Richmond, Va., March 16—Miloš S一切都 vetern of many International contests including two Olympics, strolled to an easy victory tonight in the 3 Mile walk during the USA-USSR Indoor Track and Field dual. With an effortless 20:56, S一切都 finished 3 seconds up on his countryman Yevgeniy Ivchenko. Ron Daniel stayed fairly close through 2 miles but then faded to take third in 21:31.2 and Ron Kulik was a distant fourth in 22:20.

Kulik led for the first 3/4 mile and then the Russians took over with Daniel right on their heels as they passed the mile in about 7:03. Kulik started to lose ground then but Daniel hung on to 1½ miles where he started to fade. At 2 miles the Russians were 14:06 to Daniel's 14:11 and Kulik's 14:36. From there, the two Soviets picked it up slightly, but S一切都 anyway, could obviously have gone faster throughout had it been necessary.

Not to criticize either of the Ron's, but the fallacy of using a 1 mile race to select competitors for a 3 mile seems obvious. The ability to blast a fast mile does not necessarily equate with the ability to hold up over three times that distance, apparent in Kulik's case particularly. Now, perhaps had the selection race been set at 3 miles these same two would have been trained for that distance and would have still comprised our team. As it was, they were concentrating on 1 mile races all winter. The fault, of course, is not with the race walking committee, who at least recommended a 2 mile, but with the AAU Meet Committee, who would not allow anything over a mile. If the indoor dual meet is to continue, let us hope that future years will see a proper selection race, even if it has to be held separate from the AAU meet. (Of course, the fact is, we probably don't have anyone that would have beaten these two over that distance, so maybe it doesn't matter.)

BAILEY CAPTURES JUNIOR 1 HOUR

Reno, Nev., March 3—(From James Bentley Sr.)—due to a 3-inch snowfall on Friday morning, there were a succession of cancellations for the 1973 NAU Junior 1 Hour Race held at the University of Nevada at 9:30 this morning. However, the snow was completely melted by race time and a dozen junior walkers took the starting line, with the thermometer reading 30 degrees...a relatively warm day for Reno this time of year.

The race was held on a 440 yard all-weather track and the officials outnumbered the competitors—a rare instance in race-walking circles. The event was a three-fold first for the competitors. It was the first Junior Championship held under the 14 through 19 age definition. It was the first Junior Championship of 1973. And, it was the first NAU race walk championship ever to be held in the state of Nevada.
At the sound of the starter’s pistol, Julio Hallack and Jim Bentley, Jr., broke into a decisive lead over Bryan Snazelle, Bob Rosencrantz, and Brad Bentley. Both Julio and James passed the first mile in identical 7:54 times and kept up the stride-for-stride pace through the 2-mile mark, passing in 16:19. At that point, Bentley received a caution and settled into third behind Hallack and Snazelle. During the next 3 miles, Snazelle and Hallack battled back and forth, with Bentley about 50 yards behind. However, at 6 miles, Snazelle was cautioned and shortly thereafter so was Hallack. At 6½ miles, Bentley again took the lead and extended it continuously for the next 800 yards to cover 7 miles 136 yards and take the championship. Both Hallack and Snazelle also exceeded 7 miles in the hour.

Bob Rosencrantz, a 17-year-old Seattle high school student, looked strong in the fourth spot, with Brad Bentley settling for the fifth spot for most of the race.

Since Julio Hallack (a 19-year-old from Mexico City just recently arrived in the US to attend the University of Pacific) was not eligible for NAIA competition, his effort was considered an exhibition only. (Ed. First I have heard of a foreign athlete not be eligible to compete since I have seen them cop many top places through the years.) Julio, open king very little English, seemed pleased with his effort. He is training for the upcoming Mexico National 20 Km Championship and expects to win the Mexico Junior Championship next month. Results:


OTHER RESULTS:


The temperature was in the low 30's with high winds, so Kniffen's and Somor's performances were outstanding. Somor is going to be very tough if he stays clear of inquiries. The four Italians were visiting police men, but I am not sure why or who they were visiting. Sperdelso has walked internationally.

