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) of a shadeless course. Starting confidently, he went through the first half in 1:58:50, 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 4:14:59 in third. Troy Engle walked a remarkable race in fourth, accelerating over the second half despite the conditions. Hitting halfway in 2:10:50, he came home in 4:18:11, covering the second half faster than anyone in the race. (Turn to page 10)

Seattle, April 5 (Special from Pacific Racers)—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 second-place Gwen Bubis and the rest of the field. Vaill's teammate, Carol Brown, finished third and Susan Miller took fourth, after Susan LeRoi-Westfield was unable to continue shortly after passing 15 km. Bev LaVeck placed fifth, passing sixth place Paula Kash in the last 100 yards.

The men's race was tighter, with Tim 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 and 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 1:30:56, 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
The Ohio Racewalker (ISSN 036-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year. (Call toll-free for First Class Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 1154 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio. POSTMASTER: Send address changes to the Ohio Racewalker, 1154 Summit St., Columbus, OH 43202.

Marco, appeared to be almost a sure shot at 50. Suddenly here, he goes 25 minutes slower than he had only four weeks ago 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 50-60 championship.

Results:


Other Results:


RACES

Sat. May 12—5 Km, Union Point, GA (B)
      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 Isles,
      Quebec (EE)

Sun. May 13—5 Km and 1 Mile, New York City, 9 am (P)
      NATIONAL AC 10 KM, SEX, 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) (Wooo! Also a 20 Km)
      and 10 Km, Dearborn, Mich., 10 am (T)
      5000 meters and 3 Km, Arlington, VA, 10 am (L)
      15 Km, Washington, DC, 9:00 am (L)
      10 Km, Iowa City, 9 am (DD)

Fri. May 25—10 Km (Track), Cumberlnd, Mo, 6 pm (M)

Sat. May 26—5 Km, College Park, Md, 9 am (L)

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 (B)

Wed. May 30—5 Km, Boston (F)

Sat. June 2—5 Km (track), Picataway, NJ (Z)

Sun. June 3—10 KM (Track), Picataway, NJ (X)
      and 10 Km, Dearborn, Mich., 9 am (T)
      June 4—3x5 Relay, New York City (P)
      Zinn Memorial 10 Km and Women's 5 Km, Kenosha, Wis., 10 am (H)
      1500 meters add 3 Km, Arlington, VA, 10 am (L)

Tues. 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, Manhasset Springs, Col, 8 am (V)
      15 Km, Columbus, 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, Greely, 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)

Sun. 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 (G)

Fri. June 29—10 Km, Lewiston, Maine, 6 pm (AA)

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)

APRIL 1984

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

CONTACTS:
A—Bililotl Denman, 28 N. Locust St., West Long Branch, NJ 07764
B—Harry Slitonen, 106 Sanchez St., Apt. 17, San Francisco, CA 94114
D—Dan Pierse, 1137 NW 57th St., Seattle, WA 98107
F—Wayne Nicoll, 2351 Glenbrook Dr., Austin, TX 78702
G—Steve Valtonen, 15 Chestnut St., Waltham, MA 02254
H—Joseph Barrowiss, 55 Madison St., Suite 700, Denver, CO 80206
J—Mary Byrne, 6946 Ardara Ave., Milwaukee, WI 53209
K—John White, 6855 Arthur Place, Columbus, OH 43220
L—Jack Blackburn, 2307 High St., Springfield, OH 45505
M—Carol Rattillo, 3351 N. 37th Dr., Arlington, VA 22205
N—Jee Duncan, 2900 Maple Blvd Dr., Columbus, OH 65201
O—Jim Bean, FO Box 264, Rose Lodge, OR 97752
P—Howie Jacobson, 445 E. 86th St., New York, NY 10028
R—Shelton, Athletic Department, San Jose City College, 2100 Moorpark
      Ave., San Jose, CA 95128
T—Frank Soby, 3820 Harvard, Detroit, MI 48224
U—Brian Savolnilo, 243 Milik Rd., RFD, Princeton, CA 95549
V—Bob Carlson, 2260 Glenbrooke St., Denver, CO 80207
X—Bill Marks, 2007 March, Edinburg, TD 08518
Y—Metropolitan Racewalkers, 19 Juniper St., Bangor, ME 04401
Z—Will Kern, 11 Times Square, Los Angeles, CA 90003

Also Note:
International Postal 1 Hour (Youth). June 1 through Aug. 15.

