

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME IX, NUMBER 11

COLUMBUS, OHIO

JANUARY 1974

A Belated Happy New Year. Since there doesn't seem to be anything particularly noteworthy to feature this month, we may as well go right into a summary of results. (I wonder what reaction the New York Times or Christian Science Monitor would get if they launched their lead story in such a positive manner.) (Flash! See p. 7.)

1 Mile, Coast Guard Academy, New London, Conn., Jan. 19--1. Roy Yarbrough 6:44 2. Michael Segal 9:12 Conn. AAU 2 Mile (same place, 1/2 hour later)--1. Yarbrough 14:47.3 2. David Semar 17:06 3. Segal 19:38.8
1 Mile, New Haven, Conn., Jan. 20--1. Jim Murchie 7:17.5 2. Mike Segal 8:24.2 Conn. AAU Women's 1 Mile, New Haven, Jan. 20--1. Carol Siciliano 9:36 2. Sandy Cribari 12:15.3 Open Women's 1 Mile, New Haven, Jan. 20--1. Mary Foster and Debbie Maybor, both Port Washington, N.Y. 9:16.1 Girl's 1 Mile, New Haven, Jan. 20--1. Joanne Shira (age 13), Port Washington 8:34.3 (American record for age 13) NEAAU 40 Km, Cambridge, Mass., Dec. 15--1. Tom Knatt 4:17:11 2. Tony Medeiros 4:18:30 3. Francis Maher 4:27:57 4. Fred Brown Sr. 5:23:08 (cold and windy) 8 Mile, Holbrook, Mass., Dec. 23--1. Paul Schell 68:45 2. Steve Rebnan 74:24 3. Tony Medeiros 75:16 4. Mike Regan 76:57 5. Dave Korency 79:44 6. Sig Bodlozny 86:15 7. Fred Brown Sr. 86:35 8. Ken Hayden 95:10
7.5 Mile Handicap, Lowell, Mass., Dec. 30 --1. Keith Ryan 1:11:22 2. Tony Medeiros 1:12:50 3. Mike Regan 1:13:40 4. Dave Korency 1:13:43 5. Kevin Ryan 1:17:18 6. Fred Brown Sr. 1:27:13 7. Sig Bodlozny 1:32:28 1 Mile, New York City, Dec. 28--1. Ron Kulik 6:46.1 2. Dan O'Connor 6:50.4 3. Jim Murchie 7:02 (with 110 yards) 4. Dave Semar 7:20 5. Rich Pleffner 7:25 (Ron Daniel 6:46.1 was D'd, the naughty fellow.) Met. AAU 2 Mile, New York City, Jan. 9--1. John Knifton 13:59.6 2. Ron Daniel 14:08 3. Jim Murchie 16:03.8 4. Bill Hungenman 16:47.8 5. Howie Davenport 19:51 (Ron Kulik D'd at 1 1/2 miles, another naughty boy. Filed was limited by bad weather that made travel difficult.) Women's 1 Mile, Cornwells Heights, Pa., Jan. 17--1. Stella Balamarchuk 8:58 2. Joanne Markowski 11:32.3 3. Delphine Crump 11:59.8
New Year's Eve 4 Mile, Grosse Pt. Park, Mich.--Jerry Bocci and Bill Walker 37:42, Lynn Hayden nee Olson 40:35--Jeanne Bocci ran the course in 28:51, which would deserve some acid comment were this the Guano Press. In the mixed run-walk handicap event, Jeanne finished 7th, Lynn 20th, and Bill and Jerry 22nd. New Year's Eve Walk for about 50 minutes race, Lawrenceville, Ohio--I guess this was some sort of handicap but I wasn't there to confirm this since I was supposed to be playing tennis which we had to cancel when my wife took ill. Anyway, the race was held on a 1/2 mile lap with 6 inches of snow and in a windy 15 degrees. The results I have show; 1. Tim Blackburn 47 min. for 3 1/2 miles 2. Jack Elakburn 49 min for 5 miles 3. John Elakburn 51 min for 4 1/2 miles 4. Bob Smith 49:45 for 4 miles. 5.7 Miles, Lawrenceville Jan. 13 (this was on the very hilly 5.7 mile loop with some snow and ice and the temperature up to 21)--1. Jack Blackburn 53:46 2. Jim

FIRST CLASS MAIL



Larry Young on his way to his brilliant third place in the Munich Olympics. Here is a picture that leaves as little doubt about legality of style as any we have seen. (Photo by Larry Green)



Larry in younger days walks with Canada's Felix Cappella during his 1967 Pan-Am 50 Km at Winnipeg. Karl Mersch follows closely. (Tom Dooley photo)

