April was a great month for national title races with three senior races and two master's titles (in addition to those held with the seniors) decided. Paul Ide captured the 100 Km in Boulder, breaking the American 50 mile record on the way. Shaul Ladany dropped in from Israel to defend his 25 Km title in New Jersey (and win the master's title as well since he had just turned 40.) And Ron Laird overcame Larry Young in the final 5 Km to defend his 25 Km title in Seattle. On the master's scene, Bob Minn won at 20 Km (we have no results on that one) but then lost out to National Chairman Jack Bolzano in the 25. Details on these races, in reverse chronological order follow.

Seattle, April 17 (by Martin Rudow--I think)--"What a luck out race" observed Ron Laird as he staggered to a halt after winning his 62nd Senior Mile title at the National 25 Kilo meter walk here today. To onlookers and fellow competitors alike, it was less of a "luck out" than a hard-fought, well-deserved victory.

A sizzling race-long duel between Laird, Larry Young, and Jerry Brown had looked all but over just 6000 meters earlier with Young in first and pulling away, Brown holding second, and Laird dropping back, looking anxiously over his shoulder at an onrushing Toe Dooley. But by 23 Km, Brown had almost totally collapsed, Young was fading rapidly and the "counter" was on his way to yet another Seattle victory (his 6th Senior title here).

This year's edition of the Senior 25 shaped up as the most exciting ever, and if the fast times predicted didn't materialize, the close racing throughout more than made up for this. Lucky competitors were sub-par for the event: Paul Rhiill had just arrived after an exhausting cross-Atlantic flight; Ron Laird had ridden across Mexico in the back of a pickup to get here on time; Brown and Paul Ide had not recovered from a tough 100-Km race two weeks before. Taking all these factors into account, Larry Young would have been an even stronger pre-race favorite...but even with the Olympian barely 100 days away, he obviously lacked the strength of previous years (unless he too had an excuse which wasn't reported).

Overall, the even pacing and strong showing by the Western Valley Trio of Dooley, Wayne Quisker, and Jerry Lansing may have been the most impressive showing of the day. Dooley finished with a rush, barely missing second. And Lansing showed why he's been considered America's top young walking prospect with a highly impressive showing.

Results:
Old Bridge, N.J., April 11—Shaul Ladany easily defended his national 75 km title and broke his own record in the process. Shaul’s 2:13:46 on the Addison Twp. High School track bettered his 2:12:20 of last year. In second place, and winning the national under-21 title, was herculean Irvine Academy cadet Tom Aubrey in 2:17:02. Alan Price, who appears to be tough in these long grinds, was not far back in third as Tom Knatt, experiencing a bad day apparently, faded to fourth. George Lattarulo was the only athlete to come back from the previous week’s 100 km in Colorado and moved up one place to fifth. Of 22 starters, only 8 were able to finish with Bob Kim going the furthest of the non-finishers—40 miles in 5:18:03. The race started in pleasant weather but turned windy and cold in the latter stages. The results:

1. Shaul Ladany, Israel 2:13:46
2. Tom Aubrey, Irvine A.A. 2:17:02
3. Alan Price, Wash. DC 2:13:26
4. Tom Knatt, North Bedford Club 2:14:17
5. George Lattarulo, N.J. 2:15:05
7. Rufio Reed 2:16:28
8. Alan Wood 2:18:03—Ladany was the winner in the Masters category and Cousin, Reed, and Wood were 2nd, 3rd, and 4th in both under-21 and Masters.

Longmont, Colo., April 3—(by Pete Van Arsdale)—Columbia Track Club’s steadily improving Paul Ide easily outdistanced a strong field en route to victory in the NCAA 100 Kilometer Championship. Not only did he establish himself as a definite “darkhorse” contender to make this year’s Olympic team, he demonstrated that a smooth stride and consistent pacing are the keys to victory. Paul’s two records are impressive: a 50-mile mark of 3:15:04 and an 100 km mark of 3:31:27.7. Ide, 19th, second today, held both records previously, the latter unofficially.

