

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



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JANUARY 1975

FROM HEEL TO TOE

Since there are no really startling results to report this month, why not start off the New Year with this and that, bits and pieces, etc., etc. from the RW world....First, our new National Chairman Jack Boitano, indicates that he is going to be a communicator, which we consider important, with an informative newsletter sent out to the National Committee on January 9. First he has the minutes of last fall's National Committee meeting, which we ran down a couple of issues ago. This includes the schedule of Nationals for 1975, still pretty much as we carried them. In any case, they will appear on our Schedule of Races each month, and since we cover two months ahead, this should provide ample notice of any changes or additions. There are still a few races to be awarded and a few dates to be announced, but these should be forthcoming ere long. Breaking of schedules, I now have a Master Calendar for the country drawn up for the year and I have received input from a lot of people. But if you haven't sent me a schedule, please do. You might be surprised at who will show up at occasional races, if they know about them, because they happen to be in the area on business or vacation....Jack also reports on an interim Committee meeting held in New York on Dec. 1 in which international competitions for 1975 were discussed. He reports, "The first item was the USSR-American dual meet usually held in July. The 20 Km team selection will probably be based on a 20 Km trial held within a day or two of the National 5 Km in Eugene, Oregon on June 20 or 21. The Pan-Am Games will be held in Mexico City from Oct. 12-26. At this writing, the 50 Km is still out. On Jan. 5, the US Olympic Men's Athletic Committee will meet and (a) establish where and when the Pan-Am Trials will be held (Ed. Now set for Bakersfield in mid-August); and (b) hopefully take steps to reinstate the 50. According to Jim McHugh, Director of Operations at Olympic House: "Olympic House did write to Sao Paulo asking for reconsideration, and perhaps will write to Mexico City authorities and PASO if our Committee so decides." Bruce MacDonald is our representative to this group and will be in attendance at this meeting. The Olympic Committee will probably pay expenses to the top 16 (or so) race walkers to participate in the trials, which will probably be held at altitude. (Ed. If the above information on Bakersfield is correct, it ain't at altitude. However, since the National 20 is in San Francisco on Aug. 24, I should think that could serve as the trial. If not, it will lose a lot of lustre, since, obviously people would point for the trial race a week before.) The Lugano Cup competition will be held in Toulon, France on Oct. 11-12. For this we need four athletes for both the 20 and 50. It is possible that the 20 Km Pan-Am trials could be used as the selection criterion for the Lugano 20, while the Sr. National 50 scheduled for Sept. 7 could be used to select Lugano parti-

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FIRST CLASS MAIL



ipants at that distance. (Ed. As pointed out before, there is a possible conflict between this and the Pan-Am Games, depending on the schedule at Mexico City. It may be we will have to send separate athletes. Particularly if they are successful in reinstating the 50. It probably not be advisable to walk against the best in Europe and then within a week, or even two, try and go again in Mexico City's altitude.) The next item was the dual meet between Canada and the USA, usually held in the Fall. Since it is our turn to host the event, Nov. 9 was the first date suggested, with Nov. 2 as an alternate. There is also the possibility that Mexico will join us making it a triangular affair. As of this writing, no site has been selected. Consequently, I (Jack Boitano, see race schedule for his address) would be happy to receive bids from any and all concerned who would be willing to host about 60 athletes, officials, and chaperons, assuming the inclusion of Mexico. A sufficient financial outlay would have to include lodging for two nights, food over 21 days, and awards. Each team would include four competitors for the 20, 50, Women's 5, and non-scoring Junior 10.".... Now, before letting that subject drop, Bob Henderson writes that he has received a letter from Jurgen Kramer, the West German national walking coach, who was trying to contact Jack Boitano and Canadian officials regarding a possible 20 Km between AQ, Canada, Mexico, and the USA in July. He had already written to Mexican coach, Jerry Hausleber, regarding this. A walk is already scheduled for the WQ, Africa, USA track meet in Durham on July 18-19. (Another selection problem not considered above.) Kramer would like to meet in Montreal sometime between July 24 and 27. He will have Karmenberg, Weidner, Schubert, and Frey. Mr. Kramer would like four walkers for each team with three to score. If this should come about, and let us hope it does, I suppose there is a possibility it would replace the Nov. US-Can-Mex meet, which would be unfortunate for 50 km competitors, who are already be cutting out of too much. If all of this comes about, it should provide opportunity for quite a few to get a good taste of International competition. A trial race in late June, two 20's against the best Germans in July, another trial, and/or the National in August, a Lugano Cup and Pan-Am 20 in October, and a race against Canada and Mexico in early November would be a bit much for any one person since there won't be an easy race in the bunch....Sweden has a great young walking prospect in Bengt Simonsen and they have taken steps to insure his development by awarding him a stipend of 1600 krona (about \$200) to assist in his training needs. Stipends of this nature are not unusual in the Scandinavian countries, and are probably akin to athletic scholarships in this country, but whether they are usual for walkers, I do not know. The 16-year-old Simonsen last year set Swedish Junior records 21:37.6 for 5 km and 44:14.4 for 10 km on the track 1:08:39 and 1:36:33 for 15 and 20 on the road, and a Senior record of 3:04:12.8 for 35 km on the track....Wayne Glusker is promoting a great weekend of walking for the Girls and Women in San Jose on March 15-16. The first day (Saturday) will be devoted to a clinic with Tom Dooley, Goetz Klopfer, and judges Martin Rudox, Fred Young, and Art Smith lined up to assist coaches and athletes. Five races are then scheduled for Sunday starting with a 1 Mile for 9 and under at 9 a.m. Next are 2 milers for the 10-11 and 12-13 age groups and then 5 Km races for the 14-17 age group and for women. The final race starts at 1:15. Watches will be awarded to the first three in each group and medallions to fourth through tenth. For further information, write Wayne at 20391 Stevens Creek Blvd., Cupertino, California 95014.....

