RACEWALKER

VOLUME XVII, NUMBER 7  COLUMBUS, OHIO  SEPTEMBER 1981

Scully Cops ANOTHER NATIONAL

Lewiston, Maine, July 19 (Pro Steve Valtones) -- Todd Scully previewed his National Sports Festival win (see August ORW) by capturing the National TAC 25 Km title a week earlier in Lewiston. Todd led from the start in posting a time of 2:02:02 over the challenging 3-loop course. Glenn Swasey and Randy Mimi were within striking distance at 10 Km (48:25 and 48:12 to Todd's 47:44) but Todd continued to extend his lead by mile 80° conditions. Glenn finished with a 2:03:46, good for second, while Randy faded to fourth with a 2:09:30. Taking third was Alan Price in 2:02:24, walking a steady through.

(He must have been taking the race somewhat seriously, arriving 45 minutes early -- probably a record of some sort for the late Mr. Price.)

competition was keen all the way down the field. Jack Boitano, Tom Knatt, and Sal Corrallo battled the whole way before finishing in that order in the Master's Division, Jack taking ninth overall in 2:13:55. Rob Timmons was easily the winner in the Junior division.

John Lefreniere of the Maine Walkers Club, with some help from Etonic shoes, did a good job with race organization. A spaghetti dinner and fitness clinic was held the night before, with Dr. Charles Serratella the speaker.

Serratella, now in his mid-70's, was a national class walker in the 1970's and competed in the race, finishing in just over 3 hours.

The results:


MORE EXCITING RESULTS:


Additional Results—Alongi Memorial, Dearborn, Mich., Aug. 29–30 (see Aug. 30)

Paul Gonzales, thought to be retired, entered the Montreal World Championships in Melbourne, Australia, on June 21, a result that has been in receiving.
express those feelings which usually went unexpressed. Walking was medicine for physical ills, solace for worry and sorrow. Though the large amount of training may have sometimes seemed overly absorbing of his time and energy, it was the only way in which he could be a whole person. Carolyn knows this because she also walked many miles with Larry. I think that she asked me to talk today because she wanted you to know something of the man who was revealed through walking.

Larry wanted everyone to experience the joy and release he had found, and thus he knew he had to do this to try to get everyone to learn the satisfaction which can be found in physical activity. It was his way of showing friendship and love. The memorial he would most appreciate would be to have his accomplishments serve as an example and inspiration.

A little more than three years ago, Larry called me and said, "I have wonderful news! There is a new coat of asphalt in the Conrad Cemetery." He knew this would be a fine place to put in some training walks of 25 or 30 miles. Since then, we have walked many hundreds of miles. Far from being oppressed by the location, we recalled and reminisced about friends who are gone. Now Larry will be resting here, but as long as we live, we shall sense his spirit, moving along these roads at a fast and even pace.

FROM HEEL TO TOE

Race walking articles continue to pop up in all sorts of unexpected places. Larry Larson sent us an article by Howie Jacobsen that appeared in a Glamour magazine—"If you want to keep your summer body all winter long—how if you're finally going to get in shape—try RACEWALKING! This was in the September issue, and followed up an August article entitled "How To Turn Your Plain Old Ordinary Walk Into Something Sexy, Assertive or Athletic". That one was not on race walking, however. Bev LaVeck has clued us in on two recent articles. One appeared in the October, 1981 issue of "Small Wonder Woman" magazine. The other appeared in a copy of an article entitled "Characteristics of National-Class Race Walkers" from The Physician and Sportsmedicine, September, 1981. The abstract of that article tells us: "Physiological and selected psychological characteristics of nine highly trained race walkers were studied and the results compared to those for distance runners and other athletes of similar age. The percent body fat of the race walkers was similar to or lower than the other athletes. Their VO2 max of 62.9 ml·kg⁻¹·min⁻¹ was significantly higher than active men of comparable age and similar to or higher than many athletes, but significantly lower than world-class endurance athletes." The athletes were not identified, but Martin Kraft and Garry Bocci were shown in a picture. The authors were three MD's and a PhD from Detroit, Cleveland, and Lafayette, Louisiana. A picture of Michigan race walker, Vic Shippotts, was released on the AP wire. It shows Vic walking while pulling an old tire filled with sand and attached to his waist. The picture was taken at the Olympic Training Center in Colorado Springs. Bob Larson has left the University of Wisconsin-Parkside and is now Assistant Track Coach at the US Naval Academy. No one has yet been named to fill the Parkside vacancy. Hopefully, it will interest some interested in continuing the strong walking program there. With postal races upcoming, Carl Cronenberg wants those conducting the races to note that it is Potomac Valley, not Avoncare as has appeared in the past. Todd Scully's 22:07 5K at Takanas Lake in Long Branch is not a course record as reported last month. Ron Daniel lays claim to a 21:18 on that course on Aug. 6, 1979. Unless, of course, they have changed the course in the meantime. Ron is looking for some comment from women race walkers on the proposal to pull race walking from...
Women's TAC Committee and form a single Race Walking Committee (men and women). Are you for or against that? Write Ron at (Daniel, that is) at 110 S. Michigan Ave. #14, Pasadena, CA 91105. Bruce Macnab is also seeking information from the ladies. He wants best performances at 1 mile, 3000 meters, 5000 meters, and 10,000 meters, accompanied by name, address, and date of birth. He is trying to assemble a list of the best women walkers in the U.S. Send info to Bruce at 39 Fairview Ave., Port Washington, NY 11050. Attention all walkers in the New England area. A New England Walkers Club is being formed to promote walking as recreation, an healthful exercise, and as a competitive sport. For further information, send a stamped, self-addressed envelope to Tom Knatt, 63 Riverside Ave., West Concord, MA 01774, or just send Tom 6 bucks (he's trustworthy) and join now.

