Indoor Titles to Rohl, Seaman

Atlanta, Feb. 28—Just 6 months after giving birth to daughter Ayla, 32-year-old Michelle Rohl was back on top with her third win in the National USATF Indoor 3 Km. Michelle, who had won in 1995 and 1996 (she skipped last season with her pregnancy) was back so strongly that she recorded the second best time in championship history, 12:40.38, less than 5 seconds off Debbie Lawrence's 1993 mark of 12:35.79. Michelle improved on her 1995 winning time by 15 seconds.

In the men's 5 Km race, Tim Seaman moved from fourth in 1996 and second last year to win easily in 19:54.36, a time bettered only by Tim Lewis in championship history. Tim did 19:36.70 in 1987 and 19:51.05 in 1988. (Tim holds the national at 19:18.40 set at the World Championships in 1987.) Gary Morgan, sixth today, is the other U.S. walker under 20 minutes with his 19:55.60 win in 1992.

In the women's race, Rohl, Joanne Dow, and Gretchen Eastler-Fishman took control from the start, breaking away from the other walkers within the first lap and staying together for almost half the race. At about 1200 meters, Eastler-Fishman began to drop back a bit. Rohl started to open up on Dow at about 1600 meters. From there, Dow struggled valiantly to hang on but had to yield precious yards on each lap in 12:56.38, a time that would have won five times since this race went from a mile to 5 Km in 1987.

At the start of the men's race, a five-man pack of Seaman, Curt Clausen, Jonathan Matthews, Mike Rohl, and Morgan broke away from the rest of the walkers. Al Heppner led the second group. By mid-race, it was Clausen, Seaman, and Matthews in a lead group, with Rohl and Morgan dropping back a bit. Heppner was still well back in sixth.

By 3 Km, Matthews had dropped back a bit and shortly thereafter, Seaman made his move to pass Clausen and continued to increase his lead heading for a strong finish. He was 35 seconds ahead at the finish. Heppner put on a charge for the front and passed Matthews in the last laps to claim third place. But Jonathan's 20:43.20 was still impressive for a 41-year-old. Results:

**Women's 3 Km**


**Men's 5 Km**


**Other results**


Swing into spring with a zing at a racewalking thing

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)
Sat. April 11  5 Km, Boulder, Col., 9 am (H)
  South Regional 5 Km, Lancaster, Twoas (X)
Sat. April 18  Western Regional 5 Km, Las Vegas, Nev., 2 pm (B)
  5 Km, Brookings, S.D. (CC)
  5 Km, Atlanta, 8:30 am (D)
Sat. April 19  USA-TF 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)
  2 Mile, Houston, 8 am (Y)
Sat. April 25  Penn Relays 5 Km (W), 10 Km (M), Philadelphia (Invitational)
  5 Km, Miami, 7:30 am (Q)
  5 Km, Atlanta, 9:30 am (D)
Sun. April 26  5 Km, Kentfield, Cal. (P)
  4 Miles, Denver (H)
  5 Mile, Westerly, R.I. (AA)
Fri. May 1-3  Southern States Masters 5 Km, Raleigh, N.C. (919-831-6681)
Sat. May 2  5 Km, Sioux Falls, S.D., 8 am (CC)
Sun. May 3  10 Km, Racine, Wis. (S)
  USA-TF National 20 Km Women, Albany, N.Y. (G)
  Southern States Masters 20 Km, Raleigh, N.C. (919-831-6681)
  5 Km, Albuquerque, N.M. (W)
  Jack Mortiland Walks, 5 Km, 10 Km, Ohio and North Region 20 Km, Yellow Springs, Ohio (M)
  5 Km, Miami, 7:30 am (Q)
  5 Km, Houston (Y)
  10 Km, Palo Alto, Cal. (R)
Sun. May 17  Western Regional 10 and 20 Km, Palo Alto, Cal. (R)
  5 Km, Needham, Mass. (N)
  5 and 15 Km, Riverside, Cal., 7:30 am (B)
National USA-TF 15 Km, Elk Grove, Ill. (S)
  Metropolitan 20 Km, New York City, 8:30 am (F)
  Alongi in Marin 5 Km, Kentfield, Cal. (P)
  10 Km, Toronto, Ontario, Canada, 11 am (DD)
Sun. May 31  New England 5 Km, Brookline, Mass. (N)
  3, 5, and 10 Km, Houston (Y)
Fri. June 5  1 Mile, Houston, 5:45 pm (Y)
Sat. June 6  3 Km, Racine, Wis.(S)
Fri. June 12  5 Km, New Castle, Pa., 9 am (EE)
Sat. June 13  1 Mile, Houston, 5:45 pm (Y)
Southeast Region Masters, Atlanta (Q)
A—Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B—Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C—Bev LaVeek, 6033 N.E. Windermere Road, Seattle, WA 98115
D—Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
E—Ferry Race Walkers, P.O. Box 12303, Sacramento, CA 95813
F—Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G—Elaine Humphrey, 7048 Suzanne Lane, Shockey, NC 28512
H—Bob Carson, 2261 Glenoak St., Denver, CO 80207
I—Bob Briggs, 6207 Dunlavy Court, Springfield, VA 22152
J—Mal Wood, 5302 Easton Drive, Springfield, VA 22151
K—M. Vincent Peters, 607 Omar Circle, Yellow Springs, OH 45387
L—Steve Vailones, USATF-NE, P.O. Box 1905, Brookline, MA 02146
O—Frank Sobey, 3907 Bishop, Detroit, MI 48224
P—Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94907
Q—Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445
R—Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
S—Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
T—Columbia, TC P.O. Box 1872, Columbia, MD 21045
V—Pat Walker, 5337 S. State Rd. 135, Greenwood, IN 46240
W—New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
X—Jim Miller 972-442-0642
Y—Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
Z—Rosa Barranco, 3325 Musson Road, Howell, MI 48843
AA—Joe Light, 34 George St., Weston, RI 02891
BB—Vern LaMere, NIFS, 250 University Blvd., Indianapolis, IN 46202
CC—Glen Peterson, 1906 S. Hawthorne Ave., Sioux Falls, SD 57105
DD—Ontario Racewalkers, 676 Balliol St., Toronto, Ontario M4S 1E7 (416-489-0561)
EE—Peggy Plonka, 1000 S. Mercer Street, New Castle, PA 16101

