

Ohio Race Walker
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OHIO RACEWALKER

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U.S. WALKERS WIN DUAL MATCH WITH CANADA

Broomfield, Colo., Nov. 24-25--With Carl Swift and Jim Bean taking 1-2 in the opening day's 20 km the U.S. took a commanding lead which they held through the 50 Km the next day to capture the fourth annual dual race walking competition with our neighbours to the north.

The race was held on a rolling course measuring just short of 3 miles in chilly temperatures (mid 30's). The 5400 foot elevation took its toll on the walkers and slowed times in both races. Yvon Groulx had the lead for the first 2½ miles but then Swift took over to pass 5 km in 25:31 with a 16 second lead. Bean was another 15 seconds back at that point and Canada's Roman Olszewski was just 5 seconds back of him. John Kelly, Ron Kulik, and Helmut Boeck followed.

Swift never relinquished his lead and by the time he passed 10 km in 51:32 he was 26 seconds ahead of Bean who now had 15 seconds on Groulx. Kulik had moved up to fifth in the only other change of position.

Bean began to look stronger and smoother as the race progressed and accelerated over the last 10 to eventually leave Bean more than 2 minutes back. The rest of the field really suffered through the second half and were well back. Kulik did pass Groulx in the final 5 km and was gaining on Olszewski but only because he slowed less than they did. The results: 1. Carl Swift, USA 1:42:23.3 (25:31, 51:32, 1:17:10) 2. Jim Bean, USA 1:44:26.7 (26:07, 51:58, 1:17:58) 3. Roman Olszewski, Can. 1:48:15.4 (26:12, 52:34, 1:19:40, 1:48:15.4) 4. Ron Kulik, USA 1:49:23 5. Yvon Groulx, Can. 1:48:45 6. Helmut Boeck, Can. 1:50:23 7. John Kelly, USA 1:50:36. Score: USA--15 Canada--7

Looking closer, Boeck, like Bean, walked somewhat faster the second half, but was off very slowly. Canadian chances were hurt when Marcel Jobin, who would have been very much a favorite in this field, had to rush to the hospital the day before with his wife for a premature delivery. No word on the sex of the child yet.

Canadian chances also suffered a blow when Alex Oakley failed to show for the 50. Barring injury or illness he should have been an easy winner in this one. However, Pat Farrelly came through in fine style for Canada piling up a good lead in the first 25 km with a swift, for the conditions, 2:17:43 and then held on through a very tough second half to outdistance Dan O'Connor for the win. But with Augie Hirt and Bob Bowman following O'Connor in, it was a 12-10 victory for the US in this race and a clear-cut win overall.

FIRST CLASS MAIL



Bernd Kannenberg (22) shows his flawless style as he leads Christoph Hohne and Otto Bartsch on the way to another fantastic clocking in the Lugano Cup 50 km. in October.



After two laps of the Women's National 10 km. in Columbia, Ellen Minkow starts to establish her lead over Christy Dotseth in second.

Farrelly moved out quickly and as he passed 10 km in 53:45 he was more than 3 minutes ahead of O'Connor with Hirt and Merschenz together another 17 seconds back. Bowman was well back at this point walking rather conservatively and then had to use the bathroom facility, which he found closed for some reason. Although the situation was soon remedied, Bob had already left his "calling card" in the near vicinity and continued his pursuit of the leaders.

Hirt overhauled O'Connor by 15 km, as the latter was having trouble with his sweat pants (temperatures varied from 36 to 41 for this race, which was held on the same course as the 20). Merschenz was also very close at hand but the trio was now 4 minutes back of the ambitious Farrelly.

Farrelly continued to move through 20 km in 1:49:06 and 25 in 2:17:43 at which point he was more than 4½ minutes ahead, his biggest lead. Merschenz and Hirt were battling for second at this point as O'Connor started to fade with stomach cramps. Bowman was catching Al Shrik for fifth as they passed 25.

Merschenz and Hirt started to gain on Farrelly as they moved into the second half of the race with Pat feeling the effects of his fast pace. As he slowed to 30 minute pace for 5 km his lead was cut by nearly a minute as they went through 35. O'Connor, meanwhile, had collapsed on the ground for a minute or so with his severe stomach cramps and was more than 2 minutes back as he took up the pursuit. Shrik, with extremely sore feet, was finally given relief as Judge Joe Arazola, at the request of Judge Floyd Godwin, traded his Niki's for the problematic adidas Al was wearing.

