

OHIO RACEWALKER



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YOUNG, LAIRD, LADANY DOMINATE SEPTEMBER HEADLINES

Larry Young powered away from Ron Laird in the final 10 km of the Senior National 30 Km title on Labor Day and then less than 2 weeks later shattered the American 100 Mile record with his last 2 miles unbelievably under 8 minutes. Obviously the gentleman is quickly returning to his 1967-68 form and perhaps beyond. Laird meanwhile, starting an all-out push for Munich, came back from his second in the 30 to capture the Senior 25 over a strong field at C.W. Post College on Long Island. On the other side of the big pond, Dr.

Shaul Ladany journeyed from Israel to England to decimate the field in both the Hastings-to-Brighton 38 miler and the London-to-Brighton 52 plus miler. In the latter race, Bob Henderson shone in his first attempt at the ultra-long stuff with a 13th place finish.

The 30 Km was held in Black Diamond, Washington on a cool Labor Day. Goetz Klopfer and Young went into an early lead with Laird, Bill Ranney, and Bob Bowman in close attendance. At 5 Km it was Klopfer 24:24, Young 24:25, Ranney 24:28, Laird and Bowman 24:36. The pace heated up the next 5, with Bowman quickly dropped and Ranney just hanging on. At 10 Km, Young, Laird, and Klopfer were together in 48:20 with Ranney 8 seconds and Bowman 2 minutes back. Young and Laird continued to apply the pressure and were out by themselves as they passed 15 km in 1:12:10. Klopfer was 3 seconds ahead of Ranney, but a full minute back.

After another 23:50 lap, which carried Young past 20 Km in 1:36:00, Laird was beginning to feel the strain and had dropped back by 5 seconds. Ranney and Klopfer were still right together in 1:39:00. The fifth lap finished Mr. Laird as Larry continued his sub-8 minute miling to pass 25 km in 2:00:22 with Ron now 78 seconds down.

On the same lap, Ranney, walking a strong race, albeit not in the Young-Laird class, had put 25 seconds between himself and a tiring Goetz Klopfer. Bob Bowman, after being caught by Steve Tyrer at 15 km was now 4 minutes ahead of the young Strider in fifth.

Young, although not quite holding his 8-minute pace over the last 5, continued to open up his lead and finished strongly in 2:25:40 and Ranney also gained slightly on a tiring Ron Laird. Klopfer, having trained little since the Pan-Am Games, chose to stroll in when Ranney got away from him and no one was in sight behind. Bowman and Tyrer were alone in the next two spots, Bob walking a strong enough race to indicate that he cannot be counted out in next year's all-important races. Tyrer, who has been most of his training with Laird, had perhaps his best race to date, at least at this distance. Steve Geiver captured seventh, but did not show the form that he did in the Nutley 50 in June. Jim Hanley and Ed Glander walked together through 25 kms before Jim finally got away to capture eighth. Snohomish TC newcomer Dick Moody showed great promise in tenth, and also did an outstanding job of managing the race.

In less than a year, Larry Young has certainly reestablished his dominance in the distance events and is probably going

to be very tough to beat at any distance. (Obviously Mortland, you dunce, he having won the 2 Mile and One Hour already this year.) Ron Laird, pointing toward a fourth Olympic team, quit his job in July, having amassed a sufficient fortune in 8 years to devote full time to training. He is presently in Montana with Larry O'Neil and in November will depart for a winter season of racing and training. Bill Ranney, like a fine wine, continues to improve with age and had perhaps his finest race to date. Certainly when one considers Olympic-team contenders, gentleman Bill cannot be counted out. The results:

1. Larry Young, Mid-America TC 2:25:40
2. Ron Laird, NYAC 2:28:10
3. Bill Ranney Athens AC 2:31:35
4. Goetz Klopfer, Athens 2:35:35
5. Bob Bowman, Striders 2:38:07
6. Steve Tyrer, Striders 2:45:04
7. Steve Geiver, Snohomish TC 2:51:32
8. Jim Hanley, Striders 2:57:44
9. Ed Glander, STC 2:58:26
10. Dick Moody, STC 3:10:45
11. Larry O'Neil, MATC 3:15:28
12. Al Schurman, Spokane 3:18:15
13. Dave Sperry, STC 3:39:33
14. Bob Rosencratz, un. 3:39:46.

Twelve days later, on September 18, in Columbia, Mo., Young started his first race of over 50 km. Eighteen hours, seven minutes, and twelve seconds later he had taken 77:40 off of Larry O'Neil's American record in this fifth annual edition of the Columbia madness. As a matter of fact, this race was even madder than usual and the circumstances will probably prevent official recognition of the record. Because of an all-day, torrential downpour, the race was moved indoors to a 220 yard dirt track.

