

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XX, NUMBER 2

COLUMBUS, OHIO

APRIL 1984

SCHUELER IMPRESSIVE IN NATIONAL 50

Cleveland, April 29--Carl Schueler led all the way to capture the National Athletics Congress 50 Km racewalking championship today. While Carl expressed some disappointment in his time of 4:07:23, it was rather impressive given the warm, muggy conditions (80 F by the finish) on a shadeless course. Starting confidentially, he went through the first half in 1:58:30, just 3 minutes slower than he managed in the National 25 two weeks earlier. Although slowing considerably the second half, he was never seriously challenged and seemed in control all the way.

Second place went to another comebacking walker, Vincent O'Sullivan, who is now definitely a strong contender for an Olympic berth with his 4:10:00 effort. Tom Edwards, still a relative newcomer to the event, continued his string of notable performances with a 4:14:39 in third. Troy Engle walked a remarkable race in fourth, accelerating over the second half despite the conditions. Hitting halfway in 2:10:30, he came home in 4:18:11, covering the second half faster than anyone in the race. (Turn to page 10)

VAILL, LEWIS WIN TITLES IN SEATTLE

Seattle, April 5 (Special from Pacific Pacers)--Teresa Vaill and Tim Lewis, plus wind gusts of up to 30 mph, blew away most of the competition in record-breaking times in the U.S. Women's 20 Km and U.S. Men's 25 Km Race Walking Championships today.

In the women's race, Vaill, just returned from Mexico City and obviously readjusting well to sea level and cool temperatures, shocked everyone with an early lead that she steadily lengthened over secondplace Gwen Robertson and therest of the field. Vaill's teammate, Carol Brown, finished third and Sam Miller took fourth, after Susan Leirs-Westerfield was unable to continue shortly after passing 15 Km. Bev LaVeck placed 5th, passing 6th place Paula Kash in the last 100 yards.

The men's race was tighter, with Jim Heiring and Marco Evoniuk leading at 5 Km, followed by Lewis and Dave Cummings. At 10 Km, these four were together, but by 15 Lewis had taken over first place and seemed to become stronger with the wind, gradually extending his lead to the finish. Heiring moved into second place when Evoniuk dropped out at 15 Km. By the finish, Ed O'Rourke and Carl Schueler had moved into third and fourth. Cummings, in third place at 20 Km with a Trials-qualifying 1:29:17, relaxed to finish fifth. Gary Morgan also attained his Trials qualifying goal with a 1:31:56, and then slowed as Tom Edwards caught him to finish sixth.

The race didn't do much to clarify the picture for those of you trying to predict our Olympic team. The stock of Tim Lewis, already a strong candidate, certainly rises a few notches for the 20. One wonders what Evoniuk's problem was and if he will be ready for a peak performance at the Trials. Also what about Carl Schueler, who was coming so strongly and, along with

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Marco, appeared to be almost a sure shot at 50. Suddenly here, he goes 2½ minutes slower than he had four weeks earlier on his way to 35 Km.

In the Men's Junior race, Tony Englehardt finished in 2:15:13. Jay Haavik was the first master, followed by Paul Kaald, who won the 50 to 59 championship.

Results:

Women's National 20 Km--1. Teresa Vaill 1:45:20 (25:41, 51:13, 1:17:32) 2. Gwen Robertson 1:51:46 (26:32, 52:53, 1:22:10) 3. Carol Brown 1:52:52 (27:36, 55:21, 1:23:44) 4. Sam Miller 1:57:26 (27:03, 56:48, 1:27:43) 5. Bev LaVeck 1:58:46 (28:48, 58:32, 1:28:39) 6. Paula Kash 1:59:02 (27:31, 55:35, 1:25:37) 7. Mary Howell 2:06:06 8. Judy Groomridge 2:21:58 9. Cate Evers 2:25:07 DNF--Susan Leirs-Westerfield (1:26:03 at 15), Tammy McPond 63:03 at 10.

Men's National 25 Km--1. Tim Lewis 1:49:36 (21:46, 43:19, 1:05:07, 1:27:07) 2. Jim Heiring 1:50:49 (21:28, 43:19, 65:14, 1:28:01) 3. Ed O'Rourke 1:54:57 (22:23, 45:00, 1:07:42, 1:31:12) 4. Carl Schueler 1:55:40 (22:00, 44:53, 1:08:04, 1:31:44) 5. Dave Cummings 1:58:38 (21:48, 43:19, 1:05:23, 1:29:17) 6. Tom Edwards 1:59:01 (21:59, 45:04, 1:09:13, 1:33:55) 7. Gary Morgan 1:59:31 (23:00, 45:50, 1:09:08, 1:32:56) 8. Peter Timmons 2:00:16 (22:32, 45:36, 1:09:02, 1:33:56) 9. Mike Morris 2:00:37 (23:18, 46:43, 1:10:43, 1:35:28) 10. Steve DiBernardo 2:07:00 (24:07, 49:24, 1:14:33, 1:40:02) 11. Gerry Pollet 2:17:12 12. Todd Scully 2:22:33 (47:36 at 10) DNF--Sam Shick (1:29:58 at 20)--Lewis shattered Championship best of 1:51:07 by Neal Pyke in 1978.

