

# OHIO RACE WALKER

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## BAGGING EDITOR

Since this is the OHIO Race Walker, and since the following is Ohio news, and mostly because it has been sometime since I have found the slightest excuse to feature my own name, when I captured two races in two weeks, I had better take advantage of the opportunity. Thus the following lead article.

On Saturday, October 19, we featured a 2 Mile on the Worthington Track in order to get Larry James, a student at Ohio Dominican College, entered in the collegiate postal race. Three stalwarts made the scene--namely the aforementioned Larry James, Barry Richardson, and the aforementioned me or Jack Mortland. Unfortunately, Larry had been forced out of any training for about three weeks with an eye infection and wasn't quite up to what he is capable of. After sticking with Richardson through a 2:01 first lap, he quickly tailed off to about 10 minute pace and came home in 19:24, way off his capabilities. Barry, meanwhile, in his first ever go at such a short race, put up an admirable performance, indeed, as his limey compatriots might say. Going through the mile in 8:17, at least 30 seconds ahead of anything he has ever done before, he slowed somewhat on the next two laps, but then kicked home with a 2:04 and 2:01 for a fine 16:41. And most important of all to him he kept that bloody Mortland from lapping him. Although not sensational, the Mort turned in his best performance in over two years with a 14:49, following a 7:21 first mile.

The best part of the whole affair followed the race when we found we had been locked inside the field by a departing custodian. There we were with an eight-foot fence, topped with barbed wire, and two wives and three young boys to get out. A comic scene indeed as we hauled a finish-judges stand up the hill to the gate, dropped a fortunately handy aluminum step ladder on the other side and proceeded to pass children, bikes, trikes, and other assorted paraphernalia, including wives, over the fence. The trials and tribulations of the downtrodden race walker.

A week later, on Sunday, a somewhat larger field showed up at DeWeese Parkway in Dayton for the Ohio 20 Kilometer. In this one, your editor met somewhat stiffer competition from a grumbling Paul Reback. Paul had never gone over 15 Km before, including the last five Sundays, when he had copped out sometime before that mark in aborted workouts. And he professed to see little sense in races of such preposterous distances. However, when it came to competition, he did quite well over what is recognized in Ohio circles as a reasonably tough course. Said course consists of a lap just under two miles on the undulating parkway road. There are no serious hills, but there is little level ground either. The 20 km race consists of one short lap and six complete ones.

In this particular race, Mortland and Reback moved out together, covering the easy lap in 6:26 and the first two large ones in 16:32 and 16:33. At this point, an acceleration seemed quite in order since this race wouldn't bring the time I hoped for and the close attendance of one P. Reback was not comforting from a competitive standpoint. So off I went, but unfortunately with Mr. Reback in hot pursuit. After nearly a half mile he was only about 20 yards back, when fortunately, he had to dash into the little house by the tennis courts, which, after a 15:36 on the third lap, gave me a 1:38 lead. With ensuing laps of 16:02, 16:05, and 16:00, your editor staggered home in 1:43:14, 2 minutes over my 1967 course record, and just over 4 minutes ahead of Paul's fine 1:47:18, which isn't a bad debut. After slowing

to 17:08 on his fifth lap, he rallied well with a 16:48 on the last one.

Meanwhile, Barry Richardson was also competing his first 20 km in fine fashion. For a fellow out for health and recreation who manages only 2 or 3 sessions of 3 to 6 miles weekly, this former A.A.A. Class III (or is it 3) half miler (reference to the British Standards system, which we might do well to pursue in this country) does jolly right well. Today, he went well under his 15 km time of last spring on this course and then hung on for a good 1:58:11. Although walking sort of a rundown race, he never lost style and wasn't in any great distress at the finish. Barry's laps were 6:58, 17:44, 17:59, 17:44, 18:39, 19:25, and 19:42. The old master, Clair Duckham, built up an early lead on Larry James and then held on for fourth in 2:11:20. Surprisingly, he then decided he was going to forego the 4 mile run he had been planning on, which was to start a half-hour later. At 62, old Duck must be getting old. Larry foresook his usual bullet start and later fadeout and walked a steady pace for a 2:13:34.

