Dow Sets 20 Km Record: Morgan Wins 30

Albany, N.Y., May 3—Joanne Dow won the USATF National Women's 20 Km race today and took nearly a minute off Victoria Herrazo's American record in the process. Dow covered the distance in an outstanding 1:34:46, leaving Theresa Vaill 1:40 behind. Herrazo, whose old record was 1:35:40, was well back in third. Michelle Rohl, the pre-race favorite, was DQ'd, but we have no details on where she was in the race when tossed.

Commenting on the race, Dow noted: "I have not really been training for the 20. I have just been training. I think I have a little cumulative effect from last year. It was really my first solid year of being healthy and I think I'm reaping rewards of strength from that. I certainly did not expect to do the time I did." At 34, Dow was the youngest of the five finishers. Rohl is 32.

In the accompanying men's National 30 Km, Gary Morgan held off Mike Rohl for the win in 2:25:37. Rohl was just 44 seconds back at the finish. As in the women's race, there were only six starters, with one DQ and one DNF.

The accompanying masters' races were much better attended. Janet Corni edged Gayle Johnson in the women's race with a 2:01:11. Johnson had 2:01:35. Here, there were nine starters and seven finishers. In the men's 30, Bob Keating upset Jim Carmines, finishing 45 seconds ahead in 2:47:57. Dave Romasny, now 60, was not far back in third. There were 18 starters with two DQs. The results:

**Women's 20 Km**
1. Joanne Dow (34) Bedford, N.H. 1:34:46
2. Theresa Vaill (35) Pine Plains, N.Y. 1:35:46
3. Victoria Herrazo (38) Las Vegas 1:36:26
4. Doris Atchley (36) Lakewood, N.J. 1:36:29

**Women's Masters 20 Km**
1. Janet Corni (44) Erie, Penn. 2:01:35
2. Gayle Johnson (49) Columbia, Mo. 2:01:35
3. Gloria Rawls (41) Mountain Top, Penn. 2:03:08
4. Lee Chase (44) S. Glastonbury, Conn. 2:05:08

**Men's 30 Km**

**Men's Masters 30 Km**
2. Jim Carmines (54) Cumberland, Penn. 2:48:42
3. Dave Romasny (60) Pennsville, N.Y. 2:50:32
5. Joe Light (50) Westerly, R.I. 3:01:52
6. Bob Barrett (64)
7. Youkers, N.Y. 3:06:47
8. Norm Frelow (52) McKinney, Tex. 3:07:32
9. Lon Wilson (51)
12. Ronald Shields (55)
13. Bain, Penn. 3:23:46
14. Benno Stein (60) Brooklyn, N.Y. 3:30:56
15. Larry Freeman (56) Newport, Penn. 3:39:52
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Lawrence, Seaman Lead Way In 15 Km

Elk Grove Village, Ill., May 24—After a race long dual, Tim Seaman proved too strong and swift for Curt Clunan at the end as he won the USATF National 15 Km race walk today. In the women's race, Debbie Lawrence dominated from the start and added to her long list of national titles with Victoria Herzeno a distant second.

The men dawdled through the first 5 Km with Seaman and Clunan leading in 23:06. Andrew Herrmann and Michael Rohl went through in 23:07, a second ahead of Jonathan Matthews, competing in the men's division. The two leaders stopped the pace considerably over the next 5 Km, passing 10 Km in 44:13 (21:07 split). This left Herrmann 4 seconds back, but 22 seconds ahead of Matthews, who led Rohl by 8 seconds. When Seeman accelerated on the final 5 Km, the favored Clunan didn't have an answer. Tim's 20:33 split carried him to a 1:44:46 clocking, 9 seconds ahead of Clunan. Herrmann finished in 1:47:19 and Matthews in 1:47:04, a New U.S. 40-44 record.

Lawrence slowed gradually through the race, but pulled steadily away from her first 5 of 23:45 was close to the leading men.

