Baltimore, June 20—Ron Laird, ready as usual for a "trip" race, walked away with the National 20 Kilo in Baltimore's Patterson Park today. Laird moved out at the start and was in complete command of the race after the first of six laps.

OTC's Jack Hortland managed to lose a tenacious Dean Rasmussen in the final mile-and-a-half to win the second spot on the team to compete against Russia, Poland, and West Germany. With Rasmussen already on the Lugano Cup team in the 50, Don Deloon in Fourth nailed down the third spot on this team.

Deloon set the initial pace, but Laird was right with him and pulling away by two miles. Hartbark stayed with them briefly, but never seemed to really get rolling today. Hortland and Rasmussen were together all the way, but stayed off the initial pace and as a result lost Laird altogether. They passed Deloon around 3½ miles and Hart at about 5, but were over 2½ yards back of Laird at this point.

It was not until the long hill in the final lap that Rasmussen finally cracked. At this point Rasmussen was gaining on Laird and got fairly close before pausing to heave about a half-mile from the finish. Matter-of-fact he still thinks someone moved a watch at the finish as he didn't appear to be over 1½ minutes behind.

Deloon, as usual, slowed in the middle stages and then finished fairly strong for fourth. The real surprise was young Regis Bander, formally of Pittsburgh now walking for the Philadelphia A.C. Bander stayed with Hortland and Rasmussen for three to four miles and was still close at eight miles, before fading a little and finishing a solid fifth. Three-time Olympian Bruce MacDonald walked a steady race to finish sixth. Hart, who was a leading candidate for a spot on the team at the start, faded to eleventh.

The OTC's Chuck Dewall finished 18th in 1:52 which is probably superior to his 1:58 in Pittsburgh considering the rugged hill on this course. Dale Arnold, still rounding into condition finished 32nd to complete the OTC entry.

This will mark the third trip to Russia for Laird and he also competed against them once in this country in addition to his two Olympic and one Pan-Am appearances. Hortland will be making his second Russian trip.

NAAU 10 KILO

Chicago, May 12 -- A hot, dusty Stagg Field track was the scene of Jack Horland's second ever national title in the 10 Kilo today. Horland caught Art Lark around three miles and pulled steadily away to record a surprisingly easy victory in a not particularly fast 49:19.5.

It may not have been so easy had Roy tenen Jack Blackburn pulled a muscle just after two miles which forced him to drop out. Blackburn, encouraged by a very fast six miles last week, was walking easily in second, really just hiding his time, when something behind his right knee snapped. Thus we have another in the string of misfortunes that have plagued Jack's career, and just as he appeared to be a leading contender in next week's 20 Kilo.

Ron Laird walked his usual lousy Stagg Field National 10 and finished sixth. Why he constantly psyche himself out in this race remains a mystery. Horland in winning was a half second faster than his second place time of last year, but about 12 seconds slower than 1963 when he finished fourth. He was aided by the absence of Roy Zim who had won the race four years in a row, with Horland second on three of those occasions. Split for Horland were: 7:25, 15:10, 23:02, 30:52, 38:49 and 46:39.


As you probably know by this time, Ron Zim will be forever absent from our walking races - killed in action in Viet Nam on July 6. There is little one can say at a time like this as words seem so useless. We can all draw on his example of fierce competitiveness as an inspiration in our own walking and in our own lives. It is hard to believe we will never see his strong back moving away from us again, but we should never let his example fade away in our minds. Perhaps by the next issue we can draw our thoughts together and pay a more fitting tribute to Ron, both as a walker and a man.
The Changing Picture

June 27 - Hot and no shade - A pulled muscle, a new face, illness and improved conditioning made for a rather interesting race today. The place was Cooke Recreation Center on block for and cement over a ½ mile circuit (slightly short) with a slight hill. The distance was 8 hot miles.

The new face was Dave Staley, former distance runner from Oberlin College and the OTU. The last race Dave walked was in 1959 and the only reason he walked today was because he arrived too late for the four mile run. He led an all-Doc Blackburn to the six mile mark in just under 10 minute average with near perfect form before dropping out.

