Rellinger, Morgan Lead Way At National 5

Kingsport, Tenn., Sept. 25--The National Masters 5 Km held here for the past several years was expanded this year to include the USATF National Open 5 Km Championship as well. Cheryl Rellinger and Gary Morgan came home as easy winners in the women's and men's divisions. Both led from start to finish and were well clear of second place (Rellinger by more than a minute) at the finish.

The races were held on a straight 1 Km out-and-back loop under clear skies with a bit of chill in the air. In the men's race, Ian Whatley, out of the racing scene for some time and now at age 40, made a strong reappearance on the scene with second to Morgan and a first place in the full Master's race. Actually, although it was an open race, Rellinger at 33 seemed to be the youngest person in the two races.

As usual, race director Bobby Baker was given thumbs up by all the participants for the excellent organization and presentation. He suffered through this one in ill health, but apparently didn't let that affect anything about the race. Three days later he had surgery, and all who know him will be pleased to learn it was a complete success with a negative pathology report. Here are the results:


National 2 Hour: Morgan Again and Eastler-Fishman

Worcester, Mass., Oct. 3—A week after his 5 Km win, Gary Morgan went just over five times as far to take the National USATF 2 Hour title. Joining him in the gold-medal department was Gretchen Eastler-Fishman, who won the women's 1 Hour and prevented Cheryl Rellinger from duplicating Gary's feat.

Morgan was virtually unopposed, but still went past 25 km, always a good achievement. Dave McGovern, apparently not at the top of his form this year, was nearly 4 Km behind in second, and not far ahead of 61-year-old Dave Romansky, who probably had the most impressive performance of the day, going just beyond 21 km. Eastler-Fishman had a bit more competition, but still missed lapping (400 meter track) Rellinger by just 25 meters. Rellinger, in turn, came within 15 meters of lapping third place Donna Chamberlain.

The men's 1 Hour went to 52-year-old Bob Keating who beat out Dan Pendergrast, less than 1/3 his age. But the youngster got a measure satisfaction by pushing 56-year-old Jim Morgan back to third place. Romansky, apparently not satisfied with a mere two hours, just missed covering another 9 km to finish 18th in this one.

The results:

Men's 2 Hours: 1. Gary Morgan (39), Clarkson, Mich. 25,033 meters 2. Dave McGovern (34), Mobile, Ala. 21,302 3. Dave Romansky (61), Penacuicke, N.J. 21,047 4. Philip McGaw (49), Shirley, Mass. 19,043 5. Andrew Cable (34), Shelton, Conn. 18,188 2 DQs, 1 DNF


Other Results


Other Results

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sweet race for 18th place) 21. Mark Dennet (14), Winslow, Maine 8948 22. Louis Free (69), Uncasville, Conn. 8855 (26 finishers, 3 DQs, 1 DNF)
(This was part of the Aurturo Barrios Invitational road race and the racewalkers had laid down a challenge to the runners. Hermann finished 197 out of 921 competitors, so he beat most of them. The runners who did beat the top walker received Olympic pins from the ARCO Olympic Training Center's Spirit Store.)


10 Km, Kentfield, Cal., Sept. 6–1. Shoya Tobarian 53:41 2. Joe Berendt 53:30 3. Jack Bray 56:40 (28 finishers) 4. Miles, Larlspur, Cal., Sept. 18–1. Jack Bray 34:47 2. Brenda Usher-Carpino 37:50 3. Doris Cassels 40:58 3 Km, Kentfield, Sept. 12–1. Jack Bray 16:07 2. Doris Cassels 18:56 (10 finishers) 1 Hour, Kentfield, Oct. 20–1. Joe Berendt 11,116 meters 2. Shoya Tobarian 10,487 (This is the distance results from two sources show, but that would place him fifth. So it must have been 10,597 or 687 or maybe he really wasn't second.) 3. Jack Bray 10,487 (This is the distance results from two sources show, but that would place him fifth. So it must have been 10,597 or 687 or maybe he really wasn't second.)


