

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202

# OHIO RACEWALKER



VOLUME XXI, NUMBER 1

COLUMBUS, OHIO

MARCH 1985

0.6496

EASY WIN FOR EVONIUK IN 20

0.6869

Monterey, Cal., March 30--In the year's first outdoor National, Marco Evoniuk was an easy individual winner of the 20 Km team race. The team title went to a team from Seattle. Marco's quick 1:28:40 put him more than 6 minutes ahead of Sam Shick at the finish. Shick just beat comebacking Steve DiBernardo.

0.722

In the women's race, Lori Maynard won impressively over Jolene Steigerwalt in 1:58:07. Full results and more details next month.

0.7549

Men: 1. Marco Evoniuk 1:28:40 2. Sam Shick 1:34:56 3. Steve DiBernardo 1:35:00 4. Dan Pierce 1:42:39 5. Ed Bultdin 1:46:33 6. Guy Ott 1:48:21

0.7856

Women: 1. Lori Maynard 1:58:07 2. Jolene Steigerwalt 1:59:15 3. Mary

0.8141

Baribeau 2:00:27  
Men's Team: 1. Seattle 5:09:18 2. Van's Walkers 5:32:08 Women: 1. Monterey

0.8404

Walk Walk Walk 6:28:40 2. Golden Gate 6:47:02 Master's Men: 1. Monterey  
Walk Walk Walk 5:51:47 2. Vans 5:56:31 Masters Women: Golden Gate 7:10:21

0.8645

OTHER RESULTS FROM AROUND AND ABOUT

0.8864

30 Km. Boylston, Mass., March 24--1. Brian Savilonis 2:42:59 2. Steve Vait-  
Jones 2:47:02 3. Bob Whitney 2:50:43 4. George Lattarulo 3:00:57 5. Fred  
Leest 3:03:44 6. Chris Anderson (female) 3:04:43 7. John Gray (age 65)

0.9061

3 Km. Schenectady, N.Y., March 2--1. Jim Mann, Union Col. 12:34.9  
2. Curtis Fisher, Stony Brook 13:10 3. Rick Mahnke, Stony Brook 13:30.5

0.9236

4. Steve Capellan Stony Brook 13:49 5. Tom Wimmer, USMMA 14:15.5 6. Nick  
Harding, Suffolk CC 15:20.7 7. Larry Weiss, CW Post 15:46 DQ--Pat Flannery,

0.9389

Stony Brook 12:26.1 Indoor 3 Km. New Haven, Conn., Feb. 23, Collegiate Track  
Conference Championship--1. Tom Edwards, Stony Brook 11:33.3 2. Ed O'Rourke,

0.952

CW Post 12:00.0 3. Pat Moroney, Fordham 12:10 4. Pat Flannery, Stony Brook  
12:44.9 5. Curtis Fisher, Stony Brook 12:55.2 6. Steve Capellan, Stony

0.964

Brook 13:27.9 7. Rick Mahnke, Stony Brook 13:51.2 Girl's 1 Mile, National  
Scholastic Classic, Princeton, N.J., March 17--1. Lynn Weik, Sayville, N.Y.

0.976

7:36.72 (meet record) 2. Christine Weber, Lancaster, N.Y. 7:59.96 3.  
Deirdre Collier, Baluvelt, N.Y. 8:10.43 4. Katie Warren, Miami, Fla.

0.988

8:16.99 5. Hope Hollock, Port Washington, N.Y. 8:21.12 6. Maureen Holla,  
Newark, N.Y. 8:36.59 (13 finishers) Intercollegiate 5 Km (Indoors), Prin-  
ceton, N.J., March 3--1. Tom Edwards 20:17.55 (American record; Jim Heiring's

20:11 in Paris earlier this winter will not be submitted as there was no  
curb on the track. Edwards splits: 6:06, 12:48, 19:37) 2. Ed O'Rourke,  
C.W. Post 21:21.7 (6:29, 13:28, 20:40) 3. Pat Moroney, Fordham 21:29 (6:35,  
13:41, 20:46) 4. Dave McGovern, Rochester 23:04.6 5. Bob Gottlieb, Hunter  
24:43.1 15 Km. Long Branch, N.J., Jan. 13--1. Ben Ottmer 1:33:05

New Jersey Indoor 2 Mile Champ., Princeton, Jan. 13--1. Ray Funkhouser  
12:57.3 2. Ron Kulik 15:23.1 3. Cliff Mima 16:13 4. John Alfons 16:37

Women's 1 Mile, same place--1. Norma Arnesen 7:51.5 2. Lori Seidel 8:34.9  
3. Noreen Mima 9:40.5 20 Km. Long Branch, N.J., Jan. 27--1. Ray Funkhouser  
1:30:07 2. Lee Bogart 1:59:35 3. Ben Ottmer 2:11:04 (icy weather) (to p.10)

Jim Clinton  
309 Eastland Ct.

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$5.00 per year (\$7.00 for First Class Mail, \$11.00 for Overseas Air Mail.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to Ohio Racewalker: 3184 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio. POSTMASTER: Send address changes to the Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

#### DENMAN ANNOUNCES CABLE TV PLANS

West Long Branch, NJ. (Special release to ORW)--With the growth of cable TV comes the opportunity for networks to satisfy the cravings of more specialized audiences.

It is with great pride, therefore, that the newly-formed WNNW (Walkers Wild Network) announces its schedule of summer programming. The brain child of its president, Elliott Denman, 1956 Olympic walker and sports writer and columnist for the Asbury Park Press, WNNW will be airing some blockbusters that appear destined to challenge the major networks for audience share, even in prime time. Consider this lineup:

"20/50"--The story behind the story of the Olympics.

"Raul and Ernesto"--Two likeable guys strike gold, with interesting ramifications.

"Colorado Springs Vice"--Inside the USOC training camp.

"Kitchen to Corrallo"--Leadership at the top.

"Dreams"--Junior Olympians' training program.

