Ohio Race Walker
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OHIO RACEWALKER

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FLASH!!!

IF YOU THINK you're being abused because you are forced for one reason or another to walk more these days, get a load of Jim Hocking, the man who never once during his 85 years has been nick-named "Hitch." With the help of Ray Van Cleef, the Hotel New Yorker's rub-downer par excellence, we have some of Hocking's feats at hand.

Hocking has walked a quarter of a million miles, without replacements. When he was a sprightly lad of 61 he walked from Times Square to the City Hall in Philadelphia, 97 miles, in 19 hours and 16 minutes. Seven years later he strolled from New York to Chicago in 17 days, 11 hours. It took him only 83 walking days the time he ankled from Coney Island to San Francisco. Sergeant John Walsh, when 61, did the same 3,684 miles in 85 days, didn't like San Francisco, did an about-face, and walked back. Made nice time coming back: 91 days. Jim Ennis is another who contracted the same curious siege of vagabondia at Coney Island and immediately lit out for San Francisco.

Last year, at the age of 84, Hocking walked from Yonkers to Poughkeepsie, 61 miles, in 13 hours and 40 minutes. On his 84th birthday he legged it from old Teaneck, N. J., his home when not walking, and made it to Bear Mountain Inn, 55 miles away, in 12 hours. Edward Payson Weston, at 75, walked from Minneapolis to New York, 1,546 miles, in 60 days.

So what are you griping about?

Boy, call me a cab.

N.Y. Daily Mirror, May 31, 1942

Well, there was nothing really big of a contemporary nature to report and since we had a bunch of interesting old clippings Charles Serritella sent along, figured we may as well put them to work. Now, on to recent results:

60 Km, New York City, March 15--1. John Alfonso 5:58:37 (54:29, 1:52:08, 2:54:17, 3:56:55, 4:58:39)--only walker in running race 3000 meters (indors), Schnectady, N.Y., March 1--1. Curtis Fisher, State University of New York, Stony Brook 12;28.8 2. Pat Flannery, Stony Brook 13;20.6 3. Cuijka, Saratoga 15.31.6 4. Hank, Hudson Valley CC 16:53.8 15 Km, Fort Desoto Park, Florida, Feb. 16--1. Tom White 1:21:46 2. Al Christiansen 1:33:24 3. B. John R ss 1:38:19 4. Bill Resop 1:41:23 Women: 1. Emily Williams 1:45:49 2 Miles (indoors), South Macomb College, Mich., Feb. 22-1. Dan O'Brien 15;05 2. Max Green 15;06 3. Frank Soby 16:40 4. Greg Near 17:11 5. Walter Lubzik 18:42 6. Paul Perry 19:27 7. William Kennedy 21:13 Women's 1 Mile, same place--1. Sue Lolli 10:05 1500 meters, Windsor, Ontario, Feb. 16--1. Gary Morgan 5;52.2 2. Dan O'Brien 6;48 3. Max Green 6:55 4. Frank Soby 7:19 5. Greg Near 7:31 6. John Elwarner 7:44 7. Jennifer Green 8:10 8. Walter Lubzik 8:11 9. Gary Gray 9:09 10. Sue Lolli 9:17 4 Miles, Albuquerque, NM, Feb. 19--1. Stephen Baca 35:39 2. Dick Stark 43:00 3. Joan Rueckhaus 43:16 4. David Tomasko 44:16 1500 meters, Albuquerque, Feb. 3--1. Ernesto Sanchez 6.49.92 2. Steve

