

Ohio Race Walker
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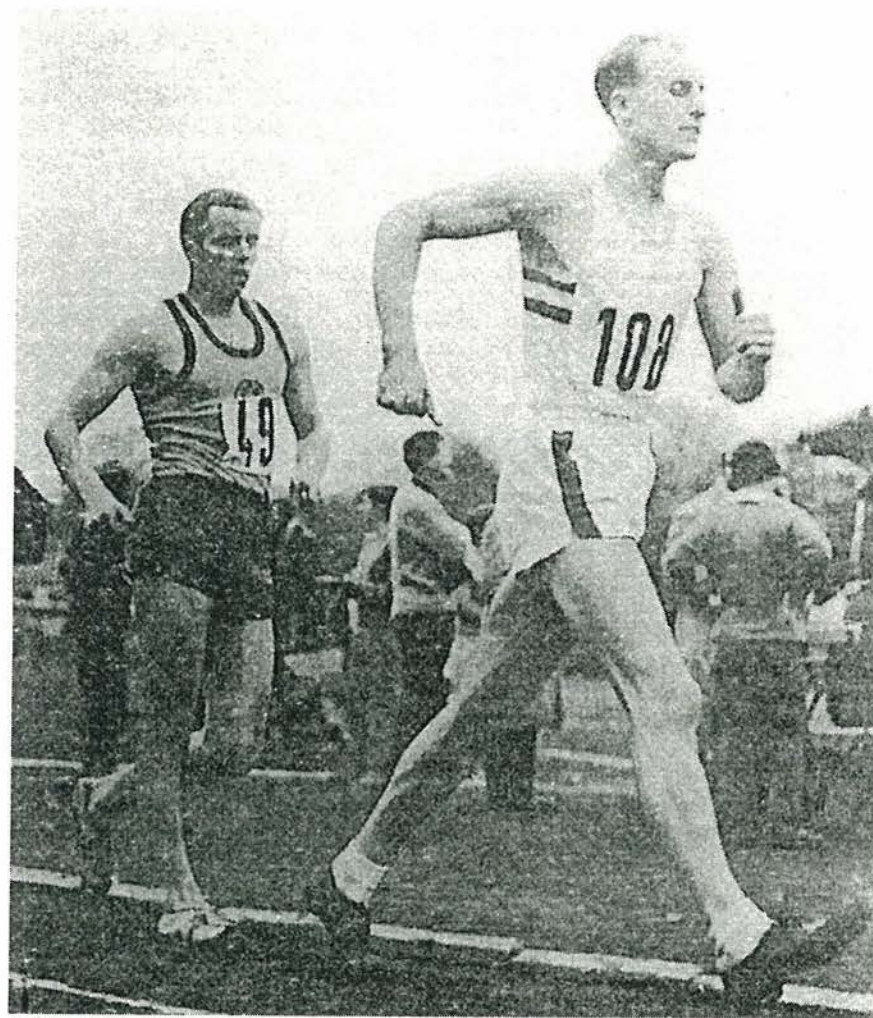
OHIO RACEWALKER



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A bit of history. England's great 20 Km walker, Ken Matthews, seen here during a track 10 Km in May 1961. Matthews dominated the 20 in the early '60s and won the '64 Olympics in 1:29:34. His 1:40 margin over second place is the best in Olympic 20 Km history. Note the shoes.

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 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, OH 43202. E-mail address: jmortlan@columbus.rr.com. 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 material received by then may get in.

Some results

Brown U. H.S. Relays, Providence, R.I., Dec. 29: Girl's 1 Mil--1. Maria Michta, NY 7:49.43 2. Hilary Easter, Maine 8:07 3. Jasmine Brooks, Maine 8:10 4. Mallory Delaney, NY 8:16 (9 finishers) Boys 1 Mile--1. Adam Staier, Maine 6:44.60 2. John Chasse, Maine 7:22 3. Joe Trepani, NY 7:27 (6 finishers) **University of South Maine Relays, Portland, Dec. 29:** Girl's 1600 meters--1. Lynda Beckett 8:37 (4 finishers, 2 DQs) Boys 1600--1. Pat Scott 8:07 (8 finishers, 1 DQ) **Dartmouth Relays, Hanover, N.H., Jan. 13:** Boy's 1 Mile--1. Adam Staier 6:36.24 Breaks meet record of 6:48.98 set by Ben Shorey in 2001) 2. Zach Pollinger, N.J. 7:01 3. Jon Chasse 7:06 4. Louis-Philip Cyr, Canada 7:10 5. Jonathan Riel, Can. 7:58 (10 finishers) Girl's 1 Mile--1. Christine Fina, N.Y. 8:01.28 2. Jasmine Brooks 8:29 3. Lynda Beckett 8:33 4. Caroline Emond, Canada 8:45 (6 finishers) **2 Miles, Cambridge, Mass., Jan. 20--1.** Adam Staier 14:05.44 2. Joanne Dow 14:23.20 3. Zach Pollinger 15:11 4. Jon Chasse 15:49 5. Maryanne Torrellas 15:57 (World record for a kidney donor?) 6. Jeremy Martin 16:31 7. Jasmine Brooks 17:03 8. Mark Dennett 17:03 9. David Baldwin 17:33 10. Lee Chase 17:54 11. Tom Knatt 18:08 12. Bill Harriman 18:16 13. Lynda Beckett 18:18 **Holiday Classic, New York City, Dec. 23:** 3 Km--1. Dave McGovern 12:40.79 1 Mile--1. Zach Pollinger 2. Erin Taylor 8:00 3. Olga Beschastnykh 8:25 4. Li Mei Alice Tan 8:26 **H.S. 1500 meters, New York, Jan. 2--1.** Maria Michta 7:20.6 2. Mallory Delaney 7:50 (7 finishers) Second race--1. Lauren Olivieri 7:32.9 2. Kristin Schmitt 7:41 3. Kaleigh Reeves 8:08 (6 finishers) **3 Km, New York City, Dec. 30--1.** Sean Albert 12:16.17 2. Mike Barhtolomew 15:13 3. Bob Barrett (68) 16:30 Women--1. Erin Taylor 15:18.33 2. Anine Stanley 16:56 3. Li Mei Alice Tan 17:27 **H.S. 1500 meters, New York, Jan. 16--1.** Maria Michta 7:00.8 2. Lauren Olivieri 7:20 3. Kristin Schmitt 7:27 4. Emily Nyurg 7:30 (6 finishers, 3 DQs) **3 Km, New York, Jan. 20--1.** Erin Taylor 15:50.60 2. Loretta Schuellein 15:56 3. Bruce Logan 16:07 4. Bob Barrett 16:34 5. Li Mei Alice Tan 17:20 **H.S. Girls 1500, New York, Jan. 20--1.** Maria Michta 7:09.7 2. Emily Nyburg 7:47 (6 finishers) **H.S. Girl's 1500 meters, New York, Jan. 26--1.** Maria Michta 6:53.1 (Just a sophomore, this young lady keeps improving.) 2. Mallory Delaney 7:58.2 3. Marisa Militello 8:05.4 4. Christina Squillace 8:05.7 Second race--1. Kristin Schmitt 7:45.6 2. Anne Kroon 8:13 **1 Mile, Newark, Del., Jan. 13--1.** Jim Carmines (60+) 9:01 2. Jack Starr (70+) 9:22 3. Marie Woodland 10:15 (8 finishers) (All of the above races are indoors) **Polar Bear 10 Mile, Asbury Park, N.J., Dec. 30** (very chilly)--1. John SOuchek 1:20:46 2. Jose Perez 1:24:53 3. Jeff Salvage 1:30:18 4. Jack Lach 1:39:21 5. Ben Ottmer 1:44:11 6. Jack Starr 1:49:44 Women: 1. Sherry Brosnahan 1:41:40 2. Anne Gonella 1:49:18 (Dave Romansky, Olympian, 11-time national champion, great masters walker, caring coach, and great contributor to the sport, was DQd, but not without extreme extenuating circumstances. Suffering a broken bone in his back, he struggled home in 2:00:58, but not with legal form. He announced that it may have been his final race. We would hope not, but also hope he has sense enough to stick to that decision if it is correct medically.) **Walt Disney Marathon, Orlando, Fla., Jan. 6:** Men--1. Dave McGovern 4:31:16 2. John Lucke 4:39:27 3. Stan Sosnowski (51) 4:40:31 4. Jeffrey Obier 4:40:59 5. Lee Duffner (665) 4:52:40 6. Chester

