

Ohio Race Walker
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OHIO RACEWALKER

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HEIRING-PEEL EASY WINNERS IN CAN-AM WALKS

Niagara Falls, Nov. 8--Despite very poor conditions, Jim Heiring added yet another fast time to his 1982 account with a 1:29:50 win in the Can-Am 20 Km walk held here today. Canada's Ann Peel was an equally impressive in the Women's 10 Km, covering the course in 49:50.

With the temperature only 37 degrees, the wind blowing at about 30 mph, the residue of an 8-inch snowfall the night before still on the roads, and ice in spots, Heiring still moved out quickly with a 21:49 for the first 5 Km. Only Canada's Francois LaPointe was challenging him a second behind. Tim Lewis was third in 22:14 and the rest of the field was better than 2 minutes back.

By 10 Km, Heiring was on his own in 44:20, with LaPointe 28 seconds behind. Lewis passed 10 km in 45:16, but started to close on the Canadian soon thereafter and was a solid third as he passed 15 in 1:08:25, behind Jim's 1:07:06. From there, Lewis, in his second superb late season race, moved easily away from LaPointe for a solid second in 1:31:43. Mel McGinnis was able to lose Don Lawrence the second half of the race to take fourth, bettering the 1:40 mark by 5 seconds. The Colorado team of Heiring, Lewis, McGinnis, and Lawrence were easy winners in the team race.

In the 10 Km, Peel was virtually unchallenged as Canadians swept the first five places. What promised to be a very interesting between Peel, Susan Liers-Westerfield, and Teresa Vaill was wiped out when the latter two got stuck at the NY airport because the Buffalo airport was closed.

20 Km: 1. Jim Heiring, Colorado 1:29:50 2. Tim Lewis, Col. 1:31:43 3. Francois LaPointe, Quebec 1:34:38 4. Mel McGinnis, Col. 1:39:55 5. Don Lawrence, Col. 1:40:52 6. Dan Leveque, Quebec 1:40:59 7. Martin Archambault, Quebec 1:41:22 8. David Talcott, Syracuse 1:41:39 9. Mark Manning, Wis. 1:41:52 10. Helmut Boeck, Ontario 1:42:08 11. Andrew Tiles, NY 1:45:59 12. Colin Certon, Ont. 1:47:11 13. Dave Lawrence, Wis. 1:48:20 14. Brad Lessard, Ont. 1:51:49 15. Bill Cressman, NY 1:52:08 16. Dan Stanek, NY 1:53:18 17. Dan Talcott, Syr. 1:56:50 18. Roman Olszewski, Ont. 1:59:09 19. A. Rudnik, Ont. 2:06:03 20. David Stroud, NY 2:26:59 21. G. Pattison, Ony. 2:43:14 Teams: 1. Colorado 69 2. Quebec 59 3. Ontario 39 4. New York 33 5. Wisconsin 28 6. Syracuse 25 7. Ontario B17

10 Km: 1. Ann Peel, Ontario 49:50 (25:04) 2. Allison Barer, Mississauga 52:16 3. Louise Aubin, Miss. 53:40 4. Joan Bender, Ont. 54:20 5. Nancy Sweazey, Ont. 54:58 6. Tammie McPoland, Springfield 56:16 7. Michelle Daneau, Quebec 56:44 8. Trinetta Brazier, Ont. 56:59 9. Gloria Brown, NY 59:45 10. Lori Kocubal, Springfield 61:46 11. Cecilia Roth, Ont. 67:19 12. Carolyn Pasquale, Spring. 70:03 13. Mary Jane Mahnke, NY 72:43 Teams: 1. Ontario 33 2. Mississauga 23 3. Springfield 14 4. Quebec 7 5. New York 6

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

OTHER RESULTS:

5 Miles, Cambridge, Mass., Oct. 16--1. Mark Fenton 40:25 2. Tom Knatt 42:58
 3. Steve Vaitones 43:24 4. Phil Weiss 43:10 5. Ann Birk 50:11 5 Km, Syosset, N.Y.--1. Jack Boitano 23:50 (only walker among 800 runners, but hop for a walker's division next year.) 5 Km, Long Island, Oct. 31--1. Thomas Tener, USNMA (age 18) 22:07 2. Tom Edwards 22:51 3. Jon Gaska 23:20 4. William Crucilla 23:49 5. Pat Flannery 24:12 6. Ben Defibaugh 24:40 7. Nicholas Blera 24:56 8. Ben Marsh 26:06 9. Howie Jacobsen 26:08 10. Alan Jacobson 26:15 11. Paul D'Elisa 26:38 12. Adan Abreu 26:41 13. John Shilling 26:47 14. Richard Goldman 27:03 15. Timothy Ferguson 27:44 (q6 finished) Women's 5 Km, same place--1. Susan Liers-Westerfield 25:25 2. Teresa Vaill 25:28 3. Carol Brown 27:07 4. Patricia Doan 31:41 (16 finishers) Novice 1 Mile, same place--1. Michael Heitezman 7:48 2. Adan Abreu 7:56 3. Brian Donlon 9:02 (15 finishers) 2 Hours, Stony Brook, N.Y., Nov. 14--1. Tom Edwards 24, 601 meters (15 mi 492 yds) (46:13, 1:35:42) 2. Jon Gaska 22,952 (14 mi 222) 3. Nick Bdera 22,391 (13 mi 1245) 4. Howie Jacobson 20,624 (12 mi 1401) 1 Hour, same place--1. William Crucilla (age 18) 11,945 meters (7 mi 726) 2. Susan Liers-Sweterfield 11,490 (7 mi 240) 3. Dr. John Shilling 11,146 (6mi 1592) 4. Ben Marsh 11,090 (6 mi 1532) 5. Patrick Flannery 11,006 (6m 1442) 6. Paul D'Elisa 10,531 (6mi 935) 7. Howie Jacobson 10,431 (6 mi 823) (16 finishers) Henry Laskau 5 Mile, Mineola, NY, Nov. 7--1. Tom Tener 35:07 (This young fellow appears to be what we might term a bright prospect) 2. Tom Edwards 35:34 3. John Santana 37:34 4. Jon Gaska 38:21 5. Jack Boitano 39:29 6. William Crucilla 39:36 7. Pat Flannery 40:09 8. Nick Bdera 40:30 9. Alan Jacobson 40:44 10. Susan Liers-Westerfield 41:25 11. Jim Eastwood 42:22 12. Howard Palamarchuk 42:51 13. John Shilling 43:20 14. Adan Abreu 43:41 15. Richard Goldman 43:49 16. Carol Brown



Raul Gonzalez, the world's top 50 km walker, has been a welcome guest at the U.S. Olympic Training Center. He poses with some of the U.S. contingent. Bottom: National Coach Ron Laird and Don Lawrence. Top: Mike Morris, Gonzalez, Leonard Jansen, and Sam Shick.

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It's racing you want? Winter's around, but chances abound:

- Sat. Dec. 11--75 Km, Springfield, Ohio, 8 a.m. (Y)
 10 Miles, New York City, 10 am (Y)
 3 Km (Indoors), Cambridge, Mass. (K)
- Sun. Dec. 12--Hawaii Marathon (F)
 5 Km, Pasadena, 9 am (E)
 5 Km, Knoxville, Tenn. (X)
 50 Km, Houston (S)
- Sat. Dec. 18--10 Miles, Columbia, Mo., 9 am (D)
 30 Km, New York City, 9:30 am (T)
 5 and 10 Km, Washington, DC 9 am (L)
- Sun. Dec. 19--Bill Reilly-Todd Scully Day 5 Km, Long Branch, NJ, 1 pm (N)
 10 Km, Venice, Cal., 9 am (E)
 10 Km, Fairfax, Cal., 9 am (E)
- Sun. Dec. 26--10 Mile, Asbury Park, NJ (boardwalk), 10 am (N)
 10 Km Men, 5 Km, Women, Newton, IA, a pm (B)
 5 Km, Honolulu, 2:30 pm (F)
- Fri. Dec. 31--6 Mile Handicap, Springfield, Ohio, 8 pm, or so (Y)
- Mon. Dec. 27--Start of 6 day Walk and Run, San Diego (I)
- Sat. Jan. 8--1 Mile (indoor), Hanover, NH (K)
- Sun. Jan. 16--Marathon, Houston (S)
- Sat. Jan. 22--Women's 1 Mile (Indoor), Boston, 2 pm (K)
- Sun. Jan. 23--2 miles or 5 Km, Boston, 1 pm (K)
- Sun. Feb. 6--1 Mile, Boston (Indoor) (K)
 30 Km, Houston (S)
- Sun. Feb. 20--50 Km, 50 Miles, 100 Miles, Kingwood, Texas (S)

