

Ohio Race Walker
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OHIO RACEWALKER

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Price Still Dominant

Atlanta, November 4, 1990—Alan Price won his fourth National 100 Km Championship in 11 years, finishing ahead of defending champion Dave Waddle and North Carolina's Alvia Gaskill. The 43-year-old Price led from start to finish, surviving the unseasonably warm 80 degree weather and the challenging loop course, which included a turn-around known as "return from hell", and a stiff challenge from Gaskill. Of course, a mere 100 Km is a short race for Price who has completed many 100 mile races.

With Price leading by as much as 5 minutes during the first 50 Km, Gaskill closed to within 1:17 at the 52.5 Km mark, but was never able to pull any closer. Host Dave Waddle was never in it this year (perhaps spent from getting the race together), but gained considerable ground the second half. Trailing Gaskill by 26 minutes at 50 Km, Waddle was able to overhaul him at 90 Km and capture second, nearly 12 minutes in back of Price, who finished in 11:41:39. Finishing fourth, and beating his father, was Tim Blackburn, his highest ever finish in a National race. It might even be his first ever finish in a National race and a great effort for someone who occasionally accompanies daddy in these long ones. The amazing thing is that Tim gained on everyone, including Waddle, over the final 10 Km, which he did faster than he did any 10 Km split after 30 Km. His proud, but perhaps embarrassed father, the Publisher Emeritus of this newsletter, had to settle for fifth in this one. Of 13 starters, nine finished, two were disqualified, and two retired.

Results:

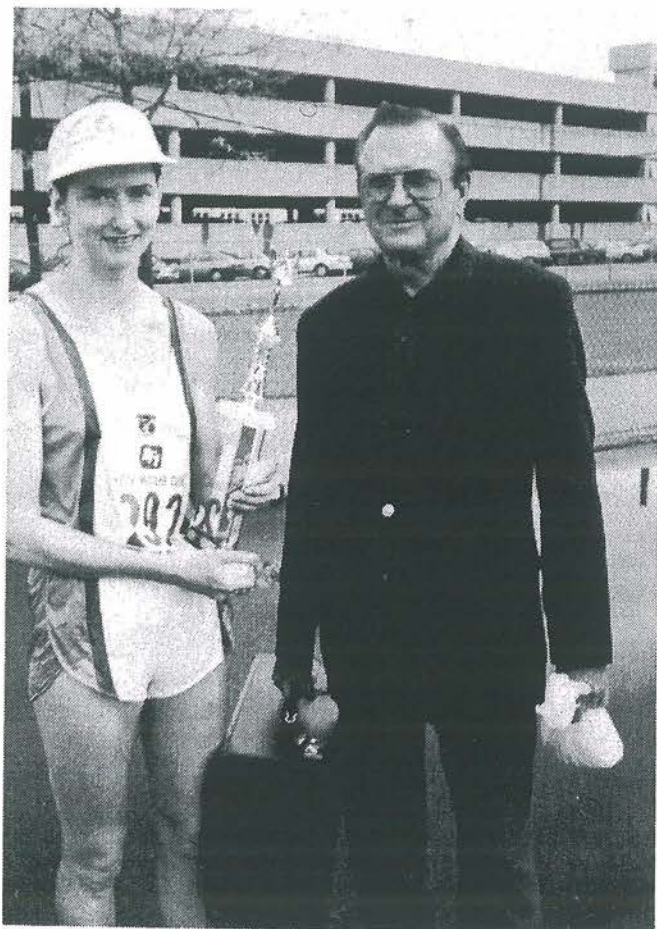
1. Alan Price 11:41:39, 43, (59:46, 2:00:55, 3:04:52, 4:11:01, 5:20:55, 6:37:35, 7:49:12, 9:03:51, 10:21:58) 2. Dave Waddle, 37, 11:53:34 (1:06:41, 2:29:44, 3:20:34, 4:34:00, 5:48:24, 6:58:53, 8:08:40, 9:24:54, 10:39:33) 3. Alvia Gaskill, 35, 12:08:21 (1:03:07, 2:05:38, 3:09:14, 4:14:14, 5:26:02, 6:41:04, 7:56:48, 9:21:18, 10:37:15) 4. Tim Blackburn, 30, 12:17:32 (1:08:54, 2:18:44, 3:28:33, 4:42:31, 5:52:39, 7:10:35, 8:27:28, 9:45:32, 11:05:08) 5. Jack Blackburn, 54 (but just a few days short of 55), 12:49:33 6. Charles Hunter, 53, 13:35:46 7. Jim Barnes, 52, 14:11:28 8. Mike Micheal, 60, 14:55:26, 9. Hernan Sabio, 43, 15:41:01

OTHER RESULTS

1 Mile, Boston, Dec. 15 (indoor)—1. Gretchen Eastler, Simmons College 7:53.7 2. John Monteiro 10:35 5 Mile, Winchester, Mass.—1. Steve Vaitones 38:24 2. Justin Kuo 44:24 3. Angel Monteiro 55:24 4. John Monteiro 55:28 Masters 1 Mile, Brown Univ., RI, Jan. 13—1. Tim Good, Brown U. 6:55.1 2. Brian Savilonis (1st 40-44) 7:04.7 3. John Johnson (1st 45-49) 7:29.9 4. Jack Boitano (1st 55-59) 7:56.3 5. Justin Kuo 7:56.7 6. Jim Brochin 7:57.8 7. Bob Ullman (2nd 40-44) 8:03.6 8. Jerry Patrick (1st

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Victoria Herazo and Coach Jim Bentley after her record-setting victory in the National 2-Hour Walk at Cambridge, Mass. last October (Elliott Denman photo.)

