

OHIO RACE WALKER

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MAY 1970

OH HECK!

Oh, Heck! I'm getting tired of putting Romansky or Laird in the headlines all the time so I just won't do it this month. Can't keep them out of the news though. The big redhead, Romansky, added two more national titles and another American record. Laird captured the ORW Postal 20 km, as Romansky failed to enter, and then took a downward plunge in the National title races. For the details, read on, oh fearless reader.

The National Senior AAU 35 km walk was contested in Des Moines on April 26 on a course best described as slightly reiculous, or so everyone I have talked to says. Apologies to Butch Hammer for calling a spade a spade, because apparently he put on a fine race in all other respects and he attracted a really top flight field. The course in question was a 12-lap affair, which included one hill that evidently would put the Matterhorn to shame. Even such a big, strong horse as Mr. Romansky reports that it was completely impossible to race walk up it. It seems the hill could easily have been avoided. Courses certainly needn't be flat and some hills even make them more interesting and challenging. But, particularly for a national race in which the challenge of competing against the best is already there, this challenge shouldn't be carried to ridiculous or even impossible extremes. The course should be fair and one on which times representative of a national race can be returned.

In any case, Romansky overcame the challenge or "the hill" plus unseasonably warm weather to conquer what was really a strong field for an early season race way out in Des Moines, Iowa. It should be noted, however, that Dave's pace was considerably slower than for his recent track 50 km. As a matter of fact, he would have been over 4:35 had he held the pace, which indicates how tough the course was.

In second place was the Australian, Bob Steadman, down from Winnepeg, and looking very good indeed. He moved up throughout the race, was just over a minute behind at the finish, and captured the ORW style prize in the process. I hope we will see Bob in more of our races in the future. The third and fourth place finishers were also quite impressive. Ron Kulik was less than a minute back of Steadman in third and looks like he is in for his finest season ever. Canadian Karl Merschenz, coming down from his altitude training in Denver, showed his usual quick return to form, finishing a good fourth. John Knifton walked his usual steady race in fifth.

Some of our other big names seemed to really suffer in the conditions. Goetz Klopfer was well back in sixth, far off his recent form. It is easy to see how a little guy like Goetz might suffer more than the others on a brute-strength hill. Ron Laird could manage only 8th and was better than 20 minutes back of Romansky. He still beat such good walkers as Ron Daniel, Bob Bowman, and Jerry Bocci, however.

The results, with Romansky leading all the way, were: 1. Dave Romansky, Del. T&F 3:13:14.2 2. Robert Steadman, Winnepeg, Canada 3:14:19 3. Ron Kulik, NYAC 3:14:59 4. Karl Merschenz, Den. TC 3:16:15 5. John Knifton, NYAC 3:17:54 5. Goetz Klopfer, A thens A C 3:21:54 7. Marcel Jobin, Montreal 3:29:17 8. Ron Laird, NYAC 3:33:59 9. Ron Daniel, NYAC 3:36:11 10. Bob Bowman, Striders 3:37:43 11. Jerry Bocci, Motor City Striders 3:51:55 12. Dave Eidahl, Iowa Achilles 3:53:31 13. Mim Clinton, UCTC 3:54:47 14. Bob Woods, UCTC 3:55:17 15. Mark Achen, Columbia TC 4:17:28 16. Stan Smith 4:26:33 17. A rt McClendon, UCTC 4:41:33--26 starters.

A week later on Sunday, May 10, the scene shifted to Nutley, New Jersey for the Senior 15 km. The impresario for this race was local school teacher Ron Kulik. Ron not only put on a fine race but rose to the occasion before the hometown gentry to grab second place behind the currently unbeatable Romansky. The only place where the redoubtable Mr. Kulik failed was in the weather department. No one was quite ready for a sticky 93 degrees at this time of the year (as if one ever is) and it was a pitiful looking crew of race walkers that finished. And nine of 44 starters failed to go the route, which is a very attrition rate for this distance.

Unfortunately, rotten reporter that I am having been on the scene, I don't have the results available yet. Hopefully, they are in the mail and will be here before I finish this. Anyway, Big Dave won handily with a 1:14 plus. This, and all the other times indicate that the course may have been somewhat long. This was the consensus at the finish as no one felt that the heat had slowed them down by around a minute a mile, as the times would indicate.

At the start, a group of Romansky, Marcel Jobin, Steve Hayden, Kulik, Ron Daniel, John Knifton, Rpm Laird, and Greg Diebold quickly separated themselves from the rest. Before long, Romansky started to move out and Jobin went with him. At this point, I was far enough out of contact to lose track of exactly what was happening. However, the heat hit Jobin very quickly, and shortly after the midway point of the first of three laps, your already tiring editor was storming past him. He was out shortly thereafter. This left the race to Romansky and put Kulik and Hayden in a battle for second. The canny Kulik broke up this tussle by pointing out a particularly attractive feminine type to the lecherous Hayden and then making a move just at that point. The badly distracted Hayden was quickly left in arrears, and Kulik moved on to his second place finish. Ron must very definitely be considered in the running for an International berth this year, at either 20 or 50, having beaten some leading contenders two weeks in a row.

