

OHIO * RACE * WALKER

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1 UP & 1 DOWN * FAST 15 Kilo

Berwick, Pa., September 9 — Ho Hum! Ron Laird strolled home with another national race walking title today in the Senior 15 kilo. This puts him one step closer to his avowed goal of surpassing Henry Laskau in total titles, but I forget how close he is now. Barring death or crippling injury however, there seems little doubt he will get there.

Of more interest than Laird's expected, and pretty much uncontested win, was the strong showing of several of the East's newer walkers. And also of great interest was Jack Blackburn's strongest race in a national in some time. The course was exceptionally tough, all up and down, with several of the ups quite stiff. And yet the level of performance was the best ever for the 15 kilo in which the performances are usually sort of tailing off after a long, hot summer. The performances of Steve Hayden, John Kelly, and Dave Romansky, as well as fatman Blackburn, should strike fear in the hearts of many.

The race started in downtown Berwick in rather sultry conditions. Not surprisingly, Laird moved to the front immediately. The surprise was that Dave Romansky matched him stride for stride through about two miles. At that point Romansky had the misfortune to catch a bad stitch and by the time he could really start walking again he was back in sixth place and well out of the race. Once he got going again he went well, caught Ron Daniel and was gaining on Kelly.

While Laird and Romansky were zooming along in front, Hayden, Blackburn, and Kelly were starting a titanic struggle, not too far off the pace. Daniel also stayed with this group for a while, but was the first to drop. By the turn-around point (out-and-back course) the race for second was between Hayden and Blackburn, with both looking strong. Jack, however, was having considerable difficulty on the downhill spurts and finally came under the watchful eye of Henry Laskau. With one call, he had to abandon the race. Hayden's time of 1:11:47 is outstanding, though, even if it was $3\frac{1}{2}$ minutes back of the fantastic Laird. Kelly, meanwhile, got back even with Blackburn with about $1\frac{1}{2}$ miles to go, but couldn't hang on at the finish. John is simply an tremendously strong and gutsy walker who is going practically all out all the way, so he is not too hard to outkick. Sure is hard to stay with though. Incidentally, the Ohio Track Club claims at least a share of credit for Hayden's great walk. Seems Steve came to the race without any shoes (walking, that is). And who was there to save the day with an extra pair but Forrest Conrad. Who knows but that if Forrest had kept that pair for himself he would not have been second.

Ron Daniel, despite finishing sixth, was right on an eight minute pace. Although he dropped back some from the leaders after the early stages, he certainly never folded and was never in danger of losing sixth. Making sure he was in no danger was a struggling Jack Mortland, who took too much stock in the number he was given — 7. He dropped quickly into seventh at the start and stayed right

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there, with only a brief tussle from Steve Rehman from about five to six miles. This marked Mortland's first finish out of the top six since the 1960 Olympic 20 kilo trial, although he has failed to finish twice during that time. Rehman stayed fairly close to Mortland all the way and easily grabbed the eighth spot. In ninth was Shaul Ladany, back from the wars and sporting a beautiful, full beard. Rounding out the top ten was Hayden's Long Island teammate, Howie Jacobsen. After Howie came Canadian Frank Johnson and then the old man Bruce MacDonald, who is training again. His performance sewed up a team title for the NYAC. Had he been in the shape he was three months ago, the title might have gone to the good old OTC as there were eight more guys in during the next minute and 35 seconds. As it was the NYAC tallied 16 to the OTC's 20. Good ol' Charile ~~Byatt~~ Newell completed the OTC team effort in 14th place. If Chuck had got up there in front of Bruce, and had that stupid Mortland beaten Daniel, and had that dumb Blackburn kept his feet on the ground and walked a whole lot faster and beaten Laird, you better believe that team picture would have been a whole lot different. Those bums were just lucky. Lucky that the Athens AC or Striders weren't on the scene, I guess.

And let us not forget others in the OTC effort. Dale Arnold is walking a whole lot better than he was last spring and came in 24th with 1:24:49. Forrest Conrad continues to improve rapidly and bettered the 1:30 mark in 34th place. And gee, if he hadn't given away those good shoes - - -

The performances of Hayden, Kelly, and Romansky, all fairly recent converts to the game, indicate they are on the trail of bigger things. Steve is 23 and a Penn State grad, where he did some running, I guess. He is enthusiastic and has improved considerably just this summer. We all know of John Kelly, the idiot who became our only centurion a few months after taking up the sport. We still think he is going to be extremely tough over the long haul and his improving speed won't hurt him. Romansky has only been at it for about six months, but did have a good career in distance running preceding his conversion. He showed a lot of guts in this race and judging from a conversation after the race has a very strong-willed and confident attitude. Whoops! See page 4.

