Chicago, October 31—It now appears there are two spots open on the 1968 Olympic 50 kilo team. It's hard to see how they are going to keep Larry Young off if he wants on, and why wouldn't he? In the second best performance ever by an American, Young walked a strong, intelligent race to win the NAAC 50 kilo title today. His time of 4:38:24 6.5 is second only to Chris McCarthy's 4:35:41.6 in Tokyo. The amazing thing is that Larry has been walking just over a year, and training seriously only since the first of this year. It's impossible to build up the strength for a 50 kilo in that time, so what he may walk when he is really ready can only be conjecture at this time. One thing is certain, he has the desire to excel, and appears ready to put in the work that could make him our first world-class performer at 50.

Today's race was fast from the start, and wound up with seven men under five hours. Unfortunately, only three of these were Americans as Toronto's Gladstone AC walked off with the team prize with second, fourth, and seventh, and Israel's Shaul Ladany nailed down third place. His 4:44:03 was a new national record. The race was contested in cold, (around 40°F) weather, with a strong wind blowing throughout. The course consisted of 32 laps, plus about 30 yards, around Hoerner Park. The course is completely flat, but the concrete surface is quite hard, a fact which displeased some of the contestants.

Six men moved out very fast at the gun and covered the first lap in 8 minutes flat. (60 yards short of a mile.) This pack included Alex Oakley, Jack Blackburn, Shaul Ladany, Bob Bowman, Ron Laird, and Bob Gray. Ten seconds back of them came Young, Jim Clinton, and Jack Mortland. The pace continued quite fast for the next several laps with Bowman opening up a lead on the rest after four or five laps. Only Oakley continued to stay close at that point. Gray and Blackburn were losing contact by six laps. Meanwhile, the Young, Clinton, Mortland trio continued at just under nine minute pace and dropped back by nearly a minute. By six laps these three were splitting and Young was moving on the leaders.

By the ten mile mark Young and Oakley were together, with Bowman dropping back. Ladany and Clinton were their closest competitors. Blackburn was out of it and Gray was dropping back fast. Laird was starting to fade. Farrellly and Kerschen of Gladstone were moving through the field, and Mortland, although walking a steady pace dawdled back as far as eleventh. Riding his time somewhere back in the pack was Ron Daniel.

From this point it was a two man race, with first Young and then Oakley opening a good lead. On the 30th lap Oakley folded up and what had been a 30 yard lead for him was suddenly a 200 yard lead for Young. From then it was just a question of finishing for Larry and by this time he was being helped by
Ron Laird, who had troubles in the middle stages and was three laps behind, but walking strong again, Oakley finally finished over 4½ minutes behind, and in another lap would probably have been overhauled by Ladany.

Meanwhile, the rest of the race was quite interesting. Bowman after starting to fade dropped back fast and gave up the effort after 17 laps. Blackburn, who had a touch of flu, was slowed to a fourteen minute lap by the 19th and had to call it a day. Mortland had made a strong move on the second ten miles and was in third place by 20 laps. Moving through with him, but about two minutes behind was a surging Ron Daniel. Mortland started to fade on the 23rd lap and when he found himself barely moving at the end of the 24th joined Bowman, Blackburn, and Bob Grey in the showers. At this point Daniel was only about thirty yards behind him and he moved into third with Ladany right on his heels. Ron started to fade himself shortly thereafter and Ledany easily pulled away over the last 10 kilo. Farrelly was closing on Daniel at the finish. In sixth was Jim Clinton, who stayed right close to that spot throughout the race. Old man Bruce MacDonald hung in for eighth place in a creditable 5:02:44.

The only bright for the OTC was good old Chuck Newell. Walking in only his second 50, and against his doctor's orders after a bout with strep throat last weekend, he turned in a fine 5:09:32 for tenth place. Chuck experienced some difficulties in the middle of the race, but rallied and was walking as strong as anyone at the end. For a while anyway, he is the OTC's Numero Uno.

Noticably absent was the supposedly comebacking Chris McCarthy, a fact that he has denied. To be certain he did not get roped into walking for the glory of the UCTC he did not show up until about the time MacDonald was finishing.

Larry Young started the season showing good promise as a swift walker, but seemed to lack strength. In both the National 10 and 20 he moved out well and then faded in the second half of the race, although he turned in quite creditable performance in each. Thus it was surprising when he hung on well in the Columbia furnace for second in the 30. This should have stamped him as a threat at the longer distances, but it was still hard to believe that he wasn't going to fade badly during the latter stages of this race. But he didn't and at the same time he cracked a very tough nut in Alex Oakley. To make his performance more amazing, he has been working around seventy hours a week for the past couple weeks, which would not seem to leave time for proper rest or training, let alone both. It appears Larry can go just about as far as he wants to.