Martin Rudox's Runners World Booklet ("Race Walking" is now out and Marty has done an excellent job (although I am naturally disappointed not to find my picture anywhere). Martin's description of how to walk and of typical faults and how to correct them is particularly well done and is aided immeasurably by a fine series of pictures of super-stylist, Larry Young. As a matter of fact, the best thing in the book is a later picture taken at a National 5Km, I believe, in which we see several of our top walkers straining at the pace and an utterly relaxed Larry, seemingly strolling along with them. It is sometimes amazing what a still picture can show about style. The main fault I find with Martin's effort is that, due either to space or time constraints, he has had to be much too brief with the section devoted to training. Nonetheless, the book as a whole would be quite helpful to a beginning walker and should be added to the library of all walkers. Available from World Publications, Box 366, Mountain View, CA 94040 for \$1.50....All of you other Masters or Seniors or whatever we are (I say having turned 40 on Jan. 23), if you are not already aware, the World Masters Championship is scheduled for Toronto from Aug. 11 through 17 and will include a 5km and a 25 km walk. To prep for it, drop in at the NA U Masters at White Plains, N.Y. on Aug. 1-2 and walk a 5 and a 20...Larry Larson still has some USA Race Walker patches left but for those of you who missed the earlier plug in the CWB submits the following "ad": USA - RACE WALKER patches. Red lettering with blue border and blue race walker design on white background. Less than 100 left. They have been very popular. Can be worn on warm-up, cap, uniform. 3" tall. Cost is only \$1.50 each with 50¢ of each sale going to the National Race Walking Fund--thus each walker can help to support the travel fund for our international walkers. Send check or money order for proper amount to Larry Larson, Lakeshore Gymnastics A.C., 909 Ostergaard Ave., Racine Wisconsin 53406. Full payment with order, please."....As we suggested earlier, these patches would make nice awards for local races....Tom Knatt writes to report: "I have located a camera which may work for judging purposes. It is the Mitchell Photogrammetry Sequence Camera available from Mitchell Camera, 666 West Harvard St., Glendale, Ca. (213-245-1085). It takes a sequence of 8 polaroid pictures and space (time) between pictures is variable. I don't know the minimum. I haven't located one in this area yet but maybe Bob Bowman, or someone in L.A., can visit then. Its cost is moderateley high, approximately \$400, but apparently it is sufficiently good to be supplanting other cameras costing \$500. If, through my contacts at MIT, I can find one to experiment with, I'll let you know."....Larry Schreiber has sent me an article on the great one, Vladimir Golubnichy, which appeared in the English language sport magazine Sport in the USSR. The only problem with it is that about all you learn from reading it, other than the fact that he has walked about 80,000 km in his 19-year career, is that he is a very nice, wholesome guy. And anyone who has ever come close to him knows that. It does indicate that we can probably look for him in Montreal, which is no great surprise either.

The Ohio Race Walker is a monthly publication of Ohio Race Walking Publications Company Inc., Ltd said empire being headed by Mr. John E. (Jack) Mortland, Esq. Price is still a mere \$3.00 per year as we do our part to fight inflation. If you are suddenly getting a hand-addressed copy, it is only because I have been experiencing no end of problems and frustration with my addressograph plates as the dear little things do not seem to care to print these days. I am thinking of going to labels but, being a reactionary, am very slow to move. Address is 3184 Summit St., Columbus, Ohio 43202

RESULTS AND COMMENTS

5.5 Mile, Lowell, Mass., Jan. 7--1. Chico Scimone 56:55 2. Tony Medeiros 50:02 (Edcp) 3. Fred Brown Sr. 51:03 4. George Lattarulo 47:30 5. Mike Regan 52:38 6. Dennis Slattery 47:30 7. Sig Podlozny 63:40 BEAN 50 Km, Cambridge, Nov. 24--1. Tom Knatt 4:03:35 (Come now! This is either not 50 or a wrong time. Tom and the guys who follow have not suddenly improved that much. No explanation given with the results however.) 2. George Lattarulo 4:14:25 3. Tony Medeiros 4:14:31 4. Paul Schell 4:28:25 5. John Gray 4:52:00 6. Bruce Douglas 5:29:42 7. Fred Brown Sr. 5:36:23 5.5 Mile, Lowell, Jan. 12--1. Dennis Slattery 45:17 2. George Lattarulo 48:43 3. Mike Regan 49:52 4. Sig Podlozny 62:27 5. Fred Brown Sr. 63:35 6. Chico Scimone 63:36 Met. AAU Women's 1 Mile, New York, Jan. 14--1. Debbie Raytor 8:52.4 2. Mary Hart 9:03.6 3. Vicki Omeltchenko 10:43.1 4. Allison Bodian 11:04.2 Met. AAU 2 Mile, same place--1. John Knifton 14:04.2 2. Ron Kulik 14:19.6 3. Ron Daniel 11:21.4 4. Ray Somers 14:2 2.6 5. Jim Murchie 15:32 10 Mile, Long Branch, N.J., Jan. 12--1. John Fredericks 1:22:21 (he wasn't really first twice, I was merely distracted giving Derek some instructions re operation of the train) 2. Bob Palciola 1:22:50 3. Bob Mima 1:24:47 (great for such an old cat) 4. Ray Floriani 1:28:59 5. Roger Harr 1:33:54 6. Bill Hakulich 1:35:44 7. Alan Wood 1:41:53 8. Cliff Mimm 1:41:58 9. Sam DeLosSantos 1:55:51 Additional results, Pittsburgh Track Classic, Jan. 4-5--1 Mile, Boys 9 and under--1. Jay Eheni 12:33 1 Mile, Boys 10-11--1. Clarence Swain 9:50.9 2. George Simmers 11:53 Boys 1 Mile, 12-13--1. Mike Kencheck 8:31.2 2. Ralph Phillips 9:52 3. Ernest Gasson 10:00 1 Mile, Boys 14-15--1. Russ Froats 8:26.1 1 Mile, Girls 9 and under--1. Lynn Rober 11:30.2 2. Ann Roye 11:47 3. Karen Hallett 11:41.7 Girls 1 Mile, 10-11--1. Sharon Seifert 10:16.5 2. Kelly Walker 11:30.5 Girls 1 Mile, 12-13 --1. Athena Konios 9:06.5 2. Judy Seik 10:17.6 3. Rhonda Hartman 10:22 Men's 1500--(first four last month) 4. Ron Salvio, Shore AC 6:48 5. Bill Walker, Lipke TC 6:56 (Who happen to the Motor City Striders) 6. Geoff Rhodes 7:05 7. Alex Turner 7:35 8. Gary Bywaters 7:46 Men's 2 Mile (first four last month)--5. Geoff Rhodes 16:16 6. Hank Klein 16:45 7. Alex Turner 17:05 8. Russ Froats 17:08 9. Gary Bywaters 17:25 10. Roger Froats 18:35 10 Mile Hdcp, Chicago, Dec. 29--1. Richard Krefft 2:02:05 2. Frank Dotseth 1:41:00 3. Steve O'Brien 1:32:45 4. Dan Fitzpatrick 1:29:46 5. Mark Treger 1:41:08 6. Ron Laird 1:16:20 7. Ray O'Brien 2:03:50 8. Fred Kuhn 1:36:58 9. Steve Cotter 2:01:13 Women's 10 Mile--1. Cristy Dotseth 1:57:39 2 Mile, Chicago, Dec. 29--1. Ron Laird 14:35.8 2. Fred Kuhn 17:45 3. John McCormick 1 Mile, Chicago, Dec. 21--1. Bob Henderson 6:57 2. Jim Heiring 7:00 3. Mike DeWitt 7:10 4. Steve O'Brien 7:52 5. Dan Fitzpatrick 7:56.6 1 Mile, Kenosha, Wis., Dec. 6--1. Jim Heiring 7:18 2. Larry Larson 2 Mile, Racine, Wis., Dec. 13--1. Jim Heiring 14:40 2. John VanDenBrandt 15:41.4 2 Mile, Racine, Jan. 11--1. Jim Heiring 14:53.4 2. Fred Kuhn 15:30.4 3. Mike DeWitt 15:31 4. John VanDenBrandt 15:38 5. Dan Fitzpatrick 16:30.8 6. Chris Hansen 16:44.4 7. Larry Larson 17:27.2 10 Mile, Columbia, Mo., Dec. 21--1. Ron Laird 1:15:25 (37:07 at 5) 2. Augie Hirt 1:20:27 (39:45) 3. Al Schrik 1:32:15 5 Mile, Columbia, Jan. 4--1. Augie Hirt 40:15 2. Leonard Busen 46:33 3. Dave Leuthold 53:11 4. Joyce Schulte 62:10 20 Km, Columbia, Jan. 18--1. Augie Hirt 1:43:50 (52:20 at 10) 2. Randy Mimm 1:59:11 (only 65:21 at 10) 3. Leonard Busen 2:04:48 4. Dave Leuthold 2:23:04 5. Rob Spier 2:23:04 4 Mile, Lexington, Ia., Dec. 21--1. Dave Bidahl 32:24 2. Stan Smith 32:45 3. Ed Killin 43:30 Girls 2 Mile, same place--1. Erika Bahlstrom 20:20 2. Lynn Wonderlick 22:12 3. J. J. J.

