



OHIO RACEWALKER

Ohio Race Walker
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COLORADO TC INITIATES 100 MILE RELAY

Boulder, Colo., Jan. 6&7 (Special to the ORW via the Rocky Mountain Walker)--A full 10-man race walking contingent from the Colorado Track Club methodically strolled to a new world's record for the 24-hour relay between 8 a.m. January 6 and 8 a.m. January 7. The club had hoped to hit 150 miles but surprised themselves by racking up 162 miles, 275 yards. This averages out to a solid 8:52.2 for every mile walked. In addition to the 24-hour record, unofficial records were established for 100 miles (14:23:45) and 150 miles (22:07:19). All three records have been submitted to the Rocky Mountain AAU for approval, and will be submitted to the national AAU as well. It is hoped that this will lead to the official recognition of the 24-hour relay as a national, and perhaps international, event before 1973 is over.

Jerry Brown turned in the best overall performance for the race, an incredible average of 7:05.2 for each of the 17 miles he walked. Thanks to excellent media coverage organized by Gail Eristow, Jerry was interviewed by KFOL radio of Boulder. He reported that "I didn't know how my body would react" to the continued fast pace, and even he was surprised at his ability to maintain his speed. In addition to pre- and post-race newspaper coverage, KCA-TV of Denver provided excellent television coverage. KFOL gave progress reports every 4 hours, plus taped interviews with Gail Eristow, CTC coach Jerry Quiller, and Floyd Godwin.

The rules used in organizing and officiating the relay were exactly the same as those used in 24-hour running relays. These were first developed by Runner's World magazine. An official baton was carried the entire distance, and was handed off within a marked 22-yard zone. Two stopwatches ran continuously during the race, and were checked against a clock radio. Individual splits were obtained with two other watches run by one official; as the walkers handed off the baton and crossed the center of the hand-off zone (also corresponding to the start and finish line) one watch was stopped as the other was started. All splits were rounded off to the nearest full second. Of great importance was the fact that two or three race walking judges, each with a great deal of judging experience, were at the track judging every lap walked by every competitor throughout the 24 hours. At no time were there fewer than two judges. All 10 starters completed the race, always walking one mile at a time in the same rotational sequence. If anyone had dropped out, he would not have been allowed to return later on. If anyone had been disqualified for walking illegally, he would not have been allowed to return later on, and that portion of a mile covered by him during that turn would have been subtracted from the total distance. The race was conducted in the University of Colorado Fieldhouse on an unbanked

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220-yard Tartan track. For this reason the record may have to be listed as an "indoor world record" when approved rather than a "world record." (Editor: Not to put a damper on things, but I doubt that it will be recognized as a world's record at all, not because there is anything suspect about it, but merely because the IAAF RW Committee is not likely to add the 100-mile relay to the list of approved records. However, it should find its way into the next edition of the Guiness Book of Records.)

Members of the Colora do Track Club were highly successful in soliciting pledges based upon X number of cents per mile. Final tallies are not complete, but will amount to at least \$600. (Half to cystic fibrosis and half to the CTC.)

Several hundred spectators were present at one time or another throughout the 24 hours. Food was handled by the Manning and Godwin families. Overall race organization was handled by Pete Van Arsdale, Jerry Quiller, Floyd Godwin, and Vic Karels. Trophies were arranged by Jerry Brown, and all participants received one. Judging was handled beautifully by Rob Loveland, Bob Loveland, Barry Guernsey, and Gail Eristow. Head official throughout "the duration" was Charlie Godwin, with ample assistance from Gail Eristow, Connie Powell, Jeanne Griffin, Bill Beutel, and Jerry Quiller.

In addition to Brown, Floyd Godwin and Pete Van Arsdale also turned in excellent performances with averages of 7:29 and 7:37.4, respectively. The complete team in the order that they walked together with their average time and fastest mile (for the three swifties, the complete series is shown, with the fastest underlined) follows:
 Jerry Brown 7:05.2(6:56, 6:52, 6:54, 7:00, 7:00, 7:15, 7:00, 7:06, 7:02, 7:04, 7:02, 7:09, 7:10, 7:06, 7:10, 7:23, 7:18--well, he really blew it those last two, the bum); Tom Gloyd 9:50.5 (8:47); Bernie Gay 9:16.0 (8:35); Floyd Godwin 7:29 (7:22, 7:26, 7:17, 7:20, 7:21, 7:23, 7:27, 7:27, 7:22, 7:28, 7:34, 7:26, 7:31, 7:39, 7:34, 8:07); Vic Karels 8:55.6 (8:30); Joe Manning 9:39.1 (8:49); Pete Van Arsdale 7:37.4 (7:25, 7:26, 7:24, 7:23, 7:25, 7:27, 7:31, 7:35, 7:34, 7:58, 7:53, 7:53, 7:54, 7:57, 7:53); Chuck Hunter 9:24.3 (8:45); Chris Amoroso 9:13.1 (8:19); and Al Quiller 10:17.5 (9:27).

