Santa Barabara, April 15—Ancient Bill Ranney (I can say that because I think he is at least a few months older than I) captured a big prize after many years of top-class walking when he won the National Senior 20 Km today. He did it in convincing manner getting away from Jerry Brown about a mile from the finish to record an excellent 1:34:15. Brown, who has also been at it for quite a few years, also proved that persistence (plus a few miles on the training course) pays off. These two will represent the US in the dual track meets in Europe this summer, including the big one with the Soviets and are also qualified for the Iugano Cup race in the fall. Joining them for that one will be Bob Kitchen and Todd Scully who walked fine races in third and fourth. Thus we have a complete new cast from last summer's Olympic 20 Km squad.

The race saw Ron Laird, back in good condition after an injury-plagued '72, off to a flying start and opening a quick early lead. Unfortunately for Ron, at 5 km he was informed by the judges that he was indeed flying and requested to kindly remove his body from the course. So much for that comeback for the present.

Among the others, Ranney, Brown, and Kitchen came through 5 km together in a swift 23:05 with Scully only 5 seconds back and Bill Weigle, Floyd Godwin, Roy Sosers, John Knifton, and Bob Henderson not far back. Only Larry Young, apparently not back in top condition yet, and a still ailing Tom Dooley were missing from the field.

At 10 km the first three were still right together, going through in 46:34. Sosers had now taken over fourth only 10 seconds back and six seconds ahead of Scully. Weigle and Henderson held the next two places but too far back to challenge for first unless everyone folded. Kitchen had to give up the chase during the next 5 km and Ranney and Brown passed the 15 km mark stride for stride in 1:10:25. Kitchen was 26 seconds back and Scully had moved past Sosers and was challenging Bob, only 5 seconds back. Knifton was a solid sixth at this point and Weigle was holding off the surprising Henderson for seventh.

There were no position changes among the leaders over the last 5. Ranney made his move over a slight hill about a mile from the finish and Brown was unable to respond and was in no trouble as far as holding onto second. Kitchen rallied to move slightly away from Scully and Sosers easily held off Knifton. Brown led the Colorado Track Club to an easy team title as his teammates, Weigle and Godwin, captured 7th and 9th. The New York AC was second, but with Laird 10th and Ron Daniel having a bad day, were not close. Ever-present and ever-tough John Kelly was the first over-40 finisher in 1:40:05 in 13th as Rudy Ha luna, suffering with torn muscles, required 55 minutes to cover the second half and faded to 17th. Turn the page for results.
**Notes on the 10 km resulted in the following month:**

Nancy Adriano had 52:44 in 45th not 51:14, in 14th, which shows Jim Bentley at 14th and Keith had 57:10 in 18th not 55:39 in 17th, which moves Brad Bentley to 17th...Julio Hallock was not allowed as an official cook because he had not been entered by the deadline and apparently did not have a valid AAU card. So he walked exulted on only.

**Note:** The March issue was Volume III, Number 1, not Number 2 as it said on the backsheet. We made at least one of these type mistakes a year (plus about one trying error per line) and I feel sorry for anyone having a complete collection trying to cut them in the proper order.

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**World 50 KM Record**

Hamburg, April 8-—Gerhard Weiden, sixth in the Munich 50 KM, broke Benno Salzenkope's world record for 50 on the track today with a 4:00:27.

Salzenkope's mark was 4:03:18.6 set last fall. On the way he had world bests of 2:46:42.3 at 35 km, 3:11:07 at 40, 3:12:14.8 at 25 miles, and 3:51:18.6 at 30 miles.

**Buchholz Stevie King A 50 Miler**

West Long Branch, N.J., April 15—Steve King of Ifford, England, who flew 4,000 miles to walk 50 here yesterday, made it a winning trip by convincingly capturing the 8th annual Eastern Regional 50-mile walking championship at Princeton College. King reeled off the 200 laps in 8:42:35.

