

OHIO RACEWALKER



VOLUME XXIII, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1988

SCHUELER IMPRESSIVE WINNER IN NATIONAL 50 KM

Research Triangle Park, N.C., Feb. 21--Carl Schueler saved his best for last and scored an easy win in the National Athletics Congress 50 Km Championship. Carl has now won the event five times, including four of the last five. In this one, he traded the early lead with Jim Heiring and Andy Kaestner, but moved easily away at the end as he blasted the final 10 Km in 44:50 to record a final time of 4:02:55. Heiring had to stop and stretch several times and Kaestner moved well clear of him by the finish with a superb 4:11:10 effort--an improvement of more than 9 minutes on his personal best!

Behind Heiring, came some real surprises. Dan Pierce improved by more than 15 minutes on his best to take fourth in 4:18:00 and not far back came Mark Green, apparently in his 50 Km debut, in 4:18:47! Until this day, Mark's father Max was better known for his "mastery" of the 50 and over ranks.

Then came Eugene Kitts with his third excellent 50 in less than 3 months--he also had a personal best. Like Green, Herm Nelson came from nowhere to take seventh, just ahead of veteran Mike DeWitt, who continued to chop bits off his personal best. Cliff Mimm, in ninth, to my knowledge was also in his first 50 and beat big brother Randy, who was well off his best, but still well under 4:30 in 13th place. Mike Rohl made it 14 in the fastest mass finish in U.S. 50 Km history. This brought the list of qualifiers for April's 50 Km Olympic Trial to 20. Four-time champion Marco Evoniuk was disqualified today.

At this point, Schueler looks a sure bet for the team, but there could be a real dogfight for the other two spots. Certainly, if Evoniuk returns to his 3:57 form of last summer, he will be on the team. But he doesn't appear to be there now. Heiring and Dan O'Connor, who appeared to be well ahead of the rest, will certainly be challenged by Kaestner, and perhaps Pierce and Green. Who knows where they will go now that they have learned a bit about what the race is about. Randy Mimm at top form could also challenge. So here are the first 14--I think everyone but Schueler, Heiring, and Randy Mimm had personal bests. (Full results next month.)

1. Carl Schueler 4:02:55 2. Andy Kaestner 4:11:10 3. Jim Heiring 4:12:37
4. Dan Pierce 4:18:00 5. Mark Green 4:18:47 6. Gene Kitts 4:22:22 7.
Herm Nelson 4:24:51 8. Mike Dewitt 4:25:12 9. Cliff Mimm 4:27:05 10.
Marc Bagan 4:27:20 11. Curt Clausen 4:27:25 12. Steve Vaitones 4:27:28
13. Randy Mimm 4:27:28 14. Mike Rohl 4:29:06

Flash! National Indoor Championships. New York City, Feb. 26: Women's 3 Km--1. Maryanne Torrellas 12:45.38 (American record. Fourth best performer all-time in world.) 2. Teresa Vaill 12:47.32 (Sixth best all-time.) 3. Lynn Weik 13:24.88 4. Louise Aubin, Can. 13:31.25 5. Sara Standley

(Continued on page 15.)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$5.00 per year (\$7.00 for First Class Mail, \$11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second Class postage paid at Columbus, Ohio. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

RESULTS

Shore Athletic Club Postal 1-Hour Race Walk for 1987: Men's Open Division-
 1. Ray Funkhouser, Shore AC 13,163 meters 2. Richard Quinn, Potomac Val. 12,984 3. Steve Renard, Phidippides, Ore. 12,523 4. Jeff Salvage, East Side TC 12,503 5. Mark Green, Golden Gate 12,449 6. Bobby Briggs, Pot. Val. 12,392 7. Dave Talcott, Shore AC 12,381 8. Dave Waddle, Walkers of Georgia 12,326 9. Keith Luoma, Pot. Val. 12,209 10. Curt Clausen, Car. Gdva. 12,043 11. Randy Jacobs, Phid. 12,036 12. Brad Knutson, Front Range 12,016 13. Cliff Mimm, Shore AC 12,000 14. Bill Hutchinson, Front Range 11,893 15. Andy Liles, Cr. Gdva. 11,810 16. Edgardo Rodriguez, Shore AC 11,667 17. Dan Talcott, Shore AC 11,607 18. Robert Edwards, Golden Gate 11,536 19. Bob Korn, Phid. 11,536 20. Curt Sheller, Reading TC 11,174 21. Jim Wass, Pot. Val. 11,140 22. Steve Tyrer, Phid. 10,828 23. Aivia Gaskill, Cr. Gdva. 10,829 24. Bill Boyd, Phid. 10,783 25. Martin Smith un. 10,595 (34 finished) 40-44 Division: 1. Alan Price, Pot. Val. 11,434 2. Rick Wadleigh, N. Mex. RW 10,955 3. Eric Bigham, Car. Gdva. 10,951 (10 finished) 45-49--1. Ray McKinnis, Car. Gdva. 11,903 2. Dave Romansky, Shore AC 11,311 3. Ned Stone, Pot. Val. 10,948 4. Bernie Finch, Front Range 10,426 5. Dr. Patrick Bivona 10,038 50-54--1. Ben Ottmer, Shore AC 10,562 2. Jim Lemert, Pot. Val. 10,173 3. Ray Franks, Front Range 10,163 4. Bob DiCarlo, Front Range 10,018 (10 finishers) 55-59--1. Sal Corrallo, Pot. Val. 10,988 2. Fred Dunn, Golden Gate 10,420 3. Robert Craig, Golden Gate 10,329 4. Dr. Andrew Briggs, Car. Gdva. 10,051 60-64--1. Bob Mimm, Shore AC 10,800 (3 finishers) 65-69--1. Sidney Wright, Front Range 9,576 (4 finishers) 70-74--1. Don Johnson, Shore AC 9,491 (5 finishers) 80-84--1. Paul Fairbank, Pot. Val. 8,318 85-89--1. Earl Bailey, Pot. Val. 5,281
Women's Open Division--1. Dorit Attias, Shore AC 11,031 2. Kathy Donley, Car. Gdva. 10,781 3. Viisha Sedlak, Front Range 10,760 4. Zofia Wolan, Walkers of Georgia 10,674 5. Shirley Olgeirson, Mo. Valley 10,257 6. Martha Iverson, Front Range 10,193 7. Beth Wilson, Pot. Val. 10,133 8. Lois Dicker, Pot. Val. 10,059 9. Joyce Joyce, Pot. Val. 9,923 10. Beth Alvarez, Pot. Val. 9,843 (20 finishers) 40-44--1. Beth Alvarez, Pot. Val. 9,843 2. Jo An Nedelco, Golden Gate 9,568 (4 fin.) 45-49--1. Lois Dicker, Pot. Val. 10,059 2. Marsha Harts, Pot. Val. 9,200 (6 fin.) 50-54--1. Helen Jo Hillman, Pot. Val. 9,368 (5 fin.) 55-59--1. June Stand, Golden Gate 8,288 (3 fin.) 60-64--1. Marie Henry, Shore AC 8,837 (5 fin.) 65-59--1. Ernestine Yeomans, Clifton TC 8,160 70-74--1. Velma Jacobs, Front Range 8,472
Men's Open Teams: 1. Potomac Valley Walkers 37,585 meters 2. Shore AC 37,544 3. Team Phidippides 35,881 (13 teams total) Men's Masters Teams: 1. Potomac Valley 33,370 2. Carolina Godiva TC 32,905 3. Shore AC 32,673 Women's Open Teams: 1. Front Range Walkers, Colorado 30,262 2. Potomac Valley 30,115 3. Shore AC 29,443 Women's Masters Teams: 1. Potomac Valley 29,270 2. Golden Gate Race Walkers 25,908 3. Front Range 25,518 Total Distance Walked: Men--518 miles 665 yards Women--244 mi 809. A total of 82 men and 45 women took part.