In the men's race, national coach Bohdan Bulakowski and Jim Carmine were hardly up to Mathews pace, but were impressive nonetheless. Bohdan won the 45-49 group in 1:43:48, but finished just three seconds ahead of Carmine, who won in 50:34. There was Max Green, still blistering the pavement at 66, as he won the 65-69 group in 1:24:26, accelerating throughout the race. Sandra DeNevo won the women's master's race with an impressive 1:23:23. The results:

Masters Men:

Masters Women:

Men's 20:

Women's 20:

Mortland Racewalks, Yellow Springs, Ohio

May 10 (by Vince Peters)—The USATF North Region and Ohio 20 Km Championships were decided today at the 11th Annual Jack Mortland Racewalks. For the men, the winner was veteran Jonathan Matthews, 41, who covered the first of 20 Km loops in 8:55 to establish a comfortable lead over Dan O'Brien, a three-time winner of the event in the early 90s. Matthews held the pace for the first three laps, before succumbing to a surprisingly hot and sunny Mother's Day morning, but still finished in 1:33:23. O'Brien yielded the runner-up spot to Chris Knotts after 6 Km and eventually dropped out after 16 Km.

For the women, it was first-time 20 Km walker, Jill Zenner (23), now a graduate student at Purdue, who captured the gold. Zenner, a graduate of nearby Cedarville College and now competing for the host Miami Valley TC, broke one of the four race records set on the day with her 1:43:07 victory, a race-long duel with men's runnerup Knotts. Runner-up Cheryl Reallinger also broke Sami Bailey's old record with a solid 1:48:41.

Zenner also lost a record, as Kansas City's Emily Carter won the 5 Km race in 23:59, a personal record. Emma, representing the Merriam TC, but still a citizen of New Zealand, qualified to represent that nation in this summer's World T&F Championships. Runner-up was 14-year-old Liz Paxton of the Policecces TC in 27:48. The 5 Km record also fell for men as Ed Filch won in 26:53. At 10 Km, Samantha Cohen, University of New York-Albany, won the women's race in 52:13 and Scott Crafion led the men in 50:49. The 20-Km team title and $150 went to the Indy Walkers who led the Miami Valley TC by 4 minutes. Results:

Women's 20 K:

Men's 10 K:

Women's 10 K:

1997 National Postal 1 Hour Racewalk

The Ohio AC once again sponsored a National Postal 1 Hour in 1997 and is doing so again this year. For this year, you can have your races any time through Dec. 31. Races must be on a certified 400 meter or 440 yard track with a minimum of three judges on hand. Every walker in the world is invited to take part. Entry forms are available from Elliott Denman, 28 North Locust Avenue, West Long Branch, NJ 07764.
The 1997 compilation of all results saw three new individual records. Ruth Eberle added 13 meters to her 1996 record in women's 65-69 going 9,473 meters. Dave Roaminsky was most impressive with his 12,027 meters in men's 55-59, adding 492 meters to his 1995 record (and this was in his last year in the class). And in 65-69, Jack Bray added 27 meters to Bob Minun's 1990 mark. Celebrating his birthday in mid-year, Jack also won the 60-64 class with a mark made before his birthday. Jack's Marin Racewalkers won the overall team crown with 41 walkers, 9 more than the Potomac Valley Walkers put on the track.

In all, 122 men walked 1,137,263 meters and 101 women, 842,823 meters, for a total of 223 athletes walking 1,980,086 meters.

So, here are the 1997 results by class:

Girls 11-14

Men 40-44

Men 45-49

Men 50-54

Men 55-59

Men 60-64

Men 70-74

Men 80-84

Other results:
8 Km

MAY 1998
Judging from a conversation earlier, the race has a very strong-willed and confident attitude. Not to brag, but that was one of the more insightful comments I have ever made.)

Junior Men's 10 Km-1. Chris Brooks 46.23:54. (This 18-year-old from Illinois is now a freshman at that breeding school for champions, University of Wisconsin-Parkside.)

A great leap from nowhere for the Malaysian girl. Great race for Mendoza, who must have improved her personal best by quite a bit.)


Past Mortonland Invitational Winners

John White, president of the Wolfpack Track Club, started this race in Columbus, in 1988. When John gave up much of his involvement in athletics endeavors, Ohio Racewalk Chairman Vince Peters packed up the race and moved it to Yellow Springs, where it has remained. Unfortunately, the first year was the best, boosted by many walkers seeking Olympic Trials qualification times. That year, there were 24 starters in the 20 Km, with 7th place at 1:35:02 and 12 starters in the women's 10, with a ding-dong race amongst Maryanne Torrellas, Debbi Lawrence, and Canada's Pascal Grand. Gary Morgan's 20 Km and Maryanne's 10 from that year still stand as meet records. The size and the quality of the fields have dwindled since, but we generally get a respectable winning time, at least. Since the move to Yellow Springs, the 20 and 10 Km races have both been open to men and women (boys and girls), but we continue to list men's 20 and women's 10 winners. Anyway, here is the history of the race.

