Columbus, Jan. 4--Reporting first on the local scene, Doc Blackburn walked off with a chilly, snowbound 5-km handicap to usher in the New Year at the Ohio School for the Deaf track. According to the entry blank he was to have received a week's vacation in Van Wert for his efforts. (Second prize was two weeks vacation in the same spot and third prize a winter's season pass to the Blackburn's swimming pool. In reality, all three starters and finishers received an identical orange towel for their efforts. Identical except that Barry Richardson reports that his still has a peculiar odor after two or three launderings. But then, back to the race itself before we do this whole issue in parenthesis.)

Barry Richardson was responsible for this one, and he couldn't have picked finer conditions. The OSG track is of the very loose cinder type with the inside lane replete with weeds, usually grown to 2 or 3 feet. One could have cared less about such facts on this day. Barry had been out on Friday night with an understanding wife and had managed to clear the several inches of snow out of one lane for about a half lap. Saturday's snow took care of this. A little more shoveling on Sunday revealed a bit of the track down the backstretch, the rest of the way required a dog team. The temperature was 18 with a strong wind, blowing into one's face as he tackled the one clear spot of track, of course. The actual distance is unknown. Twenty-four laps of the 440 track in something like the third lane with considerable weaving, not to mention stumbling as the snow became packed and rutted with footprints. On hand were the sponsor, the Doc, and your editor, as well as faithful wives and children. It was agreed to use half of the handicaps used a month earlier in a 6 miler with a scratch start and subtraction at the finish. The best one can say about the race is that it offered a good resistance workout. The old Doc powered through the snow and wind in a fine 30:24 and with his 10:10 handicap just nipped 'portland's 25:24 effort. Richardson's time is lost in the snow somewhere, but with only 3:40 a.m. having to kick hard on the last lap to beat Doc from scratch, he was left to contemplate a winter of frigid swimming. His wife Hinda performed much more ably laying on a beautiful feed afterward. The rest of our nancy walkers who stayed by the fires to watch the Browns get zapped missed some very fine show indeed.

The Ohio Race Walker is published monthly in Columbus, Ohio, dedicated to nothing in particular, but intended to bring you news and views on the race walking scene--local, national, and international. Editor and Publisher--Jack Hortland. Current circulation around 150. Address all correspondence to 3184 Summit Street, Columbus, Ohio 43202. If this is a day or two late this month, blame it only on lethargy, or ennui, if you will, on the part of your inherently lazy editor. Also, if you find a few less words in this issue, blame it on that old typewriter that kept skipping spaces. That was my old Underwood, with elite type, which, when it started not advancing as well as skipping, I gave up on until I got it into be repaired. (A couple of years from now based on my usual performance index.) That leaves me with my wife's Smith-Corona, which as you see is equipped with plain type, or about 20 less spaces per line.
First, a correction to an incorrect result published last month. In the 1 mile in N.Y. on Dec. 5 won by Clarence Buschter of a 100 yard handicap. I had second and third switched. It should have been--2. Ron Kulik 6:30.8 3. Dave Romansky 6:39.2. Both from scratch. A good one for Ron. However, Romansky is losing much else, as witness below.

17 until Dec. 21. As reported last spring he will be walking internationally for France and did indeed compete for them in Junior matches (as sur-

13:02.2 (Cavaggion’s time beat the French Junior record held by long-
time international Henri Delerue, b 4 seconds, and ranks 4th on the Uni-

7th. Himplec, East. Nov. 22--1. Colin,
52:17 5. Camaras, ex. 52:58 (Colin Young reports in Athletics Wee-
lly, "...the day will also be remembered: Home competitors who

set on his way back from


Set. Feb. 21 or Sun. Feb. 22--10 Kilometer (Indoors) French Fieldhouse,
Ohio State University (tentative--check with me before coming)

Set. Feb. 26--3 1/2 miles (Indoor) Ohio State Invitational, 3:30 p.m. (Laird
hopes to make this one on the way back from the AAU in M.Y. and I
have invited others who may be making the same trip. Anyone who
wants to venture out from the East is also quite welcome. A fine
220 yard track. Let me know no later than Feb. 21 if you plan to
come)

Sun. March 15--Ohio 10 mile Championship (track), Worthington H.S., 1 p.m.
Sun. March 29--8 mile handicap, Sharon Woods, Columbus, 1 p.m.

