



# OHIO RACEWALKER

VOLUME XXXIII NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1998

## Canada's Berrett Wins, Clausen Breaks 4 Hours in 50

Palo Alto, Cal., Feb. 8 (Report from Ron Daniel)--Curt Clausen made a great breakthrough today, becoming the sixth U.S. racewalker all-time to break 4 hours for 50 Km. However, he could not keep pace with Canada's Tim Berrett, who has accomplished the feat many times, and won today's U.S. Championship race in 3:55:08. Berrett was seeking a Canadian qualifying time for this year's Commonwealth Games. Needing 3:57, he was able to ease in the final 5 Km with plenty to spare.

The 30-year-old Clausen, who has ruled the U.S. 20 Km roost the past 2 years, had a 50 Km best of 4:27:25 dating back to 1988 when he was 11th in this race. Today, he easily beat all U.S. challengers at the longer distance and finished impressively in 3:57:24, a time bettered only by Allen James, Marco Evoniuk, and Carl Schueler in U.S. racewalking history.

It was encouraging to see the USOC Chula Vista Training Center resident athletes in attendance making this the largest 50 Km starting field in many years, 18 starters. (On the negative side, only nine finished, one of them Canadian. In that race 10 years ago, there were 14 finishers under 4:30.) Among them, more known for their 20 km performances were Tim Seaman, Al Heppner, and Philip Dunn. Also on hand were defending champ Andrew Hermann, four-time Olympian Marco Evoniuk, two-time Olympian Herm Nelson, and 1993 champion Jonathan Matthews.

Even with the top quality field, the weather threatened to be the main story. With several days of the heaviest rainfall in a record setting, El Nino driven, rainy season, bleak conditions were anticipated. Preparing for the worst, a 2 Km back-up course was laid out the afternoon before the race. Fortunately, after heavy rains late into Saturday night, race morning arrived cold and dry and the back-up course wasn't needed. Working before dawn, a great team of volunteers prepared the water logged 2.5 km championship course in time for the walkers to answer the 7 am starter's gun.

A positive affect of El Nino, cool temperatures (high 40s) and overcast skies, became evident early in the race as the foursome of Berrett, Seaman, Clausen, and Matthews were out at or under 4 hour pace by 5 Km. As he had done in previous races, defending champion Hermann started conservatively (24:28 5 Km) with Philip Dunn on his heels. By 15 Km, Berrett (1:10:18) and Clausen (1:10:35) had turned it into a two-man race with Seaman (1:11:24) and Matthews (1:11:53) slipping back, with all still under the prized 4-hour pace. Hermann (1:12:36) was now walking at sub 4-hour pace (23:49 for his third 5), but 500 meters behind Berrett. Dunn (1:13:44) was now a minute back of Hermann, but still at an outstanding pace.

Just as it began to look like we could see five walkers under 4 hours, El Nino woke up. Within several minutes, a calm morning became breezy and colder. Less than 30 minutes later, around the 1 hour time, it began to rain and continued to rain for the remainder of the race. With small consolation, the winds eased up and the temperature went up. At the half-way point, Berrett (1:56:24) was more than 200 meters ahead of Clausen (1:57:37), who was having the race of his life. Tim Seaman (1:58:37) and "old-man" (41) Jonathan Matthews were still within striking

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

distance at 1:59:23. Meanwhile, Andrew Hermann was still chipping away at the 4-hour pace coming through in 2:00:19, which was only 9 seconds slower than his event winning pace from last year when he walked 3:58:54. The next four places were occupied by Evoniuk (2:03:27), Dunn (2:03:34), Mark Green (2:07:32), and Heppner (2:09:30).

Once the rains came, just finishing became a test of will power. The normal fatigue of a 50 was amplified by the loss of body heat and heavy soaked shoes and clothes. Through the next 15 Km, the affects of the weather started to show as Matthews and Hermann tightened up and slowed to over 25 minutes from 30 to 35 Km. Shortly thereafter, Matthews called it a day. From 35 to 40 km, Clausen and Seaman slowed to 24 plus minutes. At 40, Clausen needed a 47:05 for his last 10 to match Allen James' U.S. road record of 3:55:39, a reasonable possibility under better conditions, but not in the cards on this day. Meanwhile, Berrett maintained his sub 24-minute 5 Km pace until 45, when his race goal was guaranteed. Tim Seaman in third had a very impressive debut at the distance with his 4:05:35.

The race was the Trial for the U.S. Pan Am Cup Team and the USAFT National Team. A concurrent 30Km/20 Km race was held. By having the race sanctioned at these distances, finishers in the concurrent races were able to get official times. Two entrants in the 50 were not eligible for the USATF title--Berrett and Janet Higbie (there is no women's 50 Km championship)--but they were in the separate All-comers division. Results:  
National and All-comers 50 Km: 1. Tim Berrett (33) Canada 3:55:08 2. Curt Clausen, Shore AC (30) 3:57:24 3. Tim Seaman, NYAC (25) 4:05:35 4. Andrew Hermann, adidas (25) 4:08:00 5. Al Heppner, Potomac Valley TC (23) 4:18:01 6. Marco Evoniuk, un. (39) 4:20:13 7. Mark Green, LV Walkers (42) 4:24:52 8. Yariv Pomeranz, un. (22) 4:40:32 9. Douglas Johnson, Kentucky Racers (37) 5:06:01 DNF--Stan Chraminski, Pacific Pacers; Jonathan Matthews, Reebok; Herm Nelson, Club Northwest; Dan O'Brien, Pegasus AC; C. Peters, Club Northwest; and B. Stewart, IN Racewalkers. DQ--G. Bower, Golden Gate RW; Philip Dunn, adidas; and Janet Higbie, Indiana. Judges: Bob Bowman, Laura Cribbins, T. Harvey, Bob Hickey, Darlene Hickman, Lori Maynard, Deck Petruzzi, and Martin Rudow, chief.  
30 Km--1. Art Klein (44), 3:16:47 2. Bev LaVeck (61) 3:24:08. DNF--Carl Schueler.  
20 Km--1. Margaret Ditchburn, un. (23) 1:47:33 2. Susan Armenta, un. (24) 1:50:37. DNF--Sara Standley.

