JOBIN DOMINATES U.S. 25 KM RACE

Monterey, Cal., March 28—Canada's Marcel Jobin left the rest of the field at the start and went on to an uncontested victory in the National TAC 25-Km championship today. Walking in ideal weather on a 4-km loop in the Carmel Valley, Jobin never let up while turning in a super fast 1:48:20. Competing in a foreign sweep of the race, Sweden's Roland Nilsson grabbed second place, just over 4 minutes back.

Dan O'Connor led the home contingent and was ahead of Nilsson through 15 km. However, suffering from a slight fever, he was unable to hang on after that and finished nearly 5 minutes back of the Swede. Wayne Glusker was the second American and missed breaking 2 hours by only 3 seconds in a fine performance. Next was Ed Bouldin in the finest race of his life, a 2:01:48 effort. Bob Henderson, nearly 3 minutes back and much less fit this year, made an amazing start to a comeback with a solid eighth-place finish. Also in his first race in over a year, not a trainee, was Neal Pyke in 21st. Neal, with practically no training, was just out for a workout to see if he might want to get back into it.


COMMENTARY

With Jim Heiring scurrying around our indoor tracks in record times leading a parade of other to personal bests, we are once again receiving comments questioning the validity of these performances. The shout, "Where are the judges?" is going up again. To answer that question, as near as I can tell, all of the major indoor races have been under the surveillance of judges that are considered to be the best we have. In most cases, several of the most competent judges have been on hand. The walkers have been watched closely and the judges have decided they are performing within the rules. It seems from this quarter, and I've said it before, that if we are to have a sport, we have to accept that.

Probably I should stop there—it has a ring of finality. But I won't. Through 17 years of publishing this journal, we've been over this ground quite a few times. I'm not really sure I have anything fresh to say, but let me hold forth for a few paragraphs. (Cont on p. 5)
SHARP-EYED READERS WILL ALREADY HAVE NOTICED THE SUBSCRIPTION RATES GIVEN ABOVE. A SURELY DESIGNED GROUP WILL QUICKLY REALIZE THAT THE RATES ARE LOWER THAN LAST MONTH. INFLATION CONTINUES AND THE TIMES ARE A'CHANGING. AS KATHY ROMANS WOULD SAY IN A 1950 SONG, "THOSE WERE SIMPLER TIMES."
He mastered the world record for the walk three times, bringing it down to 6:19.2 in 1930. Willie Plant--Plant was another who demonstrated the durability of walkers: He won his first USA medal in 1959 and his fourth and last indoor title in 1928. In his era, records were maintained at intermediate distances between miles and he collected a pocketful of them, ranging from 3,000 meters up to the 2-hour mark. He was a member of the U.S. Olympic team in 1920. Todd Scully: A runner of average ability whose coach switched him to walking, Scully has had a whirlwind career. Boarding with his coach for the past 2 years and running 3 miles a day, he has won 14 American titles at distances from 1500 meters, the mile, 3,000 meters, the 2 mile, the 3 mile, and 5,000 meters. He's been national indoor champion four times, has run up a string of five straight victories in the Olympic Invitational, and won the Millrose mile walk three times. Ron Zinn--His life cut short in the Vietnam war, Zinn was destined to become America's greatest walker of modern times. A West Point graduate, he established himself as a world class walker when he placed sixth in the 1960 Olympic 20 km, becoming the first American to beat a Russian in a walking race. He won the indoor USA title four times in five years and in 1962 broke the world record for the mile set 12 years earlier by Inskau. Indoors and out, he won 16 national titles.

Susan Brodock--The leading figure among American women walkers, Brodock has been national indoor mile champion six times and runner-up twice. Her first five victories in consecutive years: she lowered the record each time. She's been outdoor mile/5,000 meter winner five times and 10,000 meter championship four times. She has held world records at 3,000 meters and the mile. Susan Liers-Westfield--The current national mile champion indoors and 5,000 meter titlist outdoors, Liers-Westfield holds the USA record for 3,000 meters indoors and has raced to within 0.1 second of the mile mark. She has three of the top ten marks for the indoor mile. She has won a host of titles outdoors at distances from 5 to 20 km. Chris Shae--Still a high school senior, Shae emerged as a medalist at the national outdoor championships and placed third behind Fabian and Brodock. Later that summer, she won the USA 1 hour title. In a spectacular performance the following winter, when she has become a college freshman, Shae, in the 10-mile race of her career, sped to a world indoor record for the mile, becoming the first to break 7 minutes, indoors or out, with a clocking of 6:56.9 to win the USA title. Speaking of Elliott DeNoon, he was one of five recipients of the Jesse Abramson Awards for "outstanding contribution to track and field," and had won the USA Olympic Invitational earlier this winter. The awards are named after the late sport writer for the New York Herald-Tribune who was the "dean" of America's track and field writers and meet director of the Olympic Invitational from its beginning in 1969. A few corrections to last month's All-Time U.S. lists. Lori Maynard has a best 5 km time of 25:46, moving her from 18th to 16th and a 10 km best of 52:00, which moves her one spot to 8th. Bonnie Dillon's 10 km time in 1978 should be 51:54, not 50:34.