Jack Hordland easily won the race by 3½ mile over Jack Blackburn and a sick hamstring. The younger Blackburn wasn't able to pull away from a fast improving Chuck Hewitt until the 3½ mile mark. Dale Arnold showed improvement to finish about 3½ minutes behind Hewitt. Doc showed guts as he struggled to finish the distance.


And Then There Were Two

July 4, Cooke Center, Hot - Five walkers toed the line to start the 10 mile. Things looked good for a while as Hordland and Blackburn bolted through a 14:58 (plus around 30 seconds to compensate for the short lap) two mile. Stattdiller (the walker with the next potential, best form and least training) pulled away from Doc Blackburn from the start but finished out like a wet firecracker at the two mile with a 9:15 average.

At the three mile Hord walked away from his uncharted expansion through a 22:20. The young H.B. felt the old sick hamstring tighten (to say nothing of the heat exhaustion and extreme fatigue) so he elected (or was forced to) slow to a 6:30 to 9 minute pace. Meanwhile back in the pack? Doc moved steadily along at 10 minute pace and Steve Lassar even more steadily at 12 min. pace. By six miles Hord had just let up on his 7:50 pace, Jack B. was still touring in 6:45 and Doc stretched a calf muscle and pulled up at 8 miles. Steve finished 7 in 12 minute average and Stattdiller was long gone (home). Hordland in 76:35 and Blackburn in 83:05 were the lone finishers.

WE PREDICT

In 1965 Jack Blackburn will have an injury free year. (As a horseshoe pitcher.)
Columbia, No., July 4 — A steadily improving Chuck Newell of the Ohio Track Club was closing at the finish as the SC Starsiders Bob Brewe won the National Junior 30 Kilo today. Chuck gained two minutes in the last five kilo but had given away too much earlier to come close. The race was held in hot (high 60's) humid weather on a five mile loop on a country road. The Starsiders won the team trophy.


We Remember The Greats

by Jack Blackburn

Part 3

Dave Staley

We are reminded of former great and possible future great, Dave this month because he turned up for a race - his first walk in years. To remember Dave mostly for running from Worthington to Delaware and back with the publisher in the dead of winter at dawn. During one of our workouts, aimed at the Boston Marathon, we headed north on Rt. 23 toward Delaware into a driving snow, i.e. had covered about 6 miles when we were forced to stop and melt the ice that held our cyclasles together. We made many such trips before developing Achilles tendon trouble and abandoning all thoughts of marathoning. As a walker, Dave could do very well for two reasons. He has very good natural form and he has a long, long running background. If you see a little fellow prancing down Rt. 23, eyes skyward, head shining in the sun or rain, and taking a two foot stride, it's not one of the wee people but Dave Staley.

Marv Grosten

Marv, a former Bowling Green distance standout, walked several races in 1956 at Beweese Park in Dayton. Grosten is a former BG school record holder at two miles and had a short but promising tour as a walker. (Ed. note. Actually Marv started before Jack. In the fall spring of 1954 while in graduate school at BG he trained for the National 40 in Cincinnati and was in 4th of 5th when he had to drop out at about 21 miles.) Marv represented the OTC in the days when the Editor and publisher were being troubles by Duckham and Kerr. Grosten washed all hopes of ever returning to action when he accepted pay for coaching. The nerve of some people! Since he is being subsidized, you would think he would at least throw a little of the payola in the direction of the OTC for his subscription.

Fifteen grams of salt should be taken for every pound of perspiration loss.

As the same amount of muscular work, the heart rate is higher with an increase in environmental temperature.

(Too little tidbits which you will find from time to time and place to place are story of one Doctor John Blackburn.)
The energy of contraction comes from the breakdown of adenosine triphosphate to adenylic and phosphoric acids. Phosphoric acid then combines with glycogen to form fructose diphosphate. Then phosphocreatine is broken down to creatine and phosphoric acid. This phosphoric acid joins with the adenylic acid to resynthesize adenosine triphosphate. The fructose diphosphate mentioned above breaks down to lactic acid which with creatine resynthesizes phosphocreatine. Part of the lactic acid is oxidized to carbon dioxide and water and the energy from this reaction converts the remainder of the lactic acid into glycogen.

