

Ohio Race Walker
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OHIO RACEWALKER

VOLUME XIV, NUMBER 5

COLUMBUS, OHIO

JULY 1978

SCULLY TAKES ANOTHER

Niagara Falls, July 16—Todd Scully added to his growing list of accomplishments in the race-walking world with a gun-to-tape victory in today's National AAU 10 Km race. After building up a 40 second lead with a 22:25 first 5 Km, Todd coasted in to win in 46:15.6. Ron Daniel, after sharpening himself with several races in Sweden where he managed a group of U.S. walkers on a 2-week tour, walked a strong race to capture second in 46:48.5. Long Island's young Peter Doyle came from well behind Martin Kraft, who battled Daniel for half the race, to take third. Tom Knatt, who hasn't been much in evidence lately, surprised in fifth, pulling away from Ron Kulik over the second 5 Km. Kulik's sixth place, however, was good enough to capture the Master's title in an excellent 48:47.7.

Defending titlist, Steve Pecinovsky who won last year's scorching in Chicago, improved on his time in that one but was still relegated to seventh. Comebacking Ron Laird still has a way to come as he finished 17th in 51:47. However, he had ABC-TV, who was supposed to feature the race on Good Morning America (don't know if they ever did) paying his way, so he was probably satisfied. Class B winner was Cliff Mimm, just back of Pecinovsky and carrying on the great Mimm tradition. Sal Corrallo was his usual tough self as he just broke 50 to take second in the Master's Division. Not far behind him was 52-year-old John Allen in a new National age-group record. The 1960 Olympian, staging a great comeback after years out of the sport and winning a near life-long battle with the bottle, bettered his time in the 1953 race, which was walked in nearby Riverside. It was a homecoming for John who is from Buffalo.

Winner in the Women's division was Jeanne Bocci, as she came from behind Susan Ebers in the second half of the race. The Senior team title went to the Shore A.C., with the Niagara Race Walk Club winning both the Master's and "D" races. Results:

1. Todd Scully, Shore A.C. 46:15.6 (22:25)
2. Ron Daniel, NYAC 46:48.5 (23:06)
3. Peter Doyle, Island T.C. 47:58.1 (23:31)
4. Martin Kraft, Motor City Striders 48:11.3 (23:06)
5. Tom Knatt, North Bedford Club 48:31.8 (23:40)
6. Ron Kulik, NYAC 48:47.7 (23:40)
7. Steve Pecinovsky, Green & Gold AC 49:06.1 (24:26)
8. Cliff Mimm, Shore AC 49:15.5 (24:24)
9. Bob Falciola, Shore AC 49:50.1 (24:31)
10. Sal Corrallo, Potomac Valley 49:58.8 (24:32)
11. John Allen, un. 50:21.2 (24:40)
12. Jerry Katz, Island TC 50:41.6 (24:32)
13. Gary Westerfield, Island TC 51:19.4 (25:22)
14. Dan Dudek, Green & Gold 51:19.5 (25:02)
15. Gerry Bocci, Motor City 51:40.4 (25:22)
16. David Cummings, Niagara RC 51:43 (26:00)
17. Ron Laird, NYAC 51:47.4 (25:34)
18. Max Gould, Eto-becke Striders, Can. (over 60) 51:59.5 (25:53)
19. Jim Janos, Lake Erie Walkers 52:29 (25:40)
20. Jay Ebers, Green & Gold 52:58.5 (25:25)

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 * *****

21. Bill Walker, Motor City 53:03.5 22. Roman Olszewski, Etobicoke
 53:08.4 23. Don Winiecki, Niagara 53:36.8 24. Dan Stanek, Niagara
 53:36.8 25. Don Lawrence, Niagara 54:05.3 26. Ward Freeman, Motor City
 54:07.2 27. Larry Pelletier, Lake Erie 54:51.4 28. Garry Hajnos, Niag-
 ara 55:35.7 29. Gary Chodosh, Island TC 55:39.6 30. Jeanne Bocci, Motor
 City 55:42.7 31. Susan Liers, Island TC 66:02 32. Garry Riedler, Lake
 Erie 56:55.9 33. Lily Whalen, Etobicoke 57:11 34. James McMillen,
 Niagara 57:28.7 35. Gerald Birkett, Niagara 57:45.8 36. Don Johnson,
 Shore AC 57:47.9 37. Arkadiusz Rudnik, Etobicoke 59:19.1 38. A.F.
 Christian, un. 59:48 39. Bill Freischel, Niagara 60:49.7 40. Barbara
 Carroll, Ohio TC 61:44.9 (a protege of Steve P.) 41. Rosanna Boeck,
 Etobicoke 62:25.2 42. David Lawrence, Niagara 64:26.2 43. Ruth Frawley,
 Niagara 64:55.7 44. Gordon Wallace, un. 65:03.6 45. Gary Kols, Out to
 Pasture 65:27.1 46. Frank Fina, Niagara 65:33.7 47. Bob Gradowski,
 Green and Gold 69:34.9 48. Brad Schwartz, Lake Erie 69:44.8 49. Mike
 Riban Green And Gold 72:47.3 50. Wendy Winnert, Niagara 72:50.5 51.
 Karen Sadler, Niagara 72:51.7 52. Mary Byers (Jay's mother just getting
 into walking at age 49) 79:47.5 53. Ed Doran, Niagara (age 82) 86:42.9.
 Glass B: 1. Mimm 2. Corrallo 3. Katz 4. Cummings 5. Byers 6. Winiecki
 Masters: 1. Kulik 2. Corrallo 3. Allen (first over 50) 4. Bocci 5.
 Laird 6. Gould (first over 60) Women: 1. Bocci 2. Liers 3. Whalen
 4. Carroll 5. Boeck 6. Frawley Juniors: 1. Katz 2. Cummings 3.
 Janos 4. Winiecki 5. Lawrence

SHARP AND RUIZ WIN JUNIOR TITLES

Bloomington, Ind., June 25—Ray Sharp of Louisville and Susan Ruiz of
 Kettering, Ohio won walking races in the MAU Junior Track and Field
 Meet today. On a blistering hot day, Sharp walked a very well-paced race
 to win the 10 Km in 50:54.7. The 15-year-old Ruiz won the girl's 3 Km
 in 15:54. Thanks to Larry Larson for the following accounts of the
 races.

The 10 Km went at 11 in the morning with the air temperature and
 humidity both in the 90's. Defending champion Mike Morris went into
 an early lead with 1:47 for the first lap (400 meter track). Morris
 covered 1600 meters in 7:36 with pre-race favorite Jeff Ellis moving
 comfortably in second place in 7:44. Sharp and Phil Millard of Club
 Northwest were together in 7:55. Ellis, with a 47:17 best coming into
 the race, was nearly 3 minutes ahead of the best by his opposition.

At 4800 meters, Morris was still in front but the walkers behind
 him were closing in and the race for the first two spots and a trip to
 Europe was on. Morris had 23:59 at that point with Ellis coming through
 in 24:05 and Sharp and Millard still together in 24:13. Ellis moved
 past Morris strongly and gradually pulled away in the next four laps
 (Ellis 32:14, Morris 32:15, Sharp 32:30). In the next "mile" Ellis
 pulled away with a split of 40:25 and Sharp took over second (40:33)
 with Morris coming by in 40:36.

While most of the walkers were taking some water, as well as cool-
 ing off, Ellis was trying to complete the race without taking in much
 and the heat got to him with 5 laps left. He had trained for the heat,
 but even that failed him. At the same time that Ellis hit the wall,
 Sharp was making a fantastic stretch drive over the last two miles.
 Wearing a black knit top, he did not seem to be affected at all by the
 heat and drew the applause of the crowd as he increased his lead. The
 only previous known performance for the 18-year-old was his surprising
 fifth place in 51:58 at the Zinn Memorial race in Chicago.