From there everyone was slowing but by 40 Farrelly again had more than 4½ minutes on Hirt and Merschenz as the latter started to suffer with bad leg cramps. O'Connor was now 3½ minutes back of these 2 and seemingly completely out of it. But then Dan dug down for some extra strength picking up his pace to 28:51 for the next 5 km passing the struggling Merschenz and getting within 70 seconds of Hirt at 45 km. He then stepped it up another notch to cover the final 5 in 28:21 leaving Augie nearly 3 minutes back and cutting way into Farrelly's lead. Bowman, with a very steady pace throughout, caught Merschenz just past 40 as poor Karl needed over 70 minutes to complete his final 10 km. Great performances by Farrelly who took command of the race and dared anyone to challenge him and by young Dan O'Connor who rallied so gamely at the end. An unfortunate race for Al Shrik who was walking well until his shoes betrayed him.

One unfortunate sidelight, according to Floyd Godwin who supplied all these details, was that he, Jerry Brown, and Ron Kulik had to provide USA team uniforms for the athletes since the AAU had not sent new ones. Between them they had enough to outfit the four entries in each event and the AAU informed them that the new uniforms would be forthcoming in about 2 weeks. Rather poor timing and whether they have gotten them yet I don't know. Results of the 50:

1. Pat Farrelly, Canada 4:50:45 (53:45, 1:49:06, 2:47:25, 3:47:06) 2. Dan O'Connor, USA 4:51:58 (56:33, 1:53:39, 2:51:30, 3:54:48) 3. Augie Hirt, USA 4:54:42 (57:10, 1:53:39, 2:51:31, 3:51:18) 4. Bob Bowman, US 4:56:07 (58:48, 1:58:32, 2:57:01, 3:56:13) 5. Karl Merschenz, Can. 5:02:05 (57:10, 1:53:40, 2:51:30, 3:51:19) 6. Al Shrik, USA 4:26:10 (59:03, 1:57:37, 3:00:58, 4:12:19) 7. Max Gould, Can. 5:28:37 8. Joel Dada, Can. 5:28:55

OTHER RESULTS FROM HITHER, THITHER, AND YON:

10 Km, Hither, Outer Mongolia--1. Freddy Flyer 38:24 100 Yards, Thither, Pazo Pazo--1. Chief Bent Knees 11.2 3 Km, Yon, Greenland--Slip Slider 11:57.....and also from other plush spots around the world:

Ernie Weber Memorial 15 Km, Fairfield, Conn., Oct. 21--1. Bob Falciola, Shore AC 1:21:19 2. Dave Semar, Stratford Spartans 1:25:22 3. Dave Sperling, un. 1:25:39 4. Ed Owen, SS 1:32:32 5. Lenny Intonti, un. 1:33:34 6. Charlie Cellar, SS 1:39:20 7. Dr. Norm Canter 1:39:31 1 Mile, New York, Nov. 30--1. Ron Kulik 6:48.6 2. Jim Murchie 6:50 3. Ron Daniel 6:51.6 4. Paul Stewart 6:53.1 5. Bill Hungenmann 7:10.3 6. Bob Falciola 7:15 7. Vin Davy 7:27 8. Dave Semar 7:36 9. Rod Driscoll 7:57 10. Howard Davenport 8:08 11. Rich Pleffner 8:45 Women's 1 Mile, West Point, N.Y., Dec. 9--1. JoAnn Shima, Port Washington 8:46.8 2. Liz Kiskin, Gateway TC 9:20 3. Carol Sicciano, Gateway TC 9:33 4. Mary Foster, Ft. Wash. 9:42 5.Vitanza, Gateway 9:46--9 finishers. Incidentally, I forgot to say that the men's mile above was handicap with Kulik and Daniel off scratch and the others from 40 to 200 yards so the times are not too meaningful 8 Mile (minus 210 yards), Worthington Ohio, Dec. 9--1. Jack Mortland 68:10 2. Jack Blackburn 72:50 3. Bill Emmerton about 76, I think. 4. Doc Blackburn 6 miles (plus 536 yds) in about 66 min.--So I suppose we are all barred for life from AAU competition, having now competed against an ugly, tainted pro in the person of Bill Emmerton. Aussie Bill, of Death Valley and other prodigious distance running and walking feats fame, but one who does it for (ugh) money, gets into Columbus on business for Marathon quite often and has been threatening to make one of our races for a couple of years. He finally did and hopefully will become a fixture in the future. Unfortunately we were not able to show him much of a field as the Dayton gang was all laid up with colds. 10 Km (track), Columbia, Mo., Nov. 17--1. Augie Hirt 49:49 (8:02, 16:08, 24:23, 32:25, 40:28, 48:12) 2. Jim Breitenbucher 59:06 3. Charles Geiss 60:38 4. Leonard Busen 63:57 5. Rob Spier 66:54 6. Joyce Schulte 77:47 20 Km, Columbia, Dec. 1--1. Augie Hirt 1:42:46 2. Larry Young 1:45:02 (with Hirt through 9 miles and then he banged the wall as even Olympic medalists who aren't training are apt to do) 3. Stan Smith 1:56:38 4. Jim Breitenbucher 1:56:58 5. Dave Leuthold 1:59:37 6. Leonard Busen 2:04:08 7. Rob Spier 2:16:46 8. Bill Taft 2:42:25 7 Mile Handicap, Van Nuys, Cal., Dec. 13--1. Travis Veon 85:13.8 (10 years old) 2. Mike Slates 85:13.8 3. Leonard Burkhead 71:25.8 4. Carl Warrell 68:21.8 5. Larry Walker 53:25.4 6. Hal McWilliams 70:41.2 7. Joe Wehrly 83:53.2 8. Jim Hanely 71:21.8 9. Mark Randall 64:46.6 10. Carl Swift 57:05.4 11. Ed Bouldin 60:50.8 6 Mile, Lake Oswego, Ore., Dec. 1--1. Jim Bean 45:01 2. Rob Frank 46:22 3. Bob Korn 48:16 4. Scott Massinger 52:34 5. Doug VanMeer 54:55 6. Don Jacobs 56:25 7. Keith Wolf 57:56 8. Ken Fowler 58:18 9. Mike Sprinker 1:32:43 10. Chuck Howard 1:35:30 (the latter two were not directed by a guide at the crucial corner and went 8 miles with the runners) 15 Km, Toronto, Dec. 15--1. Pat Farrelly 76:52 2. Helmut Boeck 78:25 3. Max Gould 82:03 4. Peter Thomson 92:29--DNF: Rom Olszewski and Ron Wambolt 20 Km, 1st Asia n Amateur Athletic Championship, Manila, Nov. 19--1. Yashio Marikawa, Japan 2. Francis Xavier, India 3. Khoo Ghong Beng, Malaysia 4. Rustico Cabagua, Phil. 5. Albert Alminians, Phil.--no times provided since the course proved to be quite short World Seniors Walks, Hamburg, Sept. 29: 10 Km (born 1934-1941)--1. Heinz Mayr, WG (1939) 41:18.4 2. Paavo Pohjalainen, Fin. 41:30.8 3. Gerhard Affeldt, WG 52:10.8 10 Km (born 1924-1933)--1. Karl Erik Svensson, Swed. (1928) 46:31.8 2. Lennart Simu, Swed. (1926) 47:45.8 3. Allen Scott, Swed. 50:24.6 10 Km (1914-1923)--1. Kaare Hamner, Norway (1918) 53:45.6