At this point we have only the first 10 finishers. If the complete results come sometime before we complete this we will stick them in the back. If not, we will run them next month.


*Apologies for being so late with this thing this month. We wanted to wait and include the 50 kilo results. And we were so busy getting the results ready that we fell to go the rest of this together.*
Laird Wins 15 Kilo

Atlantic City, Oct. 2—Ron Laird racked up another National Title in the AAU 15 kilo walk today and in the process led the New York AC to another team title. Laird led from the start and broke his own course record, set last year, by over two minutes. His time was 1:11:27.2 compared to the old mark of 1:13:28.8.

Not too close behind Laird, but also under the old record, was NYAC teammate Ron Daniel in 1:13:20. Close behind Daniel was young Bob Kitchen who continues to show great improvement. Kitchen's time was 1:13:33 and I guess we no longer label Bob as a promising young walker. He now appears to be a fellow to be reckoned with in any race. Like Larry Young, he has come on very fast, and although he isn't quite up to a Young like performance yet he should be before long and he has about four years of youth on his side.

In fourth was Kitchen's Chesapeake TC teammate, Bill Kaiser, who seems to be a little inconsistent in his performances, but certainly has a lot of potential. Always tough Ron Kulik was in fifth, well ahead of Paul Schell. Bruce Macdonald showed his best time in a race of this distance in some time and finished eighth behind Steve Raheman with 1:17:50.

The Ohio Track Club's lone representative was Chuck Newell as Blackburn and Mortland again failed to make the scene. Chuck was a little disappointed with his position (13th) but recorded his best time for the distance with a 1:21:43. You can't knock improvement. And Charlie does get to the races which seems to be more than can be said for his so called teammates.

Following the race, a vote was taken to determine whether the competitors preferred the course on the street that has been used the past two years, or if they wanted to return to the Boardwalk. Despite strong dissent from such stalwarts as Ron Laird and Chuck Newell the vote was to stay in the streets. Haven't heard about getting the kids off the streets I guess.


TEAM: NYAC 11, North Medford 22, Chesapeake TC 25, New York Pioneer Club 27, Phil. AC "A" 44, Shore AC 45, Phil. AC "B" 60, Pittsburgh Walkers 67
Well, it looks like I better start building up my 8:30 pace if I want to make the '68 team at 50 kilo. Jim Clinton came through with a top performance and will be tough. There were many people who thought it was McCarthy instead of Clinton. But I assured them that Chris wasn't that good looking and his uniform was never that clean. Hi Chris! Bowman told me not to write bad things about him. I am in no position to—besides, we only write good things about people.

Comments on New Year's Eve 6 Mile

Don't miss this one! It will be one of the most unique races ever. (Ed. Before some wise guy reader tells you, there are not degrees of unique, Blackburn. something is either unique or it isn't.) After dark—handicap—champagne at the aid stations—large audience lining the entire course—400 plus girls of the State of Ohio Girl's Reform School (Scioto Village)—maybe free food on the State of Ohio. The only disappointment is the fact that the traditional mud-bath tyne course has been abandoned. If I get beat this year, all I will do is say kill and the winner will be the looser—remember that Mortlandt! (Ed. Why remember it, I don't even understand it.)

FOREIGN RESULTS
E. Germany vs Bulgaria 20 Kilo, Track—Lindner 1:31:10
30 Kilo Track—Hohne, E.G 2:20:36 (1:50:06.6 world best at 15 mile)
W. German vs France—20 Kilo—1. Delerue 1:34:28 2. Pape 1:36:15.6
20 Kilo, Budapest—1. Lindner, EG 1:28:56.2 2. Sperling, EG 1:29:44.2
OPIINIONS OF THE EXPERTS ON HIGH-ALTITUDE TRAINING

by Dr. John Blackburn

Dr. Bruno Balke, Professor of Physical Education, U. of Wisconsin

"Strenuous training at moderate altitude (7000 feet) certainly has the
effect of forcing the individual to maximum ventilatory efforts at submaximal
work intensities. Striving for attainment of his normal performance level,
he will endure the grueling respiratory demands and learn to tolerate them.
Since, under resting conditions, the hypoxic (lack of oxygen) chemoreceptor
drive is not in effect at moderate altitude, the acid-base balance and respira-
tory center will be less disturbed than during an exposure to more
extreme altitudes."

Dr. Balke believes that two or three weeks of training at 7000 feet will
be adequate.

Dr. William Benjamin, Jr., Asst. Professor of Physical Education, U. of New
Mexico

Using the University track team, Dr. Benjamin found that acclimatization
to a higher altitude (5170 feet in this case) probably would help the athlete
increase his cardio-respiratory capacity for work at a lower elevation.