And here are the results, as I hurriedly scribbled them down.

1. Ron Laird 1:08:13 2. Steve Hayden 1:11:47 3. Jack Blackburn 1:12:07 4. John Kelly 1:24:24 5. Dave Romansky 1:13:36 6. Ron Daniel 1:14:32 ~~1:14:32~~
~~1:14:32~~ 7. Jack Mortland 1:15:52 8. Steve Rehman 1:16:28 9. Shaul Ladany 1:17:17
10. Howie Jacobsen 1:18:30 11. Frank Johnson 1:19:04 12. Bruce MacDonald 1:20:07
13. Chuck Newell 1:20:49 14. Greg Diebold 1:20:28 15. Todd Scully 1:20:50 (another young newcomer) 16. John Harwick 1:21:06 (Hey! John is getting tougher than he ever was) 17. Bob Page 1:21:24 18. Paul Schell 1:21:26 (poor Paul faded badly coming back) 19. Max Gould 1:21:36 20. Joe Stefanowicz 1:21:42 21. John ? 1:22:54 (as I said, I scribbled) 22. John Markon 1:23:51 23. Bill Purves 1:24:37
24. Dale Arnold 1:24:49 25. Tony Medeiros 1:25:04 26. Harold Hoffman 1:26:04
27. Terry Anderson 1:26:48 28. Frank Niro 1:27:10 29. Paul Walkovic 1:27:19
30. Hackenback 1:27:32 31. George Braceland 1:28:18 32. Bert Life 1:28:47 (look out Bert, Forrest is coming) 33. Ray Leach 1:29:37 34. Forrest Conrad 1:29:40
35. Jim Johnson 1:30:06 36. Dave Lakritz 1:31:22 37. Zakoski ? 1:32:59 38. Rusty Johnson 1:37:25 39. Eric Waite 1:37:49 (not bad for a chain smoker) 40. Walski 1:39:10 41. George Lattapalo 1:39:15 42. Featherman 1:39:40

LAIIRD TAKES TEN ③

Kalispell, Montana, August 26 — Oh, yeh! Old Laird won another race a couple weeks earlier. Namely the Senior 10 km. (Bob Minn please note. Finally decided we should do things right here at the ORW) Laird beat the Athens AC who copped the next four spots, with Tom Dooley barely nosing out Bill Ranney for second. Laird had a so-so for him 45:29.2 on the road course. Dooley and Ranney must have been walking quite well as they were less than two minutes back, which is pretty close to Ron these days. No real details on the race except that Laird remarked in Berwick that all the walkers seemed to notice the altitude a little. Kalispell is around 3000 feet. Laird also copped the ORW style prize as he did two weeks later in the 15 km. Selfish pig. If there was any surprise in the race it was James Bean, who I don't know, beating Ed Glander and Steve Tyrer for the sixth spot. Results as follows:

1. Ron Laird, NYAC 45:29.2
2. Tom Dooley, Athens AC 47:19
3. Bill Ranney, Athens 47:21
4. Goetz Klppfer, Athens 50:42
5. Jim Lpes, Athens 51:06
6. James Bean Inland Empire AAU 51:48
7. Ed Glander, Seattle Olympic Club ~~52:13~~
8. Steve Tyrer, Portland TC ~~53:58~~ 52:13
9. George Edwards, Seattle Olympic Club 54:46
10. Larry O'Neil, Glacier Sports Club 57:48 (Larry reportedly did another great job of staging the race)
11. John Roberts, Glacier Sports Club 58:54
12. Brent Hall, US Air Force 59:42
13. Jake Romero, Miles City AC 60:17.5
14. Robert Sykes, Glacier Sports Club 64:55
15. Ed Fraust, Miles City AC 65:09
16. Al Doney, Miles City AC 65:12
17. Bob Scott, Miles City AC 65:43
18. Ron Ladue, MCAC 65:45.

DOC LEARNS LESSON

Worthington, September 3 — Meanwhile, right here in friendly old Ohio place, Jack Blackburn stormed home first in the Second Annual Labor Day ^{Invitational} race. This was a six mile 532 yard affair held over four laps of the Worthington High School course. Blackburn started to move away from Jack Mortland after about a half-mile, blasted through a fast second lap, and coasted home an easy winner in 49:30. Mortland slogged a slow, even pace (only three seconds difference between fastest and slowest lap) for 50:49. Coming in third was defending champion, Dr. John Blackburn, in 59:57. Doc easily won last year's race when he didn't invite anyone else. He may revert to these ~~sure~~ sure-fire tactics again next year. On the other hand, if you are real good all year, you might be invited.

