

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME X, NUMBER 8

COLUMBUS, OHIO

OCTOBER 1974

HENDERSON, HIRT LEAD U.S. OVER CANADA

Montreal, Quebec--The U.S. defeated Canada in their annual dual walking meet on October 5 and 6 by a 26-17 score with Bob Henderson winning the 20 Km on Saturday and Augie Hirt capturing the 50 the following day. Both races were held in ideal weather on a good, traffic-free street course.

In the 20 km, Henderson was accompanied in the early going by John Knifton and Marcel Jobin. When Jobin was given a caution at about 3 km it became a 2-man race. At 5 Km, Henderson was 1 second up on Knifton in 23:02 with Jobin going through in 23:18. Karl Merschenz was just ahead of Frank Johnson with a 23:47, Roman Olszewski was battling Ron Daniel with both showing 24:23 and Gary Westerfield was bringing up the rear.

The two Americans were still right together at 10 in 46:38 with Jobin now 78 seconds back and just 8 seconds ahead of the steady Merschenz. Daniel had dropped back by this time and Johnson were in a tight battle for fifth in 49:12. By 15 Km Henderson had taken control with a 40 second lead in 70:52 and a caution to Knifton completely issued. Bob went on to win by nearly three minutes in an excellent 1:34:31.6. Meanwhile, Merschenz overtook Jobin by the 15 km mark and came within a half minute of Knifton at the finish with Jobin just 12 seconds further back. Olszewski, holding an even pace, wound up an isolated fifth as the others hit the wall. Frank Johnson had a minute on Daniel at 15 km but when he slowed drastically from there, Ron came back to move ahead with about 3/4 mile to go. Frank made a last ditch move in the final 100 meters to overhaul Ron at the line but all it was really good for was disqualification for both walkers. With Gary Westerfield dropping out in the final 5 km, the U.S. finished only two men but their 1-2 positions were good enough for a 12-10 lead (7 points for first, 5 for second, 4 third, etc.)

The 50 started rather slowly with no one wanting the early lead and by about 6 km, when Augie Hirt had finally taken over, only 52 seconds separated the six contestants. Augie was nearly a half-minute ahead of Tom Knatt and Pat Farrelly and it quickly became a three man race. At 10 Km Augie was only 7 seconds ahead of the other two in 55:40 with Max Gould now 1 1/2 minutes back in fourth. Knatt was on Augie's heels at 15 Km in 1:22:10 with Farrelly only 10 seconds back. At that point, Farrelly started to make a move and took over second. At 20 in was Hirt 1:48:36, Farrelly 1:48:42, and Knatt 1:48:56. Gould was now just ahead of Bob Rosencrans in 1:54:34.

Hirt took command during the next 5 Km and was 1 1/2 minutes ahead of Farrelly as passed 25 km in 2:14:37. Knatt was still challenging the Canadian, just 20 seconds back. Augie went on unchallenged to win in 4:40:15.2, just 14 seconds off his best. Farrelly, who has had back problems which have curtailed his training, was well off his early season 4:32 form. Knatt overhauled him at 35 km and went on to finish strongly,

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cutting Hirt's lead from 4 to 2 minutes over the last 10 km. Max Gould, somewhere in his late 50's was truly amazing in fourth place, clocking a personal best 4:57:51.8. He pulled easily away from Rosencrantz in the final 20 as Bob suffered stomach cramps from 30 to 40, apparently from too many praline doughnuts.

The Results:

20 Km--1. Bob Henderson, USA 1:34:31.6 2. John Knifton, USA 1:37:14.2
3. Karl Merschenz, Can. 1:37:43.8 4. Marcel Jobin, Can. 1:37:55.4
5. Roman Olszewski, Can. 1:39:41 DQ--Frank Johnson, Can. and Ron Daniel, USA who finished in 1:43:04, DNF--Gary Westerfield, 15 Km in 1:19:10

50 Km--1. Augie Hirt, USA 4:40:15.2 2. Tom Knatt, USA 4:42:14.9 3. Pat Farrelly, Can. 4:48:30 4. Max Gould, Can. 4:57:51.8 5. Bob Rosencrantz, USA 5:05:39.8 6. Joel Dada, Can. 5:22:19.5

Judges for both races: Henry Laskau, Chief, Nick Marrone, A. Kaye, and L. Giordano

Women's 5 Km, Oct. 5 (track, in conjunction with above)--1. Beth Harwick, Mt. Lebanon, Pa. 29:10.4 2. Jacqueline Sauve, Montreal 29:10.8 3. Jacqueline Theberge, Dolbeau 30:15.8....6. Stella Palamarchik, Shore AC 32:27 7. Jo-Ann Churpak, Burgettstown, Pa. 33:24.4 8. Lynn Jones, Mt. Lebanon, 33:49.5

Junior 10 Km (track, same place)--1. Pierre Leblanc 49:57.8 2. Michel Lepine 52:02.8 3. Glenn Sweazey 52:40.4 4. Denis Arseneault 53:52.8 5. Claude Filteau 54:00 6. Herman Beaulieu 55:00 (12 finishers)

30 KM TITLE TO YOUNG

Columbia, Mo., Oct. 19--After a fast 20 Km, Larry Young moved easily away from Mexico's Domingo Colin over the final 10 to capture the NAAU Senior 30 Km Walk in 2:30:26. Colin folded up completely the last 5 Km and was also passed by steadily improving Augie Hirt, who was only 3 seconds slower than Young over the final 10 Km. Paul Ide also walked a very steady pace to catch a faltering Bob Bowman in the final 4 miles for fourth place. The race did not draw the expected field as three other Mexicans, the Colorado Track Club, Bob Henderson, and even your editor were among those expected who did not show.

Young and Colin went through 5 km in 23:47 and already had over a minute on Hirt and Bowman. As they passed 10 km in 47:55, Hirt was 2:15 down and Bowman nearly 3 minutes back. Ide was trailing Bowman by 2½ minutes at that point. Randy Mimm, now on a walking grant at Columbia College, was somewhere between these two but dropped out about 5 miles later. The leaders started to slow at that point passing 15 km in 1:12:55 and 20 in 1:37:47. Hirt was 1:41:06 at 20 and had nearly 3½ minutes on Bowman with Ide another 2 minutes back. Colin stayed stride for stride with Young through 14½ miles but then collapsed completely, needing over 34 minutes for his final 5 km. Larry was 2:03:15 at 25 and then slowed to over 27 minutes on his final 5 with the race well in hand. Augie actually gained nearly a minute on him over the final 5. The results:

1. Larry Young, Col. TC 2:30:26 2. Augie Hirt, Col. TC 2:33:47 3. Domingo Colin, Mexico 2:37:50 4. Paul Ide, Ft. Hays State 2:41:25 5. Bob Bowman, Bev. Hills Striders 2:43:57 6. Jerry Bocci, Motor City Striders 2:51:44 7. Leonard Busen 2:55:53 8. Al Schrik 2:57:14 9. Bob Chapin 3:00:03 10. Jim Ereitenbucher 3:03:45 11. Dave Leuthold 3:10:07 12. Larry Boles 3:15:32 13. Rob Spier 3:17:43 DNF--Mike Hale, 1:53:01 at 20; William Taft 2:38:43 at 20; RANDY Mimm, 1:17:37 at 15.