Kniffen's 5 km splits were 24:05, 48:03, 1:11:58, 1:35:58. Sperdelso was with them through 17.5 km but dropped back 24 seconds by 20 km. Sperdelso was 48:15 and 1:37:36. Ron Daniel dropped out at 17.5 km where he was fifth in 1:27:31 20 km, Long Branch, N.J. Feb. 11 - 1. Todd Scully 1:27:31 22. Jamee Griffin, Fontana 1:27:31 23. Alan Wood, Sac 1:27:31 24. Louis Kontes, LAC 1:27:31. The temperature was in the low 30's with high winds, so Kniffen's and Somor's performances were outstanding. Somor is going to be very tough if he stays clear of inquiries. The four Italians were visiting police men, but I am not sure why or who they were visiting. Sperdelso has walked internationally.

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Here is something I should do more often, i.e., credit my faithful contributors. Although putting this together is a one-man job, there wouldn't be much in it without the results and schedules regularly supplied by some faithful readers. So doubt I will forget someone in trying to list them all--to that someone, my apologies. So, my associate editors are Fred Brown Sr., Jack Beaton, Bruce Macdonald, Elliott Derman, Bob Hecoe, the Valarmas, Greg Diebold (via the infamous Quo Press), Gary Ryders, the Locals, Mike Rabin, Dan Duncan, Doug Hecoe, Steve, Hecoe, Mike Sullivan, Pete Vardalos, Martin Rodin, Doug Walker, Bob Whitman, Ron Daniel (if you're following the sort of geographical order of this, you can see almost I forgot poor Ron), Jim Bentley Sr.

**SCHEDULE OF WALKING-TYPE RACES**

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*Due to official's error.*

**MARCH, 1973**

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The Ohio Race Walke als written and published monthly by Jack Mortland, Esq., race walker and lover, at 3184 Summit St., Columbus, Ohio 43202. Subscription rate is $2.50 per year or $3.00 for 100 years.

Sun. May 26—Satinat Naau 50 km, Las Vegas, Nev., 3 a.m. (H)
Men's 25 km, Women's 5 km, Stockton, Calif. (G)
Ohio 1 Hour Championship, site indefinite, (B)
Sat. May 26—2 Miles, California Relays, Modesto (G)
Sun, May 27—9 Mile Hardcore, Lakewood, N.J. (D)
Sat. June 2—5 km, Kennedy Games, Berkeley, Calif. (G)
6 Mile Race, Cosmo Park, Columbia, Mo., 9 a.m. (A)
Sun. June 3—Satinat Naau 25 km, Taunton, Mass. (H)

Key to cats to contact per those letters in parentheses:
A--Joe Duncan, 4004 D Ave., Cumbria, No. 62021
B--Pete Van Andrade, 200 Athens St., Apt. B, Boulder, Colo. 80020
C--Jack Poitano, 40 Melody Place, Stratford, Conn. 06490
D--Elliott Derman, 28 N. Locust, West Long Branch, N.J.
E--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
F--James Bentley, P.O. Box 6466, Reno, Nev. 89207
G--Steve Land, 602 Via Millego, Greenbrae, Calif. 94904
H--Pete Sullivan, 2510 4th Place, Des Moines, Iowa 50310
J--John Ercan, 1916 Windsor Pl., San Juan, Calif. 92179
K--Don Jacobs, Box 23414, Tigard, Ore. 97223
L--Drew Walker, 29 Alhambra, Toronto, Ca nada
L--R. Ron Gissweiler, 139 Indian Road, Toronto 15, Ontario, Canada
M--Fred Brown Sr., 141 Wash St., New York, 10012
N--Bob Kine, 46 Kendal Ave., Willowbrook, N.J. 07016
O--Stephen Palamarchuk, 6350 Crescent Ave., Gorwer Heights, Pa. 19020
P--Bob Goetz, 2010 World Way, Los Angeles, Calif. 90021
Q--Brett Johnson, 400 Melrose Place, Stratford, Conn. 06497
R--Jack Pastarnack, 15 1/2ASH St., Medford, Mass. 02135
S--Rohan Clzlowski, 138 Indian Road, Toronto 15, Ontario, Canada
T--Fred Kine, 46 Kendal Ave., Willowbrook, N.J. 07016
U--Drew Walker, 29 Alhambra, Toronto, Canada
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In the actual judging of the race, Palamarchuk, Kulik, and Romansky were cautioned for loss of contact and Knifton's D was for failure to straighten the right knee during the latter half of the race. The race was video-taped but after checking the director a nd control room crew, it was found to be impossible to review the tape within the time limit established by the new rules. So the stupidity of mile race walking, which we have had on from time to time through the life of this publication is one thing. The stupidity of the A.A.U. is another.

