

OHIO RACE WALKER

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PRICE 10¢

JACK JACK JOHN & JIM

April 15--Jack Blackburn led from start to finish in annexing a fast two-mile race in 14:05 on the Blackburn track today. Covering the first 220 at about 6:15 pace, Blackburn established a quick 12 yard lead over his nemesis Jack Mortland and was never ~~seriously~~ seriously challenged.

The lead was as much as 15 yards and never less than eight as Mortland struggled to keep contact (Both with Blackburn and the ground.) The stogie puffing (not during the race) not-so-fat-as-usual-man had half-mile splits of 3:25, 6:51 and 10:29. Both Blackburn and Mortland (6:55) had their fastest one-mile in a long while. Mortland received one call shortly after the 1 1/2 mile mark, but settled down as it became difficult to get one leg, let alone both, off the track.

Meanwhile, Doc Blackburn was his usual steady self in third. Finishing fourth was Jim Stattdiller, whose weeks of steady training (once a week) are starting to pay off, his 18:50 being an improvement on recent performances.

- Results: 1. Jack Blackburn 14:05
- 2. Jack Mortland 14:08
- 3. John Blackburn 17:25
- 4. Jim Stattdiller 18:50

7.45 AVE. FOR TEN MILE

April 25--Jack Mortland (the fiend) once again demonstrated his mastery over the distances that count in a 10-mile race today. Jack Blackburn held on until Mortland accelerated to 7:30 race the third mile. Mortland seems very selfish about these Sunday Nature walks, he refuses to walk with his teammates and friends for anymore than 2 miles. I guess that's the way you get when your an international figure. Blackburn continued to shuffle along at 7:50 pace through 6 miles, at which point he was sure he had no more than 3 laps left in his failing old body. Mortland powered home with an outstanding 77:36 while the publisher managed to hang on for a fine 79:52. Doc Blackburn toured the 10 miles in a creditable 92:46 for third place.

MORT BEATS HEAT Pg. 2

May 9—On a humid day, with the temperature again in the middle 80's, Jack Kortland took command early and scored a victory in today's 10 kilo race. Despite the heat, Kortland set out to walk 7:30's for as long as possible, which wasn't long. He had 7:18 and 7:32 and then managed to hold about 7:50's. In second place, Jack Blackburn had about 15:20 at two miles, then held about 8 minutes until the final mile when he wilted a little and had an 8:15. Doc Blackburn again came on strong at the end, going faster for the second half and recorded another fine effort for such an old fellow.

1. Jack Kortland 47:51
2. Jack Blackburn 49:15
3. Doc Blackburn 55:59

Late News:

The Kings Point N.Y. May 16
D. Rasmussen won the National 50 kilo. in 5:03.33

O.T.C. Point Standings after 9 races:

- | | |
|--------------------|----|
| 1. Jack Kortland | 44 |
| 2. Jack Blackburn | 36 |
| 3. John Blackburn | 28 |
| 4. Jim Statmiller | 7 |
| 5. Joe Smithberger | 3 |
| 6. Chuck Howell | 3 |
| 7. Jeff Loucks | 3 |

WE PREDICT

Somewhat shakily we predict that sometime before he dies Jack Blackburn will learn both to count to two and to tell time.

WALKER OF THE MONTH

This month we select as Walker of the Month, Joe Smithberger in tribute to his fine running. (You figure it out.) This is no slur on Joe's fine name. His name has been absent in our race results because he has been concentrating on his running at Rosary High School here in Columbus. He recently won the mile in both the Franklin County League Meet and the Columbus Diocesan Meet with times of 4:47 and 4:42. In the same two meets he was fifth and second in the 800. When he gets off this silly running kick we look for some more fine performances from him in the heel and toe sport.

As sort of a second walker of the month we would like to tip our hat to Charlie Silcock and the fine way he is approaching his new job of National Chairman. We have long needed someone with energy and organizational abilities and it appears we have the man now. He is approaching the job with "a bang" and he deserves the support of every walker who has ever been run.

Bob Kim offers some criticism, "I'd like to begin by asking a favor of you. When describing a race please list the distance right off the bat. I'm still not sure what distance that race was listed on the first page of your April issue. If it was eight miles the times are too fast. If 7 miles too slow." (Editor: It was 8 miles and we can't help we're fast. The stupid publisher wrote the article and the stupid editor failed to edit it properly. However, if the stupid reader had read quite carefully and counted up the number of miles where we listed the splits he would have known it was 8, whether he chose to believe it or not. Seriously, this was a glaring error and we will take every precaution to see that it does not happen again.)