2. John Bjidberg, Swed. (1916) 54:22.2 3. Walter Block, WG (1921) 57:02.4 10 Km (1913 and earlier)--1. Eric V. Horsley, Australia 54:24.6 born 1912 2. Hans Horstmann, WG 56:07.8 3. Herbert Pulver, WG 59:18.2 20 Km (1934-1941)--1. Hanno Haag, WG (1939) 1:37:24.6 2. Tjabel Ras, H Holland (1935) 1:37:28.2 3. Franz Zehringer, WG (1940) 1:37:35 4. Dr. Zahel, WG 1:37:51.2 5. Klatt Fritz, WG (1937) 1:38:01 6. Harold Lohbrandt, WG (1939) 1:38:25.2 20 Km (1924-1933)--1. Karl-Heinz Hartwig, (1932) WG 1:38:05.2 2. W. Peter, WG (1925) 1:39:25.4 3. Walter Weise, EG (1928) 1:39:55 20 Km (1914-1923)--1. Arthur Pafahl, WG (1919) 1:44:57 2. David McMullen, GB (1920) 1:45:00 3. Paavo Naira, Fin. 1:47:12 4. Arne Svensson, Swed. (1917) 1:48:19.4 20 Km (1913 and older)--1. Jochen Muller, WG 2:01:11.8 2. Ellis Hultgren, Swed. 2:09:07.8 3. Herbert Maelyer, WG 2:11:38.2 50 Km (1934-1941)--1. Herbert Will, WG (1935) 4:52:53 2. Lothar Mizche, WG (1934) 5:00:55 3. Heinz Bornwasser, WG (1934) 5:05:21 50 Km (1924-1933)--1. Stig Lindberg, Swed. (1931)-4:43:29 2. Curt Ohlander, Swed. (1931) 4:52:42 3. John Hedgethorpe, Eng. 4:57:21 50 Km (1914-1923)--1. Jan Oije, Hol. (1923) 5:06:06 2. Julius Statzie WG (1921) 5:20:32 3. Gerd Nickel, WG (1915) 5:46:55 50 Km (1913 and older)--1. Charles Bartsch, WG (1913) 6:05:00 2. Otto Heinrich, WG (1913) 6:07:00 3. August Giese, WG (1903) 6:11:00 Women's 5 Km (1934-1943)--1. Heiker Penner, WG (1942) 26:33.8 2. Regina Brodersen, WG (1939) 29:08.8 3. Gerda Bornwasser, WG (1936) 30:30.8 Women's 5 Km (1924-1933) 1. Olga Meyer, WG (1928) 30:02.8 2. Christa Gille, WG (1932) 31:58.6 3. Astris Schiller, WG 32:02.0 Women's 5 Km (1923 and older)--1. Hildegard Keuchel, WG (1914) 31:50 2. Helene Schuberack, WG (1914) 33:18 3. Edith Otto, WG (1922) 35:03.2--there were a total of 143 competitors in the men's events and 16 in the women's Australian 20 Mile Champ., Canberra, Sept. 22--1. Peter Fullager 2:37:06 2. Ian Hodgkinson 2:39:04 3. R. Haywood 2:43:00 4. R. Whyte 2:45:36 5. E. Dawkins 2:47:28 6. R. Wood 2:50:50 7 Mile, Stretford, Eng., Nov. 11--1. Ron Wallwork 52:28 2. Ken Harding 52:36 5 Km, Paris, Nov. 18--1. Gonzalez, Mex. 21:02.2 2. Peter Marlowe, GB 21:06.8 3. Bernd Kannenberg, WG 21:18.8 4. Colin, Mexico 21:18.9 5. Gerhard Weidner, WG 21:51.2--The Mexicans were supposed to be campaigning in England but I have no results from races there yet. This result comes from Bob Henderson who says that Gonzalez reportedly looked very good stylistically and has been pegged for a gold medal in Montreal by German National Coach Jurgen Kraemer.

The Ohio Race Walker is a monthly conglomeration of news and trivia from the wacky world of race walking and comes to you via Good Olde Mort Publication Enterprises Ltd. Your Editor, Publisher, Typist, Business Manager, Circulation Manager, et al is none other than Good Olde Mort Himself, Jack Mortland. Subscription rate is \$3.00 per year but we may have to take another look at that with postage rates going up again. Will hold the line if possible. Address all correspondence to 3184 Summit St. Columbus, Ohio 43202

Unanswered correspondence department: I have been failing to answer even the simplest of requests and such as things piled up during the Holidays, so why not do some of it here. Those not concerned can go on. Yes Don Jacobs, Mike Allen's address is still Mannheim American H.S. No Tom Dooley, I did not receive a set of pictures in October nor any trace of them. Charlie, since I have failed for 2 years to review Ron's book it becomes obvious I never will. It's a good book and a lot of people are reading it since I have gotten several subscriptions as a result of the ORW listing in it. If you haven't read Ron Laird's book, do.

RACE SCHEDULE FOR EARLY 1974

Sat. Jan. 12 5 Mile, Des Moines, Iowa (A)
 Sun. Jan. 13--5 Mile, Kenosha, Wis., 11 a.m. (B)
 Sat. Jan. 19--5 Mile, Tacoma, Wash. (C)
 20 Km, Cosmo Park, Columbia, Mo., 9 a.m. (D)
 Sun. Jan. 20--10 Mile, Pasadena, Cal., 9:30 a.m. (E)
 Sat. Jan. 26--4 Mile, Lake Darling, Iowa (A)
 Sun. Jan. 27--10 Km, Kenosha, Wis., 11 a.m. (B)
 Fri. Feb. 1--1 Mile, San Francisco Examiner Games
 Sat. Feb. 2--PNW AAU 10 Km, Seattle, 10 a.m. (C)
 1 Mile, Albuquerque, N.M.
 6 Mile, Cosmo Park, Columbia, Mo., 2 p.m. (D)
 Fri. Feb. 8--1 Mile, LA Times Invitational (E)
 Sat. Feb. 9--6 Mile, Lake Darling, Iowa (A)
 Sun. Feb. 10--1 Hour, Kenosha, Wis., 11 a.m. (B)
 Sat. Feb. 16--15 Km, Cosmo Park, Columbia, Mo., 9 a.m. (D)
 Sun. Feb. 17--SFA AAU 10 Km and Open, Indio, Cal., 10 a.m. (E)
 Fri. Feb. 22--NAAU Indoor 2 Mile, New York, N.Y. (see below)
 Sat. Feb. 23--Iowa Championships: 50 Km Men, 10 Km Girls, and 15 Km Veterans, Pekin (A)
 Sun. Feb. 24--20 Km, Kenosha, Wis., 11 a.m. (B)
 Sat. March 2--3 Mile, Newton, Iowa (A)
 Sun. March 3--SFA AAU 25 Km, Echo Park, Los Angeles (E)

Guide to Contacts:

A--Dave Eidahl, Box 72, Richland, Iowa 52585
 B--Mike DeWitt, 8608 21st St., Kenosha, Wis. 53140
 C--Dean Ingram, 507 Cobb Building, Seattle, Wash. 98101
 D--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 E--Bob Bowman, 1961 Windsor Place, Pomona, Cal.

