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TAC INDOOR TITLES TO SHARP, BRODOCK

New York City, Feb. 25--Leading from the gun, Ray Sharp pushed the pace all the way to win the National TAC Indoor 2 Mile in 12:13.33--fastest time ever at the distance indoors. Although never far back, former record holder Jim Heiring could never quite get on terms with Sharp and settled for second in 12:15.36, also under his old mark of 12:20.06 set in Kansas City last January.

Sue Brodock was equally dominant in defending her title, winning for the eighth time in 10 years with a 7:14.67--the slowest winning time for the event since 1975. Teresa Vaill, like Heiring, was never far back, but never quite on terms either. Susan Liers-Westerfield, recovering from a long bout with an ear infection, could not mount a challenge this time and settled for third.

In the men's race, Sharp went through the first mile in 6:05, with Heiring right behind and was able to pull gradually clear from there. Also close at the mile was Tom Edwards (6:08). However, he was called out by the judges at about a mile and a half, just after being passed by Tim Lewis. Lewis suffered the same fate a lap later. All of which left third place to Dan O'Connor, who was able to pull away from four-time winner, Todd Scully. Heiring had unseated Sharp as titlist last year, so Ray was merely returning the favor.

Most of Ray's training this winter has been cross country skiing--he is number 3 man on the Colorado State team. Reportedly, he is doing about 10 miles of walking and 50-60 miles of skiing a week. As a result of his win here, he wound up tied for third in total Mobil Grand Prix points (all t&f events), which will put a good deal of money in his training coffers.

Brodock went through the first quarter of her mile in 1:41 with both Vaill and Liers-Westerfield on her heels. At the half, she had 3:32.8, with Vaill right behind, and L-W showing 3:33. Over the next quarter, she was able to open a little ground, hitting 1320 in 5:24.3 to Vaill's 5:25. Susan L-W was now fading with a 5:32. Brodock was too strong over the final 440 and had nearly 3 seconds at the finish, but completely exhausted herself doing it. There were two DQs in this race to go with three in the men's race. Judges included Henry Laskau, Bruce MacDonald, Bob Kitchen, Jack Boitano, and Elliott Denman. Results:

Men's 2 Mile: 1. Ray Sharp 12:.3.33 2. Jim Heiring 12:15.36 3. Dan O'Connor 12:45.05 4. Todd Scully 12:52.89 5. Troy Engle 13:06.09 6. Wil Preischel 13:22.96 7. Bill Crucilla 13:44.63 8. Jim Mann, no time recorded (there was some problem with lap counting in this race) 9. Gary Morgan 14:07.4 10. Jon Gaska, no time 11. Ben Defibaugh 14:15.7 12. Ron Kulik 14:49.1 13. Dave Talcott 15:27.7 DQ: Tom Edwards, Tim Lewis, Mike DeWitt DNF: Tom Tenner

Women's 1 Mile: 1. Susan Brodock 7:14.67 2. Teresa Vaill 7:17.32

(cont. p. 11)

ACTION AT LA TIMES MEET. Above, Ray Sharp, who went on to win in 6:08.1 leads Jim Heiring (DQ) and Tom Edwards (3rd) at about the 500 meter mark. Below, Sue Brodock leads Theresa Vaill at about the same point in the women's race. Brodock won easily in 7:11.9. (SPORTSFOTOS by John Allen)

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RESULTS--beginning with major indoor meets:

3000 M, Horizon Games, Rosemont, Ill., Jan. 15--1. Jim Heiring 11:32.15 (new American record besting 11:39.2 by Todd Scully in 1979) 2. Tim Lewis 12:03.55 3. Mike DeWitt 12:10.6 4. Don Lawrence 12:28.8 5. Tom McMillan 12:34.0 1 Mile, Albuquerque, Jan. 22--1. Ray Sharp 5:47.98 2. Jim Heiring 5:54.60 LA Times 1 Mile, Feb. 4--1. Ray Sharp 6:07.8 2. Dan O"Connor 6:09.6 3. Tom Edwards 6:09.9 4. Gary Morgan 6:12.2 5. Todd Scully 6:12.8 6. Ben Defibaugh 6:16.1 7. Larry Walker 6:22.3 8. Ed Bouldin 6:36.0 9. Jay Byers 6:58.0 10. Chris Smith 7:27.7 DQ--Jim Heiring at about 3/4 mile while just behind Sharp. Confusion at the finish had the leaders walking an extra lap, so there were no official times. These were provided by Jim Hanley froma vantage point in the stands. O'Connor tripped early in the race and dropped back to seventh nearly 5 seconds behind, but came back through the field. Sharp's splits reported as 1:30.2, 3:01.8, add 4:31.5. Surprisingly he walked his extra lap faster than what should have been his final lap.) LA Times Women's 1 Mile, Feb. 4--1. Sue Brodock 7:13 2. Teresa Vaill 7:21 3. Vickie Jones 7:36 4. Jolene Steigerwalt 7:42 5. Lori Gambrell 7:55 6. Chris Ramirez 8:05 7. Kathy Pugh 8:24 8. Lizzie Kemp 8:28 9. Adriene Hughes 9:04 (Brodock"s splits: 1:39.6, 3:29.0, 5:19.6. Vaill close for first half, and then faded.)