Dickey 22:54 4. Candy Hoskin 24:15 2 Mile, Des Moines, Jan. 12 (40 F, chill factor -40, ice on course--obviously an ideal day for fast times) 1. Dave Eidahl 22:40 2. Ed Killin 26:45 Girls 1 Mile, same place--1. Erika Bahlstrom 13:54 2. Lynn Wonderlick 14:22 3. Joni Dickey 14:53 Rose Bowl 10 Mile Hdcp, Pasadena, Jan. 19--1. Stan Denton 1:32:43 2. Mark Randle 1:33:52 3. Ron Laird 1:12:26 (Meet record as Ron continues his odyssey of 10 milers across the land. It would appear he may be headed for a big season) 4. Len Birkhead 1:40:13 5. Tracy Teegarden 1:31:45 6. Steve DiBernardo 1:18:52 (a man to watch) 7. Al McWilliams 1:37:10 8. John Kelly 1:23:46 9. April Hickey 1:42:29 10. Bob Hickey 1:26:30 11. Ed Bouldin 1:24:40 12. Eric Jonke 2:17:20 7 Mile, Tigard, Ore., Jan. 11--1. Bob Korn 56:25 2 Mile, Oregon Indoor, Portland, Jan. 25--1. Jim Bean 13:57.53 2. Bob Korn 14:40.92 3. Bob Frank 15:11.43 4. Bob Gray 15:12:53 (Maybe. Gray was told he was D'd, but the fact was never communicated to the scorer's table, so he was listed as fourth) 5. Jeff Reynolds 15:57:97 6. Doug Verneer 16:53.33 7. Mike Sprinker 17:39 DMF Scott Massinger 7:36 at mile. Bean went through the mile in a quick 6:46.7 and was already well clear of Korn's 7:12. 10 Km Hdcp, Seattle, Nov. 17--1. George Edwards 62:28 2. Pete Banko 58:08 (first race) 3. Dick Arkley 58:54 4. Dave Pierce 59:25 5. Dean Ingram 65:13 6. Bob Rosencrantz 53:59 Seattle Marathon, Nov. 30--Rosencrantz walked 4:20:44 and Ingram 5:04:12 5 Km, Green Lake, Wash., Dec. 12--1. Jim Bean 23:31.4 2. Bob Frank 24:20 3. Evan Shull 25:34 4. Dick Arkley 27:13 5. Dean Ingram 29:20 20 Km, Seattle, Dec. 21--1. Jim Bean 1:41:16 2. Bob Rosencrantz 1:45:39 3. Dean Ingram 2:06:52 5 Km, Green Lake, Dec. 28--1. Bob Rosencrantz 26:28 2. Evan Shull 26:45 3. Dick Arkley 27:52 4. Dean Ingram 29:41 3 Km, Montreal, Jan. 11--1. Marcel Jobin 13:51.5 2. Herman Beaulier 14:53 3. Yvon Groulx 20 Km, Toronto, Jan. 1--1. Karl Merschenz 1:38:35.2 (an impressive way to start the New Year) 2. Roman Olszewski 1:44:51 3. Glenn Sweazey 1:47:38 3 Km, Toronto, Jan. 11--1. Roman Olszewski 13:38.6 2. Alex Oakley 14:06 3. Glenn Sweazey 14:28.6 4. Tom O'Shaughnessy 18:02 20 Mile, Gshawa, Ont., Jan. 19--1. Karl Merschenz 2:45:00 2. Alex Oakley 2:47:31 (Alex must already be getting ready for the World Masters, drat his hide) 3. Helmut Boeck 2:57:15 4. Glenn Sweazey 2:57:21 5. Roman Olszewski 2:59:50 OVENGLAS: 3 Km, London, Nov. 20--1. Carl Lawton 13:03.8 2. Ron Laird 13:07.8 3. Graham Morris 13:27.2 Women's 20 Km (track), Vasteras, Swed., Oct. 5--1. Margareta Simu 1:54:36.8 (world's best) 2. Britt Holmqvist 1:57:00.8 15 Km, Boras, Swed., Oct. 13--1. Reina Salonen, Fin. 1:07:55 2. Bengt Simonson, Swed. 1:08:39 3. Daniel Bjorkgren, Swed. 1:09:41 50 Km (track), Gothenburg, Oct. 19--1. Bengt Simonson 4:22:13.4 (Swedish record. I didn't mention this in the earlier reference to Bengt. But for a 16-year-old who has concentrated his training towards 10 Km, it is a very impressive performance indeed. He had 10 km splits of 52:45, 52:29, 52:33, 52:38, 51:48.4--an amazingly evenly paced effort. His purpose, apparently was to assist Daniel Bjorkgren to the record. Bjorkgren was with him at 30 but had dropped 200 meters back by 40 and dropped out as the precocious youngster continued on to the record, which was still held by 1948 Olympic champion, Jonn Ljunggren. Quite a few Swedes have walked faster in the meantime, of course, but not on the track) 20 Km, Laumburg, E.G., Oct. 13--1. Lutz Kirkowski 1:28:26.8 2. Hans-Georg Heimann 1:29:17 3. Roland Wieser 1:30:14.4 35 Km, same place--1. Olaf Pilarski 2:51:56 2. Reinhard Ammon 2:55:54 50 Km, Gdynia, Poland, Oct. 6--1. Boguslaw Kmiecik 4:12:03.6 2. Bohdan

