

Ohio Race Walker
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OHIO RACEWALKER

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MARCH 1991

50 Km Title to Schueler

Long Beach, March 17--Carl Schueler, who won his first National 50 Km title in 1980, made it a total of six today as he overcame a strong field with a 4:11:13. Only Larry Young, who won eight times between 1966 and 1977, has more 50 Km titles to his credit. Schueler last won in 1989 and has been competing sparingly since then, primarily at 20 Km where he was on last fall's U.S. team in the Pan Am Cup. But he showed good preparation today, looking very smooth today and eventually finishing better than 2 minutes ahead of long-time rival, Marco Evoniuk.

In third was Dr. Eugene Kitts, the Hawaiian master, who just continues to improve. His 4:15:13 shatters his own U.S. Masters record. Still a relative newcomer to the sport, he continues to confound his younger competitors and qualifies for his second World Cup Team with this performance. Paul Wick was fourth and defending titlist and early leader, Tim Lewis, was fifth. Another veteran, nearing the Masters ranks, Dan O'Connor, captured sixth and will probably add to his long string of International appearances for the U.S., assuming Lewis qualifies at 20 Km and chooses that distance, which is more to his liking.

The race showed 11 competitors under 4:30 (Paul Malek also made it, finishing just ahead of Wick, but was disqualified in the final stages), but then, as usual, a quick drop off with only four more under 5 hours, as we continue to lack real depth in this event. The results:

1. Carl Schueler 4:11:03 2. Marco Evoniuk 3. Eugene Kitts 4:15:13 4. Paul Wick 4:16:39 5. Tim Lewis 4:17:50 6. Dan O'Connor 4:23:01 7. Herm Nelson 4:23:54 8. Bob Briggs 4:24:32 9. Mark Manning 4:25:16 10. Mike DeWitt 4:27:13 11. Mark Fenton 4:29:24 12. Dan Pierce 4:40:45 13. Steve Vaitones 4:47:03 14. Ian Whatley 4:58:05 15. Bill McCray 4:58:52 16. Chris Rael 5:05:18 17. Alan Price 5:16:43 18. Alvia Gaskill 5:18:19 19. Enrique Camarena 5:31:05 20. Dale Sutton 5:33:54 21. Pat Bivona 5:37:44 22. John Stowers 5:41:05 23. Jim Chapman 5:42:31 24. Tom Knatt 5:51:15 25. Ric Holt 5:55:45 26. Dave Gwyn 5:57:42 27. Mike Michael 6:26:39 28. Buddy Matlock 7:26:07

DQ: Paul Malek (4:16:11), Randy Mimm, Pete Williams Don Johnson, John Monteiro, Jill Latham, Shaul Ladany. Did Not Finish: Steve Pecinovsky, Rene Haarpainter, Switz., Jonathan Mathews, Bob Mimm (reportedly stopped in anger over many of the disqualifications).

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Top: Meadowlands Invitational 1500 meters sees winner and world record setter, Debbi Lawrence in early lead over Sarah Standley, Victoria Herazo, Maryanne Torrellas, and Susan Liers. (Jim Bentley photo)

Bottom: In the early going of the Goodwill Games 20 Km, the winner, Mexico's Ernesto Canto, walks in second. (Bruce Douglass photo)

Herazo, Fournier Win Against British

Glasgow, March 4—After Thrilling race-long battle, Victoria Herazo held off Julie Drake to win the 3 Km walk in a U.S.-Great Britain Indoor Track and Field Meet. Herazo, leading all the way, but constantly challenged by the persistent Drake, finished in 13:28.05, less than 2 seconds ahead.

In the men's 3000, Doug Fournier was able to pull well clear of Britain's Mark Easton for a brilliant win in 11:34.24. The results:

Women: 1. Victoria Herazo, U.S. 13:28.05 2. Julie Drake, GB 13:29.73 3. V. Larby, GB 13:50.80 4. Susan Liers, U.S. 14:10.92 Men: 1. Doug Fournier, U.S. 11:34.24 2. Mark Easton, GB 11:43.57 3. S. Partington, GB 11:47.36 4. Tim Seaman, U.S. 11:50.71

