Apparently fully recovered from knee surgery last summer, Jim Heiring has recorded two world indoor bests during the early 1986 season. With the knee all cleaned up, he may indeed be "better than ever", a possibility he predicted following surgery. In any case, at the Millrose Games on February 14, he shattered Ray Sharp's 3-year-old mile record of 5:46.21 as he circled the Madison Square Garden 11 times in 5:41.26. Tim Lewis pursed gamely, but was no match for Jim on this night, despite missing the old mark by just 0.41 second. Tom Edwards was also under 5:30 and both Ed O'Rourke and Pat Moroney bettered the once impenetrable 6 minute barrier in this super-fast race.

Two weeks later, Heiring returned to the Garden for the National Athletics Congress 2 Mile championship. This time he broke the world and meet record for the third year in a row, winning in 12:05.94. The old mark, which he set last year, was 12:07.5. (Past as Jim was, however, the mark remains inferior to Italian Carlo Mattioli's world 3000 best of 10:34.61.) Tim Lewis was once again runner-up, or, walker-up, as in last year's race and the Millrose race. Fordham's Pat Moroney moved from sixth last year to third this time. Teresa Vaill repeated in the women's 1 Mile.

VARIOUS RESULTS


(cont. on page 1)
So it is come to this. Long-time correspondent Elliott Denman sends the following "bulletin" on the "first competition staged under the new 'limited flight phase' rules of walking, dated March 1, 1986.

Walk On Air captures first

By The Associated Press

CHERRY HILL - Walk On Air-trained specialists led the way at the Eastern Regional 20 Km walk staged yesterday at Garden State Park Walktrack.

Taking 11-foot strides, the Carl Lewis-coached Pietro Rivera took the event in a brisk 1:09:17, nearly midway between existing world records in the 20 Km run and 20 Km race walk.

"That's exactly what we envisaged," said Lewis, who indicated he'd retire from sprinting and long jumping to coach a stable of new "Walk On Air" specialists.

Walker, in 1:09:17 was Flighty Plecanska, coached by Willie Banks.

"Soon as I get my technique down, I expect to hit 1:07 flat and really fly high in this sport," said the temporarily disgruntled Plecanska.

Third was Airborne Applegate, coached by Sergei Bybka, in 1:09:22.

Officials pondered disqualification of Applegate for a long stretch, on grounds his use of a pole to lengthen his stride was a rules violation.

But Applegate was eventually reinstated when officials ruled "there's nothing in the books about a race walker carrying a pole." Weight of the 18-foot implement, though, eventually took its toll as Applegate, the early leader, was left with a 31:06 at 10 Km, dropped back gradually.

Next race in the series will be held on April 1, 1986 at Garden State Walktrack.

(Well, it could happen if the limited-flight folks have their way.)

FROM HEEL TO TOE

As a pilot program The Athletics Congress is conducting National Youth Championships in race walking for the first time in 1986. These road races will be held on Sunday, May 25 in Overland Park, Kansas (near Kansas City) at the following distances: age 10 and under-3 Km; age 11-12-5 Km; age 13-14-5 Km (races for both boys and girls in all categories); age 17-18 girls-5 Km; and age 17-18 boys-10 Km. There will be a judging training clinic in conjunction with the races. For more information, contact: Barry I. Gamble-Clarke, 6603 Lowell Drive, Shawnee Mission, KS 66202. Barry says that housing can be provided upon request and asks for any comments or ideas regarding this venture.

Our statement in last month's issue that Joe Edwards was inactive in 1985 was not correct. He was quite active in the indoor campaign with several fast miles and a fourth place finish in the National 2 mile. However, he did not compete after March.

Another error: In the 20 Km history, we showed Bruce Parkland, sixth in 1980, as competing for the LIAF. It should have been Island Track Club, which evolved from the Long Island AC in 1977. Augie Hirt is trying to revive interest in walking in the Chicago area where a once active program has rather faded out since Mike Riban moved to Iowa a few years ago. The Chicago Walkers Club now has about 100 members, but only 6-10 are showing up in the cold each Saturday for training. The Walkways
Center in Washington, D.C. has published The WalkWays Almanac with the help of a grant from the Rockport Company. The WalkWays is a nonprofit organisation to promote walking for physical fitness and recreation. It also published a newsletter six times a year. The organisation is not oriented to race walking, but the newsletter does have occasional items related to the sport.