1 Hour, Cambridge, Mass., Nov. 11--1. Mark Fenton 7 mi 646 yds 2. Adam Saravay 6 mi 1216 3. Phil Weiss 6 mi 1051 4. George Lattarulo 6 mi 719 5. Paul Schell 6 mi 482 Women: 1. Chris Anderson 6 mi 1112 2. Sarah Turner 5 mi 976 1 Mile, Hanover, N.H., Jan. 8--1. Tom Edwards 6:04.1 2. Troy Engle 6:24.9 3. Jim Mann 6:32 4. Ben Defibaugh 6:33 5. Jon Gaska 6:37 Women: 1. Sue Brodock 7:16 2. Teresa Vaill 7:18 3. Susan Liers-Westerfield 7:20.1 4. Tammie McPoland 7:52 5. Micheline Daneau 8:05 6. Chris Anderson 8:10 (16 finishers in men's race, 12 in women's) 1 Mile, Brighton, Mass., Feb. 6--1. Troy Engle 6:07 2. Jon Gaska 6:48 3. Mark Fenton 6:51 4. Bob Falciola 7:06 5. Tom Knatt 7:08 6. Adam Saravay 7:22 7. Phil Weiss 8:12 Women: 1. Tammie McPoland 7:44 2. Chris Anderson 7:55 3. Caroline Pasquale 8:17 4. Judy McKeown 8:32 5. Kathleen Gallagher 8:45 6. Chris Brighton 8:56 Women's 1 Mile, Boston, Jan. 22--1. Tammie McPoland 7:33 2. Chris Anderson 7:53.9 3. Helen Coll 8:31.4 3. Kathleen Gallegher 9:10.3

2 Mile, Boston, Jan. 23--1. Troy Engle 13:19.9 2. Jim Mann 14:05.8 3. Mark Fenton 14:40.3 4. Tom Knatt 15:09.1 5. Bob Falciola 15:18.4 6. Brian Savilonis 15:36.1 7. Ed Sandifer 15:50.5 8. Adam Saravay 16:20.1.

1 Mile, New York City--1. Tom Edwards 6:15.6 2. Bill Crucilla 6:23.4 3. Jon Gaska 6:27.6 4. Robert Gottlieb 7:36.8 5. Carol Brown 7:42.7 6. Dorothy Kelley 7:59.9 (Qualifies for Nationals by 0.1.) 10 Km, Long Branch, N.J., Dec. 5--1. Juan Santana 48:16 2. Sam De Los Santos 50:15 3. Howard Palamarchuk 52:53 4. Bob Mimm 53:17 5. Adan Abreu 53:53 6. Robert Gottlieb 58:20 7. Ben Ottmer 58:28 8. Elliott Denman 59:41 9. Walter Morse 60:29 10. Don Johnson 60:46 Women: 1. Marie Henry 67:01 10 Km, Clarksburg, NJ, Dec. 18--1. Elliott Denman 61:32 Todd Scully Day 10 Km, Long Branch, Dec. 19--1. Cliff Mimm 51:50 2. Howard Palamarchuk 52:46 3. Bob Mimm 53:17 4. John Fredericks 57:05 5. Jack Youmans 59:53 10 Mike, Asbury Park, N.J., Dec. 26--1. Dave Talcott 1:18:03 2. Sam De Los Santos 1:19:33 3. Bob Mimm 1:21:04

15 Km, Long Branch, Jan. 16--1. Bob Mimm 1:24:18 2. Paul Robertson 1:38:51 20 Km, Long Branch, Jan. 30--1. Dave Talcott 1:43:28 2. Cliff Mimm 1:50:54 3. Bob Mimm 1:53:43 4. Hank Klein, Virgin Islands 2:09:42 5. Paul Robertson 2:10:13 6. Jack Youmans 2:10:34 NJ TAC 2 Mile (Indoor), Princeton, Jan. 23--1. Ron Kulik 15:15.4 2. Cliff Mimm 15:23.2 3. Bob Mimm 16:59 Women's 1 Mile: 1. Norma Arneson 7:57.2 2. Judy McKeown 8:32.7 3. Marie Henry (59) 10:28.4 Women's 1 Mile, Princeton, Jan. 16--1. Norma Arneson 7:48.9 2. Carol Brown 7:50.3 3. Donna Goldstein 7:59.8 3 Km, Winter Garden, Fla., 1. Patti Sobanko 17:43.2 Junior: 1. Charisse Henriquez (14) 17:43.5 10 Km, Longmont, Col., Feb. 2--1. Marco Evonžuk 43:15 2. Dave Landry 55:44 3. Terry Femmer 57:43 4. E.J. Rivet 61:02 Master's: 1. Chris Amoroso 59:23 2. Chuck Hunter 62:33 3. Bob Carlson 63:02 Women: 1. Susan Femmer 36:37 10 Mile Hdcp., Pasadena, Cal., Jan. 23--1. Dan O'Connor 1:11:48 (course record) 2. Jim Knuccio 1:23:04 3. Paula Kash 1:31:45 4. Brian Overton 1:33:04 (a great name from the past reemerges) 5. Ron Daniel 1:33:54 6. Jim Hanley 1:34:29 7. John Allen 1:34:54 (could only swear off the sport so long) 8. Carl Acosta 1:38:37 9. Bob Brewer 1:40:29 (a name from even further--much further--in the past) 5,500 meters, Monterey, Cal., Jan. 30--1. Gary West 29:29 2. Steve Pendley 31:54 --Here's one that should have been with the major indoor meets, above: FootLocker 1 Mile, Daly City, Cal., Feb. 11--1. Ray Sharp 6:11.1 2. Dan O'Connor 6:17.0 3. Todd Scully 6:20.3 4. Walter Jaquith 6:51.2 5. Rob Campbell 7:11 6. Bill Penner 7:25 Women: 1. Sue Brodock 7:13 2. Lori Gambriel 7:46 3. Kerry Bratton (14) 8:00.8 4. Kathy Curtis 8:43 DQ: Vicki Jones, Gwen Robertson

