

OHIO RACE WALKER

VOLUME VI, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1971

LAIRD TOPS '71 OPENER

New York, Feb. 26--In one of the most exciting races in Garden history, Ron Laird launched the 1971 championship season with another in his long string of national titles. At least, at this writing he is champion, since reportedly there was a protest filed following the race regarding illegal coaching and assistance from trackside and that protest has not yet been acted upon. Laird's winning time was 6:24.9 as New York AC teammate, Ron Daniel, missed by inches catching him at the tape. Just a few strides further back was SC Strider, Larry Walker. Defending champion, Dave Romansky, was disqualified shortly after the midpoint of the race.

Eleven walkers faced the starter and with eight well-qualified judges on hand, five of them International judges, a high standard was assured (to the extent that you can assure such in a mile race on a board track with tight curves.) Laird immediately jumped into the lead with Daniels close on his heels and both got a quick caution as they rounded the first curve, which sort of puts the pressure on the rest of the way. Nonetheless, Laird continued in the lead and lengthened it somewhat through the first couple of laps, with Romansky willing to settle into third at this point.

At about three laps, Dave made his move, came along side, and despite a strong challenge from Laird assumed the lead. (Eleven-lap track, by the way, for those who don't know.) A lap later, Ron took over again and this jockeying continued for a few more laps until Dave was asked to leave the track with his second caution. With Daniel, Walker, and Ron Kulik lurking not far behind, the crowd was really on fire with the intensity of the race. When Romansky went out, however, Laird seemed well in control, although never building a large lead.

Then, on the last lap, Ron Daniel dug into his reserves and made a real walk (note the careful use of that word) at the perennial champion. Laird responded but Daniel was gaining all the while and the tape came up just in time to save the victory for Mr. Laird. With Ron Kulik disqualified somewhere along the way, Larry Walker came in a close third.

The rest of the field had their own race with comebacking Ray Somers winning it to take fourth by a narrow margin over John Knifton and Greg Diebold. Greg was one of only two walkers to finish without a caution, Illinois' Bob Henderson being the other. However, there were only the two disqualifications. In a post-race tallying of the judges cards, Laird was first thought to have two cautions and the announcement of his disqualification was about to be made when it was discovered that he and Kulik were wearing each other's numbers and a caution on Henry Laskau's card to No. 108 actually belonged to Kulik and not Laird. This resolved, the rhubarb about illegal assistance arose and this still remains to be resolved. Thus, the semi-official results are:

1. Ron Laird, NYAC 6:24.9 2. Ron Daniel, NYAC 6:25.0 3. Larry Walker, SC Striders 6:26.9 4. Ray Somers, Penn AC 6:43.6 5. John Knifton, NYAC 6:44.7 6. Greg Diebold, Shore AC 6:45.0 7. Jim Hanley, SC Striders 6:54.0 8. Steve Tyrer, SC Striders 6:55.0 9. Bob Henderson, U. of Illinois (can't remember if he competes for UCTC, or not) 7:05 Disqualified--Dave Romansky, Dela. T&F, Ron Kulik, NYAC
Judges: Harry Rappaport, Chief, Bruce MacDonald, Charlie Silcock, Bill Chisholm, Henry Laskau, John Deni, Phil Jachelski, and Joe Megyesy

-2-
OHIO RACE WALKING SCHEDULE--1971

March 7--10 Km and 35 Km, Worthington H.S., 12 noon
March 21--10 Mile and 20 Mile, Dayton, 12 noon
April 4--5½ Mile and 40 Km, Van Wert, 12 noon
April 25--Ohio 10 Km Championship, Worthington HS Track, 12 noon
May 2--6 Mile and 15 Mile, Dayton, 12 noon
May 16--10 Mile and 50 Km, Van Wert, 12 noon
June 6--1 Hr. and 3 Hr., Worthington H.S., 12 noon
June 12--Ohio AAU 2 Mile, Dayton, Evening
June 20--15 Km and 40 Km, Dayton, 12 noon (15 is Ohio AAU Championship)
July 11--4 Mile and 35 Mile, Van Wert, Probably around 7 or 8 a.m.
July 25--6 mile and 40 Mile, Worthington, probably around 7 or 8 a.m.
Aug. 8--7 mile and 20 mile, Dayton, 12 noon
Sept. 5--5th Annual Labor Day 6 Mile 536 Yd. Handicap, Worthington HS, 12 noon
Sept. 12--10 Mile and 25 Mile, Van Wert, 12 noon
Oct. 3--Ohio AAU 20 Km Championship, Dayton, 12 noon
Nov. 6 & 7--First OTC Walking Orgy (tentative)--10 Mile road and 5 Km Track, Saturday;
15 Mile road and 2 Mile track on Sunday, plus a women's race each day
and probably some age-group walks. This will replace the OTC Distance
Carnival, which normally comes a couple weeks later and which includes
runs. These normally cause me to miss the walks besides losing money
and I prefer to walk and lose money on the walkers, so I plan to wash
my hands of the other.
Dec. 5--8 Mile Handicap, Sharon Woods, Columbus, 12 noon
Thanksgiving Day (which comes before Dec. 5 sometime, but I don't have a calendar
Handy)--62nd Annual 6 Mile (5½ at the most) Run and Walk, Cincinnati, 9 a.m.