National Jr. 25 Km--1. Tony Englehardt 2:15:13 DNF Trent Jones (60:02 at 10)

National Masters 25 Km--1. Jay Haavik 2:22:56 2. Paul Kaald 2:35:54 3. George Edwards 2:40:18

OTHER RESULTS

20 Km (track), U. of Massachusetts, March 3--1. Troy Engle 1:32:42 2. Ray Funkhouser 1:34:04 10 Km, Sterling, Mass., April 9--1. Brian Savilonis 48:58 2. Rich O'Neill 49:35 3. Bob Falciola 52:19 4. Chris Anderson 54:11 5. George Lattarulo 55:17 6. Bob Whitney 56:44 5 Km, same place--1. Wil Dearosiers 25:15 2. Fred Loefft 26:04 3. Dan Drewniak 27:57 4. Bob Backhard 29:34 5. Herb Beall 20:21 (10 finished) 3.3 Miles, Lowell, Mass., April 4--1. Brian Savilonis 26:31 2. George Lattarulo 28:52 3. Don Drewniak 29:20 4. Dennis Slattery 29:57 5. Bob Whitney 31:22 6. Herb Beall 31:42 7. Ralph Cardarelli 32:56 8. Katherine Beall 36:15 9. Fred Brown 38:16 Northeast AC 30 Km, Boylston, Mass., March 25--1. Brian Savilonis 2:48:00 2. Chris Anderson 2:53:10 3. George Lattarulo 3:01:48 4. Tom Knatt 3:02:22 5. Bob Whitney 3:02:27 6. Valio Laides 3:06:30 4.1 Mile, Framingham, Mass., April 8--1. George Lattarulo 36:06 2. Bob Whitney 36:09 3. Tony Medeiros 49:09 4. Kelly Brown 51:21 (walking for the American Kennel Association, Kelly had at least one paw on the ground at all times, but it was a moot point as to whether she was straightening, as her knees were indistinguishable from the rest of her legs) 5. Fred Brown Sr. 51:24 5 to 50 Km, Washington, DC, March 18--1. Tim Lewis 4:16:20 (49:40, 1:39:54, 2:30:20, 3:21:35) 2. Bob Keating 4:29:57 (50:34, 1:41:42, 2:33:41, 3:31:22) 3. Sal Corrallo

