



OHIO RACEWALKER

VOLUME VII NUMBER 5

COLUMBUS, OHIO

JULY 1971

NIHILL-SMAGA LEAD INTERNATIONAL FIELD

San Francisco, July 3--After a close tactical race for the first 10 kms, Great Britain's Paul Nihill and Soviet ace Nikolai Smaga drew easily away from the rest of the field to capture one-two in the US-USSR-World All-stars 20 Km. While the rest of the meet was held in Berkeley, this race was held in San Francisco over the course held for the National race in May. Nihill and Smaga, not scoring against each other but only in separate duals against the U.S., had agreed to finish together somewhere out on the course. However, the finish judges gave the nod to Nihill in 1:30:08, better than 2 minutes ahead of Tom Dooley's course record. These two will probably not be settling for a tie when they meet in Helsinki in August for the European title (Assuming Nihill goes 20 and not 50.) The race in San Francisco involved some controversy, as the following account from ace correspondent and race manager, Bill Ranney, will show.

The walkers started at 9 a.m. sharp, to the watchful eyes of several of the best judges in the U.S.: Bill Chisholm, Murray Rosenstein, Frank Hagerty, Tom Carroll, and Art Smith. The field moved out at a rather slow (for them) pace and came by the first 5 km lap in 22:45. During this first lap Bob Gardiner of Australia drew the first caution of the race. Early in the second lap, Nihill, Smaga, and Shaloshyk (USSR) pulled slightly ahead--but Dooley and Goetz Klopfer got back on terms during the latter part of the lap and the five came 10 kms together in 45:48. Smaga, Shaloshyk, Nihill, and Dooley all drew cautions during this lap. Nihill and Smaga increased the pace considerably during the next lap and left the field. At about 12 kms Shaloshyk was disqualified from the race.

I saw this second caution given by Bill Chisholm--and immediately told the Russian coach. He asked why his walker was D'ed, Mr. Chisholm was queried and reported that it was for lifting. Mr. Frukto, a member of the International panel of judges along with Chisholm, did not agree with the call. Mr. Chisholm tried to stop the walker, even standing in front of him with his arms extended. The Russian coach asked to have the officials and other competitors informed that his walker was going to continue the race and then after a protest was filed, at least the placing of the competitor would be known if he was allowed to score.

After a discussion with the Head Track Coach from Russia, the walking coach from Russia, and Mr. Chisholm, the Russians were advised that their walker was D'ed and that he should stop. However, he didn't do so. Tom Dooley was just a few yards behind Shaloshyk at this point, and so the Russian's presence could do nothing but help Tom.

The last 5 km lap saw Klopfer (suffering from a bad cold) fade and Dooley also fall back with a slow lap. Gardiner, showing that he is a much better 50 km walker, moved quickly through the last lap--passing Klopfer and almost catching Dooley.

Shaloshyk maintained his pace and crossed the line in third spot. (After the race, we learned that Dooley has eaten some food the evening before that upset his stomach to a great degree. This obviously altered his otherwise steady performances.)

The protest was presented to the Panel, and then to Mr. Dan Ferris. It appears that there was no member of the All-Star group present on this Panel. Mr. Ferris reached the decision that Shaloshyk should be allowed third place. His reasoning did not make much sense. First he said that the Russians did not know about the DC. However, when confronted they agreed that they did understand. Second, they said that the walker's number should have been removed. This could not have been accomplished without tearing the jersey from his chest. Thirdly, he stated that there were no red flags used. These were at the race but were not used because there were only two sets at the start.

That's Bill's report. Obviously an unfortunate incident and I can foresee unnecessary repercussions, like no more walk in this meet. AAU officialdom doesn't like controversy and so why continue an event that creates controversy and which many people could seemingly do without anyway. Balanced against this sort of expected reaction is the fact that the Russians will probably readily agree to dropping it since it has always meant points to them. Also, Manney did some good PR work with them this year by giving them their choice of three venues for the race. So we shall see what transpires. The results, with 5 km splits were:

1. Paul Mihill	World All Stars	22:45	45:48	68:02	90:08
2. Nikolai Sraga	USSR	22:45	45:48	68:02	90:08
3. V. Shaloshyk,	USSR	22:45	45:48	69:25	93:27
4. Tom Dooley	USA	22:45	45:48	69:27	93:59
5. Bob Gardiner	World All Stars	32:22	47:00	70:43	94:15
6. Goetz Klopfer	USA	22:50	45:48	70:01	96:26

