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KITCHEN KAPERS

San Francisco, November 21, 1971—In a tremendous display of strong, even-paced walking, Bob Kitchen toured the San Francisco State College, 37 plus times to record a world's best-ever performance of 2:47:34.0 for 35 Kilometers. Although there is not a recognized record for the event, the previous best performance was 2:48:22.2 by East Germany's Christoph Hohne. Bob's time, of course, betters the American record, and on the way he also knocked off Goetz Klopfer's American record at 20 miles. Bob's time there was 2:33:50.2, 9.4 seconds under the mark Goetz recorded 371 days earlier. Bob completed this walk "before Goetz's water-stained eyes", as Steve Lund states it in the Pacific Association Walkers Report. At 50 Kilometers, Kitchen missed the Klopfer record by just 2 seconds, so Goetz wasn't completely wiped out.

The race was held as part of a "record's meet" with everyone choosing their distance. Since Bob was the only one to go 35, and apparently the only one starting out with that in mind, there may be some question of the record being accepted. (Bob must have a thing for turning in unquestionably great performances in somehow unacceptable conditions. Two years ago he broke the 50 Km mark during a 50 mile race he did not finish.) Regardless of whether it is accepted or not, competent judges and timers were on hand, and Bob has once again served notice on the Young's, Klopfer's, et al to beware.

After an opening mile of 7:36, Bob settled down to a steady pace in the low 7:40 range, passing 10 miles in 76:45 and 20 Km in a personal best 1:35:17. He faltered slightly on the 19th mile with a 7:56, but then stomped through a 7:32 to get the 20 mile mark. He finished up with 7:53 and then a 5:51 for the final 3/4 mile 10 feet 5.2 inches.

Other performances in this hodge-podge affair, included a fine 47:13 10 Km by Bill Ranney and a good 1:43:23 20 Km by Roger Duran. Klopfer started out after a 50 km record, but called it a day after passing 10 miles in 79:56. The results (with Kitchen's splits); Bob Kitchen--35 Km in 2:47:34.0 (7:36, 15:17, 23:01, 30:44, 38:26, 46:08, 53:48, 61:29, 69:07, 76:45, 84:25, 92:01, 1:39:43, 1:47:26, 1:55:10, 2:02:55, 2:10:38, 2:18:22, 2:26:18, 2:33:50.2, 2:41:43.) Bill Ranney--10 Km in 47:13 (7:33, 15:12, 22:49, 20:27, 38:08, 45:40) Roger Duran--20 Km in 1:43:23, Steve Lund--5 3/4 miles in 46:12, Jerry Lansing--10 Km in 52:15, Mike Collier--1 Mile in 7:43 (high school runner).

BLACKBURN AWARD

Once again it is time to announce the recipient of the Annual Dr. John H. Blackburn Award presented each year for the outstanding single performance in U.S. race walking. And for the second year in a row, some jerk out on the West Coast has thrown a monkey-wrench into the works with an astounding late-season performance. Last year Dave Romanak had it sewed up with about a half-dozen outstanding performances to choose from, when along comes

When along comes Goetz who pfer with his record-breaking, world-class 20 miler. This year, Larry Young is in the driver's seat with his great 100 mile performance, on an indoor track job, and then it often devolves to wonder how tough he really is and it is suddenly dilemma time for the editor again. All goes again we must out for the late-blooming West Coaster as Bob Kitcher keeps the first one to capture a second Blackburn award in its five-year history and Larry Young gets carried out at the wire for the second time. (It was a close call between he and Rudy Malusa in 1968.) Young's 100 miler, although shattering the American record, was still over 48 minutes off New Zealand's world's best of 17:18:51, which was done on the way to 24 hours. Neilson also bettered 17 hrs on the road on two occasions. Kitcher's time, on the other hand, was a world's best although at an unrecognised distance. Obviously, men like Hohne and Selzer, and of course Soldatenko, and maybe even Young, are capable of going somewhat faster than Bob did, but not a whole lot. (Hohne's 2:15:22 was way back in 1954. He recently did 30 in 2:15:16 on the track and one can be sure he could have bettered 32 for another 5 km. Selzer was 2:51:18 on the way to his recent 50 km record and held that pace to the finish.) Thus Bob adds a second plaque to the one he picked up for his 1969 50 Km and the list of winners of this coveted (so proclaimed by more other than me) award now reads Larry O'Neil, Rudy Malusa, Bob Kitcher, Goetz Klopfer, and Bob Kitcher.

NEWS, NOTES, NONSENSE, AND STUFF

Shel Lefsky sends a card wishing a "Merry Christmas and a Happy New Year to all the U.S. walkers.".....Happy holidays indeed for the Dale Arnolds as he and Tomiko celebrated the birth of their first born. Bruce Lakoto Arnold entered the world on November 23 at 7:17 a.m. weighing 5-7 and measuring 16 1/2 inches. Another recent daddy, Bob Smith, reports that with this birth he has discovered an interesting set of statistics: 100% of all babies born to Ohio race walkers in 1971 were (a) born in Dayton and (b) born by Caesarean section, for whatever that is worth. Bob goes on to chastise us in a "Ha sty-Cran" for missing the most significant fact of his daughter's birth. That being the fact that she was born with track shoes on, which he claims I saw myself. Well, I must admit that I did indeed see some track berries on her feet, complete with the three stripes, when she was but a few days old, but I cannot verify the fact that they were there at birth and if Bob cares to make such utterly ridiculous claims he will have to find someone other than the *OWB*, noted for its high standards of editorial integrity, to back them....Here is an interesting fable from the Delaware County Daily Times (Chester, Pa.) sent me by someone who is going to head at me for forgetting why just as pleasingly plump ladies tend to be the best dancers, so are corpulent fellows apt to be the best walkers. Matter of balance. The physical boys say short heavy men learn to function like turbines, while tall thin men seem to work like piston engines." So that's why Bill Omeltchenko started back. Look for Earl Rurr next.....Bruce MacDonald has been named as one of five members for the 1972 Olympic team, which marks the first time someone really knowledgeable in walking has been part of the coaching-managing setup....An indoor dual meet with the USSR is scheduled for Friday, March 17 in Richmond, Va. with the schedule including a 3 mile walk. The Senior Indoor Mile in New York City February 25 will be used to select the two U.S. Competitors. Ron Laird is expected back in the country for the AAU meet, as well as the Olympic meet in New York on Feb. 18 and the Albany Invitational 2 mile on February 17....Tom Knatt reports that he is seriously considering running and walking across the USA in preparation for the Olympic Trials and because these Englishmen think they can walk and run all over us. He is actively seeking non-monetary support (amateur standing must be protected) such as places to stay and people willing to accompany him for as little as one day or more, by car, bicycle, or whatever, particularly in the west where there are deserts and mountains to cross. The projected route is Rt. 60 from L.A. to Arizona, 84 to Flagstaff, 66 to St. Louis, 40 to Pennsylvania, and 30 and 31 through Pennsylvania. Please write Thomas Knatt, 128 Commonwealth Ave., Concord, Mass. 01742 (617-369-7412) if you can help or if you have any comment on the enterprise....The 5 km splits on Peter Selzer's recent world's 50 km record were: 24:41, 49:15, 1:13:27, 1:37:56, 2:02:26, 2:26:50, 2:51:18, 3:15:26,