"Three's Company"--The emotional dilemma of an Olympic Trials fourth-placer.

"Night Court"--Marco is caught jay-walking again.

"Dynasty"--Vladimir Golubnitchy makes dramatic return to Soviet Olympic squad.

"Different Strides"--Growing up a race walker in a world of runners.

"60 Minutes"--National 1-Hour Championship, stride-by-stride.

"Foulups, Bleeps, Blunders, DQs, and DNFs"--"Those who never got to the finish line."

"Fantasy Island"--Manhattan-Isle based Walkers Club of America membership rolls soar past Road Runners Club rolls.

"Santa Monica Wild"--A walker's struggle in idyllic Pacific coast paradise.

Denman reports that WNNW will gladly accept future scheduling suggestions.

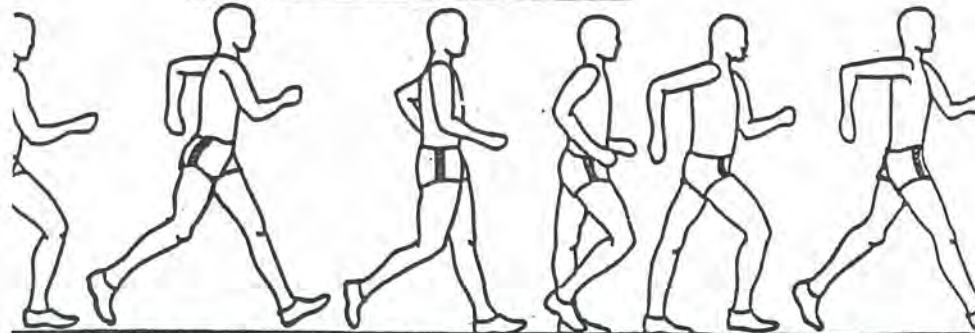
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Why not start our 21st year of publication with a little controversy--a continuing controversy that we have featured in many different ways and with many different opinions throughout our first 20 years--judging. The following article by Ron Laird, three-time Olympian, zillion-time National champion, appeared in the February 1985 Race Walking Newsletter, edited by Randy Mimm, and sent to members of the National Race Walking Committee by the National Athletics Congress.

#### DOES RACE WALKING NEED A RULES CHANGE?

We feel it is time for a change in the rules of race walking so that they correspond to what is happening in the sport today. Well trained race walkers do not maintain contact with the ground at the speeds and over the distance at which they now race. We who have been in this sport certainly know lifting has existed as long as race walking. As walkers from around the world get stronger in future years lifting will only become more of a problem. The dedicated judges do their best but the human eye simply can not focus in on heel and toe contact when the athlete is moving at such high rates of speed. A few years ago someone came up with an idea to help the judges out. It tells us the judges are only capable of making decisions their human eyes can detect. This is quite true but if this is the best we can come up with you know our sport has problems. We are quite a unique event because the fitter one gets, the faster one goes, and the more illegal one becomes. Look at the improvement in performance since the 1970's. The following are what the rules of race walking could possibly be.

#### CORRECT RACE WALKING TECHNIQUE



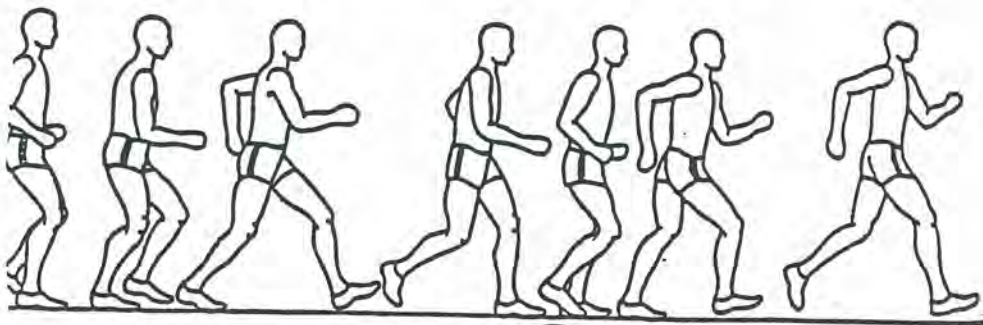
Note: The race walker is displaying a typical low flight phase and excellent biomechanical technique at the same time.

Race walking is a progression of steps so taken as to demonstrate continual and correct biomechanical technique. I.E., correct hip rolling motion with low forward knee swing. The heel of the foot must make contact with the ground out in front of the walker's vertical upright position. This forward stepping leg is to straighten or "lock" (hyperextend back into the knee joint) no later than in this vertical upright position. The competitors are to appear to be pulling themselves forward after their heels have made contact with the ground. The toes are to pointed in an upward angle as the heel makes its contact. An upright body and head posture at all times is recommended as is a vigorous arm movement. Look for a smooth and even flow of the walker. The legs should smoothly pull the body forward. Any push should be created by the toes at the very end of the stride.



We acknowledge the presence of a loss of contact or flight phase during the stride of today's highly trained competitive race walkers. It is legal to demonstrate this flight phase as long as it does not cause excessive forward distance to be gained. Any athlete who intentionally or carelessly extends this flight phase will give cause for warnings and disqualification. The single, white warning marker and three disqualification calls from various judges remain the same.

