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HEIRING CATCHES SHARP NEAR FINISH, WINS 25 KM
LIERS-WESTERFIELD TOPS WOMEN AT 20

Washington, D.C., April 10--Catching Ray Sharp in the final 600 meters, Jim Heiring walked the fastest 25 Km in U.S. history to win the National TAC title today. Jim"s time of 1:50:38 bettered the 1:51:07 by Neal Pyke in these championships in 1978. Sharp, who had a 50 yard lead late in the race, was done in by the dry heaves in the final drive, as well as the fast-moving Heiring. Nonetheless, he was less than a second behind at the finish. Dan O'Connor, who stayed with Heiring and Sharp for the first 15 km, led a parade of five others under 2 hours with an e xcellent 1:53:24. The first five bettered the World Games qualifying standard of 1:31 for 20 km on their way.

In an accompanying women's 20 km, which I guess was also the National title race, though I had never seen it scheduled as such, Susan Liers-Westerfield beat her teammate, Theresa Vaill, by less than a stride in 1:50:28. Chris Anderson walked an excellent race, finishing just 41 seconds back of the leaders, but just did beat young Carol Brown. Gwen Robertson also had a fine race, pushing Sue Brodock into sixth place. The Master's title went to Lori Maynard.

In the men's race, Sal Corrallo was the overall Master's winner even though he is looking back at age 50. His 2:17:32 left an even older Bob Mimm (58) 5 minutes back in second. The Junior title went to Bill Crucilla in 2:15:24.

The weather--mid 50's with occassional light rain--was conducive to fast times and the athletes produced them with the fastest mass finish in an "off-distance" race in U.S. history.

Men's 25 Km: 1. Jim Heiring (age 27) 1:50:38 2. Ray Sharp (23) 1:50:39 (reported in results as 1:51:04, but the race description says he was less than a second behind) 3. Dan O'Connor (31) 1:53:24 4. Tim Lewis (20) 1:55:11 5. Steve Pecinovsky (28) 1:57:18 6. Sam Shick (24) 1:58:04 7. Tom Edwards (21) 1:58:21 8. Mike Morris (21) 1:58:21 9. Troy Engle (21) 2:04:11 10. Randy Mimm 2:04:35 (28) (51 finishers, but we don't have the rest yet) Masters: 40-44--1. Frank Soby 2:27:53 50-54--1. Sal Corrallo 2:17:32 2. Howie Jacobson 2:29:46 3. Joel Holman 2:31:40 55-59--1. Bob Mimm 2:22:37 60-64--1. Don Johnson 2:56:00 2. Gene Dix 3:31:26
Junior: 1. Bill Crucilla 2:15:24 2. Daniel Krause 2:35:52 3. Don Lenox 2:36:59
Women's 20 Km: 1. Susan Liers-Westerfield (24) 1:50:28 2. Theresa Vaill (20) 1:50:28 3. Chris Anderson (29) 1:51:09 4. Carol Brown (19) 1:51:30 5. Gwen Robertson (27) 1:53:23 6. Sue Brodock (27) 1:56:28 7. Lori Maynard (41) 2:04:30 8. Patti Sobanko (22) 2:06:19 9. Sharon Golden (31) 2:10:15 10. Charisse Henriquez (14) 2:11:53 Masters: 1. Lori Maynard 2. Anna Rush 2:13:20 3. Barbara Peters 2:35 Junior: 1. Henriquez 2. Marie Socco
Men's Teams: 1. Kangaroo 5:43:33 2. SUNY-Stony Brook 6:20:53 3. Potomac Valley 6:36:32 Women's Teams: 1. Island Track Club 4:52:26 2. Potomac Valley 6:52:43

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SHARP COMES BACK TO CAPTURE 35

Cleveland, Ohio, April 23--Fighting strong winds and a determined effort by Mike Morris, Ray Sharp captured todya's National TAC 35 Km racewalking championship in 2:55:00. Mike Morris, walking probably the finest race of his career, traded the lead with Sharp through about 20 Km and after that gave ground grudgingly to finish in 2:56:40. Less than a minute behind him, and closing at the finish was Wayne Glusker, who showed that he is still one to be reckoned with. Troy Engle walked a gutsy race in fourth, staying within 50 or 60 meters of the two leaders for perhaps half the race. Chris Knotts, not having one of his better days, struggled most of the way, but still finished ahead of three pretty good walkers to take fifth.

In the Master's race, Jack Blackburn walked a strong frist 20 Km, felt a lot of pain in the last 5, but came home the winner in 3:33:58 with Robert Timmons second. Your editor, appearing in a race for the first time in nearly 3 years, trailed Blackburn by 80 to 100 meters through the first 10 miles, made a strong move to take the lead at 13, extended that lead to well over 1 minute by 30 Km (2:58:07) and then called it a day at 19 miles, evidently not wanting to have to put himself in the headlines.

An Accompanying women's 5 Km race went to Jeanne Bocci in 26:15.

The race was excellently handled by Jim Janos, with Frank Alongi leading a competent judging crew. The 1-mile lap circled the outside of the Cuyahoga Community College Tartan track and then followed an asphalt loop back to the track. The race started under sunny skies with the temperature near 60, but finished with rapidly falling temperature. A very strong wind hampered the walkers throughout and seemed to increase in intensity as the race progressed.

1. Ray Sharp, Fort Collins, Col. 2:55:00 Mike Morris, Colorado Springs 2:56:40 3. Wayne Glusker, San Francisco 2:57:38 4. Troy Engle, Amherst, Mass. 3:01:50 5. Chris Knotts, Springfield, Ohio 3:07:40 6. Gary Morgan, Detroit 3:11:28 7. Pete Timmons, Sayville, NY 3:12:29 8. Martin Kraft, Detroit 3:13:48 9. Rob Timmons, Sayville, NY 3:24:25 10. Jack Blackburn, Springfield, Ohio 3:33:58 11. Bob Falciola, Sandown, NH 3:38:25 (we think Bob actually walked an extra lap. He was nearly a lap ahead of Blackburn, and although he made a pit stop and an equipment change, it was not for that length of time) 12. Robert Timmons, Sayville, NY 3:48:28 DNF: Jack Mortland, 19 miles in 3:01:49,and someone else. A very small, but good quality field. Winning team: KangaRoos.

