A Related Happy New Year. Since there doesn’t seem to be anything particularly noteworthy to feature this month, we may as well go right into a summary of results. (I wonder what reaction the New York Times or Christian Science Monitor would get if they launched their lead story in such a positive manner.)

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>1 Mile, Coast Guard Academy, New London, Conn., Jan. 19-21</td>
<td>Roy Yarbrough 6:14.4, Michael Segal 9:12, Conn. AAU 2 Mile (Race photo, 3 hour later)</td>
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<tr>
<td>1 Mile, New Haven, Jan. 20-21</td>
<td>Jim Murchie 7:17.5, Mike Segal 8:21.2, Conn. AAU Women’s 1 Mile, New Haven, Jan. 20-21, Carol Siciliano 9:36</td>
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<tr>
<td>1 Mile, New Haven, Jan. 20-21</td>
<td>Mary Foster and Debbie Naylor, both Fort Washington, 9:16.1</td>
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<td>Joanne Shira (age 13), Port Washington 8:36.3 (American record for age 13)</td>
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<td>1 Mile, New Haven, Jan. 20-21</td>
<td>Carol Siciliano 6:15, Fred Brown Sr. 6:35, Ken Hayden 9:51</td>
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<td>Mike Regan 7:19, Dave Foreman 7:44</td>
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<td>Holly Davenport 19:31, Ron Daniel B.D. at 2 miles, another naughty boy. FILE was limited by bad weather that made travel difficult. Women’s 1 Mile, Cornwall Heights, Pa., Jan. 17-21, Stella Balaz Haupter 8:58, Jeanne Tarkowski 11:23.3, Delphine Crump 11:59.8</td>
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<td>1 Mile, New Haven, Jan. 20-21</td>
<td>Ron Kulik 6:16.1, Mike Regan 6:19.7, Dave Foreman 6:44.6, Sig Bocconiz 6:46.1, Fred Brown Sr. 6:50.4</td>
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Larry Young on his way to his brilliant third place in the Munich Olympics. Here is a picture that leaves as little doubt about legality of style as any we have seen. (Photo by Larry Green)

Larry in younger days walks with Canada's Felix Cappella during his 1967 Pan-Am 50 Km at Winnipeg. Karl Merscherz follows closely. (Tom Dooley photo)
race and still can't provide the complete figure. Actually, I provided the 4:49 figure to Bob from memory and promised to re-examine the correct time. But there are no wall clocks in our home going then so it may never have been recorded for posterity, except perhaps in Phil's logbook and he dropped his subscription more than a year ago. That was a good race for the field with the last 4:49 Bob doing 4:47, Blackburn 4:47, and McDonald his 4:49 on a fairly tough, accurate course. Fordland led through 20 miles in 4:29 and was still a half-mile out on McCarthy at 24 miles when he did his usual 50 km departure from the scene.

**SCHEDULE OF RACES**

**Fri., Feb. 8—**1 Mile, L.A. Times Invitational (A)
**Sat. Feb. 9—**6 Mile, Lake Darling, Ta (B)
**Sun. Feb. 10—**12 Mile, Kenosha, Wis., 11 a.m. (D)
**Sat. Feb. 16—**14 Km, Columbus, Ohio, 11 a.m. (E)
**Sun. Feb. 17—**SPAAU 10 Km & Open, Indio, Calif., 10 a.m. (A)

1 Mile, New Haven, Conn. (F)
**Fri. Feb. 22—**SPAAU 2 Mile, New York (G) (Qualifying time 6:45 Mile, 13:40 3 Km, or 14:40 2 Mile)

**Sat. Feb. 23—**10 Mile, Superior, Wis., 11 a.m. (B)
**Sun. Feb. 24—**20 Mile, Keno, Wis., 10 a.m. (D)
**Sat. Mar. 1—**20 Mile, Norton, Ind. (B)
**Sun. Mar. 2—**SPAAU 25 Mile, Echo Park, Los Angeles (A)
**Sat. Mar. 9—**SPAAU 20 Km, Snohomish, Wash. (H)

