OHIO RACE WALKER

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DAPPER DAVE DOMINATES

Philadelphia, March 1--Nothing like old,stale news to start off with, but the National Sr. One Mile just missed our last issue and it is the only big story we have. As if you all didn't know already (or maybe you don't the way race-walking news sneaks around) Dave Romansky, of the Philadelphia AC, scored a popular home-town victory. Dave, called the "real Philly Flash" by Gerry Willwerth, zipped away from Ron Laird in the last half lap and recorded a fine 6:21.9. But let's allow our Philly Flash, Mr. Willwerth himself, to tell the story.

"....the walk was one of the best races of the night. Charlie Silcock made sure the announcer was completely informed about the event, rules, competitors, etc. The field was good even without Young and Haluza, who were last-minute scratches. Seems Larry has a new job and Rudy's wife doesn't want him to travel so much. Anyway, 11 stalwarts foed the line for the race: Diebold, Romansky, Hayden, Totheroh, Hanley, Kulik, Laird, Daniel, Kitchen, Pamich, and Andreotti (annother Italian over here with Pamich). The field was bunched for the first quarter where Hanely took the lead in about 1:32-1:33. He soon faded and Romansky, Laird, and Daniel spurted out. Daniel dropped back a bit and was later DQ'd. Romansky took about a 1-second lead over Laird at the half in about 3:09. Pamich was walking steadily with that huge stride of his and was uncontested for 3rd and closing very strongly. Romansky fought off Laird 3 or 4 times in the last half mile and with a half-lap to go zoomed away for the win. Pamich in third gave the impression that 1-mile walks cramp his style, which isn't hard to understand. His 6:28.8 is outstanding considering his experience. Kulik finished fast and nipped Totheroh, who held off Hanley. Kitchen walked last the entire distance and just missed getting Hayden for the 7th spot. It was a fine race with very strict judging. The three disqualifications and assorted warnings prove that. (Editor: Not taking sides one way or the other, but serving as a forum for readers to sound off, the foregoing does not seem to be a universally agreed upon fact. Jim Hanley says he has several pictures, soon to be made available, that prove otherwise. Fortunately, you can't reproduce photos on mimeo, so we wont have to get involved too deeply in that.) Everyone was extremely pleased and the crowd loved the race, rooting home the real "Philly Flash". He received one call but looked extremely good. Pamich commented that Dave is the strongest American walker he has seen. Look out, world!"

The first ORW style prize of the year went to Dan Totheroh of the S.C. Striders in a close decision over Bob Kitchen. This decision was made by the judges: Henry Laskau (head judge), Charlie Silcock, Bruce MacDonald, Elliott Denman, and George Casper. Josh Culbreath, bronze medalist in the 1956 Olympic 400 meter hurdles, and a man I always admired very much as a devoted track fan, won himself a special spot in the hearts of walkers with an award he made. As one of the meet's directors, he felt that race walkers have been neglected over the years and had arranged a special award for the person who has helped walking the most over the years. This went to Henry Laskau, who was most surprised, very happy, and really deserving. The results: 1. Dave Romansky, Philadelphia AC 6:21.9 2. Ron Laird, New York AC 6:24.4 3. Abdon Pamich, Esso Club, Rome 6:28.8 4. Ron Kulik, NYAC 6:39.2 5. Dan Totheroh, Southern California Striders 6:42.0 6. Jim Hanley, SCS 6:42.8 7. Steve Hayden, Long Island AC 6:49.0 8. Bob Kitchen, Springfield A.A. 6:50.0 Disqualified--Ron Daniel, NYAC; Greg Diebold, Shore AC; and Pier Andreotti, Marcia Club, Rome.

Other results from around and about in no particular order:

National Date Festival 10 Km Open and SPA U District 10 Km Championship, Indio, California, Sunday, February 23--1. Jim Hanley, SCS 48:26.0 2. Dick Ortiz, SCS 48:28.6 (Whoops, I forgot Ron Laird who won the open in 46:42, not eligible for APAAU) 4. Bryon Overton 50:11.8 5. Mike Ryan, SCS 52:32.4 6. Manny Adriano, SCCYV 52:37.8.

