

OHIO * RACE * WALKER

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Toughest of the Tough

Point Pleasant, N. Jer., April 17--Led by Israel's Shaul Ladony, four walkers bettered an 87-year-old American record in a 50 mile walk on the Point Pleasant Boro High School track today. Ladony, now a doctoral candidate at Columbia and representing the NY Pioneer Club, finished the 200 laps in 8:35:35 and will be credited with an American All-Comers record. John Kelly, the Millrose AA distance runner turned race walker, finished in 8:47:17 and is the new American record holder.

Also under the old record (9:29:22, G.B. Gillie, May 10, 1876) were Elliott Derman and Bruce MacDonald. Derman was inspired to promote the race after competing in last year's London-to-Brighton and finished in 9:04:27. Three-time Olympian MacDonald, who keeps threatening to give up this sort of nonsense, evidently couldn't resist a masochists delight such as this and struggled in fourth in 9:14:48.

Off his performance in this race Ladony looks like a real threat in the longer distances. He took the lead from the start and set a very fast pace, which only Paul Schell tried to stay close to. (Schell retired after 31 miles.) Ladony covered the first mile in 8:45 and had five mile splits of 44:28, 1:29:49, 2:15:29, and 3:06:21 before slowing perceptibly. He had 5:05:19 at 50 kilo, and covered his last 10 miles in 1:53:17.

Kelly, who continues to impress us with his distance performances off little race walking experience, covered the first ten miles in 1:33:27 and then slowed to a more reasonable pace for the remainder of the race. Derman, who was probably waiting for Ladony to fold up at track side, walked a steadier pace but never got into contention. MacDonald led Derman at various times but dropped back for the final time at 37 miles.

There were two other finishers, Joe Meehan of the Shore AC in 10:39:42 and Rich Aircy of the local high school in 11:59:41. Other starters in addition to Schell were John Killinger, North Medford Club, Dave Lakritz, Pioneer Club, John Congrove, Newark, and Agu Leane, Erick High School.

The race was started at 7:30 in the morning in clear, mild weather which changed to chilly and breezy before the finish. Deserving nearly as much credit as the walkers for sticking it out were chief judges Ross Dennis and Don Johnson, timer George Slater and Keith Robinson, head scorer.

You are privileged to be reading the Ohio Race Walker, the greatest sport's publication in the east of Columbus (our opinion). If you have been getting it for over a year and haven't sent us a second \$1.20, please do if you wish to keep getting it. We aren't organized enough to send formal notices. Write us at: 314 1/2 Summit St, Columbus, O 43202. Publisher--Jack Blackburn Editor--Jack Mortland Circulation--May Jo Blackburn Art--Corina Blackburn Medicine--Dr. John Blackburn

More Record to Laird

We have little detail, other than some times along the way, but Ron Laird continued his assault on the record book getting number ^{five} five and six of the year in a 25 miler at San Diego's Balboa Stadium on March 27. Laird passed 35 kilo in 3:08:36.6, 40 kilo in 3:38:26 and 25 miles in 3:39:36.8 for the three records. No report as to who else was in the race.

Judging from the splits, Laird evidently misjudged his preparedness for this distance as he is not one to lose his head in a planned record assault. However, he passed 10 kilo in 50:41, 10 miles in 1:22:24 and 20 kilo in 1:42:54. This would be fine if he were in the sort of condition he was when he set the 20 mile record. Evidently he is not. His 20th mile took 10:06 and he wasn't much under 10 from there to 24 before rallying for a 9:06 on his last mile.

Laird's other records this year, as reported earlier, were 15 miles - 1:57:36 2 hour- 15 miles 502 yds and 25 kilo- 2:02:00.2. Thanks to Alan Cook for the above info.

Much Talk --- Little Action

Columbus, April 17--The OTC 40 kilo record shot fizzled on the Worthington High School track today. Not surprisingly word had smuck through a week or so earlier of Laird's race, which made the record a little more difficult to annex. Really the only surprise about this was that Laird had left the record within reach. So, off his recent workouts, Jack Mortland set out with full confidence he could better Laird's 35 kilo mark and if all went well hang on for the 40 kilo mark. But all he accomplished was to keep intact his record of never having finished a race of over 30 kilo.

Actually, conditions surrounding the race were more interesting than the race itself. Blackburn was sure he would get the runs (not the illegal kind) during the race so great pain was taken to transform a refreshment stand into an outhouse. Now this is no small project when you consider that there are four open sides and it sits in full view of the upper crust type community of Worthington. As it turned out Dale Arnold was the only one to take advantage of the transformation and that was before the race started. Must have been the power of suggestion.

