

# OHIO RACEWALKER



Ohio Race Walker  
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FEBRUARY 1975

## U.S. TITLES TO DANIEL AND BRODOCK

New York, Feb. 28--In two of the closest walking races in memory, perhaps in history, Ron Daniel and Sue Brodock won the 2 Mile and 1 Mile walks at the NAAU Indoor T&F Championships in Madison Square Garden. Daniel managed to break loose from a tight pack that stayed together throughout the race to score a narrow victory over Ron Laird and Larry Walker in 13:36.8. Dave Romanky, in sixth place was only 6.2 seconds back. In the women's race, Brodock had to overcome a strong challenge from her sister and their teammate, Ester Marquez, to win in a meet record 7:22.5.

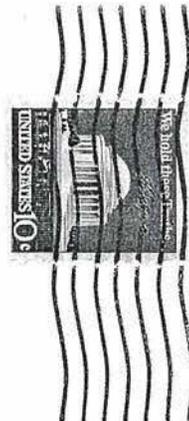
Most of the 14-man field in the 2 Mile stayed in a tight pack for most of the way. One exception was John Knifton, one of the favorites, who displeased the judges early on and was gently asked to retire. This was the only disqualification and the race was completed without some of the bitter controversy of recent years. At the finish, Daniel had just .6 seconds on Laird who in turn was only .2 up on Walker for the second qualifying spot for the USSR dual. Ron Kulik couldn't quite hold these speedsters in the final laps but did manage to get clear of Todd Scully, who hadn't been seen since last indoor season, but who came back very strong to edge Big Dave for fifth. Bob Henderson, who led briefly early in the second mile ran out of gas with a half-mile to go and just held off the charging Ray Somers, still only about 90 yards back of the winner. The rest of the field was well out of it.

In the women's race, Carol Mohanco, pride and joy of Ohio, was the best of the rest but couldn't stay up with the Rialto bunch. She did make her first trip under the 8-minute mark, and by a good margin. Results of the two races, as far as I have them at this point, were:  
Men's 2 Mile--1. Ron Daniel, NYAC 13:36.8 2. Ron Laird, NYAC 13:37.4  
3. Larry Walker, Beverly Hills Striders 13:37.6 4. Ron Kulik, NYAC 13:40  
5. Todd Scully, Shore AC 13:42 6. Dave Romanky 13:43 7. Bob Henderson, UCTC 14:02 8. Ray Somers 14:03 9. John Fredericks, Shore AC 14:42  
10. Don DeNoon  
Women's 1 Mile--1. Sue Brodock, Rialto Road Runners 7:22.5 2. Linda Brodock, RRR 7:25.7 3. Ester Marquez, RRR 7:25.7 4. Carol Mohanco, Kettering Striders 7:49.4 5. Cynthia Johnson, Blue Angels 7:52.6

## HENDERSON EASY WINNER IN OSU INVITATIONAL

Columbus, Ohio, March 1--Recovering quickly from his slightly disappointing race in New York the night before, Bob Henderson powered his way to a good 21:52 effort in the 3 Mile Walk at the OSU (that's Ohio State University to you Oklahomans and Oregonians, who seem inclined to swipe these initials) Invitational track meet. Henderson moved through a 7:00 first

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mile. With no competition, he eased in from there to his final time. Your correspondent finished well back in 23:17 off a 7:37, 15:27 pace. After that, I am afraid we have no tikes as your correspondent also goofed in setting the thing up. Assuming there would be adequate officials available from the regular meet crew, I arranged only for judges (Dr. Blackburn, Mark Whittaker, and Bruce Adair, who materialized from the stands--he is in grad school at Kent State) and no one knew how many laps anyone had gone. Having complained myself about such shoddy practise at other meets, I have to apologize for this fiasco. In any case, the approximate order of finish was Gary Rywaters (in around 27:00, I guess), Kevin Butler (who actually stopped 2 or 3 laps early and was at first given third by the judges--his stopping being their fault, not his), Dale Arnold, Bob Smith, Beth Harwick, Athena Monios, and Clair Duckham. My sincere apologies to all of these competitors for the foul-up. It shall not happen again.

#### HENDERSON ALSO TURNS IN TWO FAST 10 KMS

Champaign, Ill., Feb. 9 and March 2--Completing his race-walking weekend, Bob Henderson got back home from the two above races just in time for a 10 Km at the Illinois Track Club Indoor Meet. Despite his exertions of the previous two days, combined with little sleep, he stormed through a 45:24 effort, bettering his effort of 3 weeks earlier in another Illinois Track Club meet.