Km, Los Angeles (B)

Km, Roseville, Cal. (P)

Km, Denver, 9:30 am (H)

Km, Las Angeles (B)

Km, Roseville. Cal. (P)

Km, Atlanta (D)

Km, Denver, 10 am (H)

Km, Denver, 10 am (H)

Km, Washington, D.C. (J)

Km, Key Biscayne, Fl, 6:45 am (Q)

Km, San Francisco (R)

Km, Asbury Park, N.J. (I)

Km, Houston, 7 am (Y)

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C–Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115

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E–Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813

F–Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028

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Robyn Stevens, An Outstanding Junior

(In our July issue, we had the results of the Pan-Am Junior races—in Tampa on July 1 but no details. Below is here Ron Daniels description of that race, plus some additional information on Robyn's promising career in the sport.)
Less than a month after winning the USATF 5 Km Junior Championship (a meet in which she placed fourth in the 5 Km run several hours later), Robyn Stevens, age 16, of the West Wind Flyers (Cal.) found herself a member of the USA Junior National Team competing for honors at the Pan American Junior Championships. Even though Robyn had only the fifth fastest time coming into the competition, she accomplished what no other US walker had been able to do in the history of this event—bring home the gold. In a photo finish, Robyn turned back Mabel Oncebay, Peru, with a personal best of 24:42.96. Oncebay finished in 24:43.03. This was easily the gutsiest racewalk of Robyn's young career as she went head-to-head with older and more experienced racewalkers and came out on top. Robyn has a very bright future in the sport as she has already notched an international title.

How the race unfolded: On a sultry (75 to 80°F and humid) morning at the U. of South Florida's track, 10 women from seven Pan American countries squared off for the 5 Km race. Starting in the ninth position on the outside, Robyn accelerated into the lead by the first turn. With a modest pace at the end of 100 meters (38s), Vianey Pedraza of Mexico took the lead as Robyn was swallowed up by the pack. With a large traffic jam at this pace, Robyn forced her way back into the lead by 600 meters (2:52). Passing 1600 in 7:42, a threesome of Robyn, Pedraza, and Oncebay began separating themselves from the rest of the field as the weather conditions seemed to take affect. The pace for the leaders also slowed to better than 2 minutes per lap. Pedraza and Oncebay were content to let Robyn do all the work (actually Robyn wouldn't let anyone else lead) through 4 Km.

With 1 Km to go, Pedraza was attempting to take the lead, but at the same time she was having abdominal cramps, which would double her up and cause her to lose a few strides. With 600 meters remaining, the Mexican seemed to be out of the race. As Robyn took the bell, Oncebay was still on her shoulder and Pedraza had fallen back by 15 meters. With an enormous rally, Pedraza sprinted after Robyn and Oncebay and took the lead with just over 150 meters to go. In the final straight, with Pedraza easing away, Oncebay also pulled even with Robyn, but Robyn had her own little reserve and simply would not accept a bronze medal after leading most of the way. Pedraza crossed the finish line apparently in first with a last lap of 1:43 something. But, unknown to the competitors, she had picked up two warnings in the last 450 meters to go along with one she had earlier. With her DQ, and after a photo review, Robyn became the Pan Am Champion. She and Oncebay also finished the final lap in under 1:45. Robyn's 1 Km splits were 4:48, 9:40, 14:43, and 19:55. (As you see elsewhere in this issue, Robyn improved her best with a 24:11 win on the road in the U.S.-Canada Junior meet.)

When T&F News completely ignored this event in their coverage of the Pan Am Junior Meet (a full track and field meet), Ron wrote the following letter to Editor Garry Hill:

"I'd like to bring to your attention two omissions involving the same athlete in the September and October issues of T&F News. Both omissions were probably due to sloppy reporting by Mr. Glen McMicken, not someone at T&F.

In Mr. McMicken's report on the USATF Junior Championships, he completely overlooked the gold medal performance of 16-year-old Robyn Stevens when he extolled the dominance of California women. Not only did Robyn win the 5 Km racewalk, but several hours later she took fourth in the 5 Km run, just 0.5 seconds out of third; arguably one of the best doubles of the meet.

In Mr. McMicken's report on the Pan American Junior Championships, not only did he fail to even recognize Robyn's victory in his write-up, he also completely left the women's 5 Km racewalk out of the results. In this race, Robyn (the youngest girl in the field) beat nine other young women from seven Pan Am countries. Robyn had a 5 second PR while defeating Mabel Oncebay, Peru, in a photo finish...

Subsequently, Ron learned that McMicken had ignored the 5 Km walk at the Pan Am meet because he thought the judging at the Junior Nationals was a joke and felt that Lisa Kutzing, who was DQd, was the winner. As Ron notes, "Just the kind of support we need from a USATF staff writer."

