

Ohio Race Walker
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OHIO RACEWALKER



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YOUNG STILL DOMINANT AT 50 KM

Smithtown, N.Y., Sept. 20--Larry Young showed once again that he is in a class all his own among U.S. walkers over the 50 Km distance as he easily won the National title today. In 1966, Larry walked his first 50 in Chicago, winning the National title, after a close race with Alex Oakley, in 4:38:24. Since that time he has been beaten only once by his countrymen, that in the 1967 Lugano Cup, a hastily arranged trip that found him well out of shape and beaten soundly by Goetz Klopfer and Jim Clinton after a too fast first 25. Between that first race and today's, he has won two Pan-American Gold medals and two Olympic Bronze medals.

In today's race, with four Lugano Cup berths on the line, and Young already slated for the Pan-Am 20 Km, no one saw fit to even attempt to challenge him. As Larry went through 5 Km in 25:05, he already had a minute and 28 seconds on Bob Bowman and 2:33 on the rest of the field. When he increased his pace to 49:39 at 10 Km, Bowman, who was destined to drop out, was better than 4 minutes down, and a large pack of some 13 walkers, all walking rather conservatively with those four trips to France in mind, was nearly 7 minutes back.

Larry held on to his sub-4:10 pace through 35 Km, which he passed in 2:54:32. At that point, the rather long, gradual grades on the supposedly flat 2.43 mile loop started to get to him. Enjoying a 15 minute lead, he deliberately slowed down rather than risk injury and finished in a very respectable 4:18:56; his first 50, I believe, since Munich.

That large, competitive pack at the 10 Km mark included Augie Hirt, John Knifton, Tom Knatt, Ray Somers, Paul Ide, Dan O'Connor, Hank Klein, Ron Daniel, Glenn Sweazey, Ron Kulik, and Bob Falciola. Actually, Ide was about 25 seconds back with Bob Rosencrantz and Bill Walker. Only 13 seconds back of them were Al Schrik, Allen Price, and Max Gould.

The pace hotted up a bit the next 10, but there were still 9 people within 16 seconds of each other as Hirt, Knifton, Knatt, and O'Connor went through in 1:48:59. Close behind were Klein, Sweazey, Daniel, Somers, Ide, and Kulik. At 30 Km, Hirt, Knifton, Knatt, Somers, Daniel, and Sweazey were step for step in 2:42:27, with only Klein hanging close a half-minute back. At this point, everyone but Hirt, Knatt, and Knifton started to feel the pace and to drop back. As Augie held his pace, he had 2 seconds on Tom and 15 on John at the 35 Km mark. John battled back and was on even terms again at 40, with Knatt now also dropping away. Over the final 10, Augie managed to accelerate slightly and Knifton could not respond. When John was cautioned at about 45, Hirt moved even further, and finished nearly 3 minutes clear in an excellent 4:30:50. This was by far Augie's best race to date. He has done little racing this year, choosing to spend the time training for this one, and it paid off handsomely.

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9/79

FIRST CLASS MAIL



John Knifton did not have one of his better races over the distance, but the stakes were not too high for him, as he was already qualified for Lugano at 20. His training this year has apparently been geared more towards the shorter distances, anyway.

Tom Knatt was closing back up on John at the finish and, like Hirt, had easily his best race. We seem to be saying that quite often about Tom as he seems to find enough time off from making guitars to steadily improve. Never far back of Knatt, and a clear fifth from 30 Km on, was a surprising Ray Somers. Surprising in that his prowess has always been more at the shorter distances. Although training only about 35 miles a week, he walked smoothly throughout and seemed to have little trouble handling the distance. Perhaps this is where he will have to seek his fortune in the race-walking game. Since bursting on the scene in early 1968 with a victory in the National 10 as a complete unknown and appearing a shoo-in for that year's Olympic team, he has been plagued with injuries and never been able to return to his early form. Incidentally, his wife was heard to say before the race, "If you want to go to France, just take the money and go! Why walk 50 Kilometers?"

Another pleasant surprise in the race was the strong showing of Paul Ide in 6th place, a finish that gave him the fourth Lugano spot. (Young being committed to the Pan-Am Games and Knifton qualified in the 20, which race he apparently is choosing.) Paul, after hanging with the early pace so well, managed to get away from tough, young Bob Rosencrantz in the final 10 km to sew up the trip. His performance, coupled with those of Young and Hirt, also gave the Columbia Track Club an easy team title over the NYAC. The New Yorkers were hurt when both Daniel and Kulik dropped out.

Rosencrantz, after walking so strongly for 40 Km, really suffered the last 10 and was passed by Dan O'Connor for seventh place. O'Connor dropped well off the pace between 20 and 35 but recovered well and was also gaining on Ide at the finish. Rosencrantz, despite his trouble over that last 10 km, walked a very good 4:43:11. With several dropouts, the only other walker under the 5 hour mark was Columbia's fourth member, Randy Mimm, in 4:50:47. Randy was never in the race, but after a slow first 10 of 60:25 walked a very steady pace to move through the field.

The weather was warm (low 70's) and humid. Judges were Bruce MacDonald (chief), Ion Barbu, Gary Westerfield, Steve Hayden, and Don Johnson. The race was put on by the Walkers Club of America and Gary Westerfield wants to acknowledge the help of Joe Tigerman, whose \$50 contribution after the race sponsor bailed out two weeks before the race helped to keep the club solvent.

