

OHIO RACEWALKER



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MARCH 1976

OLD TROOPERS LEAD THE WAY AT THE GARDEN

New York, Feb. 27--Ron Laird, for so long a dominant force in U.S. walking, added yet another to his long string of Senior NAU titles as he won a highly competitive Indoor 2 Mile in 13:37.0. Earlier in the day, Sue Brodock also added to her growing list of titles with a walk-away win, the Women's 1 Mile.

Laird took a few weeks from his Mexican regimen to journey north and get in a few quick races. Although he was never able to pull out to a commanding lead, he appeared to be in control of the race throughout and finally finished 1.6 seconds ahead of Larry Walker and Todd Scully in a near dead-heat for second. Walker, who seems to always come through well in this race, passed up a trip to Leningrad for the Soviet meet leaving Scully to join Laird on that trek. Todd did very well to finish as close as he did considering his pre-race itinerary. He got bumped off his flight from Virginia and finally arrived, via Pittsburgh, just before the race went off, having slipped a cab driver a 20 to get him in from LaGuardia in a rush.

Ron Daniel and Dave Romansky stayed close to the top three through the mile but then dropped gradually back with Ron a second ahead of Dave at the finish but some 9 seconds back of Laird. The rest of the field was strung out with no one else under 14.

The Garden has a new track, which is banked almost through the straights making it difficult to accelerate and to pass. Comments on the difficulty of the track were heard from both the men's and women's races. Surprisingly, neither Laird nor Brodock joined the chorus of complaints.

In the women's mile, Sue had things very much her own way as she easily bettered her championship record and just missed her recent World's Best with a 7:12.7. The old meet record was 7:22.5. Our own Laurie Tucholski bore down in the third quarter to leave the rest of the field and finish a clear second. Carol Mohanco captured fifth to complete an excellent showing for Ohio. Results of the two races:

Men's 2 Mile: 1. Ron Laird, NYAC 13:37.0 2. Larry Walker, Beverly Hills Striders 13:38.6 3. Todd Scully, Shore AC 13:38.6 4. Ron Daniel, NYAC 13:47 5. Dave Romansky, Shore AC 13:48 6. Ron Kulik, NYAC 14:11 (times from here are approximate, another source says 14:06 for Kulik) 7. Joim Knifton 14:20 (or 14:17) 8. Ray Somers, NYAC 14:38 9. Tom Knatt, North Medford 14:40 10. Paul Andrews, NYAC 14:44 11. John Fredericks, Shore AC 14:49 12. Ray Floriani, Shore AC 15:33 (Leader's splits: 1:32, 3:18, 4:57, 6:44, 8:28, 10:12)

Women's 1 Mile: 1. Sue Brodock, Rialto Roadrunners 7:12.7 2. Laurie Tucholski, Ohio Track Club 7:39.6 3. Cindy Johnson, Blue Angels 7:46.1 4. Lisa Methery, RRR 7:48.3 5. Carol Mohanco, Kettering Striders 8:20.1 6. Linda Brodock, RRR, no time.

A week later, Laird and Scully were in Leningrad and ran into a couple of speedy Soviets. Some unknown (to us) by the name of Yevsukov blistered a World's Best of 20:21.8. Not far back was Alexis Troitski,

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who walked a 1:27:30 for 20 km last summer, in 20:31.6. Scully walked an excellent 21:05.6 and Laird finished in 21:56.2. Ron was dropped after the first mile in 6:34 with Todd hanging on for another mile. Todd went through 2 miles in 13:21, under the American indoor record, but not officially timed. His 3 Mile split was 20:20.

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RESULTS, RESULTS, RESULTS:

ICGA Indoor 1 Mile, Princeton, N.J., March 7—1. Michael Dulke, U.S. Merchant Marine Academy 7:11.8 2. Thomas Ambury, USMA 7:18.7 3. Paul DeVegeer, Harvard 7:35.6 4. William Jeter, CUNY 7:37.5 5. Tim Chelins, Villanova 7:41.1 6. John Leonard, Plattsburgh State 7:47.2 7. Stephen Vaitones, U. of Maine 7:47.5 8. William Rowland, USMA 7:54.3 9. Philip Dihhofer, Buffalo St. 8:01.8 10. John Dolan, USMA 8:23.2 11. Mark Zacharias, Princeton 8:27 (DC—Larry Beckerle, Holy Cross (7:15.9) in last 30 yards)—Judges: Henry Laskau, Bruce MacDonald, Elliott Derman, Steve Hayden, and Ron Daniel.

MAIA 2 Mile, Greensboro, N.C., Feb. 21 (12 lap on rd track)—1. Jim Heiring, U. of Wisconsin-Parkside 14:07.30 (breaks own meet record of 14:14.6 set in 1975) 2. Carl Schueler, Frostburg State 14:49.90 (coached by Bob Kitchen) 3. Steve Hoyer, Concordia 14:56.05 4. Chris Hansen, UW-Parkside 15:06.36 5. John VanDenBrandt, UW-Parkside 15:10.17 6. Dan Fitzpatrick, Eastern New Mexico 15:24.89 7. Bill Hamilton, UW Whitewater 15:34.07 (18 starters, one D.C. Chief Judge—Bob Kitchen).