If you're getting eyestrain, I apologize. I goofed on the margins and had to reduce this further than intended.

3:40:02, and 4:04:19.8....Bruce MacDonald reports that the dates, times, and course for the final Olympic Trials in Eugene are now set. The 20 Km will be held on Saturday, July 1 at 6:15 p.m. and the 50 on Tuesday, July 4 at 4 p.m.. One reason for the change from the dates originally announced is that traffic will be lighter on these two days. Also, since the decision is on Tuesday it was felt that the 50 Km would get better exposure and press. The course will be fairly flat, as will the Munich course. Both events will start and finish in the Stadium. On leaving the Stadium, the course will go about 1 mile to a four-lane highway. The 20 Km will use a 1 1/4 mile loop (3/4 each way) and the 50 a 3 mile loop. The shorter loop has been chosen for the 20 to make judging easier. There will be 7 or 8 qualified judges on hand, allowing one judge every 220 yards plus a head judge moving back and forth. The 3 mile loop for the 50 allows for an aid station each lap under International rules. The course is mostly blacktop, with concrete on a footbridge going over the river. At the present time there is a parking lot which the walkers have to go across that has a loose gravel surface. A walking path will be blacktopped across this to provide better footing. Bill Rowman, head Olympic coach and coach at the U. of Oregon, and Bob Newland, the meet director, are going out of their way to make this the best walking trials ever, according to Bruce. These men have an interest in making the best walking trials ever, according to Bruce. They are planning to start walking along with their jogging program (which was perhaps the first such program in the country and certainly one of the best). Qualifying times for the trials, as listed before, are 1:45 and 5:00. Qualifying performances must be sent to Bruce at 39 Fairview Ave, Port Washington, N.Y. 11050

RESULTS-TYPE STUFF

East: NEAU 25 Km, Attleboro, Mass., Nov. 20—1. Tom Knatt 2:22:14 2. Paul Schell 2:27:18 3. George Lattarulo 2:27:59 4. Dennis Childs 2:38:24 5. John Killinger 2:45:03 6. Sigurd Podlozky 2:45:24 7. Fred From Sr. 2:48:52 (Cold and windy—12 finishers) 3.9 mile for boys under 19, Attleboro, Nov. 20—1. Mike Booher 42:46 2. Edward Frederson 45:43 3.9 for girls 14 and under—1. Barbara Donovan 49:14 2. Charlene Frederson 51:36 5.8 Mile, Fairmont, Pa., Dec. 4—1. Paul Schell 51:26.8 2. George Lattarulo 55:15 3. Ralph Thomas 55:53 4. John Killinger 57:08 5. Sig Podlozky 61:08 6. Fred From Sr. 61:37 (15 finishers—26 degrees) NSWAG 1 Hour, Attleboro, Mass., Dec. 11—1. George Lattarulo 6 mi 687 yds 2. Robert Horse 6 mi 1498 yds 3. John Killinger 6 mi 98 yds 4. Roger Pike 5 mi 1657 yds 5. George Grzeblin 5 mi 1498 yds 6. Gary Geoffrey 5 mi 1492 yds (Cold, gale-force winds—11 finishers) 61st Annual Honey Island Roadwalk 10 Mile Handicap (actual times in parenthesis)—1. Kevin Ryan, Lowell BC 1:43:46.4 (1:33:46.4) 2. Dr. Norman Carter, Stratford Spartans 1:48:01 (1:40:01) 3. Don Thompson, Cambridge Sports Union 1:48:05 (1:36:05) 4. Art Keay, Toronto Police 1:49:29 (1:47:28) 5. David Lakritz, NY Pioneer 1:50:15 (1:41:15) 6. Don Johnson, Shore AC 1:51:18 (1:33:18) 7. Ron Daniel, NYAC 1:51:19 (1:16:19) 8. Carl Yehara, Shore AC 1:52:03 (1:35:03) 9. Richard Pfaffner, Van. Coll. AA 1:52:05 (1:34:05) 10. Fred Spector, Shore AC 1:52:11 (1:42:11) 11. T. Clark Scully, Shore AC 1:52:28 (1:17:28) 12. Steve Hayden, LIAC 1:52:29 (1:19:28) 13. Bill Mackulich, Phil. AC 14. Howard Jacobsen, LIAC 1:52:46 (1:26:46) 15. Larry Newman, LIAC 1:53:45 (1:27:45) 16. (which does indeed come before 16) William Turley, un. 1:52:48 (1:36:48) 17. Dennis Slattery, Lowell BC 1:53:43 (1:43:43) 18. Ron Kulik, NYAC 1:54:01 (1:20:01) 19. Joe Slattery, Lowell BC 1:54:02 (1:44:02) 20. George Traceand, Phil. AC 1:54:06 (1:34:06) 21. Gary Westerfield, LIAC 1:54:27 (1:21:27) 22. Elliott Dorman, Shore AC 1:55:02 (1:25:02) 23. Michael Regan, Lowell BC 1:55:02 (1:49:02) 24. Dr. George Shilling, NY Pioneer 1:55:11 (1:29:11) 25. Howard Palamarchuk, un. 1:55:12 (1:23:12) (66 finishers, John Knifton DQ'd) Women's 2 Mile, Green Island, Nov. 23—1. Mary Beth Hayford, Greenwich, Conn. 19:29 2. Ellen Kinkow, Ft. Washington, NY 19:41 3. Jean Griffin, Boulder, Colo. 21:41 4. Brenda Jaeger, Ft. Washington 22:29 5. Diane Traceand, Philadelphia 22:31 (9 finishers, Stella Palamarchuk DQ'd) 20 Km, Westbury, L.I., Nov. 14—1. Todd Scully, Shore AC 1:35 2. Ron Daniel, NYAC 1:38:47 3. Howie Palamarchuk, un. 1:41:48 4. George Shilling, NYPC 1:51:17 5. Larry Newman, LIAC 1:52:09 10 Mile, Westbury, Nov. 14—1. Gary Westerfield, LIAC 1:18:57 2. J. Jorder, Shore AC 1:28:41 3. P. Warren, Kings Point 1:30:31 4. R. Tetzlaff, Kings Point 1:34:08 5. Don Johnson, Shore AC 1:34:27 Girls' 2 Mile, Westbury, Nov. 14—1. Stella Palamarchuk, Ambler CC 19:23 2. Brenda Jaeger, un. 21:27 3. Vickie Omeltchenko, un. 21:58 1 Mile Handicap, New York, Dec. 3—1. Ron Kulik (scratch)