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Baca 7:21.45 1 Mile, Los Angeles, Jan. 25--1. Federico Valerio 6:21.0 2. Larry Walker 6:23.5 3. Dave McGovern 6:31 4. Enrique Flores 6.35.7 5. Hernan Andrade 6:37 6. Aristeo Cortez 6:41 7. Juan Izaguirre 6:50 8. Eliseo Salgado 6:58 Women: 1. Sybil Perez 7:41 2. Cindy Perez 8:01 3. Linda Hunter 8:18 10 Mile Handicap, Pasadena, Jan. 19--1. Enrique Flores 1:20:12 2. K. Ward 1:21:32 (shown in order of actual times, not order of finish) 3. M. Hartzell 1:25:00 4. J. Izaguirre 1:26:02 5. Carl Warrell 1:30:44 6. Carl Acosta 1:35:20 7. R. Nester 1:37:31 8. Jolene Steigerwalt 1:37:49 9. L. Hunter 1:39:26 10. Liz Kemp 1:39:39 11. J. Orendein 1:40:36 12. R. Oliver 1:40:40 13. D. Snyder 1:41:38 14. R. Granados 1:42:40 15. M. Mickelson 1:44:28 (28 finishers) 3 Miles, Pasadena, Jan. 19--1. L. Burch 25:45 2. E. Ricci 28:16 3. F. Dong 29:23 4. Kathleen Huddleston 29:32 5. A. Brumer 30:25 6. V. Scales 30:34 (54 finishers) 10 Km, Wilshire, Cal., Feb. 16--1. Carl Warrell 53:31 2. Ron Daniel 55:47 3. Carl Acosta 56.28 4. Paula Kash 57:26 5. R. Granados 58:33 6. R. Olier 58:41 7. J. Orendein 59:43 8. Hal McWilliams 63:03 (16 finishers) Full results LA Times 1 Mile, Feb. 21 (first three reported last month)--1. Gary Morgan 6:02.1 2. Larry Walker 6:07.0 3. Ed Bouldin 6:25.9 4. Dave McGovern 6:28.5 5. Enrique Flores 6:35.2 6. A. Cortez 6:41.5 7. J. Izaguirre 6:43.3 DNF: H. Andrade Women: 1. Teresa Vaill 6:59.8 2. Susan Liers 7:03.1 3. F. Montes 7:11.1 4. Lisa Vaill 7:50.1 5. C. Perez 7:57.8 6. Sybil Perez 7:59 7. L. Hunter 8:09 DQ--Kathleen Huddleston and Jolene Steigerwalt 15 Km, Pasadena, Feb. 23--1. H. Andrade 1:12:40 2. Enrique Flores 1:18:35 3. J. Izaguirre 1:18:52 4. K. Ward 1:25:48 5. L. Burch 1:27:30 6. Carl Acosta 1:28:51 7. R. Oliver 1:34:35 5 Km, same place--1. J. Orendein 27:49 2. L. Hunter 28.27 3. R. Gallegos 29:04 4 Mile, Seattle, Feb. 16--1. Mary Howell 34:33 2. Bob Novak 36:44 3. Bev LaVeck 37:10 1 Mile, Seattle, Feb. 23--1. Allen James 6:42 2. Steve DiBernardo 6:50.8 3. Steve Renard 6:56.5 4. Tony Englehardt 6:58.4 5. Randy Jacobs 7:04.8 6. Gwen Robertson 7:42.3 7. Bev LaVeck 8:23.8 8. Loren Shaw 9:37 DQ--Trent Jones (6:59)

