR 25 KM, TAUNTON, MASS. (R)
Mon. July 23--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Thur. July 26--3 mile men and high school, 2 mile women, 880 age 12 and under, Philadelphia (U) 6 p.m.
Sat. July 28--RMAAU 30 Km, Broomfield, Colo., 7 a.m. (B)
20 Km, Columbia, Mo., 6:30 a.m. (A)
Mon. July 30--5 Km, Takanassee Lake, Long Branch, N.J. (D)
Sun. Aug. 5--SENIOR NAAU 40 KM, LONG BRANCH, N.J. (D)

Contacts for the above races:

A--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
B--Pete Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80802
D--Elliott Derman, 40 McLeod Place, West Long Branch, N.J. 06497
E--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
G--Steve Lund, 402 Via Hidalgo, Greenbrae, Cal. 94904
I--Bob Bowman, 1961 Windsor Place, Pomona, Cal. 91767
K--Doug Walker, 29 Alhambra Place, Toronto, Ontario, Canada
P--Larry Larson, 909 Ostergaard, Racine, Wis. 53406
R--Win Benton, 29 Graylock St., Taunton, MASS. 02780
T--Dr. Norman Canter, 50 Ridgfield Ave., Bridgeport, Conn. 06610
U--Larry Simmons, 1141 E. Upsala St., Philadelphia, Pa. 19150

AHA! MORE U.S. AND CANUCK RESULTS

1 Mile High School, White Plains, N.Y., May 12--1. James Murchie, Port Washington 7:27 2. Steve Kinsman, Oceanside 7:46.2 3. Wayne Normandin Toms River, N.J. 7:50.7 4. Steve Davey, Sleepy Hollow 7:52.4 5. Ellen Minkow, Port Washington 8:06--This was at the Glenn Loucks Memorial T&F Games and Miss Minkow became the first girl ever to win a place in a major Eastern schoolboy meet. As a matter of fact, she left her boy friend far behind. Bruce MacDonald and John Markon were the forces behind a good turnout for this event. These two along with Steve Hayden, Gary Westerfield, Henry Laskau are giving high school walking a big boost on Long Island. Collegiate Track Conference Indoor Mile, Flushing, NY--1. Stewart, USMA 7:21.1 2. Reynolds, USMA 7:26.3 3. Scheidal, Fairfield 7:26.4 4. Wilson, Marist 7:27.7 5. Sabine, C.W. Post 7:32.5 2 Mile, Penn Relays, April 28--There was a walk over 2 miles at the Penn Relays but no one has sent me the results. According to the usually unreliable Guano Press it was won by Roger Mills with Ron Daniel second; as near as I can decipher their ramblings. But they provide nothing so mundane as times. Michigan AAU Indoor 1 Mile--1. Gerald Bocci 7:29. This result also from the smut-laden pages of the Guano. According to their report Bocci was well pleased at bettering the winning time in the Nationals and was quoted, "I'm ready, just let me at Lynn Olson." Which sounds like the type of remark one might expect from a dirty old man like that. We also learn from the Guano that there was another Jeanne Bocci-Olson clash in Detroit a week or two ago over some unreported distance with Bocci emerging on top in reportedly rotten style. A 5 mile race followed but the Guano, of course, does not bother itself with the achievement end of the sport, so we have no results. 20 Mile, Dundas, Ontario, May 27--(On road lap of just over 1/2 mile)--1. Pat Farrelly 2:45:42 2. Alex Oakley 2:49:09 3. Yvon Groulx 3:02:30 4. Helmut Bock 3:06:39 5. Joel Dada 3:13:52 6. Terry Lalonde 3:38:50 7. Harold Hoffman 3:44:19 8. Brenden Merriman 3:44:18

Hey! I keep messing with this long enough, I'll fill it with results. Six long days ago I started this, that being Monday, May 28, here it is Saturday and I am still only on page 8 and haven't done 1 and 2 yet, since I didn't yet have details on the 50 when I started. Fortunately, someone else dreamed about me. Mike Sullivan, who had promised me the full rundown right after the race, called on Tuesday, just when I was getting about desperate enough to invest in a call myself, to apologize. He had woke up in the middle of the night the previous night suddenly remembering he hadn't sent Mortland results and went to his desk to find an empty envelope, stamped and addressed to the Mort. So he got it right in the mail, after filling it of course, and shortly I will procede to transfer his report to these pages, a report you have already read, having come this far in the issue. (But how could you have read it when I haven't typed it yet?) Anyway, a few more results in since I stopped with the Ontario 20 Mile on Thursday night.

