NOD to NEWELL

December 31, 1967 -- The Ohio Track Club closed out the 1967 race walking season with the Fourth Annual New Year's Eve Six Mile Handicap with the Great Red Duck, Ernie Ladd (Ohio Fat Man), or what have you, being beaten into oblivion by the Ashland Pony Express, Chuck Newell. The race was held for the second time at the Scioto Village campus in Bethbone, scene of the famed OTC Distance Carnival last month. The weather was all that one could ask, being as we seek adverse conditions for this race, and rivalled the mud race of 1965. The race started just after 8 p.m., with the temperature at 15°, the wind at 10 to 15 mph, a light covering of snow and ice on the course, and a light snow falling. Unfortunately, the snow stopped but the temperature continued to drop to even things out. Everyone was dressed for warmth, not speed.

Newell took full advantage of his five minute handicap to score the most decisive victory in the history of this race. The Scarlet Gander, sometimes known as Blackburn, was still 45 seconds back at the finish, although missing his course record of last year by only 11 seconds. Forrest Conrad, off 16 minutes ahead, held off Newell for 4 of the 5½ laps and Blackburn until the last lap to take third.

Larry James, in his third race, continued to show promise with 10 minute miles in the bitter cold and was still a half minute ahead of Jack Mortland at the finish. Mortland never did seem to get going and barely beat Newell for second scratch time. Doc Blackburn, who won the first two editions of the race had to pass it up for the second straight year, this time with a pulled muscle. He did serve as official timer and judge, with help from his wife, keeping the warmth of the W&L throughout. At that he messed up; his lap times giving Mortland a 9:30 on his third lap and 8:30 on his fourth. Mortland, who was moving along at an even, if slow, pace, knows this aint right. But of course old Doc won't admit it. He's darn near an infallible as Mortland.

The Magenta Ballard didn't seem to take no never mind to the frigid conditions and tore out at a fantastic pace, intent on outlasting the field, although he had decided by the time he started that he had been too generous in his handicap. He slowed up somewhat after the first lap, but maintained a steady pace from there and recorded a truly fine 47:59. Blackburn modestly estimates that this is equivalent to about 45 minutes considering the conditions. He just might be right, too. Newell also got out at a hot pace and was still 1:20 ahead of Blackburn after 1½ laps. From there on Blackburn was gaining on him at a faster rate, but not fast enough. In that first lap-and-a-half, Newell had actually gained 20 seconds on Mortland.

In post-race activities, Red Duck could not dethrone Conrad in the twister games and was then rudely upset by Newell in the surgeon's game, despite long hours of practice geared to overwhelm his guests. However, he gained some satisfaction by letting with Newell to upend Conrad and Mortland (party) in ping-pong basketball. Finally, the local forces prevailed over the invaders from Ashland at Password. The Harpoon Webfoot thought the champagne was lousy, as he always does.
Official results of the race: (Actual time in parentheses)

**RECORD TO NEWELL**

For 10 Kilo on an 11 Lap Unbanked Clay Track

Ashland, Ohio, December 23 — Charlie Newell prevailed in the First Annual Ashland 10 Kilometer Christmas Invitational. Wisely Newell and Conrad, who arranged the race, didn’t invite anyone else. Maybe they hate to have hungry Pink Quacker down in Columbus. Unfortunately, Charlie also neglected to bring along his white-up of the race and rotten report that I am I didn’t garner to many details. Like times for instance. Newell was 54 plus and Conrad 59 plus, this much I know. The race was held in the Fieldhouse at Ashland College on an 11 lap to the mile clay unbanked track. This marks Forest’s best time to date, and if he could have duplicated the effort he would easily have won the New Year’s Eve race.

KLOPFER ON HIS WAY

Sonoma State College, Rohnert Park, California, Dec. 2 — The Athens AC’s Goetz Klopfer roared to four new American race walking records on the Sonoma track today. Goetz, who has really come on this year, shattered McCarthy’s 50 kilo record with a 4:30:28.6 and picked up records for 35 Km, 25 miles, and 40 km. on the way. The intermediate times were 3:07:46.8, 3:35:15.3, and 3:34:06.9. The race was held on a 440 yard, rubberized asphalt track. The temperature was 40 with the wind blowing throughout. No details on who else was in the race. Evidently there was no one very close or we would have heard about it, though. A really outstanding performance and even more so if he had to do it by himself.


