1997 World and U.S. Rankings

Beginning in 1971, the ORW has ended the year with its annual ranking of the world’s best walkers at 20 and 50 Km. U.S. rankings for men were added in 1973, and women’s rankings, both U.S. and World, at 10 Km in 1979. There really had not been enough activity in women’s racewalking prior to that time to justify rankings. Initially, we had women’s rankings at both 5 and 10 Km; the 5 being the more popular event in those years. We abandoned the 5 Km rankings in 1985 when the 10 became well established as the premier event.

The rankings are the editor’s subjective judgment based on finish positions in major competitions, competitive record against other contending athletes, and collection of times. Accompanying the U.S. rankings are lists of the best times at each distance for the year, with only the best performance of each athlete listed. We will publish world lists next month.

1997 World 10 Km Rankings

1. Anna Rita Sidoti, Italy
   47:08 (13) Aztec Festival 3/15
   42:41 (6) World Cup 4/19
   42:10 (1) Sesto S.G. 6/8
   42:35 (2) Medit. Games 6/15
   42:56 (1) World Ch. 8/7
   44:38 (3) World Univ. Games 8/26

2. Erica Alfidi, Italy
   44:46 (1) Aztec Festival 3/15
   42:31 (4) World Cup 4/19
   42:15 (5) Naumburg 5/25
   44:00 (5) World Ch. 8/7

3. Irina Stankina, Russia
   41:17 (1) Adler 2/9
   41:52 (1) World Cup 4/19
   DQ Naumburg 5/25
   DQ World Ch. 8/7

4. Olyga Karapoltseva, Belarus
   46:10 (7) Aztec Fest. 3/15
   43:08 (13) World Cup 4/19
   42:29 (4) Eisen. 5/10
   43:31 (2) World Ch. 8/7

5. Yan Gu, China
   47:02 (12) Aztec Fest. 3/15
   42:15 (3) World Cup 4/19
   43:59 (12) Eisen. 5/10
   44:25 (7) World Ch. 8/7
   44:15 (5) Nat. Ch. 10/19

6. Valentian Tsybulskaya, Belarus
   42:54 (11) World Cup 4/19
   42:21 (3) Eisen. 5/10
   53:50 (3) World Ch. 8/7

7. Rosella Giordano, Italy
   45:17 (4) Aztec Fest. 3/15
   42:37 (5) World Cup 4/19
   41:38 (1) Naumburg 5/25
   44:31 (2) World Univ. Games 8/26

8. Hongyu Liu, China
   46:18 (8) Aztec Fest. 3/15
   42:57 (12) World Cup 4/19
   43:57 (4) World Ch. 8/7
   DNF Nat. Games 10/19
No one showed a lot of consistency, so the rankings were very difficult. However, Sidoti and Slankina were the most consistent performers at the two premier events, the World Cup and World Championships. Sidoti beat Slankina by two of three times they raced, but Slankina's win at the World Championships gives her the nod. Khmelnitskaya beat Kovalenko by an impressive World Cup win, but DQs in the final two races, including the World Championships, leave her no better than third on the year. Kardopoulo was on her way to a stellar year with the year's best domestic races, including the National title race, which Kardopoulo beat Yan Gu three out of four races and came through with an outstanding race in the World Championships to take the fourth spot. Gu nearly matched the Italians for consistency in the top four races, but Sara was on top in the two big domestic races, including the National title race. Yarbrough had two outstanding races in Europe and takes sixth over Zermer, who beat her at the USATF title race. Van Orden and Brubaker earn the next two spots with their USATF races. Danielle Kirk won two of three races from Margaret Dow.