So there is the challenge to clubs throughout the country. It may be more of a problem finding fools willing to officiate it than fools willing to walk it, however. Incidentally, you don't have to have 10 men to walk it. That's the maximum. But two will make a relay, although they might be at a slight disadvantage over this distance. The Ohio Track Club is not a challenger at this point. We have talked about the possibility of doing this for a couple of years and never got off our duff and if we can't be the first to do it, why bother. It's for sure we won't be the best.

The Ohio Race Walker is monthly brainchild of one Jack Mortland, editor, publisher, circulation manager, business manager, secretary, and typist. Subscription rate is \$2.50 per year and the address for all correspondence is 3184 Summit St., Columbus, Ohio 43202. Don't let the name fool you, we will publish news and views from any place we can get it. And mostly we get it only if you, the reader, send it. Incidentally, quite telling your friends about our magnificent journal. Had at least a dozen new subscriptions last month, which puts us near 250, and is getting to be more than a weary old race walker can handle. Well, I'm not really serious about that, but I'm not trying to build a publications empire either.

THE MONTHLY COLLECTION OF RACE WALKING RESULTS FROM ALL OVER AND ABEUT

NAIA 2 Mile, Kansas City, Jan. 20--This is the first National Championship race of 1973, the NAIA being the organization of small colleges. No details on the race yet, but here are the first six: 1. Steve Tyner 15:04 2. Paul Ide 15:17 3. Rob Frank 15:43 4. Augie Hirt 15:55 (our good Ohio boy out at McPherson, Kan. College) 5. Dan Roggenbaum 16:06 6. Lance Herold 16:18. This is a scoring event in the NAIA meet, as it is in their outdoor meet. A far more progressive group than the NCAA. They also added the decathlon and marathon ahead of the NCAA.

NEAAU 30 Km Championship, Concord, Mass., Dec. 23--1. Tom Knatt 2:55:46 2. Kevin Ryan 2:57:46 3. Tony Medeiros 2:59:59 4. Bob Whitney 3:12:28 5. George Lattarulo 3:21:43 6. John Gray 3:21:47 7. Sig Podlozny 3:34:14 8. Fred Brown Sr. 3:34:22 9. George Grzebien 3:48:58 10. Steve Reitman 3:55:50 2 Mile, Belmont, Mass., Jan. 6 (Indoor)--1. Tom Knatt 15:18.4 2. Paul Schell 15:41 3. Bob Whitney 18:11 4. Francis Maher 18:55 5. Chico Scimone 19:56 6. Jack Doyle 20:09 7. Sig Podlozny 20:11 8. Fred Brown Sr. 20:16 2 Mile, Belmont, Jan. 13--1. Knatt 14:59 (old Tom is getting downright fast) 2. Ray Yarbrough, Coast Guard Acad. 16:52 3. George Lattarulo 17:28 4. Richard Moore 17:29 5. Peter Burkhardt 17:32 6. Max Hersh 17:33 7. Whitney 17:40 8. Scimone 19:23 9. Doyle 19:24 10. Podlozny 19:40 11. Brown 20:04 2 Mile, Belmont, Jan. 20--1. Knatt 15:04.6 2. Lattarulo 17:09 3. Moore 18:07 4. Whitney 18:19 5. Doyle 19:55 6. Podlozny 21:25 10 Mile, Central Park, New York City Jan. 21--1. Steve Hayden 1:30:50 2. Gary Westerfield 1:30:51 3. Howie Jacobsen 1:39:46 4. Vinnie Davy 1:40:18 5. Jim Murchie 1:46:38 6. Ellen Minkow 1:46:44 Girl's 2 Mile, Same place--1. Wendy Houser 19:57 2. Denise Kurz 20:17 3. Julie Seeger 21:10 4. Jane Sessa 21:47 5. Mary Ann Sessa 22:12 1 Mile, Nassau H.S. Coaches Meet, Jan. 13--1. Mim Murchie, Port Washington HS 7:51.1 2. Ellen Minkow, PWHS 8:00.8 3. Joe Walsh, Oceanside HS 8:20 3. Seth, Roslyn HS 8:37 Junior Met. AAU 1 Mile, Jan. 3--1. Ken Reynolds, US Merchant Marine Academy 7:48.6 2. Jim Murchie 7:51.3 3. Vinnie Davy, CW Post College 7:51.5 4. Rob LaMab, USMMA 8:22.1 Sr. Met. AAU 1 Mile, Jan. 10--1. Ron Kulik, NYAC 6:40.5 2. Ron Daniel 6:43.1 3. John Knifton, NYAC 6:44.4 4. Paul Stewart, USMMA 7:33 5. Ken Reynolds, USMMA 7:34.5 6. John Shilling, NYPC 7:45 7. Jim Murchie, un. 7:50 8. Rich Pfeffner, NYAC 8:15 9. Rob Lamb, USMMA 8:16 10. Jack Menendez, USMMA 8:25 11. John Burkhardt, USMMA 8:44.5 1 Mile, Philadelphia, Jan. 19--1. Ron Kulik 6:35.2 2. Ron Daniel 6:38.1 3. Howie Palamarchuk 6:38.5 4. Dan Connor, U. of Tennessee 6:45.8 5. Dave Schultz, Shore AC 6:46.4 6 Mile, Long Branch, N.J., Dec. 4--1. Ron Daniel, NYAC 47:21 2. Howie Palamarchuk 47:25 3. Rob Mimm, Penn AC 51:48 4. Randy Mimm, Penn AC 53:28 5. Don Johnson Shore AC 53:59 6. Dave Schultz, Shore AC 55:28 7. Terry Anderson, Shore AC 56:08 8. Fred Spector, Shore AC 57:39 9. Wayne Norman, Shore AC 57:58 10. Lou Stalsworth, Shore AC 60:48 11. Vicente Macreira, LIAC 60:50 12. Luis Montes, LIAC 61:21 13. Bob Carlson, Shore AC 62:20 14. Alan Wood, Shore AC 62:21 15. George Garland, Shore AC 63:08 16. Rob Facciola, Shore AC 63:47 17. Elijah Jenkins, Shore AC 68:45 18. Sandy Kalb and Bill Lloyd, Shore AC 70:05 Women--1. Stella Palamarchuk 57:50 2nd Annual New Year's Eve 4 Mile Handicap, Detroit--1. Steve Hayden 32:59 2. Jerry Bocci 32:59 3. Jeanne Bocci 34:53 4. Bill Walker 35:18 5. Leon Jasionowski 36:17 6. Lynn Olson 38:12 7. Bonnie Huff 46:55. Now, if you think casanova Hayden went all the way to Michigan to walk a chintzy 4 mile race in the cold, you are what they call naive. You are also unaware of the charms of one Lynn Olson. Bocci figures this was the largest field for a Detroit race since the 1968 National 25 Km.