The entry blank for the women's race listed a qualifying time of 9:08 on the day after which it had to be achieved. This was a major error and should have been 9:08 after Dec. 1, 1972 because the entry deadline of Dec. 1, 1972, and any entering athlete completing the blank in good faith had no way of knowing it was an error. So Stella Palamarchuk, who everyone knows can better 9:08 and who has given so much of herself to build the sport, submitted a qualifying time achieved before Dec. 1, 1972. So Stella was informed by phone two nights before the meet that she could not compete. An effort by Bruce MacDonald to have an intermediate time during a 5000 meter race accepted was also refused. Stella went to New York anyway trying to get a last-minute reprieve, but to no avail. Another girl with a qualifying time of 9:00.2, under that listed on the blank, was also refused entry. So the mighty A.A.U. gods and once again the athlete pays. Of course, the track was crowded with a field of six starters. Now, I have a theory that the repeated arrogance and stupidity of the A.A.U., realizing the pitfalls of bureaucracy and red tape that any such organization can plunge into, but will these idiots never learn that they are serving the athletes and not vice versa. Well, the conservative Ohio Race Walker better not go to far. For the rantings of the far left on the subject, get the Quanco Press. Of course, you must stumble through the usual exaggerated rhetoric of the underground press, but, in essence, they tell it like it is. I hope we have an Indoor Mile next year, on the pro circuit of course.
Commentary from Don Daniel (who did not know he was going to be embarrassed by obscene pictures showing both his feet off the ground when he wrote this): "After many years of competition, viewing films of American and European "greats," I have come to the following conclusion. That 100 percent contact in race walking is non-existent at the championship level, especially in the high-speed races such as a 20 K. (Ed. note, my guess is that the problem is one of poor execution by the athlete, and not one of a poor surface on the ground. Let me try to explain.

First, we assume that 100 percent can be attained. The ideal condition would be a perfectly flat surface and physically ready body (no injuries, no fatigue). There is now some maximum speed where 100 percent contact exists. In order to maintain this top speed and contact a very high degree of coordination and timing is taking place. Neglecting fatigue or other physical problems, loss of contact can be caused by an irregular surface. The worst type being a blacktop road with occasional waves; this type of surface is so innocuous in appearance that the walker is lulled into complacency by the "smooth" fast surface. What a surge at high speed is similar to a car wheel with poor shocks. The walker steps off of one of the hidden waves and bounces before he is even aware of it and his reflexes have started to damp out the lift. But not before several non-contact steps go by. Now take other irregular surfaces, or a moving surface (indoors track) and add fatigue, strain, etc., and we have the ingredients for less than 100 percent contact. Usually this type of break in contact is so slight that it can only be detected on film. Without further speculation, that is my theory on speed walking that wins the big one.

Editor's comments: Some points well taken. I don't know if 100 percent contact is completely non-existent at the top level but I have been told that close viewing of films shows all of the first six in the Munich 20 off the ground. Yet these are all men who are recognized as excellent stylists—who look like race walkers should. As stated at other times it is physically impossible to detect loss of contact at these speeds when it is slight and the judge must rely on subjective factors. And these factors indicate that these guys are very legal on their good days. I suppose the answer is that 20 K races should be won at 1:20, not 1:26. As Ron states, the effects of irregular surfaces are a very important factor and becomes even greater as fatigue builds up. And this is true not only in the speed races. I think this is one reason we often find more disqualifications in high-level 50's than in 10's. It becomes extremely difficult to maintain a fluid style over an irregular surface after 2 hours or so. Perhaps the loss of contact is not greater than in a 20, but the style deteriorates so one no longer "looks like a walker" and the judges move in. Those subjective factors again. As to the real high-speed races, films taken of several of our walkers doing all-out 110 yard sprints at the 1968 Olympic camp show that it is definitely possible to maintain contact at a pace of better than 6 minutes a mile. But it is very tempos and they would not have to go many more yards before the fatigue factor (or heading into a turn) would throw them right off. So much for that.

