Lawrence Dominates Women's Trial

Tampa, April 1--Debbie Lawrence proved too strong for Lynn Weik over the final 3 Km in winning today's 10 Km Trial for the U.S. Eschborn Cup racewalking team. Lawrence seemed to ignore the heat and humidity, just as she had in winning last summer's Olympic Trials exhibition, and finished in 47:45.9, 16 seconds ahead of Weik. The conditions didn't match those in Indianapolis, but temperatures in the 80s and high humidity made it tough going in this early season race.

The top five finishers in the race earned spots on the U.S. team that will compete in the IAAF World Championships (Eschborn Cup) on May 28 in Barcelona, Spain. The next three will compete in the Swedish Walk Week competition from July 2 to 8.

Victoria Herazo sprinted to the front of the 40 plus women field at the start, with Teresa Vaill and Lynn Weik close behind. Vaill and Weik began to pull away after the first mile, with Lawrence and Wendy Sharp moving up to contend. By 5 Km, the humidity had begun to affect some of the walkers with Vaill beginning to drop off the lead and Lawrence and Weik making a move to lengthen their lead over a scattered pack. The pair had 23:50 at that point. By 7 Km, Lawrence had made a dash ahead of the field, lengthening that lead over Weik to the finish. The first humidity casualty happened when Mary Howell collapsed after finishing 8 Km. She was taken to the hospital for examination of heat exhaustion.


Lewis Wins Men's 20 Km Trial

Washington, DC, April 16--Tim Lewis continued to be the dominant force in U.S. walking at 20 Km with a decisive win in the men's trial for the Lugano Cup team that will compete in Eschborn, Spain in May. A tight battle for the next four spots saw Curtis Fisher missing out by just 5 seconds, although only 41
The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $6.00 per year ($8.00 for First Class Mail, $9.00 for First Class mail to Canada, and $12.00 for Overseas Air Mail). Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202.

Days of yore: At the end of a 20-mile race. Charles Serretella, left, and Dave Lakritz, both subscribers to the ORW today, finish a 20 mile race in Long Island City in November 1947.

APRIL 1989

1. Tim Lewis, Colorado Springs 1:26:52
2. Douglas Fournier, Racine Wis. 1:29:06
3. Mark Manning, Rothschild, Wis. 1:29:22
5. Steve Pecinovsky, Arlington, VA 1:29:42
7. Carl Schueler, Colorado Springs 1:31:06
8. Richard Quinn, Washington, DC 1:31:30
9. Michael Rohl, Racine, Wis. 1:32:38
10. Reggie Davenport, Kenosha, Wis. 1:32:46

Other Results

Girl's H.S. Indoor 1500, Ithaca, NY, March 11--1. Maura McGee, Sayville 7:34.2
2. Desiree McCauley, Brentwood 7:50.1

Boy's H.S. 1600 meters, Farmingdale, NY, Feb. 18--1. Mark Barber, Ward Melville 4:03.1
2. Paul Tavares, Centereach 4:05.8
3. Peter Schartlasse, Baypoint-Bluepoint 4:06.8
4. Peter Schartlasse, Baypoint-Bluepoint 4:07.8

National Scholastic Championships, Annapolis, Maryland, March 12--1. Paul Tavares, NY 6:43.42
2. Mark Barber, NY 6:44.22
3. Sean Albert, NY 7:05.29
4. Kenneth Fox, NY 7:33.70

Girl's 1 Mile, same place--1. Jennifer Zaleski, Indiana 5:45.94
2. Gretchen Eastler, Farmington, Maine 5:58.27
3. Maura McGee, NY 8:19.87
4. Desiree McCauley, NY 8:33.31

5 Km, Coral Cables, Florida, Jan. 14--1. Alan Jacobson 23:06
2. John Frederick 25:28
3. Lee Duffner 27:25
5. Max Gould, Can. 30:10
6. Peter Black 30:29
7. Tullio Carrillo 30:34

