

# OHIO RACEWALKER

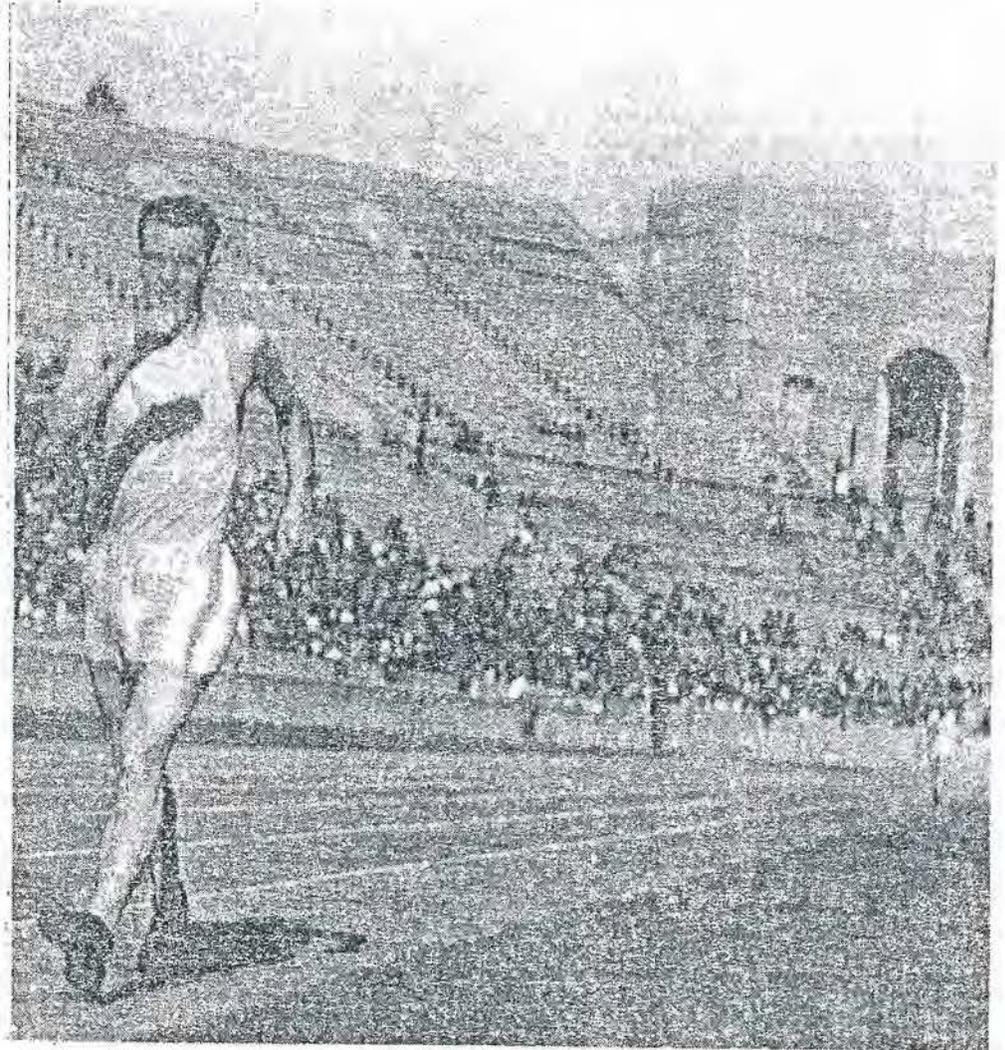


Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202

VOLUME XV, NUMBER 11

COLUMBUS, OHIO

JANUARY 1980



SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

OHIO RACEWALKER  
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COVER: The great Willie Plant is seen during a 1925 race in the Los Angeles Coliseum in a photo supplied by Bill Chisholm. Plant, who died in 1969 at the age of 76, won 14 national titles at distances from 1 to 7 miles between 1917 and 1927. He once held the world record at 5 km in 21:50.6 and set several other world records at distances up to 15 miles. He was a member of the 1920 U.S. Olympic team but could not compete due to a leg injury.

NEW TYPEWRITER (Same tired typist). Thanks to all of you who contributed to the generous Christmas gift presented to the editor by Jack Blackburn what you are now reading is being typed on a brand new Smith Corona electric portable. This replaces the old Underwood manual of about 1954 vintage. Unfortunately, it is being manipulated by the same uncoordinated fingers. At least, the typos should look better. Anyway, thanks again. Oh, yes. That still leaves a sizeable amount, thanks to your generosity, some of which I think will go to a new desk lamp to light my labors. The rest may go in some frivolous fashion--not on wine and women, I assure you--but perhaps some on song. The 25-year collection of the best of jazz can always stand a little embellishment with a few new LPs. As I type, the sounds of WBBY, your 24-hour all-jazz station in Westerville fill the room. But, how about some walking stuff, Mortland?