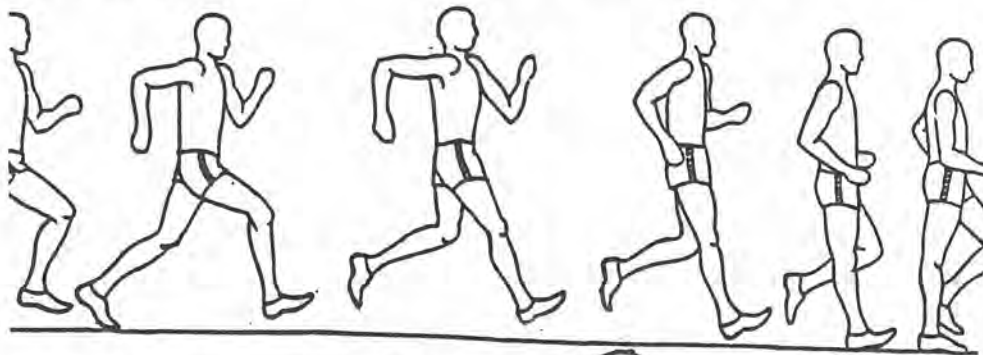
### ILLEGAL RACE WALKING TECHNIQUE



BENT KNEE(S)



The supporting leg must be straightened in the vertical upright position. Pushing off with the frontal thigh muscles to propel the competitor forward will be reason for disqualification. This is the easiest fault to detect. The competitor will display a shuffling, creeping or even jogging movement. The muscles just above the frontal knee (quads) will contract and stay that way throughout most or all of the stride. At quality speeds they can also easily create a medium to long flight phase.



EXCESSIVE FLIGHT PHASING



If the race walker is intentionally or carelessly extending his or her flight phase by the following methods, they shall be warned and disqualified:

- 1.- Too rigorous and high an arm and/or shoulder movement. This can easily pull the body up and through the air.

### FUTURE FROLICS FOR FRIVOLOUS FEET

- Sat. Apr. 13--Women's 5 Km, Worcester, Mass, 10 am (T)  
5 and 10 Km, Pasadena, Cal., 9 am (O)  
5 and 10 Km, Overland Park, Kansas, 8 am (W)
- Sun. Apr. 14--DC Marathon, Washington, DC, 8 am (Q)  
5 Mile, Boulder, Col., 10 am (K)  
5 Km, New York, NY, 9 am (X)
- Thu. Apr. 18--10 Km, Boston, 7 pm (O)  
5 Km, Thomasville, Georgia, 9 am (B)  
5 Km, Atlanta (B)  
5 Km, Piscataway, NJ (E)
- Sun. Apr. 21--NATIONAL ATHLETICS CONGRESS WOMEN'S 20 KM AND MEN'S 25 KM,  
WASHINGTON, DC, 8 am (Q)  
 $\frac{1}{2}$  Marathon, La Jolla, Cal., 7:30 am (D)  
8 Mile, Sandy Hook, NJ (E)
- Thu. Apr. 25--10 Km, Seattle (P)
- Sat. Apr. 27--3 Mile, Detroit (S)  
5 Km, Boulder, Col., 9 am (K)  
1 Mile, Denver, 11 am (K)  
50 Miles, Columbia, Mo., 6 am (C)  
5 Km, Monterey, Cal. 9 am (G)
- Sun. Apr. 28--1, 5, and 10 Km, Albuquerque, NM, 9 am (F)  
10 Km, Walnut, Cal. (D)
- Tue. Apr. 30--5 Km, Boylston, Mass., 6 pm (H)
- Sat. May 4--8 Km, Seattle (P)  
5 Km, Detroit (S)  
Masters 5 Km, Raleigh, NC (T)  
10 Km, New York, NY, 10 am (X)  
Julie Partridge Memorial 10 Km, San Francisco, 9 am (Z)
- Sun. May 5--Masters 20 Km, Raleigh, NC (T)  
5 Km Open, 5 Km Invitational, Jesse Owens Classic, Columbus, Ohio (U)  
10 Mile, Seaside Heights, NJ, 10 am (E)
- Sat. May 7--Men's 20 Km, Women's 10 Km, Novice 3 Km, Cambridge, Mass, 9am (O)
- Sat. May 11--1 Mile, Denver, 11 am (K)
- Sun. May 12--NATIONAL ATHLETICS CONGRESS 50 KM, NEW YORK CITY, 7 am (X)  
(Qualifier for Lugano Cup team)
- Fri. May 17--5 Mile, Ballard, Wash. (P)
- Sat. May 18--5 and 20 Km, Overland Park, Kan., 8 am (W)  
5 Km, Aurora, Col (K)
- Sun. May 19--Masters 2 Mile, Detroit (J)  
3 Km and 15 Km, Washington, DC, 9:30 am (Q)  
12 Km, Port Townsend, Wash. (P)  
5 Km, San Jose, Cal., 8 am (Z)
- Fri. May 24--10 Km, Columbia, Mo., 6 pm (C)
- Sat. May 25--NATIONAL ATHLETICS CONGRESS 5 KM, MEN, WOMEN, JUNIOR, MASTERS,  
DENVER, COLORADO, (Y)  
Men's 5 Km, Women's 3 Km, College Park, Maryland, 9 am (Q)
- Sun. May 26--9 Mile, Lakewood, NJ, 10 am (E)  
20 Km Men, 10 Km, Women, Denver, 9 am (K)  
20 Km, Washington, DC, 8 am (Q)  
10 Km Men, 5 Km Women, Sterling, Mass., 10 am (U)
- Thu. May 30--5 Km, Reading, Penn. (V)
- Sun. June 2--15 Km, New York City, 10 am (X)
- Sat. June 8--5 and 20 Km (Masters), Atlanta (B)  
15 Km, Columbia, Mo., 9 am (C)  
5 Km, Denver, 9 am (K)
- Sun. June 9--10 Mile, Manitou Springs, Col., 9 am (K)



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 J--Frank Soby, 3820 Harvard, Detroit, MI 48224  
 K--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 O--Steve Valtones, 15 Chestnut St., Waltham, MA 02154  
 P--Dan Pierce, 1137 NW 57th St., Seattle, WA 98107  
 R--Betty Jenewin, Recreation Office, Channing St. Extension, Worcester, MA 01605  
 T--Raleigh Parks and Recreation, PO Box 590, Raleigh, NC 27602  
 U--Tim Melfi, 221 East Home Rd., Springfield, OH 45503  
 V--Reading TC, 112 S. Sterley St., Shillington, PA 19607  
 W--KC Walkers, 4500 W 107th St., Overland Park, KS 66207  
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 Z--Harry Siitonen, 106 Sanchez St., Apt. 17, San Francisco, CA 94114