SECOND ANNUAL OHIO RACE WALKER WORLD RANKINGS

Here is the way the Ohio Race Walker ranks the world's top walkers at 20 and 50 Km for the 1971 season. These are based on the consensus opinion of your editor and no one else.

20 Kilometers

- 1. Nikolai Smaga, USSR
 - 1:30:08.0 (2) San Francisco 7/8
 - 1:28:29.8 (1) USSR Champ., Moscow 7/
 - 1:27:20.2 (1) European Champ. 8/10
- 2. Gerhard Sperling, E. Germany
 - 1:24:23.0 (4) Berlin 5/1 (short)
 - 1:35:01.0 (1) Stockholm 5/30
 - 1:27:08.6 (1) Leipzig 6/25
 - 1:27:29.0 (2) European Champ. 8/10
 - 1:28:23.0 (1) vs. USSR, Sochi, 9/20
- 3. Paul Mihill, Great Britain
 - 1:33:30.2 (1) Pretoria 4/12
 - 1:28:30.6 (1) Zurich 5/2
 - 1:32:06.0 (1) Luton 5/8
 - 1:33:34.0 (1) Grand Guerilly 5/29
 - 1:36:09.0 (1) Eldorf 5/30
 - 1:30:08.0 (1) San Francisco 7/8
 - 1:30:09.0 (1) London 7/31
 - 1:27:34.8 (3) European Champ. 8/10
 - 1:32:05.0 (1) Enfield 8/28
- 4. Peter Frenkel, East Germany
 - 1:22:58.0 (1) Berlin 5/1 (short)
 - 1:35:01.0 (3) Stockholm 5/30
 - 1:27:56.0 (2) Leipzig 6/25
 - 1:27:52.8 (4) European Champ. 8/10
 - DNF vs. USSR, Sochi 9/20
- 5. Hans-Georg Reimann, East Germany
 - 1:29:57.6 (1) Gruu-Snarov, Rom. 4/4
 - 1:23:35.6 (2) Berlin 5/1 (short)
- 6. Phil Ebleton, Great Britain
 - 1:27:59.0 (1) London 4/23
 - 1:24:05.0 (3) Berlin 5/1 (short)
 - 1:30:49.0 (2) London 7/31
 - 1:29:31.6 (6) European Champ. 8/10
 - 1:31:20.0 (1) vs. W. Germany 9:25
- 7. Yevgeniy Ivchenko, USSR
 - 1:28:33.0 (2) Moscow 7/
 - 1:31:30.2 (8) European Champ. 8/10
 - 1:29:34.0 (1) Minsk 8/28
 - 1:28:49.0 (2) vs. E.G., Sochi, 9/20
- 8. Boris Yakovlev, USSR
 - 1:25:49.0 (5) Berlin 5/1 (short)
 - 1:29:03.8 (3) Moscow, 7/
 - 1:29:49.4 (7) European Champ. 8/10
 - 1:30:00.0 (4) vs. E.G., Sochi 9/20
- 9. Siegfried Zschiegnier, East Germany
 - 1:26:01.0 (6) Berlin 5/1 (short)
 - 1:30:30.0 (1) Bucharest 5/13
 - 1:38:14.0 (4) Stockholm 5/30
 - 1:30:34.0 (4) Leipzig 6/25
 - 1:30:51.0 (5) vs. USSR, Sochi 9/20
- 10. Antal Kiss, Hungary
 - 1:33:15.4 (11) European Champ. 8/10
 - 1:26:56.8 (1) Budapest 9/20 (track)

The finish in the European Championships pretty well decided the rankings as the form shown there held up the rest of the year and there were no real contenders from outside of Europe. Smaga won the big one in Helsinki, and despite a loss to Mihill in San Francisco in a race in which they were reportedly trying to tie, he earns number one ranking, moving up from fourth last year...Sperling, moving from sixth last year, managed to outkick Mihill in Helsinki and had two other excellent races after an early season fifth place on a short course in Berlin...Mihill raced far more often than anyone else and lost only the Helsinki but did not match Sperling's best times...Frenkel and Reimann, who ranked one-two last year, take the next two spots off their finish in Helsinki and consistent races the rest of the year...Phil Ebleton started very strongly in the spring but could not quite match the top ranked men in the important races...The first deviation from the European Championship finish comes with Ivchenko moving ahead of countryman Yakovlev, having beaten him in two of three races and recorded faster times. He also beat Reimann in a dual meet...Zschiegnier, who is the fourth ranking East German could not compete in Helsinki, but had had consistently fast times and captures ninth...The ultra-veteran, Kiss, finished only eleventh in Helsinki, but added a hyper-fast track time in September to take tenth.

