Toronto, Canada, Aug. 22-23—13th Ron Laird returning to form to take the 20 Km and Dave Romasny copping a couple of more American records in taking the 20 Mile, the U.S. defeated Canada in an International walking match held at the Canadian National Exhibition. The final score was 29-15, with both races held on a 400 meter asphalt track at the Exhibition Center. Scoring was Lugano style, i.e., four men per side in each race with three counting and 7 points for first, 5 for second, 4 for third, etc.

In the 20 Km held at 5 p.m., on Saturday in cool weather with occasional drizzles, Laird broke open a good competitive race with 2-mile long spurt after 7 1/2 miles and went on to win in 1:35:14.2. This left a tiring Ron Daniel and Marcel Jobin well back and John Knifton came storming through in the last 5 Kms to take second.

At 8:30 the next morning the 20 milers took off. Romasny was unchallenged from the start, bettered Laird's time with a 1:34:45 at 20 Km, and then slowed markedly in the last 5 miles to record a 2:37:20.2. This bettered Goetz Klopfer's pending American record of 2:37:57.6. Dave passed 30 Kms in an official 2:25:33.8 to better Goetz's pending mark of 2:25:41. Veteran Alex Oakley, of Canada, overhauled a gutsy Bob Kitchen, still a little short on conditioning, in the last 2 miles to take second, about 4 laps back. This race started in cool weather with rain threatening, but the sun came out the second half and made things uncomfortably warm.

The meet became a definite reality only in the final week and as a result there was some disorganization in details, but the races themselves went smoothly. U.S. athletes had to pay their own travel expenses, and this affected the final makeup of the team, making it a little tough for West Coast athletes. As a result of this, and the last-minute finalizing, Bruce Macdonald was still getting the team together on Thursday night. It was at 11:30 that evening that my beautiful wife and I returned from a night on the town. A fine dinner at Benny Klein's, topped by the piano wizardry of evergreen Teddy Wilson, of Benny Goodman fame, the enticing, exotic dancing of one Sharharazad, and even a couple of drinks of some alcoholic content. Awaiting me was a note to call old Bruce regardless of the hour. "Hey Jack", sez he, "how would you like to cover the meet in Toronto this weekend in person—from the track," This is known as scraping the bottom of the barrel but I'm not so proud that I object to being dredged up at the last minute when they are going to give me another USA-type uniform. And all I was passing up to go was a planned trip to the big World-Wide Open 25 km in Niles, Ohio. So it was off to Toronto for some first-hand coverage.

The way they got down to the number 11 (excluding two Mexicans) man from the National 20 was that Romasny and Kulik opted for the 20 mile, Dooley, Klopfer, and Kelly couldn't afford the bill, Hayden was nursing an injury, and Ranney was in Italy, or some such place. This left Knifton, Daniel, Laird, and finally Mortland—the New York A.C. plus one—to go at 20 M. It was Romasny, Kulik, Kitchen, and Overton for the 20 mile.

Actually, the Canadians were hurting a little more than we since they have less depth to begin with. They were unable to locate Karl Verschenz and Felix Cappella chose not to compete. That leaves out two pretty good men and in addition
Pat Farrelly chose to walk a 10-mile race on Saturday, which probably didn't help his 20 mile performance.

In the 20 K, Marcel Jobin, the French-Canadian from Montreal, jumped into the lead, with only Ron Laird following his hot pace (1:42 first lap, 7:07 at 4.). Ron Daniel stayed fairly close with a 7:15 at 4 laps. The rest of the field started in a pack with John Knifton leaving this group after 3 laps. Laird and Jobin stayed together through 5 km in about 23:05, with Daniel about 25 yards back and Knifton about 120 yards behind. A half lap off the pace, Jack Mortland and Frank Johnson were locked in a struggle, and guest Shaul Ladany was another 20 seconds behind.