From Heel to Toe

Chuck Hunter. We received the following distressing news from Marco Evoniuk, one of our all-time great walkers: "I am writing to tell of the death of my good friend and mentor, Chuck Hunter of Longmont, Col. He died on July 24 at the age of 62. The veteran 100 miler—many times in Columbia, Mo. (Ed. Eight times to be exact)—would walk a 20 miler with me just after he had completed a graveyard shift as an air traffic controller, with no sleep. This man was my true mentor. His work ethic in elite walking was the key influence. In 1971, he took up racewalking, and later he focused much of his walking around events to raise money for charities. Every Sunday morning we would walk to Lyons and back—20 miles. Also, we would walk with Dr. Chris Amoroso—the three of us. Many times, it would be cold and snowy. Even after a total knee replacement, he was walking 20+ milers within weeks. I did the 100 km National in 1977 and from that I respect the 100 mile race like no other. Any biker can do a 20 or 50 Km race. This man lived life in a sharing way. Two weeks before his death, he had total knee replacement on the other knee. Ready to take off again. Just wanted to tell you. He always mentioned what Mortland was writing." Marco included a lengthy obituary on Chuck, evidently from the Longmont newspaper. Chuck had been a long-time subscriber to this publication, though not in recent years. I competed against him a few times in the early '70s, perhaps the last time at the National 30 Km in Columbus in 1973 and new him as a great guy. My good friend, Jack Blackburn, who competed against Chuck in many of those 100 milers, had a bond with that develops in those type of events, and might pay him a stronger tribute than I. But Marco's words are certainly a great testimony and tribute to the man. Colin Young. There seems to be a spate of bad news going around lately. The deaths of Joann Beers and Richard Charles reported last month, along with injuries to Bob Mimm in the same mountain accident that took Joann's life and Chuck Hunter's death reported above seem to be enough bad news. However, there was one other letter I received recently with further bad news. This comes from England's 1964 Olympic silver medalist (50 Km) Paul Nihill. His letter reads: "Our good friend Colin Young is struggling at the moment. Just over a week ago (Paul's letter was dated Oct. 7), he woke up in the morning blind! He went straight away to Moorfield's Eye Hospital and they operated immediately. He fears the worst and is very, very down at the moment. The prospect of not being able to racewalk or read again terrifies him. He has got to be patient and wait until he sees the eye specialist again shortly. They wouldn't have operated if they didn't think there was a chance. I saw him two days ago and read the Ohio Racewalker to him. He was pleased that he was mentioned in it, as indeed was I, thanks. (Their mention was in the Looking Back feature for 1969.) Without knowing the facts, I cannot tell you too much. Whatever he knows, he isn't saying. I admire Colin so very much: to me he is 'Mr. Walking'! His knowledge of racewalking is out of this world. He is fantastic and a great guy," Colin has been a strong competitor on the British racewalking for more than 40 years. Quite competitive at distances from 3 Km up, he excelled at the ultra-distance events. He once held the world 24 hour record and completed several Paris-to-Strasbourg and Paris-to-Colmar events (500 km plus). He has contributed his thoughts on these events to these pages. Most recently, he was seventh in the 60-64 age group 20 Km at the World Masters, breaking 2 hours. He has covered..."
racewalking for Athletics Weekly, the British T&F publication and has been on the scene at many world and European championship events. I first met Colin at Bad Saarow, E.G. at the 1967 World Cup when he was on the sideline giving our team as much, or more, encouragement as his own British lads. Ron Laird has corresponded with him since the late '50s and he is fondly remembered by many U.S. athletes who have competed in England. I knew, but had forgotten, that Colin has been essentially blind in one eye since age 14. He has mentioned in letters about deteriorating sight in the other eye and his fears of this growing worse. To bring Paul's letter up to date, I called Colin two days later and found he was recuperating at home. At that time, he had sufficient sight returned to be up and about and outside, but not to read, which is very important to him. Apparently, he might expect further improvement. While he can't get out to train now, he promises to be competing again in the year 2000. It is not certain what has caused the problem.

For those who know Colin and wish to contact him, his address is 55A Sackville Gardens, Ilford, Essex IG1 3LJ England. Phone 011-44-1815180857.