Long Beach Relays 2 Mile Walk, March 1--1. Larry Walker, SCS 14:06.6 2. Dick Ortiz SCS 15:04.3 3. Bob Bowman, SCS 15:07.1 4. Bryon Overton, SCS 15:18.7 (in 8th was 10-year old Kern Haug in 21:44.8)

10 Km Road Walk, March 8--1. Goetz Klopfer, un. 45:40.1 2. Tom Dooley, un. 45:43.5 (Athens AC ran out of money and their former walkers are now competing unattached)

2 Mile, Protland, March 1--1. Steve Tyrer 14:29.8 2. Dan Glander 18:14.6 (first race in over a year following a foot injury) 3. Ken Fowler 19:54 4. Dan Jacobs 20:46.5

2 Mile, Oregon State U., March 8--1. Steve Tyrer 14:23.8 (6:51) 2. Fowler 19:55.8 3. Jacobs 20:50.6 (Looks like young Steve is getting some real speed)

ICAAAA Championship 1 Mile, New York, March 8 (only collegiate championship walk going. Past winners include such greats of the walking world as Elliott Denman, Ron Kulik, Ron Daniel, and Ron Zinn.) 1. Bob Kitchen, Springfield College 6:41.1 2. Greg Diebold, Boston College 6:53.5 3. Larry Newmann, St. Johns 7:22.1 4. Bob Pollock, The Citadel 7:33.7 5. Todd Scully, Lynchburg College 7:37.6 6. Bill Hohenstreet, USMA 7:40.5 7. Mike Kice, USMA 8:03.0 (Record 6:18.3 by Zinn)

Capitol Track Club Games 1 Mile, Albany, NY, Feb. 22--1. Abdon Pamich, Italy 6:32.9 2. Ron Daniel, NYAC 6:34.0 3. Ron Kulik 6:43.0 4. John Knifton, NYAC 6:45.0 5. Pier Andreotti, Italy 6:47.0 6. Frank Johnson, Gladstone AC 6:50.0 7. Steve Hayden, LIAC 7:03.3 8. Bill Purves, Montreal 7:03.7 9. Howie Jacobsen, LIAC 7:07.5 10. Gordon Follett, Canada 7:16.0 11. Don Johnson, Shore AC either 7:20 or 7:50 depending on which source I believe 12. J. Perron, Canada 8:01 13. Mark Dye, Otego, N.Y . 8:56.0 (Mark is one of our newest subscribers, but strangely, not the first walker to come out of Otego, which many people may be sruprised to learn I have visited. One Larry Trask, with whom I roomed for 3 years at Bowling Green, hails from the same village and has filled my ears with the rich lore of that upstate New York area. During his freshman year at BG, Larry, together with Marv Crosten, later an OTC participant, got the walking bug. After several early morning training sessions, they journeyed to Cincinnati for the 1954 Sr. 40 Km, which neither of them finished. However, Marv got through about 21 miles and was placed high when he had to drop. Larry made about 17. That was his first and last walking race, although we had him out on the Doc Blackburn track a few times in later years. Both Marv and Larry are still in the Columbus area, Marv as a successful high-school track coach and Larry as a writer, flier, and general man-about town. I happened to visit Otego in the fall of 1954 from whence we departed for Binghampton and the National 15 Km running race. So you can well imagine that I was excited more than somewhat when a subscription arrived from romantic Otego. Thus it is I bore you with the above.)

UCTC Relays, Chicago, March 15--1. Gary Westerfield, LIAC 14:38.4 2. Jim Clinton, UCTC 15:32.5 3. Rich Godin, un 17:01.7

Allegheny Mountain Association Indoor 3 Mile --1. John Harwick 28:23.3 2. Bill Prather 3. Darrell Hrezo

Canadian Indoor 3 Km, Edmonton, March 8--1. Ron Laird 12:52.6 (add about 58 seconds at that pace for a 2 mile time) 2. Dan Totheroh 13:21.2 3. Frank Johnson 14:09.8 (Canadian Native Record) 4. David Beekman 14:20.0 5. Glenn Austin 14:30.0 6. Bill Purves 14:30.0 (Totherbh led at mile in 6:58)

Bert Life Memorial 5 Mile Walk, Toronto, March 22--1. Goetz Klopfer, un. 39:35 2. Jerry Bocci, Motor City Striders 40:41 3. Frank Johnson, Gladstone AC 40:57 4. Bill Purvis, Montreal 41:19 5. Felix Cappella, 42:48 6. Max Gould, Gladstone AC 42:54 7. Pat Farrelly, Gladstone 43:04 8. Joe Levy 43:05 (Obviously a long course. Bocci is getting pretty quick to stay within a minute of Goetz who is really tough these days. I find that he did a 1:32:42 on the track back on Dec. 29, which no one bothered to inform me of. No details other than the time.)

