

Clausen the Student Still On Top

Chula Vista Cal., Jan. 23 (Thanks to Philip Dunn for much of the detail)—While devoting most of his efforts to his law school studies at the U. of Wisconsin, Curt Clausen has maintained sufficient conditioning to win today's National 30 Km title race, while, unknown to him celebrating your editor's 70th birthday.

With only eight competitors (several entrants were snow-bound in the east), Clausen and Olympic teammate Philip Dunn dominated the race from the start. The pair spent the first 22 kilometers chatting about old times and their upcoming 50 Km National race in Florida, while easily pulling away from the field. With just four of the 2 Km loops remaining, the race then got serious. Dunn steadily applied the pressure, dropping the pace from over 5:00/km to 4:48, then 4:40, then 4:38.

With one lap to go, Clausen, who had been hanging on to the back of the hard-pressing Dunn, made his move. Dunn would have none of it and they were even again approaching the final kilometer. With both athletes stride for stride and clearly beginning to labor, the pace dropped under 4:30. At the final turn, Clausen took the lead, threw in a quick surge and powered in for the win in 2:28:00, 12 seconds ahead of Dunn. Mark Green, still going strong at age 49, was just over 9 minutes back at the finish.

On the women's side, Heidi Hauch worked with Dorit Attias early before pulling away to a comfortable win. She took the Open and Master's 30 Km titles and two American Masters records (25 and 30 Km) in her 45-49 age group as she finished in 3:04:24. Nearly 11 minutes back at the finish bettered Israeli records at the same two distances. Other races saw Chris Rael and Margaret Ditchburn winning men's and women's 10 Km and Kathy Frable winning a women's 20 Km. The results:

Men's 30 km—1. Curt Clausen, NYAC 2:28:00 2. Philip Dunn, Team New Balance 2:28:12 3. Mark Green (49), Las Vegas Walkers 2:27:38 4. Dave Doherty, San Diego TC 2:54:40 5. Norm Frable (59) 3:13:17 6. John Backlund (64), Racewalkers NW 3:18:21 7. Robert Weeks (63), Easy Striders 3:23:24 (1 DQ)

Women—1. Heidi Hauch (45), Dave's World Class 3:04:24 2. Dorit Attias (42), Lakewood N.J. 3:15:12 (1 DQ)

Women's 20 Km—1. Kathy Frable (59) 2:27:38

Men's 10 Km—1. Chris Rael (45) no time reported 2. Kevin Killingsworth (49) 54:13 3. George Solis (73), SC Walkers time pending

Women's 10 Km—1. Margaret Ditchburn 54:40 2. Susan Armenta 57:46 3. Liz Salvato (41) 58:57 4. Susan Cotter (53) 72:14

Other Results

Indoor H.S. 1500 meters, Providence, R.I., Dec. 29—1. Jike Kazmierczak, N.Y. 7:19:42 2.

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Padrick Gleason, Maine 8:26 (4 finishers, 1 DQ) Women: 1. Brittany O'Brian, N.Y. 7:59:37
2. Shani Brown, N.Y. 8:17 3. Tinnelly Massapequa, N.Y. 8:19 (7 finishers) **H.S. 1 Mile, Gorham, Maine, Dec. 30**–1. Lauren Forgues 8:24.91 2. Helen Pottle 8:35 3. Jessie Smith 8:35 (6 finishers) Boys–1. Padric Gleason 8:24.41 (3 finishers, 1 DQ) **Dartmouth Relays, Hanover, N.H., Jan. 9**: Women's 1 Mile–1. Joanne Dow 6:46.78 (betters meet record set by Teresa Vaill in 1990) 2. Rachel Lavallee, Can. 7:06.71 3. Marina Crivello, Can. 7:09.89 4. Anne Favolise 7:17 5. Maria Michta 7:49.91 6. Lauren Fogues 8:01.54 7. Carly Ochala 8:14.05 8. Kate Dickinson 8:25 9. Hellen Pottle 8:29 10. Jessie Smith 8:30 Men's 1 Mile–1. Zachary Pollinger 6:15.33 2. Patrick Collier 6:16.59 3. Mike Kazmierczak 7:09.25 4. Padric Gleason 8:15 5. Matthew Forgues (7th grade) 8:32.60 5. Taylor Burns 8:55 6. Ken McCoy 9:17 **1 Mile, Farmington, Maine, Jan. 23** (actually a time trial in lieu of meet in Boston that the snow-bound Maine walkers could no reach)–1. Adam Staier 6:51 **3 Km, same place**–1. Kate Dickinson 14:53 2. Jessie Smith 16:49 **3 Km, New York City, Dec. 26**–1. Tim Seaman 11:38.71 2. Zachary Pollinger 12:40.73 3. Loretta Schuellein 14:27 4. Vyaslav Troshkin (56) 14:58 5. Alexis Davidson (49) 16:17 DQ–Dave McGovern **1 Mile, same place**–1. Michael Kazmierczak (17) 7:09.73 2. Ann Whalen (19) 8:20 3. Bob Barrett (71) 8:36.47 4. Casey Harris (17) 9:44 5. Stephen McCullough (43) 9:57 (9 finishers, 1 DQ) **H.S. 1 Mile, Fredonia, N.Y., Dec. 29**–1. Krystal Yernye 8:37 2nd race–1. Jenn McGuire 8:39.4 2. Laura Fields 8:49.2 **H.S. 1500 meters, New York City, Dec. 30**–1. Raven Pilgrim 8:01.63 2. Elizabe Feder 8:29.2 3. Tiffany Yu 8:46 4. Elisa Lee 8:47 (30 finishers) **H.S. Girls 1500 meters, New York City, Jan. 8** – 1. Brittany O'Brian 7:07.26 2. Kate Cannon 7:15.60 3. Rachael Gill 7:18 4. Jen Slagus 7:35 5. Shanie Brown 7:36 6. Irie Monte 7:34 (approximately competitors in two heats) **3 Km, New York City, Jan. 16**–1. Vyacheslav Troshkin 14:54.41 2. Kate Cannon 15:47 3. Alexis Davidson 16:12 4. Irie Monte 16:33 5. Dana Veered 16:40 **1 Mile, same place**–1. Michael Kazmierczak 7:05.31 2. Lisa Marie Vellucci 7:48 3. Tim Davidson 7:52 4. Anne Whalen 8:15 5. Bob Barrett 8:42 6. Kristina Bonfialio 8:59 (12 finishers) **H.S. 1500 meters, Suffern, N.Y., Jan. 17**–1. Ewelina Pezst 8:01 2. Allison Snochowski 8:05 3. Jess Swullivan 8:33 4. Megan Kearns 8:35 5. Jessica Brosnan 8:37 6. Ashley Guertin 8:38 **H.S. Two Girl 3 Km relay (1500 each), New York City, Jan. 17**–1. Newburgh H.S. I (Julie Steel and Andrea Johnson) 16:01.9 **Polar Bear 10 Miles, Asbury Park, N.J., Dec. 26**–1. John Soucheck 1:22:32 2. Jack Lach 1:36:42 3. Richard Evans 1:46:04 4. Tom Quattrocchi 1:47:20 (1st 50-59) 5. Ron Salvio 1:48:24 6. Wayne Becker 1:49:52 . . . 15. Bob Mimm (80) 2:04:48 (15 finishers) Women–1. Maria Paul 1:52:44 2. Janine Stuart 1:54:20 3. Patti Dalgarno 1:55:27 (5 finishers) **3 Km, Arlington, Virginia, Jan. 9**–1. Laura Niel (40) 15:43.2 2. Jim Carmines (61) 16:47 3. Victor Litwinski (61) 19:03 **5 Km, Parkland, Fla., Jan. 17**–1. Daniel Koch 31:18 2. William Zenga 32:30 3. Gerald Gomes 32:44 Women–1. Diane Mathewman 36:26 2. Mary Ann Lambiro 37:30 **3 Km, Kenosha, Wis., Jan. 21**–1. Ali Bahr 15:30.2 2. Tine Tagliaferri 15:39 3. Lauren Davis 15:46 4. Lynn Tracy (53) 16:02 5. Le'erin Voss (16) 16:13 Second Section–1. Mike Tarantino 12:48.8 2. Mike Stanton 13:24.5 3. Steve Quirke