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RESULTS (Cont.):

44:56 20. Dorothy Kelley 45:29 21. Paul D'Elisa 45:39 22. George Heller
 47:52 23. Tracy Hebron 48:12 24. Elliott Denman 48:42 25. Bill Omeltchenko 49:06 (44 finishers) 20 Km, New York City, Nov. 21--1. Juan Santana 1:42:49 2. Nick Bdera 1:51:43 3. Alan Jacobson 1:52:10 4. Howie Joacoso 1:54:13 5. Reynaldo Hernandez 1:56:11 6. Dorothy Kelley 2:02:38 7. Robert Gottlieb 2:05:21 8. George Heller 2:05:23 (12 finishers)

Finger Lakes Marathon, Ithaca, N.Y.--Dave Talcott 4:15:31 (1st walker, 51st of 91 starters) 15 Km, Schenectady, N.Y., Nov. 14--1. Dave Talcott 1:13:11 1500 meters, Arlington, Va., Aug. 1--1. Tom Hamilton 6:58 2. Al Branigan 7:33 3. Bob Branigan 8:40 10 Km, Carderock, Md., Aug. 21--1. Tim Good 54:02
 2. Joel Holman 60:12 1500, Arlington, Va., Aug. 22--1. Al Branigan 7:19
 2. Dan Krause 8:05 3. Golden 8:43 1500, Arlington, Sept. 5--1. Al Branigan 7:32 2. Gary Gonbeau 8:24 3. H.W. Carle 8:28 30 Km, Washington, DC, Sept. 18--1. Sal Corrallo 3:05:25 2. Carl Croneberg 3:24:14 10 Km, Washington, DC, Sept. 25--1. Tom Hamilton 51:48 2. Joel Holman 57:31 3. Robert Burdick 61:33 4. Judy McKeown 63:42 30 Km, Washington, DC, Oct. 17--1. Sal Corrallo 3:05:37 2. Joel Holman 3:09:38 3. Carl Croneberg 3:16:20 10 Km, Evans, Ga. Oct. 30--1. Charles Blackburn and Dave Van Houten 58:02 Women's 1 Hour, Winter Garden, Fla., Nov. 21--1. Laura Jenkins 6 mi 812 yds 2. Patti Sobanko 6 mi 299 yds 3. Charisses Henriquez 5 mi 1277 yds 5 Km, Houston, June 12--1. Dave Gwyn 24:56.8 2. John Stowers 26:24 3. John Melachlan 28:55 1 Hour, Houston, Aug. 1--1. Kevin Knight 6 mi 1246 yds 2. John Stowers 6 mi 962 yds 3. Dave Gwyn 6 mi 535 yds 4. Mike Kleinhans 6 mi 167 yds 4 Mile Run-Walk (alternate laps), Bellaire, Tex., Aug. 2--1. Dave Gwyn 29:42 2. John Stowers 30:07 (An interesting event. I've always thought something like a 3 Mile Individual Medley--1 Mile Run, 1 Mile Walk, 1 Mile Steeplechase--would be a good event) 1 Mile, Bellaire Tex., Aug. 5--1. Mike Kleinhans 7:49 2. Dave Gwyn 8:08 3. John Stowers 8:09 10 Km Handicap, Houston, Aug. 7--1. Dusan Balic 77:05. . . 3. Mike Kleinhans 58:34. . . 10. Dave Gwyn 57:09 15 Km, Houston, Sept. 26--1. John Stowers 1:24:14 2. Dave Gwyn 1:26:27 25 Km, Houston, Oct. 17--1. Grimm Reaper 2:21:47 2. John Stowers 2:22:28 3. Mike Kleinhans 2:34:43 35 Km, Houston, Nov. 21--1. John Stowers 3:48:34 1 Hour, Boulder, Col., Oct. 23--1. Bob Carlson 6 mi 226 10 Km, Seattle, Sept. 19--1. Jay Haavik 52:50 Women's 10 Km, Seattle, Sept. 25--1. Gwen Robertson 54:32 2. Bev LaVeck 57:44 3. Judy Groombridge 62:35 3. Sheryl Iverson 63:41 5. Jennifer Fisher (age 11) 64:54 10 Km, Seattle, Oct. 3--1. Dan Pierce 48:43 2. Gerry Pollet 49:56 3. Mike Scott 53:25 4. Bruce Carter 53:25 Women: 1. Gwen Robertson 54:25 2. Sam Miller 60:49 3. Kathleen Burke 61:20 Portland Marathon, Oct. 3--Ed Glander 4:15:08 5 Miles, Seattle, Oct. 17--1. Dan Pierce 37:32 2. Ed Kraemer 50:00 50 Miles, Mt. Vernon, Wash., Oct. 24--Bev LaVeck 10:06:56 5 Km, Seattle, Nov. 14--1. Gerry Pollet 23:33 2. Tony Englehardt 23:27 3. Bruce Carter 24:24 4. Don Muggli 26:36 Masters: 1. Ed Glander 24:56 2. Paul Kaald 27:55 3. Ralph Fleback 28:08 4. George Edwards 28:33 Women: 1. Sam Miller 27:31 2. Sheryl Iverson 30:21 Canadian Women's 10 Km Championship, Montreal, Oct. 24--1. Ann Peel 48:04 2. Joan Bender 51:03 3. Nancy Sweazey 52:45 4. Louise Aubin 53:51 5. Micheline Daneau 54:06 6. Jacqueline Sauve 55:57 7. Christine Ositguy 57:32 Canadian 20 Km Championship, same place--1. Guillaume LeBlanc 1:28:36 2. Daniel Levesque 1:35:03 3. Michel Lafortune 1:41:50 Canadian 50 Km Championship, same place--1. Francois LaPointe 3:51:38 2. Glenn Sweazey 4:34:32 3. R. Mark Fenton, USA 4:49:56 4. Martin Archambault 4:55:10 5. Steve Vaitones, USA 4:55:49 6. Luc Gaudet 5:20:04 (Marcel Jobin was with LaPointe for 20 km but dropped out at 25 with sciatic problems) 5 Km, Formia, Italy, Aug. 28--1. Maurizio Damilano 19:41.3 (19:01.6 at 3 miles) 5 Miles, Grosseto, Italy, Aug. 22--1. Maurizio Damilano 31:24 2. Carlo Mattioli 31:36 3. Allesandro Pezzatini 31:57 British National 100 Km, Corby, Sept. 25--1. Chris Berwick 10:02:03 2. E. Shillabeer 10:26:13 3. John Eddershaw 10:26:52 4. C. Bent 10:38:53 5. J. Sturgess 10:42:03 6. M. Jones 10:45:03 (19 under 12 hours)