OTHER RESULTS

National Indoor 5 Km, New York City, Feb. 22 (partial results last month)—1. Doug Fournier, Parkside AC 20:03.74 2. Tim Seaman, U. of Wis. Parkside 20:24.97 3. Dave McGovern, Gary Null's Natural Living 20:35.17 4. John Marter, U. of Wis. Parkside 20:35.94 5. Curtis Fisher, NYAC 20:47.60 6. Paul Tavares, U. of Wis. Parkside 21:02.16 7. Rob Cole, U. of Wis. Parkside 21:17.30 8. Mark Varsano, East Side TC 21:23.85 9. Gary Morgan, NYAC 21:54.24 **National Women's Indoor 3 Km, New York, Feb. 22** (partial results last month)—1. Teresa Vaill, Natural Sport 12:47.0 2. Sarah Standley, Natural Sport 12:52.48 3. Victoria Herazo, Calif. Walkers 13:21.2 4. Susan Liers 13:56.34 5. Maryanne Torrellas, un. 14:00.02 6. Geri-Lynn Buckholz, Monmouth Col. 14:12.69 7. Gretchen Eastler, un. 14:16.08 8. Kaisa Ajaye, un. 14:37.75 9. Mary Howell, Nike Ore. Int. 14:45.00 **Millrose Games 1 Mile, New York, Feb. 1**—1. Doug Fournier 5:51.87 2. Curtis Fisher 5:55.26 3. Don Lawrence 5:57.09 4. Tim Seaman 5:57.59 5. Dave McGovern 6:04.97 6. Gary Morgan 6:10.74 7. Marc Marsano 6:22.78 8. Andy Lee 6:25.21 9. James Spahr 6:32.73 DQ—Curt Clausen **High School 1600, Farmingdale, N.Y., Feb. 16**—James Spahr, Smithtown (N.Y.) West 6:27.8 2. Andy Lee, Brentwood, N.Y. 6:29.1 3. John O'Neill, Rocky Point, N.Y. 6:31.2 4. Bill Meisanzal, Longwood, N.Y. 6:33.9 5. Sean Linehan, Brentwood 6:56 **National Scholastic Indoor 1 Mile Championship, Syracuse, N.Y., March 10**—1. Andy Lee, Brentwood, N.Y. 6:23.16 2. James Spahr, Smithtown, N.Y. 6:32.65 3. Sean Albert, Paramus, N.J. 6:34.18 4. Bill Meisenzahl, Middle Island, N.Y. 7:12.74 (10 starters, 2 DQs) Girls: 1. Jennifer Greco, Brockport, N.Y. 7:27.02 2. Desiree McCauley, Brentwood, N.Y. 7:37.62 3. Kelly Nartowicz, Centereach, N.Y. 7:43.75 4. Roselle Safran, Brentwood 7:51.46 (20 starters) **15 Km, Long Branch, N.J., Feb. 23**—1. Ray Funkhouser 1:14.21 2. Bob Mimm 1:26.19 3. Dr. Patrick Bivona 1:26.44 4. Ralph Edwards 1:41:03 5. Don Johnson 1:41:11 **5 Km, Freehold Twp., N.J., Feb. 10**—1. Bob Mimm 26:55 2. Dr. Patrick Bivona 27:35 3. Donna Cetrullo 30:41 **5 Mile, Long Branch, N.J., Feb. 16**—1. Ray Funkhouser 39:34 2. Dr. Patrick Bivona 46:03 3. Manny Eisner 46:27 **10 Km, Miami, Jan. 10**—1. John Fredericks 50:39 2. Yariv Pomeranz 56:55 3. Lee Duffner 58:06 4. Peter Black 58:21 (A corrected result from earlier) **5 Km, Freeport, Bahamas, Feb. 2**—1. John Fredericks 24:15 2. Yariv Pomeranz 26:24 3. David Clarke 28:10 4. Don Bush 29:24 5. David Markwich 29:45 Women: 1. Verna Buchs 30:17 4 Mile, Miami, March 2—1. John Fredericks 32:30 2. Eric Schmook 35:14 3. Dave Clarke 36:13 4. Robert Fine 37:20 5. Peter Black 37:43 6. Daniel Piguillem 39:29

