South Lake Tahoe, Sept. 13—It is refreshing to report that for the first time since the 1 Mile last March, someone other than Ron Laird has won a Senior title. The Southern California Strider's Byron Overton took full advantage of others' problems with the altitude and walked a sensible pace all the way to score a very clear cut victory in 4:56:09. Byron had been training at 5000 feet in Guatemala City and came up planning to walk an even pace and crack the first six. This would have been a good improvement over his 19th place of last year. To those who might think that Byron took a "cheap" championship, let us remember that his time would have placed him fifth in last year's altitude-based Olympic trial and the guys in that had considerably more altitude preparation.

More surprising than Overton, was second place Bob Kuchar. This distance runner from Palos Verdes, California, was in only his fifth walking race. He stayed fairly close all the way and finally found himself in second with 5:06:29, as others faded and dropped out. After the race, Bob donned his knapsack and strolled off into the woods, shaking some of the veterans somewhat, although anyone in race walking is somewhat used to unusual behavior.

In third, was race-promoter Bill Ranney, who might well have won but for a "blank-out" of 25 minutes or so in the middle of the race. Bill was found on the floor of the local restroom, got back in the race and finished stronger than anyone, moving up from eighth. His teammate, Jim Lories, made a good comeback after a season of much inactivity, finishing fourth. Rich Bowman, of whom we have heard little in recent years, took advantage of his South Lake Tahoe residence to capture fifth. 62-year-old lumberman Larry O'Neil chose this race over the 100 miler in Columbia a week later and was his usual strong self in sixth. John Kelly, after leading over half the race (actually to 26 miles) blacked out eight times the rest of the way but dragged himself through in a race he described as much tougher than his 100 miler in England. Jim Hanley also gutted out the last half of the race forcing himself to bring the Striders the team title. The only other finisher was St. eve Lund, of the Santa Clara Youth Village, who broke 6 hours in a commendable performance. Bob Bowman dropped out at about 23 miles after being with the leaders all the way. Ron Laird got only to 10 miles and decided it wasn't worth it.

There was some griping about the race site afterwards. As Bill Ranney suggests who is to say that altitude is any worse than the Los Angeles smog or the heat and humidity we have here in the summer (especially when you are on a shadeless, blacktop parking lot in Pittsburgh). The location did probably limit the field somewhat but it really needn't have. Anyways, the results:


The Ohio Race Walker is a monthly publication dedicated to nothing in particular. However, we cover race-walking the best we can with the limited information available with news, views, and a lot of etc. Subscription rate $2.00 per year. Address all correspondence to 3184 Summit St., Columbus, Ohio 43202. Editor—Jack Mortland.
Kings Point, Long Island, Sept. 27—Two weeks later, it was back to the old story again as Ron Laird gathered in his 49th Senior title and 7th of the year at the 25 kilometer. The race was held in ideal weather over a challenging course of two small loops followed by five out-and-back laps. There was very little level ground and as Laird commented “the course was a bit bumpy at speed.” (I wouldn’t know, having never attained any speed during the time I spent in the race.) Laird led from the start and was never in any trouble although he was worried a bit by a stranger who was second place most of the way. This was Marcel Jobin, from Montreal making his first appearance, to my knowledge, in this country. He looked very good and quite strong, and perhaps Ron was recalling the unknown Ray Somers in Baltimore last year. In any case he stayed close enough early on to keep a little pressure on Ron, although I suspect Ron was saving a little for the 1 Hour a week hence. His final time of 2:02:32 is good, but not sensational, even on a tough course.

Jobin opened up a gap of 50 yards or so on a group composed of John Knifton, Gary Westerfield, Steve Hayden, and Ron Daniel and appeared to have second place. However, after the half-way point, Englishman Knifton moved out from the rest of the field and collared Jobin on the last lap, as the French-Canadian faded a bit. Knifton appears to be getting stronger all the time and impresses me a little more each time I see him. Gary Westerfield easily lost Hayden and Daniel in the second half. Gary is the youngest of the top echelon of walkers and is going to be beating more of the old men all the time.

