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 an exciting race became a reality as 17 competitors participated in the NAU 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 Palarchuk 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 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 Palarchuk, 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.
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 for stride in 45:21. Palamarchuk had now opened up 5 seconds on Glusker. Brown took the lead for good on the ensuing 3 miles by 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, a tinge, 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 positions are certain however.) Colorado TC "B" was third. The score is disputed in a letter later in this issue. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.) Colorado TC "B" was third. The positions are certain however.)

Other results:


West Long Branch, N.J., April 21--(From Elliott Derman)-Shaul Ladany, 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 m for triumph in the Eastern Regional AAU 50 Mile in 1966, Ladany walked off with the NAAU Senior 75 Km title at the Homestead College Track.

The 75 Km event, held for the first time as a U.S. champion hip race and replacing the 50 mile, took Shaul 7:25:08.4, U.S. All-commer 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 Ladany after he 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 next year."

Tom Kott, 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. Rounded out the top ten were: 5. Don Johnson, Sure AC 8:53:54 6. John


Other results:


Jay :aybor 8:3:10 2. Lary Fosser 8:3:29 Cal. n

Post 6:20:2 5. Bill Huglenen 6:20:2 5. (Charl betchcock reported these results and adds: "Note--3rd and 5th place times should be changed to 6:20:3 and 6:20:8."


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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 6:59:05, Jerry Birt 6:54:25, Bill Walker 7:26:57. Chuck Hunter 3:24:11, John Marston 6:32:10, John O’Neill 5:08:54. Others were: Westerfield 1:10:51, 4:04:27.


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McDonald third in 3:49:25. In February, Laird had set records from 3 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 NAU Senior 15 km title overrunning his former record on the final 25 km lap of a 1:06:44 victory. Tom Dooley and Goetz Klopfer took it from the West Coast to capture the next two spots in 1:10:31 and 1:10:31. These two were 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 4:39:41.20 km on the track as part of the Eastern 50 miler as Bill Hohenstein 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 Bracefield less than 4 minutes back...

Romansky won the 15 km Memorial 10 miler in Asbury Park with a 1:31:38 to Kitchen’s 1:31:56. Ron Daniel and John Knifton also turned in highly respectable times of 1:16:11 and 1:16:12. The week after the 15, Dooley beat Klopfer in a fast 7 miler 50:32 to 51:05. These two teamed to capture the 9th 2-Man 10-KRelay (alternate quarters) in 64:49.8. Goetz did double duty, joining Bill Ramsey on another day to take second in 67:07.2. Gary Westerfield-Gerry Bosc joined forces on the Worthington track to edge hosts Jack Blackburn and Jack Mortland for the 3rd spot, 69:07 to 69:32.

Letter from Elliott Denman Re: Olympic Situation:

Harrass for Bruce Kidd! At 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! 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. Let’s never get an inferiority complex about it - we are right, there’s no reason to be apologetic. The IAAF and the IOC have earned these demonstrations of respect by doing a first-class job; by large, in promotion of their sport. They must continue to promote it actively-and not for one moment consider sliding backward-which will be as if to say that we agree with the IAAF and IOC that race walking is a second-class event and deserves to be pushed aside.

Race walking is indeed the first-class sport, as first class as any other sport (Ed, See April II Track and Field News just arrived today as in point), probably in greater numbers than we imagined. Race walkers have earned these demonstrations of respect by doing a good job, and 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 in point), probably in greater numbers than we imagined. Race walkers have earned these demonstrations of respect by doing a good job, and 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.

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The week would include: Senior men's races at 10, 20, 50, and 100 km (possibly including national team competition, but possible not this year, might 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 are quite up to trying the "Big" races but who want to compete on a friendly basis internationally.

There would be a week's schedule of social events in conjunction with the W.W. 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 educational sessions as well as open-forum type meetings whereby all the race walkers can have their say as the future of the sport. The goal here at W.W. can be the start of the W.W.W. (World Race Walker's Union) which would wield 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 W.W.W. would seem to me the ideal type of event, as fewer towns. I am 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 come to the town. Thus, the W.W.W. would be the perfect type of event for towns looking for something.

