

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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## SOVIETS DOMINATE U.S. TWICE

Russian walkers scored rather easy sweeps of the U.S. in both the Junior 10 Km at Austin on June 28 and the Senior 20 Km at Durham on July 6. As a matter of fact, this has been the story of all U.S.-Soviet duals, both Junior and Senior. (Ron Laird did beat Nikolai Smaga in 1969 but it was not a dual meet that year, rather a triangular with the British Commonwealth also involved.) Details of the two meets, as supplied by Bruce MacDonald and Jim Bentley Sr. respectively, follow.

In the Durham race, the ever-present Smaga teamed up with Yevgeniy Ivchenko in a near dead heat (they tried to make it such but picky judges don't like that sort of thing) in 1:37:24.14 on a rough course. Floyd Godwin and Jerry Brown stayed right with them through 12½ Km but then the Red duo tossed in an 11:47 lap (2½ Km) just as Floyd and Jerry started to feel the effects of the pace. At 15 Km it was a 50 second lead, and from there, the Russians were content to leave it at that, beating Floyd by 68 seconds, as Jerry hit the wall the last 5.

The race was originally scheduled for 5:15 p.m. but on the day before the meet, the Soviets requested a change to 9 a.m. and the U.S. for 8 a.m., to escape the worst of the heat. In a compromise, the race went off at 8:30. The course was quite hilly and consisted of a 2½ Km loop, which was repeated seven times. The final 2½ took the walkers into the Stadium for 2½ laps on the track.

The early pace was hard, considering the course, but by no means blistering, as the four stayed right together through 24:25 and 48:43 splits. It was on one of the upgrades that the Soviet pair made their break just into the sixth lap and the race was over quickly. They went past 15 in 1:12:57 with Floyd showing 1:13:47 and Jerry 1:13:48, and then eased in for the win. The encouraging thing about this and other recent International races is that our walkers are very much willing to go in and really contest races. There is no question of being psyched out before the start. Unfortunately, except for a Ron Laird or Larry Young at the top of their form, we are not yet ready to match either the stamina or the tactics of these top internationalists. Obviously what is needed is more opportunity to race at these levels, but this is, of course, hard to come by with several thousand miles of ocean separating us from those races. The results:

1. Nikolai Smaga, USSR 1:37:24.14
2. Yevgeniy Ivchenko, USSR 1:37:24.14
3. Floyd Godwin, USA 1:38:32
3. Jerry Brown, USA 1:40:31

FIRST CLASS MAIL

The Junior meet in Austin a week earlier, <sup>had the 10K.m</sup> as the last event on the first day of the meet. By the 9:10 p.m. starting time, the temperature had cooled to 60, so there were no complaints in that area.

It became obvious from the beginning that the Soviet walkers were going to let the US walkers set the pace through the first few laps of this track race. Steve Herrman and Jim Murchie exchanged the lead during the first five laps with Llika and Matveev about 3 seconds back. The Soviets tackled constantly during the first mile as Herrman and Murchie led in 8:00 and 8:01 to 8:04 and 8:05 for their competitors. Just after the fifth lap, the Soviets started to pick up the pace and Matveev picked up a caution for lifting as he made a sudden sprint past his teammate. Murchie was also cautioned for creeping. Covering their second mile in 7:44, the Russians took command and holding about an 8 minute pace from there continued to move away from a game Murchie throughout the race. Herrman slowed markedly in the final stages.

At the end of the second mile, the Soviet coach filed a protest for two reasons: he did not understand the lifting call made earlier and he protested that the Judges (Jim Bentley and John Rose) were moving from one end of the Stadium to the other (?). The protest was withdrawn before the end of the competition but interpreters said that another protest was to be filed. This never materialized. The Soviets were not happy with their performances as they had anticipated times in the 45 minute range, but our walkers had probably expected to be able to go a bit faster too, judging from their Miami performances. It is interesting to note that potentially they could have a repeat race next year, as the Russians were both 18 as is Herrman, with Murchie only 17. The results: 1. Ivan Llika, USSR 49:28 2. Nikolai Matveev, USSR 49:29.2 3. Jim Murchie, USA 50:58.2 4. Steve Herrman, USA 52:55

#### RESULTS OF VARIOUS NATIONAL RACES

NAAU Women's 5 Km Championship, UCLA, June 23—1. Ester Marquez, Rialto Roadrunners 26:27.4 2. Ellen Minkow, Syracuse Chargers 26:46 3. Linda Brodock, RRR 26:53.6 4. Joan Shima, un. N.Y. 27:55.4 5. Chris Salazar, Redwood City Flyers 28:12.2 6. Susan Brodock, RRR 28:23.6 7. Gwen Eberle, Ozark TC 28:24.8 8. Daina Dimmick, San Jose Cindergals 28:46.8 9. Cindi Johnson, Blue Angels 29:05 10. Debbie Maybor, un. 29:06.6 11. Linda Ontko, Ozark TC 29:07 12. Terri Teegarden, Blue Angels 29:15 13. Cindy Arbelbide, RRR 29:16.6 14. Lori Thomas, Colorado Pacers 29:42 15. Jaydee Falkens, South Bay Striders 29:53.2 16. Jane Janousek, S. Cal. Cheetahs 30:11.6 17. Rev Pakovich, Ozark TC 30:12 18. Mary Cortez, RCS 30:17.2 19. Linda Morrow, Ozark TC 20. Judy Hyten, Ozark TC 31:24 21. Ann Dandoy, SES 31:25.8 22. Shelly Sim, OTC 31:34 23. Jill Steiner, RRR 31:36 24. Sharon Gallivan, Orange Coast 31:40 25. Laura Naheed, SES 31:51.4 26. Kelly Nash, Blue Angels 32:27 27. Maria Flores, RRR 33:23.6 28. Cindy Partridge, Moscow Mercurians 33:47.4 29. Virginia Dimmiger, RCS 34:45 30. Erin Daly, Blue Angels 36:08.8 31. Chrsi Bersamen, RCS 37:44 **TEAMS:** 1. Rialto Roadrunners—10 2. Ozark Track Club—35 3. Blue Angels—47 4. South Bay Striders—71 5. Redwood City Striders—78. Ellen Minkow led until the last 2 laps but could not match the Marquez kick.

