

Ohio Race Walker
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OHIO RACEWALKER

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WEIGEL SHATTERS WORLD BEST

Berlin, July 20--With the chance of Olympic glory taken away from him, German Democratic Republic ace Ronald Weigel made the most of another opportunity today as he took better than 2½ minutes off Raul Gonzales' world's best for 50 Km. Weigel's stunning 3:38:31 bettered the 3:41:20 by the Mexican in Czechoslovakia 6 years ago. Gonzales has the official world record, on a track at 3:41:38.

Weigel, who had beaten Gonzales earlier in the year by nearly 3 minutes, won the World Championship last year and was ranked first in the world. In today's race, he was accompanied by Hartwig Gauder and Dietmar Meisch through 30 Km, but then blew the race open with a stunning display of speed, his final 20 Km taking just 1:26:20. Actually, his sprint appeared to start at 20 Km, which was passed in a pedestrian 1:28:43! He then did 21:55 and 21:33 for the next two 5's (43:28 for 10 Km). Although Gauder and Meisch stayed with him through that, they couldn't survive any longer and dropped away the rest of the way. Nonetheless, Gauder missed the former best by only 4 seconds and Meisch was only a couple of minutes behind him. A week later, Weigel destroyed Gauder in a 20 Km as he exploded 1:19:56. Results of the two races:

50 Km, Berlin, July 20--1. Ronald Weigel 3:38:31 (1:28:43, 1:50:38, 2:12:11, 2:34:40, 2:56:13) 2. Hartwig Gauder 3:41:24 (1:28:43, 2:50:38, 2:12:11, 2:34:47, 2:56:54) 3. Dietmar Meisch 1:43:33 (1:28:43, 1:50:38, 2:12:11, 2:34:52, 2:57:27) 4. Gummelt 3:55:44
20 Km, Berlin, July 27--1. Ronald Weigel 1:19:56 (39:54, 59:37) 2. Hartwig Gauder 1:24:59 (41:32, 63:17) 3. A. Noack 1:26:20 4. Gummelt 1:26:52

OTHER RESULTS

Pan-American Junior Championships, Nassau, Bahamas, Aug. 23-25: Men's 10 Km--

1. Carlos Mercenarío, Mex. 48:51.7 2. Tony Englehardt, US 50:48.8 3. Dave McGovern, US 51:54.5 4. Brent Clarke, Can. 56:54.7 5. Jose Morino, Col. (listed as 54:38.4, but something is wrong there)
Women's 3 Km-- 1. Sybil Perez, US 15:05.4 2. Maria De La Luz Colin, Mex. 15:06.11 3. Ieline Giguere, Can. 15:46.1 4. Kerry Bratton, US 15:57.3 DQ--Trinette Brazier, Can.-- Mercenarío controlled the men's race all the way and pulled steadily away after 2 miles. In the women's race, on the other hand, Perez and Colin constantly traded the lead, with the American just able to surge ahead at the finish. Henry Iaskau was Chief Judge for the men's race.

Conn. Championships, New Haven, Aug. 12: Women's 3 Km--1. Maureen Iacey 18:05.2 2. Arlette Hoch 18:33.1 3. Cyndy Landolt 19:36.7 4. Kathy Owens 19:51.3
Men's 3 Km--1. Bruce Douglass 16:05.4 2. Mike Siamond 17:29.8 3. Joe Bursen 18:25.4 4. Gus Davis 18:59.1 (All but Douglass, in both races are novices.)
Conn. Age Group Champ., New Haven, Aug. 25, Women's 3 Km--1. Arlette Hoch 17:53.8 2. Kathy Owens 18:36 (fast-improving novices at that) 10 Km, West Concord, Mass., Sept. 15--1. Brian Savilonis 49:08

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO



Winner Raul Gonzales paces the Olympic 50 Km field after the first 5. Behind him are an Aussie, Maurizio Damilano, Marco Evoniuk, Martin Bermudez, and Ernesto Canto, the 20 Km winner. Handing the water bottle is 1976 20 Km gold medalist, Daniel Bautista. Below: Kerry Bratton, Donna Goldstein, and Sybil Perez in National Junior 3 Km. Bratton won this race, but Perez came back to win the Pan-American Juniors (see results this issue.) SPORTSPOTOS® by John Allen.

