

OHIO RACE WALKER

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RESULTS + STUFF

This being a rather slow time of the year in the race-walking game and with no races of monumental import to feature, we will get right into a roundup of results. There are a surprising number of no account little races to report. (Words meant to endear me to those who won them.) Dave Romansky is continuing where he left off last winter in the indoor 1 Mile shenanigans with several fast times already. Ron Daniel and Ron Kulik are coming fast and chased Dave right to the wire in a Philadelphia race. Ron Laird appears to be in excellent form for this time of year and may be priming himself for a far better year in 1971 than he experienced in 1970. Which reminds me, there is one thing of import to report--the fact that Ron finished second in the voting for the Sullivan Award given each year to the Outstanding Amateur Athlete in the U.S. A great honor for Ron and wonderful recognition for the sport. But one might ask why this year? Ron certainly deserved such an honor in either 1967 or 1969 but his performances in 1970 would hardly seem to merit such recognition. I have noticed this award working in strange ways in the past and it used to be that the recipient usually got it a year after he really deserved it. Perhaps if Dave Romansky can manage an off year in '71 he will get such recognition next year. Well, I don't always understand the workings of the National AAU and if they want to recognize great achievement a year late, I guess its okay. On to those results.

1 Mile, Denver, Dec. 13--1. Karl Merschenz 7:24.4 2. Ned Amstutz 7:52.4 3. Ron Penland 7:52.4 4. Ed Mitchell 8:54 Jr. Division--1. Rick Colson (age 13) 9:33.5 2. Brian Mitchell (11) 9:48.8 4.1 Mile, Northglenn, Colo., Dec. 26--1. Merschenz 33:39.8 2. Amstutz 35:07.3 3. Penland 37:12.3 4. George Lundmark 42:44.6
Jr. 1 1/4 Mile--1. Colson 12:37.1 2. Shawn Penland 13:32.8 3. Steve Alfrey 13:34.8
5 Miles, Webster Lake, Col., Jan. 1--(Temp. 20, as for above)--1. Merschenz 39:50.5 2. Penland 44:09.3 3. Lundmark 50:34.0 Jr. 1 Mile--1. Colson 9:13.5 2. Jeff Bartleson (13) 9:37.7 3. Shawn Penland (11) 10:01 Met. AAU Jr. 1 Mile, New York, Jan. 6--1. Joe Joyner 7:40.0 2. Pete Warren, US Mer. Mar. Acad. 7:54.0 (Joyner from C.W. Post College) 3. Mike Kice, USMA 4. Bob Sullivan, USMA 8:29 5. Richard Tetzluff, USMA 8:29 2 Mile, Denver, Jan. 9--1. Karl Merschenz 16:00 2. Ned Amstutz 16:16 3. Bob Penland 17:13.5 4. Floyd Godwin 18:19 (First walk, race or training since Oct. 24, but injury problems are apparently now solved) 4 Mile (Indoor) Los Angeles, Jan. 8--(sketchy results last month)--1. Ron Laird, NYAC 28:41.2 (new American record) 2. Larry Walker 29:03.6 3. Larry Young, Mid-American Track Club 30:30.6 4. Jim Hanley, Striders 30:51 5. John Kelly, Striders 30:59.2 6. Bryon Overton, Striders 32:35 7. Chris Clegg, LAAC 37:15.2 8. Hal McWilliams, Striders 39:43.4 Women--1. Brenda Whitman 38:29.6 1 Mile, Mt. SAC, Walnut, Calif., Dec. 31--1. Ron Laird 6:51.8 2. John Hanna, Striders 7:02.4 3. Barry Carlson, Cal Poly 9:02 4. Chuck Bules, Pomona 9:34 10 Km, Pacoima, Cal., Jan. 10--1. Laird 47:36 2. Dennis Reilly, Notred Dame HS 49:40 3. Joe Wehrly, Striders 62:10 4. John MacLachlan, Striders 63:10 Girl's 880, Long Beach, Jan. 10--1. Patricia Gerlach, Cal State 5:40 2. Ginger Wagner, LA Mercurettes 5:48 3. Patricia Aubrey, LA Mer. 5:50 4. Syndy Kaitanjan, un. 5:55 5. Adrienne Adkins 5:54 6. Mary Bright, Long Beach 5:54 (11 finishers) Women's 1 Mile, same place--1. Brenda Whitman, un. San Pedro 9:45 2. Katie McIntyre, Santa Monica AA 10:19.2 (Katie McIntyre is the former Katie Rhoads, Upper Arlington (Ohio) H.S. Class of 1953, which is pretty insignificant to most of you, but since I am Jack Mortland, Upper Arlington HS, Class of '53, I am very impressed. That's nearly 2 percent of our class now engaged in the sport of race walking, and how many classes of '53, or any other year for that matter, can make that statement. Unfortunately, I lost the card she sent me, don't have her address and can't reply. Will someone help or if the real Katie McIntyre is reading John Kelly's copy, give me another chance to