50-54) 8:49.0 9. Gus Davis (2nd 50-54) 9:05.7 10. John Gray (2nd 55-59) 9:09.3 11. Charles Mansbach (2nd 45-49) 9:23.8 **Women's 1 Mile, same place**—1. Maryanne Torrellas 7:09 2. Carol Kay 9:43.9 (1st 40-44) 3. Christine Hunziker 9:51.3 (2nd 40-44) 4. Karen Faye 9:51.4 (3rd 40-44) **Dartmouth Relays 2 Mile, Jan. 6**—1. Dave McGovern 13:08.5 2. Michael Roth 16:58.5 **Women:** 1. Gretchen Eastler 17:46 **5 Km, New York City, Nov. 25**—1. Nick Bdera (42) 23:34 2. Marc Varsano 23:38 3. Bob Gottlieb 24:40 4. Larry Vogel 25:12 5. Michael Korol 25:45 6. Sean Albert, 16, 26:13 7. Quentin Cunningham, 18, 26:28 9. Steven Pinto 27:22 10. Bob Thaler, 52, 28:33 11. Paul Butkovich, 47, 29:08 12. Tom Worthington, 43, 29:22 13. Wallace Cutler, 67, 30:17 14. Linda Roesner, 50, 30:32 15. Frank LaMorte, 69, 30:34—47 finished **5 Km, New York City, Dec. 1**—1. Nick Bdera 23:57 2. Bob Gottlieb 24:27 3. Larry Vogel 24:55 4. Michael Korol 25:01 5. Tim Ferguson, 43, 26:03 6. Steven Pinto 27:26 7. Paul Butkovich 28:36 8. Tom Worthington 28:55 9. Frank LaMorte 30:13 10. Wallace Cutler 31:05—23 finished **5 Km, New York City, Dec. 9**—1. Doug Fournier 23:06 2. Nick Bdera 23:34 3. Marc Versano 23:39 4. Michael Korol 23:45 5. Lynn Weik 23:55 6. Larry Vogel 24:57 7. Quentin Cunningham 25:36 8. Steven Pinto 27:02 9. Bob Thaler, 52, 27:24 10. Kaisa Ajaye 27:42 11. Paul Butkovich 27:57 12. Jules Fremont, 50, 28:16 13. Tom Worthington 29:00 14. Ellen O'Shaughnessy 29:23 15. Gale Lichtger 29:31 16. Rhoda Greene, 57, 29:46 17. Cervan Robinson, 62, 30:18 18. Wallace Cutler 30:31 -- 45 finished **Indoor 1500, Fairleigh-Dickinson U., Dec. 9**—1. Rima Domow 8:44.60 2. George Heller (65-69) 8:49 1500 FDU, Dec. 16—1. Roberto Gottlieb 7:06.90 2. Quentin Cunningham 7:17.20 3. Mike Heitezman 7:19.70 4. Paul Butkovich 8:34.30 5. Elizabeth Butkovich 10:40.90 **Junior 1500 FDU, Dec. 16**—1. Rima Domow 8:29.20 2. Tara Shea 8:42.00 3. Erika Hanami 9:37.50 **1 Mile, West Point, NY, Dec. 22**—1. Rob Cole 6:08.61 2. Gary Null (46) 6:51.21 (U.S. Age Group Record) 3. Roberto Gottlieb 7:04.37 4. Quentin Cunningham 7:11.20 5. Mike Hetexman 7:27.81 6. Franco Pantoni (45-49) 7:32.54 **Indoor 3 Km, West Point, Dec. 29**—1. Rob Cole 12:04.32 2. Tim Seaman 12:17.46 3. Mark Barber 13:00.57 4. Mark Varsano 13:19.46 5. Gary Null 13:20.43 (New U.S. Age Group Record) 6. James Spahr 13:23.22 7. Sean Albert 13:43.21 8. Roberto Gottlieb 13:48.01 9. Quentin Cunningham 14:04.62 10. Franco Pantoni 14:31.64 11. Michael Roth 16:06.30 12. Herbert Zydek 18:11.82 **Women's 3 Km, same place**—1. Kaisa Ajaye 15:20.47 2. Desiree McCauley 15:33.34 3. Deirdre Collier 15:48.35 4. Sarah Gordon 16:51.46 5. Debbie Scott 16:57.74 6. Gale Lichter 17:15.84 7. Carol Casella 17:21.15 8. Lucy Alvarez 17:47.05 **Indoor 1 Mile, Fordham U., Jan. 6**—1. Gary Null 7:11.70 2. Bruce Logan 7:55.50 3. Sam Skinner (45-49) 8:13.70 4. Carol Casella 8:54.40 5. Lucy Alvarez 9:07.90 **5 Mile, New York City, Jan. 6**—1. Gary Null 38:06 2. Nick Bdera 39:38 3. Franco Pantoni 39:58 **Indoor 1500, New York, Jan. 20**—1. Gary Null 6:21 2. Roberto Gottlieb 6:29 **Indoor 3 Km, Princeton, NJ, Nov. 6**—1. Ray Funkhouser 13:14.1 2. Sean Albert 13:56.3 3. Edgardo Rodriguez 14:02.9 4. Cliff Mimm 14:27.7 5. Steve Pinto 14:47.4 **5 Km, Freehold Twp., N.J., Dec. 2**—1. Avram Shapiro 30:17 Todd Scully 10 KM, West Long Branch, N.J., Dec. 9—1. Ray Funkhouser, 40, 47:45 2. Edgardo Rodriguez 51:34 3. Bob Mimm (66) 56:16 4. Dr. Patrick Bivona 58:04 (40-49) 5. Harry Eisner 58:43 (50-59) 6. Ben Ottmer 62:02 7. Avram Shapiro 62:18 **5 Km, Freehold Twp., Dec. 16**—1. Dr. Patrick Bivona 28:15 2. Manny Eisner 28:31 3. Elliott Denman 32:44 **1 Hour, West Long Branch, Dec. 23**—1. Ray Funkhouser 12,417 meters 2. Edgardo Rodriguez 11,898 3. Cliff Mimm 11,470 4. Bob Mimm 10,677 5. Dr. Patrick Bivona 10,155 6. Tim Chelius 10,035 **10 Mile, Asbury Park,**

