

OHIO RACE WALKER

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DAVE TOPS FIELD

Although some may not agree when the full story is told, Dave Romansky easily walked off with the Ohio Race Walker National Postal 20 Kilometer Championship. Dave recorded a 1:33:58 in Philadelphia to beat his nearest competition, Bill Ranney, by nearly 6 minutes. The facts are though, that Dave did not walk on the track, as the rules stipulated. The facts also are that we needed the five bucks available from the Philly race to pay for those style awards and no silly rules should stand in the way of a consideration like that. And I doubt if anyone is going to argue that the course was that short. There is no reason to think that it was short at all. The story is that the Philly crowd was all set to go the route on the Franklin Field track only to get there and find the place locked tight. So they hustled off to Fairmount Park and covered the 20 Km on a well-measured course there. Then they assigned Gerry Willwerth to write a letter appealing to my sense of fair play to get the results accepted. The least they could have done was offer a couple of extra bucks as a bribe, but being of a very mercenary nature, I accepted without such added inducement. Romansky, incidentally, won the Philadelphia by nearly 24 minutes from ex-Olympian Bob Mimm, who just nosed out Willwerth.

Three other sites held races, with a total entry of 28 (including three women). Other races were planned but couldn't be held because of the weather. As I knew, this was a lousy time of year to try such a thing and there wasn't enough advance notice, so I have no one but myself to blame for the rather poor response. I might try again in the fall, with more advance notice, and then try to make it an annual affair. Reserve some time in October.

Ranney also had an easy time of it in the San Francisco, finishing better than 17 minutes ahead in 1:39:45. Dooley and Klopfer both came down with the flu, which may have been fortunate for Bill. (See the results of the Rose Bowl 10 Mile Handicap on a later page.) Bill walked a fairly even pace with two mile splits of 15:55, 31:59, 48:02, 64:10, 80:22. Manny Adriano was second in 1:57:10

At Los Angeles (or rather Mt. San Antonio College) Ron Laird showed he is quickly returning to form after an extended layoff following the Olympics. Although falling apart over the last two miles, he nursed himself home in 1:40:47.4, for third place nationally, and a three minute margin over Bryan Overton. Ron started fast and had a lap by five miles (39:11). He then started going over 8 minute miles but held on to 10 miles in 80:01. His mile splits were: 7:41, 15:33, 23:24, 31:20, 39:11, 47:20, 55:29, 63:41, 71:53, 80:01, 88:42, 97:10. Rich Bowman, whom we haven't heard from in some time, returned to action in this one but only lasted 7 miles. Many of the top names were up late at a banquet following the L.A. meet the night before and didn't make it.

The only close race, and the largest field, were right here in Columbus. Times weren't exceptional, but we had four guys on the same lap at the finish, with Jerry Bocci first in 1:43:10. More outstanding was wife Jeanne, who must have really shattered the American women's record, whatever it was, with a 1:59:43. We had to clear a little snow off the track at the start of this one, but it wasn't too bad. Temperature about 30, and the sun came out and melted all the snow by about 2 miles.

However, we did have a few snow flurries later during the race and a very strong wind throughout. This was on Feb. 9. Had I only chosen the second, it was in the mid 40's and nearly windless. Never mind, the competition is the thing. And it was good. Unfortunately, we didn't have anyone recording splits because of the cold. However, having long ago developed the ability to recall the times of numerous repetitions following workouts, I know my mile times as they were read to me and the approximate relationship of others during the race.