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2. Tom Knatt 51:39 3. Bob Falcicola 52:18 4. Chris Anderson 52:53 (first female) 5. George Lattarulo 54:43 6. Herb Beall 58:38 7. Robert Lowery 65:27 8. Sarah Turner 65:28 (16 finishers) 1 Mile, Worcester, Mass., Sept. 16--1. Brian Savilonis 6:55.6 2. Don Drewniak 7:32.9 3. Chris Anderson 7:47.1 4. Fred Louft 7:55.5 5. Herb Beall 7:58.7 6. Father Pierre Myrand 9:45.2 7. Katherine Beall 9:48.4 5 Km, Lewistown, Maine, May 6--1. Larry Pelletier 26:38 2. Bob Jaynes 31:42 Maine 10 Km Championship, Lewiston, July 8--1. Larry Pelletier 58:54 2. Scott Albert 61:00 Maine 5 Km Champ., Brunswick, Aug. 4--1. Larry Pelletier 28:45 2. R. Bradeen 33:20 Women's 3 Km, same place--1. A. Johnson 14:56 2. J. Elliott 17:11 3. B. Bradeen 17:59 4. J. Bradeen 18:28 Michigan 10 Km Champ., Dearborn, Sept. 8--1. Gary Morgan 45:17 2. Leon Jasionowski 51:11 (a long-lost walker returns) 2. Dan O'Brien 52:54 4. Max Green 52:54.5 5. Jeanne Bocci 53:07 6. Gerald Bocci 55:15 7. Frank Soby 55:15 8. Ron Turner 60:53 5 Km, Dearborn, Sept. 16--1. Leon Jasionowski 24:08 2. Max Green 25:29 3. Norm Browne 25:38 4. Gerry Bocci 26:14 5. Frank Soby 26:16 6. Goodman 29:44 North Carolina RW Champ., Chapel Hill, Sept. 23: Men's 5 Km--1. Eric Bigham 24:45 2. Ian Whitley 27:09 Women's 5 Km--1. Kathy Donley 31:21 2. Elizabeth Moose 34:59 Master's Men--1. Ray McKinnis 24:50 2. Andrew Briggs 27:08 3. James Veney 31:06 4. E.B. Lloyd 31:19 Master's Women--1. Francis Widmann 32:33 Western Regional Master's 5 Km, Los Angeles--1. Robert Brewer 27:45.2 2. Ted Greiner 28:11.8 3. Allen Havens 28:45 4. Mike Dempsey 20:18 6. Richard Oliver 31:05 7. Maynard Mickelson 31:21 8. Chesley Brum 33:25 5 Km, Pasadena, July 22--1. Sybil Perez 26:46 2. Allen Havens 27:57 3. Clyde Sydor 30:32 4. Hal McWilliams 30:37 10 Km, same place--1. Carl Acosta 56:50 5 Km, Pasadena, Aug. 18--1. Tammy McPoland 28:02 2. Mike Dempsey 28:45 3. Larry Burch 28:47 4. Hal McWilliams 31:29 10 Km, same place--1. Carl Warrell 56:46 2. Jim Coots 57:07 3. Jay Byers 57:34 4. Allen Havens 61:28 15 Km, Same place--1. Carl Acosta 1:28:40 .Half Marathon, Santa Monica, Aug. 26--1. Carl Warrell 2:01:50 2. Jim Coots 2:03:28 3. Ed Bouldin 2:05:49 4. Jerry Welti 2:07:24 5. Carl Acosta 2:07:28 6. John Kelly 2:10:56 7. Terry Mathews 2:12:53 8. Larry Burch 2:19:00 Women: 1. Liz Kemp 2:04:28 2. Jennifer Macera 2:10:56 3. A. Hughes 2:13:23 4. Kathleen Huddleston 2:24:02 5. Lori Gambrel 2:25:20 Marathon, San Francisco, Aug. 19--1. John Ratto 4:01:51 2. Daine Mendoza 4:36:21 3. Nancy Novak 4:59:25 1 Hour, Alameda, Cal., Aug. 5--1. Chuck Marut 7 mi 1051 yds 2. Colin Kolanowski 5 mi 1006 Canadian Pan-Am Masters Meet, Ottawa, Aug. 17, 5 Km: Men 35--1. George Lattarulo 28:48.5 Men 40--1. Brad Lessard 24:21.6 2. Mike Freeman 27:31.4 3. George Bradley, US 34:27 Men 45--1. Jaan Roos 23:06.8 2. Gerry Bocci, US 26:54.5 Men 50--1. Guenter Erich, US 26:14.4 2. Robert Fine, US 26:48.1 Men 55--1. Bob Mimm, US 26:45.7 2. Danny Daniels 31:56.3 Men 60--1. Joe Vitucci, US 28:52 2. A.F. Christiansen, US 30:10.3 Men 65--1. Max Gould 28:14.3 2. Don Johnson, US 29:40.3 3. James Jackson, Trinidad 31:32.4 Men 70--1. Harry Drazin, US 34:05 Men 75--1. Jarry McArdle, US 37:08.6 Women 40--1. Jeanne Bocci, US 26:54.7 2. Jocelyn Richard 26:57.1 3. Reet Roos 30:46.2 Women 55--1. Martha Vitucci, US 35:44.5 Women 60--1. Evelyn Stead 37:07.8
- OVERSEAS
Leicester 100 Miles, England, July 27-28--1. Brian Adams 17:39:28 (makes his first 100 a rather good one.) 2. John Cannell 17:53:29 3. T. van Andel, Neth. 18:15:30 4. C. Bent 18:31:01 5. T. Bicke, Germ. 18:35:10 6. R. Brown 18:50:23 7. R. Wittenboer, Neth. 19:12:29 8. K. Jameson 19:25:38 9. R.

