Italian women close winners in hot World Cup; Mexican men romp

Monterrey, Mexico, April 24-25—Ignoring stifling heat that brought many of the world's top walkers to their knees, Mexico's men took full advantage of the "home court" to score a decisive team victory in the World Cup of Racewalking. Finishing first and third in the 20 Km, and 1-3-4 in the 50, the Mexicans amassed 640 points to runnerup Spain's 491. Italy was just 4 points behind the Spaniards and France took fourth. The U.S. men, led by Andrzej Chylinski's 38th place at 50 and Jonathan Matthews 41st at 20, finished 11th, an improvement over recent showings.

In the women's competition at 10 Km, Italy packed three walkers between 6th and 10th places to edge China and Russia for the title. China's Yan Wang captured the individual title. The U.S. women, walking without Teresa Vaill and Debbi Lawrence, finished 13th, with Debbi VanOrden the top place getter in 44th.

The women's race was walked at 3:30 on Saturday with the temperature hovering right around the 100 F (38 C) mark. Just as in Monterey, California two years ago, the heat slowed times considerably, with Wang winning in 45:10, 2 to 3 minutes behind what could be expected in such a competition.

For the men's 20, also on Saturday, the temperature was in the low 90s, still much too warm for optimum performance. Thus, Daniel Garcia was able to win in 1:24:37, and only about half the field finished under 1:35. The course also contributed to the slow times in both races, with four hills on each lap--two up and two down with one of the ups very steep, though relatively short--and a cement block surface that was irregular at best.

For the 50, started at 7 am on Sunday morning, the temperature was only in the 80s at the start, but rose back into the 90s as the race progressed. Thus Carlos Mercenario's winning time of 3:50:28 was probably the best performance of the meet. Mercenario recaptured the gold medal he won as a 20-year-old in New York City in 1987. He was runnerup to Russia's Andrei Perlov 2 years ago. Canada's Tim Berrett walked a brilliant race to take fifth place.

At this point, we can offer only partial results and no details on how the races progressed. All those details will come in a full report next month.

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Teams: 1. Italy 196, China 193, Russia 193, Anustria 170, Hungary 160, Spain 145. .US 13 with 97 points.


The real National Invitational results

Talk about spreading misinformation! Last month we perpetrated probably the biggest mistake in the storied history of ORW errata and minor goofs. Relying on results which I received with considerable shock shortly after putting the bogus results in the mail. The first five we listed in the men's 20 Km were correct, however. So here are the full results, with 2 Km splits for the leaders:

Women's 10 Km: 1. Teresa Vaill 45:27 (8:43, 17:40, 26:45, 36:00) 2. Janice McCaffrey, Canada 46:16 (8:43, 17:40, 26:45, 36:00) 3. Debbi Lawrence 47:06 (8:43, 17:40, 26:45, 36:00) 4. Allison Baker, Canada 47:15 (8:43, 17:40, 26:45, 36:00) 5. Pascale Grand, Canada 47:28 (8:43, 17:40, 26:45, 36:00) 6. Sara Standley 47:37 (8:43, 17:40, 26:45, 36:00) 7. Tina Poitras, Canada 47:44 (8:43, 17:40, 26:45, 36:00) 8. Debbie Vanorden 47:49 (8:43, 17:40, 26:45, 36:00) 9. Cindy March 48:22 (8:43, 17:40, 26:45, 36:00)

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VAILL breaks U.S. record at Penn Relays


OTHER RESULTS


Women's 10 Km, same place—1. Amy Colwell 52:54
Women's 3 Km, same place—1. Kristen Thomas 17:23