After all, look what the Rose Bowl did for Pasadena. It would be the duty of the WWU board of directors to seek out bids for W.W.W. and award future rights to hold W.W.W.

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 one get than to be labeled the official shoes of the USA race walking team?

Realizing the price of such a deal, it would be in the best interest of the sport to have their say as the future of the sport they love. This would be the future of the sport, and the race walkers of the world have got to start doing things for themselves. They cannot entrust the future to others. As for the finances: this would be the time to break even but what I do is place a limit on the amount of personal subsidization. Keep sending the pix, but you will probably only see them about every other month.

UPCOMING RACES:
 rápida. Cuando pase el 7 3/4 de milla con casi 8 segundos de retraso, esto es aproximadamente 26 yardas para los líderes. Me ocurría el problema de que la meta no se disparó y ellos no se dieron cuenta.

En el Campeonato Campeones del Mundo, donde el primer candidato a un nuevo récord nacional se quedó, fue otro problema. Hubo un caso en que una marca de 2 horas y 10 minutos fue reconocida, pero no hubo ningún tiempo oficial, lo que resultó en un error relativamente pequeño.

La Asociación Mundial de Atletismo (IAAF) ha estrenado las normas para el Campeonato Mundial de Atletismo en Carretera (Road Racing) para 1974, que incluyen nuevas reglas para las marcas de récord nacional.

La Asociación Americana de Atletismo (AAU) ha establecido el Campeonato Nacional de Atletismo en Carretera para 1974, que cubre distancias de 5 km a 50 km. Las fechas son como sigue:

- **3 de junio**: 10 km, Gainesville, FLA.
- **15 de junio**: 5 km, Cambridge, Mass., 3 p.m. (T)
- **20 de junio**: 5 km, Lowell, Mass., 6 p.m. (T)
- **29 de junio**: 1 km, Masters 1 km, Los Ángeles (B) Wisconsin AAU 3 km, Milwaukee (S)
- **23 de junio**: 10 km, Alden, Mass., 2 p.m. (T)
- **24 de junio**: 5 km, Kenosha, Wis. (S)
- **25 de junio**: 5 km, Lowell, Mass., 6 p.m. (T)
- **15 de julio**: 1 km, Masters 1 km, Los Ángeles (B) Wisconsin AAU 3 km, Milwaukee (S)

En general, el clima es caluroso y húmedo, lo que puede ser un desafío para los atletas. Se espera que el índice de humedad sea alto en algunas zonas, lo que puede afectar la performance de los atletas. Es importante que los atletas estén bien preparados para estas condiciones.

**Contactos:**
- Dave Kidahl, Box 72, Richland, Wa. 99352
- Bob Ross, 1611 Windsor Place, Panama, Ga. 30307
- Doug Walker, 2010 Vernon Ave., Toronto, Ont, Canada
- Elliott Derman, 28 N. Lonst, West Long Branch, N.J.
- Jim Butein, 4010 Defoe Rd., Columbia, Mo. 65201
- Steve Hayden, 56 Verbena Ave., Floral Park, N.Y. 11001
- Gary Westerfield, 36 Norman Drive, Crete, N.Y. 11720
- Mike DeWitt, 1760 Irving Aven, Apt. 104, Kenosha, Wis. 53141
- Fred Brown, 157 Walsh Ave., Medford, Mass. 02155
- Bill Ross, 2833 Lincoln Ave., Chicago, Ill.