Hayden held off a sagging Ron Laird on the final lap to take third, and Ron Daniel hung in for fifth to clinch the team title for the NYAC. The fourth man of this strong team, Englishman John Knifton, was next, but appeared to suffer more than anyone in the heat. Greg Diebold was closing on him at the finish, but ran out of course. Trainling about 150 yards behind Diebold throughout most of the race and still there at the finish was a weary Ohio Race Walker editor, Jack Mortland. I was rewarded with the ORW style prize, however, the first one I have managed to take home with me. And not too much further back was 1960 Olympian, Bob Mimm, seemingly walking better than he has for several years. Rounding out the top ten was comebacking Fred Timcoe.

Best news of the race from our standpoint was the reemergence of Jack Blackburn. Once again the cigar-smoking (and pipe) fat man (185), Blackburn came through in 14th place and regained a lot of enthusiasm in the process. He might even take to working out something like three, or even four, times a week, and then look out. Well, hopefully, I will have complete results on this before we go to press. If not, look for them next month.

POSTAL

In the second ORW Postal 20 Km, Ron Laird scored a close victory over Tom Dooley with a good 1:33:35. Dooley led the strong, four-man Athens A.C. contingent to a walkaway team title with a total time of 6:32:12, or a 1:38:03 average. All races were conducted on 440 t racks during March and April. Defending champion Dave Romansky, had two times faster than Laird's during this period, but didn't enter either of them. Tough bannanas, Dave. Several of the entrants, including Dooley, Klopfer, and Ranney, of Athens, and Ron Daniel of the NYAC, recorded their times on the way to longer distances. The team race was scored on the basis of total time for four men, with four teams in the running, including two from the SC Striders. The results:

1. Ron Laird, NYAC 1:33:35
 2. Tom Dooley 1:33:56
 3. Goetz Klopfer, A thens 1:35:58
 4. Bill Ramney, A thens AC 1:36:25
 5. Steve Hayden, Long Island AC 1:36:58.8
 6. Greg Diebold, Shore A C 1:38:17.4
 7. Floyd Godwin, Denver TC 1:38:58.5
 8. Ron Daniel, NYAC 1:39:28.2
 9. Jack Mortland, OTC 1:40:33.4
 10. Steve Tyrer, Mt. Hood CC 1:40:38
 11. Bryon Overton, Striders 1:44:32
 12. Jim Lopes, Athens A C 1:45:53
 13. Gary Westerfield, LIAC 1:45:57.8
 14. Jim Hanley, Striders 1:46:34
 15. Larry Green, USAF 1:47:59
 16. Bruce Adair, US A rmy 1:49:06
 17. Steve Lund, un. 1:50:31
 18. John Hanna, Striders 1:50:46
 19. Steve Merrilees, Striders 1:51:56
 20. Manny Adriano, SCYV 1:52:56
 21. Gerald Willwerth, US A rmy 1:54:12
 22. Karl Merschenz, Denver TC 1:54:04
 23. Larry Newman, LIAC 1:54:30
 24. Jerry Lansing, un., San Rafael Cal. H.S. 1:55:01
 25. Paul Chelson, Striders 1:56:19
 26. Don Derbyshire, Ore. 1:57:37.8
 27. Jerry Heidenreich, un. San Rafael H.S. 1:59:24
 28. Jack Crutchfield, Striders 2:01:58
 29. Chris Clegg, Striders 2:02:28
 30. Jim O'Meara, Den. TC 2:05:12.6
 31. Mark Price, SCYV 2:08:20
 32. Brenda Whitman, un., San Pedro, Calif. and Hal McWilliams, Striders 2:10:53
 34. Sid Arnold, Den. TC 2:17:30
 35. Bob Long, Striders 2:18:37
 36. Joe Wehrly, Striders 2:26:52
 37. Howard Barnes, Seniors TC 2:37:56.
- Teams: Athens A.C. 6:32:12; SC Striders "A" 7:13:48; Denver TC 7:55:45.2; Striders "B" 8:10:45

Medals will go the first ten and certificates to the first 20. A special certificate to Brenda Whitman as the first woman.

OTHER RESULTS:

- Canadian: 6 Mile, Ottawa, April 25--1. Frank Johnson, Gladstone AC 44:10.5
 2. Yvon Groulx, MRFA 45:55 3. Bill Purves, MRFA 47:48 4. Jean-Paul Perron, MRFA 49:42
 5. Gordon Follet, Gladstone 50:25 (course slightly short) Women's 1 1/2 Mile, same place--1. Jocelyn Richard, Laurentien 12:28.7 2. Cindy Keating, Geulph Legion 14:28
 3. France Brisset, Laur. 14:44 4. Sylvie Raux, Laur. 14:54 5. Caroll Barrie, Guelp Leg. 14:55
 6. Linda Brett, Uplands Harriers 14:57 (12 finishers) Junior (19 and under) 3 Mile, same place--1. Neville Conway 24:28 2. Peter Conway 24:53
 3. Speedy Kowal 25:09 4. Bruce Conway 26:40 5. Alain Miron 26:48 (10 finishers)
- California: 5 km, Track, Mt. SAC Relays, April 25--1. Ron Laird 23:09.4 2. Jim Hanley, Striders 24:12.2
 3. Bryon Overton, Striders 27:17.2 4. Bruce Adair, US Army 25:03.7 10 km, Road, Mt. Sac Relays, April 26--1. John Kelly, Striders 45:48.8
 2. Hanley 48:19.2 3. Adair 50:25.4 4. John Hanna, Striders 51:20.6 5. Steve Merrilees, Striders 51:21.2
 6. Chris Clegg, Striders 55:56.2 7. Paul Chelson, Striders 56:39.2 8. Hal McWilliams, Striders 56:49.8--DQ
 Haluza, Overton, Parker all in last 100 yards, Haluza with Kelly. 5 Mile, LA City College, May 2--1. Larry Walker, Striders 37:39.7
 2. Ron Laird 39:35 3. Jim Hanley 41:04 4. Bob Bowman, Striders 41:32 5. Bruce Adair 41:38
 6. Bryon Overton 42:32.5 7. Ray Parker, Striders 43:41 8. Paul Roosevelt, Striders 45:13 H.S. 5 Mile, same place--1. Mike Boyce, un. Cleveland HS 46:23
Compton Hall of Fame 2 Mile, May 3--(100 plus temperature) 1. Jim Hanley 15:04.2 2. Bruce Adair 15:05.5 3. Ray Parker 15:18 4. Bob Long, Striders 17:19.6
 5. Paul Chelson, Striders 17:53 6. Chris Clegg, Striders 18:14 5 Mile, Fullerton JC, May 9--1. Ron Laird 37:23.0 (caught plane immediately after for Nutley--not really, the planes don't land there) 2. John Kelly 37:47.2
 3. Bruce Adair 38:42 4. Jim Hanley 39:35 5. John Hanna, Striders 39:53 6. Bryon Overton 40:00.0
 7. Steve Merrilees 41:45 8. Gerry Willwerth, Striders 43:00.0 9. Chris Davis, Cal State Long Beach 45:32
 10. Chris Clegg, 45:43 11. Hal McWilliams 47:48 12. Brenda Whitman 49:05 California Podiatry Walkathon State Championships, same place--1. Rick Stoughton, Fullerton HS 43:47
 2. Jerry Heidenreich, San Rafael 44:31 3. Ubaldo Ponce 45:34 4. Mike Boyce, Cleveland HS 45:45 (16 finishers)
- More Canada: Bert Life Memorial 5 Mile (Road), Toronto, May 10--1. Frank Johnson, Gladstone AC 37:06
 2. Alex Oakley, Gladstone 37:49 (1960 and 1964 Olympian on comeback) 3. Pat Farrelly, Gladstone 38:39
 4. Max Gould, Gladstone 39:05 5. Gerry Bocci, Motor City Striders 39:08
 6. Gordon Follett, Gladstone 43:18 7. Jeanne Bocci 43:52 (got style prize)
 8. Harold Hoffman 44:42 9. Jim Dunn 51:10 10. Mary Kefalos 52:49 11. Cindy Keating 55:24
 12. Cheryl Gall 58:10
- New Jersey: Ron Zinn Memorial 10 Mile, Asbury Park, April 5--1. Dave Romansky 1:10:54.4 (old course record 1:12:56.6 by Romansky last December) 2. Ron

Daniel 1:15:26 3. Ron Kulik 1:17:29 4. Steve Hayden 1:17:51 5. Greg Diebold 1:18:14 6. Clarence Buschert, Kings Point 1:25:22 7. George Shilling, NYPC 1:25:37 8. Bob Mimm, Phil AC 1:35:57 9. Gary Westerfield, LIAC 1:26:26 10. Howard Palamarchuk, Ambler OC 1:26:36 11. Rich Airey, Shore AC 1:27:43 12. Larry Newmann, LIAC 1:31:33 13. Don Johnson, Shore AC 1:34:57 15. Bill Dikun, Shore AC 1:37:47 (41 finishers as Jersey continues to get the largest fields going. Stella Palamarchuk, walking just before her 14th birthday, had 1:49:10) 10 Mile, Seaside Heights, April 26--1. Steve Hayden 1:14:13 2. Greg Diebold 1:17:37 3. George Shilling 1:25:16 4. Bob Mimm 1:25:17 5. Larry Newmann 1:26:43 6. Fred Timcoe 1:26:57 7. Howard Palamarchuk 1:27:14 8. John Markon, LIAC 1:27:28 9. Joe Joyner, Co Post Col. 1:27:58 10. Gary Westerfield 1:28:33 (Gary is still suffering from severe tendon problems behind his knee. Uncle Sam has him starting May 20 to add to his woes.) 11. Mike Conn, Phil. AC 1:29:34 12. John Shilling, NYPC 1:30:45 13. Randy Mimm, Phil. AC 1:33:11 14. Bill Hackulich, Phil. AC 1:35:09 15. Vinnie Davy, LIAC 1:35:36 (47 finishers in this one out of 49 starters. Old course record was 1:16:20 by Bob Kitchen last year. Hayden was the seventh different winner in seven years of the race. Stella Palamarchuk, now 14, turned in 1:44:06)
50 Mile, Pt. Pleasant, April 19 (partial results last month)--1. Shaul Ladany, Israel 7:52:04 (new American record. 8:12 first mile and 8:50 for last. All miles well under 10 until 33rd. Slightly over 10 from there through 47. Average 9:27) 2. George Braceland, Phil. AC 9:26:46 3. John Markon, LIAC 9:41:11 Rufus Reed, of New York, did 41 miles in 8:02:09 and Craig Bessinger of Point Boroe 33 3/4 in 7:08:39. No one else past 50 km. In the accompanying 50 km, in which Romansky set an American record as reported last month, Dave had 7:56 for his first mile and 5 mile splits of 41:00, 1:22:27, 2:03:16, 2:45:37, 3:25:00, and 4:06:19.