Results (with 5 Km splits in parentheses): 1. Larry Young, Columbia TC 4:18:56 (25:05, 49:39, 1:14:31, 1:39:28, 2:04:32, 2:29:25, 2:54:32, 3:22:15, 3:50:18) 2. Augie Hirt, Columbia TC 4:30:50 (27:38, 56:34, 1:22:30, 1:38:49, 2:15:47, 2:42:47, 3:09:45, 3:36:58, 4:03:55) 3. John Knifton, NYAC 4:33:35 (same as Hirt thru 30, 3:10:00, 3:36:58, 4:04:56) 4. Tom Knatt, North Medford Club 4:34:28 (same as Hirt thru 30, 3:09:47, 3:37:49, 4:05:50) 5. Ray Somers, NYAC 4:35:41 (same as Hirt thru 30, 3:10:15, 3:38:28, 4:07:10) 6. Paul Ide, Columbia TC 4:37:31 (27:45, 56:59, 1:23:20,

1:49:57, 2:16:41, 2:44:00, 3:11:40, 3:39:56, 4:08:37) 7. Dan O'Connor, LIAC 4:41:21 (27:38, 56:34, 1:22:30, 1:48:59, 2:17:20, 2:47:18, 3:16:30, 3:45:35, 4:13:07) 8. Bob Rosencrantz, U. of Washington 4:43:11 (27:45, 56:59, 1:23:20, 1:49:57, 2:16:47, 2:44:00, 3:11:40, 3:39:56, 4:10:21) 9. Randy Mimm, Columbia, TC 4:50:47 (29:02, 60:25, 1:28:25, 1:55:50, 2:23:21, 2:51:15, 3:20:40, 3:50:40, 4:21:00) 10. Hank Klein, Virgin Islands 5:01:14 (27:38, 56:34, 1:22:30, 1:48:51, 2:15:47, 2:43:18, 3:14:01, 3:47:55, 4:24:34) 11. Bill Walker, Motor City Striders 5:03:06 12. Al Schrik, Col. TC 5:06:51 13. Allen Price, Wash. DC 5:18:48 14. Bob Siegel, Hunter College AA 6:00:56 15. Bruce Douglas, Stratford Spartans 6:10:51 DNF: Ron Daniel, 80 Km in 3:43:45; Glenn Sweazey, Can. 35 Km in 3:10:15; Bob Bowman, 30 Km in 2:53:57; Max Gould, 30 Km in 2:54:11, Ron Kulik, 25 Km in 2:16:35; Bob Falcicola, 25 Km in 2:22:55; Roger Duran, 20 Km in 2:16:34; Jack Boitano and Neil Suanders, 25 and 15 Km respectively. Teams: Columbia Track Club—9, NYAC—15.

ERODOCK BACK ON TOP

Los Angeles, Aug. 29--Sue Brodock, after her surprising defeat in the National 1500 in June, once again proved herself the best U.S. women's walker with a walk-away victory in the National 10 Km today. Sue's outstanding 52:03 left her nearly 7 minutes ahead of second place as she walked completely unchallenged. Her conqueror in the 1500, Lisa Methery, did not compete, but the way Sue walked today, it is doubtful that anyone in the country could have given her much competition. In an accompanying 3 Km for girls 13 and under, little 11-year-old Vickie Cook just edged Jessica Waskow in 16:11. Results of the two races: Women's NAAU 10 Km: 1. Sue Brodock, Rialto RR 52:03 2. Sandy Ericson, un. 58:50 3. Chris Sakelarios, Redwood City Flyers 59:50 4. Mary Cortez, Woodside Striders 61:41 5. Chris Bersaman, WS 61:49.6 6. Julie Partridge, un. 62:00.6 7. Eileen Smith, NY-PAL 62:33.6 8. Laura Janosek, S. Cal. Cheetahs 62:39.4 9. Carlene Waskow, RRR 62:55.2 10. Jane Janosek, SCC 63:14.2 11. Cindy Partridge, Moscow Mercurians 63:18.2 12. Jill Steiner, RRR 64:36.8 13. Melissa Steinle, SCC 69:10.8 14. Mary Harrison, WS 73:32 15. Laureen Desotel, WS 80:27. Teams: 1. Rialto Road Runners--22 2. Woodside Striders--23, 3. Southern California Cheetahs--31. Girl's 3 Km.--1. Vickie Cook, RRR 16:11 2. Jessica Waskow, RRR 16:11.2 3. Joyce Brodock, RRR 16:35.8 4. Shelley Quintana, Blue Angels 16:58 5. Tracy Trisco, Blue Angels 16:58 6. Lynn Holmbeck, Patriots 17:02.4 7. April Hickey, Patriots 17:23.2 8. Christa Sears, Patriots 17:39 9. Kathy Kiernan, Blue Angels 17:54.2 10. Lori Jones, Blue Angels 18:41.2 11. Samantha Rodella, Patriots 19:00.8 12. Lenell Waskow, RRR 19:04.8 13. Holli Hemenes, WS 19:45 14. Detra Washington, Blue Angels 19:59.2 15. Mandy Mulholland, WS 20:10.2 16. Barbara Galus, WS 20:10.4 17. Dana Loesche, WS 20:54.2 18. Gini Mandy, WS 21:42.6 19. Mitzi Grupp, MM 22:13 20. Megan McHugh, MM 22:15.2 21. Chandie Morse, MM 23:49.2

Other Results:

1 Mile, Arlington, Va., Sept. 7--Krista Corrallo 9:10 2. Toni Kress 10:24 3 Mile, Same place--1. Alan Price 24:19.2 2. Sal Corrallo 24:20.6 3. Gwen Good 1.5 Mile, Washington D.C., Sept. 13--1. Tim Good 14:09 2. Eric Harper 15:21 3.5 Mile, same place--1. Alan Price 27:55 2. Sal Corrallo 28:44 3. Art Mark 29:10 (A ghostly figure from the past returns.) 10 Km (Track), Grosse Pointe, Mich., Sept. 14--1. Bill Walker 51:33 2. Jerry Bocci 52:00 6 Mile, Springfield, Ohio, Sept. 14--1. Jack Blackburn 48:51 2. Carol Mohanco 3. Bob Smith (both 58 something, I think) 4. Tim Blackburn, around 62--My usual good reporting on our local races.