3 Km, Boston, Mass., Feb. 7--1. Ed O'Rourke 12:22.6 2. Reggie Davenport 13:22 3. Steve Vaitones 13:24.9 4. Roberto Gottlieb 13:32.1 5. Phil McGaw 13:40.7 6. Mike Heitzman 13:55 7. George Lattarulo 15:15.8
Women's 1 Mile, same place--1. Dorit Attias 7:28.7 2. Frances Montes 7:34.3 3. Carol Brown 7:40.9 4. Janice Ash 8:24.1 Women's 3000 meters, Hamilton, Ont., Jan. 15--1. Ann Peel 13:21.05 2. Laura Rigutto 13:22.25 3. Maryanne Torrellas, U.S. 13:27.13 4. Debbie Powell 13:30.27 5. Louise Aubin 13:37.59 6. Pascale Grand 13:58.05 Women's 1 Mile, Ottawa, Jan. 22--1. Maryanne Torrellas 6:35.18 (American record) 2. Ann Peel 6:37.66 3. Laura Rigutto 6:41.61 4. Teresa Vaill, U.S. 6:42.59 5. Louise Aubin 6:50.99 6. Lynn Weik, U.S. 7:01.69 7. Pascal Grand 7:01.98 Women's 3000, Sherbrooke, Quebec, Jan. 24--1. Maryanne Torrellas 13:21.99 2. Ann Peel 13:22.60 3. Laura Rigutto 13:25.95 4. Lynn Weik 13:30.13 5. Louise Aubin 13:42.78 6. Pascale Grand 13:45.72 (DQ--Teresa Vaill, who was right behind Rigutto at finish) Men's 5 Km, same place--1. Guillaume Leblanc 19:38.46 (Leblanc, out all last summer with a career-threatening knee injury, looked very fit, as suggested by the time) 2. Francois Lapointe 20:18.92 3. Benoit Gauthier 21:49.22 4. Daniel Levesque 22:22.05 5. Michel Lafortune 22:29.39 Women's 1 Mile, Toronto, Jan. 29--1. Maryanne Torrellas 6:35.69 2. Ann Peel 6:36.06 3. Lynn Weik 6:40.64 4. Louise Aubin 6:46.77 5. Laura Rigutto 6:57.37 6. Pascale Grand 7:00.51 3 Km, Boston, Jan. 24--1. Ed O'Rourke 12:14.4 2. James Mann 12:21.5 3. Bob Keating 12:59.2 4. Mike Heitzman, no time 5. Phil McGaw 14:16.4 6. Jim Campoli 14:47.1 7. Tom Knatt 15:00.5 8. Justin Kuo 15:08
Women: 1. Frances Montes 15:01.8 2. Carol Brown 15:20.0 1 Mile, Boston, Jan. 31--1. Steve Vaitones 6:50.1 2. Mike Heitzman 7:03.6 3. Phil McGaw 7:04.3 Women: 1. Karen Rezach 7:18.3 2. Lora Oakland 7:33.8 3. Carol Brown 7:41.6 3.7 Mile, Boston, Feb. 15--1. Steve Vaitones 28:03 2. Bob Hershey 28:29 3. Phil McGaw 28:48 4. Dick Ruquist 30:27 5. George Lattarulo 32:27 6. Tom Knatt 32:41 7. Eliza Walbridge 32:54 8. Tom Clancy 32:59 9. Paul Schell 33:18 10. Alan Segal 34:35 35 Km, East Meadow, N.Y., Jan. 3--1. Dan O'Connor 2:44:59 (23:14, 46:38, 1:09:49, 1:33:00, 1:56:18, 2:19:48. Results say the times at 25, 30, and 35 km are being submitted as American records, but my information shows the road records--this was on a 2.5 km loop--as 1:49:36 by Tim Lewis, 2:16:41 by Marco Evoniuk, and 2:41:26 by Carl Schueler.) DNF: Marco Evoniuk 2:36:46 at 30 Km, Ed O'Rourke and Pat Flannery) 20 Km, same place--1. Jeff Salvage 1:33:59 2. Doug Fournier 1:39:00 3. Jon Jorgenson 1:39:07 4. Deirdre Collier 1:50:01 (American junior record) 5. John Shilling 1:58:22. DNF--Lynn Weik and Nora Comans Millrose Games 1 Mile, New York, Feb. 5--1. Tim Lewis 5:33.53 (World best!) 2. Gary Morgan 5:56.66 3. Curtis Fisher 6:05.66 4. Richard Quinn 6:07.88 5. James Mann 6:09.28 6. Jeff Salvage 6:43.99 7. Robert Gottlieb 6:53.91 DQ--Ed O'Rourke 5:55.86 and Ray Funkhouser 6:08.34 Vitalius/Olympic Invitational 1500, East Rutherford, N.J., Feb. 13--1. Tim Lewis 5:13.53 (Another World best) 2. Ed O'Rourke 5:33.11 3. Curtis Fisher 5:34.02 4. James Mann 5:41.44 5. Jeff Salvage 6:09.81 6. Bobby Briggs 6:11.27 7. Robert Gottlieb DQ--Richard Quinn and Ray Funkhouser Women's 1500, same place--1. Maryanne Torrellas 6:01.91 2. Teresa Vaill 6:03.55 3. Lynn Weik 6:12.77 4. Zofia Wolan 6:37.55 5. Frances Montes 6:44.91 6. Nora Comans 6:45.38 7. Dorit Attias 6:46.14 8. Mary Howell 6:55.04 9. Karen Rezach 7:08.30 Women's 1 Mile, Fairfax, Virginia, Feb. 15--1. Maryanne Torrellas 6:37.06 2. Lynn Weik 6:48.21 3. Laura Rigutto, Canada 6:59.67 4. Zofia Wolan 7:15.70 5. Dorit Attias 7:27.05 6. Mary Howell 7:28.15 7. Nora Comans 7:28.86 10 Mile, Asbury Park, N.J., Dec. 27--1. Ray Funkhouser 1:12:52 2. Cliff Mimm 1:16:51 3. John Fredericks 1:25:27 4. Kurt Sheller 1:27:08 5. Bob Mimm 1:27:50 (1st 60-69) 6. Bill Smith 1:28:36 7. Bob Jennings 1:33:43 8. Ben Ottmer 1:36:35 9. Pat Callaghan 1:38:50 10. Dr. Pat Bivona 1:39:09 10 Km, Asbury Park, Dec. 13--1. John Fredericks 50:41 2. Bill Smith 55:01 3. Ben Ottmer