\* \* \* \*

## LOOKING BACK

20 Years Ago (From the March 1965 ORW--the very first one)--Dr. John Blackburn was reported as the First Annual NY's Eve 6 Mile Handicap, taking advantage of a 5 minute start to finish nearly a minute ahead of his son Jack in 49:32. Jack B's 50:32 was the fast time on the rather treacherous course, nearly 30 seconds ahead of a hobbling Jack Mortland. . . Mortland won the first ever indoor 2 Mile in Columbus in 14:49, beating Blackburn in the process, but only by 0.0 second. . . Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24. . . In between, Mortland captured a 10 miler in 1:20:48

15 Years Ago (From the March 1970 ORW)--There were two American record races in March. Larry Walker did 13:20.2 for 2 Miles (outdoors) and Dave Romansky covered 20 Km on the track in 1:30:12. In the 20, Steve Hayden was second in 1:32:06 and John Knifton third in 1:35:53. Romansky covered his final mile in 6:55. . . Greg Diebold won the IC4A indoor 1 Mile in 6:41, beating Clarence Bushart by 1 second. . . Bob Kuchar won the National Junior 50 Km in 5:18:57.

10 Years Ago (From the March 1975 ORW)--The IC4A winner this time was Paul Steward in a rather pedestrian 7:10.8. . . Karl-Heinz Stadtmuller did a world's indoor best of 41:37 for 10 Km in East Germany. . . We published a brief capsule of the ORW history, noting that we started out charging \$1.20 per year for what was then a 5-page ditto.

5 Years Ago (From the March 1980 ORW)--Todd Scully won the first ever National Athletics Congress walking title (they were previously National AAU titles) as he captured the Indoor 2 Mile in 12:35.1, just 3 seconds off the world's best. Jim Heiring, who has won a few since, was second in 12:43.3, with Bruce Harland third in 13:07 and everyone else way back. . . The Women's 1 Mile went to Sue Brodock in 7:06.9, ahead of Sue Liers 7:11.3 and Esther Lopez's 7:21.8. (Actually, Sue probably won the first title, as the women's race is usually first. No one called me on this at the time, however.). . . Scully also won the Olympic Invitational 1500 in 5:41 and the IC4A title went to Jerry Katz in 6:30.6, ahead of Mike Morris, Gerald Pollet, and Troy Engle, all under 6:45. . . Heiring had a quick 43:53.4 for 10 Km in California, with Dan O'Connor recording the same time. . . Carlo Mattioli had an 18:59.2 indoor 5 Km, and a lot of Russians went under 40 Minutes for 10 Km indoors.

- 2.- The driving up and reaching out of the forward stepping leg. This easily extends the flight phase of the stride beyond the allowable limits.
- 3.- The premature bending at the knee and pulling forward of the trailing (supporting) leg while the leading leg has yet to make contact with the ground.

A combination of two or all of the above will certainly result in excessive and illegal flight above and over the ground. These are well illustrated in the above drawings. Look for a well controlled and smooth movement at all times.

Judges from all over the world must look for biomechanically correct race walking technique and disqualify those who are deliberately or carelessly getting too high and really flying forward with each step. Excessive lifting is what the athletes get disqualified for and what the judges normally detect anyway. This is the way it has always been and should always be. Flexibility, technique and fitness only help hide what is going on with one's true ability to make perfect contact at all times. We only sink deeper into more controversial situations by continuing to ignore the fact that the flight phase is a normal part of today's highly competitive racing and training scene. Until we update our rules we will continue to be criticized by other track and field officials, coaches, athletes, writers and spectators. Let us work together to change the rules so race walking will finally be legitimate in all its future years. If we don't, we may soon see the end of the sport.

Former National Chairman Bob Kitchen, a walker of no little repute himself, offered the following commentary on Ron's suggestion.

KEEP CONTACT IN WALKING  
 Bob Kitchen

I have read Ron Laird's thoughtful proposal for a Rules Change for Race Walking. Ron has circulated a similar proposal before and though it attempts to respond to the universally perceived crisis in race walking technique and judging, there are serious flaws in its logic. If Ron's rule change were to be accepted (and I doubt that the conservative IAAF Race Walking Committee would do so), I believe this would remove all credibility from our event in the view of the athletic world.

As clearly as possible, allow me to explain the problems with this Rule Change and then offer the constructive direction in which we must go.

Ron's Rule takes the current situation of two objective rules and reduces it to one objective rule (straightened knee) and one subjective rule for style. "Continual and correct biomechanical technique" is not very objective, either now in the future, when the inevitable style changes will develop. Moreover, judging for "correct biomechanical technique" will prejudice the inefficient, but legal, walker, let alone the walker with a revolutionary or simply unfamiliar technique. If you thought the arguments among judges were esoteric before this, wait until such a rule change would take effect! "Excessive flight phase" is a nebulous phrase and I doubt it would solve many problems. Certainly, very excessive flight phase in a walker would result in disqualification under either system. As time passes, the



degrees of excess permissible would tend to increase ("because it still looks good").

Problems in judging only really occur in the gray areas between the obviously legal and the obvious DQ. Ron's Rule wants to solve the problem of the gray areas by eliminating or ignoring them. In the process, this rule would de-objectify race walking. Ours would be the only athletic event without an objective rule, looking for a specific event to occur (i.e., not stepping over the foul line, clearing the hurdle, throwing within the sector, making contact with the ground at all times).

The technical details of Ron's proposal are not the critical issues. It is the overall perspective that is at fault. Ron sees the crisis as one of technique; the tremendous fitness of current and future race walkers renders the old limits of contact ineffectual. I perceive the crisis as one of judging: we have never yet professionally trained and certified our walking judges. There are several programs circulating for a judging certification and training program. We must take the lead in the world in this matter and must put our priority on it in this early year of the Olympiad. Our best judges are remarkably accurate, but we need to refine our judging techniques and make them more consistent in all our judges.