EBERLE DOES 57:30 FOR WOMEN'S 10 KM TITLE

Columbia, Mo., Oct. 19--Gwen Eberle of the Ozark TC moved steadily away from Ohio's Carol Mohanco after the first 2 miles to win the Women's NAAU 10 Km in a good 57:30. The race was held on the Hickman H.S. track a couple of hours before the men's 30 Km. Carol took the lead at the start and a quick 8:39 first mile put her 6 seconds in the lead. However, as she slowed to 17:58 at 2 miles, the 18-year-old Eberle cut her lead to a lonely second and from there had things pretty much her own way. Joined by her sister Beth and Cinda Morrow, both 14, Gwen led the Ozark team to the team title over Carol's Kettering Striders team. The results: 1. Gwen Eberle 57:30 (8:45, 17:59, 27:11, 36:35, 46:06, 55:16) 2. Carol Mohanco 59:19 (8:39, 17:58, 27:43, 37:40, 47:35, 57:15) 3. Cindy Arbelhide 60:27 4. Beth Harwick 62:02 5. Beth Eberle 62:49 6. Cinda Morrow 63:14 7. Cindy Luebben 63:20 8. Ericka Dahlstrom 65:06 9. Judy Hyten 65:25 10. Shirley Adam 66:16 11. Mary DeVries 66:59 12. Susan Gray 68:28 13. Lynn Wonderlich 71:15

CHAPIN CAPTURES 100 MILLER AS FIVE FINISH

Columbia, Mo., Sep. 28-29 (Special from Joe Duncan)--The 8th Annual edition of the 100 Mile Walk Championship started immediately following a violent 30 minute thunderstorm which dumped almost an inch of water on Hickman Track. For the first couple of hours, then, the walkers had to contend with a very sloppy track. However, under the direction of Bill Clark, the track was whipped into shape and the walk proceeded on into the night. The temperature was excellent for the event except that it may have been too cold during the night--it got down into the upper 30's.

Despite all this five walkers managed to walk 100 miles within 24 hours, exceeding the four of last year. Larry O'Neil made it for the 5th time and Chuck Hunter for the second. CTC member Bob Chapin, however, was the winner of the race and he brought with him into the Centurion Club of America (open only to those who walk 100 miles in less than 24 hours) two other CTC members, Dave Leuthold and Leonard Busen. The Club now has 12 living members--enough that Carl McCoun says that they should have some sort of organization and he is going to see to that.

Larry Young (Centurion #6) and Jerry Brown, Colorado TC, set the early pace, moving at brisk 10 minute miles. Brown stayed close behind Young at that pace for the first 25 miles, but then he began incurring stomach distress and finally had to retire at 38½ miles. Young kept going, clicking by 50 miles in 8:25:15 (10:06 pace), 75 km in 7:52:44 and 100 Km in 10:39:43. All three of these times would have been American records had Larry finished the race. But, as time went by Larry began experiencing difficulty with his right knee. With 30 miles to go it was evident to him that he would incur serious damage if he kept going and thus he retired. Between now and the Montreal Olympics he has a lot of important races--but wait around awhile and watch him go in the '76 100 miler.

Young's retirement put Bob Chapin in the lead, followed by Hunter, O'Neil, Leuthold, and Spier--with Busen lagging some 13 miles behind Spier. Bob Spier finally had to give up at 88 miles with 4 hours to go--he was done in by, apparently, a severe matatarsal strain of his left foot--a problem that has plagued him in every walk over 10 miles the past 3 years.

1. Centurion # 1--Bob Chapin--who had been in six previous 100 mile walks with five really serious attempts; 50 $\frac{1}{2}$ miles in '68, 88 in '69, 72 $\frac{1}{2}$ in '70, 70 in '71, and 77 last year. After each of these unsuccessful attempts Bob always questioned why he made this effort and he doubted that he would try it again--however he always made it back. This year he was better prepared and probably more determined than ever. In fact, he requested in advance Number 13 for he was certain he would be Centurion #13. And he was. Bob is an engraver for Hallmark Cards in Crown Center, Kansas City. One of the big differences in his approach this year was his refusal to stop for a rest period as he had done in previous years. All of the Centurions have learned that it is important to keep moving. To sit out for an hour or two, or even 15 minutes, has proven to be poor tactics. Except for Leonard Busen--more on that later. Bob set MVAU records for 40 and over at 50, 75, and 100 miles and 75 and 100 km on the way to his 20:09:20 clocking.

2. Centurion #11--Chuck Hunter--the air traffic controller from Longmont, Colorado had done the London-to-Brighton 52 $\frac{1}{2}$ mile walk 2 weeks earlier. In that race he was 6th with 10 miles to go. He was set back at that point with ankle problems and had to struggle to get in at 22nd place (out of 150 walkers). Chuck experienced the same problems in the 100 miler, particularly over the last 30 miles--but as was evident last year, Chuck is a gutty walker--he kept going and actually beat his 21:17:33 of last year.

3. Centurion # 4--Larry O'Neil--the Dean of the 100 mile walk. 67 years old. Walking 100 miles in less than 24 hours for the 5th time. Larry didn't complete the 100 in '71 or '73 (he missed '72, the only time he hasn't been here) and I'm sure there was some question as to whether he could do it again in '74. But he did, again showing remarkable staying power despite a severe list to starboard over the first 20 miles.

4. Centurion #4--Dave Leuthold--a U. of Missouri Political Science professor. His 5th attempt after 64 $\frac{1}{2}$, 51 $\frac{1}{2}$, 55, and 75 miles the last 4 years. He too is convinced that you have to keep moving. Dave says that he has a good imagination and he tried to imagine what the last 20 miles would be like--but it turned out to be far tougher than anything he had imagined.

5. Centurion #15--Leonard Busen--the St. Louis journalist, the 3rd CTC member to complete the 100 giving CTC four of the 12 living Centurions. Leonard had done 50, 75 $\frac{1}{2}$, and 78 $\frac{1}{2}$ miles the last 3 years. His approach was unique. His performance over the last 60 mile was truly amazing. At 36 $\frac{1}{2}$ miles Leonard had had it--he retired to his motel room, took a long hot bath, debated whether or not to come back--and after 2 hours of this he was back, probably with no real hope of doing 100. His time at 50 miles was 12:59:20. He then had to do 50 miles in 11 hours. Well, he did that--with 53 minutes to spare. His second 50 miles in 10:08:07 was the third fastest ever exceeded only by Larry Young's 9:10:25 in '71 and O'Neil's 10:02:12 in the 1967 inaugural event. His last 25 in 4:49:25 was 24 minutes faster than he did from 50 to 75 and second only to Young's 4:31:37. His last 10 was faster than any of his other 10 mile segments by 8 minutes. Amazing also was the fact that Busen's style and form, rather than deteriorating, became better than it has ever been. It is now obvious that Leonard needs at least a 40 mile warmup before any of his races. What he should do is park his car at the New Florence junction on his way from St. Louis to out races and then walk on in--this would give him a 45-mile warmup.

