

# OHIO \* RACE \* WALKER

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## A THENS WIN

With a tremendously balanced team effort, the Athens AC made their first big splash on the national scene with a solid victory in John MacLachlan's First Annual National Postal 20 Kilo walk. With their three men within 66 seconds of each other they won by over eight minutes from the runner-up Ohio Track Club. The team was composed of Goetz Klopfer, a transplanted Michigander, newcomer Tom Dooley, and fast-improving Bill Ranney.

Your good old OTC did salvage individual honors, however, with Jack Blackburn scoring by 17 seconds over Canadians Karl Merschens and Alex Oakley. Incidentally, I should say North American Postal 20 Kilo, not National. The OTC's Jack Mortland was the second US walker, just over a minute back of the Canadian duo. The Canadian Gladstone team would have been very much in the running for team honors, but neither Cappella or Farrelly showed up, and they had to rely on age, but aging, Bert Life for their third man. So they wound up fourth behind a New York Pioneer Club team of the Shillings and Shaul Ladary.

Unfortunately, John still has not sent us the complete results. We do have the first ten and the team rankings from a phone call on John's part. He said the rest was on its way, but we have waited in vain and must now go to press. Alas! Do have a few odds and ends from here and there, which you will have to be content with.

Our Ohio race was well covered last month, so we won't go into that. In Canada, Merschens and Oakley had a real tussle, trading the lead throughout and trying to kill each other off. They covered the first mile in 7:27, but then had to succumb to a cold wind and rough track. Their time was quite exceptional under the conditions. In California, Laird was reportedly walking despite having been on a water diet for a week due to a bout with the gout. In any case his time was a bit disappointing as was Ron Daniel's, who apparently had no excuse, either of conditions or health. Of course, we are never sorry to see our rivals turn indisappointing times. Keep it up fellas.

So here are the meager results we have:

1. Jack Blackburn, Ohio Track Club 1:38:12 2. Karl Merschens, Toronto Gladstone AC 1:39:29.1 3. Alex Oakley, Gladstone 1:39:29.2 4. Jack Mortland, OTC 1:40:30 5. Goetz Klopfer, Athens AC 1:40:49 6. Tom Dooley, Athens 1:40:59 7. Ron Laird, NYAC 1:41:40.8 8. Bill Ranney, Athens AC 1:41:55 9. Ron Daniel, NYAC 1:43:45 10. Jim Hanley, Striders 7. George Shilling had 1:44:55 and Ed Glander 1:45:46.8 so were probably close to the next two positions.  
TEAM -- 1. Athens AC 5:03:43 2. Ohio Track Club 5:12:23 3. N Y Pioneer Club 5:17:42 4. Gladstone AC 5:18:23 5. NYAC 5:23:07

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Here are the few scattered results we have this month. (Heck, why did I say that, they're all from the same cotton pickin' place.)

1 Mile Handicap, Dec. 9, 1966, 168th St. Armory, Manhattan (220 yd. flat board track)--(figures after each name show actual elapsed time, number of yards handicap, and estimated actual time; not our estimates by the way) 1. Bill Omeltchenko NYPC 6:47.8, 50 yds, 7:00 2. Ron Daniel 6:48 from scratch 3. Bill Purves, un. 6:49, 70 yds, 7:07 4. Ron Kulik, un. 7:00 from scratch 5. Shaul Ladany ~~NYPC~~ NYPC 7:02, 90 yds, 7:25 6. Bill Hohenstreet, Kings Point 7:03, 180 yds, 7:48, 7. Bruce MacDonald NYAC 7:05, 35 yds, 7:13 8. Howie Jacobsen, un 7:15.5, 70 yds, 7:23 9. John Kelly, Millrose AA 7:11, 70 yds, 7:29.

