Mimpoeg, Canada — In two world-class performances, US race walkers swept both Pan-American walking races. Ron Laird, after some fairly serious competition from Jose Pedraza of Mexico, pulled out to a convincing win in the 20 kilo with a time of 1:33:05.2. Larry Young blew the 50 kilo open after the first 20 kilometers and started nearly a ten minute victory over Felix Capella in 4:26:20.6. Capella was the best walking of his life in those Games, also taking an impressive third in the 50.

The 20 was contested on July 30, with eight competitors, two each from the U.S., Canada, Mexico, and Cuba. Pedraza could have been figured to give Laird a fight, even considering Rod's present outstanding condition and mental set. Pedraza was third in last fall's Little Olympic 20 kilo, beating Laird and nationalist Vilas Svaja of Czechoslovakia. Earlier this summer he won an international 15 kilo in Denmark with a Mexican record of 1:12:11.0. In the 20 kilo race he stuck with Laird through a fast, but not killing, first 5 k. of the race evidently accelerated this pace somewhere in the next 5 kilo, and by the midpoint of the race was 27 seconds in front with 45:32. Pedraza stayed close through the next 5 kilo, but the last pace caught up with him after that and he was 5 minute miles for the last quarter of the race, but still had a more than respectable 1:34:50.5. Unfortunately, Laird was given some wrong directions by his officer so he crossed the Stadium and wound up with a fence between him and the track. Stopping several times to make helpless gestures with his hands to find his way in, he must have lost as much time as the few yards saved by his incorrect route. Anyway, he was finally shown the way, winning well ahead of Pedraza. The Mexicans saw fit to lodge a formal protest to Laird disqualified for leaving the course, which was wisely rejected by the committee.

Capella walked in third place all the way, but was never close to the two front runners. He was closely challenged through 15 kilo by Ed Lopez of Cuba, the Cuban was do it at 17 kilo, after a warning at 5. Tom Dooley walked a fine race and was always within striking distance of Laird. His 1:36:49.8 has been entered in international competition only by Laird, Zinn, and Jack Hordland.

Good acceleration in the middle of the race and faltered only slightly at the end. After the first three miles he was never in trouble from Canada's Tom Hordland, who finished fifth. The second Cuban, according to Hordland, showed lustily form, but he was completely out of the race after three miles. The third Cuban was never a factor.
Results of the race, with 5 kilo splits:

1. Ron Laird, USA  23:06, 45:32, 1:08:59, 1:33:05.2
2. Jose Pedraza, Mexico  23:06, 45:39, 1:09:33, 1:34:50.5
3. Felix Cappella, Canada  23:35, 46:40, 1:10:46, 1:35:44.6
4. Tom Dealey, USA  23:42, 47:05, 1:11:27, 1:36:49.8
7. E. Alemon, Mexico  26:34, 55:02, 1:20:28, 1:36:26.1

On August 5, seven 50 kilo walkers took the line — only one Cuban this time. Off his Chicago race, Larry Young rates a strong favorite; none of the other competitors had ever approached such times, even in favorable conditions. However, Pedraza wasn’t having any of this and sprinted into the lead at a fast pace. Larry had to accelerate to a 50:06 second 10 kilometers to catch the flying Mexican at 20. From there, it was all Young as he maintained a near even pace, and a very fast one, to pass 40 kilometers in 3:26:36. From there on he faded somewhat, but only relative to his own pace, still gaining about a minute on second place Cappella. Had Larry been able to maintain his pace, he would have been well under 4:20, but we’re not about to fault him. We once said that no American had yet walked a really decent 50, setting a standard of 4:30, so Larry made that and then some. If we can believe the N Time, one of his problems was that someone slipped him a mickey, or rather a soft drink when he wanted tea. This caused him some distress. I suppose another problem was that he was tired, which is understandable.

