

# OHIO RACEWALKER



Ohio Race Walker  
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BERND, I APOLOGIZE;  
YOU ARE FOR REAL

West Germany's Bernd Kannenberg, obviously taking offense at the Ohio Race Walker questioning the legitimacy of his 3:52 50 Km and picking him only for fifth at Munich, set out to make a believer of Hartland and the world. He did. After falling midway through the 20 and aggravating an old injury, which caused him to drop out, he came back to lead from start to finish in the 50. Showing no signs of the injury, he put on a blitz start and still had the strength to pull steadily away from European champion Benjamin Soldatenko (more on his first name later) in the final 15 km and record a magnificent 3:56:11.6. This one we have to believe. Never far back and capturing his second consecutive Olympic bronze was Larry Young, who just failed to crack the 4 hour barrier.

Peter Frenkel, East Germany's world record holder, must have also been reading the ORW, we having picked him no higher than seventh off his spotty record in past international competition. Nothing spotty about this performance. He blasted away from cagey old Vladimir Golubnichiy and teammate Hans-Georg Reimann with a 21:20 final 5 kilometers to win in 1:26:42.4. Golubnichiy, in capturing his fourth medal at 20 km (gold in '60 and '68, bronze in '64) averted an East German sweep as Gerhard Sperling finished fourth. Paul Mihill, the favorite of many, including your editor, fell all the way to sixth. I might be a lousy editor, but it is now obvious than I am an even lousier prognosticator. Let's turn now to the details of each race.

The 20 Km was conducted on August 31 and an unusually small field of only 24 faced the starter. The race started in the Stadium in warm weather and then went on a flat course through the neighboring streets. Golubnichiy took the lead on the track with Paul Mihill and Larry Young on his shoulder and everyone else staying in contact. Out on the course Frenkel and Reimann took over the pace-making chores but at a rather slow tempo passing 5 km in 22:16. This pace wasn't scaring anyone and Golubnichiy, Mihill, Sperling, Nikolai Snaga, Kannenberg, Yevgeniy Ivchenko, and Ismael Avila of Mexico were right there in a pack. Young and Pedro Aroche, also of Mexico, were close behind this group with the rest of the field starting to spread out. As the pace quickened over the next 5 kms the leaders started to pull out but there was still a pack of eight in contention at 10 km with Reimann and Frenkel still leading in 43:57. Kannenberg was just 1 second back with Sperling, Mihill, Ivchenko, Golubnichiy and Snaga within 8 seconds. Jose Oliveros had now moved ahead of Young in ninth but they were over a minute off the pace.

The two East Germans quickened the pace even more during the next 5 and only Golubnichiy, who has survived this step-down tactic in the past, could hang with them as 15 km was passed in 1:05:22. Sperling was still

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FIRST CLASS MAIL

in contention just 6 seconds back but it was then over a half-minute back to sixth place Smaga with Ivchenko and a faltering Nihill just back of him. Kannenberg had been accidentally tripped by Nihill while rounding a corner at 12 km and called it a day, as noted earlier. With Kannenberg now out, Young was ninth but losing ground to Oliveros and just ahead of Vitterie Visini, of Italy, and Peland's Jan Ornoch.

Frenkel continued to apply the pressure as they headed for the Stadium and first Sperling and then Reimann were unable to match his pace. Only the tenacious, 36-year-old Gelubnichiy was hanging on but even he was not equal to the task over the last 2 km as Frenkel came home with a clear 13 second lead. Reimann and Sperling easily held their positions and Smaga pulled well clear of Nihill. The usually fast finishing Englishman was just in it on this day and said later "My legs were heavy from 10 Kiles on and I just could not respond." Ivchenko, meanwhile, was disqualified shortly after 15 as the pace proved too much for his style.

After the race, Frenkel described the pressure-packed finish thusly: "Over the last 3 to 4 kilometers, three of us were battling for the win, but I never had the feeling that I was going to win for sure." With this race, Frenkel, who has twice set world records in domestic races, finally showed that he can do it in a hot competitive race.

Ornoch saved his best for last, covering his final 5 km in 22:11 to move into seventh, well ahead of Visini, who also caught a faltering Oliveros and Young. Larry was closing on the Mexican but had to settle for 10th, not what he had hoped for. But better things were coming for him. Goetz Klopfer led Tom Dooley at 5 km but Tom walked steadily from there and finished 15th in 1:34:58.8, an improvement of two places over Mexico City. It was not Goetz's day as he took nearly 27 minutes over his final 5 km and had to settle for 19th.

On a team basis, using Lugano-type scoring, the East Germans were easy victors with 50 points followed by the USSR—31, Great Britain—26, Mexico—25, USA—22, and West Germany—15. No other nation started three walkers and the USSR and West Germany were handicapped by finishing only two. The following standings at each 5 km mark clearly show the progress of the race:

5 Km	10 Km	15 Km
1. Frenkel 22:16	1. Reimann 43:57	1. Frenkel 1:05:22
2. Reimann 22:16	2. Frenkel 43:57	2. Golubnichiy 1:05:22
3. Nihill 22:17	3. Kannenberg 43:58	3. Reimann 1:05:22
Kannenberg 22:17	4. Nihill 44:00	4. Sperling 1:05:28
5. Szaga 22:18	Sperling 44:00	5. Smaga 1:06:00
Gelubnichiy 22:18	6. Ivchenko 44:02	6. Ivchenko 1:06:02
7. Sperling 22:19	7. Gelubnichiy 44:05	7. Nihill 1:06:03
Ivchenko 22:19	8. Szaga 44:06	8. Oliveros 1:07:52
9. Avila 22:20	9. Oliveros 45:02	9. Young 1:08:34
10. Aroche 22:26	10. Young 45:07	10. Visini 1:08:36
11. Young 22:27	11. Visini 45:12	11. Ornoch 1:08:49
12. Oliveros 22:33	12. Embleton 45:22	12. Embleton 1:08:56
13. Embleton 22:34	13. Aroche 45:30	13. Rolstad 1:09:08
14. Mayr 22:36	14. Mayr 45:44	14. Mayr 1:09:50
Visini 22:36	Avila 45:44	Aroche 1:09:50