Correction on an earlier result; Jim Hanley had 1:20:48.2, not 1:26:48 as reported, in the Rose Bowl 10 mile handicap. Don't know if this was my mistake or if it was wrong on the results that I got, but it looks more like a Hanley-type time now.

The final tabulations for 1968 Junior Olympic walks show two sons of a member of the race-walking fraternity leading the way in their respective divisions. Bob Harwick won the midget division 440 with a new National record of 1:48.0. Barry Hareick won the Junior 880 in 3:48.3, missing his own National record of 3:46.2. They are the sons of veteran Pittsburgh-area walker John Harwick. The results in the various divisions were:
Bantam Division 440 (9 and under)--1. Kevin Knox, Vasco, California 1:52.5 2. Rod Napier, Bakersfield, Calif. 1:58.4 3. Terry Land, Porterville, Calif. 2:00.3 4. David Jones, Bakersfield, Calif. 2:00.3 5. Bobby Steffens, Alva, Okla. 2:06.7 6. Phil Ragland, Spokane, Wash. 2:10.9. Midget Division 440 (10 and 11)--1. Bob Harwick, Mt. Lebanon, Pa. 1:48.0 2. Brian Pierce, Haven Drive, Calif. 1:52.0 3. Doug Silva, Stratford, Calif. 1:54.3 4. Mike Hoefel, Spokane, Wash. 1:58.1 5. Jim Boeschart, Mt. Vernon, Ohio 1:581. 6. Scott Mauser, The Dalles, Ore. 1:58.7 Junior 880 (12 and 13)--1. Barry Harwick, Mt. Lebanon, Pa. 3:48.3 2. Willy Robinson, Veva Blunt, Calif. 3:54.5 3. Steve Herman, Lacrosse, Kan. 3:58.1 4. Bob Foos, Lacrosse, Kan. 4:05.9 5. John Crown, Hood River, Ore. 4:08.2. Intermediate 880 (14 and 15)--1. Steve Nelson, South Club, Kan. 3:35.8 2. Darrell Hrezo, Leechburg, Pa. 3:46.5 3. Randy Claussen, Crawfordsville, Ore. 3:51.2 4. Steve Guerroro, Tenaya, Calif. 3:54.5 5. Duane Malrod, St. Helens, Ore. 3:59.5. Senior 1 Mile (16 and 17)--1. Steve Anderson, Springfield, Pa. 7:20.6 2. Roger Young, Bellmore, N.Y. 7:40.2 3. Kevin Tumey, Wantagh, NY 7:42.6 4. Greg Palmer, Spokane, Wash. 7:51.7 5. Bob Romansky, CarneysPoint, NJ 8:04.0.

Foreign Stuff: 7 Mile, Cambridge, Eng. , Dec. 14--1. Paul Nihill 50:53 2. John Webb 52:32 3. Malcolm Tolley 52:59 4. Colin Young 53:33 5. Brian Adams 53:34 (sub-zero temperature slowed the times. Nihill had warmed up with 6 mikes at 6 a.m. and 3 miles before the race, but still had trouble getting started.)
7 Mile, Gosport, Eng., Dec. 14--1. Phil Thorn 51:26 2. Dave Watson 51:56 3. J. Kirk 52:56. 5 Mile, Chigwell, Eng., Dec. 21--1. John Webb 36:37.4 2. Roger Mills 37:08 3. Ken Easlea 38:07 (43-years old but walks consistently fast times)
6 Mile, Brighton, Dec. 26--1. Arthur Jones 45:46. (Jones, who was Britain's first finisher in the Mexico City 20 Km, has since migrated to Sydney, Australia.)
6 Mile, Croydon, Dec. 26 (Hdcp)--fast time Paul Nihill 41:48. 7 Mile, London, Dec. 28--1. Malcolm Tolley 51:46 2. Bill Sutherland 52:00. 7 Mile, Enfield, Jan. 4--1. Sutherland 51:31 2. Ken Easlea 52:39. 7 Mile, London, Jan. 11-- 1. Paul Nihill 50:46 2. John Webb 51:16 3. Malcolm Tolley 51:36 4. Bob Hughes 51:51 5. Bill Sutherland 51:59 6. George Chaplin 52:27 7. Dave Watson 52:32 8. Colin Young 52:34 9. Shaun Lightman 52:49 10. Brian Eley 52:54 11. T. Taylor 52:57 (35 at 56:00 or better, including the 16-year old Olly Caviglioli at 54:09.)
..... Paul Nihill covered 4125 miles in training during 1968 and has won 43 consecutive races in Britain. He is now pointing for 20 kilometers for the European Championships and presumably the Lugano Cup later this year.

