

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME IX, NUMBER 5

COLUMBUS, OHIO

JULY, 1973

KNIFTON OVERCOMES HARROWING EXPERIENCES TO CAPTURE SENIOR 25 KM

The NAAU Senior 25 Km Walking Race, held in Taunton, Mass. on July 22, was captured by New York AC ace, John Knifton, in 2:05:50. We have little on the race itself other than the results, but John's experiences leading up to the race are story enough. Here in his own words is John's sad story with a happy ending.

"The story of my unique preparation for this race really began 2 weeks earlier. Sunday afternoon found me out training. After 7 miles of uneventful walking, I was suddenly set upon by a large, hungry dog, rolled in the road, and my arms generally chewed over. Twenty-eight stitches and 5 days in hospital with intravenous antibiotics later, I stepped gingerly back onto the pavement to continue my aborted training session of the previous Sunday. A few days of gentle exercise with stiff arms in sling convinced me I was in prime condition for the National 25.

"Driving to Taunton on the day of the race, after 120 miles, I was dismayed to find I had left my bag with gear at home. With an hour to race time, I was feverishly borrowing jock strap, shorts and shirt from generous subscribers on the LIAC and North Medford teams. But what about shoes? Ron Kulik takes my size but he was sick. About to give up in despair, a kind gentleman came to my aid with a pair of bowling shoes. Whilst they were half a size too big, by dashing to the drug store and completely taping up both feet, I was able to hobble to the starting line. The rest is history, except to add, the bowling shoes left not a blister after 15 miles even in 80 degree heat.

"My only recommendation after this experience is that since there are far more bowlers than walkers in America, if you ever get stuck in a strange town without walking shoes, go to the local bowling alley, hire a pair of shoes and walk a strike out!"

In his triumph, John defeated clubmate Ron Laird by nearly 2 minutes with the Long Island AC pair of Gary Westerfield and Steve Hayden, finally rounding into some sort of form, occupying the next two spots. Not surprisingly, the NYAC and LIAC took one-two in the team championship. The results:

1. John Knifton, NYAC 2:05:50 2. Ronald Owen Laird, NYAC 2:07:38 3. Gary Westerfield, LIAC 2:13:49 4. Steve Hayden, LIAC 2:14:18 5. Tom Knatt, North Medford Club 2:16:18 6. Paul Schell, NMC 2:18:03 7. Dan O'Connor, LIAC 2:19:58 8. Ron Daniel, NYAC 2:26:06 9. Jim Murchie,

FIRST CLASS MAIL

LIAC 2:27:03 10. Karl Johansen, un. 2:28:33 11. Wayne Danker, LIAC 2:28:44 12. Leon Jasionowski, Motor City Striders 2:30:49 13. Robert Falciola, Shore AC 2:31:08 14. Peter Warren, NY Pioneer Club 2:31:25 15. Buck Ehrgood, Penn AC 2:33:58 16. Howie Jacobsen, LIAC 2:35:26 17. Vin Davey, LIAC 2:35:52 18. Peter Kuchinski, Spartan AC 2:36:38 19. Tony Medeiros, NMC 2:38:03 20. Charles Scott, NMC 2:27:26 (I have those two turned around, as you see by the times) 21. Bill Quayle, Nat Frontier Club 2:41:23 22. Dr. John Shilling, NY Pioneer Club 2:41:44 23. Gary Geoffrey, NMC 2:43:43 24. Francis Maher, NMC 2:45:38 25. Robert Morse, NMC 2:47:25 26. Steve Reiman, NMC 2:29:04 27. Ray Yarbrough, US Coast Guard 2:49:56 28. John Gray, NMC 2:50:29 29. Dr. Norman Canter, Stratford Spartans 2:56:36 30. Roger Pike, NMC 2:57:48 31. George Grzebien, NMC 3:01:00 32. Kevin Ryan, NMC 3:04:57 33. Ed Tompson, un. 3:05:56 34. Bill Hamlin, North Jersey Striders 3:06:40 35. Mark Zacharias, un. 3:13:31 36. Howard Silberstein, LIAC 3:32:12 37. Sig Podlozny, NMC 3:54:58 38. Frank Scanlon, NMC 4:09:47
Teams: 1. NYAC--11, 2. LIAC "A"--14 3. North Medford "A"--24 4. LIAC "B"--30 5. NMC "B"--41 6. NMC "C"--51.

ERODOCK CAPTURES FIRST WOMEN'S 5 KM TITLE

Boulder, Colo., July 21--(Special to the ORW from Elisa Haire)--Boulder hosted the Womens' National 5 Kilometer Walk today, the first time the event was held with the blessings of the AAU. The event itself, the product of several years of lobbying at the national conventions, proved itself worthy of all the attention and effort required to be granted the status of a national championship. Quantity, as well as quality, were evident in the field of competitors, 19 women representing eight states (Alaska, California, Colorado, Illinois, Missouri, Ohio, New Jersey, and New York) aged 14 to 30 clearly indicated that race-walking is gaining in acceptability and popularity as a competitive sport for women.

The high quality of the performances of these women more than justified all the time and effort that went into creating this event. Seventeen year-old Sue Erodock of the Sports United Road Runners, Rialto, Cal. walked the metric 3 mile in the very fast time of 27:39.9 minutes and set the official American record for this event in the process. (The weather was a mild 75 degrees but the altitude probably explains the 70 second difference between this and Sue's 1972 American best of 26:29) Ellen Minkow, an 18-year-old New Yorker and protege of Olympic race walking coach and competitor Bruce MacDonald, was second with a time of 28:02.3 Ester Marques, 17, also from Rialto, was third in 28:20.1 and Cindy Arbelbide, 23, from St. Petersburg, Alaska captured fourth place as she sprinted past Cristy Dotseth, 14, of Chicago's Mayor Daley Youth Foundation in the last 400 meters. The first four finishers qualified for the international team that will race against the Canadians in Montreal on September 15. All the competitors turned in very respectable times, with the top nine women finishing under 30 minutes. Sports United took the team title as they were the only full team to compete

Four of the walkers were cited for excellence of technique: Ellen Minkow, Elisa Haire, Ester Marques, and Sue Erodock. Head Judge Floyd Godwin gave only one caution during the race and complemented the women on the "impressive times, form, and legality", saying it was a real tribute to the coaches that so many girls from all parts of the nation could participate in such a race with no disqualifications. Results:

1. Sue Erodock, Sports United Road Runners 27:39.9 (8:30, 17:27, 26:42)
2. Ellen Minkow, un. New York 28:02.3 (8:37, 17:55, 27:06) 3. Ester Marques, SURR 28:20.1 (8:30, 17:52, 27:13) 4. Cindy Arbelbide, un. 28:47.4 (9:00, 18:22, 27:49) 5. Cristy Dotseth, MDYF 28:52.6 (8:30, 18:12, 27:54) 6. Carol Mohanco, Kettering, O. Striders 29:22.8 (8:48, 18:35, 28:22) 7. Lori Thomas, Colorado Pacers 29:33 8. Gwen Eberle Ozark TC 29:42 9. Martha Iverson, U. of Colorado TC 29:43 10. Stella Palamarchuk, un. New Jersey 30:06 11. Jaydee Falcons, un. Calif. 30:42 12. Sonia Garth, SURR 31:30 13. Elisa Haire, CTC 32:05 14. Ingrid Martin, un. Colorado 32:52 15. Debbie Kirchofer, Colorado Pacers 35:29 16. Maria Flores, SURR 35:50 17. Joyce Schultz, Columbia TC 36:15
Girls (10-11) 1 Mile: 1. Michelle Wood, Colo. Pacers 10:38.4 2. Portia Bowman, Boulder Cinderbells 10:54.3 3. Debbie Taylor, CP 11:16
Girls (12-13) 1 Mile: 1. Linda Ontko, Ozark TC 8:51.1 2. Beth Eberle, OTC 9:10.3 3. Norma Howitt, CP 9:20.5 4. BevPakovitch, OTC 9:29 5. Kathy Malville, Boulder Cinderbells 11:30.3

UPCOMING RACES AT LOCATIONS THROUGHOUT THESE UNITED STATES

Sat. Aug. 11--5 Km Hdcp, 3/4 Mile Grade School, Boulder, Colo., 9 a.m. (B)
3 Mile, Hickman Track, Columbia, Mo., 7:30 p.m. (A)
10 Km, Independence, Mo., 10:30 a.m. (X)
Sun. Aug. 12--8 Mile, Dayton, Ohio, 12 noon (E)
NAAU JUNIOR 20 KM, LONG BRANCH, N.J. (D)
Sat. Aug. 18--1 Mile, Submasters and Masters, Ursinus Col, Collegeville, Pa., 10 a.m.
Sat. Aug. 25--2 Mile, Columbia, Mo., 9 a.m. (A)
Sat. Aug. 11--6 Mile, Pella, Iowa 7 p.m. (H)
Sat. Aug. 18--Iowa 1 Hour, Des Moines North H.S., 9 a.m. (H)
Sat. Aug. 25--2 Mile (age 25 and over), Richland, Iowa 6 p.m. (H)
(Sorry Sullivan, I was leaving Iowa out)
Sat. Sept. 1--6 Mile, New London, Conn. (C)
20 Km, Pittsburgh, Pa. (W)
Sun. Sept. 2--5 Km, Caledonian Games, Santa Rosa, Calif. (G)
6 Mile 536 Yd. Handicap, Worthington, Ohio (E)
Mon. Sept. 3--20 Km, Lawrence-to-Lowell, Mass. (M)
Sat. Sept. 8--2 Mile Hdcp, 880 Grade School, Northglenn, Colo. (B)
5 Mile, Indianola, Iowa, 9 a.m. (H)
Sun. Sept. 9--Conn. AAU 1 Hour, Fairfield, Conn. (C)
7 Mile, Ankeny, Iowa, 2 p.m. (H)
Sat. Sept. 15--5 Mile, Columbia, Mo., 9 a.m. (A)
10 Km, Cedar Rapids, Iowa, 10 a.m. (H)
Sun. Sept. 16--Perhaps some sort of race in Cambridge, Ohio (E)
Sat. Sept. 22--SR. NAAU 35 KM, SEATTLE, WASH., 10 a.m.
RMAAU 10 Km, Longmont, Colo., 8 a.m. (B)
Sun. Sept. 23--7 mile men and 2 mile women, Fairfax, Calif. (G)
6 Mile, Columbia, Mo., 2 p.m. (A)
Sat. Sept. 29--7th Annual National 100 Mile, Columbia, Mo., 1 p.m.
(also Sept. 30) (A)
Sun. Sept. 30--4 Mile, Dayton, Ohio (E)
CONTACTS FOR THE ABOVE:
A--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
B--Floyd Godwin, 725 Ash, Broomfield, Colorado

C—Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497
 D—Elliott Derman, 28 N. Locust, West Long Branch, N.J.
 E—Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
 G—Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904
 H—Mike Sullivan, 2510 40th Place, Des Moines, Iowa 50310
 M—Fred Brown, Sr., 151 Walst St., Medford, Mass. 02155
 W—C.A. Herman, 5001 Lougean Ave., Pittsburgh, Pa. 15207
 X—Bill Brewster, 416 W. Maple St., Independence, Mo. 64050

Some Results:

U.S. Women's Postal 1 Mile Meet—1. Jeanne Bocci, Wolverine Parkettes
 7:43.0 2. Sue Brodock, SURR 8:11.9 3. Ellen Minkow, Port Washington,
 N.Y. 8:10 4. Lynn Olson, un. 8:18 5. Mary Beth Hayford, St. Marys
 8:26.7 6. Denise Gross, WP 8:37 7. Kathy Simon, WP 8:56 8. Carol
 Siciliano, St. Marys 8:58.1 9. Laurie Entis, Port Washington 9:07.2
 10. Denise Kurz, Port Washington 9:17.3 (21 finishers)
 5 Km, Greenwich, Conn., June 2—1. Ron Daniel 24:19.3 2. Pete Warren
 27:34.4 Conn. AAU 5 Km, Greenwich, June 2—1. Roy Yarbrough 25:38.1
 2. Dave Semar 28:01.8 3. Mike Segal 28:42.9 4. Phil Tarasovic 28:50.9
 5. Norm Canter 31:48.9 Conn. Women's 5 Km, same place—1. Carol Siciliano
 31:36.6 2. Liz Kisten 32:18.9 3. Judy Salkoski 33:34.4 5 Mile, Bridge-
 port, Conn., July 4—1. Dr. John Knifton 38:32.5 2. Ron Daniel 39:45
 3. Gary Westerfield 40:17 4. Karl Johansen 40:42 5. Ron Kulik 41:27
 6. Paul Schell 41:27.8 7. Bob Falciola 42:20 8. Larry Newman 43:09
 9. Dave Semar 43:10 10. Ron Salvio 43:27 11. Roy Yarbrough 43:33
 12. Pete Warren 44:13 13. Wayne Normandin 44:34 14. George Lattarulo
 45:18 15. Bill Hamlin 45:22.5 17. Vin Davy 45:39 18. Ed Owen 46:06
 19. Rich Pleffner 46:53 21. Vinny Mata 47:35 22. Elliott Derman 48:31
 23. Mike Segal 49:22 24. Fred Spector 49:57 (32 finishers) Age 40-49
 Division: 1. Bob Mimm 42:09 2. John Markon 42:35.5 3. Howie Jacobsen
 43:56 4. Jon Barbu 45:27 5. Roger Barr 47:45 6. Sanford Kalb 52:35
 50 and over Division: 1. Don Johnson 51:13.5 2. Sig Podlozny 57:55
 Women's Division: 1. Carol Siciliano 50:00 2. Elizabeth Kisten 50:11
 3. Dee Vitanza 52:34 4. Virginia Lucas 60:14 5 Mile, Brockton, Mass.,
 June 12—1. George Lattarulo 44:52 2. Gary Ozias 47:36 3. Fred Brown
 Sr. 50:52 4 Mile, Hollbrook, Mass., July 3—1. Tom Knatt 33:43 2. George
 Lattarulo 34:15 3. Gary Geoffrey 36:16 4. Dennis Slattery 36:17 5. Tony
 Medeiros 36:37 6. Roger Pike 36:58 7. Dave Morency 37:04 8. Mike
 Regan 37:25 9. Jake Erederson 39:18 (13 finishers) 2½ Mile, Cambridge,
 Mass., July 5—1. Ben Brown 20:03 2. Paul Schell 20:16 3. George Lat-
 tarulo 23:52 2 Mile, Holliston, Mass., July 10—1. Paul Schell 16:05
 2. Jan Brown 19:32 5 Mile, Brockton, Mass., July 16—1. Peter Kuchinski
 38:17 (NEAAU 50 Mile Running Champion) 2. Tony Medeiros 45:55 3.
 Chico Scimone 46:48 4. John Spinney 48:29 Region 2 AAU Junior Olympic
 1 Mile, Pittsburgh, July 14—1. Larry Hickman, Virginia 7:38.9 2. Geoff
 Rhodes, Pa. 7:50 3. Rem Goldlewski 8:18.4 (14 starters, 4 DQ'd)
 Allegheny Mountain AAU Junior 1 Mile, Washington, Pa., June 23—1. Geoff
 Rhodes 8:39.8 2. Jeff Lauff 9:17 3. Geno Zuccaro 9:18.7 4. Eric Tracy
 9:20 5. John Zuemie 10:16 Women's 1 Mile, Same place—1. Amy Novak (age
 15) 9:33 2. JoAnn Chrupak (16) 9:39.5 3. Beth Harwick (15) 9:42.4
 Allegheny Mt. AAU 3 Mile, Washington, June 30—1. Gary Bywaters 26:40.2
 2. Geoff Rhodes 26:58.3 3. Jim Johnson 29:17.9 4. Jeff Lauff 30:15
 5. Eric Tracy 30:30 6. John Zuemie Women's 1 Mile, same place—1. Amy
 Novak 9:13.5 2. JoAnn Chrupak 9:26.2 3. Beth Harwick 9:29 4. Lynn
 Jones 10:14 4 Mile (track), Worthington, Ohio, July 29—1. Jack Mortland

31:56 2. Dr. John Elackburn 39:42 3. Bob Smith 39:45—Your editor
 blazed the final mile in 7:53 to shatter the 8-minute barrier for 4 miles.
 It was all the long training that did it, having covered an unheard of
 36 training miles the previous 7 days and having an amazing 117 in for
 the month. I was even able to complete a 2 mile warmup at about 8:50 pace
 about 10 minutes before the start without tiring myself unduly. Obviously
 if I continue this sort of foolhardy nonsense those near the bottom of the
 top had best prepare for a challenge, should I ever chance to travel to
 a race again. Meanwhile, Doc and Smitty had a real ding-dong battle.
 It was all Smitty in the early going as he pulled some 50 to 60 yards
 clear of the aging and slow starting Doc. However, with his relentless
 pace, Doc soon started to cut into that lead and pulled ahead with 2 or 3
 laps to go. A hard charging last mile seemed to have him well in com-
 mand as he did about 9:30 and had nearly 40 yards on the final curve.
 Smitty then started a belated kick with impeccable style and was only 10
 yards back of the unsuspecting Doc at the finish. Not really a bad race
 for Mr. Smith since one thing and another had allowed him only 3 miles
 training in the past 2 months....Two weeks earlier we had a 7 miler sched-
 uled in Cambridge, Dale Arnold's new hometown. But for one reason and
 another it wound up as a 2-man race, Arnold and Mortland, and with Dale
 only having been able to train three times all year, it wasn't much of a
 race. Under a blazing sun, in high humidity, but with some blessed
 shade and a bit of a breeze, we tackled a rather hilly, primarily gravel
 course of about 2 1/3 miles (measured by Dale in his car that morning).
 It may have been a bit long as Mort managed a 65:30, after missing the
 first turn around and doing an extra 30 seconds, and Dale just slipping
 under 1½ hours. The important thing is, though, that we got Dale out for
 a little exercise and we hefted his air conditioner into the window. (For
 those of you who object to these detailed accounts of our insignificant
 and ill-attended Ohio races, bear in mind that this is still the Ohio
 Racewalker.) 9 Mile, Mackinac Island, Mich., July 4—1. Fred Kuhn, UCTC
 1:12:15 2. Greg Comerford, Green & Gold 1:23:30 3. Fred Norling, G&G
 1:32:28 1 Mile Races, Chicago, July 21—Boys 13 and under: 1. Kevin
 Cooper 9:38 2. Bill Higgins 11:41 3. Paul Conside and Doug Arenberg
 11:45 Girls: 1. Edith Bentley 9:45 2. Carol Fritz 9:46 3. Mary Higgins
 12:30 4. Patt Ruttman 12:34 Intermediate Boys: 1. Kurt Leslie 8:42 2.
 Jim Spiers 9:23 3. Paul Harrison 9:30 4. Kurt Kleinow 10:04 5. Craig
 Williams 10:05 6. Mike Arenberg 10:06 7. Doug Arenberg 10:08 8. Shel-
 don Harper 10:10 Open Boys: 1. Jerry Elack 8:59 2. Bob Marshal 9:20
 3. Dave Harrison 9:21 4. Kevin Cooper 9:25 5. Steve Halsey 9:27 6.
 Brad Dairs 9:55 Midwest AAU Junior Olympic 1 Mile, Moline, Ill., July 22
 Age 13 and under: 1. Kevin Butler, Ohio Track Club 8:17—I was able to
 spend a little time with Kevin the day after this and he has tremendous
 style and great potential. His previous best time had been 8:42 and he
 just started walking this spring. Unfortunately, he didn't show up for
 our 4 mile as he was supposed to...1 Mile H.S. Invitational, West Allis,
 Wis., May 11 (a scoring event in the track meet)—1. Bill Mochalski, West
 Allis Hale 8:02 2. John VanDenBrandt, Appleton East 8:09.2 3. Wychlundt
 Milwaukee Hamilton 8:17.2 Wisconsin Junior Olympics 1 Miles, July 14—
 Age 14-15: 1. Mike O'Malley 8:37.4 2. Paul Canestra 9:59 3. Mark Bor-
 owski 11:45.2 Age 16-17: 1. Jim Heiring 7:59.4 2. John Van Den Brandt
 8:08 3. Dave Weber 9:07 18 and over: 1. Larry Larson 7:34.1 2. Bill
 Mochalski 8:33 3. Dennis McBride 9:24.2 4. Vic Kurmis 9:42.5 5. Rich-
 ard Guse 9:42.5 6. Paul Petranec 10:20.7

BROWN, RANNEY MEET STIFF COMPETITION IN EUROPE

Jerry Brown and Bill Ranney have spent the past 3 weeks on tour with the U.S. track team walking excellent races but running into very stiff opposition. We have below, first hand reports on their first two races in Munich and Torino, Italy, both at 10 Km. Hopefully, before we wrap this up their report from the Soviet Union, which must be on an airplane somewhere now, will be here. Bill reports on the Munich race and Jerry on the one in Torino.