The Dayton races will be at various sites. Contact me prior to races for details.

UPCOMING RACES AROUND AND ABOUT

March 6--2 Mile, Long Beach Relays, 9 a.m.
March 6--Rocky Mountain AAU 25 Km (and Open), Adams Co. Fairgrounds, Denver, 10 a.m.
Mar. 13--CU Invitational 2 Mile, Poulder, Colo., 7 p.m.
Mar. 13--NAAU JR. 1 HOUR, STOCKTON, CALIFORNIA
Mar. 14--12 Mile, Central Park, New York City
Mar. 14--5 Mile Hdcp., Broomfield, Colo. 10 a.m.
Mar. 14--10 Km Open, 5 Km Novice, Branford Park
Mar. 20--NAAU JR. 50 KILOMETER, HOLLYWOOD, CALIFORNIA
Mar. 20--20 Mile, Rider College, 10 a.m.
Mar. 20--MoVal. 10 Km Walk, Swope Park Lagoon, Kansas City, Mo., 2 p.m.
Mar. 31--30 Km., Monterey, Calif., 9 a.m.
Mar. 27--RMAAU and Open 1 Hour, Boulder, Colo., 9:30 a.m.
Mar. 27--Open 10 Km., Claremont Relays, Calif., 10 a.m.
Mar. 28--RMAAU 1 Mile, Boulder, Colo, Noon
Mar. 28--RMAAU Women's 880, Boulder, 1 p.m.
Mar. 28--Zinn Memorial 10 Mile, Asbury Park, N.J.
April 4--50 Km, Westbury, Long Island, N.Y.
April 4 or 10--20 Km, Inland Shopping Center, San Bernadino, Calif., 9 a.m.
April 10--20 Km, Lawrenceville, N.J.
April 11--NAAU SR. ONE HOUR, BOULDER, COLORADO

The Ohio Race Walker is thrown hastily together each month from a pile of junk mail that arrives each month at the Mortland household, 3184 Summit St., Columbus, Ohio 43202. Except for occasional sojourns to the sites of race-walking contests, the junk mail you, the faithful reader, and a few other kooks in the publishing business send is the only source of news, trivia, and what have you. And the two bucks you send each year for the rare privelege of digesting my gibberish is the sole source or revenue. So keep those cards, letters, chekcs, and money orders coming. And a thanks from your charming editor, his lovely wife, and two sparkling boys, Jack, Marty, derek, and Scott.

RESULTS AND STUFF:

(With the ladies first)

1 Mile, Long Beach, Calif., Jan. 31--1. Brenda Whitman 9:16 2. Debbie Pellkofer (15), Long Beach Comets 10:02 3. Jill Caldwell (12), LEC 10:15 4. Mary Decker (12) LEC 10:32 5. Lori Jewel (11), LEC 10:57 6. Molly Soza (11) Altadena 11:57

880 Yards (Indoor), Lawrenceville, N.J., Jan. 31--1. Stella Palamarchuk, Ambler OC 4:14.6 2. Sharon Ford, Leaguers 4:37 3. Donna Henriksen, Central Jersey AA 4:47.5

4. Jean Maceiree, Leaguers 5:52.4 880 (outdoor), Trenton, N.J., Feb. 14--91. Stella Palamarchuk 4:03.8---Jeanne Bocci writes to clarify details of the Chicago 2 Mile reported last month in which we reported her finishing despite three warnings and being told to get off the track, vamoose, amscray. Jeanne, not wanting young girls to think this is the thing to do, explains: "There were two, unfamiliar-with-walking judges. One told me I was D'ld; the other kept telling me to keep walking and that my form looked good. He told me to pay no attention to the other. Please make this clear to new girls starting to walk. We need them walking!!!"---Me old clasumate, Kati McIntyre, whose 10:19 mile was reported last month, it develops was walking for the first time after 20 minutes of instruction from Brenda Whitman before the race. And she had gone 23 miles of a marathon the day before. Brenda, who returned 9:45 is the race, had run the full marathon. A good warmup, I guess.

And thence to the male of the species:

1500 Meters, Olympic Invitational, New York, Feb. 19--1. Dave Romansky 5:49.8 (new American record; old record 5:50.2 by Romansky. New mark is equivalent to 6:15.3 mile if he held the pace) 2. Ron Daniel, NYAC 6:01.7 3. Ron Kulik, NYAC 6:07.7 4. Greg Diebold, Shore AC 6:09.9 5. Ray Somers 6:14.2 4 Mile Handicap, Los Angeles, Feb. 7 (actual times in parenthesis)--1. Mike Ryan, Striders 36:53 (31:53) 2. Barry Carlson, Cal Poly 38:02 (38:02) 3. Justin Gershuny, Westside JCC 38:29 (37:29)