Thacker 19:38:11 10. D. Timmermans, Belg. 19:53:36 11. E. van Harpe, Neth. 19:53:36 (28 finishers) Women: L. Sandra Brown 18:36:29 (3 finishers)
 Women's 5 Km, Warwickshire, Engl., May 5--1. Jill Barrett 23:38 2. Virginia Birch 23:41 3. N. Jackson 23:44 4. Helen Elleker 24:06 Women's 50 Km, Dawlish, Eng., May 6--1. Sandra Brown 5:11:11 Women's 50 Km, Douglas, Isle of Man, April 29--1. Irene Corlett 5:13:03 Women's 30 Km, Sulby, Eng., April 4--1. Irene Corlett 2:57:50 Women's 5 Km (road), Cesky Brod, Czech., July 7--1. Dana Vavracova 22:27 2. Marta Mrubanova 23:36 Women's 10 Km (road), Sydney, Australia, April 28--1. Rachel Thompson 47:42 2. Kerry Saxby 49:34 3. Anne Ryan 51:06 Australian Women's 10 Km, Champ., Melbourne, May 20--1. Sally Pierson 48:32 (road) 2. Kerry Saxby 49:34 3. Anne Ryan 49:47 Women's 20 Km (road), Canberra, Aust., July 7--1. Sue Cook 1:36:23 (23:33, 47:22, 1:11:24--world bests at 15 and 20) 2. Rachel Thompson 1:49:52 Polish 50 Km, Champ., Szczecin, April 15--1. Jan Klos 4:00:19 2. Grzegorz Ledzion 4:01:33 Women's 10 Km (road), Mielec, Pol., May 19--1. Beata Baczyk 50:01 2. Kazimiera 51:34 Women's 5 Km (road), Warsaw, June 14--1. Kazimiera Mroz 23:28 2. Beata Betlej 23:59 Finnish 50 Km, Konnevesi, June 2--1. 1. Reima Salonen 3:57:42 20 Km, Pihlipudas, Fin., June 23--1. Reima Salonen 1:25:18 Women's 5 Km (Track), Lahti, Fin., July 1--1. Sirkka Oikarinen 23:18 Finnish 5 Km Championship (Track), Kajaanissa, July 6--1. Sirkka Oikarinen 23:38 Women's 5 Km (track), Lyngby, Den., July 21--1. Suzanne Greisbach, France 23:56.5 2. Karin Jensen, Den. 24:09.4 Italian 20 Km Champ., Piacenza, May 13--1. Maurizio Damilano 1:20:09 2. Alessandro Pezzatini 1:20:18 3. Carlo Mattioli 1:22:07 4. Spagnolo 1:23:41 5. Giorgio Damilano 1:23:54 6. Walter Arena 1:24:36 7. D. Cecchi 1:24:55 8. Sandro Bellucci 1:24:55 9. Foggi 1:25:19 10 Km (Track), Turin, Italy, June 2--1. Maurizio Damilano 39:44 2. Carlo Mattioli 24:06 3. Yevgeniy Kasjukov, USSR 40:25 4. Nikolai Vinnitschenko, USSR 40:41 5. Szlapkin, Pol. 40:45 50 Km, Norrkoping, Swed., April 28--1. Erling Andersen, Nor. 3:53:16 50 Km, Bergen, Nor., May 19--1. Erling Andersen 3:58:44 Women's 10 Km, Eredrikstad, Nor., June 9--1. Monica Gunnarsson, Swed. 47:40 2. Mia Kjolberg 50:10 Women's 5 Km, Moss, Nor. June 10--1. Monica Gunnarsson 23:13.9 (track) Women's 5 Km (track), Potsdam, EG., June 30--1. Uta Kladtke 25:10.6 (first woman's walk result I recall seeing from East Germany) Soviet Women's 10 Km Champ., Sochi, June 9 (road)--1. Olga Kristop 46:15 2. Osipova 46:25 3. Rosa Underova 46:31 4. Yartukina 46:40 5. Serbinenko 46:43 6. Olga Churstyeva 46:43 7. Fessenko 48:10 Women's 5 Km (track), Moscow, Aug. 3--1. Olga Kristop 21:36.2 (World record) 20 Km, Erfurt, E.G., June 2--1. Ronald Weigel 1:22:16 2. Roland Wieser 1:22:43 3. Hartwig Gauder 1:22:53 4. Werner Heyer 1:25:19 5. Uwe Dunkel 1:26:17 7. A. Noack 1:27:39 5 Km (track) Berlin, June 9--1. Ralf Kowalsky 18:42.66 2. Roland Wieser 18:47.98 3. Ronald Weigel 18:53.38 4. Werner Heyer 19:15.29 5. Hartwig Gauder 19:31.62 20 Km, Berlin, July 20--1. Ralf Kowalsky 1:20:35 2. Ivanoff, Bulgaria 1:22:03 3. A. Basriev, Bulg. 1:26:24 1 Hour, Sotteville, France, July 21--1. Gerard Lelievre 15,094 meters 100 Km, Epernay, Fr., March 11--1. Jean Claude Gouvenaux 9:53:00 50 KM (track), Fontenay, Fr., March 25--1. Alfons Schwarz, EG 4:01:27 20 Km, Villeneuve, Fr., June 30--1. Gerard Lelievre 1:24:13 Women's 5 Km (track), Villeneuve, June 30--1. Suzanne Griesbach 23:55.6 200 Km, Chateau-Thierry, Fr., April 1--1. Jean-Claude Gouvenaux 22:05:48 200 Km, Bar-le-Duc, Fr., April 28-29--1. Adrien Pheulpin 22:06:06 2. Jean-Claude Gouvenaux 22:14:22 3. Sbigniew Klapa, Pol. 22:14:42 20 Km, Prague, July 21--1. Josef Pribilinec 1:25:07 2. Pavol Blazek 1:25:12 3. I. Pitak 1:26:30 4. Pavel Szikora 1:27:33 1 Mile, Solleftea, Swed., July 5--1. Ann Jansson 6:49 5 Km (track), Varnarmo, Swed., May 19--1. Yan Hong, China 22:17 2. Ann Peel, Can 22:26 3. Guan Ping, China 22:40 4. Ann Jansson 22:40 5. Xu Yongjiu, China 22:48 6. Heping Yu 22:56 7. Sue Cook, Australia 22:58 8. Wang Yan, China 22:59 9. Lorraine Young, Aust. 23:16 10. Joan Bender, Can. 23:34 Women's 5 Km (track), Compostella, Spain, Sept. 8

Women's 5 Km, Rome, July 11 (road)--1. Giuliana Salce 23:45.58 2. Cogoli 23:59.71 Women's 10 Km (road), Kendal, Eng., July 14--1. Virginia Birch 50:25 2. Lillian Millen 50:51 3. Brenda Lupton 51:29 Women's 10 Km (road) Chorley, Eng., June 24--1. Lillian Millen 49:35 2. Helen Elleker 50:16 3. Brenda Lupton 50:37 Women's 10 Km (road), London, April 7--1. Virginia Birch 50:18 Women's 5 Km (track), Beijing, China, April 7--1. Yongjiu Xu 22:06.8 Swedish Women's 5 Km Champ. (track), Solleftea, Aug. 19--1. Monica Gunnarsson 23:11.5 2. Maria Sehlin 24:33.2 (Juniors) Seniors: 1. Ann Jansson 23:12.9 2. Monica Gunnarsson 24:13.7 Swedish 20 Km Champ (track), Solleftea,

Aug. 19--1. Bo Gustavsson 1:26:50 2. Jan Staaf 1:28:56 3. Bengt Simonsen 1:30:30 Women's 10 Km (track), Penza, USSR, Aug. 5--1. Olga Kristop 44:56.1 (world record) 20 Km, Moscow, Aug. 16 --1. Sergei Protsisin 1:21:57 2. Anatoliy Solomin 1:22:21 3. Nikolai Polozov 1:22:40 4. Ljubomir Ivanoff 1:24:05 (Bulgaria) 5. Reima Salonen, Fin. 1:24:40 6. Roman Mracek, Czech. 1:24:50 7. Zdislaw Szlapkin, Pol. 1:25:47 8. Shemsu Hassan, Ethiopia 1:27:08 9. Alik Basriev-Irbjamov, Bulg. 1:28:21 50 Km, Moscow, Aug. 18--1. Andrei Perlov 3:43:06 2. Pavol Szikora, Czech. 3:45:53 3. Olegs Adrejev 3:52:59 4. Veniamin Nikolayev 3:54:10 5. Viktor Dorovski 3:58:47 6. Vladimir Duschko 3:59:08 7. Jozef Hudak, Czech. 3:59:16 Women's 20 Km, Melbourne, Feb. 5--1. Sarah Miller 1:51:09 Women's 5 Km (track), Odense, Den., Sept. 15--1. Karin Jensen 23:38 (Danish record)

