

Ohio Race Walker
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OHIO RACEWALKER

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DANIEL, OLSON TAKE NATIONAL MILES

New York, Feb. 23--Ron Daniel, author of many fast mile races through the years but never quite there in the big one, put it all together this time to capture the Senior National Indoor title in a rapid 6:22.0. Close behind was his New York AC teammate, Ron Kulik, in 6:24.2. These two thus qualify to walk 3 miles against the Russians in Richmond on March 16. Just missing the trip with a 6:25.7 was the Shore AC's Todd Scully, walking his fastest mile ever. In fourth was former champion and indoor record holder, Don DeNoon, now walking for the Blue Angels. Don walked his finest race since coming back from a 3-year layoff last year with a 6:30.1. And in fifth was Larry Young with 6:43.3, apparently not in his best condition at this point. No further details on the race yet.

In the Women's race, held at the same site, Lynn Olson, now attending Ferris State in Michigan, was a walk away winner in 7:39, surely a women's indoor record. Jeanne Bocci crossed the line in second, I know not how close, but was given the old heave-ho. Thus earning second was Bruce MacDonald's protégé from Port Washington H.S., young Ellen Minkow, with an 8:06. Close behind her was our fine Ohio representative, Carol Mohanco of the Kettering Striders in 8:08.5. Fourth went to Mary Beth Hayford of the Gateway TC in 8:16.5 and a distant fifth was Laurie Entis, walking unattached, with 9:06.3.

OTHER RESULTS:

2 Mile, Albany, NY, Jan. 27--1. Ron Kulik 14:11.2 2. Ron Daniel 14:15
3. Tom Knatt, North Medford 14:50 4. John Fredericks, Shore AC 15:52
5. George Lattarulo, NM 6. Ron Salvio, Shore AC 7. Bob Whitney, NM
8. Fred Spector, Shore AC--times after first are only approximate.

1500 Meters, Olympic Invitational, New York, Feb. 15--1. Ron Daniel
5:57.2 2. John Knifton 5:58.2 3. Ron Kulik 5:58.5 4. Todd Scully
6:00.7 5. Dan O'Connor, U. of Tenn. 6:03.5 6 Mile (a bout 240 yards
short), Dayton, Ohio, Feb. 4--1. Jack Elackburn 51:54 2. Ben Benedict
58:38 3. Bob Smith 59:45 4. Dr. John Elackburn 62:06 5. Don Schartz-
zer, Continental (age 16) 64:35 6. Greg Logan, Continental (age 15)
64:41 7. Clair Dickham 65:14 8. Rick Ladd, Continental (age 18) 71:45
9. Darl McCullogh, Continental (age 12) 71:45 10. Robin Mansfield,
Continental 71:50 11. Roxie Jones, Continental 71:50 (Robin is 14 and
Roxie 15. Big Jack transported half of Continental to Dayton for this
one so that we had one of our larger fields. Ben Benedict continues to
improve as he led Smitty all the way.) 5 Mile, Continental, Ohio,
Feb. 18--1. Jack Elackburn 45:02 2. Doc Elackburn 51:03 3. Greg
Logan 53:57 4. Don Schartzzer 58:09 5. Rick Ladd 61:15 6. Darl
McCullogh 63:50 7. David Wasserman 64:05 8. Kip Mansfield 69:24
(these two guys are 11) 9. Robin Mansfield 72:04 10. Roxie Jones 72:04
late starter--Jack Mortland 43:30. The race was walked on a snow and

FIRST CLASS MAIL

ice covered country road going out 2½ and back. Conditions weren't too bad so long as one picked the proper spots to place one's feet and sort of pussy-footed a few steps when the proper spots weren't available. However, all-out, side-by-side racing would certainly have been a bit hairy, as Robin and Roxie probably found. These two are great companions and seem content to stay together and then rely on the big kick, which Robin seems to have the better of right now.