NAAU Girl's (13 and under) 3 Km, UCLA, June 23—1. Vicky Cook, Rialto Roadrunners B 16:57.5 2. Lisa Matheny, RRR A 17:01 3. Brenda Jessor, Colorado Pacers 17:05 4. Jessica Waskow, RRA 17:09 5. Beth Eberle, Ozark TC 17:23.5 6. Karlene Waskow, RRR A 17:25.5 7. Leslie Young, South Bay Striders A 17:35 8. Joyce Brodock, RRR A 17:40.7 9. Shari-lene McGinley, SES A 17:48 10. April Hickey, Blue Angels 17:59 11. Becky Villalvaszo, RRR A 18:20.3 12. Tracy Waterbury, Orange Coast 18:35 13. Becky Gomez, RRR B 18:38.7 14. Vicky Flores, RRR B 18:42.5 15. Barbie Colunga, RRR B 18:45.3 16. Rena Wright, SES A 18:56 17. Lisa Davis, Blue Angels 18:56.2 18. Christa Sears, Blue Angels 19:16.2 19. Joy Trabold, un. 19:16.5 20. Ann Sweeney, Orange Coast 19:26.9 21. Cynthia Cooper, SES B 19:33.3 22. Sheilley Vessey, Blue Angels 19:37.6 23. Kelly Hoban, SES 19:47.4 24. Detra Washington, SES B 19:53.5 25. Shelly Quentana, SES A 19:57.5 **Teams:** 1. Rialto Roadrunners A—12 2. RRR B—28 3. South Bay Striders A—32 4. Blue Angels—45 5. South Bay Striders B—68

Women's NAAU 1 Mile, Bakersfield, June 29—1. Sue Brodock, Rialto Roadrunners 7:29.7 2. Ellen Minkow, Syracuse Chargers 7:43.1 3. Ester Marquez, RRR 7:53.6 4. Chris Sakelarios, Redwood City Flyers 8:06.9 5. Sheila Thompson, Oxnard TC 8:08.1 6. Carol Mohanco, Kettering Striders 8:12.2 7. Joanne Shima, Port Washington, N.Y. 8:15 8. Linda Brodock, RRR—Sue Brodock, who had not done as well as expected a week earlier, took the lead at the start and was never really challenged.

Girl's NAAU 1 Mile, Bakersfield, June 26—1. Linda Brodock, Rialto Roadrunners 7:50.9 (Meet record as was Sue's time above) 2. Cindy Johnson, Blue Angels 8:09.7 3. Sheila Thompson, Oxnard TC 8:15.4 4. Terri Teegarden, Blue Angels 8:15.5 5. Joyce Wimer, Will's Spikettes 8:20.3 6. Debby Maybor, Port Washington, N.Y. 8:25.2

U.S. Master's 5 Km Championship, Gresham, Ore., July 5: Age 40-44—

1. Chris Amoroso 25:33 2. Larry Boies 27:33 Age 45-49—1. Justin Gershuny 27:34 Age 50-54—1. George Lundmark 29:37 Age 55-59—1. Max Gould, Canada 25:29 (overall winner) 2. Don Johnson 26:34 3. Phil Mooers 30:48 4. Don Jacobs 31:14 Age 60-64—1. Tony Medeiros 28:16 2. John Dick 34:41 Age 65-69—1. Larry O'Neil 30:19

U.S. Master's 20 Km, Gresham, July 7—1. Chris Amoroso and Max Gould 1:46:51 3. Don Johnson 1:53:57 4. Justin Gershuny 1:58:08 5. Larry Boies 1:58:36 6. Tony Medeiros 2:00:12 7. Dave Leuthold 2:02:32 8. George Lundmark 2:04:49 9. Larry O'Neill 2:12:35 10. Phil Mooers 2:13:38 11. Don Jacobs 2:19:16—Bob Long DQ'd at 15 Km. See 5 Km results to figure results in various categories

NAAU Master's 35 Km, Kalispell, Mont., July 10—1. Max Gould, Canada 3:41:29 2. Don Johnson, Shore AC 3:48:45 3. Bob Young 4:06:23 4. Larry Boies 4:09:52 5. Larry O'Neill 4:25:17 6. Alan Wood, Shore AC 4:46:49 7. David Walker 5:25:39—A tough, hilly course, with a net gain in altitude of 1500 feet, with the course going from Kalispell to Whitefish and to Big Mountain ski lodge. Thirteen started the race.

NAAU Senior "B" 30 Km, Keokuk, Iowa, July 20—1. Jim Breitenbucher, Keokuk 3:02:19 2. Dr. Rob Spier, Columbia TC 3:14:05 3. Leonard Busen, St. Louis 3:30:36—Augie Hirt won an accompanying race in a quick 2:35:35. These were the only starters. Jim Breitenbucher, who put on the race and who now has 60 bucks worth of unused trophies in his closet, agrees now that Senior "B" races are not needed. He suggests that if we want to keep this Division, the races merely be held in conjunction with



the corresponding Senior race. Hirt walked a very good race with a strong pickup at the end. The weather was cool with a light rain at the start but it was very hot by mid-race. Augie's 2 Mile splits were: 16:59, 33:59, 50:50, 1:07:36, 1:24:28, 1:41:18, 1:57:51, 2:13:51, 2:29:54.