Gary Westerfield, as he is wont to do, blasted out at the start, but never got too much on Bocci. By one mile, they were probably 40 yards ahead of me and right together. Blackburn was just back of my 7:50. Bocci started to draw away from Westerfield shortly thereafter and Blackburn came up with me just before 2 miles (16:15). The other two were close to a straightaway ahead by this time. A Mortland killer spurt, which doesn't amount to much at this time, put me clear of Blackburn for a while and close to a fading Westerfield by three miles (24:20). Bocci was now well over a hundred yards ahead. By 5 miles, Blackburn was back in tow, we were passing Westerfield, and Bocci was nearly a half lap ahead. (Times 30:30, 40:52) By six miles Blackburn had moved into second and suddenly we were being passed by Bocci, who I know hadn't lapped us yet. Seems he had made a quick run under the grandstand. (6 mile time, 49:10). Blackburn and Bocci quickly opened up 50 yards on a tiring me and then Bocci started to pull away from Jack. By 9 or 10 miles, Jerry was over a half-lap ahead of me again and about to lap Westerfield. Jack B. was in second by a full straightaway. (Times 57:30, 65:55, 74:25, 83:03). From there on, everyone by Westerfield was slowing down badly and at about the same rate. Gary finished strongly, pulling way back out on Bocci and getting within about 60 yards of barely moving and desparate me. (91:45, 100:28). Blackburn, not knowing what was needed, missed 5th nationally by .6 second. The only other male finisher was Detroit's Bill Walker, who walked a steady 1:54:47.5. Janet Lupino, one of Jeanne's proteges, gutted out a 2:37:23 and Mary Kefalos walked a good 10 mile in 2:06:54. We were honored by the presence of free-lance writer and marathoner Hal Higdon, who managed six miles walking and several more jogging. He even escaped the wrath of Mrs. Bocci, who had threatened to slug him, or something, for running in a walking race a couple of years ago. At least it looked like running to Jeanne.

So here are the official National results:

- 1. Dave Romansky, Phil. AC 1:33:58
- 2. Bill Ranney, Athens AC 1:39:45
- 3. Ron Laird, NYAC 1:40:47.4
- 4. Jerry Bocci, Motor City Striders 1:43:10
- 5. Bryon Overton, SC Striders 1:43:49.4
- 6. Jack Blackburn 1:43:50
- 7. Jack Mortland, OTC 1:44:17
- 8. Gary Westerfield, Long Island AC 1:44:28
- 9. Bill Walker, Motor City Striders 1:54:47.5
- 10. Manny Adriano, un. 1:57:10
- 11. Bob Mimm, Phil. AC 1:57:40
- 12. Gerry Willwerth, Phil. AC 1:57:49
- 13. Don Johnson, Shore AC 2:01:45
- 14. Chris Clegg, un. 2:03:07.6
- 15. Bob Long, SC Striders 2:03:16.2
- 16. Elliott Derman, Shore AC 2:07:12
- 17. Phil Mooers, un 2:07:32
- 18. Joe Wehrly, SC Striders 2:31:19
- DNF--Jack Milligan
- Dan Totheroh, Rich Bowman, Brad Fishman, Paul Reback, Dale Arnold, Hal Higdon.
- Women--1. Jeanne Bocci 1:59:43
- 2. Janet Lupino 2:37:23

- Team--1. Philadelphia AC (1,3,4)--8
- 2. SC Striders (2,5,6)--13

Score by race site (a way to toot our own horn): 1. Columbus (4,6,7)--17 2. MT. SAC (3,5,11)--19 3. Philadelphia (1,9,10)--20 4. San Francisco (2,8,12)--22.

For all of those in the Ohio area, or others that like to travel, Dale Arnold is putting on a 15 kilo race in Dayton on Sunday, April 13 at noon in Dayton. This is one week before the NAAU 15 in Columbus and gives you a chance to practise your thing. For further information write Dale Arnold, 2120 Ward Hill Ave, Dayton, Ohio 45420, or cal 252-7512. The race is at Dewese Parkway.

The Ohio Race Walker comes to you monthly chock full of all the wild and wonderful happenings in the wacky world of race walking. Cost--\$2.00 per annum. Editor--Jack Mortland, Publisher Emeritus--Jack Blackburn, Senior Technical adviser and Medical Consultant--Dr. John Blackburn, Lineographer--Shuemaker Secretarial Service. Address all correspondence to; Mortland at 3184 Summit St., Columbus, Ohio 43202

And now, Walk In looks at the news; in the form of various and sundry boring race results:

New York K of C 1 Mile, Jan. 24 or Feb. 1, I forget--1. Ron Daniel 6:25.3 2. Dave Romansky (scratch) 3. Steve Hayden (60 yds) 4. Ron Kulik (30 yds) 5. John Knifton (30 yds)--handicap, no times available beyond first.