Iowa AAU Indoor 1 Mile, Lamoni, Feb. 17--1. Stan Smith 6:42.7 2. Dave Eidahl 7:12 3. Mike Sullivan 8:12--Eidahl held the quarter mile lead in 1:36 but Smith moved ahead with a 3:16 at the 880 and gradually opened the lead, passing in 3/4 in 4:59 6 Mile, Richland, Iowa, Feb. 10--1. Dave Eidahl 46:27 2. Stan Smith 46:46 3. Tom Carr 54:50 4. Mike Sullivan 58:15 5. Bruce VanWyk 61:20 6. Paul Thomssen 62:30 (Thomssen, excuse me) 4 Mile, Newton, Iowa, Holiday season sometime--1. Bruce Adair 31:39 2. Dave Eidahl 31:56 3. Stan Smith 32:43 (won 4 mile run earlier in 20:59) 4. Jim Breitenbucher 41:19 (guys with names like that are not needed in race walking, so far as we typists are concerned) 5. Mike Sullivan 43:55 5 Km, Pella, Iowa, Dec. ?--1. Dave Eidahl 25:35 2. Stan Smith 27:04 3. Tom Carr 28:40 3 Mile, Des Moines, Jan. 14 (snow-covered course)--1. Dave Eidahl 24:59 2. Stan Smith 25:14 (won 5-mile run earlier in 27:43) 3. Tom Carr 28:47 4. Mike Sullivan 31:29 5. Larry Kirsten 36:14 6. Mark Wiseman 36:14 2 Mile, Columbia, Mo., Jan 27--1. Art Fleming 18:25 2. Darrell Palmer 19:08 3. Gwen Eberle 20:38 4. Beth Eberle 20:59 (ages 16 and 12) 5. Linda Ontko (12) 21:49 6. Dave Schulte 23:37 7. Joyce Schulte 25:12 6 Mile, Columbia, Feb. 4--1. Art Fleming 56:27 2. Dave Leuthold 59:13 3. Rob Spier 63:16 4. Leonard Busen 64:18 5. Don Johnson (not of Shore AC) 72:28 6. Steve Spier (13) 76:23 7. Janet Leuthold (13) 76:23 8. Dr. William Taft (plus 60) 76:38 10 Mile, Columbia, Feb. 17--1. Dave Leuthold 1:38:35 2. Leonard Busen 1:40:19 3. Jim Breitenbucher 1:52:23 (so he travels from Keokuk to Columbia just to hunt me) Rose Bowl 10 Mile Handicap, Pasadena, Jan. 21--1. Irv Spector 1:41:15 2. Jeff Jenkins 1:47:43 3. Hank Klein 1:33:41 4. George Mercure 1:38:55 5. Paul Roosevelt 1:34:03 6. Mike O'Rourke 1:35:09 7. John Kelly 1:25:16 8. Jim Bowyer 1:51:06 9. Ed Bouldin 1:20:00 (fast time by a long ways. This guy is apparently going to be very tough) 10. Bob Hickey 1:31:28 11. Jim Bentley 1:30:49 12. Hal McWilliams 1:44:07 13. Larry Pelleter 1:32:51 14. Joe Wehrly 1:48:40 15. Marty Lipstein 1:58:00 1 Mile, Los Angeles, Jan. 20--1. Dick Ortiz 6:51.9 2. Larry Walker 6:55.3 3. Bob Kitchen 6:58.4 4. John Kelly 7:12 .7 5. Jim Bentley 7:21.2 6. Brad Bentley 7:48.2--Dad: Don DeNoon, Larry Pelleter, and Ed Bouldin. 10 Km, Los Angeles, Jan. 7 (Man, I can't make it with Los Angeles tonight)--1. Ed Bouldin 46:00 2. Dick Ortiz 46:21 3. Hal McWilliams 60:03 4. Marty Lipstein 62:30 5. Mike O'Rourke 57:40 (Oh yeh, this was a handicap; these are actual times) 6. Paul Roosevelt 56:45 7. Jim Bowyer 66:47 8. Paul Sonnenfield 63:49 9. Irv Spector 65:04 10. Alex Gilbert 65:05 11. Leo Sjogren 66:15 7 Mile Handicap, Van Nuys, Cal., Jan. 17--1. Dick Ortiz 57:23.2 2. Joe Wehrly 69:15 3. Hal McWilliams 69:17 4. Doug Ermini 72:29 5. Howard Barnes 70:29 Girl's 1 Mile, Valencia, Cal., Jan. 6--1. Sue Brodack (16) Rialto 7:55.7 2. Jaydee Falkens (14), Blue Angels 9:56.2 Girl's 1 Mile (age 12-13), same place--1. Lisa Matheny, Rialto 9:39.2 2. Krlene Waskow 10:19.9 3. Janene Bigham 10:59.9 Girl's 1 Mile (10-11), same place--1. Joyce Brodack, Rialto 9:37 2. Charlene McGinley 11:24.9 3. Lori Bigham 11:42 Girl's 1 Mile, Valencia, Jan. 28--1. Jaydee Falkens 9:17.5 2. Anne Dandoy (14), Lamita TC 9:46.4 3. April Hickey (10) Blue Angels 10:19 4. Charlene McGinley (10) Lamita 10:24.9 5. Dena