7. Daniel Canner 40:10 8. Herman Neff 40:25 8 Km, Orlando, Florida, Feb. 16--1. Paul Alvoord 40:36 2. Steve Christlieb 40:37 3. Chuck McLaughlin 45:48 Women: 1. Sperry Rademaker 46:50 2. Lauren Demetry 48:22 10 Km Westwego, Louisiana, March 3--1. Ed Whiteman 53:40 2. Don Lee 55:36 Women: 1. Bonnie McAfee 63:22 Midwest Masters 3 Km (Indoors, Cincinnati, Feb. 17: 35-39--1. David Berry 16:31.8 2. Ken Kroner 18:57.3 40-44--1. Gene Harrison 16:12.6 2. Daniel Hart 19:40.7 45-49--1. Kedrick Sanders 19:51.8 55-59--1. Jack Blackburn 16:07.4 60-64--1. Charles Deuser 17:09.8 Women: 40-45--1. Gayle Johnson 15:21.3 70 and over--1. Ernestine Yeomans 21:58.1 2 Mile, Warren, Mich., Feb. 23--1. Dan O'Brien 14:19 2. John Elwarner 15:00 (1st over 50) 3. John Tucker, Can. 15:28 4. Terry McHoskey 15:45 5. John Hunyady 15:54 6. Bob Campbell 17:00 7. Gerry Bocci 17:29 8. Vance Genzlinger 17:59 Bill Walker Memorial 3 Mile, Detroit, March 3--1. Gary Morgan 23:18 2. Zofia Wolan 25:08 3. John Elwarner 25:24 4. Vance Genzlinger 28:41 Masters 1500 meters, Sterling, Ill., March 10--1. Dean Easterlund 7:16 2. Jeannette Smith 8:16 3. Pork Gadiant 8:38 (1st 55-59) 4. Beth Young-Grady 9:07 3 Km, same place--1. Easterlund 15:43 2. Jeanette Smith 17:47 3. Porky Gadiant 18:13 4. Margie Alexander 18:13 5. Grady-Young 19:00 Republic of Texas 5 Km, Austin, March 9--1. Ray Sharp 21:36 2. Don Lawrence 21:36 3. Debbi Lawrence 23:43 4. Tor-Ivar Guttulrod 24:51 5. Wendy Sharp 24:57 6. Vincent O'Sullivan 25:37 7. John Knifton 25:54 (1st Master, 1st over 50) 8. AAdam Pawlik 25:58 9. Norm Frable 26:19 (2nd master) 10. Richard Letsinger 26:41 (3rd master) 11. Robert Rhode 27:16 12. Bob Esterline 27:26 13. Heidi Epp 27:30 14. Frank Whigham 28:18 15. Ken Cofer 28:18 (53 finishers) 5 Km, Denver, Jan. 27--1. Vladimir Fabian 24:28 2. Dan Pierce 25:28 3. Christine Hackman 27:20 4. Cutberto Diaz 30:38 2 Mile (Indoors), Boulder, Col., Feb. 3--1. Dan Pierce 15:11 Chinese New Year 5 Km, Albuquerque, N.M.--1. Randy Burden 26:19 2. Yariv Pomeranz 26:20 3. Pat Bryan 28:48 3. Joe Sutton 28:58 5. Maruice Sheehan (66) 29:13 7. David Wormald 29:23 7. Bob Wilson 29:37 8. Brian Taylor 29:39 9. Fred Moore 29:40 10. Arthur Fuldauer 30:23 Women: 1. Jackie Kerby 28:53 15 Km, Arizona, Feb. 24--1. Norm Frable (45) 1:20:30 2. Peter Armstrong (45) 1:27:31 3. Joe Cameron (44) 1:28:16 4. Maurice Sheehan (66) 1:29:45 Women: 1. Eliza Walbridge (40) 1:24:47 2. Kathy Lovell (41) 1:1=28:34 3. Doreen Beard 1:29:22 5 Km, same place--1. Stephen Krupkat 25:03 2. Norm Frable 25:34 3. Joe Sutton (44) 28:19 4. Bus Pappas (54) 28:51 Women: 1. Jackie Kerby 27:43 2. Cathy Chung 29:21 3. Kathleeen Frable (45) 29:21 5 Km, Los Angeles, 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 Wurzbarger 26:30 7. Richard Oliver 27:04 8. Bob Meador 27:05 9. Dave Snyder 27:07 10. Jesus Orendain 27:08 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. Jay Horowitz 28:51 (1st over 50) 7. Brenda Micisaac 29:03 8. Carmen Jackinsky 29:07 10 Km, Wiltshire, Cal., Feb. 17--1. Jonathan Matthews 44:25 2. Art Grant (41) 52:39 3. Wayne Wurzbarger (49) 54:51 4. Richard Oliver (54) 55:51 5. Margaret Govea 56:35 6. Bill Neder (52) 60:03 20 Km (track), San Jose, Cal., Feb. 24--1. Jonathan Matthews 1:42:02 (went on to 35 Km in 2:58:07) 2. Jim Lenshaw 1:44:51 3. Skip Bokoven 1:48:05 4. Tom Knatt 1:57:51 10 Km, (track), Seattle, Jan. 26--1. Dominic Urbano 47:50 2. Glenn Tachiyama 50:34 3. Stan Chraminski 52:21 5 Km, same place--1. Bob Novak 25:55 2. Blake Surina 26:03 3. Diane Schurr 29:37 10 Km, Champoeg State Park, Oregon, Feb. 9--1. Andy Hermann 50:03 2. Julie Gebron 56:40 3. WEes Edwards 59:53 Masters: 1. Marvin

