No news on the Ohio front this month and not a whole lot of news from anywhere so you're in for a treat this month kiddies. Lots of gibberish in the old OS. Let's start off by hitting you with the bad news. A story you have probably heard many places of late—"due to rising costs." Well, the OS is no different. With the increased postage rates it now costs us 28¢ more per copy to get the rug to you. And we realize it is getting there very slowly, but due to the weighty matters we discuss it would cost us 12¢ a copy first class, and we just can't make that. Anyway, henceforth, the Ohio Race Walker is going to cost you 2.00 a year, effective when your subscription expires. We have been operating consistent in the red anyway without the increased postal rates and other rising costs. Meanwhile, we are going to make every attempt to improve the quality of the product you get, from the printing angle, i.e., we can't improve the outstanding quality of the content. Blackburn says this increase is designed to make Easy Jo, the printer, happy by probably cutting down on the number of subscribers. Now lets get what little meaty stuff we have out of the way and then get into the real meaty stuff.

ROMANSKY ROMPS

Asbury Park, N.J., Dec. 31 — Dave Romansky continues to come on like gangbusters. In a 10 mileer on the boardwalk today he completely outclassed the field and dominated the old course record. The 29-year old Romansky pushed himself all the way to record 1:15:49.5 wiping out Bill Enser's record of 1:21:36. In second place was Englishman John Knifton in 1:20:21. The race was held in 30 plus degree weather and just beat a snowstorm. Bob Kima, back in this country now after his extended stay in Germany, finished a solid third and could be a man to be reckoned with again. A few days later, Romansky was honored by being chosen for the Pennsville Jaycees Distinguished Service Award for 1967-68. Not only has Dave excelled as a competitor but he has promoted races in the area and personally conducted 13 different races during the past seven months. His "Run for Your Life" race in one of the top sporting events in Pennsville Tap.


A few silly little one milers here and there:


Charm Invitational: 1. Laird 6:23.9 2. Don Dooley 6:33.9 3. Totheroh 6:42.9
4. Bill Sonney Jr. (my source said 6:33.9)
One other noteworthy item to note. Ron Laird was voted as the recipient of the Captain Ronald L. Zinn Memorial Trophy for the second straight year and the fourth time in his year history of the award. The award, originally known as the Michael Eiben, Jr. Trophy, goes to the outstanding walker in the country as determined by a vote of competitors and officials. Larry Young was second in this year’s voting, which was dominated by Laird who received 36 maximum first-place votes of the 52 votes cast. Young got four first-place votes, Larry O’Neil three, Larry Walker two, and Jim Clinton one. The top ten in the voting, in order, were: Laird, Young, Tom Dooley, O’Neil, Coets Klopfen, Jack Hordland, Walker, Don Deison, Clinton, and Elliott Deman. Thirty-four other walkers were mentioned in the balloting, including several I never heard of.

Recruits for the Ohio TC?

Two months ago we promised to tell you who are the best distance runners in this hemisphere and then forgot about it last month. I hope you haven’t all been holding your breathe in anticipation, but to relieve your anxiety, here is Doc Blackburn’s little treatise on the subject.

Who are the best distance runners of this hemisphere? It must be the Zuni Tarahumare Indians of the mountains of northwestern Mexico, according to a recent report by Dr. Bruno Balke of the University of Wisconsin.

They can cover 75 to 100 miles a day, running, and can continue this pace for two to three days — They can chase deer and wild horses until the animals drop from exhaustion — They compete regularly in kick-ball races over cross-country which may be continuous up to 72 hours.

These Indians have the capacity to put out more than 10,000 calories of energy in 24 hours. By comparison, our best distance walkers and runners seldom spend more than 3,000 to 5,000 calories in the 50K walk and the marathon.

The Tarahumare live in high, mountainous country where the climate is harsh. Their clothing and shelter is crude and sketchy. It is estimated that 8 out of 10 children die before the age of 6 years in this rugged environment. This, therefore is another example of Darwin’s “Survival of the Fittest”.

