

# OHIO RACEWALKER



Ohio Race Walker  
184 Summit Street  
Columbus, Ohio 43202

VOLUME XI, NUMBER 11

COLUMBUS, OHIO

JANUARY 1976

## LAIRD OFFICIAL WINNER IN NATIONAL POSTAL 1 HOUR

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 746 yard performance in the record book for 5 years. Ron, apparently in a jovial mood when he wrote, also feels that "if dumb ass Scully had paced himself sensibly he could have got it". Be that as it may, and not wanting to start any fisticuffs through these pages, let us turn to the results.

SENIOR-OPEN DIVISION: 1. Ron Laird, NYAC 8 miles 612 yds 2; Todd Scully, Shore AC 8 mile 580 yds 3. Wayne Glusker, West Valley TC 7 miles 1736 yds 4. John Knifton, NYAC 7 mi 1677 yds 5. Tom Dooley, GWTC 7 mi 1596 yds 6. Larry Walker, Beverly Hills Striders 7 mi 1552 yds 7. Jerry Lansing, un. 7 mi 1399 yds 8. Ron K.lik, NYAC 7 mi 1203 yds 9. Manny Adriano, WVTC 7 mi 1055 yds 10. Ron Daniel, NYAC 7 mi 894 yds 11. Bob Korn, WVTC 7 mi 760 yds 12. Bob Falciola, Shore AC 7 mi 699 yds 13. Gary West-erfield, LIAC 7 mi 538 yds 14. Tom Knatt, North Bedford Club 7 mi 490 yds 15. Steve Dibernardo, un. 7 mi 460 yds 16. John Fredericks, Shore AC 7 mi 358 yds 17. Dave Eidahl, un. 7 mi 285 yds 18. Pete Banko, Snohomish TC 7 mi 220 yds 19. Dennis Reilly, FHS 6 mi 1752 yds 20. Derek Johnson, Eng. 6 mi 1688 yds 21. George Jattarulo, NMC 6 mi 1649 yds 22. Roger Duran, WVTC 6 mi 915 yds 23. Ray Parker, BHS 6 mi 715 yds 24. Hank Klein, Virgin Islands 6 mi 639 yds 25. Dave Hall, un. 6 mi 613 yds 26. Faul Kaald, Snoh. 6 mi 187 yds 27. Steve Lund, un. 6 mi 113 yds  
Teams: 1. New York AC--11 2. WVTC--19 3. Shore AC--24

MASTERS DIVISION: 1. Rudy Haluza, FHS 7 mi 843 yds 2. Ion Barbu, LIAC 6 mi 1642 yds 3. John Boitano, Stratford Spartans 6 mi 1497 yds 4. John Kelly, FHS 6 mi 1192 yds 5. Tony Medeiros, NMC 6 mi 1077 yds 6. Don Johnson, Shore AC 6 mi 825 yds 7. Howard Barnes, Stratford 6 mi 591 yds 8. Bill Omeltchenko, NYPC 6 mi 452 yds 9. Justin Gershuny, FHS 6 mi 445 yds 10. Bruce MacDonald, NYPC 6 mi 442 yds 11. Jim Fields, BHS 6 mi 268 yds 12. Hal McWilliams, FHS 6 mi 99 yds 13. Bob Lon, FHS 6 mi 29 yds 14. Bill Lloyd, Shore AC 6 mi 1249 yds 16. Sanford Kalb, Shore AC 5 mi 588 17. A.C. Linnerud, un. 5 mi 440 yds TEAM: 1. Beverly Hills Striders--7 CLASS B: 1. Ray Floriani, Shore AC 7 mi 590 yds 2. Dibernardo 3. Bob Hickey, LA Police 7 mi 93 yds 4. John Shilling, NYPC 6 mi 1290 yds 5. Duke Heneles, OCE 6 mi 1162 yds 6. Bruce Douglas, Stratford 6 mi 1153 7. Mike Segal, Stratford 6 mi 926 yds 8. Carl Warrell, ELATC 6 mi 884 yd 9. Fred Spector, Shore AC 6 mi 730 yds 10. Dave Hall, un. 6 mi 613 yds



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11. Wes Edwards, un. 6 mi 463 yds 12. Jim Fields 13. John McCabe, Lewis & Clark 6 mi 4 yds 14. Robert Baxter 5 mi 437 yds 15. W.J. Rhodes Sr., 4 mi 718 yds

JUNIOR DIVISION: 1. Bob Rosencrantz, Snohomish 7 mi 287 yds 2. Tom Ambury, USMA 6 mi 1445 yds 3. Alex Turner, Shore AC 6 mi 1177 yds 4. Mark Rauscher, Shore AC 6 mi 773 yds 5. Tracy Teegarden, Blue Angels 6 mi 752 yds 6. David Radford, un. 6 mi 463 yds 7. Sam DeLosSantos, Shore AC 6 mi 20' yds 8. Michael Dragonetti, LIAC 6 mi 175 yds 9. David Pascal, BHS 6 mi 147 yds 10. Leonard Burkhead, un. 5 mi 1759 yds 11. Brad Bentley, BHS 5 mi 1719 yds 12. Mark Levinson, un 5 mi 1638 yds 13. Eric Zucker, un 5 mi 979 yds 14. Mike O'Donnell, un 5 mi 634 yds 15. Greg Bentley, BHS 5 mi 588 yds.....22. Eileen Rhoades, Jr. Striders (age 6) 3 mi 957 yds TEAM:-1. Shore AC--6 2. Beverley Hills S.--15

#### REPORT FROM NATIONAL RACE WALKING COMMITTEE MEETING

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--24:40. (The last one doesn't make much sense since 24:00 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 MacDonald. Outstanding Association for 1975--New Jersey. Joe Tigerman 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 Chairman Jack Bitano. We will pass on those things of greatest interest in the next issue.

