

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

10 Km, Concord, Mass., Nov. 7--1. Rich McElvery 55:63 2. Joe Light 56:42 3. Bob Ullman 58:01 4. Tom Knatt 63:46 4. Charles Mansbach 63:46 6. Bill Hariman 66:05 7. Justin Kuo 69:02 **89th Annual Coney Island 10 Mile, October 10** (Handicap race, actual times shown)--1. Greg Dawson 1:24:50 (started from scratch and caught the field by 10 seconds) 2. Linda Goldstein (49) 1:55:00 3. Gus Davis (61) 1:58:14 4. Richard Harper (49) 1:35:01 5. Jerry Givner (54) 1:41:13 6. Marty Spar (58) 1:52:15 (15 finishers. A driving rainstorm kept about two-thirds of the expected field away and made the boardwalk wet and slick.) **5 Km, New York City, Nov. 21--1.** Allen James 23:09 2. Rob Cole 24:20 3. Vyacheslav Troshkin (51) 24:55 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) 29:14 9. David Wolf (40) 29:31 10. Luanne Pennesi (44) 29:37 10. Vlado Haluska (47) 30:03 12. Mercedes Everett (41) 30:29 13. Michael Sladden (58) 30:53 14. Andres Fernandes (46) 31:51 (34 finishers, 1 DQ) **1 Hour, Tonawanda, N.Y., Nov. 14--1.** Dave Lawrence (44) 11,508 meters 2. Janet Comi (45) 10,414 3. Lori Ann Yohe (42) 9501 4. Eileen Lawrence (46) 9,098 5. Bob Lubelski (56) 9,084 6. Judyanne Bonaafede (46) 9,069 (9 finishers) **Alan Ranofsky Invitational and USATF National Men's Masters 10 Km, Coconut Creek, Florida, Nov. 13:** Men overall--1. Norman Frable 54:36 2. Leon Jasionowski 55:25 3. Stanley Sosnowski 58:37 40-44--1. Paul Cajka 62:39 45-49--1. Sosnowski 2. Juan Mora 61:26 50-54--1. Frable 55-59--1. Jasionowski 2. Victor Litwinski 63:45 3. Dan Koch 64:24 60-64--1. Paul Johnson 59:18 2. Bob Cella 59:46 65-59--1. Bob Fine 62:40 2. Tom White 64:01 75-59--1. Bob Mimm 69:35 Non-Championship race--1. Janos Szalas 56:32 2. Juan Yanes 57:24 Women: Overall--1. Valerie Silver 60:20 35-39--1. Tammie Corley 64:53 45-49--1. Sonio Mora 66:01 2. Marilyn Whipple 68:39 50-54--1. Pamela Betz 67:55 60-64--1. Barbara Grand 68:48 65-59--1. June Ranofsky 75:18 70-74--1. Miriam Gordon 72:34 Non-Championship--1. Roswitha Sidelko 61:33 2. June Marie Provost 64:24 **National Senior Games, Orlando, Florida:** Men's 1500 meters--50-54--1. Michael Bird, Ind. 8:13 2. Irving Lawyer, Ida. 8:47 3. Bill Richardson, Ark. 9:15 55-59--1. Winston Crandall, N.M. 7:55 2. Paul Hammer, Ohio 8:03 3. Tom Knatt, Mass. 8:06 60-64--1. James McGrath, N.Y. 7:43 10 2. Mark Adams, N.M. 7:48 3. Ken Uecker, Tex. 8:04 65-69--1. Alfred DuBois, Wis. 7:51 2. Ray Everson, Ind. 8:00 3. Bob Barrett, N.Y. 8:02 70-74--1. Vance Genzlinger, Mich. 8:45 2. Marvin Goldenberg, Fla. 8:45 3. Hugh Acton, Mich. 8:49 75-79--1. Masashi Noritake, Cal. 9:47 2. Anthony Silvini, Ohio 10:08 80-84--1. Ray Sherman, S.Dak. 10:49 2. Richard Fargo, Penn. 10:51 Women's 1500--50-54--1. Emily Lee, Miss. 8:25 2. Ylko Eichel, Cal. 8:27 3. Cheryl Brimhall, Utah 9:01 55-59--1. Nancy Dykes, Miss. 9:14 2. Donna Gonzales, Miss. 9:26 3. Marjorie Pilla, Fla. 9:29 60-64--1. Rita Sinkovec, Col. 8:43 2. Doris Flynn, Texas 8:49 3. Ruth Everson, Ind. 9:11 65-59--1. Maurine Lia, Mo. 9:00 2. Jeanne Shepardson, Mass. 9:39 3. rhea Synder, La. 9:50 70-74--1. Jane Nightingale, Tex. 10:04 2. Joan Rowland, N.Y. 10:22 3. Olive

