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, blew 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:


Other Results
Indoor H.S. 1500 meters, Providence, R.I., Dec. 29–1. Jike Kazmierezak, N.Y. 7:19:42
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $12.00 per year ($15.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit Street, Columbus, Ohio 43202. E-mail address: jmorton@columbusrr.com.

Approximate deadline for submission of material is the 20th of each month, but it is usually the 25th or later before we go to the printer, so later submissions have a shot at publication.


A Potpourri of Choices for Your Racewalking Pleasure

Fri., Feb. 4 Millrose Games and USATF 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, Va., 7:45 am (O) Sun. Feb. 6 5 Km, Denver, 9 am (H) Sun. Feb. 12 2.8 Miles, Seattle, 9 am (C) Sun. Feb. 13 5 Km, Denver, 9 am (H)
Fri. Feb. 18 USATF National 50 Km, Clermont, Fla., 7 am (L) South Region 15 Km, Clermont (L)
Sat. Feb. 19 Indoor 3 Km, Kenosha, Wis., 6 pm (F) Indoor 3 Km, Columbus, 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 5 Km, Boston (X)
Sun. Feb. 27 USATF National Indoor Women’s 3 Km, Boston (X)
Fri., March 4 Indoor 5 Km, Denver, 9 am (H) NAIA Collegiate Indoor 3 Km, Johnson City, Tenn. Indoor 1 Mile, Kenosha, Wis., 6 pm (F)
Sun. March 6 Youth 1500 meters, Open 3 Km, Indianapolis, 11 am (O) 10 Mile, Yellow Springs, Ohio (M)
Sat. March 12 2.8 Miles, Seattle, 9 am (O) 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 Indoor 5 Km, New York City, 9 am (G)
Sun. April 3 Pan-Am Cup 20 Km Trials, 10 Km Junior, Men and Women, Haupauge, N.Y. (DD)

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### Men's 20 Km

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### Women's 20 Km

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### 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 idplayed great consistency with second places in Tijuana and the World Cup at 20 Km, but then 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 with the under-up, Nizeglrodov by more than four minutes. Korzeniowski also won the season long IAAF Racewalking 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, 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 Hongjun (China), who entered her second successive major championship with the fastest time prior to the competition. In Paris 2003, the young Chines 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 staying in front, were both 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 finished in 10th place, 22-year-old Athenasia Tsoumelaka was unbelievably 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
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 1/2
Marathon. It is light weight & durable. The list price is $75.00 but Sports 'n More in
Foley, Al has them for about $65.00 & they pay the shipping. Their phone # is 1-800-
397-5460.

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 Shoel 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 Cu bato 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 Spacers and the Revolver 2. My favorite shoe of all-time was the Mizuno
Challenger 1. 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 Sheri 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 Holst

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 more than a walk. 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.

Sometimes 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
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 upstairs, and a small section where there are little tree stumps. The trail can get muddy, but it is not root or rock infested. Ollie Nanye 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 Boci (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 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 Boci’s. In November, they finished their quest of running or walking the 50 mile trail race, including a walking division, 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 Boci’s 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

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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 from financially from his walks to give up his job with Thompson Products in the early '50s? I well remember watching Hardnko in the '48 Olympic 10 km final trying to walk on his fingernails at around 48 minute pace and still getting DQ'd. 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 new clippings on Bill's 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 was 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. She will never forget their incredible devotion to racewalking and all racewalkers. They had 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, 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. Check 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 narw@shsiglobal.net. ...Racewalking Challenge. Dates for 2005 IAAF Racewalking Challenge events are: March 19-20 and 50 km, Tijuana, Mexico; April 2-20 km Rio Maior, Portugal; April 23-20 km, Cixi City, China; May 1-20 km, Seeso San Giovanni, Italy; June 4-20 km, Coruna, Spain; and Aug. 6-14-Wold 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 Boys-Anthony Pryatel, PS Vegas Flyers; Kyle Barron, Pacer TC; and Darrian Butler, Marlboro Boys TC. Bantam Girls-Claudia Ortiz, South Texas Walking Club, and Danyosha Smith, PS Vegas Flyers; and Irisa Villa, Elgin Sharks TC. Midget Boys-Trevor Barron, Pacer TC; Andrew Adams, Spartenburg TC; and Matthew Forguen, Maine Rivers. Midget 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 Forguen, Maine Rivers. Intermediate Boys-Paul Regul, Elgin Shars 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 Svehosky, Salem TC, and Troy Clark, Maine Rivers.

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 tall person, and he had a long board, 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 5 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."

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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 tall person, and he had a long board, 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 5 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 English. 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 cross country 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, I didn't see Shaul, I wouldn't 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 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. Godwin, a recent convert from running, edged Dave. And two weeks later at 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)-Tedd Scully won the Olympic Invitational 1500 meters in Madison Square Garden in a quick 3:41, better than 20 seconds ahead of Bruce Harland. In a Los Angeles 1 Miles, Ray Sharp was sharp indeed with a 4:14.9 ahead of Larry Walker. Chris Knotts turned in the last time in the annual New Year's Eve Mile Handicap in Springfield, Ohio with a 4:27, but could finish only fifth as handicapper Jack Blackburn took care of his family. His father, Dr. John (6:36), crossed the line first, daughter Kathy (6:23) came second, son Tim (5:29) finished third, and Jack himself (5:25) was fourth. Chris had the consolation of a meet and course record, a good time on a cold, dark night.

10 Years Ago (From the January 2005 ORW)-In a race held in Palo Alto on January 8, Allen James won the National 50 Km title in 3:59:46. Andrew 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, Calif., 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 DQd in Chula Vista trying to keep pace with Clausen and Hermann.