McKeansport, Pa., May 27 — Under an unrelenting sun, Ron Laird (no mum) walked off with another National walking title in today's Senior 20 Kilo. The big news of the day was the fine showing of the West Coast youth brigade, as Larry Young took a strong second followed by Tom Dooley and Larry Walker. The Striders easily won another team title as Don DeNoo finished seventh to join Young and Walker. The sun took a heavy toll, as all times were quite slow and a few of the better walkers didn't make it to the finish line. Contrary to what some guys with poor memories were saying after the race, the course was virtually the same as last year. The starting line was moved and this added a few yards perhaps, but the course was the same and the race went 13-laps-plus both years. (See ORW Vol. II, No 4).

Laird's winning time was 1:38:40.4, quite good under the conditions in what was virtually a solo race. Ron took the lead from the start and no one was ever close. His time compares to Halusa's 1:36:16 of last year and his own 1:37:48 in second place last year. It was hot last year too, but not quite as hot as this year. And last year everyone was better acclimated. Evidently we have had a cool spring everywhere this year.

The race for second was a good one. Unfortunately, I did too poorly as a walker to give it a very good description, i.e. I never was close enough to see what was going on. The only man to stay at all close to Laird at the start was Bob Kitchen. After him came a big pack of about eight or nine guys. The early pace was quite fast. Don DeNoo was surprisingly in the back of this pack, but started to move after about a mile; the same time Kitchen started to give up the chase. By two miles DeNoo was in second and the young California trio mentioned above was starting their battle for position, (and the Pan-Am Games, not too far behind). The rest of the field was starting to string out. Somewhere around three or four miles, DeNoo got a cramp and dropped very quickly back to sixth place and almost to seventh (that was me at that point) before he started to move again. At that point Earl Herschens was in fifth, but was starting to struggle badly, was soon strolling, and eventually dropped out.

DeNoo worked his way back up to second, I think, or at least with the three other guys fighting for second, by eight miles, but then was reduced to strolling again and was out of the fight. Young managed to pull well away from Dooley and Walker over the last three miles but the other two stayed close to the finish with Dooley winning by seventeen seconds.

Meanwhile, your friendly correspondents were battling back in the pack. Mortland was twelfth with twelve laps to go, eleventh with eleven to go, and tenth with ten to go. This looked like to be a promising trend. But by the time the leaders were out of sight and three more were picked off in the next lap the leaders were out of sight and three more were picked off in the next lap the leaders were out of sight and three more were picked off in the next lap the leaders were out of sight and three more were picked off in the next lap. DeNoo didn't fall only the struggling DeNoo and Herschens were left to take. DeNoo didn't fall
The O£C was both flu and Dano on his illness, he walked a pretty steady pace throughout. The OEC was good for fourth in the team standings. Chuck Newell found the heat most distasteful and struggled through in 2:06. Actually his 20th place was only down one from last year, but he was 15 minutes slower. Chuck has had a bad hip though and some illness this spring, so look out. He will be back. Dale Arnold finished just back of Newell and didn't seem too much affected by the heat, going 5 minutes faster than in Dayton a month ago.

As it seems to everyone anymore, this race offered one surprise, that being Steve Hayden of the Long Island Striders in sixth. We have seen a few promising times from Steve in eastern races, but really weren't too much aware of him. Evidently, he walked a good strong race and sort of moved through the pack a la Mortland and Blackburn.

Notable absentees from the race were Rudy Haluza, Alex Oakley, and John Kelly. Rudy is finishing flight school for United and is not in shape. Alex is doing much walking this year. And I guess John was saving his money to get to Chicago and the 50. Please don't look back at my predictions in the April issue. I just did, and there isn't much resemblance to the results. However, for those who have elastized me for not laying my cards on the table and picking my own position, I can now honestly say I had myself pegged for fifth. Rudy but Haluza and DeNoo were supposed to be in front of me, not those two young upstarts Young and Dooley. Actually, I can't say enough good about those two. They are both very dedicated and determined and maybe Ron Laird better got ready to move over. Larry still considers himself more a 50 kilo walker, but has certainly shown he can do well at any distance. Tom seems a little on the fence as to which distance to concentrate on, but is probably leaning toward the 50. If he can loosen up his style a little he might really get tough. There is nothing wrong with him legal-wise, but his tight hips and consequent short stride seem to be holding him back a bit. (There Dooley, I said good things about you. Just don't let that Gammon influence you and I can probably come to do so.)

