WALKING OUT OF OLYMPICS?

The word is out that the International Olympic Committee has decided either to eliminate walking from the Olympic Games or at best limit it to a single race. However, at this point it seems to be impossible to determine what has been decided or what has been proposed. The best we can do for you right now is recapitulate the word that has come to us from two reliable sources.

We first got the word from Bob Bowman, T&F News race walking editor, in a phone call the day our last issue was being printed. He reported then that various European sources, including the British publication Athletics Weekly, reported that it had been decided at the latest IOC meeting to hold only a 20 km race in Montreal and to drop walking entirely in subsequent Olympics. However, there seemed to be some question as to whether this was a final action or merely a resolution to be decided on at the next IOC meeting. The last I heard from Bob, about two weeks ago, he was still trying to track down the loose ends. More on what he had to say in a letter later.

In the meantime, I also heard from Elliott Derman, who was in Europe with the Junior T&F team and was picking up the same noises there. According to Elliott, one report had it that the IOC recommended elimination of the 50 km walk and retention of the 20 for the 1976 Games only (the same as what I heard); another had it that both distances were out and the Olympic distance was to become a compromise—30 km; and finally, as Bob had heard, another report had it that these were only the "thoughts" of the IOC and that the final decision rested solely with the IAAF (International Amateur Athletic Federation).

So, it is obvious that our sport is in some jeopardy but not clear whether there is still much opportunity to rescue it. (Not that banishment from the Olympics need spell our death, but it would certainly make the road to recognition more difficult and make it much harder to recruit new blood into the sport. Certainly, in this country we would lose the support of the Olympic Committee which has been very important in recent years. And we would undoubtedly lose the walks in International dual meets.) Where does this all leave us and what can be done?

Below, are the opinions and suggestions of three very interested parties.

Bob Bowman: "I'm still working on the Olympic walk situation—as soon as I've contacted all U.S. party concerned, as well as our friends abroad as to the situation and best sources of action, we can begin to formulate our combined efforts/strategies to reverse this outrageous decision.

"It seems the IOC has been pressed to reduce the size (number of athletes and events) of the Games as it is too costly to the sponsors and
this is a first step. Because we (in ce walking) are a track and field event, we suffered in that we had no one at the decision making level who was directly connected with our sport to speak up for us. The same old story. If on the other hand, we were a separate sport (not a part of TEF), we might have been spared—at least we would have probably got our chance as to which distance we wanted to retain. We now have to ask the AAU through our liaison, Race Walking Committee (Ed. with an appropriately non-extendable chairman) to draft a request to the IAAF to retain race walking—asking the IAAF to request this of the IOC. This will be brought up on the floor of the NAU Convention in October. Also we must have a summit conference in Lugano (Ed. Site of the International Race Walking championships in October) of all race-walking powers to plan our common approaches and make sure as race-walking countries to also start this appeal movement going through our own federations.

There is some day of hope already as it seems there is a strong feeling among some of the other sports, as well as track and field, that the final solution lies in having three phases of the Olympics rather than the present two—Winter, Land Sports, and Aquatic Sports. The swimming people are pushing for this. We should do likewise as it will greatly enhance our chances of again having both walks. It may be too late to salvage 74 but '80 looks good—especially since it will probably be in Moscow where the Russians could add the walk as host country—if we break away from track and field, which may be to our best advantage.

Elliott Derman: Race walkers of the world, those third-class athletic citizens, are again about to be tossed upon, if what I read is true. The word has gone out in various European publications—seems that this same word isslow getting out to our own national association and its members, or perhaps the word has indeed gone out to them and they donot seem to see the need any action is necessary—that race walking's future in the Olympic Games is dim. The race walkers, at this very moment, know not where they stand. (Ed. He then reports that given above) Whatever the case, race walkers are justifiably on edge these days. They would indeed like to know if their sport has an Olympic future.

We hear that the IOC has added women's rowing and women's basketball to the Games. Fine. But apparently to get the women rowers and basketball players into the Olympic Village someone has to be evicted. Who else to evict but those race walkers?

