

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME X, NUMBER 6

COLUMBUS, OHIO

AUGUST 1974 -

HAPPY KULIK FINALLY WINS ONE

Long Branch, New Jersey, August 4 (Special from Elliott Denman)--Seventeen years of perseverance and untold thousands of miles in training paid off for race walker Ron Kulik of Nutley yesterday as he earned his first National Senior AAU Championship gold medal.

Second three times and third twice in the last 10 years in NAAU 40 KM walk championship, Kulik finally won it yesterday with a strong stretch drive over the final 4 miles of the tough test. He overhauled his NYAC teammate, Dr. John Knifton, who had set the pace for over half the race, with five laps to go around Takanassee Lake and went on to win by a 500-yard margin with a clocking of 3:39:01.

"You've got to have the right mental attitude to win these races," said Kulik afterward. "You've just got to have a lot of determination to keep going no matter what." He gave credit to another NYAC teammate Ron Daniel, for keeping that determination alive.

"With about 6 miles to go, I was beginning to weaken," he explained. "But Ron (a lap behind at the lake) walked with me for the next two laps and got me going again. And after that, I don't know whether it was a case of John weakening or my getting stronger. Either way, this is a big day for me."

The 5-9, 150 pound, 37-year-old, former Montclair State College runner is now a Montclair High physical education teacher. He's been a race walker since 1958.

The Kulik-Knifton-Daniel team won the Senior National team title over four squads. Long Island AC's Dr. Shaul Ladany, who won US titles at 75 and 100 km earlier this year, came on strong in the latter stages of the race to claim third place over his teammate, Gary Westerfield.

The race also carried the NAAU Class B designation for athletes who hadn't won previous US titles and the individual B gold medal went to Shore AC's John Fredericks with team honors going to Burgettstown Track Club. There were 49 starters, ranging in age from 11 to 57, with 33 of them finishing. The results:

1. Ron Kulik, NYAC 3:39:01 2. Dr. John Knifton, NYAC 3:42:09 3. Dr. Shaul Ladany, LIAC 3:44:01 4. Gary Westerfield, LIAC 3:47:26 5. Tom Knatt, North Medford Club 3:50:52 6. Steve Hayden, LIAC 3:55:38 7. Ron Daniel, NYAC 4:01:39 8. John Fredericks, Shore AC 4:11:00 9. Alan Price Washington Travelers Club 4:13:45 10. Gary Bywaters, Burgettstown TC 4:14:57 11. Don Johnson, Shore AC 4:19:35 12. John Gray, NMC 4:20:40

FLASH! See pages 8 & 11. FLASH!

FIRST CLASS MAIL

13. Rusty Froats, BTC 14. Bob Morse, NMC 4:28:06 (Froats was 4:22:12)
 15. Bob Falciola, Shore AC 4:29:37 16. Bob Mimm, Penn AC 4:32:24 17.
 Roger Froats, BTC 4:33:53 18. Mike Rencheck, BTC 4:34:54 19. John
 Zuemie, BTC 4:35:45 20. Ron Froats, BTC 4:39:55 21. Peter Klimkow, Conn
 4:46:35 22. Cliff Mimm, Penn AC 4:46:48 23. T'ny Wilger, LIAC 4:51:50
 24. Bruce Douglas, NMC 4:52:45 25. (move those last two back a place--I
 left out 22. Mark Rauscher, Shore AC 4:47:16) 26. John Finn, Shore AC
 4:57:51 27. George Latharulo, NMC 5:08:25 28. Bill Lloyd, Shore AC
 5:15:48 29. Sam DeLasSantos, Shore AC 5:26:10 30. Carl Soderling, Shore
 AC 5:43:12 31. Clarence Swain, Shore AC 5:43:35 32. George Garland, Shore
 AC 5:45:55 33. Bob Pedrick, Shore AC 5:58:00
 Team Score: 1. NYAC--10 2. LIAC--13 3. North Medford--31 4. Shore
 AC--34 5. Brugettstown TC--40
 Leaders at 20 Km: Kulik and Knifton 1:49:00, Westerfield 1:49:05, Knatt
 1:50:05, Ladany 1:51:20, Falciola 1:53:45, Fredericks 1:56:02, Hayden
 1:58:15, Daniel 1:58:15, Larry Newman 1:58:45
 At 30 Km: Knifton 2:44:20, Kulik 2:45:10, Westerfield 2:46:05, Ladany
 2:48:30, Knatt 2:50:05, Hayden 2:57:25, Daniel 2:59:10, Newman 3:01:35,
 Fredericks 3:02:00, Falciola 3:07:55

MURCHIE AND FALCIOLA CAPTURE 1 HOUR TITLES

West Long Branch, N.J., July 21--LIAC's Jim Murchie and Shore AC's Bob Falciola shared top honors in the NAAU Championship 1 Hour race walking doubleheader at the Monmouth College track. Murchie, who placed third in the USA-Soviet Union track meet in Texas last month, won the Junior title with a performance of 7 miles and 41 yards. The 30-year-old Falciola went 7 miles 365 yards to capture the National B race, which followed.

In the Junior race, Penn AC's Steve McMenamin, a 17-year-old high school senior from Willingboro, N.J., led Murchie for the first 2 miles before dropping back into second with a performance of 6 miles 1233 yds. The race marked the third Junior crown of the year for the 16-year-old Murchie from Port Washington, N.Y.

In the B race, another Shore AC walker, John Fredericks was over a lap behind Falciola in second and a Junior internationalist from 1973, Penn AC's Randy Mimm captured third. In the team battles, LIAC edged Shore AC for the Junior crown but the Shore athletes took one-two in the B team chase. The results:

Junior: 1. Jim Murchie, LIAC 7 miles 41 yards 2. Steve McMenamin, Penn AC 6 mi 1233 yds 3. Ben Kopyscianski, LIAC 6 mi 934 yds 4. Alex Turner, Shore AC 6 mi 892 yds 5. Mark Zacharias, N. Jersey Striders 6 mi 811 yds 6. Bill Hamlin, Striders 6 mi 769 yds 7. Al Ippoliti, Shore AC 6 mi 455 yds 8. Mark Rauscher, Shore AC 6 mi 197 yds 9. Bill Farnkopf, Shore AC 5 mi 1686 yds 10. John Finn, Shore AC 5 mi 1405 yds 11. Dave Proven, Penn AC 5 mi 1372 yds 12. Mike Dragonetti, LIAC 5 mi 1181 yds 13. Cliff Mimm, Penn AC 5 mi 988 yds 14. Howard Silberstein, LIAC 15. Sam DeLosSantos, Shore AC 5 mi 724 yds 16. Clarence Swain, Shore AC 5 mi 319 yds
 Team Scores: 1. LIAC--16 2. Shore AC--19 3. Penn AC--26
 Class B: 1. Bob Falciola, Shore AC 7 mi 365 yds 2. John Fredericks, Shore AC 6 mi 1377 yds 3. Randy Mimm, Penn AC 6 mi 1259 yds 4. Vinny Davy, LIAC 6 mi 1177 yds 5. Don Johnson, Shore AC 6 mi 1030 yds 6. Ray Floriani, Shore AC 6 mi 1007 yds 7. Dave Semar, Shore AC 6 mi 916 yds 8. Ron Salvio, Shore AC 6 mi 802 yds 9. Roger Barr, Shore AC 6 mi 540 yds 10. Bucky Ehrgood, Penn AC 6 mi 523 yds 11. Dave Schultze, Shore AC 6 mi 111 yds 12. Howard Barnes, Stratford (Conn) Spartans 6 mi 30 yds 13. George

