

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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FEBRUARY 1991

## Initial '91 titles to Fournier and Vaill

New York, Feb. 22--Doug Fournier and Teresa Vaill prevailed in the racewalking events at the U.S. TAC Indoor Track and Field Championships tonight. Fournier won the the 5 Km event, moving up one place from last year. (Actually, he was the U.S. titlist last year, losing to Canadian Tim Berratt.) Doug's winning time was 20:03.74. The win sewed up first place in the year's Grand Prix standings for the walk. A surprise second in the men's race was the rapidly improving Tim Seaman, a member of last year's National Junior team. Tim is now at the U. of Wisconsin-Parkside, and obviously profiting from the great program there.

The women's 3 Km race was an easy win for Vaill in the absence of Debbi Lawrence, who could not compete because of illness. Debbi had a shot at the overall Grand Prix points title, and finished third in the standings behind Diane Dixon (400 meters) and Suzy Favor (mile) despite not competing tonight. Teresa walked an excellent 12:49.5, leaving runnerup Sara Standley 20 seconds behind. The results:

Men's 5 Km: 1. Doug Fournier 20:03.74 2. Tim Seaman 20:24.97 3. Dave McGovern 20:35.17 4. Curtis Fisher 20:47.64 5. Paul Tavares 21:02.16

Women's 3 Km: 1. Teresa Vaill 12:49.95 2. Sara Standley 13:09.72 3. Victoria Herazo 13:11.34 4. Maryanne Torrellas 14:04.05 5. Susan Liers 14:27.48

## RESULTS OF OTHER MAJOR INDOOR RACES

**Ottawa Invitational 1500 meters, January 26--**1. Debbie Lawrence, US 6:02.08 2. Janice Mcaffery 6:11.0 3. Victoria Herazo, US 6:13.46 4. Laura Rigutto 6:18.52 5. Tina Poitras 6:23.86 6. Alison Baker 6:28.62 7. Corine Whissell 6:30.0 8. Louise Albin 3 Km, Johnson City, Tenn., Jan. 27--1. Debbie Lawrence 12:47.70 2. Teresa Vaill 3. Victoria Herazo 13:21 4. Laura Rigutto, Can. 13:41 5. ALison Baker, Can. 1 Mile, Fairfax, Virginia, February 3--1. Debbie Lawrence 6:30.72 (American Indoor record) 2. Victoria Herazo 6:55.14 3. Maryanne Torrellas 7:09.98 **Meadowlands Invitational, East Rutherford, NJ, Feb. 8--** Men's 1500: 1. Tim Lewis 5:15.45 (Missing own World and Meet Record by 2.12 seconds) 2. Doug Fournier 5:23.75 3. Don Lawrence 5:33.33 4. Rob Cole 5:34.80 5. Curt Clausen 5:55.37 6. Marc Varsano 5:58:11 7. James Spahr 6:04.68 8. Sean Albert 6:09.37 9. Edgardo Rodriguez 6:12.13 10. Quentin Cunningham 6:24.46 11. Roberto Gottlieb 6:35.20 Women's 1500: 1. Debbie Lawrence 5:54.35 (New World Indoor Record bettering 6:01.16 of Maryanne Torrellas in 1987. Kerry Saxby did a 5:50.41 outdoors in Sydney, Australia on Jan. 20. Debbi was named the women's Athlete of the Meet.) 2. Sara Standley 6:11.84

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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3. Victoria Herazo 6:14.46 4. Maryanne Torrellas 6:31.14 5. Susan Liers 6:42.58 6. Geri-Lynn Bucholz 6:50.45 7. Kaise Ajaye 7:02.51 8. Desiree McCauley 7:03.09

#### And still other results:

Here's a long overdue result; one that I was too asleep to realize I had never received. Thanks to Helene Britton it; certainly we can't neglect the National title races: **National TAC 30 Km Championship, East Meadow, N.Y., Oct. 6, 1990-1.** Dave McGovern 2:42:18 2. Robert Keating (43) 2:42:24 (1st Master) 3. Gary Null (45) 2:46:11 (2nd Master) 3. Stan Chraminsky (42) 2:49:10 5. Alan Jacobson (35) 2:50:56 6. Franco Pantoni (44) 2:51:57 7. Lon Wilson (43) 2:52:34 8. Chris Knotts (34) 2:54:27 (One of our good Ohio boys suddenly pops back out of the woodwork) 9. Gerald Bocci (52) 3:01:58 (This one out of the Michigan woodwork. Why did this race attract these seldom heard from heroes of the past?) 10. Edgardo Rodriguez (25) 3:03:40 11. Arnis Paeglis (40) 3:05:02 12. Robert Mimm (65) 3:09:02 (An often heard from hero of the past and present) 13. Patrick Bivona (49) 3:10:01 14. Robert Ullman (41) 3:11:43 15. Howard Jacobson (59) 3:12:30 16. Frank Soby (51) 3:13:04 17. Richard Harper (40) 3:15:57 18. John SHilling (54) 3:15:32 19. Patti Ditzel (33) 3:21:20 20. Bob Ryan (43) 3:22:17 21. Peter Widulski (44) 3:23:12 22. Herbert Zydek (51) 3:25:19 23. Elton Richardson (51) 3:23:28 (1st Female Master) 24. Donna Cetrulo (42) 3:28:50 25. Douglas Brown (47) 3:29:25 26. Mike Michel (60) 3:29:48 27. Don Johnson (73) 3:41:16 28. Frank Sofo (47) 3:43:24 29. Charles Acree (53) 3:46:09 30. Joan Rowland (64) 3:46:10 (37 finishers) Team: 1. East SAide TC (Jacobson, Pantoni, Wilson) 8:35:27 2. Natural Living (McGovern, Null, Widulski) 8:51:41 Masters: 1. East Side TC (Pantoni, Wilson, Jacobson) 8:57:01