#### 1976 SENIOR NAAU RACE WALKING CHAMPIONSHIPS

10 Km	May 15	Boulder, Colorado
15 Km	May 29	Chicago, Illinois
20 Km	May 2 or 9	New York, New York
25 Km	April 17	Seattle, Washington
30 Km	Aug. 28	Des Moines, Iowa
35 Km	Nov. 7	Pittsburgh, Pennsylvania
40 Km	Aug. 8--	Long Branch, New Jersey
50 Km	Aug. 15	Columbia, Missouri
75 Km	April 11	West Long Branch, New Jersey
100 Km	April 3	Longmont, Colorado
1 Hour	?	Los Angeles, California

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

#### 1976 NAAU CLASS B RACE WALKING CHAMPIONSHIPS

10 Km	May 2	Portland, Oregon
15 Km	Sept. 5	Mackinac Island, Michigan
20 Km	June 4	Kenosha, Wisconsin
25 Km	Nov. 21	Chicago, Illinois
30 Km	Oct. 23	Columbia, Missouri
35 Km	?	Pittsburgh, Pennsylvania

40 Km	Aug. 8	Long Branch, New Jersey
50 Km	Nov. ?	Columbia, Missouri
75 Km	April 11	West Long Branch, New Jersey
100 Km	April 3	Longmont, Colorado
1 Hour	?	Los Angeles, California

#### 1976 NAAU MASTER'S RACE WALKING CHAMPIONSHIPS

10 Km	?	Chicago, Illinois
15 Km	June or July	Fullerton, California
20 Km	April 4	Raleigh, North Carolina
25 Km	April 25	Verona, New Jersey
30 Km	Oct. 23	Columbia, Missouri
35 Km	Nov. 21	Houston, Texas
40 Km	Aug. 8	Long Branch, New Jersey
50 Km	Nov. ?	Columbia, Missouri
75 Km	April 11	West Long Branch, New Jersey
100 Km	April 3	Longmont, Colorado
1 Hour	?	Los Angeles, California

#### 1976 NAAU JUNIOR RACE WALKING CHAMPIONSHIPS

3 Km	June 26	Pittsburgh, Pennsylvania
5 Km	May 2	Portland, Oregon
15 Km	July 4	Chicago, Illinois
20 Km	Aug. 1	Long Branch, New Jersey
1 Hour	?	Los Angeles, California

#### RESULTS:

First, more complete results on the race in which Bernd Kannenberg broke the world's 30 mile and 50 Km records. 1. Bernd Kannenberg, W.G. 3:56:51.4 (23:14, 46:28, 1:09:53, 1:33:12, 1:56:28, 3:20:06, 2:44:01, 3:07:52, 3:32:07)--the guy obviously needs a little conditioning as he was steadily slowing after 20 km and barely held 8 minute pace over the last 5 Km. 2. Vittorio Visini, Italy 4:08:09.6 (23:36, 47:15, 1:11:00, 1:34:26, 1:57:55, 2:21:54, 2:47:28, 3:13:29, 3:40:21) 3. Franco Vecchio Italy 4:19:37.6 (8 finishers) 5.5 Mile, Lowell, Mass., Nov. 19--1. Charles Scott, ME 51:28 2. Dennis Slattery 45:00 (Handicap, actual times shown) 3. George Lattarulo 49:51 4. Fred Brown Sr. 62:53 5. Sig Podlozny 71:05 5.5 Mile, Lowell, Dec. 10--1. Mike Regan 48:25 2. Dennis Slattery 44:22 3. Jim Regan 46:33 4. George Lattarulo 47:40 5. Tony Medeiros 48:45 6. Fred Brown Sr 67:55 7. Sig Podlozny 67:57 5.5 Mile, Lowell, Dec. 17--1. Jim Regan 48:42 2. Tony Medeiros 49:05 3. Charles Scott 50:47 4. George Lattarulo 54:20 5. John Farrell 55:15 6. Sig Podlozny 64:30 7. Fred Brown Sr. 64:47 2.5 Mile, Lowell, Dec. 24 (deep snow, high winds, cold)--1. George Lattarulo 37:50 2. Sig Podlozny 43:55 3. Fred Brown 58:43 NJAU 15 Mile, Long Branch, Nov. 26--1. Ray Floriani 2:05:14.4 2. Bob Balciola 2:07:59 3. Bob Mimm 2:12:49 4. Fred Spector 2:24:05 5. Cliff Mimm 2:31:17 6. Don Johnson 2:33:57 7. Bill Hakulich 2:34:28 (14 finishers) NJAU 20 Mile, Nov. 9--1. Bob Mimm 3:17:09 2. John Fredericks 3:22:46 3. Bill Hakulich 3:28:27 4. Ben Ottmer 3:45:12 5. Don Johnson 3:43:30 6. Alan Wood 3:56:40 10 Mile, Long Branch, Nov. 23 (Handicap)--1. Carl Alderson 1:37:06 2. Dr. Daniel Marzana 1:47:45 3. Bob Mimm 1:22:56 4. Ron Daniel 1:18:12 5. Sam DeLosSantos 1:36:56 6. Elliott Derman 1:38:32 7. Alex Turner 1:30:03 9. Fred Spector 1:32:08 10. Ray Floriani 1:20:36 11. Bill Leonard 1:46:36 12. George Garland 1:47:25 10 Km, Long Branch, Dec. 14--1. Ron Daniel 47:55.8 2. John