Garland, Shore AC 5 mi 1616 yds 14. T'ny Wilger, LIAC 5 mi 1468 yds
 15. Fred Spector, Shore AC 5 mi 1322 yds 16. Marcus Boatwright, Essex County AA 5 mi 1169 yds 17. Mark Zacharias, Striders 5 mi 1015 yds
 18. Bill Hamlin, Striders 5 mi 640 yds 19. Dave Proven Sr., Penn AC 5 mi 582 yds 20. Sandy Kalb, Shore AC 5 mi 536 yds
 Teams: 1. Shore AC--16 2. Shore AC "B"--33 3. North Jersey Striders--41

JUNIOR 20 KM TO SLATTERY

West Long Branch, N.J., Aug. 11 (The festival of Nationals in the Long Branch area continued, and once again, Elliott Denman, who is writing this issue, reports)--Dennis Slattery, 16-year-old Junior at Lowell, Mass. High School, zoomed into the lead at the 3-mile mark and went on to score a record-breaking victory in the Junior NAAU race walking championship. Slattery's time of 1:49:56 erased the former meet and Franklin Lake course record of 1:56:23 set by Jim Murchie last year. Murchie was vacationing in Maine this time and Slattery won by nearly 3/4 of a mile over Alex Turner of the host Shore AC.

Turner and Bill Hamlin of the North Jersey Striders were the only others to better 2 hours but 13-year-old Mike Regan of Lowell, Mass. missed by only 13 seconds with a National age-group record.

The team title went to three Froats brothers, representing the Burgettstown (Pa.) Track Club--Rusty 16, Ron 15, and Roger 14. Is this the first brother combo ever to win a US championship of any kind? There were 30 starters in the race, largest Junior field to date. The results:
 1. Dennis Slattery, Lowell Boys Club 1:49:56 2. Alex Turner, Shore AC 1:58:10 3. Bill Hamlin, NJS 1:59:24 4. Mike Regan, LBC 2:00:03 5. Rusty Froats, BTC 2:01:20 6. Ron Froats, BTC 2:01:34 7. Steve McMenamin, Penn AC 2:01:41 8. Al Ippoliti, Shore AC 2:01:44 9. Roger Froats, BTC 2:02:18 10. John Finn, Shore AC 2:05:28 11. John Kerrigan, Penn AC 2:06:30 12. Mike Rencheck, BTC 2:06:39 13. John Zuemie, BTC 2:09:04 14. Paul Carden, LIAC 2:10:11 15. Cliff Mimm, Penn AC 2:10:27 16. Ben Kopyscianski, LIAC 2:12:52 17. Mark Zacharias, NJS 2:14:17 18. Dave Proven, Penn AC 2:19:51 19. SamDeLosSantos, Shore AC 2:21:20 20. Carl Boderling, Shore AC 2:23:07 21. Howard Silberstein, LIAC 2:23:57 22. Clarence Swain, Shore AC 2:24:01 23. Mike Day, Penn AC 2:29:20 24. Ralph Rhillis, BTC 2:31:52 25. Doug Mimm, Penn AC 2:34:57 26. Alain Foster, Penn AC 2:35:08 27. Regis Froats, BTC 2:40:20 28. Andy Sedlak, BTC 2:40:20 29. John Mahoney, BTC 2:42:29
 Teams: 1. Burgettstown TC 20 2. Shore AC--20 3. Penn AC--33 4. LIAC--51 5. Shore AC "B"--61 6. Burgettstown "B"--79.
 Leaders at 5 Km: McMenamin 27:28, Slattery 27:28, Turner 27:40, Kppy.. 28:31, Rusty 28:45, Ippoliti 28:49, Ron F. 28:50
 At 10: Slattery 54:50, McMenamin 56:35, Turner 56:42, Hamlin 57:54, Regan 58:27
 At 15: Slattery 82:09, Turner 86:24, Hamlin 88:02, Regan 88:49, Rusty 89:52, Ron F. 89:52, McMenamin 91:02, Ippoliti 91:01
 * * * * *

OTHER RESULTS

5 Mile, Cambridge, Mass., June 29--1. George Lattarulo 47:14 2. Fred Brown Sr. 60:55 3. Sig Podlozny 60:57 4. 6 Mile, Brockton, Mass., July 1--1. Peter Kuchinski 42:29 2. John Spinney 43:30 3. Fred Brown Sr. 49:48 4. 6 Mile, Brockton, July 8--1. Francis Maher 38:28 2. Fred Brown Sr. 49:05 5 Mile, Cambridge, Mass., July 9 (94 degrees)--1. Francis Maher 44:00 2. William Daniell 54:23 3. Fred Brown Sr. 54:59

15th Annual Charles Brederson Memorial NEAAU 15 Km Championship, Adamsdale, Mass.--1. Paul Schell 77:20 2. Dennis Slattery 78:24 3. Robert Morse 79:21 4. George Lattarulo 79:27 5. Tom Knatt 81:03 6. Ray Vaguer 81:27 7. Roger Pike 84:11 8. Keith Ryan 84:53 9. Mike Regan 85:05 10. John Gray 85:47 11. Jake Brederson 90:55 12. George Grzebien 95:37 13. Sig Podlozny 97:40 14. Ken Hayden 97:41 15. Fred Brown Sr. 98:52 16. Jan Brown 103:38 17. Bill Corrigan 104:10 5 Mile (short), Brockton, Mass., June 24--1. George Lattarulo 38:42 2. John Spinney 42:29 3. Fred Brown Sr. 49:26 6.5 Mile, Lowell, Mass., June 26 (Handicap)--1. Mike Regan 48:20 2. George Lattarulo 46:25 3. Dennis Slattery 45:30 4. Keith Ryan 58:10 5. Fred Brown Sr. 63:00 6. Sig Podlozny 69:59 5.5 Mile Handicap, Lowell, July 10--1. Sig Podlozny 59:50 2. Dennis Slattery 48:22 3. Tny Medeiros 53:57 4. Fred Brown Sr. 64:27 10 Mile (long), Lowell, July 13--1. Dennis Slattery 1:32:34 2. Tony Medeiros 1:38:53 3. Mike Regan 1:43:17 4. Fred Brown Sr. 2:01:28 5. Sig Podlozny 2:09:59 2 Mile, Medford, Mass., July 16--1. Paul Schell 15:59 2. Peter Kuchinski 16:48 3. Claude Ellis 20:19 4. Sig Podlozny 20:20 5. Fred Brown Sr. 20:28 4.5 Mile, Brockton, July 22--1. Francis Maher 37:47 2. Fred Brown Sr. 51:27 1 Mile, Brockton, July 24--1. Francis Maher 7:53.7 6. Bruce Douglas 8:05 3. John Spinney 8:28 4.5 Mile, Brockton, July 29--1. Bruce Douglas 41:51 2. John Spinney 42:09 3. Neil Cadorette 47:01 4. Fred Brown Sr. 47:36

