

OHIO RACE WALKER  
3184 Summit St  
Columbus, Ohio 43202

# OHIO RACEWALKER



VOLUME VII, NUMBER 10

COLUMBUS, OHIO

JANUARY, 1972

## A CAPSULE REVIEW OF THE JANUARY ISSUE

We had what your modest editor thought was a pretty fair issue, content-wise that is, last month. Unfortunately, no one could read it. A lack of proper planning on my part. The idea was good but the execution lousy and because I typed with much too narrow margins I had to reduce it more than ever I planned. To compound the felony, I typed with an old, worn ribbon so that some parts would have been difficult to read without the reduction. The worst thing was that I had a disproportionate number of subscriptions expiring last month and I send them something they can't read to try and persuade them to renew. Surprisingly, comments have not been too adverse and the general idea seems acceptable. Hopefully, this issue will give you a better idea of what we will look like. In the meantime, we will summarize the highlights of the last issue. If anyone really couldn't read it at all (and one reader let me know he couldn't) let me know and your subscription will be extended one month.

Bob Kitchen was the big news with a world's record (2:47:34.0) at 35 Km in San Francisco. This performance won him the Fifth Annual Dr. John H. Blackburn Award for the single outstanding performance in U.S. race walking during 1971 in a close decision over Larry Young's 100 miler. We had our second annual World Rankings for the 20 and 50 with Soviets Nikolai Snaga and Benjamin Soldatenko rated first at the two distances. Since then, Bob Egan's rankings have appeared in Track and Field News and we were in rather close agreement, particularly at 20. Disagreements were primarily because Bob did a more careful job of researching and had a few performances included that I had overlooked. The rat. Continuing the synopsis, we summarized the results of all 1971 Nationals and listed new American records accepted, had our usual Looking Back feature, listed the best track and field performances by race walkers that we know of, had a brief, disjointed essay on training, and ran a few cartoons. The captions on the Snoopy cartoon read: "Here's the KW I flying ace booming through the air in his Sopwith Camel"—"I feel sorry for those poor walkers on the road down below"—"I think I'll wave to them"—"Walkers always feel better when you wave to them" As I noted then, the original had referred to blighters, not walkers, but the substitution seemed appropriate. That, in a nutshell, is what you missed last month. Let us hope such a farce never again clutters your mailbox.

## LANSING FIRST 1972 CHAMP

Stockton, Calif., Jan. 8—In a race dominated by youngsters, 17-year-old Jerry Lansing steamed away from James Bentley Jr. in the second half to easily win the National Junior 35 Km Race Walk in an excellent 3:18:21. The 16-year-old Bentley, starting perhaps a bit too fast, just held off his brother Brad, 2 years younger, for second with another 16-year-old, Bryan Snazekle a very close up fourth.

FIRST CLASS MAIL



Lansing is a student at San Rafael High School, where he has a few knowledgeable teachers, including Tom Dooley, Bill Ranney, and Goetz Klopfer. He was third in last year's Junior 1 Hour. He can't expect to go even faster when he concentrated on walking, having just come off a cross-country season with no real walking workouts for the past month. In this race, he trailed young Bentley through 15 Km and then moved ahead, passing 20 Km in 1:49:55 to Bentley's 1:51:20.

The race was walked on a 5 Km loop in the Micke Grove Park and Zoo, with some encouragement from the monks and chimps and an occasional roar from a big cat to keep everyone alert. It was cold (32 at start and 41 at finish) with a slight breeze. The race was given excellent coverage by local papers, TV, and radio both before and after the meet. The results:

1. Jerry Lansing, Athens Athletic Club 3:18:21 2. James Bentley Jr., Stockton Race Walkers 3:25:45 3. Brad Bentley, SRW 3:26:24 4. Bryan Snavelle, SRW 3:26:38 5. Dave Bryant, Santa Monica Club 3:35:38 6. Kevin Brintnall, SRW 3:50:28 7. Don Jacobs, Portland TC 4:01:25 8. John Malligan, SRW 4:17:59 9. Phil Mooers, West Valley TC 4:24:31 10. Lyndon Hlodgett, SRW 4:32:32

#### MILE MANIA

Here are early results on the annual indoor mile madness:

Jr. Met. AAU, N.Y., Jan. 6—1. Richard Tetzlaff, USMMA 7:50.8 2. Richard Fleffner, LIAC n.t. 3. Ken Reynolds, USMMA n.t.  
Sr. Met. AAU, N.Y., Jan. 12—1. Ron Kulik, NYAC 6:28.8 2. Ron Daniel, NYAC 6:29.0 3. John Knifton, NYAC 6:33.4 4. Dr. George Shilling 7:32.0 5. Dr. John Shilling 7:52.4 6. Rich Fleffner, LIAC 8:13 7. Ken Reynolds, USMMA 8:21.0 —cautions to Kulik and Daniel  
Middle Atlantic AAU, Phil., Jan. 17—1. Dave Romansky, South Jersey Chargers 6:37.8 (reportedly still overweight but coming back) 2. Larry Simmons, North Branch YMCA 7:08.7 3. Joe Stefanowicz, Phil. AC 7:13.0 4. Schults, Temple U. 7:20.0 5. Bob Mimm, Phil AC 7:30.0 6. Randy Mimm, Phil AC n.t.  
San Francisco, Jan. 21—1. Tom Dooley, Athens AC 6:30.5 2. J. Estaban Valle, un. 6:38.1 (haven't seen Valle since the 1968 10 Km in Baltimore but apparently he is back with some seriousness) 3. Bill Ranney, Athens 6:46.3 4. Bob Kitcehn 6:46.5 5. Robert Jackson, un. 6:50.6 (a mysterious newcomer, so far as I am concerned. Ten years ago, a new name followed by a fast time would tear me all up with anxiety, fear, and other such unsettling emotions. Now, in my old age, it merely raises my curiosity.) 6. Jerry Lansing, Athens 6:52 7. Jim Bean 6:54 (came back from England around the Holidays) 8 and 9. unknown 10. Roger Duran, n.t. 11. James Bentley, Jr. 7:27 12. Mick Brodie 7:50—DC—Wayne Quaker  
Philadelphia, Jan. 22—1. Ron Daniel, NYAC 6:12.8 (only Don Denoon and Dave Romansky have gone faster) 2. Ron Kulik 6:17.7 3. Todd Scully, Shore AC 6:21.7 4. Dave Romansky, SJC 6:28.0 5. Howie Palamarchuk 6:46.0 6. Joe Stefanowicz, Phil. AC 6:48 7. Mike Corn, Phil AC 6:55 (Greg Diebold second just ahead of Kulik, but disqualified. Race was on a new 11-lap ProTex track, which also yielded a World's mile relay record during the evening and may have contributed to the ultra-fast times.)  
Los Angeles, Jan. 22—1. Larry Walker, SC Striders 6:41.4 2. Don Denoon, Striders 6:44.0 (It's getting to be like old-home week in these races.) 3. Bill Ranney, Athens 6:48.3 4. Mike Ryan, Striders 6:50 5. Jim Bean 6:55 6. Bob Bowman, Striders 6:57 7. Rudy Maluza, Striders 7:04 8. Jim Bentley Jr. 7:35 (Bob Kitchen second but disqualified)

#### OTHER RESULTS

East: 10 Km, Adamsdale, Mass., Jan. 9 (40 degrees and windy with surface slippery in spots)—1. Tom Knatt 49:32 2. Tony Medeiros 56:39 3. Kevin Ryan 57:15 4. Roger Pike 60:58 5. Dennis Slatery 62:11 6. Jake Ederarson 63:28—16 finishers. 1 Mile, Franklin, Mass., Jan. 16—1. Dick Moore 7:47 2. George Lattarulo 7:48 3. Francis Maher 9:41 4. Sig Podlozny 9:47 1 Mile, Franklin, Mass., Jan. 9—1. Tom Knatt 7:22 2. Dick Moore 8:17 3. Brad Kron 8:33 4. Roger Pike 9:00 5. Jake Ederarson 9:15 6. John Babington 9:46 7. Sig Podlozny 10:00 8 Mile, Philadelphia, Jan. 9—1. Regis Dander, Phil. AC 1:03:11 2. George Braceland 1:04:14 3. John Killehearn 1:14:44 6.2 Mile, Long Branch, N.J., Dec. 12—1. John Knifton, NYAC 45:13 2. Ron Daniel, NYAC 46:20 3. Howie Palamarchuk, un. 49:41 4. Bob Mimm, Phil. AC 52:26 5. Bob Falciola, Shore AC 55:11 6. Randy Mimm, Phil. AC 55:28 7. Dave Schultze, Shore AC 59:08 8. Don Johnson, Shore AC 59:09 9. John Skislak, Shore AC 58:21 10. John Killinger, NYC 60:03 11. Fred Spector, Shore AC 12. Alan Wood, Shore AC 13. Bob Carlson, Shore AC—Special women's event won by Stella Palamarchuk in 62:03 10 Mile, Ashbury Park, N.J., Dec. 26—1. Todd Scully, Shore AC 1:19:29 2. Dave Romansky, SJ Chargers 1:22:00 3. Dr. George Shilling, NYPC 1:25:58 4. Bob Mimm, Phil AC 1:26:56 5. Bob Falciola, Shore AC 1:34:31 6. Don Johnson, Shore AC 1:34:40 7. Elliott Denman, Shore AC 1:35:51 8. Bill Hackulich, Phil AC 1:36:11 (16 finishers) Women's 10 Mile, Ashbury Park, Dec. 26—1. Stella Palamarchuk 1:43:08 2. Nancy Taylor, un. 2:06:13 3. Virginia Lucas, un. 2:07:07

