

OHIO RACE WALKER

VOLUME I, NUMBER 8

OCTOBER 1965

PRICE 10¢

Monster Makes it Six

Atlantic City, N. Jer., Oct. 3—Ron Laird easily raced to his sixth Sea Ior National Walking title of 1965 in the 15 kilo championship here today. Laird has been beaten in only two national races this year, the one mile and the 10 kilo, and did not compete in the 40 or 50.

The race was held under clear skies with the temperature in the mid-sixties. A brisk wind hampered the walkers in the first half of the race but they then had it at their back on the return trip.

Laird was in the lead by the half mile mark and only Ron Daniel stayed with him as he started to leave the field. Jack Mortland, Paul Schell, and Ron Kulik settled down together in third place. By two miles Laird began to pull away from Daniel and Schell and Mortland were dropping Kulik. At about three miles Mortland started to close slowly on Daniels, who was perhaps 80 yards ahead, and Schell had to drop back. Mortland pulled even with Daniel shortly before the turn around point on the out and back course, with Laird nearly two minutes in front by this time. Schell was all alone in fourth place.

Meanwhile, old-timer Bruce MacDonald, now training about once a week, and a newcomer, John Loffredo had pulled even with Kulik, with Bill Kaiser and Ross Dennis not far behind. Loffredo is the Italian Junior 10 kilo champion, now studying in Virginia, and has been trained by Pamich and Dordoni. His style is very strong, and long-striding, as Pamich, and he could be causing us some trouble before long. In this race he faded the second half and finished tenth.

Times at the turn around were Laird 36:06, Mortland and Daniel 37:55, Schell 38:29, Kulik, MacDonald, and Loffredo 39:31. These times indicated the course may have been slightly long. At least everyone was a bit discouraged when they heard them. Laird continued to build his lead on the return trip, although not quite so much as going out. Mortland spurred at about 6 miles and managed to lose Daniel, but never got very far out on him. Schell had no trouble holding fourth and Kulik easily pulled away from a tiring MacDonald, who as we said trains about once a week now. Steve Rezman, of North Medford, came on very strong in the second half, passing Dennis, Kaiser and Loffredo to take seventh. He had only 41:16 at the turn around and walked the second half faster. The only other man to do this was his teammate Tony Medeiros in eleventh.

The major portion of the race was held on Atlantic City's main street, Atlantic Avenue. The walkers had to cross in excess of 100 intersections during the race with no one to stop traffic, but surprisingly this seemed to cause practically no trouble and no one had complaints. The course followed the center lane of the street, reserved for left turns, and the only traffic control

was a police escort with the leader. The race was taken from its traditional site, the Boardwalk, because this year's sponsor, The Inlet Social and Athletic Club, wanted to start and finish in their district. They hope to keep the race as an annual affair and probably will not return to the boardwalk. When asked the great majority of the competitors preferred this year's course. A notable dissenter was Ron Laird who likes the tradition of the Boardwalk which somehow inspires him to greater performances.

The race had a real international flavor. In addition to Loffredo, Shaul Ladany, of Israel finished 12th. Charlie Silcock addressed the athletes and officials following the race, reporting on the status of the Lugano trip and other matters of general interest. The trip was dropped this year due to a lack of funds. However, he feels we at least had the experience of picking a team, letting people know about it and making sort of a dry run. Also, there are some good leads for future donations, including the LA Times Charities, sponsors of the LA Indoor meet and the USA-USSR meet. So there is a much stronger chance of our being represented in the 1967 competition. And perhaps by that time some one will find the energy to train so we can have some real representative 50 kilo men.

Silcock also reported that there is a strong chance of getting some top European walkers over for the indoor season and with this possibility a push to have the walk included in far more indoor meets. Nihill, Ranich, Freeman, and Delarue are those who may be invited. Col. Hill has given Silcock strong encouragement that this might come to pass. (Editors comment: I do not personally think too much of the mile as a walking distance, but realize we can get no more on the indoor program in most cases. They did have a 10 kilo in San Diego last year. But at the same time this could be a boost to the support and help with prestige among the track public, when the see top foreigners in action and realize someone was willing to pay to get them here.)