## A FEW WALKING RESULTS:

5.5 Mile Handicap, Lowell, Mass., Dec. 19--1. Tony Medeiros 54:21 2. George Lattarulo 54:46 3. Ralph Gardelli 55:49 4. John Haley 60:36 5. Fred Brown 69:40  
5.5 Mile, Lowell, Dec. 26--1. George Lattarulo 52:06 2. Tony Medeiros 52:56 3. John Haley 56:27 4. Ralph Gardelli 56:39 5. Fred Brown 74:38  
5.5 Mile, Amesbury, Mass., Jan. 1--1. Paul Schell 46:25 2. George Lattarulo 53:35 4. Ralph Gardelli 53:36  
5.5 Mile, Lowell, Jan. 2--1. George Lattarulo 47:34 2. Tony Medeiros 53:00 3. Ralph Gardelli 53:39 4. John Haley 65:15 5. Fred Brown 67:34  
1 Mile, Amherst, Mass., Jan. 4--1. Troy Engle 6:56.2 2. Bob Falciola 6:58.6 3. Bob Kitchen 7:14.3 4. Garis 9:45  
Olympic Invitational 1500 Meters, New York, Jan. 19--1. Todd Scully 5:41 2. Bruce Harland 6:02.3 3. Ron Daniel 6:05.8 4. Jerry Katz 6:06.8  
5. Vincent O'Sullivan 6:10.2 1 Hour, Silver Spring, Md., July 14 (some old news)--1. Sal Corrallo 6 mi 1618 yds 2. Ethan Whitaker 6 mi 880 3. Paul Robertson 6 mi 134 4. Carl Croneberg 5 mi 1148  
2 Hour, same place--1. Carl Schueler 14 mi 1171 yds 2. Alan Price 14 mi 250 3. Bob Kitchen 13 mi 1096 4. Ethan Whitaker 13 mi 3 5. Paul Robertson 11 mi 1193  
25 Km, Hanes Point, D.C., Sept. 28--1. Alan Price 2:36:42 2. Paul Robertson 2:38:32  
50 Km, Hanes Point, Oct. 20--1. Paul Robertson 5:44:31  
Marathon, Baltimore, Dec. 2--1. Paul Robertson 4:37:48 10 Km, Hanes Point, Dec. 8--1. Alan Price 50:43 2. Carl Schueler 51:12 3. Carl Croneberg 60:22 10 Mile, Greenbelt, Md., Dec. 22--1. Carl Croneberg 1:39:40 2. Paul Robertson 1:41:10 (went on to win 20 mile in 3:33:02)  
1 Mile, Pittsburgh, Jan. 5--1. Don Lawrence 7:06 2. Dan Stanek 7:10 3. Gary Reitler 7:20 4. Dave Lawrence 7:39 5. Eric Healy 8:08 6. Jim Johnson 9:15 2 Mile, Pittsburgh, Jan. 6--1. Don Lawrence 14:47 2. Ward Freeman 15:04 3. Gary Reitler 15:12 4. Dan Stanek 15:20 5. Steve Umphrey 15:44 6. Vic Phillipotts 15:51 7. Dave Lawrence 15:52 8. Eric Healy 16:36 10 Mile, Chicago, Dec. 30 (Handicap)--1. Dan Dudek 1:20:44 2. Dan Patt

1:45:54 3. Dan Fitzpatrick 1:43:45 4. Jay Byers 1:23:33 (Course about  $\frac{1}{2}$  mile long) 1 Hour, Richland, Iowa, Dec. 9--1. Dave Eidahl 7 mi 600 yds 2. Dan Snyder 5 mi 200 3. Dale Sessen 5 mi 200  
 $\frac{1}{2}$  Hour, same place--1. Angela Eidahl 3 mi 180 4 Mile, Ottumwa, Iowa, Dec. 1--1. Dave Eidahl 34:39 20 Km, Columbia, Mo., Nov. 17--1. Dave McCalley 1:42:38 2. Bari Garner-Holman 1:49:04 3. Jim Wass 2:12:16 4. Rob Spler 2:16:26 20 Km, Columbia, Dec. 1--1. Rob Spier 2:16:53 2. William Taft 2:37 3. Henry Bent 2:42:22  
10 Mile, Columbia, Dec. 15--1. Rob Spier 1:47:13 2. William Taft 2:01:02  
Marathon, Houston--1. Grim Reaper 4:06 2. Steve Baca 4:08 5 Km, Somewhere in Southern California, Oct. 7--1. Roger Brandwein 22:52 2. Ed Bouldin 24:14 3. Ron Laird 25:20 4. John Kelly 26:31 5. Diane Uribe 27:55 6. Milt Creange 31:11 (20 finishers) 1 Hour, UCLA, Oct. 14--1. Roger Brandwein 7 mi 50 yds 2. C. Smith 6 mi 1251 3. John Kelly 6 mi 825 4. M. Geller 6 mi 625 5. Hal McWilliams 5 mi 1490  
1 Hour, UCLA, Oct. 28--1. Roger Brandwein 7 mi 1478 yds 2. Mallory Geller 6 mi 1455 3. Vicki Jones 6 mi 620  
Half-Marathon, Pasadena, Nov. 13--1. Roger Brandwein 1:45:54 2. Jim Coats 2:03:00 3. Diane Uribe 2:08:40  
Marathon, same place--1. Paul Hendricks 4:20:00 7 Mile, Valley College, Cal., Dec. 16--1. Larry Walker 52:39 2. Paula Kash 66:02 3. Terry Mathews 67:06 4. Vicki Jones 67:52 5. Milt Creange 72:40 6. Hal McWilliams 75:20 1 Mile, UCLA, Dec. 30--1. Ray Sharp 6:13 2. Larry Walker 6:17 3. Roger Brandwein 6:40 4. Dennis Reilly 6:48 5. Ed Bouldin 7:20 6. Ray Parker 7:24 7. Joe Hampton 7:25 8. Ron Laird 7:28 9. Jim Hanley 7:30 10. Travis Veon 7:37 11. Chris Smith 7:41 12. Terry Mathews 8:03  
Women: 1. Paula Kash 7:55 2. Vicki Jones 8:05 3. Diane Uribe 8:10 10 Km, San Diego, Jan. 5--1. Ray Sharp 42:55 (21:09 at 5 km. Great way to start the year.) 2. Dale Sutton 49:44 3. Ron Laird 53:40 4. Paula Kash 53:43 5. Dave Hugener 57:46 6. Mike Cummins 60:36 (11 finishers) Women's 5 Km, Toronto, Nov. 18--1. Heather Brown 27:22.2 15 Km, same place--1. Pat Farrelly 1:14:09 20 Km, same place--1. Paul Gilmond 1:47:32 (Helmut Boeck 1:33:04 disqualified) 10 Km, Toronto, Dec. 15--1. Helmut Boeck 47:34 2. Pat Farrelly 48:21 3. Will Preischel 50:06 4. Max Gould 54:06 5. Ark Rudnik 57:24 Women's 7 Mile, Enfield, Eng., Nov. 10--1. Virginia Birch 58:13 2. Judy Farr 59:25 3. Susan Till 61:40

