Seattle, Nov. 15—On a cool day (51 F), perfect for walking, Goetz Klopfer proved that he is still pretty tough after all as he blasted 5 American records during a 20-mile track walk today. Walking without opposition (there were 5 starters, but only one finisher) Goetz started with a 7:35 and then stayed under 8's all the way for a final time of 2:33:59.8. This is less than 2½ minutes off Vedyakov's world record (2:31:33) and well under Dave Rominsky's pending 2:37:20.2. Goetz also had a time of 2:37:57.6 pending ratification. On the way he passed 15 miles in 1:54:47; 25 km in 1:58:52; and 30 km in 2:23:14, and did 15 miles 192 yards in 2 hours, all new records. Goetz started out aiming for 7:40 miles but was well under that at the start and didn't go that slowly until the 18th mile, when he had 7:54. His 1 mile splits were: 7:35, 15:17, 23:03, 30:49, 38:25, 46:04, 53:41, 1:01:17, 1:09, 1:16:38, 1:24:20, 1:31:58, 1:39:55, 1:47:14, 1:54:57, 2:02:30, 2:10:15, 2:18:09, 2:26:06, and 2:33:59.8. 5 km splits were: 23:52, 47:43, 1:11:30, 1:35:12, 1:58:52, and 2:23:14. Judges were Bob Hendrickson, Hartin Rudow, George Edwards, and Harti Laitinen.

October 18—A United States team of John Knifton, Tom Dooley, Ron Kulik, Goetz Klopfer, and Dave Rominsky walked away from the field in the annual Airolo-Chiasso relay today. After an record 27 km lead-off leg by John Knifton, the U.S. was never seriously challenged and beat second-place Sweden by over 10 minutes while chopping nearly 16 minutes off the old record. Italy, in third, was also under the old mark. Thus, both the U.S. and Sweden extracted some measure of revenge over the Italians who had beaten them a week earlier in the Lugano Cup competition.

On that opening leg, Knifton turned in a 2:06:50 to open over 2 minutes on Lennart Back of Sweden and over 3 on Gabriele Migro of Italy (2:09:06 and 3:09:53) Fourth at this point was Centro Lazio, of Italy, with veteran Abdin Pamich turning in a good 2:12:37.

On the second leg (30 Km), Wilf Wesch, walking for an International team that also included Ron Daniel and Jim Lopes, really burned the course with a record 2:15:16. Unfortunately, lead-off man Pat Duncahn had left them 33 minutes behind so they were nowhere in the race. Tom Dooley walked an excellent stage for the second best time, as he stretched the U.S. lead to nearly 5 minutes. Tom had 2:20:43. Nicola DeVito, of Italy, had the third best time of 2:22:14 as he moved his team just ahead of Sweden in second place. Orjan Andersson had 2:23:08 for the Swedes. (Whoops, big mistake as I look more closely at the results. DeVito was walking for a club, Fiamme Gialle. Walter Sgardello was walking for the National team and had 2:24:38 to leave them well back of Sweden.)

The Italians did move into second on the third leg as Vittorio Visini scorched the record 1:06:21 for the 14 km (mostly uphill) and cut nearly 3 minutes off the U.S. lead on Italy. Ron Kulik had 1:09:06, for the fifth best time. Ron Daniel, walking for that International group, was not far off Visini's new record with a 1:06:44. Sweden's Bo Fransson could manage only 1:11:28, so they were 2 minutes back of Italy. Young Olly Cavioglioli, walking for a London team, turned in a fine 1:08:23 on this leg.
On the fourth leg of 18 Km, Pasquale Busca, of Italy, continued the record breaking with 1:27:43, and in the process, cut the U.S. lead to less than 1 minute. Armando Zambaldo, of Fiamme Gialle, was second fastest with 1:29:07, and Goetz Klopfer had 1:30:16. The Swedes remained a not too far distant third with a 1:30:26 from Hans Tenggren. This leg was reported as slightly long, which the times would indicate.

