New York, Feb. 27—Ron Laird, for so long a dominant force in U.S. walking, added yet another to his long string of Senior NAU titles as he won a highly competitive Indoor 2 Mile in 13:37.0. Earlier in the day, Sue Brodock also added to her growing list of titles with a walk-away win in the Women’s 1 Mile.

Laird took a few weeks from his Mexican regimen to journey north and get in a few quick races. Although he was never able to pull out to a commanding lead, he appeared to be in control of the race throughout and finally finished 1.6 seconds ahead of Larry Walker and Todd Scully in a near dead-heat for second. Walker, who seems to always come through well in this race, passed up a trip to Leningrad for the Soviet meet leaving Scully to join Laird on that trek. Todd did very well to finish as close as he did considering his pre-race itinerary. He got bumped off his flight from Virginia and finally arrived, via Pittsburgh, just before the race went off, having slipped a cab driver a 20 to get him in from Laguardia in a rush.

Ron Daniel and Dave Romansky stayed close to the top three through the mile but then dropped gradually back with Ron a second ahead of Dave at the finish but some 9 seconds back of Laird. The rest of the field was stringing out with no one else under 14.

The Garden has a new track, which is hanked almost through the straight making it difficult to accelerate and to rate. Compliments on the difficulty of the track were heard from both the men’s and women’s races. Surprisingly, neither Laird nor Brodock joined the chorus of complaints.

In the women’s mile, Sue had things very much her own way as she easily bettered her championship record and just missed her recent World’s Best with a 7:12.7. The old meet record was 7:22.5. Our own Laurie Ticholski bored down in the third quarter to leave the rest of the field and finish a clear second. Carol Mohanco captured fifth to complete an excellent showing for Ohio. Results of the two races:


A week later, Laird and Scully were in Leningrad and ran into a couple of speedy Soviets. Some unknown (to us) by the name of Yevnukov blistered a World’s Best of 20:21.8. Not far back was Alexis Troitski,
who walked a 1:12:30 for 20 km last summer, in 20:31.6. Carroll finished an excellent 21:05.6 and Laird finished in 21:56.2. Ron was dropped after the first mile in 6:30, with Todd hanging on for another 4 miles. Todd went through 2 miles in 13:21, under the American indoor record, but he was officially timed. His 5 Mile split was 20:20.

The Ohio Racetracker is published monthly with offices in Columbus.

Ohio. Application to mail at second class postage rates is pending.

in that city. The annual subscription rate is $4.00. (Foreign Air

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### March 1976

**Contact the editor regarding Ohio races, which we are trying to hold every other Sunday alternating between Columbus, Springfield, and Dayton.**

#### Sat. April 24
- **Walk-Run Pentathlon, Columbia, Mo., 9 a.m.**
  - 2 Mile, Kenoza, Wis., 3 p.m. (K)
  - 6 Mile, Kenoza, Wis., 10 a.m. (K)
  - 15 Mile, Kenoza, Wis., 7 a.m. (K)
  - 20 Mile, Kenoza, Wis., 5 a.m. (K)
  - 25 Mile, Kenoza, Wis., 3 a.m. (K)
  - 30 Mile, Kenoza, Wis., 1 a.m. (K)

#### Sun. April 25
- **NAAU TRIATHLON 5K, VERNON, N.J. (H)**
  - NAAU 20K, Boulder, Colo., 7:30 a.m. (P)

#### Sat. May 1
- **Goat 20K and Women's 5K, Columbia, Mo., 10 a.m.**
  - 6 Mile, Kenoza, Wis., 10 a.m. (K)
  - 15 Mile, Kenoza, Wis., 7 a.m. (K)

#### Sat. May 2
- **NAAU SUNDAY 20K, COLUMBUS, N.Y., 10 a.m.**
  - NAAU JUNIOR 5K, KENOZA, WIS., 7 a.m. (K)
  - 5 Mile, Kenoza, Wis., 3 a.m. (K)

#### Sat. May 8
- **10 and 20K (Track), Kenoza, Wis., 11 a.m.**

#### Sat. May 9
- **10 Mile, Seacliff Heights, N.J. (B)**

#### Fri. May 16
- **6 Mile (Track) Kenoza, Wis., 3 p.m. (K)**

#### Sat. May 15
- **NAAU SKILOG 10K, KNOX, IOWA, 11:30 a.m. (P)**
  - 5 Mile Handicap, Kenoza, Wis., 11 a.m. (K)

#### Sat. May 16
- **10K, Lakedale, Fla., 8 a.m. (C)**
  - Canadian 20K Olympic Trial, Hamilton
  - 10K, Oakhurst, N.J. (B)