6:19.0 2. Ben Daniel, (scraper) 6:49.0 3. Fionie Falvarechuk, un. (60 yds) 6:51.7 3. Rick Petzel, MAIA (160 yds) 6:56.5 5. Fionie Jacobson, IJAC (100 yds) 7:05.4 6. Dave Romansky, SA Scraper (scraper) 7:24 (reportedly carrying a rather spare tire) (13 finishers) 20 Mile, Long Beach, Cal. --1. Scott Whitton, MAIA 2:45:06 2. Todd Scully, Shore AC 2:54:42 3. Ron Spector 3:01:55 4. Don Johnson, Shore AC 3:17:47 5. Fred Spector, Shore AC 3:56:18 6. Dave Scullace 3:58:53 --Wipers, excuse me Fob. I left out Bob Kimm at 3:21:54 in fifth, which moves the others back one spot. 10 Mile Hardican, Long Beach--1. Dave Schultze 1:37:43 (former NY high school high jump champion now age 28 and just starting walking) 2. Tom Pyfe 1:40:12 3. Don Johnson 1:37:05 4. George Garland 1:49:25 5. Alan Wood 1:48:05 6. Bob Carlson 1:37:01 7. Fred Spector 1:43:13 8. Todd Scully 1:42:28
Central: 8 Miles 368 yds, Columbus, Ohio, Dec. 5--1. Phil McDonald 65:27 2. Doc Blackburn 81:16 McDonald bombed through the first 2 mile 92 yard lap in 15:56 with Jack Norland 2 seconds back. Norland, with a heavy cold, was flat out to do that and retired to timekeeping chores, leaving Phil to do three more laps in 16:23, 16:25, and 16:43. Bob Smith, also with a cold, suffered through 2 laps in 42:14 New Year's Eve 6 Mile Hardican, Continental, Ohio-- In this revival of an ancient traditional race, which had not been held for two years, Jack Blackburn spotted his father and Bob Smith 8 minutes and then stormed through on the final mile to snatch a narrow victory. Well actually, as I look at the splits, I see his only stormer was on the first lap, after which he died a slow natural death due to lack of training. Smith built up a gradual lead of one over a minute and then watched most of it disappear in the last 2 miles. The field also included Tim (age 11) and Kathy (age 13) Blackburn and five Continental U.S. students named Steve, Jeff, Cindy, Joan, and Pam. Jeff Jerred 5 miles with Jack, and the other four walked along together in a festive mood for 3 miles. The results: 1. Jack Blackburn 58:27 (50:29 actual--7:38, 15:50, 24:12, 32:27, 41:12) 2. Bob Smith 52:45 3. Dr. John Blackburn 59:06--Tim Blackburn, 5 miles in 55:28, Steve, Cindy, Joan, and Pam, 3 miles in 43:30, Kathy Blackburn, 2 miles in 28:28. No. Val. AAU 50 Km, Nov. 14--1. Larry Young 4:39:59 (did 9 minute miles for first 10 and then picked up to 84--4:58 pace. Finished with 8:19) 2. Paul Ide 5:20:54 (with Young through 12) 3. Bob Ostin 5:48:27 4. Nolan Sage 6:05:29 5. Rob Spier 6:15:20 (11 starters)
Far West: SF AAU 40 Km, Los Angeles, Nov. 29--1. Bob Bowman 3:31:31 (51:34, 1:43:39, 2:37:16) 2. John Kelly 3:46:55 (51:01, 1:46:39, 2:43:07) 3. Bryon Overton 3:46:52 (53:02, 1:48:45, 2:44:25) 4. Dave Bryant 4:26:25 5. Gerry Millwerth 4:27:17 6. Chris Glegg 4:36:06 (15 started, 9 finished) 10 Km Hardican, Los Angeles, Nov. 14 (actual times shown)--1. Kevin Frenkel, Stockton 57:15 2. Brad Bentley, Stockton 57:15 3. Dave Bissell 59:06 4. Hal McMillars 6:12 5. Bryon Overton 50:28 6. Mike Ryan 47:42 (fast time) 7. Joe Wehrly 63:53 8. Dave Bryant 56:30 9. Bob Bowman 48:41 10. James Bentley 55:12 (22 finishers) 7 Mile, San Francisco, Nov. 14--1. Bill Ranney 51:09 2. Bob Kitchen 51:11 3. Roger Duran 51:14 4. Bryan Orzell 61:13
Florida: 7 Mile, Nov. 6--1. Ron Laird 50:40 2. Carl Lawton 50:45 3. Amos Seddon 51:52 4. Bob Johnson 52:02 5. J. Callow 52:16 6. Bill Sutherland 52:22 7. Ray Middleton 52:23 1 Hour, Exeter, Oct. 10--1. Ron Wallwork 7 mil 1501 yds 7 Mile, Lubon, Oct. 31--1. Carl Lawton 51:46 2. Steve Gover 51:59 6 Mile, Nov. 6--1. Malcolm Tolley 43:48 2. Eric Taylor 43:54 3. Jake Harcourt 4:06 7 Mile, Infield, Nov. 13--1. Ron Laird 50:22 2. Carl Lawton 50:38 3. Hal Talley 50:45 4. Steve Lingham 50:56 5. Steve Gover 50:57 6. Dave Cox 51:01 7. Bill Sutherland 51:19 8. T. Adams 51:23 9. Bob Dobson 51:35 10. R. Mills 51:59..... 16. Km, Bean 52:47 Women's National 5 Km (road), Nov. 6--1. Christine Daniels 27:54 2. Virginia Lovell 28:36 3. F. Fraser 29:46 Junior 25 Km--1. Sally Nash 12:07 2. E. Smith 12:55 3. S. Sanders 13:07
100 Km, Geneva, Switzerland, Oct. 24--Saul Ladary put in his usual blitz start, covering the first 50 km in 4:27:15 but the can E. German duo of Christoph Hohne and Peter Selzer proved too strong for him over the second half. Hohne indicated that he is not yet to be written off as he pulled strongly away from his countryman to win by nearly 10 minutes. He was not far off his record of 9:15:57.4 set in 1967. It marked the third time he has won the race. 1. C. Hohne, E.G. 9:21:15.8 2. P. Selzer, E.G. 9:31:04.6 3. S. Ladary, Israel 9:37:54 4. M. Grob, Switz. 10:04:01 5. P. Aebberhard, Switz. 10:24:03 6. S. Nagel, W.G. 10:42:44 7. R. Girod, Switz. 10:53:34 8. C. Babole, Rom. 11:07:57 9. V. Kansky, Czech. 11:14:03

