

OHIO * RACE * WALKER

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J.R. OLYMPIC DRAMA

Columbus, August 3 — The OTC's Larry James, just graduated from Walnut Ridge High School, walked home with the Central Ohio Junior Olympic One Mile Walk for the second straight year. Larry was nearly a half minute under his winning time of last year but missed his goal of 8 minutes by 16.2 seconds. He opened up a huge lead on the first quarter and was forced to make all of the pace for himself on this hot, sunny day. He was unable to hold up on the middle two quarters and consequently lost his bid at 8 minutes. He had earlier run a 25 second 220 that left him unplaced.

Finishing second in this 16-17 year old race was Jeff Sperling from over in Knox County. Jeff stayed closer to Larry than anyone else during the early going and then hung on for second in 8:54.5. There was a good battle for the third spot between a Jack Blackburn protege from his Linden Park days, Gary Beales, and Dick Payne's cousin from Delaware, whose name I have forgotten. (Dick is an ex-OSU quarter miler who tried a little walking sometime in the past.) These two were right together most of the way, with Dick's cousin looking a little edgy all the way. As he started to pull away on the last backstretch, a combination of fatigue and overanxiousness got to him and he broke into a beautiful creep. A little hollering from head judge (and only real judge) J.E. Mortland didn't alter things and there was no alternative but the old leave ho. Beals thus got the third spot in 9:11. The first three all showed excellent style, but best of all was a kid from Granville in fifth place. He didn't have a lot of speed, partly due to having run the mile and the 880 earlier, and partly due to never having walked before. But once he got the feel of it he settled into a beautiful, Stattmiller-type style, which is really fluid and needs only a little less exaggerated hip motion. He finished under 10 minutes and was real enthusiastic. Hope to see him at a few races if we ever have any.

Another Blackburn Product

In the 14-15 year old 880, Peppi Pietrantano and Chuck Williams had a ding-dong battle all the way. Peppi led by 10 to 15 yards most of the time, but in the final stretch, Williams made a strong bid, maintaining good style and pulled abreast with about 20 yards to go. It's really hard for these inexperienced kids to stay down in a situation like this, but with Mortland jogging right at their sides admonishing them, they did quite well until the last two steps. And since they both went off then and no one else was close old Mort let that pass. Pietrantano got the nod 4:02.9 to 4:03.0. In third place was Steve Moore with 4:11.9. Had to toss one jogger out in the first 220 of this one. I gave him a call and tried to explain what was wrong by word of mouth and personal demonstration. So he slowed his jog and told me he was okay. The problem in these races is that most of the kids have had no instruction before. So in the younger age groups I tried to go with them and give them some instruction on the way. If I could straighten a kid out I let him stay in. And in the two youngest age groups my chief criterion was effort in the direction of walking. I didn't really look for contact but rather whether they looked like they were walking. When they had little idea what they were doing at the start, this was really the only fair thing to do. Next year we may be able to set up some clinics beforehand

and give the kids ~~some~~ a real chance to know what they ~~are~~ doing. On the whole, everyone looked quite good in these races, however. I think I D & d one of about 6 in the 16-17 group, two or three in the 14-15 group of about 15, and three or four in both the 12-13 and 10-12 groups. There were perhaps 15 and 25 in those two races.

In the 12 and 13 \$30, William Logan won in 4:21.6. He had fair style, but kept getting ahead of his legs in his eagerness and was certainly close to losing contact. A close second was Ed Fowle in 4:22.8 with Kay Bell third in 4:31.1. In the 10-11 \$40, Jim Bosshart, from Knox County, was a runaway winner (I should say walkaway) in 1:58.1. He had a little trouble locking and was sort of stumbling, but he was walking, and the judge was having trouble keeping close to him. I was trying to show these boys how they should look and judge at the same time. All in all these were good races and the number of entries was very encouraging. Crowd reaction was also good.