FROM HEEL TO TOE

Randy Mimm has now joined the contingent at the U.S. Olympic Training Center in Colorado Springs. Mike Morris has left for a few months to train

with Raul Gonzalez in Mexico. Don Lawrence, still at the center, is now working for a new publication that will be coming out soon, The Walker (see below). . . Gerry Bocci has taken me to task, and rightfully so, for suggesting that his wife's 3:58:14 in the National 40 km was faster than his own 3:57:38. I really have no idea how I reached such a conclusion, but Gerry was probably too easy on me since I was the one who compared him to a retarded chimp in reporting a race several years ago in which he reportedly lost a couple of minutes in tying a shoe. Anyway, I apologize to Gerry, who still beats his wife. . . Copies of the 1983 European Athletics Calendar are now available from: Press Information Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206. The calendar, published by the IAAF and the European Athletic Association, lists the major meets by month, showing the date, site, type of event, and sanctioning body for each. The cost is \$5.00. . . A book worth investing in is Gordon Wallace's The Valiant Heart. Gordon recounts events leading to his bypass surgery at age 66, the surgery itself, his discovery of race walking following the surgery, and his subsequent progress to World Championships in New Zealand in 1981 at age 70. The book is well written, inspirational, and entertaining. You can obtain a hard cover copy by sending \$14.70 to Lamplighter Press, 102 Astec St., Prescott, Arizona 86301. . . The Gulf Association wants to give advance notice that it is bidding for the 1983 National TAC 100 Km Championship race, with February 20 as the suggested date. They hosted the race last year. . . A few years ago, Wayne Nicool produced racewalking t-shirts in three different designs, all quite nice (one used the ORW walking figure). I don't know how many of you got them at that time, but you may have another chance. He plans to bring them out again, linked with expressions like More Walk, Less Talk, Race Walking Is Injury Free, etc. Every walker should have one or two and they would be excellent to give out at races. For more information, write Wayne at 3535 Gleneagles Drive, Augusta, GA 30902.