MASTER'S POSTAL 5 Km, June--1. Chris Amoroso, Colo. TC 25:33 2. Don Johnson, Shore AC 26:34 3. Bob Chapin, Colu. TC 27:15 4. Larry Boies, Twin Cities TC 27:33 5. Justin Gershuny, Beverly Hills Striders 27:34 6. Leonard Bisen, Colu. TC 27:55 7. Tony Medeiros, North Medford Club 28:16 8. Dave Leuthold, Colu. TC 28:26 9. George Lundmark, Colo. TC 29:47 10. Jim Fields, BHS 29:58 11. Larry O'Neil 30:19 12. Rob Spier, Colo. TC 30:39 13. Phil Mooers, W. Valley TC 30:48 14. Don Jacobs, Portland TC 31:14 15. John Dick 34:41 16. William Taft, Cob TC 38:02. The postal event for July was 20 Km and for August it will be 15 Km. Send your entries, or requests for information, to Dave Leuthold, 1501 Ross St., Columbia, Mo. 65201.

No results yet from Junior and Senior B 1 Hours. Hopefully you will find them on one of the back pages if they get here in the next couple of days.

#### OTHER RESULTS:

Barnum Festival 10 Km, Bridgeport, Conn., July 7--1. John Knifton, NYAC 48:20 2. Ron Kulik, NYAC 48:55 (1st 35-39) 3. Ron Daniel, NYAC 50:24 4. Gary Westerfield, LIAC 50:46 5. Bob Falciola, Shore AC 51:16 6. Tom Knatt, North Medford Club 52:26 7. Steve Hayden, LIAC 52:29 8. Dr. Shaul Ladany, LIAC and Israel 52:31 9. Paul Schell, NMC 52:32 10. Jim Murchie, LIAC 52:50 11. Larry Newman, LIAC 53:26 12. Bob Mimm, Penn AC 53:48 (1st 40-49) 13. John Fredericks, Shore AC 53:50 14. Alex Turner, Shore AC 57:04 15. Howie Jacobsen, LIAC 57:34 16. George Lattarulo, NMC 57:46 17. Randy Mimm, Penn AC 57:59 18. Mike Conn, Peninsula TC 58:54 19. Bill Hamlin, North Jersey Striders 59:10 20. Roy Yarbrough, Coast Guard Academy 59:24 (1st Conn. AAU) 21. Joe Carson, LAC 59:25 22. Bill Canbras, Stratford Spartans 59:41--70 finishers and 1 DQ. Team: 1. New York AC--6 2. LIAC A--19 3. Shore AC--28 4. North Medford--29 5. Penn AC--48 6. LIAC B--55 7. North Jersey Striders--57 8. Stratford Spartans--58 9. Shore AC B--78 Conn. AAU 1 Mile, New Britain, July 9--1. Roy Yarbrough 7:37.8 2. Mike Danko 8:06.8 3. Jack Boitano 8:10.5 4. Howard Welsh 8:46 5. Mark Lovington 8:46.8 Nassau County (N.Y.) North Shore H.S. 1 Mile Champ., May 24--1. Jim Murchie, Port Washington 7:12.4 (state record) 2. Dinhoff 8:24.4 3. Carlin 8:33 4. Debby Naybor 8:33.8 5. Katz 8:49.8 Nassau County Champ., June 1--1. Dinhoff 7:45.3 2. Ben Kopyscianski, Uniondale 8:04.2 3. Carlin 8:06 4. Move 8:06.7 5. Debby Naybor 8:22.4 6. Halpin 8:22.5 (Murchie, having walked the Jr. NAAU 25 Km the Sunday before, was no longer eligible.) 1 Mile, Cneterreach, N.Y., July 11--1. Gary Westerfield 7:05 Walkers Club of American 30 Km, Westbury, N.Y., July 14--1. Dr. John Knifton 2:41:25 2. Gary Westerfield 2:48:10 3. Dr. Shaul Ladany 2:49:48 4. Ron Daniel 2:55:25 5. Steve Hayden 2:55:28 6. Dr. John Shilling 3:09:38 7. George Lattarulo 3:15:06 7 1/2 Km, same place--1. Ben Kopyscianski 45:27 2. Mike Dragonetti 53:20 15 Km, same place--1. Debby Naybor 1:35:20 2. Steven Schwartz 1:38:30 3. Anthony Wilger 1:38:47 Allegheny Mt. AAU Jr. Olympics: Boy's 9 and Under: 440--1. Regis Froats 2:14.3 2. Jay Biehl 222.8 3. Scott Levy 2:35.6 1 Mile--1. Froats 10:18.5 2. Biehl 10:40 Boy's 10-11: 880--1. Mark Marshall 4:37.5 2. Andy Sedlak 5:07.1 1 Mile--1. Marshall 9:37 2. Sedlak 10:20