After the first six, tough-cat-of-last-month, Ron Kulik, just held off a fast closing Howie Jacobsen to take seventh. Howie moved up very strongly in the second half of the race and really moved away from a fading George Shilling on the final lap. George walked a good strong race and looked as good as I have seen him for sometime, but ran out of steam at the end. In tenth place, Fred Timco continued to improve in his long-range comeback attempt. Just back of him, were two tough looking old men, Bob Mimm and John M great. And I must mention Joe Stefanowicz in 13th, since he just renewed his subscription.

Dave Romansky, trying to come back after some injury problems, was in second early in the race but displeased the judges and was called out around 5 miles. The only other disqualification was Clarence Buschert of the Merchant Marine Academy, who was ninth when he was tossed at around 10 miles. Two other non-finishers were Greg Diebold and yours truly. Greg was walking well early in the race but suffered from bad stomach cramps and dropped out shortly after the halfway mark. Your old editor, walking listlessly in 11th was out even earlier than that but with no real good excuse. The judging was good with Baraport, Laskau, Silcock, Casey, and a couple of others. The results:

Now, for the monthly rundown of dull, monotonous race-walking results from hither & yon. First, let's pick up on that Senior 40 km that we reported so poorly last month. And my apologies to Elliott Derman, who I made to look a rat who let me down. Elliott left for England with his Shore AC teammates right after the race and I had been aware of this trip before, but forgotten. (more on their trip later.)

First, the results, and then a description of the race supplied by the trusty Greg Diebold. But, bark, even before that, I must digest, for, Lo, I forgot to include team scores in the preceding treatise on the 25 km. And here they are now: 1. NYAC-8, 2. Long Island AC-12, 3. Philadelphia AC-29. And now we return to the 40 km results, said race held in Long Branch. N.J. on August 17. 1. Ronald Owen Laird, New York Athletic Club 3:33:56 2. Ron Kulik, NYAC 3:49:06 3. Jerry Rocio, Motor City Striders 3:51:29


Pedraza was fourth in 26:20, Daniel 26:23, and Bocci 26:30. Kulik was back at 27:29. Five kilometers later, Romansky made an early bid. He lead in 51:39, with Laird 2 seconds back. Westerfield had dropped to 52:35, with Pedraza only 5 seconds back. Daniel was 54:56, as was the second Mexican, Colin. Somewhere between 10 and 15, Romansky picked up a caution. Laird, sensing the opportunity, sprinted away, and although he picked up a caution for his effort, he opened up a big lead, 1:17:26 to 1:19:10. Westerfield at 1:19:47, Pedraza 1:19:57, Daniel 1:22:45, and Campos 1:22 rounded out the top six. Fred Timco, whom our club had high hopes for following his excellent 35 km, was cut at this point with shin splints. At 20 km Romansky dropped out. Times at the 20 were: Laird 1:43:37, Westerfield 1:47:26, Pedraza 1:49:50, Daniel 1:51:01, Campos 1:51:01, and Bocci 1:51:13.

In the next five, Westerfield made a bid to wrap up second over the Olympic silver medalist. This was unnecessary since, apparently unknown to Gary, Pedraza was out. The bid proved fatal to him, and he was out before 30 km. Split 8 at 25 were: Laird 2:10, Westerfield 2:11, Daniel 2:19:05, Pedraza 2:19:05, Bocci 2:19:05, and Campos 2:22:38.

If you're wondering where Ron Kulik was, he was way back. He hit 20 in 1:52:02. His next 10 was a real scorcher. He moved through the field within 5 kms and when they reached the lakes for the final nine laps (.8 miles per) he was second.

Laird had pushed his lead to over 10 minutes, hitting 30 in 2:36:16 to Kulik's 2:46:26. Bocci, Looking very strong, was in third in 2:49:58, Daniel 4th in 2:51:05, then a gap before Campos in 2:55:20 and Colin 2:55:20. Laird had a good shot at Dooley's course record of 3:31:14, but the heat slowed him down enough in the final 10 km that he finished in 3:35:56. Tom, who I saw in England, predicted it will never be cool at the 40 until he returns, and thus his record will be preserved."

Hey, I'm forgetting another important item. OD style prizes in the above three races went to Westerfield in the 25, Colin in the 40, and, I think, Overtone in the 50.