Munich, July 13--Well the first one is over--thank the Lord!! You can't imagine how impressive Kannenberg is. He is quite legal, superbay strong and fast.

The race started at 6:45 under cloudy and cool conditions. Kannenberg and Weidner shot into the lead with a 1:37 lap--I followed, then Mayr and Jerry. We passed 1 and 2 miles in the same positions--still rather close (100 yards from first to last). Jerry took over third and we passed 5 Km close--Jerry at 22:15 and me at 22:20. Kannenberg had 21:38. From here on it was apparent that Germany would go 1-2. Jerry got within 5 yards of Weidner at 5 Km but then he slowed and Weidner picked it up. Cautions to Mayr (2), but he was a non-scorer, and Jerry, but he looked fine the last 3 miles. Final times indicate the caliber of the race: 1. Kannenberg 43:48.4 2. Weidner 44:13.2 3. Brown 44:56 4. Ranney 45:46--Mayr 44:40.8 in exhibition.

We did some partying after and really enjoyed the exchange of talk. Kannenberg can take in beer with the best of them!!

Torino, Italy, July 19--We race our second 10 km of the tour last night on the tartan track of the Torino Stadium. The weather was warm (about 85) and humid, even though we didn't start until 9:30.

The two Italian walkers were Visini and Zambaldo. At the gun they shot out very fast with a sub 1:40 lap and continued to come through a mile under 7:00. Bill and I didn't start out quite as fast, coming through 4 laps (1600 meters) in 7:10 (Bill) and 7:11 respectively. The Italians continued to increase their lead up to about $\frac{1}{2}$ lap by 5 Km. In the meantime, I passed Bill at 2 $\frac{1}{2}$ miles. From 5 km on the acceleration of the Italians away from us decreased and Zambaldo was walking about the same pace as me for the rest of the race. Visini pulled away from Zambaldo at 4 miles and go to within 20 yards of Bill with 5 laps to go. Bill showed a lot of guts as he fought and wouldn't let the S.O.B. (Note: the clean-cut, ultra-conservative ORW does not normally print such obscenities but its just the help you get these days) pass him, so they didn't lap us.

There were 5 Italian judges and Bruce MacDonald. Zambaldo got one caution, but that was all. The whole race was decided in the first 5 Km as that is where they built 90 percent of their lead. They had the ability to go out at a blistering pace, but relaxed enough not to go into debt that would hinder them later in the race.

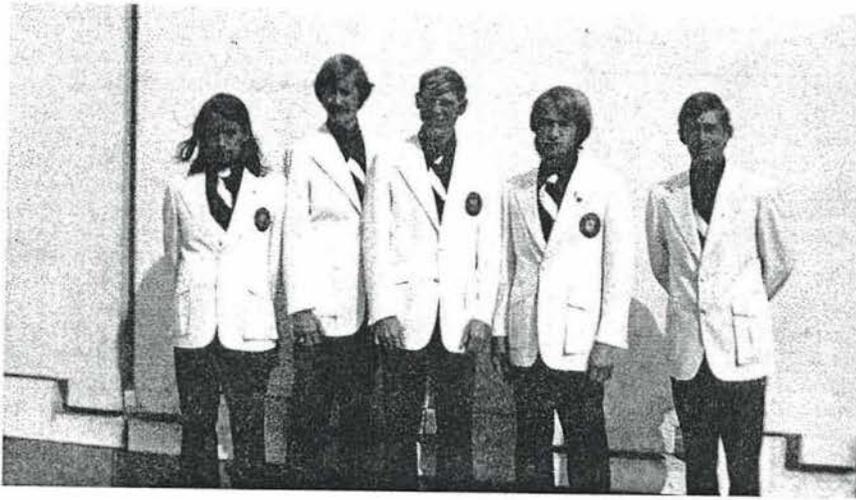
Bill was disappointed that the race wasn't 20 km as was supposedly the planned distance. I can't say that I was disappointed as I enjoy walking on the track and 10 km suits me fine. Maybe 10 was better as we will have a 20 km in Russia. Results: 1. Visini 44:15 2. Zambaldo 44:40 3. Brown 45:36 (7:11, 14:28, 21:45, 29:03, 36:23, 43:46) 4. Ranney 46:06 (7:10, 14:27, 21:52, 29:19, 36:47, 44:12--these are 4 laps splits, not 1 mile. 5 Kms were Brown 22:42, Ranney 22:50