## Other Results

**Indoor 3 Km, Providence, R.I., Feb. 8--1.** Maryanne Torrellas 14:52.3 2. Brian Savilonis (47) 14:55 3. Joe Light (50) 15:18 4. Stan Sosnowski (47) 15:53 5. Bill Harriman (5) 17:25 6. Justin Kuo (43) 18:02 7. Tolya Kuo (10) 18:18 (16 finishers) **3.8 Mile, Brockton, Mass., Oct. 18--1.** Brian Savilonis (47) 30:26 2. Phil McGaw (47) 30:57 3. Steve Vaitones (42) 31:07 4. Joe Light (50) 32:45 5. Bob Ullman (49) 33:30 6. Paul Schell (60) 35:23 7. John Jurewicz (47) 35:38 8. Tom Knatt (57) 36:21 9. Dick Yannappoulis-Ruquist (60) 36:56 10. Justin Kuo (43) 37:21 (16 finishers) Women: 1. Meg Savilonis (48) 38:22 2. Annie Montgomery (50) 39:07 3. Evelyn Bandlow (44) 39:27 (6 finishers) **Masters 3 Km, Hanover, N.H., Jan. 9--1.** Steve

Vaitones 14:45.65 2. Fred Anderson 19:11 **Indoor 3 Km, Boston, Jan. 24--1.** Joanne Dow 13:17.79 2. Sara Standley 14:18.79 **3 Km, New York, N.Y., Dec. 28--1.** Curt Clausen 11:40.3 2. Dave McGovern 12:34.6 3. Gregory Dawson 14:07.2 4. Cliff Mele 15:07.3 5. Stephen Quirk 15:39.4 6. Bob Barrett (60+) 16:35.6 DQ--Tim Seaman, Ting Kwok Women: 1. Margaret Ditchburn 14:12.9 2. Lisa Kutzing 14:38.4 3. Valerie Silver 14:50.2 4. Lisamarie Velluci 17:05 5. Maryanne Torrellas 17:13.1 6. Lee Chase 17:13.3 DQ--Samantha Cohen **5 Km, Washington, D.C., Dec. 21--1.** Victor Litwinski (54) 29:47 2. Dick Jirousek (54) 30:01 3. Alan Price (50) 30:14 4. Ron Clarke (50) 30:15 **Indoor 3 Km, Arlington, Vir., Jan. 11--1.** Warrick Yeager (43) 13:52 2. Steve Pecinovsky (43) 14:18 3. Samantha Cohen 14:32 4. Sal Corrallo (67) 17:42 **5 Km, Doraville, Georgia, Nov. 29--1.** Eric Tonkyn (14) 26:42 2. Dave Esson 16:53 Women: 1. Dena Sossaman 30:59 **5 Km, Miami, Dec. 13--1.** Tim Nicholls 22:16 2. Bob Cella (60+) 28:31 **1/2 Marathon, Miami, Dec. 21--1.** Juan Mora 2:15:36 2. Philip Valentino 2:19:11 Women: 1. Roswitha Sidelko 2:17:54 **5 Km, Winter Park, Fla., Jan. 24--1.** C.S. Monte Carlo 28:10 2. Ray Jenkins 29:40 3. Mario Feinstein 29:55 Women: 1. Chris Alt 29:27 2. Sperry Rademaker 31:02 **5 Km, Miami, Jan. 25--1.** Rod Vargas (48) 25:05 2. Juan Yanes (48) 25:06 3. Jose Ballester (43) 28:27 4. Juan Mora (45) 29:06 5. Philp Valentino (51) 29:34 6. Chuck Bryant (41) 30:09 **5 Km, Maitland, Fla., Jan. 31--1.** Edgardo Rodriguez 27:06 2. Ray Jenkins 28:50 Women: 1. Sonja Renzi 30:51 **5 Km, Fort Lauderdale, Fla., Feb. 7--1.** Roswitha Sidelko (44) 26:59 Men: 1. Tim Nicholls 21:54 2. Rod Vargas 26:34 3. John Elwarner (58) 26:52 4. Phil Valentino 29:27 5. Gerry Gomes (65) 29:54 6. Mike Felling (41) 30:18 7. Bob Fine (66) 30:34 **Indoor 3 Km, Cedarville, Ohio, Jan. 10--1.** Jill Zenner 14:54 2. Ed Fitch 16:28 3. Paddy Jones 16:33 **5 Km, Denver, Jan. 17--1.** Mike Blanchard 27:36 2. Daryl Meyers (55) 28:45 **5 Km, Denver, Jan. 25--1.** Mike Blanchard 27:44 2. Daryl Meyers 28:08 3. Steve Santana (46) 30:23 **Las Vegas 1/2 Marathon, Feb. 1--1.** Danielle Kirk, Cal. 1:53:59 2. Janet Comi, Penn. 2:02:18 3. Kelly Murphey, Idaho 2:02:44 4. Christine Vanoni, Col. 2:09:10 5. Monetta Roberts, Ala. 2:09:13 6. Francine Avellanedd, Cal. 2:17:10 (66 finishers) Men: 1. Michael Stauch, Nev. 1:50:43 2. Herm Nelson, Wash. 1:53:28 3. Chris Dreher, Cal. 1:56:38 4. David Crabb, Nev. 2:00:34 5. Richard Lenhart, Cal. 2:02:41 6. Ronald Shields, Penn. 2:07:00 7. Timothy Staats, Cal. 2:08:17 8. Lonnie Schreiner, Col. 2:08:34 9. Doug Vermeer, Ore. 2:12:30 10. Bob Mimm (73), N.J. 2:15:05 (33 finishers) **10 Mile, Pasadena, Cal., Jan. 18--1.** Chris Dreher 1:30:30 2. Richard Lenhart 1:33:36 3. Paul Johnson (60) 1:34:15 4. Pedro Santoni 1:36:37 5. Margaret Govea 1:36:58 6. Bob Mimm (73) 1:39:34 (28 finishers) **Pac. Assn. 20 Km, Dec. 14--1.** Mike Rohl 1:33:18 2. Art Klein 2:08:37 3. Fred Dunn 2:11:18 **Indoor 3 Km, Portland, Ore., Jan. 4--1.** Al Heppner 11:50.4 2. Philip Dunn 11:57.9 3. Ian Whatley 13:32.7 DQ--Malcolm Dunn