Women's 5 KM: 1. Jeanne Bocci, Detroit 26:15 2. June MacDonald, Detroit 27:58 3. Joan Gibson, Cleveland 35:41

PAST WINNERS National 25 KM

1943	William Mihalo	2:23:43	1948	Ernest Weber	2:20:09
1944	William Mihalo	2:21:40	1949	William Mihalo	2:12:15
1945	William Mihalo	2:28:46	1950	Adolph Weinacker	2:52:11
1946	William Mihalo	2:14:32	1951	Jimmy Sidun	2:12:27
1947	William Mihalo	2:16:26	1952	Adolph Weinacker	2:21:05

1953	John Deni	2:16:33	1968	Don DeNoon	1:55:13
1954	John Allen	2:13:08	1969	Ron Laird	2:02:32
1955	James Hewson	2:14:32	1970	Dave Romansky	1:59:05
1956	Henry Laskau	2:04:35	1971	Ron Laird	2:01:49
1957	Carl Kurr	2:11:47	1972	Larry Young	1:57:28
1958	Ron Laird	2:16:05	1973	John Knifton	2:05:50
1959	Rudy Haluza	2:14:04	1974	John Knifton	1:56:03
1960	John Allen	2:03:29	1975	Ron Laird	1:56:38
1961	Ron Laird	2:11:36	1976	Ron Laird	1:59:09
1962	Alex Oakley	2:03:14	1977	Dan O'Connor	2:05:12
1963	Ron Laird	?	1978	Neal Pyke	1:51:07
1964	Dean Rassmussen	2:18:18	1979	Jim Heiring	1:57:28
1965	Ron Laird	2:01:42	1980	Ray Sharp	2:02:45
1966	Ron Laird	2:06:16	1981	Todd Scully	2:02:02
1967	Ron Laird	1:59:18	1982	Dan O'Connor	1:57:23

PAST WINNERS 35 KM

1949	Adolph Weinacker	3:18:	1967	Ron Laird	2:57:40
1950	Adolph Weinacker	3:18:40	1968	Larry Young	2:53:16
1951	John Deni	3:07:01	1969	Ron Laird	2:55:57
1952	William Mihalo	3:23:14	1970	Dave Romansky	3:13:14
1953	John Deni	3:41:08	1971	Larry Young	3:02:22
1954	Leo Sjogren	3:28:41	1972	Larry Young	2:52:41
1955	Leo Sjogren	3:17:57	1973	John Knifton	3:00:31
1956	Adolph Weinacker	3:35:03	1974	Floyd Godwin	2:55:29
1957	James Hewson	3:07:00	1975	John Knifton	2:53:04
1958	Leo Sjogren	3:25:35	1976	John Knifton	2:59:52
1959	Ferenc Sipos	3:12:45	1977	Wayne Glusker and Dave Himmelberger	3:03:50
1960	Ron Zinn	3:22:54			
1961	Ron Laird	3:28:05	1978	John Knifton	3:05:42
1962	Ron Laird	3:20:21	1979	John Knifton	2:55:47
1963	Bob Bowman	3:28:36	1980	Dan O'Connor	3:00:31
1964	Chris McCarthy	2:50:53*	1981	Ward Freeman	3:07:29
1965	Ron Laird	3:07:09	1982	Marco Evoniuk	2:48:08
1966	Ron Laird	2:55:50			

*Short course, sorry Chris

OTHER RESULTS

Northeast 30 Km, Boylston, Mass., March 2--1. Brian Savilonis 2:38:20 2. Bill Keating 2:41:42 3. George Lattarulo 3:16:50 10 Km, Sayville, NY, March 20--1. Pete Timmons 47:14 2. Jon Gaska 47:30 3. Bill Crucilla 49:06 4. Susan Liers-Westerfield 54:22 5. John Shilling 56:56 6. Paul D'Elisa 55:38 7. Bob Timmons 59:26 10 Km, New York City, Feb. 20--1. Nicholas Bdera 50:41 2. Robert Gottlieb 55:46 3. Richard Goldman 56:53 Women: 1. Alyce Daniels 61:35 2. Robert Baldini 62:28 Half-Marathon, Brooklyn, March 13--1. Nicholas Bdera 1:55:07 2. Ronald Valiente 2:24:56 Women: 1. Roberta Baldini 2:21:24 2. Dorothy Kelly 2:23:42 5 Mile, Brooklyn, Feb. 16--1. Nicholas Bdera 39:57 2. Ray Floriani 40:44 3. Robert Gottlieb 44:58 4. Richard Evans 45:27 (10 finished) Women: 1. Marjorie Graham 51:55 2. Elizabeth Null 52:00 5 Mile, New York City, March 5--1. Nicholas Bdera 40:05 2. Robert Gottlieb 44:48 3. Hector Gonzalez 44:56 Women: 1. Dorothy Kelly 46:48 2. Roberta Baldini 50:09 3. Elizabeth Null 50:35 5 Mile, New York City, Jan. 2--1. Nicholas Bdera 38:41 2. Dave Talcott 38:54 3. Robert Gottlieb 44:18 4. Richard Goldman 44:49 5. Ronald Valiente 48:48 (10 finished) Women: 1. Dorothy Kelly 44:33 2. Lo-An Flettrich 49:44 3. Roberta Baldini 50:41 (11 finished) 10 Mile, New York City, Dec. 11--11 Nicholas Bdera 1:27:10 Women: 1. Dorothy Kelly 1:35:39 30 Km, New York City, Dec. 18--1. Nicholas Bdera 2:51:49 2. Dave Talcott 2:59:32 Women: 1. Lo-An Flettrich 3:33:04