Or, you might subscribe, you know.) 1 Mile, New York, Dec. 30--1. Ron Kulik, NYAC 6:31.6 2. Ron Daniel 6:32.0 3. John Knifton 6:37 4. Rich Airey 6:44 (off some handicap) 5. Larry Newman 6:58 (1.0 yards handicap. Incidentally, Larry's 6:37 and George Shilling's 6:48 reported last month were also in a handicap race with both getting 125 yards.) 1 Mile, Hanover, N.H., Jan. 8--1. Greg Diebold, Boston Col. 6:59.6 2. George Lattarulo, N. Medford 8:13 3. Tom Derderian, NM 8:25 4. John French, Dartmouth Col. 8:31.5 5. John Babington, NM 8:33 (9 finishers) 6 Mile Handicap, Boston, Jan. 3 (actual times shown)--1. John Babington 60:12 2. Steve Reiman 53:53 3. George Lattarulo 53:42 4. Sig Podlozny 53:43 5. Fred Erwn Sr. 61:03 6. Paul Schell 49:52 7. John Killinger 56:26 1 Mile, Portland, Me., Dec. 26 1. George Lattarulo, 8:26 2. Steve Ross, Rumford AA 9:08 4. Pat Whalen, S. Portland HS 9:14 4. Fred Brown Sr. 9:48 6 Mile, Boston, Dec. ?--1. Paul Schell 52:11 (temperature 18 F with plenty of ice and snow) 2. John Gray 54:47 3. William Morse 55:07 4. Steve Reiman 56:54 5. John Killinger 61:30 6. Fred Brown Sr. 61:43 7. George Grzebień 61:57 20 Mile, Sacramento, Cal. Dec. 6--1. Goetz Klopfer 2:37:58 (1:15:12 at 10) 2. Bill Ranney 2:48:02 (1:19:47 at 10) 20 Km (Track), San Francisco, Dec. 27--1. Jerry Lansing (age 16) 1:47:58.3 (53:50 at 10 km) 2. Carl Alarcon 2:10:30 Met. AAU, Dec. 13--1. Ron Kulik 6:53.6 2. Ron Daniel 6:53.6 3. Gary Westerfield 6:57.4 4. Larry Newman 7:17.8 (John Knifton DQ'd. And Ifergot to mention in that Dec. 30 1 Mile above that Dave Romansky crossed the line first in 6:26 but was DQ'd. Let's give credit where credit is due.) 5. George Shilling 7:20 6. John Shilling 7:47 7. Bruce Truog 7:57 8. Richard Tetzlaff 8:12 9. Robert Sullivan 8:36 1 Mile Fiasco, Chicago, Dec. 19--1. Bob Woods, UCTC 17 plus (Fice or six DQ's including Gerry Bocci, Bob Henderson, and Jim Clinton. Called fiasco by Bocci who were leading at 1½ in 11:14 when they were tossed for "Failure to lock before landing." Seems there were two "volunteer judges." Jeanne Bocci was also DQ'd five or six times but refused to drop out and was given third place. This is highly illegal of course since women aren't allowed to compete with men. Not that I object, but I get letters from time to time about reporting such results. The AAU rules say that this is a definite no, no. So if you want to protect yourselves from the powers that be, at least report the results separately, even if you walk simultaneously in violation of the sacred rules. But I'll report them the way I get them.) Girl's 880, Sun Valley, Cal., Jan. 9--1. Lorri Seidensticker, Bumble Bee AC 4:47 2. Elaine Saarem, BBAC 4:53 3. Linda Warner BBAC 5:14 4. Barbara Besch 5:24 5. Joy Stone, BEAC 5:37 (ages 12, 11, 13, 12, and 10 respectively.) 