## AND HERE IS WHAT IS COMING UP, SO FAR AS WE KNOW:

Sun. Jan. 13--50 Km, San Francisco area (A)  
1 Mile, UCLA (B)  
Rose Bowl 10 Mile Handicap, Olympic Trial Qualifier 20 Km, Pasadena, 10 a.m. (B)  
5 Mile Men, 2 1/2 Mile Women, Ottumwa, Ia., 1:30 (C)  
Sat. Jan. 19--20 Km, Columbia, Mo., 8:30 a.m. (D)  
Sat. Jan. 26--6 Mile, Orchard Park, N.Y., 10 a.m. (E)  
Sun. Jan. 27--Gulf Ass'n 30 Km Championship, Houston, 9 a.m. (F)  
Fri. Feb. 1--IA Times Invitational 1 Mile (B)  
Sat. Feb. 2--10 Km, Columbia, Mo., 9:00 a.m. (D)  
San Diego Half-Marathon (G)  
Sun. Feb. 3--4 Mile Men, 2 Mile Women, Oskaloosa, Ia., 1:30 (C)  
TFA/USA Indoor 5 Km Championship, Racine, Wis., 11:50 a.m. (H)  
Sat. Feb. 9--20 Km (track), Houston, 9 a.m. (F)  
Sun. Feb. 10--5 1/2 Men, 3 1/2 Mile Women, Lake Darling, Ia., 1:30 (C)  
Sat. Feb. 16--1 Mile, Houston Astrodome (F)  
15 Km, Columbia, Mo., 9 a.m. (D)  
Sun. Feb. 17--50 Km, Houston, 6 a.m. (F)  
10 Km, Indio, Cal., 10 a.m. (B)  
Sat. Feb. 23--20 Km (track), Houston, 9 a.m. (F)  
1 Mile Invitational, San Francisco (A)  
Sun. Feb. 24--NAAU ATHLETICS CONGRESS 35 KM CHAMPIONSHIP, San Francisco (A)  
(Schedule from Convention showed this race in Nov. in Palo Alto, but this is the way it shows on their Ass's schedule)  
Fri. FEB. 29--NAAU Athletics Congress 2 Mile, New York City

## CONTACTS

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 G--Dale Sutton, 6937 Petit Court, San Diego, CA 92111  
 H--Bob Lawson, Track Coach, U-W Parkside, Kenosha, WI 53140

Another Results: New Year's Eve 6 Mile Handicap, Springfield, Ohio--1. Dr. John Blackburn 64:36 2. Kathy Blackburn 66:23 3. Tim Blackburn 56:29  
 4. Jack Blackburn 52:57 (the handicapper, who obviously favors the family)  
 5. Chris Knotts 46:27 (now living with Jack, so he too is part of the family. New meet and course record. Good time on a cold night in the dark.)  
 6. Dirk Douglas, Muncie, Ind. 58:13 7. Dave Lingo 59:23 8. Pat Kana 69:22  
 9. Phil Lewis 64:25 (Rich Myers, with a broken toe, served as timer. Jack Mortland, with a heavy cold, commiserated with Rich for part of the race, and then drove back to the warmth of his home and family in Columbus without ever knowing who won. A phone call just received from the crooked handicapper finally brought me the exciting result. Oh, yes. One other absentee was Steve Pecinovsky. He was throwing a big New Year's party in his new apartment back in Columbus. The less we know about that, the better, I imagine.

