YOUNG DOMINATES, LADANY AWAITS IN APRIL

But for one stupendous performance by Shaul Ladany, the U.S. race-walking scene has been pretty well dominated by one Larry Young since last we came to you. Larry added two more national titles, the 25 Km in Seattle on April 9 and the 20 Km on Long Island on April 23, bringing his total for the still young season to three. On other weekends he found time to throw in two very fast track races back home. Ladany meanwhile shattered all known records for 50 miles with a 7:23:50 on the Ocean Twp., N.J. track. The previous record was 7:44:47.2 by Harold Whitlock back in 1935. Over in Europe, the young East German, Karl-Heinz Stadtmauller, took a minute off countryman Christoph Hanne's world's 30 Km record with a 2:14:15.6. Details on these and other happenings in the weird and wonderful world of race walking follow.

YOUNG OVERCOMES KLOPFER TO CAPTURE 25

Seattle, April 9—Larry Young pulled away from a determined Goetz Klopfer in the final mile to capture the National Senior 25 Km Walk in 1:57:28. Klopfer finished about a half minute behind, but for naught, since he had been disqualified at about 18 Km. With Klopfer's disqualification his clubmate, Bill Hanney, moved into second with a more than respectable 2:03:13. Todd Scully continued to look very threatening just behind Bill and Steve Tyrer walked what must have been his best race to date to edge Bob Henderson for fourth. Steve Geiver emerged from hibernation to take sixth and Roger Duran looked pretty tough not far back of him. Young's 5 Km splits, shared by Klopfer, were 22:55, 46:03, 1:09:40, and 1:33:25. A bit slower each 5 Km, but a good strong race nonetheless. There is little doubt Larry is ready for big things this year.

The results:
1. Larry Young, Columbia Col. 1:57:28
2. Bill Hanney, Athens AC 2:03:13
3. Todd Scully, Shire AC and US Army 2:04:15
5. Bob Henderson 2:06:55
7. Roger Duran 3:12:00
12. Dennis Reilly, Striders 2:23:45
13. Dennis McPherson 2:29:27
15. James Bentley, Jr. 2:32:14
16. Dean Ingram 2:33:33
17. Bob Rosneranta 2:34:33
18. Ed Glendier 2:35:43
19. John Morgan 2:39:05
20. Dan Jacobs 2:45:38

SHAL IS ONE TOUGH, STRONG CAT

Ocean Township, N.J., April 16 (Special from Elliott Denman)—Dr. Shaul Ladany, already chosen for Israel's Olympic Games track and field team, made his long flight from Tel Aviv pay off yesterday as he set world and American records in one of the most stamina-taxing events in the sport, the 50-mile walk. Ladany, who won prior editions of this race in 1966, '67, and '68 when he was graduate student at Columbia and in 1970, came...
back to the U.S. for the race he calls "one of my favorites."

Ladany's time of 7:23:10 shattered his own U.S. All Comers mark of 7:23:11 in 1970 and the aforementioned global standard of Britain's Harold Whitehead. Of this performance, one would think that the 36-year-old professor of industrial management is now ready to challenge the likes of Hahne and Selzer over this kind of distance, say in the Iugnas 100 K next fall. In the meantime, he prepares for the Olympic 50 km, which he admits may be a bit too short for him. "I'm going to have to do a lot more speed work," Ladany reports. "I train up to 130-140 miles a week, but much of it is too short."

In this 50 miler he went through 10 miles in 1:23:42, 20 in 2:51:29, 50 km in 4:30:45, 6, and 40 miles in 5:53:17 and still had enough left to do 9 minutes miles over the last 10. His average for the whole race was just under 8:50 per mile.

While Ladany was breaking records, six other walkers completed the grind to decide the domestic championship. Detroit's Bill Walker, in his first try at this sort of thing, closed strongly over the second half to claim second in 8:53:21. Shore AC's John Skisak held on to take third in 9:03:05 ahead of defending champ Elliott Deman, also of Shore, who did 9:05:31. The evergreen 61-year-old Larry Celnell journeyed out from Montanas and turned in 10:29:43 to defeat the Shore AC's Don Johnson who battled severe cramps in the last 10 miles to 10:43:03 and 39-year-old Caro Ayers, a Western Kentucky freshman from Byrlegtown, F., who set a U.S. teen-age mark of 11:37:45.

In a companion 50 km, John Knifton turned in a knifty 1:35:12 and Ray Somers made his debut at the distance with 1:42:43.4.

