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DeNoon to DeMoon

With things shut down racing-wise in Ohio we are forced to turn to the national scene for news, usually rather a drag compared to the excitement we generate in this area. However we must admit that Don DeNoon has provided us with some excellent copy this month. On February 12 in the IA Times Indoor Meet Don shattered Ron Zinn's world mile record by eight and one tenth seconds with an amazing 6:10.2. In the process he left a surprised Ron Laird, who wailed in vain for the usual DeNoon fadeout, twenty full seconds behind.

Now of course there will be much speculation on this time and its legality. The race is on film, thanks to Chuck Sihler, so this should clear up any questions one way or the other. Meanwhile, Blackburn has asked me to comment on the race for our publication. I'm not sure he will like what I say, as everyone else around here expressed immediate ~~astonishment~~ ^{doubt} on the possibility of performing such a feat legally when word reached here a couple days later. Personally I can't say for sure as I have never considered myself a competent judge of walkers. Also I have never particularly approved of races as short as a mile as I regard it more as an endurance than speed sport and think around 10 kilo is short enough.

However, I have often walked for short distances at the speed DeNoon maintained and felt I was legal. And many of those who scoff and question are casting aspersions on themselves and judges of all indoor mile walks. Because in any indoor walk with a fast field that I have ever competed in the first quarter goes in about 1:31 or 1:32 and DeNoon averaged 1:32.5 and probably was no faster than this at the quarter as he had a 3:04 half. Just because he has conditioned himself to hold for a mile the pace many of have started at is no sign he is not walking legally. The only surprising thing about the race to me is that he was able to maintain this pace. Surprising to Laird too, who laid back as he often does with DeNoon but never saw him come back.

Not being much of a mile walk fan though, this is not the race that most impresses me in regard to DeNoon. Don has always had good speed, but little staying power in the middle of races. However, he has indicated in two recent races that he has added a good deal of strength to his speed. Whether this is due to a change in training I do not know, but I would guess so. From what I can learn his training in the past has been largely running with nothing but very fast short intervals walking. In any case, the day after his record mile he pushed Laird to the limit in a 10 kilo on the road finishing only 5.8 seconds back of Ron's 44:47.2. Earlier he had finished second on time in a 10 mile handicap with 1:16:49. Laird won this one in 1:15:20, five seconds under his own course record.

Certainly at this point Laird and DeNoon¹²⁰⁰ like the two strongest candidates to compete against the Russians this summer. Another strong West Coast walker is a fellow with an appropriate name, Larry Walker, of the Matador A.C. Walker was third in the record mile with 6:42, had a 6:44 earlier, had 1:21:49 in the ten mile, and was third in the 10 kilo with 48:41.

Meanwhile back East, Ron Daniel has been cleaning up on the boards. Ron had a 6:56.1 at the Senior Mets, won the Boston AA Games in a slow 7:06.8 and then got down to business. At the New York K of C meet on Feb. 4, Ron won in 6:36.2. Close behind in this one was Rudy Halusa with 6:37.5, which must be his all-time best. Rudy can still be a real factor in any race when he gets a little time to train. Two weeks later at the NYAC Games Daniel turned in a 6:32.9 to win the handicap from scratch.

? Incidentally, what happened to the invasion of foreign walkers, and did anyone not living in the immediate area ever receive an invitation to one of these events. ^{never} ~~there~~ an invite was seen around these parts. Following are summaries of the races mentioned above and a few others. ?

1 Mile, San. Met. A.A.U., NY, Jan. 14--1. Ron Daniel 6:56.1 2. Bruce MacDonald, NYAC 7:08.2 3. Dr. George Skilling, NY Pioneer Club 7:10

1 Mile, LA Invitational, Jan 22--1. Ron Laird, NYAC 6:38.3 2. Don DeNoon, Striders 6:40.9 3. Larry Walker, Matador A. 6:44.7 4. Bob Brewer, Striders 6:44.8 Dick Optie, Striders 6:53

