Worthington, Ohio, November 19-20—A gutsy, determined Jack Blackburn, showing the zest of his long-forgotten youth, moved easily away from decrredit, old Jack Mortland in the last five miles of Sunday's 15 miler to cop individual walking honors in the 9th Annual Ohio Track Club Distance Carnival. Blackburn, who had already won the two mile on Saturday, turned in his best ever time for the distance (2:04.31) over a tough course in cold weather. In the process, he left Jack Mortland, who had tried to blow the race open with stupid, desperate sprints in the middle stages, staggering in his wake. Mortland did take something away from the weekend with a victory in Saturday's first race, a seven miler. Charlie Newell, like Mortland, attempted all three races and beat everyone but Blackburn and Mortland in all of them. Probably the outstanding display of all though, was that of Toronto's 57-year old Bert Life. Bert came down with the attention of bettering 17 for the two and 2:30 for the 15, times he had just missed last year. He went well under both standards with 16:48 and 2:24:41, pretty fine walking for such an old cat.

In the seven mile, Mortland had things pretty much his own way, but missed his time of last year by 12 seconds, with a 55:57. This race, and the 15 mile, were conducted on a road course of just under 1.56 miles per lap, which has been wheel measured for all distances. Mortland's 55:45 of last year is the course record, but not very outstanding at all even though this is definitely a tough course. It's hard to imagine, but back when we had a ten mile, that well-known monster, Ron Laird, turned in something like 1:12:40 (don't feel like running off to look up the exact figures, someday we will have to put together the records for this event). 'Course Ron was in fair condition at that time (1963) as he came back about an hour-and-a-half later to beat a fresh Jack Blackburn with a 13:52 two mile on the track. But hark—I digress, let us save this history of our many past glorious carnivals for another time. Back to this year's race. Mortland left from the start, but bad trouble getting loose and into gear. Consequently he walked each of the four laps faster than the previous one to just sneak under an 8 minute average. (For you who will now be questioning the length of the course based on what has been said so far, let me hasten to add the seven miles requires 2:09 plus laps). Chuck Newell took second, but only after a serious challenge from Dave Staley over the first half of the race. Dave, who has always remained primarily a runner, was walking his first race since the summer of 1965 and turned in his best performance to date. He's been cheating though by training for walking due to various leg injuries that have hindered his running. He will probably stick with the heel and toe sport and despite his advanced age will probably soon become one to be reckoned with. (Advanced age is anyone older than either of us, and he beats that by several years.) There was a good battle for fourth between Doc Blackburn and Lou Neishless, who we certainly welcomed back to the meet after a year's absence. Lou had the early lead in this tussle and stretched it to nearly a minute after two laps, but then the relentless old savages started to close ground, opened a slight lead by the end of the third lap and managed to stretch it to a minute at the end. Dale Arnold is once again
out of condition and struggled through to sixth place, just holding off Forrest Conrad. Forrest is from Ashland, a friend of C. Newell's, shows excellent style, and can do okay if he cares to start training seriously. He was the only walker besides Mortland and Newell to go in all three races. Wayne Yarcho started, but found the cold too much for his old bones and gave it up after one lap. The temperature was in the low to middle thirties both days.