Looking Back

A bit of history. Curt Clausen’s February feat of a National 50 km win on the 8th followed 20
days later with a second in the Indoor 5 km (with a sub-6 minute mile win at the Millrose Games
between) was an impressive display of versatility. However, he didn’t quite match Olympian Elliott
Denman’s feat in 1959 when his national wins at 3 km and 50 km were separated by just 16 days.
On June 19, Elliott, representing the New York Pioneer Club, was in Boulder, Colorado for the
National AAU T &F Championships, which at that time included a 3 km walk. Elliott won in
15:52.4, beating John Humcke by 14.5 seconds with Rudy Haluza another 11 seconds back in
second. Then on July 5, he journeyed to Pittsburgh for the National 50, which was probably
conducted on a blistering hot day. (Any mid-summer races I ever contested in Pittsburgh were on
blistering hot days.) Elliott won in 5:07:47, leaving Bob Minn nearly 18 minutes in his wake.
Lou Neuhoff and John Wall followed. While the times aren’t impressive today, Elliott went from
altitude to heat and humidity to win the shortest and longest races on the national program in the
space of 16 days. Curt, walking for Elliott’s club, the Shore AC, didn’t quite didn’t quite match the
old master, but well give him an A+ for effort. I remember all of this because I was just coming
into the sport at the time (I had walked my first race in August 1958 and first National at the 25 in
Philadelphia that fall), and was duly impressed that someone could excel at two such disparate
distances. Incidentally, just 5 days before the 3 km, Elliott took third in the National 20 km in
Baltimore in 1:34:16.5 behind his NYPC teammates Haluza and Fred Timee and ahead of our
own Jack Blackburn. (The course was definitely short.) Obviously, the Pioneer Club won the
team title, but the Ohio TC, led by Blackburn (I was 14th) took second in our first splash on the
national scene. Alongi in Marin. Frank Alongi will present his annual clinic at the College of
Marin in Kentfield, Calif. on May 23-25. The clinic will include seminars and semi-private sessions,
as well as a 5 km race on Sunday. For more information, contact Jack Bray, Marin Racewalkers,
P.O. Box 21, Kentfield, CA 94941, 415-461-6843. ... U.S. racewalker in Winter Olympics
news. An item from the Boston Globe of Feb 13, 1998, from Nagano, Japan: “The man was just
following orders. The Japanese bus driver had obviously been told that if you're taking people to a
venue, you take them to a venue, and not a kilometer from a venue. The scene: Wednesday, 9 am.
A bus full of media folk—many of them feisty photographers—was stuck in heavy traffic within
sight of the ski jumping venue at Hakuba. The event was starting at 9 sharp and the media throb
was getting very restless. The bus driver was asked to open the door to let people out. Walking,
they reasoned, was better than sitting in traffic for who knows how long. The bus driver refused.
Loudly. He was beyond reason. Nobody leaves. Exasperated Polish journalist Andrzej Chylinski
quickly wrote out a message and held it up to the window so passerby could see. It read, "HELP
WE ARE KIDNAPPED BY DRIVER!. Finally, someone opened a window. People began to
climb out. The Japanese bus driver was still screaming. Some theorize he was threatening to get
the police. All who wanted to exit via the window did so." Chylinski is, of course, the U.S.
Olympic 50 km walker who returned to his career in journalism in Poland following the Olympics.
Born in the U.S. when his parents worked here, he moved back to Poland at a young age and
returned to the U.S. in 1991 to seek success in racewalking, which he met quite a bit of.