Joyce Schulte turned in a stellar performance going farther than any woman has ever gone before, setting MVAU Women's records for 15, 20 and 50 miles (11:55:15) and 50 (7:14:43), 75 (11:05:03), and 100 (16:39:10) km. No doubt some of these would have been American records as well.

Results:

1. Bob Chapin, Independence, Mo. 20:09:20 (1:53:00, 3:46:02, 5:41:09, 7:46:58, 9:38:00, 11:41:55, 12:43:23, 13:48:15, 15:50:45, 18:00:25--10 mile splits except for 65 miles that I accidentally stuck in there).
2. Chuck Hunter, Longmont, Colo. 21:14:17 (1:49:20, 3:38:59, 5:38:52, 7:50:55, 9:55:00, 11:59:07, 14:09:00, 16:23:55, 18:54:50)
3. Larry O'Neil Kalispell, Mont. 21:53:26 (1:58:00, 3:53:24, 5:51:19, 7:54:28, 10:00:12, 12:10:32, 14:21:00, 16:46:30 (19:12:45))
4. Dave Leuthold, Columbia 22:31:43 (1:52:00, 3:43:31, 5:47:30, 7:51:30, 10:10:05, 12:32:30, 14:53:20, 17:19:00, 19:50:45)
5. Leonard Busen, St. Louis 23:07:27 (2:00:40, 4:02:25, 6:27:50, 10:59:40, 12:59:20, 15:02:00, 17:11:45, 19:18:20, 21:15:38)
Age helps! These guys were 42, 37, 67, 41, and 44 respectively. Others: Rob Spier, Columbia, age 52, 88 miles in 19:53:30; Bob Gragg, 49, Kansas City 80 miles in 21:45:14; Carl McCoun, 27, Great Falls, Mont. 75 miles in 19:50:45; Larry Young, 31, Columbia, 70 $\frac{1}{2}$ miles with 12:13:28 at 70; Joyce Schulte, Columbia 100 km in 16:39:10; Bob Knoppe, 31, St. Louis, 57 miles with 55 in 11:50:05; Al Schrik, 23, 54 $\frac{1}{2}$ miles with 50 in 11:35:03; Jim Breitenbucher, 21, 54 miles with 50 in 11:50:07; Randy Mimm, 20, 53 $\frac{1}{2}$ miles with 50 in 12:53:57; 9 others did at least 50, mostly kids who took over 20 hours, 52 starters in all.

KNIFTON BLASTS 1:31:30.4 EFFORT

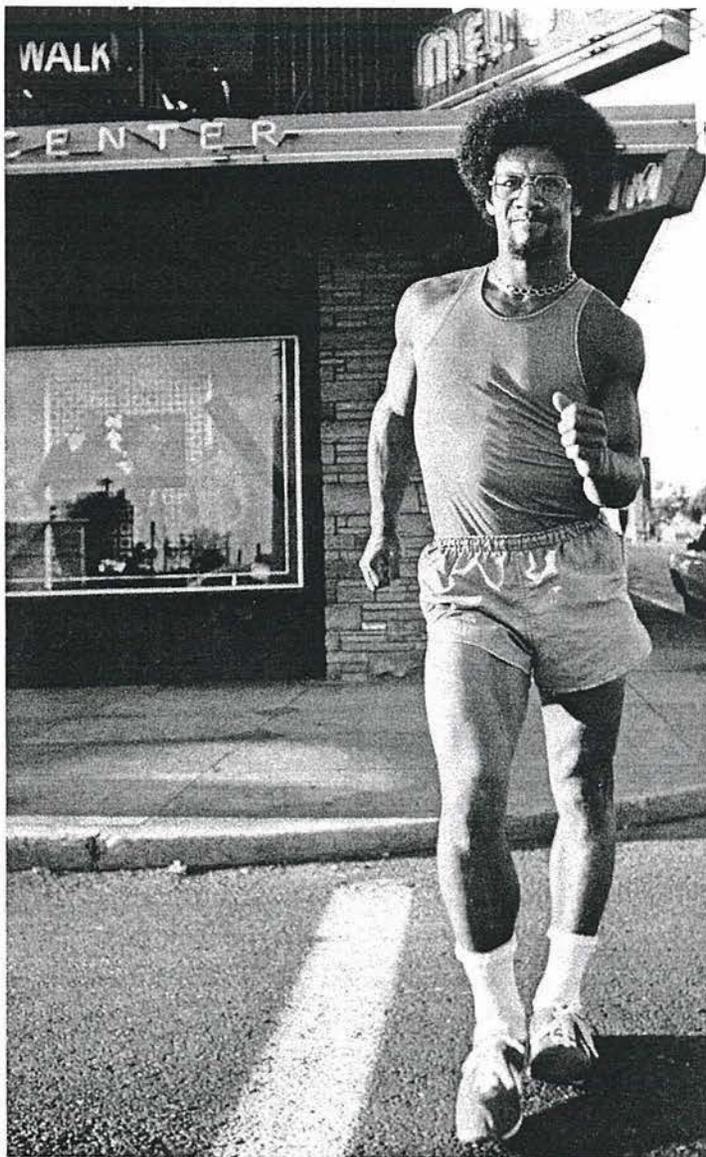
Pine Plains, NY., Sept. 29--John Knifton won the Metropolitan AAU 20 Km walk on the Pine Plains High School track leaving the rest of the four-man field five laps and more in his wake as he blazed a 1:31:30.4. John's performance moves him to fifth place on the all-time U.S. list behind Ron Laird, Dave Romansky, Larry Young, and Tom Dooley. Only the latter three have gone faster on the track. On the way, he passed 10 km in 45:11 and covered 8 miles 34.0 yards in the hour. The results, with John's mile splits, were:

1. John Knifton, NYAC 1:31:30.4 (7:15, 7:15, 7:20, 7:20, 7:21, 7:17, 7:21, 7:26, 7:26, 7:23, 7:29, 7:35) 2. Ron Kulik, NYAC 1:43:15 3. Ron Daniel NYAC 1:45:54 4. Steve Hayden, LIAC 1:52:22