Dunn 54:36 2. Bob Brewer 55:49 20 Km (track), Seattle, Feb. 23--1. Stan Chraminski (43) 1:46:34 10 Km, same place--1. Bob Novak 53:11 5 Km, Tacoma, Wash., March 9--1. Dave Cummings 23:46.7 2. Stan Chraminski 25:17 3. Bob Novak 25:53 4. Mark Olson 27:12 5. Jonathan Sangsard 28:52 6. Bev LaVeck 28:53 7. Mike Slater 28:53 8. Sarah Kludt 29:07 10 Km, Seattle, March 16--1. Bruce Harland 48:03 2. Bob Novak 52:13 3. Dominic Urbano 52:14 (went on to 20 Km in 1:44:52) 4. Lew Jones (45) 57:19 5. Daniela Hairabedian 58:02 6. Ann McCulley 58:16 7. Bev LaVeck (54) 59:02 1 Mile, Salem, Oregon, Jan. 1--1. Vance Godfrey 6:32.31 2. David Thomas 7:15.37 Women: 1. Erin Taylor 8:42.01 5 Km, McMinnville, Oregon, March 2--1. Vance Godfrey 21:55.1 2. Andrew Herman 23:18.7 3. Bob Brewer 27:09.1 (1st master) Women: 1. Julie Gebron 29:23 2. Judy Heller 30:07 Ontario Masters Indoor 3 Km, Toronto, March 9--1. Roman Olszewski 14:30 2. Mike Freeman 15:35 3. Stuart Summerhays (1st over 55) 16:01 4. Len Weinstein 16:30 5. Bill Arnold 16:45 6. Susan Perkins 16:47 7. Sal Brancaccio (1st over 60) 16:48 8. Max Gould (1st over 70) 18:09 Indoor 5 Km, Budapest, Feb. 26--1. Sandor Urbanik 18:39.85 2. ALEXander Sokolovsky, USSR 19:12.12 3. Ciatcheslav Smirnov, USSR 19:52.48 4. Gyula Dudas 19:51.78 Women's 3 Km, same place--1. Lidia Fesenko, USSR 12:15.39 2. Ildikio Ilyes 12:19.08 3. Maria Rosza 12:45.11 4. Victoria Lina, Rom. 13:02.28 5. Viera Torporek, Austria 13:02.30 6. Ibolya Varady 13:06.59

THE NO LONGER ANONYMOUS LIST OF UPCOMING EVENTS (with apologies for leaving this list untitled last month)

Sat. April 13 5 Km, Brookings, S.D. (L)
1/2 Marathon and 5 Km, Lawrence, Kan., 8 am (R)
Women's 8 Km, Miami, 8 am (Q)
5 Km, New Orleans, 8 am (V)
5 Km, Long Beach, Cal., 11 am (B)

Sun. April 14 Jack Mortland Invitational 20 Km, Women's 10 Km, 5 Km
Fun Walk, Columbus, Ohio (I)
5 Km, Shoreham, NY, 10 am (X)
5 Km (track), Worcester, Mass., 7 pm (U)

Thur. April 18 10 Km, Columbia, Missouri, 8 am (M)
Sat. April 20 3 Km, Queens, NY, 9:30 am (Z)
5 and 10 Km, Mound City, Kan., 9 am (R)
5 Km, Wichita, Kan. (R)

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)
5 and 10 Km, Kansas City, Mo., 9 am (R)
10 Km, Walnut, Cal. (track) (B)
5 and 10 Km, Lake Worth, Florida (Q)
Masters 5 Km, Naples, Florida, 7:30 am (Q)
N. Car. Jr. 5 Km, Men and Women, Charlotte (J)
10 Km, Des Moines, Iowa (R)
Women's 5 Km, Hesston, Kan., 9:30 am (R)

- Sun. April 28 Julie Partridge 10 Km, San Francisco (track) (U)
5 Km, Miami (Q)
1 and 5 Miles, New Orleans, 8:30 am (V)
5 Km, Redlands, Cal., 7:45 am (B)
- Thur. May 2 2.8 Mile, Seattle, 6 pm (C)
- Sat. May 4 5 Km, Sioux Falls, S.D. (L)
3 Mile, Detroit (P)
5 Km, Ft. Meyers, Florida, 8 am (Q)
SE Masters 5 Km, Raleigh, NC, 11 AM (T)
SE Masters 20 Km, Raleigh, NC, 7 am (T)
5 Km, Queens, NY, 10 am (Z)
Marathon, Long Beach, Cal. (B)
- Sun. May 5 10 Km, Shawnee, Kan., 8 am (R)
Men's 20 Km, Women's 10 Km, New York City, 8 am (W)
National TAC 15 Km, Portland, Oregon (S)
- Sat. May 18 5 and 10 Km, Seattle, 10 am (C)
5 Km, Orlando, Florida, 7:30 am (Q)
5 Km, Coral Springs, Florida, 7:30 am (Q)
5 Km, Keizer, Oregon, 8 am (S)
5 and 10 Km, Seattle (track), 10 am (C)
- Sun. May 19 Metropolitan TAC 20 Km, New York, NY (Z)
Michigan TAC 5 Km (Women), 10 Km (Men), Port Huron (P)
5 Km, Coconut Grove, Florida (Q)
5 Km, New Orleans, 8 am (V)
5 Mile, Columbia, Missouri (M)
15 Km, Riverside, Cal., 8 am (B)
10 Km, Beaverton, Oregon (S)
- Fri. May 24 5 Km, New Orleans, 6:30 pm (V)
- Sat. May 25 5 Km, Irvine, Cal., 10 am (B)
- Sun. May 26 Racewalk Triathlon (3 Km, 1500 m, and 800 m), Upper
Arlington, Ohio, 12 noon (I)
**National TAC Youth Road Walk Championships, Suffolk,
NY (X)**
- Tue. May 28 5 Km, Weston, Florida, 7:30 am (Q)
- Sat. June 1 15 Km, Columbia, Mo. (M)
5 Km, Miami, 7 pm (Q)
Maine State 5 Km Championship, Bangor, 11 am (Y)
SC State 5 Km, Columbia (O)
2.8 Mile, Seattle, 6 pm (C)
- Thu. June 6 5 Km, Miami (Q)
- Sat. June 8 5 Km, Winthrop, Mass., 9 am (U)
5 Km, Lebanon, Oregon, 10 am (S)
- Sun. June 9 Metropolitan 1 Hour Championship, New York City (Z)