6 Mile, New York City, Jan. 9--1. Nicholas Bdera 47:57 2. Robert Gottlieb 53:20 3. Ronald Valiente 59:14 4. Peter Britell 59:49 Women: 1. Dorothy Kelly 55:04 2. Lo-An Flettrich 61:11 Iona Relays 5 Km, Long Island, April 23--1. Tom Edwards 23:24 2. Bill Crucilla 23:25.5 3. Jon Gaska 23:40.3 Boston College Relays 10 Km (track), April 21--1. Jim Mann 48:34 2. Bob Falciola 49:21 3. Mark Fenton 50:04 4. Tom Knatt 52:27 5. George Lattaurlo 55.03 6. Adam Saravay 55:52 Women: 1. Chris Anderson 52.57 2. Tammie McPoland 54:02 3. Kathleen Gallegher 58:28 4. Laura Kozenbaugh 60:18 1500 Meters, Brookville, N.Y., April 9--1. Ed O'Rourke 5:54.2 2. Ben Defibaugh 5:54.3 3. Dave Petrie 6:10.6 4. Bob Gottlieb 7:12.8 (Defibaugh had 2:42 for first 880 and then staggered to finish) 5 Km, New York City, April 17--1. Ed O'Rourke 22:24 2. Ben Defibaugh 22:44 3. Nick B'Dera 23:28 4. Rudy Castillo 24:58 5. Ray Floriani 24:59 6. Bob Gottlieb 25:25 7. Hector Gonzalez 26;38 8. Bryan Hopkins 26.42 (1st Jr., age 16) 9. Ron Lenox 27:01 10. Bob Timmons 27:17 (1st Master, age 50) 11. Rich Goldman 27:22 12. Dorothy Kelly 27:46 (1st woman and woman master) 13. Bruno Galeotti 28:06 14. Dave Romansky 28:08 15. Marianne Torrellas 28:16 H.S. 1 Mile, Grand Island, N.Y., April 16--1. Richard Mahnke 7:19 2. Dan Talcott 7:32 3. Jeff Miller 7:53 (14 finishers, and I forgot to mention that there were 73 finishers in the 5km immediately preceding) H.S. Girls 1 Mile, same place--1. Trinette Brazier 8:31 2. Beth Barto 8:46 3. Michele Sparacc 9:03 (17 finishers) 10 Km, same place--1. Helmut Boeck, Can. 44;08 2. Dave Cummings 45:22 3. David Lawrence 46.40 4. David Talcott 48:08 5. Andy Liles 49:43 6. Andrew McNicoll 50:34 7. Jerry Young 52:29 8. Rod Condon 54:04 9. Dan Stanek 55:56 10. William Cressman 57:07 11. Doug Stroud 59:24 12. Robin Sweazey 59:46 13. Mark Hilburger 60:20 14. Jim Janos 60:22 Women: 1. Nancy Sweazey, Can. 53:32 2. Mandy Holland, Can. 55:00 3. Tammie McPoland 55:56 4. Gloria Brown 59:49 5. Cecilia Roth 63:58 1500 meters, Syracuse, N.Y., March 13--1. Dave Talcott 6:23.4 2. Dan Talcott 6:32.7 1 Mile, Ithaca, N.Y., April 3--1. Dave Talcott 6:49.4 Eastern States H.S. Indoor 1 Mile, Princeton, N.J., March 7--1. Pat Flannery 6:45.74 2. James Eastwood 6:47.2 3. Mike Stauch 6:52.7 4. Adam Falk 6:55.1 5. Dan Talcott 7:08.9 6. Jim Silbersweig 7:09.9 5 Km, Knoxville, Tenn., April 9--1. Jim Heiring 20:41.49 (Just missed his own meet record of 20:41.0) 2. Todd Scully 21:16.69 3. Gary Morgan 22:07.33 4. Jerry Young 25:06.95 6.Troy Nelson 25:06.95 5 Km, Stone Mountain, Ga., Mar. 19--1. Bruce LaBudde 26:15 2. Bob Kitchen 26:19 3. Steve Sparrow 28:28 4. Roger Nunn 28:28 5. John Mayes 30:53 (14 finished) 20 Km, Dearborn, Mich., April 1--1. Martin Kraft 1:38:56 (24:35, 49:20, 1:13:47) 2. Gary Morgan 1:40:15 3. Frank Soby 2:00:19 Indoor 2 Mile, Macomb College, Jan. 8--1. Gary Morgan 13:44 2. Gerald Bocci 16:19.4 3. Jeannie Bocci 16:45 4. John Goodman 19:40 2 Mile, Macomb, Feb. 5--1. Martin Kraft 14 05.4 2. Keith Luoma 16:41.9 3. Gerald Bocci 16:56.9 4. Kathy Wood 19:20.2 5. Kevin Doyle 19:48.5 3 Mile, Detroit (Bill Walker Memorial), Feb. 27--1. Martin Kraft 21:48 2. John Padrick 25:14 3. June MacDonald 26;06 4. Fred Smith 26:22 5. Frank Soby 26;54 6. Lynda Poly 29:45 7. Margaret Valentine 29:47 8. John Goodman 29:52 Mich. State Indoor Champ., Adrian, March 13: 3 Km--1. Martin Kraft 13:28.8 2. John Padrick 14:55.1 3. Gerry Bocci 16:47.7 DQ--Gary Morgan Women's 1500--1. Kathy Wood 9:47 2. Joan Gibson 10:02 Indoor 2 Mile, Milwaukee, March 5--1. Will Preischel 13:52.6 2. Mark Manning 13:52.6 H.S. Indoor 1600 meter, Racine, Wis., March 25--1. Oliverson 8:43.6 Wis. State Univ. Indoor 2 Mile, LaCrosse, March 26--1. Paul Wisk 14;02 2. Andy Kaestner 15:20.38 3. George Trantow 16:04.49 Arkansas Relays 10 Km, Fayetteville, April 23--1. Dave Gwyn 53:53 2. Grimm Reaper 53:59 3. Tom Lucas 68:06 10 Km, Houston, April 17--1. Kevin Knight 52:22 2. Mike Bleinhenz 55:11 3. Dave Gwyn 55:32 4. John Stowers 56:02 5. Lou Domjan 57:50 6. Jim Rowley 61:17 5 Km, San Diego, April 2--1. Larry Walker 21:50 2. Ivan Gäsenburg 22;06 3. Jay Byers 23:32 4. Vicki Jones 26:11 5. Paul

Kash 26:30 6. Carl Warrell 28:18 7. Carl Acosta 28:31 8. Hal McWilliams 30:25 (16 finished) 5 Km, Pasadena, April 9--1. Ron Daniel 27:21 2. John Allen 27:39 3. Carl Acosta 28:27 4. Gordon Wallace 30:45 (American record in 70-74 age group) 5 Km, Los Angeles, April 10--1. Chris Smith 24:35 2. Vicki Jones 24:45 3. Ron Daniel 25.53 4. Paula Kash 26;27 5. John Allen 27:46 6. Caroline Butler 30:29 7. Kathy Huddleston 30:30 8. Hal McWilliams 30:41 10 Km, Monterey, Cal., March 26--1. Wayne Gluskar 47:44 2. Lori Maynard 56:20 3. Steve Pendley 58:55 4. Walter Newman 62:56 (23 finished) 10 Km, San Francisco, March 19--1. Chuck Marut 50:58 2. Nancy Novak 63:04 5 Km, San Francisco, March 5--1. Rob R binson 26;13 Women's 5 Km, Seattle, March 19--1. Gwen Robertson 25.17 2. Sam Miller 26:21 3. Bev LaVeck 27:50 4. Jenny Fisher 31:21 Women's 10 Km, Seattle, April 10--1. Sam Miller 53:13 2. Bev LaVeck 58:02 3. Jenny Fisher 64:20 10 Km, Seattle, April 21--1. Dan Pierce 45:33.8 2. Allen James 49:52.4 3. Tony Englehardt 50:56.4 4. Colin Peters 53:25.3 Masters: 1. Jay Haavik 51:53.2 2. Paul Kaald 58;52.9 Women: 1. Gwen Robertson 52:52.9 2. Sam Miller 53:43.7 3. Sian Sapcey 57:54.7 Canadian Indoor Champ., Sherbrooks, Feb. 27--Men's 5 Km: 1. Francois LaPointe 20:20.02 2. Guillaume LeBlanc 20:43.30 3. Daniel Levesque 22:00.40 Women's 3 Km: 1. Alison Baker 13:43.9 2. Nancy Sweazey 14.34.2 3. Mandy Holland 14:36.2 (LaPointe also had a 19:55.9 in Montreal on Feb. 12) 20 Km, Tokyo, April ?--1.Some Japanese fellow 1:26;56 (21;50, 43:17, 2:04:48) 2. Dan O'Connor 1:27:37 (21:45, 43:17, 1:05:21) 3. 1:28:27 4. 1:29:23 (Results are in Japanese--This was the Japanese National Championship. Dan went on short notice--23 hours to board the plane--through the auspices of his club, which is sponsored by Mizuno, a Japanese sportings goods company. They also wanted a female competitor, and 19-year-old Lori Gambrel made the trip, taking sixth in the 10 Km with 57:48 (27:24 at 5). The Japanese National 50 was won in 4:20:29.)