Women: 1. Elana Simons 30:55
2. Bonnie Stein 31:22

8 Km, Miami, March 11--1. Alan Jacobson 39:10
2. John Fredericks 39:16
3. Howie Jacobson 46:36
4. Bob Black 47:48

Women's 10 Km, Atlanta, March 5--1. Susan Liers 50:56
2. Zofia Wolan 51:51
3. Susan Westerfield 54:54

4. Holly Straight 55:26
5. Kayth Finch 60:05
6. Susan Franz 61:24

DNF-Sara Standley
Jack Mortland Invitational 10 Km, Columbus, Ohio, April 2: Women--1. Gayle Johnson (40), Wolfpack TC 54:33 (26:58)
2. Stella Cashman (46) 55:21
3. Roberta Boyle, Wolverine Pacers (47) 62:23
4. Kathy Finch (34), Black Hills Walkers 62:23
6. Hank Agney (40), un. 67:57

Men: 1. Gary Morgan, NYAC 44:57
2. Dan O'Brien, un. 47:23
3. Jack Mortland 47:59
4. Chris Noffs 48:59
5. Victor Sipes (44) and Max Green (57)

Women's 1500 meters, Columbus, March 12--Young Men--1. A. Henry 8:49.9
Open--1. Mike Roberts, Berea 6:57.2
2. Nate Blackburn Age 30-34--1. Chris Knotts 6:51.5

35-39--1. Jim Oliver 10:12
40-44--1. Jim Nelson 10:14
50-54--1. Jack Blackburn 10:17

7. Charles Deuser (58), Clifton TC 11:56
8. Paul Cardew (32) 12:28
9. Jeff Carter 12:30
10. Bob Cardew (65) Clifton TC 12:30

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Ernestine Yeomans 10:23:8  (Knotts, the overall winner, was faster than the time given since he was much more than 6 seconds ahead of Gayle Johnson, whose time is known to be correct.)  10 Km, Dearborn, Mich., April 9-1. Gary Morgan 4:30:5  2. Victor Sipes 5:11:7 (1st Master)  2. Max Green 5:11:42 (2nd)  4. Wally Lubzik 5:51:43 (3rd)  
Masters 3, same place-1. Valerie Stove 17:25  2. Cindy Perez 18:01:48  