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* * * * *

FROM HEEL TO TOE

So here we go with our 27th year of publication, which was certainly never planned. Hope we are still beringing you an informative product. . . Bids are now being accepted for all racewalking championships for 1992. All bids must provide a TAC certified course for the competition. The 50 Km will be awarded to a wrm weather site for a race in mid-February. All bids and supporting documentation are due no later than October 4, 1991. You can get a bid form by contacting Lori Maynard, 2821 Kensington Rd., Redwood City, CA 94061, phone 415-369-2801. . . A women's Grand Prix race walk series for 1991 will begin with the World Cup Trials in San Jose on April 21 and will also include races in St. Louis on May 18, Los Angeles on June 23, Alexandria, Virginia on September 8, and Dallas on October 21. A fall race in Connecticut may also be included. . . Ron Laird has taken a position as assistant track coach for both boys and girls at Ashtabula High School in Ashtabula, Ohio, and will be trying to get a few of the athletes interested in race walking. . . And, speaking of Mr. Laird, back to his McCarthy nostalgia.

(Final of three installments)

Communications begin

During those two years that Chris specialized in placing in the top three in the trials for the big trip to "the Land of the Rising Sun", he started a small monthly magazine called *The Midwest Race Walker*. In its dozen or so mimeographed pages, one found race results and various articles having to do with the sport of fast walking. Chris was able to improve the quality of American judging and administration by continually criticizing those he felt were at fault. About a year after he stopped putting it out in 1964, two walkers from Ohio, Jack Mortland and Jack Blackburn, decided to revive the effort with the fledgling *Ohio Racewalker*. A few years later, Mortland became the sole proprietor when Blackburn left Columbus and continued to create the publication out of his home on Summit Street in Columbus (and his office at Battelle on King Avenue in Columbus). He has faithfully kept it going all these many years. Yes, Jack Mortland, 1964 Olympic teammate (20 Km) of Chris McCarthy, has retired the trophy for race walking journalistic loyalty. (Ed. We humbly accept Ron's accolades.)



McCarthy in his racing days.

Reading about Chicago's active program each month in McCarthy's little magazine helped me decide to move out there. I felt the change in training courses and new friends I'd make would inspire me to do the work needed for improving my speed, technique, and endurance. Once I got there, I had the opportunity to help him assemble and address the publication once in a while.

The rewards of racing

The summer before Chris won the National 50 Km Championship and Olympic Trial, he won the National 40 Km title. To get back east, he drove his old junk Volkswagen to Long Branch, New Jersey for the approximately 25-mile affair. It turned out to be a real death march due to the unseasonable heat and humidity. At the time, it was held, I was on a national team touring Russia,

Poland, Germany, and England and so was unable to take part in the ordeal. Even though the obligation of competing for my country was a much higher calling, I always hated to lose a chance at a national title because of having to be somewhere

else. The fruits of his labor for winning that 40 Km walk were a huge handsome trophy and the American championship gold medal.

This medal is the size of a silver dollar and is fixed to a red, white, and blue ribbon. At the other end of the 2- to 3-inch ribbon is a gold, silver, or bronze bar with the word "CHAMPIONSHIP" across it. The meet director of this annual race, Elliott Denman, has always done a grand job in putting the event on, especially when it comes to providing quality awards. He won some beauties during his best racing days, so likes to keep this gracious custom going. I know the athletes sure appreciate having something to show for their long hours out on the roads of New Jersey. Everyone who finishes gets a nice souvenir they can be proud to display.

Nowadays, if you're willing to pay for it, you can add another T-shirt to your collection, plus pay an outrageous entry fee for the privilege. For many years, two dollars was your maximum charge, and that was for a National championship. Everything else was either 25 or 50 cents, occasionally a dollar, or free. I wonder if all those fitness walkers and runners out there will someday rebel against the high cost of competing. I realize everything costs more, but I feel entry fees are much too high. They do discourage many from taking part. At present, road races draw mostly white-collar professional, who can afford to squander a small piece of their earnings. If the millions of blue-collar and unemployed workers of this country ever discover the benefits of running slow and walking fast, I bet they won't tolerate for very long today's high prices for what amounts to getting a good workout. There may be a lot of people going down the road without a number pinned to their shirts, especially those who have no chance at winning any of the pieces of junk and silly t-shirts so many races give out for prizes nowadays. I do enjoy a clean new shirt, but these things can't be put on display like trophies, medals, and plaques. An athletic event should award athletic-type prizes to those who deserve them. You don't see the top three winners in the Olympics getting T-shirts when they're on the victory stand.