Louise Segalyn, president of The WalkWays Centre, relates that the Almanac "is a comprehensive pocket guide to walking, with tips on everything from losing weight to gaining friends." It contains information on how to plot your own personal walking program, increase your calorie loss, select a good pair of walking shoes, wear the right type of clothing, enjoy special interest walks, and start your own walking club. You can order it from the WalkWays Centre, Suite 427, 715 15th St. NW, Washington, DC 20005 for $4.95. Annual membership in the organisation is $17. British race walking recently lost two of its real stalwarts. Harold Whitlock, 1936 Olympic 50 km winner, died at the age of 82 on December 27. In addition to a long distinguished competitive record, Harold contributed to the sport as an administrator, judge, coach, and author (Race Walking, London, 1957, a book that was updated by Julian Hopkins in 1976). In addition to his Olympic gold, he was also on the British team in 1952 at the age of 48, finishing 11th in the Helsinki 50 km. I personally remember Harold for his willingness to impart knowledge and advice to a struggling American race walker as we rode in a car to a race in Victoria Park, London in 1961. He maintained a close involvement with the sport to the end and will be missed by athletes and officials throughout the world. On January 8, Hew Neilson, who set a world record for 24 hours (133 miles 21 yards) in 1960, died. Known for his feats over long distances, Hew had been second in the British 2 mile in 1939, early in his career. He competed in races up to his death and was also a tireless promoter of long distance events.

We have been aware, through various correspondence, of some discontent over the awarding of National Championships for 1986 during the Race Walking Committee meetings at last fall's Athletics Congress convention. The following letter from Elliott Dennan voices some of the concerns and seeks opinion from the race walking committees, which he apparently hopes is rather broadly covered by this August publication.

To whom it may concern:

While the whole matter of National Championship scheduling was handled most expeditiously at the recent TAC National Convention in Houston, all kinds of other considerations were never even voiced. By Committee procedures, discussion of the future of the national championship program and scheduling for 1986 and the future was voted down, 19 votes for further discussion, 11 against (insufficient for 2/3 majority). Therefore, the attendees were deprived of even the opportunity of discussion on an important matter.

No doubt about it, the national championship schedule has been a source of strong feeling, for and against. In my opinion, for a number of years. Many national championships actually have gone unheld for. Other bids were submitted past the (surely arbitrary) 60-day period before the convention. Inconsistently, the committee approved one championship bid (the 30 km in New York City) even though it was submitted far late, but rejected another (the 2 Hour in New Jersey) that was also late.

While concerned with such things as whether a given national race attracts a satisfactory number of "elite" walkers to satisfy the committee, the committee conveniently overlooks such things as the fact that some district chairman around the U.S. are doing very little to drum up interest and stage quality races in their vicinity, and that the U.S. has plenty of shorter distance races, but a shortage of longer ones that might serve to encourage 50 km interest. Beyond this, by not awarding a national distance, the committee deprives not only the younger walkers ("elite" and otherwise) but the Masters walkers, who also have a National championship race taken away from them.

Not only that, but the TAC rulebook definitely stipulates "the following United States of America Senior and Junior Championships for men shall be conducted by the Race Walking Committee." The important words are shall be.

At any rate, legislation will be submitted to next year's convention that will drastically alter the schedule of approved National Championship distances for 1987 and the future.

That being the case, what I propose is the first National Referendum of the WalkWays Community of the USA/TAC. I suggest we take a national vote on which national championships are to stay and which to go. Since we were debarred from discussion at the last convention, let us have some discussion by way of this referendum.

