The official results of the National 1 Hour in all Divisions, which was conducted as a postal race in 1975, are finally out. Ron Laird won by a scant 22 yards over Todd Scully, going 8 miles 612 yards. (The results also list 1 ft 8 in, but I personally don't believe there is any way you can accurately measure where a guy was at a particularly point in time to the nearest inch or even foot, so I list only yards in the results.) There was some dissatisfaction over the conduct of the race and it will not be conducted as a postal again next year. As to any controversy over Laird's performance and the American record, as reported in these pages last issue, we were as stupid in reporting it as were "those jerks in New Jersey" as Ron endearingly calls them. In reality, Ron has had an 8 mile 716 yard performance in the record book for 5 years. Now apparently in a jovial mood when he wrote, also feels that "if dumb ass Scully had paced himself sensibly we could have put it." Be that as it may, and not wanting to start any fencing through these pages, let us turn to the results.

**SENIOR-OPEN DIVISION:**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Club</th>
<th>Time</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ron Laird</td>
<td>NYAC</td>
<td>5:43:22</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>2</td>
<td>Todd Scully</td>
<td>Shore AC</td>
<td>5:44:44</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>3</td>
<td>Wayne Glusker</td>
<td>West Valley</td>
<td>5:45:56</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>4</td>
<td>John Knifton</td>
<td>NYAC</td>
<td>5:47:07</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>5</td>
<td>Tom Dooley</td>
<td>NYAC</td>
<td>5:47:59</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>6</td>
<td>Larry Walker</td>
<td>Beverly Hills Striders</td>
<td>5:49:32</td>
<td>8 mi 612 yds</td>
</tr>
<tr>
<td>7</td>
<td>Jerry Lawing</td>
<td>un.</td>
<td>5:51:23</td>
<td>8 mi 612 yds</td>
</tr>
</tbody>
</table>

There was some dissatisfaction over the conduct of the race and it will not be conducted as a postal again next year. As to any controversy over Laird's performance and the American record, as reported in these pages last issue, we were as stupid in reporting it as were "those jerks in New Jersey" as Ron endearingly calls them. In reality, Ron has had an 8 mile 716 yard performance in the record book for 5 years. Now, apparently in a jovial mood when he wrote, also feels that "if dumb ass Scully had paced himself sensibly we could have put it." Be that as it may, and not wanting to start any fencing through these pages, let us turn to the results.
PAGE 2

JANUARY 1976

The race walking committee met at the National AAU Convention in New Orleans on Nov. 30. Probably of greatest interest to readers is the awarding of Championship events for 1976 and these are listed below. A brief discussion of other items of interest follows. Qualifying standards of the Indoor and Outdoor track meets are: Mile—6:45, 3 km—13:40, 2 mile—14:40, 3 mile—23:00, 5 km—24:00. (The last one doesn't make much sense since 21:00 would be comparable to 23:00.) A motion was passed to permit the executive committee to be allowed to appeal and arbitrate concerning international events and the placement of an exceptional competitor on the team providing he was injured or other extenuating circumstances prevented his placing well or competing in the trials for a National team. The following awards were made: Outstanding Contributor for 1975—Bruce MacDonil. Outstanding Association for 1975—New Jersey. Joe Dieringer was again nominated as representative on the IAAF walking panel. This is a four-year appointment. Additional details on Convention action will be included in a forthcoming Newsletter from Chuck Banta. We will pass on those things of greatest interest in the next issue.

1976 SENIOR AAU RACE WALKING CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Distance</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 km</td>
<td>May 15</td>
<td>Boulder, Colorado</td>
</tr>
<tr>
<td>15 km</td>
<td>May 29</td>
<td>Chicago, Illinois</td>
</tr>
<tr>
<td>20 km</td>
<td>May 2 or 9</td>
<td>New York, New York</td>
</tr>
<tr>
<td>25 km</td>
<td>April 17</td>
<td>Seattle, Washington</td>
</tr>
<tr>
<td>50 km</td>
<td>Aug. 26</td>
<td>Boston, Massachusetts</td>
</tr>
<tr>
<td>10 km</td>
<td>Aug. 8</td>
<td>Long Branch, New Jersey</td>
</tr>
<tr>
<td>15 km</td>
<td>Aug. 15</td>
<td>Columbia, Missouri</td>
</tr>
<tr>
<td>20 km</td>
<td>Aug. 11</td>
<td>West Long Branch, New Jersey</td>
</tr>
<tr>
<td>25 km</td>
<td>April 3</td>
<td>Longmont, Colorado</td>
</tr>
<tr>
<td>30 km</td>
<td>April 3</td>
<td>Los Angeles, California</td>
</tr>
</tbody>
</table>

