Research Triangle Park, N.C., Feb. 21--Carl Schueler saved his best for last and scored an easy win in the National Athletics Congress 50 Km Championship. Carl has now won the event five times, including four of the last five. In this one, he traded the early lead with Jim Heiring and Andy Kaestner, but moved easily away at the end as he blasted the final 10 Km in 44:55 to record a final time of 4:02:55. Heiring had to stop and stretch several times and Kaestner moved well clear of him by the finish with a superb 4:11:10 effort—an improvement of more than 9 minutes on his personal best!

Behind Heiring, came some real surprises. Dan Pierce improved by more than 15 minutes on his best to take fourth in 4:18:00 and not far back came Mark Green, apparently in his 50 Km debut, in 4:18:27! Until this day, Mark's father Max was better known for his mastery of the 50 and over ranks.

Then came Eugene Kitts with his third excellent 50 in less than 3 months—he also had a personal best. Like Green, Herm Nelson came from nowhere to take seventh, 43 ahead of veteran Mike DeWitt, who continued to chop bits off his personal best. Cliff Mimm, in ninth, is also in his first 50 and beat big brother Randy, who was well off his best, but still well under 4:30 in 13th place. Mike Rohl made it 14 in the fastest mass finish in U.S. 50 Km history. This brought the list of qualifiers for April's Olympic Trial to 20.

Four-time champion Marco Evoniuk was disqualified today. At this point, Schueler looks a sure bet for the team, but there could be a real dogfight for the other two spots. Certainly, if Evoniuk returns to his 3:59 form of last summer, he will be on the team. But he doesn't appear to be there now. Heiring and Dan O'Connor, who appeared to be well ahead of the rest, will certainly be challenged by Kaestner, and perhaps Pierce and Green. Who knows where they will go now that they have learned a bit about what the race is about. Randy Mimm at top form could also challenge. So here are the first 14—

(Continued on page 15.)
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EDITORIAL: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

RESULTS


FEBRUARY 1988

PAGE 4

10 (I guess; the results don't really say), Los Angeles, Jan. 23-24, 1988

Bob Carlson, 63-year-old competitor with the Front Range Walkers in Colorado, is putting the finishing touches on a book he is doing with co-author Dr. O.J. Seiden. Health Walk is expected to be available in mid-April. The 225-page book will use the HEALTHWALK program designed to raise endurance level, improve muscle tone, and fine tune the cardiovascular system. It includes a sensible dietary plan that you can live with for the rest of your life. The softcover book will sell for $12.95 from Fulcrum, Inc., 1350 Indiana Ave., Boulder, CO 80302.

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banks of the Gualelope River, deep in the heart of Texas hill country. The weekend includes racewalking instruction with video analysis, a hike in the hills, a canoe river trip, nature walks, and lots more. The $195 cost includes lodging in rustic stone cabins for two to eight, meals, activities, and transportation. Contact Barbara Ayres, 209 Bigelow Terrace, TX 78704. Phone: 512-444-2701.

Before going to Melbourne for the World Masters Championships (see results in last month's issue), Giulio de Petra, the Monzez Walk Walk Walk Impressario, stopped in Italy. (He's with the Italian Consul in Monzez.) While there, he captured a silver medal in the 5 km at the Italian International Championships (3:20) and the following day won the 20 km in 2:06:24. In the 20 km at the Indianapolis Olympic Trials on July 16 (9 am), not the 15th as we showed last month.

Another change from our schedule of National Championships and other important races: the contact for the National 10 km in Niagara Falls should be David Lawrence, 90 Fairfield Avenue, Buffalo, NY 14223.

A note from Elaine Ward on activities in the L.A. area: Because of the integrity of the Ohio Racewalker, I want to call your attention to a problem our Association (Southern Pacific) has had with race results.