Results of the race: 1. Ron Laird, NYAC 1:13:24.8 2. Mortland, OTC 1:16:04 3. Daniel, NYAC 1:16:39 4. Schell, North Medford, 1:18:50 5. Kulik, Indian Track Club 1:20:11 6. MacDonald, NYAC 1:21:41 7. Rehman, North Medford 1:22:21 8. Dennis, Norwich College 1:23:38 9. Bill Kaiser, Chesapeake TC 1:24:08 10. John Loffredo, un. 1:24:19 11. Tony Medeiros, North Medford 1:24:40 12. Joe Stefanowicz, un 1:25:27 13. Shaul Ladany, un, 1:25:40 14. Dr. John Shilling, NY Pioneer 1:26:01 15. Charles Newell, OTC 1:26:29 16. John Mameke, NYAC 1:27:41 17. William Preston, Baltimore OC 1:29:39 18. Roy Rankin, un 1:30:01 19. Dale Arnold, OTC 1:30:17 20. Paul Kolodzinski, North Medford 1:32:23 21. Joel Holman, Chesapeake TC 1:33:30 22. Joseph Casillo, Pittsburgh Walkers 1:34:14 23. William Lorch, USMA 1:35:14 24. Frank Panes, Chesapeake, 1:35:23 25. Mike Moran, Pittsburgh Walkers, 1:35:34 26. Ray Leach, un. 1:35:36 27. John Akate, un. 1:36:39 28. Charles Raggiro, Pittsburgh Walkers 1:37:35 29. Frank Sweltzer, Phil. AC 1:37:42 30. Eric Waite, un 1:39:13 31. Donald Masken, Chesapeake TC 1:40:37 32. Marion Ritchie, NY Pioneer 1:40:41 33. Clayton Graham, un. NY City 1:47:08.

No details, but Ron Laird won the Sr. 25 Kilo in about 2:01. Also Elliott Derman finished something like 29th in the London to Brighton. If anyone can send us more complete details we will be glad to print them. As a matter of fact Elliott, a lengthy report from you on the London to Brighton would look quite nice in our next issue. We don't have races like this over here and we would all like to hear the gory details.

Junior Olympics Walks

Columbus, Ohio, Aug. 7--This introduction of race walking in the Junior Olympics Program at Columbus was a complete success. In the three age groups there were over 50 competitors with the twelve and thirteen year olds providing the greatest number. Approximately half of all the starting were D'ed by the mean old judges-- Jack Blackburn and Jim Davis. This was necessary for all of the much discussed reasons. The races were held at the famous Ohio State University all-weather track and was only the second times a walk was ever held on these hallowed grounds. (The first was in the State AAU in 1955.) The weather was cool and drizzly.

440 yds, 10 and 13---1. Phillip Thomas 2:25.8 2. Anthony Russell 2:26.0
3. Marty O'Neill 2:28.5 4. Ed Myers 2:30.5 5. Roger Hill 2:35.7

880 yds, 12 and 13---1. Gary Beals 4:32.8 2. Ernest Washington 4:37 3. Anthony Wilson 4:42.4 4. Charles Williams 4:43.6 5. Pete Myers 4:50.2

880 yds, 14 and 15---1. Harry Haggood 4:31.8 2. Herb Jones 4:34.7 3. Steve Levitt 4:43.8 4. Wesley Nolle 4:46.7 5. Tim Mayberry 4:46.8

RUNNERS? Walkers? Runners? Walkers? ...