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Kendall, Miss. 10:22 75-59--1. Millie Bolton, Ohio 10:39 80-84--1. Jean Brunnenkant, Kan. 11:45 Men's 5 Km--50-54--1. Michael Byrd, Ind. 29:19 2. Bill Richardson, Ark 32:39 3. Irving Lawyer, Ida. 32:55 55-59--1. Tom Knatt, Mass. 29:19 2. Darayl Meyers, Col. 30:33 3. Harold Lee, Miss. 31:58 60-64--1. Paul Johnson, Ark. 28:14 2. Jim McGrath, N.Y. 28:15 3. Ken Uecker, Tex. 30:06 65-59--1. Ray Everson, Ind. 28:50 2. Bob Barrett, N.Y. 29:17 3. Alfred DuBois 29:51 70-74--1. Vance Genzlinger, Mich. 32:22 2. Marvin Goldenberg, Fla. 32:34 3. Hugh Acton, Mich. 32:39 75-79--1. Masashi Noritake, Cal. 35:15 2. Charles Boyle 35:15 3. Anthony Silvidi, Ohio 35:23 80-84--1. Ray Sherman, S.D. 37:58 95-99--1. Julius Spielberg, Mich. 59:45 Women--50-54--1. Emily Lee, Miss. 33:11 2. Ingrid Crane, Fla. 33:32 3. Ann Montgomery, Mass. 55-59--1. Nancy Dykes, Mich. 33:31 2. Donna Gonzales 33:33 3. Marjorie Pilla, Fla. 33:51 60-64--1. Rita Sinkovec, Col. 31:20 2. Ruth Everson, Ind. 32:33 3. Susan Manson, Fla. 33:23 65-69--1. Maurine Lia, Mo. 31:56 2. Jeanne Shepardson, Mass 33:28 70-74--1. Jane Nightingale, Tex. 35:49 2. Joan Rowland, N.Y. 35:54 3. Olive Kendall, Miss. 36:13 75-59--1. Ruth Kuhfahl, Neb. 39:38 80-84--1. Jean Brunnenkant, Kan. 41:52 85-89--1. Estelle Freundberg, Ariz. 45:03 **1 Hour, Miami, Oct. 13--2.** Janos Szalos (44) 10,935 meters 2. Lee Duffner (63) 9,770 3. Rosee Sidelko (46) 9,752 4. Bob Cella (62) 9,747 5. Gerry Gomes (66) 9,200 6. Bob Fine (68) 9,128 7. Dan Koch (56) 9,121 8. Valerie Silver 9,109 9. Ted Sager (66) 9,091 10. Linda Stein (52) 9,079 (25 finishers) **5 Km, Miami, Oct. 23--1.** Rod Vargas 27:45 2. Edgardo Rodriguez 28:45 3. Bob Cella 30:05 4. Bob Fine 30:14 5. Carey Witkor 30:55 6. Dan Koch 31:16 Women: 1. Valerie Silver 29:12 2. Donna Pape 29:15 3. Lojinda Stein 31:09 **5 Km, Miami, Oct. 30--1.** Sarah Perry 28:54 2. Tammie Corley 30:02 Men: 1. Rodolfo Puime 24:18 2. Juan Yanes 26:08 3. Rod Vargas 28:24 4. Philip Moss 28:25 5. Daniel Koch 29:38 6. Bob Fine 31:28 **5 Km, Miami, Nov. 7--1.** Rodolfo Puime 25:18 2. Juna Yanes 27:15 3. Rod Vargas 28:36 4. Daniel Koch 29:19 **10 Km, Delchamps, Ala., Nov. 7--1.** Barbara Duplichain 54:41 2. Monetta Roberts (40) 59:40 3. Vicki Merry (42) 59:51 Men--1. Dave McGovern 45:13 2. John Vignes (51) 57:43 **Jack Blackburn 50 Km, Springfield, Ohio, Oct. 31 (track)--1.** Etel Soto Maldonado, Mex. 4:22:40 (49:36, 1:37:52, 2:27:10, 3:20:40 (Going for sub 4:15, but ran out of gas the last 12 Km. He got too far ahead of schedule on what turned into a very warm day by the time it finished.) 2. Ioan Froman 4:56:57 (51:18, 1:45:48, 2:44:41, 3:47:55) 3. Doug Johnson 4:59:40 (58:00, 1:56:03, 2:55:35, 3:57:21) 4. Bob Keating 5:09:20 (56:10, 1:53:29, 2:51:48, 3:54:00--bettered U.S. age 50-54 record at 40 Km) 5. Rod Craig 5:33:13 (60:05, 1:59:59, 3:04:54, 4:18:30) 6. Al Cowen 5:50:32 (65:56, 2:10:40, 3:19:45, 4:38:39) 7. Sherry Brosnahan 5:57:42 (64:24, 2:10:27, 3:23:10, 4:43:08--bettered U.S. 45-49 records at 30,40, and 50 Km) 7. Jack Blackburn 6:30:20 (69:07, 2:21:54, 3:41:28, 5:05:07) DNF--Steve Pecinovsky (50:31, 1:41:33, 2:35:25), Don DeNoon (55:42, 1:51:55, 2:48:43), Ed Fitch (56:45, 1:53:04, 2:51:33), Janet Higbie (65:43, 2:12:54, 3:25:16), Warrick Yeager (49:36, 1:43:37), Dave Romansky (59:24) DQ--Geoff Robbins (64:47, 2:11:22) **1 Hour, Royal Oak, Mich., Oct. 31--1.** Leon Jasnowski (55) 11,185 meters 2. Jack Elwarner (60) 10,652 3. Bob Davis (66) 9,290 4. Ken Lampar (42) 8,994 5. Carl Angevine (62) 8,800 Women--1. Julie Puzdrowski (47) 8,590 **1 Hour, Kalamazoo, Mich.--1.** Dave Dunn 10,643 2. Bill Reed (47) 10,092 3. Stuart Summerhayes (65,