Those interested primarily in the long walks may be a little unhappy with this schedule as first the 100 and 75 on successive weekends and then the 40 and 50 the same.

1976 CLASS B RACE WALKING CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Distance</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 km</td>
<td>May 2</td>
<td>Portland, Oregon</td>
</tr>
<tr>
<td>15 km</td>
<td>Sept. 5</td>
<td>Mackinac Island, Michigan</td>
</tr>
<tr>
<td>20 km</td>
<td>June 24</td>
<td>Kenosha, Wisconsin</td>
</tr>
<tr>
<td>25 km</td>
<td>Nov. 21</td>
<td>Chicago, Illinois</td>
</tr>
<tr>
<td>30 km</td>
<td>Oct. 23</td>
<td>Columbia, Missouri</td>
</tr>
<tr>
<td>35 km</td>
<td>?</td>
<td>Pittsburgh, Pennsylvania</td>
</tr>
</tbody>
</table>
Jlr., - In the sleet on a 4 1/2 mile lap, Jack Elackburn did 6.3 miles in 20:31.

Bob Enderson and Jack Elackburn did 5.05 miles, but I seem to have missed the time.


B: Elliot O'Donnell, 29 E. Locust, West Long Branch, NJ 07764
C: Jim scissors, 631 Young Place, Lakeland, FL 33803
D: Joe Duncan, 909 Eastwood, Racine, WI 53406
E: Sal Corallo, 2031 Capehart Dr., Gaithersburg, MD 20760
F: Pete Vanharsdel, 2930 E. Yellowstone, Denver, CO 80210
G: Larry Larson, 909 Eastwood, Racine, WI 53406

If you are coming to Ohio, contact the editor of this publication. We are trying to have a race every other week and might even get a schedule set up one of these days.

FROM HEEL TO TOE

A combination of sloppy compilation, unreported races, and unexpected late season performances has caused the lists of top U.S. performers published last month to be rather inaccurate. To begin with, I managed to leave out Bob Kitchen's 1:34:15 in the Lucano Cup, which places him third on the list. I also omitted a 1:36:34 for Ron Daniel in July, which had been duly reported in this very publication. I had never received the results of the 20 Km in San Francisco in July, reported above, which moves Wayne Glusker and Bryan Ska best up a few slots and gives Bill Hanney a better time. Finally, there were the good late season races by Walker and O'Connor, reported above. So, with all the detail, the top 20 should be:

1. Ron Laird 1:31:50
2. Larry Brown 1:32:51
3. Bob Kitchen 1:34:15
4. Larry Young 1:35:14
5. Todd Scully 1:35:15
7. Bob Henderson 1:36:21
8. Dave Romansky 1:37:06
9. Larry Walker 1:38:10
10. Wayne Glusker 1:39:45
11. Van Dooley 1:40:26
12. Ron Daniel 1:40:34
13. Bill Hanney 1:40:50
14. Bryan Snell 1:41:70
15. Bryan Snell 1:42:50
16. Augie Hirt 1:40:33
17. Al Bean 1:41:03
18. Bob Boulodin 1:40:20

