

Ohio Race Walker
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WALKING OUT OF OLYMPICS?

The word is out that the International Olympic Committee has decided either to eliminate walking from the Olympic Games or at best limit it to a single race. However, at this point it seems to be impossible to determine what has been decided or what has been proposed. The best we can do for you right now is recapitulate the word that has come to us from two reliable sources.

We first got the word from Bob Bowman, T&F News race walking editor, in a phone call the day our last issue was being printed. He reported then that various European sources, including the British publication Athletics Weekly, reported that it had been decided at the latest IOC meeting to hold only a 20 Km race in Montreal and to drop walking entirely in subsequent Olympics. However, there seemed to be some question as to whether this was a final action or merely a resolution to be decided on at the next IOC meeting. The last I heard from Bob, about two weeks ago, he was still trying to track down the loose ends. More on what he had to say in a letter later.

In the meantime, I also heard from Elliott Derman, who was in Europe with the Junior T&F team and was picking up the same noises there. According to Elliott, one report had it that the IOC recommended elimination of the 50 Km walk and retention of the 20 for the 1976 Games only (the same as what I heard); another had it that both distances were out and the Olympic distance was to become a compromise--30 Km; and finally, as Bob had heard, another report had it that these were only the "thoughts" of the IOC and that the final decision rested solely with the IAAF (International Amateur Athletic Federation).

So, it is obvious that our sport is in some jeopardy but not clear whether there is still much opportunity to rescue it. (Not that banishment from the Olympics need spell our death, but it would certainly make the road to recognition more difficult and make it that much harder to recruit new blood into the sport. Certainly, in this country we would lose the support of the Olympic Committee which has been very important in recent years. And we would undoubtedly lose the walks in International dual meets.) Where does this all leave us and what can be done. Below, are the opinions and suggestions of three very interested parties.

Bob Bowman: "I'm still working on the Olympic walk situation--as soon as I've contacted all U.S. parties concerned, as well as our friends abroad as to the situation and best courses of action, we can begin to formulate our combined efforts/strategies to reverse this outrageous decision.

"It seems the IOC has been pressed to reduce the size (number of athletes and events) of the Games as it is too costly to the sponsors and

this is a first step. Because we (race walking) are a track and field event, we suffered in that we had no one at the decision making level who was directly connected with our sport to speak up for us. The same old story. If on the other hand, we were a separate sport (not a part of T&F), we might have been spared--at least we would have probably got our choice as to which distance we wanted to retain. We now have to ask the AAU through our National Race Walking Committee (Ed. with an apparently non-existent chairman) to draft a request to the IAAF to retain race walking--asking the IAAF to request this of the IOC. This will be brought up on the floor of the NAAU Convention in October. Also we must have a summit conference in Lugano (Ed. Site of the International Race walking championships in October) of all race-walking powers to plan our common approaches and make sure as race-walking countries to also start this appeal movement going through our own federations.

"There is some ray of hope already as it seems there is a strong feeling among some of the other sports, as well as track and field, that the final solution lies in having three phases of the Olympics rather than the present two--Winter, Land Sports, and Aquatic Sports. The swimming people are pushing for this. We should do likewise as it will greatly enhance our chances of again having both walks. It may be too late to salvage '76 but '80 looks good--especially since it will probably be in Moscow where the Russians could add the walks as host country--if we break away from track and field, which may be to our best advantage."

Elliott Derman: "Race walkers of the world, those third-class athletic citizens, are again about to be trod upon, if what I read is true. The word has gone out in various European publications--seems that this same word is slow in getting out to our own international leaders, or perhaps the word has indeed gone out to them and they don't seem to feel any action is necessary--that race walking's future in the Olympic Games is dim. The race walkers, at this stage, know not where they stand. (Ed. He then reports that given above) Whatever the case, race walkers are justifiably on edge these days. They would indeed like to know if their sport has an Olympic future.

"We hear that the IOC has added women's rowing and women's basketball to the Games. Fine. But apparently to get the women rowers and basketball players into the Olympic Village someone has to be evicted. Who else to evict but those race walkers?

"Those race walkers are people who: 1) are true amateur athletes, who basically appreciate small favors, and who aren't in the habit of using Olympic gold medals as spring boards to professional careers; 2) do not demand national subsidization to continue training; 3) who did not cause a single "incident" over rules, procedures, judging, etc. at Munich, which cannot be said for almost every other event on the 1972 program; 4) and whose sole driving "raison d'etre" is to gain the ultimate athletic honor of competing in the Olympic Games. That last statement can hardly be said for at least half of the other Olympic participants.

"These race walkers, if deemed necessary, will not even demand a slice of time at the Olympic Stadium. They would be very happy to perform in their 20 and 50 Km races in an enclosed park course. A 5 Km circuit would be just fine and I hear that one is already established at Montreal for just that purpose. No traffic need be tied up. Just give us a 5 Km circuit and we'll have our races. This could be a big plus for the Olympic organizers. If the Olympic Stadium capacity is to

be reduced drastically, as I hear it is, to cut costs, than at least the Olympic organizers can present one event "free" to all those shut out of the stadium. These visitors can go home knowing that they saw at least one Olympic start and finish "live".

"Race walkers are track and field's most discriminated-against minority. It's about time for our own civil rights bill."

Floyd Godwin: ".....It is indeed disturbing to think of a group--a very small group as a matter of fact--that make a decision that is so negative and contrary to amateur sport. The IOC, in its attempt to eliminate certain "problems" that are felt to be adverse to the Olympics such as too many participants (however, spectators are acceptable because they bring money to the Games), have reached decisions that actually curtail the sport of race walking and discourage its continuance by athletes at the grass-roots level throughout the world.

"Indeed, it is tragic that the original intent of the Games has been left behind for far "greater" developments of mankind such as the fiasco that occurred during the USSR-USA basketball game and the brawl that resulted from the water polo match between the Soviet Union and Hungary and the inexcusable actions of the field hockey team from Pakistan.

"The IOC appears to be striving towards creating nationalism and political upheaval instead of abolishing it. Who suffers? It is obviously the individual athlete who has put in months and years of training only to be told, "Sorry folks. You create a population problem, you know; too many participants, therefore your sport has to be done away with for the good of the Games. Sorry about that."

"Since the Olympics Games were created for individuals, my suggestion would be the total abolishment of all team sports, including the 400 and 1600 meter relay races. This would result in a lessening of nationalism and a great reduction in costs, which seem to be the main concern of the Committee.

"I would like to encourage the readers of the ORW to express their concern about this matter to the U.S. Olympic Committee. Maybe, just maybe, some of them might listen."

So, that is all we have on where the matter stands now together with some opinion and suggestions on possible courses of action. As more information becomes available and further action develops we will get the word to you. In the meantime, reader comment and suggestions are encouraged.

U.S. JUNIORS IN EUROPE

For the first time in history, the U.S. sent a Junior (athletes born in 1954 or later) Track and Field team to Europe for dual meets in West Germany, Poland, and the USSR. Included were two walkers, Mitch Patton of Phillipsburg, Kan. and Randy Mimm of Willingboro, N.J. Patton was the youngest member of the team and only one still eligible for two more teams, having been born in 1956. Although, like their Senior counterparts, they failed to beat any of their foreign competitors, both improved markedly during the trip and benefited greatly from the experience. Elliott Derman, who is writing most of this issue for us, reports on their races.