OVERSEAS


APRIL 1989


APRIL 1989


OVERSEAS

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<tr>
<th>Date</th>
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<td>Sat. May 27</td>
<td>2.5 Km</td>
<td>Traverse City, Mich.</td>
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A large pool of athletes from which to draw. No road race times accepted. Senior qualifying times (10 km, 20 km) may be on a certified route. All results that include National qualifying times should be sent to Steve Vaitones, 90 Summit St., Waltham, MA 02154. Your submission would include full results, judging information, and the race course information. The National Racewalk Committee has embarked on an ambitious and aggressive plan to improve the status of the sport in the U.S. The plan is aimed at developing: 1. A large pool of athletes from which to draw. 2. Visibility and public awareness of the event and its outstanding performers within track and field and on the roads to encourage participation and support. 3. A well-planned, coordinated national team program to develop the athletes to their potential recognizing the constraints of the U.S. athletic system. 4. An equally well-planned coordinated science program to develop the national team to international success. Bob Kitchen and Carl Schueler will head a program designed to promote walking in the NAIA colleges, where there is already some racing activity, through a continuing education and support network. A second thrust, to be coordinated by Bari Garber-Holman, is aimed at Youth Racewalking. Steve Vaitones is heading a media program to increase visibility. Rich Torrellas and Gwen Robertson, National team coordinators, are developing a master plan to guide the development of athletes. Fitting into this plan is the racewalking science program headed by Mark Fenton. Mark Fenton has established four-year priorities that he hopes will help answer the questions: How do we get to the top without steroids or blood doping? or How could a Mark Fenton ever beat a Hartwig Gauder? (I'm not sure if there is any implication here about how Hartwig Gauder got to the top.) All of this is under the guidance of new National Chairman Bruce Douglass. If you have suggestions or would like additional information, Bruce would be glad to hear from you. His address is 36 Canterbury Lane, Mystic, Connecticut 06355, phone 203-536-1309. Regarding youth racewalking, the National road championships in Cincinnati on May 28-29 promising to be an exciting event with sponsorship of major corporation, Partridge Meats. The distances are 3 km for 10 and under and 11 and 12 year olds; 5 km for 13 and 14 year olds and girls age 15-18; and 10 km for boys 15-18. Ray Braudis is the contact for information on this event. His address is in the list of contacts above. Gayle Johnson is capable of coordinating things from the Ohio end. The National Team Staff is aligned as follows: Gwen Robertson—Junior Elite Women and Senior Women; Rich Torrellas—Senior Elite Men and Women; Dr. Howard Palamarchuk—Elite 50 Km Men and Sr. Men 20 Km; Mike DeWitt—Elite and Sr. 50 Km Men and Women; and Frank Soby—Junior Elite Men and Sr. Men 20 Km. While they will do direct coaching on request, the function of these staff members is that of facilitators, the goal being to ensure that the athlete has the best possible opportunity within his or her environment to accomplish goals. Selection to the National Team for Women's 10 km and Men's 20 and 50 km will be as follows: Finishers eight in the TAC/USA National Championships, except in Olympic years, where the Olympic Trials will be used. For 1989 the standards are 51:28 for the women's 10 km, 1:30:27 for the men's 20 km, and 4:25:12 for the men's 50 km. (I don't know why the strange numbers. Why not 51:30, 1:30:30, and 4:25:00?) Gene Dix has written a new book, Youth Race Walking. This soft-covered, 84-page volume is designed to encourage and develop racewalkers in the 9 to 19 year-old group. It contains technique and style information; a step-by-step explanation on how to race walk; a section on the development of women's race walking; where to get more race walk information in your own state or section of the country; a chapter on judging with illustrations; photos of current young walkers; lists of outstanding walkers during the past 30 years; and a special personal section for the owner of the book. It is available now for $7.25 from Gene Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104. Request a signed autographed copy if you like. Clubs and walk promoters ordering six or more copies are co-hosted by the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. If you plan to participate in the racewalk division of the New York City Marathon this fall, take heed of the following notice by Nick Bieda. Apparently there has been some confusion regarding racewalk entries in the past. To begin with, you can obtain a How to Apply pamphlet by writing the New York Road Runners Club, 9 East 89th St., New York, NY 10128, Attn: Marathon Info. Nick emphasizes that race walkers must follow the same entry procedures that the runners do. There are no special race walk applications nor will there be any applications set aside...
IMPROVING THE JUDGING SITUATION IN THE DISCIPLINE OF RACEWALKING

by Roman Olszewski

These remarks by the Canadian racewalker were made at a PanAm Walks Symposium in 1986 and published in Journal de L'Athlétisme, Spring 1987 issue. He addressed many of the same issues that have been discussed in these pages over the last two issues.

It is my firm belief that it is the lack of consistency in judging racewalking that is hurting the discipline rather than the technical definition. The rules of racewalking, as set down by the IAAF, are sound. Few athletes, coaches, and officials would disagree with the soundness of the present rules. It is the inconsistency with which they are applied that is the problem.

The use of humans for judging is an established fact in most sports. Some decisions are harder to make than others in a judging or refereeing situation and there will be some controversy. Technical aids, such as video taping, will take on a greater importance in judging in all sports as the years go by. However, there are problems associated with the use of such equipment that will not be resolved for a number of years. We must do the best we can with what we presently have available to us.

The most common complaint received from athletes and coaches involved in racewalking is that the overall standards of judging vary so much from race to race depending on who the judges are. This lack of consistency makes it extremely difficult for the athletes in terms of their training and race strategy. I am convinced that if we had two different groups of equally qualified judges officiating the same race, we would have two different sets of results.