Metropolitan AAU 20 Mile Championship, Aug. 17, Cedar Grove, N.J. (High 80s, humid, with light sprinkles toward the end)--1. John Kifton 2:46:24 (1:26:34 at 10) 2. Ron Kulik 2:50:30 (1:26:34) 3. Gary Westerfield 2:51:13 (1:26:34) 4. Bob Falciola 2:55:25 (1:26:34) 5. Ron Daniel 2:56:54 (1:30:19) 6. Steve Hayden 2:56:58 (1:30:19) 7. Shaul Ladany 3:07:53 (1:40:21--started 5 minutes late, it say, but he was 8 minutes back after a first lap that took the others just over 5 minutes) 8. Alan Price 3:15:02 9. Don Johnson 3:24:22 10. Peter Klinkow 4:15:37 3.4 Mile, Long Branch, N.J., June 10--1. Ron Daniel 25:14 2. John Fredericks 27:03 3. Bob Mimm 27:51 4. Randy Mimm 28:12 5. Steve McMenamin 28:29 6. Alex Turner 28:43 7. Don Johnson 30:24 8. Elliott Denman 33:08 9. Ernie Johnston 34:47 10. George Garland 36:17 3.4 Mile, Long Branch, June 17--1. Daniel 25:01 2. Fredericks 26:17 3. Bob Falciola 26:28 4. R. Mimm 27:02 5. McMenamin 28:30 6. Turner 28:44 7. Johnson 30:02 8. Denman 31:58 9. Johnston 33:16 10. Garland 35:46 3.4 Mile, Long Branch, June 24--1. Fredericks 25:55 2. R. Mimm 26:04 3. Falciola 27:07 4. McMenamin 28:13 5. Turner 29:08 6. Johnson 29:10 7. Johnston 31:19 8. Denman 32:42 9. Cager Bryant (age 11) 35:06 10. Garland 35:19 3.4 Mile, Long Branch, July 1--1. Fredericks 26:19 2. Falciola 26:24 3. R. Mimm 26:59 4. Bob Mimm 29:39 5. Turner 29:06 6. Fred Spector 31:14 7. Bill Hakulich 31:43 8. Denman 33:04 (Elliott sure knows his place) 9. Bryant 35:31 10. Bill Lloyd 26:48 3.4 Mile Handicap, Long Branch, July 8--1. Ray Fioriani 31:31 2. Fredericks 25:33 3. Sam DeLosSantos 35:35 4. R. Mimm 26:38 5. Bill Lloyd 36:46 6. McMenamin 29:19 7. Jim Wildeman 32:52 8. Falciola 28:29 9. Bob Mimm 29:18 10. Bob Pedrick 39:46 3.4 Mile Handicap, Long Branch, July 15--1. John Finn 34:32 2. Fioriani 28:18 3. Cliff Mimm 34:43 4. DeLosSantos 35:55 5. Falciola 27:10 6. R. Mimm 27:42 7. McMenamin 28:53 8. Lloyd 36:58 9. Turner 29:35 10. Bob Mimm 29:54 3.4 Mile Handicap, Long Branch, July 22--1. Finn (age 17--first walker in 11 years to win two handicap races in a row in this series ad that Elliott is a mean handicapper)--33:32 2. R. Mimm 25:53 3. C. Mimm 32:08 4. DeLosSantos 33:42 5. Fioriani 28:21 6. Wildeman 32:55 7. Turner 28:23 8. Clarence Swain 36:26 9. Garland 35:54 10. Denman 32:55 3.4 Mile, Long Branch, July 29--1. Fredericks 26:06 2. R. Mimm 26:16 3. Falciola 27:33 4. Turner 27:59 5. McMenamin 28:00 6. Fioriani 28:49 7. Finn 31:12 8. John Kerrigan 31:33 9. Steve Veczko 32:25 10. Wildeman 33:21

NJ AAU 2 Mile, Monmouth College, June 16--1. John Fredericks 15:07.2 2. Bob Falciola 15:23.7 3. Alex Turner 16:2.5 4. Dave Semar 16:57.4 5. Don Johnson 16:57.8 6. Roger Barr NJ AAU Jr. 1 Mile, Cranford, June 23--1. Bill Hamlin 7:38 2. Dave Semar 3. Mark Zacharias 4. Alex Turner 1 Mile, West Long Branch, July 31--1. John Fredericks 7:24 2. John Finn 1 Mile, Long Branch, July 27--1. Fredericks 7:31.1 2. Ron Salvio 7:59.5 3. Alex Turner 8:06.1 1500 Meter, West Long Branch, July 10--1. John Fredericks 6:27.5 2. Bob Falciola 7:16 3. Wayne Normandin 7:42.2 NJ Jr. Olympics, Monmouth Coll., July 12--9 and under 880--1. Jeff Peniston 5:14 2. Robert Fyfe 5:15 10-11 880: 1. Cager Bryant 4:51 2. Clarence Swain 4:51 12-13 880: 1. Sam DeLosSantos 4:37 2. Chris Johnson 4:50 3. Prentice Sims 4:53 1 Mile, Monmouth College, July 17--1. John Fredericks 7:04.7 2. Don Johnson 8:02.8 3. Fred Spector 8:07.1 NJ Jr. Olympics, Monmouth College, July 19--12-13 Mile: 1. DeLos Santos 9:49.8 2. Dwayne Wesby 10-11 Mile: 1. Clarence Swain 10:10.8 NJ Jr. Olympic 6 Mile, Monmouth C. L., July 24--1. Alex Turner 58:20 2. Carl Soderling 1 Mile, Belmar, N.J., Aug. 9 (on boardwalk in driving rain)--1. John Fredericks 7:32.5 2. Bob Falciola 7:55 3. Alex Turner 8:03 4. John Finn 1 Mile, Miami, Fla., July 27--1. Paul Reback 7:04.2 2. Mark Yeadaker 7:39.1 3. Alan Yeadaker 9:12.5 4. Bill Granby 9:42.5 (A rare Florida race. How does our old OTC mate pull off a 7:04 racing once a year. Anyway, good to see he is still fit and if he ever returns to Ohio Blackburn and I will make good second and third men for our team.) 20 Km, Columbia, Mo., July 27--1. Larry Young 1:40:46 (24:30, 49:55, 1:15:05--it appears Larry is getting rather fit again and should offer a stern test to all of those who travel to Columbia for the 30 Km in October) 2. Augie Hirt 1:41:00 (followed Larry right through 15 Km but couldn't quite hang on the last 5. But he was rewarded with a personal best) 3. Leonard Busen 1:58:01 4. Bob Young 2:05:39 5. Rob Spier 2:06:25 6. Jim Fields 2:08:55 7. Albert VanDyke 2:21:32 3 Mile, Columbia, Aug. 10--1. Larry Young 21:59 (7:12, 14:29) 2. Leonard Busen 26:29 3. Linda Ontko (age 15) 29:14 3. Joyce Schulte 35:28 30 Km, San Francisco, Aug. 11--1. Bill Ranney 2:43:00 2. Bob Bowman 2:46:47 3. Wayne Glusker 2:47:10 4. Roger Duran 2:50:05--Goetz Klopfer, just starting back in training after passing his PhD orals, did not finish. Region XII Junior Olympics, Portland, July 20--1. Rudy Pearson 7:17.6 2. Dan Pierce 8:02.7 3. Scott Massinger 8:08.7 Quebec 20 Km (track), July 27--1. Marcel Jobin 1:37:19 2. Yvon Groulx 1:49:17 20 Km (track), Etobicoke, Ont., July 28--1. Roman Olszewski 1:43:30.8 (50:30 at 10 Km) 2. Helmut Boeck 1:43:30.8 (same at 10) 3. Karl Merschenz 1:48:45.6 4. Neville Conway 1:51:45.8 5. Glenn Sweazy 1:54:17.6 10 Km (track), Sudbury, Ont., Aug. 3--1. Neville Conway 49:53 (new Ontario Junior record) 2. Blenn Sweazy 52:36.6 3. Brian Burke 53:56.4 4. Geoff Banner 62:49.6 5. Tom O'Shaughnessy 66:17.6 10 Km (track), Scarboro, Ont., Aug. 10--1. Marcel Jobin 48:07.5 (about 23:05 at 5 Km) 2. Karl Merschenz 48:25 (23:42) 3. Roman Olszewski 49:39.6 (24:00) 4. Glenn Sweazy 51:53.7 5. Max Gould 53:21.5 6. Brian Burke 56:01.4 20 Km (track), Scarboro, Aug. 17--1. Roman Olszewski 1:39:45 2. Karl Merschenz 1:39:59.5 3. Frank Johnson 1:41:55.6 4. Helmut Boeck 1:45:33 5. Yvon Groulx 1:45:47 6. Max Gould 1:50:30 7. Joel Dada 1:55:09.6 8. Brian Burke 1:56:48 9. Brian Bastien 2:02:22.4 6VERSEAS West German 20 Km, Hanover, July 26--1. Bernd Kannenberg 1:29:48 2. Gerhard Weidner 1:29:53.8 3. Heinrich Schubert 1:32:38.8 4. Manfred Kolvenbach 1:33:33.4 5. ROBERT HENDERSON, USA 1:35:02.6 6. Siegfried Richter 1:35:49.2 7. Bernhard Schmidt 1:36:09.6 8. Julius Muller 1:37:12 9. Hans Michalski 1:38:18.8 10. Helmut Stolte 1:38:19.6--Heinz Mayr DQ'd after finishing just over 1:30