OTHER OVERSEAS RESULTS

East German Indoor 10 Km Champ., Senftenberg, Feb. 20--1. Ronald Weigel 39:42.2 2. Hartwig Gauder 40:26.2 3. Roland Weisser 41:01 4. Dietmar Meisch 41:05.6 Indoor 10 Km, Senftenberg, Jan. 29--1. Werner Heyer 40:30.0 2. Roland Weisser 41:15 Indoor 10 Km, Titsdam, E.G., March 2--1. Ronald Weigel 39:51.0 2. Werner Heyer 39:57.2 3. Hartwig Gauder 40:44 4. Dietmar Miesch 41:08.4 Indoor 5 Km,Kaiselslautern, W.G., Jan. 7--1. Alfons Schwarz 20:06.4 Indoor 10 Km, Mainz, W.G., Feb. 12--1. Alfons Schwarz 41:14 French Indoor 5 Km, Champ., Paris, Feb. 19--1. Gerard Lelievre 19:58.60 Women's 3 Km, same place--1. Suzanne Griesbach 14:58.50 Women's Indoor 3000, Goes, Holland, Jan. 22--1. Marica Ones-Zethof 18:18.5 Indoor 5 Km, Jablonec, Czech., Jan. 29--1. Ivo Pitak 20:15.78 Indoor 10 Km, Jablonec, Feb. 12--1. Hartwig Gauder, EG 40:39.74 2. Ivo Pitak 40:40.26 Indoor 5 Km, Torino, Italy, Feb. 22--1. Sandro Pezzatini 20:10.91 2. Renato Di Nicola 20:47.41 Indoor 5 Km, Valencia, Spain, Feb. 22--1. Gerard Lelievre, Fr. 20:06.82 2. Jose Marin 20:25.00 Indoor 1 Mile, Vienna, Aust., Jan. 15--1. Martin Toporek 5:46.4 (World best at that time) Women's Indoor 5 Km, Zabrze, Poland, Jan. 16--1. Agnieszka Wyszynska 24:55.9 2. Katarzyna Figurowska 25.08.8 3. Lucyna Rokitowska 25:11.9 Women's Indoor 5 Km, Gomel, USSR, Jan. 21--1. Svetlana Kirpitsenok 24:39.8 Women's Indoor 5 Km, Moscow, Feb. 6--1. Olga Jaruskina 22:48.6 (World's best) 2. Polina Biznja 23:26.5 3. Regina Galkovskaya 23:42 4. Tamara Mayanok 23:57 Indoor 10 Km, Moscow, Feb. 6--1. Pyotr Potschenchuk 39:14 Women's 5 Km (track), Kislowodsk, USSR, Feb. 28--1. N. Scharipova 23:07.4 2. R. Underova 23:07.4 3. R. Balkovskaya 23:09.4 4. V. Filina 23:29.2 5. P. Bisnya 23;40.6 6. T. Krivoschischna 24:01.8 10 Km (track), same place--1. Nikolai Marveyev 39:39.8 2. Andrei Perlov 39:42.7 3. S. Protsischin 39:42.7 4. Anatoiliy Solomin 39;52.0 Australian Women's 5 Km Champ (track), Sydney, Feb. 2--1. Sue Cook 24:11.56 2. Anne Ryan 25:16.53 3. Rachel Thompson 25:53.18 5 Km (Track), Melbourne, Jan. 19--1. Dave Smith 20:02.2 Women's 5 Km (Track), Melbourne, Feb. 20--1. Sue Cook 23:29.2 2. Lorraine Young 24:34 5 Km (Track), Cangerra, Feb. 25--

1. Sue Cook 22:58.10 2. Judy Johnson 27:44 Women's 5 Km Championship (Track), Melbourne, March 20--1. Lorraine Young 23:58.69 2. Kerry Saxby 24:25.09 3. Anne Ryan 24:47.45 Women's 10 Km (Track), Melbourne, Feb. 27--1. Lorraine Young 51:26.0 2. Frances Toohey 51:40.0 20 Km, Shanghai, China, March 13--1. Fu-Xin Zhang 1:27:38 (Asian record at that time. A still nameless Japanese fellow did better, as seen above) Women's 5 Km, Rotterdam, Holland, Feb. 27--1. Marica Onos-Zethof 24:31.5 Women's 5 Km, Stockport, Eng., March 5--1. Lillian Millen 24:22 20 Km, Rheinzbern, W.G., Mar. 27--1. Alfons Schwarz 1:24:18 2. Horst-Joachim Matern 1:29:26 3. Wolfgang Wiedemann 1:29:56 Women's 5 Km, Milan, Italy, March 9--1. Giuliana Salce 23:31.47 2. Suzanne Griesbach, Fr. 23:53.50 Indoor 5 Km, Budapest, Feb. 26--1. Martin Toporek, Austria 21:12.26 2. Imre Stankovics 20:24.55 British 10 Km Champ., Kirkby, March 19--1. Steve Barry 40:54.7 2. Phil Vesty 43:00.1 3. Roy Sheppard 43:18.3 4. T. Berrett 43:35.8 5. Alan King 44:11.1 6. C. Smith 44:30.6 7. Brian Adams 44:50.7 British Women's 10 Km, Kirkby, March 19--1. Irene Bateman 48:52.5 2. Jill Barrett 50:11.2 3. Brenda Lupton 51:13.1 4. K. Nipper 53:14.7 5. S. Brown 53:49 6. Helen Ringshaw 54:14 7. H. Elleker 54:21 8. P. Rider 54:31 9. E. Allen 54:31 British 10 Mile, Kenilworth, March 26--1. Steve Barry 1:06:41 2. Phil Vesty 1:09:18 3. Ian McCombie 1:09:47 4. Roger Mills 1:11:59 5. Alan King 1:12:26 6. Dave Jarman 1:12:48 7. Adrian James 1:12:56 8. D. Staniforth 1:13:03 9. R. Dorman 1:13:13 10. C. Smith 1:13:18 10 Mile, London, March 5--1. Ian McCombie 1:09:02 10 Mile, Colchester, Feb. 26--1. Roy 1:10:49 2. Roger Mills 1:11:21 Women's 5 Km, Peacehaven, Feb. 26--1. Sarah Brown 24:58 2. Hlen Ringshaw 25:15