Teague 57:27 3. Dr. John Blackburn 59:23 4. Clair Duckham 59:44
 10 Mile, Chicago, Dec. 30 (Hendican)--1. Mark Treger, Green & Gold AC
 1:31:48 2. Dan Fitzpatrick, C&G 1:28:58 3. Frank Dotseth, UCTC
 1:44:35 4. Steve O'Brien, un. 1:45:15 5. Aris Antipas, UCTC 1:45:20
 6. Bob Woods, Chicago State 1:25:40 7. Ed Hahn 1:38:42 8. Greg Comerford 1:47:20 9. Dan Patt 1:40:20 10. Allen Hahn 2:13:05 Women's
 10 Mile (same place)--1. Cristy Dotseth 1:34:46 2. Sharon Coptill 1:42:29
 3. Edith Bentley 1:57:05 2 Mile, Chicago, Jan. 5--1. Mike Dewitt 15:21
 2. Bob Woods 15:30 3. Jim McFadden 15:50 4. Jim Heiring 16:34
 5. Fred Kuhn 17:31 6. Steve O'Brien 18:22 7. Bob Vandal 18:46
 1 Mile, Chicago, Dec. 29--1. Bob Woods 8:09 2. Dan Fitzpatrick 8:30
 3. Cristy Dotseth 8:34 2 Mile, Chicago, Jan. 12--1. Bob Woods 16:49.7
 2. Dan Fitzpatrick 16:52.6 3. John McCormick 19:55 1 Mile, Chicago, Dec. 22--1. Mike Dewitt 7:17.7 2. Bob Woods 7:17.8 3. Winn McFadden
 7:22 4. Jim Heiring 7:30.1 5. Dan Fitzpatrick 8:04.5 5 Km, Kenosha, Wis., Dec. 30--1. Mike Dewitt 26:18 2. Larry Larson 27:45.3 3 Km, Saskatchewan, Dec. 29--1. Tom Mankske 13:50.2 2. Don DeNoon 13:51.3
 (amazing the people who pop up at these affairs) 3. Roy Yarbrough 14:42 (7 starters, Temperature was -45 F outside and 40 inside.) 3 Km Toronto, Jan. 12--1. Roman Olszewski 13:22.8 2. Helmut Eroehn 13:31.2
 3. Karl Mersch 13:49.5 10 Mile, Hamilton, Ontario, Jan. 13--1. Pat Farrelly 1:26:41 2. Roman Olszewski 1:26:47 3. Peter Thomson 1:44:08 (Helmut Boeck DQ'd and Karl Mersch DNF.)
OVERSEAS
 7 Mile, Enfield, Eng., Nov. 10--1. Raul Gonzales, Mexico 50:05.6 2. Domingo Colin, Mexico 50:29 3. Bob Dobson 50:43 4. Steve Gower 51:18
 5. Brian Adams 51:49 6. John Webb 52:27 7. Amos Seddon 52:40 8. Geoff Toone 53:08 9. Carl Lawton 53:18 10. Eric Crampton 53:24....25. George Coleman (Over 50 years old) 56:40 20 Km, Rome, Nov. 4--1. Bernd Kannenberg 1:31:28 2. Raul Gonzales, Mex. 91:39 3. Armando Zamboldo, It. 92:05
 4. Domingo Colin, Mex. 93:51 5. Domenico Carpentieri, Ita. 94:22 6. E. Quirino, It. 94:49 7. G. Lelievre, France 94:35 8. G. Battistini, It. 95:16 9. Roger Mills 95:55 10. Pasquale Busca, It. 96:31 7 Mile, Felgrave, Eng., Nov. 24--1. Peter Marlow 51:00 2. John Webb 53:10 3. Paul Selby 53:20 4. Brian Adams 53:39 5. Carl Lawton 53:57 10 Km, Leicester, Eng., Nov. 13--1. Raul Gonzales, Mex. 42:37 2. Domingo Colin Mex. 42:45 3. Geoff Toone 44:18 4. Ron Wallwork 45:59 French 100 Km, Sept. 16--1. Guy Bailey 10:04:47 2. M. Mendes 10:58:03 3. R. Anxionnat 11:00:23 5. J. Demy 11:02:55 5. L. Travad 11:03:48 6. A. Moulinet 11:07:51 (Roger Quemener led by 11 minutes at 89 Km in 8:45:55 but then hit the wall and was forced to retire with just 4 km remaining) Belgian 100 Km, Oct. 6--1. R. Schouckens 10:34:40 2. R. Rinchard 10:38:08 3. J. Simon, Lux. 10:49:45 Cambridge 7 Mile, Eng., Dec. 15--1. John Webb 31:55 2. Paul Selby 33:05 3. Barry Ingarfield 33:28 4. Stuart Maidment 53:34 5. Bob Dobson 53:56 6. Dave Stevens 54:06 20 Km, Athens, Dec. 1 1. A. Karaygeorgos 93:39

U.S. ALL TIME BEST 50 KM TIMES (As compiled by Bob Bowman and updted by yours truly.)