COMMERCIALS

Just received from Barry Richardson, late of the Ohio Track Club, now of the Lancashire Walking Club, one of those most rare commodities—a book on race walking. This 56-page gem is entitled "Race Walking '71" and was prepared by Julian Hopkins and Tony Taylor of Barry's club. Included are a lengthy review of the British scene in 1970, a good capsule review of the International scene for 1970, and excellent detailed accounts of both the Lugano Cup and the British Commonwealth 20 Mile. There is also an interesting account of the career of the great Golubnichiy, a statistical look at the amazing career of Ken Matthews, a couple of articles of interest related to training, and a good statistical review of the 1970 British season. The book can be yours for a pound or \$1.20 (why not send \$1.50 to cover extra postage?) from Ron Wallwork, 10 The Grove, Bolton, Lancashire, England. Not mentioned above are the many excellent pictures, including a great shot of Reimann, Frenkel, and Golubnichiy at the 16 km mark of the Lugano race.

Larry Simmons and the Philadelphia North Branch YMCA are sponsoring a Cross Country and Walking camp from August 22 to 27 at the YMCA camp site in Downingtown, Pa. Walking for both men and women will be featured with Bob Mann as one of the coaches. The price, which covers food and lodging, is \$40.00. For further information write Larry Simmons, North Branch YMCA, 1013 W. Lehigh Avenue, Philadelphia, Pa. 19133, or call him at 215-229-4307.

This monthly collection of typographical errors, incoherent sentences, and information on race walking is edited and published monthly by Jack Mortland at 3184 Summit St., Columbus, Ohio 43202. Subscription \$2.50 per year. (Check the address sheet to see if yours has expired.) And speaking of typos, I happened to read the front page of last month's issue, and what a mess that was. I apologize. Then, to top it all, I write a limerick about typos and leave the "o" out of typos, which I assure you was unintentional.

KELLY WINS TWO AT MASTERS MEET

San Diego, July 3 & 4--In the annual Macter's Championships in San Diego, John Kelly took the age 40-49 1 Mile on Saturday in a fast 7:06.8 and then easily won the 20 Km the following day in a very respectable 1:42:38.6. Canadian Max Gould, competing in the 50-59 bracket followed John home in both races. In the 60-69 Division 1 Mile, Karl Fishback edged ultra-long distance ace Larry O'Neil by .4 second in 9:05. The results were:

1 Mile, 40-49--1. John Kelly 7:06.8 2. Justin Gershuny 8:11.1 3. Jim Garrell 8:34.9
4. Ross Smith 8:35.6 5. George Lundmark 8:40.1 6. Howard Barnes 9:50.8 John McLachlan 7:45.6 DQd. 50-59--1. Max Gould 7:36.8 2. Don Johnson 8:12.6 3. Phil Mooers 8:41.1 4. Jack Cook 9:04.3 5. Don Jacobs 9:15.5 60-69--1. Karl Fishback 9:05 2. Larry O'Neil 9:05.4 70 and up--1. Dave Fowler 11:51.0
20 Km--1. John Kelly 1:42:38.6 2. Max Gould 1:50:23.2 3. Don Johnson 2:03:27
4. Chris Clegg 2:04:42 5. George Lundmark 2:05:49.6 6. Phil Mooers 2:06:30.2
7. Justin Gershuny 2:09:16.2 8. Larry O'Neil 2:11:40.2 9. Howard Barnes 2:15:13
10. Don Jacobs 2:16:46 11. Martti Laitinen 2:19:01.8.

GODWIN COPS JUNIOR 10 KM FIELD

Northglenn, Colorado, July 4--Floyd Godwin, of the host Colorado TC, swept to an easy win in the Junior National 10 Km walk today, recording an excellent 47:10.6. Godwin's time broke the old course record on the certified 1.35 mile loop, which was set earlier this year at 47:56 by Canadian Olympian, Karl Merschenz. Godwin's Colorado teammate, Bill Weigle, off only 4 months of walking training, walked an exceedingly well paced race to take second in 51:08. Neville Conway, a 16-year-old Canadian, showed tremendous promise with a 52:51 in third.

In the team race, Colorado TC "A" just nosed out the West Kansas Track Club 13 to 14. Godwin was not eligible for the team race, having been on a Senior championship team earlier in the year and another "A" team member, Bob Penland, was disqualified after finishing fifth. So the Colorado TC showed great depth.