Well, I did it again. Twice in a year. This is the second December issue as I seem to have skipped November. But the important thing is the Number. So long as I keep that straight our faithful readers will not be gypped. The Good Old Ohio Race Walker comes to you each month courtesy of Ohio’s Great Red Duck, Jack Blackburn, publisher and his skinny little sparrow friend Jack Mortland, editor. The Duck’s wife, who isn’t fat and doesn’t waddle at all, handles business matters. Address: 3184 Summit St., Columbus, Ohio 43202.
A BIT MORE ON LUGANO

by Jack Hortland

I promised last month to say something about the training of the East Germans. The performance of the East Germans, particularly in the 50 km, was the most impressive thing about the whole trip. I've never thought I would get much out of watching a 50 kilometer walking race but it was really a beautiful thing to watch these guys go. They all three had fantastically easy and fluid styles, with absolutely no question of legality, and strength to burn. They looked every bit as good at the finish as they had in the first lap and Peter Selzer's last 5 km under 24 to get second place was done with no apparent increase in effort. In the 20 they weren't quite so good, but 4, 5, 7 isn't bad. So how do they get that way?

During the 50 km, I had the opportunity to talk with Patthus (7th) through our interpreter. Actually, he approached me and we tried to communicate with only minimal success. Later I saw both he and our interpreter at the same time and he quizzed me for a while on how I train and then I quizzed him.

Patthus is about 30 years old and a lieutenant in the Army. He is rather short, probably about 5'6 but strongly built, probably weighing as much as I do. He wears a crew cut and reminds me of someone, but I can't figure who. Girls would probably describe him as cute. He presents quite a contrast to Gerhard Sperling, who was fourth in the 20, and is a tall blond, probably about 6'2 or 3. He is also a deaf mute. Both Sperling and Patthus are quite friendly. I didn't have any contact with their third 20 km man, Frenkel, who lies about half way between the other two in height. I would judge both Frenkel and Sperling to be in their middle 20's but I am not sure of this. While discussing the personalities involved, I may as well run through the distance men. Peter Selzer is the youngest member of their team at 21 and is an apprentice machinist. Christoph Hohne is, I believe, 24 or 25 (Dooley, the hero worshipper, will correct me if I am wrong) but I don't know how he makes his living. Kurt Sakowski is the veteran of the group at 34 and as I recall is a draftsman or something like that.

In talking with Patthus, I was curious as to whether they were all able to train together. This is not the case. However, they and the other top E.G walkers, belong to one of three clubs located in different parts of E. Germany and convenient to their homes. Thus they are able to train in groups and no doubt have some rather spirited club competition. They no doubt have some sort of annual training camp arrangement where they can all get together, but I didn't go into that.

They are fortunate in that race walking is given pretty much the same status as track in general so they don't have to fight battles for recognition and support. This however has come about only recently, probably largely through their achievements and up until a couple of years ago they were held in about the same regard as are walkers in this country. This was one thing Patthus asked me about and he was not surprised to hear of our status, having gone through the same thing himself and fully appreciating how lucky they are. Although walking is more popular in Europe, there are few places that the participants are not looked at somewhat askance.

So what about training, Hortland? You've used up a whole page and still not said anything about the supposed subject of the essay.
Pathus in training for 20 km, covers anywhere from 100 to 150 km a week, or roughly 60 to 90 miles. This is typical of the others in his class. They do practically no interval training, according to Pathus, but a lot of hard medium distance walks. This is a concept they have adopted only in the last year or two. Previously they did a great deal of hard interval work. I saw some of this in Tokyo and just about decided to go home. His training included one medium-long walk a week — 25 to 35 km. They do weight training and special exercise but I didn't get into details of this. They also use running in their training, mostly in the off season and pretty much of the easy, cross-country type. During the middle of the winter they do no walking but a great deal of skiing. This I assume is cross-country skiing. As a matter of fact, Hohne was the National 6-day skiing champion, whatever that horrible sounding event may be. Incidentally, Hohne had only been training hard for about two months before the Lugano meet. For nearly a year-and-a-half before that he had been bothered by various injuries and his training was consequently sporadic. Which might still be twice as much as all some of us ever do. This pretty well sums up the story I got from Pathus.

