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 12:15.39—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 Qiwards (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 10 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 1:32 in 5:28.3 to Vaill’s 5:25. Susan L-W was now fading with a 5:32. Brodock was too strong over the final 1/4 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 Densan. Results:


(cont. p. 11)
RICHARD CANN, 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 12:03.10 4. Don Lawrence 12:03.78 5. Tom McMillan 12:03.00 6. Larry Walker 12:03.28 7. Jay Eyers 12:03.90 8. Tom Keller 12:04.09 9. Chris Smith 12:04.10. DQ—Jim Heiring at about 1/4 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 from a 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, 2:30.0, 3:30.0, and 4:30.1. Surprisingly he walked his extra lap after what should have been his final lap.)


FROM HEEL TO TOE

Another correction to our U.S. 20 Km list, published in December. Randy Mims had a 1:38:00 for 20 Km on his way to a 24,494 meter performance for 2 hour & 56 minutes in West Long Branch on May 30. This was Mims' second fastest race of the year and certainly solidifies her No. 5 position in the Rankings.

Dr. Howard Palamaruk, 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 major 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 all leave you feeling better for the following day's workout, and, in general, more flexible. In summary, not only is stretching an important factor in preventing injury, but it can result in lagged style and performance for the race walker." ...Conrad Weiss, 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 scheduled for London in June, the 20 Km will be held on the track, a first for Lugano competition. (The Lugano Cup is the World Championships 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 competition, 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 failed to fourth in 1981 and then performed well below par in last year's European Championships. ...Rowle 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 is from. You'll find it on pages 52-55, though. ...Also, you can find a nice article on Gordon Wallace in the February-March issue of Modern Track, p. 40-50. ...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 Deman. "He was my favorite man," said Deman. "He was a friend of all the walkers." ...Elliott spent some of his vacation last summer "fiddling" with the 1982 Race Walk 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, 2 NYAC) 32
2. Ron Daniel (1 NYFG, 3 NYAC) 29
3. Bruce MacDonald (24 NYRC, 7 NYAC) 28
4. Randy Malusa (11 NYFC, 4 SC Striders) 15
5. Bill Barney (Athens AC and West Valley TC) 13
6. John Abbatte (Penn AC, etc.) 12
7. Bill Omelchenko, NYEC 10
8. Tony Dooley, Athens West Valley 10
9. Tom Deni, PED 10
10. Bob Bowman, SC Striders 10
11. Costas Klopfer, Athens AC 10
12. Bill Omelchenko, NYEC 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
3. Colorado Track Club 20
4. Southern California Striders (also Beverly Hills Striders and Toledo Striders) 18
5. Penn Athletic Club 16
6. FCC 1634, Verona, Pa. 11
7. Columbus Track Club 11
8. West Valley Track Club 10
9. Athens AC 10
10. Potomac Valley Track Club 8
11. Shore Athletic Club 7
12. Finley American AC 6
13. North Memphis Club 6
14. Ohio Track Club 6
15. Motor City Striders 6
16. Green & Gold AC, Chicago 6
17. U. Of Chicago Track Club 4
18. Baltimore Cross Country Club 4
19. Seattle AA 3
20. Chicago 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**

1. Ron Zinn 1:32:41 1964
2. Larry Young 1:32:53 1972
5. Don Dooley 1:34:15 1968
6. Rudy Haluza 1:35:00 1968
8. Bruce McDonald 1:35:40 1970

**5 Km**

1. Larry Young 4:00:46 1972
2. Bill Weigle 4:12:52 1972
5. Steve Hayden 4:16:07 1968
7. Bruce McDonald 4:18:10 1970
8. Bruce McDonald 4:19:10 1964
9. Mike Brodie 4:20:41 1964
10. Adolf Weisner 5:00:16 1956

### Notes

- **Sat. Apr. 2 -- 10 Km, Iatham, MD, 10 AM (G)**
- **Sun. Apr. 24 -- NATIONAL TAC**
- **Sat. Mar. 12 -- 5 Mile, Stone Mountain, GA (I)**
- **Sun. Mar. 13 -- Golf 20 Km Championship, Braes Bayou, TX, 8 AM**
- **Sat. Mar. 27 -- Eastern Regional 50 Km, Stonebryk, NY (K)**
- **Sat. Apr. 2 -- 10 Km, Iatham, MD, 10 AM (K) Eastern Sectional 20 Km (track), Women's 10 Km, Westfield, MA (K)**
- **Sat. Apr. 12 -- 5 Km, Los Angeles, 9 AM (J)**
- **Sat. Apr. 14 -- NATIONAL TAG 25 KM, WASHINGTON, DC, 9 AM (G)**
- **Sat. Apr. 20 -- NATIONAL TAG 35 KM, CLEVELAND, OHIO (M)**
- **Sat. Apr. 29 -- Drake Relays 10 Km, Des Moines (K) (listed on National schedule, but I have word from elsewhere there will be no race.)