**Indoor 1 Mile Brighton, Mass., Jan. 20-1.** Kenneth Fox, Tufts U. 7:32.5 Women: 1. Geri-Lynn Buckholtz 7:28.7 2. Gretchen Eastler 7:33.9 3. Jill Patrone 9:46 3 Km, Brighton, Mass., Jan. 27-1. Steve Vaitones 13:20.8 2. Mike Roth 15:00.5 3. Justin Kuo 15:49.6 4. Brett Dixon 16:17.3 Women: 1. Maryanne Torrellas 14:00.2 2. Gretchen Eastler 14:58.2 3. Christie kuo 17:50.8 3 Km, Boston, Feb. 3, Northeast AC vs Metropolitan AC-1. Mark Fenton, NE 12:42.0 2. Michael Karol, Met. 13:35.8 3. Quentin Cunningham, Met 13:46.4 4. Roberto Gottlieb, Met. 14:08.5 5. Ken Fox, NE 15:04.7 6. John Monteiro, NE 19:45 Women's 1500 meters: 1. Gretchen Eastler, NE 7:21.1 2. Kaisa Ayjae, Met. 7:42.7 3. Desiree McCauley, Met. 7:46.7 4. Christie Kuo, NE 8:28.5 5. Rima Domow, Met. 8:29.6 3.8 Mile, Brockton, Mass., Feb. 18-1. Steve Vaitones 27:58 2. Phil McGaw 30:07 3. Dick Ruquist 30:35 4. Paul Schell 31:24 (Yet another seldom seen name from the past) 5. Justin Kuo 32:19 6. Bob