The Tarahumare culture involves a ceaseless round of physical activity on foot related to social, political, and agricultural pursuits. Like all Indians, they have Mongolian physical characteristics, which includes a relatively large thorax, giving them greater respiratory advantage. Thus they have greater endurance and can more easily cope with the higher altitudes. In fact, Indians are the only ethnic group ever to make a good, permanent adaption to high altitudes.

While we have said Doc Blackburn in the spotlight, turn the page for another of his timely medical articles. Incidentally, Charlie Silcock has long talked of doing something with this series, which he feels is most interesting and informative, as do we. At his request, we are sending Charlie a complete set of all Doc’s articles and Charlie may be putting them together in some form.
MEDICAL NOTES ON THE OLYMPIAD

by Dr. John Blackburn

Dr. Herritt Stiles, 2nd vice-president of the U.S. Olympic Committee, gives us some reassurance on the Olympiad in Mexico City in October with regard to two bugaboos — gastroenteritis and altitude. Gastroenteritis is an inflammation of the bowel causing nausea, vomiting, intestinal cramps, and diarrhea, simply or in any combination.

In regard to gastroenteritis, a large catering service, with personnel, is going to provide cooking and dining facilities for the U.S. team. Bottled water is going to be available. Box lunches will be provided for those unable to return to the dining area. Indoctrination of the athletes as to where and what to eat and drink should solve this problem, according to Dr. Stiles.

He also feels that altitude should be of little concern. Since the well-trained athlete has an oxygen debt capacity of about five to six liters, events up to two minutes will not be affected. Events consuming up to 10 minutes will be about five percent below par and those up to 20 minutes will be seven to ten percent below par, but Dr. Stiles, like so many, is not very concerned about the long distance running and race walking, for he gives us no encouraging words on these subjects.

For this we have to go to Dr. Bruno Balke of the Department of Physiology and Physical Education, University of Wisconsin. Dr. Balke makes the following statement: "Middle and long-distance runners in top condition will not improve on their best sea level times no matter long they train at altitude. However, if their times in Mexico City are near their best at sea level, then they will improve somewhat on returning to lower altitudes." Dr. Balke explains this rather ambiguous statement by saying that all-out performance at sea level is based on maximum cardio-respiratory action, which cannot be further increased. Therefore, since there is reduced oxygen available at higher altitudes, there will be reduced performances.

Prolonged training at altitude is not the answer either. Dr. Balke says that continuous long-distance running at altitude results in a slower pace than training at sea level. There is now mounting evidence that alternating training at sea level and at altitude may be of value. Dr. Balke uses the recent meeting between British and U.S. athletes at which all five races between 800 and 10,000 meters were won by athletes who had some altitude training in the previous year.

It is further suggested that when an athlete has reached maximum performance in the distance runs (and walks), a temporary training period of two weeks at altitude be alternated with one of like time at sea level until ultimate performance is achieved.

It seems that there is an increase in pulmonary ventilations caused by training at moderate altitudes. Because of this increased ventilation, there is more oxygen transferred to the arterial blood. This, of course, means more oxygen to the heart and skeletal muscles and better performance.

Acclimatization to altitude is considered to be complete when the oxygen carrying capacity of the blood equals that found at sealevel.
This is all very well and wouldn't it be nice if we could afford to import our Olympic hopefuls for the additional weeks of alternative training. Anybody have any suggestions as to how this may be financed? Until the Olympic Committee considers distance running and race walking to be respectable, I am afraid we will have to settle for our usual backyard training at low altitude, plus two weeks of altitude and hope acclimatization occurs.

The ideal situation would take the top ten consistently best performers in each event and give them all eight weeks of alternating high and low-altitude training. Then pick the top three individuals for the Olympic team.