Chicago, Oct 10--Blackburn, Calif, and Phil McDonald tried their ~~best~~ hand (or feet) at the glory sport of cross country today. The OTC took a team to compete in a 3 mile race with the UCTC. Among the team members of the visiting team were has-been, never-werds and yet-to-bds, including Blackburn. Borrowed from the host team was Dan Calif to give the OTC a full team. Out of 36 finishers Blackburn was 14th, Calif 16th, and McDonald 20th with times of 16:57, 17:16 and 17:47 respectively. The team score was as follows: UCTC "A" 15, OTC 51, UCTC "B" 54, UCTC "C" 90. Jerry Ashmore was the winner with a fast 14:23. We hear Mortland is also working to join the ranks of the switchables. If both Mortland and Blackburn decide to switch to running what will become of the Ohio Race Walker?

WALKING SHORTS

New Sprint Star -- Bob Brewer of the striders looks like a tough one at the sprints with a 6:59 on August 11 and 7:00 on June 29. Hope he can make the Nationals in the Garden. (Editor's note: He will be alone if he does, Blackburn. The Nationals are in Albuquerque.)

American Race Walker -- from Allen Cook, Editor, PO Box 15271, San Diego, Calif, 92115. \$3.00 for a year (6 issues). A nice job. Cover, pictures and like that.

The Race Walker -- from Roy D. Rankin, 411 Buse St., Ridley Park, Pa. A buck for 12 copies. A mimeographed rag like ours.

Age Group Walking--- Bring your sons, daughters, grandchildren, etc. to the OTC Distance Carnival for the age group walks November 20 and 21.

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Laskau Back in Retirement--- Henry Laskau, after a short but spectacular comeback, and looking as tough as ever hung them up again after winning the Maccabiah Games 3000 meter walk. Henry is now 48 and still beats the man we think of as old, Bruce MacDonald, in workouts.

FOREIGN NEWS

10,000 meters, Track, Prague, Czech. Svajda 44:04 (National Record)

East German 50 Kilo Championship---1. Hohne 4:17:50 2. Reimann 4:23:18 3. Lobach 4:24:37 4. Reiger 4:26:00 5. Leuschke 4:28:35

50 Kilo Track, Potsdam, E. Ger.---Hohne 4:10:51.8 (World Record) 30 miles in 4:02:33 (World Record) Coker splits: 5km 25:26, 10 km 50:31 20 km 1:40:59 35 km 2:56:17 45 km 3:46:12.

One Hour, Dresden, E. Ger. 1. Lindner 13k 137m (8 miles 286 yds)

One Hour Track, France---1. Delerue 13k 485m (8 mi 636 yds) 2. Amoux 12k 797m 3. Bailly 12k 533m (Delerue had 44:15 at 10 km, both national records)

10 km Track, Rome 1. Pamich 44:36 2. DeVito 47:12 3. Visini 47:16

Italian 50 km ---1. Pamich 4:16:30 2. DeRosso 4:32:17

Romanian 10 km championships---1. Popa 45:49

35km Road, Kola, Sweden---1. Pamich 2:53:44 2. Pettersson 2:56:32 3. Koch, W. Ger. 2:58:39

Junior International 10 km, Track, East Berlin --- 1. Salzer, E. Ger 46:07.4 2. Eckholz, E. Ger 46:41.0 3. Bohac, Czech. 47:09.6 4. Watts, G. Brit. 47:15.6 5. Bencik, Czech. 47:21.8 6. Ingvansson, Sweden 47:22.2

20 km, England vs Czechoslovakia 1. Svajda, Cz. 94:28.2 2. Milek, Cz 95:24.8 3. Wallwork, Eng. 97:01.6 4. Watts, Eng 101:42.4

Hastings to Brighton, 38 miles---1. D. Thompson 5:31:07 2. G. Fogg 5:40:14 3. H. Read 5:44:28

British Inter-Counties 7 miles Track---1. Hill 50:23.4 2. Tolley 52:33.4 3. McCullagh 52:43.6 4. Harb 52:59.4

No Results yet on Lugano

The Ohio Race Walker is published monthly in Columbus, Ohio and sells for \$1.20 per year. We come out around the 15th of each month, usually a little later anymore. (Maybe we can keep pushing it back and then skip a month without anyone noticing) Address: 3033 Fishinger Road, Columbus, Ohio 43221. Publisher; Jack Blackburn Editor: Jack Northland Medical Consultant: Doc Blackburn

CARBOHYDRATES

by Doc

PG. 5

The primary fuel of the muscle is carbohydrate, however all foods are able to furnish energy for muscular contraction. All men everywhere doing hard manual labor depend on carbohydrate foods be they bread, rice, or potatoes.

