U.S. WOMEN DEFEAT CANADA

Sept. 15—In a 5,000 Meter race, U.S. women swept the first four places to easily defeat Canada in an International dual race-walking match. The race was held in St. Leonard Arena, but none of the information I have tells me where that is. Perhaps in Montreal. The race marked the first international competition, outside of postal races, for the women of both countries.

Ellen Minkow, coached by three-time Olympian Bruce MacDonald, was unchallenged after the first half mile and won going away with an excellent 26:31.7. Her one mile splits were 8:16, 16:54, and 25:54. Esther Marquez, from Rialto, Calif., pulled out the second half of the race to finish a clear second. Cindy Arbelbide from Santa Barbara and walking only since June looked very strong in overcoming a third Californian, Sue Ercolock, for the third spot. Leading the Canadian contingent not far back of Sue was Montreal's Jocelyne Richard. The race was held on a rather loose cinder track, which makes the times, good in any case, look even better. Results:

1. Ellen Minkow, USA 26:31.7
2. Esther Marquez, USA 27:44.2
3. Cindy Arbelbide, USA 28:22.6
4. Sue Ercolock, USA 28:43.2
5. Jocelyne Richard, Canada 29:20.4
6. Terry Lalonde, Canada 29:51.6
7. Jaqueline Sauve, Canada 30:50
8. Johanne Verronneau, Canada 31:35.2

AND RIGHT INTO RESULTS:


5 KM TITLE TO KNIFTON

Seattle, Sept. 22—(SPECIAL TO THE GAZETTE FROM DEAN INGRAM)—Sure enough, as I said, we have more detail on this one before wrapping up—in perfect weather conditions, the Senior 35 was held at Green Lake in Seattle, Washington. The course used has finally been all paved and is for walking, running, cycling, or "crawling" only. We have measured and remeasured the course under Bob Hendrickson's rules and regulations which include a 100 yard tape used to measure all the way around the 5 km loop of the lake. I don't know of too many other courses as accurate. I will personally put this course up against any in the country for beauty, surface, speed, and fine weather conditions.

As was mentioned in the entry blank, we started as soon as Don Jacobs arrived. Nineteen starters greeted the TV cameras and, if we went with Dr. Knifton following Ranney just long enough to make sure of the mile times, we were there. Bill stayed close to John until 30 km as they dropped 32 and 33 minutes for the sixth lap. John was out of his best as he clipped Bob Rosencrantz at 1:30 and came in first in 3:10. Wayne Quaker will be one to hear from as he looked good.

The temperature was 53 with a slight drizzle to keep the body temperatures down. There were no disqualifications, from judges Bill Lindsay, George Dawes, and Bob Hendrickson. Results:


Other Pacific Northwest Results, some rather ancient: 20 km, Seattle, Aug. 19. The course used has finally been all paved and is for walking, running, cycling, or "crawling" only. We have measured and remeasured the course under Bob Hendrickson's rules and regulations which include a 100 yard tape used to measure all the way around the 5 km loop of the lake. I don't know of too many other courses as accurate. I will personally put this course up against any in the country for beauty, surface, speed, and fine weather conditions.

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NORWEGIAN WOMEN UPSET SWEDES

Lyngby, Denmark, Sept. 1—In a six-nation walking match, Norway upset heavily favored Sweden by one point in a 5 km race on the track.

Eivor Johansson continued her winning ways for the Swedes but by only one second over Norwegian Junior Laila Jensen, who improved nearly a minute over other recent times. With several of the Swedes suffering sub par performances and Thorild Gylder and Thordhild Sarpebakken coming through for third and fourth, the Norwegians were able to win the match with England a close third.

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Results:
A-Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
B-Floyd Godwin, 935 Ash, Bloomfield, Colo.
C-Jack Battte, 40 Ecltob Place, Stratford, Conn. 06497
D-Elliott Derman, 28 K. Locust, West Long Branch, N.J.
E-Steve Lund, 423 Via Hidalgo, Greenbrae, Calif. 94904
H-Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
K-Doug Walker, 29 Alhambra, Toronto, Ontario, Canada
Z-Steve Hayden, 56 Verbent Ave., Floral Park, N.Y.

The Ohio Race-walker is a monthly review of all the interesting mail that arrives at the Jack Mortland residence, 3184 Summit St., Columbus, Ohio 43202. All the mail dealing with the sport of race walking, that is. Drop alive if you have results, schedules, comments, or anything else to contribute. We can still use good action photos of recent races. Glossy prints are preferred. Any size will do. I cannot get good reproduction from newspaper halftones but very fine halftones will reproduce fairly well. Subscription rate for one year's worth of this trash is a mere $3.00.

