Doc Decks Dandies

Columbus, Ohio, Dec. 31—Doc Blackburn proved last year’s victory in the initial OSS New Year’s Eve 5 Mile Handicap was no fluke as he came home first in the second renewal tonight by the scant margin of 20 seconds over his son and Jack McDondall. The race was all it had promised to be and then some. Although the hope for snow did not materialize even worse conditions prevailed and the course at Indian Village Bay Club proved to all concerned that it is indeed the worst walking course in the world.

The three lap to the mile loop follows a gravel road for about two hundred yards north of the caretaker’s lodge (Blackburn’s house), makes a 180° turn around a chair just before the gate (outside of which there is a beautiful paved road through the park, but it would be cheating to go on that), goes back down in front of the lodge on the same gravel road, across a little bridge, takes a grass loop around the dining hall and back across the bridge to the lodge. Repeat this 19 times and you have six miles. However, there is some sewer work going on now and the gravel road is pretty well torn up.

So around 6:30A.M. with the race due to start in an hour it looks like a real disappointment as the temperature is around 40 and of course no snow. Conditions look much too good for a race that has been advertised as a real ordeal. But then, in answer to our prayers, the heavens opened up and the rain really started to come down, a good cold, driving rain. In an hour the upper half of the road, where the cars had been was a quagmire of good, thick, goosy mud, the grass before the dining hall was wet, slippery and treacherous, and promised to get much worse so as the patter of little feet (and big feet with Blackburn in the race) tore it up, and the part of the gravel road that was normal was one big puddle. And, such glorious luck, the rain showed no signs of letting up. The only ones who did not appear overjoyed at such a sudden, fortunate change in conditions were Peggy Newell and Marty McDondall. The former was officiating the whole race, timing, counting laps, getting guys started at the right time, and all that just. They just had to stand in the rain and missed the joy of slogging through the mud.

First off the line (handicap set up by Jack Blackburn) was old general, Conidine Blackburn. As she came by on her first lap she’d glowing report on course conditions which cannot be repeated here, but no one really believed how it really was out there until they got the gun and found out for themselves. (Incidentally, the course is illuminated, but it really did no good for where you were going. The only place you could have gotten proper footing was in the river about 200 yards to the west and going that far a course would have been a slightly larger handicap than the course conditions.)
The race also attracted Jim Stuttfield, who came out for what is becoming his annual workout, Joe Smithberger, home on leave from the Air Force (his last night of leave, each dedication), Tom Finley, OTS runner also taking his first walking steps, and Chuck Newell, who accompanied his wife, the official, down from Ashland.

Blackburn and Mortland were last off the line, 20 minutes behind Jack's mother and three minutes behind Newell. They walked in that order for 5 miles and about 1700 yards, except for one attempt by Mortland to move out with two laps to go. As they crossed the bridge for the final time Mortland made his big move, but Blackburn was equal to the challenge and they crossed the line in a dead heat. And who did they see standing there but a panting Doc Blackburn, once again victorious. This was actually the first either knew how they stood handicap.

A not so bedraggled grandpa Blackburn, meanwhile, managed to hold off all challenges of Tom and Dick, who had started only two minutes after her, and made them settle for a dead heat for last place. Newell was the only one who cried much about the handicap, and probably walked poorly deliberately in hopes of doing better next year. This will never work with the camp Blackburn. Incidentally, a new site will have to be found for next year's race as Blackburn has left the Recreation Department and will be moving from their day camp. However, he can be depended on to look carefully and find a place nearly as bad. So make plans now to be here. A congenial atmosphere prevails into the wee hours of the morning following the race.

Stuttfield and Smithberger dropped out at the four mile mark in order to beat everyone to the showers, but I wouldn't say this makes them smarter than everyone else. It's almost insane to stupid to expose yourself to such conditions in the first place, but to do it for nothing, not even the accomplishment of finish breeds one as a real idiot.

And here are the results:

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<tr>
<th></th>
<th>Elapsed</th>
<th>Handicap</th>
<th>Actual Time</th>
</tr>
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<tbody>
<tr>
<td>1. Doc Blackburn</td>
<td>69:10</td>
<td>12</td>
<td>77:10</td>
</tr>
<tr>
<td>2. Jack Blackburn &amp; Mortland</td>
<td>69:26</td>
<td>20</td>
<td>89:26</td>
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<td>4. Chuck Newell</td>
<td>75:26</td>
<td>17</td>
<td>92:26</td>
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<td>5. Domino Blackburn</td>
<td>85:26</td>
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<td>85:26</td>
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<td>6. Tom Finley and 2nd?</td>
<td>86:29</td>
<td>2</td>
<td>88:29</td>
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<tr>
<td>Doc Jim Stuttfield (4 miles)</td>
<td>41:55</td>
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<td></td>
</tr>
<tr>
<td>Joe Smithberger (4 miles)</td>
<td>43:35</td>
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Both Blackburn and Mortland modestly agreed that their time was nothing short of amazing under the conditions.
From Rich Bowman, more on Johansen's outstanding 50 kilo, "Karl's time was on a course measured several times by Hendrickson, and one we use for many races and workouts a lot of the time. Jacobo walked only 6:09, and this is the worst he's done in a long time. Glander walked a fairly steady race, for a change, and George Edwards, a postman and distance runner, walked the second half a few seconds faster than his first half! Neville was in good shape, and had a pretty good time, too. Karl just turned 19, and he walked a 4:57 for 50 km in January 1965 on the Olympic Trials course at Seward Park. So his time, while it's really outstanding, isn't out of line."