57:15 4. Dr. Pat Bivona 60:15 Women: 1. Dorit Attias 53:28 Walks at Princeton, N.J., Jan. 10: Women's Open Mile--1. Lynn Weik 7:09.24 2. Laura Goman 7:31.77 3. Frances Montes 7:34.84 N.J. Women's Champ.--1. Dorit Attias 7:47.23 2. Dolores Randazzo 9:37 Open 2 Mile--1. Curtis Fisher 13:30.66 2. Jeff Salvage 14:26.30 3. Bryan Gibson 16:52.50 NJ Champ. 2 Mile--1. Ray Funkhouser 13:18.39 2. John Fredericks 15:03.60 3. Bob Mimm 15:37.57 4. Dr. Pat Bivona 18:19 Women's 1 Mile, Hackensack, N.J., Jan. 17--1. Karen Rezach 7:20.6 2. Dorit Attias 7:28 Men's Mile, same place--1. Roberto Gottlieb 6:49.2 2. Dan Brennan 8:34.7 (A noted ultradistance runner making his walking debut) 20 Km, Long Branch, N.J., Jan. 24--1. Ray Funkhouser 1:33:25 2. Bill Smith 1:47:49 3. Bob Mimm 1:57:15 4. Dr. Pat Bivona 2:08:14 5. Michael Callaghan 2:08:32 6. Elliott Denman 2:16:57 Women: 1. Marie Henry 2:27:51 (U.S. age 64 record) 1 Hour, Atlanta, Georgia, Dec. 22--1. Dave Waddle 7 mi 11:60 yds 2. Zofia Wolan (1st woman) 6 mi 11:13 yds 3. Martin Smith 6 mi 10:27 4. Jerry Newsome (1st over 40) 6 mi 16:00 Georgia State 30 Km Championship, Atlanta, Jan. 31--1. David Waddle 3:08.51 2. Martin Smith 3:11:21 3. Jerry Newsome 3:38:20 New Year's Day 6 Mile, Springfield, Ohio (Handicap) 1. Judy Blackburn 80:28 2. Jim Oliver 66:27 3. Chris Knotts 46:13 4. Bob Maloney 80:43 5. Jack Blackburn 53:45 6. Nate Blackburn 60:26 6 Hour, Vandalia, Ohio, Feb. 7 (wind-chill at -25)--1. Jack Blackburn 29 miles 2. Glen Jviden 28½ miles 3. Rich Myers 26½ miles 3 Mile, Milwaukee, Wis., Dec. 19--1. Jim Heiring and Mike Stauch 20:47 2. Doug Fournier 21:19 4. Andy Kaestner and Mike DeWitt 21:41 5. Will Preischel 22:11 5. Mike Rohl 23:32 2 Mile, same place--1. John Marten 17:47 1 Mile, same place--1. Neal Schuster 7:52 Women's 2 Mile, same place--1. Sybil Perez (now at U.W.-Parkside) 16:07 2. Valeri Smith 16:12 3. Dee Collier 16:16 (the latter two also at Parkside, the mecca of U.S. walking) Women's 1 Mile, same place--1. Michelle Matar-Rohl 8:32 2 Mile, Milwaukee, Jan. 9--1. Will Preischel 13:36 2. Paul Malek 14:43 3. Neal Schuster 16:26 4. Scott Esposito 16:40 5. Joe Clasen 19:43 1 Mile, same place--1. Bob Brzenk 8:16 (also list Master) Women's 1 mile, same place--1. Ruth Leff (over 60) 9:58 Indoor 10 Km, Milwaukee, Jan. 23--1. Jim Heiring 44:38 2. Mike DeWitt 46:11 3. Andy Kaestner 46:48 4. Paul Malek 49:43 2 Mile, same place--1. Mike Stouch 13:17 2. Doug Fournier 13:37 3. Mike Rohl 13:43 4. Will Preischel 13:48 5. Jon Jorgenson 14:49 6. John Matar 16:43 Women's 2 Mile, same place--1. Sybil Perez and Dee Collier 16:13 3. Ruth Leff 20:03 5 Km, Vermillion, S.D., Jan. 23--1. Brad Knutson 24:09 2. Glen Peterson 27:49 2 Mile, Boulder, Col., Jan. 24--1. Viisha Sedlak 16:37 2. Loraine Green 18:05 3. Bob DiCarlo 18:07 4. Bob Carlson 19:25 5. Laura Melvin 19:38 2 Mile, Boulder, Jan. 9--1. Viisha Sedlak 16:39 2. Lorraine Green 18:17 3. Terry Femmer 18:52 5 Km, Denver, Jan. 16--1. Bernie Finch 29:30 2. Bob Carlson 30:28 2 Mile, Boulder, Jan. 24--1. Tim Lewis 13:51 2. Mark Fenton 13:52 3. Lorraine Green 18:50 2 Mile, Boulder, Feb. 7--1. Bill Hutchinson 16:10 2. Viisha Sedlak 16:13 3. Martha Iverson 17:02 4. Bob DiCarlo 18:41 5. Bob Carlson 19:30 6. Velma Jacobs 21:28 5 Km, Denver, Jan. 23--1. Viisha Sedlak 29:38 2. Laura Melvin 31:44 8 K, same place--1. Bob Carlson 49:36 2. Laura Melvin 50:36 3. Jim Peterson 51:35 (16 finishers) 1 Mile, LA Time Invitational, Inglewood, Cal., Feb. 19--1. Gary Morgan 5:54.9 2. Rene Haarpainter, Switz. 6:06.7 3. Jim Mann 6:11.7 4. Larry Walker 6:12.6 5. Allen James 6:39.9 6. Ed Bouldin 6:46.6 DQ--Ed O'Rourke (5:52.1) Women: 1. Maryanne Torrellas 6:34.2 (American record) 2. Lynn Weik 6:40.2 3. Sara Stanley 6:52.7 4. Victoria Herazo 7:08.2 50 Km, Santa Monica, Cal., Jan. 31--1. Paul Wick 4:19:28 (53:18, 1:45:43, 2:37:19, 3:28:32) Each successive 10 Km faster in an impressive solo walk on the track. DNF: Keith Ward 2:41:40 at 30 Km and Rene Haarpainter 1:34:52 at 20