BACK TO MISCELLANEOUS RESULTS

3 Mile, Columbia, Mo., July 7--1. Dave Leuthold 27:12 2. Joe Duncan 29:25
 3. Jim Fields 30:21 4. Charles Geiss 31:09 5. Art Fleming 31:44 5 Km,
 Richland, Iowa, June 2--1. Dave Widahl 25:10 2. Jim McFadden 25:40 3.
 Stan Smith 26:39 4. Jim Breitenbacher 29:09 5 Mile, Des Moines, June 9--
 1. Dave Eidahl 50:17 2. Stan Smith 50:19 3. Mike Sullivan 56:20 4 Mile
 Keokuk, Ia., June 16--1. Jim McFadden 37:32 2. Jim Breitenbacher 39:21
 3. Mike Hausch 40:01 4. Dave Murphy 40:22 Women's 2 Mile, same place--
 1. Patty Murphy 24:46 2. Cathy Breitenbacher 29:55 3. Ruth Eve 31:11
 1 Mile, Indianola, Ia., June 21--1. Mike Sullivan 9:13 2. Larry Kirstein
 9:48 Iowa 10 Km, Des Moines, June 22--1. Dave Widahl 51:36 2. Stan
 Smith 53:00 3. Jim Breitenbacher 60:48 4. John Gersema 67:50 5. Ed
 Killin (age 11) 72:39 5 Km, Des Moines, June 22--1. Mike Sullivan 31:17
 Region 7 10 Km, July 8--1. Dave Eidahl 56:24 2. Herb Florcy 65:29 3.
 3. Mike Sullivan 65:39 4. John Gersema 65:41 1 Mile, Sioux Valley, Ia.
 1. Dave Eidahl 7:14 2. Lance Herold 7:30 RMAAU 1 Hour, Boulder, Colo.
 June 16--1. Jerry Brown 7 mi 1557 yds 2. Floyd Godwin 7 mi 901 yds
 3. Pete Van Arsdale 7 mi 491 yds 4. Chris Amoroso 6 mi 1224 yds 5.
 Chuck Hunter 6 mi 558 yds 6. George Landmark 5 mi 1651 yds 2 Mile,
 Boulder, July 14--1. Ron La ird 14:12.2 (7:10, 7:02) 2. Floyd Godwin
 14:34.9 (7:24, 7:10) 3. Howie Palamarchuk 14:35.7 (7:24, 7:11) 1 Mile,
 Boulder, July 24--1. Rick Colson and Doug Schneider 8:23 5 Km, Boulder
 July 24--1. Floyd Godwin 23:17.4 (7:25, 15:04, 22:35) 2. Bob Carlson
 29:50.7 (age 48 and just starting in walking) RMAAU 30 Km, Eroomfield,
 Colo., July 28--1. Floyd Godwin 2:29:57 (RMAAU Record--48:39, 1:13:53,
 1:39:49, 2:06:03) 2. Chris Amoroso 2:57:38 3. Chuck Hunter 3:04:39
 4. Bob Carlson 3:09:29--Add to Colorado schedule the RMAAU 50 Km on
 the Colorado U. track at Boulder on Sept. 1 at 7 a.m. and a 2 Mile
 Hdcp. and 12 mile grade school walk the same day at 1 p.m. Contact
 Godwin (B)--Region 13 Junior Olympic 1 Mile, San Diego, July 16--1.
 Jim Bentley 6:53.1 2. Brad Bentley 7:16.8 3. Forest Welmer

FLASH!!!

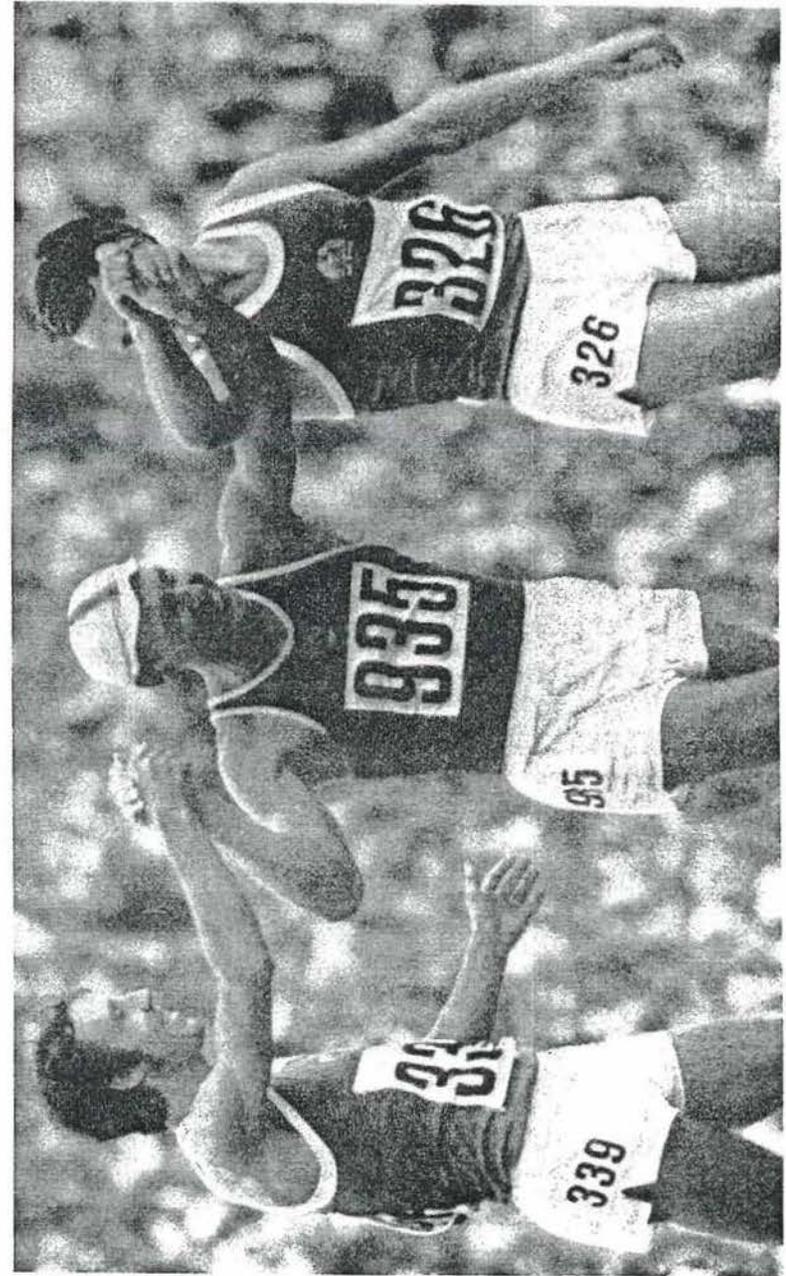
HOT OFF THE TELEPHONE LINE--Jerry Brown, just back in country after walking around Europe, called me just now with the poop on the walk against the Soviets in Minsk. They went up against Yevgeniy Ivchenko, a veteran of International competition including last year's Olympics in which he was DQ'd, and Vladimir Redzov, a 23-year old who won the Soviet title this year in 1:27:19. The race was held on a rather hilly course through the center of Minsk with about 100 yards on the track at both ends. Jerry and Bill both felt that the course was a bit long, perhaps .3 to .4 mile, and the splits seem to bear this out. Both the first and last 5 km are slow and these would represent the same stretch of road, apparently somewhat over 5 km. Anyway, Bill and Jerry once again walked excellent races but weren't quite up to the competition. The Soviet pair went through 5 km in 23:55 with Bill showing 24:15 and Jerry 24:20. At 10, the two Soviet stalwarts were still together in 46:40 with Ranney still losing ground at 47:25 but pulling well clear of Jerry who had 47:55. The Russians sewed it up during the third 5 km as they went through 15 in 1:09:15 with Bill nearly 2 minutes back in 1:11:07 and Jerry going by in 1:11:55. Bill was able to gain considerable ground during the last 5 as the Soviets seemed to tire but had much too far to go. Jerry also gained a little ground and perhaps we needed a 25 km race. Ivchenko just got away from his teammate to take the victory. Results: 1. Yevgeniy Ivchenko, USSR 1:35:14 2. Vladimir Redzov, USSR 1:35:17 3. Bill Ranney, USA 1:36:37 4. Jerry Brown, USA 1:37:41.