Dr. E. R. Biskirk, Professor of Physiology, Penn State University

Taking track athletes to 13,000 feet in the Peruvian Andes and training
there for six weeks did not increase their abilities to compete better at lower
altitudes. He feels that altitudes under 13,000 feet would be better training
levels.

Dr. David Geddes, Human Performance Research Center, Brigham Young University

Fourteen distance runners who lived at 4700 feet were taken to sea level,
where it was found that their performances were improved. Mile times were
improved by an average of 8.3 seconds. Two-mile times were improved by 23.3
seconds. In comparison to sea-level athletes, they were found to have elevated
red blood cell counts and volumes, elevated hemoglobin and hematocrit, and
increased breathing capacities.

Dr. L. G. Pugh, Medical Research Council, London, England

After a recent visit to Mexico City, Dr. Pugh believes it will take more
than one month to get British athletes acclimated to altitude. He was there
with six athletes, and apparently their performances were still down after some
24 days.

Drs. Asalina, Ikai, Ogawa, and Kuroda, Juntendo University, Tokyo, Japan

After a three year study of athletes, these men have concluded that two
weeks are required to acclimatize to medium altitude. The studies included
the use of a low pressure chamber, a Japanese mountain, and Mexico City.

Before we leave the subject of altitude let me explain about a rare illness
that occurs in normal individuals upon exposure to altitude, usually above 10,000
feet. This is called acute pulmonary edema, wherein the lungs begin to fill
with fluid and breathing becomes extremely hard, even at rest. This may also
occur in acclimated individuals who have visited at sea level and have just returned to altitude. The treatment consists of administration of oxygen or prompt return to lower altitudes. If the patient does not die before treatment is instituted, recovery is complete, even with ability to remain at or return to altitude. The cause of all this is poorly understood, but let me emphasize that it is rare, and I know of no documented evidence that it ever occurred in a well-conditioned athlete at less than 10,000 feet.

### Mexico City -- Up or Down?

While on the subject of altitude, here are the results of the 20 mile walk in this fall's Little Olympics in Mexico City.

1. Nicolai Smaga, USSR 1:31:04  
2. Vittorio Vasini, Italy 1:32:17  
3. Jose Pedraza, Mexico 1:32:25  
4. Vilon Svaia, Czech, 1:36:15  
5. Kazue Saito, Japan 1:37:51.8  
6. Ron Laird, USA 1:37:52.3  
7. Pablo Colín, Mexico 1:40:47  

The race was contested on a very cool and rainy day. The course was altered somewhat from last year when Dieter Lindner won in 1:41 plus with Laird second in 1:45 plus. Laird expresses the opinion that they had a short course this year, probably about three minutes according to his feelings. Bob Bowman disagrees and says he polled the rest of the walkers and they agreed with him that it was probably accurate.

Your editor does not usually enter into controversies on course length, particularly ones he has not seen, other than to offer the learned opinions of others. However, I would like to make a few comments in this case. Smaga was less than a minute off his European championship time, which to my knowledge is his best. Pedraza was better than nine minutes under his best. I feel certain this represents Vasini's best performance, although I don't have the figures. Laird was just about where one would expect him to be off recent performances. Bowman had his all-time best. At the same time, some of the world's better distance runners were far off their best, or even average times. Both the 5000 and 10,000 were won by an unknown from Columbia who trains at greater altitude than Mexico City's. He beat such Olympic medalists as Mohamed Gamoudi and Gaston Roelants. Roelants could not come close to 30 minutes for the 10,000, yet last weekend he broke the world's record for 20,000 with something around 58 minutes. For the US, George Young finished 15th in the 5000, and Jim Grelle, after only a 4:03 or so in a heat, could not even finish the 1500. So it is obvious the altitude has an effect on times, as we already knew. And all I say is why should it not equally affect race walkers? With due apologies to Bob Bowman, I must submit the opinion that this was a considerably short course. Both Bowman and Laird expressed the opinion that the weather may have had some aiding effect as they did not seem to feel any affects of the altitude. I have questioned Dr. Blackburn on this, and he can see no logic in it and says there is nothing in the literature to indicate this. One thing that probably did work in the favor of Laird and Bowman was arriving just before the race. Some of the research conducted thus far indicates this is the best practice if one cannot have a long acclimating period. A partial explanation of Pedraza's fast time, according to Bowman, was poor judging, or no judging. Still, with all the evidence on what altitude does to times, and the evidence from other events conducted at the same time and place, I find it hard to swallow these times.
Here's the monthly letter from Bob Minn who is becoming our chief joke writer. Bob says, "I am still walking in these "volkslaufs" over here. It's really difficult, as you know, for a married man to find time to take off in pursuit of other competitors in a race. A bachelor, of course, has plenty of time for such pursuit. In fact, a bachelor is a man who believes in life, liberty, and the happiness of pursuit."