Eastern Regional Master's 1 Mile, Feb. 22—1. Jack Boitano 7:42 2. Bob Fine 7:44 3. Don Spitzer 9:23 (first in 45-49) 4. Maurice Lentzer 10:02.5 (1st in 50-55) 5. Claude Hills 10:58.8 (1st in 60-65)

5.5 Mile, Lowell, Mass., Feb. 11—1. Mike Regan 48:30 2. Charles Scott 50:07 3. John Farrell 56:15 4. George Lattarulo 58:15 5. Fred Brown 65:25 6. Sig Podlozny 73:35

5.5 Mile, Lowell, Feb. 18—1. Dennis Slattery 47:57 2. James Regan 50:40 3. Mike Regan 52:50 4. John Farrell 59:10 5. Sig Podlozny 63:30 6. Fred Brown Sr. 67:28

5.5 Mile, Lowell, Feb. 25—1. Dennis Slattery 45:38 2. Keith Ryan 46:28 3. George Lattarulo 47:30 4. Kevin Ryan 54:10 5. John Farrell 59:22 6. Fred Brown 61:55 7. Sig Podlozny 70:55

2 Mile, Lawrenceville, N.J., Feb. 13—1. Ron Daniel 13:34.5 (6:41) 2. John Fredericks 13:44.3 3. Dave Romansky 13:51.8 4. Ron Kulik 14:21.2 5. Ray Somers 14:29 6. Paul Andrews 14:29.5 7. Bob Falcicola 14:47.8 8. Steve Casarella 15:05.5

U.S. Olympic Invitational 1500 Meter, New York, Feb. 20—1. Todd Scully 6:02 2. Ron Laird 6:09.2 3. Ron Kulik 6:09.7 4. John Knifton 6:25.2 5. Bob Falcicola 6:33 (DC—John Fredericks (6:17), Ron Daniel (6:23))

1 1/11 Mile (Extra lap due to officials error), Uniondale, N.Y., Feb. 18—1. Paul Andrews 7:28.7 2. Gary Westerfield 8:05.6 3. Mike Dulke 8:19 4. Tom Ambury 8:34.5 5. John Shilling 8:37 6. Bill Rowland 9:09 7. John Dolan 9:26.5 8. Mike Dragonetti 10:02.6

1 Mile, Uniondale, Feb. 19—1. Spence Goble 7:34 2. Stephen Petri 7:47.6 3. John Davey 7:54.5 4. John Katz 8:05.5 5. Eileen Smith 8:25.3 6. Ronald Day 8:55.2 7. Mary McDermott 9:07.2 8. Howard Silberstein 9:21.9 9. Susan Liers 9:23.2 (High school race, which I neglected to mention above.)

South Shore Winter League High School 1 Mile, Hempstead, N.Y., Feb. 21—1. Lee Pollet, 7:59 2. Eileen

Smith 8:24.0 3. Mattingly 9:00.8 4. Mary McDermott 9:11.5

10 Mile, Westbury, N.Y., Feb. 22—1. Paul Andrews 1:22:09 (Ago 18, first race over 2 Miles) 2. Gary Westerfield 1:23:26 3. Mike Dulke 1:24:09 4. Tom Ambury 1:26:20 5. Anthony Wilger 1:27:16 6. John Shilling 1:27:25 7. Ronald Day 1:44:10 DNF: Henry Laskau, Bill Oneltchenko, Mike Dragonetti, and Steve Hayden

CTC 1 Mile, Princeton, N.J., Feb. 29—1. Mike Dulke 7:10.7 2. O'Sullivan, Hunter College 7:16.8 3. Wilger, Marist Col. 7:24.6 4. Tom Ambury, USMA 7:34.7 5. Rowland, USMA 8:00.6

Nassau County High School 1 Mile, March 6—1. Lee Pollet 7:35.1 2. Katz 7:51 3. Eileen Smith 8:21.2 4. Matinici 8:41.5 5. Lane 8:43.5 6. Collissi 8:47.7 7. Mary McDermott 9:10.7

20 Km, Long Branch, N.J., Feb. 22—1. Hank Klein, Virgin Islands 1:39:20 2. Steve Casarella 1:46:21 3. Bob Mimm 1:48:30 4. Mark Zacharias 2:02:16 5. Ben Otmer 2:02:37 6. Alan Wood 2:11:55 7. Mike Anato 2:12:29 8. Bill Lloyd (Certified Course) 20 Km, Long Branch, March 14—1. John Knifton 1:35:31 2. Dave Romansky 1:35:40 3. Dan O'Connor 1:37:25 4. Ray Floriani 1:42:30 5. Bob Falcicola 1:53:35 (Did 100 Km cross-country ski race a week earlier) 6. Hank Klein 1:59:40 7. Fred Spector 2:06:30 8. Eileen Smith 2:08:15 9. Bruce MacDonald 2:08:15 10. Alan Wood 2:10:59 11. Ray Floriani Sr. 2:15:45 12. Mike Anato 2:24:35 13. Dan Marzano 2:26:45 14. Bill Lloyd 2:29:28

1 Mile, E. Stroudsburg, Pa., March 14—1. Ron Salvio 7:41.6 10 Km, West Long Branch, N.J., March 20—1. Todd Scully 45:49 (6:42, 13:53, 21:15, 28:48, 36:32, 44:15) 2. Bob Falcicola 49:36 3. Ray Floriani 49:58 4. Bob Mimm 52:50 5. Ben Otmer 59:40 6. Fred Spector 59:59 7. Cliff Mimm 61:17

Women's 5 Km, same place—1. Eileen Smith 29:46 2. Mary McDermott (or -mott) 30:37 (Smith had 9:01, 18:56, 28:50)

