50 Km Title to Schueler

Long Beach, March 17—Carl Schueler, who won his first National 50 Km title in 1980, made it a total of six today as he overcame a strong field with a 4:11:13. Only Larry Young, who won eight times between 1966 and 1977, has more 50 Km titles to his credit. Schueler last won in 1989 and has been competing sparingly since then, primarily at 20 Km where he was on last fall’s U.S. team in the Pan Am Cup. But he showed good preparation today, looking very smooth today and eventually finishing better than 2 minutes ahead of long-time rival, Marco Evoniuk.

In third was Dr. Eugene Kitts, the Hawaiian master, who just continues to improve. His 4:15:13 shatters his own U.S. Masters record. Still a relative newcomer to the sport, he continues to confound his younger competitors and qualifies for his second World Cup Team with this performance. Paul Wick was fourth and defending titlist and early leader, Tim Lewis, was fifth. Another veteran, nearing the Masters ranks, Dan O’Connor, captured sixth and will probably add to his long string of International appearances for the U.S., assuming Lewis qualifies at 20 Km and chooses that distance, which is more to his liking.

The race showed 11 competitors under 4:30 (Paul Malek also made it, finishing just ahead of Wick, but was disqualified in the final stages), but then, as usual, a quick drop off with only four more under 5 hours, as we continue to lack real depth in this event. The results:


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Meadowlands Invitational 1500 meters sees winner and world record setter, Obi Lawrence in early lead over Sarah Standley, Victoria Herazo, Maryanne Torrellas and Susan Liers. Oim Bentley photo)

Km

Mexico's Bottom: In the early going of the Goodwill Games 2, the winner, Ernesto Canto, walks in second. (Bruce Douglass photo)

Herazo, Fournier Win Against British

Glasgow, March 4—After Thrilling race-long battle, Victoria Herazo held off Julie Drake to win the 3 Km walk in a U.S.-Great Britain Indoor Track and Field Meet. Herazo, leading all the way, but constantly challenged by the persistent Drake, finished in 13:28.05, less than 2 seconds ahead.

In the men's 3000, Doug Fournier was able to pull well clear of Britain's Mark Easton for a brilliant win in 11:34.24. The results:


OTHER RESULTS


MARCH 1991

1. Sperry Rademaker 46:50 2. Lauren Demetry 48:22 10 Km Westwego, Louisiana,
Midwest Masters 3 Km (Indoors, Cincinnati, Feb. 17-35:39-1. David Berry 16:31.8
Deuser 17:09.8 Women: 40-45-1. Gayle Johnson 15:21:3 70 and over-1. Ernestine
Ganzlinger 17:59 Bill Walker Memorial 3 Mile, Detroit, March 3-1. Cary Morgan
5 Km, same place- 1. Stephen Krupkat 3:03 2. Norm Frable 25:34 3. Brian Ta
10 Km, (track), Seattle, Jan. 26-1. Dominic Urbano 47:50 2. Glenn Tachiyama 50:34 3.
Jackie Kerby 28:53 15 Km,
Alexander 18:13 5. Gaye-Young 19:00
5 Km, same place- 1. Stephen Krupkat 3:03 2. Norm Frable 25:34 3. Brian Ta
Alexander 18:13 5. Gaye-Young 19:00
Alexander 18:13 5. Gaye-Young 19:00
Republic of Texas 5 Km, Austin, March 9--1. John La
5 Km, same place- 1. Stephen Krupkat 3:03 2. Norm Frable 25:34 3. Brian Ta
Alexander 18:13 5. Gaye-Young 19:00
Alexander 18:13 5. Gaye-Young 19:00
Republic of Texas 5 Km, Austin, March 9--1. John La
3. Diane Schurr 29:37 10 Km, Champoeg Stale
3. Diane Schurr 29:37 10 Km, Champoeg Stale
5 Km, New Orleans, 8 am (V)
5 Km, Brookings, S.D. (W)
5 and 10 Km, Mound City, Kan., 9 am (R)
3 Km, Queens, NY, 9:30 am (Z)
5 Km, Long Beach, Cal., 11 am (B)
10 Km, Walnut, Cal. (track) (B)
10 Km, Wiltshire, Cal., Feb. 17--1. Stan
Chraminski (43) 1:46:34 10 Km, same place-1. Bob Novak 53:11 5 Km, Tacoma,
7. Mike Slater 28:58 8. Sarah Kudt 29:07 10 Km, Seattle, March 16--1. Bruce
Harland 46:03 2. Bob Novak 52:13 3. Dominick Urbano 52:14 (went on to 20 Km in
58:16 7. Bev LaVeck (54) 59:02 1 Mile, Salem, Oregon, Jan. 1--1. Vance
Godfrey 6:32:31 2. David Thomas 7:15:37 Women: 1. Erin Taylor 8:42:01 5 Km,
Heller 30:07 Ontario Masters Indoor 3 Km, Toronto, March 9--1. Roman Olszewski
14:30 2. Mike Freeman 15:35 3. Stuart Summersha (1st over 55) 16:01 4. Len
over 60) 16:48 8. Max Gould (1st over 70) 18:09 Indoor 5 Km, Budapest, Feb. 26--
Sminov 19:52:48 4. Gyula Dudas 19:51:78 Women's 3 Km, same place--
13:06:59