Kalb (56) 4:52:59 Women: 1. Dorit Attias (40) 4:46:06 2. Stephanie Konsza (46) 5:00:40 3. Kathryn Gurin (47) 5:00:51 **Disney 1/2 Marathon, same place:** Men--1. Curt Clausen 1:51:52 2. Dave Lawrence (46) 2:01:22 3. Bruce Cooper (48) 2:24:15 Women--1. Teresa Hellings (43) 2:25:05 2. Joan Venslavsky (51) 2:27:23 **First Light Marathon, Mobile, Ala., Jan. 1:** Men--1. Dave McGovern 4:33:26 2. Vincent Asemang, Ghana 4:38:08 3. Steve Attaya 5:00:13 Women--1. Monetta Roberts (42) 5:01:26 2. Grace Mutz (42) 5:04:30 3. Vicki Sue Merry (44) 5:07:38 **Mississippi Marathon, Clinton, Jan. 12:** Women--1. Monetta Roberts 5:25:11 Men--1. Dave McGovern 3:50:57 2. Steve Attaya 4:57:05 **30Km, Jefferson, La., Jan. 20--1.** Dave McGovern 2:28:30 (A busy man, this McGovern. That's about 97 miles of racing in 20 days) **Indoor 3 Km, Findlay, Ohio, Jan. 25:** Women--1. Jill Zenner 14:18.80 2. Katie Rulapaugh, Cedarville U. 15:58 3. Tina Peters (13) 18:07 4. Joyce Prohaska 18:57 5. Kristen Barnes, Rio Grande U. 19:12 Men--1. Matt Boyles, Rio Grande 13:19.67 2. James Robinson, Rio Grande 13:31 3. Spencer Finley, Taylor U. 14:39 4. Vince Peters 15:23 5. ed Fitch 16:07 6. Bobby Kemp, Lindsey Wilson College 16:27 (1 DQ) **Indoor 3 Km, Kenosha, Wis., Jan. 19:** Women--1. Amber Antonia 14:21.93 (ran 5:26 mile earlier in the meet) 2. Ali Bahr 14:59.04 3. Anne Favolise 14:59.41 (ran 5:38 mile) 4. Jolene Moore 14:59.56 5. Sam Cohen 15:00.44 6. Robyn Stevens 15:05 (5:25 mile run) 7. Amanda Bergeron (15:38 (5:46) 8. Deb Huberty 16:31 (Antonia, Favolise, Stevens, and Bergeron all U. of Wis. Parkside athletes) Men--1. Jim Ileys 12:54.02 2. Lachlan McDonald 12:54.65 3. Ben Shorey 13:18 4. Steve Quirke 13:37 5. T.C. DeWitt 13:43 6. Mike Stanton 13:43 7. Matt DeWitt 14:06 (all UW Parkside) 8. Will Preischel 15:07 9. Tim Nickel 15:16 **Indoor 3 Km, Vermillion, S.D., Jan. 19--1.** Mike Wiggins (54) 14:21 2. Heather George, Hastings College 15:41 3. Magdalena Spyra, U. of Mary 16:10 4. Keley Smith-Keller (45) 17:45 5. Ryan Burns, Hastings Col. 18:05 (10 finishers) **Indoor 3 Km, U. of South Dakota, Jan. 25--1.** Mike Wiggins 14:18 2. Keley Smith-Keller 17:16 3. Erin Goeden, Mt. Marty Col. 19:37 (5 finishers) **5 Km, Denver, Dec. 8--1.** Mike Blanchard (4) 26:38 2. Scott Richards (51) 26:54 3. Terry Femmer (49) 28:39 4. Daryl Meyers (59) 29:40 5. Marianne Martino (451) 29:41 6. Lorie Rupoli (50) 30:01 7. Ray Franks (66) 30:15 8. Mike Heymans (53) 31:13 **5 Km, Aurora, Col., Dec. 22--1.** Mike Blanchard 29:28 2. Daryle Meyers 29:34 3. Lorie Rupoli 31:41 **San Diego Marathon, Jan. 20--1.** Philip Dunn 3:31:20 2. Sean Albert 3:37:45 3. Curt Clausen 3:45:50 (Just 6 weeks after new surgery) 4. Al Heppner 3:48:49 Women--1. Susan Armenta 4:02:48 **20 Km, Portugal, Dec. 29--1.** Joao Vieira 1:27:00 2. Augusto Cardosa 1:30:58 **Women's 10 Km, same place--1.** Kristina Saitanovic 47:08 2. Ines Henriques 48:07 3. Vera Santos 48:26 **30 Km, Portugal, Jan. 12--1.** Jorge Costa 2:20:01 2. Pedor Martins 2:22:10 **Women's 15 Km, same place--1.** Kristina Saitanovic 1:10:08 2. Ines Henriques 1:11:28 3. Vera Santos 1:14:06 **Veteran's 10 Km, Geelong, Australia, Jan. 17--1.** Mark Donahoo (40+) 47:36 2. Colin Heywood (45+) 48:40 3. Ross Reid (45+) 48:44 4. Gabrielle Gorst (35+) 48:47 5. Tim Erickson (50+) 52:02 **Finnish Indoor Women's 3 Km Champ., Jan. 27--1.** Outa Sillanpaa 13:17.8