Fredericks 48:31 3. Bob Falciola 48:53 4. Bob Minn 51:18 5. Steve Cassarella 52:14 6. Alex Turner 55:18 Polar Bear 10 Mile, Asbury Park, N.J., Dec. 21--1. Bob Falciola 1:24:09 2. John Fredericks 1:24:34 3. Ray Floriani 1:25:33 4. Bob Minn 1:30:47 5. George Lattarulo 1:36:21 6. Fred Spector 1:39:15 7. Ben Ottmer 1:40:25 8. Alan Wood 1:51:14 9. Ray Floriani Sr. 1:51:37 10. Clarence Swain 1:52:24 (Cold, windy, and icy) 1 Mile (Indoors), College Park, Maryland, Dec. 7--1. Sal Corrallo 7:36 2. Tim Good 8:15 3. Krista Corrallo 9:15 1 Mile, New York, Dec. 4--1. Ron Kulik 6:42 2. Ron Daniel 6:43 3. Jack Boitano 6:56 Women's 3 Mile, Largo, Md., Dec. 13--1. Krista Corrallo 31:33 2. Gwen Good 35:24 6 Mile, Same place--1. Bob Kitchen 46:52 2. Sal Corrallo 49:51 3. Tom Hamilton 51:12 3 Km, Washington, D.C., Dec. 13--1. Sal Corrallo 14:38 2. Tom Hamilton 15:02 3. Tom Skelly 16:51 1 Mile, College Park, Md., Dec. 21--1. Sal Corrallo 7:31.7 2. Tim Good 8:10.2 3. Joel Holman 8:59 4. Pete Estelle 9:55 Jr. 880, College Park, Jan. 4--1. Sam DeLosSantos 4:04 2. Clarence Swangard 4:09 3. Charles Shapiro 4:11 1 Mile, same place--1. Bob Kitchen 7:02 2. Carl Schueler 7:09 3. Tom Hamilton 7:18 Women's 5 Km, Washington, D.C.--1. Joan Threadgill 33:52 2. Ruth Hamilton 34:58 3. Gwen Good 35:20 Jr. 5 Km, same place--1. Alex Turner 26:49 2. Tim Good 29:25 10 Km, same place--1. John Fredericks 48:58 2. Bob Falciola 49:20 3. Alan Price 50:06 4. Sal Corrallo 50:37 5. Ray Floriani 51:44 6. Tom Hamilton 53:56 7. Tim Good 57:00 8. Alex Turner 57:13 9. Wes Matthews 62:04 10. Paul Robertson 62:45 1 Mile, Richmond, Va., Jan. 10--1. John Fredericks 6:56 2. Bob Kitchen 7:03 3. Tom Hamilton 7:05 4. Bob Falciola 7:12 5. Alan Price 7:06 6. Bruce LaBede 7:18 7. Art Mark 7:20 6.15 Mile, Mt. Vernon, Va., Jan. 17--1. Bob Kitchen 50:11 2. Tom Hamilton 50:12 3. Alan Price 51:38 1 Mile, College Park, Md., Jan. 18--1. Bob Kitchen 7:09 2. Sal Corrallo 7:16 3. Paul Robertson 8:04 20 Km, Floral City, Florida, Dec. 21--1. Bob Henderson and Dan O'Connor 1:36:15 (24:00, 48:12, 1:12:13) 3. Hank Klein 1:51:27 5 Km (Hden), Lakeland, Florida, Jan. 11--1. Jeff Stillwell 35:00 2. Rocki Collins (14) 34:17 3. Sperry Rademaker 27:30 4. Pat Looree (15) 38:12 5. Winfield Webb 82:14 6. John Scimone 27:54 7. Kathy Gates (11) 34:45 8. Hank Stephenson 32:16 New Year's Eve Race, Springfield, Ohio, Dec. 31--In the sleet on a .45 mile lap, Jack Elackburn did 6.3 miles in 57:12 and his father Doctor John 5.4 miles in 57:40. Newcomer Terry McClune did 4.05 miles, but I seem to have missed the time and Jack's children-to-be, when he remarries in July, also walked, with Jimmy going 2 1/2 in 32 plus and Leslie 2.7 in 37 plus. That's sort of the results, anyway. 4 1/2 Miles plus, Columbus, Ohio, Jan. 9 (5 laps of approximate 1620 yard lap)--1. Jack Mortland and Laurie Tuchalski 45:47 3. Carol Mohanco 47:08 4. Cindy and Mary 46:40 for 4 laps--walked through 4 or 5 inches of snow on about 3/4 of the loop and slush on the rest. Laurie could not be dropped and is going to be very tough. She has not competed since 1972, when she had a best mile of 7:48 while walking for the Toledo Roadrunners. Now working at University Hospital in Columbus she is just starting back. With no snow, I can still stay a bit ahead of her but not by much and maybe not for long. 3 Mile, Springfield, Ohio, Jan. 16--1. Jack Elackburn 27:20 or so 2. Tim Elackburn 30:08 or so 3. Terry McClune 30:40 or so. These times came from a casual conversation with Jack during a casual 3 mile at his father's house this afternoon and that is the best I remember them 1 Mile, Kenosha, Wis., Dec. 4--1. John VanDenBrandt 7:24.4 2. Al Halbur 8:46.4 1 Mile, Chicago, Dec. 20--1. Jim Heiring, UW-Parkside 6:43.6 2. Chris Hansen, UW-P 7:09.7 3. Don Fitzpatrick, E. New Mexico 7:11.8 4. John VanDenbrandt, UW-P 7:16.9 5. Steve O'Brien, ENM 7:26.0

2 Miles, Racine, Wis., Jan. 10--1. Jim Heiring 14:27 2. Chris Hansen 15:49.6 3. John VanDenBrandt 15:49.7 4. Bill Hamilton, UW-Hamilton 15:53.8 5. Al Halbur, UW-Parkside 17:09 6. Larry Larson, Lakeshore Olympians 17:36.6 7. Dennis Zielinski 18:29.6 8. Marty Powers 19:38 2 Mile, Chicago, Jan. 17--1. John VanDenBrandt 15:29 2. Steve Pecinovsky, Notre Dame 16:17 3. Al Halbur 17:09 MVAU 50 Km, Nov. 9--1. Augie Hirt 4:55:15 2. Dave Leuthold 5:41:05 3. Rob Spier 5:53:05 10 Km, Columbia, Mo., Nov. 15--1. Augie Hirt 48:28 (7:41, 15:25, 23:10, 30:55, 38:39, 46:47) 2. Jerry Young 54:05 3. Jim Breitenbacher 57:28 4. Rob Spier 60:49 5. Randy Bakewell 61:21 6. Leonard Bisen 64:12 7. Mark Young 64:32--Larry Young DNF, 30:56 at 4 miles 7 Mile Hden., Los Angeles, Dec. 21--1. Bob Hickey 59:20 2. Ed Bouldin 57:14 3. Hal McWilliams 69:24 4. Dave Hall 66:35 5. Eric Janke 88:00 6. Larry Walker 57:18 20 Km (Track), Los Angeles, Dec. 28--1. Larry Walker 1:35:40 2. Bob Hickey 1:53 3. David Hall 2:02 4. Jane Janousek 2:22:27 1 Mile, Los Angeles, Dec. 7--1. Larry Walker 6:26.7 20 Km, San Francisco, July 20 (late news)--1. Wayne Glusker 1:35:45 (7:29, 14:56, 22:25, 29:59, 37:38, 45:25, 53:11, 61:05, 69:04, 77:18, 85:23, 83:23) 2. Bill Ranney 1:36:50 3. Bryan Szazelle 1:37:50 50 Km, Sacramento, March 8 (even later news)--1. Wayne Glusker 4:56:57--Tom Dooley 25 miles in about 4 hours. 20 Mile, Sacramento, Nov. 30--1. Wayne Glusker 2:49:43 (actually 380th place in a running race with 518 finishers--he was walking) 2. Jarry Lansing 2:55:45 (411th overall) 7 1/2 Miles, Tigard, Ore., Jan. 10--1. John McCabe 1:11:43 2. Don Jacobs 1:22:56 20 Km, Toronto, Sept. 28--1. Alex Oakley 1:38:48 2. Pat Farrelly 1:40:22.8 3. Roman Olaszewski 1:47:01 10 Mile Hden., Fielph, Ont., Oct. 13--1. Roger McEachern 1:35:54 (20 min) 2. Pat Farrelly 1:36:56 (scratch) 3. Roman Olaszewski 1:37:12 (5 min) 4. Brian Burke 1:39:32 (12 min) 15 Km, Toronto, Nov. 8--1. Glenn Sweazey 1:12:56 2. Pat Farrelly 1:14:33 3. Grant Wach 1:24:33 4. Robert Scollard 1:24:50 5. Brian Burke 1:29:59 6. Roger McEachern 1:26:40