N.J., Dec. 30--1. Ray Funkhouser 1:24:32 2. Steve Pinto 1:34:05 3. Dr. Patrick Bivona 1:38:04 (1st 40-49) 4. Jeff Davis 1:42:35 5 Mile, Miami, Jan. 13--1. John Fredericks, 44, 39:15 2. Yariv Pomeranz, 15, 43:22 3. Lee Duffner, 54, 44:33 Women: 1. Linda Stein, 43, 46:24 2. Louise Tolson, 40, 48:47 10 Km, Miami, Jan. 6--1. John Fredericks 50:39 2. Yariv Pomeranz 56:55 3. Lee Duffner 58:06 4. Peter Black, 48, 58:21 5. Charles Poladian, 68, 63:02 -- 14 finished Women: 1. Sondra Vladem, 36, 59:23 2. Linda Stein 59:42 3. Louise Tolson 64:55 -- 18 finished 10 Km, Miami, Dec. 29--1. John Fredericks 50:21 2. Yariv Pomeranz 56:11 3. Fred Cichocki, 47, 56:21 4. Lee Duffner 58:05 5. Charles Deuser, 60, Cincinnati, Ohio 61:41 7. Gary Canner, 49, 62:25 8. Charles Poladian, 68, 62:56 Women--1. Linda Stein 60:03 2. Sheila Cichocki, 46, 63:32 10 Km, Miami, Dec. 2--1. John Fredericks 52:13 2. Yariv Pomeranz 57:56 3. Peter Black, 47, 57:58 Women: 1. Sondra Vladem 58:07 2. Daisy Platero 58:20 3. Louise Tolson 60:14 4. Linda Stein 60:57 5 Km, same place--1. Gary Canner 29:22 2. Charles Poladian 29:53 3. Daniel Piguille 30:23 4. Burns Hovey 30:38 10 Km, Cincinnati, Ohio, Nov. 22--1. Chris Knotts 53:29 2. Tim Blackburn 53:44 (Must be by far a personal best, showing just what a good 100 Km effort will do for you) 3. Ralph Dehner 58:06 4. David Berry 59:00 5. Jim Woolfolk 60:27 (This annual Thanksgiving Day race has been held since 1908, except for 1918 and 1936. I think there has always been a walking division. It has followed various routes from Ft. Thomas, Kentucky to downtown Cincinnati, and the distance used to be no more than 5 1/2 miles, although it was billed as 6. It has been on a certified 10 Km course since 1977. Jack Blackburn is probably the only person to score victories in both the run and walk, having won the run in 1956 before he dreamed of walking, and the walk several times starting in 1958 or 1959. In running the run, his name is on the list with such greats as Gil Dodds (five-time winner), Bob Schul, and Jack Bachelier. 4 Mile, Detroit, Dec. 31 (New Year's Eve)--1. Zbigniew Sadlej, Poland 29:06 2. Gary Morgan 30:06 3. John Elwarner 33:07 Women: 1. Brenda Mallat 38:57 1 Hour, Austin, Texas, Dec. 29--1. John Knifton 7 mi 1113 yds (48:40 at 10 Km) 2. Dave Gwyn 6 mi 966 3. Jorge Ballester 6 mi 901 4. Heidi Epp 6 mi 463 5. Jim Chapman 6 mi 41 6. Jeff Wahrmund 5 mi 1560 5 Km, Austin, Dec. 1--1. John Knifton 25:10 2. Adam Pawlik 25:57 Women: 1. Lisa Chumbley 28:56 2. Celeste Hamman 29:07 Marathon, San Antonio, Texas, Nov. 11--1. John Knifton 4:12:57 2. Adam Pawlik 4:16:19 3. Norm Frable 4:25:30 5 Km, Denver, Nov. 17--1. Dan Pierce 26:38 2. Christine Hackman 28:22 3. Cutberto Diaz 28:47 4. Daryl Meyers 28:51 4 Mile, Denver, Nov. 22--1. Carl Schueler 29:06 2. Raul Fabian 29:29 3. Bob DiCarlo, 56, 35:57 5 Km, Denver, Dec. 8--1. Vladimir Fabian 25:19 2. Daryl Meyers, 48, 27:38 3. Christine Hackman 27:40 4. Larry Marchant, 50, 29:34 5. Carey Gurovich 29:39 5 Km, Riverside, Cal., Nov. 11--1. Victoria Herazo 23:00 2. Andrea Johnson 25:40 3. Ted Greiner, 58, 26:35 4. Dave Snyder, 47, 27:12 5. Steve Leitner, 44, 27:15 6. Susan Armenta, 17, 27:19 7. Wilson Crone 29:18 8. Leonie Sutherland 29:47 9. Rodney Canes, 43, 29:55 10. Richard Guthery, 55, 30:02 1/2 Marathon, Long Beach, Nov. 11--1. Ed Bouldin 1:49:31 2. Art Grant 1:58:06 3. Richard Ashton 1:59:03 4. Wayner Wurzbarger 2:06:20 5. Jesus Orendain 2:09:20 Women: 1. Francene Bustos 2:02:23 2. Margaret Govea 2:05:57 3. Alison Ashton 2:08:27 4. Jaye Horowitz 2:13:47 LA area Postal Area 1 Hour (at two sites--East Los Angeles City College and Santa Monica City College)--1. Jonathan Matthers, 34, 13, 182 meters 2. Rene Haarpainter, 26, 12,929 3. Larry Walker 47, 12,623 4. Keith Ward 12,389 5. Dana Marsh, 25, 12,322 6. Ed Bouldin,

43, 12,015 7. Enrique Camarena, 40, 11,800 8. Andrew Smith, 41, 11,414 9. Art Grant, 40, 11,388 10. Richard Oliver, 53, 10,950 11. Carl Acosta, 55, 10,627 12. Jesus Orendain, 48, 10,579 13. Dave Snyder, 47, 10,551 14. Wayne Wurzbarger, 48, 10,542 15. Carl Warrell, 41, 10,400 16. Bill Neder, 51, 10,119 17. Mike Padovich, 41, 10,050 18. Sam Stote, 56, 9,592 -- 35 finished Women: 1. Victoria Herazo 12,464 2. Fran Bustos 11,507 3. Kathy Mish 10,571 4. Jolene Steigerwalt, 48, 10,087 5. Donna CUnningham, 44, 10,080 6. Paula Kash, 41, 9,950 7. Shirley Capps, 55, 9,600 -- 17 finished 1/2 Marathon, Seattle, Nov. 24--1. Phil Dunn 1:47:45 2. Blake Surina 2:05:51 Masters 8 Km, Tacoma, Wash., Dec. 2--1. Steve Frederickson 29:04 2. Jim Bryan 43:46 3. Lew Jones 46:08 4. Bev LaVeck 46:12 5 Km, Seattle, Dec. 15--1. Herm Nelson 22:49 2. John Kerfoot 23:40 3. Stan Chraminski 25:06 4. Bob Novak, 41, 26:16 5. Daniela Hairabedian 27:17 6. Lew Jones, 45, 27:55 7. Steve Frederickson, 44, 29:19 8. Bev LaVeck, 54, 27:30 9. Sara Kludt 29:43 Saskatchewan K of C Indoor 1500, Jan. 6--1. Janice McCaffrey 6:45.76 2. Holly Gerke 6:49.80 3. Laura Rigutto 7:02.47 4. Victoria Herazo, U.S. 7:04.36 5. Corrine Whissel 7:25.50 Hamilton Spectator Games 1500, Hamilton, Ont., Jan. 11--1. Holly Gerke 6:09.63 2. Victoria Herazo 6:14 3. Laura Rigutto 6:15.26 4. Allison Baker 6:31.78 5. Louise Aubin 6:54.45 1 Hour, Toronto, Oct. 27--1. Roman Olszewski 11,750 meters (50:45 at 10 Km) 2. Paul Guimond 11,475 (52:29) 3. Jaan Roos 9,725 Women's 5 Km, same place--1. Brigitte Leblanc 28:35 2 Hour, Toronto, Nov. 3--1. Paul Guimond 21,550 2. Jaan Roos 18,550 3. Max Gould 18,025 5 Km, Toronto, Dec. 8--1. John Tucker, 20, 24:53 2. James Kilburn, 19, 27:48 3. Jaan Roos, 53, 27:57