In hard exercise lactic acid may be produced faster than it can be removed. This stops the further breakdown of glycogen to lactic acid and stops, therefore, the resynthesis of phosphocreatine and then also adenosine triphosphate. Lactic acid is then: (1) a product of fatigue and (2) energy source for the recharging of the chemical mechanism of muscles. This recharging process requires a good oxygen supply.

This entire chemical process is divided into anaerobic and aerobic parts. During the anaerobic part adenosine triphosphate, phosphocreatine and glycogen are broken down. In the aerobic phase lactic acid is oxidized and glycogen and phosphocreatine are resynthesized.

It is the oxygen supply in the aerobic stage that is so important in race walking and distance running. The muscles of the well-conditioned athlete in these events show an amazing degree of increase in capacitance. These muscles are supplied with several times the normal amount of capillaries so that oxygenation of the muscle is as complete as possible.

More on muscular changes in training next time.

National 2 Mile, San Diego, June 27.

Laird's lap times - 1:45, 3:27, 5:39, 7:40, 8:46, 10:31, 12:17. Denuen led at the mile in 6:36. (Results fromock's American Race Walker)

National Jr. 2 Mile, Chicago, May 21.
An incident took place at the National 10 Kilo in Chicago that I don't feel should be overlooked. The incident was not earthshaking and many will believe it not worth mentioning. Art bark and Mortland were dueling for the lead during the third mile of the race. Mark would gain the lead and cut in without proper clearance. During this part of the race Mark's coach was heard by several to shout at Mortland warning him about cutting in too soon. Several of the athletes at trackside pointed out to the coach that it was actually Mark who was at fault. At this point the coach motioned to them to keep quiet about it.

While this was not a detrimental factor in the outcome of the race, it was useless and uncalled for strategy. It is my opinion that it did more harm than good to Art's race and it certainly didn't seem to slow Mortland down. Secondly, this incident tended to give spectators and athletes a bad impression of two fine men. From what I know about Art Mark I could only say good things in his behalf. His coach has done a great deal for the sport and is a fine, reasonable individual. This is why I feel the choice of strategy was unfortunate.

"Preacher" Jack Blackburn

Look on the Bright Side
by Jack Blackburn

When a disaster strikes, the best mental defense is to look at the bright side of the situation, no matter how grim it may be. I started this list about five minutes after pulling a hamstring in the National 10 Kilo. This list may be added to and used by any sick or rain-soaked walker.

1. If you pull it early the trip home will be more comfortable because you won't be as tired.
2. You can claim, "I could have won by over a minute" and no one can prove otherwise.
3. You will have more free time in weeks to come while healing up.
4. Your shoes won't wear out so fast.
5. You don't have to mess around with all those passport papers, shots, and other red tape to go on the foreign trip.
6. You can win the local races while your teammate is over seas.
7. You can mess up for months afterward and blame it on your ailing leg.
8. You won't overtrain.
9. You won't suffer from nervous twitches caused by being a leading contender.
10. When you get tired in a long one you can walk bent kneeed and blame it on your ailment.
11. You can "make a comeback" (if you have ever been.)

The liver alone is capable of storing approximately 3500 calories worth of muscular fuel, glycogen. This is enough for a fast 40 kilometer race.

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Walker of the Month

Jack Mortland is once again selected as walker of the month (an advantage of being editor). Jack is Ohio Walking representative to Russia again this year due to his fine second place in the National 20 Kilo. He has proven time and time again that he is a top-flight and consistent walker at every distance from one mile to 30 kilo. We are also expecting some top-flight copy for the Ohio Race Walker from the other side.

OLYMPIC REVIEW

by Jack Mortland

(The following was originally published in the Westinghouse News, an employee publication, and gives my overall view of the Games.)