**YOUNG AGAIN IN 20 KM**

C.W. Post College, Long Island New York, April 23 (special from the sidelines Jack Merlائد)—Larry Young pulled steadily away over the last 10 km to capture his third national title of the year with a 3:32:43.2 in the Senior National 20 km today. The race was marred somewhat by the absence of Tom Dooley (flu), Ron Laird (pulled hamstring), and Dave Romansky (kidney ailment) but the stylish Mr. Young is going to be very tough for anyone to handle at any distance. He himself was laid up 3 days later with an intestinal virus but recovered in time to win the Mile at the Kansas Relays in Lawrence the day before and then fly in to capture a national.

Ron Daniel walked easily his best ever National 20, challenging Young in the early stages and then withstanding a strong challenge from Floyd Godwin to pull out second place in the last half mile.

As usual, Canadian Marcel Jobin moved into the lead at the start but after a mile or so was picked up by Young, Daniel, Godwin, Jerry Brown, and Todd Seully. After the first 2½ km lap, Young and Daniel started to pull clear and the Colorado TC teammates, Godwin and Brown, were left to battle for third. However, who had beaten Godwin in a track 20 a week later, received a caution in the first 5 km, and soon had to abandon the chase in the interests of safety.

**LOCAL BOY MAKES GOOD**

Cornell Heights, F., April 15—Walking in his hometown, Howie Palamarchuk pulled clear of Detroit's Leon Jasisonowski in the final 2 miles to win the Junior National 20 km on 1k today. Palamarchuk's time was an excellent 1:17:12 as both he and Jasisonowski qualified for the final Olympic trials. The Ohio Track Club's Bob Smith moved to his best clocking ever with a 1:17:12 in 13th place. The race was contested in a driving rainstorm.

Palamarchuk and Jasisonowski moved clear of the field after one mile and covered their first two mile lap in a swift 15:50 before settling into a steady pace as they went along stride for stride over the next 8 miles. Palamarchuk opened up for a 15:08 final lap to break the race
open as Leon could not quite match this burst. In a tight race for third, Bill Burley of the Fairfield County Striders edged Pete Warren of the U.S. Merchant Marine Academy. The Shore AC’s Bob Pacioca was a part of this battle through 10 miles where a caution caused him to abandon the battle and settle for fifth. The team went to the Merchant Marine Academy. The results:


A THRILL PACKED COMPENDIUM OF OTHER RESULTS THROUGHOUT THE WORLD:

Women’s 2 Mile, C.W. Post College, Apr 23 (proceeding Sr. 20 Km)


6. Chris Amoroso 1:54:32 7. George Landmark 1:52:26—temperature in low 40's with winds of 25-30 mph and gusts to 40 mph, plus altitude; so this was a very impressive performance.


7. Steve Robinson was still competing as a Junior last year, so he can't be over 20. He has had fast 10 km races but nothing really startling at 20 so this is a real bombshell and certainly thrusts him into the Olympic picture at 20. No details on his splits or others in the race.