Places For Races, So Tie Up Those Laces

Sun. Feb. 3	5 Km, Denver, 9 am (H)
Sat. Feb. 9	2.8 Miles, Seattle, 9 am (C)
	5 Km, Loveland, Col. (H)
Sun. Feb. 10	5 Km, Denver, 9 am (H)
	Indoor Mall 3 Km, Milford, Conn., 9:30 am (K)
	Indoor 3 Km, Alexandria, Vir. (O)
Fri. Feb. 15	Men's 5 Km, Women's 3 Km, Kenosha, Wis.(N)
Sat. Feb. 16	Indoor 3 Km, Columbia, Missouri (B)

- Sun. Feb. 17 Youth National Indoor 3 Km (T)
USATF National 50 Km, Chula Vista, Cal. (V)
 10 Miles. Yellow Springs, Ohio (M)
 5 Km. Denver, 9 am (H)
- Fri. Feb. 22 Indoor 3 Km, New York City (G)
- Sat. Feb. 23 8 Km, Alexandria, Vir. (O)
- Sun. Feb. 24 Ohio Indoor 3 Km, Findlay (M)
- Sat. March 2 **National USATF Indoor 3 Km Women, 5 Km Men, New York City**
- Sat. March 9 2.8 Miles, Seattle, 9 am (C)
- Sat. March 16 5 Km, Ft. Bragg, Cal., 8:30 am (R)
- Sun. March 17 20 Km, Huntington Beach, Cal. (Y)
 Ohio 15 Km (and 5 Km) (M)
- Sat. March 24 National Masters Indoor 3 Km, Boston (X)
- Sat. March 30 Indoor Women's 3 Km, Men's 5 Km, Cincinnati, 11:30 am (M)
 8 Km, Alexandria, Vir., 8:30 am (O)
- Sun. April 7 Missouri 5 and 20 Km, Columbia (B)
- Sun. April 14 National Invitational 10 and 20 Km Racewalks, Manassas, Vir., 8:30 am (O)
 Mt. SAC 5 and 10 Km, Walnut, Cal. (Y)

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From Heel To Toe

Very interesting. In putting together the Looking Back feature for this issue, I looked back to Chris McCarthy's newsletter that preceded the ORW to see if January 1962 carried some material that I could use for 40 years ago. I decided not to include 40 years ago, but was surprised at what

else I found; a bit of forgotten lore about the racewalking publications. Chris McCarthy started the *Midwest Walker* in February 1961 (I am missing that first issue from my collection.). In November 1961 he changed the title to *American Race Walker*. When I got to the January 1962 issue, it had gone from its 8 1/2 x 11 mimeographed format of as many as 11 or 12 sheets printed on both sides to just 4 pages in a format very close to what you hold in your hands now. However, I also found another publication I had completely forgotten about--the January 1962 edition of *Walking News*, Vol. 1, No. 1. This was published by Jim Fields in Seattle, and was described as a merger of the *American Walker* (sic) and the *U.S. Walker*. McCarthy was listed as the editor and R. J. McGuire as associate editor. I also found two more issues of *Walking News*, as well as February and March issues of the *American Race Walker*, which was supposedly defunct, if I believed that first issue of the *Walking News*. In the Feb. issue of *Walking News*, McCarthy was listed as an associate, but his name had disappeared by the March issue. Apparently, the *Walking News* died after the March issue, at least I have no more. But McCarthy carried on with the *American Race Walker* through October 1963. (However, he dropped American from the title with the June 1962 issue. In 1964, as he concentrated on his successful push toward an Olympic berth at 50, Chris put out just three issues, returning to the *Midwest Walker* title and his original format. Following the Olympics, he never got back into the publishing game. I guess what happened in early 1962 was that Chris agreed to a merger, with him continuing as the editor. Apparently he didn't like something about the arrangement. The abbreviated January edition of his *American Walker* carried some February results, so he must have made a mid-February decision to continue on his own. The February issue was in a new, improved format, with a cover photo, to rival his competition. I can't find where either publication ever said anything editorially about the situation, but, if there was a newsletter, McCarthy won. In early 1965, with no organ of communication available for the sport, Jack Blackburn suggested to me that we should fill the void. Thus was born the Ohio Racewalker, debuting in March 1965 and appearing every month since (except for two times when we issued expanded issues covering two months.) In May of that year, Alan Cook in San Diego launched another *American Race Walker*, which he published every other month through May 1967. He put out just one more issue that year, did just two issues in 1968, and then reappeared with one issue in 1970 before giving it up entirely. This month's cover photo was on the cover of the April 1963 *Race Walker*. The photo on page 15 graced the cover of the January 1962 premier edition of *Walking News*. . . **Very interesting, II.** On page 2 of that first issue of *Walking News* is a mail bag column, which includes a letter from Jack Mortland (that's me). It offers an observation that I find interesting in retrospect. As background, in 1961, I had sort of emerged from a couple of years of promise with second place finishes in the National 10, 20, and 25; a berth on the U.S. National Track Team for the US-USSR dual meet and other meets in Europe; and an American record 20 Km of 1:40:36.5. (No typo there, slow as it seems. Others had walked faster, but never on a track, still a requirement for a record.) But, I had done this with no real distance training. (I doubt that I had ever done a workout as long as the several 25 km races I had done to that time, races in which I tended to slow drastically the last couple of miles). Thus, I spoke as a neophyte when I said in the letter: "We have been having a vigorous training schedule set up by Jack Blackburn. I went 18 miles at 9:02 per mile and a week later 20 at 9:34 pace. This convinces me of something I suspected before. Within reason, I think it is the time that kills you not the pace. In my 20 miler, I was 10 minutes slower at 18 than a week earlier, but I felt worse. I suspect I walk as economically at 9:00/mile as at 9:30. It is even possible that I walk more economically at 9/mile. Now, I will try for 3 hours." Looking back at my training log, it was couple of years before I started doing 3 hour or longer walks on a fairly regular basis, but I did always find that a 9 minute pace was pretty much as easy as a 10 minute pace over that sort of time, and also that I was going to run out of energy at about 3 1/2 hours regardless of the pace. I never really did solve that one, thus any success was gained at distances up to 30 km. . . **Harry Hinkel.** We just learned that Harry Hinkel, who competed in the 10 Km racewalk at the 1924