Fast walking video. Last month we let you know about a video available from the ARCO Olympic Training Center. Since then we have had the opportunity to review it. How To Walk Faster-Tips From the Pros is an excellent instructional video (34 minutes) organized in a very logical fashion. First, we are given techniques involving, in order, the arms, the torso (or hips), the legs, and the feet. In each case, correct technique is shown and the important elements described. Then, common problems and their consequences are shown. Finally, all the key points are reviewed. The tips given in this technique presentation should be useful to all walkers, from those seeking a better fitness activity to those aiming for elite racewalking status. Second, we are shown aids to improve and develop proper techniques for each of the four elements. These are in the form of flexibility and strength exercises and drills. In each of these sections, all techniques are clearly demonstrated and well described in simple terms. The final section of the video briefly describes training methods—speed play, metronome, and intervals. The video is narrated by Elaine Ward, Managing Director of the North American Racewalking Foundation. Each section is introduced by National Coach Enrique Pena and is then presented by one of the national team members in training at the ARCO Center. Demonstrations are by the center's athletes and members of the Southern California Racewalkers. Olympic gold medalist Jefferson Perez is also shown in some sequences. Since Coach Pena's English is still not strong, his brief narrations are difficult to understand, but that is a small matter, because the meat of the video is in the narration by Elaine and the center athletes (Curt Clausen, Al Heppner, Tim Seaman, and Philip Dunn narrate various sections.). The video has an accompanying manual, Fast Walking Technique and Training, written by Elaine Ward. It essentially follows the video, but provides a little more detail. For me, the only weakness of both the video and the manual is the section on training methods. The problem is that the constraints of a 30-minute video simply don't allow space for the type of detail needed. For example, heart rate monitors are referred to, but you would already have to know about the physiology of heart monitoring for this to mean anything. Likewise, the details of interval training, even in the manual, are too sketchy for someone to embark on an independent program. However, they do give an idea of the approach that will be helpful. These are the types of detail that are only going to be found in books that allow room for in-depth discussion of these matters, so this isn't really a criticism of the video, just a shortcoming of the format. The video is highly recommended and is available for $19.95 plus $2.00 shipping and handling from the North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312, FAX 626-799-5106, Phone 1-800-898-5117. The manual sells for $10.00 plus $2.00 S&H. The walkers in the video were wearing very attractive t-shirts featuring the Foundation's logo of two racewalkers emerging from the North American Continent. These can be yours for $12.00 including shipping. Interesting numbers. Ireland's Pierce O'Callaghan provides the following figures: Attendance at World Cross Country Championships in Belfast this year—12,000 on Day 1; 7000 on Day 2. Attendance at World Cup of Race Walking in France this year—15,000 on Day 1; 12,000 on Day 2. A feather in
weather. Performance times are lengthened more by heat than perhaps any other environmental factor, even hills. Acclimatization is, so to speak, a hotter issue in the southern hemisphere, where top athletes must often compete out of season. There has long been a belief among coaches, industrial engineers, some doctors, and the general public, that people can somehow be acclimatized to heat by repeated and sometimes passive exposure to heat. At least one text also claims the reverse: that English people are "cold-acclimatized". In the childhood of us oldies, doctors had us "acclimating" to sunburn by exposing ourselves progressively to the summer sunshine. They produced a whole generation of Australians with skin cancer. Yet, the 1968 trials of 128 persons from the U.S. (supposedly used to indoor heat) and 128 from Denmark (supposedly preferring cooler conditions) showed that they turned their thermostats to exactly the same temperature. The best-known example among walkers was the Englishman Don Thompson, who collapsed in the heat of the Olympic 50 km at Melbourne in 1956. In his autobiography, he is said to have prepared for the 1960 Games with a radiator in the bathroom. In the eloquent words of his ghost writer, he "had great fear of failing" and spread the rumor that he was exposing himself to passive heat. In fact, while revals were lounging in sauna baths, he was in the Lake Country-—significantly, the coolest part of England—training 250 Km per week. I doubt if even he could have put in that much distance in sultry conditions. (Ed. Note that Thompson won the 50 in Rome in very sultry conditions, so whatever he did worked out well for him.) Organizers of Sydney's annual city-to-surf run (over 5000 competitions) one year administered a pre-race questionnaire that included the question "Are you acclimatized?" After the race, the proportion who collapsed was exactly the same among acclimatized and non-acclimatized. I am concerned about the number of young Americans who die from heatstroke in early-season football training sessions: 60 each year by official admission, though the true figure is probably higher. Heavy "protective" clothing aggravates the heat load, but, if there were anything to acclimatization, the end of summer should be the very season when they are acclimatized. Likewise, I recall the deaths from heat stress of two motorcyclists in the Post (TX) Enduro, stiffed by the helmets and leather clothing that were designed to protect them. My concern relates especially to the false security suffered by people who think that acclimatization can keep them alive in lethal heat. I agree with you that the ability to cope with heat comes with training, one effect of which is to reduce insulating body fat. But, if an athlete believes that "acclimatization" can help, it probably will, just as taking vitamin pills can have a useful psychological effect. In discussing this unsensible house pocus with the believers, I ask such questions as: Does the acclimatization to heat make a person thereby better or worse acclimatized to cold? At this point, some believers dissolve into waffle, but Joanna Dow gives a straight answer: Worse, but the mechanism is not explained. How long does acclimatization last? (A week according to one expert.) How do I know if I am acclimatized or not? (Expert's