Blackburn continues his quick return to competitive form. The accuracy of the course is uncertain since it was a 2-mile lap measured by Jack's Gremelin, but he claims to have added about 100 yards extra to compensate for error. A good walk for him, regardless. Your editor was home helping son Derek celebrate his 7th birthday as well as nursing my sciatica, which really has me hobbling these days. Hobbling to the extent that I think anything under 9 minutes, even for a single mile, is an achievement and as much as 3 or 4 miles (my maximum distance these days) at that pace, a landmark. As a matter of fact, as of tonight, I am doing nothing but jogging for a while, and if it doesn't clear up with that, probably nothing at all for a while. I suppose that wouldn't be too bad, considering I haven't missed more than 10 days at any time (except for 8 weeks of basic training in 1958) since starting cross country my freshman year at Bowling Green way back in '53. But enough of your editor's personal troubles—back to the results. National Junior Olympic 1 Mile, Aug. 9—1. Tom Votopha 7:16.6 (sorry, I don't know where these guys are from. Mike Riban gave me the results over the phone and did not have complete information. However, but for Mike, I would have nothing.) 2. Steve Hoge 7:23.1 3. Steve O'Brien, Chicago 7:28.1 4. Jethroe 7:29.6 5. Sherman 7:34.1 6. Karl ? 7:42.1 2 Mile, Chicago, Aug. 17—1. Dan Fitzpatrick 16:08 2. Steve O'Brien 16:36.9 (Fitzpatrick and O'Brien are now at Eastern New Mexico on race-walking scholarships. Jim Bentley reportedly has left that school.) 3. Kevin Geoghegan 18:32.5 4. Herbert Davis 18:47 5. Art McLendon 18:58 NAAU Class B 15 Km (actually about 9.9 miles), Mackinac Island, Mich., Aug. 31—1. Leon Jasinowski, Motor City Striders 1:27:58 (Jerry Bocci, as the only competitor, won the Open Race in 1:24) 2. Herb Davis, Green & Gold AC 1:34:25 3. Dan Patt, G&G 1:35:28 4. Martin Kraft 1:40 5. Keven Geoghegan, G&G 1:41:57 6. Mike Bean 1:51:50 7. Ray O'Brien, G&G 1:51:55 8. Ken Ross, G&G 2:00:17 9. Duane Packer 2:02:42 10. Ron Packer (Duane's son) 2:40 Women's race on same course—1. Jeanne Bocci 1:33:03 2. Cristy Dotseth 1:51:44 3. Edith Bentley 2:02:42 15 Km, Santa Monica, Cal., Aug. 30—1. Larry Walker 1:14:35 2. Ed Bouldin 1:17:48 3. Bob Hickey 1:19:36 4. Mark Randall 1:21:30 5. Dave Hall 1:22:55 6. Gordon Hall 1:41:36 40 & over Division—1. John Kelly 1:22:55 2. Bruce MacDonald 1:30:14 3. Chris Clegg 1:30:38 4. Jim Fields 1:30:42 5. Bob Long 1:40:54 6. Alfred Guth 1:56 14 and under Division—1. Eileen Smith 29:31 2. Jane Janosek 30:37 3. Laura Janosek 30:56 13 and under—1. Travis Veon 1:44:34 11 and under—1. April Hickey 31:07 (Oh yeh, these younger age groups were 5 Km, if you hadn't guessed) 10 Mile, San Jose, Cal., July 27—1. Manny Adriano 1:24:48 (went on to 1:46:23 for 20 Km) 5 Mile, same place—1. Wayne Glusker 38:10 5 Km, Seattle, July 15—1. Ron Laird 22:27 2. Bob Rosencrantz 23:59 3. Pete Banko 25:5 (I don't know what 5. It was cut off on the results I received) 4. Dick Arkley 27:51 5. Paul Kaald 28:9 (same as for the 5) 3.8 Mile, Vancouver, Wash., July 16—1. Jim Bean 35:02 2. Doug Ver Meer 35:56 3. Scot Massinger 36:08 5 Km, Seattle, July 29—1. Ron Laird 21:23.4 (New American Record—6:54, 13:50, 20:40.8—3 Mile also new record) 2. Bob Bowman 24:17 3. Pete Banko 25:19 4. Dick Arkley 27:17 5. Paul Kaald 28:31 6. Dean Ingram 30:14 7. Evan Shull 30:15 20 Km, Washington, Aug. 2—1. Bob Rosencrantz 1:43:36 2. Bob Bowman 1:46 3. Pete Banko 4; Steve King 5. Steve Geiver 2:04:02 5 Km, Seattle, Aug. 5—1. Bob Rosencrantz 24:35 2. Pete Banko 24:37 3. Dick Arkley 26:59 4. Paul Kaald 27:26 5. George Edwards 28:28 6. Dean Ingram 29:40