For 19 miles, 10-year-old Manhattan College sophomore Rich Pleffner and Shore AC president Elliott Derman stayed right on King's heels, but the two U.S. challengers weakened after that and the Britisher went on to win by only 3:2 miles. Derman moved past Pleffner at 20 miles and went on to claim second in 9:13:05, short of his goal of 8:47:47, the US citizen's record set by John Kelly in 1966. Pleffner hung on to third and finished in 9:42:52, fastest ever by a U.S. teenager.

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(age 14) 6:15 7. Tom Marshall, BTR (10) 6:09 8. Mike Marshall,
BTR (11) 7:17 9. Ralph Hyllis, BTR (11) 7:04.6 — As you see, the
Burlington crew came over for this one. Bywaters is in school at
Western Kentucky and had a 9-hour bus ride just prior to the race, which
did n't help him. LaFarr, in only his second race, looked very tough. The
youngster showed good style but it tended to deteriorate in the middle
of the race. For that reason, it is very difficult to assess the overall
time. The first 5 miles of the race will be the most important.


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70:55 8. McCall 10, same place — 1. Angela Aromino 86:17 2. Pam


50 in a track 10 for the first time since his first one back in 1960 and

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**COACH SCHEDULE**

Sun. May 6—Junior 14Km, Portland, Oregon, 11 a.m. (J)
- Missouri Cup 20 K, Columbia, Mo., 2 p.m. (A)
- 30 mile, Sea Island Heights, Fla., 10 a.m. (D)
- 20 K, Dayton, 12 noon (E)
- 2 Mile, Chicago, 11:30 (F)

Sat. May 12—3 km, Toronto (F)
- 2 Mile, Borden, S.C. 14 K, 12 noon (G)
- 24 km, 5 km women, Stockton, Calif. (G)
- 1 Hour Chautauqua, Worthington, noon (E)

Sun. May 20—Women's AAI 50 K, New York City, 10 a.m. (H)
- 5 K, Van's Classic, Los Angeles (I)
- 5 K, Community League, Columbus, Ohio (A)
- 5 K, Len and Linda, Greenwich, Conn. (G)
- 5 K, Los Angeles, 10 a.m. (I)

Sun. May 27—1 Mile, Eden, 1 Mile Grade School, Broomfield, Colo. (B)
- 5 K, Women's AAI 5 Km, San Francisco State (K)
- 10 K, Columbus, Ohio, 12 noon (K)
- 10 K, Toronto, 9 a.m. (K)
- 10K, U.S. Irvine (I)

Sat. June 4—Women's AAI 5 K, Woodlake, Calif. (D)
- 2 Mile, Haywood, Calif. 12 K, 10 a.m. (C)
- 2 Mile, Borden, S.C. 14 K, 12 noon (G)
- 2 Mile, Chicago, 11:30 (F)

Sun. June 10—Women's AAI 5 K, Women's AAI 10 K, San Francisco State (K)
- 5 K, Columbus, Ohio, 12 noon (K)
- 5 K, Toronto, 9 a.m. (K)
- 5 K, Irvine, Calif. (K)
- 5 K, Keno, Wash., 1 p.m. (A)

**KEY TO RACE CONTACTS**

A—Joe Duncan, 4000 Defoe, Columbia, Mo. 65201
D—Peter Van Arsdale, 2050 Athens St., Ant. B, Boulder, Colo. 80302
D—Jack Elliott, 40 Velez Place, Stratford, Conn. 06497
D—Eliott Demar, 224 Locust, West Long Branch, N.J.
E—Jack Northcutt 318 Summit St., Columbus, Ohio 43202
F—Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904
F—Mike Sullivan, 2100 40th Place, Des Moines, Iowa 50310
F—Bob Bowman, 2150 Yellow House, Pomona, Calif. 91767
G—Doug Walker, 29 Atlantic, Toronto, Ontario, Canada
G—Larry Larsen, 99 Galloway Ave., Seattle, Wash. 98106
G—Bill Ross, 2131 S. Lincoln, Chicago, Illinois 60637
G—John Sanders, 492 S. Revere Rd., Bexley Hill, Pa. 19020

For those of you who may have wondered about the Zinn Award, which is presented each year by the Green & Gold AC of Chicago to the outstanding walker in the U.S., for 1972, we have the following information.