We have two problems which have led to very unreliable results with walks within runs: (1) Erratic starts with some walkers going before the runners, with the runners, or after the runners in the same race, and (2) Goof ups with the computer mixing walkers and runners, not missing walkers. As is true probably everywhere, in unjudged races, we have had problems with a few "running" to good times or prizes. But the upshot has been an impetus to clean up our act and develop a full program or judged races. Our "Grand Prix" is for this purpose. I noticed in the Ohio Race Walker's results last year for our area that you did not know of the problems and reported times that were not in fact reliable. By mid-1987, the S.C.R.W. was starting to make very clear commentaries about the quality of the race results—and by November, we were starting to do our own results at the finish line in special races, such as the Perrier. In fact, Bruno Rankin, the director of the Perrier race, used our results instead of the computer results. As we are going to have many more judged races at various distances this year with our own personnel responsible for timing, the quality of results should be quite reliable. The S.C.R.W. will continue to provide finish line timing at important walks within runs and closely monitor computer results for accuracy. At all times, the type of walk, whether it is judged or unjudged, and source and quality of results will be recorded. (BI. Sounds good. We tend to be very trusting here at the ORW—mainly because we have no way of policing the whole country. When we are sent a race walking result, we assume it represents legitimate race walking. If there are questionable circumstances, we hope you will let us know, or just not bother to send the result.)

The Shore AC Postal 1 Hour for 1988 is on. (See results for 1987 in this issue.) This is a country-wide racewalk where everyone can participate without traveling to a central location. You must turn in performances on a certified track of 400 meters or 440 yards, with a minimum of two judged present. Entries must be received by Jan. 16, 1989.

There are divisions for both men and women, with 5 year age groups for Masters. Medals to first three in each division. For further information contact: Don Henry, One-Hour Postal Racewalk Coordinator, 24 Fairview Ave, Bricktown, NY 08724.

Somewhere in the results of last summer's National Masters walks we omitted Jeanne Rocci who was the first woman over 110 in the 20 km with a time of 1:15:04. Bob Fine, President of Florida Race Walkers reports that as a result of articles in the three major South Florida papers they now have 1100 names on their mailing list. He feels they have the fastest growing program in the country. Most of the people inquiring are women over 40.

Dr. Howie Palyarchuk comments on the summary of Niles Richman's study on race walking injuries that we carried last month: I enjoyed Richman's study. I spoke with him last spring and sent him a copy of an early study I had done. I feel it was very accurate and helps confirm what we've known all along about race walking—race walking is not necessarily injury-free, but the injuries are far less severe and disabling than other sports. I thought the part on shoes was interesting. As a race walker and a podiatrist, I get asked a lot of questions about the best walking shoes—just like I used to get asked a lot about running shoes. I tend to agree with Richman. Most of the so-called walking shoes are available not along about race walking as half decent training shoes. I tried a pair of Reebok walking shoes—not even race walking shoes—and just couldn't get used to them. They seemed too soft and mushy. Others feel like glorified dress shoes. Others are rehashed less expensive running shoes that companies have pressed into service to cash in on the walking shoes. (I might catch some heat for that comment.) With care, a walker can still select a running shoe that will serve as a comfortable and durable walking shoe. I would agree that Nike and Tiger are durable training shoes I feel that adias still has the all-time best racing shoe. With all our pleading and prodding, the shoe companies still have not produced a fitness or race walking shoe to fulfill our needs.

LOOKING BACK

20 Years Ago (From the Feb. 1968 ORW)—The indoor title was contested at 1 Mile in those days, and for a few years, including one this year, they even had trial heats. Bob Laird won his heat in 6:42.9 and came back to blase a 6:16.9 final to cop the title. Dan Toshcer, a 1-mile specialist of those days, edged Larry Young 6:23.4 to 6:23.7 for second. Larry Walker crossed the line in 6:19.5, but was dq'd. In late breaking news, we learned of a great 100 Km effort by the GDR's Christian Kehne the peewee from the last edition, with a new track American record of 1:23:47. He then got on the train to Switzerland in 9:15:57. The Tom Doyle did 20 miles on the track in 2:40:39, passing 30 Ka in 2:28:47. Laird, shooting for a world 30 Km record, called it a day after passing 15 miles in 1:54:51.