1500 Meter, Toronto, July 23—1. Frank Johnson 6:15.6 2. Roman Olxzewski 6:24 3. Helmut Boeck 6:28.8 4. Karl Merschens 6:38.4 5. Glenn Sweazey 6:40.9 10 Km (track), Toronto, Aug. 10—1. Alex Oakley 48:23.2 2. Glenn Sweazey 49:53.6 3. Max Gould 54:31.4 20 Km, Regina, Sask., Aug. 12—1. Tom Manske 1:55:26 2. Devin Turner 2:10:48 3. Len Eide 2:14:01 Canadian Jr. 10 Km, Richmond, B.C., Aug. 17—1. Pierre LeBlanc, Quebec 49:32.2 2. Bob Rosencrantz, US. 50:01.2 3. Brian Burke, Ont. 51:39.2 4. Grant Wach, Ont. 57:41.8 Canadian Sr. 20 Km, Sudbury, Ont., Aug. 23—1. Marcel Jobin 1:34:31 2. Alex Oakley 1:37:34 3. John Knifton 1:38:41 4. Helmut Boeck 1:39:17 5. Glenn Sweazey 1:39:31 6. Pat Farrelly 1:42:05 7. Pierre LeBlanc 1:42:12 8. Roman Olxzewski 1:42:36 9. Tom Manske 1:53:15 DQ—Frank Johnson and Karl Merschens 10 Km (track) London, Ont., Aug. 31—1. Alex Oakley 47:31 2. Roman Olxzewski 48:59 3. Pat Farrelly 49:19.6 4. Glenn Sweazey 49:22.6 5. Brian Burke 51:58 6. Bill Arnold 52:48 7. Grant Wach 54:50 8. Tony Brandimore 56:40 9. Brian Bastien 63:30 10. Roger McEachern 67:14 DQ—Frank Johnson and Helmut Boeck 10 Km (road), Bancroft, Ont., Sept. 14—1. Helmut Boeck 47:46 2. Glenn Sweazey 48:48.8 3. Roman Olxzewski 49:40.4 DQ—Alex Oakley Quebec 20 Km Championship (track), Sept. 14—1. Marcel Jobin 1:37:51 (22:33, 46:07, 1:11:27—Canadian records at 2 and 10 miles with 14:14 and 1:16:45) 2. Herman Beaulieu 1:48:17 3. Joel Dada 1:51:30 4. Michel Caron 1:59:22

Overseas:

British National 50 Km, July 19—1. John Warhurst 4:20:32 2. John Lees 4:26:13 3. Charlie Fogg 4:27:44 4. Roy Thorpe 4:28:34 5. Alec Bannard 4:28:41 6. Bob Dobson 4:30:31 7. Ray Middleton 4:34:43 8. R. McCann 4:38:45 9. Stuart Maidment 4:39:56 10. Carl Lawton 4:40:15—101 finishers, 26 under 4:50, 34 under 5 hours. Bob Dobson, probably the favorite going in, suffered stomach trouble and failed to qualify for the British Lugano team. That hearty veteran, Ray Middleton, the only man to compete in every Lugano Cup Championship since they started in 1961, made a valiant effort but failed in his bid to keep that string alive. E.G. Junior 10 Km (track), Halle, June 28—1. Roland Wieser 41:46.8 2. Olaf Pilarski 41:57 3. Kolf Berner 42:03.8 (Wieser's time is a World Junior record) 20 Km (track), Brighton, Eng., July 6—1. Yoshi Morikawa, Japan 1:34:40.6 2. Amos Seddon 1:35:23.6 3 Km, Gillingham, Eng., July 7—1. Paul Nihill 13:24.8 2 Km, Croydon, Eng., July 9—1. Roger Mills 8:18.8 (1:36, 3:16.5, 5:00, 6:41) 2. Paul Nihill 8:25.4 British 3 Km, Aug. 1—1. Paul Nihill 12:43.2 2. Peter Marlow 12:51.2 3. Amos Seddon 12:59.4 4. Alan Buchanan 13:15.4—Mills disqualified on first lap while trying to get out of a box. Nihill has been officially retired for 2½ years and is training mostly for running but may yet make an effort for Montreal. British Veterans 3 Km, July 20—1. George Chaplin 13:22—60 and over: 1. Alf Poole 15:50 1 Mile, Brighton, July 20—1. Roger Mills 6:25

Each and every month of each and every year (since 1965, that is) your friendly postman brings you the Ohio Racewalker, provided you have sent your \$3.00 per year to 3184 Summit St., Columbus, Ohio 43202, U.S. of A. It looks like that rate will have to go up in the near future, what with postage rates apparently slated for a 3¢ increase. Appears that I am back on schedule this month. Matter of fact, I anticipate a lot of important mail rolling in Monday afternoon after I take this to the printer on Monday morning. Like always, some stuff will just miss being this month's hot news and become next month's stale news.