(Ed. note to the above. I believe there is first of all an I.A.A.F. ruling on the number of weeks of a national-type training camp that can be held. I know there is a limit of six weeks at altitude in the year preceding the Olympics. Of course, eight weeks of alternative training would not break this ruling, since only four of it would be at altitude. Actually, a very good setup is already planned for the marathoners. There will be several regional races (four I think) with the top three, I believe, to qualify for altitude training at Alamosa, Colo. The expenses of these 12, or so runners, will be paid for an as yet unspecified number of weeks of training prior to a final trial, to be held at Alamosa. The number of weeks of training is contingent upon the time they have at altitude following the trial so that the total does not exceed the six-week limit. The camp will also be open to any other athletes who care to use it at their own expense. Likewise, the final trial will be open to all, but naturally those who have been training at altitude will have a tremendous advantage, since they are the better runners to begin with. This same camp will be used for both marathoners and race walkers, and possible 10,000 meter runners, for training prior to departing for Mexico City.)

One change in the schedule for Ohio AAU Race Walking championships published last month. I see the South Atlantic Association has gone and scheduled a National on the same date we had set for the Ohio race. We will let it go this time and reschedule our April 14. The first big race in Ohio circles is coming up on March 17 at 50 K. This one will be held on the road course at Northington, N.S., on a loop just short of 1.6 miles. An accurately measured course with one testing hill per lap. Then on April 14 we have the 10 K on the track at Upper Arlington H.S. followed by the 20 K at the same site on May 19. The latter two races start at 1 p.m., the 50 at 12 noon. The 2 M will be held in Dayton in conjunction with the State AAU track meet in late May or early June.

Other additions or corrections to last month's schedule of Nationals. The 10 K race is now set for April 21 in Baltimore. The 55 K will be in Baltimore, Md., on Apr. 25 (Saturday) at 12 noon. The race will be held on the Belvedere Shopping Plaza Course, scene of the last two National 20 K's. Finally, the Junior 25 is somewhere in Montana on August 25 and the Junior 30 at Leavenworth, Pa., on June 2.

We regret that the Our Style Prize will have to be continued this year, but we hope to pick it up again in 1969. This is purely a financial thing. The Dr. Bruckner's were kind enough to donate the award for the past year and I think everyone over there a vote of thanks as they became a very highly respected prize. One suggestion has been made, and we plan to follow it if we are able to resume the award next year. That is that each walker be limited to one award per year. This should 2-ase interest in the award and get us closer to fulfilling the purpose of the Style Prize.
That's the F.T. for '65 -- I really can't see anyone defeating Johnson in his bid for re-election. Even though he will be returned to office, the voters who vote for him won't be nearly as sure of themselves. Strong Johnson supporters won't be 60 per cent sure he is the best man for the top. This election will be marked with more uncertain voters than usual and I will be right along with them.

Is the day past when the country should be run by an inflexible hardhead?

No, not quite yet.

We are just seeing the beginnings of a great new change in social, political, and moral standards. Not only in our country, but in all of the modern nations. This changing period will require kings of state who are intelligent, far-sighted, and flexible. If we only had to deal with internal problems then get rid of the Texan, but we are still part of a world that includes Red China, France (or Big Chuck), and Egypt. To deal with the diplomatic problems that erode into the rest of the world as a result of these wrong ways Charles we need a citizen with the ability to throw fear into the hearts of the fearless (or stupid). Even though I disagree with much of what the man does and says, he has a combination of coolness and stubbornness that we need until the world situation is less tense. Then and when will the world become less tense. Then the current bad guys (Red China, etc.) follow the lead of the not-so-bad guys anymore (USSR) and polish up their diplomacy and stop talking themselves into a corner that they may have to fight out of just to save face. Isn't the main U.S. in the same corner? Maybe. The bad guys will swing into line simply because they will eventually have fewer and fewer allies as the passes. As foreign travel, cultural exchanges, and so forth between the people of these different countries increases, the quicker this will happen.