USSR 20 Km, Moscow, July 24--1. Vladimir Golubnichiy 1:28:21.2 2. Yevgeniy Ivchenko 1:28:29.2 3. Shalochik 1:29:33.4 E.G. vs Great Britain 20 Km (non scoring), London, June 20--1. Siegfried Zschneiger 1:33:05 2. Olly Flynn 1:33:47.2 3. Peter Marlow 1:35:25.6 DNF--Karl-Heinz Stadtmuller--on a very warm day, Stadtmuller went after Kannenberg's world record in this track race. Starting with a 1:36.6 lap he went through 3 Km in 12:38, a 1:24:20 pace, but fell off to 43:02.8 at 10, after lapping the field, and dropped out a couple of laps later. Atill, he would have won most 10 km races. Manchester-to-Blackpool 51 3/4 Mile, June 22--1. KEn Harding 8:08:51 (first race over 50 Km) 2. Peter Markham 8:33:55 3. John May 8:34:56 4. Roger Michel 8:41:20 10 Mile, Thurles, Ireland, June 3--1. John Mackey 85:17 2. John Kelly, Beverly Hills Striders 85:20 15 Km, Basildon, Eng., June 22--1. Roger Mills 69:29 2. Olly Flynn 69:24 3. A'os Seddon 69:50 4. John Webb 71:25 5. Ken Carter 71:56 Junior 5 Km, same place--1. Barry Lines 22:44 2. R. Chaplain 23:10 3. M. Dunion 23:14 4. D. Cotton 23:18 20 Km, Brighton, Eng., June 30--1. Amos Seddon 1:33:47 2. Bob Dobson 1:36:11.4--Paul Nihill DNF hot and humid. 50 Km, Basildon, Eng., June 29--1. Bob Dobson 4:23:02 (the 20 km less than 24 hours later made for a fair double) 2. Alec Banyard 4:30:07 3. Peter Hodgkinson 4:32:29--Dobson had splits of 50:30, 51:37, 51:51, and 52:02 before falling to 57:02 on his final 10 in humid conditions. 3 Km, London, June 22--1. R'ger Mills 12:18.6 2. Shaun Lightman 12:47.6 3. Ken Carter 12:48.6 4. Amos Seddon 13:01 British National 50 Km, Hendon, June 20--1. Bob Dobson 4:16:58 2. John Warhurst 4:18:58 3. Roy Torpe 4:24:08 4. Alec Banyard 4:27:21 5. Brian Adams 4:31:51 6. J. Nye 4:35:19 7. Ken Harding 4:37:59 8. Ray Middleton 4:38:30 9. Bill Fegg 4:39:03 10. Mike Holmes 4:40:08 11. Roy Posner 4:40:14 12. Carl Lawton 4:40:14 13. John Lees 4:41:04--Splits were 52:03, 1:43:20, 2:32:47, and 3:23:00. 20 Km, Salzgitter, W.G., June 8--1. Gerhard Weidner 1:28:54 2. Heinz Mayr 1:31:20.2 3. Manfred Kolvenbach 1:32:55.6 Dutch 20 Km Championship, May 19--1. Tjabel Ras 1:41:00.6 2. Coos Keyzer C,ko 1:42:24 20 Km, Waregan, Bel., May 19--1. G'dfried Jonckheere 1:30:19 International Match, L'Essines, Bel., June 22-23: West Germany--63, France--49, Belgium--23, Switzerland--22. 20 Km: 1. Gerard Lelievre, Fr. 1:34:21.2 2. Heinrich Schyvert, EG 1:35:39.4 3. Heinz Mayr, W 1:36:35.4 4. Jean Claude Decosse, Fr. 1:36:57 50 Km: 1. Gerhard Weidner 4:18:22 2. Leo Frey, WG 4:28:02 3. Drosler, WG 4:30:19 4. Sauriat, Fr. 4:31:46 50 Km, Sofia, Bulgaria, June 7--1. J. Kamenov 4:13:22 2. K. Patschev 4:16:19 Japanese 20 Km Championship, April 21--1. Kiyochi Watanabe 1:31:36.6 Japanese 50 Km, April 21--1. Masaharu Kurimura 4:39:21 10 Km (track), Erfurt, EG, June 16--1. Lutz Lipkowski 42:21.8 Junior 5 Km, Erfurt, June 16--1. R'ulf Berner 20:49.2 -- Berner, who was fourth in the National 20 in 1:28:00.2 as reported last month, is only 16 years old! Junior 10 Km, Erfurt, June 29--1. Berner 43:43.4 20 Km, Budapest, June 16--1. Lutz Kipkowski, EG 1:30:15--I really doubt that he raced both in Budapest and Erfurt that day. Must be some mistake in dates. Women's 5 Km (road), Stockholm, May 19--1. Margarethu Sima 25:51 2. Britt Holmquist 26:17 3. Elisabeth Clsson 26:59 Women's 5 Km, Varnamo, Swed., June 1--1. M. nica Karlsson 25:46 Women's 5 Km (road), Boderhamn, Swed., June 16--1. Simu 26:05 2. Olsson 26:25 Women's 5 Km, Ostersund, July 14 (road--correct distance)--1. Margarethu Simu 24:03 2. Britt Holmquist 24:13 3 K (road), Vastmanland, Swed., June 1--1. Simu 14:23.....In reporting a 20 km in Italy won by Armando Zamboldo in 1:21:47.2, which turned out to be only 18.1 Km, Egon Rassmussen, of Denmark, in his International Race Walking Report, says: "Please Italy, this is not fair. 10 races over 20 km at Italy only 2-3 races are over the correct distance.

