

# OHIO \* RACE \* WALKER

VOLUME IV, NUMBER 1

MARCH, 1968

## Forrest Last Tree to Fall

Haven't had much Ohio news lately, and we still don't really, but lets discuss it first, anyway. This is the Ohio Race Walker, after all. First race of the Ohio season was the Ohio 50 Kilometer championship, held at Worthington High School on March 17. What a farce! There were seven starters, but only two of them actually had any plans to be around at the finish. First, there were the two members of the distaff side, Mrs. Dr. Blackburn, name of Corrine and Mrs. Jerry Bocci, name of Jeanne. Mrs. Doc is probably the best walking grandmother around and went through five miles today in 66:41. Jeanne is probably the best walking female in the country and she went through four laps, which amounts to 532 yards over 6 miles, in 60:26.2. That means she was under 60 at 10 km, which haint bad. Especially considering she had run five or six miles in the morning not knowing she was going to be allowed the rare privelege of walking and that she loafed for the first three laps. Her last lap was 13:22, or about 8:30 pace. (Whoops! Mistake. Jeanne's time was taken at an actual 10km, not 4 laps.)

Another starter was Mr. Doc Blackburn who was out for his usual Sunday 6 mile. Poor ol' Doc couldn't quite stay with Jeanne on the last lap and settled for a 61:40 four laps. Still not bad for such an old cat. Still another starter was Jack Mortland, who earlier in the year was training for big things in the 50 until he ran into injury problems, which probably only saved him a lot of needless trouble. Anyway, he went through seven laps, a bit over 11 miles, in 1:41:44.9 at which time he was loading the pack, but not really feeling too comfortable in doing it. The final pseudo-starter was Jack Blackburn, in the midst of what he calls two-mile training with a little running thrown in. The gutty Blackburn staggered through 13 laps (about 20 1/2 miles) in 3:17:15. Couldn't walk for several days afterwards, but he did it.

Then there were the ~~two~~ guys who actually came to walk 50 kilometers. One was Jerry Bocci, the converted runner from Detroit. Jerry has been improving rapidly and set out at a good steady pace today. Starting out around 9:30 miles, he picked it up after four laps to an 8:40 - 9:00 pace and held this through 10 laps (slightly <sup>under</sup> 16 miles). Then he had to stop for a call of nature and couldn't get back with it, although he did four more laps at about the same pace as his first four. But the 15th lap took him nearly 19 minutes and he had to call it a day. His time for the nearly 24 miles that he walked was a very respectable 3:41:36.4.

Finally, there was Forrest Conrad who got the assurances of the judges that someone would stick around for him to finish. Forrest was sure he could make it, but not sure how long it might ~~be~~ take. He set out at a respectable pace of just over 10 minute miles but after four laps started to run into severe hip pains. By the end of 7 laps he was down to 20 minute laps and slowing gradually. When Bocci stopped, Forrest was just over three laps behind, but still plugging away.

After 16 laps in 5:17:30 (just over 25 miles) Forrest figured it might be about time to call it a day, but asked the only remaining judge, who had earlier been a competitor, one J. Mortland, if he would get the first place prize if he stopped now. Mortland, who figures perseverance deserves its reward, and who was ready to go home besides, answered, "Of course." And Forrest, who went further than anyone else, won his first walking race. Also went further than he had ever gone before. Now if he will find some time for a little training he can start bringing the time down. Charlie Newell did not make the scene and didn't even tell us why.

The following Sunday, the First Annual Ides of March Handicap 6 Mile was hastily thrown together. This ~~was~~ one was <sup>won</sup> by Grandma Blackburn herself, who probably set some sort of record for 55-year-old grandmothers with a 76:09. This gave her a corrected time of 46:09, good enough to beat her husband the Doctor and her chagrined son, who decided you just can't trust parents anymore. Doc was about 46:23 with a 10-minute handicap and Jack 47:09 from scratch. Mortland was also on the scene, but called it a day after three miles, at which point he led Blackburn in about 23:40. Complaining about his blistered heel, or something. Corrine got one of the trophies left over from the previous week's debacle for her efforts.

