

## Rohls Rule the Roost

Manassas, Virginia, March 28--Moving from the nation's capital to Bull Run Park, this year's National Invitational Racewalks were blessed with beautiful weather, but, unfortunately, a less stellar field than usual. One of America's favorite racewalking couples walked off with the honors--Michael Rohl winning the men's 20 Km and Michelle the women's 10.

The women's race had a stronger field than the men's, but the 32-year-old Rohl, walking very well again after taking most of last year off for maternity purposes, was dominant. Her 46:55 left second-place Joanne Dow 47 seconds back at the finish. However, the 35-year-old Dow was just 22 seconds off her 1997 best, a promising start to the year for her. Teresa Vaill, also 35 and not heard from last year, had a good start to a comeback year with a 48:02 in third. Jill Zenner, 23 and the pride of Yellow Springs, Ohio, was also off to a good start, taking fourth in 49:31.

The first three were together through 4 Km, where Vaill led in 18:23 (after a 9:05 for the first 2), followed by Rohl (18:25), and Dow (18:26). But Rohl pulled steadily away from that point passing 6 km in 27:45 and 8 in 37:15. Dow was able to get away from Vaill over the final 4 Km as both slowed significantly.

Mike Rohl won the 20 in 1:37:06, with competition only from the 43-year-old veteran of International races, Steve Pecinovsky. Steve's 1:37:29 was his fastest since 1993. The most impressive performance was turned in by 1968 Olympian Dave Romansky (59), who finished seventh in 1:46:35. One place further back, Max Green, 66, was as tough as ever with his 1:54:47.

Rohl and Pecinovsky battled through 8 Km, where Mike led by 1 second in 37:31. But by 10 Km, Rohl's 46:55 had him 18 seconds up. He had stretched that lead to 66 seconds as they started the final 2 Km lap, but Pecinovsky finished strongly with a 9:47 for the final lap, while Rohl struggled home in 10:29. Results of these and accompanying races:

**Women's 10 Km:** 1. Michelle Rohl 46:55 (9:07, 18:25, 27:45, 37:15) 2. Joanne Dow 47:42 (9:08, 18:26, 27:53, 37:41) 3. Teresa Vaill 48:04 (9:05, 18:23, 27:56, 37:56) 4. Jill Zenner 49:31 (9:16, 19:20, 29:25, 39:37) 5. Joni Bender, Canada (35--a popular age among the first 5) 50:59 (9:30, 19:42, 30:12, 40:42) 6. Samantha Cohen (20) 51:21 (9:47, 20:01, 30:43, 41:08) 7. Molly Lavacek (32) 51:27 8. Marina Crivello (18) 54:11 9. Bobbi Jo Chapman (24) 54:15 10. Kelly Murphy Glenn (37) 54:28 11. Cheryl Rellinger (32) 55:26 12. Marykirk Cunningham (32) 55:26 13. Patricia Jones (35) 57:53 14. Alison Zabrenski (19) 58:26 15. Katherine Neves (17) 58:52 16. Tara Shea (19) 59:31 17. Gayle Johnson (49) 60:08 18. Vanessa McLoughlin (23) 60:25 19. Loretta Schuellein (20) 62:41 20. Bev LaVeck (61) 63:00 21. Kathy Finch (43) (43) 65:47

**Men's 20 Km** 1. Michael Rohl (32) 1:37:06 2. Steve Pecinovsky (43) 1:37:29 3. John Soucheck (32) 1:44:16 4. Keith Luoma (36) 1:45:22 5. Gregory Dawson (31) 1:45:38 6. Dan O'Brien (33) 1:46:17 7. Dave Romansky (59) 1:46:35 (51:34) 8. Max Green (66) 1:54:47 (56:19) 9. Ed

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

Fitch (37) 1:55:47 10. Bill Reed (45) 2:01:29 11. Tom Quattrocchi (46) 2:02:25 12. Jim McGrath (61) 2:05:04 13. Victor Litwinski (53) 2:08:56 14. Bernie Finch (58) 2:19:23 15. Louis Free (67) 2:22:10 DNF--Howard Jacobson (67) 1:22:35 at 12 Km. DQ--Phillip Gura (38) 1:51:49 at 18; John Starr (69) 1:52:43 at 18; Malcolm Hall (52) 63:24 at 10.

**Jr. Women's 5 Km:** 1. Elizabeth Paxton (14), Cypress, Cal. 27:21 2. Lindsay Bellias (17), Marlton, N.J. 30:23

**Jr. Men's 10 Km:** 1. Glenn Anderson (18), Northport, N.Y. 48:44 2. Danny Dalton (16), Kettering, Ohio 53:14 3. Erick Tonkyn (14), Clemson, S.C. 53:22

**Women's 5 Km:** 1. Pat Zerfas (36) 29:32 2. Lisa Marie Vellucci (19) 29:37 3. Lilian Whalen (46), Canada 31:27 (15 finishers)

**Men's 5 Km:** 1. Jeff Salvage (30) 24:40 2. Glenn Anderson (18) 24:41 3. Vince Peters (44) 26:53 4. Danny Dalton (16) 28:26 5. Alan Price (51) 28:37 6. Tom Bower (54) 28:39 7. Steve Bence (42) 29:06 8. Paul Cajka (41) 29:17 9. Ed Fitch (37) 29:29 10. John Albert (51) 29:47 11. Dick Jirousek (55) 29:53 12. Manny Eisner (57) 29:54 13. Sal Corrallo (67) 30:51... 23. Ed Seeger (82) 39:39 (24 finishers)

## Other results

**National Masters Indoor 3 Km, Boston, March 28:** Women 35--1. Maryanne Torrellas, Conn. 14:57.99 2. Kelly Cullenberg, Maine 14:59 3. Marcia Gutsche, Mass. 15:00 Women 40--1. Sandy DeNoon, Ill. 15:11.52 2. Roswitha Sidelko, Fla. 15:39 3. Janet Comi, Penn. 16:10 4. Donna Chamberlain, Penn. 16:26 5. Gloria Rawls, Penn. 16:31 6. Lee Chase, Conn. 16:52 Women 45--1. Karen Davis, Ariz. 16:40.37 2. Heidi Duskey, Mass. 19:29 Women 55--1. Elton Richardson, N.Y. 17:35.85 Women 60--1. Jeanne Shepardson, Mass. 19:20.37 Women 70--1. Joan Rowland, N.Y. 21:40.64 Men 30--1. Art Ortega, N.M. 14:58.26 Men 35--1. Tim Nicholls, Fla. 14:55.24 2. Edward O'Connor, Conn. 16:15 Men 45--1. Brian Savilonis, Mass. 15:00.90 2. Stanley Sosnowski, R.I. 15:15 3. John Jurewicz, Mass. 17:16 Men 50--1. James Carmines, Penn. 13:19.24 2. Don DeNoon, Ill. 13:21.86 3. Robert Keating, N.H. 14:15.11 4. Bill Hariman, Mass. 16:41 DQ--Joe Light, R.I. Men 55--1. John Elwarner, Mich. 15:23.29 2. Tom Knatt, Mass. 16:37 Men 60--1. Bob Barrett, N.Y. 16:31.37 2. Gus Davis, Conn. 19:32 3. Spencer Parrish, Conn. 19:39 Men 65--1. Jack Bray, Cal. 15:41.41 2. Dick Petrucci, Cal. 16:13 3. Alfred Dubois, Wis. 16:52 4. Bob Beaudet, Mass. 18:26 5. Louis Candido, Mass. 19:13 Men 70--1. William Flick, Penn. 17:55.79 2. John Nervetti, N.J. 18:34 Men 75--1. Tim Dyas, N.J. 21:11.83