The race for second was wide open in the last couple of miles.
 Once Ellis dropped out and collapsed, Morris found himself in second and
 seemed to get stronger. However, Stephen Petis, a recent graduate of
 Pelham Memorial H.S. in New York (and coached by Bruce MacDonald) had
 moved past Millard and was closing withpower. He is tall and very loose
 in the hips, which he attributes to MacDonald's coaching. However,
 this time his effort fell short and he settled for third with Millard
 fourth.

Results: 1. Ray Sharp, Louisville, Ky 50:54.7 2. Mike Morris, NYAC
 51:38.3 3. Stephen Petis, Pelham, N.Y. 51:44.6 4. Phil Millard, Club
 Northwest 52:01 5. Torrie Linbloom, un. 52:48.2 6. Travis Veon, un.
 53:21.8 7. Tim Good, Potomac Valley Walkers 53:51.9 8. Tracy Teegarden,
 un. 55:58.1 9. Keith Robins, MIT 56:01.2 10. Greg Hack, Spokans AC
 56:01.6 11. Troy Engle, un. 56:48.9/12. Tim Blackburn, Ohio Track Club
 57:13 (Not listed in official results as they decided after the race
 that he still had a lap to go, which was incorrect—and his famous father
 has the lap times to prove it.) 13. Rob Hyten, United Sports AC 57:21.6
 14. Paul Levandoski, PW 58:36.1 15. Jeff Baker, Kettering Striders
 58:42.3 16. Brian Lein, un. 59:13.3 17. Tom Heginbotham, Jungle Valley
 T&F Club 60:36.1 18. Peter Carey, JVTF 64:45 DQ—Ron Day, Island TC
 (about 3 miles), Chris Flanagan, USMA (2½ miles) DNF—Jeff Ellis, U.W-
 Stevens Point; Sam DeLos Santos, Shore AC; Tom McAllan, Wis.; Evan Fox,
 Island TC. Judges: Larry Larson, head, Bob Hickey, Jerry Young, Jim Janos,
 and Dennis Murray.

Showing excellent style, Ruiz led from the gun until the last back-
 stretch but had to come back in the homestretch to edge 16-year-old Tracy
 Trisco in the 3 Km. While Ruiz is a relative newcomer to race walking,
 Trisco is a veteran, with high places in national senior women's competition
 as well as a second to Sue Liers in last year's Junior race with a 15:04.

Ruiz went into an early lead, but Trisco gradually closed on her and
 the last half of the race was close, with Trisco powering past Ruiz in
 the middle of the final backstretch. Ruiz came off the final turn and
 accelerated without losing form and caught Trisco about the middle of the
 long homestretch to win the title.

1. Susan Ruiz, Kettering Striders 15:54 2. Tracy Trisco, LA Naturite
 TC 15:55 3. Lorna McKinnon, Island TC 17:05.5 4. Mary DeVries, Kettering
 17:59 5. Karen Robins, Croton-On-Hudson, NY 19:03.2 Judges: Larson,
 Hickey, Jack Blackburn, Young, Roland Veon, Murray.

U.S.—USSR Dual Meets: Senior 20 Km, Berkeley, July 8—1. Polozov, USSR
 1:30:04 2. Todd Scully 1:32:13 3. Larry Walker 1:34:15...DQ—Vinichenko,
 USSR 1:31:16 (would not leave course when DQ'd, but there apparently was
 no problem afterward.) Juniors Meet I, Donetsk, July 3—1. Alexander Pot-
 ashev 45:05.3....3. Ray Sharp 48:39.9 4. Mike Morris, no time known yet.
 Meet II, July 9—1. Gavriyenko 44:03.8 2. Protishin 46:29.5 3. Sharp
 47:19.5 4. Morris 48:42.6—good showing. No details on any of these races
 yet.

U.S. Walkers Tour Sweden

With Ron Daniel as their manager (joined by Elliott Derman and some more walkers the second week) a group of U.S. walkers spent a busy 2 weeks in Sweden in late June and early July. Supported by U.S. Olympic Committee funds, the group had seven races and turned in some outstanding performances. Ron provides the following account.

First Race, 5 Km, Appelbo, June 24--The race was held on a crushed-brick track made heavy by intermittent rains and earlier races. The track measured just 348 meters so lap times were meaningless. After a fast start we were getting a preview of the races to come, we were not going to have any pushovers. Winner Alf Brandt did 21:44.2 on a slow track. Good effort by Dave Romansky. The rest of us hiked in.
1. Alf Brandt 21:44.2 2. Per Rasmussen 21:48 3. Dave Romansky 21:52
...6. Ron Daniel 23:04 7. Marco Evoniuk 23:08 8. Carl Schueler 23:08.5
...10. John Fredericks 24:08

Second Race, 20 Km, Appelbo, June 25--This was on a flat, out-and-back, 5 Km course. The day was sunny and mild. Dave lost contact around 7 Km, but still had a good time. Schueler and Evoniuk were both strong with personal records. Fredericks had to stop at 5 Km with a groin strain.
1. Bengt Simonsson 1:30:37.4 2. Ove Hemmingson 1:30:45 3. Alf Brandt 1:32:15 4. Sig Olov Elofsson 1:32:46...6. Romansky 1:34:19...8. Schueler 1:35:54...10. Marco Evoniuk 1:37:59 DNF: Daniel (10 Km in 51:00) and Fredericks

Third Race, 1 Hour, June 28, Lesjöforen--After a day-and-a-half of rain, the track was soft and slippery as well as being an odd distance again (363 m). Alf Brandt set a meet record. Romansky was still amazing. I felt good having not pushed the 20 Km and missed 8 miles by just 173 meters. Schueler had another strong race. Fredericks was still bothered by the groin strain. Evoniuk did not finish, suffering with stomach distress from too much cheese.
1. Alf Brandt 13,379 m (22:10, 44:44)
2. Dave Romansky 13,054 (22:27, 45:47) 3. Goran Aneheim 12,839 (22:41, 46:18) 4. Daniel 12,691 (23:08, 47:16) 5. Schueler 12,687 (23:14, 47:28)...Fredericks 1, 648 (25:10, 51:16)--DNF: Evoniuk (23:40 at 5 Km)

Fourth Race, 20 Km, Ottsjon, July 2--The second group was now along for this race on a dirt road, complete with hills and rocks. Cool, breezy, overcast conditions helped overcome the poor course. This was another spectacular race by Sweden's Alf Brandt as he lowered his personal best again. Dan O'Connor was impressive and could be under 1:30 by next summer if he chooses the 20 Km. Romansky keeps getting stronger. Evoniuk benefitted from the rest and cut one loose. He could be a factor by 1980. Schueler walked another strong race and hit another personal best. He beat me over the last kilometer with a strong uphill finish. I felt good with best time in 2 years. A sharp race for Knifton. Training race for Kitchen and Hirt.
1. Alf Brandt 1:30:26 2. Stig Olov Elofsson 1:30:53 3. Lennart Lundgren 1:32:25...5. Dan O'Connor 1:32:43 6. Dave Romansky 1:33:14 7. Marco Evoniuk 1:34:11 8. Carl Schueler 1:35:39...11. Ron Daniel 1:36:03 12. John Knifton 1:36:09...14. Augie Hirt 1:40:09 15. Bob Kitchen 1:40:09...17. John Fredericks 1:42:17 Masters 10 Km, same place--1. Lennart Back 49:07...8. Elliott Derman 61:55

Fifth Race, 3X5 Km Relay, Ottsjon, July 3--Evening race on the same course as previous day's 20 Km. Everyone was tired but gave me impressive results. O'Connor and Evoniuk still looking impressive. Yes, I can still push for 5 Km. Romansky finally got tired and his style fell apart as he tried to hold lead on anchor leg. So he got the big DQ. Two other

DQ's and several white flags. 1. Follings TC 1:05:28 (Stig Elofsson 22:27, Lennart Johansson 21:44, Ove Hemmingson 21:17) 2. USA "B" Team 1:06:15 (Ron Daniel 21:46, John Knifton 22:20, Carl Schueler 22:09)... 7. USA "C" Team 1:09:49 (John Fredericks 22:52, Augie Hirt 23:27, Bob Kitchen 23:30---USA "A" Team led for 14 Km--Marco Evoniuk 21:46, Dan O'Connor 21:44, Dave Romansky DQ.