FROM HEEL TO TOE

Another correction to our U.S. 20 Km list, published in December. Randy Mimm had a 1:38:00 for 20 Km on his way to a 24,494 meter performance for 2 hours on the track in Boulder, Col., on Nov. 20. We had him with a best of 1:41:45, a time he also bettered by 25 seconds way back in January. . .Another unreported time deserving mention is Norma Arneson's 25:28.6 for 5 Km on the track in West Long Branch on May 30. This was her second fastest race of the year, and certainly solidifies her No. 5 position in the Rankings. . . Dr. Howard Palamarchuk, Chairman of the SPorts Medicine subcommittee for race walking, wants to pass the following information along: "As it becomes more evident that stride length is important to better performance (a longer stride per walking cycle), flexibility of the walker becomes paramount. Tight musculature can only hamper stride length. (Remember how we all felt when we tried race walking for the first time?) Flexibility of the hip is extremely important to lengthen and extend stride. Flexibility of the propelling muscles (hamstrings and calves) likewise, is very important to good performance. Ron Laird's book (which I understand is out of print) offers an excellent section on "race walker specific" stretches, illustrated with pictures. Light stretching after a warmup period is fine, but more important is a conscious effort to stretch well after working out. This will leave you feeling better for the following day's workout, and,in general, more flexibile. In summary, not only is stretching an important factor in preventing injury, but it can result in improved style and performance for the race walker." . . .Conrad Weis, who many of you who have walked in Chicago know, recently turned in an 11:10 mile at age 75, despite his two plastic hips. . .In the Lugano Cup semi-final competition scheudled for London in June, the 20 Km will be held on the track, a first for Lugano competition. (The Lugano Cup is the World Championship team competition held every other year, with races at 20 and 50. The London meet is one of three qualifying meets.) . . .Speaking of the Cup com petition, East Germany has not entered the competition, a real surprise. They won the Cup four times in a row starting in 1965 and remained contenders through the Mexican glory years in the '70s, but faded to fourth in 1981 and then performed well below par in last year's European Championships. . .Howie Jacobson

continues to garner publicity for the sport, his latest being an article in Women's Day. I have a copy of the article, but unfortunately, nothing shows what issue it's from. You'll find it on pages 52-56, though. . .Also, you can find a nice article on Gordon Wallace in the February-March issue of Modern Maturity, p. 49-50. . .Elliott Denman, one of those heroes who keep race walking alive in this country, notes with great sadness the passing of his father, Dr. Jack Denman. "He was my greatest fan," said Denman. "He was a friend of all the walkers.". . .Elliott spent some of his vacation last summer "fiddling" with the 1982 Race Wlak Handbook, compiled by Bob Bowman and released as a media guide by TAC. Here are a few of the things he came up with:

MOST TIMES MEMBER OF WINNING NATIONAL CLUB TEAM (through 1981)

1.	Ron Laird (20 NY Pioneer Club, 32 NYAC)	52
2.	Ron Daniel (1 NYPC, 38 NYAC)	39
3.	Bruce MacDonald (24 NYPC, 7 NYAC)	31
4.	Ron Kulik, NYAC	29
5.	John Knifton, NYAC	22
6.	Elliott Denman, New York Pioneer Club	16
7.	Rudy Haluza (11 NYPC, 4 SC Striders)	15
	Bill Ranney (Athens AC and West Valley TC)	15
9.	Floyd Godwin, Colorado TC	14
	Regis "Jerry" Brown, Colorado TC	14
	Larry Young (SC Striders, Columbia TC)	14
12.	Tom Dooley, Athens and West Valley	13
13.	John Abbate (Penn AC, etc.)	12
14.	John Deni, FOE 1634	11
15.	Bob Bowman, SC Striders	10
	Goetz Klopfer, Athens AC	10
	Bill Omeltchenko, NYPC	10

(All, of course, subject to revision by superior accountants.)

MOST SUCCESSFUL CLUBS IN NATIONAL CHAMPIONSHIP COMPETITION

1.	New York Athletic Club	54	
2.	New York Pioneer Club	31	(Winning teams have represented
3.	Colorado Track Club	20	New York, Colorado, California,
4.	SouthernCalifornia Striders (also Beverly Hills Striders and Tobias Striders)	18	Pennsylvania, Missouri, New Jersey, Massachusetts, Ohio, Michigan, Illinois, Maryland,
5.	Penn Athletic Club	16	Wahsington, Wisconsin, Oregon,
6.	FOE 1634, Verona, Pa.	11	Texas, Kansas, Montona, the
	Columbia Track Club	11	District of Columbia, and Ont-
8.	West Valley Track Club	10	ario, i.e. 17 states, a district,
	Athens AC	10	and a foreign province. If you
10.	Potomac Valley Track Club	8	live in one of the other 33
11.	Shore Athletic Club	7	states, get busy and see what
	Finnish American AC	7	you can do to put your state on
13.	North Medford Club	6	the sport's map along with the
	OHIO TRACK CLUB	6	rest of us.)
15.	Motor City Striders	5	
	Green & Gold AC, Chicago	5	
17.	U. Of Chicago Club TC	4	
	Baltimore Cross Country Club	4	
19.	Seattle Club	3	
	Gladstone AC, Toronto	3	

(Among 7 teams with two titles is Wisconsin-Parkside, the only college team ever to win a national team title. Nineteen other teams have won a single title.)