Los Angeles Times 1 Mile, Feb. 8--1. Dan Totheroh 6:36.6 2. Ron Laird 6:37.5 3. Larry Young 6:38.6 4. Larry Walker 6:38.6 5. Jim Hanley 6:42.5 6. Don DeNoon 6:52.6 7. Bob Bowman 7:06.3 8. Dick Ortiz 7:10.8 D 'd--Rudy Haluza 6:42.8, Bryon Overton on 3rd lap; lost his shoe and got nailed trying to keep it on for 2 laps.

7th Rose Bowl 10 Mile Handicap, Feb. 2 (times shown are actual, places based on handicap)--1. Dan Totheroh, Striders 1:24:02.3 2. Bryon Overton, Striders 1:25:38 3. Ron Laird, NYAC 1:22:50 4. Bob Long, Striders 1:37:56 (first over 40) 5. Bob Bowman, Striders 1:22:44.2 6. Dick Ortiz, Striders 1:24:29.2 7. Tom Dooley 1:15:52.8 (Dooley says it was actually 1:14:52 but officials were confused. I refuse to enter the controversy without further information) 8. Goetz Klopfer 1:15:53.6 (was definitely only .8 back whatever the time) 9. Jim Hanley, Striders 1:26:48.2 10. Paul Roosevelt 1:36:51.0 (ist novice) 11. Harold McWilliams, Striders 1:43:29 12. Don DeNoon, Striders 1:29:09 13. Rich Bowman 1:31:37 14. John Westerdoll 2:00:19 15. Brad Fishman 1:57:48

Greenbrae Marina 30 Kilo, Jan. 26 (200 yards long)--1. Tom Dooley 2:31:02 2. Bill Ranney 2:34:45 dnf--Jim Hanley (1:54:12 for 14 miles. (This result came to on a ditto sheet from Ranney, which I had to hold up to the mirror to read. I wish he would explain that one to me.)

6 Mile Handicap, Central Park, NY, Jan. 26 (actual times shown)--1. George Lattarulo, n. Bedford 55:53 2. Tom Eastler 55:20 3. Nathan Ringler 65:09 4. Morris Davis 65:33 5. Joseph Santarsiero 65:39 6. Don Johnson 55:04 7. Robert Reedy 62:10 8. George Shilling 51:13 (fast time) 9. John Shilling 53:14 10. Elliott Earman 56:56 11. Paul Walkovic 60:00

11 Mile Handicap, Kings Point, NY, Feb. 16--1. Don Davis, Shore AC 1:42:16 2. John Shilling 1:38:29 3. George Shilling 1:37:54 (fast time) 4. Bill Hohenstreet 1:41:42 5. Don Johnson 1:46:47 6. Mike Kice 1:53:31 7. Paul Walkovic 1:57:10

1 Mile at NAIA Championships, Kansas City, Jan 25, 1969--1. Larry Young 7:00.4 2. Steve Nelson 7:34.2 3. John Rose 7:40.2 4. James McFadden 7:42.2 5. Paul Ide 7:42.6 6. Fred Young 7:57.9 (bob Young D'd in fight for fourth at finish)

8 Mile, Columbia, Mo., Feb. 2--1. Joe Duncan 71:55 2. Darrell Palmer 78:20

Larry Young captured the 1969 Capt. Ronald L. Zinn Memorial Trophy for the outstanding United States Walker of 1968. This award, formerly know as the Michael Riban, Jr. Trophy is presented annually to the man whose performances and contributions to the sport have been the most outstanding during the year according to a vote of his fellow walkers. (The preceding space is Derek's contribution to this months issue. Twenty-four weeks old today, he couldn't quite make it on the keys, but was really tough on that space bar.) Voting is for six places and the ballots are socred 10-8-6-4-2-1 for 1 through six. Larry, with 38 first place votes on 58 ballots, compiled 520 points to finish well ahead of Rudy Haluza, with 17 firsts and 380 points. Rounding out the top ten vote getters were Ron Laird 196, Goetz Klopfer 127, Dave Romansky 59, Tom Dooley 43, Don DeNoon 37, Bruce MacDonald 29, Jim Hanley 27, and Jack Mortland 21. Other first place votes went to Laird, MacDonald, and Mortland (I don't know who made that mistake, but it wasn't me, I swear.) Past winners of the award have been Ron Zinn in 1961, 1963, and 1964, Ron Laird in 1962, 1965, and 1967, and Rudy Haluza in 1966. Larry is undoubtedly deserving of this honor with his Olympic medal, two times officially under the American 50 Km record, and outstanding performances at all distances throughout 1968.