THE WALKER

As mentioned above, a new magazine is in the wings. All we know about it at this time is that Jerry Young and Don Lawrence are involved, that they expect to be ready with their first issue in the near future, and that they have prepared a promotional piece that tells us:

Besides the feature article of the month and the special articles, we will have a series of on going discussions. These will include:

- **The American Trail Review; a survey of the hiking trails throughout the United States. We will cover where to go, what to expect, and how to get there; covering a different state in each issue.
- **A complete list of all the Volksmarches in the United States, and a list of all competitive walks.
- **A list of where to go for rehabilitative walking, and tips on how to walk for a healthier tomorrow.
- **The competitive walker will have a personal interview with some of the top walkers in the U.S., tips on how to train, or coverage of the month's most important race.
- **Health articles from exercise specialists, chiropractors, shoe designers, or geriatricologists to answer any of the questions that you might have.

In six bimonthly issues, the world of walking will come to you. Whether you are hiking the trails in Nevada, recuperating from surgery in Kansas City, or racing in the Olympics Sports Festival, you can read about it in THE WALKER. And not only will you hear the sports side, but also the walkers side. Because we are walkers just like you.

THE WALKER will cover the world of walking from perspectives never before presented. Walkers talking about walking, specialists talking about walking, and coaches talking about walking. We will take you to the highlands on the trail, the heart of the race, and in the labs to learn more about the sport of walking. Because not only do we write about it, but we also live the sport.

All of this can be yours. Six issues a year of THE WALKER delivered to your house for \$20.00

Write: THE WALKER, 4343A Walker Lane, St. Louis, MO 63121 for further details.

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KEATING SUPERB IN 100 MILE WIN

Chula Vista, Cal., Nov.20--Bob Keating made a long trip from New Hampshire to take a long walk--100 miles--but he made it all worth while as he won the National TAC title in 19:19:31. Runnerup to three-time champion, Alan Price last year, the 35-year-old Keating was able to move well clear of Price over the second half of today's race for a very impressive and well-deserved win. Price had to overcome a strong challenge from John Kelly over the last 15 miles to hang onto second, with both of them well under 20 hours.

Price had his usual blitz start, but Dale Sutton and Paul Hendricks were not far back in the early going. Keating and Kelly were biding their time, but walking a solid pace. By 50 miles, Price, Hendricks, and Keating were all on the same lap, but Hendricks called it a day 2 miles later and Keating started to move away for the win. At 85 miles, Kelly passed Price but Alan was able to come back and take second by over 6 minutes. It was the first 100-miler for the 53-year-old Kelly in many years and a very impressive performance.

In fourth place, Seattle's 46-year-old Bev LaVeck became the second U.S. woman Centurion and established a new U.S. women's record with 21:42:14. Her outstanding performance was good enough to beat another new Centurion and former Olympian, Tom Dooley. The former 20-km ace (1968 and 1972 Olympics) and sometimes 50 km walker had not competed at all for a year and a half. Who would have expected him to show up at a 100 miler? But there he was, nursing himself through the long cold night and then finishing strongly in 22:30:31.

Sixth place went to Dale Sutton, who hung on after his fast start to beat the 24-hour limit. The final finisher became the third U.S. woman Centurion and the youngest regardless of gender. Liz's 19, a walker for just 4 months, and had never gone more than 20 miles before. She finished in 23:50:50, apparently none the worse for wear.

Tom Dooley reports how impressed he was by the night-long duel among Keating, Price, and Kelly as he struggled just to keep moving. He was also impressed by the form shown by all walkers, coming in with some preconceived notion that it was a test of creepers and joggers and finding that nothing could be further from the truth. Equally impressed was Don Choi, holder of the record for the 6-day run. He held on for 93 miles in 24 hours and was telling people afterward that walking 100 miles is more difficult than running for 6 days. The results:

1. Bob Keating, Nashua, N.H. 19:19:31 2. Alan Price, Washington, DC 19:35:44
3. John Kelly, Santa Monica, Cal. 19:42:11 4. Bev Laveck, Seattle, Wash.
21:42:14 5. Tom Dooley, Santa Clara, Cal. 22:30:31 6. Dale Sutton, San Diego, Cal. 23:36:55 7. Liz Kemp, San Diego 23:50:50. Among others,
Katy O'Classen did 98 3/4 miles, Choi 93, and Chuck Hunter 92.