10 Km (I guess; the results don't really say), Los Angeles, Jan. 23--1. Ed Bouldin 47:45 2. R. Nester 54:59 3. A. Goolsbee 56:17 4. G. Ihrig 59:42 5. T. Warriner 60:15 6. R. Brown 61:25 Women: 1. Sara Standley 49:58 2. Esther Lopez 51:45 25 Km, Mission Bay, Cal., Dec. 27--1. Dale Sutton 2:30:12 3. John Meyers 2:37:17 1 Mile, Los Angeles, Feb. 6--1. Rene Haarpainter 6:27 2. Air Cortez 6:57 3. Keith Ward 6:58 4. Enrique Flores 7:19 5. Jesus Orendain Jr. 7:51 Women: 1. Jane Janousek 8:57 Women's 3 Km, Los Angeles, Feb. 6--20 and under: 1. Cindy Perez 16:46 21-39: 1. Victoria Herazo 14:21 2. Jane Janousek 17:25 3. Laura Melvin 18:00 4. Tina Jillson 18:44 40-49: 1. Espie Lassanyi 18:36 50-59--1. Shiela Smith 17:24 2. Jill Iatham 18:00 3. Ria March 19:56 60 and over: 1. Collie Greene 19:13 2. Lisa Borel 19:56 3. Rose Kash 19:56 Men's--20 and under: Jesus Orendain, Jr. 16:08 21-29: 1. Rene Haarpainter 12:16 2. Ari Cortez 13:39 3. Keith Ward 13:52 4. Enrique Flores 14:47 5. Brian LaBounty 15:20 6. Christian Holtz 16:54 40-49: 1. Larry Walker 12:23 2. Jesus Orendain 15:53 3. Arthur Goolsbee 15:55 4. Dave Snyder 16:58 50-59: 1. Al Brumer 17:05 3. Richard Zook 17:48 3. Charles Bowyer 18:48 60 and over: 1. Mel Grantham 18:22 (Haarpainter, who caught the ever-tough Walker at about 2000 meters, was also given the Best Style Award. Master's 1 Mile, Eugene, Ore. Jan. 30--30-34--1. Jaconetti 8:24.5 34-35--1. Bob Korn 7:12.7 2. Steve Tyrer 7:43.7 40-45--1. Gray 8:45.4 65-59--1. Hutchinson 10:42 2. Don Jacobs 11:53.4 70-74--1. O'Neal 10:32.4 Women 50-54--1. Rhoads 9:49.7 10 Km, Salem, Ore., Jan. 10--1. Bob Korn 53:03 2. Steve Tyrer 59:21 3. Charles Monismith 59:51 35 Km, San Jose, Cal., Jan. 24--1. Mark Green 2:59:47 (51:24, 1:42:38, 2:33:48) 2. Bob Edwards 3:18:48 5 Km, San Francisco, Jan. 2--1. Robert Edwards 23:39 1 Mile, San Francisco, Jan. 30--1. Denise Dunbar 8:28 2. Bob Craig 8:32 3. Jo Ann Nedelco 8:34 5 Km, De Anza, Cal., Jan. 9--1. Bob Edwards 24:36 2. Laura Cribbins 30:45 1 Mile, De Anza, Jan. 23--1. Bob Edwards 7:42 10 Km, Tacoma, Wash., Jan. 23--1. Dave Cummings 42:08 2. Herm Nelson 45:09 3. Dominic Urbano 46:48 3. Blake Surina 52:58 5. Jim Bryan 53:20 (10 finished) H.S. 1 Mile, Seattle, Jan. 31--1. Jenny Fisher 8:41.2 2. Eric Plebuch 9:10.9 3. Kim Brown 9:21.5 1 Mile, Seattle, Jan. 10--1. Dan Pierce 7:00 2. Glen Tachiyama 7:25.8 3. Mary Howell 7:57.3 4. Todd Barney 8:00.5 5. Ed Glander 8:25.2 6. Doug Ermini 8:26.3 7. Jim Bryan 8:30.3 5 Km, Seattle, Jan. 1--1. Blake Surina 25:47 2. Jim Bryan 26:51 Ontario Indoor Champ., Toronto, Feb. 14: Men's 5 Km--1. Tim Berrett, UK 21:09.32 2. Dan O'Brien, U.S. 23:00.89 3. Peter Bush 23:07.57 Women's 3 Km--1. Arizon Baker 13:38.92 2. Louise Aubin 13:46.87 3. Cynthia Burgess 14:58.96 Roubaix, France 28 Hour, sometime in late 1987--1. Roger Pietquin, Belg. 248.54 km 2. Daniel Vandendaul, Belg. 238.32 3. Claudio Sterpin 282.50

FROM HEEL TO TOE

Bob Carlson, 63-year old competitor with the Front Range Walkers in Colorado, is putting the finishing touches on a book he is doing with co-author Dr. O.J. Seiden. Health Walk is expected to be available in mid-April. The 225-page book will the HEALTHWALK program designed to raise endurance level, improve muscle tone, and fine tune the cardiovascular system. The proven brisk-walking technique can set a path toward good health and productive longevity--a regimen of moderate exercise and sensible dietary habits that you can live with for the rest of your life. The softcover book will sell for \$12.95 from Fulcrum, Inc., 350 Indiana St., Golden, CO. . . A walker's weekend seminar--Heel 'n Toe is scheduled for Hunt, Texas from April 15-17. Barbara Ayres, the coordinator and principal instructor, is a consultant, trainer, and lecturer in health and fitness who has been race walking for 8 years and instructing for 5. She offers an opportunity for rejuvenation, reeducation, and relaxation in one of the most beautiful areas of Texas--a healthy, exciting retreat on the

