A CAPSULE REVIEW OF THE JANUARY ISSUE

We had what your modest editor thought was a pretty fair issue, content-wise that is, last month. Unfortunately, no one could read it. A lack of proper planning on my part. The idea was good but the execution lousy and because I typed with much too narrow margins I had to reduce it more than ever I planned. To compound the felony, I typed with an old, worn ribbon so that some parts would have been difficult to read without the reduction. The worst thing was that I had a disproportionate number of subscriptions expiring last month and I sent them nothing they can't read to try and persuade them to renew. Surprisingly, comments have not been too adverse and the general idea seems acceptable. Hopefully, this issue will give you a better idea of what we will look like. In the meantime, we will summarize the highlights of the last issue. If anyone really couldn't read it at all (and one reader let me know he couldn't) let me know and your subscription will be extended one month.

Bob Kitchen was the big news with a world's record (2:47:34.0) at 35km in San Francisco. This performance won him the Fifth Annual Dr. John E. Blackburn Award for the single outstanding performance in U.S. race walking during 1971 in a close decision over Larry Young's 100m. He had our second annual World Rankings for the 20 and 50 with Soviets Nikolai Garga and Fyamin Soldatenko rated first at the two distances. Since then, Bob Esman's rankings have appeared in Track and Field News and we were in rather close agreement, particularly at 20. Disagreements were primarily because Bob did a more careful job of researching and had a few performances included that I had overlooked. The rat. Continuing the synopsis, we summarized the results of all 1971 Nationals and listed new American records accepted, had our usual Looking Back feature, listed the best track and field performances by race walkers that we know of, had a brief, disjointed essay on training, and a few cartoons. The captions on the Snoopy cartoon read: "Here's the 101 I flying ace soaring through the air in his Superth Camel"--"I feel sorry for those poor walkers on the road down below"--"I think I'll wave to them"--"Walkers always feel better when you wave to them". As I noted then, the original had referred to blighters, not walkers, but the substitution seemed appropriate. That, in a nutshell, is what you missed last month. Let us hope such a farce never again clutters your mailbox.

Stockton, Calif., Jan. 8—In a race dominated by youngsters, 17-year-old Jerry Lansing steamed away from James Bentley Jr. in the second half to claim the National Junior 35km Race Walk in an excellent 3:18:51. The 16-year-old Bentley, starting perhaps a bit too fast, just held off his brother Brad, 2 years younger, for second with another 16-year-old, Bryan Shonkale a very close up fourth.
Landing is a student at San Rafael High School, where he has a few knowledgeable teachers, including Tom Dooley, Bill Ramsey, and Goetz Klopfner. He was third in last year's Junior 1 Mile. He said he expected to go very fast and was concentrating on walking, having just come off a cross-country season with no real walking workouts for the past month. In this race, he tried pulling up the pace after mile 2.5 and then moved ahead, passing 20 in 1:49:55 to Bentley's 1:51:20.

The race was won on a 3K loop in the Rock Creek Park Zoo, with some acres of woods and lush greenery. The course was marked with orange tape, and a big cat to keep everyone alert. It was cold (32 at start and 42 at finish) with a slight breeze. The race was given excellent coverage by local papers, TV, and radio both before and after the meet. The results:

1. Jerry Lanning, Athens Athletic Club 3:18:21
2. James Bentley Jr., Stockton Base Walkers 3:25:45
3. Fred Bentley, SW 3:26:24
4. Ryan Gressel, SW 3:28:58
5. Dave Bryant, Santa Monica Club 3:35:36
6. Kevin Printinn, SW 3:35:48
7. Don McPherson, Portland TC 4:00:25
8. John Malligan, SW 4:21:49
9. Phil Koers, West Valley TC 4:24:31
10. Lyndon Hodge, SW 4:38:32

MILE MARIA

Here are early results on the annual indoor mile madness:

--- to 6. Kulik and Daniel


MILE MARIA

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CUTTER RESULTS


From Between the Shores:

"MISS BOCCI HERO IN NEW YEAR'S EVE RACE"

(Special to the GAZETTE from the famed traveler, Greg Diebold--Utilizing a unique warm-up method, Greg Diebold of the Shore AC defeated an excellent field of seven competitors in the first annual "New Year's Eve Runners, Walkers, Creepers, and Flounders" mile. Although it was not immediately apparent which category Diebold fell into, he outdistanced Jim Haff of Detroit by almost two minutes. Haff, who designated himself a runner before the race (as opposed to the walkers who did so during the race), started 6 minutes behind Diebold, but failed to make up the distance.