Speaking of Tom Dooley, he is still wheeling and dealing in track stuff. FOR SALE: Bound copies of Sports Illustrated track and Olympic articles that have appeared since 1955, along with other track articles. I cut out all S.I. articles, T&F News interviews, and good articles from other mags and compiled them in nine huge volumes with soft binding. The best reasonable offer will take them. Trades may be accepted. Contact Tom Dooley, 2250 Sherwin Ave., Santa Clara, CA 95050.

LOCKING BACK

20 Years Ago (From the Nov. 1962 Race Walker published by Chris McCarthy)--The second annual US Race Walking Association 20 Km Postal Walk went to Canadian Alex Oakley with a brilliant 1:34:40.4 in Toronto. This established a Canadian record. Ron Laird, walking in Chicago, was distant second in 1:38:25.9 but, the consolation of breaking your editor's American record set in the same race a year earlier. John Allen was a minute back of Laird and Bill Crandy just 3 second behind him. . .Laird also won two races at the Ohio TC Distance Carnival beating Mortland in the 10 mile with 79:19 and Blackburn in the 2 mile an hour later with 14:32. The next day, Chris McCarthy won a 20 miler in 2:56:08. . .In a thrilling 15 km race in Buffalo, Oakley edged Allen by 2 seconds in 1:10:25 with Canadian Nicola Marrone only 8 seconds back.

15 Years Ago (From the November 1967 ORW)--The ever-present Ron Laird easily won the National 30 Km in Columbia in a rapid 2:29:06 with second place Jack Blackburn nearly 22 minutes behind. Howie Jacobson beat Ron Kulik for third. Blackburn won the loveable nickname of Big Red Duck from Bill Clark in this race. . .Shaul Ladany won a 50 Km in Long Branch in 4:35:03 with Dave Romansky turning in a good 4:42:00 in his first try at the distance. . .Promising Steve Hayden turned in a 1:16:28 10 Mile in New York. . .In the Canadian 50 Km, Karl Merschenz left Ladany 9 1/2 minutes back with 4:33:03. . .And on the track in Walnut, Cal., Ron Laird casually strolled to a 1:31:39.6 American record with Larry Walker second in 1:37:09.2

10 Years Ago (From the November 1972 ORW)--Bill Weigle walked off with the Senior NAAU 50 Km title in San Francisco in 4:22:00. He continued a pattern of very consistent walking, having done 4:20:09 in the Olympic Trials and 4:22:53 in Munich. Bob Kitchen was a distant second in 4:36:43 and Bill Ranney third in just under 5 hours as only 10 showed up for this late season race and only five finished. . .The U.S. sent a team to the Airola-Chiasso road relay in Switzerland and Bob Kitchen, Todd Scully, Bob Bowman, Bill Ranney, and Larry Young came in second behind Italy. The Italians were some 15 minutes ahead in 9:07:38. . .A few days later, Shaul Ladany won the Lugano 100 Km, also in Switzerland, in 9:38:56.4. . .Sweden, as usual, won the women's International 5 Km, as Margareta Simu came home first in 24:53.8.

5 Years Ago (From the Nov. 1977 ORW)--There wasn't much exciting reported that month, although we did run an interesting profile on all-time 20 km great, Ken Matthews, stolen from Athletics Weekly. . .Jack Blackburn beat Chris Knotts in a 3 miler, and that probably hasn't happened many times since. . .In England, Derek Harrison had 17:43:00 for 100 miles and 56 finished the race, which is more than the total number of U.S. Centurions to date.

* * * * *

Isaiah 40:31:"Those who wait on the Lord shall renew their strength. They shall mount up on wings as eagles. They shall run and not be weary. They shall walk and not faint." We sing that from time to time in church to a very nice little tune and I always thought I would make it my theme

were I so foolish as to try something like a 100 miler (which I trust the Lord wont let me be). I also recall Mel McGinnis mentioning in a letter reporting an address change how real this verse has become to him while racewalking. Anyway, take it with you the next time you go for a long one.

THE WAY IT WAS
or
THE TRIALS OF WE AMATEURS
or
A RACEWALKING ODYSSEY

(First published in the January 1970 ORW under no title whatsoever.)

Back in 1961, someone decided they would like to introduce race walking to the Drake Relays. So a 1 Mile Invitational was added to the program and Jack Blackburn and I were fortunate to be invited. We used to have some rather hairy weekends of travel, but this invitation led to probably the all-time hairiest.