Boy's 12-13: 880--1. Mike Rencheck 4:01 2. Ron Froats 4:16.1 3. Ralph Phillis 4:42.3 1 Mile--1. Rencheck 8:26 2. Froats 8:32 3. Phillis 9:55 2 Mile--1. Rencheck 18:02 2. Froats 18:09.5 Boy's 14-15: 1 Mile--1. Russ Froats 8:32.8 2. Roger Froats 8:49.3 3. John Zuemle 9:05 2 Mile--1. Russ Froats 18:15.4 2. Roger F. 19:27.1 3. Zuemle 19:31 3 Mile--1. Russ 27:36.8 2. Roger 28:56.8 3. Zuemle 31:01.5 Boys 16-17: 1 Mile--1. Geoff Rhodes 7:35.3 2. John Rhodes 8:33.2 3 Mile--1. Geoff R. 26:24 2. John R. 31:84 6 Mile--1. Geoff R. 55:01.5 Girl's 9 and under: 440--1. Michelle Marshall 2:12.6 2. Carol Harvey 2:33.6 3. Mary Ann Rencheck 2:36.8 880--1. Marshall 5:11.6 2. Rencheck 6:36.2 Girl's 10-11: 880--1. Anghena Monios 4:42 2. Judy Seik 4:53.9 3. Rhonda Hartman 5:10 1 M--1. Monios 10:34.8 2. Seik 10:58.8 Girl's 12-13: 1 Mile--1. Kathy Dvorsak 9:57.3 2 Mile--1. Dvorsak 21:55 2. Brenda Price 24:35 Girl's 14-15: 1 Mile--1. Dnise McCartney 11:12.4 Girl's 16-17: 1 Mile--1. Beth Harwick 8:59.5 2. Jo-Ann Churpak 9:27.1 3. Pam Marks 10:02.2 2 Mile--1. Harwick 20:45 2. Churpak 20:59 Region 2 Junior Olympic 1 Mile, Washington, DC, July 13--1. Geoff Rhodes, Mt. Lebanon, Pa. 7:40.2 2. Bucky Grier 8:33.2 3. Joe Carson 4. Russ Froats, Burgettstown, Pa. 8:47 5. Roger Froats 8:57 10 Km, Burgettstown, Pa., July 21--1. Gary Bywaters 56:10.4 2. Geoff Rhodes 57:00.2 3. Russ Froats 58:40 4. Roger Froats 60:47.12 Women's 5 Km, same place--1. Beth Harwick 31:56.2 2. Jo-Ann Churpak 32:37 3. Kathy Dvorsak 34:16

MORTLAND CAPTURES TOUGH DOUBBLE--We got around to racing here again, but as seems to be usual now, no one much showed up. Actually, we had been tentatively scheduled to travel to Detroit for a grudge dual with the Motor City contingent. But, realizing how tough the Ohio gang was, they backed out, using such flimsy excuses as virus infections, moving to new homes, etc. Actually, we do still plan to have a home-and-home dual some time, but it will have to wait. In the interim, we decided to have a 3 or 4 miler on the track at Worthington. When Jack Elakburn showed up, he couldn't even remember all the excuses of our Dayton based people, but they were apparently even flimsier than those of the Detroit cowards. So it was Jack, Doc, and I against the world. But first, Jack had to take 13-year-old son Tim through an 880 run. Mortland was coerced into making it a 3-man race. The Elakburns led through a blazing 40 second 220, but when they slowed to an 82 second quarter, Mortland, ever the brilliant tactician, decided the moment for a decisive move had arrived. As they passed the bell, he swept into the lead and quickly opened it to 15 yards. Nearly falling on his face down the backstretch in trying to keep up with his unaccustomed speed, he maintained the lead around the final curve and powered through the tape in a fantytastical 2:39, with young Tim just nosing out his Daddy some 3 seconds behind. About 10 minutes later, the two Jacks were joined on the line by Doc Elakburn for what had now been reduced to a 2 Mile walk. The humidity was extremely high and the air quality particularly putrid and there was no reason to ruin one's lungs by sprinting for too long in such conditions. The good Doctor was allowed to complete 1 1/2 laps before Messrs. Elakburn and Mortland started. Mortland went right into the lead and blazed the first lap in 1:59. Not content with such unheard of speed he proceeded to open up another notch to reach 880 in 3:57. Still, there was the fat, ill-conditioned, puffing Elakburn right on his tail pulling yet another one out of his own tail. When the pace slowed to 5:58 and 8:00, despite valiant efforts, it appeared that the race was about to degenerate into a death march. But from somewhere, our two heroes pulled out that stuff of which real champions are made. The Mort started to make a strong move in the final 110 of the fifth lap and came through in 9:57, with Elakburn about 5 yards back. At 1 1/2 miles, Mortland had accelerated to

11:52 and Blackburn held his pace for 11:57. The seventh lap was decisive as Mortland came through in 13:49 and Blackburn faltered a bit, passing in 14:00. It was then Mortland's turn to falter, as a tight band tied itself across his gut in the final 220, thanks, no doubt to that foul, stinking air. He finally staggered in with a 15:49 as Blackburn found new life on the final lap and closed the final margin to 6 seconds. Doc Blackburn, meanwhile, lost his initial lead at 7 laps but also walked a faster second mile (9:58) to miss 20 minutes by only 4 seconds.