1988

Men's 20 Km: 1. Gary Morgan 1:27:30
2. Steve Pocinovsky 1:30:54
3. Dave McGovern 1:32:15
4. Richard Quinn 1:33:18
5. Daniel Levesque, Can. 1:34:00
6. Don Lawrence 1:34:20
7. Dan O'Brien 1:35:02

Women's 10: 1. Maryanne Torrellas 48:03
2. Debbi Lawrence 48:23
3. Pascal Grand 48:25

1989

Men's 10 Km: 1. Gary Morgan 44:57 (29 walkers)
2. Dan O'Brien 47:23


1990

Men's 20 Km: 1. Gary Morgan 1:32:07 (25 walkers)
2. Steve Pocinovsky 1:34:12
3. Dan O'Brien 1:37:30
(Max Green walked 1:43:41 at age 58)

No women's 10

1991

Men's 20 Km: 1. Dan O'Brien 1:40:09 (9 walkers)

Women's 10: 1. Gayle Johnson 52:59 (9 walkers)

1992

Men's 20 Km: 1. Dan O'Brien 1:37:53 (6 walkers)

Women's 10: 1. Sara Standley 49:58
2. Gayle Johnson 51:21 (6 walkers)

1993

Men's 20 Km: 1. Dan O'Brien 1:36:49 (5 walkers)

Women's 10: 1. Lenore Norris 63:57 (2 walkers)

1994

Men's 20 Km: 1. Gary Morgan 1:36:24 (10 walkers)

Women's 10: 1. Lisa Sommug 51:41

1995

Men's 20 Km: 1. Joan Froman 1:36:47 (7 walkers)

Get Up and Go, Let's Heel and Toe

Fri. June 5 1 Mile, Houston, 5:45 pm (Y)
Sat. June 6 3, 10, and 20 Km, Racine, Wis. (S)
5 Mile, Indianapolis (Y)
4 Mile, New Jersey (A)
5 Km, New Castle, Pa., 9 am (EE)
Sun. June 7 8 Km, Atlantic (D)
Ohio 3 and 10 Km, 8:30 am, Yellow Springs (M)
8 Km, Indianapolis (Y)
3 Km, Racine, Wis. (S)
5 Km, Denver, 8:30 am (H)
Mon. June 8 5 Km, Long Branch, N J., 6:35 pm (A) (and each Monday to end of August)
Fri. June 12 1 Mile, Houston, 5:45 pm (Y)
Sat. June 13 Southeast Region Masters, Atlanta (Q)
3 Km, Fort Monmouth (A)
5 Km, Hebron, Ind. (S)
5 Km, Miami (Q)
5 Km, Atlanta (D)
Cal. Senior Games 1500 m and 5 Km, Pasadena (B)
5 Km, Lafayette, Col. (H)
Sun. June 14 3 Km, Alexandria, V ir., 8:30 am (J)
Mon. June 15 5 Km, Long Branch, N J., 6:35 pm (A)
Fri. June 19 1 Mile, Houston, 5:45 pm (Y)
Sat. June 20 National USATF Men's 20 Women's 10 Km, New Orleans (G)
1500 and 3000 meters, Dayton, Ohio (M)
5 Km, Denver, 9 am (H)
Sun. June 21 5 Km, Denver (H)
Mon. June 22 5 Km, Long Branch, N J., 6:35 pm (A)
Fri. June 26 1 Mile, Houston, 5:45 pm (Y)
USATF National Jr. Women's 5 and Men's 10 Km, Edwardsville, IL (G)
Sat. June 27 5 and 10 Km, Pasadena, Cal., 5:30 pm (B)
North Region 8 Km, Kalamazoo, Mich. (S)
5, 10, and 20 Km, (track), Boulder, Col. (H)
Sun. June 28 1 Hour, Kentfield, Cal., 7:30 am (P)
Metropolitan 15 Km, New York City, 8:30 am (F)
3 Km, Alexandria, V ir., 8:30 am (J)
5 Km, Miami, Fl., 9 am (Q)
Mon. June 29 5 Km, Long Branch, N J., 6:35 pm (A)
Fri. July 3 1500 meters, Yellow Springs, Ohio (M)
Sat. July 4 10 Km, Dedham, Mass. (N)
8 Km, Alexandria, V ir., 7:30 am (J)
1500, 2000, and 3000 meters, Warren, Mich. (O)
From Heel To Toe