#### From Between the Shores:

##### JEANNE BOCCI HERO IN NEW YEAR'S EVE RACE

(Special to the ORW from the famed traveler, Greg Diebold)—Utilizing a unique warm-up method, Greg Diebold of the Shore AC defeated an excellent field of seven competitors in the first annual "New Year's Eve Runners, Walkers, Creepers, and Floaters" 4 mile. Although it was not immediately apparent which category Diebold fell into, he outdistanced Jim Huff of Detroit by almost two minutes. Huff, who designated himself a runner before the race (as opposed to the walkers who did so during the race), started 8 minutes behind Diebold, but failed to make up the distance. He was able to catch Motor City Strider ace Leon Jasionowski, despite Leon's most impressive outing in some time.

A distant fifth in the race was a comebacking Jeanne Bocci, but in spite of her lackluster performance, she received most of the post-race plaudits. Long before the race even got under way, Jeanne was busy serving Vodka Goblins (ed. I have drunk a few gimlets in my day, but never a goblin; but not being nearly the toper that Greg is, I'll not question his designation) to the competitors. Diebold, for instance, was quoted, "I felt absolutely no pain. I don't know if I was off the ground, but I was just flying the whole way."

The question of Diebold's legality was the subject of much speculation at a post-race "get-together" at the Bocci's. Chief (and only) judge, Jerry Bocci Sr. termed Diebold's performance "suspect" and added "You just don't go that fast after that many drinks." But in spite of the criticism, Diebold seemed unperturbed. "I've never felt so relaxed for a race in my life. I may never walk a sober race again." The results: 1. Greg Diebold 32:52 (28:52 actual) 2. Jim Huff 34:34 (22:34) 3. Leon Jasionowski 34:45 (32:45) 4. Bob Specht (run) 35:01 (25:01) 5. Jeanne Bocci 38:21 (38:21) 6. Lynn Olsen (run) 38:31 (28:31) 7. Petie Gilliam (run) 39:46 (34:46).



6 Mile 276 vis, Columbus, Ohio, Jan 23--1. Dr. John Blackburn 65:00 2. Jack Mortland 68:06 (48:36 actual time)--Our first race suffered from some lack of communication, coordination, understanding, etc. As a result, Bob Smith had mailed out a schedule listing the race on Sat. the 22nd, while I listed it on the 23rd in the last Qd. Bob and Phil MacDonald showed up on Saturday and were a little disappointed. On Sunday, Doc started a little early, knowing no one was coming other than Mortland who was questionable having reported a rapidly encroaching cold earlier in the morning. Thus when Mortland showed up, determined to take one more good workout before taking to his bed, Doc was well under way. Mortland agreed to give him that much handicap, which turned out to be 17½ minutes. Doc picked up his pace, now knowing he was in a race, and held off the desperate Mortland. Mortland did not hold off the Hong Kong, which 3 hours later had him in bed for 3 days. Tonight, one week later, he will take his first exercise since, a session of tennis (indoors), a Sunday evening ritual.

10 Km, Chicago, Oct. 10--1. Matt Rutyna, Green & Gold 49:42 (Yes, indeed. Everyone is popping out of their holes with the Olympics looming large.) 2. Dan Patt, Q&G 51:41 3. Greg Comerford, Q&G 61:00 Central AAU 10 Km, Chicago, Nov. 7--1. Rutyna 49:01 2. Patt 51:03 3. Jerry Valcarengi, Q&G 56:06 4. Comerford 57:03 2 Mile, Chicago, Nov. 25--1. Bob Henderson, Q&G 15:22 2. Dan Patt 15:49 3. Rich Godin, UCTC 17:10 4. Greg Comerford 18:24 Women's 2 Mile, Chicago, Nov. 7--1. Edith Bentley (17) 22:10 Girl's 2 Mile, Chicago, Nov. 7--1. Kim Mayo, Q&G 20:22 Novice Mile, Chicago, Nov. 25 (High school cross country runners competing following a c.c. meet)--1. Dave Saston 8:58 2. Max Buckley 9:12 3. Fred Rankel 9:14 (14 starters, 2 D'd) N.A.I.A. (National Association of Intercollegiate Athletics) 2 Mile, Kansas City--1. Steve Tyrer, Oregon Col. of Education 14:50.4 2. Dale Paas Oklahoma Christian 15:26.6 3. Michael Dewitt, Wisconsin-Parkside 15:45.2 4. Ron Renko, Sioux Falls 17:27.4 5. Mike Hale, Oklahoma Christian 17:33.5 6. Ivan Torres, McPherson n.t.--10 starters, 9 finishers. This was a scoring event in the meet and will also be included in their outdoor championships. The Youngs, Larry, Bob, and Fred conducted a clinic for about 45 minutes the afternoon of the meet for coaches and athletes, which was well received and should result in better coaching for potential walkers at these schools in the future. There were about 150 in attendance at the clinic. 5 Mile, Denver, Dec. 9--1. Floyd Godwin 40:52.5 (very hilly course) 2. Ned Kustutz 3. Al Christian 4 Mile, Denver, Dec. 26--1. Bob Penland 35:25 2. George Lundmark 41:44 5 Mile, North Platte, Colo., Jan. 1--1. Floyd Godwin 42:56 2. Bob Penland 43:10 3. George Lundmark 51:03 4. Joe Manning 52:21 2 Mile Handicap, Boulder, Jan. 8--(actual times shown)--1. Tom Lemire 19:56 2. Floyd Godwin 15:01 3. Jerry Brown 13:55 4. Pete VanArsdale 17:19 5. Joe Manning 19:43 6. Al Watts 18:20 Marathon, Pueblo, Colo., Dec. 11--Bill Weigle walked the race in 3:33:53, excellent time at altitude 7½ mile, Tigard, Ore., Jan. 15--1. Don Jacobs 1:18:06 2. Doug VanMeer 1:18:06.2