As mentioned above, the Shore AC toured Great Britain for 3 weeks in August and September, living up to their slogan "going the furthest the fastest in the sport of track and field." They took 13 men — 4 walkers, 6 middle-distance men, 2 high jumpers, and 1 sprinter. The results of their walks were:
Aug. 30, White City Stadium, London, 3200 meter handicap—1. Scully 13:04 with 360 yard handicap (they must not have been told about his earlier race or they would never have given him that) 3. Goetz Klopper 12. Elliott Deman 14:31 with 440 yards. (Diebold was first at a step at 13:03 off 250 yards but was dead at the line. Johnson did in first lap.)


And on to other results of lesser importance:


Boys Under 13, 1 mile, Same place—1. Dave Bernstein 14:49


Canadian 50 Km Championship, Toronto, Sept. 14—1. Dr. Bob Steadman, Winnipeg 4:45:53 2. Jerry Bocci 5:39:03 3. Frank Johnson 5:54:06 4. John Argo 6:02:26 very hot—in 0's—Dr. Steadman is from Australia and has been at the U. of Manitoba for a year. Has been walking for 8 years and it looks like he is fairly tough. Bocci hit 25 km in 2:18:45 and then obviously folded up. Women's 5 Mile at same time—1. Jeanne Bocci 48:01 2. Mary Kefalos 54:34 3. Janet Lurino 56:47 4. Cheryl Gall 60:09 5. Cindy Keating, Guelph, Ont. 60:15 6. Carol Barrie, Guelph 64:09— the latter two came thinking it was a running race and had never walked before. At age 13, they did quite well.
10 Km, Seattle, Sept. 1—Steve Tyer 49:46 2. Ed Glander, Seattle 51:37
6. George Edwards, Seattle 59:01 Annual 100 Mile Affair in Columbia, Mo.—nobody went 100 miles this year, but Bob Chapin, of the Kansas City Pacers, was
reported as the winner with 86 miles and Aubrey Anderson, of the same club, second with 85 miles. I don't know if they cut it off at 24 hours or if that is just as
far as anyone could get. Larry O'Neil showed up after all to defend his title but
became ill at 54 miles and stopped under doctor's orders. However, the next morning
he felt revived and went on to 72. Chapin suffered an ankle injury at 36 miles
but went on after some work on it. Mo.—Valley 25 Km, Aug. 16 (880 yards short due
6. Bob Chapin, KCF 2:45:57 5 Km, Portland, Sept. 27—Roger Duren (now on Pacific U.
fraternity) 2:16 2. Steve Robinson 2:09 Francis Schubert 10 Mile Discussion, Phila.,
tage groups and I think his girl did well in some event, which must put him ahead of
Rocky Mountain AAU 10 Km, Sept. 21—1. Floyd Godwin, Denver TC 50:03 (another tough
runner invading our ranks) 2. Norm Rothe, DTC 70:43 3. Ed Field, DTC 75:16
grave 8:30 3. Steve Robinson 8:44:5 Women's 5 km, Denmark (Junior), Aug. 2—
1. Lena Andersson, Denmark 26:30 2. Siv Thure 26:36 3. Thorild Sarp-
Peter Marlow 12:58.2 3. Phil Lambton 13:11:6 G.B.—Italy—Czech 20 Km, Verona,
...Notes on US-GB 20 Km per Colin Young—the race was held on the other side of London
from the rest of the meet but at the same time, depriving not only the spectators of
seeing anything of the walkers, but the walkers of seeing the meet. As Colin points
out, most walkers are rather keen athletic fans and like to see what's going on...
Also, Bill Sutherland was asked to represent Great Britain at 10 p.m. on Monday with
the race at 6:30 on Tuesday. He was in the process of phoning to see if he could
compete as a guest... so we aren't alone in having trouble with officialsdom...
British 24 Hour Track Walk, Leicester, Aug. 16—1. Colin Young 129 miles 1155 yards
(8:40:57 at 50, 17:53:32 at 100) 2. I. Domansky, Czech 121 m. 64 yards (18:55:28)
3. J. Edershaw 117 m. 1479 yards (20:09:56 4. L. Scholl, Holland 115 m. 1437 yards
(20:36:24 5. E. McNea 110 m. 270 yards (21:51:25)—14 went over 100 miles—not sun
to start and finish and showers during the night made it tough—the all-weather track
also took its toll tiring the thighs rather early. G.B. vs. France 20 Km, London, Aug.
3. Goetz Klopfer 3:45 4. Bill Ramsey 3:42 (Dooley says not to print this until they
remeasure the course, which was thought to be accurate. But Laird had already
given me the dope anyway and besides, a result is a result. Ol' Tom gets a little
un'tight about things like this sometimes, for which I may have to get on him.
Of course, this is probably the last results I'll get from him, too. If the course was
only 4 miles 1492 yards, or something like that, I'll let you know next month.)
That's all the stupid results for this month and now the rest of the paper is nothing
but xx silly drivel.
Don't forget (if you ever knew) the OHIO AAU 20 KILOMETER CHAMPIONSHIP AND OPEN WALKING RACE!!! Date: Sunday, Oct. 26, 1969. Place: DeWeese Parkway, Dayton, Ohio Time: 11 a.m. Entry Fee: $.50 donation. Awards: To first four in each section. Sponsor: Ohio Track Club. Entries to (and further information from): Dale Arnold, 2120 Ward Hill Avenue, Dayton, Ohio 45420. After the Race: Showers and refreshments at Dale's place.