THE NO LONGER ANONYMOUS LIST OF UPCOMING EVENTS (with
apologies for leaving this list untitled last month)

Sat. April 13
5 Km, Brookings, S.D. (L)
1/2 Marathon and 5 Km, Lawrence, Kan., 8 am (R)
Women's 8 Km, Miami, 8 am (Q)
5 Km, New Orleans, 8 am (V)
5 Km, Long Beach, Cal., 11 am (B)
Sun. April 14
Jack Mortland Invitational 5 Km, Women's 10 Km, 5 Km
Fun Walk, Columbus, Ohio (J)
5 Km, Shoreham, NY, 10 am (X)
Thur. April 18
5 Km (track), Worcester, Mass., 7 pm (U)
Sun. April 20
10 Km, Columbus, Missouri, 8 am (M)
3 Km, Queens, NY, 9:30 am (Z)
5 and 10 Km, Mound City, Kan., 9 am (R)
5 Km, Wichita, Kan. (R)
Sun. April 21
World Cup Qualifying Races: 20 Km Men, 10 Km Women,
San Jose, Cal. (B) (Qualifying standards of 1:50 and 58:30)
1 and 3 miles, New Orleans, 7:45 am (V)
5 and 10 Km, Kansas City, Mo., 9 am (R)
10 Km, Walnut, Cal. (track) (B)
5 and 10 Km, Lake Worth, Florida (Q)
Masters 5 Km, Naples, Florida, 7:30 am (Q)
10 Km, Des Moines, Iowa (R)
Women's 5 Km, Hesston, Kan., 9:30 am (R)
From Heel To Toe

So here we go with our 27th year of publication, which was certainly never planned. Hope we are still bringing you an informative product. Bids are now being accepted for all racewalking championships for 1992. All bids must provide a TAC certified course for the competition. The 50 Km will be awarded to a warm weather site for a race in mid-February. All bids and supporting documentation are due no later than October 4, 1991. You can get a bid form by contacting Lori Maynard, 2821 Kensington Rd., Redwood City, CA 94061, phone 415-369-2801...

A women's Grand Prix race walk series for 1991 will begin with the World Cup Trials in San Jose on April 21 and will also include races in St. Louis on May 18, Los Angeles on June 23, Alexandria, Virginia on September 8, and Dallas on October 21. A fall race in Connecticut may also be included. Ron Laird has taken a position as assistant track coach for both boys and girls at Ashtabula High School in Ashtabula, Ohio, and will be trying to get a few of the athletes interested in race walking. And, speaking of Mr. Laird, back to his McCarthy nostalgia...
THE CHRIS MCCARTHY SAGA
by Ron Laird

(Final of three installments)

Communications begin

During those two years that Chris specialized in placing in the top three in the trials for the big trip to "the Land of the Rising Sun", he started a small monthly magazine called The Midwest Race Walker. It's in its dozen or so mimeographed pages, one found race results and various articles having to with the sport of fast walking. Chris was able to improve the quality of American judging and administration. He has faithfully kept it going all these many years. Yes, Jack Mortland, 1964 Olympic teammate (20 Km) of Chris McCarthy, has retired the trophy for race walking journalistic loyalty. (Ed. We humbly accept Ron's accolades.)

Reading about Chicago's active program each month in McCarthy's little magazine helped me decide to move out there. I felt the change in training courses and new friends I'd make would inspire me to do the work needed for improving my speed, technique, and endurance. Once I got there, I had the opportunity to help him assemble and address the publication once a while.

The rewards of racing

The summer before Chris won the National 50 Km Championship and Olympic Trial, he won the National 40 Km title. To get back east, he drove his old junk Volkswagen to Long Branch, New Jersey for the approximately 25-mile affair. It turned out to be a real death march due to the unseasonable heat and humidity. At the time, it was held, I was on a national team touring Russia, Poland, Germany, and England and so was unable to take part in the ordeal. Even though the obligation of competing for my country was a much higher calling, I always hated to lose a chance at a national title because of having to be somewhere else. The fruits of his labor for winning that 40 km walk were a huge handsome trophy and the American championship gold medal.