Bulakowski 4:14:39 Belgian 100 Km, Oct.-1. Schoukens 9:46:23 2. Halloy 9:56:12 3. Rinchard 9:59:43 4. Cuckaert 10:06 Swiss 100 Km, Oct.-1. Alfred Badel 10:28:52 2. Valletton 10:28:54 (they didn't spread out too much) Women's International 5 Km Match, Rouen, Fr., Sept. 22: England-37, Sweden--35, France--28, Switz.--11, Spain--10--1. Marion Pawkes, Eng. 25:01 2. Siv Gustavsson, Swed. 25:13 3. Elisabeth Olsson, Swed. 25:19 4. Jacqueline Daniel, Fr. 25:31 5. Pamela Iranson, Eng. 26:02 6. Sylvia Saunders 26:06 7. Jeanine Firoux, Fr. 2:09 8. Ann Jansson, Swed. 26:13 9. Margareta Simu, Swed. 26:43 10. Sally Wish, Eng. 27:09 Italian 50 Km, Brescia, Oct. 20--1. Vittorio Visini 4:06:03.4 2. F. Vecchio 4:07:31.6 3. P. Gregucci 4:14:16.8 4. G. Battistini 4:18:40.4 50 Km, Uzhgorod, USSR, Oct. 30--1. Vladimir Chomenko 4:14:24 2. Leonid Vilgotam 4:18:28 3. Boris Yakovlev 4:18:52....At the 15 km in Sweden reported above in which Reina Sähonen of Finland did 1:07:55, there were a total of 18 races for different ages and sexes with a total of 286 competitors; 14 in the 15 km, 7 in a Junior 10, 13 in a Jr. B 10, 17 in a Jr. C 10, 8 in a Sr. C 10, 7 in a Sr. B (Oldboys) 10, 18 in a "turister" 10 (probably less serious competitors out for a stroll but it was won in 56:00 with 5 under 1 Hour), 23 in a boys 3 Km, 30 in a boys 1 km, 21 in a second boys 1 km, 11 in a women's 5 km, 5 in a jr. women's 5 km, 9 in a women's Jr. B 5 Km, 19 in a women's Jr. C 5 Km, 10 in a Women's "turister" 5 Km, 45 in a girl's 3 Km, 18 in a girl's 1 km, and 11 in a second girl's 1 Km. That is participation.

 LOCKING BACK

5 Years Ago (From the Jan. 1970 Ohio Race Walker)--In Asbury Park, Dave Romansky blasted a 1:12:56.5 for 10 miles a week after a 6:29.8 mile. A week later he improved to 6:28 but got heaved as Ron Kulik won in 6:33. Not discouraged, Dave blistered a 6:12.8 in Pittsburgh and a 6:23 in Philadelphia. Floyd Godwin, only recently converted from running, edged Larry Walker in Los Angeles, as both recored 6:35.9, and then won the Rose Bowl 10 mile the next day in 1:15:34. Chicago's 10 Mile handicap was won by a young U. of Illinois student, walking for only a few weeks, by the name of Bob Henderson in 1:36:30....Locally, we had what we called a 5 km race. Walking somewhere on a snow-covered track in wind-blown 18 degree temperature, we covered 24 laps and figured this included a good bit of extra distance. Doc Blackburn, given 5:10 handicap (we started together and subtracted at the finish) recorded a good 30:24 effort to edge out Mortland's 25:24. Barry Richardson, who had vainly tried to clear the track just beat Doc from scratch to finish third and last in the handicap but proved a real asset as his wife Glenda provided and excellent after. We were a hearty breed in those ancient days.

RACE SCHEDULE

Sat. Feb. 8---10 Km, Azusa-Pacific Col, Cal, 1 p.m.
 10 Km, Columbia, Mo., 9 a.m. (F)
 Sun. Feb. 9---10 Km (Indoors), Champaign, Ill., 12 noon (M)
 20 Km, Long Branch, N.J., 1 p.m. (H)
 6 Mile, Lake Darling, Iowa, 2 p.m. (P)
 Sun. Feb. 16---Conn. AAU 2 Mile, New Haven (B)
 Fri. Feb. 21---1500 meters, U.S. Olympic Invitational, New York
 Sat. Feb. 22---3 Mile (Indoor), OSU Invitational, Columbus, Ohio 1 p.m. (N)
 Ontario 3 Km Champ., Toronto (O)
 2 Mile, Madison, Wis., 11 a.m. (O)
 12 Mile, Columbia, Mo., 9 a.m. (F)

This March 1, day after NAAU.