In any case, Young's performance was just slightly fantastic for a guy in his first try at this sort of thing. After going through 50 miles in 8:56:47, which would have left him just over a minute back of Elliott Derman in last spring's 50 miler. He slowed to miles in the 11-minute range for the next 46 miles. Then apparently seeing the end in sight and perhaps tiring of the boredom, he finished with miles in 9:40, 9:21, 7:59!!!, and 7:50!!!!. All this with no opposition and only one other

finisher, that one being Centurion Chris Clegg who turned in a 22:46:14 after passing 50 in 10:31:30.

The race continues to grow in popularity, and although there were still only two finishers, there were more people going further than in the past. Of 31 starters, Dave Eidahl got to 72 miles and Bob Chapin to 70, with 14 others going 50 or more. Larry O'Neil, who has finished this grind three times, plus an indoor 100-miler in Los Angeles, had picked up some bad blisters in the Black Diamond 30 km and had to drop out of this one at 50 miles.

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In far-off Long Island, on the same day that the above race finished, i.e. September 19, Ron Laird captured something like his 58th National title with a 2:01:48.4 over a tough 25 km course. The race was held over a 5 Km out-and-back course that included one very long and quite steep hill that took its toll on most competitors before the race was over. The weather was cool (66 at the start, 68 at the finish), but the humidity was high (over 80%) so it was not really comfortable. A very large field of 57 faced the starter.

Canadian Marcel Jobin, as is his wont, immediately shot into the lead, with Dave Romansky giving chase and several other bunched behind them. At about 3/4 miles both Jobin and Romansky received cautions with Dave choosing to call it a day at that point and Jobin dropping back to join the field. It quickly became a race between he, Laird, John Knifton, Gary Westerfield, Bob Kitchen, Ron Kulik, and Todd Scully. Staying fairly close to this group in the early stages were Greg Diebold and the Promising TomKnatt.

The leading bunch stayed pretty close through 10 kms, with bridegroom-to-be Bob Kitchen (he was married the following day, unless he chickened out), for a while. On the third lap, Laird blew the race open and the field quickly spread. Only John Knifton attempted to stay with The Monster (an old Chris McCarthy handle for gentle Ron, which has lain unused for 10 these many

years and is now resurrected, probably much to said monster's displeasure). But John, who unlike Samson seems to be getting stronger despite an obvious loss of hair, was not quite in monster-matching form today. He finally succumbed by nearly 2 minutes. Kitchen meanwhile, after dropping to fourth behind Jobin at one point, came back on strongly over the last two laps and was closing on Knifton at the finish. Jobin pulled away from Gary Westerfield over the last lap for fourth, as Ron Kulik also closed on Gary. Todd Scully hung on gamely throughout as he continues to improve rapidly. Certainly a man to watch in the future.

Steve Hayden, hopefully over his injury problems, stormed through the second half of the race, coming from 16th place to outduel Ron Daniel in the final lap for eighth place. Phil McDonald just failed to hold these two at the finish, but had by far his best race to date in his comeback which started in April. After having lost a 10 miler to Blackburn and your editor a week earlier, he stormed away from these two in the final lap leaving them far in his wake. Tom Knatt, after fading in the middle stages also came on to overhaul the sagging OTC duo in the final 2 miles. Blackburn held on to beat Mortland as both ill-conditioned athletes found their final lap occupying over 30 minutes. Greg Diebold, who had been with this group at 15 km, was out at 20 having been back in training for only 3 weeks after a bout of illness.

Paul Schell, who when Mortland commented on his "early move" as he moved up during the first lap said that he "had to make early moves since he had no late ones" proved himself an able profit as he could not capitalize on the Blackburn-Mortland collapse and settled for 14th. Behind him, young Howie Palamarchuk outkicked Olympian Bob Mimm. Other comebacking walkers included Regis Dandar, last heard of with a fine fifth place in the 1965 20 Km and the old warhorse Bruce MacDonald, who outduelled Don Johnson and the OTC's Dale Arnold for 25th. And here are the results:

1. Ron Laird, NYAC 2:01:48.4
 2. John Knifton, NYAC 2:03:34.4
 3. Bob Kitchen, Athens AC 2:04:12.6
 4. Marcel Jobin, Montreal MRFA 2:05:27.4
 5. Gary Westerfield, LIAC 2:06:35.2
 6. Ron Kulik, NYAC 2:07:17.6
 7. Todd Scully, Shore AC 2:08:02.4
 8. Steve Hayden, LIAC 2:10:09.2
 9. Ron Daniel, NYAC 2:10:15.6
 10. Phil McDonald, UCTC 2:10:24.2
 11. Tom Knatt, North Medford Club 2:13:40.2
 12. Jack Blackburn, OTC 2:14:20.4
 13. Jack Mortland, OTC 2:15:08.2
 14. Paul Schell, NMC 2:16:31.0
 15. Howard Palamarchuk, Ambler OC 2:19:16.2
 16. Bob Mimm, Phil. AC 2:19:37.8
 17. Dr. George Shilling, NYPC 2:20:30.6
 18. Regis Dandar, Phi. AC 2:21:47
 19. John Markon, LIAC 2:21:55
 20. Yvon Groulx, MRFA 2:22:29.5
 21. Dr. John Shilling, NYPC 2:20:30.6
 22. Bill Quayle Jr. Niagara TC 2:29:01.6
 23. Fred Stratton, Shore AC 2:29:30
 24. Tony Medeiros, NMC 2:29:55.6
 25. Bruce MacDonald, NYAC 2:32:29
 26. Don Johnson, Shore AC 2:33:23
 27. Dale Arnold, OTC 2:34:45
 28. Elliott Denman, Shore AC 2:34:48
 29. Geroge Braceland, Phil. AC 2:35:00
 30. Vinnie Davy, LIAC 2:35:35
 31. John Killinger, NMC 2:35:45
 32. Bill Hackulich, Phil. AC 2:39:45
 33. George Lattarulo, NMC 2:40:50
 34. Dennis Childs, Mountain Park AA 2:41:20
 35. Fred Spector, Shore AC 2:41:41
 36. Roger Pike, NMC 2:42:30
 37. Mike Rose, MRFA 2:43:53
 38. Rich Pleffner, LIAC 2:46:50
 39. Dick Fezlav, USMMA 2:48:29
 40. Dave Lakritz, NYPC 2:48:31
 41. Joe Jordan, Shore AC 2:50:57
 42. Dave Schultze, Shore AC 2:54:41
 43. Bob Falciola, Shore AC 3:01:01
 44. George Brown, Stratford Spartans 3:02:33
- Team Scores: 1. New York AC--7 2. Long Island AC--23, 3. North Medford Club--34 4. Ohio TC--36 5. Shore AC--39 6. Philadelphia AC--44, 7. New York Pioneer Club--48.

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Finally, in this summary are Shaul Ladany's exploits on the the roads to Brighton, about which we have little detail other than results. Shaul prepared for defense of his London-to-Brighton crown by capturing the 38 Mile race from "astings to Brighton a few weeks earlier (I don't have the date at this time) from the veteran 50 Km Internationalist, Ray Middleton, who

he had battled in last year's London-to-Brighton. The results were: 1. Shaul Ladany, Israel 5:33:36 2. Ray Middleton 5:42:18 3. Peter Selby 5:59:36 4. DeBendi 5:59:36 (a bit of a squeaker, eh what?) 5. Colin Young 6:06:54 6. Paul Maidment 6:08:05.

In the London-to-Brighton, which included a large influx of touring Americanos, Shaul, although more than 10 minutes slower than last year, was nearly 4 miles ahead at the finish. This race covers 52 miles 1005 yards. Bob Henderson, better known for his exploits at distances such as 10 and 20 km, did a yeoman job to capture 13th in 9:20:51. The results included: 1. Shaul Ladany 7:57:17 2. Peter Selby 8:34:47 3. D. Boxall 8:48:36 4. Nigel Simmons 8:49:05 5. Colin Young 8:53:06....13. Bob Henderson, Green & Gold AC 9:20:51 ...28. Paul Schell North Medford Club 9:55...32. Elliott Denman, Shore AC 10:05...34. John Skislak, Shore AC 10:12....52. Don Johnson 12:05.

WEIGEL COPS JUNIOR 35

Kalispell, Mont., Sept. 11—The Colorado Track Club's fast-improving ^{Bill Weigle} walked away with the Junior National AAU 35 Km walk today, finishing more than 40 minutes ahead of the next competitor in an excellent 3:14:45. To top a great day, Bill's wife Pamela captured third in an accompanying Marathon run in a fine 3:43:29. Results of the walk: 1. Bill Weigle, Colo. TC 3:14:45 2. Don Derbyshire, Portland, Ore. 3:56:05 3. David Robinson, Kalispell Timberettes 4:16:12 4. Brent Hall, KT 4:50:28 5. Randolph Ford, KT 5:33:21.

Regarding other Junior nationals, for those who have asked, I have never received results for the 30 in McKeesport or the 2 Mile in Chicago. I do understand that the latter was won by Iowa's Jim McFadden.

RESULTS:

With reckless abandon we plunge into the monthly plethora of race-walking results, which I hope are more fun to read than they are for we ten-thumbed typists

to commit to print. Starting in the East we find:

Women's 2 Mile, Pennsville, N.J., Aug. 14—
 1. Stella Palamarchuk, Ambler OC 13:14 (Wow) 2. Sharon Fortune, S. Jersey Chargers 14:17 3. Queenie Thomas, SJC 15:32 4. Kathy Dunn, Nutley, TC 15:36 5. Ellen Henry, Nutley TC 15:37 (Course was on a rocky, dirt path, but obviously short of 2 miles, more like 1½ I am told.)
Women's 3 Km, CW Post College, Sept. 19 (preceding National 25)—1. Stella Palamarchuk 17:57 2. Mary Beth Hayford, St. Mary's HS (Conn) 18:04 3. Ellen Minkow, Pt. Washington, NY 18:15 4. Francine St. Hilaire, Montreal 18:34 5. Brenda Jaeger, Pt. Washington 21:42 6. Vicky Oneltchenko, Great Neck, NY 23:25 7. Ann Kohlman, Pt. Washington 24:34 8. Virginia Luchs, Philadelphia 24:40
1 Mile, Brockton, Mass., Aug. 18—1. George Lattarulo 7:49 2. Roger Pike 8:01 3. Don Thomson 8:11 4. Jake Brederson 8:51
2½ Mile, Cambridge, Mass., Aug. 19—1. Bob Whitney 24:00 (Handicap race, actual times shown) 2. Fred Brown Sr. 25:42 3. Breia Leonard 32:51 4. Ardeen Thompson 28:55 5. Don Thompson 21:29 6. George Lattarulo 21:36
2½ Mile Hdcp, Cambridge, Aug. 26—
 1. Arthur Nadreau 26:59 2. Fred Brown Sr. 25:19 3. George Lattarulo 21:10 4. Don Thompson 21:11 5. Bob Whitney 26:46 (Apparently you don't win two handicap races in a row in Cambridge.)
5 Mile, New London, Conn., Aug. 28—1. George Lattarulo 47:10 2. John Killinger 50:34 3. Bob Whitney 52:21 4. Sig Pdolozny 55:26 5. Fred Brown 55:36
Short 8 Mile, Attleboro, Mass., Aug. 31—1. George Lattarulo 65:13 2. Robert Morse 67:24 3. Roger Pike 70:14 4. Ray Vaguener 71:07 5. John Gray 72:15 6. John Killinger 72:30 (17 finishers).
NEAAU Jr. 10 Km, Fairhaven, Mass., Sept. 4—
 1. Tom Knatt, North Medford Club 51:12 2. John Gray, NMC 51:37 3. George Lattarulo NMC 51:41 5. Tony Medeiros, NMC 55:10 4. (which under normal circumstances precedes fifth, but the Ohio Race Walker is by no stretch of the imagination normal circumstances) John Killinger 54:46 6. Roger Pike (as you may have noted this typewriter sometimes fails to space properly at the end of a line. Roger, it is mate.) 55:23 7. Bruce Douglas, Falmouth Striders 55:40

8. Don Thompson, Cambridge Sports Union 55:59 9. Robert Morse, NMC 56:32 10. Dennis Childs, Mt. Park AA 56:43 11. Kevin Ryan, Lowell BC 57:30 12. Ray Calabrese Un. 58:02 13. Sig Pdolozny, NMC 58:15 14. Edward Lodge, Un. 59:00 15. George Grzebien, NMC 60:36 16. Fred Brown Sr., NMC 60:43 (26 finishers) Short, short 20 Km, Lawrence-to-Lowell, Mass., Sept. 6 (about 11½ miles, I guess)—1. John Knifton, NYAC 1:24:20 2. Dave Romansky, S. Jersey Chargers 1:25:00 3. Ron Kulik, NYAC 1:29:05 4. Tom Knatt, NMC 1:29:30 5. Ron Daniel, NYAC 1:32:49 6. Bob Mimm, Phil. AC 1:34:04 7. Steve Hayden, LIAC 1:34:22 8. Larry Newman, LIAC 1:35:27 9. Howard Palamarchuk, Ambler OC 1:36:25 10. John Gray, NMC 1:40:30 11. Winnie Davy LIAC 1:40:40 12. George Lattarulo, NMC 1:43:26 13. Tony Medeiros, NMC 1:43:30 14. Bob Falciola, Shore AC 1:46:08 15. Roger Pike, NMC 1:46:56 16. Phil McGaw, NMC 1:47:04 (39 finishers. An ideal cool and cloudy day. Knifton was about 1 minute under his time of last year and something like 10 minutes ahead of previous years when it was very hot.)

AND ON TO THE MIDWEST:

20 Km, Detroit, Sept. 12—1. Greg Diebold, Shore AC 1:42:10 2. Jerry Bocci, Motor City Striders 1:45:36 3. Bill Walker, MCS 1:49:32 4. Leon Jasionowski, MCS 2:01:28 5. Victor Sipes 2:18:25 (Race started at a leisurely pace with first three passing 5 km together in 26:35. A 26:06 on the next lap dropped Walker by 27 seconds and then Diebold took off on his own with 24:51 and 24:38 for his last two laps.) LABOR DAY 6 Mile 536 yard Handicap, Worthington, Ohio Sept. 5—A rather farcial race this one, as it seems are many of our races. First, Jack Blackburn, with some silly idea that a Labor Day race should indeed be on Labor Day was sitting up in Continental, Ohio laying plans for the next day's race. Second, the weather was just completely ridiculous. Worst racing day of our season. The temperature was only in the mid 80's, but the humidity was around 90 and the sun very bright indeed. The race was to be 4 laps of our 1 mile 1014 yard loop at Worthington HS. However, Doc Blackburn, lead-