5.6 Mile, New York, Jan. 24--1. Gary Westerfield, LIAC 45:11.8 2. George Shilling, NYPC 47:45 3. Joe Joyner, LIAC 47:54 4. John Shilling, NYPC 49:46 5. John Markon LIAC 50:20 6. Pete Warren, USMA 51:00 7. Henry Laskau, un. 51:29 8. Vinny Davy, LIAC 51:56 9. Frank Walzer, un (1st HS student) 54:27 10. Richard Fleffner, LIAC 54:31 (2nd HS) 11. Tony Coviello, un. 54:57 12. Ed Lewis, un. 57:55 13. Andy Westerfield, LIAC 58:05 "Rose Bowl" 10 Mile Handicap, Pasadena, Jan. 17 (Temp. 90 F)--(Actual times shown)--1. Bradley Bentley, Stockton Race Walkers 1:45:57 2. John MacLachlan, Striders 1:41:51 3. Paul Roosevelt, Striders 1:38:20 4. Gerge Mercure, Striders 1:38:48 5. Ron Laird, NYAC 1:19:06 6. Bryon Overton, LAPD 1:25:30 7. Bob Bowman, Striders 1:30:04 8. Paul Chelson, Striders 1:54:15 9. Larry Soza, Altedena 2:26 10. Bob Long, Striders 1:52:10 11. Ed Soza, Altedena 2:09:40 (Course record is 1:15:20.2 by Laird in 1966. Laird has won the fast time prize three times in the nine years of the event, matching the record of Don DeNoon. Tom Dooley was on top twice and Floyd Godwin last year. No one has won the race more than once.) 1 Mile, Los Angeles, Jan. 10--1. Larry Walker, Striders 6:28.3 2. Bob Laird, NYAC 6:36.3 3. Jim Hanley, Striders 6:46.3 4. Steve Tyrer, Striders 6:49.6 5. Bryon Overton, LAPD 6:53.7 6. John Hanna, Cal Poly 6:58.7 (Don DeNoon 6:50.5 but DQ'd, Dennis Reilly and Paul Roosevelt also DQ'd) Women's 880, LA, Jan. 10--1. Brenda Whitman, un. 4:19.4 2. Katie McIntyre, Santa Monica AA 4:20.7 3. Lorri Seidensteiker, BFAC 4:34.3 4. Sandy Deam, Long Beach Comets 4:36.5 5. Linda Warner BBAC 4:42 (Elaine Saarem, Bumble Bee AC, finished third but was DQ'd for lifting in last 10 yards. She is but 10 years old) 5 Mile (Road), Columbia, Mo., Jan. 3 -- 1. Mark Achen 41:32 2. David Leuthold 49:25 3. Janet Leuthold 63:12 4. Joyce Schults 64:58 5 Mile, Columbia, Jan. 16--1. Mark Achen 40:48 2. David Leuthold 37:25 3. Janet Leuthold 63:16 4. Steve Spier 65:01 5. Joynce Schulte 66:40 Middle Atlantic AAU 1 Mile, Philadelphia, Jan. 19--1. Dave Romansky 6:20.6