16. Klopfer 22:45	16. Rolstad 45:50	16. Dooley 1:10:05
17. Marlew 22:52	Ornoch 45:50	17. Wesch 1:10:43
18. Dooley 23:01	18. Dooley 46:06	18. Marlew 1:10:59
19. Rolstad 23:02	19. Marlew 46:30	19. Klopfer 1:11:50
20. Wesch 23:08	Klopfer 46:30	20. Sowa 1:11:56
21. Ornoch 23:11	21. Ornoch 46:47	21. Avila 1:13:25
22. Sowa 23:47	22. Sowa 47:46	22. Toure 1:16:11
23. Valle 24:18	23. Toure 49:28	23. Valle 1:17:15
24. Toure 24:21	24. Valle 50:28	

The results: 1. Peter Frenkel, EG 1:26:42.4 2. Vladimir Golubnichiy, USSR 1:26:55.2 3. Hans-Georg Reimann, EG 1:27:16.6 4. Gerhard Sperling, EG 1:27:55 5. Nikolai Smaga, USSR 1:28:16.6 6. Paul Nihill, GB 1:28:44.4 7. Jan Ornoch, Poland 1:32:01.6 8. Vitterie Visini, Italy 1:32:30 9. Jose Oliveros, Mexico 1:32:40.6 10. Larry Young 1:32:53.4 11. Jan Rolstad, Norway 1:33:03.2 12. Pedro Aroche, Mexico 1:33:05 13. Heinz Mayr, WG 1:33:13.8 14. Phil Embleton, GB 1:33:22.2 15. Tom Dooley, US 1:34:58.8 16. Wilf Wesch, WG 1:35:20.6 17. Peter Marlew, GB 1:35:38.8 18. Charles Sowa, Luxembourg 1:36:23.8 19. Goetz Klopfer, US 1:33:33.6 20. Hunde Toure, Ethiopia 1:43:11.6 21. Esteban Valle, Nicaragua 1:45:09.4 22. Ismael Avila, Mexico 1:45:45.4

The 50 Km was on Sunday, Sept. 3 and for this one the field was increased to 36 with Kannenberg, Young, Visini, Nihill, Sowa, Oliveros, and Ornoch returning for a second try. Although he had to be somewhat disappointed at his misfortune in the 20, this was the race Kannenberg had trained for and he left little doubt of his intent at the start covering the first 5 km in 22:42 with only Soddatenke for company. Soddatenke apparently knew what to expect and was determined to stay with the German at all costs relying on his greater experience to pull him through at the the finish. These two passed 10 Km in 45:55 with only the Russian Sergei Grigoryev making any attempt to maintain contact in 46:18. A group of five followed in 47:10, three more in 47:24 and Larry Young was bidding his time in 12th at 47:32. The tremendous pace found Alex Oakley breaking 3 minute miles in 25th and poor Bill Weigle doing a seemingly sensible 51:05 but with only one man behind him.

The two front runners (excuse the expression) continued their merry way and passed 20 km in 1:32:59 with Grigoryev now nearly a minute and a half back. Larry had continued at an even pace as others started to realize this was after all 50 km, slowing accordingly, and was now in fourth place with 1:35:08, just a bit more than two minutes slower than he had managed on Thursday. But he was feeling good, moving away from defending champion Christoph Kehne and had about a half minute on the Russian, Otto Eartsch, and East German Peter Selzer.

The seemingly suicidal pace up front continued with a 1:56:26 at 25 and 2:20:03 at 30. However, Young was making a move of his own and covered this 10 km stretch in an eye-catching 46:50 to close 14 seconds on the leaders and, as it turned out, sew up the bronze medal. He caught Grigoryev just after 25, and just before the Russian got red-flagged off the course, and at 30 had nearly 2 minutes on Eartsch. Paul Nihill was also walking strongly at this point and was only 5 seconds out of fourth with Visini and Selzer close behind him.

During the next 5, Larry continued to move strongly with a 23:36 and cut another 23 seconds off the lead. At this point he started to have definite thoughts of the gold. However, so did Kannenberg as he noticed that Soddatenke was a little slow taking refreshments at 35. He made a

move here to which the Russian did not respond and moved gradually away the rest of the race. Seldatenko said later, "I slacked off a bit after 35 kilometers as I was worried about the caution on my technique." Bartsch, Selzer, and Nihill also had cautions at this point.

Larry started to falter slightly at this point and then ran into a bad patch after 40 km when he didn't get enough liquid at the aid station. Thus he took 51:01 over his final 10 km and lost some ground to the leaders as well as to Bartsch behind him but was never in danger of losing the medal. He still finished in a brilliant 4:00:46 taking more than 12 minutes off his previous American road best and certainly proving to any Europeans who doubted his Mexico City medal that he is indeed on a par with the best.

Kannenberg's ability to hold up under the pace he set borders on the unbelievable. Although he gradually wound down, he was still holding a pace at the end that most mortals would not attempt during a 50. His 10 Km splits were 45:55, 47:04, 47:04, 47:49, and 48:19.6. Young, who walked faster than anyone during the middle of the race had splits of 47:32, 47:36, 46:50, 47:47, and 51:01. The fantastic pace found 22 men under 1:40 at 20 Km, three more than in the 20 Km race, and 21 breaking 4:30 at the finish. It also found quite a few paying the price with five failing to finish and two being disqualified, 1964 gold medalist Abdon Pamich being the second. The judging was reportedly very good in both races.

After the race, Larry Young said that he was more thrilled in Mexico City but more satisfied here, since he proved the earlier bronze was no fluke. Before the race he thought he might be able to get around 4:05 or 4:06 but had never thought in terms of 4 hours. He plans now to go right on with his walking, maybe go for a few records on the track now that the Olympic pressure is off, and hopefully have another try at the gold in 4 years. At the press conference after the race, Larry was asked by one European journalist if his beard helped in walking. Drawing the biggest laugh of the conference, Larry replied, "Yes, I guess it does. We have some pretty cold winter days back in Missouri and it helps there and in summer the beard collects moisture and keeps my chin cool."

There was a lot of interesting walking back of the leaders. Selzer, after being injured earlier in the year, walked strongly to move from 7th to 5th over the last 20 km. Gerhard Weidner solidified the strength of the West Germans in sixth and Vittorio Visini completed a good double moving up one notch from his 20 km finish. The Mexicans got another strong performance to go with their ninth and twelfth at 20 with Gabriel Hernandez capturing 8th in 4:12:09, which makes him the second fastest of all time in the Western Hemisphere. Paul Nihill was somewhat of a disappointment in 9th although the 20 was his race and he was probably mentally down after failing there. Actually, it was a rather poor performance for the British overall in both races as they have certainly dropped from the ranks of the powers.