The next day we rode to Berlin on the same bus with Kurt Sakowski and had Goets as an interpreter and Ron Laird as a questioner and boaster. Poor Kurt at 34, good as he is, has only won two National titles so Laird was able to sort of pour it on with his 37 odd. Of course Kurt doesn't have quite the opportunity either as they only have about three a year. Sakowski's statements seemed to be pretty much in agreement with Pathus had told me. However, he indicated that they do use interval training, but it is consists of long intervals (probably 1000 meters on up to as much as 5000) at slower paces and with very short recovery intervals. By slower pace, I don't mean slow, but at something closer to race pace than normally associated with interval work. So actually this may not have been in disagreement with what I had been told by Pathus but merely a matter of interpretation. This sort of interval work is not far removed from doing a straight distance as you wind up with about the same elapsed time when the intervals are very short. It makes me feel good as it is the same type of interval training I adopted several years ago. (And haven't done much of for the last year or so which may explain some of my trouble over there.) Sakowski also indicated that they had abandoned the ultra-fast type of interval work.

Kurt was kind enough to help us get to downtown E. Berlin and then after stopping only briefly at his apartment rejoined us to help us in what little shopping we had time for. It is always refreshing to find that athletes are pretty much the same throughout the world and that politics make no difference between sportsmen, although unfortunately we can't seem to keep them out of sport.

Did you know that in 1958 Ladislau Nov of Czechoslovakia won the International 50 km. at the Spartachida in E. Germany with 4:23:37.8? Or that Russian Sergei Lobstov was a close second in 4:24:17.0? Probably not. Now you do.

Ka nea City — Dan Totheroh of the Southern Californian Striders walked off with the Jr. National 35 Kilo in the excellent time of 3:13:04. The real battle was for second place with Detroit's fast improving Jerry Bocci overhauling another Strider, Byron Overton, in the last two miles. Well back of these two, John Rose and Larry O'Neill evidently had a good battle for fourth with the Kansas winning out. There was a very good turnout for the race with 24 finishing. This is a much better field than they drew for the Sr. 30 in Columbus and they came from all over, with Steve Tyrer down from Portland in addition to the Californians and Montanans mentioned above. The standard was quite good too. Results:


Romansky beats Hayden

Eatontown, N.J. — Dave Romansky scored a decisive victory in a 10 mile walk leaving Steve Hayden in the last mile to record 1:19:12. The race was held in the parking lot of the Monmouth Parking Center in 40 degree temperatures with a strong wind hampering the walkers.

Hayden was able to stay fairly close to the fast-moving Romansky for nine of the ten laps but had to concede in the final mile and finished in 1:20:10. Not too far back was Englishman John Knifton. Romansky and Hayden are obviously going to be tough for anyone to handle next summer.


Some Overseas results:

Highgate Harriers One Hour Walks, September 23 in England. The race was held in four sections, graded by past performance. In the first section 26 started and 25 finished, in the second 45 started and 42 finished, and there were 75 and 70 finishers in the last two sections. That’s a total of 218 race walkers which is a pretty good turnout. Of these, 66 covered over seven miles and all but 23 got past six miles, make that 35 as I forgot the six dropouts. The results of the A Section:


E Section:

1. R. Barnes 7 mi 1130 yds 2. F. Cambie 7 mi 1030 yds 3. K. Livermore 7 mi 1102 yds 4. R. Mills 7 mi 965 yds. That makes a total of 22 bettering 8 minute miles.