Unfortunately, a totally understandable reply. Racewalker Keith Luoma wrote Track & Field
News as follows: “Congratulations on your 50th anniversary. Track & Field News is my favorite
track-related magazine, and I eagerly await each month’s issue. That being said, I still must object to
your poor coverage of the walks. Like the marathon, most walks are held on the road and are
scheduled apart from the T &F circuit. Nevertheless, the major marathons do receive coverage from
your magazine, especially those which are likely to impact the annual rankings.” The editor replies:
“It all boils down to public preference and our ability to interest readers in a given subject. As used
to be the situation with women, a lack of competition at the high school and NCAA levels means
very little public interest in the walks. Marathons were once also ignored by the track world in
general, but have now become very popular. For the best evidence of low interest in this country, one
need look no further than our U.S. Rankings for the 50 K, where we were able to rank only seven men, because that’s all who contested it.” (Ed. Well, I don’t want to say I told you
so, but I guess I am. Actually, as a subscriber to T &F News since the fall of 1953, I must say that
their coverage of the walks, while sparse, has certainly improved through the years. They do have
their readership, which is difficult to argue with.) ... The McGovert book. We have mentioned
in recent issues. Here is glowing review of the contents by Phil Ogra from the Walking Club of
Georgia newsletter. "Talk about truth in advertising. This book delivers exactly what the title
promises. For the racewalker who trains mostly on his or her own (and, I submit, that’s most of us)
this book will very quickly become an indispensable companion. It certainly has for me. I liken it
to an old bicycle repair book I had when I was a teenager. I never read it straight through, but I
know that I read very page of it many times over the years as I dipped into it for whatever I needed
at the moment. It was so well-written and so "true" that I’d often just read a chapter for pleasure
even when I wasn’t working on my bike. Dave’s book is exactly like that. From stretches that

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Philadelphia (Q)
really work to mental preparedness for racing. Dave treats all aspects of racewalking with intelligence, wit, and perspective. Although this is clearly a serious resource, it’s just plain fun to read. It unscrambles all of the different training methods and tells you what each is intended to accomplish. At the same time, it encourages the reader to experiment to find what works best for him or her. It features plenty of useful pictures and illustrations; I often keep the stretching section open in front of me to ensure I’ve got the right positions. Dave even gives you the “perfect” training schedule for every racewalker. Dave has his opinions, but he never lectures, he lets his experience do the convincing. I have other racewalking books and videos. I have referred to them sporadically in the past, but mostly they’ve gathered dust. On the other hand, I can say with honesty that I’ve read some of Dave’s book almost every day since it arrived. I keep it on my nightstand. If you want to improve your racewalking, I suggest you do the same.” You can have Dave’s book for $17.95 plus $2.00 shipping by contacting Dave McGovern, 43 West Hathaway Road, Mobile AL 36608 . . . Kudos. From U.S. international John Knifton (three World Cup teams in the ’70s): I bring to your attention the recent development of a strong racewalking program in the Rio Grande Valley of South Texas. As with so many good programs, this one is spearheaded by one very dedicated guy—in this case A.C. Jaime. In less than 5 years, he has developed a strong racewalking program along the Rio Grande Valley. His most recent 5 Km in Alamo, Texas (Feb. 28), had 80+ entrants and more than a dozen racewalking judges— including Richard Charles from Austin. A.C. Jaime has great rapport with his community, and their walking club (South Texas Striders) presents regular videos on racewalking techniques, judging, etc. As a result, a large proportion of the participants exhibit excellent technique and style. I don’t believe the results of these races reach the pages of the Ohio Racewalker, but the program is definitely alive and doing well. (Ed. They’ll reach U1c pages if we receive U1em and they meet our unstated standards.)