Next big race on the Ohio schedule is the Ohio AAU 10 km. on Sunday, April 14, 1 p.m. at the Upper Arlington High School track. Since we don't expect a very large field, no dressing facilities will be available at the track. But those coming in from out of town can avail themselves of the fine facilities at either the Mortlands (3184 Summit) or the Doc Blackburns.

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# 50Kilo Record to Young

Turning to other newsy stuff, let's look first at the West Coast. The biggest news from out that way is another new American record at 50 km. In a race on the fast Mt. San Antonio College track, both Larry Young and Ron Laird bettered Goetz Klopfer's recently established record. Larry had his best yet, road or track, with 4:25:40 and Laird was way ahead of his previous best with 4:29:29.4. On the way Larry also got records at 35 km (3:02:11.6), 40 km (3:29:09), and 30 miles (4:16:00). This shows he was still going pretty strongly at the end. Three others also finished the race with Bob Bowman at 4:42:08, John Kelly at 4:44:47.4, and Jim Hanley at 4:59:48.3. A better race than the Ohio 50 km. The race was also held on March 17.

On March 10, at an all-weather track in San Francisco, Tom Dooley posted the best time in a handicap 15 km with a fine 1:08:50. On a track, this has probably been bettered by only Laird and Rudy Haluza. Ron Zinn went faster on a road course. Bill Ranney had an excellent performance in second with 1:10:28 and just missed hitting 8 miles in the hours with a 60:03. Bill went on to 10 miles in 1:15:30. Dooley walked a very steady pace in this one with 7:10, 14:23, 21:44, 29:01, 36:21, 43:42, 51:13, 58:47, 66:23. He had 45:12 at 10 km. and 8 miles 252 yds in an hour. Ranney also walked a pretty steady pace, losing 10 to 12 seconds a mile all the way. Jim Lopes finished third in 1:15:21.

(3)

A week later, Dooley again bettered Ranney, this time in a 10 km. road race at Sacramento State. In this one Dooley had 45:08 to Ranney's 46:41. Lones again came third but barely beat Walt Jaquith as both had 49:26.

Back in the LA area, here are the results of a 2 mile at the Long Beach Relays on March 2: 1. Don Laird, NY C 13:40.9 2. Larry Young, Striders 13:47.6 3. Larry Walker, Striders 14:06.1 4. Esteban Valle, US Army 14:22.0 5. John Kelly, un. 14:35.5 6. Bob Bowman, Striders 14:45.5 7. Bryon Overton, Striders 15:18.0 Don DeNoon had 13:43.9, but was disqualified.

# Daniel Sets 35 KM MAR

Now to the East Coast, where there have also been some sparkling performances. First the results of the 35 km. Senior Metropolitan Championship, held on the track at C.C. Post College on March 17. 1. Ron Daniel, NYAC 3:05:42.8 (better existing American record) 2. John Knifton, NYAC 3:07:45 3. Shaul Ladany 3:14:57 4. John Markon LIAC 3:33:19 5. Bruce MacDonald, NYAC 3:40:49. Ron started off with a 7:55 mile, had 40:49 at 5 miles, 1:22:15 at 10, 2:05:00 at 15, and 2:50:24 at 20. He reports on the race as follows:

This race is probably the most successful race around; this is the third time it has been held and the third time the existing American record has been lowered. But anyway, on to the details. The day before and the morning of the race it had been raining. The rain stopped several minutes before we started the race but the track was still covered with water. The temperature was about 45 and the sky overcast. Of the expected starters, I had hoped Steve Hayden would be able to help push the pace, however he showed up with an injury and didn't start. Shaul Ladany took us through the first mile in 7:55 then he dropped back. Clarence Buschert of Kings Point stayed with me for about 3 miles, then he dropped back and later out at 11 miles.

So there I was all alone with 18 3/4 miles to go. Anyway, I splashed on, trying to keep a steady pace. Around 8 or 9 miles I was starting to lose my concentration and I became very aware of how wet and heavy my shoes were becoming. Meanwhile, Buschert was holding onto 2nd place, with John Knifton closing steadily.