Not much other news from Ohio, but then I guess there never is anymore. We started publishing this thing to brag about ourselves, but ~~we~~ seem to be letting ourselves down of late. Anyway, on the local ^{level}, the Doc had an operation to remove a tumor from the breast and was back walking in a week. Withing three weeks he was back down to his usual sort of time on his weekly 6 mile 532 yards walk down at the Worthington school course. That was yesterday when he had a 59:40 in a blazing hot sun. The week before was the really amazing performance though, when he recorded one hour even right to the tenth of a second. The watch couldn't be reset. Actually, the weather is the real news around here. Would like to bring the Olympic candidates in for a race on a typical day and watch them fold. Both Temperature and humidity are ranging 80 to 90 and they seem to go up together. Like today when I worked out it was 92° and 90%. Keeps the weight down though. What Blackburn is up to in Van Wert, we do not know, but atleast report he was finding it more and more difficult to drag himself out to train. A man who is old before his time, evidently. Your editor journeyed to one more running race and captured seventh of 11 in what was billed as a four mile, but may have been a little short. The first mile was almost all uphill, the steepest part of which, one would be very hard put to race walk on, and then we encountered an even steeper hill in the second mile about a quarter-mile long. From there it was just rolling but the old legs were finished. So, under those conditions, I suspect my 24:06. About an hour later we ran a cross country race of two laps around a little lake, this being somewhere in the area of 1 1/2 miles. Copped a fifth in this one with 8:01. Probably the end of my running career for a while, although I am pointing for the 1975 Master's Meet.

Master Masters Masters

Speaking of the Masters, here are the results. Don't have much in the way of details. These races were held in San Diego on the track.
6 Mile, July 19 — 1. Bruce MacDonald 51:54.6 2. Bill Grandy 56:14.8 3. Bob Long 56:55 4. Larry O'neil 57:14 5. Joe Wehrly 57:48 6. Don Jacobs 62:26 7. Bill MacFadden 72:43. 3 Mile, August 20 — 1. MacDonald 24:55.6 2. Grandy 25:39.2 3. Long 26:39 4. Justin Gershury 27:04 5. Wehrly 27:36 6. O'Neil 28:01 7. Jacobs 29:37 8. Ash Severson 31:18 9. Bruce Shields 33:55. Some four of these guys, including Bruce, ran the mile relay and got third in 4:28. Bruce also ran on a 440 relay team that got fourth. He reports that these ^{relay} races were the most fun he had and that the entire meet was really great with a lot of spirit and enthusiasm.

News about the Good Guys

The U.S. Olympic hopefuls are in serious training at South Lake Tahoe, California and have had four intrasquad races to date. A part of them are moving, or already have moved (well by the time you get this they have definitely moved) to the marathon camp at Alamosa, Colorado. This was a matter of personal preference. Lets just take things in chronological order, though.

The first race was a 10 miler held on the tartan track at South Lake Tahoe on July 27. From all reports and from pictures in Track & Field News and elsewhere this is really a beautiful track. Stately pines all around including in the infield. However, most of the walkers did not find the Tartan surface conducive to good walking since it is very springy.

Larry Young walked his usual well-paced race to win this one in 1:16:53. He passed five miles in about 38:25. Tom Dooley also paced himself well in second with 1:18:00. These are fine times considering they had less than two weeks at altitude prior to the race. The early leaders were Don DeNoon and Dave Romansky. Both got a call on the 12th lap, DeNoon had to stop a lap later with a recurring knee injury, and Romansky was dq'd on the 14th leaving Young all to himself. The results; 1. Larry Young 1:16:53 2. Tom Dooley 1:18:00 3. Ron Laird 1:20:09 4. Martin Rudow 1:20:19 5. Bill Ranney 1:21:01 (but he stopped a lap too soon) 6. Bob Kitchen 1:23:33 7. Jim Hanley 1:24:31 8. John Kelly 1:25:08. The last three had only a few days at altitude before the race.

Two weeks later, accompanied by coach Bruce MacDonld, the walkers were transported to Walnut, California for a couple of races on the Mt. Sac track. Having mentioned Bruce, we better explain that he is working with the walkers on, I guess, a more or less voluntary basis. This is the first time U.S. walkers have had a coach assigned to them and it finally takes them out of the orphan category. There is a lot a man like Bruce can do, both in administrative liaison and in advising on training matters.