"Miss Bocci," as he is affectionately known, was able to catch Motor City Strider ace Leon Jasonowski, despite Leon's most impressive outing in some time. A distant fifth in the race was a condescending Jeanne Bocci, but in spite of her lackluster performance, she received most of the post-race plaudits. Long before the race even got under way, Jeanne was busy serving vodka cocktails (and I have drunk a few cocktails in my day, but never a gin, not being nearly the toper that Greg is). "The question is, even diebold is a candidate!" Diebold, in fact, was quoted, "It felt absolutely no pain. I don't know if I was off the ground, but I was just flying the whole way."

We have learned that George Casper, who has given race walking such a boost in the Philadelphia area through the years, suffered a stroke in early December but is apparently recovering successively. George had been forced from competition several years ago by severe heart trouble. When he recovered his heart was not as strong as it was before. This was not an accident, but as a manager for the Philly team and one of the more active judges in the contest, we hope George will be back on the scene soon...Also on the hospital list has been J. W. B. Wallace who had a much worse than average bout with pneumonia apparently lasting considerably, which it really doesn't seem he had to lose...

Fred Young reports that with the inclusion of walking in the RAC program there is now a good opportunity for athletic grants to walkers at some of the member schools. Any younger walkers who are interested may contact Fred and he will do some investigation as to which schools might be offering scholarships. His address is Fred Young, 8224 3rd, Independence, N. Blvd 6052...

Ron Laird qualified for the National 1 Mile by walking a 1 Mile race in London in 6:00. He also did a 6:01 7 Mile on Jan. 15 and has now walked in 17 races during his 2½ months in England...Jerry Brown is really getting tough since moving to Colorado and recently did an 8 mile time trial on the track in 26:56...Another good training time was England's Paul Bland who did a 10:10 for 30 K run in November, lapsing Ron Laird in the process.

Elliott Davis, sometimes race walker, full-time sports writer for the Aukur Park Evening News, and walk侵蚀s the prognostication business (you know, the crystal-ball kind) recently with two full columns devoted to what we can look for in sports during '72. And right off the bat he said the Eagles would stop the Lakers at 75, which they did, and talked the Cowboys in the Super Bowl. So, in April, we can definitely look for Shull Landay to shatter all records for the 10 mile at the annual New Jersey Truck race; Elliott's pick it'll happen. He also says that at Munich Liquor will tip Aam and Koene, Frank Shorter will win the marathon, Pat Haddison will jump 7'7 and Bangle Bach will capture the field hockey crown...Joe Bannin, in the recent Columbia Track Club newsletter, describes a 20 km run on Jan. 15 as the weather at -8F and the wind chill index at -20. He concludes that it really isn't so bad once you get going and the ride is not overpowering. He also suggests that a ski mask is a good idea. I agree. I was out training the same morning and it was -6 here with the wind blowing strong. I didn't get the chill index, but later in the day it was -40. In any case, we went only 4 miles and even my face was freezing and I got the terrible headache going into the wind. With the wind it was quite comfortable, shorts, t-shirt, long underwear, and a fair canoe suit. One pair of mittens kept my hands quite comfortable. Gloves don't cut it as you don't get that good circulation. The next day it had risen to -3 and the wind died down somewhat. I did just 6 miles but was not suffering to speak of from the cold and could easily have stayed out longer with little discomfort. The biggest problem with the wind is that you get very warm going with it and work up a very good sweat. It then proceeds to cool down when you get into it, which is the real problem. I'm going to get used to it, which, with the wet clothes, is no bargain at all. The secret, I guess, is an out-and-back course starting into the wind. I haven't decided whether extreme cold or extreme heat is worse, but you can probably come closer to your best, in the winter, performance-wise. However, its good to live in a place where both are available so one has opportunities to show how tough and gotten one is and then, of course, brag about it.
RECEIVED CONCEPT ON LAST MONTH'S PARCELS:

From Mrs. Josephine Daman (written on a $20.00 doctor's bill): Please reissue above sum. My eyes have deteriorated drastically since they first hit your December issue. Do not allow this to continue. I cannot have seeing-eye dogs accompanying walkers in future races. It is strictly against AAI regulations. Also, better conditioned dogs would be accorded of pacing; their masters, walkers with an aide, would be at a definite disadvantage. And for indoor races, the smoke is crowded enough as it is without bringing canines. Do not continue this outrage!

Alan Wood, New Jersey: The new print is a bit difficult, but tolerable.

Joyce and Dave Schulte, Missouri: No-No-Oh I will not renew if this is the expected appearance of the ORW. The type is so bad we don't even want to look for interesting tidbits. I don't mind the smaller type if it is clear and legible; pictures are fine but not that important. Please and information on walking in legible print is our #1 priority.