1. 4:00:46.0 Larry Young, Munich, W.G. 9/3/72
- 4:13:04.4 Young, Eugene, Oregon 7/4/72
2. 4:13:35.8tm Bob Kitchen, San Francisco 2/27/72
3. 4:15:24.Otr Dave Romansky, Ft. Pleasant, N.J. 4/19/70
4. 4:16:48.6 John Knifton, Lugano, Switz. 10/13/73
- 4:18:29.2 Young, Nutley, N.J. 6/12/71
- 4:19:23.0 Knifton, Nutley, N.J. 6/12/71
- 4:19:38.Otr Knifton, Mornmouth, N.J. 4/18/71
- 4:19:41.Otr Kitchen, Ft. Pleasant, N.J. 4/20/69

5. 4:20:09.4 Bill Weisler, Eugene, Oregon 7/4/72
- 4:20:12.0 Knifton, Toronto, Canada 6/10/72
- 4:21:01.8tr Young, Columbia, Mo. 4/14/68
6. 4:21:35.0 Gary Westerfield, Nutley, N.J. 6/12/71
7. 4:21:31.0 Goetz Klorfer, Nutley, N.J. 6/12/71
- 4:22:00.0 Weisler, San Francisco 11/5/72
- 4:22:27.0 Weisler, Des Moines, Ia. 5/20/73
8. 4:23:18.2 Floyd Godwin, Lugano, Switz. 10/13/73
9. 4:23:22.6 Steve Hayden, Eugene, Ore. 7/4/72
10. 4:28:25.0 Ron Kulik, Nutley, N.J. 6/12/71
11. 4:29:04.0tr Ron Daniel, New York 6/2/68
12. 4:29:29.4tr Ron Laird, Walnut, Cal. 3/17/68
13. 4:30:13.0 Bob Bowman, Santa Barbara, Cal. 5/20/72
14. 4:32:25.0 Todd Scully, San Pedro, Cal. 5/7/72
15. 4:35:41.6 Chris McCarthy, Tokyo, Japan 10/18/64
16. 4:37:18.0 Jerry Brown, Des Moines 5/20/73
18. 4:37:53.8 John Kelly, Santa Barbara, Calif. 9/12/70
19. 4:38:42.0tr Steve Geiver, West Seattle, Wash. 5/7/72
17. 4:37:27.0 Bob Henderson, Enguen, Ore. 7/4/72
20. 4:39:40.0 Rudy Haluza, Santa Barbara, Calif. 5/20/72
21. 4:40:27.0 Jerry Bocci, Detroit, 3/26/72
22. 4:40:28.8 Mike Ryan, Eugene, Oregon 7/4/72
23. 4:42:10.0 Bill "anney, Nutley, N.J. 6/12/71
24. 4:42:43.4tr Ray Sowers, Ocean Township, N.J. 4/16/72
25. 4:43:35.0 Karl Johansen, Seattle, Wash. 11/65
26. 4:43:36.8 Jim Lopes, Santa Barbara, Cal. 9/12/70
27. 4:43:44.4 Leo Sjogren, 1954
28. 4:45:10.4 Bruce MacDonald, Tokyo, Japan 10/18/64
29. 4:46:27.0 Tom Dooley, Nether AFB, Cal. 3/15/70
30. 4:47:04.0 Mike Allen, Onsbach, W.G. 10/21/73
31. 4:47:18.0tr Steve Tyrer, West Seattle, Wash. 5/7/72
32. 4:47:49.0 Jack Blackburn, Columbus, Ohio, 3/22/64
33. 4:47:50.0 Bill Walker, Detroit 3/26/72
34. 4:48:32.2 Tom Knatt, Toronto, Canada 9/23/72
35. 4:48:50.0 Ausie Hirt, Des Moines, Ia. 5/20/73
36. 4:48:54.4 Bryon Overton, Santa Barbara, Cal. 9/21/70
37. 4:49: Phil McDonald, Columbus, Ohio 3/22/64
38. 4:50:50.0tr Jim Bean, San Francisco, 5/14/72
39. 4:51:58.0 Dan O'Connor, Broomfield, Colo. 11/25/73
40. 4:54:43.0 Ed Glander, Seattle, "ash. 3/18/67
41. 4:55:07.0 Jim Clinton, Chicago 10/31/66
42. 4:55:21.0 Mike Brodie, Seattle, Wash. 9/5/64
43. 4:56:43.0 Al Schrik, Des Moines, Ia. 5/20/73
44. 4:57:16.0 Dave Eidahl, Des Moines, Ia. 5/6/72
45. 4:57:21.4tr Jim Hanley, Walnut, Cal. 3/17/68
46. 4:57:44.0 Stan Smith, Des Moines, Ia. 5/6/72
47. 4:58:50.0 Ron Zinn, Seattle, 9/5/64
48. 4:59:00.0tr Paul Schell, New York, 6/2/68
49. 4:59:10.0 Dean Rasmussen, Seattle, Wash. 9/5/64