The first of the two races was held on Saturday, August 8 at 5000 meters. Don DeNoon used his speed to establish an early lead in this one and then held off a late challenge by Tom Dooley to win in 21:50.5. The race was originally scheduled for 10 km but was changed at the request of the walkers. This is a good sign too, that walkers requests are heeded. The results: 1. Don DeNoon 21:50.5 (6:50, 13:57, 21:05) 2. Tom Dooley 21:52 (6:59, 14:04, 21:09) 3. Dave Romansky 22:29 (6:58, 14:12, 21:30) 4. Martin Rudow 22:52.8 (7:08, 14:36) 5. Bob Bowman 23:39 (7:29, 15:14). Ron Laird, with a touch of flu, co cred the first mile in 6:58 and then had to call it a day with an upset stomach. DeNoon just .9 off American record.

On Sunday, the boys were back at ^{it} over 20 km., ~~again~~ This time Larry Young joined the crowd and pulled away from Don DeNoon on the third 5 km to take away another victory. Tom Dooley had to drop out of this one with a touch of flu and Laird and Bowman didn't start. Rudy Haluza was dq'd at 10 km (23:46, 48:42) but finished the distance for a workout. Whoops, Laird did start, but stopped at 5 km. The results: 1. Larry Young 1:34:42.2 (23:09, 46:42, 70:28) 2. Don DeNoon 1:35:06.2 (23:21, 46:47, 71:12) 3. Dave Romansky 1:35:42.6 (23:21, 47:17, 71:16) 4. Goetz Klopfer 1:38:20.8 (23:34, 48:01, 72:54) 5. Martin Rudow 1:40:17.7 (24:03, 49:57, 75:11) 6. Bill Ranney 1:42:05.8 (24:23, 49:57, 75:38) 7. Bob Kitchen 1:42:11.8 (25:29, 51:18, 77:03) 8. John Kelly 1:42:14.6 (24:57, 50:53, 77:01)

MORE N.A.T.G.G.

④

Last Sunday, it was back on the S. Lake Tahoe track for a 30 km. No details from my correspondents on this one yet, just the first four places. 1. Larry Young 2:27:46.6 2. Bill Ranney 2:38:50 3. Bob Kitchen 2:39:26 4. Jim Hanley 2:40:02.

One or some of the crew was at Long Branch for the National 40. But all I know at this point is that Romansky won it. However, fat Jack Blackburn was there in living flesh and will write a full report elsewhere in this issue. Just called him on the phone but could only talk to his wife since he was still working, or out catting around, or something.

As to the move to Alamosa, Bruce reports that Dooler, Hanley, Kitchen, Klopfer, Kelly, Laird, Young, Romansky, Kulik, and Rudow are going. Staying at Tahoe will be DeLoon, Ranney, Bocci, Sommers, and Walker. Bowman and Maluza were to arrive at Tahoe on the weekend of the 18th, so ~~these~~ plans were not known.

It's hard to see any trend in the results to date, but I see no reason so far to think that the races will go much differently than did the nationals. I think the biggest benefit of the training camp, beyond acclimating the six that make it for Mexico City, is exposing this many guys to the atmosphere of international athletics. Even though most of them don't make it all the way, they will get that much hungrier and make things all the hotter next year. Plus, of course, the intensified training won't hurt anyone.

Finally, before leaving beautiful Lake Tahoe, Bruce reports that everyone is working very hard and getting into excellent shape. He feels they are getting more respect from the other runners than ever before. The coaches are amazed at how hard the boys are working. They have found that it is harder to walk at altitude and that times are definitely slower.

Mark Achen is one of the faithful correspondents who contributed to the above roundup. Mark has also written a letter on sundry items, much of which is too good to pass up. This boy may be the new Chris McCarthy. Most important, his letter will take up valuable space that might otherwise be devoted to dull walking news and statistics, which we have had entirely too much of lately. Our reputation is fast fading. Mark writes:

Greeting from the state with the nation's highest per capita income and the lowest per capita education expenditure (he's in Nevada now):

