

Ohio Race Walker  
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Columbus, Ohio 43202



# OHIO RACEWALKER

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## LADANY (TWICE) AND BROWN CAPTURE TITLES

Already recognized as king of the ultra-distance races whenever he is in this part of the world, Shaul Ladany proved it again capturing the two new events on the National schedule, 100 and 75 km, within a 3-week period. In Des Moines on March 30 he won the 100 in 10:12:53. Then on April 21 he was in West Long Branch, N.J. to easily whip the 75 km field in 7:25:08.4. The Israeli Olympian, back in this country for a year while teaching at Baruch College representing the Long Island AC is still not in his best condition, about 6-8 pounds overweight, but hopes "to do better later in the year."

Between these two races, Jerry Brown finally got away from Colorado Track Club teammate Floyd Godwin in the final 660 yards to win the Senior 1 Hour in Boulder, missing the 8 Mile mark by less than 100 yards despite the Colorado altitude. Details on that race first.

Boulder, Colo., April 14--Despite 12 inches of snow the day before and cool temperatures (39°) at race time what promised to be an exciting race became a reality as 17 competitors participated in the NAAU Senior 1 Hour Race Walk. From start to finish it was a nip and tuck battle between CTC teammates Brown and Godwin. Floyd went into an immediate lead in hopes of his second national title of the year but Brown and Bob Henderson of the University of Chicago Track Club had other ideas as Floyd went through the first mile in 7:25 with these two just 3 and 4 seconds back.

In a second group it was Dale Paas in 7:53 with Howie Palamarchuk and Augie Hirt just in back of him. Right behind Augie came Wayne Glusker and Manny Adriano as Colorado drew a more representative field than in the past two years.

Godwin held his narrow lead over the two challengers as he passed 2 miles in 14:57. Paas was still fourth in 16:08 but Palamarchuk, Hirt, Glusker, and Adriano were in a tight bunch within 2 seconds of him.

By 3 miles Brown and Godwin were challenging one another for the lead and beginning to pull away from Henderson who was now 11 seconds behind their 22:33. Hirt had taken over fourth in 24:21 as the others started to fade. On the 15th lap Brown pulled out in front but as they passed 4 miles in 30:07 Godwin was right back on his shoulder with Henderson now trailing by 22 seconds. Hirt was now pulling away from his challengers for fourth place.

Just before 5 miles, Brown got a white flag as the judges decided his progression was questionable and Floyd quickly grabbed a 2 second lead hitting 5 miles in 37:43. Henderson was still well in control of third but still losing ground to the leaders as he lagged 44 seconds

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behind. Hirt was holding his pace with a 40:31 and was alone in fourth some 30 seconds ahead of Glusker and Palamarchuk in a close tussle for fifth.

At 6 miles it was still anyone's guess as to which of the CTC walkers would prevail on this day as they came through stride for stride in 45:21. Palamarchuk had now opened up 5 seconds on Glusker. Brown took the lead for good ~~going~~ going by 7 miles in 52:55 some 3 seconds clear of Godwin but did not really settle the issue until the final 3 minutes when the effect of pace, altitude, and a brisk wind on the northwest corner of the track finally slowed Godwin. Henderson held a solid third and was the only one not lapped by the two leaders. Hirt, more noted for his longer distance exploits in his brief career to date, was strong throughout and a very solid fourth. Glusker came back to catch Palamarchuk at 7 miles and open up 13 yards in the final quarter to capture the fifth spot. In the Master's division, Chris Amoroso, Bob Carlson, and George Lundmark of the Colorado Track Club took the top three places.

The team title went to CTC over CTC (Colorado over Columbia) reportedly by 11 to 15. (This score is disputed in a letter later in this issue. The positions are certain however.) Colorado TC "B" was third. The results: 1. Jerry Brown, Colo. TC 7 mi 1671 yds (7:28, 14:58, 22:33, 30:07, 37:45, 45:21, 52:55) 2. Floyd Godwin, Colo. TC 7 mi 1637 yds (7:25, 14:57, 22:33, 30:07, 37:43, 45:21, 52:58) 3. Bob Henderson, UCTC 7 mi 1242 yds (7:29, 14:58, 22:44, 30:29, 38:27, 46:28, 54:28) 4. Augie Hirt, Col. TC 7 mi 738 yds (7:58, 16:10, 24:21, 32:30, 40:31, 48:31, 56:44) 5. Wayne Glusker, West Valley TC 7 mi 501 yds 6. Howie Palamarchuk, Shore AC 7 mi 488 yds 7. Dale Paas, Colo. TC "B" 7 mi 220 yds 8. Manny Adriano, WVTC 7 mi 166 yds 9. Mike Hale, Oklahoma 6 mi 1638 yds 10. Al Shrik, Col. TC 6 mi 1364 yds 11. Bill Greene, Colo. TC "B" 6 mi 1028 yds. 12. Jim Breitenbucher, Col. TC 6 mi 972 yds. 13. Chris Amoroso, Colo. TC 6 mi 898 yds 14. Darrell Palmer, Idaho 6 mi 852 yds 15. Chuck Hunter, Colo. TC "B" 6 mi 780 yds 16. Bob Carlson, Colo. TC "B" 6 mi 741 yds 17. George Lundmark, Colo. TC 5 mi 1689 yds.

West Long Branch, N.J., April 21--(From Elliott Derman)--Shaul Ladary, the 37-year-old race-walking champion of Israel, has done it again. Recognized as one of the kings of distance walking ever since his first major triumph in the Eastern Regional AAU 50 Miler in 1966, Ladary walked off with the NAAU Senior 75 Km at the Marmouth College Track.

The 75 Km event, held for the first time as a U.S. champions hip race and replacing the 50 miler, took Shaul 7:25:08.4, a U.S. All-comers Record. Establishing a U.S. citizen's record of 7:49:53 in second place was Shaul's LIAC teammate Gary Westerfield.

"This was pretty good for me" said Ladary after it was over and he had outdistanced Westerfield by nearly 2½ miles. "I'm not in the best of shape yet and I'm 6-8 pounds overweight. I'll do better later in the year."

Tom Knatt, of the North Medford Club, stayed ahead of Westerfield for 35 miles before weakening and finished third in 8:11:46. Placing fourth, and winning the AAU Class B crown (for non-winners of previous championships) was Alan Price of the Washington D.C. Travelers Club in 8:49:45. Rounding out the top ten were: 5. Don Johnson, Shore AC 8:53:54 6. John

Markon, LIAC 8:53:54 7. Chuck Hunter, Colorado TC 9:02:41 8. Larry O'Neil, Montana 9:15:27 9. Randy Mimm, Penn AC 9:17:29 10. Gary Bywaters, Burgettstown TC 9:34:29 and 11. Elliott Derman, Shore AC 9:53:30 12. Steve McMenamin, Penn AC 10:20 13. Alan Wood, and Fred Spector, Shore AC 10:42:02 and 10:49:41 (Naw, they weren't tied but Elliott had this done strangely in his story and poor dumb me got confused.) 15. Al Ippoliti, Brick Twp. HS 11:01:15 16. George Lattarulo, North Medford Club 11:19:38. There were 11 non-finishers. Ladary, Westerfield, and Markon won the team prize for LIAC with 9 points as Shore AC followed with 29. Following Price in the "B" division were Johnson, Markon, Hunter, Bywaters, and McMenamin.