This medal is the size of a silver dollar and is fixed to a red, white, and blue ribbon. At the other end of the 2- to 3-inch ribbon is a gold, silver, or bronze bar with the word "CHAMPIONSHIP" across it. The meet director of this annual race, Elliott Denman, has always done a grand job in putting the event on, especially when it comes to providing quality awards. He won some beauties during his best racing days, so likes to keep this gracious custom going. I know the athletes sure appreciate having something to show for their long hours out on the roads of New Jersey. Everyone who finishes gets a nice souvenir they can be proud to display.

Nowadays, if you're willing to pay for it, you can add another T-shirt to your collection, plus pay an outrageous entry fee for the privilege. For many years, two dollars was your maximum charge, and that was for a National championship. Everything else was either 25 or 50 cents, occasionally a dollar, or free. I wonder if all those fitness walkers and runners out there will someday rebel against the high cost of competing. I realize everything costs more, but I feel entry fees are much too high. They do discourage many from taking part. At present, road races draw mostly white-collar professional, who can afford to squander a small piece of their earnings. If the millions of blue-collar and unemployed workers of this country ever discover the benefits of running slow and walking fast, I bet they won't tolerate for very long today's high prices for what amounts to getting a good workout. There may be a lot of people going down the road without a number pinned to their shirts, especially those who have no chance at winning any of the pieces of junk and silly t-shirts so many races give out for prizes nowadays. I do enjoy a clean new shirt, but these things can't be put on display like trophies, medals, and plaques. An athletic event should award athletic-type prizes to those who deserve them. You don't see the top three winners in the Olympics getting T-shirts when they're on the victory stand.

McCarthy didn't like trophies. Since I did, I felt it my duty to lecture him on why he should have more respect for, and take better care of his awards. I often tried to tell him how much they symbolized his hard work and superior athletic achievements. He reasoned them to be useless trash and felt my priorities needed serious reevaluation. Sometimes, we'd really get going at one another. These arguments helped ease the competitive tensions that training together sometimes created. At least, he kept all his national medals, even though the last time I saw them (1976), they were in disgraceful condition.

The same night he returned with that big New Jersey 40 Km trophy, he carefully placed it in a vacant lot directly behind his apartment. The next morning, it was attacked by neighborhood kids, who quickly destroyed it with clubs and rocks. McCarthy, of course, got a big laugh out of this. When I found out what he'd done, I was sick with disappointment, but not surprised. I wished I'd gotten over to his place quicker so that I may have had a chance to rescue it from its terrible fate. Had I not taken an early morning workout, I may have arrived in time. He tried to feed me a bunch of swill about it being some sort of sociological experiment, but I think he did it just to freak me out. I got him thinking twice about the foul thing he'd done when I told him I would have bought it, for I knew he could have used the money. If it had been mime, I would have had a new name plate engraved and awarded it to myself for an important past race where I'd won a...
cheap prize or no prize at all. One can always recycle one's awards to good causes if they have no further use for them.

Back then, trophies were my idols. I'd go anywhere just to get the chance to add another to my continuously growing collection. It took me over a quarter of a century to finally come to my senses about such things, but I must give them credit for helping motivate me through many years of hard training and racing. I may have lived in some low-budget places during my best competitive days, but I really didn't care as long as my race walking achievements kept on winning me a lovely collection of athletic awards to admire and show off.

At the end of each year, I'd clean and wrap them with a plastic covering and carefully pack them into large cardboard cartons. Big trophies were taken apart so they wouldn't get broken. In the fall of 1986, I finally got around to unpacking the entire collection. Some pieces had been put away as long ago as 1962, but all of them came out looking as new as the day they'd been won. Most of the trophies ended up being donated to walking organizations in California, New Mexico, and Oregon. Some of the best were given to sports museums in Indiana, Colorado, Florida, and Pennsylvania. My all-time favorite was a large crystal vase from winning a race near Gdansk, Poland in the summer of 1965. The time of 1:29:39 ended up being donated to walking organizations in California, New Mexico, and Oregon. Some of the best were given to sports museums in Indiana, Colorado, Florida, and Pennsylvania. My all-time favorite was a large crystal vase from winning a race near Gdansk, Poland in the summer of 1965. The time of 1:29:39 turned out to be five seconds slower than what I had done in the Olympics the year before and was the first time an American had ever broken the hour-and-a-half barrier for 20 Kilometers. It was a point-to-point course that was thought to be a bit short. The organizers made the mistake of showing me that lovely vase before we started. It was exactly the kind of prize I'd dreamed about winning for many years. Once we got started, the thought of owning that beauty helped to keep me strong and fast all the way. (Ed. The beauty can be seen in the accompanying picture, along side another showing the beauty I won in the same race—a beauty shattered into a thousand pieces about 5 years later when an angry 2-year-old son yanked on

Laird, left, Mortland, right, receive their crystal following Polish race, 1965.