The West German meet was held in Heidenheim on July 14 on a newly installed, soft, spongy rubberized track. The results were: 1. Hans Goggelmann 48:37.2 2. Alfons Schwarz 49:41.4 3. James (Mitch) Patton

52:04.8 4. Randy Mimm 53:49.4. All four were together for the first lap and then Goggelmann began to break away. Schwarz, Patton, and Mimm stayed together for 12 laps, when Randy began to drop back because of illness. Until the 16th lap, Patton and Schwarz duelled back and forth in a series of spurts. Schwarz drew a caution somewhere along the line but with about 2 miles to go, Patton began to fall slightly back and this continued to the end.

The meet with Poland was in Warsaw on July 20. Results were: 1. Jaroslaw Kazmierski 46:37.2 2. Roman Rejmer 48:52.5 3. Patton 50:34.8 4. Mimm 51:44. This race was held on an excellent Tartan track. Kazmierski had Km splits of 4:22, 8:58, 13:36, 18:11, 22:49, 27:32, 32:23, 37:10, and 41:54. He broke away early and was free and clear. Again, Patton had quite a race with Rejmer before the latter had the better of it. Rejmer was very bouncy and undoubtedly would have been bounced right off the track in a major US race. Kazmierski was a good stylist. Lap times for Patton and Mimm respectively were: 7:34 and 7:24 at 4; 15:54 and 15:41 at 8; 24:00 and 24:02 at 12; 32:09 and 32:39 at 16; 40:20 and 41:12 at 20; and 48:31 and 49:42 at 24. (400 meter laps.

The final meet with the USSR was held in Odessa (only one "d", please) on July 27 on a Bitumen track. The inside lane was half resurfaced and half older surface, thus making for uneven conditions at different parts of the lap. Results were: Peter Potchenchuk 45:42.8 2. Viktor Frolkov 46:08 3. Patton 49:47 4. Mimm 49:52.2. Again, the leader went away after 1 lap. Frolkov, Patton, and Mimm were together for a brief while before Frolkov made his break. He lapped the Americans at about 4 miles, a mile after Potchenchuk and at that point stayed with Patton for about a mile before moving on again. Both USSR walkers were very bouncy and deserved the DQ. It was quite a bad scene with US coaches in the stands amazed at the USSR men galloping away and nothing being done to caution, etc. them. I was allowed on the field to call out lap times to our men and in a aggravation after a while began to gesticulate and make noises like "you are lifting" to both USSR walkers. This earned only a spit of saliva in my direction by Frolkov. Guess I had this coming since this matter should have been left to the judges, but since there was no action forthcoming and our men were visibly upset by the unfair conditions, I was emotionally stirred to do what I could to call attention to what was going on. Anyway, Patton and Mimm walked a beautiful, fair race and reached our goal for the trip, which was to break 50 minutes.

Both walkers improved dramatically on the trip, Patton taking more than two minutes off his previous best and Mimm nearly 2 minutes of his in the course of 3 weeks. Mitch is practically a novice to race walking and showed immense potential not to mention lots of guts and competitiveness. All in all these are two fine young competitors who should be heard from in a big way in the future. The lessons learned by both of them should pay off handsomely.

I cannot say many kind words about the style of our competitors, which is sad because young walkers, I feel, should always stress style and let speed come when it does by a natural process later. Our two were terrific stylists but I personally feel that the second German walker, the second Polish walker, and both Soviet walkers would have been disqualified if they had been competing in a major race where the judges were people other than their own coaches, etc. They were bouncy to the point of being obviously off the ground. At this stage of the game, where race walking is fighting for its respect—as well as its life—we make no friends when this situation is allowed to continue.

KNIFTON ADDS ANOTHER TITLE

Long Branch, N.J., Aug. 5—In the 35th edition of the NAAU 40 Km Race Walking Championship, John Knifton poured on a relentless pace to overcome NYAC teammate Ron Laird and capture first in 3:29:45.4.

With weather conditions rather favorable for this time of year, 84° and low humidity, Knifton bettered Dave Romansky's previous best time on this course by nearly a minute. Romansky won the 1968 race in 3:30:33. This marked the tenth consecutive year the race has been held here.

"I felt strong today", admitted Knifton after it was over, "Especially in the second half of the race." Laird was strong too, but not strong enough. He wound up second 300 yards back in 3:31:14, the precise time it took him to win this race in 1966. He also was a 40-Km national champion in 1959 and 1969.

Laird went through 20 Km in 1:44:25 with a 4-step lead over Knifton. However, during the next 5 km he fell better than a minute off the pace and was never able to narrow the gap from there. Moving up strongly in the final fourth of the race, Long Island AC's Gary Westerfield claimed third in 3:47:54, overhauling the Shore Athletic Club's Todd Scully in the process. Tom Knatt, the jolly guitar maker from Massachusetts finished a strong fifth while Dan O'Connor, a University of Tennessee student from Long Island was sixth.

With Knifton and Laird finishing one-two and Ron Kulik eighth, the NYAC bested Long Island AC for the team title. There were 42 starters in the race and 28 of them finished.

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The results:

1. Dr. John Knifton, NYAC 3:29:45.1 2. Ron Laird, NYAC 3:31:14 3. Gary Westerfield, LIAC 3:47:54 4. Todd Scully, Shore AC 3:51:24 5. Tom Knatt North Medford Club 3:52:44 6. Dan O'Connor, LIAC 3:53:11 7. Steve Haydon, LIAC 4:00:49 8. Ron Kulik, NYAC 5:05:51 9. Bob Rosencrans, Snohomish TC 4:08:11 10. John Fredericks, Shore AC 4:12:31 11. Alan Price, Washington DC Travelers Club 4:22:59 12. Buck Ehrgood, Penn AC 4:24:10 13. Ben Brown, North Medford 4:24:27 14. John Markon, LIAC 4:24:40 15. Bob Fauciola, Shore AC 4:26:48 16. Vinny Davy, LIAC 4:27:10 17. Don Johnson, Shore AC 4:34:23 18. Gary Bywaters, Burgettstown TC 4:34:38 19. Alex Turner, Shore AC 4:48:38 20. Mike Rencheck, Burg. TC 5:00:08 (age 11) 21. John Zuenle, Burg. TC 5:00:09 22. Jerry Givner, Brooklyn 5:09:38 (started 35 minutes late) 23. Marcus Boatwright, Leaguers Club 5:15:23 24. Russ Froats, Burg. TC 5:21:20 25. George Garland, Shore AC 5:22:38 26. Jeff Lautt, Burg. TC 5:35:56 27. Jim DeLuca, Burg. TC 5:40:45 28. Bill Lloyd, Shore AC 5:49:26. Team Scores: New York AC—10, 2. Long Island AC—14, 3. Shore AC—21, 4. Burgettstown TC—33

MURCHIE WINS JUNIOR 20

West Long Branch, Aug. 12—A year ago Jim Murchie didn't know a thing about the sport of race walking and was considering trying out for the soccer team at Port Washington, N.Y. High School. Things didn't work out that way. Jim met Bruce MacDonald, a three-time U.S. Olympian who teaches at Port Washington, got psyched up about race walking and never went out for soccer.