banks of the Guadeloupe River, deep in the heart of Texas hill country. The weekend includes racewalk instruction with video analysis, a hike in the hills, a canoe river trip, nature walks, and lots more. The \$195 cost includes lodging in rustic stone cabins for two to eight, meals, activities, and a t-shirt. Contact Barbara Ayres, 809 Edgecliff Terrace, Austin, TX 78704. Phone 512-444-2701. . . Before going to Melbourne for the World Masters Championships (see results in last month's issue), Giulio de Petra, the Monterey Walk Walk impressario, stopped in Italy. (He's with the Italian Consul in Monterey.) While there, he captured a silver medal in the 5 Km at the Italian International Championships (31:20) and the following day, won the 20 Km in 2:06:24. . . The 20 Km Olympic Trial in Indianapolis is on July 16 (9 am), not the 15th as we showed last month. . . Another change from our schedule of National Championships and other important races: the contact for the National 10 Km in Niagara Falls should be David Lawrence, 90 Fairfield Avenue, Buffalo, NY 14223. . . A note from Elaine Ward on activities in the L.A. area: Because of the integrity of the Ohio Racewalker, I want to call your attention to a problem our Association (Southern Pacific) has had with race results. We have two problems which have led to very unreliable results with walks within runs: (1) Erratic starts with some walkers going before the runners, with the runners, or after the runners in the same race, and (2) Goof ups with the computer mixing walkers and runners, not missing walkers. As is true probably everywhere, in unjudged races, we have had problems with a few "running" to good times or prizes. But the upshot has been an impetus to clean up our act and develop a full program or judged races. Our "Grand Prix" is for this purpose. I noticed in the Ohio Race Walker's results last year for our area that you did not know of the problems and reported times that were not in fact reliable. By mid-1987, the S.C.R.N. was starting to make very clear commentaries about the quality of the race results--and by November, we were starting to do our own results at the finish line in special races, such as the Perrier. In fact, Brune Rankin, ghe director of the Perrier race, used our results instead of the computer results. As we are going to have many more judged races at various distances this year with our own personnel responsible for timing, the quality of results should be quite reliable. The S.C.R.N. will continue to provide finish line timing at important walks within run's and closely monitor computer results for accuracy. At all times, the type of walk, whether it is judged or unjudged, and source and quality of results will be recorded. (Ed. Sounds good. We tend to be very trusting here at the ORW--mainly because we have no way of policing the whole country. When we are sent a race walking result, we assume it represents legitimate race walking. If there are questionable circumstances, we hope you will let us know, or just not bother to send the result.) . . . The Shore AC Postal 1 Hour for 1988 is on. (See results for 1987 in this issue.) This is a country-wide racewalk where everyone can participate without traveling to a central location. You must turn in performances on a certified track of 400 meters or 440 yards with a minimum of two judges present. Entries must be received by Jan. 16, 1989. There are divisions for both men and women, with 5 year age groups for Masters. Medals to first three in each division. For further information contact: Don Henry, One-Hour Postal Racewalk Coordinator, 24 Fairview Ave, Bricktown, NY 08724. . . Someway in the results of last summer's National Masters walks we omitted Jeanne Bocci who was the first woman over 40 in the 20 Km with a time of 1:53:04. . . Bob Fine, President of Florida Race Walkers reports that as a result of articles in the three major South Florida papers they now have 1100 names on their mailing list. He feels they have the fastest growing program in the country. Most of the people inquiring are women over 40. . . Dr. Howie Palamarchuk comments on the

summary of Niles Richman's study on race walking injuries that we carried last month: I enjoyed Richman's study. I spoke with him last spring and sent him a copy of an early study I had done. I feel it was very accurate and helps confirm what we've known all along about race walking--race walking is not necessarily injury free, but hte injuries are far less severe and disabling than other sports. I thought the part on shoes was interesting. As a race walker and a podiatrist, I get asked a lot of questions about the best walking shoes--just like I used to get asked a lot about running shoes. I tend to agree with Richman. Most the so-called walking shoes available won't serve race walking as half decent training shoes. I tried a pair of Reebok walking shoes--not even race walking shoes--and just couldn't get used to them. They seemed too soft and mushy. Others feel like glorified dress shoes. Others are rehashed less expensive running shoes that companies have pressed into service to cash in on the walking boom. (I might catch some heat for that comment.) With care, a walker can still select a running shoe that will serve as a comfortable and durable walking shoe. I would agree that Nike and Tiger are durable training shoes I feel that adidas still has the all-time best racing shoe. With all our pleading and prodding, the shoe companies still have not produced a fitness or race walking shoe to fulfill our needs.

LOOKING BACK

20 Years Ago (From the Feb. 1968 ORW)--The indoor title was contested at 1 Mile in those days, and for a few years, including this one, they even had trial heats. Ron Laird won his heat in 6:42.9 and came back to blaze a 6:16.9 final to cop the title. Dan Totheroh, a 1-mile specialist of those days, edged Larry Young 6:23.4 to 6:24.7 for second. Larry Walker crossed the line in 6:19.5, but was dq'd. . . In late breaking news, we learned of a great 100 Km effort by the GDR's Christoph Hohne the previous fall. Passing 50 km in 4:23:47, he went on to win the race in Switzerland in 9:15:57.4. . . Tom Dooley did 20 miles on the track in 2:40:39, passing 30 Km in 2:28:47. Laird, shooting for a world 30 Km record, called it a day after passing 15 miles in 1:54:51.

10 Years Ago (From the Feb. 1978 ORW)--Terrible mistake in the lead head, which I just now noticed, and, whihc, I don't recall anyone ever calling to my attention. The head says: "Liers Defends Indoor Title. . . ." Only problem with that was, Sue Brodock, not Sue Liers won the race and defended her title. It was 1 Mile, and Brodock walked 7:01.7, beating her own record of 7:05.9 set the previous year. Liers was a distant second in 7:34.9, with Tracy Trisco third. . . The Men's 2 Mile title went to Todd Scully in 13:07.6. Dan O'Connor (13:20.3) edged Jim Heiring (13:21.2 for second. Ron Daniel and Dave Romansky were next, about 14 seconds further back. . . Neal Pyke walked an American record 6:04 mile in San Francisco and Scully did 1500 meters in 5:47.9 at the Olympic Invitational for another American record. Scully also won miles in the Millrose Games and in Philadelphia. . . Larry Walker won the LA Times Mile in 6:26.5

5 Years Ago (From the Feb. 1983 ORW)--Leading all the way, Ray Sharp won the National 2 Mile title in a record 12:13.33. Jim Heiring stayed close but could never quite challenge for the lead and finished second in 12:15.36. Dan O'Connor and Todd Scully were also under 13 minutes, with Troy Engle and Wil P eisichel rounding out the top six. . . The Women's Mile went to Sue Brodock in 7:14.67, less than 3 seconds ahead of Teresa Vaill. Susan Liers, Vicki Jones, Chris Anderson, and Carol Brown followed. . . Heiring set an American record for 3 Km in Chicago, winning in 11:32.15, better than a half-minute ahead of Tim Lewis. . . Sharp blasted a 5:47.98 for the mile in Albuquerque, beating Heiring by 7 seconds, and won the LA Times in a pedestrian 6:07.8, with Dan O'Connor, Tom Edwards, .

Gary Westerfield, National Women's Coach, keeps us posted on the Women's Indoor mile (list as of Feb. 22, 1988)

Indoor One Mile Race Walks/Women: All-Time List (Under 7:20)