Foreign: 10 Mile, Toronto, Jan. 2--1. Frank Johnson 1:24:05 2. Karl Merschenz 1:24:05 3. Max Gould 1:29:45 4. Ernie Sharp 1:45:11 20 Km, Toronto, Jan. 2--1. Pat Farrelly 1:42:16 2. Karl Merschenz 1:42:16 (Karl obviously lacks the killer instinct on his kick) 3. Max Gould 1:51:04 4. Bill Purves 1:53:54 5. Don Thompson 2:01:02 6. Harold Hoffman 2:01:52 7. Ernie Sharp 2:03:16 8. R. Warbolt 2:04:48 9. J. Monaco 2:05:20 10. G. Salisbury 2:14:25 11. Art Keay 2:35:45 7 Mile, Brighton, Eng., Nov. 20--1. Paul Nichill 49:50 2. Ron Laird 50:50 3. Bob Coates 53:13 4. Alan Buchanan 53:15 5. Jim Bean 53:30 15 Km, London, Dec. 4--1. Wilf Wesch 65:47 2. Steve Gower 66:18 3. Bill Sutherland 68:46 4. Oly Caviglioli 69:11 5. Ray Middleton 70:13 (probably a bit short) 7 Mile, Steyning, Eng., Dec. 4--1. Ron Laird 50:52 2. Jim Bean 53:10 3. Alan Buchanan 54:52 20 Km (track), Scotland, Jan. 23--1. Ron Laird 1:33:35--rain and strong winds; no other detail

## THIS AND THAT FROM HERE AND THERE:

We have learned that George Casper, who has given race walking such a boost in the Philadelphia area through the years, suffered a stroke in early December but is apparently recovering successfully. George had been forced from competition several years ago by severe heart trouble. When he recovered his health from that seige he was quickly seen again at races as a manager for the Philly teams and one of the more active judges in the East. We hope George will be back on the scene soon....Also on the hospital list has been Jim Hanley who had a much worse than average bout with mononucleosis apparently losing considerable, which it really doesn't seem he had to lose.... Fred Young reports that with the inclusion of walking in the NAIA program there is now a good opportunity for athletic grants to walkers at some of the member schools. Any younger walkers who are interested may contact Fred and he will do some investigation as to what schools might be offering scholarships. His address is: Fred Young, 9824 E. Linwood, Independence, Mo. 64052 ....Ron Laird qualified for the National 1 Mile by walking a 1 Mile race in London in 6:40. He also did a 50:11 7 Mile on Jan. 15 and has now walked in 17 races during his 2½ months in England....Jerry Brown is really getting tough since moving to Colorado and recently did an 8 mile time trial on the track in 58:57....Another good training time saw England's Phil Ableton do a 43:10 for 10 Km back in November, lapping Ron Laird twice in the process.. Elliott Darman, sometimes race walker, full-time sports writer for the Astbury Park Evening Press, went into the prognostication business (you know, the crystal-ball bit) recently with two full columns devoted to what we can look for in sports during '72. And right off the bat he said the Bucks would stop the Laker streak at 33, which they did, and tabbed the Cowboys in the Super Bowl. So, in April, we can definitely look for Shalul Ladany to shatter all records for the 50 miles at the annual New Jersey track race; Elliott sez it'll happen. He also says that at Munich Liquori will nip Ryun and Keino, Frank Shorter will win the marathon, Pat Matzdorf will jump 7'7 and Bangle Dash will capture the field hockey crown....Joe Duncan, in the most recent Columbia Track Club Newsletter, describes a 20 Km run on Jan. 15 with the temperature at -8F and the wind chill index at -30. He concludes that it really isn't so bad once you get going and the risk is overdressing. He also suggests that a ski mask is a good idea. I agree. I was out training the same morning and it was -6 here with the wind blowing strong. I didn't get the chill index, but later in the day it was -40. In any case, I went only 4 miles, primarily because my face was freezing and I would get terrible headaches going into the wind. With the wind it was quite comfortable wearing shorts, t-shirt, long underwear, and a fairly heavy sweatshirt. One pair of mittens kept my hands quite comfortable. Gloves don't cut it as you don't get as good circulation. The next day it had risen to -3 and the wind was down somewhat. I did just 6 miles but was not suffering to speak of from the cold and could easily have stayed out longer with little discomfort. The biggest problem with the wind is that you get very warm going with it and work up a very good sweat. It then proceeds to cut through you when you go into it, which, with the wet clothes, is no bargain at all. The secret, I guess, is an out-and-back course starting into the wind. I haven't decided whether extreme cold or extreme heat is worse, but you can probably come closer to your best in the former, performance-wise. However, it's good to live in a place where both are available so one has opportunities to show how tough and gutsy one is and then, of course, brag about it.