A lot more can (and will) be said about these changes and how they are coming and will come about. But in the meantime, I am requesting reactions from you. This little article should leave many openings for criticism and comment, since I am no political scientist and not too strong on log. Anyway, let's keep the Texan for another four years. This is dangerous, since the editor has a crack at me before we go to print. If I don't like his comments, I just won't print them. So there! That's called freedom of the press or printer? (Editor: Gee, that last sounds about as childish as old LBJ himself.)
I see no reason why the editor should not also get into this off the subject comment. I recently moved a step closer (or further into) senility by celebrating my 33rd birthday and was treated by lovely wife to a truly wonderful evening highlighted by a fabulous modern Jazz quartet Concert at Kershon Auditorium on the Ohio State campus. Being a jazz buff from way back, and regarding the IQ as the finest group in jazz today, this was indeed a treat. And coming after a fine dinner and a personal age-group record for both the 5-mile and 880 run the night before (the night out came the day after my actual birthday), what more could a broken down old race walker ask.

It is hard to pick out any one highlight of the concert. This group is so interesting and exciting in everything that they do. They don't play a bad number. Their treatment of Summertime was particularly striking though, and I'll have to search for an LP with this on it. Milt Jackson's interpretation of this fine Gershvin tune was beautifully constructed and a thing of joy to hear. The little theme that John Lewis built behind Jackson and vice versa on the opening and closing bars was most delightful to the ear. Jackson also had a particularly beautiful solo on the old torch song "I'm A Fool to Want You". The first half of the concert closed with a very swinging and catchy thing called "Intime" written by a Yugoslav composer.

The second half of the concert was devoted more to things of a classical nature and held the audience enraptured throughout. The opening number, "Aria from the Suite in D major", was immediately recognized as being included in the album we have of the Swing Scholars playing Bach. The IQ does it better, and I'm sure old Johann would admire what they do for his Aria, improvisation and all. A very delightful thing during this part of the concert was "England's Carol", which is John Lewis's arrangement of "God Rest Ye Gentleman". The entire program was very enthusiastically received by the large audience. If you have the opportunity to catch the IQ in concert, do. For those of you who are not familiar with the group, the personnel is John Lewis, piano, Milt Jackson, vibrapharp, Percy Heath, Bass, and Connie Kay, drums.

Speaking of jazz, the Playboy Jazz Poll has been getting worse every year and has now gone completely to pot, although they do have the sense now to call it a jazz and pop poll. Some of the characters that have been included in their All-Star Jazz Band have been unbelievable, though. And now, Herb Alpert finishes fourth in the voting for the Jazz Hall of Fame, which is like voting for Perry O'Brien for the Jazz Walking Hall of Fame. And people like Barbra Streisand and Dean Martin finished high in the voting. Not that I have anything against these people, or their music, but they are at the very best on the periphery of jazz. Where are some of the real immortals who belong in such a Hall of Fame — people like Charlie Parker, Bix Beiderbecke, Charlie Christian, Art Tatum, Django Reinhardt, and so on in this balloting. I don't think the Playboy reader is nearly as sophisticated in his taste as the magazine would like to believe. After all, any magazine that is read by dirty old race walkers couldn't be.

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A letter of interest from abroad:

Gentlemen, Fellow Sportman:

You will be surprised to receive correspondence from Germany. Your interesting information regarding the "white race walker" however, is familiar to me, for I saw it during the stay in Germany of our friend Robert F. Himm, who is now residing at 44 Bennett Lane, Millingbro, New Jersey. Should the possibility present itself, we kindly request that you publish the following article in your paper.