OVERSEAS (Including many quite belated results)

20 Km, Hildesheim, Germany, Sept. 15 (Actually just 19.8 Km, which means a revision in our annual lists published last month, since many of these athletes had their season best in this race--understandably. The short course won't affect the rankings. We will publish a revised 20 Km list at a future date when all the data are in.)--1. Pavol Blazek, Czechoslovakia 1:18:13 (Extrapolates to 1:19:00 for the full 20) 2. Robert Korzenoski, Poland 1:19:32 (1:20:20) 3. Roman Mrazek, Czech. 1:20:21 (1:21:20) 4. Robert Ihly, Germany 1:20:28 (1:21:30) 5. Kollar, Czech. 1:20:37 6. V. Kazlauskas, USSR 1:20:59 7. Hartwig Gauder, Germany 1:21:30 8. Weisse, Germany 1:22:15 5 Km, Hildesheim, Sept. 14--1. Robert Korzenowski 18:21 (World Best Performance) 2. Roman Mrazek, Czech. 18:24 3. V. Kazlauskas, USSR 18:24 4. Pavol Blazek, Czech. 18:27 5. Hartwig Gauder, Germany 18:36 6. Robert Ihly, Germany 18:46 7. Arbaciauskas, USSR 18:49 8. Sonnek, Czech. 19:00 Women's 10 Km, same place--1. Sari Essayah, Finland 45:23 2. Szebenszky, Hungary 45:38 3. Katrin Born, Germany 45:53 20 Km, Zabrze, Poland, Aug. 12--1. Robert Korzenowski 1:22:35 20 Km, Prague, Czech., July 22--1. Pavol Blazek 1:22:51 2. Roman Mrazek 1:24:09 10 Km, Frankfurt, June 24--1. Andrei Perlov, USSR 39:00 2. Nick A'Hern, Australia 39:11 3. Robert Ihly 39:31 4. Yevgeniy Misyula, USSR 39:47 5. Andrew Jachno, Australia 39:58 Women's 5 Km, same place--1. Tamara Kovalenko, USSR 21:57 World Military Championship 20 Km, Kajaani, Fin., July 29 (track)--1. Massimo Quieiconi, Italy 1:24:52 2. Massimo Fizialetti, Italy 1:28:44 Women's 10 Km, Helsinki, July 30--1. Sari Essayah 43:47 2. Mirva Hamalainen 45:22 5 Km, Vasteras, Sweden, July 19 (track)--1. Monica Gunnarsson 21:59 2. Madeleine Svensson 22:49 3. Siv Vera-Ybanez 22:59 20 Km, Neuilly=Plaisance, France, April 29 (track)--1. Denis Langlois 1:25:51 50 Km, Chartrain, France, April

8-1. Edith Counez 5:25:35 50 Km, Nogent, France, May 13 (Track)--1. Martial Fesselier 3:52:51 2. Rene Pillier 3:56:57 3. Alain Lemerrier 3:59:28 20 Km Vilnius, Lith., Aug. 4 (track)--1. Viktoras Meshkauskas 1:24:30 2. Antanas Grigaliunas 1:24:39 3. Audrius Olisevichus 1:25:00 4. Rytis Arbaciauskas 1:26:34 5 Km, Hefie, China, March 3 (track)--1. Jin Bingjie 20:37.7 5 Km, Peking, June 13 (track)--1. Yan Kong 21:58.3 2. Yingzi Cui 22:10 5 Km, Messina, Italy, June 2 (track)--1. Anna Sidoti 21:30.5 5 Km, Verona, Italy, June 28 (track)--1. Ileana Salvador 21:19.43 2. Pagani 21:55.80 10 Km, Bari, Italy, July 11 (track)--1. Giovanni De Benedictis 39:21.02 2. Walter Arena 39:23.20 30 Km, Sept.-Iles, Canada, June 16 (track)--1. Guillaume Leblanc 2:04:56 (21:15, 41:42, 1:02:48, 1:23:54, 1:44:24) (Better world record. Strange we haven't heard about this before) African Games 20 Km, Cairo, Oct. 4--1. Snensu Hasen, Ethiopia 1:29:31 5 Km, Dresden, Germany, Aug. 18 (track)--1. Beate Anders 20:46.91 2. Katrin Born 22:30 20 Km (track), same place--1. Axel Noack 1:22:27 (20:15, 40:28, 61:31) 2. Hartwig Gauder 1:22:48 3. Weise 1:23:20 50 Km, Barcelon, Spain, May 28--1. Li Baojin, China 3:58:51 Polish 20 Km Championship, Pila, July 13--1. Robert Korzenowski 1:22:44 5 Km (track), Schwechat, Austria, May 19--1. Nadyda Ryashkina, USSR 21:12.19 2. Olga Kardopolitseva, USSR 21:19.12 3. Ildiko Ilyes, Hungary 21:48.75 4. Sada Eidikyte, USSR 22:21.44 Czech 20 Km Championship, Trahov, June 22--1. Pavol Blazek 1:22:51 2. Roman Mrazek 1:24:09 20 Km, Brisbane, Australia, Aug. 28--1. Andrew Jachno 1:20:43 2. Nick A'Hern 1:22:00 3. Simon Baker 1:22:38 Australian 10 Km Championship (track), Brisbane 8.26--1. Kerry Saxby 43:31 2. Lorraine Jachno 48:34 50 Km (track), Melbourne, Sept. 9--1. Simon Baker 3:43:50 (1:52:24 at 25) Canadian 20 Km Championship, Montreal, Aug. 5--1. Guillaume Leblanc 1:28:50 50 Km, Dudince, Czech., May 13--1. Zoltan Czukor 3:55:16 Women's 20 Km, Ogre, USSR, June 10--1. J. Panfilova 1:34:24 2. N. Kiryonova 1:36:59 3. S. Doreyeva 1:37:30 4. Ilze Apse 1:38:25 10 Km, same place--1. Tamara Kovalenko 43:44 20 Km (track), Lievin, France, April 1--1. Thierry Toutain 1:21:55

ARE ANY OF THESE RACES IN YOUR FUTURE?