## READERS COMMENT ON LAST MONTH'S PARCE:

From Mrs. Josephine Demian (written on a \$20.00 doctor's bill): Please reimburse above sum. His eyes have deteriorated drastically since they first hit your December issue. Do not allow this to continue. We cannot have seeing-eye dogs accompanying walkers in future races. It is strictly against AAU regulations. Also, better conditioned dogs would be accused of pacing their masters. Walker with a slow dog would be at a definite disadvantage! And for indoor races, the tracks are crowded enough as is without bringing canines. Do not continue this outrage!

Alan Wood, New Jersey: The new print is a bit difficult, but tolerable.

Joyce and Dave Schulte, Missouri: No--No--No--I will not renew if this is the expected appearance and format of the ORW! Type is so bad we don't even want to look for interesting tidbits. I don't mind the smaller type if it were clear and legible; pictures are fine but not that important. Facts and information on walking in legible print is our #1 priority.

Don Jacobs, Oregon: Better get a better reproducing process as the small print failed to print in many areas of my ORW. Are you going to adjust the size print or send us magnifying glasses to read with? (Ed. Doc Blackburn has two reading glasses on hand, one upstairs and one down, and had no difficulty at all. If only all my readers were so well prepared and so uncomplaining.)

Mike Sullivan, Iowa: Just a note to let you know that I enjoyed the new printing format of the ORW tremendously. Too bad you can't figure a way to keep the masthead, but I'll be looking forward to pictures each month. (Ed. That cat has to be putting us on.)

Murray Rosenstein, California (on his copy of the ORW): Returning since I am unable to read the fine and lousy print. Sorry. (Ed. I'm so rry and Murray is one who has his subscription extended one month.)

Larry O'Neil, Montana: A check for renewal of the Ohio Race Walker is enclosed. Due to the literary excellence, the renewal is being made even though the smaller type interferes with my practice time. I can no longer read it while walking. Possibly I need glasses but polishing the lenses would also take valuable time so I guess I'd better get up at a reasonably early hour so I can read it at breakfast time.

Bob Henderson, Illinois: It's difficult but I am interested in you not going broke, so I will endeavor. Several pages were good. (Ed. I guess that means readable, not worthy from a literary standpoint.) Also, it is not as bulky in my files. (Ed. Yes, you can make a silk purse of a sow's ear.)

Sanford Kalb, New Jersey: Enclosed find \$5.00 for two more years of the famous Ohio Race Walker. (Ed. Right on, Sandy baby. How positive can you get, san.) I think the print in the last issue was a little too small, with some of the pages not so clear for the old man to read.

Steve Hayden, New York: I think your idea of adding pictures to the ORW is great and wouldn't mind the smaller type. It was a little tough reading parts where the print was faint. Can that be corrected? (Ed. Well, yeh. If I keep a new ribbon in the typewriter, press the keys evenly and firmly, and providing the Xerox is doing pretty well on the day I reduce it. It all depends on the copy I give the printer.)