OTHER THRILLING, AND NOT-SO-THRILLING RESULTS FROM ALL ROUND AND ABOUT:
5.5 Mile, Lowell, Mass, Sept. 13--1. Tony Medeiros 51:33 2. George Lattarulo 49:13 (handicap-type race) 3. Dennis Slattery 47:37 4. Fred Brown Sr. 68:15 5. Sig Podlozny 71:46 5.5 Mile Hdcp, Lowell, Sept. 20--1. Steve Rebman 50:35 2. Tony Medeiros 51:15 3. Dennis Slattery 47:15 4. Mike Regan 54:15 5. Fred Brown Sr. 66:20 6. Sig Podlozny 71:35 12 Mile Lowell, Sept. 22--1. Dennis Slattery 1:54:35 2. Tony Medeiros 2:04:00 3. Sig Podlozny 2:36:03 4. Fred Brown Sr. 2:40:00 5.5 Mile Hdcp., Lowell, Sept. 27--1. Jim Regan 49:28 2. Steve Rebman 47:34 3. Dennis Slattery 44:03 4. Fred Brown Sr. 59:46 5. Tony Medeiros 50:05 6. Mike Regan 51:56 7. Sig Podlozny 71:02 5.5 Mile, Lowell, Sept. 30--1. Sig Podlozny 58:20 (looks like it took several weeks of sandbagging to pull that one off) 2. Dennis Slattery 43:53 3. Fred Brown Sr. 58:53 4. Steve Rebman 47:20 5. Mike Regan 50:32 6. Jim Regan 49:02 7. Tony Medeiros 50:45 (And poor, honest Tony is relegated to the rear.) 5.5 Mile, Lowell, Oct. 7--1. Mike Regan 50:15 2. Tony Medeiros 50:40 3. Steve Rebman 48:06 4. Dennis Slattery 45:12 5. Fred Brown Sr. 61:05 6. Sig Podlozny 68:30 (back to the racket) 5.5 Mile, Lowell, Oct. 14--

1. Jim Regan 49:10 2. Mike Regan 50:05 3. Tony Medeiros 51:00 4. Dennis Slattery 46:59 5. Fred Brown Sr. 65:15 6. Sig Podlozny 68:15
5.5 Mile Lowell, Oct. 21--1. Mike Regan 50:35 2. Tony Medeiros 50:45
 3. Dennis Slattery 46:55 4. Sig Podlozny 62:05 5. Jim Regan 49:10 6. Fred Brown Sr. 64:50 7. George Lattarulo 52:35 Winners in LIAC Summer Development 1 Miles: July 9--Steve Kinsman 7:41, July 11--Gary Westerfield 7:05, July 16--Jim Murchie 7:21, July 18--Ron Kulik 6:57, July 23--Steve Kinsman 7:55, July 25--Gary Westerfield 7:00.2, July 30--Marty Kessler 7:55, Aug. 1--Gary Westerfield 7:10, Aug. 8--Marty Kessler 7:43 N.Y. State AAU 1 Mile, Rochester, Aug. 11--1. Gary Westerfield 7:02 2. Marty Kessler (17) 7:34 3. Von Strahan 8:20 4. Ken Seeling 8:43 5. Richard Nerrian 8:50 Women's 10 Km, Kettering, Ohio, Oct. 2 (actually only 6 miles 64 yards as dumb Steve Price measured 64 yards in the wrong direction and didn't come to until the race was practically over and it became apparent that the times were quite fast. Very good times for the first two, nonetheless, as the added 312 yards would take 1:35-1:40)--1. Carol Mohanco, Kettering Striders 55:22.6 2. Gwen Eberle, Ozark TC 55:46 3. Cindy Luebben, KS 62:39 4. Antena Monios, Mt. Lebanon TC 62:41 5. Kathy Dvorsak, Burgettstown 63:20 6. Mary DeVries, KS 65:40 5 Mile (track), Worthington, Ohio, Oct. 19--1. Jack Mortland 40:31 2. Jack Elackburn 45:30 3. Bill Emmerton 48:15 4. Doc Elackburn 51:57--no, no he was fifth 4. Bob Smith 50:09--times are from memory, I seem to have misplaced my notes. We are going to get back on an every other week schedule now and hopefully get a little interest going. Good to have Bill with us again, even if he is a tainted professional. Bill, as you might now, is an Australian ultra-distance runner and walker of some note, whose most recent exploit was running the rim of the Grand Canyon and down through the Canyon, a most treacherous trek. He gets to Columbus frequently in his promotional work and will be here most of the time for the next year or so. Since he is thinking more in terms of long walks than runs in the future we will see him in many of our races as his schedule allows. 3 Mile, Columbia, Mo., Sept. 14--1. Larry Young 37:32 (7:30, 14:59, 22:24, 30:01) 2. Augie Hirt (38:44 (7:30, 15:15, 23:03, 31:02) 3. Randy Mimm 42:43 4. Jim Ereitenbucher 44:03 5. Dave Leuthold 46:27 6. Rob Spier 47:31 7. Charles Geiss 48:50 8. Joyce Schulte 59:49 6 Mile, Columbia, Sept. 22--1. Larry Young 46:47 (7:47, 15:37, 23:31, 31:24, 39:11) 2. Augie Hirt 47:08 (same splits) 3. Randy Mimm 49:03 4. Jim Ereitenbucher 51:57 5. Dave Leuthold 56:10 6. Charles Geiss 57:33 7. Rob Spier 57:35 8. Gwen Eberle 57:47 9. Tom Kline 62:49 10. Judy Hyten 62:50 11. Bob Hyten 65:19 12. Brian Cooper 70:13 13. Joyce Schulte and Steve Spier 71:43 15. William Taft 74:17 Iowa AAU 30 Km, Newton, Sept. 14--1. Dave Eidahl 2:49:13 2. Ed Killin 3:22:13 Iowa Women's 15 Km, same place--1. Erika Dahlstrom 1:51:50 2. Debbie Killin 1:58:13 Vets 20 Km, same place--1. Larry Boies 1:57:26 2. Ed Killin Sr. 2:27 5 Mile, Indianola, Iowa, Sept. 7--1. Dave Eidahl 42:35 2. Paul Klein 46:20 3. Ed Killin 52:15 4. Ed Killin Sr. 56:20 Girl's 1.7 Mile, same place--1. Shirley Adam 15:29 2. Ericka Dahlstrom 15:39 3. Lynn Wonderlich 16:07 6 Mile, Ankeny, Ia., Sept. 28--1. Dave Eidahl 51:23 4 Mile, same place--1. Stan Smith 35:39 2. Ed Killin 39:59 3. Mike Sullivan 45:06 Women's 4 Mile, same place--1. Ericka Dahlstrom 44:31 Iowa AAU 40 Km, Oct. 14--1. Dave Eidahl 3:56:10 Women's 880, Iowa, Oct. 20--1. Ericka Dahlstrom 4:40 2. Lynn Wonderlich 4:42 Santa Monica Marathon Walk--1. John Kelly 4:14:07 2. Irv Spector 5:17:30 3. Bob Long 6:00 30 Km, Broomfield, Colo, July 28--1. Floyd Godwin 2:34:30.8 (25:24, 52:44, 1:18:20, 1:44:30, 2:10:50) 2. Pete VanArsdale 2:57:36.2 3. Chuck Hunter 3:09:19.2 4.