The problems that we have in judging the walking events are not attributable to the athletes and coaches, whose objective is to achieve faster times and place higher. The blame must be laid on the judges and administrators who have not developed a system whereby the collective judging is consistent from race to race and from year to year. By consistency, I don't mean every judge being able to spot lifting and creeping every they occur. No matter what we do, there will be photographs published with apparently legal walkers being shown as having failed to comply with the rules. The judges involved should not feel incompetent or embarrassed as a result. If the infractions were not perceived by the judges they could not possibly have disqualified the athlete. It would be a much greater fault to disqualify an athlete who was no in contravention of the rules! In our efforts to tighten up judging, we must be careful not to begin imagining that an athlete is lifting.

Our main problem is that we have "soft" judges and "hard" judges. I have written up a hypothetical head judges summary sheet to use as an example. This is by no means the worst scenario possible. (Ed. We don't have the sheet to show you.) I have much worse situations in actual competitions. How can such inconsistency be rationalized with athletes and coaches? We cannot assume that the judges who handed in the most cautions or disqualifications are better than those who were more conservative. (Ed. Some would say that so long as we keep getting the pictures of winners off the ground, we certainly must make that assumption, and I'm not suggesting that is my opinion.) Unfortunately, many of the "softer" judges in our sport have been wrongly branded as incompetent.

My suggestion for the improvement of the situation is to set up periodic workshops at the international, national, and local levels, whereby judges would be allowed, in a non-race situation, to observe walkers at various speeds and with various styles for the same short interval of perhaps 70 meters. Each judge would record his or her decision as to the legality of the walk as if it were a race. Ideally, each walk would be videotaped and referenced. After a specified number of trials (could be one), the judges would meet and compare notes, using videotape replay, if available, to confirm their decisions.

If a careful record of the judges' decisions is maintained throughout the workshop, it will be possible to determine if there has been an improvement in the overall consistency of judging from the first trial to the last. This, after all, is the objective of the exercise. There should be no attempt to use the workshop as a method of weeding out the "poor" judges. In each given trial, the objective should be to reach at least an 80 percent level of agreement. Such a result will only be possible if all of the judges are willing to adapt their standards based on video evidence and on their colleagues' reports.

Ideally, the workshops would first be conducted at the international level, with the international-level judges being subsequently involved at national and local level workshops. The meshing of the different judges' groups that would be possible through the program outlined would inevitably result in a decline in the number of controversies in our sport.

More judging

(This letter from Ned Stone in Alexandria, Virginia gives us something more to think about.)

May I throw some fuel on the fire of the discussion of legal walking and judging? A photograph of a walker with both feet off the ground may not necessarily prove lifting. You may need to know something about how the camera works.

In many simple cameras, the shutter is just an open-and-shut aperture close to the lens that exposes the film at once. But in others, notably the single-lens-reflex type, the shutter consists of a slit that is drawn rapidly across the plane of the film, leaving the film left to right (or right to left, depending on manufacturer and model). In such a camera, one side of the film is exposed slightly later than the other side (a few hundredths of a second).

Thus, a legal walker could be photographed so that his forward foot was imaged slightly before it touched the ground, while his trailing foot was imaged an instant later, just after it left the ground. He would thus appear to be airborne when he was not. The opposite is also possible. The same camera, photographing a walker from the other side, would make his leading foot appear to touch ground a little earlier, compared to the departure of his trailing foot, making him appear more legal that he really was.
Knowing which is happening in a particular requires figuring out how the shutter works, and remembering that the image in a camera is inverted (upside down and backwards). Knowing how much difference the slit-shutter makes in a particular case requires knowing the speed of the slit across the film, and measuring the size of the walker’s image on the film. A video camera should not have any such problem, since it forms an image with a sequence of horizontal lines, from top to bottom.

