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 Herschens was just ahead of Frank Johnson with a 23:47, Roman Oleszewski 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 Herschens. 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 the issue. Bob went on to win by nearly three minutes in an excellent 1:34:31.6. Meanwhile, Herschens overtook Jobin with the 15 km mark and came within a half minute of Knifton at the finish with Jobin just 12 seconds further back. Oleszewski, 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.

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 35:40 with Max Gould now 14 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 Rosencrantz in 1:54:34.

Hirt took command during the next 5 km and was 1½ minutes ahead of Farrelly as passed 25 km in 2:16:37. Knatt was still challenging the Canadian, just 20 seconds back. Augie went 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 1a to 50's was truly amazing in fourth place, clocking a personal best 4:59.31.8. He pulled easily away from Rosenzants in the final 20 as Bob suffered stomach cramps from 20 to 40, apparently from too many pretzels doughnuts.

The Results:


30 KM TITLES 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 NAU Senior 30 km Walk in 2:30:26. Colin faded during 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 23:14, 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 Hain, 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 km in 1:48:57. Hirt was 1:12:06 at 20 km 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 allowed to over 27 minutes on his final 5 km with the race well in hand. Augie actually gained nearly a minute on him over the final 5 km. The results:


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Eberle Does 57:30 For Women's 10 km Title

Columbia, Mo., Oct. 19—Gwen Eberle of the Ozark TC moved steadily away from Okla's Carol Kohnor after the first 2 miles to win the Women's MAU 10 km in a good 57:30. The race was held on the Hickman HS 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 then there had things pretty much her own way.

Joining her by her sister Beth and Cindy Horrow, both 24, Gwen led the Ozark team to the team title over Carol's Ketterling Striders team. The results:


Chapin Captures 100 Miles 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 to the upper 30's.

Despite all this, five walkers managed to walk 100 miles within 2½ hours, preceding the final 4½ hours. Larry O'Neill made it for the 4½ hours 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 2½ hours) two other CTC members, Dave Leuthold and Leonard Banen. The club now has 12 living members—enough that Carl Koon said 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 2½ miles, but then he began suffering stomach distress and finally had to retire at 38½ miles. Young kept going, sticking by 50 miles in 8:25:15 (10:06 pace), 75 km in 7:52:44 and 100 km in 10:59:45. All three of these times would have been American records had Larry finished the 100. 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 1976 100 mile.

Young's retirement put Bob Chapin in the lead, followed by Hunter, O'Neill, 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, apparently, a severe matatasal strain of his left foot—a problem that has plagued him in every walk over 10 miles the past 3 years.

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 Gangfur bund.)
Ah! One! I found my notes on that most important 5 mile. My memory served me well for Smitty 50:12 and Doc 51:58.

**A RATHER SPARSE RACE SCHEDULE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. Nov. 16</td>
<td>2 Mile</td>
<td>Worthington, Ohio</td>
</tr>
<tr>
<td>Sat. Nov. 23</td>
<td>10 Km (brick)</td>
<td>Columbia, Mo.</td>
</tr>
<tr>
<td>Sat. Nov. 30</td>
<td>30-6 Mile</td>
<td>Keokuk, IA.</td>
</tr>
<tr>
<td>Sat. Dec 1</td>
<td>10 Mile Handicap</td>
<td>(f)</td>
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<tr>
<td>Sat. Dec. 7</td>
<td>6 Mile</td>
<td>Lake Oswego, Ore.</td>
</tr>
<tr>
<td>Sat. Dec. 21</td>
<td>10 Mile</td>
<td>Columbia, Mo.</td>
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</tbody>
</table>

**CONTACTS:**

- A-Dave Eldahl, Box 72, Richland, IA. 52256
- D-Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
- O-Joe Dunsan, 4004 Deere, Columbus, Mo. 43202
- F-Gary Westerfield, 26 Norman Drive, Canonsburg, N.Y., 11720

In addition, we will be offering 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 Ced G above.

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**LATE BREAKING NEWS—LAIRD ROCK IT**

Bulletin from West Germany via the usual snack 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 1:40:57) with splits of 23:00, 46:29, 1:10:31. He reports that he started back in September with training and racing for that month and for October he has been on a regimen of easy race walking (10 min/mile) for 2 to 3 hours per day plus hard 10 km at Volkslauf (2 to 4 per Sat. & Sun.) on the weekends

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**COMBINED MINUTES OF THE RACE WALKING COMMITTEE MEETING AT THE NAU CONVENTION**


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

After a break for lunch, Joe Tigeman 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 distributed in the next newsletter (from the National Chairman.) Briefly, it appeared that despite massive activity on the part of people all over the world race walking, it was impossible to do so at that time. It was Dr. Tigeman'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 present were happy for 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 AUU biker) graciously consented to present his views on the happenings at Rome. He reinforced Dr. Tigeman'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 race 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 Beitano (Conn). Jack Beitano was elected for a 2-year period. (Ed. I understood from another source that the third nominee was Pasquale Napoli 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 filled 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 the National Senior Championships plus the second place finisher in the 20 and 50 as out All-America selection for 1974.