Other:

1 Mile, Quantico Relays, May 2--1. Dave Romansky, Del. T&F 6:10.4 -- new American record breaking own mark of 6:26.1 set at Martin Luther King Games last year. Also record 5:39 at 1500 meters. Shattering records at 50 km and 1 mile within two weeks shows a bit of versatility, eh what? 2. Ron Kulik 6:47.9 3. Ron Daniel 7:14
1 Mile, Kansas Relays, April 19--1. Floyd Godwin, Denver TC 6:57.7 2. John Rose, WKTC 7:49.1 3. Bob Young, KCP 7:57.6 4. Fred Young, KCP 8:13.4 High School 1 Mile, Kansas Relays--1. Steve Nelson 7:39.4 2. Paul Ide 7:51.2 3. James Bentley, Oxford, Miss. 8:04 4. Steve Garrett 8:22.0 5. Ron Reigel 8:23.1 2 Mile, Oregon, May 3--
1. Steve Tyrer 15:18.9--in an accompanying high school race, Mack Ramsey did 19:11 in his first competitive effort. 3 Mile, Flathead Valley Com. Col, Montana, May 1--
1. Larry O'Neil 27:01 2. Howard Austin 27:57

FOREIGN:

Essex County (England) 10 Mile, March 7--1. R. Mills 71:42 2. P. Embleton 72:38 3. J. Webb 74:10 4. B. Dodson 74:46 5. A. Banyard 75:21 6. C. Young 75:55
Bedfordshire 10--1. George Coleman (age 53) 79:29---In the British 10 Mile, for which the first 12 were listed in last month's issue, there were 197 finishers with 50 of them inside 79:25--India 50 Km Championship, Jan.--1. Kishen Singh 4:19:46.4 2. Mahabir Singh 4:28:19 3. Deedar Singh 4:37:26.6 15 Mile, Carshalton, Eng., March 28--1. Wilf Wesch 1:56:10 2. Bill Sutherland 1:57:34 20 Km, Westbury, Engl. March 28--1. Eric Taylor 90:11 2. Dave Smyth 93:59 3. M. Harcombe 94:09 4. R. Butler 96:38 20 Km, London, April 4--1. Wilf Wesch, West Germany 89:02 (Ron Laird walked this course in 90:26 last summer when in very good form and Nikolay Smaga has covered it in 90:40, so obviously the 24-year old Wesch, walking for the Belgrave Harriers, is in excellent form. 21 months ago he was a novice and now a very real threat for the Lugano Cup race. 2. Peter Fullager 90:35 3. Ron Wallwork 91:01 4. Bill Sutherland 91:50 5. Roger Mills 92:17 6. John Webb 92:35 7. Phil Embleton 92:50 8. A. Taylor 94:13 9. R. Coates 94:34 10. George Chaplin 96:17 11. Colin Young 96:18 12. Roy Lodge 96:28 13. Bob Hughes 96:33 14. Alec Banyard 96:46 15. A. Callow 96:50 (? 4 inside 1:40). 10 Km, East Germany, March 7--1. Peter Frenkel 42:49.0

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Coming up from Louisville, Ky. for his first walking race in about 5 years, Regis (Jerry) Brown bolstered an even smaller than usual field in our local 10 mile at Sharon Woods north of Columbus on May 17. And he insulted us by winning the race. The race was held over 5 laps of the 2 mile 92 yard course, so was actually 460 yards over 10 miles. Brown, with a 12-minute start over scratch man Jack Mortland, bombed his first lap in 17:03 and although slowing considerably on his last lap still had 2½ minutes in hand at the finish, with an actual time of 1:30:23. Jerry only started training for walking again 4 weeks earlier, so this is really quite a mazing. His best performance before he stopped walking was a 1:49:00 for 15th in the 1963 NAAU 20 Km in Chicago. In that one he finished only 33 seconds behind some guy by the name of G. Klopfer. That race, incidentally, was amazingly fast for the era. Held in March as a trial for the Pan-Am Games in April, the weather was cool for a change. The veteran John Allen was so discouraged at breaking 1:39 and finishing only 6th that he announced he was ready to retire and proceeded to insure his retirement by spitting in an official's face a couple of months later.

Back to Sharon Woods, your faithful editor managed his quickest 10 in some years thanks to the unseasonably cool weather (low 50's) and refreshing showers throughout. The 1:20:53.8 (under 1:19 for 10) convinces me the Nutley course was long. I definitely had a better effort than at Nutley (I'm developing an unfortunate for doing great in the backyard and lousy in the big world) and 40 degrees difference in temperature obviously makes a heckuva difference. But not so one can go better than 3 minutes faster for 1656 yards further.