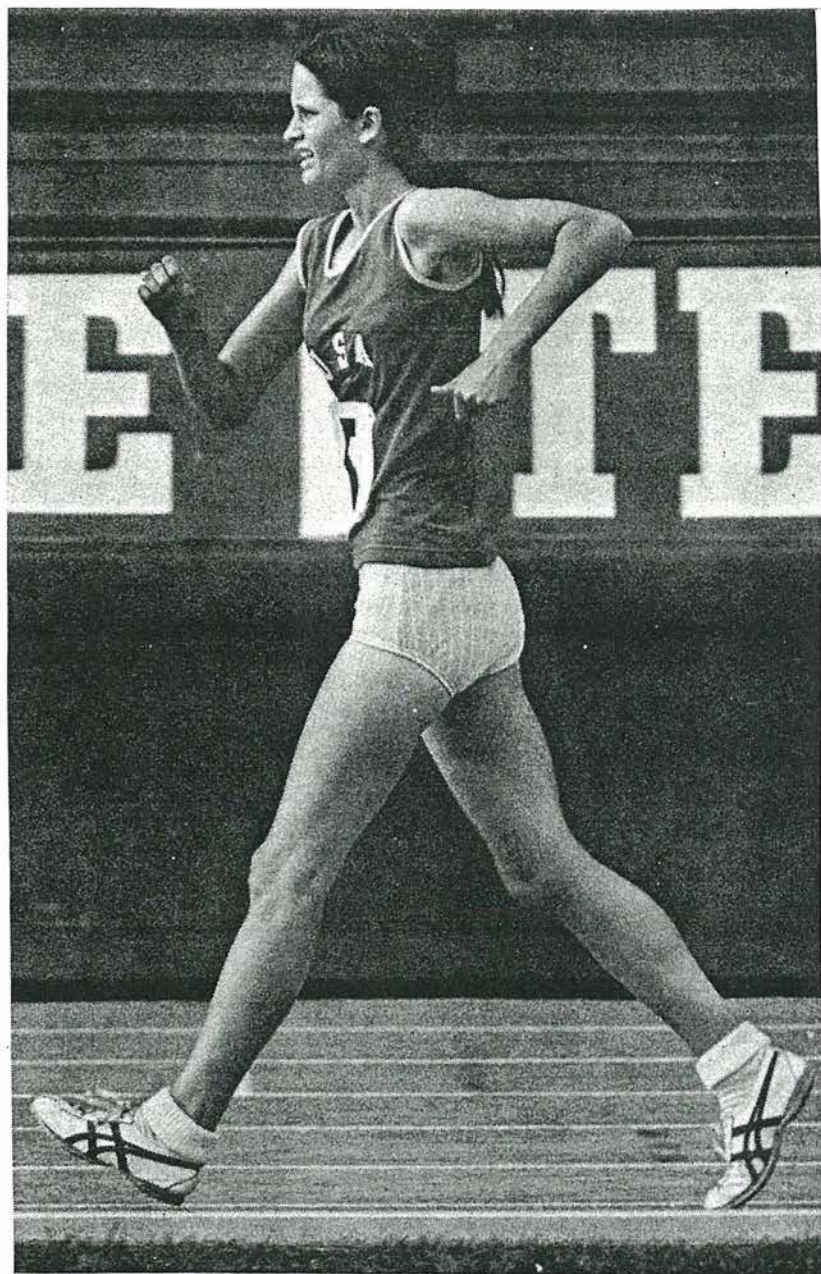
Sun. Feb. 23---WCA 10 Mile Hdcop., Westbury, N.Y., 9 a.m. (R)
 Eastern Masters 1 Mile, East Stroudsburg, Pa. (Contact
 John M. Sanders, 45-2 Revere Rd., Drexel Hill, Pa. 19026)
 Fri., Feb. 28---NAAU Senior 2 Mile and Women's 1 Mile, New Ygrk (A)
 Sun. Mar. 2---NAAU Master's 1 Mile, Hightstown, N.J. (H)
 10 Km (Indoor), Champaign, Ill., 12 noon (M)
 3 Mile, Newton, Iowa, 2 p.m. (P)
 WCA 10 Mile Hdcop., Westbury, N.Y., 9 a.m. (R)
 Sat. Mar. 8---Canadian 3 Km, Chaamp., Edmonton (O)
 Iowa 10 Km Champ., Keokuk, 2 p.m. (P)
 ICAA 1 Mile, Princeton, N.J.
 Sun. Mar. 9---2 Mile, U. of Wisconsin-Stout (Contact: Robert Kanish,
 Track Coach, UW-Stout, Menominee, Wis. 54751)
 Sat. Mar. 15---4 Mile Men, 3 Mile Women, Des Moines, Ia., 10 a.m. (P)
 Sun. Mar. 16---San Jose Invitational Women's and Girl's Walks (L)
 30 Km, Ontario (O)
 20 Km, Long Branch, N.J., 1 p.m. (H)
 5 Km, Kenosha, Wis., 10:30 a.m. (O)
 Sat. Mar. 22---NAAU Senior 25 Km, Green Lake, Wis. (E) (or the next day)
 1 Mile, Milwaukee, Wis., 9 p.m. (O)
 Sun. Mar. 23---N.J. AAU 2 Mile, Princeton, 12 noon (H)
 Sat. Mar. 29---Iowa AAU 50 Km, Des Moines, 9 a.m. (P)
 Conn. AAU Indoor 5 Km, Hartford (B)

CONTACTS:

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 Indianapolis, Ind. 46268
 B---Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497
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 F---Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 H---Elliott Derman, 28 N. Locust, West Long Branch, N.J. 07764
 L---Wayne Glusker, 20391 Stevens Creek Blvd, Cupertino, CA 95014
 M---Bob Henderson, 803 Cedar St., Urbana, Ill. 61801
 N---Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
 O---Doug Walker, 29 Alhambra Ave. Toronto, Ontario, Canada
 P---Dave Eidahl, Box 209, Richland, Ia. 52585
 C---Larry Larson, 909 Ostergaard Ave., Racine, Wis. 53406
 R---Gary Westerfield, 36 Norman Drive, Centereach, N.Y. 11720

 MORTLAND FLASHES TO VICTORY IN MARATHON SPONSORED, FIRST-AND-LAST-ANNUAL,
 MORTLAND-TURNS-MASTER 10 MILER

Worthington, Ohio, Feb. 2---It is seldom that I have any even semi-legitimate reason to put my own monicker in blazing banners so when the opportunity does arise I may as well get two for one. On an excellent day for walking, temperature in the mid 30s, clear skies, little wind, your old editor stormed around the Worthington High School track 40 times in 1:23:12 to capture the "Marathon" trophy in this race honoring my entrance into the ranks of Masters, Seniors, or whatever. Actually, the race was scheduled for a week earlier but inclement weather kept everyone away, including the Burgettstown crowd who were all set to come, so we gave it another try. Bill Emmerton came through with some beautiful awards from the Marathon Oil Company, six walkers showed up, and we wound up with two races, a six and a ten miler. In the 10, the Mort went out in 8:20 and was a bit surprised when that pace held up for the entire distance. Hitting 5 in 41:32 he slowed only slightly on the second 5, but felt that the wall was not far ahead as he finished. Emmerton was the only other 10 miler. Storming through the first three in just over 27:00 he finished his effort in 1:34:38, a faster pace than he maintained for



Sue Brodock, Rialto Roadrunners, winner of the 1974 Women's International 5-Kilometer Championship in Sweden in record time and recipient of the O.R.W.'s Dr. John H. Blackburn Award for the year's outstanding performance. (Photo from Gangsport, Sweden's race walking magazine)



Start of the 1974 U.S.-Canada 20-kilometer race. From left: Marcel Jobin, Roman Olszewski, Karl Merschenz, Gary Westerfield, Bob Henderson, Ron Daniel, John Knifton, and Frank Johnson.