If Larry Young was tough going within 2 minutes of his earlier 20 km time on the way to 50, consider Charlie Sowa. At 5 Km he was 32 seconds ahead of his 20 km pace, was only a second slower at 10 and just a minute off at 20. From there he continued to hang on and finished 10th in 4:14:21.2.

For the US, Bill Weigle walked a very sensible race moving from 35th at 10 km to 17th at the finish and nearly matching his trials performance with an excellent 4:22:52.2. Steve Hayden didn't make out quite so well as he really hit the wall at the end. Going out somewhat faster than Bill, but still quite sensibly with 50:11 at 10, he was still 2 seconds ahead of

Weigle at 35. From there it was all downhill for the struggling Steve and when his last 5 took nearly 33 minutes he dropped from 22nd to 27th but still recorded a creditable 4:36:07.2. Watch out for him at 20 now with all this strength he has built up from these crazy 50s.

On a team basis, the West Germans prevailed in this one with 59 points, as 8 nations started three men. Following were East Germany--47, USSR--44, Sweden--38, USA--35, Great Britain--29, Italy--24, and Mexico--24. The Swedes really walked as a team in this one, the three men moving through the field right together from 29th place at 10 km to 16th at 35 from where it became every man for himself as they finished 12th, 13th, and 15th.

Canada's grand-old-man of walking, Alex Oakley walked a well judged 4:28:42.6, not bad for a guy I watched struggle through a 1:45 20 km in May. Karl Merschenz didn't fare so well, starting to feld after 20 and dropping out at 25.

As to Seldatenko's first name, it is all a matter of transliteration, the Russian alphabet being different from ours. It appeared as Benjamin after the Lugano Cup races two years ago, I saw Vanyanin after last year's European Championships, and now it is coming out as Veniamin. The transliteration business is tricky, particularly when we may be getting it as first transliterated to German. You gotta see it in Russian and know their alphabet to be sure what it should be and then there seems to be some disagreement as to what letters to use to represent their sounds. In the case of Saldatenko's name, the Russian B and V look practically the same so there is good grounds for mistake there. In any case, I am sticking with Benjamin because it looks more like a real first name.

Here are the results: 1. Bernd Kannenberg, WG 3:56:11.6 2. Benjamin Seldatenko, USSR 3:58:24 3. Larry Young, USA 4:00:46 4. Otto Bartsch, USSR 4:01:35.4 5. Peter Selzer 4:04:05.4 6. Gerhard Weidner, WG 4:06:26 7. Vittorio Visini, Italy 4:08:31.4 8. Gabriel Hernandez, Mexico 4:12:09 9. Paul Nihill, GB 4:14:09.4 10. Charles Sowa, Luxembourg 4:14:21.2 11. Karl-Heinz Stadtmueller, EG 4:14:28.8 12. Hans Tenggren, Sweden 4:16:37.6 13. Daniel Bjorkgren, Sweden 4:20:00 14. Christoph Kehne, EG 4:20:43 15. Stefan Ingvansson, Sweden 4:21:01 16. Horst-Rudiger Wagner, WG 4:21:53.4 17. Bill Weigle, USA 4:22:52.2 18. John Warhurst, GB 4:23:21.8 19. Shaul Ladany, Israel 4:24:38.8 20. Raul Gonzalez, Mexico 4:25:13.4 21. Alex Oakley, Canada 4:28:42.6 22. Janos Dalxati, Hungary 4:31:23.2 23. Demonic Carpentieri, Italy 4:33:10.6 24. Kjell Lund, Norway 4:34:23 25. Howard Timus, GB 4:34:43.8 26. Antal Kiss, Hung. 4:34:45 27. Steve Hayden, USA 4:36:07.2 28. Adalberto Scorza, Argentina 4:42:41.4 29. Ole Jensen, Denmark 4:57:13.8 DHF--Alfred Edzel, Switzerland 3:15:14 at 35; Jan Ornoch, Poland 2:04:48 at 25; Karl Merschenz, Canada 2:09:12 at 25; Jose Oliveros, Mexico 2:12:25 at 25; Jean-Claude Decosse, France 1:39:51 at 20. DQ'd--Sergei Griyoryev, USSR 1:58:20 at 25; Abdon Pamich, Italy 1:37:57 at 20.

On a team basis for the two races the scores were East Germany--97, USSR--75, West Germany 75, USA--57, Great Britain--55, Mexico--49. The Russians, of course, were killed by having two disqualifications and West Germany by Kannenberg's not finishing the 20. And, of course, we could not have had Larry in both events had it been a Lugano-type competition, nor could Nihill or Kannenberg or Oliveros gone in both. So the Lugano scoring is purely academic but maybe of some interest. On the other hand, nationalism is not supposed to have any place in the Olympics (ha!), so I shouldn't even be bringing such scores up. Well, following is the progress of the 50, showing the standings at the end of each 10 Km in this case.

CANADIANS TOPPLE USA

Toronto, Sept. 23-24--In the third renewal of the US-Canada walking duels, the Canadians scored their first victory by the narrowest of margins, thanks to a fine performance by veteran Alex Oakley. Following his excellent race in Munich, Alex turned in a 4:39:29 to win the 50 Km on the first day of the match. When the point totals after the second day's 20 Km showed a 22-22 standoff, the match was decided by his first in the longer race, per International rules.

We have little detail on the match yet, but the 50 on the first day was apparently a very interesting race. The races were held on a 2500 meter out-and-back course on Centre Island with no traffic problems since cars are not permitted. With Oakley and Pat Farrelly walking one-two, only Jerry Becci prevented a Canadian sweep as he edged Karl Merschenz for third. Just back of these two was Tom Knatt with his best-ever 50 and coming close to saving the day for the visitors. The results left Canada leading by 17-5 as U.S. hopes were dealt a severe blow when Ron Kulik dropped out at about 15 Km and Bob Henderson folded up and finished in 5:20.

