Russian walkers scored rather easy sweeps of the U.S. in both the Junior 10 K at Austin on June 28 and the Senior 20 K at Durham on July 6. As a matter of fact, this has been the story of all U.S.-Soviet duals, both Junior and Senior. (Ron Laird did beat Nikolai Snaga in 1969 but it was not a dual meet that year, rather a triangular with the British Commonwealth also involved.) Details of the two meets, as supplied by Bruce MacDonald and Jim Bentley Sr. respectively, follow.

In the Durham race, the ever-present Snaga teamed up with Yevgeniy Ivchenko in a near dead heat (they tried to make it such but picky judges don't like that sort of thing) in 1:37:24.14 on a rough course. Floyd Godwin and Jerry Brown stayed right with them through 12½ Kms but then the Red duo tossed in an 11:47 lap (2½ Kms) just as Floyd and Jerry started to feel the effects of the pace. At 15 Kms it was a 50 second lead, and from there, the Russians were content to leave it at that, beating Floyd by 68 seconds as Jerry hit the wall the last 5.

The race was originally scheduled for 5:15 p.m. but on the day before the meet, the Soviets requested a change to 9 a.m. and the U.S. for 8 a.m. to escape the worst of the heat. In a compromise, the race went off at 8:30. The course was quite hilly and consisted of a 2½ Kms loop, which was repeated seven times. The final 2½ took the walkers into the Stadium for 2½ laps on the track.

The early pace was hard, considering the course, but by no means blistering, as the four stayed right together through 24:25 and 48:43 laps. It was on one of the upgrades that the Soviet pair made their break just into the sixth lap and the race was over quickly. They went past 15 in 1:12:57 with Floyd showing 1:13:47 and Jerry 1:13:48, and then eased in for the win. The encouraging thing about this and other recent International races is that our walkers are very much willing to go in and really contest races. There is no question of being psyched out before the start. Unfortunately, except for a Ron Laird or Larry Young at the top of their form, we are not yet ready to match either the stamina or the tactics of these top internationalists. Obviously what is needed is more opportunity to race at these levels, but this is, of course, hard to come by with several thousand miles of ocean separating us from those races. The results:

The Junior meet in Austin a week earlier, as the last event on the first day of the meet. By 9:30 p.m., starting time, the temperature had cooled to 60, so there were no complaints in that area.

It became obvious from the beginning that the Soviet walkers were going to let the US walkers set the pace through the first few laps of this track race. Steve Hermann and Jim Murchie exchanged the lead during the first five laps with Lilla and Matveev about 3 seconds back. The Soviets taunted constantly during the first mile as Hermann and Murchie led 8:00 and 8:04 to 8:06, 8:08 for their competitors. Just after the fifth lap, the Soviets started to pick up the pace and Matveev picked up a caution for lifting as he made a sudden sprint past his teammate. Murchie was also cautioned for creeping. Covering the second mile in 7:44, the Russians took command and holding about an 8-minute pace from then continued to move away from a game Murchie throughout the race. Hermann slowed markedly in the final stages.

At the end of the second mile, the Soviet coach filed a protest for two reasons: he did not understand the lifting call made earlier and he protested that the Judges (Jim Bentley and John Rose) were coming from one end of the stadium to the other (?). The protest was withdrawn before the end of the competition but interpreters said that another protest would be to file. This never materialized. The Soviets were not happy with their performances and they had anticipated times in the 15 minute range, but our walkers had probably expected to be able to go a bit faster, judging from their Miami performances. It was interesting to note that potentially they could have a repeat race next year, as they went on to win the 1974 Race.