Bruce MacDonald announces two national postal walks for the week of October 18. Both at 2 Miles; one for high school boys the other for college men. Races must be held on a 440 track and the entry fee is $.25. Both individual and team champions will be named. So if you have any high school or college walkers in your area be sure and have a walk for them and send the results to Bruce at 39 Fairview Ave., Port Washington, N.Y. 11050.

Bruce also suggests that we all be considering who we want for National Chairman in 1970. The race walking committee will be meeting at the AAU Convention in Miami on December 6 and the chairman will be named at that time. Bruce does not feel that he has had the time to do the job justice but is willing to continue if people are satisfied with his work for the past year. Personally, I have had no complaints with what Bruce has done and I also feel that continuity is important and that in one year a man probably only learns what the job is all about; that he should be able to function more efficiently. If Bruce really is willing to continue, I for one feel that he should be given another year.

Another important item of business at the convention will be, of course, the awarding of Championships for 1970. Bruce is asking that all bids for races include exact dates, with second and third choices, so that a firm schedule can be set up at the committee meeting in December. He hopes to avoid the shuffling that goes on throughout the year and often leaves the walker uncertain as to just where and when he will be competing. If you are bidding for a race, you should also submit alternate distances to assist the committee in making the awards.

Whoops! A few more results that were buried in my stack of walking jazz and that just came today in a late-arriving Athletics Weekly:

**Eastern Regional Masters Track & Field Championships, Randall's Island, New York, Aug. 9, 2 Mile Walk—1. Bob Mimm (44), Phil. AC 15:42.6 2. Henry Laskau (52), 92nd St. YMHA 16:52 3. Don Johnson (52) Shore AC 16:59.8 4. Tony Pedroso (56) N. Medford Club 15:45 5. George Braceland (55) SJTC 17:41.8 6. Bruce MacDonald (41) NYAC 18:25 7. Bill Omlenchuk (39) NYP 18:50 8. Karl Fishback (60) un. 19:51.4 9. Fred Brown Sr. NMC (63) 20:22 10. Robert Fine (37) NMC 21:31.8 (Awards in 4 divisions: 35-39, 40-49, 50-59, 60 & over) There were medals to 1st three in each group, so George Braceland was the only one to go home empty handed as the 50-year group really shone. Mimm went out in 7:42 and hung on fairly well. Laskau had 8:05 but faded and Johnson was closing on the last two laps. MacDonald also competed in the 100 and long jump but no report on his success. The three Olympians were more than in any other event.

In April 1968 the Senior 10 Km walk was held in Catonsville, Md., just outside of Baltimore. Ron Laird was a heavy favorite with any competition expected to come from the fast-improving Dave Romansky. However, as the race started, some stranger to the walking fraternity in a Baltimore Olympic Club jersey shot to the fore. As the race progressed, the two ruled well clear of the field and the stranger didn't give an inch to the wily old veteran. As a matter of fact, the wily old veteran, somewhat puzzled as to what was happening, soon found himself unable to hold the race and a gap started to open. Everyone felt certain that the upstart was sure to fade on each lap but he never did and thus Ray Somers walked off with the title in his first national race only 4 months after he had decided to take up the sport. And more surprisingly, he was rather disappointed with his time because he had been going quite a bit faster in workouts. A few days later he proved it was no fluke covering 3 miles 797 yards in an hour. Unfortunately, he never quite got ready for longer distances but did finish sixth in the National 20 km. to qualify for the final Olympic Trials. He then ran into problems with a knee, had to drop out of that race and has been unable to walk seriously since. Hopefully, a recent operation will allow him to continue his very promising but much too brief career.