Sixth Race, 10 Km, Haggenas, July 5--This was an evening race on a hard-packed road (with pot holes) and some macadam. Norway's Erling Andersson, just 17, won the race in 43:41. Another great race by O'Connor and Evoniuk. Romansky started slow, still being tired. Alf Brandt finally tired and finished seventh. Yours truly let it all out in last kilometer sprint to pick up two places and finish in 45:54. Strong race by Fredericks. Knifton and Kitchen trained through it. Hirt was nursing a knee strain. Schueler came down with a cold.
1. Erling Andersson Norway 43:41 2. Ove Hemmingson 44:02 3. Dan O'Connor 44:37 4. Stig-Olov Elofsson 44:56 5. Marco Evoniuk 44:59 6. Dave Romansky 45:15... 7. Ron Daniel 45:54 ...13. John Fredericks 48:29...15. John Knifton 48:32 ... 17. Bob Kitchen 48:58 Masters 5 Km--1. Lennart Back 24:00 6. Elliott Derman 29:45

Seventh Race, 5 Km, Osteraund, July 7--This was on an all-weather track on a cool night. Ideal conditions. Andersson again very impressive with a Norwegian record of 20:20.1. Gustafsson broke Swedish record. O'Connor blasted a 21:05 despite straining a groin early in the race and holding back. Romansky came back for a personal record at age 40. I felt strong again--got into shape in 2 weeks. Was close to my best indoor effort over 3 miles. Evoniuk got tired but still had a personal record. Schueler was still under the weather.
1. Erling Andersson Norway 20:20.1 2. Bo Gustafsson 20:28.8 3. Ove Hemmingson 20:53.3 4. Dan O'Connor 21:05 5. Dave Romansky 21:18 6. Stig-Olov Elofsson 21:33 7. Ron Daniel 21:36 ...11. Marco Evoniuk 22:01 12. John Knifton 22:11 15. John Fredericks 22:36 19. Bob Kitchen 23:10 21. Carl Schueler 23:28 Masters 3 Km--1. Lennart Back 13:40 6. Elliott Derman 17:27.

Overall point standings for week of walking (20, 10, and 5)--1. Ove Hemmingson 2. Dan O'Connor 3. Stig-Olov Elofsson.

Personal bests for week: O'Connor 20, 10 and 5; Evoniuk 20, 10, and 5; Romansky 5; Daniel 5; Knifton, 5; Fredericks 5; Schueler 20.

Part of the crew then went on to England for the British 50 Km but we don't have their results yet. Ron promises a further report on judging and training in Sweden. If it should happen to come in today's mail, you may get it this month. If not, next month

AND NOW, ON TO OUR REGULAR RESULTS ROUNDUP--A FASCINATING LOOK AT WHAT FEEL AND TOE ARTISTS ARE DOING BOTH NEAR AND FAR--DA DA DUM (That represents drums and trumpet flourishes)

5 Km, Orono, Maine, July 15--1. Randy Easter 25:04 2. Roger Young 25:34 3. Steve Vaitones 26:15 4. Bob Maffucci 27:17 5. Bruce Douglass 27:37 6. John LaPreriere 27:47 Women's: 1. Andrea Johnson, Southern California Roadrunners (a long way to go for a race) 32:41 2. Margie Simmons 34:05 5.5 Mile, Lowell, Mass., June 7--1. Steve Vaitones 47:48 2. Tony Medeiros 52:08 3. Fred Brown Sr. 68:44 5.5 Mile, Lowell, June 14--1. Tony Medeiros 50:35 2. Steve Vaitones 46:45 (Handicap race) 3. George Lattaruk 51:48 4. Fred Brown 66:32 5. Janet Scott 72:12 5.5 Mile, Lowell, June 21--1. Medeiros 50:42 2. Vaitones 47:12 3. Brown 69:20 5.5 Mile, Lowell, June 28--1. Janet Scott 70:01 2. Medeiros 51:30 3. Vaitones 47:32 4. Brown 66:50 5. Joan McPhee 76:01 5.5 Mile, Lowell, July 6--1. Scott 68:16 2. Brown 65:48 3. Medeiros 51:20 7th Annual Barnum Festival 10 Km, Bridgeport, Conn., July 4--1. Bruce Harland, USMAA 48:31 2. Pete

Timmons, NYAC 48:59 3. Cliff Mimm, Shore AC 51:57 4. Sam DeLosSantos, Shore AC 52:06 5. Bob Falciola, Shore AC 52:18 6. Bob Mimm, Shore AC 52:56 (1st Vet) 7. Tim McCoy 53:06 8. Jack Boitano 54:05 9. Evan Fox 54:32 10. Mike Danko 55:33 11. Ethan Whitaker 56:00 12. Don Johnson 56:30 13. Bruce Macbrald 57:20 14. Dave Jolliff 58:13 15. Pat McCoy 58:41 16. Bob Timmons 64:40 17. Joan Unger 65:05 18. Eileen Smith 66:54 19. Bob Timmons (the elder) 69:50 20. Mary Angela 73:46

1 Mile, Bellmore, N.Y., July 11—1. Scott 7:35 2. Gang Le 7:45 3. John Shilling 7:49 1 Mile, Bellmore, July 18—1. Jerry Katz 7:03 2. Zeller 7:30 3. Can Le 7:36 4. John Shilling 7:41 5. Scott 7:47 5 Km, West Long Branch, N.Y., July 10—1. Cliff Mimm 24:32 2. Ray Floriani 24:33 3. Sam DeLosSantos 27:47 5 Km, West Long Branch, July 17—1. John Fredericks 23:50 2. Cliff Mimm 23:55 3. Ray Floriani 24:35 4. Sam DeLosSantos 24:52 1 Mile, Rochester, N.Y., June 26—1. May Watt 7:34 2. Andy Wroblewski 7:38 (both age 17) 1500 Meters, Rochester, July 18—1. Watt 6:56.3 2. Wroblewski 6:58.6 1 Hour, Durham, N.C., June 24—1. Andrew Briggs 6 mi 1066 yds 2. Dan Beauchamp 6 mi 883 yds 3. John Walker 5 mi 1638 yds 4. Tom Gallagher 5 mi 665 yds. MAAU Masters Meet, Atlanta, July 8 and 9—The 5 Km was held the first day and 20 Km the second. I don't have complete results on the 5 but will list what I do have. For those who don't know, IA indicates 40-44, 1B 45-49, 1C 50-54, and so on, so you can tell what age grouping each gentleman was competing in. 5 Km—1. Dave Romansky (1A) 22:13 2. Sal Corrallo (1B) 24:50 3. Max Gould, Can. (3A) 25:18 4. Bob Mimm (2A) 25:41 5. John Allen 26:12 (2A) 6. Andrew Briggs (1B) 28:07 7. Dan Beauchamp (1A) 28:08 8. Don Johnson (3A) 28:43 20 Km: 1. Jeff Bomer (1A) 1:48:31 2. John Allen (2A) 1:50:26 3. Bob Mimm (2A) 1:53:26 4. Don Johnson (3A) 2:01:48 5. Rich Myers (1A) 2:02:51.4 6. Andrew Briggs (1B) 2:05:20.7 7. Dan Beauchamp (1A) 2:09:01 8. Lori Maynard (Women's 1A) 2:09:11.7 9. Tim Dyas (2B) 2:09:48.7 10. Ame Vanderhoff (?) 2:10:44.5 11. John Walker (submaster) 2:10:44.5 12. John Hines (1A) 2:14:04.3 13. Howard Barnes (2A) 2:17:58.5 14. Chesley Unruh (4A) 2:22:14.8 15. Gordon Wallace (3B) 2:22:41.9 16. Bob Long (2B) 2:27:16.4 17. Kafka (2B) 2:27:17.5 18. Michael Cannon (submaster) 2:28:24 19. Ernie Anglin (1A) 2:31:55.8 20. John Wall (3B) 2:39:42