All walkers had very fine pre-race excuses for dropping out early or just dropping dead. Mortland had spent the entire day Saturday painting walls, bending, stooping, up and down off ladders, etc. and was sore in the groin. Blackburn had spent Saturday tramping up and down the hills of Hocking County carrying young Molly on his back. Dale Arnold had been training only three weeks, with a winter backlog of colds and flu. Newell's excuse was so good we have forgotten it, but he was probably conducting Cromwell experiments. To add to all these woes, all soon found the sun-softened all-weather surface considerably harder on the legs than the surfaces to which they are accustomed.

As to the race itself. Mainly to make good copy for this publication, the start was staggered for the first turn, with Blackburn on the inside, Newell in two, Mortland in three and Arnold on the outside. Blackburn had made up the stagger on Mortland by the middle of the first turn and Newell's crouch start did him little good as he was third as they cut for the pole. Blackburn held the lead at the mile in 8:45 with the three tightly bunched. Arnold had 9:34.

As the pace slowed in the second mile Mortland moved in front but had only 17:42 at two. His planned pace was 1:27 at 10 and 2:53 at 20, figuring on picking it up as he loosened up. This was how it worked for a while as he went through his ninth mile in 8:29 with no increase in effort and had 1:26:53 at 10. At 15 he had 2:11:16 and was still doing 8:40 pace but the old legs had had it and his next miles were 8:51, 9:02 and 9:07. He stopped off the track at 19 miles in 2:46:48 having folded up three or four miles sooner and about twice as badly as anticipated.

Meanwhile, Blackburn and Newell walked together through four miles in 36:06 whereupon unfriendly Jack tossed in an 8:36 mile to lose contact and gradually pull away. Blackburn passed 10 miles in 89:43 and Newell in 91:24. Both slowed after this with Blackburn lapping Newell around eleven miles and lengthening his lead to 3 1/2 minutes by 18 miles. Jack hit 20 miles in 3:07:11 and Newell in 3:10:39. (Mortland was four laps ahead when he quit.)

During the 21st mile Blackburn got a bad cramp in his calf and substituted ice water for the Pepsi he had been using. He suffered through an 11:09 mile during this ordeal. Fortunately for him, just as Newell closed the gap down to just under one lap Chuck swallowed a bug and had to cough it up and lost a lot of his drive in the process. So they both struggled through to the finish at 10 minute plus miles. Dale Arnold managed to stay on his feet for twenty miles, despite his lack of conditioning and after a few 12-14 minute miles kicked it in with a 9:30 for 3:45:46 for the 20.

And now after wading through all this account we will let you see the official results, such as they are.

- 1. Jack Blackburn 3:58:10 (3:26:00 for 35 kilo)
- 2. Chuck Newell 4:03:51 (3:29:34)
- Inf. Dale Arnold, Jack Mortland

The only thing the race proved was that Newell is continuing to improve, all weather tracks are not worth a damn, and amateurs get paid \$13.75 for a 40 kilo. Blackburn also claims the world foot pound record at 23, 232,000 ft.lbs generated in under four hours. We seem to be getting used to his build at between 174 and 181 pounds.

We want to assure that the ad on the following page is for real. We hope Tiger shoes go like the proverbial hot cakes and that you all remember to mention the OSW when you order. We might get another ad sometime. And for anyone else foolish enough to place an ad with us our rates and circulation figures are available upon request. (However, it would be less embarrassing to us if you did not request the circulation figures.)

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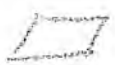
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(A must!)



Also if I check this box and scave up an additional \$2.00, I will get a beautiful 8 x 10 photograph, suitable for looking at, of R. Mann, (USA), K. Matthews (GB), V. Golubnichiy (USSR), et al, in 1964 Olympic 20 Kilo Walk Competition.

Daniel Captures Eastern Front

Asbury Park, N.J., March 27—Ron Daniel scored a decisive victory in the Fourth Annual 10 Mile Walk on this city's boardwalk this afternoon. Daniel's time of 1:17:57 left him more than a minute ahead of second place Bill Kaiser of the Chesapeake Track Club. However, he was well off the course record of 1:14:51 set by the late Ron Zinn in 1963. This race is now dedicated to Zinn.