In addition, we will continue our regular schedule of irregular races in Columbus, Lawrenceville, and Dayton. Dates, sites, and distances are determined as we go, the distance often at the race site. We go every other week generally. Just contact me if you are going to be in the area and we might have one going. We might even get one going if you are important enough (by our standards).

Regarding the NAAU 2 Mile in New York on Feb. 22. First, the Women's 1 Mile is at the same time, which I neglected to list above. Qualifying standard for the Men's 2 Mile is either a 6:45 mile, 13:40 3000 meters, or 14:40 2 Mile. For the Women's Mile it is apparently 9:10 but don't count on anything after last year's fiasco. Entry blanks from your local AAU Track and Field Chairman or from Dan Ferris, AAU of the USA, Inc., Room 2405, 444 Madison Ave., New York, N.Y. 10022.

 Aha! The panic is off for the moment. My wife just noticed in today's paper that the 8¢ stamp has a 2-month reprieve until March 2. That means I can't dilly-dally around with the February issue if I am to get it in the mail in time to save 2¢ per copy. As you have probably noticed by this time, we finally have some race-walking pics again, a whole bunch as a matter of fact, after a long dry spell. Of course, you also have less news and stuff this time, especially since this is only a 12-pager. Not a lot of news and stuff around at this time of year. I don't really know at this point what you are going to read on the next four pages, but think I will worry about it tomorrow. But first, one more big item from today's paper, the 1977 AAU Convention will be in Columbus, Ohio so there won't be much excuse for me not finally making one of those affairs. Race walkers are invited to the Montland house

Some overlooked results from out Iowa way:

40 Km Champ., Indianola, Sept. 20--1. Dave Eidahl 3:55:20 2. Vern Houseman 4:47:10 3. Dennis Munson 5:49:15 25 Km Champ., Cedar Rapids, Oct. 28--1. Dave Eidahl 2:18:31 2. Dennis Munson 3 Mile, Des Moines, Oct. 20--1. Dave Eidahl 24:22 2. Stan Smith 24:42 3. Ed Killin 30:04 4. Rich Beaver 30:10 5. Kim Reynolds 30:30 6. Ed Killin Sr. 32:00 7. Mike Sullivan 31:10 (how can that be) 6 Mile, Lake Darling, Nov. 18 1. Dave Eidahl 48:26 2. Jim McFadden 48:40 3. Jim Breitenbacher 54:50 4. Kim Reynolds 60:15 5. Ed Killin 60:20 5 Mile, Des Moines, Nov. 11 1. Dave Eidahl 39:35 2. Ed Killin Jr. 51:15 3. Ed Killin Sr. 60:04 5 Mile, Des Moines, Nov. 22--1. Dave Eidahl 40:30 2. Jim McFadden 43:16 3. Ed Killin Jr. 49:52 4. Mark Pearson 53:59 5. Ed Killin 59:52 Girl's 3 Mile, Lake Darling, Nov. 18--1. Debbie Killin 31:14 2. Cathy Breitenbacher 38:14 3. Shirley Adam 31:12 D'ad (then she wasn't third)

Addition to the schedule, although it doesn't fall within the dates listed there. For all you ultra-distance buffs, the date for the National 100 Km in Des Moines is now set for March 30 at the State Fairgrounds. Contact Dave Eidahl for details.