Race walkers are people who: 1) are true amateur athletes, who basically appreciate small favors, and who aren't in the habit of using Olympic gold medals as spring boards to professional careers; 2) do not demand national subsidization to continue training; 3) who cannot cause a single 'incident' over rules, procedures, judging, etc., at Munich, which cannot be said for almost every other event on the 1972 program; 4) whose sole driving 'raison d'être' is to gain the ultimate athletic honor of competing in the Olympic Games. That last statement can hardly be said for at least half of the other Olympic participants.

These race walkers, if deemed necessary, will not even demand a slice of time at the Olympic Stadium. They would be very happy to perform in their 20 and 50 km races in an enclosed park course. A 5 km circuit would be just fine and I hear that one is already established at Montreal for just that purpose. No traffic need be tied up. Just give us a 5 km circuit and we'll have our races. This could be a big plus for the Olympic organizers. If the Olympic Stadium capacity is to be reduced drastically, as I hear it is, to cut costs, than at least the Olympic organizers can present one event "free" to all those shut out of the stadium. These visitors can go home knowing that they saw at least one Olympic start and finish "live".

"Race walkers are track and field's most discriminated-against minority. It's about time for our own civil rights bill."

Floyd Goddard: "It is indeed disturbing to think of a group—a very small group as a matter of fact—that make a decision that is negative and contrary to amateur sport. The IOC, in its attempt to eliminate certain "problems" that are felt to be adverse to the Olympics such as too many participants (however, spectators are acceptable because they bring money to the Games), have reached decisions that actually curtail the sport of race walking and discourage its continuation by athletes at the grass-roots level throughout the world.

"Indeed, it is tragic that the original intent of the Games has been lost behind for far "greater" developments of mankind such as the fiasco that occurred duing the USSR-US: basketball game and the brawl that resulted from the water polo match between the Soviet Union and Hungary and the inexcusable actions of the field hockey team from Pakistan."

"The IOC appears to be striving towards creating nationalism and political upheaval instead of abolishing it. Who suffers? It is obvious the individual athlete who has put in months and years of training only to be told, "Sorry folks. You create a population problem, you know; to many participants, therefore your sport has to be done away with for the good of the Games. Sorry about that."

"Since the Olympic Games were created for individuals, my suggestion would be the total elimination of all team sports, including the 400 and 1600 meter relay races. This would result in a lessening of nationalism and a great reduction in costs, which seem to be the main concern of the Committee."

"I would like to encourage the readers of the CKW to express their concern about this matter to the U.S. Olympic Committee. Maybe, just maybe, some of them might listen." So, that is all we have on where the matter stands now together with some opinion and suggestions on possible courses of action. As more information becomes available and further action develops we will get the word to you. In the meantime, reader comment and suggestions are encouraged.

U.S. JUNIORS IN EUROPE

For the first time in history, the U.S. sent a Junior (athletes born in 1954 or later) Track and Field team to Europe for dual meets in West Germany, Poland, and the USSR. Included were two walkers, Mitch Patton of Phillipsburg, N.J., and Randy Meinke of Wappington, N.J. Patton was the youngest member of the team and only one still eligible for two more teams, having been born in 1956. A tough group, like their Senior counterparts, they failed to beat any of their foreign counterparts, both improved markedly during the trip and benefited greatly from the experience. Elliott Derman, who is writing most of this issue for us, reports on their races.

The West German meet was held in Heidenheim on July 14 on a newly installed, soft, spongy rubberized track. The results were: 1. Hans Goggelmann 48:37.2 2. Alfons Schwarz 49:41.4 3. James (Mitch) Patton
All four were together for the first lap and then Goggelmann began to break away. Schwarz, Patton, and Himm stayed together for 12 laps, when Randy began to drop back because of illness. Until the 16th lap, Patton and Schwarz dualled back and forth in a series of spurs. Schwarz drew a caution somewhere along the line but with about 2 miles to go, Patton began to fall slightly back and this continued to the end.