#### Sat. May 22
- **NAAU 10K, Arkadelphia, Ark.**

#### Sat. May 29
- **6 Mile Handicap, Columbia, Mo., 9 a.m.**
  - NAAU SUNDAY 15K, COLUMBUS, N.Y., 10 a.m. (K)**

#### Sun. June 5
- **20K, Lafayette, Colorado, 7 a.m. (F)**
  - **Canadian 50K (I)**

#### Thurs. June 10-24
- **NATIONAL AAU OUTDOOR TRACK AND FIELD CHAMPIONSHIPS, LOS ANGELES, UCLA, 5 KM, WIMEN'S 5 KM, and 10 KM**

### Contacts:

- **B-Elliott Dennis, 20 N. Locust, West Long Branch, N.J. 07764**
- **C-John Sedano, 631 Young Place, Lakewood, FL 33303**
- **D-Joe Duncan, 4008 Defoe, Columbia, N.J. 05033**
- **E-Sal Gorrallo, 14101 Capehart Drive, Gainesburg, MD 20760**
- **F-Pete Van Arealde, 43930 E. Milp, Denver, CO 80210**
- **G-Mike Ribin, 4508 N. Oakley, Chicago, IL 60625**
- **I-Dean Ingram, 507 Cobb Rd., Seattle, WA 98100**
- **J-Dave Eldahl, Box 209, Richland, WA 99354**
- **K-Doug Walker, 29 Alber, Toronto, Ontario, Canada**
- **L-Edward Barnes, 61 Alexander Dr., Best Hartford, CT 06118**
- **M-Dave Jacobson, Box 2310, Tigard, OR 97223**
- **N-Roger Barr, 69 Highland Ave., Rockaway, NJ**
- **S-Robert Siegel, 10013 St., Apt 5-J, Forest Hills, NY 11375**

Contact the editor regarding Ohio races, which we are trying to hold every other Sunday alternating between Columbus, Springfield, and Dayton.
FROM NELL TO TEG

Regarding women's racing for this year, about which we have heard little, according to Bruce MacDonald there will be a Women's International again this year. It is tentatively set for England on August 21 and will include both 5 and 10 km. There will be teams of four in each race, who will vie to score, but a fifth competitor will be allowed. For the official team members would have to be declared before the race.) Thus it appears there will a trip for 8 or 10 girls this year, provided there is no doubling (doubtful if it is a one-day meet). The 5 km National will be held with the Outdoor T & F Championships in Los Angeles June 10-12 and it is likely that the 10, scheduled for California, will also be held on that weekend. Hopefully we will have full and exact details by next month. The race time was 2:22:12 in 1975 but he improved that with a 2:19:39 in January. Kindly make that correct in next month's list of best running performances by walkers. With times like that, it is not likely that Carl is going to do much walking for a while, however... Bruce MacDonald also wants to stress the importance of proper circumstances for qualifying times for the Olympic trials. (1:36 for full expenses, 1:37 for two days food and lodging.) Performances must be on a certified course or, preferably, a track. Later, Frank was left to try and run it. Anyway, he offers the following defense of Frank Hanover: "Frank handled the news, official record keepers for the Trials with Olympic Committee approval:

1:32:51.6 Jerry Brown, 8/10/75 1:35:18.6 Tom Dooley 3/21/76
1:31:31.0 Bob Kitchen 10/11/75 1:35:18.6 Wayne Glusker 3/21/76
1:31:39.6 Larry Young 6/18/75 1:35:18.6 Larry Walker 12/8/76
1:34:15.3 Todd Scully 6/18/75
1:34:21.0 John Knight 11/21/76 1:37:22.0 Dave Romansky 6/8/75
1:34:28.4 Bob Henderson 6/19/76 1:37:48.0 Bill Hanney 6/8/75

Questionable conditions:
1:36:15.0 Dan Conner 12/21/75—will be OK if certified and proper judging was present.
1:37:50.0 Bryan Orseille 7/20/75—possible short course.