4. Paul Roosevelt, Striders 39:22 (34:22) 5. Leo Sjogren, Striders 39:52 (39:52) 6. Harold McWilliams, Striders 40:02 (38:02) 7. Ray Parker, Striders 40:18 (31:18) 8. Ron Laird, NYAC 40:28 (29:28) 10. Bryon Overton, Striders 41:41 (31:41) 11. Jim Hanley, Striders 41:16 (32:16) 12. Dennis Reilly, Notre Dame HS 41:21 (33:21) 13. Paul Chelson, Striders 43:07 (40:07) DNF--Don DeNoon 1 Mile, Boulder, Colo., Jan. 31--1. Karl Merschenz 7:10.5 2. Ned Amstutz 7:14 3. Floyd Godwin 7:53.7 4. Bob Penland 7:54.3

13 and under 1 Mile--1. Rick Colson 8:40 2. Brian Mitchell 9:53 3. Shawn Penland 9:55 1 Mile, Boulder, Feb. 7--1. Merschenz 7:07.1 2. Amstutz 7:08.3 3. Penland 7:44 4. George Lundmark 9:06 5. Jan Howell 9:07 Jr. 880--1. Rick Colson (13) 4:17 2. Jeff Bartelson (13) 4:31 3. Shawn Penland (11) 4:58

2 Mile Hdcp, Boulder, Feb. 13--(actual times shown) 1. George Lundmark 19:08 2. Floyd Godwin 16:30 3. Bob Penland 15:49 4. Ned Amstutz 15:51.3 5. Karl Merschenz 15:18.7 Women's 1 Mile (which should be up above)--1. Joanne Amoroso 10:53.7

Jr. High 1 Mile--1. Rick Colson 8:42.4 2. Jeff Bartelson 9:08.5 Grade School 1 Mile--1. Mike Pent (10) 10:59 2. Mark Pent (11) 10:59.5 10 Mile, Denver, Feb. 20--(5 inches of snow)--1. Merschenz 1:27:40 2. Penland 1:31:27 3. Lundmark 1:53:47

1 Mile, Boulder, Feb. 21--1. Amstutz 7:03.5 2. Merschenz 7:06 3. Penland 7:45 4. Howell 8:54.5 (is this the same Jan Howell that ran cross country for Kansas some years back) 5. Lundmark 9:17 6. Bob Hutchinson 10:07.4 Boy's 880--1. Rick Colson 4:05.9 2. Shawn Penland 4:42.5 1 Mile, Baltimore, Feb. 6--1. Dave Romansky 6:18.2 2. Joe Stefanowicz, Phil. AC 7:06.3 3. Howie Palamarchuk, Ambler OC 7:10.9 4. Mike Conn, U. of Penn. 7:12.6 5. Bob Mimm, Phil AC 7:19.5 6. Randy Mimm, PAC 8:00

5 Km, Stockton, Cal. Jan. 30--1. Tom Dooley, Athens AC 21:46 2. Jin Bean, Stockton 23:08.5 3. Mick Brodie, un. 25:47 (my famous Tokyo roomie coming back) 4. James Bentlye Jr. 26:18 (1st age group) 5. Glenn Parker 27:12 6. Brad Bentley 28:02 7. Terry Allen 28:26 8. Phil Mooers 28:43 5 Mile Hdcp, San Francisco--(actual times shown)--1. Wayne Glusker, WVTC 42:51 2. James Bentley, Stockton 45:08 3. Bill Ranney, Athens AC 37:15 4. Jerry Heidenreich, un. 47:28 5. Jerry Lansing, un. 42:31 6. Phil Mooers, WVTC 47:55

35 Km, San Francisco, Feb. 7--1. Tom Dooley, Athens AC 2:56:54 (51:29, 1:41:52, 2:32:36) 2. Bill Ranney, Athens 2:59:16 (stayed close through 20 but couldn't match Tom's finish) 3. Phil Mooers 4:06:21 3000 Meter, Central Ontario vs Quebec, Toronto, Jan. 23--1. Frank Johnson, CO 12:52.0 (6:36 at mile) 2. Alex Oakley, CO 13:43 (7:03) 3. Marcel Jobin, Quebec 14:00.5 (7:04) 4. Yvon Groulx, Quebec 14:22.6 (7:24) Oregon Indoor Mile, Jan. 30--1. Bob Gray, OTC 7:30.1 (the ex-UCTC Bob Gray) 2. Chris Buck, Pacific Lutheran 7:30.8 2. Roger Duran,