The only hope was for a sweep of the 20 on Sunday. Todd Scully stormed out and sewed up the race early and clocked a 1:36:58, despite slowing drastically in the last 5 Km. The OTC's Jack Blackburn walked his usual valiant race (or should I say violent) going out much faster than he had any business and then miraculously hanging on quite well to take the measure of Yvon Groulx for second. However, the french-Canadian left out third man, Howie Palamarchuk, well back and sewed up the match. Mike DeWitt filled out the U.S. side, as some of our younger and up-and-coming walkers were able to get a little international experience. The results were:

50 Km--1. Alex Oakley, Can. 4:39:29 2. Pat Farrelly, Can. 4:42:00.8 3. Jerry Becci, US 4:46:56.2 4. Karl Merschenz, Can. 4:47:49.6 5. Tom Knatt, US 4:48:32.2 6. Max Gould, Can. 5:06:27 7. Bob Henderson, US 5:20:15.8 DNF--Ron Kulik, US

20 Km--1. Todd Scully, US 1:36:58 2. Jack Blackburn, US 1:43:06 3. Yvon Groulx, Can. 1:43:58 4. Howie Palamarchuk, US 1:46:04 5. Roman Olszewski, Can. 1:48:20 6. Bill Purvis, Can. 1:50:22 7. Mike DeWitt, US 1:52:40 8. Tom Manske, Can. 1:58:47 (Scoring is per International rules; three men score with 7 points for first, 5 for second, 4 for third, etc.)

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Well, we have blown it. The biggest races in four years and even the Guane Press sneeps us on getting the news to you. Of course their coverage tended more to who was visiting houses of ill-repute and spending 20 minutes in saunas with unclad females of the species than actual details of the race, but nonetheless, there they were in the mailbox while the ORW was still hung up in the printers. Anyway, as a result of poor planning and lethargy on my part you are getting this little supplementary insert, which in our usual fashion is completely alien to the format of the rest of the paper. Original intentions were to have this to you at least a week ago, if not sooner. Then I fiddled around and didn't even get started until Friday, Sept. 23. However, with diligent effort that night and on Saturday, I had hoped to wrap it up on Sunday. Whereupon, I completely neglected it on Sunday, just had to watch the Monday night football game, and thus finally wrapped it up Tuesday evening. Then found that the printer had a backup of work and was short of help and so couldn't get to it until Monday, Oct. 2. So with more news coming in, I figured I may as well stuff <sup>this</sup> in the center. Here it is.

A few other results:

Czech 20 Km, Prague, July 22 (track)--1. Alexander Bilek 1:31:41  
 1 Mile, Banske Bystrica, Czech. Aug. 8--1. Jurai Bencik 6:11.4 2. Emil Ruscak  
 6:28.5 2 Mile, same place, Aug. 8--1. Bencki 12:54.6 (12:00.0 at 3 Km) 2.  
 Evzen Zednik 13:28 3. Emil Ruscak 13:43.8  
Women's 5 Km (Track), Boras, Sweden, Aug. 8--1. Elisabeth Olsson 24:30.6 (7:43.7  
 at mile, 14:33 at 3 Km) 2. Eivor Johansson 24:39 3. Margareta Simu 24:54 4.  
 Berit Jonsson 25:18 5. Margaretha Olsson 25:31 6. Britt Holmquist 25:36 (20  
 under 28 minutes) International Women's 5 Km, Birmingham, Eng., Sept. 16--(track )  
 1. Margareta Simu, Swed. 24:53.8 2. Berit Jonsson, Swed. 25:02 3. Betty Jenkins  
 Eng. 25:09.2 4. Eivor Johansson, Swed. 25:37.4 5. Brenda Cook, Eng. 25:58.4  
 6. Elisabeth Olsson, Swed. 26:10.2 7. Margaret Lewis, Eng. 26:21.2 8. Barbara  
 Cook, Eng. 26:21.4 9. Torhild Gylder, Nor. 26:28.4 10. Gerd Gylder, Nor. 27:10.4  
Women's 5 Km (track), Birmingham, Aug. 19--1. Betty Jenkins 26:26 2. Brenda Cook  
 26:27 3. Barbara Cook 26:28 4. Margaret Lewis 26:58 Women's 5 Km, Taivassalo,  
Fin., Sept. 9--1. Berit Jonsson, Swed. 25:39 2. Elisabeth Olsson, Swed. 26:28  
 3. Margaretha Olsson, Swed. 26:40 4. Karstin Metz, Swed. 26:55 5. Gerd Gylder,  
 Nor. 27:24 Swedish 20 Km, Boras, Aug. 5--1. Stefan Ingvarsson 1:30:12.6 2.  
 Hans Tenggren 1:32:17 3. Kare Moen 1:33:21 4. Klaes Grunlid 1:34:00  
Women's 10 Km (track), Boras, Aug. 6--1. Eivor Johansson 52:05.2 2. Britt Holm-  
 quist 53:20 3. Margaretha Simu 54:00 Swedish 50 Km, Boras, Aug. 6--1. Hans  
 Tenggren 4:09:28.2 2. Daniel Bjorkgren 4:14:05 3. Stefan Ingvarsson 4:15:01  
 4. Orjan Andersson 4:18:20 10 Km (track), Prague, Aug. 18--1. Jurai Bencik  
 43:04.6 2. Alexander Bilek 43:19.2 3. Evzen Zednik 45:07 Hastings-to Brighton  
38 Mile, Aug. 12--1. Shaun Lightman 5:35:26 2. Paul Selby 5:46:20 3. Carl Lawton  
 5:50:12 4. Dave Boxall 5:53:04 5. John Moullyn 6:02:13 6. R. Michel 6:04:40  
 (John Lees 9th in 6:20:12  
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After exposing the Guano Press to the public eye last month, something for which they apparently were not really prepared, we have the following statement regarding their publishing policies. "...the Press is published when it wants and is sent to those who the editors deign worthy to receive it. One may, however, respectfully submit a request for copies, and they may be mailed to him or her, and again, they may not. There is no charge for this service. We also accept, but will probably not publish, guest articles, complaints, letters to the editors, compliments on our great literary merit, vulgar protests, and the like." Another mild example of the Guano's journalism, besides that mentioned last month and their coverage of the Olympics mentioned on page 1 of this supplement, is the following from a "Quickie Quiz" prepared by former ORW correspondent and former friend of your editor, Gerald F. Willwerth:

The Ohio Race Walker:

- a. Doesn't know the Guano exists
- b. Couldn't care less that the Guano exists
- c. Is often mistaken for a midwest Ku Klux Klan recreational monthly

or:

Now that Todd Scully is out of the Army he:

- a. Plans to do TV commercials for the "Hush Puppy" shoe company
- b. Can eat all the chopped seaweed he wants
- c. Can reapply for amateur standing