The Colorado Track Club team that covered more than 162 miles during a 24-hour relay on January 6 and 7. (See January O. R. W. for details.)
 From left to right: Bernie Gay, Vic Karels, Pete VanArsdale (kneeling), Joe Manning, Jerry Brown, Chuck Hunter, Floyd Godwin, Tom Cloyd, Chris Amoroso, and Al Quiller.

Johnson (12) 10:45.6 1 Mile, Va lencia, Feb. 17-- 1. Jaydee Falkens 9:00.8 2. Joyce Erodack 9:03 3. Lisa Matheny 9:04 5. Karlene Was-kow 9:30 6. Tommy Furgeson (13) 9:48.5 (Rats! I left out fourth place Becky Villiaviaso (12) in 9:30, Karlene had 9:48) 7. Becky Gomez 9:59 8. Eva Louck 10:00 9. Va lerie Verdun 10:04 10. Paulette Verdun 10:05 11. Jill Malby 10:24.5 1 Mile, San Francisco, Jan. 6-- 1. Bob Kitchen 7:02 2. Steve Lund 7:28 3. Sheryl Robinson 8:32 4. Sandy Eriscoe 9:15 5. Jackie Dooley 9:44 6. Debbie Trenholm 9:55 7. Steve Eriscoe 10:03 8. Cindy Evans 10:35 9. Ka ren Bessey 10:42 10. Susan Homick 11:13 DQ--Goetz Klopfer 2 Mile, San Francis co (winds of 30 to 50 mph)--1. Goetz Klopfer 15:57 2. Steve Lund 16:29 Women's 1 Mile, same place--1. Sheryl Robinson 8:33 2. Sandy Eriscoe 9:19 3. Lau-ren Lund 9:43 4. Susan Homick 10:32 5. Karen Bessey 10:43 2 Mile, San Francisco Examiner Meet, Jan 26--1. Goetz Klopfer 14:12.2 2. Bill Ranney 14:20.2 3. Esteban Valle 14:22.2 4. Bob Kitcehn 14:32.4 5. Don DeNoon 15:06.8 6. Steve Lund 15:15.2--also walked but times and places not known: Manny Adriano, Dave Swift, Jim and Brad Bentley. DQ--Ed Bouldin....Klopfer took the lead from Valle at about 880 and was never headed thereafter. 1 Mile, LA Times, Feb. 9--1. Larry Walker 6:38.7 2. Don DeNoon 6:34.4 (Those times can hardly be correct, but that is what I have) 3. Jim Bentley 6:58 4. Rudy Haluza 6:58.7 1500 Meters, Oakland Invitational, Feb. 10--1. Goetz Klopfer 6:10.8 Women's 1500, Oa kland Invitational--1. Sue Erodack, Rialto 7:17 2. Sheryl Robinson 7:19 3. Dana Gerth 4. Sandy Eriscoe.....6. Ja ckie Dooley Oregon Indoor 1 Mile, Jan. 27--1. Steve Tyrer 6:51.06 2. Rob Frank 7:04.83 3. Dennis Reilly 7:10.63 4. Steve Pecinovsky 7:14.62 5. Bob Korn 7:19.70 (12 starters, 2 DQd, electronic timing) Allegheny Indoor Junior 2 Mile, Feb. 3--1. Dan Ganazzi, Pitt. Walkers 19:19 (age 15) 2. Don Sjusser, Churchill TC 3. Mike Rencheck, Burgettstown TC 19:51 (age 11) 4. Geoff Rhodes, Mt. Lebanon TC 19:51 (age 15) 5. Jeff La uff, BTC 20:31 (a ge 13) Allegheny Senior 2 Mile, Feb. 17--1. Gary Bywaters, BTC 17:36.8 2. Ga nazzi 18:15.3 3. Rencheck 19:19 4. Gordon Moffat, PW 19:39 (Slusser second but DQ'd) Allegheny Women's 2 Mile, Feb. 17-- 1. Amy Novak, Latrobe TC 22:05 2. Beth Harwick, Mt. Lebanon TC 23:20 7 Mile, Bexley, Eng., Dec. 7--1. Sha un Lightman 51:37 2. Mal Tolley 52:04 3. Carl Lawton 52:25 4. Amos Seddon 52:46 5. Roger Mills 52:59 6. Bob Dobson 53:25 2800 Meters, London, Dec. 20--(shortened from 3000 meters because the timekeepers could not see through the fog to the back-straight where it should have started. Thus they went 7 laps of the 400 meter track. Why the lazy timekeepers could not ha ve walked across the track is not explained)--1. Roger Mills 11:58 (1:33 first lap, but one might assume the judging was not too strict since judges could not be expected to see any more than timekeepers.) 2. Amos Seddon 12:09.4 10 Mile, Redditch, Eng., Jan. 6--1. Roy Court 74:24 2. Carl Lawton 76:08 3. Brian Adams 76:14 4. Mal Tolley 76:19 5. Len Duquemin 76:23 6. John Moullin 76:56 7 Mile, London, Ja n. 13--1. Ollv Flynn 50:07 2. Shaun Lightman 50:24 3. Roy Court 50:59 4. Mal Tolley 51:35 5. Carl Lawton 51:43 6. Amos Seddon 51:43 7. Brian Adams 52:08 8. Ken Carter 52:16 9. Paul Selby 52:35 10. Rob Dobson 52:41 (38 at 56:00 or better)