International 25 Km, October 22 in France — 1. Charles Cowe, Lux 1:59:23 2. Roy Lodge, GB 1:59:58 3. G. Andreotti, Italy 2:01:05 4. G. Russacouen, France 2:03:11 5. E. Basta, that’s all wrong. Those results go back and forth not straight down. Second was J. Amoux, France 1:59:06, Lodge was third, fourth was E. Hughes, GB 2:00:57; Andreotti was fifth, sixth was G. Bruno, Italy 2:02:57, Russacouen was seventh, then R. I. Simon, France 2:03:59; Halsey, Hung 2:04:29; 10. Rinder, Hung 2:06:57; 11. Benge, Belg 2:07:30; 12. J. Paquier, Bel 2:09:01.

Team: GB 7, France 9, Italy 11.

**Track and Field Records by Race Walkers**

A couple of years back (Feb. ’66 to be exact) we published a list of the best track and field performances by race walkers. Naturally they were all held by Blackburns and Portlands. However, this was only supposed to be a start as we felt such a list would really be rather impressive when all times were in. We asked our readers to respond but no one did and consequently we continued to hold all the records, on a note at least. Finally I got some info out of Macdonald and Laird during the Bagano trip and published their marks. This inspired the great Bill Rainey to inquire what it was all about and submit some marks. Consequently we feel it is time to republish the list and see if we get an even more interest this time. The information I sent is not complete, but we will list it for now until he gives us the exact times, max places, and dates.

The only rules are that these must be track and field performances by guys who have adopted walking as their primary sport, although, of course, they can be set before they turned to walking. Great runners who have competed in a walking race or two don’t count. I can think of Mike Larrabee and Gerry Lindgren as examples. They fell in the category of walking records by runners. The performances must be bona fide competitive marks. Practise times don’t count, and running events must be on the track, not the road. So turn the page and see the list and rush anything that better it. Please be honest.
100 yds. — 10.5 Jack Mortland, Upper Arlington, Ohio, April 22, 1953
220 yards — 22.8 Jack Mortland, Cincinnati, Ohio, August 14, 1955
440 yds. — 49.5 Jack Mortland, Bowling Green, Ohio, May 25, 1956
880 yds. — 1:59.4 Jack Blackburn, Columbus, Ohio 1955
1 Mile — 4:16 Bill Ranney
2 Miles — 9:21 Bill Ranney
3 Miles — 14:50.5 Jack Blackburn, Columbus, Ohio 1957
5000 M. — (indoors) 15:01 Bill Ranney
5000 M. — (outdoors) 14:27 Bill Ranney (Obviously Bill would better Jack's 3 mile)
6 Miles — 31:22 Jack Blackburn, Bakersfield, Calif., June 22, 1956
10 Km. — 32:24.2 Jack Blackburn
3000 M. — 10:19.8 Jack Mortland, Columbus, Ohio, April 22, 1961 (Brodie has torn that up)
120 M. — 15.7 Bruce MacDonald
220 M. — 24.5 Bruce MacDonald (please send time and place, Bruce)
440 M. — 56.0 Jack Mortland, Dayton, Ohio, June 21, 1957
HJ — 5'10.5 Jack Mortland, Delaware, Ohio, June 4, 1955
LJ — 20'11 Jack Mortland, College Park, Id., August 21, 1955
PV — 9' Dr. John Blackburn, 1932
TJ — 37'5 Jack Mortland, Cleveland, Ohio, July 9, 1956
Shot — 32'7.5 Jack Blackburn, 1956
Discus — 160' Bill Ranney
Javelin — 185' 6 Ron Laird
Hammer — 155' 0" Bill Ranney

We will add any recognized events not listed above, such as metric distances and longer runs so long as they are bona fide competitive marks on the track. Might consider a list of indoor records, too. Ranney has already sent one.

For the old cats among our readers, those over 40 that is, put July 19-20 down as dates to remember. The first Master's Track and Field Championships will be held in San Diego on those dates with a full schedule of events, including a 6 Mile walk on Friday and a 3 Mile on Saturday. A guy like Bruce, who is now elegible, might want to consider getting back in the hurdles, too. It sounds like a real good idea and something for those of us fast approaching the 40 mark to look forward to. Trouble is, it will probably be so popular by then that it will take things like four minute miles to get anywhere. Jack was looking forward to the shot and discuss until I reminded him that Parry O'Brien will be over 40 by then and might still be a contender for the Olympic team.