Bill Ross, who handles this, has been laid up all winter and unable to get the ballots out as he usually does. There will be an award, however, based on the votes of walkers throughout the country as always. This is your notice to send your ballot to Bill Ross, 2335 North Lincoln Ave., Chicago, Ill. 60657. You should vote for who you feel is the top six walkers, based on total contribution to the sport, for 1972, listed in order of preference from one through six. Bill will tabulate the votes and announce the winner of the 12th Annual Award as soon as possible.

Don Jacobs reports that the USTFF has an official's manual as announced in the previous issue, 12, it's his meet at 2012 Grand Prix at 11 a.m. at New York, the JYAC beat the CTC for the team title 12 to 15. But there is an award, however, based on the votes of walkers throughout the country as always. This is your notice to send your ballot to Bill Ross, 2335 North Lincoln Ave., Chicago, Ill. 60657. You should vote for who you feel is the top six walkers, based on total contribution to the sport, for 1972, listed in order of preference from one through six. Bill will tabulate the votes and announce the winner of the 12th Annual Award as soon as possible.

However, he feels it needs some revision. Don also has available several copies of Falle Lassen's 1972 Race Walking Statistics, a must for those who want a statistical rundown of who did what throughout the world in 1972. They are available for $1.25 per copy (including postage) from Don Jacobs, 2316, 12th Ave., Philadelphia, Pa. 19111.

June 2-5 Km, Daytona Beach, Florida (G)
- 2 Mile, 404 Via Hidalgo, Greenbrae, Calif. 94904
- 1 Mile, Ambassador, San Francisco (A)
- 1 Mile, Green Bay, Wis. 54306
- 1 Mile, Lincoln, Chicago, Illinois 60637
- 1 Mile, Bexley Hill, Pa. 19020

August 14, 1972

**FROM HISEL TO TOE**

Steve Van Arsdale writes: "The New York AC might not have seen it this way, but the Colorado Track Club saw the MAU 20 km as a 'rude wake.' Last year in New York, the NYCAC beat the CTC for the team title 12 pts. to 15. This year in Santa Barbara, the CTC came out on top 8 to 15. That was the last time in the last eight TTTB Senior Championships in which the CTC entered a full team that did not win the title; a victory string stretching back to mid-1971. So there is a challenge for the AC. Further details on last month's 10 km national. Spells for the first three were: Jerry Brown—7:25, 14:56, 22:17, 29:45, 37:10, 44:53, 51:19; Ron Laird—7:14, 14:57, 22:20, 29:51, 37:28, 45:05, 46:12; Bill Harker—7:13, 14:45, 22:19, 29:55, 37:37, 45:15, 46:51. Paul Nihill, England's great champion who was very disappointed over his results in Munich, has announced this year's participation in the sport. Like the other greats who have just announced their retirement, Jack Blackwell, Pauls; enthusiasm for the sport was way down, and so he decided 16 years
enough...I almost felt a need to hide the April issue of the Rocky Mountain race walker from my lovely wife for fear she would become jealous of my clandestine affairs. Van Arsdale again reports: "Kathy, my wife, had a dream wherein she raced against Jack Hortland. This may not sound too strange, except that she has never seen or talked to the fort—for that matter, I've never seen him either. Maybe he is only a spirit in that dusty garret of his, mysteriously cranking out the Ohio race walker each month." Geel! I don't remember that dream at all. I'm sure she did, though, as I have yet to stand up through a race-walking dream. I usually wind up literally clawing my way along, which strangely doesn't seem unusual in the dreams...And from Larry Larson: "At school (the high school where I teach) the other day a film was shown (quite new, in color) "Future Shock" based on the book of the same name. Host was Orson Welles. About midway in the film was a scene showing Cy Herer 6:30-7 3 miles walk down a narrow hilly road (perhaps in a suburban California area) on a cloudy day. All of a sudden out of nowhere comes this race walker dressed in white shirt and maroon meet shirt with name not readable on top of another shirt. He looks past Welles, looks up and gives this sheepish smile, and I'm at the camera and keeping moving. It was a legit walker I think (not same actor) who probably happened on the filming and the directors thought it was too good to be true and left it in. "Future Shock" yet!!! All my students really went wild (most of the school saw it during the day sometime). So the walker turned actor (as a CW reader?) please identify himself..." Mike Sullivan remarks regarding my comments in last month's issue that he feels we need one miles for kids and beginners, which is a good point with which I would not argue.