Somewhere around 20 km (1:43) I lapped the field. At 15 miles we had intermittent showers. By 18 miles I had caught Knifton for the second time, but he seemed to have quite a bit in reserve, because he unlapped himself about an 880 later and kept on moving away. From about 30 km on the rain was heavy and we were really splashing along. Just after 20 miles my legs were extremely tight and my ever faithful Adidas felt like combat boots. With about 880 to go Knifton came around again and was now a 440 back. Needless to say, I wasn't concerned about Knifton or my time as I was about getting out of the rain before I pulled something.

Bruce MacDonald didn't really want to go the whole 35 km, but they collected his \$1.00 entry fee and since he was officially entered he wanted to preserve his record of having never dropped out of a race so he waded through with the rest of us. The two Shillings, Greltchenko, Buschert, and Bob Reedy were the day's fatalities.

# Two Good 50 Km's

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A week later some of the same protagonists were back doing battle on the Kings Point 50 km. course. The results of this one: 1. Dave Romansky, Phil. AC 4:45:56 2. Daniel 4:46:54 3. Markon 5:01 4. George Braccland 5:11. Ron Daniel, whose correspondence we appreciate, also comments on this one.

I had really only hoped to hit about 5 hours, but Dave Romansky showed up and we just got together and held a good solid pace. Again conspicuous by their absence were Hayden, Jacobsen, MacDonald, and Ladary, now recovering from a cold. John Knifton doesn't like long races, so he wasn't there. No word was heard from Ron Kulik, who is reportedly doing 90 - 100 miles a week. Jacobsen and MacDonald showed up to get in a few laps of practise and Hayden came to serve hot tea.

There is not much to be said except that Dave and I stayed together for 9 laps (2.0 miles each) where I slowed down from "rigor mortis" and a blister on my left foot. Dave opened up 4:35 on that lap. On the final lap I stopped and stretched out my legs and back and decided that the blister would be better off the sooner I got off of it, so I picked up the pace at the end and managed to cut Dave's lead down to 3 minutes. As opposed to the extreme fatigue of the previous week, my only complaint was about the blister and the soreness in my legs. The crowned roads certainly didn't help. (Ed. Crowned roads should be banned from race walking. Never helped anyone.)

## Romansky Romps

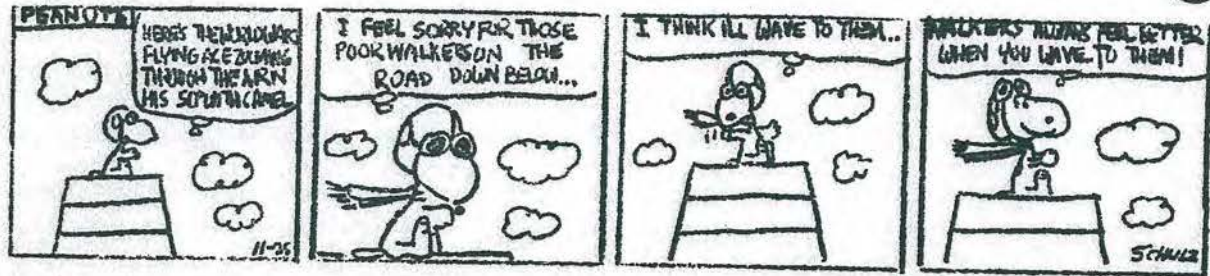
1:16:13-10 mile

On March 31, at Asbury Park, Romansky easily bested Daniel in the Ron Zinn Memorial 10 mile on the boardwalk. In the process he also battered Daniel's meet record of 1:16:36, set last year. Dave had a 1:16:13.6. This was short of his course record of 1:15:47.5 set last December 31. Daniel finished in 1:19:52, ahead of John Knifton's 1:20:38. Yvon Grouix journeyed down from Montreal to cop fourth place in 1:22:56. Occupying the next several places were: 5. Bill Kaiser Chesapeake TC 1:23:20 6. Ron Kulik, NYAC 1:26:05 7. Dr. George Shilling, NYPC 1:26:15 8. Bob Kimm, Phil. AC 1:27:06 9. Dr. John Shilling, NYPC 1:27:24 10. Bill Purves, now hailing from Montreal, 1:29:24 11. Terry Anderson, Central Jersey TC 1:29:24 12. Paul Walkovic, Phil. AC 1:30:06 13. Don Johnson, Shore AC 1:30:17 (nice going Don) 14. Elliott Demman, Shore AC 1:33:25. 54 of 57 finished with 49 under two hours.