1 Mile, NY KofC, Feb. 4--1. Ron Daniel, NYAC 6:36.2 2. Capt. Rudy Halusa, Striders 6:37.5 3. Bill Gmaltchenko, NY Pioneer, 7:08 4. Ron Kulik, Indian Track Club 7:06 (Actual times--handicap race)

1 Mile, LA Times Games, Feb. 12--1. Don DeNoon, Striders 6:10.2 2. Ron Laird NYAC 6:30.2 3. Larry Walker, Matador AC 6:42 4. Bob Brewer, Striders 6:53 5. Don Tetheroh, Striders 6:56 5. Larry Young, Striders 7:02

NYAC Indoor Games, 1 Mile--1. Ron Daniel, NYAC 6:32.9 2. Ron Kulik, Indian Track Club 6:50 3. Bill Gmaltchenko, NY Pioneer Club 6:58 (pretty good for the fat old fellow I last saw)

10 Kilo Walk, Echo Lake Park, Los Angeles, Feb. 13--1. Ron Laird 44:47.2 2. Don DeNoon 44:53 3. Larry Walker 48:41 4. Bob Brewer 50:20.2 5. Larry Young 51:54.2 6. Bob Bowman 52:03.2

This issue marks the end of the first year of publication of the Chic Race Walker. We have enjoyed putting it together each month and plan to keep it coming indefinitely. Our only disappointment has been lack of reader response. Maybe we are controversial enough to elicit mail from our readers. If not write and tell us, or write and stir up a little controversy. Just write so we will know someone is reading the rag. If you think we are rotten let us know that. Of course we probably have something on you to come back with. Seriously, we are very much interested in reader reactions, what you like, what you don't like, what you want more of, or less of, etc.

Cold Weather Walking ③

by Jack Blackburn

It is time for me to give the world a break and share my vast treasure chest of knowledge on cold weather training. The subject came up as a result of a Sunday "long one" a few weeks ago.

It was bad enough even thinking of walking 15 miles in 0° degree weather, but to make matters worse we (Chuck Newell, Doc and myself) had to shovel and sweep snow of the 1/9 mile track before we could start. The temperature was actually -2° with a stiff 10 to 15 mph wind. When we finished the wind had started to gust up to 20-25 mph and the temperature had climbed all the way to 1°. Both Chuck and I (Doc didn't go so far) had shorts, two pair of sweat pants, t-shirts, and three other layers of sweat shirts and jackets. Also hats with ear tabs and gloves. My total weight with all the sweats at the end of the walk was 181.

After the first mile at easy 10:10 pace we decided to maintain this pace to the end. I usually begin to loosen up and stride out easier by three miles in one of these long ones, but this day I never did loosen up. At the four mile I noticed I was pushing to keep the pace. My upper legs were tight all the way. This could have been due to the excess amount of clothing as well as the cold. Chuck expressed tightness around 10 miles. One cold weather reaction that I had experienced many times was brought out by Chuck at the 5 mile. He felt the need to empty his bladder. (That's not how he put it though.)

In order to break the monotony we switched the lead every mile and finished with a 2:31:25. Another effect of below 20° training is the frost that forms on the outside of the hat and sweats. This is at least picturesque to other walkers. Back in the days of my short, short marathon career Dave Staley and I would train over a 20 mile out and back course during the winter of 1957-58. On a particularly cold morning with a strong north wind blowing snow in our faces our eye lashes iced up so bad we couldn't see.

Cold weather training does have its advantages. You can show off your OTC red sweat shirt with the AAU patch on the shoulder. You can fulfill your desire to wear K&K hats and claim it's the warmest thing you have. You can go for longer periods of time without water. It's too nasty outside to be doing anything else, so your wife doesn't mind quite so much.

(Additional comments on the subject by Mortland.) I was lucky enough on the morning discussed above to be recovering from the effects of a bad cold and laryngitis and kept in the house. However, from my own vast experience I would like to outline my own criteria for cold weather clothing. Having tender hands, below 45° gloves and sweat shirt. (Sweat shirt below 55 if I'm not going particularly fast.) Below 40, hat and sweat pants (sweat pants sooner if not going fast.) Below 35, pull hat over ears. (If your wife hasn't shrunk it up again in the wash.)