Growing Racewalking

Following is a report distributed by Elaine Ward of the North American Racewalking Institute on progress in the Racewalking Program at the ARCO Olympic Training Center in Chula Vista, Cal.

Four Part Vision

Resident coach. The Institute’s emergency fund raising campaign to maintain a resident coach at the ARCO OTC has grown into a long-range responsibility. When we discovered that the Racewalking Committee of USATF could not fund a coach’s salary, we were faced with the question, “How prudent is a one-year salary guarantee when the goal is to field a well-trained racewalking team in the 2000 Olympics?”

We answered this question by deciding to expand our salary commitment. By so doing, we felt the money that had been so generously donated for coach Bulakowski’s salary would truly have meaning.

Training and competition. A different and equally practical question logically followed. “What good is there in providing maximum coaching for 3 years unless there are major opportunities to train and compete internationally?” Racing against each other is excellent for athletes during practice, but it is not sufficient when the ambition is to go head-to-head with the best in the world.

At this point, John MacLachlan agreed to come on board as Chairman of the Institute to solicit financial sponsorship from major corporations and companies. With the full cooperation of the athletes at the Center, he came up with a presentation folder that has received universal praise from those who have reviewed it.

In helping John, I have come to fully respect what is involved in fund raising. It is truly a full-time job. Fortunately, for our sport, John brings to this enterprise a very successful background in marketing and sales and knows the imagination, courtesy, persistence, and continuing thought that is required to be successful. He also brings enthusiasm and love for racewalking so necessary in lighting fires under potential sponsors.

National Committee. As John just began his quest for major funding in January, we also made a formal request to USATF Racewalking Chairman Rich Torrellas and the National Racewalking Committee to advance $12,000 of their annual budget to the ARCO OTC team’s international training and competition. In the previous year, the Chairman gave financial support to individual athletes according to their performance levels throughout the year. We recommended that an advance allocation would better enable the coach and athletes to plan ahead. After sending our letter of request to many members of the National Committee, Rich gave his okay and has promised $12,200.

Dollars and travel. Though $12,200 seems like a lot of money, when spread over a coach and seven athletes, it is quickly utilized. Because of the serious intentions and dedication of the athletes involved, they anticipated a considerable shortfall and undertook to find substantial funding on their own for the year’s international training and competition. Their planned itinerary is as follows with an estimated cost of $3,400 per athlete for the international components.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Cost per Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 21</td>
<td>Mexican Walk Week (20 Km men and women)</td>
<td>Toluca</td>
<td>$1000</td>
</tr>
<tr>
<td>April 1</td>
<td>Mexican Walk Week (1 hour men, 10 Km women)</td>
<td>Monterey</td>
<td>$750</td>
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<tr>
<td>April 6-29</td>
<td>High altitude training camp at Mexican OTC</td>
<td>Toluca</td>
<td>$900</td>
</tr>
<tr>
<td>May 9</td>
<td>Softland Grand Prix (20 Km men, 10 Km women)</td>
<td>Bergen, Norway</td>
<td>$1000</td>
</tr>
<tr>
<td>May 10</td>
<td>10 Km Road Men (non-competitive)</td>
<td>Bergen</td>
<td>$750</td>
</tr>
<tr>
<td>May 11-15</td>
<td>In Barcelona, Spain</td>
<td>Coruna, Spain</td>
<td>$1200</td>
</tr>
<tr>
<td>May 16</td>
<td>Grand Prix (20 Km men, 10 Km women)</td>
<td>Elk Grove, Ill.</td>
<td>$900</td>
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<tr>
<td>May 24</td>
<td>USATF National 15 Km</td>
<td>New Orleans</td>
<td>$1000</td>
</tr>
<tr>
<td>June 19-21</td>
<td>USATF T &amp; F Champs (20 Km Men, 10 Km women)</td>
<td>Niagara Falls</td>
<td>$1100</td>
</tr>
<tr>
<td>July 11</td>
<td>USATF National 10 Km</td>
<td>New York City</td>
<td>$900</td>
</tr>
<tr>
<td>July 19-26</td>
<td>Goodwill Games (20 Km men, 10 Km women)</td>
<td>New Jersey</td>
<td>$1000</td>
</tr>
<tr>
<td>Sept. 13</td>
<td>USATF National 40 Km</td>
<td>Krakow, Poland</td>
<td>$1200</td>
</tr>
<tr>
<td>Sept. 27</td>
<td>Krakow Market Walking (10 Km men, 5 Km women)</td>
<td>(Date and venue of Pan American Racewalking Cup is not yet decided.)</td>
<td>$1200</td>
</tr>
</tbody>
</table>

New ARCO OTC athletes

We are often asked, “What about those excellent athletes who are not at the ARCO Center?” Fortunately, many will also receive funding from the National Committee.