MAIA 2 Mile, Arkadelphia, Arkansas, May 24--1. Jim Bean, Oregon College of Education 14:30.0 2. Dale Paas, Oklahoma Christian College 14:30.1 3. Carl Swift, Azusa Pacific 14:34.7 4. Augie Hirt, McPherson College 14:44.5 5. Lance Herold, Univ. of Nebraska/Omaha 14:53.2 6. Mike Hale, Oklahoma Christian College 15:00.1--according to Augie Hirt's report the judging was excellent, and he has become quite critical in his brief career, with Bob Young and Ron Laird as two of the judges. Lynn Olson competed, which must make her the first woman in a national collegiate championship meet of any kind (other than the women's national, of course). She beat two

guys, but Augie didn't say where this placed her or what her time was. Augie had his best time to date with the 50 km only 4 days behind him and off strictly 50 km training. He had been doing 50-70 miles a week with no speed work, which shows what concentrating on style and strength can do for you. The other Ohioan in the race besides Augie was Milt Place, now at ADAMS State, who was a bit dissapointed in his 10th place having done 15:04 a couple weeks earlier. Augie, having finished up at McPherson, is moving to Columbia, Mo. and is going to get very tough at the walking game. 2 Mile, California Relays, Modesto, May 26--This is a race you may have seen on TV last Sunday. I did, and forgot to copy down the results and haven't gotten them from elsewhere yet. As I remember, they went: 1. Bill Weigle 14:07 2. Bob Kitchen 14:11 3. Bill Ranney 14:13--those are just to the nearest second. Weigle was also coming off the 50 and probably had little speed work in preparing for this. Unfortunately, in the slowed down rerun of the finish, it looked distinctly like Bill was a few inches in the air. Same for Bob. They didn't show Bill, so he escapes. (Bill Ranney, that is) But then, I'm not going to try judging from my TV screen and I'm not being critical of the two. The thing is, Weigle seemed to look very good when we saw it the first time at regular speed, although Kitchen was a bit ragged the whole last lap. But when they slowed it down, there it was, at least to my eyes, again showing the difficulties of judging. Women's 1 Mile, Dayton, Ohio, May 19--1. Carol Mohanco, Kettering Striders 8:04 2. Gwen Eberle, Ozark TC 8:45 3. Johanne Verconneau, Quebec TC 8:47.7 4. Kathy Buanno, PAL TC 9:03.2 5. Mary Devlin, Fairfield Striders 9:04.4 6. Lyn Gilbert, FS 9:14.2 7. Anne Pramaggiore, KS 9:26.7 Girls 12-13 1 Mile--1. Terri Teegarden, KS 8:52.8 2. B. Eberle, Ozark TC 8:57.5 (Whoops, she wasn't second. She and her teammate L. Ontico, 8:58, missed the start and walked later by themselves, I guess, and would have been second and third) 2. Marcia Henry, KS 9:18.5 3. Mary Fawley, Buck TC 9:59.1 4. Mary deVries, KS 10:00 5. Pam Rannenberger, Buck TC 10:19.5 6. Bathy Myers, GA 10:31.8 7. Ginger Warren, FF 11:07 8. Brenda Liggett, OTC 11:17 Women's 1 Mile, Terre Haute, Ind., May 26--1. Carol Mohanco 8:26 2. Ann Pramaggiore 9:09 3. Kathy Buono 9:26 Girl's 12-13--1. Terri Teegarden 9:06 2. Marcia Henry 9:17