Des Moines, Ia., March 30--This was the site of the NAAU Senior 100 Km race but at this point I have results only on it. 1. Shaul Ladary, LIAC 10:12:53 2. Augie Hirt, Columbia TC 10:51:04 3. Jerry Brown, Colorado TC 11:05:17 4. Bill Walker, Motor City Striders 11:13:55 5. Chuck Hunter, Colo. TC 11:25:12 6. Chris Amoroso, Colo. TC 11:41:00 7. John Markon, LIAC 11:53:18 8. Larry O'Neil, Montana 12:01:14 9. Dave Leuthold, Columbian TC 12:37:03 10. Dave Eidahl, Iowa 13:01:10 11. Rob Spier, Columbia TC 13:18:13

## OTHER RESULTS:

National AAU "B" 25 Km, Seattle, March 23--1. Bob Rosencrantz 2:15:47 2. Scott Massinger 2:39:10 (was close for 10 km but faded badly after passing 15 in 1:25:35) 3. Dean Ingram 2:49:20 (only 3 competitors)

Women's Region 1 and Conn. AAU 1 Mile, New Haven, March 23--1. Ellen 27:13.7 2. Joann Shima, un. 27:36 3. Mary Beth Hayford, Gateway TC 30:10.5 4. Debbie Naybor, un. 30:57.1 5. Liz Kiskan, GTC 31:22.3 6. Carci Siciliano, GTC 31:44.3 7. Mary Foster, un. 31:56.6 8. Mary Spollen, GTC 32:38 9. Pat Collins, Liberty AC 33:30.1 10. Judy Sal-koski, GTC 33:58.1

Conn. AAU 5 Km, New Haven, March 23--1. Roy Yarrowborough, Stratford Spartans 26:01.8 2. Howard Barnes, SS 28:27.1 3. Quentin Currie, SS 30:41.1

Open 5 Km, New Haven, March 23--1. Jim Murchie, LIAC 24:51.3 2. Bill Hamlin, un. 26:10.6 3. Bill Hungelman, USMMA 27:31.2 4. John Babington, North Medford 27:55.2 5. Mike Dulka, USMMA 28:37.6 6. Mark Mendell, Queens Col. 29:52.5 7. Howard Davenport, USMMA 30:10.8 8. John Spinney, un. 30:24.9

5 Mile, Cambridge, March 23--1. Francis Maher 1:27:44 (Now wait uno momento Mr. Fred Brown Sr., submitter of these results. This couldn't be 5 miles. You guys aren't that slow. Maybe 15 Km, which keeps a 5 in the title? Or was it 10 miles?) 2. Dennis Slattery 1:31:08 (It was a handicap and I show actual times) 3. Keith Ryan 1:38:11 4. Fred Brown Sr. 1:56:58 5. Tony Medeiros 1:39:00 6. Steve Reiman 1:49:02 7. Sig Podlozny 2:12:42

About 5.5 Miles, Lowell, Mass., March 27--1. Steve Reiman 49:58 2. Dennis Slattery 45:20 (this is a handicap, too.) 3. Keith Ryan 48:25 4. Dave Merency 50:01 5. Mike Regan 52:58 6. Fred Brown Sr. 61:21 7. Tony Medeiros 52:11

5 Mile, Cambridge, March 30 (handicap)--1. Ed Norton 54:50 2. Claude Ellis 54:51 3. Jim Regan 52:12 4. Mike Regan 48:40 5. Fred Brown Sr. 55:43 6. Steve Reiman 45:45 7. Keith Ryan 45:58 8. Tony Medeiros 48:43 9. Francis Maher 42:01 10. George Lattarulo 48:45 11. Dennis Slattery 46:32 12. Sig Podlozny 61:37

5.5 Mile, Lowell, April 2--1. Fred Brown Sr. 59:44 2. Steve Reiman 49:08 3. George Lattarulo 56:13 4. Sig Podlozny 63:58

5.5 Mile, Lowell, April 10--1. Brian Golden 57:38 2. Keith Ryan 58:45 3. Steve Reiman 48:22 4. Dennis Slattery 45:46 5. Sig Podlozny 60:08 6. Fred Brown Sr. 60:29 7. George Lattarulo 53:37 8. Tony Medeiros 51:48 9. Paul Schell 48:56

5 Mile, Cambridge, April 13--1. Francis Maher 45:10 2.

Steve Reiman 45:27 3. George Attarulo 51:56 4. Bob Whitney 54:20 5. Fred Brown Sr. 54:31 6. Sig Podlozny 63:14 1 Mile, C.W. Post Relays, Brookville, N.Y., April 6--1. Dave Semar, Fairfield Col. 7:23 2. Gary Westerfield, LIAC 7:23.5 3. Jim Murchie, 7:30.8 4. Mike Bulke, USMMA 7:45.4 5. Bill Hungelman, USMAA 8:07.2 5 Km, same place--1. Westerfield and Murchie 24:49.2 3. Mike Duke, USMMA 26:15.5 4. Vin Davey, C.W. Post 26:20 5. Bill Hungelman 27:38.5 (Chairlie Silcock reported these results and adds: "Note--3rd and 5th place times should be changed to .6 (not .5) as should all times in races over 1 mile be changed to the next highest even # when reported in odd numbers. Hint, hint." Which is actually true, although it is more correct to talk in fifths of seconds than even and odd numbers, and I sometimes change these things, if the mood strikes me. But I'm not sure why I should. If others can't learn to record times per the rules why should worry about how they are reported. So Charlie, you and others will probably have to continue to contend with sloppy, slipshod, and inconsistent reporting. Unless you are talking records, tenths of seconds are pretty irrelevant in walking races anyway and I often drop them altogether since it saves a couple of strokes on the keys.) Girl's 5 Km, same place--1. Debbie Maybor, Pt. Washington 29:11.7 50 Km, Westbury, N.U., April 7--1. John Knifton 4:45:10 2. Shaul Ladany 4:52:15 (a sprint race between his real races) 3. Gary Westerfield 5:02:32 4. Ron Daniel 8:05:45 (really Ron)--DNF: Larry Newman 26.1 miles in 4:52:10, Howie Jacobsen 23.6 in 4:26, John Shilling 16.1 in 2:38:29, and Henry Laskau 8.6 in 1:18:29 3.6 Mile, Westbury, April 7--1. Anthony Wilger, Maris College 30:39.1 2. Vin Davy C.W. Post 30:52 3. Bill Hungelman, USMMA 31:18 4. Ben Kapycianski, Uniondale HS 33:03 5. Bill Omeltchenko, NYPC 35:06 (Yay Bill) 6. Howie Silberstein 35:44 7. Mike Dragonetti, Uniondale HS 35:50 Girl's 3.6 Mile, same place--1. Debby Maybor 34:10 2. Mary Foster 35:29 Capt. Ron Zinn Memorial 10 Mile, Asbury Park, N.J., March 31--1. Dave Romansky, Shore AC 1:14:07 (Aha! The Shore AC will be viefing for national honors) 2. John Fredericks, Shore AC 1:20:02 3. Jim Murchie, LIAC 1:20:13 4. Bob Falciola, Shore AC 1:23:07 5. Jerry Givner, Brooklyn 1:27:24 6. Bob Mimm, Penn AC 1:29:31 7. Steve Reiman, N. Bedford Club 1:31:20 8. Don Johnson, Shore AC 1:31:23 9. Fred Spector, Shore AC 1:34:20 10. Bill Hungelman, USMMA 1:35:19 11. Bob Carlson, Shore AC 1:38:11 12. Roger Barr, Shore AC 1:38:14 13. Wayne Normandin, Shore AC 1:39:12 14. Bruce MacDonald, un. 1:39:41 15. Alan Wood, Shore AC 1:40:02 16. Tom Fyfe, Shore AC 1:40:24 17. Al Ippoliti, Brick Twp. HS 1:47:59 18. George Garland 19. Tom Mitchell, Brick HS 1:50:47 20. Mark Rauscher, Brick HS 1:52:53 21. Bob Pedrick, Shore AC 1:58:53 N.J. AAU 2 Mile, Princeton, March 30--1. John Fredericks, Shore AC 14:59 2. Bob Falciola, Shore AC 14:59.3 3. Howie Palamarchuk, Shore AC 15:19.5 4. Jim Lloyd, un. 16:38 5. Dave Schultze, Shore AC 16:53 6. Don Johnson, Shore AC 16:59 3 Mile, Columbia, Mo., March 9--1. Augie Hirt 23:47 (7:29, 15:42) 2. Dave Leuthold 29:07 3. Rob Spier 30:36 4. Jim Fields 31:50 5. Joyce Schulte 35:24 MVAU 1 Hour, Columbia, April 6--1. Augie Hirt 7 mi 688 yds 2. Al Schrik 6 miles 1291 yds 3. Jim Ereitenbacher 6 mi 1063 yds 4. Leonard Busen 6 mi 613 yds 5. Mike Shanahan 6 mi 406 yds 6. Dave Leuthold 6 mi 340 yds 7. Gwen Eberle, Ozark TC 6 mi 252 yds 8. Jim Fields 6 mi 85yds 9. Beth Eberle (age 13), Ozark TC 6 mi 77 yds 10. Rob Spier 5 mi 1393 yds 11. Cinda Morrow (13) 5 mi 1091 yds 12. Shelley Sim 5 mi 1074 yds 13. Judy Hyten 5 mi 851 yds 14. Gerry Dammer 5 mi 765 yds 15. Jim Hunter 5 mi 576 yds 1 Mile, Kansas Relays, April 21--1. Lance Herold 7:08.5 2. Augie Hirt 7:10.5 3. Jim Ereitenbacher 7:33.3 MVAU and Region 10 Women's 1 Mile, Boulder, Colo., March 17--1. Lori Thomas 8:35.8 2. Ingrid Martin 8:42.9 3. Martha Iverson 8:57.5