Two other starters. Dale Arnold, who put on the race provided excellent prizes and good chow afterwards, but who hadn't trained since the Canadian 50, went through the first four laps, and was leading James after 3, before hitting the wall. Bob Smith, from Dayton, was giving the sport a first try and went through the little lap and first big one in 30:24. He then decided to save his energies for the 4-mile run, but promised to be back for more races. He showed good style, which only needs to be loosened up a bit to get him going well.

HCHNE ROLLS ON

As if he needed to, the fantastic East German, Christoph Hohne, proved his greatness once again on October 18, bettering his own world records at both 30 miles and 50 kilometers. He was 4:00:06.4 at 30 miles and 4:08:05 at the end, which is a 7:59.2 average. The last mile and 120 yards was in 7:58.6, which would be just about 7:30 for themile. Very fast indeed, but not as fast as his finish when he set the old records of 4:02:33 and 4:10:15.8. No details on other finishers at this time.

# U.S. SHOWS WELL ABROAD

At the personal expense of the athletes involved, the U.S. managed to get a team to Switzerland for the annual Airolo-Chiasso road relay. Accompanied by manager-coach Bruce MacDonald, the team of Bill Ranney, Ron Laird, Bob Lowman, Steve Hayden, and Gary Westerfield made a good showing in finishing fourth. The relay consists of five legs of varying lengths over the road between the two small Swiss villages. It is a very popular event in Europe and draws a mixture of national and club teams. This year's race was won by a strong Italian team, with a group representing the city of London in second, and Sweden third. The total distance is 114 kilometers.

The first leg covers 27 kilometers and is mostly downhill, starting at 6000 feet. Bill Ranney handled the chores for the U.S. on this one starting at 6:30 a.m. in more than just chilly 32 degree temperature. Gabrielo Nigro of Italy set a new course record of 2:11:52.6 on this one to get the Italians winging to a 2 1/2 minute lead. Bill came in eighth (14 teams) but left us only 6 minutes back of the fourth place team as he handed over to Ron Laird for a 30 Km. leg. (I say handed over. I don't know if you carry a baton in one of these affairs or not, or merely touch hands. Maybe one of our experts who was there can tell me.)

The 30 km leg was mostly on the flat and the temperature was up to 45 by the time Ron started off. Ron had the third fastest time on this leg and brought the U.S. up to fifth. His 2:25:08.2 trailed Abdon Pamich's 2:23:34.6 and Peter Schuster's 2:24:36. Schuster was walking for a German club, Eittracht Francforte. Pamich's leg

gave the Italians about a 10 minute lead over the London team, now in second. (I wish this typewriter would stop skipping and leave those unnecessary spaces.)

The third leg was 14 km with over half of it uphill including a very steep switchback. Bob Bowman handled this leg very well with the third fastest time and kept the team in fifth. The Italians lengthened their lead even more as Edoardo Quirino turned in the fast time of 1:09:42.8. Peter Marlow kept London second with a 1:10:14 and Bowman turned in a 1:10:17.

On the fourth leg, Steve Hayden turned in a magnificent performance in his first International test. Steve turned in the second fastest time of the day and the sixth fastest of all time on this leg as he brought the team up to third. The Italians really sewed the race up on this one as young Pasquale Busca turned in a 1:29:36. Steve had a 1:30:33.

The final leg was 25 km. and Gary Westerfield was in with some very fine walkers. Gary had the seventh fastest time of 2:03:55 but lost fourth to the veteran Swede, Stefan Invarsson, who broke the record for this leg with 1:55:22. This record lasted only until long-time international Alexander Bilek, of Czechoslovakia, brought his team home sixth with a 1:55:22. The others with fastest times than Gary form a rather impressive list: Phil Embleton, of London; Vittorio Visini, Italy, Bernhard Nermerich, of the German club, and Rene Pfister, of Switzerland.

Everyone agreed it was a worthwhile experience and that we should endeavor to return. This could be tied in with the Lugano Cup next year, which is scheduled for Frankfurt, W. Germany one week earlier. Incidentally, Bruce reports that Lugano Cup teams next year will include 4 men at each distance (20 and 50) but with still only three to score. This was pushed through by the Russians, no doubt remembering the collapse of Solodov in the 20 km two years ago, which cost them a good shot at the cup. It's a good idea in that it gives us a chance to give a couple of extra guys international experience if we can get a team over. At the same time, it means that much more money has to be raised. So we should all start thinking about where this money will come from next year. We can't continue to put the burden of providing the money on the participants.