Yes, we do have a public image problem due to technique and judging. But it will be nowhere near the problem we will have if we introduce this rule change. The criticism that we do not know or are not clear about we are doing may be correct.

# # # #  
Elliott Denman chooses to be less diplomatic in commenting on Laird's proposal:

Re: The so-called "Ron's Rule"

To me, it represents the worst possible "solution" to any judging problems we may have. It is no "solution" at all because it would make any current controversies look like miniscule matters indeed.

The term "excess flight phase" is simply ridiculous and incapable of being judged. Walkers would turn to kangaroos. We would change the name of the event to hopping or skipping or long jumping. Carl Lewis would be fine at it. His "flight phase" is already world-record caliber.

This whole business was brought up in England several years ago and laughed out of the country. If it ever comes about in this country, I will switch sports...to boardsailing...or chess.

Sincerely, Elliott Denman

# # # #  
Brief comment from the editor:  
My initial reactions on reading the suggestion were along the same lines as Bob Kitchen's; why throw out an objective rule, albeit one that must be applied subjectively because the human eye cannot detect broken contact at high speed, in favor of a subjective rule that still must be applied subjectively. I don't see it being any easier to distinguish between the "flight phase" and the "excessive flight phase" than it is now to distinguish between double contact and "flight phase". Of course, it is obvious in the extreme Ron shows, but I don't see anyone walking anything like that today. But, if we write a "flight phase" into the rules, we might see people trying to walk like that in the future--maybe even getting away with it because of lenient judging. (All people get away with today because of lenient judging is "marginal flight phase", to coin another term in our rapidly expanding walking vocabulary. Whatever happened to "lifting" and "creeping"?)

Now, lest Ron Laird feel that he is being stomped on and ground into the ground by a parade of heels and toes, let me point out one positive feature of his proposal. In his description of correct race walking technique, he has very nicely defined some of the subjective factors judges must look for in trying to determine legality under today's rules. Walking must look like walking. If we can

But, if we build the flight phase, which we all know sometimes exists with even the best looking walkers, into the rules, soon walking will not look like walking. The next step will be acceptance of the "excessive flight phase", and from there we go to wings. Sorry Ron, but in the final analysis, your thinking is a bit fuzzy on this one.

# # # #

#### FROM HEEL TO TOE

Many of you received an Ohio Racewalker with a black and white masthead last month. The printer ran out of the preprinted cover stock in the middle of the run. Rather than delaying production, I went ahead with black and white for the rest of the run. I was supposed to have been notified when the stock was running low, but I guess it didn't happen. More covers have been ordered in the meantime so things should look familiar again on this issue. . . Three more late additions to the 1984 U.S. 20 Km list: Juan Santana and Alan Jacobson 1:37:41, John Slavonic 1:37:54. All in a race in Seaside Heights, NJ on May 6. The results had been sent to me, but somehow I overlooked them. (If you saw how efficiently things are organized in our "offices", you would wonder how that could ever happen. . . The Seaside Heights race is actually an annual 10 Miler (I guess they let some people go onto to 20 Km last year to get OT qualifying times) first held in 1964, when Ron Zinn won in 1:19:00. In the 20 editions since, only two people have won more than once. Ron Daniel won five of six races, starting in 1972, becoming the first repeater. Dave Romansky won in 1968 and did it again 10 years later, going almost 3 minutes faster (1:17:25 and 1:14:37). Daniel's best time in his string was the first in 1:14:45. Tom Edwards holds the meet record of 1:12:00, set in 1981. This year, Ray Funkhouser will try to get that elusive repeat title. He won in 1:13:19 last year. . . If you are interested in a summary of results in the New England area for 1984, send \$1.00 to Brian Savilonis, 243 Myrick Rd., Princeton, MA 01541, for a copy of The Pine Hill Pedestrian, Vol. I, 1984 Annual. . . The Shore AC is sponsoring classes in the art of walking for fun and fitness. Directed by Mrs. Cindy Costa (see article elsewhere in this issue), they are held each Thursday at 6 pm. Contact Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764, for details. . . Don and Debbie Lawrence have moved from St. Louis to the Kansas City area, where they are still managing an Athletic Shop. This one is inside a Fitness Center called Health Plus. The Center has full sports medicine and exercise physiology facilities and a 1/10 mile indoor track. They encourage visitors to stop by and see them when in the area. They have also organized the Kansas City Walkers and are already up to 80 members by holding weekly clinics. Health Plus is at 4500 West 107th St., Overland Park, Kansas 66207. . . Commenting on the intercollegiate walk at Princeton N.J. on March 3 (see results), Gary Westerfield says: "On very little notice we gathered five top-quality walkers from five colleges. All did a super job, some after competing the day before. The race is a step in the right direction and hopefully will become an annual event on the program of the IC4A Championships. It is a good successor to the old (non-scoring) IC4A walk. Let me again urge that the college coaches out there continue to work for the inclusion of race walking events,



perhaps first on a non-scoring basis, and eventually as a scoring event in all major events. We happen to have one terrific crop of college walkers at the moment. Now is the time to work for better days and greater acceptance ahead. I urge the coaches to make preliminary contact with the director of the 1985 outdoor championships to secure a college 10 Km walk, and also work on another 5 Km for the 1986 Indoor championships." . . . Jim Hanley informs us of the passing of a good friend of race walking, Max Zucker, on Feb. 23. For more than 20 years, Max was editor and publisher of Starting Line Magazine, the first and only age-group track and field magazine in the U.S. Put out from Max's home, Starting Line was a high-quality magazine that always covered walking fairly, frequently included pictures of walkers, and even had walkers on the cover on more than one occasion. Sons Eric and Mark have vowed to keep the magazine going. . . In England, Tebbes Lloyd Johnson, third in the 1948 Olympic 50 Km at age 48, died in December. He was 84 at the time of his death. Johnson was the oldest person ever to win an Olympic athletics medal. A year later he won the British title at age 49. . . A few races in Kenosha, Wisconsin, omitted from the schedule because we learned of them since that was types: Sunday April 21, 10 Km Women, 20 Km Men (track), 1 pm; Sat. May 11, Women's 10 Km (track); Monday, May 27, Men's 20 Km, Women's 10 Km; Sat. June 8, 5 Km; Sunday June 9, Men's 10 Km, Women's 5 Km, 11 am. Contact Mike DeWitt, Track Coach, UW-Parkside, Kenosha, WI 53141 (414-658-4207).