It must come to an end, 20 Km races must be 20 km, and control measuring must show it, that 20 km races on road are only a few meters under or over the distance, that the way it must be and also at Italy." I've never quite figured how he selects the language for this report. It is mostly just a listing of results, so language is of no real importance there. However, the few statements interspersed, such as that above, may come in English, German, or Danish. Anyway, on with the results. 20 Km, Prague, June 20--1. Evzen Zednik 1:31:33.4 2. Milan Vala 1:32:04.8 3. Alexander Bilek 1:32:18.8 Prague-Podebrady 50 Km, July 14--1. Milan Bartos 4:14:20 2. Domenico Carpentieri, Italy 4:14:59 3. Yuriy Andrushenko, USSR 4:17:09.6 4. Vladimir Chomenko, USSR 4:23:17.2 5. Paola Grecucci, Ita 4:23:27.8 6. Leonida Caraiosifogly, Rum. 4:25:07.4 7. Frantisek Biro 4:25:26.4 8. Nicolae Maxim, Rum. 4:26:31.6 9. Jan Dzurinak 4:26:52 10. Janko Kamenov, Bul. 4:27:34.4 11. Klement Patschev, B,1. 4:27:34.4 12. Pavel Sedlak 4:28:23 13. Jaroslav Ptak 4:32:56.6 14. Josef Szabo 4:38:57 6 Malaysian 10 Km, Aug. 7--1. Khoo Chong Beng 49:35.4 (National record) 2. K. Thirumal 50:49.6 3. M.V.Ragavan 50:52.6 Malaysian 20 Km, Aug. 9--1. Khoo Chong Beng 1:44:00.6 2. Chandran 1:46:02 3. Ragavan 1:47:34.6 Malaysian Women's 5 Km, Aug. 8--1. S. Kalaimany 29:08.8 10 Km, Malaysia, June 30--1. Khoo Chong Beng 52:17.8 2. K. Thirumal 52:35.4 3. Michael Nathan 52:24 20 Km, Malaysia, June 30 (the 10 was July 7. These were Selangor State Championships)--1. Beng 1:44:24.2 2. Thirumal 1:47:38.2 3. P. Ramu 1:48:06.4

NATIONAL MASTER'S NEWS

National 15 Km Championship, Northglenn, COLO., Aug. 4--1. Chris Amoroso (40) 83:42.2 2. Bob Carlson (49) 1:31:14 3. George Lundmark 1:31:17.7 (George is 53) National Postal 20 Km--1. Chris Amoroso (40) 1:46:51.2 2. D'n Johnson (57), Shore AC 1:53:57.6 3. Leonard Busen (44) 1:58:01, Columbus TC 4. Justin Gershuny (47), un. 1:58:08 5. Larry Boyes, Jr. (42), Twin Cities 1:58:36 6. Tony Medeiros (60plus), N'rth Medford 2:00:12 7. Dave Leuthold (41), Columbia TC 2:02:32 8. George Lundmark (52), Colorado TC 2:04:49 9. Bob Young (54), un. 2:05:39 10. Rob Spier (52), Columbia TC 2:06:25 11. Jim Fields (42), Beverly Hills 2:08:55 12. Larry O'Neil (67), Montana 2:12:35 13. Phil Mooers (57), West Valley TC 2:13:38 14. Don Jacobs (55), Portland 2:19:16 15. Albert Van Dyke (48) Columbia TC 2:21:32. In the overall point standings to date, Amoroso is out front with 48 followed by Busen 34, Johnson 29, Leuthold 28, Boies and Gershuny 24, Medeiros 20, Lundmark 18. Amoroso, of course, leads the 40-49 category, Johnson leads in 50-59, and Medeiros leads O'Neil by one point in the over 60 category. Remaining events for 1974 are: September--100 mile, October--30 Km, November--50 Km

The Ohio Racewalker is cheerfully delivered to you each month by your smiling US Postal Service employee (not a fair statement since many of you live in exotic, far-off lands, even including Canada) from its point of origin on the second story of a handsome frame house on a slight hill at 3184 Summit Street, Columbus, Ohio 43202. It all comes from the nimble fingers of Jack Mortland, race walker, lover, and gentleman of Leisure, who resides at said address. Subscription is still holding steady at \$3.00 per annum, an amazing value in these troubled times. Please note that the last issue was not Vol. X, No. 10; rather it was No. 5. G'dt carried away with the 10s I guess. You will notice even more than the usual typing errors this month. Am doing this on an electric portable, which I may purchase from the lady next door following this try-out, and besides a few things being in the wrong places, my fat, awkward fingers tend to send unwanted keys flying.

RACE SCHEDULE

First, please note that the 100 Mile in Columbia has been changed from Oct. 5 to September 28. This was caused by some conflicts in scheduling the track.

Sun. Sep. 8--Conn. AAU 1 Hour, Fairfield, 10 a.m. (N)
(I have a lot of trouble releasing the shift key in time, too)

Sat. Sep. 14--5 Mile, Columbia, Mo., 9 a.m. (E)
Iowa AAU 30 Km, Newton, 12:30 (A), also Veterans 20 Km, and Women's 15 km
Coloradi Track Club 24 Hour Relay, Boulder (H)

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. Sep. 28--National 100 Mile (track), Columbia, Mo., 1 p.m. (D)

Sun. Sep. 29--Met. AAU 20 K (track), Pine Plains, N.Y., 10:30 a.m. (F)

Sun. Oct. 13--Iowa AAU 40 KM, Indianola, 7:30 a.m. (A)

Sat. Oct. 19--NNAU WOMEN'S 10 KM (TRACK), COLUMBIA, MO. 10 a.m. (D)
NAAU SR. 30 KM, COLUMBIA, MO. 12:30 (D)

Sun. Oct. 20--Conn AAU and open 15 Km (track), Fairfield, Conn. 10 a.m. (N)

Sat. Nov. 2--15 K, Toronto, Can., 9:30 a.m. (E)
NATIONAL AAU "B" 100 KM and Open 50 Mile, Northglenn, Col. (H)

Contacts:

A--Dave Eidahl, Box 72, Richland, Wa. 52585
D--Jce Duncan, 4004 Defoe, Columbia, Mo. 65201
E--Doug Walker, 29 Alhambra Ave., Toronto 3, Ontario, Canada
F--John Knifton, Mennella Rd., Poughquag, N.Y. 12570
H--Floyd Godwin, 935 Ash St., Broomfield, Colo. 80020
N--Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497
T--Fred Brown Sr., 157 Walsh St., Medford, Mass. 02155

BRODOCK SETS WORLD RECORD, U.S. FINISHES SECOND

Sue Brodock walked away from the field and set a world's record in the process in winning the Women's International 5 Km in Sweden in late August. Not only did Sue win, but the U.S., despite one disqualification, finished a close second to ever-strong Sweden in the team race.