Did someone say life had to be simple?

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**EARLY TRAVELS**

by Ron Laird

(Lifted from the September 1988 Oregon Walking News)

Just before starting my senior year of high school in September of 1956, I joined a track and field club down in New York City. It was an honor for me to be asked, because I was just a beginner with no talent and little potential. At first, I argued with the other walkers who wanted me to be part of their team. I told them I wasn’t good enough to be in any club. They persisted, so I joined up after a few weeks. The New York Pioneer Club was a men’s track and field club with the largest group of top walkers in the country. I was with them for 6 1/2 years before pulling out and joining the New York Athletic Club in 1962. The main reason I joined the NYAC was the financial help they offered. It was too good to turn down. Their athletics coach had been after me ever since I started to show some promise, which was in 1957. I needed a sponsor to fly me all over the country and they were able to do this.

I had been hitch-hiking all over the place to get to different races and I simply was tired and somewhat frightened of doing it anymore. For races within a few hundred miles of New York City, I usually carpooled with my new friends. Then, the national championship races started being awarded to sites as far away as Los Angeles and Seattle. Since I had such a strong desire to compete in these, it’s usually have to quite whatever job I was working and get out on the highways with my gym bag and thumb.

It pays to dress nicely when trying to get cars to stop for you. Be careful with who you accept a ride. There are some strange people out there driving around looking for innocent hitch-hikers.

I even hopped airlines all the way from New Jersey to California and back when I was in the Army. With the correct orders, a soldier on active duty and in uniform could fly military aircraft all over the world.

During the end of my two year enlistment, August 1957 to August 1959, I took my first 5-week vacation and got a flight to Germany and on to Scotland. A train took me to London, where I rented a room near a large park. Training and sightseeing were what occupied my weekdays. On weekends, I’d travel with other walkers to races as far away as Birmingham and Cardiff, Wales. The trip to Cardiff was for their National 20 Km championship. It was hard and I had a bad day, but I did manage to take third in about 2 hours even. Being 20 pounds overweight and out of shape didn’t help matters either. We had changed at a private men’s drinking club. Being terribly thirsty from the long hot race, some of the lads had taken pity on the state I was in. They treated my to a local apple cider, which had some alcohol in it. After a quart or so, I soon had my first experience with its effects. By the time I went up on stage to receive my medal, I was in a very happy mood. They wanted a few words from the Yank, so I rambled on for some time, much to their delight.

After a few more races in the London area, I took a ferry across the channel and a train to Paris for four more days of sightseeing. I easily got a hop north to Scotland and the next day was on my way home to New Jersey. A month later, I finally got discharged. That was the longest two years of my life.

In 1961, there was a National 35 Km race in Seattle. I was living near Philadelphia at the time and I earned a spot in the field. If I’d been working, I would have quit anyway just for the opportunity to add another national title to my slowly growing collection. There was a great chance I could win it. Back then, the walking sport was very weak west of the Mississippi. I started out 8 days before the event and made it if five. I really got lucky on the way out. My first ride took me down the turnpikes to near Toledo. The next ride was from a soldier going all the way to Fort Lewis, just south of Seattle. He wanted to see his sister in Colorado, so I tagged along. When we got there, I stayed in a small downtown hotel while he visited. The day after we arrived, I went out for a strong workout on a nearby golf course. I felt terrible tired after 2 miles, but figured it to be the long ride and lack of sleep. What really was, the high altitude of around 7,400 feet. Little did I know I’d be back in 7 years racing my heart and lungs out to make the 1968 Olympic team.

When I arrived in Seattle, I stayed in the home a new walker. He lived on top of a hill overlooking his junkyard business. To kill time one day, I went down to visit and he let me break windows out of cars that were soon to be melted down. This was great fun and good upper body exercise at the same time.