55 Milemeter

1. Sergiy Soldatenko, USSR
4:15:27.3 (1) Moscow 7/
4:15:27.3 (1) European Champ. 8/14
3:57:17.2 (1) vs. E.G., Sochi 9/20
2. Peter Selzer, East Germany
3:51:41.6 (2) Berlin 5/1 (short)
4:15:21.2 (2) Leipzig 6/26
4:06:11.0 (3) European Champ. 8/14
4:07:47.0 (3) Munich 9/11
3:58:21.0 (2) vs. USSR, Sochi 9/20
4:04:19.8 (1) Taunberg 10/4 (track)
3. Christoph Hohne, East Germany
3:17:09.6 (1) Berlin 5/1 (short)
4:07:25.2 (1) Leipzig 6/26
4:04:45.2 (2) European Champ. 8/14
4:07:47.0 (3) Munich 9/11
4:04:06.0 (3) vs. USSR, Sochi 9/20
4. Otto Bartsch, USSR
4:05:07.0 (2) Moscow 7/
4:09:14.4 (4) European Champ. 8/14
4:07:54.0 (3) vs. E.G., Sochi 9/20
5. Yevgeniy Lyungin, USSR
4:09:42 (3) Munich 9/11
6. Winfried Skotnicki, East Germany
4:16:25.8 (3) Leipzig 6/26
4:10:22.0 (5) European Champ. 8/14
7. Bernhard Nemerich, East Germany
4:05:39.6 (1) Ostsch 7/11
4:11:44.0 (6) European Champ.
4:10:38.5 (4) Munich 9/11
8. Igor Della Rossa, USSR
4:05:12.6 (3) Moscow 7/
4:12:02.6 (7) European Champ. 8/14
4:17:40.0 (3) vs. E.G., Sochi 9/20
9. Burkhard Leuschke, East Germany
3:52:30.2 (3) Berlin 5/1 (short)
10. Abdon Fariach, Italy
4:14:26.2 (8) European Champ. 8/14

Again the European Championship was decisive with no serious contenders from other parts of the world...Soldatenko, frustrated by the great Hohne in the past, took over this year and scored two fast and impressive victories over the East Germans...second is very tough to pick with Hohne beating Selzer in four of five races, but Selzer giving Soldatenko a race to the wire in the dual meet and then closing his season with a world record on the track. On the basis of his great late season, Selzer gets the nod....Bartsch is clearly fourth, able to beat everyone but the top three, who all took him on two occasions....Lyungin has only one recognized time, but that was a good one in Munich, during which he beat Nemerich, who was sixth in Helsinki...Skotnicki clearly beat Nemerich in Helsinki to take sixth....Nemerich recorded a very fast time in his national championship but could not reproduce that form in International matches....Della Rossa had much the same problem, walking well in his national but faltering later....Leuschke showed well in an early race on a short course, finishing close to Hohne and Selzer, and then was not heard from again...Fariach, the 1964 Olympic champion, came out of a brief retirement to walk an excellent race for eighth in Helsinki.

The Ohio Race Walker is edited and published monthly by Jack Mortland on an old Underwood portable amongst a bunch of clutter and trash high atop 3184 Summit St., Columbus, Ohio 43202. Send all correspondence and subscription (the latter is particularly encouraged) to that address. Let us know what you think of the new format. By reducing the pages on a Xerox like this, I obviously cut the printing cost per page in half. This savings will allow me to at least think about putting some pictures on a couple of those extra pages. The total cost would then be somewhere around what it has been costing me to bring you 10 pages in the past. Disadvantages are the fact that you get smaller type, I don't yet have a stapler with a deep enough throat to center staple it (thus your pages keep falling out), and if I do more pages it takes more of my valuable time. Also, we lose the color on our beautiful masthead since we don't have those in the reduced size. Let me know your thoughts and preferences.