BEST USA TIMES IN OLYMPIC COMPETITION

20 Km			50 Km		
1. Ron Zinn	1:32:43	1964	1. Larry Young	4:00:46	1972
2. Larry Young	1:32:53	1972	2. Bill Weigle	4:22:52	1972
3. Ron Laird	1:33:27	1976	(Young)	4:31:55	1968
4. Larry Walker	1:34:19	1976	3. Chris McCarthy	4:35:41	1964
5. Tom Dooley	1:34:58	1972	4. Steve Hayden	4:36:07	1972
6. Rudy Haluza	1:35:00	1968	5. Goetz Klopfer	4:39:13	1968
7. Jack Mortland	1:36:35	1964	6. Bruce MacDonald	4:45:10	1964
8. Todd Scully	1:36:37	1976	7. Ron Laird	4:53:22	1960
9. Goetx Klopfer	1:38:34	1972	8. Mike Bredie	4:57:41	1964
10. Henry Laskau	1:38:47	1956	9. Adolf Weinacker	5:00:16	1956
			(MacDonald)	5:00:48	1952
			(Weinacker)	5:01:01	1952
			10. John Allen	5:03:15	1960

AND, R.I.P., DEAR WALKING FRIENDS NO LONGER WITH US:
Ron Zinn, Akos Szekely, Jimmy Hewson, John Deni, Morris Davis, Ernie Weber, Larry O'Neil, Bill Walker, George Casper, and John Sterner, all National champions, or members of winning teams, during the post-war era.

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IT'S A RACE YOU SEEK? HERE ARE SOME WE'VE BEEN TOLD ABOUT

Sat. Mar. 12—5 and 15 Km, Washington, DC, 10 AM (G)
5 Km, Los Angeles, 9 AM (J)
Sun. Mar. 13--Gulf 20 Km Championship, Braes Bayou, TX, 8 AM (A)
Sat. Mar. 19--NATIONAL TAC 30 KM, LAFAYETTE, COLORADO, 9 AM, (D)
Multi-distance (5 to 20 Km), San Francisco (S)
3 Mile, Stone Mountain, GA (T)
Sun. Mar. 20—5 and 50 KM, Washington, DC, 8 AM (G)
4 Mile, Sayreville, NJ (P)
10 KM, Winter Garden, FL (B)
5 Km, Los Angeles, 9 AM (J)
Sat. Mar.26--5 Km and 30 Km, Dearborn, MI, 10 AM (O)
Sun. Mar.27--Eastern Regional 50 Km, Stonybrook, NY (K)
20 Km, Long Beach, CA, 8:30 AM (J)
Sat. Apr. 2--10 Km, Latham, MD, 10 AM (G)
Eastern Sectional 20 Km (track), Women's 10 Km, Westfield, MA(K)
10 KM, Atlanta, GA (T)
5 Km Handicap, Los Angeles, 8 AM (J)
Sat. Apr. 8--35 Km, Colorado Springs, CO (D)
5 Km, Dogwood Relays, Knoxville, TN (L)
50 Km, New York City (E)
5 Miles, Atlantic Highlands, NJ (F)
5 Km, Los Angles, 9 AM (J)
Sun. Apr.10--NATIONAL TAC 25 KM, WASHINGTON, DC, 9 AM (G)
NATIONAL TAC WOMEN'S 20 KM, WASHINGTON, DC (G)
Sun. Apr.17--5 Km, New York City (Q)
Fri. Apr.22--5 Km Piscataway, NJ (R)
Sat. Apr.23--5 Km, Walnut, CA, Mt. SAC Relays (J)
Sun. Apr.24--NATIONAL TAC 35 KM, CLEVELAND, OHIO (M)
Zinn Memorial 10 Mile, Asbury Park, NJ (F)
Sat. Apr.30--Drake Relays 10 Km, Des Moines (N) (listed on National schedules, but I have word from elsewhere there will be no race.)
10 Km (track), Men and Women, Stonybrook, NY (K)
Sun. May 1---5 Km and 20 Km, Dearborn, MI, 10 AM (O)
10 Km, Nepturn, NJ (F)

Sat. May 7--5 Km Handicap, Dearborn, MI, 10 AM (O)
Southeast Masters 5 and 20 Km, Raleigh, NC (U)
10 Km, Los Angeles, 8 AM (J)
Sun. May 8--10 Km, New York City (Q)

NOTE: Our schedule of TAC Championships last month was in error on the women's 20 Km. It is in Washington as shown above, not in Dearborn in October. Dearborn will host National 20 Km team races, apparently a new distinction made this year for the 20. The men's individual 20 is with the National track meet in Indianapolis June 18.

CONTACTS:
A--Dave Gwyn, 6502 S. Briar Bayou, Apt. 203, Houston, TX 77072
D--E. J. Rivet, 471 S. Kalispell Way, #102, Aurora, CO 80017
E--NYRRC, Box 881, FDR Station, New York, NY 10150
F--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
G--Sal Corrallo, 5351 N. 34th St., Arlington, VA 22207
H--Don Sobanko, 1613 W. Grant Ave., Orlando, FL 32805
J--John Kelly, 1024 Third St., Santa Monica, CA 90403
K--Gary Westeffield, P.O. Box 440, Smithtown, NY 11787
L--Dan Stimson, Athletic Department, U. of Tennessee, P.O. Box 47, Knoxville, TN 37901
M--Jim Janos, 3123 Mapledale Ave., Cleveland, OH 44109
N--Bob Ehrhart, 27th and Forest, Des Moines, IA 50311
O--Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127
P--VFW Post 4699, P.O. Box 63, Sayreville, NJ 08872
Q--Howard Jacobson, 445 E. 86th St., New York, NY 10028
R--Rutgers Athletic Office, Piscataway, NJ
S--Harry Siitonen, 106 Sanchez #17, San Francisco, CA 94114
T--Wayne Nicoll, 3535 Gleneagles Dr., Augusta, GA 30902
U--Southeast Masters Inc., Box 5684, Raleigh, NC 27650

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THE ROOTS OF OUR SPORT

Although no one knows when the first "walking race" was held, or where, we do know a good deal about the "pedestrians" of 18th and 19th century England, a group that certainly formed the foundations for the sport we know today. Excerpts from the first couple chapters of "The Sport of Race Walking"—a book published by the British Race Walking Association in 1962--help to acquaint us with the some of the feats of our predecessors on the roads.