Canada) 10,020 4. Rick Sack (50) 9384 5. Hugh Acton (74) 8897 6. R.J. Ferguson (67) 8747 Women--1. Lori Wallace 10,455 2. Sherry Watts (46, Canada) 9949 3. June-Marie Provost (69), Canada 9391 **5 Km, Illinois--1.** Richard McGuire (52) 24:50 2. Keelan Yenny (12) 29:02 3. Valerie Rodenbeck 29:16 4. Ronald Winkler (49) 30:10 5. Mary Koenig-Roach (40) 30:35 6. Diane Desmarteau (44) 30:51 **5 Km, Aurora, Col., Oct. 23--1.** John Tarin (47) 26:30 2. Lorie Rupoli (48) 29:09 **5 Km, Denver, Oct. 30 (unjudged)--1.** Terry Femmer (47) 27:28 **5 Km, Denver, Oct. 31--1.** Scott Richards (49) 2. Lorie Rupoli 29:33 **5 Km, Denver, Nov. 7--1.** Eric Pasko (18) 27:23 2. Lorie Rupoli 31:00 3. daryl Meyers (56) 31:01 **Giulio dePetra 10 Km, Monterey, Cal., Oct. 23--1.** Ric Holt 48:42 2. Sally Richards (47) 53:53 3. Bill Penner (53) 53:59 4. Heidi Hauch 54:48 5. Teresa Aragon 57:31 6. Bryan Winter (42) 58:22 7. Ann Gerhardt (48) 60:34 8. Wuang Than (44) 61:00 9. Hansi Rigney (58) 61:42 10. Art Klein (46) 61:49 11. Terri Brothers (43) 62:39 12. John Doane (56) 63:14 13. Carol Wilkinson (49) 63:18 14. Loribeth Jacobs 64:27 (29 finishers, 2 DQs) **20 Km, same place** (These walkers continued on from 10 Km)--1. Ric Holt 1:39:43 2. Sally Richards 1:50:16 (Bettered U.S. age group record. Also bettered record at 15 km with 1:21:44) **5 Km, Roseville, Cal., Nov. 8--1.** Pradeep Chand, Fiji Olympic Team 23:36 2. Joe Berendt (44) 25:36 3. Jack Bray (66) 26:42 4. Karen Stoyanowski (44) 27:06 5. Brenda Carpino (50) 28:13 6. Stu Kinney (58) 31:17 7. Virginia Fong (42) 31:23 8. Peter Corona (70) 31:26 (31 finishers) **1 Hour, Kentfield, Cal., Oct. 17--1.** Shoja Torabian 10,847 meters 2. Doris Cassels 9,120 3. Virginia Fong 9,084 4. Shirley Dockstader 9,063 5. Ann Lee 9,056 6. Marge Garner 8,901 (19 finisher) Second race--1. Joe Berendt 11,116 2. Jack Bray 10,586 3. Karen Stoyanowski 10,497 4. Eric Paulsen 10,491 5. Brenda Carpino 10,069 6. Peter Corona 9,061 (14 finishers) **1 Hour, Kentfield, Nov. 14--1.** Shoja Torabian 11,002 2. Karen Olson 10,070 3. Peter Corona 9,298 4. Shirley Dockstader 9,289 5. Virginia Fong 9,283 6. Doris Cassels 9,104 7. Ann Lee 9,093 8. Ed Lane 9,040 9. Jim Scheller 8,887 10. Marge Garner 8,830 (27 finishers) **1/2 Marathon, Sacramento, Oct. 3--1.** Pradeep Chand 1:37:41 2. Joe Berendt 1:58:20 3. Eric Paulsen 2:04:31 4. Jack Bray 2:06:59 5. Karen Stoyanowski 2:07:19 6. Brenda Carpino 2:11:23 (24 finishers) **1 Hour, Seattle, Sept. 25--1.** Rob Frank (47) 11,287 meters 2. Stan Chraminski (51) 11,035 3. Ed Kousky (58) 10,888 4. Bob Novak (57) 10,745 5. Doug Ver Meer (45) 10,420 6. Kim Miller (40) 10,065 7. George Opsahl (57) 9,722 8. Bev LaVeck (63) 9,702 9. John Backlund (59) 9,574 10. Darlene Backlund (54) 9,154