Team honors went to the NY Pioneer Club with John Shilling second, brother George third and the old fat man man, Bill Omeltchenko in tenth. The North Medford Club finished second, led by Paul Schell in third, and Chesapeake was third in the team race. Fifty-four finishers and eight teams, which is a tribute to race walking in that area.

Results: 1. Ron Daniel, NYAC 1:17:57 2. Bill Kaiser, Ches. TC 1:19:05 3. Paul Schell, N. Medford 1:20:57 4. Dr. John Shilling, Pioneer Club 1:22:30 5. Dr. George Shilling, Pioneer Club 1:22:44 6. Ron Kulik, Indian TC 1:24:27 7. Ross Dennis, Monmouth College 1:24:31 8. Bob Kitchen, Chesapeake TC 1:24:40 9. Steve Deban, North Medford, 1:25:55 10. Bill Omeltchenko, Ches. TC 1:25:56 11. Regis Danbar, Philadelphia AC 1:26:20 12. Tony Medeiros, North Medford 1:26:36 13. Terry Anderson, Central Jersey TC 1:31:24 14. John Hunka, NYAC 1:32:55 (Had to go far enough to get down to this old warhorse and friend, in twenty-first was another nice guy, Lou Noishloss, now representing the Phil. AC)

SCHEDULE OF REMAINING NATIONAL CHAMPIONSHIP RACES — SENIOR AND JUNIOR

May 8	Sr.	3 1/2 Mile	Pomona, Calif.
May 29	Jr.	1 1/2 Mile	Portland, Oregon
Jun 12	Sr.	10 Mile	Chicago, Illinois
Jun 18	Sr.	20 Mile	Pittsburgh, Pa.
Jun 26	Sr.	2 Mile	New York City
Jul 2	Jr.	10 Mile	Spokane, Wash.
Jul 4	Sr.	30 Mile	Columbia, Mo.
Jul 4	Jr.	20 Mile	Missoula City, Montana
July 22	Jr.	2 Mile	Cleveland, Ohio
August 14	Jr.	40 Mile	Long Branch, N. Jer
Aug 14	Sr.	40 Mile	Long Branch, N. Jer
Aug. 20	Sr.	25 Mile	Seattle, Washington
Sep 4	Jr.	25 Mile	Kalispell, Montana
Oct 2	Jr.	30 Mile	Los Angeles, Calif
Oct 2	Sr.	15 Mile	Atlantic City, N. Jer
Oct 30	Sr.	50 Mile	Chicago, Ill
Nov 6	Sr.	1 Hour	San Diego, Calif.
Nov 26	Jr.	35 Mile	Kansas City, Mo.
Nov. 27	Jr.	50 Mile	Perkeley, Calif.

Flash

April 16 - Walnut Calif.

Halvaz in 13:29 - 2 mile
(no record because only one judge)

Liard 2nd - 13:51

Walker 3rd - 13:55.5

April 30 - Walnut Calif.

1. Walker - 13:54.8

2. Larry Young - 14:01.8

3. Liard - 14:28.4

(More next issue) Thanks to Chuck Sisk

Heard from friend Joe Smithberger, now in the Air Force, who was kind enough to renew his subscription (as did Dale Arnold and a few others). Joe is the first to lay claim to one of our track records, having thrown the discus 96'8". Sorry Joe. We know it was a high school discus and doesn't count. However, if we ever get around to it we will send you some walking film on a loan basis per your request. Another record is claimed by Joe Stefanowicz in the marathon at 2:55. Paul Schell is the only one we think of who might better this, but it has to be a track performance anyway. May list it as a noteworthy performance.

by Dr. John Blackburn

(Continued from last month) The respiratory center in the medulla (brain stem) regulates both rate and depth of respiration by constantly sampling the chemical composition of the blood and by messages from the higher brain centers that exercise is impending or has started.

The center is stimulated by an increase in CO₂ in the blood, which in turn acidifies the blood slightly and this is another stimulus. Temperature of the blood rising slightly in exercise is also a stimulus.

The phenomenon of "second wind" may occur during exercise of considerable intensity. This varies greatly from person to person but may be described as a feeling of distress and breathlessness. There is a sense of tightness in the chest and of dizziness and there are generalized muscular aches and pains. Objectively, the athlete has a rapid shallow respiratory rate and a weak rapid pulse. He wears an anxious grimace. Then suddenly all signs and symptoms disappear. The pulse and respiratory slow and become regular muscle pain ceases and the athlete continues his exercise with a feeling of comparative ease.