Forest Grove, Ore. 7:50.4 4. Steve Robinson 8:01.9 4. Al Schuman, Spokane, Wash. 8:20.6 6. Ken Fowler, Pendleton, Ore. 8:33.2 7. Ron Schauer, West Linn HS 8:46.4
1 Mile Handicap, NY Kof C, Feb. 5-- 1. Ron Daniel, NYAC (scratch) 6:36.0 2. Greg Diebold, Shore AC (40 yds) 6:39.4 3. Ron Kulik, NYAC (scratch) 6:45.9 4. Dr. George Shilling, NYPC (100 yds) 6:47.2 5. Mike Conn, U. of Penn. (100 yds) 6:47.8
6. Larry Newman, LIAC (60 yds) 6:49.0 3 Mile, Portland, Feb. 20-- 1. Roger Duran 23:51 2. Don Jacobs 29:44 1 Mile, LA Times, Feb. 12-- 1. Ron Laird, NYAC 6:28.8
2. Larry Walker, Striders 6:32.0 3. Jim Hanley, Striders 6:52.2 1 Mile, Athens AC Meet, Feb. 13-- 1. Jim Bean, Stockton RR 6:45.2 2. Bill Ranney, Athens 6:45.2 3. Jim Hanley, Striders 6:50.8, Laird DQ'd
 FOREIGN STUFF:

Godd picture of the winning US team at Airolo-Chiasso in the December issue of Gangsport, a Swedish publication that I get on exchange. (I do believe that they with up to 20 pages a month, lots of pictures, quality paper, and all are getting the short end of the deal. But then I can't read any of their stuff and they might well be able to read English.) Anyway there they all are: the astute Bruce MacDonald; a beaming Ron Kulik; the dapper Dave Romansky; Goetz looking much a part of the times with his long, flowing locks; Tom Dooley, looking much akin to a cadaver in this shot; the glistening dome of John Knifton; jovial Joe Tigerman; and a fellow by the name of Armondo Libotte, from Switzerland. Any of the aforementioned cats, or anyone else for that matter, who feels they need a copy of this priceless photo could try writing the editor of Gangsport, Fack 104 40, Stockholm 14, Sweden.
7 Mile, London, Nov. 28-- 1. Phil Embleton 50:21 2. Wilf Wesch 51:04 3. Shaun Lightman 52:28 4. Ian Brooks 53:04 5. Bob Dobson 53:29 6. Colin Young 53:29 7. John Webb 53:47 15 Km, London, Dec. 5-- 1. Wilf Wesch 66:00 2. Shaun Lightman 69:29
3. Carl Lawton 69:38 7 Mile, Bexley, Eng., Dec. 12-- 1. Lightman 52:11 2. John Webb 52:42 3. Ian Brooks 53:16 4. Lawton 53:36 Girl's 3000 meter, Eng. Dec. 19-- 1. Kim Braznell (age 14) 16:31 2. M. Cooke 16:42 3. P. Branson 17:12 Women's 6500 meter (just over 4 miles)-- 1. Betty Jenkins 32:27 (probably short) 2. M. Lewis 33:25 3. M. Graham 33:53 4. M. Hindley 34:22 (Daughter competed in girl's race)
British National 6500 meter, Dec. 5 (road)-- 1. Judy Farr 34:02 2. Betty Jenkins 34:30 3. M. Lewis 35:49 4. M. Hindley 36:16 5. C. Daniels 36:36 Junior 2500 Meter-- 1. Kim Braznell 13:13 2. M. Cooke 13:31 3. E. Taylor 13:48 4. P. Branson 14:04 5. K. Tombs 14:11 6. D. Ward 14:19 6 Mile, S. Crydon, Dec. 19-- 1. Paul Nihill 44:40 5 Mile, Chigwell Row, De. 19-- 1. Olly Caviglioli 35:30 2. John Webb 37:05 3. S. Gower 37:45 4. Ken Easlea 37:51

LATE DOMESTIC RESULTS OUT OF TODAY'S MAIL:

6 Mile, Boston, Feb. 21 (Handicap, actual times shown)-- 1. Don Thomposn, Cambridge Sports Union 57:32 2. Robert Hersey, N. Medford Club 49:59 3. Dave Bostick, NMC 56:06 4. Robert Page, NMC 51:21 5. George Lattarulo, NMC 51:37 6. Steve Rebman, NMC 51:55 (15 finishers) 6 Mile, Boston, Feb. 6-- (actual times shown)-- 1. John Killinger, NMC 54:55 2. Sig Podlozny, NMC 60:05 3. Bob Page, NMC 55:35 4. George Grzebien, NMC 58:51 5. Fred Brown, Sr. 61:08 6. Roger Pike, NMC 56:25 7. George Lattarulo, NMC 53:27 8. Paul Schell, NMC 48:44 9. Jake Brederson, NMC 57:24
10 Km Handicap, Adamsdale, Mass., Jan. 24-- 1. Steve Rebman, NMC 53:18 2. Jake Brederson, NMC 59:23 3. George Lattarulo, NMC 54:35 4. Tony Medeiros, NMC 53:37 5. Paul Schell, NMC 50:42 6. Steve Ross, Rumford Rec. Assn 56:50--Next race: 6 mile handicap, Franklin Park, Boston, March 13.

