Chicago, June 10 - Like man, let's admit it. This cat L. Young is tough. Apparently about the toughest to come down the pike here in the old US of A. Not living up to my threat to journey to Chicago as a reporter, I rushed out on Monday the 11th to buck up a Chicago paper. All for naught; Mary a word on the 50. So that evening whilst strolling around in the heat, I speculated to J. Blackburn that in view of the weather I wouldn't be surprised if the winning time yesterday was over 5 hours, and would be quite surprised if it went under 4:55. So what did young Mr. Young do. Only 4:53:03.6. Of course the temperature, which went from 80 at the start to 88 by the finish, was five or six degrees cooler than it had been in Columbus, so I had an excuse. But what is Larry's excuse for walking so fast.

His time is easily the best ever by an American and I can't help but feel would have fared rather well against most anyone in these conditions. (It was humid as well as hot.) In addition, the surface at good old Hoosier Park is good hard concrete, which can get very hard after 20 miles or so and sort of ruin the joints and stuff. It does offer an advantage in the heat, in not reflecting like blacktop does. This may be one reason the performances were generally better in Chicago than at Pittsburgh in the 20.

In second place, with probably a more surprising performance than Young's, was Goetz Klopfer in 4:53:03.6. Goetz has long seemed to be a real threat at the distances, since way back in his Detroit days, but never quite lived up to his promise before. He sure made it big in this one andlands a Pan-Am spot in the process. The Pan-Am line-up is Laird and Dooley in the 20, Young and Klopfer in the 50. Alternates are Hartland (I don't know what happened to Larry Walker either) and Ron Kulik, who finished a strong fourth behind Ron Laird in the 50.

Actually, to say that the heat was not a factor in this race would be a mistake. Of 36 starters, only 16 finished. Notable dropouts were Ron Daniel, Bob Bosman, and Jim Hanley. The following in person came from Bill Ranney, who was kind enough to drop a line from Omaha as he journeyed back coastward with his hobo friends from the Athens AC.

At the start, Laird blasted out at about 7:50 to 8:00 pace. Following him were three Striders (Young, Hanley, Bosman) then DeNoo (I guess he too was among notable dropouts) and Dooley. About 100 to 200 yards back a big group with Kelley, Klopfer, Daniels, Kulik, Ranney and Clinton. The rest of the walkers spread out quickly. Laird held his pace for about 10 to 12 laps (just under one mile per lap) then he slowed down. Young came up and passed him easily. By 15 laps, things

*That is what I wanted to say, blacktop absorbs the sun rays and when reflects all sorts of heat, hence it is much hotter to walk on than concrete.
had changed quite a bit, and by 25 laps looked like this. Young had a good lead and looked strong. Dooley and Klopfer together for 2nd and 3rd about 7-8 minutes back. Then Kulik, then Laird, Clinton, Lopes and Ranney. The nearest behind me was over a lap. Either Schell or Newell.

Kulik moved ahead of Klopfer for a short period but faded during the 26th lap. Dooley bunged his foot a couple of times and mentally faded. Lopes and I, realizing that our positions were secure, strolled the last 2 or 3 laps. Surprisingly Bowman, DeNoon and Daniels dropped out after being lapped a couple of times by most everybody. The rest can be seen in the final tabulations. Athens got 4 of the 8 first spots (Ed. Ranney was wrong in his pre-race predictions, saying they would get three in the first eight) winning the team title, and Lopes won the Junior National title. The OTC style prize went to Larry Young also, although it was close between he and Klopfer. They both looked outstanding throughout. (Thanks for the report Bill).

Mention should also be made of Ron Kulik and Jim Clinton. This is certainly Ron’s best performance in what could be termed an important National, if not his best performance ever, considering the conditions. Haven’t heard much of Jim this year, but I guess he has been putting in a few miles off his fifth place performance. He can still be a real threat for next year.

The OTC’s top traveler, and leading exponent of the long ones, Charlie Newell, was of course there and did quite well with a tenth place finish. Even beat John Kelly, who we had rated so highly, but who certainly let us down. Well, we will still look for better things in the future from John. And from Chuck.

The official results are as follows:


LAI RD WINS 2 Mile

Bakersfield, Cal., June 25 — No details, but I have the results of the NMAU 2 Mile Walk, right from the pages of the NY Times. The last time I relied on them they had a guy sixth who was 3000 miles away at the time of the race. But I’ll give them another chance. Did get to see Laird go through the last 150 yards or so on TV and they had good sensible comments and no funny remarks.


