Indianapolis, June 18—The National Athletic Congress Track and Field Championships saw both Jim Heiring and Susan Liars-Westerfield capture their third straight titles in their respective events. For Susan, it was her fourth title overall at 10 km, counting her first way back in 1976. Behind her, there were some real surprises, perhaps marking a changing of the guard in women’s walking. The men’s 20 was more formula, but Tim Lewis provided some drama as he overhauled Todd Scully on the last lap to take fourth and a spot in the World Games. It was the first time the 20 has been conducted on the track.

In the women’s 10, Liars-Westerfield win in 50:58 came as no surprise. Not so the order of finish behind her—Debbie Spino-Lawrence, Sam Miller, Maryanne Torrellas. Not yet household names in the world of race walking. (If, indeed, there is such a thing as a household name in the world of race walking.) But all earned their positions with strong gutsy races relegating their better known compatriots to places in the pack—Vaill sixth, Jones seventh, Bocci eleventh, Brodock thirteenth.

The race was under way shortly after as the morning under an already hot sun. By the finish, the rising temperature was taking its toll. Liars-Westerfield moved into the lead from the start, passing 400 meters in 1:53 with Teresa Vaill and Sue Brodock on her heels. After another lap (3:48 at 800), only Vaill was challenging, with Brodock and Vicki Jones already 4 seconds down. With 4 laps completed (7:44), Susan was on her own. Vaill was now about 10 meters back and already starting to look strained, Brodock and Jones went through in 7:58 with the rest of the field stringing out behind them.

From that point, Liars-Westerfield started to pull steadily away. She passed 3000 meters in an American record 14:43 (the old mark was hers, but both she and Brodock have undoubtedly gone considerably faster on the way to 5 km but not had the time officially recorded) with a lead of about 20 seconds. Vaill was now a solid second, about 10 seconds ahead of Jones and Paul Kash. Brodock had slipped all the way to eighth, and continued to fade throughout the race. It would seem her lack of consistency the past year is more a mental than a physical thing.

Over the next laps, newcomer Maryanne Torrellas made a strong move, going by Jones and Kash (who was DQ’d about that time) and catching a fading Vaill to take over second. Matching her move was Debbie Spino-Lawrence (married to race walker Don Lawrence just 2 weeks earlier), who passed Jones for third place as they finished the 10th lap. Vaill was now fifth and being challenged by Gwen Robertson.

Passing 5 km in 24:59, Liars-Westerfield had stretched her lead to about 40 seconds. Just beyond the 5 km mark, Spino-Lawrence passed Torrellas and started to pull clear. Maryanne was still a solid third, some 20 seconds ahead of Jones, Vaill, and Robertson, waging a spirited duel for the final Deichborn Cup qualifying spot.
Marco Evonik leads Jim Heiring at about the 5-mile mark of the National 50 Km. They finished in this order and then reversed it for another one-two in the National 20. SPOTLIGHT by John Allen.

A year's subscription to the first reader who can identify the two famous persons battling for the win in this classic 1937 220 yard low hurdles race.

Over the next several laps, Spino-Lawrence, now walking a strong, confident race, was able to cut into the lead of Liars-Westerfield, who had slowed from 2 minute laps early to laps in the 2:02-2:03 range, and then to laps in the 2:07-2:08 range. With 5 laps to go, Debbie was within 27 seconds but could get no closer as Susan was able to accelerate at the finish, covering each of the final two laps in under 2 minutes. But Debbie had no problem, being completely unchallenged for second and finishing with an excellent 51:40. Although she had been fifth in last year's National 5 Km—an unexpected finish at that time—her best time at 5 last year was 26:59. Thus, she surprised a lot of people in this race, improving on her best 10 Km of the year by more than 25 minutes.