FROM HEEL TO TOE

In October he joined the Australian Centurion Club completing a 100-mile race in 2h34:14. He is now the only person in the world to be a member of the world's three Centurion Clubs, British, American, and Australian. As noted on page, there was some dissatisfaction with the conduct of the Postal 1 Hour, beyond the mere fact that perhaps a National title should not be decided by mail. Ron Daniel has summarized his complaints and these seem to pretty well be published this list, not to berate a hard-working sponsor, but to point out some pitfalls that should at least be considered in any future discussions of such ventures. Ron's criticisms are: 1) The original time span was 3 months and that is too long. 2) Conditions of entering and contesting were not readily available. 3) After many area schedules were set, it was learned that the original 3 months was now cut in half. 4) This was also after the event had begun. 5) Then the event was reopened when the results were not satisfactory to the promoter. 6) The reopening and allowing for entering was not adequately publicised. (I found out only by word of mouth and since I had been one of the original entrants, I should have received some notice.) 7) On September 15 I was told the entry deadline was September 14. If someone's notes are not to be seen, no one seems to know any results 3 months later. (Ron's letter was dated Jan. 6.) Equal space will be granted the defense...Jim Kerse, a New Zealander just getting started in walking with a yen to road anything he can on the sport, is seeking any U.S. walkers keen on corresponding about the sport. He has recently done a 53:15 for 10 Km, so he is off to a good start. His address is 24 Kerse Rd., Normanby, Dunedin, New Zealand and for any that may be interested in dropping him a line...Ron Laird is over his injury and training hard in Mexico, with hopes of avoiding further injury and putting up a good show in Montreal. Ron, of course, has had two thirds in Luguano Cup competition, proving his ability to compete with anyone, but has not really found Olympic years much to his liking as yet. In his first report from down there at the end of December, he described his quarters at the Mexican Olympic training facility in Mexico City. He and Mary Hovey who traveled with him, had been invited to spend some time there by Mexican national walking coach Jerry Hauseiber, who he first met in Warsaw in 1958. As a matter of fact, Jerry insisted they stay at the training headquarters. In that letter, Ron wrote, "(Mexicans, weight rooms, class rooms, 850 meter pool, 8-lane tartan track, dorms, dining hall, bicycle track, and administrative buildings make up this facility. There is also a roof in here which will give you about a half-mile circuit. The majority of the training the walkers do is outside of here where the air is clean, there is no traffic, and where you are at a higher altitude. They go twice per day. At 7 in the morning for a long run and again at 4 for a shorter one. Flexibility and relaxation is always stressed during all race walking. The evening sessions are where I have the opportunity to do sprints of from 15 sec. to 2 min. in duration."

The group is a small bus and with a whistle and whistle, watch commands these sprints and their rest periods. During this evening speed play, I've been able to see the extreme and legality of the Mexicans. They are really amazing. They say they've got too short of a stride and I'm almost thinking that they've been doing a lot of walking. The walkers have just had the last 2 to 3 weeks off and are now starting their serious training. The month of December will consist of lots of gymnastics training, easy walking, swimming and other specific exercises.
Lugano 50 at about 20 km. Shown are eventual winner Lyungin, USSR; E. G. Soldstenko, USSR; Garcia, France (33); Weidner, W. G. (1); John Warhurst, UK (hairy one behind the other white cap); Roy Thorpe, UK (9); maybe Augie Hirt hidden behind Thorpe; Paul Ide (over Hirt's shoulder); and Ray Somers (8). (Photo by Wayne Glusher)
cises. By January 1 they will be ready for the longer, stronger efforts that will put them ready for the Games in Canada." Ron wrote again at the
first of January and reported that they were by then live in 13 km
East of Toluca (look at your map) with a rich Mexican man Ron had met
who had trained them into coming there to live (or vice versa). In that
letter, he wrote,"Being training with Ron and the other Mexican
man was a lot of fun. We had daily tours of a race course
and were legal. He got the entire race walking move worked out and
knows when to relax and how to work his arms and other parts of his body
so as to go real fast, stay real legal, and use up little energy. I'm
doing my best to learn all this but 21 years of doing it wrong
is going to be a tough challenge. He has taken all into it well, but
Ron in the only one who has sat down and diagnosed and thought it out.
He's training hard (3/4 to 5 hours a day at 10 to 12,000 feet altitude)
whereas all the others are now on Christmas leave at their homes. 11. Flexi-