OVERSEAS  
SEAP Games 20 Km, Bangkok, Dec. 14--1. Win Kyi, Rma 1:41:28.8 2. R. Nadarajah, Singapore 1:42:27.6--Khoo Chong Feng, Malaysia, was first, but was DNF, a fact he was not informed of until 2 hours after the race and after he had been called for a doping test. Apparently a rather suspect and controversial decision. 7 Mile, Enfield, Eng., Nov. 8--1. Brian Adams 50:09 2. Amos Seddon 50:31 3. Carl Lavton 50:42 4. Mike Dunion 51:00 5. Steve Gower 51:18 6. George Chaplin 51:54 7. Alan Buchanan 51:55 (Incidentally, I owe Alan, editor of Race Walking Record with whom I exchange publications, an apology. Last summer in these pages I referred to him as an Englishman, something you just don't call one who hails from Scotland. I try to be quite careful to always talk about Soviet walkers as opposed to Russians, as Ukrainians, for example, do not appreciate in the least being called Russians. I tend to forget that same sort of feeling prevails in the British Isles but am going to endeavor to be more proper in the future. Sorry Alan, old chap.) Women's 5 Km, Enfield, Nov. 8--1. Judy Farr 25:49 2. Christine Coleman 26:00 3. Sally Wish 26:54 Women's 5 Km (track), Luton, Oct. 25--1. Judy Farr 25:36 2. Marian Fawkes 25:39 3. Christine Coleman 25:59 4. Sally Wish 27:17--The British showed 12 walkers under 1:35 and 35 under 1:40 at 20 Km this year. At 50, they had 6 under 4:30 and 36 under 5 hours. 50th place in their 10 Km list (on the track) was 49:00, with 15 under 46:00. They rather put our annual lists to shame.

## FORTHCOMING COMPETITIONS IN THE RACE WALKING SPORT

- Sat. Feb. 7---10 Km, Columbia, Mo. (D)  
 Sat. Feb. 14---10 Km and Women's 1 Mile (Indoor), Champaign, Ill., Noon (A)  
 Sat. Feb. 21---12 Mile, Columbia, Mo., 9 a.m. (D)  
     6 Mile Hdcp., Women's 3 Mile, Fairfax, Va., 3 P.M. (E)  
 Sun. Feb. 22---20 Km, Long Branch, N.J., 1:15 p.m. (B)  
     4 Mile Hdcp., Lakeland, Florida, 8:30 a.m. (C)  
 Fri., Feb. 27---MAU 2 Mile and Women's 1 Mile, New York  
 Sat. Mar. 6---5 Mile, Columbia, Mo., 9 a.m. (D)  
 Sun. Mar. 7---10 Km and Women's 1 Mile (Indoor), Champaign, Ill., Noon(A)  
 Sat. Mar. 14---20 Km, Long Branch, N.J., 1:15 p.m. (B)  
     25 Km, Lakeland, Fla., 7 a.m. (C)  
     5 Km, Kenosha, Wis., 1:30 p.m. (K)  
 Sat. Mar. 20---3 Mile, Columbia, Mo., 11 a.m. (D)  
 Sat. Mar. 27---Wis. ANU 1 Mile, Whitefish, 9 p.m. (K)  
 Sat. Apr. 3---YVAU and Open 1 Hr., Columbia, Mo., 2 p.m. (D)  
     MAU SENIOR 100 KM, LONGMONT, COLORADO, ALSO B & MASTERS (F)  
 Sun. Apr. 4---MAU MASTERS 20 Km, RALEIGH, NC  
 Add:  
 Sat. Feb. 7---Indoor 3 Mile, Racine, Wis., 11:50 a.m. (K)  
 Sun. Feb. 8---Indoor 2 Mile, Highland Park, Ill., 9 a.m. (K)  
 Sat. Feb. 14---Indoor 2 Mile, Oshkosh, Wis. (K)  
 Sat. Feb. 21---MAIA Indoor 2 Mile, Greensboro, N.C.

## Contacts:

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 E---Sal Corrallo, 19031 Capehart Dr., Gaithersburg, MD 20760  
 F---Pete VanArsdale, 2930 E. Iliff, Denver, CO 80210  
 K---Larry Larson, 909 Ostergaard, 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