? Annual New Year's Eve 6 Mile Handicap, Continental, Ohio--1. David Wasserman, Continental 76:15 2. Kevin Adair, Continental 72:26 (actual times shown) 3. Tim Blackburn, Continental 76:09 4. Jody Wasserman, Continental 76:09.5 5. Greg Logan, Continental 67:00 6. Jack Blackburn 52:25 7. Doc Ela ckburn 63:30 8. Carol Mohanco 65:08--This race must have started back around '64 at the old Indian Village Day Camp here in Columbus but I think there was one year it wasn't held. Anyway I'm not going back to check out what annual it was. For the second time in as many months, Blackburn handicapped himself, and this time his father, right out of a race. Eleven-year-old David Wasserman took advantage of a 36 minute handicap to win by over 5 minutes from the 16-year-old Adair. Twelve-year-old Tim Blackburn finished a half step in front of Jody Wasserman, also 12 and 15-year-old Greg Logan came next. Bob Smith thinking the race was to be at 10:00 or later, drove up in his new Jeep with Carol Mohanco about 5 minutes after the two Blackburns finished. Gracious host Jack, sometimes known as a dirty old man, walked and her 6 miles with Carol, while Smitty pulled up (or froze up) after 3 miles. The temperature dropped from 29 to 25 during the activities and the wind rose from 10 to 30 mph. Much partying took place until about 3 am, when no one else would stay awake to listen to the drunken ramblings of the host. 4 Mile, Worthington, Ohio, Jan. 21--1. Jack Mortland 34:10 2. Jack Blackburn 34:41 3. Ben Benedict 39:24 4. Bob Smith 39:30 5. Carol Mohanco 40:54 6. Doc Blackburn 41:55 7. Clair Duckham 42:50 8. Don Shartzler, Continental 52:00 9. Roxie Jones and Robin Mansfield, Continental 54:54....A hastily arranged race with the distance agreed to about a half-hour before the race. Mortland caught Blackburn just before 2 miles and edged away from there as both were near pneumonia cases. Young Benedict and Smith had a thrilling race with Ben taking an early lead only to be caught around 2 miles. However, he had too much for Smitty over the last half mile and pulled out to take third, showing excellent style. Carol looks like a contender in the Women's races this year as she continues to add strength. Don Shartzler was in his first race and second ever walk. 10 Mile Hdcp, Chicago, Dec. 100 (actual times shown)--1. Frank Dotseth, UCTC 1:39:41 2. Fred Kuhn, U. of Wisconsin 1:38:05 3. John MacLachlan, UCTC 1:39:52 4. Dan Fitzpatrick 1:37:37 5. Greg Comerford, Green & Gold 1:37:44 6. Jim Clinton UCTC 1:38:00 7. Dan Patt, Green & Gold 1:35:40 8. Dea n Kamin, G&G 2:17:00 Girl's 10 Mile (same place)--Christy Dotseth 2:01:21 2 Mile Indoors Chicago, Jan. 20--1. Dan Patt 16:40.2 2. Jim Clinton 16:53.5 3. Art McLendon, UCTC 18:01 Women's 2 Mile, Chicago, Jan. 20--1. Lynn Olson, Ferris State College 16:50.4 2. Critsy Dotseth 18:40 1 Mile, Doane College, Neb., Ja n. 13--1. Augie Hirt, Mcpherson 7:34.5 2. Lance Herold, U. of Nebraska(Omaha) 7:54.6 3. J. Soukop, Kearney State 8:07 4. G. Dittma, Concordia 8:21.1 5. R. Schults, Kearney 8:31.2 4 Mile, Denver, Nov. 23--1. Jerry Brown 30:17 2. Mike DeWitt 32:42 3. Pete Van Arsdale 33:02 4. Steve Christian 39:00 5. Al Christian 40:00 6. Jack Christian 40:50 3 Mile, Denver, Dec. 9--(handicap, actual times shown) 1. Dan Subry 32:00 2. Joe Manning 28:00 3. Vic Karels 27:45 4. Tom Cloyd 30:19 5. Floyd Godwin 22:48 6. George Lundmark 29:30 7. Pete Van Arsdale 24:51 6 Mile, Lake Oswego, Ore., Dec. 2--1. Jim Bean 49:37 2. Scott Massinger 54:24 3. Steve Robinson 58:21 4. Doug Buhler 58:22 7½ Mile, Tigard, Ore.--1. Scott Massinger 1:11:19 2. Don Jacobs 1:20:10 20 Km, San Francisco State, Dec. 31 (track)--1. Bill Ranney 1:38:08 2. Wayne Glusker 1:46:56 3. Roger Duran 1:49:25 4. Steve Lund 2:00:55 5. Art Smith 2:07:31 6. Phil Mooers 2:17:15 Women's 10 Km (dame place) 1. Sandy Briscoe 65:43 2. Cindy Evans 76:01 3. Karen Bessey 76:02 Lauren Lund 74:26 but not officially racing.