1997 World 20 Km Rankings

1. Daniel Garcia, Mexico
   1:23:51 (1) Aztec Festival
   1:23:58 (1) Nat. Inv. 3/23
   1:23:58 (1) World Cup 4/19
   1:23:58 (1) World Ch. 8/2
   1:23:58 (1) Nat. Games 10/19

2. Debbi Lawrence
   48:53 (6) Nat. Inv. 3/23
   48:53 (6) World Cup 4/19
   48:53 (6) World Ch. 8/2
   48:53 (6) Nat. Games 10/19

3. Gretchen Easler
   45:46 (1) USATF Ch. 6/14
   45:46 (1) World Cup 4/19
   45:46 (1) World Ch. 8/2
   45:46 (1) World Univ. Games 8/26

4. Zewen Li, China
   1:24:20 (5) Chin. Cham
   1:24:23 (4) Aztec Fest. 3/15
   1:24:23 (4) World Cup 4/19
   1:24:23 (4) World Ch. 8/2

5. Yevgeniy Misyula, Belarus
   1:24:23 (4) Aztec Fest. 3/15
   1:24:23 (4) World Cup 4/19
   1:24:23 (4) World Ch. 8/2
   1:24:23 (4) World Univ. Games 8/26

6. Debra Vanorden
   50:03 (9) Nat. Inv. 3/23
   50:03 (9) World Cup 4/19
   50:03 (9) World Ch. 8/2
   50:03 (9) Nat. Games 10/19

7. Jill Zemler
   49:20 (8) Nat. Inv. 3/23
   49:20 (8) World Cup 4/19
   49:20 (8) World Ch. 8/2
   49:20 (8) Nat. Games 10/19

8. Danielle Kirk
   51:17 (5) Dublin 9/27
   51:17 (5) USATF Ch. 6/14
   51:17 (5) Nat. Inv. 3/23
   51:17 (5) World Cup 4/19

9. Ilya Markov, Russia
   1:18:30 (3) World Cup 4/19
   1:18:30 (3) World Ch. 8/2
   1:18:30 (3) Nat. Games 10/19
   1:18:30 (3) World Univ. Games 8/26

10. Danielle Kirk
    1:23:10 (6) World Cup 4/19
    1:23:10 (6) World Ch. 8/2
    1:23:10 (6) Nat. Games 10/19
    1:23:10 (6) World Univ. Games 8/26

Herazo was the first U.S. walker at both the National Invitation and World Cup races, had the year's best time in an excellent race against a strong field at Eisenhuttenstadt, and was very consistent, except for her DQ in the World Championships. Victoria's highest ranking previously was second in 1992. Lawrence won the U.S. title, with Herazo third, in her only race, but that didn't seem enough to take the top spot from Victoria. Debbi, ranked number one in 1988, 1990, 1991, and 1992, has been second, third, fourth, and second since. She has been in the top three most years since 1984. Eastler had an abbreviated season, but she was third in the top two big domestic races, including the National title race. Yarbrough had two outstanding races in Europe and takes sixth over Zemler, who beat her at the USATF title race. Van Orden and Brubaker earn the next two spots with their USATF races. Danielle Kirk won two of three races from Margaret Ditchburn, who finished one place ahead of her at USATF, and edges Margaret for the final spot.
8. Guohui Yu, China
1:20:49 (2) Nat. Inv. 3/23
1:31:24 (6) World Cup 4/19
1:22:10 (4) World Ch. 6/15
1:56:49 (3) Nat. Inv. 3/23
1:27:28 (2) USATF Ch. 6/15
1:22:36 (2) Nat. Inv. 3/23
1:22:36 (2) USATF Ch. 6/15
1:26:36 (2) World Cup 4/19
1:25:32 (2) Eisen. 5/10
1:24:41 (60) World Cup 4/19
1:25:32 (16) Eisen. 5/10
1:22:08 (40) World Cup 4/19
1:22:57 (4) World Ch. 8/2
1:25:46 (34) Nat. Games 10/26
1:29:46 (5) Dublin 9/27
1:32:05 (34) World Ch. 8/2
1:22:49 (1) Chin. Ch.
1:33:29 (112) World Cup 4/19
1:29:11 (8) Span. Ch. 7/7
1:29:46 (5) Dublin 9/27
1:30:49 (5) USATF Ch. 6/15
1:30:24 (4) USATF Ch. 6/15
1:25:59 (2) Nat. Inv. 3/23
1:36:01 (4) Abbot'sford 7/20
1:36:01 (4) Abbot'sford 7/20
1:23:10 (2) Nat. Inv. 3/23
1:33:29 (112) World Cup 4/19
1:22:08 (40) World Cup 4/19
1:22:57 (4) World Ch. 8/2
1:25:46 (34) Nat. Games 10/26
1:29:46 (5) Dublin 9/27
1:32:05 (34) World Ch. 8/2
1:22:49 (1) Chin. Ch.
1:33:29 (112) World Cup 4/19
1:29:11 (8) Span. Ch. 7/7
1:29:46 (5) Dublin 9/27
1:36:01 (4) Abbot'sford 7/20