The invitation included expense money, but to say Jack and I, amateurs to the core, were naive about such things would be an understatement indeed. This is the only time we were ever offered travel expenses and they actually asked us what we needed. Boy, what would Ron Laird have done with that one? But as far as we were concerned, the only way to get to a walking race was to get in the car and drive all night, or all day as the case may be. Like to New York for the Indoor Nationals: Leave about 7 p.m. Friday, hit New York mid-morning, get a little sleep in the hotel room of someone you know, race that night, and then start back because you can't afford a room of your own. Cr., to New York for a Sunday race: Drive all day Saturday, get the cheapest room you can find at 10 or 11 that night, race on Sunday, and then back on the road through half the night because you have to be at work at 8 Monday morning. Well, that's the way we did back in "the good old days".

So when we received the invitation from Drake, we made our plans along those lines. After all Des Moines is about the same distance as New York (600 miles), although in the opposite direction. However, knowing there was a 25 km race in Chicago on the day after the Drake race, we figured we would "take advantage" of the Drake people and get enough money to make that race as well. So, we figured the cost for driving the 600 miles to Des Moines, home via Chicago, which may be 700 miles, Saturday night lodging, and meals for 2 days. About \$75 for the two of us should do it. (Remember, gas was around 30¢ a gallon in those days and we could get a decent room for around \$15.) The fact that there were planes flying in the air never crossed our feeble minds. We got our \$75 with no questions asked and on getting to Chicago found that the other two contestants, Rimas Vacaitis and Matt Rutyna, had gotten \$150 to come the 300 or so miles from Chicago, via the airways. We have the memories, however.

Our schedule was just a bit tighter than going to New York. Although the distance was the same, the race was in the afternoon, not evening, about 6 or 7 hours earlier. So, both being very conscientious about our jobs and wanting to keep them, we left at 7 or 8 pm Friday after work and supper. Taking turns driving, we both managed 1 or 2 hours sleep in the backseat during the drive out. Our only problem was a fuel gauge that registered empty at about 3 in the morning somewhere in western Illinois. A contribution to the "policeman's benefit fund" or something (more likely this particular constable's own pocket) opened a gas pump for us and on we went.

Arriving in Des Moines about 9 am, we hit the hotel room of OTC'ers Bill Plummer and Harry McKnight for a little sleep. We were there just in time for the Relays parade, which conveniently passed immediately under our window. So much for sleep. After the parade, a little lunch and then out to the track for the big race. Well, not so big really. It seems that the important thing was to make it a very good race competitively and to be extra sure of style so everyone can see the sport at its finest and cleanest and we get on the program as a regular thing. So, at the suggestion of Chief Judge Bill Ross, it is agreed that we will stick together at a fast, but safe pace and then race at the finish. The result was a victory for Jack Blackburn at just over, or maybe just under, 7 minutes, with Rimas second, myself third, Matt fourth, and no one really satisfied, although Jack didn't feel too bad with his nice Drake Relays watch.

Back in the car after supper and on to Chicago, with Rimas as our guest. By the time we helped some attractive young ladies fix a flat, had some drunk run into our backyard at a stoplight, got Rimas home, and found a motel it was 4 am. Our race was at 10, which gave us about 4 hours to sleep and less than 2 hours to digest our breakfasts. Some way, off that preparation, I walked by far the best race of my career up until then, bettering my 20 km best on the way to 25, with Rimas again second, and Jack third this time. My only regret was that Jack had that beautiful watch for a paltry 1 Mile and all I had for going 25 km on two sleepless nights was a little medal.

Well, we were back in Columbus by midnight and at work the next morning, as usual. And we still had \$18 of our \$75 to split between us. Despite our small profit (which probably cost us our amateur standing for all time), such a trip and the many others like it lend assurance that one is indeed competing in amateur sport.