THE MONTHLY SCHEDULE OF UPCOMING RACE WALKING EVENTS

Wed. Apr. 3---2.8 Miles, Seattle (A)
Sat. Apr. 5---Regional 10 Km (track), Austin, Texas (X)
5 Km, Quartz Mountain, Oklahoma (F)
Sun. Apr. 6--- NATIONAL ATHLETICS CONGRESS WOMEN'S 20 KM, MEN'S 25 KM, KANSAS CITY (I)
50 Mile, Columbus, Ohio, 7 am (R)
5 and 10 Km, Seattle (Separate mens and womens races) (A)
½ Marathon, Denver, 9 am (K)
5, 10, and 15 Km, Pasadena, Cal., 10 am (N)
5 Km, Austin, Tex. (X)
Sat. Apr. 12--5 Km, Amherst, Mass., 11 am (E)
5 Km, Irvine, Cal., 7:35 am (N)
Sun. Apr. 13--20 Miles and 5 Miles, Columbus, Ohio, 8:30 and 11 am (R)
Thu. Apr. 17--10 Km, Boston, 6:30 pm (L)
Sat. Apr. 19--3 Km, Dearborn Heights, Mich., 10 am (W)
50 Mile, Columbia, Missouri, 6 am (G)
Ron Laird 4 Mile, Albuquerque, NM, 8:30am (M)
Sun. Apr. 20--NATIONAL ATHLETICS CONGRESS 15 KM, LONG BEACH, CAL., 8:30 am(
½ Marathon, La Jolla, Cal., 7:30 am (N)
Marathon, Big Sur, Cal., (Z)
Fr. Apr. 24--10 Km, Seattle (Track), 6 pm (A)
Sat. Apr. 26--6 Mile, Hamilton, Ohio, 9 am
5 Km (track), Northampton, Mass., (E)
Sun. Apr. 27--NATIONAL ATHLETICS CONGRESS 50 KM, SEATTLE (A)
Metropolitan 10 Km, Stony Brook, NY, 10 am (C)
10 Km (track), Men and Women, Walnut, Cal., 9:30 (N)
Thu. May 1---2.8 Mile, Seattle (A)
Sat. May 3---Southeast Masters 5 Km, Raleigh, NC, 12:35 pm (O)
5 Km, Boulder, Col., 9 am (K)
Sun. May 4---5 Km, Men and Women, Jesse Owens Classic, Columbus, Ohio (V)
5 Km, Denver, 8 am (K)
Southeast Masters 20 Km, Raleigh, NC, 7:30 am (O)
Sat. May 10--3 Km, Dearborn Heights, Mich., 10 am (W)
NATIONAL ATHLETICS CONGRESS AND GRAND WALK FINAL 5 KM, MEN AND WOMEN, DENVER, 9 am (D)
Sun. May 11--NATIONAL ATHLETICS CONGRESS TEAM CHAMPIONSHIP AND GRAND WALK FINALS MEN'S 20 KM AND WOMEN'S 10 KM, DENVER, 9 am (D)
1 Marathon, San Diego, 7:30 am (P)
Thu. May 22--US, China, Mexico, USSR, Australia, Canada Walks, Women's 5 Km and Men's 20 Km, Montreal
Sat. May 24--2 Mile, Norman, Okla. (F)
1500 meters, Albuquerque, NM (M)
Sun. May 25--NATIONAL RACEWALK CHAMPIONSHIPS, Distances from 3 to 10 for ages to 18, Overland Park, Kansas (AA)
Mon. May 26--US, China, Mexico, USSR, Australia, Canada Junior 5 Km Women, 10 Km, Men, Hull, Ontario
Tue. May 27--US, China, Mexico, USSR, Australia, Canada Women's 10 Km, Men's 30 Km, Hull, Ontario
Fri. May 30--10 Km, Columbia, Missouri, 7:30 pm (G)
Sat. May 31--3 Km Men, 5 Km Women, Dearborn Heights, Mihc., 10 am (W)

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G--Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65201
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K--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
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FROM HEEL TO TOE