Murchie, now a 15-year-old junior, has been an almost instant success. He won last November's prestigious Coney Island 10-mile race and today picked up his first national honor—the Junior National AAU 20 Km championship. The race, held at Franklin Lake, saw Murchie pull away from the pack in the final three miles to win in the creditable time 1:56:23.

Randy Mimm, just back from his European trip, was the pre-favorite and led the pack through the first 8 miles. But then cramps began to slow him down and first Bob Rosencrantz of Seattle and then Murchie passed him. With three miles to go it was Rosencrantz in front by 50 yards but then Murchie made his move. He went on to win by 160 yards with his Long Island AC teammate, Wayne Dankner, closing fast to nab second from the tiring Rosencrantz. Murchie, Dankner, and Howard Silberstein gave the LIAC the team title. Just a year ago, Silberstein's right leg was shattered in a skiing accident. The results:

1. Jim Murchie, LIAC 1:56:23 2. Wayne Dankner, LIAC 1:57:08 3. Bob Rosencrantz, Snohomish TC 1:59:12 4. Dave Semar, Stratford Spartans 2:03:12 5. Randy Mimm, Penn AC 2:07:45 6. Bill Hamlin, North Jersey Striders 2:11:28 7. Bill Dikun, Shore AC 2:14:56 8. Alex Turner, Shore AC 2:18:49 9. Mark Van Sciver, Penn AC 2:19:00 10. Mike Rencheck, Burg. TC 2:19:53 11. Russell Froats, Burg. TC 2:19:53 12. John Ziemle, Burg. TC 2:22:02 13. Jeff Louff, Burg. TC 2:29:01 14. Howard Silberstein, LIAC 2:39:15 15. Jim DeLuca, Burg. TC 2:43:07 16. Ralph Phillis, Burg. TC 2:43:19 17. Steve McHenamin, Penn AC 2:47:16 18. Andy Sedlak, Burg. TC (age 10) 2:51:35. Team Scores: 1. LIAC—11 2. Penn AC and Burgettstown 18 4. Burgettstown "B"—31

BUTLER AND HERMANN ALSO WIN NATIONAL TITLES

The Ohio Track Club's Kevin Butler captured the National Junior Boys 1 Mile Walk in Denver in 8:55.5. Competing in the 12-13 year old group, 13-year-old Kevin was affected somewhat by the altitude and was more than a half-minute off his best but easily outdistanced second place Greg Johnson of LaCrosse, Kan. who had 9:30. In the 14-15 age group, Tim Votapka of Stockton, Calif. won in a record 8:17 with LaCrosse's Denton Hoyer second in 8:27.

In the National Junior Olympic Championships in Ann Arbor, Mich., LaCrosse athletes continued their fine walking as Steve Hermann won easily in 6:57.8. An anticipated ding-dong battle for the title did not come off as Reno's Jim Bentley, who has done 6:53, was ruled ineligible just 2 hours before the race after making the long trip East. He was ruled out because of his competition with last year's US Junior team against the Soviets. More comment on that later in the Heel to Toe column. Results of the Ann Arbor race (only the competitor's Region, like 8, 12, 4, etc., are given in the results I have, so I can't tell you where they are from): 1. Steve Hermann 6:57.8 2. Rudy Pearson 7:13.5 3. Mark Yeadaker 7:20.9 4. Greg Hilgenseier 7:37.8 5. Michael Walker 7:51.1 6. John VanDenBrandt 7:57.0 7. Larry Olinick 8:08 8. Rick Olson, n.t. 9. Bruce Beaumont, n.t. 10. Fred Villa, n.t. — Stephen Kingsman and Lawrence Hickman DQ'd

LADANY CAPTURES TWO MACCABIAH TITLES

In the IX MaccaBiah Games, the International games for Jewish athletes, Israel's Shaul Ladany walked off with both the 20 and 50 Km walks. The 50 Km was held first and in 95 degree temperatures, Shaul was given

stiff competition for the first half of the race by Great Britain's Posner. However, Shaul's strength and experience payed off and he finally won by over 12 minutes in a very good 4:23:31. In the 20, after his countryman Peleg held the early lead, Ladany took over at about 3 kms. Late in the race he was challenged by a diminutive Frenchman (just over 5 feet) by the name of Rouche, but again proved too strong and went on to win in 1:38:54, completing a fine double. Hank Klein represented the US in the 20 and showing great form just missed fifth place by the narrowest of margins. Canada's Max Gould chose the 50 and turned in an excellent race in the conditions. The results:
50 Km: 1. Shaul Ladany, Israel 4:23:31 2. Posner, Great Britain 4:33:56 3. Shomroni, Israel 4:42:49 4. Shachar, Israel 4:53:02 5. Max Gould, Canada 5:02:48.6
20 Km: 1. Ladany, Israel 1:38:54 2. Rouche, France 1:39:46.6 3. Peleg Israel 1:43:50.4 5. Shomroni, Israel 1:48:03.2 6. Hank Klein, USA 1:48:03.2

RESULTS * RESULTS * RESULTS

2 Mile, Buffalo, N.Y., July 30—1. Ron Laird 14:15.9 2. Gary Westfield 3. Steve Simmons 2 Mile, West Long Branch, N.J., July 7—1. John Fredericks, Shore AC 15:07.2 2. Bob Falcicola, SAC 16:01 3. Fred Timcoe, SAC 16:49.4 1 Mile, Freehold, N.J., July 5—1. Ron Daniel 6:49.5 2. John Fredericks 6:53 3. Bob Falcicola 7:35.5 4. Wayne Normandin 7:43.5 3.4 Mile, Long Branch, N.J., July 22—1. John Fredericks 24:52 2. Wayne Normandin 28:52 3. Bob Falcicola 29:00 4. Fred Spector 33:23 1 Mile, Belmar, N.J., Aug. 3—1. John Fredericks 7:19 2. Bob Falcicola 7:36.2 3. Wayne Normandin 8:07.2 4. Alex Turner 8:59.8 1 Mile, Long Branch, July 28—1. John Fredericks 6:56 3.4 Mile, Long Branch, July 2—1. Ron Daniel 24:31 2. Dave Romansky 24:25 3. John Fredericks 24:29 4. Bob Mimm 28:34 5. Bob Falcicola 29:53 6. Wayne Normandin 30:02 7. Elliott Derman 31:32 8. Alex Turner 31:26 3.4 Mile, Long Branch, July 16—1. John Fredericks 25:33 2. Ron Salvio 25:58 3. Bob Falcicola 28:34 4. Don Johnson 30:14 5. Wayne Normandin 30:33 6 Mile, West Long Branch, July 15—1. John Fredericks 51:03.8 2 Mile (age 14-15) West Long Branch, July 15—1. Wayne Normandin 18:07.5 3.4 Mile, Long Branch, July 30—1. John Fredericks 25:04 2. Howard Palamarchuk 25:14 3. Fred Timcoe 27:21 4. Bob Mimm 27:58 5. Bob Falcicola 28:08 6. Wayne Normandin 29:46 7. Alex Turner 29:56 Fun Decathlon, Marmouth College, Aug. 19—1. John Fredericks, Shore AC—11.5 100 yd dash, 25'11 16lb Shot, 7:45 Mile Walk, 74'10 Discus, 58.4 440 run, 90'9 javelin, 1:57 440 backward run, 13'11 long jump, 10.3 60 yd. low hurdles, 4:53 mile run. Other times for Mile walk were Alex Turner 8:23, Wayne Normandin 8:36, Fred Spector 8:54, Elliott Derman 9:02. The 440 backward run was won in 1:44.5 3.4 Mile, Long Branch, Aug. 13 (handicap race, actual times shown)—1. Jim Wilderman 31:00 2. Alex Turner 29:40 3. Bob Falcicola 27:12 4. Fred Timcoe 26:58 5. Tom Fyfe 34:17 6. Bill Lloyd 38:42 7. Dr. D. Marzano 38:54 8. Elliott Derman 32:03 9. Wayne Normandin 30:10 10. John Fredericks 26:47 3.4 Mile Handicap, Long Branch, Aug. 20—1. Bill Hogelin 32:42 (first walking race) 2. John Fredericks 24:26 3. Tom Fyfe 33:01 4. Fred Timcoe 26:04 5. Alex Turner 29:50 6. Dave Zurheide 31:36 7. Don Johnson 30:03 8. Bob Falcicola 26:40 9. Elliott Derman 32:01 10. Sandy Kalb 36:31 Region Jr. Olympic Mile, Portland, Maine, July 14—1. Steve Kinsman, Long Island 7:12 2. Bill Hamlin, North Jersey Striders 7:24.5 1 Mile, Paramus, N.J., July 19—1. Dave Semar, Stratford Spartans 6:58.3 1 Mile, Paramus, July 26—1. Ron Kulik 6:37.4 2. John Fredericks 6:37.6