OLYMPIC HISTORY (Continued from October issue)

1960 Olympic Games at Rome

20 Km, September 2

1. Vladimir Golubnichiy, USSR 1:34:07.2 (22:28, 45:13, 1:08:42)
 2. Noel Freeman, Australia 1:34:16.4 (22:18, 45:37, 1:09:46)
 3. Stanley Vickers, GB 1:34:56.4 (22:40, 47:18, 1:10:01)
 4. Dieter Lindner, EG 1:35:33.8 (Actually, a combined German team in 1960 and 1964, but the walkers were all from the East)
 5. Norman Read, New Zealand 1:36:59
 6. Lennart Beck, Sweden 1:37:17
 7. John Ljunggren, Swed. 1:37:59
 8. Iadislav Moc, Czechoslovakia 1:38:32.4
 9. Alex Oakley, Canada 1:38:46
 10. Eric Hall, GB 1:38:54
 11. Ronald Crawford, Australia 1:39:16.2
 12. Henri Delerue, France 1:39:37.6
 13. George Hazle, South Africa 1:40:16.2
 14. Lennart Carlsson, Sweden 1:40:25
 15. Tommy Kristensen, Denmark 1:41:08
 16. Hannes Koch, EG 1:41:53
 17. Louis Marquiz, Switzerland 1:42:00
 18. Charles Sowa, Luxembourg 1:42:43.8
 19. Ronald Zinn, USA 1:42:47
 20. Zora Singh, India 1:42:20
 21. Stefano Serchinich, Italy 1:43:59
 22. Luigi De Rosso, Italy 1:45:04
 23. Robert Mimm, USA 1:45:09
 24. Rudy Haluza, USA 1:45:11
 25. Leo Rosschou, Denmark 1:46:36
 26. Gianni Corsaro, Italy 1:46:47
 27. Klifa Barouni, Tunisia 1:47:10
 28. Naoui Zlassi, Tunisia 1:55:21
- DQ: Sigfried Lefanczik, EG
Gennadiy Solodov, USSR
(1:09:24 at 15)
Anatoliy Vedyakov, USSR
Gabriel Raymond, Switz.
Tibor Balajcxa, Hungary
Ajit Singh, India
Mohamed Ben Lazhar, Tun.
DNF: Ken Matthews, GB (45:32 at 10)

50 KM, September 7

1. Donald Thompson, GB 4:25:30 (51:39, 1:43:36, 2:37:31, 3:31:40)
2. John Ljunggren, Sweden 4:25:47 (52:30, 1:54:45, 2:38:05, 3:31:46)
3. Abdon Pamich, Italy 4:27:55.4 (53:07, 1:46:19, 2:40:51, 3:33:40)
4. Alexandr Tscherbina, USSR 4:31:44 (1:44:36, 2:38:29, 3:33:46)
5. Thomas Misson, GB 4:33.03
6. Alex Oakley, Canada 4:33:08.6 (52:35, 1:46:19, 2:41:21, 3:37:23)
7. Guiseppe Dordoni, Italy 4:33:27.2
8. Zora Singh, India 4:37:44.6
9. Anatoliy Vedyakov, USSR 4:39:57.6
10. Antonio De Gaetano, Italy 4:41:01.6
11. Ladislav Moc, Czechoslovakia 4:42:33.6
12. George Hazle, South Africa 4:43:18.8
13. Max Weber, EG 4:44:47.4
14. Svatopluk Sykora, Czechoslovakia 4:46:14
15. Hjit Singh, India 4:47:28.4
16. Horst Astroth, EG 4:50:57
17. Jodof Dolezal, Czechoslovakia 4:51:18.6
18. Juan Jose Ribas, Spain 4:51:20
19. Ron Laird, USA 4:53:21.6
20. Francis O'neilly, Ireland 4:54:40
21. Charles Sowa, Luxembourg 4:57:00.4
22. Louis Marquis, Switzerland 5:00:13
23. Bruce MacDonald, USA 5:00:47.6
24. John Allen, USA 5:03:15.2
25. Alfred Leiser, Switzerland 5:06:55
26. Mohamed Ben Lazhar, Tunisia 5:07:57.4
27. Rene Carriere, Switzerland 5:09:00.8
28. Jacques Arnoux, France 5:10:22
- DQ: Grigoriy Klimov, USSR 1:43:27 at 20
- Noel Freeman, Australia 1:43:27 at 20
- Ronald Crawford, Australia 2:12:44 at 25
- Guillermo Weller, Argentina
- Kurt Sakowski, EG
- Albert Johnson, GB
- DNF: Norman Read, New Zealand 2:43:40 at 30
- Ake Soderlund, Sweden 38 km
- Erik Soderlund, Sweden 39 km
- Naoui Zlassi, Tunisia
- Bela Dinezs, Tunisia



Bob Mimm, 1960 U.S. Olympian at 20 Km, holder of many U.S. Masters records and frequent contributor of pithy comments to the ORW, seen in action at the National TAC 40 Km in September.