Send self-addressed envelope for forms to:

Kip McEwen
4322 Greenhll Rd.
Chattanooga, TN 37412

But, fans, here is my idea of a good race (seriously). Remind of our
approach to 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 HARRELLS A.C.

Held at: West High School Track

Iowa City, Iowa
9 a.m. (CDT)

Sunday, 20 May 1984

Entry fee: $10.00 (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 everyone 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 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-deestroyed 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). This
also means you can turn your ankles 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
poles 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.

THE TIME TRIAL WAIVER

I understand that the race is not the legal equivalent of a race. I understand that
everyone is free to come and go as they wish. I understand that no entry fee will be
charged and that the race is an invitational, not a competition. I understand that
I may get injury and/or death and I am waiving all claims and rights, liabilities
and/or responsibilities in behalf of or on behalf of myself, my heirs, or
representatives. I understand that I shall be in charge and responsibility of
myself, my belongings and/or representatives. I understand that any damage
caused to track is at my expense. I understand that I shall be in charge of
myself and my belongings and/or representatives. I accept the responsibility
of the above.

(Signature)

Date
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 uninformers 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 so sort of defeats the plodding around for them even. Remember, how much you're paying in the way of an entry fee. I want to, 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 your nose. But if I see you doing a Crucho Marx impersonation or look like Willie Banks, ask for a more invocation. Don't stick my own money into an event, such as it is, to have some "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 1'll come up with. Remember how much you're paying in the way of an entry fee. I may order most of that all you get an accurate time over an accurate distance.

DIVISIONS: Only one -- open. This is an equal opportunity walking event. the re 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 Lugaro Cup. The trial will be held up in case of hail, & 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 really a 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, directors, and officials associated with the Capt. Ronald Zinn Memorial Invitational Primer Time Trial, their representatives, successors, 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
T.T. director: Bob Jordan

<table>
<thead>
<tr>
<th>SIGNATURE</th>
<th>(If participant is under 18 years of age, parent or legal guardian also must sign. This is a must for minors!)</th>
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<tr>
<td>Iowa City, Iowa 52240</td>
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OLYMPIC UPDATE

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

- 20 KA -- Saturday, June 26, 5:15 pm
- 50 KA -- Sunday, June 27, 8 am
- 20 KA -- Friday, August 3, 5:15 pm
- 50 KA -- 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:


April 1994

| 20 KA | add names of any who made it. In the National 20, results of which I hope are in this issue (the race has yet to be contented as I type this).

Apologies to anyone left off or who I haven't credited with their best time. But don't get upset. 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 participating in the National 20, coming just a week before the Olympic Trials? 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.

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 time AAU National Champion, Henry Rappaport, delivered the following eulogy as a representative of the Walker's Club of America, athletes, and race walking officials.

I am standing here at Harry's grave side. 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 his 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 60 years. It was always Harry who engineered new ideas and promoted walking on a broader scale. His interests in sports were manifold. 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 Gobies" 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 willpower 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 wishes.

WALKING RESULT

[Text about walking results and records]

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 one per order 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 Cqlin Young's race walking column in the British publication, Athletics Weekly: "Two respected and strict US judges selected for Los Angeles, Murray Person and Henry Basham, the triple Olympic (1980, '84, and '88) 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 Fankhauser (30-34) upset Todd Scully (35-39) in the National Masters Indoor 2 Mile with a quick 13:59 (6:36 at the mile). Ron Kulik was third overall and the first "real" walker (over 40). Jack Bottone (55-59) was first over 50 (Sal Coolrall D21) and Bob Mims (70-79) of Ohio's Joe Vitucci, and Don Johnson were other division winners. Other results I missed: two fast 20 Kms in the UK-20 Kms, Isle of Man, Feb. 25-1, Phil Vesty 1:30:16; 3. M. Brown 1:30:12; 2. Chris Maddocks 1:27:43; 20 Kms, Dartford, Feb. 25-1, Ian McCool 1:26:14; 3. T. Borrett 1:26:14; 2. P. Turnbull 1:26:12. Vesty and McCool 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 in 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 times on the Annual lists for each country looked like this:

<table>
<thead>
<tr>
<th></th>
<th>UK</th>
<th>USA</th>
<th>France</th>
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</thead>
<tbody>
<tr>
<td>10th</td>
<td>1:29:45</td>
<td>1:30:58</td>
<td>1:35:36</td>
</tr>
<tr>
<td>50 Kms</td>
<td>1st: 4:03:29</td>
<td>4:06:57</td>
<td>4:13:56</td>
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</tbody>
</table>