## SCHEDULE OF EVENTS

## Ohio-Michigan:

Sun., Feb. 13 20 Mile Hdcop, Detroit, Windmill Pte.  
 Sun. Feb. 20 8 Mile and 20 Mile, Continental, Ohio, 12 noon  
 Sat. Feb. 26 3 Mile, Indoors, Ohio State Invitational, Columbus, 12 noon  
 Sun. Feb. 27 20 Mile Hdcop., Detroit, Belle Isle  
 Sun. March 5 10 Mile, Cleveland (tentative)  
 Sun. March 12 30 Km, Detroit, Belle Isle  
 Sat. March 18 Region 6 20 Km Championship, Columbus  
 Sun. March 26 Region 6 50 Km Championship, Detroit  
 Sat. April 1 6 Mile and Ohio AAU 25 Km, Dayton

For further information on these races write Gerald Bocci, 11444 Beaconsfield, Detroit, Mich. 48224 on those in Michigan or your editor on those in Ohio

## East:

Fri. Feb. 18 1500 Meter, Olympic Invitational, New York City, 6 PM  
 Sat. Feb. 19 2 Mile, Capital Indoor Games, Albany, NY 7:30 PM  
 Fri. Feb. 25 NAAU 1 Mile, New York City  
 Sun. Feb. 20 10 Km, Boston, Mass., Franklin Park, 2 pm  
 Sun. Feb. 27 15 Mile, Melville, Long Island, NY 8:30 am  
 Sat. March 4 1 Mile, IC4A College Championships, Princeton, NJ  
 Sun. March 5 10 Km, Adamsdale, Mass. 2 pm  
 Sun. March 5 15 Mile, Melville, NY 8:30 am  
 Sun. March 5 10 Mile, Long Branch, NJ, Takanassee Lake, 1:15 pm  
 Fri. March 17 3 Mile, US-USSR, Richmond, Virginia  
 Sun. March 19 15 Mile, Melville, NY, 8:30 am

## West:

Fri. Feb. 11 1 Mile Invitational, Los Angeles  
 Sat. Feb. 12 1 Mile Invitational, Oakland  
 Sat. Feb. 19 1 Mile Invitational, San Diego  
 Sat. Feb. 19 Rocky Mt. AAU 25 Km, Longmont, Colo., 1 pm  
 Sat. March 11 3 Mile Hdcop and 3/4 Mile Grade School, Boulder, Colo., 12 noon  
 Sat. Feb. 18 NAAU SENIOR 35 KM CHAMPIONSHIP, FCMONA, CALIFORNIA  
 Sat. Feb. 18 2 Mile Men and 1 Mile Women, Indoor, Boulder, Colo.  
 Sat. March 25 Mo. Valley AAU and Open 10 Km, Independence, Mo.  
 Sat. March 25 50 Km, Adams County Fairgrounds, Colorado, 10 am

## Canada:

Sun. Feb. 20 20 Km, Hamilton, Ontario, 10 am (Contact Pat Farrelly, 62 E. 26th St., Hamilton, Ontario, Canada)  
 Sun. March 5 15 Mile, Toronto (Call Karl Merschenz 699-3378)

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A few more notes and such....Mike Sullivan reports that he has twice remeasured the 15 Km course in Des Moines (scene of last fall's very fast National), once with a wheel and once with a calibrated bicycle measuring device. He got 49,110.8 and 49,098 feet respectively compared to the necessary 49,212 feet. So the course was apparently 40 yards, at most, short, which is not too significant--10 to 15 seconds depending on how fast one was moving at the end. I told you we were all fast people at that race....Mike also reports that Dave Eidahl has thrown the hammer 108'6 and the 56 lb weight 22'6 to qualify for the ORW track and field list....Steve Hayden also moves onto the list with a 9:35.9 Steeplechase, a 9:24.8 2 Mile, a 14:56.8 3 Mile, and a 2:51:47 marathon.

## LOOKING BACK:

10 Years Ago (From Walking News and the American Race Walker of January 1962)--Ron Zinn turned in the fast time of 21:02 in the Chicago Holiday 10 Mile Handicap held in 18 degree weather and snowdrifts. He edged Rimas Vaicaitas by one second as both started from scratch and wound up seventh and eighth. Zinn's West Point teammate, Akos Szekely, was first in 21:01...Vaicaitas turned in mile times of 6:29.7 and 6:43 during January...Abdon Pamich set a World 50 Km record of 4:14:04 on the Olympic Stadium track in Rome in October...Bruce McDonald was featured as Pedestrian of the Month

5 Years Ago (From January 1967 CRW)--The Athen's AC won John MacLachlan's First Annual National Postal 20 Km as they finished their men within 66 seconds of each other for a total time of 5:03:43. Goet Klopfer had 1:40:49, Tom Dooley 1:40:59, and Bill Ranney 1:41:55. The Ohio Track Club with Jack Blackburn winning in 1:39:12 and Mortland ~~xxxx~~ fourth in 1:40:30 was lacking a third man and totaled only 5:12:23 for second place, 5 minutes ahead of the New York Pioneer Club...Ron Daniel won the Met AAU 1 Mile in 6:43.8 with Kulik nearly 20 seconds back...The remainder of the issue was devoted to outstanding feature material; 2 1/2 pages on training for the 20 km by the noted Jack Mortland, and two excellent articles by that man of letters, Jack Blackburn, one discussing his experiences with shoes and the other on the games that walkers play during training. Heck, that's probably worth repeating since we have many, many new subscribers subsequent to that time and the old ones are undoubtedly dying to see it again. (January issues are most decidedly a drag and need a good deal of trivia to fill the pages.)