JUNIOR 5 KM CAPTURED BY BENTLEY

Beverly Hills, Calif., Aug. 25 (Hot special to the ORW)—Seventeen-year-old Jim Bentley outraced brother Brad, a year his junior, to capture the NAAU Junior 5 km walk today. This gave him his third Junior title of the year, the 1 Hour and 15 Km races having gone to him earlier.

Moving through the first mile in a swift 7:33, Jim already had 25 seconds on his brother with Bryan Snazelle and Jerry Lansing not far back of him. Jim increased his lead during the second mile and despite a slow third mile came home an easy winner in 25:35.2. The race was held in hot, humid conditions which told on all the competitors during the final mile. The results:

1. Jim Bentley Jr., Sierra Race Walkers 25:35.2 2. Brad Bentley, SRW 26:19 3. Bryan Snazelle 27:26 4. Mark Randle, Northridge Col. 28:42.2 5. Paul Schoenfeld, UCLA 29:00.0 6. Jerry Lansing, Westmont Col. 30:18 7. Doug Ermini, Studio City, Cal. 31:03.6

ON WITH THE RESULTS:

880 yds (12 and under), Washington, Pa., Aug. 16—Mike Rancheck, Burg. TC (age 11) 4:05.5 2. Mark Marshall (11), BTC 4:23 3. Ralph Phillis, BTC (11) 4:37 4. Adny Sedlak, BTC (10) 4:43 5. Regis "Iron Pipe" Froats, BTC (8) 5:42.1 Girls 880, same place—1. JoAnn Churpak, BTC 4:30.6 (age 16) 2. Kathy Dvorsak (12), BTC 4:39.4 3. Susan Gailey, Mt. Lebanon (14) 4:43 4. Cindy Bertolotti, (14), BTC 4:59 5. Beth Gailey, (12), Mt. Lebanon 5:22.2 1 Mile, same place—1. Gary Bywaters, BTC 8:45.6 2. Russ Froats (13), BTC 9:27.1 3. John Zuenie, BTC (14) 9:42.6 4. Jim DeLuca (13), BTC 10:42 1 Mile, Chicago, Aug. 4—1. Gary Heiman 8:45 2. Dave Harrison 9:15 3. Mike Fritz 10:38 (6 finishers) Women's 1 Mile, same place—1. Edith Bentley 10:38 50 Km, Chicago, Aug. 5—1. Fred Kuhn, UCTC 5:56:47, Greg Comerford 29 miles in 6:00:48 and Mike Riban 26 miles in 6:10 Women's 1 Mile, Chicago, Aug. 7—1. Cristy Dotseth 8:52 2. Sharon Cogbill 10:21 1 Mile, Chicago, Aug. 7—1. Ed Hahn 8:57 2. Dean Kamin 9:11 3. Brian Dotseth 9:21 4. D. Berger 9:24 5. Mike Riban 10:18 Boy's 1 Mile, Chicago, Aug. 7—1. Larry Wiha 9:26 2. Dan Cavanaugh 9:52 1 Mile, Chicago, Aug. 14—1. Ed Hahn 9:08 2. Larry Wiha 9:36.5 3. John McCormick 10:06 Women's 1 Mile, Chicago, Aug. 14—1. Cristy Dotseth 8:50 Jr. NAAU 2 Mile, Chicago, Aug. 18—1. Brad Bentley 17:22 2. Dennis Carter 18:40.9 3. Jim Fields 19:02 Women's 1 Mile, Chicago, Aug. 19—1. Jeanne Bocci 8:22.7 2. Cristy Dotseth 8:34.2 3. Carol Mohanco 8:57.9 4. Jill Janson 10:14.5 1 Mile, Chicago, Aug. 21—1. Ed Hahn 8:35.6 2. Dan Patt 8:41.6 3. Aris Antipas 9:51 4. Greg Comerford 9:51 Women's 1 Mile, Chicago, Aug. 21—1. Cristy Dotseth 8:30 2. Sharon Cogbill 10:41 Women's 1 Mile, St. Louis, June 23—1. Gwen Eberle, Ozark TC 8:58 2. Linda Ontko, CTC 9:05.4 3. Bev Pakovich, CTC 9:44.8 20 Km, Columbia, Mo., July 28—1. Augie Hirt 1:45:50 2. Larry Young 1:54:11 (just back in training and took a painful 31:51 for the last 5 km) 3. Leonard Busen 2:04:27 10 Km, Independence, Mo., Aug. 19—1. Augie Hirt 50:26 2. Paul Ide 50:50 3. Larry Young 51:17 4. Mitch Patton 53:47 5. Steve "ermann 54:22 6. Dave Eidahl 54:34 7. Ron Peach 54:36 8. Broderick Hoyer 58:00 9. Votapka and Dave Leuthold 58:34 11. Mark Shutte 59:06 12. Pat Blackburn 60:33 3 Mile, Columbia, Aug. 11—1. Ray Yarbrough 25:34 2. Art Fleming 28:35 3. Leonard Busen 28:36 4. Charlie Giess 29:14 6.8 Mile, Columbia, Aug. 18—1. Augie Hirt 57:50 2. Larry Young 58:24 3. Leonard Busen 82:25 (had run two 6 mile stints in a 60 mile relay that morning) 5 Km, Boulder, Colo., Aug. 7—1. Jerry Brown 23:00.3 (7:20, 14:45, 22:15) 2. Floyd Godwin 23:04 (7:20, 14:49, 22:21) Women's 5 Km