Irish National 35 Km, Dublin, Nov. 7--1. Robert Heffernan 2:42:05 2. Jamie Costin 2:42:15 **New Zealand Road Championships, Hamilton, Nov. 7:** Women's 20 Km--1. Diane Barrett 1:53:23 Men's 50 Km--1. Craig Barrett 4:13:33 DQ--Gary Little **3 Km, Australia, Oct. 23--** Women--1. McAskill 14:07 2. Connolly 14:44 Men--1. Sundstrom 11:33.3 2. Connolly 11:36 3. Gawley 12:50 **5 Km, Australia, Oct. 30--** Women--1. Paoline 22:35.4 2. Webb 22:59 3. French 23:03 Men--1. Sundstrom 20:05 2. Connolly 20:36:58 **3 Km, Melbourne, Nov. 11--1.** Scott Nelson 12:05.8 2. Duane Cousins 12:17 3. Bradley Malcolm 12:21 4. Dominic McGrath 12:22 5. Daniel Thorne 12:29 Women--1. Kellie Wapshott 13:31 2. Simone Wolowicz 13:34 3. Wendy Muldoon 13:35

For those seeking the pleasures of competitive heel-and-toe activities, let us offer:

Sun. Dec. 4	5 Km, Miami, 7:30 am (Q)
Sun. Dec. 5	5 Km, Point Pleasant, N.J. (A)
	Grand Prix #3, New York City, 9 am (F)
	5 Km, Atlanta (D)
	5 Km, Denver, 10 am (H)
Fri. Dec. 10	5 Km, Clearwater, Florida, 6 pm

- Sat. Dec. 11 2.8 miles, Seattle, 9 am (C)
5 Km, Atlanta (D)
- Sun. Dec. 12 5 Km, Denver, 10 am (H)
- Sat. Dec. 18 5 and 10 Km, Washington, D.C. (J)
Indoor 3 Km, Waltham, Mass., 10:30 am (N)
- Sun. Dec. 19 5 Km, Key Biscayne, Fla., 6:45 1m (Q)
5 Km, San Francisco (R)
- Sun. Dec. 26 Polar Bear 10 Mile, Asbury Park, N.J. (A)
5 Km, Aurora, Col., 9 am (H)
- Fri. Dec. 31 Y2K2K, Detroit, 11:55 pm (Ending in the New Year) (Z)
5 Km, Kenosha, Wis. (O)
- Sat. Jan. 1 Marathon and 1/2 Marathon, Santa Rosa, Cal., 11:30 am 9P)
5 Km, Denver, 9 am (H)
- Sun. Jan. 2 50 Km, Houston, 7 am (Y)
- Fri. Jan 7 Masters 1500 meters (Indoor), Hanover, N.H. (N)
- Sun. Jan. 9 Indoor 1 Mile, Hanover, N.H., 9 am (N)
Indoor 3 Km, Arlington, Vir. (J)
- Sat. Jan. 15 7 Km, Miami, 8 am (Q)
- Sun. Jan. 16 San Diego Marathon and 1/2 Marathon, 5:30 am
5 Km, Denver, 9 am (H)
- Sat. Jan. 22 Indoor 5 Km (?), Carbondale, Ill. (X)
- Sun. Jan. 23 Women's 20 Km, Men's 30 Km, Chula Vista, Cal. (B)
Indoor 3 Km, Arlington, Vir. (J)
5 Km, Miami, 7:30 am (Q)
Indoor 3 Km, Boston, 9 am (N)
- Sat. Jan. 29 NAlA Women's 3 Km and Men's 5 Km Indoors, Findlay, Ohio (Collegiate)(M)
- Sun. Jan. 30 San Francisco Half Marathon and 5 Km, 8 am (P)
5 Km, Denver, 9 am (H)
- Sun. Feb. 6 Las Vegas 1/2 Marathon, 6:45 am (P)
Indoor 3 Km, Arlington, Vir. (J)
- Sun. Feb. 13 **USATF National 50 Km and Olympic Trial, Sacramento, Cal. (R)**
5 Km, Denver, 9 am (H)

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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 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, 626-441-5459, NARWF@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 Rulapaugh 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 Eric 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.** 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're 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 style and colors. Don't let anyone sell you a beautiful pair of racing flats. They won't offer enough support. Athletics shoes generally run a half size larger than your street shoe size. Look for a shoe with a durable, flexible mid-sole, a hard rubber heel, and a durable, flexible rubber sole. The shoe should have a built-in arch or molded insert, ankle pads, and a 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 into the opening above the tongue. 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.