And here we are on a wintry workout.

Below 20, hooded sweat shirt. (Although I did 17 miles at about 12° this winter without it and didn't suffer.) Much below 10, long johns. Below 0, forget it. Actually, during the winters of '64 and '65 I adopted the policy of below freezing, go down to the "Y" and do 26 laps to the mile. But this winter I have been braving the cold quite regularly once again, except for my bout with a cold. The problem on long ones then is that I have to keep my Pepsi in the car so it won't freeze up and thus I lose more on pit stops getting to it.

To Breathe --- Or Not To Breathe???

by Doc Blackburn

Now for some basic facts about respiration. The purpose is to provide oxygen for metabolism and to excrete carbon dioxide which is a result of oxidation. This latter process is important in maintaining acid-base balance of the blood.

Oxygen is carried by inhalation of air through the mouth and nose, the pharynx, trachea, bronchial tubes and its bifurcations, through the bronchioles which end in the point of oxygen absorption, the pulmonary alveoli, or air sacs. The thin walled alveoli have an extremely rich blood supply of capillaries. This exchange of oxygen and carbon dioxide occurs at this point. The amount of blood undergoing this exchange is approximately one pint per second during hard exercise, a remarkably effective operation.

The average respiratory rate at rest, and in normal health, is 12 to 16 per minute. The amount of air taken in with each breath is called the tidal air and varies at rest from 500cc (1 pint) to 1500cc (3 pints). In order to measure respiration, a unit of minute-volume of lung ventilation has been formulated. This is the total amount of air taken in during one minute. At rest, minute-volume varies from 3 to 9 liters (1 liter is approximately 1 quart) In exercise it may rise to 150 liters.

During exercise metabolism is increased and therefore more oxygen is required and respiration is increased. The rate of breathing increases as load of work and if the load is steady and moderate in amount, the respiratory rate and minute-volume increases for a short time and then levels off. Usually the respiratory rate achieves a steady state first then minute-volume in approximately 5 minutes.

There is a tendency in some distance runners and race walkers to over breathe, especially in the latter portions of the contest. This is both inefficient and tiring in that (1) the respiratory muscles are working out of proportion to the good accomplished and (2) the depth of respiration is decreased which means less oxygen is absorbed and less carbon dioxide expelled. This last factor of carbon dioxide retention may lead to a disturbance in acid-base equilibrium called acidosis. When this occurs the athlete is usually a D.N.F.

More on respiration next time.

All who have been close to walking in Ohio will be sorry, as we were, to hear of the death of Sebastian Linehan in Cincinnati on January 3. Sebastian, a former walker himself, has done much for the sport in Ohio as an official and a promoter of races. The Thanksgiving Day race from Ft. Thomas, Ky. to Cincinnati is a classic which Sebastian has promoted. He was founder of the American Walkers Association and in 1920 set a 50 mile record of 9 hrs 24 mins. As first impression he may have seemed to many a rather dull, dottering old man, but was certainly not without his sense of humor. I'll never forget the expression of Jack Blackburn's face in 1959 when we arrived at the Annual Cincinnati Coney Island track meet, which included a mile walk, sort of a back-yard meet, and Sebastian approached him in all seriousness and told him it looked like a pretty good race today with Haluza, Laird, and MacDonald in the field. Jack had been expecting an easy victory and was still a little shook by such names. But Sebastian couldn't hold his grin for long and Jack's mind was soon set at ease.

We do get some letters. From Wayne Yarcho: Inclosed is a money order for \$1.20 for my year's subscription to your walking publication. (A hint to other of our reader's who feel it might be time to pay for another year.)

Wish you luck on the idea of the 24 hour walk. Dayton has a city ordinance against endurance contests longer than 6 hours. I think it must have been enacted back in the days of the marathon dance craze in the late 20's. Since I have been living here I can remember when some merchant started a scheme where prizes were to be awarded the people who kept walking for the longest period of time. The law shut them down after 8 or 9 hours. Duckham had figured on trying it. Back to the long walking idea, I had once though that a Kennedy 50 mile might be worth trying as an annual fixture somewhere. I might try something like that but the 24 hour business is a little too long. I understand the competitor's legs keep right on moving even after the contest is over.