dility is pretty stressed in training here. They feel the Russians
and German work on strength too much and thus have legality problems.
A bunch of us have been training on the road for a week. I don't know
what's going on there. That's what I'm trying to discover." Have also heard from Shaul
Ladany, now back in Israel. He left here in July but spent 10 weeks in
South Africa on the way home, participating in six races during that
period. The last of the Olympic trials 1970, which he won in 4:33:48
with second place in 4:45:16 and third 5:02:45. 11. The only one who has
done the Olympic trials 1970, a former T&F legend, Larry Walker in
Michigan. An East German track nut friend of his is after birthdays of
certain race walkers needed to complete a statistical summary of some sort.
I offered to help him and will do so by publishing the brief list he
sent me: Don Deboon, George Diebold, Henry Laskri, Todd Scully, Ray Sowers,
Jerry Brown, Ht Fleming (1/2), and Bill Mihalo. All but Deboon, Fleming,
(whoever he is) and Mihalo are subscribers. I trust those who subscrib-
ate might be kind as to provide Don your birthday so he can pass
it on. Anyone needing the birthdays of the others please drop Don a
line. His address is: 3000 E. 16th St. 1313, Wichita, KS 67205. 

To date, six walkers are qualified for full expenses to next summer's
Olympic Trial in Eugene (under 1:35 from June 1750) on: Jerry Brown, Bob
Kitchen, Larry Young, Todd Scully, John Knight, and Bob Henderson.
To show what an expert I am, I was doodling around one day speculating
on how many qualify for the trials (it takes 1:38 to make it without
travel expenses, you will recall.) I listed 11 walkers I thought might
qualify: 1:38 (I'm not sure why I chose that rather than 1:35) and an addi-
tional 9 who should be under 1:38. Finally I had 6 borderline cases; could
go 1:38 but probably won't. However, my first guess did not in-
clude either Dan O'Connor or Larry Walker (I did peg them for sub 1:38
at least) and they are both under 1:38 already. Sorry I understated you fellows.
..... I see I am missing the boat. Tom Knatt sent me a copy of a Swiss
Race Walking publication covering the Airolo-Chianaos relay. I was surprised
to see ads for several restaurants and cafes as well as vomertum and
beverages to be served by the racers. No massaging machines. At least not 1:36. He
wrote me a letter on such a device. Larry Larson has sent me a copy of the pages on race
walking from World Publications Sportsource. The book is supposed to
give an introduction to every sport imaginable and then lead you to
further information. They say, "And Runner's World magazine, Box 366,
Mountain View, Calif 94040 does the best job in covering the sport."

I think they are about to be removed from my list of freebies. At least
I think I am. I have to give them their timely plugs or you'll cancel your
subscriptions. It's still a worthwhile magazine but not for race walking.

I now have a draft of Jack Britton's letter reporting on the Convention.

The item I have to report reads: A letter was read from Elliott Dervoan
outlining his proposal for the establishment of a National Walking Week
(1976). He said that it will be the first time a national week has been
proposed. The idea is to promote race walking as a sport and to
encourage people to take part. The week would be held in late May
and would last for seven days. The main event would be a race walk
over a distance of 20 km. The week would be used to raise awareness
of race walking and to encourage participation. The proposal is
expected to be discussed at the next Olympic Council meeting.

The proposal is well received, with many expressing support for the
idea. Some believe that race walking is a neglected sport and that
the establishment of a National Walking Week would help to promote
it. Others see it as a way to encourage people to get active and
take part in physical activity. The proposal is scheduled to be
discussed at the next Olympic Council meeting. It is hoped that the
idea will receive widespread support and that a National Walking
Week will be established.
Progression of World 50 km record (From Le Strercher Belge)

1. 4:32:52.0 John Ljunggren, Sweden 29. 7.51 Gislarud
2. 4:31:21.6 Antal Rok, Hongrie 1. 6.52 Budapest
3. 4:29:58.0 John Ljunggren, Sweden 8. 8.53 Pristid
4. 4:27:40.4 Ladesnev Nov, Tchezoe 13. 10.55 Zaojau
5. 4:26:00.8 Miller Skrant, Tcencoe 20. 8.55 Zaojau
6. 4:21:07.0 Ladesnev Nov, Tchezoe 21. 6.56 Prague
7. 4:16:06.0 Vassilev Solmato, USSR 23. 8.56 Moscow
8. 4:10:27.0 Gerhard Wieland, RFA 8. 4.73 Hamburg
9. 4:02:11.4b David Ransky, Littleton, Colo. 10. 11.75 Nerviano

5:56:11.4 Karsten Kammenga, Westbury, N.Y.