Just before 10 km, as Mortland and Johnson were being lapped, Daniel caught the leaders and assumed the lead. Jobin immediately took over again and accelerated, passing 10 km in 46:47 to 46:50 for Daniel, and 46:52 for Laird. Knifton was a minute back with 47:51, and Mortland and Johnson had 48:52. Trailing were Yvon Goulet (49:51) and Max Gould (54:22). Laird got back up at 30 laps and two laps later, doing 1:50's, dropped the other two. Ron continued this pace through 38 laps, covering those 8 laps in 14:37 (about 14:42 for 2 miles) and was a full lap ahead by 40 laps (74:55). At that point Daniel and Jobin were still right together in 76:53 and Knifton was closing fast (77:19). Daniel dropped the faltering Jobin the next lap, but was caught by the swift Knifton 4 laps later. John easily pulled away from there and finished in 1:36:32.

Back in the pack, Mortland and Johnson started to falter after 7 miles. They lapped Ladany at 34 laps and then really hit the wall. The strong Shaul easily made up the lap and then some to get an Israeli record of 1:42:24.8. Mortland, after dropping some 25 seconds back of Johnson while fighting a stitch, managed to get back ahead the last 3 laps as both crawled in. Only proves that 35-year old men on 25-mile-a-week training schedules shouldn't go out at 1:38 pace. (Speaking for myself.)

In the 20 mile, Romansky took off with sights on the World's Record (Yegorev's 2:31:33). He pushed at the start passing 10 km in 46:50 and 20 in 1:34:45. However he was slowing at this point and with the record out of sight he relaxed and settled for his two earlier Russian records. A good effort with no competition, although he slowed considerably the last 5 miles.

Bob Kitchen moved right away from Oakley at the start and lapped him shortly after 10 miles. Bob had his third best ever 20 km (about 1:38:20, I don't have all the splits on this race) and still looked fairly strong at that point. Bob was an unknown to Oakley, who hasn't been around for awhile, and by this point had him a little worried. Alex stayed with him for a few laps after being lapped but then slowly dropped back to where Bob had the lap plus 30 seconds. It stayed like that for a couple of miles, and then shortly after 15, Bob hit the wall, slowing to about 2:10's. Oakley quickly caught him and started making up the lap. It was obvious he would do it unless he ran into serious trouble himself. He never did, catching Bob at about 18½ miles and then opening up another minute. In the process, he pulled away from Romansky, who had lapped him for the fourth time. This was a great race for the veteran Oakley (9th and 6th in Rome 20 and 50, 11th in Tokyo 50) who hadn't competed since 1966. He came back this year to take 9th in the Empire Games and probably walked better than that today. Kitchen, despite his slow down in the last 5 miles, had an excellent time and feels his serious training is still ahead of him. He could be quite tough by Lugano Cup time—at least close to his 4:19 form of last year.

Byron Overton and Bob Steadman waged a titanic struggle for the fourth spot over the last 10 miles, with the Australian-Canadian finally pulling away in the last 2 miles. A very good race for Byron though, who had some trouble with the Navy and didn't know for sure he was going to get here until Friday afternoon. Pat Farrelly had 2½ laps on these two at one point but fell apart and had to settle for sixth. Ron Kulik, walking fifth, dropped out about 11 miles, at which point he
he was already slowed way down. Just wasn’t Ron’s day. The Canadians did not have a fourth man in this race. The results:


Score: U.S. — 16; Canada — 6


Score: U.S. — 13; Canada — 9; Final: U.S. 29, Canada — 15.

NATIONAL 40 KM

Long Branch, N.J., Aug. 10—Dave Romansky overcame 87-degree, high-humidity conditions and the determined effort of Dr. Shaul Iadany, to nail down his sixth national title of the year in the 40 km today. In the National Junior race, held concurrently, Rich Airey, of the host Shore A.C. won easily, taking ninth overall.