In that Feb. 9 race, he finished in 46:14 but discovered later that he had goofed in setting up the race on Illinois's big 6 2/3 laps-to-the-mile, Tartan, Armory track. That race was actually 155 yards long. Thus his effort was worth something like 45:35. Second place in that one went to a real comer, Jim Heiring, 19-year-old, Wisconsin-Parkside sophomore, who did 48:02 for the long course. This kid is very fast and very smooth and will really be something when he builds some strength. Your editor was walking a solid third at about 8-minute pace in this one, when "former" friend and head judge, Phil McDonald politely requested me to get off the track and let the walkers continue. This was just short of 4 miles. (That former friend bit is purely in jest, by the way. If Phil says I was off, you can bet I was.) Also winning Phil's displeasure was Al Shrik, who was having a ding-dong battle with Dave Eidahl for the next spot. Al got the head with about a mile to go but took his number off and stayed on the track to get a final time. However, he still couldn't catch Dave, who looked very smooth throughout, and finally pulled out to about a 10 second margin. There were 14 starters, including Randy Mimm, who dropped out early, but I have only the first 5, who were: 1. Bob Henderson, UCTC 46:14 2. Jim Heiring, Wis.-Parkside 48:02 3. Dave Eidahl, Fekin TC 51:37 4. Dan Fitzpatrick, Green & Gold 54:29 5. Jim Breitenbacher, Columbia College 57:13.....Bob Smith, Ohio TC 62:50

At the March 2 race, Henderson was walking his third race in about 62 hours and had not gotten back to Champaign until about 3 that morning, riding from Columbus with Mortland and Smith. He figured to have a tough time with Heiring considering the conditions and was planning to let the latter set the early tempo and try to go in the latter stages. That all changed about 100 yards after the start when the competitive juices started to flow. He shot into the lead and lengthened it from there to the finish line. Passing 3 miles in 21:37, some 15 seconds faster than his race of the previous afternoon, he slowed only slightly from there and went on to post a personal record.

Heiring, meanwhile, proved that his earlier race was no fluke as he turned in a 47:35. Considerably faster than any American of his age has ever walked, although probably slightly slower than the equivalent time for his "long" 48:02. McDonald was back again, but the Mortland mode of progression, much more to his liking this time and allowed me to finish in 50:07, very satisfying following the previous day's race and the long drive. A teammate of Heiring's from Parkside, name of Chris something, was next in about 54:30 and Bob Smith, short on training and really hurting from the day before, finished about a half-lap behind some other guy (I hope you appreciate my careful reporting) in 64:53. The field was a little disappointing, as the Columbia bunch, who were entered, failed to show.