Now we have to tell about the start of the race, and I probably should have done this sooner. You see, we have this blazing hot sun, that everyone is trying to stay out of until the last minute. Sort of huddling around doors, and under awnings, and places like that as there is not much shade in a shopping center. So then the call comes to line up and everyone crawls out. And what do we find but the high school marching band, Taba, Taba, "Okay fellas, line up behind the band in four straight lines. C'mon now let's get those lines straight!" And there we stand in the hot sun. After about ten minutes everyone has crawled back in the shade and the call comes to fall out again. Back into the sun in four neat lines behind the band. "Hey, straighten up those lines!" After the National Anthem, which I can't knock, comes a lap around the big department store and then up to the starting line. This I can knock. Most ridiculous thing I have ever
seen. Promotional gimmicks to build the sport, okay. But not at the expense of the competitors. If someone pulls a stunt like that again, I think I may lead a citizen. Gee, false starts for the cameramen have been bad enough. But enough said about that.

Well, I could go into the post race festivities too, but I'll avoid that unless I run out of copy on page 8. I'm sort of a meek guy and don't really look for trouble. Here are the results:


Gee, I almost forgot to say that the AW style prize went to Larry Young. This seems to be getting a good reception and has been appreciated by all those who have received them thus far.

Among those who did not finish the race were Merschens, Felix Cappella, and Bob Romansky. Bob had a fine 1:34:58 to beat Bob Kitchen in a 12 miler a week earlier, but really seemed to fold in the heat today after being with the leaders for a while.

******************************************************************************

Record for Monster

Laird was here with the purpose of lowering the record. The weather was near perfect — temperature in the mid 50's; the track was fair. (Solid, but a little loose. Laird took the lead from defending champion, Jack Mortland after 220 yards and just kept going. He could have also had the 6 mile record, but there were no watches at that point.

Tom Dooley, of the touring Athens AC, pulled away from Mortland in the last three-quarters of a mile to nail down second place. Mortland had led Dooley briefly at the start and for two or three laps during the third mile. Once
Tom got back in the lead and pulled out to about 20 yards and stayed there until opening it up the last three laps. Dooley's time of 47:32 was a personal record for him. Mortland had a 47:50, 12 seconds slower than his winning time last year. Bill Ranney and Jim Lopes nailed down fourth and fifth places to give the Athens AC the team title. Due to a mix-up in laps, their exact times are not known. They were stopped a lap too soon as evidenced by the times they were given of 42:50 and 49:11 despite having been lapped by Dooley and Mortland. We will leave it to the reader to calculate what they might have done that last lap and decide what their times should be. The results, with approximate mile times for the first three follow. (Mile times are estimated by lap times taken at the finish line by Marty Mortland.)


***************

From NEAR + FAR

Different Dates, Different Places - Here is a grouping of some incomplete results of important races. Unfortunately, we haven't received any official results on any of these. Maybe by next month we will have the complete scoop. Anyway, in the National 35 at Kings Point, L.I., Ron Laird won both the race and the OTC Style Prize. His time was in the vicinity of 2:57, which is pretty tough and was about 11 minutes ahead of runner-up Shaul Ladany. Third was John Kelly, fourth was and fifth were Ron Kulik and Paul Schell, not necessarily in that order, and sixth was Ron Daniel. This race was on May 14. A week later they had the Annual Nat Oek (who is going to tell me who Nat Oek was) Memorial 12 mile in New York. This was a handicap affair and I don't know who won the race. However, fast time went to Bob Komansky of the South Jersey TC in 1:34:58. (I am relying on memory for this. Saw this in the NY Times but didn't copy it down. Great reporting, huh.) Bob is 29 and a distance runner who has been walking only a few months. Have seen his name often in Brown's Great Distance Log and he has done fairly well in the running game. Could be a good addition to the fold. Bob Kitchen was second on time in this race, about 15 to 20 seconds back. Shaul Ladany was a few seconds ahead of John Kelly in about 1:37:40 for the next place.

Finally, we have the Canadian 50 K in which the OTC captured third in the porcen of its most traveled competitor, Chuck Hewell. The race was won by Carl Herschens in around 4:47. Shaul Ladany took second, a little over 4:50. Felix Cappella was with Herschens for about 20 miles I guess, when he gave up the ghost. Hewell, who had been sick for a couple weeks before the race, struggled home in 5:28. Forrest Conrad also made the trip up, but only made it through about 15 miles. Hope we have more complete results on these races by next month. Meanwhile, Miles Davis continues to blow cool sounds in the background. Music to type the Ohio Race Walker by. Sometime I may have to include some jazz record reviews to try and reach a few more readers, or discourage a few more readers.
Point Pleasant, N. J., April 9 — Averaging 9:52 per mile, Shaul Ladany clipped 2½ minutes off his own U.S. All Comers record for 50 miles today. He covered the 200 laps of the track in 8:11:41 in winning the Eastern Regional AAU championship. (There isn't any other regionals with enough nuts to stage such a race. Not that I don't admire these guys for what they are doing. They're still nuts though.) The old record, set last year in the same race, was 8:35:35.