At the same time, there is a third and fourth part to our vision for athletes who meet the qualification requirements of USATF. We would like to establish an Incentive Program of monetary awards that would involve all the racewalking athletes in the country. Such Incentive
Awards would be for those who make the A standards, who make American Records, and who place in the top levels in international competition. We would like these Awards to carry the name(s) of those funding them—whether individuals, families, companies, or service groups.

Fourth, we would also like to be so successful that we can establish housing at the ARCO OTC because of the limited residencies available at the Center. We also would like to be able to provide some funding for other Coaching Centers for those athletes who cannot move to the San Diego area.

We are committed to a long development period and are committed to doing what we can to grow racewalking if our assistance continues to be needed.

Athletic successes to date

It is fair for you to wonder if having a number of athletes under one coach at a facility that has the support systems of experts in weight training and sports medicine is producing results. The answer is yes.

In the short life of the ARCO OTC program, resident athletes have taken the top slots in 1998s two major Championships to date. Curt Clausen, Tim Seaman, Andrew Herman, and Al Heppner finished 1,2,3,4 at the 50 Km nationals. Seaman, Clausen, and Heppner finished 1,2,3 in the men’s 5 Km at the Indoor Nationals. (Ed. Not to be picky or to question the program in any way, but it is a little early to determine if their success is a result of the program or of where they were before the program began, when they were also dominant figures in national races. The proof will be in their improvement as the program continues.)

Growing dollars

One of the marvelous truths of our sport is that it is small enough to have the feeling of community, of family. The masters program provides a model of the fellowship and mutual support that sets this standard. In the past, the younger members of our racewalking community have been somewhat disconnected and have had to fend for themselves.

Now, we have an opportunity to bring our younger members into the overall support system. Our grassroots participation must be on going. If John is fortunate to get corporate sponsorship in the future, it will probably be earmarked for team travel and development. The essential salary of resident coaching will still require our grassroots support. We are hoping that the racewalking community will remain part of the Institute’s ARCO OTC support team and commit to making annual tax deductible contributions through 2000.

Grassroots ideas for growing dollars

Dave Romansky, a 1968 Olympian, has a full appreciation of what support means to Olympic hopefuls. In his time, there was no support and athletes had to go into debt to fund their ambitions.

Out of his love for the sport, Dave has agreed to be the Institute’s East Coast Coordinator of volunteer fund raising. He has as many ideas as he has awards in his closet. Here are just four:

1. Coaching fees. In the past, Dave has never charged for his coaching. Now he has made a commitment to ask his students to make contributions to the Institute in place of paying him. One of his students has sent the Institute $100.

2. Awards. If there are monetary awards for masters at the races he attends, he has pledged half his winnings to the Institute!

3. Speaker’s fees. Dave is starting a speakers bureau to go out and talk to community groups and service clubs. He has already arranged to speak to one group for an honorarium of $50, which again he plans to donate to the Program.

4. Sign in store window. Dave is also placing a sign in his store window telling customers that when they purchase a specific item, $1.00 will be donated to support the OTC racewalking program.

Dave is anxious for the program to be expanded beyond the ARCO Center, but recognizes the importance of making a significant start in one location. With his energy, dreams can come true.

Dave Lawrence and the Niagara Walkers have made a space on their membership form providing an opportunity for donations to the Institute for the ARCO Center program. To date, the Niagara Walkers have donated $160. This is a wonderful way for clubs to participate.

When we benefit one, we benefit all. There are some who do not see any personal benefit in helping the ARCO OTC program. It is important to keep in mind that the success of our young athletes will affect us all. It will add credibility to our sport. It will be easier to get publicity for our local racewalking events. It will also be easier to gain media recognition of our youth and masters athletes.

Many wonderful things can happen when we all put our minds and imaginations to work. We will keep you posted on our progress and please let us know if you have funding ideas or contacts for us to pursue.

We urge you to spread the word. Encourage others to make tax deductible donations to the Institute. Every dollar that is donated goes to the Program. John is donating all his telephone, travel, postage, and other expenses. I am donating my expenses. We welcome the support of all who love the sport of racewalking and feel confident that together our enthusiasm will affect the success of our goals and we will all prosper as we grow racewalking. (To make contributions or suggestions, or for more information, call the Institute at 626-441-5459.)

