



**THIS IS NO CASUAL STROLLER** — Here are three views of Servite High School senior Leon Jasionowski, who has been competing in walking races. The complicated gait he uses is a far cry from

the leisurely walking stride that people use when going for a stroll. Jasionowski uses the traditional heel-and-toe method of competitive walking. It isn't the most graceful of movements but it permits

amazing speed without breaking into a run. Jasionowski also is a distance runner, having competed in everything from the mile to the lengthy marathon. —News Photos by Al Dencau.

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## SERVITE STAR PROVES VERSATILITY

# Distance Runner Slows Up to Walk

By JIM HIGGINBOTTOM

Distance runners aren't necessarily taking the easy way out when they enter walking races, contends Leon Jasionowski, a Servite High senior.

"Walking races are a lot tougher, believe me," explains the 18-year-old Catholic League athlete, who last fall was named the outstanding performer in the annual Ohio Track Club distance carnival by winning 10 and 20-mile runs on successive days.

Jasionowski, who also has won the Windy City Marathon at Chicago, running the traditional distance of 26 miles, 385 yards, gained recognition as a walker—dubious as that honor may be—largely by placing fifth in the recent National AAU 50-kilometer championship on Belle Isle.

Wayne State University's Goetz Klopfer was fourth in the walking race, the length of which translates to 31.2 miles.

While walking races once were the rage of the country, hiking and even casual strolls have pushed far past the strenuous sport as popular pastimes. So has bird watching, for that matter.

"Not many people seem to be interested in walking races," admitted Jasionowski, "but I really like it. And when I said it was tough I wasn't kidding."

### STARTS IN EARLY

"You use different muscles than you do in running. That's the hard part. At the end of the big Belle Isle race my feet were bleeding and I was beat. But like running, you snap back if you're in shape."

There is no doubt that little Leon (5 feet 7½, 122 pounds) works hard at keeping in condition. It's a year-round project.

His day currently begins at 7:30 or 8 o'clock in the morning at Chan-

dler Park behind his home on the East Side. There he runs 10 to 15 miles, usually alone but sometimes with other members of the Chandler Park Track Club.

### EVENINGS, TOO

At 11 a.m. he reports to work as a locker attendant at Gallagher Pool, where he remains on duty for the Department of Parks and Recreation until 7:30 p.m. Then it's back to Chandler Park.

"In the evening I run

a few miles, quick stuff, to keep up my speed," he said. "The morning work is strictly distance."

A daily schedule like this doesn't leave much time for what teen-agers generally consider fun. But Leon isn't displeased with his life; in fact, he likes anything that has to do with the out-of-doors.

The Servite track star, whose younger brother, Tom, 16, also is developing into a distance specialist, doesn't work on

the seemingly awkward heel-and-toe walking race techniques until an event is coming up. The he gets down to serious business.

"Both sports—walking and running—demand stamina," he explains. "The lungs and wind are important. So my running training helps me there. I don't find it too difficult to switch from one sport to the other."

### COLLEGE IS GOAL

Leon always has enjoyed running, even as a grade-schooler and a

newspaper carrier boy. But when he entered high school it was football that commanded his attention. He gave it a try.

"I got knocked around pretty good because of my size—or lack of it," he laughed. "I went out for track because I knew then I would never get any place in football. Now I'm running to get to college. I sure want to go."

"I've had some letters from colleges that apparently didn't know I had another year of high

school, I'm really going to buckle down this fall and work on my grades."

Speed afoot is not yet Leon's particular forte, although he has lowered his time in the mile to 4:29.7, good for second place in the Catholic League meet this spring. He also placed second in the state Class B cross-country championship. He'd very much like to win that one.

In the meantime, he'll keep entering walking events. He isn't happy standing still.

## Young Cyclist Aims for Top

### Henry Ford Senior Wins Men's Title; Seeks Tokyo Trip

By HARVEY BARCUS

Stout Mike Walden has begun his campaign to land a Detroit cyclist on the U.S. Olympic bicycle team which competes in Tokyo next year.

If he succeeds, the 46-year-old, 260-pound former state champion (1939) will have coached the fifth Detroit to represent the United States in international meets. The first was Bob Travani, who raced in the London Olympics in 1948. Tom O'Rourke made the team which went to Helsinki, Finland in 1952; Karl Wettberg was picked for the Pan-American Games in Mexico City in 1955; and Bill Freund qualified for the 1960 Olympic Games in Rome.

Walden's latest prize pupil is 17-year-old Mike Kolin, a senior student at Henry Ford High who dethroned Freund as the state men's champion in Chandler Park last Sunday. Mike, a 150-pound six-footer, won the junior title last year in his second year of racing.

### 100 MILES A WEEK

"Mike is the most promising of the young riders around here because he never stops training," Walden said. "He's been at it for 14

scheduled Saturday and he races Sunday.

"Mike rides 10 to 15 miles on his rest days, besides taking situps, pushups, kneebends, chin-ups and breathing exercises every morning."

### BUYS 1ST BIKE

A chance visit to a bike shop with a friend in 1961



influenced Mike to become a cyclist. He saw some touring bikes (made of heavier metal than the racing bike) and liked them.

"The price was \$75 and I bought one, paying for it by cutting lawns and doing odd jobs in the neighborhood," Mike explained.

Young Kolin began training with other cyclists and met Walden, who urged him to enter the state meet, less than three weeks away.

The touring bike couldn't be used in racing so Walden loaned the Henry Ford student a

looks like he's on the way."

There are other prospects among the teen-age bike riders in Detroit. One of the best is Garland Borden, 16-year-old junior at Mackenzie High, who gained the junior title last Sunday after only three months on a racing bike.

"Garland has a nice physique and a good future," said his coach, Gene Portuesi. "He goofed in the first race last week, finishing fifth for a point, but came right back and won the next three races. A boy who can do that has something. I don't think he'll make the Olympic team next year, however. It's a long haul and he hasn't enough experience."

Others whom Walden rates as contenders are Sam McCall, 18, a Denby

High graduate, and Steve Weisenthal, 14, runnerup to Borden in the junior races.

Walden has a suggestion for all who hope to succeed in cycling. "I urge all bike riders to ice skate. The tactics in both are the same and it relieves the monotony of competing in one sport. Besides, skating keeps you in condition."

Kolin, Freund, McCall, Weisenthal and Vince Muzzin are among 35 to 40 Detroit riders who race today in a 50-mile grind at Tawas City. The event is sponsored by the Wolverine Sport Club and the City of Tawas. Another 50-miler will be raced tomorrow in Willowick, O., a Cleveland suburb. Many Detroiters, including Kolin and Freund, are entered. The Ohio race will count points toward a national championship.



**CYCLISTS WITH A FUTURE** — Four cyclists who have racing competition. He has high hopes of earning a trip to Tokyo for the Garland Borden, center, senior men's champion.—News Photos by Al Dencau.

## Picnic Features