Dave Romansky left little doubt of the outcome, as he set the fifth record of day over the 25Km final stage with 1:51:42 (reported as somewhat short). Stefan Ingvarsson, of Sweden, made a game effort and recorded 1:54:56 to bring his team up to second as Eduardo Quirino, of Italy, could manage only 2:05:28. Jim Lopes, walking for the Internationals, turned in a good 2:03:12, as his team finished 10th.

From all reports, the judging left much to be desired. Actually, I gather it is just about non-existent and everyone gets away with murder, particularly on the many downhill stretches. I also get quite a few reports on the lousy judging at the Lugano Cup and, as much complaining as we have about judging in this country, we might well be doing better than on the International scene.

All members of the U.S. team, including Daniel and Lopes, turned in better times for their legs that did last year's team. The results of the 114Km race:

1. United States 8:58:39
2. Sweden 9:04:04
3. Italy 9:14:08
5. F.C. Norinberger 9:26:36
7. London B 9:36:54
8. Switzerland 9:36:59
10. International Squad 9:40:20
11. Marcia Club Centro Lezio 9:45:51
12. Oberammergau 9:57:06
13. Post-Sportverein Tubingen 10:00:45
14. Germania Juunes 10:06:00
15. London Stock Exchange 10:36:22

Las Angeles, Oct. 31—The incredible Larry O'Neil, Montana lumberman, just over a month after winning his third 100-miler in four years at Columbia, Mo., turned up in Los Angeles for another "century" affair--this time on an indoor track. As usual, he was the only one to complete the distance as he finished in 21:49:32, compared to 20:42:42 in September. (I shouldn't say "as usual" since John Argo did join John in finishing the Columbia race this year.) This is John's slowest time to date, but may be a world indoor record, and I am sure that two 100-milers in so short a time is a record for someone who has to look over their shoulder to see age 60. Chris Clegg, no youngster himself, and a British Centurion, had hoped to challenge O'Neil in this one but was just recovering from a cold and had to call it a day at 54. Jim Hanley went 40 and then came back later to move his total up to about 56 before O'Neil finished.

Number two son for the Mortlands. Scott Allen, born Nov. 6, weighing 7 lbs 6.5 oz, 20 inches long, and a tremendous amount of hair, which stands straight up. We almost stopped at the barbershop on the way home from the Hospital. As a result of this event, time has been very much at a premium and I have a lot of unanswered correspondence piled up. I mention this for the benefit of those who may be mad that I haven't written. Some day I will. Also, a third boy to the Ron Daniels name of Christopher Ross. Born conveniently on the night before he left for Europe. A girl for the Barry Richardsons, now back in England, to go with their two boys and also a girl a few months back for the Floyd Godwins. Jack Blackburn's boy reported last month, answers to the name of Nathan.
The Ohio scene, we fear, is rather dull these days. Take, for example, the Annual Ohio Track Club Distance Carnival held Nov. 14 at Worthington. Good turnouts in the women's events and in the 15 mile and 4 mile runs. But the walks—tsk, tsk. Jerry Bocci came down from Detroit to walk a couple of solo races. In the 15-miler he walked a leisurely 1:25:40 to whip Doc Blackburn (1:42:29) and Clair Duckham (1:42:50), who staged a hot battle all the way. Your editor was stuck with timing and lap counting duties on the 15 mile run and the walk. In a cold, rain walking was fun, I must say. Jerry then came back about 40 minutes later to win the 2-mile track walk in 15:44 after a 7:45 first mile. His closest opposition was wife Jeanne who won the women's race, but whose time I never did get. He missed lapping her by about 30 yards. The only other male walkers were two high school boys from Sylvania, Ohio who had never walked before and probably never seen a walk. Both were well over 20 minutes, one in his street clothes. The first women showed pretty fair style. This race I definitely planned to walk, chilled to the bone as I was. But one guy was about 20 minutes behind in that 15 mile run and I had to wait for him. When I made it down to the track, there were the walkers on their second lap. "Jack, where have you been? Why aren't you walking?" Probably the most punctually started race in the history of the OTC Distance Carnival and it did make me a mite mad.

