A compendium of racewalking results (appropriate for a racewalking newsletter, wouldn't you say.)

10 Km, Concord, Mass., Nov. 7 --
2. Joe Light 56:42
3. Bob Ullman 58:01
4. Tom Knatt 63:46
5. Charles Mansbach 63:46
6. Bill Harriman 66:05
7. Justin Kuo 69:02
89th Annual Coney Island 10 Mile, October 10 (Handicap race, actual times shown) --
1. Linda Goldstein (49) 1:55:00
2. Gus Davis (61) 1:58:14
3. Richard Harper (49) 1:59:01
4. Jerry Ginver (54) 1:59:13
5. Marty Spar (58) 1:57:15
6. B. Harman 66:05
7. Justin Kuo 69:02
8. Mary Ann Yoh (40) 7:49:00
9. Ivan Lawrence (44) 1:56:15
10. Vlado Haluska (47) 30:29
11. Mercedes Everett (41) 8:45:00

5 Km, New York City, Nov. 21 --
1. Allen James 23:09
2. Rob Cole 24:20
3. Vyacheslav Troshkin (51) 25:55
4. Rif Sultanov (55) 25:34
5. Aglja Kouchoumov (61) 27:09
6. Richard Harper (50) 27:32
7. Sherwin Wilk (61) 29:01
8. Bob Barrett (65) 29:31
9. Jerry Ginver (54) 1:41:13
10. Marty Spar (58) 1:57:15

1 Hour, Tonawanda, N.Y., Nov. 14 --
1. Dave Lawrence (44) 1:15:08
2. Janet Comi (45) 1:15:08
3. Lori Ann Yoh (40) 1:15:08
4. Vlado Haluska (47) 30:29
5. Mercedes Everett (41) 8:45:00

Masters 10 Km, Coconut Creek, Florida, Nov. 13:
Men overall --
1. Norman Frable 54:36
2. Leon Jasieniowski 55:25
3. Stanley Sonowski 58:37
4. Paul Caja 62:39
5. Dan Koch 64:24
6. Paul Johnson 59:18
7. Bob Cella 59:46
8. Paul Johnson 64:01

Non-Championship race --
1. Roswitha Sidelko 61:33
2. June Marie Provost 64:24
3. National Seniors Games, Orlando, Florida: Men's 1500 meters --
1. Michael Bird, Ind. 8:13
2. Irving Lawyer, Ida. 8:47
3. Bill Richardson, Ark. 8:51
4. Winston Crandall, N.M. 7:55
5. Paul Hammer, Ohio 8:03
6. Tom Knatt, Mass. 8:08
7. James Mcgrath, N.Y. 8:43
8. Mark Adams, N.M. 7:48
9. Ken Uecker, Tex. 8:04
10. Alfred DuBois, Wis. 7:51
11. Mark Adams, N.M. 7:48
12. Ken Uecker, Tex. 8:04
13. Alfred DuBois, Wis. 7:51
14. Ray Everson, Ind. 8:00
15. Bob Barrett, N.Y. 8:02
16. Nancy Gengzlinger, Mich. 8:45
17. Marvin Goldenberg, Fla. 8:45
18. Hugh Acton, Mich. 8:49
19. Mihi Sato, Nippon, Cal. 9:07
20. Anthony Silvidi, Ohio 10:08
21. Ray Sherman, S.Dak. 10:49
22. Richard Fargo, Penn. 10:51
23. Women's 1500 --
1. Emily Lee, Miss. 8:25
2. Yiho Ichikawa, Sh. 8:27
3. Cheryl Brimhall, Utah 9:01
4. Nancy Dykes, Miss. 9:14
5. Donna Gonzales, Miss. 9:26
6. Marjorie Piha, Fla. 9:29
7. Rula Sinkovec, Col. 8:43
8. Doris Flynn, Texas 8:49
9. Ruth Everson, Ind. 9:11
10. Maurine Lia, Mo. 9:00
11. Jeanne Shepardson, Mass. 9:39
12. Gene Synder, La. 9:50
13. Jane Nightingale, Tex. 10:04
15. Olive
NOVEMBER 1999