And a few other Eastern races:

18 Mile, Philadelphia, March 10— 1. Dave Romansky 2:19:20.3 (67:57 for first 9, 69:23 for second 9) 2. Ron Kulik 2:45:22 3. Paul Walkovic 2:45:25 4. George Braccland 2:50:35 5. Henry Yost 3:16:18

20 km. Handicap, Kings Point, Feb. 18 — 1. Max Gould, Gladstone AC 1:42:11 (actual) 2. Larry Newman, LIAC 1:44:15 3. John Knifton 1:29:17 4. Clarence Buschert 1:35:33 5. John Markon, LIAC 1:36:58 6. Dr. George Shilling, NYPC 1:39:52 7. Winthrop James, un 1:39:57 8. Dr. John Shilling, NYPC 1:40:32 9. Ron Daniel, NYAC 1:35:22 10. Shaul Ladary, NYPC 1:46:11. Course actually about 11.2 miles, so disregard the fast times



The above cartoon is stolen from Browning Ross's Long Distance Log. He, of course had stolen it from his daily newspaper. We both chose to change one key word to suit our purposes. As I recall, Charles Schulz referred to "blighters" rather than runners or walkers in the original.

Hey! Controversy! Haven't had much in a good while. The following letter comes from Jim Hanly.

"I would like to protest your implication in the February OSM (page 3) that the walkers were 'running all the way' in the recent LA Times Indoor Games and point out a few things.

When a runner achieves a fast time, he is acclaimed as a great athlete. When a walker does it, he's not a great athlete—just running! (Ed. Not always. Sometimes its a short course.)

How can race walking ever achieve the status that it deserves when idiots like Blackburn make such statements in National magazines. The walkers in the LA meet were extremely legal (movies showed this). Judges were all over and the brand new track still had a sticky substance on the surface which held the walkers to the track!

The fast times in Southern California indoor walks can be attributed to two things:

- 1) the mild climate: It never snows and winter temperatures are like those in spring back east. This enables California walkers to train hard all year. Almost all do all out speed work on the track in November and December when eastern walkers must be content with slow cross country runs through the ice and snow.
- 2) prestige of the indoor meets: Many walkers, such as Totheroh, actually plan their entire year-round training schedule so as to peak at the time of the indoor meets.

Bad stylists and bad judging are certainly a problem in our sport whose "strength lies in its judges" but publically degrading performances, athletes, and officials not only is unsportsmanlike but also hurts the sport. I believe that a work of apology from your magazine to the SPA-AAU officials would be in order."

Editor: How simmer down there Jim ol' boy. We're sorry if you read all those implications into that statement, but are not about to apologize for things we never said. Alls ah did was put in quotes what I thought Doc Blackburn would be saying when he read the results. This did not mean that <sup>his</sup> was the opinion of the editor or publisher, or even necessarily that Doc actually did come out with such a statement upon reading the results. Knowing Doc, chances are good that he

did say or think something along these lines. But if he did, he was not an idiot making such ~~apocryphal~~ statement in National magazines. ( By the way, thanks. We've never been called anything that classy before. National magazine, Fancy that.) So, my only apology is to Doc for getting him in hot water with our readers.

Now, rather than apologizing, let us attempt to clarify our position. We have never accused anyone of running who finished a race without being dq'd. We accented Don DeMoon's record at face value and gave him all the credit that was due to him in writing about it. But, speaking only for myself, I am not much of an advocate of one and two mile races, although I have competed in them in the past and have been thinking of the possibility of doing so again on a semi-serious basis next winter. The mile is a sort of a fun, quick ~~and~~ race and you get to see good track meets. But my own feeling is that walking is an endurance sport and you don't prove too much about that at a mile. And although everyone might be quite legal, the very best judge is very hard put to really be sure of this at the speeds attained in these races. You have to be right on the border in order to go 6:30 and the human eye just isn't that quick.