The meet with Poland was in Warsaw on July 20. Results were: 1. Jerolaw Kazimierz 42:57:2, 2. Roman Rejmer 43:52:5, 3. Patton 44:31:4, 4. Himm 51:44. This race was held on an excellent Tartan track. Kazimierz had km splits of 4:22, 8:58, 13:36, 16:11, 22:49, 27:32, 32:23, 37:10, and 41:45. He broke away early and was free and clear. Again, Patton had quite a race with Rejmer before the latter had the better of it. Rejmer was very bouncy and undoubtedly would have been right on the track in a major US race. Kazimierz was a good stylist. Lap times for Patton and Himm respectively were: 7:34 and 7:24 at 41:54 and 15:41 at 8:24:00 and 21:02 at 12; 32:09 and 32:39 at 16; 40:20 and 41:12 at 20; and 49:31 and 49:42 at 44:400 meter laps.

The final meet with the USSR was held in Odessa (only one day, please) on July 27 on a cinder track. The inside lane was half resurfaced and half older surface, thus making for uneven conditions at different parts of the lap. Results were: Peter Potchenchuk 45:42.8 2. Viktor Frolov 46:08 3. Patton 49:47 4. Himm 49:52.2. Again, the worst was not too bad on this course by nearly a minute. Romansky won the 1968 race in 3:40:33. This marked the tenth consecutive year the race has been held here.

"I felt strong today", admitted Knifton after it was over, "Especially in the second half of the race." Laird was strong too, but not strong enough. He would up second 300 yards back in 3:31:14, the precise time it took him to win this race in 1966. He also was a 40-Km national champion in 1959 and 1969.

Laird went through 20 km in 1:44:25 with a stop lead over Knifton. However, during the next 5 km he fell badly and was never able to recover from the gap that was opened before he finished the race. Long Island AC for the team title. There were 28 starters in the race and 23 of them finished.


**MURCHIE WINS JUNIOR 20**

West Long Branch, Aug. 20—A year ago Jim Murchie didn't know a thing about the sport of race walking and was considering trying out for the soccer team at Port Washington, N.Y. High School. Things didn't work out that way. Jim met Bruce MacDonald, a three-time U.S. Olympian who teaches at Port Washington, got psyched up about race walking and never went out for soccer.

**AUGUST 1973**
With three miles to go it was Rosencrantz in front by 50 yards but then and led the pack through the first 8 miles. But then cramps again to slow... 

HITLER AND HERRMANN ALSO WIN NATIONAL TITLES

The Ohio Track Club's Kevin Butler captured the National Junior Boys 1 Mile Walk in Denver in 8:55.5. Competing in the 12-13 year old group, 13-year-old Kevin was affected somewhat by the altitude and was more than a half-minute of his best but easily outdistanced second place Greg Johnson of LaCrosse, Kan., who had 9:30. In the 14-15 age group, Tim Votapka of Stockton, Calif. won in a record 8:17 with LaCrosse's Ron Daniel, who has done 6:53, was ruled ineligible... 

In the National Junior Olympic Championships in Ann Arbor, Mich., LaCrosse athletes continued their fine walking as Steve Herrmann won easily in 6:57.8. An anticipated ding-dong battle for the title did not come off as Ben's Jim Fonteyl, who has done 6:50, was ruled ineligible just 2 hours before the race after making the wrong trip. Shaul was ruled out because of his competition with last year's US junior team against the Soviets. More comment on that later in the Heel to Toe column. Results of the Ann Arbor race (only the competitor's Region, like 6, 12, 4, etc., are given in the results I have, so I can't tell you where they are from): 1. Steve Herrmann 6:57.8 2. Rudy Darrow 7:13.5 3. Mark Hamaguchi 7:16.2 4. Michael Walker 7:19.1 5. John Van Den Brandt 7:29.0 7. Larry Cotton 8:08 8. Rick Gibson, n.t. 9. Bruce Beaumont, n.t. 10. Fred Villa, n.t. — Stephen Kingman and Lawrence Hickman D/d

LADANY CAPTURES TWO MACBHIAH TITLES

In the IX MacBiahi Games, the International games for Jewish athletes, Israel's Shaul Ladany walked off with both the 20 and 50 km walks. The 50 km was held first and in 95 degree temperatures, Shaul was given... 