same place—1. Martha Iverson 30:44.2 1 Mile, Same place—1. Doug Schneider 8:27 2. Rick Colson 8:36 5 Km, Boulder, Aug. 11—1. Floyd Godwin 23:14.4 2. Doug Schneider 28:08 3. Martha Iverson 30:41 4. Elisa Haire 34:01 5. Greg McQuire 34:07 (first week of walking) 7 Mile, LaCrosse, Kan., July—1. Paul Ide 57:14.9 2. Steve Hermann 61:05.4 3. Ron Peach 61:06.7 4. Broderick Hoyer 67:19 2 Mile Hcap, Beverly Hills, Calif., June 10—1. Burkhead 19:59.7 2. Harry 20:05 3. Ed Wehringer 18:48 3. Irv Spector 18:59 5. Ed Bouldin 14:40 (fast time) 6. Doug Ermini 20:18 7. Bob Hickey 16:17 8. Hal McWilliams 18:58 9. Howard Barnes 18:16 10. Dennis Reilly 16:14 11. Hank Klein 17:38 5 Mile, Los Angeles, June 2 (Handicap)—1. Ed Wehringer 49:43 2. Jim Bowyer 51:26 3. Hal McWilliams 48:37 4. Ed Bouldin 39:18 5. Ma rty Lipstein 51:53 6. John Kelly 42:04 7. Hank Klein 47:00 SPAAU 3 Mile, Valley College, June 8—1. Ed Bouldin 23:14 2. John Kelly 23:21 3. Mike Dewitt 23:36 4. Hank Klein 24:16 5 Km, Los Angeles, June 23—1. Ed Bouldin 23:53 2. John Kelly 24:04 3. Bob Hickey 24:55 4. John MacLachlan 29:22 5. Phil Mooers 30:55 6. Larry O'Neil 31:47 7. Joe Wehrly 32:18 20 Km, Los Angeles, June 24—1. Ed Bouldin 1:49:47 2. John Kelly 1:50:50 3. Chris Clegg 2:09.4 SPAAU 35 Km, Los Angeles, May 2—1. Ed Bouldin 3:13:52 2. John Kelly 3:17:02 3. Bob Bowman 3:18:45 4. Mike Dewitt 3:21:02 5. Dan Fitzpatrick 3:29:00 6. Chris Clegg 3:55:25 20 Km (track), Toronto, July 29—1. Ron Laird 1:36:20 2. Alex Oakley 1:43:23.8 3. Pat Farrelly 1:47:14.8 4. Helmut Boeck 1:47:36.6 5. Karl Merschenz 1:47:38.5 6. Peter Thomson 2:06:59 (Laird passed 7 miles in 53:25.6 for an Ontario record) 3 Km, Toronto, July 29—1. Martin Jay 16:30.2 2. Joe Manaco 16:30.3 3. Geoff Banner 16:59.4 20 Km, Ottawa, Can., Aug. 11—1. Karl Merschenz 1:36:34.4 2. Pat Farrelly 1:48:03.2 3. Yvon Groulx 1:50:11.2 4. Roman Olszewski 1:51:35 5. Helmut Boeck 1:54:28 6. Joel Dada 1:56:40 OVERSEAS

West German Junior National 10 Km, Sindelfingen—1. Helmut Stolte 47:45 2. Werner Fuhrmann 48:11 3. Michael Hlomeier 48:23 4. Horst Markevitz 48:37 5. Alfons Schwarz 49:11 6. Walter Drossler 49:50 (33 starters and 28 finishers 10 Km, Coburg, WG., Aug. 19—1. Michael Oberender 52:00.7 2. Bob Mimm 52:37 (another Mimm in Europe)...5. Dan Fitzpatrick, US Army 56:13 Strasbourg-to-Paris, starting May 30 (something like 325 miles)—1. Robert Rinehard, Belgium 64:34:10 (Beat-ing record of 67:03:28 set by Josy Simon last year) 2. Roger Quem-ener, France 65:50:51 3. Josy Simon, Luxembourg 65:56:22 4. E. Alom-aine, Belgium 71:09:30 5. J. Brandt, France 486 km British Women's 3 Km—1. Betty Jenkins 14:59.4 2. M. Fawkes 15:04.6 3. Christine Cole-man 15:10 4. B. Cook 15:28 5. V. Lovell 15:28 6. M. Brown 16:31.2 Hastings-to-Brighton 38 Mile, July 14—1. Paul Selby 5:44:48 2. Carl Lawton 5:48:07 (2 minutes ahead with 4:36:08 at 50 km) 3. P. Hidkin-son 5:49:14 4. R. Michel 5:53:19 5. Dave Boxall 5:56:58 (36 started and 26 finished) 10 Km, Paddington, Eng., July 8—1. Roger Mills 45:27.4 2. Carl Lawton 45:39.6 3. Bob Dobson 45:49—In a 7 mile race at London on July 9, Christine Coleman clocked 59:55 finishing seventh—10 Km, Blackburn, Eng., July 7—1. Jake Warhurst 45:15 Scottish 10 Km July 7—1. Roy Thorpe 44:54.2 2. Amos Seddon 44:56 HEY! LATE ARRIVING DOMESTIC RESULTS.

10 Km, Broomfield, Colo., Aug. 25—1. Jerry Brown 46:05.1 (23:04 at 5) 2. Floyd Godwin 46:06.9 (23:04) 3. Gary Westerfield 49:02 (24:05) 4. Chuck Hunter 56:27 5. Bob Carlson 59:00 6. George Lundmark 63:22 Women's 5 Km, Broomfield, Aug. 25—1. Martha Iverson 29:01 2. Elisa Haire 29:56 3. Lori Thomas 30:06 Girl's 800 yds (age 12-13)—1. Norma

Howitt 3:54.9 2. Brenda Jessar 4:40 Age 10-11: 1. Michelle Wood 4:01 2. Debbie Taylor 4:27 Age 9 and under: 1. Rhonda Thornton 4:15 2. Kristal Wolfe 4:18 Boy's 800 (age 10-11) (all still at Brookfield, incidentally)--1. Mike Anable 4:26 2. Mike Smith 4:47 Age 9 and under: 1. Jeff Hunter 4:41 2. Robbie Kesterke 4:43 2.5 Mile, Cambridge, Mass., July 26--1. Ben Brown 20:09 2. Steve Reiman 23:36 3. Fred Brown Sr. 28:17 5 Mile (short), Brockton, Mass., Aug. 6--1. Fred Brown Sr. 48:51 2. Paul Treeful 49:45 5 Mile, Brockton, Aug. 13--1. Frank Scimone 48:21 2. Fred Brown Sr. 48:23 5.75 Mile, Attleboro, Mass., Aug. 18--1. Paul Schell 53:25 2. Jake Frederson 53:25 3. Steve Reiman 53:32 4. Roger Pike 55:58 5 Mile, Brockton, Aug. 20--1. Chico Scimone 48:01 2. Fred Brown S. 48:01.1 1 Mile, Brockton, Aug. 22--1. Jake Frederson 7:50 2. Paul Graffey 9:52 3. John McKenzie 9:57 2.5 Mile, Cambridge, Aug. 23--1. Ben Brown 20:31 2. Fred Brown Sr. 26:53 (Fred reports that these Cambridge often include more than 200 runners but they have had no success in getting any of them to walk. How do you do it, he asks?) NEAAU 5 Km, Aug. 26--1. Paul Schell 24:55 2. Steve Reiman 28:35 3. Kevin Ryan 29:30 4. Dennis Slattery 29:50 5. Dave Morency 30:22 6. Jake Frederson 30:56 (11 finishers. 4 DQ's including Tom Knatt. Tony Medeiros did not walk, judging instead, since they have had a problem with judging. Fred Brown figures three of the four DQ's probably won't be back since they were quite resentful. I would imagine friendly Tom Knatt is the one who will be back. No bearded guru of the guitar making world is going to resent such a trivial thing as being tossed from a walking race. Right-wing fascist that I am, my career has survived two DQ's.)