5:09:50 4. Peter Ulrich 5:28:14 Others: Glenn Sweazy, Can., 35 Km in 2:57:52 (49:40, 1:39:54, 2:30:30); Martin Niklo, 35 Km in 3:39:31; Marsha Kurlw., 35 Km in 4:56:10; Joel Holman, 30 Km in 3:35:51; Vernon Helix, 30 Km in 3:46:25; David King, 20 Km in 1:39:52; Alan Price, 20 Km in 2:03:43; Jennifer Bishop, 20 Km in 2:13:40; Tim Good, 20 Km in 2:21:41; Bill Hillman, 20 Km in 2:26:05 10 Km, Harrisonburg, Va., April 14--1. Ray Funkhouser 46:28 2. Richard Sheehan 57:59 3. John Coyle 58:43 5 Km, Dogwood Relays, Knoxville, Tenn., April 13--1. Todd Scully 23:08.5 2. Steven Taylor, Berea College 24:03.3 3. Troy Nelson 24:35 4. Eric Schmoock 24:51 5. Frankie Steele 28:28 6. Geoff Mitchell 29:07 10 Km, Atlanta, April 14--1. Bob Lemming 60:44 2. Bill Farrell 69:27 3. Steve Daniel 69:53 4. Brian Sherman 69:54 (10 finishers) 20 Km (Track), Dearborn, Mich., April 14--1. Steve Pecinovsky 1:27:09 (Personal best) (21:11, 42:50, 1:05:02) 2. Mel McGinnis 1:31:42 (21:53, 44:24, 1:07:41) 3. Keith Luoma 1:54:59 4. Max Green 1:57:19 Beginners 3 Km, same place--1. Steven Smith 14:54 (a rather fast beginner) 2. Paul Perry 19:54 (8 finished) Wisconsin State University Conf. Indoor 2 Mile Championship, March 24--1. Paul Wick, UW-Whitewater 13:36.6 (Conf. record) 2. Kevan Schoessow, UW-River Falls 14:40.1 3. Kevin Rogers, UW-Oshkosh 16:03.8 4. Dan Arkin, UW-Whitewater 16:07.2 5. Peter Heali, UW-Eau Claire 16:09.5 6. John Hokanson, UW-Eau Claire 16:11.1 7. Jim Frische, UW-Whitewater 16:14.9 8. Scott Oliverson, UW-Oshkosh 16:38.7 9. Marty Monfils, UW-Eau Claire 19:43.5--two DQs 20 Km (Track), Florissant Valley CC, St. Louis, Mo., April 15--1. Tom McMillan 1:30:42 (22:46, 45:40, 1:08:30) 2. Mike DeWitt 1:31:04 (22:46, 45:40, 1:08:30) 3. Mark Manning 1:31:38 (22:46, 45:42, 1:09:00) 4. Andy Kaestner (age 19) 1:31:51 (23:02, 46:02, 1:09:10) 5. Don Lawrence 1:36:02 6. Mark Young 1:44:26 7. Adair Andres 1:46:04 Women's 10 Km, same place--1. Debbie Lawrence 54:22 Girl's 1 Mile, Miami, March 31--1. Katie Warren 8:18.1 (meet record) 2. K. Rardin 8:36.3 3. A. Valdyke 10:31 (13 finished) Jr. High Division--1. K. Miller 10:32 20 Km, Foster City, Cal., April 1--1. Wayne Glusker 1:36:02 2. Bruce Ransdell 1:40:58 3. Chuck Marut 1:43:26 4. Bob Edwards 1:50:05 5. Dennis Reilly 1:55:38 6. Nancy Novak 2:04:13 7. Daine Mendoza 2:04:55. . .DNF Two names from the past--Neal Pyke 48:02 at 10 and Bob Henderson 52:55 at 10, both now age 35 1 Mile (Indoor), San Francisco, March 2--1. Jamie Allen 7:02.7 2. Bruce Ransdell 7:03.0 3. Bob Edwards 7:48.8 4. Rob Robinson 7:52 5. Nancy Novak 8:25.8 6. Kathy Curtis 8:39.2 5 Km, Banks, Oregon, April 1--1. Rob Frank 28:00.8 2. Trent Jones 30:24.7 Women's 3 Km, same place--1. Kim McGure 17:12.7 Collegiate Triangular Meet, Portland, Ore., April 7, 5 Km--1. Loren Masuaka 29:08.8 2. Trent Jones 29:14.4 (both Lewis and Clark Col.) Women's 10 Km, Seattle, April 1--1. Sam Miller 53:26 2. Bev LaVeck 55:42 3. Jenny Fisher 63:10 10 Km (track), Seattle, April 19--1. Allen James 48:53 2. Tony Englehardt 48:53 3. Colin Peters 49:15 4. Paul Kaald 58:41 Ontario 50 Km Championship, April 15--1. Marcel Jobin 3:55:16 2. Guillaume Leblanc 4:12:48 3. Martin Archimbault 4:30:20--Jobin's splits--46:35, 1:32:29, 2:17:45, 3:04:22 Spanish 50 Km, March 18--1. Jose Marin 3:50:12 2. Ove Moen, Norway 3:54:53 3. Manuel Alcalde 3:58:03 4. Roland Nilsson, Sweden 3:59:24 5. Jose Pinto, Portugal 4:01:27 6. Chris Maddock, Eng. 4:02:00 (National record) 7. Dan O'Connor 4:10:03 8. Walter Schwocke, WG 4:10:32 9. Lucien Faber, Luxen. 4:13:19 10. Samuel Guigon 4:21:09 British National 10 Mile, March 24--1. Ian McCombie 1:07:38 2. Phil Vesty 1:08:09 3. Dan O'Connor 1:09:31 4. Roger Mills 1:10:33 5. Rich Dorman 1:11:36 (28 under 1:17, the British Class I standard. With this race, O'Connor wrapped up 4 weeks of serious racing around the world, having done a 41:19 10 Km and 1:35:56 20 Km in California the two previous weeks, as reported last month.) Women's 5 Km, London, March 3--1. Jill Barrett 23:56 2. N. Jackson 23:58 3. Ginny Birch 24:09 4. Helen Ringshaw 24:36 Women's 5 Km (Track), Australia--1. Sue Cook 22:06.34 (Betters accepted world record of 22:41.4 but short of pending mark of 22:04 by Olga Yarutkina.)