The real drama of the race was taking place further back. Vaill and Jones continued their battle for third, with Robertson dropping about 5 seconds behind and staying there as they moved through the fourth and fifth miles. Then suddenly, the third Susan in the race, this one known as "Sun" Miller, was on the tail of her fellow Seattle resident, Robertson. With a strong move on the 20th lap, she swept by not only Robertson, but also Vaill and Jones, to take over fourth. She was able to move quickly away from the others, but seemed to have nowhere else to go, trailing Torrellas by 30 seconds with just five laps remaining. Gradually cutting into that lead, she then uncorked a 52:40 final 400 and stormed past Torrellas as they entered the final straight. Robertson also scorched the final lap to overtake both Vaill and Jones, who hit the finish practically in a dead heat.

Torrellas was the real surprise of the race. A reformed distance runner, she started walking about 4 months ago after bearing a child and reportedly has lost about 25 pounds in that period. (Apparently she put on even more than that during the pregnancy.) Sam Miller had a personal best by nearly a minute, and off her strong finish, should go even faster. In ninth place, June MacDonald improved by about 40 seconds and easily beat her mentor, Jeanne Bocci, in the process.


On the men's side, it would appear that for this year, our top walkers are indeed our top walkers, regardless of distance. At least the same three that dominated the National 50 (not counting the Mexican invaders) led the way again at 20 Km. The only difference was a switch in positions for Jim Heiring and Marco Evonikl. Behind them was the fastest field in U.S. history, with the first six under 1:31.

Heiring led practically all the way in capturing his third straight title at the distance. His 1:26:53 performance on the track has been bettered...
only by himself and Marco Evoniuk among U.S. Walkers with their 1:25:50 in Bergen last year. In this race, Evoniuk was able to push Heiring through the first 10 km, but then dropped gradually away. Nonetheless, he lapped third place Dan O’Connor on the finish line in record 1:27:49. O’Connor was unchallenged for third and broke 1:30 for the fourth time this year.

20-year-old Tim Lewis, emulating Sam Miller’s performance earlier in the day, swept by the old man of the race, Todd Scully (34) coming off the final turn to capture fourth. San Shick was not far back in sixth, walking another impressive race. Ray Sharp, expected to challenge Heiring and Evoniuk for the title, was never in contention, and was pulled by the judges at about 67 miles while in sixth place. Not having contested the 50, Ray is now on the sidelines for international races this year.

The race, scheduled to start at 10 pm, did not actually get going until about 10:30 and was contested through intermittent, and sometimes heavy, showers. (But nothing like the cloudburst a 5-hour earlier during the middle of the 10 km run.) The showers actually produced a welcome relief from the hot, muggy conditions that were expected to carry over from earlier in the day. Had that weather held, times would not have been as good. On the other hand, the track was a bit slippery, which didn’t help. The conditions did make for an interesting tableau—youths with squeegee racing along in front of the leaders as they came down the main straight on each lap, trying to clear the main puddles.

O’Connor shot into the lead at the start, going through the first 800 in 2:32, with Heiring, Evoniuk, and Dave Cummings close behind. Heiring moved into the lead just after 4 laps (1640 to 1800) and was never headed. At 8 laps (3000 m), Heiring was 13:22, Evoniuk 13:25, and O’Connor 13:33. Scully and Sharp were now dueling for fourth, going by in 13:53, and Cummings was 12 seconds behind them, leading a pack that included Shick, Lewis, and Steve Pecinovsky.

Heiring hit the 5 km in 20:59, with Marco now 5 seconds behind. O’Connor had 21:22 and Scully and Sharp 21:40. The four walkers battling for sixth were more than a minute back and soon became a trio when the judges pulled Pecinovsky at 15 laps, a move that did not appear to please Steve.

During the fifth mile, Scully started to pull away from a surprisingly lethargic Sharp, and Lewis, leaving Shick and Cummings, began to gain on Scully. At 10 km, Heiring had 42:32 (21:33 for 2nd), Evoniuk, who had closed the gap to just 2 seconds at the 4 km mark, 42:40, O’Connor 43:23, Scully 44:26, Sharp 44:43, Lewis 44:59, and Shick 45:46. There has never been a 10 km race in this country with that many under 45, and these guys still had 10 km to go.