OHIO RACES:

As you see in our schedule, we have taken to having two races in one--a long one and a short one. This was instituted primarily for Jack Blackburn's benefit as he is still thinking about trying that 100 miler in Columbia. Not that 20 milers, or even 50 kms, will prepare him for 100, but they will do more for him than 6 milers. And we have even tossed in a 35 and 40 miler later on. In any case, our second race(s) was (were) held in Dayton on February 7, with Bob Smith putting on what he called "The Loafer's Race". We had our choice of 6 or 18 miles in this one. The "Loafer's" designation it turned out was derived from the prizes--four beautiful loaves of home-baked bread, in graduated sizes, prepared by Bob's wife Bobby. (Another Upper Arlington high school graduate, by the way, albeit of somewhat later vintage than Mrs. McIntyre and the writer.) The course was a 1 mile loop through

the Smith neighborhood. The weather was a bit chilly, rather windy, but know snow until the tailend of the 18 miler. Lucking out on the weather since we would have been hardput to walk in Columbus on this day due to icy conditions and we were hit with 10 inches of snow the next day. When we had our first race in Columbus, they had an ice storm in Dayton. So we have made the proper choices. In the six mile raace, Doc Blackburn and Clair Duckham walked neck and neck throughout, with the Doc putting in a decisive spurt at the finish. Bob Smith experienced an off-day and had to drop off after the second mile. Jack Mortland won the 18 mile by a wide margin, but not easily. At a much slower pace than in the 15 3/4 miler two weeks earlier, I was finished by 13 and did mostly street walking at about 10:30 pace from there. All that kept me going was that my wife had demanded that I win that big loaf, and then I found that the prizes were based on positions at 6 miles and I had won it anyway. Young Derek had the best peanut butter sandwich of his life that evening, anyway. In the battle for second, Dale Arnold opened a huge lead on Jack Elackburn, as he had two weeks before, only this time he held most of it as he finished much more strongly. Results: 6 Mile--1. Doc Elackburn 62:01 2. Clair Duckham 62:02 3. Bob Smith 69:48; 18 mile--1. Jack Mortland 2:50:09 2. Dale Arnold 3:07:21 3. Jack Elackburn 3:10:20.

Two weeks later it was Jack Elackburn's home course at Van Wert, a 2 3/4 mile lap on the roads for 3 lap (8 1/2) and 7 lap (19 1/2) races. Quite decent weather with the temperature around freezing and no appreciable wind. In the short race, Doc was again supreme, but had to work hard at the end to collar Jack's friend, Max (last name unknown, so how much of a friend can he be), but Max, alas, had been doing a delightful little dog trot all the way and there was naught to do but DO him. This left Smitty, back in better form, second, and Clair Duckham, after a rough night evidently, a distant third. The stubborn Jack Elackburn watched the rest of his competition wilt and then crawled through the last lap alone to claim victory in the long race. None of us seem to be responding too well to these tortuous grinds. Could it be due to our meager mileage between. In any case, Mortland, your editor, lost his head and blistered the first 5 1/2 miles at about 8:30 pace. Still didn't feel too badly at 11 in 1:35:18. Blackburn and Arnold were also over there heads at this point with 1:39:20 and 1:39:56. Jack was not letting Dale get away this time. The next lap saw Mortland's lead grow to 5 minutes but it also saw him retire to the house at its completion, only to emerge 2 minutes later, having changed his mind about calling it a day. The lead was then 5 1/2 minutes after 6 laps, but this was definitely enough. I handed Jack his beer as he started his last lap (coke gives him cramps and he wasn't experimenting with beer as refreshment) and went in for a shower. Arnold was already there, having found 5 laps quite sufficient. Elackburn, with a severe cramp in his calf staggered through the last lap at about 14 minute pace, to emerge the winner. Results: 8 1/2 mile--1. Doc Blackburn 1:18:23 2. Bob Smith 1:26:55 3. Clair Duckham 1:30:25 (Max 1:18:35--D 'd); 19 1/2 miles-- 1. Jack Elackburn 3:12:43, Mortland 2:28:32 at 16 1/2, Arnold 2:09 at 13 3/4.

 ATHENS AC WINNER

New stuff on an old race. The Athens AC is now the winner of the team title in last year's 20 Km at McKeesport. The title was originally given to the New York AC with the Mexican National Team counting in the scoring. This was questioned at the time and now the decision to count the Mexicans has been reversed. There removal from the scoring put Athens and New York into a tie at 11 points with the nod going to the Westerners by virtue of having the first man home. Cough up that trophy New York AC! And those medals!

 NOTES ON TRAINING

Christoph Hohne, obviously the world's greatest distance walker, completed a questionnaire for the British publication, Athletics Weekly. The training schedule he presents makes interesting reading, and those who expect something really Herculean may be surprised. He reports training 4 or 5 times a week during the winter and 6 to 7 times during the summer, with sessions varying from 1 to 5 hours. Totalling up the mileage in the schedules presented on the next page, he appears to do something like 50 miles a week in the winter and 80 miles in the summer. And part of this is running, none of it excep tionally fast. The schedules are:

Winter:

- Tuesday: 20 Km run (1:22 -1:28) or skiing
- Thursday: 15 Km walk (1:20-1:30*
- Saturday: 10 Km walk or run
- Sunday: 25-40 Km walk (10.5 km/hr, or about 9 minutes per mile)
- Other days off

Summer:

- Monday: 10 Km walk (55-60 min)
- Tuesday: 25 Km walk (2:12-2:20)
- Wednesday: 10 Km walk (58 min); 10 x 400m (1:48)
- Thursday: 15 Km walk (1:25)
- Friday: 10 x 1000m (4:40-4:50)
- Saturday: 15 Km run (58-65 min)
- Sunday: 30-50 km walk (11 km/hr)

He was 30 years old the 12th of this month and started walking in 1956. Off this training he has achieved times of 1:29:16 and 4:02:43.4. Maybe you don't want to buy that he does no more than this and, of course, it is difficult to go over to East Germany to verify that he doesn't. Having talked some with Kurt Sakowski in 1967, I know that the East German training follows these lines and wouldn't be surprised if this is a fairly accurated portrayal. I have never been convinced that the 100-mile-a-week regimen, either walking or running, is really necessary and like to find things like this to back me up. Now obviously, everyone isn't going to achieve Hohne's results by following his training nor are they going to run a 3:51 mile. There seem to be natural walkers just as there are natural runners. We are not all born equal. I would like the young walker, however, to consider Mr. Hohne's general approach before they going racing out madly to do 100 miles a week on two-a-day workouts with high-speed work four or five times a week. Hohne gives the advice to young walkers to get lots of endurance training and achieve a sound style before even starting speed training. His way of doing this is apparently to do medium-distance at medium speed, a formula that apparently has worked well for him. And you can get good results at 20 km as well, at least if you are Chris Hohne. I would strongly recommend this approach to the younger walker interested in the longer distances, but expect gradual, not immediate results. Another walker, with apparently much less natural ability than Hohne, but who achieved good results on similar mileage is 1960 Olympic gold medalist, Don Thompson. Further notes along the lines of training approaches, with perhaps some comments from readers on what I have said above.

INFORMATION FROM THE NATIONAL COMMITTEE

In the January issue (designated Jan. 1970, incidentally, in a typical ORW goof of monumental magnitude), I mentioned a Newsletter prepared by Charlie Silcock and went no further, assuming that all my readers had received the Newsletter. That was my second monumental goof of the month, since the letter went only to National RW Committee members. Fortunately for Charlie, very few people wrote him asking for a copy, since he had very few additional ones available. Since there was much of interest the Newsletter and most of you have not received it, let me summarize some of the major items.

USOC Report from Bruce Macdonald

Of greatest interest is Bruce MacDonalds report on actions of the US Olympic Committee relating to walking. Bruce reports that the specialized training camp will be held again at the U. of Colorado at Boulder for three weeks sometime during the period between July 12 and August 28. Up to 8 walkers may be selected at both the 20 and 50 km. distances (a maximum of 16). At least three of the eight in each event must be under 21 years of age. Fewer than eight may be selected if the quality of walkers is not up to high standards of potential. For those selected, the USOC will pay transportation, room and board, and \$2.00 per day for out-of-pocket expenses. Qualifying races on certified courses must be set up in as many areas as possible during the first 6 months of 1971 for both events. Applications will be ready in

several weeks and can be obtained from Bruce MacDonald, 39 Fairview Avenue, Fort Washington, New York 11050. All chairmen are asked to make room for such races in their schedules and see that all athletes are informed. This is the second time around for this program and we should be better prepared and informed this time.

The USOC has also made funds available for clinics. This money is available through Bruce and can be provided to cover rental costs of a facility, custodial fees, and travel expenses of approved persons to conduct the clinics. Persons interested in conducting clinics should investigate the costs and present details of the clinic and expected expenses to Bruce for review and forwarding to Olympic House.

Regarding International competition, the National Senior 20 and 50 have been officially approved as Pan-American Games Trials. The first two finishers in each event will qualify, with third and fourth places as alternates. The top two in each event may report to Duke University in Durham, N.C. on July 14 if they wish to train there before the Games. A dual meet between the USA and Africa will be held there on July 16-17, but there will apparently be no walk on the program. (Other events will probably be by-passed as well because the Africans do not want any events in which they cannot make a representative showing. Opening ceremonies for the Pan-Am Games in Cali, Columbia are on July 30.

The 1972 Olympic Trials will be conducted as part of the track and field trials for both 20 and 50. These trials will follow the same schedule as will the games in Munich. The dates and place of the Trials will be decided on at a later meeting of the USOC T&F Committee. (In Munich the 20 is scheduled for the first day of competition, Thursday, Aug. 31 at 3:45 p.m.. The 50 is scheduled for September 3 at 2 p.m. Thus the same spread of dates and the same starting times will be used in the U.S. Trials) It has not yet been decided how walkers will be selected to compete in these final Trials. One would assume that the National races will play some part, but it would be hoped that anyone with outstanding times during the year who could not make the Nationals for some reason would also be invited.