Commentary from Doc Blackburn regarding the glycogen loading discussion in last month's issue: "Before an athlete embarks on this training plan, he should determine whether he has any susceptibility to diabetes. He may do this by inquiry as to its existence among his relatives. If any doubt exists, a glucose tolerance is recommended.

March, 1973

"Diabetes is largely a genetically determined metabolic disorder. A small percentage of us are latent diabetics. It is my opinion that this alternative starving and starving with carbohydrates could very well convert a latent diabetic condition into an active one.

"The training plan otherwise has much to recommend it and should not cause difficulty in those having no diabetic genes. It will be interesting to note in the next few years how universally accepted this practice becomes. That will be the proof of its usefulness."

One other note of caution before we leave this subject. In the March Runner's world, Dr. Gabe Kirkin, a distance runner himself, discusses his experience with one patient he had who had experimented with such a diet. With out going into details of the case history, Dr. Kirkin concluded that in susceptible runners carbohydrate-loading can be risky because all excess calories can clog the arteries of the heart. Again, this is probably the rare case, but it further indicates that it would behoove one to undertake such a program under some degree of medical supervision.

Some late news, fresh out of today's mail: 8 Mile, Olympia, Wa., March 17—1, Leonard Bussn 60:17 2, Ron Strider 60:17 Walker Triathlon, Columbia, Feb. 2 1, 3:2, 1 mile—1, Art Fleckner 3:08 (3:08, 3:52, 4:58) 2, Bob Ester 3:18 (3:18, 3:52, 4:58) 3, Bill Leuthold 3:23 (3:23, 4:06, 5:09) Columbia, March 10—1, Dave Schulte 26:53 2, Joe Duncan 27:42 3, Leon d Ban 29:33 4, Don Johnson 34:58 5, Dave Schulte 37:23 6-Mile Run-Walk, Columbia, March 26—(one guy runs, the others walks, alternate miles)—1. Stan Smith (4:45, 4:45, 4:45) and Dave Eshleman (4:45, 4:45, 4:45) 2. Don Linder (4:45, 4:45, 4:45) and Art Fleckner (4:45, 4:45, 4:45) 3. Bob Young (4:45, 4:45, 4:45) and Larry Young (4:45, 4:45, 4:45) 4. Larry did 3 in 6:53 last year and is obviously a bit short on training at this point) 13 teams finished. Add to the Race Walking Schedule: April 28—10 Ks and 5 Ks at S.C. Relays, Walnut, Calif. 10 is at 9 a.m. and the 5 at 5 p.m. Contact Bowman.

A Peek Into The Past:
10 Years Ago (From the March 1963 Race Walker)—The 20 K National was held early because of an early date for the Fan-AM Games and one Ronald Owen Laird walked off with the title in Chicago. Ron Zinn started the race off with a 6:58 mile and held his lead through 8 miles. The next 2 miles were touch and go before Laird's strength paid off for the win in an excellent 1:34:52. Zinn faded to 1:36:02 at the finish with Alex Oakley (1:36:36) and Ales Szekely (1:36:40) close on him at the finish. Jack Mostl ND was almost running back in fifth, just ahead of John Rankin, and 50 K man, Chris McCarthy, walked his fastest race ever missing the 1:40 barrier by just 7 seconds in 8th.—Ken Mattews beat Paul Nihill in the British R.A 10 Miler, 73:00 to 73:34 with Rudy Waldman coming in 10th in 77:19. Two weeks later, Rudy was ninth in the above 20 K. Incidentally, their race, to show that race didn't improve, 14th, 15th, and 16th in that 20 with times in the 2:08 to 2:14 range were a Goetz Klopfer, a Jerry Brown, and a Don DeLoon.