Ullman 32:41 7. Bill Murphy 33:00 8. John Gray 35:47 9. Charlie Mansbach 35:56 10. Steven McAvoy 42:10 Women: 1. Gretchen Eastler 33:05 2. Evelyn Bandlew 36:58 3. Linda Santin 41:10 **Indoor 1500, New York City, Jan. 20-1.** Gary Null (46) 6:21.8 2. Bob Gottlieb 6:28.20 3. Michael Roth 7:25.80 4. Paul Butkovich 8:18.50 5. Frank LaMorte (65 plus) 8:38.30 6. Bernie Kaufman 9:07 10 Km, New York City, Feb. 24-1. Gary Null 50:14 2. Franco Pantoni 50:23 3. Tom Gustafsson 50:41 10 Km, Freehold Twp., N.J., Jan. 20-1. Ray Funkhouser 47:30 2. Bob Mimm 56:14 3. Dr. Patrick Bivona 58:06 4. Manny Eisner 60:06 10 Km, Long Branch, N.J., Jan. 26-1. Ray Funkhouser 47:07 2. Edgardo Rodriguez 51:54 3. Dr. Patrick Bivona 56:59 4. Manny Eisner 57:11 5. Jeff Davis 63:01 6. Ralph Edwards 63:07 7. Avram Shapiro 64:23 8. Don Johnson 65:11 5 Mile, Lakewood, N.J., Jan. 27-1. Ray Funhouser 37:39 2. Dorit Attias 44:18 3. Ben Ottmer 47:24 4. Elliott Denman 51:23 5 Km, Raleigh, N.C., Oct. 20, 1990-1. Curt Clausen 23:33 2. Ray McKinnis (50) 26:23 3. ALvia Gaskill 27:54 4. Ken Long (63) 29:33 5. Andy Jackson 29:44 6. Joel Sink (12) 30:47 7. John Aaron (12) 30:48 (49 finishers) 1 Hour, Durham, NC, Oct. 27-1. Curt Clausen 12,118 meters 2. Ray McKinnis 11,665 3. Alvia Gaskill, Jr. 10,994 4. John Murphy 10,909 5. Andrew Jackson 10,168 6. Ken Long 10,139 7. Kathy Donley 10,116 8. Madho Singh (62) 10,042 9. Andrew Briggs 10,000 (59) 10. James Banach 9,237 5 Km, Miami, Dec. 8-1. John Fredericks (42) 24:34 2. Yariv Pomeranz (15) 27:37 3. Peter Black (47) 27:39 Women: 1. Sondra Vladem (36) 27:48 2. Londa Stein (43) 29:01 3. Louise Tolson 29:57 10 Km, Miami, Dec. 29-1. John Fredericks 50:21 2. Yariv Pomeranz 56:11 3. Fred Chchicki (47) 56:21 4. Lee Duffner (54) 58:05 5. Charles Deuser (60-Cincinnati) 61:41 6. Gary Canner 62:25 7. Charles Poladian (68) 62:56 Women: 1. Londa Stein 60:03 2. Shiela Chichocki (46) 63:32 10 Km, Miami, Jan. 6-1. John Fredericks 50:39 2. Lee Duffner 58:06 3. Peter Black 58:21 4. Charles Poladian 63:03 5 Km, Orlando, Florida, Jan. 19-1. Paul Alvord 25:34 2. Chuck McLaughlin 28:00 (1st over 50) 3. Robert Carver 30:13 5 Km, Miami, Jan. 20-1. Yariv Pomeranz (15) 26:45 2. Eric Schmook 26:58 3. Daniel Piguille 29:44 Women: 1. Daysi Platero 28:08 2. Linda Stein 28:10 1/2 Marathon, same place-1. Lee Duffner 2:07:01 2. Gary Canner 2:15:19 3. Max Gould (73) 2:16:54 Women: 1. Sondra Vladem 2:12:01 2. Louise Tolson 2:20:18 Marathon, same place-1. Fred Chichocki 4:19:30 5 Km, Coral Gables, Florida, Jan. 26-1. John Fredericks 24:04 2. Yariv Pomeranz 26:56 3. Daniel Piguille 27:35 4. Peter Black 28:08 5. Cary Canner 29:18 6. Charles Poladian 29:58 7. Max Gould 30:36 (34 finishers) Women: 1. Daysi Platero 27:34 2. Sondra Vladem 28:06 3. Tamar Duffner 29:38 4. Linda Talbott 30:28 5. Joan Hope (51) 31:00 (34 finishers) 8 Km, Marathon, Florida, Jan. 26-1. Pal Alvord 42:26 2. Steve Christlieb 43:12 3. Randy Mitchell 50:02 4. Ken Cutler 50:31 50 Km, Columbus, October 28-1. Bill McCray (41), Dayton 5:17:13 (nothing like being up to date on our own results) 2.94 Mile, Albuquerque, N.M., Dec. 15-1. Robert Reedy (48) 25:10 2. James Houle 25:24 3. Theron Kissenger 26:18 4. Jackie Kerby 26:34 5. Joe Sutton 26:58 6. David Wormald 27:19 7. Winston Crandall (50) 27:28 8. Kathy Jo Lovell 27:43 9. Fred Moore 27:44 10. Anna Wormald 29:12 (101 starters, 6 DQs) 2 Mile, Albuquerque, Jan. 1-1. Jackie Kerby 17:53 2. Joe Sutton 18:02 3. Winston Crandall 18:12 4. Fred Moore 18:36 1 Hour, Albuquerque, Nov. 17-1. Eliza Walbridge 10,581 meters 2. Mataji Graham 10,297 3. Theron Kissinger 10,115 4. Peter Armstrong 10,063 5. Winston Crandall 10,026 6. Jackie Kerby 10,009 7. Joe Sutton 9,798 Rose Bowl 10 Mile Handicap, Pasadena, Jan. 20-1. Allen James 1:12:39 2. Richard Ashton 1:28:01 3. Enrique Camarena (40)



1:29:21 4. Chris Rael 1:31:22 5. Wayne Wurzberger (49) 1:33:55 6. Carl Acosta (56) 1:34:49 7. Dave Snyder (47) 1:35:29 8. Richard Nester (47) 1:35:54 9. Craig Droz 1:38:50 10. Ken Yoshihara (52) 1:40:40. . Joe Weston (61) 1:46:43 (29 finishers)  
 Women: 1. Fran Bustos 1:30:41 2. Margaret Govea 1:33:06 3. Jaye Horowitz (50) 1:33:48 4. Cathy Mish 1:37:25 5. ALison Ashton 1:37:53 6. Brenda Macisaac 1:39:54  
 7. Jolene Steigerwalt (47) 1:40:22 (21 finishers) 5 Km, Redonds Beach, Cal., Jan. 27-  
 -1. Allen James 21:36 2. Keith Ward (42) 22:49 3. John Elwarner (51) 24:26 4. Enrique Camarena 24:47 5. Jack Bray (58) 24:53 6. Dale Sutton (51) 25:34 7. Art Grant 25:59 8. Wayne Wurzberger (49) 27:03 9. Save Snyder (47) 28:04 10. Craig Droz 28:05 11. Shaul Ladany (54), Israel 29:46 12. Al Valdes (60) 29:58 13. Clyde Hatfield (56) 30:41 14. Samuel Stote (56) 30:57 WOMen: 1. Sara Standley 25:02 2. Francine Bustos 25:59 3. Brenda Long 26:47 4. Margaret Govea 27:14 5. Alison Ashton 29:11 6. Jeanne Ayers 29:45 7. SHirley Capps (55) 31:00 5 Km, Montgerey Park, Cal., Feb. 10-1. Keith Ward 22:48 2. Enrique Camarena 24:19 3. Jack Bray 24:51 4. Art Grant 25:29 5. Dale Sutton 25:45 6. Wayne Wurzburger 26:30 7. Richard Oliver 27:04 8. Bob Meador 27:05 9. Dave Snyder 27:07 10. Jesus Orendain 27:08 11. Steve Leitner 27:42 12. Richard Nester 27:44 13. Craig Droz 28:19 14. Bill Neder 29:02 15. Shaul Ladany 29:08 16. Ray Nocella 29:36 17. Wilson Crone 29:52  
 Women: 1. Francine Bustos 25:51 2. Margaret Govea 26:55 3. Brenda Long 27:02 4. Cathy Mish 28:07 5. ALison Ashton 28:10 6. Jaye Horowitz 28:51 7. Brenda Macisaac 29:03 8. Carmen Jackinsky 29:07 9. Danielle Kirk 30:07 5 Mile, Seattle, Dec. 31-1. Glenn Tachiyama 40:25 2. Daniels Hairabedian 48:18 5 Km, Tacoma, Wash., Jan. 1-1. Jim Bryan 26:32