This is your second June, 1967 issue of the ONW. But we seem to have skipped May. Little mistake no one has written to holler about, which is surprising. Anyway, we come out each month, and who cares what we call it. Address all correspondence to 323 Summit St., Columbus, Ohio 43202. Your publisher is Jack Blackburn, editor. Jack Mortland.
Felix to Pan Am.

Toronto, Ont., June 24 — (Special from our roving reporter, Dale Arnold) —

With the Pittsburgh smog blown out of his lungs and a mild day, Felix Cappella earned a trip to the Pan-American Games. Felix, representing the Gladstone AC of Toronto, walked away from a field of 13 to win with ease after only a short fight with 3 other walkers. His time of 1:36:42.7 set a new York Campus course record.

At the start of the race, the competitors quickly divided into two groups and a loner. The first group of Cappella, Yvon Groulx (the pride of French Canada), Frank Johnson, Gladstone AC, and Gordon Follitt (Newfoundland champ). This group found Felix too fast with only Yvon close at the end. Gordon dropped off about a half mile from the start, Frank about 1½ miles and Yvon about 3 Or 4 miles from the start. (Ed. Just occurred to me that our reporter hasn't told us what race this was yet. Happens to be the Canadian 20 kilo championship we are talking about, if you hadn't guessed. That's the kind of help you get these days, especially at the salaries we pay.)

The second group found Denis Vallianatto, Dale Arnold, Jean-Paul Perrod, Bert Life (he led the race for two steps), Harold Hoffmann, John Harwick, James Johnson, and Max Gould with each one holding the lead of the group until Max pulled away to catch Gordon Follitt. Max and Gordon walked together about 3/4 of the way. Gordon who saves himself, pulled away from Max and beat him by 10 seconds. Neither man could catch Frank Johnson who always stayed just a little ahead. Art Keay was the loner in 13th place.


Notes from after the race: Hot and cold running showers were had by all in the York U. athletic unit. No food, Hurrah! Most of us took a swim in the indoor pool. The water was just right. Before our swim we were talking about swimming in the nude and it happened. One walker went out to the pool and dived in with no clothes on. After swimming around for about five minutes he looked up. To his surprise, a large picture window over looked the pool, with a mixed crowd watching.

I would like to make a short comment about my feelings on showers (warm). Lately, some of the walk promoters have put more money into food and prizes and nothing into a shower. Pittsburgh, Pa., comes into mind as the latest offender, and there are others. If you want to cut off the food, fine, but don't cut off the showers. I usually feel like getting wet, but I don't feel too much like eating. Brains are just right. (Ed. Like, boose you mean. We must agree about the showers, and for our money they can cut out the food, too. We seldom partake just after a race. But some seem to enjoy the show, so it probably wouldn't be fair to cut it out.)
HEAT ILLNESS

by Dr. John Blackburn

According to the World Health Organization, heat illness is now classified as follow:

- Heat Stroke
- Heat Hyperpyrexia
- Heat Anhydrosis
- Heat Cramps
- Sun Burn
- Prickly Heat
- Heat Edema

Since walkers are a thoroughly exposed group, I thought it might be timely if I sorted all these out. You can then be scientific about why you dropped out of the race. Instead of saying, "The heat got me," you can say, "I have heat anhydrosis," or something equally erudite. This will impress officials and bystanders no end. You may even get an escort back to your motel or even to the hospital so you can admire the nurses. (Ed. Then you can just say "I got the hots.") The possibilities are unlimited. The newspapers may appear with headlines, "Walker Felled by Strange Disease, Authorities Fear Epidemic." Just think of all the attention you'll get!

Anyway, we'll talk first of the normal reaction to heat. Conduction, convection, radiation, and evaporation are the means by which the body deals with it. Contraction and expansion of superficial blood vessels, controlled by the heat regulation center in the brain stem, determines the amount of loss of body heat. Heat is conserved by contraction of these vessels and lost by expansion of them.

When the temperature of the environment is below 85 degrees Farenheit, body heat is lost by radiation. Above 85, sweat is vaporized as an added factor. Above 95, vaporization becomes the only way the body can lose heat. So off with the hats, the French Foreign Legion kerchiefs and the sleeved shirts. Have a special hot-weather athletic shirt cut down to the minimum — front, back, and sides. Any of you with extra fat should remember that this insulation also impairs heat loss.

Race walkers and marathoners have been checked with temperatures of from 101 to 105 after some of the longer events. I personally have had a temperature of 103 following a 12 mile race in Chicago some years ago, when the air temperature was 99 and humidity was 85 percent. Don't be discouraged, however. You won't die until your temperature reaches 110 F.

Now to the specific forms of heat sickness.