Results of various national races

**NAAU Women's 5 K Championship, UCLA, June 23**
- 1. Ester Martinez, Rialto Roadrunners 25:27.4
- 2. Ellen Minkow, Syracuse Chargers 26:16
- 3. Linda Brodock, USSR 26:35.3
- 4. Jean Shiao, USA 27:55.4
- 5. Chris Sakelarios, Redwood City Flyers 28:12.2
- 6. Susan Brodock, USSR 28:23.6
- 7. Owen Eberl, USSR 28:49.8
- 8. Baina Dimaicik, San Jose Cinderellas 29:16.8
- 9. Cindy Johnson, Blue Angels 29:08
- 10. Debbie Bayor, USSR 29:06
- 11. Linda Ortego, USB 29:07
- 12. Terry Toegarden, Blue Angels 29:15
- 13. Cindy Arneblide, USB 29:16.6
- 14. Lori Thomas, Colorado Pacers 29:42
- 15. Jaydene Falkens, South Bay Striders 29:52.3
- 16. Jane Janousek, USA 30:11.6
- 17. Pek Kovick, USSR 30:17.2
- 18. Mary Carter, USSR 30:17.9
- 20. Judy Hyten, USSR 31:32.1
- 21. Ann Dardos, USB 31:33.2
- 22. Shelly Sim, USA 31:34.3
- 23. Jill Steiner, USB 31:36.5
- 24. Sharon Gallan, Orange Coast 31:40.5
- 25. Laura Naised, USB 31:52.4
- 26. Kelly Laury, USB 31:57.6
- 27. Maria Flores, USB 32:27
- 28. Cindy Partridge, USB 32:37
- 29. Maria Peruzzi, USB 33:47.4
- 30. Virginia Damier, USA 34:45
- 31. Erin Daly, Blue Angels 36:08.31
- 32. Carol Peterson, USSR 37:10.4
- 33. Robert Fries, USSR 37:14.4

Teams:
- 1. Rialto Roadrunners
- 2. USSR
- 3. Blue Angels
- 4. South Bay Striders
- 5. Redwood City Striders
- 6. Ellen Minkow led

U.S. Master's 5 K Championship, Gresham, Ore., July 5

**Women's NAU 1 Mile, Eakersonfield, June 22**
- 1. Sue Brodock, Rialto Roadrunners 2:05:29
- 2. Ellen Minkow, Syracuse Chargers 2:05:58
- 3. Steve Herman, USA 2:06:35
- 4. Chris Sakelarios, Redwood City Flyers 2:06:36
- 5. Sheila Thompson, Gresham 2:06:37
- 6. Carol Mahoney, Kettering Striders 2:07:10
- 8. Linda Brodock, USSR 2:11:53
- 9. Joyce Wimer, Millers Spikes 2:17:34
- 10. Debra Nayan, USSR 2:17:43
- 11. Linda Ontko, USSR 2:17:58
- 12. Terri Teegarden, Blue Angels 2:18:31
- 13. Cindy Arneblide, USB 2:18:33
- 14. Ellen Minkow, USSR 2:18:34
- 16. Jean Shiao, USA 2:18:44
- 17. Pek Kovick, USSR 2:19:00
- 18. Mary Carter, USSR 2:19:04
- 20. Judy Hyten, USSR 2:19:17
- 22. Shelly Sim, USA 2:19:22
- 23. Jill Steiner, USB 2:19:26
- 24. Sharon Gallan, Orange Coast 2:19:30
- 25. Laura Naised, USB 2:20:00
- 26. Cindy Partridge, USB 2:20:07
- 27. Cindy Arneblide, USB 2:20:14
- 29. Linda Shiao, USA 2:20:18
- 30. Pek Kovick, USSR 2:20:20

 Teams: 1. Rialto Roadrunners
- 2. USSR
- 3. Blue Angels
- 4. South Bay Striders
- 5. Redwood City Striders
- 6. Ellen Minkow led
The corresponding Senior race. Hirt walked a very good race on a
strong pickup at the end. The weather was cool -..ith a light rain at the
con·esponding Senior race. Hirt walked a very good racei: th a