13:31.9 4. T.C. DeWitt 13:49.2 5. Katy Hays (17) 14:25 6. Will Preischel (44) 14:40.2 **3 Km, Sterling, Ill, Jan. 22**–1. Jolene Moore 13:35.83 2. Deb Huberty 14:06 3. Tonya Hamman 19:11 **50 Km, Houston, Texas, Jan. 9**–1. Arne Paeglis (54) 7:02:18 2. Stephen McCullough (43) 7:05:28 **20 KM, same place**–1. Bob Cella (67) 2:17:1 2. Alberto Medina (44) 2:21:40 (started late and actually covered 20 Km in 2:01:29) **2.8 Miles, Seattle, Nov. 14**–1. Shawn Frederick (51) 24:16 2. Bob Novak (55) 24:37 3. Stan Chraminski (57) 25:06 4. Bart Kale (48) 25:18 5. Coco Beuchet (55) 27:06 6. Richard Zerbe (65) 27:47 7. Ann Tuberg (44) 27:54 **Australian Youth Olympic Festival 5 Km, Sydney, Jan. 20**–1. Li Gabo, China 20:54.76 2. Brendon Reading 23:29 Women–1. Chai Xue, China 23:16.73 2. Tanya Holliday 24:38 **12 Hour, Penang, Malaysia, Jan. 15**–1. Thevendra Ramanjuloo 93,786 meters in 11:57:48 2. Moh. Hanizam Bin Harun 90,552 in 11:54:04 3. Effendy Bin Suhailli 89,474 in 11:54:05 Women–1. Emily Stecker, US 67,914 in 11:45:32 **5 Km, Dunedin, N.Z., Jan. 17**–1. Craig Barrett 20:42:53

A Potpourri of Choices for Your Racewalking Pleasure

- Fri.. Feb. 4 Millrose Games and USATF National Indoor 1 Mile, New York City (B)
Indoor 1 Mile, Cedarville, Ohio (M)
Indoor 1 Mile, Kenosha, Wis., 6 pm (F)
- Sat. Feb. 5 Indoor 1600 meters and 3 Km, Arlington, Vir., 7:45 am (O)
- Sun.. Feb. 6 5 Km, Denver, 9 am (H)
- Sat.Feb. 12 2.8 Miles, Seattle, 9 am (C)
- Sun. Feb. 13 5 Km, Denver, 9 am (H)
USATF National 50 Km, Clermont, Fla., 7 am (L)
South Region 15 Km, Clermont (L)
- Fri. Feb. 18 Indoor 3 Km, Kenosha, Wis., 6 pm (F)
- Sat. Feb. 19 Indoor 3 Km, Columbia, Mo. (T)
Ohio Indoor 3 Km, Ada (M)
- Sun. Feb. 20 5 Km, Denver, 9 am (H)
5 Km, LaVerne, Cal. (Y)
Northeast Indoor 3 Km, Boston ((X)
- Sat. Feb. 26, **USATF National Indoor Women's Men's 5 Km, Boston (X)**
- Sun. Feb. 27 **USATF National Indoor Women's 3 Km, Boston (X)**
- Sun. Feb. 27 Henry Laskau Memorial 5 Km, Coconut Creek, Fla., 7:30 am (Q)
- Fri., March 4 Metro 3 Km, New York City, 7:25 pm (G)
NAIA Collegiate Indoor 3 Km, Johnson City, Tenn.
Indoor 1 Mile, Kenosha, Wis., 6 pm (F)
- Sun. March 6 Los Angeles Marathon (Y)
Youth 1500 meters, Open 3 Km, Indoor, Louisville, 11 am (®)
10 Mile, Yellow Springs, Ohio (M)
- Sat. March 12 2.8 Miles, Seattle, 9 am (®)
- Sun. March 13 5 and 20 Km, Huntington Beach, Cal. (Y)
USATF National Indoor Masters 3 Km, Nampa, Idaho (D)
- Fri. March 25 Indoor 3 Km, Cedarville, Ohio (M)
- Sun. March 27 5 Km, New York City, 9 am (G)
- Sun. April 3 **Pan-Am Cup 20 Km Trials, 10 Km Junior, Men and Women, Hauppauge, N.Y. (DD)**
Mt. SAC Relays 10 Km, Pasadena, Cal. (Y)