Except for Sharp’s 49 at 26 laps and a gradual spreading out, there were no changes among the top walkers over the next 5 miles. Heiring was about 1:04:36 at 15 km (22:04 for 3rd), and nearly 30 seconds ahead of Evoniuk. O’Connor was just over 1:06:04, Scully about 1:06:30, Lewis 1:07, and Shick 1:07:28. (These times are interpolated from those I recorded at 30 laps—16,400 meters.)

With 6 laps to go, everything looked rather flat. O’Connor had lost much ground to the leaders, but the other margins were all about the same. Then Tim lewis started to gain gradually on Scully, and with two laps to go had cut the margin from 31 to 16 seconds. However, when Todd started the final lap still 11 seconds ahead, he appeared to have fourth in the bag.

Levi didn’t think so, and started a long sprint that carried him by Todd as they came off the final turn. Taken completely by surprise, Scully had

no response and finished 5 seconds back. Unfortunately, with the rain making note taking difficult, I didn’t record any lap times after the 44th lap. I mentally noted the margin at the start of the final lap, but not the actual time, so I can’t tell you how fast Tim covered that final 800.

As it turned out, it was a dash to the tape that meant a spot in the Pan-American Games in August, the first two at 20, 25, and Evoniuk and O’Connor at 50. (Tom Edwards, fourth in the 50, has not met the qualifying standard of 4:10.)

Unfortunately for Scully, he had no warning that Lewis was coming, or it might have been an even more interesting race for the final spot. Actually, Todd had been told he had a very secure 50th and may have been able to pull a little more out over the last two or three laps had he known the danger. But let us not detract from Lewis’ great finish. When all the scores are out there, you have to go all the way to the finish. Tim did and Todd didn’t.

Also unlucky was Fabian Kniazcyk in seventh, who is probably the man in line for the Lugano Cup squad at both 20 and 50. At this point, it appears the squad will be Heiring, Lewis, Scully, and Sharp at 20, and Evoniuk, O’Connor, Edwards, and Glusker at 50. If Shick, who finished fifth at 50, should opt for that race, Kniazcyk is next in line for the 20 km berth. Having finished behind Glusker at 50, he is next in line if anyone should drop off the squad for whatever reason. In any case, Fabian had a great race, improving his best by about 6 minutes. (Make that 6 minutes.)

In other internationals, Evoniuk and Lewis will walk the 20 at the World University Games in early July, and Heiring, Evoniuk, Edwards, and Shick will compete in the Pan-American Games in August, the first two at 20, the others at 50. (Providing political and economic conditions in Venezuela don’t force a last-minute cancellation of the games.) For results of the

JUNE 1981
NOTES ON NATIONAL 50 KM (Full results last month)—from Bob Bowman

Martin Bermudes of Mexico, back in action after sitting out '82, was very strong over the 2-mile course to outdistance countryman Felix Gomez by almost 10 minutes. The ex-racer is very powerfully built with very fluid technique. He will be tough to handle in the big races later in the year. "I felt good and hoped for a fast time but it got warm at the end and the hill slowed me a little, otherwise I was quite pleased."

Evinoluk and company had wisely let the Mexicans go from the start in that the pressure to qualify for the IAAF World Champs and go under 4:10 was predominant on their minds. Bermudes expressed this strategy, stating "I felt good and smooth while concentrating on my form to be sure to qualify. I was aiming for 4:07 but got pulled to a faster time by the Mexicans." Bermudes and Gomez hit 20 km in 1:12:26, with Evinoluk leading about 2 minutes back.

This was Marv's third US 50 km title, his second fastest time, and fourth on the all-time US 50 km list. Bermudes, '79 Lugano champ and record holder at 3:13:36, walked the fastest time ever on U.S. soil. Evinoluk also with a PR, is now fifth on the list and the seventh best clocking.