Having been hooked once again (am in training for the 1983 Masters Track and Field Championships which according to Crwell should be their last year), I've been on a jag of reading with some care (show's what a lousy summer i'm having) old issues of the ON. In the process of perusing this rubbish, I discovered an item that you will surely want to resurrect. In Vol. I, No. 1 (no less), you compared Zimm's 6th at Tokyo to Truex's 6th at Rome in which Max ushered in a new era of U.S. long distance running. (I also noted Billy Mills gold medal and suggested that all we had to do was find an Indian who walked to complete the comparison.) Well, off performances in the Senior 50 at San Francisco you were undoubtedly correct. To reveal the dramatic change let us compare the 1965 Senior 50 (a sorry affair, granted, but I like the vivid illustration it makes) to this year's. In particular, take Klopfer's fifth place in '65 when he walked 5:20:27. In '68 he slashed an hour and two minutes from that time yet still only placed second. Now take poor on Daniel who placed seventh in the bygone era with 5:45:43. He clipped 68 minutes from this time and actually fell five places to twelfth in S.F. I bet this qualified as Ripley's "Believe It or Not" Material.

Speaking of toiletries (which he had in a paragraph decrying the ORN's loss of "flippancy" in recent times that I chose to omit), I understand the elephants are convening at Miami Beach to nominate another loser. Ignoring Rockefeller (which will please the asses), the Republicans will, I predict, nominate Nix Dick and Checkers. Further, this slick tandem, campaigning for censorship of the Kerner Commission report and paving of South Vietnam, will fall before the lance of Humpty Dump. (Ed. He always reminded me more of Elmer Fudd.) The nation will then relax in another swam of lunacy, this term, however, coated with saccharine, then perhaps the odds will catch up with American politics, and we shall have a decent candidate in at least one of the parties who will receive the nomination.

So much for American folkways. I suppose you're wondering why all this sudden increase in post from Nevada. Well I'm working six nights of graveyard each week this summer in one of Reno's ubiquitous casinos (where else does a grad student in poli sci find work?), and there's little else to do at four in the AM. (Ed. All the other grad students in poli sci I have known do a little house painting and mostly let their wife work.)

The following is an account of my first long training spin in the "silver state", which others have found amusing. I have yet to appreciate the humor, however. I used to think pedestrian and automated hecklers were bad, but they are fans beside the equestrian harrasser. What little of Nevada that is not owned by the federal government (i.e. 4%) is possessed (both ways) by Birchers on horseback—their right flank passing Wallace petitions and their left flank singing the Death Valley Days' hymn. Well, I was wearing a "USA Track" t-shirt, given me by the Monster, that should have warded off most hecklers. But the "USA" attracted "fundamental Americans" on horse from every field I passed. One teeny bopper insisted upon riding "Trigger" only a hoof or two ahead of me. It wouldn't have been so bad if the damn thing hadn't kept passing gas instead of petitions. Which returns me (by sleight-of-hand) to what originally prompted my rereading of the garbage: I thought Doc might have treated this "malady" in his series on respiration. But, alas, I found no mention of poisoning by natural gas in his column. The symptoms, for those who might be interested, are readily observed by even the layman—severe constriction of the chest cavity resulting in intercostal (a favorite work since reading the ORN) cramps, abdominal turbulence followed by oral ejaculations and resulting in a loss of upright carriage, a reddening and concomitant watering of the eyes, and finally a green pallor much akin in color to the refreshment (?) Laird takes during a race. The last, of course, can only be observed by the walker when his abdominal turbulence brings him to peer into the pools he has produced.

As a sign of my serious intent to resume training, I only skipped one workout following the above episode.

 Results of National Junior 30 Km, Sharon, Pa., June 8 — 1. Gerry Bocci, Motor City St iders 3:08:25 2. Max Gould, Gladstone AC 3:10:38 3. Paul Walkovic, Phil. AC 3:25:42 4. Gerry Willwerth, Phi. AC 3:29:39 5. Jim Johnson, Pittsburgh Walkers 3:32: 6. Don Johnson, Shore AC 3:36:02. 12 finishers. Temperature 96-102. Not having enough, Bocci went on to Massachusetts for a 10 miler the next day.