Too bad we don't have 50th. Any additions or corrections to this list will be appreciated by both Bob and myself. Also to the 20 Km list published last month. Bob has deliberately omitted some 50 Km times of years ago because there is insufficient information on the courses and courses were known to vary all over the map in those days. Both long and short but seldom right. It's a crime that the one incomplete time above was walked here in Columbus, I was in the

race and still can't provide the complete figure. Actually, I provided the 4:49 figure to Bob from memory and promised to get him the correct time. But there were no walking publications going then so it may never have been recorded for posterity, except perhaps in Phil's logbook and he dropped his subscription more than a year ago. That was a good race for its era with McCarthy doing about 4:43, Blackburn 4:47, and McDonald his 4:49 on a fairly tough, accurate course. Mortland led through 20 miles in about 2:54 and was still about a half-mile out on McCarthy at 24 miles when he did his usual 50 Km departure from the scene.

SCHEDULE OF RACES

- Fri., Feb. 8---1 Mile, L.A. Times Invitational (A)
 Sat. Feb. 9---6 Mile, Lake Darling, Ia. (B)
 6 Mile (Indoors), New London, Conn. 10:30 a.m. (C)
 Sun. Feb. 10---1 Hour, Kenosha, Wis., 11 a.m. (D)
 Sat. Feb. 16---15 Km, Columbia, Mo., 9 a.m. (E)
 Sun. Feb. 17---SPAAAU 10 Km & Open, Indio, Cal., 10 a.m. (A)
 1 Mile, New Haven, Conn. (F)
 Fri. Feb. 22---NAAU 2 Mile, New York (G) (Qualifying time 6:45 Mile, 13:40 3 Km, or 14:40 2 Mile)
 Sat. Feb. 23---Iowa 50 Km, Girl's 10 Km, Veterans 15 Km, Pekin, Ia. (B)
 1 or 2 Mile, U. of Wisconsin, Madison (D)
 Sun. Feb. 24---20 Km, Kenosha, Wis., 11 a.m. (D)
 Sat. Mar. 2---3 Mile, Newton, Ia. (B)
 Sun. Mar. 3---SPAAU 25 Km, Echo Park, Los Angeles (A)
 Sat. Mar. 9---PWAAU 20 Km, Snohomish, Wash. (H)
 3 Mile, Hickman Track, Columbia, Mo., 9 a.m. (E)
 10 Mile, Keokuk, Ia. (B)
 Sun. Mar. 10---NAAU JUNIOR 15 KM, RENO, NEV. (I)
 Sat. Mar. 16---RWAAU Indoor 2 Mile, Boulder, Colo. (J)
 CONN. AAU & Open Indoor 5 Km, New Haven, Conn. (K)
 Sun. Mar. 17---NAAU SENIOR 35 KM, LOS ANGELES, CAL., 9 a.m. (A)
 Sat. Mar. 23---NAAU "E" 25 KM, SEATTLE, 9 a.m. (H)
 2 Man 6 Mile Run-Walk Relay, Columbia, Mo., 2 p.m. (E)
 Sun. Mar. 24---5 Km, Irvine, Cal. (A)
 6 Mile, Cedar Rapids, Ia. (B)
 Sat. Mar. 30---10 Km, Azusa-Pacific Col., Cal., 1 p.m. (A)
 7 Mile, Hickman Track, Columbia, Mo., 9 a.m. (E)
 Sat. April 6---RWAAU 1 Hour, Boulder, Colo. (J)
 MVAU 1 Hour, Columbia, Mo. 2 p.m. (E)
 Sun. Apr. 7---Iowa AAU 20 Km, Girl's 5 Km, Veterans 15 Km, Des Moines (I)
 Sun. Apr. 14---NAAU SENIOR 1 HOUR, BOULDER, COLO. (J)
 Sun. Apr. 21---NAAU 75 KM, MONTMOUTH COLLEGE, WEST LONG BRANCH, N.J. (L)
 Sun. Apr. 28---NAAU SENIOR 2 5 Km, Des Moines (B)
 And we forgot:
 Sat. Mar. 30---NAAU SENIOR 100 KM, Des MOINES (B)
 Key to contacts:
 A---Bob Bowman, 1961 Windson Place, Pomona, Cal.
 B---Dave Eidahl, Box 72, Richland, Iowa 52585
 C---Roy Yarbrough, U.S. Coast Guard Academy, New London, Conn. 06320
 D---Mike DeWitt, 8608 21st St., Kenosha, Wis. 53140
 E---Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 F---Bob Seelig, 1284 Wolf Hill Rd., Cheshire, Conn. 06410
 G---Dan Ferris, AAU of the USA, Inc., Room 2405, 444 Madison Ave., New York, N.Y. 10022
 H---Dean Ingram, 507 Cobb Building, Seattle, Wash. 98101

I--James Bentley,
J--Floyd Godwin, 935 Ash St., Proomfield, Colo.
K--Mike Segal, 117 Frederick St., Apt. 2-L, New Haven, Conn. 06515
L--Elliott Denman, 28 N. Locust, West Long Branch, N.J.