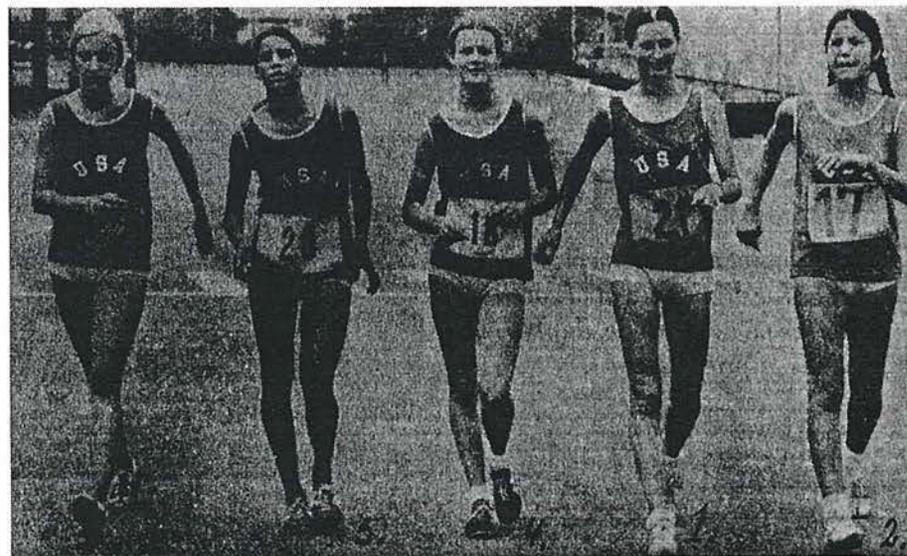
Bob Carlson 3:16:37.8 Women's 15 Km, same place--1. Martha Iverson 1:35:53.6 2 Mile, Boulder, Colo., July 16--1. D. Schaeider 18:37.3 2. Bob Carlson 18:52.6 3. R. Bjum 20:42.8 4. Dwight Scoville 20:43.8 Women's 1 Mile, same place--1. Lorri Thomas 9:09.6 2. N. Howitt 9:17.7 2 Mile, Boulder, July 9--1. Godwin 14:37.8 2. D. Schneider 18:03.8 3. Bob Carlson 18:49.4 4. Dwight Scoville 21:46.8 Women's 1 Mile, same place--1. Lorri Thomas 8:36.5 2. Martha Iverson 9:17.5 2 Mile, Boulder, July 23--1. Carlson 18:59.8 2. H. Mickel 19:25.8 3. Scoville 19:59.8 Canadian Jr. Olympic 10 Km, Edmonton, Alberta, Aug. 15 (track)--1. Neville Conway 50:51.8 2. Pierre Leblanc 51:34 3. Glenn Sweazey 53:19.4 4. Hermann Beaulieu 53:40.8 5. Kevin Smith 53:55.4 10 Mile Hdp, Guelph, Ont., Oct. 14--1. Karl Merschenz 1:16:25 2. Helmut Boeck 1:19:25 3. Brian Burke 1:23:36 4. Max Gould 1:21:44 5. Pat Farrelly 1:21:25 6. Ernie Sharpe 1:46:29 7. Brendan Merriman 1:46:29 8. Art Keay 1:56:33 9. Albert Monette 2:00:45
 OVERSEAS:
Danish Championship Triple Race, Sept. 28-29--1. Jens Krogsgard 2:32:02.8 (10 Km--50:10.8, 5 Km--25:38.2, 15 Km--1:16:13.8) Women's Triple, same place--1. Karin Moller 1:41:53.2 (5 Km--28:16, 3 Km--16:27.8, 10 Km--57:09.4) 20 Km (track), Helsinki, Sept. 21--1. Reima Salonen 1:29:33.4 (Nordic Record--22:04, 44:33, 1:07:01.4--18 years old, born 12/23/55) 50 Km, Friedrichssee, WG, Sept. 1--1. Leo Frey 4:19:31 2. Alfons Schwarz 4:26:31 3. Walter Dressler 4:27:39 W.G. vs Sweden, Koblenz, Sept. 21--Jr. 10 Km (road): 1. Bengt Simonsen, Swed. 46:34.4 2. Sven Blomquist, Swed. 46:56 20 Km: 1. Heinrich Schubert, WG 1:33:46 2. Heinz Mayr, WG 1:34:43.6 3. Hans Tengren, Swed. 1:35:59 35 Km: 1. Gerhard Weidner, WG 2:48:49.4 2. Daniel Bjorkgren, Swed. 2:58:27.6 3. Ove Himmingsson, Swed. 2:59:16 4. Hans Michalski, WG 3:02:04.6 10 Km (track), Munich, Sept. 12--1. Weidner 44:51 2. Jan Ornoch, Pol. 45:13.8 WG vs USSR vs France, 20 Km (track), Stuttgart, Aug. 10--1. Yevgeniy Lyungin, USSR 1:30:54.4 2. Nikolai Smaga, USSR 1:30:54.6 3. Gerard Lelievre, Fr. 1:31:12.4 4. Gerhard Weidner, WG 1:32:49 5. Heinrich Schubert, WG 1:34:40.4 6. Jean-Claude Decosse, Fr. 1:35:57 Polish 50 Km, Posnan, July 21--1. Stanislaw Kornsluk 4:17:36 2. Rohdan Balakowski 4:22:06.8 3. Kmiecik 4:27:36 10 Km (track), Junior, Gydnia, Pol., Sept. 14--1. Feliks Sliwinski 43:58.4 2. Jerzy Pater 44:13.4 3. Bengt Simonsen, Swed. 44:14.4 4. Mieczyslaw Goreski 44:14.6 20 Km, Gydnia, Sept. 15--1. Jan Ornoch 1:28:44.2 2. Jan Raszka 1:30:54 3. Stanislaw Korneluk 1:31:39.4 4. Boguslaw Duda 1:32:01.6 20 Km, Moscow, Aug. 26--1. Aleksei Troitski 1:29:39.6 2. Nikolai Strelchenko 1:31:12.2 3. Flordor Fillipov 1:31:12.4 20 Km (track), Leningrad, Aug. 2--1. Alexander Berosin 1:29:26 50 Km, Leningrad, Aug. 5--1. Berosin 4:03:56 2. Olegs Pradilovsm 4:07:16.8 3. Yuriy Schulgin 4:08:26.2 4. Sergei Bondarenko 4:14:53.6 20 Km (track) Tallinn, USSR, Aug. 9--1. Olav Laiv 1:30:54.2 2. Mart Jarvisto 1:30:59 30 Km, Tollinn, Aug. 17--1. Marts Jarvisto 2:27:51.4 2. Ants Palmar 2:29:38.8 30 Km, Vilnius, USSR, Sept. 6--1. Algis Sakalys 2:23:27.6 2. Alvydas Baltaduonis 2:25:35 3. Petras Kavaliauskas 2:25:42 Jr. 10 Km, Dresden, Sept. 14--(track)--1. Olaf Pilarski, EG 45:06.2 2. Ilika, USSR 45:57.8 Hastings-to-Brighton 38 Mile, Aug. 10--1. Ray Middleton 5:36:42 2. Carl Lawton 5:39:11 3. John Kye 5:46:13 4. Peter Hodgkinson 5:48:13 5. Peter Selby 5:49:53 6. Roger Michel 5:56:41 37 3/4 Mile, Douglas, Isle of Man, Aug. 17--1. Peter Selby 5:50:57 2. Mike Holmes 5:55:58