KELLY SURVIVES OVEN FOR RECORD

I have been remiss in not covering this before and my apologies to John Kelly, who certainly deserves some recognition for the feat. What fact you ask? Well, back in July, John trekked across Death Valley, all 120 miles of it, in 34 hours, breaking Bill Emerton's record by some 28 hours. In doing so he survived temperatures that reached 150 in the sun and 120 in the shade. Temperature off the blacktop rose to around 190. As one reward for his effort he made an appearance on the Johnny Carson show in early September and came off quite well. He proved such an able instructor in the technique that Doc Severinson was able to take off in quite acceptable style. My thanks to Paul Nelson for a long-distance phone call alerting me to this appearance as I normally catch the Carson show for most 10 minutes once every three years. Past my bedtime, you know.

For more on John's performance we quote from the "Evening Outlook":

"There were other notable statistics outside of the temperature.
Kelly's entourage (Bill Armstrong, Steve Goff, Brian Blake, Dr. Paul F. Kamna, Mihela Grumet, Pat Trobias, Robert Carlson, Richard Mackson) took along 64 bottles of beer. They returned home with none. One gentleman driving a luxury car with one hand and holding a Coors in the other slowed down to ask Kelly what he was doing. He claimed he held the record and inquired how fast Kelly was walking. Upon being told 5 miles per hour, the gentleman said "impossible" and drove on.

Kelly's average speed; including stops, was around 4 mph. He drank 20 gallons of water and slept only 2 hours along the way. He started at 5 a.m. Saturday and finished at 7 p.m. Sunday. The Olympic walker from Ireland, who now is a U.S. citizen, collapsed "only three times" according to his followers. He also had the dry heaves when he tried to pick up the pace.

Another gentleman, who said he spends his summers driving over the desert, was a key factor in the record. He showed the Kelly party the correct route to take. Armstrong, the cook, brought along some cooked meat to keep up Kelly's strength. The trouble was, he forgot to remove the garlic cloves and some of the desert folks must have felt they were going to be served an Italian dinner instead of their rabbit stew..."

"P.S. Kelly dedicated the walk to Ireland's battle to boot English rule out of the country. Irishmen all over the world should name a brew after their new hero. Perhaps, "Kelly's Suds, it's the kick.""

FROM HEEL TO TOE

Winner of the Capt. Ronald Zinn Memorial Award for 1972 is Larry Yaeger Young. This is the third time Larry has won this prestigious award given by the Green & Gold AC to the outstanding race walker in the U.S. as decided by vote of his fellow athletes. The U.S. Legion Cup, is set and ready to go for the important International Championship in Switzerland the middle of this month. We will have Jerry Brown, Ron Laird, Bill Ranney, and Todd Scully in the 20 km and Floyd Godwin, Bob Kitchens, John Knifton, and Bill Weigle. This should be the strongest team we have sent to date. Although Weigle and Kitchen have not been in competition lately they can be expected to be quite fit. Laird actually qualified at 50 and Kitchen at 20, but they have chosen to switch to their strongest events. This will definitely make the team stronger. The competition once again looks to be an East German-USSR struggle.

At this point, East Germany does not appear quite as strong as in recent years and this may be a good chance for the Soviets to get them. At 20, Frenkel, the Olympic champion, has not been up to last year's form yet but may be building for the one race. Stadtmaurer can be brilliant but is still very young and has been inconsistent. Actually, I still think it is East Germany or the Soviet Union to win. They will have to rise to the occasion to make it. West Germany will offer a very strong challenge at 50 with Kannenberg and Wiedner but will probably lose too much in the 20 to contend with the two super powers. Great Britain, Italy, and the U.S. should battle for fourth. The full story next month....

On the International scene, Bruce Macdonald reports that there may still be an U.S.-Canada dual meet this year with either Denver or the N.Y. Metropolitana area. No further details on that. On the plight of the walks in the Olympics, no good news to report at this time, but some bad. In a meeting of the IAAF in Edinburgh in early September that august body meekly went along the IOC, voting to cancel the 50 km for Montreal. They are still to discuss the possibility of changing the 20 km to a 30. They did decide not to remove walking from the track and field program, which means the Canadian Olympic Committee and Athletics Canada have opened the door to the possibility of a world walking championship. That already exists, of course, on a team basis in the Lugano Cup. Athletics Weekly, the British track and field publication, has strongly taken the IAAF to task for this weak response. Editor Mal Watman in the final paragraph of an editorial on the subject says: 'And so it was decided that the walkers should become the sport's sacrificial lamb. What's to be done? The committee of the Olympic Committee, which controls athletics in Canada, are meeting next week. For my part, I would like to see the delegates from the UK, USA, USSR, and GDR--four of the most influential nations in athletics, and all of them strong in walking--hand together to persuade the IAAF Congress to press with the utmost vigor for the retention of walking in the Olympics. Nobody gains from the removal of walking, many will suffer. Unless the IAAF squares up to the IOC on this issue it will have failed a vital segment of the sport--athletes whose interests it purports to represent and protect...'...
lines will be initiated when the world’s walking powers are assembled in Lugano, Switzerland this month…On the home front, Dave Eidahl in Iowa reports that they have a U.S. Senator who is quite a walker and many letters are being sent to him regarding the problem…The only two letters I have received come from the diastole side and are printed following these notes…John Knifton is not the only one attacked by a dog recently. Gerry Waller reports: “Nine weeks ago today (Aug. 29), I was the target of a wide-snet Doberman pinscher appearing to get enough meat in his diet. The incident has served to amaze my enthusiasm to train just a bit. I am physically capable of hitting the road again, but more than a little fearful. I read John Knifton’s story with great interest. Had he been less fortunate and been bitten on the thigh like myself, he would never have got the line in Faunton, never mind win. The dog’s bite caused swelling and bruising as much as 10 in. from the teeth marks and I had to limp for 7 weeks. At least he wasn’t rabid…” An ad for “5-Minute Body Shaper” in Radbook quotes Jim Hanley, famous athletic coach, “Boys jogging and working out in gyms—and much safer, I lost 4 inches off my waist in 14 days.” Come Jim, your waist doesn’t measure much more than that to begin with—or could this be some other Jim Hanley.