Only other race to report is the annual Thanksgiving Day affair from Ft. Thomas, Ky., to downtown Cincinnati—a short 6 mile. In this one, Wayne Yarcho established a huge lead at the start and then saw most of it dissolve by the finish as Doc Blackburn charged up. And Dale Arnold just withstood the challenge of Clair Duckham for third. The results:

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I STAND CONNECTED DEPARTMENT-- Don Jacobs correctly informs that Istvan Havasi, of Hungary, as well as Britain's Ray Middleton, has competed in all five Lugano Cup competitions. Don also infomrs of one other man to go further in an Hour than Larry Walker, that being one Donald DeNoon who covered 55 miles 138 yards in the 1966 AAU. One should not comment statistically without careful research, which I rarely indulge in, when one has a librarian type as a subscriber.

And thence to Foreign results: More detail on the London-to-Brighton race (52 plus miles) won by Shaul Ladaey. Shaul had a great tussle with veteran Ray Middleton, also walking his first "Brighton" and without Shaul's experience over such distance; Shaul passed 20 miles in a blazing 2:48:30 and had 5 minutes on Middleton, 7 on the course record holder, Don Thomson, and 12 on last year's runnerup, Ed Michael of South Africa. Thomson is back in walking after a couple of years in the running game. At this point, Middleton perhaps decided that Shaul was for real and put in a strong effort to get within 9 seconds by 50 km, which Shaul passed in 4:23:47. It was strictly a two-man race now with Colin Young third in 4:45:30. For the next 15 miles Middleton stayed right there but could never get an advantage. Shaul then broke away as they started up the last hill with 7 miles to go and finally built up better than a 4-minute margin. Thompson finished strongly and easily beat Young for
For those who like to travel, like to walk ridiculous distances, and like to plan to ahead, mark your calendar for June 25, 1971. The British Centurions will hold their 100 miler, an every 4-year affair, on a 10 lap course in Surrey starting at 6 p.m. Further details may be obtained from Chris Clegg, 320 N. Oakhurst Drive, Beverly Hills, Calif. 90210.

A GUIDE TO PACE

Here is a handy guide for those who want to quickly know how fast they were going following a metric race.

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9. N. Simmons 8:58:13 10. Guy Goodair 9:01:53 ...