## FROM HEEL TO TOE

Several corrections and additions to the Annual lists I had in the December issue. On the U.S. 20 Km list, delete Ray Florian (1:36:00), Bob Falcicola (1:39:50) and Jack Bitano (1:40:34). According to Jack, those were all on a short course in Massachusetts. He reckons it at closer to 11.9 miles. On the same list, move Mike DeWitt up a few notches. He had a 1:38:28 in Phoenix on May 6. Then delete Mike from the 50 Km list. His 4:35:18 was on a short course (about 47 km, he says). Also at 50, add Peter Doyle, 4:47:44, Gary Westerfield, 4:52:44, Tim Phillips, 4:55:14, and Tim McCoy, 4:55:55. Doyle, Westerfield, and McCoy turned in these times in the NY Empire Games, a result I carried but overlooked in compiling the lists--for the second year running, much to their chagrin. A good way to retain subscribers, Phillips time came in Iowa in March. In the women's 5 km, Lori Maynard's best time was 26:10, not 26:34, and Diane Uribe is added to the list with a 27:12. At 10 Km, Paula Kash had a 51:26 best, rather than the 51:54 listed, but remains fourth in the rankings. Lori Maynard had a best of 53:11, far better than that listed, and moves up one spot in the rankings. Bonnie Dillon and Diane Uribe also move up in the lists with bests of 56:31 and 56:40 respectively. Maynard should also be added to the World 10 Km list as should Marlain Stanway of Australia with a 53:43. Lori's best times at both 5 and 10 came in the World Master's Championships, another result I managed to overlook. . . . Regarding our missing 1964 AAU 40 Kilometer titlist, Ray Leach offers the opinion that the race was never held. He says it was originally scheduled for Detroit in July and was then shifted to Nov. 14 and then Nov. 15. Checking all issues of the Amateur Athlete for late '64 and early '65, he never found a result. So, can anyone in Detroit tell us what ever happened to the race? . . . The Road to Moscow segment featuring Marco Evoniuk has apparently appeared in some markets, and might have been shown here, but, if so, I missed it. From all reports it was very well done and also had Larry Walker. Beginning to look like a dead end road now, however. . . Iowa has nine State Championships scheduled for men, five for women, and five for masters in 1980. There are also nine TFA State Championships in the state, with three hosted by colleges in an effort to promote the sport. Four high school invitationals are also going to include a walk. Although the number of competitors aren't there yet, Dave Eidahl

any state to keep up with Iowa in their race walking program. . . Believe It or Not! (from the Race Walking Record): A proposal that a women's track walk be included in the next European Junior Championships was only lost because the British delegate did not vote in favor! . . . The Record has named their Walkers of the Year, placing Daniel Bautista first and Raul Gonzales second among men and Marlon Fawkes and Carol Tyson one-two among women. For Most Stylish Walker Seen in 1979 they place Roger Mills and Raul Gonzales in a tie. . . Another one for ultra-distance buffs with a yen to travel. A 24-Hour race is scheduled for August 9 in Brighton, England. . . Some comments on t. Martin Rudow's shoe article from "ex-sporting shoe sales person" Paula Kash: "I tend to agree with the majority of points made by Rudow. One needs a shoe comfortable for their individual foot, with good support for heel contact. Tailwinds are ruled out due to the bounciness they produce in one's style. Generally one trains in a heavier shoe because it wears longer than a racing shoe and gives better support. The Norwegian girls, however, according to their coach, because the difference in weight between training and racing flats changes their technique slightly and they want to practice in the same way that they race. Many of our women use shoes not on the list as our races are shorter. Sue Brodock and I might train in Ejites but race in Waffle racers. Also, the majority of women will find they prefer the men's shoe even if they have a narrow foot. The men's shoes seem to be made for some reason for more mileage and in the smaller sizes give the ball of the foot more room than equivalent women's shoes". . . Still no full report from the Race Walking meeting at the AAU Convention. One other item of import has come to our attention, however. Women can now officially compete in Men's Postal Championships at 1 Hour (masters) and 2 Hours. . . John Shilling tells us that there will be an article on recreational walking in the March 1980 issue of Playboy (he said February, but I have had that for several weeks and don't recall such an article; but then I only look at the pictures). The article contains a small insert on race walking and walker's accomplishments. John had been contacted some months ago for information and to confirm some facts and reports that they have treated the sport fairly. . . I neglected to list the Masters Team Champion in the 40 Km National back in August--the Potomac Valley Walkers (Sal Corrallo, Paul Robertson, and Andrew Briggs) in 12:08:35.

Do, try to  
remember,  
In the race  
Watch your pace.  
Fast or slow,  
Always go  
Heel and toe.

Colvin Patrick, Trinidad

## THE GOSPEL

Thou shalt not creep, lift, jog, float, run, or propel thyself forward in a manner unbefitting a gentle person of our sport of racewalking. . .

If thou shalt choose to test Him (of the Order of Judges), be ye prepared for swift and unalterable consequences--a white flash, then a red--then zip, poof! the fatal "heave-ho".

Be ye not tempted to test fate. . .

Be alway in contact. . . !

Be conscious of they straightened knees. . . !

and take pride in your accomplishments, no matter

how small. . . or how slow. . . for they are borne of sweat, hard work, and sore hamstrings!

Keep the faith my friends! And walk on! Tim Jacobs, Salt Lake City

## He's Got Your Number

Your number's on, it's "five-two-o", a sip of E.R.G,  
and you're ready to go. . .

Bang! You're out, ahead of the pack. . .  
Flying, pumping, don't look back!

Your effort's smooth, too good to be true?!  
Oops! The judge is ahead of you!!

Slow down, look good, go heel-to-toes. . .  
Good grief, what's this?!!  
The old "heave-ho!"