After 300 meters eventual winner Henderson has already established himself at the front. (Photos courtesy of Bob Rosencrantz)

6 a couple of months ago as his condition improves in anticipation of some ultra-distance efforts later this year. At 6 miles, Dale Arnold, still way short on training, established an early lead and then just hung on to beat Doc Blackburn 63:25 to 63:41. Bob Smith walked with Doc for about 3½ miles, then opened a 20 or 30 yard lead but faded the last mile to finish in 64:41. He too is a bit short on training. Meanwhile, Dr. George Knox, at somewhere around Doc Blackburn's age, which is somewhere around 63, tried his first walk at over a half-mile and did 6 in 71:37. He went on for 8½ in about 98:00 before stopping. George had tried a couple of half-miles in some all-comers track meets last summer and is interested in giving the sport a more serious try. Next race in these parts, scheduled in a post-race get together, is in Dayton on Feb. 16, probably at 6 miles. Contact me if you want more detail.

Before turning to some plagiarism again to fill this out, I would like to lay out a couple of problems in our sport that I guess would be recorded in the realm of growth pains. These were brought out in a letter I received a couple of months ago from a high school walker, who needn't be named here, but will recognize himself if for no other reason than that I have probably added to his dejection by being so tardy in replying to his request for help. For that I apologize, and I do mean to reply. That aside, let us turn to the issue.

We have all been encouraged by the recent rapid growth of walking in age group meets, on the high-school level in some areas, and in some of the colleges. These are the areas in which we must develop strong programs if the sport is to really grow. However, two problems quickly arise, closely related, and both brought out in the letter I mention. This boy, a very fine prospect, could be driven from the sport. First, is the lack of qualified judges. It is very discouraging for a boy to train hard, perfect a good legal style, and then lose races because no one is there who is qualified to judge. And the more the sport grows on the high school level the greater this problem will become.

And, just as there are too few judges to go around, there are equally few available to give knowledgeable advice on style, training, and tactics. Most programs on the high school and age-group level begin because there is a well-qualified and very interested walker around who gets them started. But as the program grows, this single individual is unable to respond to all who may need his help and people may be lost to the program as quickly as they are found because they cannot find anyone to go to with their problems.

At this point, I am certainly not offering any solutions. I am merely pointing out that these are problems that must be addressed immediately if we are going to continue to push for expanded walking programs. We would all like to see walking as a part of a program in all high school and college conferences throughout the country. But, supposing tomorrow that were reality. The result might well be chaotic. Obviously, this is not going to happen tomorrow but judging from the situation this one boy has encountered, and he does not sound like any sort of malcontent or troublemaker, growth is already occurring faster than our present system can respond to. Think about it.

The following article first appeared in the Nov. 1962 issue of Chris McCarthy's *Race Walker*. I think it will appeal to the majority of CRW readers, who do not plan to win the Olympics. Chris had some very good insights into training. At a future date we will try to run his article on 50 Km training, geared to a more serious walker.

RACE WALKING FOR THE AMATEUR

by Chris McCarthy

There is now plenty of published material available on the sport of Race Walking. Harold Whitlock's *Race Walking*¹ serves as an excellent and authoritative introduction to the sport. Frank McGuire's *Training for Race Walking*² serves as a fine companion piece for the Whitlock book, in that it provides information on training, taken from the experience of the world's top pedestrians. Together these works provide the English reading public with just about all that can be derived from books--the rest depends on experience.

But what about the amateur walker? The guy who has never quit a job, broke off with his fiancée, deserted his family, gone AWOL from the service or resorted to the other devices more and more found to be necessary for success in "big time amateur athletics"--a contradictory phrase if one ever existed.

How about the guy for whom walking is merely an activity that is pursued primarily to stay in physical shape as Father Time closes in with all of his familiar symptoms: obesity, short-windedness, loss of strength, etc. The guy for whom walking is an escape from the "rat race" of business or occupational competition, or a chance to get a bit of fresh air away from a house full of screaming kids and a nagging wife. The man who doesn't have either the desire or the intention of exchanging one dull, demanding existence for another. The man who doesn't want to develop ulcers, other nervous symptoms, from his hobby. In short, the amateur walker, in the original sense of the word--before the amateur athletic game was taken over and dominated

by outside forces, such as the mass media, rabid nationalism manifest at International Meets, and other sources.

The question dealt with here is that of the proper--or at least an adequate--regimen for the guy who has no illusions about his ability and/or desire to become a National Champion or Olympic participant. The guy who is content to turn in a decent performance, not in the absolute terms of the record book and stop watch, but relative to the amount of effort that he thinks proper to devote to his hobby, given his unique set of circumstances such as his commitment to his family, his career, his future and the future of his children.

For such a person, the person who wants to do decently well without becoming obsessed by the sport, the demands are relatively simple. Our recommendation is to pursue a basic program consisting almost entirely of straight distance. For a road runner we would recommend 10 miles every other day at whatever pace feels comfortable on that particular day. For the walker we would like to recommend an equal distance, but that would more than likely run to one hour, forty minutes--as opposed to one hour, ten minutes for the amateur road runner. Accordingly the amateur walker may have to cover less distance, say 6 miles every

¹Whitlock, Harold H., *Race Walking*, London: AAA, 1957, 62pp, ill. \$1.50 available from the *Race Walker*.

²McGuire, Frank, *Training for Race Walking*, Los Altos: Track & Field News, 1962, 23pp, ill., \$1.00, available from the *Race Walker*.

(Both works are now stocked and mailed out same day order is received.)

other day.

Our suggestion would be to do this distance on the roads, or sidewalks in the parks. We would not suggest that you get out on a track and walk 28 laps or so. That's much too boring for the amateur walker.

Also, don't become a slave to the watch and the measuring tape. In fact, we'd suggest that you never measure your course (or courses). Just set out from your house, or some nearby starting point, (why waste valuable time getting to your training site?), then, the first time out, walk off an hour and 10 minutes worth at a comfortable pace. Then, in subsequent workouts you have something to shoot at. If you are starting out as a walker in your late forties or fifties or sixties with no prior athletic experience and after a sedentary life, then you will find that in a month or so you will be able to go under an hour for the same course without much trouble.