The postal event for July was 20 Km and for August it will be 15

Colo, TC 30:39 13. Phil Mooers, W. Valley TC 30:48 14, Don Jacobs,

2:29:54,

Mile splits were:
1 Mile-1. l1arahal.l 9:37 2. Sedlak 10:20

BYWORTH'S POSTAL 5 K, June-1. Chris Amoroso, Colo. To 25:33 2. Don
Johnson, Shore AC 26:34 3. Bob Chaplin, Colo. To 27:15 4, Larry Botes,
Leonard Bisam, Colo. To 27:54 7. Tony Cardenas, North Bedford Club
Colo. To 30:39 13. Phil Mooers, W. Valley To 30:48 14, Don Jacobs,


No results yet from Junior and Senior 8 1 Hours. Hopefully you will find
then on one of the back pages if they get here in the next couple of days.

OTHER RESULTS:
Barnum Festival 10 Km, Bridgeport, Conn., July 7-1. John Knochen, NAC
Kraut, North Bedford Club 52:26 7. Steve Hayden, LIC 52:29 8. Dr. Shal
Coast Guard Academy 59:24 21. Joe Carson, LIC 59:25
22. Bill Cantrab, Stratford Spartans 59:47-70 finishers and 1 DQ. Team
Spartans-56 9. Shore AC-70 Conv. sl AAU 1 Mile, New Britain, July 9-
Kaylor 8:38 2. Kate 8:49,8 Kansas County Champ., June 1-1. Hinshoffer
Debby Kaylor 8:22.4 6. Halpin 8:24.5 (Marlins, having walked the Jr. EAU 25 km the Sunday before, was no longer eligi-

Hotel Walkers Club of American 30 Km, Westbury, N.Y., July 11-1. Dr. John

Shaw Lightman 11:40:0 2. Carl Lawton 11:40:0 9 Km, London, May 29-
Paul Milne 11:50:0 20 Mile, Redditch, June 25-1. Roy Thorpe
3 Km, Leicester, May 29-1. Geoff

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PAGE 6

11:52 and Blackburn held his pace for 11:57. The seventh lap was
decisive as Hornaday came through in 12:00. Blackburn then fell
to a pace of 12:00. It was then Hornaday's turn to falter, as Blackburn
began to tire and failed to maintain his initial lead of 7 laps but
also walked a faster second mile (9:58) to miss 20 minutes by only 4
seconds.

Wisconsin Jr. Olympics, July 13: Age 16-17 1 Mile--1. John VanDenbrandt
Dee 11:25:0 7. Mike O'Keefe 12:07:0 8. Mike McFadden 12:59:0
owed VII Junior Olympic 1 Mile, Mile: 800, Wis., July 20--1. John VanDenbrandt
Bear, Minn. 8:05 4. Jeff Pelley, Wayzata, Minn. 8:26 5. Mike, Columbus,
Koenig 24:02 4. Dave M. Smith 24:05 5. Leonard
McFadden 8:04 4. Kim Reynolds 8:05 5. Duane Young 9:26 6. Girls' 1 Mile,
same place--1. Shirley Adams 9:42 2. Girls' 1 Mile, winter, Iowa,
8:27 7. Ed Killin Sr. 9:10 8. Girls' 1500 1st place--1. Shirley
Adams 9:01 1 Mile, Ottumna, Mo. 23:59--1. Mike Deiitt 1:32:35
(heat)

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WALKING SCHEDULE.