Eight competitors began the race, Greg McRae retiring at 20 km. If he had a personal best 1:45:15. Jerry Brown led the rest of the field at that point in 1:50 with tough Jerry Young only 7 seconds behind. Ide was second. Augie Hart, Chris Ansonco were in another group at just over 2:00 with Chris Lattarulo and Jack Boitano leading by 2:07. By 25 miles, Brown had opened a wide gap and his time of 3:35:04 put him well ahead of record pace. Young still held on to second, but was starting to falter somewhat. Ide was looking increasingly strong in third some 14 minutes behind Brown. The others were walking well but beginning to slow somewhat.

Young reached 31 miles in 5:16 but staggered off the track and collapsed. After a 50 minute rest he put his stereo headphones into his ears and walked another 5 miles before calling it a day. Ide had passed

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The Ohio Racewalker is published monthly with offices in Columbus, Ohio. Address all correspondence regarding both subscription and editorial matters to: Ohio Racewalker, 318 Summit St., Columbus, Ohio 43202. Editor and Publisher: Jack Oertling.
Michael Anato, Shore AC 2:13:37. 1. Mike Originatti, LIC 2:25:02
6 Mile, same place--1. Eileen Smith 57:02 3 Mile, same place--1. Susan
Liers 26:53 (6:10, 17:17, 26:53 age 17 and walking only 1 month.
1 Mile, High School, Long Island, April 24--1. Jerry Katz 7:38:3
8:36:0 10 Km (Track), Long Island, April 35--1. Ron Daniel 7:21:8
(Net on to 6 miles in 60:57:2 2. Ron Kulik 60:45:3 3. Vincent O'Sullivan
John Van Den Brandt 1:10:8
A mile, same place--1. Sandy Bricioe 61:23 2. Sally Fitchinson 61:30
2:10:05 Junior 10 Mile, same place--1. Tim Good 1:30:08 2. Alex Turner
1:37:28
2:10:05 Mile, 20 Mile, same place--1. Mary Komendak 29:04 2. Mary
Koendak 29:04 3. Mary Koendak 29:04
UPCOMING RACES THAT MIGHT INTEREST THE RACES WALKING ENTHUSIAST
Fri. May 14--6 Mile (track), Kenosha, Wis. 3 p.m. (K)
Sat. May 15--NATIONAL 10 Km, KOLLEZ, COLORADO, 1:10 (P)
5 Km Hdp, Kenosha, Wis. 11 a.m. (K)
Sun. May 16--Canadian 20 Km Olympic Trial, Hamilton
10 Km, Onchets, L., 12 (E)
Sat. May 22--US-Canada Match, 20 & 35 km, Alexandria, Va.--Also Open 10
Km and Women's 5 Km (E)
NAPA 10 Km, Hickel, Ark.
Missouri Cup, 20 Km, Hickel, Ark.
Sun. May 23--20 Km, Westley, N.Y. (Y)
5 Km, Lakeland, Fla. (O)
Sat. May 29--NATIONAL 15 Km, OHIO, 11:45 (H)
Hill Hdp., Columbia, Md. 9 a.m. (D)
Sun. May 30--Capit., Ron Zimm Memorial 10 Km, Chicago, Ill. (G)
9 Mile Hdp., Lakeview, N.Y. (B)
10 Km, Toronto, Canada (H)
Mon. May 31-5 K, Hartford, Conn., 11 a.m.

Sun. June 6-10 K, Cedar Rapids, Iowa, 2 p.m.

Sun. June 13-10 K, Kings Point, L.I., N.Y.

Sat. June 19-10K, Detroit, Mich., 9 a.m.

Sun. June 20-10K, Irvine, Calif., 9 a.m.

Sun. June 27-10K, Irvine, Calif., 8:45 a.m.

Sun. July 4-20K, Irvine, Calif., 9 a.m.

Sat. July 11-5 & 10K, Midwest Masters, Evanston, Ill., 9:30 a.m.

One mistake in the above—the U.S.-Canada meet is a 2-day affair with the 35 K on Saturday, May 22 at 8 a.m. and the 20 K on Sunday, May 23 at 10 a.m. The open 10 K and the Women's 5 K will be held at 9 a.m. on Sunday. A Race Walking Clinic and age-group races will follow the 35 on Saturday. The meet is sponsored by the U.S. Olympic Committee, the National and National Walking Association, and the Alexandria Bicentennial Commission. The races will be held on a 2.5-kilometer loop through the streets of Alexandria. An awards brunch will follow the Sunday race. Sal Corrallo and Bob Kitchen are meet directors.
I want it to at least resemble news and not history...The schedule for the 1976 Easter's Postal Competition is as follows: April (until May 31)—20 K, T.aj.—10 K, June 2—5 K, July—10 K, August—1 Hour, September—October—10 K, November—5 K Send year end results to: Carl NEI, 1501 Rook St., Columbus, MO 65201. 