## THE GAMES RACE WALKERS PLAY

By Jack Blackburn

Most of us work out by ourselves and are fortunate if we can find a workout companion once a week. In our lonely journey to nowhere and back, or round and round, we each have a bag of psychological tricks to play on ourselves so that we can keep going for a good workout. My workouts over the past years have been nothing more than time trials. (Better read your editor's article on training, Blackburn. Or maybe he had better read yours since you are beating him rather consistently.) I have very limited time to workout, so I must get the most work in the shortest time. I usually pretend that I am either in a National Championship at that distance, or am in the last few miles of a 50 kilo with an international field. I pick a time that I will be satisfied with and must beat it in order to whip my imaginary competitors. Matthews, Fanich, and Laird have lost many a close race with old Jack Blackburn on the backyard track. Mortland pretends he is in the 1952 Olympic Trials at 10 kilo and either makes the team in third or wins. (Ed. Actually, this is my gambit when I am not training too well--get in a 51:38 10 Km and build your spirit with the knowledge that at least you made the 1952 Olympic team. The embarrassing thing here is that there are probably jerks around today easing through 1:37:04 20 Km on bad days and figuring that at least they made the 1964 Olympic team. Young whippersnappers should have more respect for their elders.)

The first trick, of course, is to get to the workout site. I think to myself, "Well, I have to be sociable and visit my folks, so as long as I'm there--" Next, I talk myself into dressing for the workout. This is many times the toughest task of all. "Well--there isn't anything important coming up so I'll

just work up a sweat or just because I change my clothes is no sign I MUST workout, I could work on my car instead." Then when I get on the track I tell myself I will be satisfied with just holding 8 minute average for 4 miles. Knowing full well I won't be satisfied. I go through the first mile in 7:28 and think to myself, "Well, now I can slack off to an 8:10 average and coast in." (Brilliant mathematician, that Blackburn) I pass the two mile in 15:15 and think that now I am enough ahead of pace that I can work on form for the last two miles. The mile comes in 23:05, so I might just as well try for that 8 minute average for 6 miles. After all, I can slow down to over 8:15. Four miles in 31:02, "What kind of gutless bastard am I, that was only 7:57. Did I look at the clock wrong? How many laps was that? My right calf hurt--so pull damn it, your no good anyway." (Ed. Blackburn, if this rotten language continues, I am going to quit typing this. Ruins the image, you know.) Five miles in 38:55. "Got to get to six in 46:45 or I'm nothing but a backyard rinkydink. Funny chest pain. Maybe it's the heart. Men my age have dropped over! Pick it up--Drive, drive, drive!" Six miles in 46:38. "Gee, that's not bad. That would have won the 1959 10 kilo and it seemed so easy. All I needed was an 8:20 average to break 80 minutes for 10 miles. So why did I stop. Thin how encouraged I would have been if I had just loafed through those last four miles. What a hamper head." (Ed. The unbelievable thing about the foregoing is that it is actually so true. That's the way the jerk trains all the time. But not very frequently. And he beats me. I might get sick.)

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3 Mile Indoor--Ohio State Invitational  
Saturday, February 26

This is a good opportunity for any of you west of here who come east for the National Mile to get in a second race for the price of one, providing you are willing to forego a little sleep or you can make connections at all to get here by noon on Saturday. In any case, let me know at least a week ahead if you think you can make it. We'll even throw in a road race on Sunday if anyone wants to stick around for a third race.

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## HANDICAPS

In his most recent National Committee notice, Charlie Silcock berates the way handicap races are being reported and confesses to not understanding how they are being run in other parts of the country based on the results he sees. He says, for example, that results from Southern California lately have been a complete mystery as to what the "race time" or "handicap time" was and what handicap was given. Charlie suggests that the main timing watches should be started with the scratch man and not with the first man off the starting line. Any secondary can then be used to start the walkers off their handicaps. Using this method, times can be recorded directly off the main timing watches as the competitors cross the finish line. Then by adding the handicap for each man to his finish time you get his actual time for the distance. He also suggests that "Handicap" is a misnomer because only the scratch man is handicapped. Maybe thinking of it as a benefit would help, he suggests. We disagree. Everyone but the first man off is handicapped since one or more have started with an advantage on him. But of course, in theory, no one is handicapped, merely equalized. In any case, we find it simpler to start the watch with the first man off and then each other walker starts "x" minutes later, that being his handicap. At the finish, each man can subtract his handicap, or the number of minutes he started after the gun, from his finish time to get his actual time. We don't need to worry about extra watches and



it is just as simple to subtract as add. The results can be listed quite clearly, showing finish time, handicap, and actual time. Actually, in reporting results, we aren't going to show all this anyway. Maybe a finish time with actual time in parenthesis, and maybe just an actual time. To me that is all that really counts anyway. As far as the administrative details of how the race is conducted, it seems to me that is up to the individuals involved to do the way that is easiest for them.