ANNOUNCING THE THIRD ANNUAL HALLOWEEN RACE (Doc didn't invite anyone to the first two of these). This is another big invitational race to be held at Worthington HS on Sunday, October 29. Five laps this time which is exactly 7 miles 1545 yards. Don't bother to come if your not invited. Doc don't want you.

Ohio Race Walker is published monthly by Jack Blackburn in Bathbone, Ohio. Your friendly editor is Jack Mortland. We come your way ~~at~~ for a price of \$1.20 per year. Address: 3184 Summit St., Columbus, Ohio 43202

CANDIDATE FOR RIPLEY (4)

FLASH!!! From Columbia, Missouri via the NY Times -- Larry O'Neil sprinted to victory in Bill Clark's 100-mile walking extravaganza in the American record time of 19:24:52.4. Larry was the only one of five starters to finish. The Times reports Larry's age as 60. We thought he was about 57 or 58. But those two or three years make no difference. The important thing is that the old fellow is TOUGH! Larry's time of 14:24:18.6 at 75 miles also gives him a record. The former best marks for both distances were set back in 1878 by J.E. Gillie at 15:00:15 and 21:00:42. Larry's time of five hours for the last 25 miles indicates he was walking darn near an even pace. Considering Larry's age and the fact that this was his first go at anything approaching this distance, his time compares favorably to the world best on record of 17:18:51. This mark was set by Britisher H.D. Neilson in 1960. Neilson went on to 24 hours in that one, so I assume he could go somewhat faster in an all out 100.

Meanwhile, your Ohio Track Club heroes chickened out. Blackburn was so pleased over his 15 kilo performance that he could turn his back on this one. Chuck Newell was all set to go and then came down with a bad cold, fever, touch of flu, inflamed sinuses, and what have you and spent the time in the intensive care ward of his home. Blackburn had also conversed with John Kelly at Warwick and been told that 100 miles is no fun at all. Larry O'Neil doesn't agree. He plans to be back to Columbia next year. More power to him.

Have one more race to report, but unfortunately I lost the report. Dale Arnold sent along his usual vivid description of the Annual Mackinac Bridge walk (4.5 miles) held on Labor Day. I remember seeing it the other night as I sorted through material. I also remember pitching it in the circular file with the thought that it was something left over from last month. Sorry Dale. I do remember that distance runners from Detroit occupied the first three places with times in the area of 39 minutes. These are three guys who make our Distance Carnival every year as runners. Number one was the kid with the long name that starts with J, number two was Jerry Bocci, and number 3 was Jim Maganas - or were these two reversed. Right close to these three, and still ahead of our hero Dale, was Jerry's wife, Jeannie Bocci. You may remember her from our description of last year's Distance Carnival. She is apparently getting tougher all the time, and according to Dale did some training with our Pan-Am team members in Winnepeg. Dale finished in around 41 minutes, somewhat slower than last year. I don't have any idea who followed him. The Ohio Race Walker takes pride in its fine reporting.

It appears that the US is finally going to get a Lugano Cup team in action this year. Talked with Ollan Cassell today, and he and Charlie Silcock are working to complete arrangements. The team as it now stands is Laird, Dooley, and Mortland in the 20, Young, Klopfer, and Clinton in the 50. Larry Walker in the 20 and Ron Kulik in the 50 were unable to make arrangements to go and this moved Mortland and Clinton up. It is fitting that Ron Laird should get this opportunity after his record this summer and the team as a whole should make a respectable showing. The competition is scheduled for Bad Saarow, East Germany on October 15. 20 kilo in the morning, 50 in the afternoon.

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ACUTE AND SUBACUTE INJURIES
RESULTING FROM PARTICIPATION IN RACE WALKING

by Dr. John Blackburn

Apart from blisters and callosities, caused in the main by illfitting footwear, myositis is the most common race-walking injury.

Myositis, with or without actual rupture and gross bleeding, often referred to as a "muscle pull", occurs more often in training for, and during, the shorter, faster races of 20 kilometers and under. It occurs less often in longer races, and when it does is many times initiated by muscle cramping due to salt loss.

The most common muscles involved are first the extensors of the the thigh, the quadriceps group. Next the hamstrings and especially the biceps femoris. Thirdly, the extensors of the foot, the tibialis anterior and the extensor digitorum longus. Lastly, the calf muscles, both superficial and deep.

Myositis, with no evidence of hematoma will heal well enough to return to training in four to six days. With hematoma formation a minimum of seven to twelve days is required.