Carbohydrates however are seldom used alone, some fats and proteins are always consumed. When fats are burned it is interesting to note that more oxygen is required than when energy is derived from carbohydrates. Therefore an athlete performing on a high fat diet requires more oxygen and will put more strain on his respiratory system.

A classic study of the Boston marathoners has shown that those who trained on a high carbohydrate diet, who ate candy or sugar before and during the race placed higher in the race and were in better condition after the race.

However, it has also been found that there is no percentage in taking sugar before a short race since the body carries ample storage of carbohydrate--up to 3500 calories worth. This reserve is carried as glycogen in the liver and is released on demand to become blood sugar which in turn can be utilized by the muscles.

Most physiologists agree that an athlete, before a long distance run or walk should rest 36 to 48 hours prior to the race and have as their last meal on high in carbohydrates. There is general agreement too that the last meal should be at least three hours prior to the race.

LETTERS

From Bill Clark, Columbia, Mo.-- You have complained about not getting letters to the editor. Lessen your bitterness just a hair. For we are here. . . .

I'm not a walker, rather a weightlifter and boxer and baseball umpire. But I've come to appreciate the game and the people in it. We established a marathon run here some years ago which is now one of the nation's finer events at the long distances and from that race has been born a walking program. The marathon was a child of boxing and an argument between boxers and distance runners about who could run the greatest distance... Naturally the runners won. So, in a round about way, boxing is the father of what we feel is a fine program for distance running and race walking here in Columbia.....Take a look at the results of the national races. None had better national participation than ours except maybe the 20.

Chuck Herman in Pittsburgh sent us a copy of a letter sent to many in the sport boosting Pittsburgh as the site of the 20 Kilo for the next three years, culminating in the 1968 Olympic Trials. As Atlantic City has been sort of established as the site of the 15, so do they hope to become established in the 20. Personally, we feel they did an excellent job with the '64 Trials. In general we don't like courses on city streets, but they did an excellent job with traffic control and in keeping everyone on the course. Prizes were very good, and they promise this will continue. The 20 kilo in McKeesport last spring was also handled in an outstanding manner. So we feel that as far as putting on a race, Pittsburgh would probably be as fine a home as the 20 kilo could find. The only thing we would question is whether the 20 should have a permanent home, being one of the most important nationals, if not the most important. As much as I would hate to see it in what is to me the almost inaccessible Far West with so many good walkers out there now it may be unfair to keep it from them on a permanent basis, unless some expense arrangements can be made.

Mort ^{Pg. 6} Reports

Everyone wants to know what happened to the US Track Team in Russia and many people have set down opinions. And unfortunately many of these people were not at all close to the situation, were merely speculating, and really had no business opening their mouths. In any case, I too will open my mouth on the subject and at least I was there.

I do not feel the AAU-NCAA feud had any appreciable affect on the outcome of the meet. I don't think the makeup of the team would have been much different had all the NCAA athletes competed in the AAU meet and in the cases where it would have been would probably have made no difference in the outcome of the Russian meet. Possible we could have picked up an additional point in the 400.