10 Years Ago (From the Feb. 1978 ORW)—Terrible mistakes in the lead head, which I just now noticed, and, while I don't recall anyone ever calling to my attention. The head says: "Liern Defends Indoor Title. " Only problem with that was Sue Brodock, not Sue Liem won the race and defended her title. It was 1 Mile, and Brodock walked 7:01.7, beating her own record of 7:05.9, set the previous year. Liern was a distant second in 7:34.9, with Tracy Trisco third. The Men's 2 Mile title went to Todd Scully in 13:07.6. Dan O'Connor (13:20.3) edged Jim Heiring (13:21.2) for second. Ron Daniel and Dave Romanovsky were next, about 1.5 seconds further back. Neal Pyke walked an American record 6:04 mile in San Francisco, and Scully did 1:50 minutes in 5:47.9 at the Olympic Invitational for another American record. Scully also won miles in the Millrose Games and in Philadelphia. Larry Walker won the LA Times Mile in 6:26.5.

5 Years Ago (From the Feb. 1983 ORW)—Leading all the way, Ray Sharp won the National 2 Mile title in a record 12:13.3. Jim Heiring stayed close but could never quite challenge for the lead and finished second in 12:15.36. Dan O'Connor and Todd Scully were also under 13 minutes, with Troy Engel and Mike Porsch rounding out the top six. The Women's Mile went to Sue Brodock in 7:14.67, less than 3 seconds ahead of Teresa Vaill. Susan Liern, Vicki Jones, Chris Anderson, and Carol Brown followed. Heiring set an American record for 3 Km in Chicago, winning in 11:32.15, better than a half-minute ahead of Tim Lewis. Sharp blasted a 5:47.98 for the mile in Albuquerque, beating Heiring by 7 seconds, and won the LA Times in a pedestrian 6:07.8, with Dan O'Connor, Tom Edwards, then...
Gary Westerfield, National Women's Coach, keeps us posted on the Women's indoor mile (list as of Feb. 22, 1988)

**Indoor One Mile Race Walks/Women: All-Time List (Under 7.20)**

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>6:28.46</td>
<td>Giulia Salc (ITA)</td>
<td>02/16/85</td>
<td>Genoa, Italy</td>
</tr>
<tr>
<td>6:34.2</td>
<td>Marganne Torrelles (USA)</td>
<td>02/19/88</td>
<td>Inglewood, CA</td>
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<tr>
<td>6:35.18</td>
<td>Torrelles</td>
<td>02/12/88</td>
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<td>6:35.47</td>
<td>Ann Peel (CAN)</td>
<td>02/15/87</td>
<td>Fairfax, VA</td>
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<td>6:36.06</td>
<td>Peel</td>
<td>02/29/86</td>
<td>Toronto, Canada</td>
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<tr>
<td>6:37.06</td>
<td>Torrelles</td>
<td>02/15/88</td>
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<tr>
<td>6:40.1</td>
<td>Teresa Vaill (USA)</td>
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<td>Inglewood, CA</td>
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<tr>
<td>6:40.2</td>
<td>Lynn Veik (USA)</td>
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<td>Torrelles</td>
<td>02/15/89</td>
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<td>Veik</td>
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<td>6:41.61</td>
<td>Laura Rigutto (CAN)</td>
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<td>6:42.59</td>
<td>Vaill</td>
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<td>6:46.77</td>
<td>Louise Ahlin (CAN)</td>
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<td>6:47.95</td>
<td>Veik</td>
<td>12/26/87</td>
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<td>6:48.21</td>
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<td>Vaill</td>
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<td>Aubin</td>
<td>02/22/88</td>
<td>Ottawa, Canada</td>
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<tr>
<td>6:52.7</td>
<td>Sara Stanley (USA)</td>
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<td>6:53.58</td>
<td>Salc</td>
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<td>6:54.6</td>
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<tr>
<td>6:58.4</td>
<td>Sue Brodock (USA)</td>
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<tr>
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<td>Susan Lers (USA)</td>
<td>02/15/81</td>
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<td>Vaill</td>
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**Top 10 Performers**