T-shirts. In the February issue we ran a notice about some nice t-shirts available from veteran racewalker Carl Acosta in North Hollywood. Carl has informed us that as a neophyte to the Internet, he lost some orders. So, I am running the note for those who may have lost it in the shuffle, those who missed the first time, those who have recently subscribed, and those who may want to reconsider an earlier decision. These are very nice t-shirts and would be good to have for competitors in your races or just for yourself. So, here is what I said before: Carl Acosta 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." You can view the shirt on the Easy Striders Home Page (http://home.cyberannex.com/mallen/rwuni.htm). Contact: Carl Acosta at 6246 Denny Avenue, North Hollywood, CA 91606, 818-763-3208 ... USA in Europe. A note from the ARCO Training Center Team as they left Europe for Illinois and the National 15K. "In Norway, Susan Armenta and Danielle Kirk led the way with personal records while achieving the Olympic B Standard with 15K times of 46:51 and 47:47 respectively. In LaCoruna, Spain, Curt Clausen just missed making the Olympic A standard with an impressive 1:23:58, while Andrew Hermann walked a seasonal best of 1:26:52." We should have complete results of these races next month. ... More shoe commentary. Last month, we carried comments by Jim Mann on the future of racewalking shoes. Jim, who is now Director of ACG and court shoes for Nike, located in Pusan, Korea, offers the following update on those comments: "I do agree with you that some people do not want their shoe models changed every 1 to 2 years as I stated, but, using some general figures only (random, August numbers): minimum order 3 to 5,000; 50 percent 'want more' or 'different' or 'new', 5,000 over 2 years. Looking at these numbers, you can see that the cost of amortizing molds as well as manufacturing would be too high to carry one model. Plus, some people do not like Nike, some people do not rebuy, etc., etc., etc. I, as a walker, hate the situation, and if it was my decision, I would eat the cost and do it anyway. Also, it is not my call. Please note, I am not making excuses, only trying to help people understand fully the situation. Hope this helps a little." If you want to communicate with Jim on this, you can reach him at jim.mann@nike.com ... Who'se the Scandinavians? The Danish publication Gågangsporv carries the Danish top five in each event for 1997. We note only three women broke 30:00 in the 5K, with the leading time at 27:50.4. This inspires some reflection on the days when women's racewalking was gaining a foothold 20 to 25 years ago. The Scandinavians were at the forefront, primarily Sweden and Norway, but the Danes did well too. The British and Australians were not far behind and as involvement in this country grew, we began to compete on fairly even terms with these powers. But as quickly as some other countries decided to get seriously involved, primarily those with strong men's programs, the power structure changed. It seems now that only Australia remains competitive at the top from among the early leaders, and that due largely to the prowess of Kerry Saxby-Junna. The Eastern Europeans, Chinese, Italians, and Spaniards have swept past and left the former Scandinavian powers in the dust. Why have Sweden and Norway, once so dominant, not only failed to keep pace with the emerging powers,
but seemingly regressed? Well, I don't know. I'm just reflecting some thoughts that crossed my mind when I saw those lists. ...Dave McGovern will conduct a clinic in the Boston area June 27-28. The program costs $95 and includes individual videotaped analysis and lectures on technique, preparation, strategy, and training. The fee includes a copy of Dave's book, Precision Walking. Call Ken Mattson at 617-376-9331 for further details. From the New England Walkers Newsletter: Josef DellaGrotte, Ph.D., trainer, and therapist, offers this analysis of the biomechanics and biodynamics of racewalking. The human body moves best when all parts are in synch and the motions are friction-free, smooth, coordinated, and in good resonant motion flow. Finding the zone of what in physics is called "resonant frequency" can be elusive. The price we pay for forced, stressful movement is hip pain. The principles of effective walking to power walking, and the racewalking evolve, involve these fundamentals: (1) Full mobility for rotation and excursion through the hip girdle. (2) This then makes possible the rotation and elevation of the spine, which then coordinates with (3) the excursion of the shoulder girdle, leading to (4) the gait pattern, which I call the "bounder." These are best learned by practice of movement awareness, and by accessing instructions from within your very experienced body-nervous system (much in the same way you learned to ride a bike). Beware. A lot of people walk while listening to music on their Walkmans, though I'm not sure this includes many competitive walkers. In any case, take heed of this note from Phil Howell of the Georgia Walkers: "About 8 years ago, I used earphones for a few months to listen to TV while using an Airdyne exercise bike. Even though the volume was not set very high, I developed tinnitus (a sensation of ringing in the ears) due to auditory nerve damage from that sound. That ringing has been with me ever since, and will probably be there until I die. I am aware of the ringing every day and have a harder time hearing conversation (and especially soft speech) because of it. I would urge everyone to be very wary of using earphones. If you must use them, use the kind that are not placed directly over, or inside, the ear canal. Look for earphones with speakers that sit in front of the ear (pointed toward the back of the head) so that the sound transmits through the bones in front or back of the ear. Then keep the volume down. My experience is that if the earphone sound is really "great," it is way too loud. That said, I must also mention that I regularly use one earphone placed directly over the ear canal. It is connected to a digital metronome that helps me set and maintain my walking pace during selected training sessions. The sound coming from the metronome earphone is relatively soft, and I have further reduced it by using "Shoe-Goo"-type glue to block part of the 1/16-inch sound opening in the earphone. (I use the metronome on very long walks to more easily maintain a certain step rate/pace and during speed training sessions to incrementally increase step rate/pace during intervals.) Your editor might add that studies have shown that high decibel sound is also fatiguing, which isn't going to help your workouts a lot. I recall having discussed such studies in these pages many years ago, specifically following a U.S.-Canada meet at the Expo Center in Toronto. Both the 20 and 35 km races were walked on the track, and during the 20, huge speakers set up for a concert later, were blaring out loud, rancorous music. I found it very distracting and perhaps fatiguing (although I didn't blame my demise in the second half of the race on it). However, I recall differing opinions from some or all of my teammates (Ron Laird, Ron Daniel, and John Knibbou), who thought it was stimulating. I guess they were rock fans and not old fuddy-duddies as I (was then all of 33). My taste has always been for jazz, and since there is no longer a jazz station in Columbus, I keep the car radio tuned to the 24-hour classical station, or the PBS station for commentary. Anyway, beware of what you have in your ear as you walk. Racewalker? A note in the May/June New Mexico Racewalker states: "By the way, what we do is race walk, two words. Not racewalking. Some of us have been careless about that." Well, yes. Just look at the name of their publication. Or their schedule of events—"May 9—Club Handicap Racewalk." Or a note that "Club racewalkers have decided to..." Or a note on Racewalking Instruction. Or an ad for Dave McGovern's book, The Complete Guide to Racewalking Technique and Training. I think "racewalking" is a pretty well established term by now. Perhaps the ORW was a pioneer in establishing the term as a single word. We began life in March 1965 as the Ohio Race Walker. In the spring of 1971, Bob Smith, an Ohio Track Club walker and commercial artist in Dayton, had one of his compatriots design the masthead that we still use for us. Simply because it fit better, they made racewalker one word. The debut issue for the new look was May 1971. I had no trouble accepting "racewalking" since I knew that a long-standing trend in the English is to combine such terms into single words and usage would eventually establish racewalk as a single word. I think this has pretty much happened by now, though there are still pockets of resistance out there. Actually, as I recall, it was a while before we started using the term as a single word within the text of the publication.