Olympics and the 50 at the 1932 Games, died on April 12, 2001. He was 97 and the oldest living U.S. Track & Field Olympian. I'm not sure who he passed that torch to. Harry had held that honor at least since 1999, when Martin Rudow wrote a great article about him in the Northwest Runner. We repeated that article in the March 1999 ORW. Hinkel won 18 U.S. titles between 1925 and 1936, 10 of them at 3 miles/5Km, the others at 1 mile (indoors), 3 km, and 7 miles. . . **Dogs and us.** Long-time subscriber Don Jacobs, now in the state of Washington, sent me the following excerpt from a book entitled "Dogs". "Technically, what the horse does is part-walk and part-run at some point in the stride. In contrast, the double-flight gait of the greyhound is a true run. In a human walking race, one foot must always be on the ground, which means that for some brief instant, both feet must be on the ground. There must be no flight, no leaping forward in a walking race (*Ed. As judged by the human eye, of course.*) Walking and running are different gaits and are based on different principles of physics. Walking is a falling motion, with gravity providing the acceleration (*Ed. Apparently no longer true among today's elite athletes.*) The individual leans forward and starts to fall down, and then moves a leg forward to stop the falling. This leg raises the body back up to the original height. In a true walk, the leg doesn't provide any acceleration forward. The speed of a walk depends on the acceleration of the body by gravity (32 ft. per second squared) and the length of the stride. How far the animal or human falls forward on each stride is a large part of the speed it develops. Running is leaping forward into the air and falling back down. It is like a coiled spring, loaded and then released, propelling the animal forward. The first part of the leap is the fastest as the body accelerates forward, but while it is in the air, it begins to slow because of friction with the air. The animal come back to earth when its velocity is less than the pull of gravity. An animal that is really fast doesn't spend very much time floating around in the air, but keeps the leg levers pulling and pushing against the earth, constantly overcoming gravity and catapulting the body forward. The greyhound goes *leap, leap, leap, leap* along the track, while a horse goes *leap, walk, leap, walk, leap, walk*. . . The rhythm is audible, mimicked by the onomatopoeic *gal-ump, gal-ump, gal-ump*. If you put a *leap-leap* dog like a greyhound or even a *leap-walk* dog in harness, the instant that all four feet are off the ground, the back strap of the harness will not only stop the flight, but pull the dog backward and off balance and it will fall sideways toward the central gang line. The dog will become unstable. Just imagine having a team of 12 unstable dogs all stumbling and falling at high speed." (*Ed. So would a harness help constrain a leap-walk racewalker.*) . . . **The walker as an artist.** Coach, author, organizer, promoter, athlete. Howie "Jake" Jacobson has worn all of those titles for many years. But, perhaps unknown to most of the racewalking crowd, Jake also likes to retire to the studio, don the beret, pick up brush and palette, and exercise his artistic talent. He has been an artist for most of his adult life, and, about a year ago, began specializing in commissioned works—original oil paintings of runners and racewalkers done from photographs. Interested in a portrait of yourself, your friend, your sweetie? Visit www.jakesart.com if you want to learn more about Jake's other side and what he can do for you. . . **World Class Racewalking Clinics.** From all I have heard, Dave McGovern's clinics live up to their name. If you are interested in participating in one of these informative and rewarding experiences, here is Dave's upcoming schedule: Feb. 22-24, Scottsdale, Arizona, Contact Heidi Hauch, 480-391-3347; March 8-11, Houston, Texas, contact Juanita Rogillio, 713-729-5753; April 19-21, Dallas, Texas, contact Tida Chambers, 214-559-0383; May 10-12, North Conway, H.H., contact Barb and John Renda, 603-447-8933; July 5-7, Frankfort, Ill., contact Jacquie Picha, 815-469-8158; and July 12-14, Anchorage Alaska, contact Ruth Carter, 907-333-3756. The clinic fee is \$125. . . **Walking in Canada.** Roger Burrows has compiled a booklet titled *Stats and Chats: The Best of Canadian Race Walking*. According to Roger, the "Stats" are lists of all Canadian Racewalk Champions, records, and all-time bests, plus Canadian participation in all the major international Games, Championships, and Cups. The "Chats" are narrations or recollections, reminding us all of some of those occasions, some spectacular, almost always in some way memorable. The book, which will be about 100 pages,

laser-printed, and spiral bound, should be available by the end of February. Cost will be \$18 Canadian ((I'm not sure what that is in US dollars now; around 12, I guess. But, if you are interested you can contact Roger at 34 Oakhaven Private, Ottawa, ON K1K 4K1, Canada. . . **RWI 2002 Goals.** Racewalking International has announced its goals for 2002: 1. Managing the U.S. Army's World Class Athletics Program contract to provide coaching for Army racewalkers at California's Olympic Training Center. RWI has submitted a proposal to Coach Enrique Pena to assist Al Heppner and John Nunn to materially advance their racewalking performances this year. (*Ed. This is interesting in that RWI had stopped funding Pena last summer, leaving his future at the Training Center in doubt. At last report, he is funded for the first 3 months of the year and the North American Racewalking Institute and Training Center athletes are seeking funds to keep him there beyond that time. Certainly, RWI funds will help, if Pena wants to accept them in light of past events.*) 2. Working with clubs and associations to build on last year's experiences in conducting clinics and seminars for young people through the masters ranks throughout the U.S. 3. Structuring a "RWI Racing Team". This team will be small in number as the entrance "exams" will be tough. But for those with talent and a burning desire to succeed at the highest levels, we will help make that possible with the best coaching available, plus the opportunity to train and compete with the world's best. 4. Publishing positive, insightful articles pertaining to racewalking events, people, and places around the world. 5. And, once again, offering a "High Altitude" training camp. The camp, which opened last spring, is now available for both elite and near-elite national and international walkers in California's Sierra-Nevada range. RWI Chairman is John MacLachlan. Advisory Board members are Frank Alongi, Mike DeWitt, Andrew Hermann, Elliott Denman, Ray Kuhles, and Paul Smith. Kuhles, incidentally, has left his post at the Olympic Training Center to return to UW-Parkside as an assistant to Head Track and Cross Country Coach, Mike DeWitt. Besides serving on the RWI Advisory Board, DeWitt has accepted a post as RWI's Coaching Coordinator. The agreement includes a grant of \$10,000 for 2002 to UW-Parkside and Parkside Athletic Club walkers. The funds are for travel expenses for members of the Parkside Racewalking program for events not covered by the Parkside athletic budget. National level members of the Parkside Athletic Club will share in these funds to help defray some travel costs. No part of the funds will go to Coach DeWitt. In return for the funding, DeWitt will allow RWI to use his coaching resources, for example, by providing information to coaches and athletes through RWI's web site and by inviting coaches and athletes around the U.S. to question and view his methods and philosophies in person or through RWI in various ways. . .

Running vs. Racewalking Mechanics

(*The discussion above about the gaits of horses, dogs, and humans perhaps begs a more technical discussion from those immersed in the biomechanics of racewalking. Two such individuals are Ian Whitley and Wayne Armbrust, both with educational and experiential backgrounds that qualify them as learned commentators on the subject. I hope they won't object if I resurrect an internet discussion from last June. It was spurred by a posting from Bill Penner.*)

Ian Whitley wrote:

The ever resourceful Mr. Penner posted:

"Researchers at Harvard College measured a wide variety of runners whose top running speeds varied from 6.2 meters/sec to 11/1 meter/sec. What did they find?

The faster speeds are achieved with greater ground forces, not faster leg movements.

Comparing the fastest runner against a slower runner, there is virtually **no** difference between them in how fast each one repositions the legs for the next step.