Sat. April 4--4 mile handicap, Chio School for Deaf Track, 4 p.m.
Sun. April 19--Ohio 10 km. Championship (track), Worthington H.S., 1 p.m.
Sun. April 26--3 mile handicap, Chio School for Deaf Track, 1 p.m.
Sun. May 17--10 mile handicap, Sharon Woods, Columbus, 1 p.m.
Sun. June 7--Tour of Chio--1 Dr. (track), Worthington H.S., 1 p.m.
Sun. June 21--Tour of Ohio--Cincinnati (tentative) time & distance to be set

Sun. July 12--Tour of Chio--Dayton (same as above)
Sun. July 26--Tour of Chio, Van Wert--(same as above)
Sun. Aug. 2--Tour of Chio, Columbus (same as above)
Sun. Aug. 30--Tour of Chio--site to be determined
Sun. Sept 6--Labor Day 6 mile 532 yd. handicap, Worthington, 1 p.m.
Sun. Oct. 11--Ohio 20 km. Championship, Dayton
Sat. Nov. 21 and Sun. Nov. 22--Annual Ohio Track Club Distance Carnival, Northington--7 mile walk Saturday, 15 mile walk Sunday.
Sun. Dec. 6--6 mile handicap, Sharon Woods, Columbus, 1 p.m. (other races may be added)

AND ANNOUNCING!

OHIO RACE WALKER NATIONAL POSTAL 20 MILE CHAMPIONSHIP

Race to be held anytime during March or April 1970 but limit of one race or competitor. Races must be held on a 440 yard track and this rule will stick this time since I am giving you two months and a better time of year. The entry will be $1.00 per contestant. Medals will be given to the first 10 and chintzy certificates to the first 25. (Ask the certificate to last year's 20 km and 2-10 mile Asley just how chintzy these certificates are.) The cause is worthy--to cover the cost of Style Awards for 1970. Any extra money will either go to the Race Walking Fund or into making the CAW a better rag. Incidentally, the CAW is now just breaking even for the 17 months that I have been handling the financial end and circulation is not high enough that income is exceeding outgo on the publishing end. So if this race about covers the Style Awards and special awards announced last month and if circulation xxxxxxx continues to rise, I will be making money. There are two ways to stop such immoral profits. One--put all the excess into the Race Walking Fund, which is primarily to help get teams to International competitions. Or two--go to a printed paper with pictures and jazz like that. In case we meet this sorry money-making state, I would appreciate your opinions on which way you would like to see me go. Meanwhile, plan those 20 km track walks for the postal competition. A team champion will be announced, too, but no team awards are offered. To make it more interesting, and to encourage you to get more walkers out, the team championship will be based on four men teams and their total time, not places.

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Other Upcoming Races we Have Heard About:

New Jersey (and points nearby)

Sun. April 5--non Zinn Memorial 10 miles, Asbury Park
Sun. April 19--Annual Eastern Regional 50 miles, Pt. Pleasant (for the real rocks amongst us)
Sun. April 26--Seaside Heights Boardwalk 10 Mile
Sun. May 3--NAU 15 km, Nutley
Sun. May 10--Nat Osk Memorial 12 miles, New York City
Sun. May 17--Phil. A.U. 30 km, Philadelphia
Sun. May 30--Memorial Day 7 mile handicap, Lakewood

For further details on A.U. races write Elliott Denman, 26 M. Locust Ave., West Long Branch, N.J.

Missouri Valley

Sat. March 21--10 Km IVA U and Open, Kansas City 2 p.m.
Sun. April 21--1 Mr. IVA U & Open, Columbia 2 p.m.
Sat. May 2--25 Km, IVA U & Open, 5 Mr. Jr., 1 Mile Women, Kansas City, 2 p.m.
Sat. May 23--2 Mile IVA U, Ottawa, Kan.
Sat. June 13--5 Mile Open, 2 Mile Women, Independence, Mo. 9 a.m.
Sat. July 18--15 Km IVA U & Open, 5 Mr Jr., Independence, 9 a.m.
Sat. Aug. 22--10 Mile Open, 3 Mile Women, Independence, 6 p.m.
Sat. & Sun. Sept. 19-20--100 Mile, Columbia, Mo., 1 p.m. (for those even kookier)

Sun. Oct. 4--20 Km IVA U & Open, Columbia, 2 p.m.
Sun. Nov. 8--50 Km IVA U & Open, Jefferson City, Mo. 8 a.m.
Sat. Nov. 28--35 Mr Jr. IVA U, Kansas City 10 a.m.

Contact Bob Chaney, 123 Redwood Dr., Independence, Mo. 64056 or Miss Joan Baechel, Municipal Bldg., Columbia, Mo. 65201.
Seattle:
Feb. 22--20 Mile Track, 9 a.m.
March 7--5 Km, Green Lake, 1 p.m.
March 22--15 Km Hancock, Seward Park 12 noon
April 5--50 Km Track, 9 a.m.