### 1997 U.S. 20 Km Rankings

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
<th>Time/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Curt Clausen</td>
<td>1:27:53 (4) Nat. Inv. 3/23</td>
</tr>
<tr>
<td>2</td>
<td>Andrew Hermann</td>
<td>1:25:32 (16) Eisen. 5/10</td>
</tr>
<tr>
<td>3</td>
<td>Tom Seaman</td>
<td>1:25:59 (2) Nat. Inv. 3/23</td>
</tr>
<tr>
<td>4</td>
<td>Philip Dunn</td>
<td>1:28:32 (24) Eisen. 5/10</td>
</tr>
<tr>
<td>5</td>
<td>Gary Morgan</td>
<td>1:42:36 (20) Nat. Inv. 3/23</td>
</tr>
<tr>
<td>6</td>
<td>Jonathan Matthews</td>
<td>1:30:49 (5) USATF Ch. 6/15</td>
</tr>
<tr>
<td>7</td>
<td>Al Heppner</td>
<td>1:29:52 (7) Nat. Inv. 3/23</td>
</tr>
<tr>
<td>8</td>
<td>William Van Axen</td>
<td>1:36:24 (9) USATF 6/15</td>
</tr>
<tr>
<td>9</td>
<td>Michael Roh.</td>
<td>1:29:43 (4) Dublin 9/27</td>
</tr>
<tr>
<td>10</td>
<td>Dave McGovern</td>
<td>1:35:00 (8) USATF Ch. 6/15</td>
</tr>
</tbody>
</table>

### 1997 World 50 Km Rankings

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
<th>Time/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jesus Garcia, Spain</td>
<td>3:48:50 (1) Span. Ch. 3/2</td>
</tr>
<tr>
<td>2</td>
<td>Robert Korzenowski, Poland</td>
<td>3:44:59 (2) World Ch. 8/7</td>
</tr>
<tr>
<td>3</td>
<td>Oleg Ishutkin, Russia</td>
<td>3:41:01 (4) World Cup 4/20</td>
</tr>
<tr>
<td>4</td>
<td>Miguel Rodriguez, Mexico</td>
<td>3:47:19 (8) World Cup</td>
</tr>
<tr>
<td>5</td>
<td>Tomasz Lipiec, Poland</td>
<td>3:55:06 (11) World Ch. 8/7</td>
</tr>
<tr>
<td>6</td>
<td>Valentin Kononen, Finland</td>
<td>3:51:17 (7) World Ch. 8/7</td>
</tr>
<tr>
<td>7</td>
<td>Sylvain Caudron, France</td>
<td>3:46:38 (7) World Cup 4/20</td>
</tr>
<tr>
<td>8</td>
<td>Nikolay Matyushkin, Russia</td>
<td>3:41:36 (4) World Cup 4/20</td>
</tr>
<tr>
<td>9</td>
<td>Fumio Imamura, Japan</td>
<td>3:58:18 (15) World Ch. 8/7</td>
</tr>
<tr>
<td>10</td>
<td>Rene Piller, France</td>
<td>3:50:27 (6) World Ch. 8/7</td>
</tr>
</tbody>
</table>

Garcia and Korzenowski shared the two world titles, but Garcia was right on Korzenowski's heels in the World Championship and had an impressive World Cup win to back up that performance, while Korzenowski had just the one race. Ishutkin was clearly third with his second and fourth place finishes. The rest worked out pretty easily based on their finishes in the two major races.
Garcia was also ranked number one in 1993. In that year, his Mexican namesake, Daniel, was second in the 20, his highest ever ranking until this when he joins Jesus on top.