25 Km, Lakeland, Fla., March 14—1. Norman Knott 2:42:00 (age 42) 2. John Scimone 2:43:46 (age 41) 3. A.F. Christiansen (51) 2:50:02 4. H.C. Stephenson (44) 3:15:15 4 Mile Handicap, Lakeland, Feb. 22—1. Pete Deyo 43:48 2. Sue Webb 48:22 3. John Scimone 37:44 4. Jeff Stillwell 45:17 5. Rocki Collins 45:54 6. Kathy Gates (11) 46:23 7. Sperry Rademaker 44:32

6 Mile, Springfield, Ohio, March 14—1. Ron Laird 44:39 2. Jack Mortland 49:39 3. Jack Blackburn 50:00 4. Laurie Tucholski 51:56 5. Mary Hovey 56:36 6. Carol Mohanco 57:30 7. Dr. John Blackburn 64:55 (Marty Mortland, me wife, jogged 2.4 miles in 23:56)—Ron had stopped by Kettering on his way from Leningrad to Mexico to visit friend Mary Hovey and honored us with his presence at our little race. On the .6-mile lap, he took the lead from Mortland after 50 yards and proceeded through laps of 4:17, 8:43, 13:13, 17:45, 22:14, 26:45, 31:17, 35:44, and 40:09. In the dual for second, Mortland stayed a step or two ahead of Blackburn for 6 laps, Blackburn led for the next 3 but then got blown off by your speedy editor on the final loop, Splits for these two were 4:56, 10:03, 15:05, 20:05, 25:04, 30:03, 35:00, 39:58, 44:54, as Laird lapped them early in his final lap. Laurie showed the good strength she has to go with her speed staying with the two Jacks for a mile, then settling into a steady 5:15-lap pace and closing with a good 5:05. Carol led Mary by 32 seconds at three miles, but could not withstand Mary's steady pace over the second half.

Wisconsin State University Conference 2 Mile, Oshkosh, March 13—1. Bill Hamilton 15:07.8 2. Jeff Mazanec 15:12.8 3. Chris O'Connell 15:51.6 4. Dennis Anderson 15:54.6 5. Paul Kiehaus 15:56 6. Kevin Baker 16:05.6 7. Bob Meltz 16:11 8. Stu Rivall 16:32 9. Dave Slatter 16:33 10. Paul Malek 16:52 11. Garth Schneider 17:28 12. Jay Byers 17:50 13. Mark Katzer 17:58—this was a scoring event in the meet for the first time and they will have a 10 Km in

their outdoor meet this spring. 2 Mile, Oshkosh, March 6--1. Jim Heiring 14:04.3 2. John VanDenBrandt 15:46.9 3. Paul Niehaus 16:07.2 4. Al Halbur 16:11.6 5. Garth Schneider 17:52.3 (Scoring event in college quadrangular meet) 10 Km (Indoors), Champaign, Ill., March 7--1. Bob Henderson 48:30 2. Jerry Young 50:00 3. John VanDenBrandt 51:11 4. Al Halbur 55:53--estimated times after Henderson as others went an extra lap. Jim Heiring got a caution in the first 20 yards of the race, a rather questionable one I was told, and quit in anger, a rather questionable decision on his part. 2 Mile, Chicago, March 13--1. Chris Hansen 15:13 2. John VanDenBrandt 15:13 (They tried to tie.) 3. Al Halbur 16:35 4. Mike O'Malley 17:34 5. Art McLendon 5 Km (Outdoors), Kenosha, Wis., March 14--1. John VanDenBrandt 25:04.8 (strong winds) 3 Mile, Racine, Wis., Feb. 7--1. Jim Heiring 21:55.9 2. Chris Hansen 23:22.8 3. John VanDenBrandt 23:41.5 4. Bill Hamilton 23:55.8 5. Al Halbur 26:02.8 6. Larry Larson 26:45 7. Dennis Zielinski 28:04 8. Marty Powers 28:54 9. Will Hentzen 29:33 10. Mike O'Malley 29:49 2 Mile, Oshkosh, Wis., Feb. 14--1. Jim Heiring 13:59.4 2. John Van Den Brandt 14:54 3. Bill Hamilton 15:08 4. Al Halbur 16:00 5. Paul Niehaus 16:20.4 6. Mike O'Malley 17:05 7. Dennis Zielinski 17:16 8. Larry Larson 17:18 9. Dave Slater 18:28 10. Garth Schneider 18:43 20 Km, Columbia, Mo., Feb. 21--1. Paul Ide 1:45:55 2. Randy Bakewell 1:54:58 3. Dave Lentholt 2:05:15 4. Rob Spier 2:06:06 5. William Taft 2:32:36 10 Km, Columbia, Feb. 25--1. Jerry Young 52:56 2. Randy Munn 59:15 3. Jim Breitenbucher and Randy Bakewell 60:55 5. Paul Mack 61:54 6. Mark Young 62:47 7. Rob Spier 62:54 8. Dave Lentholt 63:41 3000 Meters, Boulder, Colorado, March 6--1. Jerry Brown 13:08.4 (NAAU record) 2. Greg McGuire 14:03.2 3. Floyd Godwin 15:05.4 4. Chris Amoroso 15:42.6 5. Mike Young 16:03.6 6. Chuck Hunter 16:32.6 1 Mile, Boulder, Feb. 29--1. Greg McGuire 7:25 2. Pete Van Arsdale 8:02 3. Mike Young 8:22 4. Blake Boyd 9:57 5. Brian Pales 10:15 1 Mile, Van Nuys, Cal., Jan. 11--1. Mike Ryan 7:16 2. Bob Hickey 7:39 3. Paul Roosevelt 7:49 4. Dave Hall 8:17 5. Travis Veon (12) 8:26 6. Vicki Cook (11) 8:27 1 Mile, LA Times Invitational, Feb. 6--1. Larry Walker 6:28.1 2. Ed Bouldin 6:49.6 3. Mark Randle 6:52.1 4. Mike Ryan 6:56.2 5. Bob Hickey 7:12.2 6. Rudy Maluza n.t. 7. Brad Bentley n.t. Rose Bowl 10 Mile Handicap, Jan. 25--1. Ed Bouldin 1:23:27 2. Mike Ryan 1:29:44 3. Paul Roosevelt 1:40:03 4. Hal McWilliams 1:42:03 5. Carl Warrell 1:43:01 6. Dave Hall 1:43:01 7. Travis Veon 1:44:01 10 Km, Indio, Cal., Feb. 15--1. Ed Bouldin 54:27 2. John Kelly 54:47 3. Travis Veon 57:12 4. Hal McWilliams 57:16 5. Mike Slates 58:40 1 Mile, Seattle, March 13--1. Bob Rosenkrantz 7:12 2. Evan Shull 7:22 3. Martin Ridow 7:25 4. Steve DiBernardo 5. John Sherrill 7:45 6. Craig Jones 8:00 7. Dick Arkley 8:01 8. Paul Kaald 8:28 7 Mile, London, Jan. 10--1. Brian Adams 49:49 2. Peter Marlow 50:50 3. Carl Lawton 50:53 4. Steve Gower 51:11 5. H. Stewart 51:17 6. Shaun Lightman 51:47 7. Mike Dunion 53:49 8. Roger Mills 52:08 3 Mile, London, Jan. 1--1. Brian Adams 19:57.6 2. Olly Flynn 20:24.6 3. Peter Marlow 20:34 4. Roger Mills 20:40.6 5. Carl Lawton 20:53.6 6. Mike Dunion 20:56.6 (15 at 22:00 or better)