10 Km	20 Km	30 Km
1. Kannenberg 45:55	1. Kannenberg 1:32:59	1. Kannenberg 2:20:03
2. Seldatenke 45:55	2. Seldatenke 1:32:59	2. Seldatenke 2:30:03
3. Grigoryev 46:18	3. Grigoryev 1:34:25	3. Young 2:21:58
4. Bartsch 47:10	4. Young 1:35:08	4. Bartsch 2:23:49
Visini 47:10	5. Hehne 1:35:28	5. Nihill 2:23:54
Nihill 47:10	6. Bartsch 1:35:40	6. Visini 2:24:06
Hehne 47:10	Selzer 1:35:40	7. Selzer 2:24:26
Selzer 47:10	8. Visini 1:35:48	8. Weidner 2:25:01
9. Weidner 47:24	Stadtmueller 1:35:48	9. Stadtmueller 2:25:28
Stadtmueller 47:24	10. Weidner 1:35:58	10. Hehen 2:25:33
Warhurst 47:24	Nihill 1:35:58	11. Sowa 2:28:14
12. Young 47:32	12. Hernandez 1:37:20	12. Hernandez 2:29:04
13. Hernandez 47:47	Gonzalez 1:37:20	13. Gonzalez 2:29:51
Sowa 47:47	Sowa 1:37:20	14. Ladany 2:31:38
Magner 47:47	15. Pamich 1:37:57	15. Magnor 2:31:38
Ladany 47:47	16. Magnor 1:38:06	16. Warhurst 2:31:59
Gonzalez 47:47	17. Warhurst 1:38:08	17. Tenggren 2:33:48
Carpentieri 47:47	18. Carpentieri 1:38:15	Ejorkgren 2:33:48
19. Pamich 47:56	19. Ladany 1:39:01	Ingvarsson 2:33:48
20. Badel 48:07	20. Dalmati 1:39:51	20. Dalmati 2:34:32
21. Dalmati 48:36	Decesse 1:39:51	21. Hayden 2:34:54
22. Ornoch 48:46	Ornoch 1:39:51	22. Oakley 2:35:01
Decesse 48:46	23. Kiss 1:40:59	23. Carpentieri 2:36:11
24. Merschenz 49:07	24. Merschenz 1:41:33	24. Weigle 2:36:17
25. Oakley 49:33	25. Badel 1:41:54	25. Kiss 2:36:23
26. Kiss 50:05	26. Tenggren 1:42:08	26. Timas 2:37:02
Oliveros 51:05	Bjorkgren 1:42:08	27. Lund 2:40:41
28. Hayden 50:11	Ingvarsson 1:42:08	28. Badel 2:41:42
29. Tenggren 50:25	29. Oliveros 1:42:18	29. Jensen 2:44:23
Bjorkgren 50:35	Hayden 1:42:18	30. Scorza 2:45:10
Ingvarsson 50:35	31. Oakley 1:42:22	Grigoryev DQ'd
32. Lund 50:55	32. Timas 1:43:37	Merschenz, Oliveros,
33. Jensen 51:00	33. Weigle 1:43:39	and Ornoch out after
34. Timas 51:03	34. Lund 1:44:28	25. Pamich DQ'd and
35. Weigle 51:05	35. Jensen 1:45:58	Decesse out after 20.
36. Scorza 53:47	36. Scorza 1:48:50	

40 Km
1. Kannenberg 3:07:52
2. Seldatenke 3:08:13
3. Young 3:09:45
4. Bartsch 3:11:49
5. Selzer 3:14:40
6. Visini 3:15:27
7. Weidner 3:15:33
8. Nihill 3:15:57
9. Stadtmueller 3:20:04
10. Sowa 3:20:36
Hernandez 3:20:36
12. Hehne 3:23:18
13. Tenggren 3:25:05
14. Magnor 3:25:56
15. Ingvarsson 3:27:07
16. Bjorkgren 3:27:08
17. Warhurst 3:27:42
18. Ladany 3:28:59
19. Gonzalez 3:28:58
20. Weigle 3:29:39
21. Oakley 3:31:12
22. Hayden 3:32:01
23. Dalmati 3:34:02
24. Kiss 3:36:15
25. Timas 3:36:42
26. Carpentieri 3:37:17
27. Lund 3:39:31
28. Scorza 3:43:14
29. Jensen 3:39:46
Badel out.

The Ohio Race Walker is edited and published monthly by yo elds editor and publisher, Jack Mortland, Esq. Address: 3184 Summit St., Columbus, Ohio 43202. Subscription rate \$2.50 per year. Please excuse me cting you off in the middle of the issue last month. Flywheel on the main spring busted just like that and I didn't have time to get a replacement in and still get the issue to you on time. (As if I operated on deadlines.)

RESULTS

5 Mile (short), Brockton, Mass. Aug. 21--1. Ed Whitney 43:29 2. Frank Scimone 45:18 3. John Killinger 45:38 4. Fred Brown Sr. 47:37 5. Wa Warburton 48:55 10 Km, Adamsdale, Mass., Aug. 22--1. Tom Knatt 50:47 2. Ben Brown 54:03 3. Bob Whitney 55:47 4. Roger Pike 60:22 5. George Grzeblen 61:14 6. John Killinger 62:09 7. Jake Bredersen 62:46 8. Fred Brown Sr 63:25 9. Ken Hayden 63:55 10. Wa. Warburton 64:09 11. Sig Podlozny 74:04