Bob goes on to say, "I agree that you are very selfish in hoping that athletics and marriage don't mix for Ron Zinn. This is poor sportsmanship. But I wish they would hurry and send the guy to the Far East as they are supposed to. What are they waiting for? About five years would be a nice tour of duty."

I particularly enjoyed your "The Predator" column. I agree that Ken Matthews won't be at the International Meet in Pittsburgh. In fact, I think about as International as it will get is Ohio. Imagine, 85 laps for 20 kilo. I personally don't make any races that require a physical exam at your own expense. Do they think us amateurs are loaded." (Editor: We have since received word that the course is only 34 1/2 laps. We happen to have a Doctor in the Club so will probably be in Pittsburgh for the race.)

We also hear from OTC teammate Dale Arnold in Newark, O. Dale has been unable to train lately as he has been caring for his wife who is pregnant and has been having a little trouble. However, he feels everything is alright now and you should be seeing his name in our results before long. He will be joining the OTC team for the 20 kilo in Baltimore and possibly the 10 in Chicago.

From Elliott Deman, the results of the Asbury Park 10 mile. There were 195 entries and 85 starters for this race, which Elliott describes as the largest field assembled for a walking race in this country in the last 30 years. 54 of the 85 starters finished inside the two hour time limit. Veteran Henry Laskau set much of the early pace before Ron Daniel and Art Lark took over. Daniel did not pull away from Lark until the last half mile.

1. Ron Daniel, NYAC1:20:04 2. Art Lark, West Point, 1:20:14 3. Paul Schell, North Bedford Club, 1:21:09 4. Dean Rasmussen, Kings Point, 1:21:37 5. Henry Laskau, 92nd St. YMCA, 1:22:04 6. Jerry Madden, West Point, 1:23:49 7. Bob Mira, Levittown, Pa. 1:24:36 8. Bruce MacDonald, NYAC 1:24:56 9. Tom Lanyi, West Point, 1:26:17 10. Dr. John Shilling, Pioneer Club, 1:26:44.
Team - West Point 12, NYAC-15, North Bedford -21.

British National 10 Mile, Leicester, March 20th.

1. Paul Nichill 74:55
2. Ronnie Hallwork 75:22
3. Ken Harding 76:35

Ken Matthews has announced his retirement and Nichill is seeking to annex all four British titles.

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WE REMEMBER THE GREATS—PART 1 ^{Pg. 4}

by Jack Blackburn

This new feature of the Ohio Race Walker will include reports on walkers who have participated, even slightly, for the Ohio Track Club and Dayton A.C. Each month we will remember two athletes out of the past and expound their claims to immortality through race walking. This month we remember Fran Winner and John Ackerman.

Francis Winner reached the peak of his career (up to this point) at the 1961 National 15 kilo. At this race, in Atlantic City, he was the third man on the OTC "B" Team and helped capture 4th place team honors with a very gutsy 9:20 per mile performance. A 52-year old grandfather of several, Mr. Winner has represented the OTC in many races including National Championships, Franklin Park summer races, and OTC Distance Carnival races at Worthington. We very much hope to see Fran back in action this summer.

John Ackerman will be remembered by many walkers throughout the country as being the most muscular in the history of the sport. John, a competitive weight lifter and body builder, represented the OTC in Chicago at the National 10 kilo in 1962 with a 9:48 average.

Ackerman is one of the most likeable and congenial athletes ever to heel and toe it down the pike. We liked having John along on the trips for that safe and secure feeling. He was a very useful team member in case we had a flat tire and didn't have a jack (metal type), in case we were approached by a band of highwaymen (John would flex), and blocking out and walking interference through crowded track races. John is now teaching and coaching at a new high school west of the Columbus area. He is reported to have no discipline problems.

OLYMPIC REFLECTIONS

by Jack Mortland

One of the more interesting aspects of my Olympic experience was the knowledge I gained of how other walkers train. This knowledge came through both conversation and observation. A majority of the walkers trained on the streets of the Village, following the roads around the perimeter. This constituted approximately a 2 1/3 mile lap, although to my knowledge no one ever measured it exactly. There was also walking done on the track in the Village, although most seemed to prefer the roads.

Twice, on the two Sundays prior to the opening of the Games, training was allowed on the Marathon and 50 Kilo course. This was a tremendous gesture on the part of the Japanese as the course followed one of the main arteries of travel in Tokyo. Yet they close off two lanes completely for five hours on both these days. Just for these training spins the traffic control was something that we cannot even imagine in this country. And people were lining the course the whole way, as if there were actually a race.