Girl's 1 Mile (age 12-13), same place--1. Norma Hewitt 9:20.9 2. Michele Wood 9:29.4 3. Paula Schurwonn 9:34.3 4. Kathy Melville 9:41 5. Cara Pratt 9:42.6 Girl's 880 (age 10-11), same place--1. Portia Bownan 4:30.8 2. Kebbie Taylor 4:34.5 3. Roberta Lewark 4:39.9 4. Kristal Wolfe 4:43.8 5. Ann Jarvis 5:00.4 (13 finishers) Girl's 30 Minute Walk (age 12-13), Boulder, April 7--1. Michelle Wood 2 mi 1537 yds 2. Norma Howitt 2 mi 1517 yds 3. Brenda Jesser 2 mi 1416 yds 4. Kathy Melville 2 mi 1228 yds Women's 30 Minute Walk (age 14 and up), same place--1. Lori Thomas 3 mi 161 yds 2. Martha Iverson 3 mi 91 yds 3. Eliss Haire 2 mi 1714 yds 3 Miles, US Irvine, March 24--1. Larry Walker 21:12.4 (7:04, 14:15) 2. Carl Swift 22:30 (7:21, 14:56) 3. Ed Bouldin 22:33.8 (7:09, 14:56) 4. Hank Klein 22:50 (7:21, 14:56) 5. Jim Bean 23:42.4 6. Rob Frank 24:05.6 7. Steve DiBernardo 24:52.2 8. Bryon Overton 24:53 10 Km, Azusa-Pacific College, March 30--1. Larry Walker 44:40.4 (Larry is apparently rather fit these days) 2. Ed Bouldin 46:05 3. Carl Swift 46:54.6 (personal bests for first three) 4. John Kelly 50:09.4 5. Bob Hickey 50:49.2 6. Steve DiBernardo 51:11 (also personal bests for these two, showing the advantages of a good track, cool day, and intermittent showers) 7. Hal McWilliams 59:44.6 8. Bob Pelinoff 60:01.6 (first race ever) 9. Travis Veon 68:39 ANOTHER AMERICAN RECORD FOR BRODOCK: Women's 10 km, same place--Sue followed up her 1 Mile record and AAU win with a brilliant race today to shatter all previous marks by American women and move to 12th place on the All-Time Women's World List. 1. Sue Brodock 53:40.2 2. Ester Marquez 55:17.4 (second best by American) 3. Linda Brodock 58:28.4 4. Jane Janousek 61:15.2 5. Cindy Johnson 62:17 6. Pecky Villaluyo 63:08.8 7. Karleen Waskow 63:44 8. April Hickey 64:14.6 9. Lynn Holmbeck 64:35 10. Jessica Weskow 64:38 3 Km (Indoors), Oakland, Feb. 16--1. Esteban Valle 13:12.8 2. Tom Dooley 13:43.8 (starting his comeback in impressive style) 3. Hank Klein 13:46.8 4. Wayne Glusker 14:04 5. Manny Agriano 14:21 Women's 2 Km, same place--1. Diana Dimnick 11:33.2 2. Patty Zweig 13:41.4 10 Mile, San Francisco, Feb. 24--1. Wayne Glusker 1:21:20 2. Roger Duran 1:27:12 Women's 5 Mile, same place--1. Diana Dimnick 47:26 2. Patty Zweig 52:10 3. Kim Schriver 53:18 4. Debbie O'Sullivan 54:28 5. Brook Hendershott 55:57 6. Sara Muncy 56:46 Women's 3 Mile--Men's 6 Mile Handicap, Marin J.C., March 24 (They walked together in some elaborate handicap worked out by Goetz Klopfer and finished in this order with actual times shown) 1. Sara Mundy 33:39 2. Kim Schriver 28:53 3. Diana Dimnick 26:31 4. Bill Ranney 44:20 5. Manny Adriano 48:21 6. Patty Zweig 30:59 7. Sandy Briscoe 29:34 8. Cindy Evans and Brook Hendershott ? 10. Karen Bessie 31:20 11. Phil Mooers 30:11 12. Bryan Snazelle 50:22 13. Mike Benner 55:02 14. Debbie O'Sullivan 34:03 15. Gene Quilantang 56:30 16. Tim Quilantang 63:37 2 Mile, Pacific Lutheran vs Lewis and Clark, Portland, Ore., March 30--1. Jim Bean 14:27 2. Wilt Jackson 16:24 3. Scott Massinger 16:35 (non-scoring event) 2 Mile, Mt. Hood CC, Ore., April 13--1. Doug VerMeer 16:57.4 2. Scott Massinger 16:59 3 Mile (track), Eugene, Oregon, April 6--1. Jim Bean 22:28.8 2. Rob Frank 22:58 3. Al Rothenbrucker 24:16 2 Mile, Lewis & Clark vs Eastern Oregon (scoring event)--1. Jeff Reynolds, EO 16:00.0 2. Wilt Jackson, I&C 16:05.6 3. John McCabe, I&C 17:22.9 2 Mile, Mt. Hood Relays, April 20--1. Jim Bean 13:49.4 2. Rob Frank 15:06.6 3. Wilt Jackson 15:51.6 4. Doug VerMeer 16:33.4 5. Scott Massinger 16:37.1 6. John McCabe 17:10.2 7. Bob Korn 17:15 Fresh out of today's mail--splits on the 100 and 75 km races. In the 100, Ladany was 2:22 at 25km, 4:59 at 50, it says 7:02 at 75 but I am betting it should be 7:32 judging from the other two splits (I doubt that he threw in a 2:03 after 50 kilometers), and 8:08 at 50 miles. Other splits (and