Your big (or longest) toe should be about a half-inch from the tip of the shoe. The shoes should fit snugly, never tightly. Always remember, a comfortable shoe is really a good friend. Socrates said< "When thy feet hurt, all else hurts." . . . **Shoes continued.** While on shoes, I had mentioned the New Balance 100s when the came out early this year, but never followed up on it. Designed as a racewalking shoe, they seem to be quite popular now and have gotten many good reviews. I bought a pair to try out myself, hoping that a different shoe might drop my times by a couple of minutes a mile. At the same time I bought a pair of New Balance 825s, which I had read good things about in someone's analysis of racewalking shoes. So, how have I found them? Well, 30 to 35 years ago they would probably have both been great shoes for me, and they feel like they would be great shoes for the serious competitive walker today. But, they don't meet my particular needs. In my present decrepit state I tend to pronate a great deal on my left foot, which squishes the heel on the inside and causes the upper to roll over the sole along the inside of the heel. Further, I am very prone to heel blisters--deep blood blisters beneath somewhat callused skin. This probably arises from a twisting of the heel, which isn't proper, but seems to be what my body makes me do for the past many years. This problem worsens with speed, which I don't got much of these days. But anytime I go what is fast for me (slow for the masses), I tend to run into it if I don't have a very thick, broad, sturdy heel on my shoe. Quite a few years ago, I found that the Asics Gel 101 met my needs very nicely. It was a rather bulky shoe, but had a heel that I didn't seem to be able to roll over, despite my pronation. So I have stuck with this basic model since. The last pair I bought were Gel 130s, but the structure hasn't changed much through multiple restylings. I can wear out the soles and uppers of these without my pronation messing up the heels at all. The two New Balance styles, on the other hand, showed messed up heels after, I would guess, no more than 200 to 300 miles. (I didn't keep track of this.) Also, anytime I went "fast" for any distance, my problem of heel blisters arose. (But, I could go out the next day in the Asics, with still tender heels, and walk in complete comfort.) So New Balance 100s and 825s aren't the shoes for me, but I wish they were because in other ways they seem like great shoes. I would recommend them to the extent that anyone can recommend a racewalking for another. It's really an individual matter. In the meantime, I happened to see a pair of New Balance 550s while browsing in a discount shoe store. They seemed to have a heel that could meet my needs, so I gave them a try, since they were relatively cheap at the discount price. This shoe has proven very satisfactory and has taken me through many more miles than the other models with no appreciable wear on the heel or elsewhere and no heel discomfort. Probably better than the Asics for me, being a little lighter and less bulky. At the same time I bought the 550s, I got a pair of adidas Hawks, also at a great price. I have worn these only once for training, but a lot as an everyday shoe. They also seem to meet my particular needs. When the 550s go, the Hawks will get a more extensive racewalking trial. Anyway, its good to have other alternatives to the Asics, and I think both these alternatives would provide good training shoes for most racewalkers. . . . **Development continued.** A letter from John Soucheck in our July issue elicited response from both Al Heppner and Tom Eastler in September. Responding to those letters, John writes: "I appreciate the time and effort put forth by Al Heppner and Tom Eastler in responding to my letter. First, to set the record straight, I took a 9-year break from racewalking after high school to do the beerathon, to borrow from Heppner, so I understand fully all the reasons why juniors move away from racewalking. I respect the choices or situations these individuals found themselves in, just as I respect the choice that Heppner made to pursue his racewalking goal. As to the rest of Al's letter, your editorial comment covers a lot about the transition from juniors to seniors. As concerns motivation, this is very individual, as there are quite a few athletes in this country who train for their event or sport with no expectations for making a national championship or receiving financial gain. As an example, I would guess it takes a similar effort and desire for a male marathoner to run a 2:30 marathon as it does to walk a 1:33 20 Km. 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