The race started at 9:15 a.m. with a temperature of 70, but it had warmed to over 80 by the finish. The results: 1. Floyd Godwin, Colo. TC 47:10.6 2. Bill Weigle, CTC "A" 51:08 3. Neville Conway, Canada 52:51 4. John Rose, Mid-America TC 54:23 5. Steve Herman, WKTC 54:23 6. Bruce Renberger, WKTC 57:05 7. Terry Farmer, CTC "B" 57:21 8. Chris Amoroso, CTC "A" 59:12 9. Al Christian, CTC "B" 61:04 10. Lenny Cloud, CTC "A" 61:14 11. Steve Christian, CTC "B" 63:55 12. Dale Pass, Okla. TC 64:37 13. Rick Colson, CTC "B" 65:48 (14 years old) 14. Tom Lemire, CTC "B" 68:49 15. Ron Beigel, WKTC 71:40 Team: Colo. TC "A"--13, West Kansas TC--14 CTC "B"--18 Disqualified--Bob Penland, CTC and Tom Manske, Canada.

STAR PUPIL TAKES COACHES RECORD

Bakersfield, Cal., July 10--In the first National Women's walking race, albeit termed an exhibition, Lynn Olson of the Wolverine Parkettes of Detroit walked home first in 7:53.8. The time bettered by .2 second the American best on record by Detroit's Jeanne Bocci. Being rather great with child, Jeanne was not able to do anything about the defense of her record but she may have been hard pressed to stay with her pupil on this day. My old classmate, Kati McIntyre, did manage to lead Miss Olson across the line by a few yards, but unfortunately she had to go into a very decided creep on the last lap to do it. And the judges were there. It is hoped that the race made enough of an impression on the officials that it will become an official part of the program in the future. It was held in conjunction with Women's National AAU Championship. The results: 1. Lynn Olson, Wolverine Parkettes 7:53.8 2. Esther Marquez, Rialto Roadrunners 8:22.2 3. Laurie Tuchalski, Toledo 8:22.3 4. Susan Brodack, Sports United 8:25.3 5. Debbi Pelikofer, Long Beach Comets 8:36.7 6. Kathy Rios, Rialto Roadrunners 8:55.4

RESULTS FROM AROUND THE COUNTRY, STARTING IN NEW ENGLAND AND PROGRESSING WESTWARD:

6 Mile, Boston, June 15 (slightly short)--1. Thomas Knatt 51:12 2. George Lattarulo 52:06 3. Roger Pike 55:08 4. James Vital 57:55 5. Jake Brederson 57:56 6. Fred Brown Sr. 59:22--11 finishers NEAAU 15 Km, Boston, June 20 (course record 1:12:25 by Paul Schell)--1. Tom Knatt 1:16:54 2. Paul Schell 1:24:21 3. John Gray 1:25:24 4. Tony Medeiros 1:25:59 5. William Evans 1:27:39 6. Roger Pike 1:28:47 7. John Killinger 1:30:24--19 finishers, 92 degrees. 2 1/2 Mile, Cambridge, Mass., June 24--1. George Lattarulo 23:17 2. Fred Brown Sr. 25:34--5 finishers (Fred Brown notes that this same meet drew over 100 for an all-comers run, a large percentage of which could not match the above times. Still they can't be induced to walk feeling it is below their dignity.) 20 Km, Taunton, Mass., June 27 (93 degrees)--1. Tom Knatt 1:47:25 (started 4:10 after gun) 2. Tony Medeiros 1:50:11 3. John Gray 1:56:09 4. Don Johnson 1:56:24 5. George Lattarulo 1:56:54 (NEAAU Jr. Champion) 6. Roger Pike 1:57:14 7. Robert Page 1:58:13 8. John Killinger 2:03:23 9. David Postick 2:03:32 10. Sig Podlozny 2:03:47 (24 finishers 10 Km, Boston, June 29--1. John Knifton 42:42 (handicap, actual times shown) 2. Paul Schell 48:58 3. Don Sapochetti 61:08 4. Jake Brederson 56:10 5. George Grzebein 58:18 6. Fred Brown Sr. 59:43 10 finishers 3 Km, Fitchburg, Mass., July 4--1. Paul Schell 15:24 2. Steve Cansle 16:45 3. Dennis Childs 17:12--11 finishers 11 Mile, Kings Point, July 11--1. Larry Newman, Liac 1:36:44 2. George Shilling, NYPC 1:38:06 3. John Shilling 1:41:42 4. Pete Warren, USMMA 1:53:30 5. Tony Coviello 1:56:34 6. Ed Lewis 2:06:00 7. Greg Lewis (age 10) 2:03:10 Girl's 2 3/4 Mile, Kings Point, July 11--1. Brenda Jaeger 31:04 2. Lorrie Jaeger 37:30 5 Mile, Montclair, N.J., July 5--1. John Knifton, NYAC 35:31 2. Ron Kulik, NYAC 36:11 3. Ron Daniel, NYAC 39:16 4. Howie Palamarchuk, un. 41:40 5. Falciola, Shore AC 45:02 6. Atkins, Leaguers 45:03 7. John Killinger, NMC 46:52 8. Fred Timcoe, Shore AC 50:25 (started 10 minutes late) 1 Mile, Teaneck, N.J., June 13--1. Ron Brooks, Shore AC 8:07.8 2. Bill Dikun, SAC 8:33 3. Marcus Atkins, Leaguers 8:35.3 4. Jack Tannachion, S.C 8:41 3.4 Mile Walk Long Branch, N.J., June 14--1. Bob Mimm, 27:10.8 2. Randy Mimm 27:19 3. Don Johnson 31:48 4. Mark Berger 31:52--12 finishers. NJ AAU 2 Mile, Clifton, June 20--1. Fred Timcoe, Shore AC 17:05.8 2. Terry Anderson, Shore AC--5 finishers 3.4 Mile, Long Branch, June 21--1. Bob Mimm 27:13 2. Bill Quayle, Niagara Frontier Club, Buffalo 28:40 3. Rich Airey, Shore AC 29:00 4. Randy Mimm 30:51 5. Elliott Deman 30:54--15 finishers 3.4 Mile, Long Branch, June 28--1. Bob Mimm 28:06 2. Randy Mimm 28:27 3. Elliott Deman 29:44 4. Carl Yahara 30:50 5. Bob Carlson 30:50--20 finishers 1 Mile, Freehold, N.J. June 30--1. Ron Kulik 6:52 2. Howie Palamarchuk 7:33 3. Bob Falciola 8:13.9 4. Carl Yahara 8:39 8 Mile Handicap, Van Wert, Ohio, July 11 (actually about 8 1/2)--handicap race, actual times shown in parenthesis--1. Jack Blackburn 79:47 2. Dr. John Blackburn 80:46 (80:46--Jack's actual time, which I forgot to put in parenthesis was 70:47) 3. Dale Arnold 82:10 (73:10)--Jack and Dale started together, 9 minutes after Doc. Jack has now given up plans for the 100 mile for this year, a decision he makes annually, and will throw his weight into a team effort at the National 25 km instead, that race falling on the same weekend. Mortland stayed in Columbus for this one, still being under doctor's orders not to overdo--Dr. Blackburn's orders at that. Smitty and McDonald were on vacation, so it was a sparse field. 6 Mile 536 yd. Handicap, Worthington, Ohio, July 25--1. Jack Blackburn 60:13 (53:13 2. Jack Mortland 60:37 (51:37) 3. Dr. John Blackburn 61:10 (61:10) 4. Clair Duckham 65:59 (65:59 5. Bob Smith 68:17 (64:17) 6. Dale Arnold 68:27 (61:27)--A very warm (80 plus), extremely humid day saw Doc and Duck start out together Smitty get under way 4 minutes later, Jack and Dale take off another 3 minutes later, and Mort hit the road 2 minutes after them. Doc and Duck stayed right together for the first lap, but then the good Doctor pulled out and stayed in the lead until midway of the fourth and final lap when his inconsiderate son passed him. Mortland, with a clean bill of health now, had a go at 8 minute miles, but that lasted only one lap. The younger Blackburn also blatted out and protected all but 13 seconds of his 2 minute advantage over Mortland during that first lap, which assured him of coming home first. A definite off-day for both Arnold and Smith as they wilted in the heat. These two and Jack Blackburn spoke grandiosely before the race of their plans for an additional workout after the race to walk in a few miles but were strangely silent, and inert, on this point when the time came.