A LITTLE BIRDIE TOLD US OF SOME RACES IN THE FUTURE

Sat. Oct. 13--25 Km, Houston, 8 am (H)
 20 Km, Chapel Hill, NC, 2 pm (S)
 Sun. Oct. 14--1 Hour, Kings Point, NY, 10 am (J)
 5 Mile, Deal, NJ, 12 noon (A)
 Sun. Oct. 20--1 Hr and 2 Hr, Longmont, CO, 9 am (V)
 5 Km, Grosse Pointe, Mich, 10 am (T)
 Sun. Oct. 21--10 Km, New York City, 9 am (P)
 1 Hour, San Jose, CA, 9 am (B)
 Sat. Oct. 27--Biathlon (5 mile walk, 5 mile run), Princeton, MA (U)
 10 Km, Monterey, CA (I)
 3 Km and 1 Hour, Lexington, MA, 9:30 am (F)
 Sun. Oct. 28--New York City Marathon, 10:30 am (Q)
 Sat. Nov. 3--NATIONAL ATHLETIC CONGRESS 100 KM, ARLINGTON, VA (L)
 Maine 20 Km, Orono, 1 pm (AA)
 4 Mile, Arvada, CO, 8:30 am (V)
 10 Km, Atlanta (E)
 Sun. Nov. 4--Henry Laskau 5 Mile, Mineola, NY, 2:30 (J)
 Marathon, San Diego (R)
 15 Km, Boulder, CO, 9:30 am (V)
 10 Mile, Wall Twp., NJ, 10 am (A)
 Sat. Nov. 10--10 Km, Washington, DC, 9 am (L)
 Sun. Nov. 11--10 Km, Denver, 11 am (V)
 35 Km, Houston, 8 am (H)
 50 Km, Columbus, 9 am (BB)
 5 Km, Long Island, 10 am (J)
 Mon. Nov. 12--1 Hour, Lexington, MA (F)
 Sat. Nov. 17--15 Km and 5 Km, Sterling, MA, 9:30 am (U)
 30 Km, Aiken, SC, 10 am (E)
 Sun. Nov. 18--1 Hour, Arlington, VA, 1:30 (L)
 10 Km, New York City, 9 am (P)
 10 Km, West Long Branch, NJ, 10 am (A)
 Sun. Nov. 25--10 Km, Raleigh, NC (S)
 Coney Island 10 Mile, New York, 10 am (J)
 Sat. Dec. 1--20 Km, Columbia, MO, 9 am (M)
 Sun. Dec. 2--1 and 2 Miles, Arlington, VA (I)
 Sat. Dec. 8--10 Km, Washington, DC, 9 am (L)

Sun. Dec. 9---50 Km, Houston, 6 am (S)
 5 Km, New York City, 9 am (P)
 Todd Scully Day 10 Km, Long Branch, NJ, 10 am (A)

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RACEWALKING THE 100

by

Leonard J. Busen

The sun had fried the 29 racewalkers.

It set, orbited, rose. Still, as dawn broke, the steps--steps--steps--continued. The agony did not abate.

The 17th Annual 100-Mile Walk at Columbia, Missouri, 1983 edition, national championship of the Athletic Congress, was under way.

The "100" is among racedom's cruelest. Punishing (walk 100 Mile? Come on! Masochists, if so inclined, could have a ball. Self-inflicted pain.

With reason, the Centurion Club of American is "perhaps the most exclusive in the Western Hemisphere." It has 42 members now. Each has carved a niche, and been carved on, by walking the distance in 24 hours.

Entrants are trapped to their task, prisoners, dependent on handlers who are, hopefully, doting, as the clock circles twice. During a timespan so long, contestants are assaulted by time bothers than grow big. The weather itself can be a sidebar of sadism.

Hot. Like 96 degrees after the heel-toeing began at 1 pm, Saturday, September 17. Searing heat, cloudless, glaring, most stifling ever at this race.

As is Missouri's wont, that was sudden contrast from days of fickle near record lows. And a dehydrating 16-knot wind blasted the battle scene: Hickman High's red shale outdoor oval.

So what happened?. This year, the body-draining absurdity of it stopped all save two. Picked them off. Centurion Ben Knoppe (1st place '72), quit at 5 miles. (Ed. Excuse the change in ribbon. The carbon ribbon ran out and there is not another on hand. So now you get the rather fuzzy imprint of the nylon.)

Christine Marie Custer, 30, was one hero. Local, now the Club's newest Centurion, fourth female Centurion. She streetwalked, hands down at sides, shunning the more energetic arm-cranking style of, say, Alan Price, 36.

Custer's last stand was less than 10 minutes shy of the deadline, as she willed herself past the finish cone in 23 hours, 50 minutes, 19 seconds. At 5'8" and 116, she ended a modest 4 pounds underweight--shucked off three en route, one prerace from "nerves."

Price, from Washington, DC, meanwhile, with his piece-of-cake immodesty, vitamin-and-herb-popped to an spectacular 22:35:05, the race's slowest win yet and his sixth time in front.

But going all the way in this race, forget the time, means no apology accepted. Evident of how best-laid plans "gang aft a'gley": in '78 a gutsy 19:10:37 by Californian Paul Hendricks was needed to nail second place, relegating this writer's 19:40:20 to a paltry third. Prior to that '78 U.S. Open 100-miler in Columbia, the U.S. record of 19:24:34, set by the late Larry C'Neil of Kalispell, Montana, had stood for 11 years. But in '78, Price snapped that with his 18:57:41. Hendricks' effort also beat the old mark, while mine fell 15 minutes and change short.