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. . . We are told, for instance, of the feat of Sir Robert Carey, who walked from London to Berwick in the year 1589 to win a handsome wager, and of King Charles II who was noted for his walking powers and unexcelled in his favorite walk from Whitehall to Hampton Court. In October 1670, the King and his nobles watched Lord Digby attempt to walk five miles within the hour on Newmarket Heath for a wager of fifty pounds--and fail by half a minute walking barefooted!. In the earliest 17th century, athleteics in the broadest sense were an essential part of the May games, wakes, fairs, and festivals that brought brightness into the lives of our acnestors. . . At the same time, a class of professional pedestrians grew up in the service of the aristocracy of the day. They were employed as "footmen" to run messages in town, or to run ahead of the family coach on the awful roads of the period to make arrangements at the inns for a night's refreshment and sleep. . .Inevitably, in those days of high wagering, the gentlemen of gentility began to match their footmen against one another in races; and as a development they tended to employ only those men who could give proof of speed and stamina, after which they were trained as "gladiators" to carry the Masters' confidence and stakes in the matches over varying distances that were arranged.

In addition to these two streams of athletic endeavor--the "amateur" in the rural areas and the growth of the "professional" pedestrians in town service--was added a third category, the Army officers who embraced running and walking as a means of becoming physically fit as a matter of professional pride and to enable them to withstand the rigors of active service, and to acquit themselves well in the field.

Let us now look at some of the reputed performance of our athletic ancestors. . .The reader must be cautioned, however, that no definition of the means of progression seems to have been attempted, although sometimes the expression "fair heal and toe" was used. It is commonly understood that in long-distance events, a pedestrian was allowed to trot, as necessary, to ward off cramp.

Robert Barclay of Hutford, Norfolk (born in 1790) when an old man frequently walked from Thetford to London (81 miles) and returned the next day.

In 1762, a miller of Wadsworth walked 44 miles in 7 hours 57 minutes on Wimbledon Common, and in the same year a Mr. John Hague covered 100 miles in 23 hours 15 minutes.

In 1787, a Hampshire pedestrian named Reed walked 100 miles in one day at Gosport and 4 years later he covered 50 miles on the sands at Weymouth in just over 9 hours.

Mr. Joseph Edge of Macclesfield in 1806 at the age of 62 walked 172 miles in 49 hours 20 minutes. In July 1788, John Batty (55) walked 700 miles in 14 days and finished the distance within 5 hours of the time allowed.

A Mr. Canning walked 300 miles in less than 5 days. We are told that he was little fatigued, but lost 26 pounds in weight. Farmer Rimmington, from Dorchester, walked 80 miles a day for 7 days for 200 guineas wager, but in his, we are told, "he was much emaciated by his extraordinary exertions and became very lame towards the close."

Lieutenant Halifax of the Lancashire Militia walked 2 miles an hour for 100 successive hours near Tiverton, Devon in march 1808. He could never have more than 50 minutes rest at one time during four days and nights and he became very distressed, but his personal courage pulled him through.

. . .two of the best known "peds" in the history of sport (were) Mr. Foster Powell and Captain Robert Barclay.

Foster Powell was born in 1736 and became clerk to an attorney in London. (Ed. Not immediately upon birth, we presume.) In 1773, he walked from London to York andback again (402 miles) in 6 days for a wager of 1000 guineas. In September 1787, he walked from theFalstaff Inn at Canterbury to London Bridge and back (109 miles) in 10 minutes less than 24 hours. In June 1788, he again essayed the jaunt from London to York and back, which he accomplished in 5 days 19 hours and 15 minutes. The following July, he walked 100 miles in 22 hours and in 1790, he took a bet of 20 guineas to 13 that he would walk from London to York and back in 5 days 18 hours. This he managed with one hour and 50 minutes in reserve and he was so fresh at the finish that he offered to walk 100 miles the next day for a considerable sum--but apparently there were no takers! In 1790 also, he walked from Hyde Park Corner to Windsor and back in 7 hours. In July 1792, he was again called upon to walk from London to York and back, this time within 5 days 15 hours. There was no difficulty in this and he finished with 1 hour and 25 minutes to spare. Powell, who was also something of a runner over short distances, in his 57th year in 1792, offered to walk six miles in 1 hour, run a mile in 5½ minutes, and to cover 500 miles in 7 days. He required a bet of 20 guineas on

either of the first two, or 100 guineas on the latter, but no opposition being forthcoming, he retired from competition, and departed this life on April 15, 1793.

Robert Barclay Allardice, a Scotsman, was born in 1779 and whilst still in his teens, undertook for a wager of 100 guineas to walk 6 miles in the hour "fair heel and toe". This he accomplished on the Croydon Road in August 1796. Two years later, he was matched against Ferguson, a celebrated walking clerk from the City of London, to go from Fenchurch Street, London, to the tenth milestone beyond Windsor and back (70 miles). Barclay won in 14 hours, despite tropical heat.

In December 1800, he was matched to go 90 miles in 21½ hours for 500 guineas. He was obliged to scratch, however, owing to a severe cold caught whilst training and in 1801 the match was again arranged, but for an increased stake of 2000 guineas. After covering 67 miles in 13 hours, we are told, "he incautiously drank some brandy, became instantly sick and consequently was unable to proceed." In point of fact, he recovered within 2 hours and could have completed the distance within the stipulated time, but the bet was already lost.