**In other lands: 20 Km, Adelaide, Australia, Jan. 26--1.** Nick A'Hern 1:21:40 2. Craig Barrett, New Zealand 1:22:20 3. Brent Vallance 1:25:00 4. Nathan Deakes 1:26:49 5. Troy Sundstrom 1:28:19 6. Dion Russell 1:29:56 7. Darren Bown 1:30:44 **5 Km, Auckland, N.Z., Jan. 19--1.** Gary Little 22:14.93 (Age 56 World Record) **Australian 50 Km, Melbourne, Dec. 14--1.** Dion Russell 3:48:12 (46:35, 1:32:15, 2:17:31, 3:02:26) 2. Duane Cousins 3:57:40 3. Dominic McGrath 3:59:13 4. Shane Pearson 4:12:29 **5 Km, Auckland, Jan. 11--1.** Craig Barrett 20:21.69 2. Gary Little 22:15.39 **3 Km, Australia, Jan. 1--1.** Brad Malcom 12:20.96 2. Marcus Dwuyer 12:42.22 **Junior 10 Km, Australia, Nov. 9--1.** Troy Sundstrom 42:52.2 2. Matthew Golebiowski 44:10 3. Jon Gawley 44:43.8 **Junior 3 Km, Sydney, Jan. 10--1.** Troy Sundstrom 11:46.9 2. Adams 12:24.9 3. O'Mara 12:28.3 **Women's 10 Km, Adelaide, Jan. 26--1.** Kerry Saxby-Junna 42:52 2. Jane Saville 46:11 3. Simone Woloweic 46:22 **3 Km, Sherbrooke, Quebec, Jan. 18--1.** Marianne Crivello (19) 14:49.04 2. Catherine Sousa-Neves (18) 15:40 3. Esther Nicole (18) 16:04 **5 Km, Lievin, Czech Rep., Jan. 11--1.** Robert Korzenowski 19:06.0

## Ready for your '98 racing? Try these!

- Sat. March 7 Half Marathon, Chico, Cal. (E)  
Midwest Masters Indoor 3 Km, Indianapolis (BB)  
5 Km, Lake Worth, Fla. (Q)  
5 Km, New York City, 9 am (F)  
Indoor 1 Mile, Boulder, Col. (H)  
3 and 5 Km, Seattle (C)
- Sun. March 8 5 Km, New York City (F)
- Sat. March 14 2.8 Miles, Seattle, 9 am (C)
- Sun. March 15 7 Km, Denver, 9:30 am (H)  
20 Km and 5 Km, Huntington Beach, Cal., 7 am (B)  
5 and 50 Km, Albuquerque, N.M. (W)
- Sat. March 21 15 Km, Columbia, Missouri (T)  
5 Km, Ft. Bragg, Cal., 8:30 am (P)
- Sun. March 22 5 Km, Monterey Bay, Cal. (R)  
5 Km, Sterling Heights, Mich. (O)  
5 Km, Littleton, Col., 8:30 am (H)  
Ohio Indoor 5 Km, Cincinnati (M)
- Sat. March 28 National Invitational Racewalks, Men's 20 Km, Women's 10 Km, Junior, Youth, and Open races, Centreville, Virginia (I)  
Florida State 10 Km, Coconut Creek (Q)  
3 Km, Seattle (C)
- Sun. March 29 **USTF National Indoor 3 Km, Boston, Mass. (N)**  
4 Mile, Denver, 8:30 am (H)  
5 Km (50 plus), Palo Alto, Cal. (R)  
Los Angeles Marathon (B)
- Sun. April 5 25 Km, Sacramento, Cal. (E)  
4 Miles, Denver, 9 am (H)  
Mt. SAC 5 and 10 Km, Walnut, Cal. (B)  
Ohio 5 Km Championship, Middletown, 3 pm (M)
- Sar. April 11 5 Km, Boulder, Col., 9 am (H)
- Sat. April 18 Western Regional 5 Km, Las Vegas, Nev., 2 pm (B)
- Sun. April 19 USATF North Region 10 Km, Racine, Wis. (S)  
Metropolitan 10 Km, New York City, 9 am (F)  
3, 5, and 10 Km, Warren, Mich. (O)  
5 Km, Albuquerque, N.M. (W)  
5 Km, Denver (H)  
5 Km, Auburn, Cal. (E)
- Sat. April 25 Penn Relays 5 Km (W), 10 Km (M), Philadelphia (Invitational)
- Sun. April 26 5 Km, Kentfield, Cal. (P)  
4 Miles, Denver (H)
- Sun. May 3 10 Km, Racine, Wis. (S)  
**USATF National 20 Km Women, 30 Km Men, Albany, N.Y. (G)**
- Sun. May 10 Jack Mortland Walks, 5 Km, 10 Km, Ohio and North Region 20 Km, Yellow Springs, Ohio (M)

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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--Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303  
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
I--Bob Briggs, 6207 Duntley Court, Springfield, VA 22152  
J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151  
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
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W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197  
X--USATF, P.O. Box 120, Indianapolis, IN 46206  
Y--Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208  
Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843  
AA--Don Denoon, SIUC Track, Male Code 6628, Carbondale, IL 62901  
BB--Vern LaMere, NIFS, 250 University Blvd., Indianapolis, IN 46202  
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From the *Asbury Park (N.J.) Press*

## The Master Gets His Day

by Elliott Denman

(Elliott, 1956 Olympic 50 Km racewalker and long-time writer for the *Press*, penned this column on Henry Laskau after Henry became the second racewalker enshrined in the U.S. Track and Field Hall of Fame, as reported in the Dec. 1997 *ORW*. It appeared shortly before the Hall of Fame Induction Ceremony.)

He took me under his wing, and what a wing it was. Oh, 14-mile hikes in the Boy Scouts were one thing, but racewalking lessons under The Master, Henry Laskau, quite another.

To this kid growing up in New York City, it was the ultimate opportunity. Henry Laskau had done it all, seen it all--the Olympics, the Pan Am Games, the National AAU Championships, and all the big races at Madison Square Garden.