From the Northwest Walking News we get further information. Johansen's 5 kilo splits were 22:20, 55:50, 1:22:46, 1:49:56, 2:16:58, 2:44:30, 3:13:45, 3:42:56, 4:13:26, 4:43:35. He was nearly five minutes ahead by 10 kilo so did it entirely on his own. For a 19 year old this is a very good performance. By American standards it must be classified as very good, better than a half minute ahead of McCarthy's American record, but about eight minutes off Chris's Tokyo performance. But McCarthy's time, in the editor's opinion, was just barely tapping on the door of decent 50 kilo walking. Of course this is easy for an old broken down 20 kilo man to say, but I really don't think anything over 4:30 can be classified as good 50 kilo walking, which means Karl still has a long way to go, and most other Americans have a lot further. This is meant in no way to degrade Johansen's performance, but to encourage him and others to do the work necessary and adopt the proper mental approach to do some really good distance walking.

One thing from the Northwest paper I must take issue with and that is praising Johansen's form as the best they have yet seen by a fast walker. Not questioning his form, which I of course have never seen, but one can by no stretch of the imagination classify a nine minute pace as speed walking, or for that manner the 4:23 six mile he walked two weeks earlier, in which race Ed Glander beat him by three minutes. This speed is something Karl will have to develop. I feel one must be able to walk 8 minute miles up to 20 kilo anyway to be a top 50 kilo prospect. Anyway, congratulations to Karl Johansen on far and away the top 50 kilo performance in the U.S. this year. We hope he will be able to make it to Chicago for the National this year.

Results of Junior National 50 Kilo, Berkeley, Calif., Dec. 18, 1965


One Mile Indoor Handicap, New York, Tuesday, Dec. 27, 1965

It Looks Bad For The Good Guy

Columbus, Jan. 9—In the first and last of the OTC winter sprint series, Jack Blackburn won and lost in the two mile race at the Blackburn blacktop track. Doc Blackburn, Chuck Newell, Jack Mortland and Jack Blackburn lined up at the starting line on a sunny 26th day. Jack B. shot out to a quick 30 to 40 yard lead with seven minute pace for the first 3 laps (1/3 mile). Normally Mortland would have no trouble keeping the pace, but for the old sciatic nerve trouble which had bothered him all week.

Blackburn passed the mile mark in 7:12 while Mortland races through a 7:21. Newell was some 350 yards back at the mile with Doc Blackburn 25 yards back and maintaining striking distance. With about 800 miles to go, and still holding the same lead over Mortland, Blackburn noticed that the back of his left thigh was gradually tightening, so he decided just to try and keep the gap the same. With 800 yards to go the muscle pulled and slowed the leader some more. He managed to hold off the fast closing Mortland who had a 42 second last lap (Ed. actually 47, Blackburn exaggerated) 42 would be 6:30 race, 47 about 7:20). The race for third continued right up to the last lap as Doc managed to gain a few yards in the last mile, but Chuck hung on to third place by six seconds.

Because of the fact that the winter sprint series was designed to attract the sometime walker and the more serious walker and zone much showed up, the OTC is discontinuing the winter sprint series. Since three of the four active walkers in the OTC are pointing for the long ones we have decided to go long ones on Sunday. Selfish aren't we.

Results: 1. Jack Blackburn 14:38
2. Jack Mortland 14:43
3. Chuck Newell 17:06
4. Doc Blackburn 17:12

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Mortland Mumbles

Ron Laird dominated the race walking events on the All-American Track Team announced by the AAU in late December. Laird was named to the team all but three of the eleven events, and these were divided between three others: Ken Zim in the mile, Paul Schell, 40 kilo, and Dean Rasmussen, 50 kilo. Everyone in the Ohio area, with the exception of the writer, was incited by the omission of Senior champion in the 10 kilo. However, if you are only going to name national champions there isn't much sense in bothering to have an All-American team as everyone already knows who is on it. And Laird did beat me quite decisively in Augeburg with much better time than I had in Chicago. The guy that should really feel hurt is Ron Ferrier who was passed over in cross country in favor of Bill Mills, who to my knowledge never ran a cross country this year. The only thing that bothers me about it is always see that lousy scroll with the 1960 championship team hanging in Tsouris's office and the one time I did manage to look no one bothered to send me one. Matter of fact I have never even shown the National Office please take note.)
This is no longer news to anyone, but as a matter of record John D. MacLachlan, Jr., of Escondido, Calif., has been named to replace Charlie Silcock as chairman of the national race walking committee. Charlie had to step down as full-time AAU employees are not permitted to head chairmanships.