Sue led from the start and pulled steadily away in soundly beating the former world record holder, Margareta Simu, of Sweden. Sue's 24:16.2 was three seconds under the record Simu had set only a few days earlier. But on this day, Simu could manage only 24:54.8 for a distant second. Prior to this year, the record of 24:27.6 dated all the way back to 1951 and was held by Ingrid Johansson of Sweden.

Sue, and the whole U.S. team took off at the gun, having heard that with about 40 walkers on the track, things could get rather rough in the pack. So, after the first lap it was the U.S. 1-2-3-4-5. Sue stayed right there the whole way and the others all held up well, although not quite as well as the Swedes. Chris Sakelarios finished 8th in 26:01.6, Linda Brodock 9th in 26:03.6, and Joanne Shima 13th in 27:02.8. Ester Marquez, who was walking as our second girl, had the misfortune to be disqualified. For now we have only the first five finishers and the team scores. Next month we will have the full results, along with further detail, and details of the entire tour. The results follow:

1. Sue Brodock, USA 24:16.2 2. Margareta Simu 24:54.8 3. Marian Fawkes, Eng. 24:59.2 3. Britt Holmquist, Swed. 25:10.2 5. Siv Gustavsson, Swed 25:18.8

Team Scores: 1. Sweden--85 2. USA--74 3. West Germany--46 4. Norway--43 (defending Champion) 5. Denmark--34 6. Finland--22 England and Switzerland had only two competitors each.

The above report came from Bruce MacDonald. He also told me during the phone conversation that the US-Canada dual meet is now scheduled for Oct. 5 and 6 in Montreal, with the 20 on Saturday and 50 on Sunday. Also scheduled are a women's 5 km and Junior 10 Km (ages 16-18) on Saturday. There will not be official National teams for these latter two races but rather, any eligible athletes from either country can enter on their own. Room and board will be available at \$14.00 per day and you will of course have to pay your own travel. Further details on these races can be obtained from Nick Marbone, 5205 Roberts Blvd., St. Leonard, Montreal 454, Quebec, Canada (Ph. 1-514-321-1012) or from Bruce at 39 Fairview Ave., Port Washington, N.Y. 11050. Bruce also reports that next year's Lugano Cup will apparently be in the Soviet Union, presumably some time in October.

FROM HEEL TO TOE

Alan Wood, 420 Lincoln Ave., Pompton Lakes, N.J. 07442 is starting a newsletter for master walkers called, surprisingly, The Master Walker. His initial one-pager went to 25 recipients but he may add you to his list if you ask nicely. He hopes to keep it free by sneaking copies at the office, but I should think postage would become a problem if he gets too much interest. Anyway, as he states, "What I hope to contribute as a quasi student of walking-fitness-nutrition is a selection of little-known facts and opinions. Race results will be at a minimum." Coming in a future issue is his formula to determine what your best relative time/distance and then wait your potential best time is at all other distances. Its possible that the ORW will be stealing material from him in the future, providing he doesn't object, of course....Regarding the results of Galen Mohundro's shoe survey given in last month's issue, he had received two additional replies, which he had neglected to send me. These were from Pete VanArsdale and Roger Barr. Since both listed the Adidas Italia among their preferences, he now adds it to the list of most popular shoes among US walkers. (I would hope so, since the editor of the prestigious Ohio Racewalker gave them such a strong endorsement last month.) From my own viewpoint, the jury is now in on the wear factor of Hush Puppies and it is lousy. Which is unfortunate, because I still like them. But the heels seem to go very quickly and I'm not quite sure how they can be repaired, at least without changing the qualities of the shoe. So I went out to buy some new shoes. Italis are now up to \$25.95 locally and fortunately they were out of 7 1/2s (yes, I have dainty little feet) or I would probably have paid this ridiculous price. So I looked around at what else was on the market and instead of getting a pair of my trusty cheap Viennas (not so terribly cheap now at \$16.95) I decided to try an interesting looking pair dubbed Munchen 72. Have worn them only twice, and like every pair of adidas I have ever owned with the exception of the last two pairs of Viennas, they require slicing the heels to relieve pressure. Nasty blisters across the achilles, otherwise. Beyond that they may not be too bad, but they went for \$23.75. I may learn to walk barefoot....Before leaving shoes, Bob Henderson reports that the EB, worn by Bernd Kannenberg, may soon be available on the US market on a larger scale. ...Bob also reports that in that German 20 Km, in which he

was fifth (see Results section), they announced before the race that after 1 hour 50 minutes no walker would be allowed to enter the Stadium. Imagine how popular that would be here....Elliott Denman comments on the question of Class B Nationals: "I disagree with anyone who says there is no interest in them. They can indeed be viable and successful events, as per our recent 1 Hour walk. However, for the longer road races, I think it would indeed be a good policy to combine Class B Nationals with Senior Nationals, as we did in the 40 Km. Maybe we can also include masters divisions in these. Why not?"....Elliott also sent along an article from the Shrewsbury, N.J. Daily Register by Dr. George Sheehan, a runner himself, entitled "The Perfect Sport For Your 'G.I.' Feet", G.I. being god issued and the sport being race walking. A very well done piece, which says among other things, "A sure way to physical fitness, for instance. Work done by Dr. Michael Pollack at Wake Forest University has shown that it makes little difference on the cardiovascular fitness meter as to whether you run or walk. It is a matter, says Dr. Pollack, of intensity, frequency, and duration. Thus, an hour race-walking done at the intensity equal to running has the same effect on fitness." Dr. Sheehan also dwells on the fact that race walking is virtually injury free, which is probably open to question. However, as compared to running, it may be a reasonable statement. Along this line he notes that sciatica is almost unheard of in race walking and that many runners who have taken up the sport in the throes of sciatica have had rapid cures. On this one he obviously has not talked to your editor who has had sciatic troubles for most of his career, although not nearly to the extent of many runners. And it may well be that had I been trying to run at the same level all this time, I would have been out long ago....Race walking seems to be getting a good deal of publicity these days and the Sheehan article is not an isolated case. Jack Bitano has sent along a column from the The Advocate, which must be somewhere in Connecticut, which gives a good description of the sport and its trials and tribulations. However, it seems to leave a false impression that it is quite simple for most anyone to move in quickly and start grabbing off laurels, which aint necessarily so....The Colgate Scene at Colgate University had an excellent article on Mary Beth Hayford, who is now a student there and Cathy Breitenbacher, Jim's sister, did an excellent piece on Augie Hirt for the Keokuk Daily Gate City. It's good to see such recognition coming to the sport throughout the country....The 15 Km scheduled for Oct. 20 at Fairfield University in Connecticut has been cancelled....Bill Clark, who was originally responsible for getting the fine program in Columbia, Mo. started and who spends his summers scouting for the Cincinnati Reds, reports that he is now lifting chairman in the MVAU and has become a track nut. He says, "Finished third in a master decathlon last weekend--failing to score in the pole vault (ever see a gorilla vault with a banana stalk?) and the mile. At 7:03 not many people do score. That's so slow my wife has to allow me to catch her."....Norm Cnater has sent me, on loan, a couple of interesting and entertaining old books on race walking. One, Race Walking A Primer of the Sport by Hugh W. Innes, was published in London in 1910. The other, Walking For Road and Track by George Cummings is not dated but is from the same era and also British. Cummings was a professional walker of some repute who started at a rather late age and his book is largely his own opinions on training and racing, including quite a bit on self massage. He starts with a long dissertation on the definition of walking. Innes, on the other hand, appears to be more of an observer of the sport and discusses some of the personalities and races of the late nineteenth and early twentieth centuries, not hedging on his dislike of the styles of some. One of the choice parts from his section on Training and Tactics goes: "I should like to see a man do easy work on the track day after day; but