ing the handicap after 3 laps, and no doubt delirious in the heat, could not believe that he was on any other than the 2 mile 92 yard loop at Sharon Woods. So obviously having completed his 6 miles, he stopped, as would any sane man. The timekeepers, Dick and Janice Aller (she being my wife's sister) who had innocently dropped by to see a real walking race and immediately been drafted, in line with our usual practices, had their lap chart right there and knew what the score was. But the good Doctor, being very stubborn of nature in addition to his heat exhaustion, would not buy any of it and quickly brought Larry James, Dale Arnold, and Phil McDonald to a halt as they reached the "finish". Your good editor protested briefly when he got there but good sense won the day and we settled for a 4 mile 1282 yard race. The results were (with actual times in parantheses): 1. Dr. John Blackburn 49:36 (46:36) 2. Larry James 53:20 (53:20) 3. Dale Arnold 53:43 (44:43) 4. Phil McDonald 53:56 (38:56) 5. Jack Mortland 54:26 (39:26) 6. Bob Smith 55:17 (48:17) 10 Mile, Continental, Ohio, Sept. 12—A thrilling race, indeed, to mark the debut of competitive race walking in this Northwest Ohio metropolis where jolly Jack Blackburn resides and teaches. The race was held on a 1 mile out-and-back lap on a lightly travelled, perfectly flat, country lane, starting and finishing in front of the Blackburn estate. The weather was practically ideal, for a change. The early pace was a bit pedestrian, with Blackburn, McDonald, and Mortland together in 24:44 at 3 miles. McDonald moved out at the start of the fourth lap and then Mortland bombed past him, putting in a 7:40 mile. That heroic effort opened only 4 seconds on Blackburn and 10 on McDonald. Five miles in 40:28 saw the two Jacks together with McDonald only 6 seconds back. They stayed in bunch through 48:44 and 56:52 splits before Mortland put in another burst that finally dropped McDonald but soon petered out and brought the two leaders past 8 miles in 64:56. Nine miles went in 73:07 and the Blackburn made his move and gradually opened up 30 yards, which held to the finish as he closed with

a 7:54 mile. McDonald was just over a minute down at the end, but as reported earlier had his fun the following week. Dale Arnold walked a lonely race in third and Bob Smith won a close dual with newcomer Jerry Hutchinson for fourth. After being more than 1½ minutes up in the middle stages, Bob watched Jerry move ahead of him on the final lap before pulling out his famed kick to finish 2 seconds up. The results: 1. Jack Blackburn 81:01 2. Jack Mortland 81:09 3. Phil McDonald 82:17 4. Dale Arnold 94:09 5. Bob Smith 100:32 6. Jerry Hutchinson 100:34 7. Doc Blackburn 103:05 (Incidentally, Jerry and Carol Mohanco, both from Dayton, attended Larry Simmons cross country and walking camp advertised in these pages and benefited greatly from a week under the watchful eyes of Bruce MacDonald and Bob Mimm. Since they were the only two walkers there they received plenty of attention. They both recommend the camp if it is held again next year.) Iowa AAU 1 Hour, Indianola, June 19--1. Butch Hammer 6 mi 1546 yds 2. Dave Eidahl 1 Mile, Des Moines, Aug. 6--1. Dave Eidahl 7:16.4 2. Jim McFadden 7:18.4 3. Stan Smith (Probably not the one who plays tennis, but speaking of tennis.....

MARTY COPS THREE TROPHIES

Marty, me wife, romped through undefeated in both singles and doubles (she did have a partner) in the Battelle (that is where I work) Women's tennis league this summer. In addition, she emerged as runner-up in the Eastside Tennis Club Doubles Tournament. A much more successful season than I have had. Well back to walking.

OUT WEST:

Women's 1 Mile, Kalispell, Mont., Sept. 11--1. Marnell Brown, Kalispell 9:58.2 2. Gigi Braunberger 10:25.8 Girl's (14-16) 1 Mile 1. Laurie Siderius 10:29.6 Girl's (10-12) 1 Mile--1. Laurie Lehmann 11:6.9 Girl's (6-9) 1 Mile--1. Patty Mason 15:49 Boy's (10-14) 1 Mile--1. Brian Braunberger 15:00 Boy's (4-9) 1 Mile--1. Mark Simmons 15:45 (All races held in conjunction with Jr. National 35 Km)

3 Mile, Coos Bay, Ore., Aug. 28--1. Ron Laird 22:01.6 2. Steve Tyrer 22:54.4 3. Bob Gray 23:47.8 (this is the former Chicago Bob Gray, not the New England Bob Gray) 2 Mile Hdcp, Santa Monica, Aug. 3--1. Irv Spector (22:29 actual time) 2. Dave Bryant 17:43 3. Martin Lipstein 21:15 4. Kati McIntyre 17:23 3 Mile Hdcp, Santa Monica, Aug. 10--1. Kati McIntyre 26:27 2. Dave Bryant 26:50 3. Spector 33:47 4. Lipstein 28:10

REILLY HOME FIRST IN JUNIOR 15

Santa Monica, Aug. 21--In one of the most spirited battles of the year, young Dennis Reilly of Woodland Hills took the National Junior 15 Km Championship over Mike Ryan and newcomer Ed Bouldin. For Reilly, just out of high school, it was the highlight of his short career. For Ryan it was an unexpected loss as he had been showing good form of late. For Bouldin, it was a frustrating and disappointing experience as his second race saw him disqualified in the last few feet.