**National H.S. 1 Mile, Boston, Women:** 1. Marina Crivello, Can. 6:59.9 2. Lisa Kitzing, N.Y. 7:00.9 3. Emma Carter, Kan. 7:29.2 4. Christine Hyland, N.Y. 7:35.8 5. Robyn Stevens, Cal. 7:41.0 6. Dana Giancaspro, N.Y. 7:47.15 7. Brenda Genoino, N.Y. 7:48.48 8. Elizabeth Paxton, Cal. 7:49.2 9. Shernette Dunn, N.Y. 7:50.8 10. Esther Nicole, Can. 7:51.7 11. Lorraine Horgan, N.Y. 7:56.51 12. Jacinthe Bouchard, Can. 7:57.1 (18 finishers, 2 DQs) **Men:** 1. Brian Colby, Wis. 6:31.10 2. Glennosten, N.Y. 6:31.18 3. Patrick Ryan, N.Y. 6:44.71 4. Daniel Dalton, Ohio 6:44.72 5. Stephen Quirke, N.Y. 7:13.96 6. Matt DeWitt, Wis. 7:22.35 (8 finishers, 3 DQs) (These are very encouraging results if many of these kids will keep going and show a willingness

to tackle the longer races.) **2 Mile, Piedmont, Georgia, March 14--1.** Bob Torstrick 19:39 2. Denise Jacobson 19:40 **5 Km, Atlanta, March 21--1.** Eric Tonkyn (14) 25:29 2. Dena Sossaman 30:05 **10 Km, Coconut Creek, Fla., March 28--1.** Rod Vargas (48) 54:40 2. John Fredericks (50) 59:41 3. Bob Cella (50) 61:09 3. Lee Duffner (61) 62:29 4. Phil Valentino 62:55 Women: 1. Tammie Corley 63:34 **10 Km, Winter Park, Fla., March 28--1.** C.S. Monte Carlo 59:46 2. Ray Jenkins 61:34 3. Steve Christlieb 62:15 Women: 1. Sperry Rademaker 61:10 2. Lynn Tracy 61:37 **Ohio Indoor 3 Km, Cincinnati, March 22--1.** Vince Peters (44) 15:40 2. Ed Fitch 15:57.6 3. Omar Nash 18:05.3 **Ohio 5 Km Championship, Springfield, April 5--1.** Jill Zenner 23:02 2. Chris Knotts (40+) 23:42 3. Dan Dalton (16) 25:01 4. Jerry Muskall 16:31 5. Paddy Jones 26:42 (Canadian now living in Cincinnati) 6. Ed Fitch 26:47 7. Al Cowen (40+) 26:55 8. Darryl Davis (40+) 31:32 **3 Km (indoor), Indianapolis, March 7** (Billed as a Master's meet, but anyone 19 and older welcome)--1. Scott Crafton (19) 13:09.57 2. Rich Friedlander (53) 13:41 3. Max Walker (51) 15:19.56 4. Ed Fitch (37) 15:46.12 5. Vince Peters (44) 16:00.41 6. Alfred Dubois (66) 17:39.44 7. Rick Myers (43) 17:39.44 8. Jim Spitzer (66) 19:19.60 Women: 1. Jill Zenner (23) 13:42.44 2. Tish Roberts (48) 16:44.88 3. Abigail Oliver (37) 17:38.06 4. Janet Higbie (56) 18:17.59 5. Sami Bailey (61) 18:34.59 6. Christina Moore 18:56.62 **3 Km (indoors), Chicago, Jan. 17--1.** Jonathan Matthews 11:46.3 2. Mike Rohl 12:05.5 3. Gary Morgan 12:24.3 4. Chris Brooks 13:13 5. Will Leggett 14:57.3 Women: 1. Michelle Rohl 13:19.2 2. Jill Zenner 14:07.2 **3 Km (indoor), Edwardsville, Ill., Feb. 14--1.** Jill Zenner 14:04 2. Cheryl Rellinger 14:12 3. Sandy DeNoon 15:37 4. Paddy Jones, Can. 15:53 5. Deb Iden 16:18 6. Angie Nieth 16:23 7. Gayle Johnson 16:40 Men--1. Chris Brooks 12:39 2. Dave Michielli 13:29 3. Don DeNoon 13:40 4. Will Leggett 13:49 5. Mike DeWitt 14:07 6. Ed Fitch 15:30 7. Vince Peters 16:58 **3 Mile, College Station, Texas, March 7--1.** Chip Schaeffer 26:48 2. Lojza Vosta 27:11 **1 Mile, Houston, March 21--1.** Dominic Byrd (11) 8:33.20 2. Sydnie Kleinhenz (41) 8:44 3. Mike Kleinhenz (46) 8:58 **5 Km, Denver, Feb. 14--1.** Mike Blanchard 27:26 2. Daryl Meyers (55) 28:27 3. Christine Vanoni (46) 30:06 **5 Km, Denver, Feb. 22--1.** Alan Yap (55) 26:30 2. Mike Blanchard 26:39 3. Steve Gardner (43) 27:04 4. Daryl Meyers 28:06 5. Marianne Martino (46) 29:11 6. Don Lake (53) 29:59 **Indoor 3 Km, Colorado Springs, March 1--1.** Alan Yap 15:42 2. Mike Blanchard 15:43 3. Scott Richards (47) 16:40 4. Marianne Martino 17:42 5. John Lytle (65) 19:05 **7 Km, Lodo, Col., March 15--1.** Dan Pierce (41) 37:32 2. Mike Blanchard 37:34 3. Scott Richards 39:31 4. Daryl Meyers 41:06 5. Patty Gehrke 41:22 6. Christine Vanoni 43:06 **5 Km, Littleton, Col., March 22--1.** Mike Blanchard 27:41 2. Daryl Meyers 28:31 3. Lori Rupoli (46) 29:59 **50 Km, Albuquerque, March 15--1.** Robert Reedy (56) 5:44 2. Jo Owen (51) 6:05 3. Bob Ferrier (59) 6:52 **5 Km, same place--1.** Art Ortega 16:40 2. Mark Adams (59) 27:02 3. Don Towner (51) 29:25 **1 Mile, Albuquerque, March 8--1.** Mark Adams 8:25 2. Winston Crandall (57) 8:51 3. Arnie Levick (62) 9:08 4. Don Towner 9:18 5. John Armbruster (66) 9:38 **20 Km, Huntington Beach, Cal., March 15--1.** Susan Armenta 1:48:45 2. David Crabb (52) 1:51:39 3. Richard Lenhart 1:53:16 4. Margaret Govea 1:58:41 5. Pedro Santoni (40) 1:59:39 6. Ed Bouldin (50) 2:05:46 7. Carl Acosta (64) 2:06:25 8. John Jurewicz (47) 2:10:56 9. Jolene Steigerwalt (54) 2:13:46 10. Arvid Rolle (64) 2:14:56 11. Ron Laird (59) 2:18:09 (21 finishers) **5 Km, same place--1.** Jesus Orendain 30:00 2. Peter Armstrong 30:56 **5 Km, Monterey Bay, Cal., March 21--1.** Chris Sakelarios 25:38 2. Brooke Szody (18) 27:17 3. Bill Penner (51) 27:42 4. Nathan Williams (16) 28:06 5. Dick Petrucci (65) 28:29 6. Art Klein (44) 28:29 7. John Doane (44) 30:04 8. Mary Baribeau (40) 30:43 9. Tom Williams (45) 30:45 (25 finishers) **5 Km, Pasadena, Cal., Feb. 22--1.** Richard Lenhart 26:24.1 2. Pedro Santoni 28:43 3. Carl Acosta 30:10 Women: 1. Susan Armenta 25:26.9 2. Margaret Govea 28:03 **50+ 5 Km, Palo Alto, Cal., March 29--1.** Jo Ann Nedelco (54) 27:56 2. John Doane (55) 28:04 3. Lani Le Blanc (55) 30:09 4. Bill Moreman (70) 31:25 **Indoor 1500 meters, Portland, Ore., March 1--1.** Ian Whatley 6:35.9 **Ontario Indoor**