difficult, but when motivated it is done. Will you be #1 and reach your full potential? Probably not, but life is full of choices and compromises. As to not making money in racewalking, aside from Lance Deal, how many American hammer throwers are making money? With regards to Tom Eastler's letter, he's gone into far more analysis than I did. Mine was a simple observation of numbers. A review of the Maine results showed 10 sub 7:30s. (I counted Justin Easter as one for obvious reasons, there may be others in Class A not mentioned.) In 1983, there were many times that number of sub 7:30 walkers in New York. Therefore, New York, in this comparison, has greater depth. This is an absolute number comparison, not one based on population. Maine may very well have superior individuals or great quality for its population. The reason I compared 1983 New York to 1999 Maine is the perception is more comparable in these differing years than the two different situations that exist today. Today, racewalking is perceived to be a valued event in Maine high schools as this is a championship event. Today, in New York, racewalking is **not** perceived to be a valued event as this has not been a high school championship event for several years. Therefore, it is most appropriate to compare the two when both programs had similar value, i.e., when they both had state championship status. I agree with Tom that perception is a key factor and Maine holds the advantage in this respect. If other states do not adopt racewalking into their state high school programs, Maine walkers will probably gain more camp spots, Junior national team spots, and All-American spots. However, if other states adopt the event, population will play a large role. After all, a review of the prep lists in T&F News for the mainstream events shows that Texas and California are the dominant states, certainly two large population states. P.S.: I've decided to leave it to others from the "old days" to make the case that guys like Romansky used to work full-time and still found time to train. (Ed. Or even guys like Mortland, for that matter. But, you don't have to go back to us old guys. Most walkers through the years and up to today have worked full time to support their racewalking habit. Look at the success of Jonathan Matthews and Gary Morgan for present day examples. Even the legendary Ron Laird worked some eight hour days at times during his career.) . . . **Beating a horse.** New Zealand's 50 Km ace, Craig Barrett, was recently named Athlete of the Year at the Athletics New Zealand Awards Dinner. In reporting the award, Jack Tregurtha notes: "Craig hit the headlines at the Commonwealth Games at Kuala Lumpur last year when he collapsed in spectacular fashion less than a kilometer from the finish of the 50 when he was well in the lead (see ORW Sept. 1998 and January 1999). His courage as he struggled, fell repeatedly, and at one stage even crawled a little, live on TV, made him a household name. Thankfully, he was pulled out of the race, as he was in urgent need of medical treatment. (It was fortunate that he was pulled out--I hate to think about the resultant public outcry if the judges had been called on to disqualify him for bent knees as he crawled along the road!) Craig's failure has done more for racewalking than a win would have. His drunken stagger is often repeated on television. His photo was featured in all the newspapers and magazines at the time, and in their end-of-year roundup. It is clear that he has become the standard by which bravery, determination, and sheer grit will be measured in the future. There can't be anyone in our country who is not aware of him. Just a few weeks after his Kuala Lumpur debacle, when he was still far from recovered, Craig walked 500 meters in a race handicap against an 800 meter runner, and a very prominent trotter who covered a mile. Craig came second to the runner in a close finish. This was repeated a few weeks ago, when he was lined up against another of our top runners and the same horse. Craig won this time in a photo-finish. This has provided publicity that racewalking seldom receives." Barrett was 13th in this year's World Cup with his best time of 3:48:14 and then finished eighth in the World Championships, not succumbing to the heat this time. . . . **Correction.** Paul Cajka corrects us on our comments last month regarding the old *Guano Press*, when we asked when the next one will emerge. Paul points out that Alvia Gaskill produced 26 issues of his *Guano Press* between 1992 and 1998 and wonders how I could forget that. Paul was a correspondent and contributor and suggests that without their efforts there would be no Operating Rules for the RW Committee, no National Team in residence in Chula

Vista, and no National Team Coach. I apologize for my oversight, but I know I never received 26 issues--perhaps a half dozen--so maybe that's my excuse. Also, and I will try to be diplomatic here, from the issues I saw, I placed this paper in a different category than the Original *Guano* and *Face Tight Press*, which I also mentioned. While those two didn't pull any punches, I never got the idea of mean-spiritedness that I did from the more recent *Guano*. That's just one man's perspective, perhaps incorrect, but with that perspective I guess the publication didn't come to mind as I again recalled the original *Guano Press*. . . **Clausen nominated.** Curt Clausen has been nominated for this year's Jesse Owens Award presented annually by USA Track & Field to the nation's outstanding male and female athletic performers. Other male nominees this year are Maurice Greene, Jeff Hartwig, C.J. Hunter, Michael Johnson, and Anthony Washington. The bio issued with Curt's nomination read: A veteran of American racewalking, Clausen emerged as a force on the international stage with a fourth-place finish in the 50 km walk at the World Championships. It was the highest finish by an American (racewalker) in major international competition in 27 years. Clausen twice broke the American record in the event (3:54:38 on Feb. 14 and 3:48:04 on May 2) while claiming national titles at both the 20 and 50 Km distances. . . **Brain medicine.** The following appeared in the November 1999 edition of *Prime Edition*, a Cincinnati publication, under the heading, "Walks help keep brain healthy." It was sent to me by Robert Phillips: "Walking helps keep you fit mentally as well as physically, say researchers at the University of Illinois at Urbana-Champaign. Previously sedentary people who started walking rapidly for 45 minutes three days a week got sharper mentally, they concluded in research done at the university. The study looked at thinking ability after an aerobic workout--walking--and after anaerobic exercise--toning and stretching exercises--in 124 healthy adults between the ages of 60 and 75. Participants in both groups got better at a repetitive test that involved pushing a button on cue. But study participants who walked did better than those who did toning exercises only. The study centered on the frontal parts of the brain, where extra oxygen taken in during exercise triggered faster reaction times and increased ability to ignore distractions when doing a variety of mental tasks on a computer. . . **A Hepp apology.** From Al Heppner: "I must apologize for the use of the word 'pimp' to describe my coach in an article that appeared in last month's *Ohio Racewalker*. I have received a lot of feedback questioning my choice of language. It was poor judgement on my part. My intent was for the label to be a positive comment. The word pimp also has a slang meaning that describes someone who is a smooth-talker. Nevertheless, I should have been more careful. I hold my coach in the highest regard and have the utmost respect for him. I apologize to him and to anyone else I may have offended." (Ed. I replied to Al's apology as follows: I have received no comments myself (still true), but I will use your apology and explanation in the next issue if you have no objection. As you saw, I had tried to temper the word with a parenthetical reference to a possible broader meaning, although, when I looked in the dictionary, I didn't find any. I wasn't aware of the slang use as a smooth talker, but figured you had to have something in mind other than the 'standard' meaning. I debated editing it out or substituting another word, but didn't know what would be appropriate, so I let it stand and tried to temper it. So we all learn.). . . **A touching letter.** We reported on the death of Richard Charles two months ago. Since he was a subscriber, we included a note to his family with that issue asking if they wanted to continue the subscription. We received a note from his wife telling us how much she enjoyed our publication and to continue by all means, and with a wonderful testimonial to Richard: "Richard was the kindest and nicest man I ever knew. He treated everyone the same--with compassion and an absolute belief in their integrity until proven otherwise. He did, indeed, love the sport of racewalking. He got me into the sport when I never thought I'd give up running. And we shared it for many years. When I grew periodically frustrated with the sport, he did not. He loved working with kids and seniors alike. I used to marvel at his ability to calm the young and old alike. He was volunteering in Cleveland at the National AAU finals when he became unsteady and was rushed to the hospital. He survived the surgeries for three subdural hematomas and then suffered the fatal