TOUGH CAT OF THE MONTH
(EUROPA VARIETY)

One of the tougher men in the world at all distances, although he has been unable to prove it in the Olympic arena, is Russia's Gennadiy Agapov. Last summer he defeated all the top Russians and East Germans in a fantastic 1:25:21.4 20 Km in Leningrad and he has always seemed to be more a 20 km in National competition. However, in top international competition, he has gone in the 50 (he did walk 20 against the U.S. on two occasions) and he took second to Pamich in the 1966 European Championships with 4:20:01.2. In Tokyo, he was a surprise starter in the 50, being expected in the 20, and starfled out like maybe he was confused as to which race it was with 47:51 at 10 km and 71:51 at 15. At that, he never got far from Pamich and Nihill and finally blew up and came home 12th in 4:24:34. At Mexico City, he was in third at the 30 km mark, but dropped out shortly thereafter. Despite these Olympic failures, he has proven himself extremely tough on other occasions. The following description of this tough cat is stolen from the October, 1967 issue of Athletics Arena.

Soviet Army senior-lieutenant Gennadiy Agapov was born on December 5, 1933, and now lives in Sverdlosk, where he returned a hero after the 1966 European championships following his very gallant bid for the gold medal, after being off the road four times during the 50 Km walk due to sickness and stomach trouble. Eventually he finished (surprisingly to those who saw his condition out on the route) second to Abdon Pamich (4:20:01.2 to 4:18:42.2). He is another Soviet walker who is in good form this year. In Prague, Czechoslovakia on May 21, he devastated the almost all-Czech field, winning a 50 km road walk, some 19 minutes ahead of his nearest rival clocking 4:05:25.4. In the match USSR vs East Germany, he finished second to the much improved Reimann (20 Km). Then in the 1967 Spartakiade, he won the 50 Km in fine form, being timed at 4:05:46.6 after a bad spell around the half-way mark, when he dropped right back to seventh position, with stomach cramp. Whereas, a lesser man would have succumbed to the temptation to leave the field, Agapov's amazing determination and courage not only kept him in the race, but gave him the gold medal. The comment he gave after the race when questioned by the press, "there's nothing amazing about the fact that a walker has to school himself to overcome cramp or other stomach troubles during a race. It's all part of being a long-distance walker. Such problems are to be expected and accepted—and overcome—merely as an accepted obstacle. All walkers have this sort of problem from time to time, and one just has to realize that such conditions are general, and may be causing your race rivals the same trouble."

Agapov first took up sport seriously in 1950 at the age of 17. His first love was skiing, and he qualified for a first-class rating in that sport. Whilst training and practising for the coming ski season, he used to dabble in athletics; he found that running improved his breathing, and exercising increased his mobility. Then, gradually, running and walking took over from the snow sport. First, it was long distance running, Then, in 1956 he turned to walking and has never looked back.

His best recorded times are: 20 km--1:29:36.5 (1965); 30 km--2:12:56.4 (1966); 50 km--3:55:36 (1965)--though all these times are suspect for one reason or another. The 30 km course was said to have been short, whilst the 50 km course was conducted entirely on the city streets. Nevertheless, in big races he usually comes off well, and is another man who has to be watched closely by his rivals.

Agapov begins his winter build-up in November. In that month he covers some 125 miles, increasing to 160 miles in December, 220 miles in January, and 255 in February. He also makes extensive use of running as a form of training, and includes ball games and gymnastics in each session. His mile capacity for an average year now reaches an impressive 2700 miles plus.

His weekly routine in March is roughly as follows: Monday (morning)--5 km run, 4 km walk followed by general conditioning work;(afternoon)--30 km walk (2:55) followed by a 2 km run. Tuesday--Indoor training consisting of basketball and general

physical fitness work. Wednesday--rest day. Thursday (morning)--4 km walk, 3 km run, a group of limbering-up exercises followed by eight repetition walks over 1000 meters. Friday (morning)--5 km run, 3 km walk, general exercises; (afternoon)--ordinary walk over a 56 kilometers course. Saturday--(morning)--5 km run followed by a good session of physical fitness exercises; (afternoon)--indoor session, mainly basketball, of a duration of 1 hr 45 min. Sunday--rest day.