SCHEDULE OF RACES

Sat. April 10--NAAU and Open 50 Km, Columbia, Mo., 9 a.m. (D)
Iowa AAU 20 K, Women's 5 Km, Cedar Rapids, 1 p.m. (J)
Sun. April 11--NAAU SENIOR 75 KM (ALSO "B" AND MASTERS), OLD BRIDGE, N.J. (B)
5 Mile Handicap, Kenosha, Wis., 1:30 (K)
Conn. AAU 3 Km, Hartford (O)

Sat. April 17--1 Hour Lakeland, Fla., 8 p.m. (C)
NAAU SENIOR 25 KM, SEATTLE, 10 a.m. (I)
6 Mile (track), Kenosha, Wis., 4 p.m. (K)
20 Km, Jr. 10 Km, Women's 5 Km, Washington, D.C. (E)
SPAAU Women's 10 Km (U)
1 Mile, Fillerton, Calif. (U)
Sat. April 24--Walk-Run Pentathlon, Columbia, Mo., 9 a.m. (D)
2 Mile, Kenosha, Wis., 3 p.m. (K)
5 Km and 10 Km, Mt. SAC Relays, Walnut, Cal. (U)
Sun. April 25--NAAU MASTER'S 25 KM, VERONA, N.J. (H)
REAAU 20 Km, Boulder, Colo., 7:30 a.m. (F)
Sat. May 1--Mo. Cup 20 Km and Women's 5 Km, Columbia, Mo., 10 a.m. (D)
6 Mile, Kenosha, Wis., 10:30 a.m. (K)
Sun. May 2--NAAU SENIOR 20 KM, HUNTER COLLEGE, N.Y., 10 a.m. (S)
NAAU JUNIOR 5 KM AND "B" 10 KM, PORTLAND, ORE., (C)
5 Mile Men, 3 Mile Women, Des Moines, Ia. (J)
Sat. May 8--10 and 20 Km (Track), Kenosha, Wis., 11 a.m. (K)
Sun. May 9--10 Mile, Seaside Heights, N.J. (B)
Fri. May 14--6 Mile (Track) Kenosha, Wis., 3 p.m. (K)
Sat. May 15--NAAU SENIOR 10 KM, BOULDER, COLORADO, 1:30 p.m. (F)
5 Km Handicap, Kenosha, Wis., 11 a.m. (K)
Sun. May 16--10 Km, Lakeland, Fla., 8 a.m. (C)
Canadian 20 Km Olympic Trial, Hamilton
10 Km, Oakhurst, N.J. (B)
Sat. May 22--MAIA 10 Km, Arkadelphia, Ark.
Sat. May 29--6 Mile Handicap, Columbia, Mo., 9 a.m. (D)
NAAU SENIOR 15 KM, CHAMPAIGN, ILL. (G)
Sun. May 30--Zinn Memorial 10 Km, Chicago (G)
10 Km, Toronto (N)
9 Mile Handicap, Lakewood, N.J. (B)
5 Km, Hartford, Conn., 11 a.m. (O)
Iowa AAU 25 Km, Cedar Rapids, 7 a.m. (J)
Sun. June 6--NAAU "B" 20 KM, KENOSHA, WIS., 9:30 a.m. (K)
20 Km, Lafayette, Colorado, 7 a.m. (F)
Canadian 50 Km (K)
NJAAU 2 Mile (B)
Thurs. June 10--Sat. June 12--NATIONAL AAU OUTDOOR TRACK AND FIELD CHAMPIONSHIPS, LOS ANGELES, UCLA, MEN'S 5 Km, WOMEN'S 5 Km, and maybe 10 Km

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Contact the editor regarding Ohio races, which we are trying to hold every other Sunday alternating between Columbus, Springfield, and Dayton.

