

OHIO RACE WALKER

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THE FIEND STRIKES

March 14th—Three innocent and unsuspecting, fair-haired, hometown walkers toed the starting line with that veteran International, fire-breathing fiend Jack Nortland, at the Blackburn track today. How could these poor, defenseless, babes-in-the-wood know what was about to happen on this quiet Sunday afternoon.

Nortland knew. The big clock hit 0, and off they snoot. Jack Blackburn, thinking Nortland had to stop at 2 miles to make a speaking engagement, decided to hang on until that point. Both the unsuspecting and the fiend passed the mile in 7:19 as Blackburn commented they were right on pace for a good 2 mile. When they both passed the two mile in 14:53 and Nortland continued to keep going, Blackburn died a little inside (like when your pet dog gets shot). The unsuspecting Jack hung on to the pace hoping for an earthquake or a court order banning race walking on Sunday until the 5 3/4 mile mark, at which time he considered rapping out. Rather than being conquered by a bony, 52 year old physician, he elected to finish the distance somehow and staggered through the final mile in 8:42.

Nortland, meanwhile continued to walk strongly, and accelerated to a 7:31 final mile. Doc Blackburn walked a very even pace to capture third with a 75:50 effort. Jim Stettmiller, trying to get into some kind of shape, settled for a 10 minute 16 second average for 5 miles. (Editor's note: The above is a one sided account by Blackburn. How would you feel if you think you are in near top condition, and some cigar-smoking fat man, who trains two or three times a week is breathing down your neck as you walk a too-fast pace.)

- Results:
1. Jack Nortland 61:18 (7:19, 7:34, 7:44, 7:44, 7:44, 7:46, 7:53, 7:38)
 2. Jack Blackburn 63:47 (7:19, 7:34, 7:40, 7:44, 7:44, 7:55, 8:29, 6:42)
 3. John Blackburn 75:56
 4. Jim Stettmiller 50:38 for 5 miles

LOUCKS IN FAST START

April 4th—Jeff Loucks today took the first step in making the Ohio Race Walker prediction of last month come true. The publisher has never seen a faster legal start in a walking race, as Loucks left him seemingly tied to the track. The scheduled distance was 1 mile, with only three starters. Nortland had social commitments and no one else even bothered to alibi.

Due to the fact that this was Loucks's first start since last June, just to finish the mile distance would be fine. But his first two laps were at a 7-minute pace, and he toured the third just a little slower at which point rigor mortis set in and he strolled through the mile in 9:02 and on to a 6 mile workout in 50 minutes. (2)

Doc Blackburn caught Loucks just after a half mile and went to walk a very fine 8:08. After spending about two minutes in the house tying his shoes he came back out and averaged 8:31 for five more miles. Jack Blackburn meanwhile, easily won the scheduled mile in 7:25 and went on to 6 in 47:10.

MORT IN GOOD 12

April 11--Jack Mortland returned to the OTC walking program and staggered to a 12 mile win in steamy conditions following a torrential rain. This moved him back within two points of Jack Blackburn in the Club's series of races, Blackburn having taken over the lead in his absence last week. (6,4, 3,2 scoring.)

Mortland moved out confidently, seeking a fast time and went well for five miles (38:38). However, he slowed to 7:57 miles on the next two, and then really fell apart. At 10, he hung on for 79:08 before crawling through the last two in 8:40 and 8:55. Blackburn stayed with him for two miles (7:42, 15:23) and then retired to a steady 8:30 pace to record an encouraging 1:40:13, as he was gaining at the finish.

Doc Blackburn, favoring sore legs brought on by nocturnal cramps (you will find hypochondriac-like OTC walkers are always favoring or complaining about something) stopped at 10 miles. Jim Statmiller, in his semi-monthly workout, strolled through five miles.

Results: 1. Mortland 1:36:43
2. Blackburn 1:40:13
3. Doc Blackburn 94:20 (10 miles)
4. Statmiller 54:18 (five miles)

OTC Points after five races: Jack Blackburn 24
Jack Blackburn/Mortland 22
Doc Blackburn 15
Jim Statmiller 5
Joe Smithberger 3
Jeff Loucks 3

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From Arne Richards, Chicago, Ill.

Since I am enclosing \$1.20, I assume you will print any nonsense I should write (one pays to get his name in print these days.)

You are following in the noble footsteps of one Christopher McCarthy (the Fearless one), and I trust you will present the news (while keeping your own names before your admiring public) and do your bit to promote a grand sport--cheers!

As you know, I am an active runner and in recent years have become very active in promoting distance running; however, I have also been in some walking races and I am very sympathetic. (Ed. I guess we will take sympathy if that is all we can get. We prefer the cheers above.)

Personally, I use race walking to (1) get to class quickly, especially right after meals, (2) get up long hills in the last part of marathon runs, when the other plodders are just walking (you know what I mean), (3) get the soreness out of my legs the day after a long race, (4) disconcert people (especially cops) who see me gaily race walking along the local sidewalks late at night! More darn fun.

Editorial Comment: (This is the risk you take when you write) As you see we will print any nonsense when accompanied by cash. Even when not accompanied by cash. Our publisher, who opens the mail, failed to find the above mentioned \$1.20, but we are generous with our space (also desperate to fill it). And maybe Blackburn was smoking one of his foul cigars at the time he opened Arne's letter and inadvertently burned up the \$1.20, or maybe he is just holding out on me. Anyway Arne, thanks for the moral support, but please don't compare us to the lecherous Chris McCarthy, noted for his yellow journalism, and the man who folded up his rag just after receiving generous contributions from OTC members. And a man we have yet to hear from on our new venture, after years of faithful support for his sheet. And we will continue to send him a free copy and say nasty things about him until we at least get a postcard. Thanks for reminding us of that fink.