In June 1801, he covered 300 miles in five days in torrid weather; and a further bet was laid with Mr. Fletcher for the following November, this time for 5000 guineas over a 90 miles course as previously. The bet on this occassion called for a measured mile on the road between York adn Hull. Two posts were driven in to mark the start and finish of the mile stretch and the extra paces required to circumvent the posts each time were ignored. Scorers were placed at each end and lamps were in postion during the hours of darkness. Captain Barclay (as he was now universally known) attired in a close fitting flannel shirt, flannel trousers, and nightcap, lambswool stockings and thick solid leather shoes, set off at midnight. The first 2 miles were covered in 25 minutes 10 seconds, which added an uncounted 20 yards or so each time) for a 10 minutes pause for refreshment and a change of clothes. So he continued until at 60 miles he had a complete change in 10 minutes and was on the road again. Betting was now 6 to 1 and 7 to 1 in his favor and he completed the 90 miles 1 hour 7 minutes and 50 seconds within the specified time (21½ hours). We are told that at the finish, he was strong and hearty and that thousands of spectators on horse and on foot were there to cheer him and chair him.

In March 1805, he walked from Birmingham to Wrexham, via Shrewsbury (72 miles) between breakfast and dinner and in July of the same year, he walked from Charing Cross to Seaford in Sussex--a distance of 64 miles--in 10 hours. In December 1806, he covered 100 miles in 19 hours "over the worst road in the country" accompanied by his servant, William Craig, who shared his performance. Excluding time taken for refreshment, etc., the time taken was 17½ hours. Craig, In December 1808, walked 100 miles in 19 hours 17 minutes on the A berdeen Road, near Stonehaven.

In 1808, came the event with which Captain Barclay's name will always be associated as long as men admire endurance combined with speed. He contracted in October to walk 1000 miles in 1000 successive hours--one mile in each and every hour. The event took place on June 1, 1809 and the following days on Newmarket Heath and the reward for successful completion was to be 1000 guineas.

His early training was at Brighton where he enjoyed the fresh air and bathing and on May 30, he transferred his quarters to Newmarket. He was well aware of the difficulties of the task which faced him and which had already defeated so many. The constant exertion with only a few minutes of

sleep at a time could exhaust the strongest of men and give rise to every form of pain and anguish known to man. Tremendous interest was taken in the event and considerable sums of money were wagered on the result.

Barclay believed in the adage--perhaps even originated it--of marching on his stomach. He breakfasted at 5 AM--usually a roasted fowl, a pint of strong ale, and tehn two cups of tea, with bread and butter. Lunch was at noon with beef steaks alternating with mutton-chops "of which he ate a considerable quantity." Dinner was time for 6 PM--roast beef or mutton chops with porter and two or three glasses of wine. He supped at 11 PM on a cold fowl with vegetables in season. Throughout, his appetitie was good, but towards the end "spasmodic affections in his legs were particularly distressing." Bets had been booked early on at 2 to 1 and 5 to 2 in his favor, rising about 10 before the finish to 10 to 1. On the day before he was due to finish, 100 guineas to 1 were offered, but there were no takers.

The tremendous performance came to an end at 3:37PM on July 12 after extending over 42 days and excitement was intense. Thousands of spectators attended the closing stages of the event and beds were unobtainable at Newmarket, Cambridge, and other towns and villages in the vicinity, and every horse and vehicle was engaged. It would seem that an event of this kind had the same power of attraction for the pbulic that the Cup Final or Derby Day has for our generation, and Barclay himself, was one of the best known figures in the counrty.

On finishing his 42 days and nights' labors, he was put into a hot bath for a few minutes, then taken out, well dried with flannel, and put to bed. He was in bed at 4 PM and slept soundly until midnight, when he took water gruel and again lay down. He slept until 9 AM, when he got up in perfect health and walked about Newmarket for a considerable time, including 4 hours on the race track. His weight of 13 stones 4 lbs was reduced to 11 stones.

A few days later he rejoined his Regiment and resumed his position as A.D.C. to Lieut. General The Marquis de Huntly and embarked at Ramsgate for the expedition to Walcheren. He died at the age of 75 on May 8, 1854, following a kick from a horse sustained three days earlier. So passes from our story a most remarkable man who had the power to arouse the public interest in walking to a tremendous height--never known previously, no since.

On Boxing Day, 1815, Josiah Eaton completed a walk of 1100 miles in 1100 successive hours. In July of the following year, he repeated the performance Handicapping himslef by commencing each mile within 20 minutes after each hour. And on Dec. 5, 1816, he completed 1998½ miles in a like number of successive half-hours, on Brixton Causewy at 46 years of age. In 1817, Eaton contested a match of walking 2000 miles in 42 days on Womrood Scrubs against an opponent named Baker. Baker led by 13 miles on the 24th day, but Eaton recoverd to win his match. Later in the year, Eaton walked from Colchester to London in one day (51 miles) returning to Colchester the next and so on for 20 successive days--a toatl of 1020 miles.

In 1879, Edward Payson Weston, an American, attempted the enormous takk of walking 2000 miles in 1000 hours on turnpike roads, undertaking at the same time to give 50 lectures on his walking experiences at certain towns. Weston accepted a wager of 500 pounds to 100 laid by Sir John Astley who, however, with infinite cunning not only stiuplated that Weston should not walk on Sundays, but that the time spent in resting should be deducted from the 1000 hours, leaving only 856 hours walking time. . . .Westonstarted from the Royal Exchange on Jan. 18, his first day's walk being to Folkestone, 81½ miles on terrible roads and in a snow storm. On Feb. 14, he had fallen 171½ miles behind his average, but during the next 11 days pegged it back 120 miles. As he approached the end of his walk, Weston made almost superhuman efforts; and after delivering a lecture would start off at midnight walking 30 miles before breakfast! In this way 80½ miles were covered on the last day but one. With 31 hours left to cover 105 miles, Weston had an outside chance of success, but with 12 hours to go, sleep claimed him and he lost 3 hours making two unavailing attempts to get started. When time was called at 4 PM, he had completed all but 22½ miles of his attempted total; but he carried through and reached the Royal Exchange just before midnight. A stupendous effort over the ghastly roads of the period.