Also informal races every other week here in Ohio. Contact me for details if you are going to be in the area.

Regarding the Junior 15 in Reno, Jim Bentley is expecting a large field including a couple of Mexican Juniors. He will be able to arrange for housing, local transportation, and airport pick-up and delivery if you give him advance notice. Their awards have always been exceptional and Jim promises this year's will be the best ever. And, yes Jim, I can use some good R&W glossies of the Indoor walks for the ORW. As you see, we are running mostly old pics and I am sure readers would enjoy some more timely things.

FOREIGN RESULTS:

NAIA 2 Mile Championship, Jan. 26--(A scoring event in this small college National title meet)--1. Ed Bouldin, Southern California College 14:37.8
2. Paul Ide, Ft. Hays St. 14:43.3 3. Jim Heiring, Wisconsin Parkside 14:57.6 4. Steve Tyrer, Oregon College of Education 14:57.7 5. Rob Franck, OCE 15:07.5 6. Mike Hale, Oklahoma Christian Col. 15:17.1
1 Mile, Philadelphia Track Classic, Jan. 28--1. Ron Daniel, NYAC 6:28.3
2. John Frederick, Shore AC 6:39.9 3. Ron Kulik, NYAC 6:52.8 4. Randy Hema, Phil. AC 6:57.8 5. Jim Chellue, Villanova no time. 5 Mile Hdc., Kenosha, Wis., Jan. 13--1. Larry Larson 48:20 2. Mike DeWitt 43:50 (16'OF windy and 2 inches of snow) 10 Km, Kenosha, Jan. 27--1. Mike DeWitt 53:35
2. Larry Larson 57:07 3. John MacLachlan, Green & Gold AC 62:10
20 Km, Columbia, Mo., Jan. 19--1. Augie Hirt 1:56:54 2. Dave Leuthold 2:11:15 1 Mile, Portland, Ore., Jan. 26--1. Bob Korn 7:20.5 2. Bob Ros-
enrantz 7:27.7 3. Jeff Reynolds 7:33.8 4. Al Rothenbacher 7:44.2 5. Mickey Thomson (High School) 7:53.3 6. Scott Massinger (HS) 7:56.7
7. Keith Wolf 8:11 8. Doug Verkeer 8:22.4 9. Doug Buhler (HS) nt 10.
Don Jacobs, nt 11. Mike Sprinker, nt 20 Km, San Francisco, Dec. 30--
1. Bill Ranney 1:43:26 (was over 10 minutes for 9th mile for some unknown reason, which sort of slowed the final time) 2. Roger Duran 1:52:22
3. Bryan Srazelle 1:49:22 (guess he was second fans) 4. Richard R. 2:00:35 (beats me who Richard R. is. Bill R., Roger D., and Bryan S. I could solve, also most of the following, but Richard R.?) Others in race: Jerry Lansing did 10 Km in 51:28, Phil Mooers 8 miles in 89:50, Sandy Briscoe 10 Km in 63:45, Karen E. (Briscoe?) 10 Km in 69:17, Emi 10 Km in 71:04, Art Smith 3 miles in 29:36, and Ted M. 3 miles in 33:44. In a special 1 Hour at the same time Wayne Glusker went 7 miles 626 yds and Harry Adriano 6 miles 1665 yds. 3 Km, Toronto, Jan. 5--1. Roman Olszewski 13:29.2 2. Karl Merschenz 13:58.2. Pat Farrelly and Helmut Boeck DQ'd 10 Mile, Toronto, Jan. 1--1. Pat Farrelly 1:20:29 2. Karl Merschenz 1:23:51 3. Jeff Eanner 1:42:38. Helmut Boeck and Roman Olszewski DNF

The Ohio Racewalker is a monthly production of Uncle Jack Publishing and Stuff Inc. and brings you all the news and trivia of the great wide world of race walking. Editor and Publisher: Jack Mortland, Race Walker and Lover. Offices: 3184 Summit St., Columbus in the great sovereign State of Ohio 43202. Subscription rate \$3.00 per annum.

HEAR YE! HEAR YE! GADZOOKS! THE NEWS IS GOOD!

This should be on the front page but unfortunately I didn't have all these details when I started with the drivel I have there. Anyway, the picture for the 1976 Olympics is now very bright with the chances very good that there will indeed be a 50 Km walk, either official or unofficial.

Until yesterday all I had was an item from Runner's World that reported as follows:

"Bruce Kidd, a onetime Olympian himself and now a political activist in Canada, has sided with the walkers in their fight to stay in the Games. Kidd is spokesman for a group attempting to get the Canadian Track & Field Association (CFTA) to back a resolution expressing "deep regret" that the 50 Kilometer walk has been dropped from the 1976 program.