**Championships, Feb. 28:** Women's 3 Km--1. Joni-Ann Bender 14:06.68 2. Neville Mey 15:49 3. Jennifer Brown 15:50 4. Patricia Jones 16:03 Men's 5 Km--1. Arturo Huerta 21:10.42 **Irish 20 Km Championships, Donegal--1.** Michael Casey 1:26:14 2. Pierce O'Callaghan 1:27:22 3. Jeff Casin 1:27:29 (Former Canadian walker now representing Ireland) 4. Jamie Costin 1:30:28 5. Brian O'Donnell 1:33:41 **New Zealand Championships, Wanganui, Feb. 6 & 8: Men's 5 Km (track)--1.** Craig Barrett 19:54.36 2. Scott Nelson 20:47.61 3. Graeme Jones 21:11.38 **Men's 20 Km (road)--1.** Craig Barrett 1:24:45 2. Scott Nelson 1:31:58 3. Graeme Jones 1:32:54 **Women's 3 Km (track)--1.** Jenni Jones-Billington 13:34.86 2. Lynley Young 14:24.92 3. Carm Watson 14:36.48 **Women's 10 Km (road)--1.** Jenni Jones-Billington 48:01 **Australian Championships, Melbourne, Women's 10 Km, March 12--1.** Jane Saville 46:37 2. Simone Wolowicz 46:50 3. Jenni Jones-Billington, N.Z. 47:52 **Men's 5 Km (track), March 14--1.** Nick A'Hern 19:12.92 2. Dion Russell 19:39.62 3. Scott Nelson, N.Z. 20:11.05 **World Veterans 30 Km, Kobe, Japan, March 29 (overall)** 1. Fabio Buzzier, Italy 2:31:32 2. Gary Little, N.Z. (1st 55-59) 2:32:43 (World best for age group. Little led for much of the race) 3. Roberto Cervi, Italy 2:33:42

### Put your best foot forward at some of these competitions

Sat. May 9 5 Km, Albuquerque, N.M.(W)  
5 Km, Littleton, Col., 8 am (H)  
Sun. May 10 Jack Mortland Walks, 5 Km, 10 Km, Ohio and North Region 20 Km, Yellow Springs, Ohio (M)  
5 Km Miami, 7:30 am (Q)  
5 Km, Houston (Y)  
10 Km, Palo Alto, Cal. (R)  
Mon. May 11 1 Hour, Ft. Monmouth, N.J., 7 pm (A)  
Tue. May 12 1500 meters, Atlanta, 5 pm (D)  
Sat. May 16 5 Km, Duluth, Georgia (D)  
8 Km, Anderson, Ind. (V)  
5 Km, Denver, 8 am (H)  
Sun. May 17 Western Regional 10 and 20 Km, Palo Alto, Cal. (R)  
5 Km, Needham, Mass. (N)  
5, 10, and 20 Km, Point Pleasant, N.J. (A)  
10 Km, Dearborn, Mich. (Z)  
1550 and 3000 meters, Columbus, Ohio (AA)  
5 and 15 Km, Riverside, Cal., 7:30 am (B)  
4 Mile, Denver, 8:30 am (H)  
Tue. May 19 1500 meters, Atlanta, 5 pm (D)  
Sat. May 23 5 Km, Ann Arbor, Mich. (O)  
Sun. May 24 **National USATF 15 Km, Elk Grove, Ill. (S)**  
Metropolitan 20 Km, New York City, 8:30 am (F)  
Sanford Kalb 9 Km, Lakewood, N.J. (A)  
Alongi in Marin 5 Km, Kentfield, Cal. (P)  
10 Km, Toronto, Ontario, Canada, 11 am (DD)  
Mon. May 25 10 Km, Boulder, Col., 7:30 am (H)  
Tue. May 26 1500 meters, Atlanta, 5 pm (D)  
Sun. May 31 New England 5 Km, Brookline, Mass. (N)  
5 Km, Columbus, Ohio (BB)  
3, 5, 10, and 20 Km, Houston (Y)