He was the walkingest man this nation had ever seen, maybe since Lewis and Clark, certainly since Harry Truman. He'd outwalked every American competitor for 10 straight years. With no need ever for a Camel, he'd walked a mile faster than anything the record books had ever seen. Driving around town, his license plate reported his world record--6:19.2.

He must have seen something in this kid, maybe the long legs, maybe the willingness to put something into a sport too few others appreciated. Needless to say, the attention was appreciated. Well, things happened, and fast. In 2 1/2 years, the kid was chasing The Master and keeping him within reasonable distance as USA Olympic teammates in 1956. The Master handled the short walk, the 20 Km--as certainly was his privilege. The kid went for the long walk, the 50 Km.

It was the Master's third and final Olympics. He did it all in his sport--all but bring home an Olympic medal. Born and raised in Berlin, he took to track and field and emerged as a bright young middle distance running prospect. Then Adolf Hitler decided he had no future at all in his country.

Assigned to a work camp, he knew that the next camp might be his last. And so, when a guard with an ounce of humanity, said "Henry, you'd better leave tonight, I'll turn my back," Laskau paid very careful attention.

He literally walked out of Germany by night--to France, where he boarded a ship bound for Cuba, where he stayed for 9 months before the doors to the United States opened. His parents and brother, Benno, were not as fortunate. They perished in the Holocaust.

Laskau joined the U.S. Army, served through the balance of the World War II years, and would help in the interrogation of German prisoners and accused war criminals when it was over.

Not long out of uniform, he met Nat Osk, a noted coach at New York's 92nd Street YMHA, who suggested he forget running and take up racewalking. And, as the record books would soon prove, no American ever took it up better than Henry Laskau. He'd go on to win the unprecedented total of 42 National AAU titles, at distances from one mile to 25 kilometers. His unbeaten streak in this country would stretch from 1947 to 1956.

Somewhere in the 1960s though, his wife, Hilde, concluded that enough was enough.

There was no more room in the Laskau household for one more medal, one more trophy, she figured. And so she began to take out a very personal form of insurance on her husband's chances of bringing home what she perceived to be additional clutter. The day she began taking one of her husband's racewalking shoes out of his traveling bag as he headed off to the next race or workout, was the day Henry Laskau began to see the end of the competitive road.

But, it certainly wasn't the end of his days in the sport. He continued "putting something back," serving as coach, official, organizer. . .and inspiration. At the 1984 Los Angeles Olympics, 28 years after his last Olympic race, he was a competition judge.

With all this in his portfolio, you'd have thought he'd have been a lock for the National Track and Field Hall of Fame many years ago. His candidacy kept coming close for over a decade, but each time it was still "no."

Fortunately, the Henry-for-the-Hall committee would never accept this negative response. It maintained the lobbying effort. It kept plugging. It insisted that justice be done. And eventually, it was. Henry Laskau, along with sprint champions Evelyn Ashford and Henry Carr, and hurdling great Renaldo Nehemiah, won induction to the Hall's Calss of 1997.

Sadly however. Henry Laskau won't be on hand for the ceremonies scheduled for Thursday in Dallas. Time and tide wait for no man--even the walkingest man American has ever seen, who now has the beginning stage of Alzheimer's disease. This time, it will be the kid's turn to take The Master under his wing, to speak for him and remind the world what a man this is.

(Ed. Dare I admit, though I already knew the story, my eyes were tearing up as I typed that final paragraph. Perhaps because I know from personal acquaintance tjat Henry and Elliott are two of the finest gentlemen on God's earth and true credits to our sport. Men we can truly admire and honor for their contributions to sport and to humanity.)

## From Heel To Toe

**Masters Indoors.** As you will note on the schedule, the 1998 USATF National Masters Indoor Track and Field Championships will take place March 27-29 beginning at 9 am. The track is a fast 200 meter lightly banked (24" in lane 6) mondo-over-wood track and very comfortable for racewalking. All racewalkers age 30+ should look at putting the meet on their schedule. *Walking Magazine* is the title sponsor for the racewalks; multiple sections of the event will be contested based on the number of competitors entered. For an entry or further info, you can contact Steve Vaitones at 617-566-7600/usatfne@ix.netcom.com. . .**Clinic weekend.** Also mark your calendars for the previous weekend. On March 20-22, Dave McGovern will be in Parkersburg, W.Va. for a weekend of walking instruction. The National team member, conductor of many acclaimed clinics, and co-author of *Precision Walking* will introduce techniques used at the U.S. Olympic Training Center to help elite athletes from around the world racewalk faster and more efficiently with fewer injuries. The weekend will include lectures on modern racewalk technique supported by videos from recent Olympic and World Championship competitions; individual video-taped technique analysis; and lectures on race preparation, race strataegy, and training methods designed to make the best use of limited training time. Cost for the weekend is \$95. For further information, contact Doug Kreinik at 304-422-8900/kreinik@access.mountain.net or visit Dave's website at <http://surf.to/worldclass>. . .**T-shirts.** Carl Acosta, veteran racewalker from the West Coast, has come up with a way to give our sport more identity by offering an exciting new "Racewalkers United" t-shirt, which is available now. He says, "I feel that by joining forces with other clubs in one's area and walking collectively at run/walks, we would have more visibility and yet still be able to walk competitively; in addition, we would be creating a great recruiting opportunity." I can attest that the shirts are quite attractive. You can veiw the shirt on the Easy Striders Home Page (<http://home.cyberannex.com/mallen/rwunited.htm>). Or, contact Carl Acosta at 6246 Denny Avenue, North Hollywood, CA 91606, 818-763-3208/enviroprodus@earthlink.net. . . Let's get our locations and credits correct. The marathon and 1/2 marathon I reported last month in Miami on Jan. 11 was actually the Walt Disney World Marathon in Orlando. This was the first year for an official racewalk division. There were 106 walkers registered and nine judges on the course. . .**Short memory.** Also in last month's results, I commented on the fast times by "unknown" Anatoly Gorshkov in New York City races, surmising that he must be an immigrant from somewhere in the former Soviet Union. Valerie Silver reminds me that we had Gorshkov ranked 10th in the world in the 20 Km in 1985, when he had a best of 1:22:27. We also note that two years later he was third in the World Cup with a 1:20:04. That was in New York and I was there. He ranked ninth in the world that year, after finishing way back in the World Championships. He is from Kiev, Ukraine.