I am adding a half hour on the listed 75 km split on all of these since they all appear out of line and that seems the most plausible error): Augie Hirt 2:35, 5:22, 8:05, 8:49, 10:51.4. Jerry Brown 2:35, 5:21, 8:00, 8:42. Bill Walker 2:43, 5:27, 8:11, 8:50. Chuck Hunter 2:31, 5:24, 8:13, 9:01. Chris Amoroso 2:35, 5:21, 8:14, 9:06. John Markon 2:43, 5:42, 8:08, 9:27. Larry O'Neil 2:46, 5:48, 8:43, 9:34. Of the 13 starters, only two ~~finished~~ failed to finish—Jim Breitenbucher and Leon Jasionowski.

In the 75 Km, Ladary's splits at the 10 km marks were 55:39, 1:52:32, 2:50:28, 3:43:50, 4:49:53 (faster than he had gone for a 50 km race 2 weeks earlier), 5:49:42, 6:53:27. Others were: Westerfield 1:01:52, 2:04:27, 3:06:32, 4:09:10, 5:08:41, 6:09:57, 7:17:07. Knatt 59:02, 1:57:36, 2:56:99, 3:56:21, 5:01:22, 6:14:38, 7:32:34. Price 1:06:09, 2:12:57, 3:11:13, 4:22:36, 5:42:21, 6:59:05, 8:13:11. Johnson 1:04:32, 2:10:20, 3:15:35, 4:31:20, 5:51:09, 7:02:59, 8:16:17. Markon 1:04:23, 2:12:54, 2:22:29, 4:36:47, 5:49:35, 7:01:44, 8:19:44. Hunter 1:03:24, 2:10:08, 3:15:34, 4:31:25, 5:46:08, 7:04:29, 8:24:50. O'Neil 1:13:26, 2:24:07, 3:33:53, 4:46:53, 6:03:32, 7:21:14, 8:38:22. Mimml 03:14, 2:08:03, 3:20:53, 4:28:37, 5:39:03, 7:14:06, 8:39:54.

Back to results: Iowa Girl's 10 km, Richland--1. Shirley Adam 1:18 2. Cathy Breitenbucher 1:31:08 3.5 Mile, Lake Darling, Ia.--1. Dave Eidahl 25:15 2. Mim McFadden 31:13 3. Bob Vanile 32:29 4 Km, Newton, Ia.--1. Dave Eidahl 21:19 2. Kim Reynolds 24:25 3. Ed Killin 24:54 4. Ed Killin Sr. 26:38 10 Mile, Keokuk, Ia.--1. Dave Eidahl 1:28:49 2. Jim Breitenbucher 1:31:17 3. Kim Reynolds 1:53:35 Grill's 2 Mile, Keokuk--1. Shirley Adam 20:47 2. Cathy Breitenbucher 25:19 Iowa 20 Km, Des Moines, April 7--1. Dave Eidahl 1:58 2. Stan Smith 2:13 3. Ed Killin 2:28 Girl's 5 Km, Des Moines--1. Shirley Adam 31:10 2. Debbie Killin 32:00 3. Sue Killin 35:45 20 Km, Toronto, April 6--1. Helmut Boeck 1:38:37.6 2. Ronan Olszewski 1:39:24.6 3. Neville Ormway 1:39:54.2 4. Pat Farrelly 1:42:27 5. Alex Oakley 1:43:07 6. Frank Johnson 1:47:28 7. Glen Sweazey 1:53:34 4 Mile, Etobicoke, Ont., April 13--1. Helmut Boeck 35:57 2. Martin Jay 39:22 High School 2 Mile, same place--1. Martin Jay 39:09 2. John Doane 21:38 20 Mile (947 yds long, times recorded at 20 given in parenthesis), Dundee, Ontario, April 14--1. Helmut Boeck 2:53:08.2 (2:49:02) 2. Pat Farrelly 2:53:18.2 (2:49:02) 3. Alex Oakley 2:57:50.4 (2:52:40) 4. Frank Johnson 2:59:20.4 (2:54:30) 5. Karl Nerschensz 3:01:21.4 (2:56:38) OVERSEAS:

1 Hour, West Germany, April 21--1. Manfred Kolvenbach 12,806 meters (46:52 at 10 km).....5. Ron Laird 11,960 meters (50:34 at 10) -- Ron's first race since November and with little training he is 30 lbs overweight. 20 Km, Morlenbach, WG, April 7--1. Hanno Haag 1:38:08 2. Mike Allen, USA 1:39:10 3. R. Tryankowski 1:41:15.8 4x15 Km Relay, March 24--1. USC Heidelberg 5:11:08.2 2. Eintracht Frankfurt 5:19:13 Individual best was 1:13:49 by Bob Henderson walking for Heidelberg and establishing a new course record. That completes the report on your Yankee contingent in Germany. 10 Mile, Basildon, Eng., Jan. 26--1. Steve Gower 72:40 2. John Webb 74:40 10 Mile, London, Jan. 26--1. Paul Nihill 76:27 10 Mile, London, Feb. 9--1. Peter Marlow 74:05 2. Shaun Lightman 74:56 3. Jacky Lord 75:00 10 Mile, Woodford, Eng., Feb. 23--1. Olly Flynn 72:26 2. Peter Marlow 72:40 3. John Webb 73:11 4. Roger Mills 73:29 5. Amos Seddon 75:26 6. D. Holby 75:37 10 Mile, Anfield, Eng., Feb. 23--1. Jacky Lord 74:43 2. Barry Ingarfield 75:58 15 Km, Stockport, Eng., Feb. 23--1. Tony Taylor 69:25 2. Ron Wallwork 69:47 6 Mile, London, March 2--1. Amos Seddon 44:11 20 Km, Douglas, Isle of Man--1. Roy Thorpe 94:05 2. Allan Callow 96:09 NORDIC INDOOR CHAMPIONSHIPS, ABO, FINLAND, FEB. 23-- Women's 3 Km: 1. Margareta Simu, Swed. 14:51.8 2. Elisabeth Olsson, Swed. 15:14:59 3. Brit Holmquist, Swed. 15:49 Junior Women 3 Km: 1. Siv Gustafsson 15:06 2.

McDonald third in 4:49:52....In February, Laird had set records from 8 miles to 20 km in a San Diego race with a 20 km time of 1:35:25.8. In another race he set 4 and 5 km records of 17:51.2 and 22:14.4.