 The Ohio Race Walker pours out of a typewriter with a mind of its own located in a musty garret at 3184 Summit St., Columbus, Ohio 43202. Trying to control the keys each month is editor, publisher, d rculatation manager, business manager, president, and chairman of the board, Jack Mortland, sometimes race walker. These nuggets of knowledge from the wacky world of walking are delivered monthly by your friendly courier of the postal service for a mere \$2 .50 per year.

Wow! I just moved up ahead 10,000 years. Will they still have race walk-ing in 11973? Will they still have a world in 11973? Of greatest impor-tance, will the Ohio Race Walker be wrapping up Volume 10,008?

YOUNG HOOKED ON DIET, EFFICIENCY
 by Bob Bowman

(The following is excerpted from an article that appeared in the II Feb-ruary issue of Track & Field News. I hope they don't get mad a bout my plagiarism. I do have a letter from Dick Drake apologizing for using my US rankings without first checking with me (which bothered me not a twit Dick, and I apologize for not acknowledging your letter until now) and giving me permission to use any of their "data" so long as I gave proper credit. Well, entire articles aren't data, but I am giving them proper credit. On with the article.)

.....Larry credits many factors for his big improvement.....Two of these factors which are often overlkoked by the average athlete, but not by Larry, are body nutrition/diet for maximum performance and technique improvement for efficiency of performance.....La rry sought to build up a greater energy capacity before his performances a nd at the same time develop an efficient technique so that greater speeds could be maintained throughout a long race.....

Much attention has been focused in recent medical journals by re-search physiologists on the subject of diet prior to a n athletic perfor-ma nce. Most of these physiologists seem to agree with the findins of Bergstrom and Hultman, who summarized their findings in the Aug. 28, 1972 issue of the Journal of the American Medical Association as follows,"In considering the nutrition for maximal sports performance, only the car-bohydrate stores are relevant to energy expenditure. During training periods, adequate supply of protein is a prerequisite. In competition periods of less than 20 min. duration, normal glycogen stores (important energy-storing compound) in muscle tissue seem to be adequate, but liver glycogen deficiency can limit the performance via a hypoglycemic effect on the central nervous system. Thus a carbohydrate-rich diet should be given during the days before and between competition events. With heavy exercise of longer duration, it can be of value to increase the glycogen store in muscle groups performing the heaviest work. This is achieved by first depleting muscles of glycogen through exercise and therea fter taking a diet rich in carbohydrate. The r egimen also in-crea ses the liver glycogen store."