Sat. March 9 Republic of Texas 2 and 5 Km, Austin (G)  
 8 Km, Miami, 7:30 am (Q)  
 Sun. March 10 5 Km, New Orleans, 8 am (V)  
 Sat. March 16 10 Km, Seattle, 10 am (C)  
 Marathon, Palm Beach, Florida, 7:30 am (Q)  
 10 Km, New Orleans, 8:30 am (V)  
 20 Km, Long Beach, 7:30 am (B)  
 5 Km, Long Beach, Cal., 10 am am (B)  
 Sun. March 17 National 50 Km, Long Beach, Cal. (B)  
 Sat. March 23 National Masters Indoors 3 Km, Blaine, Minn. (S)  
 5 Km, Lake Worth, Florida, 7:30 am (Q)  
 Sun. March 24 Eastern Regional 10 and 20 Km, Washington, DC (O)  
 Sat. March 30 5 Km, North Fort Meyers, Florida, 8 am (Q)  
 15 Km, Columbia, Missouri, 9 am (M)  
 Thu. April 4 2.8 Mile, Seattle, 6 pm (C)  
 Sat. April 6 PNAC 5 Km Champ., Bellingham, Wash., 11 am (C)  
 5 Km, Indianapolis, Ind., 10 am (R)  
 10 Km, Miami, 7:30 am (Q)  
 10 Km, New Orleans, 9 am (V)  
 Sun. April 7 5, 20, and 50 miles, Columbus, Ohio, 7 am (I)  
 Sat. April 13 5 Km, Brookings, S.D. (L)  
 Women's 8 Km, Miami, 8 am (Q)  
 5 Km, New Orleans, 8 am (V)

Sun. April 14 Jack Mortland Invitational 20 Km, Women's 10 Km, 5 Km  
 Fun Walk, Columbus, Ohio (I)  
 Sat. April 20 10 Km, Columbia, Missouri, 8 am (M)  
 Sun. April 21 World Cup Qualifying Races: 20 Km Men, 10 Km Women  
 San Jose, Cal. (E) (Qualifying standards of 1:50 and 58:30)  
 1 and 3 miles, New Orleans, 7:45 am (V)  
 10 Km, Walnut, Cal. (track) (B)  
 Sat. April 27 5 and 10 Km, Lake Worth, Florida (Q)  
 Masters 5 Km, Naples, Florida, 7:30 am (Q)  
 Julie Partridge 10 Km, San Francisco (track) (U)  
 Sun. April 28 5 Km, Miami (Q)  
 1 and 5 Miles, New Orleans, 8:30 am (V)  
 Thur. May 2 2.8 Mile, Seattle, 6 pm (C)  
 Sat. May 4 5 Km, Sioux Falls, S.D. (L)  
 5 Km, Ft. Meyers, Florida, 8 am (Q)  
 SE Masters 5 Km, Raleigh, NC, 11 AM (T)  
 Sun. May 5 SE Masters 20 Km, Raleigh, NC, 7 am (T)