Ex-OTC Walker Richardson Shines--Parry Richardson, former Ohio Track Club ace now back home in England, returned the fast time on the 10 Km 3rd stage of the Blackpool to Stretford 80 Km Relay. Walking for the Lancashire "B" team, Parry turned in a 50:21, nearly a minute ahead of the Lancashire "A" walker as he led his team to a sixth place finish British National Junior 5 Mile, Oct. 21--1. Jacky Lord 37:45 2. Kevin Emsley 38:13 3. Nick Groom 38:57 4. P. Ryan 39:40 5. B. Woods 39:57 6. Olly Flynn 51:10 7. John Webb 51:15 8. Malcolm Tolley 51:24 9. Peter Marlow 51:39 10. Carl Lawton 51:51 (30th place in 55:22) Peter Marlow 28:44 3 3/4 Mile, Nov. 18--1. Ja cky Lord 28:03 2. Chris Eyre 28:44 3. Kevin Emsley 28:58 4. R. Emsley 29:40 7 Mile, Sheffield, Eng., Nov. 11--1. John Warhurst 49:02 2. Mike Holmes 50:05 3. Joe Barracough 50:14 (age 50!) 4. Ron Wallwork 50:52

UPCOMING RACES:

- Fri., Feb. 9--1 Mile, Los Angeles Times Invitational (I)
 Sa t. Feb. 10--2 Mile Hdcp, 880 yds Grade School, C.U. Fieldhouse, Boulder, Colo., 10 a.m. (B)
 10 Km (Indoor), Coast Guard Acad., New London, Conn., 9:30 a.m. (C)
 10 Km, Iowa State Fairgrounds, Des Moines, 2 p.m. (H)
 3 Km Men, 1 Km Women, Oakland Invitational (G) (distances not certain)
 Sun. Feb. 11--20 Km, Takanassee Lake, Long Branch, N.J. 1 p.m. (D)
 2 Mile Men, 1 Mile Women, C.U. Fieldhouse, Boulder (B)
 Fri. Feb. 16--1500 Meters, Olympic Invitational, New York City
 Sat. Feb. 17--10 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A)
 Iowa AAU and Open 1 Mile, Lamoni, Ioaw, 3 p.m. (H)
 1 Mile, San Diego Invitational (I)
 Sun. Feb. 18--5 Mile, Continental, Ohio, 12 noon (E)
 Fri. Feb. 23--NAAU MEWS 2 MILE, WOMEN'S 1.MILE, New York City
 Sat. Feb. 24--2 Mile Men, 1 Mile Women, CU Fieldhouse, Boulder (B)
 5 Km, Pella, Iowa, 3 p.m. (H)
 Sat. March 3--JUNIOR NAU 1 HOUR, RENO, NEVADA, 10 a.m. (F)
 Sun. March 4--7 Mile, Worthington, Ohio, 12 noon (E)
 Sat. March 10--Pac. AAU Championships, Marin College, Men's 15 Km, Women's 10 Km, Master's 10 Km, 9 a.m. (G)
 3 Mile, Hickman Track, Columbia, Mo., 9 a.m. (A)
 Sun. March 11--20 Km, Takanassee Lake, Long Branch, N.J., 1 p.m. (D)
 3 Mile Hdcp, 3/4 mile Grade School, Eroomfield, Colo.
 1 p.m. (B)
 Iowa AAU 30 Km, (Women's 5 Km), Newton, Ioaw, 9 a.m. (H)
 Sat. March 17--2 Mile, C.U. Fieldhouse, Boulder, Colo. (B)
 8 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A)
 5 Mile, Cedar Rapids, Iowa, 11 a.m. (H)
 Sun., Ma rch 18--RMAAU Men's 2 Mile, Women's 1 Mile, C.U. Fieldhouse, Boulder, Colo., 12 noon (B)
 6 Mile, Dayton, Ohio, 12 noon (E)
 Sun. March 25--RMAAU 20 Km, Potts Field, Boulder, Colo., 11 a.m. (B)
 2 Man, 6 Mile Walk-Run Relay, Hickman, Columbia, Mo., 2 p.m. (A)
 If your races don't appear above it's only because you didn't let me know about them. This schedule will only be as complete as you make it. Following is a key to those letters in parentheses.