## RESULTS CONTINUED:

10 Km, Long Branch, Feb. 24--1. Ray Funkhouser 1:12:19 2. Cliff Mimm 1:28:37 3. Bob Mimm 1:29:15 4. Tim Chelius 1:29:20 5. Lee Bogart 1:30:39 6. Ben Ottmer 1:39:34 7. Don Kozlowski 1:40:35 8. Don Johnson 1:43:10 9. Elliott Denman 1:47:22 10. Ralph Edwards 1:48:20 Women: 1. Norma Arnesen 1:31:21 2. Noreen Mimm 1:44:20 10 Km, Sandy Hook, N.J., Feb. 17--1. Ray Funkhouser 39:54 2. Gary Null 46:00 (Now, wait a minute before you get too excited about these times. I forgot to note that this was a "runwalk"--run 5 Km, walk 5 Km) 3. Bob Mimm 46:57 4. Lee Bogart 48:27 5. Phil Minck 51:07 6. Frank Haviland 51:59 Women: 1. Norma Arnesen 48:41 2. Susan Travellin 53:04 3. Noreen Mimm 53:11 Eastern States H.S. 1 Mile Championship, Princeton, NJ, March 4--1. Doug Fournier, Sahem, N.Y. 6:56.3 2. John Toy, Oceanside, N.J. 7:02.6 3. Martin Hanario, Middleton, N.Y. 7:10.1 4. Matt Kursweil, Wantagh, N.Y. 7:13.3 5. Jeff Savage, Oceanside, N.Y. 7:17.1 6. Tom Reepe, Goshen, N.Y. 7:23.4 Various races, Columbus, Ohio, March 31: 50 Km, 1. John Alfonso, N.J. 4:50:22 (Chris Knotts was with John through about 20 miles and then fell well back due to general lack of conditioning. Did 30 miles.) 20 Miles--1. Ron Heimbürger, Ft. Wayne, Ind. 3:25:17 2. Jack Blackburn 3:32:13 3. Victor Sipes, Detroit 3:34:23 4. Phil Lewis 4:05:20 5. Don Heine 4:20:28 (First race, first time over 5 or 6 miles) 5 Miles--1. Jack Mortland 49:41 (After doing first 7½ with Blackburn a couple of hours earlier, but 7 seconds slower than first 5 in last year's 20 miler, which was a course record 3:18:26--shattered by both Knotts and Alfonso today. Old age and general decrepitude creep in.) 2. Ed Hayes 60:12 1 Hour, Kenosha, Wis., March 10--1. Mark Manning 13, 376 meters (44:28 at 10 Km) 2. Andy Kaestner 12,332 (48:33) 3. Mike Rohl 12,055 (49:37) 4. Will Preischel 11,758 (50:16) 5. Maika Stauch 11,726 (50:16) 6. Julie Wunrow 10,031 (59:38) 7. Carol Romano 9,755 8. Ruth Leff 8,677 30 Km, Kenosha, March 24--1. Mark Manning 2:27:33 2. Mike Stauch 2:45:49 3. Mike Rohl 2:57:26 DNF--Paul Malak, 2:33:40 at 27; Andy Kaestner 1:52:42 at 21; and Will Preischel 1:13:30 for 15) Women's 15 Km, same place--1. Julie Wunrow 1:39:01 2. Carol Romano 1:40:30 1 Hour, Albuquerque, NM, March 10--1. Jim Heiring 8 miles 936 yds 2. Cal Phillips (age 52) 6 mi 142 3. Sam Murdoch (62) 5 mi 810 (9 finishers) 2 Mile, Los Angeles, Jan. 6--1. Larry Walker 13:31 2. John Kelly 16:56.3 5 Km, Los Angeles, Jan. 12--1. Larry

Burch 25:18 2. Ed Rinderle 29:08 3. Jesus Orendain 32:00 10 Km, same place--1. Carl Acosta 57:37 2. R. Oliver 61:06 3. M. Mickelson 62:35 Rose Bowl 10 Mile, Handicap, Pasadena, Jan. 20--1. J.J. Johnson 1:55:04 . . . 5. Robert O'Donnell 1:40:10 6. S. Tabb 1:40:11 . . . 10. Larry Burch 1:27:21 . . . 15. Jay Byers 1:28:57 16. J. Welti 1:31:23 17. Dale Sutton 1:26:09 18. Carl Warrell 1:30:50 19. Carl Bouldin 1:23:02 (fast time) 20. Carl Acosta 1:33:07 21. John Kelly 1:31:32 22. F. Dong 1:33:41 . . . 25. Liz Kemp 1:34:37 (women's fast time) . . . 26. John MacLachlin 1:35:39 . . . 30. R. Olson 1:34:47 31. Paula Kash 1:36:59 . . . 34. Kathleen Huddleston 1:38:20 . . . 39. Ed Ricci 1:39:38 (43 finishers) 3 Mile, same place--1. Sybil Perez 26:15 2. Doug Greiner 27:24 3. Ed Rinderle 27:31 4. Amber Chavez 29:30 5. Cindy Perez 29:47 6. K. Blasor-Wilson 30:05 7. Carolyn Holquin 30:09 5 Km, Pasadena, Cal., Feb. 9--1. Larry Burch 24:49 2. Paula Kash 27:53 5 Km, Monterey, Cal., March 27--1. Gary West 26:01 5 Km, Salem, Ore., March 15--1. Trent Jones, Lewis & Clark Col. 24:33.4 2. Randy Jacobs, Willamette, Col. 25:46.2 1 Mile, Taegu, Korea, Feb. 17--1. Steve Pecinovsky 6:10.0 2. Yi, Korea 5 Km, Taegu, Korea, Feb. 23--1. Steve Pecinovsky 20:44 2. Yi 25:05 3. Go 27:57 (Personal records for all. Steve, while stationed with the Air Force as a lawyer in Korea is training Korean walkers for the 1986 Asian Games and 1988 Olympic Games and has given a clinic on national TV.)