The official results of the road relay: 1. Italy 9:14:37 (Nigro 2:11:52.6, Pamich 2:23:34.6, Quirino 1:09:42.8, Busca 1:29:36, Visini 1:59:51) 2. London 9:24:05 (Warhurst 2:19:15.2, Vesch 2:25:40.8, Marlow 1:10:14, Mills 1:32:07, Embleton 1:56:48) 3. Sweden 9:30:28 (Dahllof 2:19:54.8, Andersson 2:26:01.2, Bjorkgren 1:11:52.4, Granlid 1:37:30, Ingvarsson 1:55:59) 4. United States 9:34:11 (see splits above) 5. PTT Bucarest 9:42:23 6. Czechoslovakia 9:43:47 7. Eintracht Francoforte 9:46:25 8. Switzerland 9:50:06 9. Centro Lazio Roma 9:50:42 (14 teams in all)

Road relays would be a good idea in this country if only we had more clubs located in particular areas. I wonder how judging is handled though. If you toss a guy on the first leg that sort of spoils the trip for his teammates. Someone will have to explain all the details of these affairs to me, I see.

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# LAIRD AGAIN

A couple of more Senior National title races have gone by the boards since the last issue, but they don't offer much in the way of news. You'll never guess who won them. Not to keep you in suspense, it was Ron Laird. With the addition of these two titles--the One Hour and the 30 Kilometer--Ron has won them all but the shortest and the longest this year. Way back in March, Dave Romansky beat him in the 1 Mile and in September he failed to finish the 50 Km, which went to Bryon Overton. (Incidentally, no one but super-critic Barry Richardson took me to task for writing an entire lead article on the 50 last month without indentifying what race it was.) Between these two distances, Laird annexed nine titles from 2 miles to

40 Kilometers. The last one was one of the toughest as Tom Dooley, back from merry olde England, gave him a good tussle over 30 K in Columbia.

A week before that, Laird was an easy winner in the 1 Hour held on the Mt. SAC track in Walnut, California, with what was for him a so-so performance. This race was held on October 5 and Ron covered 8 miles and 20 yards to beat runner-up, Larry Walker, by nearly a lap. Walker was the only other walker (note lower case the second time, indicating a race-walker, not a proper name, less you become confused) to better 8 minute miles. I really have no details on this race other than the results. In fourth place was a very promising newcomer from Denver, Floyd Godwin. Floyd is a recently converted runner and looks like he is going to be tough to handle. He has enthusiasm, too, making this race and the one in Columbia the following week. In fifth place was Bob Bowman, who didn't indicate that he was ready for his fine leg in Switzerland. A man who rises to the occasion, I guess. Anyway, here are the results: 1. Ron Laird, NYAC 8 miles 20 yds. 2. Larry Walker, SC Striders 7 miles 1370 yds 3. John Kelly, Striders 7 miles 715 yds (good race for old John) 4. Floyd Godwin, Denver TC 7 miles 593 yds 5. Bob Bowman, Striders 7 miles 553 yds. 6. Bryon Overton, Striders 7 miles 289 yds. 7. Jim Hanley, Striders 7 miles 224 yds yds. 8. Ray Parker 6 miles 1309 yds. 9. Manny Adriano 6 miles 1061 yds. 10. Ken Buzzell 6 miles 1024 yds 11. Steve Merrillees 6 miles 1023 yds 12. Justin Gershuny 6 miles 627 yds 13. Chris Clegg 6 miles 592 yds 14. Mike Boyce 6 miles 547 yds 15. Bob Long 6 miles 479 yds. 16 Mark Price 6 miles 464 yds. 17. Paul Chelson 6 miles 416 yds 18. Jack Crutchfield 6 miles 216 yds. 19. Phil Mooers 6 miles 192 yds 20. Hall McWilliams 6 miles 92 yds. 21. Chris Davis 6 miles 36 yds. 22. Brad Frishman 4 miles 1580 yds. Did not finish--Martin Rudow, DO'd--Rudy Haluza (Rudy, a little short on training, tried to go a bit faster than his present capabilities.)