it is the fashion nowadays not to visit the track every day of the week. Well, there is no absolute need. Go two or three times and be sure to make yourself perspire freely. On intermediate days warm yourself up with a smart spin in your clothes. Not smart enough to make your skin moist; otherwise, unless you make special arrangements you will soon become a burden to yourself and others. When I had more leisure I never found the least difficulty in combining some such spin with an evening's amusement. I left business, had tea, went home and put on old clothes, then strode out for a smart five or six miles, usually from the Marble Arch, along the Harrow Road, out and back, with a break at the turning point for a 'half of ale'. Then followed the last meal of the day, about 7:30 and then the evening's engagement, opera or melodrama, or whatever it might be. Finally a quick walk home, beer, and bed. Possible men with better resources could improve on my little programme. It suited me admirably well, as the watch and the weighing machine showed week by week." There are many such charming, witty passages throughout the book, written with that tremendous British knack for understatement and I will try to run other excerpts from time to time in the future. I have not yet made any attempt to run down personal copies of these rare books, but I would imagine they are rather difficult to come by. Perhaps some of our British friends can lead us to a hidden cache of copies....Race Walking World Statistics 1973 is now available from Palle Lassen, Bulowvej 46, DK-1870 Copenhagen V, Denmark for 3.50 German Marks, postage included. Back copies to 1962, their first year of publication, are also available. The book includes world records and lists of the top performances in the World for 1973 for all standard distances, both men and women, as well as the top ten of all time for each distance. Well worthwhile the investment for the statistical nut.

YOUNG IS BACK INDEED

Seattle, September 1 (via phone conversation with Dean Ingram and Bob Bowman)--Larry Young, looking as smooth as ever, pulled easily away from John Knifton in the final 20 Km today to win the NAAU Senior 50 Km Walk today. Although his 4:25:51 is not overly impressive by Young standards it indicates that he is well on his way back and should be ready to challenge the best in next year's Lugano Cup and the '76 Olympics, if such an event should come to pass. The weather was rather muggy, which probably slowed times somewhat, but according to Bowman, would have been considered quite comfortable by East Coast standards for this time of year. We will have full details in next month's issue. For now, the top 10:

1. Larry Young 4:25:51
2. John Knifton 4:30:51
3. Augie Hirt 4:42:01
4. Ron Kulik 4:48:16
5. Tom Knatt 4:50:21
6. Bob Bowman 4:54:20
7. Bob Rosencrantz 4:58:37
8. Dan O'Connor 4:59:53
9. Roger Duran 5:12:52
10. Chris Amoroso 5:13:27--20 Starters, Bill Ranney among those who did not finish. Teams: 1. NYAC--14 (O'Connor now walking for them) 2. Columbia TC--15.

LOOKING BACK

5 Years Ago (From the AUG. 1969 ORW)--Big Bad Beardo says the headline and the article goes on to describe bearded giant, also known at various times as the cigar-smoking fat man and the great Red Duck, striding out of the Northland to capture the Annual 6 Mile 536 Yard Handicap in Worthington. Starting 1 minute ahead of handicapper Jack Mortland, this bearded wonder, name of Jack Blackburn, finished 2 minutes and 3 seconds in front in 50:25. Mortland's actual time was 51:28 but Paul Reback with a 52:10 and starting 30 seconds ahead of Blackburn, captured second. The handicapper had obviously favored the speedier walkers as the three fast

occupied the first three places in the 8 man field....Meanwhile, in more mundane matters, we had a couple of walkers name of Laird and Dooley in Europe. In the German match, Laird walked an excellent 44:07.4, after going through miles of 6:43, 13:38, 20:50, 27:58, and 35:05. Tom Dooley was in a close race for second won by Bernhard Nermerich in 44:43.2 to Tom's 44:55 and Julius Muller's flying 44:59.2. In England, Laird walked a 44:56 6 miler and two days later won the match with England over 20 km with a 1:30:26. Dooley was fourth in the match with 1:34:41 behind Peter Fullager and Bill Sutherland, but Shaun Lightman and Goetz Klopfer 1:33:16) walking as guests actually finished second and third....Shaul Ladany won both the 10 (48:59.2) and 3 km (13:35.4) races in the Maccabiah Games.

INSTRUCTING THE BEGINNER

Ever been asked by a beginner how to walk? If you have been race walking long, you no doubt have. It is naturally assumed that one who can do it can teach it--a premise that aint necessarily so. I, for one, am lousy at imparting the basics of a skill to others. Especially a skill as apparently unnatural as race walking.

But is it unnatural? Certainly it appears to be. But I have found a system, if it can be called that, that seems to refute this premise and that requires you to impart no knowledge at all in getting one into an acceptable style.

In most cases, it seems to me, it is next to useless to start with a detailed description of the mechanics involved in race walking--hip rotation, pulling with the supporting leg, knee lock, etc. Race walking is a skill that one must feel and such a discussion initially is probably not going to help at all. Later in refining style--yes. At this stage--no. I have seen individuals who have been told all there is to know about rules and mechanics, but with no feel as to how to apply this knowledge, merely fighting themselves--stiff, mechanical, hips rotating in opposition to leg movement--everything wrong. Where do you start in trying to straighten out a completely misdirected effort? Now there are a few fortunate individuals to whom the race walker's gait seems quite natural. They can see a walking race and quickly imitate what they have seen (good, legal style, we hope). But these types won't be asking you how to walk. They might ask how they are doing and, after telling them "great", you may be able to do some refining to help them. But they are basically race walking by imitation. Bearing this in mind, you might ask anyone who approaches for help to watch you and to imitate what they see. If you have one of these individuals to whom it comes naturally, the problem is solved. Chances are you won't, however. To most people, it is not this easy. How can we get those who cannot imitate naturally to "feel" race walking? Because, until they do feel it, it is very difficult to do much with them. At least that has been my experience. Thus we come to Mort's great system.