Some athletes feel "second wind" as a very definite occurrence, others say it is a gradual thing and they may not always even experience it. There are some persons who actually never break through this barrier and slow down and eventually stop. However, I have always had the opinion that these people are not completely healthy. They have some physical, mental or emotional defect that prevents them from persisting.

There is no single explanation of "second wind". Most authorities feel that it represents a total mobilization of body to meet the demand of violent exercise. Complete muscular vasodilatation, adjusted blood pressure, increased heat dissipation, increased endocrine gland output all play their part in this mobilization.

* * - - - *

Want to find out if you are really physically fit? Are you training seriously or just playing? Try the Harvard step test and find out.

With a 20 inch bench or chair (no cheating now-make it 20 inches) step up and down 30 times a minute for 5 minutes. (Unless you must stop sooner from exhaustion) Then have someone (or do it yourself) count your pulse as follows: at one minute for 1/2 minute, at 2 minutes for 1/2 minute, at 3 minutes for 1/2 minute, and use the following formula to find your fitness index or physical efficiency index:

PEI = $\frac{\text{Duration of exercise in seconds} \times 100}{\text{Sum of pulse counts in recovery} \times 2}$

Now look at the chart and see where you stand.

SCORE	AGE		
	UNDER 30	30-50	OVER 50
90	EXCELLENT	SUPERIOR	
80-89	GOOD	EXCELLENT	SUPERIOR
65-79	HIGH AVERAGE	GOOD	EXCELLENT
55-64	LOW AVERAGE	AVERAGE	GOOD
55+ LOWER	POOR	POOR	AVERAGE TO POOR

CHARLIE SILCOCK'S SPACE

Charlie told us to save him some space but he has failed to send anything to fill it. Seems he is working up a scathing reply to our editorial of last month. Even suggested part of his reply might be unprintable. We are waiting eagerly as we would welcome a little controversy.

Note: Special DELIVERY LETTER FROM CHARLIE ARRIVED TOO LATE. WILL INCLUDE IN NEXT MONTH:

Speaking of editorials, all of that was Blackburn's idea, that is the idea of having sort of a reply to the national office and after letting me handle it the first month he was supposed to come through with something this month. Well, as I knew before he is quite undependable and has done nothing. I may have to write a reply to the publisher one of these days. Be that as it may, we do have a bulletin or newsletter from the national chairman which deserves some comment.

We would like to reiterate the remarks of John MacLachlan regarding "sour grapes", the attitude many take upon hearing of fast time from another section of the walk. Some people immediately question the walker's legality, or the measurement of the course. Please let us assume, and I think it is in general a valid assumption, that we have competent judges and officials throughout the country. You will probably have a chance to prove later that you are better than the walker in question if that is what you feel. Personally, I rely completely on the judges in a race and don't waste time and concentration worrying about another competitor's form. If there are guys walking illegally, I figure they will be called. Besides which I am a lousy judge, particularly when walking, as I think most walkers are. I don't think we have any choice but to place our confidence in the judges, as the sport cannot survive otherwise. The height of this "judging" by a competitor came in a national race a few years back when one of our leading walkers told me, "You're off Jack, I can hear you." I guess he was sincere and honestly thought he could.

Now, so people won't think we are becoming agreeable with our chairman, to return to our remarks last issue concerning the movie "Walk, Don't Run". Having now seen a Hollywood type release on it, sent to us by Mr. Silcock, we are certainly thankful we expressed the opinion we did. It sounds about as typically Hollywood as anything can get in its plot and will probably be about as good for the image of the sport as the Pabst commercials. For instance, "Millions of cinematic resources take place in the walking race event of the 1964 Olympics." (Thirty miles by the way. Typical of the inaccuracies in the thing.)

The film concerns a fellow who is earning his tuition fees by participating in the American Olympics event. (Wish someone had told me of the money making opportunities.) He naturally becomes involved in a romantic triangle, spiced with plenty of foreign intrigue jazz. This comes about because he is a victim of the room shortage in Tokyo and has to share half of a girl's apartment with a friend. (guess they forgot to tell him about the Village.) To top it all, the release tells us technical assistance in the sport, in order that star Jim Hutton could look authentic, was given by Jack Powell, world record holder in the event. (Jack who?) And we are supposed to improve our image on this sort of farce. Personally I will hope none of my friends learn the picture is in town.

Speaking of friends, knowledgeable in the sport, have you ever been asked, "Have you been in the walking marathon recently?", or "When do you have another walkathon?" or "Are you going to the Olympics again this year?" or "Didn't you win that last year?" or "What's a matter that you only finished second in that race the other day? You getting old?"