Georg Klopfer walked a strong race to become the third fastest American of all-time, behind Young and Chris McCarty. He stayed close to Cappella for 10 kilo, but faded rather badly between 20 and 30 to drop five minutes back. He then rallied with a 54 minute fourth 10 kilo to get back within two minutes, but could gain no more from there. Cappella, as in the 20, walked easily his best race for the distance. Only Alex Oakley has walked faster among Canadians. Young’s time, incidentally, is better than Oakley’s best of 4:27:24.6, which should leave Larry as the fastest of all-time in the Western Hemisphere. Karl Hermeshan stayed with the pace for 10 kilo, but started to fade badly midway in the race and struggled through a 70 minute 10 kilo at the end for 4:54:11.4. The only other finisher was Colin of Mexico. Pedraza, after his early burst, lasted until 40, having been passed by both Cappella and Klopfer by that time. The Cuban only made it to 29 kilometers.

Results of the race, with splits:

<table>
<thead>
<tr>
<th>Distance</th>
<th>5 K</th>
<th>10 K</th>
<th>20 K</th>
<th>30 K</th>
<th>40 K</th>
<th>45 K</th>
<th>50 K</th>
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Judges for both races were Art Keye, Bert Lifte, Hank Ciman, and Joe Tigrum. Both courses were carefully measured three times. Thanks to Bert Life and his Ontario Race Walker for the details and splits.

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DOOLEY COMING TOO!

Long Branch, N. J., Aug 13—Long Branch finally gave America's distance walkers a break in the weather, and they really capitalized on it. Tom Dooley went under a minute under Ron Laird's winning time of last year, despite the fact that Elliott Deman snuck in an extra lap this year (about 3/4 mile). Actually, he didn't sneak it in; he was just making an accurate course of it. Dooley, did not have an easy time of it however; beating Athens ACG. teammate, Goetz Klopfer, by only two minutes and Bob Kitchen by only four. This was easily the best race to date for both Dooley and Kitchen, and for Goetz, must be at least on a par with his Pan-Amer 50. Dooley himself says that this is the first race he has ever been satisfied with. (Someday, I hope I can say that.)

The above three stayed together through about 28 kilo, at which point Dooley stuck in a couple of 7:50 miles to break loose. This gave him his two minute lead which he then maintained. It also gave him a faster second 20 kilo, with splits of about 1:46 and 1:44. Klopfer was still feeling some tiredness from his Pan-Am race, only 6 days before, otherwise he might have made it even closer. Three others were under 3:30, and a somewhat out-of-shape Ron Daniel made it seven under 4 hours. Missing the even-time mark by only 33 seconds was the OTC's Charlie Newall, who led his team to fourth place, only four points behind the NY Pioneer Club. Chuck moved from 14th place and overhauled such notables as Norie Jacobson, Elliott Deman, Steve Hayden, and Bruce MacDonald. Deman appears to be in his best condition in some time. Rounding out the OTC team effort were Dale Arnold in 20th and Forrest Conrad in 29th. Forrest completed his longest race yet, and his 4:31:05 is probably his best time for any distance.

Dooley also capped the OTC style prize. There were 46 starters, with 43 finishing. Thelma D' was Ron Bulik, who was walking well up at the time. (I mean that one way, but it was evidently true the other way as well.) Ron Laird and Larry Young were in Europe, but their absence in no way detracts from Dooley's outstanding time here.


Comm—North Bedford—18, Athens AC 21, NYTC—26, OTC—30, Shore AC—32, Phil. AC—44

Thanks to Dale Arnold and Tom Dooley for results and details.
Following a highly successful European trip, Ron Laird must be considered a threat to just about anyone next year. This is provided he can avoid injury and keep the strong mental stance he has assumed. He has certainly been nothing but consistent this year, and consistently of International class at that. Larry Young meanwhile, turned in some fine performances for a guy trained primarily for distances. If he continues to improve at 50 as he has thus far in his brief career, he too will be plenty for anyone to handle next year. And, as generally seems to be the case, his speed is improving with the distance work. Unfortunately, I have no details on the European races other than the results, which are listed below. Perhaps R. Owen Laird can be persuaded to fill us in on some of the details by the time we print out next issue. (Print did he say?)