A little less than two hours after the finish of the seven-mile, several of the walkers were on the track for the two-mile, together with a few new faces. Among these were soft Jack Blackburn, who passes up the first race every year so he can impress people throughout the country with his blazing speed. Thing is he generally does a pretty good job of it. On a cold day and with little training geared toward sprinting, 14:16 isn’t half bad. At the gun Mortland sprinted into a lead which he gladly relinquished at the 220 mark. Close behind were Peter Till and Chuck Newell. Peter is a neighbor of Henry Laskaus now attending Ohio State. By the quarter, Blackburn (1:44) was starting to open up on Mortland (1:46) who was already nicely tightened up. The rest of the field started to string out except for Newell and Till who stayed close to one another. Blackburn slowed to a steady 1:47 pace and finished in 14:16, four seconds slower than last year, and 16 seconds off his best in this meet, which was behind Laird’s 13:52. Mortland managed to hold about 1:53’s to the end and excels in his time of last year with 14:56. Newell and Till meanwhile were staging a real race, with no one able to gain an advantage. Newell finally opened up about seven or eight yards around the final turn. In the stretch, Till, who had looked very good all the way, made a desperate attempt to get back up and started to lift easily with the effort. This doesn’t pay with Doc Blackburn right there, so Till, who did not catch Newell anyway, was DQ’d. Not far behind was Bert Life. Staley came back very well from his seven mile and beat Lou Neishloss for fifth. Ken Guymer, a high school cross country runner whose only other walking experience was in last year’s NY Eve 6 miler, turned in a fine 18:33 in seventh.

In Sunday’s 15 miler, Blackburn and Newell took the lead at the start, but Mortland soon moved in front with Blackburn tenaciously on his heels. And tenacious it was. Things were rather tame for the first four laps, with the pace about 8:15 - 8:20. Then Mortland decided it was time to try and settle the issue. The fifth lap was covered in 12:23, almost a minute faster than they had been going, and faster than Mortland’s fastest lap of 12:30 in Saturday’s 7 miler. Still Blackburn stayed right there. The sixth lap was still 12:30, including a mile-sprint about half way up the hill. This took them past 10 miles in just over 1:21 (estimated). At this point Mortland let Blackburn take the lead, seeing it was useless to try and overtake the fool. And suddenly Mortland wasn’t moving much anymore, and Blackburn, although slowing somewhat, continued to move at a strong tempo. Blackburn took 13:02 on the seventh lap, but had 15 seconds on Mortland. The former cigar-smoking, sometimes-fat man powered through his last two laps in 13:22 and 13:46 and toured one small lap of about a mile in 4:38 to finish with a fine 2:01:31. Mortland, meanwhile, was frozen up like a board after slowing down and struggled in at 2:07:28, beaten, forlorn, discouraged, but mostly cold. The rest of the race was strung out from the start. Charlie Newell did well for his third race with 2:18:40. We have already mentioned the amazing Bert Life. Forrest Conrad, also in his third race, came in with 3:02:35 and a fellow from Pittsburgh named Pawlik managed 3:13:23.

In a women’s five mile race that started at the same time, Jeannine Bocci from Detroit, turned in a great 43:54. Last year she had done 46:28. Her style, or we should say form, looked great, particularly from behind. Even better form
was displayed by Mary Maganas, also of Detroit, who finished second in 51:33. She had done 53:42 last year. We have decided that walking for women is fine, and we are all for it, but not during one of our races. Attractive bodies swinging along on the race course create a definite hazard. These girls started their race about 100 yards in front of us and there really isn't much incentive to pass once you have closed the gap. It will be noted, that only after these girls were off the course did the fifteen miler get down to serious business. Anyway, Mrs. Bocci's performance would have put many men to shame and it is interesting to note that her last lap was faster than her second. She could probably go on at nine minute pace.


Here are the complete results of the NAAU 50 kilo. Received a critical note from Don Jacobs way out in Tigard, Ore. for not having them in last month. But Don, we explained, then we didn't have them and would put them in when we got them. Don also questions the length of the course based on our article, saying it comes to only 30 miles 1630 yards. We must quickly come to the defense of our friends in Chicago who have accurately measured this course, I think even to meet rigid Pacific Northwest requirements. I said in the report that the lap is 60 yards short of a mile and there were 30 yards after the 32 lap. Agreed, these figures will bring you out to the distance above. But these are only approximate. I have picked up from casual conversation. The lap is evidently something like 52 or 53 yards short of a mile. I apologize for the slipshod reporting. Actually, Don's letter is generally of a friendly tone and he has sent along some results, too, which he does from time to time, so we had better not offend him with sarcasm. But the course is accurate, and here are the complete results.