A--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 B--Pete Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80302
 C--Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497
 D--Elliott Denman, 28 North Locust, West Long Branch, N.J.
 E--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
 F--James Bentley, P.O. Box 6466, Reno, Nev. 89507
 G--Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904
 H--Mike Sullivan, 2510 40th Place, Des Moines, Iowa 50310
 I--Bob Bowman, 1960 Windsor Place, Pomona, Calif. 91767

MISCELLANEOUS JAZZ FROM THE RACE-WALKING WORLD

Not without precedent, I have goofed. My World and U.S. Lists for 20 and 50 Km in last month's issue were replete with omissions, which have been brought to my attention by the more precise Bob Bowman, RW Editor for Track and Field News. In the World 20 Km List, Stefan Tzukew, of Bulgaria, had 1:27:00 and Aleksey Tyueshev, of the Soviet Union, 1:28:20 putting them 9th and 14th. At 50, Yuriy Schulgin and Yevgeniy Torgov, both of the Soviet Union, had 4:07:10 and 4:10:11, respectively, placing them 13th and 19th. On the U.S. 20 Km List, Dave Romansky had a 1:32:14 on the track in June with Steve Hayden returning 1:33:43 in the same race. This places them 4th and 7th. Mike Ryan had a 1:38:38.6, putting him 19th. Considering Hayden's fine track time and his 6th place in the Final Trials, I might have ranked him in the top 10 had I known about this time. Too bad Steve. Better luck next year (or this year, I mean). Finally, in the U.S. 50 Km List, Ray Somers had a 4:42:43.4 on the track in April, which places him 16th. My sincere apologies to all these fine athletes who I slighted. Please don't cancel your subscriptions, boys.....As to my World Rankings, they agreed fairly closely with those in Track and Field News, which were a consensus of the opinions of those three noted experts, Bowman, Mortland, and England's Colin Young....The ORW U.S. Rankings were used as they stood by Track and Field News for their rankings....Todg Scully was picked as the Shore AC's Athlete of the Year at their annual banquet....Larry Young finished eighth in the balloting for the Sullivan Award, the AAU's highest award, which went to Frank Shorter....Bill Weigle is now in the San Francisco area playing PhD meteorologist. Should he join up with the Athens AC he wont hurt their already rather strong team too much....The distance of the NAAU Indoor Walk is apparently up in the air. The Race Walking Committee designated a 2 Mile but the entries came out with it listed as 1 Mile and this is what the meet directors say they are going to have. It is now being argued, I guess, so those planning to compete should be prepared for either. Whatever distance, it will qualify the first two for the Indoor Meet with the Soviets... Clarification. Don Jacobs asks exactly what is the date deadline for the new Junior Class. I specifically asked this same question of Charlie Silcock when I spoke with him following the AAU convention at which the change was made and my understanding is that a competitor is an eligible junior until his 20th birthday. Anyone that disputes this, let me know....Dratted typewriter is skipping again, as you may have noticed. Might have to break down and get a new one some day as repairs on this one have been mounting....We learned just after publishing last month's issue of the death of Phil Jachelski on Dec-