Wisconsin Jr. Olympics, July 13; Age 16-17 1 Mile--1. John VanDenBrandt 7:46 2. Mike O'Kalley 8:52.3 3. Jim Migach 9:23.6 1 Mile, West Allis, Wis., July 13--1. Larry Larson 7:54.9 2. Richard Guse 8:48.4 3. Glenn Weeks 9:54.1 15 Km, Kenosha, Wis., July 14 (95 F and 80 percent humidity)--1. Mike Dewitt 1:32:32 2. Larry Larson 1:46:46 Region VII Junior Olympic 1 Mile, Milwaukee, Wis., July 20--1. John VanDenBrandt 7:31 2. Mike O'Kalley, West Allis, Wis. 8:01 3. Lyndon Nygaard, White Bear Lake, Minn. 8:06 4. Jeff Pelky, Wayzata, Minn. 8:26 5 Km, Columbia, Mo. 1. Larry Young 23:59 (7:39, 15:22, 23:12)--Larry is starting back into serious training and apparently is making some progress 2. Jim Breitenbucher 26:22 3. Leonard Busen 27:55 4. Jim Fields 29:58 5. Rob Spier 30:39 6. Joyce Schulte 35:02 7. Dr. Wm. Taft 38:02 1 Mile, Ft. Madison, Iowa, May 21--1. Dave Eidahl 7:16 2. Jim Breitenbucher 7:21 3. Jim McFadden 8:04 4. Kim Reynolds 8:37 5. Duane Young 9:26 Girl's 1 Mile, same place--1. Shirley Adam 9:42 Girl's 1 Mile, Ankeny, Ia., June 8--1. Shirley Adam 9:20 2. Ann Kim 10:50 5 Km, Ankeny, June 8--1. Dave Eidahl 24:40 2. Stan Smith 26:50 3. Vern Houseman 27:15 1500 meters, Newton, Ia., June 16--1. Eidahl 7:02 2. Stan Smith 7:46 3. Ed Killin 8:27 4. Ed Killin Sr. 9:10 Girl's 1500, same place--1. Shirley Adam 9:01 1 Mile, Ottumwa, Ia., June 23--1. Jim McFadden 7:25.6 2. Jim Breitenbucher 7:25.7 3. Bob Vandel 9:05.9 10 Km, Newton, Ia., June 27--1. Dave Eidahl 53:30 2. Jim McFadden 54:02 3. Jim Breitenbucher 60:02 20 Km (track), Montreal, July 6--1. Marcel Jobin 1:38:24.6 2. Yvon Groulx 1:46:26.8 3. Joel Dada 1:49:34.4 7 Mile (track), Toronto, July 7--1. Roman Olszewski 56:51.6 2. Helmut Boeck 59:34.8 3. Art Keay 81:37.5 20 Km, Midland, Ont., July 14--1. Karl Kerschensch 1:41:51 2. Frank Johnson 1:42:19 3. Roman Olszewski 1:42:55 4. Helmut Boeck 1:46:36 5. Glenn Sweazey 1:52:35 6. Steve King 1:53:19 7. Ron Wilkins 1:59:40 8. Frank Mancini 2:19:46 9. Art Keay 2:22:47 OVERSEAS

10 Km (track), Koblenz, W.G., July 10--1. Bernd Kannenberg 43:43.8 2. Roger Mills, GB 43:50.4 3. Heinrich Schubert 45:42.4 4. Manfred Kolvenbach 46:05 5. Bob Henderson, USA 46:07.2 6. Reiner Tryankowski 46:10.5 7. Walter Drossler 48:27.4 8. Walter Barzen 48:54.4--According to Henderson, Mills was fairly delighted with his race, although he realized that Kannenberg was just playing with him throughout the race W.G. Poland 20 Km, July 13--1. Kannenberg 1:35:06 2. Gerhard Weidner 1:35:08 3. Schubert 1:35:09 4. Sliswinski, Pol. 1:35:41 E.G. 20 Km Championship (road), Leipzig, July 20--1. Karl-Heinz Stadtmuller 1:25:13 2. Peter Frenkel 1:25:16.4 3. Lutz Lipkowski 1:27:18.2 4. Berner 1:28:00.2 (World Junior best) 5. Gauder 1:29:46.4 6. Siegfried Zscheigner 1:29:54.2 20 Mile, Leicester, Eng., May 25--1. Carl Lawton 2:35:36 2. Bob Dobson 2:37:18 3. Brian Adams 2:37:56 4. Shaun Lightman 2:40:08 5. E. Crompton 2:40:45 6. Ray Middleton 2:44:39 3 Km, Leicester, May 18--1. Geoff

Toone 12:20.8 2. Brian Adams 12:28 10 Km (track), London, May 15--1. Shaun Lightman 44:40.4 2. Carl Lawton 45:37.8 9 Km, London, May 29--1. Paul Mihill 40:09 British 20 Mile, Redditch, June 15--1. Roy Thorpe 2:39:47 2. Bob Dobson 2:42:45 3. John Warhurst 2:44:54 4. Brian Adams 2:48:30 5. Charlie Fogg 2:48:45 6. Ray Middleton 2:49:41 (hot weather slowed the times) 5 Km, Faddington, June 9--1. Roger Mills 21:38 2. Shaun Lightman 22:04 (heavy rains, hailstorm, and flooded track) 20 Km, Douglas, Isle of Man, June 9--1. Paul Mihill 1:30:07 (not bad for a man training part time but this is the same course on which he returned 1:24:50 in 1972)