USTFF Masters 1 Mile, California, Pa., June 17—1. Herb Mulkerin, Lake Erie Racetrack 9:56 2. Miller 9:57.5 (both 50 and over) 6 Mile, next day—1. Mulkerin 71:17.6 USTFF National Age-Group Boys Meet, Slippery Rock, Pa., July 14-16—9 and under 1500 meters: 1. Ronnie Quarry, Kettering Striders 9:12 10-11 1500: 1. David Bernard, Kettering 8:54.8 2. Jonathan Eisen, Olney, Md. 9:06 12-13 1500: 1. John Larson, New Carrolltown, Md. 8:20.6 2. Bill Gonzalez, Nound City Dashers (Ohio) 9:16 14-15 1500: 1. Jeff Baker, Kettering 7:21.1 2. Stanley Dancer, Model Cities TC (Md.) 8:57 16-17 1500: 1. Andy Wroblewski, Rochester 7:44.4 1 Mile, Kenosha, Wis., June 27—1. Larry Larson 7:49 (with no warmup, he says. So what, I says.) 2. Tom Langenohl 9:45 Wis. AAU 1 Mile, West Allis, July 8—1. Jay Byers 7:19.4 2. Larry Larson 7:44 (Warmed up, I presume—all for just 5 seconds) 3. Jim Griffin 8:45.2 Wis. Jr. Olympics, Age 16-17 1 Mile—1. Vikota Romanovic 7:09.2 2. Brian Torsivia 8:26.4 14-15 1 Mile—1. Tom Langenohl 8:59.7 2. Steve Fusek 9:20.8 (Romanovic will be a freshman at Wisconsin-Parkside this fall and should help add to their list of laurels in the sport.) 1/2 Marathon, Coronado, Cal., July 4—1. Dale Sutton 1:51:27 2. Paul Hendricks 2:00:21 3. Doug Reeves 2:20:45 4. Mickey Hakesley 2:24:55 1978 Senior Olympics, Irvine, Cal., June 24-24: Women's 5 Km—1. Paula Kash-Mori 25:54.9 2. Lori Maynard 28:32.1 3. Patricia Reback 32:52.7 4. Marcia Gottlieb 33:52.5 5. Ernestine Yeomans (age 59 and from Cincinnati) 35:07.8 Men's 5 Km—1. Dale Sutton 25:16.6 2. John Allen 25:27.2 3. Don Johnson 28:21.8 4. Ed Coverley 30:14.7 5. Otto Wenk 30:29.4 6. John Fræsen 30:56.6 7. Gordon Wallace 31:11.2 8. Howard Barnes 31:31.5 9. Bob Long 31:51.7 10. Jim Fields 31:54.4 (15 finished)

Women's 10 Km—1. Lori Maynard (42) 62:52 (since I neglected to list ages with the 5 Km results, I had best do so here) Men's 10 Km—1. John Allen (52) 51:19.4 2. Dale Sutton 54:02.1 3. Don Johnson (61) 58:23.3 (Sutton is 38) 4. Justin-Gershuny (51) 59:29.6 5. Otto Wenk (65) 62:52.6 6. John Friesen (51) 63:12 7. Bill Waite (25) 64:40 8. Bob Long (59) 64:46 9. John Garcia (60) 65:05 10. Chesley Unruh (71) 65:16 11. Gordon Wallace (68) 66:00 12. John Hanna (69) 60:01 13. Hugh Yeomans (62) 68:29

10 Km, San Diego, July 16—1. Dale Sutton 50:37 2. Paul Hendricks 55:03 3. Mac Innis 64:04 4. George Edison 64:15 (14 finishers) 5 Km Handicap Sepulveda, Cal. (actual times shown)—1. Roger Brandwell 31:27 2. Joe Hampton 25:22 3. Paula Kash-Mori 25:21 4. Todd Sutton 35:37 5. Dale Sutton 23:59 6. Ray Parker 25:51 7. Hal McWilliams 30:53 8. Larry Walker 22:09 9. Guy Sutton 33:31 and Paul Hendricks 26:31 11. Jane Janousek 29:48 12. Jim Hanley 29:39 2.5 Mile, Monmouth, Ore., July 6—1. Bob Korn 18:52 2. Jim Bean 19:10 3. Chuck Howard

GONZALES ROLLS ALONG

Not satisfied with the fantastic, Raul Gonzales has moved into the realm of the unbelievable. Earlier this year the Mexican phenom covered 50 Km in 3:45:52 in Mexico City, nearly 7 minutes faster than anyone had even done on the road. Then he went to Norway and turned in a 3:52:23 on the track, better than 4 minutes under the world's record. Now would you believe 3:41:20! I'm not sure if I do. This one came in the annual Prague-Podebrady in Czechoslovakia. One could quickly pass it off as an obviously short course, but they hold the race every year with several top walkers and it has never been a particularly fast race in the past. And, he left some very good walkers several kilometers in his wake.

Even more unbelievable than the final time is the way he did it, if the splits are accurate (on a point-to-point road course they could be off). In any case, he started at a very leisurely pace (for him) covering the first 10 Km in 48:22. Then he proceeded to do 43:56, 43:11, 41:51, and 43:56. That means his last 20 Km was in 1:25:51 and the last 30 in 2:09:02, way under the world's best, road or track. And a 2:52:28 for the last 40. To put the whole thing in terms that we Americans can quickly grasp, Gonzales walked the 31 miles at an average of 7:07.5 per mile and was under 7:00 over the last 25 miles!

1. Raul Gonzales 3:41:20 2. Pedro Aroche, Mex. 3:55:52 3. Ralf Krut-ter, E.G. 3:58:36 4. Martin Burmidez, Mex. 3:58:47 5. Stefan Muller, FRG 4:00:08

PAUL HENDRICKS FIRST AMERICAN TO COMPETE IN STRASBOURG TO PARIS EVENT

Paul Hendricks became the first person from this country to compete in the grueling Strasbourg-to-Paris race, which varies between 500 and 525 Km depending on the route they follow. Although Paul did not complete the course, he learned a lot and hopes to go back. The following account of his experience is taken from the San Diego Track Club Newsletter.

On Saturday May 27, a small band of U.S. Goodwill Ambassadors (we didn't plan it that way, but that's how it turned out) left San Diego for Paris, France, the objective being the Strasbourg-Paris 500 Km Race Wlk. The San Diego group, first and only to represent the U.S. so far, consisted of nine brave souls, our gallant and courageous standard bearer, Paul Hendricks, and eight super eager supporters, long on heart, woefully short on expertise (ah... but we are older and wiser, now!) The group, Joan Forbes, Maeann and George Garty with son John, Mary Mendez, Dale Sutton, and Babe and Marvin Zignan are all looking forward to a return bid for next year, which, because of the superb sportsmanship and fine athletic effort put forth by Paul is being offered by the French Athletes Federation.