5 Mile, Cambridge, Mass., Aug. 24--1. Bob Whitney 48:09 (handicap race, actual time shown) 2. Tom Knatt 41:38 3. John Killinger 51:46 4. Fred Brown Sr. 53:22 5 Mile (short) Prockton, Aug. 28--1. George Lattarulo 45:27 2. Frank Scimone 47:35 3. Fred Brown Sr 48:05 Lawrence-toLowell 20 Km, Sept. 4--1. John Knifton 1:28:54 (Knifton's course record is 1:24:20 set last year, but they persist in calling this a 20 Km) 2. Tom Knatt 1:33:27 3. Danny O'Connor 1:35:36 4. Howard Palamarchuk 1:36:47 5. Ben Brown 1:39:58 6. Tony Medeiros 1:41:58 7. George Lattarulo 1:46:55 8. Bob Whitney 1:47:02 9. Bruce Douglas 1:49:17 10. Kevin Ryan 1:49:32 11. Roger Pike 1:52:15 12. Dennis Slattery 1:52:17 13. Sig Podlozny 1:55:40 14. Charles Scott 1:56:38 15. Frank Scimone 1:57:08 16. John Killinger 1:57:35 17. George Grzeblen 1:57:52 18. Fred Brown Sr 2:00:47 (29 finishers) 7.7 Mile, Lowell, Mass., Sept 10 (Hdcp., actual time shown)--1. George Georgoulis 77:43 2. Sig Podlozny 77:45 3. Dave Mcency 81:02 4. Kevin Ryan 74:28 5. Mike Rogan 82:55 6. Fred Brown 83:56 7. Keith Ryan 85:07 8. Bob Whitney 77:08 9. George Lattarulo 79:56 10. Dennis Slattery 87:18 11. Joseph Regan 99:11 6 Mile, Concord, Mass Sept. 12--1. Tom Knatt 51:31 2. George Lattarulo 56:09 3. Bob Whitney 56:56 4. Jake Bredersen 61:59 5. Sig Podlozny 62:12 6. Fred Brown Sr. 63:02. 15 Km, Continental, Ohio, Aug. 26--1. Jack Blackburn 1:22:33 2. Jim Clinton 1:30:54 3. Bob Smith 1:43:38 4. Dr. John Blackburn 1:44:49--Carol Mohance did 1:46:55. With the temperature at 86 and humidity at 80 and the course going a half mile down the road and back between tall corn fields that allowed no air in it was not a good day for fast walking. Mortland was smart and stayed home. Blackburn moved out at about 8 minute pace but that only lasted for a mile and he was over 9's from 5 miles on. Clinton journeyed down from Chicago for one of his rare races outside of Chicago and walked well besides contributing much to the usual post-race socializing. Doc Blackburn, unfortunately, did not contribute much to the latter having walked himself into a state of heat exhaustion, which he has described so ably on these pages in the past and which kept him up most of the night heaving his guts out. We are glad to report he did recover. 6th Annual 6 Mile 536 Yard Handicap, Worthington, Ohio, Sept. 3--1. Tom Eastler 60:03 2. Bob Smith 58:01 3. Jack Mortland 49:56 4. Doc Blackburn 63:36 5. Larry James 52:31--Tom Eastler is from back East, where he used to do some walking with the famed Shaul Ladany. He has been in Ohio for 3 years, stationed at Wright Patterson AFB in Dayton but had not found time to walk until now. And now that he has started again he is out of the Air Force and on his way to DC, although he will be back in Dayton from time to time on research projects. Anyway, with practically no training under his belt he was hoping for about 11 minutes miles but looked great in going under 10's holding a good steady pace. His splits for the four 1 mile 1014 yard laps were 14:41, 15:02, 15:11, and 15:09. Bob Smith, with the temperature and humidity down to reasonable levels at la st, turned in one of his best times on this course. Mortland also had one of his better times on the course and managed to walk a step-down race a la Frenkel, albeit at a mite slower pace, with laps of 12:45, 12:32, 12:21, and 12:18. Larry James made his first appearance since last year's race and showed the signs of his 220 yard dash training. Have to get Larry going at it more seriously. We have had one more race on our schedule but it was such a bust that one hesitates to report it.

This was a 5-lapper on the Columbus Sharon Woods 2 mile 92 yard loop on September 16. Only three walkers showed up with Doc Blackburn, suffering a leg injury, there for timing chores. Mortland was also hobbled with a knee injury of three days standing and was an uncertain quantity. After a whole half mile he became a certain quantity, moving quickly to the sidelines. After 2 laps, Bob Smith was already slowed to a crawl as the temperature and humidity had shot up once again and he also retired. This left the course free for Jack Blackburn to cavort upon, but he was hardly covering as he limped along on a still sore leg. However, as always, he stayed the route and finished in 1:32:07 for the 10 miles 460 yards. Hurrah for Jack, now sans beard since school has opened again

#### SMITH HOME FIRST IN JUNIOR 2 MILE

Chicago, Aug. 19—Walking unattached, Des Moines Stan Smith left the field in his wake as he captured the NAU Junior 2 Mile Racewalk today. Smith recorded a 16:36.6 in leaving Tim Wason of the Green & gold AC about 100 yards behind. The results:

1. Stan Smith 16:36.6 2. Tim Wason G&G 17:08.8 3. Dean Kamin, G&G 17:28.4 4. Tom Carr, un., Iowa 17:36.6 5. Greg Comerford, G&G 18:15.2 6. Art McLenden, UCTC 19:44.4—DQ'd: Dan Patt, G&G, Bob Woods, UCTC. DNF: Fred Kuhn and Pence Cade, UCTC

2 Mile Hdcp, Boulder, Colo., Sept. 9—1. Viv Karels 19:35 2. Rick Tidrick 19:07 3. Pete Van Arsdale 16:07 3. Floyd Gedwin 15:59 (only four workouts since Olympic Trials as he tries to recover from injuries) 5. Jerry Brown 14:03 6. George Lundmark 19:29 RMARU 40 Km, Denver, Sept. 16  
1. Pete VanArsdale 4:12:01 2. Chris Amerese 4:30:08 3. George Lundmark 4:42:12—Jerry Brown 2:52:56 for 19.45 miles, Rick Tidrick 2:20 for 12.7, Floyd Gedwin 84:16 for 10—temperature 85 at finish

Related results of Senior Olympics, Los Angeles sometime in June—5 Km; Age 35-39—1. Dick Ortiz 23:02.4 2. Alex Gilbert 29:31, Age 40-44—1. John Kelly 23:11, Age 45-49—1. Howard Barnes 28:00, Age 50-54—Bob Long 28:08, Age 50-55—Chris Clegg 28:06 2. Don Johnson 28:59 3. Hal McWilliams 29:39, Age 60-64—1. Larry O'Neil 33:54 2. Martti Laitinen 38:03 3. Al Guth 44:22 20 Km: Age 40-44—1. Kelly 1:51:08 Age 45-49—1. Barnes 2:14:32 2. Art Flynn 3:01:24 Age 55-59—1. Johnson 2:10:28 2. Clegg 2:10:40 3. Joe Wehrly 2:27:32 Age 60-64—1. O'Neil 2:17:14 2. Laitinen 2:27:19 3. Guth 2:41:35. Women's 5 Km—1. Kati McIntyre 27:49 1 Hour, Ilford, Eng. Aug. 2—1. Phil Eableton 8 miles 1187 yards (breaks Ken Matthews English record by 36 yards, but Matthews was on his way to 2 Hours when he set it) 2. Roger Mills 8 miles 600 yards 3. Olly Flynn 8 miles plus 5 Km, Paddington, England, July 27—1. Eableton 20:52 Leicester-to-Skegness 100 Mile, England—1. Dave Boxall 17:58:49 2. John Lees 18:15:34 (the cat who set the trans-USA record a few months back) 3. N. Van Theff, Holland 18:23:20 4. Paddy Dawling 19:29:03 5. J. Heare 19:35:20 6. D. Malyen 19:19:45 (15th place in 21:11:20)