RACES, RACES, RACES

- Sat. May 12—5 Km, Union Point, GA (E)
5 Km, Detroit (T)
NATIONAL AC 5 KM, MEN AND WOMEN, DENVER, 10 am Women, 12 noon men (G)
Marcel Jobin International 20 Km Men, 10 Km Women, Sept Iles, Quebec (EE)
- Sun. May 13—5 Km and 1 Mile, New York City, 9 am (P)
NATIONAL AC 30 KM, DENVER, 10 am (G)
10 Km, Arlington, Va., 8:45 am (L)
- Sat. May 19—5 Km, Westchester, NY, 9 am (P)
5 and 10 Km, Denver, 9 am (V)
- Sun. May 20—Maine AC Champ., 15 km men, 10 km women, 5 km junior, Lewiston, 10 am (AA)
20 Km, St. Louis, 1 pm (W)
5 Km, New York City 10 am (Y) (Whoops! Also a 20 Km)
5 and 10 Km, Dearborn, Mich., 10 am (T)
1500 meters and 3 Km, Arlington, Va., 10 am (L)
15 Km, Washington, DC, 9:30 am (L)
10 Km, Iowa City, 9 am (DD)
- Fri. May 25—10 Km (Track), Columbia, Mo, 6 pm (M)
- Sat. May 26—5 Km, College Park, MD, 9 am (I)
- Sun. May 27—NATIONAL AC 15 KM, SENIOR, JUNIOR, MASTERS, WOMEN, NEW YORK CITY (P)
8.2 Mile, Seattle (D)
Ohio AC 20 Km, Springfield (K)
20 Km, Washington, D.C., 8 am (L)
1 Hour, Upper Arlington, Ohio 9 am (J)
10 Km, Augusta, Ga., 7 am (E)
- Wed. May 30—5 Km, Boston (F)
- Sat. June 2—5 Km (track), Piscataway, NJ (X)
- Sun. June 3—10 Km (Track), Piscataway, NJ (X)
5 and 10 Km, Dearborn, Mich., 9 am (T)
June Daze 3x5 Km Relay, New York City (P)
Zinn Memorial 10 Km and Women's 5 Km, Kenosha, Wis., 10 am (H)
1500 meters and 3 Km, Arlington, Va., 10 am (L)
- Tue. June 5—5 and 10 Km, West Boylston, Mass., (U)
- Fri. June 8—NATIONAL AC WOMEN'S 10 KM, SAN JOSE, CAL. (R)
- Sat. June 9—10 Km, Manitou Springs, Col. 8 am (V)
15 Km, Columbia, Mo. 9 am (M)
NATIONAL AC 20 KM (TRACK), SAN JOSE, CAL. (R)
- Mon. June 11—5 Km, Long Branch, NJ, 6:30 pm (A) (and each Monday through Aug. 27)
- Wed. June 13—1 Mile, Bangor Maine, 6 pm (AA)
4.9 Mile, Shrewsbury, Mass., (U)
- Sat. June 16—5 and 10 Km, Greeley, Col. 9 am (V)
- Sun. June 17—1500 meters and 3 Km, Arlington, Va., 10 am (L)
- Fri. June 22—NATIONAL AC JR. WOMEN'S 3 KM, LOS ANGELES (BB)
- Sat. June 23—Eastern Masters 5 Km, Washington, DC (L)
- Sun. June 23—Eastern Masters 20 Km, Washington, DC (L)
NATIONAL AC JUNIOR 10 KM, LOS ANGELES (BB)
Marathon and 10 Km, Owego, NY (CC)
- Fri. June 29—10 Km, Lewiston, Maine, 6 pm (AA)
- Sat. June 30—10 Km, Dearborn, Mich., 9 am (T)
- Sun. July 1—5, 10, 20, and 50 Km, New York City (P)
1500 meters, Rutgers, NJ (A)
- Wed. July 4—5 and 10 Km, Englewood, Col., 9 am (V)

Sun. July 8—Maine 10 Km (Men) and 5 Km (women), Lewiston, 10 am (AA)
2 Mile, Freehold, NJ (A)

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DD--Bob Jordan, 1104 Highland Ave., Iowa City, IA 52240
EE--COMUI, 770 Boul Laure, Suite 30, Place du Ville, Sept Iles, PQ, Can. 64R 1V5

Also Note: International Postal 1 Hour (Youth). June 1 through Aug. 15.
Send self-addressed envelope for forms to:

Kip McEwen
4322 Greenbriar Rd.
Chattanooga, TN 37412

But, fans, here is my idea of a good race (seriously). Reminds of our approach in the good old days of Ohio race walking. (Hope you can still read it after I have reduced it enough to fit the format.)

CAPT. RONALD ZINN MEMORIAL INVITATIONAL PRIMER TIME TRIAL

10,000 meter walk

Sponsored by : 12 STONE HARRIERS A.C.

Held at : West High School Track

Iowa City, Iowa

9 a.m. (CDT)

Sunday, 20 May 1984

Entry fee : \$0.00 (U.S.)

