Lafayette, Colorado, March 19—Marco Evoniuk launched his 1983 campaign with a decisive victory over Jim Heiring in the National 20000 M Championship today. In the process, he bettered Ray Sharp's championship record of 2:21:03 (set in 1980) with a time of 2:16:41. Heiring, who won this race in 1978, also had an excellent time, but was nearly 3 minutes back of Evoniuk. Canada's Marcel Jobin, who has been dominate in the U.S. races he has entered the past couple of years, was a well beaten third (but not eligible for official placing in a U.S. title race). Tim Lewis, officially third, demonstrated again that he is going to be a strong candidate for a place on U.S. teams for this year's World Championships and Lugano Cup at 20 Kms. Neal Picken, aka Grim Reaper, won the Master's title.


PAST WINNERS NATIONAL 30 KM

Valencia, Spain, March 13—Jose Marin, winner of last year's European 20 Km title and second at 50 Km in the same championships, easily won the Spanish National 50 Km today. In the process, he walked the sixth fastest time in history—3:40:47. The five ahead of him came in what still seems a questionable race in Moscow in 1980. Outside of that race, the best previous time was a 3:41:20 by Raul Gonzalez of Mexico. Gonzalez also had a 3:41:29 on the track. Marin's previous best was 3:43:15 in that race 3 years ago.

The race was held on a flat, 2-km loop and Marin took command from the start and was close to 42 minutes at 10 Km. He passed 20 Km in under 1:27 and then held on for sub 45 second 10 km splits the rest of the way, despite effects of a warming sun in the latter stages. Jorge Llopart walked very well, bettering 3:48, but was no threat to Marin.

Dan O'Connor finished seventh in the race, recording his fifth 50 Km in a row in the 4:20 to 4:22 range. He was hindered when his assigned helper at the aid station took off at the gun—he finally got help from the British trainer and Llopart's father after 2.5 Km—and three forced retreats to the bushes.


OTHER RESULTS

**MARCH 1983**

**SAT. APR. 9---**

35 km, Colorado Springs, Col. (D)

5 km, Dogwood Relay, Knoxville, TN (L)

5 km, Los Angeles, CA (J)

Sun. Apr. 10---

RACE IN YOUR FUTURE

Sun. Apr. 17---

5 km, New York City (Q)

Fri. Apr. 22---

5 km, Piscataway, N.J. (R)

Sat. Apr. 23---

5 km, Men and Women, Valhalla, Cal. (J)

10 km (Track), Little Rock, Ark., 7:30 am (2)

Sun. Apr. 24---

RACE IN YOUR FUTURE

Sun. May 8---

10 km, New York City (G)

Sat. May 14---

5 and 10 km, Washington, DC, 9 am (T)

Sun. May 15--

National TAC 15 km, Santa Monica, Calif. (J)

10 mile, Seaside Heights, NJ, 10:30 am (F)

20 km, Ft. Smith, Ark. (Z)

1500 meters and 3 km, Arlington, VA, 9 am (G)

Sun. May 21--

National TAC 50 km and INGANO TRIAL, MONTEREY, CAL. (F)

10 km (College age trial walkers only), Philadelphia (M)

Sun. May 22--

Southern Pacific Assn. 5 km, Los Angeles (U)

15 km, Washington, DC, 9 am (G)

Sun. May 28--

NAIA 10 km (College), Kansas City (G)

5 km, College Park, MD, 9 am (G)

Sun. May 29--

9 km, Lakeview, NJ (K)

Sun. June 4---

15 km, Ft. Collins, Col. (D)

Sun. June 5--

Zinn Memorial 10 km, U-W Parkside, Wis., 10 am (V)

National TAC 5 km, U-W Parkside (V) (may be good to go on this Saturday)

1500 meters and 3 km, Arlington, VA, 10 am (G)

**CONTACTS**

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G---Sal Corrall, 3211 N. 37th St., Arlington, VA 22207

H---Gary Blackwell, P.O. Box 400, Smithtown, NY 11787

I---Tom Edwards, 1221 Maupin Ave., Cleveland, OH 44109

J---Steve Falk, J121 Maupin Ave., Cleveland, OH 44109

K---Jack Blackburn, 2305 N. High St., Springfield, OH 45504

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O---Sal Corrall, 3211 N. 37th St., Arlington, VA 22207

P---Robinhood Dr., P.O. Box 47, Knoxville TN 37901

Q---Mike Detweiler, 858 40th St., Kenosha, WI 53140

R---Dave Birkett, 27th and Forest, Des Moines, WA 98110

S---Frank Alongi, 265,000 Woodsbire, Dearborn, Mich. (J)