Increasing Training Distances

by John Robertson
Seattle Sportsmedicine MD and running coach
(From NW Runner)

When it comes to increasing training distances, one of the problems with typical training programs that add 2 or 3 miles of running each week is that they never allow an athlete's fitness, or adaptation, to catch up—they're always behind the training curve forcing their bodies to try to adapt quicker than they can. This is because fitness improves about 50 percent the first week. After the first week of increased training load, they're 50 percent adapted; after the second week, 75 percent adapted; after the third week, 87.5 percent. After 3 to 4 weeks, the improvement in fitness tapers off and they are adapted to that training load. Then they can add miles again or intervals, or be satisfied with the new level. For a 20 to 30 mile per week runner (or walker), increasing weekly volume by 5 miles is recommended—but only every month. If you're doing 25 miles/wk in February, bump it up to 30 for March, 35 for April, etc. But, a rest week is recommended after 3 weeks at the new level with a 10 mile/week reduction. For example, do 30 miles/week the first 3 weeks in March and drop it down to 20 miles the last week, before increasing to 35 in April. Limit your long workouts to no more than 1/3 of weekly volume. You can then race a distance that is roughly 1/3 of your weekly volume. (Ed. Runner Ken Young espoused a theory several years ago that you can race effectively at three times your daily average mileage for the previous 6 weeks, which is about 43 percent of weekly mileage.)