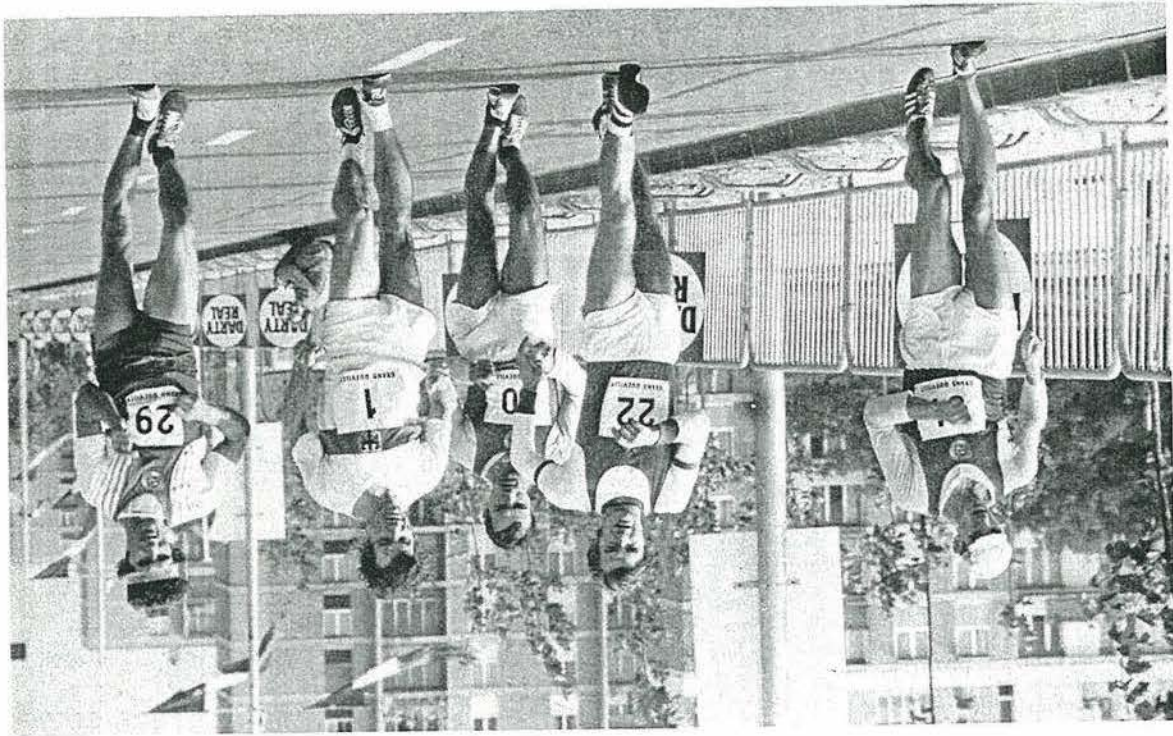
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## FROM HEEL TO TOE

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 Lugano 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 Snazelle up a few slots and gives Bill Ranney a better time. Finally, there were the good late season races by Walker and O'Connor, reported above. So, without all the detail, the top 20 should read: 1. Ron Laird 1:31:50.0 2. Jerry Brown 1:32:51.6 3. Bob Kitchen 1:34:15 4. Larry Young 1:34:15.6 5. Todd Scully 1:34:15.6 6. John Knifton 1:34:21 7. Bob Henderson 1:34:24 8. Dave Romansky 1:34:47.5 9. Larry Walker 1:35:40 10. Wayne Glusker 1:35:45 11. Tom Dooley 1:35:52 12. Dan O'Connor 1:36:15 13. Ron Daniel 1:36:34 14. Bill Ranney 1:36:50 15. Bryan Snazelle 1:37:50 16. Augie Hirt 1:40:33 17. Jim Bean 1:41:03 18. Ed Bouldin 1:40:20 19. Bob Rosencrantz 1:41:53 20. Bob Falcicola 1:41:55.5....At 50, Glusker's 4:56:57, not reported to me earlier

moves him to 9th place....Chris Clegg has become a triple Centurion. In October he joined the Australian Centurion Club completing a 100-mile race in 22:34:14. 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 1, there was some dissatisfaction with the conduct of the Postal 1 Hour, beyond the mere fact that perhaps a Rational title should not be decided by mail. Ron Daniel has summarized his complaints and these seem to pretty well sum up other opinions I have heard. I publish 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 deadline for entering was not adequately publicized (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 so, can T. Scully turn in a performance on September 28? 8) Even now, 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 read 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 is off to a good start. His address is 99 Norwood St., Normandy, Dunedin, New Zealand 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 great thirds in Lugano Cup competition, proving his ability to compete with anyone, but has really not found Olympic years much to his liking as yet. In his first report from down there at the first of December, he described his quarters at the Mexican Olympic training facility in Mexico City. He, and Mary Hovey who traveled to Mexico with him, had been invited to spend some time there by Mexican national walking coach Jerzy Hausleber, who he first met in Warsaw in 1958. As a matter of fact, Jerzy insisted they stay at the training headquarters. In that letter, Ron wrote, "Gymnasiums, weight rooms, class rooms, a 50 meter pool, 8-lane tartan track, dorms, dining hall, bicycle track, and administrative buildings make up this facility. There is also a road 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 morn for a long session 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 coach follows the group in a small bus and with a whistle and stop 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. It is truly amazing. They say I've got too short of a stride and not good flexibility plus I'm about 10 pounds overweight...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 football (soccer), easy race walking, swimming and other specific exer-

Lugano 50 at about 20 km. Shown are eventual winner Lyungin; Pilarski, E. G.; Svetsnikov, USSR; Weidner and Soldstenko. (Photo by Wayne Glusher)



Start of last fall's Lugano 50 km. Those identifiable are: Garcia, France (33); Soldstenko, USSR (29); three East Germans between Soldstenko and Vecchio; Italy (17); Lyungin, USSR (white cap); 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 bet them ready for the Games in Canada." Ron wrote again at the first of January and reported that they were by then living 13 Km SW of Toluca (look at your map) with a rich Mexican man Ron had met and who had talked them into coming there to live (or vice versa). In that letter, he wrote, "Been training with Raul Gonzales quite a lot. Now there is a guy with a fast and super legal style. I'll put my money on him for gold in Montreal. He's done 3:30 for 1 Km (about 5:00 mile pace) and was legal. He's 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 after 21 years of doing it wrong its going to be a tough challenge. Hauserleber has taken all into it well, but Raul is the only one who has sat down and diagramed and thought it out. He's training hard (3 1/2 to 5 hours a day at 10 to 12,000 feet altitude) whereas all the others are now on Christmas leave at their homes. Flexibility is greatly stressed in training here. They feel the Russians and Germans work on strength too much and thus have legal problems. A bunch of skinny little guys doing 1:26's must have something going for them. 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 these was their National 50, which he won in 4:33:48 with second place in 4:45:46 and third 5:02:45....Had a phone call and then a note from Don Steffens, a former T&F News staffer now living in Wichita. An East German track nut friend of his is after birthdates 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 DeLoon, Greg Diebold, Henry Laskau, Todd Scully, Ray Somers, Jerry Brown, Walt Fleming (?), and Bill Mihalo. All but DeLoon, Fleming, (whoever he is) and Mihalo are subscribers. I trust those who do subscribe might be so kind as to provide Don your birthdate so he can pass it on. Anyone knowing the birthdates of the others please drop Don a line. His address is: 3800 E. 16th St. #113, Wichita, KS 67208.... To date, six walkers are qualified for full expenses to next summers Olympic Trial in Eugene (under 1:35 from June '75 on): Jerry Brown, Bob Kitchen, Larry Young, Todd Scully, John Knifton, and Bob Henderson. To show what an expert I am, I was doodling around one day speculating on how many might qualify for the trials (it takes 1:38 to make it without travel expenses, you will recall.) I listed 11 walkers I thought might break 1:36 (I'm not sure why I chose that rather than 1:35) and an additional 9 who should be under 1:38. Finally I had 6 borderline cases; could get under 1:38 but probably won't. However, my first group did not include either Dan O'Connor or Larry Walker (I did peg them for sub 1:38 at least) and they are both under 1:36 already. Sorry I underrated you fellows. ....I see I am missing the boat. Tom Knatt sent me a copy of a Swiss Race Walking publication covering the Airolo-Chiasso relay. I was surprised to see ads for several restaurants and cafes as well as vernouth and, believe it or not, sewing machines. At least the ad had a picture of such a device....Larry Larson has sent me a copy of the pages on race walking from World Publications Sportssource. 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 through giving them timely plugs. But don't cancel your subscriptions. It's still a worthwhile magazine but not for race walking.