The performances of Richard Meeks (1000 miles in 1000 successive ½ hours in 1851), William Gale (1500 miles in 1000 successive hours in 1877), and William Buckler in June 1898 (4000 quarter miles in 4000 successive periods of 9 and a quarter minutes) and of many others that have followed, have not succeeded in attracting a hundredth part of the attention that was accorded to the gallant Captain Barclay in his day, or capturing the public imagination as did Weston 70 years later.

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NATIONAL TAC INDOORS (cont.)

3. Susan Liers-Westerfield 7:33.93 4. Vicki Jones 7:48.47 5. Chris Anderson 7:49.98 6. Carol Brown 7:56.41 7. Jeanne Bocci 8:00.12 8. Mary Anne Torreles (maybe; I can't read my own scribbling) 9. Tammie McPoland 8:12.92 DQ; Dorothy Kelley and Lori Gambrel. DNF: Jolene Steigerwelt (mistook cuation for DQ and left track).

PAST WINNERSAAU AND TAC INDOOR TITLES

1 Mile		
1897	Harry Ladd, Knickerbock AC	7:23
1907	Sam Liebgold, Pastime AC	7:41.2
1908	Sam Liebgold, Pastime AC	7:19.8
1909	Sam Liebgold, Pastime AC	7:13.6
2 Miles		6:39.8
1913	R.B. Gifford, McCaddin Lyceum	14:32.6
1914	R.F. Remer, Irish-Amer. AC	14:21.8
1915	Edward Renz, Mohawk AC	14:05.6
1916	G.H. Goulding, Toronto CWC	13:37
1917	Richard F. Remer, NYAC	13:59.2
1918	Richard F. Remer, un.	14:27.2
1919	Edward Renz, un.	14:33.4
1 Mile		
1920	J.B. Pearman, New York AC	6:39.8
1921	R.F. Remer, Amer. Walkers Ass'n	6:29
1922	William Plant, Morningside AC	6:40.6
1923	William Plant, Morningside AC	6:55.8
1924	William Plant, Morningside AC	6:43.4
1925	Alexander Zeller, Chicago AA	7:04.8
1926	Harry Hinkel, New York AC	7:03.6
1927	William Plant, Morningside AC	6:34.8
1928	Harry Hinkel, New York AC	6:35.4
1929	Harry Hinkel, New York AC	6:40.4
1930	Michael Pecora, Brook.Cen. YMCA	6:43.4
1931	William Carlson, un., New York	6:47.8
1932	Michae l Pecora, Brook.Cen.YMCA	6:27.2

1500 Meters

1933	William Carlson, New York AC	6:15.8
1934	Charles Eschenback, New York AC	6:14.8
1935	Henry Cieman, Tor. Achilles Club	6:07.3
1936	Charles Eschenback, New York AC	6:18.1
1937	William Jaeger, 92nd St. YMHA, NY	6:20.2
1938	Otto Kotraba, un. New York	6:21.8
1939	Otto Kotraba, New York AC	6:23

1 Mile

1940	Charles Eschenback, New York AC	6:51.7
1941	Nathan Jaeger, 92nd St. YMHA	7:12.1
1942	Albert Cicerone, Prudential AA	7:13.9
1943	Sune Carlson, Sweden	7:20.4
1944	Joseph Megyesy, New York AC	7:10.5
1945	Joseph Megyesy, New York AC	7:13.9
1946	Joseph Megyesy, New York AC	7:11.4
1947	Ernest Weber, Germ-Amer. AC	6:44.2
1948	Henry Laskau, Maccabi AC	6:43.8
1949	Henry Laskau, Maccabi AC	6:29.5
1950	Henry Laskay, Maccabi AC	6:43.4
1951	Henry Laskau, un.	6:27.0
1952	Henry Laskau, 92nd St. YMHA	6:28.0
1953	Henry Laskau, 92nd St. YMHA	6:20.6
1954	Henry Laskau, 92nd St. YMHA	6:31.7
1955	Henry Laskau, 92nd St. YMHA	6:30.4
1956	Henry Laskau, 92nd St. YMHA	6:44.5
1957	Henry Laskau, 92nd St. YMHA	6:39.7
1958	John Humcke, New York AC	6:55.5
1959	John Humcke, New York AC	6:42.2
1960	Ferenc Sipos, Santa Clara YV	6:27.4
1961	Ron Zinn, US Military Acad.	6:38.8
1962	Ron Zinn, US Military Acad.	6:36.0
1963	Lt. Ron Zinn, US Army	6:42.6
1964	Ron Laird, New York AC	6:22.7
1965	Lt. Ron Zinn, US Army	6:25.7
1966	Capt. Rudy Haluza, USAF	6:39.2
1967	Don DeNoon, SC Striders	6:28.3
1968	Ron Laird, New York AC	6:16.9
1969	Dave Romansky, Phil. AC	6:21.9
1970	Dave Romansky, Delaware T&F	6:14.0
1971	Ron Laird, New York AC	6:24.9
1972	Dave Romansky, So. Jersey Charger	6:13.4
1973	Ron Daniel, New York AC	6:22.0

2 Miles

1974	LarryWalker, Bev. Hills Striders	13:24.0
1975	Ron Daniel, New York AC	13:36.8
1976	Ron Laird, New York AC	13:37.0
1977	Todd Scully, Shore AC	13:02.5
1978	Todd Scully, Shore AC	13:07.6
1979	Todd Scully, Shore AC	12:40.0
1980	Todd Scully, Shore AC	12:35.1
1981	Ray Sharp, Univ. Wis.-Parkside	12:37.5
1982	Jim Heiring, Athletic Attic	12:24.82