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## FROM HEEL TO TOE

The Jack Mortland Invitational Walks on April 14 (see schedule) will be preceded by a clinic on the 13th featuring Ron Laird and Gayle Johnson. Write John White for details or wait for next month's ORW. . Jim Bentley is hosting a tour to the IX World Veteran Games in Turku, Finland in July. The 15-day tour costs \$2292. Write World Academic Holidays, 151 Kalmus Dr., Ste. M-7, Costa Mesa, CA 92626 for further details, or call 714-755-7708. . The World Cup organizing committee is seeking volunteers for a variety of positions. If you plan to be in San Jose for the event (June 1 and 2) and would like to help, write RW Trial/World Cup '91, PO Box 1412, Menlo Park, CA 94026. . Martin Rudow will be representing a clinic in Indianapolis prior to a Masters 5 Km race on April 6. Contact Ed Riha, 2724 Andy Drive, Indianapolis, IN 46229 for details, or call him at 317-898-2873. . Wolfpack TC is resuming Saturday afternoon racewalks at Whetstone Park in Columbus on March 2 at 4 pm. Come then or on any Saturday thereafter. . Canadian international racewalker, Ann Peel, gave birth to Michael David Peel-Luba on January 12. Michael weighed in at 7 lb 10 oz. . Another Canadian international racewalker, Daniel Levesque, has written a book, *La Marche Sportive*. In his book, the 27-year-old Levesque, a member of four Canadian World Cup teams in the 20 Km, focuses on both fitness walking and race walking. He addresses beginners, serious athletes, coaches, teachers, clubs—anyone interested in walking. The book is imaginatively illustrated by another Canadian walker, Christine Ostiguy. Her clever illustrations include animated cartoons on the top corners of the pages, a la the big-little books of yore, which our older readers will remember. Flip through the book and you see a girl demonstrating race walking form on the right hand pages and a boy demonstrating a fitness walking form on the left hand pages. The first section of the book covers form and the biomechanics of walking, and includes a discussion of shoes. The second section covers all aspects of conditioning. A third section concerns recovery methods, nutrition, medical aspects, weather, and related matters. A fourth section is devoted to places to train and various tricks of the trade. Finally, there is a historical section, devoted primarily to some interesting statistics on the Olympic walks. For now the book is available only in French, which means I have only scanned it, since I don't read French, and my son doesn't seem willing to sit down and read to me (and after all I read to him those many years ago). On the surface, it appears to be an excellent book—very thorough (454 pages). Daniel hopes to have an English translation out in the near future. In the meantime, those wanting the French version can order it from Diffusion Prologue, Inc., 1650, boul. Lionel-Bertrand, Boisbriand, Quebec, Canada J7E 4H4, Phone 514-434-0306. The cost is \$29.95 (Canadian). . Richard Goldman, President of the Metropolitan Racewalkers, offers the following tribute to Elinor Edelstein, an avid racewalker who died on January 26: "You could always find her at the back of the pack. Almost 50 and still in pigtails. She never won a race. She really loved to racewalk. Sometimes, she would place in her age group. She was really proud of her two N.Y.C. Marathon finishers medals. As her coach, I would say, Elinor, you can't do every race that's put on. But come race day, there she was, smiling, and with her number on. She would never smoke in front of me. I wouldn't allow it. Even at our parties and meetings, I made her go into the hallways to smoke. And she did try the programs we found to help her quit. They

didn't work. Cancer claimed another victim. Elinor Edelstein was my friend and Vice President of our club. Always supportive, loyal and enthusiastic, she straightened me out if I made a wrong decision for the club. Her Boston twang added to her charm. Her bouncing pigtails gave voice to the child in us all, who never wants to grow up. Walk in peace Elinor, and remember, keep those knees straight. . Qualifying standards for participation in 1991 Outdoor National T&F Meets are 1:34:00 for the Men's 20 Km, 51:30 for Women's 10 Km, 56:00 (or 5 Km in 25:38) for the Junior Men's 10 Km, and 28:30 (or 16:00 for 3 Km) for the Junior Women's 5 Km. Standards for the World Cup Trials are 1:50 at 20 and 58:30 at 10 (women). . The top five finishers in those World Cup Trials (in both the men's 20 and women's 50) will qualify for the U.S. World Cup Team. They will be joined by the first five from the National 50 Km in March. The teams for other international races later in the summer will be picked according to finish in the National races. However, in the 20 Km, those athletes competing in the World Cup will not have to compete in the National 20 for consideration, since that race comes just two weeks after the World Cup. Here is the lineup for further competitions: The U.S. Olympic Festival in Los Angeles in July will include three athletes from each of four regions at 10 (women), 20, and 50 Km based on order of finish in the National 10 and 50, and order of times from both the World Cup and National 20s. The World University Games Team will include two men at 20 Km (collegians based on order of times in World Cup and Nationals) and two women at 10 Km, based on order of finish at Nationals. The Games are in Sheffield, England July 21-25. The Pan-American Games Team (Havana, August 3-10) will include two athletes at 10, 20, and 50, picked on the same basis as above. The World Championships Team (Tokyo, Aug. 24-Sept.1) will include a maximum of three at each distance. The men, however, must meet a qualifying standard of 1:24:00 at 20 Km (or 1:27:00 to send just one athlete) and 4:05:00 (or 4:15:00 for one athlete), and the women a standard of 48:00. . The 1991 National Racewalk Team will include 12 members at each of the three distances. Positions 1 through 8 from the National Championships at 10 and 50 Km will be picked, along with positions 1 through 8 from the order of times of the National and World Cup 20 Km. In addition, four will be selected for each event by National Team Coordinators based on performance over the previous six months. Men cannot be members of both the 20 and 50 Km teams. . You may recall a reference to dork walking in these pages a few months ago, quoting a syndicated humor column. Now there is Dorkwalker's Society of America, and I have a letter from the Chief Dork, Val McCleery, on official letterhead stationery to prove it. The Utah based organization was formed to bring together people who are trying to be physically fit, and yet, can do it with a sense of humor. They are willing to poke fun at themselves and how they sometimes look to others while racewalking. The DSA address is 5829 South State Street, Murray, Utah 84107, Phone 801-263-1218. . A couple of other results: 10 Km, Harahan, Louisiana, Feb. 3--1. Don Lee 56:00 2. Ed Whiteman 56:58 3. Tom Marhevko 58:47 4. Michelle Rodgers 65:04 5 Km, same place--1. Steve Freith 30:25 2. Ross Barranco 30:27 3. David Wartzel 30:56 5 Km, New Orleans, Jan. 19--1. Don Lee 26:53 15 Km, same place--1. Tor Guttulrod 1:16:53 2. Ed Whiteman 1:22:04 3. Tom Markevko 1:30:04 Women: 1. Bonnie McAfee 1:38:30



## THE CHRIS MCCARTHY SAGA (Continued from the Jan. ORW) by Ron Laird

(Ed. Bear with it. Ron tends to ramble a bit and it takes a little while here to get back to McCarthy.)