FURTHER RESULTS (Featuring very fast 20 km by Marco Evoniuk)

The second version:
with some interesting differences. The first was sent by Larry Jacobs and was
done by a language teacher at his school. The second was sent by Brad Jacobs at Lewis and Clark College.

Walking Song
(The little Danish song printed last month has been translated for us—
Translation being an art, not a science, they are similar, but
with some interesting differences. The first was sent by Larry Jacobs and
done by a language teacher at his school. The second was sent by Brad Jacobs at Lewis and Clark College.

1. When the sun peaks out sleepily, still heavy with sleep,
   Then stretch your bedwarm body, and feel how young you are.
   Yes, get up and go outside and walk while the sky is blue.
   Because now all of Denmark is going to walk, yes we are going to walk.

2. When the sun is as high in the sky as a sun in this country can get,
   Then rise from lawn and lawn chair, put on your walking clothes. Yes get up and see how well you'll do.
   Because now all of Denmark.

3. When the sun is behind wet clouds, and the rain falls in streams,
   Then that is a fairy tale, well you know. Then get up and go outside and walk in your raingear.
   Because now all of Denmark

4. Reading a book is so nice, it makes a person sharp,
   But once you have read yourself too smart, then it is time for fresh air.
   Yes, stand up and go outside and walk and your worries diminish.
   Because now all of Denmark

The second version:
1. When the sun peaks sleepily up, yet morning a little heavy,
   Stretch your bed warm body and feel your youth.
   Yes, stand up and walk, and while the sky is blue.
   For now all of Denmark will walk, yes we will all go out and walk.

2. When the sun stands up so high, one sun is all we need,
   In a sun and deck chair get on your sports clothes.
   Yes, stand up and go out and walk and see what you can do.
   For now all of Denmark will walk.

3. When the sun stands behind clouds of fog and rain is falling
   So it is a fairy tale, hopefully you know.
   So up and out and walk with rain clothes on.
   For now all of Denmark will walk.

4. It is so lovely with a book, to sharpen one's intelligence
   But if one has read too much, so must one have some air.
   Yes. • • • (seems he must have stopped short here)

LOOKING BACK

20 Years Ago (From the March 1962 American Race Walker)—The cover shows
Jack Blackburn and Rudy Halusa during the 1959 10 km, which Rudy won on a
very soft track in 48:03 with Blackburn second in 49:15 (which actually had
nothing to do with 20 years ago). Ron Zinn won the 10,000 m in
61:50.3 to break Henry Ickan's American record as Henry watched helplessly
from a judges position. (Cynically, one might say he wasn't at all helpless
from that position.) Zinn was 1:30 at the 4:10 and 3:03 at the half. Ron
Daniel was a distant second in 7:07.4. Jack Blackburn "biased" 5:31.17
to win the Midwest Race Walking Association 50 km in Columbus. In a race
held at the same time, Jeff Loucks of the Ohio Track Club beat Chris McCarthy
for the 20 km Championship in 1:46:33. • • • Elliott Dennis was featured as
Pedestrian of the Month.

15 Years Ago (From the March 1967 ORW)—Jack Blackburn slipped away from Jack
Mortland in the last mile as both recorded their best ever track 10 km with
47:22 and 47:25. Norm Roth, up from Texas to visit a relative, took third
in 1:35:25. • • • Ron DeNoon edged Larry Walker 6:26 to 6:29.9 to capture the
National 1 Mile title in Oakland as defending titlist Rudy Halusa came third
in 6:34.2. • • • Ron Laid, Larry Young, and Bob Kitchen filled out the first
six. • • • Larry Walker also turned in an outstanding track 10 km with a 46:21.2
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10 Years Ago (From the March 1972 ORW)—Bob Kitchen bettered the American
50 km record with a 4:13:26 in San Francisco on the track. He also got records
at 40 km (3:20:00, 25 miles (3:21:16), and 30 miles (4:04:36). Goetz
Kloper, holder of the old records at 40 km and 25 miles, was holding the
watch. Bill Ranney did a good 1:35:34 for 20 km at the same time. • • • Larry
Young walked off with the National 35 km in Hollywood with a 2:52:41. He was
on his own after 5 km and moved through 20 in 1:36:10. Bob Bowman missed
the magic 3 hour mark by 2 seconds in second and Bill Ranney was another 1:20
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in Toronto, Anatoly Solomin shattered the world's best for 3 miles with an
18:04.3 clocking. His teammate, Pyotr Potashenko was only 4 seconds back.