Thu. Aug. 8--1 Mile, Stratford, Conn., 6 p.m. (N)
Sun. Aug. 10--3 Mile, Columbia, Mo., 7 p.m. (D)
Sun. Aug. 11--NAU JUNIOR 20 KM, WEST LON HANCE, N.Y. (G)
Sat. Aug. 17--Ontario Sr. 20 KM, Saraceno (E)
Sun. Aug. 18--NAAU 20 KM, Taunton, Mass., 2 p.m. (G)
Sat. Aug. 24--5 KM, Columbia, Mo., 9 a.m. (D)
Sun. Sep. 1--NAU SENIOR 50 KM, GREEN LAKE, WASH., 8 a.m. (D)
Mon. Sep. 2--Lawrence to Lowell, Mass., 20 KM (T)
Sun. Sep. 8--Ont. NAU 7.5 KM, Scarboro, Ont., 10 a.m. (N)
Sat. Sep. 14--5 KM, Columbia, Mo., 9 a.m. (B)
Sun. Sep. 15--7.5 KM, Rye, N.Y., 11 a.m. (T)
Sun. Sep. 22--6 KM, Columbia, Mo., 2 p.m. (D)
Sat. Oct. 5--National 100 Mile (track), Columbia, Mo., 1 p.m. (D)

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I--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
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M--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
N--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
O--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
P--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
Q--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
R--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
S--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
T--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
U--D. J. Duncan, 4004 Devoe, Columbia, Mo., 65201
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The Ohio Racewalker is thrown together at, and finds its way into
the U.S. mails each month from the Jack Horace connection in Columbus, Ohio.
Using our trusty, 20-year-old Underwood portable, we don't try to be
particularly neat or fancy, but hope to bring you the news you are
thirsting for with perhaps a little entertainment on the side. If you
dig classic typo, you will probably find them in these pages.
Regarding the pictures that you don't see in this issue, I haven't been
getting any particularly worthy of using, so if you have some good shots
of recent races, send them along. Also let me know if you want them
back. On yeh. The subscription rate for this esteemed journal of ped-
astrianism is $3.00 per year and the address is 3184 Summit St., Colum-
bus, Ohio 43202.
Looking Back - In the National 2 Mile at the end of June, Ron 216 was an easy victor in 13:40:00 with Ron Laird 15 seconds back...A week later in Pittsburgh at the Olympic 20 K Trials, Laird was concentrating and walked away to a 1:33:40 victory on a tough course in rather hot conditions. Zinn came second in 1:36:37 and one John W. Kurtz captured the third spot in 1:37:05, the race going just as the great sage Chris McCarthy had called it in his final edition of the Midwest Walker. An unlucky fourth was Don DeNoon in 1:38:39 with easy victor in 13:48.6 with Ron Utrd 15 seconds back...10 Years Ago

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and 35 Km. In the 200, he walked 1:33:40.4 to beat Tan Dooley (1:35:07) McCarthy was walking at well under a 3 hour pace.

A hot day than walked another 10 km. The course was somewhat short, but McCarthy had called it in the third spot in 1:37:05, the race going just as the great sage Chris Laird was concentrating on the Van-Wert track in a 1:22:35 10 miler in Urbana ahead of Ivan &naga in the US-USSR-Eastern Commonwealth

5 Years Ago (from the July 1969 Ohio Race Walker)-Headline says it was a Laird Month-In a 6 week period, he won three National titles and set two American records on off weekends. His titles were at 2 Miles, 20 K., and 35 K. In the 20, he walked 1:33:40.4 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27), leading from the start. Bob Bowman, Goetz Kloepfer, and John Kelly occupied the next three places. This race was in Fenns.-The 2 Mile, in Miami, saw Ron more than 10 seconds ahead of second placed Dan Jolman with an excellent 13:53.4. Ron Kulik, Ron Daniel, and Bowman rounded out the top six...The 35 was held on the infamous shopping center course at Hoopesport, Pa., and Ron once more 90 degree heat to beat Karl Kernschen by nearly 10 minutes in 2:55:56.8. A Mexican, Pasqual Ramirez, was third followed by Gary Westerfield, Kulik, and Daniel...One of Laird's records was at 3 km with a 12:23 at Compton...The other was 6 miles 746 yards in the hour at Walnut, with 4.5.6.7, and 8 mile records on the Vanport track. Ron Kulik, Ron Daniel, and Bowman raced the last six miles fast....Paul Mikilin and Vidimir Grabovski advanced in the US-USSR-Eastern Commonwealth 20 K...In Ohio, DL Dorr turned in a 4:31:10 at the 30 000 on the track in Cincinnati to beat Paul Jock on 1:22:35 10 mile in brutal heat...John Korkon was both the 3 and 6 mile races in the National Master's Meet with 21:24 and 50:56.6, beating Don Johnson in both