Larry took advantage of this physiological phenomenon at Munich by walking a hard 20 Km for glycogen depletion, then followed a carbohydrate rich diet for the three in between days as p reparation for the 50. Jack Daniels, research physiologist at the University of Hawaii who worked closely with and other long-distance runners and walkers in 1968 at the US Olympic altitude training sites, also agrees with these find-ings. According to Daniels, "Many think the big effort must come about three days after glycogen depletion, but actually once the muscles are depleted they will hold a low value as long as carbohydrate is withheld from the diet. Then about three days prior to the important race, car-bohydrate can be p ut back in the diet and the same desirable result will be noticed."

The second consideration in Larry's two-phase performance improve-ment plan involves the expenditure of this increased body energy in the

most efficient manner possible. This involved a great deal of time and effort on Larry's part in perfecting his walking style to the impeccable form he now displays. Larry strives for such things as an erect body, shoulders and arms down, arms held at right angles and carried close to the body, and legs straight in the supporting phase of each stride to ensure maximum pulling power. Many hours studying films and working closely with his father went into the most important effort. Daniels also comments on this phase of Larry's success formula, "As for the great improvement in walk times, I think this is partly due to the greater skill factor in walking than in running. Improvements in walking might be expected to parallel those noted in swimming where skill is also a much greater factor. I also think it is a fair assumption that the greater the skill factor the more improvement in efficiency can be expected with practice." (Ed. So long as we are practising the right things in the right way. This can be a real danger since so much walking training is done alone.) Daniels cautions one additional point, "It may very well be that how efficiently a person performs any endurance event might be greatly dependent up on genetic factors. A certain percentage of improvement can be expected with training, but not everyone is equally gifted at birth." (Ed. Amen. Wherein lies the fallacy of preaching to kids that all they have to do is be willing to work harder and they can be a champion. It aint so. You have to work hard to excel, for sure, but you still need some innate gift for whatever it is you are trying to do.)

That then is the significant parts of the article stolen from T&F News. Of particular interest is the part on glycogen stores. So while we are stealing articles, the following paper on this subject (glycogen stores, not stealing articles) first appeared in the June 1972 issue of The Athletics Coach and was then repeated in the Dec. 1972 issue of Track Technique, also published by Track & Field News and from where I am lifting it in part.

GLYCOGEN STORES AND INCREASED STAMINA by Martin Hyman

In the late 1960's, a Swedish team of world-famous exercise physiologists investigated the role of glycogen in endurance. Glycogen--sometimes called "animal starch"--is formed from sugar and other carbohydrate foods and is stored in the liver and in the muscles where it is used to provide the energy for muscular contraction.

The Swedish studies were carried out in the laboratory using a bicycle ergometer. This is a fixed bicycle, which can be adjusted so that the effort required to pedal it varies from nil to impossible. The tests were carried out on both trained athletes--mainly skiers--and on untrained subjects recruited from national servicemen. The tests were designed, first, to find what happened to the muscles' glycogen store during prolonged continuous exercise and then to see if it was possible to find a means of attaining an unusually high muscle-glycogen store.

The amount of stored glycogen was measured by muscle biopsy. This involves using a hollow needle to extract a very small sample of tissue from the thigh muscle. The sample is then microanalyzed. It was found that in a normal person about 1 1/2 percent of the weight of the muscle before exercise was made up of glycogen. (It seems likely that endurance runners who tend to eat more carbohydrate may store about 2 percent.)

(Continued on page 8)