Splits at 10 km marks for the leaders:


Among non-finishing: were Tom McLain, 40 km in 3:44:46; Randy Mimm, 35 km in 3:46:47; Troy Engle, 35 km in 4:06:20; Leonard Jansen, 40 km in 3:51:21; and Steve Focenovsky, 40 km in 3:51:58.

FAST TIMES ELSEWHERE

Two annual events of major importance are the Mexican Race Walking Week in April and the May Day races in Naumburg, East Germany. Both featured outstanding races this year, with the Naumburg 50 km showing a stunning return to form by East German walkers following their dismal performance in last summer's European championships. In addition, Jose' Fribillini, beating European title, Jose' Marin, in a superb 20 km in Spain. His 1:12:14 is seventh fastest of all time and the first six are all considered questionable. Whether this latest race was on an accurate course remains to be seen. After winning in Mexico, Saul Gonzales also took the annual Prague-to-Podebrady 30 in Czechoslovakia.


A FEW RESULTS FROM AROUND THE COUNTRY

{...}
with its acrimonious attacks on the establishment. Nothing was sacred to these purveyors of yellow journalism and no one escaped their wrath. Unfortunately, for those of us who enjoyed their acerbity (even when directed at our own arch-conservative stance), this scurrilous sheet was rather short-lived as these reckless youthos grew up and found better things to do with their lives.

Well, hold your noses! Another band of renegades with time hanging heavy on their hands has emerged. The Guano Press has been resurrected, rising not from the sewers and gutters of the eastern seaboard, but from the supposedly pure mountain air of Colorado. Ah, but the stench certainly belies the pristine origins. Volume 1 of Face Pig Taint Press (form- erly Guano Press) has reached us from Colorado Springs, home of the U.S. Olympic Training Center and nerve of our nation's top walkers. The staff remains anonymous—unless you want to accept such names as Human Smart, Grumpy, Mr. Potatoes (sic) Head, and the Fly (alias Hyncta).

But obviously this vituperative rag is the handiwork of residents in residence at the Center. (My handwriting expert even tells me they named their race walker Donnie Ron [paid to address their vile meanderings to whatever helpless audience they chose for their initial mailing.) With nothing to do but race walk all day, this crew had to turn their foul, fetid minds to something—let's say decay completely. In the first issue, the stench of their satiric attack is thrown in our face. The Walker replied, "I got tired of the importance placed on the Alberto Salazars of the world. I mean, what is so special about running 2:08 plus for 26.2 miles? Does it feed hungry people?"

Incidence at the Center. (My handwriting expert even tells me they named their race walker Donnie Ron [paid to address their vile meanderings to whatever helpless audience they chose for their initial mailing.) With nothing to do but race walk all day, this crew had to turn their foul, fetid minds to something—let's say decay completely. In the first issue, the stench of their satiric attack is thrown in our face. The Walker replied, "I got tired of the importance placed on the Alberto Salazars of the world. I mean, what is so special about running 2:08 plus for 26.2 miles? Does it feed hungry people?"

"And it was from one of the above interviews on the Zinn Memorial 10 Km in Wisconsin. (Which means, by the way, we don't have anything on that race yet. We may have to depend on the Broadsides to give us some information before next month.)

GET OUT IN THAT HOT SUMMERTIME AND RACE YOUR GUTS OUT. TRY THESE:
7 Mile, Seattle (W)
30 Mile, Washington, DC, 10 am (G)
Sat. July 16—NATIONAL TAC 25 KM, MIAMI BEACH, FL, 7 am (W)
10 Mile, Washington, DC, noon (G)
Sun. July 17—1 Mile, Balmar, NJ (F)

Women's 10 Km, Seattle (H)
1.5 and 3 Km, Arlington, VA, 11 am (G)

Sat. July 23—20 Km, two-person relay, Green Bay, WI (D)
5 and 10 Km, New York City (E)

Sat. July 31—1500 meters, Long Branch, NJ (A)
10 Km, New York City (E)

Sun. July 31—NATIONAL TO JUNIOR 15 Km, LEIDARD, CONN. (H)
10 Km, Boonsboro, Md., 9 am (G)