Here is a 10-day cycle prior to a competition: June 3--15 km cross country running in forest. June 4--rest. June 5--7 km run, general physical conditioning, walking on 12x400meters stretches, loosening exercises, 3 km walk, general exercises. June 6--(morning 4 km run, 3 km walk, general exercises; (afternoon) 2 km run, 5 km walk (22 min.)). June 9--rest. June 10--Limbering-up, 2 km run followed by 2 km walk, then very fast walking over 9x400 meters. (Whoops, seems I left out June 7 (rest) and 8--4 km run and general exercises in morning; and then what I show for June 6 in the afternoon, the afternoon of the 6th was a 15 km walk; boy, did I ever botch that up) June 11--Competition: 20 Km (1:34:35.0). This was taken from his training diary for his last year.

Agapov trains independently, and does not always agree with the trainer's recommendations. He borrows from the experience of the other top-flight Soviet walkers, and believes that Soviet athletes should compete much more often with their foreign opposite numbers, and get a fuller picture of their training programs.

Tom Dooley writes to dispute my contention that Ken Matthews rates as the greatest middle-distance walker of all time. "If Russia published their intermediate times, or reported more often their times for English distances, I would venture V. Golub. times are more impressive and certainly more durable. Example. Eastern Europe doesn't record English Linear distances even when a World Record is possible. Hohne, 1965 2:20:26 30 Km track. If he had walked 20 miles would have broken the record. Same with the World Record at 2:17, the 20 mile record is inferior at 2:31:33. So there. Also V. Hardmo still has the World Record for 2 Miles and 7 Miles on track, something Matthews couldn't break."

Editor's scathing reply: I base my contention largely on the competitive record which is of course what the sport is all about, although Matthew's times hold up pretty well. I still have to rate him first off what he did against the best in the world in 1961 through 1964. Let's look at the record. August 12, 1961, Lugano Cup Zone Competition--1st in 1:32:12.4, Dieter Lindner second in 1:35:24. Sept. 20, 1961, vs. Russia--1st in 1:30:17.4 2. Vedyakov 1:32:29.4 3. Solodov 1:35:03.4 Oct. 15, 1961, Lugano Cup--1. 1:30:54, 2. Lennart Back, Sweden 1:32:12. 1962 European Championships, 1st 1:35:54.8, 2. Hans Reimann 1:36:14.2 3. V. Golbunichiy 1:36:37.6. Oct. 13, 1963, Lugano Cup--1st in 1:30:10.1 2. Paul Nihill 1:33:18 3. Antal Kiss 1:33:37. Oct. 15, 1964, Olympics--1st 1:29:34.0 2. Lindner 1:31:13.2 3. Golubnichiy 1:31:59.4. So over a four-year period he consistently beat the best in the world and only once was anyone within shouting distance. Winning the Olympics by 1:40 is the real clincher; this is really a devastating margin over 20 km against the best in the world. As to Verner Hardmo, his record's seem to be rather suspect and it is my understanding that he never finished a race outside of Sweden, always getting the heave. Be that as it may, it's still Matthews in my book.

Tom has also sent along some worthwhile information--observations that he and Goetz picked up in Mexico City. As he reports them, they are:

Most 50 km men train on similar line. Hohne, Young, Selzer, Nihill, i.e. Good strong efforts. Not a heck of a lot of interval but solid 10, 15, and 20 milers. Frequent racing over 20 miles to 50 km. The East Germans do running as a daily part of training. Except for Nihill, these men land slightly bent kneed. Nihill lands straight, but this is because he has no kneecap in left leg and his off-beat style compensates for this.

All 50 km men are top notch short distance men: Hohne under 44 for 10 km; Selzer 1:30 for 20, Nihill 13:19 two mile (43:59 10 Km at Mexico City.

East German walkers do not do overdistance. I don't know how Hohne prepared for his 100 km in 1967.

Both England and East Germany have good juniors and people coming up. E.G. W. Skotnicki has never made a top national team but always been 4th or 5th with 1:32 and 4:13. Donner, a junior from E. Germany did 4:26 in October.