LETTERS:

Dear Mort,

The clash of the Centurions will have to go on without me--No. 22--this year as I am in the hospital in N.Y. W. This would have been my fifth race at Columbia.

I had taken two days off (my vacation for my birthday) August 24 and 25, to chase the horizon on my new motorcycle; not a slow plodder like we Centurions, but a sprit that would have exploded out of the block like a fine young Olympian. A black thunderhead sat a U-turn in front of me. Was there a man I never booked. We came from the side of road, skidding tires all the way, bouncing and laughing——The explosion of metal, tearing of expensive clothes, laughter, and jocks, beating of my full face. I now found what I had lost for two years—the saber tooth tiger. So it had been going for every weekend for almost two years, as I am in the hospital for at least two years, racing again!

Unlike the last two years, which have been less than completely successful for me, this season I threw my stopwatch, calculators, detailed training diary away. I went back to my hills, back to the principal my friend Jack Blackburn's grit taught me. Miles piled upon miles. That July night, after walking the hills of Greene county, then into the dilly lighted streets of Xenia, for 12 hours (88 miles), until 6 a.m., I had been on them for hours. Only the Friday before, I could hardly walk 18 miles above those hills! Now I found what I had lost for two years—the saber tooth tiger. So it had been going for every weekend for almost two months, until this two day rest before the final push.

So, when they call No.22 this year, a moment, my brothers, pause a moment for my spirit to soar from this plaster cast holding me (in the mountains of West Virginia and then on the great ridges of Ohio) to Columbia. It may be 2 or 3 years, but that slouchy bicycle cap pulled down over my sunglass and I will be back to walk with you again, and maybe, just maybe, I can find my "Tiger" again.

RICHARD MYERS

A special thanks must be given to Martin Rudow. Now that I am out of college and have a full-time job, it's easier to appreciate how precious vacation time is. He gave a week's time to the Camp, hit the ground walking, and
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Seventeen Years Ago (From the Sept. 1974 ORW) — Young, Laird, Ladany, Dominate September Headlines. It said that Larry Young for his victory in the NAAU 30 K in Seattle and an American record at 100 miles. In the 30, he pulled clear of Ron Laird in the final 10 K to win in 2:25:30 to Ron's 2:25:10. Bill Radney, Gosta Kloper, Bob Bowman, and Steve Tyler rounded out the top six. In the 100 miler, held indoors because of concerts, Larry took it easy for 96 miles and then picked up the pace to finish off his record 18:07:12 with minutes of 9:40, 9:21, 7:59, and 7:50!!! Laird for a National title at 25 km on Long Island in 2:01:43.4. But not without competition as John Knight in 2:02:12.6, Marcel Jobin in 2:05:26.4, Gary Westfield 2:06:35.2, Ron Julk 2:07:14.6, and Todd Scully 2:08:02.4 gave chase. And Shaul Ladany for his win in the European Champions all plus miler in 7:57:14 (17 minutes ahead of second) a few weeks after winning the Hastings-to-Brighton 38 miler in 5:53:36 by 9 minutes. Up-and-coming Bill Weigel won the National Junior 55 K in 3:14:45. In a 10 miler in Continental, Ohio, Jack Blackburn edged Jack Portland 5:10:51 to 5:10,9, with Phil McDonald better than a minute back. Phil got his revenge a week later when he wiped out both Jacks while finishing 10th in that National 25... Dennis Reilly won the National Junior 15 K in 1:42:17 as an accompanying open race went to Larry Walker in 1:12:47.

5 Years Ago (From the Sept. 1976 ORW) — The National 30 K in Des Moines went to Larry Young in 2:27:26. Floyd Godwin stayed close most of the way, and finished just 3 minutes back. Augie Hirt was a distant third ahead of Ron Laird... Augie won the National 100 miler in Columbus in 19:55:16, with Chuck Hunter, finishing the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a new Centurion man. Jack was fourth in 21:57:11. The World 50 K Championship race, held because the 50 was left out of the Montreal Olympics, went to the USSR's Veniamin Doldatenko in 3:59:40. He was followed by Enrique Vera, Mexico, in 3:59:14 and Reina Salonen, Finland, in 3:59:53. Larry Young was the first US competitor in 3:57:21 with 4:16:34 as he lost 8 places while taking more than 8 minutes for the final 10. Augie Hirt had 4:28:35 in 27th... Steve Pecinowski just beat Mervish for the National Class A 15 K title at Mackinac Island, as both walkers were given a time of 1:12:12. In the Bridge walk the next day, Ron Laird won in 1:46:5, with Pecinowski and Bill Walker lying for second just over 2 minutes back... In East Germany, Hans Sauber won the 20 K title in 1:56:15 and Junior Ralph Bonsor did a 1:58:57 on the track.

20 Years Ago (From the Sept. 1966 ORW) — East Germany's Dieter Linde, beat the French duo of Vladimir Golub and Nicolai Smaga to win the 20 km in the European Championships. His time was 1:29:42. Italy's 1964 Olympic Champion, Abdon Panichi, won the 50 in 2:41:32, again over a Soviet duo of Agapov and Tchererina... In the McKenzie Bridge walk of about 48 miles, Canadian Felix Cappella won by 4 minutes over Gosta Kloper in 2:46:36... The Canadian 50 K went to Alex Oakley in 4:41:56, 12 minutes ahead of Shaul Ladany... Ron Laird won the National 25 K on a very hot day in Seattle with a 2:06:16. Tom Dooley was second, nearly 12 minutes back.