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 as 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 3 days during late May working with two walkers selected for the Honduras Olympic team. ("Henry who," you say. Henry Laskau, that's Henry. Its easier to stick this little parenthetical explanation in than to strike out that whole sentence, and start again.) Larry Larose offers some further explanation on new judging procedures: "We're using the Ohio Racewalker (Page 2-top photo) in 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/also 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 10, loss of contact." The judge does not indicate if it's a warning or disqualification call that is being made—simply an indication of the problem. Not from the Athletic Congress: Athletes who reach the Olympic trials qualifying marks must enter the Trials as soon as possible. The athletes should then make housing and transportation arrangements as soon as possible. In making the reservations the athletes should use the hotel that will receive 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 90038 or Track and Field News, Box 296, Los Alton, CA 90422.

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 7 miles 1462 yards and Art Mark just hung on to beat Jack Mortland for third at 7 miles 1649 yards, 9 yards ahead of Mortland. McCarthy won the Ohio 50 Kms in 4:41:44 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 Kms in 1:35:12, an American record, and broke records from 8 miles on while doing it. In another race he set records at 5 miles and 7 miles with 1:53:51 and 2:21:49. (Yes, 4Kms. There were a lot of oddball records in the book back then.) 15 Years Ago (From the April 1959 ORW) - Ron Laird won his fifth straight NAU 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 1:05:45. Dave was just 12 seconds back at the finish. Tom Dooley, Geets Klofer, Ron Daniel, and Gary Westerfield took the next spots. In Point Pleasant, N.J., Bob Kitchen turned in the great 4:19:41 for 50 Kms on the track. At the same time, Bill Hohemstreet won a 50 Kms in 9:10:30. Romansky won a New Jersey 10 miles with a 1:17:31, better than 2 minutes ahead of Kitchen, with Ron Daniel and John Knoffle following. The West Coast, Laird set American records for 3 miles and 5 Kms with 20:51:8 and 21:14:2. Dooley turned a rapid 50:32 for 7 miles, leaving Klofer a half-minute in his wake. The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36:7 average), Joney Klofer (1:37:72) in 64:41:34. Klofer also teamed with Bill Banney to take second with a 67:57:52 followed by Gary Westerfield-Jerry Bccoli (68:30) and Jack Blackburn-Jack Mortland (69:33). Martin Rudow had a good 1:15:42 for 20 Kms in Pomona. The NAU Jr. 20 Kms went to Bryon Overton in 1:48:11.

10 Years Ago (From the April 1974 ORW) - Within a 3-week period, Shaul Landau won both the National 75 and 100 Kms titles. The 100 came first in Denver, Colorado, where he had a 10:12:53, leaving Angie Hirt better than 8 minutes behind. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, Shaul had 7:25:59. Gary Westerfield trailed by nearly 25 minutes in second. Tom Knatt took third and Alan Price fourth. Jerry Brown best Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude covering 7 miles 1651 yards. Godwin was just 36 yards back. Bob Henderson went 7 at 1242 in third and Angie Hirt was fourth. 3 Years Ago (From the April 1979 ORW) - Jim Heiling broke Larry Young's American 20 Kms record by 6 seconds with a 1:30:10 on the Grosse Pointe,

Henderson led much of the way. The Spanish 50 went to Jorge Lop-train in a 3:50:03 ahead of France's O'Prizel Lellevre (3:56:49). Two other Spaniards, Martin Jorba and Jose Martin, 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 Batea'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 4:50). Mark was very pleased with his 4:26:17 performance and in finishing ahead of veteran Wayne Gunsher. After Wayne, the heat took its toll as only 15 of the 30 starters finished and there was a gap of 27 minutes from sixth to seventh. Unphased by the people dropping like flies, B. Alt Corrallo, on the far side of 50, powered to the Master's title in 50:04,56, finishing 10th overall. Among those falling to finish were Guy Morgan and Ray Sharp.

In the Junior National 20 Km race held in conjunction, Cleveland's Eric Schmuck 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):

DEPARTMENT OF WORTHLESS AND NOT PARTICULARLY INTERESTING INFORMATION

Penslyver, Wednesday, March 7, 1984 23

RACE (WIS.) JOURNAL-TIMES

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

WALKER'S HIGH

Of all the benefits claimed for running, the most controversial is the "runner's high." I am continuously 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 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.