**Sun. May 1 -- 5 Km and 20 Km, Dearborn, MI, 10 AM (O)**

**10 Km, Neptune, NJ (F)**

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**FEBRUARY 1983**

**Sat. May 7 -- 5 Km Handicap, Dearborn, MI, 10 AM (O)**

**Southeast Masters 5 and 20 Km, Raleigh, NC (U)**

**Sun. May 8 -- 10 Km, New York City (F)**

**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 women's individual 20 is with the National track meet in Indianapolis June 19.

**CONTACHS**

- **A--Dave Cyma, 6502 S. Briar Bayou, Apt. 203, Houston, TX 77072**
- **D--R. J. Rivot, 472 S. Kallaway Ave., #102, Aurora, CO 80017**
- **F--NYRC, Box 361, FDR Station, New York, NY 10150**
- **E--Elliott Dannson, 28 N. Locust, West Long Branch, NJ 07764**
- **G--Sal Corrallo, 351 N. 34th St., Arlington, VA 22207**
- **H--Don Schanbo, 1613 W. Grant Ave., Orlando, FL 32803**
- **J--John Kelly, 1024 Third St., Santa Monica, CA 90403**
- **K--Gary Westfield, P.O. Box 440, Salisbury, NJ 12787**
- **L--Dan Stirnle, Athletic Department, U. of Tennessee, P.O. Box 47, Knoxville, TN 37901**
- **M--Jim Jones, 3371 Yadler Ave., Cleveland, OH 44109**
- **N--Bob Ehrhart, 27th and Forest, Des Moines, IA 50316**
- **O--Frank Alongi, 2730 Woodshire, Dearborn Heights, MI 48127**
- **P--VFW Post 4699, P.O. Box 631, Sayreville, NJ 08872**
- **Q--Howard Jacobson, 445 E. 86th St., New York, NY 10028**
- **R--Rutgers Athletic Office, Piscataway, NJ**
- **S--Harry Sitten, 106 Sanches #17, San Francisco, CA 94114**
- **T--Waynes Nicoll, 3353 Gleneagle Dr., Augusta, GA 30002**
- **U--Southeast Masters Inc., Box 5604, Raleigh, NC 27603**

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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)
Sun. Mar. 13 -- Golf 20 Km Championship, Braes Bayou, TX, 8 AM (A)
Sun. Mar. 19 -- NATIONAL TAG 30 KM, LAFAYETTE, COLORADO, 9 AM (D)
Sun. Mar. 20 -- 5 and 10 Km, Washington, DC, 8 AM (G)
Sun. Mar. 20 -- 5 and 10 Km, Washington, DC, 8 AM (G)
Sun. Mar. 21 -- New York City (P)
Sun. Mar. 26 -- 5 Km and 30 Km, Dearborn, MI, 10 AM (O)
Sat. Mar. 27 -- Eastern Regional 50 Km, Stonybryk, NY (K)
Sat. Apr. 2 -- 10 Km, Iatham, MD, 10 AM (O) 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 Relay, Knoxville, TN (L)
50 Km, New York City (K)
5 Miles, Atlantic Highlands, NJ (P)
5 Km, Los Angeles, 9 AM (J)
Sun. Apr. 10 -- NATIONAL TAG 25 KM, WASHINGTON, DC, 9 AM (G)
NATIONAL TAG WOMEN'S 20 KM, WASHINGTON, DC (G)
Sun. Apr. 17 -- 5 Km, New York City (G)
Fri. Apr. 22 -- 5 Km Piscataway, NJ (S)
Sat. Apr. 28 -- NATIONAL TAG 35 KM, CLEVELAND, OHIO (M)
Zinn Memorial 10 Mile, Asbury Park, NJ (F)
Sat. Apr. 29 -- Drake Relays 10 Km, Des Moines (K) (listed on National schedule, but I have word from elsewhere there will be no race.)

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**The Books 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. Extracts from the first couple chapters of "The Sport of Race Walking"—a book published by the British Race Walking Association in 1966—help to acquaint us with the sense of the feats of our predecessors on the roads.

**... 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 Charles II who was noted for his walking powers and was described 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, athletes in the broadest sense were an essential part of the May games, wakes, fairs, and festivals that brought brightness into the lives of our ancestors. 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 acquire 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 heel 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 Widnecrth walked 44 miles in 7 hours 57 minutes on Wimbledon Common, and in the same year a Mr. John Bagge 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 Wacklesfield in 1806 at the age of 62 walked 172 miles in 49 hours 20 minutes. In July 1788, John Batte (55) walked 700 miles in 14 days and finished the distance within 5 hours of the time allowed.