They all receive good support from their clubs. Peter Frenkel wrote and said Hohne was well treated at home. Also voted third in Top Sportsman of the year. Quote from Hohne, "It was easier than I expected."

Speaking of juniors, Fred Young (of the Youngs) writes, most importantly with two bucks for an ORF sub, but also reporting that some of the midwest colleges are gaining interest in walking. he says, "I had a call from Graceland College in Lamoni, Iowa, asking me to get some walkers for an exhibition walk Friday and two more meets on March 7 and 15. I'll know more after I go up. Bob Young is going with me and I am trying to get Steve Nelson. The colleges competing have some walkers who want to walk with us. Who knows where this can lead to."

Also have a letter from the Philly flash, Gerry Willwerth, one of our most faithful correspondents and a gentleman I will have to meet someday. Just don't get around like I used to. Anyway, Gerry sends an interesting statistical analysis he has worked up, which I will pass along without comment for each of you to chew on and make whatever you want to out of it. Incidentally, I haven't checked any of his figures, so if you want to argue with them, write him; What he has done is compile the following table, comparing the American records at the IAAF recognized distances to the world records.

<u>Distance</u>	<u>Difference Between World And American Records</u>	<u>Distance in Miles</u>	<u>Difference in Average Mile Times</u>
20 Km	4:34.8	12.4274	22.1
30 Km	10:29.8	18.6411	33.8
20 miles	8:39.0	20	26.0
30 miles	9:26.4	30	18.9
50 km	10:10.0	31.0683	19.6
2 hours	1566 meters (1713 yards)	—	27.6

"This shows that Young's 30 mile record is the strongest American record with his 50 km close behind. Hohne set both his records in the same race also, covering his last mile and 120 yards 43.6 seconds faster than Larry did. Laird's 20 km record stacks up well against Golubnichiy's. The 20 mile records of Vedyakov and Laird are the two oldest, 1958 and 1963 respectively, and Laird's looks vulnerable, if not Vedyakov's. (Ed. See Dooley's comments.) Ranney's 2-hour record ranks next to last in this seldom-walked distance (?), period of time I should say. He set it on the way to 25 kilos, only 35.8 seconds later. Egorov's record was on the way to the 30 kilo record. Speaking of that one, the American record ranks last in time-per-mile differential, only because Larry Young set it at altitude." That's it statistical nuts, from G. Willwerth. I find it interesting. The same kind of stupid figures I like to fiddle with, but never deign to bore my readers with.

Speaking of bores, I can think of no less appealing way to spend the long, hot summer than walking across the continental U.S. But, my bearded friend Jack Blackburn doesn't agree and is laying plans for such a venture this summer. He will be sponsored by Star Commonwealth, the school at which he works, and plans to take a couple of the boys along with him on bicycle. In the course of his little stroll, he hopes to break a record, whatever it may be. Well, according to my Guinness Book of Records (1965 Edition) the longest officially controlled walking races was 3,415 miles from New York to San Francisco from May 3 to July 24, 1926, won by A.L. Monteverde, aged 60, occupying 79 days 10 hours 10 minutes, or just about 43 miles a day. Anyone knowing of better performances that can be verified as some sort of record let us know so Jack will know what he is shooting for. Running wise, there were

two transcontinental races staged in the mad twenties. The second of these covered a 3610 mile route from New York to LA and was won by Johnny Salvo in 79 days, only a couple of miles a day faster than the walk. In 1964, Don Shepherd (South Africa) ran a 3200 mile route from LA to NY in 73 days 8 hours and 20 minutes, still about 43 miles a day. Its good if you want to loose weight. His drópped from 165 to 132.

TOUGH CAT OF THE MONTH
(AMERIKANSKI TYPE)

This month's tough cat is the aptly named Larry Walker, a 25-year old high-school chemistry in Van Nuys, California. The name Larry Walker started drifting our way out of All-Comers in California in 1965 at about the same time we started to hear about another Larry from the same locale. Although Larry W. hasn't yet gone quite as far as Mr. Young, he has without dcubt earned the appellation of tough cat.

Larry, as is the case with so many, started as a runner and had times like 2:01.6, 4:27.6, 9:43, 14:45, and 9:51 for the steeplechase. (Hey, that should go on out record list, as should the 3 mile.) He also managed 63.5 for the 440 hurdles, 32'8 in the shot, and 5'3 in the high jump in leisure moments, and once covered 10 miles on the road in a more-than-respectable 52:38. Although concentrating on walking these days, he still gets in some competitive ~~w~~anning.