I had better defend my statement about the short races not proving anything about endurance. There is no doubt it takes a particular type of training to achieve a fast mile and that the effort is quite fatiguing, in a different way than a long race. Maybe it takes a particular type of individual. But it doesn't take any real strength and not a heck of a lot of training. I'll cite myself as an example. Back in the year '60 I finished third in the AAU Mile with a 6:42 and was somewhat disappointed in my time, having done a 6:33 in a workout three days before. At that time I was doing about 30 miles of walking and 30 miles of running a month. My training for the winter months was geared completely to the mile. My all time best six mile was 51:26 set about a month prior to the AAU mile. About three weeks after that meet, I managed to blister a 32:13 four mile for a personal record. Even at two miles my best was 15:12. I could kill a mile but go no where after that. Now this is not to say that the guys walking these fast miles aren't in shape, because this obviously is not true. But walking a fast mile, to me, doesn't prove anything about what the sport is all about. ~~But~~ Heck, I take that back, It's fun, and I've been saying that is what the sport is supposed to be all about. Boy, Hanley, all you've done is get me talking in circles. But I still won't apologize.

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# Mort Reports Straight Scoop

OK! Here is the "official" word on Olympic walking trials, garnered from two "reliable sources", neither of whom want to be quoted, and one of who got his information from a "reliable source", who evidently didn't want to be quoted either. So you can see this is quite reliable. Supposedly, six walkers (perhaps more or less, depending on the quality of performance of those around sixth) will be selected from both the 20 and 50 trials for altitude training. This will commence around July 15 in Alamosa, Colorado. Final trials will be held at altitude early in September. The three that qualify in each walk will then join the Olympic <sup>team</sup> at Lake Tahoe and stay there until departure for Mexico City in October. The 20 kilo is on Monday, October 12 at 4:30, the 50 on Thursday, October 17 at 2. This sounds like a good plan and is probably about what is needed to get the best team to Mexico City. It does appear to exceed the IAAF stipulation on time allowed for training at altitude and of course requires anyone to have a lot of free time. The only thing not clear is whether the final trials will be open or limited to the high-altitude trainers. They should be open and the training camp should be open to anyone who wants to bear their own expense.

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Speaking of the Olympics, why not a rundown of some of the hopefuls for this year's team.

- Jim Clinton — member of last year's Lugano team—has reportedly done close to 15 for two miles recently which is great improvement in speed—does his 50 km training spin each week, a la McCarthy, and is strong and consistent—can't be considered a prime prospect but could make it if anyone falters
- Ron Daniel — good prospect in both 20 and 50 — has never quite come up to potential in important races, but this could be the year — has beaten most everyone at some time or other — 50 is probably best bet.
- Don DeKoon— if he manages to stay down and doesn't lose his head in the early going could make it at 20 — walked one of his best competitive<sup>race</sup> in the last trials when he finished fourth — a man to watch.
- Tom Dooley — its hard to imagine Tom not being on the team the way he is going now — the only question appears to be which distance — he can make it at either and may make it at both and then make a choice
- Steve Hayden — evidently has some injury problems, which are definitely hurting his chances — looked like a very strong prospect in the 20 six months<sup>ago</sup> but is now doubtful — does not go 50 — if he has managed to train through his injuries could still be very tough
- Rudy Hалуza — another question mark because of injury — has only walked three races in a year and pulled a muscle in two<sup>of</sup> those — however he has continued to train and his ten mile last fall was most impressive — it will be tough to count him out if he comes into the 20 with no muscle problems
- John Kelly — prospects for John don't look as good as they did a year or so ago — will have to make it in the 50 — will be very tough, but like Clinton may have to rely on someone else faltering
- Bob Kitchen — have heard very little of Bob recently so it is hard to assess his chances — he has plenty of guts and assuming he is training and not competing will<sup>give</sup> everyone a tough way to go in the 20
- Goetz Klopfer — has certainly come a long way since his Detroit days and just keeps getting tougher — should make it at 50
- Ron Kulik — reportedly training very hard but has not shown well in recent races — could be he is pointing for only one — sort of falls in the category of Kelly and Clinton in the 50.
- Ron Laird — don't need to say much about Ron — after his recent 50 he could easily make it at either distance but will of course be pointing for the 20 and a possible gold medal
- Bill Ranney — very tough at either distance, but probably not quite tough enough — another cat to wait in the wings for someone else to fall
- Dave Romansky — here is a guy that really keeps coming on — has a tremendous positive mental attitude to go with his ability and this could carry him right on to the team — his lack of experience is probably his only drawback — 20 is probably best bet
- Larry Walker — Larry will be a very tough man to beat at 20 for all but Laird — his position on the team could hinge on what race others choose
- Larry Young — hard to see how he can miss at 50 — could easily be in the top three in the 20 as well — off his<sup>time</sup> 4:25, and knowing his determination, could be very tough in Mexico City.