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The Ohio Race Walker is published monthlyin Columbus, Ohio, primarily for the entertainment of the editor, Jack Mortland, and secondarily for the edification of the race-walking fraternity. Subscription rate is $2.00 per year. For someone who asked, I've forgotten who now, current paid circulation is around 110. There are a few more freeloaders. Our publisher emeritus is Jack Blackburn, now in far off Van Wert, Ohio. Address all correspondence to 3184 Summit St., Columbus, O.43202.

Schedule of Upcoming Races:

Sunday, April 13--15 Kilometer, Deweese Parkway, Dayton, Ohio, 12 noon
Annual Capt. Ronald Zinn Memorial 10 Miles, Asbury Park, N.J.
Saturday, April 19--NAAU Jr. 20 Kilometer, Lakewood, Calif.
Sunday, April 20--Sr. NAAU 15 Kilometer, Worthington, Ohio, 12 noon.
Annual Eastern Regional AAU 50 Miles, Pt. Pleasant, N.J. High S.
Sunday, April 27--Metropolitan AAU 10 Km.
Saturday, May 3--NAAU Sr. One Hour, Los Angeles, Calif.
Sunday, May 4--Annual Open 10 Mile, Seaside Heights, N.J. Boardwalk
Sunday, May 11--Annual Phil. AC 30 Km, Fairmount Park, Philadelphia
Sunday, May 18--Annual Nat Osk Memorial 12 Miles, Central Park, New York City
Saturday, May 24--NAAU Sr. 10 Km, Chicago
Sunday, June 1--NAAU Jr. 15 Kilometer, Portland, Oregon
Saturday, June 14--NAAU Sr. 20 Km., Long Beach, Calif.
Saturday, June 28--NAAU Sr. 2 Mile, Miami, Florida
Friday, July 4--NAAU Jr. 25 Km., Miles City, Montana
Saturday, July 5--NAAU Jr. 2 Mile, Glendale or West Allis, Wisc.
Saturday, July 5--NAAU Jr. and Sr. 35 Km, McKeesport, Pa.
Sunday, August 17--NAAU Jr. and Sr. 40 km, Long Branch, N.J.
Sunday, Aug. 24--NAAU Jr. 10 Km, Milwaukee, Wis.
Sunday, Aug. 31--NAAU Sr. 50 Km, San Francisco, Calif.
Saturday, Nov. 29--NAAU Sr. 30 Km., Kansas City, Mo.

There will also be a 20 Km walk in the US-British Commonwealth-USSR meet in Los Angeles July 19 and 20. Presumably the first two from the National 20 will qualify. No walk is scheduled for the Americas vs. Europe match in Stuttgart the end of July. No definite word yet on whetehr there will be walks in the US-West Germand and US-GB meets in August. If so, the same two that walk in LA will likely go. To my knowledge, no date or site has yet been announced for the Lugano Cup, but it will be somewhere in Central Europe and probably in October. Hopefully, we will be sending a team--three men at both 20 and 50. Again, the first three in the Nationals will probably go, if available. The prospects are bright for a very strong US showing. Everything possible should be done to see that we get a team there and that plans are made well in advance so the walkers can be prepared, unlike 1967. Speaking of International meets, following is a rundown of all official U.S. appearances in the International Walking arena since 1952, to the best of my knowledge. These are only races in which the walker was officially representing the country. Additions and corrections will be appreciated.