From Heel to Toe

ARCO walks. On January 23, there will be an invitational 20 Km for women and an invitational 30 Km for men on the Track of the ARCO Olympic Training Center in Chula Vista. (In honor of your editor's 65th birthday, no doubt.) Many athletes will be racing to break existing track records and rumor has it that Jefferson Perez may go after a World Record. (2:01:44.1, set by Maurizio Damilano in a 1992 farewell to walking race.) Several foreign athletes training for the Olympics may be in the San Diego area and are being invited to participate. The men's 30 Km will provide a good tune-up race for the 50 Km Olympic Trial in Sacramento on February 13. The women's 20 Km will be an Olympic Trials qualifier, an "A" standard qualifier, and a chance to break American track records. There will not be travel money or prize money, but perhaps some assistance with room and board for athletes coming from a distance. Contact Elaine Ward at P.O. Box 50312, Pasadena, CA 91115, 626-441-3549, NARFW@AOL.COM... ARCO East? Yellow Springs, Ohio is becoming a hotbed for walkers, according to Ohio racewalk chairman Vince Peters. Steve Pecinovsky has recently moved there while assigned to Wright Patterson AFB in Dayton and Jill Zenner is back there. Come December, Vince expects to have three (or more) athletes who have qualified for the Olympic Trials, three college athletes, the best known of which is Katie Kulaugh from Iowa now a student at nearby Cedarville College (which nurtured Chad Eder and Jill Zenner), and Dan Dalton (three time U.S. Junior Olympic champion) and Junior Olympic runner-up Erle Smith. He fully expects to have seven athletes living and training in the quaint little Ohio village who can walk sub 50 for 10 Km. And, of course, less than 10 miles away in Springfield are the gracefully aging former national class walkers Jack Blackburn and Chris Knotts. And just 50 miles away are the executive offices of the Ohio Racewalker... Gus Krug, president of the Walkers Club of America from 1941 to 1946 and New York Walkers Club member since its inception, died this summer at his upstate New York home. He was 96. He was the oldest active walking official until 7 years ago when he retired to move upstate. Gus was a competitor, club official, and racewalking judge... Coach Jake on shoes. New York Walkers Club president Jake Jacobson, author, long-time coach, competitor, and racewalking promoter, offers this advice on selecting a walking shoe: "Now that you've convinced that racewalking and healthwalking are for you, it's time to invest in a really good pair of walking shoes. Comfort, fit, and protection are the key points to look for in a training shoe. Forget the fashion approach. Forget price and color. Don't let anyone sell you a beautiful pair of shoes. They won't offer comfort and protection. Athletics shoes generally run a half size larger than your street shoe size. Look for a shoe with a durable, flexible sole, a hard rubber heel, and a durable, flexible rubber sole. The shoe should be molded into a rigid form or placed inside, and the heel collar. The toe box should be high and wide enough to allow for natural toe spread. This conforms more closely to the shape of the foot, reducing the chance of blisters. Take the shoe in your hands and bend the toe in order to open the upper toe. If it doesn't bend easily, ask for another style. Walking for you, is an athletic endeavor and you must have flexibility at the mid-foot. Put both shoes on over a pair of sweat socks, lace them all the way up, and stand up. You should be able to wiggle your toes.

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C—Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115
D—Walking Club of Georgia, PO Box 190011, Atlanta, GA 31119
E—Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
F—Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G—Justin Kuo, 30 Oakland Road, Brookline, MA 02146; 617-566-7600
H—Bob Carlson, 2261 Glencoe St., Denver CO80207
I—Bill Reed, 8242 Greenfield Shores, Scotts, MI 48088
J—Mil Wood, 5302 Easton Drive, Springfield, VA 22151
K—Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
L—Steve Vaitones, 90 Summit Street, Waltham, MA 02451
M—Mike DeWitt, U. of Wis. Parkside, Kenosha, WI, dewitt@uwsp.edu
N—New Mexico Racewalkers, P.O. Box 63, Kennebunk, ME 04043
O—Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
P—Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
Q—Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
R—New York Walkers Club, 222 E. 42nd St., New York, NY 10017
S—Tom Flaherty, 1641 Euclid Rd., Cleveland, OH 44106
T—Columbia, TC P.O. Box 1872, Columbia, MO 65205
U—Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
V—New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
W—Don DeNeon, 1605 West Freeman, Carbondale, IL 62901
X—Dave Owyen, 6502 S. Briar Bayou, Houston, TX 77072
Y—Gerry Bocci, 1335 Graydon Street, Grosse Pointe, MI 48230
Z—Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94905
At the same time I bought the 550s, I got a pair of adidas Hawks, also at a great price. I have worn both shoes extensively. When the 550s go, the Hawks will get a more extensive racewalking trial. Anyway, its best time of 3:48:14 and then finished eighth in the World Championships, not succumbing to the heat this time. Zane van der Dussen of South Africa won gold, and Craig Barrett of New Zealand won silver.