6 Mile Run, Fraser, Mich.--1 (30 and over)--Bill Walker 34:51 1 Mile, Kenosha, Wis., June 20--1. Mike DeWitt, Lakeshore Olympians TC 7:41.8 2. Larry Larson, Mil. TC 7:55 1 Mile, Glenn Ellyn, Ill., June 19--1. Tom Wason, Principia Col. 8:50....4. Mike Riban, Green & Gold AC 9:30 (2nd and 3rd place finishers left before anyone got their names) 2 Mile, Glenn Ellyn, June 26--1. Tim Wason, Principia 17:58 2. Dan Fitzpatrick, Green & Gold 18:20 3. Scott Weber, un. 19:03 4. Dean Kamin, G&G 19:07 5. Mike Riban, G&G 19:35 8 1/2 Mile, Mackinac Island, Mich., July 4--1. Dan Patt, G&G 1:21:05 2. Dan Fitzpatrick, G&G 1:21:32 3. Greg Comerford, un. Maywood, Ill. 1:28:55 4. Jim Wolcott, Jackson, Mich. 1:39:45 5. Mark Young, Plymouth, Mich. 1:40:48 '8 finishers) 1 Mile, Glenn Ellyn, Ill., July 10--1. Dan Patt, G&G 8:05 2. Dean Kamin, G&G 8:40 3. Mike Riban, G&G 9:00 4. Jim Sinedino, Glenbard HS 9:05 5. Maury Wexler, G&G 10:00 Central AAU 2 Mile, Chicago, June 13--1. Bob Henderson, G&G 15:09 2. Dan Patt, G&G 16:54 3. Jim Clinton, UCTC 16:55 4. Art McLendon, UCTC 19:48 1 Mile, Chicago, June 27--1. Bob Henderson 7:19 2. Dan Patt 8:07 3. Dan Fitzpatrick 9:07 Mo. Val. AAU 15 Km, Independence, Mo., July 10-- 1. Larry Young 1:11:05 (23:04, 47:03) 2. Paul Ide 1:25:57 3. Bruce Renburger 1:29:06 4. John Rose 1:29:13 5. Bob Chapin 1:29:49 6. Mike Shanahan 1:34:34 Boy's (15 and under) 5 Km, Independence, July 10--1. Raymond Chapin 30:35 2. Tim Bunker 32:05 3. Brent Stearns 32:47 4. Ricky Wilson 36:00 Rocky Mt. AAU 15 Km (track), Boulder, June 26-- 1. Floyd Godwin 1:16:17 2. Bill Weigle 1:17:27 3. Bob Penland 1:25:53 4. Chris Amoroso 1:32:50 5. George Lundmark 1:35:36 6. Terry Femner 1:35:46--Godwin went at just under 8 minute miles for the first 3 and then had to back off thanks to the heat and sparse training over the previous 2 weeks thanks to a new job. Weigle continues to improve and walked a very steady pace picking up slightly the second half 20 Km (track), San Francisco area, May 9 (a rather significant result that got lost in my pile of papers)--1. Tom Dooley 1:30:39 (22:15, 44:38, 67:12--72:13 at 10 miles, 8 mi 625 yds in 1 Hour) 2. Jerry Lansing 1:44:04 Steve Lund DNF 1 Mile, Stockton, Cal. July 7-- Age 14 & 15--1. James Bentlye Jr. 7:42.0 2. Brad Bentley 8:32.2 3. Lyndon Blogett 9:12.2. Age 12-13--1. Mike Brenner 9:45.4. 9 and under--1. Greg Bentley 10:07

NEWS FROM U.S. OLYMPIC COMMITTEE TRAINING CAMP, BOULDER, COLO.

Coaches Bruce MacDonald and Steve Hayden are working with a group that includes Gary Westerfield, Steve Geiver, Todd Scully, Bill Walker, Jim Bean, Bill Quayle, Jim Hanley, Vinnie Davy, Ron Kulik, and Jerry Lansing. These are the ones I have seen identified so far but there are probably more. Race results so far from that site, with Colorado Track Club members also competing, are: 10 Mile, Denver, July 10--1. Floyd Godwin 1:18:56 2. Karl Merschenz 1:22:38 3. Todd Scully 1:22:45 4. Jim Hanley, 1:25:47 5. Bill Weigle 1:25:49 6. Steve Christian 1:38:58 7. Al Christian 1:42:37 DNF--Gary Westerfield 1 Mile, Boulder, July 13--1. Jim Hanley 6:59.1 2. Jerry Lansing 7:17.9 3. Todd Scully 7:20.4 4. Bill Weigle, nt 5. Bill Quayle, nt DO--Ron Kulik Rocky Mt. AAU 30 Km, July 17--1. Floyd Godwin 2:30:32 (24:40, 50:44, 1:16:15, 1:42:45, 2:07:53) 2. Gary Westerfield 2:35:41 (stayed with Godwin for 15 km.) 3. Bill Weigle 2:40:32 (picked up two places and gained on Westerfield the second half) 4. Steve Geiver 2:40:32 5. Todd Scully 2:43:57 6. Bill Walker 2:50:54 7. Jim Bean 2:56:20 8. Bill Quayle 2:58:12 9. Jim Hanley 3:07:50 (Ron Kulik walked 2:38:35, but was not an official entry)

And finally from the training camp comes a note from Gary Westerfield describing a series of races between himself, Todd Scully, and Jim Hanley while enroute to Boulder.