1997 U.S. 50 Km Rankings

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Andrew Hermann</td>
<td>3:58:24</td>
<td>DQ</td>
</tr>
<tr>
<td>2</td>
<td>Andrzej Chylinski</td>
<td>4:16:04</td>
<td>World Cup 4/20</td>
</tr>
<tr>
<td>3</td>
<td>Mark Green</td>
<td>4:14:20</td>
<td>World Cup 4/20</td>
</tr>
<tr>
<td>4</td>
<td>Jonathan Matthews</td>
<td>4:12:26</td>
<td>DNF</td>
</tr>
</tbody>
</table>

Obvious ly, it didn’t take a genius to work out these rankings. Where are the last three? No one else finished a 50 to our knowledge during the year, so we can go only seven deep. Last year we bemoaned the fact that there were only 12 walkers under 5 hours for the year. There had been only 2 years since 1976 with fewer than 5. So now we have only seven even finishing a 50. Our table reflecting these numbers, published in January, went back to 1972. The fewest under 5 hours previously was eight. And way back in 1972, there were 20. The peak was 1979, with 32 under 5 hours and there were 23 as recently as 1991. Since then, participation in the event has plummeted. Why? You tell me. But there is apparently no interest out there in walking this demanding event, Olympic event though it may be.

1997 U.S. Women’s 10 Km List

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Victoria Herazo</td>
<td>45:47</td>
</tr>
<tr>
<td>2</td>
<td>Dana Yarbrough</td>
<td>45:52</td>
</tr>
<tr>
<td>3</td>
<td>Debbi Lawrence</td>
<td>46:46</td>
</tr>
</tbody>
</table>

1997 U.S. 20 Km List

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cuet Clausen</td>
<td>1:24:41</td>
</tr>
<tr>
<td>2</td>
<td>Tim Seaman</td>
<td>1:25:59</td>
</tr>
<tr>
<td>3</td>
<td>Andrew Hermann</td>
<td>1:26:07</td>
</tr>
</tbody>
</table>

1997 U.S. 50 Km List

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Daryl Ann Kidder</td>
<td>57:21</td>
</tr>
<tr>
<td>2</td>
<td>Joan Nederico</td>
<td>58:53</td>
</tr>
</tbody>
</table>

A Collection of Results


Test Your Early Season Form At These Events

Sat. Jan. 10 2.8 Mile, Seattle, 9 am (B)
Indoor 3 Km, Arlington, Vir., 8:30 am (J)
Sat. Jan. 17 Indoor 3 Km, Carbondale, Ill. (AA)
5 Km, Denver (H)
Sun. Jan. 18 10 Mile Handicap and 5 Km, Pasadena, Cal., 8 am (B)
Sun. Jan. 25 Indoor 3 Km, Arlington, Vir., 8:30 am (J)
5 Km, Denver (H)
Sun. Feb. 1 Half-Marathon, Las Vegas (Roberta Hatfield 702-256-9638)
5 Km, Honolulu (Barbara Steffens 808-942-9567)
Sun. Feb. 8 USATF National 50 Km, Palo Alto, Cal. (R)
Indoor 3 Km, Arlington, Vir., 8:30 am (J)
Indoor 1500 meters, Portland, Ore. (B)
Sat. Feb. 14 8 Km, Carmichael, Cal. (E)
Indoor 3 Km, Carbondale, Ill. (AA)
Sun. Feb. 15 Masters Indoor 3 Km, Reno, Nev. (P)
Sun. Feb. 22 4 1/2 Mile, Kansas City area (Y)
Fri. Feb. 27 USATF National Indoor 5 Km Men, 3 Km Women, Atlanta (X)
Sun. March 1 15 Km, Palo Alto, Cal. (P)
Sat. March 7 Half-Marathon, Bico, Cal. (E)
Midwest Masters Indoor 3 Km, Indianapolis (BB)