2. Larry Simmons 7:00 3. Joe Stefanowicz 7:03 4. Howard Palamarchuk 7:07 Phil, Track Classic 1 Mile, Jan. 23--1. Dave Romansky, Del. T&F 6:21.7 2. Ron Daniel, NYAC 6:22.2 3. Ron Kulik, NYAC 6:24.5 4. Greg Diebold, Shore AC 6:47.2 5. Ray Somers, Penn AC 6:51.6 6. Howard Palamarchuk, Ambler OC 7:00.8 1 Mile, San Francisco, Jan. 22--1. Ron Laird, NYAC 6:35.2 2. Bill Ranney, Athens AC 6:55.9 3. Bob Kitchen 7:1; (that's what it showed in my source, the much-respected NY Times, so it must be right) 4. Mike Brodie 7:14.5 7 Mile, Enfield, Eng., Nov. 14--1. Wilf Wesch 49:59 2. Bob Dodson 50:00 3. John Webb 50:15 4. Steve Gower 51:27 5. Olly Flynn 52:12 6. Chris Lawton 52:21 7. K. Carter 52:22 8. I. Brooks 52:36 9. P. Marlow 52:36 10. John Moullin 53:05. And:

THE FIRST BIG OHIO RACE OF THE YEAR!!! Six hearty fellows, a big field for us, turned out for our first race of 1971 over the Worthington HS road course on Jan. 24. Actually two races, with three men opting for the 5 lapper (7 miles 1550 yds) and three for the 10 lapper (15 miles 1340 yds). Blessed with beautiful for mid January, although not so hot for other times of the year, with the temperature in the mid 30's and alternate snow and rain pummeling us for the second half of the longer race. We decided to make it a designated time race, and on the basis the good Doctor Blackburn came out on top predicting 10:10 miles for his 5-lap stint and doing 10:09. In this shorter race, after trailing Bob Smith for the first lap, Doc walked his usual steady pace and finished better than 6 minutes to the good. Smitty walked easily his best race to date, piling up a 1 minute lead over Clair Duckham in the first 2 laps, losing it all in the next two, and then pulling away again in the last half lap.

The youth contingent of the OTC went for the longer race. Jack Mortland was making his first venture over 20 km, either racing or training, since the OTC Distance Carnival of Nov. 1968, and found the going not too bad. With his first two laps his slowest, he wound up 9 seconds ahead of his predicted 8:54 average with a 2:17:47 and just missed lapping Jack Blackburn by about 20 yards. Blackburn, launching semi-serious training for next fall's 100 miler, was forced to go far beyond his planned pace because of the determined efforts of one Dale Arnold. Arnold stayed with Mortland for the first lap and by the end of 6 had over two minutes on Blackburn, now sans beard, incidentally, because of a new teaching position. However, after 7 laps, poor Dale ran smack into a big brick wall and Jack collared him at the end of 8 and pulled easily away. Blackburn, having predicted 10:45's was forced to do 9:50's by Arnold's early pace. Dale was well ahead of his designated 10:10 until that old wall loomed up. Our plan is to have races every other week throughout the year alternating between Columbus, Dayton, and Van Wert and in most cases to offer two distances. Our full schedule will be announced next month. The results of this one:

5 Laps--1. Doc Blackburn, OTC 1:19:56 2. Bob Smith, Dayton 1:25:31 3. Clair Duckham Dayton AC 1:26:08. 10 laps--1. Jack Mortland, OTC 2:17:47.4 2. Jack Blackburn, OTC 2:35:14 3. Dale Arnold, OTC 2:43:08

There is certainly considerable empathy between the long-distance runner, the common road variety, and the race walker, atleast in my experience. I find that in general they relate better and communicate more easily with each other than do either with other athletes. They share the same types of experiences, similar training atmospheres and regimens, and probably have generally the same motivations. I suppose the major difference is that the walker may be a bit more uptight and defensive about what he is doing, since he probably takes more verbal abuse from an unsympathetic public. This is probably even more true now that jogging has become socially acceptable and a man running down the streets in his shorts and sweatshirt is no longer such a strange sight. This acceptance hasn't helped the guy waddling down the road, however, and such an individual must be a little un-American and probably a bit queer. As an obese lady on a park bench outside of Central Park once shouted to Ron Laird and I as we perambulated by on a training spin, "Hey, you must be a real faggot. Bet I could make a lot of money off you." Now some guys get very uptight indeed over such remarks and feel called upon to make obscure

gestures and retorts and are maybe even tempted to throw rocks or do other such stupid things. Which, of course, does nothing for the image of the race walker, nor does it improve relations with the particular individual involved and one only winds up with all the more reason to be uptight.