This is something to think about. You can't rule out the possibility that the same principle would apply to our non-running, fast ambulatory discipline"

Note that the velocities listed for the study are middle distance or shorter running speeds. If the leg repositioning happens at the same rate in the tested sprinters, but some are moving forward faster, it follows that faster sprinters must have a greater flight phase length. The equation is:

$$V = SL \times SR$$

Your forward velocity (for example, speed in meters per minute) is what you get by multiplying stride length by stride rate. A runner taking 200 strides per minute of 2 meters in length will go 400 meters per minute. If runners "reposition" their legs at the same speed, a runner moving at 450 meters per minute would be taking 200 strides per minute but have a stride length of 2.25 meters.

This fits with the researchers observed change in ground reaction force. That showed that to fly further through the air, you have to push off harder. What does this mean for racewalkers? It helps to clearly show that racewalking is not sprint running. We are limited in stride length by the contact rule. You just can't take legal strides much over 1.2 meters unless you have extraordinarily long lower limbs. Most of us will stride at about .9 to 1.1 meters per step. In order to go faster without breaking the rules, we need to change the other half of our equation--stride rate. To racewalk faster, you need to increase the number of steps you take in a minute. To run faster, you generally use a longer stride. *(Ed. My personal experience is that to go faster, I increase both sides of the equation, and this was true even in my pre-decrepit days. Conversely, when I slow, due to fatigue, or whatever, both stride length and stride rate decrease. And, I always thought that was the case with anyone. Of course, that is a comment from someone who competed seriously in the pre-keep-your-stride-behind-you days.) (Ed. again. (Since trying that yesterday, I did 6 100 meter 'sprints'--this will reveal how feeble my efforts are these days, most wouldn't call these sprints. I timed each and counted strides on each. And, I increased the effort on each, although the times don't fully reflect that, since 1,3, and 5 were into a fairly stiff breeze, and 2,4, and 6 with the wind. So, looking at those wind-aided three, I did 35.20, 33.90, and 33.15. The number of strides were 91.5, 90, and 89, respectively. Thus, as my speed increased, the stride length went from 1.093 to 1.11, to 1.123; and the stride rate from 156.0, to 159.24, to 161.8. Obviously, the times aren't completely accurate when holding a watch in my hand and the number of strides are measured just to the nearest half-stride. But, complete accuracy for those factors wouldn't change the progression of the data. I am certain that had I done the same experiment 40 years ago, the results would have been similar, although the times would have been around 12 seconds faster. I counted my strides at times in those days and know that I increased speed by increasing both sides of the equation. And, I really feel most walkers would show similar results, up to whatever the individual's maximum stride length might be.)*

Wayne commented:

While I generally agree with what Ian has said, there are a few additional considerations that deserve mention along this line.

Certainly Ian is basically correct when he says that the rules of racewalking mandate that to increase speed a walker must increase stride frequency. However, it is important that the walker use as long a stride as possible, as close to the upper limit of 1.2 to 1.25 meters as possible. I think most of us understand that the majority of the stride should be to the rear. A long anterior stride produces a braking force, which in turn reduces stride frequency and increases fatigue. Perhaps more importantly, the braking action contributes to both bent knees and lifting.

It is well known from biomechanical studies that the force of a muscular contraction is inversely proportional to the speed of the muscular contraction. Poor runners and walkers cannot exert sufficient force at the high speeds of muscular contraction involved to produce an optimal

posterior stride. Have you ever seen poor runners who look like they are picking their feet up and putting them down in the same place? Poor walkers do much the same; they cannot produce an adequate stride to the rear. These facts hit home to me about 2 years ago. Since then, I have been Having Gayle (Johnson) do plyometrics, sprinting, and high speed dragging of a light weight (both running and walking) with the hope that this would increase her ability to exert force at high rates of contraction. Since beginning this training her stride length increased from about 0.90 meters to about 0.96, all to the rear. I believe this special training has contributed to the outstanding results she has produced the last 2 year (but perhaps also the stress fracture she had earlier this year.)

It must also be recognized that at the elite level there is a flight phase lasting perhaps 0.020 seconds that cannot be detected by the eye of the judge. All elite walkers take advantage of this fact; no one could be competitive otherwise. It is obvious that increasing the ability of muscle to develop force at high rates of contraction will make it easier to walk with the low, short flight phase utilized by all elite walkers.

Ian, in turn, commented:

I agree with Jack and Wayne (*Ed. A third party, Jack Tregurtha, had entered the discussion, but I didn't preserve his comments.*) and would like to add one point to each of their comments:

Muscular force is inversely proportional to the speed of the muscular contraction. This means that as you take more rapid strides, your ability to push off hard will decrease. This makes sense if you picture a person trying to lift a very heavy weight. They are able to slowly raise it upwards by pushing very hard, but they cannot lift it rapidly. As you add to the required force (as by carrying heavy weights) you will slow down the speed of movement. If you plan to add strength work to make your walking muscles more able to drive along hard even with a high stride rate, you need to know that strength is specific. "Specific" sounds great, but what does it mean in plain English?

To get stronger for an activity, you need to train with movements that are similar to the movements used in the event you are training for. . . bench press aids pectoral strength but doesn't help your calf muscles. Another part of this specificity is rate of contraction and range of contraction. You will get the most training benefit if the speed of the muscle contraction is close to the target speed of contraction in the final activity (in this case, racewalking in races). You also need to make sure that the muscle is worked through at least the range of motion of the target activity--doing hamstring curls so that the lower leg works from 90 degrees to the thigh up until the point where the heel hits your butt will not be very useful preparation for racewalking. Wayne suggests plyometrics and light weight dragging--both of which can be adjusted to mimic racewalking action very effectively.

Jack Tregurtha added:

"... my left leg was the same length as my right leg and so I thought that my two legs must form a triangle with two equal sides. This simple reasoning resulted in the conclusion that the stride length in front would have to be precisely the same length as the stride length behind. Thinking a bit more, I realized that my legs were not restricted to the length of my actual leg--there was a foot dangling around at the bottom. On the front leg, the foot was at about right angles to the leg, and did not contribute much extra length. On the rear leg, however, the foot could stretch out to lengthen the length of the leg. This distorted the triangle, and resulted in a longer stride behind than in front."

The action of the hips also increases the length of stride behind the walker. At the point of heel strike, the hip-thigh joint of that side should be vertically above that foot while the pelvis as a whole is rotated backwards and downwards towards the push-off foot.

When you put your foot down, the leg is straight and should be close to vertical. Your hips will be positioned so that the hip-to-thigh bone joint of your front foot is higher than that joint

of the push-off side. This position is produced by rotating the hips during the stride. As you roll forward from the heel stride, you should twist the pelvis so that the hip joint of that leg pushes backwards and downwards (this also draws it slightly towards the midline of the body) until the point at which that foot comes off the floor and starts to swing back into position for the next foot strike.

This pelvis (hip bone) rotation produces a backwards and slightly downwards movement of the hip-thigh joint on the supporting leg and thus increases the stride length behind the body by keeping the toes in contact with the ground. The only other sport that uses this movement repetitively is classic style cross country skiing.