Turning to other matters discussed in Charlie's Newsletter, several administrative actions were taken at the National Convention, which I don't believe I have reported earlier. First, the Senior 20 and 50 cannot be held in the same half of the country in any year and they must rotate back and forth each year. It was also decided that competitors numbers for all races under the control of the Race Walking Committee (other than the T&F Meet direction) should be cloth, purchased in the 1-100 series, placed front and back, edges folded back but not torn off, and fastened with four safety pins. If cloth numbers are not available, the usual T&F number sets are acceptable. (Ed. It is inexpensive, and not too much trouble as attested by my direction of the 1969 15 km., to take an old worn-out sheet, scissors, and crayons and make quite acceptable cloth numbers.) If sets of 1-100 numbers are not available, and three digit numbers are necessary, the first digit should be folded back so that only two numbers are used for official use. Folding back the edges of numbers and using four pins per number should help avoid the problem of numbers being torn off during competition from arm action, sweat, rain, or other reasons. Finally, it is mandatory that proposed entry blanks for National Championships be forwarded for approval as to form and content. It is preferable that they be printed in a professional manner suitable to the growing sport we represent. As one delegate at the convention put it, "Our entry blanks are a disgrace to the sport" Association Chairman in charge of Championships awarded to their area should forward a copy of the proposed entry blank to me and to Ollan Cassell at AAU House in Indianapolis.

Two races missing from schedule of upcoming races, in yet another monumental error caused by my careful, organized editorial approach:

- March 21 40 Km, Belle Isle, Detroit, 9 a.m.
- April 11 Michigan AAU 5 Mile, Belle Isle, 11 a.m.

Letters from readers:

From Fred Barrett, Kansas City: ".....When you demonstrate running with straight legs, please invite me to watch what should be a ridiculous exhibition. (Ref. to Nov. 1970 issue) Where did you get the time of 0.56 seconds per stride for race walkers? For a yard stride this represents 4 minutes for a 440 yard lap, for a 42-inch stride this represents around 3 minutes. Four strides per second would give you a lap time of 1:50. Now on you 0.56 seconds per stride this would mean about 250 strides per lap of 440 yards. Phew, what a stride! Jack, why don't you keep such nonsense out of your paper and keep out all those people discular muscular, action, body mechanics, etc. knowing about the subject. P.S. Did your ears burn or are you blowing flames out of your nostrils?"

Ed. Well, actually my ears didn't burn at all. If Fred would have read carefully, he would seen the source of the article and that the people quoted in it apparently had some qualifications to study the subject. And I don't recall that I endorsed the thing in anyway, merely presented it as an interesting view, which I still feel it was. As to the 0.56 seconds, I would interpret this as the time for one leg to complete its full cycle, since it discusses the amount of time available to rest. In this case, Fred's 4 minutes for a one-yard stride, would become 2 minutes, which makes much more sense. In any case, the matter can be taken up with Dr. Grieve. As to other medically related articles in this paper, I consider Dr. Blackburn eminently qualified to comment on the subject, as did a leading publisher when they commissioned him to prepare a section on race walking in a book on sports medicine and will continue to publish his opinions as the best available to me.

From our man in Vietnam, Gerry Willwerth, we get the word on race walking in that paradise: "Greetings from sunny South Vietnam! A veritable walker's paradise. Hardly! I finally got around to training again in anticipation of going back to Ft. MacArthur for the '71 season, but I haven't heard anything further yet. Nevertheless, I've taken to the open road and each evening after dinner log about 5 miles. That's all I can manage before dark when the roads are blocked off with barbed wire and security guards are up. I'm in a relatively secure area, but the precautions are taken anyway. I teach English during the day at the local high school, so I can't train then. But who would want to? It is hot here in Vietnam and quite uncomfortable for training purposes. As for public reaction to a 6'2" stringbean walking down the road in a pair of cut-off jungle fatigues and a Rocky Mountain Road Runners T-shirt, shod in a pair of gray Hush Puppies, well....Let it suffice to say that it seems you get the same treatment the world over: Tee-hees from the gals and "Why don't you get a water buffalo?" or "Why don't you run, stupid?" from the men and boys. The comments probably wouldn't bother me normally, but I understand Vietnamese. In my best Saigon dialect, I usually retort with something like, "Your mama-san wears combat boots," which, incidentally is a common sight here in Vietnam.

"My job here as an interpreter has been extremely rewarding. I've gotten to go out to the countryside and meet lots of people, children and grownups alike. My civil affairs team brings food, medicine, and movies to show. But they don't appreciate those things half as much as when I speak to them in Vietnamese and extend a warm hand of friendship. My real thrill over here, though, has been teaching English. My students are in grades 6,7, and 10 and are all very enthusiastic about learning English. Each class is a new challenge to my imagination and resources. Most of the time, communication is quite good, though, and difficult points are usually straightened out. During Christmas, we had a lot of fun learning Christmas carols, despite the fact that only about 5 percent of Vietnamese are Christian. During the Tet holidays, they taught me some songs and some customs and legends. During these holidays, I spent a great deal of time in Vietnamese homes eating Vietnamese food and generally getting a better "feel" for Vietnamese culture. It was highly exciting. I'm looking forward to the chance to return to the states and start training hard again. If I do, I know I'll be saddened to have to leave Vietnam. It's been so unlike I imagined it would be. I'm very glad ~~to~~ I got to serve over here. Hope to see all my friends in race walking very soon. Pray for peace."