1952--Olympics, Helsinski--10 Km--Price King, 10th in heat 51:08.6; Henry Laskau disqualified in heat (Frank Lamorte was second in National 10, but apparently did not compete in Helsinski.) 50 Km--Adolph Weinacker, 22nd, 5:01:00.4; John Deni and Leo Sjogren did not finish.
1956--Melbourne Olympics--20 Km--Henry Laskau, 12th ,1138:46.8; Bruce MacDonald, 16th, 1:43:25.6; Jim Hewson, 17th, 1:46:24.8. 50 Km--Adolph Weinacker, 7th, 5:00:16; Elliott Denman, 11th, 5:12:14; Leo Sjogren, 12th, 5:12:34
1958--vs. USSR, Moscow--1. Spirin, USSR 1:33:43.2 2. Guk, USSR 1:35:06.2 3. Jim Hewson, USA 1:41:15.2 4. Ron Laird, USA 1:49:06. I believe there were also walks in Hungary and/or Poland on this tour, but I have no record of them.
1959--vs. USSR, Philadelphia--1. Golubnichiy, USSR 1:38:20 2. Vedyakov, USSR 1:39:38.4 3. Rudy Haluza, USA 1:41:57.8 4. Fred Timcoe, USA 1:54:01.2
1960--Rome Olympics--20 Km--Ron Zinn, 19th, 1:42:47; Bob Mimm, 23rd, 1:45:09; Rudy Haluza, 24th, 1:45:11. 50 Km--Ron Laird, 19th, 4:53:21.6; Bruce MacDonald, 23rd, 5:00:47.6; John Allen, 24th 5:03:15.2
1961--vs. USSR, Moscow--1. Solodov, USSR 1:38:11.2 2. Panichikin, USSR 1:39:30.4 3. Jack Mortland, USA 1:42:23.6 4. Ron Zinn, USA 1:44:58.2. 6 Mile, London--1. Ron Zinn, 45:51 2. George Meadows 46:58 3. Jack Mortland 47:03. 10 Km, Warsaw, Poland--1. Ron Zinn 47:03 2. Szyska, Pol. 47:05 3. Sarnecki, Pol. 4. Mortland 48:57 (on track).

1962--vs. USSR, Los Angeles --1. Golubnickiy, USSR 1:37:51.3 2. Vedyakov, USSR 1:38:28.3 3. Ron Zinn, USA 1:43:34.1 4. John Allen, USA 1:44:04.4

1963--Pan American Games, Sao Paulo, Brazil--Ron Zinn, 3rd, 1:49:44.2; Ron Laird, 4th, 1:53:09.3
vs. USSR, Moscow--1. Solodov, USSR 1:33:45 2. Zenin, USSR 1:35:16 3. Ron Zinn, USA 1:41:34 4. Ron Laird, USA 1:42:24. 20 Km, Warsaw, Poland--1. Ron Zinn 1:46:08....8. Ron Laird 1:53. 6 Mile, Gosport, England--1. Vaughn Thomas, GB 42:34 2. Ron Zinn, USA 43:16 3. Ron Laird, USA 43:44. 2 Mile, London--1. Ron Zinn, USA 13:41 2. Vaughn Thomas, GB 13:41.2 3. Paul Nihill, GB 4. Ron Laird, USA 14:12. 10 Km vs. West Germany--1. Ron Zinn 46:50.8 2. Kurt Schreiber, WG 47:11 3. Ron Laird 47:26.8 4. Johannes Kock, WG48:42.6. International Military 20 Km, Brussels (Track)--1. Hatzilaros, Greece 1:37:16 2. Ron Zinn 1:37:31 (Zinn also won the Rumanian 20 Km in 1:40:09, but was there on his own, I think)

1964--vs. USSR, Los Angeles--1. Golubnichiy, USSR 1:39:58.8 2. Agapov, USSR 1:40:00.6 3. Ron Laird, USA 1:40:56.6 4. Ron Zinn, USA 1:45:58.4
Tokyo Olympics--20 Km--Ron Zinn, 6th, 1:32:43; Jack Mortland, 17th 1:36:35; Ron Laird, DQ. 50 Km--Chris McCarthy, 21st, 4:35:41.6; Bruce MacDonald, 26th, 4:45:10.4; Mike Brodie, 29th, 4:57:41.0.
15 Km. vs. British Empire and Japan--1. Ken Matthews, 1:06:52 2. Ron Zinn 1:09:34 5th Ron Laird 1:14:46.