## WALKING SCHEDULE

Thu. Aug. 8--1 Mile, Stratford, Conn., 6 p.m. (N)  
Sat. Aug. 10--3 Mile, Columbia, Mo., 7:30 p.m. (D)  
Sun. Aug. 11--NAAU JUNIOR 20 KM, WEST LONG BRANCH, N.J. (G)  
6 Mile, Men's and Women's Division, Walnut, Cal., 4 p.m. (B)  
Sat. Aug. 17--Ontario Sr. 20 Km, Scarboro (E)  
Sun. Aug. 18--NEAAU 20 Km, Taunton, Mass., 2 p.m. (T)  
Sat. Aug. 24--5 Km, Columbia, Mo., 9 a.m. (D)  
Iowa Veteran's 1 Mile, Pekin, 6 p.m. (A)  
Tue. Aug. 27 (or 28)--Canadian Sr. 20 Km, Winnipeg, Manitoba (E)  
Sat. Aug. 31--10 Km, Independence, Mo., 10 a.m. (J)  
Men's 15 Km, Women's 5 Km, Santa Monica, Cal., 9 a.m. (B)  
10 Mile, Oceanside, Cal., 4 p.m. (B)  
Sun. Sep. 1--NAAU SENIOR 50 KM, GREEN LAKE, WASH., 8 a.m. (C)  
Mon. Sep. 2--Lawrence-to-Lowell, Mass. 20 Km (T)  
Sun. Sep. 8--Conn. AAU 1 Hour, Fairfield, Conn., 10 a.m. (N)  
Sat. Sep. 14--5 Mile, Columbia, Mo., 9 a.m. (B)  
Iowa AAU 30 Km, Vets. 20 Km, Women's 15 Km, Newton, 12:30(A)  
Sun. Sep. 15--7.5 Mile, Rye, N.H., 1 p.m. (T)  
Sun. Sep. 22--6 Mile, Columbia, Mo., 2 p.m. (D)  
Sat. Oct 5--National 100 Mile (track), Columbia, Mo., 1 p.m. (D)

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G--Elliott Derman, 28 N. Locust, West Long Branch, N.J.  
J--Bob Chapin, 1208 Redwood Dr., Independence, Mo. 64056  
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The Ohio Racewalker is thrown together at, and finds its way into the U.S. mails each month from, the Jack Mortland home in Columbus, Ohio. Using our trusty, 20-year-old Underwood portable, we don't try to be particularly neat or fancy, but hope to bring you the news you are thirsting for with perhaps a little entertainment on the side. If you dig classic typos, you will probably find them in these pages. Regarding the pictures that you don't see in this issue, I haven't been getting any particularly worthy of using, so if you have some good shots of recent races, send them along. Also let me know if you want them back. Oh yeh. The subscription rate for this esteemed journal of pedestrianism is \$3.00 per year and the address is 3184 Summit St., Columbus, Ohio 43202.



## LOOKING BACK

10 Years Ago --In the National 2 Mile at the end of June, Ron Zinn was an easy victor in 13:48.6 with Ron Laird 15 seconds back...A week later in Pittsburgh at the Olympic 20 Km Trials, Laird was concentrating and walked away to a 1:34:44.5 victory on a tough course in rather hot conditions. Zinn came second in 1:36:37 and one John E. Mortland captured the third spot in 1:37:05, the race going just as the great sage Chris McCarthy had called it in his final edition of the Midwest Walker. An unlucky fourth was Don DeNoon in 1:38:39 with Rudy Haluza and Akos Szekely well back in fifth and sixth....On July 25, Laird walked well in the U.S.-USSR dual in Los Angeles but was beaten by Golubnichiy and Agapov with times of 1:39:58.6 and 1:40:00 to Ron's 1:40:56.6. Zinn had a bad one some 5 minutes further back....The next day saw McCarthy capture the National 35 Km in Long Branch in 2:50:53, 2½ minutes ahead of Szekely with Dean Rassnussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 km. The course was somewhat short, but McCarthy was walking at well under a 3 hour pace.

5 Years Ago (from the July 1969 Ohio Race Walker)--Headline says it was a Laird Month--In a 6 week period, he won three National titles and set two American records on off weekends. His titles were at 2 Miles, 20 Km, and 35 Km. In the 20, he walked 1:33:40.4 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27), leading from the start. Bob Bowman, Goetz Klopfer, and John Kelly occupied the next three places. This race was in Pomona...The 2 Mile, in Miami, saw Ron more than 40 seconds ahead of second place Jim Hanley with an excellent 13:31.4. Steve Hayden, Ron Kulik, Ron Daniel, and Bowman rounded out the top 6...The 35 was held on the infamous shopping center course at McKeesport, Pa., and Ron overcame a 90 degree heat to beat Karl Werschenz by nearly 10 minutes in 2:55:56.8. A Mexican, Pascual Ramirez, was third followed by Gary Westerfield, Kulik, and Daniel...One of Laird's records was at 3 km with a 12:23 at Capton...The other was 8 miles 746 yards in the hour at Walnut, with 4, 5, 6, 7, and 8 mile and 10 Km records on the way....He topped this all off with an excellent third place behind Paul Nihill and Vladimir Golubnichiy and ahead of Nikolai Smaga in the US-USSR-British Commonwealth 20 Km...In Ohio, Ol' Mort turned in a 48:41 10 Km on the track in Cincinnati to beat Paul Deback by 1 minute and later beat Jack Blackburn by about the same margin on the VanWert track in a 1:22:35 10 miler in brutal heat...John Markon won both the 3 and 6 mile races in the National Master's Meet with 24:24 and 50:36.6, beating Don Johnson in both

## SHOES

You may recall that a few months back we ran a questionnaire for Galen Mohundro surveying who uses what shoes and why. Unfortunately, Galen did not receive much response--five replies to be exact. (I must admit that one he did not receive was mine. The respondents were: Jim Breitenbacher, Alan Wood, Fred Spector, Hank Klein, and Don Jacobs--not a cross section of walking greats, but all guys who are out putting miles on their shoes, which is probably the important thing. But let me get out of this parenthesis before I do the whole story inside of it.) He sent me the results of the survey more than 2 months ago but I just haven't had room for it the last two issues. Since there has been some inquiry regarding the results, at last here they are. Galen Comments:

I don't think any accurate conclusions can be drawn from five responses, but including previous comments on shoe preferences, I am of the opinion that the most popular shoes among US walkers are: Adidas Walking Special (apparently most popular), Adidas SL-72, Nike Boston, and Hush Puppies (last three in no particular order). If the E.B. Sport International Race Walkers and Puma Model 250 Walking Special were available from US Distributors, I believe they would be popular also."