Flotsam:


Clink 'n' Brawl:


The Ohio Race Walker is edited and published monthly by Jack Hortland at 325 Old Oak, Olmsted Falls, Ohio 44138. If you have anything to do with our publishing costs but everything else is up and we are forced to follow suit. Henceforth, the CW is going to be $3.00 per year, which I regret but anyone who thinks I make anything off this is welcome to examine the books.

April, 1973
five walking participants in most tests, best relations were developed
between walking speed and depth of footprint versus soil strength in

terms of cone index. Walking speeds ranged from 0 mph on a cone index
of 6 (very soft) to about 4 mph on a cone index of 11; average walking
speed on pavement was 4.67 mph. walking speed increased from 0 to about
4 mph for depths of 22 in. (4 mobilization) and 5 in. respectively.


They really put the poor subjects through their paces making them
walk anywhere from 100 to 500 feet in the various tests! Anyway, you
now know officially that you can't walk as fast on soft soil as on the
pavement.

It was reported in the NY Times of Nov. 2 that Olympic 50 Km
champion, Don Thompson of England, had won the International 100 Km in Bollette,
Italy on Nov. 1 in 4:07:37 breaking the world 50 Km record on the way
with 4:01:05. The article stated the former world record was 4:16:06.6
by S. A. Rokke of the Soviet Union set in 1958, as if Thompson's time
would indeed be accepted. The race wasn't on a track of course and
turned out to be considerably short besides, as one might guess.


Something we haven't done for a while. Old Olympic results:

1908, London—300 meters (300 plus yards over 2 miles)—1. George
Larner, GB 14:55.6 2. Ernest Webb, GB 15:07.5 3. Harry Kerr, Australia
14:53.4 4. George Goulding, Canada 15:09.8 5. Arthur Howland, Australia
15:07 6. Charles Lesterwood, Denmark 17:21.8—heats were held the previous
day with 25 competitors but none from the U.S. Nine went to the
final.

GB 1:24:26.7—This was held 2 days after the 3500 with 10 mile heats
on the intervening day. Larner did 1:19:19 in his heat, so he had
good four days work. There were 26 entries for this but none from U.S.

Ernest Keth, GB 46:50.4 3. Fernando Attardi, Italy 47:37 4. Aage
Rasmussen, Denmark 48:09.0 5. Edward Danhill, GB 51:09 6. Frank
Kaiser, USA 5 William Palmer, GB and Arthur St. Morar, South Africa 5.4.

1920, Antwerp: 10 km (Track)—1. Ugo Frigerio, Italy 48:06.2 2. Joe
times available after first. Frigerio had done 47:06.2 in his heat the
day before and Hehir won the second heat in 51:34.6.

3 Km (Track)—1. Frigerio 13:14.2 2. George Parker, GB 3. Richard Remay
Roelker, US failed to qualify. Frigerio did 13:40 in his heat and Domi
Pavesi won the other heat in 13:46.4 but finished only eighth in the final.
23 starters in the 10 and 20 in the 3.