LETTERS:
From Mary Hovey in Seattle via Dayton, Ohio: “If men walkers are ‘third-class athletic citizens’ as Elliott Denman suggests, then women must surely be fourth-class competitors. While race walkers of the world unite to keep our sport alive, please remember the lovely females.”

“Mr. Denman has commented, ‘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 the Olympic Village, someone has not been invited. Who else but those race walkers! I totally agree that adding a sport while throwing out another is far from just, but apparently Mr. Denman feels that being dropped is unfair but losing to a woman is even better. We females also sweat, train long hours, and compete with the same dedication and determination as our male companions. It’s outrageous that the Olympic Committee would even think to knock out one of the more than two dozen walking events in the Games, and imagine how we feel with no representation at all. ‘I’ll attempt to save your races if you fight to give me a chance; I also dream of victory.’ [Ed. I must admit that I had somewhat the same reaction to that part of Elliott’s letter.] The women have just recently won the right to compete at all in the world in this country. The next goal was obviously Olympic representation and if we can’t keep walking on the men’s program, how are we to get it on the women’s, in defense of Elliott, though his statements seemed to smack a bit of male chauvinism, I am sure it was not intended. Billik is not your standard Bobby Riggs-type pig.) And from Sheryl Robinson, of the Zander Racewalking Club in Stockton: “After reading your last issue, I felt that I had to write. I am the President of an extremely small racewalking club but am very concerned with what is happening to men’s walking. I had already heard all the rumors mentioned in the CW and to see them in print was very discouraging. The reason I’ve been so concerned with men’s walking is that I am a member of an even more discriminated group of walkers, the women walkers, and was hoping to see women’s walking entered into the Olympics. The members of my club and I am planning to conduct an extensive letter writing campaign to try to get support from people with authority.

“Your first intent was to survey the feelings about women’s walking in the Olympics. But now we would also urge support for continued and strengthened men’s walking.

“What do you think of this idea? Can you give me a list of people to whom you think I should write? We’re willing to spend time and energy on anything you think worthwhile.” Sheryl’s address is 205 W. Euclid Ave., Stockton, Calif. 95204. Places for Sheryl, her clubmates, and all the rest of you to write are: Bob Lafferty, Track & Field Administrator, Amateur Athletic Union of the U.S., 3400 W. 86th Street, Indianapolis, Ind. 46268; United States Olympic Committee, 57 Park Avenue, New York, N.Y. 10016; Lord Killian, President, International Olympic Committee, Ron Rees, Los Angeles, Switzerland.


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From Lou Walsness, Norristown, Pa.: “A response to the article in the June issue concerning Don Thompson and his comments on race walking vs. running. First off, let me say, Don Thompson is all wet, obviously he has no background in Bio-kinetics, physiology, cardio-vascular conditioning, or cardio-respiratory conditioning and I could go on indefinitely, but let me reiterate an experience of myself and Ron Laird.

“In 1959 (the era of Konamora, Blackburn, Kortland, Pinero, Kurr, Laskau, just to name a few) Ron and I were invited to participate in treadmill experiments at Lenkszau Hospital, near the Main Lain, between Philadelphia and Norristown.

“The purpose of these experiments were two fold, correlation of particular sports with conditioning (primarily from an organic point of view) a rd lung capacity volume. The test consisted of minutes per elevation on the treadmill with CO2 expended; other tests were the Harvard Step Test, (pulse rate ) and vital capacity done with a wet spirometer.

“Included in these tests were marathon runners, scullers, cross country skiers, basketball players, swimmers, and weight lifters. I believe a few other sports were involved but I can’t pinpoint them.

“Without going into a long dissertation, on a quality basis, I will relate the finding from a cardio-respiratory-vascular conditioning aspect.

1. Cross country skiing
2. Marathon running
3. Race walking (very close)
4. Cycling
5. Swimming

“It was also predetermined that a warm-up of 5 minutes to 1 hour depending on that person’s sport should be a prerequisite for optimal function. In this should be included various flexibility exercises to facilitate blood flow and range of motion.

“So you see, race walking rates No. 3 in something like 20 major sports for the type of conditioning I mentioned.”