John is very energetic and enthusiastic and will undoubtedly be a capable replacement. His address is 217 E. 9th, Escondido, Calif., 92025. In the meantime Charlie will continue to do his bit for us in the national office.

Incidentally, an example of the work Charlie is doing for the sport. We have copies of correspondence between Nick Barack, past secretary of the Ohio AAU, and the national AAU office. It seems Governor Rhodes, a past National AAU president, has gotten the idea of having an international marathon as part of the Ohio State Fair promotion next summer. He had contacted both Mr. Barack and Bob Sprague, track coach at Ohio State. Both wrote the national office requesting information about the possibilities of getting top athletes and the letter was referred to Charlie Silcock. He immediately grabbed it as a chance to throw in a walking race too, and started rushing for this possibility in his return correspondence. Maybe nothing will come of this, but if it does it could be a real boost for us here in Ohio. As Mr. Barack has stated with Governor Rhodes behind it there will be a great deal of publicity both here and throughout the country. Anyway, it’s good to have someone in New York thinking about you.

LETTERS

By way of tooting our own horn a little, the following from a letter sent us by Jeff Johnson of Blue Ribbon Sports, the Southern California distributor for Tiger shoes: “We also like to say that, though our athletic interests have long been allied closer to running that walking, your little rag (as you put it) has not a bit of a bug in us about walking. More precisely the character that comprise the sport. OW! is delightful reading, and one of the few ‘rags’ we get that receives immediate, cover-to-cover perusal. I have recently been in a serious automobile accident that rid me nicely of a car, and will leave me relatively immobilized for a few months. Nevertheless, later in the spring it is likely that I will be getting out to some walking races with our shoes, at which time I would be delighted to rush for some subscriptions for you. Very best wishes for successful growth of OW! and please don’t lose that delightfully unconcerned, who gives-a-darn editorial policy.” Don’t worry, we won’t lose it. Mainly because we don’t give a damn. Of course we have learned that we matter among our avid readers such as Col. Hull, Dan Farris, and Capt. Archer, which may give us pause before we put out something that could get us barred for life. Only give us pause though, not stop us from printing it.

In order to keep our names in the public eye the Ohio Race Walker comes to you monthly through the courtesy of Ohio’s two most conceited race walkers, Jack Blackburn, publisher, and Jack Hortland, editor. To read about us regularly send $3.20 for a year’s subscription to Ohio Race Walker, 3033 Farminger Rd., Columbus, Ohio 43221. Staff also includes: Granny Blackburn, Art Editor, Grains Blackburn, medical contributor; Mary Jo Blackburn, manager of menial and boring tasks; and Marty Hortland, sometimes proof reader. (Obviously very seldom)
An Open Letter to CBS:

Thank you so much for giving coverage to the walking race during your telecast of the LA Invitational on Sunday. But please don't bother in the future if you choose to play it only as some kind of comic relief. Your choice of old silent movie type piano music as background, comments such as "meanwhile back at the walk", and complete lack of knowledgeable commentary on the race would indicate you do not even regard race walking as a sport. If not, why include it on your sport's program?

While you are extolling the prowess of top runners, jumpers and throwers, men who certainly deserve the praise you give, you choose to play as a farce a race involving equally dedicated and hard working athletes, men also deserving of decent commentary on their abilities. I would urge you to take a closer look at this phase of the sport and the men involved and perhaps you can find a way to correct the injustice you have done to race walking.

We complete results on the above race yet, but they did mention in passing on TV that Laird was the winner in 6:36. Probably Denoon in second as he was leading when they gave it their meanwhile back at the walk bit. It would appear that Daniel could give Laird quite a tussle in the National mile. Denoon will of course be close and Brodie could be a threat if he is training for this and has means of getting there. Mike popped back into action after a long absence with a victory in the Pacific Association 30 Kilo. He walked a steady race (1:28:59 for 10 miles) for an excellent 2:49:00. Second was Roger Duran in 2:49:02 and third Frank Dalton in 2:52:26. Dalton was with Brodie at the 10 mile, but Duran was in fourth nearly five minutes behind at that point.