FROM REEL TO TUE

Regarding Women's racing for this year, about which we have heard little, according to Bruce MacDonald there will be a Women's International again this year. It is tentatively set for England on August 21 and will include both a 5 and a 10 Km. There will be teams of four in each race, with three to score, but a fifth competitor may be allowed. (The four official team members would have to be declared before the race.) Thus it appears there will be a trip for 8 or 10 girls this year, provided there is no doubling (doubtful if it is a one-day meet). The 5 Km National will be held with the Outdoor T & F Championships in Los Angeles June 10-12 and it is likely that the 10, scheduled for California, will also be held on that weekend. Hopefully we will have full and exact details by next month....Carl Swift's Marathon time was 2:22:12 in 1975 but he improved that with a 2:19:39 in January. Kindly make that correction in last month's list of best running performances by walkers. With times like that, it is not likely that Carl is going to do much walking for a while, however....Bruce MacDonald also wants to stress the importance of proper circumstances for qualifying times for the Olympic trials. (1:36 for full expenses, 1:38 for two days food and lodging.) Performances must be on a certified course or, preferably, a track. Lap times for track races will further verify the authenticity. At least one national judge must be present. The committee is going to be very critical of all applications and it will not help race walking's image if we get a few ringers out there at Olympic Committee expense. So be sure that everything is in order before you submit an application. According to Bob Bowman, the following have qualified at this point (Bob is walking editor for T&F News, official record keepers for the Trials with Olympic Committee approval):

1:32:51.6t Jerry Brown, 8/10/75	1:35:18.6t Tom Dooley 3/21/76
1:34:15.0 Bob Kitchen 10/11/75	1:35:18.6t Wayne Glusker 3/21/76
1:34:15.6 Larry Young 8/16/75	1:35:40.0t Larry Walker 12/28/75
1:34:15.6 Todd Scully 8/16/75	
1:34:21.0 John Knifton 11/16/75	1:37:22.0 Dave Romansky 6/8/75
1:34:24.8 Bob Henderson 6/28/75	1:37:48.0 Bill Ranney 6/8/75

Questionable conditions:

1:36:15.0 Dan O'Connor 12/21/75--will be OK if course is certified and proper judging was present.

1:37:50.0 Bryan Snazelle 7/20/75--possible short course.

From Bob's letter also add the following races to the schedule: 10 Km at College of Marin on Sun. April 11 at 10 a.m. and 5 Km at the San Jose Invitational on Sat. May 1 at 11 a.m. Contact Bob at 2190 Mountain Blvd, #1, Oakland, CA 94611....Finally, before turning from Bob's letter for the moment, he offers the following defense of Frank Hagerty's handling of last year's National Postal One Hour. "I agree with Ron Daniel's complaints. No question. However, Frank and the Pacific Association didn't ask for a postal race, it was thrust upon them by the National Committee at the Convention. Unfortunately, our sport has become dominated by long-distance running people the last couple of years and as sincere as they are about helping us, they just don't have the proper first-hand knowledge of our sport that they should have. Postals have worked for long-distance running but we have different constraints to consider. Anyway, they made it a postal and Frank was left to try and run it without guidance from these people. He continually asked our National RW Chairman for advice with very little help as you can see. He tried to accommodate everyone but unfortunately it got away from him. It was a first time try and perhaps should be tried again as Elliott Derman suggests. I feel you will always have some problems but many problems