Other shoes mentioned by these respondents were Tiger Boston, Road King, Adidas Antelope (excuse me adidas, I'm not supposed to be capitalizing you), ABCO, Adidas Mexican (I did it again), adidas Italia, Kashu, and Spingbok Marathon. The amazing thing to me is that each of these guys were mentioning three or four preferred shoes and most of them split them up between training and racing preference. How many shoes do you have to try to prefer all these? I guess I have never had a professional attitude towards shoes. I'm always amazed, too, when guys come to races with several pairs and speculate over which will be best on that day. I've always taken a pair of shoes and worn them for all races and training until they wear out and then get another pair. From about 1962 until '68 or '69 I used the Italia almost exclusively and found it most satisfactory. Had I filled out a questionnaire, this would have been my first preference for both races and training. However, when I finally went through my last free pair from my '64-'65 touring days (I could get 12-1500 miles on a pair, or about 1 year), in maybe 1969 and was faced with actually buying shoes, I started to look at price and Tigers were about half as much. So I tried a pair of Bostons and some other model, wore them both out, but didn't find them too satisfactory, particularly for my tender heels. I think I did spring for one pair of Italias then and then discovered the the adidas Vienna, which is their cheapie. (About 12 bucks at that time, now around 16.) I am on my third pair of these now and find I have no complaints with them. However, they don't wear as long and probably cost about as much per mile as the Italia. Recently, a sole came loose on one and I had no cement that would hold it. So, desperate (move over Todd Scully, Ron Kulik, Al Schrik, Fred Spector, et al) I broke out my 9-year-old Hush Puppies. I had tried these experimentally several years ago, but only for 3 or 4 miles, and had written them off. I felt very uncomfortable and had real troubles with balance. I experienced the same problems this time but staying with them, I found that I soon adjusted and haven't gone back to the Viennas even after getting them fixed. That blazing 2 mile was done in the Hush Puppies. In my brief experience with them, I seem to experience less soreness. I can't say yet that I would rate them over the Italia, and I don't know yet what the wear factor is, but at least, I won't knock the Hush Puppy crowd anymore. Try them yourself.

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LATE RESULTS:

From Bob Mimm: Results of Bobby Riggs vs Randy, Cliff, Doug Mimm; Howie, Stella Palamarchuk, Elliott Derman, Don Johnson, and Steve McMenamin on Mike Douglas Show aired on July 15 in Philadelphia (Friday of Bobby Riggs Week): 1. Randy 2. Howie 3. Steve 4. Bobby (½ lap handicap) 5. Don 6. Cliff 7. Elliott 8. Stella 9. Doug DQ'd--Mike. Comments: Everybody did some sort of lifting. He doesn't say what the distance was. 2 Mile, Boulder, July 9--1. Floyd Godwin 14:37.8 2. Doug Schneider 18:03.8 3. Bob Carlson 18:49.3 4. Dwight Scoville 21:46.8 Women's 1

Mile, same place--1. Lori Thomas 8:36.5 2. Martha Iverson 9:17.5 3. Robin Caster 10:26.4 2 Mile, Boulder, July 16--1. Doug Schneider 18:36.2 2. Bob Carlson 18:50 Region 10 Jr. Olympic 1 Mile (age 14-17), Englewood H.S., Colorado, July 20--1. Bob Alberts 7:49.6 2. Michael Yang 7:51 3. Donnie Ortey 8:11.5 4. Doug Schneider 8:24.2 Women's 1 Mile, Boulder July 23--1. Lori Thomas 8:32 2 Mile, same place--1. Bob Carlson 18:59 2. Howard Mickel 19:30 3. Dwight Scoville 19:59.8 RMAU 30 Km, Broomfield, Colo., July 28--1. Floyd Godwin 2:34:30.8 (52:44, 1:44:10 2. Pete VanArsdale 2:57:36.2 3. Chuck Hunter 3:09:19 4. Bob Carlson 3:16:37 20 Km, Etobicoke, Ont., July 28--1. Roman Olszewski 1:43:30.8 2. Helmut Boeck 1:43:30.8 3. Karl Merschenz 1:48:45.6 4. Neville Gray 1:51:45.8 5. Glenn Sweazey 1:54:17.6 40 Km, Burgettstown, Pa., July 24--1. Gary Bywaters 4:43:38.4 2. Roger Froats 4:55:22.2 (age 15) 3. Mike Rencheck 4:57:28.2 (age 12) 4. John Zuenie 4:57:32.5 (age 18) 5. Ron Froats 5:32:38.7 (age 13) 1 Mile (High School), Salem, Ohio, July 27--1. Mike Rencheck 8:22.3 2. Ron Froats 8:27.7 3. John Zuenie 9:07.9 2 Mile, same place--1. Gary Bywaters 17:11 2. Russ Froats 18:10.5 3. Roger Froats 18:36.5 E.G. 50 Km, Weinbohl, July 14--1. Manfred Skotnicki 4:03:04.8 2. Matthias Kroel 4:15:57.8 3. Stefan Muller 4:18:02.4 4. Dieter Kirsch 4:24:18.4 (Don't know where Hohne and Selzer were) Junior 35 Km, same place--1. Ralf Knutter 2:56:39.2 2. Peter Leinweber 2:57:29.6 3. Werner Galina 2:59:31.2 20 Km (track), Warsaw, June 29 (Poland vs G.B.)--1. Jan Ornoch, Pol. 1:29:02.8 2. Roger Mills, GB 1:34:12.6 3. Feliks Sliwinski, Pol. 1:36:10.2 (Ornoch was only fifth in 1:36:00.6 in the match with W.G. reported earlier in this issue) Women's 10 Km (road), Oberrotweil, W.G., June 3--1. Margaretha Sime, Swed. 52:43.4 2. Siv Gustafsson, Swed. 55:32.8 3. Britt Holmqvist, Swed. 56:40 20 Km, Moscow, June 20 (road)--1. Viktor Vavilov 1:28:32.2 2. Vladimir Golubnichy 1:29:26.2 3. Fiodor Filipov 1:29:45 4. Mikhail Alekseyev 1:29:49 5. Kitschma 1:30:01 6. Troiski 1:30:25 (13th place in 1:32:08) 30 Km, Moscow, June 21--1. Otto Bartsch 2:19:01 2. Yevgeniy Lungin 2:20:10 3. Yevgeniy Yevsykov 2:21:20 4. Yuriy Andruschtyenko 2:21:40 5. Berezin 2:21:58 6. Svetnikov 2:23:42