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much clearer. All I wanted to do was knock 1 mile walks, not Track & Field News. At least let us not justify them by their exposure value when this is the kind of publicity they rate from the trade press. Okay? Ed Grant, a Track & Field News Correspondent, has questioned the inclusion of John Dick marks in my list of best times and fields set by race walkers and cites some of John's performances in deathblows in the late '40s, which were pretty poor. I tend to have some question in my mind of these marks, too, but do not have the resources to check them and probably no one else does, since they are going to be fairly obscure. When I started putting that list together about 5 years ago it was with the intention of doing a "for you, my home" type thing. All I required by way of verification was that the place and date of each performance be listed, and John did this, most of his marks coming in Milwaukee in the late '40s as I recall. If anyone can shed any more light on the subject, let me know... Don Jacobs points out that Gerry Lindgren was second in the 1970 Jr. 15Km behind Steve Gelver, not Jim Bean, as stated in the Feb. issue. Don won the Jr. 16 way back in '66. Don is a guy I should have right by side to verify such things... No pony pictures this month mainly because I dropped the ball on getting anything into the printer but also because I am not getting anything from out there in the real world. Mr. Palsamarchuk did give me some good shots of the Jr. 20 when I saw him at the Sr. 20, but, as I say, I didn't get anything done with them. If you have pictures of your races, send them along. They can be returned if you desire. Next month we will be dressed up again with the color back in our masthead so we need some colorful walkers to feature, too. A good shot of Larry Youn hiding behind his luxurious growth of facial hair would be great... The International Book of Statistics, 1971 is available from Palle Lassen, Milevoue 46, DK-1870 Copenhagen V, Denmark for one dollar. This lists top performers in the world, both men and women, in each event for 1971 and covers important International meets. Also available is the same set for five dollars, a compilation of all-time best performances in decathlon, and 50 Km supplemented by Egon Rasussen... Oh Rats! As usual some misplaced results and probably a disgruntled reader in Larry Larson because they weren't listed with the others. A very faithful reader, too. Here they are: Wisconsin AAU 1 Mile, Milwaukee, April 1 (Indoors) -1. Mike Devitt 7:07.4 2. Larry Larson 7:42 3. Ted Beom 4:15.8 4. Park Race 10:00.2... Larry Larson is listed as a U.S. Track & Field Federation Officials Manual for 1972-73, which includes four pages of lists. An article on Larry Larson by a former writer for the J. Dick. We are trying desperately to appease, he also sends an item from a book "Race Walkers In Track & Field" on Edward Fayson Wenton, who was featured in our article on the "Webble". Might find space for it some time... The Green & Gold AC of Chicago is selling two types of patches to raise money for the National Race Walking Fund. Both patches are red, white, and blue, with gold trim. One reads AAU-U.S. and the other reads Munich 1972. These sell for $1.00 each, 825 of which will go to the race walking fund. For a purchase of 10 or more patches, they are sold for $3.50 each with a dime of that going to the fund. The patches can be obtained from Mike Riban, 1334 W. Huron St., Chicago, IL 60622...
Race walkers are a queer lot. The only skill they need to acquire is the ability to keep one foot on the ground at all speeds and to straighten the supporting leg at some time during the double supporting phase to stop there? No, they must have feet and legs. They must groove, move their heads about, flail their arms, belt, and soeth. They expectorate copiously and cry loudly for sustenance. They wear all manner of outlandish gear, such as veils over their heads and ribbons tied to their shirts. They leave a trail of flatulence and strong, stale respiration in their wake, so that when wind she feels cold, she may feel it as well when she walks down street courses. The atmosphere is quite foul. Is it any wonder that spectators lose interest and walk away? Is it any wonder the casual observer feels he is witnessing an outing by the irritates of the nearest mental institution? Is it any wonder race walking will never be as popular as baseball?

My pet is that all race walkers to try to shed any or all of those dramatic side effects and concentrate on proper race walking form. Seriously speaking, a good race walker is a pleasure to behold and does more for the sport than anything else. So let's get back to the fundamentals of how to keep one foot on the ground and to straighten that leg.

To accomplish this, the athlete must learn to walk with a rotary motion of the hip joints. In ordinary walking, the hips are fixed in one plane and nearly all motion is dependent on the knees. The head and body bob along in a vertical plane and if walking speed is increased there is a great strain on the body and muscles. In race walking, the double supporting phase (when both feet are on the ground) disappears and running is the result. That is—both feet are on the ground.

It is at this point that the skill of the true race walker becomes evident. The forward and downward rotation of the hip joints increases his length of stride and enables him to maintain contact up to 200 steps a minute. The forward motion of the head and body disappears, which means that the center of gravity remains at the same point above the ground. This is a very important item, because the body weight must not be raised several inches at every step. All muscular energy can therefore be used to create forward motion. The arms are flexed at 90 degrees at the elbow and swing freely. The hands rise to nearly shoulder height in front and drop to a position just to the rear of the hip.

Race walking is a sport once called "heel-strike walking," since it is obvious that the heel of one foot is landing as the other foot is driving off, both being in contact with the ground for an instant. I think we have all seen the race walker who sprints to the finish with perfect form but is showing an inch or two of daylight under each foot. When judging pace, the casual observer feels he is witnessing a sport that is less than adequate. The athlete must learn to shed any or all of these side effects and concentrate on proper race walking form. It is a sport that can be enjoyed by anyone of any age. Racing is optional, except for the spirit than anything else. So let's get back to the fundamentals of how to keep one foot on the ground and to straighten that leg.

LOOKING BACK


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Q--Bill Mengovian, 1 Putnam Hall, A.P., Greenwich, Conn.
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The Ohio Race Walker is edited and published monthly by Jack Mortland, 3125 Summit St., Columbus, Ohio. Subscription rate is $2.00 per year. Editorial comment, news, pictures, and money are welcome at the above address. Once was trouble filling four pages and now I have trash laying all over the place. Can't find space for. Send the trash anyway and if it drifts to the top of a stack it may appear on these half-paid pages.

CONTEST!!! CONTEST!!! CONTEST!!!

Pick the six men of the 1972 U.S. Olympic Walking team and win a year's subscription to the Ohio Race Walker.