

Injury forces grad to racewalk

By MIKE POORMAN
Daily Collegian Sports Writer

It is 12:30 Wednesday afternoon and Leonard Jansen is going to do something irrational and a bit crazy. Just like mad dogs and Englishmen, he is going out in the noontday sun — to walk.

Jansen is a racewalker and is on the road twice a day, everyday, with knees stiff, hips swiveling and arms flailing — heel to toe over 85 miles a week.

"The time spent," he says, "is one-half to two times more than what it would take to cover the same distance running."

Psychologically, he finds it no problem. "But physically," the 24-year-old grad student says, "it's difficult to just get out and walk. There's the time element involved (it takes nearly four hours to complete a 25-mile walk), and now there's the heat. Trying to walk in 85-degree weather with 80 percent humidity is the toughest thing a human body can endure — short of childbirth."

Jansen began racewalking seriously five months ago when a tendon injury ended his 10-year running career, which included two years of cross country running at Colby College in Maine and the 1976 New Jersey AAU 20 kilometer title.

Having dabbled with the walk since eighth grade, Jansen pursued his closet passion openly, becoming one of only 200 competitive walkers in the United States. Told by some running companions that former Penn State cross country coach John Lucas had experience in coaching walkers, Jansen went to him for guidance.

"He came by and told me he'd like to be a walker and asked for my advice," Lucas said. "I had seen his sort before so I told him to stop by in a week or two and tell me how many miles he had walked. 'He'll never be back,' I thought. And so I forgot him."

Lucas, it should be noted, is a very respected authority on the subject and history of racewalking. He took Steve Hayden, a former Penn State cross country runner, and together they formulated a program that culminated with Hayden finishing second in the 50-kilometer walk for the U.S. team in the 1972 Olympics. Lucas knew the tedious hours involved in walking and therefore was greatly surprised when Jansen returned to his office, two weeks later, having racewalked 75 miles in "the interim."

"I liked him," Lucas recalls. "I could see he was serious about walking, but he didn't walk too good."

Walking is a highly technical sport where the entire body must work in continuous synchronization. One foot must be in contact with the ground at all times; the forward heel must come down before the trailing toe comes up, and the forward knee must be momentarily straight and the body erect. The first violation of these rules brings a warning, the second disqualification. Without technique a walker is doomed.

Together Jansen and Lucas formulated a program to improve both the quality and quantity of Jansen's racewalking. "I'd go to him (Lucas) with my schedule (for walking) for a month," Jansen explains, "and

together we'd refine it, switching workouts around and such." Once a week Lucas will follow his walker to the track and give him advice and encouragement.

Lucas is quick to point that "Larry is his own coach. I'm just his advisor," while Jansen counters with "he calls himself my advisor, but I call him my coach."

Why did Jansen turn back to walking, a sport that steals over 25 hours a week from a busy math grad's schedule of six credits and two teaching sections?

"I was never a very competitive person," Jansen says. "I'd do the work needed to get by. However, in running and now walking, I'm a very competitive person. At times, I think I'm actually bloodstained." And walking, he adds, "gives me time to think and let my mind wander."

He has racewalked in a race only once this summer, a 20-kilometer race where he finished a respectable 39th out of 108 walkers. His next race will be in November, an AAU title contest where "anybody who is anybody in the world of walking will be there," Lucas says.

Although he would like to do well there, Jansen's long range goal is "to go as far as I can. I'm definitely thinking of qualifying for the 1984 Olympic trials in the 50-kilometer walk."

Lucas hesitates to comment on Jansen's future. "Well, he's made remarkable progress in six months, greater progress than Steve Hayden did at this point. But he would have to cover 4000 miles a year just to be stronger than last year."



Leonard Jansen

Continued on Page 8.

Tenniswomen easily get by Lock Haven

By GLENN KAUF
Daily Collegian Sports Writer

Lock Haven's inconsistent volleys and pace threw off the women's tennis team yesterday, but it was not enough to beat the Lady Lions as they gained their second straight shutout of the season.

"The doubles looked much better today than against Syracuse," women's tennis coach Candy Koyer said. "When we play a team that's not quite on the level of play that we are, it's really good to see the players put pressure on the opponents. The women were communicating with each other and we will need to win doubles to win a couple of our tougher matches."

Lady Lions Carol Daniels and Gail Ramsay defeated Cathy Peterman and Janine Hild in the first seeded doubles 6-2, 6-1.

"In the doubles, Gail was a real saver," Daniels said. "When we play a team with players like this (Lock Haven), it's not easy to get up. They don't play with any consistent pace or rhythm."

"They are probably the weakest team on our schedule. They hit a blood shot and then a hard shot. There's no timing or balance in their game and it's hard to play."

In the second seeded doubles, Lady Lions Sue Whiteside and Cherie Dow defeated Kelly Gohn and Lori Emrich 6-1, 6-2.

Valentina Garcia and Anne Beasley had little problem in the third seed and they were capable. It was our goal to be stronger than last year."

Despite the 9-0 win the Lady Lions did not play well in the singles matches. "We played all right today," Koyer said. "It was not the best tennis that we have played. The pace was so different. 'Lock Haven doesn't play consistent, well-paced games. They are hustlers and dig the balls out. Many of the errors were because my players weren't used to those kind of players.'"

"Lock Haven was probably the most dangerous team for us to play," she said. "I expected them to hustle, and it's hard for my team to get up for the match. They had nothing to lose and everything to gain."

Daniels had a little problem getting by Peterman in the top-seeded spot. She eventually pulled a 6-2, 6-4 victory.

"I mentally wasn't in today's match," Daniels said. "I can't take anything away from my opponent, but the inconsistent shots made my tennis hurt. She wasn't that bad of a player. When I made mistakes, I didn't take it to my head and get mad."