Elliott Dennan
To accomplish this, Elliott has drawn up a questionnaire, which I have included as the center spread of this issue. If you are inclined to vote in Elliott's referendum you can either tear it out, thus destroying a valuable copy of one of America's leading monthly publications, or copy it, and thus preserve for posterity your February OWN. In either case, once you have completed it you can send it to your editor, who Elliott has graciously volunteered for collecting these replies by appending a question to help coaches and athletes in the development of racewalking of which you have been a scholar for four decades. Topics in the booklet are: Introduction, Technique, Single support phase, double support phase, Propulsion motion, Pedal motor, Hip motion, Secondary motions, Arms, Head, Truck, Developmental guideline for coaches, Technical training, Major technical problems, Lifting, Crossing, Planting, Trunk bent, Peculiar arm motion, Parallel arm motion, Parallel and cross walking, Excessive things, Excessive rear leg rotation, Excessive knee raise, Shoulder raise, Short stride length, Exaggerated long stride length, Excessive sway motion, Organization and methods to train Junior athletes, Typical training program for your athletes, Training program—month of November, Training program—months December to January, Training program from May until end of season. If you would like a copy, send $4.00 for copying and postage to Frank at 26530 Woodshire, Detroit, MI 48127.

Interpretation of Racewalking Technique: Subjective View, by Frank Alongi. Frank has put together a 25-page booklet under this title, which he describes as "a simplified version of methods and thoughts of various world experts on racewalking from DDR, Italy, Mexico, USSR, and a guideline on technique presented by Atletica Studi of the Department of Sport-Science, Rome, Italy, published in October, 1983. The training and correction methods from these sources have been expanded and illustrated by the writer. This is only a personal contribution to the sport in the USA, which has been made to help coaches and athletes in the development of racewalking of which you have been a scholar for four decades." Topics in the booklet are: Introduction, Technique, Single support phase, double support phase, Propulsion motion, Pedal motor, Hip motion, Secondary motions, Arms, Head, Truck, Developmental guideline for coaches, Technical training, Major technical problems, Lifting, Crossing, Planting, Trunk bent, Peculiar arm motion, Parallel arm motion, Parallel and cross walking, Excessive things, Excessive rear leg rotation, Excessive knee raise, Shoulder raise, Short stride length, Exaggerated long stride length, Excessive sway motion, Organization and methods to train Junior athletes, Typical training program for your athletes, Training program—month of November, Training program—months December to January, Training program from May until end of season. If you would like a copy, send $4.00 for copying and postage to Frank at 26530 Woodshire, Detroit, MI 48127.
Looking Back

20 Years Ago (From the Feb. 1966 ORW)—Don DeSoom blasted a 6:10.2 world's best for the mile in winning the LA Times Indoor meet. Covering the first half in 3:04, he just kept going and left Ron Laird, waiting for him to fold, some 20 seconds back. The next day, Laird edged DeSoom in a 10 K with a 44:47 performance. Ron Daniel won miles on the East Coast in 6:32.9 and 6:42.2.

15 Years Ago (From the Feb. 1971 ORW)—The National Indoor mile crown went to Ron Laird, who scored an extremely close win over MIAC teammate Ron Daniel. With a strong finishing spurt, Daniel just alas ed nipping Laird at the tape, losing to Ron's 6:44.9 by 0.1 second. Larry Walker was not far back in 6:45.9. Laird alternated the early lead with defending titlist Dave Romanyak. When Dave was told that his mode of progression was not in keeping with the rules of the sport—a message he received about half way through the race—Laird was on his own until Daniel's closing burst. Ed Kullk, part of a tight five-man race in the early stages, also came into extreme disfavor with the judges. Thus Ray Roeser, John Knifton, and Greg Diebold had their own race for positions 4, 5, and 6 with Ray edging the other two in 6:47.3. Earlier, Romanyak had set an American record for 1500 meters with 3:44:8, leaving Daniel some 12 seconds back. On the opposite Coast, Tom Callery showed his versatility with a 21:46 for 5 K, followed a week later with a 2:05:14 for 35 K. Laird edged Walker in the LA Times meet with a 6:28.8. The first (and last) annual "Loafer's Race" was held in Dayton, sponsored by Bob Sather. The choice was 6 or 18 miles. The Loafer's designation was derived from the primes—four beautiful loaves of home-baked bread, in graduated sizes, prepared by Bob's wife, Joanne. With Mrs. Sather's desserts that we have that last day, I was echoing in my brain, my unprepared body struggled through the last 5 miles to win the 18 in a rather pedestrian 2:50:09. Whereupon, I learned that the primes were based on positions at 6 miles—at which point I led and could just as well have stopped. Dale Arnold was second in 3:07:21. Doc Blackburn edged Clair Duckham at 6 in 62:01.