#### MORE RESULTS:

9:40.4  
 Conn. Women's AAU 1 Mile, New Haven, Jan. 19--1. Liz Kiskeno, 7:16. 2. Judy Salkoski 9:45 3. E. ViGongi 9:51.8 Open 1 Mile, same place-- 1. Mary Hart, CCNY 9:11.2 2. Doreen Ennis, Nutley, N.J. 9:52.4 3. Carol Conlon, Nutley 10:03 Region 1 Women's Mile, Syracuse, N.Y., Jan. 26-- 1. Ellen Minkow, Syracuse Chargers 7:54.3 2. Carol Mohano, Ket. Striders 8:23.7 3. Mary Hart, CCNY 9:11.9 4. Judy Salkoski 9:34.5 5. Liz Kas-Ken 9:42.9 Conn. AAU Master's 1 Mile, New Haven, Feb. 2--1. Jack Boitano 7:16.2 2. Howard Barnes 9:03.2 Open 1 Mile, same place--1. Bruce Douglas 7:51.4 Conn. AAU 2 Mile, New Haven, Feb. 16--1. Jack Boitano 15:16 2. Michael Eegal 19:03 4. Howard Barnes 19:08 Open 2 Mile, same place--1. John Knifton 13:28.5 2. Bruce Douglas 16:37 5.5 Mile Hdcp., Lowell, Mass., Jan. 24--1. Kevin Ryan 48:22 2. Tony Medeiros 50:05 3. Mike Regan 50:38 4. Dennis Slattery 48:10 5. Sig Podlozny 62:30 6. Fred Brown Sr. 64:50 7. George Lattarulo 56:10 5.5 Mile Hdcp., Lowell, Jan. 12--1. Dennis Slattery 45:17 2. George Lattarulo 48:43 3. Mike Regan 49:52 4. Sig Podlozny 62:27 5. Fred Brown 63:35 6. Chico Scimone 63:36 5.5 Mile Hdcp., Lowell, Jan. 31--1. Tony Medeiros 60:30 2. Dennis Slattery 45:32 3. Keith Ryan 47:22 4. Fred Brown 64:00 5. Mike Regan 54:10 6. George Lattarulo 55:51 7. Sig Podlozny 70:47 8. Paul Ansara 68:49 2 Mile, Boston, Feb. 1--1. Tom Knatt 16:23 2. John Spinney 16:43 3. George Lattarulo 17:18 4. Peter Kuchinski 17:29 5.5 Mile Hdcp., Lowell, Feb. 7--1. George Lattarulo 49:38 2. Tony Medeiros 49:40 3. Dennis Slattery 45:19 4. Mike Regan 50:30 5. Keith Ryan 48:15 6. Fred Brown 65:47 7. Sig Podlozny 69:55 5.5 Mile, Lowell Feb. 12--1. George Lattarulo 66:15 2. Fred Brown 68:01 3. Sig Podlozny 68:10 -- wind and 6 inches of snow 5.5 Mile, Lowell, Feb. 19--1. John Spinney 47:00 2. Tony Medeiros 48:07 3. George Lattarulo 47:20 4. Mike Regan 59:25 5. Dennis Slattery 45:04 6. Keith Ryan 50:00 7. Sig Podlozny 67:45 8. Fred Brown 70:05 10 Mile, Westbury, N.Y., Feb. 2-- 1. Dr. John Shilling 1:29:00 2. Thomas Astbury, USMA 1:29:48 3. Henry Laskau 1:33:14 4. Mike Dulke, USMA 1:36:04 5. Dr. Bill Oneltchenko 1:42:40 6. Jeff Thomas, USMA 1:43:36--Gary Westerfield and Howie Davenport, DNF 10 Mile, Westbury, Feb. 23--1. Rudy Haluza 1:22:32 (2 1/2 mile splits of 20:50, 41:41, 62:35) 2. Paul Stuart, USMA 1:23:16 (with Haluza through 7 1/2) 3. Gary Westerfield 88:30 4. John Shilling 1:29:31 5. Bill Oneltchenko 1:40:18 1 Mile, Richmond, Va., Jan. 18--1. John Fredericks, Shore AC 6:49 2 Mile, Albany, N.Y., Jan. 25--1. John Knifton 13:49.3 (won the meet "MVP" award) 2. Ron Daniel 14:21 3. Ron Kulik 14:22 4. John Fredericks 14:32 5. Tom Knatt 14:54 6. Bob Falcicola 15:27 7. Ron Salvio 15:33 8. George Lattarulo 16:55 9. Fred Spector 17:41 Marathon, Agbury Park, Jan. 19--Bob Mimm 4:29:04 (walked)

1 Mile, Phil. Track Classic, Feb. 17--1. Ron Daniel 6:23.7 2. Ron Kulik 6:29.4 3. John Fredericks 6:35.7 (Knocked off track with 2 laps to go in stumble with curb, lost 30 yards, got up and still did career best) 4. Dave Romansky 6:39.8 5. Bob Kitchin 7:11.7 6. Joe Stefanowicz 7:15

NAAU Open 20 Km, Long Branch, Feb. 9 (snow flurries and bitter cold)--  
1. Ron Daniel 1:39:57 2. Dave Romansky 1:46:11 3. Bob Mima 1:46:30  
4. Paul Stewart, US MA 1:48:24 5. Tom Ambury, USMA 1:55:16 6. Roger Barr 1:59:27 7. Fred Spector 2:03:30 8. Bill Hakulich 2:04:46 9. Mark Rauscher 2:06:15 10. Bill Lloyd 2:15:28

1500 Meters, US Olympic Invit., New York, Feb. 21--1. Ron Laird 5:59.0 2. Ron Daniel 5:59.7 3. Ron Kulik 6:00.7 4. Dave Romansky 6:07 5. John Knifton 6:12.3 6. Ray Seners 7. Tom Knatt--DC--John Fredericks (6:06) 2 Mile, Paramus, N.J., Feb. 22--1. Ron Salvio 14:31 2. Tom Knatt 14:32 3. Ron Laird and Bob Falcicola 14:36 (Laird serving as helper to Knatt and Falcicola in making NAAU qualifying standard) 1 Mile, Paramus, N.J., Feb. 15--1. Ron Kulik 6:48 2. Ron Salvio 7:03

Shore H.S. Championships, Toms River, N.J., Feb. 22--1. Al Ippoliti 8:03.5 2. Mark Rauscher 8:09.7 3. John Finn 8:16.9 4. Jeff Ferkheimer 9:07.3 5. Michael Farrington 9:26

Eastern Regional Easter's 1 Mile, East Stroudsburg, Pa., Feb. 23--Age 35-39: 1. Ron Kulik 6:39.4 2. Joe Stefanowicz 7:39.2 40-44: 1. Jack Boitano 7:15.1 2. Roger Barr 3. Bob Fine 9:54.1 45-49: 1. Lou Neishloss 8:54.9 50-54: 1. John Ross 7:59.1 60-64: 1. Claude Hills 10:34.6