5 Years Ago (From the April 1969 Ohio Race Walker)--Ron Laird again. Right here in suburban Columbus, Worthington to be exact, he annexed his fifth straight NAAU Senior 15 Km title overcoming a determined Dave Romansky on the final 2 1/2 km lap for a 1:06:44.4 to 1:06:56 victory. Tom Dooley and Goetz Klopfer toolled in from the West Coast to capture the next two spots in 1:08:50 and 1:10:31. These two hung with the leaders for the first 5 km but had to drop back as Laird and Romansky increased each time around. Ron covered his final 5 in 21:49.4. Ron Daniel and Gary Westerfield captured the other two medals leaving your editor, the race sponsor a lonely seventh....Bob Kitchen turned in a 4:19:41 50 km on the track as part of the Eastern 50 miler as Bill Hohenstreet won the real race in 9:10:29.5. Shaul wasn't around that year and it was a close race with 54-year-old George Braceland less than 4 minutes back... Romansky won the Zinn Memorial 10 miler in Asbury Park with a 1:13:31.8 to Kitchen's 1:15:58. Ron Daniel and John Knifbnn also turned in highly respectable times of 1:16:41 and 1:16:42...The week after the 15, Dooley beat Klopfer in a fast 7 miler 50:32 to 51:03....These two teamed to capture the ORW 2-Man 10-Mile Relay (alternate quarters) in 64:49.8. Goetz did double duty, joining Bill Ranney on another day to take second in 67:07.2. Gary Westerfield-Gerry Bocci joined forces on the Worthington track to edge hosts Jack Blackburn and Jack Mortland for the 3rd spot, 69:07 to 69:33.

Letter from Elliott Denman Re: Olympic Situation:

Hurrah fro Bruce Kidd! At long last something positive is being done apart from the official protests now arising from various world sources. It would be a public service if you could obtain and publish Kidd's home address (Canadian readers please respond), so that race walkers of the world can write in with offers of help and assistance to Bruce's battle. Let's not allow him to fight this battle alone. It is one thing to say the people in the IAAF and the IOC are a bunch of \_\_\_\_\_ (fill in appropriately) but it is quite another to do something on a more active basis. Letters I have read from interested people around the globe in various publications show that race walkers indeed have many friends from outside our sport (Ed. See April II Track and Field News just arrived today as case in point), probably in greater numbers than we imagined. Race walkers have earned these demonstrations of respect by doing a good job, by and large, in promotion of their sport. But we must continue to promote it actively--and not for one moment consider sliding backward--which would be as if to say that we agree with the IAAF and IOC that race walking indeed is a second-class event and deserves to be pushed aside.

Race walking is indeed a first-class sport, as first class as any there is. Let's never get an inferiority complex about it--we are right, they are wrong.

At this point, I would like to repeat my vision of the big event that can really put the event on a world-wide basis of top class!!! It is: the Annual World Walking Week.

The WWW would be awarded to one city per year, that city to host as many of the world's race walkers as can travel there for the greatest week's indulgence in the sport ever known.

The week would include: Senior men's races at 10, 20, 50, and 100 km (possibly including national team competition, but possible not since this might tend to be divisive).

Junior men's 10, 20, and 35 km races; Women's races at 10, 20, and 35 km, Men's Masters races at 10, 20, 50, and 100 km; and also "people's races" for those who do not feel they may be quite up to trying the "Big" races but who still want to compete on a friendly basis internationally.

There would be a week's schedule of social events in conjunction with the WWW so that all the walkers and their entourages can really get to know each other. On the more serious side, there would be coaching and clinic sessions as well as open-forum type meetings whereby all the race walkers can have their say as the future of the sport. The gathering at WWW can be the start of the WRWU (World Race Walker's Union) who would hold an effective international voice for the promotion of the sport—and also take away from those who now have power over the major race walking decisions but have little interest in the sport itself.

The WWW would seem to me the ideal type of event for smaller towns around the world to seek out and stage. All smaller towns, it seems to me, are in constant search of festival-type events that can then on the map. Thus, the WWW would be the perfect type of thing towns are looking for. After all, look what the Rose Bowl did for Pasadena. It would be the duty of the WRWU board of directors to seek out bidders for WWW and award future rights to hold WWW.

Now, as to the finances of it all, there are all kinds of possibilities. Number one, of course, is the finding of official sponsors—industrial, governmental, etc. These, I am sure, can be found, with just a little hard work—legwork. Has anyone in the USA, for instance, sought out the various shoe manufacturers, asking if they would like to be official race walking sponsors. What better endorsement could a shoe have than to be labeled the official shoes of the USA race walking team? (Ed. The Bates Floater, perhaps.) The price of such an endorsement could go a long way to helping the USA race walking team financial situation. How about it Wolverine Co., maker of Hush Puppies?? How about it, Mr. adidas?? Mr. Puma?? or even Mr. Thom McAn?? Who can better endorse a shoe than a genuine, all-out walker? This can be a vast selling point. As to travel, since the WWW will involve so many people traveling to the same location at the same time, charter rates should certainly be available to cut costs.

What this all boils down to is that the race walkers of the world have got to start doing things for themselves. They cannot entrust the future of the sport they love best to those who do not care. Signed by good ol' Elliott Derman. There is the challenge. It sounds exciting. It may sound unrealistic, but so did the Olympics to all but Baron de Courbetin, or however that cat spelled his name. And they were pretty successful for awhile. So, who is going to pick up the ball?

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The Ohio Racewalker is published each and every month, for some 110 consecutive months now (except for once when we came out with a big issue covering two months) by a moldy old race walker in Columbus, Ohio name of John E. (better know as Jack) Mortland. Subscription is still a mere \$3.00 per year. Address is 3184 Summit St., Columbus, Ohio 43202. In order to hold that \$3.00 rate in the face of the new postage rates and rising printing costs we are going to have to cut back on pictures. I would go broke real quick paying what I have the past two months every month. For those who may think I do this for profit, I will gladly open the books. It would be nice to break even but what I do is place a limit on the amount of personal subsidization. Keep sending the pics, but you will probably only see them about every other month.

Monika Karlsson, Swed. 15:07.8 3. Annika Blomberg, Swed. 15:35 Junior 3 Km, Men: 1. Bengt Simonsen, Swed. 13:15 2. Iennart Mether, Swed. 13:24 3. Matti Hollmen, Fin. 13:50 Junior 5 Km (19 and under, 3 km was 17 and under)—1. Reima Salonen, Fin. 22:44 2. Stig Froberg, Fin. 23:04.2 3. Frank Pettersson, Swed. 23:11.2 Men's 5 Km: 1. Hans Tenggren, Swed. 21:39.4 2. Kjell Lund, Norway 22:14 3. Paavo Pohjola, Fin. 22:30 10 Km (Indoor), Halle, E.G., ~~Jan. 3~~—1. Lutz Lipowski 43:50.6 2. Siegfried Zscheniger 44:26.4 10 Km, Halle, Jan. 20—1. Rolf Berner 43:20.6 E.G. 10 Km Championship (Indoor), Senftenberg, Feb. 17—1. Siegfried Zscheniger 42:16.8 (must have done a little work during that 6 weeks) 2. Peter Frenkel 42:50.8 3. Lutz Kipkowski 43:03.4 4. Roland Wieser 43:34.6 5. Muller 44:26.8 6. Hartwig Gauder 44:41.8 Junior 10, same place, March 3—1. Wieser 44:35.2 20 Km, Columbia, Jan. 28—1. Ernesto Alfaro 1:29:00 (National record but did they measure the course or enlist judges 2. Rafael Vega 1:30:03.8 3. Henry Victoria 1:34:07.6 British 10 Mile Championship, Whetstone, March 16—1. Peter Marlow 1:12:58 2. Roy Thorpe 1:13:32 3. Eric Taylor 1:13:42 50 Km, Carcagente, Spain, March 24—1. Vittorio Visini, Italy 4:15:22 2. Alfred Badel, Switz. 4:23:57.2 3. Franco Vecchio, I. 4:23:57.2 10 Km (Indoor), Brest, USSR March 21—1. Vasily Bochan 42:28.8 10 Km, Ewpatoria, USSR, March 3 (road)—1. Vla dimir Schaloshchik 42:38.8 2. Nikolai Strelshenko 42:51.6 3. Yevgeniy Lungin 42:52.8 4. Petras Kavaliauskas 43:17.6