**Resultados:**
- **15 de junio**: 1 km, Masters 1 km, Los Ángeles (B) Wisconsin AAU 3 km, Milwaukee (S)
- **23 de junio**: 10 km, Alden, Mass., 2 p.m. (T)
- **24 de junio**: 5 km, Kenosha, Wis. (S)
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**Referencias adicionales:**
- Asociación Mundial de Atletismo (IAAF)
- Asociación Americana de Atletismo (AAU)
- Campeonato Mundial de Atletismo en Carretera

**Nota:** El clima puede variar durante el evento, por lo que es importante que los atletas estén preparados para cualquier situación que pueda surgir. Es fundamental que el personal esté informado de las condiciones prevalecientes y pueda tomar las medidas correspondientes para garantizar la seguridad y el bienestar de los atletas.
PERSONAL NOTE

Personally, I tend to agree with Pete having long thought we were somewhat "overchampionshiped". I think the 100 km is a good idea in introducing another dimension but who needs 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 it in the public eye. As he points out, the other races becoming primarily regional championships with sometimes 1 or 2 outsiders, so why all these as a 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 11 (1) the 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 20 km) 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 be well attended with the energy crisis, and all. It is hoped that the competition will stimulate more interest in Masters' race-walking while allowing more of these distinguished senior citizens (of which I am actually one—never thought I would be distinguished) to compete against one another. The program has been designed and organized by Dave Leathold 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.

On with the letters, this one from Tom Knatt, which I wanted to read last month, regards the Indoor Mile mixup. After describing the race, he goes on to describe the initial reaction—terrible officials—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 need more officials. We need help to go between judges so that immediate disqualification and removal from the track can occur. We need more timers so that all times may 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.

NATIONAL MASTERS POSTAL RACE WALKING COMPETITION, 1974
Sponsored by COLUMBIA TRACK CLUB, Columbia, Missouri and COLUMBIA PARKS AND RECREATION

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. The month of the National Masters Championship. All entrants in the national championship will be eligible to submit their time for the national postal competition.

Groups: (1) Open—Over 60 (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
10K
March (till May 31)
April 13 Boulder, Colorado
One Hour
April (till May 31)
10K
May
15K
June (till July 7)
July 5-7 Gresham, Oregon
20K
July
July 5-7 Gresham, Oregon
50K
August
August 3 Boulder, Colorado
100 Mile
September (till October 6)
October 5-6 Columbia (Open)

Other races will be conducted annually but not sponsored by AAU, rules being in effect. Entries must be made to AAU as a unit of the club. Any entry fee.

Awards: Certificates to the top three in each race. Additional awards to top winners in combined annual competition. Results will be published regularly in the AAU newsletter. Awards to the top three in each race.}

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

Distance
Name (80 characters)
Address
AAU number
Track number
Name of regulation track or certified course

Date
Time
Birth Date

FOR TEAM COMPETITION (one entry suffices for all 3)

1st team member name & address
Track
Date Walked
Birth Date
Time

2nd team member name & address
Track
Date Walked
Birth Date
Time

JUDGES' FORM

Name
Judges' name (if present)

FOR TEAM COMPETITION

1st team member name & address
Track
Date Walked
Birth Date
Time

2nd team member name & address
Track
Date Walked
Birth Date
Time
Jones, No. 10. Walkers who have one caution are not always sure that the second caution is merely a reminder that they already have one.

Suggestion No. 3: Photographic judging is an idea whose time has come. Jim Archie 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 pictures and perhaps loan of equipment.

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 NCAA in which Howie Palamarchuk left the track unnecessarily thinking he had been called out) one will still support the idea of coming 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. When cautions 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 their information 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 OIW would like to solicit the readers for their thoughts?

1. If each judge had an assistant then the assistant would take the judge's caution cards to the head judge's assistant. The head judge 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)." It is quite conceivable in this year's race that Scully could also have been DQ’d holding me off and Walker DQ’d holding 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."

FROM HESL TO TOE

The scoring mixup mentioned in regard to the 1 Hour in Boulder. Charlie Silcock points to pare 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 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. Any-whoever justifies it? Colorado "A" slightly benefitted from this when we had a score of 92 but the extra points were from some 14 - 16 and the Columbia DC’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. 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 women's International meet is at stake? (Ed. disprove that old age holds hill back.)

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