5 Km, Denver, 9 am (H)  
Tue. June 2 1500 meters, Atlanta, 5 pm (D)  
Fri. June 5 1 Mile, Houston, 5:45 pm (Y)  
Sat. June 6 3, 10, and 20 Km, Racine, Wis.(S)  
4 Mile, Indianapolis (V)  
5 Km, New Jersey (A)  
5 Km, New Castle, Pa., 9 am (EE)  
Sun. June 7 8 Km, Atlanta (D)  
Ohio 3 and 10 Km, 8:30 am, Yellow Springs (M)  
8 Km, Indianapolis (V)  
5 Km, Denver, 8:30 am (H)  
Mon. June 8 5 Km, Long Branch, N.J., 6:35 pm (A) (and each Monday to end of August)  
Fri. June 12 1 Mile, Houston, 5:45 pm (Y)  
Sat. June 13 Southeast Region Masters, Atlanta (Q)  
3 Km, Fort Monmouth, N.J. (A)  
5 Km, Hebron, Ind. (S)  
5 Km, Miami (Q)  
Cal. Senior Games 1500 m and 5 Km, Pasadena (B)  
5 Km, Lafayette, Col., (H)  
Mon. June 15 5 Km, Long Branch, N.J., 6:35 pm (A)  
Fri. June 19 1 Mile, Houston, 5:45 pm (Y)  
Sat. June 20 **National USATF Men's 20 Women's 10 Km, New Orleans (G)**  
1500 and 3000 meters, Dayton, Ohio (M)  
Mon. June 22 5 Km, Long Branch, N.J., 6:35 pm (A)  
Fri. June 26 1 Mile, Houston, 5:45 pm (Y)  
**USATF National Jr. Women's 5 and Men's 10 Km, Edwardsville, IL (G)**  
Sat. June 27 5 and 10 Km, Pasadena, Cal., 5:30 pm (B)  
North Region 8 Km, Kalamazoo, Mich. (S)  
Sun. June 28 1 Hour, Kentfield, Cal., 7:30 am (P)  
Metropolitan 15 Km, New York City, 8:30 am (F)  
Mon. June 29 5 Km, Long Branch, N.J., 6:35 pm (A)  
Sat. July 4 10 Km, Dedham, Mass. (N)  
1500, 2000, and 3000 meters, Warren, Mich. (O)  
5 Km, Miami, 7:30 am (Q)  
**USATF National Youth 1500 and 3000, Spokane, Wash. (G)**  
Mon. July 6 5 Km, Long Branch, N.J., 6:35 pm (A)  
Fri. July 10 1 Mile, Houston 5:45 pm (Y)  
Sat. July 11 **USATF Men's 10 Km, Niagara Falls, N.Y. (I)**

### 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 N.E. Windermere Road, Seattle, WA 98115  
D--Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342  
E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813  
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
G--USA Track & Field, P.O. Box 120, Indianapolis, IN 46206 (317-261-0500)  
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)



J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151  
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
 N--Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146  
 O--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813  
 Q--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445  
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086  
 S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614  
 T--Columbia, TC P.O. Box 1872, Columbia, MO 65205  
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
 W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197  
 X--Jim Miller 972-442-0642  
 Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072  
 Z--Max Green, 13660 Mortenvue, Taylor, MI 48180  
 AA--Curtis Stitt, 2605 Wellesley Rd., Columbus, Oh 43209  
 BB--Hali Robinson, 1806 Penfield Rd. West, Columbus, OH 43227  
 DD--Ontario Racewalkers, 676 Balliol St., Toronto, Ontario M4S 1E7 (416-489-0561)  
 EE--Peggy Plonka, 1000 S. Mercer Street, New Castle, PA 16101

## From Heel To Toe

**Whoops!** Well, I just noticed that I got the wrong heading on this item last month--I had two "Looking Back" features in that issue, but the first one should have been "From Heel To Toe". I imagine astute readers figured it out--and, of course, we have nothing but astute readers. . . **Shoe commentary.** Jim Mann, former national team member, is now a production manager for Nike. Asked, via the Internet, about the future of racewalking shoes, he replied as follows: "As a retired walker, I wish there were 'racewalking shoes' being produced. But, as a businessman, the reason is numbers. For example, we have a minimum order for new models of 3,000 to 5,000 pairs. In the past, racewalking shoes could not cover that amount. Also add that in only 1 to 2 years the consumer would want a new model. Then add in that same year mold costs of 100K plus for a normal size run plus sales would be minute and centralized and we unfortunately run into a costing issue. Is it fair? No. But, from a business standpoint it makes great sense. Also, most walkers (excluding national and world class) can use a running or run/walk model, so the masses are covered. In the past, I have worked on ideas to get walking shoes into circulation by Nike, but it never came to the market. What does the future hold? We shall see. I do know that there is nothing from us on the horizon as of now." (Ed. The only problem I have with that is the idea that the consumer demands a new model every 1 or 2 years. I think if racewalkers find a satisfactory shoe, they want to stick with it. The constant disappearance of models from the market has always rankled me. Ron Laird and I have agreed that the if adidas still made the 192 Italia (mid-60s model) we would still be wearing them, even though they would look a bit strange among today's glitzy models. Most readers probably have no recollection of the 192 and would probably cringe at the thought of wearing such a throwback if they saw one, but it was good for racewalking, though not designed for such.) . . . Cedarville College, a small Baptist college in Cedarville, Ohio, wants it to be known that it supports racewalking as a T&F event for men and women. The school produced both Chad Eder (1:28:57 in 1995, now retired) and Jill Zenner (48:11 in 1997 and still going strong). All racewalking clubs and athletes are encouraged to inform high school junior and senior cross country and T&F athletes of this opportunity and encourage them to contact either Vince Peters (937-767-7424) or head T&F coach Paul Orchard at the school. . . The Miami Valley TC will host the 11th annual Jack Mortland Racewalks on Sunday May 10. To give athletes a chance to get together and socialize the night before, Vince Peters and his wife Jennifer will host a

pre-race pasta dinner party. The annual affair is free, but Vince and Jennifer will accept donations towards the dinner for the benefit of the elite Training Center in San Diego. Any dollars donated will be forwarded to the NARF. Anyone attending should RSVP to Vince by Wednesday, May 6 (see phone number above). . . The Goodwill Games, scheduled for New York in July, will be putting big money into the racewalks (men's 20 on July 20, women's 10 on July 21). In both races prizes will be \$6,000 for first, \$4,000 for second, \$2500 for third, \$1500 for fourth, \$1250 for fifth, \$1000 for sixth, \$750 for seventh, and \$500 for eighth. Bonuses will range from \$50,000 for any world records to \$1000 for any athlete establishing a personal best. Help encourage Turner Broadcasting to include the racewalks in their coverage by sending an upbeat, friendly request to Amy Phillips at: Amy.Phillips@Turner.Com. . . Last month in this column, we referred to the 1959 National 50 Km, extolling Elliott Denman's feat in winning that and the National 3 Km just 16 days apart. Lou Neishloss has written about that 50. "I just finished reading the March issue and I really relate to that 50 Km in Pittsburgh--1959, sweltering heat. Did you know when I reached the 15 1/2 mile turn around, I heard John Deni screaming at me--he always called me Luigi. He said you are in the lead and the next guy is a quarter mile back. I couldn't believe my feeling, my adrenalin hit the ceiling. Instead of maintaining my pace, I kicked it in (bad mistake). Jack, I had the lead until the 24-mile mark. By that time, I was close to an English stroll. Elliott passed me, but I still felt I was good for second. Then I heard footsteps at the 28 1/2 mile mark. It was Bob Mimm. Both these guys are great and they were accelerating. I was hanging on, but I did get my third place. . . As you will see on page 15, since no one is sending me any recent photos, I have gone into the files to pull out something ancient, as I do now and then. You will see the entrants in the 1960 National Indoor 1 Mile in Madison Square Garden. The race included five Olympians or Olympians to be. Winner Ferenc Sipos was a Hungarian refugee who had a brief but very successful career in this country. Interesting to observe that the first two placers in this year's National High School mile would have been a close second and third. We thought we were going fast, but performances do improve. I was astounded after this race to find myself immediately stamped by some as a strong candidate for that summer's Olympic team. How, could they translate success at 1 mile to equal success at 20 Km. I knew very well that at that time I had never carried an 8-minute mile pace even as far as 3 miles, so there was no way that in 4 months time I would be able to hold such a pace for 12 miles. As it was, I finished ninth in the Trial and then began some serious training for endurance over greater distance, which paid nice dividends over the next few years.