Sat. Feb. 9	1500 meters, Tempe, AZ (D)
Sun. Feb. 10	5 Km, Monterey Park, Cal. (B)
	Ontario Indoor Women's 3 Km, Men's 5 Km, Windsor (I)
	10 Km, Denver, 9 am (F)
Sat. Feb. 16	5 Km, Denver (F)
	5 Mile, Long Branch, N.J., 11 am (A)
	5 Km Wok Walk (Chinese New Years) Albuquerque, NM (N)
Sun. Feb. 17	5 Km, New Orleans, 8:30 am (E)
	5 Km, Los Angeles, 8:10 am (B)
	Met. AC Indoor Women's 1 Mile, Men's 3 Km, West Point (Z)
Sun. Feb. 18	10 Km, Slidell, La., 8:am (E)
Sun. Feb. 22	NTAC Indoor Men's 5 Km, Women's 3 Km, New York (L)
Sat. Feb. 23	10 Km, Miami, 8 am (Q)
	Indoor 2 Mile, Warren, Michigan, 10:45 am (P)
	5 and 10 Km, Seattle, 10 am (C)
Sun. Feb. 24	13.1 Mile, Palm Beach, Florida, 7:30 am (Q)
Sun. March 3	10 Km, Westwego, La., 8 am (E)

	10 Km, Miami, 7:30 am (Q)
	Bill Walker 3 Mile, Detroit, 10 am (P)
	Los Angeles Marathon, 8 am (B)
Sat. March 9	Republic of Texas 2 and 5 Km, Austin (G)
	8 Km, Miami, 7:30 am (Q)
Sat. March 16	10 Km, Seattle, 10 am (C)
	Marathon, Palm Beach, Florida, 7:30 am (Q)
	20 Km, Los Angeles, 7:30 am (B)
	5 Km, Long Beach, Cal., 8:30 am (B)
Sun. March 17	National 50 Km, Long Beach, Cal. (B)
Sat. March 23	National Masters Indoors 3 Km, Blaine, Minn. (S)
Sun. March 24	Eastern Regional 10 and 20 Km, Washington, DC (O)
Thu. April 4	2.8 Mile, Seattle, 6 pm (C)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
 D--Arizona Walkers Club, 5615 E. Argyle Dr., Phoenix, AZ 85018
 E--Sharon Higginbotham, 2301 Edinboro #301, Metairie, LA 70001
 F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 G--Richard Charles, PO Box 3948, Austin, TX 78764
 H--Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30071
 I--Ontario T&F Assn., 1220 Sheppard Ave. East, Willowdale, Ont. M2K 2X7
 J--Niagara Walkers, 187 Lowell Road, Kenmore, NY 14217
 K--Kansas City Walkers, P.O. Box 30301, Kansas City, MO 64112
 L--Heliodoro Rico, P.O. Box 427, Crugers, NY 10521
 M--Columbia Track Club, PO Box 10237, Columbia, MO 65201
 N--New Mexico Race Walkers, 2301 El Nido, Albuquerque, NM
 O--Sal Corrallo, 3489 Roberts Lane, Arlington, VA 22207
 P--Frank Soby, 3907 Bishop Ave., Detroit, MI 48224
 Q--Florida Walkers, 4223 Palm Forest Drive, N., Delray Beach, FL 33445
 R--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 S--Dixon Farmer, 1700 105th St. SE, Blaine, MN 55434
 T--John Knifton, 10900 Catskill Trail, Austin, TX 75230
 W--Walkers Club of America, Box, Livingston Manor, NY 12758
 X--Walk USA, 350 Old Willets Path, Smithtown, NY 11787
 Z--Park Walkers Club, 320 East 83rd St., Box 18, New York, NY 10028

FROM HEEL TO TOE

Regarding the rankings and annual lists in the December issue, we have been asked where was Zofia Wolan in the U.S. women's 10 Km. We did not consider Zofia since these are U.S. lists and she is not yet a citizen. On the other hand, she plans to be and is competing full time in the U.S. so a case could be made for her inclusion. Certainly she would have ranked in the top ten, perhaps eighth, had we

considered her. In like manner, Rene Haapainter was not considered in the men's 20 km, although he had a full season of competition in Southern California. In the women's 10 Km list, we missed Donna Gilliland, who had a 57:31 in November. There are several changes in the world lists at 10 and 20 Km, and we will publish updated versions when all the data are in. . . We also must apologize to Second Class subscribers for the late arrival of their December issue. I thought I had mailed these on December 30—anyway I went to the Post Office that day, bought a few stamps needed for overseas deliveries, affixed the stamps, and dropped those copies and all other First Class copies in the box. At that point, I should have proceeded to the Bulk Mail drop point and left my bag of sorted copies for Second Class Delivery. Apparently, in a fit of creeping old-age absent mindedness, I did not. One week later I opened the trunk of the car to put something in and was startled to see said postal bag staring me in the face. Thus the delay in reaching your mail box. I'd like to say it will never happen again, but that would be rash for an aging man with a history of being absent minded even in his youth. . . The 1990 TAC Awards for Outstanding Masters Walkers went to Eugene Kitts and Viisha Sedlak, both members of the US National RW Team despite their advancing years. Five year age-group honorees were: 30—Jim Heiring and Victoria Herazo; 35—Ray Funkhouser and Daniela Hairabedian; 40—Kitts and Sedlak; 45—Larry Walker and Jo Ann Nedelco; 50—John Elwarner and Bev LaVeck; 55—Max Green and Joyce Decker; 60—Moshe Meyerowitz and Joan Rowland; 65—Bob Mimm and Ruth VanSandt; 70—Cokie Daman and Ernestine Yeomans; 75—Giulio DePetra and Millie Crews; 80—Byron Pike and Polly Clarke. . . I think I have asked this before, but we'll try again. Would anyone out there like to write an article on shoes? What today's walkers are using, what are the primary things to look for in a shoe, what is available in shoes designed for racewalkers, what's in the future, etc. Readers keep asking me such questions and I have published little bits and pieces from time to time, but nothing really definitive. I have my own ideas, but I don't have the "big picture" and am not competing seriously enough to be worried too much about exactly what is on my feet. Anyone want to contribute? You will get paid the usual rates; that is, the prestige of being published in a journal of international stature. . . This isn't racewalking, but may be of interest to the endurance buffs among you. David Blaikie in his "Footloose" column in the December issue of *Athletics* (Canadian) reviews a medical study conducted during the 1928 Bunion Derby (race across America). This study is one of the appendices in a book entitled *from I.a. to new york, from new york to I.a.*, which he describes as "meticulously researched and highly readable." It covers both the 1928 and 1929 races. For those interested, it is available by mail from the author for 12 pounds. The address is Harry Berry, 36 Beechfields, Eccleston, Chorley, Lancashire PR7 5RE, England. . . The January issue of *Athletics* featured Canadian walker Janice McCaffery on the cover and included a lengthy article on the Pan-American Cup walks. . . The American Racewalk Association (ARWA) has a Racewalk Training Camp scheduled for Boulder, Colorado from May 23 through 27. The agenda includes two-a-day workouts, seminars, video coaching, and individual attention in a beautiful locale. Daily seminar topics include speed, strength, and form drills, biomechanics, mental training, fat reduction program, racing strategy, and more. The coach is Viisha Sedlak. The registration fee of \$465 covers all handout materials. Write the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308 for registration