So where did he come from? Off the running track as have so many of us. Being a good distance runner (4:16.6, 9:14.5, 30:22) he was watching so-so runners switch to the heel-and-toe sport with good success. Specifically, there was the above-mentioned Romansky, who had always beaten in running. So why not him? Thus, in Dec. 1967, the 25-year-old computer programmer made the switch and almost immediately walked some ridiculous practice time like 13:20 for 2 miles. Maybe it wasn't that fast, but I know Ron Laird was sort of shaking after talking to him following the 10 and finding the guy had bettered most of his times for shorter distances in training sessions.

During the brief time Ray was able to train seriously for the sport, he was putting in 5 to 6 sessions a week before qualifying for altitude training and 9 or 10 afterwards. His weekly mileage was 20 to 35 in the first period and 40 to 75 in the second. However, the early training was more intensive. In future training, he hopes to do the 40 to 75 miles with this same intensity. Ray did no running in his training because he felt he had to build his walking strength. In the future, he would hope to do some running because it eliminates boredom, improves the cardiovascular system, and he loves to run. (I agree precisely.) However, during the serious competitive season he would plan to eliminate all running. He does no weight training or special exercises.

A fairly typical week from Ray's early training would be: Mon.--6 to 8 miles at 8:30 to 9 min. pace. Tue.--12-20 x 440 at 1:43-1:47. Wed. & Thur.--repeat Mon. & tue. Fri.--same as Monday. Sat. or Sun.--Race or time trial at 2 to 12 miles, or 15 miles at 9 min. pace. His later training, when the mileage was stepped up, included much strolling because the knee injury limited speed work.

Ray was helped immensely in his early training by Baltimore walker Bill Preston. However, now that he has some experience, he feels little need of a coach, having run for 3½ years on his own. He does feel there is a need for walking coaches, however, especially for beginners.

Ray says his biggest mistake in walking was training for 10 kms and thinking 20 would come naturally. He found he lacked the necessary staying power and it killed him. He is also amazed at the rise in the caliber of U.S. walking and feels that he started 4 years too late. To the young walker he says, "don't be discouraged by people's comments—what does it matter what some ignorant clod thinks or says—or by a poor beginning in the sport—race walking takes time to produce results. (gee, what does he know about that?) If one has been a good runner, he probably has the capabilities to become an extremely good walker." Let us hope that Ray will be back better than ever next year.
Looking at Ray's last statement there, about runners making walkers, I have puzzled over that in the past, and I'm not sure that I agree. For instance, I find it hard to picture Jim Ryun as a top walker, or Bob Schul for another. Gerry Lindgren, yes. I'm not really sure what it is but certainly part of it is temperament. Of course, why would guys like Ryun or Schul want to be good walkers. But it is partly physical, too. Walking comes much more naturally to some than to others and the more natural this unnatural sport is to you, the better you are likely to do. Obviously, Ray Somers was a natural and thus thinks that all runners should switch as easily as he did. But I have seen some very good runners flailing around at about 10 min. pace and getting tired doing it. So just as you can't explain what it is that makes a good distance runner, so it is with walking. I really don't think there is a direct correlation between the two. Of course, maybe I just don't want to admit that there were a million guys around who could have supplanted me on the Olympic team if they had wanted to. Anyway, Ray, there have been other reasonably good runners who have tried walking with very limited success.

Speaking of tough cats, how about Englishman Colin Young who won that 24 hour race. Certainly this qualifies one as a tough cat, as well as an idiot. Actually, Colin is a very solid fellow, who was a tremendous help to our 50 km walkers in Red Sarov two years ago, dashing all over the course to offer encouragement. The following sketch of this dedicated walker, is stolen from the May 31st issue of Athletics Weekly:

Colin Young

Full name: Colin Alfred Young. Born at Barkings (Essex), Jan. 20, 1935 (just 3 days before me); 5'19, 132 lb; 36" chest; 42 pulse at rest; instructor to the mentally retarded; Essex Beagles engaged (now married to a Czech girl he met at the Prague-Podebrady race one year); self coached; lives at Dagenham.