3 Mile, Washington, Pa., Feb. 1 (lots of ice and snow)--1. Gary Bywaters 29:32 2. Beth Harwick 32:09 3. Athena Monios 32:27 4. Jo-Ann Churpak 35:32

2 Mile, Wisconsin Relays Feb. 22--1. Bob Henderson 13:59.4 2. Jim Heiring 14:29 3. Mike DeWitt 15:25

Women's 1 Mile, Champaign, Ill, Feb. 2--1. Carol Mohanco 8:01

1 Mile, Champaign, Feb. 9--1. Judy Hyten (Mohanco did 8:15 but was DQ'd)

10 Km, Columbia, Mo., Feb. 8--1. Augie Hirt 59:00 2. Leonard Eisen 60:09 3. Dave Leuthold 68:42

12 Mile, Columbia, Feb. 22--1. Augie Hirt 1:43:15 2. Dave Leuthold 2:07:50 (he was third) 2. Al Schrik 1:44:12 4. Rob Spier 2:12:00 5. Leonard Eisen 2:25:08

1 Mile, Los Angeles, Feb. 7--1. Ron Laird 6:25.6 2. Larry Walker 6:27.9 3. Steve DiBernardo 6:30.6

Women's 1 Mile, same place--1. Sue Brodock 7:15.2 (World Best) 2. Ester Marquez 7:33.3 3. Linda Brodock 7:52.1

1 Mile, Los Angeles, Jan. 5--1. Sue Brodock 7:38.2 2. Sheila Thomsen 8:06.8 3. Linda Brodock 8:11.5

Age 16-18: 1. Teri Teegarden 8:31.9 2. Lisa Metheny 8:54 3. Lisa Davis 9:10.5 4. L. Young 9:49.7

Age 14-5: 1. Cindi Johnson 8:06.8 2. Karlene Waskow 9:16.4

Age 12-13: 1. Jessica Waskow 8:58.3 2. Christa Sears 9:12.0 3. April Hickey 9:21.9 4. Marti McCracken 9:29.3

Age 10-11: 1. Vicki Cook 8:54.7 2. S. Quintana 9:06.2

1 Mile, Irvine, Cal., Feb. 1--1. Sue Brodock 7:13.9 (World's Best Outdoors; the LA time was best indoors) 2. Ester Marquez 7:28.0 3. Linda Brodock 7:34.0 4. Cindi Johnson 7:38.0 5. Terri Teegarden 8:19.0

Age 14-18: 1. Lisa Metheny 8:28.4

Age 12-13: 1. Fecky Villalvazo 8:10.0

Women's 1500 Meter, Mont-real, Jan. 11--1. Terry Lalonde 8:08.7 2. Jacinthe Theberge 8:15.8 3. Jeanne Sasseeville 8:42.6 4. Sylvia Corbell 8:48.2

3000 Meters, same place--1. Marcel Jobin 13:51.6 2. Hermann Beaulieu 14:57.2 3. Yvon Groulx 15:09.8 4. Claude Filtreau 15:17.4 5. Donald Brennan 15:24.8 6. Errol Desfosses 15:42 7. Jean-Louis Doucet 16:04.2

3 Km, Universite Laval, Quebec, Feb. 1--1. Pierre LeBlanc 13:38.4 2. Hermann Beaulieu 14:52.4 3. Denis Leblanc 15:31.2 4. Andre Forgues 15:43.4

20 Km, Downsview, Ontario, Feb. 2--1. Roman Olszewski 1:42:51 2. Glenn Sweazey 1:45:40 3. Frank Johnson 1:53:55

DQ--Pat Farrelly, Helmut Boeck, Alex Oakley, DNF--Karl Herschenz

7 Mile, London, Jan. 11--1. Brian Adams 50:57 2. Carl Lawton 51:29 3. Amos Seddon 51:44 4. Shaun Lightman 52:07 5. Stuart Maidment 52:07 6. Alan Buchanan 52:28 7. Steve Gower 52:38 8. Rorer Mills 52:38 9. Bob Dobson 52:55

7 Mile, Kinver, Eng., Dec. 7--1. Brian Adams 50:22 2. George Chaplin 51:49 3. Ian Richards 51:55

3 Km, London, Jan. 15--1. Shaun Lightman 13:00.0 2. Carl Lawton 13:00.8 3. Jacky Lord 13:22 4. Alan Buchanan 13:24.6 5. M. Dunion 13:35.6 6. Colin Young 13:37.2