A STATISTICAL REVIEW OF 1971

National Championships

- 1 Mile, New York, Feb. 26--1. Ron Laird 6:24.9 2. Don Daniel 6:25.0 3. Larry Walker 6:26.9 4. Ray Sowers 6:43.6 5. John Knifton 6:45.0 6. Greg Diebold 6:45.0
- 2 Mile, Eugene, June 26--1. Larry Young 13:49.6 2. Ron Laird 14:03.6 3. James Hanley 14:10.6 4. Ray Parker 14:11.6 5. Bill Ranney 14:12.0 6. Steve Tyrer 14:25.4
- 10 Km, Chicago, May 29--1. Ron Laird 47:10.0 2. Floyd Godwin 47:18.0 3. Greg Diebold 48:55.4 4. Bob Henderson 49:18.6 5. Jack Mortland 49:40.2 6. Jerry Brown 50:50.8
- 1 Hour, Boulder, April 11--1. Ron Laird 7 mi 1510 yds 2. Floyd Godwin 7 mi 1213 yds 3. Larry Young 7 mi 1157 yds 4. Bob Henderson 7 mi 1091 yds 5. Karl Nersisenz 7 mi 1075 yds 6. Jim Ross 7 mi 1068 yds
- 15 Km, Des Moines, Oct. 24--1. Jose Oliveros 1:06:23.6 2. Ron Laird 1:06:44 3. Gabriel Hernandez 1:07:20 4. Miguel Sanchez 1:07:37 5. Larry Young 1:07:54 6. Floyd Godwin 1:08:15
- 20 Km, San Francisco, May 23--1. Tom Dooley 1:32:18 2. Goetz Klopfer 1:32:38 3. Larry Young 1:33:34 4. Ron Laird 1:34:36 5. John Knifton 1:35:08 6. Floyd Godwin 1:35:13
- 25 Km, Greenvale, Sept. 19--1. Ron Laird 2:01:46.4 2. John Knifton 2:03:34.4 3. Bob Kitchen 2:04:12.6 4. Marcel Jobin 2:05:27.4 5. Gary Westerfield 2:05:36.2 6. Ron Kulik 2:07:17
- 30 Km, Mack Diamond, Sept. 8--1. Larry Young 2:25:40 2. Ron Laird 2:25:10 3. Bill Ranney 2:31:35 4. Goetz Klopfer 2:35:35 5. Bob Bowman 2:38:07 6. Steve Tyrer 2:45:04
- 35 Km, Pomona, May 2--1. Larry Young 3:02:22 2. Ron Laird 3:04:11 3. Bill Ranney 3:08:57 4. Bob Bowman 3:07:45 5. John Kelly 3:16:30 6. Mike Ryan 3:16:44
- 40 Km, Kansas City, Oct. 16--1. Larry Young 3:29:18 2. Ron Laird 3:29:04 3. Ron Kulik 3:42:23 4. Floyd Godwin 3:43:17 5. Bill Weigle 3:45:22 6. Miguel Sanchez 3:48:34
- 50 Km, Cedar Grove, June 12--1. Larry Young 4:18:29.2 2. John Knifton 4:19:23 3. Gary Westerfield 4:21:05 4. Goetz Klopfer 4:21:32 5. Ron Kulik 4:28:29 6. Bob Kitchen 4:30:17

- Jr. 2 Mile, Chicago, Aug. 14--1. Jim McFadden 15:24.4 2. Bob Woods 16:25 3. Bob Woods 16:25.6 4. Dan Patt 16:56.4
- Jr. 10 Km, Northglenn, July 4--1. Floyd Godwin 47:10.6 2. Bill Weigle 51:08 3. Neville Conway 52:51 4. John Rose 54:23
- Jr. 1 Hour, Stockton, March 13--1. Wayne Glusker 7 mi 468 yds 2. Mike Ryan 7 mi 314 yds 3. Jerry Lansing 7 mi 252 yds 4. Steve Merrilees 6 mi 1700 yds
- Jr. 15 Km, Santa Monica, Aug. 21--1. Dennis Reilly 1:22:17 2. Mike Ryan 1:22:18 3. James Bentley 1:24:22 4. Dave Bryant 1:28:03
- Jr. 20 Km, Portland, May 9--1. Todd Sully 1:44:40 2. Pete Van Handel 1:52:27 3. Bob Gray 1:52:37 4. James Bentley 1:55:53
- Jr. 25 Km, Kansas City, May 15--1. Paul Ige 2:24:19 2. Bob Chapin 2:35:05 3. Aubrey Anderson 2:36:35 4. Charles Fleming 2:37:56
- Jr. 30 Km, North Versailles, June 19--1. Bill Purves 3:01:39.6 2. Bill Kaiser 3:05:44.6 3. Pete Van Handel 3:09:39.2 4. Joe Stefanowicz 3:17:02.4
- Jr. 35 Km, Walispoll, Sept. 11--1. Bill Weigle 3:14:45 2. Don Derbyshire 3:56:05 3. David Robinson 4:16:12 4. Brent Hall 4:50:28
- Jr. 40 Km, Long Branch, Aug. 8--1. Tom Knatt 3:53:17 2. John Skielak 4:12:33 3. Bill Quayle 4:14:54 4. Tony Medeiros 4:20:35
- Jr. 50 Km, Hollywood, March 20--1. George Mercure 5:23:35.2 2. Steve Merrilees 5:33:21 3. Bob Woods 5:41:17 4. Bob Long 5:57:46

New American Records Accepted

Indoors		Dave Romanuk, New York, Feb. 19, 1971	
1500 meters	5:49.8		
Outdoors			
2 Miles	13:20.2	Larry Walker, Los Angeles, March 14, 1970	
15 Miles	1:52:44.0	Goetz Klopfer, Seattle, March 21, 1971	
25 Km	1:56:53.0	Goetz Klopfer, Seattle, March 21, 1971	
2 Hrs	15mi1578yds	Goetz Klopfer, Seattle, March 21, 1971	
35 Km	2:55:00.8	Goetz Klopfer, Seattle, April 17, 1971	
40 Km	3:26:00	Goetz Klopfer, Seattle, April 17, 1971	
25 Miles	3:27:23.0	Goetz Klopfer, Seattle, April 17, 1971	

The following four were approved pending receipt of required 2 surveyors and the referee's signatures.

3 Miles 1:14:47. Tom Dooley, San Francisco, May 9, 1971
 15 Km 1:17:11.0 Tom Dooley, San Francisco, May 9, 1971
 15 Mile 1:12:12.0 Tom Dooley, San Francisco, May 9, 1971
 25 Km 1:30:37.0 Tom Dooley, San Francisco, May 9, 1971

S. S. R. 155 10 R. 28 20 20 19 13 7 13 12 17 10 17 6 10 30

Sat. Jan. 2—J.R. Holliman 35 Km, STOCKTON, CALIFORNIA
 2 Mile Prep, Boulder, Colo.
 SFAAU 15 Km, Altadena, Calif. 10 a.m.