RACES ON THE HORIZON

Sun. May 8--10 Km, New York City
Marathon, Denver (B)
5, 10, and 20 Km, Cambridge, Mass., 9 am (P)
Sat. May 14--5 and 10 Km, Washington, DC, 9 am (G)
Master's 5 Km, Redlands, Cal., 11 am (C)
5 Km, Union Point, Ga. (T)
10 Km, Sterling, Mass., 11 am (P)
Sun. May 15--NATIONAL TAC 15 KM, SANTA MONICA, CAL. (J)
10 Mile, Seaside Hts., N.J., 10:30 am (F)
20 Km, Ft. Smith, Ark., (Z)
1500 m and 3 Km, Arlington, Va., 10 am (G)
Sat. May 21--NATIONAL TAC 50 KM, MONTEREY, CAL., 8 am (W)
IC4A 10 Km, Philadelphia (Collegiate)
Master's 5 Km, Irvine, Cal., 4:30 pm (L)
Women's 10 Km, Seattle (M)
Sun. May 22--SPA 5 Km, Los Angeles (J)
15 Km, Washington, DC, 9:30 am (G)
Sat. May 28--NAIA 10 Km, Kansas City (Collegiate)
5 Km, College Park, Md., 9 am (G)
10 Km, Knoxville, Tenn. (N)
Sun. May 29--9 Mile, Lakewood, NJ (X)
5 Mile, Seattle (M)
Sat. June 4--15 Km, Ft. Collins, Col. (D)
NATIONAL TAC 5 KM, KENOSHA, WIS. (Road) (Y), 10 am
Sun. June 5--Zinn Memorial 10 Km, Kenosha, 10 am (Y)
1500 m and 3 Km, Arlington, Va., 10 am (G)
5 Km (tr), Chestnut Hill, Mass, 6 pm (P)
Tue. June 7--5 Km, Rogers, Ark. (Z)
Sat. Jun 11--10 Km, Seattle (M)
5 and 10 Km, Washington, DC, 9 am (G)
Sun. Jun 12--NATIONAL TAC WOMEN'S 5 KM, LONG ISLAND, NY (K)

Mon. Jun 13--5 Km, Long Branch, N.J., 6 pm (And each Monday through Aug.) (F)
Tue. Jun 14--10 Km, Dearborn, Mich., 6:30 pm (O)
Sat. Jun 18--Master's 3 Km, Open 10 Km, Seattle (M)
NATIONAL TAC MEN'S 20 KM AND WOMEN'S 10 KM, INDIANAPOLIS, IN (R)
Sun. Jun 19--1500 and 3 Km, Arlington, Va., 10 am (G)
Sat. Jun 25--NATIONAL TAC MUNIOR MEN'S 10 Km and WOMENS'S 3 KM, UNIVERSITY PARK, PA (U)
16 Km, Washington, D.C. (G)
Sun. Jun 26--Marathon and 10 Km, Owego, NY, 7 am (B)
10 Km, Seattle (M)
1500, Rutgers, NJ (F)
Sat. July 2--USOC Sports Festival 20 and 50, Colorado Springs (V)
Sun. July 3--5 Mile, Wall, N.J. (F)
1500 m and 3 Km, Arlington, Va., 10 am (G)
3 Km Men, 1500 m Women, Fitchburg, Mass. (Q')

CONTACTS:

B--David Talcott, P.O. Box 326, Owego, NY 13827
C--Buz Wagner, 1522 Margarita Dr., Redlands, CA 92373
D--E.J. Rivet, 4713 Kalispell Way #102, Aurora, CO 80017
F--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
G--Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207
J--John Kelly, 1024 Third St., Santa Monica, CA 90403
K--Gary Westerfield, P.O. Box 440, Smithtown, NY 11787
L--Dave Lewis, 505 Begonia Ave., Corona Del Mar, CA 92685
M--Dan Pierce, 1137 NW 57th, Seattle, WA 98107
N--Hal Canfield, 502 Alandale, Knoxville, TN 37920
O--Franl Alongi, 26530 Woodshire, Dearborn Hts., MI 48127
P--Steve Vaitones, 15 Chestnut St., Waltham, MA 02154
Q'--Brian Savilonis, 243 Minck Rd., RFD, Princeton, MA 01541
Q--Howie Jacobson, 445 E. 86th St., New York, NY 10028
R--Sam Bell, Assembly Hall, Indiana University, Bloomington, IN 47401
T--Wayne Nicoll, 3535 Gleneagles Dr., Augusta, GA 30902
U--Harry Groves, Penn State University, University Park, PA 16802
V--USOC, 1750 E. Boulder St., Colorado Springs, CO 80909
W--Giulio de Petra, P.O. Box 2927, Carmel, CA 93921
X--Sandy Kalb, 438Addison Rd.,Howell, NJ 07731
Y--Mike DeWitt, 814 40th St., Kenosha, WI 53140
Z--Neal Picken (Grimm Reaper), 219 Ozark Acres, Bentonville, AR 72712

FROM HEEL TO TOE

The 1983 U.S. Race Walk Handbook, prepared again by Bob Bowman and published by The Athletics Congress, is now available. Bob first prepared this statistical gem last year and has now updated it. It includes the year's schedule, world and American records, T&F News World and U.S. Rankings for the past 12 years, All-Time World and U.S. lists for the standard events, past winners of international and national competitions, event records for world and national competitions, world record progressions, U.S. performances in international competitions through the years, and personal statistics on current U.S. walkers. You can order a copy from the TAC Book Order Department, 155 W. Washington St., Suite 220, Indianapolis, IN 46204. The cost is $6.00 ($8 in Canada and $12 elsewhere). . . . U.S. judges selected for major International competitions this year are Martin Rudow for the Lugano/Eschborn Cup; Frank Alongi and Henry Laskau for the Pan-Am Games in Venezuela. There is also an invitation for four U.S. judges for the World University Games in Edmonton in July, but they have not yet been picked. . .The Handbook of Race Walking Judging in the U.S.A. is now being finalized and will be published by TAC. Those wanting to get a copy might contact the TAC now to be put on the distribution list. The handbook will include things like How to Become a Walking Judge, details about the TAC