6:28.46	Giuliana Salce (ITA)	02/16/85	Genoa, Italy
6:34.2	Maryanne Torrellas (USA)	02/19/88	Inglewood, CA
6:35.18	Torrellas	01/22/88	Ottawa, Canada
6:35.47	Ann Peel (CAN)	02/15/87	Fairfax, VA
6:35.69	Torrellas	01/29/88	Toronto, Canada
6:36.06	Peel	01/29/88	Toronto, Canada
6:37.06	Torrellas	02/15/88	Fairfax, VA
6:37.66	Peel	01/22/88	Ottawa, Canada
6:40.1	Teresa Vaill (USA)	02/20/87	Inglewood, CA
6:40.2	Lynn Weik (USA)	02/19/88	Inglewood, CA
6:40.52	Torrellas	02/15/87	Fairfax, VA
6:40.62	Weik	01/29/88	Toronto, Canada
6:41.61	Laura Rigutto (CAN)	01/22/88	Ottawa, Canada
6:42.59	Vaill	01/22/88	Ottawa, Canada
6:43.59	Salce	02/04/84	Genoa, Italy
6:44.12	Vaill	02/15/87	Fairfax, VA
6:46.77	Louise Aubin (CAN)	01/29/88	Toronto, Canada
6:47.95	Weik	12/26/87	West Point, NY
6:48.21	Weik	02/15/88	Fairfax, VA
6:50.48	Vaill	02/07/87	New Haven, CT
6:50.99	Aubin	01/22/88	Ottawa, Canada
6:52.7	Sara Stanley (USA)	02/19/88	Inglewood, CA
6:53.58	Vaill	02/28/86	New York, NY
6:54.6	Weik	02/15/87	Fairfax, VA
6:56.27	Weik	02/28/86	New York, NY
6:57.37	Rigutto	01/29/88	Toronto, Canada
6:58.35	Vaill	01/02/88	West Point, NY
6:58.4	Sue Brodick (USA)	02/01/80	Inglewood, CA
6:58.5	Susan Liers (USA)	02/15/81	Bronx, NY
6:58.70	Vaill	02/22/85	New York, NY
(Top 10 Performers)			
6:58.9	Chris Shea (USA)	02/23/79	New York, NY
	Torrellas	01/11/87	Hanover, NH
6:59.67	Rigutto	02/15/88	Fairfax, VA
6:59.9	Vaill	02/08/85	Inglewood, CA
(34 Performances Under 7:00)			
7:00.51	Pascal Grand (CAN)	01/29/88	Toronto, Canada
7:04.25	Esther Lopez (USA)	02/22/85	New York, NY
7:08.2	Victoria Herazo (USA)	02/19/88	Inglewood, CA
7:09.83	Debbi Lawrence (USA)	02/28/86	New York, NY
7:11.3	Lisa Vaill (USA)	02/20/87	Inglewood, CA
7:12.0	Carol Brown (USA)	01/27/84	New York, NY
7:14.83	Tricia Reilly (USA)	02/28/86	New York, NY
7:15.70	Tina Weber (USA)	02/28/86	New York, NY
	Zofia Wolan (USA)	02/14/88	Fairfax, VA
7:15.93	Francois Montes (USA)	02/02/86	New Haven, CT
7:17.0	Sybil Perez (USA)	02/20/87	Inglewood, CA
(22 Performers under 7:20)			

FOR LADIES AND GENTS TO WISH RACE:

- Sun. Mar. 6---Los Angeles Marathon, 8:40 am (D)
Ohio TAC Indoor 1500 meters, Columbus (H)
- Sat. Mar. 12---10 Km, Coconut Creek, FL (S)
10 Km, Atlanta (T)
- Sun. Mar. 13---3 Km and 10 Km, New York City, 9 am (R)
3 Mile, Denver, 9 am (E)
Women's 5 Km, East Meadow, N.Y., 9:30 am (G)
50 Km (Track), Worthington, Ohio, 9 am (H)
5 and 10 Km, Tacoma, Wash. (F)
5 Km, Torrance, Cal., 8 am (D)
- Fri. Mar. 18---5 Km, Salem, Ore. (P)
- Sat. Mar. 19---NATIONAL ATHLETICS CONGRESS MASTERS INDOOR 2 MILE, MEN AND WOMEN, BATON ROUGE, LA. (G)
20 Km Women, 30 Km Men, East Meadow, N.Y., 10 am (G)
20 Km, Seattle, 8 am (F)
20 Km, Long Beach, 8 am (D)
- Sun. Mar. 20---Indoor 3 Km, Syracuse, NY (Q)
- Sat. Mar. 26---10 Km, Seattle (vs. 15 Km runners) (F)
- Sun. Mar. 27---5 Km, Redlands, Cal. 8 am (D)
Shaul Ladany 50 Km, Atlanta, 7 am (T) (Also a 10 Km)
- Sat. Apr. 2---Half Marathon, Honolulu (I)
20 Km, El Cajon, Cal., (D)
50 Km, New York City, 8 am (R)
5 Km, Monterey, Cal., 10 am (U)
- Thu. Apr. 7---2.8 Mile, Seattle, 6 pm (F) (If you have wondered why they are always having 2.8 mile races in Seattle, you are about to learn. That, it seems, is the distance around Green Lake.)
- Sat. Apr. 9---5 Km, Davie, Fla. (S)
- Sun. Apr. 10---5, 20, and 50 miles, Columbus, Ohio, 7 am (H)
5 Mile, East Meadow, N.Y. (G)
Ron Zinn Memorial 10 Mile, Asbury Park, N.J., 11 am (N)
5 Miles, Los Angeles, 9 am (D)
- Sat. Apr. 16---5 Km, Evansville, IN (K)
2 Mile, McMinnville, Ore. (P)
Georgia 10 Km Championship, Thomasville (T)
- Sun. Apr. 17---Mortland Invitational 10 and 20 Km, Columbus, 8 and 9:30 am (H)
5 and 15 Km, New York City, 9 am (R)
5 Km, Pompano Beach, Fla. (S)
- Sun. Apr. 24---10 Km, Pomona, Cal. (D)
5 and 10 Km, Chicago (J)
New Jersey Waterfront Marathon (N)
Masters 10 Km, Mission Bay, Cal. (O)
- Sat. Apr. 30---3 Km, Mayfield Heights, Ohio, 12:15 pm (V)
- Thu. May 5---2.8 Mile, Seattle, 6 pm (F)
- Sat. May 7---5 Km, Sioux Falls, S.D., 8 am (L)
- Sun. May 8---5 Mile, Denver, 9 am (E)
 $\frac{1}{2}$ Marathon and Marathon, Springfield, Ohio, 9 am (M)
5 and 10 Km, New York City, 9 am (R)

CONTACTS

C--Sam Seemes, Track Office, LSU, Baton Rouge, LA 70893
D--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
E--Bob Carlson, 2261 Glencoe St., Denver, CO 80207

F--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
 G--Gary Westerfield, P.O. Box 440 Smithtown, NY 11787
 H--John White, 4865 Arthur Place, Columbus, OH 43220
 I--Deb Coffer, 708 Hausten St., Honolulu, HI 96826
 J--Chicago Walkers, 111 W. Butterfield Rd., Elmhurst, IL 60126
 K--Walk For the Health of It, YMCA, P.O. Box 6106, Evansville, IN 47712
 L--Glen Peterson, 1906 S. Hawthorne, Sioux Falls, SD 57105
 M--Springfield Parks and Recreation, 76 E. Higt St., Springfield, OH 45501
 N--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 O--Doug Greiner, (619) 440-1206
 P--Jim Bean, 4568 Fuhrer St., NE, Salem, OR 97305
 Q--Dave Talcott, RD 3, Box 152A, Owego, NY 13827
 R--Howard Jacobsen, 445 E. 86th St., New York, NY 10028
 S--Florida Race Walkers, 4223 Palm Forest Drive North, Delray Beach, FL 33445
 T--Dave Waddle, 2327 Redfield Dr., Norcross, GA 30071
 U--Walk Walk Club, P.O. Box 221172, Carmel, CA 93922
 V--Cathi Sullivan, 10190 Pleasant Lake, G20, Parma, OH 44130

* * * * *

Things aren't always jolly in England. Following is a rather scathing letter that appeared in the November 1987 Race Walking Record, and excepts from three well-stated replies that appeared in the January issue. (Well-stated, except that, as an "oldtimer" myself, I somewhat resent the put down of earlier participants in the sport.)

