Bill Weigle easily won the Senior NAUJ 50 Km race walk today completing the distance in 4:22:27. This marked his fourth 50 in less than 11 months with the fastest being 4:20:09 and the slowest 4:22:53. If nothing else, he is consistent. And he is something else—good. Bill walked his usual well-paced race and started pulling clear of his Colorado TC teammate, Jerry Brown, after 20 Km. Brown eventually faded to fourth as John Knifton eased into second, nearly 8 minutes behind Weigle, and Ron Laird, desperate for some more international competition slipped into third. The top four qualified for the Lugano Cup 50 Km in October, but we assume Brown, already qualified at 20, will opt for that distance. This would put fifth place Floyd Godwin, a third Colorado TC member, on the team.

Weigle shared the early pace with Brown, Laird, and Bob Henderson. Laird was dropped after 5 km and Henderson after 15. Weigle wound up sixth as he faded badly the last 20 and Godwin came from nearly 8 minutes back of him. Godwin also gained more than 2 minutes on the faltering over the last 5 km and less than a minute out of fourth at the finish. Weigle walked a rather interesting pace with each successive 5 km through 25 faster than the preceding one and then each one slower through 45 before he picked it up a bit again at the finish. His second half was quite a bit faster with a 2:12:10 at 25 and 2:10:27 for the second half.

Several young walkers showed a good deal of promise. Austin Hirt, in his first year of walking and trying his first 50, captured seventh in an excellent 4:48:50. Dan O'Connor of the LIAC was ninth and most surprising of all was Al Shirik's 4:56:43 in eleventh. Shirik had been walking less than 3 months and had only limited running background. He was working on a college research project regarding the laws of motion, which some way led him to Larry Young and his first walking race, the IHAC 1 Hour, in which he just did 6 miles. A few weeks later he did a 1:54 20 km on the track and now this. The 21-year-old has a promising future if he sticks with it.

The race was started at 7:30 in the morning, which was fortunate as the eventual 81 degree temperature was felt only in the latter stages. The loop course was just over a mile, making 28 3/4 laps for the 50. The Colorado Track Club added another team title to their growing list with their 1,4,5 finish, beating the IHAC by two points. Ron Daniel's rather slow race and Ron Kulik's failure to finish hurt IHAC. Kulik and CU's Pete Venkredale were in the top ten most of the way before smoking the wall and dropping out. The results, including splits for the first six, follow:
May 1973

BENTLEY WINS SECOND JUNIOR TITLE

Portland, Oregon, May 6--Jim Bentley, a 17-year-old Reno, Nevada high school student, captured the NAAU Junior 15 Km Race Walking Championship title today. It was his second title of the year and the Bentley dominance was punctuated by the presence of Jim's 16-year-old brother, Brad, in second place. Bentley's time was 1:18:26.2, better than the fastest ever walked in Junior championships (which was, of course, actually a different category before this year).

Bentley took the lead after 500 yards on a cool, slightly misty day, toured the first mile in 7:25 and was never challenged. The next five places were rather Hotly contested in the early going but Brad Bentley and Seattle's Bob Rosencrans finally pulled clear to wage a close battle for second with Bentley moving away in the last 2 miles.

The results:


The Ohio Junior 1 Hour held in Lawrenceville, N.J., on April 29. Todd Scully was the early leader in the race but Roger Mills, the British 1973 10 Km Champion, passed him at 3½ miles and held off John Knifton the rest of the way. King was in the US for a couple weeks on his way to Canada, where he reportedly plans to take up residence. He has been somewhat miffed about being overlooked last year's British Olympic team after finishing second to Phil Enblen on an announced trial race.

Tom Knatt in sixth place had what must be his best ever speed race going well over 7½ miles. Just behind him, Howie Palamarchuk set American Junior records for both 10 km and 1 hour.

The rest of the race, which was conducted in two heats with 20 in the first and 16 in the second:


Other results:

More on the Senior 1 Hour held in Lawrenceville, N.J., on April 29. Todd Scully was the early leader in the race but Roger Mills, the British 1973 10 Km Champion, passed him at 3½ miles and held off John Knifton the rest of the way. King was in the US for a couple weeks on his way to Canada, where he reportedly plans to take up residence. He has been somewhat miffed about being overlooked last year's British Olympic team after finishing second to Phil Enblen on an announced trial race.