Tim Jacobs

In the December 30 Newsday, columnist Jack Altshul made his New Year's predictions. One of these read: "Walking will undergo a renaissance. It is already beginning to catch on in Manhattan with the organization of a Race Walkers club, according to the New Yorker magazine. The idea, it seems, is to get in shape to qualify for the race walking events in this year's Olympics. Race walkers are rare breeds. They walk on their heels, elbows flailing and heads bobbing, but I have an idea that more clubs will soon be formed and that walking will take over the jogging craze. A dozen books on walking are now on publisher's desks." Ready to take advantage of this craze is the New York Walkers Club, headed by Howie Jacobsen. The club is out to promote walking both for fitness and for competition. The following is taken from a publicity release they have prepared (printed on their handsome letterhead including a guy walking on top of an apple--the Big Apple, you know):  
WELCOME TO THE WONDERFUL WORLD OF WALKING!

Despite all the publicity about running, there are twice as many people who walk for their fitness. According to the Peier Study: Fitness in America, some 17 million people run, while 34 million people walk for exercise.

Recognizing the needs of the public to be better informed of the benefits of walking for fitness, the New York Walkers Club has been established as the first affiliated chapter of the Walkers Club of America, a racewalking organization since 1911. President and founder of the NYWC is Howard Jacobsen, champion race walker and coach to Olympians. Vice Presidents are Dr. Jack Bitano, former NAAU Racewalking Chairman, and Steve Hayden, US Olympic Racewalking Team, 1972.

Becoming increasingly popular, racewalking is an Olympic sport that produces a high level of fitness and is virtually injury free. You don't have to race to racewalk. It is the style of the racewalker that does the job. The racewalker's style goes beyond that of brisk walkers, joggers, or even long distance runners by employing more of the body's musculature. Racewalkers are among the finest conditioned athletes in the world, achieving cardiorespiratory fitness equal to runners and swimmers. Compared with running, which pounds and jars, racewalking is smooth and fluid, avoiding injuries. Because of its dynamic muscular activity, especially with the arms, racewalking is still easier to do than any other endurance exercise. Therefore, it is for more of the population--children, adults, and senior citizens alike, at efforts they can handle and enjoy more.

. . . Jacobsen has also been giving free racewalking instructions at clinics sanctioned by the Department of Parks, the NYRRC, and the WCA. His classes have become quite popular, attracting 100-150 people at a time.

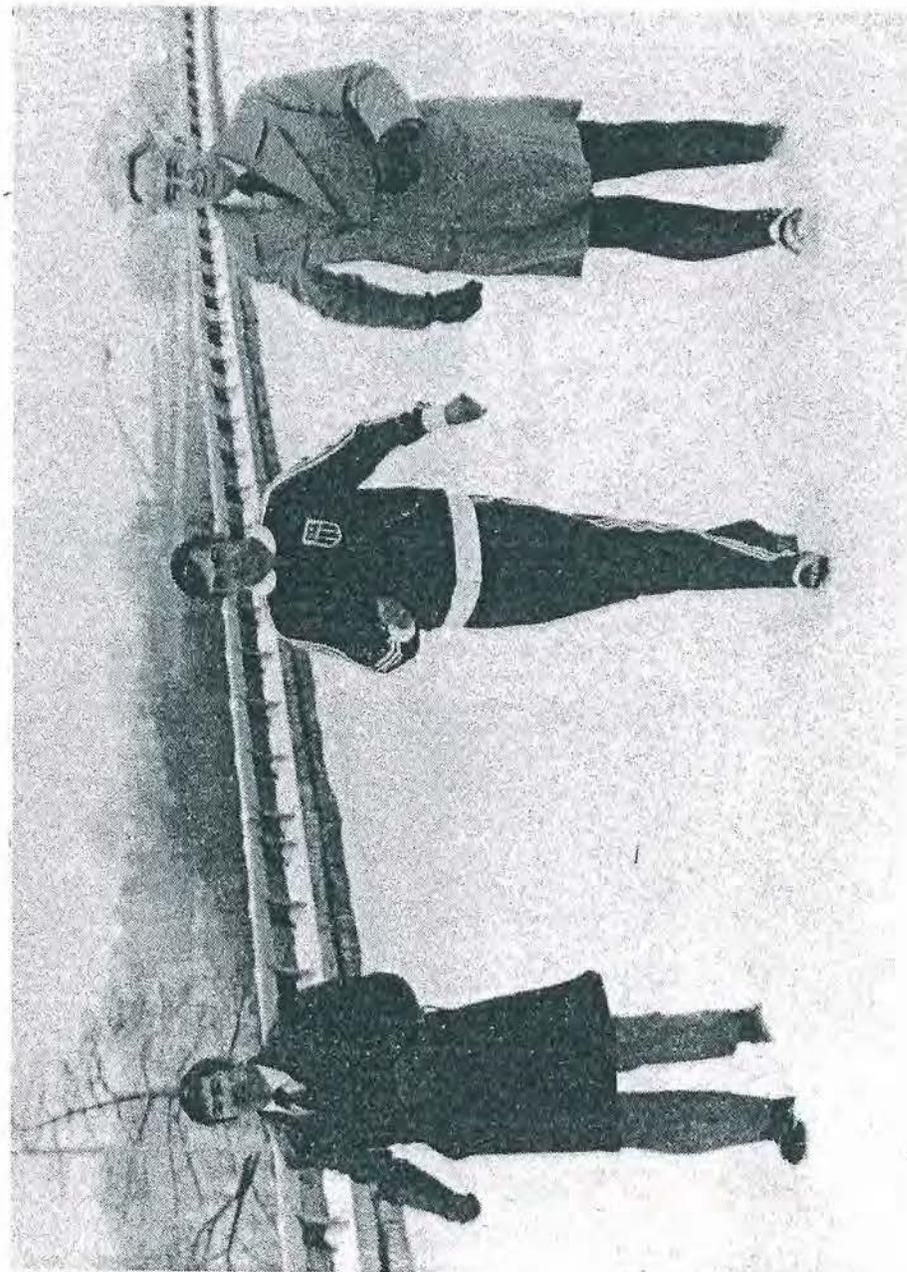
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PLANT AND NURMI. Willie Plant shakes the hand of immortal Finnish distance runner Paavo Nurmi before the LA Coliseum race shown on the cover. Willie competed in many of the same meets as Nurmi that summer during a tour of the U.S. in which each set many records. (Photo courtesy of Bill Chisholm)