Walking Judge Certification program, copies of the various rules dealing with judging the walks, and drawings and information about proper and improper judging (both judging techniques and procedures and the rules and their interpretation). . . .Race walking lost a friend from among college coaches when Wisconsin cross country coach Dan McClimon was killed in a small plane crash while returning from a recruiting trip. McClimon was the coach assinged to walkers for the USA-USSR dual meet last summer and worked well with Jim Heiring and Ray Sharp. He had also included race walking as part of the various summer clinics that he sponsored. . .Incredible feats! A recent note in the news: "Anthony Thomas broke the world record for distance walking Saturday in Minneapolis, then mumbled something about taking up jogging and walked home. He walked 139.2 miles in 24 hours, bettering the old record by more than 6 miles. Thornton, 33, walked back and forth across the Washington Street Bridge over the Mississippi River from 2:30 pm Friday to 2:30 pm Saturday. He stopped for a few rest periods, but did not sleep. He averaged about 6.2 mph." (It actually computes to about 5.8.) Every now and then, things like this pop up. One would sure like to see guys like this in a real race. . .After a successful race walkigg clinic in Stone Mountain, Ga., Wayne Nicoll has a few t-shirts left. They are kelly green with navy ink and say RACE WALK with a Herb Parsons print of Bernd Kannenberg in triplicate walking across the front. In small lettering, it says TAC DEVELOPMENT CLINIC. They are available in child medium (10-12), child large (14-16), and adult S,M,L, and XL. Cost is $5 plus $1.00 postage. Write Wayne at 3535 Gleneagles Drive, Augusta, GA 30902. . .Dan O'Connor looks for rapid improvement in walking in Japan after his trip there. He reports that they began sending some walkers and a coach to Mexico City for a few months last year and will continue this practice through the Olympics. They showed excellent depth in a Junior 10 Km accompanying the race he competed in, as well as in that 20 km itself. Dan expects them to be a Lugano qualifier soon. . .Commenting on Elliott Denman's compilation of the top teams in National championships published in these pages in February, Tom Dooley notes that the Athens AC and the West Valley Track Club are actually the same organization, having also been known as the Marin AC (1966) and the Golden Gate TC (1973-74). It was Athens from 1967 to 1972 and West Valley since 1974. So the 10 titles for each club are actually 20 for the one, moving them into a tie for third with the Colorado TC in all-time titles. . .Ultimate Endurance Test (From the March 19 Athletics Weekly): "Just when you thought you had passed the ultimate test by completing that marathon, your efforts have been made to look puny by the latest test devised to grind the human body into submission. The world's first Quadrathon--the most comprehensive test of endurance ever--will take place on August 20-21. Entrants will be lining up on the Saturday afternoon at Brighton ready to push their bodies through a 2-mile swim between piers, a 50-km walk to Tunbridge Wells, a 100-mile cycle ride to and around Brands Hatch racing circuit, and, to cap it all, a marathon run finishing in Gravesend town center! (Ed. What an appropriate finishing spot.) Predictably enough, the whole idea of this type of event is American and this version is an extension of the Triathlon, an event that has been going some years now in the States. Only 100 participants will be permitted to compete. . . while ten places have been allocated for women. . . Strict checks will be kept on all participants and no one will be allowed to start the marathon if they are more than 10 percent body-weight dehydrated and the doctors are not certain they are fit." Who out there is ready for this one?. . .Want to travel? Win the Shore AC's annual raffle and get $1,000 worthof travel arrangements. Second prize is a $150 gift certificate from J.C. Penney and third prize a $75 gift certificate from the same worthy company. Only 500 tickets will be sold at $10 a piece. Write Elliott Denman, 28 North Locust St., West Long Branch, NJ 07764 . . .

The inaugural World Journalist Games are scheduled for June 24-29 in Nice, but I won't be attending since there is no walk on the program. . .Boo! Hiss! Runners World reported on a study by Jim White, director of human performance and sports activities in the physical education department of the University of California at San Diego, which reached the conclusion that runners are more amorous than walkers. White's program tested 115 middle-aged men during 9-months of daily exercise. The subjects first completed a 56 question survey and were than asked to keep a 28-day diary recording everything of an erotic or sexual nature that happened in their lives. They were then physically evaluated, counseled, and enrolled in a 5-day-a-week exercise program that included stretching and continuous aerobic activity that lasted up to 40 minutes. A control group of 17 subjects received the same evaluations,and counseling, but instead of running, they walked the same amount of time. In the last month of the program, the runners and walkers all kept an additional sexual diary. White said that the runners reported more sexual desire, arousal, and orgasms than the walkers. The frequency of kissing and caressing also went up and sexual intercourse increased from an average of 2.29 times per week to 3.1. . ." But dare he put real race walkers in his test? . . .Sanford Kalb has a small packet of information for new people to race walking that he will send out for a mere $1.00. It includes a 1-page article "Racewalking: A Sport for the '80s" that appeared in the Pedco Reporter in Aug. 1982; Rule 245, Guidelines For Youth Athletics Race Walking" (4 pages); and a 4-page handout prepared by Ron Laird, "Recreational Race Walking: How to Achieve a High Level of Fitness". Sandy's address is 438 Addison Road, Howell, NJ 07731. . .
Some way we forget to mention earlier this year the inclusion of Henry Laskau and Susan Brodock on the USA-Mobil Indoor Track and Field All-Time, All-Star team. They were honored at the Indoor Championships, along with athletes in each of the other indoor events. . .Race walking publicity is now hitting the big time with an article in the April 11, 1983 issue of Forbes magazine written by Kevin McManus. You might want to pick up on a bit of free information referenced in the article. It states: "For additional information on the sport, Metamucil, the laxative maker, offers a free booklet. Write to: Keeping Fit Over Fifty Years, Box 5110, Chicago, IL 60680. . .
A brief note from Bill Chisholm, Olympian, and long-time contributor to the sport and the Olympic movement: "Dear Jack: Buried in the February issue account of the TAC two mile was a sentence (to wit) 'there was some trouble with the lap counting in the race.' At long last my suspicions have been confirmed. In the previous issue of ORW wherein accounts of the Millrose 1 Mile walk were blithely recorded, I wondered first off it the so-called judges had performed that assignment from the lobby of the Garden, and then, in a more charitable turn of mind, wondered if possibly the lap counter could have dozed off during 'the go as you please'. Maybe a combination of both. One refreshing thing stands out in today's pell mell rush against the clock in race walking is the stability of the female pedestrians. Lest any of the foregoing be thought of as sour grapes, they are the honest thoughts of an individual who has been involved as a competitor and judge in the great sport of Race Walking for over a half century". . .As you will see on the final pages of this issue, race walking continues to get good publicity in a variety of places, including Forbes magazine.

LOOKING BACK

20 Years Ago (From McCarrthy's April 1963 Race Walker)--Canada's Alex Oakley won the Pan American 20 Km in Sao Paulo with a rather pedestrian 1:42:43, thanks largely to temperature in the 80's and 3000 foot altitude. Nick Marrone completed a Canadian sweep with 1:46:35 as Ron Zinn managed only 1:49:44 and Ron Laird 1:52:13. . .The National AAU 30 Km in Los Angeles went to Nick Brodie in 2:49:34, better than 5 minutes ahead of Ron Daniel with Bob Bowman another minute back. . .Just 18 days before his Sao Paulo demise, Zinn had done

12 miles in 1:32:05 in a Philadelphia race. Akos Szekely was second in 1:33:12. . .The April issue of Chris's magazine was apparently quite late, since it carried the results of the National 10 Km in Chicago on May 25. Zinn bettered the American record with a 46:35.4, leaving Laird more than a minute behind. Then came the Ohio Track Club's dynamic duo of Jack Blackburn and Jack Mortland in 48:00 and 48:07. But Laird's finish gave the New York AC the team title over the OTC as both teams tallied 15 points.