#### FOTFOURRI

Before my typewriter broke last month I had been planning to say a few words on politics, nationalism, etc. and the Olympics. There has been so much happened since and so many words written by others that I really have little original to add. It did become increasingly difficult to maintain interest in the Games as incidents piled up but I could not have agreed with those who would have stepped them following the Israeli tragedy. If they were to step for this, they should have never started because there are daily deaths that are just as tragic and senseless in Belfast, Vietnam, etc. It is unfortunate that the fields of sport seem to be gaining increasing importance as political battlegrounds but step-

ping fun and games will do nothing to curb the stupidity and greed of mankind that leads to the insanity of war and terrorism. Tom Dooley was quoted in Sports Illustrated as saying that "the Games will go on, but for all the wrong reasons", which was, unfortunately, probably quite true... Could you believe ABC cutting out on the middle of a swimming race to switch to the Stadium for the finish of the 50 Km. I suppose a few hundred thousand swimming fans were a bit upset, but we few hundred race-walking fans were ecstatic.... Larry Young has been swamped with honors since returning home. A big reception in Columbia, honored guest at the KC Chiefs football game, special tribute from the Missouri House of Representatives, and several TV appearances coming up during which he will discuss race walking and the Olympics... Paul Nihill has attributed the collapse of the British walkers in Munich to remaining in altitude at St. Moritz too long and not allowing sufficient time for re-acclimatization... Augie Hirt, our new race walker now back at McPherson College, has participated in two marathons lately getting 4th at Terra Haute in 2:47 and 5th at Columbia in 2:52, but is also training seriously for race walking and will compete in the 30 Km in Columbia.... Speaking of marathoners, we failed to note earlier that Bob Gray walked the 20 Km in the Olympic Trials on a total of 25 miles walking training for the year as he considers himself a runner.... Speaking of the final trials, Larry Young's splits in that race were 26:15, 52:42, 1:18:50, 1:44:10, 2:08:51, 2:33:45, 2:58:27, 3:23:15, 3:48:34, and 4:13:04.4. That gave him 10 Km times of 52:42, 51:28, 49:35, 49:30, and 49:49.4. Bill Weigle had 26:35, 53:52, 1:19:58, 1:45:28, 2:11:26, 2:37:15, 3:02:30, 3:28:10, 3:54:20, 4:20:09.4. And Steve Hayden had 26:30, 53:52, 1:20:00, 1:45:28, 2:10:57, 2:36:25, 3:02:45, 3:29:05, 3:56:00.... Runners from the West Coast that Gary Grant, who showed such good style in staying with Jim Hutton in the movie "Walk, Don't Run", may come out of retirement and seek an Olympic berth at 50 Km for '76.... Thanks to Bob Bowman, Don Thompson, and Goetz Klopfer for providing details that made our Olympic coverage in this issue possible.. Bill Weigle is now in Ann Arbor so we will look for him in some of our outstanding midwest races. Only fair that they should send us Weigle after we sent Brown out there. According to Pete Van Arsdale's outstanding Rocky Mountain Walker, Bill's training is mostly at slower paces, emphasizing style, and featuring a weekly 10 miles out and 10 miles back from that race-walking crossroads, Marshall, Colorado, at 9:00 to 9:30 pace. Other days may find him on the Fairview High School track doing intervals at perhaps 2:00 quarter pace. Prior to the Final Trials, Bill reportedly loaded up on carbohydrates for several days following several days in which his diet was virtually devoid of carbohydrates.... In a letter from Jim Clinton, who was ultra-late in renewing his subscription: "One of the few joys I have is being hassled for money once a year by an amateur. When things go hard for me in the hospitable collection business I'll come around and show you how to really hassel dead beats. One of the reasons I'm so late this year is that you didn't come up to Chicago for the 10 K and threaten me in person. The best way to collect is still to send one of "the boys" around to knock on the door." So what does the idiot do but send ten bucks, which means he is going to miss the joy of being hassled for 4 years.... Speaking of hasseling the subscribers, poor Tom Knatt was really set back when he received his recent renewal notice, having gone home from Eugene believing himself the winner of the ORW prediction contest and a one year's subscription. After getting the totally unexpected notice and reading of Ray Sexers last-minute victory, he wrote: "I was stunned to learn that I had not won the contest, having gone ahead and spent the entire sum of my subscription (plus an additional not inconsiderable amount) on liquid consumables to celebrate my victory (prematurely).".... The ORW does it again. Continuing our record of flawless accuracy in reporting, which is exceeded only by our errorless

typography, we reported in our coverage of the trials, that we had better not forget Steve Lund and Roger Duran who we had left out of the 20 K results after spending some time with them on the sidelines after we had all dropped out of the race. This was supposedly an attempt to stay in the good graces of two loyal subscribers. Of course, right there in the results that we had typed was Roger's name in 14th place. One is at a loss to explain how such blunder could ever find its way into those pages, or how the month before I could report his probable disqualification in a 5 Km which he finished quite legally in 23:16. Matter of fact, he has never been BQ'd in 9 years. Despite all this slander and libel, Roger dutifully sent along his renewal money, showing us all the real meaning of loyalty....Note in Race Schedule that the date of the NAAU Junior 25 Km in Los Angeles has been changed from Oct. 22 to Nov. 12 due to conflict with other races....Only my wife and the ever-alert Don Jacobs have corrected me, but on our trip to Oregon for the Trials we visited Crater Lake and not Glacier Lake, or whatever I said.