McCarthy didn't like trophies. Since I did, I felt it my duty to lecture him on why he should have more respect for, and take better care of his awards. I often tried to tell him how much they symbolized his hard work and superior athletic achievements. He reasoned them to be useless trash and felt my priorities needed serious reevaluation. Sometimes, we'd really get going at one another. These arguments helped ease the competitive tensions that training together sometimes created. At least, he kept all his national medals, even though the last time I saw them (1976), they were in disgraceful condition.

The same night he returned with that big New Jersey 40 Km trophy, he carefully placed it in a vacant lot directly behind his apartment. The next morning, it was attacked by neighborhood kids, who quickly destroyed it with clubs and rocks. McCarthy, of course, got a big laugh out of this. When I found out what he'd done, I was sick with disappointment, but not surprised. I wished I'd gotten over to his place quicker so that I may have had a chance to rescue it from its terrible fate. Had I not taken an early morning workout, I may have arrived in time. He tried to feed me a bunch of swill about it being some sort of sociological experiment, but I think he did it just to freak me out. I got him thinking twice about the foul thing he'd done when I told him I would have bought it, for I knew he could have used the money. If it had been mine, I would have had a new name plate engraved and awarded it to myself for an important past race where I'd won a

cheap prize or no prize at all. One can always recycle one's awards to good causes if they have no further use for them.

Back then, trophies were my idols. I'd go anywhere just to get the chance to add another to my continuously growing collection. It took me over a quarter of a century to finally come to my senses about such things, but I must give them credit for helping motivate me through many years of hard training and racing. I may have lived in some low-budget places during my best competitive days, but I really didn't care as long as my race walking achievements kept on winning me a lovely collection of athletic awards to admire and show off.

At the end of each year, I'd clean and wrap them with a plastic covering and carefully pack them into large cardboard cartons. Big trophies were taken apart so they wouldn't get broken. In the fall of 1986, I finally got around to unpacking the entire collection. Some pieces had been put away as long ago as 1962, but all of them came out looking as new as the day they'd been won. Most of the trophies ended up being donated to walking organizations in California, New Mexico, and Oregon. Some of the best were given to sports museums in Indiana, Colorado, Florida, and Pennsylvania. My all-time favorite was a large crystal vase from winning a race near Gdansk, Poland in the summer of 1965. The time of 1:29:39 turned out to be five seconds slower than what had I had done in the Olympics the year before and was the first time an American had ever broken the hour-and-a-half barrier for 20 Kilometers. It was a point-to-point course that was thought to be a bit short. The organizers made the mistake of showing me that lovely vase before we started. It was exactly the kind of prize I'd dreamed about winning for many years. Once we got started, the thought of owning that beauty helped to keep me strong and fast all the way. (Ed. The beauty can be seen in the accompanying picture, along side another showing the beauty I won in the same race—a beauty shattered into a thousand pieces about 5 years later when an angry 2-year-old son yanked on



Laird, left, Mortland, right, receive their crystal following Polish race, 1965.

the scarf on the dining room table. As to the course, we were given splits along the way, and I was a little over 1:12 at 15 km, as I recall, and wound up with about 1:34:30, without any particular acceleration I was aware of, so I always felt it was short. Ron had other excursions under 1:30, so he needn't cry.)

Twenty-one years later, I donated it and a few other pieces to the Track and Field Hall of Fame in Indianapolis. Next time you're in town for the big 500-mile auto race or a Colt's football game, check it out. It's in the downtown Hoosier Dome, right next to The Athletics Congress headquarters. I still have all my medals, plaques, about 50 trophies, and some special clothing and souvenirs. These are stored in Southern California in the basement of a city hall where I once worked for eight years. Most of the awards they give out today would do more to discourage, rather than encourage me if I were still serious about such things. (Ed. Even the \$\$\$?). Believe it or not, I've even given away some of those fancy U.S.A. sweat suits. A girl friend even got two of them before we stopped seeing each other.