Thus ended my 8-year quest to topple the American record, though I would continue to rack up 100-mile successes (more on that later). Price's time would prove virtually out of my reach, and indeed remains untouched as of 1984. (Ed. This year's race is being contested on the weekend I prepare this issue for mailing. Results next month.)

This Sunday, when the countdown ended, the ticking stopped at 1, only two--Custer and Price--had 100 miles. "I've never been so tired of walking," said Chris, a behavioral therapist, the next day. She added the obvious, "And I love to walk."

Therapist, has anyone questioned your behavior? "No, I've had great support; lucky my friends think it's good."

Chris' offbeat habits include walking 7.3 miles daily at high noon (in 1:20 to 1:45) to work at Woodhaven, a center for mentally retarded. Ah, heat conditioning. Maybe that's her weapon.

"I'm not a summer person," she claims, seeming bewildered that she survived, others didn't. "Somebody told me it's OK and I thought, I'm not going to make it." Well, she did that. And what a way to stay awake 24 hours, first time since she slumber-partied while in Pacific, MO High.

Swimming 1½ miles four times weekly, weight work, and one to two hours of calisthenics daily spell stamina for Chris.

Strolling the track at 52 miles, she responded, "I feel good, great." After 11½ hours' sleep, she could add Monday, "I feel pretty high, like a big balloon, but weak, slow." That didn't stop her from 30 minutes on a kickboard at nearby Stephen's College, though, to relieve sore shins.

Gone was a "kind of crabbiness" that Daniel, husband and trackside aide, had detected at 74 miles about 6:45 am Sunday. It's going to be close. Her stomach's upset, he fretted. "I don't think she's taking the right kind of nutrients. About an hour ago the fatigue hit."

She'd been munching figs, dates, grapes, nuts, bread and cheese, and expanded that to a chocolate malt (on my advice).

"You're a legend," Joe Marks, a timer, mused as he logged splits while the night wore on. It was an ego-gratifying overstatement, of course, but nice, among laurels tossed during my first layoff in 13 years.

During that time, I'd completed 11 of these 100-mile racewalks--no one else in the United States had completed that many--winning 2nd place in 1977 and 3rd place six times from 1975 to 1981.

Racewalking has just two rules to set it apart from running: one foot must be on the ground at all times (or it's a foul, called lifting); the supporting leg must be straight at the knee at some point (or it's creeping).

I've been asked the formula for success in this event. Nothing fancy is the answer, just a goodly bunch of training (1,700 to 3,400 miles a year) and a deadset desire. To do a 100, you don't just walk 100. I'd elected to skip this year, rest injured joints in hip and foot. (maybe my dad had something when he'd joked, "If you hurt in the joints, stay out of the joints.")

Price sat on the infield now. He had 50 in 10:20, a mindboggling 50 to go, ahead of Jack Blackburn by 2 miles. "Struggling, trying to keep these itt-bitty cramps from coming up; you know how it is, minor, potential cramps," he said, massaging his calves.

A bottled smorgasbord of herbs/vitamins filled the grass. Price expounded on health, gubbed handfuls of pills. "You really want to get rid of arthritis?" he asked. "Go on a carrot juice and celery fast for 2 weeks. Go easy on meat. That's what it is--a uric acid buildup," he advised.

How do you train, Alan? "15 to 20 miles a week," he said deadpanned. (he's lying.) a veteran high-mileage walker insisted later, "maybe to sound superhuman." His only added mileage is in weeked races, he says.

Such low mileage does strain credibility, in light of Price's vigorous, arm-pumping gait, more typical in 20 to 50 Km races. But it's his story and he sticks with it.

Alan sloshed quantities of skin moisturizer all over. Does he run? "Four or five years ago, I did a 3-hour marathon. Biggest thing I did was 100 Km a day for three days in '75--a run/walk. Starts in D.C. and ends in Cumberland, Maryland, along the Potomac."

Alan took second behind Park Barner, an ultra-running phenom. I've heard of him, said I. "And he's heard of me," said Alan.

"The break is hurting now like when it was broken," Rich Myers said as he orbited the shale. "I don't like that feeling." He was to finish 6th, 81 miles when the clack ran (wash your mouth: walked) out, and conceded, "Along about 5 o'clock, if my parents would have had a motel, I'd have said 'pack it!'"

Myers is different. His repertoire of spectacular feats has included "doing a century on a high-wheel bike--child's play compared to this" and hang gliding.

The Kenia, Ohian was motorcycling "the day before my (45th) birthday in '81," on a vacation in Man, West Virginia, when the automobile nemesis caught him. The crash put Myers in a hospital with his left leg's major bones shattered. It meant a cast 11 months, four skin grafts. How his bones have 20-some screw holds and wire.

"The tiger, he still wants to prance; he can walk, but he can't prance," Myers huffed, as he strained to go faster. He was doing 3:00 laps at the moment; 3:34 average will suffice.

On crutches, Myers "started doing 38-minute 1-mile loops," 4 months after the wreck. "Thinking about a comeback, that's what kept me going," said the Western Electric installer. "The good Lord was good to me." A physician said glowing healthe helped save him.

Myers leaned into his work, his arms churning, his face contorting, his Arab-like headgear with neck cover flapping. "I think it's worth the risk of injury just to be a Centurion; they can never take Number 22 away from me!"

Myers was 22nd in the U.S. to grab that title with a 22:57:36 in 1977, and chopped off 1 1/4 hours a year later.

Gimmickry is an element in his attack on this sport, more so than with most, in a sport that needs and breeds mental tricks. Sure others also cart in tents, cots, blankets, portable stoves, exotic tidbits, pad their helper-and-cheering section with relatives and friends. But Myers has trackside measured doses of fluids, stacked in tubular dispensers, with automatic counters that log what's used. He wants to know his body, keep tabs on it.