FROM HEEL TO TOE

Charlie Silcock suggests, and I had the same thought as perhaps many of you have, ye old energy crisis which we are in the midst of could play a bit of havoc with race walking schedules in this big, wide country of ours. Air schedules are being cut back; if gas rationing comes, travel by car to distant sites will become difficult, and with stations closed on Sundays weekend travel even to intermediate sites will be difficult. There could be a severe effect on attendance at National races. Saturday, rather than Sunday races may help, but people coming from afar will still be faced with getting back on Sunday. Charlie suggests the possibility of consolidating races to hold more than one on a weekend. They do this in Chicago, of course, where they hold the National 10 on Saturday and the Zinn 10 the next day. Two races for one trip. Any reader comments on this possible crisis in our sport are encouraged.....The Ohio Race Walker has done it again. Greg Diebold reports, "With your usual ability to uncover the big story, you correctly reported my recent engagement before it had been announced. Mary's and my engagement took place in September, but we didn't announce it until Thanksgiving." Greg also tells us. "I regret having not contacted the Ohio Race walker sooner regarding the failure of the Guano Press to continue to report the truth in the world of race walking. One of the advantages of being a free, underground publication instead of a sophisticated, highly priced journal like the ORW is that we can do what we please without regard to our paying subscribers. Nevertheless, we do feel badly that we haven't been able to continue publishing. This has been due to lack of a printer and to my own increased obligations in law school.".....Bruce MacDonald tells us things are continuing to look up for race walking in the U.S. Stan Wright, AAU T&F Chairman, wrote him asking for booklets on race walking for use in the conference he coaches in on the West Coast since they are very likely to include walking next year. The U.S. Olympic Committee held a recent clinic at the University of Minnesota and there was a lot of interest reported in the race walking section. Over 200 college, junior college, and high school coaches were in attendance. A clinic of comparable size was scheduled for the Christmas vacation at West Point again with a race walking section.....Jerry Brown was featured in the Profiles section of the September Runner's World (I was going to mention this in an earlier

issue but couldn't find the RM issue). This includes a brief review of his training schedule as follows: "once a day, 4-6 days a week, 12 months a year, averaging 37 miles a week. General pattern: three hard workouts each week at race pace, ranging from 6 to 10 miles. The other days are very easy with 2-4 mile jogs. Seasonal variations: Winter-- race walk twice a week, rest of the time jogging and running. From March through October, I follow the general pattern for my training. My body weight adapts exactly to the strains I put it through and that is why I don't do any interval training. I believe that the interval training approach gets me in good shape for intervals, but not for the actual race and race conditions." Of this training regimen Jerry achieved a rather successful season with three national titles, international dual competition, 14th in the Lugano Cup, and a 20 Km best of 1:34:05. When I saw him in Columbia he made a point of emphasizing that this is an accurate report of what he is doing in training. As a long time advocate of deemphasizing high mileage, I am glad to believe him. Of course, many will say, "but think of what he could do if he started to really train." Jerry has experimented for several years, including longer mileage, intervals, etc., and this is how he has been able to achieve his best results. He has been able to achieve his personal goals and most important keep what is, after all, a sport in perspective. I think the important thing to learn is that training is very much an individual thing, you can't blindly follow anyone. Probably few could accomplish what Jerry has on his training schedule. Even a low-mileage, intense-workout advocate such as I in my best days was doing once a day, 5-7 days a week, 40-55 miles (usually on the low side), with one or two interval sessions and one 15-25 mile workout. That regimen may not work for anyone but me. I don't really preach against high mileage. I just warn that miles upon miles don't automatically bring success. For some they might, for others they might well bring degradation. (That sounds worse than I meant it.) You have to find what is best for you, both mentally and physically, just as Jerry has.

LOOKING BACK

(Nothing for 10 years ago since McCarthy had gone under with the Race Walker, but for one small issue in mid-64, and the ORW hadn't started yet. No one knew what was going on in race walking in those dark ages) 5 Years Ago (from the Dec. 1968 ORW)--Battling 8 degree temperatures, gale force winds, and a lack of training, Chuck Newell covered 6 miles 536 yards in 55:50 to win the fifth annual OTC New Year's Eve Handicap. Jack Elakburn pulled away from Jack Mortland down the final hill to take fast time honors by five seconds in 49:30....Good ole Gerry Willwerth took the Junior National 35 Km in Kansas City in 3:36:14....In the Swiss 100 Km, Stig Lindberg won in a rather slow 10:15:39....Rudy Haluza was featured as tough cat of the month. Rudy said he planned to compete forever, which means that although we haven't seen much of him this year we can surely look for more good Rudy races in the future....Other than that there wasn't much happening in December 1968.