If you think it hasn't been long since you received your last ORW and that we are a bit early this month--you're right! Since I won't be around these parts during the time I am normally producing this tome, you were destined to either get it early or late. To avoid a torrent of nasty letters asking: "Where's my precious ORW?", I decided it would be best to go with the early option. Your editor will be in Clearwater, Florida over the Easter weekend where son Scott and his Dingos teammates will be participating in a soccer tournament. And we plan to stay down there a few more days, which takes us well into April and well past ORW deadlines.. . . As of today (March 18), we have recieved 18 replies to Elliott Denman's "Big Question" survey on national championship races. Haven't made any tally of these early returns. . .Race walking hit the front page of the Wall Street Journal on Feb. 28 with an article entitled "A Main Requirement To Be A Race Walker Is a Very Thick Skin", by Beatrice A. Garcia. I recall the writer had talked to me on the phone several months ago, but forget now what sort of questions she asked. In any case, the article isn't too bad in tone, but contains quite a few inaccuracies, which Elliott Denman has already pointed out to the Journal in a letter to the editor. . . Gary Westerfield tells us that the Penn Relays in Philadelphia will conduct a 5 Km Race Walk on Thursday, April 24. (Omitted from the above schedule by some careless editor.) Gary reports: (After many year's absence, we have been approached by Frank Greenberg (TAC VP) to give our support to the event. Frank has guaranteed that we will have at least 10 walkers. Because of the work that Mr. Greenberg went through with a reluctant meet director, and because of the impression race walking can make at this prestigious meet, we should make every effort to be there. The TAC Race Walking Comittee has funds available to support this race. I am going to suggest that we award travel per diem to the top ten performers at the meet. The same will happen for the King Games in Stanford, March 29, and the Owens Games in Columbus May 4. To enter, you must return an official Olympic Development entry card to Frank Greenberg, 1414 PSFS Bldg., 12 South 12th St., Philadelphia, PA 19107 by April 2. Include a check for $15 payable to Penn Relays. TAC will reimburse qualified performers. Standards: Men 25:30, Women 28:30.

Speaking of the Big Question survey, the following letter comments on the question of national championships:

Dear Jack,

Felt it was time for me to add my comments on national championships, which issue has been debated recently. I find it disturbing that there are a few, but vocal, people who feel the need of not holding the number of championships at the distances we now contest. They are wrong if they feel performance will be improved by reducing the number held.

At a time when we as a sport are fighting to keep walking events alive in many track and field meets, the NAIA, and on the high school level, it doesn't make sense to be cutting back on the national championships contest It helps the overall walking program at all levels by exposing walkers of all abilities to national championships through out the country. It would be very interesting to see what distance was the first national championship people participated in. In my case, it was the 35 Km. I would venture to say that most people were involved in one of the misnamed :off: distances. Why did they participate? Chances are it was because it was close to them and didn't require a lot of expense to participate. Most of us are limited by the expense travel, stay, and time off from work. Holding fewer races does not quarantee higher numbers.

I see no practical reason to arbitrarily eliminate any national championship that is now being contested. Yes, there may be years that all distances do not have a championship, but there should be every attempt to find hosts within a reasonable time after the bidding. If we do not allow bidding at the conventions, we as a sport will lose not only championhsips, but sponsors, support, and interest of loyal and willing people. These are the things the sport can least afford to sacrifice.

Ray Funkhouser

LOOKING BACK

20 Years Ago (From the March 1966 ORW)--Rudy Haluza launched what proved to be probably his most successful year in race walking (although his fourth place finish in the Mexico City 20 Km 2 years later is probably the single highlight) with a storming last lap to nip Don Denoon in the National indoor 1 Mile. In Albuquerque's altitude, DeNoon's very fast early pace proved to be his downfall. Going through 440 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38, 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter in 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win 9n 6:39.2. Ron Daniel was third in 6:43.8 with Larry Walker fourth. . .Ron Laird, only fifth in the national mile, earlier broke three AMerican records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:00.2, and covered 15 miles, 501 yards in 2 hours. . .DeNoon set an American outdoor 2 mile record of 13:38.6, also in San Diego.

15 Years Ago (From the Oct. 1971 ORW)--In National Junior Championships (not age-related in those days, you just couldn't have won a national), Wayne Glusker beat Mike Ryan and Jerry Lansing at 1 Hour and George Mercure won at 50 Km. Glusker covered 7 mi 468 yds and Mercure did 5:23:36. . . Tom Dooley turned in a 1:32:33 for 20 Km in San Francisco. . .Although well behind Dooley in that race, Goetz Klopfer had an excellent day in Seattle setting American records at 15 miles, 25 Km, and 2 Hours--1:52:44, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race, which he didn't finish, he never got the times in the book. . .Greg Diebold won the IC4A 1 Mile indoors in 6:51.8. He also had a 6:37.6 for 1 mile in Albany, edging Ron Kulik