MASTERS WALKERS OF THE YEAR. Readers of Alan Wood's The Master Walker picked Lori Maynard and Ron Laird as walkers of the year in the master's category (40 and over). Lori is seen entering the stadium during the World Masters Meet in Hanover where she finished third in 26:10. Husband Don took the picture. We seen Ron in his youth winning at 6 miles in Santa Monica in 1965. (Photo courtesy of Charlie Silcock)



STANEK RECRUITS NEW WALKERS. Dan Staneck, manager for the 50 Km Olympic Trial scheduled for Niagara Falls (if we need such), has Buffalo Mayor Michael O'Laughlin and Carborundum (the sponsor) General Manager and Vice President Michael D. Magna trying out the heel-and-toe sport despite a little Buffalo snow.



A BRIEF HISTORY OF U.S. 50 KM WALKING. From the top: Chris McCarthy, editor of the country's first great walking publication and top 50-km man of that era; Larry Young, Olympic bronze medalist in 1968 and 1972; and Marco Evoniuk, current top dog.

"Racewalking in this country is now enjoying tremendous renewed interest and accelerated growth. Not only are more people competing, but many are now racewalking for improved fitness. We, who are now competing, can lead the way toward building a nation of walkers by making our sport more visible"—Jacobsen.

\* \* \* \* \*

COMMENTARY--Many people continue to wonder if man can really 'walk' as fast as he is these days, or if the judges are simply growing too lax throughout the world. The following article appeared in the Jan-Feb. 1980 issue of Ontario Athletics, presenting Roman Olszewski's views on the subject. After that, we reprint a letter that appeared in the British publication, Race Walking Record, together with editor Alan Buchanan's reply.

## Technically Speaking

BY ROMAN OLSZEWSKI

I can't believe it - that was my first reaction upon seeing the results of the Lugano Cup Walking Championship (Frankfurt, September 29/30). Two under one hour and twenty minutes in the 20km event, and another three under 1:21! The 50km walk was no routine affair either - seven men under three hours and fifty minutes!

The Lugano Cup climaxed an amazing season for the walkers. Just two years ago, the best performances recorded for the 20km and 50km distances were 1:23:32 and 3:56:39, respectively. In 1979, up to and including the Lugano Cup weekend, no less than 17 athletes had superior times at 20km and, incredibly, 20 athletes were known with better times in the 50km event.

Perhaps, therefore, a little euphoria on the part of walking enthusiasts is excusable at this time. I do feel, however, that for the sake of the sport, some thought should be devoted to the possible negative effects of the dramatic developments that have taken place. The reference is, of course, to the rules which limit racewalkers and to the administration of the rules.

The submission that recent developments in walking have resulted from the wholesale adoption of Mexican

training methods must have some validity. Mexican coach Hausleber's unique methods during the early 70's resulted in a squad of athletes that was challenging the best of the world by 1975. Still, it is inconceivable that racewalking would experience such a revolution through modifications in training methods alone. The painful truth, painful because it points, in my opinion, to the demise of racewalking, is that technique has been amended to the point where legality, strictly speaking, is non-existent.

The recent trend among international judges has been a softening of the rules - how many of the leaders in recent important races have been ejected?

This softening is due in most part to the inability of the human to discern loss of contact of a walker's feet with the ground. Today's walkers are incredibly fit and can travel at tremendous speeds. It is even difficult at times to decide with the use of a motion picture camera, whether a competitor is "lifting". Only with the aid of high speed cameras and still photos taken at precisely the right moment can one be sure.

What I find saddest is the apparent resignation of the international walking moguls to the notion that illegal walking is here to stay and that nothing can be done about the situation. Where was the furor that should have occurred among the walking fraternity after the release of photographs showing Daniel Bautista clearly off the ground during

his 1976 Olympic title race? What action has been taken since to improve the situation? As most racewalkers around the world rapidly move toward a form of pseudo-running, Canadians, Americans and Brits fall further and further behind. In their homelands, after all, walking is still walking!