TOP U.S. 20 KM TIMES IN 1973

1:30:27.0 Ron Laird, Somewhere in West Germany 11/?
 1:30:45.0 Ron Laird, Lugano, Switz. 10/12
 1:31:54.0 Laird, Hamburg, Germany
 1:32:23.6 Todd Scully, Lugano, Switz. 10/12
 1:32:25 Laird, somewhere in W. Germany, 11/?
 1:34:05 Jerry Brown, Lugano, Switz. 10/12
 1:34:15 Bill Ranney, Santa Barbara, Cal. 4/15
 1:34:27 Brown, Boulder, Colo. 3/25

1:34:37 Brown, Santa Barbara, Cal. 4/15
 1:34:55 John Knifton, Greenvale, N.Y. 11/18
 1:35:02 Bob Kitchen, Santa Barbara, Cal. 4/15
 1:35:14 Scully, Santa Barbara, Cal. 4/15
 1:35:47 Ray Somers, Santa Barbara, Cal. 4/15
 1:36:13 Knifton, Santa Barbara, Calif. 4/15
 1:36:20 Laird, Toronto, Can. 7/29
 1:36:37 Ranney, Minsk, USSR 7/23
 1:36:48 Bill Weigle, Santa Barbara, 4/15
 1:37:09 Bob Henderson, Santa Barbara, Cal. 4/15
 1:37:41 Brown, Minsk, USSR 7/23
 1:38:45 Floyd Godwin, Santa Barbara, Cal. 4/15
 1:39:11 Ranney, Lugano, Switz. 10/12
 1:40:03 Ron Daniel, Santa Barbara, Cal. 4/15
 1:40:23 Carl Swift, Santa Barbara, Cal. 4/15
 1:40:23 Pete Van Arsdale, Santa Barbara, Cal. 4/15
 1:40:35 Daniel, Greenvale, N.Y. 11/18
 1:40:43.6 Henderson, Florence, Italy 6/1
 1:41:05 John Kelly, Santa Barbara, Cal. 4/15
 1:41:51 Dan O'Connor, Santa Barbara, Cal. 4/15
 1:42:18 Jim Bean, Santa Barbara, Cal. 4/15
 1:42:23.3 Swift, Broomfield, Colo., 11/24

Bill Ranney reportedly had a 1:31 plus in late July but no details
 TOP U.S. 50 KM TIMES IN 1973

4:16:48.6 John Knifton, Lugano, Switz. 10/13
 4:22:27 Bill Weigle, Des Moines, Ia. 5/20
 4:23:48.2 Floyd Godwin, Lugano, Switz. 10/13
 4:28:40.2 Weigle, Lugano, Switz. 10/13
 4:29:38.8 Bob Kitchen, Lugano, Switz. 10/13
 4:30:20 Knifton, Des Moines, Ia. 5/20
 4:34:18 Godwin, Boulder, Colo. 9/1
 4:35:51 Ron Laird, Des Moines, Ia. 5/20
 4:37:18 Jerry Brown, Des Moines, Ia. 5/20
 4:38:10 Godwin, Des Moines, Ia. 5/20
 4:39:22 Bob Henderson, Eschborn, W.G. 9/13
 4:41:23 Henderson, Des Moines, Ia. 5/20
 4:47:04 Mike Allen, Onsbach, W.G. 10/21
 4:48:50 Augie Hirt, Des Moines, Ia. 5/20
 4:51:58 Dan O'Connor, Broomfield, Colo. 11/25
 4:52:19 Bob Bowman, Des Moines, Ia. 5/20
 4:53:19 O'Connor, Des Moines, Ia. 5/20
 4:54:42 Hirt, Broomfield, Colo. 11/25
 4:56: Allen, Eschborn, W.G. 9/13
 4:56:07 Bowman, Broomfield, Colo. 11/25
 4:56:27 Ron Daniel, Des Moines, Ia. 5/20
 4:56:43 Al Schrik, Des Moines, Ia. 5/20
 4:58:16 John Kelly, Des Moines, Ia. 5/20
 Add to 20 Km list 1:38:50 Ed Bouldin, Los Angeles, 3/10

ALL TIME TOP U.S. 20 KM TIMES

(Compiled by Bob Bowman in August and updated with later times by me. tr indicates time made on track.)

1. 1:29:12.6 Ron Laird, Bad Saarow, E.G., 10/15/67
 2. 1:29:50.0 Dave Romansky, Leningrad, USSR 7/23/70
 3. 1:30:10.0tr Larry Young, Columbia, Mo. 5/7/72
 1:30:11.8tr Romansky, Greenvale, N.J. 3/15/70
 1:30:26.0 Laird, London, Eng. 8/13/69
 1:30:27.0 Laird, West Germany, 11/ /73
 4. 1:30:39.8tr Tom Dooley, San Francisco, 5/9/71