Results & Results & Results

JUNIOR 5 KM CAPTURED BY BENTLEY

Beverly Hills, Calif., Aug. 25 (Not special to the ORW)—Seventeen-year-old Jim Bentley outraced brother Brad, a year his junior, to capture the NAU Junior 5 km walk today. This gave him his third Junior title of the year, the 1 Hour and 15 km races having gone to him earlier.

Moving through the first mile in a swift 7:33, Jim already had 25 seconds on his brother with Bryan Shaselle and Jerry Lansing not far back of him. Jim increased his lead during the second mile and despite a slow third mile came home an easy winner in 25:35.2. The race was held in humid conditions which told on all the competitors during the final mile. The results:


ON THE RESULTS:

880 yds (12 and under), Washington, Pa., Aug. 16—Mike Rencheck, Burq.


ON THE RESULTS:

880 yds (12 and under), Washington, Pa., Aug. 16—Mike Rencheck, Burq.


ON THE RESULTS:

880 yds (12 and under), Washington, Pa., Aug. 16—Mike Rencheck, Burq.


ON THE RESULTS:

880 yds (12 and under), Washington, Pa., Aug. 16—Mike Rencheck, Burq.
One last result which originally wasn't supposed to be in here. That is the Annual Labor Day 6 mile 536 Yard Handicap held on Sunday, Sept. 2 on the Worthington, Ohio High School track course. Because we altered the wheel-measured course (1 mile 1010 yards per lap) slightly, the race was probably closer to 6 miles actually. Furthermore, the second heat was run on a hot, mid-90s, blazing sun, and reasonably high humidity. The second time in three years we have hit about the hottest day of the year for this one, which hardly seems fair in September. The race saw Kevin Butler, the National 12-13 year old 1 Mile champion, make his debut at anything over a mile on his 16th birthday. It also marked an early return from retirement for Jack Blackburn, who hadn't walked since April, but had been running about once a week. Soft-hearted Mortland gave the out-of-condition Blackburn 10 minutes, starting his just 2 minutes back of his father, Butler, and an under-trained Bob Smith. Starting at go and 3 minutes ahead of this trio, was 13-year-old Steve Mascari. Both the boys showed excellent style and held up very well considering the conditions and their unfamiliarity with the distance, Blackburn took full advantage of the 10 minutes. He used the first two laps to get in shape taking 1:45 and 1:45 respectively and saw more than half of it when he passed the earlier starters. The race was practically won by the young guy right after the start, with nothing more than a few extra paces put in by Jack going like the smell of victory. So he closed with 1:43 and 1:45 to finish 8 seconds ahead of the pairing Mortland, who never walked particularly fast himself. Smitty, as usual, folded in the last heat and went only two laps. Doc Blackburn walked his usual well-paced race (17:20, 17:27, 17:26, 16:57) to overcome the threat of the youngsters. The results (actual times shown): 1. Jack Blackburn 64:50 2. Jack Mortland 66:52 3. Doc Blackburn 69:28 4. Kevin Butler 70:29 5. Steve Mascari 83:13

When I said this result originally wasn't supposed to be in here, I referred to my original publication plans, which called for wrapping up typing on Wed., Aug. 29 and getting this in the mail on Labor Day weekend. I soon saw that I would fill nearly 11 pages with results and would have to go to 15 ps gas because of other important stuff. (That is results plus the lead story on the Olympics.) No way I was going to get that done on Wednesday, so I relaxed and held the finish off to the weekend and as a result got several more items, both by way of results and tidbits.