Don Jacobs, Oregon: Better get a better reproducing process as the small print failed to print in many areas of my ORW. Are you going to adjust the size print or just as magnifying glasses to read with? (Ed. Don Macfarlane has too reading, always on kind, one upstairs and one down, and had no difficulty at all. If only all my readers were so well prepared and so uncomplaining.)

Mike Sullivan, Iowa: Just a note to let you know that I enjoyed the new printing format of the ORW immensely. Too bad you can't figure a way to keep the measured, but I'm looking forward to pictures each month. (Ed. That cat has to be putting us on.)

Murray Rosenblatt, California (on his copy of the ORW): Returning since I am unable to read the fine and legible print. Sorry. (Ed. I'm so sorry and Murray is one in whose subscription extended one month.)

Larry O'Neil, Montana: A check for renewal of the Ohio Race Walker is enclosed. Due to the literary excellence, the renewal is being made even though the smaller type interferes with my practice time. I can no longer read it while walking. Possibly I need glasses but polishing the lenses would also take valuable time so I'd better get up at a reasonably early hour so I can read it at breakfast time.

Bob Henderson, Illinois: It's difficult but I am interested in you not giving up. I will endeavor. Several pages were good. (Ed. I guess that means readable, not worthy from a literary standpoint.) Also, it is not as bulky in my files. (Ed. Yes, you can make a silk purse of a sow's ear.)

Sanford Kalb, New Jersey: Enclosed find $5.00 for two more years of the famous Ohio Race Walker. (Ed. Right on. Sandy baby. Now positive can you get man.) I think the print in the last issue was a little too small, with some of the pages not so clear for the overman to read.

Steve Hayden, New York: I think your idea of adding pictures to the ORW is great and wouldn't mind the smaller type. It was a little tough reading parts where the print was faint. Can that be corrected? (Ed. Well, yeh. If I keep a new ribbon in the typewriter, press the keys evenly and firmly, and providing the Zerox is doing pretty well on the day I reduce it. It all depends on the copy I give the printer.)

SCHEDULE OF EVENTS

Ohio Division:

Sat. Feb. 18 1500 Meter, Olympic Invitational, New York City, 6 PM
Sat. Feb. 19 2 Mile, Capital Indoor Games, Albany, NY, 7:30 PM
Sat. Feb. 25 NAUI 1 Mile, New York City
Sat. Feb. 26 10 Km, Boston, Mass., Franklin Park, 2 pm
Fri. Feb. 27 15 Mile, Melville, Long Island, NY, 6:30 am
Sat. March 4 1 Mile, USAA College Championship, Princeton, NJ
Sun. March 5 10 Km, Amadu, Pass, 2 pm
Sat. March 5 15 Mile, Melville, NY, 8:30 am
Sun. March 5 10 Mile, Long Branch, NJ, Takeaways Lake, 1:30 pm
Fri. March 11 3 Mile, US-SSSR, Richmond, Virginia
Sun. March 13 15 Mile, Melville, NY, 8:30 am

USATF:

Fri. Feb. 11 1 Mile Invitational, Los Angeles
Sat. Feb. 12 1 Mile Invitational, Oakland
Sat. Feb. 19 1 Mile Invitational, San Diego
Sat. Feb. 19 Rocky Mt. AAU 25 Km, Longmont, Colo., 1 pm
Sat. March 13 3 Mile Hcp and 3/4 Mile Grade School, Boulder, Colro., 12 noon
Sat. Feb. 19 NAUI SENIOR 15 KM CHAMPIONSHIP, FOXHollow, CALIFORNIA
Sat. March 24 NAUI Valley AAU and Open 10 Km, Independence, No.
Sat. March 25 50 KM, Adams County Fairgrounds, Colorado, 10 am

Canada:

Sun. Feb. 20 20 Km, Hamilton, Ontario, 10 am (Contact Pat Paddily, 62 E. 26th St., Hamilton, Ontario, Canada)
Sun. March 15 Mile, Toronto (Call Karl Rockers 639-3378)