Rogues Gallery of U.S. Race Walking. Members of the 1972 Olympic team pose for the camera. From left to right: Goetz Klopfer, Steve Hayden, Bill Weigle, Larry Young, and Tom Dooley. (Photo courtesy Tom Dooley)



Hans-Georg Reimann, E.G., Peter Frenkel, E.G., and Vladimir Golubnichiy, USSR fight for the lead with 4 Km to go in the 1970 Lugano Cup 20 Km race. Reimann won this one with Golubnichiy second and Frenkel third. (Photo from Race Walking '71)



Congratulating each other after the 1972 Olympic 20 Km, the same trio again occupied the first three places. However, this time it was Frenkel on top with Golubnichiy again sandwiched between the two East Germans. (Photo from Sports in the GDR, Olympic Edition)

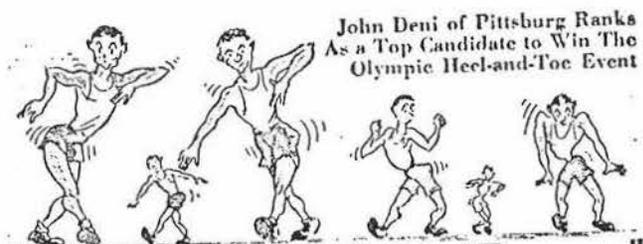
Jerry was not particularly impressed with the style of the Soviet walkers. Although apparently legal, they were rather ragged and bouncy. As a matter of fact, only the Germans, Kannenberg and Weidner, impressed him with their style during the trip. Regarding what he saw in the USSR meet, it has always been my impression that the Soviets tend to bring real stylists when they come over here for the meet but go more for the ragged speed merchants when they are on homeground. I saw the same thing as Jerry the first time I competed over there in 1961 and know something of people they have used in other meets over there. The second time I was there (1965) they were very, very serious about the meet, knew that Ron Laird could be tough, and just used their two best available walkers, Agapov and Khrolovich, who happened to be smooth stylists and very strong. They also threw a course of at least 21 km at us, perhaps to take advantage of that strength. Regardless of all that, Bill and Jerry had a very good trip, walked well, and undoubtedly gained a lot of valuable experience.

BACK TO THE RESULTS

20 Km, US Masters Championships, San Diego, July 8 (Masters are 40 and over)—1. John Kelly 1:51:07.4 2. John Markon 1:55:21.8 3. Don Johnson 2:00:08.3 (1st in 50-59 age group) 4. John MacLachlan 2:02:03.1 5. Justin Gershuny 2:04:28.1 6. Art Smith 2:08:56.8 7. Fred Spector 2:09:25.3 8. Larry O'Neil 2:11:33.6 (1st in 60-69 group) 9. Bob Long 2:14:22.1 10. Sekulich 2:14:48.3 11. Joe Wehrly 2:26:33 5 Km (Age 40-49)—1. John Kelly 24:03.1 2. John Markon 25:40.3 3. John MacLachlan 28:07.7 4. Justin Gershuny 28:26.9 5 Km (50-59)—1. Don Johnson 27:18.9 2. Art Smith 27:36.4 3. Bob Long 29:56.1 4. Joe Wehrly 30:24.3 5. Luka Sekulich 30:58 Age 60-69—1. Larry O'Neil 30:41.5 2. Frkki Lahden Pero 33:28.2 3. John Dick 35:36 Oregon AAU 2 Mile, Mornmouth, July 4—1. Jim Bean 14:33.8 2. Steve Tyrer 15:06.3 3. Rob Frank 16:19.2 4. Scott Massinger 17:40.7 5. Doug Ver Meer 17:51.7 6. Don Jacobs 19:36 Northwest Seniors 2 Mile, Gresham, Ore., July 22—1. Ken Folwer 17:54.7 (30-39 group) 2. Don Jacobs 19:14.6 (50-59) 3. Joe Mallon 20:36.2 (50-59) 4. D.W. Babnick 20:40.7 (60-69) 5. Mike Castenada 21:12.8 (50-59) 50 Km, Toronto, July 7—no finishers—Karl Merschens did 28 km in 2:55:10, Helmut Boeck 25 in 2:38:38, and Art Keay 20 in 3:00:01—very hot. 20 Km, Midland, Ontario, July 8—1. Alex Oakley 1:44:28 2. Karl Merschenz 1:45:35 3. Roman Olszewski 1:46:24 4. Helmut Boeck 1:54:29 5. Ron Wilkins 1:57:28 6. John Power 1:58:34 7. Glen Sweazy 2:06:03 8. Art Keay 2:28:41 5 Km, Brantford, Ont., July 14—1. Roman Olszewski 24:22.6 2. Helmut Boeck 26:01.6 3. Ron Wilkins 26:20.6 3 Mile, Toronto, July 15—1. Roman Olszewski 22:47 2. Alex Oakley 23:13.8 3. Helmut Boeck 23:52.8 4. Joe Levy 24:38.5 5. Ron Wilkins 24:42 Jr. 1 1/2 mile, Toronto, July 15—1. Glen Sweazy 12:39 2. Martin Jay 13:04 3. Geoff Banner 13:22 4. Paul Kerizore 13:57 5. Mike Lomax 13:59 6. Simon Joins 14:31 1500 meters, Scarboro, Ontario, July 21—1. Roman Olszewski 6:26.5 2. Alex Oakley 6:41.4 3. Helmut Boeck 6:55 4. Karl Merschenz, no time 5. Mike Griffiths 9:44.8 20 Km, Furth, W.G., June 24—1. Bernd Kannenberg 1:31:40.8 50 Km, Furth, June 24—1. Gerhard Weidner 4:05:24.2 2. Fray 4:18:56.8 USA-West Germany Junior 10 Km, Heidenheim, July 14—1. Boegemann, WG 48:37.2 ...3. Patton US 52:04.8 4. Mimm, USA 53:49.4—we should have more detail on this and on Junior meets in Poland and the USSR next month Malaysia 20 Km, July 7—1. Khoo Chong Beng 1:41:33.4—our only subscriber in the Far East Rouen 24 Hours, May 5-6—1. Dave Boxall, UK 215 km 50 m (133miles plus) 2. Colin Young, UK 212 km 620 m 3. Josy Simon Luxembourg 208 km 975 m

4. G. Landreau, France 185 km 890 m 5. F. Ledoux, Belg 185 km 890 m—40 starters, 18 finishers 3 Km, Warley, Eng., May 28—1. Roger Mills 12:35 2. Alan Smallwood 12:56.8 3. B. Adams 13:01.8 10 Km, Warley, May 28—1. Jake Warhust 44:07.4 2. Olly Flynn 45:27.6 3. Geoff Toon 45:28.2 4. Shaun Lightman 45:59.4 5. Ron Wallwork 46:20.4 6. Ken Carter 46:37 7. Len Duquemin 46:38.8 6 Mile, S. Croydon, Eng., May 29—1. Paul Nihill 45:22 2. Peter Selby 45:25—Nihill, supposedly retired is training 3 times a week and apparently racing occasionally for kicks.