10 Years Ago (From the March 1976 ORW)--In the National Indoor meet, veteran Ron Laird captured the 2 mile in 13:37.0 and Sue Brodock won the women's 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry Walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club's Laurie Tucholski was second to Brodock with a 7:39.6. . Laird and Scully journeyed to Leningrad with the U.S. track team but couldn't quite cope with the Soviets. Yevgeniy Yesyukov won in 20:21.8 (5 Km) with Alexis Troitski close behind in 20:31.6. Scully had 21:06.2 and Laird 21:56.2. . .Jim Heiring won the NAIA 2 Mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49. . .On his way from Leningrad to Mexico, Mr. Laird stopped off in Springfield, Ohio for a friendly 6 miler, winning handily in 44.39. In a battle of aging Jacks, Mortland beat Blackburn 49:39 to 50:00. Laurie Tucholski did 51:56. . .Larry Walker won the LA Times Mile in 6;28.1 .

5 Years Ago (From the March 1981 ORW)--Little of lasting significance reported in that issue.

One other interesting item in that ancient March 1966 issue worth repeating now:
From the book Track Athletics, by Albert Lee, Harper Brothers, New York, 1896: "One Mile Walk (p. 41)--This event is the least athletic of any on the schedules and will be doubtless dispensed with in a year or two. There are few exercises for the general run of men any better than walking . . .but "Athletic" or "Heel and Toe" walking is exaggerated, artificial, and of no particular benefit. It is not harmful, of course, because it is exercise and all normal exercise is beneficial. . .(p. 45) Walking has fallen somewhat into disrepute of late, because unscrupulous athletes, proficient in the heel-and-toe method, can frequently run without appearing to alter their form, and when the judge of walking is not at their very heels, they travel rapidly, but unfairly, over the course. But this is not sport."

Here is how the Danish publication Kapgangsnyt wished readers a Happy New Year.

From Race Walking Record (British), March 1986

PEOPLES REPUBLIC OF CHINA

The Isle of Man last September saw the first appearance in the United Kingdom of the athletes from the Peoples Republics of China, and so it was to prove the ideal opportunity to entrust my wife Heng Hua with the task of conducting an interview, on the seafront at Douglas, with their national coach Mr Wong Kui.
Back in 1957 Wong Kui was China's No.2. race-walker since when he has been influenced by all nations but in particular the training systems of the German Democratic Republic and Mexican athletes.
In our discussions it was quickly evident that it is to the youth of China that Wong Kui looks for his material. He is now in control of about 200 girls aged from 14-16 years and 300 boys with the popular age being 14-18.
His training disciplines are uniform:
a. Slow, very slow basic technique building up gradually.
b. Racing in the area competitions usually over 2-3 kilometres, then district races before state competitions over 3-5 kilos and finally national events where girls race 5-10 kilos and the boys 10-20 kilos.
All training sessions commence with 10 minut4s jogging followed by 3 minutes concentrated 'heel' work when they raise and flex their heels to strenghten feet placement.
The girls average about 100 kilos a week while the boys undertake 140 kilos.
Every session ends with 10 minutes jogging and 15 minutes loosening up excercises.
Wong Kui places great faith on his athletes swimming in the sea to build strength and as a form of relaxation their diet is governed by their comparative poverty and restricted to a rice base with vegetables, fish and fruit.
Let none assume they are privileged - Their success is governed by their hunger for success against all the odds. It is hard, hard work and more hard.
Watch the Chinese athletes training in their plimsolls and their endless blisters. Not for them the soft Western approach where every aspiring star expects his free shoes, sponsorship etc.
Mr Wong Kui places great faith in winter training with no racing from October to February. During this period he has his athletes doing press-ups 50 times each and every day four times while, wait for it, they sit on a stool holding an iron ball (1 kilo weight) in each hand and simulate their walking arm action with 1000 arm movements. completed four times!
A typical training day would be:-
5.30am. Training for 70 minutes, 12-15 kilos, jogging and excercises.
Breakfast, Scholl from 8.00 - 12.00. Lunch
Sleep two hours.
3.00pm. Main training session: Girls - 1½ hours. Boys - 2-3 hours.
Relax and Dinner.
9.00pm. Sleep.
The 50 kilos boys do 30 kilos spins twice a week.
The racing season revolves around National Championships in March and October
Girls: 3 kilos; 5 kilos; 10 kilos;
Boys: 5 kilos;10 kilos; 20 kilos; 50 kilos.
The squads for major events are selected one year before the event(s) with the final selections made one month prior to the races when the team travels to a training camp near the sea at Thai Lian. Its then back to Peking for the flight to their destination.
In March 1985 the championships were won as follows:

Ladies	10 kilos:	Yan Hong (aged 18)	44.14
Mens	50 kilos:	Sun Xai Gwang	3.54.39

It was the delightful setting of the Isle of Man that these prodigous talents were viewed and they did not disappoint with the girls taking 1st,2nd 5th and 8th places individually to retain the Eschborn Cup from the outstanding Soviet Union Athletes. Their men showed considerable promise with their first man home in the 50 kilos being Quian Ku 13th in 4.08.23 while as a team they were 6th beating Great Britain. Sadly we did not get a chance to see their 20 kilos athletes as they chased success in the Asian Games and due to lack of finance they could not send a 'second' team.
Whilst accepting theirs is a vastly difference culture and enviroment the lessons are very clear - hard disciplined training is crucial to progress

HISTORY OF THE NATIONAL AAU AND ATHLETICS CONGRESS 50 KM CHAMPIONSHIP (cont)

1959, Pittsburgh, July 5

1. Elliott Denman, N.Y. Pioneer Club 5:07:47
2. Bob Mimm, Penn AC 5.25:27
3. Lou Neishloss, Penn AC 5:26:32
4. John Wall, Baltimore X-Country Club 5:30:45
5. Eric Waite, Penn AC 5.33.04
6. Waldemar Grundy, Canada 5:36:00

1960, Pittsburgh, July 3

1. Ronald Laird, NY Pioneer Club 4:40:09
2. John Allen, Buffalo AC 4.41:36
3. Bruce MacDonald, NY Pioneer Club 4:45.42
4. Jack Blackburn, Ohio TC 4 47:46
5. Adolf Weinacker, USAF 4:48:28
6. Leo Sjogren, Finnish-American AC 4:52:52

1961, Long Beach, N.Y., April 23

1. John Allen, un., Buffalo 4:38:20
2. Ron Laird, NY Pioneer Club 4:40:16
3. Ron Zinn, US Army 4:44:39
4. Carl Kurr, Penn AC 4:46:33
5. Bruce MacDonald, NY Pioneer Club 4:52:05
6. Elliott Denman, NY Pioneer Club 4:54:09

1962, New York, N.Y., May 20

1. Ron Laird, un. 5:25:30
2. Vlademar Graddy, Can. 5.44:50
3. Felix Cappella, Can. 5:49:56
4. John Abbate, Penn AC 5:49:46
5. Dave Lakritz, 92nd St. YMHA 5:54:06
6. Bruce MacDonald, NY Pioneer Club 6:05:13
(Temperature in 90s; few survived the course)

1963, Detroit, July 6

1. Chris McCarthy, U. of Chicago TC 4:44:55
2. Ron Laird, NYAC 5:50:41
3. Jack Blackburn, Ohio TC 5:11:
4. Goetz Klopfer, Detroit Chandler Park TC 5:41:21
5. Leon Jasionowski, Detroit CPTC 5:58:56
6. John Abbatte, Penn AC 6:03:10

1964, Seattle, Sept. 5

1. Chris McCarthy, U. of Chicago TC 4:45:31
2. Bruce MacDonald, NYAC 4:49:22
3. Mike Brodie, Pleasant Hill TC 4.55:21
4. Ron Zinn, US Army 4:58:50
5. Dean Rasmussen, NYAC 4:59:10
6. Jack Blackburn, Ohio TC 4:59:31