Contacts:
A–Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
B–Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C–Dev LaVeek, 6633 N.E. Windermere Road, Seattle, WA 98115
D–Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
E–Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
F–Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G–Justin Kuo, 39 Oakland Road, Brookline, MA 02146
H–Bob Carlson, 2261 Glencoe St., Denver, CO 80207
J–Walt Disney Travel Co., Attn: Marathon, P.O. Box 22094, Lake Buena Vista, FL 32830
J–Sal Corrallo, 3515 Slate Mills Road, Scrantonville, PA 18420
M–Vince Peters, 507 Omar Circle, Yellow Springs, OH 45387
N–Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146
O–Frank Soby, 3907 Bishop, Detroit, MI 48224
P–Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813
Q–Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445

1998 USATF National Championship Racewalks

Feb. 8 50 Km, Palo Alto, Cal (Pan Am Cup Trial). Contact: Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086, 408-743-7228
Feb. 27-28 Men's 5 Km, Women's 3 Km Indoors, Atlanta. Contact: USATF Championships, USATF Track & Field, P.O. Box 120, Indianapolis, IN 46206, 317-261-0500
March 29 Masters Indoor 3 Km, Boston. Contact: Steve Vaitones, USATF New England, P.O. Box 02146, Brookline, MA 02146, 617-566-7600
May 3 Women's and Junior Men's 20 Km, Men's 30 Km, Albany, N.Y.. Contact: Elaine S. Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303, 518-473-9117
May 24 15 Km, Men and Women, Elk Grove, Ill. Contact: Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614, 773-327-4493
June 19-21 Men's 20 Km, Women's 10 Km, New Orleans. Contact: USA Track & Field, P.O. Box 120, Indianapolis, IN 46206, 317-261-0500
June 26-27 Junior Women's 5 Km, Men's 10 Km, Edwardsville, Ill. Contact: Nick Adams, SIU, Campus Box 1129, Edwardsville, IL 62026, 618-692-2871
July 11 10 Km, Men, Niagara Falls, N.Y. Contact: David Lawrence, 94 Harding Avenue, Kenmore, NY 14217, 716-875-6361
July 30-Aug. 2 Masters Championships, Women 5 and 10 Km, Men 5 and 20 Km, Orono, Maine. Contact: Rolland Ranson, U. of Maine, Memorial Gym, Orono, ME 04469, 207-581-1077
Aug. 23 5 Km, Men and Women, Wilkes-Barre, Penn. Contact: Jim Wolfe, c/o SALLIE MAE, 220 Lasley Avenue, Wilkes-Barre, PA 18706, 717-821-6504
Sep. 12 Masters 5 Km Road Championships, Men and Women, Kinnsport, Tenn. Contact: Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660, 423-349-6406
**OTHER MAJOR 1998 EVENTS**

**March 28**
National Invitational Racewalks, Women's 10 Km, Men's 20 Km, Junior
Women's 5 Km, Junior Men's 10 Km, Youth 3 Km, Open 5 Km, Washington, D.C. Contact: Bobby Briggs, 6207 Duntley Court, Springfield, VA 22152, 703-913-6335