10 Years Ago (From the Feb. 1976 ORW)—Todd Scully turned in a couple of quick miles down in Virginia—6:29.2 and 6:12.2. Ron Daniel did a 2 in 13:35, with John Fredericks and Dave Romanyak also under 14, and Sue Blackbum on the other side of the country. Wayne Gunter turned in a good early season 20 K of 1:36:46.

5 Years Ago (From the Feb. 1981 ORW)—Ray Sharp got away from Jim Hairing over the last two laps to win the National Indoor 2 mile in 12:37.5. Jim was 3 seconds back with Todd Scully taking third in 13:02. Tom Edwards, Al Halbur, and Jim Lewis rounded out the top six, all under 14. In the women's 1 mile, Susan Liers-Westfeld was never challenged as she breezed to a 7:05 win. Sud Brodock was 25 seconds back in second. Paula Kosh was barely 1 tenth of a second ahead of Vicki Jones as she finished third in 6:39. In the Millrose Games Mile, Evan Fox bested Tom Lewis by nearly 2 seconds, winning in 6:13. Tom Edwards was third. Two days later, he won the Metropolitan 2 Mile in 13:48.1. Liers-Westfeld preceded her National win with a world's best of 6:36.8. Brodock was also quick, winning the LA Times in 7:04. Hairing had beaten Sharp in an earlier 2 mile in Madison, Wis., 12:44:34 to 12:44:39 and also took him at 5 K in 21:01.3. A week before the National 2 mile, Sharp won the MAIA title in 12:36.89 with Sam Shick more than a minute back.

In devising some simple, but effective, joint exercises to assist my chiropractic patients with their rehabilitation from joint injuries and to help them avoid future occurrences, I found that these same movements were also very effective in improving my stride in my renewed racewalking efforts—after 15 years lapse. The exercises help improve the areas involved in efficient race walking—the toes, feet, ankles, lower leg muscles, knees, thighs, hips, pelvis, waist, turnk, spine, arms, and shoulders.

The integrity of each and every joint in the body requires exact alignments of the bones along with flexibility, strength, and proper balance of the associated connective tissues to achieve optimum functions and to help avoid injuries. The musculo-skeletal systems are intimately related, very intricate, and they are a lifetime study. The physiological rules of the body are inviolable.

It seems to me that many runners have embarked on a running program without seeking functional, as well as static, examinations of the major joints and associated connective tissues. As the runner's raised foot hits the ground with bent knees, about four or five times the body weight is exerted on the impact and weaknesses of the feet, ankles, knees, hips, or spine may be aggravated, with injuries resulting. Of course, nutritional needs of the involved cells may have to be considered as well.

Conversely, the racewalking stride is held in the ground with a smooth gliding motion with the knees locked at the impact of the foot. Our result, there is only about one and a half the body weight being exalted on the impact of the forward leg. Another factor to consider is that the racewalker's leg goes through a fuller range of motion than the runner's leg. Foot, ankle, and knee injuries are rare in racewalking circles.

Perform each of the recommended exercises a minimum of ten times each. Later on during the day, as time permits, do at least ten more. The ankle weights and jumpers will have to be used about twice weekly. Runners or racewalkers competing in races of 10 miles or more would have to use heavier weight training to build the strength needed to withstand the extra stresses that the long races produce.

1. Flex and extend the toes for flexibility. For strength, resist the same movements with your hands. These movements help the toes in exerting a vigorous push-off at the back of the stride. (to page 10)
**THE BIG QUESTION:**

Shall the following USA/TAAC National Championship races be staged each year? Or shall they be dropped? Please answer yes or no.