Francis R. Schmeltzer, Sr. Memorial 10 Mile, Philadelphia, July 21— 1. Bob Mimm 1:28:59 2. George Braceland 1:36:25 3. Gerry Willwerth 1:34:26 4. Paul Walkovic 1:34:26 5. Eric Waite 1:42:27 6. Frank Schmeltzer, Jr. 1:46:53 7. Randy Mimm 1:48:01. Have a letter from Bob Mimm himself but no room for it this month.

TOUGH CAT OF THE MONTH!

(6)

Here is a brand new feature of the ORW. I sent questionnaires to all of the tough cats in training at Tahoe. Will use these for monthly features like this, possibly for training articles, for material for a book on training (if I ever happen to write one), and maybe even for blackmail, if that is possible. Since Jim Hanley was most prompt in responding, it is only fair he should get the lead off spot.

Jim Hanley has been in the walking game for 4 years now, but hasn't really been heard from on a national level until this year. In finishing eighth in the 50 Km in San Francisco, he bettered $4\frac{1}{2}$ hours by a second, a time unheard of in U.S. race walking until this year. A week earlier he walked 3 minute miles for an hour to take third place in the national, and a week before that had recorded a fine 1:40:50 for 20 Km. in finishing 13th in that National. He has also shown a good turn of speed for the first time this year with mile times of 6:37.2 indoors and 6:34.0 outdoors, a 14:15 two mile, and a 22:38 5000 meter. He also turned in a 2:53 20 mile on the track early last spring.

As were most of today's walkers, Jim was formerly a runner and competed with UCLA's cross country team. He had best times on the track of 4:40 and 10:04 and also had a 1:29 660. He still runs cross country competitively and employs a great deal of running in his training. He got his start in walking when he showed up late for a track meet, missed the two mile, started the 5000 meter, got lapped and had to drop out. The next event was a walking race, so he got in it and got the same prize as the man who had lapped him. Evidently Jim is a pothunter, since he is now a walker.

Jim trains seven days a week and covers 50 to 70 miles per week. He does very little track ^{work}, choosing to do more concentrated work on the roads due to limitations on his time. His training is pretty much the same the year around, except ^{he} adds some interval ^{work} during the indoor season. Even this is done on the road, however. He does not do any weight training or employ any special exercises. He does consider hiking and swimming as part of his training, feeling they contribute to his endurance. A typical week of training for Jim might go something like this:

Monday — long, easy walk in hills, 12 to 15 miles

Tuesday — 15x100 yards in street

Wednesday — hard 4 or 5 miles on streets

Thursday — hard 10 mile run (one hour) on streets

Friday — stroll 5 miles on streets

Saturday — hard 10 mile on streets

Sunday — Race or 15 mile walk on streets or track

Jim feels the running he does helps his endurance and ^{he} finds it necessary, again because of the limited time he has to train.

Jim is 23 and teaches for a living. He intends to continue competing as long as he does well. He advises the young, or beginning walker, to concentrate on good form first and then worry about speed. He wants me to write that book so ^{we} can all see what the "top cats" are doing. Man, he is one of the top cats and is ^{living} right with the rest of them, so what does he need with a book.

The Ohio Race Walker is the monthly diatribe of Messrs. Jack Blackburn (publisher) and Jack Mortland (editor), ex-famous American race walkers. We bring you news and views, concentrating on the humdrum world of the race walker, but not confining our remarks to such affairs if something else catches our fancy. Address all subscription correspondence to 733 W. Main St., Van Wert, Ohio, all editorial correspondence to 3184 Summit St., Columbus, Ohio 43202

Mary, many interesting foreign results this month. Will probably run out of room. 7
Canadian 20 Km and Olympic Trial, Toronto, July 13—1. Felix Cappella 1:36:34
2. Yvon Groulx 1:40:34 3. Marcel Jobin 1:44:44 4. Mac Gould 1:50:38. Lerschenz cut
at 10 km with pulled hamstring. However, was back a week later with 22:05 for three.