While I am digressing from my point, which you, poor reader, have not yet even been able to fathom, I should say that personally I appreciated the above remark more than somewhat. Much better than the standard "Hup, two, three, four" or "You oughta get a porch for that swing", etc. It's the type of originality you can get only in a place like New York where 90 percent of the populace make a full-time job of insulting and abusing people. Eight million rude people in a hurry to get nowhere. But I do digress indeed. And having alienated about 10 percent of my readers, including the new National Chairman, I had best return to the central theme, which had nothing to do with my opinions of the Big Apple. The reason I was trying to establish this close relationship between the road runner and walker was to lead into a discussion of a book by Joe Henderson "Thoughts on the Run" recently published by Runner's World and briefly mentioned last month.

Joe Henderson is a road runner of quite average talents, editor of Runner's World, a former assistant at Track & Field News, and author of an earlier book called "Long Slow Distance". That book espouses the virtues of training over long distances but at much slower than race pace. To me, the greatest virtue of such training (which I have not tried) is the very relaxed approach to races and training that it seems to engender. And although I don't subscribe to the LSD (Long Slow Distance) theory for myself, for a variety of reasons, I certainly don't knock it for others and many people have achieved varying measures of success with some form of LSD. Which raises the question of one's criteria for measuring success. And the question of just what are people seeking in their running or walking. These are the types of concepts that Joe deals with in his "Thoughts On the Run" book. He offers a series of rambling, generally disconnected (but there certainly is a thread of continuity, a general philosophy, if you will, that ties them all together) thoughts related to running and runners and to their place in society. These are thoughts that occupied Joe's mind during his long runs and which he jotted in a diary after his training sessions. They touch on the same themes that we all tend to dwell on--motivation, relevance, training, public acceptance, etc.--while doing a long one. Joe is very articulate in describing what he feels and the book deserves to be read with an open mind and a good deal of thought and consideration. Anyone who has trained for distances, be it running or walking, will find himself treading on familiar ground.

I am sure many of Joe's thoughts will not sit well with everyone. I certainly found things here and there that I would like to debate. Joe's philosophy would have to be described as liberal and to the old-line purist, he who feels that the only reason to compete is to beat a Russian, or maybe a Martian, that pain and agony are the only paths to success, and that all must be sacrificed on the altar of training, Mr. Henderson has written a book of unadulterated heresy. I know there are coaches loose in the land who think so. To those, on the other hand, who look on the training spin as an end in itself, this may be the Bible. In any case, I would recommend that you all read this book, if only to set yourself thinking about just what the heck you are doing out there on the road. It just might provide some insight that will make your walking a more enjoyable and rewarding experience. Get it from Runners World, PO Box 366, Mountain View, Calif. 94040. And get a subscription to their magazine while you are at it. Comes out 6 times a year with lots of good stuff of interest to the distance nut. Training, personalities, commentary by those in the game, medical advice, and some race walking (with Martin Rudow at the helm.) Not enough walking to justify a subscription, since we obviously provide top coverage but enough to be of interest.

The Ohio Race Walker is edited (first written and really not edited at all) and published by Jack Mortland at 3184 Summit St., Columbus, Ohio 43202. Subscription rate \$2.00 per year, which will probably go up when the postage rates do.

Schedule of Race-Walking Type Contests around and about:

Changes in National race schedule for 1971:

50 Km in Nutley, N.J. will be June 12 and not June 13 as originally announced. Starting time 7 a.m. to try and avoid heat of day.