On October 13, many of the walking clan gathered in Columbia to watch the floods and to walk 30 Kilometers for a national title. By race time over 6 inches of rain had fallen and more came down during the race. As a result, they had to change the course and go back and forth over the last 5 kilometers of the regular course. Having been there in the past, I can tell you that this makes a very tough course indeed. Extremely hilly! Laird bombed right out with a 22:38 on the first 5 km, which was probably going out and mostly downhill. Dooley wasn't loafing, but was over a half minute back in 23:13. Then came Bob Bowman, 23:52, Ron Daniel, 24:23, and John Knifton, 24:27. After his initial burst, Laird slowed somewhat and Dooley started to come up. At 10 km he was 14 seconds down and by 15 he had collared Laird. At 20 km, it was Dooley 1:37:46, Laird 1:37:48. Knifton was just ahead of Daniel, nearly 6 minutes back.

Then between 13 and 14 miles, as they went downhill, Laird opened up, and despite a caution kept going for a 45 second lead at 25 km. in 2:02:23. Dooley stayed right there the rest of the way as they both walked 27 flat on their final 5 km. Knifton opened up on the last trip out, too, and had nearly 4 minutes on Daniel at the final turn, which he increased to 5½ at the finish, with 2:39:16. Gerry Bocci came on strong at the end after a leisurely start, and nearly caught Daniel. His performance certainly indicates he is back in good shape and should be ready to challenge next year. In sixth place was the above-mentioned Floyd Godwin who showed good strength in his first distance walk. He was leading Bocci through 26 km before feeling the effects and taking just over an hour for the last 10. After his fast start, Bob Bowman ran into trouble Between 15 and 20 km and struggled in seventh with a 33:04 on his last 5. Detroit's Bill Walker did a good job in eighth, walking with Bocci at the start and then carrying a fairly steady pace through to the finish. A couple of my faithful correspondents also did quite well in comebacking efforts. Mark Achen, now living in Columbia and finding some time and incentive to walk again came in tenth, walking his second half faster than the first. In 13th was Gerry Willwerth, just recently out of basic training and now studying the Vietnamese language at Ft. Bliss, Texas. (Why would they ever have him studying that tongue?) Gerry, with practically no training at all behind him, got through 20 km in 1:57:48 and then really crashed into the wall but struggled on through. The ORW style prize went to Bob Young in ninth place. The results:

1. Ron Laird, NYAC 2:29:23
2. Tom Dooley, Athens AC 2:30:08
3. John Knifton, NYAC 2:39:16
4. Ron Daniel, NYAC 2:44:45
5. Gerald Bocci, Motor City Striders 2:45:18
6. Floyd Godwin, Denver TC 2:47:31
7. Bob Bowman, Striders 2:51:10
8. Bill Walker, MGS 2:56:13
9. Bob Young, KC Pacers 3:01:06
10. Mark Achen, Columbia TC 3:04:14
11. Eutch Hammer, Iowa TC 3:06:07
12. Fred Young, KCP 3:08
13. Gerald Willwerth, US Army 3:11:40
14. Darrell Palmer, CTC 3:13:12
15. Aubrey Anderson, KCP 3:13:47
16. Joe Duncan, CTC 3:14:27
17. Bob Chapin, KCP 3:23:12
18. Joel Dickinson, CTC 3:27:32
19. Mirth Madden, CTC 3:45:58
20. Art McClendon, UCTC 3:45:58
21. Jim Kaiser, CTC 4:10:07.

DNF--Bruce Adair, Ft. Campbell, Merle Hill, CTC. DO--Ron Kulik, NYAC (an unpopular call, I understand, and not just with Ron). I just noticed sn overlooked item in one of my communiquees on this race. Jerry Bocci was so slow at the start, not because he was walking a sensible, even-paced race, but because his shoelaces came untied in a big puddle, and he reportedly spent 2 to 3 minutes tying them up. I find that time span a little hard to believe as a retarded chimp could tie his shoes faster, but that is what held jerroo back, none the less.)