Sat. April 9 2.8 Miles, Seattle, 9 am ©)
 Sun. April 10 North Region 10 Km, Columbia, Mo. (T)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Jake Jacobson, 561-379-2693
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--www.usatf.org
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 F--Mike DeWitt, uwcoach@yahoo.com
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 J--L'Arche Mobile Foundation, 151 South Ann Street, Mobile, AL 36604
 K--Philip Dunn, dunnphilip@yahoo.com
 L--Don DeNoon, USATF National Training Center, 1099 Citrus Tower Blvd., Clermont FL 34711
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Mew Mexico Racewalkers, PO Box 16102, Albuquerque, NM 87191
 O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Daniel Koch, 3331 NW 22nd Street, Coconut Creek, FL 33066
 R--Frank Miklovcic, 319 Erin Way, Frankfort, KY 875-2904
 S--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072
 T--Wayne Armbrust, 3604 Grant Court, Columbia, MO 65203
 U--Robert Carver, 1002 Catalpa Lane, Orlando, FL 32806
 V--Ontario Racewalkers, 676 Balliol Street, Toronto, ON MRS1E7, Canada
 W--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146
 BB--Michael Rohl, mrohl@mnsfld.edu
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051
 DD--Gary Westerfield, garyw@optonline.net

International Strength in Racewalking

The following tables are based on the World Top 100 Lists for 2004. They show how many walkers each nation had in the top 100 and the position of each nation's top placed walker. Unfortunately, I forget who compiled the tables but I will certainly give credit in the next issue if someone tells me who. Hint: When you copy something be sure you also copy, or at least record, the source.

Men's 20 Km

Country	Top 100	Highest
China	20	10
Russia	19	1

Women's 20 Km

Country	Top 100	Highest
China	20	1
Russia	19	2

Japan	7	23	Spain	8	6
Spain	6	8	Romania	5	7
Mexico	5	12	Italy	5	9
Belarus	5	24	Greece	5	20
Ecuador	4	4	Portugal	4	25
Poland	4	6	Australia	3	8
Italy	4	11	Ukraine	3	33
Germany	4	17	Japan	3	45
United States	3	50	Mexico	3	57
Columbia	3	73	United States	3	91

26 countries represented

100th=1:23:44

Men's 50 Km

Country	Top 100	Highest
China	26	3
Russia	11	1
Italy	8	28
Mexico	7	19
Poland	6	2
Spain	6	10
Slovakia	3	32
Portugal	3	25
France	3	38
Japan	3	44

26 countries represented

100th=4:04:18

24 countries represented

100th=1:35:02

Women's 10 Km

Country	Top 100	Highest
Russia	22	6
China	12	22
Spain	6	5
Portugal	6	7
Romania	6	12
Australia	6	28
Japan	6	36
Italy	5	1
Greece	4	3
Belarus	4	18
Mexico	4	52
Poland	4	67

25 countries represented

100th=49:50.38

International Racewalking in 2004

(Reports of the IAAF)

Men

The racewalkers are competing almost as sparingly as the marathon runners, but in stark contrast, the top walkers tend to face each other, not just at the international championships, but almost whenever competing. This year, the 20 Km people got together

not only in the Olympics in August, but also at the World Cup in May, and many of them also met in Tijuana in March.

World 20 Km champion Jefferson Perez won the first two of those encounters, but had to be content with a fourth place in the Olympics, where Ivano Brugnetti—after a third place in Tijuana and a sixth at the World Cup—rose to the occasion. Robert Korzeniowski displayed great consistency with second places in Tijuana and the World Cup at 20 Km, but than at the Olympics he chose to contest only the 50.

But there are also similarities with the marathon as the correlation between statistics and the Olympic outcome is weak. The Olympic 20 Km medallists, Brugnetti, Francisco Fernandez, and Nathan Deakes are to be found a bit down in the lists as nos. 11, 8, and 7, while the top three times belong to a Russian trio from a national race in February. Of this trio, Vladimir Stankin, Vladimir Parvatkin, and Roman Rasskazov, only Parvatkin competed in Athens where he had a lowly finish.

Stankin's 1:17:23 missed Perez inaugural World 20 Km record set at the 2003 World Championships but in the 50 Km event, the record (Korzeniowski's 3:36:)3 also from Paris 2003) was surpassed in Russia, when Denis Nizeglrodov was half a minute faster in the national championships, though it will not be ratified as no EPO test was carried out. However, in Athens, Korzeniowski once more proved that he is the foremost in this event defeating the under-up, Nizjegorodov by more than four minutes. Korzeniowski also won the season long IAASF Racewalkign Challenge, so retaining the inaugural title he took in 2003.

Overall, the discipline is ruled by a very small group of just four nations. In the Olympics, it was Poland, Russia, Russia, China, Spain, Poland, Poland, Spain, Russia, and China for the top 10! China seems to be well on its way to becoming a racewalking superpower. But for Mexico, the trend is the opposite. This former superpower is conspicuously missing from the "Big 4" of 50 Km and that reflects in the current situation. A 12th place in 20 Km lists and a 19th in the 50 is everything that is Mexican in the statistical top-20 this year. So it was only logical that had to be content with having their top Olympians finishing 18th and 15th in Athens.

Women

After her disappointment in 2003, Olimpiada Ivanova (Russia) was back fighting for the gold medal again this summer. She went to Athens having won the Russian Championships with 1:26:54, which gave her second place on the World list behind 20-year-old Song Hongjuan (China), who entered her second successive major championship with the fastest time prior to the competition. In Paris 2003, the young Chinese lady was disqualified, but at the Olympics, she did better and was in the leading group in Athens for a long time before finally fading to a 14th place finish.