## UPCOMING RACES:

Sat. May 11—RMAAU 20 Km (track), Boulder, Colo. (H)  
5 Km Hdcp, Los Angeles, 10 a.m. (B)  
NEAAU 5 Km, Attleboro, Mass., 2 p.m. (T)  
Sun. May 12—Ontario 50 Km Championship, Etiobicoke (E)  
NAAU JUNIOR 5 KM, DELTA PARK, PORTLAND, ORE. (M)  
Shore AC vs Penn AC Little Brown Jug 10 Mile, Browns Mills  
Wed. May 15—5 Mile, Lowell, Mass., 6 p.m. (T)  
Sat. May 18—12 Mile, Columbia, Mo. 8 a.m. (D)  
Sun. May 19—15 Km, 2.5 Mile Novice, Westbury, N.Y., 9 a.m. (R)  
10 Mile Hdcp, Lowell, Mass., 2 p.m. (T)  
Wed. May 22—5 Mile, Lowell, Mass., 6 p.m. (T)  
Sat. May 25—NAAU SENIOR 10 KM, STAGG FIELD, CHICAGO (P)  
2 Mile Invitational, California Relays, Modesto  
5 Mile, Cambridge, Mass., 2 p.m. (T)  
Sun. May 26—Zinn Memorial 10 Km, Chicago (V)  
9 Mile Hdcp, Lakewood, N.J. (G)  
Wed. May 29—5 Mile, Lowell, Mass., 6 p.m. (T)  
Sat. June 1—5 Km Invitational, Kennedy Games, Berkeley  
5 Km, Greenwich, Conn. (K)  
4 Mile and 2 Mile with many divisions, Keokuk, Ia. (O)  
6 Mile Hdcp, Columbia, Mo., 9 a.m. (D)  
NAAU SENIOR 20 KM, LONG ISLAND (Q)  
Sun. June 2—NEAAU 20 Km, Taunton, Mass. (T)  
Wed. June 5—5 Mile, Lowell, Mass. 6 p.m. (T)  
Sat. June 8—Iowa AAU 5 Km, Grinnell, 9 a.m. (A)  
SPAUA 5 Km, Redlands, Cal. (B)  
5 Mile, Cambridge, Mass., 5 p.m. (T)  
Sun. June 9—2 Mile Hdcp, Beverley Hills, Cal. (B)  
Wed. Jun 12—5 Mile, Lowell, Mass., 6 p.m. (T)

Sat. Jun 15—NAAU JUNIOR 10 KM, GAINESVILLE, FLA.  
5 Mile, Cambridge, Mass., 3 p.m. (T)  
Wed. Jun 19—5 Mile, Lowell, Mass., 6 p.m. (T)  
Sat. Jun 22—Conn. Masters 1 Mile (N)  
NAAH SENIOR 5 KM, LOS ANGELES (B)  
Wisconsin AAU 3 Km, Milwaukee (S)  
Sun. Jun 23—10 Km, Aldenville, Mass., 2 p.m. (T)  
Mon. Jun 24—5 Km, Kenosha, Wis. (S)  
Wed. Jun 26—5 Mile, Lowell, Mass., 6 p.m. (T)  
Sat. Jun 29—5 Mile, Cambridge, Mass., 3 p.m. (T)  
Iowa Veterans 5 Km, Newton, 7 a.m. (A)  
Iowa Womens 3 Km, same place  
Thur. July 4—5 Mile or 10 Km, Bridgeport, Conn. (N)  
Sat. July 6—3 Mile, Columbus, Mo., 9 a.m. (D)

## Contacts:

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D—Joe Duncan, 4004 Defoe, Columbia, Mo. 65201  
E—Doug Walker, 29 Alhambra Ave., Toronto 3, Ontario, Canada  
G—Elliott Derman, 28 N. Locust, West Long Branch, N.J.  
N—Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497  
O—Jim Breitenbacher, 1311 Concert St., Keokuk, Ia.  
P—Ted Hayden, Track Coach, University of Chicago, 5640 University,  
Chicago, Ill.  
Q—Steve Hayden, 56 Verbena Ave., Floral Park, N.Y. 11001  
R—Gary Westerfield, 36 Norman Drive, Cretserbach, N.Y. 11720  
S—Mike DeWitt, 1760 Birch Road, Apt. 104, Kenosha, Wis. 53140  
T—Fred Brown Sr., 157 Walsh St., Medford, Mass. 02155  
V—Bill Ross, 2835 N. Lincoln Ave., Chicago, Ill.

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late Result: British 10 Km Championship, London, March 30—1. Peter Marlow 44:58.4 2. Brian Adams 45:51 3. Shaun Lightman 46:30 4. Amos Seddon 46:55.2 5. Mike Holmes 47:08.2 6. Jacky Lord 47:41.6 7. Ron Wallwork 48:19.4—a warm day had its effect on the usual high standard in British races. Women's 3 Km, same place—1. S. DeGiovanni 17:15.2 Junior Women's 2 Km—1. M. DeGiovanni 10:36.5 10 Km, Saffron Lane, Eng. March 9—1. Geoff Toone 44:17 (DQ'd in National 10) 2. Brian Adams 45:12 3. Ron Wallwork 45:38 (sick in National 10)

## LOCKING BACK

10 Years Ago (From the Spring 1964 issue of the Midwest Race Walker, an issue which I had lost but which has been kindly provided by Roger Duran)—Ron Laird, after being boxed in for the first 4.5 miles by Ron Zinn and Art Mark, broke loose from there and easily won the first ever AAU 1 Hour walk covering an American record 8 miles 159 yards. The first four bettered Rudy Haluza's old mark of 7 miles 1614 yards but it was slightly tainted as the finishing gun failed to fire and McCarthy's report says it was about 8 seconds late, which would be about 30 yards for the leaders. I think it was closer to maybe 12 seconds since I passed the 7 3/4 mark with about 63 seconds to go and at the 7:20 pace I had held for my last mile I figured to about 1580 yards but made 1640. About 15 seconds, I guess. Anyway, I knew at the time something was wrong and I was holding back to keep from catching Mark as I didn't want to gain a place in overtime. In any case, it was a very high class race in perfect weather with 9 competitors over 7 1/2 miles. Zinn went 7 mi 1732, Mark 7 mi 1649, Mortala nd 7 mi 1640, Akos Szekely 7 mi 1395, Ron Daniel 7 mi 1246, Olave YliTokala 7 mi 1140, Don DeNoon 7 mi 995, and Phil McDonald 7 mi 954...Chris McCarthy won the Ohio 50 Km in 4:43:44 with Jack Blackburn second in 4:47:47 and Phil

The following letter from Pete VanArsdale makes an interesting follow on the Elliott's letter, although the reference to Elliott is completely coincidental.