A COMPENDIUM OF RACE WALKING COMPETITIONS TO BE CONDUCTED DURING THE NEXT SEVERAL FORTNIGHTS IN THE UNITED STATES OF AMERICA (As well as one of minor importance in France)

- Sat. Oct. 11--Lugano Cup International 20 Km, Toulon, France
Women's International 5 Km, Toulon, Fr.
6 Mile, Ft. Casey, Wash. (E)
- Sun. Oct. 12--Iowa 50 Km, Indianola, 7:30 a.m. (P)
Women's 8 Mile, Indianola (P)
Lugano Cup International 50 Km, Toulon, France
Met. AAU Sr. 2 Hr., Jr. 1 Hr. and Women's 1/2 Hr, Kings Point(R)
Conn. AAU 20 Km, Fairfield (B)
2 Mile and 4 1/2 Mile, Washington, D.C. (A)
- Sat. Oct. 18--6 Mile, Des Moines, IA., 3 p.m. (P)
5 Km, Lakeland, FL., 9 a.m. (Z)
- Sat. Oct. 25--PNW 50 Km, Seattle (E)
2.5 Mile and 5.5 Mile, Washington, D.C. (A)
- Sun. Oct. 26--Iowa 25 Km, Newton, 2 p.m. (P)
NJ AAU 15 Mile, Long Branch (H)
NAAU MASTERS 25 KM, VERONA, N.J., 1 p.m. (D)
- Sat. Nov. 1--2.5 Mile and 6 Mile, Washington, D.C. (A)
- Sun. Nov. 2--NAAU SENIOR AND "B" 35 KM, PITTSBURGH, PA. (G)
NAAU SENIOR AND MASTERS 30 KM, COLUMBIA, MO. (F)
Conn. AAU 50 Km, Fairfield (B)
- Sun. Nov. 9--NAAU "A" AND MASTERS 50 KM, JEFFERSON CITY, MO. (F)
NJ AAU 20 Mile, Long Branch (H)
3 Mile and 6.5 Mile, Women's 2 Mile, Arlington, Va. (A)
- Sat. Nov. 15--RM AAU 30 Km, Longmont, Colo., 9 a.m. (X)
3.5 Mile and 7 Mile, Women's 15 Mile, Washington, D.C. (A)
- Sun. Nov. 16--6 Mile, Women's 3 Mile, Lake Darling, Ia., 2 p.m. (P)
NJ AAU 10 Mile, Long Branch (H)
10 Km, Lakeland, Fla., 9 a.m. (Z)
- Sat. Nov. 22--10 Km, Columbia, Mo., 9 a.m. (F)
PVAU Championships, Women's 1 Mile, Jr./Masters 5 Km, Sr.
10 Km, Washington, D.C. (A)
- Sun. Nov. 23--NAAU "B" 30 KM, CHICAGO (C)
10 Km Hdcp., Long Branch, N.J. (H)
- Sat. Nov. 29--6 Mile, Women's 2 Mile, Keokuk, Ia., 11 a.m. (P)
- Sun. Nov. 30--Coney Island 10 Mile Hdcp and Women's 2 Mile, 10 a.m. (R)
- Sun. Dec. 7--6 Mile boy-girl walk relay, Newton, Ia., 2 p.m. (P)

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National Masters Postal 20 Km for August: 1. Chris Amoroso 1:50:01 2. John Kelly and Jack Mortland 1:53:01 4. Ion Barbu 1:55:54 5. Bob Mimm 1:56:41 6. Jack Boitano 1:58:42 7. Tony Medeiros 2:04:11 8. Dave Leuthold 2:07:46 and Rob Spier, same time 10. Howard Barnes 2:09:29-- There were 23 competitors in all, 16 of them from the National AAU Masters in White Plains. The long course there didn't help those people in the overall competition. Overall leader now is Amoroso, followed by Leonard Busen, Kelly, Mortland, Leuthold, and Busen. Leader in the 40-49 group is Amoroso, in 50-59 Rob Spier followed by Bob Mimm, and in 60 and over Tony Medeiros followed by Clair Duckham. The October event is 30 Km and November 50 Km.

LOOKING BACK

10 Years Ago (Excerpts from the Sept. 1965 ORW)--Ron Laird overcame a muddy track (including one huge puddle that forced walkers into the fourth lane as they entered the homestretch) at Chidago's Riis Park to win the National 1 Hour with 7 mi 1432 yds. Laird did a quick 7:12 opener to open a good lead on the field and stretched it to 56 seconds after 5 miles (37:39) before losing some ground to second place Jack Mortland the last couple of miles. Mortland covered 7 miles 1342 yds, some 127 yards ahead of third place teammate, Jack Blackburn. These two were together through 5 miles. Ron Daniel was fourth with 7 miles 953 yds. and no one else achieved 7 1/2 miles in the mud. The NYAC edged the Ohio TC by one point for the team title....A week earlier, Mortland had beaten Blackburn in an "8" miler (perhaps a little short) 58:25 to 58:53...The issue contained very entertaining descriptions of the Mackinac Bridge Walk by Doc and Mrs. Doc Blackburn and Blackburn authored an interesting article entitled "Walkers of the New Era" outlining emergence of the sport over the previous 7 years.

5 Years Ago (Excerpts from the Sept. 1970 ORW)--John Knifton, better known for his exploits at shorter distances until this time, won the National 50 Km in Santa Barbara in 4:35:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute behind in second and third. Rounding out the top six were Goetz Klopfer, Jim Lopes, and Bryon Overton. Athens AC won the team title...In the National 25, scant details were available at press time, but Dave Romansky survived a severe electrical storm to win in under 2 hours with Knifton second....Lee Rund and Bob Rund dropped in from Indiana to win the Annual 6 Mile 536 yard Handicap in Worthington, Ohio (or take 1-2, that is) with fast time going to Mortland in a not-so-fast 51:28....The Canadian 50 Km title went to Detroit's Jerry Bocci in 4:54:57 ahead of Pat Farrelly. Jeanne Bocci set unofficial American records from 25 Km up going the distance in 5:45:20....In the walker's training camp at Boulder, Laird turned in such times as 40.9 for 220 and 1:28 for 440 during an informal track meet....Larry Young started on the comeback trail, with his eye on Munich, with a 1:25:09 for 10 miles in Ft. Osage, Kan.; somewhat out of the limelight, one might say....In Australia, Noel Freeman turned in a 1:50:02 for 15 miles on the track, passing 20 Km in 1:30:10...Eivor Johansson, of Sweden, won the Women's International 5 km in 24:40...East Germany's Lutz Lipkowski won the European Jr. 10 Km in 43:35.6 with Karl-Heinz Stadtmuller, now well ahead of Lipkowski, only fourth.