Most pleasing performances were winning National Junior 5M in 1953, winning international 100 km in Lugano in 1956, and setting stave record in Airolo-Chiaso Relay in 1967. Greatest disappointments: "Missing the 1962 Europeans so narrowly and having my selection for Prague-Podebrady the same year cancelled at the last minute". This year's target is to "set personal bests at all distances and a world's best for 24 hours". All-time goal is "to represent GB in a European and Olympic Games". Intends competing "until I personally think the race performances are not doing me justice".

Most likes "the satisfaction of pushing one's body to the limit, the wonderful friendships made, the feeling of bodily fitness, and the delight of winning or setting a personal best". Dislikes "having rough races, being disqualified, and crowded dressing rooms. Also having to race and train during English winter and not being able to compete and train in warmer climates as like amateurs (?) in other sports!"

Views on administration: "I think things are slowly moving in the right direction with a more professional approach. However, our sport must be 'sold' to the general public for more income to be forthcoming. One way would be to have commentators who excite the public and are 'human' and not the present day zombie type. Show jumping, in particular, has shown the way in this aspect and benefited accordingly. From a walking viewpoint I would like to see closer liaison with European officials and coaches so that we may get more internationals, exchange of training methods, training camps, coaching clinics, etc. Also please could the walkers have a young team manager who really knows the many small, but vital, aspects connected with European competition and competitors." —(The problems of walkers are not a great deal different elsewhere, you see.)
TWELFTH ANNUAL OHIO TRACK CLUB DISTANCE CARNIVAL

Worthington High School, Worthington, Ohio

Sanctioned by the Ohio AAU Association and
The U.S. Track & Field Federation

November 15-16, 1969

SCHEDULE OF EVENTS

Saturday, November 15

1:00 P.M. -- Men's 4 Mile Run (Road)
1:30 P.M. -- Women's 1-1/2 Mile Run (cross country)
1:45 P.M. -- Girls' 1 Mile Run (age 13 and under)
2:15 P.M. -- Men's 10 Mile Run (Road)
   Men's 7 Mile Walk (Road)
   U.S.A. SENIORS' 7 MILE WALK CHAMPIONSHIP (Age 50 and Over)
2:45 P.M. -- Women's Mile Relay
3:00 P.M. -- Girls (13 and under) Mile Relay

Sunday, November 16

1:00 P.M. -- Women's 880 Run (Track)
   Men's 20 Mile Run (Road)
   Men's 15 Mile Walk (Road)
1:45 P.M. -- High School 2 Mile Run (Track)
2:00 P.M. -- Women's 440 Run (Track)
2:15 P.M. -- Women's 5 Mile Walk (Road)

AWARDS: Men: Trophies to first three. Medals to fourth and fifth. Women:
   Trophy to first, medals to next four in individual events. Medals only in Relays. Special trophy to outstanding performers for the two days,
   both men and women. Special awards for the Seniors' 7 Mile Walk.

ENTRIES: To the Ohio Track Club, c/o Jack Mortland, 3184 Summit St., Columbus,
   Ohio 43202 for men's events; c/o Harry McKnight, 1795 Brinwood Court,
   Columbus, Ohio 43227 for women's events. Post entries will be accepted.

ENTRY FEE: $1.00 per event for men, $.50 per event for women.

REPORTING: Report to Worthington High School on Rt. 161 two blocks west of
   Rt. 23. Dressing and shower facilities are available.

PLEASE ENTER ME IN THE FOLLOWING EVENTS IN THE O.T.C. DISTANCE
   CARNIVAL ___________ FOR WHICH I HAVE ENCLOSED ________. 

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 U.S. Track &
Field Federation, The Worthington Board of Education, the Ohio Track Club, or
their representatives, for all injuries by me at said event described on this blank
to be held in Worthington, Ohio.

PRINT NAME ___________________ SIGNATURE ____________________

ADDRESS ___________________ CITY ___________ STATE ___________

SCHOOL OR CLUB _________________ AAU NO. ________________