15 Years Ago (From the April 1968 ORW)—As we got well into an Olympic year, along came an unknown to win the National 10 Km. In his first walking race, Ray Somers won in 47:59.4 for 10 Km plus 440 yards, as the officials completely botched the race. Ray moved easily away from an unbelieving Ron Laird over the last 4 miles and won by 40 seconds. The walkers had to straighten out the finish places as officials had many going 2 and 3 extra laps. . .One week later, Somers proved it was no fluke as he reeled off 8 miles 797 yards in the hour. He walked 7 minute miles for 4 miles and then slowed only slightly over the last half. . .In the National 25 Km in Detroit, Don DeNoon had his greatest race ever whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney took the next two places, still under 2 hours, and Canadian Karl Merschenz just missed breaking that barrier in fifth. Dave Romansky, Goetz Klopfer, and Bob Bowman were also under an 8 minute mile pace in the greatest mass finish in U.S. race walking history to that time. . . Jack Blackburn and Jack Mortland turned in fast 10 Kms on the Upper Arlington track with Blackburn edging away in the last 3 miles to win with 48:57.5 to 49:14. Well, fast for these old geezers. . .Larry Young set a U.S. 50 Km record on the track in Columbia, Mo. with a 4:21:01.8. . .And Shaul Ladany took his annual 50 mile walk in New Jersey, breaking his own record with an 8:05:18.

10 Years Ago (From the April 1973 ORW)--Bill Ranney moved away from Jerry Brown in the final mile to win the NAAU 20 Km title in Santa Barbara. Bill's 1:34:15 left Brown 22 seconds back. Bob Kitchen followed in 1:35:02 and Todd Scully, Ray Somers, and John Knifton filled out the top six. Ron Laird, back in shape after an injury-plagued 1972, was apparently not back in form as he got the old heave-ho early on. . .On the track in Hamburg, W.G., GErhard Weidner strolled to a World's 50 Km record with 4:00:27. . .Ray Somers had a quick 1:15:27 for 10 miles in winning the Asbury Park annual race. Ron Daniel was 2 minutes back. . . The National 1 Hour in Lawrenceville, N.J. went to Egland's Roger Mills, who covered 8 mi 252 yds, just 72 yards clear of John Knifton, our transplanted Englishman. Todd Scully was third with 7 mi 1573 yards.

5 Years Ago (From the April 1978 ORW)--Augie Hirt won the National 75 Km in 7:05:46, missing Shaul Ladany's meet record by less than a minute with Martin Kraft not far behind in 7:10:32. Ladany could manage only 7:28:01 on this day, for third. The Master's title went to Sal Corrallo, sixth overall in 8:01:32. . .In the National 35 Km in Des Moines, John Knifton won in 3:05:42, with Jerry Young 9 minutes behind. . .Chris Hansen blasted a 10 Km in 43:58.5 on Parkside's track in Kenosha. . .In Mexico City, Raul Gonzalez went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track. . . The Dogwood Relays 5 Km in Knoxville went to Todd Scully this time in 21:17.2, with Jim Heiring second in 21:27 . . .Chris Knotts showed his potential with a 47:17 6 mile win in Columbus. Steve Pecinovsky actually topped him with 47:03, but did not satisfy hard-nosed judge, Dr. John Blackburn. Blackburn won the old man's battle over Mortland in 50:08.

The following article, entitled "The Pied Piper of Racewalkers", appeared in the April 3, 1983 issue of the Daily News Magazine. (Only thing is, I'm not sure what Daily News.) The author is Minka Scott Friedman.

On Saturdays, at UCLA, USC, in parks, at the Torrance Memorial Hospital track, or wherever there is open space, Ron Daniel is encircled by women, as if he is some sort of pied piper. But the women are not there to get his autograph or to cheer him, although some might. No, these women are there to learn the rules and techniques of the sport that made him a star — racewalking.

In the late 1950s at age 17, the future three-time national champion had only a vague idea of what racewalking was. He knew it was part of the Olympics, and that it featured a type of very fast wobbly walk. But that was all he knew.

While Daniel preferred basketball, he could not jump high enough. He also tried football, but was too light. And he loved baseball, but struck out. Eventually, he turned to track and became a utility runner on the Port Washington (N.Y.) High School team. "If the coach thought they could only get a third place out of an event," he recalls, "he sent me in to pick up a point." It was hardly the recognition Daniel longed for.

Then into the gym walked Bruce MacDonald, the new assistant track coach and a racewalker in the 20-kilometer event on the 1956 Olympic Team. When he spotted Daniel and some of the other boys watching him practice racewalking, the new coach explained the sport.

Walk, don't run, he told them. One foot always had to be in contact with the ground, if only for a fraction of a moment. The racewalker begins each stride with the leg straight — knee locked — then the supporting leg can be pulled through its stride, a kind of heel-toe motion. MacDonald then lifted his elbows and held his arms away from his hips. The arms began moving pendulously, from the shoulders, and working in coordination with the hip rotation. All combined to create the speed needed to win a race.

MacDonald encouraged the youngsters to try a one-mile run around the gym. Daniel finished under nine minutes — a great time for a beginner. From that point, he was off and walking.

His first competitive racewalk was five miles. In those days, entrants walked in anything from bowling shoes to soft loafers. Daniel's choice was

a pair of sneakers he cut down to below the ankles. "I thought I would die," he says, laughing. "At the end of the race, I had blisters in places I didn't know you could rub."

Because no official college teams existed at the time, individual athletes would work out together, sharing ideas and experiences. As a result, Daniel trained with some of the best athletes in the country, all helping one another. "But it was hard," he remembers. "If I were to succeed, I knew I would have to push myself to my limit, and then push on even farther."

At his peak, Daniel, who stands just 6 feet tall and weighs only 150 pounds, was racewalking 80 to 110 miles a week. And he did it all while majoring in physics at Hofstra College in upstate New York. "It was strange," he admits, "but the commitment to racewalking seemed to spill over onto my academic work. Even with less time to give to studying, I had a surge of confidence and tackled subjects I once would have avoided."

where, I would do my best to respond. And I feel they would do the same."

Daniel, now a solar engineer at Pasadena's Jet Propulsion Laboratory, not only still competes at age 41, but also teaches anyone the sport.

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It is Saturday. Daniel and Paula Kash, one of the best U.S. woman racewalkers, are at USC, where she is about to race a one-mile sprint. Daniel is walking by her side as she warms up. They stop. He talks and Kash listens intently, nodding her head. Her face is without its usual warm smile. She is concentrating on the race. Then the racewalkers are called to the line. With her flashing orange hair and yellow racing outfit, Kash starts off like an ignited flame, creating so startling a vision that someone cries out, "Look at her. I can't believe it. Is she really walking?"