This is the basic diet. For variety you can serve it up in other guises. For instance you can find short stretches on which you might feel like sprinting. This is best done up or down hills, between light poles, along particularly smooth stretches, past the homes of angry dogs, or other notable areas. The amount of sprints you throw in should be determined by how you feel--but remember, you can't throw in too many of them without losing your amateur standing.

The only supplement to this diet that you will really need is some periodic speedwork. You might, if you wish, want to try some interval work on a track. But we would not recommend it. That is boring, tedious work. The discipline you

are seeking is physical, not moral, so we'd suggest something which is at least as difficult, but which is over more quickly. That is a time trial once per week. Of course, if there are races, then you'll get your time trial in the race. But when there are no races, then we'd suggest you take some distance in the vicinity of three or four miles and really gut yourself on it.

We'd suggest that this speedwork be done on a Saturday--during the daylight. You can stride along comfortably by moonlight or streetlight at night, but to race hard when you are not sure of your footing is foolhardy.

When you start your speedwork, don't crash out like you were Ken Matthews, Golubnichy or other stars; instead, try to finish as though you were. Once winded you won't recover; so learn the proper pacing and suffer with good times (you can really gut yourself and get nowhere, if you start too fast.)

If you do a three miler fast on Sat., you should, if you have the time, come back and take a long walk on Sunday. This will be your only long walk of the week, so try & get it in. Try and build up to two or more hours at your regular mid-week pace. As an alternative, try three or more hours of in-form hiking. In-form hiking is hiking while using your hips. We don't think much of walking that is done outside of the race walking form. One thing you are trying to develop is your ability to stay on your legs, turn your hips and straighten your knees for long periods. If you are not doing this, then go home and watch TV; the rest will be better for you than plodding

along without regard for your form.

This, in capsule form is it:

Monday: rest

Tuesday: knock off an enjoyable hr.

Wed. rest

Thursday: Same as Tuesday

Fri: rest

Sat: race or time trial at 3 or 4 mi.

Sun: if no race on Sat. then 2 or more hours of walking depending on pace. If a race on Sat., then still walk on Sunday, depending on the distance of the race. If it was 7 miles or less, then do the same as any other Sunday. If 10 miles or more, use your judgement about how far to go on Sunday.

The distance covered in this scheme is about 25 miles per week (40km) which is a fair amount of work and an amount which befits the dignity of the amateur. If you start doing more you will get good.

In addition to the above, the amateur may have some questions about diet, exercises, style, etc.

Some of these questions deal with means, the others, ends. So we will separate them, and deal with the means first.

How important is race-walking form for the amateur? We'd say that there is only one really fundamental consideration here. You must be legal. Other than this it's up to the amateur. Remember, you're only in this at all for pleasure and physical fitness. If you do the work, plus attend to other things shortly to be considered, then physical fitness will come. That leaves only pleasure to consider. Now some people enjoy pain. So many people enjoy it, in fact, that a name has been given to this type of person. He's called a masochist,

(from the name of Leopold von Sacher-Masoch, 1835-95, Austrian novelist). Now if you find that you enjoy yourself as you struggle along, gasping for air, straining all over, spit running down your face as you knock off those 10.30 miles, then any attention to form will only lessen your enjoyment. But if you're interested in fitness, not self-chastisement, then we'd recommend at least a modest effort at attaining a graceful style. For this we recommend that you consult the published works mentioned earlier, or seeking assistance from a good coach or stylist if any are available.

That then brings us to the ends. As we have said above, the object of all of this, for the amateur, is to enjoy himself and to achieve that elusive something called physical fitness.

Physical fitness is not easily defined, but like many of the undefinables in life, it is easily recognized when seen. For our part, we feel that we would be misleading you if we claimed that race walking will make you physically fit. It won't. At least it won't if you continue to swill down 30 8 oz. glasses of beer each night; or stuff yourself with food, or otherwise carry on like the average man on the street. In fact, it is quite possible that diet alone is all you need attend to in order to be fit. However, diet won't tone the muscles, nor strengthen them. But exercise will. And of all known exercises, none & this we can emphatically state & never fear that we are misleading you, none--no other exercise ever tried will compare with race walking as a basic conditioner. Ugly, silly old race walking. It exists and grows because it's the ideal exercise. And you can eat & drink in moderation--& sleep all you want!

Having discussed what are really the basics of the matter, we might add a few other considerations. Some of the older guys may wonder how feasible it is for them to take up an arduous sport years after the government would no longer want them for military service. We don't believe that age is much of a consideration here, unless you are pushing 70. And even then you might get in a few good years. What really matters is your basic conditioning at the time you start. Accordingly we would always advise a newcomer (regardless of age) to get a medical check-up before making such a radical alteration in his mode of living. If it is determined that you are basically fit enough to stand the strain, then go ahead and try and work up slowly; don't try and become a "star" overnight--because you won't anyway!

If you have never had much experience in competitive sports, you may not be aware of something that the mass media will never tell you. This is that there is something in almost all sports for everybody. You don't have to be a top-drawer walker, potential Olympian, or anything like that. No matter what your pace, you will find somebody to race against. It's the guys up front who get what tiny bit of glory there is in the sport, but you will soon find out that some of the grittiest competitors are back in the middle and end of the pack.

A race is not one race, but several. You will find out soon enough who your rivals are (and in a country the size of the USA you may never meet them but you will know their names and study their times).

(It is for this reason that judges must never let anyone, even at the end of the pack, compete unfairly. One of the worst things we ever

hear is "He's way back there, so what does it matter. It matters plenty to the guys behind him. And even if a sneak-trotter is last, he looks ridiculous, and brings disrepute on the game and on its officials.)

How good can a guy get, training as suggested here? This will depend, of course, on your age, how long you keep at it, and your native ability. But we see no reason why the program suggested here cannot have you down to 10 minute miles for 10 miles in three to six months.

If you wish to give the longer walks a whirl, and once in their life time most amateurs do, then after increasing the distance of your Sunday workouts for a few weeks, we figure you should be in around 5.45 or better for 50km.

As for the mile, and two mile, if you train as suggested, and if there are enough races to get you a little experience at those distances, you should be close to, or under 8.00 for the mile and 16.30 for two miles, depending on your age and ability, as before.

Other tips: For the beginner we would suggest tennis shoes for the first few weeks until they've been around long enough to want to put out the money for a good pair of walking shoes...A sweat suit is more than merely handy in the winter--it's downright vital. ...You should have a bag in which you can keep your stuff. If you drive to work, you might take it with you and train on the way home.