In the 1920's when Eric Liddel was competing in the Olympic Games I was an amateur athlete. I was not a champion but like many of my clubmates at that time we competed for the love of the sport, there was no sponsorship, we were true amateurs. In 1946 when I was no longer fit to compete I became interested in walking, as some of my associates competed in walking races. During this period I was aware of many well known walking competitors, I was never a competitor but I assisted in the promotion and managing of walking races, and I became aware of the abilities of men like Whitlock, Forbes, Thomson, Nailson, Magnin and many others. In those days the competitors actually walked according to the rules 'progression by means of steps'.....need I go further? I had seen many walkers in the London to Brighton and other famous events pulled out of the race for what was commonly referred to as 'lifting' i.e. both feet off the ground at the same time. A few years ago I saw a race where some of the competitors had devised or developed a method of what appeared to me to be running with straightened legs. My immediate thoughts were 'are the judges blind, incompetent or both?' Since then I have seen alleged walking races at International and National level where any competent Judge of true walking would have disqualified the entire field before they left the stadium. Since then I have washed my hands completely of those alleged walking races.

On Thursday, September 10th on a t.v. Sports programme I witnessed some of which your Association should be absolutely ashamed. Charlie Megnin has reputation second to none in the field of walking, true walking may I remind he has to my knowledge been walking in races from the age of 15 years, that I has devoted 56 years of his life towards the sport of race walking, he has a National and International reputation and is the finest ambassador of true walking the sport has ever had. To find this man being driven out of the : because of the antics of the straight legged gallopers who are falsely refer to as walkers is I think the last straw. I have always been under the impression that Amateur Athletics in this country was controlled by the S.A.A.A. and in my day and later by the A.A.A. As for Race Walking there has apparently been no effective control over the sport for several years otherwise it would not have been degraded to the farce that it is now; when one sees packs of straight legged gallopers romping round a track; to conclude as your association has failed completely I suggest the walking association be wound up and the promotion of the so called walking races be eliminated from all athletic meetings, the straight legged runners could then compete with the orthodox runners.

G. Mayes.

OH DEAR MR MAYES!

Stop this "walking farce"! - how dare you suggest such a thing, Mr. Mayes (November issue)

I belong to Steyning Athletic Club, a predominantly race walking club. On Tuesday and Thursday evenings we have 40-50 people of all ages from nine to 59 turn up for training for two reasons:

1. Enjoyment.
2. A cherished dream to represent Great Britain in the Olympics and World Championships at the athletic event towards which they have chosen to dedicate their energies.

Please don't rob these athletes of their lifeblood with your bigoted views.

Race walking has come a long way since the heyday of Whitlock, Neilson and Megnin. It is no longer an event for older men plodding from London to Brighton.

It is a highly technical event requiring supreme fitness and discipline to keep within the rules. Through improved training techniques, more and more young people are able to walk at a fast pace for longer periods.

Sure, some will occasionally transgress the rules and, therefore, expect disqualification in the same way that the long jumper who unwittingly "oversteps the mark" expects a red flag.

I too have seen TV film and photos of leading walkers "lifting" but please don't label all current race walkers as straight-legged galloping cheats, as you imply. Through pushing too hard a walker may overstep the mark and if so, expects the red flag.

I agree the judging at recent major Games may not have been strict enough, but pressure will be brought to bear by the governing bodies to ensure such controversy does not continue to surround our great sport.

David Rowland.
 Coach, Steyning AC.

Your letter has left me choked. This scathing attack on "packs of straight-legged gallopers romping around the track" cuts me through like a knife.

"Whitlock, Forbes, Thompson, Neilson, Megnin and many others". We are faster today because we are better conditioned. I suggest those men would find my typical weekly schedule frightening. 150 kilometres plus on the road or track, twice weekly doses of circuit training and 1500 sessions in the swimming pool, these are the 1980's. Today's race walker is an athlete of the highest calibre.

"Judges blind, incompetent or both? Judges at majors have years of experience behind them and are quite capable of removing the walker who is gaining unfair advantage. A capability used in the World Cup, where I competed, and the World Championships.

Charlie Megnin driven out of the sport because of the antics of Myilk". Sorry to see you go Charlie. As this season's number three ranked 20 km man I am saddened that you label me a cheat, I do not deliberately break the rules of my athletic event. There is nothing to be gained from this and that's biochemics. Compare a race walker and a runner side by side. See the runner's head bobbing up and down, his knees bending as he springs through his stride. Note the walker's head, no movement, and his supporting leg is straight as he rolls from (the good old) heel to toe; the difference is obvious.

It is probably naivety but I still can't understand why my event takes so much abuse, why promoters organise my races before opening ceremonies or advertised meeting start times and why I generally get treated as a second class citizen. Despite you J. Mayes, despite others who may share your opinions, I will not go away. Your views serve only to strengthen my resolve. It is you I will be thinking of when benching another 10 lbs in the gym or on the track, hitting that final interval a second faster than before!

Andi Drake
Coventry RWC
Plymouth CW

I am fed up with the continued failure of the older generation of the walking fraternity to move with the times and accept that race walking, like all other aspects of athletics, has changed dramatically in recent years.

Pole vaulters no longer use metal poles or land in sand pits, tracks are now synthetic and all-weather and the talk is mainly of subventions, pace making and drugs.

Walking has escaped all this and is still probably the most amateur of all athletic events, even at the top level. Yet people like J. Mayes and Charlie Megnin seem unable to accept the fact that walking is now a more athletic event and attracting much younger competitors and is more popular round the world than it has ever been.

The growth of women's walking in recent years has been phenomenal. One needs only look at the ages of former champions in the major games a dozen years ago and earlier, to see that they had one thing in common. They were all mature men and it was not unusual for veterans to travel with the British team of young athletes.

Of course walkers at their fastest are not maintaining contact all the time. I doubt if George Garnier was when he won his Olympic titles in 1908. It is physically impossible above a certain speed to maintain contact with the ground; this is why aeroplanes take off!

The whole problem lies, as I wrote in my letter published several months ago, with the definition of pace walking which is out-dated. I then stated that the Walking Commission of the I.A.A.F were at fault for failing to change the definition, or introduce mechanical means to enforce it as the human eye was just not good enough to detect the break in contact of a fair looking walker.

Rather than have a ridiculous situation whereby walkers will be marking time well within their physical capabilities, I suggest the addition of just one word to the current definition of race walking. IMPRESSION. A walker who gives the impression of maintaining contact on every stride is what is generally accepted as fair walking. The bad stylist is soon spotted.