Can. 50 km, Toronto, June 16—1. Cappella 4:22:28.8 2. Lerschenz 4:27:33 3. Shaul
Ladary 4:38:18 4. Gerry Bocci 4:48:21.4 5. Horie Jacobsen 5:03:46

20 km, Paris, June 13—1. Charles Sowa, Lux. 93:37.6 2. Henri Delerue, Fr 94:24.2
3. Arthur Jones, GB 95:30.8. European Postmen Championships, Bremen, W. Ger., June
15 — (Evidently 15 km. Walked in regular postmen's garb, including the bag. How-
ever, the Rumanian team showed up without such dress and were allowed to compete.
So, poor Ray Middleton, the earl~~ies~~ leader, had to come back, despite bruises and cuts
from his bag, to snatch third in the closing stages. Sounds like a great event though.)

1. Pesanaru, Rum. 72:58.2 2. Schuch, Rum. 73:30 3. Middleton, GB 73:49.2 4. Ren-
ceanu, Rum. 74:26 5. Binder, Ger. 74:28 6. Navasi, Hung. 75:07. 50 Km, West Germany,
May 4 — 1. Weidner 4:17:51.4 2. Koch 4:22:28.8 3. Hupfeld 4:23:50. East Germany
vs. Sweden, Sednitz, EG, June 2 — 20 Km—1. Peter Frenkel, EG 1:29:03.8 2. Sperling

EG 1:29:15 3. Reibann, EG 1:29:31. 50 km—1. Hohne, EG 4:06:23.4 2. Sakowski, EG
4:18:02.2 3. Selzer, EG 4:21:35.4 4. Skotnicki, EG 4:21:35.4 5. Leuschke, EG
4:25:15 6. Lindberg, Swed. 4:28:52.6. EG vs Bulgaria, 20 Km, June 8 — 1. Pathus,
EG 1:28:13.4 2. Staps, EG 1:29:06.4. 10Km, Budapest, May 16 — 1. Reiman, EG 43:08.4

2. Hohne, EG 43:31.4. 10 Km, Potsdam, June 12 — 1. Frenkel, EG 42:00.6 2. Staps,
EG 42:06.8 3. gapov, USSR 42:11. E.G. 20 Km Championship, Dresden, June 20 — 1.
Pathus 1:28:25 2. Frenkel 1:28:25.6 3. Sperling 1:28:31.2 4. Reiman 1:29:06.8

5. Lindner 1:29:25. E.G. 50 Km Championship, Dresden, June 20 (not much chance to
double) — 1. Hohne 4:11:30.6 2. Selzer 4:12:40.8 3. Sakowski 4:14:08.2 4. Leuschke
4:17:39 5. Skotnicki 4:19:15.6 (obviously the East Germans are a little tough as I
glance back through those results. I assume the first three in the above two races
will be in Mexico City, considering both this race and past performances.)

20 Km, Dnepropetrovsk, USSR, May 30—Yakovlevyev 1:30:39. 20 Km, Same place—
Kokoryev and Agapov 2:26:28.8 30Km, Tallinn, USSR, May 30—Khrolovich 2:24:55.6
30Km, Kishinev, USSR, May 30 — Scherbina 2:23:02.6 30 Km, Tashkent, USSR, May 30—
Soldatenko 2:21:46.8. G.B. vs Italy, Jr. 15 km (under 20)—1. Busca, Italy 73:10

2. Binder, WG 73:24 (also vs W.G. and Switz.) 3. Bannon, GB 73:42.2 4. Crippa, I.
74:23.1 5. Cuitino, I. 74:44.0 6. ~~Stich~~ Stich, WG 74:53.4. Italy 30, W.G. 21,
G.B. 19, Switz 9. 2 Mile, Leicester, Eng., June, 15—Geoff Toone 13:16. 7 Mile
Track, Eastbourne, Eng., July 7 — Arthur Jones 50:49. E/A 50 Km, Ewell, Eng.
July 20—1. Paul Mihill 4:18:59 2. Brian Eley 4:22:16 3. Shaun Lightman 4:23:17

4. Ray Middleton 4:31.....6. Don Thompson 4:38. (Pamich dropped out half-way through
in a sagging sixth place). Italian 50 Km, date unknown—1. Pamich 4:15:46 2. Visini
4:16:39 3. Mancini 4:26:48 4. Gardello 4:27:25 5. Nigro 4:29:11. 20Km, Reggio
Calabria, Italy — Pamich 89:21 2. Visini 91:36 3. Nigro 93:32. 20 Km, Rho, Italy—
1. Visini 90:11.2 2. DeVito 92:38.6.