20 Km, Rome, Nov. 4--1. Raul Gonzalez, Mex. 1:30:40 2. Daniel Battista, Mex. 90:42 3. Vittorio Visini 1:32:53 4. G. Fabri 1:34:28 5. Armando Aamboldo 1:34:59 (excuse me, 6th) 5. R. DiNicola 1:34:41 7. R. Buccionne 1:35:23 8. H. Schubert, Germany 1:36:13 (this rather proves that Gonzalez, and indeed Battista, are most certainly for real)

## SOME RACES WE HAVE HEARD ABOUT

Sat. Mar. 15--4 Mile Men, 3 Mile women, Des Moines, Ia., 10 a.m. (p)

Sun. Mar. 16--San Jose Invitational Women's and Girl's Age Group Walks (L)  
30 Km, Ontario, Canada (O)  
20 Km, Long Branch, N.J., 1 p.m. (H)  
5 Km, Kenosha, Wis., 10:30 a.m. (C)

Sat. Mar. 22--NAAU SENIOR 25 KM, GREENLAKE, WASH. (E) (or the 23rd)  
1 Mile, Milwaukee, 9 p.m. (Q)  
2 Man, 6 Mile Run-Walk, Columbia, Mo., 11 a.m. (F)

Sun. Mar. 23--NAAU 2 Mile Indoor, Princeton, N.J., 12 noon (H)

Sat. Mar. 29--Iowa AAU 50 Km, Des Moines, 9 a.m. (P)  
Conn. AAU 5 Km (Indoor), Hartford (B)

Sat. Apr. 5--20 Km, Toronto (O)  
1 Mile, C.W. Post Relays, also 5 Km (I)

Sun. Apr. 6--Capt. Zinn Memorial 10 Mile, Asbury Park, N.J. (H)  
Women's 5 Km, Men's 10 Km, Eastern USTFF Champ., Mt. Lebanon, Pa., 1 p.m. (T)  
WCA 20 Km (track) and Development 5 Km, Kings Point, N.Y., 10 a.m. (R)

Sat. Apr. 19--1 Hour, Kenosha, Wis., 4 p.m. (Q)

Sun. Apr. 20--NAAU SENIOR AND "B" 75 KM, WEST LONG BRANCH, N.J. (H)

Sat. Apr. 26--20 Km & Jr. 10 Km, Ottawa, Ont. (O)  
5 Km, Des Moines, Ia., 9 a.m. (P)  
3 Mile, Kenosha, Wis. (C)

Sun. Apr. 27--WCA 10 Km & Development 5 Km, Westbury, N.Y., 10 a.m. (R)

Sat. May 6--6 Mile, Kenosha, Wis. (Q)

Sun. May 7--NAAU JUNIOR 15 KM, PORTLAND, OREGON (J)  
10 Mile, Seaside Heights, N.J. (H)

## CONTACTS:

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Two apologies are due you from the editor, publisher, etc. First--I really blew it last month. In the McCarthy article I reprinted from his old Race Walker there was a footnote regarding the availability of two race walking books. This slipped right by me and was printed along with the article. It would be a fair assumption that I was offering these books for sale, and indeed, three readers to date have placed their orders. Unfortunately, I don't have them. McCarthy did about 12 years ago. So if you have just been slow in placing your order, save yourself the trouble. Second--both last month's issue and this one are somewhat late, particularly this one, I imagine, by the time it reaches you. Last month I ran into unexpected delay getting it printed and thus got it in the mail three or four days later than planned. It now turns out that I am going to have to make a change in the printing arrangements in order to keep the cost where it is. Without going into all the detail, whereas in the past I have been able to get the paper on either the same day or the next day as I take it in, I will now need to allow about a week. It could be quicker but I can't depend on it. Since I didn't allow for that in going to work on this issue, as a matter of fact I started about the time I usually finish, it may be close to the middle of the month before you get this. But, if I get on the stick at the end of the month, another issue will be forthcoming in 3 weeks or so.

While dealing with such matters, you will notice I have now gone to address labels (at least if all has gone well you will notice that). Also note that I have included on the label the month and year that your subscription expires. I will continue to send expiration notices, but if you want to save me the trouble and anticipate it by a month or so, I won't object. Also, if you have any arguments with the expiration date let me know; my bookkeeping is not a lot better than my typing. If you don't see an expiration date you are either on some kind of exchange basis or are a very good friend.