Team: Toronto Gladstone AC—8, NYAC—13, Green & Gold AC 24
San Diego, Nov. 19—Don DeNoon got his usual fast start, received a not infrequent warning, and then came on strong again in fine form to take the National AAU One Hour Walk today. The SC Striders easily took the team title as Rudy Halusa (4) finished second and Larry Young fifth.

Wehn DeNoon got his call he slowed and Rudy Halusa moved into the lead. This was around two miles. By four miles though, DeNoon was back up front and withstood several challenges by Halusa to finally win going away by 112 yards. A distant third and never in contention was Ron Laird. Larry Walker continued to improve and finished only 69 yards behind Laird. The real surprise of the race, to this writer, was Rich Bowman, who finished sixth and not much off 8 minute miles. This is better speed than Rich has shown us in the past.

Halusa was walking his first race to our knowledge in some time and what affect this may have had on his performance we do not know. DeNoon and Halusa become the second and third Americans to officially cover 8 miles in the hour. Laird holds the American record at 8 miles 420 yards.


Got an entry blank to a North American Postal 20 kilo from John Maclellan. This is being sponsored by the Pacific Southwest Association and we are glad to see such an event revived. (Chris McCarthy conducted one for two or three years.) But we find the note at the bottom of this entry blank a little disgusting. John cites the fine showing of the Canadians in the 50 and speculates on their chances of doing as well here. He closes by saying, "I think they can do it, unless you soft Americans get some spark." We wonder when John is going to learn he is not chairman of a bunch of junior high school kids, but a group of mature individuals most of whose primary concern in life is earning a living and taking care of a family. Now John, these guys wouldn't be out there participating in such a demanding sport if they were soft and we fail to see how you can expect to get anything but resentment from such stupid admonitions. Like Charlie, you get to carried away with the whole thing and wind up defeating much of the good you are doing. As to the postal race, its a good idea and we will probably participate. But while you hearty Californians are basking in the San Diego sun, the softies in the East and Midwest will be trudging through several inches of snow in 15-20 degree temperatures, which hardly seems like a fair way to decide anything. This is the same objection I have to making the National One Hour a postal affair. It is a completely unfair way to decide a National championship. A national should be on a man to man basis. Postal races are fine and are fun, but not for a championship and not at a time of year when there will quite likely be great weather differences.
PRE-RACE EXAMINATIONS

by Dr. John Blackburn

I have long felt the need of a specific medical guide for physical examination for all participants prior to National walks. This need not be long or involved and can be done by the athlete's own family physician several days prior to competition. Alternatively, an examination conducted immediately before competition would be acceptable.

This latter on the day of competition examination should be to rule out obvious cardio-pulmonary-renal pathology, obvious locomotor system defects and the presence or absence of infection. Therefore clinical examination is limited to visual inspection of the candidate, temperature, pulse, respiratory rate, blood pressure, percussion and auscultation of the heart chest, palpation of the abdomen and urinalysis.

Disqualification of an individual should be based primarily on the presence of a lesion that, in the opinion of the examiner, would be adversely affected by the exertions of the race.

A training history should also be taken since it is of great value in determining the eligibility of the contestant.

If the athletes can be examined several days prior to competition then the examination can be extended to include a complete blood count and an exercise tolerance test such as the Harvard Step Test. This test should include before and after temperature, pulse, respiratory rate, blood pressure and vital capacity. Any of the other tests of fitness of cardio-pulmonary function and muscular endurance may be used. Disqualification may now include a poor exercise tolerance.

Use of these routines in pre-competition examination will, I hope, restore the athlete's faith in the validity of medical examinations. It is suggested that as an opening wedge, the entry forms for the 20 and 50 kilo races contain an outline of the above routine. Not only would this be of immediate value, but over the years to follow it would be a source of valuable medical statistics.