Daniel, however, watches her with other thoughts. He has coached her but he cannot run the race for her. His face shows the strain; he is racing with her all the way.

Kash's time is by far the fastest. She and Daniel walk together again. Was it the time they both wanted? Did she pace herself correctly? They still talk with an intensity.

The track meet is over and the spectators have left. It starts to get chilly. Kash has Daniel's blue jacket wrapped around her; now they are relaxed and talking in an easy manner. The feeling after a race is over — of having worked hard — is so satisfying that it is difficult for them to leave.

□

It is another Saturday. Daniel is conducting a racewalking clinic at Roxbury Park in Beverly Hills. The women encircling him are wearing brightly colored shorts and T-shirts that say things like "Racewalk to Fitness" and "Southern Sherman Oaks Little League." They go through a series of stretches and arm swings to warm up. Then Daniel demonstrates his technique that, once learned, is a joy to do.

He holds his head high; his arms form sharp angles and swing alternately and rhythmically, dynamically counterbalancing the movements of his hips. He propels his long legs forward with power and grace.

Then he watches each person try, placing his hands on one student's shoulders to hold them steady while she learns to swing her arms. Daniel helps anyone to reach any stage in the sport, provided they are willing to put in the time and effort.

Finally the women begin to racewalk. Daniel walks from one to the other, correcting and explaining as they move along the park's perimeter. At the close of the session, the circle forms again. He then answers questions, listens to the squawks of those who have sore muscles, and enjoys the stories the women tell about what onlookers said as they passed. For example, one man told a runner: "Beautiful. I don't know what you're doing, but it looks great."

Daniel laughs at the comment, pointing out how one of his students, Toni Colberg, won a 10-kilometer run in Beverly Hills last year. "She allowed herself to go beyond what she had done before, and now she's hooked on wanting to make progress," he says. "It feels good to her, physically and psychologically."

Although women racewalkers compete internationally, only men are allowed to compete in the Olympic racewalking events. Daniel hopes that will change by the time the 1988 Olympics comes around.

"Although racing times are becoming faster — the 50 kilometer has been walked in under three hours and 50 minutes in the Olympics — women are motivated and will be very competitive when the International Olympic Organizing Committee gives them the chance," says Daniel.

Meanwhile, his enthusiastic followers have started a Walker's Club of Los Angeles, with weekly activities and monumental plans. Daniel laughs. "I had planned to gradually slack off and become an aging, honorable coach," he says. "But now I can't."

Because of this new rooting section, the members of which want to see him competing and winning — he won four National Masters Championships in 1981 and one in 1982 — Daniel has re-established a daily training schedule.

He adds that there is only one thing he has not yet accomplished. "I'm not sure which one yet," he says with a wink, "but I've always wanted to play a musical instrument."

How about a magic pipe? ■

Minka Scott Friedman, an avid racewalker herself, is a free-lance writer who makes her home in Beverly Hills.

From the April 1983 Norwester

Portrait Of the Walker As a Young Person

By Chris Gorley

Tony Engelhardt, 16, has been drawing attention for the past six years as a walker, and his casual way of talking about his sport indicates that he's found a comfortable niche in the sports world.

Admitting he wasn't very good at the shot and the mile run, the two track events he pursued at 10, he "sort of began looking for my event. I thought about racewalking because it was offered and it was one thing I hadn't tried. I decided I liked it because I did pretty well in my first race and because I was picked up by Dr. Ingram who 'drug' me out to the track on weekends and stuff."

Dean Ingram is a racewalker and The Athletics Congress National Secretary. "Not many kids were walking then," says Tony of his mentor, "and he liked my interest and wanted someone to give his incentives to."

Tony's first big competition was in the Boys Nationals in Pleasant Hills, California, in 1980, in which he placed third in the 3000 meter walk with a time of 16:34. Competing behind, instead of in front of, two boys from New Mexico gave Tony his first real incentive to "be the best."

That's when Martin Rudow came into his life and "took over where Dean left off." Rudow is well known for training Olympic walkers, once placing in the Olympic Trials himself. Rudow began Tony on a rigorous new training schedule, which included the United States Olympic Committee's training camp in Colorado Springs in 1981. Tony not only learned a lot at summer camp, but that's where he first learned about the Jr. National Track Team to which he began aspiring.

In 1982, all of Tony's hard work paid off. He won the 3000 meter Boys National competition in Omaha with a time of 14:31. Following that success was the TAC Jr. Olympics in Lincoln, Nebraska, where, although the heat slowed him down to 14:45, he placed first again – even beating the 17-18 age-group time.

He is already saving his pennies to go to the Junior National team trials to be held at Penn State this June. Doing 48:51 in the Challenge Cup 10K earlier this year, Tony needs to get his time down to 46 to make the team. With his typical reserved grin, he admits, "Yes, I think I can do it, with Martin's help – and my Mom's encouragement. She does a lot to help."

And the 1988 Olympics? "Yeah, I'd like to go."

* * * * * * *

Tyra Karlsson, 15, is nonchalant about how she happened to start racewalking.

"I started almost two years ago at the Issaquah Gliders meet," she recalls. "I didn't feel up to running the mile [her regular event] so a friend suggested I try racewalking." She did try – and even though she thought it was funny to watch, "it was kind of interesting."

It didn't take her long to begin proving just how good she was. At the Junior Olympic preliminaries in 1981, with not a great deal of racewalk mileage on her shoes, she walked her second big race, a 3000 meter, in which she qualified for the girls' national competition in Los Angeles. After some hard training, she went to the competition and came away a winner.

1982 was a big year for Tyra. She competed in the Girls' National Summer League track meet in Spokane where she placed second in the 3000 meter with 16:29. At the Junior Olympics regionals, she placed second again. But Tyra is most proud of her accomplishment in Lincoln, Nebraska, at the Junior Olympics on July 31. "It was 95° and I was super nervous. I couldn't even eat breakfast. I started in back, like always, to keep my pace ... I passed the leader and won! There were kids from all over." Her winning time was 16:29.

Tyra credits much of her interest and early success to Darlene Hickman, coach of the Comets age-group track team, and Ed Glander of the Pacific Pacers. The two are also probably largely responsible for what Tyra sees as "a lot more people turning on to racewalking. Even a lot of younger kids, like 8 to 12 years old, are coming up and asking me for help."

Tyra's goal for this year is to get her 3000 meter time down to below a 15:30, do some 10K races in about 55 minutes, and go back to the Junior Olympics this year and break a record for her age group.

The Olympics? Though there is no women's racewalk division now, "I would really like to see racewalking for women in the Olympics," she says. "That sure would give me incentive to work."