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<td>Torrelles</td>
<td>01/11/87</td>
<td>Hanover, NH</td>
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<td>02/15/89</td>
<td>Fairfax, VA</td>
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<tr>
<td>6:59.9</td>
<td>Vaill</td>
<td>02/08/87</td>
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**Performance Under 7:20**

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<td>Pascal Grand (CAN)</td>
<td>01/29/88</td>
<td>Toronto, Canada</td>
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<td>7:04.25</td>
<td>Esther Lopez (USA)</td>
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<td>New York, NY</td>
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<td>7:08.2</td>
<td>Victoria Herazo (USA)</td>
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<td>7:09.83</td>
<td>Debbie Lawrence (USA)</td>
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<tr>
<td>7:11.3</td>
<td>Lisa Vaill (USA)</td>
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<td>Inglewood, CA</td>
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<tr>
<td>7:12.0</td>
<td>Carol Brown (USA)</td>
<td>07/27/84</td>
<td>New York, NY</td>
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<tr>
<td>7:14.83</td>
<td>Tricia Rhudy (USA)</td>
<td>02/28/86</td>
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<tr>
<td>7:15.70</td>
<td>Tina Weber (USA)</td>
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<td>New York, NY</td>
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<tr>
<td>7:15.93</td>
<td>Frances Mones (USA)</td>
<td>02/02/86</td>
<td>New Haven, CT</td>
</tr>
<tr>
<td>7:17.0</td>
<td>Sybil Perez (USA)</td>
<td>02/20/87</td>
<td>Inglewood, CA</td>
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</table>

**FOR LADIES AND GENTS TO WISH RACE:**

Sun. Mar. 6—Los Angeles Marathon, 8:40 am (H)
Ohio TAC Indoor 1500 meters, Columbus (H)
Sat. Mar. 12—10 Km, Coconut Creek, FL (S)
Sun. Mar. 13—7.3 and 10 Km, New York City, 9 am (R)
Womens 5 Km, Forest Meadow, N.Y., 9:30 am (C)
50 Km (Track), Worthington, Ohio, 9 am (H)
5 and 10 Km, Las Vegas, NV (F)
5 Km, Torrance, CA, 8 am (D)
Fri. Mar. 19—NATIONAL ATHLETES CONGRESS MASTERS INDOOR 2 MILE, MEN AND WOMEN, BATON ROUGE, LA (G)
20 Km, Cortland, NY, 9 am (G)
20 Km, Mill Rd, 8 am (D)
Sun. Mar. 20—Indoor 3 Km, Syracuse, NY (Q)
Sat. Mar. 26—10 Km, Seattle (vs. 15 Km runners) (P)
Sun. Mar. 27—5 Km, Redlands, CA 8 am (D)
Shaun Ladany 50 M, Atlanta, 7 am (T) (Also a 10K)
Sat. Apr. 2—Half Marathon, Honolulu (P)
20 Km, El Cajon, CA, 8 am (R)
5 Km, New York City, 8 am (D)
Sun. Apr. 9—5 Km, Davie, Fl. (S)
Sun. Apr. 10—5, 10, and 30 miles, Columbus, Ohio, 7 am (H)
5 Mile, East Meadow, N.Y. (G)
Ron Zinn Memorial 10 Mile, Asbury Park, NJ, 10 am (H)
Sat. Apr. 20—5 Km, Evansville, IN (K)
2 Mile, McMinnville, OR (P)
Georgia 10 Km Championships, Thomasville (T)
Sun. Apr. 17—Mount Rainier Invitational 10 and 20 Km, Columbus, 9 and 10:30 am (R)
5 and 15 Km, New York City, 9 am (R)
5 Km, Pompano Beach, FLA, 8 am (G)
Sun. Apr. 24—10 Km, Pomona, Cal. (B)
5 and 10 Km, Chicago (J)
New Jersey Waterfront Marathon (M)
Masters 10 Km, Mission Bay, Cal. (G)
Sat. Apr. 30—3 Km, Mayfield Heights, Ohio, 12:15 pm (V)
Thu. May 5—2.8 Mile, Seattle, 6 pm (F)
May 7—5 Km, Sioux Falls, S.D., 8 am (L)
Sun. May 8—5 Mile, Denver, 9 am (E)
2 Marathons and Marathon, Springfield, Ohio, 9 am (M)
5 and 10 Km, New York City, 9 am (H)