3 Mile, Idaho Track, Columbus, Ohio, 9 a.m. (E)
**Sun. Mar. 10—**SPAAU Junior 3 Mile, Take-Two, Rev. (I)
**Sat. Mar. 16—**SPAAU Indoor 2 Mile, Boulder, Colo. (J)

5 Mile, Idaho Track, Columbus, Ohio, 10 a.m. (K)
**Sun. Mar. 17—**SPAAU 15 Mile, LA MODA 15 Mile, Columbia, Ohio, 9 a.m. (A)
**Sat. Mar. 23—**5 Mile, Irvine, Calif. (A)
**Sun. Mar. 30—**10 Mile, Asua-Paciﬁc Col., 1 p.m. (A)

7 Mile, Idaho Track, Columbus, Ohio, 9 a.m. (B)
**Fri. April 6—**SPAAU 1 Hour, Boulder, Colo. (J)
**Sat. April 7—**Iowa AAU 20 Km, Girl's 5 Mile, Veterans 15 Km, Des Moines (C)
**Sun. April 8—**SPAAU 1 Hour, Pittsburgh, Calif. (D)

**Sun. April 15—**SPAAU 75 Km, LOWE'S COLLEGE, WEST LONG HATCH, N.J. (L)
**Sat. April 28—**SPAAU 2 5 Km, Des Moines (E)

And we forgot:
**Sat. Kar. 30—**SPAAU 100 K, Des Moines (B)

Key to contacts:
A—Bob Bowman, 1961 Windsor Place, Pomona, Cal.
B—Dave McAdams, Box 72, Richland, Iowa 52655
C—Roy Yarbrough, U.S. Coast Guard Academy, New London, Conn. 06320
D—Mike Delwhit, 6008 21st St., Kenosha, Wis. 53140
E—Joe Duncan, 2400 El Paso, Columbia, Mo. 65201
F—Bob Seelig, 1284 Wolf Hill Rd., Cheshire, Conn. 06410
G—Dan Ferris, AAU of the USA, Inc., Room 2045, 144 Madison Ave., New York, N.Y. 10022
H—Dean Ingram, 507 Cobb Building, Seattle, Wash. 98101


**January 1974**

HEAR Y.EI HEAR Y.EI CADDOCKS! THE NEWS IS GOOD!

This should be on the front page but unfortunately I didn't have all these details when I started with the drivel I have there. Anyway, the picture for the 1976 Olympics is now very bright with the chances very good that there will indeed be a 50 kilometer walk, either official or unofficial.

Until yesterday all I had was an item from Runner's World that reported as follows:

"Bruce Kidd, a one-time Olympian himself and now a political activist in Canada, has sided with the walkers in their fight to stay in the Games. Kidd is spokesman for a group attempting to get the Canadian Track & Field Association (CTFA) to back a resolution expressing "deep regret" that the 50 kilometer walk has been dropped from the 1976 program.

"Kidd's group thinks the walk "is as important as the 5000 meter run or the javelin throw or the 400-meter hurdles, or any other event" and that "virtually no economies are to be gained by eliminating 50 walkers from Olympic competition!"

The report then has excerpts from the resolution. Yesterday I received a copy of that resolution from Roman Olszewski along with a letter that appeared in a Toronto newspaper from track and field historian Andrew Higgins urging attention to the matter. The resolution is as follows:

**RESOLUTION**

WHEREAS the 50-kilometer walk is as important to the Olympic track and field programme as the 5000-meter run or the javelin throw or the 400-meter hurdles or any other event in that it permits athletes who have dedicated themselves to perform in an event to complete and share experiences with their fellows from around the world.

WHEREAS virtually no economies are to be gained by eliminating approximately fifty 50-kilometer walkers from Olympic competition, when the total number of expected participants is more than 12,000.