Quick who won the 20 km. walk at the Rosicky Memorial in Prague in June 1955? If you said Josef Dolezal in 1:33:43.6 you are right. Joe was quite consistent as in November of the same year he won an International in Sofia 1:33:27.6. However, between these two he was only good for 1:34:20.2 at the Kusociinski Memorial meet in Poland. He repeated at the Kusocinski meet in 1956 with 1:34:25. In 1957 Zsigmond Szyriska, Poland, won in only 1:36:33.8 and after that they dropped the event. In a really outstanding performance at Berlin on May 10, 1959, England's Stan Vickers and a young Dieter Lindner over 25 km 1:55:59.4 to 1:58:49.6.

Got that space filled.
### 1968 NATIONAL RACE WALKING CHAMPIONSHIPS, DATES AND SITES

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<td>1 Hour</td>
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<td>Miles City, Montana</td>
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<td>20 Km</td>
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<td>25 Km</td>
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<td>30 Km</td>
<td>Sept. 1</td>
<td>Columbia, Missouri</td>
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<td>35 Km</td>
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<td>40 Km</td>
<td>Aug. 18</td>
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<td>Aug. 18</td>
<td>Long Branch</td>
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<tr>
<td>50 Km</td>
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<td>San Francisco</td>
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<tr>
<td>1 Mile</td>
<td>Feb. 23-24</td>
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<td>2 Mile</td>
<td>Jun 20-21</td>
<td>Sacramento, Calif.</td>
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* No date set  ** Probable date - Weekend known

### 1968 OHIO RACE WALKING CHAMPIONSHIPS

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<th>Event</th>
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<tr>
<td>2 Mile</td>
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<td>Dayton, Ohio</td>
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<tr>
<td>10 Km</td>
<td>April 21</td>
<td>Upper Arlington H.S. Track</td>
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<td>1 p.m.</td>
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<td>20 Km</td>
<td>May 19</td>
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<tr>
<td>50 Km</td>
<td>March 17</td>
<td>Worthington High School Road</td>
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**Noteworthy Events in Columbia, Mo.** Courtesy of Bill Clark

- March 31 — Two man, 10-mile relay walk. Alternate 600’s. Hickman Track. 2 p.m.
- March 31 — Walk-run pentathlon. Walk two miles, run 880, walk 880, run 2 miles, run 220. Hickman Track. 2 p.m.
- April 14 — R-V Valley AAU One-hour walk. Hickman Track. 2 p.m.
- May 5 — Couples relay walk. 10 miles. Alternate men’s miles and women’s 600’s. Hickman Track. 2 p.m. A chance for the Bocci’s to clean up.
- Sept. 21-22 — National 100 mile walking championship. Hickman Track 1 p.m.

### RACE WALKING RECORDS APPROVED AT AAU CONVENTION

- **5000 Meters** — 19:03.2 Tom Dooley 5/20/67, 19:03.3 Ron Daniel 6/17/67, 19:00.5 Ron Laird 7/25/67
- **3000 Meters** — 12:17.4 Don DeNunzio 6/2/67
- **3 Miles** — 19:03.2 Ron Laird 7/21/67
- **5000 Meters** — 12:34.5 Ron Laird 7/21/67
- **7000 Meters** — 31:39.8 Ron Laird 10/29/67
- **20 km.** — Ron Laird 1:31:39.6 10/29/67

Noteworthy Performances Approved

- **50 Miles** — Shaul Ladas 6:11:41.0 6/17/67
- **75 Miles** — Larry O’Neil 11:24:49 9/21/67
- **100 Miles** — Larry O’Neil 11:24:52.4 10/24/67

*What with Klonfor’s recent performance there sure ain’t no easy records left.*

Ron Laird has been nominated for the Sullivan Award and the DeBenedetto Award, the latter for the single outstanding performance in Track & Field

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Here are the official results of the Ashland 10 km., just received in the mail —

- Newell 54:09 (6:07, 17:05, 26:00, 34:55, 43:10, 52:25)