FROMHEEL TO TOE

The picture that I ran last month from the US-USSR Junior meet came from Lynn Robinson and shows one of the Russinas lapping Jim Murchie....Another Lugano Cup competition is almost upon us and at this point it appears that the Soviets may break the stranglehold that East Germany has had on

the Cup. East Germany may still be on top at 20, although Stadtmuller, who appears to be their top dog now, has often not been at his best in top International competition. However, the East Germans appear to be pretty well decimated in the 50 and any lead they might manage to get on the first day will probably be wiped out the second. It does not appear that anyone else has the depth in both events to challenge these two giants. Since I haven't yet seen results of the Zone competitions, I am not even certain who else will be there, but would imagine that West Germany, Great Britain, and Italy may battle for third. With Young and Scully in Mexico and Laird and Dooley injured, it is hard to see the U.S. challenging any of these three. At the same time, we have a very capable team and it will be interesting to see what competition at this level may do for several who have not yet experienced it (which included our entire 50 Km team). It is really unfortunate that Mexico will not be sending a team (at least I have understood they are not and entries were due a long time back) as they would be a real challenger for the Cup....

Since both Track and Field News and Runners World have run articles discussing biorhythms, the old OMW had best get into the act. The biorhythm system states that at birth three types of cycles, physical, emotional, and intellectual, are set in motion. These cycles are so regular throughout your life that you can trace them as far back or as far ahead as you please. The physical cycle is hypothesized to be 23 days long; the first 11½ days are the positive half and the last 11½ days are negative. The day of transition from positive to negative or negative to positive is termed a critical day. Theoretically, during the positive half of the cycle, one is stronger and better suited for heavy physical work or athletic activities. During the critical period, one is more subject to physical ailments. Similarly, the emotional cycle is 28-days long, with an individual tending to be more stable emotionally during the first, or positive half, and the intellectual cycle is 33-days long, with an individual more mentally alert during the first 16½ days. Further, according to the theory, you are really in trouble when two or three of the critical days fall on the same day. That is, if transition days on all three cycles fall on the same day, better stay in bed. There have been a lot of statistics advanced to support the theory and it has been shown in many cases that outstanding athletic performances have come on days in which two or three cycles were peaking and, conversely, particularly disappointing performances by top athletes came on critical days. Many people are swearing by the validity of the theory and, I suppose, using it to plan their training and competition. The only problem with this is, what do you do when you find that your Olympic final, or other such important competition, falls on a triple critical day. You are powerless to change it and regardless of whether the theory is valid or not, your belief in it is going to wipe you out mentally. You may as well forget the race. On the other hand, if you are a very positive individual, I suppose this information could cause you to convince yourself that you just have to be thinking extra positively that day to overcome the other effects. Which, of course, is going to be hard to do on a critical day mentally. Personally, I am going to ignore biorhythms and go blissfully on my way, unaware of what fate awaits me in each race or of why I have failed so miserably in a past race. In any case, I have unearthed some research on the subject that neither of the august journals mentioned above had at their disposal when they wrote their articles. This research is covered in the paper, "Periodic Variations in Human Performance", by Lt. Francis Leroy Sink, U.S. Navy. The research by Lt. Sink, who holds a B.S. from

Auburn, was in conjunction with his work on a Master of Science in Operations Research degree from the Naval Postgraduate School. The paper is dated September 1974. It can be obtained from the National Technical Information Service, Springfield, Virginia as AD A003517. The results of Sink's research are summarized as follows: "This paper investigates the periodic variation in human performance predicted by Biorhythm theory. Fourier analysis was performed on performance data of three subjects. The results indicated that the postulated basic biorhythmic cycles exist. Comparison of the phase of predominate experimental frequency with the phase predicted by biorhythm indicated that the frequencies may not be as stable as the theory suggests." So, perhaps there is still some hope, even on a super-critical day....While on the subject of technical papers, another report of some possible interest to walkers is "Physical Fitness and Tolerance to Environmental stresses: A Review of Human Research on Tolerance To And Work Capacity In Hot, Cold And High Altitude Environments", by W.S. Myles and A.K. Chin, Defense and Civil Institute of Environmental Medicine, Defense Research Board, Canada. Their abstract reads as follows: "This review attempts to examine the relation between physical fitness and tolerance to heat, cold, and high altitude. Work-heat tolerance for periods of 2 hours or less in both dry and humid heat is increased by physical conditioning; the benefits are less obvious for longer exposures. Field and laboratory studies clearly indicate that physical fitness is not a complete substitute for acclimatization. It seems possible that fit individuals acclimatize more readily and safely to heat. Physical conditioning opposes one effect of altitude which is to decrease maximum aerobic power, but physically fit individuals do not appear to be any less susceptible to acute mountain sickness. Cold tolerance is commonly assessed in nude subjects and the evidence is conflicting concerning the benefits of physical conditioning. On balance, however, it does not appear that the thermoregulatory response to cold is improved by superior physical fitness. Evidence is lacking which is pertinent to the realistic situation where a man is fully clothed at work and at rest in the cold." Regarding heat, the study seems to support what I have always concluded empirically. Although you can not do well in extreme heat without acclimatization, the better condition you are in, the less the heat will slow you. For example, an individual with the capacity for a 1:34 20 Km and in condition to perform at that level might lose 2 minutes in particular conditions of heat and humidity. The same individual on the same day, but only in condition to do 1:38, might well lose 3 or 4 minutes....How to develop a champion. Me wife and I went over to the Whetstone High School track today for a little jogging, with our boys along. They are now 7 and 5 (almost) and occasionally do a little running when we visit a track, which we commend when they do it. We don't pressure them in any way, however, figuring if they want to they will. Who needs training at that age, anyway. Just before we left, another couple arrived, also with two sons. The older boy was about Derek's size and could have been no more than 8. He, his brother, and mother jogged one lap while Daddy cycled around a few times. Then, as they gathered near the starting line, we heard, "Alright Johnny, you won't have any trouble breaking 7 today." Johnny was the older boy, it turned out. As he took off on his timed mile (with energetic Daddy riding along beside), I started my watch out of curiosity. The first lap took 1:50. Already 5 seconds behind pace and Daddy was already on him to pick it up. He managed to increase the pace a bit the second lap hitting 880 in 3:37. A tough road ahead to hit seven. Daddy was now telling him, quite forcefully, that