#### 1st - Ranked Performers - World List

|            | 1975 | 1976    | 1977    | 1978    | 1978 (Sept.) |         |
|------------|------|---------|---------|---------|--------------|---------|
| 20km. Walk |      | 1:26:03 | 1:25:52 | 1:23:32 | 1:23:12      | 1:18:49 |
| 50km. Walk |      | 3:56:39 | 3:54:40 | 3:56:39 | 3:41:20      | 3:41:39 |

#### 10th - Ranked Performers - World List

|            | 1975 | 1976    | 1977    | 1978    | 1978 (Sept.) |         |
|------------|------|---------|---------|---------|--------------|---------|
| 20km. Walk |      | 1:26:50 | 1:25:52 | 1:25:19 | 1:24:23      | 1:22:19 |
| 50km. Walk |      | 4:07:03 | 4:04:48 | 4:06:13 | 3:56:47      | 3:51:18 |

Dear Alan,

Julian Hopkins is right I can't believe the results I have read in the October issue of the 'Record' and in particular the 20 km in the Lugano Trophy. Surely we must discount all these so called 'records' if as Julian reported that most of the field only being concerned in straightening their legs and continuous contact being a thing of the past.

Those of us who have competed on the continent have experienced the lack of consistent judging in some of the walking events, particularly in Germany and Italy.

It is obvious that a universal standard of judging is the priority or it will be a waste of time for our international walkers to compete against foreign competitors who are not making continuous contact.

We have seen film of many of the worlds leading walkers not maintaining contact and recently in the World Masters Championships in Hanover photo's on display after the 10km walk showed the winner Gerd Weidner 'off the ground'.

I feel that our judging system is the best, even with the problems of judging walking at the fast pace some are attaining in the short events.

We could all knock minutes off our best times if we could get away with the foreign interpretation of walking, but how long would we last in any domestic race?

It appears walkers from other nations who compete in this country seem to make the effort to 'walk to rule' in front of our judges, or pay the penalty.

When a solution is found to ensure fair walking in top international events, then I am sure the times recorded will be realistic. I find it hard to believe that any man can walk at 9km.p.h. for nearly 80 mins. which on the track is 50 laps at 1 min. 34.secs. per lap - incredible!

Judging has been the topic of discussion recently on the domestic scene but even more important the international judging standard must be more strict.

Walking in the Olympics is going to be a farce if most of the field are allowed to continue in the race even though they are not 'walking to rule', this has now been highlighted by the report on the Lugano Trophy events by Julian Hopkins.

Yours in fair walking,  
REG EADE.

#### EDITOR.

I, like the writer and others who have gone into print with similar comment, was not at Eschborn, so I cannot say whether the walking was fair or not and only have the word of those who certified the course as accurate as to the true distances. However I think it grossly unfair that Reg and in particular John Hedgethorpe in the Essex Newsletter, should openly accuse all the walkers as cheats and 'straight legged runner' to coin John Hedgethorpe's favourite phrase. Do they think all were running, except the British of course? Are they following into the old trap and accepting photographic evidence and going to pull those who the camera managed to catch off and who the photographer happened to snap in the first place? Let's be fair to the walkers. Let only those who were there give an opinion. Only they can offer an opinion to who is transgressing instead of people who were not there openly branding the whole field as cheats.

Another bit of plagiarism follows. This excellent article on Sue Brodock appeared in the January 1980 issue of In Stride, a magazine apparently devoted primarily to Southern Californian athletics. It was sent to us by Jim Heiring.

# Sue Brodock

by Barbara Ruzicka

Normally, she's a dog groomer in Fontana, California...a quiet, unassuming 23 year old woman whose customers probably have no inkling of her alter-identity. But when the occasion arises, she slips into a black and gold Southern California Road Runner uniform to become "Super Sue," holder of three current U.S. track records and a former world's record holder.

She's Sue Brodock, America's finest female racewalker and, perhaps, our nation's least recognized world-class track star.

Women's racewalking in America is hardly a recommended route to fame. At its worst, the sport is an awkward, waddling performance that allows meet spectators ample time to visit the refreshment stands. At its best, it is a demanding, powerful display of ability, conditioning and concentration - in other words, a race with Sue Brodock in it. As she outdistances the competition, Brodock comes on more like a Patton tank than a duck.

Sue was just seventeen when she set her first national women's racewalking record in 1973. Outside of fellow walkers and a few records freaks, the accomplishment went unnoticed. The U.S. had a dearth of female walking talent; the real competition was in Europe. There, racewalking enjoyed an apprecia-

tion far greater than in the U.S., where it was a largely ignored stepchild of the track program.

The past six years have produced little change in the situation.

Dave Japs, Brodock's longtime coach, recently returned from Germany, where he coached the U.S. women's racewalking team at October's International Championships. Competing before a large, enthusiastic crowd, the American team finished a disappointing fifth in a field of ten nations, but Japs maintains that "the U.S. has the potential to be very good." He offers many reasons for our mediocre performance - most of which center on the lack of frequent, year-around competition in the U.S.

"It's unfair to send an individual into competition without practice races," Japs contends. "when the Europeans have regular opportunities for competitive walking."

Thanks to Sue Brodock Americans have enjoyed a past moment of glory on the international racewalking scene.

Sue was given her first opportunity to meet the world's best in 1974 when the AAU selected her to compete at the International 5000-meter Championships in Stockholm, Sweden. With the honor came a big catch: Sue was strictly on her own in funding the trip. Undaunted, Sue and her Road Runner teammates painted housenumbers on curbs and collected aluminum cans to make the trip possible.

If an 18 year old American competing in her first international meet seemed little threat to the Europeans, they learned otherwise.

She shattered any complacency by winning in a new world's record time of 24:16.4! She became the first and only American woman ever to hold a world's record in racewalking.

Had Brodock done it in the male run, the event would have made headlines. As it was, her remarkable feat slipped by unnoticed except by the local press.