SHOES

You may recall that a few months back we ran a questionnaire for Galen Kulik surveying who uses what shoes and why. Unfortunately, Galen did not receive much response-five replies to be exact. I must admit that one reply I received was mine. The respondents were Mr. Preitenbacher, Alan Wood, Fred Spector, Hank Klein, and Don Jacobs-not a cross section of walking greats, but all guys who are out putting miles on their shoes, which is probably the important thing. Let me get out of this parenthesis before I do the whole story inside of it. He sent me the results of the survey more than 2 months ago but I just haven't had room for it the last two issues. Since there has been some inquiry regarding the results, at least here they are. GalenComments:

I don't think any accurate conclusions can be drawn from five responses, but including previous comments on shoe preferences, I am of the opinion that the most popular shoes among US walkers are: Adidas Walking Special (apparently not as popular), Adidas 80-72, Mike Boston, and Hush Puppies (last three in no particular order). If the E.R. Sport International Race Walkers and Fina Model 290 Walking Special were available from US Distributors, I believe they would be popular also.

Other shoes mentioned by these respondents were Tiger Boston, Road King, Adidas Antelope (excuse me adidas, I'm not supposed to be capitalizing you), AERO, Adidas Mexican (I did it again), adidas Italia, Keshu, and Spengel Marathon. The amazing thing to me is that each of these guys were mentioning three or four preferred shoes and most of them split them up between training and racing preference. How many shoes do you have to try to prefer all these? I guess I have never had a professional attitude towards shoes. I'm always on the look out for any shoe that will keep the feet out of pain and keep the shoes out of shape. I've always taken a pair of shoes and worn them for all races and training until they wear out and then get another pair. From about 1962 until 1967 I used the Italia almost exclusively and found it most satisfactory. Had I filled out a questionnaire, this would have been my first preference for both races and training. However, when I finally went through my last free pair from my 1964-1965 taking days (I could get 12-1500 miles on a pair, or about 1 year), I recently purchased a pair of these new and found them to be a great deal better. I started looking at price and went with Tutone, a company which has been in the business for quite some time. I think I did well for one pair of shoes.

In my brief experience with them, I found that I don't wear as much (I usually wear a single pair for one week and then I wear them out for a bit), but I found them to be a great deal better. I started looking at price and went with Tutone, a company which has been in the business for quite some time. I think I did well for one pair of shoes.

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I'm not sure how many miles I used to get out of a pair of shoes, but I think I got at least 2500 miles on a pair of these new and found them to be a great deal better. I started looking at price and went with Tutone, a company which has been in the business for quite some time. I think I did well for one pair of shoes.

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The women's team going to Europe later this month will include Esther Phillips, Linda Brodock, Joanne Stahar, Chris Sakelarios, and Sue Brookman. They are also sending letters to every IAAF and IOC member urging the immediate goal of all this is to push the decision to step down in Montreal. The ultimate goal is to gain back the 50 km in future Olympics. The IAAF is urging individual letters to indicate support for Olympic race walking both inside and outside of race-walking circles. Write to the IAAF, the USOC, the IAAF, and without delay to Mr. Ferris. Addresses were in earlier ORW or contact Steve Hayden, 56 Verbena Ave., Floral Park, N.Y. 11004.

On the West Coast, a lengthy article outlining the walk's plight that appeared in the LA Times in April.

But then, the sort of thing we are up against is illustrated in a letter that Gary Westerfield received from the president of the IAAF in which he said the walks were dropped because so many track events are limited by standards and the walks are not. Which is pretty fuzzy thinking and it is hard to reach fuzzy thinkers.

FROM HEEL TO TOE

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