Great to see Shaul winning a real prestige race as his great efforts in
track 50 milers have deserved more recognition. 100 km, Cambarogno to Lugano, Switz.
W. Ger. 9:58:21 5. Shaul Ladany, Israel 10:06:32 (passed 50 km in 4:37, which must
have put him in the lead, or close to it. Two races of this sort in a month are
probably too much, even if Larry O'Neil does do two 100 milers in six weeks.) 6.
Werner Hupfeld, W. G. 10:14:35 7. J. Dowling, Eng. 11:10:00 8. I. Baboe, Rumania
100 km, Faverne, Switz., Oct. 1:4-1. Alfred Badel 9:15:40 (want to bet on this being
a shorter 100 km than the above? Maybe closer to 90?) 2. Manfred Aberhard 9:27:44
Badel, Switz. 3:02:54--Italy 15, Switzerland--7. 10 km (road) Frankfurt, Nov. 1--
(nearly 6/3 miles) 20 km (track), Budapest, Oct. 23-1. Antal Kiss 1:31:56. 4. Tamas
Horvath 1:34:34. 5 km (road), Budapest, Nov. 1-1. Kiss 4:09:02 2. Schiller
4:11:02 20 km (track), Budapest, Sept. 20-1. Andor Antal 1:31:21. 2. Kiss 1:32:19.8
5 km (track), Budapest, Sept. 21-1. Janos Dalmati 20:54.4 (12:16.4 at 3 km).
10 km (track), Erno, Czeh., Oct. 17. 1-1. Alexander Bilek 43:46.2 2. Vladimir Kansky
1 Hour, Karlstad, Sweden, Sept. 24-1. Lennart Eack, Swed. 13. 190 meters (44:51 at
10 km) 50 km, Mariedalen, Norway, Sept. 5-1. Tore Brustad 4:18:28 20 km, Eisen-
25 km, same place and date-1. Kurt Sakowski 2:54:21.4 Women's 15 km, Copenhagen,
Oct. 25-1. Liselotte Rasmussen 1:32:31 Women's 5 km (road), Doras, Swed., Oct. 10-
27:32 Women's 35 km, Stromstorp, Swed., Sept. 20-1. Margareta Bjork 3:56:03
Women's 5 km (track), Malmslatt, Swed. Sept. 27-1. Anna-Lisa Bertilsson 26:37
2. Irma Hansson 27:00.4 3. Women's 3 km (track), Malmslatt, Sept. 26-1. Anna-Lisa
Bertilsson 15:22 2. Kerstin Eriksson 15:45.2 3. Irma Hansson 15:53.2 Women's 5 km
(track), Uddevalla, Swed., Sept. 20-1. Irma Hansson 26:43 2. Anna Madelene Stadt
27:40 10 km (road) Rodon, Swed., Aug. 28--1. Elisav Johansson 52:17.2
2. Ruth Nilsson 56:42.2 3. Ulla Svensson 57:47.4 International Postmen's 15 km,
London, Sept. 15-4. (this was the last year in which the competitors will wear their
uniforms, including mailbag)1. Ray Middleton, GB 73:03 2. K. Pape, W G,
81:00.6 4. N. De Vito, It. 82:48. 6 5. Rene Pfister, Swit. 82:56 6. Charles Sowa,
Luxen, 83:06.4 5 Mile, Wimbledon, Eng., Oct. 3-1. John Kniftn 35:38 2. Bill
Sutherland 35:53 (old course record 36:26 by Wilf Wesch) 28 Hour Race, Roubaix,
Sept. 26-27-1. Louis Lebaquier, France 24:7 km (just over 150 miles) 2. J. Simon,
Luxembourg 232 3. G. landreau, France 219:49 km 4. J. Dowling, GB 207.5 km
5. M. Nourigat, France 206.5 km 6. A. Steinaff, France 205.5 km 7. G. Rottiers,
Belgium 204.5 km 8. H. Mainemare, France 200 km (held on 7.5 km road lap) (37 start-
er's and 16 finishers).) 4 Mile, South Gwydon, Eng., Oct. 3-1. Paul Nhiill 28:13

U.S. RESULTS:
Northeast AAU 30 km, Orleans, Mass., Nov. 7-1. Paul Schell 2:44:18 2. John Gray
his knees as Colin Young could with straight-leg action "though obviously I could not maintain that speed for long, as I am not a trained athlete."

If race walkers were allowed universally, therefore, to adopt the bent-knee action would all existing walking records be broken. "I couldn't say that categorically from these tests, but they would certainly be able to walk as fast, probably with less discomfort."

While on walking ailments, here is what good Doctor Blackburn had to say on the subject back in our September 1967 issue (Vol. III, No. 7)

ACUTE AND SUBACUTE INJURIES RESULTING FROM PARTICIPATING IN RACE WALKING

by Dr. John Blackburn

Apart from blisters and callosities, caused in the main by illfitting footwear, myositis is the most common race-walking injury.

Myositis, with or without actual rupture and gross bleeding, often referred to as a "muscle pull", occurs more often in training for, and during, the shorter, faster races of 20 kilometers and under. It occurs less often in longer races, and when it does is many times initiated by muscle cramping due to salt loss.

The most common muscles involved are first the extensors of the thigh, the quadriceps group. Next the hamstrings and especially the biceps femoris. Thirdly, the extensors of the foot, the tibialis anterior (the astute reader immediately recognizes this as our friend from above, as did your astute editor) and the extensor digitorum longus. Lastly, the calf muscles, both superficial and deep.

Myositis, with no evidence of hematoma, will heal well enough to return to training in 4 to 6 days. With hematoma formation, a minimum of 7 to 12 days is required.