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<td>Shall the committee endeavor to find bidders and directors of National Championship races if no bids for a particular race are submitted to the convention??? YES_______ NO_______</td>
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<td>Shall the Committee authorize championships not already authorized by rules??? If so, which???</td>
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**PLEASE SEND ANSWERS TO:** Mr. Jack Mortland, 3184 Summit Street, Columbus, Ohio 43202.
To avoid painful and disabling ankle sprains, flex, extend, and rotate the ankles for flexibility. For strength, use ankle weights. Persistence in doing this exercise daily will pay off.

3. We should be good to our feet. They are the foundation and deserve tender, loving care. After the bath, twist the feet in different directions; massage all areas with the finger tips and the palms, using your favorite oil or massage cream. (Actually, this should have been No. 2, but I goofed.)

4. To help avoid shin splints or Achilles tendon injuries, hold on to a chair or table top, as far as you can, and then in the other direction. For strength, wear ankle weights. Perform each movement slowly as long as you can for a change of pace and to help insure against lower leg injuries.

5. The knee fling is a simple, but effective, movement I devised to keep my knees from squeaking and to help my walking. It works. Hold on to a tabletop, or whatever is handy, and quickly flex the knee forward and back as far as you can. For strength, use ankle weights. Another movement is tricky, but effective. Flexing the knee in an outward direction and then rotating it in the opposite direction. The next move is to flex the knee quickly in a medial direction and then rotate the foot quickly in the opposite direction. (Perhaps we should put this exercise on a VCR.) Again, use ankle weights for strength. Perform each exercise 20 times daily for surprising results. My old knees don't squeak anymore.

6. Hold on to something and swing each leg as far as you can and right, then forward and back, and finally swing your leg in a circle in one direction as far as you can and then in the other direction. Use ankle weights for each of the movements, either standing or lying down on your back or on the sides, for strength. These exercises will help to prevent the sacroiliac strains that are so prevalent these days. They will also improve your walking stride.

7. Pelvic flexibility can be helped by holding on to a chair and twisting the pelvis left and right as far as possible.

8. Lying on your back, bend the knees toward the chest. Then straighten the legs upward. Lower legs slowly, but don’t quite touch the floor. Perform this movement at least 20 times daily for good abdominal tone.

9. With feet spread apart, stretch arms to the sides as far as possible, then slowly rotate your waist as far as you can, first in one direction and then the other. Ten to 20 times daily.

10. With feet close together, reach upward as high as you can with one arm, while you reach down the side of your leg as far as you can with the other arm. Repeat slowly.

Note: I believe that the last three exercises will be excellent in aiding good posture. I believe that good posture begins with good muscle tone in the abdomen and trunk and is sustained by good muscle tone throughout the body. There is more to good posture than temporarily pulling your shoulders back.

11. With feet apart, hold on to a chair or tabletop and rise up on your heels. Hold until you feel a pull in the back of your legs, then bend your spine and neck down as low as you can and hold for 5 to 10 seconds. After that, dip your pelvis forward and stretch your spine and neck as far backward as possible and hold for another 5 to 10 seconds. Repeat 5 to 10 times daily. (This exercise was also “invented” to help my patients.)
HISTORY OF THE NATIONAL AAU AND ATHLETICS CONGRESS 50 KM WALK

1929, Philadelphia, May 4
1. Mark Weiss, Newark AC 4'52.45
2. Morris Fleischer, 92nd St. YMHA 5'15.55
3. Carl Fishbach, 92nd St. YMHA 5'20.00
4. Rudolf Hantke, un. 5'05.30
5. Frank Vasilopoulos, un. 5'06.35

1930, New York City, May 18
1. Henry Cleman, Toronto Central Walkers 4'47.48
   (still a loyal ORW subscriber)
2. Harry L. Clark, West End KofC 5'26.42
3. Max Beutel, 92nd St. YMHA 5'35.11
4. Ernest Koehler, German-American AC 5'35.36
5. Rudolf Hantke, German-American AC 5'42.34

1931, Boston, May 16
1. Harry L. Clark, West End KofC 5'26.42
2. Max Beutel, 92nd St. YMHA 5'35.11
3. Ernest Koehler, German-American AC 5'35.36
4. Carl Fishbach, 92nd St. YMHA 5'38.20
5. Rudolf Hantke, German-American AC 5'42.34