Feb. 18, 1974

Dear Jack,

This may be the only letter to the editor of the Ohio Race Walker ever written from New Guinea. But then, we walkers do have a habit of going the unusual. Only two pieces of bad news have penetrated these Asmat swamplands where I am conducting my Ph.D. dissertation research, and both have had to do with race walking. The first was that the 50 km walk was dropped from the Olympic schedule, which I heard over Armed Forces radio the same day it happened. The second is not quite so obvious, but in my view equally as devastating. In reading over a copy of the 1974 national championship schedule which reached me this week, I was horrified to see that not only had the number of "championship" races not been mercifully reduced by 50%, it had been expanded. We now not only have the 75 and 100 km championships, which in and of themselves are not a bad idea, but we have Senior "3" championships as well. May I suggest that we also institute Senior "6", "p", "x", "y", and "z" championships as well, and award Mickey Mouse ears to the first two finishers (if even that many competitors show up).

Seriously, Folks—if anything is going to damage our program other than being dropped from the Olympics, it is a watered-down schedule of pseudo-national championship races. Last summer in Colorado there was the national 15 Km Championship, presumably at a distance and in a location that would appeal to a large number of walkers. Only one man from outside the Colorado T.C. showed up, and you call that a national championship? Look at the AAU cross-country program: They have far more competitors nationwide than we do, and yet they only have one national championship race a year, covering 10 km. We have unfortunately come under the spell that each region of the AAU where walkers reside in numbers greater than 10 should have a national championship at some distance or other. Will the 27 1/2 Km distance be awarded to the upstart walkers from Podunk Center in 1975?

Before you all burn this issue of the CRW, and ban me from re-entering the U.S.A. upon my return in April, let me be the first to say that I sincerely believe that every person regardless of age, sex, or ability should be entitled and encouraged to participate in walks at all sorts of distances throughout the country. But why in the world do they all have to be called "national championship", with national patches and trophies, etc.? Since we are always saying how we love to compete for the sake of competition, enjoyment, and friendship, couldn't we settle for "regional championship" or "national open" or "invitational"? Then we could have maybe four Senior National Championships at the 10, 20, 50, and 100 km distances, plus the indoor 2 mile and outdoor 3 mile.

I admire the rather blunt manner in which Elliott Derman expresses his ideas, particularly regarding the current AAU and IAAF problems. And the annual World Championships, to include all types of competitors, is an excellent idea. Shouldn't the rest of us be equally as blunt in recognizing that the rest of the world will continue to view us as "track rejects" if we continue with all these pseudo-national championships? Frankly, I think it is a blatant indication that we are trying too hard to prove how great we are to everyone else. Have you ever noticed how it always seems to be the guys from the littlest towns that always wear the most and the biggest medals on their letter sweaters. . . .

If you agree with me, and want to start the changes now (in time for the 1974 AAU convention), drop me a line: 10250 W. 73rd Pl. Arvada, Colorado 80005. Hopefully Jack will also publish letters pro and con on this subject, because it will have a bearing on our strength in the AAU, U.S.A., and Olympics themselves. *Pete VanArsdale*

NATIONAL MASTERS POSTAL RACE WALKING COMPETITION, 1974

Sponsored by COLUMBIA TRACK CLUB, Columbia, Missouri and COLUMBIA PARKS AND RECREATION

Personally, I tend to agree with Pete having long thought we were somewhat "overchampionshipped". I think the 100 km is a good idea in introducing another dimension but who needs a 10 km, 1 Hour, and 15 Km which are so much alike and the proliferation of races between 20 and 50. I would agree with his idea of a 10, 20, 50, and 100 except that I would also retain the 5 in the Outdoor Track Meet if only to keep in the public eye. As he points out, the other races becoming primarily regional championships anyway with sometimes 3 or 4 outsiders, so why bill them as national championships. And he is right about the image we create. Witness the following written by Colin Young, who admires our walkers if not our program, in the Jan. 12 Athletics Weekly: "75 and 100km Championships introduced into American Championships. With the total of AAU outdoor walk championships now totaling 13 (1) the two ultra-distance walks give an opportunity to those who cannot match the pace of a Larry Young or John Knifton over 50 Km. Besides the 14 (including the Indoor 2M) Senior Championships, there are 6 Junior, 11 Senior "B" and 3 Masters events. Hardly seems space for non-championship events, does there!" Amen, mate.

One possibility for those who still crave all the championships were we to cut the schedule would be to conduct postal championships at other distances. These would allow more representative fields, require less expense, and could be a part of local schedules in several areas. Along these lines, a National Masters Postal Race Walking Competition has already been organized for 1974, with the thought that the Championship races will not be well attended with the energy crisis, and all. It is hoped that the competition will stimulate more interest in Master's race-walking while allowing more of these distinguished senior citizens (of which I am practically one--never thought I would be distinguished) to compete against one another. The program has been designed and organized by Dave Leuthold and is sponsored by the Columbia Track Club. The official entry blank will be found on the following page and pretty well explains the program. One point that may disturb some is that judges are not required but my own feeling is that this is quite practical. This is primarily for fun, not world titles, and if distinguished senior citizens are not honorable, who is.

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On with the letters, this one from Tom Knatt, which I wanted to run last month, regards the Indoor 2 mile mixup. After describing the race, he goes on: "The initial reaction--terrible officiating--is perhaps somewhat justified. However, merely criticizing officials doesn't help because the ones who are criticized do want to do it again. So Suggestion No. 1 is: We walkers need more officials. We need lap counters. We need a runner to go between judges so that immediate disqualification and removal from the track can occur. We need more timers so that all times can be kept. Where do they come from? There are many walkers on the sidelines who would be more than willing to act as officials, with maybe the added enticement of free entry to the garden. These guys know how to get in free anyway so nobody is losing any money by getting them to help. There may be hostility to allowing young fellows (or women walkers too) in as officials but they know the contestants and can better follow their job if they do.

Suggestion No. 2: All judges be equipped with a microphone or bullhorn so they can be heard. A caution should be issued with very exact phraseology--something like: Caution, Jones, Number 10; or Leave the track

Purpose: To provide an opportunity for competition among Masters walkers, including those who are not able to travel to the national championship races. Generally there will be one race a month in the month of the National Masters championship. All entrants in the national championship will be eligible to submit their time also for the national postal competition.

Groups: (1) Open--Over 40 (2) 40-49 years (3) 50-59 years (4) 60 and over (5) Women Age on the day of competition determines category.

Races	Postal month of competition	Date and place of national Masters
100K	March (till May 31)	March 30 Des Moines (National Open)
One Hour	April (till May 31)	April 14 Boulder, Colorado
10K	May	Not scheduled yet
5K	June (till July 7)	July 5-7 Gresham, Oregon
20K	July	July 5-7 Gresham, Oregon
15K	August	August 3 Boulder, Colorado
100 Mile	September (till October 6)	October 5-6 Columbia (Open)
30K	October	October 19 Columbia
50K	November	November 3 Jefferson City, Missouri (Other national masters (35K) Kalispell, Montana July 10)

Combined annual competition: In addition to the individual events, total annual rankings will be compiled. Each walker will receive one point for a race in each category for which he is eligible, plus another point for each person he beats in that category.

Team: Team competition is encouraged, utilizing three man teams in following age categories: (1) Total age 120 years or more (all must be at least 40) (2) Total age 150 years or more (3) Total age 180 years or more. Scoring on basis of combined time. Team members must belong to same club, as in AAU rules, but need not walk on same day or track.