It is 21 years since I switched from being a below average runner, who even ran marathons before they were popular, to race walking. If I thought that those who are now beating me by such large margins were cheats I would soon go back to running, which I enjoyed so much.

In my club we have a walker capable of sub 12 minutes for 3,000 m. We also have walkers who walk the distance in over 20 minutes. They admire the faster walker for his speed with such a good technique; they do not call him a cheat.

The sooner the I.A.A.F amend their rules, the sooner the sensationalists in the media will stop knocking walking and the old-timers will realise that it is an athletic event. They can always take up rambling but I, at 46, still enjoy the physical satisfaction from race walking and admire the technically good young men and women who are re-writing the record books in RACE walking. My capitals are deliberate.

Alan Buchanan.
Brighton

Asbury Park Press/Saturday, January 2, 1988

Shore area athlete walks off a winner in Australia

The 1960 U.S. Olympic track and field team was loaded up with such gold-medal stars as Otis Davis, Lee Calhoun, Glenn Davis, Don Bragg, Ralph Boston, Bill Nieder, Al Oerter, Rafer Johnson and Wilma Rudolph.

At those Rome Games, Otis Davis won the 400-meter dash in 44.9 seconds, Calhoun the 110-meter high hurdles in 13.8 and Glenn Davis the 400-meter hurdles in 49.3. Bragg pole vaulted 15-5, Boston long jumped 26-7½, Nieder put the shot 64-6¼, Oerter hurled the discus 194-2, Johnson compiled 8,001 decathlon points and Ms. Rudolph ran off with the women's dash titles in 11.0 and 24.0.

To this day, Oerter remains in superb shape and can consistently top his 1960 distance.

There's just one other member of that 1960 U.S. team, however, who can even approach his performance of 27 years ago and he's a well-known performer on the New Jersey track scene.

He's the remarkable Bob Mimm of Willingboro and the Shore Athletic Club, who race walked 20 kilometers in 1:45:09 (placing 23rd) at the Rome Olympics and to this day is very close to that kind of shape.

Evidence of his still-outstanding form is just in — Mimm won the 20-kilometer walk (60-64 age division) at the World Veterans Athletes Championships in Melbourne, Australia, in the sensational time of 1:49.09. It was the first part of a double gold-medal performance by Mimm at Melbourne, the second coming in a 26:02 victory in the five-kilometer sprint track walk.

Running
**ELLIOTT
DENMAN**

Mimm turned 63 on Oct. 18. Just five weeks later he was in Australia. His 1:49.09 performance there calculated to a mere 3.665 percent drop-off from his 1960 Olympic performance.

If they were even to attempt (a very doubtful proposition) to prove themselves equal (vis a vis their '60 marks) to that kind of an effort, Otis Davis would have to run 400 meters in 46.7, Calhoun do the high hurdles in 14.3, Glenn Davis cover the 400 hurdles in 51.1, Bragg pole vault 14-10, Boston long jump 25-8, Nieder put the shot 62-2, Johnson register 7,708 points and Ms. Rudolph run the dashes in 11.4 and 24.8. Fact of it is that they're nowhere even close to being capable of that now.

But Bob Mimm rolls right along.

His two gold medals in Melbourne came on top of two previous World Veterans Championships medals, at the 1981 meet staged in Christchurch, New Zealand. That also makes Mimm unbeaten in the Southern Hemisphere.

Among other things, the two Melbourne golds also clinched Mimm's selection as winner of the Johnny Hayes Memorial Trophy as 1987 Shore AC athlete of the year. The trophy was presented at the club banquet held at Tim McLoone's Rum Runner Restaurant in Sea Bright.

"That part of the world (the Southern Hemisphere) seems to agree with me," said Mimm.

He proved it in Melbourne, waging a tight duel with France's Albert Sturni, a former World Vets champion, before walking off with the 20-kilometer crown and then surging past Australia's Theo Orr in the second half of the five-kilometer race and winning it going away.

All World Veterans Games competition was scored in five-year age groups and athletes there were as young as 35 (where women's eligibility began) and as "experienced" as 96.

Proving, too, what a lifetime sport race walking really is was Australia's amazing Gus Theobald, who turned in the excellent performances of 35:18 (5km) and 2:35:47 (20km) in winning his own pair of gold medals. Theobald happens to be 90 years old and competes in the 90-94 division.

Shore AC's Don Johnson of Little Silver collected a pair of silver Melbourne walk medals in the 70-74 division and Harry Drazin of Interlaken was sixth (20km) and seventh (5km) in the 70-74 racing. Mimm, Johnson, Drazin and Joe Lavenberg of Shore AC won medals in the team walk scoring, too.

What are Mimm's secrets of long-range success?

"First of all, I enjoy the sport," he said. "Some people just have short-range objectives. They get discouraged too easily. They say they're going to quit the sport if they don't win certain races or place so high or reach certain times.

"Second, I really like competing. I don't really like training that much. Some people train a lot and you hardly see them in competition.

"And third, you've got to put the time in. You've got to have the desire. Nothing comes easy. You've got to work for it."

Mimm has also been a frequent competitor in running races and won many Masters Division (or Veterans) awards there, too. But some recent leg injuries have kept him out of the runs and limited him to walking.

It all gets back to the competitor he is.

"Sometimes you push and push and you overdo it," he said. "You tighten up or you get leg troubles, you've got to lay off and then start up all over again."

Mimm has been through this scenario many times but still has found the knack of being ready when it counts.

They counted over 4,800 athletes, men and women gathered from 51 nations, at the World Veterans Games in Melbourne. With all those competitors, and all those age groups, they counted heaps of outstanding performers. Those who saw Bob Mimm in action count him with the best of the best.

14:02.28 6. Zofia Wolan 14:14.01 7. Victoria Herazo
14:29.35 8. Deirdre Collier 14:51.26 9. Frances Montes
14:58.83 10. Sybil Perez 15:07.94 DNF: Laura Rigutto,
Can., and Nora Comans.
Men's 5 Km--1. Guillaume Leblanc, Can. 18:53.25 (Canadian
record. Seventh performer all-time) 2. Tim Lewis 19:56.05
3. Gary Morgan 20:02.50 4. Paul Wick 20:11.42 5. Mike
Stauch 20:25.05 6. Dave McGovern 20:58.29 7. Curtis Bishop
20:42.25 (Obviously, there is something wrong with these
times, but I don't know what at this point.) 8. Ed O'Rourke
21:01.00 9. James Mann 22:11.02 DQ--Doug Fournier, Richard
Quinn, Richard Fenton. DNF: Ray Funkhouser.

NEW YORK WORLD CUP

V.H.S VIDEO IN COLOUR WITH

COMMENTARY BY IAN BROOKS

RUNNING TIME 30 MINUTES.

£15 inc postage. CHEQUES

PAYABLE TO I.R.C-FROM

PETER MARLOW, 3 THE OLD MALTINGS,

HOCKERILL STREET, BISHOPS STORTFORD,

HERTFORDSHIRE. QM23 2ED.