But surprises were to come. Helena Nikolayeva (Russia) and the 18-year-old Jiang Jing (China), who fought vigorously for the win in the World Cup in Naumburg with the Russian just stahng in front in the end, were aboth dropped from Olympic medal contention early in the race, with Nikolayeva finally ending in 17th and Jiang dropping to 32nd.

The surprise of the race was that two Greek women, to the delight of the home crowd, were able to cope with the pace until the very end of the Olympic 20 Km racewalk. Although Athina Papahianni finally finished in 10th place, 22-year-old Athanasia Tsoumeleka was unvelievably strong in the end holding off Ivanova to take the Olympic gold medal in 1:29:12—a personal best for the Greek in this rather slow race. The Russian was

second just four seconds behind in 1:29:16, and Jane Saville (Australia), who was disqualified in the Sydney Olympics just before entering the stadium when leading the race, finally got her Olympic medal finishing in third place at 1:29:25.

Reigning Olympic Champion Wang Liping was strongest of the Chinese in eighth place although she only started her training in February after giving birth to her first child in November 2003. Italy's Elisa Rigaudo, fifth in the Olympics, won the season-long IAAF Racewalking Challenge.

In 2004, there were 30 athletes under 1:30, with 26 in 2003, and only 15 in 2002. 2001 had 24 and the Olympic season of 2000, 27. China continued to be strongest country in this event with the most athletes in the top 100.

Shoes

A reader's questions "What are the best racewalking today?" seemed to require a better answer than that of a broken-down stroller who still worships the adidas Italia of the mid-60s. So I queried the racewalking list on yahoo groups and thought the replies might be of interest to all readers. So here they are:

I have been forbidden to wear the New Balance racewalking shoe or any lightweight track flat style shoe typically favored by top racewalkers. Instead, to coddle and protect my plantar fasciitis and heel spur addled tootsies, I wear the Mizuno Wave Rider. They helped me train and race for my 50K World Record, so there must be some merit in my recommendation. It's based on advice from my chiropractor and my shoe salesman who quite surprisingly knows what I need for RWing. He's a top marathoner, former pro triathlete, and a guy who knew without any prompting whatsoever what makes a good racewalking shoe. He also knows my feet -- but perhaps my shoe choice will be useful for someone plagued by FP and/or heel spurs.

Yours in sport
Sherry Brosnahan

I use the Loco Bandito exclusively. It is a small company in New Hampshire that started with people who used to design for New Balance and Saucony. Their web site is here:<http://www.locorunning.com/> I find the Bandito to be lightweight and stable, it provides adequate support and cushioning without being overly done-up like many running training shoes are now. It reminds me a lot of the good no-frills trainers from the 70s & 80s (but with more stability built-in) before all the gimmicks got introduced.

This is the first shoe I have had in over 10 years that has let me train without getting injured, fit right all the time and didn't wear out its outsole in 150 miles. Also, the price is right, at \$59 with shipping included and they guarantee this model will remain unchanged and available until 2009, if not longer.

If you would like to contact anyone at Loco, Mike Laurent is the person to speak with. His email is mike@locorunning.com and let him know I gave you this inform

Michael Roth

One of the best I have used is the New Balance 110 racewalking shoe. It is available in men's & women's sizes. The men's is very wide in the toe box. I have a very narrow foot so I use the women's size 12. I have used it for distances up to ½ Marathon. It is light weight & durable. The list price is \$75.00 but Sports 'n More in Foley, AI has them for about \$65.00 & they pay the shipping. Their phone # is 1-800-397-5480.

Al Albert

Fort Wayne, In.

An endorsement from a back-of-the-pack 60-year-old isn't necessarily what they're looking for, but I recommend the racewalking shoes produced by Bart and Erik Hersey of the Hersey

Custom Shoe Co. in Wilton, Maine. www.herseycustomshoe.com)

The shoes are made for our activity, they're made to meet the individual's needs, no matter how complicated, and in my experience they feel perfect from the moment they're pulled from the box.

Charlie Mansbach

Asics Tiger Paw or adidas Cubato Plus, each with the addition of a \$7 over-the-counter heel-to-arch support (like a soft orthotic).

Ray Sharp

Jack – I'm test driving a couple of different Mizunos, both racing flats. They are the Wave Spacer and the Revolver 2. My favorite shoe of all-time was the Mizuno Challenger. I also preferred the older NB 100 over the NB110. My primary concern is finding the shoe with the lowest heel to toe ratio. At

1. www.mizunousa.com they list these ratios. The Revolver listed under control shoes has a 18mm to 9mm heel to toe ratio, 20mm to 10mm for the Spacer and 24mm to 12mm for Sherri B.'s Wave Rider.

I got back in touch with my friends at Mizuno after I saw several walkers wearing the Revolver in Athens. I've been alternating walks between the Spacer and the Revolver. I didn't like the Spacers at first but after several sessions, I've become more accustomed to how they wear and feel. The Revolver has a deep seated heel which is great for those with inserts, like I use. The one draw back was the lack of heel cup lining and the initial blistering it caused. Again, now that my foot has become adjusted to this wear, I no longer feel the discomfort. I'd say overall, the initial feel was good, the first two week questionable and broken in I'd list both shoes as comparable to the NB110, though lighter weight that probably will result in shorter life span. Since they are racing flats they'll also make great racing shoes for sure.

Allen James

I have used the New Balance 110s and like them. However, for distances longer than 10K I fear that they do not provide sufficient support. I have tried that NB 150 and am terribly disappointed. They will go to the PTA Thrift Shop after wearing them only around the house for a few days. I wear an 8 1/2 D in the NB110, but my feet seem to continue growing, so I

ordered a 9D. They are shorter than the 8 1/2 D in the NB110 and they are also ridiculously narrow. Nor that it really matters, but they are also the ugliest shoes, bar none, that I have had in the past 30 years. My favorite RW distance in the marathon and for that I have had good luck with Mizuno Wave Phantoms. They are flexible in the forefoot and light, yet they seem much more supportive than the NB110s.