information. . . Go from there to San Jose and participate in Howard "Jake" Jacobson's weekend walking camp in conjunction with the World Cup competition in San Jose on June 1 and 2. There is also a full week camp available. Write Coach "Jake" Jacobson's Walking Camps, 437 Golden Isles Drive 15E, Hallandale FL 33000 for further information. . . The ARWA is also holding certification camp for racewalking teachers in Boulder on March 30 and 31. Those interested in being a certified ARWA instructor at one of three levels (gold, silver, and bronze) can write to the address above for information on this camp.

LOOKING BACK

25 Years Ago (From the Jan. 1966 ORW)—The mile walk in the LA Invitational (won by Ron Laird in 6:38) made it on to television, but we had to editorially chastise CBS for playing it as some sort of comic relief. . . John MacLachlan was named as National Chairman to replace the retiring Charlie Silcock. . . The National Junior (which meant novice in those days) 50 Km went to Marty Kraft in 5:22:34 ahead of Roger Duran. . . Ron Daniel won a 1 Mile race in New York in 6:34. . . On the local scene, Jack Blackburn whipped your editor in a 2 Mile (outdoor) on a cold January day in 14:38 to 14:43. . . Earlier, the second annual New Year's Eve 6 Mile Handicap went to Dr. John Blackburn. Walking in a cold, driving rain, he covered the 1/3 mile loop over a gravel road and mud path in 57:10, holding off two hard-charging Jacks, who started 8 minutes back and came within 16 seconds at the finish, dead-heating in 49:26. Corrinne Blackburn, one of the real pioneers in women's race walking, finished sixth in 85:26, sipping champagne enroute. (See historic race photos below, courtesy of Corrinne, who, along with Dr. John, now resides in Arizona.)

O.T.C. Photos of New Year's Eve
Race 1965



Watch That Contact Boys!



Granny Blackburn: Wheeee! Only Two Miles to Go!

20 Years Ago (From the Jan. 1971 ORW)—In Los Angeles, Ron Laird set an American Indoor record for 4 miles (records were recognized at most any distance you cared to imagine in those days) with a 28:41.2. Larry Walker finished 22 seconds back. . . Ron Kulik edged Ron Daniel in a New York 1 miler, 6:31.6 to 6:32.9.

. On the opposite coast, Walker easily took Larid's measure in a Mile, 6:28.3 to 6:36.3. . But Dave Romansky topped them all with times of 6:20.6 and 6:21.7. In the latter race, Daniel did 6:22.2 and Kulik 6:24.5. . A 20 miler in California saw Goetz Klopfer turning in a quick 2:37:58.

15 Years Ago (From the Jan. 1976 ORW)—Laird was announced as the winner of the National 1 Hour Postal championship for 1975, his 8 mi 612 yard performance edging Todd Scully by just 32 yards. Wayne Glusker did 7 mi 1736 yards and John Knifton 7 mi 1677. Masters winner was Rudy Haluza with 7 mi 843 yards.

10 Years Ago (From the Dec. 1981 ORW)—Doesn't appear to be much exciting news in this issue. Fast miles were 6:20.7 by Evan Fox in New York and 6:18.9 by Todd Scully in Philadelphia. Tim Lewis did 6:25 in the latter. . We carried an item entitled: "Further Commentary on Recent Commentary on Previous Commentary on That Subject That is Receiving a Great Deal of Commentary These Days—Judging."

5 Years Ago (From the Jan. 1986 ORW)—Tom Edwards had a quick early season at West Point, winning in 6:10.6. Curtis Fisher was second in 6:19.74. . At the Dartmouth Relays, Lynn Weik edged Teresa Vaill by 0.4 second while winning the mile in 7:12.29.

* * * * *

The following is the first installment of a memoir by Ron Laird. For those not familiar with Ron he is a four-time Olympian (1960, 1964, 1968, and 1976), 65-time National Champion at all distances from 1 mile to 50 Km, a member of two Pan-Am teams with one gold medal, member of 16 other U.S. National teams from 1958 through 1976, holder of 81 U.S. records at one time or another, and National Coach at the U.S. Olympic Training Center from 1981 to 1984. He also wrote a book on the sport of racewalking in the early '70s. The title of the article is not entirely descriptive. He does talk a great deal about Chris McCarthy, but also intersperses a lot of personal anecdotes on many aspects of the sport. And it will be at least the third installment (yes, this is a rather long and rambling article) before you find mention of the ORW. But it's interesting reading, at least for one who competed in the same era and knew Chris well. Probably, I will be unable to resist tossing in editorial comments here and there, hoping Ron won't object too strenuously. And I will try to hold typos to a minimum (say, about one per sentence) since they bug Ron no end. So, who is this Chris McCarthy he is talking about. Chris was the first American to finish in the 1964 Olympic 50 Km and was editor of the country's original racewalking newsletter. And he was, and still is, a fascinating individual. Read on.