It is my opinion that the signed medical statement that the competitor is physically fit to participate is outmoded and nearly useless.

UPCOMING OHIO RACES:

Saturday, December 17—Postal 20 Kilo, Upper Arlington HS Track (all weather)
Time to be announced. If weather is too bad we will wait and see if Sunday brings anything better.

Saturday, December 31—THIRD ANNUAL NEW YEAR'S EVE 6 MILE HANDICAP, Scioto Village, Rathbone, Ohio. (Seven miles north of Dublin on west side of Scioto River.) As we have been saying for the past several months you can't afford to miss this one. Undoubtedly the bestest race in the whole goldburn country.

The Ohio Race Walker is published monthly in Columbus and Rathbone, Ohio. Your friendly correspondents are Jack Blackburn, publisher; and Jack Mortland, editor. For a mere $1.20 a year you can have it stuffed in your mailbox each and every month. At fairly regular intervals, too. Our staff consists of Dave Jo Blackburn, printing and circulation; Dr. John Blackburn, medical editor; Corinne Blackburn, art editor (guess its about time we asked for some more art); and Marty Mortland, general assistant around the editorial office.
Cincinnati, Ohio, Thanksgiving Day—As usual, Jack Blackburn won the annual 5.5 mile walking race from Ft. Thomas, Ky. to downtown Cincinnati. (It has always been called a 6 mile race before. They have finally admitted they had a short course all these years, a fact all the competitors have known right along.) Blackburn has won every year but one since 1958, losing to Jack "Portland" in 1961. This year he won in 44:04.7, about a minute slower than last year, with "Chuck Newell" going Wayne "Archer" for second. Doc Blackburn walked a terrific race and was not far back in fourth. As another of fact he just about killed his chances for the eight minute handicap he expects on New Year's Eve. The following report is that of the good doctor.

After the first 100 yards, Jack Blackburn, Wayne "Archer" and Chuck Newell were walking abreast out in front with Arnold and Doc several yards back. On a long downhill stretch of about 3/4 mile, the front three slowly pulled out until they around 200 yards ahead. Jack E. gradually pulled away going up the first hill. This hill is approximately 3-mile long and by the time Archer and Newell reached the top he was out of sight. Doc gradually left Arnold on the same hill and was able to regain about 180 to 200 yards behind Archer and Newell. From this vantage point, the two could be seen trading second and third places repeatedly as they went down 16th Avenue and across the Ohio River bridge, up the two short hills to Broadway and up Broadway to Central Parkway. From a distance it looked as if Newell pulled ahead gradually in the last mile up Central Parkway to the finish.

After leaving Arnold, Doc walked by himself dodging cars and buses without much police aid. Traffic seemed unusually heavy for a Thanksgiving Day. Both Doc and Arnold beat two of the 52 runners to the finish, the runners having started five minutes behind the walkers. An interesting footnote: Newell was given a warning about bent knee style by Jack Blackburn while going down the first hill. We must keep the OTC walkers clean at all times.

Jack Blackburn comments: Forrest Conrad, the OTC's newest walker, is showing improvement each race. He placed sixth in this one showing very fine style. Doc walked his best time for the race in 10 years while Wayne "Archer" walked his usual gutty race. Looking back over his previous times, it shows that there is no evidence that he is slowing down.


Appears to be a little space left yet on this page which must be filled. So here comes some filler. Good article in Time magazine a couple weeks ago which I meant to use some excerpts from this issue. Then I went and threw it out, plumb forgetting the article. Anyway this concerned some of the eccentricities of opera singers in regard to food and various "pre-race" preparations. A good bit of it dealt with sexual habits immediately before and even during performances. Shows that we are not the only ones concerned about the Cromwell theory. Difference is that they actually do it, not just talk about it. There seems to be a lot goes on those opera house dressing rooms that I have never seen prior to a walking race in one of our dressing rooms.
Don Jacobs says to watch out for a young fellow named Steve across. Steve
in now 16 and did a 1:54:21 for 20 kilo in October. He followed it up two weeks
later with a 2:28:56. He first walked last May with a 4:47:560 in the
Portland Junior Olympics (14-15 age group.) A week later he walked 204 yards
in front of the State Finals but got too excited in trying for a national record
and was DQ'd in the last 200 yards. We will be watching and learning for more
from Steve. Incidentally, Don reports that they had five judges for their Jr.
Olympic walking races in Oregon, which may be a record of some sort.