could be eliminated with more leadership from the National Committee.... This issue of the ORW comes to you via second class mail. Actually, until my second class application is approved, I have to pay third class rates, which for this little rag is still 13¢ per copy, the same as first class. However, if the application is approved, they refund the difference between third and second class paid in the interim. If not approved, my \$30.00 application fee is refunded and nothing has been lost other than a little time in getting this to you each month. I would be interested in finding out how much slower second class mail is. This issue should go in the mail on March 30 or 31. Don't make a special effort, but if you are sending me something anyway, be it news, a renewal, or whatever, please note the date on which you received this issue..... Where does the ORW go? I just updated my subscription list to have new labels run and present circulation is 269 copies. These go to 30 states, the District of Columbia, two territories, and 14 foreign countries. The rundown on the number of copies to each of the above political divisions is: California--38, New York--28, New Jersey--21, Ohio--17, Illinois--15, Massachusetts--12, Missouri--10, Pennsylvania--10, Colorado--8, Florida, Iowa, and Wisconsin--7, Maryland--6, Connecticut and Washington--5, Michigan, Oregon, and Virginia--4, Montana, Nebraska, and Texas--3, Arizona, New Mexico--2, Indian, Hawaii, Idaho, Kansas, Kentucky, Maine, and Minnesota--1, District of Columbia--2, Puerto Rico--1, Virgin Islands--1, Canada--17, England--3, Australia--2, New Zealand--2, Belgium, Denmark, Hungary, Israel, Italy, Kenya, Malaysia, Sweden, Switzerland, and Trinidad--1, plus two to APO addresses. If I didn't make a mistake in typing that it all adds up to 269...The British publication recently put out their 400th issue and are in their 35th year of publication. As you will note, we are starting our 12th year with this issue and no one will be more surprised than the editor if we ever get to 35. In that 400th issue, the Record listed the results of their Walker of the Year Poll for 1975. Votes were cast by an invited panel with Bernd Kannenberg a narrow winner over Karl-Heinz Stadtmüller by 23 to 22 votes. Daniel Bautista and Domingo Colin followed. Brian Adams was the British walker of the year, Margaretha Simu of Sweden the World's Woman Walker of 1975, and Marion Fawkes the British Woman Walker. Best stylist award went to Simu over Britain's Peter Marlow, Kannenberg, Colin, and Britain's Roger Mills....In another issue of the Record they had an interesting analysis of Olympic Medalists in the walks by age. The 20 Km is becoming increasingly an event for the mature athlete. The event was first held in the Olympics in 1956 and the three medalists were 24, 32, and 27. In 1960 the ages were 24, 22, and 28, a real youth movement. In 1964 they were 30, 27, and 28; in 1968 31, 31, and 30; and 1972 33, 35, and 31. Except for a youth movement in 1952 and 1956, the 50 Km has remained primarily an older man's events through the years. First held in 1932, the medalists that year were 38, 28, and 31. In the ensuing years they have been: 1936--33, 40, 26; 1948--29, 48; 1952--26, 29, 25; 1956--24, 32, 27; 1960--27, 41, 27; 1964--31, 25, 38; 1968--27, 33, 25; 1972--30, 33, 29....Late results, just in: 5 Km, Stanford, Cal., Feb. 21--1. Jerry Lansing 22:19 2. Tom Dooley 22:19 3. Wayne Glusker 22:34 4. Dave Himmelberger 27:20 5. Chris Sakelarios 27:52--others are mostly first names only for which the timer neglected to get full names. 10 Km, San Jose, March 6--1. Manny Adriano 51:27 2. Roger Duran 58:49 Women's 5 Km, same place--1. Chris Sakelarios 28:12 2. Georgia Sakelarios 28:45 3. Laura Spencer 29:14 4. Amy Spangler Arrow 29:15

Girl's (12-13) 5 Km, same place--1. Cindy Vaughan 29:24 2. Debbie O'Sullivan 31:35 20 Km, San Francisco, March 21 (track)--1. Tom Dooley and Wayne Glusker 1:35:18.6 (7:18, 14:45, 22:09, 29:35, 37:00, 44:34, 52:15, 59:59, 67:51, 75:54, 83:53, 91:57) --no other finishers--Goetz Klopfer 46:15 for 10 km, Bryan Snazelle 51:41 for 10; Sandy Briscoe 59:49 for 10, Jerry Lansing 39:29 for 5 miles, Manny Adriano 15:53 for 2 miles, Bill Ranney 7:23 for 1 mile 5 Miles, Columbia, Mo., March 6--1. Larry Young 37:44 2. Angie Hirt 39:13 3. Paul Ide 41:08 4. Jerry Young 41:18 5. Leonard Bisen 44:48 6. Mark Young 45:00 7. Jim Breitenbacher 47:30 8. Dave Leuthold 47:50 9. Mack 47:56 10. Rob Spier 52:02 11. William Taft (60) 59:08 12. Henry Bent (75) 59:11 3 Mile, Columbia, March 20--1. Paul Ide 22:41 (7:28, 15:03) 2. Angie Hirt 24:00 3. Jim Breitenbacher 25:24 4. Randy Munn 26:25 5. Leonard Busen 26:29 6. Paul Mack 27:48 7. Dave Leuthold 29:06 8. Rob Spier 31:01 9. Henry Bent 35:04 10 Mile, Basildon, Eng., Jan. 24--1. Roger Mills 74:08 2. Steve Gower 74:14 10 Mile, Steyning, Eng., Jan. 24--1. Stuart Elms 75:05 (first time under 80:00)....An application for a National High School record for John Van Den Brandt's 7:01.9 performance last year was submitted to the National Federation. In response to this, Larry Larson received communication from the Wisconsin Association that the application could not be considered because race walking is not an official event on the interscholastic program, which is logical enough. However, they went on to state that Wisconsin was requesting that race walking be contained on the National Federation Questionnaire to get a response from all coaches and officials regarding the possible inclusion of this as an official event. Larry wants to alert AAU Association Chairmen to this fact in order that they may communicate with their state associations and with track coaches in order that a respectable amount of interest be shown on this survey. Thus alerted, all ORW readers should make all contacts possible to insure a positive reaction

WORLD'S TOP WOMEN AT 5 KM, 1975 (From Le Marcheur Belge)

23:40.6 Margareta Simu, Swed., Grand Quevilly, Oct. 11
23:58.6t Jacqueline Delassauz/Daniel, Fr., Nancy, June 21
24:23.0 Siv Gustafsson, Swed., Odense, July 19
24:27.0 Monica Karlsson, Swed., Odense, July 19
24:45.0 Britt Holmquist, Swed., Grand Quevilly, Oct. 11
24:47.8t Marion Fawkes, GB, Warley, Sept. 7
24:53.0 Thorild Oylder, Nor., Odense, July 19
25:02.8t Virginia Lovell, GB, London, July 19
25:05.0 Sue Brodock, USA, Grand Quevilly, Oct. 11
25:08.0t Elisabeth Olsson, Swed., Odense July 20
25:08.8t Ester Marquez, USA, San Jose, March 16
25:24.4t Judith Farr, GB, London, Sept. 19
25:27.0t Annika Blomberg, Swed., Gothenburg, July 27
25:35.0 Eva Karlsson, Swed., Arboga, June 12
25:48.4t Janine Piroux, Fr., Nancy, June 21
25:53.0 Sally Wish, GB, Redditch, Jan. 11
25:55.0 Margareta Olsson, Swed., Ottsjon, July 6
25:59.6 Pamela Branson, GB, Barcelone, June 15