1965,

1. Dean Rassmussen, US Merchant Marine Academy 5:03:33
2. Bruce MacDonald, NYAC 5:04:51
3. Elliott Denman, NY Pioneer Club 5:05:48
4. Paul Schell, North Medford Club 5:12:34
5. Goetz Klopfer, Wayne State U. 5:20:27
6. Eric Waite, un. 5:24:28

1966, Chicago, October 31

1. Larry Young, SC Striders 4:38:25
2. Alex Oakley, Canada 4:43:06
3. Shaul Ladany, NY Pioneer Club 4:44.03
4. Ron Daniel, NYAC 4:51:25
5. Pat Farrelly, Canada 4:52:10
6. Jim Clinton, U. of Chicago TC 4.55:07

1967, Chicago, June 10

1. Larry Young, SC Striders 4.33.04
2. Goetz Klopfer, Athens AC 4:44:03
3. Ron Laird, NYAC 4:46:52
4. Ron Kulik, NYAC 4:52:43
5. Jim Clinton, UCTC 5:00:30
6. Tom Dooley, Athens AC 5:08:34

1968, San Francisco, July 14

1. Larry Young, SC Striders 4:12:12
2. Goetz Klopfer, Athens AC 4:18:28
3. Bob Bowman, SC Striders 4:21:29
4. Dave Romansky, Philadelphia AC 4:23:10
5. Shaul Ladany, NY Pioneer Club 4:23:55
6. Bob Kitchen, Springfield, College 4:25:09

1969, South Lake Tahoe, Sept. 13

1. Bryon Overton, SC Striders 4:56:07
2. Bob Kuchar, un. 5:06:29
3. Bill Ranney, Athens AC 5:13:28
4. Jim Lopes, Athens AC 5:14:46
5. Rich Bowman, un. 5:29:03
6. Larry O'Neil, Glacier SC 5:37:30

1970, Santa Barbara, Sept. 12

1. John Knifton, NYAC 4:35.02
2. John Kelly, SC Striders 4:37:53
3. Bob Kitchen, un. 4:38:46
4. Goetz Klopfer, Athens AC 4:42:32
5. Jim Lopes, Athens AC 4.43:36
6. Bryon Overton, SC Striders 4:48:54

1971, Cedar Grove, N.J., June 12

1. Larry Young, Columbia College 4:18:30
2. John Knifton, NYAC 4.19:23
3. Gary Westerfield, Long Island AC 4:21:05
4. Goetz Klopfer, Athens AC 4:21:31
5. Ron Kulik, NYAC 4:28:29
6. Bob Kitchen, Athens AC 4:30:17

1972, San Francisco, Nov. 5

1. Bill Weigle, Colorado TC 4:22:00
2. Bob Kitchen, Athens AC 4:36:43
3. Bill Ranney, Athens AC 4:58:31
4. Jerry Lansing, Westmont College 5:22:55
5. Larry O'Neil, Montana 5:46:37
No other finishers

1973, Des Moines, Iowa, May 20

1. Bill Weigle, Colorado TC 4:22.27
2. John Knifton, NYAC 4:30:20
3. Ron Laird, NYAC 4.35:51
4. Jerry Brown, Colorado TC 4:37:18
5. Floyd Godwin, Colorado TC 4.38:10
6. Bob Henderson, US Army 4:41:23

1974, Seattle, Sept. 1

1. Larry Young, Columbia TC 4:25:51
2. John Knifton, NYAC 4:30:50
3. Augie Hirt, Columbia TC 4:42:01
4. Ron Kulik, NYAC 4;48:16
5. Tom Knatt, North Medford Club 4;50:21
6. Bob Bowman, BMS 4'54'20