Sun. Jan. 9—10 Km, Adairville, Mass. 2 p.m.
 5, 10, or 15 mile road races, Melville, LI, NY
 Wed. Jan. 12—Sr. Vet. AAU 1 Mile, New York City
 Fri. Jan. 21—1 Mile, Examiner Indoor Games, San Francisco
 1 Mile, Indoor Track Classic, Philadelphia
 Sat. Jan. 22—1 Mile, Sunbist Invitational, Los Angeles
 Sun. Jan. 23—Rose Bowl 10 Mile Handicap, Pasadena, Calif. 9 a.m.
 Sat. Jan. 23—1 Mile Indoor Invitational, Portland, Ore.
 Sun. Jan. 24—10 Mile Open, Fresh Pond, Cambridge, Mass., 2 p.m.
 Sun. Feb. 6—5, 10, or 15 mile, road, Melville, LI, NY

A complete schedule for Ohio and Michigan will be published next month. Our schedule is tentatively drawn up, as is the Michigan schedule, and we have tried to coordinate them. 2 and 10 Mile Handicaps are now scheduled for Detroit on Jan. 16 and 30 and Feb. 13 and 27. The Ohio schedule opens with a 6 and 10 mile at Sharon Woods in Columbus on January 23 and then moves to Dayton for 7 and 15 miles on Feb. 6. February will also include 8 and 20 miles in Continental on the 20th. Starting in March, at least most of our Ohio races will be scheduled on Saturdays, with the summer races probably starting in the late afternoon. The races above will be at noon. Unknown to Jerry Bocci, a 50 Km scheduled for Detroit on March 26 has been designated by Regional Vice Chairman Dr. John Blackburn as a Region 4 Championship. Likewise, a 20 Km in Columbus a week earlier will also be a Regional Championship. (Region 6 includes the Lake Erie, Ohio, West Virginia, Kentucky, Indiana, Michigan, and Central Associations.)

LEADING EDGE

10 Years Ago (From The American Race Walker, Dec. 1961)—Ron Zinn was named the first recipient of the Mike Riban Trophy (now the Ron Zinn Trophy) as the outstanding U.S. race walker of 1961. Zinn won 5 National titles during the year and also bettered the American 10 Km record. He beat out Ron Laird, who won four Nationals, in the voting among readers of the ARW....the family that walks together gets thrown in the booty hatch together....Doc Eds returned found the dipstick to McCarthy's W....In a 1 mile at the University of Chicago Fieldhouse, Rinas Valcitta blitzed a somewhat out-of-condition with a 3:03 first half and went on to record an outstanding 6:27.0 for the mile. Zinn staggered in with 7:03.1 (It is unfortunate that Rinas, who was only 19 at this time, gave up the sport the following year. Hard telling how far he would have gone.)

5 Years Ago (Ohio Race Walker, December 1966)—Jack Blackburn won the 3rd Annual New Year's Eve 5 Mile Handicap held in Bathons, Ohio, where Jack lived at that time. He also did a tremendous job of handicapping, as the four walkers came in only 77 seconds apart. Blackburn had a 47:46 to Kortland's 47:58 and Chuck Newell's 52:12 (Incidentally, the long-lost Newell has reported comeback plans so we are feeding him Ohio Race Walkers with his name prominently displayed to encourage him)...Jack Blackburn also turned in a very good 20 Km on the Upper Arlington HS track with a 1:39:12. Kortland came home in 1:40:30 and Newell in 1:58:34 in this one...Ron Daniel took fast time honors in the Coney Island 10 Mile with 1:19:47 as George Lattarulo won the race...Tom Dooley and Bill Ranney did a 1:20:41 10 mile on the track, beating Boetz Hlopfer's 1:21:37...Dooley also won the Jr. National 50 in 5:15:15

Late results just received in the mail:

5 Mile Handicap, Seattle, Nov. 21 (talk about good handicapping)—1. Ed Glander 53:41 (41:41 actual) 2. Bob Rosenorantz 53:50 (49:20) 3. Paul Kaald 54:04 (49:34) 4. Martti Laitinen 54:07 (54:07) 5. Steve Geiver 54:26 (44:26) 6. Dick Moody 54:28 (45:28)
 25 Km, Seattle, Dec. 26—1. Ed Glander 2:32:43 2. Dick Moody 2:41:57 3. Dean Ingram 2:43:14 4. Bob Rosenorantz 2:49:55 5 Km, Seattle, Dec. 12 (track)—1. Glander 25:57 2. Moody 27:25 3. Rosenorantz 29:50 4. Laitinen 31:50

ALL TIME LIST OF BEST TRACK AND FIELD PERFORMANCES BY WALKERS

Twice in the past, we have published as a matter of no particular import, but perhaps of some esoteric interest, a list of the all-time best performances by U.S. race walkers in the standard track and field events. Performances must be actual competitive marks to qualify for the list and must have been recorded by someone who is a full-time race walker (Although not necessarily when he turned in the performance. Most of these performances were done before a guy turned to walking.) If nothing else, they demonstrate that walkers aren't complete nonathletes as some feel, as there are some quite passable marks in a variety of events. Additions to the list are welcomed. They should be accompanied by complete information on the competition—meet, date, and place.