Heat Stroke — This is the worst. The person has been exposed for a varying amount of time to unusual heat. He has a fever of 106 or more. He is not sweating any place on his body. He may be unconscious, or partially so. He may have a convulsion, he may tremble, or he may be paralyzed, or partially so. Heat stroke occurs primarily in the poorly conditioned individual, the sick or the elderly. The mortality rate is 30 to 70 percent. Don't worry about it because I have never heard of a well-trained athlete having a heat stroke.
Heat Hyperpyrexia — This condition is the same as heat stroke except there are no signs of nervous system involvement, such as loss of consciousness, convulsions, etc.

Treatment for both of these conditions is basically ice-water immersion.

Heat Anhydrosis (heat exhaustion) — Here we have a person having been exposed to heat for a rather long time. He complains of fatigue, headache and dizziness. His temperature is over 101°. Pulse and respiration rates are fast. He may have sweat on his face, but elsewhere his skin is dry and goosefleshed. Prickly heat may have preceded the breakdown. If not treated, the condition may progress to heat stroke. Treatment is simple. Put the individual in an air-conditioned room and he quickly recovers.

Heat Cramps — This occurs in race walkers, marathoners, and others under strenuous exertion in the heat. They replace fluid loss but not the salt. There are muscle spasms of the body extremities with pallor, headache, undue fatigue, and dizziness.

Salt tablets, or the "Blackburn Walking Elixir," will practically eliminate this problem. Ten grains of salt tablets for every two pound loss of weight due to perspiration is a good rule to remember — plus normal salting of food at the table.

Acclimation to working out in the heat takes about two weeks. After that, the body automatically reduces the salt losses. Of course, if you're not sure you are replacing salt adequately, you can always have your doctor check your sodium and chloride levels in both blood and urine.

This brings to mind another situation which is not often thought about — that of chronic salt depletion, wherein the salt loss occurs gradually over some weeks of training in the hot weather. There is unusual fatigue and muscular aching, pallor, and dizziness. Infrequently, there are personality changes, and the person may be labeled "psychoneurotic". This last isn't really a good sign to go by, since most race-walkers are crazy to begin with. Think of the trouble the doctor has when you consult him. He has to puzzle out where your ever-present mental aberration stops and the present condition starts. He will probably say to himself, "Well this S.O.B. is nuts to begin with — otherwise why is he out walking in all this heat? What does he expect from me?"

Sunburn is another heat illness, but won't be dealt with here. If you haven't learned yet how to deal with it, God may help you. No one else can.

Prickly Heat — This condition results from obstruction of the sweat pores. It can afflict walkers and non-walkers alike. It is caused by a skin continually wet with perspiration. The skin swells a bit and obstructs the pore. The sweat is trapped in the skin. This causes small red pimplie-like lesions that surround the pore area. A burning and pricking feeling are the usual symptoms. If it involves a large enough area, it can be incapacitating. As mentioned before, it can lead to the state of heat exhaustion. It can also lead to secondary infection of the involved areas, often called impetigo. Treatment calls for a cool, dry
environment and frequent baths or showers with a minimum of soap. Creams, lotions and ointments should be used sparingly if at all, since they tend to cause further obstruction of the pores. One further warning — too much salt intake will also aggravate this condition.

Heat Edema — This is mentioned only to let you know that there is such a condition. It is a swelling of the feet, ankles, and hands that occurs in the first few days of exposure to heat. It is self-healing.

Now you know all about heat illness. Keep this article in your first-aid athletic bag. If an unlucky competitor falls out due to a heat rash, or if a runner fails to rub his sports kinetic and his resultant ignorance, you can consult him and then wisely diagnose which variety he is suffering from. Thereupon you can advise the doctors of your decision and draw upon your head their sarcastic displeasure. Don't let them scare you. I never heard of anyone being prosecuted for practicing without a license because of prescribing ice-water baths and salt tablets.

An Event to Remember

Blackburn Track, June 8 — That famed traveling act, sometimes known as the Athens AC, got the rare opportunity, which unfortunately comes to few walkers, to train on this beautiful little track, not pictureque as in the woods outside of Worthington. Needless to say, they were tremendously impressed. As Jim Lopes says, "Every walker should have one." Ranney was ecstatic. Dooley is too grim and serious about his walking, even in a workout, to say anything about such wonders. Naturally, with such stars present, a record had to fall. Mostly it fell because an event was chosen that had never been walked before — a two-man 40 lap relay, each man going two laps at a time. (One lap is 188 yds 2 ft.) Total distance covered was just over 47 miles.