**July 19-26**
Goodwill Games, Women's 10 Km, Men's 20 Km (I think), New York City. By invitation.

**July 28-Aug. 2**

**July 28-Aug. 2**
IAAF World Junior Championships, Annecy, France

**Sept. 7**
Pan American Racewalking Cup, Canada (Date and site to be announced.)

---

**FROM HEEL TO TOE**

The books on our sport keep coming. Dave McGovern, a member of the U.S. National Racewalk Team whose articles we carry from time to time, has just published *The Complete Guide to Racewalking Technique and Training*. It's 41 chapters and 240 pages include six sections: technique; physiology and training; psychology; "other stuff you need to do" (stretching, drills, weights, etc.); competition; and "loose ends" (miscellaneous stuff like advice for youth and masters walkers, advice on shoes and nutrition, etc.). In addition, 15 U.S. National Racewalk Team members give their opinions on racewalking technique and training. Bob Bowman, Chairman of the IAAF Racewalk Committee, gives his endorsement: "The Complete Guide to Racewalking Technique and Training is easily the most complete and accurate source of racewalking technical information I have ever read. Dave has left no stone unturned in providing practical information on all aspects of racewalking for novice and veteran walkers alike--this type of Guide has been needed for years." If you're interested, contact Dave McGovern at 43 West Hathaway Road, Mobile, AL 36608. He will ask you for $17.95, plus $2.00 for shipping and handling. Discounts on orders of more than 10 copies... Let us remind you of other books out in the past year, which we have described in earlier issues: Bob Carlson's *Walking for Health, Fitness, and Sport* at $15.95 from Bob at 2261 Glencoe Street, Denver, CO 80207; Ron Laird's *The Art of Fast Walking, Use the Olympic Race Walking Style To Get Fit and Lose Weight*, for $19.95 for Ron Laird at 4706 Dine Drive, Ashbula, OH 44004; Jeff Salvage and Gary Westerfield, *Walk Like An Athlete: Maximizing Your Walking Workout*, for $14.95 plus $3.00 S&H from Walking Productions, 86 Five Crown Royal, Mariيون ON 08503; and Martin Rudow's latest edition of *Advanced Race Walking*, from Technique Publications, 4831 NE 44th Street, Seattle, WA 98105. Martin also has excellent videos, the latest *Race Walking To Win*, which costs $22.50 plus $1.75 S&H. Also, Jeff Salvage has now added a *Walk Like An Athlete* video to complement his book...

---

**LASKAU GET LONG-OVERDUE RECOGNITION**

Nominated for the ninth time, Henry Laskau was finally elected to the USATF Hall of Fame with the 1997 class. With his 42 national titles and three Olympic teams, Henry deserved admission...
before this. Also named were sprints Evelyn Ashford and Henry Carr, and hurdler Renaldo Nehemiah. Henry joined Ron Laird as the only two racewalkers among the Hall's 172 members.

Now, we can start working for Larry Young. The following tribute to Henry was written by Kurt Freundlau, a retired Indiana UPI sports editor. Like Henry, Kurt was a track athlete who emigrated from Germany and recalls finishing behind Laskau in a mile race circa 1942.

**Racewalk Great, Holocaust Survivor to Enter Hall of Fame.** As a youngster, Henry Laskau was a promising miler, but as a racewalker he blossomed into an elite athlete. He became so good, in fact, that he had no equals in the U.S. for a number of years—a period in the 1940s and 1950s when he set one record after another, compiling an amazing success story.

And today, the native Berliner—who lost both parents and a brother in Hitler's death camps—will be accorded a signal honor: he'll be enshrined in the National Track and Field Hall of Fame.

Because his event doesn't get much ink, the 81-year-old Laskau is only the second racewalker to be inducted into the Hall, located in the RCA Dome adjacent to USATF's national offices in Indianapolis. The first was Ron Laird in 1986—but Laskau's election by a panel of media, officials, and Hall of Fame members is expected to draw a rousing cheer from those in attendance. They may not know it, but Laskau made it on his ninth appearance on the Hall of Fame ballot.

Many are convinced that Laskau's place in the Hall is long overdue. And they point with pride to his record: a three-time Olympian, Pan American Games gold medalist, four-time Maccabiah Games gold medalist, winner of 42 national titles, one of the highest on record. And that's just the tip of the iceberg. During an 11-year span, he set five national records. During nine of those years he was unbeaten by any American walker.

He didn't medal in the Olympics, but he represented his adopted country at the London Games of 1948, the Helsinki Games of 1952, and the 1956 Melbourne Olympics. In 1951, he set an indoor world best of 6:19.2 for the mile racewalk, a mark that lasted a dozen years. He won national titles at distances from the mile to 25Km. He won 11 consecutive national titles at 10Km, 10 in a row at 1 mile indoors and 3km/2 miles outdoors.