The race itself is an incredible test of endurance, difficult for athletes in the U.S. to comprehend because we have absolutely nothing here that is even remotely comparable. The walkers, each with support crews of 10-25 people, some including physicians and physical therapists, are followed closely by their individual vans or campers, and in many cases by helpers on bicycles, also. All care of the walkers, food preparation, massage, change of clothes, and first aid must be done along the course because the walkers, in order to reach the half-way point in the allotted time, and of course the finish line in 72 hours, must be moving almost constantly. They walk day and night with the exception of a mandatory physical checkup and 3 hour rest at the halfway point. All walkers followed the course with nothing but occasional 10-15 minute stops for massage, toilet, or first aid until they dropped out or were officially stopped because time had run out. Of 29 race walkers who started, only two actually crossed the finish line, 315 miles and 72 hours later. Paul, who officially finished 21st, walked 214 km in 31½ hours before finally withdrawing at 2 a.m. on the second night, on a very dark, very cold, and very lonely country road somewhere in Eastern France. It is with sad wisdom of hindsight that we realize that he could have gone much farther had the support crew been larger and more knowledgeable about the walker's nutritional needs and less compassionate when he wanted to stop and rest. The fact that Paul awoke after a 6-hour sleep almost completely refreshed and with no blisters or pain in the feet (which amazed most of the officials) made this all too clear.

But enough of the negative observations, we now have a thoroughly experienced crew determined to get the most out of the U.S. walker next year, who for his part is determined to give his all to a tough training program, including flying to France next April to officially participate in one of the 200 Km cross country selection trials. Altogether it was one of those once in a lifetime experiences for all who participated; The friendships quickly made with the warm and beautiful French people; the unforgettable sights of 51-year-old Roger Brallet striding along after 259 miles, looking strong and offering us a swig of his beer; Maurice Champmartin, withdrawing after 200 miles, weeping because his great heart and tremendous courage wanted him to continue but his body, racked with pain and fatigue simply could not; and, of course, most moving of all at the awards ceremony, when Paul was called to the stage to be acknowledged for his participation in the race and the seventh place finisher, Paul Alomaine, embraced him and presented Paul with his own silver trophy. Against the background of the U.S. flag, for the first time displayed in this competition, it was truly an inspiring moment.

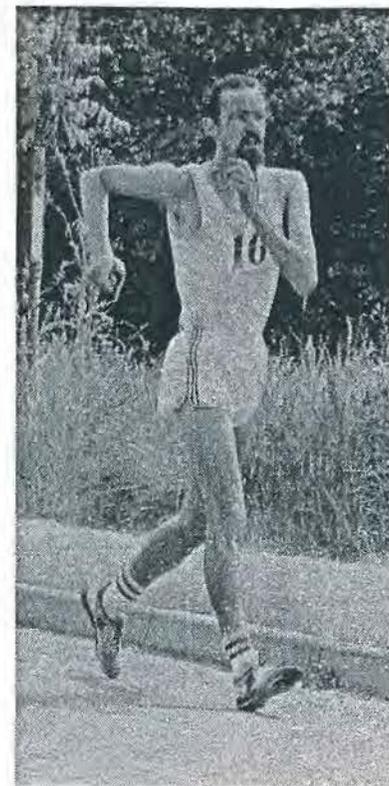
Results of the race: 1. Josey Simon, Luxembourg 66:10:47 (501 Km)
2. Serge Schneider, France 69:47:57 3. Pietguin, Belgium 461 Km

Now, on with the results:

50 Km, Turku, Finland, June 18—1. Reima Salonen 3:51:39 (European best and faster than anyone other than Gonzales. Salonen, still quite young, has excelled at the short distances but has really been more impressive in his occasional efforts at longer distances. Two years ago he was a surprising third in the World Championship as he dipped under 4 hours. With his blazing speed, could he challenge Gonzales in a head-to-head match?)
20 Km, Akja, Hungary, June 24—1. Jose Marin, Spain 1:26:19
2. Bo Gustavsson, Swed. 1:26:48 3. Imre Stankovics 1:26:52
50 Km, same place—1. Augustin Jorba, Spain 4:08:54 2. Gerhard Weidner, WG 4:10:36
Team scores: 1. West Germany—51 2. Spain—44 3. Hungary—39 4. Sweden—18
USSR-EG-Poland 20 Km, Vilnius, USSR, June 22—1. Karl-Heinz Stadtmüller, EG 1:24:43 2. Yevgeniy Yevsyukov, USSR 1:26:29 3. Jan Ornoch, Poland 1:26:45
Prague-Podebrady 50 Km, June 11 not 18—other finishers:
6. Werner Galina, EG 4:01:53 7. Vitez 4:06:01 8. Vanous 4:07:52 9. Patušanski, Rum. 4:08:03 10. Dzurinak 4:09:06
Central American Games



1978 NATIONAL 20 KM AT UCLA. Two excellent shots by Sally McPherson. At the top, we see Todd Scully on his way to victory and right on the edge of contact, but probably still on. In the bottom photo, Larry Walker leads Dan O'Connor (they finished 2-3). Sally has caught them both in the double-contact phase and both solidly on.



That man again. Todd Scully on his way to another National title, this time the 10 Km in Niagara Falls. Below, we see Ron Daniel starting to move clear of Martin Kraft in the same race. Daniel finished second and Kraft fourth. Photos furnished by Dan Stanek, but obviously he didn't take them since he was walking too.

Two tough ultra-distance men caught by Bob Rosencrantz during last summer's British National 50 Km. At the top is John Lees, who started his career by breaking the trans-U.S. record and is now one of Britain's top 50 men. Below we see Colin Young who held the world's 24-hour record until Derek Harrison broke it recently. At 43, Colin is still tough at all distances and excels at the really long stuff. He has completed the grueling Paris-to-Strasbourg route several times.



Upcoming star. Jeff Baker, of the Kettering (Ohio) Striders enroute to a win in the Age 14-15 division of the 1500-meter walk at the USTFF National Boys Age-Group Track Championships at Slippery Rock, Pa. Jeff also finished 15th against some of the older boys in the National Junior 10 Km. (Photo from John Harwick)

20 Km, Medellin, Columbia, July 15-20--1. Daniel Bautista, Mex. 1:29:09 (2000 meter altitude) Women's 3 Km, Appelbo, Swed., June 24--1. Thorill Gylder, Nor. 13:50 2. Britt Holmquist 14:14 3. Margareta Simu 14:25 4. Ann Jansson 14:37 5. Eva Karlsson 14:39 6. Margareta Olsson 14:45 Women's 10 Km, Appelbo, June 25 (road)--1. Margareta Simu 48:53 2. Thorill Gylder 49:20 3. Ann Jansson 51:24 4. Margareta Olsson 51:46 5. Ann-Marie Larsson 56:33 6. Aage Lundin 57:37 Women's 5 Km (road), Ottsjon, Swed., July 2--1. Siv Gustavsson 23:48 2. Elisabeth Olsson 24:00 3. Britt Holmquist 24:28 4. Ann Jansson 24:52 Women's 5 Km (road), Haggenas, Swed. July 5--1. Elisabeth Olsson 23:54 2. Britt Holmquist 24:20 3. Siv Gustavsson 24:25 4. Ann Jansson 24:38 Women's 3 Km, Ostersun, Swed. July 8 --1. Eva Karlsson 13:41 (World Record is 13:39.6 by Simu) 2. Hja Kjolberg 14:29 (This was a Junior race) Senior race--1. Siv Gustavsson 13:43 2. Elisabeth Olsson 13:45 3. Margareta Simu 13:49 4. Britt Holmquist 14:13 British 3 Km, June 23--1. Roger Mills 12:05.8 (Championship Best) 2. Brian Adams 12:24.7 3. Carl Lawton 12:41.1 4. Graham Sætter 12:41.4 5. Graham Morris 12:44.4 6. Peter Fox 12:52 7. Ken Carter 12:52.4 8. J. Paul 12:54.7 9. Amos Seddon 12:59.6 10. Brian Armstrong 12:59.8 British 30 Km, Sheffield, June 17--1. Olly Flynn 2:21:54 2. Brian Adams 2:22:26 3. Amos Seddon 2:25:26 4. Roger Mills 2:27:11 5. Shaun Lightman 2:27:37 6. Bob Dobson 2:28:54 7. Graham Morris 2:29:52 8. John Warhurst 2:20:26 9. J. Sullivan 2:21:16 10. Peter Hodgkinson 2:31:38 11. Roy Thorpe 2:32:08 (First Veteran) 200 Km, Conflans, France, April 30--1. Dave Boxall, UK 22:42 Women's 3 Km, Basildon, Eng., June 25--1. Carol Tyson 14:27 2. Irene Bateman 14:35 British 50 Km, July 15--1. Dave Cotton (21) 4:14:25 2. Ian Richards 4:18:32 3. Brian Adams 4:19:22--nothing further yet as to where U.S. walkers finished....That 39:39 10 Km for Daniel Bautista in Poland, which we reported last month, may have been on the road and not the track. If we ever find out for sure, we will let you know.

