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 Herman 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
<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>10 Km</td>
<td>Tanya Kuo</td>
<td>0:32:45</td>
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<tr>
<td>10 Km</td>
<td>Justin Kuo</td>
<td>0:33:07</td>
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<td>10 Km</td>
<td>Stan Boardman</td>
<td>0:33:23</td>
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<td>10 Km</td>
<td>Steve Vaitones</td>
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<td>10 Km</td>
<td>John Jurewicz</td>
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<td>Bob Ullman</td>
<td>0:35:47</td>
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<tr>
<td>10 Km</td>
<td>Paul Schell</td>
<td>0:36:56</td>
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<tr>
<td>10 Km</td>
<td>Dick Yannappoulis-Ruquist</td>
<td>0:37:23</td>
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**Other Results**

In indoor and other events:

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 (I)

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)

Sun. 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, Calif. (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)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
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.

Assigning 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."

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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 racers 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 Vaiton at 617-566-7600/usatfnet@ixx.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 strategy, and training methods designed to make the best use of limited training time. Cost for the weekend is $95. For further information, contact Doug Kreininik at 304-422-8900/kreininik@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 view the shirt on the Easy Striders Home Page (http://home.cyberannex.com/mall/environprods/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 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 1983, 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.

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 your 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 Ramazanova, Russia '95
41:30 Kerry Saxby-Junna, Australia '88
41:31 Yelena Gruzinova, Russia '96
41:38 Guo Huoming, China '94
41:38 Rosella Giordano, Italy '97
41:46 Ann Ritu Sidoti, Italy '94

Men's 20 Km

1:17:26t Bernardo Segura, Mexico '94
1:18:04t Bo Lingfang, China '94
1:18:13 Pavol Blazek, Czech. '90
1:18:18 Yegevyn Misulya, Belarus '96
1:18:20 Andre Perlov, Sov. Union '90
1:18:24 Jefferson Perez, Ecuadot '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
44:12 Debbi 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 Jeff K. Laws '96
1:24:58 Ray Sharp '86
1:25:04 Carl Schueler '86
1:25:33 Marco Evoniuk '84
1:25:40 Jonathan Matthews '92

Men's 50 Km

3:37:41 Andrey Perlov, Sov. Union '89
3:38:18 Ronald Weigel, GDR '86
3:38:29 Vyacheslav Ivanenko, Sov. Union '88
3:39:45 Hartwig Gauder, GDR '88
3:40:12 Aleksandr Potashov, Sov. Union '90
3:40:12 Oleg Ishutkin, Russia '97
3:40:46 Jose Marin, Spain '93
A bit of history


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 had 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 pretty "sport" for women, too. There was the Highland Maid, Flora Temple, Mrs. Bentley, Mrs. Dallison, Mrs. Jackson, the Lynn Princess, and Mrs. Mickey Free. Kate Irvine had early in the decade attracted large crowds to walk 500 miles in 500 hours. Mrs. Mickey Free had also performed as a hurdlr 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. 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.

Tracks where spectators watched competitors 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 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 find for several years and the descriptions are quite fascinating. However, it wasn't really race walking. 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 linked 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.

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 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 a.m., 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 a.m., having walked all day through heavy rains and muddy roads, he was greeted by the cheers of a large crown, 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 p.m., 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 a.m. 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 a.m. 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 voicing vengeance on him.

On the following morning, Weston left for Buffalo where he was met by a squad of uniformed policemen 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 weary figure 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 a.m. 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 informed 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."

(Looking 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 1:56.9, after capturing one of two qualifying heats in 1:42.9. Dan Totheroh edged Young Long for second with a 1:54.7. Larry Walker finished in 1:53.5, but was DQ'd. In late news, we learned of a great 100 Km effort by the GDR's Christoph Holze 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 5:30:39, 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 1:41.4. His NYAC teammate, Ron Kulik, copped second in 1:41.9. Tyler Scully just missed a chance to compete against the Soviets with his 2nd place finish in 1:42.4. Ron Daniel, an 8:06 with young Todd Scully just missing a chance to compete against the Soviets with his 8:06 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 5:30:39, 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.
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 "Liesa 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. Lies was a distant second in 7:34.9 with Tracy Tirsie third. I guess I just had my Sue 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 not 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 Freischel 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. Lyman Weik was third in 12:57.41 and Ian Whately in 13:09:56. The Art of Fast Walking, Used the Olympic Race Walking Style To Get Fit and Lose Weight, 4706 Diane Drive, Ashland, OH 44804.


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

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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, Ashland, OH 44804.


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