Ranney and host Jack Mortland teamed up against Dooley and Lopes for this historic event. Mortland and Dooley led the thing off with the Blackburn-Track wise in the lead for a few steps. Then Dooley, with his mincing little strides, shot ahead and left Mortland panting in his wake. Mortland walked his fastest single lap in years, 39 seconds, and was 10 yards back. The gap stayed about the same on the second lap. Ranney then made up the deficit and gave Mortland five or six yards at the start of his second rep. Dooley quickly ate this up and set Mortland Lopes off in front again. Well, this pattern continued until the sixth set, when Ranney's lead had grown to over ten yards. In a determined effort, Mortland walked his fastest rep of the evening and finally managed to hold the lead and that was the race. Lopes had to pull up on his last lap anyway with a muscle twinge which couldn't be toyed with when the 50 was only two days off. The Ranney-Mortland time was 28:36, or about a 1:26 average per two laps. This works out to 1:40 — 1:41 per quarter. Dooley probably averaged close to a 1:37 pace for his 10 reps, Mortland around 1:39 and Ranney around 1:44. Dooley was scowling and looking menacing throughout. He comes to compete. But I like him nonetheless. Gee, maybe he can be psyched out of races by breaking his concentration, like you could used to do with Ledré.
Actually, Tom is the kind of guy that when you get to be a tired old man like me you don't mind so much seeing in front of you. It's a real healthy thing to have a lot of new blood on the international teams this summer, with Laird being the only member of the old guard who has sort of dominated these things for the past seven years or so.

To show you what a bunch of mugs these Athens AC guys are, though, let me tell you about their journey from New York to Columbus the week of the 50. They decided they needed some heat acclimation. So with the temperature in the 90's, they rolled up the windows on the car, put on their sweatsuits, turned the heater on full blast, and sweated it out for hours at a time. And I thought Blackburn was a book.

Incidentally, to change the subject completely, or not so completely I guess, Blackburn a few months, more he would never train for a 50 mile again. Might walk in a few, but would never train for one. So he gets wind of Bill Clark's 100 miler in Columbus in September and what is he doing but launching a training for that. And I thought the Athens AC were books.

Heard once again from the gaunt, skinny, hollow-cheeked, ex-Olympian Bob Minn over in Germany, who is probably now fat and saucy from all that German beer. Bob is back competing in the Volkslauf's again. Volkslauf, according to an official letter dated 22 March 1967 from Headquarters, 24th Infantry Division, is the term used when discussing a cross country foot race (running) to which the general public is invited as participants. Usually held in conjunction with a volkmarz - a walking or marching competition with participants from the general public.

In the most recent Volkslauf in which Bob participated there were 573 finishers in the main run, 216 finishers in Senior II Group and 102 in the Senior III Group. There were also 613 finishers in eight different children's runs, plus an unspecified number of women. In walking, 222 finished in the main group, 50 in the older group (including Minn second behind a cat by the name of Stauback who was 10 times German champion), and 230 in the Oldtimer group. There were also 33 women finishers and 519 in the military class. That all adds up to about 2565, which is pretty good participation. Of course, as Bob points out, most of these are not real competitors but merely out for exercise or socializing. It's still a lot of people to get out.


13 finishers. Race held on track with Bill Grandy as chief judge.


From Dave Lakritz comes the answer to my question on who Nat Oek was. He was the Assistant Athletic Director and coach of competing athletes for the 92nd St. YMCA of New York. He was a competitor in race walks prior to 1920 although the time he served in the US Army in WWI. He took his position at the "YM" prior to 1920.
developed some outstanding boxers who turned professional and because of this the "Y" discontinued boxing. He developed a fairly good wrestling team, a golf walking team and a fairly good wrestling team. Sublime of Henry Laskau in walking, the "Y" had an Olympic competitor in the triple jump. Prior to WWII, the walking team at the "Y" was considered one of the best even though they competed as a team mostly in N.Y. Thank you Dave.

Reported makeup of British Commonwealth walking team for meet in LA June 8-9:
Ron Wallwork, Great Britain, Bob Cardiner, Australia, and Trevor Mayhew, New Zealand. Roy Middleton, GB and Peter McCallough, Australia are reserves. Opposing them for the US will be Ron Laird, Larry Young, and Tom Dooley. Laird and Dooley are slated to tour Europe with the US Track Team.

J.F. Kennedy Memorial 2 Mile Handicap, Somewhere in Southern California, June 11 —


Rose Bowl Invitation 5000 Meters, June 4 — 1. Laird 23:07.6 (7:03, 14:39, 22:04.)

June 5

2 Mile Exhibition, Oregon USTF, June 10 — 1. Tyser 15:40.1 2. Glander 18:06.7 3. Don Jacobs 19:26.3 Don Jacobs also sent along a very good column about Steve Tyser that appeared in a Portland newspaper. Very complimentary to Steve and to race walking.