Km, same place—1. Bob Brewer 26:48


Women's 3 Km, same place—1. Kristen Thomas 17:23

FOR YOUR PERAMBULATAING PLEASURE

Sat. May 8
Women's 5 Km, Austin, Texas (W)
5 Km, Davenport, Iowa (Z)
Sun. May 9
5 Km, New Orleans, 8 am (M)
Sat. May 15
5 Km, San Francisco (N)
5 Km, Hammond, Indiana (AA)
5 Km, Rochester, New York (H)
Thu. June 3
2.8 Miles, Seattle, 6 pm (C)
Sat. May 15
5 Km, Metairie, Louisiana, 6 pm (M)
5 Km, San Francisco (N)
Sun. May 16
5 Km, Needham, Mass., 2:20 pm (I)
US Masters 50 Km Champ. and 50 Mile, Long Branch, N.J. (A)
Sun. May 17
5 Km, Atlanta (L)
Fri. May 21
5 Km, New Orleans, 6 pm (M)
Sat. May 22
Masters 5 Km, Winter Park, Florida (Q)
5 Km, Somerset, Pa., 9 am (X)
Sun. May 23
15 Km, Riverside, Cal. (C)
10 and 20 Km, Washington, DC (I)
5, 10, and 20 Km, Liverpool, NY (V)
15 Km, Sterling, Mass. (I)
5 Km, Denver (H)

Sat. May 29
National Youth Road Racewalk Championships, Overland Park, Kansas (Y)
15 Km, Columbia, Missouri (U)
Sun. May 30
Metropolitan 20 Km Champ., New York City, 9 am (G)
Mon. May 31
5 Km, Stone Mountain, Georgia (DD)
10 Km, Marin, Cal., 8 am (BB)
Thu. June 3
2.8 Mile, Seattle, 6 pm (C)
Sat. June 5
5 Km, Fontana, Cal. (B)
5 Km, Los Angeles (B)
Men's 20 Km, Women's 10 Km, Kenosha, Wisconsin (P)
5 Mile, Grafton, Mass. (I)
Two 5 Kms in Denver (H)
1500 m and 5 Km, Rancho Cordova, Cal. (D)
3 Km, Seattle (C)
Sun. June 6
Western Regional 10 Km, Van Nust, Cal. (B)
Senior Olympic 5 Km, Pasadena (B)
Track Racewalks, Pasadena, Texas (C)
5 Km, Denver (H)
Metropolitan and Eastern Reg. 10 Km, Queens, NY, 10 am (G)
Masters 5 Km, Monmouth, N.J., 10 am (A)
5, 10, and 20 Km, Schenectady, NY (F)
N.J. Masters 5 Km, West Long Branch, 10 am (A)
8 Km, Ukhah, Cal., (N)

Tue. June 8
3 Km, Seattle (C)
Wed. June 9
1 Mile, Holmdel, N.J., 6 pm (A)
5 Km, Lisle, Illinois (CO)
2 Mile, Lakewood, Cal., 7 pm (I)
Sat. June 12
Masters 5 Km, Los Gatos, Cal., (N)
5 Km, Chicago, Illinois (EE)
5 Km, Evansville, Indiana (BB)
5 Km, Rock Island, Illinois (O)
6 Hour and 12 Hour, Ithaca, N.Y. (V)
Southeast Masters 8 Km, Ithaca, S.C. (FF)


<table>
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<tr>
<th>Date</th>
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<tr>
<td>Thu. July 1</td>
<td>2.8 Mile, Seattle, 6 pm (Q)</td>
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<tr>
<td>Fri. July 2</td>
<td>3 Mile, Miami (Q)</td>
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<td>Sat. July 3</td>
<td>1 Mile, Monmouth, N.J. (A)</td>
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<tr>
<td>Sun. July 4</td>
<td>8 Km, Washington, D.C., 7:30 am (J)</td>
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<tr>
<td>Mon. July 5</td>
<td>5 Km, Long Branch, N.J., 6:30 am (A)</td>
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<tr>
<td>Thu. July 8</td>
<td>3 Mile, Miami (Q)</td>
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<td>Sat. July 10</td>
<td>US 10 Km, Men and Women, Niagara Falls, N.Y. (T)</td>
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F-Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009  
G-Park Racewalkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028  
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J-Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
K-Heartland Racewalkers, P.O. Box 11141, Shawnee Mission, KS 66207  
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EE-Al Fisher, 1750 N. Mohawk, Chicago, IL 60614  
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**APRIL 1993 PAGE 9**