Viareggio, Italy, August 19, 20 Kilo (Road) — 1. Laird 2:28:16.2 2. Abdon Panichi, Italy 2:29:08.6. No other results received on this one. Have to be a little dubious about the distance, but regardless, Ron scored an impressive victory over the Olympic 50 kilo champ. Panichi has never been any all-out at the shorter races although he has concentrated on the longer ones. I know he has been around 45:00 on the track and has gone well under 14 minutes for two miles. You have to figure he is going to get tougher the longer the distance, so a decisive victory over him at 20 kilo is most impressive.

SOME OTHER RESULTS

Looks like John Kelly is now getting tough at the shorter distances as well. On August 7, he shattered the record over the Long Branch 5000 meter course. (Elliott Dennis says, "We'll continue to call it that despite what people say, because that's the nearest recognizable distance, one that means something, and we're not going to change the course because it's now become standard after 3 yrs. of running and walking action. True, it's 3.3, really 3.34 miles, but what the hell. It beats being 173 yards, if you know what I mean") Anyway, John walked 24:56 to beat Kulik's course record of 25:35. Kulik also bettered the record with 25:22. 1 week later, John took it down to 24:28. This came 2 days after a 28:04.6 mile on the track, which came in the same meet as a winning 7:42 mile effort.

The following scientific research was conducted while the Blackburns (Molly, Kathy, Tim, Mary Jo, Jack, and W bus) were on a two week tour of the West. There are many sidelong that will undoubtedly help you to lead a fuller and greatly enriched life from this point on.

During our second day at Woodland Park, Colorado (8500 feet), I walked a 2 mile at 7/8 effort (or was it 4/5?). The course I used was a sandy road, 220 yards out and back. It had a rise of approximately 50 feet from the back to the out. The temperature was 65 and very dry. At this humidity and altitude the sun is very hot and the shade very cool. The previous day, I discovered that just walking uphill at a hiking pace made me pant like an old hound dog, so I expected to churn out a couple of 11 minute miles with great effort. Such was not the case. The first mile was 9:25 and the second 9:00 flat. The first 440 yards were at 10 minute pace, and left me gasping, but from that point on my breathing became more normal. Noted a tingling in my upper legs during this first part of the workout also. The greater difference in altitude seems to be with everyday-type activities.

Tim, Kathy, and I did a little hiking at 12,500 feet. We climbed up into some rocks a total distance of about 300 yards out. This taxed me greatly. It seemed to effect Tim (6½ years) the most and Kathy (8½ years) the least. Altitude seemed to be an equalizer. Kathy could have gone faster and farther than Tim or myself. Tim and I just turned pale and had to sit down. Some people seem to become very depressed and "out of it" at higher altitude. Molly was a good example of this. Every time we would get over 9500 feet she would fall asleep as if someone knocked her out. In talking to others about this effect, I found out that many adults react in a similar manner or just become terribly depressed. It didn't bother me though, I only tried to push Mary Jo off Pikes Peak twice!

In addition to the increase in breathing effort, the heart rate picks up greatly and some dizziness and headaches are experienced. At the top of Pikes Peak (14,110 feet) we all were rather depressed and not quite with it. The temperature of 44 and a very strong wind may have had something to do with it. The W bus also experienced depression as we climbed the last 2000 feet in first gear at 8 to 10 mph.

My second workout was two days later after the first on a similar course except for looser footing and a 65 foot rise. It was hotter (about 75) and the effort was all out! Had 8:50 and 8:45 for a 17:35 two mile. I noticed that about 15 minutes after the workout I felt as if I had walked about 15 miles rather than only two. I ached, was depressed, and generally very pooped.