...
WHAT'S NEW IN SHOES

by Harold W. Canfield

"I joined a friend of mine for a racewalk workout the other day and noticed he was wearing a new pair of shoes. I asked him why he bought this particular shoe for racewalking and he responded by saying he just liked the colors. After explaining what little I knew about what he should have looked for in a racewalking shoe, he understood why I was concerned."  

How many times have you had this same experience. With the wide variety of shoes made for the running/jogging populace, and the relatively few shoes that are adaptable for racewalking, making the right decision in purchasing a suitable shoe for your particular needs is difficult.

Shoes are generally categorized on the basis of materials and construction. Basically, there are four ways shoes are constructed: straight-lasted, slip-lasted, curved-lasted, and combination-lasted. The shoe last is a foot-shaped piece of wood, plastic, or metal on which the shoe is built, giving the shoe its shape. The shape of the last determines the shape of the shoe. Generally, faster, lighter walkers who need little foot support prefer a curved or slip-lasted shoe. Those who need medial support and those who overpronate opt for straight or slightly curved lasted shoes.

A straight-lasted shoe is relatively straight on the medial side to add stability. The straighter the last, the greater the medial support. On the other hand, a curved-lasted shoe is shaped somewhat like a banana and offers less inner support but greater mobility. A combination-lasted shoe is one in which the rear foot is usually board lasted for stability, but slip-lasted in the forefoot to provide flexibility. A slip-lasted shoe is the most flexible type of shoe construction. With a slip-lasted shoe, the upper is stitched together like a mocassin and glued to the midsole. Slip-lasting allows for a better fit.

Racing flats that weigh less than 9 1/2 to 10 ounces seem to be especially suited for competitive racewalking because of their flexibility and lightness. There are several shoes on the market that fit the bill.

Among the Asics brand of shoes, the Gel LD Racer and the Ekiden Racer seem to be the best of the lot. The Ekiden is lighter than the Gel Racer (6.4 oz. to 7.6 oz) and has a very responsive outsole, which provides great flexibility and traction. It is geared toward the walker more concerned with speed than protection. The Gel Racer is combination-lasted and is denser on the medial side of the shoe, making it a shoe of choice for orthotic wearers and the stability conscious. It serves as a classic example of the industry's trend toward heftier, more protective, but lightweight and more flexible shoes.

The Nike Air Pegasus has a curved last with an appealing blend of lightness (7.5 oz.), performance, fit, and comfort. With its polyurethane Air midsole, the Pegasus is both well cushioned and durable. The nike Air Mariah PR and the Duelist also seem to have qualities suitable for racewalking.

New Balance had added to its 800 series with a new NBDX 850 shoe. It is slip-lasted, has a slightly curved shape and weighs 9.8 oz. The shoe weighs slightly less than the older 840 because the midsole has been trimmed and the upper has been lightened. It has strong stability features, including a sturdy heel counter collar and solid heel plug.

There are other shoes worth having a look at, such as the Saucony Sceptre and the Avia 290. Picking out the proper shoe is an individual task. To find the right shoe, you need to consider the shape of your foot, the degree to which you pronate or do not pronate, your body type, your training and racing patterns, and the types of surfaces you are on most often. The current trend among athletic shoe manufacturers is toward building a full lasted, better cushioned, more stable shoe for a larger cross section of the marketplace. These light, flexible, but more protective, shoes help the racewalker select a shoe that will be more suitable for his or her needs in competition, as well as training.

COMMENTARY—Steve Vaitones

The racewalking community has worked hard for the inclusion of a walk in many indoor track meets. Events such as association TAC meets, open meets, and major invitationals, such as the Olympic Invitational, Mobil 1, and Johnson City, now host walks. However, the increase in number of walks has not been matched by the increase in the number of walkers, and we are in danger of losing a number of these events due to poor participation.

Two meets in the Northeast, the Dartmouth Relays and the New England Invitational, drew relatively large national caliber fields in the past. However, each of those events had only four walkers, and, as the walk coordinator, I was told that the event faced elimination if numbers did not increase. In turn, I could not offer promises of future participation. Some of the bid invitationals had similar numbers, and, while four runners in a 400 or 800 can be a solid competition, that number for a mile or 3000 meter walk can be pretty dull (especially if the abilities range from elite to mediocre). If such a walk had managed to get into prime meet time (as many have argued for), the walk can truly hurt the sport of track as a spectator event in a time when track meets are being criticized for being too long and drawn out.