The only other competitor was Doc Blackburn, who, with some old injuries causing him all sorts of difficulties hobbled through in third, still only a couple of minutes off his best 10 of last year. Results: 1. Jerry Brown, Louisville 1:38:23 (1:30:23 actual with laps of 17:03, 17:48, 18:00, 18:07, and 19:25) 2. Jack Mortland OTC 1:40:53.8 (1:20:53.8 actual with laps of 16:14, 16:07, 16:03, 16:11, and 16:19) 3. Doc Blackburn 1:45:38.8 (19:55, 20:44, 21:17, 22:16, 21:27)--Barry Richardson, after a bout with the flu the day before accepted the time-keeping chores in lieu of walking. A disappointment for him since it was decidedly English weather. Barry has accepted a new position back in England and will be leaving us in another month, which our races can ill afford.

Newburyport, Mass., May 9--Phil McGaw of Springfield College and the North Medford Club captured his first National title in the Junior 30 today. On a 3-lap course, McGaw scored by a wide margin over Clarence Buschert, of the Merchant Marine Academy, with an excellent 2:41:04. Buschert walked a fine race himself and was nearly as far in front of the North Medford Club's Jon Malmin, as Buschert was ahead of him. Malmin, a newcomer to walking circles to our knowledge just got in ahead of Rich Airey of the Shore A.C., who is getting back into walking after a couple of years off.

The size of the field was hurt by the Senior 15 Km in Nutley the following day, but there were still 19 finishers. And there were quite a few hearty souls who showed up in Nutley after walking this one. The results:

1. Phil McGaw, NMC 2:41:04 2. Clarence Buschert, USMA 2:48:53 3. Jon Malmin, NMC 2:54:31 4. Richard Airey, Shore AC 2:54:57 5. Tony Medeiros NMC 2:57:20 6. Don Johnson, Shore AC 3:01:55 7. William Hohenstreet, USMA 3:03:32 8. Charles Scott, NMC 3:09:30 9. Bruce Truog, USMA 3:10:17

- 10. William Oliver, NMC 3:12:06
- 11. John Killinger, NMC 3:14:08
- 12. Thomas Knatt, unat. 3:19:35
- 13. George Lattarulo, NMC 3:20:36
- 14. Sigmund Pdlozny, NMC 3:22:10
- 15. Robert Morse, NMC 3:25:19
- 17. Fred Brown, Sr. NMC 3:25:25
- 16. (should be before 17, I guess) Harold Brederson, NMC 3:23:36 (matter of fact he was 15th--I really goofed--15. Brederson 16. Morse 17. Brown 18. Roger Pike, NMC3:25:48
- 19. William Pierce, Greater Portland AC 3:33:36

RACES HERE AND THERE THAT YOU MAY WISH TO PARTICIPATE IN:

- Sat, May 30-7 Mile Memorial Day Handicap, Lakewood, N.J.
- Sat. May 30--SENIOR NAAU 10 KM, U. OF CHICAGO
- Sat. May 30--SPAUAU 2 Mile, Los Angeles
- Sat. May 30--Iowa AAU 2 Mile, Dubuque, Iowa
- Sat. May 30--10 Km Road, Berkely, Calif.
- Sun. May 31--New England & Open 15 Km, Max Adamsdale, Mass.
- Sun. May 31--Canadian and Open 20 Mile, Verdun to Montreal
- Sun., May 31--Capt. Ron Zinn 10 Km and Regional 20 Km, Hanson Stadium, Chicago
- Fri. June 5--5 Km, Compton-Coliseum Invitational, Los Angeles, Calif.
- Sun. June 7--NAAU Jr. 10 Km, Portland, Oregon
- Sun. June 7--1 HOUR (TR CK), WORTHINGTON, OHIO (TOUR OF OHIO SERIES) 1pm
- Sat. June 13--Pac. AAU 5 Km, Sacramento, Calif.
- Sat. June 13--5 Mile, Men and Women, Truman H.S., Independence, Mo. 9am
- Sun. June 14--Canadian 20 Km, Edmonton, Alberta
- Sun. June 14--Michigan 20 Km, Belle Isle, Detroit, Mich.
- Sun. June 5 Km (track), Los Angeles
- Sun. June 14-- Iowa 1 Hour, Des Moines, Iowa 9 am
- Sun. June 21--10 Km, Branford Rec. Center, Arleta, Calif.
- SUN. JUNE 21--10 KM, DENDROP CIRCLE, CINCINNATI, OHIO (TOUR OF OHIO)
- Sun. June 27--Sr. NAAU 2 MILE, BAKERSFIELD, CALIF.
- Sun. June 28--Michigan AAU 1 Hour, Belle Isle, Detroit
- Sun. June 28--7 Mile Hcap., Washington Park, Denver, Colo.
- Sat. July 4--JR. NAAU 1 HOUR, MILES CITY, MONTANA

U.S. MASTER'S TRACK AND FIELD CHAMPIONSHIPS

This event for men over 40 (rather 40 and over) will be held in San Diego for the third time, July 3-5. The meet includes a nearly complete schedule of track and field events with two walking races. A 1 Mile will be held on the track on Saturday July 4 and a 20 Km will be held in conjunction with the marathon starting at 7 on Sunday (July 5) morning. Awards will be given in three divisions for each event; first through sixth in the 40 to 49 age group and firsts through third in the 50 to 59 and 60 plus groups. In addition, you are welcome to hop into any of the other events if you are particularly energetic or adapt. The walking events have been changed this year from a 3 and a 6 mile each of the first two years. It seems like a change for the better because the other two races were too much alike making the 6 just about a rerun of the three. Bruce MacDonald won both in 1968 and John Markon won both last year. This is a meet that would be well worth building a vacation around for you oldsters (and I'll be joining you in a mere 5 years). For further information contact Ralph Smith, San Diego Recreation Department, San Diego, Calif. 92101. Entries close June 29.