**CONTACTS**
C—Sam Snees, Track Office, LSU, Baton Rouge, LA 70893
P—Elaine Ward, 1000 San Baguel #15, Rasadena, CA 91106
E—Bob Carlson, 2261 Glocos St., Denver, CO 80207
Things aren't always jolly in England. Following is a rather scathing letter that appeared in the November 1987 Race Walking Record, and excerpts from three-well-stated replies that appeared in the January issue. (Well-stated, except that, as an "oldtimer" myself, I somewhat resent the put-down of earlier participants in the sport.)

In the 1920's when Eric Liddell was competing in the Olympic Games I was an amateur athlete. I was not a champion but like many of my clubmates at that time we competed for the love of the sport. There was no sponsorship, we were in walking as some of my associates competed in walking races. During this period I was aware of many walking competitors. Despite my limited walking experience I was never in the promotion and management of walking races, and I became aware of the abilities of men like Whitlock, Forbes, Third, Wallin, Maginn and many others. In those days the competitors actually walked according to the rules "progression by means of steps" .

Further to your letter I have seen many walkers in the London to Brighton and other famous races. I have seen them developed a method of walking. Some of these competitors had devised or developed a way of walking which was not the rules. My immediate thought was that these competitors were cheating or unsporting.

Since then I have been aware of true walking. I have seen my clubmates disqualify the entire field because they left the race without completing the full distance.

John White, Whittlock, Forbes, Thompson, Nellison, Maginn and many others are faster today. These are the 1980's. Today's race walker is an athlete of the highest calibre.

"The rules are there for the benefit of all competitors. Your letter has left me choked. This scathing attack on "packs of straight-legged gallopers roaming around the track" cuts me through like a knife."

Charlie Maginn driven out of the sport because of the antics of "Mylke". Sorry to see you go Charlie. As this season's number three I must say that I am saddened that you label me a cheat. I do not deliberately break the rules of my athletic event. There is nothing to be gained from this and that's biochemistry. Compare a race walker and a runner side by side. See the runner's head bobbing up and down, his knees bending as he springs through his stride. Note the walker's head, no movement, his supporting leg is straight as he rolls from (the good old) heel to toe; the difference is obvious.

G. Mayes.
Shore area athlete walks off a winner in Australia

The 1960 U.S. Olympic track and field team was loaded up with such gold-medal stars as Otis Davis, Leo Calhoun, Glenn Davis, Don Bragg, Ralph Boston, Bill Nieder, Al Oerter, Rafer Johnson and Wilma Rudolph.

At those Rome Games, Otis Davis won the 400-meter dash in 44.9 seconds, Calhoun the 110-meter high hurdles in 13.8 and Glenn Davis the 400-meter hurdles in 49.3. Bragg pole vaulted 15-5, Boston long jumped 26-71/2, Nieder put the shot 64-6, Oerter hurled the discus 194-2, Johnson compiled 8,001 decathlon points and Ms. Rudolph ran off with the women's dash titles in 11.0 and 24.0.

To this day, Oerter remains in superb shape and can consistently top his 1960 distance.

There's just one other member of that 1960 U.S. team, however, who can even approach his performance of 27 years ago and he's a well-known performer on the New Jersey track scene.