It was at one of those All-Comers meets in 1965 that Larry first tried the heel-and-toe sport when he was having an off-day in other events. He figured on getting a ribbon, which he did, and now figures he will keep walking until "they plant me." Since taking up walking Larry has turned in world-class times in the short races and outstanding times up to 35 kilometers. On the track, he has recorded 6:19.5 outdoors, 6:29 indoors, 13:36.5, 44:51 for 6 miles, 46:21 for 10 km, 1:37:05 for 20 km, and 3:08 for 35 km. He also has a 1:36:13 20 km on the road. In 1968, after missing the AAU 20 km with an injury, he was passed into the final trials, and finished sixth there. In 1967, he finished fourth at 20, which qualified him for the Lugano Cup. To my good fortune, he had to pass that one up.

Larry trains 5 days a week the year around averaging about 40 miles a week. During the fall he does more running in his training (cross country) and during the summer, runs shorter races at All-Comers meets. He feels running is a definite help in his training; "far better for speed and endurance; much better for wind". The only hang-up is that it results in more leg cramps during walks. Larry also does some weight training once or twice a week. Like 7x clean and jerk or press; 7 curls, 7 reverse curls, 12 bent rowing, and 12 hoists to chin with 95 pounds plus 20 to 40 pushups. Larry, incidentally, is 6'2½ and weighs 170. Looks like good weight training, as they are the identical exercises I use in my infrequent sessions with the weights. (Last one ~~was~~ maybe 2 years ago.)

A typical week of training for Larry might look something like this. Sunday-- 2 hour walk on streets, about 13 miles. Monday--9-10 mile run (average about 59 min. for 9). Tues.--2 mile walk, 440,660,880, 660, 440 walk hard, 880 walk easy, 880 run easy, 440, 660,880,660, 440 walk hard, 2 mile jog. Wed. --Tennis, volleyball or nothing. Thurs.--6-7 mile walk. Fri.--loaf. Sat.--Competition.

As indicated in this schedule, he doesn't confine his sporting activities to track. He tries other activities both for fun and for a variety in competition. He finds basketball and soccer help his endurance, tennis and volleyball keep his wife in shape, and also does a little swimming, fishing, and hiking.

Diet-wise, Larry says, "If it goes down and doesn't come back up, it's great. A beer after a hard workout is generally pretty good." He found Bruce MacDonald quite helpful during the Tahoe experience last summer and feels after this, that walking coaches could be a real ehlp in this country. He doesn't feel a coach for himself to be feasible, however, as he has to grab workouts when and where he can.

Walker, the walker, offers good advise for the young or novice walker. "Hard, relaxed, long-distance running cannot be equalled for real endurance, but tough repeat work on track running and walking is essential, too, Also, a variety of kinds of c competition is essential for continued interest."

Larry also has some very cogent comments on our sport, which are worthy of our consideration:

1. The program and schedule should not just reflect the whims of a few top walkers, but should be geared to provide many people with healthful, meaningful competition.
2. As was agreed on by most top walkers at Alamosa, judges should be rated. They should also receive film training as is done in England.
3. For the sake of our sport, we should be associated with track and field more. In the last year, we have blown several great opportunities for exposure by disassociating ourselves from such top meets as the preliminary Olympic trials and the Finals. This should not be.

I planned to have the results of the AAI 1 Mile in here, but the Old New York Times didn't come through to the Battelle library today and I want to get this off to the mimeographer tonight. So, we will cover it next month.

Do have a couple more results, or one more, and one more completion. That K of C mile I didn't have place times for, here are estimated times--Romansky 6:25.6, Hayden, 6:35, Kulik 6:43, Knifton 6:44.5 Diebold 6:43. Olympic Invitation 1500 meter, New York, Feb. 22--1. Romansky 5:59.8 (new American and All-Comers record) 2. Abdon Pamich, Italy 6:02.9 3. Steve Hayden 6:13.5 4. Ron Kulik 6:16.5 5. Bob Kitchen 6:18.6 D'd - Ron Daniel.

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FIRST CLASS