When he retired from racewalking in 1957, this 5-8, 150-pounder continued to serve his sport as an official, promoter, coach, and national and international committee member. He was a key speaker at many racewalking seminars and conducted many clinics over the years.

"He has been a great ambassador for the sport," says Elliott Denman, Laskau's racewalk teammate at the 1956 Olympics and one of his closest friends. Denman, a sports reporter for the Asbury Park (N.J.) Press, was in Dallas as a convention delegate.

"Many athletes just bow out when they're finished, not Henry," Denman continues. "He gave a lot back to his sport."

(Ed. As has Elliott.)

Not only that, Laskau decided to give it one more shot: In 1965, at age 49, he came out of retirement to compete in the Maccabiah Games. He won the gold at 3 Kms.

Laskau wasn't at Thursday's induction luncheon. He'll be at home at Coconut Creek, Fla. In 1995, he was diagnosed with Alzheimer's and although he is doing quite well, his family thought it best for him to stay home. He'll be represented by sons Howard and Michael. And Denman will also attend.

"Physically, he is very well," says Hilde Laskau, his wife of 54 years who met her future husband in 1941 on a running track in New York. "His memory is very bad. It's a very gradual process."

With Hilde at his side, Laskau swims and walks daily. His weight is close to what it was in his racewalking days. When he learned of his impending induction into the Hall of Fame, Hilde says his response was: "Finally." "He feels very honored," she says.

---

**Some of My Life's Personal Lessons**

by Bob Carlson

Racewalking technique is composed of natural body movements. I received my indoctrination to racewalking from Olympic Coach Bruce MacDonald in the autumn of 1971. I had a coterie of 10 or so athletes in Boulder preparing for the trials for the Munich Games in 1972. Bruce volunteered to help some of us runners get an understanding of what a great sport it is during his 3-week training camp. I liked the feeling and it induced me to cross train between the two because of the death of RW events in those days. I often wonder if I would have the total involvement in the sport today and the great benefits afforded me if it were not for Bruce's generous sharing of knowledge and experience to those few who trained with me during those long ago days. Training for racewalking loosened my hip cage and reduced tensions in my body, which directly improved my running times.
for several years—4 minutes was reduced from my 10 Km time down to below 6 minutes per mile. I believe that we all should strive to convince more runners to cross train in this manner. In the following spring, I was at Scott Carpenter pool and heard the lifeguard yelling at three kids to stop running around the edge of the pool. I was amazed when they changed to a very fast walk that had the same elements of racewalking form that I had been working very hard on for several months. Of course, they had no knowledge of racewalking and probably never even heard of it. Yet, they did what came naturally to walk as fast as they could. I was convinced right then and there that racewalking is a very natural thing for the human body to do. (Ed. I made the same observation sometime in the past and have always used this example to try and convince people learning to racewalk that it is a natural extension of normal walking. A similar observation on the adult level: I worked in an industrial plant in the late '50s and early '60s where running on the plant floor was prohibited. When the bell rang at the end of the shift, there were always some people racewalking out of the plant to get to the parking lot first. Again, they had no knowledge of racewalking, but were showing some pretty good form.)

Pay attention to helping others. Our sport is special in one regard more so than in any other. I have observed in my lifetime—there is an unexcelled camaraderie, friendship, and willingness to help others progress in a very unselfish manner. There is more attention to improving ones self rather than going into competitions with blood in the eye trying to leave the other competitors in the dust. In what other sport can you find Olympic caliber athletes willing to donate their time to help beginners learn the basics. See Bruce MacDonald above and remember what Carl Schueler has done locally and in the past. The helpful mindset of most racewalkers has impressed me greatly over the past quarter century. I have learned that when you help others, most of the time you reap as many benefits or more than you have given.