WORLD ALL-TIME WOMEN'S WALK LISTS

3000 METRES (TRACK)			
14:14.8	(1)	Britt Holmqvist (Swe)	Sala 3.8.1974
14:17.4	(1)	Alison Nicholls (Aus)	Hobart 5.3.1973
14:19.4	(1)	Margareta Simu (Swe)	Stockholm 30.7.1974
14:21.6	(1)	Eivor Johansson (Swe)	Ostersund 13.7.1973
14:21.8	(1)	Lilian Harpur (Aus)	Adelaide 3.3.1974
14:25.0	(1)	Elisabeth Olsson (Swe)	Orebro 23.7.1972
14:25.0	(1)	Eivor Johansson	Appelbo 4.8.1973
14:25.2	(2)	Eivor Johansson	Orebro 23.7.1972
14:26.0	(2)	Britt Holmqvist	Stockholm 30.7.1974
14:26.0	(2)	Margareta Simu	Sala 3.8.1974
14:33.6	(1)	MARION FAWKES (UK)	London 20.7.1974
14:34.8	(1)	Sue Brodock (USA)	Sdr.Omme 15.8.1974
14:35.0	(3)	Berit Jonsson (Swe)	Appelbo 4.8.1973
14:39.0	(1)	Siv Gustavsson (Nor)	Ostersund 7.7.1972
14:42.0	(3)	Thorhild Sarpebakken (Nor)	Ostersund 7.7.1972
14:47.0	(2)	PAMELA BRANSON (USA)	Paris 19.9.1974
14:49.0	(2)	Esther Marquez (Swe)	Sdr.Omme 15.8.1974
14:49.6	(1)	Monica Karlsson (Aus)	Stockholm 24.8.1974
14:51.0	(2)	Anne Pembroke (Swe)	Adelaide 3.3.1974
14:52.6	(1)	Mary Nilsson (Swe)	Copenhagen 2.5.1965
14:54.4	(1)	Eva Karlsson (Nor)	Hallstadvik 14.9.1973
14:56.0	(1)	Gerd Gylder (UK)	Appelbo 20.7.1974
14:58.0	(1)	CHRISTINE COLEMAN (UK)	London 18.7.1974
14:58.6	(2)	Thorill Gylder (Nor)	Fredrikstad 10.8.1973
14:59.2	(1)	Monica Glockler (WG)	Vienna 14.7.1973
14:59.4	(1)	BETTY FRANKLIN/JENKINS (UK)	London 21.7.1973
15:00.0	(3)	Karen Moller (Den)	Sdr.Omme 15.8.1974
15:00.6	(1)	SALLY WISH (UK)	Birmingham 16.9.1972
15:01.0	(1)	Mary Holmen (Swe)	Vaxjo 29.8.1943
15:01.0	(3)	Margareta Olsson (Swe)	Ostersund 7.7.1972
15:01.2	(1)	Linnea Olsson (Swe)	Uppsala 6.9.1942
15:01.2	(2)	JUDITH WOODSFORD/FARR (UK)	Watford 5.6.1971
15:01.6	(2)	Birgit Frisk (Swe)	Uppsala 6.9.1942
15:02.0	(2)	Stina Molin/Pettersson (Swe)	Vaxjo 29.8.1943
15:03.0	(3)	May Johansson/Bengtsson (Swe)	Vaxjo 29.8.1943
15:03.0	(1)	BARBARA COOK/FISK (UK)	London 2.6.1973
5000 METRES (TRACK)			
24:16.2	(1)	Sue Brodock (USA)	Stockholm 24.8.1974
24:18.0	(1)	Margareta Simu (Swe)	Sala 4.8.1974
24:27.6	(1)	Ingrid Johansson (Swe)	Boras 7.10.1951
24:30.6	(1)	Elisabeth Olsson (Swe)	Boras 4.8.1972
24:39.0	(2)	Eivor Johansson (Swe)	Boras 4.8.1972
24:40.0	(1)	Eivor Johansson	Boras 5.9.1970
24:41.0	(1)	Mary Nilsson (Swe)	Bjorneborg 29.8.1959
24:41.0	(1)	Mary Nilsson	Strangnas 23.5.1965
24:45.0	(1)	May Johansson/Bengtsson (Swe)	Varberg 1.9.1946
24:47.2	(1)	May Johansson/Bengtsson	Orebro 1.10.1944
24:47.2	(1)	Mary Nilsson	Stockholm 6.9.1950
24:49.0	(2)	Stina Molin/Pettersson (Swe)	Orebro 1.10.1944
24:52.4	(2)	Stina Lindberg/Magnusson (Swe)	Varberg 1.9.1946
24:54.0	(2)	Britt Holmqvist (Swe)	Sala 4.8.1974
24:59.0	(1)	Berit Jonsson (Swe)	Vretstorp 17.8.1973
24:59.2	(3)	MARION FAWKES (UK)	Stockholm 24.8.1974
25:00.4	(2)	May Holmen (Swe)	Varberg 11.7.1943
25:06.0	(3)	Siv Gustavsson (Swe)	Sala 4.8.1974
25:09.2	(2)	BETTY FRANKLIN/JENKINS (UK)	Birmingham 16.9.1972
25:10.6	(2)	Thorill Gylder (Nor)	Fredrikstad 10.8.1973
25:12.4	(1)	Linnea Olsson (Swe)	Uppsala 20.9.1942
25:13.2	(1)	Laila Jensen (Nor)	Lyngby 1.9.1973
25:16.0	(1)	Siv Johansson/Harthelius (Swe)	Sala 28.8.1955
25:16.0	(1)	Thorhild Sarpebakken (Nor)	Uddevalla 17.9.1972
25:20.0	(1)	Aslog Forsell (Swe)	Sala 2.7.1967
25:22.0	(3)	Birgit Frisk (Swe)	Uppsala 20.9.1942
25:27.0	(1)	Jacqueline Delassaux/Daniel (Fra)	Paris 14.10.1973
25:27.2	(1)	Monica Karlsson (Swe)	Hallstadvik 14.9.1974
25:31.0	(5)	Margareta Olsson (Swe)	Boras 4.8.1972
25:34.0	(5)	SALLY WISH (UK)	Lyngby 1.9.1973
25:36.8	(3)	Edith Nilsson (Swe)	Kumla 10.10.1943
25:37.0	(2)	Runa Magnusson/Andersson (Swe)	Sala 28.8.1955
25:40.0	(2)	Anna-Greta Nystrom (Swe)	Orebro 23.9.1945
25:40.4	(2)	Maja Ostlund/Blomqvist (Swe)	Kumla 9.9.1945

(Lists with acknowledgments to Egon Rasmussen, Denmark)