A few more notes and such...Mike Sullivan reports that he has twice reentered the 15 km course in Dan Holmes (race of last fall's very fast National), once with a wheel and once with a calibrated bicycle measuring device. He got 49,110.8 and 49,098 feet respectively compared to the necessary 49,220 feet. So the course was apparently 35 yards, at most, which is not too significant—10 to 30 seconds depending on how fast one was moving at the end. I told you we were all fast people at that race...Kaye also reports that Dave Rhode has thrown the hammer 100½ and the 56 lb weight 22½ to qualify for the Ohio track and field list....Steve Hayden also moves onto the list with a 9:35.9 Steeplechase, a 9:14.8 3 Mile, a 14:56.8 3 Mile, and a 2:41:47 marathon.
5 Years Ago (From January 1967 CRW)--The Athen's AC won John Mackiain's First Annual National Postal 20 km as they finished their men within 66 seconds of each other for a total time of 5:03:43. Joe Keppler had 1:49:07, Tom Dobbs 1:40:57, and Bill Ranney 1:41:55. The Ohio Track Club with Jack Blackburn winning in 1:39:12 and Kortland fourth in 1:40:30 was lacking a third man and totaled only 5:12:23 for second place. 5 minutes ahead of the New York Pioneer Club...Ron Zambrani won the Net All 1 Mile in 6:40.6 with Kilk nearly 20 seconds back...the remainder of the race was devoted to outstanding feature material: 28 pages on training for the 20 km by the noted Jack Kortland, and two excellent articles by that man of letters, Jack Blackburn, one discussing his experiences with shoes and the other on the races that walkers play during training. Heck, that's probably worth repeating now as we have many, many new subscribers subsequent to that time and the old ones are undoubtedly dying to see it again. (January issues are most definitely a drug and need a good deal of trivia to fill the pages.)

THE GAMES RACE WALKING--PLAY

by Jack Blackburn

most of us work out by ourselves and are fortunate if we can find a workout companion once a week. In our lonely journey to nowhere and back, round and round, we each have a bag of psychological tricks to play on ourselves so that we can keep prodding for a good workout. By workouts over the past years I have been nothing more than time trials. (Better read your editor's article on training, Blackburn. Or maybe he had better read yours since you're beating him rather consistently.) I have very limited time to workout, so I must get the most work in the shortest time. I usually protest that I am either in a National Championship at that distance, or an in the last few miles of a 50-kilometer with an international field. I pick a time that I will be satisfied with and must beat it in order to whip my imaginary competitors. Matthew, Patczik, and Laird have lost many a close race with old Jack Blackburn on the home track. Kortland pretends he is in the 1952 Olympic Trials at 10 kilo and either makes the team in third or wins. (Ed. Actually, this is my sort of time--get in a 3:03 or 3:05 and build your spirit with the knowledge that at least you made the 1952 Olympic team. The embarrassing thing here is that there are probably jerks around today easing through 1:39:04.3 on bad days and figuring that at least they made the 1964 Olympic team. Young whippersnappers should have more respect for their elders.)

The first trick, of course, is to get to the workout site. I think to myself, "Well, I have to be accurate and visit my folks, so as long as I'm there--see, I talk myself into dressing for the workout. This is many times the toughest task of all. "Well--there isn't anything important coming up so I'll just work up a sweat or just because I change my clothes is no sign I MUST workout, I could work on my car instead." Then when I get on the track I tell myself I will be satisfied with just holding 8 minute average for a mile. I won't be satisfied. I won't go through the first mile in 7:16 and think to myself, "Well, now I can slack off to an 8:10 average and coast in." (Brilliant mathematician, Blackburn) I pass the two miles in 15:12 and think that now I am an enough of pace that I can work on my car when I get home. The mile comes in 23:05, so I might just as well try for that 8 minute average for 6 miles. After all, I can slow down to over 1:15. Four miles in 31:00, "What kind of gutless bastard am I, that was only 7:57? Did I look at the clock wrong? How many laps was that? My right calf hurt--so pull damn it, your good anyway." (Ed. Blackburn, if this rotten language continues, I am going to quit typing this. Rains the image, you know.) Five miles in 36:55. "Got to get to six in 45:15 or I'm nothing but a backyard rambler. Maybe that's the heart. Mon we have dropped over! Pick it up--drive, drive, drive! Six miles in 46:38. "Go, that's not bad. That would have won the 1959 10 kilo and it seemed so easy. All I needed was an 6:20 average to break 60 minutes for 10 miles. Why did I stop. "This has encouraged me so I may have been if I had just lost through those last four miles. What a hamper head." (Ed. The unbelievable thing about the foregoing is that it is actually no true. That's the way the jerk trains all the time. But not very frequently. And he beats me. Might get sick.)
it is just as simple to subtract as add. The results can be listed quite
clearly, knowing the test time, handicap, and actual time. Actually, in
reporting results, we aren't going to show all this anyway. Maybe a finish
time with actual time in parenthesis, and maybe just an actual time. To me
that is all that really counts anyway. As far as the administrative details
of our race is concerned, it seems to me that is up to the individuals
involved to do the way that is easiest for them.