Although able to stay with the Soviet duo, Todd Scully was well under
Dave Romankky's American record (see above) in 19:40. Todd hung close for
close a while in 6:10, but then had to yield. • • • Ron Zinn was
an easy winner in the NAIA 2 mile in 13:39.8, with his Parkside teammate,
Chris Hansen, second in 14:03. • • • Vincent O'Sullivan won the IDA mile in
7:03.8 and Jack Boitano the National Master's 2 mile in 15:41. • • • Susan
Liers turned in a women's world best for 20 km with a 1:48:39 clocking at
Kings Point.
ABOVE: National Coach and all-time great Ron Laird with long-distance ace Shaul Iadany, Shaul's daughter, and a reluctant dog in front of Shaul's home in Israel, replete with its own race walker.

BELOW: Start of a race in Denmark in 1970. Interesting to note they had women (or very early long-haired hippies with bumps on their shirts) competing with the men at that early date. We thought we were very progressive here in Ohio when we allowed women in our races in the late '50s.

**COMPETITION INTEREST YOU?—CHECK THESE OPPORTUNITIES**

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>10 Km (Tr)</td>
<td>Kenosha, WI</td>
<td>Sat. Apr. 10</td>
<td>10 a.m. (H)</td>
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<td>Richland, IA</td>
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<td>Columbia, MO</td>
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<td>5 and 10 Km</td>
<td>Ridgewood, NJ</td>
<td>Mon. May 31</td>
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<td>5 Mile</td>
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<td>20 Km, Boulder, CO</td>
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<td>Wed. Jun 20</td>
<td>7:30 a.m. (K)</td>
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L--Ed Corrallo, 3535 N. 27th St., Arlington, VA 22205
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O--New York Walkers Club, 4445 E. 86th St., New York, NY 10028
P--Sandy Kalb, 438 Addison Rd., Howell, NJ 07731
Q--Martin Rudow, 4431 NE 44th, Seattle, WA 98105
Walk, don't run
Ron Laird's obsession burns deep

By Terry Henion
GT Sports Writer

The young woman stopped at every room on the second floor of Building 83 at the Olympic Training Center. At each door she deposited the day's allotment of towels, wash clothes and bathroom necessities for the athletes housed in the building.

When she reached room 205, the man inside took his towel, then tentatively grabbed another. The woman looked at him, a quizzical smile across her face.

"Go ahead and take it," she said. "I won't snatch on you. I don't snatch on anybody. The girl who used to work here snitched and she got fired. Take what you want."

Ron Laird grinned and shook his head.

"This is enough," he said. "I don't need any more than this."

For a man who barely has managed to eke out an existence for the past 27 years, it seemed a curious statement. But for Ron Laird, the coach of this country's men's race-walking team, it was the story of his life.

All he's ever needed or probably wanted, for that matter, was enough to get by while he pursued his lifelong mania - race walking.

Ron Laird doesn't look like an athlete. He's 44 years old now and more resembles a high school English teacher. But for 27 of those 44 years, he was one of America's finest athletes.

Trouble was, nobody ever knew. There are track and field fans who can recite the split on each lap of Sebastian Coe's record-breaking runs, but never have heard of Ron Laird.

Laird competed for four U.S. Olympic teams. He won a gold medal at the Pan-Am Games in 1967 and has a brace of bronzes from world championships. He is this country's grand old man of the unknown sport of race walking. "Sports Illustrated" magazine even did an article about him several years ago, right along with a story about a trout stream. Sports oddities, you know.

He's in the "Guinness Book of World Records", for Pete's sake, for the most national championships won by a race walker - 69. Like they say, you can look it up.

Now he's here in Colorado Springs to run a camp for race walkers, the sort of training ground Laird hopes will net the Americans a race walking medal at the 1984 Olympic Games. At this time, few of America's top race walkers are training under Laird at the center and he hopes to attract as many as 30 before year's end.

"My ultimate plan is to build the race walking capital of America right here in Colorado Springs," said Laird. A glance at his face indicates it's not a joke. But then race walking never has been a funny thing for Ron Laird. A passion, yes, but never funny. Sleeping on floors and wondering where your next salad is coming from never is a laughing matter.

Like most athletes in the sport, Laird was a so-so high school miler who had plenty of endurance but not much speed. He learned to run before he could walk. He happened to watch a group of race walkers competing in Madison Square Garden in 1955 and decided to give it a try.

The sport quickly became an all-consuming compassion for Laird. It cost him a wife, a home, a career. Race walking and Ron Laird were one and the same. They still are.