FROM HEEL TO TOE

Horrors! Another mistake in the last issue. Our schedule of events listed a 5 Km race in Somerset, Pa. for Sunday, May 17. The race, the 3rd Shane Vieregge Memorial, is actually on Saturday, May 22. Just an inputting error, but that doesn't explain how we created a nonexistent date, particularly when we also had the correct date, Sunday, May 16, on the schedule...Potomac Valley Walkers are sponsoring a series of Racewalk Clinics. The final session of one series, conducted by Alan Price, will be on May 12 at Constitution Gardens in Washington, DC. Another series, conducted by Bob and Tracey Briggs, started on May 1 and will run for eight Saturdays through June 19 at 9 am. This one is at St. Stephens/St. Agatha school in Alexandria, Virginia. Contact the Potomac Valley Walkers, c/o Valerie Meyer, 2305 Buchanan St., Arlington, Virginia 22206. Also contact Valerie regarding the clubs 11 summer track and field meets, including a 1 mile walk, which will be held every other Sunday...The American Racewalk Association, headed by Visha Sedlak, has scheduled its 5th Annual Racewalk Training Camp for Boulder, Colorado, May 27-31. The camp invites beginners and future Olympians for two-a-day workouts, seminars, video coaching, and individual attention at a beautiful locale. In addition to primary coach Sedlak and other ARWA certified coaches, the camp staff includes weight trainers, nutritionists, chiropractors, and other health professionals. The registration fee is $485. Contact the ARWA at P.O. Box 18323, Boulder, CO 80303-1323. The ARWA also has a "Competitive Walker" camp scheduled for Boulder from July 1 to 4 and a Walking Get-Away Weekend for Winter Park, Colorado on August 21-22. Bob Steadman, now back in Australia, but a first-hand observer of the U.S. and Canadian scene for many years, comments on recent issues: "There is ample debate about judging in the ORW...The question is central to the sport, but I hate to see it obscuring other major issues, such as limited organized Interclub and Interstate walking competition; limited access to training venues, especially tracks and especially in winter; ignorance of walkers' special medical and orthopedic problems even among many doctors; the lack of competitive opportunities in schools and colleges; all leading to a U.S. Olympic record in walking well behind those of other sports. Bob also passed along the cartoon seen elsewhere in this Issue...Also now residing in Australia is U.S. Olympian John Allen who suggests that results of International competitions should include the number of red cards for each competitor (e.g., 1 R or 2 R) along with the place and time. He also thinks publication of the judges scorecards would be a good idea...A brief note from Dr. Howard Palamarchuk, former enfant terrible of the racewalking world, now respected podiatrist and racewalking committee medical advisor: "Yes, I am not pleased with the recent besmirching of our beloved revolution of the early 70s Guano Press. We were the people's paper born of the roots of social, political, and economic revolution with roots deep in the traditions of Haight-Ashbury, Greenwich Village, L.A., and the cradle of liberty, Philadelphia. We received a worldwide audience and were even quoted by the "establishment" Track and Field News. We were the longhairs, the tie-dyes, the followers of Ginsberg and Leary, Abbie Hoffman, Eldridge Cleaver, and Goetz Klopfer. Our editorials and satire were aimed at the injustices of society as a whole, including inconsistencies in judging, favoritism, and poor course selections and race conditions. Yes, certain people were attacked, but not for their character or their beliefs, but because they didn't know what the word "contact" even was. Enough of these technindustrlal pseudo scientific discussions on the flight phase. What about those great jazz reviews Mortland once did? Or what about the Woodstock nation that once was walking? Viva Guano! God bless Willwerth, Diebold, and Westerfield, and...
Howie Pal. Death to fascist imitators. The inside traders of racewalking. As for me, I'm headin' out the door with my tie dye singlet on for the Grateful Dead playin' in Landover, Md. Keep on truckin'—"Free" Palamarchuk. (Ed. As a rather straight, but reasonably tolerant dude, I managed to live through that whole era without paying a lot of attention to what was going on in either camp. Listened to my jazz, went to my races, went to church, loved my wife and little boys, and wished that people could get a little respect for each other. I still do.) ... The city of LaGrange, Georgia has submitted a bid to host the 1994 Pan American Racewalk Cup on Labor Day weekend thanks to efforts of the Walking Club of Georgia. The organizing committee for the event includes Dave and Barb Waddle and the advisory board Wayne and Sally Nicoll, all activists in the sport. Also on the advisory board is a hero of my youth, Mal Whitfield. The 1948 and 1952 Olympic gold medalist (800 meters, 4 x 400 relay) and former Ohio State athlete is now in LaGrange with the "Train In LaGrange" program, an international training facility for track and field athletes. Both Allen James and Herm Nelson have relocated to LaGrange to take advantage of the facility. ... Racewalking's Mary Howell has been named Manager of the North's women's team for this summer's Olympic Festival to be held in San Antonio July 23--August 1.