Have you ever been in a position to observe people in a hurry who are under some constraint not to run? While working as an industrial engineer at a local factory, I would often observe employees leaving for home after the first shift. For reasons of safety, there was a strict rule against running in the plant. There was also a compulsion among employees to be the first to the parking lot for a quick get away. As a

result, those in the biggest hurry, or with the most determination, race walked right out of the place. Understand, they didn't have the slightest idea that they were race walking, or that there even was such a thing. But they knew that they couldn't run and when you try to make time without running, you race walk. Even if you have never heard of the sport. We have difficulty putting it on paper (witness the first chapters of both of the books I mentioned earlier), but apparently, we have an innate knowledge of what defines walking from running. Which would seem to indicate that the rules of race walking are really quite natural and not something hatched out of a bad dream.

Since first witnessing this unknowing race walking, I have observed the same behavior in other places. Most recently, at the local swimming pool a few weeks ago. Running on the deck is strictly verboten. So what do I see but a young lad of 10 or 11 striding out in perfect race walking style in order to make quick time to some unknown destination. The sad part of this story is that the lifeguard whistled him down for running. I was sorely tempted to argue on the boy's behalf. No one can judge from 10 feet in the air. But I let it pass. In any case it brought back to me again that race walking is a natural extension of our normal walking and should be so taught.

After first observing this those many years ago, I tried to incorporate it the next time someone asked me how to walk, and have used it since. I tell a beginner to start out at a natural pace and gait and to then keep trying to increase speed. They must make no conscious effort to adjust style as they go faster, letting nature take its course. They concentrate solely on the fact that they must walk, not run, but must do it in a hurry. (Maybe if I could provide a bus to catch, it would help.) If they can do this, they should naturally drift into a decent, legal race walking style. Certainly in most cases, further work will be needed to correct some faults and to loosen and adjust the style to further increase speed. But basically, they should quickly be race walking, if a bit awkwardly. Too often when worrying about mechanics they wind up doing anything but race walking.

I have had some success employing this concept in trying to teach people to walk, although it doesn't seem to work as well in practice as in theory. I think the biggest problem is that people come with their minds already somewhat clouded by what they have seen, or heard, about rules and mechanics. Therefore, although I stress the importance of concentrating only on increasing speed without running and not worrying about how they are doing it, there is a strong tendency to be trying to apply what knowledge they already have. This interferes with the natural, smooth progression into race walking. They wind up fighting themselves while worrying about what they are doing, and I don't think race walking is something that can be forced. The "feel" must come naturally. So says Mortland, anyway. Unfortunately, not being a hypnotist, I have not solved this problem of freeing the mind. Actually, I must admit, I have probably helped with the mind-clouding bit by imparting mechanical details myself before hitting them with the Mortland method. I never really thought of this aspect before I started writing this.

However good the method, or the coach/teacher, you must remember that just as there are some individuals to whom race walking comes quite naturally, so there are those who will never really learn to walk. We

had a fellow, John Berry, walking with us several years ago. He was very long legged and very strong and turned in some very respectable times at both 20 and 50 over a 3 or 4 year period. But he never really race walked during that time. He was legal but just had an ultra-fast stroll with his long legs. His hips never really came into the action at all. Whether this was because of his skeletal and muscular structure, or because he was never able to get the proper feel, I don't know, but from a selfish standpoint, J.B. and I were happy he never did learn to race walk. He would have been very tough to handle. We have had, and I have seen many others in the same category, but none who could go as quickly as John. Most get discouraged and don't last long in the sport. I doubt that any amount of coaching or work will loosen these people to a true race walking style. Which is not say these people cannot enjoy the sport, derive its benefits, and achieve some success, as did John.

Conversely, there are those, and we have had them in the OTC too, who have picture book style. Perfect examples for your next race walking instructional film. But for some reason, they never seem able to apply this picture-book style to maintaining real race walking speed over any appreciable distance. Perhaps because the style is so easy, fluid, and natural, they can never get the idea of really going into oneself to push to the limit. Or perhaps, as Doc Blackburn suggests, they merely are not obsessed like the rest of us. A bit of mystery, but, I guess, completely off the point of this article.

In summary, getting beginners off to a proper start is most important and beginners really have no place to turn other than walkers they see. Race walking coaches do not lurk behind every tree. Race walking, at least for me, is a very difficult skill to teach if one approaches it from a purely mechanical viewpoint. Thus, I have derived the "Mortland" method, which is hardly a method at all. However, you might try it the next time you are approached by a beginner. It is at least a point of departure and is practically guaranteed not to teach bad habits that must then be unlearned.

EDITOR CAPTURES HANDICAP OVER HUGE FIELD

Worthington, Sep. 2--Seven worthy contestants faced starter and timer, Jack Blackburn, who had pulled a muscle running one of his silly half miles just the day before, for the Ninth or Tenth or Whatever 6 Mile 536 Yard Handicap held over the difficult 1 mile 1014 yard road course at Worthington H.S. Off at the gun were Dale Arnold and Mary Hovey. Dale was in his first race in well over a year, following a crash program of three workouts in the last week and practically none for a long time before that. Mary was even worse off, not having raced for about 2 years. She was home in Dayton from Seattle and came over with Carol Mohanco as she starts back into the sport. Please encourage her Seattleites. Two minutes after the gun, Doc Blackburn and newcomer Tim Smith took off. Tim came with Kevin Butler and looked rather formidable so we figured we had better not start him with the scratch people. In another 2 minutes, Carol Mohanco took off. Carol has been concentrating on running during the summer, having run a 15 miler in Charlestown just 2 days before, and was just starting back to try and get ready for the Women's 10 Km. Two minutes after her came twice National Junior Olympic champion, Kevin Butler (he won again this year in 8:13). And then, after another 8 minutes had elapsed, 14 minutes after the gun, the old Mort took to the road. As it turned out, the handicap would have been much better for three, rather than four, laps, as the field was bunching up at that point and spreading again after. At 2 laps, Kevin

looked like a good bet for the win as he was almost on top of Mary for second and closing fast on Dale and still had 4:20 of his 8 minutes on Mortland. However, he slowed appreciably the last two laps and never did catch Dale. Meanwhile, Mortland caught most of the field at the start of the final lap, Kevin about a quarter mile later and Arnold with a half lap to go as he breezed to victory. With laps of 13:01, 13:04, 13:03, and 12:51.5, his 51:59.5 was not overly impressive (about 49:30 for 6 miles). Kevin did very well for his age, going under 10 minutes miles on the challenging course, when one figures he is really trained for a mile. Dale was only 3½ minutes off what he did here 5 years ago when he was competing much more regularly so he is not too far off despite his long layoff. Carol walked very well and with some concentrated walking the next 7 weeks should be ready to go under 60 by 10 Km time. She and Doc had a good race as she caught him before 2 laps and had 19 seconds at that point. He closed this to 7 seconds at 3 laps and 6 at the finish as both accelerated on their last lap. Carol did 15:39, 16:16, 17:05, and 16:17. Doc had 17:16, 16:58, 16:53, and 16:16. The results: (actual time in parentheses) 1. Jack Mortland 65:59.5 (51:59.5) 2. Dale Arnold 67:43 (67:43) 3. Kevin Butler 68:12.5 (62:12.5) 4. Carol Mohanco 69:17 (65:17) 5. Doc Blackburn 69:23 (67:23) 6. Tim Smith (time uncertain as he fell on the third lap got confused and cut the course some way) 7. Mary Hovey 73:04 (73:04)