Tom Knatt in sixth place had what must be his best ever speed race going well over 7½ miles. Just behind him, Howie Palamarchuk set American Junior records for both 10 km and 1 hour.

The rest of the race, which was conducted in two heats with 20 in the first and 16 in the second:


Other results:

More on the Senior 1 Hour held in Lawrenceville, N.J., on April 29. Todd Scully was the early leader in the race but Roger Mills, the British 1973 10 Km Champion, passed him at 3½ miles and held off John Knifton the rest of the way. King was in the US for a couple weeks on his way to Canada, where he reportedly plans to take up residence. He has been somewhat miffed about being overlooked last year's British Olympic team after finishing second to Phil Enblen on an announced trial race. He will be a welcome addition to the race walking scene in these parts.

Tom Knatt in sixth place had what must be his best ever speed race going well over 7½ miles. Just behind him, Howie Palamarchuk set American Junior records for both 10 km and 1 hour.

The rest of the race, which was conducted in two heats with 20 in the first and 16 in the second:


Other results:

More on the Senior 1 Hour held in Lawrenceville, N.J., on April 29. Todd Scully was the early leader in the race but Roger Mills, the British 1973 10 Km Champion, passed him at 3½ miles and held off John Knifton the rest of the way. King was in the US for a couple weeks on his way to Canada, where he reportedly plans to take up residence. He has been somewhat miffed about being overlooked last year's British Olympic team after finishing second to Phil Enblen on an announced trial race. He will be a welcome addition to the race walking scene in these parts.

Tom Knatt in sixth place had what must be his best ever speed race going well over 7½ miles. Just behind him, Howie Palamarchuk set American Junior records for both 10 km and 1 hour.

The rest of the race, which was conducted in two heats with 20 in the first and 16 in the second:


Other results:
MAY 1973


Walking and running is obviously very active in Southern California...
### May 1973

**RAcING OPPORTUNITIES IN JUNE-JULY**

**Sat., June 9** - Mile hcap., 1 mile grade school, Brookfield, Colo. (B)

**Sun., June 10** - Men's 5 Km, Master's 5 Km, Women's 2 Mile, San Francisco State U., 10 a.m. (C)

**Sun., June 10** - 5 Km, Worthington, Ohio High School, 12 noon (E)

**Mon., June 11** - Takanassee Lake, Long Branch, N.J. (D)

**Sat., June 16** - NAU SENIOR 3 KMI, BERKELEY, CALIF. (or 14th or 15th)

**Sat., June 16** - NAU JUNIOR 10 KMI, MIAMI, FLORIDA (or 22nd or 24th)

**Sat., June 23** - NAU JUNIOR 10 KMI, TAKANASSEE LAKE, LONG BRANCH, N.J. (D)

**Sat., June 24** - SENIOR NAU 15 KMI, DENVIS, MASS., 8 a.m. (B)

**Mon., June 25** - 5 Kmi, Takanassee Lake, Long Branch, N.J. (D)

**Sun., July 1** - Ohio 15 Kmi, Dayton, 12 noon (E)

**Mon., July 2** - 5 Kmi, Takanassee Lake, Long Branch, N.J. (D)

**Wed., July 4** - 5 Kmi, Bridgeport, Conn. (F)

**Sat., July 7** - 3 Kmi, Hickman Track, Columbia, Mo., 9 a.m. (A)

**Sat., July 7** - AAU 30 Kmi, Brookfield, Colo., 7 a.m. (B)

**Sat., July 14** - 3 mile men and high school, 2 mile women, 880 age 12 and under, Philadelphia (U)

**Sun., July 15** - 2 mile hcap., 1 mile grade school, Brookfield, Colo., 7 Kmi, Cambridge, Ohio, 12 noon (E)

**Mon., July 16** - 5 Kmi, Takanassee Lake, Long Branch, N.J. (D)

**Sat., July 21** - NAU WOMEN'S 5 KMI, BUCKINGHAM, 10 a.m. (D)

**Sun., July 22** - NAU SENIOR 25 KMI, TAUNTON, MASS. (A)

**Mon., July 23** - 5 Kmi, Takanassee Lake, Long Branch, N.J. (D)

**Thurs., July 26** - 3 mile men and high school, 2 mile women, 880 age 12 and under, Philadelphia (U) 6 p.m.

**Mon., July 30** - 5 Kmi, Takanassee Lake, Long Branch, N.J. (D)

**Sun., Aug. 5** - SENIOR NAU 40 KMI, LONG BRANCH, N.J. (D)

Contacts for the above races:

- A. Joe Duncan, 4004 Defoe, Columbia, Mo. 65202
- B. Pete Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80302
- C. Elliott Derman, 402 N.E. Plano, West Long Branch, N.J. 07764
- D. Jack Mortar, 3184 Milford St., Columbus, Ohio 43202
- E. Bob Bowmar, 1961 Winfield Place, Pomona, Cal. 91767
- F. Doug Walker, 29 Alhambra Place, Toronto, Ontario, Canada
- G. Larry Simmons, 1141 E. Upsala St., Philadelphia, Pa. 19150
- H. Steve Lund, 402 Via Hidalgo, Greenbrae, Cal. 94904
- I. Jack Mortar, 3184 Milford St., Columbus, Ohio 43202
- J. Bob Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80302
- L. Bob Bowmar, 1961 Winfield Place, Pomona, Cal. 91767
- M. Doug Walker, 29 Alhambra Place, Toronto, Ontario, Canada
- N. Larry Simmons, 1141 E. Upsala St., Philadelphia, Pa. 19150

Gary Westerdale, Henry Laskau are giving high school walking a big boost on Long Island. College Track Conference Indoor Mile, Flushing, May 19.


Hey! I keep messing with this long enough, I'll fill it with results. Six long days ago I started this, that being Monday, May 22, here it is.

Saturday and I was only on page 8 and haven't done 1 and 2 yet, since I didn't have details on the 50 when I started. Fortunately, someone else dreamed about me. Mike Sullivan, who had promised me the full rundown right after the race, called on Tuesday, just when I was getting about desperate enough to invest in a call myself. In the end, I was made up in the middle of the night. The next day I suddenly remembered he didn't send Hordland results and went to his desk to find an empty envelope, sealed and addressed to the Kort. So he got it right in the mail, after filling it in, and shortly I will proceed to transfer his report to these pages, a report you have already read, having come this far in the issue. But now could you have read it when I haven't typed it yet?

Anyway, a few more results in since I stopped with the Ontario 20 Mile on Tuesday night.

RAA 2 Mile, Arkansas, May 24-1. Jim Bean, Oregon College of Education 8:30. 2. Dale Pana, Oklahoma College 8:31. 3. Carl Swift, Fresno State 8:34. 4. Augie Hirt, McPherson College 8:34. 5. Lance Herold, Univ. of Nebraska 8:34. 6. Mike Kinnick, Oklahoma College 8:35.--according to Augie Hirt's report the judging was done by three judges. The first judge was Bob Young and Ron Laird as two of the judges. Lynn Diaz competed, which must make her the first woman in a national collegiate championship meet of any kind (other than the women's national, of course). She beat two big eastern schoolboy meets. As a matter of fact, Hinkow, Port Washington--806--This was at the Glenn Loock Memorial Track Meet. Hinkow became the first girl ever to win a place in a high school, White Plains, N.Y., May 12-1. James Murchie, Port Washington 7:31. Jamson.

The others in the race besides Augie were Hilt Place, now at AADAI State, who was a bit disappointed in his 10 mile place, having done 15:04 a couple weeks earlier. Augie, having finished up at McPherson, is moving to Columbia, Mo, and is going to get very tough at the walking game. 2 Mile California Relay, Santa Cruz, May 26--This is a race I'm going to try to run, but I'm having a bit of trouble with the results and haven't gotten them from elsewhere yet. As I remember, they went: 1. Bill Weigle 14:07 2. Bob Kintz 14:11 3. Bill Ranney 14:13--these are just to the nearest second. Weigle was also coming off the 50 and probably had little speed work in preparing for this. Unfortunately, in the slowed down run of the finish, it looked better for 1 Mile, Penn Relays, April 28--There was a walk over 2 miles at the Penn Relay, but no one has sent me the results. According to the usually reliable Guano Press it was won by Roger Mills with Ron Daniel second, as near as I can decipher their ramblings. But they provide nothing so mundane as times. Michigan A&M Indoor 1 Mile--Gerald Bocci 7:29. This result also from the smut-laden pages of the Guano. According to their report, Bocci was well pleased at beating the winning time of the National and was quoted, "I'm ready, just let me at Lynn Olson." Which sounds like the type of remark one might expect from a dirty old man like that. We also learn from the Guano that there was another Jeanne Bocci- bums like the type of remark one might expect from a dirty old man like that.