Tips for Beginning Racewalkers
by Jim Hanley
(Competitor, coach, and Olympic official)

1. Before starting any exercise program, consult your physician.
   This is a good excuse to get that physical exam you have been putting off.

2. Be patient.
   It takes 3 years to become a top athlete. Start gradually. Don't let outstanding performances of veteran walkers discourage you. You'll get there eventually.

3. Concentrate on proper form and technique.
   Train with other racewalkers and coaches, enter USATF races, but don't worry too much about speed, at first, because it will mean nothing if you get disqualified for bad form. Talk to the racewalk judges; they can—and are very willing to—help you before or after all races.

4. Throw away your stopwatch.
   Just kidding! But if you insist in timing yourself in workouts, limit it to about one "time trial" a week. In other workouts, sniff the breeze, relax, enjoy the activity, and concentrate on form.

5. Train with a buddy.
   This will help the miles pass easily. Besides, your training partner can coach you and keep you motivated—especially on days you might prefer to skip.

6. Train, train, train.
   Try to walk on a daily basis. Remember, the hardest part of any workout is getting out the door.

7. Alternate hard and easy workouts.
   Studies have shown that the body needs time to recover from a hard workout and will actually do better if you take it easy the day after a hard training session. Though racewalking is a relatively injury-free activity, one way to get hurt is to push it 100 percent every day.

8. Change workout sites frequently.
   Working out on the same track or road every day is boring. Change the venue and enjoy the new scenery.

9. Expect muscle soreness.
   Because you are working previously unused muscles, you will be sore for about 2 weeks. Hot showers alternated with cold ones help. The good news is that if you can tough it out, you'll never have this trouble again because you will have developed "ankles of iron and buns of steel."

10. Warm up.
    Many athletes stand around socializing just before their race; they then jump on the starting line and take off. This is another good way to get hurt and also to have a bad performance. Warm-ups are especially important for older athletes and for short races. I found that strolling around slowly—using proper form—worked best for me because I gradually warmed up the same muscles I was to use in a race. Others prefer stretching exercises. One should warmup for workouts as well, and untimed ones have the advantage of allowing you to warmup as you slowly complete your first quarter mile or half mile.

11. Monitor your body
    You should feel invigorated and alert after a workout. If you are really tired, you have done too much. Taper off. During the activity, you should feel relaxed and "in sync." If you feel dizzy or get blurry vision during a walk, stop immediately and rest.

12. Drink plenty of water.
    The old coaches rule of not drinking fluids is medically the worst thing that you can do.

13. On hot days, wear loose-fitting, white, clothing and a hat.
    Heat from the sun is reflected by light colors and air blowing against your body helps cool you by evaporation. Besides protecting you from heat exhaustion, a hat serves as a great sweatband.

14. Eat nutritious food, enjoy a healthy lifestyle, and get plenty of rest.
    Don't even think about smoking.

15. Keep a log of your workouts.
    Write down what you did, and how you felt. The investment in a small notebook to do this will be repaid in that it will motivate you and tell you what works best. Besides, when you become world champion, it will be a valuable historical document!
Set Realistic goals.
Examples are: finish a 5 km race, walk a mile in 20 minutes, etc. These intermediate goals will help you train more frequently. And it feel great when you attain them. You can—and will—revise them and set new ones.

Try to enter a USATF race about once a month and go for a personal best time. You will be amazed at how much faster you can go under race conditions as other athletes “pull you along.” Remember, there are two ways to win: crossing the finish line first, or doing better than you have ever done before!

Remember that relaxation, and moving your arms faster, will make you walk faster. Stay loose. Relax. Your legs can only go as fast as your arms, so pump the arms faster to increase your speed.

Keep track of your personal records for each commonly walked distance. Write them down in a special part of your training log book and leave plenty of space for improvement. You’ll need it. Nothing will motivate you more than seeing the fantastic improvement you make.

