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 excellent 1:53:24. The first, bettered the World Games qualifying standard of 1:51 for 20 km on their way.

In an accompanying women's, which I guess was also the National title race, though I had never seen if 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 leader, 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 2:17:35 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 occasional light rain—was conducive to fast times and the athletes produced then with the fastest mass finish in an "off-distance" race in U.S. history.


SHARP COMES BACK TO CAPTURE 35

Cleveland, Ohio, April 23—Fighting strong winds and a determined effort by Mike Morris, Ray Sharp captured today's National TAC 35 Km racewalking championship in 2:55:40. 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 the finish was Wayne Glusker, who showed that he is still one to be reckoned with. Troy Angle 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 first 20 Km, felt a lot of pain in the last 5, but came home the winner in 3:03.58 with Robert Timmons second. Your editor, appearing in the 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 20 Km (2:58:07) and then called it a day.

An accompanying women's 5 Km race went to Jeanne Bocii in 26:15.

The race was excellently handled by Jim Janos, with Frank Ajongi 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.


FAST WINNERS National 35 KM

<table>
<thead>
<tr>
<th>Year</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1947</td>
<td>William Mihalo</td>
<td>2:23:43</td>
</tr>
<tr>
<td>1948</td>
<td>William Mihalo</td>
<td>2:21:40</td>
</tr>
<tr>
<td>1949</td>
<td>William Mihalo</td>
<td>2:23:40</td>
</tr>
<tr>
<td>1950</td>
<td>William Mihalo</td>
<td>2:28:46</td>
</tr>
<tr>
<td>1951</td>
<td>William Mihalo</td>
<td>2:14:32</td>
</tr>
<tr>
<td>1952</td>
<td>William Mihalo</td>
<td>2:16:26</td>
</tr>
</tbody>
</table>

OTHER RESULTS


Eastern States H.S. Indoor 1 Mile Princeton &n Talcott
Casciullo 24:55. 5. Bob Kraft 52:27 5. George Latt
38x290
6 155.1
Eastern States H.S. Indoor 1 Mile Princeton &n Talcott
Casciullo 24:55. 5. Bob Kraft 52:27 5. George Latt
38x290
6 155.1
Eastern States H.S. Indoor 1 Mile Princeton &n Talcott
Casciullo 24:55. 5. Bob Kraft 52:27 5. George Latt
38x290
6 155.1
Eastern States H.S. Indoor 1 Mile Princeton &n Talcott
Casciullo 24:55. 5. Bob Kraft 52:27 5. George Latt
38x290
6 155.1
Eastern States H.S. Indoor 1 Mile Princeton &n Talcott
Casciullo 24:55. 5. Bob Kraft 52:27 5. George Latt

Women's 5 km Champion-ship (Track), Melbourne, March 20-1. Lorraine Young 23:56.9 2. Kerry Sack 24:25.09 3. Anne Ryan 24:57.45


RACES ON THE HORIZON

Sun. May 8-10 km, New York City Marathon (Denver, CO)
5, 10, and 20 km, Cambridge, Mass., 9 am (P)
Sat. May 14-5 and 10 km, Washing-ton, D.C., 9 am (G)
Master's 5 km, Redlands, Calif., 11 am (G)
5 km, Union Point, Ga. (T)
10 km, Sterling, Mass., 11 am (G)
Sun. May 15-NATIONAL TAC 15 km, Santa Monica, Calif. (J)
10 mile, Seaside Hts., N.J., 10:30 am (P)
20 km, Ft. Smith, Ark., 9 am (G)
5 km, College Park, Md., 9 am (G)
Sun. May 21-NATIONAL TAC 50 km, Motterley, Calif., 8 am (W)
IOVA 10 km, Philadelphia (Collegiate)
Master's 5 km, Irvine, Calif., 4:30 pm (L)
Women's 10 km, Seattle (M)
Sun. May 22-SPA 5 km, Los Angeles (J)
15 km, Washington, D.C., 9:30 am (G)
Sat. May 28-NAT 10 km, Kansas City (Collegiate)
5 km, College Park, Md., 9 am (G)
10 km, Knoxville, Tenn. (H)
Sun. May 29-9 mile, Lakewood, NJ (X)
5 mile, Nashville, Tenn. (M)
Sat. June 4-15 km, Pl. Collins, Col. (D)
NATIONAL TAC 5 km, Kennesaw, Ga. (Road) (Y), 10 am
Sun. June 5-Zinn Memorial 10 km, Kennesaw, Ga. (Y), 10 am
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. June 11-10 km, Seattle (M)
5 and 10 km, Washington, D.C., 9 am (G)
Sun. June 12-NATIONAL TAC WOMEN'S 5 km, LONG ISLAND, N.Y. (X)
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 walkers lost a friend among college coaches when basketball coach Dan McElhaney was killed in a small plane crash while returning from a walk in 1973. McElhaney was the coach assigned to walkers for the USA-USF dual meet last summer and worked with Jim Fearing and Ray Sharp. He had also included racing 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 Sunday in Minneapolis, then mumbled something about taking his daughter to the mall. He walked 206 miles in 24 hours, bettering the record by more than 6 miles. Thomason's edges back and forth across the Washington Street Bridge over the Mississippi River from 2:30 p.m. Sunday to 2:30 p.m. Monday. He stopped for a few rest periods, but did not sleep. He averaged about 6.2 mph." (It actually computes to 202.8 mph.) 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 walking clinic in Stone Mountain, Ga., Wayne Rollins 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 TAG DEVELOPMENT CLINIC. They are available in child medium (10-12), child large (14-16), and adult S,M,L, and XL. Cost is $5 - $10.00 postpaid. Write Wayne at 3943 Glenmarie 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 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 serious qualifier soon. . . . Commenting on Elliott Denman's coaching, a past top spot in National championships published in these pages in February, Tom Dooley notes that the West Valley Track Club are actually the same organization, having also been known as the Marin AC (1966) and the Golden Gate TC (1972-74). 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 10 Athletics Weekly) "Just when you thought you had mastered the ultimate test by completing that marathon, your efforts have been made to look puny by the latent test devised to grind the human body into submission. The world's first Quadrathlon—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 places, a 50-MJ walk to Concord Wells, a 100-mile cycle ride to and around Branda Hatch racing circuit, and, to cap it all, a marathon run finishing in Gravesend town center! (Bl. 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 year now in the States. Only 100 participants will be permitted to compete . . . while ten places have been allocated for women. . . . Short checks will be kept on all participants and no one will be allowed to start the marathon if they are more than 10 pounds overweight. It is certain that 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 worth of travel arrangements. Second prize in a $ 195 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, 233 North Locust St., West Long Branch, NJ 07764.
Blackburn edging away in the last 3 miles to win by a half mile over the 8 miles 797 yards in the hour. He walked the 4 miles in 1:15:02 with a quick 1:15:27 for 10 miles in Columbus.

The following article, entitled "The Pied Piper of Racewalkers", appeared in the April 3, 1983 issue of the Daily News Magazine. (Only thing in, 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."

Then into the gym walked Bruce MacDonald, the new assistant track coach and a racewalker in the 20-kilometer event on the 1956 Olympics 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 pell-mell, 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.

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?

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

From the April 1983 Norcaster

**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."