The Ohio Racewalker is published monthly in Columbus, Ohio by a tired, broken down race walker, desperately trying to keep his name in the public eye (by any stretch of the imagination you can call the race-walking fraternity public) name of Jack Mortland. Subscription rate is $3.00 per year, placed there illegally in the spring without the knowledge of the Cost of Living Council. Address all correspondence to the Annual Labor Day 6 mile 536 Yard Handicap held on Sunday, Sept. 2 on the Worthington, Ohio High School track course. Because we altered the wheel-measured course (1 mile 1010 yards per lap) slightly, the race was probably closer to 6 miles actually. Furthermore, the second heat was run on a hot, mid-90s, blazing sun, and reasonably high humidity. The second time in three years we have hit about the hottest day of the year for this one, which hardly seems fair in September. The race saw Kevin Butler, the National 12-13 year old 1 Mile champion, make his debut at anything over a mile on his 16th birthday. It also marked an early return from retirement for Jack Blackburn, who hadn't walked since April, but had been running about once a week. Soft-hearted Mortland gave the out-of-condition Blackburn 10 minutes, starting his just 2 minutes back of his father, Butler, and an under-trained Bob Smith. Starting at go and 3 minutes ahead of this trio, was 13-year-old Steve Mascari. Both the boys showed excellent style and held up very well considering the conditions and their unfamiliarity with the distance, Blackburn took full advantage of the 10 minutes. He used the first two laps to get in shape taking 1:45 and 1:45 respectively and saw more than half of it when he passed the earlier starters. The race was practically won by the young guy right after the start, with nothing more than a few extra paces put in by Jack going like the smell of victory. So he closed with 1:43 and 1:45 to finish 8 seconds ahead of the pairing Mortland, who never walked particularly fast himself. Smitty, as usual, folded in the last heat and went only two laps. Doc Blackburn walked his usual well-paced race (17:20, 17:27, 17:26, 16:57) to overcome the threat of the youngsters. The results (actual times shown): 1. Jack Blackburn 64:50 2. Jack Mortland 66:52 3. Doc Blackburn 69:28 4. Kevin Butler 70:29 5. Steve Mascari 83:13

When I said this result originally wasn't supposed to be in here, I referred to my original publication plans, which called for wrapping up typing on Wed., Aug. 29 and getting this in the mail on Labor Day weekend. I soon saw that I would fill nearly 11 pages with results and would have to go to 15 ps gas because of other important stuff. (That is results plus the lead story on the Olympics.) No way I was going to get that done on Wednesday, so I relaxed and held the finish off to the weekend and as a result got several more items, both by way of results and tidbits.

The Ohio Racewalker is published monthly in Columbus, Ohio by a tired, broken down race walker, desperately trying to keep his name in the public eye (by any stretch of the imagination you can call the race-walking fraternity public) name of Jack Mortland. Subscription rate is $3.00 per year, placed there illegally in the spring without the knowledge of the Cost of Living Council. Address all correspondence to...

PAGE 10 AUGUST 1973

A HANDY SCHEDULE OF RACE-WALKING CONTEST AROUND AND ABOUT THE U.S. OF A
DURING THE NEXT COUPLE MONTHS:

Sat. Sep. 8-2 Mile Hdp, 880 yd. Grade School, Northglenn, Colo. (B)
    5 Mile, Indianola, Iowa, 8 a.m. (H)
    10 Mile, Centerach, N.Y., 2 p.m. (Z)
Sun. Sep. 9-Comm. AAU 1 Hmr, Fairfield (C)
    7 Mile, Anchorage, Alaska, 1 a.m. (Z)
Sat. Sep. 15-5 Mile, Columbia, Mo., 9 a.m. (A)
    10 km, Cedar Rapids, Ia. (H)
Sun. Sep. 16-4 Mile, Dayton, Ohio 12 noon (B)
Sat. Sep. 22-28th NAAC 35 K, Seattle, Washington, 10 a.m. (A)
Sun. Sep. 23-7 mile men and 2 mile women, Fairfield, Calif. (G)
    6 Mile, Columbia, Mo., 2 p.m. (A)
    Eastern Regional 30 km, 5 km Open, Long Island, 9:30 a.m. (2)
Sun. Sep. 30—Perhaps same race in Cambridge, Ohio if I ever contact
    Dale Arnold.