Ryan had a 2½ minute lead after 10 km but then encountered muscle trouble. Reilly, the early leader, had to come from behind and finally took the lead just coming into the home stretch. He and Bouldin went shoulder-to-shoulder to the finish, with Ed getting the DQ after he finished an apparent second. With Ryan only a foot or two behind, it was one of the most exciting walking finishes seen in years. Results:

1. Dennis Reilly, Un. 1:22:17 2. Mike Ryan, Striders 1:22:18 3. James Bentley Jr., Stockton Walkers 1:24:22 4. Dave Bryant, Santa Monica TC 1:28:03 5. Carl Warrell, Un. 1:30:31 6. Brad Bentley, Stockton 1:32:55 7. Howard Barnes, Seniors TC 1:33:09 8. Gary McGee, Un. 1:36:15 9. Bob Long, Striders 1:36:32 10. Hal McWilliams, Striders 1:36:38 11. Tony Chavez, Un. 1:45:25 12. Irv Spector, SMTC 1:48:15 13. Martin Lipstein, SMTC 1:48:19 Open 15 Km, Santa Monica, Aug. 21--1. Larry Walker 1:12:47 2. John Kelly 1:21:55 3. Chris Clegg 1:32:25

6 Mile, Walnut, Calif., Aug. 15--1. Mike Ryan 50:44 2. Ra y Parker 54:57 3. Bob Bowman 56:13 4. Ed Bouldin 58:40 5. Harry Carlson 58:50 6. Mike O'Rourke 59:05 (10 finishers) 10 Mile, Oceanside, Sept. 4
 1. Mike Ryan 1:24:38 2. Jim Bean 1:26:03 3. John Kelly 1:28:06 4. Dave Bryant 1:39:32 5. Chris Clegg 1:39:47 (9 finishers) 7 Mile, Fairfax, Calif.,--1. Bill Ranney 54:38 2. Steve Lund 56:29 3. Goetz Klopfer 59:31 4. Roger Duran 60:31 5. Jim Bentley 62:24 6. Manny Adriano 62:45 7. Brad Bentley 62:53 8. Wayne Glusker 63:30 9. Jerry Lansing 67:12 10. Dan Horan 69:25 11. Sheryl Robinson 69:56 12. Bryan Snazelle 70:00 13. Jack Hilligan 72:00 14. Lynden Blodgett 72:45 15. Phil Mooers 74:52 (Sweltering heat. Steve Lund continues to put out a very entertaining newletter for the Pacific Assoc., from which I took the above result, but if you think you see typing errors in the ORW....Hoo Boy!...Such typing errors you have never seen...If I have ten thumbs, this guy has about 20 little toes with which he is trying to punch the keys. It is always encouraging to have a worse example to point to. Keep bouncing those keys Steverino.)

Unbelievable! Here it is tomorrow--well, tomorrow from when the above was written; in reality today--September 29. In any case, Here I sit at 8 p.m. with the sweat streaming down me because it is still over 80 with the humidity about 85. Really

OHIO RACE WALKER WALKING ORGY
 Columbus, Ohio

Saturday, November 6

10 a.m., Sharon Woods--10 Miles for Men; 10 Miles for Women. Both on 2 Mile road course.
 2 p.m.--Worthington High School--2 Mile Novice (any sex); 1 Mile Women; 2 Mile Men--on track. Races held separately in order listed

Sunday, November 7

9 a.m. Sharon Woods--20 Miles for Men
 2 p.m., Worthington H.S.--10 Km Men; 10 Km Women--on the track.

no sense in such nonsense this time of year. Worked up one of my biggest sweats of the year tonight doing 5 whole miles. I did manage to beat Larry Young over the last 2 by doing 7:56, 7:49 but that was quite an effort (i.e. I beat Larry's last 2 miles of his 100.) Not only am I sacrificing more of my valuable sweat to bring this to you but I am missing a Dr. Seuss show besides. Haven't yet decided if I can give up Charlie Brown at 8:30 too. But then you didn't come here to read about my troubles so on with the dull run-down of results, turning our attneti on to:
 THE EUROPEAN SCENE:

International Military Games 20 Km--1. Kan-nenberg, W. Germany 1:33:44.2 (track)--Gary Westerfield was sixth I believe he said in about 1:46 after a real hassle to even get there and then being a bit under the weather. He was beaten by a Turk and some other such nonentity in the walking world, which is probably a first for an American. The only reason Gary finished, feeling as he did, was that Coach Higgins of the US Army team was glaring at him from the stands. Mr. Higgins, it seems, has more than a bit of animosity toward our breed and did not want Gary on the team to begin with. A drop out would have killed the chances of any future Army walkers since Higgins is pretty well entrenched.
 FLASH!!!!