I Sunset Crater National Monument, Arizona, July 3--1 Mile Hill Climb (7000 to 8000 feet up a volcanic cone--loose lava stone made the strenuous switchback impossible to race walk) 1. Westerfield 19:00 2. Scully 22:30 3. Hanley 26:40. 1 Mile Down-hill Run (disregarding warnings) 1. Hanley 5:00 2. Scully 6:00 3. Westerfield 7:00

II Grand Canyon National Park, Arizona, July 5-- 7.2 Mile Down-the-Kaibab Trail Super Hike Handicap (Hanley and Westerfield with small packs and Hanley had to shoot one roll of film) (7000 to 2400 feet canyon rim to Colorado River--rugged switchback trail)--1. Tie Westerfield and Scully 1:22:45 2. Hanley 1:54:30--Hanley's form

Mon. Sept. 6--NEAAU Sr. 20 Km Championship, Lowell, Mass. 2 p.m.
 NAAU SR. 30 KM CHAMPIONSHIP, BLACK DIAMOND, WASH.
 Sun. Sept. 19--NAAU SR. 25 KM CHAMPIONSHIP, LONG ISLAND, N.Y.
 Sat. Sept. 11--NAAU JR. 35 KM CHAMPIONSHIP, KALISPELL, MONT.
 Sept. 18-19--100 Miles, Hickman Track, Columbia, Mo.

 LOOKING BACK

10 YEARS AGO (As reported in Vol. 1, Number 6 of the Midwest Walker, July 1961,
 edited by Chris McCarthy)

West Point cadet Ron Zinn copped three National titles in the space of 16 days. In the 20 Km at Buffalo he led Jack Mortland home by 26 seconds with 1:41:51 as both qualified to represent the U.S. in Moscow and other points in Europe. Jack Blackburn captured third in 1:44:07, followed by Ron Laird, John Allen, Bob Mimm, and Bruce MacDonald. Eight days later at Randalls Island, N.Y., Zinn led the young Chicago ace Rimas Vaicaitis home in the 2 mile with a 14:46.8. Rimas clocked 14:55 with Mimm third and Laird fourth. Finally, on July 4 in Pittsburgh, on what race director Chuck Her termed the finest cinder track in the Midwest when it was in reality the poorest excuse for a track in the world, Zinn captured the 10 km in 49:34, outkicking Mortland on the final lap. Bob Mimm was a close third in 50:04 with Blackburn fourth, Laird fifth, and MacDonald sixth. Team prize went to (drums and bugles, please) the Ohio Track Club, with Doc Blackburn filling out the team in 10th spot. In other news, Vaicaitis won Central AAU titles over McCarthy at 10 km (52:08) and 2 Miles (15:21), Bruce MacDonald turned in a 14:59 2 mile, and Blackburn blistered a 6:43.4 Mile to win the Ohio AAU title over Mortland. And in a race in Philadelphia to determine the best way to get around in traffic, walkers Bob Mimm and Carl Kurr finished well back over a 2 mile route in downtown Philly. The results: 1. Matt Herron (bicycle) 7 min. 2. Deloris Swan (motor scooter) 9 min. 3. Tom Walters (Cadillac) 12 min. 4. Al Neff (Ford) 13 min. 5. Doug McFadden (1937 Cord) 14 min. 6. Mimm 18 min. 7. Kurr 18 min. 9. 11-year-old horse and wagon 24 min.

Five Years Ago (from July 1966 edition of your own Ohio Race Walker)

In one of the hottest races on record, Ron Daniel outlasted the fast improving Larry Young to capture the National 30 Km in Columbia, Mo. The temperature registered 95 in the ~~shade~~ shade, but there was precious little of that on the course. Matter of fact it was hot enough that Jack Blackburn actually walked out of a shoe when it became stuck in the tar. Anyway, Daniel won in a blazing 2:57:07 with no one else under 3 hrs. Following Young it was Mortland, Bowman, MacDonald, Blackburn, and Hanley, Daniel got away from Young by bombing his last 10 km in 61:08.....The immortal Spencer Yates won the Junior National 20 K, in Montana in 1:59:58, beating Larry O'Neil. Paul Schell won a 15 km in New England in 1:13:45 with Bill Ranney third and Shaul Ladary fifth. Rudy Haluza easily beat Ron Laird and Norm Read in an Invitational 20 Km in Los Angeles with 1:37:02. This race replaced the Russian match when the Russians ducked out at the last minute. Paul Mihill beat Ron Wallwork in the British 20 with 1:33:45