Right now it is hard to see anyone not listed above making the '68 Olympic team. Laird, Dooley and Young appear to be the most sure bets and could actually finish one, two, three in both races in the preliminary trial if they choose to walk both. The most wide open spot appears to be in the 50 if Dooley chooses the 20. Right now I would go with Laird, Dooley, and Romansky, and Young, Klopfer, and ?. Still time for a lot of changes in this thinking though.

In case anyone should be wondering where Blackburn and Kortland are in the above considerations (and why should they after last year), they aint in the running. The Big Red Duck announced in January that he was training for the Ohio AAU two-mile this year and has stuck pretty close to that type of schedule. He has also relocated, starting a new job in far off Van Wert, Ohio on April 1. He is in charge of physical education at a private school for boys and his first major responsibility is getting an all-weather track installed. So he will have a good place to train. We look for about a half dozen boys from Van Wert at the two mile in Dayton.

Kortland, on the other hand, started the year with big plans for 50 kilo and was conducting reasonably successful training in this direction until the middle of February. At that time he messed up a foot and has been on a limited schedule since. Any chance of getting ready for the type of 50 km it will take is gone and chances at 20 were slight to begin with. (Some may think that statement sounds twisted around, but for some silly reason ol' Kort always thought he had a great 50 km in him. And maybe he does. He sure has never got it out.) Two other reasons for Kort's not considering himself in the running, and this may sound like sour grapes or something, but is not. 1. With the trials and training set up as they are, I could not afford to do it. I heartily agree with the altitude training, and think it is the right thing to do, but personally cannot <sup>to</sup> take off work for three months, particularly when you would go to Alamosa on the chance of making the team. 3. (And most important). Marty, me wifemate, is great with child, due in September, and this is something we have wanted for too long for me to be anywhere else when this beautiful child is born and getting its first taste of life. But you never know. The Big Red Duck and Kort might both be tough in those one milers next winter.

Dick Ortiz has sent along some times for your list of best track and field performances by race walkers. Dick has a 1:53.8 half in 1959 which is by far the best to date. Most of his other times don't quite make it or are road times, which we haven't been listing up to now. May do this though, since Dick has some good ones. He also has 10 miles 1180 yards in an hour, which is an event we hadn't listed before. Dick suggests we set up <sup>the</sup> first six in each event, which we will do if we get some more responses. Don't have six in any event now. We will publish an updated rundown of the complete list in the near future.

The Ohio Race Walker is published monthly by Blackburn (Publisher) and Kortland (Editor). This is not a particularly good issue, but we will do better. Costs you 2.00 per year. Address: 3184 Summit Street, Columbus, Ohio 43202. We will have a different address for subscription correspondence as soon as Blackburn gets settled in Van Wert.

Whoops! Here is the results of a 10 miler in Toronto on March 30 that Jerry Bocci sent me and I almost forgot to include. They called it ten miles, but it is actually very close to 11. 1. Felix Cappella 1:23:22 2. Karl Berschens 1:26:59 3. Jerry Bocci 1:27:01. Exciting race for second. Jerry reports, "I came up on KM about 200 yards from the finish. He was strolling so I figured he was warming down or loosening up, whatever race walkers do after they finish a race. (Jerry hasn't been at it too long) He suddenly came alive when I pulled along side, I realized then that he was still in the race. We stayed even until 20 yards from the finish when he pulled ahead. I had to let him go as I felt I was in danger of lifting."