- 1:30:45.0 Laird, Lugano, Switz., 10/12/73
- 1:30:46.6 Romansky, Eschborn, W.G. 10/10/70
- 1:30:50.0 Dooley, Eschborn, W.G. 10/10/70
- 1:31:10.2tr Romansky, Trneton, N.J. 4/11/70
- 1:31:39.6tr Laird, Walnut, Calif. 10/29/67
- 1:31:52.0tr Dooley, San Francisco 5/14/72
5. 1:31:52.0tr Bob Kitcehn, San Francisco, 5/14/72
- 1:31:54.0tr Laird, Hamburg, W.G. 9/16/73
- 1:31:56.8tr Romansky, Paris, France 7/8/70
6. 1:32:06.0tr Steve Hayden, Greenvale, N.J. 3/15/70
- 1:32:14.0tr Romansky, Long Island, N.Y. 6/18/72
7. 1:32:23.6 Todd Scully, Lugano, Switz. 10/12/73
8. 1:32:24.0 Goetz Klopfer, San Francisco 12/28/69
- 1:32:25.0 Laird, West Germany 11/ /73
9. 1:32:28.0 Don DeMoon, Detroit 5/5/68
10. 1:32:43.0 Ron Zinn, Tokyo, Japan 10/15/64
11. 1:33:21.0tr Bill Ranney, San Francisco 5/14/72
12. 1:34:05.0 Jerry Brown, Lugano, Switz. 10/12/73
13. 1:34:10.0 Ron Daniel, Westbury, N.Y. 4/23/72
14. 1:34:15.0 Floyd Godwin, Westbury, N.Y. 4/23/72
15. 1:34:35.0 John Knifton, Lowell, Mass. 9/6/69
16. 1:35:00.2 Rudy Haluza, Mexico City, Mexico 10/14/68
17. 1:35:30.4tr Steve Tyrer, Eugene, Ore. 5/23/72
18. 1:35:39.0 Ray Somers, Long Beach, Cal. 6/29 /68
19. 1:35:41.8 Martin Rudow, Pomona, Cal. 4/6/69
20. 1:36:13.6 Larry Walker, Lakewood, Cal. 4/21/68
21. 1:36:22.0 Bill Weigle, Detroit, Mich. 10/29/72
22. 1:36:35.0 JackMortland, Tokyo, Japan 10/15/64
23. 1:36:41.0 Akos Szekeley, Chicago, Ill. 3/31/63
24. 1:37:04.0 Henry Laskau, 1952
25. 1:37:09.0 Bob Henderson, Santa Barbara, Cal. 4/15/73
26. 1:37:25.0 Phil McDonald, Worthington, Ohio 3/18/72
27. 1:37:35.0 Bob Bowman, Detroit, 5/5/68
28. 1:37:37.8 Ron Kulik, Eschborn, W.G. 10/10/70
29. 1:37:57.0 Greg Diebold, Westbury, N.Y. 4/23/72
30. 1:38:06.0 Art Mark, McKeesport, Pa. 5/29/65
31. 1:38:07.0 Jim Bean, Seattle, Wash. 12/10/72
32. 1:38:17.0 John Kelly, San Francisco 5/23/71
33. 1:38:38.6 Mike Ryan, Los Angeles 5/28/72
34. 1:38:50.0 John Allen, Chicago, Ill. 3/31/63
34. 1:38:50.0 Ed Bouldin, Los Angeles 3/10/73
36. 1:38:58.0 Gary Westerfield, San Francisco 5/23/71
37. 1:39:03.0tr Jerry Lansing, San Francisco 5/14/72
38. 1:39:05.6 Mike DeWitt, Chicago, Ill. 4/9/72
39. 1:39:12.0tr Jack Blackburn, Upper Arlington, Ohio 12/17/66
40. 1:39:16.0 Jim Hewson, 1956

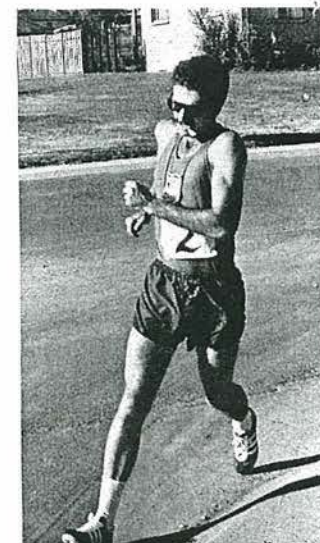
It apparently pays to go abroad as 13 of the top 25 performances were made out of the country. Next month we will publish the top 50 Km performances.



Eivor Johansson, Swed. (4) went on to win this International 5 km. in 25:12 over two Norwegians, Laila Jensen and Thorild Gylder, walking just behind her here. Margareta Simu, Swed. (3) finished 8th and Sally Wish, Eng. (40) 5th.



Pat Farrelly, Canada, relaxes after his 50 km. win in the U.S.-Canada match.



Floyd Godwin on his way to a 46:06 for 10 km. on the course used for the U.S.-Canada match.