CORRECTION OF WALKING FAULTS

By S. Lebastov
 Honored Master of Sport

(This article first appeared in the Soviet Sports Journal (Track and Field", No. 6, June 1960, Moscow, pp. 13-14. It was translated by Gar Williams for the Midwest Walker and appeared in the July 1961 issue of that august publication.)

The basic requirement in the walk is continuous contact with the ground. In other words, the leading foot must touch down before the trailing foot leaves the ground. Failure to pay attention to this aspect of walking leads to a violation of the rules and can mean a disqualification of the athlete.

In order to avoid this error, it is necessary to master correct habits of technique right from the very beginning of your race-walking career. By studying movies of the best walkers you get the most complete picture of the correct walking techniques. In watching these movies, pay close attention to the position of the legs, arms, pelvis, and the whole trunk.

There are many causes of errors in race walking but we will deal here only with three of the most common ones.

I. Lifting or Loss of Contact With the Ground

a. Lifting due to not locking. This error occurs when the athlete, without completing the pushoff and before setting the swinging foot on the ground, prematurely removes the supporting foot from the ground. Correcting this mistake is easy: do not remove the pushoff foot from the ground until the leg has been completely straightened and the lead foot has been set down on the ground. (McCarthy commented: the simplicity of the suggested cure here is, we believe, an indication of the simplicity of the fault. Apparently Lobastov has in mind raw beginners who don't lock but merely leap from foot to foot--or is it only beginners?)

b. Lifting due to too rigid hip action: lifting also occurs when the leading foot is carried forward and is not set down in front of the leading leg but rather underneath it, at the moment of contact. (McCarthy: this is detectable by noticing that the walker lands flatfooted and not on his heel) When this happens, the length of the stride is shortened by 10-15 cm. It is recommended that the pelvis be turned (swung) at the same time the step is taken. This increases the stride length and provides a better control for timing the removal of the supporting foot from the ground. (McCarthy: The advice given here is the difference between U.S. and European walkers, and also, we believe, the difference between guys who can walk 7 minute miles for 20 K and guys who walk 8's. So important is this that we will just pass it over now as we have more good translations coming. One clue though: it's not enough to swing the hips, but you also must go down on them--or at least it feels that way.) (Ed. Perhaps the ORW will get to those other translations in the future. McCarthy's analysis is probably still pretty valid. One reason for the difference that he notes is the special exercises that the Eastern Europeans in particular incorporate as a regular part of their training. Ron Laird, for one, has picked up many of these exercises and this is no doubt one reason for his success and for his efficient style. But back to the good Mr. Lobastov, who is being usurped by McCarthy and Mortland.)

c. Lifting due to vertical hopping: This is the result of a vertical variation of the body's center of gravity and is caused by the walker pushing off in an upward rather than a forward position. To correct this it is necessary to discontinue working on speed for a while and to walk with a long, sweeping stride, observing all the technical rules of walking. (Ed. Probably a good idea to take a sabbatical like this occasionally anyway.)

II. Shuffling From Foot To Foot

This comes about when the athlete, at the moment of pushoff and before the leading foot sets down, carries this foot over to the side, causing a "raking" type of motion in the foot, often leading to a loss of continuous contact with the ground. This error is corrected by taking a longer stride and keeping the toes of the rear foot pointed straight ahead at the instant of pushoff. (McCarthy: This fault is detected by watching for a flat-footed landing--apparently it comes from training too much on small tracks. Matt Rutyna suggests as a cure for this walking the track in the opposite direction often enough that the leg muscles develop equally.)

III. Not Locking When Going Downhill

To correct this train on hills, trying especially hard to lock. Carry the arms

lower when going downhill--higher when going up.

It is possible to check on walking movements by various methods. For example, specially wired shoes with a light that goes on if contact is broken. (McCarthy: We suggest a hand grenade on the second loss of contact.) Also movies.

For youngsters it is not necessary to specialize in walking. The important thing is all around physical development. Girls and women can also take up race walking. It helps formulate correct body carriage. (Ed. I'm not sure what the significance of the last statement is, but I'm sure it would not sit well with Women's Lib.)