T---Howard Jacobson, 445 E. 86th St., New York, NY 10029

U---US Masters, Inc., Box 5684, Raleigh, NC 27600

V---Mike Detweiler, 818 40th St., Kenosha, WI 53140

W---Nancy Fennott, 3001 10th St., Washington, DC 20001

X---Bill Blackwell, P.O. Box 400, Smithtown, NY 11787

Y---Howard Jacobson, 445 E. 86th St., New York, NY 10029

Z---Sal Corrall, 3211 N. 37th St., Arlington, VA 22207

**MARCH 1983**

Sat. Apr. 30--Drake Relays 10 km, Des Moines (N)

Sun. May 1---

20 km and 5 km, Des Moines, Iow. 10 am (G)

10 km, Denver, Colo. (D)

Sat. May 7---

5 km Hapac, Dearborn, Mich., 10 am (O)

Southeast Masters 5 and 20 km (U)

10 km, Los Angeles, 8 am (D)

Sun. May 8---

10 km, New York City (Q)

Sun. May 15---

2 km, South Carolina, 9 am (T)

Sun. May 22---

5 km, College Park, MD, 9 am (G)

Sun. May 29---

9 km, Lakeview, NJ (K)

Sun. June 4---

15 km, Ft. Collins, Col. (D)

Sun. June 5--

Zinn Memorial 10 km, U-W Parkside, Wis., 10 am (V)

National TAC 5 km, U-W Parkside (V) (may be good to go on this Saturday)

1500 meters and 3 km, Arlington, VA, 10 am (G)

**RACES IN YOUR FUTURE**

**SAT. APR. 9---**

35 km, Colorado Springs, Col. (D)

5 km, Dogwood Relay, Knoxville, TN (L)

5 km, Los Angeles, CA (J)

Sun. Apr. 10---

National TAC 25 km, Washington, DC, 9 am (G)

(Senior, Junior, and Masters)

Women's 20 km and Open 5 km, Washington (G)

Sun. Apr. 17---

5 km, New York City (Q)

Fri. Apr. 22---

5 km, Piscataway, N.J. (R)

Sat. Apr. 23---

5 km, Men and Women, Valhalla, Cal. (J)

10 km (Track), Little Rock, Ark., 7:30 am (2)

Sun. Apr. 24---

National TAC 35 km (Senior and Masters), Cleveland (N)

Zinn Memorial 10 mile, Asbury Park, N.J (F)
have been involved in giving clinics to those interested—an almost 300 showed up for the one of the clinics mentioned in the article. Need to say, it was a treat for us who have wall enough to explain it! Because most people are intimidated by "race," I have been calling it "speed walking" to get more people interested. The "walking" is the obvious alternative. Don't hesitate to charge a dollar or so per hour—I wish I hadn't offered to do those clinics free (although it did give me satisfaction that I was making a community contribution). Because of the article, I have been able to give clinics at the YMCA's and several athletic clubs (for a fee). "Speedwalking" is the obvious alternative. Don't hesitate to charge a dollar or so per hour—I wish I hadn't offered to do those clinics free (although it did give me satisfaction that I was making a community contribution). Because of the article, I have been able to give clinics at the YMCA's and several athletic clubs (for a fee).
Workshop Staff

Frank Soby:
Michigan TAC racewalking chairman, coaching assistant to the U.S. Olympic Development Camp, racewalking judge, masters racewalker.

Gerry Bocci:

Martin Kraft:

Jeanne Bocci:

Jack Blackburn:
Ohio Centurian Winner, fitness specialist on walking, participant in Olympic Trials-1956 10K run.

Frank Alongi:
I.A.A.F. official, coach for U.S. Development Camp, athletic director for Wolverine Pacers A.C., chairman of officials for Michigan TAC.

Gary Morgan:

Midwest Walk Clinic
for Fitness & Walking

- for beginning walkers and advanced racewalkers
- certification workshop for racewalking judges and officials

Saturday, April 30, 1983
2 p.m. - 5 p.m.

Fitness and Walking Clinic

Saturday, April 30, 1983
2:00 - 2:45 p.m.
Introduction, Frank Soby
"Fitness & Walking," Jack Blackburn

2:45 - 3:30 p.m.
Workshop I (two concurrent sessions)
Walking Technique for Beginners:
Racewalking and Brisk walking - demonstration and practice
Frank Soby, Gerry Bocci

Advanced Racewalking:
Technique Analysis
Frank Alongi, Martin Kraft
Individual assessment of walkers with use of video tape recorder.