Another point is that bones adapt to increased training loads slower than muscles, including your cardiovascular system. That explains why runners frequently get stress fractures when coming off a prolonged injury or illness-caused layoff if they've been swimming, biking, etc. a lot with little or no weight-bearing exercise. Their engine is ready for hard running, but their chassis is not. That explains why walking or race walking, if possible, is very helpful for runners during an absence of running training.

Racewalking—Techniques for Faster Feet

by Bonnie Stein
(Reprinted from From Range Walkers News)

Important to you may be how your feet look in your racewalking shoes. What's more important to your racewalking is what your feet are doing in your shoes. Here are two "feet" techniques guaranteed to improve your racewalking form and speed.

Rocking feet. Many exercise walkers land with a flat-footed step. They let the whole foot make contact with the ground as one unit. Plop, plop, plop. A flat-footed step is a braking action. Stepping that way sends your energy right into the ground; it's a slow way to walk.
According to Dave McGovern, a member of the 1997 U.S. World Cup Racewalking Team, walking flat-footed is like riding a bike with flat tires. Think about how much energy goes into pedaling and you don't get very far for your effort.

Instead, a racewalker needs rocking feet. Pretend that on the bottom your shoes (instead of soles) you have rockers–like on a rocking chair. Plant your heel and roll to your toes. As you rock your foot, feel every part of your foot make contact with the ground. First your heel, then your mid-foot, then the ball of your foot, finally your toe.

As you start your “rocking foot” by planting your heel, try to elevate the ankle joint, not at the toes. By rocking your feet instead of plodding them down, you have more propulsive device from which to push off. It's like pumping up your tires. You're doing it right when you can't hear your feet.

Walk on the balance beam. Typically, people walk with a shoulder-width stance. That's too wide aprt for racewalkers. A mid stance causes some upper body lateral sway, which takes away from forward motion. To exaggerate think about a one-year-old who's learning to walk. These toddlers spread their little feet apart and tattle back and forth. I guess that's why we call them toddlers. Their wide-apart stance gives them more balance and stability, however, it compromises forward motion.

A racewalker doesn't need to worry about balance and stability. Remember, we've got one foot on the ground at all times, right? Pretend you are walking on a 4- to 6-inch balance beam. Keep in mind that a balance beam is not a tight rope. You shouldn't be putting one foot directly in front of the other. That's an old style of racewalking. It led to the feet crossing over and way too much sideways hip and arm motion. Crossing over with your feet is just as inefficient as too wide a stance. (Ed. Although it carried Ken Matthews to Olympic gold in 1964 with a sub 1:30 effort.) Rather, plant one heel about half-way into the path of the other foot. (Ed. Get on a track and walk on one of the lane lines with the inside of each foot touching the outside of the line.) Of course, you're still using your rocking feet on the balance beam. So grab your balance beam, pump up your tires, and you're ready for a walk. You never knew how much we had in common with gymnasts and cyclists, did you?

LOOKING BACK

35 Years Ago (From Chris McCarthy's May 1963 Race Walker)–Ron Zinn won the National 10 Km on the track in Chicago with an American record 46:35.4. The other famous Ron–Laird–was a distant second in 47:46. However, he led the NYAC to a one-point victory over the Ohio Track Club who had Jack Blackburn (48:00) and Jack Mortland (48:07) third and fourth. Mortland was more concerned about his marriage just a few weeks hence. Zinn also won the National 2 Mile in St. Louis with a 14:03.2 ahead of Akos Szekely and a honeymooning Mortland. (This was more concerned about his marriage just a few weeks hence ...)