From Bert Life in Toronto: May I make some comments on the brilliant writing in the ORW and about your staff and comments.

1. In a recent effort to summarize the funniest sports stories for 1965, I voted first place to Doc Blackburn's report on the Mackinac Bridge Race on page 2 of the ORW Sept. issue. A re-reading was well worth the time. (I also enjoy Doc's advice backed by his knowledge as a Medical Doctor.)

2. I have been pondering the wisdom of going to Boston YMCA to indulge in an indoor 10 mile walking race (123 laps). Who would go for such a far-out screwball effort as that? Then I read the report on the Ohio New Year's Eve 6 mile mud-duck derby and made my decision. I leave in the morning for Beantown. (Ed. It is very rewarding to know we have such a positive influence on at least one individual.) If I notice people pointing at me and staring at me after that Boston affair I can explain it all by saying, "Well, I once spent three days in Ohio."

3. On page 7 of the January 1966 ORW Blackburn speculates that a 50 mile or 24 hour race would be "more likely to catch the public eye." This may be true, especially if Mortland's suggestion of page is injected; namely, to attempt to refute the Dean Cromwell theory in the middle of a 24 hour race. Is it too much to expect a large increase in race walking participation?

Here are the results of that indoor 10 miler at the Boston Y:
 1. Paul Schell, N. Medford 85:15 2. Shaul Ladany, NY Pioneer 85:30 3. Ray Vaguener, No. Medford 86:50 4. Bert Life, Gladstone AC 93:57 5. Steve Rebnan, N. Medford 99:18 ---26 finishers. Fred Brown comments on the race, "We had four checkers, all wives of walkers and it was too much for them or anyone else to handle. I am sure of the positions of the first six but they didn't all walk the same number of laps. After that we settled for a good workout.....No one was unhappy about it as they all understood that we just didn't have officials enough. We had no judge but only one fellow needed judging. I tried before the walk to have it changed to a five mile walk in two heats with the walkers checking each other but the YMCA vetoed the idea. The YMCA's only contribution to the walk is the use of the track and showers."

And Bert Life, in another letter, comments on the same race, "I took in that Boston 10 mile race. Many of the lads who made much faster time than I did last fall were at a disadvantage on the saucer track or else were laying off for winter because I finisher fourth.....it was a delightful mad scramble and producer of sore ankles and game legs. Fred Brown Sr. did the organizing and 5 super lap checking women somehow kept us approximately correct. (I still cannot figure how they got me 5 minutes and 21 seconds ahead of Steve Rebnan who can beat me by 10 minutes in 10 miles. I should protest yet?)

- Ontario Race Walking Schedule (for those who like foreign travel)
- Sat. March 12--Ontario 10 Mile championship, Marlscourt Park Toronto, entries from Fred Begley, 1200 Lansdowne, Toronto, Ontario, Canada
 - Sat. April 2--10 Mile, Toronto, entries from Chris Packard, 2940 Dundas St., Tor.
 - Sat. April 9--6 mile Handicap (Special trophy to first man over 50) entries from Myles Hicklin, 88 Betty Ann Drive, Willowdale, Ont.
 - Sat. April 23--6 mile, Ottawa, Ontario, entries from W.C. Gelling, 972 Debra St Ottawa, 5, Ont.
 - Sat. May 7--Canadian Senior 20 Kilo, Toronto, entries from Begley
 - Sat. June 11--Canadian 20 mile, Toronto, entries from Begley
 - Sat. Sept 24--Canadian 50 Kilo, Ottawa entries from Gelling
 - Sat. Oct. 8--Eastern Canadian 20 Kilo, Toronto, entries from Begley

Back to letters, we also got a note from Oregon's Don Jacobs, scribbled on the back of about 1/10 of a mimeographed page, in which we think he comments on our poor duplicating machine making it hard for him to read our paper. We had a little trouble reading Don's note

British results: Enfield Harriers Open 7, Nov. 13--1. P. McCullogh 50:30
 2. R. Wallwork 50:41 3. R. Middleton 52:04 4. M. Fullager 53:14 5. D. Thompson 53:43.