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#### THE MASTER REIGNS SUPREME

Richmond, Va., March 3--The King of the race-walking world, Vladimir Golubnichiy, turned in the fastest three mile in history in scoring an easy win in the US-USSR indoor dual track and field here tonight. The great veteran crossed the finish line in 19:46.2, nearly 20 seconds under the previous best by his countryman Nikolai Smaga. Smaga turned in his time in this same meet in 1972. In second was Soviet 50-km ace, Benjamin Soldatenko who nosed out Ron Laird in 20:24.8. Laird finished in a personal best 20:27.6. Ron Daniel turned in what would have been a very fast 21:07.8 in most other quarters to finish a distant fourth.

#### TITLES TO BOITANO, MACDONALD, MIMA, JOHNSON, MONASTERO, AND CASH

Hightstown, N.J., March 2--In the first National AAU Indoor Master's 1 Mile Race Walk, National Chairman Jack Boitano won in the 40-44 division and turned in the fastest time overall of 7:20.2. Bob Mima in the 50-54 division was second best with 7:38.4. The races were held in two sections with the 40-49 boys going first followed by the oldsters with the two groups serving as judges for each other. The races were held on a 10-lap, Tartan track. The results were:

Division 1A, 40-44: 1. Jack Boitano, Stratford Spartans 7:20.2 2. Bob Fine, NY Pioneer Club 7:57.0 3. Roger Barr, Shore AC 8:04.8 4. Elliott Derman, Shore AC 8:31.3 5. Alan Wood, Shore AC 9:04.7

Division 1B, 45-49: 1. Bruce MacDonald, NYFC 7:53.8 2. Bill Oneltchenko NYFC 8:24.2 3. Howard Barnes, Stratford Spartans 8:56.1 4. Sanford Kalb Shore AC 9:50.4 Division 2A, 50-54: 1. Bob Mima, Penn AC 7:38.4 2. E. J. Ross, Avron TC 8:10.1 Division 2B, 55-59: 1. Don Johnson, Shore AC 8:25.5 Division 3A, 60-64: 1. Sam Monastero, Phil. Masters 10:16.8 2. Claude Hills, Phil. Masters 10:35.3 Div. 3B, 65-69: 1. Roosevelt Cash, Shore AC 8:53.6 2. Dave Lakritz, NYFC 8:54.0 (These two may have gone one lap short.)

#### FROM HELL TO TOE

The date of the National 20 Km in San Francisco has now been changed to May 11 in light of all the International competition coming up in the summer, as discussed in last month's issue. However, it has still not been decided what races will be used to qualify for what International matches. There is still the possibility of a special 20 Km at the NAAU track meet in Eugene on June 20-21 as a qualifying race. The latest I know is that Jack Boitano is in the process of polling members of the National Committee to get their thoughts regarding qualifying races.... Gary Westerfield has informed me that all races that were to be held at C.W. Post College on Long Island this year have been moved to the Merchant Marine Academy at Kings Point. After many years of "unofficial" welcome at Post, they were directed to make formal application through the college administration to use their facilities. This included a request for a fee of \$250.00 for each race as well as an insurance bond. Obviously they don't have much understanding of the status of race walking.... Dave Luethold in Columbia has once again set up a schedule for

National Postal Master's races with the 25 Km scheduled for March. Other months and races on his schedule are: April--1 Hour; May--19 Km; June--15 Km; July--5 Km; August--20 Km; Sept.--100 Km; Oct.--30 Km; and Nov.--50 Km. 1974 leaders in the postal schedule were Chris Amoroso, Leonard Busen, Dave Luethold, and Don Johnson. For details on how to enter and how to conduct races write Dave Luethold, 1501 Ross St., Columbia, MO 65201.... Latest word from the IAAF Race Walking Committee is that, through Mr. Folke Ericsson the General Secretary of the Swedish Walking Federation, Sweden has made a firm proposal to stage a World Championship 50 Km Walk in Malmo on Sept. 18, 1976, this being in lieu of the Olympic 50 Km, of course. This will be officially put forth at the IAAF Council in Nairobi, Kenya in April.... Peter Selzer, the great East German 50 Km walker who at 28 should just be reaching his prime, has announced his retirement. With Chris Hohne announcing his retirement after the European Championships, the decision to drop the 50 at Montreal is again highlighted. Both would undoubtedly have continued at least through Montreal.... The British publication, Race Walking Record, has conducted their annual "Walker of the Year Poll" among readers with Roger Mills taking British honors and Vladimir Golubnichiy, Chris Hohne, and Bernd Kannenberg taking all the votes and finishing 1,2,3 in the World Walker of 1974 category.... RWR has also listed the World All Time Junior Rankings at 20 Km with Mr. Golubnichiy still holding fourth place with 1:30:02.8 on the track back in '55. East Germans Rolf Berner, Karl-Heinz Stadtmuller, and Hartwig Gauder at 1:28:00.2; 1:28:40.2, and 1:29:46.4 lead him. Berner and Gauder still have a couple of years of Junior competition to go. At 10 Km, Stadtmuller leads the list with 42:39 Followed by Bulgaria's Yevgeniy Semerdyyev at 42:44.2, Gauder at 42:48, and East Germany's Lutz Lipkowski at 43:15.2.... Gary Bywaters, in his Allegheny Mountain Creeper boosts what he calls "judging by the triangle". (How the "Creeper" has the nerve to publish an article on judging is beyond me.) Regardless, we quote: "After viewing many films and