Enjoy your new sport. It will help you make new friends, look better, have more energy, and generally improve the quality, and possibly the length, of your life.

ONE TOUGH GUY

In my second year in this sport, 1960, I packed myself off to Baltimore, along with my Ohio TC teammates, for the 20 km Olympic Trials. Although I had been third (second U.S.) in the indoor mile that year and had been touted by some as an Olympic team candidate off that race, I knew that was a ridiculous projection. Little did those people know that at the time I walked that 6:42 mile, I had never carried 8 minute miles even to the 3 mile mark. My strength had improved by the next summer, but only to the extent that I knew I could at least go at an 8:30 pace. So I went to the race for fun and a good competitive experience. Midway in the race, I glanced ahead of me and saw Bob Mimm, perhaps 50 yards away. I said to myself, “Well, that’s at least one more place I’ll pick up,” because that is what had happened on the same course the year before. Mimm was a sitting duck for my well-conditioned body. But, somehow, Bob disappeared from my view and when I finally finished the race, in 10th place (up 3 spots from the year before), I asked who had made the team. “Haluza, Zinn, and Mimm,” came the reply. My first lesson in what a little determination can do.

Well, as I improved, I beat Bob a lot of times over the next few years, but he could always be depended on for a tough, determined effort, and he became one of the first guys to just keep going and go in competition as the years rolled by. Fifteen years after the Baltimore, I found myself in Bridgeport for the National 10 km, my first national race after turning 40 and joining the masters ranks. Once again, about half way through the race, I found myself overhauling Bob Mimm. What was this 50-year-old relic doing in front of me. As I came along side, I made some jovial, offhand remark and in return got only some guttural sound, a dropping of the head, a digging in of the heels, and an acceleration of the pace to hold off this young whippersnapper. As always, the old guy was there to compete. Well, I managed to get away from him and once again finished 10th (not much progress in 15 years), just under 50 minutes. But I think Bob was no more than a minute behind, a time not far off what he had been doing for 10 in his salad days.

Now at age 68, Bob is walking times I don’t even dream of any more. Competing regularly and clobbering anyone even close to his age. He is a three-time winner of the Master of the Year Award presented by the Master Walker and must have the longest continuous career (since 1955) still going in the country. To catch up with him, we give you the following interview, conducted by Elaine Ward, editor of the Southern California Racewalking News following the LA Marathon.

Ed. How about your training?

Bob: People ask me about my training methods expecting some real secrets, but I really don’t have any. I like variety; and I like to do a lot of different things. I don’t really follow any program. Training is just something you have to do without thinking. I am not a morning person. I like to train in the afternoon or evening. The last few months, I have been getting my son Clifford to train with me, which has helped.

Ed: Did you do any speed training for the Indoor 3000? (National masters in Montana)

Bob: That’s my problem. I am not doing enough speed work and I guess that’s why my times aren’t that fast anymore. I think you need speed work, but I have been concentrating on not getting injured because I had a lot of injuries a year or so ago. I never used to get injured when I was younger, but when you get older, the tendons tighten up; and I don’t stretch as much as I should. I do it whenever I think about it.

Ed: Do you have any secrets about eating?

Bob: No. I eat everything. I am careful about chemicals. I do read labels. For example, I will not buy Campbell soups as they are filled with monosodium glutamate. I use cream and milk and not the chemical substitutes. Before they found out that pasta was good thing to eat the night before a race, I was eating it. I didn’t know it was what you are supposed to eat. In fact, when I was on the track team in college, the athletes were given a special dinner that the regular students didn’t get. It was a precompetition dinner and was always the same thing: steak, baked potato, and carrots.

Ed: How about you and stretching?
Bob: The shorter the distance, the more warmup you need. One thing I think is important to tell masters coming into the program in their 50s and 60s is that racewalking isn't easy. A lot of people think racewalking is a lot easier than running. They find out it is not so easy and lose interest. Let them know before they start.

It is just like in the Marathon at the Olympics. They showed all the marathon and kept saying how tough it was, how grueling, and how it is the most difficult event in the Olympics. They never think of the 50 Km walk, which is much more difficult than the marathon. Believe me, because I have done both. Running is easy compared to 31 miles of racewalking.