Weston’s First Long Walk

(Continued from last month and excerpted from the book Runners and Walkers: A Nineteenth Century Sports Chronicle, by John Cumming, Regnery Gateway, 1981. We left Weston on his way out of Elkhart, Indiana as he continued on his trek from Portland, Maine to Chicago in the fall of 1867. The narrative from a reporter of the time.)

"Bonfires were lighted along the road and the whole heavens were illuminated with burning barrels and boxes at the next town, Mishawaka. At the place a brass band wheeled into line behind the special police force, and struck up a lively air, but Weston’s rapid strides soon took the wind out of their horns. They blew and ran, and ran and blew, vainly hoping their discordant music would do some good. If any ridiculous circumstance tending to excite the visibility of the pedestrian served a good purpose, that band earned the first premium."

"If possible, the enthusiasm at South Bend exceeded that at the last-named place. The firmament was lurid with the blaze of bonfires, and 50 special policemen kept the crowd at a respectful distance from the little hero, who appeared to be tiring rapidly. He had now traversed nearly 87 miles over slippery clay roads, through rain, sand, and slush, leaving about 14 miles yet to go, and three hours to do it in. Weston came to a halt here, pleading that he didn’t have the strength to finish his task, and further prosecution of it would be but self-inflicted punishment."

His friends and spectators urged him to go on, but he could go no further. His feet and ankles were swollen, and he was weary and in pain. There was no doubt in his followers’ minds and in the opinion of the spectators who had witnessed his remarkable performance under the most
trying circumstances that under more favorable weather conditions he could have made the 100 miles with ease.

He slept here overnight and rose refreshed and ready to continue his trek toward Chicago. Still encountering friendly and excited crowds, he went to LaPorte, stayed there overnight, and has an easy walk next day to a point a few miles distant from Chicago.

The same reporter described his triumphant entry into Chicago: "The most extensive preparations had been made to accord him a grand reception when he should reach Chicago, and it is a long time since so much excitement was witnessed there. There was an unprecedented demand for vehicles by persons bent on escorting him to the city limits, and the day preceding his arrival, scarcely a carriage, buggy, sulky, light wagon, or, in fact, anything to which an equine quadruped could be harnessed could be obtained for love or money. He met some distance from the metropolis of the West by a tremendous and rather mixed cavalcade of mules, horses, donkeys, etc., who received him very enthusiastically, and by the sudden rush to see him might have caused a repetition of the unfortunate accident at Pawtucket, had not a squad of some 50 blue coats protected him from the eager and thoughtless crowd, marching ahead, abreast and in rear of Weston—and they were compelled to do some tall walking to keep up with their charge. (Ed. That reporter was never instructed on sentence brevity.) He reached his destination at 10 o'clock on the morning of the 28th, and took up his quarters at the Sherman House. He had been feted and lionized like a French count since his arrival, and will, perhaps remain in Chicago for some time."

That afternoon, he made an appearance at Crosby's Opera House, probably augmenting his receipts for the walk considerably. For the next few months, Weston was kept busy making such appearances and performing exhibitions. Meanwhile, Weston was being badgered by challengers who wished to race against him, but he chose to reap the benefits of his fame before risking his reputation in a man-to-man contest, a tactic that failed to enhance his popularity in sporting circles.

Weston's great walk had stimulated widespread interest in the sport. Notices in the newspapers frequently announced walking records of various kinds, some rather bizarre, such as the young man in Boston who sought to set a record for walking around Boston Common with a keg of beer on his shoulder. There were also claims of records for one-legged walking, backwards walking, and a number of other variations of the sport. Frank Queen, the editor of the New York Clipper, the country's leading newspaper of the entertainment and sporting world, commented on the walking craze, concluding that it would have a healthy effect upon the nation.

LOOKING BACK

35 Years Ago (From the March 1963 issue of Chris McCarthy's Race Walker)–The National 20 Km, held in March because of an early Pan-American Games date, was won by Ron Laird in 1:34:52. Ron Zinn led the race, held in Chicago's Horner Park, for 8 miles, starting off with a 6:58 mile, but faded to the finish in 1:36:02, 34 seconds ahead of Canada's Alex Oakley. Akos Szekely was close behind in 1:36:41, with Jack Mortland almost 2 minutes further back, just ahead of John Allen. Mortland, as he recalls at this moment, was pointing more for his June wedding than the Pan-Am Games. Ken Matthews beat Paul Nihill in the British National 10 mile, 73:00 to 73:34, with Rudy Halaza coming 10th in 77:19. Two weeks later, Rudy, stationed in England with the US Air Force, finished ninth in their National 20 Km.