Epilogue

If I were to go training with McCarthy today, I wonder if he'd try to tell me some theory about how important race walking was in ancient times and how it affected those who lived back then. Would I have to listen to stories of how brave men were considered gods once they correctly mastered the classical knee locking, hip rolling, and arm pumping technique? Would he tell me how their individual feats of speed and endurance affected wars, governments, and the destinies of men? I'd have to defend my position with a statement like, "If you really believe such foolishness, you ought to be sitting at the feet of those who seek wisdom by studying the entrails of animals!" Chris would probably try telling me such practices couldn't really guarantee the improvement of anyone's athletic performance. I'd tell him that neither science or Holy Scripture supported his conclusions. With the experience I've had over the years, I'd have to argue against men and women trying to discover their destinies by way of some sort of physical fitness activity. Chris must might continue trying to affront me with claims about the ability of race walking to cure the evils of the world and that it could even be applied to someone as hopeless as me. Either that or a good woman was what I needed to help me fulfill my destiny. Yes, If Chris and I were taking long workouts today, we'd be sure to have some lively dialogue on a variety of subjects. I do know McCarthy would be pleased to see how well his concept of a monthly periodical has survived and prospered in the capable hands of his old Olympic teammate from Ohio. (Ed. Unfortunately, Chris quit sending me money quite a few years ago and I quit sending him free ORWs a few years after that. However, if I can resurrect his address, I guess he should get these last three issues.)

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We asked someone to come forth and right about shoes for race walking. Harold Canfield, Registration Chairman in Tennessee and long involved with race walking has answered the call with the following article. Perhaps this will elicit some comment and further ideas from other readers.

WHAT'S NEW IN SHOES

by Harold W. Canfield

"I joined a friend of mine for a racewalk workout the other day and noticed he was wearing a new pair of shoes. I asked him why he bought this particular shoe for racewalking and he responded by saying he just like the colors. After explaining what little I knew about what he should have looked for in a racewalking shoe, he understood why I was concerned."

How many times have you had this same experience. With the wide variety of shoes made for the running/jogging populace, and the relatively few shoes that are adoptable for racewalking, making the right decision in purchasing a suitable shoe for your particular needs is difficult.

Shoes are generally categorized on the basis of materials and construction. Basically, there are four ways shoes are constructed: straight-lasted, slip-lasted, curved-lasted, and combination-lasted. The shoe last is a foot-shaped piece of wood, plastic, or metal on which the shoe is built, giving the shoe its shape. The shape of the last determines the shape of the shoe. Generally, faster, lighter walkers who need little foot support prefer a curved or slip-lasted shoe. Those who need medial support and those who overpronate opt for straight or slightly curved lasted shoes.

A straight-lasted shoe is relatively straight on the medial side to add stability. The straighter the last, the greater the medial support. On the other hand, a curved-lasted shoe is shaped somewhat like a banana and offers less inner support but greater mobility. A combination-lasted shoe is one in which the rear foot is usually board lasted for stability, but slip-lasted in the forefoot to provide flexibility. A slip-lasted shoe is the most flexible type of shoe construction. With a slip-lasted shoe, the upper is stitched together like a moccasin and glued to the midsole. Slip-lasting allows for a better fit.

Racing flats that weigh less than 9 1/2 to 10 ounces seem to be especially suited for competitive racewalking because of their flexibility and lightness. There are several shoes on the market that fit the bill.

Among the Asics brand of shoes, the Gel LD Racer and the Ekiden Racer seem to be the best of the lot. The Ekiden is lighter than the Gell Racer (6.4 oz. to 7.6 oz) and has a very responsive outsole, which provides great flexibility and traction. It is geared toward the walker more concerned with speed than protection. The Gel Racer is combination-lasted and is denser on the medial side of the shoe, making it a shoe of choice for orthotic wearers and the stability conscious. It serves as a classic example for the industry's trend toward heavier, more protective, but lightweight and more flexible shoes.

The Nike Air Pegasus has a curved last with an appealing blend of lightness (7.5 oz.), performance, fit, and comfort. With its polyurethane Air midsole, the Pegasus is both well cushioned and durable. The Nike Air Mariah PR and the Duellist also seem to have qualities suitable for racewalking.

New Balance had added to its 800 series with a new NBX 850 shoe. It is slip-lasted, has a slightly curved shape and weighs 9.8 oz. The shoe weighs slightly less than the older 840 because the midsole has been trimmed and the upper has been lightened. It has strong stability features, including a sturdy heel counter

collar and solid heel plug.

There are other shoes worth having a look at, such as the Saucony Sceptre and the Avia 2900. Picking out the proper shoe is an individual task. To find the right shoe, you need to consider the shape of your foot, the degree to which you pronate or do not pronate, your body type, your training and racing patterns, and the types of surfaces you are on most often. The current trend among athletic shoe manufacturers is toward building a fuller-lasted, better cushioned, more stable shoe for a larger cross section of the marketplace. These light, flexible, but more protective, shoes help the racewalker select a shoe that will be more suitable for his or her needs in competition, as well as training.

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COMMENTARY—Steve Vaitones

The racewalking community has worked hard for the inclusion of a walk in many indoor track meets. Events such as association TAC meets, open meets, and major invitationals, such as the Olympic Invitational, Mobil 1, and Johnson City, now host walks. However, the increase in number of walks has not been matched by the increase in the number of walkers, and we are in danger of losing a number of these events due to poor participation.