he had to push this next lap; make it hurt, then the last lap will be easy. As he rounded the second turn on that lap, Johnny suddenly stopped and started walking! Horrors! From the other end of the track, where we stood, we could clearly hear Daddy, still on his bicycle, roar, "Don't you ever stop! You get moving and finish that last lap! Don't you ever stop again!" And his mother, who had been cheering him on from the stands, could be heard, "Oh, Johnny! What are you doing?" After walking 15 or 20 yards and with his father bellowing at him, Johnny started running again. In the meantime, wife Marty, rather sickened by the display, was saying let's go. Which we did. But I had to linger by the gate long enough to watch Johnny finish. He was obviously running the last lap with a little fear and managed a 7:10. Probably a pretty good performance for his age. But isn't the kid going to love running with such splendid encouragement from his parents? Or probably any other sport he gets into. We thought later it would have been good to suggest that now it was Johnny's turn to ride the bike and yell at the old man as he tried to negotiate a 7-minute mile. Would only seem fair.

RESULTS OF LUGANO CUP COMPETITIONS THROUGH THE YEARS:

1961, Lugano, Switz.

- 20 Km: 1. Ken Matthews, GB 1:30:54 2. Lennart Back, Swed. 1:32:12
3. G. Williams, GB 1:34:02 4. John Ljunggren, Swed. 1:34:51
5. E. Soderlund, Swed. 1:35:16 6. T. Balazs, Hung. 1:36:16
Points: Great Britain 29, Sweden 28, Hungary 14, Italy 7.
- 50 Km: 1. Abdon Pamich, Italy 4:25:38 2. Don Thompson, GB 4:30:35 3.
A. Soderlund, Swed. 4:36:48 4. Ray Middleton, GB 4:39:24 5. I.
Green, Sweden 4:41:37 6. E. Leonardson, Swed. 4:42:25
Points: Sweden 25, Great Britain 24, Italy 21, Hungary 9
Total Points: 1. Great Britain 53 2. Sweden 53 3. Italy 28
4. Hungary 23 (Great Britain wins by virtue of first
in the 50.)

1963, Varese, Italy

- 20 Km: 1. Ken Matthews, GB 1:30:10.1 2. Paul Nihill, GB 1:33:18 3. Antal
Kiss, Hung. 1:33:37 4. Istvan Gori, Hung. 1:34:33 5. E. Soderlund
Swed. 1:35:15 6. John Edginton, GB 1:35:27 7. John Ljunggren,
Swed. 1:35:53 8. A. Serchinic, Italy 1:36:22. Points: Great
Britain 49, Hungary 34, Sweden 32, Italy 22, Czechoslovakia 19,
West Germany 16
- 50 Km: 1. Istvan Havasi, Hung. 4:14:24.2 2. Ray Middleton, GB 4:17:15
3. I. Petersson, Swed. 4:19:10 4. L. Moc, Czech. 4:23:11 5. Ron
Wallwork, GB 4:24:46 6. Charlie Fogg, GB 4:30:15 7. A. DeGaetano,
Italy 4:32:00 8. R. Syversson, Swed. 4:33:08 Points: Great Brit-
ain 44, Sweden 31, Hungary 30, Italy 29, Czechoslovakia 25, West
Germany 10
Final Result: 1. Great Britain 93 2. Hungary 64 3. Sweden 63
4. Italy 51 5. Czechoslovakia 44 6. West Germany 26.

1965,

- 20 Km: 1. Dieter Lindner, E.G. 1:28:09 2. Antal Kiss, Hung. 1:29:08
3. Gerhard Sperling, E.G. 1:31:29 4. Peter Fullager, G.B. 1:31:51
5. Hans Pathus, E.G. 1:32:13 6. Ron Wallwork, G.B. 1:32:41 7.
Lennart Back, Swed. 1:33:32 8. Karl Pape, W.G. 1:34:28
- 50 Km: 1. Christoph Hohne, E.G. 4:03:14 2. Bernhard Leuschke, E.G. 4:06:01
3. Abdon Pamich, Italy 4:06:40 4. Don Thompson, G.B. 4:09:14
5. Kurt Sakowski, E.G. 4:12:36 6. I. Petersson, Swed. 4:16:56

7. Ray Middleton, G.B. 4:19:14 8. G. Belin, France 4:20:11
Final Result: 1. East Germany 117 2. Great Britain 87 3. Hung-
ary 64 4. Sweden 59 5. Italy 54 6. West Germany 43 7. France
39.