Best wishes, Ole Holsti

I have been using the NB 240 and completed a 50k in them very comfortably. They have a tough sole and good flexion. For me, they are better than the NB 100.

Andrew Jamieson

My favorite walking shoe of all time (meaning all 2.5 years of walking :) was the New Balance 230, hands down. Very flexible, yet a hard sole, not a soft one. Those two things plus as light as possible

(ideally 7-8 oz) are my primary criteria. Unfortunately the shoe is discontinued. Reading some of the other comments, it is clear how much individual variation there is. I've had more than one person tell me they don't like the NB110 walking shoe because it doesn't have enough support for longer distances. I dislike it for the opposite reason -there is too much to the shoe and while it is very flexible, it is too soft. However - I have tremendous respect for the shoe and I consider it the best all-around racewalking shoe out there to be used by the most number of people. Watching Jefferson Perez or Philip Dunn or Tim Seaman or Kevin Eastler walk Olympic A standard times or world records in it suggests to me that my problems with it may have more to do with me than the shoe :) I believe, though, that it is being replaced with an updated version that I haven't tried.

I agree with whomever wrote that the 150 is a difficult shoe for walking. I watched Ben Shorey walk 20k at Stanford with it and I like it for a 5K on the track, but it is so light and soft that my pair wore all the way through the toe in less than fifty miles. Shoe Goo only goes so far with this shoe.

Right now, I have yet to find a really good replacement for the 230. New Balance came out with several new racing shoes. I have worn one of them for a variety of races from a mile to 20K with success - that is the 950. It's sort of like the 150 but not as soft and with a bit more to it. For me, though, the heel is curved in such a way that I don't know if I'd want to wear it for long, easy walks. A couple of their other racing shoes are too stiff for my taste, but I have a pair of the 550's that may be a decent replacement for the 230. I haven't tried them yet as I had built up several pairs of shoes. The 550's will definitely require major shoe goo or they will wear through in less than 100 miles. But Shoe Goo is cheap.

I do most of my walks in the Saucony Fastwitch nowadays. The heel is a bit bigger than I would like, so I suspect that for many people out there it could be the perfect shoe. It's around 8 oz but feels sturdier. I also run in it during my 2-3 times per week 3-4 mile runs.

Sometime before February, I will have to decide what shoe to wear for the 50K. If I thought I could get away with it, I'd definitely wear the New Balance 950. But that may not be quite

enough, in which case the 550 may be the ticket - I'll have to try it for 20-30k at race pace to get an idea. If all else fails, I have a pair of the 110's with enough left in them to wear them for a 50K, and the pace will be slow enough that I don't expect to be bothered as much by them being soft and bulky.

Ed Parrot

Just had to add my .02 about shoes. I like the Asics GEL DS Trainer for training and the DS Racer for racing. I'm another one of those that just can't wear the NB 110s. I've also worn the Mizuno Wave Maverick... and a number of folks out here in the Portland area are now wearing another NB model - the 900 - and really like them.

Marie VerMeer

FROM HEEL TO TOE

For Ultra-distance Dudes and Dudesses. A 100 mile trail race, including a walking division, is scheduled for Pekin, Illinois on April 16. The trail's 10 Mile loops include three stream crossings, many 'little stream' crossings, one rope assist hill (let's see you heel and toe that), ten good sized uphill, and a small section where there are little tree stumps. The trail can get muddy, but is not root or rock infested. Ollie Nanyes reports that last year he walked the 50 mile race about 90 minutes slower than his 50 mile split of a 24 hour track walk. Probably not for the serious racewalker, but certainly a physical challenge at whatever gait. Race application is available at www.ivs.org/Pages/mcnaughton.htm. . **Belle Isle New Year's Eve race and Jeanne's near tragedy.** We have no report on results of this annual affair, but here is a pre-race item from the *Detroit News*. "The upcoming 35th annual New Year's Eve run of Belle Isle looked for a while last Sunday as if it might be a memorial run this year, instead of a celebration of the new year. Jeanne Bocci (*Ed. A pioneer in women's racewalking in the U.S.*), who co-founded the race with husband Jerry as a way to gather friends and celebrate her young son's birthday, was kayaking with friends on Lake St. Clair. An avid winter kayaker, she was enjoying the beauty of ice flows sailing toward the Detroit River on a gorgeous, sunny, but frigid, day, when one of those flows tipped her kayak and dumped her into the water. She was able to grab onto a friend's kayak and was towed to shore, where EMS was summoned and she was taken to St. John's hospital. After several hours there getting her body temperature restored to normal, she was released unhurt. It's been an eventful fall for the Boccis. In November, they finished their quest of running or racewalking at least one marathon in each state plus the District of Columbia by completing the Rhode Island Marathon. Thanks to her fellow kayaker, more than 1000 runners and walkers can join the Boccis in celebrating the New Year. . **Ladany rolls on.** Israeli Olympian Shaul Ladany, who won four U.S. titles at 75 Km and one at 100 km while residing in this country in the '70s, continues on the endurance circuit. In his annual Holiday letter, he reports on the racewalking activities in a busy year as follows:"In January, I racewalked the Tiberias Marathon, in mid-March I walked the 65 Km around Lake Tiberias, and, on my 70th birthday, 70 Km in Omer. In between these events, I participated in many shorter distance races and marches, and continued with my Arad (800 meters above sea level) to Massada (200 meters below sea level) and back to Arad trainings. In May, I continued the long-distance training inside our house, protected from the sun, on an about 30 meter loop through the living room, dining space and the kitchen, and was able to produce 12-hour non-stop workouts. (*Ed. I should make some comment, but am at a loss for words. I will say that I have done such workouts only in my dreams.*) So, I was quite well prepared for the end of