1 Mile Handicap, Dec. 16, same place -- 1. Gregg Diebold, Shore AC 6:41.6, 180 yds, 7:26 2. Shaul Ladany 6:43.5, 125 yds, 7:16 3. Ron Daniel 6:44.3 from scratch 4. John Kelly, 6:45.3, 150 yds, 7:21 5. Ron Kulik, un. 6:46, 25 yds, 6:52 6. Howie Jacobsen 6:59, 75 yds, 7:17 7. Dr. George Shilling 7:01, 75 yds, 7:19 8. Bruce MacDonald 7:08, 50 yds, 7:20 9. Dr. John Shilling 7:15, 90 yds, 7:37

1 Mile Handicap, Dec. 28, same place -- 1. Ron Daniel 6:44 from scratch 2. Ron Kulik 6:47.4, 40 yds, 6:58 3. Steve Hayden LI Striders 6:47.5 40 yds, 6:58 4. Shaul Ladany 7:01.5 75 yds, 7:20 5. Howie Jacobsen 7:04.4, 40 yds, 7:14 6. George Shilling 7:04, 40 yds, 7:15 7. Bruce MacDonald 7:05.1, 50 yds, 7:19 8. Bill Omeltchenko 7:35, 40 yds, 7:48 (not happen to Bill in two short weeks.)

Sr. Metropolitan AAU 1 Mile Championship, Jan. 11, same place -- 1. Ron Daniel, NYAC 6:43.8 2. Ron Kulik, NYAC 7:02.5 (a replacement for the aging Bruce MacDonald) 3. Bruce MacDonald 7:03.5 (so who needs a replacement) 4. William Purves, NYAC 7:04.4 5. Howie Jacobsen, un. 7:10 6. Shaul Ladany, NYPC 7:12 7. Dr. George Shilling 7:13 8. Dr. John Shilling 7:19 9. John Kelly, Millrose AA 7:20 10. Bill Hohenstreet, Kings Point 7:58 (Bill Omeltchenko was back very strong with a 6:49.5 in second but got the old heave-ho from judges Harry Rampart, Henry Laskau, and Charlie Silcock.)

And now a <sup>few</sup> furrin' results:

France vs Great Britain, 10 kilo, Paris, Sept. 25 -- 1. Henri Delorme, FR. 45:10.4 2. Peter Fullager, GB 45:13 3. Ron Wallwork, GB 45:06.4 4. John Webb, GB 46:09.6 5. H. Amoux Fr. 47:51.2 6. Texier, FR 50:36.2

Paul Nihill's retirement evidently didn't last long. He won a 9 mile in Belfast, Eire on Oct. 29 with 69:17.

100 kilo, Lugano, Oct. 30 -- 1. Colin Young, GB 9:53:03 2. S. Lindberg, Sweden 9:57:35 3. M. Aberhard, Sweden 10:22:41 4. I. Pettersson, Sweden 10:30:07

Australian National 50 Kilo -- 1. Gardiner 4:18:20 2. Allsopp 4:20:00 3. Clark 4:28:06

International Junior (19 and under) 10 kilo, Czechoslovakia -- 1. Selzer, EG 45:44 2. Tomasek, Cz. 46:44 3. Larsson, Sweden 47:17 4. Ingvarsson, Sw. 47:44

Prague - Bodebrady 50 kilo -- 1. Sakowski, EG 4:15:53 2. Reiger, EG 4:16:24 3. Selzer, EG 4:17:03 4. Skotniczi, EG 4:17:49 5. Lindberg, Sweden 4:26:51

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East German National 20 Kilo -- 1. Sperling 1:31:00 2. Lindner 1:31:20  
3. Reiman 1:31:29 4. Pathus 1:32:09

10 Kilo (track), Potsdam -- 1. Reimann 42:40 (Record) 2. Lindner 42:40.8  
3. Sperling 44:20 4. Sakowski 44:41 5. Reiger 46:42.6

Polish 20 Kilo -- 1. Pazlewski 1:34:14 2. Ornoch 1:34:42 3. Czaplinski 1:35:41

Switzerland National 50 Kilo -- 1. Stutz 4:20:21

USSR National 20 kilo -- 1. Vedyakov 1:31:12 2. Golubnichiy 1:31:28 3. Sol-  
oatenko 1:31:31

West German National 20 Kilo -- 1. Pape 1:33:42 2. Hupfeld 1:34:59 3. Schrei-  
ber 1:35:04 4. Ragnar 1:35:40 5. Weidner 1:35:49 6. Paul 1:36:05

West German National 50 Kilo -- 1. Weidner 4:22:05 2. Nermerich 4:26:21  
3. Pape 4:27:37

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For those of you who plan to make it to Montana for the 10 kilo in September, and for those who don't I guess, here is something to think about. Larry O'Neil writes that although the altitude in Kalispell, where the race will be held, is only 2900 feet, they can arrange transportation to Logan Pass in Glacier National Park. This would be for training only of course, so you could get a little experience at around 7000 feet. This could be done at minimal expense.