Seek and ye shall find. Ask and ye shall be given. Last month I asked who remembered Sportfolio magazine and an article on John Deni. Who indeed. None other than Ray Leach, Philadelphia race walker, tennis player, golfer, boozier, and orgiest. Seems Ray has a collection of some 6000 or so sports magazine, including 28 issues of Sportfolio from 1947-49. So here, in its entirety, is the Deni article I recalled.



John Deni of Pittsburg Ranks As a Top Candidate to Win The Olympic Heel-and-Toe Event

"Walk! Do Not Run..."

By CARL HUGHES
Condensed from the
Pittsburgh Press

PITTSBURGH'S John Deni, who has walked the equivalent of three times around the world, has five national walking championships and some 800 trophies to show for his efforts.

In case you didn't know that people get awards for doing what the postman does every day, we might explain that this walking is a special type. So special, in fact, that most athletes are glad enough to get their exercise through less rigorous means.

It's called heel-and-toe walking. In brief, that means either a heel or a toe must be on the ground at all times. That's to keep the walker from out-and-out running. An additional stipulation provides that the outstretched leg must be kept stiff. The walkers prefer to call it "locked."

In championship competition, walkers who bend the leg thrust in

front of them commit a foul by doing so.

The number of fouls allowed depends on the distance, five being the maximum for the 30-mile grind.

Deni has fouled only once in 15 years.

Right now John is training with one goal in mind—the Olympics.

He didn't qualify for the 1932 and 1936 Olympics, but finally made the grade in 1940, only to have the war cancel the games scheduled for Helsinki, Finland.

Next year they'll be resumed after a 12-year lapse and John expects to be in London as one of the three American representatives in the 50,000-meter walk. Translated, that's about 31-1/4 miles.

Sebastian Linchan of Cincinnati, the National A.A.U. and American Olympic Walking Chairman, was quoted recently as saying that he didn't see how Deni could miss making the grade. And after seeing John do the 30-mile grind at Cincinnati he announced that "Deni

is one of the three foremost candidates for the 1948 games."

The fact that the Olympic walk is the longest of any championship competition is in John's favor. He has the stamina to outlast the younger men, who can pass him in the shorter races.

If keeping in condition made the difference, he should win his Olympic berth hands down.

For that Cincinnati race, for instance, he put in 315 miles of training. His average is 10 miles daily.

The farthest John ever went in competition with a stop watch was across the continent.

Impossible? Not when you cross at Panama, where the distance from the Atlantic to Pacific is a little more than 50 miles.

Deni made it in nine hours and 23 minutes in November, 1913, under a sun that pushed the ther-

момeter to 120 degrees Fahrenheit.

That's just a little longer than it takes a ship to travel the canal, eight hours being the usual time.

John was in the Navy when he crossed the Isthmus.

When Deni was still in knee britches, he would have tabbed anyone as crazy who told him he'd enjoy walking later in life. At the time he was a messenger — on foot — for the Pennsylvania Railroad.

As such he was qualified to enter the P.R.R. track meet at the Pitt Stadium in 1930, as a sprinter.

It was only because no one else would do it that he was persuaded to enter the mile walk.

John was not used to running a mile, let alone walking one, but he arrived at the finish line 60 yards ahead of the runner-up.

He's been heel-and-toeing ever since.



DENI

FROM HEEL TO TOE--Notes from the wonderful, wacky world of walking.

Bruce MacDonald reports some good news. The Olympic Track & Field Committee has agreed to put up most, if not all, of the money needed to send our team to the Lugano Cup Championship. The amount provided depends on the final cost of transportation and whether it goes up between now and October with the sinking value of the dollar. Members of the team will have their way paid from the airport nearest their home to Lugano, Switzerland and back. This should mean that we will be sending our best available team to this prestigious world championship... Bruce also suggests that it would be a good idea to bring back the old Junior category for national championships; but not at the expense of the new Junior championships, which are obviously an important addition to the schedule. The old Junior category was for those who had never won a Junior or Senior national title or been on an Olympic team. Age had no bearing. Bruce feels that such championships still have a place in that they encourage new walkers, regardless of age, by giving them a championship to point for. Apparently there will be legislation proposed along these lines and Bruce is seeking support. We concur with the need for such championships and it would seem the only possible problem might lie in finding sponsors and locations for the races. It might be well to consider a schedule reduced somewhat from that for Senior races. A logical designation for the category would seem to be Novice....It turns out that British walker Phil Embleton does not have leukemia as reported earlier but did spend 3 months in the hospital with kidney failure brought on by a blood disease. He has been encouraged to continue walking and hopes to resume training in August....Vladimir Golubnichiy reportedly has retired but Peter Frenkel and Christoph Hohne apparently have not although both are currently injured and not racing... The Ohio Racewalker is honored indeed with recent mention in the pages of the Christian Science Monitor, a daily paper of no small repute. In a June 18 article on the lonely sport of racewalking we were mentioned as the foremost publication on the sport in the country. Good press