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RACE SCHEDULE

- Sat. Oct. 7 3 Mile Hdcp., Grade School 3/4 Mile, Broomfield, Colo. (A)  
Ohio AAU 20 Km, Dayton, 12 noon (B)
- Sun. Oct. 8 NAAU Junior 50 Km, Chicago (C)  
5 Km, Oakland, Cal., 9 a.m. (D)
- Sat. Oct. 14 3 Mile, Hickman Track, Columbia, Mo., 9 a.m. (E)  
5 Km, Reno, Nev., 9 a.m. (F)
- Sun. Oct. 15 15 Mile, Belle Isle, Detroit, Mich., 10 a.m. (G)
- Sat. Oct. 21 RMAAU 10 Km, Boulder, 10 a.m. (A)  
ORW Race Walking Orgy, Columbus, 10 and 2 Mile, Women's 2 M  
6 Mile, Des Moines, Ia., 1 p.m. (H)
- Sun. Oct. 22 NAAU Junior 30 Km, Seattle (I)  
ORW Race Walking Orgy, Columbus, 20 Mile, 10 Km, Women's 10K
- Sun. Oct. 29 20 Km, Belle Isle, Detroit, Mich. (G)
- Sun. Nov. 5 NAAU SENIOR 50 Km, SAN FRANCISCO, 9 a.m. (D)
- Sat. Nov. 11 2 Mile Hdcp, Grade School 880, Boulder, Colo., 1 p.m. (A)  
Ohio AAU 50 Km, Continental, Ohio, 12 noon (B) (Tentative,  
dependent on whether we have anyone who wants to walk that  
far.)
- Sun. Nov. 12 NAAU Jr. 25 Km, Los Angeles, Echo Lake Park (J)
- Sun. Nov. 19 6 Mile, Belle Isle, Detroit, Mich. (G)

Contact the following people on these races, per the key letters:

- A—Pete Van Arsdale, 2050 Athens St., #B, Boulder, Colo. 80302
- B—Jack Mertland, 3184 Summit St., Columbus, Ohio 43202
- C—Mike Riban, 1334 Nuren, Chicago, Ill. 60622
- D—Bill Ranney, One Parkers Court, Fairfax, Cal. 94930
- E—Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
- F—James Bentley, P.), Box 13703, Reno, Nevada
- G—Jerry Bocci, 11444 Beaconsfield, Detroit, Mich. 48224
- H—Mick Sullivan, 2510 40th Place, Des Moines, Iowa 50310
- I—Dick Sully, Student Village Apartments, A-3, Central Washington College  
Ellensburg, Wash. 98926
- J—Bob Bowman, 1961 Windsor Place, Penona, Calif. 91767

Be sure and reserve a place for the Old ORW Orgy. Lots of races with cheap, worthless prizes but a convivial atmosphere. Free lodging and meals on a first come, first served basis.

LOOKING BACK

10 Years Ago (From the September, 1962 Race Walker put out by the noted pedestrian and Olympian, Chris McCarthy)—Allen mopped up the field in the 15 Km, or so read the headline. John Allen held off Ron Laird in the closing stages to win the National 15 Km on Belle Isle in Detroit in 1:16:07.2 on a course later measured by McCarthy as 600 yards long. Laird was 16 seconds back with Alex Oakley beating Ron Daniel for third and Jack Mertland holding off teammate Jack Blackburn for fifth. The New York AC edged the Ohio TC for the team title. Other famous walkers included Gosta Klepfer in 11th and Regis (Jerry) Brown in 20th. Leon Jasionevski, who I don't remember walking that long ago, was 10th...Ron Laird won a National Postal 10 Km in 48:31.4 and the Ohio Track Club "A" team of two Blackburns and Jeff Leucks won the team title as 57 walkers and 8 teams participated.. Lou Neishless had sent along a leaflet of the Pennsylvania Historical and Museum Commission, describing the famous "walking Purchase". This involved a 1737 treaty between the settlers of Pennsylvania and the Indians living along the Delaware River. The conditions of the treaty were that the white men could have land as far back as they could walk in 2 days. Three fast walkers were hired by the descendants of William Penn. Of the three, only one finished out the days and he covered 63 miles in 18 hours on the second day, after having progressed from Philadelphia to Wrightstown on the first day. Unfortunately, nobody had thought to hire a walking judge, and in words long familiar, the Indians protested, "You run, That's not fair, you was to walk..." A young student, Ron Daniel, was featured as pedestrian of the month.

5 Years Ago (From the September 1967 Ohio Race Walker)—National 15 Km time again. This time Ron Laird, in the midst of an ultra-hot season romped home in Berwick, Pa. in 1:08:13 with up-an-coming Steve Hayden 3 1/2 minutes back. Jack Blackburn walked a great race in third but the NAAU again beat the OTC for the team title, 16 to 20, as Mertland walked an uninspired race in 7th, and old man Bruce McDonald walked a very spirited race in 12th as the AC's third man. John Kelly also put in a good one, beating Dave Romansky for fourth....Laird also won the 10 out in Montana in 45:29.2, nearly 2 minutes ahead of Tom Deoley, who just nosed out Bill Ranney....In Columbia, Mo., Larry O'Neil, age 60, dropped down from Montana to take the first 100 mile in an American record 19:24:52.4. He also garnered the 75-mile best on the way. Larry walked relentlessly at just under 3 minutes per lap with no apparent stop until the 333rd lap, or after 16:02:41, on which lap he took 4 1/2 minutes and then resumed his 3 minute pace. He covered the last 10 miles in 1:58:57, the last mile in 11:08, and the last lap in 2:31. His nourishment during the race was 12 destrose tablets, 12 vitamin C tablets, 5 salt tablets, and water.

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Back in July, Bill Emerton, the 52-year-old Australian health-food promoter and distance nut, set a record for walking across Death Valley. He completed the 115 miles in searing heat in 2 days 15 hrs and 1 minute and defies anyone to better it in July. Emerton has run 112,000 miles in his career but never experienced the pain and agony that he did in this one. Besides the heat, the course in all uphill, going from 282 ft. below sealevel to 3000 ft. above. Nourishment came from fruit juice, heavily sugared tea, and slices of roast lamb, lamb producers being his sponsors....A final note before closing, Kannenberg's pace in the Olympic 50 Km was 7:36.1 per mile, with Larry Young cutting along at 7:45.0 per mile. Heck, I get 17th in the Tokyo Olympic 20 Km at that pace. My time there would have had me in 12th at the 20 Km mark of this race. All very deflating to one's ego, you know. Well, back in a month with more trivia and errata from the wild, wacky world of race walking.