Rules: All events must be walked on a regulation track or certified course, timed by a non-participant. Judges are encouraged but not required. Walkers may submit only one time but it may be their best time during the month. Otherwise AAU rules apply. Entries must be postmarked by the first of the next month (or the first day after the competition period ends). No entry fee.

Awards: Certificates to the top three in each race. Appropriate awards to top winners in combined annual competition. Results will be published monthly in Columbia Track Club Newsletter (Joe Duncan, 4004 Dofae, Columbia, 65201 \$1 per year) and Ohio Race Walker (Jack Mortland, 3184 Summit Street, Columbus, Ohio 43202 \$3 per year).

ENTRY FORM (PLEASE MAKE ADDITIONAL COPIES FOR NEXT MONTH'S RACE)

Distance \_\_\_\_\_ Time \_\_\_\_\_ Date Walked \_\_\_\_\_

Name (Be legible) \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

AAU number \_\_\_\_\_ Club \_\_\_\_\_

Name of regulation track or certified course \_\_\_\_\_

Timer's name \_\_\_\_\_ Judge's name (if present) \_\_\_\_\_

FOR TEAM COMPETITION (one entry suffices for all 3)

1st teammate name & address \_\_\_\_\_

Track \_\_\_\_\_ Date Walked \_\_\_\_\_ Time \_\_\_\_\_

Birthdate \_\_\_\_\_ Timer's name \_\_\_\_\_ Judge \_\_\_\_\_

2nd teammate name & address \_\_\_\_\_

Track \_\_\_\_\_ Date Walked \_\_\_\_\_ Time \_\_\_\_\_

Birthdate \_\_\_\_\_ Timer's name \_\_\_\_\_ Judge \_\_\_\_\_

Jones, No. 10. Walkers who have one caution are not always sure that the second caution is not merely a reminder that they already have one.

Suggestion No. 3: Photographic judging is an idea whose time has come. Jim Murchie has a setup in high school where a polaroid camera is used with a strobe light so that the shutter is left open and successive images appear on the one exposure as the strobe flashes. That way, one or two steps are recorded--and immediately developed. For outdoors, a single exposure may be better. I live in Polaroid country and plan to approach them for at least expertise in taking the pictures and perhaps loan of equipment. My color polaroid without a tripod, produced insufficiently steady pictures for judging that race, but with improvement may pan out."

That is one man's suggestions. Another man who was directly affected by the events in that race was Ron Daniel and Ron also offers some suggestions to avoid such occurrences in the future. He writes:

"With the problems of these two meets (he refers also to the IC4A in which Howie Palamarchuk left the track unnecessarily thinking he had been called out) some will still support the idea of canning indoor races. However, the problem was an official's technical problem. But because the races are short and on small tracks the problems are magnified. After all, proper dissemination of facts on cautions is also necessary for longer road races.

Some detailed procedure is needed for the efficient judging of races. In the case of an indoor race, the walkers are lapping so fast and strung out so much that the judges are constantly having walkers come into their judging area or range. Whereas on a road race course, the judge gets some relief after the pack passes.

The problem then is (1) how should the judges pass along to the head judge what cautions they have given out? (2) what method should the judge use to inform the athlete? and (3) how should a DQ'd athlete be told?

Following are some suggestions--perhaps the OkW would like to solicit the readers for their thoughts?

1. If each judge had an assistant then the assistant would take his judge's caution cards to the head judge's assistant. The head judge's assistant could act as score keeper so to speak. This would be done as soon as the caution was given. The assistant would then return to his judge. (This is efficient for track races--road courses may have the head judge too far from each individual judge.)

2. Now the head judge is the only one that has a complete tabulation--so he will be the only person to DQ. At other times he will function the same as a regular judge. Since the use of red and white flags is very limited, verbal communication is what is in need of correction. For clarity, when the judge intends to call a caution, he should (A) call out the athlete's number and name (if known) to get the athlete's attention and (B) only say "This is a caution you are (not straightening) (lifting). The judge must refrain from making any reference to the number of cautions or add any other extraneous comment. For example, "You are lifting--you have one caution you know" or other similar phrases. If the same judge makes a second or more calls on the same walker, the head judge should be the one to ask the walker to leave the track.

3. If more than one judge is responsible for the ultimate disqualification, the head judge as soon as possible should make sure that the DQ'd walker leaves the track. Also, if possible, the head judge should inform

The other athletes who may not see the DQ'd athlete leave the track of the DQ. If the athlete has not taken the initiative to leave the course on his own, the head judge will be expected to make certain that the athlete understands that he has been DQ'd.

Although the concept of judges and athletes going one on one is contrary to what I feel is the best and fairest method, there should be at least some standard procedure to follow. After all, the races are still supposed to be for the athlete not judging contests. I also think that the athlete should have some way in which to protest a potential DQ. And food for thought; why does the DQ'd athlete lose even the opportunity to be listed as an alternate when an international meet is at stake? (Ed. The reason for that is obvious, if arguable. Our system picks athletes for international teams purely on place and DQ'd athletes do not place). It is quite conceivable in this year's race that Scully could also have been DQ'd holding me off and Walker DQ'd racing Dave, etc. Then DeNoon, Kulik, Valle, and Henderson would have been the choices and alternated for the team. This is overlooking the first five who went out and put it on the line racing to win. I think you get the point."

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FROM HEEL TO TOE

The scoring mixup mentioned in regard to the 1 Hour in Boulder. Charlie Silcock points to page 5 of the official minutes of the AAU convention pertaining to law and legislation items and team scoring in particular. It seems that there is a new rule on team scoring, which I must admit I had overlooked and with which I disagree, but it is there nonetheless. And essentially what it says is that every finisher's place counts in adding up the score. Unattached individuals, non-scoring team members, members of incomplete teams, and what have you. If you place 52nd in a race as your team's third member, the team gets a big 52. Rather ridiculous, but there it is. Of course, it simplifies score keeping. Anyway, at Boulder, the Colorado TC "A"'s 1-2-8 - 11 should have been 1-2-13 - 16 and the Columbia TC's 3-5-7 - 15 should have been 4-10-12 - 26.. The women's International races mentioned last month are in Stockholm on August 24-25. A 5 km will be held the first day with a team championship for 4 women teams, three to score. A 10 km International Championship will be held the second day with two entrants per nation allowed. The first four available girl's in the National 5 Km June 23 will qualify for the trip. (I say available because the competitors will have to provide their own expenses for the trip.) The trip will be for 2-3 weeks depending on what other competitions can be arranged and others besides the four qualified for the International 5 km can make the trip. The two competitors for the Stockholm 10 will be selected in a 10 Km race sometime during the race and all those making the trip will be eligible to try out...Tom Dooley appears to be coming back very well and reports a 22:00 5 Km in a note on the front of an envelope but I don't know if this was a race or workout...We are very sorry to report that George Casper, whose prolonged illness we reported last month, died on Easter Sunday, April 14... Elliott Denman reports that the Shore AC Track & Field for 1974-5, including many pictures of race walkers, is now on sale for \$1.25 from 28 N. Locust Ave., West Long Branch, N.J. 07764....You may recall a series of walking limericks your editor composed a few years back. Well, Bob Steadman has sent along some contributions to this collection, for which we only have space left for one: A naughty old walker called Jack, Having done 15 K on the track, Took it into his head, To jump into bed. And disprove that old age holds him back.