even if they did give the publishers name as Jack Morton. The article was well done and apparently resulted from the writer (Lynde McCormick) doing a jogging with Boston's Ben Brown. Thanks to both Ben and Don Jacobs for passing the article on to me...Gee! I'm a plagiarist. Just looking at a letter from Ray Somers in which he offers some suggestions that might improve the "wonderful wacky world of walking". I knew I wasn't good enough to come, with that myself but had really forgotten where it came from. All that aside, Ray's suggestions for our consideration are as follows. "I wonder if it would be better to have the qualifying races for international teams closer to the time of the departure of the tour. Maybe we ought to have the National 20 km during the National Track & Field Championships with the finish in front of 20,000 screaming fans. (This would mean the demise of the 5 Km.) Of course, the later in the summer the race, the more heat becomes a problem. If the 20 were held in conjunction with the T&F Championships, it would be nice to have the race at night, finishing on the track. This assumes a well-lit course ending at the stadium would be available. It probably would make judging difficult too. Any discussion?" (Ed. I think this has been suggested before but I am not sure just how seriously it has been considered. I imagine there would be a real hurdle to be overcome in convincing the T&F Committee of the necessity. Personally, I think it is a good idea. Nor would it have to mean the demise of the 5 Km. The meet is now a 3-day affair and the 20 could be the first day and 5 the third. Of course, if we are going to have trouble convincing that committee of the need for a 20, you can imagine trying to convince them to have two races cluttering up their program. Well, any comments from out there in readersville.) "Proposal number two is for the elimination of the prohibition of merchandise prizes in races. To the best of my knowledge this is an AAU rule only and not an international one. I personally am tired of winning trophies (can you hear me, Ron Laird) most of which seem to look alike. On the other hand, I could use a new pair of sweats (Kulik needs them more than me, but some people have no shame) or shoes. Some might even desire a year's subscription to the ORW, although I can't imagine why. I suggest that a member of the race walking committee draft a rule change for the AAU convention. Whilst on the subject of trophies, I might add that Ron Daniel almost always finds distinctive trophies for his races (nicer, in my opinion, than virtually any National I've been to), a point to consider in awarding National Championships for 1974." (Ed. Gosh! I guess I wasn't even aware you couldn't give merchandise prizes. Is that for National races only? I hope so, since at our local races we have given such things as Peanuts towels and wash cloths, socks, vaseline, Easter baskets, boomerangs, homemade bread, and various and sundry other items. As a matter of fact, when we had the National 15 here four years ago, I was seriously considering merchandise prizes, which I also favor over ticky-tacky, all-alike trophies, but couldn't get the things I wanted within budget. I wonder who would have blown the whistle on me. Well, if such a stupid rule exists, lets change it.) "Suggestion number three concerns the international rule forbidding partaking of sustenance before 10 km of any long distance race. I think it has been well shown that this prohibition with respect to liquids is dangerous on a hot day. I see no reason why a medically dangerous rule should be on the books, but I don't know the procedure for changing international rules. (Ed. Nor do I. But I guess Joe Tigerman is the man to talk to. The rule is probably a bit insane but I

think this has been generally recognized and the letter of the law has been bent, if not broken, where heat has been a danger.) Finally, Ray gives me a chance to scoop the Guano Press by reporting a rumor that the Russian competitors in the 1972 Junior meet were about 22 or 23 years old. If true, he asks, why hasn't it been publicized and does the U.S. intend to protest?...Auggie Hirt offers a suggestion to improve attendance at National walks prompted by the disgraceful turnout for the National 15. He says: "Why not ask on the entry blanks whether it would be possible for the entrant to provide rides for other walkers who would be unable to attend the meet otherwise. A walker who needs a ride could call the meet director and ask if there are any walkers driving through his or her area and if so they could meet at the driver's convenience." (Ed. Seems a suggestion worth considering. The only problem is that about 90 percent of the entrants get their entry in at the last minute so that the information would not be available when needed. In the case of the Colorado fiasco, of course, it would have done no good, as Ron Laird was the only one who bothered to come in from outside and he undoubtedly either flew or thumbed.)....Finally, in this hodgepodge of miscellany, we have the following comments from Frank Dotseth, in Chicago, regarding judging: "I believe that I'm using an easy and effective way to judge when a walker is lifting and I'd like to share it with you and your readers in hopes that either it will gain wider use or someone will prove that it is unfair. I call it the rhythm method and I base it upon the following principles:

- 1) The front foot has to make contact before the back leaves the ground.
- 2) A break in motion occurs when a foot either strikes the ground or leaves the ground.
- 3) These breaks are easy to detect by watching the general motion of a walker from the hips down.
- 4) That motion coupled with the breaks creates a definite rhythm.
- 5) The rhythm that is created goes from front to back when contact is being made.
- 6) The rhythm goes from back to front when a walker is lifting.
- 7) An individual style has no effect upon the direction of the rhythm.
- 8) Mechanically speaking it would be impossible to maintain contact if the rhythm were from back to front.

What I don't know is how easy is the method of observation to learn. That problem notwithstanding, the rhythm method has enabled me to catch slow walkers as well as fast walkers off the ground. Contrary to popular opinion, a walker doesn't have to walking at a "fast" pace to be off the ground. Also, the method would have caught all of the offenders in the National 1 Mile. (Ed. I have not spent any time analyzing this but it sounds interesting anyway. We are agreed that judging contact is purely subjective. This seems to be an "objective-subjective" method, if such is possible. The question is whether it is valid. Comments from experienced judges amongst our readers would be of interest.

LOOKING BACK

10 Years Ago (From the July-August, 1963 issue of the Race Walker)—McCarthy was starting to get too serious about his walking about this time and was devoting too much time to training and too little to his publication. Thus he was way late with this issue and let it serve for two months. Thus we will have to conserve a few goodies from it for our next month's issue....Ron Zinn had a successful European^{trip} after a poor start in the USSR, reported last month. Actually, he started even before that with second in the International Military Games in Romania with an American record 1:37:31 on the track. In Poland he won the 20 Km in gale force winds in 1:46:08 with Ron Laird struggling home last in 1:53. In Germany he won a track 10 in 46:50.8 with Laird improving to 47:26 for third. In a 6 mile road race in England Vaughn Thomas "the British creeper" beat him in 42:34 to 43:16 with Laird recording 43:44. Then it was an American 2 Mile record of 13:41, with Thomas .2 seconds behind in what was described by many as a disgraceful exhibition on the part of both. Paul Nihill was third and Laird fourth in 14:12. Zinn then went on to win the Romanian championship in 1:40:09. Then came the record in the Military Games, not earlier in Romania as stated above. He was leading this race until the last mile when he took sick and had to stop, losing to a Greek by 15 seconds. Rudy Haluza took fourth in 1:39:22.8... The National 35 Km went to Bob Bowman in 3:28:36 at Seattle...Alex Oakley walked an excellent 4:26:58.5 to win the Canadian 50 by nearly 20 minutes over Felix Cappella with Bruce MacDona ld third...Oakley also won a 20 Km in Utica, N.Y. in 1:35:30....I now see that this issue contains results clear into November, so it was really late and we can use it for this column for several months.

5 Years Ago (From the July 1968 Ohio Race Walker)—In a close, fast race in Long Beach, Ron Laird captured the National 20 Km in 1:33:00. Only 39 seconds separated the first four with Larry Young second, Don DeNoon third, and Tom Dooley fourth. Twelve walkers bettered 1:40....Two weeks later, Young came back to decimate the field in the 50, pouring it on the second half for 4:12:12 on a course I think it was finally decided was about a half-mile short. Nonetheless, 8 walkers broke 4:30 and 13 were under 4:40 in another fast race. Goetz Klopfer was second, Bob Bowman third, and Dave Romansky fourth. The first ten in both races qualified for altitude training and the Final Olympic Trials....Ron Laird covered 7 mi 1386 yards to beat Martin Rudow in the National 1 Hour in Montana.. The East Germans were walking fast back then too as witness a 20 Km: Frenkel 1:26:57.2, Patus 1:26:58.8, Lindner 1:26:59, Straps 1:27:57.2, Sperling 1:28:31.4.