Jr. 40 Km in Long Branch is Aug. 8 and not Aug. 15

Indoor 1 Miles at the following meets: Los Angeles, Feb. 12; Oakland, Feb. 13;

Nat. AAU, New York, Feb. 26; IC4A Princeton, N.J., Mar. 6; either 1500 or 3000 meters at New York Feb. 19.

Feb. 13--2 Mile Hdcp, Indoors, Boulder, Colo.

Feb. 20--10 Mile, Denver, Colo.

Feb. 21--20 Km, San Francisco (on same course as National in May)

Feb. 21--10 Mile, C.W. Post College, Long Island

March 6--Rocky Mountain AAU 25 Km, Northglen, Colo.

Mar. 7--15 Km Hdcp, San Rafael, Cal.

Mar. 13--NAAU Jr. ONE HOUR, STOCKTON, CALIF.

Mar. 13--Sr. 5 Mile Hdcp, Jr. 2 Mile Hdcp. Broomfield HS, Colo.

March 14--12 Mile, Central Park, N.Y.

Skip back and:

Feb. 14--2 Mile Indoor, Champaign, Ill.

Feb. 27--10 Mile, Columbia, Mo.

Charlie Silcock is already hard at work, as shown in the comprehensive Newsletter he just got out. Assuming that anyone on the ORW subscription list is also on Charlie's mailing list, I will not repeat any of the contents. If you have not received this Newsletter contact Charles Silcock, P.O. Box 200, Times Square Station, New York, New York 10036. One comment regarding the contents of that Newsletter and that relating to the failure of Ron Laird's record 3 mile here last Feb. to get recognition. I must personally apologize to Ron and to Charlie for this; it wasn't Mortland's crew, just Mortland. After promising Ron a shot at a record, which he got, I didn't have record forms at the meet and then didn't follow up closely enough afterwards. The form did start circulating for signatures (these were track officials and not the usual set of walking people) and I followed it for awhile and then actually forgot all about it until I got a letter from Ron early in November. Early in November unfortunately was a very bad time for me to be thinking about much of anything but looking after little baby-type people and consequently I dropped the ball. Since I will be over there helping officiate at a meet this afternoon, I will see that it gets taken care of.

READER'S FORUM:

From Don Jacobs: "Steve Tyrer lost a second place in Junior Olympics a couple of hours ago due to a "book-keeping error" at the local Junior Olympic office. That was the 7:35 he did in 3 inches of water with mud underneath it. Ray(Somers) is correct. I felt the All-American picks are too many and make it less of an honor--I read in Athletics Weekly that the West German 50 was a short course from all information." (Ed. It probably was, but that doesn't change my ranking of Schuster, who, regardless of time, decisively beat Dr. Meier, who showed well at the Lugano Cup.)

From Ron Kulik: "I would like to add my comments concerning the recognition of the top three finishers in a National Championship. Those that were at the training camp in Boulder, Colorado already know how I feel, but to those that don't, I'd like to say that I agree with Ray Somers, that by giving to the top three it cheapens the award. I am proud of the fact that I made the All-American team for 1969 and 1970 but I still look up to those that have won a National title and I look forward to the day when I will win one (if it ever comes.)

Ron Daniel has his name on a certificate that includes all track and field; mine only includes race walkers and long distance runners. I'd prefer to have Ron's; it carries a lot more weight, especially to those who are knowledgeable in track and

field.