Ladany led through 10 km in 51:00, before Romansky took over. By 30 km, Dave was 3:10 in front, but the determined Ladany closed this back almost to 2 minutes by the finish. Bob Kitchen, in his first National of the year, held third through 30 km and had 1:40 on Ron Kulik at that point. However, Kulik was walking his usual well paced race (1:48:50, 1:49:05 20 km splits) and came through to grab the third spot. A rather distant fifth was Ron Laird, trying to get ready for a good 50 in the National at that distance. Ron Daniel overtook Bryon Overton in the last 10 for sixth and Overton just held off Jim Kopes to nail down a spot on the U.S.—Canada team, after the shuffling was completed. The results:


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HENDERSON COPS TITLE

Wantagh, N.Y., Aug. 2—On another hot day (temperature over 90) fast-improving Bob Henderson, of Chicago’s Green & Gold A.C., captured the National AAU Junior 2 Mile in record time. The Art Link protege from the U. of Illinois went through the mile in 2:19 and hung on for a 14:43.2. Steve Heyden held the old record of 14:55.4, set in 1967. John Karchner just hung on to beat Long Island AC teammate Larry Newman for second. Newman was just off the plane from the Colorado training camp. Todd Scully, short on training, took fourth, and another recently converted runner, Philadelphia’s Larry Simmons, moved excellent form in taking fifth. The results:

ROUND THE WORLD

quite a bit of interest to report on the International scene, besides the standard rundown of results, which will come later. In the British Empire Games 20 mile, Australians Noel Freeman and Bob Gardiner scored a surprisingly easy sweep. The two ABIDES DESTROYED THE FIELD with a 1:14:02 for the first 10 miles (I really didn't want all those caps back there). Everyone else was at least a minute back at that point. Freeman continued to push the pace and had 1:52:33 at 15 and 2 minutes over Gardiner. Scotland's Bill Sutherland had closed to within 13 seconds of Gardiner at 15, but the Australian was too strong at the finish and pulled well clear again. Freeman, meanwhile, continued to open up the gap to the finish. This 31-year-old is, of course, not unknown to the walking world. He was a close second in the Rome Olympics and fourth in Tokyo, both at 20 km. But I don't think he was expected to so completely dominate the elite of the British Isles. The results were:


The teams for the Lugano Cup Final in October are now set. East Germany, USSR, and Great Britain return as the first three in the 1967 competition. West Germany and Sweden have qualified from the Northern European zone and Italy and Hungary from Southern Europe. The U.S and India are entered from outside of Europe. The results of the Zone competitions:


The USSR and East Germany had a Lugano-style dual meet on July 12 in Hanover, E.G., and Gennady Agapov made a fool of me. After I had said he always chooses in the big ones, he decisively beat the East Germans at 20 km, including new world record holder Peter Frenkel. However, this was only one week after Frenkel's record race, and it is pretty tough to come back emotionally, if not physically. The East Germans won the meet by a narrow 23-21, but Golubichnyi and Saaga were not walking for the Soviets. At the same time, Christoph Kohne had a rare off day, finishing only fifth. I still have to favor the Germans in the Lugano Cup. The results of this match: 20 km—1. Agapov, USSR 1:27:30.2 (44:59, 1:20:59) 2. Peter Frenkel, E.G. 1:28:06 (same split) 3. Rene-Georg Reinmann, E.G. 1:30:10.6 4. Gerhard Sperling, E.G. 1:30:36.2 5. Steinhoff Zschiedner, E.G. 1:31:20.6 6. Vladimir Schalosjuk, USSR 1:35:37 7. Semyon Poddarenko, USSR 1:36:03.2.