Some may call this a race. It is officially entitled a time trial. Whatever its designation, there will be a starting pistol discharging at the starting line of the West High School (Iowa City) track at 9 a.m. (CDT), or shortly thereafter, and someone will try to count 25 laps for you (A caveat: please make sure you are both on the same lap by checking in with him/her every 4 or 5 laps. Don't ask for infallibility from volunteers.)

TRACK FACILITIES: The track is 400m, 6 lanes, and of a nondescript matter not dissimilar to asphalt. Unlike the infamous, soon-to-be-destroyed University of Iowa asphalt oval, it does not have a foot-wide groove worn in lane 1 near the curb. In fact, it has no curb at all and thus will drain if precipitated upon (again, unlike the U of I track). That also means you can turn an ankle if you encroach on the infield (hence, I ask you to sign the waiver below and bring it to the time trial). In years past, there have been porta-potties at the track for use by the high school track teams and spectators at events in the spring. No guarantee is made that they'll be there on 20 May, but they usually are. Sometimes "bathroom tissue" is furnished, but bring your own in case. Running drinking water has also been available, but again there are no guarantees.

Also be advised that we will not have exclusive use of the track, but expect few if any runners that morning. And if I were a runner faced with a gaggle of walkers, I'd steer clear of lane 1 if one of those weirdos got near me. So please, no rude gestures or words for them even if they do get in your way. Remember, some of us were once uninformed runners plodding around a track much like a laboratory rat on an exercise wheel.

JUDGING: At first I was going to judge this trial myself, but that sort of defeats the purpose of doing it -- my and others' preparations for the Zinn Memorial in Wisconsin two weeks later. So if you show up and feel so insecure that you have to cheat, no one will thumb you out. But if I see you doing a Groucho Marx impersonation or look like Willie Banks going for 56 feet, you get no more invitations. I don't sink my own money into an event, such as it is, to have someone "run" away with the prizes. I hope to hold 2 or 3 more walks during the summer and fall this year depending on availability of cheap awards.

AWARDS: There'll be something if only a six-pack of soda pop for places 1 - 3. Who knows what I'll come up with. Remember how much you're paying in the way of an entry fee. I want most of all that you get an accurate time over an accurate distance.

DIVISIONS: Only one -- open. This is an equal opportunity walking event. There are too many women, masters, and teen-agers who can walk faster than I can to feel compelled to establish categories for a time trial.

OTHER RULES: Faster walkers please pass on the right -- you can see what's going on, and please leave plenty of room. This is supposed to be a friendly time trial, not the Lugano Cup. The trial will be held up in case of hail, \geq 30 mph winds, lightning, or tornado dangers unless these atmospheric disturbances will be a long-term problem on 20 May. Please call ahead if in doubt (319-337-2708). The trial will be rescheduled for later in the summer if it's a really rotten day. Heavy rains alone will probably not cause a wash-out although I may be short of volunteers in that case.

WAIVER: In consideration of acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against the Iowa City Community School District, all sponsors, supporters, and officials associated with the Capt. Ronald Zinn Memorial Invitational Primer Time Trial, their representatives, successors, and assigns for any and all injuries incurred by me during, because of, or in travel to or from the Capt. Ronald Zinn Memorial Invitational Primer Time Trial.

DATE _____

SIGNATURE _____

T.T. director: Bob Jordan
1104 Highland Ave.
Iowa City, Iowa 52240

(If participant is under 18 years of age, parent or legal guardian also must sign. This is a must for minors!)

OLYMPIC UPDATE

For those who didn't know or who have forgotten, dates for the U.S. Olympic Trials for race walking (in Los Angeles) are:

20 Km---Saturday, June 16, 5:15 pm
50 Km---Saturday, June 23, 8 am.

The Olympic walks themselves, also in Los Angeles, are scheduled as follows:

20 Km---Friday, August 3, 5:15 pm
50 Km---Saturday, August 11, 8 am.

Qualifying times for entry in the U.S. Trials are 1:33 for 20 and 4:30 for 50. Our unofficial list shows the following qualifiers to date:

20 Km--Jim Heiring 1:24:50, Dan O'Connor 1:26:13, Marco Evoniuk 1:26:59, Tim Lewis 1:27:07, Steve Pecinovsky 1:27:09, Todd Scully 1:27:29, Carl Schueler 1:29:04, Dave Cummings 1:29:17, Ray Sharp 1:29:20, Sam Shick 1:30:26, Tom McMillan 1:30:42, Mike DeWitt 1:31:04, Ed O'Rourke 1:31:13, Vincent O'Sullivan 1:31:34, Mark Manning 1:31:38, Mel McGinnis 1:31:42, Andy Kaestner 1:31:51 (the youngest qualifier, I believe, at 19), Mike Morris 1:31:58, Pete Timmons 1:31:58, Larry Walker 1:32:25 (the oldest qualifier, on the far side of 40), Troy Engle 1:32:42, Bob Keating 1:32:43, Gary Morgan 1:32:56, Steve DiBernardo 1:32:58