BACK TO THE OVERSEAS STUFF:

West German 20 Km, July 22--1. Gerhard Weidner 1:31:23.4 (45:14, 1:08:12) 2. Heinz Mayr 1:33:45 3. Heinrich Schubert 1:35:50.2 (Kannenberg had 45:14 at 10 km but collapsed at 13.5 km and did not finish. No report on his condition.) 10 Km (track), Koblenz, W.G., July 4--1. Hans-Georg Reimann, EG 44:48.2 2. Gerhard Weidner 45:49.6 E.G. Junior 10 Km (track) Leipzig, June 29--1. Hartwig Gauder 43:21.4 2. Roland Wiesser 43:34 3. Klaus Gunther 43:59 4. Frank Konning 44:02 5. Olaf Pilarski 44:53.8 6. Horst Schulz 44:55 Junior 10 Km (track), Erfurt, EG, July 7--1. Hartwig Gauder, EG 44:02.8 2. Roland Wiesser, EG 44:02.8 3. Ionita, Rum. 45:53 5. Costache, Rum. 46:20.4 5. Kazimierski, Pol. 47:22.6 Rejmer, Poland DQ'd. 10 Km (track), Potsdam, EG, June 14--1. Karl-Heinz Stadtmüller 41:37.4 2. Gerhard Sperling 42:58.2 3. Hartwig Gauder 43:38.8 4. Rainer Roder 44:52.8 E.G. 20 Km, Dresden, July 19--1. Karl-Heinz Stadtmüller 1:25:21 (42:55, 1:08:38) 2. Hans-Georg Reimann 1:26:35.2 3. Peter Frenkel 1:26:41.2 4. Siegfried Zscheigner 1:26:53.2 5. Lutz Lipkowski 1:29:42.6 6. Rainer Roder 1:30:08.6 (12th place 1:33:49) Prague-Podebrady 50 Km, July 15--1. Peter Selzer, EG 4:12:05.4 2. Mathias Kroel, EG 4:12:07.8 3. Reinhard Amon, EG 4:23:11.8 4. Frantisek Biro, Czech. 4:27:02.6 5. Ferenc Danovsky, Hun. 4:27:19.2 6. Roy Thorpe, GB 4:27:54.6 7. Sion Grujev, Bul. 4:28:00.6 (very warm) Italian 20 Km, Rome, July 10--1. Armando Zamboldo 1:31:03.6 2. Renato DiNicola 1:33:37 3 Km, London, July 14--1. Roger Mills 12:16.8 2. Paul Nihill 12:18.6 (rather good for a guy retired from the sport) 3. Peter Marlow 12:28.8 4. Olly Flynn 12:52.4 5. Alan Smallwood 12:58.2 10 Km (track), Kangasniemi, Fin. July 17--1. Paavo Pohjolainen 44:01 Women's 3 Km, Vasteras, Swed., June 13--1. Margareta Simu 15:04 3 Km (track), Sodertalje, Swed., June 2--1. Margareta Simu 14:31 2. Siv Gustafsson 15:14.6 5 Km (road), Stockholm, May 20--1. Margaretha Simu 24:59 Women's 10 Km (road), Garphyttan, Swed., June 11--1. Britt Holmkvist 53:04 2. Siv Gustafsson 54:05 20 Km, Moscow June 5--1. Yevgeniy Ivchenko 1:29:11 2. Boris Jakovlev 1:29:26 2. Anatoliy Beresin 1:29:30 (13th place 1:32:58.2) 50 Km Championship,

Moscow, July 5--1. Otto Bartsch 4:05:53.8 2. Sergiy Bondarenko 4:07:15 3. Benjamin Soldatenko 4:08:23 4. Vladimir Svetsnikov 4:08:58 5. Yevgeniy Lyungin 4:13:26 6. Sergiy Grigoryev 4:15:58 (17th place 4:34:50.8) USSR 20 Km, Moscow, July 10--1. Vladimir Resaryev 1:26:50.4 2. Vladimir Schya lochik 1:27:25.2 3. Juris Grisulis 1:27:30.2 4. Nikolai Strelchenko 1:28:01.8 5. Yevgeniy Lyungin 1:28:05.6 6. Boris Jakovlev 1:28:22.2 7. Anatoliy Solomin 1:28:22.4 8. Marius Petersons 1:28:26.6 9. Olav Lair 1:28:32.8 10. Alvars Rumbenjaks 1:29:04.8 (20th place 1:33:40) *****

One last result, which originally wasn't supposed to be in here. That is the Annual Labor Day 6 mile 536 Yard Handicap held on Sunday, Sept. 2 on the Worthington, Ohio High School road course. Because we altered the wheel-measured course (1 mile 1014 yards per lap) slightly the race was probably closer to 6 1/4 miles actually. The weather was very hot, mid-90's, blazing sun, no shade, and reasonably high humidity. The second time in three years we have hit about the hottest day of the year for this one, which hardly seems fair in September. The race saw Kevin Butler, the National 12-13 year old 1 Mile champion, make his debut at anything over a mile on his 14th birthday. It also marked an early return from retirement for Jack Blackburn, who hadn't walked since March, but had been running about once a week. Soft-hearted Mortland gave the out-of-condition Blackburn 10 minutes, starting him just 2 minutes back of his father, Butler, and an under-trained Bob Smith. Starting at go and 3 minutes ahead of this trio, was 13-year-old Steve Mascari. Both the boys showed excellent style and held up very well considering the conditions and their unfamiliarity with the distance. Blackburn took full advantage of the 10 minutes. He used the first two laps to get in shape taking 15:53 and 16:59 respectively and saw more than half his lead disappear. However, he had passed the earlier starters by this time and nothing gets old Jack going like the smell of victory. So he closed with 15:43 and 16:15 to finish 38 seconds ahead of the panting Mortland, who never walked particularly fast himself. Smitty, as usual, folded in the heat and went only two laps. Doc Blackburn walked his usual well-paced race (17:20, 17:27, 17:26, 16:57) to overcome the threat of the youngsters. The results (actual times shown): 1. Jack Blackburn 64:50 2. Jack Mortland 55:28 3. Doc Blackburn 69:10 4. Kevin Butler 70:29 5. Steve Mascari 83:13

When I said this result originally wasn't supposed to be in here, I referred to my original publication plans, which called for wrapping up typing on Wed., Aug. 29 and getting this in the mail on Labor Day weekend. I soon saw that I would fill nearly 11 pages with results and would have to go to 15 pages because of other important stuff. (That is results plus the lead story on the Olympics.) No way I was going to get that done on Wednesday, so I relaxed and held the finish off to the weekend and as a result got several more items, both by way of results and tidbits.