1965--vs. USSR, Kiev--1. Khrolovich, USSR 1:39:13.4 2. Agapov, USSR 1:39:13.6 3. Ron Laird, USA 1:42:59.4 4. Jack Mortland, USA 1:48:44.6 (long course).
3 Km, Sopot Poland--1. Andrezj Czaplinksi, Poland 12:45.2 2. Ron Laird, USA 12:52.4 3. Jack Mortland, USA 13:07.2. 20 Km, Malbork, Poland--1. Laird 1:29:39.6 2. Czaplinski 1:32:23.8 3. Mortland 1:34:38.8 (short course).
10 Km vs. W. Germany, Augsburg--1. K. Pape, WG 45:20.4 2. Laird 46:06.2 3. Mortland 47:51.2 4. H. Koch, WG 49:20.8.
3000 Meter, Maccabiah Games, Israel--1. Henry Laskau 13:47.6 (I forgot the 1961 Maccabiah Games won by Elliott Denman in 15:03.)

1966--20 Km ve British Commonwealth, Los Angeles--1. Rudy Haluza, USA 1:37:02 2. Ron Laird, USA 1:40:16 3. Norm Read, N.Z. 1:43:12.6

1967--Pan American Games, Winnepeg, Can.--20 Km--Ron Laird, 1st, 1:33:05.2; Tom Dooley 4th, 1:36:49.8. 50 Km--Larry Young, 1st 4:26:20.8; Goetz Klopfer, 3rd, 4:37:59.2
20 Km, US vs British Commonwealth (actually prior to Pan Am)--1. Ron Laird 1:36:29.2 2. Larry Young 1:40:47.0 3. Ron Wallwork, BC 1:43:46.8 Tom Dooley, dnf.
10 Km (road), vs. Great Britain--1. Laird 43:10.4 2. Arthur Jones, GB 43:56.8 3. Bob Hughes, GB 44:48 4. Larry Young 45:29. 7 Mile, Market Harborough, Eng.--1. Laird 49:16 2. Young 50:04. 10 Km (Track) vs. W. Germany--1. Laird 44:36.8 2. Nermerich, WG 44:52 3. Pape, WG 46:08.6 4. Young 46:22.2
20 Km vs. Italy--1. Laird 128:18.2 2. Pamich, Italy 1:29:08.6 3. Young, ?
Lugano Cup Championships, Bad Saarow, EG--20 Km--Ron Laird, 3rd, 1:29:12.6; Tom Dooley, 16ht, 1:37:21.4; Jack Mortland, 22nd 1:42:13.6. 50 Km--Goetz Klopfer, 17th, 4:46:41.6; Jim Clinton, 20th, 4:57:07; Larry Young, 22nd, 5:06:08.

Since the 1968 Olympics are so clsoe behind, I won't bother running them down. Summing up, we find that 1968 was the eighth year in which Ron Laird had competed internationally and he has now been on 12 International teams and in 24 or 25 races, depending on 1958. Ron Zinn had five years of International competition with 8 teams and 16 races. Since 1952, 22 different walkers have officially represented the U.S.

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Too bad. The big Blackburn, cross-country extravaganza is off, for this summer anyway. As reported in our last exciting, thrill-packed issue, the Big Red Duck, or the Goateed Gander, as we in the trade call him, had planned to heel-and-toe it from Atlantic to Specific this summer, accompanied by some of his students on bicycles. He first decided that he would be better advised to take to the bike himself, and then had to call the whole thing off when the graduate student who was to fill in for during the summer decided to stay in school. Maybe next year?

TOUGH CAT OF THE MONTH

In bygone years, the Ohio Track Club Distance Carnival was graced each year by a tough distance runner from up Detroit way. I had only a nodding acquaintance with that chap then (nods as we passed on the course; he running, I walking) and little did I dream he would soon have the temerity to come along and start beating me at my own game. Well, he did, the rat. Oops, cat, I mean. The tough cat to whom I refer is, of course, one Gerald Bocci.