FROM HEEL TO TOE

Bill Ranney and Jerry Brown, one-two in the National 20, have a nice trip ahead of them, as will the two Juniors who finish one-two in Miami on June 23. Bill and Jerry will be part of the US National track team that competes in Munich on July 11-12, Florence, Italy on July 16-18, and Minsk, USSR on July 23-24. The USSR meet will include a 20 Km walk. I am not sure what the distance will be in the other two, but one would hope that at least one would be a 10 rather 20. Three hard 20's in the space of two weeks is a bit much, mentally if not physically. The Junior team competes in dual meets in Heidenheim, WG on July 14-15, Warsaw, Poland on July 20-21, and Kharkov, USSR, July 27-28.....Credit for last month's cartoon from Punch goes to Bob Reedy in Los Alamos, NM.....One reason for Larry Young's absence from the race-walking scene this year is well known plans with his marriage to Candy Cartwright almost here. June 9 in Columbia to be exact. Larry has also recently taken over the management of a 78-unit apartment building, which has taken a great deal of his time. He hopes to be training seriously soon but we may not see much of him in serious competition this year....It always happens. The Guano Press is already mellowing. Their coverage of the National 20 without really knowing anyone. They compliment Martin Rudow for putting on an excellent race and Bill Ranney for his perserverance and fair walking technique,

which we are certainly not about to take issue with. But all these bouquets from the beloved Guano. Come on fellows. (They do pass on the information that Ranney finally won a long-standing \$5 bet with one Goetz Klopfer or er who was going to get the first national title. Doesn't this make Bill a pro?) Then they publish a letter from E. Denman praising the "Machismo", gutsmanship, and fortitude of Rich Fleffner in finishing this year's 50 miler. Of course, they haven't gone completely sour. They still have a lot of filth from the race walking world, cruel digs at deserving individuals, and a few questionable remarks about the esteemed OKW. But one would hope that the roses and sweet stuff do not indicate a trend and that they will quickly return to the low level they occupied so admirably through their first several issues....Speaking of Rich Fleffner's gutty performance in the 50 miler, he has a few bouquets to pass out himself. He says: "During the 50 mile maniacal expedition in New Jersey I was privileged to meet two British gentlemen—one of whom is responsible for my finishing. At around 12 miles I started having pain in my left foot so I changed shoes. At this time Steve King and I had a "comfortable" lead (Elliott Denman was about 200 yards back.) Pain persisted and I gave serious consideration to quitting at around 15 miles. It was here that Roger Mills came to the rescue. He had just walked a 1:32 20 Km yet he was there offering encouragement by the side of the track. He took foam padding out of his shoe and wrapped my foot so that the pressure would be off the outside of the foot. This lessened the pain so that I was allowed to finish. I found out the next day that I had suffered a stress fracture of the second metacarpal. Had it not been for Roger Mills I never would have been able to finish. This physical aid along with the encouragement from him, Steve King, and Elliott Denman were the necessary ingredients for my success in finishing. These men proved they were not only great athletes but something more important—great people. They serve as an example for others and are truly deserving of the term successful sportsmen." (Ed. Which is one of the great things about race walking and distance running. Everyone is sort of in it together and usually more than willing to help the other guy.)...Speaking of International teams, as we were a page or so ago, the Lugano Cup is scheduled again in the fall. This is the International race walking championship held every two years ago, or sometimes every three years, depending on Olympic Games, European Championships and such. The first four in both the National 20 and 50 are qualified for the U.S. team, namely Bill Ranney, Jerry Brown, Bob Kitchen, and Todd Scully at 20 and Bill Weigle, John Knifton, Ron Laird, and Floyd Godwin (assuming Brown picks the 20) at 50. However, since the AAU has not seen fit to support the teams we have sent to the last two championships and undoubtedly will not do any better this time, it falls on the athletes to either pay their own way or find someone to support them. Thus the final makeup of the team will probably depend on who can afford to go, which is an unfortunate circumstance. Hopefully, come October, we will be able to send our best team by one means or another....Phil Embleton, the apparent successor to Paul Nihill as the top British 20 Km man, has leukemia and reportedly has only an even chance of surviving the year. He was 8th in the 1971 European Championships and 14th in Munich, although he was already ill by the time of the latter race. With Nihill retired and Roger Mills emigrating, things are wide open on the British 20 km scene....Missing from the schedule on page 7 are 1 Mile races in Titusville on June 10 and 17....A brief sketch on the Brodock girls who are doing so well in the Southern California races. Sue has just turned 17, is 5'6, 106 lbs and has best times of 7:44.4 for the mile, 26:29 for 5 km, and 56:47 for 10 km, all on the track. Her sister is just 10 weighs a mere 60 pounds and has best