We reported Dieter Lindner as the winner of the Mexico City "Little Olympics" 20 kilo, and no one has bothered to correct us. So we will correct ourselves. It was Hans Reiman, also of East Germany. Reiman was on the German Olympic in 1964 and, as I recall, had the fastest time in the world that year, but was not on their Laguna team this summer. I watched him training quite a bit in Tokyo and he has very McCarthy-like style, if you can imagine McCarthy doing seven minute miles.

CLEARING UP SOME COMMON MISCONCEPTIONS ABOUT EXERCISE

BY DR. JOHN BLACKBURN

"Vigorous exercise can be performed with little risk at any age even after a coronary heart attack! This statement comes from Dr. Kanaar, Poughkeepsie, N.Y., director of St. Francis Rehabilitation Center. This will certainly cause a stir amongst the opponents of physical exercise.

Dr. Kanaar also feels there is a popular misconception that exercise causes neurocirculatory asthenia in the young and heart attacks in the old, also that it increases longevity. As a person grows older there may be a physical slow-down but this does not mean that a high level of physical fitness cannot be achieved. It means only that there is less likelihood of running races.
When disease interferes with the development of fitness some type of exercise can always be found. Arthritis may prevent running and walking, but prevent records, etc. Exercise may be substituted.

Even in the face of coronary insufficiency, judicious exercise is known to be of help due to the development of collateral circulation, and that in very some cardiac states are no longer insisting on keeping coronary patients in bed for the (rate, I keep forgetting I have to call up short) traditional six weeks. They are cautiously increasing the patients' physical activity early in the healing period, believing that it promotes better revascularization.

Then there is Dr. Albert, of New York City, who believes that athletes with cardiovascular disabilities need not be considered cripples or automatic rejections but should be evaluated according to their functional capacity. He feels it is possible that a particularly well conditioned athlete with a cardiac condition may be better able to tolerate oxygen debt that a person with a normal heart ut in poor physical condition. There are various physical fitness tests to use on these scale, the simplest being based on respiratory rate and heart rate recovery, after exercise.

Round and Round They Go

Time to start some wild talk and speculation. It is always best to make your bold plans from the comfort of a soft chair in a warm house and with a soft chair. Seating reading Arthur Arnott's book, "Races and Training", for the second time the publisher is once more all excited about taking a stab at the the only distances—50 mile to 24 hours. (Ed. In your excitement, please don't forget to return the book.)

Women may want to talk wild with me since he is planning a 50 mile in late year. This type of walking presents an altogether different challenge in that the time in an upright position is longer, the race is slower and it is a relatively unexplored area. Something like this is more likely to catch the public eye.
Portland says, and he is rarely wrong in these matters, that the furthest distance walked in 24 hours is 193 miles and a few yards by an Englishman, J. D. Meadow, around five years ago. This is slightly under 11 minute miles, so not much for the world record. Let's try for the American record of which there is none. What type of track? A mile fair-ground oiled dirt track. Officials; three sets of two lane-counters on an, three sets of three time keepers and one aid for walker every eight hours. There should be a bathroom nearby and a hot tub with warm water.

Anyone interested in this type of madness, write (if you can) and let us hear your ideas. I figure the TC Distance-Carnival of 1967 would be a good time to shoot for. Why about a reed three-man 24-hour relay as a warm up? or how about forgetting the whole thing.

That's all Blackburn has to say for the month and here is your columnist editor left with the task of filling out this page. Blackburn in giving the customer his money's worth even when we have nothing particular to report. In regard to the above article, let me go on record immediately as attributing this hare-brained scheme to Jack Blackburn. Personally I have no interest in such a race where the competitors are expected to wear out three sets of o'fiddles. If they can't hold a watch, or recall for 24 hours, how can I walk around a track for that long. Incidentally, I have pointed out to Blackburn the sacrifice involved in such a venture. For a 24-hour period he must give up sleeping, normal eating, and worst of all, sex. The latter did bring up some interesting speculation on a point. I read some time ago in a book on track by the noted coach, Dean Crowell. In the section in the rear of the book that one always finds on such books on smoking, alcohol, etc., Crowell made the flat statement that unobstructing sexual gratification is the worst thing for the athlete. Actually, we have pretty well refrained this to our satisfaction, but that latter side to really prove the fallacy of such a statement than in the middle of a 24-hour race.

Also in regard to the above, Blackburn may not be talking as wild as Blackburn about such things. He does have more experience in such things than anyone in this country other than John Kelly. These are men of action, not just idle talk from an easy chair. When you decide to go Blackburn, I will take one of those eight-hour officiating shifts.

The art work in this issue is the from the desk of Corrine Blackburn. Incidentally she actually did down a glass of champagne during the course of that race. And as our two hearty walkers fade into the distance another issue of the CY is dropped in the circular file.