answer: If you have been exposed to heat recently.) Perhaps Bob will comment on just how dangerous the above conditions were when he sees the figures. More Shimko. Last month we mentioned a book by Ukrainian Alexander Shimko. Ron Laird has corresponded with Alex and some excerpts from his letter to Ron are interesting, though in some cases, perhaps discouraging to Ron. Shimko writes (And I won't try to clean up his imperfect English): "What thoughts arouse in my head about racewalker Ron Laird? It is a pity you didn't realize completely! I think, I am sure: You did so much useless and unnecessary work! I wonder how you managed to be a prizewinner two times at Lugano Cup, when you had such semi-literate (in methods) workouts! Having 'typing' style of walk for being correct, you injure your ligaments. This is hercism, this is exploit! On the whole I understand that your achievements became possible only due to incredible fanaticism. By the measures of sports science of former USSR, the sportmen of middle-middle mastership trained like you, but not the sportmen of your level! Least of all, I want to offend you by these words, but V. Golubnichiy and I discussed your letter (by phone), and came to conclusion that R. Laird is a fantastic walker!!! (He goes on about all the advantages Soviet sportsmen had with year-around training camps and jobs that they didn't work at, etc.) I think you understand now that it was useless for you (USA) to compete with us? No questions? In this sphere, we outstripped the whole world! We managed to organize. You (USA) didn't. Any talented person on any point of Earth means nothing without: organization, coach, conditions for training, and life conditions. Among these four factors, you Americans don't have the first and the second points. At the present stage of development of racewalking, nobody—Hausleber, Pen, Pathus, or Bulakowski, and so on (with all my respect towards their merits) or any other coaches of racewalking are not able to make a breakthrough in racewalking as much as it can make Alex Shimko." (Ed. With no disrespect, but I must note that to date, we have seen better results from those above than from Shimko). . . At another point, Shimko writes: "I want to say that October 1967, 68, and '73 years were utterly unsuccessful periods for you. (Ed. In Oct. '67 and '73, Ron finished third in World Cup races; in Oct. '68 he had a bad race in the Mexico City Olympics.) For now, I can't tell in details about my discovery, but I can determine who can be on the pedestal of honor after finish. I can determine this beforehand. Oct. 15, 1967—You were to be second, after Golubnichiy, but he let Smaga ahead. He made covering for Smaga. Because it was a must. The authority said to do so. According to my estimations, every years gets energy from space, and that day wasn't exception: Golubnichiy got 75 percent of energy that day, Laird 58 percent, Smaga 57 percent. (Ed. Judging from my race on that day, I must have been at about 15 percent.) Oct. 12, 1973—Reiman 57 percent, Stadtmuller 83 percent, Laird 53.5 percent. Reiman, who more experienced (he was 32) outran young, 20-year-old Stadtmuller. And you were in your practically worst state (condition), because 50 percent is almost zero. By the way, we also think that Germans were on drugs. 1968 Mexico—You properly frightened Golubnichiy and Smaga by means of your workouts. But you did that in vain, in those days when you were frightening them, you shouldn't have done that! You were in the antiphase (contraphase—pit) of your moonbirthday, and on such days (contraphases) you are to save yourself. That time you just broke yourself by training. Recollect in your memory. . . So now, poor Ron knows that he never had a chance. Perhaps of greater interest, though that some pretty neat stuff, are Shimko's comments on athletes that Ron (and, in some cases, your editor) competed against: "Vladimir Golubnichiy—In 1979 finished the career of athlete. Began to work as coach. He achieved wonderful results in working with pupils, but to your level they didn't manage to rise. In 1993, his wife died. She was his wonderful friend thanks to who he was on top for so many years. In 1996, he married another woman. She is very interesting woman. She looks after him and cares about him. By the way, he never took pharmacy (drugs) and his second wife is very good at understanding different herbs and in vernacular medicine. Golubnichiy, like a sly fox estimated how to survive and began to work at his chalet. To wit, he domesticated fruits and vegetables in his garden in order not to buy food at the market. He was given a pension (like a great athlete) of$70 - 75 and salary of$40-50. In 1993, his wife died. She was his wonderful friend thanks to who he was on top for so many years. In 1996, he married another woman. She is very interesting woman. She looks after him and cares about him. By the way, he never took pharmacy (drugs) and his second wife is very good at understanding different herbs and in vernacular medicine.
exception. In our August issue, Al Heppner's article on the National 10 Km stated: "The race continued the year long battle between Clausen and Seaman in what may soon become the best rivalry in American racewalking history." (I tried to leave out the typo this time.) At that time, we noted parenthetically, "Let's reserve judgment on that." Frank Manhardt in Brightwaters, N.Y., a retired high school track coach who had Tim Seaman, as well as Margaret Ditchburn and Dave Marchese, other U.S. internationals, on his teams, writes: "The San Diego Training Center and the arrival of Tim on the national scene has already resulted in the type of competition Curt needs. As he peaks in his career, his 50 Km time sets the stage for American respectability finally at the marathon distance. Hopefully, the competition will be such that Tim can establish his results at 20 Km." Thanks Frank for stating a position I would agree with and giving me a chance to clarify a perhaps too brief statement of my own. In suggesting we reserve judgment, I only meant to give the rivalry a bit more time before we make it the best. I think of Schueler-Evoniuk over a dozen years or so, Laird-Zinn, Laird-Romansky-DeNoon. Maybe I should mention Denman-Humcke (see September issue), which is being renewed, or, dare I say, Blackburn-Mortland. Anyway, I just think the rivalry needs a bit more time before we bless it. Incidentally, I don't think its proper to say 'finally' regarding this country's respectability at 50. Certainly Larry Young's two Olympic bronze medals ('68 and '72) brought respectability, and I think Marco Evoniuk (9th '83 World Championships) and Carl Schueler (sixth '84 Olympics) did well enough over their long careers to earn some respectability among their international compatriots.