He also learned from the Guano that there was another Jeanne Bocci- bums like the type of remark one might expect from a dirty old man like that. They also learn from the Guano that there was another Jeanne Bocci- bums like the type of remark one might expect from a dirty old man like that.
which we are certainly not about to take issue with. But all these bouquets from the beloved Ouanes. Come on fellows. (They do pass on the information that Hanney finally won a long-standing 35 or 40 mile race in three hours after who was going to get the first national title. Doesn’t this make Harry a pro?) Then they publish a letter from E. Derman praising the “Yachismo,” goutsmanship, and fortitude of Rich Pfeiffer in finishing this year’s 50 miler. Of course, they haven’t gone completely sour. They still have a lot of faith in the race walking world, cruel digs at deserving individuals excepted. But one would hope that the roses and sweet stuff do not irritate a trend at that which is becoming apparent on the British 20.

C. California races. Sue has just turned 17, is 5’6”, 106 lbs and has best

would hope that the roses and sweet stuff do not irritate a trend at that which is becoming apparent on the British 20.

Champions and in Munich, although he was already ill by the time

an event chance of surviving the year. He was 8th in the 1971 European

have sent to the last two championships and undoubtedly will not do any

at 50. However, since the AU has not been fit to support the teams we

It appears that there will be real participation in the National Girls’

and Women’s meets this year... we reported a world 50 km record of 2:27 for West Germany’s Gerd Weidner in our last issue with little detail. We still have no details other than the time, on the race itself but a little data on Weidner. The record is amazing in any light, but considering the man celebrated his 40th birthday a few days ago we were told, but not wanted. And by the way: Gerd Weidner that they will quickly return to the low level they occupied so admirably through their first several issues... Speaking of rich Pfeiffer’s gliby performance in the 50 miler, he has a few bouquets to pass out himself. He says: “During the 50 mile maniacal expedition in New Jersey I was privileged to meet a woman who is responsible for my finishing. At around 12 miles I started having pain in my left foot so I changed shoes and put in on an intensive interval training program on an indoor track for a 6-week period. The interval training was alternated with strenuous handball or basketball games providing 1 hour of strenuous exercise 5 days a week. Training in the heat was in a cool environment (70°F). The training plan was followed by all four runners in the same conditions as at the first. For comparison, three distance runners were given a single 90-minute exposure. In the initial test, the men had completed only an average of 86 minutes on the treadmill. After the training, all completed 90 minutes and had none of the symptoms of syncope shown in the initial test. Rectal and mean skin temperatures averaged 39.6°C and 37.6°C initially and heart rate averaged 165 beats per minute. These mean values dropped to 36.7°C and 36.8°C and 141 in the test following training. The trained runners were even better with values of 38.3°C, 36.3°C, and 38.2°C. It was concluded that interval training in cooler conditions improved heat tolerance significantly, but did not fully acclimatize the subjects for work in the heat. The superiority of the runners was attributed to two factors: 1) they had been training in a cool environment for 5 days a week, and 2) the trained men were capable of working at a high rate of sweating and thus did not raise their muscle and central temperatures so high nor sweat so much during the training period. It was also concluded that the most effective method of preparing men for work in a hot climate is to incorporate both strenuous interval training and exposure to high temperatures into their training program. This reinforces what I have known from my own experience for some time; the extremely fit athlete, regardless of acclimatization, is going to suffer less in comparison to his capability than one who is less fit. That is; given two guys both capable of say a 1:35 km, A being in shape to do that 1:35 and B being only fit for a 1:40 at this time and neither acclimatized to extreme heat. On a 90 degree day, if the distance was 5 km, A would be fine, but B would suffer. However, if C is there, fully acclimatized to the heat, capable of 1:35 and ready to do it, A had better look out because C will be slowed by something less than x minutes. You can throw the heat to some extent on extreme fitness alone but a couple weeks training in it sure helps.