1932, May 30, N.J., Sept. 3
1. Phil Jachelski, Stonewall Demo. Club 5'27.05
2. Ernest Crooble, Cros Country Club, Baltimore 5'29.28
3. Frank Vasilopoulos, Heros AC, New York 5'35.19
4. Max Beutel, 92nd St. YMHA 5'42.23
5. William Davenport, A.L. Past Post 254, May 30, 5'44.56

1933, Baltimore, May 21
1. Phil Jachelski, Stonewall Demo. Club 5'11.30
2. Pat Dunning, Stonewall Demo Club 5'15.00
3. Leo Schenkel, Warinanco AC 5'21.15
4. Harry Davis, 92nd St. YMHA 5'28.40
5. Sam Plaifer, German American AC 5'29.55
6. H. Burgess, Baltimore Cross Country Club 5'31.15

1934, Cincinnati, April 29
2. Ernest Crooble, un., East Lansing, Mich. 5'18.56
3. Ernest Koehler, German-American AC 5'20.13
4. William Chisholm, German-American AC 5'24.18
5. Don McRae, East Hamilton AC, Ontario 5'31.23
6. Rudolf Hantke, German-American AC 5'33.56

1935, Cincinnati, May 12
1. Henry Cleman, Achilles Club 4'57.29
2. Ernest Crooble, Detroit AC 5'15.19
3. William Chisholm, German-American, LA 5'16.39
4. Don McRae, Hamilton Olympic 5'21.51
5. Joseph Rosenhoffer, Amer. Walkers Assn, Cin. 5'23.53
6. Charles Foster, Detroit TC 5'24.17

1936, Cincinnati, May 24
1. Ernest Crooble, Detroit TC 5'16.16
2. Albert Mangan, Lowell, Mass. 5'18.55
3. Ernest Koehler, German-American AC, N.Y. 5'19.50
4. John Deni, Metro Club, Pittsburgh 5'19.51
5. Henry Cleman, Toronto 5'23.37
6. Harry Clark, Forest Hills, Mass. 5'27.39

1937, Cincinnati, April 25
1. Albert Mangan, Lowell, Mass. 5'08.03
2. C. Blakeman, Toronto 5'20.00
3. John Abbate, Cincinnati 5'20.41
4. Clarence Hickman, Cincinnati 5'36.21
5. Dave Lakritz, Brooklyn 5'37.41
(I guess I should recognize Bill Chisholm and Dave as subscribers, also, but as this goes on, I will eventually run into more subscribers, than non-subscribers, so it had best stop here)
6. John Deni, Pittsburgh 5'43.40

1938, Cincinnati, May 15
1. Leo Schenkel, Polish Falcons 5'18.51
2. John Abbate, Cincinnati
3. Joseph Rosenhoffer, Cincinnati
4. John Deni, Pittsburgh

1939, Cincinnati, May 21
1. Ernest Crooble, Baltimore 5'19.34
2. John Deni, Pittsburgh 5'19.34
3. Leo Schenkel, Roselle, N.J. 5'25.10
4. Clarence Hickman, Cincinnati
5. Joseph Rosenhoffer, Cincinnati
6. John Abbate, Cincinnati

1940, Cincinnati, May 12
1. William Mihalo, Thompson Prod. Co., AA 5'07.25
2. John Deni, Pittsburgh R&G Club 5'10.45
3. Leo Schenkel, Polish Falcons 5'22.48
5. William Losby, Baltimore Cross Country Club 5'23.45
6. John Abbate, Cincinnati 5'27.15

1941, Cincinnati, May 11
1. John Deni, Pittsburgh Boys Club 5'19.43
2. John Abbate, un. 5'22.20
3. Walter Fleming, Haightrack BC 5'25.38
4. Bill Mihalo, Haightrack BC 5'27.48
5. Clarence Hickman, Cincinnati 5'36.39
6. Richard Mayl, American Walkers Assn. 5'38.43