Looking Back

30 Years Ago (From the October 1969 ORW)-A U.S team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiuso road relay in Switzerland. Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. East German see Christoph Holme, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

25 Years Ago (From the October 1974 ORW)-Led by Bob Henderson and Augie Hirt, the U.S. won a duel meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 seconds back, well clear of Canada's Pat Farrelly. Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico's Domingo Colín third. That was in Columbia, Missouri, where on the same day, Ruth Eiber won the women's National 10 Km in 57:30. Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. John Knifton turned in a 'knifty' 1:31:30 for 20 km on the track in Pine Plains, N.Y.

20 Years Ago (From the October 1979 ORW)-This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls. Stones won the 15 Km in 1:10:41, just 5 seconds ahead of Dennis Reilly, who was followed by U.S. teammates Ron Daniel and Al Halbur. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km, giving Canada a one-point win for the two races. Alan Price, Ray Somers, and Wayne Glusker took the

30 Years Ago (From the October 1969 ORW) -- A U.S team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiuso road relay in Switzerland. Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. East German see Christoph Holme, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

25 Years Ago (From the October 1974 ORW) -- Led by Bob Henderson and Augie Hirt, the U.S. won a duel meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 seconds back, well clear of Canada's Pat Farrelly. Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico's Domingo Colín third. That was in Columbia, Missouri, where on the same day, Ruth Eiber won the women's National 10 Km in 57:30. Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. John Knifton turned in a 'knifty' 1:31:30 for 20 km on the track in Pine Plains, N.Y.