## The Really Long Race

Reader Robert Phillips in Latonia, Kentucky sent along the following article regarding the Paris-to-Colmar race, which he pulled from a 1993 magazine. First, that brief article:

"There are long walks, and then there's the Paris-to-Colmar racewalk competition in France. This whale-of-a-walk is 523 kilometers (324 miles) long, and competitors have only 3 days to reach the finish. No picnic.

The race--held on and off since 1926--was walked this year in early June. The racewalk pushes competitors to their limits; there are only two official rest periods, called repos. The walking weary and their support staff get 3 hours off at 272 km and 1 hour at 418 km. "Sleep deprivation plays a large role in the success or failure of the athlete," says Dr. Howard Palamarchuk, a podiatrist from Pennsylvania, who helped administer much-needed foot care to the racewalkers along the course.

The race has long served as a sort of walking laboratory for foot-care research. The most notable product to be tested at the race is the 44-year-old French podiatric cream, called NOK by Akileine, which prevents irritations caused by chafing and perspiration. In a field of European race



walkers, French entrant Noel Dufay edged out Polish racer Zbigniew Klapa and won in 62:18--which is a blistering pace in a not-too-blistering race."

Robert was interested in more on the challenge of such races. Well, we haven't seen the results of this race for a few years, but we used to carry them regularly and had some interesting commentary through the years. The last was following that 1993 race, when Howie Palamarchuk wrote his report of the race for us (July 1993 issue). We noted then that the extraordinary ultra-distance competitor, Colin Young, had once written an article for us on his experiences. It is well worth repeating for those interested in real endurance tests. The article titled "A Hard Day and Night and the Like" appeared in our March 1974 issue. We preface it by noting that Colin, an Englishman, had probably walked as many ultra-distance races (100 miles and up) as anyone active at that time. We would add now that Colin is a real racewalker with good times at distances from 2 miles on out, though interestingly enough in light of his great endurance, he seemed to be better in the 10 to 20 km range than at 50. We also noted that, in a cover letter to the article, Colin stated that "The lads I met out in Lugano (U.S. lads) said they would be interested in my approach to the ultra-distance affairs and asked that I submit an article to you." So here it is again, 24 years later (note that the race was Strasbourg-to-Paris until 1979, with varying routes, but always in the 500 to 525 km range):

It was with some surprise and a great deal of pleasure that I found the majority of your fine Lugano Cup squad eagerly enquiring of my mental and physical buildup to and during those maniacal trips (as the editor puts it) I undertake every so often--in other words, those 24 hours, Paris-to-Strasbourg, and various other European endurance events. The boys suggested others would be interested and said they would appreciate an article on the subject, so here goes.

I suppose it does sound strange, perhaps even crazy to hear someone say they prepare for a 3 km exactly as they would a race of 520 km. But this is so in my case, thus making me, I guess, a true "all rounder" rather than a specialist. I train for 60 to 75 minutes per night at 8:30 to 9:15 per mile with a longer one of 1 1/2 to 2 hours on Sundays all year around totaling 320 to 350 sessions (including races) per annum. For the past 20 years, I have averaged 3000 miles per year, so you can easily work out that my motto is "little and often" (walking wise, that is), in stark contrast to the traditionally popular 3 to 5 hour sessions so beloved of the long distance men. By keeping my sessions comparatively short, the pace is fast enough to enable me to turn in a 13:30 3 km anytime, yet, through the sheer volume of spins, I accumulate enough stamina to be able to walk 215 km in 24 hours. The hour per day schedule suits me admirably from a mental viewpoint as I am able to lead a relatively (!!!) "normal" life with varied interests and no overriding dedication (although I am sure my wife would not agree). However, I am displeased when I miss out on a day's training when I have not planned to do so. There is never any deliberate slacking in my session, though the pace does vary due to weather, clothing worn, how I feel, course severity, etc. Also, living in a thickly populated area of London (ask Ron Laird), I have to keep to the sidewalk, which means constant vigilance to avoid slow moving pedestrians and the all too frequent car-laden streets.

Obviously, in these ultra-distance affairs, the mental fitness is equally as important as the physical. It may be peculiar to me, but I feel able to walk a "24" successfully at anytime of the year with little or no notice, whereas, this is not the case with much shorter distances, e.g., 20 miles or 50 km. With the 24 hours, I know that I literally will be out there all day with periods of acute suffering that will have to be withstood and though it is not quite true to say I can turn them out one after another, they now certainly hold little fear for me. I guess another important factor why I am able to get through these things is that from childhood, I have always had a great admiration of men who excelled in feats of endurance and based all my efforts, training and racing philosophy on excelling at the very long ones, because, in my mind, they really separate the men from the boys.

I have learned from hard experience to be on the move from start to finish and to resist the big temptation to stop for even the briefest period during a "24" but still suffer from lack of concentration and determination around dawn break (generally 14 to 16 hours stage) and in the latter stages (20 to 21 hours)--trying to work on this!! However, almost without exception, I am able to lift the pace considerably in the last hour.

So far as preparing eating-wise, I have in the past concentrated on a large carbohydrate build-up during the last week prior to the event. However, I will now experiment with the diet of lowfat/high carbohydrate spread over 8 days as used so successfully by marathoners. During the event itself, I drink frequently, but now in smallish quantities as I used to "overdrink", with emphasis on warmth (e.g., teas, coffee, soup) until the last 6 hours or so (then often racing in warm sunshine) when I "freshen up" with cooler drinks. I have personally found sweetened liquid jelly an ideal food from an energy and digestive point of view and this, together with tinned milk, rice, grapes, and perhaps a little bread soaked in soup make up my food intake. I just cannot digest any solid food, not even small portions of chicken, etc. to offset the desire to drink too much. I find an occasional suck of a slice of orange or lemon or a glucose sweet is very helpful, freshening, and beneficial.