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 A bit of trivia about the walking scene and related subject s--Jack Blackburn has not been a participant in recent Ohio or National races because of the call of the stage light s. Jack's thespian activiteis have kept him well occupied in recent weeks as he prepared for his role in "Star Spangled Girl" on October 18 and 19. We can only assume that he was not playing the title role-- Goetz Klopfer is now located in Seattle and feeling a bit isolated from the walking world as activity in that Mecca is down a bit. However, he is training harder than ever so you vultures had better not count him out--An interesting note on my comments in the last issue regarding the correlation between running and walking ability is provided by Roger Duran, who poor, unfortunate chap, has just discovered the Ohio Race Walker aft er all these years. I quote, "In your last issue, I read with interest your comments on runners becoming race walkers. I am one of the few walkers who started directly with walking with no running background. And I am having the opp- osite experience! After six years of walking, I'm starting to win some running races, and came in 28th out of 160 in a recent marathone without having done a workout of more than 10 miles in over a year. I'm still only a 5 minute miler, so I'm not going to give up walking, but it does work both ways. A very good runner would probably be at least a fair walker, but most that I have known who have tried, found it was not a quick and easy switch as they thought. I think that the equating of running and walking is keeping some potentially good walkers from even trying walking because they feel it is no use. In my own case, it seemed hopeless for me to aspire to much since my early running efforts were so poor. I thought, how can I walk a mile in 6:40 if I can only run one in 5:06? But now I have done it; ob- viously they are two different skills and the presence or alck of one has little to do with the other. I think Laird, or possibly some others, have similar or even smaller margine between runming and walking times."--What should come in today's mail but the Oct ober 18th issue of Athletics Weekly (today being Hollow Weenie, Oct. 31), which normally takes at least 6 weeks to get here. The next most recent issue I have is Sept. 13. Anyway, there is a on e sentence squib in Colin Young's walking column stating that the lap times in Paul Nihill's rcent 6:06 mile walk were in fact 1:32, 1:34, 1:29, and 1:31. Astute fellow that I am, this would indicate to me that Paul Nihill recently walked a 6:06 mile, which is somewhat faster than anyone has ever managed before, indoors or out. Too bad he loafed that first half (3:06) or he might have threatened the magic 6-minut e barrier. (yes, the typewriter is still skipping). I also note in a preview of the Airolo-Chiasso relay that the team that finished ~~third~~ second was the London "B" team. The "A" team was to have included Nihill, Bill Sutherland, Eric Taylor, Alec Banyard, and Colin Young. I wonder what happened to these gentlemen?

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 The Ohio Race Walker is a monthly publication, now, unbelievably, in its fifth year. Our policy is to sit here and have a little fun punching out a few words about the walking sport and if a few readers find something of interest, so much the better. Editor and publisher--Jack Mortland. Publisher Emeritus, occassional contributor, and our Guru--Jack Blackburn. Chief Assistant--Derek Mortland. Assistants and Anta- gonists--Doc Blackburn and Marty Mortland. Subscription--\$2/yr. Address: 3184 Summit St., Columbus, Ohio 43202

A Grabag of Race Walking results, some old, some new, some even regurgitated: The latter first; the old 100 miler in Columbia on Sept. 20-21. The story is no one was able to keep going to 100 miles, so on distance covered, the results were:

1. Bob Chapin 88 miles in 22:15:35 2. Aubrey Anderson 85 miles in 22:10:35 3. Larry O'Neil 73 miles in 22:36:38 4. Dave Eidahl 70 in 22:23:15 5. Joel Dickinson 63 in 22:18:30 6. Roy Browne 60 3/4 in 21:51:50 7. Merle Hill 54 in 21:28:27 8. Fred Young 50 in 22:12:16 (stopped at 45 in 9:59:09 and later found out there were prizes for going over 50 so he continued the next morning)--Larry O'Neil was 5 1/2 miles ahead when he had to stop with stomach trouble at 57 miles. But he came back the next morning to add a few more miles. At age 63, Larry hit 30 miles in 5:33:23, 35 in 6:33:20 and 40 in 7:34:59 before starting to run into trouble. Mo. Valley 20 Km, Oct 5-- 1. Paul Ide (age 17) West Kansas TC 1:52:33 (54:20 at 10) 2. Bob Young, KC Pacers 1:53:03 (54:32) 3. Mark Achen, Col. TC 1:56:27 4. Fred Young KCP 1:56:36 5. Darrell Palmer, CTC 1:58:43 6. Joe Duncan, CTC 2:05:10 7. John Rose, WKTC 2:10:07. National Junior 30 Km, San Francisco, Sept. 28-- 1. Steve Lund 3:03:11. 2. Jim Hanley 3:04:19 3. Steve Merillees 3:11:02 4. George Mercure 3:11:29 5. Ray Parker 3:18:19 6. Alarcon 3:22:10 7. Paul Chelson 3:23:50 DNF: Adriano, Mooers, Ratcliff. N.E. 20 Km, Lowell, Mass., Sept. 6-- 1. John Knifton 1:34:35 2. Gary Westerfield 1:37:19 3. Ron Daniel 1:40:43 4. Steve Hayden 1:41:20 (Temperature near 100 F at race time). Women's 5 mile, Lowell, Sept. 6-- 1. Jaquelyn Richards, Montreal 48:48 (broke own record of 49:49 set last year--next year she walks 47:47) 2. Nancy Enis, Lowell 51:50 25 Km, Montclair, N.J., Sept. 7-- 1. John Knifton 2:04:50 2. Gary Westerfield 2:12:32 3. Steve Hayden 2:17:31 4. Ron Kulik 2:23:16 5. Ron Daniel 2:23:38 6. Howie Jacobsen 7. Fred Timco 8. George Shilling--hilly course, temperature in 80's. Canada Games 20 Km, Halifax, Aug. 23-- 1. Felix Capella 1:35:35 2. Marcel Jobin 1:41:24 3. Frank Johnson 1:45:56.2 4. Yvon Groulx 1:52:32.6 5. Glenn Austin 1:54:06.4 6. Gordon Follett 1:57:22.8 7. Ross Munro 1:58:44.4 4 Mile, Denver, Aug.-- 1. Judy Haluza 29:52 2. Floyd Godwin 33:45 Polish 20 Km, Aug. 17-- 1. Paziewski 1:33:13.8 2. Cyrklaff 1:38:37.2 3. Rogowski 1:39:27.6 W. German 20 Km, Aug. 15-- 1. Julius Mueller 1:38:05.2 2. Schuth 1:38:49.4 3. Mayr 1:40:01.2 4. Weidner 1:40:32.2 5. Pape 1:41:12.2 6. Weisch 1:41:38.2 50 Km-- 1. Bernhard Nernerich 4:07:27.2 2. Weidner 4:22:54.6 3. Gatermann 4:33:16.2 4. Pape 4:25:34.8 5. Voswinckel 4:36:30 (race on July 20)-- N.J. AAU 10 Mile, Long Branch, Oct. 19-- 1. Ron Kulik 1:20:40 2. Ron Daniel 1:21:06.5 (lost big lead with mid-race "pit stop") 3. Bob Mimm 1:25:37 4. Don Johnson 1:32:16 5. Terry Anderson 1:33:17 Eastern Regional High School 2 Mile-- 1. Fred Shack, E. Orange, N.J. 17:02 2. John Mulhearn, Springfield, Pa. 18:11 3. Mike Dinnibiel 18:15.8 4. Howard Palamarchuk, Bensalem, Pa. 18:53 6 Mile, Coatesville, Pa. Oct. 25-- 1. Dave Romansky 43:59 2. Ron Daniel 44:25 3. Bob Mimm 50:38 4. Joe Stefanowicz 51:31 5. Mike Conn 52:34 6. William Bull 53:09 7. Paul walkovic 54:51 8. William Hackulich 55:17 9. Howard Palamarchuk 57:15 (13 finishers, George Braceland D' d in final 100 yds) This race was held in answer to a challenge from Calne, England to Caln Township with a trophy going to the committee whose local resident has the best time. Caln 6 Mile, Caln, England, Oct. 11-- 1. Paul Nihill 42:09 2. Roy Lodge 43:12 3. Roger Mills 43:16 4. Bill Sutherland 43:40 5. Brian Eley 44:13 6. George Chaplin 44:45 7. Phil Thorn 45:00 1 Mile, Caln Twp, Pa., Oct. 25-- 1. Joel Urbine (age 15) 9:10 2. Jim Sisk (age 13) 9:31 N.J. AAU 15 Mile, Oct. 26-- 1. John Knifton 1:58:10 (John rolls on. Accurate course this year as opposed to the past) 2. Gary Westerfield 1:59:24 3. Ron Kulik 2:20:27 4. Dave Romansky 2:08:35 (faded over last couple miles after good 6 the day before) 5. Don Johnson 2:28:41 (N.J. District champion) 6. Elliott Derman 2:41:10 (Incidentally, Don Johnson is now in second in the 880 run in my list of running records by walkers with a 1:56.8 back in June 1940. This was in the N.J. AAU meet and he lost to a couple of pretty fair runners of that era, John Borican and Blain Rideout) Women's Postal 5000 meter (I think this is postal, but I don't read much but results in Danish)-- 1. Eivor Johansson, Sweden 26:12 2. Irma Hansson, Sweden 26:24 3. Siv Thuresson, Sweden 26:24 4. Karin Moller, Denmark 26:25 5. Barbara Fisk 26:27 6. Judy Farr, Eng. 26:28 7. Aslog Forsell, Swed. 26:52 8. Solveig Kristensen, Den. 27:12 9. Betty Jenkins, Eng. 27:17 10. Ellen Marie Thomsen, Den. 27:21. Teams scores were Sweden 26, Denmark 11; Sweden 25, England 12; Denmark 19, England 18; Sweden 27, France 9 (first French girl was 13th) Denmark 27, France 9; and England 26, France 11.