Women's 1 Mile

1973	Lynn Olson, Ferris State	7:39
1974	Sue Brodock, Rialto Roadrunners	7:28.6
1975	Sue Brodock, Rialto RR	7:22.5

1976	Sue Brodock, Rialto RR	7:22.5
1977	Sue Brodock, Rialto RR	7:05.9
1978	Sue Brodock, Rialto RR	7:01.7
1979	Chris Shea, Georgetown	6:58.4
1980	Sue Brodock, So. Calif. RR	7:06.9
1980	Susan Liers-Westerfield, Island TC	7:05.0
1982	Sue Brodock, S. Calif. RR	7:07.14

EDWARDS TAKES OLYMPIC INVITATIONAL 1500

New York, Feb. 27--Two days after the TAC meet, Ray Sharp was back on the track, this time the faster 10-lap oval at Meadowlands, going for another world best. He crossed the line in 5:26.68, bettering Heiring's world's indoor best for 1500 meters, only to find he was disqualified. Thus, Tom Edwards, who had suffered Rayšs fate in the TAC meet, got the win in 5:31.59 with Todd Scully second. Judges this time were Laskau, MacDonald, Denman, Howie Jacobson, and Steve Hayden. Results:
1. Tom Edwards 5:31.59 2. Todd Scully 5:36.13 3. Troy Engle 5:50.00 4. Jim Mann 5:53.31 5. Bill Grucilla 5:55.52 6. Ron Kulik 6:24.60 DQ: Ray Sharp, Ben Defibaugh, Jon Gaska.

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COLUMN

AN ELLIOTT DENMAN, FROM THE ASBURY PARK PRESS, Sun., Nov. 7, 198

HENRY LASKAU would have been a candidate for his nation's Olympic team as a 1500-meter runner in 1936 if his nation hadn't been Germany and he hadn't been Jewish.

A promising young university student, he had run the 1500 in three minutes and 54 seconds and was closing in on Germany's top men at the distance.

Adolf Hitler, however, crushed that Olympic dream along with so much else and Henry Laskau considered himself fortunate to escape the land of his birth with the clothing on his back.

He literally walked out of Germany under cover of night, eventually making his way from France to Cuba to the United States.

The rest of the Laskau family never made it. A brother came close, gaining passage on the passenger liner St. Louis.

The St. Louis became the ultimate symbol of refugee plight when it was turned away from the safe harbors of nation after nation, the United States included.

Henry Laskau remembers waving to his brother from a dock in Havana harbor. They never got closer. The St. Louis steamed away to meet its fate.

HENRY LASKAU JOINED the United States Army and did all he could to repel the Hitlerian tide threatening to engulf the Western world.

He was assigned to interpreter's duty in Europe and among his accomplishments was uncovering Ritter Von Epp, a notorious SS officer, hiding out in a prisoner of war compound.

The war and its horrors over, Laskau returned to New York and started picking up the pieces of normalcy.

He married his beloved Hilde, went to work and started back into running.

But Nat Osk, coach at the 92nd Street YMHA, and Nat Jaeger, a teammate, helped steer him in another direction.

In short order, he became a race walker and in even shorter order became a United States National champion. He won his first AAU gold medal in 1947 and it was just the start of one of the most remarkable careers in the history of his sport.

LASKAU went on to win 42 national championships, for an all-time AAU achievement, lowering record after record, at walking distances from one mile on up.

He was a class by himself, winning 11

In '56, the racing distance was doubled to 20 kilometers to eliminate some of the debate. Laskau placed 12th in 1:38:46.

It took eight more years before an American — Ron Zinn — walked as fast in Olympic competition.

Laskau officially retired from "open" competition after winning his fourth Maccabiah Games gold medal in 1965.

But that's not to say he ever retired from the sport.

LASKAU NOW turned to the officiating and adminstrative side.

He became a member of the international panel of certified judges and has since officiated at major races around the globe.

He was now a champion volunteer official and his many appearances in Jersey Shore events — Long Branch, Asbury Park, Seaside Heights and elsewhere — were just part of it.

This is called "putting something back" into sport, a process forgotten far too easily by retired athletes.

Two years ago he moved from Long Island to Florida but not to obscurity.

His good friends remember and today they'll stage The Henry Laskau Five-Mile Race in his former hometown of Westbury, N.Y.

Laskau will fly up from Florida to be the focus of the day's activities and walk down memory lane with his buddies.

His name is enshrined in the Helms Hall of Fame in California and last winter he was named the finest walker in the history of U.S. indoor track and field.

Laskau, though, refuses to live out of his scrapbooks. He may be the most vibrant 66-year-old you'll ever see.

Even a mild cardiac difficulty last winter couldn't slow him down.

"Henry, if you hadn't stayed in shape all these years, it might have been different," his doctors told him.

Within a month, he was back out walking.

A two-mile jaunt around his North Miami neighborhood is his daily 8 a.m. ritual and now the neighbors are catching on.

"Hiya, Henry," they'll shout, "you're looking just great."

His pace is getting back to where it once was and a former Olympic teammate. two decades younger, was left huffing and puffing in his wake on a recent visit.

In a quarter-century, nothing had changed.

Laskau is a man who has walked through hell and walked to glory. He's a hero to many but never became the celebrity he deserved to be.

Today they'll try to remedy that.

Henry Laskau, this is your day.

Elliott Denman is an Asbury Park Press staff writer. His column appears each Tuesday, Thursday and Sunday.

Jolene Steigerwalt, one of the nation's top women in the Master's ranks, on her way to a 10 Km win at Indio, California last spring. (Photo courtesy of John Kelly)