"Kidd's group thinks the walk "is as important..as the 5000 meter run or the javelin throw or the 400-meter hurdles, or any other event" and that "virtually no economies are to be gained by eliminating 50 walkers from Olympic competition!"

The report then has excerpts from the resolution. Yesterday I received a copy of that resolution from Roman Olszewski along with a letter that appeared in a Toronto U. newspaper from track and field, Andrew J. Higgins urging attention to the matter. The resolution is as follows:

RESOLUTION

WHEREAS the 50-kilometre walk is as important to the Olympic track and field programme as the 5,000-metre run or the javelin throw or the 400-metre hurdles or any other event, in that it permits athletes who have dedicated themselves to perfecting an event to compete against and share experiences with their fellows from around the world; and

WHEREAS virtually no economies are to be gained by eliminating approximately fifty 50-kilometre walkers from Olympic competition, when the total number of expected participants is more than 12,000;

THEREFORE BE IT RESOLVED THAT the Canadian Track and Field Association express its deep regret that the 50-kilometre walk was eliminated from the 1976 Olympic programme; and

BE IT FURTHER RESOLVED THAT:

1. The CFTA petition the International Olympic Committee, the Montreal Organizing Committee (COJO) and the International Amateur Athletic Federation to reinstate the 50-kilometre walk in the 1976 programme; failing that
2. The CFTA petition the Montreal Organizing Committee to stage a 50-kilometre walk as a Demonstration Event; and failing that
3. The CFTA apply to the IAAF for permission to stage a World Championship 50-kilometre walk in Montreal at the time of the Montreal Olympics in the summer of 1976; and failing that
4. The CFTA itself stage an Invitational 50-kilometre walk in Montreal at the time of the Montreal Olympics in the summer of 1976 to which the best walkers in the world would be invited.

Roman then reports that the resolution was presented to the CFTA and was subsequently passed almost unanimously. This means that there will be a 50 Km race of an invitational status at the worst. Roman continues:

"The walkers in Ontario had already done some talking about holding a '50' in Montreal as a form of protest, but this is much better--it's now in the hands of the CTF--the governing body of track and field in Canada.

"In these hard times, we've found that the officials, athletes, coaches, and administrators are behind the walkers. Interestingly enough Andy Higgins knows little about the coaching of the walking events and there are no walkers in his club. Yet he, along with others, such as Bruce Kidd and Abigail Hoffman (8th '72 Olympics 800) have spoken on our behalf many times. I have yet to hear one person agreeing with the decision to do away with the '50'. Please convey the good news to your readers."

There it is readers. Of course this still doesn't really solve the problem. We are still faced with the fact that no walks at all have been decreed for subsequent Olympics so a lot remains to be done to overcome that decision. Incidentally, like Roman, I have heard nothing from friends among runners other than comments like "What are those jerks doing to you guys." No one, other than those who made it perhaps, seem to favor the decision. Harold Abrahams, a 1924 Olympic 100 meter champion and very active in British athletics administration, pointed out in a recent letter to Athletics Weekly the fallacies of eliminating the 50 as a way of cutting down on the number of competitors. He notes that there were 41 entries in Munich, 13 of whom were also in the 20. This means that at most 28 competitors would have been eliminated and several of them would probably have gone in the 20 had there been no 50. Better we eliminate team sports, he suggests and knock out a few thousand.

Anyway, things are brighter as we start the New Year and there is now a good deal of time until 1980 if the proper things are said and done in the proper places.

LOOKING BACK

5 Years ago (From the Jan. 1969 Ohio Racewalker)--That issue too had no lead story. We did it to a stack of Stan Getz LP's and 5 years later it's Paul Desmond, with a bit of Gerry Mulligan. We boldly predicted that before the year 2000 race walking would get more play during actual programming of meets than in the commercials, harking back to the fact that we had seen more of our sport during '68 Winter Games commercials than during Summer Games competition. Well 5 years later here we are fighting just to keep the sport in the Games let alone worrying about TV coverage....Dave Romansky turned in a 1:14:12 for 10 miles on the Asbury Park Boardwalk to close out the old year, leaving "on Daniel nearly 10 minutes back....In early 1 Mile activity, Romansky had a 6:31 and 6:28 beating Ron Daniel's 6:34 with the latter, Larry Young beat Rudy Haluza and Larry Walker 6:41 to 6:45 to 6:46 with Jim Hanley's 6:40.3 getting him the old heave. Hanley did beat Bill Hanney in San Francisco with a 6:53....Haluza walked a quick 29:19.6 for 4 miles indoors to best Walker and Young....Jeanne Bocci blasted a 7:54 in Toronto....Our Tough Cat of the month was one V. Golubnichiy for Europe and T. Dooley for the domestic variety...We also ran our All-Time List of Best Track and Field Performances by Walkers, which has since been updated and must be included in some near future issue.