"The "volkslaufs" are about over now. So, I can retire again for the winter and concentrate on the German beer. I'll probably come back to them when they begin again in May (with renewed enthusiasm)."

"I notice your periodical is getting heavier. Therefore, you will find enclosed a few air mail stamps so you can keep sending my covers air mail." (Ed. We will cheerfully provide the same service for anyone who can't wait to lay their hot little hands on the ORN and who wants to provide us with the stamps.)

Bob has a P.S., as follows: "Here is a little bit of wisdom, but since some people may think it has somewhat of a sexual ring to it, I want you to promise not to publish it unless it can be used as "filler" and not in place of some good "solid" walking news. (Ed. You should know Bob, that this paper is nothing but filler.)"

"The husband who knows where his wife keeps her nickels and dimes has nothing on the husband who knows where to find the maid's quarters."

Publisher's Reactions and Reflections

The publisher being the famed race walker, Jack Blackburn. (Ed. Incidentally, some month I am going to type up Blackburn's stuff without correcting any spelling, which could even cost him his job if it gets into the wrong hands. Not this month though.)

What's up?

The OTC Distance Carnival will provide all kinds of fun for the handy masochistic race walker with a 7 mile and 2 mile on Saturday and a 15 mile on Sunday. This meet has its greatest value in the B.S. sessions over the two-day period. All walkers can be guaranteed a place to stay of some type. The winter may to bring your own food. We predict——Blackburn will not drop out of the two mile.

50 Kilo Comments

I believe Larry Young is capable of 38 minutes faster at his peak and could walk 4:25 by next year. He looks tougher than any American I have ever seen at this distance. He has the strength, speed, build and guts of a world class distance man. Farrellly, Oakley and Berechens made a very respectable showing. Ladany is certainly looking tough. How close was his first 20 kilo to his all-time best? It looks like Mike Riban has himself another budding star. Bruce MacDonald and Ron Daniel both walked very solid races. I tasted some of Bruce's yellow stuff and green stuff and I don't recommend it to anyone. No, it was not the cement that did me in, it was stupidity and diarrhea, mostly stupidity. It was good to see John Hall back at it as tough as ever (even if he can't lock out).
NINTH ANNUAL OHIO TRACK CLUB DISTANCE CARNIVAL — Including three (3), count them, 1, 2, 3, walking races. A chance to really tear yourself up with a seven and two miler on Saturday and a fifteen miler on Sunday. The two longer walks are on a tough road course consisting of a 1.5 mile lap with one long hill per lap. The two miler will be on a all-weather track which has seen a 13:52 by Ron Laird and 14:00 by Jack Blackburn in the past. Weather is unpredictable, but we have snow here already.

DATES: November 19 and 20.
PLACE: Worthington HS, Worthington, Ohio (On Rt. 168 just off Rt. 23, Worthington is just north of Columbus.)
TIMES: 7 mile—1 p.m., Saturday, Nov. 19
2 mile—3:45 p.m., " " "
15 mile—2 p.m., Sunday, Nov. 20
5 mile for women—2 p.m., Sunday, Nov. 20

There are also plenty of running races for both men and women going all the way up to a 20 miler on Sunday. You can enter these if you don't get enough walking.

Also, don't you dare forget the 3rd Annual OTC New Year's Eve Six Mile Handicap. This always thrilling event will be held on Dec. 31 at the Scioto Village, Rathbone, Ohio. (Good luck in finding it.) This is one every walker should make sometime in his career. A much more worthwhile and rewarding experience than that Thanksgiving race to Coney Island the New Yorkers always rave about. The race will start sometime around 7 p.m. and we will be followed by gala fun and frolicking. Come see Granny Blackburn put down a glass of champagne at the three mile mark. See Doc Blackburn, running for his third win in a row, at the mercy of his handicapper son, cruel Jack Blackburn. The only New Year's Eve walk in the country. Don't miss it. Post entries accepted.

To all eager beavers looking for the glory of International, a 50 kilo has now been officially added for the Pan-Am Games in Winnipeg next summer. This goes with the 20 kilo and gives four walkers a chance to compete internationally. Nothing definite yet, but the IAUU 50 will probably be set up in the spring to serve as a tryout. Don't know what the status of the Lugano Cup competition is at this point, but if we manage to send a team this time that will afford an opportunity for six walkers to journey to Europe. There are also several International Track Meets next summer but at this point we don't know what, if any, will have walking races. Anyway, it looks like a good winter to train if you have ambitions along this line.

VARIOUS RESULTS: (British)

The Ohio Race Walker is published each month by the dynamic duo, Jack Blackburn and Jack Hortland. Price is $1.20 per year. Address all correspondence to 3184 Summit St., Columbus, Ohio 43221. Special plaudits to Mary Jo B., who runs this thing off each month on an antiquated ditto machine. We also get help from Doc and his Missus and from Marty M.