Neither do I think mismanagement on the part of our officials or deliberate harrassment on the part of the Russians, as suggested by some, was a particular factor. Some feel that it was a bad mistake to have some members of the team in Europe for several weeks prior to the meet. True, as it turned out this may have cost us some points with Bill Mills unable to compete and Jerry Lindgren below par with a throat infection. But Mills himself felt he was in the best condition of his life and the reason he was in such good condition was the opportunity to compete in Europe. As to the cold he could have caught it in New York just as easily. It is probably an individual matter whether such pre-meet tours are good or bad, but a blanket statement that this killed our team, particularly when only about ten were over there is ridiculous.

As to harrassment on the part of the Russians, there is no doubt there were some inefficiencies and needless delays along the way, but I cannot believe any of it was deliberate. This was the third international trip I have been on and they have all been marked by interminable waiting and delays, just like the Army. There was a lot of needless fooling around and waiting in New York before we ever took off and the Russians had nothing to do with this. There is just a lot of disorganization and inefficiency with a large group like this, and no one seems to have found a way around it yet.

So what did happen? Nothing except that we were beaten by a team very finely tuned, both physically and mentally, a team that was better than ours at that particular time. In a majority of cases the performances by US athletes were better than at Los Angeles last year. But the Russians were very much ready, and with practically the same team that was clobbered the year before managed to edge us out. This certainly does not mean that the Russians have moved ahead of us in the sport. But their preparation is far superior to ours. The team was together for three weeks prior to the meet and this was the meet they were pointing for. Our team slowly got together for a week before to the meet, everyone had pointed for different meets along the way, and although this meet was certainly very important to everyone, we were not keyed to it as the Russians. The same US team, injury free and with the type of preparation the Russians had would win easily. And I am sure we will continue the majority of these meets in the future, but we must expect the occasional failure as this year. As Coach Hamilton said, "We don't schedule them because we think they are pushovers, but because they are strong worthy opponents."

That concludes the European Report for this month because we are about to run out of space. Promise much more next month if we don't fill the rag up with a bunch of other stuff first.

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PG. 7

Somewhere in the mails between here and Ashland, Ohio lies a detailed report on the 35 kilo from our correspondent, Chuck Newell. Or maybe it is even in Jack Blackburn's mail box, which he checks only periodically. Anyway we are ready to go to press and can't wait any longer. Something else to look forward to next month. Until then, here are the results as I remember them from a hurried phone conversation with Mr. Newell.

1. Ron Laird, somewhere around 3:04 2. Ron Daniel 3. Dan Calif (nice going Dan)
4. Paul Schell 5. some Canadian cat 6. Jim Clinton 7. Bruce MacDonald 8. Chuck Newell (just two seconds back of Bruce in about 3:31).....11. Dale Arnold,

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FLASH!!!! Just received in the mail, the Lugano Cup results which we state elsewhere we don't have yet. And we didn't when we stated that.

East Germany easily won the team championship taking 1-3-5 in the 20 and 1-2-5 in the 50. With points scored in reverse order they had 117 to 87 for Great Britain in second. Biggest surprise of the meet was Abdon Pamich being beaten into third by two East Germans in the 50. Hoehne of course has broken the world record so he can't be regarded as two big a surprise and won by a convincing margin. The times seem exceptionally fast, but whether this indicates short courses or exceptionally fit athletes we do not know. Paul Nihill was missing from the British team, he had been ill late in their season and probably was not recovered. We also note the absence of Delerue from the French team but have no idea why he was missing.

20 Kilo, Oct. 9---1. D. Lindner, E. Ger 1:28:09 2. A. Kiss, Hun 1:29:08
3. G. Sperling, E. Ger 1:31:29 4. Y. Fullager, G.B. 1:31:51 5. H. Pathus, E. Ger. 1:32:13 6. R. Wallwork, G.B. 1:32:41 7. L. Back, Sweden 1:33:32
8. K. Pape, Ger. (West Germany officially designated as Germany) 1:34:28
9. I. Gyori, Hun 1:34:41 10. T. Dalmati, Hun 1:35:35 11. V. Visini, Italy 1:36:11 12. N. DeVito, Italy 1:37:08 13. S. Angarsson, Swed 1:37:18 14. M. Tolley, G.B. 1:37:34 15. J. Boillon, Fr 1:37:43 16. J. Paul, Ger 1:37:59
17. K. Schreiber, Ger 1:38:09 18. G. Nygren Swed 1:38:45 19. Poirier, Fr 1:39:23 20. G. Bailly, Fr 1:41:17 21. H. Vismara, Italy 1:43:17