3:45 - 4:30 p.m.
Workshop II (two concurrent sessions)
Developmental Walking Programs:
Presentations by representatives of Vital Options, Inc., Assumption Cultural Center, Wolverine Pacers A.C., Grosse Pointe Continuing Education.

Racewalk Training
and Racing Strategies:
Panel Presentation (questions encouraged)
Introduction: Frank Soby
Jeanne Bocci, 1 mile - 5K
Gerry Bocci, 10 & 20K
Martin Kraft, 50K
Jack Blackburn
Ultra Distance Walking

4:30 - 5:00 p.m.
Certification Workshop for Racewalking Judges
Frank Alongi
Rules and Techniques - Practice.

Sunday, May 1, 1983 1:00 p.m.
Cottage Hospital
5K & 10K Fun Run/Walk
All workshop attendees are strongly urged to participate
Call 884-8600, extension 2454 for more information.
he has slowed to 4:35:50 and by age showed the signs of creeping old age with a pedestrian 44:58. Then he started his comeback, topped by a 44:00 for 10 Km in 1985 at age 55.

5 Years Ago (From the March 1978 CRW) - Collegiate Indoor titles went to Carl Schuler and Pete Timmons. Frostburg State's Schuler did 1:17:13 to win the NATA 2 Mile, ahead of John Van Den Brandt's 1:17:13.1. In the IC4A Mile, Timmons, of St. Johns, did 4:09:22, beating Bruce Harland, who had 4:10:4... Schuler also beat an aging Dave Romansky at 10 Km with a 3:52:16. Dave was 22 seconds back-not bad, but certainly not a 30-year-old's performance... Italy's Vittorio Visini had a world's best indoor 2 mile with 22:57.6 in Genoa and East Germany's Karl-Heinz Stadtmuller did an indoor 20 Km in 1:27:19... In another race, Visini did 11:43:3.8 for 3 Km, also the best on record... The British 10 Mile went to Olly Flynn in 67:29, but the course was reported as short.

The following column appeared in the New York Times on Feb. 21, 1981.

George Vecsey
Prime Time For a Walk

One of the most exciting races of this indoor track season, or any other season, was held at the decidedly-not-prime time of 5:40 P.M. last Jan. 28. The race was the one-mile walk, an event that sometimes draws titters from casual observers who have no idea how it is to keep one foot on the ground at all times, vigorously churn the arms and upper body for power, and grind out times faster than six minutes per mile.

Some of the few thousand fans who arrived early at Madison Square Garden for the Millrose Games may have giggled when they saw the odd gait of the race-walkers, but they became galvanized when one of the walkers, Ray Sharp, had to bend over and adjust his shoe as the field passed him.

The few thousand fans began to sound like a full house as they screamed for Sharp to catch Jim Heiring, the walker who had inadvertently stepped on Sharp's shoe - and break Heiring's world record, both of which Sharp did.

Sharp's record time of 5 minutes 46.21 seconds was overlooked by many sports fans whose attention was directed to the Super Bowl coming up two days later. But the shouts of the early fans in the Garden that night were not overlooked by the directors of two other major New York meets.

As soon as Sharp broke the record, one of the gurus of race-walking, Howard Jacobson, prodded Ray Lumpp, the director of the Vitalis/U.S. Olympic Invitational, to move the 1,500-meter race walk to the prime time of 8 P.M. That meet, postponed once by the snow, will be held this Sunday at Byrne Meadowlands Arena in New Jersey.

The walk will also be featured in Friday night's U.S.A. /Mobil Championships at Madison Square Garden, Herb Schmertz, the impresario of the Mobil meet, has agreed to run an 8:06 P.M. start for the two-mile walk, and a clip of the race will be shown on the live telecast beginning at 9 P.M. on the Public Broadcasting Service.

Sharp will appear in both meets, and he predicts that in the Sunday meet in New Jersey, "whoever gets to the finish line first will set a record for 1,800 meters."

He thinks that he and his event have reached a new plateau at the same time. The elevation of the race walk to prime time is partly a tribute to Henry Laskau, the American pioneer walker, who still coaches walkers from his home in Miami. Laskau will be a judge at both events in the New York area this weekend.

The new popularity of the walk also comes from people who have taken to the roadways in a quest for better conditioning. Jacobson, a New York-based walking coach, thinks that race-walking is more healthful than running for many adults because it requires upper-body activity and does not put as much stress on ankles, knees and hips as running does.

"Running is fine until you have injuries," Sharp says. "Then walking might be better for you."