UPCOMING RACES OF POSSIBLE INTEREST TO OUR READING PUBLIC

- Sat. Aug. 12--5 Mile, West Long Branch, N.J., 5 p.m. (H)
 Sun. Aug. 13--10 Km, Cleveland, Ohio (U)
 NAAU SENIOR, MASTERS, AND B 30 KM, COLUMBIA, MO, 6:30 a.m.(D)
 13.1 Mile, Norman Lake, Ariz., 9:30 a.m. (V)
 Wed. Aug. 15--15 Km, Detroit (F)
 Thu. Aug. 16--1 Mile and 5 Km, Orme Ranch, Ariz, 9 a.m. (V)
 Sat. Aug. 19--10 Km Hdep, Columbia, MO, 8 a.m. (D)
 Doc Tripp Memorial 10 Km, Women's 5 Km, Broomfield, Col.
 8 a.m. (P)
 Sun. Aug. 20--20, 30, 40, and 50 Km, San Diego, 7 a.m. (Z)
 5 Mile, Red Bank, N.J., 1 p.m. (H)
 Sat. Aug. 26--24 Hour Relay, Pekin, Ia., 9 a.m. (G)
 Ontario 20 Km, Women's 5 Km, Etobicoke (N)
 5 Km and 15 Km, Santa Monica, Cal. 10:30 a.m. (O)
 Sun. Sept. 3--20 Km, Women's 10 Km, Cleveland (U)
 NAAU "B" 15 Km, Mackinac Island, Mich. (F)
 3 Km, Washington, D.C., 11 a.m. (A)
 Mon. Sept. 4--3 Mile, Richland, Ia., 10 a.m. (G)
 Sat. Sept. 9--10 Km, Ontario (N)
 Sun. Sept. 10--NAAU SENIOR, MASTERS, AND B 50 KM, DETROIT (F)
 Iowa 25 Km, Ames, 8 a.m. (G)
 Sat. Sept. 16--10 Km, Columbia, Mo., 9 a.m. (D)
 Sun. Sept. 17--15 Km, Houston, 10 a.m. (E)
 2 Hour, Iowa City, Ia., 8 a.m. (G)
 5, 10, and 15 Km, San Diego, 9 a.m. (Z)
 4 Mile, Lakeland, Fla., 8:30 a.m. (Q)

- Sat. Sept. 23--RMAAU 1 Hour, Lafayette, Col., 8 a.m. (H)
 NAAU 100 MILE, COLUMBIA, MO. 1 p.m. (D)
 Wed. Oct. 4--1 Hour, Detroit (F)
 Sun. Oct. 8--Iowa 40 Km, Winterset, 7 a.m. (G)
 Sun. Oct. 9--10 Mile Hdp., Guelph, Ontario (H)
 Sat. Oct. 14--San Diego Marathon Walking Division (Z), 7 a.m.
 10 Km, Lakeland, Fla., 8 a.m. (C)
 Sun. Oct. 15--Ontario 50 Km, Hamilton (N)

CONTACTS:

- A--Tom Hamilton, 4617 N. 26th St., Arlington, VA 22207
 D--Joe Duncan, 487 Reverley Rd., Columbia, Mo. 65201
 E--John Evans, 5440 N. Braewood #945, Houston, TX 77096
 F--Martin Kraft, 19173 Beaconsfield, Detroit, MI 48224
 G--Dave Eidahl, Box 209, Richland, IA 52585
 H--Elliott Derman, 28 N. Locust, West Long Branch, NJ 07764
 N--Doug Walker, 2360 Dundas St. W #1213, Toronto, Ont M6P 4E2, Canada
 P--Paul Lightsey, 2400 E. 16th St., Greeley, CO 80639
 Q--John Scimone, 631 Young Place, Lakeland, FL 33803
 U--Lake Erie Racewalkers, 3123 Mapledale Ave., Cleveland, OH 44109
 V--Mike DeWitt, 17831 n. 34th Lane, Phoenix, AZ 85023
 Z--Dale Sutton, 6937 Petit Court, San Diego, CA 92111

Hot Result fresh from today's Columbus Dispatch, Ohio's Greatest Home Newspaper: Olympic Festival 20 Km, Colorado Springs, July 28--1. Neal Pyke, West 1:36:57 2. Larry Walker, West 1:37:15 3. Marco Ewonuk, Midwest 1:37:48 4. Dan O'Connor, East 1:39:07 5. Jim Heiring, Midwest 1:41:26 6. Martin Kraft, Midwest 1:42:09 7. Tom Dooley, West 1:42:34 8. John Knifton, South 1:45:23.

LOOKING BACK

10 Years Ago (From the June and July 1968 ORW's--two months because we neglected this feature last month)--Larry Young and Don DeNoon dropped in on the British 20 Mile race and captured second and fourth. Paul Nihill was the winner in 2:35:07 with Larry finishing in 2:37:04 and Don in 2:39:50. DeNoon led through 15 miles...DeNoon also won the MU 3 Km title in 12:39.7, just .9 ahead of Ron Laird. Young and Tom Dooley were also under 13 minutes...In Canada, Felix Cappella captured the 50 Km in a swift 4:22:28.8 with Karl Merschenz nearly 5 minutes back....Laird captured the National 20 Km in 1:33:00 with Young, DeNoon, and Tom Dooley taking the next three spots and Dooley only 39 seconds back of Laird. There were 12 under 1:40 in the race....On a short course (about 1/2 mile), Young took the National 50 2 weeks later in 4:12:12. There were eight under 4:30 in this one with Goetz Klopfer, Bob Bowman, and Dave Romansky following Larry....Laird covered 7 mi 1386 yds in an hour to beat Martin Rudow in the National title race in Montana