He's a computer dabbler, knows precisely how fast, based on distance walked, he must go per lap to get the job done at any time. Hickman's a meter track (25 laps is 6.2 miles); Myers has tallied that 234 laps is 58 miles, 285 yards or 93.6 Km, that 73 miles equals 117.479 Km or 293.7 laps. And 100 miles is 160.93 Km or 402.3 laps.

No family is perhaps more swept up in racewalking than Ohio's Blackburns. Jack, parents John and Corinn, and son Nate, all are immersed, as are others of his seven children. Five times father and son joined with Ohioan Jack Mortland in 1959-60 to win national team titles in 10 to 40 Km races. John, 70, a retired physician, turned in a 1:48 20 Km in the late '50s "when 1:48 was respectable."

Corinn, whose name is hard to tell if it's a man or a woman, used to put gray hairs in AAU officials in the early '50s by registering in races--decades before the fad of females testing AAU waters. "When I'd come to pick up my number, you should have seen those old guys; they were shocked." Mrs. Blackburn, an upbeat optimist, laughed at the memory.

"They'd get so mad; they kept trying to throw me out. They'd say 'Well, we can't count your time.' I'd say, 'I don't care about my time; I just want to race.'" Years later, "the AAU relented and decided it wasn't so indecent."

Jack and Nate were walking today. Nate did 52 1/2 miles as last year's youngest entrant, and was to do 50 now. Jack, a four-time Centurion, did 87. "I like the people," he explains, "the camaraderie, the craziness."

"I hope this is his last," said his daughter, Molly. "You can just see pain written all over his face. Every year he says 'I'm not going to do this again,' like he did last year, while soaking in a bathtub, toes black and blue."

Steve Jones, Molly's friend, was out there, destined to do 50 1/2. He was listing badly to the right. "Blisters are bad," he moaned, "right under my toes and circling around the heels. Last year, the same thing. This is pretty tremendous stuff."

Knowing what 54 1/4 felt like in '82, Steve thought it was going to be different. "You just can't count on it. Physically, you can do it; mentally, I just can't do it. It's fun seeing if you can better yourself."

Obsession, that's what it is. "I think it's great," Corinn said. She was thankful, too, for her son's clean shave, his first time in 15 years. "I never did care for that beard." Jack's wife Joyce of seven years had never seen his face till this summer, and on seeing it, "is kind of shy." Their youngest son begged, "Put it back." Corinn had a theory on that full beard, "I think he wants to hide his emotions sometimes."

Jack is complex, runs a home in Ohio for drying out drug addicts. The Ohio Racewalker, a pint-sized monthly bible of the sport, was launched

in 1965 by Jack and friend, fellow walker, and wit, Jack Mortland, who carries it on grandly today.

John was "talking me down." Withdrawal from my addiction--racewalking--was hitting hard; pangs were coming at me. I was miserable, bemoaning not having entered the race, feeling guilty, wishing, thinking I'd goofed, made an awful mistake. (Conscience wasn't eased in retrospect either, as it turned out, knowing that finishing a mere 10 minutes short of 24 hours would have taken second in this national race.)

So there I was, a blubbering hunk of regret, knowing I could've ignored my body's warnings, trained more and jumped in as Jack, indeed, had urged me to do as the racers were lining up: "Come on," he'd prompted, "why don't you just jump in? I've got an extra pair of shoes," he said. I'd teetered, seesawed, wanted to, but knew I'd blown it at that point by any reasonable logic, since I'd added to the insult to my body by late-night partying--subconsciously, I suspect, as an added buffer to argue out of a last-second change of heart.

But now, many hours into the fray, Dr. John was telling me, reassuring me I was right to withhold: "You weren't mentally ready, even if physically; you can't separate the two." "But it's going to be so slow this year," I whimpered. "Life isn't fair," John philosophized. "First of all, you've got to be born right, then have the emotional fortitude and ability." He acknowledged that Price is "a tough little fellow," but that smallness is an unfair plus here, whereas in, say weightlifting, he wouldn't have a prayer. "I don't think the slight people have the guts and fortitude of you people of heavier build (6'2", 190 here), 'cause you're carrying about one-third more (with basically the same size engine). It comes down to power-to-weight ratio. Alan will burn maybe 80 calories per mile, you 120, maybe 130."

Wow. I was starting to snap out of it, starting to feel less sorry: an 8,000- versus 13,000-calorie race, yet. Thanks, Doc.

"You found that out; you had all the determination, all the drive to win, but your body wouldn't do it," Dr. John said, soothing my brain. Yes, true, I've placed 2nd or 3rd seven times from 1975 to 1981 in this 100-miler in Columbia, but have never won it.

Benefits besides winning: "Racewalking's been good to me," John summed up, "able to vent my frustrations; keeps you decent; so many people vent anger in ways not decent."

Sadness I could not wash away, however, grew from what might have been in '78, the year I intended, and had a shot at, breaking the 100 mile U.S. record, set by Larry O'Neil 11 years previously. I had all the tools, but as much as anything what killed it was taking of a prescription arthritis medicine, which battered me during the race with waves of sleepiness; imagine trying desperately to reach a goal, clawing, a nightmare, as you're drugged down, like the hapless racehorses, it's been said, were doped not to win, only this is by your own doing: live with that.

Bruce Etherton was having stomach problems, one of the also-walkers this year. He made Centurion a year ago, credited me with "drafting" him 30 miles he helped me just as much, with repartee, chitchat, patter, the mental distractions that are as bolstering and needed in this games as are hours of training. Bruce, of Breckenridge, Missouri, was to do 50.

The Grim Reaper was on hand, alive and now ID'ed as Neal Picken of Bentonville, Arkansas. He's raced widely and won three national master's titles this year, parading across Ohio Racewalker pages with the Grim Reaper pseudonym.

"This is a new experience for me," he grimaced, leaning at his work, his form good. "This is twice as far as I ever walked in my life." (He was to put it to bed, wrap it up at 100 Km.)

So what's the story, Grim? Why'd you call yourself that; how'd it come about? "Just had some fun with it," Neal said. "I'd walk up being people (in a race) and say (through cupped hands), I'm cocooning. Somebody remarked, 'It's the Grim Reaper,' and it stuck; I sent in results that way, and (editor) Mortland bought it." (Ed. Gullibility is one of my strong suits.