Ed: You have to very competitive to do as well as you do. How would you define the competitive spirit?

Bob: If I go into a race, I like to win. Yet if I don't win, I'm ready for the next race. I know some people who won't go in a race if they don't think they can win. I think it's the desire to compete.

And, add this from an interview by Alan Wood in the Master Walker (Bob is very popular on the Interview circuit):

Ed: Many athletes are "driven" by something, such as a past disappointment or burning goal. Your tenacity makes one wonder if such a factor exists with you.

Bob: There is no one motivating factor in my life. I must be active, and I love variety. I like running, but also walk because it actually provides overall muscle exercise. I am, or could, be happy bicycling, hiking, etc. Walking also provides an excuse for traveling, which I love. I think we all need some balance in our lives. I would not be happy doing one thing—even if paid well—on a full-time basis. My kids have helped me maintain a balance in my life. They also have provided the greatest pleasures and satisfactions in my life. I am happy that they all developed an appreciation of the benefits of physical fitness. I tried to encourage them, not push them.

LOOKING BACK

25 Years Ago (from the April 1968 ORW)—An unknown shook things up at the national 10 Km race in Maryland and the officials botched things up with their inability to count laps in the track race. Ray Somers, in his first walking race, won in 47:59.4, but walked an extra lap, so was actually close to 46 minutes. He moved easily away from an unbelieving Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as officials insisted that many walkers run 2 and 3 extra laps... A week later, Somers again demonstrated his quick conversion from running as he reeled off 8 miles 797 yards in 1 hour race. In the National 25 Km in Detroit, Don DeNoon had his greatest race ever, whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney finished third and fourth, also under 2 hours. With Canadian, Karl Merschenz, just missing that barrier... Jack Blackburn and Jack Mortland waged a 10 Km duel on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win in 48:58 to Mortland's 49:14 (about a half-minute faster than he had managed in the National)... Larry Young set a U.S. 50 Km record on the track with a 4:21:02... As always, Shaul Ladany won the annual 50 miler in New Jersey, breaking his own record for the race in 8:05:18.

15 Years Ago (from the April 1978 ORW)—Augie Hirt missed Shaul Ladany's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The Master's title went to Sol Corallo in 8:01:32, sixth overall... John Knifton won the National 35 Km in Des Moines, Iowa with a 3:05:42... In Mexico City, Raul Gonzalez went only 7 minutes under Bernd Kammengen's world record for 50 Km with a 3:45:52 on the track... The Ohio TC's Chris Knotts showed his potential with a 47:17 for 6 miles in Columbus. Steve Pednovsky actually topped him in 47:03, but did not satisfy hard-nosed judge, Dr. John Blackburn. Jack Blackburn won the olm man's battle over Mortland in 50:08.

5 Years Ago (from the April 1988 ORW)—The Olympic 50 Km Trials in Indianapolis saw Carl Schueler take command from the start and move to an easy win in an impressive 3:57:48. Marco Evonik enjoyed a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Herm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schueler went through 25 Km in 1:56:53, but without competition couldn't maintain that pace. There were 16 finishers and one DQ from the 22 starters... Gary Morgan was an impressive winner at the Mortland Invitational 20 Km in Columbus, covering the distance in 1:27:30. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:15 31 of 34 starters finished. The women's 10 Km went to Maryanne Torrellas in 48:03, with Debbi Lawrence 20 seconds back. Canada's Pascale Grand was right on Debbi's heels in 48:25... In the National Invitational in Washington D.C., Alan Schwartzberg prevailed in 1:26:39. Richard Quinn, Marc Bagan, and Curtis Fisher followed in 1:31:07, 1:31:35, and 1:31:37. The women's 10 went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

EXTRA LEADING

Power Walking was invented by Mrs. Gladys Power of Yarabie in 1952?

Mrs. Gladys Power was cook. Clutching a large spoon in one hand and a sausage in the other she got off to fish him out.

Jack got the whisper that she was on her way and ducked out the back door to make his escape down the lane.

So forceful and dramatic was her stride that its essence passed into the collective unconscious.

And emerged decades later in a pure form, with an emotional tone nearly similar to the original and seminal event.