How can you train this hip motion? Sit on a soft surface, such as an idyllic grass field close to a babbling brook with birds gently lolling along is summer flight through the clear blue firmament overhead. If this is not available locally, you can use a carpet. Sit with your legs straight out in front of you. Bend your arms at 90 degrees and 'walk' forward on the bony points at the base of your pelvis. Focus on pushing down and backwards with alternate sides as your 'walk' forwards in this way. (Thanks to Curt Clausen for suggesting this exercise.)

Ian also followed up that discussion with the following:

The ability to push off the toes until the foot is almost vertical is a very difficult thing to achieve. The problem is that you cannot get stronger for this full push-off unless you work the calf muscles through a full range of motion--however, you cannot work through the full range of motion and push off the tip of the toes until you are strong enough!!!

This is a Catch-22 or circular argument trap. I suggest three things to help develop the full range of ankle motion and strength for racewalking.

1. Focus on pushing all the way off the trail foot during all training, whatever the speed. The sensation is like "trying to kick sand up behind you". I sometimes repeat a phrase in my head to remind me of this part of walking form when training, "All the push is behind me." That is to say, I want no front knee lift, just a long back push after landing the leg almost vertical under my center of gravity.

2. Work the calf muscles through a full range against resistance. Keeping the supporting leg straight, stand on one foot with the toes resting on a step or curb. Push right up as far as you can with a rapid calf contraction. Drop back to your start position (control the drop, don't go down at full speed since it could strain or at least make the calf muscles sore). Repeat several times. You can add weights to the shoulders or hold them in your hands to add more resistance.

A variation of this that is closer to true walking form: Stand about 3 feet in front of and facing a door frame (open the door for this or you'll get a flat nose!). Place your hands on the door posts and about belly button level. Extend one leg backward with the foot flat on the ground and bend the other leg at the knee with the foot resting lightly on the ground to stabilize you. Keep the upper body vertical. Push forward with the straight rear leg by using the calf muscles. Allow your body to move forward, but not upwards by using your arm muscles to resist this push off. Keep the upper body vertical and the rear leg straight through the whole pushing motion. Relax the calf and let your heel go back to the ground. Repeat several times.

3. Wayne mentioned plyometrics. There is a shoe developed for plyometrics that has been shown in tests by biomechanics guru Bill Kraemer (now at Ball State U.) to improve sprinters and jumpers without injuring them. The shoes weigh about 15 ounces (thick basketball shoe) and have enough cushion for you to run or walk. The heel is slightly lower than the ball of the foot when the sole is flat on the ground. What makes the shoe special is the forefoot. The sole is made thicker and rounder to form a partial circle centered in the first and second metatarsal-phalangeal joint. That means that the shoe rolls forward as you push off, rotating about the ball of the foot under the joints of your big toe and second toe. This allows you to walk with a very pronounced

roll off the toes, even if you are not particularly strong. I have used these shoes in training for up to 2 miles without any injury or soreness, **but**, I was already quite strong in the calves.

If you are interested, these are good for training but not good for racing. The extra thickness will make you raise your center of gravity at each stride and cost extra energy. A negative-heel racing and training shoe, especially for racewalking, is being developed by Carmen Jacinsky in Oregon.

Time to hit the track with my new killer lactate clearance session--200 meters fast, 10 seconds rest, 200 meters fast, 1 minute rest, repeat 6 times. It's all to do with enzymes, but that is in another chapter of the book I'm writing. (Ian can be contacted at 240 Donington Drive, Greenville, SC 29615, whatleyian@hotmail.com.)

The Heart of the Matter--Training With Heart Monitors

by Owen Anderson, PhD

(This article appeared in the June 2001 issue of Bob Carlson's Front Range Walkers newsletter. Written for runners, Bob notes that it is equally valid for racewalkers.)

Heart-rate training allows you to train precisely and effectively. Numerous articles, books, and promotional materials tell runners that measuring heart rate is an excellent way to gauge the value of their workouts. And it makes sense. After all, running is largely a cardiovascular activity, and the heart rate provides a window to heart function.

No wonder increasing numbers of runners are buying heart-rate monitors (also called pulse-rate monitors) and using them to guide their workout intensities. Other runners take their pulse manually before, during, and after workouts or interval repeats to note the degree of effort of their training.

More and more heart-rate research is also beginning to appear in the scientific journals. (Previously, most research results were based on percentage of maximal oxygen uptake, or max VO₂, a measure that can only be made in sophisticated laboratories.) Armed with practical information derived from these new reports, you can now use heart-rate information to help you become a faster runner. In fact, one recent study shows that a particular type of heart-rate workout can simultaneously improve your max VO₂, your lactate threshold, and your 5 km race time in just 5 to 6 weeks!

The research at California State University, Northridge, followed a group of experienced runners who trained four times per week for five weeks (20 sessions in all) at a fixed intensity of 85 to 90 percent of their maximal heart rate (MHR). This is the same intensity often recommended as the best way to raise lactate threshold--largely regarded as one of the keys to distance running success.

The workouts were simple. Example: The runners warmed up for about 10 minutes and then ran for 35 minutes at 85 to 90 percent of MHR. During the fourth and fifth weeks, the runners added an extra twist to their workouts: they ran at greater than 95 percent of MHR for 60 to 75 seconds in the middle of each workout and for 75 to 90 seconds at the very end.

After just five weeks, the runners showed dramatic improvements. Their 1-mile race times dropped by an average of 18 seconds (from 6:18 to 6:00) and their 5 km times by nearly 2 minutes (from 23:18 to 21:36). *(Ed. While these may have been experienced runners as reported, they, obviously, hadn't been very serious runners with those times.)*

Don't rely on the familiar formula "220 minus your age" to determine your maximal heart rate. For at least one-third of all runners, the formula will over- or under-predict this number by as much as 15 beats per minute. If you're a nonsmoker over the age of 45, with a fairly high resting heart rate (above 70 beats per minute) and a relatively low body weight, your chances of having a maximal heart rate 10 to 15 beats above the predicted value are high. For a more accurate estimate of your maximal heart rate, warm up easily for 10 minutes and then run 2 x 800 meters very hard

with a 1 minute jog between the two repeats. Take your heart rate immediately after the second 800.

After you have a good estimate of your maximal heart rate, do the following workout twice a week. Jog for 10 minutes to warm up and then run for 30 minutes with your heart rate between 85 and 90 percent of maximum. After about 5 weeks of training in this manner, your lactate threshold should rise substantially and reward you with some shiny new personal records. On days, when you don't do intense heart-rate training, rest cross-train or run at a relaxed pace. (Ed. Obviously, this is not sufficient for someone seeking elite performance or competitive master's performance.)

Past Racewalk Winners at U.S. Indoor T&F Championships

(With the indoor championships coming up at in March, here is a review of past winners. The event has varied in length. Women next month.)