A Mr. Cassing walked 300 miles in less than 5 days. We are told that he was little fatigued, but lost 26 pounds in weight. Farmer Rimington, 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 "pals" 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 and back again (402 miles) in 6 days for a wager of 100 guineas. In September 1779, he walked from the Palace Inn at Canterbury to London Bridge and back (100 miles) in 10 minutes less than 24 hours. In June 1788, he again essayed the journey 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 17 that he would walk from London to York and back in 5 days 10 hours. This he managed with one hour and a half in reserve and he was so fresh at the finish that he offered to walk 100 miles the next day for a considerably increased stake but 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 90 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 Scotman, 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 1795. 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 1806, he was matched to go 90 miles in 21½ hours for 100 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 incontinently drank some brandy, because instantly an aching headache consequent 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 tortuous 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 occasion called for a measured mile on the road between York and Hull. Two posts were driven in to mark the start and finish of the mile stretch and the extra pace required to circumvent the posts such time was ignored. Scorrers were placed at each end and lamps were in position during the darkness. Captain Barclay (as he was now universally known) attired in a close fitting flannel shirt, flannel trousers, and nightcap, lampson stockings and thick solid leather shoes, set off at midnight. The first 2 miles were covered in 10 seconds 10 minutes at 100 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 5 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 (2½ 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 Seaforf 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 1806, walked 100 miles in 19 hours 17 minutes on the Aberdonian 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 100 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 porter and two or three glasses of wine. He supped at 11 PM on a cold fowl with vegetables in season. Throughout, his appetite was good, but towards the end "spasmodic affections in his legs were particularly distressing." Betts 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 337 PM 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 public that the Cup Final or Derby Day has for our generation, and Barclay himself, was one of the best known figures in the country.

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 was 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 94 on Dec. 2, 1816, having 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 himself by commencing each mile within 20 minutes after each hour. And on Dec. 5, 1816, he completed 1998 miles in a like number of successive half-hours, on Preston Causeway at 56 years of age. For 1815 Eaton set a record of 3100 miles in 3600 hours, when he got up at 5 AM and marched 100 miles in 5 hours, and 200 miles in 10 hours. In 1816 Eaton was the first to win over 2000 miles in 2000 hours. In 1817 he competed at the Royal Exchange on Jan. 15, his first day's walk being to Folkestone, 91 miles on treacherous roads and in a snow storm. On Feb. 14, he had fallen 117½ miles behind his average, but during the next 11 days he covered 120 miles. As he approached the end of his walk, Eaton 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, Eaton 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 Meek (1000 miles in 1000 successive hours in 1813) and William Buckler (1000 miles in 1000 successive hours in 1817) and William Plant (1998½ miles in 20 successive days and excitement extending over 42 days and excitement) 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 interest as did Weston 70 years later.

NATIONAL TAC INDOORS (cont.)


FAST WINNERS SAAS AND TAC INDOOR TITLES

1 Mile
1897 Harry Ladd, Knickerbocker AC 7:23
1897 Sam Liebgold, Pastime AC 7:41.2
1898 Sam Liebgold, Pastime AC 7:19.8
1899 Sam Liebgold, Pastime AC 7:13.6
2 Miles
1913 R.F. Clifford, McCaddin Lyons 14:32.6
1914 R.R. Rusher, Irish-Amer. AC 14:21.8
1915 Edward Bens, Mohawk AC 14:05.6
1916 G.R. Goulding, Toronto CWC 13:37
1917 Richard F. Rusher, NYAC 13:59.2
1918 Richard F. Rusher, un. 14:27.2
1919 Edward Bens, un. 14:33.2
1 Mile
1920 J.B. Pearman, New York AC 6:39.8
1921 R.R. Rusher, Amer. Walkers Ass'n 6:29
1922 William Plant, Morningside AC 6:40.6
1923 William Plant, Morningside AC 6:35.8
1924 William Plant, Morningside AC 6:45.4
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.Gen. YMCA 6:43.8
1931 William Carlson, un., New York 6:47.6
1932 Michael Pecora, Brook.Gen. YMCA 6:27.2
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 his Olympic dream along with so much else. Laskau considered himself fortunate to escape the land of his birth, hiding his Jewish identity from his fellow students.

He literally walked out of Germany and in even shorter order because he was lucky enough to have a friend in the United States who helped him travel to the United States. He arrived in the United States and started picking up pieces of normalcy.

The rest of the Laskau family never made it. A brother came close, gaining passage on the passenger liner St. Louis. But at sea, the ship 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 Olympic trials.

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 administrative 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 K win at Indio, California last spring. (Photo courtesy of John Kelly)