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Wayne Yarcho writes to support our stand against people of Elliott Deman's ilk on the postal-race issue. Wayne attacks it from a different point, however, as he says, "His assumption that all such events will have adequate judging, or indeed any officiating at all, is in my opinion unjustified. In the three walks that I participated in this year locally we had no judges at all, and I sometimes wonder if there are any really qualified, active. With all due respect to the Chicago people, for instance, I can recall only one instance since I started walking there when any judge really functioned to take some runner off my back. Many times, both elsewhere and locally, I have heard a lot of talk from judges after the race was over about how this one and that one really looked bad, but still he seemed to get away with it. Remember the 1 hour National at Chicago in Sept. 1965 when McCarthy said after the race how nearly he came to disqualifying the New York team member? But somehow he didn't quite get around to it. That from Chris, who should have both the know-how and nerve to teas anybody out! Oh well, guess I am getting old. I rember George Casper used to rave on like that, and I though he was just crabby. It's all a game anyhow." Ha! Elliott Deman, put that in your pipe and smoke it. And of course you are the ones that would suffer, because you have judges. However, we are quite fair. We pretend old Henry and Harry are watching us.

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The Ohio Race Walker is published once each and every month.. You can get twelve beautifully stapled copies of it for only \$1.20. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202. Incidentally, that is the address of your editor name of Jack Mortland. The other Jack, Blackburn by name, the publisher, lives at Rathbone, Ohio, address Rt. #3, Delaware, Ohio 43015, for those who want to correspondence personally with him.

TRAINING FOR THE 20 KILO WALK

by Jack Mortland

What I will have to say in this article will be largely of a general nature and rather loosely organized. References will necessarily be personal, because I have little else to fall back on. There is, of course, practically no literature on this subject. About all I have seen is a book by Harold Whitlock, which is quite good, but perhaps a bit outdated, and an Australian book giving brief details of training schedules of many top walkers around the world in the early '60s. Both of these books are available from Track & Field News, and I would recommend them for those who have not already seen them. However, what I will have to say is not taken from either of these books, but is largely my own opinions, and perhaps prejudices.

My opinions on how to train for walking are derived from a good many sources, and I may make reference to some of these throughout this piece. There are many individuals I have come in contact with who have influenced my ideas to some extent among who I would list Doc Blackburn, Chris McCarthy, Matt Rutyna, Jack Blackburn, and Ron Laird. Much of my thinking dates back to my running days and to my continuing close contact with training for running. This contact is both through reading and through being fortunate to have been able to travel with some of the best distance runners.

This, I guess, brings me to one premise: that training for race walking is very little different from training for distance running. With one notable exception of course - you walk rather than run. Although, I do some running in my training, it is largely for change and relaxation, and I do not feel it does me as much good as would the same time devoted to walking. The same goes for weight training. It has a value in adding general strength, but if you have to take time from your walking training to work it in, you will be better without it. So, what I am saying is, if you have some extra time for running or weight training, by all means indulge. But I think the only exercise that really trains you for race walking is race walking.

Now, to return to my comparison of walking and running training, and to continue with my generalities. I feel that training for either must remain a highly individual thing. What is good for one might be rotten for the next. We all have seen a new world beater come along on the track and immediately everyone starts to emulate his training. It's happened with Zatonek, Kuts, Elliott, Snell, Clark, etc. Some find great success with the new methods, others are worse off than before. But there is one common ingredient in all of these "systems" and that is steady, consistent work. If you do "x" amount of work, the body is going to be in top condition. Unfortunately, if ~~training~~ ~~exercise~~ you can't mentally adjust to the way the work is being done, and stay relaxed while still believing in its good, you may still be nowhere as far as racing goes. Therefore, each individual must find a program that gives the right amount of work while meeting his particular psychological outlook. So, why am I writing this when I know I can't analyze and address each of your individually, and know I am not capable of solving each problem if I could.