SCHEDULE OF RACES AROUND AND ABOUT THE COUNTRY

- Sat. March 10--Pac. AAU 15 Km, Women's 10 Km, Master's 10 Km, Marin Col(G)
3 Mile, Hickman Track, Columbia, Mo., 9 a.m. (A)
SPAAU 25 Km, Echo Lake Park, Los Angeles, 9:30 a.m. (I)
- Sun. March 11--20 Km, Takanassee Lake, Long Branch, N.J., 1 p.m. (D)
3 Mile Hdcp, 1320 yds Grade School, Broomfield, Colo.,
1 p.m. (B)
5 Mile, Beaver Park, Iowa, 11 a.m. (H)
- Fri. March 16--USA-USSR 3 Mile, Richmond, Va.
- Sat. March 17--2 Mile, Colorado U. Fieldhouse, Boulder (B)
8 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A)
Iowa AAU 30 Km, Newton, Iowa, 9 a.m. (H)
- Sun. March 18--RMAAU 2 Mile, Women's 1 Mile, C.U. Fieldhouse, Boulder (B)
6 Mile, Dayton, Ohio, 12 noon (E)
30 Km, Rider College, N.J. (D)
- Sat. March 24--10 Km Open, 5 Km Women, 10 Km Master's and various age-
group walks, Encino, Calif., 9 a.m. (I)
- Sun. March 25--RMAAU 20 Km, Potts Field, Boulder, Colo. 11 a.m. (B)
24Man, 6-Mile Walk-Run Relay, Hickman Track, Columbia,
Mo., 2 p.m. (A)
- Sat. March 31--SENIOR NAAU 10 KM, Reno, Nevada, 9 a.m. (F)
10 Km, Claremont Relays, Claremont Col, Cal., 11a.m. (I)
- Sun. April 1--Capt. Ronald Zinn Memorial 10 Mile, Asbury Park, N.J. (D)
10 Mile, Continental, Ohio, 12 noon (E)
- Sat. April 7--10 Km, Sacramento State College (G)
5 Km Hdcp, 1320 yd. Grade School, Northglenn, Colo. (B)
7 Mile, Hickman Track, Columbia, Mo., 9 a.m. (A)
- Fri. April 13--1 Mile, Colorado Relays, Boulder (B)
- Sun. April 15--SENIOR NAAU 20 KM, Santa Barbara, Calif., 10 a.m.(I)
MVAAU 1 Hour, Hickman Track, Columbia, Mo., 2 p.m. (A)
Eastern Regional 50 Mile, Monmouth Col., West Long Branch,
N.J., 7 a.m. (D)
- Sat. April 21--6 Mile, Women's 3 Mile, 880 yd Grade School, Broomfield,
Colo., 1 p.m. (B)
- Sun. April 22--Ohio 10 Km Championship, Worthington, Ohio 12 noon, (E)
- Sat. April 28--SENIOR NAAU 1 HOUR, Cornwells Heights, Pa., 10 a.m. (J)
Walk-Run Pentathlon (Walk 2 mile, Run 880, Walk 1, Run
2, Run 220), Hickman Track, Columbia, Mo. (A)
- Sun. April 29--Pacific AAU 30 Km, Women's 2 Mile, Stockton, Calif. (G)

Code to those to contact about these races:

- A--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201
B--Pete Van Arsdale, 2050 Athens St., Apt. B, Boulder, Colo. 80802
C--Jack Roitano, 40 McLeod Place, Stratford, Conn., 06497
D--Elliott Derman, 28 N. Locust, West Long Branch, N.J.
E--Jack Mortland, 3184 Summit St., Columbus, Ohio 43202
F--James Bentley, PO Box 6466, Reno, Nev. 89503
G--Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904
H--Mike Sullivan, 2510 40th St., Des Moines, Iowa 50310
I--Bob Bowman, 1961 Windsor Place, Pomona, Calif. 91767
J--Steve Palamarchuk, 6357 Crescent Ave., Cornwells Heights, Pa.19020

One other scheduling note--the date of the Senior 50 in Des Moines has been changed from May 13 to May 20. It will be held at the Iowa State Fairgrounds using the same loop on which the 1971 Sr. 15 Km was held. The change in date was necessitated by resurfacing of the road in early May.

DAYS OF YORE IN YE OLDE RACE WALKING WORLD:

10 Years Ago (Take from the Feb. 1963 Race Walker)--Ron Zinn captured his third consecutive Indoor 1 Mile title, leaving the pack with a 6:42.0 effort, a bit pedestrian for him. With something close to 20 walkers on the 11-lap Madison Square Garden track, Ron Laird got tied up in early traffic and by the time he got clear had to settle for second with 6:47.2....Zinn also won at the NY K of C meet with a 6:36.3 and had a 6:41.8 in the New York AC Handicap where Akos Szekely, with a 35 yard start, beat him in 6:38.2....Walking was very much in the national news at this time, but not race walking. President Kennedy's fitness program had people all over the country on 50-mile hikes. Unfortunately, there was never any apparent carry over to race walking and the fad itself died out rather quickly...Out on the West Coast, young Mike Brodie turned in a 6:38, with 19-year-old Walt Aquith second in 6:53.5....Some guy by the name of Ron Laird was profiled as Pedestrian of the Month.