ALL-TIME TOP 20 U.S. PERFORMANCES AND 10 PERFORMERS AT 20 KM
(Updated from list in November 1974, U.S.)

1. 1:29:12.6 Ron Laird, Bad Saarow, E.G. 10/15/67
2. 1:29:50.0 Dave Romansky, Longmont, USSS 7/3/73
3. 1:30:10.0tr Larry Young, Columbus, 6/17/72
4. 1:30:05.0tr Romansky, Greenville, S.C. 3/15/72
5. 1:31:21.6 Bill Weigle, Eugene, Oregon 7/1/72
6. 1:31:52.0tr Dooley, San Francisco, 5/12/72
7. 1:32:06.0tr Steve Hayden, Greenbelt, Md. 3/31/70
8. 1:32:15.0tr Romansky, Trenton, N.J. 4/27/70
9. 1:32:15.0tr Dooley, San Francisco, 5/11/72
10. 1:32:52.0tr Dooley, San Francisco, 5/11/72
11. 1:33:52.0tr Bob Kitchen, San Francisco, 5/12/72
12. 1:34:06.0tr Steve Hayden, Eugene, Oregon 7/1/72
13. 1:34:07.0tr Romansky, Paris, France, 7/6/70
14. 1:34:08.0tr Romansky, Long Island, N.Y., 6/12/72

20 Performances

1. 1:32:23.6 Todd Scully, Lago, Sarda, 10/12/73
2. 1:32:21.0 Goetz Kloper, San Francisco, 12/28/69
3. 1:32:28.0 Don Debo, Detroit, Mich., 5/5/68
4. 1:32:43.0 Ron Zinn, Tokyo, Japan, 10/3/64
5. 1:32:51.6tr Jerry Brown, Lafayette, Colorado, 9/10/75
6. 1:33:01.0tr Bill Ranney, San Francisco, 5/12/72
7. 1:33:58.0 Bob Henderson, Frankfurt, W.G. 5/5/74
8. 1:34:10.0 Ron Dunbar, Westbury, N.Y. 4/23/72
9. 1:34:15.0 Floyd Grotwak, Westbury, N.Y., 4/23/72
10. 1:35:00.0tr Andy Palma, Mexico City, Mexico, 10/14/72
11. 1:35:32.0tr Steve Tyrer, Eugene, Oregon, 5/23/72
12. 1:36:50.0tr Ray Somers, Long Beach, Calif., 6/20/68
13. 1:38:40.0tr Larry Walker, Los Angeles, Calif., 12/28/75
14. 1:39:40.0tr Andy Halvra, Santa Barbara, Calif., 5/20/72
5 Years Ago (From the January 1971 issue)—mistakenly dated January 1970)
Karl Hereschutz was in Denver at that time and cleaning up in local races
with no Floyd Godwin or Jerry Brown yet on the scene...In Los Angeles,
Ron Laird set an American Indoor record of 28:41.2 for 4 miles with Larry
Walker just 22 seconds back and Larry Young, just starting a comeback.

5 Years Ago (From the January 1966 issue)—In our big New Year's Eve race
good old Doc Blackburn logged through the mud for 8 miles in 57:10
just holding off two rampaging Jacks who dead-heated in 50:26 (Doc had
started eight minutes ahead). There were nine starters and seven finishers
for the race held in a cold, driving rain on an unmarked course...A week later, Jack B took the measure of Jack H...in a 2 mile
with 1:43:38 to 1:43:43 after opening up 9 seconds with a 7:12 first mile...
The Junior National 10 was won by a guy named Harry Kraft, who I don't
remember at all, in 1:03:34. Roger Duran and Bob Long took the next two
spots...In New York, Ron Daniel ripped off a quick 6:34 mile, his best
ever to that time.

Eileen Smith on her way to an 8:27 mile in New York in late December. Eileen, winner of the women's division in this race,
also won the Coney Island 10 mile handicap. Lapping her is
Ray Floriani who walked a personal best 7:13, finishing fourth
in this race. (Photo by Ray Floriani, Sr.)