Steve Hayden comments on my random comments on training:

"No arguments with your opinions on the magical 100 mile barrier; especially when I have never trained that much in one week before.

"You would probably find many people in agreement on training being highly individualistic. So many guys have success with what they think is the best approach for them. But the trouble is that they have probably not tried many other approaches; and there are many. I always felt self-experimentation was kind of fruitless unless an individual had some knowledge of the types of training one can do. How many athletes have you seen convinced of an approach which they themselves would reject if they knew a little more about methods? Even a small amount of knowledge of physiology and body mechanics would help. But what opportunity does the average race walker have to pick up this knowledge? In many sports, you find knowledgeable coaches who have been schooled pretty well in the science of athletic performances so they may have more success training others. In race walking, we could count people with this kind of background on our fingers. Lately, I've begun to feel that a good race walking coach (we have a few) could be even better if he had more than just experience behind. Well, instead of philosophizing, I'd like to suggest something for consideration. All those who attempt to coach themselves might benefit.

"You've had articles in the ORW on occasion which have been pretty informative on the more scientific aspects of training. Perhaps you could include more of the same, or point out where we novices can read up. Of particular interest to me are the outcomes of recent investigations done with race walkers. What ever happened to Jack Daniels: Was that his name? Are there any physiologists among us? Are some of the phys ed majors among us willing to share some tidbits? Well enough for now, I have to go out for a 17-mile workout; I've got 83 miles so far this week."

Steve raises some interesting questions. I would like to run more stuff on training, but I can't create it and I don't think you want to hear nothing but my opinions. I have practically exhausted what is available to me. One reason I ran an article like the one last month is to try and get some ideas from readers. I expected a lot of disagreement, if nothing else, but have received only two letters on the subject. I would welcome any articles on training, either original or stolen. (I'm afraid there just aren't many race walking training articles to steal, however.) Please physiologists and physical education majors, come forward.

It would be great if we could <sup>get</sup> some real insight into what the East Germans and Russians are doing. But as I noted earlier, any articles we get from over there are really quite shallow and usually leave you with more questions than when you started. Tom Dooley has tried to get a finger on what they are doing, both through the literature and personal contact. He says, "We only know what they tell us. And I cannot be sure they tell us all. All I have ever seen or heard were some hard intervals, or short runs. Never anything over 15 km. We do know about winter skiing, much weight lift-

ing and running. But the pattern is not clear. Also, they have many coaches who tailor their programs." Anyone care to volunteer for a spy mission to Eastern Europe. I did observe some things the East Germans were doing in Tokyo but not enough to get anything like an overall training pattern. I saw them do some intervals that psyched me completely, however, and never again grabbed my watch to check what they were doing.

In the meantime, until we establish our spy network and get all our knowledgeable people sharing their knowledge through landmark articles in the pages of the ORW, the average Joe is still faced with the problems Steve spells out. Where does he go for help?

One place is to fellow walkers. Get into conversations at races. Find out what the other guy is doing. Tell him what you are doing. I think most walkers are still willing to talk along these lines although some may be getting secretive about what they do.

Consult the literature on distance running. There are tons of it. Maybe we need some special exercises and obviously our primary activity should be walking not running, but the patterns of training should be much the same. Subscribe to Runner's World--they have many good training articles, mostly written by athletes and covering all shades of opinion. Track Technique, published by Track & Field News is also good. There are many good books. J. Kenneth Doherty's Modern Distance Running may be best since he has tried to cover all the popular methods in an objective manner. So visit your local library. Most of these books should be there. Once you are well read on the physiology of conditioning the body for endurance events you can then start experimenting to find what is best for you. And don't feel that you have to follow one method. Borrow a bit here and a bit there, if it suits you. And enjoy your training. That's not a sin, despite what some may tell you.

None of which is any real help. I may rework and rerun the article I did five years ago on 20 km training in an attempt to get something started. In the meantime, keep walking.

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The Ohio Race Walker is a monthly collection of unedited news, opinion, and miscellany on the world of race walking hastily prepared at the last moment by Jack Mortland. Subscription rate is 2½ bucks per annum. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202. My wife tells me that this is replete with errors and omitted words, perhaps more so than usual. I will now scan through it and try and pencil in a few things here and there to help the struggling reader. That's why you have seen all these things penciled in.