Sharp is a 23-year-old who discovered race-walking almost by accident in high school. He was attending a Junior Olympics meet near his home in Lewiston, Idaho, and entered the race walk just for the competition. He learned the event from books rather than from coaches, and a year later, in 1978, he won the Junior Amateur Athletic Union championship.
Race-walking's time seems to have arrived at last.

Sharp trains in a manner unusual for most track and field athletes: he goes cross-country skiing in Colorado in the fall and early winter because "It's great cardiovascular and upper-body conditioning and, it's like a break, too. There are 100 different ski areas in Colorado. I've been on most of them."

When he put down his skis to enter the Millrose Walk in January, Sharp thought he had a chance to beat Heiring's indoor-mile record of 5:47.39. He took a lead on Heiring on the second of 11 laps but almost immediately he felt Heiring's toe catch the heel of his foot.

"We stay pretty close to each other," Sharp says. "I've done it to him and he's done it to me. It's not on purpose. I could feel my shoe slip down my heel. I tried to walk on it but I realized I'd have to adjust it. I kept going until the straightaway.

"I heard the crowd gasp. 'What's he doing? Is he dropping out?' It took me four or five seconds to pull the shoe up again. Fortunately, it slipped right up, and I didn't have to tie it. Then I tried to catch the pack."

He caught Heiring and broke the record by 1.18 seconds, indicating to himself that there is room for improvement. He almost promises a 1,500-record for Lump this Sunday, and a two-mile record for Schertura on Friday is not impossible, either.

Tell it to Liepaaskalins:

Study says age and exercise don't mix

United Press International

Exercise could be bad for your health, especially if you are past middle age, according to a study done with mice at Technion-Israel Institute of Technology in Haifa.

This current challenge to conventional wisdom results from an experiment in which it was found that although mild exercise — roughly equivalent to jogging — had a positive effect on the muscles of young mice, it damaged those of mice past middle age.

Biologist David Gershon, head of the research team, explained in a Science Digest article: "Under conditions in which the young muscles become more developed, the older ones break down. The older mice’s muscles are most likely already deteriorating, and exercise aggravated the condition. The findings suggest that there's a threshold in life beyond which the body is no longer able to support exercise."

The American race walk was dominated for decades by Henry Laskau, who had narrowly escaped from Germany just before World War II, losing much of his family in concentration camps and later serving in the United States Army as an interrogator of former SS officers.

Laskau, a former runner, turned to race-walking after the war, and he competed for the United States in the 1948, 1952 and 1960 Olympics. His best finish was 11th, in 1956. Most of his American records have since been eclipsed by the new wave of race-walkers, but he is acknowledged as the spiritual superstar of the event.

Disciplines of Laskau, like Howard Jacobson, tutor the new wave of walkers. Jacobson says he has coached walkers on the last four Olympic squads while at the same time teaching walking as an aerobic exercise.

Race-walking's time seems to have arrived. The old time was 6:40 P.M. The new time is prime time.
Keep on Walking

WANG CHUNTANG, a 24-year-old man from Shenyang in China's northeast Liaoning province, set an Asian Games record in the 50-kilometer walk, finishing in 4 hours, 9:39 minutes. He trimmed 8:22 off the old record set in 1951, the last time the race was included in the Asian Games.

Even its fans will admit that the sport is dull and monotonous, and that a walker needs both a strong will and tenacious spirit. Wang possesses both.

In 1978 Wang was a high school graduate awaiting his job assignment. A coach named Wang Kui noticed his compact physique - the athlete is 1.8 meters tall and weighs 62 kilograms - and persuaded him to train at a local sports school. Wang trained twice a day for four years - at 5:30 in the morning and at 2:00 in the afternoon. Taking no time off for holidays, he had covered 42,000 kilometers by the time he went to New Delhi. His slight form could be seen making his way down roads in all kinds of weather. Physical exhaustion could not stop him. He kept on walking.

The Asian Games was only Wang's second international outing. In the first, the 4th Asian Field Championships in Tokyo in June 1981, he lost count of the number of times he had circled the track and walked one lap less than required. He didn't score and finished last. To be on the safe side, the intrepid athlete walked an extra time around the 400-meter track of Jawaharlal Nehru Stadium to make sure that he finished the distance. His gold medal proves that it's better to be safe than sorry.

Larry Walker, who brought along his Casio just to be sure, crosses the finish line at the Long Beach Relays 5-Km walk. His 20:57 established a new U.S. Masters record. Larry just joined the Master's ranks.

(Sportspoto by John Allen)