1942, Cincinnati, May 10
1. William Mihalo, Thompson Products Co., AA 5'06.45
2. Walter Fleming, Haightrack BC
3. John Deni, Pittsburgh BC
4. John Abbate, Fenwick Club
1943, Cincinnati, May 16
2. Walter Fleming, Hamtramck BC
3. John Abbate, Fenwick Club
4. George Wells, un., Detroit

1944, Cincinnati, May 14
1. Walter Fleming, Ford Local, Detroit 5:22,50
2. John Abbate, Fenwick Club
3. William Mihalo, US Army
4. John Deni, US Navy

1946, Cincinnati, May 12
1. George Wieland, un., Detroit 5:17:25
2. William Mihalo, Thompson Prod. AA
3. John Deni, US Navy

1947, Cincinnati, April 27
1. John Abbate, Mitchell AA, Phil. 5:12,52
2. John Deni, Pittsburgh BC
3. William Mihalo, un., Detroit
4. Ernest Crosbie, Whitehorse Demo. Club
5. Walter Oselchuk, un., Detroit
6. William Ross, Green & Gold AC

1948, Cincinnati, May 16
1. Ernest Crosbie, White Horse Soc. Club, Baltimore 5:04:30
3. John Deni, Metro Club 5:05:48
4. John Abbate, Green & Gold AC, Chicago 5:29:34
5. John Dick, Green & Gold
6. William Ross, Green & Gold

1949, Cincinnati, May 15
2. John Deni, Pittsburgh BC 5:22:120
4. Chris Clegg, un., Detroit 5:26:00
5. John Abbate, Green E Gold AC 5:35:30
6. John Wall, Whitehorse Social Club 5:50:00

1950, Detroit, Nov. 5

1951, Cincinnati, May 20
2. John Deni, Verona Eagles 5:37:10
3. James Sidun, Verona Eagles 5:37:20
4. John Abbate, Penn AC 5:39:30
5. Ernie Crosbie, Un., Lansing, Mich. 5:51:00
6. Ray McGhee, Thompson Prod. AA 6:18:00

FEBRUARY 1986

1952, Baltimore, May 4
1. Leo Sjogren, Finnish-Amer. AC, N.Y. 4:46:52
2. Adolph Weinacker, USAF 4:47:02
6. Rontius Keturaakis, un., 4:58:107

1953, Baltimore, May 24
1. Leo Sjogren, Finnish-Amer. AC, N.Y. 4:43:45
2. John Deni, FOE 1634 5:07:30
3. John Abbate, Penn AC 5:19:04
4. George Casper, Penn AC 5:23:14

1954, Baltimore, Sept. 19
1. Leo Sjogren, Finnish-Amer. AC, N.Y. 4:48:45
2. James Hewson, St. Francis Xavier AC, Buffalo 4:53:43
3. Don Heinicke, Cross Country Club 4:58:42
4. John Allen, St. Francis Xavier AC 5:01:51
5. Bronius Keturaakis, un., Milwaukee 5:12:10
6. Dave Jakritz, 92nd St. YMHA 5:12:10

1955, Baltimore, May 1
1. Leo Sjogren, Finnish-Amer. AC 4:30:57
2. Guillermo Weller, Argentina 4:30:58
5. John Deni, Verona Eagles 4:44:35
6. James Hewson, St. Francis Xavier AC 4:48:08

1956, Baltimore, Sept. 16
2. Leo Sjogren, Finnish-Amer. AC 4:49:18
3. James Hewson, St. Francis Xavier AC 4:51:03
4. Elliott Dennan, New York Univ. 5:03:21
5. John Wall, Metro Club 5:10:14
6. Dave Jakritz, 92nd St. YMHA

1957, Cincinnati, May 26
1. Jim Hewson, St. Francis Xavier AC 5:06:39
2. John Deni, Verona Eagles 5:17:10
3. George Casper, Penn AC 5:43:50
4. John Abbate, Penn AC 5:50:30
5. Claire Buckman, Dayton AC 6:05:30

1958
1. James Hewson, St. Francis Xavier AC 4:43:30
2. John Deni, FOE 1634
3. Carl Kurr, Penn AC
4. John Wall, Cross Country Club
5. Don Heinicke, un., Baltimore
6. Eric Waite, Penn AC