Los Angeles Area:
Sat. Feb. 14--1 Mile, LA Times Invitational, Inglewood
Sun. Feb. 22--SPA AW 10 Km Championship, Indio Date Festival

San Francisco Area:
Feb. 22--10 Mile (track) and 7 Mile for under 18, San Francisco State, 10 a.m.
March 13-15--3-day 100-mile race, 3313 per day (with runners)
March 22--30 Km, Pacific Grove (with runners)
April 5--7 Mile, San Rafael, 10 a.m.
April 12--40 Km, location to be announced
April 25--5 Mile (track), Mills High School
May 3--10 Km (track), Sunnyvale High School
May 9--22 Miles Sacramento to Goldendale (with runners)
May 16--2 Miles, Mills High School
May 17--5 Miles, Golden Gate Park, 10 a.m.
June 13--20 Km, San Francisco (with runners)
May 17--5 Miles, Golden Gate Park, 10 a.m.
June 13--50 Km, location to be announced
May 25--5 Mile (track), Mills High School
June 9--22 Miles Sacramento to Goldendale (with runners)
June 16--2 Miles, Mills High School
June 17--5 Miles, Golden Gate Park, 10 a.m.
June 25--100 Miles, Pacific Grove (with runners)
May 17--5 Miles, Golden Gate Park, 10 a.m.
June 13--20 Km, San Francisco (with runners)

Others:
Fri. Feb. 27--1 Mile, New York City (not March 7 as in last month's issue)
Sun. May 31--Ron Zinn Memorial 10 Km, Chicago (day after NAU 10 Km, also in Chicago.)

A bit more on all the International rules changes discussed last month. Since the only thing that came up at the National Convention in Miami was the "white shoe" bit, I doubt that we need to be concerned about the others in our Nationals. And I doubt if anyone is going to be very strict about the white shoe bit, with the probable exception of the 2 Mile at the National Outdoor Championships. There walkers will be subject to the whims of the T & F Committee. As a matter of fact, if I hadn't blown the whistle, few people would probably have become aware of these changes. Anyway, I doubt if any of our race directors are going to become concerned about the color or construction of your shoes. However, if you are planning on any international competition in the summer, best prepare yourself.

Received the following interesting comment from Ron Daniel on the new International definition of race walking:

"...I must disagree with you on the statement that the majority of race walkers walk such that their leg is straightened as their heel makes contact with the ground. Recalling a discussion with Chris several years ago, he was describing the most desirable way to walk long distance races. He felt that landing on a slightly flexed leg, then straightening during the supporting phase was the best way to prevent severe strain to the knee. That is, some of the shock of the step is absorbed in the leg while it is flexed; otherwise the knee would take the beating.

I feel that many of the walkers use the flexed method and not only for long races. There are several factors that would go into the walker's stride to make it so that his leg is straight when the heel makes contact:

1. Length of stride (as pertains to the individual)
2. Leg speed
3. Lower leg mass (knee to foot including shoe)"
One may be the least important; however, the longer the stride the more time there is for the leg to reach full extension (holding the speed constant).

"Two—if we hold the stride length constant and pick up the speed, leg speed plays a role. The faster the legs are thrust forward, the more difficult it is to prevent the leg from straightening.

"Three—Combining the effects of 1 and 2, the lower leg mass leads to the momentum of the lower leg. If the leg were a double pendulum with a forward constraint, again it would be difficult to prevent it from straightening. However, the leg has other constraints; the extensibility of the tendons and the muscles surrounding the knee.

"As I see it, barring any other significant factors that I may have missed, the three factors I used indicate that the faster one is walking, the more likely it is that he will conform to the new rule. However, again this depends on the individual; the stronger more experienced walker can walk much faster than the neophyte and still be making contact on a flexed leg. Without exhaustive study, this is probably in the low 7 min./race for the Lairde, etc. So now it seems that the straightening of the leg on contact will only occur in the shortest and fastest races for many of the walkers.

"So as not to prolong this discussion, it is also obvious that the flexed leg (5° or less) will be pulled straight before the vertical position is reached with the leg. The faster the pace, the sooner the leg will be pulled straight."

A very interesting analysis by Dr. Daniel. I was aware of the advantage of a flexed-knee style over the long haul but did not feel many U.S. walkers availing themselves of this style. The fact that Ron and I disagreed on this point may point up one thing—how difficult a thing this will be to judge.