Ladany set a very fast pace for the long grind, passing 10 miles in 1:31:38 and 20 miles in 3:06:15. He continued to 50 kilo in 4:58:46 and 60 miles in 6:34:24. He managed his last lap in 2:01, which is pretty tough after 50 miles. That cat's in shape.

Kulik in Fast 10 Mile

Seaside Heights, N. J. — Ron Kulik won the 10-mile Olympic Development race on the Seaside Heights boardwalk. (Unfortunately, we don't know what day today was. Sometime in April.) Kulik had a 1:20:25, well off Daniel's course record of 1:16 set last year. Finishing second was Shaul Ladany who beat John Kelly by about ¥ minute. John's been letting me down losing to Ladany after I raved about his performances. I still look for him to be tough at the 50, however.

Howie Jacobsen of the Long Island AC led in the early stages of the race, but finally faded to fourth. Kulik was the fourth winner of the race in four years, following Ron Zimm, Bob Mimm, and Daniel. Don't know why Daniel wasn't defending.


By golly, here we are late again. Good excuse though. Wanted to wait for the 20 kilo and after that it was only a short time to the Zimm 10 kilo and I didn't have any time between them anyway, what with traveling, and playing tennis, and like that. So then by the time I got started, it was almost time for the Ohio 2 mile and we wouldn't want you to miss that. Might be a little earlier next month. Your stupid publisher may be walking in the 50 and your chicken editor hopes to be there with pencil and notebook in hand to bring you all the gory details. Stumble Ron Laird has announced to one and all that he will be there in an all out effort and hopes to double in the Pan-Am Games. Bill Ranney guarantees that the Athens AC will have three in the first eight. With a break from the weather, it should be a great race.

Some results from Northern California, courtesy of Bill Ranney.


See, now I reread the description that goes with this, and it wasn't a track walk at all. Started and finished on the track. Young Dooley started off course as soon as they left the friendly, easy-to-follow, confines of the track, but honest Bill Ranney steered him back.

Pacific Association 20 Kilo, Danville, Calif., April 2 — With a nice course, and good awards, only three walkers showed up for this one (plus a herd of bees, and two friendly cows according to reports) but it was a good race with Ranney again edging Dooley with a fine time of 2:46:35. Dooley was only 6 seconds back. Costs Klopfer came third in 2:56:11. Dooley opened up a big lead at the start with 41:10 to Ranney's 42:55 at five miles. At 4:20 at 10. Matter of fact Klopfer was ahead of Ranney too, about half way between the two. By fifteen miles Costs was with Dooley, and they had four minutes on Ranney. At this point Klopfer had to change shoes and Dooley had to slow down, both factors working to Mr. Ranney's advantage, plus the fact that he walked under forty minutes for his last five miles.


Dayton, Ohio, June 3 — Fat Jack Blackburn bided his time behind struggling Jack Mortland for three-and-one-half laps and then took off on his own to win the Ohio AAU two mile in 14:26. This was an automatic record as the event has always been held at one mile in the past. Blackburn also held the one-mile mark at 6:37 set back in 1960. Finishing third in tonight's race was Ashland's walking postman, Chuck Newall. The race also marked a not particularly successful return to the walking wars by Jeff Loucks, who stopped after one mile. However, Jeff plans to start doing some training with the other cats to sharpen up and may do well in some races this summer.

Blackburn toyed with the sluggish Mortland, letting him take the early pace which rapidly dwindled. The quarter went in 1:47, the 880 in 3:37 and the 3/4's in 5:27. Halfway through the next lap Blackburn blasted ahead and held a faster pace the rest of the way. By the mile he was already 3 seconds ahead with 7:15 and then did the second mile in 7:11. Meanwhile Mortland struggled through in 14:49, with only a 7:31 second mile. Loucks stayed fairly close for three laps and at the mile had 7:31, but found this to be too much and gave up the effort. After Loucks dropped out, Newall, who had a 7:38 mile, relaxed his effort and finished with 16:11. The judges, Dick Trace and Harry Yeagarden, were getting on his back anyway, poor fella.