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 Joann Beers and was shaken again. Vital, energetic lives cut short. We do so often talk about young lives, but Richard and Joann, 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 Manassas, Virginia, 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 a bit dated. John Shilling sent me a copy of a Joseph M. Sheehan 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 noted as a major sport and racewalking was recognized. (I know I relied on the Times for my up to the minute t&f news in those days. Can't do that anymore.) Mr. Sheehan was quoting someone who had written him, but didn't say who. (John speculates that it may well have been Elliott Denman, who was a student at N.Y.U. at the time. That appears to me to be the case. If so, Elliott will remember and let us know.) Anyway, Mr. Sheehan 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 1898, quite a few collegians are taking it up again these days. Present enthusiasts besides ourselves are Dan Clancy of West Point, who won the City Hall to Coney Island race last Thanksgiving Day; Alex Almsy 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 colleges 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 twice (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 miler in Queensland, Australia (1996).

Here is Dudley's list of Sandra's official 100 mile races (the last two are approximate times for very recent races for which he hasn't yet received the official time):

1. 1982 Leicester	22:18:24	14. 1996	Rotterdam	19:33:21
2. 1984 St. Oedenrode	21:05:07	15. 1996	Colchester	19:42:53
3. 1984 Leicester	18:36:24	16. 1997	Ware, Hets.	19:27:15
4. 1985 St. Oedenrode	21:44:45	17. 1998	Manx, I. of Man	19:32:26
5. 1987 Ewhurst	22:32:40	18. 4/3-4,1999	France	23:37:06 (180 km)
6. 1988 Leicester	21:11:14	19. 5/1-2, 1999	France	23:54:34 (178 km)
7. 1989 Hendon	19:56:17	20. 5.15-16,1999	Holland	19:46:37
8. 1990 Leicester	18:56:46	21. 5/29-30,1999	England	20:30:57
9. 1992 Leicester	18:50:29	22. 7/10-11,1999	Auckland	19:00:47
10. 1993 St. Oedenrode	19:22:22	23. 8/14-15,1999	England	20:01:49
11. 1993 Battersea Pk.	20:09:05	24. 9/18-19,1999	Australia	19:14:56
12. 1994 Leicester	19:09:17	25. 10.9-10,1999	England	21:50
13. 1995 Battersea Pk.	21:37:21	26. 10.16-17,1999	Belgium	20:30

World Records

(As of September 15, 1999)

Women

5 Jn	20:13.26	Kerry Junna-Saxby, Australia, Hobart, Feb. 25, 1996
10 Km	41:56.23	Nadezhda Ryashkina, URS, Seattle, July 24, 1990

Men

20 Km	1:17:25.6	Bernardo Segura, Mexico, Bergen, May 7, 1994
2 Hrs.	29,572 meters	Maruizio Damilano, Italy, Cuneo, Oct. 3, 1992
30 Km	2:01:44.1	Maurizio Damilano, Italy, Cuneo, Oct. 3, 1992
50 Km	3:40:57.9	Thierry Toutain, France, Hericourt, Sept. 29, 1996

Looking Back

30 Years Ago (From the November 1969 ORW)--The Ohio Track Club's annual Distance Carnival saw Long Island AC teammates Gary Westerfield and Steve Hayden finish one-two in the mile race. Westerfield had 53:58 and Hayden 54:40. The next day, Gerry Bocci took Hayden in the 15 miler, 2:03:28 to 2:05:32. Westerfield did not finish. The women's 5 mile event went to Detroit's Mary Kefalos in 53:12 as Jeanner Bocci, 7 months pregnant, was talked out of trying to defend her title. . . On opposite coasts, Tom Dooley and Canada's Marcel Jobin blistered 10 milers. Dooley, in California, had a 1:12:17 and Jobin turned in a 1:12:30. Ron Daniel trailed Jobin with a 1:16:33. . . A young Todd Scully showed some potential as a future great with a 14:00 win in a Collegiate 2 mile. . . The junior National 50 Km went to Dave Eidahl in 5:16:43. (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.)