Two meets in the Northeast, the Dartmouth Relays and the New England Invitational, drew relatively large national caliber fields in the past. However, each of those events had only four walkers, and, as the walk coordinator, I was told that the event face elimination if numbers did not increase. In turn, I could not offer promises of future participation. Some of the bid invitationals had similar numbers, and, while four runners in a 400 or 800 can be a solid competition, that number for a mile or 3000 meter walk can be pretty dull (especially if the abilities range from elite to mediocre). If such a walk had managed to get into prime meet time (as many have argued for), the walk can truly hurt the sport of track as a spectator event in a time when track meets are being criticized for being too long and drawn out.

Yes, you can cry that it is a national championship event and that the women's walk will be an Olympic race in 1992, but the fact is that we cannot fill the fields.

Many participants came from a strong New York area program. Retirement, migration, and smaller high school and college programs have reduced the number of New York walkers. Many men have limited their indoor competition (Mobil 1 and Johnson City only have a women's walk). Add the fact that many new walkers are coming from a road background and are fearful of competing on the track, and frankly, the numbers cannot support the races.

A good walk with a solid field is a very exciting spectator event, as has been shown at the Goodwill Games and some indoor meets. This is yet another indication that we must consider the walk as a track event and not a "separate sport". As we bring more people into the event, they must be educated about racing on the track and should be encouraged to do so. We should get the athletes from track backgrounds and not from strictly a road orientation. And we must

support the indoor walks, even if it means substituting an indoor race for a hard workout. Because, if we don't, there should be no cries of outrage when the walks are removed from meet programs.

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LOOKING BACK

25 Years Ago (From the Oct. 1966 ORW)—Rudy Haluza launched what proved to be probably his most successful year in race walking (although his fourth place finish in the Mexico City Olympic 20 Km two years later is probably the single highlight) with a storming last lap to nip Don DeNoon in the National Indoor 1 Mile. In Albuquerque's altitude, DeNoon's very fast early pace proved to be his downfall. Going through 440 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38 and 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter in 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win in 6:39.2. Ron Daniel was third in 6:43.8, with Larry Walker fourth. . . Ron Laird, only fifth in the Mile, earlier broke three American records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:01, and covered 15 miles, 501 yards in 2 hours. . . DeNoon set an American outdoor 2 mile record of 13:38.6, also in San Diego.

20 Years Ago (from the March 1971 ORW)—In National Junior Championships (not age-related in those days, it just meant for those who hadn't won a national championship), Wayne Glusker beat Mike Ryan and Jerry Lansing at 1 Hour and George Mercure won at 50 Km. Glusker covered 7 mi 468 yards and Mercure did 5:23:36. . . Tom Dooley turned in a 1:32:33 for 20 Km in San Francisco. . . Although well behind Dooley in that race, Goetz Klopfer had an excellent day in Seattle, setting American records at 15 Miles, 25 Km, and 2 hours—1:52:44, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race, which he didn't finish, he never got the times in the book. . . Greg Diebold won the IC4A 1 Mile indoors in 6:51.8. He also had a 6:37.6 for a 1 Mile in Albany, N.Y., edging Ron Kulik.

15 Years Ago (from the March 1976 ORW)—In the National Indoor meet, veteran Ron Laird captured the 2 mile in 13:37 and SUE Brodock won the women's 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry Walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club's Laurie Tucholski was second to Brodock with a 7:39.6. . . Laird and Scully journeyed to Leningrad with the U.S. track team, but couldn't quite cope with the Soviets. Yevgeniy Yesyukov won in 20:21.8 (5 Km) with Alexis Troitski close behind in 20:31.6. Scully had 21:06.2 and Laird 21:56.2. . . Jim Heiring won the NAIA 2 mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49. . . On his way from Leningrad to Mexico, Mr. Laird stopped off in Springfield, Ohio for a friendly 6 miler, winning in handily in 44:39. In a battle of aging Jacks, Mortland beat Blackburn 49:39 to 50:00. Laurie Tucholski did 51:56. Larry Walker won the LA Times 1 Mile in 6:28.1

From *Track and Field* by Charles W. Paddock, A.S. Barnes & Co., New York (1938). (Thanks to Frank Soby)

THE WALKING EVENTS

A special chapter has not been devoted to walking, since it seldom forms part of an outdoor school or college track program. It is still a standard event indoors and throughout Europe enjoys a tremendous popularity. Walking is one of the few events which develops all parts of the body.

In order to comply with the rules which govern this sport, a heel and toe action must be used, with one foot always on the ground. The real tests of a fair walker are to be found in the carriage of the head, body and legs, and the way in which the knees are locked at the end of the stride and the grounded leg kept stiff and taut as the other leg swings loosely forward for the next stride, in which the heel is the first part of the foot to make contact with the track.

Naturally, there must be good arm action, the clenched fist swinging up and across the chest in front of the opposite shoulder with a powerful drive. The arms are held bent at the elbow, and as each fist reaches its highest point the other should drop back in rear of the hip.

When properly done, walking is a peculiar performance, and it is often ludicrous to the layman.