From Asbury Park Press

## Aerobics teacher high on walking

By ELLIOTT DENMAN  
Press Staff Writer

**LONG BRANCH** — It figures that It Figures would want someone as athletic as Cynthia "Cindy" Costa to teach classes in aerobics and stretching and body-toning.

But teaching at It Figures, an aerobics studio located in Deal, is just part of the weekly teaching job being done by the very trim and very fit Mrs. Costa, a Long Branch resident.

Her newest assignment is teaching the art of "fun and health walking" to a growing number of students each Thursday evening. Mrs. Costa and her eager walking pupils — anyone is welcome to join the group — gather at 6 p.m. each Thursday

and proceed to a spirited saunter up and down the Long Branch boardwalk.

Once upon a time, she was a runner. But now she's a dedicated race walker and one of the most promising women's competitors in the country. Gold medals from the Garden State Games, New Jersey Athletics Congress Championships and State Masters Championships attest to her ability.

"Not being able to run (thanks to an achilles tendon injury in early 1983) was driving me crazy," she says.

"By the time I healed up, though, I didn't want to go back to running. Why should I?"

She saw no reason to go back to running because she had discovered the joy of walking.

"I read in The Press that they were going to have a 10-mile Olympic Development race walk in Seaside Heights," she says. "I had read Howard Jacobson's book ('Race Walking to Fitness') in the library and my interest was really up."

"But I didn't know how to get started until I saw that notice in the paper."

Well, she was an instant, stylish success. A second place in the women's division that day encouraged her to try other races.

Now she's a regular on "the circuit" and ready to make her mark on the national scene. A sixth-place finish in the women's National TAC 15-kilometer race in New York last May was a major breakthrough.



Women's race walking is itself at a breakthrough stage. There will be a women's 10-kilometer walk at the 1987 World Championships in Rome, a possible stepping stone to the event's inclusion on the 1988 Olympic schedule of events.

Done properly, race walking is a thing of extreme grace. Done improperly, it sometimes seems — to casual observers — something of a waddle.

Mrs. Costa does it gracefully and properly — and that's the message she emphasizes in her teaching sessions. It's all in the coordination of the arms and the legs and developing a sense of dynamic, rhythmic movement.

"It's a beautiful thing, and I think the word is finally getting out," she says. "I just stress health walking, and getting people to feel good about themselves by walking."

## 'Thinking' sneakers coming

By NINA HYDE

LA Times-Washington Post Service

WASHINGTON — The race of computer technology into our lives will take a hefty leap forward this spring when Adidas introduces the Micro Pacer, an electronic sneaker. For those who'd rather not think on their feet, whether walking to work or running religiously, a computer built into the shoe will register average speed, length of stride and calories used in the effort.

The price will also be stepped up dramatically, from the average \$50 for a pair of running shoes to about \$125 for this state-of-the-art model.

"Runners are very technical people," says Bill Mintiens, product development manager for sport shoes for Adidas in the United States. "They always record how many miles they've gone and the calories

"You can start in any shape. But I can guarantee you'll be in better shape once you get into it."

She cites studies that show vigorous walking to be one of the best calorie-burners ever discovered. Walking at 5 mph pace (a fast stroll) will devour at least 530 calories, 6 mph (steady racing pace) 734 calories, and 7 mph (championship racing pace) 960 calories. In each case, walking that fast will burn far more calories than running that fast.

Her ambition is to encourage walking fans everywhere.

"I'd like to see a million people out there walking," she says. "I'd like to get the whole world to do it."

It figures that she's a beautiful advertisement for her sport.

used up, compared with their dietary intake."

So Adidas decided to make it easier for them, injecting computer-chip technology into sport shoes.

What they have done, basically, is worked a small computer into the top of one shoe and wired it to the midsole, where a pressure-sensitive switch measures the impact of the foot against the ground.

Everything has been carefully calculated. Only the left shoe is computerized, Mintiens says, because "typically those who run on the road run against traffic. (The computer) is more protected on the left shoe, least likely to get bumped or knocked out." It is on the top of the shoe, he says, not only to be read more easily but because it will get the least abuse there.

From New England Monthly, Sept. 1984

# He Walks...Like an Angel Walks

*It doesn't exactly look macho, but race walking has its virtues*

BY CAROL FLAKE

ONCE UPON A TIME, long before Bill Rodgers brought brand-name running to Boston and before Americans began to jog their way to grace, walkers ruled the roadways. In the late nineteenth century, many of the most strenuous races for top athletes were walking races. Professional "pedestrians" such as Edward Payson Weston

won as much fame and fortune as baseball stars, and fans flocked to six-day walking marathons held in Madison Square Garden. During the twenties, boy scouts earned badges for mastering the "heel-and-toe," as race walking was then called. Avery Brundage himself, who became America's most vigorous promoter of the Olympics, competed in his younger days as a race walker.