Well, I can perhaps give you a few basic ideas, which can apply to any program, which have grown out of my long years of drudgery. And, I can give a general idea of how I train, for what it is worth to anyone else. I have heard and read about how many others train over the years and have stuck little bits and pieces in my own programs. So now I will feed a little back.

First, I am definitely not an advocate of the 100-mile-and-up-per-week plan. As a matter of fact, I think it a little ridiculous. But I do advocate 12 months a year every year of your life. In my own case, except for six months in the Army when my training was quite infrequent, I haven't missed more than 10 days at a time since the fall of 1953 when I started to college. This is the way you get stronger from year to year. And I seriously doubt if I would still be at it if I had been trying to rack up fantastic distances all this time. For my money, the key lies in quality of miles, not quantity. And Jack Blackburn is making more of a believer of me all the time with the paltry amount he is doing.

Perhaps I can get a little more specific in this area, and again excuse me for personal reference. In 1961, when I first did well nationally, my mileage was almost unbelievably low as I look back on it. In January and February I was training exclusively for the mile indoors, doing only extremely fast, but short speed work. I walked about 30 miles each month. I did run about an equal amount. Through March, April and May I was covering 70 to 90 miles a month, with nothing over 10 miles at a time, but everything very intense. I did a little more in June and July and then sort of tapered off again. I was training about five days a week, so you can see there were not many long workouts. There were several miles of running each month; I did a lot more of it back then. Anyway, off this training I was able to walk a 1:40:36 20 mile on the track in October. However, I now feel this was too little mileage, even for me.

By way of contrast, in 1964 I felt I had to be ready for the 50 kilo, too. So through the winter and early spring I was getting in a "long" one each week. (20 miles is long for me.) The rest of my training was pretty much the same as in the past, only more intense and a mile or two more each day. As a result I was covering over 200 miles a month, still not much in some peoples books. But of course, it payed off. Still, I now think this is probably more than necessary when training for a 20 kilo, and probably enough for a 50 kilo. The trick there is mental adjustment.

So, what do I recommend doing during these 70 to 200 odd miles a month. Although, I don't always practice it, I feel a program should include an overdistance walk about once a week. This I feel should be from 15 to 20 miles; certainly no further is necessary for 20 kilo. But it is not a stroll by any means, definitely under nine minutes per mile and as much faster as you feel like making it. This I do to build strength, or I should do to build strength.

Most of the rest of the work is in the nature of intervals. There are many ways of doing these to break up the monotony. When I first started, I was doing practically nothing but quarters, but now I can hardly force my self through such a workout. Most of my work is at longer intervals, up to two miles, and when ~~my~~ training seriously covers a total of at least six miles. The intervals can of course be varied by the distance covered at fast speed, by the speed of the fast interval, by the time of recovery, and by the number of intervals. This gives you a number of directions to go in seeking improvement from workout to workout. My own interval work is done at only a medium pace, but with only a very short, fast recovery interval so I generally cover the total distance, including intervals, at better than eight minute pace. My improvement comes through increasing the pace of the fast repetition. I often do this within a workout, i.e. try to make each repetition slightly faster than the preceding one. In peak condition typical workouts might be 10 x 80 at 1:40, 6 x one mile at 7:20, 3 x 2 mile at 14:45 to 14:50. (I would cover 6 miles in around 44 while doing these.)

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A favorite workout is what I call "Descending Intervals". In this I start with 1 1/2 mile, then do 1, 3/4, 1/2, 1/4 and 220 going faster on each repetition, and again with a very short recovery. Something that sounds very good, but that I haven't tried much yet, is done by Gerry Lindgren. He runs a quarter at about race pace, then does one very fast - close to 60 perhaps. Then back to race pace and so on till you drop or something. Anyway, this develops the ability to break contact during a race.

I, of course, would not recommend that all work be of the interval type. I toss in occasional time trials. But most of my straight distance work is done at an increasing pace. I start at a relatively slow pace and then try to make each mile faster than the one before. It results in a good to average time, and a feeling of confidence because of the fast finish. Another good trick is what McCarthy calls "laminations". The Blackburns think you have to be out of your mind to do this, but I found it quite helpful when I used it in 1964. All this amounts to is going out the day after your long one and doing an ultra-fast four to seven mile. Very strengthening, and actually you get to feeling quite loose and relaxed, although quite tired, after a couple of miles. I was able to turn in some of my very fastest times doing this.