## Some More of Life's Personal Lessons

by Bob Carlson

(See two earlier lessons in December 1997 *ORW*.)

**Watch Your Step.** In mid-September, as I was walking along returning from the Colorado National Bank after depositing some membership renewals, I saw a very attractive family having a photo taken on their front steps. I turned to tell them what a nice picture that should make. My right toes encountered an unobserved rise of about 1 inch in the sidewalk and in an entirely uncontrolled fall, I found myself staring at the concrete at close range. There was an intense pain in my right knee, so I accepted the offer of a ride home from the nice folks. The knee was swelling rapidly and I thought I had fractured my kneecap. I decided to use the R.I.C.E. method of alleviating my miseries--rest, ice, compression, elevation. It worked. I was able to limp around the next day without too much pain, especially if I used frozen Cool Bans wrapped around the knee to prevent swelling. Cool Ban is a cloth item filled with crystals that expand when soaked in water and they can be either heated or cooled. They retain either heat or cold and can be useful in cold or hot weather during workouts. The knee still remains a little sore a month later, but does not bother me if I walk with hip rotation and a straight knee ala racewalking technique. I have tried walking bent knee to see if it is any different. It is. At a class during the second week of October as I was demonstrating illegal technique--what 'bent knee' looks like, I experienced intense pain in the knee. I'm not going to make that mistake again until the knee has completely healed. I guess all this means is that you learn more from your mistakes than you do from successes. The main lesson is to watch your step, especially if you are a racewalker and always walk with your feet very close to the surface.

**Do not let minor worries bother you.** After surviving combat experiences during the first few months of 1945 with the 10th Mountain Division in World War II in Italy with its many bouts of misery and fear, I decided that worrying about trifling matters would not be a part of my future life if I could help it. To take a "What, me worry?" and a "So what?" attitude about life's daily problems was my goal. After all, what could happen to be more worrisome than facing almost constant threat of severe trauma or death? It is known that excessive worrying can cause problems to your mental and physical health. Recent scientific research has proved that fact. So weigh the odds of what is the worst thing likely to happen to you as a consequence of what you are worrying about. Most things that concern people aren't all that bad if you apply a "so what" attitude in your daily living. So what if I lose my wallet? The items can be replaced. If you worry a lot, afterwards many times you will wonder why you were so concerned--especially about things you could not have done anything about anyway. I believe in the quote: "Worry is an abuse of God's gift of imagination."

### All-Time World Lists

#### Women's 10 Km

41:04 Yelena Nikolayeva, Russia '96  
41:17 Irina Stankina, Russia '97  
41:29 Larisa Ramazanov, Russia '95  
41:30 Kerry Saxby-Junna, Australia '88

41:30 Ileana Salvador, Italy '93  
41:30 Olimpiada Ivanova, Russia '95  
41:31 Yelena Gruzina, Russia '96  
41:38t Gao Honmbiao, China '94  
41:38 Rosella Giordano, Italy '97  
41:46 Ann Rita Sidoti, Italy '94

#### Men's 20 Km

1:17:26t Bernardo Segura, Mexico '94  
1:18:04t Bo Lingtang, China '94  
1:18:13 Pavol Blazek, Czech. '90  
1:18:18 Yevgeniy Misyulya, Belarus '96  
1:18:20 Andre Perlov, Sov. Union '90  
1:18:24 Jefferson Perez, Ecuador '97  
1:18:27 Daniel Garcia, Mexico '97  
1:18:30 Ilya Markov, Russia '97  
1:18:32 Vladimir Andreyev, Russia '95  
1:18:32 Li Zewen, China '97

### All-Time U.S. Lists

#### Women's 10 Km

44:10t Michelle Rohl '96  
44:42 Debby Lawrence '92  
45:01t Teresa Vaill '95  
45:02 Victoria Herazo '96  
45:07t Debora van Orden '96  
45:38 Lynn Weik '92  
45:52 Dana Yarbrough '97  
45:56 Sara Standley '96  
46:17 Maryanne Torrellas '88  
46:56 Lyn Brubaker '95

#### Men's 20 Km

1:22:17 Tim Lewis '89  
1:24:14 Tim Seaman '96  
1:24:27t Allen James '94  
1:24:29 Dave McGovern '96  
1:24:41 Curt Clausen '97  
1:24:51 Jim Heiring '83  
1:24:58 Ray Sharp '86  
1:25:04 Carl Schueler '86  
1:25:53 Marco Evoniuk '84  
1:25:40 Jonathan Matthews '92

#### Men's 50 Km

3:37:41 Andrey Perlov, Sov. Union '89  
3:38:17 Ronald Weigel, GDR '86  
3:38:29 Vyacheslav Ivanenko, Sov. Union '88  
3:38:43 Valentine Massana, Spain '94  
3:39:45 Hartwig Gauder, GDR '88  
3:39:54 Jesus Garcia, Spain '97  
3:40:02 Aleksandr Potashov, Sov. Union '90  
3:40:07 Andrey Plotnikov, Sov. Union '90  
3:40:12 Oleg Ishutkin, Russia '97  
3:40:46 Jose Marin, Spain '83

#### Men's 50 Km

3:55:39 Allen James '94  
3:56:55 Marco Evoniuk '88  
3:57:09 Carl Schueler '87  
3:57:24 Curt Clausen '98  
3:58:54 Andrew Hermann '97  
3:59:42t Herm Nelson '96  
4:00:46 Larry Young '72  
4:01:36 Jonathan Matthews '93  
4:01:40 Andrzej Chylinski '95  
4:03:34 Jim Heiring '87

## A bit of history

Some excerpts from the book *Runners and Walkers: A Nineteenth Century Sports Chronicle*, by John Cumming, Regnery Gateway, 1981.

Pages 48 and 49: From California, came William Hughes, who had astounded the sports followers there with his feats of endurance by walking 100 hours without rest. Born in Liverpool, England in 1819, he had started his walking career in the Boston area as early as 1843, but in 1953 he went to California where his long distance feats attracted so much attention that he felt that it might be profitable to return to the East. Hughes performed his endurance trials in saloons or small halls before an audience by walking back and forth on a 3-foot-wide plank that might be anywhere from 15 to 40-feet long. The objective was to continue walking without rest for 100 consecutive hours. The performance provided many possibilities for wagers. The spectators could bet that he would or would not finish, they could bet on the hour he would give up, and they could bet on the times or miles covered.