LOOKING BACK

35 Years Ago (From the Dec. 1962 Race Walker of Chris McCarthy)—Ron Laird was given the Mike Ribeman trophy as the Outstanding US Race Walker for 1962. Second in the national voting was Ron Zinn...Laird also turned in a 6:49.3 mile in Chicago, his home at that time and recoreded the fast time in an icy 10 Mile Handicap with 79:27, followed by McCarthy's 81:03 and Zinn's 81:08...Martin Rudow won a Portland 10 K in 52:11...Fastest mile of the early season was 6:45.3 by Alan Blakeslee in New York...Ron Kulik won a rare 880 walk in the Newark Armory in 3:19, with Elliott Denman and Terry Anderson 8 seconds back.

30 Years Ago (From the December 1967 ORW)—Chuck Newell ignored the 15 degree temperature and 10 to 15 mph winds to win the Fourth Annual New Year's Eve Handicap in Columbus. Taking full advantage of his 5 minute head start, he finished 45 seconds ahead of Jack Blackburn who had the evening's fast time of 47:59...In a lesser race, Goetz Klopfer set a new American record for 50 Km with a 3:40:32 on the Sonoma State College track. On the way, he picked up records at 35 Km, 25 miles, and 40 Km...In the National 35 Km in Kansas City, Dan Tothoro easily beat Gerry Bocci and Bryon Overton with a 23:13:04...In a New Jersey 10 Milers, Dave Romansky won in 1:19:12, followed by Steve Hayden, John Knifton, Ron Daniel, Ron Kulik, and Shaul Ladany—all international competitors at some time.

20 Years Ago (From the Dec. 1977 ORW)—The ORW World Rankings saw Mexico's Daniel Batista and Raul Gonzalez on top at 20 and 50 Km, respectively, with their countrymen dominating other positions. At 20, Domingo Colin was second and Gonzalez fourth, sandwiching East Germany's Karl-Heinz Staedtler. Maurizio Damilano, Italy, was fifth. At 50 Pedro Aroche and Enrique Vera made a 1-2-3 sweep for the Mexicans, with Italy's Paolo Groggi and Soviet Veniamin Soldatenko taking the next two spots. The U.S. rankings saw Neal Pyke on top at 20

15 Years Ago (From the Dec. 1982 ORW)—Dan O'Connor had fast time in the Coney Island 10 mile handicap race with 1:13:20 but couldn't catch Pete Timmons who made his handicap hold up with the second best time of 1:14:21...Chris Knotts won the 3rd Annual Doc Blackburn 75 Km in Springfield, Ohio with an 8:44:48...In the ORW World Rankings, Spain's Jose Marin was on top at 20 Km, Mexico's Raul Gonzales at 50, the USSR's Aleksandra Devertinskaya at 5 Km and Australia's Sue Cook at 10. U.S. rankings saw Jim Heiring, Ray Sharp, and Marco Evoniuk leading the 20; Marco Evoniuk, Dan O'Connor, and Vincent O'Sullivan the 50; Susan Liers-Westerfield, Theresa Vaill, and Susan Brodock the 5; Liers-Westerfield, Brodock, and Vaill the 10.

10 Years Ago (From the Dec. 1987 ORW)—In the ORW rankings, Irina Strakhova, USSR, led the women's 10 Km, followed by her compatriot, Olga Kristishop, and Aussie Kerry Saxby. Maryanne Torrellas, Debbi Lawrence, and Lynn Weik were the top-ranked U.S. women. At 20 K, Maurizio Damilano, Italy; Josef Pribrinic, Czech; and Jose Marin, Spain led the World Rankings, with Tim Lewis, Carl Schueler, and Ray Sharp the top three in the U.S. At 50, the GDR's Hartwig Gander and Ron Weigel were on top, followed by Vyatcheslav Ivanenko, USSR. Schueler, Marco Evoniuk, and Jim Heiring were atop the U.S. rankings. Bob Mimm and Viisha Sedlak were the top U.S. competitors at the World Veteran Games in Melbourne. Viisha won at both 5 (24:51) and 10 Km (32:38) in the women's 35-39 group, and Bob won at both 5 (26:42) and 20 (1:49:09) in the men's 60-64 group.