Belatedly, the results, as compiled from meets throughout the country, of last summer's Junior Olympics Walks: BANTAM DIVISION (9 and under)

- 220--1. Ronnie Harms, Hoisington, Kan. 53.7
- 2. Robert Treece, Lawrence, Kan. 55.0
- 3. Mark Goerhing, Westmoreland, Kan. 56.8
- 4. Ricky Bosshard, Pittsburgh, Pa. 65.0
- 5. Mac Sutherland, Mt. Lebanon, Pa. 65.5
- 440--1. Kevin Knox, Wasco, Calif. 1:45.4
- 2. Kelly Walters, Spokane, Wash.

1:55.2 3. Tim Schwerdtfeger, Merced, Calif. 2:06.5 4. Able Flores, Tulare, Calif. 2:11.6 5. Butch Ausbrook, Oilton, ~~Okla.~~ Okla. 2:12.8
 1 Mile--1. Phil Ragland, Spokane, Wash. 9:59.5 2. Mac Sutherland, Mt. Lebanon 11:22.9 3. Joe Lackner, Pittsburg, Pa. 11:39.0 4. Glenn Bosshard, Pittsburgh 11:39.6 5. Brian Sallee, Albuquerque, N.M. 11:51.4
 MIDGET DIVISION (10-11): 440--1. Rodney Napier, Bakersfield, Calif. 1:46.9 2. Tom Waldschmidt, Lacrosse, Kan. 1:53.2 3. Ken DeFrange, Wasco, Ore. 1:54.4 4. Craig Opra, Beaverton, Ore. 1:56.8 5. Eric Wilcox, The Dalles, Ore. 1:58.15 1 Mile--1. Waldschmidt 8:55.5 2. Kirk Gresar, Spokane, Wash. 10:01 3. Raymond Chapin, Independence, Mo. 10:01.9 4. Ricky Padilla, Albuquerque, N.M. 10:05.2 5. Ken Tower, Spokane, Wash. 10:09 JUNIOR DIVISION: 880--1. Steve Herrman, Lacrosse, Kan. 3:40.5 2. Joe Berry, Bakersfield, Cal. 3:51.6 3. Mike Long, Lebanon, Ore. 3:58.0 4. Willie Robinson, Visalia, Calif. 4:00.1 5. John Rothwelter, Lacrosse, Kan. 4:02.9 1 Mile--1. Herrman 8:44.5 2. Bob Harwick, Mt. Lebanon, Pa. 9:07 3. James Bentley, Oxford, Miss. 9:08.5 4. Jerry Oborny, Lacrosse, Kan. 9:28.0 5. Bob Kane, Albuquerque 9:56.8 2 Mile--1. Herrman 19:24.0 2. Oborny 19:58.8 3. Harwick 20:06.5 4. Phil Ardrey, Hoisington, Kan. 20:12.4 5. Mark Comstock, Spokane 20:30.4 INTERMEDIATE DIVISION (14-15): 1 Mile--1. Craig Jarret, Lewisburg 8:10.3 2. Bill Bull, Nescopek, Pa. 8:19.0 3. Dennis Briceno, Merced, Cal. 8:19.7 4. Roland Thompson, Fresno, Cal. 8:26.5 5. K. Beauparlant, Portland, Maine 8:27.6 3 Mile--1. Bill Dikun, Pt. Pleasant N.J. 29:20.0 2. Randy Mimm, Willingboro, N.J. 29:40.0 3. Bruce Renberger, Lacrosse, Kan. 29:59.5 4. Ron Reigel, Overland Park, Kan. 30:36.9 5. Mark Harvey, Independence, Mo. 30:48.8 SENIOR DIVISION (16-17): 1. Steve Nelson, Leawood, Kan. 7:10.5 2. Bob Romansky, Carney Point, N.J. 7:17.9 3. Dan O'Connor, New York, N.Y. 7:23.4 4. Paul Ide, Lacrosse, Kan. 7:30.2 5. Fred Shack, E. Orange, N.J. 7:50.0 3 Mile--1. Ide 26:22.3 2. Shack 26:55 3. Jim Newton, Pt. Pleasant, N.J. 32:12.0 4. Norm Eckler, Pittsburg 32:15.0 5. Steve Cupcheck, Pittsburg 32:16 6 Mile--1. John Mulhearn, Springfield, Pa. 61:01 2. Paul Alexander, Red Bank, N.J. 61:37.0 3. Randy Krakower, Teaneck, N.J. 62:08. Some good results, and it is obvious that we have some real comers if we retain there interest.