Wed., Aug. 3—2.8 Miles (G)

Fri. Aug. 5—10 Sam, Seattle (H)

Sat. Aug. 6—24 Hour, 50 and 100 Mile Walks, Ft. Meade, MD, Noon (G)
1 Hour, Houston (A)

Sat. Aug. 12—15 and 5 KM, Dearborn, Mich. (G)
1 Mile, Houston, 8 am (A)
10 Km, Newfield, Col., 8 am (H)
5 and 10 Km, Carderock, Md., 9 am (G)

Sun. Aug. 21—5000 meters, Detroit, 9 am (G)

Sun. Aug. 28—10 Km, Sayville, NY, 8 am (G)
10 Km, Roswell, Wash., (M)
1 Hour, College Park, Md., 9 am (G)

Sun. Sep. 5—5 Km, Ohio, Springfield (X)

Mon. Sep. 5—20 Km, Gjomek, NY 8 am (K)
20 Km, Washington, DC, 8 am (G)

CONTACTS:
A—Steven Gwyn, 6502 S. Brian Bayou, Apt. 203, Houston, TX 77072
B—R. A. R. R. 471 E. Kilgore St., Aurora, CO 80017
C—Tom Jacobson, 1907 S. 86th St., Fort Atkinson, WI 53538
E—Elliot Dennis, 28 N. Locust, West Long Branch, NJ 07764
G—Carl Varnum, #56, 512 N. 7th St., Arlington, VA 22207
K—Gary Westerfield, P.O. Box 440, Davenport, IA 52801
M—Des Haines, 1137 NW 57th, Seattle, WA 98107
N—Bruce Douglass, 56 Canterbury Lane, Mystic, CT 06355
O—Frank Alongi, 26150 Woodside, Dearborn Hts, MI 48127
P—Steve Vaitones, 15 Chestnut St., Waltham, MA 02154
S—Robert Simonton, 1307 N. 1st St., Williamsburg, VA 23185
X—Jack Blackburn, 2307 High St., Springfield, OH 45550

FROM STJERGREN TO TOE
Leo Stjergren, four-time National champion at 50 Km and two-time Olympian, is recovering from recent double by-pass surgery and is looking to race walking for rehabilitation. He also had a very serious motorcycle accident a few years ago, but is now determined to get into master's competition.

For those who want to send their wishes for a speedy recovery, Leo's address is: 1255 Sargent Place, Los Angeles, CA 90026. John MacLachlan, former National Chairman, comments on John Allen's remarks published in the pages last month: "Knowing John, I know how he cares. However, until the time comes when there is found to be a better and improved method of detecting (during a race) an improper walking style, what really is the good of someone showing a photograph of a walker off the ground or of any other infraction? Unless the eye of a trained judge can catch the infraction during a race—

and the judge doesn't say from the responsibility to call a caution—what else can be done? The eye is not as quick and accurate as a camera—that is a fact. Until we find a fool proof method of judging, let's throw away the cameras. If you or anyone else disagrees, please explain it to me—I want to understand."

The ORW is not as quick and accurate as a camera. We have expressed similar views in the past, although not to the extent of throwing away cameras. We like pictures and we like those John Allen supplies, since he hasn't been sending those of people off the ground. We have pictures and we like those John Allen supplies, since he hasn't been sending those of people off the ground. We have pictures and we like those John Allen supplies, since he hasn't been sending those of people off the ground.

Summer is once again upon us and presents some of the most challenging aspects of training. Increased temperatures and humidity can play havoc with the body's metabolism and heat regulating mechanisms. These are well known dangers.

I would like to discuss a less threatening problem, but a nuisance, now is the less. We are talking about blisters. Blisters, also known as "blies", are a result of excess heat and friction between skin and surfaces such as rocks and shoes. The result is a separation of the upper layer of skin from the underlying layer. The potential space formed is filled with a clear serous fluid (lymph) or sometimes watery blood. Pain results from the fluid pressing on nerve endings. There is also a danger of infection since the fluid serves as an excellent food for germs to grow in.