East German 20 Km Champrionshi:—1. Gerhard Sperling 92:02.6 2. Hans-Georg Reimann 92:51 3. Peter Frenkel 98:38.6 E.G. 50 Km—1. Christoph Hohne 4:19:44.6 2. Peter Selzer 4:22:24.4 3. Bernard Leuschke 4:22:24.4 Czech. 20 Km, July 20— Alexandre Bilek 89:53 20 Km, Enfield, Eng., Aug. 30—1. Paul Nihill 88:51 2. Shaun Lightman 91:10 3. Peter Fullager 91:46 4. Brian Eley 91:53 5. Roger Mills 92:35 6. Roy Thorpe 93:13 7. Tom Dooley 95:01 8. Roy Lodge 95:04 9. Ray Middleton 95:48 10. Phil Embleton 96:00 20 Km, sometime and place—1. Agapov, USSR 88:36.4 2. Frenke E.G. 89:26.8 USSR 50 Km—1. Soldatenko 4:12:10.4 2. Bartsch 4:31:48 16 Km, Sept. 25— 1. Gabrielle Nigro, Italy 73:55 2. Julius Mueller, W.G. 77:35 3. E. Cuirino, Italy 78:05 Rome-Castelgandolfo, Sept. 28 (no distance given)—1. Abdon Pamich 2:27 :41 2. Julius Mueller 2:30:45 3. G. Nigro 2:31:24 4. M. Biagoli 2:31:56 (Pfister of Switzerland finished 8th after receiving no fewer than five official warnings, which must rival the record of a certain Mexican)

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Some Upcoming Races:

12TH ANNUAL OHIO TRACK CLUB DISTANCE CARNIVAL--Nov. 15 & 16, Worthington, Ohio

7 Mile walk of Saturday, including the U.S. Senior's Championship for those 50 and over, and 15 mile on Sunday. See your last issue for entry blanks or just come

Also on Nov. 16--NAAU Junior 50 Km Championship (final National of year) at Heinz Farm, Missouri State Penitentiary, Jefferson City, Mo.--Starts at 8 a.m.

Also on Nov. 16--10 Mile Handicap, Takanassee Lake, Long Branch, N.J.--1:15 p.m.

Nov. 30--Annual Coney Island 10 Mile Handicap--write Dr. George Shilling, 794 Forte Blvd., Franklin Square, N.Y. 11010 for entry blanks. Entry will absolutely close about 2 weeks before the race, so don't delay.

Dec. 14--Bill Reilly Day Races in Long Branch--walking and running.