10 Years Ago (From the May 1988 ORW)–Defying heavy rains, Teresa Vaill blitzed the first mile in 6:50 to take a substantial lead that she continually built on as she won the National 5 Km at Overland Park, Kan. in 22:51.71. Debbi Lawrence was a minute behind in second with Wendy Sharp third in 24:05. ... Mike Stauch of Wisconsin-Parkside shatted his own meet record in winning his third straight NAIA 10 Km title in 41:56.4. His old record was 42:22.2. Dave Cummings just missed the old record with his 43:24.4 in second, 10 seconds ahead of Doug Fournier. ... Ray Sharp did 41.45 for 10 Km in San Francisco, beating Marco Evoniuk (42:21). Wendy Sharp (Mrs. Ray) was fourth in 49:30, her second race ever.

25 Years Ago (From the May 1973 ORW)–Mr. Consistency we called him. Bill Weigle won the National 50 Km in Des Moines with a 4:22:37. That marked his fourth 50 Km in 11 months with times ranging from 4:20:09 to 4:22:53. John Knifton was second in 4:30:21 and Ron Laird third in 4:37:21. England's Roger Mills captured our 1 Hour title, covering 8 miles 252 yards, some 72 yards ahead of John Knifton. Todd Scully and Ron Daniel followed, with the first seven bettering 7 1/2 miles.

20 Years Ago (From the May 1978 ORW)–Marcel Jobin (Canada) moved away from Todd Scully in the second half of the race to win the National 15 Km at Nassau, N.Y. in 1:06:49. Scully (1:08:99) finished well ahead of Dave Romansky (1:11:29). ... The NAIA 10 Km (track) went to Parkside's Chris Hansen in 46:20. John VanDenBrandt (Parkside) and Carl Schuler (Frostburg) followed. ... Susan Liers had a world best for 1 Mile with 7:00.6 and 4 days later broke the American record for 5 Km with 23:41.3. ... The Zinn Memorial 10 Km went to Jim Heiring 46:59, with an 18-year-old newcomer, Ray Sharp, finishing fifth in 51:58. Much more was to be heard from him. ... In Mexico, Raul Gonzales did 50 Km in 3:45:52, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated for the next 10, before slowing to 1:33:35 over the final 20.

15 Years Ago (From the May 1983 ORW)–Mexico invaded the U.S. and Martin Bernaldez led the field home in the National 50 Km in Monterey, Cal. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomez. Marco Evoniuk won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colin. Dan O'Connor and Tom Edwards followed, with 8 U.S. walkers under 4:30. ... Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, Calif., his 1:02:58 edging Canada's Marcel Jobin (1:03:07). Heiring was the National champion in 1:03:26, a minute ahead of Sam Slick. Larry Walker, Pete Timmons, and Dave Cummings followed. ... Also at Santa Monica, Susan Liers-Westertield won the women's national 15 Km in 1:17:17, 50 seconds ahead of Teresa Vaill. Carol Brown and Vicki Jones were third and fourth.

15 Years Ago (From the May 1983 ORW)–Ron Zinn won the National 10 Km on the track in Chicago with an American record 46:35.4. The other famous Ron–Laird–was a distant second in 47:46. However, he led the NYAC to a one-point victory over the Ohio Track Club who had Jack Blackburn (48:00) and Jack Mortland (48:07) third and fourth. Mortland was more concerned about his marriage just a few weeks hence. Zinn also won the National 2 Mile in St. Louis with a 14:03.2 ahead of Akos Szekely and a honeymooning Mortland. (This was a very late May issue, since that race took place on June 22. And, yes, your editor and wife Marty have a 35th anniversary around the corner.) Laird edged Matt Rutyna for fourth. ... The British 50 Km went to Ray Middleton in 4:16:43.

30 Years Ago (From the May 1968 ORW)–Larry Young captured the National 35 Km title in Pittsburgh with a 2:53:15, ahead of Canadian Karl Merschenz and Dave Romansky, who were about 4 minutes back. ... Bob Kitchen turned in a good track 50 Km on Long Island with 4:26:56, just 2 minutes ahead of Ron Daniel. ... In New York, Romansky recorded a 1:30:04 for 20 Km, just 1:21 ahead of newcomer Ray Somers. (Dave was a relative newcomer himself, having started about 12 months earlier.) John Knifton had 1:32:46 and Daniel 1:33:08. ... The Zinn Memorial 10 Km in Chicago went to Gerry Boci in 48:38. ... Your editor captured the Ohio 20 Km on a track in Ashland in 1:32:00. ... Jack Blackburn was an easy winner in the Ohio 2 mile in Dayton in 14:59 with Mortland trailing in 15:13.