He's the remarkable Bob Mimm of Willingboro and the Shore Athletic Club, who race walked 20 kilometers in 1:45:09 (placing 23rd) at the Rome Olympics and to this day is very close to that kind of shape.

Evidence of his still-outstanding form is just in — Mimm won the 20-kilometer walk (60-64 age division) at the World Veterans Athletes Championships in Melbourne, Australia, in the sensational time of 1:49:09. It was the first part of a double gold-medal performance by Mimm at Melbourne, the second coming in a 26:02 victory in the five-kilometer sprint track walk.

Mimm turned 63 on Oct. 18. Just five weeks later he was in Australia. His 1:49.09 performance there calculated to a mere 3.665 percent drop-off from his 1960 Olympic performance.

If they were even to attempt (a very doubtful proposition) to prove themselves equal (vis a vis their 1960 marks) to that kind of an effort, Otis Davis would have to run 400 meters in 46.7, Calhoun do the high hurdles in 14.3, Glenn Davis cover the 400 hurdles in 51.1, Bragg pole vault 14-10, Boston long jump 25-8, Nieder put the shot 62-2, Johnson register 7,708 points and Ms. Rudolph run the dashes in 11.4 and 24.8. Fact of it is that they're nowhere close to being capable of that now.

But Bob Mimm rolls right along.

His two gold medals in Melbourne come on top of two previous World Veterans Champions medals, at the 1981 meet staged in Christchurch, New Zealand. That also makes Mimm unbeaten in the Southern Hemisphere.

Among other things, the two Melbourne golds also clinched Mimm's selection as winner of the Johnny Hayes Memorial Trophy as 1987 Shore AC athlete of the year. The trophy was presented at the club banquet held at Tim McLoone's Rum Runner Restaurant in Sea Bright.
“That part of the world (the Southern Hemisphere) seems to agree with me,” said Mimm.

He proved it in Melbourne, waging a tight duel with France’s Albert Stumi, a former World Vets champion, before walking off with the 20-kilometer crown and then surging past Australia’s Theo Ort in the second half of the five-kilometer race and winning it going away.

All World Veterans Games competition was scored in five-year age groups and athletes there were as young as 35 (where women’s eligibility began) and as “experienced” as 96.

Proving, too, what a lifetime sport race walking really is was Australia’s amazing Gus Theobald, who turned in the excellent performances of 35:18 (5km) and 2:35:47 (20km) in winning his own pair of gold medals. Theobald happens to be 90 years old and competes in the 90-94 division.

Shore AC’s Don Johnson of Little Silver collected a pair of silver Melbourne walk medals in the 70-74 division and Harry Drazin of Interlaken was sixth (20km) and seventh (5km) in the 70-74 racing. Mimm, Johnson, Drazin and Joe Lavengberg of Shore AC won medals in the team walk scoring, too.

What are Mimm’s secrets of long-range success?

“First of all, I enjoy the sport,” he said. “Some people just have short-range objectives. They get discouraged too easily. They say they’re going to quit the sport if they don’t win certain races or place so high or reach certain times.

“Second, I really like competing. I don’t really like training that much. Some people train a lot and you hardly see them in competition.

“And third, you’ve got to put the time in. You’ve got to have the desire. Nothing comes easy. You’ve got to work for it”

Mimm has also been a frequent competitor in running races and won many Masters Division (or Veterans) awards there, too. But some recent leg injuries have kept him out of the runs and limited him to walking.

It all gets back to the competitor he is.

“Sometimes you push and push and you overdo it,” he said. “You tighten up or you get leg troubles, you’ve got to lay off and then start up all over again.”

Mimm has been through this scenario many times but still has found the knack of being ready when it counts.

They counted over 4,800 athletes, men and women gathered from 51 nations, at the World Veterans Games in Melbourne. With all those competitors, and all those age groups, they counted heaps of outstanding performers. Those who saw Bob Mimm in action count him with the best of the best.