Five days later was my next two mile at an altitude of about 3000 feet in Jamestown, North Dakota. It was on a loose, 440-yard, cinder track with the temperature at a dry 70. The effort was about 7/8 with a time of 14:42. Two days later, at smog level in Chicago (Stagg Field) under the watchful eye of Chris McCarthy and Mary Jo, I walked a 7:25-7:05 effort for 14:30. It was about 76 humid degrees and the last mile was all out.
What are my conclusions and opinions?

1. Mexico City is about 7000 feet and for the 20 kilo there will be a difference of approximately 8 to 10 minutes from a sea level performance.

2. Don't blast out too fast in the higher altitude until the quarter mark because the blasting will take its toll later in the race.

3. Try to get in at least two weeks of training at between 5 and 7 thousand feet.

4. Don't run in a walking race.

5. The extent of research isn't enough to say any attention to 1 through 4.

(Editor) The really discouraging thing about the above is that this fat guy can train only two or three times a week for the better part of a year, go on a trip and walk only four to five miles in two weeks and have the nerve to do the last one in 1:430. To top it off he does 8 minute miles for six miles on his first workout after returning. If I relax for a few weeks, I do well to break 8 for a single mile. Ain't no justice. Incidentally, if you have a good report on the effects of altitude on distance performances, get a hold of the June 1967 issue of Track Technique. This contains a report on a British research project conducted in 1965, which is the most thorough approach I have seen reported to date. They took six three milers, carefully checked their performances for three weeks in England, and then took them to Mexico City for four weeks. Periodic time trials the same as those in England, gave a good measure of eventual loss in performance due to altitude, and in subsequent improvement with training at altitude. They concluded that for runners acclimated for four weeks, decrement of performance would be about 8 seconds for 1500 meters, 40 seconds for 5000 and in the area of two minutes for 10,000 meters. I can see no way to accurately interpolate these figures to a 20 kilo walk, but you can make your own conclusions. Blackburn's figures may not be too far off if we accept these estimates for runners.)

Arnold turns Sprinter!

Oxford, Ohio, August 4 — Dale Arnold walked home an easy winner in the two-mile walk held in conjunction with today's Ohio 20 kilometer run championship. The race was held on a Friday afternoon, which probably limited the field. Thus, Dale's only competition came from three people out for their first walking race. However, all three expressed interest in future competition and Roland Anspach's performance, quite evenly paced, was not half bad for a complete novice.


You Dooley wrote to thank us for the style award which he won at the 40 kilo. "It means more to me than all my other awards," he says. Everyone seems to be well pleased with this idea and we hope it can be continued next year. Although the awards bear the CRW designation, Doc and Corrinn Blackburn are the ones to thank for this fine idea.
While on the subjects of style and letters from our readers, Dale Arnold writes as follows:

"Some walkers styles change from year to year. If a bad style is caught right away the man does not have to wait years to change it back to a fair style. I received a call in this last race for my left leg not being straight. So no I know I have a problem and can start to work on it. The advice I received from Shell Ledany should help." (ed. This is an important point. Any judge should always be prepared to discuss faults with a walker who he has warned or disqualified. To merely call a man out without explanation is unfair to the future of the walker. At the same time, the walker must be willing to accept this in the proper spirit and take what steps are necessary to correct whatever problem he might have. If we can't build mutual respect between judges and walkers we won't have a sport.)