1975, Smithtown, N.Y., Sept. 20

1. Larry Young, Columbia TC 4'18:56
2. Augie Hirt, Columbia TC 4;30:51
3. John Knifton, NYAC 4.33:35
4. Tom Knatt, North Medford Club 4;34:28
5. Ray Somers, NYAC 4'35:41
6. Paul Ide, Columbia TC 4;37:31

1976, Columbia, Missouri, August 15

1. Larry Young 4:11:08
2. Augie Hirt, Columbia TC 4'19:44
3. Dan O'Connor, Long Island AC 4.23:13
4. Floyd Godwin, Colorado TC 4'25'45
5. Bob Rosencrantz, un. 4.31:36
6. Paul Ide, Columbia TC 4.45:14

1977, Columbia, Missouri, August 14

1. Larry Young, Columbia TC 4;19:58
2. Dan O'Connor, NYAC 4:24.06
3. Augie Hirt, U. of Chicago TC 4;25'50
4. Tom Dooley, West Valley TC 4.26:26
5. Bob Rosencrantz, Club Northwest 4;29:23
6. Randy Mimm, Columbia TC 4'32:01

1978, Detroit, Sept. 10

1. Marco Evnniuk, Colorado TC 4:24.05
2. Augie Hirt, UCTC 4:26.47
3. Carl Schueler, Potomac Valley Walkers 4:29:22
4. Tom Dooley, WVTC 4;31:36
5. Vincent O'Sullivan 4;34:44
6. Bob Kitchen 4:35'47

1979, Walnut, Cal., June 15

1. Marco Evoniuk, Colorado TC 4.10:33
2. Vince O'Sullivan, Hunter College 4;20:05
3. Karl Johansen, Club Northwest 4.29:21
4. Augie Hirt, UCTC 4:32.29
5. Wayne Glusker, West Valley TC 4'33:10
6. Carl Schueler, Potomac Valley 4;35:01

1980, New York, April 13

1. Carl Schueler, Potomac Valley 4;06:07
2. Dan O'Connor, NYAC 4:19:06
3. John Knifton, NYAC 4:32:05
4. Alan Price, Potomac Valley 4;38:56
5. Bill Ranney, West Valley TC 4.44.56
6. Brian Savilonis, un. 4;45:22

1981, Seattle, June 7

1. Vince O'Sullivan, East Side TC 4.12:11
2. Jim Heiring, Athletic Attic 4:15:29
3. Ray Sharp, Athletic Attic 4:21:06
4. Glenn Sweazey, Canada 4:25'01
5. Wayne Glusker, West Valley TC 4'29:47
6. Steve Pecinovsky, USAF

1982, Washington, D.C., May 16

1. Dan O'Connor, Stars adn Stripes TC 4.22:22
2. Vince O'Sullivan, East Side TC 4.25;02
3. Chris Knotts, Ohio TC 4:35;09
4. Randy Mimm, Shore AC 4;37:05
5. Mike DeWitt, U. of Chicago TC 4:37:57
6. Martin Kraft, Wolverine Pacers 4:43;24

1983, Monterey, Cal., May 21

1. Marco Evoniuk, un. 4:01:43
2. Jim Heiring, Athletic Attic 4;07:28
3. Dan O'Connor, Stars & Stripes TC 4'09:29
4. Tom Edwards, Island TC 4;15:52
5. Sam Shick, Athletes In Action 4:17:03
6. Wayne Glusker, West Valley TC 4.22:30

1984, Cleveland, Ohio, April 29

1. Carl Schueler 4:07:23
2. Vincent O'Sullivan 4:10:00
3. Tom Edwards 4:14:39
4. Troy Engle 4'18:11
5. Mark Fenton 4:26:17
6. Wayne Glusker 4:27:57

1985, New York City, May 12

1. Carl Schueler, East Side TC 4'18:07
2. Marco Evoniuk, Bud Lite TC 4;25;27
3. Randy Mimm, Shore AC 4;37:37
4. Dan O'Connor, East Side TC 4;40:43
5. Dan Pierce, Seattle TC 4:42:58
6. Bob Davidson, Etonic TC 4'43:14