I now have a draft of Jack Boitano's letter reporting on the Convention. One item I have to report reads: "A letter was read from Elliott Denman outlining his proposal for the establishment of a World Walking Week... (good merit, but essentially shot down.) However, it goes on... There was some talk of the possibility of forming a National Walking Week, perhaps sponsored by the Ohio Race Walker patterned after the just concluded National Running Week sponsored by Runner's World." Now wait a minute guys. Better you should say sponsored by Jack Kortland because that is all the ORW is. The last I looked Runner's World had something like 40-50,000 subscribers, a staff of a dozen or more, and is part of a publishing empire of 10 or so magazines. The ORW has a circulation of about 260, a staff of one or less, and a deficit of around \$100 per year. We sponsor the Ohio Racewalker, because we feel some means of communication is necessary in the sport, and that is about all we can afford in either time or money. The old Cash Book actually shows that since this became a one-man operation in October 1968 through December 1975 \$4121.48 came in and \$4632.48 has gone out. And this is really a lot more than a \$500 deficit since if another penny-never comes in I still owe about 250 subscribers an average of 8 or 9 months of ORWs. Not to mention that the 15 or so hours a month I put in on it is worth a few bucks. I do this because I enjoy it, because I know there is a need, and because I know from many sincere expressions of gratitude from many readers through the years that it is appreciated. But I don't really need anything else laid on. Sorry, but the ORW is not available as a sponsor. However, the pages are open as a forum for any discussion on such matters as a National Walking Week,.... Having said the above, I hope no one gets the idea I am either crying or begging. I'm not. I operate at a loss mainly because I have chosen to. I have not been inclined to make a business out of the paper. I am sure I could get some advertising revenue if I cared to bother. I don't. I would rather see the pages filled with editorial material, as inane as some of it might be. I could raise the price. I am, as noted last month. Starting with this issue, the ORW costs you \$4.00 per year. (Still a real bargain. Track Newsletter, published by Track and Field News, has about the same number of pages per year, nothing but results and occasional statistical material, and hits you for 10 bucks.) Those of you who sent me \$4.00 last month jumped the gun and have had 4 months tacked onto your subscription for the extra buck. Again shows what a shrewd money-maker I am. I am looking at the possibility of a second-class permit, which should knock the postage slightly below the level prior to the increases and allow me to use the extra buck to cover higher costs, a few more pictures (providing you send them), and a few more pages (providing I have something worthwhile to put on them.) Enough said.... Other Convention notes: Contingent upon the availability of the Canadians, the U.S.-Canada dual meet will be revived with a match in Baltimore on May 22 and 23. The events will be 20 and 35 Km. Jack Boitano has designated the National 25 in Seattle as a qualifier for the 35 and the National 20 in New York on May 2 or 9 as a qualifier for the 20.... I hope everyone else is now as confused as I apparently was when I typed some of that misinformation a few pages back. The qualifying standard for the Olympic Trials is 1:36 for full expenses, not 1:35. Dan O'Connor did not better 1:36, he did 1:36:15. He probably will better 1:36. Larry Walker did better 1:36 and should be added to those already qualified along with Wayne Glusker. I hope that is all straight now and that those who were talking about that idiot Kortland a few minutes ago have persevered to read this far to learn that I might be dumb but I sure aint stupid.

## Progression of World 50 Km record (From Le Marcheur Belge)

4.32.52.0	John Ljunggren	Suède	29. 7.51	Gislaved
4.31.21.6	Antal Roka	Hongrie	1. 6.52	Budapest
4.29.58.0	John Ljunggren	Suède	8. 8.53	Fristad
4.27.28.4	Ladislav Moc	Tchécos.	13.10.55	Znojmo
4.26.05.2	Milan Skront	Tchécos.	30. 4.56	Krnov
4.21.07.0	Ladislav Moc	Tchécos.	21. 6.56	Prague
4.16.08.6	Sergey Lobastov	URSS	23. 8.58	Moscou
4.14.02.4	Abdon Pamich	Italie	19.11.61	Rome
4.10.51.8	Christoph Höhne	RDA	16. 5.65	Potsdam
4.08.05.0	Christoph Höhne	RDA	18.10.69	Berlin
4.04.19.8	Peter Selzer	RDA	3.10.71	Naumburg
4.03.42.6	Veniamin Soldatenko	URSS	5.10.72	Moscou
4.00.27.2	Gerhard Weidner	RFA	8. 4.73	Hamburg
3.56.51.4	Bernhard Kennenber	RFA	16.11.75	Nerviano

ALL-TIME TOP 20 U.S. PERFORMANCES AND 40 PERFORMERS AT 20 KM  
(Updated from list in November 1974 ORW)