Lady Lion Cherie Dow easily downed Gohn as she won 6-1, 6-0 in the second seeded match.

In the third seeded singles, Beasley beat Hild 6-2, 6-3.

Captain Ramsay easily defeated Lori Emrich 6-0, 6-1, while Whiteside and Garcia both defeated their opponents in 6-0 matches.

"I thought that my team played well against a superb, first class team," Lock Haven coach Kyle Cornelius said. "I was really pleased with everyone. A lot of players played better than they thought they were capable. It was our goal to be stronger than last year."

the daily collegian scoreboard

NL				AL				NFC			
Team	W	L	Pct.	Team	W	L	Pct.	Team	W	L	Pct.
PHILADELPHIA	89	58	.605	Baltimore	90	59	.602	Dallas	3	0	1.000
Montreal	87	68	.560	Milwaukee	87	62	.584	Washington	2	1	.667
St. Louis	78	69	.531	Boston	83	65	.561	St. Louis	1	2	.333
PHILADELPHIA	77	72	.517	New York	80	66	.541	N.Y. Giants	0	3	.000
Chicago	74	72	.505	Detroit	80	70	.533	San Francisco	0	3	.000
New York	56	89	.386	Cleveland	70	74	.487	San Francisco	0	3	.000
				Toronto	64	100	.393	New Orleans	0	3	.000

AFC			
Team	W	L	Pct.
San Diego	3	0	1.000
San Francisco	2	1	.667
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333
San Francisco	1	2	.333

Baseball Roundup Pirates top Expos to regain first

MONTREAL (AP) — Dave Parker stroked a pair of run-scoring singles and Don Robinson tossed a six-hitter to pace Pittsburgh to a 2-1 victory over the Montreal Expos last night and move the Pirates a full game ahead of Montreal in the National League East.

The Pirates took a 1-0 lead against Steve Rogers, 13-10, in the third inning as Parker drove in Omar Moreno, who had led off the inning with a single up the middle, stole second and advanced to third on Tim Foli's sacrifice bunt.

Robinson, 8-6, scored Pittsburgh's second run in the fourth when he reached base on a one-out single and went to second on a single by Foli before Parker delivered his second RBI hit.

Phillies 7, Cardinals 5

ST. LOUIS (AP) — Manny Trillo raced

home from third on two basemen Ken Reitz' error with two out in the ninth inning of the nightcap and Hargrove followed with his deep drive to right center field off New York reliever Don Hood, 4-1. Reliever Sid Monge, 10-9, got the victory.

Philadelphia's Steve Carlton, 16-11, gained the victory. Tug McGraw pitched a scoreless ninth inning to earn his 16th save.

Indians 5, Yankees 1, 5

CLEVELAND (AP) — Mike Hargrove ripped a run-scoring triple with one out in the ninth inning to give the Cleveland Indians a 6-5 victory and a doubleheader sweep of the New York Yankees last night.

Rick Waits fired a five-hitter in the first game as the Indians won 5-1.

sports quiz

Q: Ten years ago, major league baseball realigned its teams to provide post-season playoffs in both the American and National Leagues. What four teams participated in those first playoff series in 1969?

A: Yesterday's answer: The highest all-time winning percentage among college football teams (.776) belongs to Notre Dame.

Jansen target of much harassment

Continued from Page 8. respectable and then, of course, there's no guarantee of success.

"He's really too inexperienced to think about it now. However, he has three things going for him. He's highly intelligent. He has the physically strong body needed for walking and he's a bear for training. And most importantly, he's burning with desire."

"My secret goal is that in a year Larry can walk as fast as I can jog for two hours, which is about 15 miles."

Racewalking, in Jansen's words, "is still too dominant from the normal behavior." He has been spit at, been

the target of cans and bottles, the subject of verbal abuse "from more women than you'd expect" and run off the road while walking.

"Analyzing it psychologically, people do it because they're jealous or envious," Jansen explains. "I can usually tell the type that are going to give me trouble. If two teenagers in a pick-up or a jacked up car come by, I'm ready to dive for the bushes and get their license number."

Even though the harassment outnumbers the encouragement, Jansen feels he gets an ample amount of support. "John Lucas is amazing.

Jenny, my girlfriend, is a saint and Harry Groves and Gary Schwartz of the cross country teams are very supportive," he says.

Then there are the occasional rounds of applause and words of praise from passers-by.

But racewalking is a sport with no financial rewards. In fact, Jansen must buy a new pair of walking shoes every three weeks. There's no glory, no headlines. Only aching muscles and missed meals. So why does he do it?

"If I knew that," Jansen says with a shrug, "I'd bottle it and become rich."

Golfers tie for third place

History has a way of repeating itself and that's exactly what happened to the men's golf team last weekend.

Army captured its second consecutive West Point Invitational, besting 19 other teams to lay claim to the team title.

Penn State finished in a deadlock with Temple for third place in the tournament, one shot behind second place Hampden University.

Nittany Lion head coach Joe Boyle was not surprised by his squad's strong showing.

"I thought we'd place up in there pretty good," Boyle said. "The course and the greens were in excellent shape."

problem we have is that we're not only

perceived enough to put on different surfaces when we go away."

Bob Phillips was the low scorer for Penn State, firing scores of 77 and 74 for a 151 total in the two-day event. Mike Boyle and Bob Holdcroft provided strong support for the Lions, turning in scores of 158.

In last year's tournament, a tricky course with short driving distances plagued Penn State as the team slithered to a fifth-place finish.

"The course wasn't that bad this year," Boyle said. "The course and the greens were in excellent shape."

—By Ron Gardner

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