My last training session before a "24" is about 1 hour done 36 to 48 hours before the start. Regarding recovery, following the "happiness" of the immediate finish, I quickly stiffen up, get cold, and very sleepy and generally endeavor to get to bed as soon as possible. (An editor's note from the original: Which reminds your editor of a syndrome Blackburn and I have discussed. More later) Following 8 hours or so of not too restful sleep, I am normally in good shape apart from general stiffness. My first training session is accomplished 48 or 72 hours following the finish and, apart from having to concentrate on maintaining arm action, I usually move well and have recorded a 2:46 for 20 miles a fortnight after a 24 hour and a sub 49 minute 10 km just 6 days after. Weight loss is in the region of 6 to 8 pounds, but weight is back to normal within 2 to 3 days.

The Strasbourg-to-Paris is, however, a race apart. To be anywhere near the front, one does not stop from start to finish other than the compulsory rests (one of 1 1/2 hours and one of 1 hour) and I have found no benefit from these. They only prolong the agony!! As will be understood, the ability to go without any sleep is a great asset and the top European performers do this for 4 days literally without a wink. . . must have a good doctor, or something, in their set-up? Funnily enough, on the three occasions I have raced, although in desperate straits during the event, by the finish I am less sleepy and more with it than after a 24 hour race. The travelling to Strasbourg from London is a tiring business and I have always felt quite done in after 80 miles or so. It is also difficult to judge the pace in the early miles, but, in any case, whatever the speed you still get very tired. The first compulsory stop of 1 1/2 hours after 110 miles (Ed. Note the above article says 3 hours after 272 Km, which would be about 170 miles--perhaps the regulations have changed) does me no good as it is like completing a 24 hour, stopping for an all too brief period, then restarting with the prospect of 2 more days to come! Every succeeding year I have attempted to eat more because the man who feeds well, has no foot troubles, maintains a steady pace, and can overcome lack of sleep is going to be in the frame at the finish. You cannot hope to train for an S-P, one just hopes the selection race, a 24 hour, plus general background of distance racing, training, and sheer guts will prove enough. Having said all that, it still remains the most memorable race I have ever competed in. Where else can one be watched by a total of half a million spectators? A championship distance expert I would love to be, but I am not sorry I am an ultra-distance man because the men you race against and the people who help are a fantastic bunch of friends.

(Ed. Perhaps in the future Colin will honor us with an update on this article. Or, perhaps nothing has changed. And, another note from the original: Oh yes, the syndrome I mentioned. I am not sure how this has escaped these pages before, but Jack and I have both found that after a



particularly hard race of 15 km and up, we too feel a greater than usual urge to get into bed. But sleep is only the second thing on our minds. Not that it matters, since we are generally starting a several hundred mile drive anyway. Is this post-race horniness typical of other walkers? And does it carry over into the ultra-long ones, Colin? Further note: As I recall, neither Colin or anyone else ever answered that query. Anyone care to comment now. Perhaps we will hear from Bob Carlson who has penned a few items on the subject of sex and exercise.)

## Instructing the Beginner

(While searching out the Colin Young article, I came across the following article, which I wrote and published in the August 1974 ORW. It described how I felt then about introducing the beginning racewalker to the sport, and I think I have pretty much the same philosophy today, so here it is again. This is where you start before you turn to all the great books and videos that are recently out to help one advance to a higher level.)

Ever been asked by a beginner how to walk? If you have been racewalking long, you no doubt have. It is naturally assumed that one who can do it can teach it—a premise that aint necessarily so. I, for one, am lousy at imparting the basics of a skill to others. Especially a skill as apparently unnatural as racewalking.

But is it unnatural? Certainly it appears to be. But I have found a system, if it can be called that, that seems to refute this premise and that requires you to impart no knowledge at all in getting one into an acceptable style.

In most cases, it seems to me, it is next to useless to start with a detailed description of the mechanics involved in racewalking—hip rotation, pulling and/or pushing with the supporting leg, knee lock, arm action, etc. Racewalking is a skill that one must feel and such a discussion initially is probably not going to help at all. Later in refining style—yes. At this stage—no. I have seen individuals who have been told all there is to know about rules and mechanics, but with no feel as to how to apply this knowledge, merely fighting themselves—stiff, mechanical, hips rotating in opposition to leg movement—everything wrong. Where do you start in trying to straighten out a completely misdirected effort?

Now there are a few fortunate individuals to whom the racewalker's gait seems quite natural. They can see a walking race and quickly imitate what they have seen (good, legal style, we hope). They might ask how they are doing and, after telling them "great", you may be able to do some refining to help them. But they are basically racewalking by imitation. Bearing this in mind, you might ask anyone who approaches you for help to watch you and to imitate what they see. If you have one of those individuals to whom it comes naturally, the problem is solved. Chances are you won't have such an individual, however. To most people, it is not this easy. How can we get those who cannot imitate naturally to "feel" racewalking? Because, until they do feel it, it is very difficult to do much with them. At least that's my experience. Thus, we come to Mort's great system

Have you ever been in a position to observe people in a hurry who are under some constraint not to run? While working as an industrial engineer at a local factory, I would often observe employees leaving for home after the first shift. For reasons of safety, there was a strict rule against running in the plant. There was also a compulsion among employees to be the first to the parking lot for a quick get away. As a result, those in the biggest hurry, or with the most determination, racewalked right out of the place. Understand, they didn't have the slightest idea that they were racewalking, or that there even was such a thing. But they knew that they couldn't run and when you try to make time without running, you racewalk. Even if you have never heard of the sport. After all, how did the sport ever develop? We have difficulty putting it on paper, but apparently we have an innate knowledge of what defines walking from running. Which would

seem to indicate that the rules of racewalking are really quite natural and not something hatched out of a bad dream.

Since first witnessing this unknowing racewalking, I have observed the same behavior in other places. Most recently, at the local swimming pool a few weeks ago. Running on the deck is strictly verboten. So what do I see but a young lad of 10 or 11 striding out in perfect racewalking style in order to make quick time to some unknown destination. The sad part of this story is that the lifeguard whistled him down for running. I was sorely tempted to argue on the boy's behalf. No one can judge from 10 feet in the air. But I let it pass. In any case, it brought back to me again that racewalking is a natural extension of our normal walking and should be so taught.

After that first observation those many years ago, I tried to incorporate this idea the next time someone asked how to racewalk, and have used it since. I tell beginners to start out at a natural pace and gait and to then keep trying to increase speed. They must make no conscious effort to adjust style as they go faster, letting nature take its course. They concentrate solely on the fact that they must walk, not run, but must do it in a hurry. (Maybe if I could provide a bus to catch, it would help.) If they can do this, they should naturally drift into a decent, legal racewalking style. Certainly in most cases, further work will be needed to correct some faults and to loosen and adjust the style to further increase speed. But basically, they should quickly be racewalking, if a bit awkwardly. Too often when worrying about mechanics, they wind up doing anything but racewalking.