Many thousands of words have been written about the outstanding athletes of the 1964 Olympics - Billy Mills, Peter Snell, Abebe Bikila, Don Schollander - men whose dramatic feats thrilled the capacity crowds in Tokyo. And deservedly so, for the feats of these men, and others, will never be forgotten by those who were there.

But perhaps the most outstanding performers were not on the athletic fields at all, but behind the scenes planning, organizing and directing this greatest of all Olympiads. Because the greatest single story of these Olympics had to be in the Japanese people and the job they did organizing them.

First, they provided magnificent facilities for all sports, more than adequate from the viewpoint of both spectator and athlete. For instance, the National Stadium, scene of the track and field, had originally been built to seat 90,000 people. However, for the Olympics, the size of the seats was enlarged to accommodate foreigners, larger on the average than the Japanese. This cut the capacity to 73,000, but certainly did much for the comfort of the spectators.

The track itself was as fine as any in the world. Despite heavy rains on two days it remained firm and fast. The Stadium provided excellent dressing and warm-up areas, and field event facilities were as good as any.

Among sites for other sports, the National Gymnasium, scene of swimming, not only provided a wonderful pool but is an extremely beautiful piece of architecture, both inside and out.

A second feature of the tremendous job done by the Japanese was the preparation for handling of 7000 athletes and officials. Everything was ready as each team arrived. Housing in the Olympic Village was excellent. Food was well prepared, fitted to each country’s customs, and meals were available at all hours from seven in the morning until midnight.
Public transportation throughout Japan was free to all Olympians. Within the Village itself the Japanese had provided 700 bicycles for the use of athletes, and these were in constant use. The Village was complete with a shopping center, laundry, barbershop, movies and recreational center.

There were many planned tours available, both in and out of Tokyo. In short, anything the athlete might ask for had already been thought of and provided. However, preparation for the influx of foreigners did not stop with the athlete. For spectators, buses were constantly running between several major hotels and sports sites. At the Stadium, plastic seat covers were given to all spectators. The programs included not only a complete list of entries and lane assignments for the day, but complete results of the previous day's events.

The conduct and presentation of the events themselves were outstanding, and again indicated the great amount of planning that had gone before. The last minute of details had been thought of. (It was interesting at the track to watch the efficient manner by which officials marched in and out, in line and in step, before and after each event. The field was never cluttered with excess officials.)

The contrast between opening and closing ceremonies again showed the thought and preparation of the Japanese. The opening parade was dignified and carefully organized, with each nation marching separately. And as such, it was very impressive and quite inspiring. By the time of the closing ceremony, though, the athletes were well acquainted and were in a much more festive mood, with the competition behind them. A stoic ceremony at this point would have been most unwelcome. The Japanese had foreseen this and planned a most informal parade with the nations completely intermingled. This resulted in many spontaneous gestures of friendship, both toward the crowd and other athletes, and another very inspiring ceremony.

Throughout the Games, the Japanese people were sincerely friendly and completely accommodating in their attitude toward the athletes. The only bad feature of this friendliness was their strong inclination for autographs which could tie up an athlete for hours if he did not force himself away. Every Japanese seemed to have an autograph and a camera.

The Japanese are somewhat subdued people. The noise volume in the Stadium never approached that at an American football game. But the general enthusiasm for the Olympics was far beyond what one would expect in this country. Then people line the streets for 15 miles to watch marathon runners and walkers training, as they did for two successive Sundays prior to the Games, you know they are genuinely enthusiastic.

Likewise on a trip to Mt. Fuji, 20 busloads of Olympians were greeted by thousands of cheering, flag-waving children, and nearly as many adults, in each small town they passed through. This was a taste of the Olympics for these people, and they made the most of it. This then, was the greatest story of the Olympics for at least one competitor.

The athlete who is going to compete in longer races (20 kilo and up) should ensure that his liver and muscles have a full supply of glycogen by resting two days and having his last meal rich in carbohydrates.

INTERNATIONAL 20 KILO, LONG JUMP, 12, Sun. Aug 15. OTC walkers contact Jack Blackburn if you want to go. We plan to send a team.