Having crowded those all up, we still have room for a few U.S. results:

N.A.A.U. Jr. 2 Mile, Amherst, NY, August 3 — 1. Gary Westerfield, Long Island AC
15:27.2 2. Todd Scully, NJ Spiked Shoe Club 16:10 3. Larry Pelletier, Lewiston, Me.
Recreation 16:32 4. Don Davison, Shore AC 17:00 5. Don Johnson, Shore AC 17:20

6. Bob Delambily, Shore AC 17:23. 1 Mile, NY AAU, Elmira, July 27 — Westerfield 7:18.3
5 Mile, Lakewood, NE, August 10 — 1. Greg Diebold 41:14 2. Bob Mimm 41:30 3.
Todd Scully 42:20 4. Don Davison 43:06 5. Gerry Willwerth 46:03. 1 Mile, Pierce
College, July 10 — 1. Ron Laird 6:39.1 2. Jim Hanley 6:51.7 3. Mike Ryan 7:04

Rip Roaring Romansky Rambles

Aug. 18

Dave Romansky turned in a superb performance in the National 40 Kilo at Long Branch. He showed just how versatile a tanky red head can be with his Fast 5000 Meter earlier this month coupled with his near course record in this tough grind. Looks like dapper Dave is no longer a long shot to make the "Big Six" Klopfer's 3:33.12 on a sunny warm and breezy day is certainly no disgrace. This publishers view of the race was from several angles but after the first 10 Kilo the first 4 were out of sight. The first 2 or 3 miles saw Klopfer, Romansky, Danial, Kulick and Blackburn pull out as a group at a fairley easy pace. At aprox. 5 Kilo Klopfer, Romansky and Danial pulled away with Kulick slacking off (or rather just not increasing) while Blackburn settled down to a more reasonable pace for a 50 mile per month ~~man~~ man. I can only guess that the leaders passed the 10 Kilo in aprox 53 mins as I was 57. By about 7 miles Paul Shell, Westerfield and Jacobson pulled even with me and passed the 15 Kilo in 1:27. At this point Shell and that upstart Westerfield decided to pick up the pace and I foolishly went with them dropping off Jacobson. By the 25 Kilo things were happening. This was a good spot to see what the other guys were doing as it is close to a turn around Point. Romansky had 100 yds. on Klopfer who was $\frac{1}{4}$ mile in front of Danial who was another 200 yds ahead of Kulick. I had just about shot my wad as Westerfield and Shell moved away. I noticed that while I still had 600 yds on Knifton everyone on the course seemed to be moving faster (fact is - they were). Knifton moved up past Westerfield and I to challenge Shell in the last $\frac{3}{4}$ mi.

The Ohio A.A.U. 2 mile was Westerfields first race and he sure has it wasted any time since then. As for Markon and Endris, who?, when? - Form wise Klopfer Shell & Westerfield laked best with almost everyone else looking at least good.

Good Job Ellicot, As usual

- | | | | | |
|----|-----------------|-----------|----|-------------|
| 1 | Romansky | - 3:30.33 | 16 | Hersey |
| 2 | Klopfer | - 3:33.12 | 17 | Braceford |
| 3 | Danial | - 3:41.45 | 18 | Johnson |
| 4 | Kulick | - 3:46.36 | 19 | Hewenstreet |
| 5 | Shell | - 3:59.53 | 20 | Dennman |
| 6 | Knifton | - 4:00.30 | 21 | Genos |
| 7 | Westerfield | - 4:00.59 | 22 | B. Mimm |
| 8 | John Markon | - 4:03.46 | 23 | J. Wall |
| 9 | Dick Endris | - 4:04.55 | 24 | LaRen |
| 10 | Blackburn | - 4:06.54 | 25 | S. Smith |
| 11 | John Gray | - 4:09.21 | | |
| 12 | Davidson | - 4:09.47 | | |
| 13 | Tony Madros | - 4:13.57 | | |
| 14 | Jerry Willworth | - 4:14.31 | | |
| 15 | Larry Newman | - 4:15.28 | | |