ALL-TIME TOP WOMEN PERFORMERS AT 5 KM (TRACK)

23:58.6 Jacqueline Delassauz/Daniel, Fr., Nancy, June 21, 1975
24:10.4 Margareta Simu, Gothenburg, July 27, 1975
24:16.2 Sue Brodock, USA, Stockholm, Aug. 24, 1974
24:27.6 Ingrid Johansson, Swed., Boras, Oct. 7, 1951

24:30.6 Elisabeth Olsson, Swed., Boras, Aug. 8, 1972
24:39.0 Eivor Johansson, Swed., Boras, Aug. 8, 1972
24:41.0 Mary Nilsson, Swed., Bjornborg, Aug. 28, 1959
24:45.0 May Johansson/Bengtsson, Varberg, Sept. 1, 1946
24:47.8 Marion Fawkes, GB, Warley, Sept. 7, 1975
24:49.0 Stina Molin/Petersson, Swed., Orebro, Oct. 1, 1944

ALL-TIME TOP WOMEN PERFORMERS AT 5 KM (ROAD)

23:40.6 Margareta Simu, Swed., Grand Quevilly, Oct. 1, 1975
23:52.0 Eivor Johansson, Swed., Sandviken, July 15, 1973
24:13.0 Britt Holmquist, Swed., Ostersund, July 14, 1975
24:23.0 Mary Nilsson, Swed., Boras, Oct. 4, 1964
24:23.0 Siv Gustafsson, Swed., Odense, July 19, 1975
24:27.0 Thorild Sarpebakken, Nor., Sandviken, July 9, 1972
24:27.0 Monica Karlsson, Swed., Odense, July 19, 1975
24:28.0 Elisabeth Olsson, Swed., Kola, June 11, 1972
24:29.0 Berit Jonsson, Swed., Ortrask, Aug. 12, 1972
24:39.0 Lilian Harpur, Australia, Adelaide, May 18, 1974

LOOKING BACK

10 Years Ago (From the March 1966 ORW)--Rudy Haluza launched what proved to be his most successful year in race walking (although his fourth place finish in Mexico City two years later is probably the single highlight) with a storming last lap to nip Don DeKoon in the NAAU Indoor 1 Mile. The meet was held at altitude in Albuquerque and DeKoon's very fast early pace proved his downfall. Going through the 440 at 1:31 and 880 in 3:06, DeKoon was nearly 50 yards up on Haluza, who had 1:38, 3:18. However, Rudy maintained his pace while DeKoon staggered through a final quarter in 1:53 allowing Rudy to gain 20 yards the final lap and nip him by a tenth in 6:39.2. Ron Daniel stayed close to DeKoon early and managed to hang on to third in 6:43.8 while consistent Larry Walker grabbed fourth in 6:47.7....Ron Laird, only fifth in the above race, had earlier broken three American records in a San Diego race. In this assault, he went 15 miles in 1:57:36, covered 15 miles 501 yds in 2 hours, and did 25 Km in 2:02:00.2....At the same site, Don DeKoon captured the American 2 Mile record with a 13:38.6 performance...Finally, Chris McCarthy had sent along the following excerpts from the book *Track Athletics*, by Albert Lee, Harper Brothers, New York, 1896: "One Mile Walk (p.41)--This event is the least athletic of any on the...schedules and will be doubtless dispensed with in a year or two. There are few exercises for the general run of men any better than walking...But 'Athletic' or 'Heel and Toe' walking is exaggerated, artificial, and of no particular benefit. It is not harmful, of course, because it is exercise and all normal exercise is beneficial. (p.45) Walking has fallen somewhat into disrepute of late, because unscrupulous athletes, proficient in the heel-and-toe method, can frequently run without appearing to alter their form, and when the judge of walking is not at their very heels they travel rapidly but unfairly over the course. But this is not sport."

5 Years Ago (From the March 1971 ORW)--In National Junior Championships, Wayne Glusker prevailed over Mike Ryan and Jerry Lansing in the 1 Hour and George Mercure bested Steve Merrilees (fourth in the Hour) and Bob Woods over 50 Km. Glusker covered 7 miles 468 yds, 154 ahead of Ryan and 216 ahead of Lansing. Mercure's time was 5:23:35.2....Despite a 1-2 finish by Bob Munn and son Randy, the Shore AC won a 10-mile dual from the Philadelphia AC in an 11-man-per-side match....Tom Dooley easily beat Goetz Klopfer in a San Francisco 20 Km with a 1:32:33. Goetz was 6 min-

utes in arrears. Wayne Glucker managed a 1:47 in this one and has improved somewhat in the 5 years since....Klopfer had a better day in Seattle when he bettered American records with 1:52:44 for 15 miles, 1:56:53 for 25 Km, and 15 miles 1578 yards in 2 hours. However, when he failed to finish the 20-mile race, he lost all the records just as quickly...The IOLA 1 Mile went to Greg Diebold over upcoming Bob Henderson in 6:51.8...Diebold also edged Ron Kulik in an Albany 1 Miler with 6:37.6 as Ron recorded the same time...The results of a 1970 Women's International Postal 5 Km were announced with Sweden's Eivor Johansson winning in 24:40 and the Swedes easily beating Norway. Jeanne Bocci finished fifth in 26:14.