## OLYMPIC SITUATION

I have a bunch of stuff piled up here regarding what is being done to reinstitute the 50 at Montreal and insure the continuance of walking in the Olympics. All I can do is comment briefly on each item. First, the IAAF will be meeting in Rome the end of August and this apparently is the last chance for positive action from this group before the '76 Games. A lot has been done both here and abroad in the form of publicity and letter writing to try and persuade the august delegates to this meeting of the errors of earlier decisions. How successful this will be remains to be seen. Dan Ferris, the U.S. delegate, appears to be very much on our side but whether he will try to, or even can, exert any sort of pressure may be another question.

Our own Committee for the Retention of Olympic Walking, headed by Steve Hayden, has been active sending letters to the Canadian T&F Assn., Canadian Olympic Committee and Montreal Organizing Committee, urging action on their part; the British Race Walking Assn., supporting their already considerable efforts in England; and other race walking people throughout the world encouraging efforts within their countries. They have also been granted space in the NY Times for an 800-900 word article and have distributed informative literature to the general public at track meets. They are also sending letters to every IAAF and IOC member urging

positive action in their respective meetings in Rome and Vienna. The immediate goal of all this is reversal of the decision to drop the 50 in Montreal. The ultimate goal is retention of both walks in all future Olympics. Finally, they are urging individual letters to indicate support for Olympic race walking both inside and outside of race-walking circles. Write to the AAU, the USOC, the IOC, the IAAF, and without fail to Mr. Ferris. Addresses were in an earlier ORW, or contact Steve Hayden, 56 Verbena Ave., Floral Park, N.Y. 11001. On

On the West Coast, a lengthy article outlining the walkers' plight appeared in the LA Times in April.

But then, the sort of thing we are up against is illustrated in a letter that Gary Westerfield received from the president of the IAAF in which he said the walks were dropped because many track entries are limited by standards where as the walks are not. Which is pretty fuzzy thinking and it is hard to reach fuzzy thinkers.

## FROM HEEL TO TOE

The women's team going to Europe later this month will include Ester Marquez, Linda Brodock, Joanne Shima, Chris Sakelarios, and Sue Brodock....There will also be an International Postal 5 km for women in September. Races must be on the track and must be judged. A competitor can race as many times as she wants during the month, submitting her best time. Results to Bruce MacDonald, 39 Fairview Ave, Port Washington, N.Y. 11050....The Pan-American Games next year open April 27 so either the National 20 and 50 will have to be scheduled early or special trials will be required. Track Trials are tentatively set for Gainesville in late March or early April but whether this includes walking is not known. There also appears to be some question of whether the 50 is on the schedule or not....Headline in the Sharon Herald following the 20 Km over there in June, "U.S. Runner Ron Daniel Wins All-American Walk". Really know how to hurt a guy. They also listed Ron as a member of the U.S. Olympic Team, information they had gotten somewhere before the meet. I knew the guy didn't believe me when I told him this was not really true, that Ron had competed internationally but not in the Olympics, and sure enough, he didn't believe me....Ron Laird visited the Isle of Clyde a few weekends ago and trained on one of their public nude beaches, in the buff, of course. He now wonders is his 24 minutes is some sort of U.S. or even World record....In a letter received some time ago, Mike Allen, who was a marathoner and Olympic cyclist before taking up walking, states: "The main difference between running and cycling vs walking is that the latter requires more physical strength. There is no doubting this...I should know, huh? It is a tough sport."....Having trouble with dogs. Galen Mohundro reports: "While talking to the local county sheriff, I asked about an effective dog repellent. He suggested using hair spray. According to him, it's legal (probably depending on local ordinance, ed.) and doesn't permanently injure the dog. I got a child's water pistol (called the Palm Gun Water Squirter made by Chemtoy Copr., Chicago and selling for 29¢ at Ben Franklin Stores) and filled it with liquid hair spray (Flex by Revlon available at Rexall Drug Stores). It seems to have an effective range of about 15 feet. The nozzle opening can be enlarged with a straight pin and the grip around the ring finger and little finger may need to be cut away. It's comfortable to carry while training and might prevent some of the nasty dog bites I've been reading about in the ORW....Once again, I leave a lot of stuff until the next issue.