5 Years Ago (from the March 1968 OW)—On the Fairy Tale track in San Francisco, Larry Young bettered the American 50 K record with 4:12:40 (he has improved too) and Don Laird also bettered Klopfer's old mark with a 4:29:2.4. Ken Dooley also had a fast track race with a 1:08:50 15 K in San Francisco. Bill Romney had a 1:10:24 in this one and went
to 10 miles in 1:15:30... On the East Coast, Ron Daniel got into the record breaking act with a 3:05:42.8 for 35 km, beating John "Hilton" by 2 minutes... Dave Romansky turned in a 1:16:36 for 10 miles on the Astbury Park boardwalk... Portland made an early pick for spots on the U.S. Olympic team tagging Laird, Dooley, and Romansky at 20 and Kloper, Young, and 1 at 70. Not bad preoccupation with all this taking it, although Romansky filled the question mark at 20 and Ruby Halusa took his place at 20.


This and That, Odds and Ends, Toppouri, etc.

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"Fack Hill to TUB" (A column of miscellaneous known from time to time as This and That, Odds and Ends, Fotopouri, etc.)

Here is something to know—secret training times. In Colorado, Jerry Brown has turned in 1:39:15, 1:36:15, and 1:36:40 for 20 km in Jan., Feb., and March, as well as a 1:50:05 for 10 and 2:36:00 for 30 in March. Floyd Godkin, on limited training, has turned in 1:39:48 and 1:39:20 for 10 and 1:36:46 and 1:37:20 for 20 and 1:50:05 for 10. A timed training workout in Toronto saw the following times (looks like a race to me): Pat Farrell 1:50:42, Alex Oakley 1:50:26, Roman Zhaozov 1:51:17 (by the way, this is 15 km for those who might be interested), Max Gould 1:52:07, Ron Sambolt 1:52:01, Ron Williams 1:52:56, Peter Thompson 1:53:24, Helmut Eber 1:53:25, and Joe Koza 1:52:21 (they even list 2 judges!... This has been mentioned in these pages before, but we might bring your attention again when the US Masters International Track Team tour to the South Pacific beginning Dec. 13. The 20-day tour includes competition in Fiji, New Zealand, Australia, and Hawaii in age divisions 40-49, 50-59, 60-69, and 70 up. You pay your own way of course. For further information contact David H.K. Finch, U.S. Masters International Track Team, 1640 Via Espejo, La Jolla, California 92037... Where or when is the famous Chris McCarthy. His last 10 km came back marked "Address Unknown." The Shore AC and Fenn AC have a dual meet on again this year for May 13, 1973. A unique affair in this country... In the Feb. 24 Athletics Weekly, Collin Young has a short feature on two Latvian walkers of some note (Latvia now being a part of the Soviet Union). Arnold Krizius turned in a 4:09:26 for 10 km as early as 1935 and also a 4:50:50 km in 1936, but dropped out of the Berlin record in 1936. During the war, he brought his 10 down to 4:54:1 for 1943 and continued to improve to track best of 1:36:13.8 for 20 in 1950 and 45:31.8 for 10 in 1952. A fairly lengthy career of top flight times. But nothing like his compatriot, Adolfs Liepaska, born in 1908, he first came to note in 1938 with times of 4:40:00 and 1:36:14.11. Eleven years later, he had the 20 down to 1:34:17.2 and had a world-leading 50 of 4:32:03 at age 39. However, he was just getting started. Another 10 years and he turns in
ally shook myself out of it by spurts of jogging (Hey! C'mon!) and about 1 a.m. got my second wind. Never again did I feel seriously pooped."

Castanada had failed in two earlier attempts at the record but in his record effort walked much faster than in the other two, although much slower than Letulippe. Following the race his heart rate, blood pressure, and temperature were all found to be within normal limits. He had deliberately put on about 4 pounds of fat prior to the race, which was felt to be enough to go 75 to 80 hours without food.

As good as these two efforts are from the viewpoint of physical endurance, they do not compare with what has been accomplished by trained race walkers. The Paris-to-Strasbourg race last year went in 67 plus hours and that is a distance of more than 320 miles. However, they have three enforced rest stops of more than an hour each, as I recall, so times in that race do not qualify under the Guinness definition. None-the-less, they are covering more distance in less time, and still with very little rest. Letulippe's performance would not leave him completely outclassed in this race but Castanada would have a way to go.

A phone call to friendly Steve Lund has given us the results of yesterday's (March 31) National Senior 10 K race. And here they are:


Derek Mortland is all alone out front what he said was a big cross-country race.

And here come the other two contestants, brother Scott and Mommy.