ember 9. Known in the fraternity of walkers as the Baltimore cop, Phil was national chairman for several years, was national 50 km champion in 1932 and 1933, and was one of the first three US judges designated as a member of the IAAF panel of judges. Phil had contributed much to the sport through the years and will be missed by all who knew him..... According to the Rocky Mountain Walker the Colorado Track Club captured the overall 1972 Club race walking championship with Senior titles at 10, 15, and 30 km and second at 20, as well as a second in the Junior 10 km. Members of the championships teams included Bill Weigle, Floyd Godwin, Jerry Brown, Pete Van Arsdale, Bob Fenland, George Lundmark, Joe Manning, and Chris Amoroso....In the same issue of that magnificent paper, Bill Weigle reports on his training for the National 50, which he won in 4:22. Bill Says, "I was pleased with the results since I experimented a lot in my training. Essentially, the training amounted to about 70 miles per week with 20 of that being running the last few weeks. The average pace of the walking averaged out to a few seconds under 9:00/mile for the entire period. No intervals, since I feel most people destroy form and relaxation walking intervals..you can get the same physiological effect from running. I put in a lot of hard sustained efforts, at race pace and faster. One week before the race I put in a 1:36:22 20 km and 3 weeks before a 72:45 15 km. On a flat course and/or with someone closer the second half of the race I feel sure I would have broken 4:20:00. This was my strongest and easiest 50 yet, and I seem to be recovering from it faster....I also did only two 20 milers as my longest workouts in preparation for the race and am now convinced that one can race successfully at 50 Km without doing the long ones (over 20 miles) in training--as long as you put in a lot of good sustained efforts near and under race pace at 10 to 20 miles."..... This is quite interesting and one might note that Larry Young does similar mileage although at a quicker pace and probably with considerably less running. Steve Hayden was no doubt doing even less at the time he qualified for the team, although he has talked since about trying to mess himself up by doing silly 100 mile weeks. In any case, while these three guys walked in Munich, the 100-mile-syndrome guys were back home. Which doesn't prove by any means that they have a magic formula or even that they might not do better on increased mileage. However, I still feel that there is some point at which the possible returns from increased mileage are so diminishing and the risk of break down so great that it is silly to venture into that territory. Perhaps the optimum is in the 70 to 80 mile range, depending of course what one is doing in that 70 to 80 miles. And ultimately you come back to the innate advantages that one individual has over another. Some people are apparently for whatever reason, simply physiologically better adapted for putting out over four hours plus. From my own experience, I am not certain I could ever have walked successfully at 50 kilometers whatever I did. For example, in 1964 I was doing 50 to 60 miles a week including a 20 to 25 miler once a week. These might be as fast as 2:55 for 20 and were rarely slower than 9:30 pace. The rest of the training was very intense practically all at sub 8 minute pace so that the average was at least 8:1 for the total mileage, compared to Bill's just under 9. There was some interval work, but all at 3/4s, 1 mile, or 1½ mile intervals, or even 3x2 miles always with a fast stroll of no more than a minute between intervals. So, although I was 10 to 15 miles a week short of Bill one would think that, relating to his experience, I should have been able to go a rather quick 50. I had one try at it that spring. Eased through 20 miles in about 2:54 with over a half-mile on Chris McCarthy but by 24 miles was completely finished as far as serious walking went. All out of fuel, despite seemingly adequate intake during the race. Two years later

I decided that I was going to win the National 50 for kicks and went into a crash 8-week program with Blackburn. (Not completely crash as I was quite fit when I started but not used to the long haul.) My training was quite similar to the above except that on our weekly long one we went out 15 minutes further each time, thus adding a half hour a week. This built up to an unheard of 5 hours two weeks before the race in which we covered around 29 miles. The race went the same. A strong 20 mile in around 2:54 which had me up in third behind some punk kid named Larry Young and the old veteran Alex Oakley. And then a complete collapse 3 or 4 miles later. I would imagine I could have strolled out either of these in the low to middle 4:50's but my goal both times was sub 4:40 and I chose to drop out both times. The thing is, on both occasions my training would seem to equate with that of Bill and I was capable of a 20 Km time as quick as his. But I was completely unable to walk what either he or I would consider a successful 50. And how did this long dissertation get in the middle of miscellaneous jazz. And what am I trying to say. I guess that each man has to find his own best event and then the optimum way of training to achieve best results. It's good to read what Bill Weigle, or Larry Young, or Ron Laird, or maybe even Jack Mortland does in training but the most you as an individual can do with it is let it evolve into your own training scheme together with everything in your experience.... Bruce MacDonald reports that walks are starting to appear in many of the track meets around New York City. Small college conferences in the city, on Long Island and in northern New Jersey and Connecticut have walks in their indoor and outdoor championships. The high schools in Westchester County have had walks in all of their indoor meets and had a walk in two of their outdoor championships last spring. It is also reported that the Catholic schools in New York City are going to have a mile walk in their meets this spring. So things continue to improve on the race walking scene.... Bruce also reports that the qualifying standard for the Women's Indoor National 1 Mile is 9:08. For men, the standard is 6:45 for 1 mile, 13:40 for 3000 meters, or 14:40 for 2 miles. (The latter two apply, I assume, only if they do indeed contest a 2 mile.).... Now here is a really nice letter from one of the more recent newcomers to our sport, Augie Hirt of McPherson College via Piqua, Ohio: "Ever since my Dad and I would go out on walks when I was a small boy, I have been fascinated by the sport of walking. As I grew older, we would walk faster and I got to the point that whenever I walked, I walked fast. I must have been in high school when I started hearing about the Romanskys and the Lairds and first learned of the sport of race walking. When I was far out in the country on one of my runs, I would race walk for a mile or so but would stop as soon as a car approached because I would be embarrassed. This yearning to race walk lingered on until my junior year in college. I decided to enter a college mile walk and with one day of practice under my belt, I walked a 8:41 and won. A plaque for first place was a first in my track career and this started my thinking very strongly about a future in race walking. A medal or trophy to a youngster that hasn't had much success in other sports or is just starting out in walking means a lot more to them than a medal to a Young, Klopfer, etc. who is already established. Actually, having a medal that is your own and especially the first one that is won is usually a great motivator for the individual to work harder so as to be able to win more. My point is that I