1.	1:29:12.6	Ron Laird, Fad Saarow, E.G., 10/15/67
2.	1:29:50.0	Dave Romansky, Leningrad, USSR 7/23/70
3.	1:30:10.0tr	Larry Young, Columbia, Mo. 5/7/72
	1:30:11.8tr	Romansky, Greenvale, N.J. 3/15/70
	1:30:26.0	Laird, London, England 8/13/69
	1:30:27.0	Laird, West Germany, 11/ /73
4.	1:30:39.8tr	Tom Dooley, San Francisco, 5/9/71
	1:30:45.0	Laird, Lugano, Switzerland 10/12/73
	1:30:46.0	Romansky, Eschborn, W.G., 10/10/70
	1:30:50.0	Dooley, Eschborn, W.G., 10/10/70
	1:31:10.8tr	Romansky, Trenton, N.J., 4/11/70
5.	1:31:30.4tr	John Knifton, Pine Plains, N.Y., 9/29/74
	1:31:39.6tr	Laird, Walnut, Cal., 10/29/67
	1:31:50.0	Laird, Seattle, Wash., 3/23/75
	1:31:52.0tr	Dooley, San Francisco, 5/11/72
6.	1:31:52.0tr	Bob Kitchen, San Francisco, 5/11/72
	1:31:54.0tr	Laird, Hamburg, W.G., 9/16/73
	1:31:56.8tr	Romansky, Paris, France, 7/8/70
7.	1:32:06.0tr	Steve Hayden, Greenvale, N.J., 3/11/70
	1:32:14.0tr	Romansky, Long Island, N.Y., 6/18/72
-----20 Performances		
8.	1:32:23.6	Todd Scully, Lugano, Switz., 10/12/73
9.	1:32:24.0	Goetz Klopfer, San Francisco, 12/28/69
10.	1:32:28.0	Don DeLoon, Detroit, Mich., 5/5/68
11.	1:32:43.0	Ron Zinn, Tokyo, Japan, 10/15/64
12.	1:32:51.6tr	Jerry Brown, Lafayette, Colorado, 8/10/75
13.	1:33:21.0tr	Bill Ranney, San Francisco, 5/14/72
14.	1:33:58.0	Bob Henderson, Frankfurt, W.G., 5/5/74
15.	1:34:10.0	Ron Daniel, Westbury, N.Y., 4/23/72
16.	1:34:15.0	Floyd Godwin, Westbury, N.Y., 4/23/72
17.	1:35:00.2	Rudy Haluza, Mexico City, Mexico, 10/14/72
18.	1:35:30.4tr	Steve Tyrer, Eugene, Oregon, 5/23/72
19.	1:35:39.0	Ray Somers, Long Beach, Calif., 6/29/68
20.	1:35:40tr	Larry Walker, Los Angeles, Calif., 12/28/75

21.	1:35:41.8	Martin Rudow, Pomona, Calif., 4/6/69
22.	1:35:50.0	Wayne Glusker, San Rafael, Calif., 7/20/75
23.	1:36:22.0	Bill Weigle, Detroit, Mich., 10/29/72
24.	1:36:35.0	Jack Mortland, Tokyo, Japan, 10/15/64
25.	1:36:15.0	Dan O'Connor, Floral City, Florida, 12/21/75
26.	1:36:40.0	Akos Szekely, Chicago, Ill., 3/31/63
27.	1:37:02.0	Henry Laska u, 1952
28.	1:37:25.0	Phil McDonald, Worthington, Ohio, 3/18/72
29.	1:37:35.0	Bob Bowman, Detroit, Mich., 5/5/68
30.	1:37:37.8	Ron Kulik, Eschborn, W.G., 10/10/70
31.	1:37:50.0	Bryan Szazelle, San Rafael, Calif., 7/20/75
32.	1:37:57.0	Greg Diebold, Westbury, N.Y., 4/23/72
33.	1:38:06.0	Art Mark, McKeesport, Pa., 5/29/65
34.	1:38:07.0	Jim Bean, Seattle, Wash., 12/10/72
35.	1:38:17.0	John Kelly, San Francisco, Calif., 5/23/71
36.	1:38:38.6	Mike Ryan, Los Angeles, Calif., 3/10/73
37.	1:38:50.0	John Allen, Chicago, Ill., 3/31/63
	1:38:50.0	Ed Eouldin, Los Angeles, Calif., 3/10/73
39.	1:38:58.0	Gary Westerfield, San Francisco, Calif., 5/23/71
40.	1:39:03.0tr	Jerry Lansing, San Francisco, Calif., 5/14/72

ALL-TIME TOP 20 U.S. PERFORMANCES AND 40 PERFORMERS AT 50 KM  
(Updated from January 1974 OPW)

1.	4:00:46.0	Larry Young, Munich, W.G., 9/3/72
	4:13:04.4	Young, Eugene, Ore., 7/4/72
2.	4:13:35.8tr	Bob Kitchen, San Francisco, 2/27/72
3.	4:15:24.0tr	Dave Romansky, Pt. Pleasant, N.J., 4/19/70
4.	4:16:48.6	John Knifton, Lugano, Switzerland, 10/13/73
	4:18:29.2	Young, Nutley, N.J. 6/12/71
	4:19:23.0	Knifton, Nutley, N.J. 6/12/71
	4:19:38.0tr	Knifton, Hornmouth, N.J. 4/18/71
	4:19:41.0tr	Kitchen, Pt. Pleasant, N.J. 4/20/69
5.	4:20:09.4	Bill Weigle, Eugene, Oregon 7/4/72
	4:20:12.0	Knifton, Toronto, Canada 6/10/72
	4:21:01.8tr	Young, Columbia, Mo., 4/4/68
6.	4:21:05.0	Gary Westerfield, Nutley, N.J. 6/12/71
7.	4:21:31.0	Goetz Klopfer, Nutley, N.J. 6/12/71
	4:22:00.0	Weigle, San Francisco 11/5/72
	4:22:27.0	Weigle, Des Moines, Ia. 5/20/73
8.	4:23:18.2	Floyd Godwin, Lugano, Switz., 10/13/73
9.	4:23:22.6	Steve Hayden, Eugene, Ore., 7/4/72
10.	4:28:25.0	Ron Kulik, Nutley, N.J. 6/12/71
11.	4:29:04.0tr	Ron Daniel, New York 6/2/68
12.	4:29:29.4tr	Ron Laird, Walnut, Calif., 3/17/68
13.	4:30:13.0	Bob Bowman, Santa Barbara, Calif., 5/20/72
14.	4:30:50.0	Augie Hirt, Smithtown, N.Y., 9/21/75
15.	4:32:25.0	Todd Scully, San Pedro, Calif. 5/7/72
16.	4:34:28.0	Tom Knatt, Smithtown, N.Y. 9/21/75
17.	4:35:41.6	Chris McCarthy, Tokyo, Japan, 10/18/64
18.	4:35:41.0	Ray Somers, Smithtown, N.Y. 9/21/75
19.	4:37:18.0	Jerry Brown, Des Moines, Ia., 5/20/73
20.	4:37:27.0	Bob Bowman, Eugene, Ore., 7/4/72
21.	4:37:31.0	Paul Ipe, Smithtown, N.Y. 9/21/75
22.	4:37:53.8	John Kelly, Santa Barbara, Cal 9/12/70
23.	4:38:42.0tr	Steve Geiver, West Seattle, Wash, 5/7/72
24.	4:39:40.0	Rudy Haluza, Santa Barbara, Calif 5/20/72