Chris McCarthy--Our Forgotten Olympian and Inspiration for the Ohio Racewalker

by Ronald Owen Laird

In the summer of 1961, Chris McCarthy was a 31-year-old part-time race walker who lived on the south side of Chicago and competed for the University of Chicago Track Club. He was also a part-time political science student at that prestigious school, working for a Ph.D. This led me to feel he had quite an intellectual mind because you needed one to get into the place. We had met at a few championship races between Chicago and the East Coast over the years. Our friendship and that large city's active and growing race walking program gave me the best reasons for moving there in the summer of 1962. I had been living about 70 miles north of New York City at the time, but needed a change of environment. McCarthy was the kind of guy whose feet you would want to sit at once you got to know him. After hitch-hiking out, I found a small, inexpensive room in a fraternity house a few blocks from his apartment.

The McCarthy mystique

Chris was a slow walker, even though he had done an excellent job of mastering the correct racing style. Going all-out, he couldn't break the 2-minute barrier for a quarter mile. (Ed. Eventually he could, since he walked a 10-mile race here in just about 80 minutes.) This bothered me. How could a guy who looked so good and so fast be going so slow? Maybe it was his semi-pot belly. I felt a serious, competitive walker shouldn't have this sort of body structure. Perhaps it was simply part of a large and powerful trunk with huge breathing capabilities. When he race walked, he reminded me of a watermelon tilted slightly forward with rapidly moving arms and legs attached to it. Because his technique was so efficient and legal, he moved faster than he appeared. This is one of the qualities of a champion athlete. If he'd had a slender body, I'm sure he could have easily developed a bit of a lift-off with each step. This would have caused him to go faster by increasing his stride length an inch or two, or even more,, with each step.

McCarthy's good forward lean sure helped him master the longer distances. He had beaten me in long races and workouts and this bothered me. Maybe he tried harder when I was with him. The affronting things I often said about the shape of his body must have given him plenty of motivation. You never know how people are going to react to your criticisms of them, even if you are only semi-joking. They can only take this kind of abuse for so long.

One of my personal style flaws was that of leaning back too far. I had been taught to do this when I first got started because it helped me maintain closer contact with the ground during fast races. It sure didn't help me move as well as I should have over the longer distances. Once's balance for moving more efficiently is always improved when one remembers to work on leaning forward just the right amount.

Chris had lots of desire and wisdom, but little of the natural speed needed to become a serious 20 kilometer contender. Once I realized this, I told him that if he really trained for the longer 50 kilometer event the way one should, he would have an excellent chance at making the 1964 Olympic Team to Tokyo. McCarthy probably knew this and was already planning such a program, but I like to think I played a part in his future commitment to the toughest of all Olympic events.

Preparing for the long haul

Back then, walkers did a couple of 20-mile workouts on occasional weekend afternoons, got psyched up and hoped for the best when it came to getting through a 50 kilometer race. This classic 31 mile 120 yard contest is the longest foot race in the Olympics, almost 5 miles longer than the marathon. As all race walkers know, it is the most demanding event in the Games.

Up into the 1960s, serious competitors had to bring or hire personal helpers to supply them with foods and drinks during the long national championship races of 30,35, 40, and 50 kilometers. Race organizers rarely provided adequate aid. They certainly do a much better job nowadays. Besides that, very few courses were closed off as they are today. We had to continuously watch for, and sometimes dodge, all sorts of traffic during each of our road races. Another reason to stay alert was to hopefully spot those rare hostile drivers who felt they owned the road. There were times they even tried to prove it to those of us who dared to race walk in public. And, we couldn't help but use the roads because that was where most of our racing and training took place. It still does, as you know.

Chris soon trained his way up to the full 50 kilometer distance and even went a little beyond it now and then. In addition to normal 10 to 15 mile daily workouts, he did his long 50 to 55 kilometer session every weekend, no matter how bad the weather. And Chicago does have a lot of miserable weather, both in winter and summer. During really bad days, we would seek the shelter of the huge University of Chicago Fieldhouse. Within those warm, dry walls, we'd walk lots of laps on the 220-yard dirt track. I would do speed work and Christopher would grind out steady 2- to 3-hour sessions.

He felt that correct hip movement was the most important thing to master and continuously perform over the entire 31-mile distance. As long as the hips kept rolling along, the legs would follow and a decent rate of speed would be maintained. He knew that if, because of fatigue, he had to slow to a hiking style during his 50 kilometer tryout race, he probably wouldn't make the team.

We often had interesting conversations during our longer workouts together. It must have been all the extra oxygen getting into our brains that stimulated our thinking and loosened our tongues. (Ed. Neither individual was ever particularly noted for a tight tongue.) Our pace was fairly strong and we always practiced good race walking technique. To keep from losing too much concentration on what we were doing, we occasionally took off on accelerations of a few hundred yards. These quickly brought our minds and bodies out of the mental ruts we were grinding ourselves into along the way and kept us from slowing down by talking too much. A small loss of speed always accompanies a loss of concentration. Solo training is the best way for the endurance athlete to pay exclusive attention to what, he or she hopes to become a champion at. Most of us end up training by ourselves, so it is best to use the solitude to develop the strong mental discipline needed for success. It will surely come in handy when trying to race at efforts beyond what we've done in training.

My favorite long distance session while living in Chicago was a point-to-point one that went east to Lake Michigan, then north all the way up to the campus of Northwestern University. The walk was nearly 23 miles long, dead flat and through many scenic parks. Once we finally arrived, Chris would lecture me about

how silly he felt many of the student's life styles and customs were. I thought them pretty normal when compared to those back where we lived. To get home, we used the city subway and bus systems.

Point-to-point courses have always been the best way for me to get through long workouts; there was always less temptation to quit once my mind and body started wanting me to. These courses gave me the extra sense of achievement I needed to get where I hoped to end up. Getting past that half-way point of no return helped force me to finish what I'd started. When Chris trained on his own, he went out and back because he didn't like to spend the additional time and money it took to get home from a one-way session.

Clothing--used and otherwise

Chris would often check out the trash baskets during our various park and lakefront workouts. Sometimes, he'd make a quick stop to dig out something that caught his eye; there was always the possibility that it might be wearable. I would always complain, but he justified his affronting behavior by saying, "These people are throwing away better stuff than I'm wearing!" There was a lot of truth in that statement.