The Ohio Racewalker is published monthly in Columbus, Ohio by a tired, broken down race walker, desperately trying to keep his name in the public eye (if by any stretch of the imagination you can call the racewalking fraternity public) name of Jack Mortland. Subscription rate is \$3.00 per year, placed there illegally in the spring without the knowledge of the Cost of Living Council. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202.

A HANDY SCHEDULE OF RACE-WALKING CONTEST AROUND AND ABOUT THE U.S. OF A DURING THE NEXT COUPLE MONTHS:

- Sat. Sep. 8—2 Mile Hdcp, 880 yd. Grade School, Nothglean, Colo (B)
 5 Mile, Indianola, Iowa, 8 a.m. (H)
 10 Mile, Centereach, N.Y., 2 p.m. (Z)
- Sun. Sep. 9—Conn. AAU 1 Hour, Fairfield (C)
 7 Mile, Ankeny, Iowa, a p.m. (H)
- Sat. Sep. 15—5 Mile, Columbia, Mo., 9 a.m. (A)
 10 Km, Cedar Rapids, Ia. (H)
- Sun. Sep. 16—4 Mile, Dayton, Ohio 12 noon (E)
- Sat. Sep. 22—SR. NAAU 35 KM, SEATTLE, WASH. 10 a.m. (S)
 RMAAU 10 Km, Longmont, Colo., 8 a.m. (B)
- Sun. Sep. 23—7 mile men and 2 mile women, Fairfax, Calif. (G)
 6 Mile, Columbia, Mo., 2 p.m. (A)
 Eastern Regional 30 Km, 5 Km Open, Long Island, 9:30 a.m. (Z)
- Sun. Sep. 30—Perhaps some race in Cambridge, Ohio if I ever contact Dale Arnold.
- Sat. Oct. 6—7th Annual National 100 Mile, Columbia, Mo., 1 p.m. (A)
 (note: this was originally scheduled for Sep. 29)
 RMAAU 50 Km, Boulder, Colo., 8 a.m. (B)
- Sun. Oct. 7—5 Km, Lake Merritt, Oakland, Calif. (G)
 50 Km (tentative), Long Island, 8:30 a.m. (Z)
- Mon. Oct. 8—10 Mile Hdcp, Guelph, Ont. (K)
- Sat. Oct. 13—5 Mile, Columbia, Mo., 9 a.m. (A)
- Sun. Oct. 14—3 mile hdcp, 1320 yd. Grade School, Broomfield, Col. 1 p.m.
 Iowa 40 Km, Indianola, 7:30 a.m. (H)
- Sat. Oct. 20—RMAAU 2 Hour, Boulder, Colo., 10 a.m. (B)
- Sun. Oct. 21—15 Km, Fairfield, Conn. (C)
- Sat. Oct. 27—NAAU WOMEN'S 10 KM, COLUMBIA, MO., 5 p.m. (A)
- Sun. Oct. 28—SR. NAAU 30 KM, COLUMBIA, MO., 1 p.m. (A)
 New Jersey and Open 10 mile, Long Branch, 1 p.m. (D)

Contacts for the above races by letter designation a re:

- A—Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 B—Floyd Godwin, 935 Ash, Broomfield, Colo.
 C—Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497
 D—Elliott Denman, 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, Iowa 50310
 K—Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
 S—Dean Ingram, 507 Cobb Building, Seattle, Wash. 98101
 Z—Steve Hayden, 56 Verbona Avenue, Floral Park, N.Y.

FROM HEEL TO TOE

Speaking of Steve Hayden (designated Z above) the young man plans to begin raising a new breed of race walkers when he and Lynn Olson tie the knot come Dec. 22. This word comes on good authority from Jerry Bocci, Gary Westerfield, and Miss Olson herself. It costs the ORW one subscriber since Lynn figures two Ohio Racewalkers is more than any family needs. Unknown to her, her cheapskate fiancé has not yet renewed his subscription which expired in July....More on the Jim Bentley ineligibility for the Junior Olympic Mile. Jim Sr. writes: "Jim was notified 2 hours before the race that he was being ruled ineligible for competition because he

was a member of the 1972 USA team that competed against the USSR Jr. team in Sacramento. He was told that Ollan Cassell had made the final ruling just before race time... much too late to get the Region 13 alternate in the race. The alternate was Jim's younger brother, Brad.... The same thing happened last year, but fortunately we found out the night before and paid Brad's way to Spokane to compete as the alternate. This year it was impossible to do in 2 hours. Last year the rule was interpreted by a memo (not an AAU rule), sent out by Cassell and not received by our association. In fact, I've talked to many Association Chairmen and they have never seen the memo. And, can a rule be enforced from a memo, rather than the rules book? And, this year we went by the 1973 AAU Official J.O. Handbook, as we were told to do. This publication does not eliminate Jim, Jr. from J.O. competition. Region 13 representative, Si Tyler, immediately filed a protest, but too late for Jim, Jr. to compete. Thus Region 13 with the five fastest qualifying times had no representative. (Ed. Ah well. Another example of how the AAU looks out for the athlete....) While on the subject of Juniors, Bob Bowman reports on the rumor we published last month that both Soviet walkers in last year's Junior meet were 22 or 23 years of age. He states that they were over the age limit that we prescribed, both being 20 as were three other athletes on the Soviet team. Apparently this was a mixup in interpretation, the Soviets defining Junior as anyone born in 1952 or later and we as anyone 19 or under. This year the definition was firmly set as anyone born in the year 1954 or later.... Bill Ranney reports that the 20 Km in this year's USSR meet was actually closer than we reported. Official results showed the Soviets only 3 seconds apart and Bill another 80 seconds back. However, pictures of the winner finishing show no one else in sight on the finishing straight. The second man was actually only about 50 yards in front of Bill. He also sends a picture of Ivchenko about 90 yards from the finish, which although rather poorly reproduced, seems to clearly show daylight under both feet. A picture, incidentally, published in the Soviet press, a goof on their part. Bill also reports that Golubnichiy is not retired but merely taking it easy and nursing a sore knee and planning on walking in next year's European Championships.... Please note, as indicated in the schedule, the Annual 100 miler in Columbia is now October 6, not September 29..... Bob Henderson, now stationed in Germany, has met the German National Coach, Jurgen Kraemer, and reports that Kannenberg was logging about 1000 km per month (600 miles) prior to Munich. This was going just once a day, plus two mornings running, but with no track work. Their philosophy is long easy distance.... Ray Leach has followed up the Deni article from Sportfolio, which he provided for our use last month, with a picture and brief paragraph on Bill Mihalo that appeared in the same magazine in 1948. Mihalo, from Detroit, was a several times national champion who later turned pro and set all sorts of "world records." Veteran readers may recall we carried brief accounts of many of these early '50s records that we had culled from ancient New York Times a few years back. According to Ray, Mihalo once appeared on the "you Asked For It" show and did things like race walk against a horse, a thrown bowling ball, etc. "Apparently the producers knew absolutely nothing about race walking", Ray relates, "as they used slow motion, stop action, and back track which only proved Bill was running." He goes on, "In talking with some of the old timers when I was a young timer (heh, heh) they said Bill was actually a good walker who started to leave the ground in order to keep up with some of the creepers who, doing him out of titles. Those were the cloudy days of walking. I remember an exceptional walker from Canada by the name of Fred Maynard who had a