feel that the programs I have come into contact with in race walking have been successful due to the work of a few dedicated individuals. I wish to thank all the Joe McNans, Jack Mortlands, and John Roses throughout the country that put their time into the sport of race walking so as to bring out the youth and stimulate them as they have done me. Keep up the work and I hope someday that I will be in the position to help youngsters as these men have".... Augie also reports in another letter that he had the opportunity to talk with Ron Laird and Larry Young following the FAIA meet and got to work with Ron for a couple of hours on correct hip drop and knee lock. Obviously, Augie is going to be getting too tough and we probably don't want him back here for any races..... Laird, after spending the holidays in Ashtabula and backing out on his promise to get down here for a workout moved on to St. Louis and then Reno and hopes to be settled back in California soon with good weather and roads to train on. He plans for peak fitness by the summer and another trip to the Lugano Cup in the fall if all goes well.... A note to all those walkers listed in the last issue as being considered for a contract on the pro track tour (a list stolen from the Guano Press). For those that have inquired; I don't have any further information on who you can contact for further details. You'll probably just have to hang loose and see if they come to you.... Bob Whitman comments on the judging article I ran last month: "I do agree that walking should look like walking. I don't agree that if a walker is lifting the advancing foot will land under his body. I do agree that it is a judgement call. Movies of races that I have seen have shown that judges have not given cautions to walkers that didn't deserve them. It has always been the other way. We have to remember that the rule states that "if the walker is in danger of lifting he shall be given a caution" and not if he is definitely off the ground." (Ed. But we also must remember that he cannot be disqualified until he is definitely off the ground).... Now, while we are on this subject and while this so-called miscellaneous jazz drags on interminably, let us turn to the Chris McCarthy comments that we mentioned last month accompanied the McDougall article when he first ran it. Chris, the astute one, said: "We are in agreement with John that a lift has to be something extraordinary for a judge to be able to detect it with the naked eye. Since a mile walker is taking something like a 40" stride, and covering the distance in 6:40, a simple manipulation of the slide rule reveals that he takes four steps per second. And if Tomsalu is correct in assuming that the double contact phase is only 0.081% of the entire stride, it follows that the double contact phase of a 6:40 miler, with 40" stride is approximately 0.01 second. Accordingly, we have often wondered what those judges who get down on their hands and knees are looking for. They might find a few stray coins, but lifters?--like John says, a guy has to be pretty damn high before they'll see it. Obviously then, judging has to rely on inference, and John's test is a good one for certain types of lifters. What he has suggested is that judges be on the lookout for "flat footed" walkers. Guys who bring that leading leg down underneath them. Maybe it's impolite to name names when talking of lifting, but this was the major fault that young Rimas Vaicaitis was prone to. When he got tired he was unable to get the lower part of his leg straightened sufficiently. That is, the upper part of his leg, from the thigh to knee would come forward, but from knee to foot would not swing out enough to permit him to land on his heel. He would then come down flat over his leg and even then with a little hop as his rear leg would leave before he came down on the forward foot. The only cure we know of for this is to slow down when tired. But since Rimas was allowed to go bounding by the judges, he had no great difficulty

in turning in a 6:27 mile. His secret, incidentally, was tremendous shoulder strength, plus terrific coordination. When tired, he could push himself on through sheer power long after his legs had ceased to function properly. The other kind of lift, not mentioned by John, is the "long lift" (as opposed to the above--the flat-footed lift). In the long lift, most usually seen in dead sprints, the walker opens his stride all the way, gets that leading foot well out in front of him, but does not get it down before the trailing foot leaves the ground. This is a much higher type of lift, and might even be detectable by the naked eye--if disgraceful enough. The cure for it is to turn the hips and/or slow down!