I felt it best not to train in any of my elegant, national team sweat suits. They were too precious to mess up or wear out and too much hard work went into earning them. Besides, there was always the chance that they might get stolen. Early in my career, I saw this happen to a friend of mine and knew I never wanted to suffer such an experience. I didn't even like to warmup at important races in them, but sometimes did.

### The intimidation factor

My collection of different U.S.A. and foreign sweat suits and racing shirts was often used to remind others who was here, and possible intimidate not only judges, but rival competitors as well. Maybe the judges would give me a break if my lack of contact got to a somewhat detectable level. It simply didn't seem right that an Olympian should have to tolerate a disqualification, even though it has been known to happen. I felt we sort of deserved some help from the officials if ever we got ourselves into a little technique trouble.

I'm sure we got some underserved aid now and then. It's tough always trying to perform up to the expectations normal people have of an Olympic athlete.

The ultrafast one and two mile races big track meets were what made me fear the judges the most. I often used the fancy clothes tactic during many of these sprint events. Nowadays, the shortest national title we're allowed to race for is the indoor 5 kilometers. Sometimes I wore those prestigious outfits simply to show off. Other times, they were used in races to help motivate me. In order to live up to what they stood for, I felt I had to push myself a little harder.

### The first Olympic sweats

When I went over to the stadium to warmup for my 1960 Olympic final, I wore my comfortable, old grey cotton sweat pants and a long-sleeved flannel shirt. The weather was much too hot and sunny for the heavy official sweats our leaders had designed for us. I needed to avoid being drained of any of my liquids and energy. Fifty kilometers is a long way to go, even on a cool day. I tried to stay off my legs by laying around and doing a few stretches now and then. Since these were my first Olympic sweats, I was worried about having them stolen. I didn't need the extra mental strain while out on the course. As the English say, "It might have thrown me off my stride."

Even though there were special officials (young women with hairy legs and arms assigned to take care of our belongings), I knew I'd have trouble trusting them. Too much theft had already taken place within the Olympic village. I even

wondered if our maids could be trusted to stay out of our closets back in our rooms when we weren't around. One of them was a wild thing with six toes on each foot and brutally hairy legs. A couple of distance runners on my floor would sometimes tease her by trying to comb her legs when she came into clean our rooms. Since I was only 22-years-old and had had only one date in my semi-young life, I was too shy to come on so strong around the opposite sex. Perhaps she was going to avenge herself by cleaning me out while I was out in the middle of my race. That fancy sweat suit sure was driving me crazy. I should have packed it up and sent it home as soon as it had been issued. Since I had no chance at climbing the victory stand, I really didn't need it. All that was needed was to try it on in front of a mirror for a few minutes in order to admire it.

My 4:53:21 effort got me nineteenth place in Rome. This turned out to be the best I ever did in my four appearances in the Games. An Englishman (D.J. Thompson) won with a time around 4:25. We walked straight out of town for 25 kilometers, turned around and returned to the stadium over the same course. None of these small one to two mile loops for us. That boring system was first used at the 1972 Olympics and for every Games thereafter. It lets the judges see much more of everyone.

### But back to the McCarthy story

McCarthy's speed and stamina improved steadily over the months. Because of his wise and slowish training, he suffered no injuries. The 1964 50 Kilometer Olympic Trials race was held out in Seattle and Chris won it without too much trouble. All his long distance foundation work and lots of patience really paid off. Four years earlier, he'd placed eighth in the same tryout contest with a time about a half hour slower (5:02:44). Earlier that summer, I'd won the 20 Kilometer trial in Pittsburgh, so we ended up becoming Olympic teammates. Some nine months before our tryouts, I had left Chicago and moved out to the Los Angeles area.

Chris thoroughly enjoyed his tour to Tokyo. Of our three U.S. representatives in the long walk, he was our top finisher. His 4:35:42 effort on a cold, rainy and windy day turned out to be one of the best performances ever by an American at that time and earned him 21st place. After McCarthy returned to Chicago, he retired from serious training, but continued taking shorter walks for physical fitness and emotional stability. He still does.

### The McCarthy and U. of C. influence

McCarthy liked to bend my ear with stories about how great an institute the University of Chicago was. How its gifted students studied from the original works of history's most brilliant minds, and were privileged to sit at the feet of some of the best professors in the world. The place didn't care if a potential student had high school diploma; if the student could pass the school's rigid entrance exams, he or she got in. Once in, students weren't given tests all the time to try to flunk them out. Those tactics were used by incompetent state schools to get rid of the dummies they had so easily allowed to register in the first place.