RESULTS!!
From this side of the big pond:
National AAU Jr. and World Wide Open 25 km, Mililacs, Ohio, April 22—I still don't have complete results on this one. I do have some of the goodie courtesies of Park Achen, plus a Believe It or Not story. Aark has been studying at the U. of Michigan this summer and was on his way back to Columbus after the race. I planned to bring him to Columbus after the race and let him stay here Saturday night. Then I went to Toronto, but my wife left the lodging invitation open. So Aark hitched in, called Larry from the Eastside about 10:30 that night and then got a bus on out. He got off about a mile from our house and was trudging up Weber Rd. (which means nothing to you), when someone hollers "hey, Aark!!" from a car. He couldn't believe anyone he knew could be passing him on a lonely Columbus, Ohio street at 10:30 on a Saturday night but he went over to the car, and sure enough—it was no one that he knew. However, in conversation and telling the party wehre he was going, it turned out to be the Ahe makers, who do the mislabeling of this miscule through their secretarial service. It seemed that Aark looked like some Aark that they know, and as a result, the real Aark Achen got a ride of the rest of the way. So much for fantastic trivia. The results I have are: 1. Gary Westerfield, US Army 2:12:25 2. Bill Walker Motor City Striders 2:20:34 3. Clarence Boschert, US A 2:20:34 4. Aark Achen, Columbus To 2:20:36 (Achen is undoubtedly the duce of the sprint) 6. John Parker, LLAC 2:37:15 6. Tom Wolf 2:32:27 7. Don Johnson or Howard Palzmerick 8. One of the same two. Someone was Dale Arnold, who won the Lake Erie AAU Title as the only entrant. I'm not really sure how Dale qualified as a Lake Erie resident since he is in the Ohio Association, but someone had to take the prize. Perhaps I can have complete results next month. I sacrificed first-hand coverage of this one to bring you the stirring report on the U.S.-Canada match. 10 km, Lenoxton, Maine, Aug. 9—
### Eastern Regional Lactators

**2 Miles, New York, N.Y., Aug. 9--**


**50-59-1. Don Johnston -- 1:24.75 2. Joe Santarino -- 1:24.89 60 and over--**


**10 Mile, Campbord, Ontario, Aug. 22--**


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**FROM THE OTHER SIDE OF THE BIG POND:**

Paris-Strasbourg 512 km, July 4--July 7 (This is the revival of an old race dropped about 10 years ago. You may recall we had a preview a couple of months ago)--


3. Louis Lebanoque, France 7:03:27 4. Charles Gery, France 7:03:27


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**50 km, Aug. 9--**

1. Dr. Frederick McKay -- 4:00:45 2. Joe Santarino -- 4:00:50 3. Don Johnston -- 4:00:55

**100 km, Montreal, Aug. 9--**


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**200 km, West German, Aug. 9--**

1. Hans Lang -- 7:00:30 2. Joe Santarino -- 7:00:35 3. Don Johnston -- 7:00:40

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**500 km, Aug. 9--**

1. Peter Schuster -- 11:00:15 2. Joe Santarino -- 11:00:20 3. Don Johnston -- 11:00:25

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**1000 km, Aug. 9--**

1. Peter Schuster -- 21:00:30 2. Joe Santarino -- 21:00:35 3. Don Johnston -- 21:00:40

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**2000 km, Aug. 9--**

1. Peter Schuster -- 41:00:50 2. Joe Santarino -- 41:01:00 3. Don Johnston -- 41:01:10

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**5000 km, Aug. 9--**

1. Peter Schuster -- 91:01:50 2. Joe Santarino -- 91:02:00 3. Don Johnston -- 91:02:10

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**10000 km, Aug. 9--**


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**20000 km, Aug. 9--**


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**50000 km, Aug. 9--**


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**100000 km, Aug. 9--**

1. Peter Schuster -- 899:05:50 2. Joe Santarino -- 899:06:00 3. Don Johnston -- 899:06:10
were walked to the accompaniment of a band, recital of usual volume and one with the lead-back of the treble down the main straight.

anci and the race came off with no real hitch. The only problem was that they were fit into an already full program and the entire 20 m and half of the 20 m were walked to the accompaniment of a band rehearsal. This wouldn't have been so bad, perhaps somewhat stimulating, except that the speakers were turned full volume and one was practically blasted off the track down the main straight.