Northern Winter League 6 mile (track)--1. M. Tolley 43:43 2. R. Wallwork 43:51

Jack Blackburn has returned to running again, following his success this fall. (Not to the exclusion of walking however.) Running in All-comers meets at Ohio State he had a 10:34 two mile on Feb. 11 and on Feb. 25 turned in 10:21.4, after a 5:01 first mile. These are off limited training and he hopes to approach 10 flat in the next couple weeks. He has finished around 10th infields of 20 or more both times.

TRACK AND FIELD RECORDS BY RACE WALKERS

As most race walkers have been involved in other track events before turning to walking we thought it would be of interest to compile a list of the best performances in each of the track and field events by athletes who have become serious walkers later. This would not include times by track athletes who may have tried an occasional walking race, such as Mike Iarrabee for instance, who once walked in a mile. This would fall in the realm of walking records by runners. It would include only those who have adopted race walking as a primary sport. We figure the best way to start such a list is to publish a list of the best marks we have attained in each of the events and then let our readers send in any performances that better these. In this way we eventually get a fairly complete list, and will probably surprise a lot of people with the caliber of the performances. Incidentally, all performances must be competitive, not practise marks, and running events must be on the track as opposed to the road. Following is our list. We hope one or two of them survive the onslaught of our readers. Please be honest. We trust you.

- 100 yards--10.5 Jack Mortland, Upper Arlington, Ohio, April 22, 1953
- 220 yards--22.8 Jack Mortland, Cincinnati, Ohio, August 14, 1955
- 440 yards--49.5 Jack Mortland, Bowling Green, Ohio, May 25, 1956
- 880 yards--1:59.4 JACK BLACKBURN, COLUMBUS, OHIO, 1955
- 1 Mile--4:19.4 Jack Blackburn, Columbus, Ohio, 1955
- 2 Miles--9:29.5 JACK BLACKBURN, COLUMBUS, OHIO, 1956
- 3 Miles--14:50.8 JACK BLACKBURN, COLUMBUS, OHIO, 1957
- 6 Miles--24:21.0 JACK BLACKBURN, BAKERSFIELD, CALIF, JUNE 21, 1956
- 10,000 Meters--32:24.2 Jack Blackburn, Bakersfield, Calif, June 22, 1956
- 3000 m. Steeplechase--10:19.8 Jack Mortland, Columbus, Ohio, April 22, 1961
- 120 yd. HJ--17.8 Jack Mortland, College Park, Maryland, August 21, 1955
- 220 yd. LH--25.3 Jack Mortland, Bowling Green, Ohio, May 22, 1957
- 440 yd. HJ--56.0 Jack Mortland, Dayton, Ohio June 21, 1957
- High Jump--5'10 1/2 Jack Mortland, Delaware, Ohio, June 4, 1955
- Broad Jump--20'1 Jack Mortland, College Park, Md., August 21, 1955
- Pole Vault--9' Dr. JOHN BLACKBURN, 1932
- Triple Jump--37'5 Jack Mortland, Cleveland, Ohio, July 9, 1958
- Shot Put--32' 7/8 JACK BLACKBURN, 1956
- Discus--87' 1/4 JACK BLACKBURN, CINCINNATI, OHIO 1960
- Javelin--
- Hammer--

We will add any recognized events not listed above for which marks are submitted. This would include metric distances and longer runs. But again they must be track marks.

The Ohio Race Walker is thrown together monthly in Columbus, Ohio by Jack Blackburn, Publisher, and Jack Mortland, Editor. As the publisher may be moving before long, address all correspondence to 318 1/2 Summit Street, Columbus Ohio 43202 until further notice. Able assistance in getting this thing out is lended by Mary Jo Blackburn, Doc Blackburn, and Corinn Blackburn.