So, if I have to set down a training schedule to end this thing, and I have to end it some way, here goes. This would of course be for someone already in good condition. I have not listed times, but comparative pace which each man can adjust for himself. I certainly would not recommend that anyone take this and start following it religiously. It is merely a guide to one man's opinions, and I have already tried to stress the importance of individuality. At best it gives you something to start thinking on.

- Day 1 - 15 to 20 miles at near your race pace for that distance
- Day 2 - 4 to 7 miles as fast as you can manage
- Day 3 - Anything you can manage, you will find this to be a recovery day.
- Day 4 - Intervals as outlined above, fast portions faster than race pace
- Day 5 - Rest or straight distance at increasing pace
- Day 6 - Time trial at 6 to 10 miles, or intervals as on Day 4.
- Day 7 - Rest or repeat Day 4 or 5.

Incidentally, think about what you are doing while you train. I haven't mentioned it, gearing this to a more mature walker, but maintenance of style is very important.

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ON SHOES

by Jack Blackburn

Did you ever notice the strange footwear that beginning walkers and twice per year walkers have? Dress shoes, clod hoppers, tennis shoes, bedroom slippers, bowling shoes, etc. That's what the Blackburns started out in, bowling shoes. Don't ask us who put us on to this notion, but we had 3 sizes of bowling shoes with a leather soled and rubber soled pair in each size. You have to have a left-handed and a right-handed pair because each pair has a different sole. We had enough bowling shoes to outfit the entire I.B.C. membership. The biggest drawback here was that they wore out within 200 miles. They were <sup>so</sup> stiff and gave you heel blisters after five miles.

Next, through Clair Duckham in Dayton, I got a pair of cut-down wrestling shoes that were very expensive. (I don't remember paying for them. Funny thing.) The big drawback with these was that they had very soft sponge rubber soles and heels and tended to make you lift in a fast race. Next, I traced around my foot 83 different ways and sent to England (jolly old) for a pair of professional looking Fosters (which came months and months later). The shoes were about 1½ sizes too big, so I had to wear two pair of socks. (Ed. They were big okay. I put them on once using my Adidas <sup>shoes</sup> as socks.) McCarthy told me how bad they were, but I defended them to the hilt. Just to prove a point, I sent for two more pair. I hate for McCarthy to be right. So after I got blisters on every part of my foot, cut my calves up with the hard-extended sole of the opposite shoe and lost many pints of ~~my~~ blood, my folks got me a pair of Adidas. One thing that must be said for the Fosters though is that they refuse to wear out. (7)

The German shoes fit like gloves with no weight, after the Fosters. I wore the Adidas until last year when Jeff Johnson and the Tiger people bought an ad in the ORW. I had no complaint at all with the Adidas until they put that blue die on them. For two years I went around with blue feet. People would scramble for the sides of the pool and knock each other down getting out when I went swimming. My children would ask, "Daddy, why don't you wash your feet more often?"

The Adidas is a very good shoe, but I prefer the Tigers for several reasons. There is more room around the toes, which gives my bunions relief. They last longer and I receive no bruises, even on the roughest course, because the sole is thicker and softer. The one advantage to the Adidas is that they are lighter in weight, but this is primarily due to the too thin soles and thinner top leather.

Many walkers wear a different shoe for sprinting, for distance and for workouts. I, because of my long, flat, foot with asparagus-like toes, have a tough time breaking in shoes. So I keep and wear one pair ~~at~~ at a time until they will no longer stay on my feet, and then tape them up and maybe think about getting a new pair.

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THE GAMES RACE WALKERS PLAY

by Jack Blackburn

Most of us work out by ourselves and are fortunate if we can find a workout companion once a week. In our lonely journey to nowhere and back, or round and round, we each have a bag of psychological tricks to play on ourselves so that we can keep going for a good workout. My workouts over the past years have been nothing more than time trials. (Better read your editor's article on training, Blackburn. Or maybe he had better read yours as you are beating him rather consistently.) I have very limited time to workout, so I must get the most work in the shortest time. I usually pretend that I am either in a National Championship at that distance, or am in the last few miles of a 50 kilo within an international field. I pick a time that I will be satisfied with and must beat it in order to whip my imaginary competitors. Matthews, Pamich and Laird have lost many a close race with old Jack Blackburn on the backyard track. Mortland pretends he is in the 1952 Olympic Trials at 10 kilo and either makes the team in third, or wins. So Laskau, McDonald and old Jim Hewson have fallen here too. (Ed. Better check the next page to see who was waling then, Blackburn.)