I have had some success employing this concept in trying to teach people to walk, although it doesn't seem to work as well in practice as in theory. I think the biggest problem is that people come with their minds already somewhat clouded by what they have seen, or heard, about rules and mechanics. Therefore, although I stress the importance of concentrating only on increasing speed without running and not worrying about how they are doing it, there is a strong tendency to be trying to apply what knowledge they already have. This intereferes with the natural, smooth progression into racewalking. They wind up fighting themselves while worrying about what they are doing, and I don't think racewalking is something that can be forced. The "feel" must come naturally. So says Mortland, anyway. Unfortunately, not being a hypnotist, I have not solved this problem of freeing the mind. Actually, I must admit, I have probably helped with the mind-clouding bit by imparting mechanical details myself before hitting them with the Mortland method. I never really thought of this aspect before I started writing this.

However good the method, or the coach/teacher, you must remember that just as there are some individuals to whom racewalking comes quite naturally, so there are those who will never really learn to walk. W had a fellow, John Berry, walking with us several years ago. He was very long legged and very strong and turned in some very respectable times at both 20 and 50 over a 3 or 4 year period. But he never really racewalked during that time. He was legal, but just had an ultra-fast stroll with his long legs. His hips never really came into the action at all. Whether this was because of his skeletal and muscular structure, or because he was never able to get the proper feel, I don't know, but from a selfish standpoint, Jack B. and I were happy he never did learn to racewalk. He would have been very tough to handle. We have had, and I have seen, many others in the same category, but none who could go as quickly as John. Most get discouraged and don't last long in the sport. I doubt that any amount of coaching or work will loosen these people to a true racewalking style. Which is not to say these people cannot enjoy the sport, derive its benefits, and achieve some success, as did John. (Ed. 1998 addendum: People don't tend to get so easily discouraged today with all of the 5 Km races and so many of all ability levels getting into them. Now, while there may be a lot of people in front, some of them way in front, there are probably going to be a lot behind as well.)

Conversely, there are those, and we have them in the OTC too, who have picture book style. Perfect examples for your next racewalking instructional film. But for some reason, they never seem able to apply this picture-book style to maintaining real racewalking speed over any



appreciable distance. Perhaps the style is so easy, fluid, and natural, they can never get the idea of really going into oneself to push to the limit. Or perhaps, as Doc Blackburn suggests, they merely are not obsessed like the rest of us. A bit of a mystery, but, I guess, completely off the point of this article.

In summary, getting beginners off to a proper start is most important and beginners really have no place to turn other than walkers they see. Racewalking coaches do not lurk behind every tree (1998 update: but there are quite a few more today than 25 years ago). Racewalking, at least for me, is a very difficult skill to teach if one approaches it from a purely mechanical viewpoint. Thus, I have derived the "Mortland" method, which is hardly a method at all. However, you might try it the next time you are approached by a beginner. It is at least a point of departure and is practically guaranteed not to teach bad habits that must then be unlearned.

## Shift It! Shift It!

(Speaking of beginners, one of the hardest things for them is often getting up the nerve to do it in public and risk ridicule. This article addresses that issue. It appeared in Bob Carlson's *Front Range Walkers News* and was written by FRW member Steve Gardiner in Billings, Montana.)

Like most walkers, I suppose, I was self-conscious when I first started swinging my arms and picking up the pace. I wondered what others might think or say as they saw me on the street. I endured a few comments and I have to admit I gave it too much concern until I passed the man walking his dog on Poly Drive.

I had been a runner for several years and first tried racewalking at a state games track meet. I didn't know the first thing about it, but I picked out a fellow who did and tried to follow him, imitating his arm and hip movement. It was exhausting, but fun, and I thought I might like to learn more about the sport--someday.

That someday came sooner than I expected. In the same track meet, I had entered the triple jump. On the second jump, I made my approach and planted my left foot. Instantly my hamstring ripped and I hobbled off in pain. I limped everywhere I went for the next 2 weeks. When I felt better, I tried to jog, but the pain was too much. I decided to just walk a few blocks, and before I knew it, I was walking faster and swinging my arms. No pain.

I found a book on racewalking and practiced each day. At first, I went out in the late evening, the darkness helping me with my self-consciousness. I went out several evenings until finally my schedule forced me to either skip a workout or go during the afternoon. I was enjoying the workouts, so I went out racewalking in broad daylight.

I was on a road near the edge of town and traffic was light. I racewalked until a car approached and then jogged until it passed. It shouldn't have mattered, but there were no other racewalkers in our town and I was still self-conscious.

In a few days, I realized I would either have to quit racewalking or ignore the oncoming traffic and the occasional odd look or comment if I ever hoped to become a better walker. I chose the latter.

As more people saw me racewalking, I heard comments like, "I saw you running the other day and something looked different." "Doesn't that hurt your hips?" "Are you trying to lose weight?"

I thought maybe such comments would be limited to rural areas like where I lived, but then I drove to a larger city for a race. I was in a group of walkers when a car drove by and one occupant yelled, "All of you speedwalkers look ridiculous."

By then, I was able to let the comment bounce off because I was feeling the effects of several months of racewalking. I felt good and had grown to love the rhythm of a good walk.

That's when I passed the man walking his dog on Poly Drive. I had just turned a corner when I saw him stopped by the curb, staring at me. As I passed, he waved his arm and said, "Shift it! Shift it! You're stuck in second gear." I laughed. He chuckled and resumed walking his dog. I continued racewalking, knowing my former self-consciousness had been ill-founded and my love of racewalking had gone straight into high gear.

## LOOKING BACK

**35 Years Ago** (From Chris McCarthy's April 1963 *Race Walker*)--Canada's Alex Oakley won the Pan American 20 Km in Sao Paulo with a rather pedestrian 1:42:43, thanks largely to temperature in the 80s and 3000-foot altitude. Nick Marone completed a Canadian sweep with 1:46:35, as Ron Zinn managed only 1:49:44 and Ron Laird 1:52:13. . . The National 30 Km in Los Angeles went to Mick Brodie in 2:49:34, better than 5 minutes ahead of Ron Daniel, with Bob Bowman another minute back. . . Just 18 days before his Sao Paulo demise, Zinn had done 12 miles in Philadelphia in 1:32:05 with Akos Szekely just over a minute back. . . Apparently Chris had a very late April issue, because it carried the results of the National 10 Km held on Chicago's Stagg Field track on May 25. Zinn won in 46:35. Laird edged out the Ohio TC duo of Blackburn and Mortland for second. Those two had 48:00 and 48:07. Laird's finish gave the New York AC the team title over the OTC as both finished with 15 points.