Don also sends along some results including a 20 kilo in which Karl Johansen
beat Ed Glander in 1:48:40 to 1:48:57 after a stride tie to be through a
first 10 kilo of 53:36. They had both been beaten in a 35 kilo by George Edwards

In a 15 mile in Toronto Karl Merschens turned in an excellent time and beat
Alex Oakley in the process. This was on October 22. 1. Merschens 1:58:35 5

On November 12 Farrelly took second in a 10 mile handicap as he had the fast
time, and very fast it was, 1:17:22. This was on a 1/2-mile loop and Bert Life
told us the course is very easily cut which tends to account for the fast time.
Bert himself made it home in 1:25:25 for fourth overall and third on time.

KAAU Jr. 30 Kilo, Pomona, Calif., October 16—1. Larry Young, Striders 2:50:12
Judging from the way he looked two weeks later I would say Larry was sort of
playing around here. Or else he gets in shape mighty fast.

Mile Walk, Pittsburgh, October 29—1. Mike Moran 7:36.7 2. James Johnson, 7:44.0
Doroshak 8:35 (all from Pittsburgh Walkers Association) Nineteen finishers including
John Dani with 9:00 in eleventh. This race was sponsored by the Joes' Hone.
clothing store and Bobarry's Limited, makers of famous Walking coats. The first
three finishers received large trophies plus a coat. This was primarily a promo-
tional gimmick for the walking coats but in the process they got a good deal
of publicity in the press and on radio and TV. More important, they kicked in
650 bucks to the Race Walking Fund.

Bill Grandy is continuing to build the sport in Florida. Most of the races
are shorter, but they are frequent and he is getting good turnouts. Also has
had some girls' races. No one other than Bill is recording particularly fast
times yet but he seems to have a lot of interest. Races have included: 2 miles
on Oct. 12 with seven walkers (Grandy 15:10), 2 miles on Oct. 17 again with
seven (Grandy 15:57) and again with seven (Grandy 15:21) and on Oct. 22 with 13 walking (Grandy
(Grandy 25:37, Johnson, Al King, and Bergstrom all 31:13), 2 miles Oct. 30 (Grandy
15:50, Bergstrom 17:21), 10 Kilo Nov. 6 with 12 walkers (Grandy 55: 0, Johnson and
Paul Rebock 59:53), 5 kilo Nov. 13 with 6 (Bergstrom 27:53), 2 mile Nov. 20 with
10 (Bergstrom 16:48, Bergstrom is a high school student.) The best time for the
girls is a 1:31:980 by Sheryl Rebock. They have been improving with each race.
Long Island City, N.Y., Nov. 6—Mr. Robert Page of the North Woodford Club won the Annual 3/Sgt. Joseph Labonsky Memorial 10 Mile Walking Handicap Walk today. Page, with a 10 minute handicap, crossed the line in 1:16:46, 38 seconds in front of good old Bill Oschnenko. Bill had 8 minutes and just nosed out the good Doctor George Shilling. Shilling had only a four minute handicap, but covered the course in a fine 1:21:21 for third place time honors as well as third overall. First on time was Ron Kulik with 1:20:41. Ron finished 8th overall. Ron Daniel, in 19th place, had second fastest time of 1:21:03.