I shouldn't have criticized him because I was doing the same thing, only on a little higher level. My specialty was, and sometimes still is, collecting left over items at track and field meets, especially indoor ones. Athletes tend to be more nervous at these meets and forget to go home with everything they came with. New York City's Madison Square Garden was a real gold mine. The more important the competition, the better chance one has of finding wearable items. I did my best over the years to keep the janitors from keeping or throwing away some fine clothes and shoes. Both Chris and I felt it didn't matter how our training clothes looked. All that mattered was their comfort and ability to keep us warm. It's hard to find anything nowadays, because people aren't so careless with what they must spend so much of their hard-earned money to buy. Back then, I could outfit myself with new training shoes, socks, and sweats for under \$12.00. The shoes were a low-cut white canvas sneaker that sold for \$4.95. I can't imagine McCarthy ever trading, giving away, or selling any of his Olympic clothing because it had to be the best stuff he had to wear. It also meant a lot to him because it came from the only national team he ever qualified for. (To be continued next month.)

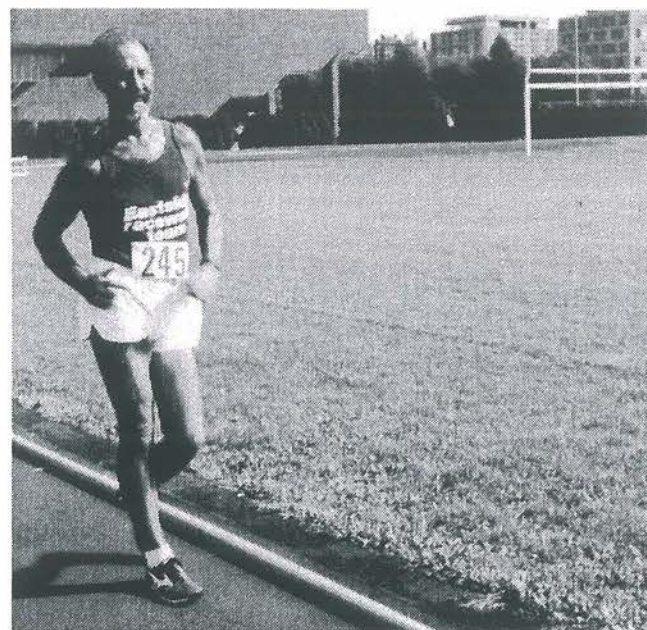
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Earlier than promised, here is an updated Women's World List for 1990. Came in the mail courtesy of Bob Bowman since I typed the earlier promise to update it in the future. Bob Bowman has saved me the trouble and provided you readers with super-fast service.

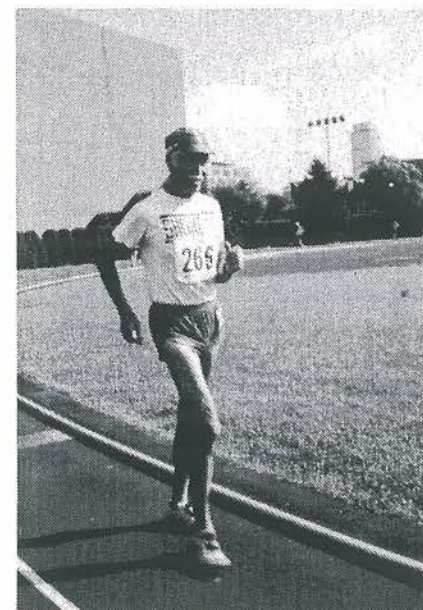
WORLD LIST

WOMEN'S 10-Km:

41:57t Nadezhda Ryashkina(SU)	44:57 Maria Rosza(Hun)
41:58t Kerry Saxby(Aus)	44:57 Victoria Oprea(Rom)
42:30t Beate Anders(EG)	44:57 Irina Strakhova(SU)
42:46 Tamara Kovalenko(SU)	45:00 Yelena Shavaliyeva(SU)
43:08 Olga Kardopolitseva(SU)	45:05 Yelena Mikhailova(SU)
43:11 Olga Krishtop(SU)	45:07 Li Jingxue(Chn)
43:13 Natalia Spiridonova(SU)	45:09 Ildiko Ilyes(Hun)
43:15 Vera Makolova(SU)	45:10 Andrea Alfoldi(Hun)
43:27 Ileana Salvador(Ita)	45:12 Valentina Schmer(SU)
43:40 Tamara Surovtseva(SU)	45:13 Yelena Lesnikova(SU)
43:47 Sari Essayah(Fin)	45:15 Lyudmila Mayorova(SU)
43:52 Irina Tolstik(SU)	45:17t Monica Gunnarsson(Swe)
44:00 Anna Rita Sidoti(Ita)	45:17 Zinaida Sviridenko(SU)
44:02 Lidia Fesenko(SU)	45:19 Olga Volkova(SU)
44:04 Yelena Saiko(SU)	45:22 Mirva Hamalainen(Fin)
44:05 Kathrin Born(EG)	45:25 Tatyana Yevdokimenko(SU)
44:13 Tatyana Ragozina(SU)	45:29 Anna Nikitina(SU)
44:16 Maria Reyes Sobrino(Spa)	*45:34 Debbi Lawrence(Parkside AC)
44:27 Leonarda Yuchnevich(SU)	45:38 Nicole Benz(EG)
44:34 Marina Smyslova(SU)	45:39 Ria-Carola Pagani(Ita)
44:36 Jin Bingjie(Chn)	45:41 Teresa Palacio(Spa)
44:37 Alina Ivanova(SU)	45:43 Emilia Cano(Spa)
44:38 Nina Alyushenko(SU)	45:50t Madeleine Svensson(Swe)
44:46 Tatyana Titova(SU)	45:54t Julie Drake(GB)
44:47 Chen Yueling(Chn)	*45:56 Lynn Weik(Natural Sport)
44:50t Natalia Misgulya(SU)	45:57 Valentina Ksenofontova(SU)
44:50 Yelena Panfilova(SU)	46:02 Lisa Langford(GB)
44:52 Katerina Samoilenko(SU)	46:05 A. Shumakova(SU)
44:52 Zalia Sinakayeva(SU)	46:05 Yelena Antonovich(SU)
44:54 Aniko Szebenszky(Hun)	46:07 Graciela Mendoza(Mex)



Racewalking guru Howard "Jake" Jacobson competing in TAC National 2 Hour last October. (Elliott Denman photo)



Don Johnson winning Master's 70-74 Division at the TAC National 2 Hour. (Yet another Elliott Denman photo. Thank you Elliott.)