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exception. In our August issue, Al Heppner's article on the National 10 Km stated: "The race continued the year long battle between Clausen and Seaman in what may soon become the best rivalry in American racewalking history." (I tried to leave out the typo this time.) At that time, we noted parenthetically, "Let's reserve judgment on that." Frank Manhardt in Brightwaters, N.Y., a retired high school track coach who had Tim Seaman, as well as Margaret Ditchburn and Dave Marchese, other U.S. internationals, on his teams, writes: "The San Diego Training Center and the arrival of Tim on the national scene has already resulted in the type of competition Curt needs as he peaks in his career. His 50 Km time sets the stage for American respectability finally at the marathon distance. Hopefully, the competition will be such that Tim can establish his results at 20 Km." Thanks Frank for stating a position I would agree with and giving me a chance to clarify a perhaps too brief statement of my own. In suggesting we reserve judgment, I only meant to give the rivalry a bit more time before we make it the best. I think of Schueler-Evoniuk over a dozen years or so, Laird-Zinn, Laird-Romansky-DeNoon. Maybe I should mention Denman-Humcke (see September issue), which is being renewed, or, dare I say, Blackburn-Mortland. Anyway, I just think the rivalry needs a bit more time before we bless it. Incidentally, I don't think its proper to say 'finally' regarding this country's respectability at 50. Certainly Larry Young's two Olympic bronze medals ('68 and '72) brought respectability, and I think Marco Evoniuk (9th '83 World Championships) and Carl Schueler (sixth '84 Olympics) did well enough over their long careers to earn some respectability among their international compatriots. Both had other top 20 finishes at World Cup and World Championship races. Certainly, however, Curt has brought new respectability.

Checkin' In From the World Championships
by Al Heppner and Air Ware

By the time we had checked into the training center in Barcelona, I realized that despite numerous courses and practice, I still didn't know any Spanish. When I learn a word in Spanish it goes in one ear and out the other. I could barely say my room number to get my key. One time numerous courses and practice, I still didn't know any Spanish. When I learn a word in Spanish it goes in one ear and out the other. I could barely say my room number to get my key. One time I even took 58 trips to McDonald's. I should have joined him. Of course, we went to the party. It got pretty crazy there. Von even took his shirt off. We stayed up pretty late and my newfound friends from Spain took me directly to the airport. I fell asleep at the gate waiting for my plane. I woke up as the last person was boarding. Since I hadn't finished my race, I was determined to finish my trip home.

I didn't really learn any Spanish on my trip, but I did meet the team massage therapist for the Los Angeles Lakers. Now I'll be able to practice my Spanish with Shaq. I heard he eats lots of pork.

We were treated very well on arrival in Seville, especially by the women at credentials. Triple jumper Von Ware and I were roommates, just like back in the states. None of Tim Seaman's 37 converters could get Von's Sony Playstation to work, so we decided to go to the opening ceremonies.

The opening ceremony was cool, because Von did a black flip on the way out and lots of people cheered. There were dancers, fireworks, and some half-naked guy running around pretending to be Hercules. It seemed all right to me, but all the papers the next day talked about how boring it was.

The first meal at out hotel was really great. I kept going back for more. The only problem was every single meal after was exactly the same. I guess they don't believe in variety in Spain. Von took 58 trips to McDonald's. I should have joined him.
next three spots for the U.S. . Two weeks earlier, Price had defended his 100 mile title in Columbia, winning in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished . . Dan O'Connor won the national 30 km in Detroit with a 2:22:43. Steve Pecinovsky was just 5 seconds back.

15 Years Ago (From the October 1984 ORW)—Carl Schueler, following up his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking title annals in winning the National 40 in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second place Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizacky, and Randy Mimm. . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record. Ray Funkhouser won in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished . . Dan O'Connor won the national 30 km in Detroit with a 2:22:43. Steve Pecinovsky was just 5 seconds back.

10 Years Ago (From the October 1989 ORW)—In brutal weather conditions—high humidity and a temperature that climbed past 90 during the race—Dave McGovern, protesting that he was not a 40 km walker, won the National title at that distance. His winning time of 3:52:34 reflected the conditions, which favored tough old guys, with the next five finishers having passed age 40. Nick Bdera and Alan Price finished second and third. Tim Lewis recorded an impressive win in the Alongi 20 with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:39. The next four spots went to Zbigniew Sadlej, Poland; Victor Sanchez, Mexico, Carl Schueler, and Gary Morgan. Italy's Ileana Salvador won the women's 5 in 21:52, beating Monica Gunnarsson, Sweden; Alison Baker, Candia; and Debbi Lawrence. . Gary Morgan covered 25,710 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salvage by 455 meters. McGovern was third with 24,455. The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. And, Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Robidaux also finished the distance.