Just heard from the long-lost Bill Kaiser, formerly of the Baltimore Olympic Club, now of Cleveland, and who was to

Interesting awards in all races (we always have interesting, not necessarily attractive awards, in our races.) Special awards to outstanding performers. Post entries accepted. Free lodging and perhaps on first-come first-served basis.

Make his first start for the CTC in that Jr. 30 of which I had heard nothing. Bill just called for details on Sunday's 7 miler in Cleveland. He did indeed represent us at the 30 and got second in about 3:04 on a typically miserable McKeesport day. Unfortunately, his other details on the race are a bit hazy. Some guy from Canada won in 3:01, some little guy from the Army with a mustache (the guy, not the Army) was third (probably Pete Van Handel), and some guy from the Philadelphia AC with long hair was fourth (must be young Randy Mimm.) Well, back to Europe--but first, let's go take in that Charlie Brown special.

USAFE T & F Championships 3 Km Walk, Oxford Eng.--1. Maj. Larry E. Green 13:58.8 (only Air Force walker but there were some British guests to provide competition with Bob Coates doing 13:23.2. Larry also won a 3 km at the Continental Sports Conference. He made it safely from Vietnam and will be in Germany for 3 or 4 years) 5 Km (road), Stretford, Aug. 3--1. D. Ward 23:55 2.

Barry Richardson, Ohio TC and Lancashire WC 26:42 10 Km Hdcp., Aug. 7--1. Barry Richardson 51:49 (actual time)--glad Barry left if he is going to start walking that fast 2. M. Ireland 49:57 3. Tony Taylor 46:50 4. Dave Vickers 48:23 5. J. Barraclough 48:26 5 Mile, Leigh, Aug. 28--
1. Ron Wallwork 36:00 2. D. Ward 36:43
3. John Paddick 37:41 4. J. Barraclough 37:56 5. A. Malone 38:45 French National 20 Km, Paris, July 6--1. J. Arnoux 96:02.4
2. J. Decosse 98:26.2 3. F. Dreano 98:45.4
France vs Italy Jr. 10 Km--1. Olly Caviglioli, Fr. 45:36 2. P. Rouche, Fr. 47:15
3. Feller, It. 49:49 4. Lisi, It. 51:20

AN ANNOUNCEMENT!!!

Jim Hanley's pictures of the Olympic Training Camp have been developed. Anyone wishing a color slide or print should send 30¢ per slide or 40¢ per print to: Jim Hanley, 17214 Welby Way, Van Nuys, Calif. 91406

The Ohio Race Walker is written, goes unedited, and is published each month by Jack Mortland, 3184 Summit St., Columbus, Ohio 43202. Subscription--\$2.50 per year.

INTERNATIONAL COMPETITIONS

The U.S. and Canada will be competing against each other this weekend at 20 and 50 km (Oct. 2 and 3) at Lake Placid, N.Y. The races will be history by the time you read this, of course, but I don't suppose you will be able to read the results in your local paper. The U.S. will be represented by Ron Laird, John Knifton, Floyd Godwin, and Bill Ranney at 20 and Larry Young, Gary Westerfield, Ron Kulik, and Ron Daniel at 50. The Canadian team will be made up from Marcel Jobin, Karl Merschenz, Felix Cappella, Alex Oakley, Bob Steadman, Pat Farrelly, Frank Johnson, Tom Manske, and Max Gould.

Later in the month, the U.S. will be represented at the Airolo-Chiasso road relay in Switzerland. This team of Gary Westerfield, Bill Ranney, Bob Bowman, Clark or Todd Scully as you like, and Bob Henderson will defend the title won by the US last year. The team was selected on availability and ability to provide their own funds since there are no AAU funds available. The exact date of the competition is not yet known.

LOOKING BACK

10 Years Ago (from the Sept. 1961 Midwest Walker edited by Chris McCarthy)--Ron Zinn bettered the American 10 Km record in a track race in Warsaw, Poland with a 47:03. A hard sprint in the final 100 meters just got him past Poland's Franciszek Szyska who finished in 47:05. Harry Hinkel had set the old record in 1926 also a 47:05. Sarnecki of Poland was 3rd and Jack Mortland 4th in 48:57...A Sharon Benek won a girl's 440 walk in Philadelphia in 2:13.6, which led Chris to comment at length on the subject of women's walking. His conclusion was that it should be allowed to take its course and as we can see it has taken about 10 years to really get going...John Allen, 1960 Olympian was featured as Pedestrian of the Month.