Steve Hayden comments on my random comments on training:

"No arguments with your opinions on the magical 100 mile barrier, especi­
ally when I have never trained that much in one week before.

"You would probably find many people in agreement on training being
highly individualistic. So many guys have success with what they think is
the best approach for them. But the trouble is that they have probably not
tried many other approaches; and there are many. I always felt self-exper­i­
mentation was kind of fruitless unless an individual has some knowledge of
the types of training one can do. How many athletes have you seen convinced
of an approach which they themselves would reject if they knew a little more
about methods? Even a small amount of knowledge of physiology and body
mechanics would help. But what opportunity does the average race walker have
to pick up this knowledge? In many sports, you find knowledgeable coaches who
have been schooled pretty well in the science of athletic performances so
they can have more success training others. In racing, we would count
people with this kind of background on our fingers. Lately, I've begun to
feel that a good race walking coach (we have a few) could be even better if
he had more than just experience behind. Well, instead of philosophizing,
I'd like to suggest something for consideration. All those who attempt to
encourage others might benefit.

"You've had articles in the GM on occasion which have been pretty
informative on the more scientific aspects of training. Perhaps you could
include more of the race, or point out where novices can read up. Of
particular interest to me are the outcomes of recent investigations done with
race walkers. What ever happened to Jack Daniels? Was that his name? Are
there any physiologists among us? Are some of the guys ed majors among us
willing to share some tidbits? Well enough for now, I have to go out for a
17-mile workout; I've got 83 miles so far this week."

Steve raises some interesting questions. I would like to run more stuff
on training, but I can't create it and I don't think you want to hear nothing
but my opinions. I have practically exhausted what is available to me. One
reason I ran an article like the one last month is to try and get some ideas
from readers. I expected a lot of disagreement, if nothing else, but have
received only two letters on the subject. I would welcome any articles on
training, either original or stolen. (I'm afraid there just aren't many
race walking training articles to steal, however.) Please physiologists and
physical education majors, come forward.

It would be great if we could get some real insight into what the East Ger­
manians are doing. But as I noted earlier, any article we get from over there are really quite shallow and usually leave you with more
questions than when you started. Tom Dooley has tried to get a finger on
what they are doing, both through the literature and personal contact. He
says, "We only know what they tell us. And I cannot be sure they tell us
all. All I have ever seen or heard were some hard intervals, or short runs.
Never anything over 15 km. We do know about winter skiing, much weight lift­

and running. But the pattern is not clear. Also, they have many coaches
who tailor their programs." Anyone care to volunteer for a spy mission to
Eastern Europe. I did observe some things the East Germans were doing in
Tokyo but not enough to get anything like an overall training pattern. I saw
then do some intervals that puzzled me completely, however, and never again
grabbed my stopwatch to check what they were doing.

In the meantime, until we establish our spy network and get all our know­
ledgeable people sharing their knowledge through landmark articles in the
pages of the GM, the average Joe is still faced with the problems Steve
spells out. Where does he go for help?

One place is to fellow walkers. Get into conversations at races. Find out
what the other guy is doing. Tell him what you are doing. I think most
walkers are still willing to talk along these lines although some may be getting
secretive about what they do.

Consult the literature on distance running. There are tons of it. Maybe we need some special exercises and obviously our primary activity should
be walking not running, but the patterns of training should be much the same.
Subscribers to Runner's World—they have many good training articles, mostly
written by athletes and covering all shades of opinion. Track Technique,
published by Track & Field News is also good. There are many good books.
J. Kenneth Doherty's Modern Distance Running may be best since he has tried
to cover all the popular methods in an objective manner. Visit your local
library. Most of these books should be there. Once you are well read on
the physiology of conditioning the body for endurance events you can then
start experimenting to find out what is best for you. And don't feel that you
have to follow one method. Borrow a bit here and a bit there, if it suits
you. And enjoy your training. That's not a sin, despite what some may tell you.

None of which is any real help. I may rework and rerun the article I did
five years ago on 50 km training in an attempt to get something started.

The Ohio Race Walker is a monthly collection of unedited news, opinion,
and miscellany on the world of race walking hastily prepared at the last moment
by Jack Mortland. Subscription rate is 25 cents per annum. Address all
correspondence to 3104 Summit St., Columbus, Ohio 43202.

My wife tells me that this is replete with errors and omitted words, perhaps
more so than usual. I will now scan through it and try and pencil in a few
things here and there to help the struggling reader. That's why you have seen
all these things penciled in.