American women had made a grand entrance into international walking, and, in 1975 the AAU selected Sue and two of her teammates as part of the five-women U.S. team to compete in France. Once again, no money was forthcoming for travel expenses.

With a world's champion in their favor, the Road Runners optimistically mailed over fifty letters soliciting support from local city governments, service clubs and influential individuals. They might have done better seeking donations in an unemployment line. A week before the team's scheduled departure, they had raised just \$65.

A miracle was in order. It arrived via Betty Cuniberti, a feisty sports reporter for the San Bernardino *Sun-Telegram*. Right after hearing the plight of the racewalkers, Cuniberti published a blistering attack on the public apathy and lack of civic pride and support that threatened to keep America from sending a full team to France. As a result, enough money came in to send the women on a penny-pinching trip that brought them to France just the day before the meet, with reservations home immediately afterwards.

Were the Brothers Grimm writing the scenario, Sue would have retained her championship in leading the U.S. to a team victory.

However, the real-life Cinderella had blown her cover. This time, the Europeans had no intention of being

upstaged by an upstart teenage American. Sue gave it all she had, remaining in contention throughout the race. She was fifth at the finish behind three Swedes and a Norwegian; the American team returned home sans medal. Press coverage fell short of minimal.

In an era when many top women track athletes are enjoying increased recognition and rewards, one is compelled to wonder why an enormously talented athlete and sensible young woman has opted to racewalk. It wasn't Sue's first choice. In fact, she had never even heard of racewalking when Sue and her sisters began training with the Fontana Cinderbelle track club in 1967.

As a runner Sue had everything going for her along with one big problem: allergies that were aggravated by distance running workouts. Reluctant to default on such a promising athlete, Cinderbelle coach Bob Bolinger tried Sue at racewalking. It was an inspired decision. Sue not only could racewalk without a recurrence of the respiratory problems, she displayed real talent.

When the Cinderbelle's phased out in 1972, the Brodocks headed for nearby Rialto and the Road Runners, a team training boys and girls primarily for middle to long-distance running and cross country. Road Runner coach Dave Japs knew less about racewalking than Sue, but he was willing to learn.

Japs scoured the sparse amount of published material on walking and sought in-person help from U.S. Olympic racewalker Ron Laird, then a resident of Pomona. "From that point," recalls Japs, "Sue and I began adding some of our own training ideas." Contrary to existing practice, Sue's training schedule included frequent running workouts to develop strength and speed.

Dave Japs recognized that he had a potential champion. He describes the signs, "Desire, drive, determination and quickness in the hips."

Sue Brodock confirmed his expectations. The ensuing years have not been quite as smooth as Sue's racewalking style, which has resulted in just two disqualifications in almost ten years. But few athletes careers can boast as many world and national records.

A list of Brodock's career highlights must include the 1976 *L.A. Times* Indoor Games, where Sue broke her own indoor mile record (7:15.2) as she won in 7:11.9. Her effort brought her the meet's "Outstanding Woman Athlete" award over competition that included Francie Larrieu. Sue was a repeat recipient of the award at the 1979 *Times* meet.

In 1977, Sue was a dual winner in national AAU championship competition. Once again, she broke her own U.S. record in winning the indoor mile walk at New York's Madison Square Garden in 7:05.9. In June she captured the 5000-meter outdoor victory in Los Angeles with a 24:10.1 effort.

Plagued by a recurrence of her allergies, Brodock was less than spectacular in late 1978, arriving in New York City for the 1979 Indoor Nationals, tired and discouraged. A defeat there brought her out of the doldrums.

Returning to California, Sue resumed training with renewed determination. It paid off. This past June, at the AAU National Track and Field Championships, the crowd at Walnut's Mt. San Antonio College saw her set two new U.S. records. Breaking her own existing records, she walked to a 24:07.6 victory in the 5000-meters and finished the grueling 10,000-meters in 50:32.8. Sue's lifetime best in the 5000-meter,

23:53, does not stand as a U.S. record, since an inadequate number of officials were present.

Along with the U.S. records set last June, Sue has the best American time in the outdoor mile - a 7:10.9 walked at Irvine in 1976. Early in her career, the mile was her favorite event. Now, Brodock prefers the longer distances, where her hard training and strength generally pay off.

Last October's performance in Germany was disappointing for Brodock. Getting off to a fast start ("Too fast," coach Japs notes in retrospect), she tired during the 3.0 mile grind. Her 25:00.0 finish put her in 22nd place behind two teammates, Sue Liers of New York (10th in 24:02) and Road Runner Chris Sakelarios (20th in 24:50). It was a great day for the English as they took first and second in 22:53 and 22:57.

A resilient Sue resumed training in Rialto the day after returning from Germany. Japs was there, inspired by what he saw in Europe and determined to upgrade U.S. walking. "We need to develop racewalking on a nationwide basis," he insists, "with improved communication among the various walking programs."

While the prognosis for women's walking in America is improving, the sport will never inspire the public enthusiasm enjoyed by more glamorous events. At times, in fact, racewalking brings out the worst in the public. Any racewalker who trains on city streets must endure a plethora of honking horns and shouted wisecracks. In competition, walkers are constantly subject to close scrutiny by judges whose decisions, often questionable, result in disqualification.

Now, fully aware of the sport's drawbacks, Sue plans to continue. Why? "I'm good at it," is her direct answer.