Soon, this activity became popular throughout the country. The long, narrow platform was erected in the saloon, where the patrons of the sport came to imbibe and lay their wagers on the outcome of the performance. Before long, Mickey Free was in on the act (Ed. We have met him earlier as a runner) along with a host of other performers. Even the respectable John Grindall, who found himself in need of money one winter, traveled to Boston to walk the plank in a saloon for 100 hours.

Walking the plank became a popular "sport" for women, too. There was the Highland Maid, Flora Temple, Mrs. Bentley, Mrs. Dallison, Mrs. Jackson, the Lynn Prioress, and Mrs. Mickey Free. Kate Irvine had early in the decade attracted large crowds to watch her walk 500 miles in 500 hours. Mrs. Mickey Free had also performed as a hurdler in company with her husband. The plank walking feat by women in saloons was hardly regarded as a respectable activity, but it was enjoyed by the men. "The prettiest walker I have ever seen," commented a Milwaukee male follower of the sport in evaluating Mrs. Bentley's performance.

Mrs. Bentley, reportedly from Ohio, performed in the Midwest before coming to New York City to walk the plank for 30 hours at the Broadway Tabernacle on April 27, 1857. This was the 20th time that Mrs. Bentley had performed this feat, having accomplished it 17 times in the past year. Much sympathy was expressed in her behalf when it was discovered that she was in the advanced stages of consumption and had resorted to this activity to support her three children.

"Mrs. Bentley was originally a vocalist, well known on the Western 'boards,'" wrote the *Clipper*. "But, in consequence of a serious throat infection was compelled to resign that profession, and, for the maintenance of herself and three children, adopted that of the pedestrian. While we regret her sanguine feelings have prompted her to undertake so severe a task in her present prostrate condition, yet the promptings of a mother's heart are above censure and we wish her success for the nonce. . ."

Page 64: Some of the feats performed were even more bizarre than walking the plank. The challenge issued by Professor H.G. Varner, Boston, is an example: "I will match any man in the United States, for \$50 or \$100, to pick up 50 eggs, placed one yard apart, with my mouth, and deposit them in a bucket of water; making a separate trip for each egg, having my hands tied behind and not touching my knees to the ground; and pick up 50 stones placed in the same manner with my hands; run 1 Mile, walk 1 Mile, walk 1 mile backward, all at one start, or will match against time, doing all in 1 hour. Match to be made within 6 weeks. (There is no report on anyone taking up the challenge or on whether Mr. Varner ever performed this interesting feat.)

Page 70: The interest in endurance contests, stimulated to a large extent by the publicity given to Edward Payson Weston's walk from Portland, Maine to Chicago, spread into every village and town. Theaters, drill halls, and any building that would answer the purpose were converted to

tracks where spectators watched contestants vie for honors at 50 and 100 miles. They talked of the "walking mania" as every village and town brought forth a local champion. No longer was New York City the only center of competition. Paterson, New Jersey; Pittsburgh; Cleveland; Milwaukee; Council Bluffs, Iowa; and San Francisco were scenes of major contests. "Everybody seems to have contracted the foot fever," commented the *Clipper*.

Walking was distinguished from running by careful definition. The official rule described it as "progression by steps in such a manner that unbroken contact with the ground is maintained throughout." (Ed. Sounds familiar.) Judges stood around the track to make sure that one foot was on the ground at all times during the contest.

(The book is quite interesting, but devoted mostly to running. However, there is also a complete chapter on Edward Payson Weston, who inspired so much interest in walking during the last third of the century, and one on the 6-day "go-as-you-please" races, i.e., walk, run, crawl, or whatever. These were a great fad for several years and the descriptions are quite fascinating. However, it wasn't really racewalking. Following are some excerpts from the chapter on Weston.)

Edward Payson Weston, born in Providence Rhode Island, on March 15, 1839, first won notice as an athlete when he undertook to walk from Boston to Washington within 10 days. From this time for nearly three-quarters of a century, he continued to win attention in the sports headlines, and upon his death in 1929 at the age of 90, he was saluted by newspapers throughout the country and abroad.

From the start of his career as an athlete, Weston combined his ability as a walker with a special talent for winning attention and gaining publicity. His initial effort was likened to President Lincoln's inauguration, ostensibly as payment for an election wager. . . .

After service in the Union army as a dispatch carrier, Weston was employed briefly as a reporter for the New York Herald, but soon returned to the sports headlines with the announcement that he was going to attempt to walk from Portland, Maine to Chicago within 26 walking days.

George K. Goodwin of New York City was Weston's backer in this endeavor, putting up the sum of \$10,000 in a wager with T.F. Wilcox, who bet a like sum that Weston could not walk the distance within 30 days. The articles of agreement, which were drawn up on August 7, 1867, specified that Weston would cover the ground within 30 days, exclusive of four Sundays, leaving 26 walking days. During the course of the walk, Weston, it was agreed, would cover 100 miles within a 24-hour period. He was to be allowed five attempts at this record; if he failed, he and his backer would forfeit six-tenths of the wager. If he failed to reach Chicago within the specified limits, he and his backer would lose the entire \$10,000. . . .

By the time that Weston started his journey, the excitement was intense. Attired in dark coat, red leggings extending to the knees, high-laced walking shoes with substantial soles, and a light colored hat, Weston started from the Preble House in Portland at noon on Tuesday, October 29. Walking with Weston was the celebrated 10-mile running champion, John Grindall, who would serve as both witness and trainer. Grindall's presence enhanced the integrity of the event, since he was one of the few professional athletes of the time who enjoyed a reputation for honesty.

From the start, Weston was met by large crowds in all of the cities, towns, and villages through which he passed. Often the police had to be called upon to open a path through which he might pass. In Newburyport, Massachusetts, in the early stages of his journey, a plank was dropped on one of his toes, just narrowly missing inflicting a serious injury. . . .