5 Years Ago (From the Feb. 1968 Ohio Race Walker)--The AAU Indoor Mile was in Oakland this time and heats were held for the first time. Mr. Laird, after a 6:42.9 in his heat, easily annexed the title in a blazing 6:16.9, with 1-mile specialist Dan Totheroh nosing out Larry Young for Second, 6:23.4 to 6:24.7. Larry Walker actually crossed the line in second with 6:19.5, but was displaced as was Goetz Klopfer....Two weeks earlier Laird had failed in a shot at a World 30 Km record, dropping out after covering 15 miles in 1:54:51. However, Tom Dooley did right well covering the 30 Km in 2:28:47 and going on to 20 miles in 2:40:38.8 Goetz Klopfer was 4 minutes back of him...Steve Hayden did a 6:36.7 mile in New York and Laird had mile times of 6:22.2, 6:26.3, and 6:36.5 in other races...Dave Romansky turned in a quick 7 mile in Philly, 52:00.2 with John Knifotn just 11 seconds and Ron Daniel 32 seconds back...The most fantastic performance reported however was Chris Hohne's 9:15:57.4 in the Swiss 100 Km, held back in October or November but late in reaching the ORW. He covered the first 50 in 4:23:47 and then held on well until the last 10 Km, which took him 61:20....Hohne also led the World 50 Km list for 1967 with a 4:02:43.4, with Russians Agapov, Della-Rossa, and Scherbina the only other under 4:10...At 20, the Russian Sergiy Bondarenko led the list at 1:27:35 with Ron Laird third.

GLYCOGEN STORES (cont.)

Next each subject was asked to pedal the ergometer for as long as possible while it was set at about 70 percent of the maximum load which he had been able to keep up for a short period. Further muscle biopses were performed on the subject at 10-minute intervals until the subject became exhausted.

It was found that the glycogen content decreased steadily until it was almost zero and that at that point the subject suddenly became unable to continue (though he could continue at a lower work rate). In general, the subjects lasted 1½-2 hours and it was usually the ones who started with the highest glycogen reserves who lasted longer. In trying to find how to increase a person's glycogen reserves, the scientists tried a number of ideas. The most obvious method was to feed the subject on a high carbohydrate diet, since glycogen is made from carbohydrates. This increased the glycogen stores from about 1½ to 2 percent and this then allowed the subject to continue pedalling the ergometer for a longer period in proportion to the increase.

But the most important finding was that if the subjects first used up their glycogen stores and were then deprived of carbohydrate for a period before being put on a high carbohydrate diet, the muscles stored a lot more extra glycogen. The exact reason for this is not clear but it is a common human experience that a person who has been deprived of something he wants may tend to hoard it when he finally gets hold of it. Whatever the reason, the scientists found that the method which gave the highest muscle glycogen store was as follows: (1) Exercise on ergometer until glycogen reserves used up; (2) Low carbohydrate diet; (3) More exercise to insure absence of glycogen; (4) High carbohydrate diet.

Applied to distance running or walking, the athlete would take a long workout (2½ to 3 hours) 5 days before competition to exhaust the glycogen reserves. For the next two days the diet would be high protein/fat, low carbohydrate. Then 3 days before the event he would take a rather fairly long and hard workout (like Larry's 20 km race in Munich) to insure that there was no glycogen left. From there to the race, the diet would be high carbohydrate and the athlete would avoid exercise to build up the glycogen stores.

The high fat/protein diet would consist of meat, poultry, fish, eggs, cheese, and butter with green vegetables and tea or coffee with saccharin as harmless additions, and milk, unsweetened fruit juice, and starch-reduced bread acceptable in moderation. The high-carbohydrate diet would include sugar, glucose, dextrose energy drinks, bread, toast, potatoes (not fried), cereals, fruit, jam, honey, spaghetti, rice, fruit juices, and squash. Again green vegetables and tea or coffee would be harmless. Meat, eggs, milk, and butter would be taken only in very small amounts.

Early in 1968 the International Athletes Club (of Britain) organized an experiment under the direction of Dr. Griffith Pugh of the Medical Research Council. Ten top-class athletes walked 30 km on two occasions. On the first, half of them had been on a normal diet while the other half had the "special diet". In the second, the two halves changed. The "special diet" athletes walked significantly faster over the last 10 km and the IAC advised competitors in long endurance events to experiment with the diet. It has since been used successfully by a number of athletes, notably Ron Hill in the 1969 European marathon championship. During a later series of field experiments, Bruce Tulloh ran for 3 hours around a measured lap on a disused airfield. The initial pace was similar in all trials but on a normal diet Bruce slowed drastically and progressively whereas on the special diet he kept going at the initial pace and felt good all the time. On the special diet, he completed 14 laps in 3 hours, one more than ever before.