100 Yds—9.9 John Dick, 1936	30:22.5 Ray Somers, 1967
100 M.—10.9 John Dick, 1936	6 Miles—30:23.0 Floyd Godwin
220 Yds—22.8 Jack Kortland 1955	31:21.4 Jerry Bocci, 1961
23.4 John Dick 1936	31:22.0 Jack Blackburn, 1956
440 yds—49.5 Jack Kortland 1956	10 Km—31:44.0 Floyd Godwin, 1968
51.5 Dick Ortiz 1959	32:18.8 Ray Somers, 1967
880 yds—1:53.8 Dick Ortiz, 1959	32:24.2 Jack Blackburn, 1956
1:54.0 Floyd Godwin	10 Miles—53:40.0 Floyd Godwin, 1968
1:57.6 Ray Somers, 1967 (Indoors)	56:03.0 Ray Somers, 1963
1:56.8 Don Johnson, 1940	1 Hour—11 mi 176 yds Floyd Godwin, 1968
1 Mile—4:14.0 Ditch Hammer, 1963	10 mi 1180 yds Dick Ortiz, 1961
4:15.2 Floyd Godwin	10 mi 990 yds, Ray Somers, 1966
4:16.0 Bill Ranney	10 mi 483 yds Jerry Bocci, 1961
4:18.8 Dick Ortiz, 1959	3000 M SC—9:24.8 Floyd Godwin
4:19.4 Jack Blackburn, 1955	9:47.0 Ray Somers, 1966
4:20.2 Jerry Bocci	10:19.8 Jack Kortland, 1961
4:17.9 Ray Somers, 1964 (Indoors)	120 yd Hb—15.7 Bruce MacDoraid,
2 Miles—9:13.0 Ditch Hammer, 1963	220 yd LH—24.5 Bruce MacDoraid
9:18.6 Ray Somers, 1964	25.3 Jack Kortland, 1957
9:20.0 Floyd Godwin	440 yd LH—56.0 Jack Kortland 1957
9:21.0 Bill Ranney	Marathon—2:2 0:52 Floyd Godwin, 1968
9:28.0 Jerry Bocci	2:44:48 Dick Ortiz, 1960
9:29.5 Jack Blackburn	2:53:08 Jerry Bocci
9:14.5 Ray Somers, 1964 (Indoors)	High Jump—5'10" John Dick
3 Miles—14:42.6 Jerry Bocci	5'10" Jack Kortland, 1955
14:44.0 Floyd Godwin	Long Jump—21:11" John Dick, 1941
14:50.8 Jack Blackburn 1957	20'1" Jack Kortland, 1955
14:57.0 Ray Somers, 1964	Triple Jump—48'3" John Dick 1945
5 Km—14:27.0 Bill Ranney	Pole Vault—11'6" Bill Hohenstroot, 1965
15:47.0 Dick Ortiz, 1959	10'6" George Eraecland, 1932
	10'2" John Dick, 1941
	9' Doc Blackburn, 1932
	Shot Put—43'6" John Dick, 1937
	Discus—160' Bill Ranney
	144'8" John Dick, 1941
	Decathlon—6007 Dave Sidahl, 1968

Whoops! I left out a 6' high jump by Terry Anderson in 1955.

502 BOSTON TERRACE NEW YORK, N.Y.

Something that bothers me in regard to what is being said and written on training these days is that in so many discussions the emphasis is on mileage and seemingly nothing else. Magic numbers, the magic number first evolved at 100 miles per week for anyone coopting at one mile and up and this number is now on the rise. In way you can make it on less. Dr. Cooper, the aerotics man, in an interview in Runner's World stated that he would like to run a marathon but that he doesn't have time to do 100 miles per week and it would be impossible to break 3 hours on less. Rubbish. A subsequent interview with former marathon great Lou Gregory in the same publication showed just how much less than this at least one individual could do and still run under 2:30. Now I am not objecting to guys doing 100, 150, or even 200 miles a week, nor am I saying that it isn't getting results, although I am not convinced that the same individuals could not achieve the same results on considerably less mileage. What does turn me off is that the total emphasis has turned to mileage with little thought given to how it is done. We just get tied into some mileage figure and figure that if we do x miles per week we are in shape, if we don't we're not. And even worse, we often derive this figure from what others are doing, again with little thought as to how they are doing it, or what has preceded their doing it.

And, turning exclusively to walking, if we accept some mileage figure as the magic one, from where do we derive it. If 100 miles per week is what runners need, how does this translate to walking? Is it a straight conversion; 100 miles equals 100 miles? Or because it takes longer to walk a mile than to run one, does 70 miles walking equal 100 running? Or, because you are generally talking about longer, competitive distances in walking, does the walker need even greater mileage and, therefore, about twice the time? However it has been translated, the good old 100 figure seems to be tossed around quite generally in walking circles, too.

Now when I start talking in the heretical terms above, questioning the need for hard work, I am labeled as just not willing to do the work needed. That's fine for you Kortland, but don't reach your head to the up and coming walkers and discourage them from doing the necessary work. Well, in the first place, I certainly do not advocate a lack of hard work, but that doesn't necessarily mean mileage at the upper limits. And I'm not saying don't do 100 miles per week, just cautioning against the feeling that this is all it takes. As you add on more and more miles, what are the returns in improved performance and what are the risks of disabling injuries? I feel that at some point, and I certainly don't know where it is, the returns are going to diminish to practically nothing and the risks of injury are going to shoot upward. Sure, Dave Bedford is doing fantastic times on upwards of 200 miles a week. But just as you can ask how much better could Lou Gregory have been had he really trained (and obviously his extremely light training did not get him close to his best), I can ask what would Dave Bedford do on 100 miles a week and how much longer would he do it without breaking down?

So now you ask, alright Kortland, what is the magic formula? I don't have the slightest idea. I think I have a pretty good idea of what is best for me if I want to achieve my best (I'm not doing anything like it now) but this may not work for anyone else. (I am advising Bob Smith along these lines now and it may be interesting to see what happens if he follows the schedule. He might not worse. If so, we'll try something else.) The point is, that training seems to be too much of an individual thing. There seems to be many routes to the same point depending on the individual, primarily on his mental and emotional adjustments to training. Possibly there is one best way to obtain a particular level of performance from the purely physiological standpoint, although from what I have read, the physiologists haven't yet agreed on it. But even if there is, everyone won't make the proper mental adjustments to the particular regimen and some will wind up far short of what they might achieve with another approach more suited to their emotional makeup. Thus, for the individual athlete, it becomes a matter of borrowing from here and there, trial and error, and probably never being really sure that he is achieving all he might if he really found the secret. That, in a rambling way, is how I see it anyway. Your comments and scathing criticisms are welcome.



Stolen from Playboy magazine and first published in the May 1966 ORW as a pictorial commentary on the ORW philosophy.

The Snoopy cartoon was, of course, also stolen and also appeared in an earlier ORW. It isn't stolen verbatim as in the original, Charles Schulz had substituted the word "blighters" for "walkers". I don't imagine this will be sufficient to save us from a suit for infringement of copyright should someone in the Peanut kingdom get a hold of this. Having gotten away with it once, however, we boldly try again. I am sure that neither Messrs. Schulz or Heffner regularly read the ORW so I might be safe if you don't squeal. *****