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As mentioned, there was some disorganization. This was largely due to lack of coordination between the Canadian Macc and Ken Drigan, the Sports Director at the Exhibition. They go in very big for sports activity of all kinds at the Exhibition. For example, they have an International Marathon that operates on a 20,000 budget. However, they were asked to have the walk after their scheduling was pretty well completed and were led to understand that they were only providing the site and lodging for U.S. athletes. We understand that they were providing all expenses after arrival and this is what we eventually got and Mr. Trigg was in no way adverse to helping us, only missed at the poor coordination, since they also turned up having a little more to do than just provide the site. Anyway, as a result of no coordination, the meet was conducted in virtual obscurity, despite being in the midst of thousands of fairgoers. There was no publicity that I was aware of. As Bruce says though, the important thing is that we got the event off the ground. Trigg is enthusiastic about such things and there is a good chance of a similar walk there next there but with better preparation and travel expenses as well as room and board. It is possible it might go to a Western Hemisphere Championship, but with only one race. In any case, we were well treated while we were there, being lodged in the largest hotel in the British Commonwealth, and the race came off with no real hitch. The only problem was that they were fit into an already full program and the entire 20 km and half of the 20 m were walked to the accompaniment of a band rehearsal. This wouldn't have been so bad, perhaps somewhat stimulating, except that the speakers were turned full volume and one was practically blasted off the track down the main straight.
There is experimental evidence to the effect that sound in the high decibel range is fatiguing. This, of course, was my only problem in the latter stages of the race. One of the more imaginative excuses one can offer, anyway.

Anyone interested in a 24-hour walking relay, of the type now being sponsored for runners by Runners World. I had been thinking along such lines and Floyd Godwin has now made the suggestion in a letter. In the Runners World Relay a team is allowed a maximum of 10 runners who run a mile at a time in a set rotation. If anyone misses their turn they are through for the rest of the race. Official times other than the competitors must be on hand at all times, although they need not be the same officials for the whole time. Then you see who can cover the most distance in 24 hours. Floyd suggests the race rules with the addition that two judges be present at all times, jury's other than the competitors. A D'd walkers could no longer participate, but the team could continue without him. I would suggest that the maximum number on a team be either 6 or 7, which would keep things in about the same ratio to the run as for active on and off the track. In any case, two qualified judges at all times might be difficult to come by. It would also have to be decided what would constitute a team. Is it a regular club, or could walkers from a particular area form a special team for this competition. Floyd says his main concern is the attempt to get everyone involved from the Ron Leivee to the youngsters and oldsters who are interested and want to compete in our sport. Any thoughts or suggestions will be considered and maybe we can get something started. Or if anyone else is interested in sponsoring such an event, the O.R.W. will be glad to serve as a communications vehicle.

Speaking of participation, Jim Bentley, who is just leaving the University of Mississippi to relocate in Stockton, California, reports that he and a Dr. Lloyd I. I. a professor at the University of Southern Mississippi in Hattiesburg organized a race walk program with the Hattiesburg recreation department. Their first annual meet, held early in August, had over 350 young, potential race walkers entered. This practically matches participation in the rest of the U.S. We are interested in seeing if anything comes of it.

Attention Women Race-Walkers!

Stella Palmarzuk, 6357 Crescent Ave., Cornwallis, Fla. 19020, is seeking to establish lines of communication between women walkers in the U.S. in interest of promoting that branch of the sport. Stella writes:

"In the sport of race walking, many developments have occurred. One of the most outstanding developments of the sport is that there is a growing interest among women to participate on a national scale and have more women's walking competitions.

"Although I am only 14, I have been race walking for four months and have found the sport rewarding and enjoyable. The Amateur Athletic Union is discussing the establishment of it for women now."

Stella asks each of you to send her the names of any female you know of who has ever participated in or is interested in race walking. From this we hope to make a mailing list.

She concludes saying, "There are many women walkers all over the world--including countries in the continents of Europe, Asia, Africa, and North America. When race walking becomes an Olympic event (hopefully in the near future) the United States women must be ready!"

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The Ohio Race Walker is edited and published monthly by Jack Mortland, with offices in the garage and visiting walkers sleeping quarters of his home at 3154 Summit St., Columbus, Ohio 43202. Address all correspondence accordingly. (Yes, even to the garage for the wise guys amongst you. Subscriptions rate is $2.00 for 1 year or $40.00 for 20 years.)
CHANGES IN WHITE BLOOD CELLS WITH EXERCISE
by Dr. John Blackburn

(Another in the series of medical-type articles by the famed Worthington practitioner that we are rerunning at no added expense to our readers, or ourselves.)