30 Years Ago (From the March 1968 ORW)–On the Mt. SAC track in Walnut, Cal., Larry Young bettered the American 50 Km record with a 4:25:40 (he improved considerably in years to come) and Ron Laird also bettered Goetz Klopfer's old record with 4:29:29. ...Tom Dooley also had a fast track race with a 1:08:50 for 15 Km in San Francisco. ...On the East Coast, Ron Daniel
The USA trip to the Dublin Grand Prix of Racewalking was set up primarily as an event for the developing/U23 (under age 23) athlete, which is a standard division in Europe. We received an invitation to send a U.S. team in April of 1987, but in a year of tight budgets, the trip was tentative until mid-summer. Numerous calls and faxes, careful spending, good travel deals, and the interest of the athletes finally made the trip a reality. Our six athletes—Margaret Ditchburn, Danielle Kirk, Jill Zenner, Philip Dunn, Al Hennep, and Will Van Axen—were flexible and relaxed when it came to travel and accommodations, because as the trip was being put together, there was a very real possibility that athletes might have to pay for a part themselves in order for the trip to ever take place. “Roughing it” a bit was far better than the alternative of no meet at all. Interested in the event and in seeing Ireland, I went on my own and offered my services as team leader, from which viewpoint these comments come. (Ed. All of this has a familiar ring to it. The first U.S. team to participate in the World Cup in 1967 went under similar circumstances, except there we were going into East Germany on our own. Perhaps, someday I will republish what I wrote in these pages on that trip.)

The meet itself reminded me of the Alongi Invitational in many ways, from the many different age group races to the friendly park setting of the event and good comradery after the racing. Also, with both events, the prime mover is an energetic individual who puts in much time and effort because they want to see the sport grow. Event director Bernie O’Callaghan, a former Irish record holder himself, was our host for the event, and deserves full credit for putting on a great event. As administrator, coach, and judge, Bernie works at getting the walk into many meets around the country. He’s been focusing on youth, and, as he said, getting the walk into one meet at a time.

After an overnight flight, Bernie picked me up at Dublin airport on Wednesday morning and I spent the day accompanying him on his race director’s pre-event rounds. Much of the workload was shared with his son, Pierce, a student at University College Dublin and a national junior record holder for 10 Km (Ed. and a distinguished ORW subscriber) along with Jamie Costin, another top young walker.

The pre-race activity was not unlike what I do for many New England association events, checking in at the pub hosting the awards ceremony, getting the medals, picking up ads for the program, visiting the BLE officer—the Irish athletics federation. (The BLE office occupies a three-floor row-house on the north side of the city, hardly the space that USATF has in the RCA Dome, but then again, the country is only as big as New England itself.) Early the next morning, Bernie met the U.S. athletes at the airport at 6:30.

Budget-range hotels were booked up due to the All-Ireland football championships, the equivalent of the U.S. Super Bowl, so our lodging was at Kinlay House, Dublin, an international hostel, but not strictly for youth. A rambling three-story building right in the center of the city, Kinlay House provided access to visitors’ attractions and some training routes, and was about 3 miles from the race course.

The rooming assignments were musical-chairs fashion due to the nature of the hostel (not hostile) environment of check-ins and the need to fill every available bed most efficiently. They ranged from bunk spots in a large top floor room with 5 x 4 cubicles just like office cubicles to six-to-a-tighter-than-a-college-dorm-room shared with other teams. For a team on a budget, though, Kinlay House couldn’t be beat as the top dollar at $27 down to $17. The meet covered part of the lodging, and the USATF budget the remainder. Breakfasts included were rather Spartan, but adequate.

Through the summer, the competition had grown from its traditional youth and U23 match between Ireland and England (not Great Britain) and Isle of Man to include six countries. The youth end of the meet is actually the second half of a spring/summer home-and-home match against England; the match combines scores of events for age 10 and under up to Junior U18, making each race important and giving all young athletes a stake in the outcome. The teams take a
The landing. Another trick that almost always works is to change the way your foot is landing. Go a bit lighter on the heel, roll over your foot in a more exact manner. You might also try crossing over just a hair more when you land.