Tenosynovitis is next in the order of frequency of injuries, and occurs in training for, and in, races of longer distances (over one hour and up to five hours) and involves most commonly the structures of the ankle. The hip or knee is seldom involved in this type of injury. In declining order of frequency, those tendons involved are the tibialis anterior, peroneus longus and brevis and the tendocalcaneus.

It is the author's belief that these injuries are based on failure of the tendon sheaths as antifrictional devices because of the long hours of training and competition. Good race walkers will often exceed 200 training miles per month involving 25 to 30 hours at speeds of six to eight miles per hour.

The tenosynovitis may exhibit as a mere tenderness along the course of the tendon with minimal swelling, and the athlete complaining of aching on motion. Or frank swelling, acute tenderness, overlying erythema and increased local heat may be present, with the athlete complaining that he cannot walk because of the pain.

A third stage of tenosynovitis involves tendon sheath rupture with diffusion of fluid into surrounding tissues. This last condition arises usually because the athlete neglected the injury or would not follow treatment directions.

As mentioned, treatment for all stages of this injury revolves around rest to the part, adequate splinting and time — two to six weeks. Most athletes regard this time element as a small tragedy, for it interrupts their training schedule and causes their absence in the next competition. They tend to cut treatment short and conditions of chronicity inevitably ensue. Therefore, it is highly important to impress these people with the necessity of following treatment orders. Use of steroids is still an individual matter, but does in the author's experience shorten the period of disability.

NOT

Bursitis, surprisingly enough, is less frequent than would normally be expected. However, calcaneal bursitis is the most common due to the continual impact of this part with the ground. Trochanteric bursitis is next in frequency due to the rotational motion of the hips necessary to maintain proper race walking form. Iliopetiteal bursitis is less frequent, but occurs often enough to be mentioned and reflects the constant effort of the iliopsoas muscle to aid the quadratus femoris group in pulling the straightening extremity forward. Bursitis is normally self limited, and responds nicely to rest of three to five days plus heat application.

Synovitis is more frequent in the 50 kilometer race walkers and may occur in any of the weight-bearing joints, but is seen more frequently in the knee and, like tenosynovitis and bursitis, is strictly due to constant and severe use. Treatment consists of rest to the part and appropriate physiotherapy.

Neuritis is uncommon but when seen occurs in the peroneal and tibial nerves, and usually in those athletes who habitually hyperextend the knee joint and exert some degree of traction on these structures as they pass through the popliteal space.

Chronic Injuries

Chronic injuries are a direct extension of those injuries listed above and generally are related to inadequate treatment.

Myofibrositis, or muscle scarring, occurring in the area of acute myositis is the result of repeated small tears with microscopic bleeding.

Chronic tenosynovitis, or tendonitis, follows the acute and subacute forms and is thought to involve some fraying of the tendon, since it is so resistant to treatment. Tendon sheath rupture is invariably a chronic affair, unless repaired surgically, for in healing spontaneously, thickening and tenderness of the involved portion results and persists for years.

Chronic bursitis is very often calcific in nature and will continue until treated surgically.

Synovitis has been known to progress to a traumatic arthritis in a few instances, but is thought to be rare in race walking.

Chronic neuritis occurs infrequently and is due to involvement of a small nerve branch caught up in myofibrotic scar.

Back to the Lugano Cup competition. East Germany, Great Britain, and Hungary are automatically qualified, ^{since they were} the first three teams in the 1965 competition. South Africa and the U.S.A have been accepted as entrants from outside Europe. (Up to three may compete according to the rules. If more than this were interested there would presumably have to be a zone competition.) The remaining four teams qualified from two zone competitions, the results of which we have not seen. On August 26 and 27, Belgium, France, Germany, Italy, Switzerland competed at Dole, France. Germany, I think, would have definitely come out of this and Italy should have picked up the second spot. On September 9 and 10 in Copenhagen, Bulgaria, Czechoslovakia, Denmark, Sweden, and USSR vied for the other two spots. Definitely the USSR out of this one, with either the Czechs or Swedes for the other slot. So that gives you some idea of the competition at Bad Saarow. The East Germans are the defenders and are undoubtedly the favorites again.

Back to the 100 miler - we now have all the details. (As you can tell, this thing is typed in sections and at different times. Started on Monday, now its Friday.) Now that we have several cliprings and all the lap times, the enormity of what Larry O'Neil accomplished really begins to sink in. Larry is 60. He reached that pinnacle on Thursday before the race. Not only is he unbelievably tough, he also has an unbelievable bladder. His only stop in the race came at 333 laps or 16 hrs 2 minutes and 41 seconds after the 1:25 p.m start. And then his lap took only 4½ minutes, which means about a 1½ minute stop. The rest of the way he was walking steady laps, mostly just under 3 minutes. He made his last lap the fast with 2:31, thinking he was only a few seconds under the record. His last mile was in 11:08 and last ten in 1:58:57. He was faster over the last 25 miles than the third 25, his 25 mile splits being 4:29:21, 9:22:40 and 14:24:18. During the race he consumed a dozen dextrose tablets, a dozen vitamin C tablets, five salt tablets, and water. No food. His last meal was bacon and three buck-wheat pancakes.