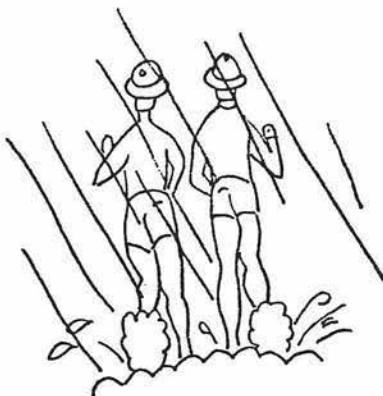
25. 4:40:27.0	Jerry Bocci, Detroit, Mich. 3/26/72
26. 4:40:28.3	Mike Ryan, Eugene, Ore. 7/4/72
27. 4:41:21.0	Dan O'Connor, Smithtown, N.Y. 9/21/75
28. 4:42:10.0	Bill Ranney, Rutley, N.J., 6/12/71
29. 4:43:11.0	Bob Rosencrantz, Smithtown, N.Y. 9/21/75
30. 4:43:35.0	Karl Johansen, Seattle, Wash. 11/65
31. 4:43:36.8	Jim Lopes, Santa Barbara, Calif 9/12/70
32. 4:43:44.4	Leo Sjogren, 1954
33. 4:45:10.4	Bruce MacDonald, Tokyo, Japan 10/18/64
34. 4:46:27.0	Tom Dooley, Mather AFB, Calif 3/15/70
35. 4:47:04.0	Mike Allen, Onstach, W.G. 10/21/73
36. 4:47:18.0	Steve Tyrer, West Seattle, Wash. 5/7/72
37. 4:47:49.0	Jack Blackburn, Columbus, Ohio 3/22/64
38. 4:47:50.0	Bill Walker, Detroit, Mich 3/26/72
29. 4:48:54.4	Bryon Cyerton, Santa Barbara, Calif 9/21/70
40. 4:49:	Phil McDonald, Columbus, Ohio 3/22/64

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## LOOKING BACK

10 Years Ago (From the January 1966 ORW)--In our big New Year's Eve race good old Doc Blackburn slogged through the mud for 6 Miles in 57:10 just holding off two rampaging Jacks who dead-heated in 49:26 (Doc had started eight minutes ahead). There were nine starters and seven finishers for the race held in a cold, driving rain on an unrvped course.... A week later, Jack B took the measure of Jack M in a 2 Mile with 14:38 to 14:43 after opening up 9 seconds with a 7:12 fir st mile.... The Junior National 50 was won by a guy named Harry Kraft, who I don't remember at all, in 5:22:34... Roger Duran and Bob Long took the next two spots....In New York, Ron Da\_iel ripped off a quick 6:34 mile, his best ever to that time,

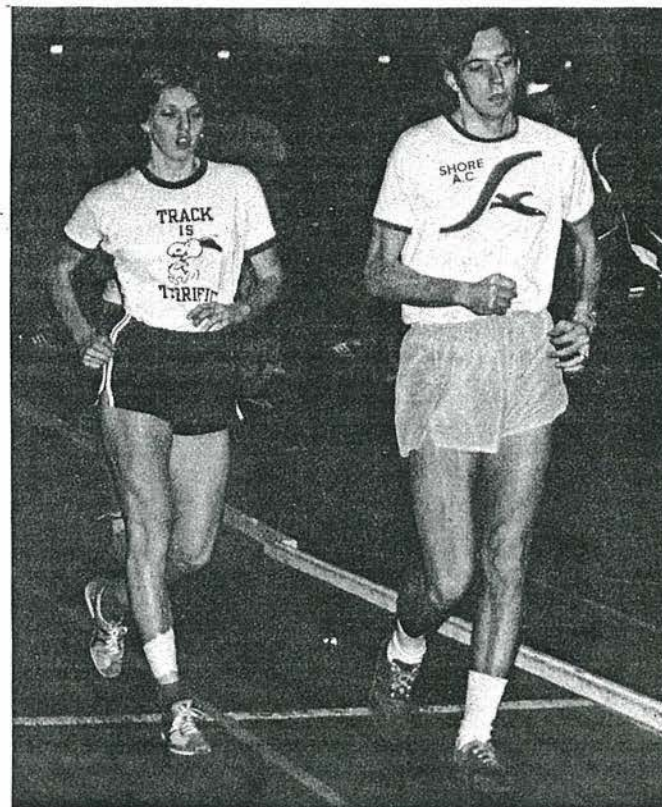
O.R.W. Photo of that 1965 New Year's Eve Race



5 Years Ago (From the January 1971 ORW--mistakenly dated January 1970) Karl Merschenz was in Denver at that time and cleaning up in local races with no Floyd Godwins or Jerry Browns 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,

well back in 30:30....In a New York mile, Ron Kulik edged Ron Daniel 6:31.6 to 6:32.0....Goetz Klopfer blasted a fast 2:37:58.0 for 20 miles on the track in San Francisco....Over a mile, Laird could not match the speedy Walker, who beat him 6:28 to 6:36....Fastest of all, however, was Dave Romansky who turned in 6:20.6 and 6:21.7, just beating Daniel and Kulik in the latter...On the local scene we had simultaneous 5 lap (7mi 1550 yds) and 10 lap (15 mi 1340 yds) races on our Worthington HS road course with Doc Blackburn (1:19:56) and Jack Mortland(2:17:47.4) the winners.

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The Ohio Racewalker is published monthly in Columbus, Ohio. Your editor and publisher is Jack Mortland. Address is 3184 Summit St., Columbus, Ohio 43202. As noted elsewhere, subscription rate is now \$4.00 per year. For those who are wondering whowins the Dr. Blackburn Award for the outstanding performance in 1975 the answer is no one. No one really turned me on with any performance this year so I decided why give an award when nothing was outstanding. You all must work harder next year.



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.)