He's a good teacher in the mechanics of the sport. The heel-and-toe, roll your hips, keep that knee straight, basic tenets of race walking are things Laird literally knows by heart. He's a walking laboratory.

But more than that, Laird counsels his charges on other aspects of race walking. The emotional and psychological turmoil of devoting one's life to training in a sport nobody knows about can be shattering.

"Right now I've been trying to find jobs for the guys here in Colorado Springs," said Laird. "Everybody we've talked to has really been nice, but we haven't had much luck with finding jobs. I'm seeing that people here are really proud of this facility and they want to help. I guess it's just sort of a bad time."

"I like to send my guys out on what I call 'exposure workouts' so the merchants around town can see them. That way people get to notice the guys and when we ask them for a few bucks, they say 'Oh yeah, I've seen you guys before.'"

"The biggest things right now are for me to get them jobs and girl friends. I'm not sure which is the most important. They're starting to get pretty restless."

The current coaching job is the only real occupation Laird has had for the past 27 years. Oh, he's mowed lawns and done odd jobs, but only long enough to earn enough money so he could train some more. Now that he's
The other man is Ray Sharp, a Milwaukee product. Laird said Sharp holds the key to race walking's future in the United States. His potential, said Laird, is scary.

"He's got the most talent I've ever seen," said Laird who certainly should know talent when he sees it. "He's got the basic speed, basic strength and the ability to push himself. He's got a lot of courage and most important, he's really strong emotionally."

The walkers are training for a national championship race set for April 17. It will be held somewhere near Colorado Springs. Laird tried to get the Ski Town Mall parking lot as the site for the race, but "they turned us down flat." They probably didn't want a herd of folks in shorts disturbing the shoppers, particularly folks whose walk resembles that of degs on ice.

"It'll be a 35,000-meter race and anybody in the country can enter," said Laird. "A national championship is open to anybody. All they have to do is pay their $3 and they can race. I just hope we can find a good place to hold the thing. I've got some other places to try."

Down deep inside, Laird hopes for a big field in the April 17 race. He knows the distance (just a tad over 21 miles) probably will limit the number of entrants. But Laird is doing everything possible to make people aware of race walking.

"We're hoping it'll catch on just like jogging did," said Laird. "We're hoping it'll be a cultural explosion."

"There aren't as many injuries in race walking because your legs don't take all the pounding. It's an easy sport to do. All it takes is for somebody to start trying race walking. Then somebody else will see him and they'll try it, too. That's the way jogging started."

To that end, Laird is coaching not only his athletes, but anyone who shows an interest in race walking. He's been explaining the finer points of the sport to several people around town. There are fringe benefits, of course.

"One of them is a cute little blonde," said Laird.

Room 205 is a study in organized clutter. A stranger wouldn't be able to find anything. Laird, though, knows right where everything is located. There are manila folders chuck full of race walking information stacked against the wall. The small desk is covered with material about race walking. The walls, too, are papered in race walking.

Feats of Walking

Meet the walkers who've earned a place in the record books.

TAKE IT EASY," we've said. "Don't overextend yourself." "Walk without pain." That's good advice. We've heard of a lot of people who've ignored this advice and what did it cost them?
It got them a place in the record books. Competition seems to be a human instinct. Regardless of the endeavor, some people have the urge to do it the fastest, the longest, the best, even the worst, on record. Walking is no different.

One of the more unusual feats of walking was combined with fasting. On June 1, 1926, George Hassler Johnson set out to walk from Chicago to New York without eating anything along the way. Johnson was not a big man; five feet six inches tall; 157 pounds. He wanted to prove that the human body can operate efficiently for long periods of time while subjected to complete fasting.

In his account of the trip, Johnson said he traveled all sorts of roads in all kinds of weather. He was followed by his physician, who checked Johnson's condition daily. He was constantly watched to make sure that he did not have any food with him.

Johnson walked 500 miles and was still going strong as he passed Pittsburgh. However, while approaching the mountains past Greensburg, Pennsylvania, he began to experience difficulty. His feet were sore because most of his body fat had been used to keep his body going, and the bones of his metatarsal arches no longer had pads of fat to cushion them. Nevertheless, Johnson pressed on to the Pennsylvania Mountains. He climbed four and a half miles to the top of the Tuscarora Summit. By the time he arrived in Chambersburg, he had to quit. According to his physician, Johnson was in fine health and good spirits, but his feet were too sore.

What Johnson accomplished on his 20-day walk has never been matched. He covered a total of 577.88 miles—almost 30 miles a day—over rough terrain and primitive highways of the day without eating. After his fasting walk, Johnson regained his weight rapidly, putting on 23 pounds in the first week.

Johnson's walk may sound bizarre to some of you who are just getting started, but once you become hooked on walking, you might find yourself setting all kinds of personal goals.