Tenosynovitis is next in the order of frequency of injuries, and occurs in training for, and in races of, long distance (over 1 hour and up to 5 hours) and involves most commonly the structures of the ankle. The hip or knee is seldom involved in this type of injury. In declining order of frequency, those tendons involved are the tibialis anterior, peroneus longus and brevis, and the tendocalcaneus.

It is the author's belief that these injuries are based on failure of the tendon sheaths as antifrictional devices because of the long hours of training and competition. Good race walkers will often exceed 200 training miles per month involving 25 to 30 hours at speeds of 6 to 8 miles per hour.

The tenosynovitis may exhibit as a mere tenderness along the course of the tendon with minimal swelling, and the athlete complaining of aching on motion. Or frank swelling, acute tenderness, overlying erythema and increased local heat may be present, with the athlete complaining that he cannot walk because of the pain.

A third stage of tenosynovitis involves tendon sheath rupture with diffusion of fluid into surrounding tissues. This last condition arises usually because the athlete neglected the injury or would not follow treatment directions.

As mentioned, treatment for all stages of this injury evolves around rest to the part, adequate splinting and time—2 to 6 weeks. Most athletes regard this time element as a small tragedy, for it interrupts their training schedule and caused their absence in the next competition. They tend to cut treatment short and conditions of chronicity inevitably ensue. Therefore, it is highly important to impress these people with the necessity of following treatment orders. Use of steroids is still an individual matter, but does in the author's experience shorten the period of disability.
Here is an item given me by Barry Richardson some months ago--before he returned to England--from the Sunday Times, as I recall. A rather interesting view, anyway. Been saving it for filler all these months. Entitled "Walking Into Trouble." (No doubt I will be sued for copyright infringement for reproducing it here.)

When you're late for your morning train, you probably walk as fast, literally, as an Olympic champion in your efforts to reach the station in time. (Ed. I have my doubts regarding that statement, but let us go on.) Why aren't you an Olympic champion then? Because international race walkers are governed by a rule concerning leg action, which you almost certainly break. (Ed. This among several dozen other reasons, which seem rather obvious.) Complying with that rule results in the familiar race walker's action, which, in the uninitiated, resembles that of a penguin with its legs tied together. Now, as the result of a Sunday Times survey (by jove! Indeed it was the Sunday Times) two experts blame the rule as a major contributing cause of the walker's curse, shin soreness.

Introduced in 1928, in an attempt to prevent surreptitious running, the rule states that at some point in each of the walker's strides the leg must be straight--even if only momentarily. It was thought that running would be impossible with straight legs. It's not; try it.

The survey, conducted by Dr. Don Grieve and Peter Cavanagh of the Biomechanics Laboratory, Royal Free Hospital Medical School, suggests that this rule merely restricts natural action, and can lead to shin soreness. This condition has never before been so closely analysed, though most of Britain's top walkers have suffered from it. Some have been forced to retire, several to have operations. European Champion, Paul Mahill often walks an easy 6 or 7 miles on the morning of a competition as a deterrent; he finds a good warm-up helps reduce the pain. His last defeat, in December 1967, was due to shin soreness.

Dr. Grieve, who studied the technique of leading long distance walker Colin Young in intensive laboratory experiments, and also analyzed the results of questionnaires sent to eight internationals, says, "Bending the knee is an instinctive action that helps cushion the impact on the heel and ankle at each step. The compulsory straight knee has a jarring effect, and the exaggerated hip movement of race walkers is an attempt to compensate."

The British definition of race walking is merely the maintaining of contact with the ground; the toe of one foot must not leave the ground until the heel of the other touches it. British judges ignore the straightness of the leg, though top walkers in this country usually straighten anyway to keep their technique sharp for racing abroad, where the international is enforced.