The first trick, of course, is to get to the workout site. I think to myself, "Well, I have to be sociable and visit my folks, so as long as I'm there —" Next, I must talk myself into dressing for the workout. This is many times the toughest task of all. "Well — there isn't anything important coming up so I'll just work up a sweat or just because I change my clothes is no sign I MUST workout, I could work on my car instead." Then when I get on the track I tell myself I will be satisfied with just holding an 8:00 min. average for four miles, knowing full well I won't be satisfied. I go through the first mile in 7:28 and think to myself, "Well, now I can slack off at an 8:10 average and coast in." I pass the two mile in 15:15 and think "Now I am enough ahead of pace that I can work on form for the last two miles. The three mile comes in 23:45, so I might just as well try for that 8:00 average for six miles. After all, I can slow down to over 8:15. Four miles in 31:02; "what kind of a gutless bastard am I? That was only 7:57! Did I look at the clock wrong? How many laps was that? My right calf hurts — so pull damn it, your no good anyway!" (Ed. Blackburn, if this rotten language continues, I am going to quit typing this. Remember our readers.) Five miles in 38:55. "Got to get to six miles in 46:45 or I'm nothing but a backyard rinkydink. Funny chest pain. Maybe it's the heart. Men my age have dropped over! Pick it up — Drive, drive, drive." Six miles 46:38. "Gee, that's not bad. That would have won me the 1959 10 kilo and it seemed so easy. All I needed was an 8:20 average to break 80 minutes for 10. So why did I stop? Think how encouraged I would have been if I had just loafed through those last four miles. What a hammer head."

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 REVIEW OF THE PAST — An exciting new feature.

1952 Br. 10 Kilo Walk and Olympic Trial, Bronx, N.Y., June 1 — 1 Henry Laskau, 92nd St. YMHA 47:53.4 2. Frank LaMorte, Staten Island Harriers 50:13 3. Price King, U. of Calif. 51:39 4. Bill Mihalo, Thompson Products, Detroit 52:32 5. Eugene Chicure, Polish Falcons 52:52 6. John Sterner, NY Pioneer Club, no time

1952 Br. 50 Kilo Walk and Olympic Trial, Baltimore, May 4 — 1. Leo Sjogren, Finnish-American AC 4:46:51.5 2. Adolph Weinacker, USAF 4:47:01.9 3. John M. Deni, F.O.E. Verona, Pa. 4:48:39.2 4. Jimmy Sidun, F.O.E. Verona 4:49:00 5. Bill Mihalo, Thompson Products 4:55:02 6. Bronium Keturakis, un., Milwaukee, Wis. 4:58:07.

1952 Olympics, Helsinki

10 Kilo — 1. J. Mikaelsson, Swed. 45:02.8 2. F. Schwab, Switz. 45:41 3. B. Junk, USSR 45:41 4. L. Chevalier, Fr. 45:50.4 5. G. Coleman, GB 46:06.8 6. L. Jarmysch, USSR 46:07 7. E. Maggi, Fr. 46:08 8. B. Fait, Italy 46:25.6 9. G. Raymond, Switz 46:38.6 10. D. Keane, Australia 47:37. Laskau was D.'d in heat. King improved to 51:08.6 but finished last in heat. LaMorte did not compete.

50 Kilo — 1. G. Bordon, Italy 4:28:07 2. J. Dolezal, Czech. 4:30:17.8 3. A. Roka, Hung. 4:31:27.2 4. G. Whitlock, GB 4:32:21 5. S. Lobastov, USSR 4:32:34.2 6. V. Ukhov, USSR 4:32:51.6. Weinacker finished 22nd in 5:01:00.4. Deni and Sjogren failed to finish.

Planned to have more of this, but even without any news we filled the space easier than expected. However, if you like this sort of thing, let us know. Of course, we will probably have more of it whether you like it or not when we have space to fill.