Jerry is a 30-year-old social worker in Detroit who turned to walking in the late summer of 1967 when surgery on both achilles tendons precluded his running. His or iginal intent, I believe, was to stay in condition until he could run again, but with hte success he has achieved, he may be hooked now. Last summer, in his first full year of walking, he qualified for the high-altitude camp with a 9th place finish in the National 50 km (8th American) in a sparkling 4:30:23. In the final trial at Alamosa, he was walking in fifth, but had to give it up at about 40 km. However, the training experience at Alamosa was invaluable and there is much still to be heard from Jerry. He has shown good speed in some Indoor races is Chicago this winter and should be tough at all distances this year. As a runner, Jerry had very respectable distance times of 4:20.2, 9:28.0, 14:42.6, and 31:21.6. His best walking times last year were 7:26, 15:16, 48:38 (1o Km) and 2:42:42 (30 Km) on the track and 74:28 (15 Km), 1:42:39 (20Km), 2:09:23 (25 km), 3:13:45 (35 Km), and 4:30:23 (50 km) on the road. The 50 time is on the suspect San Francisco course. These records should be in for wholesale revision this year.

Jerry trains at least once a day and while at the altitude camp was putting in 10 to 14 sessions a week. He stated then that he planned to train at least 10 times a week after that. (If I were a good reporter, I would wait until I see him at our 10 mile relay this afternoon, but I prefer to have inaccuracies and I want to get this out of the way.) His training does not vary much with seasons but he has to do some more mielage and less speed work during the winter because of occassional snowstorms in blustery old Detroit. During his altitude training he was covering 80 to 100 miles a week. He was not then doing any running in his training but stated that he planned to in the future. He sees to benefits from some running in training: (1) better all-around development of the leg muscles and (2) better development of the respiratory system. He supplements his training with some weight work and also adds sit-ups, high kicks, and hurdler's exercise. He does not participate in any other sport but has considered ice skating as a supplement to winter training. A typical week of training might go something like this:

Sunday--20 mile walk at about 10:30 pace
Monday--either 10 miles at 8:30 to 8:40 or 15 miles at 9:00 to 9:15
Tuesday--same as Monday, if 10 on Monday, 15 on Tuesday
Wednesday--10x440 at about 1:50 with 1000 stroll between on road. 2 Mile fast stroll (9:30) to and from course.
Thursday--5 miles at 8:10 to 8:20
Friday--3 x 1 Mile at 7:30 with 5 minutes rest or 5 x 1 Mile at 8:00 with 5 minutes.
Saturday--same as Monday.

Both quantity and quality in these workouts has probably progressed by this time, however he still follows this pattern. He does not plan any rest days but for one reason or another usually misses about one day every two weeks.

Jerry sees a definite need for some coaching help for walkers in this country primarily to help with correct form. He also feels there is a need for some type of training for judges since there are few really good ones aroung and the quality of judges varies considerably from one part of the country to another. On the same line, he advises the newcomer to walking to work on correct form before trying to improve his speed.

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Results of the Postal 2-Man 10-Mile Relay next month. We are having our race this afternoon (March 30). Only a few results in so far. I hope everyone was waiting until the last minute.

More on the toughest-of-the-tough controversy. Dooley concedes I have some good arguments in favor of Matthews but still favors Golubnichiy. I could merely take a right-wing attitude and write this off to Dooley's being pinko, but I will present some more figures instead. They have a good feature on Vladimir in the Feb. 1 issue of Athletics Weekly and it points out that since 1960 he has never finished outside of the medals in a major international competition, which obviously is outstanding. Matthews can't say that, having retired in 1964 and having dropped out of the Rome Olympics when he folded up in the heat. But other than that, he never got less than a gold in a major international competition and Golubnichiy never beat him again.

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(Last line courtesy of Derek. Wow! Got some letters this time. Still ultra-tough on the space bar.) As to times, Tom earlier mentioned intermediate times by Europeans. Lets look at a 2 Hour track walk on Walton-on-Thames, June 6, 1964. Matthews started out with a 1:39 lap and hit the mile in 6:43 to get things going. He went on to record splits of 13:35, 20:31, 27:27, 34:23, 41:22, 48:22, 55:25, 62:28, and 69:40 at 10 miles. At this point he not surprising started to slow considerably and hit 7:33 and 7:39 on the next two miles for 84:52 at 12. Then he ran into some real leg trouble but crept through to 2 hours with 9:20, 8:56, and 9:06. This still gave him a very respectable 15 miles 1556 yards in 2 hours. His metric splits were 21:15.6, 42: 52, 64:47, and 88:45.8. At 7 miles he was only 7 seconds off Hardmo's best ever, with over 70 minutes still to walk. At 15 km he was just 25 seconds off Panishchkin's best ever and 33 seconds under Golubnichiy's best. His 10 mile time is the best on record. His 10 km time was only 11 second's off Golly's best. Incidentally, one John Knifton was in this race, but dropped out at 12½ miles. Oh, yes; Matthews hit 8 miles 1151 yards in the hour during the race, 137 yards further than Golubnichiy ever went. Matthews had prepped for this one with a series of times like: 10 miles (road) 70:21, Feb. 15; 10 miles (road) 69:38, Feb. 22; 7 miles (track) 49:49, March 14; 10 miles (road) 70:22, March 21; 7 miles (track) 48:23, March 28.