Whoopee, back to the forthcoming races—a couple I forgot. There will be both a 1 Mile Open and a 1 Mile High School walk at the Kansas Relays on April 18. Unfortunately no expense is available but they are interested in getting a top field. If you are interested let Fred Young, 9224 E. Linwood know and he will see that you get an invitation.

U.S. walkers are welcome at the Canadian 20 mile trials for the British Commonwealth Games on May 31 in Montreal. Some lodging will be available. Further information from Bill Purves, 2094 Lincoln Ave., Montreal. (Fred Young is in Independence, Mo. I see I forgot that.)

Speaking of the 1 Mile at the Kansas Relays, back in 1961, they decided they would like to introduce race walking to the Drake Relays. So a 1 Mile Invitational was added to the program and Jack Blackburn and I were fortunate enough to be invited. We used to have some rather hairy weekends of travel but this invitation led to probably our all-time hairiest.

The invitation included expense money but to say Jack and I were naive about such things would be an understatement indeed. The only time we were ever offered travel expenses, we were asked how much we needed, and were we ever dumb. As far as we were concerned the only way to get a walking race was to get in the car and drive all night or all day as the case may be. Like to N.Y. for the Indoor Nationals. Leave about 7 p.m. Friday, hit NY mid-morning, get a little sleep in the hotel room of someone you know, race that night, and then start back because you can't afford a room of your own. Or to N.Y. for a Sunday race. Drive all day Saturday, get the cheapest room you can find at 10 or 11 at night, race on Sunday, and then back on the road through half the night because you have to be at work at 8 Monday morning. Well, that's the way we did it back in "the good old days".
So, when the Invitation came from Drake, we made our plans along those lines: however, knowing there was a 25 km in Chicago on the day after the Drake Race, we figured we would take advantage of them and get enough money to make that race too. So, we figured driving 600 miles to Des Moines, home via Chicago, which may be 700 miles, Saturday night lodging, and meals for two days. We better ask for $75 for the two of us. The fact that planes flew in the air never crossed our minds.

We got our $75 with no questions asked, and on getting to Drake found that the other two contestants, Aimes Veach and Latt Hutkins, had gotten $150 to come from Chicago, via the airways. We have the memories however.

Our schedule was just a bit tighter than going to New York. The distance is xxxxxx about the same, but this race was in the afternoon, 6 or 7 hours earlier. So, both being very conscientious about our jobs, we leave at 7 or 8 a.m. Friday after work and supper. Taking turns driving, we both managed 1 to 2 hours sleep in the back seat during the drive out. Our only problem was having a fuel gage registering empty at about 3 in the morning somewhere in western Illinois. A contribution to the "policeman's benefit fund" or something (more likely this particular constable's own pocket) opened a gas pump for us and on we went.

Arriving in Des Moines about 9 a.m., we hit the hotel room of CTO's Bill Flumer, who had a little sleep. We were there just in time for the delays car-de, which conveniently passed immediately under our window. So much for sleep. After the grade, a little lunch and then out t the track for the big race. Well, not so big really. It seems that the important thing was to make it a very good race competitively and to be extra sure of style so everyone can see the sort at its finest and cleanest and we get on the program as a regular thing. So, at Bill Ross's suggestion it is agreed that we stick together at a fast, but safe pace and then race at the finish. The result was a victory for Jack Blackburn in just over, or maybe just under, 7 minutes, with Aimes second, myself third, and Latt fourth and no one really satisfied, although Jack didn't feel too bad with his nice Drake Relay watch.

Back in the car after supper and on to Chicago, with Aimes as our guest. By the time we helped some very comely young ladies fix a flat, had some drunk run into our backend at a stoplight, got a ride home, and found a hotel it was 4 a.m. Race at 10, which gave us about 4 hours sleep and less than 2 hours to digest our breakfast. Some way, off that I walked by far the best race of my career up until then, with Aimes again second, and Jack third this time. My only regret was that Jack had that beautiful watch for a paltry 1.1 mile and all I had for roaring 25 km on two sleepless nights was a little medal.

Well, we were back home by midnight and at work the next morning. And we had 18 of our $75 left to split between us. Despite our small profit, such a trip and the many others like it, assure one that he is indeed competing in amateur sports.

Subscribers in the news: The following is the final paragraph from an article in a recent edition of the All Street Journal regarding the growth of the cycling business in this country.