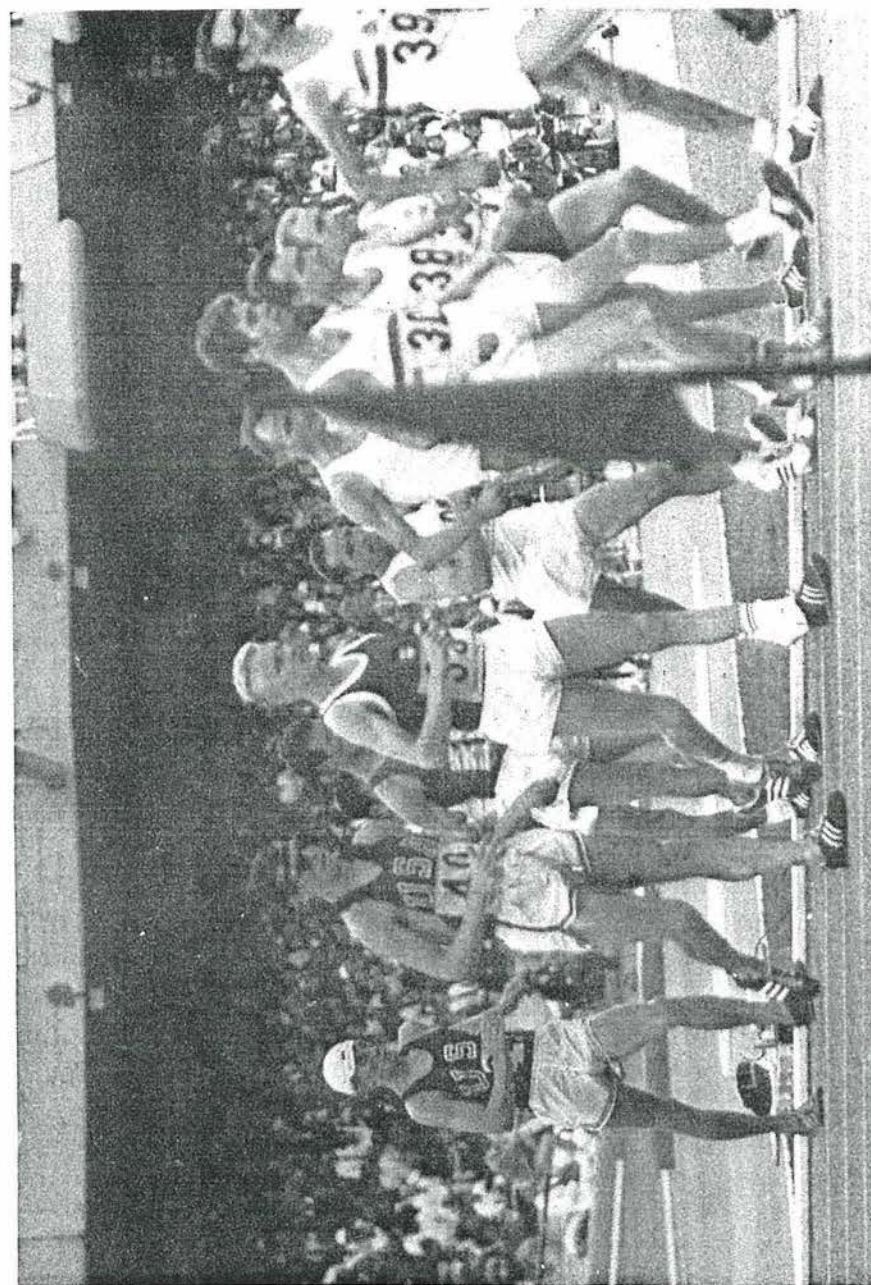
FROM HEEL TO TOE

We learn from Joe Duncan's Columbia Track Club Newsletter of the untimely passing of Dave Schulte in Columbia. Dave died of melanoma cancer on December 31 at the age of 34. A runner of average talents and sometimes walker, Dave was one of the most dedicated individuals in the strong Columbia running and walking program and did his usual long stints of watch reading, recording, and dispensing aid in both this falls 100 miler and National 30 Km. Although he preferred to compete he was always willing to take these jobs when necessary. He will be sorely missed by all those in Columbia and by those who journey there to compete....Ron Laird continues to work in Germany, where he reports a couple of days a week are devoted to celebrations of one sort or another with bottles kept in desks and pulled out at the slightest excuse. Also reports he has some great training courses there and has joined a German club....The National Master's 35 Km in Kalispell, Mont. is now scheduled for July 10. This is mid-week but was chosen because the National Masters T&F Championships is in Gresham, Ore. the previous weekend and the Calgary Stampede meet is the following week. People can stop in Kalispell enroute from Oregon to Alberta for a gentle 35 Km....Steve Hayden and Lynn Olson made the big move over the Holidays with Gary Westerfield as best man and Jerry Bocci as one of the ushers. Jerry reports: "Steve and Lynn went up north (Traverse City) for their skiing honeymoon. There wasn't any snow when they got there. Steve did not race in our New Year's Eve Race because he said he hurt his back (wrenched it). Wonder what he was doing when he hurt it?" Which reminds me of a good skiing honeymoon joke but I have a few readers who would be offended so you'll just have to ask me when you see me....Regarding our All Time US 20 Km list in last month's issue, Don Jacobs points out that Ron Laird had a 1:32:24 in Santa Barbara in 1967 and wonders why it wasn't included. Like this Don. When Bob Bowman put the original list together he went down to 15 performances listing an individual as many times as he performed in that range and from there limited it to one performance per man. When I updated it with times from late 1973, I forgot this and started sticking in extra performances everywhere. Bob's 15 performances took him through Romansky's 1:32:14. I got to Laird's 1:32:25 of this year before I realized I had better start limiting it to one performance per man or I would be missing a lot of times from the past. Sure enough astute old Don caught the race I had already missed. I wonder if any of what I just typed makes sense to anyone.... Tom Dooley passes along a couple of training schedules, which I guess are supposed to represent a typical week for Hans-Georg Reimann and Peter Selzer, both East Germany, in 1970. Doesn't say at what part of their season they might be doing this. Anyway, for Reimann, a 20 Km walker: Mon.--30 Km, Tues.--20 x 1 Km at 4:35 or 4:30, Wed.--20 Km, Thurs.--20 x 1 Km at 4:35 or 4:30, Fri.--30 Km, Sat.--Rest, Sun.--30 Km slow. Total about 90 miles. For Selzer, a 50 Km man: Mon.--30 Km in 2:28, Tues.