From time to time, I receive comments from readers about how much they enjoyed Doc Blackburn's columns regarding physiological aspects of walking--aformer feature of the ORW. Many of you won't remember these columns, the 1st one having been about 2 years ago, but they were quite informative and well received and a lot of people would like to see more. Unfortunately, the good doctor feels that he covered the subject in that series and that there is really is nothing new to say. He could turn to psychological aspects--tell you why you walk and jazz like that, but we don't like to offend our readers by telling them what a bunch of neurotic, ego-centred, attention-grabbing, insecure, fitness-worshipping, unadulterated kooks they are. Therefore, as space permits, we will rerun the earlier articles. The only people to suffer will be those few idiots who may save back issues of the Ohio Race Walker and already have this material on file. The rest of you have either never seen it, or have forgotten it and can only benefit from the wisdom of the Doc. With summer approaching, and one ultra-hot race already in, it may be well to start with the Doc's classic on heat prostitution, er prostation.

HEAT ILLNES
 by Dr. John Blackburn

According to the World Health Organization, heat illness is now classified as follows:

Heat Stroke
Heat Hyperpyrexia
Heat Anhydrosis
Heat Cramps

Sun Burn
Prickly Heat
Heat Edema

Since walkers are a thoroughly exposed group, I thought it might be timely if I sorted all these out. You can then be scientific about why you dropped out of the race. Instead of saying "The heat got me," you can say, "I have heat anhydrosis", or something equally erudite. This will impress officials and bystanders no end. You may even get an escort back to your motel or even to the hospital so you can admire the nurses. The possibilities are unlimited. The newspapers may appear with headlines "Walker Felled By Strange Disease, Authorities Fear Epidemic". Just think of all the attention you'll get!

Anyway, we'll talk first of the normal reaction to heat. Conduction, convection, radiation, and evaporation are the means by which the body deals with it. Contraction and expansion of superficial blood vessels, controlled by the heat regulation center in the brain stem, determines the amount of loss of body heat. Heat is conserved by contraction of these vessels and lost by expansion of them.

When the temperature of the environment is below 85 degrees F, body heat is lost by radiation. Above 85, sweat is vaporized as an added factor. Above 85, vaporization becomes the only way the body can lose heat. So off with the hats, the French Foreign Legion kerchiefs and the sleeved shirts. Have a special hot-weather athletic shirt cut down to the minimum--front, back, and sides. Any of you with extra fat should remember that this insulation also impairs heat loss.

Race walkers and marathoners have been checked with temperatures of from 101 to 105 after some of the longer events. I personally have had a temperature of 103 following a 12-mile race in Chicago some years ago when the air temperature was 99 and the humidity 85 percent. Don't be discouraged, however, You won't die until your temperature reaches 110 F.

Now to the specific forms of heat sickness.

Heat Stroke--This is the worst. The person has been exposed for a varying amount of time to unusual heat. He has a fever of 106 or more. He is not sweating any place on his body. He may be unconscious or partially so. He may have a convulsion, he may tremble, or he may be paralyzed, or partially so. Heat stroke occurs primarily in the poorly conditioned individual, the sick or the elderly. The mortality rate is 30 to 70 percent. Don't worry about it because I have never heard of a well-trained athlete having a heat stroke.

Heat Hyperpyrexia--This condition is the same as heat stroke except that there are no signs of nervous involvement, such as loss of consciousness, convulsions, etc. Treatment for both of these conditions is basically ice-water immersion.

Heat Anhydrosis (heat exhaustion)--Here we have a person having been exposed to heat for a rather long time. He complains of fatigue, headache, and dizziness. His temperature is over 101. Pulse and respiration are fast. He may have sweat on his face, but elsewhere his flesh is dry and goosefleshed. Prickly heat may have preceded the breakdown. If not treated, the condition may progress to heat stroke. Treatment is simple. Put the individual in an air-conditioned room and he recovers quickly.

Heat Cramps--This occurs in race walkers, marathoners, and others under strenuous exertion in the heat. They replace fluid loss but not salt. There are muscle spasms of the body extremities with pallor, headache, undue fatigue, and dizziness.

Salt tablets, or the "Blackburn Walking Elixir", will practically eliminate this problem. Two grains of salt tablets for every two pound loss of weight due to perspiration is a good rule to remember--plus normal salting of the food at the table.

Acclimation to working out in the heat takes about two weeks. After that, the body automatically reduces the salt losses. Of course, if you're not sure you are replacing salt adequately, you can always have your doctor check your sodium and chloride levels in both blood and urine.

This brings to mind another situation which is not often thought about--that of chronic salt depletion, wherein the salt loss occurs gradually over some weeks of training in the hot weather. There is unusual fatigue and muscular aching, pallor, and dizziness. Infrequently there are personality changes, and the person may be labeled "psycho-neurotic". This last isn't really a good sign to go by, since most race walkers are crazy to begin with. Think of the problem the doctor has when you consult him. He has to puzzle out where your ever-present mental aberration stops and the present condition starts. He will probably say to himself, "Well this S.O.B. is nuts to begin with--otherwise why he is out walking in all this heat? What does he expect from me?"

Sunburn is another heat illness, but won't be dealt with here. If you haven't learned yet how to deal with it, God may help you. No one else can.