Dale continues: "DeNoon was also harrased by Tigerman at the 50 kilo in Chicago. Tigerman accused DeNoon of running on the other side of the park. I was walking with DeNoon for over a mile and at no time did DeNoon run, loose contact, bend his knees while I was with him. And this was the period of time for which Tigerman accused DeNoon. DeNoon told me he is getting tired of this type of harassment. I feel that since Tigerman did not see DeNoon lose contact that he should have kept his mouth shut. I believe officials should be a help to a walker not there to hinder him." (Dale then goes on to say something of what I said above. We of the CRW must agree that harassment such as that described above is completely out of place. We expressed an opinion in the last issue that perhaps Don needs a little attention. But every walker should be judged solely on the race in progress and not on a reputation, be it a just or unjust reputation. And at no time is a lot of yelling at a walker called for. If he is walking illegally, you don't yell at him and threaten him; you give him a call and try to explain quickly where he is wrong. If he is on the ragged edge, he can be gently told this fact and what he needs to do to get back where there is no question. But even though a guy may have been called out in his last twenty races, any judge worthy of the name will assume he has corrected his problems in the meantime and start to judge him fairly on what he is doing today. For a judge to think that old Joe has looked bad everytime out recently so I'll really get after him today, is an attitude we feel judges must get rid of.

To fill a little space, a highly unofficial, and hurriedly thrown together list of the All-Time best 10 Kilometers walks by Americans on the track. Additions and corrections are welcome.

44:36.8 Ron Laird, Duseldorff, Germany, August 16, 1966
46:21.2 Larry Walker, Claremont, California, March 25, 1967
46:22.2 Larry Young, Duseldorff, Germany, August 16, 1967
46:35.4 Ron Zimm, Chicago, May 25, 1963 (Seems as if Ron must have had a faster one sometime. Maybe when he set records at 3,4, and 5 miles in Chicago, Oct. 1964 he went on and must missed Laird's 44:56 of that era, but we never saw any results on the race that day, only the records in the book.
46:51.6 Rudy Halama, Chicago, Maga June 12, 1966 (Rudy had a 44:32 on way to unofficial 10 mile in San Diego on May 22, 1966)
47:22 Jack Blackburn, Columbus, Ohio, March 25, 1967
47:28 Jack Mortland, Columbus, Ohio, March 25, 1967
47:42.3 Don DeNoon, Chicago, June 12, 1966

Only ones I find under 46.
Once again we hear from old space-filler Bob Himn. Two letters this time. In the first he says, "How's things? Enclosed is some propaganda on the Hijagen Marches. I passed this up to go to Paris instead but I'm sure I did the wrong thing. Paris is only for the rich single person. Holland is wonderful — best country in Europe.

Next week is the national track championships (German) in Stuttgart. This includes a 20 km walk. Stuttgart is only a short drive from here. However, I could not get into the act. They would not even consider me as a guest competitor. This is a big complaint of mine. A German could go to America and be welcomed with open arms into any national championship. But here German championships are only for Germans (even district championships). Maybe the competitors are afraid some foreigners will take their first place paper-certificate away. I personally think that what is good for Paul is also good for Peter. I recommend that USA championships should be open only to USA or countries that open their championships to us. I'd like to make this a formal proposal at the next AAU meeting.

I have been having many problems this year in walking, muscle pulls, etc. I've collected a few gold medals in my age group of course. I'm still enjoying the German beer. These German beer festivals are wonderful. I've lost all my fat from last year though. I'm back to my old skinny self again. (For usn's here at the ORW it is completely impossible to imagine a fat Bob Himn.)

Then in a second letter Bob sent the results of the German championships mentioned above. These are of some interest. They were held on the track and indicate that Laird and Young went up against some fair country walkers in Germany.


78 under 3:20.


An explanation from Tom Dooey on his problems in L.: "1. I could not breathe in the smoggy city. From the time I arrived I had trouble with the air. The humidity and smog was much worse than Chicago, Pittsburgh, or New York, and it told.

2. The day of the race it was 65 degrees with 75% humidity. I started all right, but as soon as one mile I was feeling heavy in the lungs. At 5 km. I was 23:59 and felt dizzy and dizzy when I should have felt great. Shortly thereafter I fell a few times and then passed out. Peter I was found and brought back to the stadium. For two days I was ill. I'm used to old S.F.'s cool weather, I guess."