"A few days prior to his return to the United States, Mr. Robert F. Himm, was presented the golden commemorative lapel button of the Bavarian State Track Federation. During his stay in Germany, our fellow sportman and friend Bob Himm was a member of the Sportsclub Wasserschmitt in Augsburg. While a member of this club, he participated in many Volkmarbaches and several racewalking events in Germany. In 1966 and 1967, he also started in the Alpine Volkmarbach at Reutte, Austria, representing his Augsburg club. Bob Himm won numerous walking races in the various Volkmarbaches. It was a unique series of successes of which the victory in the all-City of the 32 km walk "Around Lake Fergen" at Gosau, Austria, probably is the most prominent. Among the others, he also won the Volkmarbach 1967 in Augsburg in the Senior Class against strongest competition and walked the best time of all walkers on this day. The honor bestowed upon Bob Himm, the second, cannot be solely contributed to his success in sports. The deciding factor in this was the exemplary sportsmanship demonstrated by Bob Himm. His companionship, his readiness to render assistance and his efforts in behalf of our sport are outstanding. Added to the above should be his sympathetic modesty which established him as an example for all the youth in the world engaged in sports. Bob Himm won for himself the greatest sympathies of his fellow sportsman and the spectators at our events. In many articles, among them leading German newspapers, he was lauded. At the time of his departure, Bob Himm was honored by the city sports commissioner and Mayor Hans Breuer, and received an autographed book of Augsburg. On his departure from the Volkmarbach, he was honored with the highest protocol designated for such an occasion. After his last two victories in Wilhelm/Max and Feldermein/Reutte the National Anthems of the United States and Germany were played in his honor and in honor of his country. These honors were rendered for a much deserving sportman and outstanding companion. Bob Himm has been a good ambassador of German-American sports fellowship. Everyone who has come in contact with Bob Himm will remember him. Our best wishes for the future accommend him and we would like to congratulate your race walking organization on such a splendid member."

Please allow me as the undersigned to add a personal note. Bob Himm and I have travelled hundreds of miles through Germany in matters of Volkslauf and race walking. As a competitor and as the announcer to the numerous events, out of a fellowship in sports developed a sincere friendship which will be vivid for many years to come. Many of my fellow sportmen and I have the great desire to see again very soon our good American friend.

I would like to close my letter with these thoughts about my unforgettable friend Bob Himm and with the best wishes for a successful season for the American race walkers.

Sincere greetings from the State of Bavaria, whose capital Munich, has the honor of hosting the 1972 Olympic Games.

Sincerely,
Ernest Wolf
News from Canada has it that Karl Kerechans is now working in Denver, Colorado, and doubt sneaking in some altitude training in hopes of being the first Western Hemisphere walker in the 50 at Mexico City. And for those of you who want to race in Canada, there is the Saskatchewan 10 Mile championship on April 6, the Canadian Senior 20 Km and Olympic Trial on July 13, and the Eastern Canadian 20 Km. on November 2. Write Bert Life at 44 Bethuen Avenue, Toronto 9, Ontario, Canada for further details. Or just write Bert anyway. He's always glad to hear from the various kooks in the sport.

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O’Neil in Top Performance

The Ohio Race Walker is proud to announce that its first annual Dr. John H. Blackburn Award is being presented to Larry O’Neil of Salinas, Montana. The Blackburn Award will be given annually for the outstanding single performance in the sport of race walking by a U.S. Walker. Larry is receiving the 1967 award for his amazing performance at the U.S. 100 Mile Championship in Columbia, Mo. on September 24. In this race, Larry established a new American record (Noteworthy Performance) of 19:24:52.4 and also set a 75 mile mark of 14:24:18.9. Larry will receive his handsome award whenever he can afford to get it, but get it he will. And this will be an annual award and will not fold after one year as another has. The selection is purely an arbitrary decision on the part of our editorial board. No one else has a vote and coercion will get you no where. An Olympic gold medal in 1960 will give you a good shot at the award, though.

We are calling this the Dr. John H. Blackburn Award in honor of the good Doctor, without whom there would be no Ohio Race Walker or no Jack Blackburn or Jack Hertland in the sport. He led us into the sport, set a fine example, and has provided encouragement, advice, and a fine training facility. What other walkers have a private track to train on? Hats off to the Doc — a kindly old kook.

Happy Valentine’s Day!