I disagree with Ray as far as the number of National Races are concerned. They provide an incentive for those who live in an area to train and possibly finish in the top six. The chances are very slim that a nobody will win a title. As you stated, "At least three or four top men usually show up." I also agree with you when you use the size of the U.S. as an argument, we are very big and spread out." (Ed. At least you got one of those certificates, Ron. Back in the year nineteen ought sixty-two when I won the 30 and made All-American they didn't bother to send me any kind of certificate at all. Someone's oversight, I guess, Since friend Jack Blackburn has one from as far back as '60, with track and field men on it I believe. And I could be very bitter about the three man picks, I guess, since on my other title (the 10 in 1965) in which year I also had three second places I didn't make the team at all, let alone get a certificate. They put Rat Fink Ron Laird in my place because he beat me in Germany. And while I am boosting my ego by griping about how I have been slighted in the past, I read something in Charlie's Newsletter about the handsome certificates being given for American records. I never got one of those either when I briefly held the 20 Km record. Your sympathy will be appreciated.)

From George Shilling: "In the Dec. 18 1 Mile, it was repoted in the N.Y. Times that Romansky had broken Henry Laskau's flat-floor record. The Times got this information from Henry himself, who was a judge at this race. A few days later, in the letters to the Sports Editor section of the Times, a long memoried reader remembered that Henry actually had a posted a time of 6:22 on a flat floor more than 16 years ago. When the Times questioned Henry on this he mentioned that it was so, he had forgotten about that race. Henry also mentioned that it made no difference since Romansky would no doubt soon break that record. And came our Dec. 30 handicap 1 mile race (in which I hit 6:34 incidentally--you guess the handicap) Dave was really flying on his way to a new,new record. Unfortunately, flying is not allowed in walking races, so Henry's record is still intact."

From John Kelly: "I agree with Gary Flinchum on the style awards. I believe these awards would be of better service if given to men like Elliott Denann, Fred Brown, or Tom Carroll who put a lot into the sport but never receive anything out of it. Also have to go along with Ray Somers on the All-American list. Maybe we could do without 25 or 35 Kilo Championship.

I don't know where you got the information of me only taking out citizenship recently. I have been a citize since April 1966."
(Ed. I don't know where I got that information either, Sorry.)

Bob Steadman has sent me a copy of scoring tables he has devised for race-walking events. These provide a basis for comparing performances at all distances from 1500 meters to 50 kilometers. It is still a subjective thing, however, as I see it, as are decathlon tables, since someone has to devise the tables, Bob in this case. And of course in walking you have the problem of determining the accuracy of courses. In any case, Bob's top 10 performers and top 20 performances for 1970 according to the tables are:

- | | |
|---|---|
| 1. Frenkel, 1:25:50, 20 km, 1089 points | 16. Soldatenko, 4:06:50.6, 50 km, 1032pts |
| 2. Reimann, 1:26:07.8, 20 km, 1070 points | 17. Agapov, 1:28:24.8, 20 km, 1027 pts |
| 3. Reimann, 1:26:54.6, 20 km, 1065 pts | 18. Selzer, 4:07:39.4, 50 km, 1026 pts. |
| 4. Sperling 1:27:04.4, 20 km, 1059 pts. | 19. Reimann, 1:28:26, 20 km, 1026 pts |
| 5. Golubnichiy, 1:27:21.4, 20 km, 1052 | Frenkel, 1:28:26, 20 Km, 1026 pts. |
| 6. Hohne, 4:04:35.2, 50 Km, 1051 pts. | |
| 7. Frenkel, 1:27:27.6, 1049 pts | |
| 8. Agapov, 1:27:30.2, 20 Km, 1048 pts. | |
| 9. Frenkel, 1:27:32.8, 20 Km 1046 pts | |
| 10. Hohne, 4:06:00.2, 50 km, 1039 pts. | |
| 11. Hohne 4:06:10.8, 50 km, 1038 pts. | |
| 12. Schuster, 4:06:28.6, 50 km, 1036 pts. | |
| 13. Reimann, 1:28:05.6, 20 km, 1034 pts. | |
| Frenkel, 1:28:06, 20 km, 1034 pts. | |
| 15. Smaga 1:28:08.6, 20 km, 1033 pts. | |

1971 Canadian Championship Races (I forgot these with the earlier Schedule):

Feb. 27--Indoor 3000 meter, Winnipeg

May 9--20 Km, Toronto (Pan-Am Trial)

May 23--50 Km, Winnipeg (Pan-Am Trial)

Top Women's Times, 1970 (courtesy of Egon Rasmussen):

1 Mile--7:57.2 Judith Woodsford (nee Farr), Eng.

8:02.0 Jeanne Bocci, USA (Also has third, eighth, and ninth best times)

3000 meter (track)--14:39.0 Eivor Johansson, Swed. (also 2nd and 3rd)

15:05 Elisabeth Olsson, Sweden

15:10 Torhild Sarpebakken, Nor.