50 Km--Marco Evoniuk 3:56:57, Jim Heiring 4:07:12, Dan O'Connor 4:09:29, Tom Edwards 4:13:30, Carl Schueler 4:15:56, Sam Shick 4:17:03, Randy Mimm 4:20:20, Tim Lewis 4:16:20, Wayne Glusker 4:22:30, Fabian Knizacky 4:27:34, Vincent O'Sullivan 4:27:34, Mike DeWitt 4:27:55, Bob Keating 4:29:57-- add names of any who made it in the National 50, results of which I hope are in this issue (the race has yet to be contested as I type this).

Apologies to anyone left off or who I haven't credited with their best time. But don't get shook. If your qualifying mark has been properly submitted, the right people have it on their records even if I don't.

Incidentally, I wonder who is going to participate in the National 20, coming just a week before the Olympic Trial? I doubt that I would if I were seriously going for a spot on the team.

Maybe next month I'll go out on a limb with some predictions on who will make the team, providing I get some good intelligence on the status of certain people and on who plans to go for which race and who plans to double. Anyway, we'll come up with some sort of analysis, if not outright predictions, since all leading publications are expected to do such things.

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Harry Rappaport--A Great Friend of Walking

Harry W. Rappaport, who did so much for so many years to build our sport, both in the Metropolitan area and on the national level, died on March 27 at his retirement home in West Palm Beach. Harry was 80. Unfortunately, his death was preceded by a long, painful illness. Many times AAU National Champion, Henry Laskau, delivered the following eulogy at graveside as a representative of the Walker's Club of America, athletes, and race walking officials.

I am standing here at Harry's graveside. He has gone to Eternal Life and all of us here are paying our last respects.

I have known Harry for almost 40 years, and I speak not only for myself, but also for the Athletes, former Athletes and Officials in the World of Sports who have respected him and learned a great deal from him.

Harry was and will be remembered as the "FATHER OF WALKING". He was the one and only Chairman of the WALKERS CLUB OF AMERICA from its inception until the day he moved to Florida, which is approximately a span of 40 years. It was always Harry who engineered new ideas and promoted walking on a broader scale. His interests in sports were many-fold. He was Registration Chairman of the Amateur Athletic Union of the U.S., a highly respected volunteer position and for many, many years, you could hear his resonant voice announcing the main bouts of the "Golden Games" in Madison Square Garden and St. Nicholas Arena. Harry was the first United States delegate to the International Federation walking committee as a judge. In other words, he spent most of his leisure time doing good in the field of sports.

Harry Rappaport to me was a great man. Not only that he was a dear and close friend of ours, he was a man of wisdom and foresight, a man who could face situations and solve problems as they appeared with great expertise.

It was only through his that I was able to gain the determination and will power to achieve the goals in walking that I set out to do. It was Harry who helped me gain a spot on my first Olympic Team in 1948 to London.

We will miss our dear friend. To you dear Lillian, Lila, and Lewis and relatives, our sincerest condolences. Be happy at the knowledge that he is now at rest and that he will be remembered by all of us, and will be inscribed in the history of the Sport of Walking, never to be forgotten.

We wish you farewell my dear friend and we thank you for your good deeds and wisdom.

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FROM HEEL TO TOE

Walk Don't Run bumper stickers are available for \$1.00 a piece by writing: Walk Don't Run, 1655 N. Highway 67, Florissant, MO 63031. They are as shown on the bottom of the last page of this issue (only larger, of course) with red printing on a white background. . . A good compliment to the quality of judging in this country is the following item from Colin Young's race walking column in the British publication, Athletics Weekly: "Two respected and strict US judges selected for Los Angeles. Murray Rosenstein and Henry Laskau, the triple Olympian (1948, '52, and '56) and America's leading racewalker of the decade following the war, will be the US duo on the IAAF judges panel at the Olympic Games. Both men are well known for their strictness to the contact rule and it is hoped their attitude will also be followed by the other members of the panel". . . No complete results yet, but we learn from the Master Walker that Ray Funkhouser (30-34) upended Todd Scully (35-39) in the National Masters Indoor 2 Mile with a quick 13:39 (6:34 at the mile). Ron Kulik was third overall and the first "real" master (over 40). Jack Boitano (15:23) was first over 50 (Sal Corrallo DQd) and Bob Wimm (17:01), Ohio's Joe Vitucci, and Don Johnson were other division winners. . . Other results I missed: two fast 20 Km in the UK-- 20 Km, Isle of Man, Feb. 25--1. Phil Vesty 1:24:57 2. M. Rush 1:26:31 3. Chris Maddocks 1:27:14 20 Km, Dartford, Feb. 25--1. Ian McCombie 1:24:14 2. T. Berrett 1:26:13 3. P. Blagg 1:31:59--Vesty and McCombie should now be on the British Olympic team. Anyone bettering 1:25 before the end of May was to be selected. What they will do if two or three more better that standard remains to be seen, since three competitors is the limit. . . Race Walking Record ran a comparison between times in the UK, US, and France at the two Olympic distances in 1983. The comparison of the best and 10th best time on the Annual lists for each country looked like this:

		UK	USA	France
20 Km	1st	1:22:51	1:24:51	1:25:51
	10th	1:32:34	1:31:58	1:32:27
50 Km	1st	4:02:38	3:56:57	3:53:56
	10th	4:28:59	4:27:55	4:27:11

If we ignore the vast difference in population, this puts our program in a favorable light. However, if we look to real depth of performance, we don't come off so good with the British. Their lists show 59 individuals under 1:40 for 20 and 42 under 5:00 for 50 compared to 30 and 28 for the U.S.. Henry will be spending 5 days during late May working with two walkers selected for the Honduras Olympic team. ("Henry who?" you say. Henry Laskau, that's Henry who. Its easier to stick this little parenthetical explanation in than to strike out that whole sentence and start again.) . . . Larry Larson offers some further explanation on new judging procedures: "In the January 1984 issue of Ohio Racewalker (Page 2--top photo) is a picture of a walking judge using the new procedure, i.e., each judge makes a visual and verbal warning directly to the competitor, in effect replacing the old caution or white card. However, the size and shape of the paddle/disc does

not have to be as shown. Actually, what is shown is a rectangle, not truly a paddle (which has a handle) or a disc. It may be any shape. Also, the one shown may be considerably larger than is necessary. This needs to be emphasized so people do not think it has to be like the one shown--but it may be. A verbal warning must also be given, such as "Number 18, loss of contact". The judge does not indicate if it is a warning or disqualification call that is being made--simply an indication of the problem". . . Not from the Athletic's Congress: Athletes who reach the Olympic Trials qualifying marks must enter the Trials as soon as possible. The athletes would then make housing and transportation arrangements as soon as possible. In making the reservations, the athletes should use the information they will receive in the acceptance letter that will be sent to them on receipt of their entry forms: Forms should be requested from: Special Events Department, Los Angeles Times, Times-Mirror Square, Los Angeles, CA 90053 or Track and Field News, Box 296, Los Altos, CA 94022.

LOOKING BACK

20 Years Ago (From the Spring 1964 issue of the Midwest Race Walker published by Chris McCarthy)--Ron Laird won the National 1 Hour in Chicago covering 8 miles 159 yards (with an extra 7 or 8 seconds to cover it in because the "stopping" gun wouldn't fire). Ron Zinn was second at y miles 1732 yards and Art Mark just hung on to beat Jack Mortland for third with 7 miles 1649 yards, 9 yards ahead of Mortland. . . McCarthy won the Ohio 50 Km in 4:43:44 with Jack Blackburn second in 4:47:47 and Phil McDonald another 2 minutes back. Jack Mortland called it a day at 24 miles, leading McCarthy by some 5 minutes. . . Laird did a track 20 Km in 1:35:26, an American record, and broke records from 8 miles on while doing it. In another race he set records at 4 and 5 Km with 17:51.2 and 22:14.4. (Yes, 4 km. There were a lot of oddball records in the book back then.)

15 Years Ago (From the April 1969 ORW)--Ron Laird won his fifth straight NAAU 15 Km title, walking right here in the Columbus suburb of Worthington. Edging away from Dave Romansky over the final 5 Km, Laird came home in 1:06:45. Dave was just 12 seconds back at the finish. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield took the next spots. . . In Point Pleasant, N.J., Bob Kitchen turned a great 4:19:41 for 50 km on the track. At the same time, Bill Hohenstreet won a 50 miler in 9:10:30. . . Romansky won a New Jersey 10 mile with a 1:13:31, better than 2 minutes ahead of Kitchen, with Ron Danile and John Knifotn following. . . On the West Coast, Laird set American records for 3 miles and 5 Km with 20:51.8 and 21:34.2. . . Dooley turned a rapid 50:32 for 7 miles, leaving Klopfer a half-minute in his wake. . . The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37.72) in 64:49.8. Klopfer also teamed with Bill Ranney to take second with a 67:07.2 followed by Gary Westerfield-Gerry Bcci (69:07) and Jack Blackburn-Jack Mortland (69:33). . . Martin Rudow had a good 1:35:42 for 20 Km in Pomona. . . The NAAU Jr. 20 Km went to Bryon Overton in 1:48:14. . .