5 Years Ago (From the October 1994 ORW)—In one of the classier fields in recent years, Dave McGovern won another National 40 at Fort Monmouth, considerably faster this time with 3:28:02. Ian Whatley was second in 3:30:14 and Dan O'Connor, leading at 20 km in about 1:45, faded to 3:39:53 and third place. In fourth, was Curt Clausen in 3:43:19, only about 5 minutes faster than he did for 50 in this year's World Cup. Good improvement over 3 years time . . A week later, Jonathan Matthews beat McGovern in the National 5 K, going 20:12 to Dave's 20:35. Allen James was third in 20:54 and Gary Morgan fourth. Another week later, Mexico won the Pan-Am Cup in Atlanta. Bernardo Segura (1:24:15) and Daniel Garcia (1:24:23) were one-two, ahead of Ecuador's Olympic champ to be, Jefferson Perez (1:24:34). Matthews was the first U.S. walker in 12th (1:18:04) and James had 1:30:01 in 14th. Mexico took the first five places at 50, led by Carlos Mercenario (3:52:06), Miguel Rodriguez (also 3:52:06), and German Sanchez (4:03:07). Rob Cole was eighth in 4:23:10 for the U.S. The U.S. team finished fifth at 20 and third at 50.

The women's 10 went to Mexico's Graciela Mendoza (46:14) with Teresa Vaill second in 46:20. Mexico won the team title with the U.S. edging Canada for second . . Then, another week later (now October 2), the Alongi races went to Lyn Brubaker (46:59—she had been 12th in 48:42 at the Pan-Am Cup) and Mexico's Guillermo Rodriguez (1:24:17). The Mexicans were 1-2-3 with different people than had competed in Atlanta. Ian Whatley was fourth in 1:30:28. Finally, in the fifth straight week of high-class racing, Allen James won the National 2 Hour covering 26,661 meters, a new American record. Marc Versano (25,372), Carl Schueler (24,884), and Whatley (24,537) followed. Clausen, still searching for the secret that he soon found, was a distant fifth. Victoria Herazo won the women's 1 Hour, going 12,440 meters, 802 meters ahead of Gretchen Easter. Joanne Dow started to show her promise in third (11,514).

Where is the next Guano Press?

We repeat that question. In our June 1983 issue, under the title "What's That We Smell?", we wrote as follows:

"Who among us remembers the Guano Press? Launched by three young radicals—Greg Diebold, Howard Palamarchuk (the same well-respected podiatrist who now heads race walking's subcommittee on sports medicine), and Gerry Willworth—in 1972, this infamous rag rocked the racewalking world with its scurrilous attacks on the establishment. Nothing was sacred to these purveyors of yellow journalism and no one escaped their barbs. Unfortunately, for those of us who enjoyed their scathing satire (even when directed at our own arch-conservative stance), this scandal sheet was rather short lived as these reckless youths grew up and found better things to do with their lives.

Well, hold your noses? Another band of renegades with time hanging heavy on their hands has emerged. The Guano Press has been resurrected, rising not from the sewers and gutters of the Eastern seaboard, but from the supposedly clean, pure mountain air of Colorado. Ah, but the stench certainly belies the pristine origins. Volume I of Face Tight Press (formerly Guano Press) has reached us from Colorado Springs, home of the U.S. Olympic Training Center and some of our nation's top walkers. The staff remains anonymous—unless you want to accept such names as Human Smurf, Gumby, Mr. Potatoe (sic) Head, and the Fly (alias Hymen). But obviously, this vituperative rag is the handbook of walkers in residence at the Center. With nothing to do but racewalk all day, this crew had to turn their foul, fetid minds to something, lest they decay completely. Although some of the 3-page issue is devoted to inside humor—or is just that I am too old, out of contact, and reactionary to understand—it is still worth every cent I paid for it. Perhaps not quite up to Guano standards, but a passable first effort.

Well, as we noted when we ran this item in June 1988, Face Tight too had a short life and the racewalking world again had to rely on the tired old Ohio Racewalker to keep abreast of goings on. And so it remained then and still does today. As we asked then: When is the next Guano Press going to emerge so we can know what is really happening out there?