"There seem to be three possible causes of shin soreness," says Dr. Grieve. "Inflammation of the over-worked tendon attached to the shin muscle, a small fracture caused by the constant jarring on the road, or, the most likely, a condition called ischemia, resulting in a lack of oxygen in the shin muscle. This muscle, tibialis anterior, has two jobs to perform; it clears the foot off the ground as it swings through, and controls the foot stop when the heel touches the ground. It has to do these jobs over and over again each in a very short space of time, often for many hours and under considerable tension."

Each stride of a race walker at speed takes 0.56 second to complete, and for 0.40 sec. the muscle is "switched on", working. That leaves only 0.16 sec for it to rest and for blood to flow through easily, renewing the oxygen supply. It's not long enough, with the additional tension of receiving the full shock of straightening the leg on impact.

Some walkers reported in the questionnaire that if they slowed down, the ache disappeared. "We found that although the bursts of muscle activity are much the same says Dr. Grieve," a slight drop of speed increases the periods of rest, which is why they get relief."

Dr. Grieve using himself as a normal untrained walker--am I hurrying for the train say--in the same laboratory conditions found he could walk as fast bending
Bursitis, surprisingly enough, is less frequent than would be expected. However, calcaneal bursitis is the most common due to the continued impact of this part with the ground. Trechanteric bursitis is next in frequency due to the rotational motion of the hips necessary to maintain proper race-walking form. Iliopsoas bursitis is less frequent, but occurs often enough to be mentioned and reflects the constant effort of the iliopecaus muscle to add the quadratus femoris group in pulling the straightening extremity forward. Bursitis is normally self-limited, and responds nicely to rest of 3 to 5 days plus heat application.

Synovitis is more frequent in the 50 kilometer race walkers and may occur in any of the weight-bearing joints, but is seen more frequently in the knee and, like tenosynovitis and bursitis, is strictly due to constant and severe wear. Treatment consists of rest to the part and appropriate physiotherapy.

Neuritis is uncommon but when seen occurs in the peroneal and tibial nerves, and usually in those athletes who habitually hyperextend the knee joint and exert some degree of traction on these structures as they pass through the popliteal space.

Chronic Injuries

Chronic injuries are a direct extension of those injuries listed above and generally are related to inadequate treatment.

Myofibrositis, or muscle scarring, occurring in the area of acute myositis, is the result of repeated small tears with microscopic bleeding.

Chronic tenosynovitis, or tendonitis, follows the acute and subacute forms and is thought to involve some fraying of the tendon, since it is so resistant to treatment. Tendon sheath rupture is invariably a chronic affair, unless repaired surgically, for in healing spontaneously, thickening and tenderness of the involved portion results and persists for years.

Chronic bursitis is very often calcific in nature and will continue until treated surgically.

Synovitis has been known to progress to a traumatic arthritis in a few instances but is thought to be rare in race walking.

Chronic neuritis occurs infrequently and is due to involvement of a small nerve branch caught up in myofibrositic scar.

Sorry this issue is a bit late, but hose diapers won’t wait, you know. Perhaps we will get there earlier next month. And perhaps we will get there later. Who knows?

ACHE FINALLY MAKES IT

Kansas City, Nov. 29—After getting outkicked in the last 20 yards in 83 different Junior National races this year, Mark Achen finally won one by leaving the nearest competitor 12½ minutes behind. Not only that, but then he was lucky enough to sneak into this issue. I was going to take this over to the Sheumakers for duplicating last night and didn’t make it and these results arrived in today’s mail. Not much to report on the race, as the times show it wasn’t too competitive. Larry Young also walked, although ineligible for the Junior, and continued his rapid comeback with a very good 3:05:14. His splits were 27:03, 53:44, 1:20:24, 1:46:29, 2:12:39, 2:38:33. Results: 1. Mark Achen, Columbia TC 3:20:54 2. Bob Chapin, KC Pacers 3:33:24 3. Paul Ide, Columbia College 3:40:55 4. Fred Young, KC Pacers 3:48:06 5. Bob Woods, UCTC 3:48:32—also competed: Larry Young 3:05:14 and Dave Eidahl 3:29:30.
HAPPY HOLIDAYS

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