Of those who did not finish, 48-year old Bob Young went the furthest - 64½ miles. His time at that point was 15:54:40. Bob is the block the chip came from, being Larry's father. He finally had to stop because of leg cramps, shoulder fatigue, and "just all-around soreness". Bob passed 50 miles in 11:42:29.

Shaul Ladary, after enjoying a 27 hour bus ride from New York, wasn't quite up to it and could only get through 50 miles. He set a blistering early pace, considering the ~~max~~ distance with 98:29 at 10 miles and 3:22:35 at 20. However, O'Neil was starting to gain on him at this point and by 111 laps was within four minutes, having trailed by 13. At that point Shaul had to take about a 50 minute rest and Larry was off on his own. Ladary had a 10:38 when he stopped. Darrell Palmer stayed fairly close to Ladary for 10 miles but stopped for over an hour after 15½. He finally made in to 30 miles in 7:39:46 before calling it a day. The only other competitor was Bob Resse, who did 14 miles in 3:20:42.

km

O'Neil was also time at 100 ~~km~~ and 150 km in 11:45:28.8 and 18:05:48 respectively. These times will be submitted as records along with the 75 and 100 mile clockings. The three official watches at the finish read 19:24:40.3, 19:24:52.4 and 19:25:02.2 with the middle time taken as official. Your editor and publisher are agreed that Larry O'Neil's performance has to be the outstanding accomplishment in U.S. race walking this year, including all that Ron Laird has done. Sorry we didn't get this material sooner. It should be on the front page.

We also agree on one other thing. The headiest decision to be made by officialdom in some time is the selection of Bruce MacDonald as manager-coach for the Lugano Cup team. Bruce is certainly a very capable individual for this type of position and most important is very close to the the walkers and will certainly have the respect of all of the team members. We want to congratulate Bruce and whoever was wise enough to select him.

The final page of this edition is devoted to an entry blank for the 10th Annual OTC Distance Carnival. Note that the site has been changed for this year's competition and the schedule of event altered a little. The feature is the 6 mile for seniors (over 50), which we are billing as a National Championship. We hope every race walker in this age group will make a special effort to be here for this one. Unless you're Larry O'Neil, you don't get many chances to ~~xxx~~ take a National.

TENTH ANNUAL OHIO TRACK CLUB DISTANCE CARNIVAL

Scioto Village, Rathbone, Ohio

Sanctioned by the Ohio AAU Association

November 18-19, 1967

SCHEDULE OF EVENTS

Saturday, November 18

- 1:00 p.m. -- U.S.A. Senior 6 Mile Walk Championship (Age 50 and over)
4 Mile Run (Men)
- 2:30 p.m. -- Women's 1 1/2 mile run
- 3:00 p.m. -- 10 Mile Walk
10 Mile Run

Sunday, November 19

- 12 noon -- 15 Mile Walk
20 Mile Run
Women's 5 Mile Walk

AWARDS: Awards to first three in each event. Special trophy to outstanding performer for the two days.

ENTRIES: To the Ohio Track Club, P.O. Box 191, Worthington, Ohio. Post entries will be accepted.

ENTRY FEE: \$1.00 per event.

REPORTING: Rathbone is located in Delaware county on Route 745. From Columbus follow Rt. 161 west to 745, the intersection is in Dublin. Rathbone lies about 7 miles north of Dublin. From Delaware, take Rt. 42 southwest to 745. Rathbone is about 3 miles south of 42.

PLEASE ENTER ME IN THE FOLLOWING EVENTS IN THE O.T.C DISTANCE CARNIVAL _____

_____ FOR WHICH I HAVE ENCLOSED \$1.00 PER EVENT.

In consideration of your acceptance of this entry, I, intending to be legally bound hereby for myself, my heirs and assigns, waive any and all claims to damages which I might have against the Ohio Association of the A.A.U., the Ohio Youth Commission, the Ohio Track Club, or their representatives, for all injuries by me at said event described on this blank to be held in Rathbone, Ohio.

PRINT NAME _____ SIGNATURE _____

ADDRESS _____ CITY _____ STATE _____

SCHOOL OR CLUB _____ AAU NO. _____