5 Years Ago (From September 1966 Ohio Race Walker)—Felix Cappella clobbered Goetz Klopfer in the annual walk across Mackinac Bridge (about 4.5 miles) with a 34:36 to 38:31. The OTC's Dale Arnold captured third in 41:20, just edging Jeanne Bocci who won the women's race in 41:22--In the Canadian 50 Km, Alex Oakley easily beat Shaul Ladany with 4:44:51.6 to 4:57:10.4. Good-old, where-is-he-now, Chuck Newell of the OTC had 5:15:53 in sixth just back of John Kelly...Dieter Lindner of East Germany (1:29:25) and Abdon Pamich of Italy (4:18:42.2) scored victories in the European Championships...The AAU 25 Km in Seattle went to Ron Laird in 2:06:16 with Tom Dooley a distant second...This issue also featured a first-hand review of that famous movie "Walk Don't Run".

MORE ON HOHNE

For some time I have intended to bring to your attention further information on the training habits of the great Hohne. Shortly after I published some information from Athletics Weekly indicating his schedules are relatively light, Goetz Klopfer did a profile on him for Track and Field News. Goetz's information painted a slightly different picture and Goetz being a real, live Kraut himself, this may be more authentic. So to quote one paragraph from that article:

"To hold onto his supremacy as the top walker, Hohne maintains, to say the least, a brutal schedule. He covers some 180-plus kilometers (over 110 miles) per week. During the summer, the weekly schedule includes two days of 20 x 1 km at 4:40-4:50 with a 30-second rest; three days of 30-to 40 km at 80% race pace; one day of 15 km running in 60 minutes and general conditioning such as gymnastics, calisthenics, and swimming; and one day of 30-to 50 km at 90% of race pace. The mileage and pace is reduced during the winter season, more emphasis is placed on general conditioning and cross-country skiing is included."

THE RIGHT WAY TO TRAIN FOR THE 50 KM WALK
by Elliott Derman
(As it appeared in the Sept. 1961 Midwest Walker)—As a truly scientific pedestrian

I would like to hereby submit my own tried and true training methods for walking races of all distances: 220 YARDS TO LONDON TO BRIGHTON AND BACK AND BACK ONCE MORE...this is the method that carried me to the very top of the walking world in a brilliant 2 weeks of 1959 (when he won both the National 2 Mile and 50 Km, a Larry Young like performance), but also swiftly brought me down to some slower races afterward.

Briefly then, this is the method which I'm sure will revolutionize the sport. It involves no special tracks, special athletic costume, special shoes, diets, rub-downs, goodluck charms, etc., with which certain pedestrians of my acquaintance unduly occupy their minds. The method merely requires clothing of the sort that's suitable for an ordinary day's activities in any field of endeavor (grey flannel suit, blue jeans, overalls, whatever). Shoes are optional. (In fact many of my followers look upon shoes as an unnecessary expenditure.

There is only one thing that is really basic. The method must be used in a large teeming metropolis, preferably at rush hours. (Country boys will have to come to the big city to get anywhere.) Once in the city, the hopeful pedestrian meets a delightful sight. People are walking and walking all over the place. Each one is to be considered a rival. Our man merely proceeds to race anybody he sees fit. He may, for instance, spy a tall longlegged fellow walking fairly rapidly and thus just spot him one quarter of a block (to the corner, a bar, anywhere.) If he happens to see a grandmother strolling along, naturally our man will allow her to get say 3/4 of the way down the block before breaking out in his heel and toe stride in a desperate effort to beat her. Or it may be a mother with a baby carriage, in which case the Denman system calls for a handicap of 5/8 of a block.

This city street method develops all the requisites for a champion in the sport of race walking. The dodging is great for the elbows and helps the walker when he's racing in a pack. The dirty city

air develops lungs strong enough to take a 1 mile sprint at the Garden during the indoor season or a stroll past the steel mills in Pittsburgh. The competition with mother and grandmothers develops that unmercifulness which the walker needs in order to concede nothing to anyone. The odd looks one gets from amazed ordinary people are good training for the real laughs one gets at track meets. The presence of city policeman develops excellently one's sense of hiding from judges. The greasy frankfurters you can buy along the way help develop a stomach as strong as nails. And waiting for lights to change is along the lines of the highly recommended Fartlek system of training. Oh yes, don't forget those street lights that say "walk" "Dont' walk" on them. These are perfect for practising your starts. The idea is to get all set as the "don't walk" begins to change and then blaze across the street when it reads "Walk". Every 50 Km walker must have this type of training.

OHIO RACE WALKER
 3184 Summit St.
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I've let my secret out of the bag now, deciding to be unselfish for the good of the USA in 1964. So okay you potential Olympians, go to the big cities and start chasing those grandmothers!"

Obviously Elliott's training methods are still quite valid as witness his 50-mile win last spring. So there is still time for you to all join the bandwagon and make that '72 team if you missed in '64 and '68.

A FEW IMPORTANT RACES

- Sat. Oct 9--NEAAU 30 Km, Orleans, Mass.
- Sun. Oct.10--Ohio AAU 20 Km, Dayton (also Girl's 3 Mile)
- Sat. Oct.16--NAAU SR. 40 KM, KANSAS CITY
- SUN., Oct.24--NAAU SR. 15KM, DES MOINES
- Oct. 30-31--Open 100 Mile, Indoor, Los Angeles Athletic Club

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