Rudy Pearson, Trout Lake, Washington, winner of the 1974 National Junior Olympic 1 Mile Championship in 7:05.2. Rudy moved up from his second-place finish (7:13.4) in 1973. (Photo from Doreen Labby, The Columbia, Vancouver, Wash.)



Gary Westerfield and Shaul Ladany dueling in this year's NAAU 75 km race. Shaul however was already several laps in the lead. Please do not note unidentified contestant near bushes in background. (Photo from Emre Sedlak.)



The U. S. girls who captured second in the International 5 km in Sweden this summer. From left: Joanne Shima, Chris Sakelarias, Linda Brodock, Sue Brodock, and Ester Marquez. (Photo from Dansk Gangfurbund.)

Aha! Oho! I found my notes on that most important 5 mile. My memory served me well but for Smitty 50:12 and Doc 51:58.

A RATHER SPARSE RACE SCHEDULE

Sat. Nov. 16--2 Mile, Worthington, Ohio, 2:30 Or 3 (G)
 Sat. Nov. 23--10 Km (track), Columbus, Mo., 9 a.m. (D)
 NAAU "B" 10 KM, PORTLAND, OREGON, 12 NOON (M)
 Sat. Nov. 30--6 Mile and 2 Mile Hdcp, Keokuk, Ia. (A)
 Sun. Dec. 1--Coney Island 10 Mile Handicap (R)
 Sat. Dec. 7--6 Mile, Lake Oswego, Ore., 1 p.m. (M)
 Sat. Dec. 21--10 Mile, Columbia, Mo., 9 a.m. (D)
 2 Man x 10 Mile Relay (Indoor), Boulder, Colo., 9 a.m. (H)

CONTACTS:

A--Dave Eidahl, Box 72, Richland, Ia. 52585
 C--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
 D--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
 H--Floyd Godwin, 935 Ash St., Broomfield, Colo. 80020
 M--Don Jacobs, Box 23146, Tigard, Ore. 97223
 R--Gary Westerfield, 36 Norman Drive, Cantereach, N.Y. 11720

In addition, we will be having races of some sort in either the Dayton or Columbus area on alternate weekends, tentatively Nov. 17, Dec. 1, Dec. 15, and maybe Dec. 31. Contact old C above.

The Ohio Racewalker comes to you each month courtesy of the many kind readers who send me news and notes each month. Your loyal editor and publisher is one Jack Mortland. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202. For a one year subscription, send along 3 American dollars. For 10 years, make it 30. You will note that we are back in the picture business this month. The prize-winning shot by Emre Sedlak had completely escaped me until I was writing a caption just before taking it to the printer. Emre had subtly called it to my attention in his notes but it went right passed me. Anyway, when the guy in layout called me to say the page was ready for my approval, he said, "Hey, you've really made my day! Who's the guy taking a leak?" I don't know. Do you? Whoever he is, I hope he doesn't sue.

LATE BREAKING NEWS--LAIRD BACK IT

Bulletin from West Germany via the usual sexy postcard tells us that Ron Laird is back in action with a 1:33:51.6 for 20 Km in Hamburg on Oct. 26. This was a solo effort (second place 1:40:37) with splits of 23:00, 46:25, 1:10:31. He reports that he started back in September with strolling and fasting for that month and for October has been on a regimen of easy race walking (10 min/mile) for 2 to 3 hours per day plus hard 10 km at Volkslaufs (2 to 4 per Sat. & Sun.) on the weekends. He can do this since he lost his plush job at the end of September.

CONDENSED MINUTES OF THE RACE WALKING COMMITTEE MEETING AT THE NAAU CONVENTION, Wednesday, Oct. 16, Washington, D.C.--submitted by Dr. Jack Boitano.

In the absence of the National Chairman, Harold "Butch" Hammer, Bruce MacDonald agreed to chair the meeting. Bill Clark of the Missouri Valley acted as Recording Secretary.....

After a break for lunch, Joe Tigerman presented his report on the IAAF meeting he attended in August 27 in Rome (at his own expense) This was a very thorough and detailed report, a copy of which will be distri-

buted in the first newsletter (from the National Chairman.) Briefly, it appeared that despite massive activity on the part of people all over the race-walking world to get the 50 km reinstated, it was impossible to do so at that time. It was Mr. Tigerman's impression that although certain key personnel of the IAAF Committee said they would do all they could on behalf of race walking, when the time came to act, nothing was done. All of the members listening to Joe's report shared his own feelings of frustration which were exacerbated when Bruce MacDonald announced that in the forthcoming Pan-Am Games, the 50 km would similarly not appear on the program.

At this point, Pinky Sober (Ed. long-time AAU big wig) graciously consented to present his views on the happenings at Rome. He reinforced Mr. Tigerman's impression that absolutely nothing could be done at that meeting. The action taken by the IAAF was irrevocable. However, an optimistic note was struck, about the possibility of reinstatement for the 1980 Games. The massive letter-writing campaign of individuals and institutions throughout the world apparently has not gone unnoticed by the IAAF. It now seems likely that not only will the 20 Km not be dropped, but the 50 km stands a good chance of reinstatement. (Ed. More regarding the Rome meeting later)

These reports were followed by the election of a new National Chairman. Three names were nominated; Bill Clark (Mo. Valley), Bob Bowman (Pacific), and Jack Boitano (Conn). Jack Boitano was elected for a 2-year period. (Ed. I understood from another source that the third nominee was Dean Ingram (Pac. Northwest) so I don't know who is mistaken. However, as I understand present rules a person not in attendance cannot be nominated and Bob was not there.)

The next item on the agenda was the awarding of the National Championships in each of the four categories: Senior, Class B, Junior, and Master. A complete schedule of these awards has been filed with the central office. (Ed. At this point we have only sketchy information on the Championship Awards, which follows later in this issue. Hopefully we will have the full schedule by next month.)