Letter from Bob Bowman:

"It is less than 3 months until the Olympic Trials in Eugene. I feel that there are several important points that should be brought out in the ORW as it seems it is the only reliable vehicle for getting the word out to the walkers....

"First of all I'm extremely concerned about our form problems as I brought out in my Lugano Cup report. The judging in Montreal will be strict especially where bent knees are concerned. The reason for this is obvious. It is easier to detect bent knees than lifting in most cases. We are going to have to judge our trials likewise, as it makes no sense to let someone through who has an excellent chance of being thrown out in Montreal. Bouncy appearing form is also a problem regardless of whether or not the person is actually off or not. It is the overall appearance that counts. And when it comes to judging, you can forget blocking out certain portions of the body as Jerry Brown suggests in his reference to Stadtmuller's style. Form counts in this sport whether we like it or not. Looking only at the feet is not enough as it is too hard to detect contact. That's why good judges look at the overall body dynamics. Of all our top 20-Km men, I can only think of three who do not have significant form problems. (Ed. Too bad he didn't name them to stir up a little anger out there amongst the top dogs.) As for Mr. Stadtmuller at the Lugano Cup races, he looked very bouncy the first 10 km, then settled down a bit. So I'm afraid Jerry didn't see him at his worst. This was not just my opinion but also that of knowledgeable people like Reg Wells, Peter Marlowe, and Colin Young (even though he didn't so state in his Athletics Weekly report). As manager of the U.S. team, I felt the judging was uneven and inconsistent. I didn't dispute the calls to our guys as much as the failure to call several others who looked as bad or worse. They seemed to ignore the front group in the 20. After I made this comment to several international judges, lo and behold, the next day they went bozo and pulled three of the top 50 men, none of who looked nearly as bad as Stadtmuller. So what are you going to do? The only thing we can do is to continue to try to upgrade our standards to insure we don't get hit so hard again....

"As there seems to be some confusion as to the rules of judging in this country, I'd like to clarify this. Our rules are the same as IAAF rules. Simply, a caution (white flag) and a D.Q. (red flag) are two separate, independent judgements. A caution is just that, a warning if your form is questionable. You are only entitled to one caution. (Ed. But presumably you can continue to look questionable the rest of the way so long as you are not actually judged illegal.) You may be disqualified without ever having received a caution. Both calls require concurrence among any three judges or one judge and the head judge. You may be cautioned or D.Q'd from the starting line to the finish line. None of this two cautions equals a D.Q. or a caution in the last 200 meters is

A DQ business. That's it in a nutshell." (Ed. Agreed. But I still get the feeling that many, maybe most, including lots of judges seem to think that two cautions equal a DQ. Maybe we need to rewrite our rules as above, or at least add an interpretation of that nature, and then see that they are widely communicated.)

And a letter from Tom Knatt (which appeared in a somewhat abbreviated form in Runner's World. Tom assures me, as if he has any say, that they won't sue me for copyright infringement.):

"Why walk when you can run? Answering with another question such as: 'Why swim the butterfly when freestyle is faster?' has always left me uneasy. Recently, though, after talking with Fred Spector about mountain climbing technique and then having the opportunity to study the best European walkers in Montreal and in France, I have concluded that a major point about racewalking style is overlooked in the U.S. It seems to be extremely important for becoming a first-class walker but is never mentioned in discussions about racewalking style.

"Mountain-climbing technique emphasizes straightening your knee as you climb, to put your weight on your skeleton. That way your muscles momentarily are rested because your skeleton, which does not tire, takes the weight. In the picture (Ed. Sorry, I didn't have room for the picture this time but you can imagine it.) ^{Walker} appears to be standing on one foot much the same as two people talking on a street corner shift their weight from one foot to the other. At this point, he is walking at under an 8-minute-mile pace....Most European walkers also land with the forward leg straight, and the shock of landing is, in part, distributed up the leg skeleton to the hips and abdomen, not borne entirely by the leg muscles.

"Walking becomes by this a true endurance sport. Running is naturally for speed, and endurance running such as marathoning is basically speed for a relatively short time, in comparison with distances often walked. The 50 kilometer walk is 4-4½ hours, 75 km takes 7½-8 hours, and 100 km lasts 9½-10 hours for the best walkers. Roger Quenener of France recently did 22:22:20 for 200 kilometers, which begins to approach the world record for running 24 hours. Finishers of the Strasbourg-to-Paris race of about 525 kilometers regularly finish in under 72 hours. In a stage race, such as the Tour of Romandy, walkers will go an average of 37 kilometers a day for 9 days. Every day is nearly as fast as a single race of that distance would be walked. Imagine running 9 marathons in 9 days even at training speeds!

"Finally, in my opinion, walking has a definite place in track and field as an endurance discipline. Yet walkers are likely to be forced out of the Olympic Games because the Games totally emphasize speed. One might ask how the Greek athletes and citizens traveled to the first Olympic Games and how many 100 meter runners could walk from, say, New York to Montreal."

(Ed. I find Tom's comments regarding landing with a straight leg most interesting because I have always operated under the opposite impression. As one who has always had a straight leg at contact, I felt that I would be more adaptable to long distances if I could develop a bent knee landing, which I haven't, to absorb the shock. However, this was purely an intuitive feeling and not being really qualified to argue the mechanics of it, I'm not disagreeing with Tom's conclusions. Maybe the European scene has changed also, because John Deni used to explain away his bent knees (which, of course, usually never did straighten) by saying, "I can't help it I walk the European style.")