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Bits and Pieces.

According to Colin Young in Athletics Weekly, Tom Dooley plans to compete in England from May through August. Haven't heard from Tom on this. Tom is currently working on a thesis towards his degree in which he covers training methods and draws comparison between 100 top class walkers, mostly modern, from all over the world. Tom is including many English walkers and will be working on the project over there.

Also see from Colingthat a 10 km race is provisionally arranged for the USA vs GB match in London, which would mean walkers will be on that trip.

George Braceland has cracked out list of best track and field performances by race walkers with a 10'6" pole vault back inMay 1932. That puts him numero uno.

Eric Waite has asked me to publish his new address, which is: 1243 Rising Sun Ave., Parkland, Pa. 19042. Eric has been married since last September and was wise enough to choose an Ohio girl. Also, as a race walker, he was wise to choose a girl who is a nurse in a psychiatric ward.

Jack Blackburn is back in the publishing field again with a monthly newsletter entitled "What's up?". This is directed towards people who are interested in working with people, primarily kids. Naturally, as a journalist, I could never recommend such a poorly edited, ungrammatical hodgepodge of disorganized ramblings. But, since the foregoing sounds like a perfect description of the ORW, I am forced to highly recommend "What's Up?" to those of you interested in the sodial problems of our day. Jack is encouraging participation in the publication and it gives you a good chance to express your views on the mixed-up relationships in our modern society. Send two bucks to Jack Blackburn, RR#2, Van Wert, Ohio and see what it's all about. I might even publish some of Jack's r mblings from time to time and try to stir up some of our socially more conservative readers. You know anyone with a beard can't really be thinking right. (Meaning, I guess, both correct and the direction.)

Why not slip in what we know of the Postal Relay on this last page, since we just had our exciting version of the race this afternoon. Results already in showed the Dooley-Klopfer duo leading with 64:49.8 (Dooley 1:36.7, Klopfer 1:37.75). In second were Klopfer-Ranney with 1:40.6 for Goetz and 1:40.9 for Bill. Goetz could be the first man to take first and second in a National. No one threatened him today. The only other entries in show Phil Mooers and Manny Adriano at 78:35.1 (Phil 2:09, Manny 1:46.5) and Mooers and Price at 82:06.9. Klopfer-Ranney were 67:07.2.

The headliners in today's dual were Bocci-Westerfield vs. Blackburn-Mortland. Bocci and Blackburn walked neck and neck on the opening lap in 1:47, but then Westerfield put in a 1:38 to leave Mortland well back at 1:43. Blackburn made up the deficit with a 1:42 but Westerfield repeated his performance and Mortland slowed to 1:48. By the time each had gone five laps Bocci-Westerfield were 17 seconds ahead and the margin fluctuated between 15 and 20 from there until the last lap when Westerfield did another 1:39 to Mortland's 1:45 for final times of 69:07 and 69:33. Westerfield averaged 1:42.1, Bocci 1:45.1, the amazing, bearded Blackburn 1:42.4, and the ex-ex-sprint-type Mortland 1:46.25. Blackburn reports that this puts his mileage for March at 42. The only other men's team on hand was Dale Arnold and Barry Richardson. Unfortunately, Dale, not in condition, was having considerable trouble looking like a walker and got calls on his first two laps from the eagle-eyed Doc Blackburn, disqualifying the team. They did go on to finish in 89:22 so they could have the workout. Barry is showing steady improvement in his walking and was averaging close to 2:10.

There were also two women's team on hand and Jeanne Bocci and Laury from Toledo (your alert reporter doesn't have her last name) recorded an 83:30. Jeanne was just about right at 2:00 (Idon't have all the splits), which leaves just over 2:10 for Laury. The other team was Mary Kefalos and Connie ? who recorded 95:15 and finished with final laps of 2:09 and 2:06 respectively. Complete results next month if there are any more.

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FIRST CLASS