The All-America selections were next discussed. It was decided to accept the winner in each of our National Senior Championships plus the second place finisher in the 20 and 50 as our All-American selection for 1974.....

The qualifying times for the National Indoor 2 Mile at Madison Square Garden were established as the same as last year's; viz., 1 Mile--6:45, 2 Miles--14:40, and 3 Km--13:40. For the outdoor 5 Km it was also established as the same as last year's.

Under New Business, it was proposed (Mike Riban, Central) and passed that three race-walking awards be established for presentation at the National Convention. One would be the Ron Zinn Memorial Award to be presented to the outstanding athlete over the previous year. A second would be presented to an individual (or institution) recognized for his outstanding contributions to the sport of race walking. The third would be a type of progress award to be given to the association demonstrating increased activity or maintained activity at a high level. The Green & Gold Athletic Club agreed to underwrite these awards. A subcommittee will be established to structure the details of these awards.

Elliott Denman (New Jersey) suggested that the National Committee consider the possibility of being instrumental in opting for the establishment of a world race-walking week. Some host country would sponsor a week-long festival in which the various countries and sports' federations would send participating athletes. If enough interest is shown in this program, a committee will be established to initiate activity.

1975 CHAMPIONSHIPS

As I said, I have only sketchy information on this subject at this point, that being the Associations to which several of the Senior races were awarded. No info on dates yet. The Senior 20 went to the Pacific Association (S.F. area) and the 50 to the Metropolitan Association. The 5 Km is in Eugene with the NAAU T&F Meet, the 10 Km in Connecticut, the 15 in Chicago, the 25 in Seattle, the 30 and 100 in the Missouri Valley Association, and the 75 in New Jersey. The 1 Hour will be conducted as a Postal race, with the Southern Pacific Association in charge. We will try and have the complete schedule for you next month.

NOTES ON IAAF MEETING (Provided by Charlie Silcock as gathered from three different sources):

At the Congress, following the meetings of the various subcommittees, including walking, several countries including Switzerland, Sudan, and Palle Lassen, Chairman of the Walking Committee, spoke in favor of reinstating the 50 km walk, as did the East Germans...The Russians and West Germans said nothing...The representative from Montreal spoke and said the 50 km could not be put on in Montreal...In walking committee, F.W. Holder, the Secretary, was not present but attended the women's meeting instead...Mr. Holt, IAAF Executive Director, came into the meeting for about 5 minutes and mentioned receiving a stack of letters in support of the 50 km walk...The IAAF leaned over backwards to please the IOC (International Olympic Committee) as some other sports had, and picked on the 50 km walk...The Technical Committee recommended adding the 50 Km walk to its proposed World Championships the year before or after the Olympics...the Pan American Games have dropped the 50 Km walk...In effect, the IAAF Congress took no action re: reinstating the 50 km walk for 1976 nor retaining any walks in 1980 or thereafter.

However, to quote from one report from the IAAF meetings, we have the following: "Appeals by walkers and their leaders, and resolutions offered by Australia and the USA, were carefully considered by the Walking Committee and the Council. President Exeter explained how the International Olympic Committee had mandated all international sports Federations to either reduce the number of entries from three to two in each sport or drop the two walks and the triple jump.

"As a result, the IAAF agreed to drop one of the walking events, the 50 Km. While the Federation would like to see the 50 Km walk retained, it was felt that in the light of all other federations complying with the IOC, and in some cases dropping from one to four events, track and field could not go back and tell the IOC that they refuse to drop any event. President Exeter assured the delegates that he would go before the IOC at its next meeting to be held in October and explain the great interest in walking throughout the world and request that the 50 km walk be reinstated in the 1976 program.

"Although a definite decision was not reached on the question of holding a World's Championship between the Olympic Games, rules were set up to govern same. The 50 Km walk was added to the list of events."

So apparently, we stand about where we have for some time. With only a very thin thread of hope for a 50 in Montreal but good prospects for rescuing walks for the future. The most disturbing thing about the above report is that a representative from Montreal told the committee that they could not have a 50. If this is true, it would certainly

have chilled any hope for a reversal in the decision of that group. And it is most surprising in light of the strong support the Canadians have been giving to the cause. Since this publication goes to the Montreal Organizing Committee, perhaps we will receive some commentary from them on this matter.

FROM HEEL TO TOE

The following World Race Walking records were accepted at the IAAF Congress:

30 Km	2:14:21.2	Peter Frenkel, GDR	Berlin	April 14, 1974
2 Hrs	26, 930 m	Peter Frenkel, GDR	Berlin	April 12, 1974
30 Km	2:12:58.0	Bernd Kannenberg, Ger.	Kassel	May 11, 1974
2 Hrs	27,153 m	Bernd Kannenberg, Ger.	Kassel	May 11, 1974
20 Km	1:24:45.0	Bernd Kannenberg, Ger.	Hamburg	May 25, 1974
20 Miles	2:30:38.6	Gerhard Weidner, Ger.	Hamburg	May 25, 1974

Henry Laskau, who was Chief Judge at the U.S.-Canada comments: "...the hospitality of the Canadian sponsor was really overwhelming. Nicol and Angela Marrone did an excellent job in preparing this meet starting in laying out the course arranging for accommodations, setting up the race checkers, timers, and scorers. They should be congratulated for an outstanding job...Bruce MacDonald is once again a Manager for the 1976 Olympic team and as in 1972 will also work with the walkers...Charlie Silcock, after many years of devoted and energetic work for our sport, has decided to retire from all race-walking related activities and amateur athletics for that matter. Charlie has been very instrumental in building the sport in this country and we all owe him a great deal of thanks for his tireless efforts on behalf of walking, which all too often were repayed with silence at best; sarcasm and antagonism at times. I'm sure you will all join in wishing him well in future endeavors...A limited supply of handsome race walking patches is available from the Lakeshore Olympians, c/o Larry Larson, 909 Ostergaard Ave., Racine, Wis. 53406. The cost is \$1.50 per patch, with 50¢ of that going to the US Race Walking Fund (AAU). Any club wishing to purchase quantities of 20 or more can get them at a reduced rate of \$1.25. Cash, check, or money order must accompany all orders. The patch is quite distinctive and is ideal for use on caps, jackets, warm-ups, etc. As of Sept. 26, there were just 200 left, so hurry. (They would also make good awards for small local races)...Dave Swift has joined Jim Bentley Jr. at Eastern New Mexico U. and the top British Junior, Jacky Lord, is scheduled to matriculate there in January, so they are building up a real race-walking powerhouse. Meanwhile, Columbia College, which pioneered with race-walking grants to Paul Ide and Larry Young, now has Randy Kimm and Jim Breitenbucher there on athletic grants...For those who recall that ultra-fast 25 Km in Detroit in 1968 (Don DeMoon 1:55:13, 3 others under 2:00 and 9 under 2:05) and may have been wondering about the course ever since--Jerry Bocci reports that the Belle Isle course has now been certified by the National Road Certification Committee and this shows the 1968 race to have been 133 yards short, which would be only about 35 seconds at that pace...Race Walking continues in the news with a front-page article in the Oct. 17 Wall Street Journal reviewing the sport and the present Olympic dilemma. Also a good article in the Columbian from somewhere out in Oregon on Rudy Pearson. And the last time we reviewed press coverage, we forgot to mention an excellent article on Bob Rosencrantz that appeared in a Seattle paper...Bill Walker, after perusing a