25 Years Ago (From the November 1974 ORW)--National AAU "B" titles (by this time, the "B" category had replaced the junior designation and juniors were, indeed, the youngsters) went to Bob Korn at 10 Km in 49:20.6 and Chuck Hunter at 100 Km in 12:26:40. . . The ORW's Eighth 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

24:16.2. (Widespread women's walking was very much in the neophyte stages.) . . In the ORW's 5th Annual World Rankings (published early that year), the USSR's venerable Vladimir Golubnichiy led the list at 20 Km, with Bernd Kannenberg, West Germany, and Karl-Heinz Stadtmuller, GDR, second and third. Kannenberg had set a world record, but was beaten by Golubnichiy in the European Championships. At 50, Christoph Hohne, GDR, was a clear choice with a European Championship and a world best ever of 3:52:53. Otto Bartsch, USSR, and Peter Selzer, GDR, followed. . . Jerry Brown, Floyd Godwin, and John Knifton topped the U.S. rankings at 20, with Larry Young, Knifton, and Augie Hirt ranked 1-2-3 at 50. . . In a 10 Km race in England, a couple of Mexicans gave a preview of things to come as Raul Gonzales did 41:59 and Danile Bautista 43:45.

20 Years Ago (From the November 1979 ORW)--In a late season race, Dan O'Connor defended his national 40 Km title in Long Branch, N.J., covering the distance in 3:23:10, fastest in the history of the event to that time. Not far behind, Vincent O'Sullivan (3:24:22) edged Tom Dooley (3:24:36) for second. Wayne Glusker was fourth and Ohio's Chris Knotts captured sixth. . . The first Alongi Memorial 20 Km in Grosse Pointe, Michigan went to Italy's Carlo Mattioli in 1:26:38. Behind Italy's Domenico Carpiertier, Steve Pecinovsky edged John VanDenBrandt to be the first U.S. finisher. . . In Montreal, Daniel Bautista regained the world record for 20 Km, then held by fellow Mexican Domingo Colin, as he walked 1:20:07. Countrymen Felix Gomez and Ernesto Canto were not far back in 1:21:24 and 1:21:52. Italy's Maruicio Damilano, now IAAF Racewalk Chair, was fourth in 1:22:59, but did better the next summer, winning Olympic gold. Bautista had a gold from 1976 and Canto got his in 1984. . . Susan Liers won the women's National 20 Km title at Kings Point, N.Y. in 1:52:59. Jeanne Bocci was more than 2 minutes back.

15 Years Ago (From the November 1984 ORW)--Ultra-distance specialist Alan Price, then 37-years-old, continued to dominate any pretenders to his throne, winning the National 100 Km title in 10:48:00. The race was held in Arlington, Virginia. Brian Savilonis was second in 11:18:09. . . In the Pan-American Cup, Columbia's Querebin Moreno excited the home folks by winning the 20 in 1:25:19. Guillermo Leblanc, Canada, was second, with Hector Moreno, Columbia, and Jaime Lopez, Mexico, following. Ray Funkhouser was the first U.S. walker in sixth with a 1:33:41. Mexico's Pedro Aroche won the 50 in 4:12:44. Carl Schueler was fourth in 4:20:56. Canada's Ann Peel (49:41) and Janice McAffrey (50:15) went one-two in the women's 10. Ester Lopez took third for the U.S. in 50:55. . . Francois Lapointe was impressive in winning the Canadian 50 Km title in 3:52:16.

10 Years Ago (From the November 1989 ORW)--Herm Nelson broke the U.S. 50 Km record on the track with a 4:04:24 in Seattle. It put him fifth on the all-time U.S. list for the event behind Marco Evoniuk, Carl Schueler, Larry Young, and Jim Heiring, the others all getting their times in road races.

You think the ORW pulls some boobos; how about these actual headlines from other publications:

Lebanese Chief Limits Access to Private Parts
 Red Tape Holds Up New Bridge
 Illegal Aliens Cut in Half by New Law
 Barbecue: Loss of Wife to Cancer Spurs Cook Into Action
 County Officials to Talk Rubbish
 Mrs. Rydell's Bust Unveiled at Nearby School
 Traffic Dead Rise Slowly
 Man Held Over Giant L.A. Brush Fire