1967, Bad Saarow, E.G.

- 20 Km: 1. Nikolai Smaga, USSR 1:28:38.4 2. Vladimir Golubnitchiy, USSR
1:28:58 3. Ron Laird, USA 1:39:12.6 4. Gerhard Sperling, E.G.
1:30:14.4 5. Peter Frenkel, E.G. 1:30:29.6 6. Peter Fullager,
G.B. 1:31:14.4 7. Hans Pathus, E.G. 1:33:06.4 8. John Webb, G.B.
1:33:55.6 9. Ron Wallwork, G.B. 1:34:53.2 10. Julius Muller, W..G
1:34:59.8....16. Tom Dooley, USA 1:37:21....22. Jack Mortland, USA
Score: East Germany 59, Great Britain 52, USSR 50, West Germany 41,
USA 34, Hungary 26, Sweden 23, Italy 15.
- 50 Km: 1. Chris Hohne, E.G. 4:09:08 2. Peter Selzer, E.G. 4:11:39.6 3.
Alexander Tscherbina, USSR 4:13:07.0 4. Kurt Sakowski, EG 4:13:
51.8 5. Sergie Bondarenko, USSR 4:21:51.8 6. Don Thompson, G.B.
4:25:21 7. Stig Lindberg, Swed. 4:28:52.8 8. Ray Middleton, G.B.
4:29:23 9. Shaun Lightman, G.B. 4:31:23.8 10. Igor DellaRossa,
USSR 4:31:27.4....20. Jim Clinton, USA....22. Larry Young, USA.
Points: East Germany 69, US R 57, G.B. 52, W.G. 32, Sweden 29,
Italy 25, Hungary 20, USA 16 (Ileft out Goetz Klopfer in 17th)
Final Result: 1. East Germany 128 2. USSR 107 3. Great Britain
104 4. West Germany 73 5. Sweden 52 6. USA 50 7. Hungary 46
8. Italy 40

1970, Eschborn, W.G.

- 20 Km: 1. Hans-Georg Reimann, E.G. 1:26:54.6 2. Vladimir Golubnitchiy,
USSR 1:27:21.4 3. Peter Frenkel, E.G. 1:27:32.8 4. Nikolai
Smaga, USSR 1:28:08.6 5. Gennadiy Agapov, USSR 1:28:24.8 6.
Gerhard Sperling, EG.G 1:28:47.6 7. Wilf Wesch, WG 1:30:16 8.
Dave Romansky, USA 1:30:46.6 9. Tom Dooley, USA 1:30:50....23.
Ron Daniel, USA 1:27:01.2. 24. Ron Kulik, USA 1:37:37.8
- 50 Km: 1. Chris Hohne, E.G. 4:04:3.52 2. Benjamin Soldatenko, USSR
4:09:52 3. Burkhard Leuschke, EG 4:11:10 4. Peter Selzer, EG
4:11:47.4 5. Winfried Skotnicki, EG 4:13:32.8 6. Yevgeniy Lun-
gin, USSR 4:13:32.8 7. Hubert Meire, WG 4:15:52 8. Otto Bartsch,
USSR 4:16:46.8....16. John Knifton, USA 4:28:41.6....19. Goetz Klop-
fer, USA 4:33:23.6....22. Bob Kitchen, USA 4:37:53.6....Jim Lopes,
USA dnf. Final Result: 1. East Germany 134 2. USSR 125 3. West
Germany 4. Great Britain 65 5. Italy 59 6. USA 59 7. Sweden
40 8. Hungary 31.

1973, Lugano, Swita.

- 20 Km: 1. Hans-Georg Reimann, EG 1:29:31 2. Karl-Heinz Stadtmuller, EG
1:29:36 3. Ron Laird, USA 1:30:45 4. Nikolai Smaga, USSR 1:30:
46.6 5. Yevgeniy Ivchenko, USSR 1:31:33 6. Armando Zambaldo, It.
1:31:42 7. Todd Scully, USA 1:32:23.6 8. Roger Mills, GB 1:32:44
....14. Jerry Brown, USA 1:34:05....27. Bill Ranney, USA 1:39:11
(The USA was third, just 3 points back of the USSR after the 20)
- 50 Km: 1. Bernd Kannenberg, WG 3:56:50.7 2. Otto Bartsch, USSR 3:57:10
3. Chris Hohne, EG 3:57:25 4. Ben Soldatenko, USSR 4:01:33 5.
Gerhard Weidner, EG 4:01:58 6. Peter Selzer, EG 4:03:10 7. Ser-
giy Bondarenko, USSR 4:07:51 8. W. Skotnicki, EG 4:08:29.4....14.
John Knifton, USA 4:16:48....20. Floyd Godwin, USA 4:23:48....24. Bill
Weigle, USA 4:28:40 25. Bob Kitchen, USA 4:29:38. Result: 1. East
Germany 138 2. USSR 134 3. Italy 104 4. West Germany 95 5. USA
95 6. Great Britain 81 7. Finland 8. Sweden 9. Canada