Sat. Oct. 6—7th Annual National 100 Mile, Columbia, Mo., 1 p.m. (A)
    (note: this was originally scheduled for Sep. 25)
    50 km, Boulder, Colo., 8 a.m. (B)
Sun. Oct. 7-5 km, Lake Merritt, Oakland, Calif. (G)
    50 km (tentative), Long Island, 8 a.m. (E)
Mon. Oct. 8-10 Mile Hdp, Duluth, Minn. (X)
Sat. Oct. 13—5 Mile, Columbia, Mo., 9 a.m. (A)
Sun. Oct. 14-3 mile Hdp, 1230 yd. Grade School, Broomfield, Colo. 1 p.m.
    Iowa 50 km, Indianola, 7:30 a.m. (H)
Sun. Oct. 20-28th NAAC 100 Mile, Columbia, Mo., 5 p.m. (A)
    Western Regional 30 km, 5 km Open, London, 9:30 a.m. (2)
Sat. Oct. 27-28th NAAC 50 km, Columbia, Mo., 1 p.m. (A)
    New Jersey and Open 10 mile, Long Branch, 1 p.m. (D)

Contacts for the above races by letter designation as follows:

A—Joe Duncan, 4004 Paseo, Columbia, Mo. 65201
B—P.S. Goodwin, 4004 Paseo, Columbia, Mo. 65201
C—Jack Batt, 4004 Paseo, Columbia, Mo. 65201
D—Jack Batt, 4004 Paseo, Columbia, Mo. 65201
E—Jack Meldrum, 4004 Paseo, Columbia, Mo. 65201
F—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201
G—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201
H—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201

FROM HEEL TO TOE

Speaking of Steve Hayden (designated Z above) the young man plans to begin a new kind of race this early fall, in which he and Lynn Olson tie the knot on Dec. 22. This will be a 10 mile race against Lynn Olson at the finish. The race will be followed by a one hour rest...since Lynn figures two Ohio Racewalkers is more than any family needs.

Unknown to her, her chauffeur Rance has not yet renewed his subscription which expired in July. [4858]

A. HANDY SCHEDULE OF RACE-WALKING CONTEST AROUND AND ABOUT THE U.S. OF A
DURING THE NEXT COUPLE MONTHS:

Sat. Sep. 8-2 Mile Hdp, 880 yd. Grade School, Northglenn, Colo. (B)
    5 Mile, Indianola, Iowa, 8 a.m. (H)
    10 Mile, Centerach, N.Y., 2 p.m. (Z)
Sun. Sep. 9-Comm. AAU 1 Hmr, Fairfield (C)
    7 Mile, Anchorage, Alaska, 1 a.m. (Z)
Sat. Sep. 15-5 Mile, Columbia, Mo., 9 a.m. (A)
    10 km, Cedar Rapids, Ia. (H)
Sun. Sep. 16-4 Mile, Dayton, Ohio 12 noon (B)
Sat. Sep. 22-28th NAAC 35 K, Seattle, Washington, 10 a.m. (A)
Sun. Sep. 23-7 mile men and 2 mile women, Fairfield, Calif. (G)
    6 Mile, Columbia, Mo., 2 p.m. (A)
    Eastern Regional 30 km, 5 km Open, Long Island, 9:30 a.m. (2)
Sun. Sep. 30—Perhaps same race in Cambridge, Ohio if I ever contact
    Dale Arnold.