From Bob's letter also add the following races to the schedule: 10 K at College of Marin on Sun. April 11 at 10 a.m. and 5 K at the San Jose Invitational on Sat. May 1 at 1 a.m. Contact Bob at 2120 N. main Blvd., #1, Oakland, CA 94611... Finally, before turning from Bob's letter for the moment, he offers the following defense of Frank Hagen's handling of last year's National Postal One Hour: "I agree with Ron Daniel's complaints. No question, Frank and the Pacific Association didn't ask for a postal race, it was thrust upon them by the National Committee at the Convention. Unfortunately, our sport has been dominated by long-distance running people the last couple of years and as sincere as they are about helping us, they just don't have the proper firsthand knowledge of our sport that they should have. Postalics have worked for long-distance running but we have different competition. Anyways, they made it a postal and Frank was left to try and run it without guidance from these people. He continually asked our National Board Chairman for advice with very little help as you see. He tried to accommodate everyone but unfortunately it got away from him. It was a first time try and perhaps should be tried again as Elliott Derman suggests. I feel you will always have some problems but many problems could be alleviated with more leadership from the National Committee... This issue of the OMM goes to you via second class mail. Actually, until such approval is granted, I have to pay third class rates, which for this little rag is still 13¢ per copy, the same as first class. However, if the application is approved, they refund the difference between third and second class paid in the interim. If not approved, my $30.00 application fee is refunded and nothing has been lost other than a little time in getting this to you each month. I would be interested in finding out how much slower second class mail is. This issue should go in the mail on March 30th or so. Don't take a special effort, but if you are sending me something anyway, be it a news, a renewal, or whatever, please note the date on which you received this issue...

...Where does the OW go? I just updated my subscription list to have new labels run and present circulation is 269 copies. These go to 30 states, the District of Columbia, two territories, and 17 foreign countries. The run down on the number of copies to each of those three territories is: California—36, New York—36, New Jersey—21, Ohio—17, Illinois—15, Massachusetts—12, Missouri—10, Pennsylvania—10, Colorado—8, Florida—7, Iowa—6, Wisconsin—5, Minnesota—5, Michigan—4, Ontario—4, Maine—3, Massachusetts—3, Kentucky—3, Indiana—3, Kansas—2, New Mexico—2, Arizona—2, New York—1, Hawaii—1, Idaho—1, Alberta—1, British Columbia—1, and British Columbia—1. I feel you will always have some problems but many problems...

10 K, Steehman, Eng., Jan. 27—1 Stuart Elms 75:05 (first time under 80:00) ... For an application for a National High School record for John Van Den Brand's 7:01.9 performance last year was submitted to the National Federation, En response to this, Larry Larson received communication from the Wisconsin Association that the application could not be considered because race walking is not an official event on the Inter-scholastic program, which is logical enough. However, they went on to state that Wisconsin was remiss in that they be notified on the National Federation Questionnaire to get a response from all coaches and officials regarding the possible inclusion of this as an official event. Larry wants to alert AAU Association Chairman to this fact in order that they may communicate with their state associations and with track coaches in order that a respectable amount of interest be shown on this survey. Thus alerted, all AAU readers should make all contacts possible to insure a positive reaction.

**World's Top Walkers AT 5 K, 1975 (from La Marcheur Belge)**


**All-Time Top Walking Performances AT 5 K (Track)**


**March 1976**
utes in arcars. Wayne Goucher managed a 1:47 in this one and has improved somewhat in the 5 years since. He finished a 1:50 in Seattle when he bettered American records with 1:52:44 for 15 miles, 1:56:53 for 25 miles, and 1:57:15 for 30 miles in 2 hours. However, when he finished the 20-mile race, he lost all the records just as quickly... The UCLA Mile went to Greg Diebold over upcoming Bob Anderson in 4:17.1... Diebold also edged Ron Koolik in an Albany Mile with 6:37:6 as Ron recorded the same time... The results of a 1970 Women's International Postal 5 Kms were announced with Sweden's Elvira Johansson winning in 25:40 and the Swedes easily beating Norway. Jeanne Boedl finished fifth in 26:31.

Letter from Bob Rosen:

"It is less than 3 months until the Olympic Trials in Eugene. I feel that there are several important problems that should be brought out in the OYW as it appears to be the only reliable vehicle for getting the word out to the walkers...