May Paris-Tubize 300 km in four days march. At the end of June, I flew again to Europe for a sequence of long distance marches. It started with the Oxenweg, 200 Km in five days from Hamburg to Schleswig, followed immediately with 300 Km in seven days from Schleswig to Viborg Denmark. Three days later, I started the 160 Km four-day march in Apeldoorn, Holland, and, after an additional three-day pause, the 160 Km four-day march in Nijmegen, which this year had 45,000 participants. The following week, we met our old friends, Doctors Wynne and John Shilling from New York, and we walked along the trails around Zermatt. I was again successful in walking from Taesch (1400 meter altitude) to Hoernli Huetter (3260 meters)—the starting point for rope climbing to the Matterhorn peak and back, but I missed the opportunity to walk to Gornegrat. Prior to returning to Israel, I managed to participate in Austria, mostly on steep mountain trails, for the seventh time in the three-day 120 Km Knittelfeld walk, in the four-day 170 Km Tauplitz walk, and for the 12th time in the Moedling (near Vienna) three-day, 100 Km walk. After my return home, I have found out that the Israeli Light Athletics Association honored me with a "Honorary Fellow" award for my achievements in the 1970s, but since the award ceremony was held in my absence (while being in Europe) and the award was handed to my son-in-law, Avner, the Chairman of the L.A. Association got angry and did not inform the press of honoring me with the award. So, I have an official award that nobody knows that I got. In the last few days of August, I have complemented my morning racewalking workouts with evening swimming in our 8 meter pool. Starting with a 1600 meter swim after almost a year of swimming inactivity, advancing 800 meters from session to session, in four workouts in eight days, I reached 4000 meters. So the following Saturday, I attempted my 42nd Lake Tiberias cross swim and completed the mission. The swimming pool will see me only a week or two prior to next year's Lake Tiberias cross swim. Next Thursday, I intend to walk the half-marathon race in Beit-Shean, and the winter long-distance training season will start." Shaul works all this around his industrial engineering activities—chairing a conference, presenting papers, supervising doctoral candidates research, etc. It would be interesting to know what Shaul's annual walking mileage is, but he has never reported that figure. . **And correspondence from another 70-year-old ultra-distance walker.** England's Colin Young, a frequent contributor to these pages, is one time holder of the World Record for 24 hours and had completed numerous races from 200 Km out to the 500 miles plus of the Paris to Strasbourg or Colmar races. He is also a close observer of the racewalking scene and is yet another 70-year-old (I know because he was born three days before me). In his most recent correspondence, he writes: "Seeing the results of the 1952 Nationals in the November issue brought back for me fond memories of an eager teenage athletics fan from across the other side of the pond who followed the exploits of the names quoted. One man has always fascinated me—Bill Mihalo. Besides the two victories shown in 1952 (35 and 40 Km), he won 18 other Nationals from 15 to 50 Km between 1940 and 1951. In his successes at 50 Km, he never broke 5:05 and his best clockings were 1:39:07 (short course?) At 20 (1942) and the 3:43:50 at 35 in 1952. Yet, when Mihalo turned "pro" in 1953 he clocked the following track times, even though he had never won a National at less than 15 Km and appeared to ignore the track in the 1940 to 1952 period: 1 Mile—6:04.9 at St. Petersburg, 2/17/53 and 6:03.8 at Detroit 2/31/54; 2 Miles—12:41.0 at Hollywood (!!!), 1/8/55. It should be noted the Amateur outdoor bests at that time were 6:15.2 by Australia's Athol Stubbs in 1940 and 13.00.0 by Sweden's Werner Hardmo in 1944. Who were the organizers of these "pro" races and what was the opposition? I seem to recollect that Bill was a tall, raw-boned figure rather reminiscent of Dave Romansky (who broke the Amateur mile best with 6:10.4 in 1970. I can well imagine what John Deni (who finished equal with Mihalo in the 1948 15 Km, Henry Laskau, Ernie Crosbie, or a Carl Kurr thought of Bill's amazing "pro" progress in 1953-55, but alas, we can no longer ask

them. But I would be fascinated to hear what Adolph Weinacker, Rudy Haluza (my old Essex Beagles clubmate), Bruce MacDonald, and the voice of USA racewalking, Elliott Denman, remember of the man and how his feats were regarded by the walkers of that time.

Obviously, Mihalo tried very hard to make the 1948 and 1952 Olympics, but was beaten on both occasions by men who regularly beat him over the years. I wonder if he benefitted financially from his walks to give up his job with Thompson Products in the early '50s? I well remember watching Hardmo in the '48 Olympic 10 Km final trying to walk on his fingernails at around 48 minute pace and still getting DQd. So much for all his IAAF plaques he gained during WWII. Hope we can get some answers before it is too late." Many years ago, we published several news clippings on Bill's pro feats. As I recall, he promoted the races himself and had a couple of other guys who usually "competed" with him. We asked some of the same questions at that time, but didn't get much in the way of answers. Anyone want to come forth with the "Bill Mihalo story" now? . **Hilde Laskau.** Hilde, the widow of Track and Field Hall of Fame racewalker Henry Laskau, died on January 12 at ehr Coconut Creek, Fla. Home