To all American Race Walkers and officials via the Ohio Race Walker, from Jim Hanley, 1970 Athlete's Representative:

"I am very surprised at a few athletes and officials and their responses to the proposal that the All-American Team consist of the top three finishers in the National Championships.

"In the AAU Convention, I proposed that the All-American team consist of the top two men in each event plus a third man when an outstanding performance was made. New Jersey's John Tomasko suggested that it be the top three in each event to eliminate the subjective factor of determining what was an outstanding performance and corresponding to Men's Track and Field. Since I was third at Bakersfield, I immediately thanked Mr. Tomasko and changed my original motion to be for the top three.

"The arguments in favor of such a policy would seem to have more weight than those against it.

1. We Race Walkers only get a little recognition for our many hours of hard work (and many dollars spent going to races). Who does it hurt for three men to be able to say that they made All-American?

2. The NCAA awards All-American recognition to the top SIX finishers in all of its National Championship events. One year UCLA had 22 returning All-Americans! Two years later, I was worrying about trying to be on the All-American team for my second place finish in the National AAU Championships in Miami when the best UCLA athlete only came in fourth!

3. Those people who are against the new proposal appear to be in two groups: a) "Natural athletes" like Ray Somers who won Nationals or placed high in them without ever having to train hard for five or six years to just be a contender in the top three--and who never considered Race Walkers to real athletes equal to those in any other sport, and (b) Old-timers who had to win a National Championship to be an All-American. (How utterly ridiculous!) These remind me of old judges who say John Smith can't be walking a 6:20 mile because when I was walking I only did 6:45. Therefore, John Smith must be running. Just because things were done one way in the past and we veterans had to suffer through it, doesn't make it right or any better than new proposals.

Logically, opposition to my proposal would come from the two above groups--who I still believe are a minority of American race walkers.

"To those who constantly worry about "cheapening" the award, I ask "why not have just ONE All American--the winner of the Senior 20 Km" Then it would really have some value! Come on you guys, you'd deprive half a dozen guys of much deserved recognition. The incentives of National Teams and individual National Championships are enough for the really big guns (Laird, Romansky, etc.)

"To those who say "you can go to Nowheresville and easily place in a National Championship," I ask have you gone to Nowheresville. Every time I was there so was Romansky, Laird, Dooley, Klopfer, and about 10 other very good athletes."

Editor: Of course I get the last word in this issue. Obviously, I am a (b) category type. Really, I'm not concerned because I didn't get something that is now available, although it probably sounded that way in the last issue. (As I pointed out there, incidentally, even winning a National didn't guarantee All-American selection in the "old days". Besides myself, I know Ron Laird was bypassed in the 20 in 1964 because Ron Zinn beat him in Tokyo.) And, of course, I don't think we should have just one All-American. And the reverse of that is, why stop at three per event. Ten sounds good. Actually, the way I have always felt about it is that it shouldn't be based on each event. In the past, we could have had just one All-American had someone won all the races. Now we can have 33 if no one repeats. You can say it won't happen, but it is possible. I feel there should be some particular number of All-Americans to be selected each year based on total performance and considering not only National races. What really is the difference between a 30 and 35 km for example. It isn't quite like picking an All-American center and an All-American halfback. Sure, the way I suggest gets subjective, but my own feeling is that someone who gets fourth in say eight races is much more deserving of All-American than a guy who sneaks into one third and maybe finishes no higher than seventh in any other race. And if you are selecting, say 10 walkers, by vote of the committee, my guy is likely to make it. Within reason, I'm not concerned about the number of

All-Americans, but the means of selecting them. And I still feel that automatic selection of three in each event tends to cheapen the honor just as the former system made it too tight. And deserving people still can be by-passed. Also, I must say that I think Jim is a little unfair to Ray Somers. I think Ray was working as hard in running as most walkers for a few years before he switched, so it is a little hard to accuse him of not "paying his dues", so to speak. And, I don't feel that anyone should have to apologize for being a natural athlete, anymore than Albert Einstein needed to apologize for having the natural smarts to pull the theory of relativity out of the air. The race is to the swiftest and as I stated earlier in this issue we just ain't all born equal. Maybe the guy with natural ability should cut off a few toes, or something, to give the rest of us a chance. .

Was supposed to save some room here for some comments from Charlie Silcock, which are to arrive in tomorrow's mail, but I wanted to wrap this up to tonight so he will have to wait until next issue. Really unfair after Charlie spent an hours worth of his money talking to me on the phone last night and giving me all that good detail on the 1 Mile, for which I thank him. Also, just 10 minutes ago, as I was typing the above scathing reply to Jim Hanley, received a special delivery letter from Dave Romansky on matters he would like to receive an airing now, but obviously there is not room left and another page would mean another 6¢ postage, which I can't afford multiplied by 200. So that will have to wait too.

OHIO RACE WALKER
1384 Summit St.
Columbus, Ohio 43202

FIRST CIA SS