We also heard from one of the departed veterans of the OTC, the only walker other than Doc Blackburn that we know of to build his own personal track, Earl Cline. Earl is now a district sales manager for Westinghouse, located in New York, finds no time for training, and shows it at 190 pounds.

WE PREDICT

Ken Matthews will not appear at the International 20 Kilometer at Eastland Shopping Plaza, Pittsburgh, May 29. (See schedule on last page)

NATIONAL NEWS: It may not be news to anyone else, but we just learned while reading Long Distance Log that Ron Zinn is now a married man. Congratulations to Ron, and we selfishly hope that he is one of those who cannot mix athletics and marriage.

WALKER OF THE MONTH ⁽⁴⁾

This month we honor Jim Stattmiller, another OTC veteran. No particular reason for honoring him except that he keeps hanging around and he liked our first issue so we want to keep him interested. Actually, if he ever decides to take up race walking; i.e. does some training, he could be very tough. Stylewise he is good as any one we have seen and he showed his potential in winning first place in last summer's series of walks.

EDITORIAL (A Very Brief One)

The Ohio Race Walker is now more than just a gleam in our eye. It is a growing venture with nine full-fledged subscribers, a few additional contributions, and a long mailing list of legches. However, we will probably not be mailing free copies around and about the countryside for long. We are not in this for the money, but would like to cover our expenses while keeping you informed, and these include the purchase of a high-priced ditto machine. Subscriptions are not tax deductible, but they are fun.

OLYMPIC REFLECTIONS

by Jack Mortland

The 50 kilo walk was held in the worst weather of track competition, which was probably perfect for these masochists. There was hard, steady rain throughout and the temperature was around 50. The Russian, Agapov, primarily a 20 kilo man previously, took the early lead and set a blistering pace, probably designed to help his two teammates, but to no avail. Anyway, he had 24:12 at five kilo, 47:51 at 10, and 1:11:32 at 15 before starting to fade. Actually, he wound up 12th with a very creditable 4:24:34.

Pamich and Mihill stayed surprisingly close to this early pace, with no apparent ill affect. At 20 kilo Pamich was in front with 1:37:33 and Mihill was right on his heels, where he stayed until the final five kilo where Pamich very gradually pulled away. Both walked very strongly right to the finish. Poor Don Thompson, the defender, bettered his Rome time by three minutes and finished tenth. The amazing John Ljunggren, of Sweden, at age 46 finished 16th in 4:29:02 after a 19th place 1:37:03 in the 20 just three days earlier.

However, the best double was turned in by Charles Sowa, Luxembourg, with 16th and 9th. Others who doubled include Bilek, Czech, 11th and 20th; Crawford, Australia, 22nd and 11th; Oakley, Canada, dnf and 14th; Delerue, France, 13th and 15th; and Mat Rutyna, Poland, 20th and D..

Chris McCarthy and Bruce MacDonald both walked easily their best races ever, and McCarthy was far superior to any previous performance by an American, but they were still outclassed in this field. Bruce actually led Chris at 25 kilo in about 2:13, but McCarthy was much stronger over the last half and although tightening up somewhat in the last 15 kilo had a fine 4:38:41.6 for 21st. Bruce finished 26th in 4:45:10.4. Both put in a lot of work, approached the race with a very serious attitude and are to be commended for their performance.

So is Mick Brodie, who did after all break five hours (4:57:41), not commonplace for an American. Some perhaps have criticized him for his performance, hearing that he did not train seriously. Brodie continued the same type of training that had won him his berth, which is probably not at all adequate, and he realizes this, but it was good enough to beat everyone else in this country when it counted. He did not want to change his training methods in the brief period prior to the Games, and I for one think he was wise. I did change my training in the last six weeks, going to two-a-day, and got nothing but severe tendonitis in my shins, which then slowed my training, and may or may not have hindered my performance. It certainly did not help. The last six weeks before and Olympic competition is definitely not the time to experiment with training programs

- Results Olympic 50 Kilo:
1. Abdou Samich, Italy, 4:11:12.4
 2. Paul Mihill, GB, 4:11:31.2
 3. Ingvar Pettersson, Sweden, 4:14:17.4
 4. Burkhard Leuschke, Germany, 4:15:26.8
 5. Robert Gardiner, Australia, 4:17:06.8
 6. Christoph Hohne, Germany, 4:17:41.6

(The first twelve bettered the previous Olympic best. Add Gardiner to the above list of doublers. He was DQ in the 20.)

RACES IN KNO. OF

- Sunday, April 18 2 Mile, Blackburn Track, Columbus, Ohio, 12 noon
 - Saturday, April 24 Ontario 10 Mile Championship, Toronto, 10 a.m.
 - Sunday, April 25, Open 10,000 meter, Van Cortlandt, New York, 10 a.m.
 - Sunday, April 25 OTC 10 mile, Blackburn Track, 12 noon
 - Sunday, May 2 10 mile Hdep, Van Cortlandt Park, New York, 9:45 a.m.
 - Sunday, May 2 OTC 15 mile, Blackburn Track, 12 noon
 - Sunday, May 9 OTC 10 Kilo, Blackburn Track, 12 noon
 - Sunday, May 16 NAAM 50 Kilo, Kings Point, NY 9 a.m.
 - Sunday May 16 OTC 8 mile, Blackburn Track, 12 noon
 - Sunday, May 23 OTC 4 mile, Blackburn Track, 12 noon
 - Saturday, May 29 International and Olympic Development 20 Kilo, Pittsburgh, 12 noon
- (According to a news release this will draw walkers from foreign land and thousands of spectators. Held on an 85 acre tract at Eastland Shopping Plaza, it will take 86 laps to complete 20 kilo, which doesn't seem to take full advantage of available space.)