15:13.8 Jeanne Bocci, USA

5 Km (track)--24:40 Eivor Johansson, Swed. (also 2nd

25:09.0 Elisabeth Olsson, Swed.

25:42.0 Margaretha Simu, Swed.

25:46.0 Torhild Sarpebakken, Nor.

(Bocci 6th with 17th best time at 26:14)

10 Km' --52:17.2 Eivor Johansson, Swed. (also 2nd)

54:42 Berit Johnsson, Swed.

54:51 Karin Moller, Denmark

54:58 Jeanne Bocci, USA

MORE MUSCLE STUFF

by Dr. John Elackburn

You people are among the miniscule minority that use their muscles any more in these United States. So let's talk some more about muscles.

Work hypertrophy is a term use by physiologists to describe the muscle enlargement which collows continuous effort, and usually implies enhanced muscular performance. Hypertrophy is usually thought to involve an increase in size, weight, and volume; an increase in both gross and microscopic dimensions. But recent experiments have indicated that size as an index of increased performance is not always correct.

There are two varieties of work; that of great forcefulness exerted over a short period of time and that of lower intensity exerted over a prolonged period. Each type produces different changes in the muscle. Maximum effort over a short period of time produces more of the actinomysin protein in the muscle (the contractile element) and an increase in muscle size. Prolonged repetitive exercise causes an increase in sarcoplasmic content (energy releasing enzyme) of the muscle, but little or no hypertrophy.

And now, here is an interesting bit of information--static or isometric exercises produce as much strength as the maximum effort exercises, but no added bulk. The cross-sectional area is increased, i.e. increase is size of each muscle fiber, but there is no increase in size of the whold muscle. There are several theories as to why this occurs but so far no proven explanation. Therefore this is as exception to the rule that increased strength is associated with increased size of the muscle.

It may be that isometric exercises are preferable to maximum effort repetitions, as in weight lifting, since the latter may cause hypertrophy to the point where the enlarged muscle may handicap itself due to internal friction.

Distance running and race walking are p rime examples of the type of exercise that causes an increase in the sarcoplasmic content of the muscles with very little hypertrophy, if any. But it must be remembered that sprinting in running and race walking requires the greatest strength the muscle can produce. Therefore, the

training program must include maximum force exercise to produce actinomycin. This is the opposite of the training program for distance work, which must involve low force repetitions of maximum numbers, i.e. the more distance covered each workout, the better.

All of this may explain why the athlete trained for maximum effort may be short on endurance, and why the athlete trained on low force maximum repetition has less maximum strength.

Never try racing on a circular track. Looking back at the very first issue of the ORW (March 1965) we are reminded of our one such race. This was a new track at a local recreation center, 16 laps to the mile, but without the hint of a straightaway. It was banked, but on this occasion had been freshly waxed and was a bit slippery underfoot. Had our first and only race on it Feb. 7, 1965--a 2 mile affair. Jack Blackburn strained a muscle early in the race but still managed to limp up beside Mortland in the later stages where the lack of a straightaway worked to much to Mortland's advantage as he hung on for an eyelash victory in 14:49. One doesn't actually get dizzy, but it is a bit strange to never come off the turn. In any case, we have never returned for another race. Blackburn recovered quickly from his muscle strain and one month later took the measure of the Mort in an outdoor 2 mile, 14:21 to 14:24, with a scintillating 7:02 for the second mile. However, the article notes that Blackburn did get one call from chief judge Jack Mortland, who may have been a bit biased in this case.

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