Incidentally, any articles on training or the mechanics of race walking that you might run across, or that you want to write yourself, will be welcome, both by the editor and the readers.

100 MILES

by Joe Duncan
Columbia, Missouri

All you 100-mile walkers should be out on the roads by now anticipating the 5th Annual National 100 Mile Walk to be held in Columbia on Sept. 18 and 19. In order to whet your appetite a little, I will pass on an account of that race in New York City some 93 years ago in which J.B. Gillie walked 100 miles in 21:42, establishing an American record which was not bettered until Larry O'Neil came along in 1967 with 19:25.

That New York walking match was termed a "Championship Match" for professionals and amateurs and was held in the American Institute Building on May 10 and 11, 1878. Fourteen professionals and 20 amateurs started with prizes of \$200, \$100, and \$50 to the first three pros and medals for the amateurs. The professional walking the most miles in 36 hours and the amateur covering the most in 24 hours were to be the winners. The professionals started at 11 a.m. and P. Van Ness lead at 10 miles in 1:40:05 with E. Wigzell at 1:41:45, John Ennis, of Chicago, 1:42:45, and Charles ~~Harriman~~ Harriman from Massachusetts at 1:48:45. At 25 miles, Wigzell had taken the lead in 4:25:25. By 50 miles, Harriman's slower pace had picked off the frontrunners (or walkers, I guess) and he held the lead until the conclusion. At the 50 mile mark he was 9:28:35.

The amateurs started at 11 p.m. and J.V. Woolcott did a brisk 2 miles in 17:10 and at midnite was still in the lead but didn't last much longer at that pace.

By 9:30 p.m. the following day only 8 of the 34 walkers were left with Harriman leading the professionals. He had been off the track only 17 minutes. He was "pretty well used up" lame and very warm and dusty but lead by 6 to 7 miles. Of the amateurs, J.B. Gillie of the Scottish-American Athletic Club was first and still plodding along fast and easily. He was a very tall, thin young man, with not an ounce of surplus weight." His walk was much easier and more graceful than that of any of the professionals and it was evident from the start that he would likely take the amateur laurels.

Next amateur was M.J. Ennis of Harlem who was something of a wonder. He was employed in a Harlem foundry and had never walked in a race before. He worked in the foundry until 6 the evening of the race, washed, ate supper and went down to the rink to begin the race without training of any kind. He was a small and compact man, with an awkward carriage but showed remarkable powers of endurance.

Nearly every man had a different system of diet. For the first few hours, a drink made of thin oatmeal was most popular. But as the hours wore on this mildly strengthening beverage became too tame and was generally exchanged for more "heroic stimulants." There was not, however, as much keeping up with alcohol as seemed to be usual on such occasions in those days..

Harriman gave out at 9:30 and had to be carried from the track. He had been in a bad way for a long time. His cheeks were white as sheets and his eyes were dull and set. Seeing his condition, his trainer put a chair on the track in front of the

judges stand and the walker dropped into it. He had walked 160 miles in 34:26:14. When he fell into the chair he had every appearance of a dying man. Every effort was made to keep him awake, but the minute the attendants ceased to move him about and rub his head, he dropped off into a slumber. The crowd thought that he was dying and the stand was soon surrounded by a lot of people. Blankets and stimulants were hastily sent for and he was wrapped up and carried to his room, the crowd giving him three hearty cheers.

At 10:05 p.m., Gillie had done 108 miles, having gone 75 miles at 15:00:15 and 100 miles in 21:42. Gillie stopped then and was carried from the track by his fellow clubmen amid a storm of cheers. He did not seem at all exhausted, and there was little doubt but that he could have kept up on to 150 miles or beyond.

On Saturday during the day and in the evening, there were several thousand persons in the building lining the track on the sides and ends. A german band furnished music.

Harriman's time at 100 miles is not known, but he obviously had his 100 miles before 24 hours had passed and no doubt Guyon also had 100 miles within 24 hours. At any rate, Gillie had the 100 mile record since he was an amateur and Gillie rightfully should be recognized as Centurion #1.

Final Results: Amateurs: 1. L. J. B. Gilie 108 miles in 23:04 2. M. J. Ennis 103 miles in 23:31:56 3. J. Schmidt 100 miles in 23:46:15.4 Professionals: 1. Charles Harriman 160 miles in 34:26:14. 2. George Guyon 151 miles in 33:36:53 3. John Ennis 134 miles in 34:54:22. Joe's source for this account was the May 12, 1878 NY Times.

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