These marathoners will not win a major marathon, make a national team, or reap enough prize money to make a living. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. Yes, this is their only source of income. They work full time jobs and train before or after work. 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stroke to the reticular activating system—that which controls consciousness and sleep. We think he bumped his head, like we all do sometimes, several weeks before. My husband was healthy and vital and adored life. I miss him terribly. And then I read about Joanna Beers and was shaken again. Vital, energetic lives cut short. We do so often talk about young lives, but Richard and Joanna, both in their mid 70s, were incredibly young in their minds and abilities and love of this exciting world we live in. They loved and lived life. We should remember that. . . .

**National Invitational.** The year 2000 National Invitational Racewalks are scheduled for April 2 in Minneapolis, Minnesota, not March 19 as originally reported. You can e-mail race director Bob Briggs at inhousebob@worldnet.att.net. . .

**Positive stuff.** Here is some positive press for our sport, albeit it somewhat dated. John Shilling sent me a copy of a Joseph M. Sheahan column from the sports page of the Jan. 25, 1956 New York Times. The column was a regular inclusion called “Notes on College Sports.” John suggests that in those days, track and field was rated as a major sport and racewalking was recognized. (I know I relied on the Times for my up to the minute news in those days. Can’t do that anymore.) Mr. Sheahan was quoting someone who had written him, but didn’t say who. (John speculates that it may well have been Elliott Dennman, who was a student at N.Y.U. at the time. That appears to be the case. If so, Elliott will remember and let us know.) Anyway, Mr. Sheahan quotes the anonymous letter writer as follows: How about mentioning the NYU walking team, the only such collegiate squad in the country? We (Roger Barr, Ronald Itzler, and myself) came within four positions of capturing the national 30 Km championship at Philadelphia last Oct. 16 and are willing to meet any collegiate team in a walking race. Walking could and should be a great sport in the colleges and, even though the IC4A dropped walking from its program in 1899, quite a few collegians are taking it up again these days. Present college teams besides ourselves are Dan Clancy of West Point, who won the City Hall to Coney Island race last Thanksgiving Day; Alex Almasy of Adelphi; and John Lucey and George and John Shilling of Queens College. Significantly, two collegians, Price King of California and Adolph Weinacker of Michigan State, walked for the United States in the 1952 Olympics at Helsinki. The U.S. needs more men like these to challenge the strong European walkers. American collegians are the most likely spot to look for such talent. Well, we’re still waiting for that strong collegiate program to evolve.

**The amazing Sandra Brown**

In the July issue of the ORW, we reported the results of a 100 mile race in Auckland, N.Z. won by England’s Sandra Brown. Relying on memory, we noted that this 50-year-old phenom was a centurion many times over with a best in the 18 hour range. Dudley Harris, who is preparing a biography on Sandra, who he sees as the world’s greatest endurance walker, has passed on more definitive information.

Born on April 1, 1949, she walked her first 100 mile race in 1982 and has now completed 26 of them. Her fastest was 18:36:24 in 1984. This year, with the prospect of turning 50, she decided she would complete ten of them. In fact, she has done nine and is apparently satisfied with that. She actually did those nine in a 7 1/2 month period from April to October. I always thought it was remarkable that Alan Price had done four 100 mile races (1980 and 1982) completed three in a year and did 14 of them in a six-year period from 1979 to 1984. Well, Sandra has certainly surpassed that this year and her total of 26 puts her three up on Alan. And, she has gone under 20 hours 13 times to 9 for Alan.

Sandra is now a Centurion in England, Holland, New Zealand, and Australia. Including these officially timed 100 mile races, Sandra has completed 82 events of 100 miles or more, which include some running races, such as Land’s End to John O’Groats (830 miles in 1995) and Nanango 1000 mile in Queensland, Australia (1996).
Annual Dr. John Blackbum Award for the year's outstanding single effort in U.S. racewalking went to Sue Brodock. She had won the women's International 5 Km in a then world's best Korn at 10 Km in 49:20.6 and Chuck Hunter at 100 Km in 12:26:40 ... The ORW's Eighth category had replaced the junior designation and juniors were, indeed, the youngsters) went to Bob 25 (As we often explain, junior in those ancient days was not an age-related category, but was for those who had never won a National junior or senior title.)

50 Km 3:52:16. (Widespread women's walking was very much in the neophyte stages.) ... In the ORW's 5th Annual Dr. John Blackburn Award for the year's outstanding single effort in U.S. racewalking went to Sue Brodock. She had won the women's International 5 Km in a then world's best.