efforts of 8:51, 29:44 and 63:00....Bob Whitman reports that girl's walking is also picking up in Arizona. He gave a clinic in Scottsdale with four of his walkers and in three races there they had 35 to 40 entrants. It appears that there will be real participation in the National Girl's and Women's meets this year....We reported a world 50 Km record of 4:00:27 for West Germany's Gerd Weidner in our last issue with little detail. We still have no details, other than the time, on the race itself but a little data on Weidner. The record is amazing in any light, but considering the man celebrated his 40th birthday three weeks before, it is fantastic. Back in 1965 Weidner came 21st and last in the Lugano Cup walk in an inglorious 4:53:01.8. Three years later he improved to 14th at Mexico City and last year was up to sixth in Munich. Like a good wine, you know. He must now be ready to challenge his countryman Kannenberg.. An article from the May 1969 Journal of Applied Physiology entitled "Relations Between Physical Training, Acclimatization, and Heat Tolerance" may be of interest with hot weather coming on. This was written by two gentlemen in the Department of Anatomy and Physiology at the University of Indiana. Subjects for the reported test were five healthy and physically fit men ranging in age from 19 to 35. Three had no history of competitive athletics and the others had been away from athletics for some time except that one had started an interval training 1 month before. These men initially attempted a 90 minute walk on a treadmill at a rate of 5.6 km/hr in high heat (122 F dry bulb, 81 F wet bulb). They were then put on an intensive interval training program on an indoor track for a 6-week period. The interval training was alternated with strenuous handball or basketball games providing 1 hour of strenuous exercise 5 days a week. Training was in a cool environment (70 F). The training period was followed by a second 90 minute walk under the same conditions as the first. For comparison, three distance runners were given a single 90-minute exposure. In the initial test, the men had completed only an average of 86 minutes on the treadmill. After the training, all completed the 90 minutes and had none of the symptoms of syncope shown in the initial test. Rectal and mean skin temperatures averaged 39.6 and 37.8 C initially and heart rate averaged 168 beats per minute. These mean values dropped to 38.7, 36.8 and 144 in the test following training. The trained runners were even better with values of 38.3, 36.3, and 122. It was concluded that interval training in cooler conditions improved heat tolerance significantly, but did not fully acclimatize the subjects for work in the heat. The superiority of the runners was attributed to two factors: 1) they had been training and competing regularly for 6 to 10 years and 2) the untrained men were not capable of working so hard nor so long as the runners in their workouts and thus did not raise their muscle and central temperatures so high nor sweat so much during the training periods. It was also concluded that the most effective method of preparing men in a cool or cold climate for work in the heat would be to incorporate both strenuous interval training, or its equivalent in strenuous games, and prolonged moderate-to-severe work in the program. This reinforces what I have known from my own experience for some time; the extremely fit athlete, regardless of acclimatization, is going to suffer less in comparison to his capability than one who is less fit. That is; given two guys both capable of say a 1:35 20 Km, A being in shape to do that 1:35 but B being only fit for a 1:40 at this time and neither acclimatized to extreme heat. On a 90 degree day A will be slowed down by x minutes but B by x plus y minutes. However if C is there, fully acclimatized to the heat, capable of 1:36 and ready to do it, A had better look out because C will be slowed by something less than x minutes. You can plow through the heat to some extent on extreme fitness alone but a couple weeks training in it sure helps.