Yes, you can cry that it is a national championship event and that the women's walk will be an Olympic race in 1992, but the fact is that we cannot fill the fields.

Many participants came from a strong New York area program. Retirement, migration, and smaller high school and college programs have reduced the number of New York walkers. Many men have limited their indoor competition (Mobil 1 and Johnson City only have a women's walk). Add the fact that many new walkers are coming from a road background and are fearful of competing on the track, and frankly, the numbers cannot support the races.

A good walk with a solid field is a very exciting spectator event, as has been shown at the Goodwill Games and some indoor meets. This is yet another indication that we must consider the walk as a track event and not a "separate sport". As we bring more people into the event, they must be educated about racing on the track and should be encouraged to do so. We should get the athletes from track backgrounds and not from strictly a road orientation. And we must
support the indoor walks, even if it means substituting an indoor race for a hard workout. Because, if we don't, there should be no cries of outrage when the walks are removed from meet programs.

* * * * *

LOOKING BACK

25 Years Ago (From the Oct. 1966 ORW)—Rudy Haluza launched what proved to be probably his most successful year in race walking (although his fourth place finish in the Mexico City Olympic 20 Km two years later is probably the single highlight) with a storming last lap to nip Don DeNoon in the National Indoor 1 Mile. In Albuquerque's altitude, DeNoon's very fast early pace proved to be his downfall. Going through 440 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38 and 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter in 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win in 6:39.2. Ron Daniel was third in 6:43.8, with Larry Walker fourth... Ron Laird, only fifth in the Mile, earlier broke three American records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:01, and covered 15 miles, 501 yards in 2 hours... DeNoon set an American outdoor 2 mile record of 13:38.6, also in San Diego.

20 Years Ago (from the March 1971 ORW)—In National Junior Championships (not age-related in those days, it just meant for those who hadn't won a national championship), Wayne Glusker beat Mike Ryan and Jerry Lansing at 1 Hour and George Mercure won at 50 Km. Glusker covered 7 mi 468 yards and Mercure did 5:23:36. Tom Dooley turned in a 1:32:33 for 20 Km in San Francisco. Although well behind Dooley in that race, Goetz Klopfer had an excellent day in Seattle, setting American records at 15 Miles, 25 Km, and 2 hours—1:52:44, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race, which he didn't finish, he never got the times in the book... Greg Diebold won the IC4A 1 Mile indoors in 6:51.8. He also had a 6:37.6 for a 1 Mile in Albany, N.Y., edging Ron Kulik.

15 Years Ago (from the March 1976 ORW)—In the National Indoor meet, veteran Ron Laird captured the 2 mile in 13:37 and Sue Brodock won the women's 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry Walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club's Laurie Tucholski was second to Brodock with a 7:39.6... Laird and Scully journeyed to Leningrad with the U.S. track team, but couldn't quite cope with the Soviets. Yevgeniy Yesyukov won in 20:21.8 (5 Km) with Alexei Troitski close behind in 20:31.6. Scully had 21:06.2 and Laird 21:56.2... Jim Heiring won the NAIA 2 mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49... On his way from Leningrad to Mexico, Mr. Laird stopped off in Springfield, Ohio for a friendly 6 mile, winning handily in 44:39. In a battle of aging Jocks, Mortland beat Blackburn 49:39 to 50:00. Laurie Tucholski did 51:56. Larry Walker won the LA Times 1 Mile in 6:28.1

THE WALKING EVENTS

A special chapter has not been devoted to walking, since it seldom forms part of an outdoor school or college track program. It is still a standard event indoors and throughout Europe enjoys a tremendous popularity. Walking is one of the few events which develops all parts of the body.

In order to comply with the rules which govern this sport, a heel and toe action must be used, with one foot always on the ground. The real tests of a fair walker are to be found in the carriage of the head, body and legs, and the way in which the knees are locked at the end of the stride and the grounded leg kept stiff and taut as the other leg swings loosely forward for the next stride, in which the heel is the first part of the foot to make contact with the track.

Naturally, there must be good arm action, the clenched fist swinging up and across the chest in front of the opposite shoulder with a powerful drive. The arms are held bent at the elbow, and as each fist reaches its highest point the other should drop back in rear of the hip.

When properly done, walking is a peculiar performance, and it is often ludicrous to the layman.