Sat. Oct. 6—7th Annual National 100 Mile, Columbia, Mo., 1 p.m. (A)
    (note: this was originally scheduled for Sep. 25)
    50 km, Boulder, Colo., 8 a.m. (B)
Sun. Oct. 7-5 km, Lake Merritt, Oakland, Calif. (G)
    50 km (tentative), Long Island, 8 a.m. (E)
Mon. Oct. 8-10 Mile Hdp, Duluth, Minn. (X)
Sat. Oct. 13—5 Mile, Columbia, Mo., 9 a.m. (A)
Sun. Oct. 14-3 mile Hdp, 1230 yd. Grade School, Broomfield, Colo. 1 p.m.
    Iowa 50 km, Indianola, 7:30 a.m. (H)
Sun. Oct. 20-28th NAAC 100 Mile, Columbia, Mo., 5 p.m. (A)
    Western Regional 30 km, 5 km Open, London, 9:30 a.m. (2)
Sat. Oct. 27-28th NAAC 50 km, Columbia, Mo., 1 p.m. (A)
    New Jersey and Open 10 mile, Long Branch, 1 p.m. (D)

Contacts for the above races by letter designation as follows:

A—Joe Duncan, 4004 Paseo, Columbia, Mo. 65201
B—P.S. Goodwin, 4004 Paseo, Columbia, Mo. 65201
C—Jack Batt, 4004 Paseo, Columbia, Mo. 65201
D—Jack Batt, 4004 Paseo, Columbia, Mo. 65201
E—Jack Meldrum, 4004 Paseo, Columbia, Mo. 65201
F—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201
G—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201
H—Steve Hayden, 4004 Paseo, Columbia, Mo. 65201

FROM HEEL TO TOE

Speaking of Steve Hayden (designated Z above) the young man plans to begin a new kind of race this early fall, in which he and Lynn Olson tie the knot on Dec. 22. This will be a 10 mile race against Lynn Olson at the finish. The race will be followed by a one hour rest...since Lynn figures two Ohio Racewalkers is more than any family needs.

Unknown to her, her chauffeur Rance has not yet renewed his subscription which expired in July. [4858]
hug a lead in a senior race in Atlantic City when he saw a well-known U.S. walker give up his creep and start to run after him. Continuing in this vein, Bob Bowman relates his first encounter with John Deni.

"It was at the NAAU Convention in San Diego in 1963. John introduced himself as a former Olympian, and I asked him what he had won. He said it was the 1948 Games in London at 50 Km and that he was walking in third position while entering the stadium, but that it was so foggy he couldn't find the track! And by the time he found it, he was 17th or so! It was all I could do to keep a straight face. Later I found out he was DQ'd. I also found out he told the same story to others putting himself in the second, third entering the stadium, depending on how gullible he thought you were." (Eq. Actually John was DQ'd in Helsinki in 1952. In London he finished 15th in a blazing 5:28:33, nearly 47 minutes back of winner John Ljunggren and 40 minutes out of third. Forty minutes to find a track once you hit the stadium must be some kind of record.)...Bob also comments on the possibility of holding the Nat. 20 Km crown for 24 decades as suggested by Ray Somers. He favors it but feels the most serious objections are: 1) proper courses at the Nat. RF site and 2) proper attention normally given to our most important race of the year (i.e., awards, judging, publicity, etc.). He also feels that it would mean the demise of the 5 Km since they will be going back to a 2-day meet. Mr. Bowman also points out that Ray was incorrect regarding merchandising awards. The AAU rule does not prohibit them but only limits the type of awards and the money to be spent on them...A result that got lost in the stack some way last month and has just now surfaced. U.S. Postal Women's 2 Mile Championship: 1. Ellen Minkov, Port Washington, NY 17:11.5 2. Sue Eroodock, Rialto, CA 17:26 3. Estee Fava, Rialto 18:03 4. Sonia Geith, Rialto 18:10 5. Stella Palmarchuk, CA 18:13 6. Gran Elmore, Canby 18:27 7. Carol Siciliano, UT 18:56 8. Linda O'Malley, Portland 19:42 9. Lismanek, CA 19:50 10. Dayna Geith, Rialto 20:00 (15 entries)...