Here are a few other tricks that can get you right into solid rhythm. Relax your breathing. Drive your hips a little more or a little less. Drop your shoulders. Release your hands. Stand taller. Drive your arms back past your hips. Put your chin up or down. Quicken your turnover or slow it down. Breathing differently makes things feel different.

The list is pretty much endless. Anything you can think of right down to your little toes can make a difference. Probably, in almost every idea mentioned here, the key is relaxation. I couldn't even begin to guess how many times I have gotten the point across to someone to quit trying to go so fast/hard and just go fast/hard. It's easy and smooth to cruise instead of hammer.

The next time you are in a race, and you feel "off," simply try to relax and have fun. Keep it strong and quick (without trying, of course) and I'd be willing to bet that you will get a comment from someone after the race that says something like, "You looked tight early, but then you settled down and looked better going faster." It might have been something that really "just happened," but most likely, it was something you really told yourself to do. Try it next time you are doing a hard workout, trying to crank out a 400 faster than you have ever gone. It will work, I'm certain.

**The Link Between Stride Frequency, Respiration Rate and Heart Rate**

By Dave McGovern--Dave's World Class

I'm often asked by beginning walkers at my racewalking clinics how to breathe when racewalking. The easy answer is that you'll do just fine if you relax (Ed. There's that word again. Relaxing must indeed be important.) and don't even think about it. The cardio-pulmonary system is not controlled by conscious thought; if it were we'd "forget" to breathe when distracted by things like analytic geometry problems or the Playboy channel (Ed. Or, the Chippendales, to keep this gender neutral). Although we can control it to some extent, breathing "just happens".

Your muscles require oxygen to produce energy. As you walk faster and faster, the muscles require more and more oxygen to meet the increased energy demands. So you breathe faster and faster and your heart pumps faster and faster to get oxygen-rich blood into these working muscles. Obviously, these three variables are linked: As you walk incrementally faster, you require a proportionately greater amount of oxygen, so your lungs and heart have to work proportionately harder to get the oxygen where it needs to go. The relationship is linear—up to a point. Heart rate and respiration rate are both limited, so after a certain pace, you can't take in or circulate any more oxygen, even if you walk faster than that critical pace. These limits are your VO2 max, and maximum heart rate, respectively.

Your stride frequency, however, does not necessarily have such limits. If your technique is good, you can spin your wheels very quickly—almost always this is at least for short distances, anyway. Since stride length is relatively fixed (assuming you're keeping one foot on the ground at all times, which isn't necessarily a realistic assumption...) stride frequency must continue to increase as long as pace is increasing so, unlike respiration and heart rate, the relationship is linear at any pace.

Now would be a good time to scratch your head and say "what's it all mean, Dave?" It means that your breathing will get faster and faster as your stride gets faster and faster, until you reach that critical point where respiration rate (and heart rate) begin to level off (which occurs at or near lactate threshold). So most walkers are able to maintain the same breath-to-stride pattern for all sub-threshold paces. Many walkers maintain a 2-3 pattern—they take two strides while inhaling, then three strides while exhaling. This pattern is maintained until the leveling off point (lactate threshold) and then the ratio will change, usually to something faster, say a 2-2 pattern (two strides while inhaling, two strides while exhaling).

"How does this help my walking?" you may ask. Knowing your usual breathing pattern, and looking for the change to a faster pattern is one good way of knowing you're training at or near lactate threshold. Beyond that, it's really not something you should be too worried about. If you like to keep track of minutes while you walk, you'd be better served by counting your stride frequency. A higher stride frequency at a given pace is usually an indication that you are walking with relatively short, fast, efficient steps rather than long, loppy inefficient ones. Get it? Good. Now put down the slide rule, turn off the Playboy channel, and get out there and walk!!!

(From Golden Gate Racewalkers Newsletter)

The following observation, published in the November 1997 Masters News came from race walking's Lyn BruBaker:

**Too Much Pressure**: One problem in life is that we put so much pressure on ourselves for a certain level of achievement that we forget to enjoy the process. Then we lose our love for what we are doing and we take things all out of perspective. In the words of my sports psychologist, "When you lose perspective, you lose a balance between your training, your work, and your family life." Something ends up giving. It is more important to keep the enjoyment in what you do and life will flow.

When people are trying to make records or trying to find the magical diet, or trying to discover the perfect training methods, they flip-flop around. They will read different ideas by five people on training or dieting in Walking magazine and immediately start switching things into what they are doing. The older we get, the more I think we know how our bodies feel and what works best. We can all write our own articles.