**30 Years Ago** (From the April 1968 ORW)--An unknown shook things up at the National 10 Km in Maryland and the officials botched things up with their inability to count laps in the track race. Ray Somers, in his first walking race (coming off a strong distance running background), won in 47:59.4, but walked an extra lap, so he was actually close to 46 minutes. Ray moved easily away from an unbelieving Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as officials had many going 2 and 3 extra laps. . . A week later, Somers proved it was no fluke as he reeled off 8 miles 797 yards in the hour. . . In the National 25 Km in Detroit, Don DeNoon had his greatest race ever, whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney took third and fourth, still under 2 hours, and Canadian Karl Merxchenz just missed that barrier in fifth. . . Jack Blackburn and Jack Mortland waged a classic 10 Km dual on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win in 48:54 to Mortland's 49:14. . . Larry Young set a U.S. 50 Km record on the track with a 4:21:02. . . Shaul Ladany took his annual 50 mile walk in New Jersey, breaking his own record for the race in 8:05:18.

**25 Years Ago** (From the April 1973 ORW)--Bill Ranney moved away from Colorado TC teammate Jeary Brown in the final mile to win the National 20 Km in Santa Barbara. Bill's 1:34:15 left Jerry 20 seconds behind. Bob Kitchen had 1:35:02, with Todd Scully, Ray Somers, and John Knifton following. . . Gerhard Weidner broke the World Record for 50 Km on the track with a 4:00:27 in Hamburg. . . Englishman John Mills beat transplanted Englishman, John Knifton, to win the National 1 Hour in Lawrenceville, N.J.. Mills covered 8 miles 252 yards. Todd Scully was third.

**20 Years Ago** (From the April 1978 ORW)--Augie Hirt missed Shaul Landan's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The master's title went to Sal Corrallo in 8:01:32, sixth overall. . . Knifton won the National 35 Km in Des Moines with a 3:05:42. . . In Mexico City, Raul Gonzales went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track. . . On the local scene, Chris Knotts showed his potential with a 47:17 for 6 miles in



Columbus. Steve Pecinovksy topped him, however, with a 47:03, but did not satisfy hard-nosed judge, Dr. John Blackburn. Jack Blackburn won the old man's battle over Mortland in 50:08.

**15 Years Ago** (From the April 1983 ORW)--Jim Heiring caught Ray Sharp with just 600 meters to go and then hung to win the Natinal 25 Km in Washington, DC. Heiring's 1:50:38 beat Ray by just 1 second. Dan O'Connor had 1:53:24 and Tim Lewis 1:55:11. Steve Pecinovsky, Sam Shick, Tom Edwards, and Mike Morris also finished under 2 hours. Sal Corrallo won the Master's title in 2:17:32. . . At the same site, Susan Liers-Westerfield won the Women's National 20 Km in 1:50:28, with Teresa Vaill recording the same time. Chris Anderson and Carol Brown were not far behind. . . Sharp came back in 2 weeks to win the National 35 Km in Cleveland in 2:55:00 with Morris 1:40 behind. Wayne Glusker had 2:57:38 in third. Jack Blackburn's 3:33:58 won the Master's title when his obliging teammate, Jack Mortland, dropped out shortly after passing 30 Km in under 2:59. . . Dan O'Connor travelled to Tokyo and came second in a 20 Km with a 1:27:37.

**10 Years Ago** (From the April 1988 ORW)--The Olympic 50 Km Trials in Indianapolis saw Carl Schueler take command from the start and move to an easy win in an impressive 3:57:48. Marco Evoniuk and a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Herm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schueler went through 25 Km in 1:56:53, but without competition couldn't maintain that pace. There were 16 finishers and 1 DQ from the 22 starters. . . Gary Morgan was an impressive winner at the Mortland Invitational 20 Km in Columbus, covering the distance in 1:27:30. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:15. Of 34 starters, 31 finished. The women's 10 Km went to Maryanne Torrellas in 48:03 with Debbi Lawrence 20 seconds back. Canada's Pascale Grand was right on Debbi's heels in 48:25. . . In the National Invitational 20 Km in Washington, D.C., Alan Schwartzburg prevailed in 1:26:39. Richard Quinn, Marc Bagan, and Curtis Fisher followed in 1:31:07, 1:31:35, and 1:31:37. The women's 10 Km went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

**5 Years Ago** (From the April 1993 ORW)--The World Cup was held in Monterey, Mexico, and the home team ignored stifling heat that brought many elite walkers to their knees to romp home in the men's competition. The Italian women had a strong team effort to win that competition. Ileana Salvador led the Italians, although finishing just sixth. But with Anna Rita Sidoti in seventh and Elisabetta Perrone in tenth, the Italians finished three points clear of China and Russia, who did not pack their teams nearly as well. China's Yan Wang won in 45:10 over Finland's Sari Essayah (45:18) and Russia's Yelena Nikolayeva (45:22). Debbi Van Orden led the U.S. contingent with 50:22 in 44th, two places ahead of Dana Yarbrough. The U.S. team finished 13th. Mexico with first and third in the 20 and first, third, and fourth in the 50 finished 149 points ahead of second place Spain with Italy third in the men's competition. Daniel Garcia won the 20 in 1:24:26, 6 second's ahead of Spain's Valentin Massana. Alberto Cruz was third for Mexico in 1:24:37, with Poland's Robert Korzenowski fourth. Jonathan Matthews was the first U.S. walker in 41st (1:31:28). Carlos Mercenario beat Spain's Jesus Garcia at 50, 3:50:28 to 3:52:44, with German Sanchez (3:54:15) and Miguel Rodriguez (3:54:22) completing the Mexican team effort. Canada's Tim Berrett was a brilliant fifth in 3:55:12. Andrzej Chylinski led the U.S. in 38th (4:17:36). The U.S. team was 11th. . . Teresa Vaill broke the American 5 Km record as she won the Penn Relays in 21:28.17, nearly 4 seconds ahead of Debbi Lawrence's old record. Gretchen Eastler was just 19.4 seconds back. The men's 10 Km went to Curt Clausen in 43:31.40.



**1960 National Indoor 1 Mile.** In this pre-race shot we see: Bottom, left to right--John Shilling, NY Pioneer Club; Bill Omeltchenko, NYPC; Ferenc Sipos, Santa Clara Youth Village (first in 6:27.4); John Humcke, NYAC (4th); Elliott Denman, NYPC (1956 Olympian). Top, left to right--Ron Laird, NYAC (1960, '64, '68, and '76 Olympian); Jack Mortland, Ohio TC (3rd, 6:41.5, 1964 Olympian); Jack Blackburn, OTC (2nd); Bruce MacDonald, NYAC (1956, '60, and '64 Olympian); Ron Daniel, NYAC; Ron Kulik, NYAC; Rudy Haluza, USAF (1960 and '68 Olympian, 4th place '68 20 Km); and Paul Fixler, who I don't remember at all. (Please turn page sideways and you'll get a better view.)