On Weston strode, through the streets of Boston, hearing the shouts and cheers of the crowds, but striding on an on in rapid paces. He left the Phoenix house at Dedham, Mass. at 12:39 pm on November 1, beginning his first attempt to cover 100 miles within 24 hours. Providence, Rhode Island was reached at 8:45 in the evening. Here, the crowds in the city of his birth were so great that the police had to strive valiantly to open a passage for him through the streets. Stopping for 15 minutes at the City Hotel, he proceeded and in response to the cheers of the spectators, he

said that he had walked 32 miles of the 100 and was 18 minutes ahead of schedule. "He was in excellent spirits," a reporter recorded.

On through the night he strode, and the crowds unmindful of the hour were there to cheer him. In Pawtucket, Rhode Island, the press of the crowd could not be controlled, and they rushed upon him, causing a painful injury to his hip and giving his companion, John Grindall, a seriously sprained ankle. At Plainfield, Connecticut, at 6:45 am, the discomfort caused by his injuries forced him to give up his first attempt at the 100 miles.

Fortunately, the next day was Sunday, so Weston was able to rest in Plainfield. He attended church and relaxed by strolling about town. At a half hour after midnight, he set out for Hartford, apparently having recovered from his injuries.

When he reached East Hartford at 4 pm, having walked all day through heavy rains and muddy roads, he was greeted by the cheers of a large crowd, which followed him at a trot through the streets of the city, cheering and shouting until they reached the Allyne House, where Weston was to stop.

Next day at 5 pm, after the police had been called to clear a passage through the crowd assembled before the Allyne House, Weston left Hartford, determined to cover 100 miles before the next 24 hours passed. It was a cold and unpleasant day. After 58 miles, Weston, having sprained an ankle, stopped at Chatham, Mass.

At 7 am next morning, Weston was off again, accompanied as usual by a large number of men, women, and children, cheering and shouting encouragement to the lithe hero. This day's trek ended at Schenectady, where his companion, John Grindall, still suffering from the injury incurred in Pawtucket, was forced to retire from the journey and be replaced by another man furnished by Mr. Goodwin.

There still remained three chances for Weston to accomplish the 100 mile feat, but speculation began to grow that his chances of achieving that goal were diminishing. His ankles were beginning to ache, and some observed that he showed signs of fatigue. The excitement and interest in the great walk, however, showed no signs of diminishing.

At midnight on the 9th of November, Weston stopped at Oneida, New York, having covered 513 miles. He rested over Sunday and headed toward Syracuse at 2 am on the morning of the 11th. At every village and town he was met on the eastern extremities by crowds in carriage and on foot who followed him through town and escorted him for several miles beyond the western limits. At Syracuse, where he stopped to dine and rest, he told a reporter that he had actually gained 2 1/2 pounds since leaving Portland. That evening, he stayed at Weedsport.

The next day he covered 63 miles, 6 hours of it through a heavy snow storm, which rendered the roads exceedingly muddy. Arriving at Congress Hall in Rochester at 20 minutes before midnight, Weston found several thousand people gathered there to greet him in spite of the late hour. The streets had been lined with spectators for hours awaiting anxiously the arrival of the great walker. Earlier in the evening, some young wag had provided a diversion. Dressed much like Weston, he had appeared on the highway east of Rochester walking at a brisk pace. Down Main Street he strode with the cheers of the spectators ringing loud and with large numbers following him. Into the Waverly Hotel he walked, and out the back door he went, leaving an angry mob vowing vengeance on him.

On the following morning, Weston left for Buffalo where he was met by a squad of uniformed police officers who formed a hollow square in which to conduct him into the city. Down Genesee Street they marched, followed by a crowd that increased at every block until they reached Main Street, where it became a multitude, "one dense mass of human beings, pushing and squeezing each other in their anxiety to get a look at the wearer of the jaunty silk hat."

At 11:15 that evening, after his brief rest and two meals, he set out to walk 100 miles within 24 hours. He arrived at Erie, Pennsylvania at 12 noon, remained there for a brief half hour, and strode on over rough roads for 9 1/2 hours, reaching Conneaut, Ohio, where his ankles were

so sore and his feet so swollen that he was once again compelled to abandon his attempt the 100 miles. He had covered 90 miles and still had an hour and 50 minutes to go.

He had now covered two-thirds of the distance, and barring any unforeseen accidents, there was little doubt that he would arrive in Chicago within the 30 days. He still had two more chances to try for the 100-mile mark.

All across Ohio the crowds increased in size and enthusiasm. The police in the cities had all they could do to prevent the walker from being crushed and injured. Arriving in Toledo at 2 am on November 22, he rested for 12 hours preparatory for another attempt at the 100 miles. Again he failed, this time because of confusion over the distance traveled in the first 50 miles.

He had one more try, and this would start from Waterloo, Indiana. Sporting fans were speculating that Weston could have easily made it on his third try had his backers permitted him to go on from Conneaut, Ohio. He had but 9 miles to go with nearly 2 hours remaining. One informer stated that Weston begged with tears in his eyes to be allowed to go on, but his attendants refused to accede to his pleas. Professional athletes at this time were often suspect, as most encounters were accompanied by widespread betting.

After resting in Waterloo over the last Sunday of his journey, Weston started out at 20 minutes after midnight determined to make the 100 miles in spite of the odds. It was raining when he left and it was so dark that a man carrying a lantern walked before him and two men carrying lamps walked on either side of him. The roads were in the worst possible condition; the hills were slippery and the level areas were carpeted with corduroy, logs which had been laid across the road. Through 9 hours of darkness over these abominable roads, Weston, clad in rubber coat and overalls, covered 35 miles to Ligonier. After a brief rest and refreshment, he was on his way again.

The knowledge that this was Weston's last chance to make the 100 miles heightened the excitement along the route. One reporter wrote: "It appeared that everybody, young and old, turned out to greet him and wish him God speed. At Goshen, he was welcomed by an immense throng, headed by a fine brass band, which accompanied the party from the meeting point to Elkhart, a distance of 12 miles, where a similar scene took place. Weston proceeded to the Clifton House, and upon repeated calls appeared upon the balcony, and acknowledged the compliment by bowing to the swaying, surging mass of excited humanity to see him. Weston was in excellent spirits, and conversed cheerily with the ladies and gentlemen who crowded the halls and dining room. After dinner, the tramp was resumed, darkness gradually stealing on as they took up the line of march.