As a note to the article, a caution is added that it would seem sensible to advise athletes against trying out the system in preparation for a major competition without first having experimented with it prior to an unimportant run. Whereas there have been no reports of major difficulties, it is possible that the unusual diet might be unacceptable to some individuals and might cause nausea or diarrhea.

My first reaction to this might be, "Wow! If I had only known this before those aborted 50 km attempts described last month I might have solved the energy crisis experienced then. Doubtful though, since I have never been one to dabble too much in diet adjustment despite what good it might do my walking since I like to eat the things I like. Now, before the rest of you hop on the bandwagon wait for next month's issue in

which I will allow Dr. Elackburn to comment on this. He has been aware of this through the medical journals and has no argument with the results that can be achieved. He does have some rather strong reservations, however, regarding the medical advisability of complete glycogen depletion which we will allow him to report next month.

GODS AND ENDS

Late result: Ontario Senior 3 Km, Toronto, Feb. 24--1. Neville Conway, Upland Harriers 13:42.6 2. Pat Farrelly, Hamilton OC 13:55 3. Roman Olszewski, Toronto Striders 13:56.8 4. Karl Merschenz, Gladstone AC 15:05.4 5. Joe Levy, GAC 15:27.8 6. Rom Wambolt, HOC 15:38.8 7. Joe Monaco, HOC 17:14.8.....URGENT NOTE: The 30 Km scheduled for Rider College on March 18 (see schedule on p. 7) is in reality a 25 Km, the Eastern Regional 25 Km no less, and will be held at the Lawrenceville School, Lawrenceville, N.J. (Route 206 between Trenton and Princeton). The race starts at 11 a.m. and entries can be obtained from Ron Daniel, 10 Caken Lane, Trenton, N.J. 08619. This is just two days after the US-USSR Indoor Meet and Ron has contacted the AAU suggesting that the Soviet walkers be invited. So this could be your big chance to beat a big, tough Russian bear.....Also regarding the schedule, I inadvertently omitted the Southeastern US Masters Track & Field Championships, which will include a 5 km and a 20 km walk this year. This event is held in Raleigh, N.C and I got the information from a friend who ran down there last year. Great meet, he says. It will be on April 7 and 8 with the 5 km at 12:30 the first day and the 20 at 7 the next morning. Age groups are 30-34, 35-39, 40-49, 50-59, and 60 up. Lots of running and field events, too. They are putting the walks in for the first time and hope to continue if they get a good field this year. They do note that there are not competent judges there, which is to be expected in that area, so walkers will either be on their honor or can furnish their own judges. Cheaters stay home. I would urge all of you who are eligible to give this serious consideration as it could make a nice annual trip if we give it some support. Unfortunately, I will not be able to make it this time but old Jack Elackburn hopes to and we might get a few others down there. Write Raiford Flughum, Parks and Recreation Department, Box 590, Raleigh, N.C. 27602 or phone 919-755-6640 for entries or further information.....Gary Bywaters, now down at Western Kentucky U., adds a footnote to Augie Hirt's letter in last month's GRW: "Others I would add to his list of dedicated individuals who help the younger walkers are Mr. Elliott Denman, who has been so helpful to me and whose good wishes have helped motivate me in the long distance N.J. races, and Mr. Charlie Silcock. I met Mr. Silcock at the Junior National 20 Km at Cornwells Heights, Pa. and had a nice talk with him there. Then about 6 months later at the Sp. 40 Km in Long Branch while I was walking down the middle of the street at about 20 km a car pulled up behind me. I expected to get run over at any second, but I heard a voice come from that car and he said, "You're doing fine Gary." Mr. Silcock remembered me over that long period of time. To have the then National Chairman remember me was very encouraging."



A baton exchange during the 24-hour relay. Tom Cloyd passes off to Bernie Gay on the 220-yard Tartan indoor track at Boulder.



Jerry Brown, who averaged 7:052 per mile, seen during the CTC 24-hour relay effort.