still pictures, I have come up with a judging method I have used for a while now. Recently, in the Aug. 1974 issue of *Runners World*, an article got into writing what I have been using all this time. I call it the "triangle" method, and basically all it consists of is to have the judge not try to find daylight under the heel/toe of a walker (almost impossible to do because of the high leg speed) but to look for support. I look at the rear leg, and if this leg is "locked" (at the knee) throughout the stride, I figure the walker is legit. Why? Well, the longer the rear leg stays locked, the longer the support from that leg will be, thus keeping the toe on the ground and giving the walker more time to get his front heel down. So you say, why call it the triangle method? Simply because that is what I look for--the triangle formed by the two legs during the double supporting phase. If the triangle is not complete, I check other trouble areas: (1) head--is it bouncing up and down?--may actually pull the walker off the ground (Ed. NO, No, I goofed. The last part of that statement goes with No. 2, this one should read--floating is possible.) 2. arms and hands--too high in front?--may actually pull the walker off the ground. 3. single leg--watch one leg at a time; is it locking during the vertically upright position? (body supported over one leg)--if not, you have a creeper on your hands. Try out these ideas at your next meet or practise, and I think you will have an easier time finding illegal walking than with the old lay-on-the-ground-look-for-air approach..

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 LOCKING BACK

5 Years Ago (From the Feb. 1970 QRW)--Flying in from New York, as did Bob Henderson this year, Ron Laird and Floyd Godwin staged a great dual in the First OSU Invitational 3 Mile. Laird got the nod at the finish in an American record 20:48, one second ahead of Godwin. After mile splits of 6:51, 13:54, Ron accelerated to a 3:22 final 880 to take the race. Your editor, meanwhile, bombed through a 7:10 and managed to hang on for third in 22:05, 1 minute ahead of Paul Reback...At the Garden the night before, Laird was not quite as good, as Dave Romansky won the NAAU Mile in 6:14. Laird's 6:19.7 edged Ron Kulik, Steve Hayden, and Larry Walker, who was fifth in 6:23.7. Godwin got sixth in that one with 6:29.4. Nor was he as good a few weeks earlier when Tom Dooley beat him on a Friday night with a 6:34 mile, on Saturday with a 13:37 two mile (Laird 14:18) and on Sunday with a 1:57:34 15 mile (Ranney 2:02:40, Laird 2:13).. However, Ron kept himself in the news by capturing the Captain Ronald Zinn Memorial Trophy given by the Green & Gold AC to the Outstanding Walker of 1969 as judged by vote of fellow walkers. This was the fifth time in its nine-year history that Laird had won the award. Runnerup in the voting was Dooley, followed by Goetz Klopfer, Dave Romansky, and Bob Kitchen.

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 It is late, there are three pages to fill and the perfect article presents itself, since it fills three pages and deals with a problem we have all experienced, those terrible "walkers shin splints". Stolen, of course, from McCarthy and the Race Walker of Feb. 1963. It all started with a letter, as you will see. If any books are referenced for sale, please ignore it. Read on.

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To the Editor:

I have a serious walking problem that somebody might be able to help me with.

I should explain, however, that after a four year lay-off I have come out of "retirement." I am a 36 yr. old school teacher. I had previously competed in the walks for about 3 or four years. (I have hopes of getting walking started on a high school basis. Several coaches from different towns have expressed an interest.)

Back to the problem. When I was walking in the San Francisco area 4 years ago, I always had trouble in the beginning of a race or workout with my ankles. For the first 3 to 5 miles of a workout and especially in races (which require a fast pace right from the start), I would suffer extreme pains in the ankles, generally in the front. In addition, my ankles would freeze up and get numb and then I would not come down on my heel but, instead, would come down flatfooted. I just had no control or feeling in the ankle. (The pain was also slightly above the ankle, in front.) After 3 to five miles the numbness would go away--but by then I had lost precious minutes.

At the present time I must either walk at a 11½ minute pace for the first 3 miles, or else get these same pains. Then, after 3-5 miles they go away. Even if I walk every day I seem to have the same trouble.

I realize that I can help this by tacking on three to five miles be-

fore a workout or race, but this is not convenient timewise, and in addition, I question this before a race since it is likely to take away some strength. I wonder do others have this same problem? I would appreciate help, for I enjoy race walking ever so much and feel that I could do much better at it if I could lick this problem.