But Grim is dead now; Neal pulled in the reins. He'd been flirting competitively with one Randy Mimm (a Columbian in the '70s when this town was the U.S. racewalking capital), beating him in a race when Randy had a bad day, and did some pushy kidding. Came the National Sports Festival last July 4 at Colorado Springs, a 50 Km; Randy warned, "I'm going to punish you," then turned in a 4:24, qualifying for the Olympic trials.

"Awesome," Neal recalls. "I quit at 20 miles, after trying to hang with him. He killed me. And I said that't it for the Reaper; the Reaper is dead! Neal has enviable work; since '73 he's been fulltime salesman of artist wife Linda's wildlife-and-western oils and watercolors. The travel doves-tails nicely as he pops in on races.

Bob Chapin was nonplussed. "At 21 miles, I stopped 19 minutes; at 37 laid out 11. I felt so guilty, though. Wake up and you hear crunch, crunch, crunch. See Chris still out there. Price still struggling. I don't know what else to do; I was just drained. At 40 I felt like usually do at 80, and still had 60 to go," he fussed.

"That's the bad thing, when you think how far yet to go--as you well know." Chapin, a Kansas Citian, has entered 15 times and completed six; "that means I failed nine." He was still thinking clearly.

"What a bummer if I go back and tell them I quit," he said. "In '74 I won it, thought I had the answer. The next 3 years I couldn't solve it. Then in '78, I did 19:46 (4th place), and now have done five in a row." (He was only to get 100 Km today.)

"I've never had a race where I didn't have some low spots." He blamed heat this time. "The statistics in this is something else," he allowed. True. To keep some order, Chapin plays his fingers like an abacus, jumping a ring finger-to-finger for laps, left hand odd miles, right hand even. Sure, timer-judges seated trackside count laps too, but this reassures, occupies his mind.

Chapin trained 3,024 miles the year before '82's race. "To me, that's maga-mileage, but it didn't translate into a better time," as he got 20:23:09. So this year he slashed to 1,835.

"It just doesn't seem right, you not in it," Chapin said, as I continued the walking interview. For me either, friend. "Funny how the mid plays tricks. It seems like as it gets light, this is a different track: the scene changes to a different location." Hallucination; but he had more. "Some of those years when you

and Hendricks were going real fast, it seemed like you guys got real big and the track shrunk: you went--shoosh!" (Some very good years: '74 when I set an outdoor speed record of 4:49:25 for the final 25 miles, exceeded only by the indoor 4:31:37 in '71 by Columbia's Olympian Larry Young (bronze medalist 50 Km in '68 and '72); and '77, when Hendricks (19:45:17) and I (20:07:01) duelled four miles at 10:25/mile pace, with 20 miles yet to go, including a 9:33 one-mile burst.)

Chuck Hunter, 46, had a problem. "I've got a 90-year-old knee," he said. He was limping badly, trying to make it eight 100s (he won in '75), but it wasn't to be. "Wonder how well those plastic hinges work?" he mused. Hunter's had most of the cartilage removed in operations: "Nothin' left in there." He's thinking seriously of going plastic. In my freelance roamings, Doc Blackburn gave a view: "I wouldn't advise it just to race walk. Plastic joints have a lifespan, like an oil change; use them a lot and they'll wear out. No reputable surgeon would keep reinstalling." I pipelined that to Chuck and he seemed to take pause. We'll see, competitor that he is.

For Bob Gragg, seven has been unlucky. After six 100 successes in a row, he was on a third futile quest. He was "kind of oilcanning" on wrap-around blisters, but that wasn't his problem: "It's my back." Why is he messing with this? The typical I-don't-know look, then he guessed it's "the challenge. People at work can't even conceive this. You do what? They're sprinters: what they do takes about 10 seconds; this takes 24 hours."

Time: 5:35 am, sky faintly light. Centurion Rob Spier, veteran of triple-bypass heart surgery (he's since done 80 miles), was still walking bravely. "Leonard, you picked a good year to drop out; the performances are just terrible," he observed. He blamed heat. His wife, Vera, forever trackside, called it correctly even at that hour. "Only Price and Chris have any prospect of finishing."

Bill Taft, 67, another toughy has attained 70 miles, and 100 Km five times, shutting out distractions with a radio headset. Plugging away, he heard Wisconsin defeat Missouri at football, then settled into "easy music" on Madison's KARO-FM. "I don't know about this crap," he expounded, flopping into a chair. His wife, Myrtle, 65, athletic herself with 2-mile daily walks and three swims a week, capsuled Saturday's weather: "It was 61 degrees at 8 am. By 3 o'clock it was 95. Now that's a big jump." No one disagreed.

Joe Duncan, president of the sponsoring Columbia Track Club, tried to explain the "why" to the curios. "It's in the nature of a challenge, like running a marathon, climbing a mountain. It takes a lot of endurance." He's seen the paranoia set in as walkers, ever more tired, harp at the timers, fearing desperately a lap may go uncounted.

Darwin Hindman, 50, a lawyer, went 50. "Oh, I don't know; just thought it's fun." Why'd you, his wife inquired. "The same," I chirped.

I think it's in here," said Ray Chapin, tapping his temple. Two years ago he did 22. "Nothing inside that said, 'You gotta keep goin.'" Last year I did 50 while my Dad (Bob) did 100." Now, he quit at 50 miles.

Richard Schofer of Columbia and Bill Hillman of DC, educator friends, cranked out 50 Km and 100 Km. "My legs are killing me," Hillman admitted. Tom Kline dropped down from Scarsdale, New York because he "got tired of marathons," and spun out 81 miles. "It's just good discipline he allowed.

Bob Dolphin, a Columbian, was "just curious" and leaped from his only walking race last spring (5.9 miles, 1 hour) to a 65-mile effort. Renea Nash of Kansas City managed 50 miles and said, "This is the first time I didn't know what to expect." Phillip Jacobs psyched himself, switching four pairs of shoes, and did 100 Km. And Joyce Schulte, timer, wore a T-shirt lettered deceptively, "I walked 100," and on the back, "Kilometers."