Men

1 Mile

1897	Harry W. Ladd	7:23.0
1907	Sam Liebgold	7:41.2
1908	Sam Liebgold	7:19.8
1909	Sam Liebgold	7:13.6

3 Miles

1910	Sam Liebgold	24:10
1911	F.H. Kaiser	22:55.6

2 Miles

1913	R.B. Gifford	14:32.6
1914	R.F. Reamer	14:21.8
1915	Edward Renz	14:05.6
1916	G.H. Goulding (Can.)	13:37.0
1917	Edward F. Remer	13:59.2
1918	Richard F. Remer	14:27.2
1919	Edward Renz	14:33.4

1 Mile

1920	J.B. Pearman	6:39.8
1921	Richard F. Remer	6:29.0
1922	William Plant	6:40.6
1923	William Plant	6:55.8
1924	William Plant	6:43.4
1925	Alexander Zeller	7:04.8
1926	Harry Hinkel	7:03.6
1927	William Plant	6:34.8
1928	Harry Hinkel	6:35.4
1929	Harry Hinkel	6:40.4
1930	Michael Pecora	6:43.4
1931	William Carlson	6:47.8
1932	Michael Pecora	6:27.2

1500 meters

1933	William Carlson	6:15.8
1934	Charles Eschenback	6:14.8

1935	Henry Cieman, Can.	6:07.3
1936	Charles Eschenback	6:18.1
1937	Nathan Jaeger	6:20.2
1938	Otto Kotraba	6:21.8
1939	Otto Kotraba	6:23.0

1 Mile

1940	Charles Eschenback	6:51.7
1941	Nathan Jaeger	7:12.1
1942	Albert Cicerone	7:13.9
1943	Sune Carlsson, Swed.	7:20.4
1944	Joseph Megyesy	7:10.5
1945	Joseph Megyesy	7:13.4
1946	Joseph Megyesy	7:11.4
1947	Ernest Webeer	6:44.1
1948	Henry Laskau	6:43.8
1949	Henry Laskau	6:29.5
1950	Henry Laskau	6:33.4
1951	Henry Laskau	6:27.0
1952	Henry Laskau	6:28.0
1953	Henry Laskau	6:20.6
1954	Henry Laskau	6:31.7
1955	Henry Laskau	6:30.4
1956	Henry Laskau	6:44.5
1957	Henry Laskau	6:39.7
1958	John Humcke	6:55.5
1959	John Humcke	6:42.2
1960	Ferenc Sipos	6:27.4
1961	Ron Zinn	6:38.8
1962	Ron Zinn	6:36.0
1963	Ron Zinn	6:42.6
1964	Ron Laird	6:22.7
1965	Ron Zinn	6:25.7

1966	Rudy Haluza	6:39.2	1985	Jim Heiring	12:07.5
1967	Don DeNoon	6:28.0	1986	Jim Heiring	12:05.94
1968	Ron Laird	6:16.9	5 Km		
1969	Dave Romansky	6:21.9	1987	Tim Lewis	19:30.70
1970	Dave Romansky	6:14.0	1988	Tim Lewis	19:51.05
1971	Ron Laird	6:24.9	1989	Tim Lewis	20:00.46
1972	Dave Romansky	6:13.4	1990	Doug Fournier	20:08.40
1973	Ron Daniel	6:22.0	1991	Doug Fournier	20:03.74
2 Miles			1992	Gary Morgan	19:55.60
1974	Larry Walker	13:24.0	1993	Allen James	20:24.37
1975	Ron Daniel	13:36.8	1994	Jonathan Matthews	20:01.50
1976	Ron Laird	13:37.0	1995	Allen James	20:16.47
			1996	Allen James	20:02.59
1977	Todd Scully	13:02.5	1997	Allen James	20:07.98
1978	Todd Scully	13:07.6	1998	Tim Seaman	19:54.36
1979	Todd Scully	12:40.0	1999	Tim Seaman	19:45.04
1980	Todd Scully	12:35.1	2000	Tim Seaman	19:32.11
1981	Ray Sharp	12:37.65	2001	Tim Seaman	19:19.26
1982	Jim Heiring	12:24.82			
1983	Ray Sharp	12:13.33			
1984	Jim Heiring	12:11.21			

Looking Back

35 Years Ago (From the January 1967 ORW)—The Athens AC (San Francisco) won a National Postal 20 km walk with a total time of 5:03:43 for the 3-man team. The Ohio Track Club was nearly 9 minutes back. Taking individual honors was OTC's Jack Blackburn with 1:38:12. Canadians Karl Merschenz and Alex Oakely were the only other ones under 1:40, with your editor, also representing the OTC, fourth in 1:40:30. The Athens group (Goetz Klopfer 1:40:49, Tom Dooley 1:40:59, and Bill Ranney 1:41:55) took three of the next four spots, Ron Laird finishing just ahead of Ranney. The races were walked on local tracks during a specified time in 1956 with results compiled by mail. . . Ron Daniel walked a series of four 1 Mile race in New York, all between 6:44 and 6:48.

30 Years Ago (From the January 1972 ORW)—Fast early-season miling—Ron Daniel had the third fastest mile in history (to that time) with a 6:12.8 in Philadelphia. Ron Kulik, Todd Scully, and Dave Romansky followed in 6:17.7, 6:21.7, and 6:28. Ten days earlier, Kulik had beaten Daniel 6:28.8 to 6:29. . . On the other coast, Tom Dooley did 6:30.5 to beat Esteban Valle (6:38) and Larry Walker beat Don DeNoon 6:41.4 to 6:44. Bill Ranney was a close third in both races. . . San Rafael high school student Jerry Lansing won the National Junior 35 Km title in 3:18:21. . . On the local scene, your editor celebrated his 37th birthday (yes, as I type this I can say that I made it 67 yesterday) by covering 6 miles 176 yards in 4*:36, but failed by 66 seconds to make up a 17 1/2 minute handicap on Doc Blackburn. (The odd distance was because we did exactly 4 laps of a natural loop, which was carefully measured—the scene, as a matter of fact of the 1969 National 15 Km.) . . . In the Rockies, Jerry Brown showed fine form with a 13:55 for 2 miles and Bill Weigle covered a marathon in 3:33:53. . . Ron Laird was wintering in England and did a track 20 Km in 1:33:35 as well as a couple of 7 milers in 50:50 (finishing first) and 50:53 (second).

25 Years Ago (From the January 1977 ORW)--In the final 1976 races, Larry Walker won the National 1 Hour covering 7 miles 1373 yards and Rudy Haluza won the Master's 15 Km in 1:15:21. Rudy was third in the 1 Hour, just 14 yards back of Ed BOuldin's 7 miles 1030 yards. . Susan Liers turned in two fast miles--7:22.5 and 7:27.9. . Jim Heiring won a mile in 6:25.6 ahead of Chris Hansen (6:32.4) and also had a 2 mile win in 13:36. . Larry Walker was faster, with a 6:16.8 in L.A.