huge lead in a senior race in Atlantic City when he saw a well-known U.S. walker give up his creep and start to run after him."...Continuing in this vein, Bob Bowman relates his first encounter with John Deni. "It was at the NAAU Convention in San Diego in '63. John introduced himself as a former Olympian. I asked him what Olympics and how he did. He said it was the '48 Games in London at 50 Km and that he was walking in third position while entering the stadium, but that it was so foggy he couldn't find the track! And by the time he found it he was 17th or so! It was all I could do to keep a straight face. Later I found out he was DQ'd. I also found out he told the same story to others putting himself in either first, second, or third entering the stadium, depending on how gullible he thought you were." (Ed. Actually John was DQ'd in Helsinki in 1952. In London he finished 15th in a blazing 5:28:33, nearly 47 minutes back of winner John Ljunggren and 40 minutes out of third. Forty minutes to find a track once you hit the stadium must be some kind of record.)....Bob also comments on the possibility of holding the Mat. 20 with the outdoor track meet as suggested by Ray Somers. He favors it but feels the most serious objections are: 1) proper courses at the Mat. T&F site and 2) proper attention normally given to our most important race of the year (i.e. awards, judging, publicity, etc.) He also feels that it would mean the demise of the 5 Km since they will be going back to a 2-day meet. Mr. Bowman also points out that Ray was incorrect regarding merchandise awards. The AAU rule does not prohibit them but only limits the type of awards and the money to be spent on them....A result that got lost in the stack some way last month and has just now surfaced. U.S. Postal Women's 2 Mile Championship: 1. Ellen Minkow, Port Washington, NY 17:11.5 2. Sue Erodock, Rialto, Cal. 17:26 3. Ester Marques, Rialto 18:03 4. Sonia Gerth, Rialto 18:10 5. Stella Palamarchuk, un. 18:43 6. Gwen Eberce, Ozark TC 18:49 7. Carol Siciliano, St. Mary 18:56 8. Denise Kurz, Port Washington 19:47 9. Liz Kirksen, St. Mary 19:58 10. Dayna Gerth, Rialto 20:00 (15 entries)....

LOOKING BACK

10 Years Ago (From the July-Aug. 1963 Race Walker)--The NAAU Junior 20 Km Championship held in Verona, Pa. went to Regis Dandar in 1:53:20 with one Regis (Jerry) Brown struggling in second some 7 minutes behind.... The OTC's Dale Arnold captured the Junior 35 Km in Chicago in 3:39:09 over Jim Clinton. According to the Race Walker report, "Dale caught UCTC's perambulating preacher, Jim Clinton, with 2 miles to go and went on to win by an incredibly wide margin. Clinton not only cracked open and fell apart--he even lost the pieces" Clinton finished 14 minutes back which is quite a bit to lose in 2 miles...Don DeNoon set an American record in one of those odd distances that used to be recognized covering 4 Km in 19:11.9...And editor Chris McCarthy won the Senior 40 Km in Wayneburg, Pa. in 96 degree temperature. His 3:52:02 in these conditions was more than creditable as he left Alex Oakley 7 minutes back and Jack Blackburn another 9 minutes back. And apparently the times were actually 7 minutes faster as no stop watches were used and the officials apparently couldn't read wrist watches as well as wives and other spectators. Besides the heat, the course was extremely hilly.

5 Years Ago (from the August 1968 CRW)--At the Olympic training camp at Lake Tahoe Larry Young had 1:16:53 for 10 miles, 1:34:42 for 20 Km, and 2:27:46 for 30 Km as a variety of races were held. In the 20, Don DeNoon was only 24 seconds back and Dave Romansky 1 minute behind. DeNoon also had a 21:50.5 for 5 Km beating Tom Dooley by 1.5 seconds. Dooley closed up the last mile as they passed 2 miles in 13:57 and 14:04...The Senior 40 Km, in Long Branch, went to Dave Romansky in 3:30:33.8 with Getz Klopfer capturing second in 3:33:12. Daniel, Kulik, and Knifton were

three, four, and six to bring the NYAC another team title. Jack Blackburn managed 10th for the OTC...Bruce MacDonald captured the 3 Mile in 24:55.6 and the 6 in 51:54.6 at the National Master's Championships.

Finally, a couple of articles of interest stolen from the Medical Tribune, courtesy of Dr. Blackburn.

Serum Potassium Level Drops During Long-Term Exercise

Medical Tribune Report

NEW YORK--Potassium supplementation may be indicated for athletes engaged in long-term, repetitive exercise, according to a study of long-distance runners, reported here by Dr. Kenneth D. Rose, director of the University of Nebraska Physical Fitness Research Laboratory.

Over a 10-year period, resting and post-exercise serum potassium levels were obtained in a total of 116 varsity middle- and long-distance runners, he told the sixth annual Symposium on Medical Aspects of Sports sponsored by the Medical Society of the State of New York. Forty-five of the runners, or 39 per cent, were found to have had a resting hypokalemia of under 4.0 mEq./L. The mean serum potassium of the group was 4.06 mEq./L., "just at the low end of the normal range of the method used," he said.

Three minutes after completion of a 440-yard sprint, the mean potassium level had dropped to 3.83 mEq./L. Sixty-seven

of the 112 test subjects, or 60 per cent, had a hypokalemia of less than 4.0 mEq./L. after exercise.

A five-member subgroup studied in 1967-68, Dr. Rose reported, showed a progressive decline from 4.2 mEq./L. in November, at the start of training, to a January midseason mean level of 4.0, to a March mean level of 3.7.

"These results, showing a progressive reduction in mean serum potassium levels during training and an over-all state of relative hypokalemia, Dr. Rose said, "are interpreted as indicating a possible detrimental effect on muscular function of intensive training such as interval running and distance running when carried out over long periods of time."

"The data indicate," he added, "that potassium supplementation in the form of potassium salts or increased potassium dietary intake might be indicated in individuals involved in long-term, repetitive exercise programs."

Genotype Appears to Determine Athletic Capacity

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MUNICH, WEST GERMANY--Exercise tests with pairs of monozygotic and dizygotic twins have demonstrated that even the hardest athletic training cannot raise athletic performance capacity above the limit determined in the genotype, Dr. Vassilis Klissouras, director of the Physiology Department at McGill University, Montreal, reported at a scientific congress here.

Twenty-five pairs of male twins (15 monozygotic and 10 dizygotic), aged

seven to 13 years, carried out a series of performance tests on the moving-belt ergometer to determine their maximum physical performance capacity.

The result of the investigation, Dr. Klissouras said, was that highly significant statistical differences were established between the monozygotic and dizygotic pairs of twins. It was calculated with the aid of a computer program that 93 per cent of the variability in maximum aerobic capacity and 81 per cent of the variability in anaerobic capacity were genetically determined.