Coming a close fifth was Toronto's grand old man, Bert Life, only thirteen seconds back of Oschnenko. Bert had an actual time of 1:29:35 which was a nearly an eight minute improvement over last year. Poor old Buck MacDonald's reputation caught up with him and he had to start even with Kulik, just two minutes back of Daniel. Bruce managed to creep in 33rd with an actual time of 1:28:19. Team prize went to North Woodford with 14 points to 16 for NY Pioneer Club "A" and 21 for the Philadelphia AC. First senior (over 50) to finish was Sig Pederson of North Woodford who beat Bert Life by 5 seconds, but who also started 12 minutes ahead of Bert.


So here I am with some more space and nothing of particular interest to fill it with. But then there is probably nothing of particular on the first 7½ pages. Trouble is there was no letter from Bob Rims this month and we depend on that for a half page or so. That and the fact that I have run too close to the bottom on most of the preceding pages and that antiquated mimeo machine Blackburn has probably won't pick it all up. Maybe I should repeat here all that has been said at the bottom of pages so you will be sure not to miss one excellent word.

One thing about stream of consciousness writing like this it goes much faster than the stuff I was typing and I am sort of tired of sitting behind this typewriter. Incidentally your editor (that's me) gave up his lucrative position at Hastings for several weeks back and is now serving at Battelle Memorial Institute here in Columbus as a, would you believe, technical writer. Have to write with a little more care there.

Seemed it was about time for a new paragraph, so welcome to a new paragraph, which will probably be the last one for this month, you poor souls. As I have said before, one of these days I am going to put some kind of training article in here. Probably one to tell you how to prepare to drop out of any race over 30 kilo, which is my biggest specialty. Anyway, I should be able to tell you how not to train for a 50 kilo. But I will have to spend a little time on such an article. Can't just sit here and pick away as I prefer to do. Other outstanding features you may find in the future (probably in vain) include a series of specials on great races of the past; a stirring, and heart-tearing account of my first national; and the record of the OTC through the years (a bit of bragadocio for which I am sure you can't wait); and OTC Instance Carnival records and maybe even past summaries. Gee, I used up all the paper.
Kansas City, Mo., Nov. 26—Chuck Newell, the Ashland, Ohio mailman on one of his usual business holidays, walked away with both honors in today's AAU Junior 35 Kilo walk. Naturally it marked his first National Title, else he wouldn't even have been walking. Newell's winning time was 3:21:47 which established a new OTC record, breaking up the Berlend-McKernan stranglehold on club records. (Rumor has it they are going to have a secret 35 Kilo race one of these weekends, with C. Newell definitely not invited.)

Newell had a close race with Chicago's Bob Gray for the first 30 Kilo. Then going in a "real hard hill," as Chuck describes it, Newell opened up a slight lead and Gray decided it was time to let him go, eventually finishing five minutes back. John Rose of Kansas and California's Stan Waddell had been with this pair in the early going, but Rose dropped back after five miles and Waddell after about 12 Kilo.

Going on very strong at the end to edge Rose by 14 seconds for third was 59-year-old Larry O'Neill of Montana. Larry is doing as good a job of walking as he is promoting races in Montana. I think we'll have to get him and Bert McPhie together to settle the North American old cat championship.


Newell's splits: 5 Kilo—27:04 10—54:00 15—59:33 22—2:00:57 25—2:23:25 30—2:33:53 (would have won the Senior National also held in Missouri earlier.)


More on European Championship Walks (see September issue for results) in 20 Kilo Lindner and Golovinich led at 10 Kilo in 44:25. Rosman was disqualified in this race at about 5 Kilo while trying for the lead. Tanich's splits in the 50 were, for each 10 Kilo—50:07, 1:41:06, 2:34:12, 3:26:50. Agranov gained about 45 seconds in the last 10 Kilo but was not a threat. Hobs was not walking due to a foot injury and his East German teammate Leuschke, who was runner-up in the Luzano Cup last year, could not even make the East German team. Both have reportedly run top class 10,000 and Marathon times recently, which may or may not have hurt their walking.