--15 x 1 Km at 4:50 05:00 with 30 sec. rest between, Wed.--35 km in 2:50, Thurs.--15 x 1 Km 4:50 - 5, Fri.--40 Km in 3:20, Sat.--Rest, Sun.--30 Km slow. Total about 95 miles....The November Runner's World carried an article describing the use of an electric glue gun for repair of shoe heels, which Joe Henderson reports cost him \$5.99 plus 10¢ apiece for the bullets of glue. To relate this to walkers, Jerry Bocci reports that he has tried it on his heels (probably meant the heels of his shoes, although with a guy that takes 3 minutes to tie his shoes, you can't be too sure) and found that it works quite

well. He reports that it lasts a couple of weeks of running, maybe less for race walkers who land on their heels. "I think it is a lot easier to use and not as messy as contact cement and inner tubes. Just plug in the gun, wait a minute or two to heat it up, then put the glue on and a couple of minutes later your ready to go.".....Medical advice for the month, Roger Duran reports on his lifetime of battling stitches: "For all of my 11 years of walking, I have had numerous stitches during races. I had tried all the suggested remedies and found them wanting; doing situps, stretching exercises, diet changes, warm-up changes. Stretching seemed to help, but only at slower speeds.

"Then a few months ago I read in Dr. Sheehan's Medical Advice column in Runner's World (ed. if all our readers start subscribing to Runner's World, which they should, we may just go out of business since they seem to be filling our pages) that stitches result in many cases from extreme stretching of the diaphragm due to incorrect breathing techniques. The idea is to breathe in by extending the diaphragm out (pushing the stomach out rather than the chest) and to breathe out by pulling the air out with the diaphragm (pulling the stomach in). This is the reverse of the "correct" way I had learned when I was a kid.

"It felt very strange to breathe this way at first, but for 3 months now I have not only not had any more stitches, but whenever I start to feel any pain in the diaphragm, I simply concentrate on breathing properly and the pain quickly goes away."....Shaul Ladany is now back in the U.S. for a year after a rather hectic spell with the Mideast war and all. Shaul reports, "After the London-Brighton at the start of September I came to the U.S. to spend a year for my sabbatical at Baruch College. However, during the 100 miler, I found out (on the track) that war broke out at home, so from the race I flew back to Israel. For 76 hours, including the 19:38:26 on the track, I did not sleep, and I do not know how, but when I finally reached my reserve unit, I realized that I was rid of the pains in my muscles and that the blisters gave me no troubles. (I recommend this as training for Strasbourg to Paris.)" Shaul is now back in New York after five weeks in the service and we can look forward to seeing him at some of our races in this country.



Start of the Mexico City Olympic 20 Km. From left to right: Tom Dooley, USA; Ron Laird, USA; unidentified head; Gerhard Sperling, E. G.; Charles Sowa, Luxembourg; Matt Rutyna, Poland and Chicago; Leonid Caraisofoglu, Russia; Antal Vics, Hungary; Colin Lindhorn, Sweden; and Arthur Jones G R