First of all I'm extremely concerned about our form problems as I brought out in my Lugano Cup report. The judging in Montreal will be strict especially where bent knees are concerned. The reason for this is obvious. It is easier to detect bent knees than lifting in most cases. We are going to have to judge our trials likewise, as it makes no sense to let someone through who has an excellent chance of being thrown out in Montreal. Boney appears form is also a problem regardless of who or not the person is actually off or not. It is the overall appearance that counts. And when it comes to judging, you can forget breaking a certain parts of the body as Jerry Brown suggests in his reference to Stadtmüller's form counts in this sport whether we like it or not. Looking only at the foot is not enough as it is too hard to detect contact. That's why good judges look at the overall body dynamics. Of all our top 20 Km men, I can only think of three who do not have significant form problems. (Ed. Too bad he didn't name them to stir up a little anger out there amongst the top dogs.) As for Mr. Stadtmüller at the Lugano Cup races, he looked very bouncy the first 10 km, then settled down a bit. So I'm afraid Jerry didn't see him at his worst. This was not out of my opinion but also that of knowledgeable people like Bob Wall, Bob Warland, and Colin Young (even though he didn't do so state in his Athlonia Weekly report). As manager of the U.S. team, I felt the judging was uneven and inconsistent. I didn't disprove the calls to our guys as much as the failure to call several others who looked as bad or worse. They seemed to ignore the front group in the 20. After I made this comment to several international judges, I'm afraid to think that of knowledgeable people like Bob Wall, Peter Warland, and Colin Young (even though he didn't do so state in his Athlonia Weekly report). As manager of the U.S. team, I felt the judging was uneven and inconsistent. I didn't disprove the calls to our guys as much as the failure to call several others who looked as bad or worse. They seemed to ignore the front group in the 20. After I made this comment to several international judges, I'm afraid to think that..."

And a letter from Tom Knott (which appeared in a somewhat abbreviated form in Runner's World. Tom assures us, as if he has any say, that they won't use me for copyright infringement):"

"My walk when you can run? Answering with another question such as: 'Why make the butterfly when freelance is faster?' has always left me uneasy. Recently, though, after talking with Fred Spector about mountain-climbing technique and then the opportunity to study the best European walkers in Montreal and in France, I have concluded that a major point about racewalking style is overlooked in the U.S. It seems to be extremely important for becoming a first-class walker but is never mentioned in discussions about racewalking style."

"Mountain-climbing technique emphasizes straightening your knees as you climb, to put your weight on your skeleton. That way your muscles essentially are rested because your skeleton, which does not tire, takes the weight. In the picture (Ed. Sorry, I didn't have room for the picture this time but you can imagine it.) appears to be standing on one foot much the same as two people talking on a street corner shift their weight from one foot to the other. At this point, he is walking at under an 8-minute-mile pace. Most European walkers also land with the forward leg straight, and the shock of landing is, in part, distributed up the leg to the hips and abdomen, not borne entirely by the leg muscles."

"Walking becomes by this a true endurance sport. Running is naturally for speed, and endurance running such as marathone is basically for a relatively short time, in comparison with distances often walked. The 50 kilometer walk is 1.4 hours, 75 km takes 1.8 hours, and 100 km lasts 9-10 hours for the best walkers. Roger Roemer of France recently did 22:22:20 for 200 kilometers, which begins to approach the world record for running 24:20. Finishers of the Strasbourg-Paris race of about 525 kilometers regularly finish in under 72 hours. In a stage race such as the Tour of America, walkers will go an average of 75 kilometers a day for 10 days. Every day is nearly as fast as a single race of that distance would be walked. Running 9 marathons in 9 days even at training speed."

"Finally, in my opinion, walking has a definite place in track and field as an endurance discipline. Yet walkers are likely to be forced out of the Olympic Games because the Games totally emphasize speed. One might ask whether the Greek athletes and citizens traveled to the first Olympic Games and how many 100 meter runners could walk from sea, New York to Montreal."

(Ed. I find Tom's comments regarding landing with a straight leg most interesting because I have always operated under the opposite impression. As one who has always had a straight leg at contact, I felt that I would be more adaptable to long distances if I could develop a bent knee landing, which I haven't, to a horizontal line. However, this was purely an intuitive feeling and not being really qualified to argue the mechanics of it, I'm not disagreeing with Tom's conclusions. Maybe the European scene has changed also, because John Devlin used to explain away his bent knees (which, of course, usually never did straighten) by saying, 'I can't help it I walk the European style.')"