Condolences to the family can be sent to Laskau Family, 609 Glasmere Road, Mahwah, NJ 07430.. The Henry Laskau Memorial 5 Km Florida State Championship will be held on Feb. 12 at Coconut Creek (See race schedule) Elliott Denman offers the following remembrance: "We're so sorry to hear of Hilde's passing. She was a wonderful lady who did so much. The Laskaus were wonderful people and Henry and Hilde such a great pair, such a great combination..and their kids are wonderful, too. Oh, so many memories. Where would I have been without Henry?? He took this kid under his wing and it a wonderful wing. He showed me the way. . .and it led to many other great and exciting things in the years that followed. And Hilde was always there as a full partner. How can I ever forget those sprints chasing Henry around the tiny 92nd St. Y indoor banked track?? All those Walkers Club of America meetings, where we did our best to keep things going. All those great workouts in the Westbury area, followed by those even greater breakfasts served up by Hilde. How can I ever forget all those great races by Henry everywhere , with Hilde there for almost all of them. How can I forget their incredible devotion to racewalking and all racewalkers, and the millions of friends they made all over the world. . all after starting a new life in this wonderful country after the horrors of life in Germany. What great Americans they were. What great people they were. Yes, yes, yes, Henry and Hilde, together always." . . **Heppner Award.** The Protocol and Application Form for the Al Heppner Memorial Award are now posted on the web site of the North American Racewalking Foundation and Institute: <http://members.aol.com/RWNARF> or <http://www.philsport.com/narf>. Clickon the marker at the base of the left column on the home page to access them. The Institute will also mail the Protocol and Application Form to coaches and athletes. If you have any questions, contact Elaine Ward at narwf@sbcglobalnet. . **Racewalking Challenge.** Dates for 2005 IAAF Racewalking Challenge events are: March 19-20-20 and 50 Km, Tijuana, Mexico; April 2-20 Km Rio Maior, Portugal; April 23-20 Km, Cixi City, China; May 1-20 Km, Sesto San Giovanni, Italy; June 4-20 Km, Coruna, Spain; and Aug. 6-14-World Championships 20 and 50 Km, Helsinki, Finland. . **Youth Honor Roll.** The USATF Racewalking Committee has announced the Youth Honor Roll for 2004 and here it is: Bantam Girls-Ariana Guzman and Diana Flores, South Texas Walking Club and Samantha DuBois, New Jersey Striders. Bantam Boys-Anthony Pryatel, PS Vegas Flyers; Kyle Barron, Pacer TC; and Darrian Butler, Marlboro Boys TC. Midget Girls-Claudia Ortiz, South Texas Walking Club; Damonysha Smith, PS Vegas Flyers; and Irais Villa, Elgin Sharks TC. Midget Boys-Trevor Barron, Pacer TC; Andrew Adams, Spartenburg TC; and Matthew Forgues, Maine Rwers. Youth Girls-Caroline Muraida, Albuquerque TC; Corina Ortiz, South Texas Walking Club;

and Mercedes Mancha, Elgin Sharks TC. Youth Boys-Roberto and Richardo Vergara, South Texas Walking Club; and Christopher Stuart, New England Walkers. Intermediate Girls-Dana Vered, Walk USA; Tina Peters, Miami Valley TC; and Lauren Forgues, Maine Rwers. Intermediate Boys-Paul Regul, Elgin Sharks TC; Padric Gleason, unat., Maine and Nathan Dalebout, un., Maine. Young Women-Maria Michta, Walk USA; Erica Adams, unat., South Carolina; and Katy Hayes, Lake County Walkers. Young Men-Zach Pollinger, New Jersey Striders; Jared Swehosky, Salem TC, and Troy Clark, Maine Rwers. . .

Trying to Keep Up

by Tony Blasi

(Besides his great racewalking exploits, Shaul Ladany had an influence on US Olympian Kevin Eastler. This article was written prior to the Athens Olympics and was published in the Sun Journal, a Maine newspaper, I believe.)

An Israeli who eluded execution at a Nazi death camp as a child and later survived a terrorism attack as a competitor at the Munich Olympic Games in 1972 had an impact on Maine. And it's one that Shaul Ladany, an Olympic-level racewalker, may not know about. Now, Ladany's influence will come full circle when a Maine racewalker competes in the Athens Olympics.

If it weren't for a chance encounter with Ladany 38 years ago, Tom Eastler might never have developed a racewalking program in Maine. Maine and New York are the only two states that offer the sport at the high school level. And Eastler's son Kevin might not be competing in Greece. Fortunately, Tom is a curious man.

He met Ladany in 1966 when they were both graduate students at Columbia U. In New York City. A long-distance runner, the Farmington resident had never heard of racewalking before he caught a glimpse of Ladany zipping around the track at a blistering pace. "One day, I went into the gym and a fellow came walking by me," said the U. of Maine at Farmington geology professor. "He wasn't a very tall person, and he had a long beard, as I recall, which seemed to me at the time hitting the floor He was moving very fast, but he wasn't running. So I made a mental note of it: Gee, that's interesting."

For the next week, Eastler watched Ladany go through his routine and studied his technique before he decided to approach. "Finally my curiosity got the best of me, and I said 'I'll walk right next to him and ask him what was going on. So I jogged beside him and introduced myself and asked him who he was. Shaul Ladany, he told me. I asked: What are you doing? He said: I am racewalking. Gee, this is kind of interesting. Can I try?. I asked. Sure? Wait till I finish my workout and I will show you how to do it."

For the next year, Ladany and Eastler worked in tandem as Eastler watched and learned from his mentor. Eastler was soon hooked on the sport. "He started coaching me, and then I started going to races in Central Park," Eastler recalled. "They would typically have t races around the park, which is 12 miles. I remember going two years in a row to the 50-mile national championships (*Ed. There were no 50 mile nationals, but Elliott used to have an annual 50 mile track race in New Jersey.*) The first year I went to help Shaul. The race required a lot of bananas.

"He subsequently broke the American record in like 7 ½ hours. And then the first of the two rapid-in-succession wars broke out (in the Middle East), and he disappeared one day. He was gone. He hopped in a plane and was flown back to the Six Day War. He came back, and then he went to another one."

Although the two haven't spoken in nearly 37 years, Eastler always kept track of Ladany's racewalking career. Over the years when Eastler visited Israel, he would try to contact Ladany, who was often teaching abroad. It was only recently that Eastler learned that Ladany, a native of Yugoslavia, was 8-years old when he was sent to the Bergen-Belson concentration camp to die. According to a web site called "Jews in Sports," Ladany told the Jerusalem Post in 1972, "I saw my father beaten by the SS and lost most of my family there. . . A ransom deal that Americans attempted saved 2000 Jews and I was one. I actually went to the gas chamber but was reprieved. God knows why."

The Israeli racewalker, who's currently a professor of industrial engineering and management at Ben Gurion U. Went on to compete in two Olympiads for his country. In the 1972 Munich Games, he was Israel's sole representative in track and field on the country's 28-member team. He finished 19th in the 50 Km walk, with a time of 4:24:36. The day after his competition, Palestinian terrorists invaded the Olympic Village.

Two Israelis died when the terrorists stormed the building where they were staying. Nine Israelis were taken hostage and after hours of negotiations and a trip by the terrorists and hostages to a nearby airport, those nine also were killed, as well as five terrorists and one German policeman.