Alan Wood is attempting to compile a list of Easter's age records in the walks, whilst we are on the subject of oldsters. First thing he needs is birthdates for all walkers over 40, lastmente those that might get into the record category. Send that information and any possible record performances to: Alan Wood, Quality Inn, Rt. 255, Post Office Box 8020, Philadelphia, PA 19118.

I'll save 134 by stating here and now in the presence of all that I came into the world on Jan. 23, 1935....In the Master's Indoor meet, George Branceland not only won the 2 Mile Walk in his age group but also won the 60, 300, 600, 45 yard hurdles, and long jump and was second in the high jump, pole vault, and shot. His performance led the Philadelphia Masters to the combined title in the 50 and up bracket....Bob Irlman won both the 50 K and 20 M at the SOI. In the 20 M, he divided the first two miles with Bob Henderson who went on to win the race by just 16 yards with Bill Kaiser second in 1:19:05. Bill is in Cleveland now and keeps threatening to make a race but hasn't produced yet.

5 Years Ago (From the April 1971 ORW)—They were racing in Colorado that year and Ron Laird beat Floyd Godwin in Boulder to win the National 1 Hour. Laird walked 7 mi. 1510 yds leaving Floyd nearly 300 yds back and edging Larry Young another 56 behind. In a ding-dong battle for fourth, Bob Henderson went 7 miles 1976 yards ahead of Ron Kullik by just 1 yard and Bob Irlman missed by just 10 yards. In Europe, Chris Holme set a world mark at 30 km with 2:15:16 with Peter Frendel and Siegfried Zochholger also under the old mark...John Kiftton turned in a swift 5:10/2.50 K on the road and 6 days later took to the track for a 1:34:19.2 at 20 K. Ron Kullik was second in the 50 K in 1:35:21 on a suspect course....Elliott Demark won the 50 mile 50 minute in 2:14:21 with our own Jack Blackburn struggling to third behind George Branceland...On the local scene, Jerry Brown, then living in Louisville, won a 20 K on the Worthington track in 1:09:06 leaving your editor some 40 seconds back. 

A week before the National, Larry Young had gone 7 mi. 1500 yds in the hour in Columbus...Phil Fliebton won the British mile in a swift 1:09:29, leaving Paul Kuhl better than 2 minutes back. Later he did a 1:27:59 for 20 K...Subscription rates went from $2.00 to $2.50.

IDE (Cont. from p.2) 

Brown at 3/4 miles, Jerry having begun to suffer from nausea a few miles earlier. Jack and I were the strongest walkers from here on out, Paul turning most of his lap up 50 miles in under 2:30 and Angie in under 2:45. 

Hirt passed Brown just before 4/5 miles. There were no changes in position from that point. Brown, Hunter, and Amsoro paced the Colorado TC to the team championship over the Columbian TC. 

In addition, Amsoro won the National Masters title and an extremely determined George Lattarulo, fighting bleeding blisters much of the way, won the 50+ title. It is worth noting that the writing wouldn't fair if the crowd in Colorado race walking history was on hand (although not at once given the length of the race), some 400 people. Results with 10 mile splits: 


This issue should be in the mail on May 6 or 7 (it is going to the printer on April 30), a little later than I had originally planned. I hope a few of you will let me know when it arrives so I might determine just how slow the service is. Below is one of a series of ads the British Race Walking Association has been placing in Athletics Weekly in an attempt to keep walking alive in the Olympics. They have been active in this regard and need whatever support can be lent from this country.

**BRITAIN'S OLYMPIC GOLDS**

**WALKS** (6)

800m (5) **1**

1500m (3) **2**

Not allowed in Future Olympics

**DISCRIMINATION**

**KEEP WALKING IN THE OLYMPICS**

Inserted by the Race Walking Association

Isarel's Shaul Ladany captures the National 100 Km title in record time at Old Bridge, N.J. (Photo by Ray Floriani, Sr.)