**BE IT FURTHER RESOLVED THAT** the Canadian Track and Field Association expresses its deep regret that the 50-kilometer walk was eliminated from the 1976 Olympic programme:

Roman then reports that the resolution was presented to the CTFA and was subsequently passed almost unanimously. This means that there will be a 50 kilometer race of an invitational status at the worst. Roman continues:
The walkers in Ontario had already done some talking about holding a 150 at the World Championships in Montreal as a form of protest, but this is much better—150K in the hands of the CTA—the governing body of track and field in Canada.

In these hard times, we've found that the officials, athletes, coaches, and administrators are behind the walkers. Interestingly enough Andy Higgins knows little about the coaching of the walking events and there are no walkers in his club. Yet he, along with others, such as Bruce Kidd and Aisholm Affish (6th 1972 Olympics 800), have spoken on our behalf many times. I've yet to hear one person agreeing with the decision to do away with the 150K. Please convey the good news to your readers.

There it is readers. Of course this still doesn't really solve the problem. We are still faced with the fact that no walks at all have been decreed for subsequent Olympics so far. Most of us have been to Rome, and we have heard nothing of any plans for a Olympic 150K. Incidentally, like Roman, I have heard nothing of any plans for a Olympic 150K. Incidentally, like Roman, I have heard nothing from friends among runners other than consent like "What are those jerks doing to you guys." No one, other than those who made it perhaps, seems to favor the decision. HAROLD ABRAHAMS, an older 1980 Olympic 100K champion and very active in British athletics administration, pointed out in a recent letter to Athlete Weekly the fallacies of eliminating the 150K as a form of cutting down on the number of competitors. He notes that there were 41 entries in Munich, 29 of whom were also in the 200K. This means that at most 28 competitors would have been eliminated and several of them would probably have gone in the 420K. Better we eliminate team sports, he suggests, and knock out a few thousand.

Anyway, there is brighter as we start the New Year and there is now a good deal of time until 1980 if the proper things are said and done in the proper places.

The Walker's Magazine 5 Years Ago (From the Jan. 1969 Ohio Racewalker)—That issue too had no lead story. We did it to a stack of Stan Greta LPe's and 5 years later it's all a blur, and a bit of Greg's Mail. We boldly predicted that before the year 2000 race walking would get more play during actual preparation of meets than in the commercials, harking back to the facts that we had seen some of our sport during '68 Winter Games commercials than during Summer Games competition. Well 5 years later here we are floating, just to keep the sport in the Games latest a lone worrying about TV coverage....Dave Romansky turned in a 1:31:12 for 10 miles on the Ashbury Park Boardwalk to close out the old year, leaving Ron Daniel nearly 10 minutes back....In early 1K activities, Romansky had a 6:31 and 6:28 beating Ron Daniel's 6:34 with the latter, Larry Young best Rudy Halaza and Larry Walker 6:41 to 6:45 to 6:46 with Jim Hanley's 6:10. Getting it the old heave, Hanley did beat Bill Ramsey in San Francisco with a 6:39...Halaza walked a quick 29:19.6 for 4 miles indoors to beat Walker and Young....Jeanne Bechlars' shed a 7:51 in Toronto....Our Rough Cat of the month was one V. Golubnichiy from Europe and T. Dooley for the domestic variety....We also ran our All-Time List of Best Track and Field Performances by walkers, which has since been updated and must be included in some near future issue.