But Ladany and four Israeli athletes had been in a nearby apartment, which the terrorists ignored, according to a Los Angeles Times account of the attack. They escaped through a window and sought refuge with the American Track and field team. "I knew he was there, but I was so wrapped up in whatever I was doing that it didn't register that he was the one being attacked," said Eastler.

Tom Eastler would like nothing better than to introduce Ladany to his son, Kevin, who heads to the Olympics in Athens. "I'd like Kevin to meet Shaul because Shaul, if I take it back, started this whole thing," said Tom. He has a Maine connection that he doesn't know about and I didn't know it until I thought about it yesterday. In reality, if I didn't see Shaul, I wouldn't be racewalking. He was the seed, the racewalking seed that started it all, which is kind of neat. I am going out and actively seeking people and encouraging them to become racewalkers because of the education Shaul gave me."

LOOKING BACK

35 Years Ago (From the January 2000 ORW)—In Asbury Park, N.J., Dave Romansky blasted a 1:12:57 for 10 miles a week after a 6:29.8 Indoor 1 Mile. A week later, he improved to 6:28, but was tossed by judges as Ron Kulik claimed the victory in 6:33. Not discouraged, Dave went even faster with a 6:12.8 in Pittsburgh and a 6:23 in Philadelphia. . . Floyd Godwin, a recent convert from running, edged Larry Walker in Los Angeles as both recorded 6:35.9. The next day, Godwin won the Rose Bowl 10 Mile handicap in 1:15:38. . . Chicago's 10 Mile handicap was won by a young U. Of Illinois student, Bob Henderson, in 1:36:30. Walking for only a few weeks at the time, Bob improved quickly and went to international status. . . Locally, we had what was called a 5 Km race. Walking somewhere on a snow-covered track (the curb was not identifiable) in wind-blown 18 degree temperature, we covered 12 laps and figured this included a good bit of extra distance since we were probably well outside of lane 1. Doc Blackburn, given a 5:10 handicap, recorded a good 30:24 to edge out Mortland's 25:24. Barry Richardson, who unsuccessfully tried to clear the track, finished third.

30 Years Ago (From the January 2000 ORW)—Ron Laird turned in the fast time in Rose Bowl 10 Mile Handicap with a meet record of 1:12:26 and caught all but two of the field that had started at various times ahead of him. Steve DiBernardo had a 1:18:52. . . Karl Merschenz braved January cold in Toronto to record a 1:38:36 for 20 Km and a 2:45:00 for 30 Km 3 weeks later. . . In the Mortland-Turns Master 10 mile in Worthington, Ohio, your editor stormed to victory in 1:23:12 to celebrate his 40 years on earth.

25 Years Ago (From the January 2000 ORW)—Tdd Scully won the Olympic Invitational 1500 meters in Madison Square Garden in a quick 5:41, better than 20 seconds ahead of Bruce Harland. . . In a Los Angeles 1 Miler, Ray Sharp was sharp indeed with a 6:13, 4 seconds ahead of Larry Walker. . . Chris Knotts turned in the fast time in the annual New Year's Eve 6 Mile Handicap in Springfield, Ohio with a 46:27, but could finish only fifth as handicapper Jack Blackburn took care of his family. His father, Dr. John (64:36), crossed the line first, daughter Kathy (66:23) came second, son Tim (56:29) finished third, and Jack himself (52:57) was fourth. Chris had the consolation of a meet and course record, a good time on a cold, dark night.

20 Years Ago (From the January 2000 ORW)—Jack Blackburn was faster 5 years later (at the advanced age of 49) as he did 52:19 in the New Year's Eve race, but his crooked handicapping had slipped, as he could only manage seventh. Chris Knotts also improved, breaking that course record with a 46:10, but he was just one place ahead of Blackburn at the finish.

15 Years Ago (From the January 2000 ORW)—Teresa Vaill blistered a 6:50.4 mile to win the Dartmouth Relays. In the men's 2 Mile race, it was Curtis Fisher winning in 13:26.2. . . In the New England Indoor 3 Km Championship, Canada's Tim Berrett left Dave McGovern nearly a minute behind as he won in 11:29.6. Vaill won the women's race in 13:07.8, 15 seconds ahead of Lynn Weik. . . The New Year's Eve race had now moved to Xenia, Ohio, along with Jack Blackburn (it had been held in Columbus, Woerthington, Van Wert, Continental, and Springfield through the years, depending on Jack's location). This time, Tim Blackburn won in 55:13, 4 minutes ahead of his dad.

10 Years Ago (From the January 2000 ORW)—In a race held in Palo Alto on January 8, Allen James won the National 50 Km title in 3:59:46. Andrzej Chylinski was with him for 35 Km and hung tough for a 4:01:40, 62 seconds ahead of third-place Jonathan Matthews. Those wily veterans, Carl Schueler (4:14:00) and Marco Evoniuk (4:14:19) waged a stout battle for fourth. Here's a challenge for this year's upcoming race. There were 27 starters and 14 finishers, all under 5 hours. Paul Wick and Herm Nelson were well ahead of that pace when they stopped at 42.5 and 40 Km, respectively.

5 Years Ago (From the January 2005 ORW)—In Chula Vista, Cal., Curt Clausen bettered the American record for 30 Km, finishing in 2:11:00.4, nearly 11 minutes under Herm Nelson's previous record. On the way, he bettered Allen James' 2 Hour record, covering 27,360 meters in that time. Andrew Hermann was second in 2:12:31.2 and bettered the American record at 25 km, as he led Clausen at that point. Third was Al Heppner in 2:16:58, fourth was Xavier Moreno of Ecuador in 2:19:20.8, and fifth Philip Dunn in 2:20:14. Yueling Chen won an accompanying 20 Km in 1:35:45.7 with Danielle Kirk second in 1:39:27. . . Three weeks earlier, Mexico's Carlos Mercenario won a 50 Km in Houston in 4:00:14, but he was DQ'd in Chula Vista trying to keep pace with Clausen and Hermann.