50 Kilo, Oct 10--1. C. Hoehne, E. Ger 4:03:14 2. E. Leuschke, E. Ger 4:06:01
3. A. Pamich, Italy 4:06:40 4. D. Thompson, G.B. 4:09:14 5. K. Sakoski, E.G 4:12:36 6. I. Pettersson, Swed. 4:16:56 7. R. Middleton, G.B. 4:19:14
8. G. Belin, Fr 4:20:11 9. S. Lindberg, Swed. 4:22:30 10. C. Fogg, G.B. 4:23:23 11. J. Arnaud, Fr. 4:25:08 12. I. Havasi, Hun. 4:27:09 13. H. Koch Ger. 4:30:42 14. G. Schubt, Ger. 4:32:13 15. L. DeRosso, Italy 4:37:18
16. A. DeGaetano, Italy 4:40:01 17. B. Dienes, Hun. 4:40:07 18. F. Tesch, Hun. 4:43:19 19. J. Leroy, Fr. 4:43:43 20. K. Ohlander, Swed. 4:44:51
21. G. Weidner, Ger 4:53:01

Total Points--E. Germany 117, Great Britain 87, Hungary 64, Sweden 59, Italy 54, Germany 43, France 39

We have run out of space, but would like to acknowledge letters from Dale Arnold Rich Bowman, and John MacLachlan. We appreciate your interest and hope to find space next month for some of your comments. Keep writing.

FELIX ANIMAL PHOTO TRADE SHOW & STANIS BIRTHDAY

Worthington High School, Worthington, Ohio

Sponsored by: The A.A.U. Association

November 20-21, 1965

212 E. 2nd Avenue

Saturday, November 20

1:00 p.m. -- 10 Mile Run (men)	2:45 p.m. -- 5 Mile Run (men)
7 Mile Walk (men)	3:30 p.m. -- 220 yards (women)
2:30 p.m. -- 1 1/2 Mile X-Country Run (Women)	3:45 p.m. -- 2 Mile Walk (men)
	4:15 p.m. -- 1 Mile Age Group Walk

Sunday, November 21

12 noon -- 380 yards (women)	1:30 p.m. -- 3 Mile Run (Men)
12:30 p.m. -- High School 2 Mile Run	2:00 p.m. -- 20 Mile Run (Men)
1:00 p.m. -- 440 Yd. Run (Women)	15 Mile Walk (Men)
	5 Mile Walk (Women)

AWARDS: Trophies to the 1st, 2nd and 3rd in each event. Medals to 4th and 5th in each event. Individual trophies will be awarded to the outstanding competitor for the two days, both men and women.

ENTRIES CLOSE: With The Ohio Track Club, P.O. Box 491, Worthington, Ohio

ENTRY FEE: \$2.00 per person, which will permit entry in any number of events.

TRAVEL PERMITS: Out-of-district athletes must obtain A.A.U. travel permits.

Spikes: All-weather track will be used, so soft-sole shoes or short spikes will be required. Longer runs and walks will be held on Blacktop road.

Please enter me in the following events in the Ohio Track Club Distance

Carnival

for which \$2.00 entry fee is enclosed.

In consideration of your acceptance of this entry, I, intending to be legally bound hereby for myself, my heirs and assigns, waive any and all claims to damages which I might have against the Ohio Association of the AAU, Worthington High School, the Ohio Track Club, or their representatives, for all injuries by me at said event described on this blank to be held in Worthington, Ohio.

Print Name

Signature

Address

City

State

School or Club

AAU No.