I felt the campus needed a dress code because it was full of hippies. We called them beatniks back then. The sororities had been forced to shut down and



radical students were trying to do the same to the frats. Even the campus newspaper put them down with statements like, "It's unnatural for men to live with men." I didn't appreciate the negative attitude because it was real convenient for me to live in a fraternity house. Mine was right across the street from the track and the guys at my place threw some great parties, complete with pretty student nurses and co-eds from Northwestern. Besides all that, my room only cost me \$30 a month and got me plenty of free meals.

The once powerful athletics program the the University of Chicago had been drastically reduced some years earlier because it was getting out of hand and hurting the "intellectual image" of the school. I now think they were on to something good by doing this. There weren't any sports stars on that campus, but it sure was full of intellectual ones. This country could use quite a few more schools just like it.

The university did have a fine track and field program, facilities and coach. Ted Haydon, their head coach for many years, was good friend to race walking. His track club sponsored many walking races back in the '60s and went out of its way to set up my first ever American record attempts. These took place in the fall of 1962 and '63 and produced seven new marks at distances of 15 kilometers to 20 miles.

Chris was always casting pearls of political science wisdom at me, but I rarely tried to comprehend any of these. My mind was too busy dealing with the world of me, myself, and race walking. I wish now that I had listened to what he had to say. I would have been wiser about the political workings of this country and the rest of the world had I made up my mind to really pay attention. Of course, such things can be learned from reading materials, if one takes the time and effort to research them. The wisdom of the world is there just waiting for those eager enough to work at learning. Whoever invented the library, did mankind a great service. Since Christopher was so into politics, he was always wanting me to read a little book title "The Prince". It was supposed to educate one as to how politicians think, come to power and run their governments. I have yet to get around to it.

Persons can get so addicted to reading that they may neglect whatever physical fitness program they happen to be torturing themselves with. For so many, it's much easier to read an interesting book then get out and race walk 5 to 10 miles nearly every day of the year. The TV and VCR can be even more addictive. Sad to say, I speak from fairly long periods of experience.

I'll never forget this friend of ours who had spent much time, money and effort getting his Ph.D. in physics only to realize his calling in life was that of a janitor. He also loved to run distances, but was very slow. His best quarter mile of 90 seconds was about as fast as I could walk one if really pushed. Sometimes, I'd do a few with his to finish up one of my long steady workouts. I should have been walking some slow laps instead of using all-out bursts for a wardown. Back then, I often did violent things to myself in an attempt to develop leg speed, confidence, and endurance.

I worked as an ink draftsman at a nearby meteorological project that was pioneering research into satellite weather forecasting. There was a lot of wisdom in that place and it offered my a grand chance to learn the trade. But as you should know by now, my heart was elsewhere. This unique island of learning lay on the

south side of Chicago close to the heart of America's largest black ghetto. Many of its students summed the place up by calling it a Baptist school where Catholic theology was taught by communist teachers to beatnik Jews.

Over the years, the University gave McCarthy at least 15 years of financial aid in an attempt to get him through a Ph.D. program in political science. Instead, with only his dissertation to write, he gave it all up to become a Volkswagen mechanic. He now restores old houses and corrects correspondence school test for most his livelihood. His lovely wife, Betty, has certainly helped keep things going during many of their lean time. This kind and generous woman always tolerated my long visits to their small apartment. Chris and Betty were like a second family to me. Too bad she couldn't have gone to Japan with us. Wives had to pay their own way back then, but now get lots of assistance for our Olympic Committee. (This odyssey will conclude next month.

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## LOOKING BACK

**25 Years Ago** (From the Feb. 1966 ORW)--Don DeNoon blasted a 6:10.2 world's best for the mile in winning the LA Times Indoor meet (a meet that went by the boards, so to speak, this year). Covering his first half in 3:04, he just kept going and left Ron Laird, waiting for him to fold, some 20 seconds back. The next day Laird edged DeNoon in a 10 Km race with a 44:47 performance. . .Ron Daniel won miles on the East Coast in 6:32.9 and 6:36.2.

**20 Years Ago** (From the Feb. 1971 ORW)--The National Indoor 1 mile crown went to Ron Laird, who scored an extremely close win over NYAC teammate Ron Daniel. With a strong finishing spurt, Daniel just missed nipping Laird at the tape, losing to Ron's 6:26.9 by 0.1 second. Laird alternated the early lead with defending titlist Dave Romansky. When Dave was told that his mode of progression was not in keeping with the rules of the sport--a message he received half way through the race--Laird was on his own until Daniel's closing spurt. Ron Kulik, part of a tight five-man race in the early stages, also came into extreme disfavor with the judges. Thus, Ray Somers, John Knifton, and Greg Diebold had their own race for the next three spots, with Ray edging the other two in 6:43.6. . .Earlier, Romansky had set an American record for 1500 meters with a 5:49.8, leaving Daniel some 12 seconds back. . .On the other Coast, Tom Dooley showed his versatility with a 21:46 for 5 Km, followed a week later with a 2:56:54 for 35. . .Laird edged Larry Walker in the LA Times meet with a 6:28.8. . .The first (an last) annual Loafer's Race was held in Dayton, sponsored by Bob Smith. The choice was 6 or 18 miles. The Loafers designation was derived from the prizes--four beautiful loaves of home-baked bread, in graduated sizes, prepared by Bob's wife Bobby. With Mrs. Mortland's demands that we have that large loaf echoing in my brain, my unprepared body struggled through the last 5 miles to win the 18 in a rather pedestrian 2:50:09. (Rather pedestrian, I say, but today, I would be overjoyed to hold that pace for just a third of the distance.) Then, upon finishing, I learned that the prizes were based on positions at 6 miles--at which point I led and could just as well have stopped.