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 The malady which Ward has complained of is a common one, known as "walkers shin-splints", which are somewhat similar to the "shin splints" suffered by runners, and other athletes. About this time last yr. we had a similar letter from Seattle's Claude Wrathall, who also was suffering from these shin splints. Ron Laird reports that he suffered from this for the first four years that he was walking, and Jack Blackburn says he still does. The editor too, was forced out of a 2 mile race because of this as recently as last August.

The basic problem seems to be that in race walking, especially in short races, the walking style demands the use of ligaments in the lower front of the leg that are not normally put under stress.

We are of the opinion that this problem should be tackled in 3 ways.

1) Warming up properly. As Bill Jameson pointed out (Race Walker, No. 20, Sept. '62) a cursory warm-up is all but useless. If, however, a guy can do it, we would highly recommend that mile walkers, 2 mile walkers & even 10km walkers,

get out for at least 5 miles and up to one hour of easy walking, several hours before a track walk. This system seems to work for both runners and walkers--although many European distance runners prefer to put in their hour of warm-up immediately before the race. This tends to leave the athlete slightly tired, but we agree with those who claim that for short distances (the mile, 2 mi., 10km) a guy does better if he starts out feeling "tired" (which is usually psychological, anyway.) (Most walkers get "tired" when Ron Zinn walks in; just as mile runners get "tired" when Jim Beatty shows up).

2. Style Change. We long ago noticed that we were most bothered by shin splints when changing from road to track and vice versa, type training. More specifically, what we noticed was that on the track we were leaving little holes, or pits, in the track. These were located at the forward end of the footprint, and caused by the toes as we brought the trailing foot forward. We still feel that this "digging in" with the toes, plus the track slipping out from under, is a major cause of shin splints. Then, if after a few sessions of track work your walking style begins to adjust to the track, when you go back on the road the unyielding pavement causes similar trouble with the shin ligaments. Since at the time we were badly bothered by this we were training under the same conditions as Rimas Vaicaitis who was never bothered, we began to look for the difference. It was then that we discovered that Vaicaitis had a better knack of "pickin' 'em up and puttin' 'em down." Not only could he do it much faster than we could, but he didn't

rip up the track when doing it. It became necessary then to take much more care with our basic walking style.

The exact trouble probably varies from walker to walker, but we would suggest looking for the following:

- are you over-striding?
- are you leaning too far forward & having trouble getting the trailing leg to come forward?
- Are you using too much hip pivoting action so that you are twisting the entire leg around, including the foot, with the result that you are aggravating the ligaments in the shins?
- Are you pushing off too hard with the trailing foot--i.e. are you relying too much on the ankles & shins and not enough on the thighs hips and arms?

(The "cure" for any of the above faults is, of course, don't do it!)

3. Remedial Exercises: The Soviet Race Walking authority, A. Frukto, suggests in his book Race Walking (Moscow, 1961) the following exercises:



Figure 1

In Figure 1 the walker is rocking back and forth on his feet in a "heel-toe" position. If you do this exercise you will feel the strain on the ligaments in the shins as they get stretched; especially in the

trailing leg. It is not suggested that too many repetitions of any of these exercises be attempted on the first time out. But if persisted in diligently for a few weeks, the shin splints should disappear.



Figure 2

Figure 2 incorporates an apparatus which the handy do-it-yourself type pedestrian can easily build. In this exercise most strain will come on the backward lean. A suggested program would be to adopt three of the five exercises suggested here and do them in sets of 10, alternating the exercise, and gradually building up the number of sets and then, if necessary, the number of repetitions in the set.



Figure 3

In figure 3 the object is to go "heel-toe" to an extreme, with a little hop to pull that trailing leg even further up. (If you have never had shin splints, you will after doing this for awhile!) ... but it's a good way to get loosened up in the front of the legs. If this exercise is too difficult at first, Matt Rutyna suggests that you merely go for 50 meter stretches on extreme tip-toe. (Slowly)



Figure 4

Here the walker is ankle deep in water (or if that is not possible, deep, loose sand) which gives resistance and again, the object is to stretch that trailing leg as hard as possible.

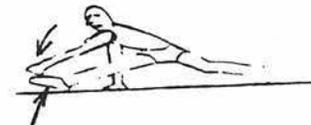


Figure 5

Here's an old one that John Humck: taught to Ron Laird back in 1955. While in the hurdling position put pressure on the forward foot at the same time that you use the shin muscles to push the foot back up again. This is a good, quick, exercise for track walkers and can easily be incorporated into your regular warming-up routine.