10 Years Ago (From the April 1974 ORW)--Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came first in Des Moines where he had a 10:12:53, leaving Augie Hirt better than 38 minutes behind. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second. Tom Knatt took third and Alan Price fourth. . . Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude covering 7 miles 1671 yards. Godwin was just 34 yards back. Bob Henderson went 7 mi 1242 in third and Augie Hirt was fourth. . .

5 Years Ago (From the April 1979 ORW)--Jim Heiring broke Larry Young's American 20 Km record by 6 seconds with a 1:30:04 on the Grosse Pointe,

Michigan track. Chris Hansen stayed with him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and Steve Pecinovsky 1:32:45. . . Paul Hendricks took second in a 200 km race in France with 23:08:18. Luxembourg's Josey Simon won in 22:55:48. Henderson led much of the way. . . The Spanish 50 went to Jorge Llopert in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49). Two other Spaniards, Augustin Jorba and Jose Marin, also went under 4 hours. . . In England, Marian Fawkes set a world's record for 10 Km with 48:37.6, not far ahead of Irene Bateman's 49:05.

NATIONAL 50 (cont. from p. 1)

Engle joined fifth place finisher Mark Fenton as the only two new qualifiers for the Olympic Trials (qualifying time is 4:30). Mark was very pleased with his 4:26:17 performance and in finishing ahead of veteran Wayne Glusker. After Wayne, the heat took its toll as only 15 of 30 starters finished and there was a gap of 27 minutes from sixth to seventh. Unphased by all the people dropping like flies, Sal Corrallo, on the far side of 50, powered to the Master's title in 5:04:45, finishing 10th overall. Among those failing to finish were Gary Morgan and Ray Sharp.

In the Junior National 20 Km race held in conjunction, Cleveland's Eric Schmook was an easy winner with an excellent time of 1:41:08.

First 10 in the 50 were (full results of both races next month):

1. Carl Schueler 4:07:23
2. Vincent O'Sullivan 4:10:00
3. Tom Edwards 4:14:39
4. Troy Engle 4:18:11
5. Mark Fenton 4:21:17
6. Wayne Glusker 4:27:57
7. Don Lawrence 4:54:47
8. Paul Malok 4:55:14
9. Alan Price 4:56:57
10. Sal Corrallo 5:04:45

DEPARTMENT OF WORTHLESS AND NOT PARTICULARLY INTERESTING INFORMATION

Pennysaver, Wednesday, March 7, 1984 23

RACINE (WIS.) JOURNAL-TIMES



It takes the average person six-tenths of a second to walk one pace.

WAY BACK THEN IT WAS WALKER'S HIGH

Of all the benefits claimed for running, the most controversial is the "runner's high." I am continually asked questions about this phenomenon. "Does it really exist?" "If so what is it like?"

Most sedentary people, it appears, doubt the existence of this phenomenon. They see running as a cult, and the reports of these altered states of consciousness the natural outcome of cultists' increased

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heightened suggestibility. Runners simply think they achieve new levels of perception on the roads: they never do.

Nevertheless I can attest that the runner's high actually does exist. And also that it exists in a variety of forms. The high can be at times

totally physical; at other times completely mental. It can reach the level of a mystical experience, and even a contact with the point of the soul. But it may be no more than an appreciation of the moving body, or what it feels like to run in the rain.

It is these various forms in various combinations that confuse onlookers. Their question is usually specific, "What is the runner's high?" There is, of course, no specific answer. I might as well describe every run I take. Each run takes me into some unique level of existence which is indeed higher than the one I have left.

Fortunately we have a legacy of accounts of these experiences. They come from the antecedents of

today's runners — the walkers. When walking was in its prime many of the great essayists wrote of its joys and delights. Their narrations of their own walks leave no doubt of the existence and varying nature of the runner's high.

"Give me the clear blue sky over my head," says Henry Hazlitt, "and the green turf beneath my feet, a winding road before me, and a three hours march to dinner — then to

thinking. I laugh, I run, I leap, I sing for joy." When I read that my mouth waters, I itch to get into my running clothes. I want desperately to be on that winding road and thinking.

Hazlitt also understands the need for solitude. "I cannot see the wit," he says, "of walking and talking at the same time. When I am in the country I wish to vegetate like the country." Runners know this to be true. The elusive runner's high does not come in company. Running with a friend may also be a peak experience but of another sort.

Robert Louis Stevenson, an enthusiastic walker, was of the same opinion. "There should be," he states, "no cackle of voices at your elbow to jar the meditative silence of the morning." Left alone, one can enjoy, he says, "the fine intoxication that comes with much motion in the open air, that begins in a sort of dazzle and sluggishness of the brain, and ends in a peace that passes comprehension."

Strong words by one of the most careful user of words who ever lived.



Walk, don't run.