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.


The results of this one...

...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 street in shorts and a 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 obscene...
features and retorts and are not 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 ought to 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. Put 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 trodding 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.

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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; ICAA Princeton, N.J., Mar. 6; either 1500 or 3000 meters at New York Feb. 19.

Feb. 15--2 Mile Hcp, Indoors, Boulder, Colo.
Feb. 20--10 Mile, Denver, Colo.
Feb. 21--20 Km, San Francisco (on same course as National in Bay)
Feb. 21--10 Mile, C.W. Post College, Long Island
March 6--Rocky Mountain AAU 25 Km, Northglen, Colo.
Mar. 7--15 Km Hcp, San Rafael, Cal.
Mar. 13--NAAU Jr. ONE HOUR, STOCKTON, CALIF.
Mar. 13--Sr. 5 Mile Hcp, Jr. 2 Mile Hcp. 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 CRW 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 years 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. Heier, 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
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. 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 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 men 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 reported 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 remembered 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 come 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 Denman, 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 citizen 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
2. Reimann, 1:26:07, 20 km, 1070 points
3. Reimann, 1:26:51, 20 km, 1065 pts
4. Sperling 1:27:04, 20 km, 1059 pts
5. Golubnichiy, 1:27:21, 20 km, 1052
6. Hohne, 4:04:35, 50 km, 1051 pts
7. Frenkel, 1:27:27, 50 km, 1049 pts
8. Agapov, 1:27:30, 20 km, 1048 pts
10. Hohne, 4:06:00, 50 km, 1039 pts
11. Hohne 4:06:10, 50 km, 1038 pts
12. Schuster, 4:06:28, 50 km, 1036 pts
13. Reimann, 1:28:05, 20 km, 1034 pts
14. Frenkel, 1:28:06, 20 km, 1034 pts
15. Smagda, 4:06:50, 50 km, 1032 pts
16. Soldatenko, 4:06:50, 50 km, 1032 pts
17. Agapov, 1:28:24, 50 km, 1027 pts
18. Selzer, 4:07:39, 50 km, 1026 pts
19. Frenkel, 1:28:26, 20 km, 1026 pts
20. Frenkel, 1:28:26, 20 km, 1026 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.
5:02.0 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)
54:12 Borit Johnson, Swed.
54:51 Karin Moller, Denmark
54:58 Jeanne Bocci, USA

MORE MUSCLE STUFF
by Dr. John Blackburn

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 used by physiologists to describe the muscle enlargement which follows 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 actinomyein 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 whole muscle. There are several theories as to why this occurs but so far no proven explanation. Therefore this is an 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 prime 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 actinomyacin. 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
CRC (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 straight-
away. 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 hang up
beside Portland in the later stages where the lack of a straightaway worked to much
to Portland'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.