Nowadays, however, race walkers are rare birds, and they don't get much respect. Ever since running surpassed walking as the gait of champions, loneliness and ridicule have become the lot of the long-distance walker. As far as many runners are concerned, a walker strutting down the street in the classic Olympic swivel might as well wear a big purple W on his chest — for "wimp." Says Steve Vaitones, one of

New England's leading competitors in the sport, walkers have an "image problem." In the opening scene of the film *Doctor Detroit*, for example, chubby-legged Dan Aykroyd gets an easy laugh by power walking, waggling down the road with his tail in the air. He's a parody of the health-conscious nerd, the village eccentric who becomes a vegetarian or takes up yoga.

NEVERTHELESS, as many runners have begun to drop along the wayside with shin splints, bum knees, and tendinitis, race walking has begun to make a comeback. One thinks of the race between the tortoise and the hare — or more accurately, considering the styles of movement involved, the rooster and the roadrunner. Ultimately, the race for fitness goes not



to the swift but to the sound of limb. Walkers, who claim that their sport is virtually injury-proof, feel that they will have the last laugh, since they can compete well into their seventies. In fact, cardiologist George Sheehan, one of the early gurus of running, now claims that race walking is "part of a ground-swell that may become the wave of the future."

In New England, where running has surpassed even sailing as a spiritual pursuit, that ground swell has yet to make waves. But walkers, who often feel themselves to be second-class members of running clubs or athletic organizations, have begun to form their own groups and to proselytize. Says one organizer, "Walking is now at the same stage running was about ten years ago." That is, it's a small, zealous network of middle- to upper-middle-class professionals, homemakers, and athletes who are eager to proclaim the physical and mental benefits of their sport. Few walkers, it seems, can pursue their avocation without trying to make converts.

Not surprisingly, most converts to race walking come from the ranks of injured or disgruntled runners. Steve Vaitones, who works in the computer operations department of the Center for Astrophysics in Cambridge, started out as a runner and entered his first walking race as a joke. However, he soon realized that he had a much brighter future as a walker than as a runner. As he describes it, he was a "half-assed runner, a back-of-the-packer" with little potential for improvement. But as a walker, he began to make his way to the front of the pack. He became so proficient at it that he now has a hard time finding tough local competition.

Myrna Finn, founder of the fledgling Newton Racewalkers Association, was an avid runner who competed regularly in marathons and Bonne Bells until she

suffered a severe back injury in a household accident. Frustrated by inactivity, she picked up a book on power walking, a simplified style of race walking designed for fitness rather than competition, and she began to walk briskly around her neighborhood every morning. One day she was approached during a walk by a man in his fifties with an Australian accent who showed her the proper techniques for race walking. Since then she has held clinics and gone on television to spread the word. "I think it's the most beneficial thing we can do for ourselves," she says flatly.

Nevertheless, for Finn, as well as for most race walkers, running remains a constant reference point. At a recent organizational meeting in Newton, Finn explained why "pound for pound, walking has it all over running." It seems that a walker who covers a mile in twelve minutes is burning more calories than a runner. And, of course, the wear and tear on the muscles and ligaments is considerably less, since race walking requires constant contact with the ground — no bouncing allowed. Amazingly enough, the fastest walkers can achieve six-minute miles and maintain a seven-minute-mile pace over even a marathon distance. Steve Vaitones claims that he can walk his way to the finish line in a runners' marathon ahead of a third of the entrants.

UNFORTUNATELY, the style that makes race walking so much speedier (and funnier looking) than regular walking and so much safer than running is quite difficult to learn. Unlike running and regular walking, race walking is an unnatural gait that requires great concentration and coordination. Race walkers take longer to develop than runners, and the average age of top competitors is con-

siderably higher among walkers than among runners. Says Steve Vaitones, "People who think you're just strolling through the park don't understand the skill involved." Mastering race walking is akin to doing the twist with the upper body while doing the merengue from the waist down. Beginners often resemble the buffoons in Monty Python's Ministry of Silly Walks. The technique is particularly difficult for men, who learn early on in their lives that walking with a wiggle just won't do.

Two basic rules of race walking are the source of all the complications. The first is that the supporting leg in one's forward motion must be kept straight at the knee as it passes through the vertical position. This prevents "creeping," or bending in the knees in a Groucho Marx shuffle. The second is that contact with the ground must be maintained at all times, which means that one must actually maintain double contact points. As you stride forward and plant one foot, heel first, you push off from the toe of the other foot.

The key to maintaining a swift, smooth stride is the swiveling "hip girle" action that one walker has termed the "backfield-in-motion" technique. It might better be termed "shooting from the hip." The walker strides from the hip, using his whole body to build momentum. As the back leg moves forward, the hip rotates and drops, tilting the pelvis and allowing for a longer stride. The arms pump vigorously, bent at ninety-degree angles, with the hands swinging back to the ball joint of the hip. If one uses the classical European technique, the head and shoulders remain on an even plane. However, if one adopts the flamboyant Mexican style, which is growing in popularity, the upper body, including head and shoulders, appears to be twitching to a light fandango.

The better one becomes at race walking, the more fluid and exaggerated these motions become. And the tougher one's hide gets when it comes to hecklers. Says one walker, "You get labeled the town eccentric, and people make wisecracks for a couple of days, but you get used to it." That is, if you are walking in suburban places where Pumas are as common as Top Siders and where people are always ready to try a new mode of transportation — roller skates, roller skis, skateboards. For walkers who live in urban neighborhoods, caution is the better part of valor. Says Steve Vaitones, who is a sturdy six foot four, "I've learned where I can walk and where I can't. I avoid the rowdier neighborhoods, and I check things out when I'm in a new place."

Vaitones feels that it will take an Olympic star, or at least a Bill Rodgers of race walking, to make the sport exciting to spectators and sponsors. So far, soft-drink manufacturers and athletic-equipment companies have been slow to endorse race walking, and one can hardly imagine the theme song of *Chariots of Fire* playing in stereo as race walkers splash along the beach in a training session. Until that can happen, race walkers may have to adopt the training method practiced by one engineer who has just begun to alternate race walking with running: "I go out at five in the morning, when there's no one around to watch."

Carol Flake's book *Redemptorama* is due out this month.