Dale Arnold was second in 3:07:21. Doc Blackburn edged Clair Duuckham at 6 miles in 62:01.

**15 Years Ago** (From the Feb. 1976 ORW)—Todd Scully turned in a couple of quick miles down in Virginia—6:29.2 and 6:12.2. Ron Daniel did a 2 in 13:35, with John Fredericks and Dave Romansky also under 14, and SUE Brodock had a 7:11 mile on the other side of the country. Wayne Glusker turned in a good early season 20 Km of 1:36:48.

**10 Years Ago** (From the Feb. 1981 ORW)—Ray Sharp got away from Jim Heiring over the last two laps to win the National Indoor 2 Mile in 12:37.5. Jim was 3 seconds back with Todd Scully taking third in 13:00. TOM Edwards, Al Halbur, and Tim Lewis rounded out the top six, all under 14. . In the women's 1 Mile, Susan Liers-Westerfield was never challenged as she breezed to a 7:05 win. SUE Brodock was 25 seconds back in second. Paul was only 0.1 second ahead of Vicki Jones, as she finished third in 6:39. . In the Millrose Games Mile, Evan Fox bested Tim Lewis by nearly 2 seconds, winning in 6:13. Tom Edwards was third. . Two days later, he won the Metropolitan 2 Mile in 13:48. . Liers-Westerfield preceded her National win with a world's best of 6:58.5. . Brodock was also quick, winning the LA Times in 7:04. . Heiring had beaten Sharp in an earlier 2 Mile in Madison, Wis., 12:44.34 to 12:44.39, and also took him at 5 Km in 21:01.3. . A week before the National 2 Mile, Sharp won the NAIA title in 12:56.89, with Sam Shick more than a minute back.

**5 Years Ago** (From the Feb. 1986 ORW)—Jim Heiring had two world indoor bests. At the Millrose Games, he shattered Ray Sharp's 3-year-old 1 Mile record of 5:46.21 as he circled the Madison Square Garden track 11 times in 5:41.25. Tim Lewis missed the old mark by just 0.41 in second. Tom Edwards was also under 5:50. . In the National Indoor 2 Mile, Heiring won in 12:05.94, nearly 2 seconds under the record he set the year before. Tim Lewis was second (12:17.58) and Pat Moroney third. Teresa Vaill won the women's 1 mile in 6:53.58, an American record. Lynn Weik also went under 7 minutes (6:56.27) with Debbi Lawrence third in 7:09.83. . Gary Morgan won the LA Times Mile in 6:02.1, 5 seconds ahead of Larry Walker.

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A few years ago, the same Ron Laird who is reminiscing on Chris McCarthy introduced a bit of controversy to these pages with his treatise on the flight phase in racewalking. I'm not sure if he coined the term, but I had never seen it elsewhere until I received the following article from Robert Van Uden in Natchez, Miss. He copied it from *Modern Athlete and Coach*, an Australian magazine. It originally appeared in a Soviet publication. The article says essentially the same thing Ron was suggesting, but backs it up with some research evidence and reaches the same conclusion about how the sport is judged, suggesting that contact is really not a defining criterion. I'm sure Ron will be happy to see this article even if no one else is. It should stir folks up a bit again.

## ABOUT THE FLIGHT PHASE IN RACE WALKING

By G. Korolyov

*The breaking of contact with the ground is an often discussed subject in race walking. In the following text the author sums up the results of several studies showing that virtually all leading walkers lose contact with the ground at some stages of a race and recommends changes to the present international rules. The article is a condensed translation from Legkaya Atletika, USSR, No. 6, June 1989.*

As far back as in 1836 the Weber brothers published a book on the mechanics of race walking in which they used simple methods to define basically the various phases of race walking, including the vertical movement of the body's centre of gravity, the correlation between walking speed and stride length and stride frequency, the reduction of the double support phase when walking speed is increased and the critical tempo in walking.

A noteworthy contribution to race walking studies came many years later from Soviet scientist Bernstein, who used cinematography to divide the walking stride into different phases according to the dynamic characteristics,

determined the speed and acceleration of the prime mover joints and measured the velocities of vertical and horizontal components in the different phases of the walking stride.

### CRITICAL SPEEDS

Further progress in the studies of race walking came mainly from the improved methods to establish the critical limits of race walking speed. A summary of this progress is presented in Table 1. The variation of the information in the table can be explained by the use of different methods and equipment, as well as the physical differences of the subjects (height, weight, leg length, preparation and technique levels etc.)