a 1936 Olympic Book provides the following timeless information: Final Olympic Trials 50 Km Walk, Cincinnati, Ohio, May 24, 1936--1. Ernest Crosbie, Detroit TC 5:16:16 2. Albert Mangan, Lowell, Mass. 3. Ernest Koehler, German American AC 4. John Deni, Metropolitan Club, Pittsburgh 5. Henry Cieman, Toronto. At Berlin, with the race won by England's Harold Whitlock in 4:30:41.3 the Americans finished 21st (Mangan, 5:12:00.2), 23rd (Koehler 5:20:18.2), and 26th (Crosbie 5:31:44.2)... Dave Eidahl reports formation of a Girl's track club in Richland, Iowa with full time devoted to race walking. He is seeking competition for them. Write Dave Eidahl, Box 209, Richland, Iowa... Add New Jersey walks to the Schedule as follows: Nov. 3--15 Miles, Long Branch, Nov. 10--20 Miles, Long Branch, Nov. 17--10 Mile Handicap, Long Branch; Nov. 24--Shore AC and Open 10 Km (Track), Monmouth College. Contact Elliott Denman, 28 N. Locust, West Long Branch, N.J.... Here is a real honest race walker for you. Mike Allen, who was thrown out of the NAAU 5 Km in June, writes; "Still having trouble locking my darn left knee. My wife and friends took a lot of pictures of me at UCLA. My only thought after viewing of the pictures is "Why didn't they throw me out sooner?".... A signal honor for your editor. Together with his renewal money, one Chris McCarthy sent an attractive certificate from the American School in Chicago certifying that I, Jack Mortland, have successfully completed the examination in "No bra detecting".... A couple more results: 3 Km, Ilford, Eng., Sept. 15--1. Roger Mills 12:08.2 (400 meter lap times of 1:32, 1:35, 1:39, 1:37, 1:39, 1:39, 1:38) 10 Km, London, Sept. 14--1. Brian Adams 44:58 2. Peter Marlow 45:59....

FROM BRUCE MACDONALD:

Here are the things that pertain to our sport that came from the U.S. Olympic T&F Meeting. Pan-Am Trials: Gainesville, Fla., April 3-4. Up to 16 to compete in the tryouts in each event (Ed. With apparently only 1 walk now included). Those who compete will be selected by a 13-man committee. For those who are invited, expenses will be paid by the USOC. (ED. This could all change now since Brazil has dropped the Games and they have been picked up by Mexico City but with dates not yet decided, to my knowledge.)

The 1976 U.S. Olympic team will assemble in Plattsburg, N.Y. between July 7 and 14. Each team will be there 3 or 4 days. Then they will go by coach to Montreal.

The USOC is writing another letter to the IAAF stating that the USOC and Board of Directors unanimously requests that the decision about the 50 Km walk be reconsidered. Bob Geigengach and the other three members of the T&F Committee requested this.

The USOC is also writing a letter to the Pan-Am organizing committee asking that the 50 be put back in. The Board of Directors will also be asked to write at their next meeting in December.

We have money to send a team to the Lugano Cup next year and if any money is left over, the expenses for the US-Canada meet will be paid. The athletes will select the coach they want to go with them.

LOOKING BACK:

5 Years Ago (From October 1969 ORW)--The U.S. sent a team to Switzerland for the annual Airolo-Chiasso Road Relay. The contingent of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield managed fourth behind Italy, London, and Sweden. Steve Hayden turned in the second fastest time on his leg and Bowman and Laird were third fastest on theirs... Ron Laird added a couple of Senior titles to his collection. First was the 1 Hour in Walnut, Cal. where he covered 8 miles 20 yds to leave second place Larry Walker nearly a quarter mile behind. No one else made 7½ as John Kelly took third and newcomer, Floyd Godwin, fourth. A week later, Laird had a real tussle with Tom Dooley in the 30 Km in Columbia finally winning 2:29:23 to 2:30:08. John Knifton was 10 minutes behind in third and Ron Daniel, Jerry Bocci, and Godwin rounded out the top six. On the Ohio scene, it was time for your editor to clean up, first with a blazing 14:49 two mile and then a 1:43:14 for 20 Km. Paul Reback did 1:47:18 in his first try at the distance in the latter.

RAY MIDDLETON'S 8 HOUR EFFORT

(From Athletics Weekly, Oct. 5)--Ray Middleton, the 38-year-old Belgrave Harrier who began his athletics career as a high jumper and half miler a quarter of a century ago, reached the heights at last in the Acolade sponsored 8 hours track walk at Haringey on Sunday. He finished the guelling test in possession of no fewer than five world best performances: 40 miles in 5:56:29; 40 miles 581 yds in 7 hours; 46 miles 1263 yds in 7 hours; 50 miles in 7:31:06; and finally 53 miles 352 yds in 8 hours. (ED. Afraid it was fewer than five bests since Shaul Ladany covered 40 miles in 5:53:17 and 50 in 7:23:10 on the track at Ocean Township, N.J. on April 16, 1972. He undoubtedly bettered the marks at 6 and 7 hours as well had the distances been recorded.) The presentation was made, appropriately, by Harold Whitlock (70) who set the previous records in 1935. (50 in 7:44:47.2).

Ray, who covered just over 214 laps at about 2½ minutes per lap, passed 10 km in 53:04, 10 miles in 1:25:38, 20 km in 1:46:04, 30 Km in 2:41:09, 25 miles in 3:38:00, 30 mile in 4:23:21, 50 km in 4:34:05, and 35 Miles in 5:10:38. (Shaul had 10 mile splits of 1:23:42, 2:51:29 and 50 Km in 4:30:45). Other times at 50 Km were John Lees 4:36:30, Charley Fogg 4:39:26, and Ken Harding 4:40:15).
Result:

1. Ray Middleton 53 miles 352 yds
2. Ken Harding 52 miles 645 yds
3. John Lees 51 mi 1353 yds
4. Charley Fogg 51 mi 913 yds
5. A. Moulinet, Fr. 51 mi 817 yds
6. Peter Selby 51 mi 158 yds
7. Colin Young 50 mi 89 yds
8. R. Mitchell 49 mi 1491 yds
9. D. Harrison 49 mi 950 yds
10. Dave Boxall 49 mi 211 yds (15 finishers)