One other course in the Village was used only by the Germans and Americans. This was on the road immediately around our block of dormitories and was almost exactly a half mile. The Germans also had 400 meters measured out on this lap and did a great amount of repetition on this, occasionally accompanied by Ron Laird. From what I could see the Germans trained almost exclusively on short fast intervals. They incidentally, were team champion, combining scores of both races. All six were East Germans, did not speak English, so we had no communication with them, although living only one dormitory apart. The East and West Germans lived in the same building, but on different floors with guards to keep them apart. This, of course, was not of the athletes choosing and they seemed to get along well on the field.

I used to get training information by running and grabbing my watch whenever I saw a walker go by. I just about got completely psyched out this way one day when I saw the three German 20 kilo men go by on the 880 loop. They came around again in 3:34 and then four more times, holding the same pace. I didn't know how long they had been going before this. But following this they strolled about 10 minutes and proceeded to do 6 laps in 20:42 and part of another lap. From this I assumed they had 5000 meters measured out and I had been privileged to watch them do it twice, once at about 7:08 average and once at about 6:54. And the three of them stayed right together throughout. And I was struggling with repetition laps in 3:45. I hope they hadn't done another 5000 before I arrived.

I did not see any on the Russians in training. Their track team stayed in seclusion about 60 miles north of Tokyo until about three days prior to competition and evidently did not train in the Village once they did arrive. They too were only one dormitory separated from us.

I did have some of my training theories more or less verified in talking to the British. Ken Matthews trained only 30 to 40 miles a week, but of course very, very intensely. He does very little, if any, over distance work. And Don Thompson, training for 50 kilo, does only 60 to 70 miles per week. I found, except for a longer walk on Sundays (up to 30 miles, occasionally even longer) his training is about identical to what I was doing last spring. Paul Mihill on the other hand does a fantastic amount of work at very intense speeds. Chris McCarthy has some very interesting tapes on which he interviewed these men and also Ray Middleton and anyone would do well to listen to them. I don't know if he is willing to loan them out, but it wouldn't hurt to write and ask.

John Paddick is perhaps the most interesting of the British walkers from a training standpoint though. Like Matthews, he covers only 30 to 40 miles a week, though not nearly so intense. He did step this up to around 70 miles for five or six weeks last spring, but found it more than he cared to do. He was only 21 in Tokyo, so he really has had no chance to build real strength. Yet he has gone 4:28 for fifty, and although walking the 20 in Tokyo, actually prefers the 50. It's not so much an all out "bash" and he can stroll (?) along at 8:30 miles which he finds much more enjoyable. As unnatural as walking is, I guess there are natural walkers.

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15 KILO. OR 15 MILES ?? Pg. 6

May 2—The return to action of Ashland's Chuck Nowell and the year's first heat wave were the big news at today's OTC 15 kilo race. Nowell had not been seen since a two mile in early February. Such ridiculous heat had not been seen since sometime last summer.

The race was listed at 15 miles on the schedule, but with starting time at high noon, on a bright, cloudless day with the temperature at 84, and Jack Blackburn having already run all the way to Chicago to avoid 15 miles, the racers all realized a typographical error had been made in the schedule. So it was decided to walk the correct distance of 15 kilo, and even that seemed a bit unnecessary.

Jack Kortland scored an easy victory in Blackburn's absence. Passing six miles in 47:25 he managed to hold on for an 8:00 mile and a couple of 8:15's and then staggered through the final third mile.

The race for second was also over early. Nowell stayed close to Kortland for a 440 and had about 90 yards on Doc Blackburn by the half mile. But by 1 1/2 miles the gutty Doctor was in front of him, walking a steady 8:20 pace. He actually picked up his pace over the last two miles of the race. Nowell, after his unnecessarily fast start, walked a steady pace and recorded a fine effort off little training.

1. Jack Kortland 74:32
2. John Blackburn 17:14
3. Chuck Nowell 94:24

BLACKBURN IN CHICAGO

May 2—Jack Blackburn has done it again. The man who miscounted laps on a two-lap course in the 1961 15 kilo at Atlantic City, who later didn't know what time it was and showed up at the Stadium just as the walkers were lining up to start last year's 10 kilo, today set some kind of a record by missing the start of a 15 kilo in Chicago by more than two hours.

In that 10 kilo last year he did manage to get the start held up while standing clothes under the stands, shocking a couple of girls in the process. Maybe he was so where close. Actually, the race had been listed as starting at two, and Blackburn showed up at McCarthy's place around noon to go with him, only to find Chris was long gone for the 10 o'clock race. So he settled for a solitary workout on the Stagg Field track, with McCarthy holding the watch. A long trip for a workout.

In this workout, on a dusty, windblown track, with the temperature at 87, he started out to go ten miles, soon decided one hour would be sufficient and finally settled for 5 miles in 39:52. The trip was not a complete loss however. He did come home with a subscription from McCarthy. Chris is in semi-retirement, concentrating on school and house painting, but plans to start training before long.