Wayne Yarcho walked a fairly steady pace in fourth with 8:06 and 16:26. The good Doctor from Worthington, name of Blackburn, set out to break 18 minutes on his gimp leg, bombed the first mile in 8:32 and powered home with a sterling 17:26 effort. Dale Arnold stayed close to him for a mile and then hung on to crack 18 minutes with 17:52. Forrest Conrad turned in his best performance to date with an 18:34. After a nine minute first mile he slowed considerably, but looked more like a real race walker coming down the final stretch than he ever has. The Dayton crowd, as usual, a bit woozy amused and unimpressed. They never here quite learned to accept this sort of shenanigans. But according to wife Betty in the stands (thanks to her for the times also) there was more interest than usual. Actually, we don't fair so badly. They don't like the three mile runners any better, although they don't laugh at them.

Jack Blackburn proved the fine sportsman that he is after the race. After the time was announced as 13:56, and after Mortland had threatened him with various forms of blackmail, not to mention a race, machete, and various other forms of mayhem, he graciously informed the officials that they had misread the little hand on their 30-second-face watches. He didn't want that record to shoot for next year anyway.

The following is reprinted without permission from the Race Walking Record at the suggestion of Bob Howman. If we get sued, he says. We had sort of passed this over earlier, but Bob sent it along with his comments, which include: "Although this article appears under the title 'Weight Training,' he mainly discusses style and which body muscles coordinate proper Race Walking style. This is the most informative and to the point article I've ever read on race walking and what to look for in judging." Turn the page and see what Bob is raving about.
WEIGHT TRAINING
by T. Lloyd Johnson

How strange that all the responses to my article on walking muscles should have come from oversex, I certainly expected, and would have welcomed some comment from home based walkers or coaches, there is nothing like a little controversy to get an idea aired; still I have been very interested to read the letters of Mr. Life of Canada, the views of Mr. McGivere of Australia, and I feel constrained to make some replies. Mr. McGivere writes that I condemn the use of resistance exercises, both isotonic and isometric which are certainly "Resistance", and though I do not advocate the use of stack weights, I have never used them, I prefer using the resistance of one's own body weight repeated many times, or isometrics as I believe this makes for longer, flatter and more responsive muscles, but this is my personal opinion and one must write in the light of one's own experience, however, I am not the first to admit the truth of the old adage "One man's meat is another's poison" and I am quite willing to concede that in some cases the use of weights can be useful, in fact some of my coaches I know do use a certain amount of weight training and I don't discourage them. What I do emphatically condemn is the over-development of the thigh muscles or quadriceps in their thrusting or lifting role.

Both Mr. Life and Mr. McGivere in their articles appear to be more concerned with the question of speed, but my chief consideration is for style; of course speed is the ultimate objective but it must not be achieved at the expense of style and all my coaching (as distinct from training) has this principle in mind.

So what is STYLE? One can go into all sorts of explanations, as to the body carriage, arm action and what have you, but it all boils down to the one word "BALANCE" and this includes a balanced stride in front of the body as behind, in other words, when the walker is at full stride, with the forward toe well up to ensure the heel making firm contact and the rear heel conversely, well raised to make sure the toe retains its contact to the very last fraction, the body should be equi-balanced.

Now, I would like all walkers who read this article to make this test: stand and stimulate this full-stride position, slowly pull the body forward (not push—Bowman) and take a few walking steps keeping the leg supporting the weight of the body braced back as it should be in race walking, and with the hands feel which muscles come under strain. It will be found that there is not a vestige of drive from the quadriceps, nearly all the power comes from the back of the legs, hamstrings and calves; first a pull to bring the body forward and then a drive through to the full-stride position, again.

The only muscles on the front of the upper leg that have any power are high up just in front of the hips and these can be felt taking over the drive while the stride is transferred from pull to thrust. But let the knees bend, even slightly and the quads immediately have power and want to drive, and the more they are developed the more they want to drive and so the knees say more, the stride becomes unbalanced because the tendency is to drive backwards and the forward stride is curtailed with the foot coming down most flat-footed. Instead of that initial pull from full stride that comes with a raised knee, progression is forced by adding momentum with extra thrust from the rear end.

I maintain the objection to bent leg walking (American walkers take note!—Bowman). Only in climbing very steep hills, when it is virtually impossible to stride forward with a straight leg need the quadriceps be used, to lift the body up the gradient, but even so such hills can be quite well mastered by the power of the calves and shin muscles giving strength to the ankles. For a walker the main function of the quadriceps is to bring the leg forward merely to commence a new stride.

Maybe I am seeking an ideal, but I know of no other sport except gymnastics, where the success of the performer is so important, in most other activities it doesn't matter what the athlete looks like as long as he gets there (A lot of walkers in this country visuously feel the same—Bowman), but if we want our sport to be taken seriously and in the interest of the public, a race walker must look as though he is WALKING not SLEEPING (Amen, brother!—Bowman) (Doc said the same thing last month, and I believe all have more to say on style next month.—Ed.)