5 Years Ago (From the June and July 1973 ORW's)--In June's Senior title races John Knifton beat Ron Laird at 3 miles and Jerry Brown won the 15 Km, also over Laird. Knifton had a 21:36.4. Laird was 9 seconds back followed closely by Bill Ransay. Bob Henderson, Larry Walker, and Bill Weigle took the next three spots, all just over 22 minutes. In the 15, Brown had 1:13:26 in Boulder's altitude to leave Laird nearly a minute back. Floyd Godwin was third...Randy Mimm won the Junior 10 Km in 51:45 and thus joined his daddy, Olympian Bob Mimm, as an international competitor. Jim Patton finished second and also qualified to compete against the USSR... In July, John Knifton won the Senior 25 Km in Taunton, Mass. in 2:05:50, with Laird continuing as a bridesmaid in 2:07:38. Gary West-erfield was a distant third, followed by LIAC teammate Steve Hayden (what is Steve doing these days? He let his ORW subscription drop, an unthink-

able act). John won the race under duress. Two weeks earlier he had been attacked while training by a large, hungry dog. He resumed that training stint after 28 stitches and 5 days in the hospital. With that adventure out of the way, he proceeded to Taunton the day of the race and conveniently left his gear, or "kit" as his British friends would say, back home. So he walked the race in borrowed gear, including a pair of half-size-too-large bowling shoes. And, surprisingly enough, despite 80 degree heat, survived with nary a blister...Sue Erodoek won the National 5 Km, the first time the women had competed at that distance in the National meet, in 27:39.9 with Ellen Minkow and Ester Marquez following. ...On the local scene, your editor blasted a 31:56 for 4 miles and immediately allowed that he was practically ready to start challenging those "near the bottom of the top". A hollow challenge, as it turned out... Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4... Jerry Brown and Bill Ransay competed in Europe with the U.S. track team and, despite some good times (walking, that is, not boisterous revelry) didn't come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:46 for 10 Km, but Bernd Kannenberg did 43:48 and Gerhard Weidner was second. In Italy, they had 45:36 and 46:06 respectively, but Visini and Zambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Iyochenko won in 1:35:14 and this time Bill beat Jerry with 1:36:37 to 1:37:41.

One more result: US-Great Britain-West Germany Junior Meet, Lubeck, W.G., July 11, 10 Km--1. Graham Morris, GB 45:43.6....3. Ray Sharp 46:53.7--certainly a great European trip for this newcomer to the sport who has made tremendous progress from an unknown to a real threat to his elders in just 2 months.

FROM HEEL TO TOE

Apologies to Jim Heiring who was not disqualified in the National 20 Km, as reported in these pages. He cramped up at about 4 miles and had to drop out at 5 3/4. I'm not sure now where I came up with the DQ, so I have no one to blame but myself....New IAAF timing regulations, which the Technical Committee has recommended become effective in 1979, call for times in both Olympic walks (20 and 50 Km) to be recorded to the next longer second. This also applies to runs over 25 Km. Thus tenths and hundredths are eliminated completely in the longer races...Whoop! Still another result I overlooked. I've really got them spread out this issue. This is the Midwest Masters Meet (and Open) held at Naperville, Ill. on June 24. They a 3 Km. That was the announced distance but it was actually supposed to be 5. With the temperature at 92, the assembled competitors decided that 3 would be just fine. 1. Angie Hirt 14:19.6 2. Dan Dudek 14:42.6 3. Larry Larson (first Master) 15:28.5 4. Mark Treger 16:44.8 5. Frank Levy 18:25.2 6. ? Jayne 19:37.7 (second Master) 7. Paula Poda 19:38.9 (age 16) 8. ? Campbell 19:55.4 (third Master) 9. Harold Comm 20:10.4 (fourth Master, first in 3A) 10. Braid 20:10.9 (first in 2A) 11. Mike Riban 20:52.1 (1st in 3B) 12. Mary Byers 24:43

REPORT ON NCAA WALKING

by Bob Kitchen

There will be no walking event in the NCAA championships in 1978. (Ed. By this time, that should read "was no walking event") I suppose that decision is all that matters, but I think it is important for us to know the process which led to it.

After a year of lobbying, letters, and phone calls, I gained a place on the agenda of the NCAA Rules Committee meeting during the NCAA Championships at Eugene. This committee of 15-20 coaches from all three divisions (Chairman, John Randolph of West Point) is the one which would

make the decision to include the walk on a scoring basis.

I met first with the Division I boys on Friday morning for a discussion of the matter. I had met some already and all had received my propaganda. I perceived the attitude to be positive, friendly, and helpful, but caution and noncommittal. Considering the conservatism and inertia built into the NCAA, that would mean a negative vote at the end.

Saturday night, Martin Rudow, Bob Bowman, and I took part in the Olympic Development Committee meeting. When it was over, we found it hard to suppress a strong feeling of expectant victory. Sam Bell of Indiana, the chairman, took a strong stand for our case in the NCAA matter, as did Jimmy Carnes of Florida. A unanimous resolution was passed to recommend the walk to the Rules Committee. (Randolph is also a member of the Olympic Development Committee.)

The inevitable had to come though. The entire Rules Committee met Sunday in closed session, but Randolph wanted me to come and present our case. From the first words, I knew it was just not going to be this year. The reasons given were the same old ones with money at the top of the list. There were four basic reasons given, which I shall try to summarize.

1. This coming year, the NCAA initiates a program to pay the expenses to the national meet for any athlete or team who qualifies—cross country indoor, outdoor in all three divisions. Deloss Dodds apparently had figured out the roughcost for the addition of a walk and told me as I sat down that it would be \$10,000. 2. The big schools are now limited to 14 scholarships. 3. Many big schools have a limit on their traveling squads. To these three items, I said, "Well, you know we can't do anything about that!" 4. There does not appear to be widespread enough support from the coaches. Surprisingly, the Division 2 and 3 representatives were of no help here. One would think the smaller schools would have nothing to lose and a lot of prestige to gain.

Granted, this fourth is probably true. However, we must fend off the type of suggestion that followed. "Why don't you work on the grass roots level, build up a program and when it justifies inclusion, come back to us." I replied that we are always working on the grass roots level, but that without a substantial collegiate program, we have made no gains over the last 15-20 years. Somewhere along the line the NCAA needs to take a leap of faith and give us the push we need. Ironically, the committee all seemed to nod approvingly of that statement.

So, it's the old story, the hell with reason and justice when it comes to money and points in the NCAA meet. Nevertheless, many good things came out of this year's attempt. I believe that we have established a presence among the NCAA coaches and officials. They were impressed by our positive approach and they know I'll be back next year at Illinois.

A suggestion was made by several coaches that we establish walking as a separate NCAA sport, like water polo. You need 45 schools participating, but I don't believe this would be very productive. I honestly can't see my own Athletic Director approving the separate funds for such a team, coach, travel, etc.

A more positive suggestion was that we get in tight with the U.S. Coaches Association. Earlier this year, I wrote to the president of this group, but received no reply. I believe I can join the coaches Association and am preparing an article on training for college walkers for their quarterly technique journal.

This coming year we have to try some new approaches, as well as keeping up the lobbying pressure. During the lull of summer I will attempt to form a battle plan so I would welcome any thoughts, suggestions, and comments. Several basic things would be to set up a series of "collegiate-only" walks around the country to give our present walkers something to work for; more clinics, especially for high school and college athletes and

coaches; help the still shaky NAIA program as much as possible. For instance, there were no "real" judges at Abilene Christian this year, where the meet will be held the next 3 years.

Continuing efforts should be made to get the walk in our local college conferences (i.e., New England), as well as the area high school leagues. Next year, I'll look into making some initiatives into the AIAW (women's sports).

One thing I'm concerned about is that this effort should not look like a one-man show. Only if we have widespread support and promotion will we convince the powers that be that there is a need and demand for the event. I am, therefore, grateful for the support and presence of Rudow and Bowman at the NCAA meeting. I firmly believe that this is the most important project for the development of our sport in the U.S. Simply, we need others to get into the act at their local level.