LOOKING BACK
10 Years Ago (from the July-Aug, 1963 Race Walker) — The NAAU Junior 20 Km Championship held in Verona, PA, went to Regis Dandar in 1:53:20 with one Regis (Jerry) Brown struggling in second some 7 minutes behind. The OTC's Dale Arnold captured the Junior 35 Km in Chicago in 3:59:09 over Jim Clinton. According to the Race Walker report, "Dale caught UCOV's panhandling preacher, Jim Clinton, with two miles to go and went on to win by an incredibly wide margin. Clinton not only cracked open and fell apart—he even lost the pieces" Clinton finished 14 minutes back which is quite a bit to lose in 2 miles...Don DeNeeset an American record in one of those odd distances that used to be recognized covering 4 Km in 19:11.9...And editor Chris McCarthy won the Senior 40 Km in Wayneburg, PA, in 96 degree temperature. His 3:52:02 in these conditions was more than creditable as he lost Alex Oakley 7 minutes back and Jack Blackburn another 9 minutes back. And apparently the times were actually 7 minutes slower than the tests, as the official's apparently couldn't read wrist watches as well as vivacious newspaper. Besides the heat, the course was extremely hilly.

5 Years Ago (from the August 1968 CRW) — At the Olympic training camp at Lake Tahoe Larry Young had 1:16:53 for 10 miles, 1:34:42 for 20 Km, and 2:27:14 for 30 Km as a variety of races were held. In the 20, Don DeNeeset was only 23 seconds ahead of Dave Romansky, and Dave Romansky 1 minute behind. DeNeeset had a 21:50:5 for 5 Km beating Tom Dooley by 1.5 seconds. Dooley closed up the last mile as they passed 2 miles in 13:57 and 14:04...The Senior 40 Km, in Long Branch, went to Dave Romansky in 3:30:33.8 with Geta Klopfer capturing second in 3:33:12...Daniel, Kuklik, and Knofton were seven to 13 years, carried out a series of performance tests on the moving-belt ergometer to determine their maximum physical performance capacity.

Serum Potassium Level Drops During Long-Term Exercise

Medical Tribune Report

New York — Potassium supplementation may be indicated for athletes engaged in long-term, repetitive exercise, according to a study of long-distance runners, reported here by Dr. Kenneth D. Rose, director of the University of Nebraska Physical Fitness Research Laboratory.

Over a 10-year period, resting and post-exercise serum potassium levels were obtained in a total of 116 varsity middle and long-distance runners, he told the sixth annual Symposium on Medical Aspects of Sports sponsored by the Medical Society of the State of New York. Forty-five of the runners, or 39 per cent, were found to have had a resting hypokalemia of under 4.0 mEq/L. The mean serum potassium of the group was 4.06 mEq/L.

These results, showing a progressive reduction in mean serum potassium levels during training and an overall decrease of relative hypokalemia, Dr. Rose said, interpreted as indicating a possible detrimental effect on muscular function of intensive training such as interval running and distance running when carried out over long periods of time.

"The data indicate," he added, "that potassium supplementation in the form of potassium salts or increased potassium intake might be indicated in individuals involved in long-term, repetitive exercise programs."

Genotype Appears to Determine Athletic Capacity

Medical Tribune World Service

From West German Edition

Munich, West Germany—Exercise tests with pairs of monozygotic and dizygotic twins have demonstrated that even the hardest athletic training cannot raise athletic performance capacity above the limit determined in the genotype, Dr. Vasili Kissousas, director of the Physiology Department at McGill University, Montreal, reported at a scientific congress here.

Twenty-five pairs of male twins (15 monozygotic and 10 dizygotic), aged of the 112 test subjects, or 60 per cent, had a hypokalemia of less than 4.0 mEq/L after exercise. A five-member subgroup studied in 1967-68, Dr. Rose reported, showed a progressive decline from 4.2 mEq/L in November, at the start of training, to a January midpoint mean level of 4.0, to a March mean level of 3.7.

"These results, showing a progressive reduction in mean serum potassium levels during training and an overall decrease of relative hypokalemia, Dr. Rose said, interpreted as indicating a possible detrimental effect on muscular function of intensive training such as interval running and distance running when carried out over long periods of time."

"The data indicate," he added, "that potassium supplementation in the form of potassium salts or increased potassium intake might be indicated in individuals involved in long-term, repetitive exercise programs."