20 Years Ago (From the January 1982 ORW)--Heiring was simply tearing around indoor tracks across the country. He had a 5:55.1 for the mile in Milwaukee, a world best 5:27.1 for 1500 meters in New York City, a 12:40 for 2 miles in Chicago, and a 12:20.6 for 2 miles in Kansas City. Todd Scully was just 5 seconds back in the 1500.

15 Years Ago (From the January 1987 ORW)-- American records fell at the Hoosier Invitational indoor meet in Indianapolis as Maryanne Torrellas did 13:29.82 for 3 km and Paul Wick 20:29.67 for 5 Km. Teresa Vaill was just 3 seconds behind Maryanne with Lyn Weik third. Gary Morgan trailed Wick by 6 seconds and Doug Fournier also went under 21 minutes. . Torrellas also had a 6:58.9 to win a mile in Hanover, N.H., with Weik second in 7:01. . At West Point, N.Y., Paul Schwartzburg did a mile in 6:06.8 ahead of Mike Tauch's 6:17.65. The following week, Stauch edged Doug Fournier 6:13.52 to 6:13.61. Marco Evoniuk captured the Hawaii Marathon racewalk division in 3:33:35

10 Years Ago (From the January 1991 ORW)--Walking at the Spectator Indoor Games in Hamilton, Ontario, Debbi Lawrence set a world indoor best for 1500 meters with her 5:54.31. She was 7 seconds under the old mark set by Maryanne Torrellas. Victoria Herazo missed the old mark by less than 2 seconds, finishing second, just ahead of Canada's Janice McCaffrey. Torrellas was sixth in the race. A week later, Lawrence did 5:56.29 in Toronto. . In Oakland, Cal., Jonathan Matthews did 20 Km in 1:33:29, beating Richard Quinn by 42 seconds.

U.S. Junior Top 10 at 10 Km, 2001

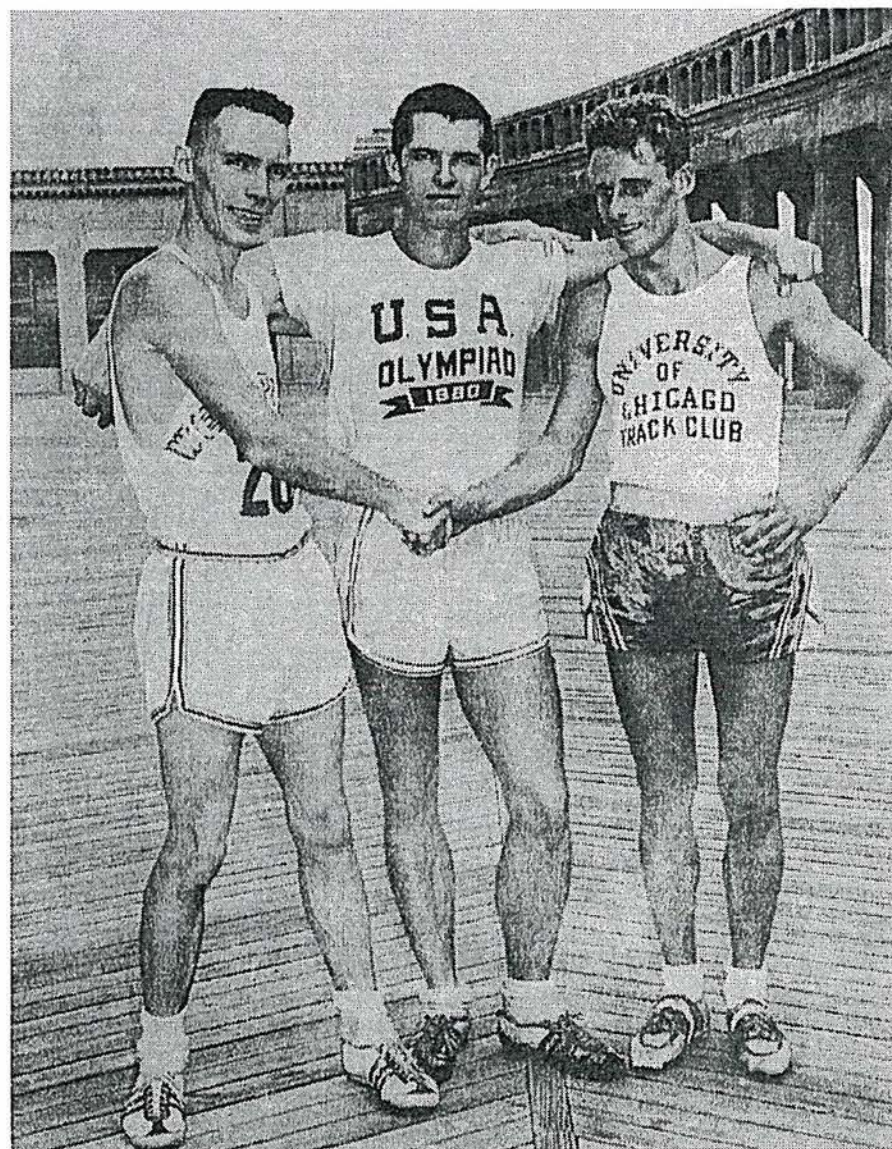
(Compiled by Steve Vaitones)

Men

44:16.8 Ben Shorey, Maine H.S.
45:18.03 Matt Boyles, Rio Grande U.
48:02 Adam Staier, Maine H.S.
48:59.25 Daniel Pendergast, U. of South Maine
52:28.28 Eric Smith, Ohio H.S.
52:41.3 Jonathan Chasse, Maine H.S.
52:47.59 Christopher Diaz, S. Texas WC
55:25.21 Jeff Sprague, Maine H.S.
55:30 Joseph Trapani, N.Y. H.S.
56:57.90 Tim Nichel, U. of Wisconsin-Parkside

Women

53:19.50 Robyn Stevens, Cal. H.S.
56:23.83 Christina Fina, Niagara Walkers
56:32.87 Anne Favolise, Maine H.S.
58:02.86 Amanda Bergeron, Maine H.S.
58:31.15 Nicole Olsen, U.W. Parkside
59:05.55 Elizabeth Paxton, Cal. H.S.
59:13.0 Mallory Delaney, N.Y. H.S.
59:54.58 Shannon Gillespie, N.J. H.S.
61:05.0 Keelin Yenney, Ill. H.S.
61:57.06 Hilary Easter, Maine, H.S.



Two greats and a potential great. Finishing one-two-three in the 1961 National 15 Km in Atlantic City were, left to right, Ron Zinn, Ron Laird, and Rimas Vacaitis. Zinn won 15 national titles from 1961 to 1964 and was sixth in the 1964 Olympic 20 Km. A West Point graduate, he died in Vietnam several months later. Laird was a four-time Olympian (1960, 1964, 1968 and 1976) and winner of 65 national racewalk titles from 1958 to 1976. The youthful Vacaitis showed great promise, but retired within a year to pursue his engineering degree and has not looked back.