First of all, it must be understood that the main function of white blood cells is protection of the body against invading organisms (bacteria) by ingestion. Next, it must be remembered that there are three main types of white blood cells: the granulocyte, the lymphocyte, and the monocyte. The granulocytes comprise about 65% of the total, the lymphocytes about 30%, and the monocytes 5%.

A. Egoroff, a German scientist, back in 192, made some very exhaustive studies of the white blood cells in exercise and found three changes as the severity of exercise progressed. First, the lymphocytic phase, where in the lymphocytes increase up to 59%. This phase may be seen after short but strenuous exertion, such as the sprint races. Second, the granulocytic phase, where the granulocytes increase up to 50% of the total. This occurs during the longer races, 10 km and up. Third, the intoxication phase, in which there is a further rise in the percentage of granulocytes and a drop in lymphocytes to as low as 5%. This stage probably represents total exhaustion and may be interpreted as an extreme degree of exertion or an individual in a rather poor state of physical fitness. It is seldom found even in the 40 and 50 km races or in the marathon run. Athletes participating in these races have a high degree of fitness and do not often progress beyond the granulocytic stage.

A word of warning should be interjected here. The highly trained athlete, even with a minor infection should never enter an endurance race. It has been found that he may slip over into the intoxication phase and his infection spreads like wild fire. I think we have all heard of the athlete stricken with pneumonia, pulmonary tuberculosis, etc., in the middle of an active competitive season.

These increases in white blood cells in exercise may take anywhere from three to six hours to subside to normal in the first two phases. The third phase takes a great deal longer.

Another word of warning since we are on the subject of blood. Do not give blood during endurance training such as most of us are doing, unless of course it is an absolute emergency for you specifically to do so. It will set you back one to three weeks in your training schedule.

NEXT IN THE SERIES: "more Blood"—a gory, chiller.

KWAKU "24-HOUR RACE"—Sunday, September 13, University of California Santa Barbara Campus—7 a.m. Entries to Barry Schreiber, 720 Hilgard Ave., Los Angeles, Cal. 90024, by Sept. 10—Joining available near the race site at very reasonable rates—A 24-hour restaurant is located nearby to solve your prerace chow problem.

SENIOR 50 KILOMETER AND LUGANO CUP RUN—Sunday, September 27, 1970—New York State University at Stony Brook, Long Island—11 a.m.—Entry to Bruce MacDonald, 39 Fairview Ave., Port Washington, N.Y. 11050 by Sept. 21—Possible reduced rates at a nearby motel—Silver bowls to first 6 finishers—course is moderately hilly on asphalt pavement with 5 or 6 laps.

SENIOR 1 MILE, Sunday, October 4, Palma, California
SENIOR 30 MILEATLANTIC CITY, N.J.
OHIO RACES:
Sunday, Sept. 6, 4th Annual Labor Day 6 mile 536 yard Handicap, Worthington, 1 p.m.
Sunday, October 4—Chio AAU 20 K, Devose Parkway, Dayton, Ohio 11 a.m.
(note change in date from Oct. 11)

OTHER RACES:

Sun., Sept. 13—20 K Indian Summer Games, Lake Tahoe, Calif.
Sun. Sept. 13—Men's 6 mile, Women's 3 mile, Arvida, Quebec
Sun., Sept. 15—Canadian 50 K, Toronto (Entries from Doug Walker, 1200 Lardiss-drake, Toronto, Can.)
Sat. Sept. 19—AAU 20 K, Long Island, N.Y.
Sun. Sept. 20—5 mile, Fairfax, Calif.
Sat. Sept. 26—Sun. Sept. 27—100 mile Track Walk, Hickman H.S., Columbia, Mo, 1 p.m.
Fri. Sept. 18—La Athletic Club Open 6 mile, Los Angeles
Sat. Oct. 3—6 mile, Des Moines, Iowa, 10:30 a.m.

Sat.—Sun., Oct. 10—11—INTERNATIONAL COMPETITION FOR THE LUGO TRROY, 20 and 50K, Frankfurt, West Germany