FROM HEEL TO TOE

We learn from Joe Duncan's Columbia Track Club Newsletter of the untimely passing of Dave Schulte in Columbia. Dave died of melanoma cancer on December 31 at the age of 36. A rumor has it that he was a top walker, Dave was one of the most dedicated individuals in the strong Columbia running and walking programs and did his usual long stints of watch reading, recording, and dispensing aid in both this falls 150K and National 30K. Although he preferred to compete he was always willing to take these jobs when necessary. He will be sorely missed by all those in Columbia and by those who journey there to compete.....Ron Laird continues to work in Germany, where he reports a couple of days a week are devoted to celebrations of one sort or another with bottles kept in the fridge and pulled out at the slightest excuse. Also reports he has some great training courses there and has joined a German club.....The National Master's 35K in Kalispell, Mont. is now scheduled for July 10. This is mid-week but was chosen because the National Master's T.E.F Championships is in Great Falls. On the weekend and the Calgary Stampede meet is the following week. People can stop in Kalispell enroute from Oregon to Alberta for a gentle 35K.....Steve Day and Lynn Olson made the big move over the Holidays with Gary Westerfield as best man and Jerry Bucci as one of the ushers. Jerry reports: "Steve and Lynn went up north (Traverse City) for their skiing honeymoon. There wasn't any snow when they got there. Steve did not race in our New Year's Eve Race because he had a 10K to run the following morning. Sadly as he performed in that race and the 2 weeks training that followed he had it in the 200K. I wonder if any of what I just typed makes sense to anyone.....Tom Dooley passes along a couple of training schedules, which I guess are supposed to represent a typical week for Hans-Georg Reimann and Peter Selzer, both East Germany, in 1970. Doesn't say at what part of their season they might be doing this. Anyway, for Reimann, a 20 K walker: Mon.-35 K, Tues.-40 K, Wed.-40 K, Thurs.-40 K, Fri.-40 K, Sat.-30 Km slow. Total about 90 miles. For Selzer, a 50 K man: Mon.-50 K, Tues.-40 K, Wed.-40 K, Thurs.-40 K, Fri.-40 K, Sat.-30 Km fast. Total about 90 miles. The November Runner's World carried an article describing the use of an electric glue gun for repair of shoe heels, which Joe Henderson reports cost him $5,99 for the glue, and $15 for the bulb ships. To relate this to walkers.....Jerry Bucci reports that he has tried it on his heels (probably meant the heels of his shoes, although with a guy that takes 3 minutes to tie his shoes, you can't be sure) and found that it works quite
well. He reports that it last a couple of weeks of running, maybe less for race walkers who land on their heels. "I think it is a lot easier to use and not as messy as contact cement and inner tubes. Just plug in the pin, wait a minute or two to heat it up, then put the glue on and a couple of minutes later your ready to go."...Medical advice for the month, Roger Duran reports on his lifetime of battling stitches: "For all of my 11 years of walking, I have had numerous stitches during races. I had tried all the suggested remedies and found them wanting; doing situps, stretching exercises, diet changes, warm-up changes. Stretching seemed to help, but only at slower speeds.

"Then a few months ago I read in Dr. Sheehan's Medical Advice column in Runner's World (ed. if all our readers start subscribing to Runner's World, which they should, we may just go out of business since they seem to be filling our pages) that stitches result in many cases from extreme stretching of the diaphragm due to incorrect breathing techniques. The idea is to breathe in by extending the diaphragm out (pushing the stomach out rather than the chest) and to breathe out by pushing the air out with the diaphragm (pulling the stomach in). This is the reverse of the "correct"way I had learned when I was a kid.

"It felt very strange to breathe this way at first, but for 3 months now I have not only not had any more stitches, but whenever I start to feel any pain in the diaphragm, I simply concentrate on breathing properly and the pain quickly goes away."...Shaul Ladany is now back in the U.S for a year after a rather hectic spell with the Mideast war and all. Shaul reports, "After the London-Brighton at the start of September I came to the U.S. to spend a year for my sabbatical at Baruch College. However, during the 100 mile, I found out (on the track) that war broke out at home, so from the race I flew back to Israel. For 76 hours, including the 10:30:26 on the track, I did not sleep, and I do not know how, but when I finally reached my reserve unit, I realised that I was rid of the pain in my muscles and that the blisters gave me no troubles. (I recommend this as training for Strasbourg to Paris.)" Shaul is now back in New York after five weeks in the service and we can look forward to seeing him at some of our races in this country.