Dec. 28--City of Asbury Polar Bear 10 Mile Walk, Asbury Park, N.J.

Dec. 31--Annual New Year's Eve Handicap 6 Mile at Worthington, Ohio--details in next issue, but reserve the date.

Nov. 29--Mo. Valley AAU 35 Km and Open, Swome Park Lagoon, Kansas City, Mo.

Thanksgiving Day--Short 6 Mile from Ft. Thomas, Ky, to Cincinnati (I think. Haven't seen any entry blanks or like that yet.)

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Received a long letter of some interest a few weeks back from one Jim Graham in Buffalo, an old timer. And he is discussing, of all things, old times, in the walking game that is. Thought some of you may be interested in this little peek at our heritage, so some excerpts from Mr. Graham's letter:

"We had two large ~~xxx~~ armories, 65th and 74th they were 8 laps to the mile. These were the largest tracks in the U.S. at that time.....We had the greatest walkers and runners in the world at that time competed here indoors for a good many world's records, some of which still stand. We had as many as 30 walkers, 10 from Canada, on the floor at one time. Including the great George Goulding from Toronto, in my book the greatest for form and speed and a very good friend of mine. I finished 2nd to him when he broke the world's record of 6:27. My time was 6:48. I walked against him at Toronto Exhibition in 1914 when he did a 12:57 two mile. I finished fourth in 14:12. There was quite a wind and they did not let that time stand. He was a member of two Olympic teams and I think his time at one of the Games was 46:05 for 10,000 meters. For the 3 miles at St. Louis he did under 21 minutes.....

".....everybody in Buffalo knows my Dad and I were a walking family. First of all, my dad and I were in Ripley's believe it or not column 7 times and at the Chicago's World's Fair, a friend of mine told me they had a picture of myself and my dad 8 feet tall and his records. My great dad was one of the best long-distance professional walkers and runners in the country from 1879-1912. He still holds many records and beat Weston and O'leary many times. He was a wonderful heel-and-toe walker from 50 miles up. Also the old go-as-you-will races. He was 5'8", 145 and died in 1930 at 73. Some of his past records (taken from World's Almanac) were:

1917--New York to Philadelphia, 91 miles in 16:30

1918--Toronto to New York in 7 days 2 hrs.

1924--123 miles without a stop in 21:40

1923--Buffalo to Boston in 7 days 4 hrs.

1901--6 day go-as-you-please in Madison Square Garden--596 miles 5 laps.  
1900--ran 417 miles in 72 hours for a new world record, 10 others competed.  
1900--At Lancaster, Pa. walked heel and toe for 248 miles on a 16-lap track in 72 hours for a record.  
1914--At Syracuse, N.Y., American Professional Walking Championship--468 miles in 6 day s.  
1890--6 day go-as-you-please in Milwaukee--3rd with 589 miles 4 laps. Won by Hegelman of New York with 592 miles.  
1887--In England finished second to George Littlewood walking 619 miles in 5 days 22 hrs and 57 min. (ed. if true this is rather fantastic, especially since this cat Littlewood did even better. This is averaging about 4 1/3 miles per hour, which just doesn't leave much time for sleep or the like.

"I could hav made a good walker out of Mayo Smith, manager of Detroit Tigers. He read meters for me while playing for Buffalo years ago.

"This is anote from Bill Mahalo, who I judge has the 2nd most championships to Ron Laird. (wrong) He wrote me after I had judged in several Buffalo races. He claimed I was the best of judging walks that he had ever met. In several races you don't only judge the race, but you try along the course to tell the walker his faults and give him good advice. You do not throw him out like some ot her judges, you give him courage.

"And finally, i'm in my 79th year and can walk 5 $\frac{1}{2}$  miles an hour. I wonder how many Laird's and other champs will be walking when they are that age. I'm 5'10, 156 never smoked in my life, and never drank until I was 50 and very little now. I eat alot of wheat germ and honey and probably a bottle of beer at bed time."

Jim wrote some more about his own records and races, for which there is not room here. It is always interesting to me to get these notes from the past. Judging from dad's performances he was a very tough codger indeed and may well have qualified for tough cat of the month at some time. Cheers.

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FIRST CLASS