To reduce pain and loss of training time, the blister should be drained using a sterile lance (purchased at a supermarket). A hot needle should be passed through a flame. Swab the blister with alcohol. Enter the blister from the edge. Make a hole (there should be no pain) and press out the fluid by pressing on top of blister. (Ed. I find a hole on each side more effective, for the same reason you put two holes in a large juice can before pouring.) Leave the roof? Do not remove the dead skin as it will serve as protection. To reduce the fluid present, you can soak the blister in a table salt water solution (two parts to a quart) or use a powder known as Domboro to make a soothing soak. This can be purchased at a pharmacy. If the blister is full of blood, there is a greater chance of infection. After draining and/or soaking, apply an antibiotic ointment such as Neosporin (can be purchased without a prescription). (Ed. Hint. Dip the pin or needle in the Neosporin before entering the blister. This way you get some inside.)

Recently, I've been using a substance called "Second Skin" by Spenco (the insole company). This material comes in sheets in a packet. The material in plastic gel impregnated with a large amount of water, that lubricates, soothes, and protects the blister. Cut out a portion to cover the blister and tape it on. Micropore paper tape (3-M Company) works well. Using Second Skin will allow you to train while the blister heals.

LOOKING BACK
20 Years Ago (From the June 1963 Race Walker of Chris McCarthy)—The Senator 50 Km, held in Detroit, went to Chris McCarthy in 4:44:55, nearly 10 minutes ahead of Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr. A distant third was Ron Laidr.
and I'd still for 4 miles while Mortland was off hoonymooning.


5 Years Ago (From the June 1978 ORW)—Augie Hirl moved through 100 K in 10:19:00 to win the National title in Lafayette, Calif. Allen Price was second in 10:51:46. There were four races at the National T&F Meet that year. Susan won the Women's 5 K in 25:46, well clear of Sue Broaddock and Chris Sheen. Broaddock came back to win the 10 K in 32:18, with Paula Kuschke third in 32:30. Joan Benoit won the women's 5 K in 22:31.6, just ahead of Carl Seidler and Mary Gisker. Marco Evoniuk was fourth. In the 20 (apparently contested on the track, which shows how poor my memory is in reporting this year's race as the first on the track), Todd Scully moved well clear of second half to win 1:34:14. Larry Walker had 1:35:27, Dan O'Connor 1:36:20, Tom DeLuce 1:37:05, and Evoniuk 1:37:38. Neal Tyree was 4th. The Mexicans cleaned up in Europe. Raul Gonzalez set a world's record on the track in Norway with 3:52:24 and Daniel Bautista had 20 K wins in Norway (1:25:10), Madrid (1:23:13), and Sweden 1:25:54, beating most of the best Europeans in the process. England's Derek Harrison broke the world mark for 24 hours, going 219.5 K.

And, a little anecdote printed in that June 1973 issue regarding an experience I had with the immortal John Deni in the 1959 National 20 K in Baltimore. I quote myself: "...this was one of John's last races and one of my first. At about 8 or 9 miles we were getting it out side by side in an important and stirring battle for 13th or so. The race was being contested on a 2-mile loop. For the second lap in a row, John had just been verbally assaulted by Corliss Blackburn (Dr. John's wife, Jack's mother), who for some reason seemed to feel that his characteristic bent-kneed creep left something to be desired from the standpoint of legality. She was saying no words and her scathing remarks were obviously getting under John's skin. Feeling somewhat uneasy lest the muscled John might vent his wrath on my puny frame, I was wondering what course to take, being sort of caught in the middle. Fortunately, he chose to satisfy his anger by spitting out through clenched teeth the remark, 'That goddamn Mrs. Blackburn! Doesn't she know I walk the European style?' A half-mile or so later, he pulled easily away from me with his tormentor still hurling unladylike epithets after me, and I settled for 14th place. Or, was it 13th?"