"Cyclists will admit that cycling has its drawbacks, however. William G. Botting, a 35-year-old Dayton, Ohio businessman, was bruised after sliding under a car that cut in front of his bike. He was so shaken that he gave up cycling for long-distance running. But that wasn't such a good idea either. Not so long ago, he fell while running down a hill. The result: a broken ankle." Bill is a long-time subscriber and took time from his running to get in a couple of our races last summer. Good to read about friends in the national press.
Elliott Denman writes regarding the 1956 race around Washington Square that I unearthed last month:

"Your research is most thorough and highly efficient if it could bring to light the glorious details of the famed Washington Square Park Walk. The race was actually dubbed the "Garibaldi Gallop" in honor of the Italian patriot whose statue, if memory serves correctly, was used as the starting and finishing point.

"As for Professor Brennan (Brennan it wasn't), he was a giant in the literary world and therefore can be excused for taking a bit of poetic license. I believe he did a bit of rambling but surely wasn't a 7-minute miler. Nevertheless, his intentions were fine and his guiding spirit got the famed May Day event off the ground and additionally, got some NY Times publicity.

"As for Barnes. Denman and Barr were graduated in June of 1956 and sportswriter Marty Lader (then of the NYU Washington Square Journal and now of United Press International), who was a main architect of the race, gained a degree the following June, and the "Garibaldi Gallop" has gone the way of so many other frolics in Greenwich Village.

"I believe that the famed Bruce MacDonald, another giant in NYU race walking history, helped keep the event alive '57 and maybe '58 (while Denman was at Fort Benning) but it vanished quickly thereafter.

"Speaking of famed students of the Washington Square area, I shall bring up this little item. One fine day a reporter for the NYU Commerce Journal (me) came upon an eager-beaver fellow student by the name of Charlie Silcock in the student lounge. Mr. S., just anow, was bursting with energy and exuberance for the things he believed in. The thing he then was exuberant over was NYU cross-country. Whereas Byron Dywe later and Leslie Mackitchell earlier had made NYU a national barrier power, this particular year Violet fortunes were ebbing but Mr. Silcock was out there over the Van Cortland Park hills and dales giving his all. At any rate, the barrier season now being over, yours truly broached the idea of Mr. Silcock venturing forth into another great event--the Coney Island walk. Mr. Silcock not only ventured forth--but together with one Robert Winston and E.D. formed America's first collegiate walking team since 1887. We did not win--but we were there. Then and there was created the groundwork, the inspiration, the seeds of grandeur that later were to blossom forth as Race Walking's Man of the Decade.

"Little did we realize at the time, but to paraphrase General MacArthur, 'soon these friendly race-walking courses are born the seeds of fortitude that, at some other race, at some other time, are to reap the dividends of greatness.' Or something like that."

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Finally while quoting from the great, the following comes from the great Colin Young in far off England, offering additional comment on the Airolo-Chiasso relay and some fine words regarding the four men I picked as our top walkers of the decade in last month's issue. Colin, for those who may not know, reports the race-walking scene with great erudition for Athletics Weekly, is an excellent competitor himself at all distances, and is a very enthusiastic booster of the sport. He says:

"As your remarks on the Airolo-Chiasso relay--some of the walking is devilish mainly on the first leg (mainly held in the dark) which is nearly all downhill with 52 hairpin bends!! To my knowledge no team has been penalized the 3 minutes they should be at the 2nd warning. I have been on two winning teams (plus a second and a fourth) and I can assure you all the boys have kept within the definition at all times and would never attempt to take liberties that can be taken at times and are (sometimes frequently) by many of the continental squads, generally by the weaker elements. However, it is a great event and the distances and terrain almost always ensure that the top teams come out in their rightful placings.
"I agree entirely with your four selections for "Walker of the decade". I have had the great pleasure of knowing and meeting all four and I can tell you, Jack, the same four names would have been selected by the boys over this side. Ron Laird, now welcomed as almost an annual visitor, is regarded as a 'great boy' by our boys and we have seen him progress from mediocrity to an all-time champion and still maintain his style, dignity, and grand friendliness. Rudy Maluza is still very well remembered here and we were all very thrilled with his Mexico showing. He fitted in 'our scene' easily and readily and was really 'one of the boys'. Larry impressed us with his fine style and fair judgement and his eagerness to learn though he was already very near to the top of the tree. That Ron Zinn was a 'toughie' in competition there was never any doubt, ask Ken Matthews!!, but a more polite, humble young man one could never wish to meet."

Finally, as you can surmise from the bit on the Postal race, the CRW will continue with style prizes in 1970. These are on order for each of the Senior National championships. I received only favorable comment asking that they be continued and thus decided to do so.

THE CHIC A. CARLSON
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FIRST CLASS