MEMORIES

10 Years Ago (from the Jan. 1963 Race Walker of the above Chris McCarthy) The cover shows John Allen leading Vladimir Golubnichiy, Anatol Vedyakov, and Ron Zinn during the 1962 US-USSR meet. Allen did not lead for long....Not much news in this issue. Alex Oakley, Felix Cappella, and Bill Grandy reportedly literally ran away from Ron Laird and John Allen in a Toronto mile with Oakley winning in 6:43.3....Alan Elakeslee beat Ron Daniel in the Metro Mile 7:04.3 to 7:07....Laird turned in a 7:07 and a 15:06 in Chicago races...and George Shilling was Pedestrian of the Month (Incidentally, Don Jacobs was Pedestrian of the Month in Dec. 1962 and I slighted him by not mentioning that last month)

5 Years Ago (from Jan. 1968 Ohio Race Walker)---Dave Romansky turned in a sparkling 1:15:49.5 10 mile in Asbury Park on Dec. 31 leaving John Knifton 4½ minutes in arrears....Ron Daniel won the Mets this time in 6:39.7 and Ron Laird copped the LA times in 6:32.9. He then came back with a 6:2 8.2 in the Athens Invitational to top Tom Dooley's 6:33.9....Ron Laird won the Ron Zinn Memorial Trophy as the outstanding walker in the country for the second straight year and fourth time in its history.. Also Blackburn commented on the political scene (costing us one subscriber as I recall) and Mortland reviewed a Modern Jazz Quartet concert...And the ORW announced the first D... John Elackburn Award, which went to Larry O'Neil for his 19:24:52.4 100 miler

MORE ON JUDGING

Since we have this judging discussion going (largely a one-ended discussion so far), that Jan. '63 McCarthy rag had some follow-on to the McDougall article, which seems worth going into (Although we may run out of room before we get through it all). Frank McGuire had written a letter adding the "goose-stepper" and the lift of the good stylist who lifts through sheer speed. From this McCarthy took off again, as follows:

"We had already mentioned the "long lift" in our comments last month, so putting the various kinds of lifting together, we see that we have three. These three are the "straight-legged running" or "flat-footed" lift, the "long lift", and the goose-stepping lift. To these we can add one more, fairly common, which is an irregular lift, that takes place on one leg only, usually when the walker loses control over the offending leg. This last kind of lift will be easily observable, but it is very difficult to tell if contact is actually broken. Even though one leg of the walker is "acting funny", many judges are hesitant to say when an offense has been committed. (He then has some drawings illustrating various offenses, which we definitely don't have room for, so we will stick to his descriptions.)

"First is not a lift at all, but a corrupted form of the race-walking technique known variously as creeping, sneak trotting, bent-knee jogging, etc. As long as the walker maintains contact with the ground, he satisfies the IAAF definition of walking. (No longer true)Nothing, no kind of lifting, is as troublemaking and disruptive as creeping. It's very easily detectable, and inexcusable, when it is passed. Frequently creeping is accompanied by lifting--at which time it becomes indistinguishable from running.

"Next is the flat-footed lift. The forward leg lands underneath the body (as does that of a runner) instead of well in front. Typically this type of lifter lands flatfooted instead of on his heel. Another characteristic will be a high lift of the rear foot as it leaves the ground. Apparently this is a very common type of lifting style, but one that judges must be on the lookout for. Walkers with especially short strides for their body height are always (and immediately) suspected of this type of walking. All the more so, because the short stride walker has to take such fast steps to make any time. We would strongly urge all short-stride walkers to work on getting that forward foot out there; the short stride succeeds only in attracting the scrutiny of the good judges.

"Next is the long lift. Actually, it is not too much of a problem. For one thing, the violation tends to be gross. Secondly, it is an extremely demanding type of locomotion--the straight legged running style is much easier and hence common. Usually judges will see this type of lifting during sudden accelerations such as in the final dash for the tape, or when passing. Walkers can help avoid this kind of lift by deliberately keeping their arms down, and turning their hips much more than normally turned.

"The goose step is a very awkward means of locomotion. Awkwardness, however, is not proscribed by the rules. But again, like all the other imperfect styles, it will attract the immediate attention of alert judges and the walker who uses this style will attract more attention than his fellows. In addition, it looks like lifting from in front, and behind, and even broadside on, it's difficult to determine whether it is or not. The goosestepper must undergo a very basic change of technique starting from scratch. He must deliberately try not to lock as he lands; for his basic trouble is that he locks before he lands. A delayed locking style (i.e. landing on a slightly bent knee, and then locking before the traveling leg passes the supporting leg) is recommended by all the leading texts such as those by Whitlock, McGuire, Frukto, etc. The USA walking rules, until the mid-fifties, and apparently the rules in Germany too, required a straightened knee upon landing. Developments in photography, however, have shown that walkers do not, in fact, land on fully straightened legs, except possibly at full speed, and the rules have now been altered to require only straightening at the knee for an instant. It appears, however, that goosesteppers are overcompensating, or over doing, the locking action. Also, it appears that they do not sufficiently get that hip around, so as to get the leading leg smoothly down."