The qualifying times for the National 1 Indoor 2 Mile at Madison Square Garden were established as the same as last year's; viz., 1 Mile—6:45, 2 Miles—13:40, and 3 Km—23:40. For the outdoor 3 km it was also established as the same as last year's.

Under New Business, it was proposed (Mike Bird, Central) and passed that three race-walking awards be established for presentation at the National Convention. One would be the Soln 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 Berman (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 entries 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 5K is in Eugene with the IAAF TF Meet, the 10K in Connecticut, the 15K in Chicago, the 20K in Seattle, the 30K and 100K in the Missouri Valley Association, and the 75K in New Jersey. The 1K 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 MEETINGS (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 50km walk as did the East Germans. The Russians and West Germans said nothing. The representative from Montreal spoke and said the 50km could not be put on in Montreal. In walking committee, P.W. Holder, the Secretary, was not present but attended the 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 50km walk. The IAAF leaned over backwards to please the IO (International Olympic Committee) as some other sports had, and picked on the 50km walk. The Technical Committee recommended adding the 50km walk to its proposed World Championships the year before or after the Olympics. The Pan American Games have dropped the 50km walk. The IAAF Congress took no action on this matter, and the 50km walk for 1976 nor retaining any walks in 1980 or thereafter.

However, from one report from the IAAF meeting, 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 50km. While the Federation would like to see the 50km 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 50km walk be reinstated in the 1976 program."

"Although a definite decision was not reached on the question of holding a World's Championships between the Olympic Games, rules were set up to govern same. The 50km 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 resuming 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 on this matter.

FROM HESL TO JOR

A list of World Race Walking records were accepted at the IAAF Congress:

30K: 2:14:21.2 Peter Franken, GDR, Berlin, April 14, 1974
20K: 1:21:56.0 Bernd Kannenberg, Ger., Kassel, May 11, 1974
20K: 2:27:50.5 Bernd Kannenberg, Ger., Kassel, May 11, 1974
Henry Laskau, who was Chief Judge at the U.S.-Canada, comments: 
"The hospitality of the Canadian sponsor was really overwhelming. Mel 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 McDonald 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 repaid 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 orders. The patch is quite distinctive and is ideal for use on caps, jackets, wind-ups, etc. As of Sept. 26, there were just 200 left, so hurry. (They would also make good awards for 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 race-walking under in 1972, has expanded and is now a powerhouse. They should lead the charge for race walking and perhaps a few students will earn high honors at the national level. For those who recall that ultra-fast 25K in Detroit in 1968 (Don DeLong 1:55:13, 3 others under 2:00 and 9 under 2:10), 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 show the 1976 course 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 October 17 Wall Street Journal reviewing the sport and the present Olympic dilemma. Also a good article in the Columbus from somewhere out in Oregon by Rudy Pearson. And the last time we were able to pick up the full coverage, we forgot to mention an excellent article on Bob Rosenblum, who appeared in a Seattle paper... Bill Walker, after persuing a
a 1936 Olympic Book provides the following timeless information: Final Olympic Trials 50 Km Walk, Cincinnati, Ohio, May 24, 1936.1. Ernest Crook, Detroit TC 5:16:16; 2. Albert Kangan, Lowell, Mass. 3. Ernest Koehler, German American AC 4. John Deni, Metropolitan Club, Pittsburgh 5. Harry G. Ciesyn, Toronto. At Berlin, with the race won by England's Harold Whitehead in 4:30:11.3 the Americans finished 21st (Kangan, 5:12:00.2), 28th (Koehler 5:20:18.2), and 26th (Crook 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--40 Mile Handicap, Long Branch Nov. 24--50 mile Open 10 km (Track), Monmouth College. Contact Elliott Demani, 28 K, Locust, West Long Branch, N.J... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games in Los Angeles, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we. Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we... Here is a real honest race walker for you. Eike Allen, who was thrown out of the 1936 Olympic Games for walking in his half marathon, writes; "Still having trouble looking 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 best friend, Elliott Demani, 28 K, Locust, West Long Branch, N.J., we...