ALL-TIME AGE LIST FOR 1 MILE WALK (Per Starting Line magazine)

Age 8	9:58.5	Pat West, Newport Beach, Cal.	7-27-74
9	8:42.8	David Smathers, Menlo Park, Cal.	7-19-75
10	8:22.2	David Smathers, Menlo Park, Cal.	5-23-76
11	8:13.8	Paul Wade, Santa Clara, Cal.	5-7-77
12	8:17.2	Bob Campbell, Reno, Nev.	7-16-77
13	8:00.0	Gary Thomas, Valparaiso, Fla.	7-17-77
14	7:34.0	Ricky Wallace, Raleigh, N.C.	7-9-77
15	7:14.5	Greg Hack, Spokane, Wash.	8-21-76
16	7:01.3	David McCalley, Kansas City, Mo.	8-14-77
17	6:55.7	Joe Sanders, Memphis, Tenn.	8-14-77

TRAINING TALK

by Julian Hopkins
British National Events Coach
From Race Walking Record, June 1978

This month I would like to give you some insight into how the Mexican walkers have trained to become world champions. Although they have a completely different system and outlook from ourselves, I think that their training is worth looking at in some detail for several reasons. Firstly, it has been difficult in recent years to obtain information on how the world's best have been training, for East German and Soviet methods are not usually disclosed. Secondly, I think one can always learn something of interest from the training of other people—especially when they are as successful as the Mexicans!

The first important point is that the Mexican "training year" is divided into two equal parts. The first is designed to produce a racing peak in May and June (for their European tour) and the second a peak in November (for the second trip to Europe for the Giro di Roma). Last year, the second peak was brought forward for the Lugano Cup final. Each half of the training year is divided up into four periods—the first three of about 50 days each and the last of 20 days. Before the training year starts, there is 2 to 3 weeks of complete rest in November.

FIRST PERIOD: This occupies most of December and January. The aim of this period is to develop general endurance—i.e., the ability to maintain a prolonged effort of moderate intensity. The following methods are used:

- a. Sessions of ordinary walking (with arms lowered) for 3-4 hours in the woods at an altitude of 3,000 meters (about 10,000 ft.) The pace is slow on the level and downhill but fast uphill.
- b. Race walking for 2-3 hours (up to 4 hours after the third week) at a speed of 5:45 to 6:00 per kilometer.

- c. Walking at medium to hard effort up and down extinct volcanoes (situated about an hours drive from Mexico City) reaching an altitude of 5000 meters. This training includes crossing snowfields and is done in heavy boots.
- d. About 20 minutes of gymnastics each day including apparatus work, medicine ball, and isometric exercises.
- e. Various games are played including volleyball, basketball, and walking football (soccer)—you can only run when being challenged or challenging for the ball. The latter is the most popular.
- f. Other forms of general endurance training are sometimes used—e.g., cycling, cross-country skiing, and swimming.

SECOND PERIOD: This 50 days occupies most of February and March.

The aim is to introduce specific endurance training—i.e., to improve the ability to hold an effort of fixed high intensity for a prolonged period. The main training method consists of continuous walking alternating long/slower sessions with shorter/faster and medium pace sessions. Now the sessions are calculated in kilometers rather than for a particular duration. About 70 percent of the training is dedicated to specific endurance sessions. These consist of morning sessions of between 20 and 40 Km at 5:15 to 5:30 pace. The most popular distance is 30 km, which is usually covered three to four times per week. In the afternoon, 6-8 km of faster walking is carried out, usually three or four times a week. Mountain sessions or fartlek training are not usually included in this period. Of the remaining training, 10 percent is dedicated to maintaining general endurance, 10 percent to developing specific and general strength, and 10 percent to flexibility work.

THIRD PERIOD: This period in April and May is used for higher development of specific endurance—this time by the repetition method. The training is divided as follows:

- a. Repetition method—50 percent
- b. Continuous specific endurance—20 percent
- c. Improving basic speed—15 percent
- d. Flexibility work—10 percent
- e. Maintaining general endurance—15 percent

(Ed. All of which adds to 110 percent and reveals the whole secret of their success—athletes all always talking about giving 110 percent, which I always thought impossible, but here are the Mexicans doing it. Well, Julian made a mistake somewhere, but let's forgive him and get back to what he has to say.)

Repetition training is carried out on the track three or four times a week. The first session consists of long efforts (2-4 km) and the third of short efforts (100-300 meters). The speed is 4:30 improving to 4:20 per km, except for every fourth repetition of short efforts, which is faster. Recoveries are partial except after the faster short repetitions when complete recovery is taken. Here are several examples:

First week of the period:

Monday —4x4 km (5:00 recovery)

Wednesday—8x2 km (3:00 recovery)

Friday—4 sets of 4x300 meters (1:30 recovery)

Last week of the period:

Monday—8x2 Km (3:00 recovery)

Wednesday—16x1 Km (2:00 recovery)

Friday—8 sets of 4x400 meters (1:30 recovery)

In this training, the volume and intensity is adjusted to suit the individual. The best 20 Km walkers cover about 16 km in repetitions whilst the top 50 km men total 24 km per session. The continuous special endurance consists of two or three sessions of 15-20 km covered at 5:00 per km, whilst a session of fartlek is included for variety.

FOURTH PERIOD: This only lasts 20 days and covers the end of May and the beginning of June. The emphasis is on polishing up basic speed for the main races at this issue. Three or four times per week repetitions are done on the track over various distances up to 1 km. Speeds are about 4:10-4:15 per km, 2:25 to 2:30 for 600 meters, and 1:35-1:40 per 400 meters. Every fourth repetition is done somewhat faster, but times do not go below 4:00 for 1 km or 1:30 for 400 meters. Speed sessions are usually carried out in hot weather because this assists rapid muscle contractions. Each week there are also two or three sessions of 15-20 km covered at 5:00 per km. Almost everyday, technique drills and swimming (to promote active recovery) are included.

At the start of the competitive season, the Mexicans use races for self-evaluation. These give them an accurate assessment of their abilities and enable them to plan their racing strategy for major events. During the period of major competition, the training load is considerably reduced.

In summary, one can readily appreciate the logic of the Mexican system, which fits in with the well-tried scheme of (1) developing a broad base of general endurance, (2) developing specific endurance, (3) developing specific endurance of higher intensity, and (4) developing basic speed. Clearly with such well-considered training plans plus the advantages of altitude and a well-financed squad system, the future success of Mexican walking seems assured. But there is no easy road to the top for these walkers cover 8000 to 10,000 km per year—at high altitudes! (Ed. Any comments supplementing what Julian has said from those who have attended the International Walking Weeks in Mexico would certainly be of interest. The following letter, which was written by Enrique Vera to Athletics Weekly in February, as he completed a stay in England, serves as an interesting adjunct. Vera at that time had the world 50 Km record.)

Dear Sir:

In this magazine, I have read about the RMA International Sub-Committee's ideas to improve the standard of British race walking. (Ed. Primarily greater specialization and more International races.) If you will forgive me for saying so, I think they are mistaken. Although it is no concern of mine, you may be interested in my opinion since I have been asked many questions about walking during my stay in England.

I do not think it is necessary to have plenty of races, whenever it is a matter of long effort, in order to do well in international events. I ask myself: if I want to compete in the Strasbourg-Paris race, must I train 200 Km every day or have race four or five times at 500 km within the previous 3 months to be sure that I shall be fit? Is the best husband in the world the one who has been married more times than anyone else?

To obtain my second place in the IAAF World 50 Km in 1976 do you know how many times I had previously raced at that distance that year? None! The longest races were the Leicester Mercury 20 Miles and a 35 Km trial in September, but this latter event was only at 85 percent effort. Maybe I am not strong enough to withstand six or eight 50 km races at 100 percent in one year, so I ask myself are British walkers very strong? In 1977, I had raced twice at 60 km before the Lugano Trophy, but in preparation had trained 10,000 km in a year to make me a little stronger and gained international experience in several shorter races. So how much training are the British walkers doing in order to face five hard races within 11 weeks....

I am particular about having enough mental rest between important races because my mind is like a battery; it needs to be charged every day in order to produce a full output at the exact moment that I need it for the big race, and not spend wastefully in small quantities in many strong and/or long races. Perhaps that is why Olly Flynn only races about 12 times a year and he has become the best British walker. (Ed. Well, that isn't quite all, but it's all the space.)