(Come back next month for the exciting conclusion to Weston's saga on the roads.)

## LOOKING BACK

**30 Years Ago** (From the Feb. 1968 ORW)--In the National AAU Indoor 1 Mile, Ron Laird won in 6:16.9, after capturing one of two qualifying heats in 6:42.9. Dan Totheroh edged Larry Young for second with a 6:23.4 to 6:24.7. Larry Walker finished in 6:19.5, but was DQ'd. . . In late news, we learned of a great 100 Km effort by the GDR's Christoph Hohne the previous fall. Passing 50 Km in 4:23:47, he went on to win the Swiss race in 9:15:58. . . Tom Dooley did 20 miles on the track in 2:40:39, passing 30 Km in 2:28:47. Laird, shooting for a world 30 Km record, called it a day after passing 15 miles in 1:54:51.

**25 Years Ago** (From the Feb. 1973 ORW)--Ron Daniel prevailed in the National AAU Indoor 1 Mile race, covering the distance in 6:22. His NYAC teammate, Ron Kulik, copped second in 6:24.2, with young Todd Scully just missing a chance to compete against the Soviets with his 6:25.7 in third. Don DeNoon, after a three-year layoff, showed some of his old speed with a 6:30.1 in fourth. . . Lynn Olson won the women's race in a quick 7:39 ahead of Jeanne Bocci, who was then disqualified. Thus, second went to Ellen Minkow in 8:06 with Carol Mohanco,

Kettering, Ohio, just 2 seconds back in third. . . Daniel also won the Olympic Invitational 1500 in a close race with John Knifton, Kulik, Scully, and newcomer Dan O'Connor. Times: 5:57.2, 5:58.2, 5:58.5, 6:00.7, and 6:03.5. . . 16-year-old Sue Brodock showed some promise with a 7:55.7 mile in a girl's race in California. Later, she did 7:17 for 1500 meters.

**20 Years Ago** (From the Feb. 1978 ORW)--We made a big mistake in our lead headline, which we didn't notice until 10 years later when doing the Looking Back column. Apparently no one else had noticed either, or they just passed it off as another of the many ORW typos. Anyway, the head reported "Liers Defends Indoor Title. . ." The only problem--Sue Brodock won the race, which was the National Indoor 1 Mile, and it was she who was defending the title. Brodock's 7:01.7 bettered her own record of 7:05.9. Liers was a distant second in 7:34.9 with Tracy Trisco third. . . I guess I just had my Sues confused. 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 Romansky were next, about 14 seconds further back. . . Neal Pyke walked an American record 6:04 mile in San Francisco and Scully did 1500 meters in 5:47.9 at the Olympic Invitational, 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.

**15 Years Ago** (From the Feb. 1983 ORW)--Leading all the way, Ray Sharp won the National 2 Mile title in a record 12:13.33. 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 Engle and Wil Preischel 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 Liers, 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, Gary Morgan, and Todd Scully on his heels.

**10 Years Ago** (From the Feb. 1988 ORW)--At Research Triangle Park, N.C., Carl Schueler scored an impressive National 50 Km victory in 4:02:55, his fifth title at the distance. Carl blasted the final 10 Km in 44:50 to move easily away from Andy Kaestner (4:11:10) and Jim Heiring (4:12:37). Dan Pierce (4:18:00) and Mark Green (4:18:47) were next, as 14 walkers went under 4:30. This year's winner, Curt Clausen, was 11th in 4:27:25. . . Maryanne Torrellas edged Teresa Vaill to win the National Indoor 3 Km in 12:45:38. Teresa had 12:47:32. Lynn Weik was third in 13:24:88. Canada's Guillaume Leblanc led the men's 5 Km in a Canadian record 18:53.25. Tim Lewis, in second, won the U.S. title in 19:56.05, 6 seconds ahead of Gary Morgan. Paul Wick (20:11.42) and Mike Stauch (20:25:05.) followed. Leblanc's time placed him seventh on the All-Time World List at that time. . . Tim Lewis had a World's best Mile of 5:33.53 in winning the Millrose Mile by 20 seconds over Gary Morgan. He had another World best of 5:13.53 in winning the Vitalis Invitational 1500 meters. . . Torrellas did 6:37.06 for 1 Mile in Fairfax, Virginia, beating Weik by 11 seconds.

**5 Years Ago** (From the Feb. 1993 ORW)--Jonathan Matthews won the National 50 Km in Palo Alto with a 4:01.36. Next was Herm Nelson in 4:09:49, then Andrzej Chylinski in 4:14:13 and Paul Wick in 4:16:48. . . Great Britain swept the U.S. men in an indoor 3 Km in Birmingham, Eng. Martin Rush (11:40.54) was first, followed by Darrell Stone and Martin Bell. Dave McGovern led the U.S. with an 11:57.41 and Ian Whatley had 12:13.56. In the women's race, Sara Standley won in 13:00.40 with Victoria Herazo 13:08.95 second. . . Debbi Lawrence beat Standley in the Fairfax 1 Mile with a 6:20.18. Sara had 6:35.51 and Victoria Herazo 6:47.82.

## Bibliography

A summary of books we have brought to your attention over the past several months and recommend:

For the serious competitor:

Martin Rudow, *Advanced Race Walking*, Technique Publications, 4831 NE 44th Street, Seattle, WA 98105 .

Dave McGovern, *The Complete Guide to Racewalking Technique and Training*, 43 West Hathaway Road, Mobile, AL 36608.

For the less serious and recreational/health walker:

Bob Carlson, *Walking for Health, Fitness, and Sport*, 2261 Glencoe Street, Denver, CO 80207.  
Ron Laird, *The Art of Fast Walking, Use the Olympic Race Walking Style To Get Fit and Lose Weight*, 4706 Diane Drive, Ashtabula, OH 44004.

Casey Meyers, *Walking: A Complete Guide To the Complete Exercise*, Random House, New York, 1992 (An older book, but still an excellent source of inspiration and information.)

Jeff Salvage and Gary Westerfield, *Walk Like An Athlete: Maximizing Your Walking Workout*, Walking Productions, 86 Five Crown Royal, Marlton, NJ 08053.

Rudow and Salvage also offer excellent videos based on their books.