That ain't easy.

* * * * *

An important letter from Jim Hanley:

Jack:

I recently read the latest ORW including Henry Laskau's letter re: the Olympic race walks. Obviously, Henry was happy with what he saw and wanted to give credit to all of the people whose hard work was so evident.

Unfortunately, he mentioned people with high-visibility jobs on race day and unintentionally slighted many who did much more work. The OAOOC coordinators and managers had worked on the '84 Olympic race walks for 1½ to 2 years (or more), including monthly meetings and "practice" races at the 1983 USA-CDR dual meet and this year's Final Olympic Trials, in addition to our ongoing SPA-TAC Race Walking program.

These hard-working, quality people and their jobs were:

Hal McWilliams--course selection, course measurement, and certification

John Kelley--water and refreshment stations

John Kelly--technical manager, ; local race walk chairman (public relations in the community)

John MacLachlan--support manager (getting all equipment to the race and coordinating our efforts with Marathon crowd control marshalls)

Diane Urite--split timing and lap counting

Roland Veon--course set-up inside the stadium (placing cones on the track, working with IAAF officials, etc.)

Dr. Rob Breiman--communications (coordinated the use of over 100 walkie-talkies on many frequencies for competition, security, crowd control, etc.)

Carl Warrell and Joe Hampton--working with Swiss timing and getting all of our results to the Coliseum computer and scoreboard instantaneously

Steve Van Doren--physically gathering up all of the heavy equipment in warehouses and getting it to the races in the early morning hours)

Ed Gilroy--LAOOC troubleshooter (liaison with entire LAOOC support staff)

Murray Rosenstein--IAAF judge (attended meetings to give his suggestions and help.

Each of these coordinators had a staff of from 3 to 30 people working for them to bring the total number of staff to about 115 (not including marshalls and Red Cross medical volunteers, who just showed up on race day) Many of these 115 people, likewise, did much more work than many of those mentioned by Henry. I wish all of them could be mentioned.

These dedicated, hard-working people have been quietly running a quality SPA-TAC Race Walking program for years. They deserve our recognition and appreciation.

Ed: Henry also wrote to add a few names to the list of those who deserve credit for making the Olympic walks a great success--Frank Alongi, Elliott Denman, Larry Larson, John MacLachlan, and Dr. Howard Palamarchuk. Again, these were apparently those who Henry could see performing from his view as a judge. From far off Columbus, Ohio, I can only say thanks to all of those mentioned--those who unselfishly gave many hours over months and years and those who traveled long distances to give what assistance they could on the spot. All I did was write about the results of their dedicated efforts.

To date, only one reader has chosen to comment on my remarks regarding the position of U.S. walking on the international scene. While I am not sure I agree totally with all that is said, Bob Jordan's thoughts, which follow, are most interesting, and show the astuteness we would expect from one who has learned to carry weight in excess of 12 stones cross the country and over the roads.

**12 STONE
HARRIERS
A.C.**



1104 HIGHLAND AVE.
IOWA CITY, IOWA

6 September 1984 52940

Jack,

None of what I write should be seen as an attempt to denigrate the America walkers and their performances in the L.A. Games. I thought Carl Schueler's sixth place in the 50km. particularly stunning considering the field and conditions (among which was the short time interval between the Trials and the Games).

The reason behind what you called the "retrogressing...in international competition" of American walkers is simple enough; most of the best athletes for walking (at least with respect to cardiovascular endowment, somatype, leg speed, dedication and desire) are runners in this country. Why "waste" a lot of time perfecting the international style of walking (i.e., lifting without being detected) when an athlete can cash in on domestic road races and overseas track meets these days. Do you think anyone can persuade Pat Porter, Alberto Salazar Steve Scott, or any of the other good runners with an appropriate somatype for walking to give up their lucrative careers to train for a handful of international races with no remuneration outside of expenses and maybe a little T.A.C. Grand Prix and minimal shoe contract money on the side? They have families to support. A good "rabbit" on the European track circuit who never wins a running race and may not even finish one can earn much more than any of our American walkers. The women's walking scene is even more bleak. Unless U.S. racewalking comes up with a sugar daddy as U.S. bicycling did in the Southland Corp., training facilities on an old Air Force compound in Colorado Springs won't bring about a consistent turnout of top international-class walkers.

Money may not even be enough to lure athletes into the field. Continuing the contrast with amateur bicycling in this country, the program was built up from the junior ranks over several years. Perhaps that is how it will have to be done for walking, also. But unlike the bicycling athletes, the teeny-bopper track & field set in the U.S. is mainly the bailiwick of reactionary high school coaches and the individual states' athletic associations. With few exceptions, coaches and athletic associations know little if any more about racewalking than the general public.

And then there is the impatient mentality of the American runner. When I' out training and cross paths with one of the speedier foot-pounders, I'm sometimes asked "Why?" After my pitch of walking's advantages (especially if the runner has good leg speed and might be successful at walking) and a recital of my litany of stress fractures and torn achilles tendon sheaths attributed to running, he usually nods his head and adds, "Yeah, I can see your point. But if all those injuries happened to me and I couldn't run anymore, I'd take up biking or swimming before I'd do that." In other words, when you can get an American to run for exercise, he doesn't want to be slowed down to a walk even if he'd become a better athlete for doing so.

As far as the relatively higher placings of past U.S. walkers in earlier Olympic Games, it may be that guys like Ron Zinn, Ron Laird, Goetz Klopfer, and especially Larry Young were exceptional athletes in a time when most walkers learned to be legal before learning to be fast instead of the other way around.

Bob Jordan

It's a baby boy for Maryanne Torrellas! Henry Iaskau has learned that he was not disqualified in the 1948 Olympics! Details on these items and more exciting news next month.



The second and third place finishers in the Olympic 50 KM, both seen with about 2 Km to go. Silver medalist Bo Gustafsson, Sweden, is seen above and bronze medalist Sandro Bellucci, Italy, below. SPORTSFOTO by John Allen.