Prickly Heat--This condition results from obstruction of the sweat pores. It can afflict walkers and non-walkers alike. It is caused by a skin continually wet with perspiration. The skin swells a bit and obstructs the pore. The sweat is trapped in the skin. This causes small red pimple-like lesions that surround the pore area. A burning and prickling feeling are the usual symptoms. If it involves a large enough area, it can be incapacitating. As mentioned before, it can lead to the state of heat exhaustion. It can also lead to secondary infection of the involved areas, often called impetigo. Treatment calls for a cool, dry environment and frequent baths or showers with a minimum of soap. Creams, lotions, and ointments should be used sparingly, if at all, since they tend to cause further obstruction of the pores. One further warning--too much salt intake will aggravate this condition.

Heat Edema--This is mentioned only to let you know that there is such a condition. It is swelling of the feet, ankles, and hands that occurs in the first few days of exposure to heat. It is self-healing.

Now you know all about heat illness. Keep this article in your filthy old athletic bag. If an unlucky competitor falls out due to "the heat", (because he doesn't subscribe to this paper and is therefore ignorant), you can consult him and then wisely diagnose which variety he is suffering from. Thereupon you can advise the doctors of your decision and draw upon head their sarcastic displeasure. Don't let them scare you. I never heard of anyone being prosecuted for practicing without a license because of prescribing ice-water baths and salt tablets.

ADDITION TO THE SCHEDULE: The Ohio AAU Track Meet will be held in Dayton on June 13, including a 2 mile walk. This will be an evening event. Bear in mind that it has been cancelled two of the last three years because of the AAU-NCAA feud however.

Additional results:

Races at Branford Recreation Center, Arleta, Calif (grass track)--May 2, Boy's 880--1. K. Raye 4:58.5 2. Carlos Mendoza 5:25.5 3. Ted Sullivan 5:46.5 Girl's 880--1. L. rrie Sidensticker 4:59 2. Paule Wyand 5:00 3. Shari Emanuelson 5:01 (11 finishers). May 16, (1987) Boy's 880--1. Bob Krayl 4:28 2. Greg Roberts 4:43 3. Eric Zucker 4:48 Girl's 880--1. Laura Saarem 5:13 2. Chris Chapman 5:15 3. Lorrie Sidensticker 5:36. May 17, Girl's 2 Mile--1. Lorrie Sidensticker 24:40 2. Laura Saarem 25:40 3. Karen Duncan 25:42

20 Km, Simferopol, USSR, April 8--Gennadiy Agapov 1:29:09 2. V. Schal-
osjik 1:29:35 3. Bochon 1:29:37 20 Km, Naitschik, USSR, April 7--
1. Viktor Vavilov 1:30:07 20 Km, Leselidse, USSR, April 1--1. Yevgeniy
Ivtschenko 1:31:37.6 2. Nikolai Ragilevitsy 1:33:03 3. Viktor Demanov
1:33:04 30 Km, Berlin, E.G., April 12--1. Christoph Hohne 2:19:19.4
2. Gerhard Sperling 2:20:43 3. Sigfried Zschiegner 2:21:49.8 4. Peter
Selzer 2:24:35 5. Burkhard Leuschke 2:26:33 6. Mathias Kroel 2:26:45
7. Winfried Skotnicki 2:27:37 8. Joachim Dumke 2:28:51 5 Km (Indoor)
Bologna, Italy, Feb. 1--1. Vittorio Visini 21:56.8 10 Km, Rome, April
5--1. Gabriele Nigro 26:07.2 2. Eduardo Quirino 46:12.2 2 Hour, Bol-
ogna, April 12--1. Vissini 24, 569 meters (over 15 miles) 2 Hour, Rome
April 12--1. Walter Sgardello 24,540 meters. 30 Km, Sesto San Giovanni,
Italy, May 1--1. Peter Selzer, E.G. 2:26:49.8 2. Christoph Honhe, E.G.
2:28:02.4 3. Gerhard Sperling, E.G. 2:28:31.4 4. ~~xxxxx~~ Leonida Car-
aiosifogiu, Rum 2:32:09.4 5. Antal Kiss, Hun. 2:32:37 6. Stefan Ing-
varsson, Sweden 2:32:45.2 15 Km, ~~xxx~~ Olomouo, Czech., April 12--
1. Alexander B,lek 43:22 2. Vladimir Perizek 44:38.2 3. Juraj Bencik
44:42.8 3 Km, Melbourne, March 17--1. Noel Freeman 12:36.4 20 Mile,
Sudbury Hill, Eng., April 25--1. Phil Emblton, 2:36:05 2. Shaun Lightman
2:39:23 3. Bill Sutherland 2:40:06 20 Mile, Wallington, April 25--
1. Peter Fullager 2:34:03 20 Mile, Wimbledon, April 18--1. Wilf Wesch
2:37:38 15 Mile Sheffield, April 25--1. Ron Wallwork 1:53:24 2. John
Warhurst 1:57:00 3. A. Taylor ~~xxxxx~~ 1:57:04 15 Km, Potsdam, E.G.,
May 1--1. Peter Frenkel 1:05:51.6 2. Iljin 1:09:18.4 3. Skotnicki
1:09:45.6 4. Sakowski 1:09:45.6 5 Km, Tallninn, USSR, March 22--1.
Olavi Laiu 21:33.3

OHIO RACE WALKER
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FIRST CLASS