I won the race and along with a large trophy. I had to take it apart, box it up, and ship it home. Otherwise, I would have hand-carried it all the way back. Standing out there on all those roads with just my gym bag and thumb to get me home was going to be tough enough. With a big handsome trophy at my feet, curiosity just might get some cars to stop. However, it was too cumbersome, so I mailed it. I wore my 1960 Olympic sweat top, but it didn’t seem to do any good. USA Olympic Driking Team shirts were popular at this time, so people must have thought it to be only a fancier version. It took me 54 rides to finally make it back to my little basement room in Norristown, Pa. The trophy showed up in a few days in good shape. Along with my gold medal, it was the highlight of my small, but growing awards collection.

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**LOOKING BACK**

25 Years Ago (From the Spring 1964 issue of the Midwest Race Walker published by Chris McCarthy)—Ron Laird (same as the one above) won the National 1 Hour in Chicago covering 8 miles 159 yards (with an extra 7 or 8 seconds because the "stopping" gun wouldn’t fire). Ron Zinn was second at 7 miles 1732 yards. Art Mark covered 6 miles 1649 yards in third, with a rapidly closing Jack Mortland just 9 yards back. .. Laird did a track 20 Km in 1:35:26, an American record, and broke records back. BLaird called it a day at 24 miles while leading McCarthy by about 5 minutes. .. McCoy won the Ohio 50 Km in 4:43:44 with Jack Blackburn second in 4:47:47 and Phil McDonald another 2 minutes back. Mortland called it a day at 24 miles while leading McCarthy by about 5 minutes. .. Laird did a track 20 Km in 1:35:26, an American record, and broke records from 8 miles on while doing it. (There used to be recognized records at every distance imaginable.) In another race, he set records at 4 and 5 Km with 17:51.2 and 22:14.4.
20 Years Ago (From the April 1969 ORW)—The same Ron Laird won his fifth straight NAAU 15 Km title, walking right here in the Columbus suburb of Worthington. Edging away from Dave Romansky over the final 5 Km, Laird came home in 1:06:45. Dave was just 12 seconds back at the finish. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield took the next spots. In Point Pleasant, N.J., Bob Kitchen did a 50 Km in 4:19:41 on the track. At the same time, Bill Hohenstreet won a 50 miler in 9:10:30. Romansky won a New Jersey 10 Mile with a 1:13:31, better than 2 minutes ahead of Kitchen, with Ron Daniel and John Knifton following. On the West Coast, Laird set American records for 3 miles and 5 Km with 20:51.8 and 21:34.2. Dooley turned a rapid 50:32 for 7 miles, leaving Klopfer a half minute in his wake. The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37.72) in 64:49.8. Klopfer also teamed with Bill Runney to take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33).

15 Years Ago (From the April 1974 ORW)—Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came first, in Des Moines, where he had a 10:12:53, leaving Augie Hirt better than 38 minutes behind. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second. Tom Knatt took third and Alan Price fourth. Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude, covering 7 miles 1671 yards. Godwin was just 34 yards back. Bob Henderson went 7 mi 1242 yards and Augie Hirt was fourth.


5 Years Ago (From the April 1984 ORW)—Carl Schueler walked an impressive 4:07:23, considering the muggy conditions, to win the National 50 Km in Cleveland. Vincent O'Sullivan had a good 4:10:00 in second and Tom Edwards took third in 4:14:59. Troy Engle covered the second half of the race faster than anyone to take fourth in 4:18:11. Teresa Vaill was an easy winner in the women's National 20 Km in Seattle. She established an early lead and steadily lengthened it to finish in 1:45:20. Gwen Robertson was second in 1:45:46 and Carol Brown third in 1:52:52. In the Men's National 25 Km at the same site, Tim Lewis pulled away from Jim Heiring in the last 10 Km to win in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:36, and Tom Edwards 1:59:01. In Canada, Marcel Jobin had an impressive 3:55:16 for 50 Km, and in the Spanish Championship, Jose Marin was even more impressive in 3:50:12.